

The Modern Man

ARCHIVE

compiled by /u/dream-hunter

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Best Regards,

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Contacting an Ex After Meeting Up With Her

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 4 tips for contacting an ex after meeting up with her:

1. Keep your text messages brief and use humor

No matter how comfortable it feels to interact with your ex via text again after meeting up with her, don't get sucked into having long conversations with her via text.

If you do, she can get bored, lose interest or become turned off by how available you seem and how much effort you're putting into writing lots of text back and forth with her.

So, if you're going to contact her after meeting up with her, just make sure that your texts are brief, to the point and include some humor.

For example: You might text her something along the lines of, *"Hey, it was great catching up with you the other day. Let's do it again some time! I have something important I want to tell you if we do catch up."*

Texting something like that will put all sorts of ideas in her head and she may start wondering, *"What does that mean? Will he ask me to get back together again if we catch up again? Does he want to tell me that he's seeing another woman?"*

She'll then most likely text back with something like, *"Tell me now."*

You can then tease her a little bit more by responding with, *"I'm not sure if I can tell you over the phone."*

At this point, her curiosity will probably be driving her crazy and she will likely text something like, *"Come on! Don't do this to me. Just tell me."*

You can then text, *"Well, I wasn't going to tell you over the phone, but..."* and then send the text like that.

Then, a few moments later, text, *"You looked cute with that cappuccino moustache you had today at the cafe! haha."*

She will then laugh and mostly send you an, *"Lol"* or a, *"Haha."*

She will also feel relieved that wasn't anything serious (e.g. you putting pressure on her to get back together again, you moving on with another woman).

Add all that up and what do you get?

Her having feelings for you.

That is what really counts.

When you actively make your ex have feelings for you, she naturally feels drawn to you and wants to see you again.

Another thing to remember when contacting an ex after meeting up with her is

2. Don't try to discuss the relationship with her via text

After a meet up with an ex, a guy will sometimes make the mistake of trying to discuss the

relationship with her or attempt to convince her to give him another chance.

For example: He might text something like, *“Hey, thanks for the catch up today. It was so great to see you again. I just want to say again that I’m really sorry for everything that happened between us in the past. I promise you that if you give me another chance, things really will be different this time around. I just want you to know that I’m serious about us getting back together again and I’m willing to do whatever it takes for that to happen. Of course, I don’t expect you to want me back right now, but please think about it.”*

Essentially, he’s hoping that she will be impressed by his commitment to her and give him another chance.

Yet, here’s the thing!

When a guy tries to discuss the relationship with his ex via text, it usually only makes her pull away from him.

Why?

Unless the feelings are mutual (i.e. she felt very attracted to him at the meet up and is now missing him), she’s not going to feel motivated to try and fix the relationship and give him another chance.

Additionally, if he’s texting her way too much text and asking way too many questions, it becomes stressful and time-consuming for her to type up her replies to him.

In many cases, she types and deletes and then types and deletes her reply multiple times, before eventually deciding on what to write.

He then send her another big text with more questions or more open conversation topics regarding the relationship.

Eventually, she loses interest or just gets annoyed at how much of her time he is taking up and how little benefit she is going to get in return (i.e. because the feelings aren’t mutual yet, so she’s not even sure if she wants to give him another chance).

So, if you want to ensure that you and her get back together, avoid discussing the relationship via text in the hopes that it will lead to her saying something, *“Okay, I’ve heard enough. Let’s get back together!”*

It just doesn’t work that way.

If you want her back, your primary purpose needs to be reawakening her feelings of sexual and romantic attraction (e.g. by being very confident, using humor, being emotionally masculine, flirting), rather than trying to discuss your way back into a relationship.

Another thing to remember when contacting an ex after meeting up with her is to

3. Call her to say hi and have a laugh together

Texting is fine, but try to get to a phone call so you and her can have a fun chat and then agree to meet up again.

It’s much quicker and easier to do that on a call than via text, in most cases.

When should you call her?

Depending on your situation (e.g. you or her work odd hours, one of you is away on business), the call can happen the next day, a few days later or at the latest a week later.

Don't wait any longer than that because she may get the impression that you're not interested and are moving on.

She might then agree to go out with her single girlfriends to meet guys, hook up with a guy who has a crush on her or begin using online dating.

So, get back to her within a week by calling her.

For example: Call her and after the initial *â€œHello, how are you?â€* you can then ask her, *â€œSo, ex girlfriendâ€|what have you been up to since I saw you?â€*

She will most likely laugh at the fact that you're referring to her as ex girlfriend and then say, *â€œNothing much, how about you?â€*

If your meet up was a few days, or even a week before she might say something like, *â€œJust the usual stuff like studies/work. What about you? What have you been doing?â€*

[image: Tease your ex about her freckles, or compliment her on her lack of freckles]

You can then say (in a joking way, of course), *â€œNothing muchâ€|Iâ€ve been sitting for the last 20 minutes trying to count the freckles on your nose in my mind. I think you have about 3,487. What do you think? Did I get it right or am I way off? Maybe 4000?â€*

If she doesn't have freckles she might say something like, *â€œI donâ€t have freckles!â€* and you can laugh and say, *â€œOh yeahâ€|that's rightâ€|you have perfectly clear skin. I forgotâ€* and have a laugh.

On the other hand, if she does have freckles, she might pretend to be shocked by saying, *â€œI donâ€t have that many! How can you say that?â€*

You can then reply with something like, *â€œIâ€m sorry, but I just donâ€t believe you. Thereâ€s only one way for you to prove it to meâ€| I will need to count them in person!â€* and have a laugh.

By that point, she will probably be laughing, giggling and feeling attracted to you for having the confidence to joke around with her like that.

By the wayâ€|

If you don't think that a joke like that will go well with her, try this one instead:

Call her and say, *â€œHey ex girlfriendâ€|what's going on?â€* in a playful voice.

Let her respond and then say something like, *â€œAnyway, so I paid for the coffees the other day. Now it's your turn. Take me out for an expensive dinner. Wine and dine me, girlâ€* and have a laugh.

She will most likely laugh and you can then tell her that you were only kidding.

Alternatively, if your girl is the sort of girl who will go along with that, you can get her to pay for dinner when you and her meet up.

4. Get another meet up

[image: Get another meet up]

Whatever you do, make sure that you get her to want another meet up.

Don't beg for it or make it feel like she'd be doing you a favor by meeting up with you.

Make her want it, so she is either suggesting it or will happily agree when you suggest it.

The way to do that is to ensure that you are only focusing on making her feel sexually and romantically attracted to you as you interact with her.

In other words, you're being very confident, funny, charismatic, charming and masculine in the way that you approach interactions.

If you do that, she will feel attracted and naturally want to see you again as soon as possible.

[image: Get another meet up and hook up with her sexually]

Then, when you see her again, be sure to get to a kiss and then sex to get the relationship back on track.

3 Mistakes to Avoid Making After Meeting Up With Your Ex

For your ex to have met up with you the first time, it means that she's at least a little bit open to the idea of getting back together.

Whatever you say and do from now on will either make her want you back, or convince her that she should keep moving on without you.

So, here's what you should avoid if you don't want to turn her off and push her away!

1. Thinking that not contacting her will make her chase you like crazy

After meeting up with his ex girl, a guy might say to himself, *"If I contact her, she'll think I'm desperate. If I play it cool and ignore her, it will make her want me even more. After all, don't all women want men who play hard to get? I need to be like that now."*

He then ignores her and it backfires (i.e. she goes out with her single girlfriends to flirt with guys to make herself feel better because her ex isn't contacting her).

Sometimes not contacting an ex after a meet up can work, but only if she felt very attracted and the meet up and can't deal with the idea of potentially losing him now.

However, if she isn't feel very attracted, she will usually seek to make herself feel better by hooking up with a new guy, or will seek revenge on her ex by ignoring him if he tries to contact her again.

So, if you don't hear from your ex within 2-3 days after meeting up with her, you should make the first move and contact her.

Don't try to play too many mind games with her because it can backfire.

Instead, just be the man in the situation and get her back.

The next mistake is

2. Acting neutral via text

Rather than risking saying that might scare her off, a guy might decide to play it safe by being neutral with her via text (e.g. acting like just a friend, being very nice, not flirting with her).

He hopes that it makes her feel like he isn't pressuring her into a relationship, so she will then give him another chance.

It sounds like it would work, but it doesn't because a neutral approach feels boring to a woman and doesn't create a spark.

Rather than making a woman think, *“Wow, my ex is being so sweet and considerate of my feelings. He’s not even pushing me to get back together again. That just makes me want him more!”* she starts wondering things like, *“Why is he being like this now? Is he interested in getting back together or not? If he’s not interested, what does he want? Why is he wasting my time? Why is he just texting me like a friend?”*

Then, all of a sudden, she stops responding and he’s left thinking, *“What happened?! Was it something I said? Why isn’t she replying anymore?!”*

Don’t let that happen to you.

If you want to get your ex back after an initial meet up, make sure that you keep the momentum going by building on her feelings of respect, attraction and love.

The next mistake is

3. Trying too hard to impress her via text with jokes or confident statements

You need to use some humor and be confident via text, but don’t go overboard with it.

If you’re trying too hard to come up with clever lines and acting way too confident, it can turn her off.

So, add in some confident and humor to make her feel attracted, while also getting to the point.

Don’t try to hide behind the safety of texting back and forth with her because it feels easier for you.

Text back and forth a little bit, but get to a phone call or another meet up.

When you meet up with her again, make sure that you get to a kiss and hook up with her sexually.

If she is playing a little bit hard to get, don’t worry.

[image: Keep building on her feelings and you will get her back]

Just keep building on her feelings and she will naturally want you in a sexual way.

Best of all, she will want it just as much as you do and it will feel amazing for the both of you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

My Ex Doesn't Want Anyone Else to Have Me

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

4 common reasons why a woman will say that:

1. She wants to move on before you do

She's just saying that she doesn't want anyone else to have you, so you hang around hoping for another chance.

Meanwhile, she will be secretly flirting with new guys and finding herself a replacement guy, so she can move on before you.

A woman does this to prevent her ex from moving on before she does, so she doesn't feel like she is being left behind or rejected.

Here's what you need to understand...

Even if your ex seems very confident about herself and her attractiveness to you, deep down she might be feeling insecure about her ability to attract a new guy and move on without you.

So, even though she dumped you, it's possible that she's been thinking things like, *"What if my ex finds a new woman before I move on? How will I feel then? I can't let him be the one who moves on easily. I don't want to feel like I'm being left behind. I've got to keep him interested for now and make him feel like he has a chance."*

[image: She wants to move on before you do]

To prevent you moving on and hooking up with other women before she finds herself a new guy, she might say something like, *"I know that I was the one who broke up with you, but I still care about you. I don't want anyone else to have you."*

Naturally, that just makes you feel confused about where you stand.

Many guys in your situation begin to wonder, *"Why is she saying that? Does she still have feelings for me? Is it a sign that she wants us to get back together again? Do I just need to be a bit more patient and give her more time?"*

The answer really depends on the woman, the reason for the break up and whether or not she can quickly find a replacement guy.

In some cases, a woman won't be able to find a new guy and will temporarily get back with her ex to keep him around.

She will then break up with him again when she's ready (i.e. when she has a new guy lined up).

Another reason why your ex might have said that she doesn't want you to have anyone else is

2. She still loves you, but currently doesn't feel enough attraction for you to justify being in a relationship

[image: She doesn't feel enough attraction to justify being in a relationship]

Sometimes, a woman will continue to experience lingering feelings for her ex (i.e. still kind of feels attracted to him and loves him), even though she dumped him and thought that it was the right thing

to do for her.

This often happens when the relationship started out well (e.g. they had great sex, had an amazing connection), but ended up feeling more like a friendship than a boyfriend/girlfriend or husband/wife, romantic, sexual relationship.

Some women will put up with that kind of relationship for years, before eventually getting bored of it and believing that another guy could make her feel more attracted and in love.

So, she will go ahead with the break up.

However, just because she breaks up with her guy, it doesn't mean that all of her feelings for him are completely gone.

In many cases like this, the woman still cares for her ex and thinks of him as a great guy.

It's just that she doesn't feel enough of a spark with him to justify getting back into a sexual relationship.

She loves him, but not completely in 'that' kind of way.

So, when she's talking to him on the phone or in person and is enjoying his company, she might say, *"I'm sad about us breaking up. It's for the best, but it's not easy for me you know? It's kind of selfish of me to say this, but I don't want anyone else to have you."*

Secretly, she may even be thinking, *"If only he could make me feel more attracted in the ways I really want, I would be his girl again without a second thought."*

What are the ways she really wants?

Well, it depends on the woman.

Some women lose attraction because the guy has lost confidence in himself over the months or years that they've been together.

Other women lose attraction because the guy ended up treating her badly and then suddenly changed and became really nice (in a desperate way) when she began threatening to break up with him.

Each woman is going to want a slightly different thing, but at the end of the day, it all comes down to whether or not you have the ability to make her feel enough attraction to motivate her to want to give you another chance.

When a guy is in a situation like the one you're in now (i.e. your woman has broken up with you, but is saying that she doesn't want anyone else to have you), he can get her back quite easily.

It's all about how he approaches attraction from now on.

However, if he ignores the importance of making her feel attracted and instead just tries to be nice to her, he will ruin his chances and make her feel compelled to get out there and meet new guys who can make her feel attracted.

Here's the thing:

If your ex is saying, *"I don't want anyone else to have you,"* it's often her way of trying to tell you, *"Look, I really do care for you, but right now you're not making me feel the way I want to feel when around a guy. If you can start being more masculine than me, rather than making me feel like the more dominant one, then it will make me feel like a real woman around you. When I start to feel like a feminine, attractive woman with you, rather than like your buddy or pal, then getting back together again is something I will definitely want to do."*

She's hoping that you take the initiative to level up your ability to make her feel attracted (e.g. go from being neutral and friendly with her, to masculine and sexual), so she has a reason to give you another chance.

For example: When you talk to her on the phone, rather than being neutral or being on your best behavior, add in some naughty flirting to create sexual tension between and make her feel like a feminine woman.

When you change the way you interact with her in a way that turns her back on, her feelings will naturally change.

Her guard will come down and she will open herself to being your woman again.

However, if you continue to make her feel like a neutral friend, she'll probably just keep playing tug of war with your emotions by saying that she doesn't want anyone else to have you and then pushing you away by saying that she doesn't want to be with you in a relationship.

Another reason why your ex might have said that she doesn't want anyone else to have you is that

3. She is inexperienced with break ups

If this is your ex's first or second serious relationship, she might not know how else to handle the situation, other than to hang on to you for a little while and let you drift away slowly.

Women who are experienced with break ups will be very direct and to the point.

The woman will usually then go ahead and unfriend her ex from social media, delete or block his phone number and make any of his emails to her go to her spam folder.

She might also delete all of her photos and videos of him to reduce the chances of her missing him and wanting him back.

However, a woman with less experience may remain open to her ex and try to be nice to him as he moves on.

Little does she know that by remaining open to him, he has the perfect opportunity to re-attract her and get her back.

So, if your ex is currently open to you, it is a good thing.

Use the open communication between you and her to re-attract her and make her want you back.

Another reason why your ex might have said that to you is that

4. She wants the best of both worlds

[image: She wants the best of both worlds]

Sometimes, a woman wants to break up with her boyfriend (or husband), but keep him in her life to make herself feel better.

I refer to this as being her 'comfort friend' and discuss it in this video that

Using her ex as a comfort friend boosts her confidence and helps her avoid the pain of seeing him move on before her.

In that way, not only does she have an ex who is available to her if she ever needs him for something (e.g. to help run an errand for her, as an emergency date for a business function or wedding), but she can always reach out to him and get a reply via text, a phone conversation or even in person

interaction if she is feeling a bit lonely.

However, if her ex is using the same old approach to attraction that caused her to lose interest in the first place (e.g. he's too insecure, gives her too much power), then she's not going to want him back. She will just keep him around for her comfort and in some cases, for her amusement.

Cruel, I know, but some men do that to ex woman as well.

So, here's what you need to do:

First, start by asking yourself, *“Do I really want her back, or do I want to let her go and try to move on?”*

If you feel as though she's not the right woman for you, then move on by finding a new woman who makes you happy.

On the other hand, if you feel as though your ex is the one for you, then don't allow her to mess you around by treating you as her comfort friend while she secretly tries to move on.

How?

Talk to her in a way that creates feelings of sexual and romantic attraction inside of her.

Make her really want you in that way.

Don't make the mistake of saying, *“Hey, the way you're treating me isn't fair! You're just using me to make yourself feel better.”*

That doesn't work.

Women don't feel sexually and romantically attracted to guys who seek pity or try to make them feel guilty for feeling the way they do.

To get her back, you have to change how she feels by changing your approach to her.

For example: The next time your ex says that she doesn't want anyone else to have you, use it as an opportunity to re-attract her.

Laugh at her and say something along the lines of, *“Ohhhh, I get it! You still want me! You miss my kisses! You miss my you know what. It's okay! You can admit it. No need to be shy. It's understandable that you still can't get over me”* and then have a laugh with her about that.

To test your newfound confidence, she might act a little annoyed and say something like, *“You wish! That's not how I feel about you at all!”* and you can then laugh at her (in a loving, friendly) and let her see that you're not fooled by her act.

Regardless of how she initially reacts, deep down she will be feeling surges of respect and attraction for you not allowing her to string you along and make you feel like you're just a friend to her now.

She will then want to keep interacting with you and seeing you, which will result in you and her kissing, hooking up sexually and getting back together.

4 Mistakes to Avoid When Your Ex Says That She Doesn't Want Anyone Else to Have You

The bottom line is this:

It doesn't matter what your ex SAYS.

What matters most is what she DOES when you make her feel attracted to you again.

What she will DO is open back up to you, smile more, laugh, touch you and be open to hugging, kissing and hooking up.

What she might SAY are things like, *"I'm not sure we should get back together,"* or *"I don't see you in that way anymore"* and so on.

Don't pay attention to what she SAYS.

[image: Focus on what she does, not on what she says]

Focus on what she DOES (e.g. cuddle into you when you're on the couch, kiss you, stare into your eyes, keep talking to you, not leave your house or ask you to leave her house and so on).

So, if you want her back, be confident in yourself and just do what works to get her back (i.e. make her feel a renewed sense of respect and sexual attraction for you).

While doing that, be sure to avoid the following, common mistakesâ€¦

1. Promising to wait until she's ready to be with you again

When a woman says that she doesn't want anyone else to have her ex guy, he might take it as a sign that she will take him back if he is patient enough.

He might then say to her, *"It's okay. I understand that you're feeling a bit hurt and confused from our break up. Why don't you take some time to figure things out and when you're ready, we can work on our relationship. Take your time. I promise that I will wait for you and not hook up with anyone else in the meantime."*

He then gives her a lot of space (i.e. he doesn't interact with her in any way for weeks or even months, or stays in contact with her, but only treats her as a nice, neutral friend) and waits for her to change her mind and tell him that she wants him back.

Yet, in most cases, cutting off contact or just being friendly helps her to get over him even faster.

Why?

To begin with, when a woman breaks up with a guy, it's usually because she's disconnected from her feelings of love, respect and attraction for him.

In other words, she doesn't feel enough respect, attraction and love to justify remaining in a relationship.

So, if he then gives her a lot of space and doesn't do anything to actively spark her feelings for him again, she'll move on or gradually come to realize that she isn't missing her ex and doesn't want him back.

Additionally, when a guy promises his ex that he will wait for her, she starts to perceive him as being desperate, which turns her off even more.

So, if you want to get your ex back, don't waste weeks or months waiting for her to give you a clear sign that she's ready to take you back.

Instead, be emotionally courageous enough to take the lead in the ex back process by interacting with her (e.g. via text, e-mail, social media, on the phone and in person) and reawakening her sexual and romantic feelings for you.

Another mistake to avoid making is toâ€¦

2. Trying to get her to change her mind by explaining how much she means to you

If a woman has disconnected from her feelings for her ex, him saying, *“I just want you to know that I still care about you and only want to be with you. No other woman can take your place in my heart. You mean the world to me and going forward in my life without you life feels wrong,”* isn’t going to make that much of a difference to her.

Essentially, if a woman has lost respect and attraction for a guy, it won’t matter to her that he still loves her or really cares about her and wants her back, because the feelings aren’t mutual.

If she’s a caring person, she might feel a little bit sentimental about what they once had together and feel a bit sorry for him, but it’s usually not going to be compelling enough for her to ignore her lack of attraction for him and get back into a relationship.

If she’s not a caring person, she will be happy that he really wants her back and she is able to stop him from moving on by saying things like, *“I don’t want anyone else to have you.”*

Whatever the case is though, a guy pouring his heart out to a woman who has dumped him usually isn’t going to make her want him back.

Why?

A woman doesn’t want to be with a guy because she feels sorry for him.

She wants to be with him because he makes her feel a lot of respect, sexual attraction and love simply based on how he talks to her and interacts with her.

She doesn’t want to be in a relationship that feels forced or one-sided.

She wants to feel like she’s in love.

So, if you want your ex to change her mind about being broken up, don’t bother telling her how much she means to you because it won’t work.

If she doesn’t feel much respect or attraction for you, she won’t really care about how she means so much to you.

A better way to make her care is to focus on using every interaction you have with her to re-spark her feelings for you (e.g. by making her laugh and smile, making her feel feminine and girly, flirting with her to create sexual tension).

Another mistake to avoid making is

3. Giving her all the power

Sometimes, a guy mistakenly thinks that if he lets his ex woman control everything and be in charge, she will be happy and want him back.

So, when she says, *“I don’t want anyone else to have you,”* rather than laugh at her attempts to control him, he tries to please her by promising to stay single and wait until she’s ready to give him another chance.

Alternatively, he starts being extra nice, generous and helpful towards her, in the hopes that it will cause her to take pity on him and give him another chance.

Yet, rather than make a woman think, *“Aww, he must really love me to take what I said so seriously. I’d be a fool to let a guy like that go,”* she loses respect for him because he didn’t have enough balls to laugh at her for trying to control him.

Hereâs the thingâ

If you allow a woman to control you, she wonât be able to respect you.

Without respect, she canât feel proper, sexual attraction and without sexual attraction, sheâs not going to feel like sheâs in love with you in a boyfriend/girlfriend or husband/wife kind of way.

So, donât let your ex call the shots when it comes to your personal life and donât wait for her to give you the go ahead to begin seducing her back into a relationship.

Instead, just take the lead and get her back now, or find yourself another woman if you donât want her back.

Another mistake to avoid making isâ

4. Not using interactions as opportunities to make her have strong, irresistible feelings for you

Itâs understandable that guy will be confused when his ex woman says something like, *“I know that weâre broken up, but I donât want anyone else to have you. I know itâs selfish for me to say that, but I canât help it.”*

He may begin to wonder, âHuh? What does she mean? Does she want me back? Is she just stringing me along?â

Not knowing what else to do, a guy will often decide to hang around and act like a nice, sweet, neutral friend in the hopes that she will eventually take him back for being so patient and understanding.

Yet, hereâs the thingâ

Being on your best behavior around a woman who doesnât feel attracted to you, isnât going to make her want you.

Additionally, if youâre trying to play her game, she will confuse the heck out of you by constantly changing her mind and giving you mixed signals.

If she notices that youâre confused and are desperately latching onto any good sign she gives you, she will actually lose respect for you and as a result, wonât be able to feel proper attraction for you.

So, donât let that happen to you.

Whatâs should you do instead?

Use your friendship with her as a stepping stone towards making her feel sexually attracted to you again, so she can then fall back in love with you.

The more that you focus on making her experience strong, irresistible feelings for you, the more she wonât want anyone else to have you for real.

Now, her reasons for saying, *“I donât want anyone else to have you”* wonât be because sheâs stringing you along, or because sheâs on a power trip and enjoying all the attention from you post break up.

Instead, it will be because suddenly, the idea of letting you go feels like it would be the worst decision of her life.

She doesnât want to let you go, miss you for life and regret you as the one that got away.

She wants you backânow.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

My Ex Unblocked Me

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

5 things you should do now that your ex has unblocked you:

1. Don't try to discuss the relationship too much

[image: Don't try to discuss the relationship too much]

Congrats! She has unblocked you.

Now what?

Rush to get her on a phone call, start talking about your relationship and how you can get back together again?

No.

Chill.

Just because your ex has unblocked your number on her phone, it doesn't mean that she's ready to get into deep discussions about getting back together again.

As tempted as you might feel to work things out with her right now (e.g. by texting her to apologize to her for your past mistakes, telling her that you've missed her and still care for her, asking her to tell you what she wants you to do to make her happy), it's best to avoid the heavy stuff and only focus on light, easy-going and funny texts before getting her on a call and meeting up with her in person.

If you get into deep, serious conversations about the relationship with your ex before making her feel sexually and romantically attracted to you again, she will likely feel overwhelmed and may even block you again.

So, if you don't want to scare her away, leave the serious discussions for after you've reactivated her feelings for you and made her want you back.

When you approach things in that order, she will keep her guard down and be open to taking things to the next level with you, rather than being turned off again and blocking you.

For now, just focus on making her smile, laugh and feel good to be around you again.

That doesn't mean you need to be constantly making jokes or being silly around her.

Instead, it's simply about not being so serious about everything and not going over past mistakes or issues again and again.

When she's smiling, laughing and enjoying being in your presence, it becomes difficult for her to continue seeing you in a negative light.

[image: Re-attract her in person after getting unblocked]

She opens back up to you and you can then hook up with her sexually and get the relationship back together.

Another thing to remember now that she has unblocked you is

2. Don't try to suck up to her

Sometimes, a guy feels so grateful to his ex for unblocking him that when he interacts with her again, he tries to stay on her good side by saying and doing whatever he thinks will please her (i.e. he sucks up to her, acts really nice, is on his best behavior at all times).

For example: He might agree with whatever his ex is saying about him (e.g. she calls him a jerk, blames him for everything that happened between them) and not stand up for himself because he's afraid that she will get angry and block him again.

He might also become very nice, polite and considerate and make himself available to her whenever she needs something (e.g. money, a favor, an answer to a question, anything), in the hope that she will be impressed by his devotion to her and reward him with another chance.

Unfortunately, that's not how women respond to men who suck up to them.

Instead, when a woman has lost respect for her ex as a man, him sucking up to her just makes her feel even more turned off by him for not having a backbone.

She begins to think, "Does he really think that by sucking up to me and being a good little boy I'm just going to forget about everything he did in the past and give him another chance? His behavior only confirms to me that he still doesn't get what I really want from a man and is merely hoping that if he's extra nice to me, I will feel sorry for him and give him another chance. No way. He doesn't get it. I'm actually starting to regret unblocking him now. Maybe I need to block him and get on with my life, because he clearly hasn't changed."

So, don't waste time and energy trying to suck up to her.

Be good to her, but don't be a pushover.

Why?

If you let her bully you or treat you badly because you're secretly hoping that she'll feel guilty and then give you another chance, you're just going to be turning her off even more.

Women are not attracted to wimpy, fearful behavior like that from men.

If you want to impress her, then be good to her, but be more ballsy and confident.

Another thing to remember now that she has unblocked you is that

3. Keep your replies brief and add in humor

Naturally, the first thing you might want to do when you realize that your ex has unblocked you, is send her a text message to open the lines of communication between you once again.

That's fine.

However, something you need to bear in mind is that you can't get your ex back via text alone.

You need to talk to her on the phone, or meet up with her in person to re-attract her for real.

Texts are okay, but don't rely on them as your number one and only way to get her back.

When texting her, keep things brief and add in some humor at times, so she enjoys chatting with you and doesn't feel overwhelmed with how much text you are sending her.

On that note, make sure you don't send her walls of text telling her how happy you are that she's unblocked you, how much you've missed her, how your life has been going, or how

much you want to work things out with her.

Women hate it when guys get too emotional via text or attempt to have long conversations via text because they don't have the balls to call her on the phone, or talk to her in person.

A woman loves it when a guy respects her time by sending her a text that is not only short and to the point, but also makes her smile and feel good to be hearing from him.

For example:

You: Hey, you finally unblocked me. I promise to only send you 100 texts a day. Lolâ€¦|just kidding. Hope you're well.

Her: Lolâ€¦|

Then, leave it for 48 hours and text her something likeâ€¦|

You: Hey ex girlfriend. How was your day?

Her: Not bad. Mostly work stuff. How about you?

You: Ummmâ€¦|I probably shouldn't tell you.

Her: Why not? What?

You: It's way too much to text. Lolâ€¦|I'll give you a call in 5.

Then, call her in 5 minutes and have a fun, easy-going chat with her.

If she asks why you couldn't text her, just say, *"Imagine trying to text everything that we're talking about now. What a pain in the ass that would be"* and have a laugh with her.

By approaching your communication with her in that way, youâ€¦â€¦re not only making her smile, but you are also making her feel attracted to the new and improved you.

She's curious about the new you, who isn't needy, annoying or pressuring her to get back into a relationship.

As a result, she begins looking forward to hearing from you, or opens up and hints that she would be okay to meet up and say in person.

By the way, if you approach it a little differently and don't get her on a phone call right away, you can do that after a little more texting.

Whatever you do though, make sure that youâ€¦|

4. Get to a phone call

Don't keep texting to the point where she eventually loses interest and either stops replying or blocks you again.

Thereâ€¦â€¦s no point in breaking down her walls of resistance and making her look forward to talking to you, if you donâ€¦â€¦t then have the courage to call her and talk on the phone.

Note: I know that some modern women don't seem to like chatting on the phone.

I get it.

Yet, here's the thingâ€¦|

Any woman likes talking on the phone to a guy who makes her smile, laugh and feel attracted to him because he's being confident and interesting.

Likewise, pretty much any woman hates talking on the phone to guy who makes her feel awkward, stressed or annoyed by his unattractive communication style (e.g. giving her too much power in the

conversation, being too nice, being insecure).

In other words, if you call her and make her feel attracted, she's going to enjoy talking to you.

So, once you've sparked her curiosity via text, just call her and build on her feelings of respect and attraction for you even more.

For example: When you initially call her after saying that you probably shouldn't tell her something via text, she might ask, "Okay, no more excuses. It's time to spill the beans. What have you been up to that you couldn't tell me via text?"

You can then say (in a joking way, of course), "Well, I've been cast in an action movie. It's top secret, so you have to promise not to tell anyone about it. I've been shooting in exotic locations like the local coffee shop down the road from my house, in my back yard and best of all, at the local swimming pool. I get to wear really bright, yellow swimming trunks and rescue people from drowning. It's so cool. I'm called, Yellow Pants Super Man. I'll invite you to the premier if you like."

At that point, she'll probably be smiling, laughing and thinking about you in a positive way because you're being playful and having fun with her, rather than being serious or emotional and trying to get her back.

As a result, she will feel curious about your newfound relaxed and confident attitude towards her, which will naturally make her feel respect and attraction for you again.

When that happens, her guard comes down and she opens herself up to the idea of talking to you again or seeing you in person.

So, make sure that you

5. Get to a meet up

[image: Get to a meet up]

After a bit more light-hearted conversation where you continue to spark her feelings of respect and attraction, go ahead and ask your ex to meet up with you in person.

For example: Say, in a light-hearted, joking way, "Anyway, it's been great talking to you again. However, I have to get back on the set or else my director will fire me. How about we meet up for some coffee sometime this week? I'll give you the inside scoop on what it's like to be such a great up and coming actor," and then laugh with her about that.

Then add, "Seriously though, I'd love to catch up with you and say hello in person. Of course, it wouldn't be about us getting back together again. It's just a meet up between two old friends over a cup of coffee. So, how about it? What day would suit you best?"

If you've successfully sparked her feelings for you, she will almost certainly agree to catch up.

If she says that she isn't sure or doesn't agree that you and her should meet up, don't let it make you feel uncertain or insecure.

Relax and confidently say, "Hey, it's just coffee. Nothing more. After that, if you decide you never want to see me again, I promise to never contact you again. So, how about it? This Thursday at 7pm [or whatever suits you and her]"

At that point, she will most likely say "Yes," and you can then go ahead and arrange a suitable day and time.

When you meet up, show her that you truly have changed, improved and are now the kind of man she always wanted you to be (e.g. confident, self-approving, emotionally masculine).

If you do that part right, she will drop her guard, open back up to you and give you another chance.

Where Guys Go Wrong When an Ex Unblocks Their Number, or Unblocks Them From Social Media

[image: Where guys go wrong when their ex unblocks them]

The fact that your ex has unblocked you is a good thing because you now have a perfect opening to re-attract her and get her back.

However, her unblocking you can also be a bad thing, if you make rookie mistakes that turn her off and make her regret her decision.

So, be sure to avoid the following mistakes:

1. Communicating in ways that turn her off

For example: A guy mightâ€¦

- Send her numerous texts telling her about his feelings, apologizing for his mistakes and trying to convince her why she should give him another chance.
- Bombard her with texts all day and night, so he can stay on her mind and hopefully prevent her from focusing on another guy.
- Always respond instantly to any communication from her (e.g. a text, social media message, or a phone call), regardless of what time it is, or if heâ€™s really busy.
- Try to make her feel sorry for him by telling her how much heâ€™s suffered since they broke up.
- Ask her pointless questions just to be able to text her, which ends up annoying her and making her want to block him again.

When a woman experiences that from an ex that she has unblocked, it's only a matter of time before she blocks him again.

So, be sure to remain calm and focus on making her feel a renewed sense of respect and attraction for you, so she wants to talk to you on the phone or meet up with you in person.

The next mistake to avoid isâ€¦

2. Putting way too much effort into a reply text

For example: A guy might overanalyze everything that his ex girls texts to him and then respond to her by explaining things in detail.

Heâ€™s hoping that if she can see that heâ€™s taking everything she says to him very seriously, she will then be more willing to talk to him over the phone or meet up with him in person.

Yet, putting in way too much effort just makes a woman want to stop texting because itâ€™s just not fun for her.

She looks at all that effort as meaning that he's either very desperate to get her back, too afraid to talk to her on the phone, or too messed up in the head to get straight to the point like a man.

As a result, she feels turned off and wants to stop texting back and forth with him.

So, if you want your ex to keep your number unblocked, don't put in loads of effort into crafting huge, detailed replies.

Instead, just keep your texts light and to the point and then get her on a phone call with you where you can properly spark her feelings by being very confident and using humor.

When you do that, she is then free to think things like, *"This is interesting. He's so much funnier now. I wonder what's gotten into him? Maybe he really has changed. Maybe I should meet up with him and see what happens."*

He can then get her back, rather than getting stuck in texting land and eventually getting blocked again.

The next mistake to avoid is!

3. Appearing desperate when replying via text

Sometimes a guy is so happy that his ex is interacting with him again that he can't stop himself from acting a little too keen.

For example: He uses way too many emojis, emoticons or exclamation marks (e.g. *"Hey!!!! It's sooooo nice to hear from you again!!!! ââââââ"*), or he types LOL after pretty much after everything he says to her, or in every reply (e.g. *"Hey, it's you! LOL. So glad you unblocked me. LOL. Been thinking about you. LOLââ"*).

Women hate guys who are like that, because it makes a woman feel like she's interacting with a boy, rather than a man.

So, be sure to maintain your confidence when you text your ex.

Respond to her in a mature, masculine way, so she can feel a renewed sense of respect and attraction for you.

The next mistake to avoid is!

4. Sticking to text

Texting your ex to open the lines of communication with her after she unblocks you is fine, but it's not the main thing that will get her back.

If you just stick to texting back and forth, she will either get bored and stop replying, or she will keep you around as her texting buddy, while she continues to go out, meet new guys, have sex and fall in love.

If you want her back for real, you've got to be man enough to guide both you and her back into a relationship by attracting her on a phone call or in person.

As a general rule, only use text as a way of getting her on a phone call, or getting her to meet up with you in person.

Then, focus on fully reawakening her feelings of sexual and romantic attraction for you.

When you do that, she will be yours again and she will love it.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Dumped By My Girlfriend Because I Took Too Long to Finalize the Divorce With My Wife

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

4 possible reasons why a woman will do that:

1. To see if you become desperate

Sometimes a woman just wants to see how much power she has over a guy.

[image: She is testing to see if you become desperate]

As a way of testing him, she will say something like, *“I’ve waited too long for you to commit to me for real. You promised to divorce your wife and still haven’t done it, so it’s over between us.”*

The wrong reaction for a guy to have at that moment is to panic and quickly start making crazy promises to her like, *“Please don’t give up on me. I promise that I’ll get the divorce done right away. I’ll call my lawyer today and ask him to rush the process.”*

She then says, *“No, it’s not good enough. You had plenty of time to do it and you didn’t, so it’s over.”*

He might then ask, *“What else do you want me to do to prove that I’m serious about us? Just name it and I’ll do it. Please don’t do this. I don’t want her. I only want to be with you.”*

Yet, by doing that, rather than make her think, *“Awww! that’s just so sweet. He obviously really cares for me after all. I guess I’ve been too hard on him. He definitely deserves another chance,”* she will actually begin to lose respect and attraction for him.

Why?

[image: I promise that the divorce is going to happen. Believe me!]

If you become desperate with your girlfriend (e.g. beg and plead with her to give you another chance, offer to do anything she wants), you are failing her confidence test.

She was initially attracted to the challenge of stealing you away from your wife, which made you seem more desirable.

Now, by being desperate and essentially pleading with her not to break up with you, she has gained way too much power in the dynamic, so the challenge isn’t there anymore.

Here’s the thing:

Although a woman might give the impression that she wants to be the one in control of a relationship, in reality, she won’t respect a guy who gives her too much power over him, no matter how unreasonable or ridiculous she is being.

So, what should you do instead?

Rather than get sucked into the fake drama that she is creating to test your confidence and sense of self-worth, just turn the situation into an opportunity to attract her even more.

For example: Imagine that you’re talking to your girlfriend on the phone and she says something

like, *â€œI donâ€™t have anything more to say to you. You had your chance and blew it by taking too long to finalize your divorce with your wife. Itâ€™s over between us, so please leave me alone.â€*

Yet, in the back of her mind, she will be wondering, *â€œWill he lose control of his emotions and resort to begging and pleading in the hope that he can convince me to give him another chance? Will he become desperate and put up with my bad behavior just to get me back? Will he ask me to marry him to get me back? What does he really think of himself? Is he really as confident as he has seemed all this time?â€*

If you panic and plead with her, she knows that your confidence isn't real and has only been there because of how much she has been pursuing you all this time.

On the other hand, if you laugh and jokingly say something like, *â€œYouâ€™re such a terrible actress! You know you love me,â€* and then laugh at her and with her about it.

She might then act like sheâ€™s shocked and say something like, *â€œNo, I don't! That's where you are wrong!â€* or even hang up the phone.

Yet, even if she doesn't show it, deep down she will be feeling respect and sexual attraction for you because you didn't become desperate and suddenly hand over all of your power to her.

She will then realize that regardless of her behavior (i.e. her attempting to dump you for taking too long to finalize the divorce with your wife), you have still managed to remain perfectly confident and know that you are more than good enough for her.

Women love men with that type of confidence, especially when the man is also a good man (i.e. not an asshole or jerk who would continue to treat her badly).

When you're a good man with that level of confidence, women simply can't get enough of it.

As for your ex, she won't be able to stop herself from reconnecting with the original feelings of respect, attraction and love that she felt for you.

When that happens, getting her back becomes easy.

Another possible reason why your girlfriend dumped you for taking too long to finalize the divorce with your wife isâ€

2. To regain some self-pride

Although most people are more open-minded in today's world when it comes to relationships, there is still a bit of a stigma attached to women who date married men.

A woman might not care about that initially, but eventually, she can get tired of being seen as the other woman.

Her friends, family and coworkers can begin to push her to ask for more than just a relationship on the down low, or on the side.

They might say things like, *â€œYou deserve better than a jerk who won't commit to you. Can't you see he's just stringing you along? He's not really going to divorce his wife for youâ€* you know that, right? *He's just going to keep you around for a good time. Where's your self-pride, girl? Why are you letting him do this to you? You deserve so much better than to be his side girl.â€*

To regain some pride and feel better about herself, she may then decide to dump him and try to move on to finding herself a guy who doesn't have all the baggage of going through a complicated divorce.

Her ex guy might then make the mistake of thinking, *â€œSheâ€™s just being an emotional woman. She probably feels like Iâ€™m not giving her enough attention right now and is likely also feeling a bit jealous of my wife, too. To soften her up, maybe I need to send her some flowers or buy her a pretty gift to show her that sheâ€™s special to me. That will calm her down.â€*

Yet, here's the thingâ€¦|

Buying gifts for a woman who feels like sheâ€™s lost her sense of pride is actually one of the worst things a guy can do.

Rather than make her think, *â€œWow, he must really love me if heâ€™s spoiling me in this way. I was so silly to break up with him,â€* she will think, *â€œSo, now not only am I the other woman in his life, heâ€™s also trying to buy me. If he wants that arrangement, why doesn't he get a prostitute? What kind of person would it make me if I changed my mind over a bunch of flowers or some trinkets? I would never be able to respect myself again if I did that. No, my mind is made up. Itâ€™s over between us. I need to find a guy who actually wants to be with me and only me.â€*

So, what should a man do instead?

Remain calm and interact with her in ways that cause her to feel like she would be missing out if she let him go.

For example: Being very confident, charismatic, emotionally masculine and funny.

When a guy is being like that during interactions with a woman, she cannot stop herself from feeling attracted to him.

If you do that and then pull away for a few days, she will miss you and want to see you.

Then, you can contact her, make her feel attracted on a call, get her to meet up with you and hook up with her again.

At that point, she will be feeling confused and will ask you if you're making any progress with the divorce.

Hopefully, by that point, you will have some additional news to tell her that will satisfy her.

Another possible reason why your girlfriend dumped you for taking too long to finalize the divorce with your wife isâ€¦|

3. She is tired of being your 2nd woman

If youâ€™ve ever competed in a sport that you really want to win at (e.g. a race, a football game, a tennis match), you may have experienced the dissatisfying feeling of coming in second place.

There's nothing wrong with coming in second every now and again, but all the time?

That sucks.

Get where I'm going with this?

Put yourself in your girlfriendâ€™s shoes for moment.

Coming second place to your almost ex wife from so long will have made her feel that way for quite

some time.

Most women are happy to put up with it initially, because they are excited to be stealing a high quality man away from his wife.

It's just how some women are.

However, there's only so long that a woman can continue to feel happy about being the woman on the side.

At the end of the day, a woman wants to know that she's the most important person in her man's life.

Although she's happy for him to have goals and a purpose that are the most important things in his life, she needs to get the sense that she's the most important person in life.

So, if a guy is taking too long to finalize the divorce with his wife and is making excuses like, *â€œShe is refusing to sign the papers. You need to be patient. I'm working on it. I spoke to my lawyer again todayâ€* or *â€œI'm pushing as hard as I can to get this done. It's not up to me. You just need to wait. It will happen when it happens,*â€ a woman will eventually start to feel like the second most important person in his life.

She may then start losing respect for him for not being the kind of man who can get things done.

When a woman starts thinking that way, it won't be long she starts seeing other reasons why he's not the kind of man she wants in her life.

For example:

One of the reasons he isn't finalizing the divorce with his wife, could be that he's actually too wimpy to stand up to his domineering wife.

Another reason could be that he's not a man of his word and actually has a habit of lying and breaking his promises.

Alternatively, he might simply be delaying the divorce as an excuse not to commit to her because he can't be bothered going through with it and just wants to keep having sex with her for a little while longer.

If one or more of those reasons apply, she then begins to wonder, *â€œIs this really the man I want to commit to? Is he really the best I can do for myself?*â€ and breaking up suddenly seems like the best option for her.

When she dumps him, the guy might then start promising the world to her if she will just wait a little longer.

He might say things like, *â€œIf you just wait until my divorce with my wife is finalized, I promise we can go out and buy your dream house and we can then move in together. You can pick whatever you like and I'll make sure you get it.*â€

Alternatively, he may even start promising that he will marry her and possibly even buy her an engagement ring as proof of his commitment.

However, while a woman might be tempted by his promises, the more he tries to suck up to her, the less attracted she feels (i.e. because he's not the confident, challenging guy that she fell for originally).

So, rather than promising your girlfriend that you'll do anything she wants to get another chance, just focus on making her feel the way she wants to feel when she's with you (i.e. like she's the

most important person in your life and like youâ€”re the kind of man she can look up to, respect and feel proud of).

Do that in a calm, confident manner, rather than panicking or giving her the impression that you're trying really hard to get her approval now.

When she can see that you are calm, confident and in control while also being loving and attentive to her, she will begin to question whether or not she wants to continue on with the break up.

As a result, her defenses will come down and you can then get her back.

Another possible reason why your girlfriend dumped you for taking too long to finalize the divorce with your wife isâ€”|

4. She has met someone else who is available and also makes her feel attracted

When a woman finds herself in a relationship that isn't providing her with the kind of attraction experience she really wants, she will eventually become vulnerable to outside influences (i.e. other guys hitting on her).

Even though she might be a really good woman with strong values and is usually very loyal, if she then happens to interact with another man (e.g. at work, university, the gym) who makes her feel just as or more attracted than you do, then she will begin to open up to him instead.

If he also happens to be available for a monogamous relationship and she gets the impression that she will get what she wants (e.g. to be first in his life, to not have to wait for him to commit), she will dump her married boyfriend and start a relationship with the new guy.

Her ex can still get her back at that point, but he has to approach the situation calmly and confidently. For example: Not knowing what else to do, a guy will often begin to panic and behave in a desperate manner as he tries to get his ex girl back.

He might write her a letter, send her a card or write her an email and say something like, *â€”Iâ€”m so sorry for hurting you. I know that you donâ€”t believe me anymore, but the divorce is happening now. She means nothing to me. You are the one I want. Please donâ€”t give up on me. This guy will never love you the way I do. I promise that I will finalize the divorce with my wife within the next week and we can be together. Just give me a chance to show you that you are the one I want. I love you more than Iâ€”ve loved any other woman in my life, especially my wife and I promise that Iâ€”ll prove it to you if you give me one more chance.â€”*

He hopes that he's saying what she really wants to hear, but in most cases, it's not.

Why?

Firstly, women are not attracted to emotional weakness (e.g. desperation, insecurity, self-doubt) or emotional dependence in men, so she will actually feel turned off by his approach.

Secondly, because she no longer feels enough respect and attraction for him to justify sticking with the relationship, she isn't very interested or impressed by his declarations of love for her, or his promises to change.

For his love to be welcomed and appreciated, the feelings have to be made mutual first.

It cannot be a one sided effort to get the relationship back together.

He has to make her want him again first (i.e. by interacting with her and properly reawakening her feelings for him), rather than trying to convince her to give him another chance because he wants it so much.

[image: Reawaken her feelings and get her back after being dumped]

Making her reconnect to her feelings first gives her a reason to want to give you another chance (i.e. she wants you again now), rather than feeling like you need her to give you another chance because you want her.

So, if you want your girlfriend to choose you over her new guy (if she has one), don't worry about telling her how much you love her.

She's not going to care about that until you make her feel strong rushes of sexual and romantic attraction for you again.

When she feels that, she will stop worrying about the divorce proceedings and surrender to the joy of feeling so attracted and in love with you.

If she has a new guy, his flaws will suddenly become clear to her and she won't want to be with him anymore.

By the way!

If your ex currently doesn't have a new guy, then don't waste anymore time.

Get her back before you have to also get the new guy out of the way.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Ex Drunk Texted Me. Does She Miss Me?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

It's a good sign.

Here are 5 possible reasons why she texted you while drunk:

1. She was feeling sad about the break up and was attempting to confirm that you still want her, so she could then feel good about herself

Even when a woman is the one to initiate the break up, she still can end up feeling sad, lonely and regretting it.

[image: She was feeling sad about the break up and texted you to see if you were missing her]

Of course, if she's like most women, she won't admit that to the guy she has dumped and will just keep it all bottled up inside.

Sometimes, she won't even tell her friends or family that she is missing him and will just try to put on a brave face and act like everything is fine.

Then, after a few drinks, she starts to think differently and stops worrying so much about what others might say if she got back with her ex.

A couple of drinks later, she drunk texts her ex to see how he reacts to her.

If he doesn't respond, she may assume that he has moved on or doesn't want her anymore, so she will open herself up to new guys (and possibly have sex that night) to make herself feel better.

The same applies if he replies with something like, *"Please don't contact me anymore. I wish you all the best."*

When faced with a situation like that, a woman will usually take immediate action to hook up with a new guy and hopefully make herself feel better in the process.

This is especially true if she has been drinking.

On the other hand, if he responds in a positive way by saying something along the lines of, *"Hey, good to hear from you! How have you been?"* or, *"Hey cutie, miss you"* she will feel confident that he still has some feelings for her.

If she wants him back, she will usually then keep texting and potentially push for a meet up that night, so they can hook up.

Alternatively, depending on what her motives are, she might feel satisfied enough that her ex is still missing her and then get on with having a fun night without him.

Whatever the case though, if your ex drunk texts you, it's usually a very clear sign that she is missing you, even if she isn't sure if she wants to get back with you or not.

So, what should you do about?

I recommend that you take control of the situation by actively making her feel attracted to you via text, on a call or in person, rather than playing games with her (e.g. not contacting her or replying, but acting like you don't care about her anymore).

So, rather than wasting anymore time wondering things like, *"My ex drunk texted me. Does she*

miss me or is she just messing with my head? What if I text her back and she tells me she doesn't want me? I will make a fool of myself. Maybe I should just ignore her just take action and get her back.

Remember: Even though your ex might be feeling sad about the break up, she's won't wait forever for you to make a move and get her back.

So, don't hesitate to begin the ex back process.

Interact with her, re-attract her and get her back.

Another possible reason why your ex drunk texted you is

2. While drunk, it seemed like it would be fun to text back and forth with you

Everyone knows that alcohol temporarily changes a person's thinking and behavior.

However, to put some science behind it, researchers at the University of Illinois at Chicago College of Medicine conducted a study to confirm that alcohol definitely does reduce a person's inhibition.

Inhibition (noun): A feeling that makes one self-conscious and unable to act in a relaxed and natural way.

According to the researchers, even one glass of wine is enough to limit the communication between the amygdala (i.e. the part of the brain responsible for processing emotions and memory) and the prefrontal cortex (i.e. the part of the brain responsible for decision making, and moderating social behavior).

So, if your ex got drunk, the part of her brain that would normally tell her not to text you would have been dulled.

Rather than worrying about the potential negative consequences, she just went ahead and texted you because it felt like a fun thing to do.

Of course, she may have regretted it in the morning and might now be ignoring you because she feels embarrassed by her behavior.

Whether she texted you because she misses you, or because she was too drunk to know what she was doing doesn't matter.

What matters is that you now use the opening she has created, to guide you and her back into a relationship.

Another possible reason why your ex drunk texted you is because

3. She is worried that you might be moving on without her

After breaking up with a guy, a woman will often be worried that he will find a replacement woman and move on before she had a chance to hook up with another guy first.

Of course, she won't want him to know that, so she will try to find out what he's up to by checking to see his posts on Facebook and other social media, or by talking to mutual friends.

That way, her ex doesn't know how she is feeling and she can try to keep moving on without him, rather than signaling to him that she is hurting, missing him or wishing she didn't go through with the break up.

Yet, while drunk, everything can change in a blurry moment.

In the case of your case, she probably got to the point where she didn't care what you might think if she texted you.

She just wanted to find out if you were missing her or had moved on.

Another possible reason why your ex drunk texted you is becauseâ€¦|

4. Her friends dared her to do it for a laugh

When women get drunk together in a group, they sometimes talk about ex's and guys they currently have a crush on.

This can lead them to daring each other to text an ex, or a guy that they have a crush on to see what happens.

Depending on how the ex replies, it will either cause the woman to laugh at him and make fun of him, or to be surprised at how attractive he is being and then say things like, *"Maybe you and him should see each other again."*

Another possible reason why your ex drunk texted you is becauseâ€¦|

5. Her friends urged her to do it because she wouldn't shut up about you

Your ex might actually be secretly struggling to get over you and move on, which can cause her to regularly be talking about you, the relationship and how she is feeling with her friends.

So, if your exâ€™s friends know that she misses you, they might have encouraged her to text you while she was drunk.

They might be hoping that if gives you another chance, they will then be spared from having to hear her talk about you all the time.

4 Common Mistakes Guys Make When They Get a Drunk Text By Their Ex

[image: Mistakes guys make after getting a drunk text from their ex]

Getting a text from your ex is a perfect opening to get her back because you can then get her on a phone call and get her to meet up with you.

At the meet up, you can then re-attract her, hook up with her and get her back.

Unfortunately, not all guys approach it in that way and end up losing their chance to get the woman back.

For example: Some guys make one or more of the following mistakes after getting a drunk text from their ex girlâ€¦|

1. Waiting for more obvious signs of interest before trying to get her back

Sometimes, a guy will weeks, months and even years waiting for a more obvious sign of interest from his ex, other than just a drunken text.

He doesnâ€™t want to make a move until heâ€™s 100% sure that she misses him and wants him

back for real because he's worried about getting rejected.

He might also worry that she didn't actually mean to text him, so it would make him look desperate if he contacted her.

Yet, here's the thing!

It's impossible to know what a woman's feelings really are.

Even if your ex does miss you and that is why she drunk texted you, it's unlikely that she will make the first move to call and arrange a meet up while she's sober.

Why?

Firstly, she won't want to help you feel confident (i.e. because she wants to see that you're able to feel that way without her encouragement).

Secondly, she won't want to make herself seem too desperate and easy because she is the one who left you.

So, rather than make it obvious that she still has feelings for you by calling and suggesting a catch up, a woman will usually wait for you to take the lead in the ex back process.

If you have the confidence and courage to make the first move, your ex will automatically feel a renewed sense of respect and attraction for you.

However, if you don't do anything, she will eventually get tired of waiting and just move on.

The next mistake to avoid making is!

2. Showing way too much interest in her and a relationship when he replies

As you would most likely know, a drunk text is not a declaration of undying love!

It can mean all sorts of different things, as I've detailed in this post.

So, even if your ex does miss you and the drunk text was a sign that she's open to getting back together again, getting too excited in your reply isn't going to help the situation along.

For example: Sometimes a guy will be over the moon that his ex girl texted him and reply with something like, *â€œHey! How are you? I'm so glad you texted me! I miss you. Have you changed your mind about us, or?â€*

Although he is just being honest, showing too much excitement or expressing interest in a relationship via text, just isn't the way to go about it.

If you try to make your ex commit to getting back together before you've fully reactivated her feelings (i.e. after you've kissed and had sex again), she's usually just going to say, *â€œNoâ€* or play hard to get and say things like, *“I'm not sure”* or, *“I need more time to think about.”*

So, the best approach to take is to focus on making her feel attracted to you and then get to a hook up. After that, you and her will naturally discuss giving the relationship another chance and at that point, she will want it too.

The next mistake to avoid making is!

3. Not using it as an opportunity to attract her with humor

A drunk text from your ex is a perfect opportunity to reawaken her feelings for you and make her

rethink her decision to break up with you.

So, don't make the mistake of being too serious about what you're texting her, or what you say to her on the phone.

For example: Imagine that you called your ex the morning (or afternoon) after she drunk texted you and you said something like, *â€œHey, I hope you found your phone.â€*

She'll likely respond with something along the lines of, *â€œWhat do you mean? I never lost it.â€*

You can then reply by saying, *â€œOh, I thought you must have misplaced it, because there was this crazy woman flirting with me last night and she was using your phone!â€*

She will likely be feeling a bit self-conscious for getting caught out and she may say something like, *â€œOh,â€* or *â€œOops, that was me. Sorry, but I was drunk. I hope I didn't say anything stupid?â€*

You can then say, *â€œNot at all. You just promised to wash my car every weekend for the rest of the year! You're such a nice ex girlfriend â€œ thanks!â€*

She'll likely be smiling and laughing and she might say, *â€œNo way! I can't believe I said that. You're kidding me, right?â€*

You can then say, *â€œYeah, I'm only jokingâ€* you just sent some random jibberish, which is pretty standard for a drunk textâ€ and have a laugh with her about that.

At that point, she will be feeling rushes of respect and attraction for you for handling the situation in a fun, easy-going way.

Her guard then comes down and she becomes open to meeting up with you and seeing where it goes. The next mistake to avoid making isâ€

4. Not following through and actually getting her back for real

Regardless of how open your ex sounds via text or over the phone, nothing will happen until you meet up with her face-to-face and reawaken her feelings for real.

A lot of guys will remain stuck texting and talking with their ex for weeks or even months, without getting to a meet up.

He's hoping that if he just keeps texting or talking to her on the phone, she will eventually say that she wants him back and he can then follow through and get her back.

Yet, in most cases, the woman gets bored of waiting for him to man up and starts flirting with other guys.

When her ex finally builds up the courage to ask her to meet up, she texts him something like, *â€œSorry, but I've met someone else. Besides, I'm sure you'd agree that we're better off as friends. I wish you all the best.â€*

If you don't want that to happen to you, then make sure that you take control of the ex back process. Get her to meet up with you, hook up with her and get her back for real.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

5 Tips on How to Get Your Wife Back When She Wants a Divorce

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

5 things you should do to get your wife back when she wants a divorce:

1. Change your communication style with her

[image: Change your communication style with her]

When a wife is saying things like, *"I want a divorce. This marriage is over!"* it's only natural that it will create some negative tension between her and her husband.

They might find themselves getting into arguments and fights and treating each other in a cold, distant, or even hostile manner.

Gone are the days when they were in love and everything was happy, free flowing and enjoyable. Now, it's just stressful and annoying.

If that sounds a bit like what is happening between you and your wife at the moment, it's time for you to change the way you communicate with her.

For example: Start turning awkward, stressful, uncomfortable or neutral conversations into something to laugh about together.

Get her smiling and feeling good when she talks to you.

She asks, *"So, how was your day?"* and rather than replying in a neutral way and remaining distant, use some humor to get her smiling and laughing.

You might reply with something like, *"Bad"* and she then asks, *"Why?"* and you then laugh and say, *"Just kidding! I had a great day. How about you?"* and smile as she answers.

[image: Get your wife smiling and laughing, rather than feeling stressed by the situation]

Alternatively, if she asks, *"How was your day?"* you might reply with, *"Great, but it's even better now that I am looking at your pretty. Hello beautiful"* and smile and have a laugh with her.

Essentially, bring some feel good emotions back into the mix, rather than continuing on with the negative tension between you and her, or being neutral so as not to annoy her or step on her toes.

Take the reins back and control the dynamic of the relationship.

Turn back into a relationship that is full of feel good emotions, egged on by laughter and playfulness at times.

Of course, this doesn't mean that you should act like a clown 24/7 and never take anything she's saying seriously because that will create even more anger and hostility.

Instead, it simply means you should focus on finding something to laugh about together, rather than taking everything so seriously and allowing negative feelings and arguments to tear you even further apart.

Here's the thing!

When you change the way you communicate and interact with your wife (e.g. you remain calm when

sheâs shouting or throwing a tantrum, you use humor to bring her out of a bad mood, you maintain your composure around her even when sheâs insulting you and trying to make you angry), it will automatically change the dynamic between you and her.

Suddenly, sheâll find herself being the only one who is angry, shouting and looking for an argument and it will begin to feel a bit silly.

Don't accuse her of being the angry or argumentative one though.

Just let her realize it on her own, at her own pace.

When she sees that you're not biting back and are able to remain confident and composed, while also steering you and her towards smiling and laughter very often (not all the time), it will take the fight out of her.

She will realize that she's over-reacting to the situation and ignoring what is really happening between you and her (i.e. you are starting to reconnect and really enjoy being around each other).

As a result her guard comes down and she finds it difficult to remain stuck on the idea of getting a divorce.

She begins thinking things like, *âI canât believe that weâre actually talking to each other again like normal human beings. Weâre even smiling and laughing again, instead of fighting and arguing. Maybe getting a divorce isnât the right thing to do after all. Maybe we can work things out between us.â*

The next thing you can do to get your wife back when she wants a divorce isâ!

2. Start attracting her in new ways

[image: Start attracting your wife in new and interesting ways]

If you want your wife to change her mind about getting a divorce, you have to start attracting her in ways that truly matter to her.

To do it correctly, you first need to understand the real reasons why she wants to leave you and then begin to change those things about yourself.

For example:

If youâre too emotionally dependent on your wife and rely on her to help you with too many things in life, show her that youâve changed by being more emotionally independent from now on (e.g. make your own hobby decisions, start or continue to pursue your own goals and dreams without her input, pick up on a hobby youâve neglected, take control of things that you should have been managing, but had left on her plate because it was easier for you).

If youâve been too relaxed about your future (e.g. youâre stuck in a dead-end job and havenât made a move to change that, you havenât been saving any money for a rainy day), take positive steps to change that.

Show your wife that youâre now more driven and goal oriented by planning for your future together.

If all the fighting and arguing has caused the sexual spark to die between you and your wife and you now feel like two strangers rather than lovers, change that by flirting with her and creating some sparks of attraction between you and her again.

By changing and improving in the ways that really matter to your wife, you will be showing her that

youâre now the kind of man she can look up to, respect and feel attracted to.

As a result, her walls will automatically start to come down and then the thought of getting a divorce will begin to seem like a bad idea, rather than being the solution to all her problems.

From there, you just need to continue building on her feelings of respect, attraction and love for you to let her see that things really are different now.

The next thing you can do to get your wife back when she wants a divorce isâ

3. Imagine that the divorce isn't happening and she still loves you the way she used to

If you keep worrying about her wanting a divorce and you potentially losing her forever, your body language and behavior will reflect that and it will turn her off even more.

Why?

Women are attracted to confidence in a man and turned off by insecurity, self-doubt and other emotional weaknesses.

So, you need to be emotionally strong, rather than losing confidence and becoming depressed or dejected about what might happen.

Rather than saying to yourself, *âItâs over. Iâm losing her and thereâs nothing I can do about it. Divorce is final and thereâs not coming back from that. My life is over. Iâll never be able to get over this,*â start by thinking things like, *âThis is just a bump in the road. Yes, weâre having some problems now, but weâre going to fix them and as a result our marriage is going to be even better than before. The divorce is never going to happen because my wife still loves me and I still love her. Everything is going to work out fine.*â

When you are comfortable thinking like that, take it up a level.

Start looking at her as though she is still in love with you and everything is fine.

When you do, she will naturally feel attracted to your confidence and self-belief.

She will also feel attracted to your fearlessness when it comes to loving her and being confident and in control of your emotions during a very challenging time.

Feeling attracted to you in that way will melt some of her iciness and she will begin realize that you aren't so bad after all.

She will then become more open to working things out, rather than being stuck on her decision to get a divorce.

Another thing you can do to get your wife back when she wants a divorce isâ

4. Don't try to get her to commit to stopping the divorce yet

It might be tempting to try and convince your wife to stop the divorce, but it's not an effective approach to use.

For example: A man who is facing a potential divorce with his wife might think, *âIf I donât put a stop to it right away, it will be too late. Thereâs no turning back from a divorce once the process has begun. I have to sit her down and try to talk her out of this.*â

Yet, approaching it in the way isn't effective.

What should you do instead?

Spend most of your time and energy (in a relaxed, confident manner) focused on making her feel a renewed sense of respect, attraction and love for you.

That is what really counts.

If you are trying to get her to discuss it all with you and change her mind, she isn't going to feeling respect, attraction and love for you.

Instead, she will be feeling tense and stressed out by constantly having to justify her feelings to you (i.e. that she's not happy and wants a divorce).

At the same time, by trying to persuade her to change her mind, you may cause her to think things like, *He's not listening to me! All he's focusing on is what he wants, but he's not thinking about what I want and how I feel at all. He's just highlighting to me that divorce is the only solution here, because he's not open to changing or even listening to me. I'm sick and tired of being in this position and always having to give him what he wants.*

Making her feel that way will cause her to be more determined to go through with a divorce.

So, rather than turning every interaction you have with her into something stressful and negative, try to focus on making her feel sparks of sexual and romantic attraction for you instead.

Let her see that she really does feel good when she interacts with you now.

Don't tell her that though, because she will likely put her guard up.

Just let her feel good around you and she will realize it herself.

The more she enjoys being around you, the less motivated she will feel to go through with the divorce because she will begin to feel as though would regret it.

Another thing you can do to get your wife back when she wants a divorce is

5. Use any opportunities you have to interact with her as a chance to re-attract her even more

Even if your wife has already moved out and is currently saying things like, *Leave me alone. We have nothing more to discuss. It's over between us and I'm not interested in fixing our marriage. I want a divorce,* you need to remain confident in yourself and focus on changing how she feels.

Changing how she feels isn't about changing her mind with logical arguments (e.g. think about the children, we have a lot of good memories together, it will be hard to survive on your own).

That doesn't work.

What works is focusing on making her feel a renewed sense of respect, attraction and love for the new you.

No matter what she is saying or doing to push you away, stay in touch with her by calling her on the phone from time to time, or by seeing her in person.

The purpose of that is so you can properly re-attract her and make her want you and the relationship again.

The more she can see that you're not reacting in the ways she's expecting you to (e.g. not getting angry or annoyed with her, not panicking or seeming dejected when she talks about divorce,

always maintaining your confidence around her regardless of how cold she is being), the more attracted she will feel.

From there, you can quickly build on her feelings and she will naturally begin to change her mind about the divorce.

4 Mistakes That Can Make Your Wife Feel Even More Determined to Go Through With the Divorce

[image: Mistakes to avoid when trying to get your wife to drop the divorce]

To get a wife back when she wants a divorce, you need to first change how she feels about you, rather than trying to change her mind with logical arguments or worse, pleading and begging.

When you change how she feels, she will then change her mind.

Unfortunately, a lot of men don't realize that until it's too late and end up making some or all of the following mistakes:

1. Sucking up to her

When a wife is talking about divorce, a man might decide that the only way to make her change her mind is by being on his best behavior around her.

He will start being extra nice to her (even when she's being cold, mean or treating him badly), doing whatever she wants, listening, caring, being generous and basically sucking up to her, in the hope that it will prove to her that he still loves her and wants to fix the marriage.

Yet, in most cases, rather than make a woman think, *"Oh, how amazing! My husband is being so sweet now. He's really trying. I need to go easy on him and give our marriage a chance,"* she will instead feel turned off by what she perceives as his wimpy, needy behavior.

Here's the thing:

Even though a woman might give the impression that she wants to be the one in control in the relationship (i.e. make all the decisions, while her man heeds her every beck and call), the truth is women don't respect guys who believe the fake demands that women make.

For example: In the dating scene, women go around saying that they want a sweet, nice guy who listens, cares and is very patient with them.

Yet, when a guy does that, a woman doesn't feel attracted to him and he ends up in the friend zone.

She then hooks up with a guy who doesn't even live up to all of those fake demands she was making (e.g. he kisses her on the first date, he doesn't suck up to her and instead behaves in a more natural way, expressing his real personality and not worrying if she likes it or not).

As you may know, women have to go around saying one thing and doing another because if they didn't, people would look down on them.

It's just how it works.

The same applies to relationships.

Women have to go around saying that they want a husband who does all the housework, treats them

like a princess and is does whatever she wants.

Yet, in reality, a woman wants a good man who treats her well, but creates a dynamic in the relationship that causes her to treat him even better.

Women can't admit that in public, but if you look at the relationships where the woman is the happiest and most in love with her man, that is exactly what you will find.

So, if you suddenly start sucking up to your wife to stop her from going through with the divorce and in the process, allow her to get away with treating you badly, rather than changing her mind, she will lose even more respect and attraction for you.

Remember: A woman wants to be with a man she can look up to, respect, feel attracted to and love, not a guy who is sucking up to her because he doesn't know what else to do to make her want him.

The next mistake to avoid making isâ€¦!

2. Seeking pity

Sometimes a guy might try to change his wife's mind about getting divorced by making her feel sorry for the pain she is causing him.

For example: He might say to her, *â€œCanâ€¢t you see Iâ€¢m hurting here? I havenâ€¢t been able to sleep or eat properly since you asked me for a divorce. Iâ€¢m a mess. Please just give me a chance to change and be the man you want me to be. I promise this time Iâ€¢ll do whatever it takes to make our marriage work. For the sake of our wedding vows and the love we felt for each other, please donâ€¢t walk away.â€¢*

He's hoping that if she sees how much he's suffering, she will feel sorry for him and agree not to go through with the divorce.

Yet, making a woman feel pity for the emotional pain you're experiencing only turns her off even more.

Why?

Emotional weakness isn't attractive to women.

Women are attracted to emotional strength, especially when the man is in a challenging situation.

Additionally, when a woman has disconnected from her feelings of respect, love and attraction for her husband and wants a divorce, she usually stops caring about how he feels or what he wants.

All that really matters to her at this point is how she feels, so focus on making her have feelings for you again.

When you do that, she naturally begins to change her mind about the divorce.

The next mistake to avoid making isâ€¦!

3. Being neutral

A common mistake that some guys make is being neutral and boring around their wife and expecting her to somehow feel a spark and want to stick with him.

In other words, he's not putting in the effort to create a spark by being very confident, using ballsy humor (not nice, polite humor or dad jokes) or using flirting to create a sexual vibe.

Here's the thing!

If you're not actively making your wife feel sexually and romantically attracted to you, it's just going to make her feel even more determined to go through with the divorce.

She will say to herself, *"The spark just isn't there anymore. I don't feel it. I'm right about wanting this divorce."*

On the other hand, when you are actively re-attracting her, she then starts to think things like, *"Things are good between us now. I don't actually want to leave him. If I did, I would miss him. Maybe we just need to give it another shot for a while and see how things go."*

She then stops wanting a divorce and starts wanting you.

The next mistake to avoid making is!

4. Feeling unworthy of her

When a woman is saying that she wants a divorce, it's easy for a husband to blame himself for everything that went wrong in their marriage.

For example: He might start thinking, *"She was pretty much the perfect woman and I ruined everything with my [insecurity, controlling behavior, apathy, anger, etc]. I destroyed our marriage and made her hate me in the process. I'm such a jerk! I can't believe I did this to her. I was lucky to get a woman like her to marry me in the first place. Now, I guess my luck has run out. It's over."*

Thinking that way about himself only makes him seem less attractive to her because she can sense it in his vibe, attitude, behavior and body language.

As I've mentioned a few times so far, women aren't attracted to emotional weakness and self-doubt in a man.

So, when a husband doesn't believe in himself and his worth to his wife, it actually turns her off even more.

She starts to think things like, *"I've made the right decision to leave him. I made a mistake when I married him. He's just too wimpy and weak-minded for me. I need a man that I can look up to and respect, rather than hanging sticking with this marriage because I feel sorry for him."*

As a result, she begins to close herself off to him even more and push for the divorce.

If her husband reacts by being more emotionally sensitive and weak, she will feel even more turned off and compelled to finalize the divorce.

Don't let that happen to you.

How?

Start by believing that you are good enough for her.

Then, use that confidence to begin re-attracting her in new and interesting ways as you interact with her.

Before you know it, she'll be back in your arms and telling you how much she loves you and how sorry she is for wanting a divorce.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Will My Commitment Phobic Ex Come Back?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Not necessarily.

Women like that usually just go from one relationship to the next, until they find a guy who makes them want to commit.

For example: A woman who suffers from a fear of commitment usually finds herself in relationships with guys who are good guys, but are missing something that she really wants.

In many cases, the missing piece to the puzzle is that she will want a guy who doesn't put up with her crap and give her too much power in the relationship.

She will be confused about the fact that she is very attracted to bad boys, but also knows that a relationship won't work with a guy like that.

[image: Breaking up because he is too nice]

She wants a good guy, but not a guy who is too nice to her to the point where she can walk all over him and be the boss of the relationship, so to speak.

She wants a good guy with balls, not a extra nice guy who is willing to do whatever she wants just to get to spend time with her.

She wants a guy who creates a relationship dynamic that causes her to respect him and try to impress him, rather than him always trying to live up to her expectations and impress her.

If a guy doesn't understand that, he will often make the mistake of trying harder and harder to please her, not knowing that by doing that, he is turning her off at a fundamental level.

She wants a good guy and she wants to be treated well, but she doesn't want to be in the power position in the relationship.

She wants a relationship dynamic that causes her to want to be a good girl for her man, to please him and to continually impress him.

If a guy can't offer her that, she will say that she is afraid of commitment, needs time apart and a number of other common excuses that she will have given to other guys in the past.

She will then place him in the friend zone and say that she loves him or cares about him, but doesn't want to commit to a relationship.

The guy is then left feeling confused and wondering what would make her want to commit.

So, what will make her want to commit?

Here's how to do itâ□|

1. Understand what really caused her not to want to commit to you

[image: Why didn't she want to commit to you?]

For a woman to not want to commit to a guy, it usually means certain aspects of his thinking and behavior are causing her to doubt whether she wanted to stick with him for life (e.g. he was too nice, too insecure, gave her too much power in the relationship, was clingy).

So, rather than allow herself to become too emotionally involved with him and then have to break up

with him at a later stage, she ends the relationship and opens herself back up to dating new guys for fun.

Naturally, this type of behavior makes her come across as being commitment phobic.

Yet, in most cases thatâs not the truth at all.

If a woman hooks up with a confident, emotionally strong man who knows how to make her feel the way she wants to feel in a relationship with him (i.e. very feminine, like his girl, in love, feeling the need to impress him and maintain his interest), then her commitment phobia will naturally disappear. The fact is, a woman doesn't go through life dumping guys who are perfect for her because she fears commitment.

That would be crazy and most women aren't crazy.

Women break up with guys who aren't able to make them feel attracted in the ways that really matter to them (i.e. the guy she dumped didn't make her feel like his girl and made her feel more dominant than him, or more like a friend).

So, if your ex broke up with you by saying something along the lines of, *âIâm just too scared to make a serious commitment right now. Please give me some space to figure things out,â* she was most likely just trying to let you down easily.

Most women are afraid that a man will react badly when broken up with, so they try to keep things light or blame themselves by saying things like, *“It’s not you. It’s me. I’m messed up in the head. I had a bad childhood”* or, *“I have issues and need time to myself. I might go to a therapist. In the meantime, I can’t be in a relationship. I have to be on my own for a while.”*

She doesn't want her boyfriend (or husband) to start desperately trying to convince her to give him another chance.

So, she lets him down easily and creates some space between them for a while, so she can move on without him.

Not all women do that though.

Some women break up with a guy and don't tell him the reasons because she just doesn't know how to explain it to him.

He's a good guy, has been treating her well and she wants to break up with him, so she doesn't really have many or any bad things to say about him.

She just knows that it doesn't feel right to her.

So, in your situation, your ex either didn't want to tell you her real reasons for breaking up with you because she feared you might get angry at her or become desperate and try to convince her to give you another chance, or she just didn't know what to tell you.

To get her back, you need to discover her real, hidden reasons for breaking up with you and then make those changes, without asking her to help you or explain anything to do.

For example: Some of the real, hidden reasons why a woman might fear committing to a guy, include:

- He is too much of a worrier and takes everything so seriously that she can't relax and feel happy around him.
- He fails her confidence tests by becoming insecure or clingy (e.g. when she throws a tantrum,

acts uninterested in him, stops being affectionate or teases him about his appearance or behavior).

- He leads a boring lifestyle and expects her to just put up with it.
- He has emotional issues that remind her of an ex (e.g. insecure, emotionally sensitive, needy), or her abusive father, so she wants to get out before she gets too involved in the relationship.
- Her family and friends (who are an important part of her life) don't like him.
- She feels insecure about her attractiveness as a woman and fears he will dump her if he finds another woman. So, she dumps him first to lessen the pain of losing him.
- He is a good guy, but just isn't manly enough for her (i.e. he's too nice to her, too giving and unable to be the dominant one in the relationship).
- He doesn't seem like he really wants to commit to her for life and she doesn't want to end up as a single mother or divorcee.
- He doesn't learn from his mistakes and keeps failing at life.
- He gets nervous and unsure of himself around confident guys, so she doesn't feel safe with him.

As you can see, there are many subtle reasons why a woman will really break up with a guy.

Understanding your ex's real reasons for not wanting to commit gives you a clear idea of exactly what you need to change about yourself to reawaken her feelings of respect and attraction.

Then, when you interact with her again and she experiences the new and improved you, she won't be able to stop herself from feeling respect and attraction for you in ways she can't explain.

She will feel drawn to you and want to be with you for her own reasons (i.e. she doesn't want to stop experiencing the love, sexual attraction and respect that she now feels for you).

She will want you back even though she may have previously said she didn't want to commit to you.

Another tip to make your commitment phobic ex come back is to

2. Prepare to attract her in the ways that she can't find in other guys

If you want your ex to commit for real, you need to offer her something that no other guy can.

For example: Imagine that a woman broke up with a guy because she secretly believed that she wasn't good enough for him.

She doubted her attractiveness as a woman and was worried that her guy would eventually dump her for a more attractive woman when he had the opportunity.

That insecurity may have been created in her when she was a child (e.g. if her father left her mother, remarried and had another child and loved that child more than her).

As she grew up, she may have convinced herself that her parents splitting up was her fault because she wasn't loveable enough as a child.

Alternatively, her first love might have cheated on her with another woman.

As a result, all her future relationships are tainted by the fear that her guy will find a new woman more attractive and leave her behind.

So, to compensate for her fear, she tends to only go for guys who are totally devoted to her and madly

in love with her.

Yet, deep down, she doesn't want to be in a one-sided relationship where she is in the position of power.

She wants a guy that she is totally devoted to and madly in love with, who also loves her and is devoted to her.

If she can't find that guy, she will accept guys who are madly in love with her and devoted to her, but she won't ever feel the same way about them.

Then, when the guy tries to get her to commit (e.g. asks her to move in with him, asks her to marry him), she will say no and claim to be afraid of commitment.

Yet, the reality is that the feelings just aren't mutual.

She likes the guy, but isn't madly in love with him because he can't attract her in the ways she really wants (e.g. he gives her too much power, he's not confident enough).

In some cases though, a commitment phobic woman really does love the guy she is with, but she is worried about him leaving her one day.

So, if he slowly stops making her feel loved and appreciated like he did at the beginning of the relationship, her phobia will kick in and she will feel compelled to break up with him before he breaks up with her.

She will think something like, *"I knew it! He's just like every other guy I've dated in the past. He pretends that I'm the one he wants, but after a while he loses interest in me. I'm not good enough for him and he's just too nice to tell me that. He doesn't want to hurt my feelings. Yet, if I stick around much longer, he will hurt my feelings by dumping me and breaking my heart in the process. I can't let that happen to me. I need to break up with him first."*

She then breaks up with him because she can't handle the pain of losing him, or the pain of being the one who gets dumped.

To get her back, some guys will make the mistake of saying things like, *"I promise you that I'm different. I'm not like other guys. I would never hurt you. You're the most beautiful woman in the world to me and nothing can change that. I want us to be together forever."*

She might believe him the first time and give him another chance, but if she gets the sense that he's only putting on an act to keep her a little longer, she will then go through with the break up.

If that happens, how can he get her back the second time?

He needs to show her by the way he talks to her, interacts with her and responds to what she says and does that he really does see her as the most beautiful woman in the world.

To him, she is more than enough for him.

She is so beautiful and so attractive that he wouldn't ever want to leave her for another woman.

He can't tell her that though because she won't believe him.

He needs to show her.

At the same time, he needs to reawaken her feelings of respect, sexual attraction and love for him and then maintain and grow those feelings over time.

When she can see he is continuing to be loving, attentive, affectionate and loyal to her no matter how many weeks, months or years they've been together, she won't want to leave him.

Suddenly, her commitment phobia will fade away and be replaced with total dedication and commitment to him and their future together.

The next tip to make your commitment phobic ex come back is to

3. Interact with her on a phone call or in person and re-attract her

[image: Interact with her in person and change how she feels]

One of the biggest mistakes that guys make when dumped by a commitment phobic girlfriend, is to give her too much space (e.g. 30 to 60 days after a break up).

As you will discover from the video above, you don't need to wait 1-2 months before you attempt to get her back.

If you do, she will most likely move on by beginning to date and have sex with new guys for fun.

Unfortunately, most guys don't realize that until it's too late.

For example: A guy might think something like, *"I don't want to scare her away. She's already running from me, so the best approach is probably to leave her alone for a while. That way, she may start to miss me and realize that we are meant to be together."*

Yet, that rarely (if ever) happens with commitment phobes.

In most cases, the woman is just going to use the time apart to run to the next relationship that feels safe, or to date and have sex with new guys for fun like she has in the past.

Then, if she meets a guy and things start to get serious, she will dump him and move to the next guy if he isn't able to attract her in the ways that she really wants deep down.

As a result, the cycle of getting into relationships and breaking up continues for her.

In her mind, she is doing the right thing and is simply following her heart, even though to her ex's, she seems a little bit crazy.

After all, she will have dumped good guy after good guy after good guy.

She will have then hooked up with a bad boy or two for sex and chased him for a while and eventually gotten rejected.

It's an ongoing cycle that won't end until she meets a good guy with balls.

So, unless that is you, don't think she is going to come running back to you simply because you cut off contact and ignore her for 1-2 months.

Commitment phobic women rarely go back to the same guy twice, unless of course, he does something to make the reconciliation happen.

In other words, he contacts her, re-attracts her, hooks up with her and makes her want to be in a relationship with the new and improved him.

She then wants to give him another chance for her own reasons, rather than being turned off by yet another ex who is begging and pleading with her for another chance.

Another tip to make your commitment phobic ex come back is to make sure that you

4. Don't try to get a relationship right away

When a woman is commitment phobic, she will continue being that way until you create a

relationship dynamic that puts her in the one down position.

If she is in the one up position (i.e. the more valuable, prized person), then she will continue on playing her old games of being Miss Unavailable, Miss Unsure About Everything and Miss Nothing You Do is Good Enough.

So, don't play into her games because you really can't win that way.

What you need to do is re-attract her and make her really want to be with you again, but not push for a relationship or a commitment.

Let her be the one who is hoping that you and her get back together and then commit to each other.

This leads me onto the next pointâ.

5. Be the challenge that she is looking for in a man

Commitment phobic women want a guy who is a challenge.

It's not about treating her badly, being a jerk, a bad boy or anything like that.

Instead, it's about being the sort of man that she feels the need to impress and maintain the interest of.

That's what excites a commitment phobe and keeps her hooked for life.

So, with that said, one of the quickest ways to scare off a commitment phobic ex is to give her the impression that you are waiting by your phone for her to call and are willing to text, talk or see her at any time of day or night.

You are essentially hoping to get a bit of her time, because it makes you feel so good to be around her.

No, no, no.

She is bored by guys like that.

She wants to be the one who is hoping to get some of your time.

Making her feel that way isn't about being completely unavailable, not answering her calls or being rude.

Instead, it's about making her feel so attracted to the new and improved you, while also not giving her the impression that you're hoping it will make her want you back.

You need to give her the impression that you are happy with or without her.

Don't tell her that though!

Give her the impression based on how you think, feel, behave, act and respond to her.

Think about a time when you were interacting with a girl who really liked you, but you didn't feel the same way about in return.

How did you behave with her?

That's how you need to behave with your ex.

Where Guys Go Wrong When Trying to Get a Commitment

Phobic Ex Back

By now you've probably realized that getting your ex back is not as difficult as you may originally have thought.

It's essentially all about re-attracting her and making her really want you again.

That's something that pretty much any guy can do with his ex girlfriend or ex wife.

You just need to approach it correctly.

With that in mind, here are two common mistakes that you should avoid making if you don't want to lose her:

1. Assuming that not contacting a woman will make her want to come back

If your ex is commitment phobic woman, it's understandable that you might be thinking, *"If I try to get her back, she will pull away from me even more. So, maybe the best option is to wait until she starts missing me and then wants me back herself, right? In a way this will also prove to her that I'm a loyal, reliable guy and that she can depend on me to be there for her no matter what. She may then want to commit to me because of that, right?"*

No.

Not contacting a woman to get her back only works on a very small percentage of women.

The cold, hard truth is that most women just move on if their ex guy doesn't contact them and re-attract them.

In most cases, all it takes is for the woman to meet a new guy that she finds more interesting and attractive and she stops looking back.

She moves on, enjoys herself and doesn't really care about her ex anymore.

Don't let that happen to you.

If you want to get your ex back, get in touch with her, re-attract her, hook up with her and make her really want to have a new relationship with you.

That's what works.

The next mistake to avoid making is

2. Not understanding that the real issue is the fact that she hasn't been getting the attraction experience she wants from you

A fear of commitment might be the excuse she's giving you, but it isn't the real issue.

I guarantee you that she will commit when a man understands what she really wants and gives her that experience (e.g. he is more manly in his behavior, makes her feel more girly, makes her respect him and look up to him, doesn't put up with her BS).

Don't let another guy give her that experience when you can do it.

Level up as a man, give her an upgraded attraction experience and enjoy the great times ahead with her.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Why You Shouldn't Ask a Woman to Commit to a Relationship or Nothing After a Break Up

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

5 reasons why you shouldn't ask a woman to commit to a relationship or nothing after a break up:

1. The feelings have to be mutual for a relationship to happen

Sometimes a guy might try to shock his ex woman into giving him another chance by saying something along the lines of, *"I'm sorry, but I still love you and want to be together. I can't just friends with you because it would be too difficult for me. So, this has to be a relationship or nothing."*

He's hoping that when she realizes she could lose him forever, she will say something like, *"Okay, okay let's give our relationship another try. I can't bear the thought of you not being in my life. Let's make this work."*

Yet, that almost never happens and the reason is because!

The love, respect and attraction between a man and a woman has to be mutual, otherwise the woman won't care about how much he cares for her, or what he wants from her.

In other words, he feels attracted and in love with her, but she doesn't feel that way about him, so why should she give him what he wants when she's not getting what she wants?

She just doesn't see it as fair.

It's not only women who that though, of course.

A man who wants to break up with a woman, will often find himself in the same situation where he's offering a friendship to the woman and she's demanding a relationship.

Unless the feelings are mutual, or at least close to mutual, it's not going to feel fair for the person trying to end the relationship.

So, back to a guy getting dumped by his woman!

[image: She walks away rather than committing to a relationship]

When a guy who is being dumped gives a woman a ultimatum of a relationship or nothing, she will usually just say something along the lines of, *"Okay, if that's how you feel, then let's go with nothing. Let's agree that it's 100% over between us and that we'll never see or talk to each other ever again. I'm going now. Goodbye."*

The guy is then left feeling shocked and confused about how to get her back, after literally pushing her out of his life with the old, *"It's everything or nothing"* ultimatum.

So, here's what you need to remember!

If your ex has disconnected from her feelings of respect, sexual attraction and love for you, she's probably not going to care if you decide to walk away from her completely.

Instead, she will focus on fully getting over you, moving on and finding herself a replacement man who will make her feel the way she wants to feel (i.e. attracted and in love).

On the other hand, if you accept your ex's decision to be broken up and just remain friends, you can then use the so-called friendship to get her back.

Use the friendship to stay in touch and interact with her, so you can actively re-spark her feelings of respect, sexual attraction and love for you.

By approaching it in that way, it won't take long before she starts feeling the same way you do (i.e. she wants to commit to a relationship with you and doesn't want to be just friends anymore).

Another reason why you shouldn't ask a woman to commit to a relationship or nothing after a break up is that

2. Asking her to change her mind is different to changing how she feels

In your mind, it probably makes total sense why your ex should commit to a relationship with you again.

You know that you're a good guy who simply made some mistakes in the relationship.

You know that you can do better this time.

Yet, if your ex girlfriend or ex wife doesn't believe you or care, it's because you're trying to convince her with your words and reasoning, rather than focusing on changing how she feels (i.e. using interactions that you have with her to turn her on and make her want you sexually and romantically).

For example: Sometimes a guy will try to convince his ex woman to give him another chance by saying things like, *"Be honest, you can't deny we had some really good times together. It wasn't all bad, you have to admit that. If you can focus on the fact that we did share some good times, you will see that we can be happy again if you give me another chance to do better. I'm ready to change and be a better man for you, so all that is needed now is for you to give us another chance. We can go back to how it was before everything went wrong. We just have to replicate what we did in the beginning when we were happy together. It can work. Please see that, rather than turning your back on what we had and just walking away."*

Yet, here's the thing that

If a woman has lost respect and attraction for her ex, she won't want to change her mind.

He has to make her feel a renewed sense of respect and attraction for him, so she begins to feel romantically drawn to him again.

If he doesn't do that and just focuses on trying to convince her to change her mind, she will remain closed up.

She will then say something like, *"Look, yes, it's true that we had some good times together in the beginning, but whether you like to admit it or not, there were more bad times than good times. Most of our relationship revolved around me trying to tell you to change and how unhappy you were making me feel. I'm sorry, but I can't change how I feel. What I feel is that you and I are wrong for each other. Please accept that it's over between us and stop asking me to commit to a relationship with you again."*

While it might suck to hear your ex woman say something like that, the good news is that her feelings aren't permanent.

A woman will usually only say that if a guy tried to get her back before reawakening her feelings.

Essentially, he's trying to get her back for his own reasons, but she doesn't care what he wants.

To get a woman back after a break up, you have to focus on her feelings (i.e. make her feel a renewed sense of respect, sexual attraction and love for you).

So, rememberâ€¦!

You can change her mind, but only if you first change the way that she feels.

Rather than wasting loads of time and energy trying to convince her (by telling her all the reasons why you think she should give you another chance), just focus on using every interaction you have with her to actively re-spark her feelings of respect, sexual attraction and love for you.

The next reason why you shouldn't ask a woman to commit to a relationship or nothing after a break up isâ€¦!

3. Women don't like to feel like they are being forced into having a relationship

Many guys don't know how to handle being broken up with by a woman they love and really want to be with.

For example: When a woman is breaking up with him, a guy might become annoyed and say, *â€œWas your love for me even real, or were you lying to me all that time we were together? How can you go from loving me to being so closed off and cold towards me? It's not possible to love someone so much one minute and then not love them at all the next. How could you do that to me? What kind of person are you? I'm sorry, but I can't be like you. I can't switch my feelings off and pretend that I don't love you. I value what we had enough to want to try and make things right. Why don't you? If you really loved me, why won't you even give us another chance? How can you just walk away like this? It doesn't make sense. Please don't throw away what we had together like it meant nothing to you. All I ask is for you to give me one more chanceâ€¦ please.â€*

Yet, even though the guy is being honest about his feelings, trying to make a woman feel guilty for how she feels (i.e. turned off, no longer in love) isn't what will make her reconnect with her feelings and want to commit to a relationship.

To her, his behavior actually comes across as being selfish because it's all about him and what he wants from her.

She may then think to herself, *â€œMe, me, me, that's all he ever talks about. It's all about his feelings and how he was such a wonderful boyfriend/fianc /husband to me, while I was a terrible woman who never really loved him. Not once has it occurred to him that his actions, attitude and behavior are what caused me to fall out of love with him in the first place. If he could just admit his mistakes and show me that he's making an effort to change and improve, I would open up to giving him another chance. Instead, all he's doing is using emotional blackmail to try and make me change my mind, which makes me want to get away from him even more. I won't be made to feel guilty for leaving him. I know how I feel and I'm not going to ignore that.â€*

How does she feel?

Turned off, not in love anymore and no longer able to look up to him and respect him.

If he wants her back, he has to focus on interacting with her in a way that instantly or very quickly regains her feelings of respect, attraction and love.

When he does that, her thoughts change and it suddenly feels like it makes sense to give him another chance.

In other words, when you change how she feels, she changes her mind.

Don't try to change her mind, to hopefully change how she feels.

That's backwards and it doesn't work.

You've got to make her feel like she wants you again, based on the changes you make to how you think, feel, talk, behave and act around her or when talking to her.

In other words, how you come across to her, how you react to her and how you respond to her.

That is what counts.

When you interact with her in a way that sparks respect, attraction and love, she naturally begins to change what she thinks about you and the potential of giving the relationship another chance.

What you always need to remember is that a woman doesn't want to feel like she's doing a guy a favor by being with him because he's too emotionally weak, insecure and lost to be on his own without her.

A woman wants to feel like her guy is the kind of man that she can look up to, respect, feel attracted to and love (i.e. because he always learns from his mistakes and becomes a better man as a result).

So, if you really want to convince your ex to commit to a relationship, you need to make her reconnect with her feelings of respect, love and attraction for you, rather than trying to pressure her into it by making her feel sorry for you.

The next reason why you shouldn't ask a woman to commit to a relationship or nothing after a break up is

4. It can sound desperate to ask for it

Sometimes, a guy assumes that it will seem tough and manly if he gives his woman an ultimatum (i.e. *It's a relationship or nothing*) and like he's putting his foot down.

Yet, in most cases, a woman will see right through it and know that he is simply trying to trick her into thinking that he would actually accept nothing, rather than a friendship.

She will realize that he can't deal with the rejection of being labeled a friend or giving her space for a week, to figure out what she wants.

So, he tries to stop her in her tracks by saying, *"I love you too much to just be friends. I want a relationship with you. I don't want to just be your friend. If you can't give me that, then we will go our separate ways and never speak to each other again."*

Yet, rather than make the woman think, *Wow, he's being so emotionally strong and masculine all of a sudden! He's so attractive when he stands up to me like that! I definitely want to commit to a relationship with him now!* she thinks something like, *Does he honestly think that I'm going to crumble under that pressure and give him another chance? I'm breaking up with him, so I would be happy to accept nothing. I was only going to be his friend to be nice.*

She then accepts nothing, cuts off communication with him (and possibly even blocks him) and it's then a lot more difficult for him to get her back.

Here's the thing

When a guy tries to force a woman into a relationship without reawakening her feelings first, sheâ€™s usually going to perceive whatever he does in a negative way.

Instead of giving him the benefit of the doubt (i.e. heâ€™s being emotionally strong and decisive), sheâ€™s going to assume the worst of him (i.e. heâ€™s being clingy, desperate or selfish).

So, donâ€™t risk turning your ex woman off even more by asking her to commit to a relationship or nothing.

Instead, naturally make her want to commit to you by actively sparking her feelings of respect, attraction and love first.

When you do that, she will be open to giving the relationship another shot, because it will feel like the right step for her to take.

The next reason why you shouldnâ€™t ask a woman to commit to a relationship or nothing after a break up is becauseâ€¦

5. You should use a friendship after the break up to re-attract her

Rather than telling your ex, *â€œItâ€™s all or nothing,â€* (and risk losing her completely), itâ€™s best to keep her in your life as a friend.

Why?

You can use the interactions you have with her to re-attract her and hook up with her sexually, to get the relationship back together.

The more you reawaken her feelings of respect, attraction and love, the faster she will want to be in a relationship with you again.

When youâ€™re her friend, you can get her back away, within days, with a week or within a couple of weeks (in cases where a woman hates the guy that she is dumping and needs a bit of space), but you really can do it.

You take control of the situation by making sure that she canâ€™t seem to get over you because she is suddenly feeling more attracted to you than she has in a long time.

That is what works and gets a woman back quickly.

On the other hand, if youâ€™re completely out of the picture, chances of her suddenly missing you and wanting you back are slim at best, because if sheâ€™s like most women, she will move on by finding a new guy or enjoying the single life (i.e. hooking up with new guys for fun).

Remember: If youâ€™re not making her feel respect and sexual attraction, some other guy will.

So, donâ€™t let your stubbornness or hurt feelings get in the way of you getting her back.

Take control of the situation by accepting a so-called 'friendship' with her and then use that as a perfect way to re-attract her and get her back.

3 Mistakes to Avoid When She Doesn't Seem to Want a Relationship

Quite often, a break up is a huge wake up call for a guy.

He suddenly realizes how much he loves his woman, how badly he has messed up and how horrible it

will feel to lose her.

Unfortunately, he will often make a bunch of mistakes that will push her away even further.

Don't let that guy be you.

Here are some common mistakes that other guys make, which you should avoid if you want to get your ex woman back!

1. Sulking and appearing emotionally lost without her, unless she commits to a relationship

Watch this video for more info!

Sometimes a guy mistakenly thinks that his woman will feel flattered to see how lost and emotionally broken he is without her.

He hopes that she will think, *"Wow, I must mean the world to him if he's falling apart in this way. I'm really lucky to have a guy who loves me as much as he does! Maybe I should give our relationship another chance. After all, I wouldn't want to risk losing a guy who adores me like that. What if I never found someone else to love me the way he does? I just have to give him another chance!"*

It would be nice if it worked that way, but it doesn't.

When a woman notices that her ex is sulking and is emotionally lost without her, she begins to perceive him as being childish and immature, which turns her off even more.

Why?

Women hate to feel responsible for a man's emotional state in a relationship because it makes them feel as though they are taking care of a boy.

A woman doesn't want to feel like her guy needs her support and commitment to be able to feel confident about himself.

What a woman wants is for her man to be happy, confident and forward moving in his life, with or without her support, reassurance or commitment to him.

She can then look up to him, respect him, feel attracted to him and love him, because he's now behaving like a real man, not a boy.

Note: This applies even if a man is 20, 30, 40, 50 or 60.

Women refer to men who need them as being boyish and still not grown up.

Being boyish in a woman's eyes isn't about age.

It's about your character.

You either have a manly character when under pressure or going through a challenging situation, or you don't.

If you don't (i.e. you get emotionally sensitive, insecure, needy), then a woman will naturally see you as being boyish and judge you as being a guy who hasn't yet worked out how to be a man.

As mentioned, this applies no matter what age you are.

So, whatever you do, make sure that you don't appear lost, confused, hurt or needy of her attention and approval to feel better about yourself.

Let her see that you are happy, confident and forward moving in life regardless of what is going on

between you and her at the moment.

If you do that, she will naturally feel a renewed sense of respect and attraction for you and begin to feel drawn to you and the idea of having a relationship with you again.

The next mistake to avoid making isâ€¦!

2. Thinking that walking away will get any woman back

Although walking away from an ex completely to hopefully shock her into coming back might seem like a good idea, the fact is, when a woman has disconnected from her sexual and romantic feelings for a guy, sheâ€™s not really going to care about him anymore.

Rather than think, *â€œOh no! What have I done?! Iâ€™ve lost him forever by being so stubborn and not committing to a relationship with him,â€* sheâ€™s more likely to shrug it off and think something along the lines of, *â€œWell if thatâ€™s how he wants to end it, fine by me. See ya.â€*

She then gets to action to move on without him (i.e. hooks up with a new guy, goes out with her single girlfriends to flirt and hook up with new guys, starts dating a guy who had a crush on her while you were in a relationship with her).

Hereâ€™s the thingâ€¦!

When it comes to getting an ex to commit to a relationship, donâ€™t cut off your nose to spite your face (i.e. try to punish her and end punishing yourself instead).

If you want the highest chance of getting her back, you actually need to be in her life to do it.

Talk to her on the phone or see her in person and show her (via your actions, behavior and the way you respond to what she says and does) that you really are a different man now.

More importantly, she really does feel differently around you now.

As a result, she opens to a relationship by first opening up to kissing and having sex with you again.

Another mistake that other guys make in your position isâ€¦!

3. Trying to get her to commit to a relationship before he has re-attracted her

Imagine what it would feel like if a woman you were no longer attracted to and in love with approached you and said, *â€œIf you wonâ€™t commit to a relationship with me right now, Iâ€™m going to walk out if your life forever!â€*

Would you get upset about it and quickly say, *â€œOh no! Please donâ€™t go! I want us to be together,â€* or would you look at her as if sheâ€™s acting a little bit crazy?

Chances are, youâ€™d think sheâ€™s a little bit nutty.

Sheâ€™s demanding that you have a relationship with her, even though youâ€™re not attracted to her.

In most cases, of course youâ€™d say no to that.

Now put yourself in your ex womanâ€™s shoes in your current situation (i.e. she has dumped you and you want to be with her).

At the moment, she doesnâ€™t feel much (or any) respect, attraction and love for you.

So, if you ask her to commit to a relationship of nothing, sheâ€™s likely just going to think youâ€™re a little bit crazy and say no.

This is why, before asking for another chance, you must first reawaken her feelings of sexual and

romantic attraction.

When you do, she then has a reason to get back with you now and in most cases, she will.

If she's the kind of woman who plays a bit hard to get, she might pretend to be unsure for a few seconds or minutes, but if you remain confident, she will drop her guard and open back up to you.

She will then be back in your arms where she belongs.

Best of all, she will really want to be in your arms.

You will be turning her on sexually and romantically in new and exciting ways.

So, it will be an amazing experience you and her, not just you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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4 Tips For Getting Your Ex Back Fast

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

How can you get your ex back fast?

How can you not waste time and potentially lose her in the process?

How do you get the job done quickly?

Here are my 4 tips for you...

1. Don't waste weeks or months ignoring her if she won't actually fall for that trick

[image: Don't waste weeks or months ignoring her if she won't fall for that trick]

Some women will fall for the old cut off contact trick, but most won't.

One of the reasons why is that when a woman breaks up with a guy, it's usually because she's not attracted to him anymore and she's not in love with him.

So, if he cuts off contact with her, she doesn't really care.

Sometimes a woman will care that her ex guy isn't contacting her, but it won't necessarily be because she wants him back.

Sometimes a woman will care that her ex isn't contacting her because it will be affecting her self-esteem.

She broke up with him and thought that he really wanted to be with her, but ever since the breakup, he hasn't contacted her.

So, she contacts him, talks to him and finds out that he still is missing her and still wants her back.

She then feels good about herself, she boosts her self-esteem back up and she feels like, *"Okay, cool. I am the more valuable one. I broke up with him. He still wants to be with me. I can continue moving on. I don't need to feel like I'm being rejected or that he doesn't care about me because he's not contacting me."*

The kind of women who will come back if a guy cuts off contact and just waits usually fall into the following categories:

1. She's very young and inexperienced when it comes to relationships, so she can't handle the pain of a breakup. She can't handle the fact that her ex isn't contacting her, so she contacts him.
2. She can't find a suitable replacement guy to get over her ex and move on, or;
3. She's still actually attracted to her ex and in love with him. So, when they're not in contact, she'll be missing him like crazy and she'll want to get back with him.

The thing is, though, most guys who are trying to get an ex woman back are in a situation where their ex woman doesn't want anything to do with them anymore.

If your situation falls into that category (like 95% of guys trying to get an ex woman back), then your ex woman is almost certainly not going to come crawling back if you cut off contact with her.

So, if you want to get her back fast, don't waste weeks or months ignoring her in the hopes that she

will come back.

In cases like that, a woman usually just moves on because she's not attracted to her ex, she's not in love with him and she's not really missing him.

2. Get ready to prove to her that you really can make her feel differently

One of the main reasons why a woman will break up with a guy is that she no longer feels enough respect, attraction and love to justify being in a relationship with him.

The relationship may have been great at the start and the couple got along well, they laughed together, they had lots of fun, they went on interesting dates, they had great sex and they fell in love with each other.

Unfortunately, that is the easy part of a relationship and it's something that most people are able to do because the feelings are fueled by lust and new love.

What happens is that if a woman notices things about a guy that she doesn't necessarily like, she will overlook those for a while so she can enjoy the feelings of lust and new love that she is experiencing with him.

She doesn't want to just get rid of him because he has a few flaws.

She hopes that over time he will change and he will turn into the type of man that she can really look up to and respect and remain in love with for life.

If a guy doesn't transform over time and level up as a man, then she will gradually start to lose respect, attraction and love for him.

So, if you want to get your ex back fast, you have to get ready to prove to her that you can make her feel differently.

Proving to her that you can make her feel differently is not about telling her that you can now make her feel differently.

What you need to do is interact with her and let her experience it for herself.

So, let's have a look at an example of how it works...

The example here is where a guy was in a relationship with a woman and he became too boring, neutral, or predictable in the relationship.

She eventually lost interest because there really wasn't much of a spark between them anymore.

However, he managed to get her to catch up with him for a coffee.

At one point when they were having coffee, she asked him, *"So, have you missed me?"* and answered, *"Yes. Have you missed me?"*

Now, there's nothing wrong with him answering like that, but if she broke up with him because he was too boring, neutral, or predictable, he needs to use the conversation as an opportunity to prove to her that he has changed.

He needs to let her experience the changes, so she can see for herself that he really isn't being boring, neutral and predictable anymore.

So, here are some alternative examples of how he could reply to create a spark.

She asks him, *“So, have you missed me?”* and he replies with, *“Missed you? Hang on. What’s your name again? I forgot,”* and has a laugh with her about it.

He is pretending that he has forgotten her name.

He’s pretending that he has forgotten all about her.

Obviously, he hasn’t.

Obviously, it’s just a joke.

It’s just an opportunity for him to not be so predictable, for him to create some feelings between him and her, for him and her to be able to laugh together and feel good.

Here’s another way that he could respond to her...

She asks him, *“So, have you missed me?”* and he replies with, *“Not as much as you’ve missed me,”* and gives her a smile and looks her in the eyes.

[image: I can tell that you've missed me]

She might then say, *“I haven’t missed you.”* and he can laugh and reply (in a joking manner), *“Yeah, right. I can see it all over your face. You’d be hopeless at poker. You need to have a better poker face than that, girl. It’s all over your face. You’ve missed me like crazy, haven’t you?”* and have a laugh with her about it.

She will almost certainly laugh at that.

If she’s a really cold, difficult woman, she might crack a smile and not laugh, but pretty much every woman is going to laugh at something like that.

In a case where a guy has been boring, neutral, or predictable with her, she’s almost certainly going to laugh because it’s going to be a shock and a surprise to see that he actually is making an effort to create a spark now.

He’s not just being like a boring robot where he is neutral, friendly, polite and predictable all the time.

He is making a conscious effort to create a spark, to create some laughter, some feelings of love and some enjoyment.

So, if you want to get your ex back fast, just understand that it’s much better to do that to her than to waste 30 or 60 days cutting off contact and hoping that she comes back.

Remember, if a woman doesn’t feel attracted to her ex anymore, she will almost certainly just move on without him.

She won’t come crawling back to a guy who she doesn’t feel attracted to and doesn’t regret breaking up with.

So, when a guy wants to get his ex back fast in a case where she is no longer attracted to him, what should he do?

He should actively make her feel attracted to him.

He should interact with her and create a spark. By doing that, he will make her feel rushes of respect and attraction for the new and improved him.

She will feel differently and she will know that.

He won’t have to tell her, *“Hey, I can make you feel differently now. I can change, I promise. Please*

just give me another chance.”

He has already proven it to her.

She is feeling it for herself and she knows that things are now different between them.

When she begins to feel respect and attraction for him, she automatically begins to feel sparks of love for him as well.

She then has a reason to get back with him now because it seems like there is still something special between them, it's not over.

She feels like she wants to hug him, kiss him and have sex with him again.

Best of all, though, this type of thing feels amazing for both the man and the woman.

It's not a case of the man just getting what he wants and taking something from his ex woman.

They are literally sharing something special and amazing together.

The feelings that a couple experiences when they rekindle sexually and romantically are amazing, especially when the guy has leveled up and he's such a better man for her now.

That is the fast track to get her back because it's about her feelings.

If you're trying to get your ex back by explaining your reasons to her and telling her how much you love her and how much you want to be with her, it's not the same as making her feel that way about you.

When she feels like she wants to be with you, you get her back quickly.

3. Don't give up at the first sign of resistance

When getting an ex woman back, you need to be prepared to deal with some resistance from her.

Some women are very easy to get back, whereas others are a little bit more feisty, a little bit more stubborn, a little bit more difficult.

So, what you need to keep in mind is that some women will play hard to get because they want to test your confidence, don't want to seem too easy, or want to see if you can keep making her feel that way over a few more interactions.

If a woman wants to test her ex guy's confidence, it's usually going to be a case where he had become insecure in the relationship, he had become very clingy, very needy of her and over time he lost a lot of confidence in himself.

So, before opening up to her ex again and giving him another chance, she will test his confidence.

She will interact with him and she won't be giving obvious signs of interest.

She might even be a little bit bitchy towards him.

She wants to see how he is going to react.

Is he going to crumble under her pressure or is he going to remain confident?

Is he still the needy guy that she broke up with, or has he become more emotionally independent since the breakup?

The other example is where a woman doesn't want to seem too easy.

Sometimes when a woman has been taken for granted in a relationship and treated badly, she will

eventually get to the point where she breaks up with her man and she still misses him and wants to be with him.

Yet, she doesn't want to get back into a relationship where he is going to be treating her badly again.

So, rather than accepting him back immediately, she will play a little bit hard to get.

She doesn't want to seem too easy.

She doesn't want to give him the impression that he can just get her back and then get things back to normal where he is taking her for granted and not really making her feel appreciated.

The other example is where a woman wants to see if her ex guy can continue making her feel attracted for a few more interactions.

This happens a lot where a guy has been stuck in the friend zone with his woman for quite a while and there really hasn't been much of a spark between them.

So, the sex died out, he wanted her more than she wanted him and she eventually got bored of that and broke up the relationship.

If a guy like that suddenly changes and begins making his ex woman feel attracted again, she won't always immediately accept a relationship.

Instead, she will be open to interacting with him again and she'll be waiting to see whether or not he goes back to not creating a spark with her.

She'll want to check to see whether or not the relationship goes back to feeling boring and like there is no sexual and romantic spark between them again.

If he continues interacting with her and she continues to feel respect, attraction and love for him, then she will naturally get back with him.

So, if you want to get your ex back fast, make sure that you don't give up at the first sign of resistance.

Where a lot of guys go wrong is that they interact with their ex woman and she doesn't seem overly excited about getting the relationship back together, so he begins to doubt himself.

He might then think, *"Oh, well, I have to cut off contact for 30, 60, or 90 days. I have to wait and hope that she misses me and comes back."*

No.

Keep in mind what I've just explained in this section here.

Women behave in different ways for different reasons.

Sometimes it's a test, sometimes they don't want to look too easy and sometimes they want to check to see if you can continue making them feel respect, attraction and love over another two or three interactions.

4. Understand that it's totally fine to get her back quickly (i.e. within a few days or a week or so) as long as you are calm and confident about it all

[image: Calmly and confidently get her back]

Some guys worry that if they get their ex woman back quickly, it might make them look desperate and needy.

The only real way that you're going to be seen as desperate and needy is if you are behaving in a desperate and needy way.

For example, a guy saying to his ex woman, *"I really want you back. I can't deal with life without you! Please give me another chance! All I think about is you. I want you back so much. What we had is so special. I'm not doing well at work anymore because I'm stressing out about you and I,"* and so on.

That's desperate and needy.

However, if a guy is confident and calm, then everything is fine.

There is no problem.

If he interacts with his ex woman and he's making her laugh and smile, he's making her feel attracted to him again and feel like she's in love with him again without frantically pushing for a relationship, then he is not desperate and needy.

Instead, he is a man who is taking control of the situation.

He's making his woman feel attracted to him again.

He's creating that pathway for him and her to get back into a relationship.

He's creating the opportunity for them.

He is making it happen.

So, if you want to get your ex back quickly, take action now, but be confident and calm about it.

Be a man who takes control of the situation in a calm, confident manner.

You interact with her, you make her feel attracted, you make her feel like she's in love with you again and you get her back.

Learn more?

Okay, I hope you've enjoyed this video and learned something from it.

If you'd like to learn more, I recommend that you watch my program, [Get Your Ex Back Super System](#)

When you watch the program, you will learn the quickest, easiest and most effective way to get a woman back.

When you use the techniques from the program, she will feel a renewed sense of respect and attraction for you.

She will begin to fall back in love with you. She will want to get back with you now.

Changing How She Feels to Get Her Back Quickly

[image: Changing how she feels to get her back quickly]

One final point that I want to make for you in this video, is to help you understand the power of

attraction.

When you make a woman feel sexually and romantically attracted to you again, she immediately begins to change how she thinks, feels and behaves.

If you want to get your ex back quickly, you need to make sure that you are focused on making her feel sexually and romantically attracted to you again.

For example, if a guy got dumped because he stopped being confident in the relationship, he became insecure and he wasn't as manly as he was in the beginning, his woman isn't going to feel attracted to him anymore because of that.

She's going to feel turned off.

So, if he interacts with her and he's still doing that, then she's going to continue to feel turned off.

However, if he interacts with her and he's so much more confident now, he's so much more emotionally masculine, then she is naturally going to feel some attraction for him again.

When she feels attracted again, her thinking, behavior and actions immediately begin to change.

She goes from thinking that she wanted to remain broken up with him to feeling drawn to him and wanting to be in his arms again, wanting to kiss him, wanting to have sex with him and wanting to be in a relationship with him.

So, if you want to get your ex back fast, make sure that you are prepared to make her feel attracted to you again.

Make sure that you are prepared to change how she feels.

When you do that, she will change her mind and you can get her back fast.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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My Ex Isn't Moving On

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

3 possible reasons why your ex isn't moving on, are:

1. She is waiting for you to pursue her

[image: She is waiting for you to pursue her]

Even though your ex may be the one who initiated the break up, it doesn't necessarily mean she has stopped having feelings for you.

It's possible that was trying to use the break up as a way of shocking you into making changes and improvements, so you and her could then get back together and have a more stable, long-term relationship.

Here's an example:

A woman feels as though her guy is too immature for her.

Although he is a good guy who treats her well, he just doesn't have much focus or direction in life.

He likes to hang out with her or his friends, enjoys partying or playing video games all the time and devotes little or no to advancing his career, or following through on his dreams and becoming more successful.

Although she loves him and enjoys hanging out with him, she doesn't feel safe in the relationship and starts thinking things like, *"Is he ever going to grow up, or am I going to have to take care of him forever? I just don't see a future for us if things continue this way. I really love him, but I need to shake him out of his complacency. I don't want to waste time like this for another 5 or 10 years. He has to grow up and start taking control of his life and future like a real man."*

She will then break up with him as a way of hopefully encouraging him to grow up and start acting like a mature adult.

Another example is if a guy is too emotionally dependent on his woman and only feels confident if he's with her, or if she is supporting him emotionally.

In the hopes of shocking him into becoming his own man, a woman will end the relationship and remove herself from his life completely.

Yet, that doesn't mean she wants to lose him completely though.

In many cases, he has a lot of qualities that she does like and want in a man (e.g. he is kind and treats her well, he spoils her sometimes, he gets on really well with her friends and family, she enjoys the sex).

Even though they're broken up, she won't fully move on without him because she'll secretly be hoping he will pursue her and get her back.

So, if your ex isn't moving on, it may be because she's waiting to see if you're man enough to take control of the situation and guide both you and her back into a relationship.

She might also want to see that you've used the time apart to become a better man than you were before (e.g. you're so much more confident now, you are more charismatic, funny or interesting

during conversations).

You can show her that by getting in touch with her, interacting and letting her experience the new and improved you for herself.

On the other hand, if you just wait around thinking, *â€œMy ex isnâ€™t moving on. What should I do? Should I actually call her, or should I just wait until she gives me a sign that sheâ€™s interested in me?â€* she may interpret your lack of action in a negative way (e.g. you havenâ€™t changed at all since the break up, you need her to encourage you to feel confident and worthy, youâ€™re not interested) and this time she will move on without you.

Donâ€™t let that happen to you.

If you want your ex back, then have the courage to interact with her and show her that youâ€™re a confident man who believes in himself and his value.

Donâ€™t tell her that.

Just let her pick up on it based on how you talk, feel, behave and act as you interact with her.

You can interact with her (e.g. via text and on the phone and in person) and begin to re-attract her back into your life and into your arms where she belongs.

Another possible reason why your ex isnâ€™t moving on isâ€¦!

2. She is struggling to find a replacement guy who is worth committing to

[image: She is struggling to find a replacement guy]

Sometimes a woman simply wonâ€™t move on after a break up because she wants to make sure that the next guy she gets involved with is absolutely the right one for her.

This will result in her becoming overly picky and rejecting most, if not all, of the offers she gets from men.

She might think, *â€œIâ€™m not going to make the same mistake again. My ex really disappointed me. I honestly thought he was the one, but he failed to live up to my expectations, so if Iâ€™m going to open my heart to a guy again, I want to be sure that it could last for life. I donâ€™t want get emotionally involved again, only to find out that the new guy also canâ€™t give me what I want in a relationship. I hate break ups. I donâ€™t want to end up getting hurt again. So, I will be patient. Maybe I will meet someone soonâ€¦or maybe my ex will contact me.â€*

If she doesnâ€™t hear from her ex, she will focus on interacting with many different guys (e.g. at work, through friends, through a new hobby) and open herself to dates, kissing and sex to see how she feels.

You donâ€™t need to wait for her to go through all that, before you finally work up the courage to contact her and begin the ex back process.

Just get her back now.

Another possible reason why your ex isnâ€™t moving on isâ€¦!

3. She doesnâ€™t feel ready to get into another relationship right now

In a case where a guy really hurt his ex woman (e.g. he treated her badly, took her for granted, made her feel stupid and insignificant), or made her fall in love with him to the point where she wanted to settle down to start a family and he didnâ€™t, itâ€™s only naturally that she might be feeling a

emotionally bruised now.

She went into the relationship hoping for the best and was let down.

Many guys experience that when a woman doesn't treat them well also.

It happens to both sexes.

However, regarding your ex, this might actually be one of the reasons why she isn't moving on.

She just can't deal with the idea of potentially getting hurt again, so she avoids dating and hopes that she will eventually heal from the pain.

Of course, not all women are like that.

Some women heal immediately and are completely fine about the break up.

In cases like that, the reason why she isn't moving on is that she's enjoying being single again, hanging out having fun with friends, meeting many different guys (i.e. playing the field) or having one night stands.

As she begins to enjoy the single life, she thinks, *â"¢Wowâ"¢|I never realized how much I was missing out on when I was stuck in a relationship with my ex! Being single is actually a lot of fun. I donâ"¢t think I want to get involved in another relationship again for a while. Besides, Iâ"¢m young enough to take my time and enjoy my freedom. A relationship will happen soon enough. I don't need to rush.*â"¢

If her ex is watching on from the sidelines (i.e. following her on social media, asking mutual friends about her), he might get the impression that she isn't moving on because she's missing him.

As you can see, there can be many different reasons why your ex is currently behaving the way she is.

So, what should you do about?

Don't focus on what she is doing.

Focus on what you are doing to get her back.

That is what really counts.

[image: Her feelings can change in an instant]

A woman's feelings can change in an instant if her ex interacts with her and makes her feel a renewed sense of respect and sexual attraction for him.

She can literally go from not wanting to be in a relationship with him, to wanting to kiss him, have sex with him and get back into a relationship once again.

So, if you want her back, you need to show her that you are a better option to anything else that she may have been experiencing lately.

For example: If sheâ"¢s still sad and trying to heal from the pain of the break up, you can interact with her and replace negative feelings and memories with new, happy, positive ones (e.g. by making her feel laugh and happy in every interaction you have with her, by making her feel like an attractive, desirable woman, by showing her that you really have changed now).

As she experiences the new, more confident you, her perception of you will naturally start to change.

Her guard will come down and she will open herself up to the idea of getting back together to see what happens.

3 Mistakes to Avoid Making When an Ex Isn't Moving On

Your ex not moving on is a great opportunity for you to get her back.

There is no other guy in the picture who is having sex with her and making her fall madly in love with him.

She is open and ready to be seduced back into a relationship.

So, go ahead and interact with her, reawaken her feelings for you and get her back.

That's how it works.

Unfortunately, a lot of guys don't learn that and end up making one or more of the following mistakes!

1. Ignoring her for longer, in the hope that she eventually comes crawling back

Just because she hasn't moved on yet, it doesn't mean that she won't move on tomorrow.

Who knows what could happen tomorrow.

She could meet a new guy who makes her feel more attracted and in love than you ever did.

What then?

You don't want to have to compete with him to get her back.

So, get her back now while it's still very easy for you.

Unfortunately, many guys don't realize that truth until it's too late.

For example: A guy might think to himself, *"So, she's not moving on, huh? Good. Maybe she's finally realized we're meant to be together and that she was a fool to break up with me. Well, I'm not going to make it easy for her to get me back. I'm going to wait until she admits her mistake and comes crawling back to me. Only then will I give her another chance."*

He then continues to ignore her for longer.

Yet, in most cases, it backfires because she gets tired of waiting and moves on, or meets a new guy who turns her on and hooks up with him instead.

Here's the thing!

Even if a woman is still in love with her ex and wants him back, if he just ignores her, she has no way of knowing that he still wants her.

She waits for a text or a call from him, so they can reopen the lines of communication, but it never comes.

She eventually begins to wonder, *"Am I just wasting my time waiting for him? Has he moved on with a new girl, while I'm still waiting for him to call me?"*

Soon enough, she's out partying with her girlfriends or dating guys that she meets on Tinder and having sex and falling in love to get over her ex.

Eventually, her ex becomes a distant memory to her, while he is always missing her and regretting not taking action to get her back.

So, if you want your ex back now or very soon, don't waste too much time playing games with her, even if you feel like she deserves to be punished for breaking up with you.

Just get her back and enjoy a new, even better relationship with her.

The next mistake to avoid making isâ□|

2. Only sending her a feeler text and then giving up if she doesn't show a lot of interest

Sometimes, a guy will feel nervous about calling his ex in case she rejects him, or because he assumes it will look needy or too forward.

So, rather than giving her a call, he sends her a â□□ feeler textâ□□ and hopes that she responds with clear signs of interest.

For example: A guy might text her something like, *â□□ Hey, I just wanted to say hi. How are you doing?â□□* in the hopes that she will respond with something like, *“Hi! Great to hear from you”* and then admit, *â□□ I miss youâ□□* a text or two later.

He might also hope that she will be direct enough to say, *“I’m miserable without you. Do you want to meet up and give us another try again? I want to get back together.”*

It would be nice if a woman said that, but most women don’t.

Instead, a woman will usually just ‘play it cool’ by not showing much interest because she doesn’t want to seem too eager, or end up giving him a big head and causing him to start playing hard to get. Yet, since she isn’t being direct about wanting him back, a guy will often assume that she isn’t really interested.

He doesn’t want to risk calling her, or even asking her, *“Do you want to meet up?”* in case she rejects him.

So, he gives up or decides that he’ll wait for another week or two before trying again.

That can work, but it can also backfire.

For example: She might see his lack of follow up as meaning that he isn’t really interested and was just checking to see if she missed him, so he could then reject her.

I know, crazy right?

There are all sorts of mind games that can go on between men and women after a break up.

That’s why I always recommend that a guy be a man about it by taking control of the situation.

Get her to meet up with you, re-attract her in person and get her back.

The next mistake to avoid making isâ□|

3. Asking if she wants to give the relationship another try, rather than just re-attracting her and hooking up with her

Asking a woman for a relationship before youâ□□ve fully reactivated her feelings of respect and sexual attraction is an almost guaranteed way to get rejected.

Rather than jump at the idea, a woman (who hasn’t had her feelings reactivated yet) will usually say something like, *â□□ No, Iâ□□m not sure if thatâ□□s a good idea,â□□* or *â□□ I still need some time to think about it.â□□*

So, donâ□□t make that mistake with your ex.

If you want her to give you another chance, focus on making her have sexual and romantic feelings

for you first.

Then, get to a kiss and sex to reconnect physically and romantically.

After that, she will most likely bring up the idea of getting back together and if she doesn't, don't push it.

Just let her really want to be back with you by continuing to build on her feelings of sexual and romantic attraction.

Eventually, she won't be able to hold it in any longer and will suggest that you and her get back together.

At that point, you can give her another chance with you.

So, don't bother asking her if she wants to get back together before you and her have actually had sex again.

Get to a kiss and sex and then take it from there.

That's the easy way to do it and avoids the old, *"I'm not sure"* or, *"I need some more time"* excuses.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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Is No Contact the Only Way to Heal Myself and Fix My Issues?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

No.

In fact, most guys don't heal during the NC period and end up developing insecurities about their value to their ex and other women.

The best way to heal after being dumped is to build up confidence in your ability to re-attract your ex. Doing so allows you to realize that you are a cool guy, you are valuable and you are worthy of her. Here are 3 things you should do right now to speed up the healing process and get her back faster:

1. Get clear on exactly what issues are most important to her

Wanting to fix your issues is great, but if you waste time fixing the wrong things it will only end up pushing your ex away even more (i.e. because she will feel that you don't understand her).

So, your first step to healing is to understand what really caused your ex to break up with you and why?

For example:

A woman might break up with a guy and say, *"You're too clingy. I feel smothered by the relationship. I need time for myself."*

She hasn't fully broken up the relationship and he feels like he still has a chance because she just seems to need time for herself, so he accepts it.

Then, to show her that he's fixed his issue of being clingy, the guy might then ignore her (e.g. for 30 to 60 days) and pretend to be more independent.

Yet, the deeper issues that caused his clinginess (i.e. insecurity, feeling unworthy of women in general, immature approach to love and relationships) are still there.

If she knows him well enough, she will know that he probably hasn't fixed that and is just trying to impress her by cutting off contact.

She will assume that if they did speak again and she gave him another chance, he would simply be covering up his clinginess with an act of confidence and emotional independence.

Then, when they settled back into a relationship, it would begin to creep out again via jealous, controlling or insecure behavior.

At that point, she would have to go through the break up again.

So, rather than going through all that again, she just decided to move on while he is giving her space (i.e. using the no contact rule).

Meanwhile, during the no contact period, her ex is thinking things like, *"What if she meets someone else while we're apart and decides to completely dump me? What if she cheats on me? I know I shouldn't be clingy, but I hate not knowing who she's with and what she's doing. I can't lose her!"*

Rather than actually being emotionally independent and enjoying life without her during the no contact period, he ends up becoming more and more insecure and clingy.

He looks through old photos, replays old memories of them together in his mind and tries hard to not worry about her potentially cheating on him.

Yet, no matter how hard he tries, he can't stop worrying and stressing about potentially losing her to another guy.

So, what should he do to heal quicker and avoid having to wait 30 or 60 days to then contact her (by which time she will have most likely already moved on with a new guy)?

He needs to understand is that his clinginess is not really the issue, but rather a symptom of his insecurity about his value to her and other women.

By building up confidence in his ability to make her (and other women) feel attracted, he will stop feeling so unworthy of her and will stop worrying about another guy potentially taking her.

He will know that he is a cool, confident, valuable man that she and pretty much any other woman would feel attracted to if given the chance.

When he builds up that skill (it can be done in days), he will have truly fixed the thing that matters most to her.

He will have finally become a truly confident guy who can make her feel attracted at will, rather than clinging onto her and hoping that she doesn't leave him or get bored of him.

Another example is if a woman breaks up with a guy because he spends too much time playing video games.

To show her that he's changed and is no longer addicted to gaming, the guy might get rid of his gaming console and say, *"Okay, I'm not playing video games anymore. I'm done with it."*

However, once again, he's only addressing the problem on a superficial level and is failing to understand that to his woman, his gaming is only a reflection of his lack of purpose and direction in life.

She doesn't really care about the games.

She wants him to offer her a feeling of security based on his determination to succeed in real life, rather than trying to succeed in a virtual world.

So, if he wants to fix that issue, rather than stop gaming (which will likely make him unhappy and may even cause him to start resenting her), he needs to find balance between playing games and striving towards achieving goals in the real world.

In the same way, once you fully understand where you really went wrong in the relationship with your ex, you will then be able to make the correct changes to your thinking and behavior.

She will then see that you truly understand her and as a result, she will be able to feel a renewed sense of respect and attraction for you right away.

Not after 30 or 60 days.

Pretty much right away.

The next thing you can do, rather than just cutting off contact for 1-2 months, is to

2. Ensure that you are 100% ready to properly re-attract her on a phone call and in person

On a phone call and in person is where the ex back process really speeds up, because you can quickly

make her feel a renewed sense of respect and attraction for you.

On the other hand, if you just use the NC rule and hope that she misses you, she will most likely move on and fall in love with a new guy instead.

This is especially true if your ex dumped you because she no longer felt enough respect, attraction and love to justify sticking with a relationship.

If that's the case, then she's almost certainly just going to move on if you cut off contact.

This is why it's so important that you are ready to re-attract her on a phone call or in person.

Do you know how to make her feel respect and attraction for you when you interact with her, or are you hoping that No Contact will make her miss you so much that it won't matter?

Sometimes a guy will ignore his ex for a few weeks, or even months as a way of hopefully re-attracting her.

He'll be thinking something like, *"If I take some time apart to heal myself and fix my issues and then contact my ex, she will not only be impressed that I changed, but she will also have had plenty of time to miss me. So, she will then be glad to give me another chance."*

Of course, that's if she doesn't sleep with a new guy (or guys) and move on by getting into a new relationship.

At the end of the day, cutting off contact isn't the solution for making a woman feel respect and attraction for you after a break up.

For example: If a guy cuts off contact and eventually texts or calls his ex after 30 or 60 days, she isn't going to feel motivated to get back with him if he's still making the same old mistakes (e.g. still giving her too much power during conversations, still doesn't know how to make her feel feminine, girly and turned on during a conversation, still hasn't become as confident as she wants him to be).

As a result, she rejects him and he is then left feeling heartbroken and lost about what to do next.

This is why it's essential that you use any time after the break up to rapidly improve your ability to attract her and make her feel good to be talking to you again.

That way, she has a reason to get back with you when you call, rather than having a reason to reject you and continue moving on.

Another question to ask yourself is

Have you actually changed and improved the things that matter to her, or have you only changed what you think she wanted you to change?

If you try to get your ex back by offering her the wrong things about yourself, she will feel as though you just don't understand her, which will then make her feel even less respect and attraction for you.

For example: A woman might break up with a guy because he's too emotionally sensitive and is unable to handle the pressures of life without falling apart, sulking or getting angry.

To get her back, he might then decide to not contact her as a way of showing her that he's fixed his issues and healed himself from the break up.

Yet, thatâs not what she wants.

She wants him to man up and handle the challenges in his life without running away from them.

Using no contact is just another example of him running away from issues, rather than being man enough to handle them head on.

So, rather than see his no contact in a positive way (i.e. that heâs using the time apart to change and improve), she will assume that itâs just another way for him to hide from his issues, or avoid facing up to what actually needs to be done (i.e. re-attract her and seduce her back into a relationship).

She may then think, *âHe clearly doesnât get it. Heâs still the same guy that he was before and if I give him another chance, heâs not going to change. I need to make it clear to him once and for all that itâs truly over between us. I then need to find myself a new man as soon as possible.â*

She then cuts him out of her life (e.g. by blocking his phone number, unfriending him on social media, stops answering his text or calls) and focuses on moving on.

So, if you want your ex to give you another chance, donât just ignore her and hope that it works to make her miss you like crazy and come crawling back.

Instead, focus on changing and improving what she really wants and then let her experience the new you when you interact with her.

Thatâs how real men get their ex woman back quickly and painlessly.

3. Know that she might be a bit reluctant initially, but you can change how she feels

[image: She might be a bit reluctant initially, but you can change how she feels]

Initially, your ex might be a bit reluctant to give you another chance.

She might even say things like, *âI donât know if this is such a good idea. What if we get back together and I end up being hurt all over again? Iâm not sure if I want to risk that happening. Iâm doing fine now on my own.â*

Donât panic.

If you try to convince her that the relationship is worth saving, by saying things like, *âWe have to give our relationship another try. I just know in my heart that weâre meant to be together. If you only give us a chance, Iâm sure we can make it work. Even if you donât feel a lot of love for me right now, I have enough love for the both of us to pull us through. Please take a chance. I promise you wonât regret it,â* she probably wonât go for it.

Why?

The feelings have to be mutual for her to care about the relationship as much as you do.

It canât all be about how much you want a relationship with her because it feels right for you.

It needs to feel right for her too.

[image: Change how she feels and get her back]

The way to do that is to focus on making feel rushes of sexual and romantic attraction as you interact with her, rather than desperately trying to convince her to give you another chance.

For example: Use humor, be very confident, be emotionally manly, make her feel girly and feminine

in comparison to how manly you are being and flirt to create sexual tension between you.

If you approach interactions in that way, she will naturally stop focusing on the negatives and open back up to you.

However, if your ex is a very stubborn woman and keeps saying, *"I'm not sure. Maybe this isn't a good idea,"* just relax.

You can calmly and confidently say something like, *"I know that you're not sure about how you feel right now and that's perfectly fine. We don't have to decide on anything yet. Instead, how about we just hang out as friends? No pressure. We can get to know each other, based on the people we have become since our break up, rather than who we used to be before. Then, if you decide you never want to see me again, I'll accept your decision and never contact you again. On the other hand, if you decide that you like the new me, we can see where things go from there. No pressure though. We don't have to rush or decide anything."*

By saying something like that, you ease her concerns and she doesn't feel like you are forcing her to make a decision that she might not be ready to make.

She then relaxes around you and opens herself up to seeing you as the new man you have become.

From there, just make sure that in every interaction you have with her, you are actively making her feel sparks of sexual and romantic attraction for you.

Important: Don't behave like a nice, neutral friend and hope she will eventually want you back because you're being so patient and nice.

It's totally fine to be her friend, but just don't be a nice, innocent friend who isn't interested in her sexually or romantically.

Make her feel sexually attracted to you and flirt with her, so she knows that you feel sexually attracted to her too.

Soon enough, her guard will come down and she will be the one giving you signs that she's ready to get back together again.

3 Mistakes to Avoid Making While Healing and Fixing Your Issues After a Break Up

It's perfectly fine to take some time (3 to 7 days is usually enough for most guys who get help. Guys who try to fix their issues alone often need months) to heal from the pain of a break up and fix your issues.

Unfortunately, where a lot of guys go wrong is by making one or more of the following mistakes:

1. Waiting 30 days and not healing, so deciding to wait another 30 days

[image: Maybe I just need to wait another 30 days]

When a guy is confident in his ability to attract women, it doesn't take him long to heal after a break up because he knows that he could easily get a new, attractive woman if he wanted to.

Whether he wants his ex back, or he decides to move on and find another even more attractive woman than her, 3 to 7 days is enough time for him to heal and get ready to interact with his ex and

get her back.

On the other hand, when a guy is insecure about himself and his value to women, no amount of time ever seems to be enough for him to heal and fix his issues.

For example: A guy like that might do 30 days of no contact, only to realize that, despite waiting all that time, heâs still not feeling better about the break up or himself.

So, he decides to ignore her for another 30 days in the hope that this time heâll be ready to get her back.

Yet, waiting longer doesn't fix his insecurity about his value to her or other women and, by the time he contacts his ex, she has already moved on.

He is then left feeling heartbroken, alone and lost.

If he's like most guys in that situation, he will lose even more confidence in his ability to attract new women.

So, months or even years of being single and alone (or hooking up with women that he isn't very attracted to) will follow.

All the while, he will be missing his ex and regretting having taken way too long to fix his issues, contact her, re-attract her and get her back.

The next mistake isâ!

2. Telling her that you are trying to heal or recover

A woman doesn't want to be part of your journey to self-discovery, confidence or manhood, especially when she has broken up with you.

She just wants you to figure it out and be the kind of man that she can naturally feel respect, attraction and love for.

Unfortunately, a lot of guys don't realize that and think that it might help to tell her that he is working on fixing himself, healing and becoming a better man.

For example: If a guy's ex asks if she can contact him or remain friends, he won't give her that option.

Instead, he will say something like, *âI can't deal with just being friends. I still care about you deeply. I need some time apart to heal from this break up. I will call you when I'm ready. In the meantime, if you change your mind and want to be with me again, just call me. I'll be there for you.*"

Secretly heâs hoping that she will feel sorry for him and then decide to give him another chance.

Yet, that is rarely the result he gets.

Why?

Women aren't impressed by emotional weakness.

They want to be with a man who is emotionally stronger than themselves, not a guy that they need to take care of and be gentle with.

Additionally, a woman doesnât want to be in a sexual relationship with a guy just because she feels sorry for him.

So, if you want to get your ex back, donât bother trying to make her feel sorry for you by telling her that you need to heal or that you couldn't handle being friends for now.

Instead, just use any interactions that you have with her to reawaken her feelings of respect and sexual attraction for you.

Allow her to see you as the man she wants you to be (e.g. confident, emotionally strong, emotionally mature, brave, emotionally independent, manly).

The more you display those types of qualities, the more naturally attracted she will feel.

The next mistake to avoid isâ

3. Waiting so long to make a move that she moves on

Even if a woman still has some feelings for her ex, if she doesn't hear from him for a long time (i.e. 30 to 60 days), she will eventually get fed up and move on.

She may think something like, *âWell, he's obviously moved on. I guess I didn't matter to him that much after all. I've been a fool waiting for him all this time. Well, I'm not going to wait anymore. I'm moving on with my life as of right now.â*

She then closes her heart to him and looks to find a replacement guy as quickly as possible.

Then, by the time he calls her up (i.e. when he eventually feels healed enough or ready to talk) rather than hear her say, *âI'm so glad you called me! I've missed you so much,â* she says something like, *âSorry, but I thought you'd moved on. I've met someone else now and I'm happy. Please don't call me again.â*

Don't let that happen to you.

You don't need to heal for many weeks, months or years to get her back.

You just need to take 3 to 7 days to quickly heal, improve your ability to attract her and then contact her to get the ex back process started.

Most guys are able to get their ex back right away by using that approach.

In more difficult cases, some guys need to interact with their ex woman 2-3 times before she is feeling enough attraction to give him another chance.

Yet, it works.

That approach is so much better than waiting for weeks or months and missing her the whole time and then interacting with her and turning her off.

Get ready to attract her, contact her and attract her, hook up with her and get her back.

That's how a real man does it.

It's easy, fast and you get what you want.

You get her back.

So, decide now to take control of the situation and do what it takes to get her back as soon as possible.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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The Cure For a Heavy Heart After Breaking Up

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 proven tips for curing a heavy heart after breaking up:

1. Know that it's possible to get her back

Your ex might have said, *â€œIt's over. I don't have feelings for you anymore and nothing that you can say or do will make me change my mind,â€* but it doesn't mean she will feel like that forever.

In fact, you can change how she feels pretty quickly!

If you focus on making her feel a renewed sense of respect and attraction for you, she will naturally begin to feel drawn to you again.

You can then get her back right away, within days or possibly a little longer (e.g. a week or two).

Interestingly though, even if you don't do anything to change her feelings for you, her negative emotions will eventually begin to fade away over time.

At that point (maybe years from now), she will either feel neutral emotions when she thinks about you, or she may even start to view you in a more friendly way (i.e. she will forgive what you did and be open to just being friends on social media, or in person if applicable).

So, her feelings will change at some point.

The good news is that you don't have to wait in the background for years or decades, hoping that she'll stop hating you and then possibly accept you as a friend.

Instead, when you take action now and begin to spark her feelings of respect and attraction for you during interactions, it speeds up the process of her changing how she feels about you.

She goes from saying that she doesn't want anything to do with you, to saying things like, *â€œOkay, well, lets meet up for coffee to see what happens,â€* when you ask her to catch up.

She then goes from feeling attracted to you when you catch up, to kissing you and wanting to be your girl once again.

That's how 95% of men get their ex woman back.

The man takes action and actively re-attracts her and when she changes how she feels, she naturally opens back up to him and gives him another chance.

She doesn't want to lose the new, exciting and interesting feelings she now has for him because it feels so damn good.

She doesn't want to reject him and then miss him and regret breaking up with him for the rest of her life.

So, she goes with how she feels and gives him another chance.

Of course, not all men know this secret and as a result, they lose their ex girlfriend or wife because she just moves on.

For example: Some guys try to ignore their ex woman to make her come running back, other guys stick to text and others turn their ex woman off by continuing to make the same old mistakes that lead to the break up (e.g. he continues to talk to her in an insecure way, gives her too much power during

conversations and so on).

This is why, if you are serious about getting your ex back, you should take action and re-attract her. It's the most effective approach to take to get a woman back.

For example: If you ignore your ex, the reality is that she may feel relieved, annoyed or determined to move on and find someone else.

If you only text her, she might feel irritated, frustrated or bored.

If you call her on the phone and sound insecure, anxious or intimidated by her now, she will feel turned off and become convinced that she made the right decision to break up with you.

The next tip for curing your heavy heart after breaking up is toâ€¦!

2. Start improving your ability to make her have sexual and romantic feelings for you again

If you interact with your ex while youâ€™re feeling sad, dejected or unsure about your value to her, it will come across in the tonality of your voice, your body language and the way you respond to how she treats you.

Women aren't sexually attracted to emotional weakness like that, especially from an ex.

So, if you come across in that way, she will decide that you're just not man enough for her and will be happy that she went through with the break up.

On the other hand, if you maintain your confidence during interactions, despite her efforts to make you feel self-conscious or insecure, she won't be able to stop herself from reconnecting with some of her old feelings for you.

This is why it's important that you start improving on your ability to re-spark her sexual and romantic feelings, before you contact her again.

For example:

- Become more confident and self-assured.
- Believe in yourself and in your value to her.
- Add to your strengths and start fixing your weaknesses.
- Be more manly in how you think, behave, talk and act.
- Improve your ability to flirt and create a sexual vibe between you and a woman.

Preparing yourself in this way gives you confidence and hope.

It sets up for success by lifting your spirits and making you do what you actually need to do to get your woman back (i.e. re-attract her sexually and romantically).

The next tip for curing your heavy heart after breaking up isâ€¦!

3. Have fun with new people

I know, I know.

You probably don't want to be around other people and having fun with them right now, true?

You are hurting.

I understand.

You might even be thinking something like, *“I don’t want to feel happy without her. She was the love of my life, so being happy without her just isn’t going to be possible.”*

Yet, thinking that way not only stops you from curing your heavy heart, but it also makes you appear more unattractive to your ex.

Why?

Women are instinctively drawn to the kind of men who are emotionally strong enough to cope with whatever life throws at them (e.g. a difficult break up) and turned off by men who struggle to pick themselves up when something difficult happens.

So, if you interact with your ex (e.g. on a phone call or in person) and she senses that you’re feeling depressed and lost without her, she will interpret it as emotional weakness and feel turned off.

This is why it’s so important for you to start having fun again.

By the way!

It’s important that you do this with new people and not existing friends, because existing friends will most likely want to discuss the relationship with you, which will just keep you focused on her and how much you miss her.

So, now is a good time to make a fresh start and meet some new people.

I know, I know.

You probably don’t want to do that, but it’s so important for curing your heavy heart.

For example: You can!

- Attend a meet up group in your area (for ideas check out [meetup.com](https://www.meetup.com)).
- Join a group exercise class (exercising alone doesn’t help! You’ve got to be around other people who are having fun).
- Go on a weekend adventure with a travel group.
- Start a new hobby (e.g. dancing classes, martial arts, hiking).

When you take action to become genuinely happy without your ex, not only are you lightening the load on your heart, but you’re also making yourself more attractive to your ex (i.e. because you’re more confident, happy and emotionally independent now).

Then, when you interact with your ex, she will see that you haven’t been a sad, lonely, depressed guy who has been sitting at home pining for his ex woman.

You are a man who can stand on his own two feet and get things done, even though she hasn’t been in your life lately.

As a result, she will begin to feel some respect and attraction for you and getting her back will become easier and more natural.

So, once you’ve done all that!

4. Contact your ex and re-attract her

Once you’ve prepared yourself (i.e. by changing and improving some of the things that caused your ex to break up with you, having fun without her), you will be more than ready to contact her and begin the ex back process to get her back.

So, if youâ€™re still on speaking terms with your ex (e.g. youâ€™ve been texting each other from time to time), get her on a phone call with you or get her to meet up with you so you can catch up and say hi in person.

If you get on a phone call, add in some humor to ease the tension between you and make her feel happy and relaxed to be talking to you again.

Then, ask her to meet up with you and then allow her to experience the new and improved you in person.

Make her really want you back and then give her another chance.

By the wayâ€¦!

If youâ€™ve had no contact with your ex since the break up and are afraid that she wonâ€™t answer you call, then send her this text:

â€œHeyâ€¦! I know weâ€™re broken up and totally accept that, but I need to ask you something quick over the phone. Itâ€™s nothing serious though, so donâ€™t worry. Iâ€™ll call you in 10 minutes.â€

Then, go ahead and call her in 10 minutes time.

If she doesnâ€™t answer, leave it for a day or two and then try to call her again.

If she still doesnâ€™t answer, text her this:

â€œHeyâ€¦! I tried calling you yesterday/the other day to ask you something quick, but I assume that you must have been busy. No problem. I might try to get hold of you some other time so I can ask you this question.â€

She might then text you back asking, *â€œWhat do you want to ask me?â€*

Whatever you do, donâ€™t respond via text!

Instead, just pick up the phone and call her.

In most cases, a woman will be curious enough about what you want to ask, that she will answer her phone right away.

Of course, what you want to ask her is to meet up with you in person, but donâ€™t get straight into that.

Instead, start the call off by using some humor to make her relax, get her smiling and enjoying talking to you and also to get her to drop her guard a little.

From there, get her to meet up with you in person, so you can fully reactivate her feelings of respect and attraction for you (e.g. by showing her that you are now a new and improved man).

From thereâ€¦!

5. Get her back!

[image: Get her back and cure your heavy heart!]

At the meet up, continue saying and doing the types of things that will make your ex see you in a new light and convince her to give you another chance (e.g. be much more confident than you used to be, use humor even if she is trying to make things awkward and uncomfortable, flirt with her to create a sexual vibe).

No matter what she says or does to make you feel bad for what happened in the relationship, just stay

calm and maintain your confidence with her.

Make her smile and laugh and turn her negativity into something that you can both laugh about together.

Flirt with her and make her feel attracted and turned on.

Show her that you really are a new and improved man now.

Then, when the moment is right, hug her or kiss her and then move towards hooking up sexually and getting the relationship back together.

3 Mistakes to Avoid Making if You Want to Cure Your Heavy Heart

[image: Mistakes to avoid when trying to cure your heavy heart]

Contrary to what some people think, the cure for a heavy heart after breaking up isn't about ignoring your ex and pretending you don't want her back anymore.

It's also not about forcing yourself to move on when you still love her.

Instead, it's about quickly making some attractive changes to your thinking and behavior, so you feel confident and energized.

Then, it's about taking action, getting her back and enjoying an even better relationship with her than you had before.

That's how a man needs to approach the situation if he actually wants his ex woman back.

If he doesn't want her back, then he just needs to hook up with new women and move on.

How about you?

Do you want her back?

If so, be sure to avoid the following mistakes!

1. Regularly looking through photos and thinking about how much you miss her

Although there's nothing wrong with looking at a photo of you and your ex in happier times if you happen to accidentally come across one (e.g. while looking for something on your phone, searching through an old drawer), going out of your way to browse through photos of you and her isn't a good idea.

Doing that only holds you back from fully healing and feeling happy without her, especially if you're heart is hurting as you look at the photos and realize what you've lost.

Remember: If you want to get her back, you need to spark her feelings for you by showing her that you are a completely new man now.

You are now able to attract her in ways that you failed at in the past (e.g. you're no longer insecure, you're much more manly in your behavior now).

That's what really counts.

However, it will be difficult to accomplish if you spend all your time going down memory lane and thinking things like, *"Oh, how I miss her! We look so happy in these photos! We were so in love*

with each other. I can't believe it's over. My life feels so empty without her. I don't know if I will ever be able to move on. She was the love of my life.

Don't do that to yourself.

Instead, focus on improving your ability to attract her and getting yourself ready (emotionally) to interact with her and make her feel a renewed sense of respect and sexual attraction for the new and improved you.

That's what works on women.

The next mistake to avoid making is

2. Having long, sad conversations with friends, family or coworkers

Talking to friends, family or coworkers about how sad you are isn't going to help you heal.

Instead, you'll find that you are stuck in a rut and always seem to have the same old, sad conversations with your friends, family and coworkers who want to be there for you to support you.

It's not a good thing for you to keep doing.

So, do yourself a big favor and stop talking about what happened.

The fact is that talking about how sad you are isn't going to change anything.

What will change things is when you focus on quickly getting yourself to the point where you're happy and living a good life without your ex.

That doesn't mean moving on or finding a new woman.

Not at all.

It's just about being genuinely happy with or without her.

When you feel that way, you will automatically become more attractive to your ex and can use that to get her back.

The next mistake to avoid making is

3. Sitting around feeling sorry for yourself, rather than doing what is required to get her back and end the pain

Sometimes, a guy reacts to getting broken up with by sitting at home wallowing in self pity for weeks, months or even years.

Initially, a guy might be thinking, *Losing her is the worst thing that's ever happened to me. I feel like my life is over. It's not worth living if she's not a part of it. I wish there was something I could do to get her back, but it all seems so hopeless to me. Maybe if she sees how broken I am without her, she will take pity on me and give me another chance. I just don't see any other way. She seems so sure that it's over. It's like I have no chance with her now.*

Unfortunately, by thinking like that, he is simply preventing himself from moving forward and becoming the kind of man who can attract her back (e.g. confident, self-assured, determined, capable of handling pressure).

So, if he happens to interact with her (e.g. on a phone call or in person), she will sense it and feel turned off by his emotional weakness.

She will see his lack of improvement as a sign that she made the right decision to break up and she

will then focus on moving on as quickly as possible.

Here's the thing!

It sucks that she broke up with you, but if you let those feelings paralyze you and stop you from changing and improving, not only will you continue feeling depressed, but you will also potentially ruin your chances of getting her back.

Why?

Your lack of belief in your value to her will come across as emotional weakness and she will feel turned off by it.

So, you need to avoid focusing on the pain of the situation and only focus on what is required to get her back.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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My Ex Girlfriend Blames Me For All of Our Relationship Problems

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

5 possible reasons why your ex blames you for all your relationship problems:

1. You take her drama seriously, so she does it for fun

[image: You take her drama seriously, so she does it for fun]

Some women really enjoy getting a guy worked up and annoyed by creating drama.

It's literally a lot of fun for them.

So, sometimes a woman will say things like, *"I hate you!"* or, *"It's all your fault we're broken up! You're the one who stuffed everything up, not me,"* even though she doesn't really mean it.

Some women do it for fun, some women do it to test your confidence and manliness and some do it because they are a little bit crazy.

Whatever reason your ex girlfriend has been doing it for, you shouldn't be taking her unfair accusations of you so seriously.

You should literally be laughing at her, at times, for being such a little drama queen or pain in the butt.

Yes, laughing at her.

A lot of guys don't realize that though and they go through life taking women way too seriously.

For example: A guy takes her accusations 100% seriously and accepts all the blame, even though she made mistakes too.

[image: Taking her drama too seriously]

Alternatively, he loses control of his emotions and gets angry or resorts to begging and pleading with her to forgive him.

He might even try to be extra nice and sweet to her in the hope that she will stop being so mad at him).

Yet, she doesn't.

She keeps turning up the drama and sticks to her unfair accusations of him.

The more seriously he takes it all, the more respect she loses for him.

Why?

A woman wants to be with a guy who has the confidence and emotional strength to put a woman back in her place in a loving, but dominant way, rather than being bullied by her.

When it comes to getting an ex back, a woman wants a man to be calm, confident and in control as he gets her back, regardless of what she's saying and doing to throw him off (e.g. being a drama queen, blaming him for all the relationship problems, being hysterical and screaming at him).

She needs him to show that he deserves respect from her and that it makes sense for her to submit and

be in the one down position (in terms of dominance) in the relationship.

If he can't do that, she can't respect him and as a result, she won't feel attracted to him or in love with him.

So, the next time your ex girlfriend starts saying things like, *â€œIt's all your fault we broke up. You're the one to blame for everything that happened between us, so don't expect me to forget that,â€* just remember to see the funny side of how she is behaving, rather than getting sucked into the fake drama she is creating to test your confidence and ability to be the man.

Another possible reason why your ex blames you for all your relationship problems is â€œ|

2. You are actually responsible for the main relationship problems

That's not very nice to hear, I know.

Yet, in some cases, the guy's behavior, actions or attitude is actually the main cause for the failure of the relationship.

Sure, the woman could have treated him better and been more patient with him, but the reality is that pretty much all women simply react to their man.

In other words, if a man is confident, loving and masculine in his thinking and behavior, a woman will naturally respect him, feel attracted to him and love him.

On the other hand, if a man is insecure, selfish and emotionally sensitive, then a woman will naturally lose respect for him, stop feeling attraction and fall out of love.

[image: Woman reacting to man]

She is literally reacting to him.

That's how it really works, but some guys don't want to hear that because it feels easier to just blame the woman or accuse her of being crazy, bipolar or something like that.

Blaming women and expecting them to be stronger, more patient and more understanding isn't going to fix a guy's relationship problems because women literally react to men.

So, when a woman blames her ex guy for all of their relationship problems, she is trying to get him to understand that it could have been different between them.

She would have reacted differently if he had used a different approach in the relationship (e.g. if he didn't become insecure or take her for granted).

He can still get her back, but he has to change his approach to communication, attraction and the relationship.

For example: Some of the common reasons why a woman will react by feeling turned off by her boyfriend, are:

- He was too childish and immature and she grew up faster than him (e.g. he had no direction in his life and spent most of his time hanging out with friends, living at home with his parents, working at dead-end jobs, while she was goal oriented and making plans for her future).
- He didn't make an effort to get along with her family and friends. He broke his promises to her.
- He had a wandering eye, or even cheated on her.
- He was too jealous and controlling and she felt smothered by him.

- He would lose his cool if she threw a tantrum to test his confidence.

How about you?

Do you think that you were to blame for most (or all) of the relationship problems?

Ask yourself:

Does my ex girlfriend have a good reason for blaming me for our relationship problems?

Was I mostly responsible for our break up because of how I changed and how that then caused her to react to me?

Did some aspects of my thinking and behavior cause her to lose respect, attraction and love for me (e.g. insecurity, anger, negativity)?

If you can honestly answer those questions for yourself, youâ€”ll have a much clearer idea of what you need to change about yourself to reawaken her feelings of respect and attraction for you.

Then, when you interact with her (e.g. via text, on social media, on a phone call and especially in person) you can show her via your body language, behavior, conversation style and the way you respond to her that you are now a very different man from the one she broke up with.

She will be able to see for herself that many (if not all) of the things that were turning her off about you are no longer an issue.

When that happens, she wonâ€”t be able to stop herself from feeling some respect and attraction for the new and improved you.

She can then stop blaming you for everything and begin to wonder what it would be like being in a relationship with the new and improved you.

Another possible reason why your ex blames you for all your relationship problems is â€”!

3. You are discussing the relationship, rather than re-attracting her

To get your ex back quickly, you need to focus on re-attracting her sexually and romantically, so she has a clear reason to give you another chance.

If you focus on discussing the relationship, it's highly likely that you will cause her to feel stressed out and overwhelmed by the pressure you seem to be putting on her to work things out with you.

Unfortunately, a lot of guys don't realize this until it's too late and end up pushing their girlfriend away.

For example: He may ask things like, *â€”I accept that itâ€”s all my fault we broke up. Believe me. I get it and I want to make it up to you now. So, tell me what went wrong and what I could have done differently. I promise to then change and do whatever it takes to make this work.”*

Yet, rather than make a woman think, *â€”Oh, thatâ€”s so sweet. Heâ€”s really making an effort to make things right between us. I should explain how he can get me back nowâ€”* she closes up and feels even more turned off by him.

Why?

Discussing the relationship over and over again simply highlights to a woman how clueless her guy is about what he did wrong and how he can be the man she really wants him to be.

He essentially needs her to give him instructions on how to be attractive to her, which she can do, but

she won't want to.

Why?

If she tells him how to think, act and behave to re-attract her, it won't feel real to her.

It will feel as though he's putting on an act just to please her, but deep down he will still be the same guy as before.

So, she decides to end the relationship and hopes to find a new man who will be more mature and wise when it comes to what women actually want in a relationship.

It won't matter if her ex cuts off contact, sends her a letter expressing his feelings or even hooks up with a new woman to hopefully make her jealous.

If she knows that he won't be able to change in the ways that really matter to her (e.g. become more emotionally manly, take charge in the relationship, make her feel girly and feminine around him), then she won't look back and will focus on moving on without him.

So, if you want to get your ex girlfriend back, don't make the mistake of getting into serious discussions about the relationship and asking for her help on how to be kind of man that she would accept or want.

Another possible reason why your ex blames you for all your relationship problems is

4. She is waiting for you to put her back in her place in a playful way

Some guys take a woman's comments after a break up way too seriously and begin to fear saying or doing something that might turn her off even more.

So, rather than lovingly and playfully putting her back in her place when she blames him for all their relationship problems, a guy becomes extra nice and sweet to her instead.

He is essentially on his best behavior, trying hard to be nice and hoping that she thinks it's sweet and then gives him another chance.

Yet, that approach simply doesn't work on most women.

Why?

Almost all women want a guy to be man enough to not take everything she says or does so seriously.

A woman wants a man who is able to laugh, smile and guide the conversation back to feel good emotions, rather than panicking and sucking up to her in the hope that she softens up.

So, the next time your ex girlfriend blames you for everything and says something like, *"It's all your fault we're broken up. You're the one who stuffed it all up, not me,"* just use it as a perfect opportunity to make her feel attracted to the new, stronger version of you.

For example: Laugh and say something along the lines of, *"All my fault is it? Yeah, okay. What's that saying again? It takes two to tango. Well, in our case, it just takes one person to tango. It's all my fault. You didn't do anything wrong and were perfect. It was all my fault"* and have a laugh with her about it.

Initially, she may be a bit shocked that you're not getting sucked into her fake drama anymore and might try to test your confidence by saying, *"Don't be smart with me. If you keep talking like that, I'm hanging up."*

If she does, just laugh at her and let her hang up.

She will feel respect for you for having the balls to not fall for her fake drama.

Then, just ignore her for a few days and if she hasn't contacted you, text or call her and attract her further.

Of course, not all women are that mean and nasty.

However, if your ex girlfriend is like that, you need to make sure that you aren't afraid of her potentially getting angry and hanging up, or walking away from a catch up.

You need to stand your ground and not be chasing after her in a desperate way.

Women like that don't respect guys who are afraid of them.

So, although it might seem scary or risky for you to put her back in her place in a dominant, but loving way, you've got to do it.

You've got to man up, so she can feel a renewed sense of respect and attraction for you and want you back.

When you do, she will realize that you're now a very different man from the one she broke up with (e.g. you're more confident and emotionally strong, you're more ballsy and no longer allow her to dominate you, you're emotionally masculine in a way that makes her feel girly and feminine around you).

As a result, she won't be able to stop herself from feeling attracted to you again, even if she pretends that she isn't to test your confidence and see if you will panic and try to suck up to her.

Another possible reason why your ex blames you for all your relationship problems is

5. She's trying to make you react in an unattractive way, so she has more reason to remain broken up with you

When a woman doesn't know how to break up with her boyfriend and get him to accept it and leave her alone, she may resort to blaming him for all their relationship problems as a way of making him angry.

She hopes that he will get so upset with her that he might start shouting and maybe even become a bit aggressive towards her.

She can then say something along the lines of, *"See? This is what I'm talking about! If I had my doubts before, your behavior has just convinced me that you're not the guy for me. You're out of control and it's clear to me you won't ever change. You scare me now. There's no way I am ever going to see you again. I'm afraid of what you might do. So, it's over between us. You need to accept that and move on."*

He then won't be able to defend himself, or make excuses because he will know that she's right.

So, remember

Don't let your ex girlfriend suck you into her fake drama.

No matter how much she tries to make you react in an unattractive way, just maintain your confidence and turn it into something you can both laugh about together.

When she sees that you are being a confident, emotionally strong and mature man and aren't getting

sucked into her drama, she will automatically start to reconnect with her feelings for you. You can then build on that initial spark of feelings and get her back.

3 Mistakes to Avoid Making When Your Ex Blames You For All Your Relationship Problems

You're not the first guy to be in this situation.

Every day, all over the world, good guys find themselves being blamed for all of the relationship problems with their girlfriend and being made out to be the villain.

I've helped so many guys in your situation to get their ex woman back and as a result, I've heard of all the mistakes they had been making before learning from me here at The Modern Man.

So, I recommend that you do the wise thing and learn from their mistakes and get your ex back quickly, rather than making the same mistakes yourself...

1. Apologizing over and over

Although there's nothing wrong with apologizing to a woman who has broken up with you, doing it over and over again doesn't make her want you back anymore than apologizing once.

In fact, apologizing over and over again usually just annoys the woman, because she assumes that you're using it as a way of distracting her from the fact that you still haven't changed.

You're just apologizing and apologizing, rather than re-attracting her and making her feel sexually and romantically turned on by you again.

The next mistake to avoid making is

2. Letting her rant on and on about your mistakes

No matter how guilty you might feel about what happened between you and your ex, don't fall into the trap of allowing her to rant about it every time you and her interact with each other.

Deep down you might think you deserve it, but letting her rant won't change anything.

Instead, she will simply feel emotionally more dominant than you, which then will stop her from being able to respect you as a man.

So, if she keeps going over how you stuffed up, simply say in a relaxed, but assertive voice, *â€œWow, that must be the 5th time you've mentioned that to me. How many more times do you need to bring it up before you feel satisfied? 10? 50? 100? Okay, go ahead and say it, but once you're done, let's stop ranting on about how bad things used to be and focus on enjoying how much better things are now or could be in the future.â€*

She might pretend to be annoyed at you for saying that, but deep down she will be feeling surges of respect and attraction for you again for being an emotionally strong, masculine man and standing up to her.

On the other hand, if you just let her get away with ranting, she will lose more and more respect for you until she eventually says, *“Why am I even bothering? It's over. We are done. I am going now and I don't ever want to talk to you again. So, don't contact me. Don't add me on Facebook and*

don't email me. We're done. Goodbye!"

The next mistake to avoid making isâ□|

3. Not changing the vibe of the conversation to be more playful and light hearted

Laughter is definitely the best medicine for healing the angry, negative feelings of a broken relationship.

Regardless of how bad things are between you and your ex right now, just understand that a little bit of humor goes a long way.

When you make her smile, laugh and enjoy talking to you, it changes the vibe and takes away the power from the negative feelings she has been holding on to.

So, the next time your ex starts blaming you for all your relationship problems, rather than just take it, lighten the mood through laughter and smiling.

For example: If youâ□□re sitting at a table (at a cafÃ© or restaurant) and your ex says something along the lines of, *â□□I donâ□□t even know why Iâ□□m here. Itâ□□s all your fault we broke up,â□□* rather than get upset and turn her off, just take the risk of making a joke to calm the tension between you and her.

[image: Use humor to break down her defenses]

You might say something like, *â□□Well, thatâ□□s not entirely true, is it? Technically weâ□□re broken up because you said itâ□□s over between us. So, in actual fact, itâ□□s your fault that we broke up, not mine. You're the villain, not me. You'Â were such a bad girlfriend to me,â□□* and have a laugh with her about that.

Say that in a joking manner, not in a serious manner or in a way where you are seeking pity.

Essentially, just be strong enough to joke around and not take her comments so seriously all the time.

When you do that, she won't be able to stop herself from feeling attracted to the new, emotionally stronger version of you who has the balls to joke around and turn a stressful conversation into something playful and light hearted.

Her guard then naturally comes down and she becomes open to the idea of getting back together again.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Will My Ex Get Jealous if I Date Someone Else?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Not necessarily.

In most cases, it will only work if:

1. The woman you date is more physically attractive than your ex

[image: Making an ex jealous by dating other women]

If your ex sees you dating another woman who is more attractive than her, she will feel twinges of jealousy, even if she has been recently saying things like, *“I don’t care what you do. Just leave me alone and find some other woman to be with. You and I are over!”*

Of course, she probably won’t openly admit that she is jealous, but secretly, she will be thinking things like, *“I wonder if that’s the reason why things didn’t work out between us! Maybe I wasn’t attractive enough for him and he got bored.”*

That might come as a shock to you, especially if your ex always seemed to be so confident, self-assured and together.

However, what a lot of guys don’t understand is that in most cases, women are a lot more insecure than they let on.

For example: According to a global study conducted by Dove cosmetics, 96% of women don’t consider themselves to be beautiful and secretly feel very insecure about their physical appearance.

So, if you suddenly start dating a woman who is more attractive than her, it’s very likely that your ex will get jealous.

Even if your ex is hot, she will almost certainly focus on qualities about the other woman that are better than hers (in her mind anyway), such as the new woman having better legs, a pretty looking face, nice hair, great fashion sense or nice lips or eyes.

Of course, just because your ex feels jealous, it doesn’t mean that she’s going to suddenly call you up on the phone, express her undying love for you and ask you to take her back.

Why?

She might not want to face up to a potential rejection from you if she calls or texts you.

For example: Imagine how she’d feel if she called you and you said, *“Why are you calling me? We’ve broken up. Besides, I’m with a new girl now and I’m much happier with her. I’d never get back with you.”*

She’d be crushed.

So, rather than potentially getting her heart broken like that, she will try to move on herself.

For example: She may think something like, *“I see that he’s already dating and has found himself a new girl. Well good for him! If I had any doubts about us breaking up, he’s proven to me that what we had is truly over. In fact, him moving on so quickly just proves to me that our relationship was a joke and that it meant nothing to him. I should actually thank him for helping me see the light. I can now move on with my life without any doubts holding me back.”*

She will then focus on getting over him and finding herself a replacement guy as soon as possible

(e.g. going out to bars and nightclubs and hooking up with guys, using dating apps, hooking up with a guy she knows who has been waiting for her to become single again).

As you can see, although dating a woman who is more physically attractive than your ex can stir up feelings of jealousy in her, it can also backfire and help her get over you faster.

A better way to approach the ex back process is to interact with her (e.g. over the phone or in person) and instantly reawaken her feelings of respect and attraction for you.

The more attraction you make her feel, the more open she becomes to being your girl again now.

On the other hand, if you date someone else to make her jealous, there's no guarantee that she will feel jealous or want you back because of it.

Another example of when dating someone else will make an ex jealous, is when

2. She still has feelings for you and secretly wants you back

[image: She still has feelings for you and secretly wants you back]

Naturally, if a woman still loves a guy and wants him back, seeing him with someone else will almost certainly stir up feelings of jealousy inside of her.

She will then start worrying about losing him forever and it may force her to build up the courage to contact him by sending a text like, *Hey, how have you been? I really miss you. Want to catch up sometime?*

That's how it works in ideal situation, but it doesn't always play out like that.

For example: When a woman sees that her ex is moving on with someone else, she might then accept it as a sign that he's completely over her, or believe that it now means she has no chance of getting him back.

She might say to herself, *So, that's it then huh? He's not coming back to me after all. Well, I've waste my time hoping we would get back together. While I've been sitting here, missing him and hoping that he would call me, he has been hooking up with a new girl. I was a fool to think that he still loved me. I really thought we had a chance of getting back together, but clearly that's not the case at all. It's over between us and I need to accept it and find a way to forget him, like he's forgotten me.*

She then puts her energy into fully getting over her feelings for him and moving on.

Here's the thing

Making your ex jealous by dating someone else isn't a foolproof method and in some instances, it can cause more harm than good (i.e. because it forces her to move on by hooking up with a new guy, even if she doesn't want to).

Put yourself in her shoes.

If she did that to you when you still had feelings for her, how would you feel?

It would suck, wouldn't it?

So, why do it to her?

Remember: Jealousy is a negative emotion and most women don't like to be stuck feeling it, so they make an effort get over it as quickly as possible by hooking up with a new guy.

If your reasons for making your ex jealous are so that you can get her back without any fuss, why not

use a different approach?

A better way to make a woman want you is to reactivate her feelings of respect and attraction for you, to the point where she feels she would be making a mistake if she let you go.

On the other hand, if you only focus on making her feel jealous by dating someone else, it may push her into the arms of another guy who makes her feel more attracted and in love than you have ever made her feel.

Another example of when dating someone else can make an ex jealous, is whenâ

3. You seem happier with the new woman

[image: You seem happier with the new woman]

If your ex girlfriend can see that youâre much happier with the new woman, then it will definitely make her feel jealous on some level.

You can show her how happy you are by posting photos on Facebook and setting them to 'public' so your ex can see them even if she has unfriended you.

By the wayâ

Itâs very important that you donât pretend to be happy with some else when youâre not.

For example: A guy might try to make his ex think that heâs got a new girlfriend by posing in photos with a platonic friend that his ex has never met before.

Alternatively, he might ask one of his sisterâs friends to pretend to be his girlfriend and post photos on Instagram or do some Snapchats with her.

Yet, hereâs the thingâ

If your ex finds out that youâve only lying about dating someone else to get her back, she will lose even more respect and attraction for you.

As a result, getting her back then becomes a lot more difficult than it would have been if you were honest with her.

Where Guys Go Wrong When Trying to Make an Ex Woman Jealous By Dating Someone Else

Dating a new woman to make your ex jealous can work, but it can also result in you losing her.

Here are some common mistakes that other guys make when in your positionâ

1. Dating new women, falling in love and then missing out on the opportunity to get his ex woman back

[image: Missing out on the opportunity to get her back]

A guy might sometimes get so caught up in a plan to make his ex jealous, that he forgets about his original goal, which was to get her back.

Instead of making her a little bit jealous and then getting her back, he finds a girl that he enjoys being with and months fly by before he realizes that he hasnât interacted with his ex at all in that time.

He might then say to himself, *â€œWell, maybe this is a good thing. It gives her more time to see me happy with someone else, which will then make her even more jealous.â€*

Yet, rather than waiting for months to hopefully get him back, his ex woman feels jealous initially and then proceeds to move on with new guys to make herself feel better.

Then, when her ex finally contacts her, rather than her say, *â€œIâ€™m so glad you finally called! Iâ€™ve really missed you,â€* she might say something along the lines of, *â€œSorry, but I didnâ€™t hear from you in so long that I just moved on now. Iâ€™ve met someone else and Iâ€™m really happy with him. Itâ€™s too late for us now. I wish you all the best. Goodbye.â€*

Another negative outcome of dating someone else to hopefully get your ex back is that you can spend a lot of time getting emotionally involved with the new woman.

You can really fall in love with her, or at least really care about her and not want to hurt her.

So, rather than breaking her heart, you might stay with her for a few weeks or months longer, which will then result in your ex moving on.

Additionally, if you do break up with her to get back with your ex, you might be feeling guilty about leaving the new girl, which can cause you to struggle to fully reconnect with your ex and, as a consequence, you lose both women.

Another mistake that guys often make when in your position isâ€œ!

2. Thinking that it will look â€œtoo obviousâ€ if he posts photos online

It may look obvious to post up photos of you having fun with a new woman, but itâ€™s necessary if you want to get your ex back by making her jealous.

Just do what works to get her back (e.g. post photos of yourself having fun with other women) and then get her back.

Initially, she might pretend not to care that youâ€™re dating someone else, but deep down sheâ€™ll most likely be wondering, *â€œHe moved on so quickly. Didnâ€™t he love me?â€* or *â€œHeâ€™s dating a blonde now. I thought her preferred brunettes. I wonder if he didnâ€™t think I was attractive enough when we were together. Maybe I should dye my hair, or cut itâ€¦ maybe I need to lose some weight or get some sexier clothes. I want to see if I can attract him back. Iâ€™m better than her and I will prove that to him.â€*

She might then send you a private message on social media, or text you to say hello.

She will be hoping to assess your state of mind and find out how serious you are about the woman in your photos.

If that happens, you need to use every interaction with her as a way of building up her feelings and making her want you more and more.

From there, getting her to agree to a meet up becomes easy.

Then, when she sees you in person and discovers that youâ€™re a new and improved man, the idea of getting back together again will seem like a no brainer to her.

She will clearly be feeling enough respect, attraction and love for you to give the relationship another chance, so itâ€™s then up to you to give her that chance.

Another mistake the guys often make in your situation isâ€œ!

3. Not being aware of how to get her back without having to date new women

Making a woman feel jealous by dating other women is definitely something that helps to get an ex back, but itâs not the only thing that works.

In fact, in most cases, dating other women to get an ex back can cause more complications than get results (e.g. your ex builds up a lot of resentment towards you and decides to get back at you by hooking up with a guy, she focuses on fully getting over you and moving on, or she allows herself to fall in love with a new guy).

So, if your goal is to get your ex back, itâs usually better to do it by making her feel positive emotions (e.g. respect, attraction, love), rather than negative emotions (e.g. resentment or bitterness).

Begin the ex back process by interacting with her any way you can (e.g. via text, social media, over the phone and wherever possible, in person) and re-spark her feelings for you.

The more she experiences the new you for herself, the more she begins think, *âMy ex seems so different now. I really enjoy hearing from him. Maybe we can fix our relationship after all.*

She then starts to feel that if youâre not in her life anymore, itâs just not going to feel right.

So, she opens herself up to the idea of getting back together again.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Why Do Women Cheat Instead of Breaking Up?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

5 common reasons why a woman will cheat on a man instead of breaking up with him are:

1. She wants to have a replacement guy ready to go, to avoid being seduced back into a relationship with him

[image: She wants to have a replacement guy ready]

If a woman finds herself in a relationship with a man that she is no longer attracted to, she won't always just come out and say, *"It's over. Goodbye."*

Sometimes, it's not easy for a woman to break up with a man (e.g. because they live together and he won't move out, he is controlling and manipulative).

In other cases, sometimes a woman just doesn't know how to break up with her current man because he always manages to convince her to stick with him by sweet-talking her.

For example: A guy might seduce a woman back by promising her the world and offering her what she wants if she gives him another chance (e.g. to get married, have children, go on a holiday, buy her a ring, do whatever she wants).

He might say to her, *"There's nothing I want more than for us to be together. I want to marry you, so please give me another chance so we can get engaged. I love you and you love me, right? Let's not let a silly misunderstanding get between us and destroy what we have. I promise that things will be different from now on. You'll see. I am going to make you so happy from now on."*

Then, weeks or months later after getting her back, he breaks his promises and reverts back to his old behavior.

At that point, she might have gone through with an engagement party and been congratulated by friends and family, gotten pregnant or committed to him in some other way (e.g. moving in together, getting a mortgage together).

Now, she feels stuck with him and doesn't know how else to get rid of him than to break his heart by cheating on him and getting serious with the new guy.

In other cases, if the sex between them was always amazing, a guy might use that as a way of getting her man.

He may show up at her house under the pretence of discussing their break up and then seduce her into sleeping with him to make her change her mind.

She has an orgasm, loves being physical with him again and falls back him love.

She then gives him another chance, only to eventually discover that it was a mistake because he's still stuck at the same level he was at before (e.g. he's still manipulative and controlling, selfish, unreliable).

So, to prevent that from happening to her, she will find herself a replacement guy before breaking up with him.

In this way, she will have some added protection in the event that he tries to seduce her back.

Another common reason why a woman might cheat instead of breaking up is

2. She hopes that it will make him hate her and not want to be with her anymore

[image: How could you do this to me?]

Sometimes, a woman will know that if she tries to break up with him normally, he won't accept it and would make it difficult for her to leave him.

For example: If a woman is really soft and finds it difficult to say *â€œNo,â€* she may fear that if her guy starts begging, pleading or crying and saying things like, *â€œPlease don't leave me! You know I won't be able to cope without you. I need you. I promise to do better. Just give me another chance,â€* she won't be able to leave him.

Alternatively, in a case where a man and a woman own a house together, share the bills and possibly even have a child or children together, she may be afraid that he will try to manipulate her into staying with him by saying things like, *â€œIf you go, the kids stay with me,â€* or *â€œIâ€™m not going to get stuck with all the bills, so you need to sort out your side of all the payments before moving out.â€*

So, to prevent herself from being controlled by him, she cheats on him and hopes that he will feel so hurt by it that he will break up with her and demand that she exit his life completely.

Another common reason why a woman might cheat instead of breaking up isâ€

3. She's an untrustworthy woman

Some women are just bad people.

The same goes for men.

Most people are good people, but there are some bad eggs out there.

For example: Some women actually enjoy lying to, hurting and cheating on men as they get in and out of relationships.

For a woman like her, the drama and chaos of a relationship is more important and enjoyable to her than being in a committed, loving relationship for life.

So, no matter how great a guy might be, it just doesn't matter to her.

She is going to end the relationship by creating drama at some point or another.

It's inevitable.

She will eventually put herself in a situation (e.g. going out with her girlfriends, using dating apps, working somewhere where men will hit on her, spending time away from her man) where she can cheat and ruin the relationship.

It's just her way of going about life and there's not much you can do about it.

The same applies for women who try to tame men who always cheat and don't want to settle down.

The guy might be faithful to her for a while, but if he comes across an opportunity to sleep with another woman and get away with it, he usually will.

Likewise, if he is getting bored of being with her, he will intentionally put himself in situations where he can cheat and then end the relationship.

So, it's not that women are bad and can't be trusted.

Instead, it's that some people are untrustworthy and you just can't rely on them to stick by you in a

lifetime relationship.

I know this from personal experience too.

I broke up a relationship with my girlfriend after a year because I noticed that she enjoyed lying and creating drama.

I'm glad I left her, because if I didn't, I wouldn't have met my amazing wife who I trust with my life. Plus, my wife is even hotter! lol.

Anyway, back to you and your ex!

If you truly believe that your ex is an untrustworthy woman who will happily stick a knife in your back when given the chance, don't waste your time thinking about her, or looking for ways to get her back.

A woman like her is unlikely to ever change her ways and she will probably always lie, cheat and deceive you no matter how amazing of a man you are.

So, just cut your losses and focus on finding yourself a good woman who deserves a great guy like you.

Another common reason why a woman will cheat instead of breaking up is!

4. She wasn't really ever committed to the relationship anyway

Sometimes, a woman gets into a rebound relationship (i.e. the relationship she has immediately after breaking up a long term relationship) to make herself feel better, but doesn't intend to actually stick with it for life.

Even though the guy might have serious intentions towards her, she will be thinking things like, *"He makes me feel good after how badly my ex treated me, but he's not the kind of guy I plan to settle down with. He's not really my type, but he's sweet, so I'll stick with him for a while until someone better comes along."*

Then, when another guy comes along who sparks her feelings of sexual attraction (e.g. because he's more emotionally manly, doesn't give her all the power in the relationship), she doesn't think twice about cheating on her sweet, nice guy, because she doesn't have deep feelings for him anyway.

Alternatively, a woman might simply not like the idea of being single and feeling lonely.

So, rather than going through life alone, she regularly hooks up with new guys who show her lots of love and attention.

In the back of her mind, she is thinking, *"He's not my perfect match, but will do for now. At least I have someone to hang out with, go to parties and weddings with and even have sex with. I'll stick with him until something better comes along."*

When another guy comes along who makes her feel more attracted, she simply cheats on boyfriend instead of breaking up with him and moves on without a care in the world.

Another common reason why a woman might cheat instead of breaking up is!

5. She wants him to react in an unattractive way, so she has another reason to leave

him

Sometimes a woman hopes that by cheating on her guy, he will then completely lose control of his emotions (e.g. get angry with her, become aggressive or even violent towards her, cry and beg for her to stay, bombard her with desperate text messages).

She can then say to him, *“Look at yourself. Are you proud of your behavior? Do you think that’s going to make me want you back? You’re out of control! You scare me now. You need to leave me alone and get some help. You’re crazy. It’s over between you and me. Never contact me again!”*

She’s implying that the break up is all his fault (i.e. because he lost control of his emotions), which then allows her to move on and feel like she made the right decision to cheat on him and leave.

5 Mistakes to Avoid if Your Ex Cheated on You Instead of Breaking Up

If you really love her and want her back, it’s up to you whether you want to give her another chance. Some guys can handle it, whereas other can’t deal with the fact that she has slept with another man. It really depends on your relationship, how much you feel like the cheating was your fault and how confident you are in yourself (i.e. you don’t see other guys as being better than you because you are so accomplished in life or a very cool guy, the sex between you and her is always amazing and you know that another guy wouldn’t be as good as you).

So, if you want to get her back, go ahead and do it, but be sure to avoid the following mistakes.

1. Seeking pity from her for how much the cheating hurt you

[image: Look at me! Can't you see that I'm hurting?]

Trying to make a woman feel pity or guilt for the emotional pain that she has caused you only pushes her away even more.

Why?

A woman doesn’t like to feel like she’s being manipulated into giving her ex another chance, simply out of a sense of duty for having hurt him the way she did.

Even if a woman does feel bad for cheating on him, she usually won’t feel compelled to give him another chance purely based on guilt.

So, if you do still want to get your ex back who has cheated on you, don’t play the pity card on her.

To get the best outcome, focus on re-sparking her feelings of respect and attraction for you, so she feels drawn to you again.

That way, she will have a reason to give you another chance that feels good to her, rather than feeling like she is being forced into giving you another chance because you feel so sad, hurt and disappointed.

The next mistake to avoid making is

2. Getting very angry at her

It's perfectly normal for you to feel angry and betrayed after being cheated on by the woman you love.

It's even totally fine for you to express your feelings to her.

However, getting very angry and losing control of your emotions (e.g. shouting, calling her names, pushing her around or even hitting her) is not going to convince her to come back.

Instead, it will just give her an excuse to use your behavior against you and make you out to be the bad guy instead (e.g. she'll say that she's scared of you now, she'll get a restraining order with the police, she will say that she can't look at you the same way now that she has seen you lose control and get angry like that).

So, be calm and in control when you express any emotion to her.

The next mistake to avoid making isâ€¦!

3. Insulting her by calling her names

You might feel justified in calling her a slut, whore or bitch and let's face it, maybe she even deserves being called that by you.

After all, you've most likely been a good guy to her and feel like you don't deserve to be cheated on or treated in that way.

Yet, as you would know, calling her names isn't going to get you and her back together.

Instead, it's simply going to make her see you as a guy who is unable to handle the challenges of life like a man (i.e. you lose control of your emotions, rather than maintaining control when under pressure or in challenging situations).

So, as tempted as you may feel to insult her, just maintain control of your emotions and don't say it.

Show her (via your actions and communication style), that you're not threatened by what she did.

You are disappointed, but you're not seeking pity and you're not losing control of your emotions by getting very angry.

She did what she did and it is her mistake, not yours.

You're not the bad person here.

She cheated on you.

So, what you need to do is focus on your good qualities and believe in yourself and your attractiveness to her.

At the same time, if you want her back, be willing to forgive her and make a fresh start with her.

The next mistake to avoid making isâ€¦!

4. Demanding that she tell you all the details of how it happened

Why put yourself through the mental and emotional pain of knowing exactly when she kissed him, how good he was in bed or if she had an orgasm or gave him a blowjob?

Those are horrible things to be focusing on if she is the woman you really love.

So, if you want her back, I recommend that you don't focus on that.

Instead, just know that no other guy is better than you in the bedroom.

Believe in yourself and your attractiveness to her.

If you doubt it, you will be insecure, which will make you feel like crap and will turn her off.

So, be confident instead.

Believe that you are the man and that no other guy is as good as you in the bedroom.

Funnily enough, that's what a woman wants you to believe about yourself anyway.

She doesn't want you to say it though.

She just wants you to believe it, so you can then behave and act in a confident way in the bedroom.

The next mistake to avoid making isâ□|

5. Willingly accepting being cheated on just to spend more time with her

Sometimes a guy just doesn't want to let go of his woman, even though she betrayed him by cheating on him.

So, he instantly forgives her for the cheating and puts up with her continued bad treatment of him, just to get to spend more time with her.

Yet, giving her that kind of power over him actually makes the situation worse.

Why?

A woman wants a man that she can look up to and respect, not a guy who is willing to crawl around after her, picking up any crumbs of interest she gives to him.

Additionally, if a man is willing to keep putting up with her bad behavior just to get to spend time with her, she will likely cheat on him again.

For example: She may think to herself, *â□□ Well if heâ□□s letting me get away with it once, why not do it again? Clearly heâ□□s not man enough to do anything about it, so I will keep him around for now and cheat on him again soon.â□□)*

Donâ□□t let that happen to you.

Make sure that you don't hand over all your power to her, just to hopefully spend a few more hours or days with her.

Be in the position of power.

Make her feel (don't say it) that she needs to prove to you that sheâ□□s worthy of your love and attention and not the other way around.

How?

When she can see that youâ□□re not going to be a push over with her anymore (i.e. let her get away with how she behaved), she will naturally start to feel respect for you again.

It's not about being angry, sulking, controlling or overly domineering or anything like that.

Instead, it's about respecting yourself and not being a doormat for her to walk all over.

Be good to her, but be even better to yourself.

If you do that, she will naturally feel some respect for you for not being a wimp about the whole thing and sucking up to her.

From there, you can build on her feelings for you again and get her back.

Just remember: If you decide to take her back, you will need to completely forgive her so you can move forward together with a clean slate.

If you don't think that you can do that, I recommend that you sleep with a new woman or two first, so you can even the playing field.

Whatever you do though, make sure that you completely forgive her and let the cheating go, so you and her can have a healthy, committed relationship from now on.

As long as you deepen her feelings of respect, attraction and love over time, she will most likely remain loyal and be even more loving and attentive because you were man enough to forgive her and give her another chance.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Does the No Contact Rule Work For Short-Term Relationships?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

No Contact doesn't always work.

Whether or not it works (especially for short term relationships), really depends on the reason why she broke up with you.

Times When the No Contact Rule Can Work

Here are 2 examples of when the No Contact Rule can work after breaking up a short-term relationship:

1. She broke up with you to see if you'd chase her and become desperate

[image: She broke up with you to see if you'd chase her or become desperate]

Sometimes a woman just isn't sure if she should continue to invest in her new boyfriend, or break up with him and find someone who she can be more certain about.

Although she does care for new boyfriend, certain aspects of his thinking and behavior are causing her to wonder if he's really the man for her.

For example: She decides to become a bit of a nag in the relationship with a guy (e.g. she's always complaining, creating unnecessary drama over irrelevant things) to see if he can stand up to her in a dominant, but loving way.

Yet, rather than standing up to her and putting her back in her place in a loving way, he makes the mistake of being even nicer and sweeter to her in the hope that it makes her treat him well.

She was hoping to see that he had the balls to stand up for himself and make her respect him, but he failed that test.

Now she feels like she is the more dominant one in the relationship, which causes her to feel turned off by him sexually.

She begins to think, *He's just too nice all the time. No matter how badly I behave, he just lets me get away with it. Maybe it's because he fears that I will dump him. Why isn't he more confident in his value to me? Why does he have to be so self doubting? Maybe he's not the right guy for me after all. Maybe I'm too good for him. I wish it wasn't like this, but I have to follow my heart. My heart is telling me that he probably got lucky with me and he knows it.*

She then breaks up with him and waits to see how he will react.

If he becomes desperate and starts chasing her in a needy way, she will then make up her mind to leave him for good because it will confirm to her that she's probably just too good for him.

On the other hand, if accepts the break up, says goodbye and doesn't contact her for a week, then it can impress her and make her want to hear from him.

So, in a case like that, the No Contact Rule can work.

BTW: You don't need to wait 30 or 60 days to contact her.

7 days is more than enough because it proves the point (i.e. that you're not desperately chasing her). In a case like this one, your ex is just testing to see whether you will lose your confidence and hand over all your power to her (i.e. suck up to her, promise to change whatever she wants).

So, when you ignore her and focus on living a fun, happy life without her for a week and then let her find out via social media and/or mutual friends, she will naturally begin to look up to you with respect again.

She will then start to feel sparks of attraction and love for you, drop her guard and open up to giving the relationship another chance.

Another example of when the No Contact Rule can work after ending a short-term relationship, is whenâ

2. She is still very much in love with you, but is afraid of getting hurt if she commits

[image: She is afraid of getting hurt]

Sometimes a woman finds herself falling in love with a guy very quickly (e.g. theyâve only been dating for a few weeks and she already sees herself moving in with him, getting married to him, or having a baby with him).

This may cause her to panic (especially if sheâs inexperienced with relationships, or sheâs been badly hurt by some other guy before) and she might start thinking to herself, *âI can't risk getting hurt again. I need to break up with him before things get too serious and I end up with a broken heart. It's probably best that I just remain single. I hate getting my heart broken.â*

She breaks up with him before he can breakup with her, as a way of protecting herself from potentially getting hurt by him in the future.

If this is the case between you and your ex, then the No Contact Rule can work on her.

Not hearing from you for a 1-3 weeks will give her enough time to realize just how much she loves and misses you.

She might then begin to think something like, *âI want him back. I can't bear the pain of not having him in my life anymore. I messed up. I allowed my fear of getting hurt to ruin the best relationship Iâve ever had. I need to get him back before he finds a new girl.â*

She may then try to contact you by sending you a text to say hello, or happily answer your text or call when you get in touch.

Times When The No Contact Rule Doesn't Work

Here are 7 examples of when the No Contact Rule doesn't work after the break up of a short-term relationship:

1. She's no longer attracted to you

[image: No contact doesn't work when she is no longer attracted to you]

If a woman has lost touch with her feelings of respect and sexual attraction for a guy, then him

ignoring her for 30 or 60 days (i.e. the typical amount of time that many people ignore their ex) isn't really going to bother her that much at all.

This is especially true if the relationship hasn't been properly established (i.e. it's still relatively new, possibly only a few weeks to a few months old) and she hasn't completely fallen in love with him.

Why?

The kind of love that you experience at the start is a lot different to completely falling in love in a way that lasts for life.

New love feels amazing, but properly established, deep love in a long term relationship is much more powerful and so much harder to let go of.

So, if your relationship wasn't properly established, she might not really care if you cut off contact and will simply focus on finding herself a new guy to move on with.

If you want her back, you stand a much better chance of getting her back by actively interacting with her (via text, on social media and especially over the phone and in person) and re-sparking her feelings for you.

The more respect and attraction you can make her feel during interactions with you, the more open she will become to getting back with you.

However, if you just ignore her when she doesn't have strong feelings for you anymore, she probably won't even give you a second thought after the first few days apart.

This is especially true if she is the one who broke up with you and she was clear (in her mind) about why she left you.

If she knows that she felt turned off by you (e.g. because you were insecure), she will remember that and just try to move on with a guy who is more confident and emotionally secure.

The next example of when the No Contact Rule doesn't work after the break up of a short-term relationship is when

2. She can easily move on without you

[image: She can easily move on without you]

If a woman knows that she can easily find a replacement guy (e.g. she is pretty, many guys like her, she knows how to flirt and get men interested), then not hearing from you won't be that much of a problem to her.

She knows that all she has to do is get on a dating app (e.g. Tinder) or site, go to a bar or nightclub, or take up a hobby that is mostly male-oriented and loads of guys will hit on her.

She can then have her pick of men for sex, dates or a relationship.

So, while you may be sitting at home counting the days of No Contact off your calendar (e.g. 30 to 60 days), she will probably have already moved on by the time you contact her.

Remember: It's much easier to change how a woman feels when you are actively interacting with her and making her feel attracted to you again, compared to just cutting off contact and hoping that she misses you.

If you disappear from her life when she isn't attracted to you, she's not really going to care.

The next example of when the No Contact Rule usually doesn't work after the break up of a short-term relationship is when

3. She is looking for real love

[image: She is looking for real love]

Initially, a woman might get into a relationship with a guy and enjoy it because the sex between them is great, they have loads of fun together and he's interesting to hang out with.

However, if all that really exists between them is the initial spark of new romance and the love doesn't develop over time, she will eventually begin to question whether or not she wants to stick with him in the long run.

Women know that truly being in love with each other is essential for a relationship to last for life. It's not enough if the man truly loves her though.

It has to be mutual.

So, if a guy wasn't able to make her fall truly in love with him (e.g. because he was too insecure), then a woman will eventually get to the point where she breaks up with him.

She will then try to find a new man who will be able to guide him and her into deeper feelings of love over time, until they are truly, inseparably in love and then stay together for life.

She won't feel the need to go back to her ex, simply because he isn't contacting her.

She wants to experience real love and find herself a relationship that can last for life.

Not all women are like that though, which is why the next example is also very important to understand

3. She enjoys being single and won't chase a guy back

Some women don't want to settle down.

They just want to enjoy themselves, fall in love, break up and be free for many years, until maybe, eventually, they decide to settle down.

For now though, she might enjoy the freedom of being able to

- Stay out late and party with her single friends.
- Have sex with a different guy whenever she wants to.
- Not have to compromise on what she wants to do.
- Not have any relationship responsibilities.
- Hang out with whomever she wants, whenever she wants.
- Be irresponsible about her life and just focus on having fun.

So, rather than miss her ex and want him back when he isn't contacting her, she will just get on with enjoying life without him.

If he then calls her after 30 to 60 days to try and get her back, it's highly likely that she will say something like, *I'm sorry, but I'm not ready for a serious relationship. I prefer being single. I'm having so much fun. So, look maybe there's a chance that at some time in the future we will be able to get back together. For now though, I don't want to be in a relationship. I wish you all*

the best.â€œ

He then has just wasted 30 or 60 days sitting around, hoping that she would miss him and come running back to him.

Yet, she just got on with her life and possibly hook up with a new guy or a number of new guys, not even caring about the fact that her ex wasn't contacting her.

5. She has had a lot of experience with break ups and knows that the pain will go away

When a woman is experienced with break ups, she will know that no matter how sad, lonely and dejected she might be feeling because her ex isn't contacting her, those feelings will eventually fade away.

So, rather than let his silence get to her, she will usually focus on doing the types of things that will help her get over him even more quickly (e.g. put more effort into her work or studies, take up and interesting new hobby, spend more time going out with her single friends and flirting with guys).

If her ex then contacts her after a few weeks or months, she may have fully healed enough to say something like, *â€œSorry, but it's too late for us now. I really thought I mattered to you, but not hearing from you all this time made me realize that we're not meant for each other. I'm over you now, so please don't call me again.â€œ*

Another example of when cutting off contact for 30 or 60 days probably won't work is whenâ€œ

6. She doesn't believe that you will change

If a woman gets a sense that her ex won't be able to change, or doesn't even know how or what to change (e.g. she wanted him to be more manly because he was too emotionally sensitive, but he has no clue how to be like that), she won't waste time thinking about him if he stops contacting her after their break up.

Instead, she will focus on fully getting over him and opening herself up to meeting a new man.

After wasting 30 or 60 days waiting in the background (while she is most likely moving), he will then try to contact her.

If she answers and is open to talk to him, she will quickly realize that he really hasn't changed (i.e. he's still not manly enough emotionally. He's still too insecure) and then, getting her back becomes even more difficult than before.

So, if you want your ex back, you need to first make some attractive changes to your way of thinking and behavior.

Get ready to properly re-attract her, based on the new and improved man that you've become.

Then, interact with her and let her experience it.

By the wayâ€œ

You don't need to waste 30 or 60 days doing that.

If you keep learning from me here at The Modern Man, you will get it done within days and will be ready to contact her then, or after a week if you want to wait that long.

However, you don't need to wait for 1-2 months before you make a move.

If you do wait that long to contact her and begin the ex back process, she will most likely move on without you.

Another example of when the No Contact Rule doesn't work too well is whenâ

7. She knows that you don't understand what she really wants in a guy

Sometimes a woman will break up with a guy, without really telling him exactly what turned her off. She might just say, "I don't think we should see each other anymore" or, "I don't have feelings for you anymore. Let's just be friends" to end the relationship.

Yet, what she doesn't tell him is thatâ

- He was confident when she met him, but after a while he started doubting his attractiveness to her and as a result became more needy and clingy. This turned her off because she wants a guy who is confident and who believes in his attractiveness and value to her.
- She felt drawn to him because he was nice and sweet, but soon realized that he wasn't manly enough for her. She wants a guy who is good to her, but also makes her be good to him. She doesn't want a guy who sucks up to her all the time.
- The spark between them quickly faded and he went from making her feel like a sexy, desirable woman, to treating her like a neutral friend. She wants a guy who has the ability to keep the spark alive (e.g. by being very confident, making her feel girly in comparison to his masculine vibe and behavior).
- He put a lot of effort into chasing her and getting her to be his girl and it was fun at the start, but she quickly became bored of it. She wants a guy who is more of a challenge, so she feels the need to impress him too, rather than it being so one-sided.

So, when her ex uses the No Contact Rule to hopefully get her back, he doesn't.

She simply doesn't care enough about losing him, because she knows that he doesn't even understand how to attract her in the ways that really matter to her.

When the No Contact Rule Can Backfire on You

The goal of the No Contact Rule is to hopefully make your ex miss you like crazy and want you back. Yet, it usually doesn't work that way.

In fact, in most cases, a guy ends up causing himself more harm than good by doing it.

For example:

1. Using the No Contact approach for so long he develops insecurities

For example:

- He starts to feel unworthy of her and believes that the reason why she isn't contacting him is because she is too good for him.
- He loses confidence in his attractiveness to other women because he begins to see them as hard to get or hard to keep.
- He ends up thinking of his ex as, "*the one that got away*" and believes that his relationship life

will never be happy with a new woman, or that he will never be able to get his ex back.

Donâ€™t let that guy be you.

Be a man of action and get her back now.

Donâ€™t use the No Contact Rule for longer than 3 to 7 days.

Get the job done quickly.

If you wait any longer than a week, it's usually a waste of time and can result in you losing confidence each and every day that she doesn't contact you or coming running back.

2. Not making a move before it's too late

[image: Not making a move before it's too late]

Even if a woman still has feelings for her ex, itâ€™s unlikely that sheâ€™s going to wait forever for him to contact her, right?

She's going to move on.

Initially, she might pine for him and even feel really sad that heâ€™s not calling her, but after a while sheâ€™s just going to start thinking things like, *â€œWell, he obviously doesnâ€™t care about me the way I care about him. I guess itâ€™s truly over between us and I need to stop putting myself through this pain. Itâ€™s time for me to accept the truth that heâ€™s not going to call me. He has probably met someone else and forgotten all about me. So, I have to stop holding myself back and move on.â€*

She will then make an effort to fully get over you by going out when invited by her single friends or colleagues, or by meeting and hooking up with new guys and getting herself a new boyfriend.

3. Not improving his ability to attract her when he does interact with her next

When a guy uses the No Contact Rule and eventually calls his ex, she usually won't be excited to meet up with him if he's still offering her the same old attraction experience as before (e.g. he's still not very confident, she can still dominate him during a conversation).

So, she doesn't feel motivated to get back with him and then rejects him.

He then thinks, *“What happened? Why didnâ€™t No Contact work? Why doesnâ€™t she want me back? I thought that all I had to do was ignore her for 30 or 60 days and it would do the trick!?”*

The reason why it didn't work is that he used the same old approach to attraction that caused him to be dumped in the first place.

So, to her, heâ€™s still the same guy he was 30 (or 60) days ago (e.g. insecure, emotionally immature, wimpy and weak-minded).

Heâ€™s just not able to make her have the types of feelings she wants to feel.

So, she rejects him.

Hereâ€™s the thingâ€¦

If you want to get your ex back, make sure that you use any time apart to rapidly change and improve yourself (e.g. become more confident in yourself and in your value to her, become more assertive and able to stand up for yourself to her and others, more emotionally masculine, understand exactly how

to create a sexual vibe when you talk to her).

Then, when you interact with her again, she will have a reason to want to get back with you (i.e. she will feel attracted and drawn to you now).

By the way!

If you then ignore her for a few days after that interaction, rather than think, *“Cool! I’m glad he’s leaving me alone. I can move on in peace, without having to be annoyed by him”* she will be wondering, *“Why do I miss him all of a sudden? Why am I so worried about losing him now?”* and she will want to interact with you again.

As a result, you can get her back easily.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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My Ex Seems Happy on Facebook

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

4 things you should do if you want her back:

1. Understand that happy moments online don't necessarily mean she is truly happy

[image: Happy moments online don't mean she is truly happy]

Anyone can fake being happy online.

All your ex has to do is post photos of herself smiling and hanging out with other people, or status updates saying things like, *â€œLife is so great! I had so much fun this weekend,â€* to give the impression that she's happy and enjoying her life.

However, a few photos or even some great weekends spent with friends, doesn't mean that her life is perfect.

It also doesn't mean that she isn't experiencing days where she feels sad and lonely and is wondering where her life is going.

It doesn't mean she's not missing you and thinking about you, or that she wouldn't give you another chance if you suddenly started giving her the attraction experience she always wanted.

Don't allow her Facebook posts to make you doubt yourself and avoid her because you assume she is happy.

Maybe she is truly happy now, or maybe she isn't.

Here's the thing though!

Whether or not she is happy really has nothing to do with whether you can get her back or not.

What matters is whether or not you are prepared and ready to re-attract her when you interact with her again.

If you interact with her and spark her feelings of respect, attraction and love for the new and improved you, she will begin to miss you, or even open up to wanting to see you right away.

So, don't focus on how happy she seems.

It could be an act or it could be real, but that doesn't matter.

What matters is whether or not you take action to interact with her and re-attract her.

The next thing to do to get her back is to

2. Make her feel how you felt when you saw her posts and photos

[image: Make her feel the way she made you feel]

Although your ex might seem happy on Facebook and like she's gladly moving on with her life without you, chances are high that she still checks up on you from time to time to see what you're up to.

Use that to your advantage.

Let her see that you're not sitting around moping, feeling lonely and letting your life pass you by because you miss her and want her back.

For example: Post up photos on Facebook of you

- Having fun with other people.
- Doing something wild and crazy that you always wanted to do (e.g. sky diving, playing in a band, on a scary rollercoaster). Make sure you do it with other people though. Doing it alone looks lonely and doesn't have the same effect as doing it with other people.
- At a party with other, attractive women.
- Doing fun outdoor activities with other people.

[image: Have fun without her and post the photos on social media]

Be sure to smile, appear confident and enjoy yourself in many of those photos.

When she sees that you also seem happy without her, she might then begin thinking things like, *â€œHmmm my ex seems happy without me. Why wasn't he like that when we were together? Seeing him like this makes me miss him. Maybe it would be fun to catch up and say hi I want to see how happy he really is without me.â€*

She then texts you, or replies to your texts or answers your phone call when you call her up.

She is willing to meet up with you and see what happens.

Why?

One of the qualities that women find attractive in an ex man is his ability to want her, but still be able to have a happy, fulfilling and successful life without her.

Why?

It shows that you're not dependent on her for your self-esteem, confidence and happiness as a man.

You're a man who can stand on his own two feet and enjoy life, regardless of whether she is in it or not.

So, when she sees that you're beginning to enjoy a great life without her, she starts to feel attracted to you again.

Suddenly, she starts to worry about losing you to another girl who will be attracted to the new and improved you.

She then might text you, send you a private message via Facebook in an attempt to spark something up between you and her, or just give you a call.

By the way

If she doesn't text, message or call don't worry.

Be a man and make the first move.

You can do it.

3. Contact her and re-attract her on a phone call

Regardless of whether she contacts you or not after you post photos of yourself having fun on Facebook, you need to be a man about it and take the lead in the ex back process by giving her a call.

On a phone call, you can better assess her state of mind (i.e. is she really happy, or has she just been

putting on an act?), while at the same time sparking her feelings for you by making her laugh, smile and feel good to be hearing from you.

An example of how to re-attract your ex over the phone is to call her up and say (in a joking way) something like, *“Hey ex girlfriend. I was driving past that club we used to like going to together and I thought of you.”*

She will then likely respond asking *“Why?”*

You can then reply by saying something like, *“Well, I was just remembering how you would always step on my toes every time we danced together. I ended up with bruises so many times because of your crazy dancing style. So, do you still have two left feet, or has your dancing improved?”*

At this point, she will probably be laughing and feeling a little self-conscious and she may say something like, *“Heeeey! That’s not true, I’m a great dancer!”* or if it is true, *“Yeah, I still have two left feet,”* and laugh with you about that.

You can then say, *“Anyway, so I thought I’d give you a call to say hi as a friend. How’ve you been?”*

Of course, that kind of “joke” isn’t going to suit all couples.

So, a more general approach to being funny is to call her and say, *“Hey what’s happening ex girlfriend?”*

She will most likely laugh at you referring to her as ex girlfriend.

You can then add in, *“Just calling to say hi. I’ve been seeing all those photos of you on Facebook. Looks like you’ve been having a great time.”*

She might then add in, *“Yeah, it’s been fun, thanks.”*

You can then jokingly (important) add in, *“Of course, it would have been much more fun if I was there, right?”* and have a laugh with her about it.

You can then add in, *“No, just kidding! I’m glad to see you having fun. I’ve been having a good time too.”*

If she has seen your photos, she will most likely say, *“Yeah, I’ve noticed”* and ask you some questions about that.

Be prepared to give her humorous answers, rather than being totally serious about everything she asks you.

For example: If she asks, *“So, who’s birthday party was that the other night?”* and you can jokingly say, *“Oh, it was my girlfriend’s party”* and let her respond.

You can then add in, *“Just kidding. She’s not my girlfriend. We’re just friends! she was hitting on me when she was drunk, but I wasn’t having any of it”* and then have a laugh with her about that.

You might want to also add in, *“I ended up having a good night though and didn’t get much sleep that night”* to leave her wondering if that means you hooked up with another girl instead and were up all night having sex with her.

If she asks if that means you hooked up with a girl and you didn’t, just say, *“No...I mean we partied very late.”*

If you did hook up with another girl and you know that making her jealous will help get her back, you

can say, “Hey, don’t ask those things” and then change the topic.

Then, continue to chat with her and add in some more humor to make her feel really happy to be talking to you.

She will be impressed to see that you are confident enough to joke with her, even though you and her are broken up.

You’re not worried about potentially saying the ‘wrong’ thing and causing your ex to hang up.

You’re a cool guy who has the confidence to just say whatever he wants, while also being a good guy.

Women love that.

As a result, your ex’s guard will come down and she will start to feel surges of respect and attraction for you again.

When that happens, she becomes open to seeing you in person, to see where things go from there.

4. Get her to meet up with you and make her feel attracted to who you are now

Once you’ve sparked some of her feelings of respect and attraction for you over the phone, the next step is to get her to meet up with you in person and make her feel even more attracted.

So, after a little bit more laughter and easy-going conversation, just say something along the lines of, *“Anyway, good chatting to you again. We should catch up some time this week to say hi in person. Just as friends of course.”*

She will most likely be curious about your new confident approach and be interested in experiencing in person, so she will say yes and agree to meet up.

At the meet up, make sure to focus on saying and doing the types of things that will convince her that no matter how happy she has been without you, getting back with you will make her even happier.

For example:

- Make sure that you maintain your confidence around her, regardless of what she does to make you feel nervous or insecure (e.g. she says things like, *“I’m happy now, so we’re not going to get back together,”* or she talks about her new, exciting life since you and her broke up).
- Continue using humor to break down her walls.
- Flirt with her to make her feel like a sexy, desirable woman in your presence.
- Be more emotionally masculine than you have ever been (i.e. don’t be emotionally sensitive, don’t be insecure, don’t doubt yourself).

When she starts feeling more attracted to you than she ever has before, because you are now making her feel new and exciting emotions, she will realize that she will be even happier if you and her hook up again.

5 Mistakes That a Guy Might Make When He Assumes That

His Ex is Happier Without Him

Just because your ex seems happier on Facebook, it doesn't mean that she really is happier without you, or that she wouldn't give you another chance.

Unfortunately, most guys don't find this out and end up making one or more of the following mistakes!

1. Overanalyzing her posts

A guy will analyze his ex's posts to hopefully try and work out whether or not she is truly over him.

For example: If a woman posts something like, *"Dinner for one again tonight...lol"* he might start wondering, *"Does that mean that she feels lonely and is missing me? It must also mean she's not seeing anyone else. That's a good sign, right? It means she still has feelings for me and isn't ready to move on. Maybe she's trying to signal to me that she wants me back. I should probably wait a little longer for a more obvious clue."*

On the other hand, if she posts something along the lines of, *"Life is soooo good! Just came home from the greatest party ever!"* he may start thinking, *"Hmm...she seems so happy. She's clearly over me already. Maybe she even met someone at the party. Maybe she even kissed him or even had sex with him. It's over for me. I'll never get her back now. It's over. I have no chance."*

Yet, here's the thing!

Analyzing your ex's social media posts is the fastest way to drive yourself crazy!

Don't base your confidence about getting her back on her Facebook posts because she will almost certainly post things that can take away your confidence.

Base your confidence on the fact that you have become such a better man since the break up and can now attract her in ways that will make her want you back.

You can re-attract her.

So, if you want her back, go ahead and get her back regardless of what she posts on social media.

Focus on using every interaction you have with her from now on (e.g. via text, on social media, over the phone and in person), to actively make her feel respect and attraction for you again.

That's what really matters.

So, stop wasting time overanalyzing her posts and just call her and make her happy to be talking to you instead.

Another mistake to avoid is!

2. Leading a lonely lifestyle without her

Sometimes, a guy will completely put his life on hold after a break up, because he hopes that his ex will see how lost and helpless he feels without her and then give him another chance.

Yet, rather than make her think, *"Awww...he seems so sad and lonely without me. I should forget about why I broke up with him and give him another chance because he loves me and needs me"*

so much, and she will feel even more turned off by him.

Why?

Women are attracted to men who are emotionally strong enough to be happy, confident and forward moving in life, with or without her support.

Women don't want a guy who needs them to be around, so he can then feel happy, confident and worthy as a man.

Women want a man who can stand on his own two feet and enjoy life, be liked by others and make progress, without her input.

So, when a guy is living a lonely, sad life and can't move forward and be confident or happy without his ex woman, it turns her off at a deep, instinctive level.

This is why you shouldn't put your life on hold while trying to get her back.

If you want her to see you as worth coming back to, you need to show her that you are now very happy with, or without her.

You have a high self-esteem and belief in yourself (with or without her approval) and you're moving forward in your life.

You're not sitting around waiting for her to call.

You're moving forward with your life and enjoying it.

Of course, that doesn't mean you don't want her back.

You do want her back, but you don't need her back.

That's how women want you to be.

Women don't want a needy guy who can't function emotionally without her.

So, when you focus on becoming genuinely happy and fulfilled in your own life, not only does that stop you from worrying about the fact that your ex seems happy on Facebook, but you also instantly become more attractive to her at the same time.

Suddenly, she starts to see you as being more of a catch than you were before.

She then becomes open to talking to you on the phone and meeting up with you in person.

Another mistake to avoid is

3. Hoping that she will eventually miss him if he just waits long enough

[image: Hoping that she will eventually miss him if he just waits long enough]

Most people have heard the expression, *and absence makes the heart grow fonder.*

Important: It only works if the woman is still attracted to you.

If she is over you and doesn't have feelings, then absence doesn't do a thing. She just moves on.

Unfortunately, a lot of guys don't realize that until it's too late.

For example: A guy might convince himself that if he just waits long enough, his ex will eventually miss him and reach out to him.

If he notices that his ex seems happy on Facebook, he might think to himself, *Well, if I try to contact her now, she will probably tell me that she's not interested in talking to me because she's so happy with her life. On the other hand, if I wait long enough and she experiences some*

disappointments (e.g. friends letting her down) or heartbreaks (e.g. she gets hurt by another guy), she will realize that what we had was special. She will then start to miss me and from there, it's only a matter of time before she contacts me. She will then see that I've been waiting for her the whole time and will be impressed by my loyalty. We can then get back together again.

Yet, that almost never happens.

Why?

If a woman has disconnected from her feelings of love, respect and attraction for her ex and is already moving on and feeling happy without him, then she usually won't even care that her ex hasn't been contacting her.

Instead, she just focuses on finding a new guy, moving on and enjoying her life.

So, if you want your ex back, don't put your life on hold to hopefully show her how dedicated you are to her.

A woman doesn't want to be with a guy because she feels sorry for him.

She wants to be with him because he's the kind of guy who can easily attract other women, but chooses to be with her because he loves her and looks at her as being the right woman for him.

That's not going to happen if you sit around waiting for her to come back to you and be amazed that you've put your life on hold to show your commitment to her.

If you do that, she will simply feel turned off by your neediness of her and your inability to enjoy life without her.

Another mistake to avoid is

4. Pretending to be happy for her by commenting on her posts

If you pretend to be happy for your ex, it's highly likely that she will sense it (e.g. because you'll be too nice and sweet, or too neutral and unemotional about it).

She will assume that you're only pretending not to be jealous or angry to hopefully make her think that you are happy and doing fine without her.

She will then keep her guard up with you, which will then make it even more difficult for you to interact with her.

So, just understand that you don't have to fake your support and encouragement of her happiness.

Of course, that doesn't mean you should be whiny, emotional or rude either.

Instead, just be genuine about how you feel.

For example: If you see a post on Facebook by your ex doing something you and her planned to do together and looking happy, it's okay for you to say how you feel in a calm, easy-going manner.

You can comment something along the lines of, *Wow, so you went on that vacation without me! Lol... Well, I must admit I'm a bit disappointed that we didn't get to it together, but I'm glad you had fun regardless.*

Of course, not every guy can comment with something like that.

Sometimes a woman breaks up with a guy because he was too needy, clingy and ended up smothering her with attention in the relationship.

In a case like that, he should just click like on her post and not comment anything at all.

That way, she has to wonder what his like meant and may assume that it means he is happy for her, doing fine without her and doesn't really care.

So, be sure to use the right approach for your situation.

Another mistake that many guys make in your situation isâ□'

5. Forgetting that he once made her happy too

When you see photos and posts on Facebook of your ex seeming to be happy without you, itâ□□s easy to forget that you and her were once happy together as well.

Don't forget it.

Remind yourself that if you were able to make her happy once, you can definitely do it again.

In fact, this time around, you will make her even happier with you than she ever was because you are going to be a new and improved version of yourself.

You're not going to be making the same old mistakes that lead to the break up.

You are going to level up as a man and give her the kind of attraction experience that she always wanted in a relationship with you.

It might be hard to believe that you can make that happen because she seems so happy on Facebook at the moment, but you can.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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Will She Ever Take Me Back?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

That's a good question to ask, but an even better question is, *How can you get her to take you back?*

If you are focused on the negative reality of her not wanting you back (i.e. thinking, *"Will she ever take me back?"*), then you're not doing what it takes to actually get a woman back.

To get a woman back, you have to take control of the situation by actively re-attracting her, rather than leaving it all up to her.

Watch this video to understand how it works!

As you will discover from the video above, a man can literally create feelings of respect, attraction and love inside of his ex woman.

When he does that, he can then get her back.

So, to dive deeper now and help you out even more, here are 5 tips on how to get her back!

1. Understand what will make her want to take you back

[image: Understand what will make her want to take you back]

Right now, you may not know all of the secret reasons why your ex decided to break up with you.

In many cases, a guy will know some of a woman's obvious reasons for leaving (e.g. she was tired of trying to make the relationship work), but a lot of the time, there are also deeper, more subtle reasons that she never even mentions.

For example: A man and a woman might always be arguing about him spending too much time playing video games, or watching TV, so he will recognize that as one of her reasons for breaking up with him.

Yet, what he doesn't realize is that one of her more subtle, secret reasons is that she feels like he has no focus and direction in life, which makes her feel unsafe about a long term future with him.

His lack of direction makes her wonder, *What kind of future do I have with him? Will he ever stop playing games and get serious about his life, or will I have to pick up the slack and take care of both of us? That's not what I want for the long run. I want to feel safe, protected and taken care of by a man who is rising through the levels of life and reaching for his true potential, rather than just rising through the levels of a pretend game. Why doesn't he see that I need him to focus on our real life and make me feel safe about our future? Maybe it's time for me to break it off and try to start again with a new guy.*

She might not ever tell him that and may end up saying, *"I just don't feel the same way anymore. I think we should break up."*

[image: What do you want me to change?]

He is then left feeling confused about what he needs to change to get her back.

So, he promises to stop gaming, start going to gym more and start treating her better.

Yet, that's not what she wants.

She doesn't care if he goes to the gym or not and for the most part, he was already treating her quite well.

She wants him to rise up and start reaching for his true potential as a man, rather than hiding behind the safety and comfort of a computer game reality.

[image: I don't understand what you want me to change]

She doesn't want to tell him that though, because she doesn't want him to start faking interest in pursuing a dream or career, just to keep her for a little while longer and then eventually give up on that dream.

So, she just ends the relationship and hopes to find a man who is more mature and is approaching his life in a more balanced, productive manner.

In the same way, you might know about some of your ex's reasons for breaking up with you, but not all of them.

If you want her to take you back, you need to begin the process by truly understanding what it will take for her to do that.

You have to get absolutely clear about what you need to start saying and doing to properly re-attract her.

For example: Ask yourself

- What is it about me that initially attracted her to me (e.g. your confidence, drive and determination, sense of humor)?
- Did I continue to display those attractive qualities throughout the relationship, or did I slowly fall into the habit of behaving in less attractive ways (e.g. stopped focusing on your goals and became too emotionally dependent on her, began to doubt your attractiveness to her and became needy and clingy as a result, became too serious and uptight about things, rather than being easy-going, loving and fun to be around)?
- Did I try to get her to accept things about me that just aren't attractive to her (e.g. you wanted her to lead the relationship, you displayed annoying habits that she clearly didn't like)?

When you can honestly answer those questions for yourself, you will have a much better idea about what you need to say and do to get her back.

Essentially, what you need to do is more of the things that initially attracted her to you and less of the things that turned her off.

For example: You need to maintain your confidence around her regardless of what she says or does to make you feel insecure or doubt yourself.

You need to use humor to break down her defenses and stop her from creating unnecessary drama when she talks to you.

You need to change the things about yourself were turning her off, rather than expecting her to want you back without any upgrades.

When your ex can see that you've understood what she wants from you and have already changed, she won't be able to stop feeling some respect and attraction for you again for being a man of action.

When that happens, her defenses will come down and she will naturally begin to wonder about what

it would feel like to be your girl again.

The next tip to help you get your ex back isâ€¦

2. Get ready to re-attract her on a phone call

If you really want to re-attract your ex and make her want to meet up with you in person (where you can get her back for real), you need to get her on a phone call with you as soon as possible.

When you do call her, don't let her dominate you with her strong personality (e.g. she tells you to leave her alone, she brings up all your past mistakes and blames you for the break up.)

Instead, make sure that you are ready to be confident, get her laughing and smiling and create an easy-going vibe on the call.

One way to get ready for the phone call is to imagine the call between you and her going really well.

Imagine that she is really enjoying talking to you again and loves how confident you are now.

To feel confident, remind yourself about all of your good qualities and the reasons she fell in love with you in the first place.

Believe in yourself and in your worth to her.

Know that she can be your girl once again.

Sure, you made some mistakes in the past, but you're not that guy anymore.

You're such a better man now.

You've made adjustments and improvements to yourself since the break up and she's now going to be interacting with an upgraded, much more attractive version of you.

So, in actual fact, she would be losing out if she didn't give you another chance.

Believe it.

Believe that you are that valuable and attractive as a man.

When you feel that way about yourself, you will naturally come across as confident (i.e. attractive) when you talk to her on the phone.

When she experiences your confidence and emotional strength (via the tonality of your voice and the way you talk and respond to her), she won't be able to stop herself from feeling some attraction for you again.

The next tip to help you get your ex back is toâ€¦

3. Get ready to re-attract her in person

[image: Get ready to re-attract her in person]

Once you've started re-attracting your ex over the phone, the next step is to get ready to fully re-attract her in person.

Remember: No matter how well your phone call went with her, or how happy she sounded over the phone, you're not actually back together unless you and her meet up, hook up sexually and get back into a relationship.

So, don't hide behind phone calls or text messages in the hope that she one day says, *"Let's meet up! I want you!"*

You've got to push the action and make something happen.

Meet up with her in person, so she can feel attracted to you for real and see that you really have changed and really do make her feel differently now.

Not feeling confident about that?

Once again, imagine things going well when you and her meet up.

For example: See yourself walking into the selected meeting place with your head high, chest up and feeling confident about yourself.

You are well groomed, you look good and you feel great.

When she arrives, you confidently smile at her and say, *â€œHey – How are you?â€*

No matter how she responds (e.g. if she's being cold and distant), you remain calm and relaxed and use humor to lighten the mood.

Before you know it, she is laughing, smiling and having a good time talking to you.

She then says something like, *â€œTo be honest, I really didn't want to see you today, but I'm glad we did this. You've changed a lot, you know? I wish you were like this before.â€*

When it's time for her to leave, she gives you a warm hug goodbye, which then leads to a kiss and then sex.

All of that is possible.

You just have to believe in yourself and your ability to make her feel sparks of sexual attraction for you again.

Then, when you do meet up with her, you'll be amazed at how everything turns out, pretty much exactly as you imagined it.

The next tip to help you get your ex back is!

4. Build on her feelings once you've re-attracted her

Building on your ex's newfound feelings is the best way to ensure that you get her back and keep her back.

Make sure that during every interaction you have with her from now on (via text or e-mail, on social media, over the phone and especially in person), you are saying and doing things that make her feel even more respect and attraction for you than before.

For example: Make her laugh and smile and enjoy talking to you.

Then, when she's alone and missing you, she will begin to think things like, *â€œI can't believe how much I'm thinking about him these days. I actually miss him when I don't hear from him. What is happening to me? Could I be falling back in love with him again? Should we get back together?â€*

The more attracted you make her feel, the less she focuses on the negatives of the past and the more she feels drawn to the idea of being with you again.

From there, even if she previously said she would never take you back, the idea suddenly starts to appeal to her more and more.

As long as you know what you're doing and are able to handle the ex back process, you will get her back and you will enjoy a new, even better relationship with her.

The next tip to help you get your ex back isâ€¦!

5. Don't push her to commit to a relationship right away

As soon as your ex starts showing interest in getting back together, you may be tempted to say something along the lines of, *â€œHey, weâ€™re clearly getting along well again, so why waste any more time? Letâ€™s get back together.â€*

If she is totally ready for it, she might say yes, but if she's not, she will feel like you're moving too fast and will begin to feel unsure about what she wants.

So, donâ€™t put that kind of pressure on her too early.

Instead, just focus on making her feel sparks of sexual and romantic attraction for you whenever you and her are interacting.

Let her really want you back, rather than trying to pressure her into making a decision.

That way, when sheâ€™s ready to take you back, it will happen naturally all by itself, without any prompting from you, because she will really want it too.

3 Mistakes to Avoid Making if You Want Her to Take You Back

If you're at a point where you're wondering things like, *“Will she ever take me back?”* you might feel like there isn't much of a chance for you and her anymore.

There is.

You really can get her back.

To ensure that you do, I recommend that you avoid making one or more of the following mistakes that other guys make when in your situationâ€¦!

1. Waiting and hoping that she will eventually miss you, or get tired of being with other guys

[image: Waiting for her to eventually get tired of being with other guys]

That's definitely a possibility, but relying on it as your main way to hopefully get her back one day is a bad idea.

In most cases that I've seen, if an ex guy doesn't take action to actively re-attract her and get her back, a woman will just move on with another guy.

This is why I always recommend that a guy quickly improves his ability to attract his ex, interacts with her, attracts her, hooks up with her and gets her back.

That's the most effective, highest success rate approach to getting an ex woman back.

Unfortunately, a lot of guys don't realize that until it's too late.

For example: Sometimes, a guy will wait around for months, or even years, hoping that his ex will forgive him, realize that she misses him and then come and get him back.

He might say to himself, *â€œEven though sheâ€™s not interested in getting back together with me*

right now, maybe if I wait long enough and show her that I am not moving on, she will see how dedicated I am to her and will want me back,â€œ or â€œWhen she gets hurt by all the bad boys that sheâ€™s dating, she will start seeing that no other guy will ever love her the way I do. She will then contact me and we'll get back together.â€œ

Of course, that can happen in some cases, but after helping men with this area of life for many, many years now, I can tell you that it rarely, if ever, happens.

What works is actively re-attracting your ex and getting her back.

In other words, you need to take control of the process, rather than waiting around and hoping that she comes back on her own one day, or decades from now.

Why?

Well, have you heard the old expression, *â€œOut of sight, out of mind?â€œ*

In the case of an ex who has disconnected from her feelings for a guy (i.e. she no longer feels attracted and in love with him), the expression rings true.

Instead missing him and hoping to get him back, she simply moves on and falls in love with a guy who makes her feel attracted.

She doesn't go running back to a guy that she's no longer attracted to or in love with.

If he wants her back, he has to do something about it.

Another mistake to avoid making isâ€œ

2. Not improving your ability to attract her

When a woman breaks up with a guy, it's usually because she's no longer attracted to him (e.g. something about his behavior, attitude, actions or way of life turned her off).

So, if he wants to get her back, he has to level up and improve his ability to attract her in new and more interesting ways (e.g. using ballsy humor when talking to her, making her feel girly and feminine in comparison to his masculine approach the conversation or interaction).

Making her feel attracted in new and interesting ways is what creates a spark between you and her.

Unfortunately, a lot of guys don't prepare themselves correctly and mistakenly talk to their ex woman in a neutral, friendly way and just hope that something happens.

She senses that her ex hasn't changed, doesn't feel a spark and ends the call or catch up to get away from him.

She says something like, *â€œLook, I know you mean well, but I need you to understand that itâ€™s over between us. Weâ€™re not going to get back together again and you need to accept that and move on. I wish you all the best.â€œ*

Another mistake to avoid making isâ€œ

3. Focusing on her good qualities while focusing on your negative qualities

If you want her back, you have to believe in yourself and know that you are more than worthy of her. Don't doubt it for a second.

Don't waste time focusing on how badly you messed up in the relationship.

Focus on the fact that you are becoming a better man and are a better man now.

You're literally so much of a better catch than you were before.

You have leveled up.

You are worthy of her now.

Unfortunately, a lot of guys don't realize that and end up focusing on their negative qualities and feeling unworthy of her.

For example: When a guy is sitting at home alone thinking about his ex and missing her, it's easy for him to start imagining her as being a lot more perfect than she really was, while putting all the blame on himself for the mistakes he made in the relationship.

He might think to himself, *"I was so lucky to have such an amazing woman like her and then I ruined it all because I'm [all of things he hates about himself now]. It's all my fault that we're broken up. Will she ever be able to take me back? If I was in her position, I wouldn't. She deserves so much better and I wasn't giving her that. She probably knows it. Why would she even think of coming back to me?"*

He then feels like his situation is hopeless and totally out of his control, because he doesn't realize that he can actively re-attract her.

Instead, he focuses on how great she was, how lucky he was to have her and how unworthy of her he now is.

As a result, he then hesitates to take action and get her back.

He doesn't feel like anything could work for him.

Yet, here's the thing!

He can take control of the situation by interacting with her and actively re-attracting her.

He can create a spark of attraction inside of her and begin the rapid ex back process that so many other guys go through each day to get their ex woman back.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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I Missed a Call From My Ex. Should I Call Her Back?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Yes.

It's not needy to pursue your ex in a calm, confident manner.

A real man does what it takes to get her back and women know that.

Before you call her though, make sure that you are fully prepared to re-attract her.

Here are 3 tips to help you attract her on the call:

1. Start the call off with humor and a light hearted attitude

The more relaxed and at ease your ex feels when talking to you, the higher the chances are that she will then open up to the idea of seeing you in person.

This is why it's important to use humor to make her drop her guard when you call her back.

An example of how to do that is by saying (in a joking way), *"Hey, I missed a call from you. What the heck do you want?"* and then have a laugh with her about that.

I know that it might sound pretty harsh to say that, but you are saying it in a joking way, so it's totally fine and will be funny.

I give an example of how to say it in this video!

By the way!

After saying, *"Hey, I missed a call from you. What the heck do you want?"* and then having a laugh with her, you can then say, you can then say, *"No, just kidding. How are you?"* and get the conversation flowing from there.

Starting the call off that way ensures that you and her aren't feeling unnecessarily awkward for talking to each other on the phone.

Instead, you're talking and laughing like you used to when things were good between you and her.

When you have the confidence to be like that, a woman can't stop herself from feeling attracted to you.

Women are automatically attracted to guys who have the balls to be confident and joke around with them, while also being a good guy.

So, don't be afraid to joke around with her in a bit of a ballsy way.

She'll love it.

Then, rather than being on her guard and putting on an act of not wanting to talk to you, she relaxes, opens up and enjoys talking to you again.

Another tip is to

2. Build on her feelings for you while on the phone call

Where many guys go wrong is by getting on a phone call with an ex woman and being on their best behavior (e.g. being polite, nice, sensitive, hesitant, reserved) to hopefully impress her or make her feel pity for him.

For example: A guy might think, *â€œThis phone call is my only chance to get her back, so I can't afford to blow it. I'll just be nice and friendly and hope that she doesn't get annoyed and hang up. From there, we can slowly progress to getting back together again.â€*

He then calls her and talks to her in a neutral, friendly way, which doesn't make her feel motivated enough to want to see him in person.

He's feeling attracted to her and wants her back, but she's just not feeling it.

Of course, a woman usually won't tell a guy that directly, especially if she wants to keep him around as a friend until she finds a replacement guy.

Another mistake that a guy might make on a phone call with his ex (which doesn't help build her feelings for him), is to get into a serious discussion about the relationship.

For example: He might bring up many of his past mistakes and say things like, *â€œI know that by being (e.g. too insecure and needy, controlling, not manly enough, not focused and driven) I turned you off. However, I'm willing to change those things about myself and be the man you really want me to be. You just need to tell me what I should change and I will focus on that. I'm willing to try anything you suggest to make things work between us again. You have my word on that.â€*

Essentially, he's hoping she will think something along the lines of, *â€œWow! He's being so generous, caring and mature about this. Not only is he admitting where he went wrong, but he's also asking for my help. This is great! I can now guide him and teach him how to be the man that I want. I can be like a mother figure to him.â€*

Unfortunately, that's not what happens and it's not what women want.

In reality, the woman just feels even more turned off by him.

Why?

He is reminding her of why she broke up with him, rather than re-attracting her.

He's also expecting her to be his teacher in life and explain how he can re-attract her.

A woman doesn't want that.

So, what is a better way to go about building your ex's feelings on a call?

- Rather than sucking up to her by being extra nice, focus on creating sexual tension by flirting with her.
- Rather than talking a lot about the relationship and how you screwed up, keep things light and focus on making her laugh and smile.
- Rather than asking her what you need to do to get her back, show her (don't tell her) that you've already figured those things out by yourself and have taken steps to change and improve without her help. She will pick up on the changes herself, simply by interacting with you and listening to how you now think, speak, feel and behave.

When you interact with her in ways that make her feel attracted to you, she can relax and enjoy the moment, rather than keeping her guard up and trying to get away from you as quickly as possible.

When she feels attracted, she starts to focus on all the good things about you that she does like, rather than focusing on the negatives about you that lead to the break up.

As a result, the idea of meeting up with you to see where things go starts to feel like a really good idea to her.

Another tip is toâ€¦!

3. Get her to meet up with you

[image: Get your ex to meet up with you in person]

In some cases, talking to your ex over the phone for one or two calls is perfectly fine to begin with.

Having those conversations allows you to build up her feelings for you (i.e. because youâ€™re showing her that youâ€™re now at a different level as a man than when she broke up with you) and it also makes her drop her guard and start feeling comfortable around you again.

However, just talking on the phone for days and weeks definitely isn't the best way to get her back into a relationship with you for real.

To get back into a real relationship, you actually have to meet up with her in person and let her experience the new you.

When she is face-to-face with you and you are sparking her feelings of respect and attraction for you (i.e. via your body language, the way youâ€™re talking to her and the way youâ€™re interacting with her and responding to what she says and does), she won't be able to resist feeling drawn to you again.

On the other hand, if all the interactions between you and her are over the phone, she won't be able to completely experience the new and improved you or get to kiss you and have sex with you again.

Additionally, if you just stick to phone calls or texts, it's possible that she may begin to wonder, *â€œHow can I be sure that he really has changed? I know that he sounds different over the phone, but he could just be feeling confident because he's hiding behind the safety of a phone. Iâ€™m just not sure if he'd be this confident in person.â€*

So, rather than waste weeks or months chatting on the phone, get to a meet up, re-attract her, hook up with her and get her back into a relationship.

Hereâ€™s an example of how you can do itâ€¦!

Imagine that youâ€™re on a call with your ex and youâ€™ve been making her laugh and smile and feel good to be talking to you.

After a few more minutes of light-hearted conversation, you say, *â€œHey, itâ€™s fun chatting again. Why don't we get together sometime this week for a quick cup of coffee to say hi in person? It would be nice to see you again.â€*

In most cases, if youâ€™ve built up her feelings for you during your interactions on the phone, she will almost certainly say *â€œYesâ€* and you can then go ahead and arrange a suitable place and time to meet.

However, if she doesn't agree right away, don't worry about.

Regardless of what she says, don't get upset or say things like, *â€œWhy not? Why are you being so stubborn about this? I thought we were getting along with each other again. Please, just meet up with me!â€*

Reacting like that will turn her off because women are turned off by emotional weakness in men (i.e. self doubt, insecurity, inability to handle challenging situations).

So, if sheâ€™s playing a little bit hard to get, simply say in a joking way, *â€œHey itâ€™s just a*

coffee. It's not as if we'll be ordering a 3 course meal. It's just a coffee, so you don't have to stick around any longer than 10 or 15 minutes if you don't want to.

At this point she will most likely say *Yes*, and you can then arrange a meet up that is convenient for you both.

Just remember: When you meet up with her for coffee, you've got to continue saying and doing the types of things that will turn her feelings back on for you (e.g. being confident and self assured, make her laugh and smile, make her feel like a feminine, sexy woman in your presence), rather than coming across as unsure of yourself.

If you approach it correctly, she will automatically begin to feel attracted to you and the idea of giving the relationship another chance will seem like the right thing to do for her.

3 Mistakes to Avoid Making if You Missed a Call From Your Ex

Missing a call from your ex is not the end of the world.

In fact, in some instances it's actually a good thing, because it shows her that you're not desperately hanging on to your phone every second of the day and waiting for her to call you.

So, if you missed a call from your ex, don't worry everything is fine.

All you need to do now is call her back and trigger her feelings of respect and attraction for you.

Of course, not all guys know that, so they end up making one or more of the following mistakes:

1. Hoping that not calling back will make her want him even more

Sometimes that can work, but many times it backfires.

Why?

The woman feels as though he is sending her a message by not calling back (i.e. he isn't interested).

She worries that if she keeps pursuing him, he might text her or call her to say, *"I just want to tell you that I've moved on with a new girl and I'm happy now. She doesn't want you calling me anymore. Please respect that. Thank you."*

The woman then feels like she has been rejected and left behind by her ex.

So, rather than running that risk, she calls once and if her ex doesn't call back, she tries to move on without him (i.e. dates and has sex with new guys).

Of course, not all guys realize that and instead, many guys hope that by not returning her call, she will begin to miss him like crazy and keep calling until he gives her another chance.

Yet, she doesn't call back.

When he eventually builds up the courage to call her, she then says, *Sorry. I called you and you didn't call me back. I gave you a chance, but you obviously weren't interested. It's too late now. I'm with someone else and I'm happy, so please respect that now and leave me alone.*

Don't let that happen to you.

You've got nothing to lose by calling your ex back and everything to gain.

So, just call her and get her back.

Another mistake to avoid making is to

2. Texting her back because it feels safer

Texting is a lot easier in some cases, but it's not as effective as getting on a call, attracting her and then getting her to meet up with you.

You've got to be a man about it and just call her.

Another mistake to avoid making is to

3. Calling once and then never calling back again if she doesn't answer the first time

Sometimes, a woman will ignore you when you call her back just to see how you will react if she doesn't answer.

For example:

- Will you get desperate and start calling her repeatedly?
- Will you start texting her in an insecure way and asking why she isn't answering?
- Will you give up at the first sign of difficulty?
- Will you start bombarding her with flowers, gifts and attention as a way of getting her back?
- Will you lose confidence in yourself and in your value to her?
- Will you be a man about it and just call her again another time (e.g. the next day or a few days later)?

Depending on your reaction, she will get some insight on whether or not you've changed and improved and become a better man since the break up.

Of course, in some cases, a woman might have just been in the shower, eating dinner or busy doing something and wasn't able to get to the call.

By not calling her back, you're blowing your chances of getting back together again.

So, if you want your ex back for real, don't give up at the first sign of difficulty.

If she doesn't answer her phone when you call her back the first time, just call again another time.

As long as you don't become desperate and start calling her every hour or texting her like crazy and trying to reach her, then chances are high that she will answer your call sooner rather than later.

After all, she's the one who called you first, so that usually means she does want to talk to you.

When you get her on the phone, just focus on sparking her feelings for you (e.g. by making her laugh and smile, making her feel feminine and girly) and get her to a meet up.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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I Think My Ex Wants Me Back, But She Has a Boyfriend

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 3 tips to get your ex back, even though she now has a boyfriend:

1. Prepare ready to make the new guy appear less attractive compared to you

[image: Prepare to make the new guy seem less attractive compared to you]

If you can make her feel more attracted to you than the new guy, she will consider breaking up with him and getting back with you.

For example:

- He is too nice and allows her to get away with bad behavior (e.g. breaking her promises to him, throwing tantrums, being disrespectful towards him), whereas you are a more confident and ballsy man who she can naturally respect and look up to.
- He has become too emotionally dependent on her and doesn't focus on his own goals, dreams and interests in life anymore (i.e. he's become too clingy and needy), whereas you are a man who is following through on his biggest dreams, goals and ambitions in life.
- He displays unmanly behavior too often (e.g. he cries to her when things get tough or he's faced with a challenging situation), whereas you are an emotionally strong man.
- He has turned the relationship into a friendship and she has stopped feeling like an attractive, desirable woman around him, whereas with you, she feels the spark and wants to hook up with you again.
- He has become insecure in the relationship with her, because he lacks confidence in himself and his value to her, whereas you believe in yourself and your value to her.

If your ex notices that, she will begin to lose so much respect and attraction for him that it won't make sense to stay with him anymore.

Of course, many guys in your position are worried that they can't make their ex woman feel attracted anymore, because she seems happy with the new guy.

Here's the thing though:

When a woman hooks up with a new man, he will usually be very different to her ex, because she will be looking for someone who can fill in the gaps that were missing in her previous relationship.

So, she will seem excited, happy and relieved to have a man like him.

For example: If her ex was too nice, she will likely look for a bad boy who is more emotionally dominant than her and doesn't put up with her bad behavior.

If her ex treated her more like a friend, her new relationship will usually be based on animal attraction and lots of sex (i.e. so she can feel like a desirable, sexy woman again).

If her ex was too wimpy or weak-minded, her new man will probably be more assertive and strong-willed.

So, it will often seem like she is super happy with the new guy.

Yet, don't judge a book by its cover.

Understand that a woman can easily put on an act of seeming happy to impress her friends, family or coworkers, or to hopefully make her ex jealous.

What you need to understand is that even if she is fairly happy with him right now, it doesn't necessarily mean that he's perfect for her and doesn't actually turn her off in subtle or obvious ways.

For example: Her new boyfriend might be more assertive than you used to be, but he takes her for granted and doesn't treat her with the respect she feels she deserves.

He might make her feel like a sexy woman, but he doesn't value her ideas or opinions, so she begins to feel like it's a relationship with an expiry date that will be over when they get bored of each other sexually.

He may be more emotionally dominant than her, but he's too irresponsible and doesn't have direction and focus in his life, so she ends up feeling like more of a mother figure for him.

There are many ways that he could be turning her off.

So, don't lose hope.

Believe in yourself and get her back.

Before you do though!

Make sure that you improve on the things about yourself that turned her off before (e.g. become more emotionally independent, build up your confidence and start believing in your value to her, stand up to her in a lovingly dominant way when she is being disrespectful or childish), so she has a reason to leave him and get back with you.

When you interact with her and she discovers that not only have you changed and improved the things that caused her to lose respect and attraction for you, but you're also a better man in areas that her new boyfriend is lacking, she won't be able to stop herself from feeling drawn to you again.

She'll go from seeing him in a positive light, to thinking things like, *"Hmmm! I'm no longer sure if my new boyfriend is the right guy for me. Maybe I did make a mistake by breaking up with my ex. I don't know why, but my new guy suddenly seems so much less attractive to me than my ex. I feel so confused. Why do I want to see my ex all of a sudden?"*

She then becomes open to you and you can guide her back into a relationship.

Another tip is to!

2. Make her feel sparks of sexual and romantic attraction on a phone call

One of the best ways to get the ball rolling with your ex is by calling her on the phone and making her feel sparks of sexual attraction for the new and improved you.

Texting is okay, but you shouldn't use it as your main approach to getting her back.

Watch this!

You've got to get to the point where you and her are talking on the phone or in person, so you can really make her feel a lot of attraction for you.

Don't worry about her new guy.

He is with your girl.

Take her back.

Don't waste anymore time sitting around thinking things like, *â€œI think my ex wants me back but she has a boyfriend, so I can't make a move on her. If I do try to make a move, she might get angry with me and cut off all communication and then I'll never be able to get her back. So, it's probably better if I just remain in the background and hopefully she will eventually realize that I'm the guy she loves. She will then give me a clear sign that she wants me back and I'll make a move.â€*

You can do that if you want, but after helping guys with this area of life for many years now, I can tell you that it's not the best idea to just sit back and wait.

What often happens to guys who sit back and wait is that the girl breaks up with her new guy and gets into a relationship with another guy.

She is never really available to get back with her ex, who is just waiting in the background.

Alternatively, rather than getting into another relationship after the first one ends, she goes out to party, hook up with new guys and enjoy the single life.

After a while, her ex becomes a distant memory and she doesn't really feel the need to go back to him.

Of course, he can still get her back at that point, but why wait that long if he wants her back right away?

If you want your ex back now or very soon, then get the job done.

How?

Interact with her and make her feel attracted to the new and improved you on a phone call, or in person.

Mess with her feelings for the new guy, so she is feeling more attracted to you and wanting to see you again.

When you approach it that way, you can get her back right away or very quickly and then decide if you want to keep her after enjoying a new relationship with her for a while.

On the other hand, if you wait, you stand the risk of losing her forever (e.g. she decides to get married to her new boyfriend, becomes pregnant to him, or meets another guy and gets really serious with him).

So, give her a call.

When talking to her on the phone (or in person by the way), don't waste time pretending you just want to be her innocent, non-sexual friend.

You've got to actively create a sexual vibe between you and her, not a friendly, neutral vibe.

How can you do that?

By flirting with her.

Flirt (verb): Behave as though attracted to or trying to attract someone, but for amusement rather than with serious intentions.

For example: She arrives at the catch up and is looking sex.

What do you say?

Do you tell her that she looks "nice"?

Heck no.

You flirt with her by telling her that she looks, “*sexy*.”

Say something like, “*Wow, look at you. Someone is looking sexy today. How am I going to be able to concentrate on what we’re talking about when you’re looking this sexy?*” and then have a laugh with her.

Another example is if she asks, “*So, are you seeing anyone at the moment?*” and you answer with something like, “*Of course I am. She’s sitting at that table over there, keeping an eye on you.*”

When she then looks at the table, you can say, “*Just kidding. I wouldn’t allow her do that...but, anyway, yes, I am seeing someone.*”

How is that flirting?

Flirting is where you are trying to attract someone, but not with serious intentions.

You’re just messing around.

You have just attracted your ex by displaying confidence and humor, both of which are highly attractive to women.

So, you are attracting her just for fun.

You’re being playful in how you approach the interaction, rather than taking it all so seriously.

By the way!

Not only is flirting fun for both men and women (it’s not fun for men who don’t know how to do it. They hate it and see it as unnecessary because they don’t know how powerful it is), but it’s also one of the quickest ways to break down the walls of anger and mistrust between you and your ex.

Flirting with her also allows her to feel attracted, without worrying that it means she’s doing anything wrong (e.g. cheating on her boyfriend).

Remember: Flirting can be played with for amusement, rather than serious intentions.

What’s interesting though is that when your ex is feeling attracted due to the flirting, she then starts to have doubts about her feelings for her new boyfriend.

She starts to wonder, *“Why am I feeling this way about my ex? I thought I was over him, but now I’m not so sure anymore. What about my new boyfriend? I’m not sure how I feel about him right now. Maybe I should just go with how I feel. I want to hug my ex! I want to kiss him.”*

That’s what you want her thinking and feeling.

So, don’t be afraid to flirt with her and make her feel romantically and sexually attracted to you again.

Don’t make the mistake of just acting like a nice, neutral, polite friend to her.

Attract her.

Another tip is to

3. Hook up with her sexually, or at least get to a kiss

[image: Hook up with your ex sexually, or at least get to a kiss]

Imagine that meet up with your ex to have a quick coffee and say hello in person.

You reawaken her feelings of respect and attraction (e.g. by making her laugh and smile, flirting with

her, making her feel like a feminine woman around you), so she naturally begins to view you in a more positive light.

She may even begin to think things like, *“He’s so different now. I really like the new him. It’s so much fun to be around him now. If I wasn’t seeing another guy right now, I would definitely consider getting back together again for real. Maybe I should just kiss him to see how I feel.”*

Even though she might be feeling that way, if she’s like most women, she won’t necessarily make the first move to make the kiss happen.

So, if you get a sense that she’s feeling very attracted to you (e.g. she keeps touching you on the hand or leg, she keeps licking her lips while looking at you, she touches you often), go ahead and try to hook up with her sexually.

Don’t say something like, *“Let’s go to my place”* if you think she will freak out and worry that it would mean she is cheating on the new guy.

Instead, build up the desire by first getting a hug.

Once you’ve done that, get to another hug and follow through with a kiss.

Then, depending on how she responds, go to your place or her place to hook up sexually.

By the way!

If she doesn’t want to hook up with you sexually, don’t worry or stress out about it.

Just make sure that you continue to use every interaction you have with her from now on (e.g. via text or e-mail, on social media, and especially over the phone and in person) to build on her feelings of respect and sexual attraction for you.

The more you do that, the more doubts she will have about her new relationship and the more drawn to you she will become.

You can then hook up with her the next time you catch up with her.

However, don’t chicken out during the first catch up if she is giving you signals.

Be a man about it and reclaim your woman.

Where Guys Go Wrong. 4 Mistakes to Avoid Making if You Want Your Ex Back

If you think your ex wants you back (even though she has a boyfriend), then you should be able to get her back quite easily and quickly.

To ensure that happens, avoid making one or more of the following mistakes!

1. Waiting and hoping that she will eventually break up with him one day

A guy will sometimes wait for months and possibly even years for his ex’s relationship to end, so he can hopefully get another chance with her.

During that time, he won’t really be interested in other women because he doesn’t want to get caught up in a relationship and miss out on getting his ex back.

So, he will try to distract himself with hobbies, work and other interests to kill time and be available

for his ex, should she become single again.

Yet, while he is doing that, he is slowly losing confidence in himself and his ability to attract other women.

After many months, he may start thinking things like, *â€œWell, I guess she didnâ€™t want me back after all. She might have realized that her new boyfriend was a much better catch than me. Iâ€™m such a loser. Iâ€™m never going to find a quality woman like her again. I just want her back. I donâ€™t want any other woman. Maybe I should call her to see if sheâ€™s still open to me. Maybe itâ€™s not too late.â€*

Then, when he interacts with her (i.e. calls her out of the blue after months and months of silence), he just doesnâ€™t have that edge or special something anymore (e.g. high level of confidence, the balls to joke around with her in a manly way and make her feel girly and feminine) to properly re-attract her.

As a result, she doesnâ€™t feel enough attraction and respect for him and she places him in the friend zone.

Alternatively, she says that itâ€™s been nice to hear from him, but she is happy now and doesnâ€™t see him and her ever getting back together.

Donâ€™t let that happen to you.

Your best chance of getting your ex back is to take action now, rather than sitting around and waiting for something to hopefully happen.

What should you do if you take action now?

Actively reawaken her feelings of respect, attraction, and love for you when you interact with her via text, e-mail, on social media, on a phone call and in person.

The more present and active you are in her life in an attractive way (not just as a friend, or in an unattractive way), the more confused she will become about her new relationship and the faster you and her can get back together.

On the other hand, if you ignore her, thereâ€™s nothing to stop her from falling deeply in love with her new boyfriend and getting engaged, married or having a baby with him.

Is that what you want?

If you are cool with that, then you should focus on getting a new woman.

If you donâ€™t want that to happen to her and you want her back, then you should focus on getting her back asap.

Get the job done, get her back, enjoy a new relationship with her and then decide what you want to do from there.

Another mistake to avoid making isâ€¦

2. Being too neutral via text

Some guys mistakenly hope that by staying on a womanâ€™s mind as a friend, she will eventually come back to him.

For example: He might send her regular texts like, *â€œHey, how was your day?â€* or *â€œHope you had a nice weekend,â€* or *â€œOn my way to work and I just wanted to say hello. Have a great day!â€*

What he doesn't realize is that just because she hasn't blocked him and seems to be receiving his texts (or is sometimes replying to them), it doesn't mean that she's feeling anything more than friendly, neutral feelings.

In reality, she might actually be feeling sorry for him for not being able to move on, laughing at his texts and showing them to her boyfriend or girlfriends, or just rolling her eyes and ignoring him as much as possible.

She might reply with a, "Good thanks", or a, "You too!" but that doesn't mean she is actually feel attracted to him and missing him.

She might just be willing to be nice to him because she's a good woman, or because she fears that he might become angry and seek to hurt her or the new guy.

So, make sure that when you text your ex, you flirt with her and make her feel attracted, rather than sending her neutral texts and hoping things will somehow change.

Another mistake to avoid making is

3. Hesitating to push for a meet up

Sometimes a guy will get to the point where he's just too afraid to push for a meet up with his ex, in case she says *No*, or stops talking to him completely.

He might also be worried that the new guy will get angry, or demand that she stop talking to him.

Not knowing how else to approach the situation, he then spend weeks or even months texting back and forth with his ex, in the hopes that one day she will say, *Hey, let's meet up! I want to see you in person.*

Yet, rather than saying that, she either stops replying, blocks him or eventually asks him to stop.

Here's the thing

In most cases, if a woman is already in a new relationship, she is usually going to stick with it unless her ex can make her feel enough attraction to justify leaving the new guy and coming back to him.

To make her feel enough attraction, you have to get past just text or phone interactions.

You've got to meet up with her in person, so she can feel attracted to your body language, vibe, attitude and how you now react and respond to her.

In other words, feel attracted to the new and improved version of you.

So, don't be afraid to push for an in person meet up.

Make it happen.

Another mistake to avoid is

4. Over analyzing her signs of interest

Sometimes a guy might hang on to his ex's every word and gesture in an attempt to understand her feelings for him.

For example: If she says, *We used to have fun. I miss those days*, he may then wonder, *Does that mean she wants me back? Does it mean she's unhappy with her new boyfriend?*

He then drives himself crazy trying to determine where he stands with her.

Yet, here's the thing!

Maybe your ex wants you back and maybe she doesn't.

The truth is, it doesn't matter what she is currently thinking because her thinking can be changed when you interact with her and re-attract her.

So don't waste any more time over-analyzing what she has been saying and doing.

Instead, focus instead on actively making her feel respect and attraction for you again.

That's what really matters.

If you're not doing anything to actively get her back and are simply hoping that she gives you a clear sign, you may be waiting for a long time and possibly forever.

However, if you meet up with her and fully reawaken her feelings of respect and sexual attraction for you again, you will almost certainly get what you want.

She will dump her boyfriend and be your girl once again.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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Psychology of No Contact On Dumper

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

4 possible psychological reactions a woman might have to No Contact from you after a break up, are:

1. She doesn't care because she's not even attracted to you anyway

[image: She doesn't care because she's not attracted to her ex anymore]

It would really be nice if all a guy had to do to get his girl back after a break up is ignore her for 30 or 60 days.

She would then realize how much she misses him and she would come running back, desperately begging him to give her another chance.

However, although that scenario might work well in a Hollywood movie, in real life it almost never turns out that way.

Why?

When a woman breaks up with a guy, she has usually disconnected from her feelings of respect and attraction for him.

So, when she then doesn't hear from him for a month or more, rather than think, *â€œOh no! Why isn't he calling me? Could this mean he's over me? Is it possible he's met another woman already? I can't bear the thought of losing him! This time apart has convinced me that he's truly the man I want to be with. I better call him right away before I lose him forever,â€* she'll usually feel relieved instead that the break up turned out to be so easy.

Using reverse psychology on a woman (i.e. No Contact) when she's not even attracted to you anymore, almost always backfires.

Why?

Sexual and romantic attraction is what makes a woman want to be together and stay together.

Hang on|what about love?

Romantic love only exists on top of sexual and romantic attraction.

If a woman isn't sexually and romantically attracted to a guy, she isn't going to be in love with him.

You have to understand that attraction comes first and everything else flows on after that.

So, rather than no contact make an ex (who isn't attracted to you) miss you like crazy, it simply gives her the time she needs to fully get over you and move on.

Of course, this doesn't mean you shouldn't give your ex any space whatsoever.

No.

Instead, just make sure that you re-spark her feelings of sexual and romantic attraction for you first and then give her a little bit of space (3 to 7 days) to miss you.

Then, arrange to meet up with her in person, fully re-attract her in person and get her back.

That's the best way to approach it.

On the other hand, if you ignore her before you reactivate her feelings for you, she's just not

going to care that you're no longer contacting her.

Instead, you stand the risk of losing her to another guy who is actively making her feel attracted by flirting with her, hitting on her or hooking up with her sexually.

Another possible psychological reaction your ex might have to No Contact isâ□|

2. She feels sad and rejected that you're not contacting her and trying to get her back

[image: She feels sad and rejected that you're not trying to get her back]

Imagine that a woman is sitting at home alone after a break up, thinking about her ex and missing him.

She is feels like she made the right decision, but can't help but wonder whether or not she might change how she feels and give him another chance.

So, she remains open to the idea of getting back with him if he interacts with her, creates a spark and makes her want him again.

Yet, rather than doing that, he instead decides to use the No Contact Rule and ends up totally ignoring her for 30 to 60 days.

As a result, she feels sad and rejected.

She begins to wonder, *â□□ Why is he ignoring me like this? I canâ□□t believe he hasnâ□□t even sent me one text, or made one call to see how Iâ□□m coping? Did our love mean nothing to him? How can he be over me so quickly? Obviously I mean nothing to him after all! Iâ□□ve been such an idiot, sitting here hoping that he would actually do something to get me back. Clearly Iâ□□ve just been wasting my time pining for a guy who is just a cold, hurtful jerk! Well, thatâ□□s over now. Iâ□□ve seen his true character and Iâ□□m not going to waste another second thinking about him or waiting for him. From this moment onwards Iâ□□m going to focus on moving on with my life and finding myself a real man who will love me and treat me the way I deserve!*â□□

She then puts all her effort into completely switching off her feelings for him and moving on (i.e. she goes out with her single girlfriends and finds a guy to hook up with, gets on online dating or uses a dating app to line up a bunch of dates and have with one or two guys to get over her ex).

Meanwhile, her ex is sitting around missing her and hoping that by cutting off contact, she will do all the work by coming running back to him and asking for another chance.

This is one of the biggest 'ex back myths' out there and it causes so many guys to completely mess up their chances of getting their ex woman back.

Watch thisâ□|

So, if you want your ex back for real, forget the mind games (i.e. No Contact) and focus on re-attracting her now, so she has a reason to get back with you now.

Another possible psychological reaction a woman might have to No Contact from you isâ□|

3. She knows what you're trying to do and isn't impressed

With the internet available to almost everyone these days via smartphones, all a woman has to do is search online and she will see that pretty much everyone says not to contact your ex after a break up

to get her back.

The old No Contact Rule, which used to be seen as the best idea on how to get an ex back.

BTW: It works great for women who want to get a man back, but it doesn't work the same way for men who want to get a woman back.

When a man uses the NC rule on a woman who isn't attracted to him anymore, she usually just moves on.

This is especially true if she has the brains to check out online posts or videos about how guys try to get an ex girl back.

If she notices that it's pretty much all about cutting off contact, then she might decide to make herself feel better by hooking up with a new guy and moving on, rather than sitting around and potentially missing her ex.

So, when you completely stop contacting her and don't even send her the occasional text to say "Hi," or to check how she's doing, she might assume that you're using the No Contact Rule on her to hopefully make her miss you and come running back.

She will then naturally feel as though she can no longer trust you, because you've been trying to manipulate her in that way.

She might then seek revenge on you by continually ignoring your attempts to contact her, or continually rejecting you whenever you try to request a meet up or even just a phone call.

By the way!

Even if a guy isn't using the No Contact Rule and is simply feeling too nervous and insecure about contacting her, the longer he waits to contact her (i.e. more than 7 days), the more likely she will assume he's playing mind games with her.

Then when he does finally pluck up the courage to text or call her, she might make it really difficult for him to get her back (e.g. by ignoring his texts or calls, being bitchy to him over the phone, refusing to meet up with him).

This is why it's usually better to focus on getting an ex back right away (i.e. within a week or so), rather than ignoring her for weeks or months and risk causing her to want to seek revenge by playing hard to get, or by hooking up with new guys to make you jealous or hurt.

Another possible psychological reaction a woman might have to the No Contact Rule is!

4. She seeks to get revenge on you for not contacting her by hooking up with a new guy

[image: She seeks revenge by hooking up with a new guy]

If a guy ignores his ex for too long (30 to 60 days) she may start thinking things like, *"He's ignoring me now? Oh, really? After everything he put me through, he doesn't even have the decency to call and see how I'm doing. What a jerk! Well, if that's the way he wants to be, that's fine by me. I'm not going to waste another minute worrying about whether I was too hard on him or if I made a mistake by breaking up with him. Any chance he might have had with me is gone now. In fact, his silence has just made it that much easier for me to fully get over him and move on! starting right now!"*

She then goes out of her way to find a replacement guy (e.g. by going out to bars, clubs or parties that

she was previously avoiding, taking up a new hobby that attracts mostly guys, getting on Tinder or online dating, opening up to a guy who has a crush on her at work or at university, hooking up with one of her ex's male friends who she always secretly liked).

Then, when her ex finally contacts her after a few weeks or months to get her back, she simply says something along the lines of, *â€œSorry, but youâ€™re too late. You had a window of opportunity to get me back, but you wasted that time ignoring me. Now itâ€™s too late. Iâ€™ve met someone else and Iâ€™m happy. Goodbye and good luck.â€*

Read This First Before You Use the No Contact Rule

[image: No contact rule mistakes]

In life, smart people learn from their mistakes.

However, the smartest of all people learn from their mistakes and the mistakes of others, so they can improve and succeed twice as fast.

So, before you decide whether or not to use the No Contact Rule on your ex woman, take a moment to understand where other guys mess up when using it.

4 common mistakes that guys make when using the No Contact Rule, areâ€

1. Not understanding that most women don't desperately chase their ex guy back after dumping him just because he isn't contacting her

To begin with, when a woman breaks up with a guy, itâ€™s usually because she has lost respect and attraction for him over time.

Essentially, she's had enough, wants out of the relationship and has every intention on moving on and finding a new guy.

She doesn't care if her ex contacts her or not.

She is planning to move on without him.

So, here's what you need to understandâ€

Unless a woman is still secretly in love with her ex and is hoping that they will eventually get back together again, she's almost certainly not going to care if he doesn't contact her and try to get her back.

Additionally, if she is able to find a replacement guy (or guys) quite easily, then she isn't going to care if her ex (that she is no longer attracted to anyway) isn't contacting her.

She's just going to get on with enjoying sex, love and good times with new guys, rather than pining for her ex that she is no longer attracted to.

Of course, she may wonder something like, *â€œHmmmâ€*, *he's not contacting me. I really thought heâ€™d be calling me or at least texting me by now. I wonder why heâ€™s being so silent all of a sudden?*â€ but if she believes that he can't change and become the kind of man she needs him to be (e.g. more emotionally independent, confident, assertive, not easily swayed by others), sheâ€™s just going to continue moving on.

So, what should you do instead?

Focus on actively re-sparking her feelings of respect, attraction and love for you during interactions (e.g. via text, social media and over the phone).

Then, meet up with her and actively guide her back into a relationship with you, before it's too late.

The next No Contact Rule mistake to avoid making is

2. Hoping that no contact will make her forget why she broke up with him

Time apart can help ease the pain of a break up and make a guy's mistakes seem less terrible than they were before.

However, in a lot of cases, the longer a guy ignores his ex, the more she starts to resent him.

She begins thinking things like, *"Why is he ignoring me like this? Is he trying to make me chase him? Is he trying to act like he doesn't care, when I know he does? This is just another thing to add to my list of reasons for breaking up with him. Not only did he (runs through a list of mistakes that he made during and directly after the break up), but now he's also being childish and immature and trying to play mind games with me. Well, I'm glad I dumped him. He's clearly not the guy for me. I'm going to get myself a real man who can handle a woman like me."*

She then closes herself off to her ex and opens herself up to new guys.

By the time her gets around to contacting her 30 or 60 days later her, she's built up so much negative emotion towards him (e.g. anger, annoyance, contempt), that she doesn't feel bad about hurting him emotionally by saying, *"Why are you contacting me? I want nothing to do with you"* or, *"Why are you calling me? Haven't you moved on already? I have a new boyfriend now and I'm happy. Please respect that and leave me alone."*

The next mistake to avoid making is

3. Ignoring any attempts she makes to reach out to him

Sometimes, after a few weeks of not hearing from her ex, a woman might contact him to see what's happened to him (e.g. because she's curious, she still cares about him and wants to make sure he's okay, she wants to be friends with him now, she wants to find out if he still misses her so she can feel good about herself).

Yet, when a guy is serious about 'going No Contact,' he will often make the mistake of ignoring any attempts from her to communicate with him.

For example: A guy might think, *"Wow! She contacted me! The No Contact Rule worked! She missed me and now she's the one chasing me to get me back. This is fantastic! The best thing to do now is for me not to blow it by coming across as being too eager to get back together. So, I'll be unavailable to her and ignore her for a little while longer. That way, she will really, really want me and eventually, when I feel the time is right, I will contact her. By that stage she will be so desperate to get me back, that she will be the one begging me to take her back. Haha! Yayy! The No Contact Rule is the best!"*

Yet, in almost all cases, this plan of attack backfires.

Why?

If a woman makes the move to reach out to her ex and he ignores her, she will usually worry that if

she keeps contacting him, he will gain the position of power in the relationship.

So, she will decide to stop contacting him, hook up with other guys to make herself feel better and eventually get revenge on her ex by allowing him to find out about it (e.g. via social media, through friends).

When her ex finds out, all of his grand plans with the No Contact Rule come crashing down as he realizes that he pushed it way too far.

So, if you want your ex back and she reaches out to you, don't make the mistake of ignoring her attempts to communicate with you in the hope that it will make her miss you and want you more.

In some cases it will work that way, but in most cases, the woman doesn't feel enough attraction for her ex to continue pursuing, or she seeks to make herself feel better by hooking up with new guys.

The next mistake to avoid making is

4. Not improving his ability to re-attract her when he next interacts with her

Some guys assume that all they really need to do is cut off contact and wait.

That's it.

No, no, no.

That's not it.

You have to improve your ability to attract her, so when you interact with her, you are able to talk to her in a way that creates sparks of sexual and romantic attraction.

That is what counts.

Of course, a guy often doesn't realize that, so he just cuts off contact and hopes that it works to make his ex woman miss him like crazy and want him back.

Then, when he finally contacts his ex after 30 or 60 days and she sees that he's still stuck at the same level he was at when she broke up with him (e.g. he's still insecure and needy, he still can't make her feel attracted), she realizes that if she got back into a relationship with him, it would be the same as before.

So, she just isn't interested.

If he then attempts to get her back, she pushes him away and says something like, *"I've had time to think about us these last few weeks/months apart and I'm now more convinced than ever that we're all wrong for each other. Sorry, but it's over between us. Please accept that and move on."*

Remember: If you want your ex back, use the time that you're not contacting her to improve your ability to attract her (i.e. by changing and improving on the things that caused her to break up with you in the first place).

If you ignore her for 30 or so days and then attempt to get her back without first giving her what she wants from you (i.e. a new and improved attraction experience), she will simply push you away.

On the other hand, if you fix your weaknesses, add to your strengths (e.g. become more confident, self-assured, assertive, charismatic, interesting, funny, charming) and then contact her, she won't be able to stop herself from feeling respect and attraction for you again.

When that happens, her guard comes down and getting her back becomes easy, because she will want

it too.

In conclusion:

Understand that each woman responds differently to No Contact.

If your ex currently doesn't feel much or any attraction for you, she is almost certainly not going to care if you don't contact her anymore.

The best way to get her back is to actively make her feel attracted to you during interactions, so she then has a reason to get back with you now.

If you don't use that approach, you run the risk of her moving on without you and being happy that she did.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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How to Seduce Your Ex Girlfriend

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

How can you seduce your ex girlfriend back into a relationship with you?

The first thing to understand is that seduction is about sexual attraction and arousal.

To seduce a woman, you must be displaying attractive traits and behaviors such as confidence, emotional masculinity, charisma and humor.

You must also be building up sexual tension to make her really want you in a sexual way.

So, in this video, I'm going to explain where guys go wrong when they're trying to seduce their ex woman into a relationship and I'm also going to explain what you should do instead.

I'll also be providing some examples on how you can make your woman feel sexually attracted to you. So, let's begin.

Where guys go wrong...

1. Trying to seduce only via text

[image: Trying to seduce only via text]

Texting is a very big and important part of modern life for many people.

However, when it comes to getting an ex woman back who doesn't feel attracted to you anymore, texting really isn't the best idea.

It's way too easy to come across as appearing desperate or insecure via text.

For example, if your ex doesn't feel sexually attracted to you and she has lost a lot of respect for you, how do you think she'll be reading your text messages?

Do you think she'll be reading your text messages and feeling like she felt when you were first dating, where she had a crush on you and she was falling in love with you?

Alternatively, do you think that she might be reading your texts in a bit of a negative light?

She might be thinking about how you behaved leading up to the breakup and potentially after the breakup and how that turned her off.

You can use text to make your ex feel some attraction for you, but don't rely on it as your number one way of trying to seduce your ex girlfriend back into a relationship with you.

When a guy focuses too much on using text to get his ex woman back, what often happens is that she begins to play hard to get.

She doesn't want to look too easy via text.

She feels like she's making it too easy for him, she's seeming too keen.

So, she stops replying in a friendly way, she stops being as open, she stops laughing at some of his jokes and she may even stop replying to some of these texts.

If a guy then reacts in an unattractive way, it will turn her off even more.

For example, if he starts texting her and asking, *"What's wrong? Is it something I said? Why aren't*

you replying to me?" or something along those lines, she then feels turned off by him.

Why?

Women are not attracted to desperation in men.

Women are attracted to confidence in men.

Women are attracted to self-esteem and self-belief.

So, when a guy is doubting himself and worrying that he's losing her because she's not replying in a nice way or she's not replying much at all, then she actually feels turned off by him.

Of course, not all guys end up being insecure or needy via text.

Many guys make the mistake of simply texting their ex woman in a neutral or friendly way. It gets boring very quickly.

Here are some examples...

The first example is where a woman texts her ex guy and says, *"Hey, I just wanted to let you know that I got the job I applied for. Yippee!"*

A man might then reply in a neutral way, just like a friend and say, *"Oh, wow. Congrats. I'm so happy for you."*

Now, there's nothing wrong with him saying something like that.

The only problem is that it's not actively making her feel sexually attracted to him.

It's not making her feel aroused.

He's simply being nice to her and behaving more like a friend.

If you want to seduce your ex woman, you have to say something that will create a spark inside of her.

As you may know, women are attracted to guys who can make them laugh.

This is why adding in some humor to your texts will always help to create some sparks between you and your ex.

So, rather than just being neutral and saying, *"Oh, wow. Congrats. I'm so happy for you,"* he can reply with something like, *"Cool. With all the extra money you'll be earning, you can take me out to an expensive dinner and wine and dine me :P"*

She's most likely going to reply with a *"Haha"* or an *"LOL."*

She will then start to feel differently about her ex.

He makes her laugh and he makes her feel good.

She feels like she wants to keep talking to him and she's starting to feel like she wants to be around him in person.

As a result, he is beginning to seduce her.

By the way, some guys might be worried about sending their ex woman a text like that.

Some guys might think it's rude to say something like that to her.

However, guys who understand how to attract women know that that kind of text will work.

Why?

Women feel naturally attracted to guys who are confident and not afraid of them.

The guy is still being a good guy to her because he's only joking.

He's not being an asshole and saying, *"Hey, buy me things, girl. Take me out to dinner and wine and dine me. I deserve it. I'm a good man."*

He's not saying things like that.

He's joking around with her.

He isn't worried that he's going to say or do the wrong thing.

He's a confident guy who has the courage to joke around with her, rather than being on his best behavior all the time.

Here's another example...

A woman texts her ex guy and asks, *"How are you?"*

He then replies, *"Good. How are you?"*

She then replies, *"Yeah, good,"* and he replies with, *"Cool. So, what's news?"*

Now, there's nothing wrong with texting like that, but once again, it doesn't create a spark of sexual attraction.

It doesn't arouse the woman.

If you want to seduce your ex woman, you have to say something that is going to create a spark.

So, say, for example, an ex woman sent a text to her guy asking, *"How are you?"*

Now, the ex guy knew that her favorite food was fish and chips.

So, he decided to mess with her a little bit, get her laughing and make her feel attracted.

She texts him, *"How are you?"* He replies, *"Ummm...can't tell you."*

She then might reply with something like, *"Why?"* and then says, *"I don't want to hurt your feelings."*

At that point, his ex woman might be silently panicking and imagining him with a new woman and beginning to feel like he has moved on before her.

Alternatively, she might reply with something like, *"What? Tell me."*

He can then reply with, *"I'm eating fish and chips. It's so damn delicious. Haha :P"*

She is most likely going to reply with a *"Haha"* or an *"LOL."*

As a result of his confident and humorous approach to her, she is going to feel a spark with him.

She's going to start to feel attracted.

The attraction that she is feeling is going to start to make her think of him in a more positive light.

She's going to start to miss him and want to see him in person.

As a result, he's beginning the process of seducing her back into a relationship.

2. Not being assertive enough with their seduction attempts

So, let me give you some examples here of how you can re-attract your ex woman and where other guys go wrong.

Sometimes, when a guy meets up with his ex woman, they meet each other and then she gives him a

side hug like that.

She doesn't actually give him a full hug.

He then accepts that and just gets on with the interaction.

He missed an opportunity there to make her feel attracted by pointing out that she gave him a side hug.

A guy who knows how to make a woman feel attracted in a situation like that will be assertive and he will make her feel attracted.

He won't just accept her lead.

He won't follow her lead in the dynamic.

She gave him a side hug, *"Oh, I've got to accept that. Now, I've just got to sit down and be a good boy."*

No.

Be a man about it, be more assertive.

You meet up with her, she gives you a side hug and you go, *"Oh, I get the side hug now, do I? Come here. Give me a proper hug. Come here,"* and bring her in for a proper hug.

You take control of the situation.

What does that do to her?

It makes her feel attracted to you.

It makes her feel some respect for you.

You're being confident and manly, but you're also being a good guy.

You're not being a whiny, asshole-type of guy.

You're not sulking.

You're not saying, *"Huh? Why did you do that? We went to hug and you just gave me a side hug. That's not fair. Give me a proper hug. Come on."* in a sulky manner.

You're not being that sort of guy.

You're being a confident, masculine guy.

You're saying, *"Come on, what's that? A side hug? Come here, give me a proper hug."*

You are then in control of the situation.

She then feels feminine in comparison to your masculinity. You are the man. She is the woman.

The masculine and feminine dynamic is one of the most important parts of making a woman feel sexually attracted to you.

If you don't have the balls to be masculine around your ex woman, then you're not going to be making her feel sexually attracted to you.

So, make sure that you don't make the mistake that other guys make where they're not assertive enough with their attempts to seduce their ex woman back into a relationship.

Another example is where a guy is in the friend zone with his ex woman.

She contacts him often, she calls him up and he simply answers the phone like a friend.

He's always there to answer, he's always there to be nice and be available to her and it doesn't create

a spark inside of her.

She just feels friendly feelings for him as a result.

He's not being assertive enough in his attempts to seduce her.

In most cases, a girl like that doesn't even know how to seduce her back into a relationship, so he's just doing whatever he thinks he can do.

He thinks, *"Alright, I'm just going to keep being nice to her, keep being there and hopefully, eventually, she will come back to me. Hopefully, eventually, she will realize that I'm the one for her."*

Yet, then he gets his heart broken into a million pieces when she suddenly tells him that she has met a new guy and they're together now and they're dating and she no longer wants to be with him.

He had a chance to re-attract her while he was in the friend zone, but he wasn't assertive enough about his attempts to seduce her back into a relationship.

He was just playing the friend.

So, what could he have done instead?

Well, rather than answering the phone like a typical friend every time, he should mess with her.

He should play with the situation and get her laughing and smiling.

For example, she calls him up and he answers and he says, *"Who's this? What do you want?"* rather than just answering with, *"Oh, hi. How are you doing today? How have you been? How's things? Is everything okay?"* and talking to her like a friend.

Alternatively, he might want to answer the phone the way that I used to do it when I was dating.

I'm married now, but when I had multiple women in my life and they would call me, sometimes I would answer the phone and speak a completely random language.

It wasn't a real language, just a random made-up language to confuse the woman.

So, the woman would call and I would answer and say something like, *"Aji bang do wong dai naaa. Baj bah lor. Why you call me? Hello. Why you call me? Who are you?"*

The girl will start laughing and think that she called the wrong number.

I would then say, *"Hey. What's going on, girl? How are you doing?"*

As a result, the girl feels attracted.

You have the confidence to joke around with her rather than being a good boy all the time and being on your best behavior or being boring and just being neutral all the time.

"Hey. How are you doing? How's things? How have you been? Oh, right. Yeah, this is what happened to me. What happened to you? Blah, blah, blah."

Just standard friend stuff.

So, if you want to seduce your ex girlfriend back into a relationship, make sure that you're willing to be a bit more assertive with your attempts to seduce her.

Don't hold back.

Be a bit more ballsy, be a bit more confident and let her really enjoy the interactions with you.

3. Trying to seduce her and then losing confidence when she tests him by acting like it's not working on her

Women behave this way whether you are picking them up, in a relationship or getting them back after a breakup.

When you're picking women up, they don't always make it obvious that they're attracted to you.

Some women require a lot more confidence in a guy than other women.

If a woman requires a guy that has a lot of confidence so you can handle a woman like her, then she's usually not going to make it obvious that she's enjoying the interaction.

She's going to be a little bit cold, a little bit aloof and not laugh at all the guys' jokes.

She wants to see whether or not the guy is going to crumble under that type of pressure.

If he can't handle that, then he can't handle a woman like her.

Now, when it comes to getting an ex back, sometimes a guy will try to seduce his ex girlfriend back into a relationship and she will act like it's not working as a way of testing his confidence.

He will then believe that it's not working, start doubting himself and begin to look insecure and unsure of himself around her.

As a result, she will feel turned off by him.

As you may know, women are attracted to confidence and turned off by emotional weakness in men.

[image: Don't give up at the first sign of resistance]

So, make sure that when you're seducing your ex girlfriend back into a relationship, you don't give up at the first sign of resistance.

You don't doubt yourself when she is playing a little bit hard to get.

4. Trying to be romantic before she's fully re-attracted

The way that it works is that women only appreciate romance from guys that they are sexually attracted to or aroused by.

If a woman doesn't feel sexually attracted to a guy and he's trying to be romantic and trying to be sweet and all that sort of stuff, she isn't going to be enjoying it.

It's going to be a one-sided romance.

It's not a mutual, romantic feeling.

So, if you want to seduce your ex girlfriend back into a relationship, make sure that you focus on making her feel sexually attracted to you first.

If she's not feeling turned on and aroused by the changes in you and how you are now making her feel, then she's not going to enjoy your attempts to be romantic.

Attempts to be romantic can include sending her a card, sending her flowers, telling her how you feel, writing a long letter or email explaining your feelings for her and generally being sweet and giving and nice to her.

She's not going to appreciate that.

So, a general rule to go by is to focus on sexual attraction first and then do everything else after that. You can make her feel sexually attracted to you by being a new and improved version of yourself. For example, if a guy got dumped because he was too insecure, he is now so much more confident. If a guy got dumped because he wasn't manly enough, he's more assertive and manly now. It makes her feel attracted and it makes her feel turned on. After she feels that way, her guard comes down and she begins to open up to sex and a relationship.

5. Trying to play too many mind games with her

For example, acting uninterested when talking to her, not answering her phone calls or cutting off contact for 30 or 60 days.

Each of those approaches can backfire because the woman can simply stop showing any interest, go cold or seek revenge by hooking up with a new guy and making her ex feel bad for attempting to mess with her head.

So, if you want to seduce your ex girlfriend back into having sex with you and having a relationship, don't waste time playing too many mind games with her.

It almost always backfires, especially when the woman is no longer attracted to her guy anymore.

On the other hand, seduction is something that happens very quickly.

It's an immediate feeling that a woman begins to have in response to how a guy is behaving.

So, if a guy is behaving in an insecure or a self-doubting way, then her immediate response to that is going to be to feel turned off by him.

However, if a guy is behaving in a way where he's being confident, emotionally masculine, he's making her laugh and he's being charismatic, her immediate response to that is going to be to feel attracted to him.

It's actually a natural reaction.

It happens automatically.

She doesn't have to think about it or decide whether or not she wants to feel attracted to a guy.

It's just something that begins to happen inside of her.

She begins to feel attracted to him, she begins to feel drawn to him and he can seduce her back into a relationship with him.

Some guys don't know how to attract a woman on purpose and have relied on getting lucky their entire life, whereas, other men don't actually think that it's the right thing to do to be actively seducing her.

Some guys think that the right thing to do is just to be nice, be patient, wait, be friendly and hope that she eventually opens up and wants him sexually.

Alternatively, some guys think that they need to play mind games like cutting off contact for 30 or 60 days or not answering any of her phone calls or replying to her in an uninterested way and so on.

[image: Seduction is something that happens very quickly]

What I want you to know is that seduction is something that happens very quickly.

It's something that you can control.

When you're interacting with your ex woman, you are either making her feel sexually attracted to you and aroused by you, or you're not.

It all comes down to the approach that you're using when you're interacting with her.

Learn more?

Okay, I hope you've enjoyed this video and learned something from it.

If you'd like to learn more, I recommend that you watch my program, [Get Your Ex Back Super System](#)

When you watch the program, you will learn how to quickly and easily seduce your ex woman back into a relationship.

This applies whether she is your ex girlfriend or ex wife.

The same rules apply.

You make her feel sexually attracted to you, you build up sexual tension between you and her and she wants to get back with you.

You then give her another chance with you.

Using the Power of Attraction to Get Her Back

[image: Using the power of attraction to get her back]

One final point that I want to make for you in this video is that what each guy needs to change in order to get his ex woman back is different, but it's still really about the same thing.

It's always still about attraction.

For example, sometimes a guy gets dumped for being insecure in a relationship.

He wasn't manly enough for his woman.

On the other hand, sometimes a guy is very confident and he's very manly, but he gets dumped by his woman because he took her for granted or he wasn't open enough emotionally.

Each guy has to change or improve something about himself and offer that to her in a way that is attractive and appealing to her.

So, while each guy has to change something different about himself in order to be attractive and appealing to his ex again, it's still all about attraction.

When you make her feel sexually and romantically attracted to you again, her guard comes down and she opens back up to you.

You can then get her back into a relationship with you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

If Your Ex Girlfriend Flakes, Should You Ignore Her?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Only ignore her if you think that it will make her contact you and be more interested in seeing you. If youâre 100% sure she will react in that way, here are 3 optional reactions other than ignoring her...

1. Send her a text to express your disappointment

[image: Send her a text to express your disappointment]

Thereâs nothing wrong with letting your ex know that youâre disappointed about her flaking on you.

For example: Send her a text saying something along the lines of, *âHey Rebecca. We were supposed to meet today at 1pm. I'm disappointed that you didn't turn up. Anyway, all the best. Love, Peter.â*

Just make sure that you donât sound whiny and insecure about it (e.g. ask her why she didnât show up, tell her how hurt you feel that she flaked out on you, put in a sad face emoticon or sad emoji) or it will turn her off.

Instead, be direct and maintain control of your emotions by texting her something like the example above, or, *“Hey Rebecca. Disappointing to see that you didn't turn up today. Anyway, I hope you're fine. Love, Peter.”*

As a result, she will likely feel a bit embarrassed for standing you up.

She will also feel a surge of respect for you for being so emotionally mature about it and not reacting in an angry or childish way (e.g. trying to get revenge by setting up another meet up and flaking on her).

Another way to respond to your ex girlfriend flaking on you is toâ

2. Call her and jokingly give her a hard time about flaking

Although women donât go around admitting this, they actually want a guy who will confidently, but lovingly put her back in her place when she gets out of line.

One of the best ways to put a woman back in her place is by using humor to point out her bad behavior.

For example: Call your ex girlfriend and say something like, *âWell! That's the last time I ever invite you to catch up with me -you time waster! You're such a little pain the butt, aren't you?â* and have a laugh with her about it.

Important: Don't text that to her.

It's best said on a phone call, so she can hear the confidence and playfulness in your tone of voice.

If you text it, she might assume that you really are pissed off at her, which will only make her close up even more.

So, don't text it!

By the way!|

Saying something like that to her is not about being rude or mean to her.

Instead, it's about showing her, in a confident, light-hearted and loving way that you're not going to let her mess you around.

Ironically, when you do that, she can't stop herself from feeling respect and attraction for you and can't stop herself from wanting to treat you better.

On the other hand, if you don't have the balls to stand up to her in a dominant, but loving way, then she won't feel the need to respect you or treat you better.

So, take the chance and be a bit more ballsy when you call her and playfully put her back in her place.

If you do it with enough confidence and relaxed assertiveness, she will absolutely feel a renewed sense of respect and attraction for you.

She will realize that you're no longer going to be the flimsy guy that she has been able to push around in the past.

You've manned up! and that is sexy to her.

As a result, she will regret flaking on you and try to show you that she's open to meeting up.

By the way!|

If she flakes on you a second time, don't let her get away with it.

What should you do?

Start getting on with your life without her and let her find out about it.

This leads us into the next example!

3. Ignore her and post up photos on social media of you having fun with other people

[image: Post up photos on social media of you having fun with other people]

One of the best ways to attract an ex woman, is by letting her see that you're happy, fulfilled and enjoying a fun life without her.

You can do that by posting lots of interesting and fun photos on social media for her to see.

For example:

- Photos of you and friends having fun (e.g. at a party, on the beach, doing something fun outdoors).
- Photos of you doing something cool with other women (e.g. dancing, cooking, hanging out at a cafe or restaurant, or playing a sport together).
- Photos of you away for a weekend (e.g. in Vegas, at the Grand Canyon, diving the Great Barrier Reef, visiting a winery with some friends, relaxing at the beach with some friends, going to some cool attractions in another city with friends).

By the way!|

If she has unfriended you or isn't following your social media pages, just change your settings to

‘public’ so that she can see it.

Pretty much every woman on the planet is curious about how her ex is doing after a break up and will take a look at his profiles to see what he’s up to.

So, if you ignore your ex after she flakes on you and start posting photos on social media, it will show her that her flaking on you wasn’t a big deal for you.

You’re not losing any sleep over it and in fact, you’re actually looking pretty damn happy, confident and cool now.

That automatically makes her feel attracted to you and makes her want to see you.

Suddenly, she begins to think things like, *“This isn’t at all the reaction I was expecting. I thought he’d be feeling sad and depressed, but instead he looks like it didn’t even bother him that I flaked. Rather than sitting around moping and feeling sorry for himself like I imagined he would be, he’s out having fun and even hanging out with other women. He’s so different from the way he used to be. I kind of like him this way...more confident and in control of his life. Suddenly, I regret standing him up. Maybe I should call him and apologize. I really want to see him again. Why am I feeling this way? Why do I feel like I want us to get back together again all of a sudden?”*

She then becomes open to the idea of meeting up with you again, this time for real.

Note: I know that many guys don’t want to post up photos of themselves having fun with other people because they fear it will anger their ex woman.

However, if you know how a woman’s attraction for a man really works, you will know that her seeing you happy and confident without her will make her feel attracted to you again.

4 Mistakes to Avoid Making if your Ex Girlfriend Flakes

Like most things in life, there’s a right way and a wrong way of doing something.

The right way will give you the results you desire and make you happy (e.g. get your ex girlfriend back), while the wrong way will cause you unnecessary stress and unhappiness (e.g. cause your ex girlfriend to lose even more respect, attraction and love for you and move on with a new guy).

So, if your ex girlfriend flakes, the wrong way to handle it is by making some or all of the following mistakes:

1. Getting angry or irritated at her

[image: Getting angry and irritated with your ex]

It’s understandable that getting stood up by an ex girlfriend will make a guy feel annoyed and possibly even angry.

It’s pretty damn disrespectful and rude of her, right?

However, no matter how irritated he feels, he can’t let her see that she’s gotten to him.

Why?

Quite often, when a woman agrees to meet up with her ex and then flakes, it’s because she’s testing him to see how he reacts.

For example: Will he remain confident and shrug it off, or will he start doubting himself and his value to her?

Will he become desperate and call her on to phone to beg her to give him another chance, or will he put her back in her place (in a lovingly dominant way) for her bad behavior?

In some cases, a woman might know from previous experience that her ex has a tendency to get angry and react in a bad way when things don't go his way.

So, even though he might be saying to her, *â€œLook, Iâ€™ve changed. Iâ€™m not like that anymore,*â€œ her flaking on him is a way of checking if he's really telling the truth, or just putting on an act to get her back.

If he maintains his composure and handles the situation with confidence and an easy-going attitude, she will know he really has improved and will then open herself to giving him another chance.

On the other hand, if he gets angry or irritated with her, she'll know that he's still the same guy and will then close herself off even more.

Remember: In today's world, a woman is not a man's property.

She is a free individual who can get and out of relationships as she pleases.

A woman doesn't have to stay in a relationship with a man if she doesn't want to and she doesn't have to meet up with him or give him another chance either.

So, getting angry with your ex girlfriend for flaking and causing a scene over it isn't going to change her mind.

Instead, she is just going to close up even more and want to move on with a new guy even faster.

The next mistake to avoid isâ€¦!

2. Seeking pity via text

A guy might decide to make his ex feel bad for flaking, by sending her a sad, 'pity me' kind of text.

Something like, *â€œWhy didn't you show up today? I was waiting for hours. I looked like such a fool. Everyone knew I was being stood up. Why didn't you just let me know you weren't going to come? You didn't even reply to my texts asking where you were. Does it make you happy to torture me like that? Sure, I stuffed things up between us, but you don't have to keep punishing me for it over and over again. Iâ€™m a real person with feelings. Why would you do that to me? How can you be so coldhearted all of a sudden?*â€œ

Secretly, he's hoping that if she sees how terrible he's feeling, she will feel guilty about flaking, take pity on him and agree to meet up.

Yet, trying to make a woman feel guilty for causing you pain just doesn't work.

Why?

If she's no longer attracted to you, she doesn't really care how much pain you are experiencing.

The only thing she cares about is whether or not she is feeling sexually and romantically attracted to you anymore.

If she is, then she will arrive at a meet up and be open to getting back with you.

If she isn't, she will flake.

Of course, sometimes a woman will flake to test how you will react.

If you react in an attractive way, she feels attracted and then opens up to meet you the next time.

If you react in an unattractive way, she confirms to herself that you're not man enough for her and forces herself to move on.

So, when a guy falls apart and starts looking for pity via text from an ex who flaked, it's unlikely to make her think, *"Awww, the poor guy! He's really taking this so badly. I need to meet up with him right away and make it up to him."*

Instead, she's more likely going to think, *"Well I guess I have my proof now. Even if I wanted to before, I now know that getting back together with him would be a bad idea. He's just too emotionally weak and wimpy for me. I don't want to be with a guy who can't even handle being stood up once like that. If something as insignificant as that can cause him to lose control, what will happen when he has to deal with other serious problems in his life? Will he expect me to take care of him? No thanks! I want a real man who doesn't need pity and support from a woman to get over the bumps in his life. I want a man who is strong with or without the support of a woman."*

This is why seeking pity just doesn't work with women.

It can sometimes work temporarily on women who have little or no experience with relationships.

However, most women know that if a guy is seeking her pity, he hasn't yet worked out what it means to be a man, which then makes her feel turned off.

She realizes that she needs to find more mature man, rather than getting back with a guy who is still trying to figure it all out.

So, if your ex girlfriend flaked on you, don't go looking to making her feel pity or guilt over it via text.

Instead, just focus on re-sparking her feelings of respect and attraction for you.

When you do that, she naturally wants to see you again for her own reasons (i.e. she is feeling drawn to you now, she wants to kiss you again, she wants to have sex with you and see how it feels to be with you now).

The next mistake to avoid is!

3. Ignoring her even though she doesn't feel attracted to you, or if doesn't care whether or not she ever speaks to you again

If you're wondering, *"My ex girlfriend flaked, should I ignore her?"* ask yourself the following questions first:

Does your ex have strong feelings of respect, attraction and love for you right now, or are her feelings for you switched off?

Has she told you that she wants to get back together again, or is she saying things like, *"I don't know how I feel,"* or *"I need some time to think about what I want,"* or even, *"I just don't see us being together anymore?"*

Did she agree to meet up with you because you made her feel surges of sexual attraction and respect for you over a phone call (e.g. because you made her laugh and smile, you made her feel feminine and girly), or did she just agree to meet up simply because you kept pushing her?

Do you think she is missing you and hoping to get back together, or do you think that she is opening

up to other guys to find a replacement and move on without you?

Are you more attracted to her than she is to you?

Depending on your answers, you may have already realized that unless you've re-sparked your ex girlfriend's feeling of respect and attraction for you via other interactions (e.g. text, on social media and over the phone), ignoring her for flaking on you probably isn't going to make her lose any sleep.

In fact, it might actually be the reaction she was hoping for (i.e. she now has the space to move on without you because you're ignoring her).

On the other hand, even if she is secretly hoping that you and her will get back together, it's unlikely that she'll wait around for you forever, right?

She's just going to move on if you don't do anything to get her back.

So many guys make the mistake of cutting off contact with a woman who doesn't really care that he's not texting or calling anymore.

A guy will stop contacting his ex woman and hope that she comes running back to him.

Yet, she just moves on because she doesn't even really care about losing him.

Why?

She's not attracted to him or in love with him anymore.

If he wants her to care, he has to interact with her and make her feel attracted and in love again.

Another mistake to avoid is

4. Not even addressing the fact that she flaked the next time he talks to her

Sometimes a guy won't even mention his ex girlfriend's bad behavior, in case he upsets her and she then decides not to talk to him anymore after that.

Yet, rather than make her more loving and respectful towards him and cause her to think, *"Wow, he's so polite and nice. He didn't even say a word about me flaking on him. How can I resist such a nice guy?"* she simply feels even more turned off by him.

Women don't respect guys who put up with their bad behavior just to hopefully get to spend time with them.

As weird as it may sound, a woman doesn't want to feel like she can behave like a brat and get away with it.

What she wants is a guy who doesn't pander to her silly drama and instead, puts her back in her place in a dominant, but loving way.

So, if you're tempted to ignore the fact that your ex girlfriend flaked, understand that you will be essentially letting her know that it's okay for her to treat you badly because you're not confident enough to stand up to her.

Is that what you want?

No.

It's not what she wants either.

You want her to respect you and feel attracted to you and she wants to be able to feel that way about

you too.

The best way to do it is by showing her that you have the balls to call her out when she's being a brat.

In other words, you can't ignore the fact that she flaked on you.

The next time you talk to her, make sure that you mention her bad behavior in a dominant, but loving way (i.e. not in a whining, annoyed, sulking way).

For example: You can laugh and say something like, *â€œDon't play all sweet and innocent with me little girl. You flaked on me last time. So, when I see you next time, I'm going to have to spank you for being a bad girl!â€* and then laugh at her and with her about it.

Initially, she might be a bit shocked that you're talking to her like that now, especially if you haven't in the past.

Even if she doesn't show it or admit it, she will be feeling surges of respect and sexual attraction for you for having the balls to not let her get away with disrespecting you.

She will then realize that you are now more of the confident, emotionally strong man she always wanted you to be and she won't be able to stop herself from wanting to meet up with you for real.

When that happens, you can get her back and enjoy an even better relationship than you had before because she will be so much more attracted to you now.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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How to Make Up With Your Girlfriend After a Break Up

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

4 tips to make it happen:

1. Don't focus on having deep and meaningful conversations

[image: Don't focus on having deep and meaningful conversations]

When a guy is trying to make up with his girlfriend after a break up, he might be tempted to get her into a deep, detailed conversation about what went wrong.

Yet, in most cases, that's the worst approach to take because it stresses a woman out and makes her close up even more.

I said, "*in most cases*" because sometimes it is a good idea.

When it's a good idea is when the woman is still attracted and in love with her boyfriend, but has broken up with him after a fight they had.

At that point, it's fine to discuss things and go deep.

Yet, if your girlfriend has broken up with you because she no longer feels enough respect, attraction and love to justify being in a relationship, she's not going to want to discuss the relationship in detail with you.

She doesn't want to help you get her back.

She wants to close up, stay away from you and move on because she currently believes that you don't have what it takes to re-attract her and reverse the break up.

When a guy doesn't realize that he needs to get her respect back and start making her feel attracted again, he might hope that by discussing the relationship in detail, she will realize that he is serious and give him another chance.

Yet, as I mentioned, a woman will only do that if she still has an interest in making the relationship work.

If she's over you, then she's going to want to remain closed up, get away from you and move on.

Unfortunately, many guys don't realize that and end up pushing their girlfriend further away.

For example: A guy might panic, bring up all his past mistakes in the relationship, promise to change and ask her to help him work things out with her.

He might say something like, *"I still care about you and I want to make things right between us. I know I stuffed up, but with your help, I know that I can improve. I can be the man you want me to be. So, just start by telling me what you want me to change."*

He's hoping she will be impressed that he is taking the break up so seriously and is committed to improving, so she will then give him another chance.

Yet, rather than make her think, *"This is a good start! At least he's open to becoming a better man and giving me what I want in a relationship,"* she will be thinking things like, *"He's actually highlighting to me how badly things went wrong between us. The more he mentions his mistakes, the more I doubt if I can actually move past that and give him another chance. Right now, I think it's probably better if we don't see each other. Maybe in a few months when things*

*settle down I might be open to seeing him again as a friend, but right now, I feel it would be better if we moved on. I just don't feel the same way about him as I used to. He's clearly still in love with me and wants to be with me, but the feelings aren't mutual. I've got to go through with the break up, see other guys and assess how I feel.*â□□

Those aren't the kind of thoughts that you want your girlfriend to have, right?

If not, then get really clear on something right now.

Until you have fully re-sparked her feelings of respect and sexual attraction, you make sure that every interaction you have with her from now on is light-hearted and happy.

Don't put pressure on her.

Just focus on making her smile, laugh and feel good while talking to you.

Of course that doesnâ□□t mean you should act like a clown who doesnâ□□t take things seriously.

Instead it simply means that you focus on making her smile, laugh and feel good to be interacting with you again, so she naturally begins to think, *â□□Heâ□□s so confident and relaxed about all of this. Instead of feeling stressed out about talking to him again, I actually feel good. Iâ□□m looking forward to our interactions now, so things clearly are different. Maybe he really has changed and we should give it another time. Maybe I should meet up with him and see what happens.*â□□

When you use humor to make your ex feel good about talking to you, it becomes a lot more difficult for her to hold on to her negative feelings about you.

She starts feeling surges of respect and attraction for you again and her guard comes down, making her more open to the idea of talking to you on the phone and seeing you in person.

So, remember: Leave the deep and meaningful, serious conversations for later.

For now, just use every interaction you have with her (e.g. via text, social media, e-mail and especially on the phone and in person) to reactivate her feelings of respect and attraction for you by making her smile, laugh and feel good.

Another tip on how to make up with your girlfriend after a break up is toâ□|

2. Make her want you back sexually and romantically, rather than trying to get her to commit to a relationship

[image: Why won't you commit to giving us another chance?]

If you pressure your girlfriend to get back into a relationship with you before youâ□□ve reactivated her feelings of respect and attraction, you will almost certainly just scare her off.

Rather than getting her back, you will hear her say something along the lines of, *â□□Sorry, but I donâ□□t want to be in a relationship right now. I need some space to sort things out in my mind first. Please donâ□□t contact me anymore. Iâ□□ll let you know when Iâ□□m ready to discuss things with you again.*â□□

She will then use the time apart to fully get over you, move on and possibly even find a replacement guy.

Donâ□□t let that happen to you.

Rather than trying to convince her to commit to a relationship with you right away, use every interaction you have with her (e.g. via text or e-mail, on social media and especially over the phone

and in person) to re-spark her feelings for you.

You can do that in many different ways.

For example: Some of those ways areâ€¦!

- Using humor to break down her defenses and make her laugh, smile and feel happy and comfortable to be interacting with you.
- Maintaining your confidence around her (especially when sheâ€™s being cold or aloof, or doing things to make you feel nervous around her) and showing her that you are now an emotionally strong man who believes in his value to her.
- Showing her via your actions, behavior, communication style and the way you respond to what she says and does now, that you really have changed (e.g. youâ€™re more emotionally independent, you no longer get flustered when sheâ€™s being highly emotional or uncooperative, you have become more emotionally mature, you have a definite purpose and direction in life now).

The more she sees for herself that youâ€™ve changed and improved as a man, the more respect and attraction she will begin to feel.

She won't be able to stop herself from feeling that way because attraction is a natural, automatic reaction that humans have to each other under the right conditions.

When you display traits that are naturally attractive to women (e.g. confidence, loving dominance, emotional maturity, humor), attraction happens automatically.

She may wonder why she is feeling attracted to you all of a sudden, but she won't be able to resist it.

She will start to look at you as being a sexually attractive man once again and as a result, her feelings about you will begin to change in a positive way.

Then, the idea of getting back together again will start to feel natural to her, rather than feeling like it is being forced on her.

Another tip on how to make up with your girlfriend after a break up is toâ€¦!

3. Be a better version of yourself

[image: Be a better version of yourself]

One of the quickest ways to make up with your girlfriend after a break up is by showing her that youâ€™re no longer stuck at the same level you were at when you and her broke up.

What this means is that youâ€™ve taken the time to understand where you went wrong in the relationship with her and have already started to make some attractive changes and improvements to yourself.

Essentially, you are now a much better version of yourself.

For example: If you were too submissive around her before (e.g. you allowed her to get away with being a drama queen and causing stress in the relationship, just to keep the peace), you are now more assertive and aren't afraid to put her in her place (in a dominant, but loving way) when sheâ€™s out of line.

If you were too emotionally dependent before (e.g. you needed her approval and encouragement to

take action in your life), youâ€™ve now become emotionally independent and are happily moving forward and accomplishing your goals in life, even though sheâ€™s no longer there to give you her support.

If you were too jealous and insecure before, youâ€™re now more confident and believe in your value to her.

Your belief in your value to her comes across in the way you talk, think, behave and react to the things she does that would previously have set you off (e.g. she talks to other guys, sheâ€™s cold and aloof towards you and saying things like, *â€œI donâ€™t love you anymore,â€* or *â€œI donâ€™t want you in my life. You need to accept that itâ€™s over between usâ€*).

You donâ€™t have to be perfect to make up with your girlfriend after a break up, just better.

You also don't have to tell her that you've changed.

Just let her experience it.

She will pick up on the changes and decide for herself that you have changed so much that she now feels completely differently about you and the relationship.

She now has hope for you and her and can open up and give the relationship another chance.

Another tip on how to make up with your girlfriend after a break up isâ€

4. Don't wait too long to start the ex back process

Sometimes, after a break up, a guy might waste a lot of time contemplating how he can get her back, that by the time he finally contacts his ex, sheâ€™s already moved on and possibly even found herself another guy.

For example: A guy might think to himself, *â€œI canâ€™t just call her up right away and ask her if she wants to try again, because she will probably reject me. I donâ€™t want to be too pushy and end up scaring her away. Itâ€™s probably best if I wait for a sign from her. Iâ€™m sure sheâ€™ll eventually text me or call me. When that happens, Iâ€™ll know sheâ€™s missing me, or at least thinking about me and I can then make my move.â€*

He might then sit around waiting for weeks and even months, hoping that his ex girlfriend will give him a call so that he can then start the ex back process.

Yet, that rarely, if ever happens.

Why?

Unless a woman is still deeply in love with her ex, or desperate because she canâ€™t find a replacement guy, she won't make all the moves to get him back.

Instead, she will assume that since he hasn't been contacting her, he has moved on.

So, she will then focus on doing the same.

Immediately, or within days, she will be able to find a guy who likes her and wants to date her and have sex with her.

Soon enough, she will forget about her ex and get caught up in a new relationship.

So, if you want to make up with your girlfriend after a break up, donâ€™t wait too long to do it.

Give her a few days of space (3 to 7 days is enough in most cases) if she asked for it, or if you feel it will help calm things down between you and her because the relationship ended badly.

After 3 to 7 days, get her on a phone call and break down her defenses by making her smile, laugh and feel good to be talking to you again.

Once she's happy to be hearing from you, arrange a meet up, reactivate her feelings of respect and attraction and get her back.

Remember: If you snooze, you lose.

So, get her back before it's too late.

4 Mistakes to Avoid Making if You Want to Make Up With Your Girlfriend After a Break Up

When you know how it's done, getting an ex woman back is actually pretty easy.

However, if you don't know what you should or shouldn't be doing, you can easily make mistakes that will turn her off even more.

Here are some classic mistakes that other guys make in your situation!

1. Trying to fix things via text

Although it might sometimes feel easier to communicate with an ex via text (especially if she's refusing to talk on the phone or meet up in person), it's not the best way to make up with her and get her back.

Why?

Some of the main reasons include:

- She can ignore your texts. What do you do then?
- She can misinterpret your texts (e.g. a guy might say something simple like, *"I just wanted to say hi."* If one of the main reasons why she broke up with him was because he was too needy, she will likely misinterpret his text as meaning that he is constantly thinking about her and missing her, even though that may not be true).
- She can't see your body language or hear the tonality of your voice, so she will usually judge everything you text based on her feelings for you during the break up (e.g. anger, disappointment, resentment).
- She can pretend to be working things out with you, while at the same time, she can also be totally focused on finding a replacement guy.
- A bunch of words on a phone usually can't generate enough respect and attraction in a woman to make her want to get back together again.

Even though your ex girlfriend may be open to communicating with you via text, to get her back for real, you have to get to the point where you and her are talking in person.

Only then can she truly get a clear picture of who you are now and see that you really have changed and improved.

When she recognizes that you really have changed, she will naturally start to have feelings for you again.

Another mistake to avoid making isâ€¦!

2. Not fixing the things that were really turning her off

[image: Not fixing the things that were really turning her off]

If you try to make up with your girlfriend by offering her things she doesnâ€™t really want, she will just keep saying, *â€œNoâ€* to you and continue to move on without you.

For example: If one of the reasons why a woman broke up with a guy was his lack of support and encouragement of her as a person (e.g. he was too negative, critical or he squashed her dreams or ambitions), then him promising to work less hours and spend more time with her isn't going to change her mind.

It might seem like him doing that will make her think, *“Wow! He cares so much that he wants to spend even more time with me,”* but it won't.

Instead, she will think something like, *“I am turned off by who he became in the relationship. Why on Earth would I agree to a change that means spending even more time with him?”*

He might feel like she is being stubborn, selfish or unfair, but she's just reacting to how his approach to her is making her feel.

If he wants her back, he has to be offering her things that actually make her feel different, rather than just coming up with whatever he can think of and hoping that she gives him another chance for that.

Here's another exampleâ€¦!

If a guy got dumped for lacking direction and purpose in life, him rushing to buy her a diamond ring and propose isnâ€™t going to be what she is looking for.

So, rather than make her change her mind and give him another chance, it just turns her off even more.

It makes her look at him as a confused guy who thinks that focusing on her and making her the most important thing in his life will impress her.

She can see that he doesn't understand what women really want (i.e. a man who loves her and wants to be with her, but is also following through on his big goals, dreams and ambitions in life).

So, if you want to make up with your girlfriend after a break up, make sure that you first understand her real reasons for breaking up with you and also understand exactly what you are going to say and do to make her feel differently about you.

Then, when you next interact with her, give her the attraction experience she really wants (e.g. she wants you to be much more confident around her), rather than offering to fix things that arenâ€™t important to her.

Another mistake to avoid making isâ€¦!

3. Apologizing over and over again

Thereâ€™s nothing wrong with briefly giving your girlfriend a warm, heart-felt apology.

However, saying that you are sorry over and over again will just push her away.

Why?

Excessive apologizing doesnâ€™t get to the core of the problems.

Until she can experience the new him for herself, she simply assumes that nothing has changed and she sees his constant apologizing as a way of avoiding the deeper issues at hand.

Another mistake to avoid making isâ€¦!

4. Making the reconciliation process feel stressful to her

If you keep pushing her to get back together again before you fully re-spark her feelings of respect and attraction for you, sheâ€™s going to feel annoyed and stressed out.

As a result, she will look for excuses to avoid you (e.g. asking for a few weeks or months of space, pretending she has a lot of work or studies to get through and that sheâ€™ll consider getting back together with you in future).

Then, while youâ€™re waiting for her to come back to you, she will focus on moving on and finding another guy.

Don't put yourself in that situation by stressing her out with lots of pressure to get back with you.

Instead, understand that making up with your girlfriend can be fun.

The more laughter and smiling she experiences when she interacts with you, the more she will reconnect with her feelings of respect and attraction for you again.

When that happens, getting back together again happens easily and naturally.

Getting back together becomes something enjoyable, fulfilling and unforgettable that you and her experience with each other.

Both of you get to enjoy it and as a result, the relationship suddenly starts feeling like it really can work and is something that both of you want to hold on to.

That's how to make up with your girlfriend after a break up.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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Stop Chasing Her and She Will Come Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The idea that your ex will come back simply because you stop chasing her isn't true.

While you shouldn't desperately chase your ex, it doesn't mean that you can't pursue her in a calm, confident manner and get her back.

You can.

You can take control of the situation and get her back on your terms, rather than just giving up and hoping that she comes back.

From all of my years helping men to get women back, I've found that just walking away from a woman usually doesn't work.

Why?

4 reasons why it usually doesn't work are:

1. If a woman doesn't feel attracted to you, she won't feel much or any motivation to come back

[image: If a woman doesn't feel attracted to her ex, there's usually no motivation to go back to him]

Sometimes, when a guy has been unsuccessful in his attempts to get his ex woman back, he might begin to think, *"Maybe if I just stop chasing her, she will come back to me by herself. The time apart will make her miss me and she will realize that breaking up was a mistake."*

Basically he's hoping that by cutting off communication, her feelings will come rushing back when she realizes that she's losing him.

However, in most cases it just doesn't work.

Why?

To begin with, when a woman breaks up with a guy, it's usually because she has lost respect and attraction for him over time.

It's not because she wants to break up for no reason or because she is confused and needs time to figure things out.

She's literally turned off by him and wants out of the relationship.

In her mind, she may be thinking negative things about him like, *"He really stuffed up, so he can forget about us ever getting back together,"* or, *"I wasted so much time with him. I thought we had something special going and instead he messed everything up. Well I'm glad it's over between us now. My heart is closed to him and nothing will make me have feelings for him again. I'm going to move on."*

So, if her ex guy ignores her and gives up, she's much more likely to think, *"This is great! He's making it easier for me than I thought. I can now move on with my life and not worry about him making things difficult for me by trying to get me to change my mind"* than to rush back to him and give him another chance.

Here's the thing!

If a woman doesn't feel attracted to a guy, she won't feel much or any motivation to come back to him just because he's no longer chasing her.

Yes, she might wonder why he is suddenly taking a back seat and no longer contacting her, but if he hasn't re-sparked her feelings of respect and sexual attraction for him prior to cutting off contact, she's not going to feel that bad about it at all.

Rather than call him on the phone and say something along the lines of, *"I think I made a mistake. I now realize that I miss you too much to want to be apart. Do you think we can give our relationship another chance?"* she will just use the time apart to completely switch off her feelings for him (e.g. by getting angry over his lack of communication, hooking up with another guy) and then move on.

The truth is, unless your ex is still in love with you and is secretly hoping that you and her will get back together again, not actively getting her back will simply give her the time she needs to get over you.

So, what should you do instead?

The best way to get a woman back is to actively re-attract her.

You need to focus on using every interaction you have with her to make her feel sparks of respect and sexual attraction for you again.

Whether you're interacting with her via text or e-mail, on social media, over the phone and especially in person, make sure that you are making her smile, laugh and feel happy to be in contact with you again.

The more attracted you make her feel when you interact with her, the more her defenses will come down.

Then, the idea of getting back together again will begin to feel like something she wants to do because it feels right.

On the other hand, if you don't do anything to re-spark her feelings for you and just give up, she probably won't ever be interested in getting back together with you again.

Another reason why not chasing a woman usually doesn't work to get her back is because!

2. Women can easily move on in today's world

[image: Women can easily move on in today's world]

Rather than sitting around thinking, *"Why isn't he calling me?"* or *"Is he over me so quickly? Why isn't he doing anything to get me back? Could he have met someone else? I miss him!"* a woman will use her ex's indifference towards her as an excuse to move on without him.

Here's the thing!

In today's world, a woman simply has to get on a dating app like Tinder, an online dating site, or go out to a bar or club and give out her number, kiss or even have sex with one of the many guys who will want her and she will start forgetting about her ex.

[image: Easy for women to get some action and move on]

It's pretty damn easy for her to get some action.

She knows that.

Additionally, most women have had some experience in relationships and break ups before.

So, even though a woman may be feeling sad about the break up with her ex, she will know that the pain will eventually fade away, or that she can get over the pain by hooking up with new guys.

All she needs to do is wait it out until she feels completely over him, or use another guy (or guys) to help her get over him even faster.

She knows that.

So, if you really want to get your ex back, hoping that if you stop chasing her will make it happen is not a good strategy to use if she's not attracted to you anymore.

In fact, by ignoring her, you're just giving her the help she needs to get over you, move on and find someone else.

Here's an older video of mine that discusses that very topic!

If you want to get her back, you have to put in the effort to re-attract her and make her want you back now.

If you wait too long, she may end up falling in love with a new guy, getting married or getting pregnant.

Then what?

Ignore her even more?

No, no, no.

That approach doesn't work in almost all ex back cases where a man is trying to get a woman back who no longer feels attracted to him.

If you want your ex back now, you have to actively re-attract her in a calm, confident manner.

Begin interacting with her in whatever way is possible for you (e.g. text or e-mail her, message her on social media, call her on the phone, or even better, meet up with her in person) and make her feel some respect and sexual attraction for you again.

When you do that, she will naturally begin to change how she thinks and feels about you.

She will open back up to you.

On the other hand, if she doesn't feel anything for you, it's not going to matter to her that you've stopped chasing her to make her come back.

Instead she will see that as yet another reason why she needs to move on without you (i.e. because you're either incapable of getting her back, still don't know what she really wants from you, are too afraid to step up to the plate and do what it takes to get her back).

The next reason why not chasing a woman doesn't work to get her back is because!

3. She is afraid of getting rejected by you if she tries to get you back

A woman will rarely make the first move with her ex (even if she still has feelings and wants him back), because she fears that he might try to hurt her for breaking up with him by rejecting her and saying things like, *"What makes you think I would ever want you back? I'm over you and I have an even better girlfriend now. Leave me alone."*

If that happens, then she will be the one who is more hurt by the break up.

She will feel as though he is dumping her, so it will be harder for her to get over him and move on.

To avoid that happening to her, she will just move on with a new guy, rather than having to deal with the potential pain of reaching out to an ex and getting rejected.

This is why it's very important that if you want your ex back, you actively focus on getting her back, rather than leaving it all up to her.

Don't sit around hoping that giving her space will convince her that your intentions are good and make her contact you, because chances are she won't.

You need to interact with her in a calm, confident manner as often as you can (without being a pain in the ass or coming across as being desperate) and focus on reawakening her feelings of attraction and respect for you.

Some guys are able to do that with one interaction, whereas other guys need to interact with their ex woman 2-3 times before she feels enough attraction to drop her guard and open up again.

When she drops her guard, she starts to think things like, *â€œMaybe we can make things work between us after all. Maybe our relationship is worth saving.â€*

Another reason why not chasing a woman usually doesn't work to get her back is because

4. Some women want to see how you handle yourself as you pursue her

How a guy handles the break up is one of the things that either makes a woman want to get back with him, or convince her even more that she made the right decision.

For example: When a woman breaks up with a guy, some of the things she looks out for are:

- Does he become desperate (e.g. he starts begging and pleading for another chance, makes promises to do anything she wants as long as she gives him another chance)?
- Does he get angry or irritated with her (e.g. he insults her, calls her names, becomes aggressive or even physically violent)?
- Does he maintain his cool (e.g. he doesn't get upset or nervous, he believes in his value to her, even though they're now broken up)?
- Does he remain confident no matter how much she tests him (e.g. he laughs at her when she tells him that she doesn't have feelings for him anymore)?
- Does he actively pursue her to get her back, or does he sit back and hope she will do all the work for him?

Depending on his reaction, she will either feel a resurgence of respect and attraction for him for handling the ex back process in a confident, emotionally strong and mature way, or she will feel turned off by his immature or insecure behavior.

So, if you want your ex back, don't just give up, walk away and leave it all up to her.

That approach rarely, if ever works for guys who have been dumped by a woman who is no longer attracted to them.

You have to do something about it.

Of course, that doesn't mean you should harass her by calling her all the time, sending multiple texts, e-mails or messages, or try to force her into getting back together again.

Instead, you need to interact with her in a calm, confident manner and build on her feelings for you. The more you make her feel good to be interacting with you again (e.g. by making her laugh and smile, being confident when she tests you, creating a sexual vibe between you and her), the more the idea of getting back together again will seem appealing to her.

Don't Lose Your Chance With Her By Making These Mistakes

By now you've probably realized that not pursuing an ex usually doesn't get her back. You've already probably realized that I don't recommend chasing your ex in a desperate, frantic manner.

This is about being calm, confident and in control and getting the job done (i.e. getting her back). That is what works for men who have been dumped by a woman who no longer feels attracted or in love.

You know that now, but so many guys don't, which is why they end up making mistakes such as

1. Ignoring her texts or signs of interest from her to hopefully make her chase even more

Playing a little bit hard to get is good, but if you go too far with it, she will play harder to get and it will become even more difficult for you to handle.

So, don't go overboard and try to be Mr. Cool or Mr. Aloof all of a sudden.

Be calm and confident while getting her back, but don't go crazy and be too cold, aloof or unavailable.

Unfortunately, a lot of guys don't know what else to do other than extreme behaviors to hopefully get a result, so they end up ruining their chances.

For example: Sometimes, a guy might think, *"I don't want to come across as being too eager, so I'm going to play it cool. I'll pretend that I'm not available and ignore her texts to hopefully get her to chase harder. Then, when I finally do text her back a few days or a week later, she will be so happy to be hearing from me that she will be the one asking me for a second chance."*

It sounds good in theory, but it rarely works when a woman is over her ex, knows exactly why she broke up with him (i.e. he turned her off and wasn't able to give her the kind of attraction experience she really wanted).

She just doesn't feel the need to rush back to a guy who she isn't attracted to anymore.

Here's the thing

Some women will show interest when their ex ignores them, but not to get him back.

Instead, she will do it to get him to show interest again and reveal his true feelings (i.e. he wants her back), so she can reconfirm that she is in the position of power (i.e. he wants her back, but she doesn't want him back).

As soon as she has confirmed that, she feels good about herself and moves on.

However, not all women approach it in that way.

In many cases, a woman will simply move on and not care about the fact that her ex isn't pursuing her.

She doesn't need to confirm that she is in the position of power because she already knows that she is.

So, if you are serious about getting your ex back, don't just ignore her and hope that she comes running back.

In most cases, a woman will simply move on.

So, just pick up the phone, call her and start creating some feelings inside of her right away.

Then, meet up with her and get her back.

That's how a real man handles the situation.

He does what it takes to get the result he wants, while being calm, confident and in control.

Another mistake to avoid making is

2. Acting like you are happy without her when you're not

Sometimes, a guy will say that he's really happy and enjoying a great life without his ex as a way of making her jealous and want him back.

Yet, saying things like that almost always backfires.

All it takes for your ex to catch you out in a lie is for her to say something like, *â€œOh, really? That's kind of disappointing. I have been thinking a lot about us lately and realized that I made a mistake by breaking up with you. I want to get back together. Do you?â€*

If you then agree, she can quickly pull her interest back to see how happy you really are without her, or to regain the position of power.

If you fall apart and start pleading with her to give you another chance, she will know that you were only faking being happy and will then feel even less respect and attraction for you for lying to her.

So, rather than pretending that you're happy without your ex when you're not, just focus on genuinely being happy without her.

For example: You can build on your happiness by

- Focusing on achieving your big goals and dreams in life and beginning to follow through on them.
- Spending more time with friends and doing outdoor activities together.
- Taking up a new hobby or activity that you've always wanted to do, but never got around to.
- Focusing on your positive qualities and realizing how much of a better man you've become since the break up and how lucky your ex would be to have you back.

Then, when you interact with your ex and she sees that you really are happy and have genuinely getting on with your life without her, she will naturally feel a surge of respect and attraction for you.

You can then build on those initial feelings to make her feel intensely attracted to you again and get her back.

On the other hand, if you only fake it and she finds out, getting her back becomes even more difficult. Another mistake to avoid making isâ□|

3. Not improving your ability to re-attract her before you interact with her

[image: Not improving your ability to attract her before interacting with her again]

One of the main reasons why a woman breaks up with a guy is because she loses so much respect and attraction for him (i.e. due to his behavior, attitude or actions), that she doesnâ□□t want to be with him anymore.

For example:

- He becomes too clingy and needy in the relationship with her (e.g. stops doing anything in his life independently of her, needs her to reassure him of her love and attraction for him, tells her that he canâ□□t live or be happy without her support).
- He allows her to get away with bad behavior (e.g., throwing tantrums, being disrespectful towards him) and emotionally dominate him in the relationship.
- He stops making her feel feminine and girly in his presence and treats her more like a neutral friend, or a roommate.
- He stops being romantic and charming and the relationship becomes boring.
- He takes her for granted and just starts treating her however he wants.
- He doesn't know why she is becoming increasingly frustrated or unhappy with him, so he begins to accuse her of being crazy, wanting to cheat, being selfish or not being as loving and warm as she used to be.

A woman doesn't want to have to spend her life fixing her guy and hopefully trying to get him to understand what women want.

She wants to relax into being his woman and just love and adore him, rather than having to endlessly work on him.

If he can't step up to the plate and be the kind of man she wants, she will eventually decide to leave him.

To get her back, a guy needs to make sure that he improves his ability to attract her (i.e. by improving on the things that caused her to break up with him in the first place) before he interacts with her again.

If he attempts to get her back without first giving her what she really wants (e.g. for him to be more confident and believe in himself, to make her feel like a real woman when sheâ□□s with him, not to put up with her nonsense and get her to respect him more) she will feel that he still doesnâ□□t understand her and she will remain closed off.

In the same way, if you try to get your ex back while youâ□□re still making the same old attraction mistakes you made before (e.g. you give her too much power over you, you feel unworthy of her, youâ□□re afraid to stand up to her when sheâ□□s out of line), she isnâ□□t going to feel motivated to want to get back with you.

It won't matter if you chase her or give up; either way she isn't going to want you back because she's not going to be feeling attracted to you anymore.

So, if you are serious about getting your ex back, you need to focus on improving your ability to attract her based on the man you have become since the break up.

When she can see for herself that she feels differently around you now, her guard will naturally come down and she'll be interested in seeing you more to see what happens.

So, don't waste any more time ignoring her or playing hard to hopefully to get her to come back on her own.

If you want her back, make it happen!

Focus on making her feel attracted and in love with you again.

Take control of the situation and get her back.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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My Ex Said She Still Loves Me, But Doesn't See Us Being Together Again

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

5 possible reasons why your ex said that she still loves you, but doesn't see you being together again are:

1. She is basing her decision on how she feels about you now

Right now, it's only natural that your ex isn't feeling too excited about the idea of you and her getting back together again.

She's most likely still thinking about the break up and the things that caused her to go through with it in the end.

For example: Leading up the break up, a guy might have turned his woman off by:

- Not being affectionate enough towards her.
- Keeping his emotions closed off from her.
- Being too childish and immature (e.g. she wants him to get serious about their future together while he still enjoys being carefree and irresponsible).
- Being too clingy and needy about their future together (e.g. she just wants to relax and let the relationship happen, but he is constantly worried about the possibility that they might break up, or that she might find another guy attractive and leave him).
- Not having any direction in his life (i.e. just copying what his friends like to do, not having a big purpose or ambition that he is actively working towards, not caring about having direction and just wanting to do whatever).
- Getting angry at her for little things rather than being a calm, confident, loving boyfriend or husband.
- Being too emotionally sensitive (i.e. she had to be nice to him, give him compliments and make him feel good, or else he would sulk, get irritable or throw an angry tantrum).
- Not putting in enough or any effort to create feelings of love and make her laugh and enjoy being with him anymore.

So, that's what might have turned her off leading up to the break up.

[image: Please give me another chance! I can change!]

Then, after the breakup, a guy might panic and react in an unattractive way by being needy and desperate, begging, pleading, apologizing over and over again and possibly even crying to her.

Unfortunately, none of those things will make a woman think, *â"Wow, I want to get back with him!*

Instead, she will likely be thinking, *âI know he wants me back, but he's not really doing anything different from before. He's just hoping that if we get back together again things will change and improve, but it doesn't work that way. I just don't see him being able to change if I give him another chance. It's actually quite sad really. He's really a sweet guy and I do still love him, but he's not the right guy for me. I don't feel a spark with him anymore. I feel like I*

*need to move on and find a guy who can naturally make me feel more attracted, rather than a guy who needs me to help him fix the relationship and make me want him.*â□□

In other words, to get your ex back, you need to focus on making her feel attracted to you again so she wants you naturally, rather than trying to discuss your way back into a relationship with her.

[image: Focus on attraction to get another chance]

If you focus on attraction, she will naturally change her mind and want to give you another chance.

So, what's an example of something a guy can do to make her change her mind and want to give him another chance?

One example is where a guy has been keeping himself closed off from his woman in the relationship (e.g. he never discusses his problems with her, he keeps secrets from her about himself, he doesn't fully open up emotionally in fear of being hurt).

So, when he then interacts with her via text, on a phone call and in person from now on, he needs to be able to show her that heâ□□s no longer like that.

Itâ□□s not about telling her, *â□□Hey, Iâ□□ve changed. I used to be all closed off and secretive, but now Iâ□□m different,*â□□ because sheâ□□s probably just going to be thinking, *â□□Yeah right! Iâ□□m supposed to believe that nothing I said before made a difference, but now suddenly youâ□□re going to open up and let me in? How can I believe you?*â□□

[image: Focus on attraction to get another chance]

Instead, it's about calmly and confidently being a different version of yourself, so she can experience it.

So many guys make the mistake of being frantic and desperate as they try to show their ex woman a different side of themselves.

That doesn't work.

It's the biggest mistake you can makeâ□!

Remember: The only thing that matters to her is her feelings.

It no longer matters how much you love her or care about her.

She just cares about how she feels and right now, she doesn't feel enough attraction for you to justify being in a relationship with you.

So, the only way to get her to care, is to actively make her feel attracted to you when you interact with her.

When youâ□□re interacting with her, you need to show her by the way that youâ□□re talking, thinking, feeling, behaving, moving and responding to her, that real changes have been made.

Of course, just showing her that youâ□□ve changed and improved doesnâ□□t automatically get the relationship back together.

However, it does allow her to start experiencing a renewed sense of respect and attraction for you again.

When she feels a renewed sense of respect and attraction for you, she naturally starts to look at you differently (i.e. she now not only loves you, but also feels much more respectful of you and sexually attracted to you).

She then starts to feel differently about the relationship and the possibility of getting back together. She opens up and you can confidently guide her back into a relationship via hugging, kissing, having sex and falling back in love.

On the other hand, if you don't actively make her reconnect with her feelings of respect and attraction for you, then don't even worry about trying to get her back because she's just going to keep saying *â€œIâ€™m sorry. I do still love you, but I donâ€™t see us being together again.â€*

Remember: Attraction first and everything else after that.

Another reason why your ex may be saying that to you, is because

2. You didn't attract her in the ways that she really cares about

A woman will often break up with a guy without ever telling him her real reasons for doing so.

For example: She might want her guy to be more focused and driven in his life.

She always wished he would stop messing around (e.g. not being serious about his studies, being unemployed or being stuck in a dead-end job, partying too much with friends, not thinking about his, and their, future) and put effort into setting and achieving some really big goals in his life.

Instead, he just said things like, *â€œI promise Iâ€™ll do it soon. Donâ€™t worry so much honey. Everything will work out fine,â€* when she talked to him about it.

He was essentially trying to tell her to go against her natural instincts (i.e. to find a man to breed with who will settle down with her, support her and the children and protect her).

He wanted her to abandon all that and just hang around and live life with him because he loved her and wanted to be with her.

Unfortunately, there's only so long that a woman can ignore her natural instincts and urges.

After a while, the alarm bells in her mind become too loud to ignore and she begins to hear, *“Find a real man. He's not going to change. You need to get out of this relationship. Time is running out.”*

Not understanding the natural urges and instincts of women, the guy may have just laughed and said something along the lines of, *â€œStop being so serious all the time and relax. Weâ€™re only young once, so whatâ€™s the point of not enjoying ourselves? Iâ€™ll get on to the serious stuff in life soon enough. For now, I want to enjoy being young and carefree. Letâ€™s just focus on our love.*

Thereâ€™s nothing to worry about. As long as we have each other, everything is fine.â€

She might have then gotten upset and said, *â€œYou donâ€™t understand me. Canâ€™t you see that your behavior is stressing me out?â€*

If he still doesn't realize that she needs him to be more ambitious and goal oriented, she will begin to feel unsatisfied.

She will then start asking herself, *â€œWill I ever feel safe in my relationship with him, or will he continue being childish and immature and lacking ambition in his life? Do we really have a future together, or am I going to wake up one morning and discover that Iâ€™m living a sad, unsuccessful life because of him? His lack of interest in the future is actually holding me back. I canâ€™t just sit around and wait for him to change. What if the changes never happen? Iâ€™ll have wasted the best years of my life waiting for a guy who is never going to grow up and make me feel the way I want to feel in the relationship with him. As much as I love him, I realize now that I have to break up with*

him. I have to listen to my heart. I have to take care of myself.â€

When a woman gets to the point where she can see that her guy is not giving her the attraction experience she really wants and likely never will, she will break up with him and focus on getting over him and finding a guy who can fill that need for her.

So, if your ex is saying that she still loves you but doesn't see you as being together again, it's very important that you find out what she secretly wanted from you in the relationship that you weren't giving her, and start improving on that right away.

Note: In your case, it might not have been that you weren't goal oriented.

In your case, it might have been that you just stopped making her feel attracted and didn't know how to get the spark back.

As a result, you started being nicer, more giving and more patient with her and she eventually grew dissatisfied with that.

Why?

Sexual and romantic attraction is what makes a man and a woman want to be together and it's what keeps them together.

You might think that love keeps a man and a woman together, but romantic love only exists on top of sexual and romantic attraction.

Sexual and romantic attraction is the basis upon which a sexual relationship between a man and a woman exists and remains together.

So, make sure that you're not trying to get your ex back by saying things like, "But, I love you" or, "But, what we have is so special."

She's only going to care if you are actively making her feel sexually and romantically attracted to you again.

Another reason why your ex may be saying that she still loves you, but doesn't see you as being together again, is because

3. She doesn't believe that you will ever change

Most of the time, a break up between a man and a woman doesn't just happen without at least a few disagreements or fights first.

For example: The woman will get angry over a certain aspect of the guy's behavior (e.g. his insecurity, lack of empathy for her, neediness) that she feels he's not improving on and she may then throw a tantrum.

She might say something along the lines of, "I'm sick and tired of always fighting with you about the same things. If you don't change, I'm going to break up with you and that's final! Don't think I am joking about this. I am serious."

The guy may then respond by saying things like, "I'm sorry! I know that I stuffed up, but I promise I'll do better. Please don't break up with me. Believe me – this time I really will change. I promise."

She might then give him another chance and maybe even two or three additional chances after that.

However, over time, she will come to realize that he's only saying he will change to stop her

from breaking up with him and that he has no intention of following through on his promise (e.g. because he doesn't know how to change, or he's unwilling to change).

She then breaks up with him.

When he tries to get her back, she says, *â€œSorry. Even though I still love you, I don't see us being together again,â€* because she doesn't believe that he will ever change.

So, if you want your ex to want to get back together again, you need to show her via your actions, behavior and the way you talk and interact with her that you've already changed and improved on some of the things that matter to her.

When she can see for herself that if she gets back with you, you and her are not just going to start arguing and fighting all over again about the same things, she'll be able to start trusting you again.

When that happens, her defenses will come down and she will become more open to talking with you over the phone and meeting up with you in person to see where things go from there.

Another reason why your ex may be saying that she still loves you, but doesn't see you as being together again, is becauseâ€

4. She only loves you as a friend now

When the spark dies in a relationship (i.e. there's no longer any sexual attraction), a woman will lose interest in being with the man.

She may then say something along the lines of, *â€œI still love you, but I don't see us as being together again. I think it's best if we stay friends for now,â€* as a way of easing his pain.

He might then think to himself, *â€œFriends? Well, that's okay. I can be friends for now. At least this way I can stick around and still talk to her over the phone, or meet up with her in person. Then, if I'm really good to her and show her that she can count on me no matter what, she will eventually fall back in love with me and we can get back together again.â€*

Yet, here's the thingâ€

A woman almost never changes her mind about feeling neutral, friendly feelings towards a guy based on how good and reliable he is.

She changes her mind because he actively makes her feel respect, sexual attraction and romantic love for him again when he interacts with her.

So, if your ex has put you in the friend zone, don't waste time hanging around her and being a sweet, friendly pushover to her.

If you really want her back, you need to use every interaction you have with her (e.g. on the phone, or in person) to make her smile, laugh and feel good to be around you and make her feel strong surges of respect and sexual attraction again.

Don't pretend that you're not interested in getting her back, or that you don't find her sexually attractive anymore.

That doesn't work.

You've got to be actively making her feel sexually attracted and aroused by your approach to conversations and interactions.

That's what works.

If you only focus on making her feel neutral, friendly feelings for you, there won't be a strong, compelling reason for her to want you back sexually and romantically.

So, make sure that you flirt with her and make her experience feelings of respect, sexual attraction, arousal and romantic love for you again, rather than making her think of you as just a friend now.

Another reason why your ex may be saying that she still loves you, but doesn't see you as being together again, is because

5. She is interested in another man

Sometimes a woman might have already met another guy that she's interested in and wants to see where things go with him.

However, she may not want to come out and tell her ex right away (e.g. because she's afraid of how her will react, she doesn't want to hurt him, she wants to make sure it works out with the new guy first).

So, rather than have to explain to him about her feelings for another guy, she simply says, *I love you, but I don't see us being together again*, in the hopes that her ex will say something along the lines of, *How about I give you some space to think about things? Maybe, then we can talk again about getting back together.*

She will then have the time to hook up with the new guy and see how it goes, before eventually either saying, *"I'm with someone else now"* or, *"Okay, I'll give us another chance"* if it didn't work out with the new guy.

This is why I always recommend that a man take control of the situation (i.e. by actively making his ex woman feel sexually and romantically attracted to him again), rather than just leaving it all up to her, or making the mistake of begging and pleading for another chance based on his love, need or desire for her.

3 Mistakes to Avoid Making if You Want Your Ex to See You and Her Being Together Again

When you respark your ex's feelings of respect and attraction for you, the way she feels about you will naturally begin to change.

She will go from not seeing you and her being together again, to imagining what it would be like if she gave you another chance and allowed herself to fall in love with you again.

It's a natural reaction based on what you're saying and doing when you interact with her.

However, for that to happen, you need to be saying the types of things that are turning her feelings on for you, not turning them off.

Some common mistakes that turn a woman off even more, are:

1. Declaring your undying love for her and promising to wait

Sometimes, when a woman says, *I love you, but I don't see us being together again*, a guy might decide that if he shows her how loyal and committed he is to her, she will then change her

mind.

He might then say to her, *“Even though you don’t see us being together, I’m not going to give up. I love you and I’m willing to wait as long as it takes for you to realize that we are meant to be together. The truth is, a life without you is meaningless to me. There’s nothing I want more than for us to be together again. So, just take some time to think about it and I will be right here waiting for you.”*

Yet, here’s the thing!

Although a woman appreciates a man who loves her and is devoted to her, she doesn’t want to be his purpose for living.

She wants him to be confident enough to move forward and enjoy his life whether she’s in it or not.

That doesn’t mean he has to hook up with new women though.

Instead, he just needs to be able to show her (not tell her!) that he doesn’t need her for his happiness or sense of purpose in life.

Unfortunately, a lot of guys are afraid to do that because they worry it will cause the woman to move on.

Yet, the fact is that women just aren’t excited about the idea of a guy (who they don’t feel attracted to) desperately needing them for his sense of happiness and purpose in life.

If a guy sits around waiting for his ex to hopefully one day give him a second chance, she knows that it means he’s too emotionally dependent on her and doesn’t have the courage to be his own man and live his own life.

Being like that is unattractive to her and convinces her even more to move on and find a guy who is less needy of her.

Another mistake to avoid is!

2. Giving her reasons why you and her can work, rather than making her feel it

[image: Giving her reasons why you and her can or should work things out]

Sometimes, a guy might try to convince his ex to get back together again by giving her reasons why he thinks they should be together.

For example: A man might say, *“What we have is special. Sure we had some problems, but I know we’re meant to be together,”* or *“All of our friends and family say that we make such a great couple. We can’t let them down. We owe it to them to at least try,”* or *“You’ve got exams coming up. Do you really want the stress of a break up to get in the way of that? Besides, no one else can help you prepare the way I can. I’ll be there for you.”*

Yet, regardless of whether his arguments are valid or not, a modern woman doesn’t have to stay with a guy out of a sense of duty, or because she feels guilty, or pity for him.

She knows that she has the freedom to be single, dating or in a relationship.

It’s completely up to her and she decides based on how she feels.

The fact is that a woman wants to be with a guy because she loves him and because it feels good to be in a relationship with him, not because he gives her a whole bunch of reasons why she should be

feeling attracted and in love.

In other words, a woman reacts to how she feels, rather than just listening the logical, sensible arguments you raise to hopefully get her to stay with you.

Another mistake to avoid isâ€¦|

3. Asking her to explain to you what will make her happy

This is probably one of the most common mistakes guys make that end up turning a woman off even more. Why?

When a guy asks a woman to tell him what he needs to do to make her happy, heâ€™s effectively telling her that heâ€™s clueless about how to think, act and behave like a real man.

Instead, he wants her to guide him and teach him.

Yet, a woman doesnâ€™t want to be responsible for teaching a man how to be a man.

In her mind, that is the job of a male role model (e.g. a father, uncle, guru, mentor), not hers.

She just wants him to figure out how to be the kind of man she wants and then start being that man, rather than relying on her to help him through it.

So, if your ex said that she still loves you, but doesnâ€™t see you and her being together again, make sure you show her that youâ€™re now a better, more attractive man than before, without her needing to tell you how to do it.

When she sees for herself that you really have changed, she wonâ€™t be able to stop feeling respect and attraction for you again.

Then, the idea of giving you another chance starts to feel like something she wants too.

As a result, you and her naturally get back together.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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5 Tips on How to Get Out of the Friend Zone With Your Ex

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

How can you get out of the friend zone with your ex girlfriend or ex wife?

How can you make her stop looking at you as just a friend or her ex guy that she no longer has sexual or romantic feelings for?

Here are my 5 tips on how to do it...

1. Understand that you have placed yourself in the friend zone

[image: Understand that you have placed yourself in the friend zone]

In most ex back cases that I've worked on where a guy is in the friend zone with his ex woman, he has placed himself there.

She hasn't actually decided that he is in the friend zone.

It's based on his thinking and behavior.

To help you understand how that works, think about an example where a guy is trying to pick up a woman.

He has a crush on a girl that he likes and he doesn't really know how to get her to like him in the same way.

So, he hangs around with her, tries to build up a friendship and hopes that eventually she might like him in a sexual and romantic way.

[image: Friend zoned by a girl you like]

Then all of a sudden, another guy comes along who isn't necessarily any better looking than him or anything like that.

Instead, the new guy doesn't place himself in the friend zone.

He feels worthy of her.

His confidence in himself around her allows him to be a bit more bold in the way that he uses humor and the way that he interacts with her and as a result, she ends up hooking up with him sexually and getting into a relationship with him.

Meanwhile, the guy in the friend zone is thinking, *"What just happened? I was talking to her for weeks or months. We really got along. I was always there for her. I was very understanding. I was helpful. I was essentially what women are asking for. They're asking for a nice guy who cares for them and listens and looks out for them and treats them really well. I was doing all of that and then she goes and hooks up with another guy who didn't do any of that for her."*

So, what is the main thing that made her hook up with the guy?

It's very simple...

Sexual attraction.

A woman's feelings of sexual attraction for you can be created.

It's based on how you interact with her, how you talk to her.

For example, if you're talking to your ex and you're doubting yourself, giving her too much power and being way too nice to her in the hopes that she eventually caves in and gives you another chance, then she's not going to be feeling sexually attracted to you because of that.

Women don't feel sexually attracted and turned on by a guy's self-doubt and insecurity around her.

What a woman feels turned on by is a guy's confidence and belief in himself around her.

So, when it comes to getting your ex back, you need to absolutely believe in yourself and your value.

You have to absolutely believe that she could feel sexually attracted to you, that she could feel romantically attracted to you and that she would want to be in a relationship with you.

Don't doubt it for a second.

If you doubt it, you will naturally start to end up in the friend zone.

Why?

She will not feel attracted to you.

Women are not attracted to self-doubt and insecurity.

2. Don't give her an ultimatum of a relationship or nothing

[image: Don't give her an ultimatum of a relationship or nothing]

When a guy doesn't know what to do to make his ex woman feel attracted to him again, he'll often get to the point where he gives her an ultimatum.

He says something like, *"Well, look. I can't just be friends with you. It has to be more than that. I have too much feelings for you. It will be too difficult for me to be friends with you because I love you so much. You either want to be with me or nothing."*

In most ex back cases, the woman then chooses nothing and she walks away.

Why?

She's not attracted to him.

Therefore, she doesn't feel motivated to want to get back into a sexual relationship with him.

She doesn't have those feelings for him because he's not creating them.

He's essentially just hanging around her, texting her like a friend, being nice to her, giving her all the power and hoping that eventually she caves in and gives him another chance.

He's wasting so much time and energy using that approach.

All it will take for her to hook up with another guy is for another guy to come along, focus on making her feel sexually attracted and have the confidence to then hook up with her sexually.

Another problem with the ultimatum of it's a relationship or nothing is that when a guy says it to a woman, he's usually coming across in a bit of an emotionally weak way.

His body language appears a little bit desperate and he is showing her that he is in pain.

He can't deal with the fact that she doesn't want to have a sexual and romantic relationship with him. She just sees him as a friend.

The reason why it's a problem is that a woman does not want to feel responsible for your emotional

state.

She doesn't want to feel responsible for your confidence, happiness and self-esteem.

A woman wants a man who is confident, happy and forward moving in life regardless of what she says or does, regardless of whether she is approving of him, giving him attention, affection and making him feel good about himself.

She wants a man who stands on his own two feet and is confident, happy and forward moving regardless of what she is thinking, feeling, saying or doing in any given moment.

When a guy has the confidence to be that type of guy, a woman naturally feels attracted and drawn to him.

So, rather than giving her an ultimatum of it's a relationship or nothing, what you need to do is interact with her and make her feel sexually and romantically attracted to you again.

While you're doing that, you also need to be subtly pulling away emotionally.

In other words, you're not chasing a relationship and you're not chasing her.

What you're doing is making her feel attracted to you, she's feeling it, but she can also feel that she's losing you.

She can also feel that if she doesn't make a move and accept a relationship with you, another woman is going to find you attractive.

What happens is that she realizes that she is feeling attracted to the new and improved you.

She knows that other women are going to find that attractive and if you go ahead and interact with another woman, she is most likely going to find you attractive.

If you then hook up with that woman and get into a relationship with her, it might end up causing your ex to feel like she has been rejected, she has been left behind.

So, rather than her feeling brokenhearted, she starts to open back up to you again and you can get her back.

Using that approach is so much more effective than giving a woman an ultimatum of it's a relationship or nothing.

One of the reasons why is that if your ex currently doesn't feel attracted to you and you give her an ultimatum of it's a relationship or nothing, then she's not really going to care about the fact that she's losing you.

She doesn't feel attracted to you.

You feel attracted to her, you want her back, you want to have a better relationship with her, but she's not even feeling the fundamental feeling of attraction.

The sexual and romantic attraction between you and her isn't mutual.

You're feeling it, but she's not.

So, if you give her the ultimatum of a relationship or nothing, she's almost certainly just going to walk away and then move on without you.

3. Don't be her comfort friend

A lot of guys who are in the friend zone with their ex girlfriend or wife make this mistake.

They are always there to listen with her, text her as much as she wants, whenever she wants and essentially help her out and be there for her.

That's being a comfort friend.

It's not what makes a woman feel sexually and romantically turned on by a man.

What you need to be aware of is that some women keep their ex guy around for their own comfort after the break up.

She might tell him things like, *"I'm not interested in dating anyone else right now. I'm just spending a lot of time on my own. I don't want to be in a relationship at the moment. I need some more time to find myself and find out what I want."*

Yet, behind his back, she is flirting with other guys.

She might be on Tinder or online dating.

She might be going out with her girlfriends and meeting guys.

She might be opening herself up to be set up on blind dates or she might actually be going on dates with guys who have an interest in her.

So many guys end up in a situation where they're being that comfort friend to their ex woman and being there whenever she wants to talk and reach out, but the guy isn't making her feel sexually and romantically attracted again.

She knows that she doesn't have those type of feelings for him because he hasn't really changed.

He's essentially using the same type of approach to attraction that got him dumped in the first place.

For example, giving her too much power, being too nice to her, not being able to put her back in her place in a dominant, but loving way and not really knowing how to make her feel like a feminine sexy girl around him.

She feels more neutral around him, more like a friend or more like a big sister to him.

As a result, she doesn't feel that draw.

She doesn't feel like she has to be with him in a sexual and romantic way.

In many cases, the woman also doesn't feel like she has to be loyal to him in any way.

She might say to her ex that she's not interested in dating anyone else at the moment and just wants to be alone, but that doesn't mean she is being 100% truthful to him.

After all, she might not want to tell him about her plans to start dating again or the guys that she's interested in because she doesn't want to hurt her ex's feelings.

Alternatively, she doesn't want him to potentially get angry or start begging and pleading for her to not go and hook up with another guy and to give him another chance.

So, she just says to him that she's not interested in dating anyone else and just wants to be on her own at the moment.

That's a case where she isn't being truthful.

If she is actually being truthful and doesn't want to date anyone at the moment, all it usually takes is

for her to meet a guy who makes her feel sexually and romantically attracted and her thoughts about dating suddenly change.

She suddenly goes from not wanting to date, not wanting to have sex, not wanting to be in a relationship to hooking up with a new guy and then her ex gets left behind.

So, don't fall into the trap of being her comfort friend who is essentially being there for her in a nice, supportive way and not making her feel sexually and romantically attracted.

You need to use the so-called friendship to be turning her on sexually.

You need to be making her feel attracted to you in new and interesting ways, so she feels drawn to you and doesn't want to lose what she's now feeling with you.

If you don't level up your ability to attract her and are using the same old approach, then she's most likely going to continue to just feel a friendly type of emotion towards you.

She's not going to have that sexual and romantic draw, that sexual and romantic pull towards you.

4. Understand why maintaining a friendship with your ex is a good idea

Don't worry about the term 'friendship.'

It's not actually going to be a friendship.

It's going to be a courtship because you are going to use the friendship to seduce her back into a sexual romantic relationship with you.

Being friends with your ex is also a good idea because it keeps communication open between you and her.

When the communication is open, you can use that to re-attract her.

Being friends with her is not about accepting whatever you can get with her.

It's not a desperate move.

Instead, it's about you being in control of the process rather than leaving it all up to her and hoping that she comes back to you one day, hoping that she eventually misses you and realizes that you're the one for her.

You don't want to put yourself in that position where you're constantly trying to impress her and be nice to her and jump through all of her hopes in order to hopefully get a chance with her.

What you need to do is fast track the process.

Make her feel a renewed sense of respect and attraction for you, get the feelings of sexual and romantic attraction flowing again and make her fall back in love with you.

When you do that, she'll naturally want to be back with you now rather than just being friends with you.

5. Regain your position of power

[image: Regain your position of power]

So, how can you regain the position of power?

What you need to do is make her feel more attracted to you than you feel attracted to her.

At the same time, you need to make sure that you're not giving her the impression that you hope she will give you another chance or that you hope she will select you.

You have to give her the impression based on your vibe and behavior that you already know that you're good enough for her.

You already know that she feels attracted to you and she is thinking of giving you another chance.

Give her the impression that you know she is feeling a lot of attraction for the new and improved you.

[image: Exit the friend zone by making her feel sexually attracted to you again]

What you need to understand is that women love being in the position where they are feeling so attracted and in love with a guy that they can't stop thinking about him and wanting to be around him.

You can make a woman feel that way if you stop giving her the power of being the selector.

Stop looking to her for a decision of whether she wants to be with you in a sexual relationship or not.

Just make her feel turned on by the new and improved you and she will naturally want to be with you in a sexual and romantic way.

The thing is, women actually prefer it that way.

A woman wants to be in the position where she is subtly chasing the relationship, where she feels the need to constantly impress her man.

The man is being good to her.

He is respecting her and he's treating her well, but he is in the position of power.

She wants to be with him even more than he wants to be with her.

He loves her.

He feels attracted to her and wants to be with her, but she feels that need to chase him a little bit.

She feels the need to impress him a little bit.

That's the type of approach that will absolutely work when you are in the friend zone with your ex.

Learn More?

Okay, I hope you've enjoyed this video and learned something from it.

If you'd like to learn more, I recommend that you watch my program, Get Your Ex Back Super System

When you use the techniques from the program, she will feel a renewed sense of respect and attraction for you.

She will fall back in love with you and want to be with you in a sexual and romantic relationship.

The Man Leads the Dynamic

One final point that I want to make for you in this video is just to remind you that in most situations, it's the guy who places himself in the friend zone.

He hands over his power to the woman as being the selector.

He hopes to get chosen by her, rather than being in the power position and knowing that he is good enough for her and simply focusing on making her feel sexually and romantically attracted to him.

So, rather than hoping that your ex selects you one day and gives you a chance, take control of the situation.

Be in the position of power.

Focus on making her feel so attracted to you that she just has to be with you sexually and romantically.

She wants to be back in your arms again.

[image: Get out of the friend zone with your ex and get to a kiss]

She wants to kiss you.

She wants to be in a sexual relationship with you.

She doesn't want some other woman feeling attracted to the new and improved you and stealing you away from her.

She wants to claim you as her own.

You can make her feel that way.

So, stop placing yourself in the friend zone and regain your position of power.

Be the one who is making her feel so attracted to you that she wants to have another chance with you and doesn't want to lose you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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5 Tips on How to Get Your Ex Back When She Doesn't Love You Anymore

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

How can you get your ex back if she doesn't love you anymore?

The feelings of love just aren't there anymore.

She used to look into your eyes and enjoy being in your arms and she would have told you that she loved you.

She would have been excited and happy to have been with you back then.

It would have felt good.

Yet, it just doesn't feel like that anymore.

She's not in love with you.

So, how can you get her back?

1. Understand that feelings of romantic love can be created

The way that it works is...

- If a woman is feeling respect and attraction for a man, love flows.
- If she is losing respect and attraction for him, her love begins to fade.
- If she has lost all respect and attraction for him, her love stops flowing.

When a woman has lost all respect and attraction for a man, she doesn't feel like she's in love with him anymore.

She disconnects from the feelings of love.

What a man needs to understand is that he is creating that effect.

So, when it comes to getting an ex back, if you make your ex feel respect and attraction for you again, she naturally begins to feel like she loves you or at least can love you if she opens back up to you again.

On the other hand, if you use the same old approach to attraction that got you dumped in the first place, then she's going to remain closed up.

She won't be feeling respect and attraction for you and therefore, she won't feel like she is in love with you or could love you again.

Essentially, the love that she feels for you is something that you create based on your approach to her. If your approach to your ex causes her to feel little or no respect and attraction for you, then she's not going to love you.

On the other hand, if your approach makes her feel strong rushes of respect and attraction for the new and improved you, then she's either going to fall back in love with you, or feel sparks of love and realize that she can fall back in love with you if she opens herself up to you again.

So, just to be clear here, the love that she feels for you is something that you create based on your

approach to her.

For example, a guy had become too insecure and emotionally sensitive in the relationship.

As a result, she wasn't able to feel respect and attraction for him and she fell out of love with him.

Just like other women, she's not attracted to emotional sensitivity and insecurity in men.

So, if he wants to create feelings of romantic love inside of her, he needs to quickly become more confident, more emotionally masculine and more emotionally ballsy.

He needs to man up, essentially.

If he's able to do that right away when in a relationship, it's going to avoid a breakup.

If he's already been broken up with, he needs to quickly get that area of himself fixed and he needs to interact with her and let her experience it.

When he interacts with her and she can see that he is now a very confident, emotionally masculine and emotionally ballsy man, she is naturally going to feel a renewed sense of respect and attraction for him.

When that happens, she will automatically start to experience feelings of love for him.

Another example is where a guy was too closed up emotionally in the relationship and didn't show his woman enough love.

In a case like that, he needs to quickly become a more emotionally mature and open man without pressuring her to get back into a relationship with him.

In cases like that, many guys make the mistake of not being very emotionally open during the relationship and not showing enough love, to then being way too emotionally open and showing way too much love.

The woman then gets turned off because the guy is acting desperate.

Women don't feel attracted to desperation in men.

So, if a guy is in a situation like that, he needs to quickly start being a more emotionally mature and emotionally open man, but he needs to chill.

He needs to relax.

He needs to take it easy and not be pouring his heart out to her and showing her way too much love and appreciation to the point where it appears desperate.

Women aren't attracted to desperation in a man, so using that type of approach won't work.

What you need to understand is that feelings of romantic love can be created.

For example, if a guy's in a situation where his ex woman really has her guard up, he needs to understand that he can create feelings of romantic love inside of her.

He needs to make her feel a renewed sense of respect and attraction for him and when he does, she will begin to feel sparks of love.

Before he knows it, her guard will come down, she will open back up to him and she'll start feeling like she is in love with him again.

This happens because a man can create feelings of romantic love inside of a woman.

You don't have to leave it in her hands and hope that she comes back to you.

You can actually make her feel respect, attraction and love for you again.

When she does, getting back with her is a natural and easy process.

The second tip on how to get your ex back when she doesn't love you anymore is to...

2. Get clear on the subtle ways that you have been turning her off

[image: Get clear on the subtle ways that you have been turning her off]

As you may know, women are more attracted to how a man makes her feel when he's interacting with her rather than how he looks.

A woman can feel some attraction to a man's looks, but they are not merely as important as how he makes her feel based on his thinking, his words, his behavior and his actions.

A woman's attraction for you is largely based on who you are on the inside and how that comes out on the outside.

If you're insecure on the inside, that's going to come out as insecure words, feelings, behavior and actions and it's going to turn a woman off.

If you're confident on the inside, the same rule applies.

So, if you want to get your ex back when she doesn't love you anymore, it's very important to understand where you've been turning her off in subtle ways.

It really comes down to your behavior, your actions, your attitude and the way that you've approached interactions with her and other people.

That is what women really get turned on or turned off about when it comes to men.

So, here are some examples of subtle ways that a guy may have turned his woman off when in a relationship with her.

- He lacked confidence in how he talked to her or others.
- His body language was weak, unsure, nervous, stressed, needy, desperate, or feminine.
- He didn't have the emotional masculinity to be the leader of the relationship between him and her.
- He was unable to pass her simple confidence tests (e.g. when she would roll her eyes at him, when she would play hard-to-get during a conversation, when she would pretend to be annoyed about things that she wasn't really annoyed about and so on). Rather than remaining confident and being composed, he would get flustered, angry or irritated at her for behaving in that way. He didn't understand that she was simply testing his confidence and trying to see how much of a man he really was on the inside.
- He was unable to make her feel feminine because he was too neutral or he was a bit feminine in how he thought, felt, behaved and acted.
- He made her feel neutral because he treated her more like a friend or a buddy rather than treating her like his sexy, feminine girl.
- He was too emotionally needy.
- He was clingy, jealous and way too dependent on her for his sense of happiness and identity and value as a man in this world.

- He tended to get annoyed or angry about things that she thought he shouldn't get so worked up about (e.g. when he was watching the news or when someone cut him off in traffic).
- He expected her to respect him at all times, but didn't offer her the same respect in return.

It's important that you understand the subtle ways that you were turning her off during the relationship and may have been turning off since the breakup.

When you understand why she was really turned off by you and why she really fell out of love, you can then make the right changes and have the most impact on her.

If you change things that she doesn't really care about, then she's not going to feel motivated to get back with you.

For example, if you were already a good boyfriend or husband and you're trying to be even nicer and more generous and more giving, then it's most likely not going to hit the mark.

You have to understand the subtle things about your thinking, behavior and actions that have been turning her off and then adjust those things.

Now, for some guys, that might seem a little bit difficult.

However, it's actually very easy.

Most of the subtle behaviors that turn women off are connected to core issues in a man.

For example, when a man lacks confidence in himself and feels unworthy of his woman, it'll cause all sorts of problems and turn her off in many subtle ways.

For example, he'll become jealous, he may become controlling, he'll be emotionally sensitive, he'll be needy and so on.

He doesn't need to fix all of those things individually.

Instead, he simply needs to improve his confidence and belief in himself.

He needs to believe that he is worthy of her.

He needs to have that confidence in himself, and as a result, all of the connected problems will begin to wither away.

He will no longer be feeding his insecurity and jealousy and neediness with his lack of belief in himself.

Instead, he will be feeding his self-assurance, his self-esteem and his confidence.

In reaction to that, his woman will naturally start to feel a renewed sense of respect and attraction for him.

She will feel differently about him.

She will look at him differently.

She will think about him differently and as a result, her guard will come down.

She will no longer feel like it's not worth it for her to get back into a relationship with him.

She will feel drawn to him.

She will feel attracted and he can then get her back.

3. Don't try to get a relationship before she is fully re-attracted

[image: Don't try to get a relationship before she is fully re-attracted]

A common mistake that guys make is that they start to make their ex woman feel some attraction and then go straight for the kill.

The guy's pushing for a relationship, telling her how much she means to him and trying to get her to commit to being together in a serious relationship again.

Don't do that if your woman broke up with you because she didn't love you anymore.

Let her really want it.

Let her feel drawn to you and be the one who is pushing for the relationship more than you.

She doesn't want to lose the feelings that she is experiencing now around you.

She's feeling a renewed sense of respect and attraction.

The love is flowing back again.

She feels great and she doesn't want to lose that.

As a result, she's naturally going to be wanting to push for a relationship.

She's going to try to make it happen.

Just make sure that you maintain your composure and don't jump the gun when she starts showing a little bit of interest.

Why?

Well, if you suddenly start pushing for a relationship, she might realize that she's making it too easy for you to get her back.

She may then start to say things like, *"I'm feeling confused. I'm not sure if we should be doing this. I think I need more time to think about it,"* or, *"I should go."*

She then makes up an excuse why she has to be somewhere with someone else or go do something else.

So, the best way to approach it is to continue to build on her feelings of respect, attraction and love for you, but don't push for a committed relationship.

Don't try to get her to commit to being with you again.

Just let her really want it.

Allow her to feel the excitement of really wanting you and the relationship as she falls back in love with you.

If you do that, she will make it so much easier for you to get her back.

She won't want to play mind games and play hard to get because she will want the relationship just as much as you do.

4. Don't try to get her back just via text

If you just stick to text, you will almost always get stuck in conversations that go nowhere and your woman will eventually go cold and stop replying.

So, make sure that you're willing to go beyond the texts where you actually meet up in person.

The real magic happens when you re-attract her in person and you get her to hug you and kiss you and want to have sex with you again and then have sex with you.

That's when things really happen quickly.

However, if you just stick to text, it may go on for weeks, months and even longer than that.

During that time, she may move on and fall in love with a new guy and then completely go cold on you and stop replying altogether.

5. Avoid talking about your feelings for her before you and her are back together

[image: Avoid talking about your feelings for her before you are fully back together]

A lot of guys get this wrong and end up losing their chance with their woman.

As you would know, men and women are different.

Women feel attracted to things about men that are different to what men feel attracted to in women.

It really is different.

For example, if a man broke up with a woman and she contacted him telling him how much she loves him and how much he means to her, it might not necessarily result in her getting him back, but it's not going to turn him off like it would turn a woman off if a guy sent something like that to her.

Women don't like it when they break up with a man and he then sends a long letter or a long email expressing all these feelings for her.

One of the reasons why is that romantic gestures from a man are only appealing to a woman when she feels attracted to him.

When a woman breaks up with the guy, she usually doesn't feel attracted to him anymore.

In your case, she doesn't love you anymore, which means that she stopped feeling respect for you, she doesn't feel attracted to you and she doesn't love you.

So, if you're talking about your feelings for her and telling her how much she means to you prior to getting back with her, it's not going to go down well.

She's not going to enjoy hearing that.

A general rule to go by is to focus on getting her back first and then focus on the romantic side of the relationship.

There's nothing wrong with telling your ex woman that you love her and you miss her if she asks you as long as you say it in a masculine type of way.

For example, if she asks, "*Do you still love me?*" it's best to be honest, real and masculine about it.

So, if she were to ask you something like, "*Do you still love me?*" it's best to say something like, "*Yeah, of course I still love you.*"

Alternatively, you can make her feel some attraction by using humor and being confident by saying something like, "*Love you? No way. I hate you now.*"

You can say that with a smile and she will obviously know that you're joking and then have a bit of a

laugh. Then you can say, *“Just kidding. Of course I still love you.”*

Now, compare that to saying it in a soppy, romantic type of way.

She asks, *“Do you still love me?”* and the guy says, *“Oh, yes. I’ve never stopped loving you. I miss you all the time. I can’t think and sleep properly and all I want to be with is you. I’ve never loved a woman as much as I love you. You mean the world to me. What we had is special,”* and so on.

There’s a big difference in that.

For some guys who don’t understand how a woman’s attraction works, they might feel like it’s the right thing to do to tell her how he feels in depth.

However, I’m telling you now that it’s not the right thing to do in terms of making her feel attracted and actually getting her back.

Women do not feel attracted to the same things about men that we feel attracted to about women.

You really have to use a different approach.

You’ve got to use a masculine approach if you want a woman to naturally feel respect, attraction and love for you.

Learn more?

Okay, I hope you’ve enjoyed this video and learned something from it.

If you’d like to learn more, I recommend that you watch my program, [Get Your Ex Back Super System](#)

When you watch the program, you will learn the quickest, easiest and most effective way to get a woman back.

At the moment, your ex doesn’t love you, so you might think that it’s impossible for you to get her back, but it’s not.

You can literally create feelings of romantic love inside of her.

You are in control of the process.

It comes down to what you say and do.

When you use the techniques from the program, she will feel a renewed sense of respect and attraction for you.

As a result, the love will begin to flow once again.

She will fall back in love with you and she will enjoy it.

So, be confident in yourself and know that you can get her back.

Other guys in your situation have done it and you can do it too.

The Spark That Begins to Change Her Mind

[image: The spark that begins to change her mind]

One final point that I want to make for you is that when a woman breaks up with a guy because she doesn’t love him anymore, all it usually takes in most cases to change that is a spark of respect and

attraction.

When a woman feels some respect and attraction for a guy, she naturally starts to feel love for him again.

However, if a woman doesn't feel respect and attraction and a guy is trying to tell her how much he loves her and trying to be romantic with her, she's not going to enjoy that.

She's not going to feel motivated to get back with him.

The love isn't going to be mutual.

You can make her love you again, but just make sure that you approach it in the correct order.

Make her feel a renewed sense of respect and attraction for you first and then the love will start to flow again.

What she may not understand right now is that the love you are going to make her feel is going to be stronger, more powerful and more enjoyable than the love she used to feel for you.

This is next level love.

The reason why is that you are going to level up as a man.

You are going to quickly improve as a man and attract her in new and interesting ways.

She's going to experience feelings that she's never felt for you before.

[image: Getting your ex to fall back in love with you by reawakening her feelings of attraction]

It's going to be enjoyable for both you and her.

So, if your ex doesn't love you at the moment, don't worry, you can change that.

Feelings of romantic love can be created.

When you interact with her and you're attracting her in new and more interesting ways, she is going to feel a renewed sense of respect and attraction for you.

As a result, the love will start flowing again.

You and her will then get back together naturally and easily.

It won't be a struggle.

It won't be about you trying to convince her to give you another chance.

She will want to give you another chance because she will be in love with you again.

So, if your ex doesn't currently love you, don't give up.

You can make her love you again.

You can create feelings of romantic love inside of her again and you can get her back.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to

gain free, instant access!

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The Horrible Truth About the No Contact Rule

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The No Contact Rule is a technique that some people try to use to get their ex back after a breakup or a divorce.

It's essentially about cutting off contact for 30 or 60 days.

Unfortunately for men, it usually doesn't work to get their ex woman back.

You will understand that as I explain these five little-known facts about the No Contact Rule...

1. It works differently for men and women

[image: The No Contact Rule works differently for men and women]

One of the reasons why the No Contact Rule works differently for men and women is that men and women usually break up with each other for different reasons.

For example, one of the common reasons why a man will break up with a woman is that he will be in a situation where his woman isn't treating him well anymore.

She's not being affectionate, she's not interested in sex anymore and she's essentially being a pain in the butt.

She's not respecting him and appreciating him like she used to, so he decides to go ahead and dump her.

He hopes that it will teach her a lesson and make her want to change and be a better woman for him.

He hopes that it will get her to come crawling back to him and he will then be in a position of power and they'll have a better relationship as a result.

That can work if the woman actually comes back.

However, not every woman comes back after being dumped.

Additionally, sometimes a woman knows exactly what the guy is up to and doesn't want to have to come crawling back and give him the power in the relationship.

So, she decides to cut off contact and see if he'll come crawling back to her.

When a woman is in that situation where she has been dumped by a guy like that, if she cuts off contact with him and doesn't contact him for 30 or 60 days, the guy will usually regret breaking up with her.

He was hoping that by breaking up with her, she would change, she would be more submissive and attentive and loving, but she just went cold.

She didn't contact him.

He starts to worry that she's going to get out there and meet new guys, have sex and move on without him.

Meanwhile, he's sitting around thinking about her, missing her and regretting breaking up with her.

So, what does he do?

In most situations, a guy will then text his ex woman or give her a call and meet up with her and

she'll be able to get him back.

So, the No Contact Rule works well for a woman in that situation.

She was able to make her man panic and worry that she was moving on simply by not contacting him.

However, the same rules do not apply when a man is trying to get a woman back that is no longer attracted to him.

In most cases, when a woman breaks up with a man, it's not because she wants to gain power over him.

It's because she is no longer attracted to him.

So, a common scenario that happens with the No Contact Rule when men try to use it is as follows.

A woman breaks up with a man because she is no longer attracted to him > He then cuts off contact with her and hopes that it will make her miss him and come crawling back > She doesn't really miss him because she's no longer attracted to him > She doesn't feel motivated to go back to a guy that she's not attracted to > She opens herself up to new guys and moves on without him.

Now, I will point out that no contact can work on some women to get them back.

Where it does work is when a woman is still attracted to her ex guy.

She doesn't really want to break up with him, but they broke up after a fight and she starts to miss him.

He's not contacting her, she can't handle it, so she contacts him and they'll then catch up and get back together.

However, in most ex back situations where guys actually need help, that isn't the case at all.

The most common scenario is where a woman broke up with a guy because she lost respect, attraction and love for him.

She doesn't have strong feelings for him anymore or she doesn't have any feelings for him anymore.

She just doesn't want anything to do with him.

So, when a guy uses the No Contact Rule and hopes that she might come crawling back to him, she doesn't.

She doesn't have any motivation to want to be back with him.

She's not attracted to him, she's not in love with him, she's not missing him and she's relieved that he's not contacting her and trying to get her back.

So, she just moves on and he gets left behind.

Okay, the next little-known fact about the No Contact Rule...

2. It was originally designed to help a couple get over each other and move on

For decades, relationship counselors, therapists and psychologists have been suggesting the No Contact approach as a way of helping couples get over each other or create space so they can figure out what they want.

It has never been designed as a strategy for men to get any woman back after a breakup.

In fact, the No Contact approach usually only works in the woman's favor.

For example, many times the therapist, psychologist or relationship counselor will notice that the woman doesn't want to be with the guy anymore.

The counselor wants to help the woman get away from her ex guy, so she suggests that the guy stop contacting her for 30, 60 or even 90 days.

The woman can then use the time apart to find a replacement guy and be able to tell her ex guy that she doesn't want anything to do with him anymore because she's in a new relationship.

Of course, sometimes it's necessary for a therapist or a counselor to protect a woman like that.

Most guys are good guys and will change and improve, but there are some guys out there who won't change and are just going to continue hurting the woman or turning her off or abusing her and so on.

So, it's understandable that a therapist, psychologist or relationship counselor might recommend the No Contact Rule as a way of helping the woman get away from the guy.

However, in most cases, the No Contact Rule is recommended as a way of a couple creating space so they can either get over each other or they can decide what they want after they've gone through that no contact period.

3. Most guys don't heal during the no contact period and end up developing insecurities

For men, one of the hopes about the No Contact Rule is that during the 30 or 60 days, they will heal from the breakup.

A guy will feel better about himself, he'll feel more confident and he'll be able to interact with his ex woman and get her back.

Unfortunately, that isn't the result that most guys get.

What happens for most guys is that while cutting off contact with their ex woman, they are essentially sitting around, thinking about her and missing her all the time.

A guy can't get her off his mind. He's worried that she might have sex with a new guy, fall in love with him and move on.

He's counting down the days until he can contact her again and it just doesn't feel good.

Time seems to be going so slow and his worries about her moving on just seem to be getting worse.

He can't get rid of the feeling of wanting her back.

He misses her, he thinks about her all the time and just wants her back, yet, he's using the No Contact approach.

He's cutting off contact and hoping that it works.

Unfortunately, for most guys, they get dumped because the woman isn't attracted to them anymore.

So, when a guy cuts off contact, she doesn't come running back.

In many cases, a guy will wait for 30 days and his woman still hasn't contacted him, so he will contact her and she won't reply.

Alternatively, she might reply initially and then go cold.

In other cases, she'll reply initially and then block him.

So, he's wasted 30 days sitting around, feeling stressed out and has simply helped her get over him and potentially move on without him.

Now, at this point, some guys might be wondering, what should they do instead of cutting off contact for 30 or 60 days?

[image: No Contact is an extreme approach to use and often backfires for men]

Should they be constantly contacting her and desperately chasing her?

No.

Completely cutting off contact for 30 or 60 days is just as extreme as desperately chasing her.

You don't actually need to use either of those approaches to get your ex woman back.

What I recommend is a more balanced approach to the situation.

That is where you give her 3 to 7 days of space and during that time, you rapidly improve yourself.

You improve your ability to attract her.

Then you contact her, re-attract her and get her back.

In many ex back cases, it works well for a woman to completely cut off contact with her ex man for 30 or 60 days.

However, in most situations where a man is trying to get his woman back, he doesn't need to go to that extreme.

In fact, if he goes to that extreme, he will almost certainly lose his woman because she will simply move on without him.

As you may have guessed, I'm not a fan of the No Contact Rule when it comes to men getting women back.

The reason why is that I see, day in and day out, the results of men trying that approach to get their ex woman back.

Pretty much every guy who tries it ends up disappointed.

The woman simply moves on.

What I see work day in and day out is when a guy quickly levels up, improves his ability to attract her and interacts with her.

He interacts with her, makes her feel attracted to him again and then she opens back up to him.

She has a reason to want to get back with him.

She's feeling attracted to him in new, more interesting ways.

There's something there between him and her now.

There's a spark, there's a reason for her to get back with him.

She's feeling drawn to him.

She wants to explore the feelings that she's now having around him.

That's what I see work day in and day out, the guys who level up by improving their ability to attract their ex woman, interacting with her and making her feel attracted again and then guiding her through

the rest of the ex back process.

They get her back into a relationship by taking control of the situation rather than cutting off contact and hoping that she comes running back or that she mans up herself and takes the lead and guides him back into a relationship.

4. When a woman is ignored by the man that she wanted to break up with, she usually just moves on

When women use the No Contact Rule, they usually have pretty good results with it.

On the other hand, when a man uses the No Contact Rule on an ex woman, he rarely gets her back.

Some guys do get their ex woman back simply by not contacting her, but most guys don't.

The main reason why is that when a woman breaks up with a guy, it's usually not a power play.

Sometimes it is a power play and she wants to get her guy treating her better, but in most cases, when a woman breaks up with a guy, it's because she doesn't have feelings for him anymore.

She no longer feels enough respect, attraction and love for him to warrant being in a relationship.

She doesn't feel like it's justified for her to stay in a relationship with a guy who she no longer feels respect, attraction and love for.

So, when he doesn't contact her, she simply moves on.

5. Cutting off contact for 30 or 60 days won't make your ex forget about why she broke up with you

For men, one of the hopes with the No Contact Rule is that their ex woman will forget all about why she broke up with him, will be missing him and will then contact him and want him back.

Unfortunately, it doesn't work that way in most situations.

Most women don't suddenly forget that they were turned off by their ex guy.

She doesn't suddenly forget that he was too insecure, too emotionally sensitive and wasn't manly enough for her.

If she broke up with him for those reasons, she's going to remember those reasons.

Additionally, if he wasn't treating her well and he ended up being a bit of an asshole to her, she's going to remember that.

She might fondly remember some of the good times, but she's not going to be stupid.

Women are just as intelligent as men, in most cases, of course.

Women have memories just like we men do and they're not stupid, in most cases.

Women can remember why they broke up with a guy.

They can play that movie back in their mind and remember that they were turned off by a guy because he was too insecure, wasn't manly enough and didn't create a spark with her.

She can remember that.

Of course, some women do force themselves to forget about the bad things that turned them off about a guy because she can't move on without her ex.

She has tried to get out there and date and hasn't been able to find a suitable replacement guy.

So, she forces herself to not focus on the negative memories and focus on the positive memories and then she contacts her ex.

That does happen in a very small percentage of situations, but in most cases, the woman simply gets out there and meets new guys and moves on without her ex.

This is why I always recommend that men take control of the ex back process rather than leaving it all in the woman's hands by cutting off contact with her and hoping that she takes the lead and gets you back.

Taking control of the process is about interacting with her and making her feel attracted to you again. When you interact with her and reawaken her feelings for you, she then has a reason to get back with you now.

You don't have to sit around worrying for 30 or 60 days hoping that she doesn't have sex with a new guy and move on without you.

You can get her back pretty much right away.

You interact with her, you make her feel attracted to you again and get her feeling like she's in love with you again.

As a result, her guard comes down, you hook up with her sexually and you can get back into a relationship with her.

Learn more?

[image: Get Your Ex Back Super System by Dan Bacon]

Okay, I hope you've enjoyed this video and learned something from it.

If you'd like to learn more, I recommend that you watch my program, [Get Your Ex Back Super System](#)

When you watch the program, you will learn the quickest, easiest and most effective way to get a woman back now.

When you use the techniques from the program, she will feel a renewed sense of respect and attraction for you.

She will fall back in love with you and want to give the relationship another chance now.

Choosing the right approach for you now

One final point that I want to make during this video, is that it's up to you what approach you take to get your ex back from this point onwards.

If you feel as though cutting off contact with her will result in her missing you terribly and contacting you and wanting to get back with you, then go ahead and do that.

However, if you're in a situation like most guys are, where your woman doesn't have strong feelings

for you anymore or doesn't have any feelings for you anymore, then just understand that the No Contact Rule is almost certainly not going to work for you.

What I see work for guys in your situation is where a guy interacts with his woman again and makes her feel attracted.

He reawakens her feelings.

He reactivates her feelings.

She starts feeling attracted to him in new and more interesting ways.

He has leveled up as a man.

He's so much more attractive and appealing to her now because he's no longer making the type of mistakes that caused her to feel turned off by him before.

For example, he's so much more confident now.

When he interacts with her, he creates a sexual vibe between him and her.

She can't stop herself from wanting to be in his arms, kiss him and hookup with him sexually.

She wants to get back in a relationship with him now.

So, use the approach that you think will work for you.

If you think that cutting off contact will cause her to come running back, go ahead and do it.

On the other hand, if you think that she's probably just going to move on and isn't going to be worried about you not contacting her, then I recommend that you do something about it.

I recommend that you take control of the ex back process by interacting with her and making her feel attracted to you again.

Give her a reason to want to get back with you now.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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7 Ex Back Success Stories

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

In this video, I'm going to provide you with 7 success stories from men who got their woman back.

Before I do that, I want to ask you a couple of questions:

Are you personally worried that you are not going to be able to get your ex back?

Do you feel like your situation is too different and nothing will work to get her back?

Most guys think that way because everyone's situation is unique.

Your situation with her is unique, but the process to get her back into a relationship with you is the same.

If you've never got a woman back into a relationship after a serious breakup, you might think that it's not possible.

You might think that it's too difficult, can't be done, there's no way that a woman will go back to a guy after she breaks up with him out of a serious relationship.

Yet, I'm here to tell you that other guys are doing it and you can do it, too.

It's sort of like the 4-minute mile.

Before Roger Bannister broke the record and ran a mile in under 4 minutes, many doctors and scientists said it was physically impossible to run a mile in less than 4 minutes.

Yet, one man changed everyone's opinion when he did it.

Roger Bannister was running a race in 1954 and wondering why the other runners were going so slow.

At three quarters of a mile, he wasn't tired and it was feeling easy to him.

He looked at the clock and saw that the race time was at 3 minutes and 0.7 seconds.

He then realized that if he ran the last lap in 59 seconds or under, he could run a mile in under 4 minutes.

So, he sprinted away from everyone else and made history. He ran a mile in 3 minutes and 59.4 seconds.

Before Roger broke the record, many people, including scientists and doctors, thought that it was physically impossible for a man to run a mile in under 4 minutes.

Yet, to Roger, when he was running the race, he felt like the other runners were just accepting the fact that it couldn't be done.

They were pacing themselves.

They were thinking, *"Well, you can't run that fast so why bother doing it?"*

Yet, to him, he saw that it could be done and he did it.

The most interesting thing about this is that after he did it, everyone else started doing it.

For example, his record was broken 46 days later by John Landy with the time of 3 minutes, 57.9 seconds.

From then on, athletes started doing it all the time.

As of today, as I make this video, the current world record is 3 minutes, 43.13 seconds.

That's 16.27 seconds faster than Roger Bannister.

I've seen the same thing happen with men getting ex women back.

[image: Ex back success stories - example 1]

Most people in this world think that it's impossible for a man or a woman to get their ex back after a break up.

Yet, people are starting to learn how to do it and get it done and they're getting their ex back.

They're posting on my YouTube channel, they're sending me success stories to my site and people are starting to understand that it is actually possible.

[image: Ex back success stories - example 2]

I've got hundreds and hundreds of success stories from men who've used my method to get their woman back.

I'm not going to bore you with hundreds and hundreds of success stories.

I've randomly picked out seven success stories and if you listen to what the guys are saying, you'll start to understand how they are getting their ex woman back and how it will be possible for you too.

Ex Back Success Story #1

Okay, so here's the first one....

"I got my girlfriend back using your method. Nothing else worked for me except your approach. I got her back within a few days after watching your program because it pumped me up with confidence and I just knew I could re-attract her and get the job done and I did. I just wish I had found your site earlier because I wasted so much time trying other methods before I stumbled across your system. My girlfriend means the world to me. So, to have her back is priceless. Thank you for your help."

A couple of important things from that guy's success story, he was pumped up with confidence and he knew he could re-attract her, he had learned techniques on how to re-attract her and he went and got the job done.

What he was referring to with other things not working for him, I don't know what it is, but I'm assuming it's not contacting his ex woman.

Most guys try to do that because it's a very common thing that people talk about.

Yet, what I've found is that cutting off contact works better for women who want to get a man back.

For men who want to get a woman back, what usually happens is that if the guy doesn't re-attract his woman, she simply moves on.

She broke up with him because she wasn't attracted to him anymore, she wasn't in love with him, she didn't respect him and when he doesn't contact her, she doesn't really care about that and she just moves on.

Some guys do get their woman back by cutting off contact and not doing anything else, but it's only a very small percentage of guys who get that type of result.

The vast majority of guys don't get any result if they cut off contact and don't do anything else or cut off contact and then try to reach out 30 or 60 days later.

What usually happens, the woman doesn't reply or she blocks him or she is cold and rude and he gets nowhere.

So, just to quickly explain how my method is different, it's about attracting a woman.

It's about interacting with her and making her feel sexually and romantically attracted to you again.

That changes everything.

When you reactivate her feelings and the love starts flowing in her heart again and she starts looking at you with attraction in her eyes, then everything changes.

The whole game changes.

She drops her guard, she's easier to talk to, she's more open, she is open to hugging and kissing and hooking up sexually, she's open to meeting up with you, hanging out and getting back together.

It's just so much easier when you focus on her feelings rather than ignoring her and hoping that if you cut off contact, she might develop feelings.

What I'm talking about is actually making her have feelings, interacting with her and attracting her.

Next success story...

Ex Back Success Story #2

"Hi, Dan. Me and my wife are now back together and so happy. I'll be honest with you. I thought, after I went through your programs that they would be of no use to me. I couldn't have been more wrong. It got me in the right mindset and helped me through the toughest part of the breakup and showed me how to be a man that my wife would want. In all fairness, it just felt natural to be this way. So many, many thanks to you and the team at Modern Man because without you, it would have been impossible for me to get my wife back in my arms. So, if any of you guys are in Liverpool, England at any time, don't hesitate to contact me because I would like to take you guys out for a drink. You don't realize how much you have helped me and I'm eternally grateful. Thanks again from the happiest man in Liverpool, Matty."

Next one...

Ex Back Success Story #3

"Hi, Dan. I got my ex back. Your system worked for me and it was easier than I thought it would be. I was led to believe by my friends that once a girl broke up with you that that was it, but now that I've done it, I can see what you see about attraction and relationships and love. Me and my girlfriend are now planning on moving in together and things are really good. So, my thanks to you for the brilliant program and advice. Gary from Portland, U.S.A."

So, one thing you might notice from the last two success stories there is that the guys are talking about how they approached attraction in a different way, how they were able to re-attract their

woman and make their woman want them.

That is what it's all about.

You've got to be able to interact with her and make her feel attracted to you.

I get contacted all the time by guys who are saying these types of things.

"Hey, I used your approach, I re-attracted her and now we're back into a relationship."

That's how it should be.

You should be able to do it.

It should be simple...and it is.

Next one...

Ex Back Success Story #4

"I just wanted to say a quick thank you. After purchasing your Get Your Ex Back System, I successfully followed the steps and one might expect whilst making the necessary changes. I noticed a power shift after getting back together, which was natural after I'd been a bit too controlling on some issues, so, I needed to ease up. Gradually, I demonstrated to her that I was a capable man who she could look up to emotionally and she's now happy again with the relationship. I've also been able to reward her good girlfriend attributes with more attention for things I'm not so keen on without being too reactive."

Okay, so I'm not quite sure what he meant by the last sentence there.

As I said, these are randomly picked success stories from my success story page and couple from YouTube comments.

There are literally hundreds and hundreds of them.

[image: Ex back success stories - example 3]

Essentially, what the guy is saying, though, is that he was able to re-attract her.

He was able to make her feel a renewed sense of respect and attraction for him.

As a result, she was able to start to love him again and give him another chance.

That is really how it works.

Okay, next one...

Ex Back Success Story #5

"Getting my ex back was a bit more complicated than other guys because of her abused past, but your system definitely worked for me. We were spending one day and an evening, a weekend together recently and having deep love making. She then rang tonight saying we were falling into our old pattern and maybe we should break up again, but I changed her mind based on my newfound confidence and understanding of how to really connect with the woman's mind. Anyway, she ended up saying she loved me multiple times and wants to be with me and address our niggles. That was the outcome. In conclusion, I wanted to thank you, Dan, as all your advice including the mistakes that guys make, etc., has really helped

me a lot. Thank you, Dan. You're making a lot of couples very happy with your programs.
Kind regards, M Y."

So, that's an interesting success story there because sometimes a guy will get his woman back and she will start changing her mind about it.

A woman will sometimes do that to test her man's confidence and she wants to see whether he's going to start panicking and begging and pleading and getting insecure and clingy.

Alternatively, she might say it because she really isn't feeling that attracted to him.

So, he might not be doing a very good job of attracting her and in this guy's case, what he did is that he noticed she was changing.

he then stepped up his confidence, was able to re-attract her and make her tell him that she loved him multiple times and they stayed together.

Okay, next success story....

Ex Back Success Story #6

This guy writes a little bit differently than most people, but let's read it out.

"Sup, Dan. I worked through the system and managed to get my ex back without really completing the system. It worked a bit too well. I just want to say you're awesome and your products work like magic. Before I got your products, I was good with girls, but now, damn, I'm someone else. I got my ex back and I also got her to be as good of a girlfriend as she was before. Just want to say thank you and keep it up. MK."

And finally, the last success story for this post ([more success stories here](#))...

Ex Back Success Story #7

"Hey, I just wanted to give you some feedback. My ex left me because she didn't love me. I watched your Get Your Ex Back Super System videos and it changed my life. I got her back in about 3 days because I became the man you spoke about. The sex is amazing now and she can't get enough of it. Thanks, Dan. I'm loving my new life. Dave."

Now, there are three interesting things about his success story.

One, he said that his ex left him because she didn't love him.

Two, he said he got her back in 3 days and three, he said the sex is now amazing and she can't get enough of it.

So, in terms of her leaving him because she didn't love him, this is where a lot of guys mess up.

They think that if a woman says, *"I don't love you anymore, I don't have feelings for you anymore,"* then he can't do anything about that.

Yes, you can.

You can make her feel attracted to you again.

When you make a woman feel attracted to you again, she can then start to love you.

Feelings of love start to flow naturally when a woman feels respect and attraction for a guy.

This is something that you can make your ex feel for you again.

You can actually make her feel that way.

So, the second interesting thing about his success story is that he got his ex woman back in about 3 days.

Most guys think that it's impossible to get a woman back that quickly.

Most guys think that it's impossible to change that quickly and transform that quickly.

The reason why is that most guys don't get the help that I'm offering.

So, they don't have access to rapid transformation, rapid improvement.

What a lot of guys out there don't understand yet, is that you can quickly transform and level up as a man.

You don't have to cut off contact with your ex woman for 30 or 60 days and slowly, slowly get better and eventually be able to talk to her.

That is the old way of thinking where people used to assume that you had to cut off contact for 30 or 60 days and then start the ex back process.

It's sort of like prior to 1954 where people, doctors and scientists thought it was physically impossible for a man to run a mile in under 4 minutes.

People said, *"No, no, it can't be done. It's physically impossible."*

Likewise, some people out there think that, *"No, no, you can't get an ex woman back quickly. You have to slowly recover for 30 or 60 days and take up hobbies, go to the gym and blah, blah, blah."*

Here's the thing...

Some guys do need a bit more time to recover.

They might need 7 days or 2 weeks or maybe 3 weeks, but most of the guys who contact me say that they got their ex woman back very quickly.

Most guys get their woman back within days, within a week, within a couple of weeks and some guys within 3 weeks or so.

Some guys do take a little bit longer, but really that's in their hands.

They are taking their time with it and that's okay.

A guy can do that.

Yet, the most important thing is that a man can get his ex woman back, you really need to understand that.

So, if you're thinking that your situation is too different, it's impossible, she said she hates you, she doesn't have feelings for you, she doesn't want to be with you, she currently doesn't want to talk to you, get rid of all that.

What you've got to understand is that's what she was saying based on how she felt about you at the time.

Yet, you can change how she feels.

Okay, so the third interesting thing about the last success story there was that he said, *"The sex is now amazing and she can't get enough of it."*

Why is that?

It's most likely because he has leveled up his ability to attract her.

He is now able to be more confident, more emotionally masculine and make her feel more feminine and girly in his presence.

He's most likely more able to just give her the pure masculine-feminine experience that women are yearning for.

Some guys who are getting their ex woman back already know how to do that. They're very masculine guys, they're very confident and they don't need to improve that.

However, some guys really do need to improve that and when they do, it has a dramatic effect on the way that the woman feels attracted and how interested she is in sex and being affectionate.

How About You?

Do you think that it's possible for you to get your ex back, or do you feel like your situation is too different and there's just too much that is going on between you and her and you can't get her back?

What I want you to know is that guys contact me every day about this and just the other day on YouTube, for example, a man commented saying that he got his ex-wife back after separation.

[image: Ex back success stories - example 4]

Can you imagine what it's like going through a separation with a wife?

You've been together for a long time, she has seen all of your bad habits, she has been turned off in many ways and she gets to the point where she separates and leaves the house or kicks you out and doesn't want to be with you anymore.

This man got his ex-wife back after a separation.

Most people out there think that, okay, when a husband and wife separate, then it's impossible to get back together.

That's it, it's over.

Yet, it's not impossible if you focus on re-attracting her.

If you reactivate her feelings of sexual and romantic attraction.

When you do that, she looks at you in a completely different way.

Of course, this applies whether it's your ex girlfriend or ex wife.

It's the same thing.

I know that your woman is unique, your situation is unique and every guy likes to feel like his situation is just more difficult and can't be fixed.

Really, it can be fixed.

I understand that you might feel like your situation is just too different, though, but there's this that happened and that had happened and she said this and said that and she felt this way.

Just understand that when you interact with her again and you make her feel a renewed sense of respect and attraction for you, she will begin to change how she thinks and feels about you.

She literally will begin to change, it'll happen.

That's what happens when a woman is feeling respect and attraction for a man.

She starts to think differently about him, she starts to feel differently, she starts to become more open, she drops her guard and if the man knows what he's doing and he's able to guide her back into a relationship, he gets her back.

So, don't be like those people prior to 1954 that said it was impossible to run a mile in under 4 minutes.

Roger Bannister proved them all wrong and athletes since then have been doing it all the time all over the world.

The same thing applies with getting an ex back.

Most people out there think that it's impossible, but people are beginning to get their ex back, they're telling their friends, they're posting on my YouTube channel, for example, they're sending me success stories to the site and it's happening.

So, if you want to get your ex back, just understand that it is possible.

You really can do it.

Learn More?

Okay, I hope you've enjoyed this video and learned something from it.

If you'd like to learn more, I recommend that you watch my program [Get Your Ex Back Super System](#)

When you watch the program, you will learn the quickest, most effective and easiest way to get a woman back.

When you use the techniques from the system, she will feel a renewed sense of respect and attraction for you, her feelings will come back and you will make her feelings even stronger for you than they were before.

You really can do that.

Her guard will come down, she'll open back up to you and you will be able to get her back into a relationship.

Your Situation is Unique, But the Solution is the Same

One final point that I want to make for you in this video is that I understand your situation is unique.

What happened between you and your woman didn't happen between any other couple out there.

You and her had a unique relationship, there were unique problems, there were subtle things that went on that eventually caused a break up.

However, the process to get her back is the same.

You make her feel a renewed sense of respect and attraction for you and she starts to feel love for you again.

That might feel like it's completely, utterly impossible in your situation because of what she said to you.

“I don’t love you anymore. I don’t have feelings for you. I don’t want to be with you,” and so on. Yet, just think about what these other guys have been saying with their ex back success stories. Guys out there get dumped by a girlfriend or a wife and she doesn’t want anything to do with him anymore.

The guy then re-attracts her and makes her feel love again and gets her back into a relationship. That really can be done.

It happens every day all over the world and you can do it, too.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

5 Tips on How to Get a Stubborn Ex Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

How can you get a stubborn ex-girlfriend or ex-wife back?

No matter what you've tried so far, she just won't budge.

She won't give you another chance.

You've tried telling her how you felt, you've tried telling her that you would change, you've tried all sorts of things and it's just not working.

Don't worry.

You can change how she feels and you can make her want you back.

The first tip is...

1. Stop chasing a relationship

[image: Stop chasing a relationship]

Firstly, when I say stop chasing a relationship, I don't mean give up or cut off contact for 30 or 60 days.

That isn't going to help you.

What you need to do is stop chasing a relationship.

It's about the vibe that you're giving off.

It's about the way that you're coming across when you communicate with her.

What are the reasons why it comes down to a fundamental difference between men and women?

For example, imagine that you broke up with a girl and didn't want to be with her anymore.

She then started begging and pleading and promising to do whatever you wanted to hopefully give her another chance.

She was willing to change and do whatever you want and be really good to you and treat you really nicely if you can just give her another chance.

Would you give her another chance?

Many guys watching this video would say yes.

Some guys will say no and say, *"When I break up with the girl, that's it. It's final. I'm not going to get back with her."*

However, a lot of guys will say yes.

The reason why is that when a woman is begging and pleading and sucking up to a girl like that, it often empowers a man.

It makes him feel like, *"Okay, cool. Now, I'm in charge. Now she's going to be really good to me. I practically own this girl now. I can do whatever I want and she's just going to put up with it."*

So, in many cases, a guy might feel attracted and might feel a bit turned on by the fact that his woman is begging and pleading and chasing a relationship with him.

He might enjoy that.

However, the same doesn't apply for women when a guy is begging and pleading and chasing.

Some women will give a guy another chance if he's begging, pleading and chasing, but most women feel completely turned off by it.

That's a really big difference between men and women.

[image: Stop chasing a relationship]

Whereas a man can feel turned on by how submissive and compliant his woman is now being because she's begging and pleading and promising to do anything, a woman will feel repelled and turned off by how desperate and emotionally weak the guy is being.

What you need to understand is that the same fundamental rules apply whether you are picking up women in a relationship or trying to get your ex woman back.

For example, when picking up women, if a guy is trying too hard to impress a woman and be selected by her, she will reject him or play very hard to get.

On the other hand, when picking up women, if a guy believes in himself and makes the woman feel so attracted that she wants to be selected by him, then she will open up and make it much easier for him to hook up with her.

In a relationship, if a guy is trying too hard to impress his woman because he doesn't feel like he's good enough for her, she will lose respect for him, begin to treat him badly, stop being as affectionate and lose interest in the relationship.

On the other hand, in a relationship, if a man believes in himself and builds on the woman's feelings of respect, attraction and love, then she will try hard to impress him and maintain his interest while being a loving, affectionate and caring woman.

Now, when it comes to getting an ex back, the same fundamental rules apply.

If a guy is trying too hard to convince his ex woman to give him another chance and he's sucking up to her, she will reject him, be stubborn about her decision to remain broken up or play very hard to get.

On the other hand, when getting an ex back, if a guy believes in himself and makes her feel so attracted to him again that she feels like it would be her loss if she didn't get back with him, then she stops being so stubborn, opens back up and gives him another chance.

Women don't behave in that way because they're crazy or because they want to make your life difficult.

Women are simply reacting to their natural instincts.

It's a woman's natural instinct to want to reward confidence and self-belief in a man with sex, love and devotion.

A woman's natural instinct is to not reward insecurity, self-doubt and desperation with sex, love and devotion.

This is why guys get rejected when they're trying too hard to pick up women, it's why women lose respect and attraction in a relationship and it's why so many guys struggle to get their ex woman back.

Essentially, when a man puts the power in a woman's hands and he's hoping to be selected by her, he

will almost always be rejected, dumped or left behind.

As I said, women don't behave in that way because they're crazy or they want to make your life difficult.

It's simply a woman's natural instinct to not reward insecurity, self-doubt and desperation in a man with her sex, love and devotion.

So, when it comes to getting an ex back, if a guy is chasing a relationship with a woman and begging and pleading and pouring his heart out to her and telling her how much she means to him and promising that he would change and do whatever she wants, then he's less likely to get her back.

She's going to be stubborn about her decision because she's going to feel turned off by him.

She won't be able to respect him because he's being so desperate and as a result, she won't be able to feel attracted to him.

So, what should the guy do instead?

Well, rather than chasing a relationship, a guy needs to believe in himself.

He needs to believe that he is worthy of her.

As a result, he will then start to behave in a more naturally attractive way to her.

He will be confident, he will have the balls to joke around with her, to mess with her, to flirt with her and to move in for a kiss if they're talking in person.

Essentially, rather than chasing and putting that pressure on her, you need to attract her so she feels drawn to you and she naturally comes back to you.

2. Rapidly change and improve while giving her space

A common mistake the guys make is that they cut off contact with their ex-girlfriend or ex-wife and hope that it works.

A guy hopes that if he just cuts off contact and doesn't do anything, she's going to miss him and she's going to want him back.

What happens in some cases is that when a guy cuts off contact, his woman eventually contacts him, but because he hasn't improved his ability to attract her, he turns her off again and then she goes cold and doesn't want to talk to him anymore.

So, what you need to get clear on is that while you give your woman a bit of space, you need to rapidly improve your ability to attract her.

Some guys can do that within 3 days, some guys can do it within a week, some guys can do it within 2 weeks or 3 weeks.

Whatever the case is for you, that's okay.

However, what I recommend is that you get it done quickly.

Don't waste too much time.

Don't cut off contact for a month or two and assume that you're just going to sit around waiting for you to contact her and she's not going to move on and fall in love with a new guy.

So many guys contact me and say, *"I cut off contact with my ex woman for 30 days or 60 days and she moved on. What do I do now?"*

When a guy is in a situation like that, he can still get her back by re-attracting her, but he's just made it a little bit more difficult for himself.

What I recommend is that if you give your woman space, you rapidly improve your ability to attract her.

So, say for example, a guy turned his woman off in a relationship because he was too emotionally sensitive.

In that case, he needs to quickly improve his confidence, his emotional masculinity, his emotional toughness.

Another example, if a guy took his woman for granted and basically expected her to be nice to him and respect him, but he wasn't giving the same back to her, then he needs to become a less emotionally selfish man.

So, rather than everything being about him and he's got to get, he's got to have, everyone has to give to him and he's not giving anything, he has to become a little bit more loving and giving and care and listen to people.

Just generally give a crap about people and things rather than being so selfish.

He doesn't have to go out there and save the world, feed the hungry or fly over to a poor country and save everyone.

He doesn't have to do that.

Instead, he just has to change from within and start being a more loving, caring, giving person in a genuine way.

It has to be sincere and genuine rather than an act.

The reason why is that if you have ever been interacting with someone and they were faking that they cared about you, you are most likely able to tell.

Likewise, if you were interacting with someone and they genuinely cared about you, you most likely were able to tell.

The same applies with your woman.

If you got dumped because you were taking her for granted and were treating her badly and then try to act like you're not going to be like that anymore or you're not like that, she's most likely going to be able to tell.

What you may have noticed in life is that how you think and feel on the inside comes out on the outside.

So, for example, if a person is very negative on the inside, you will notice that their words and their behavior and their actions are very negative.

If a person is very positive, the same rules apply.

So, if you got dumped because you were taking her for granted and you were treating her badly, then you really need to change on the inside.

When you change on the inside and you genuinely become a more loving and emotionally fair man, then it will come out and she will pick up on it.

You don't have to try to convince her on it, she will pick up on it.

So, just a reminder, if you're going to cut off contact and give her a little bit of space, make sure that

you don't sit around doing nothing during that time.

You need to rapidly improve your ability to attract her in the ways that actually matter to her.

So, whatever really turned her off, you need to fix, improve, adjust those areas of yourself.

You need to get ready to interact with her and make her feel attracted to you again.

3. Make her want you back by attracting her in new, more interesting ways

[image: Make her want you by attracting her in new, more interesting ways]

For example, be emotionally independent, be more ballsy with your humor or be emotionally masculine rather than being emotionally neutral or emotionally feminine.

Being emotionally independent is the opposite of being needy.

When a guy is needy, he needs a woman to show him love, affection and interest in order for him to feel okay about himself.

When a guy isn't needy and he's emotionally independent, he feels confident, happy and is forward-moving in life regardless of whether the woman is supporting him, showing him interest and making him feel good.

He feels good on his own.

That is very attractive to women because women don't want to feel like they are responsible for your emotional state.

They don't want to be stuck with a boy, for example, that they have to look after like a mother would look after a son or a big sister would look out for when it comes to her little brother.

What a woman wants to have in a man is a man who is happy, confident and forward-moving regardless of what she says or does.

The next example is be more ballsy with your humor and I have a couple of examples planned for later in the video, so I'll leave that to them.

The final example is to be more emotionally masculine rather than being emotionally neutral or emotionally feminine.

A lot of guys end up being emotionally neutral in a relationship where there really isn't much of a spark between him and his woman.

He essentially treats her more like a friend and he isn't actively being the man in the relationship.

He's just sort of can't be bothered, everything is boring and plain and, *"We're used to each other and it's just neutral now. I don't really know what to do. Let's just hang out. I love you, you know that."*

That sort of approach doesn't create a spark between a man and a woman.

The other thing that I mentioned there was emotionally feminine.

Not every guy falls into this category, but some of the guys that I've helped over the years do fall into this category, where they're essentially being a bit of a big baby.

The guy is sulking about things, being emotionally sensitive or being a bit too soft and the woman is able to dominate him in the relationship and push him around.

Of course, there are some women out there who find that attractive like dominatrix type of women and things, but those women are the minority.

The majority of women want an emotionally masculine man who they can look up to and respect.

So, if your ex is being stubborn, a very important tip is to make her want you back by attracting her in new, more interesting ways.

Don't try to get her back by using the same old approach to attraction that got you dumped in the first place.

Maybe you were very interesting and attractive to her at the start of the relationship, but somewhere along the way, you lost your way and maybe you forgot really how to attract a woman.

Maybe you lost your ability to do that.

You used to be really good at it, but somewhere along the line, you lost your way.

Whatever the case is for you, what you need to understand is that she's not going to feel motivated and excited to get back with you if you're using the same old approach to attraction that got you dumped in the first place.

You really have to be willing to step up and approach attraction in new and more interesting ways so she feels excited and motivated to give you another chance.

4. Let her feel like she is in control

[image: Let her feel like she is in control]

So, this is where you attract her, but you don't push for a relationship.

She wants you again, but doesn't feel like you are forcing her into a relationship.

She wants it and is going to give you a chance for her own reasons.

For example, she wants to explore the new feelings that she's now experiencing around you.

She's feeling drawn to you now and doesn't want to regret it and have you be the one that got away before she had a chance to see what would happen.

This takes some composure on your part.

If your ex has been stubborn up to this point and hasn't been willing to give you another chance, you might feel tempted to seem really excited and push for a relationship when she begins to show interest again.

Don't do that.

Let her really want it.

Make her feel so attracted that she really wants the relationship again.

She feels as though if she doesn't get back with you, it's going to be her loss.

You can achieve that by focusing on attraction, but not pushing for a relationship.

If you suddenly switch gears and start pushing for a relationship and changing your vibe and how you're behaving and she sees that you're going back to how you were before, then her guard is most likely going to go up.

She's going to realize that, *"Yeah, okay...I thought we had something going there, but no, I'm feeling*

turned off again. I don't want to be with him. This really isn't that exciting to me."

You've got to give her the gift of really feeling attracted to you and wanting you and wanting the relationship.

If you do that, she will then feel like she is in control.

She is the one deciding that you and her get back together.

Yet, in reality, you are in control of the process.

You are making her feel attracted, you're making her feel drawn to you again and she's coming right back to you.

5. Get her to treat you better

Many of the guys that I've helped to get a stubborn ex girlfriend or ex wife back, have been making the mistake of trying to treat her better and jump through all of her hoops.

Whatever she says, he's willing to do it.

If she says, *"Don't text me at 7pm, only text me at 7:15pm,"* he essentially says, *"Yes, ma'am,"* and does what he's told.

Yet, no matter how much he listens to what she says and does whatever she tells him to do, it never seems to be enough.

There's always something else.

She's never fully impressed and he keeps trying and trying and trying and she loses respect for him. She looks at him as that desperate guy who is trying hard to get a woman.

As you would know, the same fundamental principles apply in pickup, in relationships and ex back situations.

For example, generally speaking, women do not reward desperation and neediness and insecurity with sex, love and devotion.

What women want is a man who knows that he is good enough, a guy who believes in himself and as a result, is more naturally attractive to her.

He's able to be confident, joke around, allow his natural charisma to come through, be charming, flirt with her and so on.

He's able to do all those sort of things that naturally make a woman want a guy.

So, if your ex is being stubborn, an important it is to make her treat you better rather than trying to suck up to her and treat her as good as you can to hopefully get a chance with her.

Now, some guys watching this video might think, *"Well, how does that apply to my situation because I got dumped for not treating her good enough? I've got to treat her better now, right?"*

Yes, you can treat her well, but you've got to make her treat you better.

You can't allow yourself to be in the one-down position and be treated badly by a woman.

It doesn't get rewarded with sex, love and devotion.

You've got to get back into the one-up position.

So, if your ex is being unreasonable about things, you've got to be able to use some ballsy humor and

put her back in her place in a dominant, but loving way.

Say for example that a guy is talking to his ex-girlfriend or wife on the phone and he's trying to arrange a meet-up with her.

She says (in a snappy tone of voice), *"Well, look. Fine, we'll meet up, but we're only meeting up for 10 minutes."*

He can then laugh at her and say, *"Okay, Little Miss Demanding. Alright, well look...we'll meet up for 10 minutes and then after that, we won't speak to each other again."*

Then at the meet-up, he should focus on making her laugh and smile and enjoy herself.

When it gets to 10 minutes, he should say to her, *"Alright. Well, your 10 minutes is up. Get out of here. We're not speaking to each other anymore."*

She is most likely not going to want to get up and get out of there and leave.

However, some women are a bit more feisty than others and they will test your confidence.

If a guy says that to a woman, depending on the woman, she might say, *"Fine,"* and get up and walk out.

What he needs to do at that point is not panic.

Why?

She's going to be feeling respect and attraction for him by having the balls to say that to her. Women who are that feisty only respect men who don't put up with their BS.

Women only respect, feel attracted to and stay in love with men who don't hand over their power to them, who don't come running after them and say, *"No, no, no. I was only joking. I'm sorry, I'm sorry. Please, please, come back."*

Women don't want a wimpy guy like that.

A woman who has the guts to walk out in a situation like that doesn't want a guy running after her in a wimpy way.

Of course, not all women are going to say, *"Fine!"* and walk out.

In most cases, the woman is just going to laugh it off, she's going to know that she doesn't want to leave and she's going to continue talking to him.

So, if your ex is being stubborn, don't make the mistake of thinking that you're going to get her back by being even nicer to her, by being more polite, more understanding, more patient and more giving. What you need to do is regain your position of power in the relationship.

One of the ways that you can do that is by using ballsy humor, having the balls, having the guts, having the courage to joke around with her and not hand it to her, not suck up to her all the time, to put her back in her place in a dominant, but loving way.

When you do that, a woman naturally feels respect and attraction for you and her behavior starts to change.

She starts to look at you as a guy that deserves respect, that deserves to be treated well.

However, if you're sucking up to her and trying to jump through all of her hoops to hopefully get a chance with her, then she's not going to see you as a guy that deserves respect.

As a result, she's going to be stubborn, her guard is going to remain up and it's going to be very difficult, if not, impossible for you to get her back.

So, rather than trying harder to treat her even better than you already have been, turn the tables by making her feel attracted to you and putting her back in her place in a dominant, but loving way.

Reclaim your position of power.

Make her want you.

Make her want the relationship and then allow her to have another chance with you.

Learn More?

Okay, I hope you've enjoyed this video and learned something from it.

If you'd like to learn more, I recommend that you watch my program, [Get Your Ex Back Super System](#)

When you watch the program, you will learn the quickest, easiest and most effective way to get a woman back.

When you use the techniques from the program, she will stop being stubborn and she will open back up to you and give you another chance.

Women Can Change How They Feel Quite Easily

One final point that I want to make for you in this video is that to get her to go from being stubborn to open and flexible, you need to focus on triggering her feelings of sexual and romantic attraction.

That won't happen with begging and pleading, writing her a letter, explaining things via text, pouring your heart out to her and so on.

Those approaches don't work and you most likely know that already.

What works is when you change your approach to attraction and begin attracting her in new, more interesting ways.

She suddenly feels drawn to you and is thinking about you and missing you.

She feels like you are going to be the one who got away and she's going to regret it.

She then wants to get you back for her own reasons.

She wants to explore the feelings that she now has for you, it's interesting to her, it's appealing and it makes her want to be around you.

It makes her want to be in your arms, it makes her want to kiss you and be sexual with you.

She stops being so stubborn, opens back up to you and you then give her a chance to be with you.

She wants you.

She wants to be back with you.

The reason why is that she is feeling attracted to you in new and interesting ways.

You are making her feel like if she doesn't give you another chance, she is going to regret it.

She does not want to live with that feeling of regret.

It is essentially you giving her a chance to be with you.

It's no longer about you trying to hopefully convince her to give you another chance.

She feels attracted to you again.

The love is flowing again.

She wants to be with you and you simply allow her to be with you.

As you learned earlier on in the video, if you go against the fundamental principles of how attraction actually works, women will be difficult, they'll play hard to get and they'll reject you.

However, if you approach it correctly, a woman wants to be with you, she wants to be selected by you.

She wants to be around you and experience the exciting emotions that come with being with you.

She knows that she can only get that with you.

As a result, she naturally opens herself back up to you and you get her back.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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4 Tips on How to Get an Ex Back Who Wants Nothing to Do With You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

How can you get an ex back who wants nothing to do with you?

She's completely over it.

She's completely over you.

She doesn't want to talk to you.

She doesn't want to be around you.

She doesn't want to see you.

She doesn't want to think of you.

It's finished.

It's over.

She want's nothing to do with you.

So, how can you get her back?

Tip number one...

1. Understand why she wants nothing to do with you

When a woman doesn't want anything to do with her ex man anymore, it's usually because she can see that he hasn't yet changed.

He's still essentially the same guy.

He still doesn't understand how to attract her in the ways that are important to her.

He is still going to make the same sort of mistakes if she were to get back with him and nothing really has changed.

He's trying to get her back without really having changed much, if at all.

Another example is that she is turned off by his post-breakup approach to her.

For example, he texted her way too much. He was begging and pleading for another chance.

He was trying to explain himself via text and get her to understand his point of view.

He didn't really understand the real reasons why she had broken up with him and was trying to get her back for reasons that she didn't even care about and so on.

Another example is that she was turned off by his behavior, attitude or actions during the relationship.

For example:

- He may have been nervous in social situations.
- He may have made her feel more dominant than him in the relationship.
- He wasn't manly enough.

- She felt cooler than him.
- He made her feel stupid or worthless.
- He treated her disrespectfully, but expected her to be nice to him all the time.
- He was too giving and ended up making her feel like she was too good for him and so on.

Understanding why she doesn't want anything to do with you really comes down to you understanding what turned her off during the relationship, what turned her off after the relationship and what she may be feeling about you now.

For example, if she feels like you haven't even changed, but are trying to get her back, then she's not going to want anything to do with you.

It's going to feel unfair to her that you're asking for another chance even though you can't really offer her what she actually wants in a relationship.

For example, if a guy got broken up with because she felt more dominant than him and he wasn't manly enough for her, she isn't going to want to be with him if he's not willing or able to change that and become a more masculine man in his thinking, behavior and actions.

Another example is where a guy was too neutral in the relationship and as a result, there really wasn't much of a spark between him and his woman.

He treated her more like a friend or a buddy and the excitement died out of the relationship.

If she feels like he still hasn't changed his approach or is unwilling to change and be a more attractive, appealing person to her, then she's not going to feel motivated to want to get back with him.

So, if your ex wants nothing to do with you, the first thing that you really have to do is understand why. When you understand why, you can then make the correct changes.

If a guy doesn't understand his woman's real reasons why she dumped him, then he may offer her things that she doesn't really even care about.

For example, if the guy was too emotionally sensitive and insecure in the relationship, she will want him to change that about himself and interact with her and be a much more confident and emotionally masculine guy.

She will then see that he has changed in the ways that are important to her.

However, if he doesn't understand that and says things like, *"I'll treat you better. I'll do whatever you want. Just tell me what you want me to do and I'll do it. Things will be different. What you and I have is special. We can't throw it away. We experienced so many good memories together. I love you. You mean so much to me,"* and so on, then she's not going to be impressed by that.

That isn't the reason why she has been turned off by him and why she doesn't feel motivated to get back with him.

So, it's really important that you understand why she doesn't want anything to do with you.

2. Accept that she broke up with the old you

The man that you were when she broke up with you isn't who you are now.

That's one of the really cool things about being a human and being alive in this universe.

Nothing ever stays the same.

It's always changing.

As a human, you're either changing in the right direction or in the wrong direction.

While watching this video now, you're changing in the right direction.

You're learning and you're becoming a better man.

So, who she broke up with back then isn't who you are now.

You've become a better man already and tomorrow you're going to be an even better man.

The next day, the next day and the day after that is going to be the same story.

You're going to get better and better and better.

You're going to have a clearer understanding of what you actually need to adjust, improve or change in order to properly re-attract her.

You are going to know that and are going to start developing into that type of man.

Just understand that her feelings about you are based on the old you, including who you have been prior to watching this video.

For example, if you've been texting her and trying to work things out via text, then you're doing it wrong and you need to stop doing that.

Trying to fix a relationship and get a woman to understand your point of view and make her give you another chance via text rarely, if ever, works.

It usually just annoys the woman, it stresses her out, it makes her feel overwhelmed and she ends up not wanting anything to do with her ex anymore.

It's just too stressful to have to interact with him.

Likewise, if you have been trying to get her back by using the same old approach to attraction that got you dumped in the first place, then she's not going to want anything to do with you.

For example, if you gave her too much power in the relationship and she really didn't like that and you're continuing to give her too much power as you try to get her back, then she's not going to like that.

You need to change your approach and reclaim your position of power.

The man needs to be in the one up position, not the one down position when it comes to women.

It's not about the woman being less important or less valuable or anything like that.

It's simply about the masculine/feminine dynamic between a man and a woman.

It's best when a man is in the one up position and the woman is in the one down position in terms of dominance.

Not in terms of importance, not in terms of intelligence, not in terms of value or anything like that.

Just that you are in the one up position in terms of dominance.

She looks up to you and respects you as a man.

So, just understand that she broke up with the old you, not who you are now and not who you will become tomorrow.

You're going to become a better man every day from now on. You're going to become more

attractive and appealing to her. That is a fact.

3. Level up

It's one thing to know why your ex wants nothing to do with you and another thing altogether to level up as a man.

You're no longer the type of man that she dumped and left behind.

So, let's have a look at 4 different examples of leveling up or leveling down.

The first example is where a guy got dumped because he was insecure in the relationship.

[image: Getting dumped for being too insecure]

A level down is going to be where he becomes even more insecure. A level up is where he becomes confident.

To level up and give her a next level attraction experience, he's going to be confident when he interacts with her.

He's no longer going to be displaying the insecurity that got him dumped.

His confidence is going to come across in his body language, in his vibe, his attitude, his words and his behavior.

She is going to notice it, and it's going to make her feel a spark of attraction for him.

In that particular area, he's going to be offering her a next level attraction experience.

Let's have a look at another example.

A guy got dumped because he took her for granted.

[image: Getting dumped for taking her for granted]

A level down is where he becomes desperately nice.

Many guys make this mistake where they haven't been treating their woman well and when they get dumped for that, they become desperately nice, desperately generous and desperately loving.

As you most likely know, women are not attracted to desperation in men. Women are attracted to confidence and self-belief in a man.

So, a level up is where the guy is being confident, but he's also being sweet towards her.

In other words, he doesn't lose confidence in himself and feel unworthy of her because of how he treated her.

Yes, he treated her badly and took her for granted, but it's not something that he needs to now feel unworthy of her because of.

He needs to believe that he is worthy of her while also being a sweet guy to her.

Being sweet is about, essentially, being a bit more nice, charming and loving towards her.

For example, if he meets up with her and she's looking very pretty, he can look at her in a very confident way and say, "*Oh, look at you today. Don't you look beautiful,*" rather than feeling unworthy of her and not saying anything at all.

The next example is where a guy got dumped because he was too neutral in the relationship.

[image: Getting dumped for being too neutral]

In other words, there wasn't really much of a spark between him and his woman because he treated her more like a friend or a roommate or a housemate.

A level down is where he continues to be neutral towards her and he's also self-doubting now, so, he doesn't feel worthy of her.

He has lost confidence in himself.

As you may know, women are not attracted to self-doubt and insecurity in men.

Women are attracted to confidence and self-belief in a man.

So, a level up is where he is being confident and charismatic.

Being charismatic is essentially about confidently allowing your true personality to come through without being on guard, without putting on an act.

So, when a guy interacts with his ex-woman and he's being more confident and charismatic, she is going to feel a spark with him.

She's going to find him much more appealing than the old, neutral version of himself.

Another example is where a guy got dumped for being too soft in the relationship.

[image: Getting dumped for being too soft]

So, he was a bit too much of a wimp.

He allowed her to push him around, he didn't really know how to dominate her or take the lead in the relationship. He was a bit too much of a softy.

A level down is where he continues to be soft and now he's also self-doubting. He doesn't believe that he's worthy of her.

A level up is where he becomes emotionally masculine and ballsy.

For example, he meets up with his ex woman for coffee.

After they order coffee and the waiter goes away, he might look at her and say, *"Hey, you realize you're paying for the coffee today, right? It's all on you and I want you to buy me a cake as well."*

He will say that with a smile on his face.

She will most likely be shocked that he has the balls to say something like that and won't know whether or not he's joking.

He can then laugh and say, *"I'm just kidding. I'll take care of the bill,"* and then get on with talking about something else.

She will see that, wow, he really has changed. He has leveled up.

He's no longer the softy or the wimp that she dumped. He has already improved.

He has already leveled up.

She now has something to feel attracted to him about.

4. Make her feel a renewed sense of respect and attraction to

the new and improved you

Where so many guys go wrong is that they reach out to their ex woman when they're not even ready to properly re-attract her.

So, he contacts her and she experiences the same types of things about him that turned her off before. For example, he gives her too much power when they communicate.

He's not manly enough.

He doesn't have the balls to put her back in her place in a dominant, but loving way.

He doesn't really know how to flirt with her and create sexual tension, so she ends up feeling bored.

She ends up feeling turned off and she doesn't feel motivated to want to get back with him.

What you need to understand is that whether you cut off contact for 3 days, 7 days, 20 days, 30 days or whatever, you must use the time apart to rapidly improve your ability to attract her.

You have to get ready to create a spark when you interact with her.

You've got to be able to make her feel something for you.

That is the most important thing of all.

When you make a woman feel respect, attraction and love, she goes from not wanting anything to do with you to feeling drawn to you, to opening back up to you, to wanting to hug you, to wanting to be kissed by you and have sex with you.

Unfortunately, what some guys do is that they contact their ex-girlfriend or wife and they talk to her in a neutral way.

So, the guy's talking to her just like a friend, he's not really doing anything to make her feel attracted, he's not flirting with her to create sexual tension and there's just nothing there.

There's nothing to make her feel motivated to want to get back with him, so, she doesn't get back with him.

Other guys make the mistake of contacting their ex woman and seeming to display a lack of confidence in themselves now.

The guy's doubting that she would want anything to do with him, he feels like he's unworthy of her now because of what she said about him and he just doesn't convey confidence and belief in himself.

As you may know, when it comes to picking up women, being in a relationship or getting your ex back, you must be confident.

It is an absolutely essential ingredient for success with women.

Women do not want to reward insecurity and self-doubt with sex, love and devotion.

A woman's natural instinct is to reward confidence and self-belief with sex, love and devotion.

So, if you interact with your ex woman again, you have to convey that belief in yourself.

You have to be confident, regardless of what she has said to you and about you.

She may have said to you that she doesn't love you anymore, she doesn't want anything to do with you and that you're a horrible ex-boyfriend or ex-husband, she regrets spending time with you and so on.

You have to put all that stuff to the side and not focus on it.

If you focus on the way that she has been behaving, then you're most likely not going to feel very confident about yourself.

If you're not being confident when you're interacting with her, then she's not going to be able to respect you and feel attracted to you.

So, make sure that you are confident when you interact with her.

If you do that, she will go from not wanting anything to do with you to wanting something to do with you.

She will naturally feel attracted to you again.

She will feel drawn to you.

She will feel like she has to give you another chance.

Otherwise, she's going to be thinking about you and missing you and potentially regretting you as being the one that got away.

By the way...

The same rules apply if a guy is a very confident, masculine guy, or if he's a nerdy guy and got dumped because he was too soft or insecure with his woman.

When you display traits that are universally attractive to women, they feel attraction for you.

A woman can literally go from not wanting anything to do with you to feeling attracted to you and feeling drawn to you again.

This also applies regardless of what race or nationality a guy is.

Women all over the world feel attracted to certain personality traits and behaviors in men.

If your ex woman doesn't want anything to do with you, you can literally change how she feels.

You can interact with her and make her feel a renewed sense of respect and attraction for you.

You can make her go from not wanting anything to do with you to feeling attracted to you, drawn to you and worried that if she doesn't give you another chance, she's going to regret you as being the one that got away.

Learn More?

Okay, I hope you've enjoyed this video and learned something from it.

If you'd like to learn more, I recommend that you watch my program [Get Your Ex Back Super System](#)

When you watch the program, you will learn the quickest, easiest and most effective way to get a woman back.

This applies even if she currently doesn't want anything to do with you.

Additionally, if she has blocked you on social media and blocked your phone, there are proven techniques in my program that you can use to get her to unblock you and open back up to you again.

You can then get her to meet up with you, you can re-attract her, you can hook up with her sexually and get her back into a relationship.

Other guys have done it and you can do it, too.

Women Don't Always Stick to What They Say

One final point that I want to make in this video is that women don't always stick to what they say.

When a woman is feeling angry about something, she might say very harsh words.

She might say, *"I hate you and I never want anything to do with you again."*

However, when she's feeling attracted and she's laughing and feeling good around the guy that she said that about, she will then say things like, *"I like you. You've changed. We should hang out again,"* and things like that.

Of course, a woman can stick to what she has said about something and what she has decided.

However, it's important to understand that when a decision is made based on emotion, that decision can be changed.

Her decision to break up with you was based on not feeling the emotions of respect, attraction and love for you anymore. Yet, you can make her feel respect, attraction and love for you again.

When you make her feel that, her thinking changes.

She starts looking at you in a different way.

She opens back up to you and you can then get her back.

So, be confident in yourself.

Know that you can take control of the situation.

It might feel like she has control because she says, *"I don't want anything to do with you anymore,"* and so on.

However, that's based on the emotion she was feeling when she broke up with you.

It's not based on what she will be thinking and deciding when you make her feel respect, attraction and love for you again.

She will soften up and open back up to you.

She will want to give you another chance because of the respect, attraction and love that she's now feeling for you.

You're giving her a next level attraction experience. You really have changed and improved.

Now, when you interact with her, she feels completely different.

It's a new and exciting type of respect, attraction and love that she never felt for you before.

As a result, she goes from not wanting anything to do with you to wanting something to do with you.

Other guys all around the world have done it and you can do it, too.

So, be confident and go and get her back.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

How to Reverse a Break Up in 3 Steps

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The way to reverse a breakup is to guide your woman through 3 emotional steps.

The 3 emotions are respect, attraction and love.

So first, you make her feel respect for you again.

Once you do that, it's easier to make her feel attracted to you again.

When she feels respect and attraction, you can then quickly get her to fall back in love with you.

For some guys watching this video, they might think, *"Well, that sounds really difficult. She doesn't want anything to do with me right now. How am I going to get her to be in love with me?"*

Well, think back to when you were in a relationship with her and things were going well.

Can you remember times where you and her were in love and everything was going along well, but all of a sudden she lost respect for you for some reason?

As a result, she didn't want you to hug her, kiss her, or be near her.

For example, you may have been hanging out at home, things were going along well and then you said or did something that caused her to lose respect for you.

You may have been insecure about something, emotionally sensitive, you might have gotten really angry about something or shown her a side of yourself that she didn't really like.

As a result, she lost respect for you.

If you can think about how she would have reacted, her body language would have changed, her mood would have changed.

Suddenly, she would have been looking at you like, *"Get away from me,"* and if you tried to hug her or kiss her, she would have pushed you away.

If you think back to those moments, what you'll realize is that when she lost respect for you at that time, she also stopped feeling attracted to you.

So, if she was normally attracted to you because you're so confident and cool and funny, all of a sudden, you're not so confident, cool and funny to her.

If she was attracted to you for other reasons, then suddenly, you're not so appealing anymore.

She doesn't want you anywhere near her, she is annoyed by you and she's looking at you and thinking, *"What am I doing with this guy? What have I seen in him in the past? What is going on here? Why am I feeling this way?"*

Another thing to notice is that when she stopped feeling respect for you and then stopped feeling attracted to you, that didn't go on forever.

You were able to get her respect back and you were able to make her feel attracted to you again.

When she was respectful of you and feeling attracted to you, then she could be in love with you again and everything would have been back to normal.

Now, the same rule applies when getting your ex back.

Of course, it might seem a little bit more extreme right now because she has broken up with you and she says she doesn't want anything to do with you, but you need to understand that the same

emotional process applies.

To get her back, you need to get her to respect you again.

When she respects you, she can feel attracted to you.

When she respects you and feels attracted to you, she can then start to love you again.

She will fall back in love with you.

Example of a Man Losing the Respect, Attraction and Love of His Woman

So, let's look at an example of how a man would have lost the respect, attraction and love of his woman and then let's look at how you can actually get her respect, attraction and love back.

Okay, so this is the example of where a man lost the respect, attraction and love of his woman.

For some reason, he started becoming insecure and feeling jealous in the relationship.

He then started being controlling, clingy and needy.

She then started to lose respect for him because he wasn't as emotionally strong as he used to be.

Women want to be with an emotionally strong man, not an emotionally weak man.

Women respect emotional strength and they feel attracted to it.

On the other hand, women don't respect emotional weakness and are not attracted to emotional weakness when in a relationship with a man.

So, she started to lose respect for the fact that he wasn't an emotionally strong man anymore.

As a result, she started changing how she treated him.

She wasn't as affectionate anymore.

She wasn't as loving and warm as she used to be.

The man then started getting irritated about that.

He was annoyed that she could change all of a sudden.

He was doing his best to treat her well and he was really serious about the relationship with her, but she didn't seem to be into it as much as she used to be.

So, the man started changing how he treated her.

He was nice to other people and seemed like he was a good man to her when they were around other people, but behind closed doors, he put her down, expected too much from her, made her feel stupid, got angry at her for little things and expected her to be nice, sweet and loving all the time even though he wasn't treating her that way in return.

As a result, she not only stopped respecting him, but she stopped feeling attracted to him.

She then began to fall out of love with him and let him know that she was unhappy.

In reaction to that, the man started becoming emotionally sensitive.

She had to treat him nicely and speak positively to him at all times or else he would start sulking, getting angry or moody.

Eventually, she had enough of it and she broke up with him.

Unfortunately, that happens in a lot of relationships even when the relationship starts out really well and the couple are in love.

All it really takes is something to begin going wrong where the man starts losing the respect of his woman and it can snowball out of control.

She suddenly stops feeling as attracted to him as she used to be and he notices it and then he starts getting emotionally sensitive or treating her badly to retaliate and so on.

The whole thing just starts to fall apart.

Here's the thing though...

When a guy is in a situation like that and his relationship is starting to fall apart, he can use the same process that you can use to get your ex back to stop his relationship from falling apart.

He can make some quick changes and improvements and adjustments to allow her to fully respect him again.

When that happens, she will start feeling attracted to him.

She will actually feel more attracted to him than she used to feel because he will have leveled up as a man.

For example, he would have become more confident, more emotionally strong, more emotionally masculine and so on.

As a result, they will enjoy a better relationship than they were having prior to the problems beginning to emerge.

So, in terms of you getting your ex back, the same emotional process applies.

Getting Her Respect, Attraction and Love Back

To get her back, you've got to interact with her and make her feel respect for you again.

When you do that, she will then automatically be able to feel attracted to certain things about you.

The more respect and attraction she feels, the easier it will be for her to fall back in love with you.

Just like with the example of the guy in the relationship, when you get an ex woman back and you have leveled up as a man and can now make her feel more respect and attraction for you, the love that she feels and the attraction that she feels will be stronger and more meaningful than it was before.

You can literally have a better relationship with her than you had before.

So, what are some examples of how you can get her to respect you again, feel attracted to you and be in love with you again?

In terms of respect, this is about leveling up as a man.

If a man was very boring and neutral in his relationship with his woman, he needs to level up and start being a little bit more interesting and alive.

He needs to make her feel like there is some excitement to the relationship, there is a spark there, there is something for her to be excited about.

If a man was emotionally sensitive and insecure, he needs to level up by being more confident and emotionally strong.

In terms of attraction, this can be about making her smile, laugh and feel good in your presence. It can also be about flirting with her and building up sexual tension by making her feel attracted, but not kissing her right away.

So, you're making her want you and feel attracted to you, but you're not releasing the buildup of sexual tension right away.

You're making her really want it.

In terms of love, this can be about physical contact such as hugs, kisses and sex.

Physical contact like that helps the romantic and sexual love to begin flowing again.

So, that's the fundamental emotional process that you need to guide your woman through.

You get her respect back, she starts to feel attracted to you and she begins to fall back in love with you.

The more respect and attraction you make her feel, the stronger her newfound love for you is.

Unfortunately, where a lot of men go wrong is that they try to get their woman back before taking her through that 3-step process.

She doesn't feel much or any respect for him, she doesn't feel much or any attraction for him and she doesn't feel like she's in love with him.

Yet, he's trying to get her back, he's trying to convince her to give him another chance because he loves her so much and he's so sincere about doing things better this time around.

Unfortunately, that just doesn't hit the mark for her.

What he needs to understand is that the main thing he needs to focus on is interacting with her in such a way that she naturally feels a renewed sense of respect and attraction for him.

He doesn't have to tell her that things are going to be different and promise the world to her.

He simply needs to interact with her and naturally make her respect him again, naturally make her feel attracted to him again.

So, say for example, a guy was a bit too emotionally wimpy in the relationship. She was able to push him around and essentially dominate him in the relationship.

She got sick and tired of that because she wanted a man with a bit more balls.

When he interacts with her again after the break up, he needs to show her that he's no longer like that.

She's going to be able to pick up on it based on the subtleties of his body language, attitude, tone of voice and what he's saying and doing and so on.

He doesn't need to tell her that he's not emotionally wimpy anymore.

She's going to pick up on it.

Unfortunately, a lot of guys don't understand that or they don't get told that, so, when they're interacting with their ex woman, they are asking for another chance before even getting her respect back.

Other guys are making the mistake of trying to sell themselves to their ex woman and say, *"Hey, I've changed. Things will be different, I promise. I'll do better, I'll do anything you want,"* and so on.

Those approaches don't work.

What works is naturally making a woman feel respect and attraction for the new and improved you when you interact with her.

When you make your ex woman feel respect for you again, everything begins to change.

She starts feeling sparks of attraction for you.

She begins looking at you with different eyes.

She starts looking at you as a guy that she can respect and feel attracted to.

The more respect and attraction you make her feel for you, the more she starts to feel like she's falling back in love with you.

It's a natural organic process.

It just happens automatically.

You don't have to try to push it on a woman or convince her of it or talk her into it.

You simply need to interact with her in such a way that naturally triggers her respect, attraction and love for you.

Your Situation is Unique, But it Can Be Fixed

In your situation, it might seem difficult because she said, *"I don't want anything to do with you anymore. I'm over it. I don't have any feelings for you. Get away. Leave me alone,"* and so on.

Yet, what you need to understand is that she was saying those things based on how she used to feel about you.

You can make her feel differently.

You can make her respect you again.

You can make her feel attracted to you and you can make her fall back in love with you.

Learn More?

Okay, I hope you've enjoyed this video and learned something from it.

If you'd like to learn more, I recommend that you watch my program [Get Your Ex Back Super System](#)

When you watch the program, you will learn exactly what to say and do to make her give you another chance.

She will feel a renewed sense of respect and attraction for you and the love will begin to flow back into her heart again.

She will feel like she's in love with you again.

She will want to be with you and you will get her back.

The Love Between You and Her Isn't Dead

One final point that I want to make for you in this video is that the love between you and your ex

isn't dead.

Instead, she has simply disconnected from the love.

She can reconnect to the love that you and her created together.

That is something that doesn't die.

It doesn't go away.

It's simply something that either the man or the woman, or both of them, disconnect from.

However, when the right conditions are in place (i.e. she respects you and she feels attracted to you), she will naturally and automatically begin to reconnect with the love.

The more respect and attraction you make her feel, the more she will feel like she's in love with you.

So, if you want to reverse the breakup that you went through recently or a long time ago, just understand that there is a simple 3-step process that you can use.

The 3 steps are get her to respect you again, make her feel attracted again and she will then reconnect with the love and begin to fall back in love with you.

The question is though: Are you going to do it?

Are you going to interact with your ex and make it happen?

Are you going to interact with her and make her feel a renewed sense of respect and attraction for you?

It's up to you.

You are in control of the situation now.

If you want her back, then interact with her and make it happen.

You can do it.

Go and get her back.

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[image]

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How to Make My Ex Want Me Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

You want your ex back, but she doesn't want you back at the moment.

Don't worry, you can change that.

She may be reluctant at first and not 100% sure whether she wants to give you another chance because of how turned off she felt leading up to the break-up and during the break-up, but you can change that.

How can you do that?

Here are the 5 things you need to know to make her want you back ASAP.

1. You don't need to change everything about yourself to get her back

Getting a woman back is usually fairly straightforward for most guys.

For example: In a lot of cases, a woman has broken up with a guy because he just wasn't man enough for her.

He became insecure and emotionally sensitive in the relationship and it turned her off.

As a result, she began showing less interest in him and maybe stopped being as affectionate and he may have then become jealous and controlling and even more insecure.

Eventually, it led to a breakup.

So, what does a guy have to change to get her back?

Does he have to change all those things about himself?

No.

The core reason for all of that insecurity and jealousy and controlling behavior was a lack of confidence; a lack of belief in himself.

He didn't feel worthy of her and it started to eat away at him.

What he needs to fix is his confidence.

He needs to boost his confidence.

He needs to level it up, get it back and start believing in himself again.

When a man believes in himself and knows that he's good enough for a woman, he stops behaving in insecure ways.

He stops being so jealous and needy and controlling. It just goes away.

So, just understand that you don't need to change 100 things about yourself to be able to get your ex back.

You just need to change the core reason or the few core reasons.

In most cases, there's going to be a few core things that a guy needs to improve, fix, adjust and he can then interact with his ex-girlfriend or ex-wife and make her feel attracted again.

She can feel it.

She can sense the changes in him and feel attracted to him.

2. Regaining her respect for you is critical

To make your ex want you again, it's very important that you interact with her and you allow her to get the sense that you are now the sort of man that she can look up to and respect.

This is important for her in terms of being able to confidently tell her friends, family, or coworkers that she is seeing you again.

For example: Sometimes a guy starts treating his girlfriend or wife badly in the relationship.

He's reacting to the changes in her and he can't seem to get her to treat him as good as she used to.

She doesn't seem to be as in love with him anymore and he starts acting up.

He starts being a bit of an asshole, or he starts being controlling, accusing her of things or being irritated around her and things like that.

If her friends and family see that, they're obviously not going to like and they may start to talk to her and say, *"What is she doing with him? Is he going to change?"* and so on.

So, if you can relate to that in any way, you need to make sure that when you interact with your ex, she gets the sense that she can respect you as a man now.

She can sense that you are a more balanced man emotionally, that you understand where you went wrong and are so much more emotionally mature now.

Of course, don't try to sell yourself to her about that and say, *"Oh, I've learned so much and I've changed so much. I know where I went wrong and please give me another chance."*

That's now how it works.

You just need to be able to let her pick up that you've changed based on how you now talk to her, interact with her and react to her.

Women are very good at analyzing the subtle behavior of men.

So, you don't need to go into detail and explain everything to her and hope that she understands and gives you another chance based on that.

Let it be based on the feeling that she gets.

Most women make decisions and go with how they feel. So you need to make her feel respect for you rather than telling her that, *"Hey, I'm the sort of guy that can be respected now."*

3. Make sure that she doesn't feel pressured into having a relationship

If you want your ex to want you back, what you need to do is make her feel a renewed sense of respect and attraction for you and not pressure her for a relationship.

If she's feeling attracted to you, she's naturally going to begin imagining being back in a relationship with you.

She's naturally going to start to feel drawn to you in that way.

However, if she's starting to feel attracted to you again, she's feeling sparks and you jump the gun and go straight for the conversation of, "*Will you give me another chance? Can we start again? Can we be back together?*" and so on, she's most likely going to put her guard up.

She's going to start to feel like you're pressuring her into something that she's not quite sure of yet. The reason why is that you need to make the feelings between you and her mutual, or close to mutual. She needs to be feeling it.

She needs to be feeling proper attraction for you where sparks are really flying, the love is flying back into her heart and she really wants to be with you.

At that point, you and her will naturally get back into a relationship without you having to pressure her into it.

4. She will be surprised at how good she feels about getting back together with you

This is one of the important things to know about how to make your ex want you back.

You want her back and it's going to feel amazing for you when you get her back, when she's in your arms again, she's kissing you, she's looking into your eyes and she's telling you that she loves you and she's so happy again.

You're going to feel amazing when that happens.

Yet, so is she.

It's going to be good for her, too.

So, what you need to focus on is giving her a taste of how good getting back together actually feels.

The way to do that is to focus on triggering her feelings of sexual and romantic attraction.

Don't focus on trying to be Mr. Neutral and Mr. Friendly and Mr. Nice.

Don't focus on trying to have long in-depth and potentially stressful conversations about the relationship.

Focus on triggering her feelings of sexual and romantic attraction.

Those are fun feelings.

Those are the feelings that bring a man and a woman together and keep them together.

If you give her a taste of that, she will start to realize that getting back together actually feels really good and she will go with how she feels.

She'll get back with you.

5. There is a process that you can follow

Every situation is different.

Yet, the process to get back into a relationship is the same.

You need to get her respect back, you need to make her feel attracted to you and you need to get the

love flowing back into her heart again.

If you do that, she'll naturally want to get back with you regardless of all the unique things that apply to your breakup and your relationship.

Every relationship breaks up for its own subtle, unique reasons.

However, to get the relationship back together, the process is the same. It is...

Respect > Attraction > Love (in that order).

If you focus on that, she will naturally want you back and you will get back together.

Learn More?

Okay, I hope you've enjoyed this video and learned something from it.

If you'd like to learn more, I recommend that you watch my program [Get Your Ex Back Super System](#)

When you watch the program, you will learn the easiest, fastest and most effective way to get a woman back.

When you use the techniques from the program, she will feel a renewed sense of respect and attraction for you.

She will feel sexually and romantically attracted and the love will begin to flow back into her heart.

She will naturally want you back.

You Are in Control

One final point that I want to make for you in this video is that the ex back process is largely under your control.

You have a lot of control over what happens from now on.

When you interact with your ex, you're either going to be turning her off or turning her back on to you.

When you're thinking about her and missing her, you're either going to take the risk to interact with her and take that first step and make it happen or you're going to sit around thinking, *"Oh, maybe I shouldn't contact her. Maybe it's too soon. Maybe she won't respond well."*

It's largely under your control.

If you want her back, you just need to take action.

Get it done.

Interact with her, attract her, make her feel respect and attraction for you, make the love flow into her heart again and she will naturally want to get back with you.

That's how you get a woman back.

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Is it Too Late to Get My Ex Back?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Is it too late to get your ex back?

What I've found by helping new guys with this for many years, is that it's pretty much never too late.

There's always a chance to interact with her, create a spark of attraction and get her back.

I'm not saying that every guy can get any woman back and that no situation is impossible.

Sometimes, the situation is impossible or near impossible.

For example: A woman broke up with a man or divorced him because he was physically abusive.

He beat her up and really hurt her physically and emotionally.

In most cases, a woman isn't going to want to go back to that.

Yet, note how I said "*most cases.*"

Some women, as we know, do end up going back to abusive men.

Of course, I'm not encouraging that and saying that it's a good thing.

I'm just pointing out a fact that, as you may have noticed, some women go back to abusive, controlling, manipulative, angry, hurtful men.

They are addicted to it.

Of course, women like that are the minority and most women don't want to experience that.

The key to a successful relationship is certainly not beating up your woman, of course, but what I want you to understand is that, even in situations where it seems impossible and like the woman wouldn't go back to a man, she often does.

I've been working with new guys on this for many years, as I said and I've seen all types of cases.

Most cases aren't as extreme as that.

The majority of cases that I see where guys get their woman back easily are when he has either been:

1. Too wimpy.
2. Too careless.
3. Too nice.
4. Too neutral.

So, if a guy has been too wimpy in a relationship, he has become too insecure, he's become emotionally sensitive, he's become jealous and he just doesn't have the type of confidence that makes a woman feel attracted.

He may have had that confidence at the start of their relationship, but he lost it and he really turned her off. She then broke up with him.

In terms of being too careless, that's when a guy ends up taking his woman for granted.

He may have actually started out treating her well and he may be a good guy, but over time he stopped treating her as well as he used to.

He may have started to talk down to her, not really care about her feelings and always put himself

first before her.

He may have expected her to be respecting him all the time, but not actually doing that for her in return.

Eventually, she got to the point where she just had enough of it and she wanted to get out of the relationship.

The next example: Too nice.

This is where a guy is basically just sucking up to the woman all the time trying to be Mr. Good Guy, Mr. Nice and doing everything perfectly.

He is trying to be the perfect gentleman, always put her needs in front of his own, be generous and show her how much he cares.

Although women do want a good man, they don't want a man sucking up to them and feeling like he has to be extra nice and be on his best behavior to avoid her breaking up with him.

Ironically, she does end up breaking up with him because she gets bored of always feeling like she is better than him.

His approach to her gives her a false sense of superiority over him.

She feels like she could most likely do better than him and that he's sucking up to her like that because he fears that she will leave him.

Although most women don't go around admitting it, they prefer to be in a relationship with a guy that they feel lucky to have, a guy that could attract other women if he wanted to, but he's deciding to be with her.

He loves her and wants to be with her.

The next example: Too neutral.

This is where a guy ends up treating his woman more like a friend than a sexy, desirable, feminine woman.

There's just no spark between them anymore.

They feel like roommates or housemates rather than lovers.

She doesn't feel like she's in love with him in a romantic way.

She may love him as a person and love him in a friendly way, but the sexual spark just isn't there anymore.

The sexual spark most likely was there at the start, but he wasn't able to maintain it so she got bored and left the relationship.

With those 4 main categories, I always see guys getting their woman back very quickly and easily when they focus on making her feel sexually and romantically attracted again, which is actually a very easy thing to do.

In terms of the amount of time that it takes for a man to get his woman back, I always hear from men who have gotten their woman back:

- Right away.
- Within days.
- Within a week.

- Within a couple of weeks, and;
- Within a month or so.

I also hear from men who get back together with a woman that they've been apart from for years.

The man gets in contact with her and rekindles the love by focusing on making her feel sexually and romantically attracted to him again.

So, back to your situation....

4 Tips on How to Get Your Ex Back if You Feel Like it's Probably Too Late

Is it too late to get YOUR ex back?

Has it been weeks, months or years since you and her have broken up?

What I've found is that, in most cases, all that usually takes is a spark of attraction to open the doors again, to get her to bring down her guard and open herself up to potentially hooking up with you or getting into a relationship with you again.

So, on that note, here are 4 tips on how to get your ex back if you feel like it's probably too late for you.

1. Don't waste any more time waiting for something to happen without your input

In most cases, when a guy approaches me and asks, *"Is it too late to get my ex woman back?"* he's usually not doing anything about it.

He is thinking about her, he's missing her, he's replaying the breakup over and over again in his mind.

He's thinking about where he went wrong, he's thinking about how much he wishes he could be with her and so on.

Yet, he's not doing the most important thing of all.

What is that?

He's not interacting with her and creating sparks.

He's not making her feel sexually and romantically attracted to him.

He's just waiting on the sidelines hoping that something somehow may happen.

What you've got to understand with women is that they respond to the leadership of men when it comes to dating and romance.

For example: I also help men how to pick up women so they can get laid or get a girlfriend.

Sometimes a guy comes to me and says, *"Hey, Dan. I've been working out, I dress well, I work in a good job, but women don't really notice me. Women sometimes look at me, but I still don't have a girlfriend."*

What is he saying?

He's saying that he's trying to look good and hope that women come over to him and pick him up.

Yet, that is just not how women work.

For the most part, women don't go out there approaching men.

What women want is a man to have the balls to walk over and talk to them.

They also want the guy to be able to create a spark between him and her.

For example: He interacts with her and he's being confident, he's being emotionally masculine, he's using humor and he's flirting with her.

That creates sparks between a man and a woman.

It creates feelings of attraction inside of her.

That's one of the fundamental things you need to understand about women.

It applies to pick up, it applies to being in a relationship and it applies to getting your ex back.

As you may know about me, I enjoyed my choice of women for many years, living the bachelor lifestyle and just having loads of fun attracting and picking up women, enjoying my choice of women.

Then I met this girl who is now my wife. I met her when she was 20 and I was 35 and we've been together ever since.

The big secret of my success with women is having the ability to make a woman feel sexually attracted.

It's a skill.

It's being able to interact with a woman and create feelings of sexual attraction inside of her.

This applies when picking up women, when going on a date with a woman, when in a relationship with a woman and when getting your ex back.

You have to create feelings of sexual attraction inside of her.

That is something that you can do.

You are in control of it.

It is based on what you are saying and doing when you interact with her.

So, for a guy who's in a situation where he wants to get his ex woman back, he needs to understand that the same rules apply.

He needs to interact with her and create a spark.

He needs to create feelings inside of her, make her feel attracted.

If you're sitting around thinking, *"Is it too late for me? Have I waited too long to get my ex back? Is it the wrong thing to do? Has the window of opportunity passed?"* just put those thoughts aside for a minute.

If you want her back, you need to stop waiting for something to happen without your input.

You need to interact with her and create a spark.

You can do that. You can make her feel attracted to you again.

When you make her feel attracted to you again, she will naturally open up and she will naturally start to consider the idea of either hooking up with you sexually or getting back into a relationship with you.

2. Understand what really re-attracts an ex

This is where a lot of guys go wrong as well.

They contact their ex and they're essentially just being friendly and neutral.

A guy will meet up with his ex-girlfriend or ex-wife and he'll have a nice chat with her.

He'll have a friendly chat, he'll talk about good old times, he'll catch up on what they've been doing with their life and so on.

All that is great and it's part of talking and having a conversation, but you need to make sure that you are also creating sexual feelings.

It has to be based on sexual feelings.

If there is no sexual feelings inside of her, she's not going to want to be in a romantic relationship with you.

She might want to be friends and stay in touch just in a nice way because she likes you and has fond memories of you as her ex, but she's not going to feel compelled to get into a sexual romantic relationship with you unless the basis of her feelings are sexual.

3. Prepare to be tested

If you meet up with an ex-girlfriend or wife after a long time, she is almost certainly going to test your confidence.

She is almost certainly going to behave as though she isn't that interested and she just wants to be friends.

She might also start teasing you, picking on you and saying things to see if she can break your confidence to make you feel insecure and unsure of yourself.

So, when you interact with her, just prepare to be tested.

Know that the tests are going to come.

She's going to try to put pressure on you and make you feel uncomfortable and doubt yourself to see whether or not you really have manned up.

Have you leveled up since you and her broke up?

Have you become a more powerful man emotionally, or have you become the sort of man that can easily crumble under her pressure?

That's what she's going to be looking for.

4. Prepare to give her a next level attraction experience

What this is about, is you leveling up.

For example: When you were in a relationship with her, you had a certain level of confidence.

Confidence is very attractive to women.

The more confidence that a man has, the more attracted a woman feels.

I'm not talking about the exaggerated, arrogant type of confidence where a guy's being an asshole and things like that.

I'm talking about relaxed easygoing confidence where a man doesn't crumble under pressure, he

doesn't get rattled by things and he doesn't get nervous or insecure.

That's what I'm talking about.

So, if you had a certain level of confidence when you were in a relationship with her, you're going to want to level that up.

You're going to want to make sure that when you interact with her, your confidence is so much stronger.

If you can do that, you'll be giving her a next level attraction experience in terms of confidence.

Of course, there are also many other traits that a man can display to make a woman feel attracted such as emotional masculinity, social intelligence, charisma, charm, humor and so on.

When you give her a next level attraction experience, it makes her feel compelled to give you another chance.

It feels like you and her are a new couple.

Things really are different.

She feels drawn to you in ways that you were never able to make her feel before.

It's exciting, interesting and appealing to her.

Learn More?

Okay, I hope you've enjoyed this video and learned something from it.

If you'd like to learn more, I recommend that you watch my program [Get Your Ex Back Super System](#)

When you watch the program, you'll learn the easiest, fastest and most effective way to get a woman back.

When you interact with her and use the techniques from the program, she will feel a renewed sense of respect and attraction for you.

She will begin to feel sexual and romantic attraction.

The love will begin to flow into her heart again.

She will open back up to you and you will then get her back.

Miss Out on Being With Her Again, or Take Action and Get Her Back Now? Your Choice...

One final point that I want to make for you in this video, is that you have nothing to lose and everything to gain by getting her back.

You've been going through life missing her and wanting her back.

You can continue along that path and then it can be too late to get her back.

For example: She's married with children and extremely happy and doesn't want anything to do with you anymore.

Alternatively, you can follow through, interact with her, attract her, get her back and enjoy a

BETTER relationship than you had before.

That's one of the interesting things about getting an ex back.

I've heard back from so many guys who have gotten their woman back after following through on the steps in my program and it's always interesting to see the words that they used to describe their situation.

For example: A guy will say he and his woman are so much happier now. She respects him so much more now. The sex is so much better. They're so much more in love.

That is a great thing for him AND the woman.

It's not just him getting something.

The woman is getting something too.

It's a good thing for him and her.

So, don't feel as though you're going to be doing something where you're taking something from her. You're literally going to be giving something to her and sharing something with her that is enjoyable for the both of you.

So, enough wasting time, enough worrying that it's too late for you.

If you want to get her back, then make it happen.

Interact with her attract her, hook up with her and get the relationship back together.

You can do it.

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6 Tips on How to Get Your Ex Back By Texting

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

In this video, I'm going to give you 6 tips on how to get your ex back by texting.

Texting is obviously a very convenient way to contact your ex girlfriend or ex wife and I recommend that you use it, but I don't recommend that you overuse it.

Overuse of texting can cause a guy to mess up his chances with his ex and lose her completely.

So, with that, here are the 6 tips on how to get your ex back by texting.

1. Use humor, but don't go overboard with it

Here are some examples of using humor via text.

A guy recently commented on my YouTube channel and he said that his ex girl contacted him and said, *"I miss you a lot. It's only been a couple of days. I've been trying to distract myself a lot, but it's not working. I don't know."*

In cases like that, it's best to use her text as an opportunity to make her laugh and feel attracted to you.

Don't feel as though you need to be all soppy and understanding.

Use it as an opportunity to create a spark between you and her, by using humor.

It works so much better because it triggers her attraction for you.

A couple of the ways I suggested he could reply are, *"Haha. Of course. I'm not easy to forget,"* and then he might add in an emoji with the tongue sticking out 🤪 or a wink smile 😉

Alternatively, he might not have any emoji in there at all.

Another reply to her text is, *"Who's this?"* and then when she replies with something like, *"It's me, Sarah,"* you can reply with, *"Just kidding. I missed you at times, too."*

Alternatively, another reply is, *"I was missing you for the first hour or so, but then I forgot all about you. LOL. What's your name again?"*

So, with her text, it's pretty obvious that she is having a difficult time dealing with the breakup.

In a case like that, the guy can get her back quite easily.

All he has to do is spark some attraction and get her on a phone call, meet up with her and he can pretty much get her back.

By the way, with the example of replying with, *"Who's this?"* it's obviously to suggest that you have deleted her number.

You could also reply with something like, *"Who's this? I don't have your number in my phone,"* or if you know for sure that she would really get the joke, then you could say, *"Who's this? I think you have the wrong number."*

Of course, not all women are going to get the joke and that's one of my points.

With texting, it's so easy to misinterpret what the other person is saying.

When you're joking around in person or on the phone, the other person can quickly tell that you're

joking based on the tonality that you use, or if you're in person, the body language that you're using and the way you are behaving.

While it's a good idea to use humor via text with your ex so she feels attracted and she feels good talking to you, just make sure that you don't go overboard with it.

If your ex is the sort of girl who is really chatty via text and enjoys texting back and forth, here's an example of what you can do.

She texts you with something like, *"Hey. So how are you today?"* and you reply, *"Can't tell you."*

She then might reply with something like, *"Why?"* and you can then reply with, *"I don't want to hurt your feelings."*

She may then reply with, *"Tell me. What is it?"*

You can then say, *"I'm eating pizza, Hawaiian, your favorite."*

You might want to add in an emoji there with the tongue sticking out 🐾 or an add on an *"LOL"* or a *"Haha."*

She will most likely then reply with an *"LOL"* or *"Haha."* She will get the joke.

However, once you've done that, it's very important that you don't get into an ongoing text conversation where you're trying really hard to say something funny.

If you do keep trying to make her laugh, you will most likely eventually come across as trying too hard.

Alternatively, you might be doing a great job of texting her, but she will then realize, *"Hang on. I'm being too nice to him. I need to play a little bit harder to get."*

She will then start replying in a cold or distant way, or she will stop replying altogether or she may take a couple of hours or a day to reply to you.

This may cause you to start doubting your humor and your ability to attract her via text.

You might start worrying that you've said the wrong thing.

Yet, in fact, what's really going on is that she was just playing a little bit hard to get, so she didn't look too easy.

So, while it's a good idea to make your ex laugh via text so she can feel as though things are good between you and her and it's not difficult or awkward to be talking to you, make sure that you don't go overboard.

Make sure that you don't end up trying too hard and putting in way too much effort to get her laugh.

If you do that, she will most likely start to feel turned off by it, or she will start to play hard to get.

The next tip on how to get your ex back by texting is...

2. Don't talk about your feelings for her via text

Unless the feelings are mutual, she's not going to want to hear about your feelings for her.

It's going to feel like you're coming on too strong, too soon.

You're asking for a relationship or reaching for a relationship when the feelings aren't even mutual.

She's not feeling sexually and romantically attracted, she's not feeling in love, but you are.

You're trying to get back with her because you feel like that, but she doesn't feel the same way. So, you need to make her feel the same way and you cannot do that by telling her how you feel via text.

It just doesn't work.

3. Don't ask for another chance via text

If you're texting back and forth with your ex-girlfriend or wife, you definitely shouldn't ask for another chance via text.

It's so easy for a woman to play hard to get via text.

It's also so easy for her not to be feeling attracted.

She can be reading some of your texts and misinterpreting them, she can be looking at your texts and thinking that you're being insecure, you're being desperate, you're being pushy, you're not understanding her and so on.

As a result, if you ask her for another chance via text, she's almost certainly going to say no.

So, when should you ask her for another chance?

You shouldn't.

To get an ex back, what you really need to do is get in front of her.

You need to be in person with her making her feel attracted, turning her back onto you and then hook up with her and get the relationship back together.

Sometimes, it is necessary to discuss giving the relationship another chance before you hook up sexually. That's fine.

If it seems appropriate and it seems right to bring it up, you need to trust your gut instinct on that.

If you're interacting with her and she's feeling attracted and it seems like it's the right time to talk about the relationship, then don't be afraid of it.

Bring it up.

Just make sure that you're not being really soppy and romantic or needy about it.

Be a man about it, be direct and to the point and don't be afraid to express some feelings.

By expressing feelings, I don't mean express them in a needy, desperate, soppy kind of way, just a matter-of-fact, manly type of way.

4. Vary your response times

Now, this one might seem pretty obvious, but the reason why I'm including it in the 6 tips is that so many guys get it wrong.

It's very obvious to think, *"Alright...well, I'm going to vary my response time to my ex girlfriend or wife to show her that I'm not needy."*

Yet, the mistake that a lot of guys make is that they go too far with it.

She texts him something and he's got an opportunity to capitalize on that by using humor and making

her laugh, but he doesn't reply.

He leaves it for 4 or 5 hours and then replies in a neutral way.

She doesn't laugh, she doesn't feel attracted and then she stops replying altogether.

Alternatively, he pushed it too far by waiting for the next day or 2 days or not even replying at all.

Of course, you don't have to reply to every single text that your ex sends you, but you don't need to go crazy about it and go overboard and really try to show her that you're not needy by not replying to texts.

Just vary your response times.

Make sure that you're not instantly replying to everything.

Make sure that you take a calm, confident approach when texting her.

5. Avoid long texting conversations

Sometimes a guy feels like he can't call his ex-girlfriend or wife or get her to meet up with him because she doesn't seem to want that right now.

He's not assertive enough about it and he doesn't get her on a phone call, make her laugh and get her to meet up with him in person.

Instead he thinks, *"Well, at least she's texting with me."*

So, he just uses that as much as he can.

For example: He gets into long conversations with her about the relationship, he explains his feelings, he asks her loads of questions, he tries to explain where he went wrong and what he now understands and so on.

In almost all cases, that is going to turn the woman off.

For example: She feels like it's just too stressful to be interacting with him. It takes too much work.

She's having to read these long messages and reply and going to a lot of detail.

They are misunderstanding each other and it just keeps going on and on.

Alternatively, she might look at it as him being desperate.

He's putting so much effort into writing long text messages that he just looks a little bit needy.

He looks like he's lost without her and it's so important for him to get her to understand his point of view.

What he doesn't understand is that the most important thing is actually how she feels, how he is making her feel.

Everything that you say and do when you're interacting with your ex counts.

You're either turning her off or you're turning her back on to you.

You're either making her feel attracted or you're pushing her away.

That is the reality.

So, when you're interacting with your ex, you need to be focusing on attracting her and turning her back onto you.

You need to be making her feel like there is still something there between you and her.
You need to make her feel like she is missing you, she can't stop thinking about you and she thinks that it might be a good idea to give you and her another chance.

6. Get to a phone call and meet up ASAP

I've heard of so many cases where a woman was showing interest in her ex guy via text and he just kept texting, texting and texting and texting and texting.

Eventually, no more texts.

She stops replying and all of a sudden, he's out of ideas.

He doesn't know how he's going to get her back.

Well, what you need to understand is that texting an ex-girlfriend or wife isn't the final step to get her back, obviously.

You've got to get her to meet up with you.

If that involves getting her on a phone call first, then do that, but you've got to get her to meet up with you.

You've got to get in front of her and make her feel real attraction.

In person, you can get sparks flying between you again.

You can make the love start to flow into her heart again.

You can make her look at you with loving eyes.

She focuses on your positive qualities.

She feels attracted to you.

All of the mistakes that you made in the past just go out the window.

She doesn't really care about that anymore.

She's focused on how she's feeling and she's feeling attracted to you.

She's feeling drawn to you.

Something is telling her that she should just kiss you and give you another chance.

Learn More?

I hope you've enjoyed this video and learned something from it.

If you'd like to learn more, I recommend that you watch my program, [Get Your Ex Back Super System](#)

When you watch the program, you will learn the easiest, fastest and most effective way to get a woman back.

The techniques in the program make her want to get back with you right away.

Other guys have done it and you can do it too.

Text Her, But Don't Rely on it as Your Only Way to Get Her Back

One final point that I want to make for you in this video is to remind you that texting is a good way to contact your ex, but just make sure that you don't use it as your main approach and the only thing that you do to try to get her back.

If you keep texting, she's most likely going to lose interest, go cold and stop replying all together. So, I recommend that you do use texts if necessary, but just make sure that you actually get to the final step where you're in front of her.

You're making her feel attracted, she's turned back on to you, she's feeling drawn to you romantically and sexually and you get her back into a relationship for real.

Don't hide behind text.

Don't hold onto texting conversations and think that you've got her back just because she's texting with you.

Get her back for real.

×

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How to Get an Ex Back That Dumped You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

How can you get an ex back that dumped you out of a relationship?

You were in a relationship with her, you love her and you want to be with her, but she has dumped you.

She doesn't want anything to do with you anymore.

It's over and you're feeling pretty beat up about it.

You want her back, but she's not having any of it.

So, how do you get her back?

Here are my 4 tips for you!

1. Regain control of your emotions

If you're feeling hurt, rejected, lost or sad without her, it will turn her off further.

Emotional attraction is the most important type of attraction to a woman.

For example: A woman doesn't want to be with a guy who is insecure, emotionally sensitive and emotionally dependent on her for his sense of confidence, or happiness, or sense of self-worth, or identity in the world.

She wants a guy who is confident on his own, regardless of whether or not she is in his life.

When a woman is around a guy who has that type of confidence, she naturally looks at him with respect.

She naturally feels attraction for him.

It's something that he doesn't have to try hard to create.

It just happens automatically and she feels it automatically.

She doesn't have to force herself or decide if she's going to feel attracted to the confident guy.

It just happens naturally.

The same thing applies with insecurity; a woman's reaction to it is automatic.

For example: A guy may have gotten into a relationship with a woman and at the start of the relationship, he was confident.

She was showing him lots of interest.

He could see that she really liked him and wanted to be with him and therefore he was confident.

Yet, somewhere along the line in the relationship, she started to change her behavior.

She stopped showing him as much affection, as much interest and stopped being as supportive.

In reaction to that, he started to become insecure and emotionally sensitive.

He might've also started to become jealous, controlling and even angry and displayed unattractive behaviors such as those.

So, even though the relationship was good at the start, he used to be confident, he used to be nice to

her and used to be a good boyfriend or husband, the same isn't the case anymore.

He has changed emotionally and he's behaving in a different way now.

As a result, she feels differently about him.

This is why, if you want to get an ex back who dumped you, the most important thing that you need to first is regain control of your emotions.

If you interact with her, you need to be able to display emotional strength and emotional stability.

You need to be able to trigger her feelings of attraction based on how you are coming across emotionally, the way that you're behaving, the way that you're talking, the vibe that you're giving off, your attitude, your actions and so on.

She needs to be able to look at that and naturally and automatically feel attracted to it.

So, what happens for a lot of guys is that they try to get their ex-girlfriend or ex-wife back before they've truly regained control of their emotions.

Regaining control of your emotions does not require you to not contact her for 30 or 60 days and really give yourself a lot of time to heal and improve and so on.

You don't need to waste all of that time.

In fact, in most situations where a guy is wanting to get a woman back, he needs to act sooner than later.

You need to get on to it.

You need to get the job done.

If a guy leaves it too long and he gives himself 30 or 60 days to improve and get ready to contact his ex, she will usually have moved on already.

She will either have gotten over the breakup and over her feelings for him, or she will have met a new guy or a number of new guys.

That is what happens.

So, what I recommend if you have been dumped, is that you get things done quickly.

You regain control of your emotions quickly.

Get it done.

Don't think that you need to have 30 days or 60 days to slowly heal.

You need to be a man about it.

You need to get this done now.

Once you've regained control of your emotions and you're feeling confident and you're feeling happy regardless of whether or not she is in your life, then you should interact with her, re-attract her and get her back.

If you try to get her back before you've regained control of your emotions, she will pick up on it.

She will be able to sense your hurt, your self-doubt, your pain, your neediness of her and it will turn her off.

Women are not attracted to emotional weakness in men.

The way that a woman feels turned off happens automatically.

She doesn't even have to think about it.

It's just a trigger.

If she interacts with you and she senses that you're not in control of your emotions, you need her and are in a lot of pain, it's going to turn her off.

2. Understand the few things that you need to change to make her feel differently about you

Now, I've said "*few things*" on purpose.

The reason why, is that I want you to understand that you don't need to change 100 or 150 things about yourself before you can get her back.

In most cases, a guy just needs to change, improve, or adjust a few things.

Then when he interacts with his ex woman, she will feel a renewed sense of respect and attraction for him.

She will feel it.

She will sense the changes in him and it will automatically make her feel respect and attraction for him.

It's important that you understand that and that you believe it, too, because if you believe that you need to change 100 things before you can get her back then how are you going to be coming across?

You're going to be doubting yourself.

She's going to sense that you're trying hard to impress her.

She's going to sense that you don't feel worthy of her anymore.

That's not going to make a woman feel attracted and it's certainly not going to make an ex feel attracted.

Of course, sometimes a guy can get another chance with his ex woman without changing anything about himself or without doing anything special.

That often happens after the first breakup where the woman is still in love with the guy, still has feelings for him and can't deal with not having him in her life anymore.

So, she will get back with him.

However, if she continues to feel turned off by the way that he's behaving and thinking and acting and reacting and responding to her, then she's going to break up with him again.

If her attraction is naturally being turned off around him, then she's not going to want to be in a relationship with him.

So, it's important that you understand what few things you need to change or improve and adjust about yourself and then do that.

For example, sometimes a guy is a really good guy and just wants to treat a woman really nicely and be supportive and be generous and listen and blah, blah, blah, all that nice stuff.

He just wants to be the perfect good guy.

Initially, a woman may really like that, especially if she has gotten out of an abusive relationship or

hasn't really ever been treated that nicely before.

Yet, if the guy is simply offering her that, just niceness and goodness, then it can become boring for some women.

Some women do need a guy to have a bit more of an edge about him, a bit more balls and to not be so nice and sweet and soft and gentle all the time.

So, if a guy got dumped for essentially being too nice and sweet and gentle and being too much of a good guy, he needs to understand that one of the few things that he needs to change or adjust or improve is to have a bit more balls around her.

he needs to be a bit more ballsy in the way that he uses humor, to be a bit more ballsy in the way that he looks at her and his body language and to talk in a bit more of a masculine way to let her feel that and realize that, *"Hey, he does have it all."*

He's not just a nice, sweet, neutral guy that is going to continue to bore her.

There is something there and he needs to be able to interact with her and create a spark based on that.

In examples like those, what I found is that a guy is usually unwilling to do anything other than be nice, neutral, sweet, formal and all that sort of stuff with his woman.

He doesn't want to be a bit more masculine.

He doesn't want to be more ballsy because he thinks that it's wrong.

He thinks that the way to be a man is to just be nice and sweet and gentle and give the woman all the power.

Yet, if he does that, she's not getting the attraction experience that she wants.

He's attracted to her.

He looks at her and he feels attracted.

He spends time with her and he feels attraction and love.

He just wants to be around her.

He loves her.

Yet for her, the feelings aren't mutual because something is missing.

He's just too plain, neutral and nice and gentle and all that sort of stuff.

She needs him to have a bit more edge.

3. Don't rush to get her to commit to a relationship

Some guys don't understand the power of sexual attraction and they also don't take into account, the fact that their ex girl doesn't have the same type of feelings as they do.

For example: He is sexually attracted to her and romantically attracted to her, but she's not feeling the same way.

Yet, he doesn't really care about that because what's most important to him is how he feels about her, how much he wants her, how much he needs her, how much he loves her.

That is what is important to him.

Yet, when getting an ex woman back, you have to focus on what is important to her.

What's important to her is how she feels.

How does she feel about you? Does she feel sexually and romantically attracted to you?

That is what really counts.

So, it's really important for you to understand that before trying to get a relationship with your ex, you first need to make her feel sexually and romantically attracted to you again.

If you are trying to rush her into committing to a relationship, or trying to discuss the relationship, get her to understand your point of view and hopefully see that things could be better, then she's going to remain closed up.

What you need to understand is that now that she has dumped you, she's most likely going to be selfish about it now.

She's only going to get back with you if it feels good to her.

She doesn't want to try hard to make a relationship work.

She only wants to get back into a relationship if she is feeling sexually and romantically attracted again.

She isn't going to care about how much you care, unless you make her have feelings for you again.

When you reawaken her feelings of sexual and romantic attraction, she will automatically begin to care about you again because she will want to get more of that feeling.

That's how to get her back.

4. Give her a new experience with you

This essentially comes down to you interacting with her and letting her feel differently around you.

When you first met and when you first started dating, she most likely felt exciting, desirable emotions.

When you got into a relationship with her and she fully fell in love with you, she most likely felt exciting, desirable emotions.

Yet, now that you and her are broken up, what type of emotions is she feeling?

She's most likely feeling stressed out, resentful, annoyed or turned off.

So, what you need to be able to do is give her a new experience with you.

Let her see that getting back together actually feels good.

It's an exciting, desirable process.

It feels really good.

Now, to be clear, I'm not saying that you should TELL her that getting back together feels good.

I'm not saying that you should try to get her to understand that she will feel good in future.

That's not it at all.

What you need to do is interact with her and display personality traits and behaviors that are naturally attractive to her in a situation like this.

The situation is that she has dumped you and she doesn't want to be with you.

As a result, she is most likely going to be cold and closed off when you try to talk to her and make

her laugh.

So, what type of behavior or personality trait is going to be attractive to a woman in a situation like that?

She's going to want to see that you are CONFIDENT, regardless of how she is behaving and that you have the confidence to joke around with her, regardless of how she is reacting.

This is where a lot of guys go wrong.

They try to be confident around their ex girl and make her laugh and things and in some cases, a guy will notice that she's not responding very well.

So, he will assume, *"Oh, it's not working. There's nothing that I can do to make her feel attracted. Anything that I try just doesn't work on her."*

That's actually not true.

When getting an ex back, you've got to think about it in the same way as picking up a woman for the first time.

When a guy walks up and talks to a woman for the first time, she's usually not going to give him loads of signs of interest to make it easy for him.

She's going to act like it's not working on her, to see how confident he REALLY is.

Of course, that's not how your ex woman would have necessarily behaved in the relationship when things were going well.

When you and her were in a relationship and were in love and happy to be together, she was most likely responding well when you were confident around her and she would laugh at your jokes, right?

She would be sweet and nice and supportive.

Yet, now that she has dumped you, it's a completely different story altogether.

She's going to be acting like a woman who is testing your confidence, which is what happens when you meet a woman for the first time.

This is why the first tip that I gave you in this video is so important.

You've got to regain control of your emotions.

If you try to get her back when you haven't regained control of your emotions (i.e. you're not yet feeling confident and worthy of her), then she's going to pick up on that and it's going to turn her off.

Learn More?

Okay, I hope you've enjoyed this video and learned something from it.

If you'd like to learn more and you would like to follow a step-by-step process to get your ex back, I recommend that you watch my program, [Get Your Ex Back Super System](#)

When you watch the program, you will learn exactly what to say and do to make her give you another chance.

She will want to get back with you.

She will feel attracted to you again and it will happen naturally.

You've Got to Be Confident and Feel Worthy of Her

One final point that I want to make for you in this video is that a lot of guys miss out on getting their ex woman back because they don't feel worthy of her anymore.

They don't feel good enough.

They lose confidence as a result of being dumped.

That's understandable, yet, you have to overcome it.

You must get yourself to a point (and quickly!) where you are feeling confident and self-assured.

You must be able to interact with her and trigger natural attraction inside of her.

Don't try to convince her to give you another chance when she's not feeling attracted to you.

That doesn't work.

Most guys feel like their situation is more difficult than another guy's situation.

It may feel difficult to you.

It may feel like everyone else can get their ex back, but you can't because she dumped you and some of the things that she said really hurt you and they seem really final.

For example, *"I never want to be with you again. I've had enough of this. I hate you. I don't feel attracted to you,"* and so on.

That is based on how she was feeling when she broke up with you.

Yet, she used to feel attracted to you and she was most likely in love with you before.

You can get her back to that and you can actually make her feel MORE attracted to you than she felt before.

You can level up as a man.

You can improve your ability to make her feel natural attraction.

You can trigger those feelings inside of her and get her back.

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10 Examples of When Not to Use the No Contact Rule

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

In most cases, when a man is trying to get a woman back after a breakup, the No Contact Rule is an ineffective strategy.

It doesn't work.

In some cases, it will work, but in most cases, it just ends up causing more problems for the guy and he loses his woman in the process.

Now, I want to point out a couple of things before we begin.

1. This video is for men only

The No Contact Rule works differently on men than it does for women.

So, this is about men getting women back.

It's not about women getting men back.

Women who use the No Contact Rule have a completely different result than men who use the No Contact Rule on a woman who they're trying to get back.

So, this is for men.

2. This is about the 30 day No Contact Rule

When I talk about examples of when it's not effective to use the No Contact Rule, I'm referring to the No Contact Rule that is 30 days.

So, that's 30 days after a breakup where you don't contact your ex and even if she contacts you, you just remain silent.

What I've found is that in most cases where a guy tries to use the 30-day No Contact Rule on a woman to get her back, it ends up backfiring.

10 Examples

Let's get into 10 examples of when it's not a good idea to use the 30-day No Contact Rule and then 6 examples of where it's okay to use it and where it can work.

The first example of when not to use the No Contact Rule is...

1. She's no longer attracted to you

When a guy gets broken up with by a woman, it's usually because she has lost respect for him and can't feel attracted to him anymore.

As a result, she's no longer in love with him.

So, she's pretty much over it.

She doesn't want to be with him anymore.

Then, she goes ahead and dumps him.

She leaves the relationship, she walks away and she feels fine about it.

She doesn't feel like she's missing out on anything because she doesn't feel attracted to him anymore and she just doesn't want to be with him.

So, when he doesn't contact her for 30 days or for 60 days, she doesn't really care about it.

Some women might be affected by that and think, "*Well, hang on. Why isn't my ex contacting me?*"

In cases like that, she may decide to contact him just to check that he is still actually missing her and when she finds that out, she can then continue to move on.

However, what happens in most cases is that the woman just moves on.

She doesn't try to contact her ex anymore because she doesn't actually want to be with him.

She goes out and has some fun with her girlfriends and meet some new guys, potentially hooks up with a guy very quickly or soon after the breakup.

Alternatively, she might get on online dating or use an app like Tinder and have loads of dates lined up so she can easily move on.

The next example of when not to use the No Contact Rule is...

2. You took her for granted

So, say, for example, a man was in a relationship with a woman and he wasn't treating her very well. She really loved him, she was trying to do her best to make the relationship work and he didn't really put in his fair share.

He might have just expected her to put up with his bad behavior and bad treatment of her because she loved him so much or because the sex was so good, or because he's such a confident guy and he knows that other women would want him so she's lucky to have him.

In a situation like that, a woman will eventually get to the point where she's sick and tired of being taken for granted and she'll dump her guy.

If the guy then doesn't contact her, she will usually see that as yet another sign that he doesn't care about her and that he's not the sort of guy that she should settle down with.

Not only didn't he care about her feelings in the relationship and just do whatever he wanted, but he's doing the same thing now.

Of course, in some cases, a woman will contact her ex who has taken her for granted and then doesn't contact her.

However, the majority of women who have been taken for granted, have been treated badly and have had enough of it, will see him not contacting her as yet another sign that he's just the same guy that she broke up with.

Why is she going to go back to him and give him all the power and be in the low position when she's sick of that?

She's sick of being in that position.

She wants a more even type of relationship.

Of course, there are exceptions.

Some women will go back to a guy who has taken her for granted and isn't contacting her.

She's addicted to him.

She's addicted to the sex, she's addicted to how confident he is and she will just keep going back to him for a while.

However, the majority of women will just move on because they'll see him not contacting her as yet another example of him just taking her for granted and not giving a crap about her, basically.

The third example of when you should not use the No Contact Rule is...

3. She can move on easily without you

Some women know that they can easily attract a new guy.

Some women have plenty of girlfriends that they can go out and party with.

Some women know that they can easily get on an online dating site or a Tinder app, something like that and instantly have loads of dates lined up.

Some women know that there are many guys at their work or university who are interested in them and all she has to do is open herself up to that and she can easily start dating and having sex with new guys.

So, if a woman is the type of woman who can easily move on after a breakup, the No Contact Rule often backfires.

She doesn't hear from her ex for 10 days, 20 days and then 30 days and somewhere along the line, she's most likely going to think, *"Well, I'm going to make myself feel better by just moving on with one of the many guys who are interested in me or I'm going to go out with my girlfriends and hook up with a guy and make myself feel good. I don't have to be thinking about my ex. I don't have to worry about him. We're broken up now. I can do whatever I want."*

The next example of when you shouldn't use the No Contact Rule is...

4. She's had plenty of experience with breakups

If a woman is very young and doesn't have much experience with breakups, the No Contact Rule can work well on her.

She most likely won't be able to deal with not having her ex in her life anymore.

She won't be able to deal with the fact that she dumped him, but he isn't chasing her.

He isn't trying to get her back.

He's just cut off contact and she will wonder, *"What is going on? How could he accept the breakup so easily?"*

She'll most likely contact him and open herself back up to the relationship to get him back and feel better about herself.

However, if a woman has had some experience with breakups, she will know what guys do and she will know how she feels after a breakup.

She will know that there's some initial pain, but it goes away.

She will know that she can move on after a breakup and that she can be happy with another guy.

So, if her ex doesn't contact her, she doesn't have to worry about that.

She knows that she can move on, she can make herself feel better and she doesn't have to go back to a relationship with a guy who potentially hasn't even changed and potentially won't even be able to change.

He hasn't interacted with her, so she doesn't know if he's changed.

She doesn't know if he has the potential to change and she doesn't know if she's actually going to feel differently around him when they interact.

All she is going on is how she felt leading up to the breakup and during the breakup which was she was turned off.

She wanted out of the relationship.

So, there's no real reason for her to go back to that if she's had some experience with breakups and knows that she's going to be able to get over it and move on.

The next example of when not to use the No Contact Rule is...

5. She has too much self-pride to chase you

Sometimes, a guy will get dumped by his woman and not contact her.

She will be sitting around thinking about him and missing him and regretting the breakup.

Yet, she doesn't want to come across as a woman who comes crawling back after a breakup.

She doesn't want to come across as a woman who needs him.

So, a woman like that is going to have too much self-pride to come chasing her ex and trying to get another chance with him.

She may be feeling hurt by the fact that he isn't contacting her, but she doesn't want to lower herself by contacting him.

In reality, contacting him isn't lowering herself, but according to the way that she thinks with all of her self-pride, it is going to be an act of lowering herself.

She worries that she's going to lose face, that she's not going to look as independent as she has been claiming to be all along.

So, in cases like that, what a woman will usually do is just try to move on by hooking up with new guys and going out and enjoying herself rather than coming back to her ex and losing that sense of power that she has over him.

The next example of when not to use the No Contact Rule is...

6. Her friends and family don't like you

If a woman's family and friends agree with her decision to break up with a guy, then they're most likely going to let her know that after the breakup.

If her ex guy isn't contacting her, they're most likely going to use that as a reason to say things like, *"Well, see, he doesn't really care,"* or, *"See, he's not man enough to contact you,"* or, *"See, this just*

proves that he plays mind games or that he isn't mature enough to face the situation head on," or, "See, I told you. He never really loved you. He's probably out there hooking up with new women now. You deserve better."

They'll essentially say things to support her decision because they want to get him out of her life and out of their life.

So, in cases like that, using the No Contact Rule doesn't benefit a guy.

Of course, don't get me wrong.

There are exceptions.

Sometimes, if a woman's family and friends don't like a guy and he doesn't contact them, it might give them a little bit of time to calm down and start to think that he isn't so bad after all.

Yet, those are the exceptions.

What I'm talking about are the majority of situations that guys face out there when they're trying to get a woman back.

In this case, for example, a guy is trying to get a woman back, but her friends and family don't like him.

In most of those cases, what will happen is that her friends and family will use the no contact as a way of pointing out negatives about him.

The next example of when not to use the No Contact Rule is...

7. She never really loved you

Sometimes, a woman will get into a relationship with a guy because she felt some attraction for him. She had a bit of a crush on him, or he grew on her overtime and eventually got her into a relationship. Yet, she never truly, deeply loved him.

She may have felt some love for him at times, but it just wasn't enough to make her feel like she was totally in love with him.

So, she always knew in her heart that he was a good guy and she felt some love for him, but there was just something missing.

Something was telling her that he wasn't the right guy for her.

Unfortunately, a lot of guys don't know how to fix that problem when they're in it.

To point out quickly, the way to fix that problem is to give her the attraction experience that she really wants.

A classic example is where a guy is really nice and sweet and soft and gentle and he's basically trying to be like the perfect boyfriend or husband.

He's just being really nice to her and supportive and letting her get her way all the time.

Yet, that isn't exciting for a woman.

What a woman really wants in addition to having a good man is that the guy actually has some balls.

He puts her back in her place in a dominant, but loving way at times, so she can look up to him and respect him and feel like a feminine woman around him.

When a man uses that approach with a woman, she doesn't feel like just a friend in a mutual way. She also doesn't feel just bored and like everything is just so nice, plain, soft and gentle in the relationship.

Instead, he's clearly the man and she's clearly the woman.

As a result, both he and her always feel sexually attracted to each other, rather than feeling neutral around each other because of a lack of a clear difference in the gender role and energy.

This is a big problem in today's society because a lot of guys are afraid to be manly because they think it's wrong, or because they're worried about being told off by a woman.

Yet, to be successful with women, you have to embrace your masculinity and live it.

There's no way around it.

If you hide from being manly or think it's wrong, women will cheat on you, dump you and treat you with disrespect.

It's just how nature works.

So, in cases where a woman never really loved a guy who was too much of a softie and he then uses the 30-day No Contact Rule on her, it will usually backfire.

She never really loved him anyway, so she doesn't know.

She knows that he doesn't know how to give her the attraction experience that she really wants.

She's given him plenty of chances before, she's hinted at it, she's nagged him, she's tried to talk to him about things and complain about things, but he just didn't get it.

He might have been the sort of guy that thought that being the perfect gentleman was exactly what a woman wanted and that doing anything other than that is wrong.

As a result, she just felt bored.

There was no excitement.

There was no edge.

It was just too plain and neutral.

So, this is another example of when not to use the No Contact Rule.

Of course, there are exceptions.

Don't get me wrong.

Sometimes, a woman never really loved a guy, she breaks up with him, he doesn't contact her and then she realizes that she misses him and she wants him back.

Yet, in most cases, what really happens is that the woman knows why she broke up with him.

She knows that he's a good guy, but there just wasn't enough of a spark there.

There wasn't enough of a spark to cause her to feel like she was totally in love with him.

Therefore, she feels like she just has to move on.

When he doesn't contact her, she might feel disappointed about that and she might even feel a bit hurt, but in most cases, she's not going to come running back to guy that she was never really in love with.

The next example of when not to use the No Contact Rule is...

8. She's an independent woman

This is different to her having too much self-pride to chase you after a breakup.

Having too much self-pride is an act.

It's about a front that she's putting on.

On the other hand, being an independent woman means that she really is an independent woman.

She doesn't actually need a guy to feel happy.

She doesn't need a guy in her life.

She wants to have a boyfriend, but she can go without it or she wants to have a husband, but she can go without it.

A truly independent woman.

Women like that can break up with a guy and completely shut off their feelings for him.

They can easily just move on and get on with their life, without worrying about the relationship that they've just lost.

So, when a guy uses the No Contact Rule and doesn't contact her, it usually backfires.

She just gets on with her life without him.

The next example of when not to use the No Contact Rule is...

9. She has plenty of single girlfriends who want to party with her

If a woman breaks up with a guy and she has plenty of single girlfriends who want to go and party with her, she will usually go along with them and do that.

When a woman goes out and parties and maybe drinks some alcohol, all sorts of things can happen.

She can meet a guy that she finds attractive and he can be turning her on as he's talking to her.

All of a sudden, she doesn't feel like she has to be loyal to her ex anymore.

She's feeling attracted in the moment and she can just go with it.

Some women might not do that initially because they might not want to hook up with a guy very quickly, but most women will.

What I've found by helping guys over the years is that so many guys have heard their ex woman say that she's not going to hook up with any guys after the breakup.

She's not interested in dating, she's not interested in having a relationship, she's not interested in any other guys, she just wants to be alone.

Yet, days or weeks later, she's already in a relationship with a new guy or she's hooked up with a new guy.

So, in the case where a woman has a lot of single girlfriends who want to go out and party with her, the No Contact Rule will often backfire.

What may happen, for example, is a woman goes out and parties with her single girlfriends and she

starts missing her ex.

She hasn't heard from him for a week, so she texts him.

Yet, he doesn't respond because he's using the No Contact Rule.

Then, she has a few more drinks.

She starts wanting to make herself feel better and there are guys hitting on her, so she opens herself up to it.

The next thing you know, she has sex with one of those guys, or she kisses him, she exchanges phone numbers, they go on a date, they get into a relationship and her ex suddenly starts becoming a distant memory.

She's enjoying the feelings of lust and attraction for the new guy and she goes along with it.

She doesn't have to feel so bad about the fact that her ex isn't contacting her.

Of course, those are the situations where a woman actually does care about her ex and is missing him.

A lot of times when a guy gets dumped, the woman doesn't really care afterwards.

She's over it.

From her perspective, she gave him more than enough chances and he wasn't able to change.

He wasn't able to give her the attraction experience that she really wanted and she fell out of love with him.

She doesn't want to be with him anymore.

So, when he doesn't contact her, she doesn't really care about it.

The final example of when not to use the No Contact Rule is...

10. You didn't attract her in the ways that were important to her

So, with this example, the woman was kind of attracted, but she knew that she wanted to feel more.

He was never really able to make her feel fully attracted to him.

He assumed that because the sex was good at the start and she used to be in love with him, she would stick with him for life.

Yet, she got to a point where she was tired of waiting for him to improve.

She was bored of the fact that there wasn't really much of a spark between him and her.

So, if a woman breaks up with a guy in a situation like that and he uses the No Contact Rule, she's usually not going to feel much motivation to go back to him.

She might feel a little bit disappointed that he's not contacting her, but she will remember why she broke up with him.

She will know that there really wasn't much of a spark between him and her and if she went back to him, it'll probably be more of the same.

In fact, she knows that it might even be worse because he may have lost a lot of confidence as a result of being dumped.

Therefore, he's going to be a bit more self-doubting and nervous and anxious around her which isn't attractive to women.

Women are naturally attracted to emotional strength in men and turned off by emotional weakness.

Of course, there are some exceptions.

Sometimes a woman hasn't felt much attraction in a relationship, she breaks up with the guy and he then doesn't contact her.

She then contacts him and wants to get back with him.

That does happen, but those are a small percentage of situations.

In the vast majority of cases, if a woman didn't really feel attracted to her ex, she's not going to come running back to him simply because he's not contacting her.

Instead, she'll remember why she broke up with him, she'll try to move on and if she meets a guy who she finds more attractive and interesting, she will almost always hook up with that guy to help herself move on.

Okay, so those were some examples of when not to use the No Contact Rule.

6 Examples of When it's Okay to Use the No Contact Rule

Here are some examples of when it's okay to use it and when it can work, at times.

1. You know for sure that she won't be able to handle the fact that you're not contacting her

She will miss you like crazy and then try to get you back.

If you know for sure that your ex just won't be able to handle the fact that you're not contacting her, then go ahead.

You can run that risk and I say "*risk*" because it is still a risk.

It's not guaranteed that if you don't contact her, she's going to come running back to you.

There's still a risk that she's going to think, "*Well, no. The relationship's over. I don't want to go back,*" or she's going to have too much self-pride to contact you, or she's going to meet a new guy that she finds interesting and attractive.

Those risks are still there if you use the No Contact Rule.

However, if you know for sure that your ex girl will be absolutely missing you like crazy and won't be able to handle it, then go ahead.

Don't contact her.

Hopefully, she will contact you.

Hopefully, she will be missing you and will make the ex back process easy for you and you'll get her back.

The next example of when it's okay to use the No Contact Rule is...

2. You want to get over her

The No Contact Rule was originally prescribed by therapists and relationship counselors as a way for a couple to get over each other and move on.

In most cases, it was used to help the woman get away from a guy who was trying to get her back and a relationship counselor would suggest that they have 30 days of no contact to calm down and figure out what they want.

Another thing is that men and women tend to use the No Contact Rule for different purposes.

For example, with this video here, the woman who made it is a smart woman, is giving helpful advice and is sincerely helping women who want to move on from a relationship and not go back to it.

Yet, she is suggesting the No Contact Rule for women as a way to GET OVER their man and stop going back to the relationship.

That is what most people will use the No Contact Rule for.

So, if you want to get over your ex girlfriend or ex wife and you want to get to the point where you don't want her anymore, then the No Contact Rule can help.

It's not a guarantee though.

I've been helping new guys to get women back for many years now.

I've seen all the cases, heard all of the strategies that guys use and worked out where guys go wrong and what they should be doing instead.

One of the things I've found, is that most guys who really love their ex-girlfriend or ex-wife don't get over her for YEARS.

So, a guy might think that if he uses the 30-day No Contact Rule, he's going to be able to get over his ex and feel like he doesn't need her anymore and then he's going to be ready to contact her and get her back.

Yet, what most guys find is that during the no-contact period, all they're really doing is thinking about their ex girl.

He's constantly thinking about her and worrying what she might be up to.

He keeps looking at his phone to see if he's got any missed calls or text messages.

He's looking at her on social media.

He's looking through old photos.

He's imagining her moving on with a new guy and he's feeling horrible about it.

He's also not feeling as confident as he used to feel.

He's feeling a bit down as a result of the breakup.

He's feeling a bit sad and hurt and lonely about the fact that she's not running back to him.

She's not contacting him and wanting to give him another chance.

So, what happens in cases like this, is that a guy has intended to use the 30 or 60-day no contact period as a way to get over his ex and feel like he isn't needy of her anymore, but he ends up being even more needy and not being able to get over her.

Meanwhile, she's fine, in most cases.

She just moves on.

She starts feeling happy with her life again and potentially meets a new guy or new guys.

So, if you want to use the No Contact Rule to completely get over your ex because you're intending on not contacting her and just hooking up with new women and moving on, then great.

It can work because if your intention is just to move on without her and get over her, then not looking back and just focusing on new women can make that happen.

Of course, there's no guarantee.

A lot of guys who get dumped by the woman that they love don't ever forget about her.

They are often thinking about her and wishing that they could get her back.

Another example of when it's okay to use the No Contact Rule and when it can work is...

3. You want to give her the freedom to date other guys, so she can see that you are better

This often applies in cases where a guy is a really cool, confident guy and can easily attract other women.

He understands how to make women feel attracted.

He's a masculine guy and he knows that women want him.

He knows that he's got the goods.

Yet, he was treating his woman badly.

He wasn't giving her enough commitment.

He may have disregarded her feelings and made her feel stupid or unworthy of him and she had enough.

She then broke up with him and he accepted it.

Now, as a way to get her back, he might decide that he's totally fine about her going out there and hooking up with other guys, because he knows she's not going to be able to find another guy like him.

She's going to realize that other guys aren't as confident and cool and masculine as he is and she's going to come back.

Another example of when it's okay to use the No Contact Rule is...

4. You are long distance, have completely broken up and have no way to see each other for at least 6 months

A man can get his woman back if they're long distance.

What really matters is that he interacts with her and he makes her feel sexual and romantic attraction for him during their interactions.

He does that over the phone and he gets in front of her.

He either gets her to come and meet him or he goes and meets her, whatever it takes.

He gets an in-person interaction so he can trigger feelings of sexual and romantic attraction.

He creates that magical feeling of attraction that brings a man and a woman together.

She feels it.

She feels so attracted to him, the love starts to flow again and she wants to hook up with him sexually and she wants to try to work out how to make the relationship work.

However, if a guy is in a situation where his ex has dumped him, she's long distance and there's absolutely no way he can go and see her, then the No Contact Rule can work.

It can be okay.

The reason why is that, if there's no possible way to see each other and she knows it, then she's most likely going to hook up with other guys and start to move on during that time.

If a guy is still trying to get his ex woman back and she's hooking up with new guys, then he's most likely going to feel hurt by that.

He's most likely not going to be able to hide the pain that he's feeling, when she tells him about it on a phone call or on a video call.

However, all that said, if a guy does want to get his ex woman back and they've completely broken up and are long distance, I highly recommend that he goes and sees her.

I've heard back from so many guys who have done that and met up with their ex girl, focused on attraction, hooked up with her sexually and made her want the relationship again.

That is how to get a woman back in a situation like that.

Some guys are worried about doing it because they feel like it might seem needy to go to where she is.

Here's the thing though...

It's only needy if you are needy.

Needy means that you need her to be good to you, show interest and be nice to you in order to feel good about yourself.

Not being needy is where you are happy and confident and enjoying life regardless of whether or not she's in it.

So, you can be happy and confident and enjoying life regardless of whether or not she's in it and go and meet up with her.

You can still be that confident, emotionally independent guy, but if you are needy of her and you are saying, *"Please! Let's meet up!"* and you go over there and you have a needy vibe, then it is going to look needy to her.

It is going to look desperate.

So, there is a distinction and that is that if you go and meet up with her and you're not needy, then it's not going to come across as needy and desperate.

However, if you go and meet up with her and you are needy, then she's going to sense that and it's going to turn her off and put her guard up.

Another example of when it's okay to use the No Contact Rule is...

5. You know that she's only pretending to break up with you to gain power over you in a relationship

An example is where a woman is falling in love with a guy after just a month.

She secretly feels that he's going to break her heart, because it seems like he could easily break up with her if he wanted to.

So, she pretends to break up with him to hopefully make him chase and plead with her.

She hopes that she can then get him treating her better and being more committed to her, or possibly even take control of the relationship and make him feel like he needs her.

By the way, this often happens when a guy wasn't really attracted to a woman initially, but she grew on him over time and he eventually accepted a relationship with her.

She knew that he wasn't really attracted to her in the beginning, so she's breaking up with him now to hopefully make him feel like he needs her.

So, if you think that your woman has broken up with you just to gain power over you because you seemed like you didn't really need her, then the No Contact Rule can work.

She'll be sitting around worrying and feeling upset that she's losing a great guy like you and will most likely contact you.

Of course, there's no guarantee of that because she may decide to make herself feel better by hooking up with a new guy.

If the new guy happens to make her feel more respect, attraction and love, she may decide then to get into a relationship with him.

Finally, another example of when it's okay to use the No Contact Rule is...

6. You immediately accept the breakup and walk away

Of course, most guys don't do that when they get broken up with.

Most guys try to reason with the woman and convince her to give him another chance and some guys make the mistake of then begging and pleading for another chance.

So, the small percentage of guys who didn't make that mistake and just accepted the breakup right away can use the No Contact Rule.

The reason why is that she broke up with him and he just said, *"Okay, I accept that. I love you, I want to be with you, but I accept that. See you later,"* and he walked away.

She then feels empty.

She feels like she's being rejected.

Why isn't he chasing her?

Why isn't he trying to reason with her and convince her to give him another chance?

He seems like he's totally fine without her.

Suddenly, she doesn't feel like she has gained much by breaking up with him.

She's feeling worse!

As a result, the No Contact Rule can work on a woman like her.

Yet, what do you need to do if you're like 95% of guys who didn't immediately accept the breakup?

What you need to do is focus on re-attraction.

You need to interact with your ex and actively make her feel sexually and romantically attracted to you again.

This is a feeling that happens automatically when you interact with a woman if you are displaying traits that make women feel attracted.

For example:

- You're being confident and self-assured, even though she's being cold and distant and difficult.
- You're using humor to make her laugh, even though she's acting like it's not working.
- You're using flirting to create a sexual vibe, even though she's acting like that couldn't work on her and isn't working on her.

What you need to understand is that most women want to use the No Contact Rule after a breakup because they're afraid that their ex is going to make them have feelings again.

So, in most cases, the No Contact Rule just helps a woman to move on from her guy.

He's not interacting with her and actively seducing her.

He's not making her have sexual and romantic feelings.

She holds on to how she was feeling leading up to the breakup, during the breakup and after she broke up with him.

She felt like it was the right thing to do.

In most cases, the woman will try to just focus on that and stick with the breakup and move on.

So, while her guy is giving her 30 or 60 days of space and hoping that it works to get her back, she is quietly moving on or very loudly moving on.

She might quietly move on by getting into a relationship or hooking up with new guys and not telling her ex about it, or she might loudly move on by getting into a new relationship and announcing it on social media and texting her ex about it to make him feel bad.

In summary, what I recommend for most guys is that they don't use the No Contact Rule.

What I'm not talking about, though, is the opposite of the No Contact Rule where you bombard your ex with messages and phone calls and plead and beg.

I'm not talking about that.

I'm talking about getting her back in a confident, calm manner.

You interact with her and you create feelings of sexual and romantic attraction.

Her guard comes down, she opens up to you and you can get her back into a relationship naturally.

Learn More?

Okay, I hope you've enjoyed this video and learned something from it.

If you'd like to learn more and follow a step-by-step process to get your ex back, I recommend that you watch my program, [Get Your Ex Back Super System](#)

When you watch the program, you'll learn how to quickly get her back into a relationship with you without seeming needy or desperate.

You'll learn how to get her back in a way that makes her feel a renewed sense of respect and attraction for you.

She will experience sparks of respect, attraction and love for you.

Her feelings will come flooding back.

She will want to be in a relationship with you and you will get back with her naturally and easily.

You Are in Control

One final point that I want to make in this video, is that it's up to you what approach you take to get your ex back.

If you want to cut off contact with her and just run the risk that she won't move on without you and she won't be happy without you, then go ahead and do that.

However, if you want to take control of the situation, then what I recommend you focus on is attraction.

I recommend that you interact with your ex and actively make her feel attracted to you.

Interact with her and create those magical feelings that bring a man and a woman together, sexual and romantic attraction.

Once you create those feelings inside of her, she automatically begins to look at you differently.

She starts feeling attracted to you.

The love starts flowing back into her heart.

She looks at you with loving eyes.

She feels attracted in a sexual and romantic way.

As a result, getting her back becomes a natural, easy thing.

She wants to get back with you.

She wants to explore the new interesting feelings that she has for you.

She doesn't want to regret you being the one that got away.

She doesn't want to go on for the next couple of weeks or couple of months or couple of years of her life, thinking about you and wondering why she just didn't give you another chance.

You interacted with her and you made her feel attracted.

There were clearly sparks flying between you and her.

Most women do not want to walk away from that.

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6 Common Misconceptions About The No Contact Rule

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

One of the most common techniques to try to get an ex back is to cut off contact.

Unfortunately, it doesn't always work, especially for men who are trying to get women back.

So, in this video, I'm going to cover 6 common misconceptions about the No Contact Rule to help you avoid making classic mistakes that will push your ex-girlfriend or ex-wife further away.

1. You have to do it for 30 or 60 days

The first common misconception about the No Contact Rule is you have to do it for 30 or 60 days.

Every breakup is different and every situation is different, so cutting off contact for 30 or 60 days in all situations just doesn't make any sense.

The fact is that some guys get their ex-girlfriend or ex-wife back immediately.

Some guys get their woman back within days and some within a week or two.

You don't have to cut off contact for 30 or 60 days after a breakup to get an ex back.

In some cases, it can be a good idea to cut off contact with your woman for 30 or 60 days, but in most cases what happens is that the woman ends up moving on.

Some of the reasons why she moves on are that:

- She just gets used to not having her ex in her life anymore.
- She wants to make herself feel better by hooking up with a new guy because her ex isn't contacting her.
- She wants to seek revenge on her ex for not contacting her by hooking up with a new guy and letting him know about that, or;
- She was completely turned off by him at the time when she broke up with him, so there's no motivation for her to want to come back at all. Instead, she simply moves on.

So, rather than making the classic mistake of cutting off contact for 30 or 60 days and it causing your woman to move on, what I recommend that you do is use an approach that fits your situation.

For example: In most cases, a guy doesn't need to give his woman more than 3 to 7 days of space.

During that time, he should focus on improving his ability to make her feel attracted.

He should prepare himself to be able to make her feel attracted when he interacts with her after the few days to a week.

After the few days to a week of rapidly improving his ability to attract her, he should meet up with her and actually make her feel attracted.

While interacting with her, he focuses on triggering her feelings of sexual and romantic attraction.

He doesn't try to get into long, deep and meaningful conversations or beg and plead for another chance.

He focuses on triggering those magical feelings that bring a man and a woman together and keep

them together.

Those feelings are sexual and romantic attraction.

When those feelings are in place, the love starts to flow back into a woman's heart.

Of course, some guys don't feel like they can get ready within a few days to a week.

They feel like they might need a month or two to recover and get ready to be able to interact with her and attract her.

A guy can run that risk if he wants to.

However, what I've seen by helping guys to get women back for many years now is that guys who wait too long usually end up losing their woman.

She simply moves on.

So, just know that you do not have to cut off contact with your ex-girlfriend or ex-wife for 30 or 60 days.

Use an approach that suits your situation.

For example: Some guys are ready to get their woman back immediately, some within a few days, some within a week, some within a couple of weeks.

However, just understand that you do not have to wait 30 or 60 days to take action and re-attract her and get her back.

30 or 60 days is not a scientifically proven number that has been found after doing intensive studies or anything like that.

It's simply something that people like to say because it's a round number and easy to remember and easy to understand.

Yet, there is no scientific evidence to prove that waiting 30 or 60 days gets an ex woman back.

So, what you need to do is decide on which approach you're going to use.

If you feel like cutting off contact for 30 or 60 days is going to do the trick and she's going to come running back to you, then great.

Do that.

However, if you feel like she's going to move on because she's no longer attracted to you then you need to focus on improving your ability to attract her and then interact with her and attract her again.

That's how you will get her back.

2. It's the only way to get a woman back after a breakup

Some guys just don't know what to do after they've been dumped by the woman they love.

It's a horrible feeling and often results in a guy behaving in ways that are completely out of character.

For example: He might start begging and pleading, writing long letters and emails expressing his love for her and trying to work things out, sending her loads of text messages, showing up at her door with flowers, gifts and so on.

It's completely out of character.

None of those things work and women see them as a turn off because the guy is being desperate.

Additionally, with things like long letters and emails, most women see that as selfish because the guy is usually talking about his feelings, what he wants and trying to get her to understand his point of view.

Yet, what she wants him to understand is her point of view and that is, she's not attracted to him anymore.

Unfortunately, a lot of guys don't understand that or they don't understand how to re-attract their ex-girlfriend or wife so what else can they do?

Some guys think, *"Well, all I can do now is cut off contact and hope that she comes back to me."*

Unfortunately, that doesn't work in most cases.

If a woman doesn't feel attracted to her guy anymore, she almost always just moves on.

She doesn't feel much or any motivation to go back to him simply because he's not contacting her.

Instead, she meets new guys, she feels attracted and she moves on.

So, a common misconception about the No Contact Rule is that it's the only way to get an ex back after a breakup.

It's not.

In fact, it's one of the worst ways for men.

The best way to get an ex woman back after a breakup is to improve your ability to make her feel attracted to you.

You need to be able to interact with her and trigger those magical feelings of sexual and romantic attraction that bring a man and woman together and keep them together.

That is what counts.

Rather than trying to tell her about your feelings and explain things and work things out, you need to focus on what matters most to her, that is, her feelings.

When she feels sexually and romantically attracted to you as you interact with her, her guard comes down.

She stops focusing on the problems that existed between you and her.

She starts feeling that there is hope for you and her.

She's feeling sparks of attraction for you and the love is starting to flow back into her heart.

3. Every woman responds well to it

The third common misconception about the No Contact Rule is every woman responds well to it.

Every woman does not respond well to the No Contact Rule.

In fact, many women respond negatively to it.

For example: A woman breaks up with a guy because he was taking her for granted.

He wasn't treating her well enough and she just got sick and tired of it.

He then doesn't contact her and she looks at him not contacting her as yet another example of him not giving a crap about her.

He's just not willing to put in the effort to make the relationship work.

Another example is where a woman breaks up with a guy because he was too emotionally immature. She wanted him to man up because he just wasn't man enough for her (e.g. he was too emotionally sensitive).

She then breaks up with him and he doesn't contact her.

She may then look at him not contacting her as him not being man enough to interact with her, attract her and get her back.

Another example is where a woman breaks up with a guy and he doesn't contact her.

She then looks at him not contacting her as him trying to play mind games with her.

He's trying to mess with her head and make her miss him. So she thinks, *"Alright, well I'll show you."*

She then goes out, hooks up with a guy sexually and lets her ex know about it.

So, let it be known, the No Contact Rule is not something that every woman responds well to.

Some women will respond well to it, in that they will feel like they're losing their ex-boyfriend or husband and then contact him.

That does happen.

However, just understand that not every woman responds well to not being contacted after a break-up.

4. Every guy will heal and get over his ex during the no contact period

It doesn't matter if a guy waits 30 days or 60 days after a breakup.

Some guys don't get over their ex-girlfriend or ex-wife for YEARS.

They do not heal from it.

Some guys, during the 30-day or 60-day no contact period actually lose even more confidence in themselves.

For example: A guy realizes that his ex-girlfriend or ex-wife hasn't been contacting him.

While he's sitting around cutting off contact for 30 or 60 days and hoping that it gets her back, he's essentially just thinking about her and missing her.

He's not healing from the breakup. He's not getting over her.

He wants her back more than ever and that feeling of wanting her back doesn't go away.

Of course, some guys will get over their ex-girlfriend right away.

Some guys will get over her within 3 days, a week, a month, a year.

Every guy is different.

Just understand though that the no contact period is not a guarantee way to get over your ex.

By the way...

One of the things that helps a guy heal faster, is having confidence in himself that he is going to be able to attract his ex-girlfriend or wife.

Then, interacting with her and attracting her and seeing how differently she responds to him.

He can then see that he does have a chance with her and it is working.

As a result, his confidence increases and she naturally feels more attracted to him because he is now more confident.

Women are naturally attracted to confidence in men and turned off by self-doubt and insecurity, so you can't lose if you increase your confidence.

She will feel more attracted to you.

That's a fact.

On the other hand, when a guy cuts off contact with his ex-girlfriend or wife and doesn't improve his ability to attract her, he doesn't have that kind of confidence in himself and his ability to make her feel attracted.

In most cases, after cutting off contact for 30 or 60 days, a guy will interact with his ex-woman and his self-doubt and insecurity will come across and turn her off.

Remember: Women are attracted to confidence, not self-doubt and insecurity.

So, if you are going to cut off contact with your ex for a week or more, just make sure that you are focusing on improving your ability to attract her.

What you want to do is prepare to make her feel sexually and romantically attracted to you when you interact with her.

That is what counts and that is what gets her back for real.

Of course, you don't need 30 or 60 days to do that!

Most guys can do it in a few days to a week.

They can prepare themselves and then interact with their ex girl and get her back.

5. Putting the ball in her court is the best way to get her back

Some guys assume that it will look cool and tough and masculine if they say, *"Oh, well, look.*

Whatever. I want to be with you, but if you don't want to be with me, fine. If you change your mind, then contact me."

It might sound cool and tough to say that.

It might sound independent and like you don't really care.

Yet, here's the thing...

Women do not want to be the leaders in the dating and relationship dynamic.

This principle applies when you're picking up women, when you're on dates, when you're in a relationship and when you're getting your ex back.

For example: When picking up women, men can't just stand around and say, *"Oh, well, stuff all these women. If they want to talk to me, then I'm not going to talk to them. They're going to have to come and talk to me."*

Obviously, it doesn't work that way.

Women go out, the dress themselves up to look pretty and they hope that a man has the balls to come

over and talk to them and make them feel attracted.

Women don't want to go over and talk to a guy who potentially isn't confident and then they end up with an insecure guy.

They want to have confident guys walk up and talk to them.

On dates, women like men to take the lead too.

Women are fine with choosing some dates and making some decisions, but for the most part, they want men to take the lead and lead the way.

Same with a relationship. A woman wants the man to lead the dynamic. She wants him to be in a one-up position.

The same applies with the ex back process.

You need to have the balls to interact with your ex and make her feel attracted to you.

You need to make her feel something for you again.

In other words, you need to trigger her feelings of sexual and romantic attraction.

When you do that, she opens back up to you.

However, if you just put the ball in her court and expect her to take the lead then you're most likely going to be disappointed.

Most guys who put the ball in the woman's court and expect her to come crawling back even though she's not attracted, end up disappointed.

She just moves on.

Of course, sometimes it is good to walk away and put the ball in the woman's court.

An example of when that is a good idea is when the woman's just being a pain in the butt.

She's just being unreasonable, being annoying and she is breaking up with him just to be a pain in the butt.

So, he just pushes her out of his life, doesn't contact her and leaves it up to her to contact him.

In cases like that, the woman will most likely come back.

Of course, it's not guaranteed, but the guy probably doesn't care either.

However, for most guys who need help to get an ex woman back, it's when the woman isn't attracted to him anymore.

She's over it, she dumped him, she doesn't want to be with him anymore and if he leaves it up to her to come back to him, she ain't coming back!

Finally, number 6. A common misconception about the No Contact Rule is...

6. It's the best way to improve yourself

If a guy cuts off contact with his woman for a week after the breakup, that will usually be enough time for him to prepare to re-attract her.

He doesn't need to spend any more time than that if he's actually focusing on improving his ability to attract her.

The reason why is that if he does improve his ability to attract her, then he's going to interact with her

and create sparks of attraction.

She is going to feel differently.

She is going to be surprised by the way that she's feeling about him.

He also needs to be able to follow through on that and guide her through the rest of the ex back process and get her back, but that's what he needs to do to start the process of getting her back.

Just cutting off contact isn't the solution to improving yourself and getting her back.

For example: If a guy got dumped because he was insecure, he didn't feel worthy of his woman anymore.

He started being jealous and needy and clingy because he saw her as being more valuable than him.

She felt turned off by his lack of confidence in himself.

If he wants to get her back, he needs to fix that about himself.

If he just cuts off contact and doesn't improve his confidence, then he's going to turn her off when he next interacts with her.

So, he needs to focus on improving his feelings of worthiness.

How can he do that?

Here are three examples of what he can do. First, I'll read them out and then I'll explain them.

1. Stop worrying about what she thinks of you.
2. Stop seeing yourself as being unworthy of her.
3. Know that she will feel respect and attraction for you if you are stronger than before.

1. Stop focusing on what she thinks of you

Start focusing on what you think of yourself.

Start focusing on your positive qualities and focus on the fact that you are becoming a better man.

You have already become a better man since the breakup.

You've been learning and improving.

That's what you should be focusing on.

You are a better man now than you were when she broke up with you.

2. Stop seeing yourself as being unworthy

Whether you feel worthy or unworthy, comes down to what you think.

You have to decide that you are worthy of her.

You can't be looking to her for approval of your decision that you're worthy of her.

You can't be looking to her for compliments and reassurance that you're worthy of her.

You have to take that for yourself.

You have to say that, *"I am worthy. I am good enough for her."*

You have to believe that.

If you do believe that, you will naturally come across as confident and she will naturally feel more attracted to you.

3. Know that she will feel respect and attraction for you if are stronger than before

When she experiences the strength of your newfound confidence, she will naturally feel attracted to you.

She will naturally respect who you have become.

She might not make that obvious because she wants to test your confidence, but she will naturally feel that in response to your improved confidence.

Okay, so that was an example there of how a guy can improve himself in a particular way while he is cutting off contact with his woman.

I don't recommend that a guy cuts off contact for more than 7 days though.

I recommend that you be a man about your situation, you improve your ability to attract her, you interact with her and you get her back.

You do not need 30 or 60 days to heal.

You're not soft like that.

You are a strong man.

You're much more powerful and capable.

You can get this done now or very quickly.

You don't have to wait 1 or 2 months before you take action.

In other words, you don't have to wait 30 or 60 days before you begin the ex back process.

The fact is that most guys can get their ex woman back very quickly if they focus on improving their ability to attract her and then interact with her, attract her, hook up with her and get her back.

You can do that, too.

Learn More?

Okay, I hope you've enjoyed this video and learned something from it.

If you'd like to learn more, I recommend that you watch my program, [Get Your Ex Back Super System](#)

When you watch the program, you will learn exactly what to say and do to get her back.

She will feel naturally attracted to you again.

The love will flow back into her heart.

She will be looking at you with love and attraction in her eyes.

Her feelings about you will completely change and you will get her back.

Take Control of Your Situation

One final point that I want to make for you in this video is that, rather than focusing on cutting off contact and hoping it will make her come back, I recommend that men take control of the situation.

If you want to take control of the situation, you simply need to focus on attraction.

You need to interact with her and trigger her feelings of sexual and romantic attraction.

When you do that, you can skip through all the nonsense.

You can skip past all the mind games and you can just get her back.

She's feeling attracted to you, she's feeling like she's in love with you again and you get back into a relationship with her.

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[image]

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[image: Dan Bacon]

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3 Alternatives to The No Contact Rule

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The 30-day no contact rule essentially means that you don't contact your ex girlfriend or ex wife for 30 days after the breakup.

If she contacts you during that time, ignore her, don't reply and just keep the communication cut off. Obviously, that isn't a good approach to use in most situations and will result in the woman moving on or seeking revenge by hooking up with a new guy and trying to make her ex feel bad!

What you need to remember is that two can play at mind games.

It's not just a guy that can do things.

Sometimes, a guy will assume that no contact will mess with her head and she won't be able to do anything about it.

Yet, as you may know, it's very easy for women to hook up with new men.

If she happens to meet a man that she finds more interesting and attractive, she won't worry about the fact that her ex isn't contacting her.

She will just move on.

Non Stop Contact?

Now, the opposite of no contact is nonstop contact and that's not what I'm talking about at all.

I'm not suggesting that instead of using the 30-day no contact rule, you should contact your ex all the time, bombard her, beg and plead and desperately chase her to get another chance with her.

That's not what I'm recommending at all.

Instead, I'm going to give you three effective alternatives to the no contact rule.

3 Alternatives

1. Give her 3 to 7 days of space and then get her back

The first alternative of giving your ex 3 to 7 days of space applies to most ex-back situations.

In most ex-back situations where a guy is trying to get a woman back, it's a case where he has turned her off leading up to the breakup and he didn't handle the breakup very well.

For example: He may have become insecure or emotionally sensitive in the relationship or had taken her for granted.

Then, when she attempted to break up with him, he reacted by becoming emotional and didn't handle it very well.

In cases like that, which is the majority of cases, a guy simply needs to give his woman a few days to a week of space and then start the ex back process.

Important: Make sure that you don't contact her during that time unless she contacts you.

What you need to focus on while giving her a few days to a week of space after the breakup, is to

prepare to re-attract her.

You have to make sure that you are ready to interact with her and make her feel sparks of sexual and romantic attraction for you.

For example: If you lost a lot of confidence as a result of being dumped, you need to make sure that you get your confidence back before you interact with her.

If you interact with her and she can sense that you don't feel worthy of her anymore, it's going to turn her off.

Women are not attracted to emotional weaknesses such as self-doubt and insecurity in men.

Women are attracted to emotional strengths such as confidence, high self-esteem and self-assuredness.

So, once you've given her a few days to a week of space, get in contact with her, re-attract her and get her back into a relationship with you.

2. Limited contact

With limited contact, this is where you should be open to texts and phone calls from her right away after the breakup.

You should also initiate some texts and phone calls yourself, at times.

This is best used when the breakup wasn't really a bad one.

For example: The woman wasn't entirely sure whether she should break up with the guy.

She's still interested, she still has feelings for him and when she broke up with him, he handled it quite well.

She's most likely going to be regretting her decision after the breakup and is going to be missing her ex pretty much right away.

In that case, you don't need to play mind games with her and make her feel even worse and potentially lose her in the process by ignoring her for 30 or 60 days.

What you need to do is be open to communicating with her so you can actively make her feel sexually and romantically attracted to you.

You can get her feeling like she's in love with you again.

You can make her want to forget about the breakup and just get back into a relationship with you.

Being open to communicating with your ex is important after a breakup in cases like this.

One of the reasons why is that if a woman contacts her ex man and he doesn't reply, she may then feel that he's gotten over her already.

She doesn't want to keep contacting him and potentially get rejected by him where he sends her a message saying to leave him alone and that he's over her and never wants to speak to her again.

I've heard of so many cases where a man was contacted by his woman after the breakup and he ignored her.

He thought that he would be giving away his power if he replied or if he caught up with her right away.

When he tried to reach out to her after a couple of weeks or a month or two, she didn't reply or she

told him that she had already moved on.

By the way, limited contact also applies to relationships where a couple has children together or they have mutual interests.

For example: They have property together, they have something that they need to settle and get organized or they need to complete a project of some kind.

In cases like that, obviously, a guy wouldn't need to go no contact and completely ignore his woman. He needs to be open to communicating with her.

However, what he needs to make sure of is that his communication isn't businesslike and neutral, like a friend.

He needs to make sure that the communication sparks her feelings of sexual and romantic attraction for him.

In other words, he needs to be flirting with her, being confident, joking around and so on.

He can also be serious at times, but he needs to make sure that he is creating sparks.

He's making her feel attracted.

He's making the love flow into her heart again.

He's making her miss him.

Finally, the third option is immediate recovery.

3. Immediate recovery

This is where a man understands his mistake and immediately changes, improves or adjusts.

He then interacts with her, re-attracts her, hooks up with her sexually and gets her back into a relationship.

What you need to realize is that many breakups do get back together quite quickly.

Not all women need 30 days or 2 weeks or anything like that to be able to interact with their ex again.

Sometimes a woman just needs 24 hours.

Sometimes she needs a couple of days, a few days or a week.

Which Option is Best For You?

Okay, so those were three alternatives to the no contact rule.

I recommend that you choose the one that fits your situation and go with that.

I hope you've enjoyed this video and if you need more help, I recommend that you watch my program [Get Your Ex Back Super System](#)

When you watch the program, you will learn exactly how to re-attract her and get her back into a relationship with you now rather than later.

If you think that your ex is going to move on when you don't contact her, I recommend that you take control of the situation by re-attracting her.

Use a Calm, Confident Approach and Get Her Back

One final point that I want to make for you in this video is that you shouldn't do the opposite of no contact which is nonstop contact.

No contact can push a woman away because she can be afraid that her ex is going to reject her or she can seek revenge by hooking up with a new guy and moving on.

Nonstop contact also pushes a woman away.

She sees it as needy, desperate and it's a big turn off.

It's too stressful, it's not attractive and it doesn't make a woman feel compelled to get back with her ex.

What I recommend is that you use a calm, confident approach as you get your ex woman back.

Be in control of your emotions.

Focus on attraction.

Trigger her feelings of sexual and romantic attraction.

When you do that, she will look at you with different eyes.

She will have a completely different perspective of you.

She will be looking at your positive qualities.

She'll be focusing on the good feelings that she's feeling.

She might be a little bit unsure whether she should get back into a relationship with you, but that's where your confidence comes in.

You need to be confident and guide her back into a relationship.

You need to be the more emotionally courageous one, the more emotionally strong one.

Some women are easier to get back than others, but what it really comes down to is your confidence in the moments that you're interacting with her.

That's what makes the difference.

If you are confident about your ability to attract her and you don't let her mixed signals make you lose confidence, then you're going to be attracting her by default.

Women are naturally attracted to confidence in men and turned off by insecurity and self-doubt.

So, you've got to be confident.

You've got to focus on making her feel attracted to you and get her back into a relationship.

That's how it's done.

Of course, you can leave it to chance if you want.

You can just stop contacting her for 30 or 60 days and hope that she doesn't move on, but what I recommend is that you be a man about it.

You take control of the situation.

Make her feel attracted to you again.

Be confident and guide her back into a relationship.

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Telling an Ex How Much She Means to You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 4 tips on how to tell your ex how much she means to you:

1. Make sure that you make her feel sparks of sexual and romantic attraction for you first

According to a recent survey of men trying to get their ex woman back, 70% are still able to communicate with her.

It really depends on the woman and how you've handled the break up so far.

For example: Your ex might have been feeling a lot of negative emotions towards you and then cut off all communication (e.g. blocked your number on her phone, stopped answering your texts, unfriended you from social media).

Alternatively, your ex might have remained open and willing to reply via text, or answer her phone, but when she does, she's usually cold and distant.

She might say things like, *"I don't have feelings for you anymore. Maybe we can be friends, but that's all I can offer you from now on,"* or *"I'm just so confused about how I feel right now. I need some space to figure things out,"* or *"Just accept that it's over and move on. I'm not the girl for you."*

Whatever the case is for you, the most important thing that you need to do is use every interaction that you have with her as a way of actively making her feel sparks of sexual and romantic attraction for you.

If you don't focus on re-attracting her first, then her guard will stay up and nothing you say to her will make much of a difference to her.

Think about it this way:

If you burn your left hand on a flame, it won't matter to you if someone says, *"Wow, your right hand looks fine,"* because you'll be focused on the pain in your left hand.

On the other hand, if a person gives you a burn salve to take away the pain from your left hand and then compliments you on your right hand, you're more likely to feel happy about the compliment about your right hand.

In the same way, if you tell your ex how much she means to you before you take away some of the pain from the break up (i.e. by reawakening her feelings of respect, sexual attraction and love for you), it won't make much of a difference to her.

She won't be on the same frequency as you in terms of feelings.

You will be feeling like you are in love with her and really want to be with her, but she will be holding onto the negative emotions that caused her to break up with you in the first place.

This is why it's so important to not pour your heart out and tell your ex how much she means to you, until you make her feel attracted to you again.

In other words, you have to make her feel like you mean a lot to her first and you cannot do that by

telling her how much you mean to her!

Confused?

Don't worry if you don't; you will get it now.

Here is a simple equation to help you understand:

Ex isn't attracted to you + You tell her how you feel = She doesn't care

Ex is attracted to you + You tell her how you feel = She does care

In other words, what matters more to her is how she feels about you and not how you feel about her.

So, if you reawaken her feelings first (e.g. by making her laugh and smile when you interact with her, maintaining your confidence around her no matter what she says and does, making her feel feminine and girly in your presence), she then feel good when you tell her how you feel.

Here's an exampleâ"!

Imagine that youâ"re talking to your ex over the phone and she says something like, *â"Look, I donâ"t want you to call me anymore. I need some space to sort out my feelings about you and our relationship.â"*

If you rush and say something like, *â"Please donâ"t say that! I canâ"t lose you. You mean so much to me. Iâ"ll give you some space if thatâ"s what you want, but please donâ"t give up on me. I love you so much,â"* she wonâ"t be impressed about how you feel.

Why?

You haven't made her feel attracted yet.

You are feeling attracted to her and in love with her, but the feelings aren't mutual.

You have to make the feelings mutual, or at least close to mutual for her to actually care.

If you don't do that first, she will continue thinking of you as the guy she broke up with and remained turned off.

On the other hand, if you make her feel attracted, she will start to think about you in a more positive light.

For example: If she says, *â"Look, I donâ"t want you to call me anymore. I need some space to sort out my feelings about you and our relationshipâ"* then just use it as an opportunity to make her laugh and smile.

Maintain your confidence and say, in a joking way, *â"Hey, no problem! How much space do you need? Will 10 minutes be enough? Okay, okayâ"maybe 10 minutes is too much. I donâ"t want to make you think that Iâ"m ignoring you or anything, so Iâ"ll give you a full five minutes of space and then Iâ"ll call you backâ"* and then have a laugh.

She will most likely laugh and might then say something like, *â"Hey, Iâ"m being serious here!â"*

You can then say, *â"Hey, I know Iâ"m making a joke, but I think weâ"re mature enough not to need to cut off communication with each other to sort things out. I accept your decision to break up and Iâ"m not going to push you into anything you donâ"t want. However, I think we both have a better chance of healing in a positive way, if we just stay in touch as friends rather than cutting each other off completely. So, how about it? Iâ"ll give you a call in a few days to say hi as a friend. If you donâ"t want to talk to me in a few days, then I will stop contacting you and never*

contact you again if that's what you want. No problem.

By saying something like that to her, you're showing her (without using the words) that you are a confident, emotionally mature man who is in control of his emotions and knows what he wants.

That is attractive to her.

The sparks of attraction she will feel will plant seeds of doubt in her mind about whether she actually wants to go through with the break up.

She starts to think things like, "What's going on here? That's not the response I was expecting from him. He's changed. He's so much more confident and mature now. In the past, he would just be telling me how much I mean to him and how he misses me, but now he's so relaxed and confident. I really like it."

When she starts thinking of you in that way, her defenses begin to come down a little bit and she automatically begins to feel drawn to you.

2. Understand that if the feelings aren't mutual, she won't be amazed by your feelings for her

[image: You mean so much to me. I love you!]

For example: A guy might say, *"I know that you don't want to be with me right now, but before you make your final decision, I want you to know that you mean the world to me. You're the most wonderful woman I've ever known and imagining my life without you makes me feel empty. I've never loved a woman as much as I love you. I know I stuffed things up pretty badly between us, but if you just give me one more chance, I promise to make it up to you."*

He hopes that by confessing his love for her, it will be enough to change her mind about the break up and get him another chance.

She will be amazed at how deep his feelings for her are and will say, *"I never realized I was so special to you. That changes everything! Now that I know how much I mean to you, I'm willing to give our relationship another try."*

Yet, that's not how it works.

Think back to the equations I shared with you earlier!

Ex isn't attracted to you + You tell her how you feel = She doesn't care

Ex is attracted to you + You tell her how you feel = She does care

For a woman to care, the feelings of attraction need to be mutual, or at least kind of mutual.

If a guy tries to get a woman back based on his feelings for her, she will feel annoyed that he is only thinking about himself and what he wants.

She might even tell him that he is being selfish and in most cases, the guy won't have any idea what she means.

It's pretty simple.

He's being selfish because he wants her to give him another chance, even though she's not attracted to him anymore.

In other words, getting her back is all about him getting what he wants.

So, she will be thinking things like, *â€œWhat about how I feel? What about all the things he did that caused us to split up? Am I supposed to ignore all that and jump back into his arms just because heâ€™s telling me that he still cares about me? Well, itâ€™s going to take a lot more than him having feelings for me to forgive him and give him another chance.â€*

Of course, not all women know that they can easily be re-attracted back into a relationship.

Heck, most guys donâ€™t know it as well.

Iâ€™ve heard back from countless men who have been amazed at how quickly and easily they re-attracted their woman by following through on my advice.

Watch this video for some bonus tipsâ€”

As you will discover from the video above, you need to be focusing on how you are making her feel, rather than telling her how you feel.

If sheâ€™s not feeling enough respect and attraction for you right now, then knowing that she means the world to you isnâ€™t going to matter much to her at all.

On the other hand, when you reawaken her feelings of sexual and romantic attraction first, she wonâ€™t be able to stop herself from letting her guard down and opening herself up to being seduced back into a relationship.

From there, you can build on her feelings for you until the feelings are mutual between you and her.

Then, when you say something like, *â€œI love you. You mean so much to me,â€* not only will she be happy to hear you say it, but she will respond with something like, *â€œMe too! I feel the same way about you!â€*

Thatâ€™s what you want.

What you donâ€™t want to happen is for you to tell her how much she means to you and then she says something like, *â€œI donâ€™t care. I donâ€™t feel the same way about you. Itâ€™s over.â€*

That will most likely happen if you tell her how much she means to you before youâ€™ve reawakened her sexual and romantic feelings for you.

3. Donâ€™t get too deep and meaningful

[image: Don't get too deep and meaningful]

Blabbing on about how much a woman means to you doesnâ€™t impress her, unless she is in love with you.

Even if she is in love with you, she doesnâ€™t want you babbling on about it like youâ€™re in a romantic movie.

Instead, she wants to see that youâ€™re a confident, emotionally strong man who isnâ€™t afraid to say what he feels, but doesnâ€™t become emotional like a boy or a woman would when expressing his feelings.

So, how should you approach the topic?

First, make sure that youâ€™ve been making her smile, laugh and feel good in your presence first.

Second, make sure that she is feeling attracted to you again and is enjoying your company.

Then, go ahead and just tell her like a man, by saying something along the lines of, *â€œHey, I just want to tell you that you really are special to me and I would love it if we got back together again. However, I don't expect you to take me back just because I'm saying that, I just wanted you to know that you are special to me.â€*

Saying it in that way means that she isn't being pressured into expressing her feelings for you, or giving you another chance.

Instead, you're simply helping her to understand where she stands with you now, which is an important thing to do when an ex woman is feeling attracted to again.

Why?

If she starts feeling attracted to you again, but isn't sure if you are open to getting back with her, she will almost certainly play hard to get and act uninterested to avoid seeming too keen.

After all, she broken up with you and has been in the power position for some time, so she doesn't want to just hand that over to you.

This is why it's important for you to casually let her know that she is special to you AFTER you have attracted her again.

Don't do it beforehand and don't just attract her and remain silent.

Attract her and then put her mind at ease by letting her know that she is special to you and that you'd be open to getting back with her, but wouldn't ever want to push her into anything she didn't want.

By approaching it in that way, she will automatically feel more respect and attraction for you and her guard will come down further.

On the other hand, if you try to have a big, deep and meaningful conversation with her about your feelings, then she is most likely going to close up and lose interest.

Why?

Modern women don't like it when men get too soppy about things and go on and on about their feelings.

It's not what women will say in the media due to political correctness, but it's the reality of relationships.

When a man keeps going on and on about his feelings, a woman rapidly loses interest.

Why?

He's essentially taking on the woman's role of being consumed by his feelings.

She wants to be in that position.

She wants to be consumed by her feelings of love, respect and attraction for him and be thinking about him 24/7.

Allowing a woman to be in that position in a relationship pretty much guarantees that she will never cheat on you, never leave you and will always try to impress you for life.

Of course, a lot of guys don't know that, so they blab on and on about their feelings and end up looking like a woman to her.

For example: A guy might say things like, *â€œFrom the first moment I laid eyes on you, I knew that you were the one. We have grown so close over the time we've spent together. It's a connection that I*

didn't even think was possible. I thought a relationship like ours only happened in movies, but it was real. I missed you every minute that we weren't together and would countdown the hours until we got to meet again. Just being next to you made me feel like a man. It made me feel complete. You mean the world to me and I just can't imagine a future without you. I am willing to do whatever it takes and wait as long as you need before you are ready to give me another chance. ♡ ☐ ☐

Yet, as you would know by now, if she isn't feeling attracted, she's not going to be impressed by romantic words and confessions of deep, unconditional love for her.

So, just get to the point and say it directly like a man.

Tell her that she is special to you and then get back to making her smile, laugh and feel attracted in your presence.

Remember: When getting an ex back, how she feels about you is more important than how you feel about her.

4. Don't tell her via text or email

When you tell your ex how much she means to you, make sure that you do it on a phone call or in person.

Why?

If you write it to her in a text or e-mail, she won't be able to see any evidence that you really have changed, so she won't know if you are now a man that she can feel sexually and romantically attracted to again.

As a result, she will most likely assume that you're still the same the guy and are hiding behind texts or emails because you're too afraid to face up to her.

So, don't try to win her over with a long, poetic email or a sweet text.

It just doesn't work.

If you want to text her, I recommend that you only use it to create an initial spark with her and then get to a phone call and in person meet up.

Watch the video above for some examples.

3 Mistakes to Avoid When Telling Your Ex How Much She Means to You

After helping new men to get women back for many years now, I've found that men often make one or more of the following mistakes when in your position!

1. Sending her a love letter

Why does this turn her off?

Remember: Words on a screen (or a piece of paper) are nothing compared to watching you tell her how much she means to you in person.

According to many studies, non-verbal communication (e.g. your body language, the tone of your

voice, your vibe) makes up 93% of the communication between two people who are talking face-to-face.

This means that a mere 7% of the communication is actually based on the words.

Everything else is based on their behavior, body language, attitude, tone of voice and actions.

For example: Is a guy able to remain relaxed and confident around his ex, or does he become nervous, insecure and unsure of himself?

Does he maintain his cool around her when she's being cold and unfriendly, or does he get upset or start to doubt his chances with her?

Can he confidently laugh at her attempts to make him feel like he's not good enough for her, or does he start having doubts about himself and his value to her as soon as she says something negative?

A woman can't see any of that in a love letter.

In most cases, a woman has a negative perception of her ex, so she then reads his texts and emails in a negative way.

She doesn't think, *"Wow! He is so confident via letter! He's so manly now!"*

Instead, in most cases, a woman rolls her eyes and feels turned off by her ex's lame attempt to re-attract her into a relationship.

This is why, if you are serious about getting your ex back, you should seriously start to improve your ability to attract her during in person interactions.

In other words, prepare yourself to be able to be confident, charismatic, funny, emotionally masculine and charming the next time you talk to her.

If you do that, you will see how easy it is to re-attract a woman back into a relationship.

Another mistake to avoid making is

2. Buying her a gift or sending her flowers

Buying a gift or sending flowers rarely, if ever works.

Why?

A woman doesn't feel impressed by flowers or a gift from a guy that she doesn't fully respect or feel attracted to.

Instead, she thinks something like, *"Does he really believe that my love is for sale? If he wants me back, he's going to have to give me what really matters to me (i.e. a man I can look up to, respect, feel attracted to and love), not try to buy me back with gifts and flowers."*

She knows very well that the flowers or gifts are not him.

They are objects that he's sending her, in the hope that it makes her forget about all the bad times and want him again.

Unfortunately, she's not going to be getting into a relationship with the flowers or gifts, so it doesn't work.

Of course, sending flowers can work in other situations.

For example: When in a relationship and you upset your girlfriend or wife.

You can then give her flowers or a gift as a gesture to show her how sorry you are.

Yet, that is when you are in a relationship.

What we're talking about here is getting an ex back.

In most ex back cases, the woman isn't attracted anymore, so getting flowers or a gift doesn't woo her or make her forget about all the bad times.

Instead, she rolls her eyes at her ex's lame, misplaced attempt to re-attract her.

Another mistake to avoid making isâ□!

3. Not understanding that feelings have to be mutual for a relationship to work

Unlike in the past where a woman had to stay with her man even if she didn't have feelings for him or if he treated her badly, in today's world, a woman can leave a man if she wants to.

In most cases, a modern woman can choose who she wants to be with, without worrying about what society or her family will think.

So, don't make the mistake of assuming that she will give you another chance if you tell her how much she means to you.

To get her back, you have to make the feelings mutual or at least close to mutual.

When you do that, getting back together happens naturally and quickly because she wants it just as much as you do.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Holding Onto a Woman Who Doesn't Want You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 4 tips to turn the situation around and make her want you again:

1. Understand why she doesn't want you today

How she feels today can be changed tomorrow.

It's completely within your control.

How she feels from now on is going to be based on what you say and do when you interact with her. You're either going to say and do things that make her want you, or you're going to push her away even further.

It's all within your control.

Here's the thing though!

If your ex has recently saying things along the lines of, *"I don't want you,"* or *"Leave me alone. Why can't you accept that it's over between us? You need to move on,"* it's understandable that you might feel like getting her back is hopeless.

You may even be well-meaning friends and family in your life who are telling you, *"Hey, you need to let her go. There are plenty of fish in the sea, so why are you holding onto a woman who doesn't want you? Why don't you move on and find another woman who deserves a great guy like you? She's just not worth it. You will find a nice girl one day. Just be patient."*

They might mean well, but meaning well doesn't mean that they are right.

If believe that your ex is the woman for you, then there's no reason why you can't get her back.

How?

The first step is to why she doesn't want you anymore.

When you get clear on that, you can stop saying and doing the types of things that have been turning her off (i.e. like the behaviors that led to the split and that have caused her to feel less respect, attraction, and love for you since) and switch her feelings back on for you.

For example: Leading up to the break up, a guy might turn his woman off by!

- Being too jealous and controlling.
- Being too childish or immature.
- Treating her badly, but expecting her to treat him nicely.
- Being way too nice to her and letting her treat him badly, just so he can spend time with her.
- Being insecure or self-doubting around her, rather than being the confident guy that she fell in love with.
- Being too emotionally sensitive, which causes her to feel more emotionally dominant and strong. As a result, she can't feel like a feminine woman in the relationship anymore.
- Taking her for granted (e.g. he expects her to do all the housework without pulling his weight, is disrespectful towards her, he fails to notice her efforts to look attractive for him) and

expecting she will put up with it because of how much she used to love him.

- Having no clear purpose or direction in his life and just doing whatever he feels like, whenever he wants, rather than being responsible and living her a feeling of safety about their future together.
- Becoming too wimpy and weak-minded, to the point where she feels like she needs to protect him and take care of him.
- Being emotionally distant from her and expecting her to put up with it because they are in a relationship.
- Being emotionally clingy and needing her to always reassure him of how much she loves him.
- Getting angry about trivial things and causing her to feel stressed in the relationship.

So, those were some examples of how a guy might turn his woman off leading up to the break up.

Then, after the breakup, a guy might continue turning his woman off byâ€¦|

- Being needy and desperate (e.g. by texting or calling her to apologize over and over again).
- Begging and pleading with her for another chance.
- Crying and saying things like, *â€œI canâ€™t live without you,â€* or *â€œMy life is over. I canâ€™t go on without you in it.â€*
- Asking her to tell him what he did wrong and what he needs to do to change.
- Stressing her out by sending her long text messages and expecting her to reply to him.
- Trying to work things out via text.
- Not changing the things that turned her off and simply trying to convince her to give him another chance because he loves her and cares about her so much.

A lot of guys find themselves in that situation and end up wondering if they should keep holding onto a woman who doesn't want them, or if they should just move on.

Yet, what is really happening is that the guy's approach is unattractive and isn't giving the woman a reason to want him back.

This is why it's so important that you understand what aspects of your thinking and behavior have been turning her off, so you can stop doing it.

When you begin behaving, talking, thinking and interacting with her in ways that are attractive to, she will automatically go from not wanting you, to wanting you again.

Why?

You are now making her feel the way she wants to feel when she's with you (i.e. respectful, attracted, excited, feeling sparks of love, intrigued).

As a result, she starts to feel differently about the relationship and the possibility of getting back together becomes something she is willing to consider.

On the other hand, if you continue saying and doing the same old things that you've been doing all along, then don't even worry about trying to get her back because she's most-likely going to continue rejecting you.

2. Prepare to re-attract her tomorrow

[image: Prepare yourself to attract her tomorrow]

To re-attract your ex, you need to change and improve some of the things that caused her to lose respect, attraction and love for you.

Here's an example.

Imagine that a guy became clingy in the relationship with his woman.

His whole life became about her.

He neglected his personal goals, stopped hanging out with his friends to spend more time with her and he gave up most of his interests and hobbies to ensure that he was with her at all times.

As a result, he started being needy, jealous and controlling.

One day, she wanted to go and meet up a girlfriend of hers at a café and he assumed that a guy would also be coming along, or that she might find a guy attractive at whatever café they were going to.

So, he urged her not to go and to just spend time with him at home.

She agreed the first time, but wasn't happy about it.

Then, it happened again and again.

Eventually, she got sick and tired of being controlled like she was his property and ended the relationship.

How can he get her back?

To begin with, whenever he interacts with her from now on (e.g. via text or e-mail, on social media, over the phone and in person), he needs to be able to show her that he's no longer like that.

Of course, it's not about him telling her, *â€œHey, look at me! I've changed. Remember how insecure I used to be and how clingy, needy and jealous I behaved? Well all that is gone, I'm a new man. I'm confident and emotionally strong now. I won't ever be controlling againâ€* because she's probably not going to believe him.

Instead, she will likely say something along the lines of, *â€œYeah? Well, good for you. I still don't want you back though.â€*

Why?

There is a big difference between saying that he has changed and showing her that he has changed.

For a woman to drop her guard and open herself up to her feelings for her ex again, she first needs to experience the new him via the way he talks, thinks, acts, behaves and interacts with her now.

She needs to see that no matter how hard she tries to make him feel jealous or needy, he doesn't react in that way.

He remains confident, calm and totally in control of his emotions.

He's a new man now and she can feel it.

It's obvious in the way he now thinks, feels, behaves, talks and acts.

He's no longer the clingy, needy or controlling guy that he used to be.

â€¦and he didn't even have to tell her.

She experienced for herself and as a result, she believes it so much more than if he were to try and convince her of it by explaining it to her.

In the same way, when you let your experience the new and improved you whenever you interact with her, she won't be able to stop herself from looking at you in a more positive light.

Her resolve to move on without you will begin to waver.

All of a sudden, she will feel drawn to you and it won't be about you holding onto her when she doesn't want you.

She will want you again and you will be there, ready to take her into your arms again.

The next thing you need to do isâ€¦

3. Build on her newfound feelings for you

[image: Build on her newfound feelings for you]

To make her want you without a shadow of a doubt, you need to continue building on her feelings of respect, sexual attraction and love for you every chance you get.

Use every interaction that you have with her to make her feel happy and excited to be interacting with you again.

If you do that, she will naturally start to really want you again.

However, something to remember is that you can't properly build on your ex's feelings until you meet up with her in person.

Where many guys go wrong is by trying to change her mind via text.

A guy might think, *â€œWell, I don't want to scare her off, especially since she says she doesn't want me anymore. As long as she's responding to my texts, it must mean that she's softening up to me. So, I'll just keep texting and being nice to her. Then, when she's ready she will let me know and I can then call her or meet up with her. Until then, I'll just let her call the shots. I'll stick to text and see how things go.â€*

Here's the thing though!

It's very difficult to get a positive reaction from an ex via text.

You can get her laughing some times and even cause her to feel some sparks of attraction, but you have to get past the texts and to an in person meet up if you want her back for real.

If you all you do is text, she doesn't have much to hold onto or get excited about.

She can't see your expression, hear the tone of your voice or observe your body language to see if you have really changed and become a more attractive man.

As far as she knows, you probably haven't changed a bit, so there's not much point continuing to hold on via text.

On the other hand, if you call her on the phone or meet up with her in person, it will be a lot easier for her to get a clear picture of who you are now and see that you really have changed.

More importantly, you now make her feel differently.

Her feelings for you have changed back to what they were when she used to love you.

It's back on, for real.

So, make sure that you call her on the phone where you can make her laugh, smile and feel good to be talking to you again and then get her to agree to a meet up.

When you see her in person, make sure that you continue to build on her feelings for you by saying and doing the types of things that will show her you're a new man (e.g. confident and emotionally strong, emotionally masculine, emotionally independent).

When you do that, she will naturally start to want you again.

However!

4. Don't push for a relationship. Keep making her feel attracted and let her really want it

[image: Keep making her feel attracted and really want to have a relationship with you again]

When your ex begins to show signs of interest in you again, it might be very tempting for you to push for a relationship.

Yet, if you do that before she's ready, she may close herself off from you and pull away once again.

She may begin thinking, *"Why is he pressuring me? I don't know how I feel yet. I'm just not ready to make that kind of commitment."*

She might then text you something like, *"Look, I'm sorry if I gave you the wrong impression. It's over between us. Please respect that. I wish you all the best."*

That's the last thing you want to hear, so make sure that you take things slowly if needed.

For example: To begin with, just agree to hang out as friends only.

You might say to her, *"Look, I don't want to push you into something you don't want. So, let's just agree to be friends for now. We're mature and responsible enough to do that, right?"*

She will most-likely agree.

Then, just use the friendship as an opportunity to deepen her feelings of respect and sexual attraction for you, until she gets to the point where she's saying things like, *"I don't want to be friends anymore. I want more than that. Why don't we give our relationship another try?"*

So, don't waste another day doubting yourself.

You can make her feel attracted to you again.

It's not about being desperate and chasing her for another chance.

Instead, it's about being a confident, emotionally masculine man who has the courage and skill to go after what he wants and get it.

That's you.

You are the man.

Today is a new day for you.

You ARE going to get her back.

Best of all, it's going to feel amazing for you AND her.

She is going to be overwhelmed with how much respect, attraction and love she feels for the new you.

She is going to look at you as the one who almost got away.

Almost.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

How to Initiate a Kiss When You Meet Up With Your Ex

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 3 tips to make the kiss between you and your ex happen:

1. Focus on creating intense sexual tension between you and her

Sexual tension happens when you and her feel sexually attracted to each other, but aren't immediately jumping into a kiss and sexual act.

In other words, you both want it, but it's not happening right away.

[image: Build up sexual tension between you and her]

Instead, you keep making her feel attracted to you and want you and she eventually gets to the point where she just has to have you.

Then, you release the sexual tension with kissing and sex and it feels amazing for both of you.

A lot of guys don't realize this, so they end up being too nice, polite and formal when interacting with their ex.

For example: A guy might assume that it would be wrong or rude to flirt with his ex woman and make her feel sexually attracted and turned on, now that they've broken up.

He might even say, *"Won't she get angry at me if I show sexual interest? If that happens, I will never be able to get her back. So, I need her to trust me and feel safe around me first, which means I have to be on my best behavior and just act friendly and nice."*

Here's the thing though!

If a guy isn't actively making his ex feel sexually attracted to him again, she's not going to feel very motivated to meet up him, kiss him, have sex with him or spend anymore of her time with him.

Instead, his nice guy approach will cause her to just see him as a friend, or worse, she might even be thinking, *"I can't wait to get out of here. I wish I had never agreed to meet up with him. Why won't he accept that it's over between us and move on? I don't feel attracted to him anymore. It's over!"*

So, if you want to initiate a kiss when you meet up with your ex, don't be afraid to flirt with her to create sexual tension.

If you don't build up the tension and just try to kiss her out of nowhere, she will most likely laugh and say something like, *"Hey! What the hell are you doing? We're not together anymore,"* or she might get upset and tell you to leave her alone and not contact her anymore.

So, make sure you create and build up the sexual tension with her first.

One way you can do that is by combining some flirting into ordinary conversations that you're having with her.

For example: Imagine that you're at a coffee shop with your ex and are talking about what you've been up to since the break up.

You might be saying something like, *"Things have really taken off for me. Remember how I always wanted to (mention a goal or activity that was important to you that she knows about)? Well*

itâ€™s finally happening now.â€

She will likely smile and say something along the lines of, *â€Wow, thatâ€™s great,â€* or *â€Iâ€™m happy for you.â€*

You can then say, *â€How about you? What have you been up to?â€* then quickly add, *â€Besides smelling so good that is! Come over here let me get a whiff of that great perfume youâ€™re wearing.â€*

Then, pull her in a little closer, lean in close to her ear and say, *â€Mmmmâ€| you smell sexy!â€*
Then, pull away and continue on with the conversation as if nothing happened.

Add in some flirting several times throughout the conversation, (i.e. talk normally, say or do something sexually provocative and then go back to talking normally), to build up the sexual tension between you and her.

When you create sexual tension, she then naturally has the desire to want to release that tension with kissing and sex.

As a result, when you initiate a kiss, rather than pull away and say something like, *â€Hey, what do you think youâ€™re doing? Weâ€™re not together anymore. I donâ€™t want you to do that,â€* she will be feeling so attracted that she will just naturally go with it and really enjoy it.

Another tip to help you initiate a kiss when you meet up with your ex is toâ€|

2. Make her feel relaxed and attracted in your presence

If you meet up with your ex and are being nervous, tense and uptight around her, she will pick up on it, feel turned off and be on her guard around you.

She may then begin to think things like, *â€This was such a mistake. It feels so awkward and weird drinking coffee together. We clearly arenâ€™t good at this ‘exâ€™s as friends’ thing. He’s so insecure around me now and itâ€™s making me feel self-conscious. I should make some excuse and go before it gets too uncomfortable for the both of us. We’re just not a good match anymore. He’s not confident enough for a girl like me.â€*

She might then make an excuse and leave, which will then make it a little harder to get a kiss.

This is why it’s very important that you make her feel relaxed and attracted in your presence.

How can you do that?

One way is by making her laugh, smile and feel happy to be seeing you again.

Another way is to remain relaxed and maintain your confidence around her no matter what she says or does to make you feel uncomfortable.

For example: Imagine that youâ€™re in a coffee shop with your ex right now.

She says something along the lines of, *â€I donâ€™t know if we should be doing this. It feels weird seeing each other again like this.â€*

Rather than worrying and thinking something like, *â€Oh no! She’s not interested anymore. Iâ€™ve lost my chance with her! It’s over! I’ve blown it!â€* just use her comment as an opportunity to make her feel attracted instead.

You can respond by saying (in a joking way), *â€Youâ€™re right! Seeing each other like this is*

weird. I think itâ€™s the sun from the window. Itâ€™s making your nose look all big and round. Oh and your ears are huge too! I never knew your ears were that big. Maybe we should change tables. Iâ€™ll call the waiterâ€¦ and have a laugh with her about that.

Note: Donâ€™t say anything like that if your ex is sensitive about her nose or ears for some particular reason.

If sheâ€™s not sensitive about her nose or ears, then making a joke like that will instantly put her at ease in your presence.

She will likely laugh (or only smile if sheâ€™s playing a bit hard to get) and feel attracted to you for having the balls to joke with her like that.

All of a sudden, being around you feels like a lot of fun for her, so her guard naturally comes down and she opens up to you a little more.

She then begins to wonder, *â€œWhat has changed? Why am I feeling attracted to him all of sudden? Whatâ€™s going on?â€* and can't seem to stop the sexual desire running through her body and mind as she looks at you.

Then, when you initiate a kiss, she will more than likely be willing to go along with it to see what happens and how she feels afterwards.

On the other hand, if you make her feel tense, uncomfortable and apprehensive around you and then try to kiss her, she will almost certainly pull away and reject you.

So, focus on making her feel relaxed and attracted in your presence.

Another tip to help you initiate a kiss when you meet up with your ex is toâ€¦

3. Get a goodbye hug and then kiss her

[image: Get a goodbye hug and then kiss her]

As long as youâ€™ve been making your ex feel respect and sexual attraction for you throughout the course of your meet up, getting at least a goodbye hug from her shouldnâ€™t be an issue at all.

In fact, if youâ€™ve made her feel really good to be seeing you again, she may even be the one who initiates the hug first.

Of course, donâ€™t worry if she doesnâ€™t initiate.

Instead, when your ex is getting ready to leave the meet up, just take the lead and say something like, *â€œAnyway, it was good to catch up as friends. Iâ€™m proud of us for being able to enjoy each otherâ€™s company in a mature way. Come here and give me a hug to say goodbye.â€*

Then, move closer to her and open your arms.

If you have made her feel attracted to you, she will almost certainly be more than happy to give you a goodbye hug.

So, just go ahead and gently, but confidently take her in your arms and give her a nice, long, warm hug.

If she seems open (e.g. she remains in your arms longer than necessary, looks up at you and smiles, gives you a squeeze back), then just lean in and give her a kiss.

[image: Kiss and then hook up sexually]

From there, you can deepen the kiss and possibly even go back to your place or her place to hook up sexually.

Of course, if sex doesn't happen after the kiss, don't worry about it about all.

The important thing is that you've broken down her defenses by initiating a kiss and have also planted seeds of doubt in her mind about her decision to break up with you.

From there, getting her back becomes a matter of *when* rather than *if*.

Where Guys Go Wrong When Trying to Kiss an Ex Woman

If you don't want your ex to reject you when you initiate a kiss, be sure to avoid any of the following mistakes:

1. Appearing nervous around her

[image: Nervousness and self-doubt will ruin her desire to kiss you]

When a guy is nervous and tense, it comes across in his actions and behavior even if he tries hard to hide it.

For example: He might fidget a lot, find it difficult to maintain eye contact, stumble over his words, struggle to make conversation or be trying hard to impress her.

A woman can easily sense nervousness in a guy and when she does, it instinctively turns her off.

Rather than think, *"Awww...he's really trying so hard to impress me. That's so sweet. I'd better take it easy on him so that he can stop feeling so nervous around me,"* she is more likely to think, *"What did I ever see in him? He's so wimpy? He's scared of me now. I want a confident man, not a nervous guy who needs me to be gentle and nice with him so he can then feel confident."*

Here's the thing:

Women just don't like having to reward emotional weakness with love, affection, sex and devotion.

Women are instinctively programmed to be attracted to confidence and self-belief in a man and repelled by emotional weakness and insecurity.

It's not something that she can ignore because it's an instinctive, primal thing that happens inside of a woman's body and mind as she interacts with a man.

So, if she notices that her ex is nervous and unsure of himself around her, it simply serves as another reason why she wants to remain broken up.

If he then tries to initiate a kiss, she will reject him because she won't be feeling attracted.

She might then make an excuse about why she needs to leave and he will be without a kiss.

So, when you meet up with your ex, focus on having confident thoughts about how she will respond to you when she sees you and when you kiss her.

Believe in yourself, rather than doubting yourself.

As a result, your confidence and self-belief will come through in the tonality of your voice, body language and in the way you interact with her.

She will naturally feel attracted to that and then, when you initiate a kiss, she will be happy that you did.

Another mistake to avoid isâ€¦|

2. Asking if it's okay to kiss her

If you ask for permission to kiss her, youâ€™re opening yourself up to the possibility of her saying *â€œNo.â€œ*

Additionally, it can cause her to lose respect and attraction for you because, in her eyes, youâ€™re not being man enough to take the lead and make the kiss happen.

You donâ€™t need to ask your ex for permission to kiss her.

You simply need to make her feel sexually attracted to you and then move in for a kiss.

If she doesn't want to kiss, she will pull away or say, "No" and you can then respect that.

However, if she does want to kiss and you ask her, she will almost certainly lose respect for you for not having the balls to kiss her and she will say, "No."

On the other hand, if you make her feel attracted, build up some sexual tension and release it with a kiss, she will be happy that you did and proud of you for being so confident and ballsy.

Another mistake to avoid isâ€¦|

3. Waiting for extremely obvious signals that she wants a kiss

Sometimes a guy makes the mistake of thinking that a woman is going to give him a 100% clear sign when she is open to being kissed.

For example: She might lean in close, look deeply into his eyes and say something along the lines of, *â€œIâ€™ve missed your kisses,â€œ* or *â€œI always loved the way you kissed meâ€œ* or, "Kiss me."

He can then pull her into his arms, kiss her and get her back.

Yet, it almost never plays out like that in real life.

It happens in movies, but in real life, even if a woman still has feelings for her ex and is hoping that he will kiss her, she will rarely give him an obvious signal to let him know.

Why?

Firstly, most women donâ€™t want to come across as being too desperate.

Secondly, she doesnâ€™t want to help him to feel confident around her by making things easy for him.

Instead, she wants to see if he has the confidence to go for it, even if it seems as though sheâ€™s not interested.

If he has the type of confidence, she will feel a lot of respect and attraction for him for having the balls to go after what he wants in life (in this instance a kiss from her) regardless of how daunting it may have seemed to him.

However, if he waits for a clear signal from her before he makes a move, he may be waiting for a long, long time.

Worse still, she might decide to open herself to other guys who do have the confidence and self-belief

to kiss her, rather than waiting for her ex to grow a pair of balls again and initiate a kiss.

Another mistake to avoid isâ€¦|

4. Acting more like a friend than a lover

Sometimes a guy will meet up with his ex and spend the entire time pretending that heâ€¦s only interested in being her neutral friend.

For example:

- He talks in a nice, polite way to her.
- He doesnâ€¦t flirt to build up sexual tension.
- He only uses polite humor, rather than using ballsy humor to make her feel attracted.
- He pretends that heâ€¦s not interested in her anymore.

Naturally, this causes a woman to remain closed off because thereâ€¦s no sexual attraction and respect to make her feel motivated to want to kiss him, have sex and open up again emotionally.

If he then tries to initiate a kiss, she will likely pull away and say something along the lines of, *â€¦What do you think youâ€¦re doing?â€¦ or â€¦Eeew! Donâ€¦t do that! Weâ€¦re not like that anymore! I don't like you in that way now.â€¦*

He may then feel dejected and possibly even give up on the idea of getting her back at all.

Yet, what he doesnâ€¦t realize is that his approach was wrong, but he still does have a chance.

He just needs to change his approach from being Mr. Friendly to Mr.Â Turn On, so she actually has a reason to want him in a sexual and romantic way.

Remember: Itâ€¦s totally fine to be her friend.

Just make sure youâ€¦re not pretending to be an innocent friend who isnâ€¦t interested in her in a sexual or romantic way.

If you act like a friend, you will end up in the friend zone.

So, make the feelings sexual, initiate a kiss and then enjoy the great times ahead with her.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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My Girlfriend Broke Up With Me Because My Parents Didn't Like Her

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

4 tips on how to get your girlfriend back when your parents don't like her:

1. Focus on making her have such strong feelings for you that she stops caring so much about what your family might think of her

When you interact with your ex girlfriend from now on, make sure that what you say and do makes her feel so much respect, attraction and love for you that what your family thinks of her becomes irrelevant to her.

For example: Imagine that you're at a coffee shop with your ex girlfriend right now.

She's being cold and unfriendly towards you and saying things like, *"I shouldn't have come here. We both know that your parents hate me, so this is just a waste of my time. It's not going to work and we need to accept that."*

Rather than getting upset at her, just use her negativity against her to make her laugh so much that she stops focusing on the problem.

To begin with, you might laugh and say (in a joking manner), *"We could kill my parents. Would that help?"* and have a laugh with her about it.

You might then say, *"No, just kidding. I could legally disown them. I could even change my last name to something funny like..."* and make something up that would be funny for you and her.

You might then add in, *"Look, all jokes aside...at the end of the day, what matters most is how we feel about each other. If you love me and I love you, then we can be together."*

If she says something like, *"But, we can't. Your parents are always going to be there. They hate me. This isn't going to work."*

[image: Use humor to get her to stop focusing on the negatives]

You might then use some humor and add in, *"Yeah, you're right. You really are a horrible girlfriend. I can see why they hate you"* and then have a laugh with her about that.

By approaching a potentially serious conversation in a funny way, she's more likely to relax, smile, laugh and be more open to sticking around to see where things go from there.

Using humor to get her laughing creates some positive feelings inside of her, which makes her stop focusing only on the negatives of the situation.

Her guard then comes down and she becomes open to interacting with you some more (e.g. over the phone, seeing you in person again) to see what happens.

Note: If you really want to make your ex have strong feelings for you again, you need to accept that there might also be other, secret reasons why she broke up with you that she didn't tell you about.

Here's the thing!

It happens sometimes, but in most cases, a woman won't break up with a guy just because his parents don't like her.

She will only go through with the break up if there are other things about him that just don't feel right to her as well.

For example: If a guy is too emotionally weak to stand up for himself to his family, does whatever they tell him and doesn't have the confidence or emotional strength to be his own man in life, then his woman will lose respect for him and feel turned off.

Rather than putting in extra effort to get along with his parents, she will begin to think something like, *He's always making excuses for his parents' bad treatment of me. He's so weak minded when it comes to his family. Even when something is important to him, he doesn't have the balls to stand up to them and go after what he wants in life. So, I just don't think this relationship is worth fighting for anymore. If he can't even stand up for himself to his own parents, what are the chances of him standing up to an unreasonable boss or authority figure that might be treating him badly? He lacks a backbone and I just don't want to be with a guy like that. I want a man who is emotionally strong and confident enough in himself to stand up for what he believes, no matter what.*

If she really loves him, she will wait for a while see if he will eventually man up, but if he continues to lack a backbone and essentially do nothing to improve things between her and his family, she will likely lose so much respect and attraction for him that she will simply leave.

So, a couple of questions that you need to ask yourself at this point are:

- Is the real reason why she broke up with me because my parents didn't like her, or did she use it as an excuse because she didn't want to tell me her secret reasons (e.g. she wants a guy who is more manly, she hated how she could boss me around, she stopped feeling attracted to me because I was too much of a softie)?
- Did I make her feel the way she wanted to feel in a relationship, or were there other things about me that turned her off besides the issue with my family?

By asking yourself these questions, you might discover that there were reasons for your break up other than just the fact that your parents didn't like her.

When you uncover those reasons (you have to find them out yourself without asking her because she's almost certainly not going to want to teach you how to get her back), you can then quickly change and improve some of the things that really matter to her.

For example: You can start being more emotionally strong, standing up for yourself and for what you want in life to your parents and to other people, not letting other people make decisions for you and being a good guy, but not being too nice.

Then, when you interact with her and she sees that you're now the kind of man she can look up to and respect, she will start thinking something like, *I know his parents don't like me, but I just don't care about what they think anymore. I love him and I want to be with him, so I will just have to find a way to handle them from now on. I'm not going to risk my future happiness with my perfect guy over them. They're just going to have to learn to live with me. I'm staying. He's my man.*

Another tip on how to get your girlfriend back when your parents don't like her is

2. Don't try to push a relationship on her at this point

[image: Don't try to push her into a relationship at this point]

If you're interacting with your ex (e.g. via text, e-mail, on social media, on the phone and in person) and she says things like, *I miss you*, then just remain calm and in control.

It might be very tempting for you to want to push her into agreeing to give your relationship another chance, but you shouldn't at this point.

You've got to make her really want it so bad that she begins to push for it.

If you don't allow her to feel that, she may close up and start playing hard to get and making your family out to be worse than they actually are.

So, what should you do instead?

Just agree to catch up as friends and then see how you both feel.

If she can sense that you are being sincere with her, she will likely agree.

The important thing then is to use every meet up that you have with her to build upon her feelings of respect and sexual attraction for you.

The more you make her feel good to be around you (e.g. by making her laugh and smile, making her feel feminine in contrast to your masculine vibe), the more she will start thinking, *Maybe this relationship is worth fighting for. Maybe I shouldn't be so concerned about his parents. Maybe they will eventually accept me again.*

Another tip on how to get your girlfriend back when your parents don't like her is

3. Once you get her back, help her prepare to get along better with your family

[image: Prepare her to get along better with your family]

Just because your parents don't like your girlfriend right now, it doesn't mean that they never, ever will.

Maybe there are certain aspects of her thinking and behavior that have caused your parents to see her in a negative light.

That's fine.

She can change and so can they.

People change all the time.

If she got off to a bad start with them, or if they had certain prejudices against her, all of that can go away with time.

For example: Sometimes a guy comes from a different socio-economic background, cultural group or race than his girlfriend.

So, to prepare her to get along better with his parents who were judgmental of her for those reasons,

he might need to explain certain etiquette and cultural and ethnic customs to her so she can make his parents be more welcoming and comfortable with the situation.

In this way, she won't be 'putting her foot in it' by saying or doing something that might come across as rude or disrespectful to his parents.

Essentially, it's up to you as the man to smooth the way between your girlfriend and your parents by making sure that she is fully prepared when she meets up with them again (i.e. she understands your family dynamics and customs).

Important: Make sure that preparing your girlfriend to get along better with your family is not about making her feel like it's all her fault and that everything she's been saying and doing is wrong!

Instead, ensure that she understands that your family operates differently to her and that there is no correct way to live life on this planet.

There are different cultures all over the world, different ways of doing things and different family dynamics.

None of them is the correct way.

It's simply the way that it's done in that particular area, or those kind of people.

It's not her fault and it's not their fault.

People simply think that *"this is the way life is and should be"* when they think of their culture and way of doing things.

They are wrong, but try telling them that!

Everyone thinks that their culture and way of doing things is superior to everyone else's.

It's not a debate that you can ever win, so you just have to let people be who they are.

This is something your girlfriend needs to understand, rather than trying to fight against the potentially close-minded approach of your parents.

Additionally, make sure that you tell your girlfriend that you love her, support her and won't leave her to fend for herself when around your parents.

Naturally, when she feels better prepared and knows that you have her back, interactions with your parents will become a lot easier.

At the same time, when your parents notice that she's putting in the effort to fit in more with the family dynamic rather than trying to be a rebel or trying to change how they think or what they believe, your parents will likely also make the effort to be nicer to her.

Another tip on how to get your girlfriend back when your parents don't like her is

4. For a little while, try to spend a minimal time around your family when with her

[image: For a little while, try to spend minimal time around your family with her]

After you and your girlfriend get back into a relationship, don't put pressure on her (or your parents) to spend time together right away.

Instead, focus on giving her as much attention as you can (without neglecting your family) and building on her feelings for you.

The more she falls back in love with you, the more willing she will be to make changes and improvements to her thinking and behavior to come across more favorably to your parents.

Also, the longer you stick with her, the more your parents will realize that you are serious about this woman and they'll most likely then put in the effort to be more accepting of her.

It might take some time, but it will happen.

It's up to you to lead with your emotional strength and maturity and guide everyone to a place of mutual understanding and respect.

You will then be a man that your woman can look up to and fall deeper and deeper in love with and your parents will be proud of.

3 Mistakes to Avoid in Your Situation

[image: I will disown my family if that makes you happy]

Although you might desperately want your girlfriend back right now, make sure that you remain calm and avoid making any of the following mistakes!

1. Promising to never see your family again, just so you can be with her

It might seem like a good thing to do, but the bottom line is that your family is still an important aspect of your life and sooner or later, you will need to see them again.

Also, if you promise to never spend time with your family just to be with her, eventually you will either break your promise (because family is family), or you might end up resenting her for coming between you and your parents.

In the long run, if you feel as though your girlfriend is the one for you, then it's in your best interests to find a way to reconcile the relationship between her and your parents so that everyone can get along.

So, remain calm and focus on making your girlfriend feel so attracted and in love with you that she feels compelled to make an effort to get along with your parents.

Another mistake to avoid is!

2. Trying to get her to want a relationship, before making her have strong feelings for you again

If you skip the part about making her feel attracted and in love with you, then she's most likely going to want to remain broken up.

Remember: There are almost certainly other reasons for the break up and it's not all just about your parents.

So, make sure that you fix the other things about your behavior or attitude that have been turning her off and make her fall more in love with you.

If you push for a relationship before then, she will almost certainly reject your offer and ask for time

apart.

During that time, she might then decide to make herself feel better by getting herself a new boyfriend, meeting his parents, making them like her and enjoying the love.

She can then look back at her situation with you and blame you and your parents, rather than taking some or all of the blame for how she behaved.

Another mistake to avoid isâ€¦|

3. Causing the relationship feel stressful, by allowing her to make the family issue out to be a bigger problem than it really is

A feminine woman sometimes likes to create drama in a situation because it allows her to express her emotions, get caught up in the heat of the moment and be irrational.

Men see it as crazy behavior, but it's just the way that women are.

Why?

One of the main reasons why is that it's a way for a woman to test whether her man is emotionally strong enough to remain confident, calm and in control amidst all the drama that she is creating.

If he is able to remain confident and laugh at her for being a little drama queen, she will respect him and feel attracted to him, even though she won't initially make that obvious.

She might pretend to get angry at him for not taking her irrational outburst seriously, but that's just a test of his confidence.

If he remains light hearted and tells her that he loves her and cares about her, but she is out of line, she will respect him.

Once again, she probably won't make that obvious right away (e.g. she will walk off in a huff, pretending to be over him and promising to never speak to him again), but she will be back.

I know, I know.

It sounds risky to do that.

However, the alternative is to put up with her nonsense and take it seriously, which will then cause her to lose respect for you.

She will enjoy creating the drama, won't be feeling respect for you and will then want to make herself feel better by hooking up with a new guy and moving on.

I see it all the time.

I've been helping new men get women back for many years now.

The guys who lack the balls to laugh at their woman when she is being unreasonable or irrational, are the ones who can't get her back.

On the other hand, the guys who man up and don't take her outbursts so seriously, suddenly end up having sex with her and getting back into a relationship.

So, in terms of your girlfriendâ€¦|

Currently, she might be making the situation between her and your parents out to be bigger than it really is (e.g. because she misunderstands their behavior, sheâ€¦s too emotionally sensitive and takes everything too personally, she wants to create drama to see how you handle yourself).

What you need to do is just laugh at her and the situation, rather than getting upset and allowing her

to create a huge problem for you and her to overcome.

Initially, she might act shocked that youâ€¢re not reacting to her drama and taking her seriously. However, even if she doesnâ€¢t show it, she will be feeling a huge amount of respect and sexual attraction for you for having the emotional strength and maturity to see the situation in a more light-hearted way, rather than getting caught up in her fake drama.

Of course, there is a problem between her and your parents.

They don't like her very much and that is true.

However, if you let her make it out to be a bigger problem than it is, then you're not going to be getting her back.

So, you need to have the balls to make light of the situation and not let her take it all so seriously.

Focus on making her feel so attracted and in love with the new and improved you that she stops caring about what your parents may think and just wants to be with you.

Do you think you can do that?

Don't doubt yourself.

You can make her feel that way.

You can overcome this problem and get her back.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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My Ex Left Me For a Guy Who Won't Treat Her as Good as I Did

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

5 possible reasons why a woman will do that:

1. She's not attracted to guys who are really nice to her

Although there's nothing wrong with being a nice guy, most women prefer a good man who can stand up to her when she's out of line, rather than a super nice guy who is a pushover and lets her dominate him with her confident, assertive personality.

This is based on a woman's instinctive need to find a guy who is capable of protecting her, rather than having to be his protector.

It's a basic, primal instinct that never goes away, regardless of how civil our modern society is.

So, if your ex left you for a guy who won't treat her as well as you did, it may be because you made the mistake of being Mr. Nice Guy to her all the time, even though she treated you badly (e.g. she was rude, disrespectful, broke her promises to you, was selfish, expected way too much of you and didn't give much or anything in return).

Even though most women won't admit it (e.g. on TV, when asked in a group setting), being with a guy who sucks up to them and lets them lead isn't attractive.

Rather than tell the truth, women will say things like, *"I'm tired of dating jerks. I want a nice guy who will treat me like a princess."*

It seems like the woman is being truthful, but she is only telling HALF of the truth.

She does want a guy who treats her well (i.e. a very confident good guy), but she doesn't want an extra nice guy who treats her like a princess and does whatever she wants.

It's subtle, but the difference is very obvious to a woman.

Of course, they won't tell you that though.

Watch this video for some examples of the lies women tell men!

Since women can't admit what they really want (because most people will take it the wrong way), they have to lie and say that they want a nice guy who treats them like a princess and does whatever she wants.

As a result, a lot of good guys fall into the trap of being a super nice in a relationship, only to get dumped for a guy who then doesn't treat her as well.

He may then feel confused and ask, *"Why did this happen? How could my ex leave me for a guy who won't treat her as good as I did? Do I have to be a bad guy and treat her like crap to get her back?"*

No, no, no.

You do not have to treat a woman badly to make her happy, or to get her back.

You just need to have more balls than you did before.

In other words, be a good guy, but stop being such a damn pushover with her.

Let her see that you are a manly man now and that she can look up to you and respect you now.

The secret to getting your ex back is not to become a bad boy or start being an asshole to her.

A woman doesn't want a guy who treats her badly.

What does she want?

A woman wants a very confident good guy who treats her with respect and love, but doesn't place her above himself in terms of importance and value.

In other words, he respects himself as sees himself as a valuable guy, but he is still good to her and still treats her well.

He looks at her as being important or valuable, but he holds himself in a higher regard.

He doesn't ever have to TELL her that though.

No, that would be rude.

Instead, he just thinks, feels, behaves and acts in that way, while also being good to her and treating her well.

What most guys don't realize is that's actually what women want.

They want a very confident good guy who believes in himself and doesn't lower himself to suck up to a moody woman.

So, all that said, how can you get your ex back from a guy who isn't treating her as well as you did?

Make her see that you are a better choice than the new guy.

I know, I know.

You might not feel very confident about that, but you have to.

Your belief in yourself is such an important part of making her feel more attracted to you than him.

You can't doubt yourself.

You have to know that you ARE better than him.

Of course, you can't achieve that by putting him down and saying things like, *âWhat do you see in him? Why can't you see that he's a jerk? Don't you see that he will never treat you as well as I did? He doesn't care about you. I do. I may have made mistakes, but I always treated you like a princess. I always put your needs before my own. I did everything for you. Why would you choose to be with a guy who wouldn't ever treat you that well? It doesn't make any sense! Why are you doing this to yourself? You deserve better! He's only going to use you for sex and then dump you. Is that what you want? Don't do this to yourself.â*

If you say something like that to your ex, rather than make her say, *âYou know what? You're right! How could I have been so blind? My new guy is a jerk and definitely doesn't treat me as well as you did! I'm going to dump him right away so you and I can be together again,â* she will assume that you're simply feeling jealous, hurt and don't know how to re-attract her.

So, don't even bother talking about the other guy.

It won't help.

Focus on how you are making her feel when you talk to her and interact with her.

That is what really counts.

If you are still using the same old approach that got you dumped (e.g. being too nice, sucking up to her, giving her all the power, doubting your attractiveness, secretly thinking of her as being more valuable than you), then make sure that you're willing to change your approach.

For example: From now on, you should always maintain your confidence around her, make her feel feminine and girly in your presence, show her that you're getting on with your life with or without her and not get nervous or worried if she starts getting moody or irritated when you talk to her.

If she is being overly dramatic about something, laugh at her (in a loving way), rather than taking her so seriously.

She might hang up on you or walk away if you're talking to her in person, but that will just be to test how big your balls really are now.

If she can see that you have truly manned up, then she is going to feel magnetically attracted to you and want to experience what it would be like to be with you again.

So, make sure that you're not just sitting around at home feeling sorry for yourself and waiting for a chance to suck up to her even more and hope that she takes pity on you.

Start making progress towards being a very confident, emotionally masculine, good guy, rather than sticking to your old Mr. Nice Guy or Mr. Soft and Innocent Guy who needs a woman to take pity on him.

That approach isn't going to work on her anymore.

You need to man up.

If you attempt to get her back by trying to convince her that he won't treat her as well as you did, she's just going to say something like, *"I know you always treated me well and I appreciate it. However, that's got nothing to do with why I broke up with you. The fact is that I just don't have romantic feelings for you anymore. I'm sorry, but that's just the way it is. You're a nice guy and I'm sure you'll make some other woman very happy, but that woman isn't me. I wish you all the best."*

So, make sure that you are willing to change your approach to her.

Don't use the same old approach that got you dumped in the first place.

Another possible reason why your ex left you for a guy who won't treat her as good as you did is that

2. She doesn't like it when a guy puts up with her bad behavior just to spend time with her

[image: She doesn't like it when a guy puts up with her bad behavior just to spend time with her]

Sometimes a guy makes the mistake of thinking that to keep a woman happy in a relationship, he needs to let her have her way no matter what.

Even when she treats him badly (e.g. is rude and disrespectful to him, throws tantrums and creates fake drama), he lets her get away with it because he thinks it will please her.

Yet, it just doesn't work that way.

Even though a woman might not admit it openly, she will hate it when a guy sucks up to her and puts up with her bad behavior, just so he can be with her.

Rather than think, *“What a guy! So amazing! He’s always so sweet and accepting of me, even though I treat him like crap. He must really love me. I am so lucky to have him,”* she feels turned off by his lack of balls to stand up to her and put her back in her place, in a loving, but dominant way.

When with a guy like that, a woman will think something like, *“If I can push him around like this, how will he be treated in the workplace or around friends? He’s probably always going to be a pushover in other areas of his life, which means that if I stick with him, I am going to have to take on the responsibility of fighting any battles that come our way. I don’t want that. I want to be with a man who is more emotionally dominant than me, so I can relax and feel like a woman around him. I don’t want to have always be worrying that he will crumble at the first sign of trouble and I will then have to step into save the day. I want a man who is respected by other people, not a guy who gets walked all over because he’s too wimpy to be assertive.”*

Important: This doesn’t mean that a woman wants a thug.

Don’t get it wrong.

When a guy is a bit of a softie and finds out that women want an emotionally tougher guy, he assumes that it’s about going to the extreme and being a bad boy or thug.

No, no, no.

It’s not about that at all.

Instead, it’s about being a very confident good guy who isn’t afraid to be assertive in situations when it is necessary.

Being assertive doesn’t mean getting into fights or heated arguments.

Once again, it’s not about going to the extreme.

Instead, it’s about being assertive in a socially intelligent way (i.e. making someone respect you, but still being respectful towards them, so you can achieve a win-win outcome).

That’s what a woman really wants.

So, if a woman is with a guy who isn’t able to stand up to her, then she fears that he will get walked all over in life and she will have to step in to fight his battles.

As a result, she just won’t feel safe with him.

The feeling of safety is extremely important to a woman and is a primal instinct that she cannot ignore.

If she doesn’t feel safe in the world with her guy, then her instincts tell her to leave him and find another man.

When she feels that way, it doesn’t matter how nice her guy is to her or how much he sucks up to her; she’s just not going to care, because deep down she knows that when the odds are stacked against him (i.e. things get tough), he’s not going to have the courage to stand up for himself, or for her.

Therefore, she can’t look up to him, respect him or feel attracted to him anymore.

When that happens, it’s only a matter of time before she cheats on him or leaves him and tries to find

herself a man who is emotionally tough and capable of protecting a woman like her.

So, if you put up with your ex's bad treatment of you in the relationship just to be with her (i.e. because you needed her more than she needed you), it will have been a big turn off for her.

If her new guy doesn't allow her to disrespect him or treat him badly, then she's going to feel more attracted to him because of it.

I know, I know.

It probably makes you feel angry to read that.

After all, why on Earth would she want that?

If you still don't understand, go back and reread the start of this section again.

It's a primal instinct that she can't ignore.

Of course, you might wish to believe that being nice, sweet and doing whatever a woman wants is the key to making her happy, but it's not.

Likewise, being bad, cruel and not doing anything a woman wants also isn't the key to making her happy.

What is?

You should know by now.

It's about being a very confident good guy who respects her and treats her well, but respects himself even more (i.e. doesn't let her get away with treating him like crap).

In other words, a guy who is more of a challenge to impress and maintain the interest of, rather than a pushover who puts up with anything and everything just to spend time with her.

Another reason why your ex might have left you for a guy who won't treat her as good as you did is!

3. Her attraction for him is stronger because he is more emotionally masculine

For a woman to be able to relax into feeling like a feminine woman (i.e. what she really wants to be), she needs to know that her man is more emotionally masculine than her.

These days, women are very independent and can also take on leadership positions in the workplace, so some guys assume that a woman will be happy as the leader in her romantic relationship as well.

Here's the thing though!

Regardless of her professional achievements or role in the workplace, when a woman is in a romantic relationship with a man, she wants to know that he is the man so she can relax into being a feminine woman around him.

Of course, not all women want that (there are some women who have more of a masculine spirit and don't want a man to lead the way), but most women have a more feminine spirit and want to relax into the leadership of a man when in a romantic relationship.

One element of this is that the man is more emotionally masculine than her (e.g. she is more sensitive and sweet and he is more tough and ballsy).

This doesn't mean that a man can't be sweet or do romantic things, but that he has to ensure that sweetness and romance aren't his main approach to attracting her.

If he wants to be more like her, rather than being more like a masculine man, then she will naturally feel turned off by his inability to make her feel like a feminine woman around him.

What you need to understand and accept about life is that the majority of women want to be with an emotionally masculine man, not a man who likes to be more like a woman because he thinks being manly is wrong, rude, too much work or outdated.

Being a man never goes out of style.

Being a man triggers a woman primal instinct of attraction and maintains it, whereas being a feminine type of guy (e.g. emotionally sensitive, easily upset) instinctively turns a woman off and makes her want to find a more masculine man instead.

When you embrace your masculinity and live it, your woman can then be girly, get emotional, focus on being in love with you and put time and effort into making herself look attractive for you.

On the other hand, if you don't take on the manly role (e.g. you let her be the boss at home, make most of the decisions for both of you, lead the way), she will feel more emotionally masculine than you and feel turned off as a result.

So, if your ex left you for a guy who won't treat her as well as you did, it could be because he's currently more emotionally masculine than you, thereby making her feel more girly and feminine around him than she felt around you.

Another possible reason why your ex left you for a guy who won't treat her as good as you did is that

4. You thought that being nice and treating a woman right, was the secret to keeping her happy

Don't blame yourself.

The media tells men everyday that all women want in a nice guy who sucks up to them, treats them like a princess, buys them a big diamond ring and does the housework.

It's all total BS.

What women really want is a very confident good guy who doesn't allow himself to be pushed around by a moody woman.

He treats her well, but he has the balls to laugh at her when she is being unreasonable or moody and trying to be a brat about things.

He doesn't fall for it and she loves it.

She loves his balls.

She loves the fact that she can't push him around and that he has the masculinity to stand his ground and show her who is boss.

Of course, that's not what the media will tell you.

They have to be politically correct and avoid offending people, so they tell guys that the secret to success with women is to be a nice, patient, sweet, innocent, friendly guy who lets a woman lead the

way.

Yeah, try that in real life and you end up in the friend zone with women you like, or dumped by women you love.

Put it this wayâ€¦

If niceness was all a woman really looked for in a guy, most of the guys in the world would have a beautiful girlfriend, fiancÃ© or wife, because most guys are nice.

Unfortunately, thatâ€™s just not how this world really works.

Although niceness is a great trait that women appreciate, there also needs to be a sexual spark between the man and woman for the woman to want to stick around and be in a sexual, romantic relationship with him.

So, if a nice guy fails to create feelings of sexual attraction inside of a woman in a relationship (e.g. because he's insecure, too nice, gives her too much power that she doesn't even want anyway), sheâ€™s not going to feel motivated to stay with him for life.

Even if she truly cares for him as a person, without the all-important spark of sexual attraction, sheâ€™s only going to see him as a friend at best.

Then, if she meets another man who makes her feel sexually attracted in ways that her current guy canâ€™t (e.g. the new man makes her feel feminine and girly in his presence, whereas her current guy only makes her feel friendly emotions), she will pick the new guy even if he doesnâ€™t treat her as well as her ex did.

So, if you want to win your ex back from her new guy, start by giving her more of what she wants and less of what she doesnâ€™t want (i.e. more confidence, emotional strength, manliness and less niceness, sopiness and emotional sensitivity).

When she can see for herself that you are now the kind of man who can make her feel attracted in ways that really matter to her, she wonâ€™t be able to stop herself from changing how she feels about you.

She will start to appreciate the fact that youâ€™re a nice guy who treats her well, but you also have a lot more balls now.

You seem to have transformed into the very confident good guy that all women want.

She then starts to doubt her decision to leave you for a guy who won't treat her as well as you did.

As a result, she opens herself back up to wanting to be with you again.

At that point, youâ€™ve just got to be confident enough to guide her back into a relationship with you.

Another possible reason why your ex left you for a guy who wonâ€™t treat her as well as you did is â€¦

5. He dumped her in the past and she just wants to get back with him to feel better about herself

Sometimes, a woman will hook up with a guy again because he dumped her in the past and she wants to get him back to feel better about herself.

Then, when he falls in love with her and feels secure in the relationship, she will dump him to get revenge for the pain he put her through.

She will then quickly try to find a guy who she can respect, feel attracted to and love for real.

Where do you fit into this picture?

Well, in two places, actually.

You can either 1) Get her to leave her current guy or, 2) Get her back after she dumps him.

Both of those options are possible.

Which do you choose?

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How to Make My Ex Realize What She Lost

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 4 tips on how to make your ex realize what she lost:

1. Understand why she really left you

Right now, you may or may not know all of your ex's reasons for leaving you.

If you do know all of her secret, subtle reasons, then you're off to a great start.

You are one of those few, lucky guys who already knows what he needs to change and improve in himself to get his ex back.

[image: Why did she really leave you?]

However, if you're like the majority of guys out there, you might still be feeling confused about where things went wrong between you and your ex.

You may even be thinking things like, *"I know we had some arguments and disagreements, but in general, I thought we were happy together. Why did she leave me? I don't really know what went wrong. Could I have prevented the break up? What happened?"*

If that sounds a bit like you, don't worry about it.

You just need some help and you will be on the right path to getting her back.

Here are some questions that will help you better understand her real reasons for breaking up with you.

For example:

- Did you maintain your confidence and belief in your value to her, or did you become insecure, self-doubting and begin to worry that she was too good for you?
- Were you emotionally strong and independent in the relationship with her, or were you mostly insecure, needy and clingy?
- Were you the more emotionally masculine one in the relationship, or did you allow her to wear the pants and make most of the decisions for you and her?
- Did you make her feel feminine and girly in your presence, or did you turn the relationship into a friendship where you and her felt more like buddies?
- Was she able to look up to you and respect you as her man, or did she look down on you a bit after losing a lot of respect for you?
- Did you place her needs ahead of your own and suck up to her all the time, despite her bad behavior or unfair treatment of you?
- Did you have a big purpose outside of your relationship with her, or did you make her your sole reason for living?
- Did you maintain and build on the love, respect and attraction between you and her over time, or did you just assume that it would take care of itself because things used to be good between you and her?
- Did she feel proud of you in social situations because you were so confident and able to talk to

and get along with people, or did she feel a bit embarrassed, ashamed or annoyed at you for being socially anxious?

- Did you make her feel happy to be with you by being a loving guy, or did you end up turning into a nagging, annoying, irritating boyfriend (or husband) because she stopped treating you the way she did in the beginning?
- Were you aware that all women change their behavior in a relationship at some point to test their man's confidence, or did it make you angry and annoyed at her?
- Were you able to pass her confidence tests and make her fall more in love with you as a result, or did you fail her confidence tests and ruin her feelings for you?

[image: Why was she able to leave and not feel like she was losing out?]

By fully understanding why your ex really left you, you will then be able to make the correct changes to your thinking and behavior to re-attract her.

Then, when you next interact with her again (via text, e-mail, on social media and especially over the phone and in person), she will be able to see for herself that you're not stuck repeating the same mistakes over and over again.

You have leveled up as a man.

You are 10x better than you were before and she didn't even have to help you.

You have quickly become the sort of man that other women would be lucky to have and she can sense it.

When she senses the changes, she automatically starts to feel some respect and attraction for you again.

Her defenses then come down and she begins to wonder things like, *â€œHe's so different now. What if I've actually made a mistake by breaking up with him? Maybe I should give him another chance. After all, he really has changed and I really do feel differently about him. Why should I let another woman have him? I want him.â€œ*

She then opens herself to the idea of getting back together again.

On the other hand, if you don't fully understand her real reasons for leaving you, chances are high that you will keep making the same old mistakes and offering her things she doesn't even care about.

For example: A guy might say, *â€œI promise there will be no more fights and arguments between us. I won't do anything to upset you and cause you stress.â€œ*

Yet, what his woman really wants is for him to be more manly and stop buying into her fake drama and tantrums (i.e. her tests of his confidence).

He doesn't understand what she really wants, so she will say, *â€œSorry, but I'm just not interested. Please accept that it's over between us and move onâ€œ* rather than explaining to him that he needs to man up and following her lead.

So, if you want to make your ex realize what she has lost, make sure that you understand what really turned her off and lead to the break up.

If you don't understand that and make changes, she's just not going to be interested.

On that noteâ€¦

2. Prepare yourself to re-attract her on a phone call or in person

It's all good and well to decide that you want your ex back, but the question you need to ask yourself is: Are you actually ready to re-attract her?

If you called her on the phone now, would you know what to say and do to make her feel attracted, or would you possibly get nervous, stumble over your words and make her feel like talking to you is a waste of time?

If you don't know how to attract her and she ends up getting annoyed, you might hear her say something like, *"Look, I'm really busy and this conversation is a waste of my time. I know that you mean well, but it's over between us. The sooner you accept that, the better."*

So, prepare yourself to attract her.

For example: Have you actually changed and improved for real since the break up in the ways that are important to her, or are you still the same guy she broke up with?

Unfortunately, sometimes a guy will get so caught up in trying to make his ex realize what she lost, that he forgets to actually change and improve the things that turned her off.

He convinces her to meet up with him, only for her to discover that he's still stuck at the same level he was at when she broke up with him (e.g. he's still emotionally sensitive, he still doesn't know how to make her be submissive and respect him, he still can't handle her confidence tests).

When that happens, she loses even more respect for him for trying to get her back without improving himself first.

As a result, it then becomes more difficult for him to get her back.

For example: Even if he does change and improve after that, she is unlikely to believe him because he has already tricked her once before since the break up.

So, she might refuse to meet up with him and he will then be left frustrated and wondering what else he can do to make her want him.

If you don't want that to happen to you, be sure to prepare to re-attract your ex before contacting her (i.e. change and improve the things that actually matter to her).

When you do it right, she will sense that you are different when you talk to her on the phone and in and will naturally feel a renewed sense of respect and attraction for you.

By the way!

You don't have to tell her that you've changed.

She will be able to pick it up automatically based on your tone of voice, your confident body language and the way you make her laugh and smile, even when she's being cold or bitchy to you.

Her walls will begin to crumble, she will look at you in a new, more positive light and begin to feel like breaking up with you was a mistake.

However, be warned!

If you call her on the phone or meet up with her in person without preparing to attract her properly, then you will likely say or do something unattractive, which will then confirm to her that she made

the right decision to leave you.

So, once you've prepared yourself to re-attract her properly!

3. Make her feel attracted during an interaction (on the phone or in person) and then cut off contact for 3 to 7 days

When you feel ready, get your ex on a phone call or talk to her in person so that you can properly reactivate her feelings of respect and attraction for you.

Texts are okay, but not all women feel enough attraction simply based on text messages, which is why I recommend a phone call or in person interaction.

To make her feel attracted on the phone or in person, you can use humor to lighten the mood and break down her defenses.

You can also add in some flirting to create sexual tension.

Whatever the case, just make sure that you focus on showing her that you're now a new and improved man.

For example: If you

- If you were shy and introverted throughout most of the relationship, you're now so more confident and assertive.
- If you allowed her to dominate you emotionally, you are now able to stand up for yourself (in a loving way) and take the lead in the interaction.
- If you used to feel like you couldn't live without her and needed her for a sense of purpose and direction in life, you are now emotionally independent and feel happy and fulfilled with, or without, her.

The more she experiences the new you and improved you, the more attracted she will feel.

Attraction happens automatically and isn't something that either men or women can stop feeling for each other.

It's an instinctive reaction.

When traits are displayed that cause attraction, it happens whether we want it to or not.

So, when she is attracted to you again and the sexual tension is building, you can say something like, *Hey, so it was good to chat to you again, but I've got a meeting I have to get to now. I'll call you again sometime. Bye,* and then hang up the phone or leave the in person interaction.

Then, don't contact her again for 3 to 7 days.

She will have to live with the fact that she felt attracted to you during the interaction.

She will feel drawn to you and won't be able to stop herself questioning whether she made the right decision to leave you.

Then, she will either call you or send you a text to say hi, in the hopes that you will call her and arrange a meet up so you and her can hook up sexually and get back together.

4. If she doesn't contact you after a week, call her and arrange a meet up

Sometimes a woman won't call her ex (even though she's feeling re-attracted) to avoid coming across as being too easy or desperate.

So, if your ex doesn't get into contact with you after your first interaction with her, just call her after a few days (no more than 7 days later) and ask her to meet up with you.

For example: After a bit of conversation where you spark her feelings for you, you can say something like, *Anyway, as nice as it is chatting to you on the phone, I think it would be even better to catch up and say hello in person. So, how about we get together for some coffee in the next few days? I'm available on Wednesday night or Sunday morning. Which day suits you best?*

By that point, she will most likely say *Yes*, and you can then go ahead and make plans.

Then, when you see her in person, just focus on building on her newfound feelings of respect and attraction for you and guide her back into a relationship with you.

3 Mistakes to Avoid

[image: 3 mistakes to avoid when attempting to make your ex realize what she lost]

If you want to make your ex realize what she lost, try not to make any of the following mistakes:

1. Sending her a goodbye letter, when you really want her back

[image: Thumbs down to a goodbye letter]

Sometimes a guy will hope that saying goodbye in a letter will make her suddenly realize what she's losing and come running back to him.

It would be nice if women were that naïve, but they're usually not!

Instead, in most cases, a woman sees right through his fake goodbye letter and knows that he still wants her back.

She will reason that if he didn't want her back, he wouldn't have gone to all that effort to send her a goodbye letter and would have just moved on.

If she has had some experience with relationships, she will know that if a guy really doesn't care and doesn't want her back, he just moves on and doesn't look back.

So, if her ex is looking back and putting in effort to communicate with her in a letter, it's pretty obvious that he still cares about her and is secretly hoping for another chance.

Additionally, when a woman breaks up with a guy against his will (i.e. he's still in love with her and doesn't want to let her go), he usually reacts in ways that make it clear to her how he feels about her.

For example: When she is breaking up with him, a guy might:

- Beg and plead with her not to leave him.
- Make promises to change.

- Cry and tell her that his life is over without her.
- Get angry and make a scene.
- Try hard to talk her out of it.
- Confess his undying love for her.
- Ask her to tell him what to change so he can still be with her.
- Promise to wait as long as it takes for her to change her mind.

So, if a guy acts in any of those ways during the break up, she will assume that the goodbye letter is just a cheap trick to hopefully make her realize what she is losing.

What I recommend is that you be a man about this.

Be mature, be honest and be real.

If you really do want your ex back, then don't pretend that you are over her and aren't interested in being with her anymore.

If she knows that you really do want her back, then she will look at your behavior as meaning that you're either too emotionally weak to go after what you want (i.e. her) or you are clueless about how to re-attract her and are just giving up.

As a result, she will lose even more respect and attraction for you and begin to feel very attracted to men who are confident, emotionally masculine and not afraid to speak their mind and be real.

Another mistake to avoid is

2. Trying to seem happy with your life via text messages to her

Even if you truly are happy and having a great time without your ex, telling her about it via text is unlikely to make her think, *"Oh my goodness, what have I done? He's such a wonderful man and I let him slip through my fingers. What can I do to get him back? He's so happy without me now! I am unworthy of him! He's soooo cool!"*

Why?

When a woman can't hear the tonality of your voice, or see your body language, she has to guess at how you would come across to her if you said that in person or on a phone call.

Rather than give you the benefit of the doubt and assume that you are happy and moving on without her, she will remember how you behaved leading up to, during and after the break up.

If you behaved like many guys do during those times (e.g. insecure, clinging to her, being emotionally sensitive, pleading with her), she will assume that you're still the same guy and are just pretending to be happy now to hopefully impress her.

So, if you want to get your ex back for real, don't try to convince her that you are happy and enjoying life via text.

Firstly, if you lie to her about being happy and she finds out, it will only make her lose even more respect and attraction for you and then convincing her to give you another chance will become a lot more difficult.

Secondly, text messages won't re-spark her feelings of respect and attraction for you, because she won't be able to experience the new and improved you for real.

It's fine to text your ex (as I explain in the video below), but don't rely solely on text

Another mistake to avoid isâ€¦!

3. Pretending to be dating other women when you're not

Just like with the previous mistake, lying to your ex about dating other women (to make her realize what she lost) is a bad idea.

Not only will she feel disgusted with you if she finds out that you lied to her, but saying that youâ€¦re dating other women can backfire.

For example: She might test you by saying, *â€œOh, really? Thatâ€™s great. Iâ€™m glad youâ€™re moving on. Iâ€™m moving on too. I met a great guy recently and I think he could be the one. We're thinking of moving into together soon.â€*

If you then slip up and say something like, *â€œWhat? How can you be moving in with another guy already? Didnâ€™t what we had together mean anything to you? How can you move on so fast like that? I don't understand youâ€* she will know that you were just lying about other women to make her feel jealous.

At that point, she will lose respect and attraction for you and close up even further.

So, donâ€™t put yourself in that situation.

If you truly want to make your ex realize what she lost, I donâ€™t recommend that play games with her.

Instead, interact with her (on the phone and in person) and show her that you really are a new and improved man now.

Attract her and make her want you for real, rather than trying to fake your way back into her life.

If she knows you well enough, she won't fall for cheap tricks.

What works is focusing on making her feel sexually and romantically attracted to you again, which is actually very easy to do.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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Final Words to Say to a Woman When She Breaks Up With You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 3 options of final words to say to a woman when she breaks up with you:

1. Tell her that you accept the break up

For example: *“Hey, I completely understand why you feel the way you do. Things have been rough between us lately and I can see why you might want to end things. So, I totally accept your decision to break up. I promise not to pressure you into doing anything that you don’t want. So, let’s break up, but at least be mature about it all and stay friends, okay?”*

This means that your final words aren’t so ‘final’ after all.

You are creating an opportunity to keep the communication open between you and her, so you can get her back.

Watch this to understand why:

By handling the break up in an emotionally strong and mature way, you will cause her to feel respect and attraction for you.

This will make her feel drawn to you, even if just a little.

It will cause her to go away from the break up with feelings of regret in her heart and mind.

She will begin to miss you and wonder why she is missing you.

This is what you want.

On the other hand, if you don’t accept the break up right away, you will cause her to lose feelings of respect and attraction for you.

So, be mature about it.

If you are, she will then think something along the lines of, *“Hmmm...that’s not at all how I thought this would go. I was expecting him to do all sorts of childish things to make me change my mind (e.g. cry, beg, plead, get angry), but he didn’t. In fact, he’s being so emotionally mature about the whole thing. I’m impressed. Other guys can’t handle a break up like a man. Maybe we can stay friends after all. He’s clearly mature enough to do so.”*

Of course, she might still respond by saying something along the lines of, *“No, I don’t think we can stay friends. It’s probably better if we make a clean break and not see or talk to each other for a while.”*

This is just an attempt to maintain her position as the one in control of the break up, or to make sure that she doesn’t seem to be opening back up to you.

Regardless of what she says, don’t let it upset you or cause you to react in a way that will make her to think, *“Oh, here it comes! Now he is going to start getting desperate for me. I guess he was just faking being okay with the break up after all. It was a trick. Okay, well two can play at mind games. I’m going to be very cold, rude and closed off from now on.”*

So, make sure that you are **READY** for the tests, because they **WILL** come.

She will test your confidence by giving you mixed messages or by being very cold or distant all of a sudden.

For example: If she says, *“No, I don’t think we can stay friends. It’s probably better if we make a clean break and not see or talk to each other for a while”* you just need to maintain your confidence and not appear rejected by her statement.

You might laugh (important!) and add in, *“What’s the big deal? Why can’t we be friends? Oh wait, you don’t still have a crush on me, do you? That’s why. I get it now”* and have a laugh with her about that.

She will most likely be a bit defensive and say, *“No, I don’t have a crush on you! I’m breaking up with you.”*

You can then use it as an opportunity to get her to meet up with you by saying, *“Prove it then. Let’s catch up for a friends only cup of coffee in a couple of days. I’ll call you to set up a time. If you don’t have a crush on me still, you will be fine to catch for a coffee just a friends.”*

Say it in a light-hearted, easy-going, playful way, but also be serious about it and actually get her to catch up with you.

In most cases, a woman will agree because she will want to prove to her ex that she doesn’t have feelings for him and is mature enough to remain friends.

Of course, if she keeps saying *“No, I just tell her that if she meets up with you this one time, you will then leave her alone and never contact her again if that’s what she wants.”*

She’ll most likely agree, even if it’s just to get you to leave her alone after that.

Then, when you meet up with her, make sure that you say and do the types of things that will reactivate her feelings of respect and sexual attraction for you.

For example: Maintain your confidence around her even when she’s being cold and distant, make her smile, laugh and feel happy that she said yes to the meet up, make her feel feminine in contrast to your masculine vibe and charm her with your new and improved approach to the relationship.

She will then begin to wonder, *“What’s going on here? Why am I only feeling positive emotions towards him all of a sudden?”* and won’t be able to stop herself from feeling surges of respect and attraction for you once again.

From there, you simply build on that spark of attraction to show her that things really are different now.

Alternatively, you might want to

2. Calmly tell her what you like about her and say goodbye

[image: Calmly tell her what you like about her and then leave]

Another example of the final words to say to a woman when she breaks up with you, is to calmly say some nice things about her and then leave.

For example: You might say, *“Hey, you’re a great woman and I really appreciate the time*

we had together. You've always been loving, kind and attentive to me in the relationship, even when I was being a bit of a jerk. So, I will always respect that about you. I just want you to know that I wish you only the best. Of course, I'm sad that it didn't work out between us, but I hope you find happiness. You deserve it.

Then, after saying that to her, give her a few days of space (between 3 to 7 days) so she can calm down and start missing you.

Make sure you don't ignore her for longer than that though, because if she has disconnected from her feelings for you, she's just going to use that time to get over you and move on.

Watch this for more info!

After giving her 3 to 7 days of space, go ahead and contact her (preferably calling her on the phone rather than texting her) and actively re-spark some of her feelings of respect and attraction for you.

Then, get her to agree to a meet up with you in person so you can fully re-attract her and start the process of getting her back.

Another option is to

3. Joke with her by switching roles and breaking up with her instead

It has been said that laughter is the best medicine.

By using humor, you can change a potentially difficult and tense situation (i.e. breaking up) into something that can spark some respect in her and make her see you in a more positive light.

For example: You might laugh (important) and say in a joking way, *What? You're breaking up with me? No way am I going to allow that to happen! I'm breaking up with you first! It's over. I can't be with you anymore. You're dumped!* and have a laugh with her about that.

When you make her laugh, she stops focusing on all the negatives about you and she may even start to think things like, *I'm still going to break up with him, but I have to admit that he is the kind of guy who can always make me laugh, even when things were really serious and awkward. That's one of his finest qualities. I like that about him. I'm going to miss him.*

You can then continue making her feel attracted during the conversation until she has a whole list of things about you that she likes.

For example: Not only do you have a great sense of humor, but you also have the confidence and emotional strength to use it in a difficult situation (i.e. when she's breaking up with you).

Additionally, not only are you funny, confident and emotionally strong, but you're also emotionally mature enough to handle the break up like a man, rather than crying, begging and pleading like other guys would.

The more she thinks about it, the more she realizes that you have many attractive qualities that she actually likes.

Suddenly, all the reasons she has for breaking up with you don't seem so important anymore.

She starts to open back up to you and as a result, you can re-attract her and get her back.

What You Shouldn't Be Doing When She Breaks Up With You

The final impression you make on a woman when she breaks up with you really matters.

It is the difference between earning some of her respect for you again, or turning her off even more.

So, to ensure that you stay on her good side, make sure to avoid any of the following mistakes that other guys make.

When a woman breaks up with a guy, he will often make mistakes, such as

1. Crying

Sometimes a guy might not know how else to react when his woman breaks up with him, so as a last resort, he might start crying.

He is hoping that she will think, *Wow, he must really love me if he's falling apart like that. Maybe I'm making a mistake here. Do I really want to lose a man who is even willing to cry over me?* and feel guilty enough about what she is doing to give him another chance.

Yet, that almost never happens.

Instead of being impressed by his display of desperation, a woman will add, *Emotionally sensitive, needy and desperate, wussy* to the list of things that have been turning her off about him.

As a result, her decision to leave the relationship feels like the right thing to do for her.

Here's the thing

Most women don't want to be in a relationship with the kind of man they can't look up to and respect.

So, when a guy is crying and coming across as emotionally weak, a woman will usually think something like, *Maybe it's just his way of showing me that he loves me, but if he can't handle a simple break up without falling apart like this, what are the chances that he will be able to handle other, more challenging situations in life? He just doesn't realize that by crying he's only convincing me even more that I made the right decision to break up with him. I don't want to be with a guy who is emotionally sensitive and needs me to support him and prop him up when things get tough. I want a man who is confident and emotionally strong enough to take care of both himself and me, no matter what life throws at him.*

Another example of what not to do when a woman breaks up with you is

2. Trying to have a long, drawn out, deep and meaningful conversation

A guy might assume that by getting into a deep, serious conversation about the relationship (e.g. asking her why she's breaking up with him and what he can do to convince her to give him another chance) will be the best way to get her to change her mind and give him another chance.

He's hoping that she will think something like, *"This is good! At least we're finally getting to the bottom of our problems. Maybe now we can actually work things out! I have to give him another chance"* and everything will get sorted out.

Unfortunately, having that kind of conversation with a woman before you've fully reactivated her feelings of respect, sexual attraction and love for you, will simply make her focus on the fact that you

don't even know what she wants.

Let me say that another way for you!

If she doesn't feel attracted to you and you try to have a deep and meaningful conversation about the relationship, she will realize that you don't even know what she wants.

You don't know how to make her feel attracted anymore and instead, you want to discuss the relationship and try to fix things.

She doesn't want to fix things.

She wants to feel differently.

The only way to make that happen is to change your approach to attraction (e.g. if you were too emotionally sensitive before, then you now are so much more emotionally strong and ballsy) so she can feel attracted to you in a new and exciting ways.

In other words, the most important thing is how she feels, not how you feel.

I know, it's not nice to hear that, but it's the reality of the situation when you're getting dumped.

Your feelings are only important to her if she has feelings for you.

If you don't make her feel attracted to you again, she's just not going to want to work on the relationship, fix things and get back with a guy who doesn't even know how to make her feel attracted anymore.

It's very annoying for a woman to have to explain what women feel attracted to and how her guy can make her feel that way.

So, make sure you avoid the deep and meaningful conversation and just focus on making her want you again.

Attract her and pick her up again like she is a completely new woman to you.

Don't talk to her as though you and her are deeply in love with each other, because you're not.

You are deeply in love with her, but she currently doesn't feel the same way.

Fix that and you will get her back right away.

Another mistake to avoid making is!

3. Getting angry

It's understandable that a guy might feel shocked when his woman wants to break up with him, but getting angry with her about it and doing something silly (e.g. become aggressive, violent, threatening, rude) is not going to help him get her back in the long run.

A woman is not a man's property and she doesn't have to stay in a relationship with him if she doesn't want to.

As a result, getting angry with a woman about her decision to break up, isn't going to change her mind and make her feel obligated to stay.

In fact, she will simply lose more respect and attraction for you as a man, and that will make getting her back a lot more difficult.

So, maintain your cool and be a confident, emotionally strong, loving man.

That approach always wins.

Another mistake to avoid making isâ€¦!

4. Begging or pleading for another chance

When a man resorts to begging and pleading for another chance, a number of things happen in a woman's head:

- She loses even more respect and attraction for him because he is being emotionally weak and wimpy in front of her.
- She feels that he's not really facing up to the fact that she's breaking up with him because certain aspects of his thinking and behavior has turned her off over time and he is hoping that by begging and pleading, she'll stop wanting to leave and give him another chance.
- She feels like she has to console him because he can't cope and that only makes her lose more attraction for him.
- She begins to look at him as a weak, immature guy who doesn't yet know how to be a real man.

So, rather than changing her mind about the break up, she becomes even more convinced that he's not the right guy for her.

Another mistake to avoid making isâ€¦!

5. Trying to work things out via text

When a guy tries to work things out with his ex via text, it almost never works.

Why?

Texts on a little screen don't have the same impact as words spoken over the phone, or in person where a woman can hear the tonality of your voice or see your confident, masculine body language.

Rather than give you the benefit of the doubt via text and imagine that you're being confident, emotionally strong and mature, she will remember how you behaved near the end of the relationship and when she broke up with you (e.g. needy, clingy, insecure, childish) instead.

As a result, she won't be interested in working things out with you.

What you need to remember is that texts aren't you.

Words can't fully portray to her the changes and improvements that you've made since she broke up with you, so if she is like most women, she will assume that you haven't even changed.

On the other hand, if you call her on the phone, or meet up with her in person, she will sense that things really are different now.

She'll be confronted by the new and improved you (e.g. more confident, emotionally independent, emotionally masculine, charismatic, appealing) and even though she may try to fight it, she will instinctively start to feel rushes of respect and attraction for you once again.

When her feelings get reawakened, she stops pushing you away and getting her back becomes easy.

So, while the final words that you say to a woman are important, how you behave after that is even more important if you want her back.

If you focus on re-attracting her and making her want you back, you will get her back.

If you ignore her and hope that she comes back, she will most likely move on.

If you beg and plead for another chance, she will lose respect for you and close up even more.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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My Girlfriend Said We Will Never Get Back Together

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

4 possible reasons why your girlfriend said that you will never get back together, are:

1. She can see that you still don't understand what she really wants

Often, when a guy gets broken up with, his initial reaction is to do whatever it takes to quickly get his woman back.

So, rather than spending a bit of time understanding her real reasons for breaking up with him (so he can then give her what she wants), he dives in and starts promising to change things about himself she doesn't actually want.

For example: Imagine that a woman broke up with her guy because he was too timid and submissive around her and others.

He almost always let her have her way (even when she was being unreasonable) and he rarely stood up for himself in social situations.

He might have tried to convince himself that he was doing the right thing by being so submissive with her, by thinking something like, *"A woman doesn't want to be bossed around by her man. She wants to feel like his equal. Besides, modern women are emotionally strong and capable of taking care of themselves, so they don't want a guy to tell them what to do. They want to make all the decisions themselves and be in control. Fortunately, I'm the kind of guy who respects women's power and I'm happy to take a back seat and let my girlfriend lead because that's what will make her happy."*

Yes, it's true that a woman doesn't want to be bossed around, but she also doesn't want to have to boss her man around.

She wants a man that she can look up to, respect and follow the lead of, rather than feeling like she has to take care of a soft, wimpy guy.

So, in this example, the woman felt more emotionally dominant than her, which caused her to lose respect and attraction for him.

She then began to close herself off to him emotionally.

Eventually, she got tired of leading him and left.

To get her back, a guy like that might say things like, *"Please don't give up on us. What we have is special. I promise that I will never give up on our love and I will do whatever it takes to make you happy again. Just tell me what you want and I'll do it!"*

He's hoping that she will feel flattered and happy that he's willing to do anything for her.

Yet, what he doesn't realize is that he's behaving in the exact same way that turned her off in the first place (i.e. needy, wimpy, submissive, emotionally weak and needing her to lead him).

So, rather than make her feel optimistic about her future with him, she feels like the situation is hopeless.

He still doesn't understand what she really wants and therefore, he keeps offering her the wrong things (i.e. to do whatever she wants vs. being an emotionally strong, dominant man she can now look up to and respect).

As a result, she pushes him away even more and says things like, *"Forget about it. You and I are over and we will never get back together. Please stop calling me and move on. I'm just not interested. You need to move on."*

So, if you want to get your ex back, make sure that you offer her what she wants, rather than what you think she wants.

For example: Some of the things that a woman usually wants her guy to change are:

- To stop being so insecure, needy and clingy in the relationship with her.
- To make her feel feminine and girly by being more emotionally masculine than her, rather than making her feel neutral like a friend.
- To be emotionally independent and to have a huge goal and purpose in life other than his relationship with her.
- To stand up for himself and not let her, or others push him around.
- To make her feel loved and appreciated.
- To take the lead in the relationship and guide both of them to a better future together.
- To want the same things as her long term (e.g. to go traveling, to buy a house, start a family together, focus on their studies or careers).

When you understand what your girlfriend really wants, you can then begin to change those things about yourself right away.

Then, when you interact with her over the phone and in person and she sees for herself that you're now the kind of man she can look up to, respect and feel attracted to, her walls will come down.

She will stop saying, *"We will never get back together again,"* because all of a sudden, saying it just doesn't feel true to her anymore.

Suddenly, there is a spark of hope in her heart and mind that you and her could actually make things work.

It's not over between you and her now.

Something is still there between you.

Additionally, this time, it feels even more appealing and interesting to her because you've leveled up as a man.

You have become a better man and are now able to make her feel attracted in more interesting, appealing, exciting and fulfilling ways.

You are still you, just better.

She gets to be with a new version of you and experience newer, more interesting and deep feelings.

From there, you just need to turn her spark of hope into a raging fire of sexual and romantic attraction for you.

Don't worry, it's easy to do.

When you do, she will go from saying, *"We will never get back together"* to, *"When can we see each*

other again? I miss you!”

Another possible reason why your girlfriend said that you will never get back together, isâ€¦|

2. She is just being dramatic

[image: She is just being dramatic]

Some women like to create drama after a break up to hopefully make an ex beg, plead and chase her for another chance.

For example: A woman might say, *â€œYou broke my heart and nothing will ever make me forget that! Please stop asking me for another chance, because we will never get back together again.*

Itâ€™s over!â€œ

Her ex may then start begging and pleading with her and saying things like, *â€œPlease donâ€™t say that. I love you so much! Please forgive me! I promise I will be the best boyfriend in the world if you just give me one more chance to make it up to you.â€œ*

She can then feel good about the fact that she has complete control over him.

Yet, having the upper hand like that doesnâ€™t actually make her change her mind and want him back.

In fact, it actually turns her off even more, because heâ€™s falling for her fake drama (something that her other ex’s have likely also done).

Here’s the thingâ€¦|

Even though she wonâ€™t admit it when asked, a woman doesnâ€™t actually want a guy to take her so seriously when she is creating drama.

Rather than beg, plead or panic, she wants a man who will stand up to her by laughing (important) and saying something along the lines of, *â€œHey, stop being such a drama queen. Sure, I stuffed up, but you made mistakes too. Thatâ€™s what happens in a relationship. No one is perfect. Iâ€™m not perfect and neither are you. What matters is how you handle it. When two people are mature and love each other, they donâ€™t make a big deal about past mistakes. They learn from their mistakes and become better people as a result. Then, if they want to, they can get back together and have a relationship thatâ€™s even stronger and better than before. So, stop being so dramatic about things you little drama queen. If you need time to heal, then take that time, but don’t be so irrational about things. You’re more mature than that and you know it.”*

Of course, your ex will most likelyÂ act (yes, act) shocked and maybe even pretend to be angry if you say something like that to her.

So, be prepared to laugh at her (in a loving way) if she does.

When you do, she will feel surges of respect and attraction for you for being man enough to stand up to her in that way.

Of course, you shouldnâ€™t be mean to your ex girlfriend, but just donâ€™t get sucked into her fake drama.

If you are too afraid to laugh at her for being a drama queen, then you don’t have enough balls to be with a woman like her.

A woman wants a man who isn't afraid of her.

This doesn't mean you should be aggressive or angry though.

No.

Instead, it means that you should have the balls to look at her as a girl, rather than looking at her as being more dominant than you.

So, the next time she gets overly emotional with you, just remember to see the funny side of how she is approaching it all (i.e. look at her as being a silly little girl who is being overly emotional).

When she realizes that you're no longer falling for her drama and that you can now maintain your confidence and sense of calm no matter what she says or does to throw you off, she won't be able to stop herself from reconnecting with her original feelings of love for you.

When that happens, getting her back becomes easy.

Another possible reason why your girlfriend said that you will never get back together, is

3. You have disappointed her one too many times

[image: You have disappointed her one too many times]

In a relationship, a woman needs to be able to trust her guy to be a man of his word at all times.

It's not enough for him to stick to his word most of the time.

He has to be a man of his word every time, so she can fully relax into her trust in him.

Why?

The man is the leader.

A woman needs to be able to fully surrender into the leadership of her man and trust that he will guide both him and her to better times in the future.

If she can't trust him as the leader, then she can't fully surrender into her devoted, sexual love for him.

She will always have her guard up and be ready to leave him.

So many couples are in that state in a relationship because the man is unable to be consistent and be a leader that she can trust.

If that applies to your relationship, it's essential that you get clear on what it really means to be a man in a relationship with a woman.

Understand that it is your responsibility to lead the way to an increasingly better relationship dynamic.

That doesn't mean you have to do a lot of work.

It's not like that at all.

It just means that you have to know how to guide a relationship into deeper feelings of love, respect and attraction.

When you do, you will see that it's 10x easier than guiding a relationship into lesser feelings and ending up getting dumped by your girl.

Watch this

A woman needs to be able to trust that her man can lead both him and her to better times and a better relationship in future.

He doesn't have to be superman and achieve everything or get everything right.

He just needs to be better at leading the way than her.

Part of doing that is being a man of his word.

When a guy doesn't stick to his word, a woman will start to lose trust in him as the leader.

The more that happens, the more she will disconnect from her feelings of respect, attraction and love for him.

Eventually, she will wonder why she is following his direction in the relationship and will take over.

When she does, she will feel frustrated and annoyed that she is stuck with a guy who can't even lead a woman in a relationship.

She will then start to feel attracted to other men who are more confident and emotionally masculine than him.

Soon enough, she will either cheat on her guy or break up with him and then try to move on.

So, what is an example of a guy not being a man of his word?

A guy might promise his girlfriend that he's going to stop hanging out with his single friends all the time (e.g. playing video games, getting drunk, going out partying) and focus more on his studies or work.

Yet, rather than stick to his word, he might sneak around behind her back doing the things he promised not to do.

Naturally, when she eventually finds out about it, she feels disappointed in him and feels as though he's not a trustworthy leader for her to truly surrender to and follow for life.

She may try to help change by saying things like, *"You really let me down again. I don't like it when you say that you will do something and then break your word behind my back. If you lie to me one more time, I'm going to break up with you. I refuse to be in a relationship with a man who can't keep a promise."*

If he doesn't take her warnings seriously and continues disappointing her, she will eventually lose so much respect that she will break up with him.

He might then try to get her back by writing her a long love letter or email, saying things like, *"I'm so sorry for letting you down the way I did. I promise that I'll never break my word to you again. I love you so much. You mean the world to me and the idea of causing you pain makes me feel sick to my stomach. Please give me another chance and I promise that I will prove my love to you."*

Yet, it's unlikely she will believe him at that point, after all she has been through with him in the past.

By the way!

When a woman has stopped having feelings for her ex, him pouring his heart out to her isn't going to make her suddenly care about the relationship.

Instead, she will usually think something like, *"Good for you that you still love me, but I don't feel the same way about you. You've disappointed me too many times and I'm not"*

going to fall for your excuses and soppy declarations of love ever again. Youâ€™re just sending me letters and e-mails and hoping that I'll forget about what happened between us. Well, it doesn't work like that. I still feel hurt and angry about what you did. So, telling me how much you love me and asking for another chance based on that just makes me feel even angrier. It shows that youâ€™re still only thinking about yourself and what you need and don't really care about me or how I feel. You haven't changed. Youâ€™re doing what you always do, telling me what I want to hear, so I will forgive you and give you another chance. Then, when I do, you break your word again and let me down once again. Well, not this time. It's over! We will never get back together again and that's final!

So, if you want to convince your ex to give you another chance, don't waste time sending her long love letters or e-mails, because she's not going to care about how you feel or what you want right now.

Instead, show her (i.e. by changing your behavior, attitude, actions) that you truly are a man of your word now and won't let her down again.

Note: I said that you should “show” her, not “tell” her that you are a man of your word now.

The more you can prove to her that you really have changed, the more she will start to feel some respect and attraction for you again.

She will relax her guard and open up to the possibility of getting back together again, because you've regained some of her trust.

Another possible reason why your girlfriend said that you'll never get back together, is that

4. She believes that you will never change

In most cases, a woman won't just break up with a guy without giving him at least one or two more chances to change and improve.

However, if she sees that he always reverts back to his old way of thinking and behaving, she will eventually get fed up and break up with him.

He might then try to change her mind by saying things like, *â€œI don't want to lose you. I promise that this time I really am going to change. Just give me one more chance,â€* but by that stage, the woman probably won't believe that he can change.

Instead, she will roll her eyes and say something along the lines of, *â€œI'd like to believe you, but you've already made promises to change before and it's never happened. I wouldn't be surprised if you don't even know what to change or how to change it, and you're actually hoping that I will tell you or help you. Well, that's not going to happen. I'm tired of having to help you understand how to be the man that I need. I've tried for so long to get through to you and now I'm just fed up. I don't care enough to put in the effort anymore. You aren't the right man for me and I'm not going to waste anymore time trying to fix you or change you. You'd be better off finding a woman who will put up with you the way you are. However, that woman isn't going to be me. As far as the two of us are concerned, we will never get back together! It's over and you need to accept that and move on.â€*

He may then try to make her feel sorry for him by saying something like, *â€œHow can you do this to me? Didn't what we had together mean anything to you? I know that I stuffed up, but doesn't the*

fact that Iâ€¢m truly sorry change anything? I still love you and I am willing to try to make this work. I will do all the work. You don't have to do anything. Just let me show you that I can change. At least give me one more chance. Iâ€¢ll really change this time. I would never walk away from you the way youâ€¢re walking away from me. I will always love you enough to give you another chance. How can you not care about me anymore? Doesn't it matter to you that I still love you and that I will never be able to move on and find another woman because of my feelings for you? I've never loved any other woman as much as I love you.

Heâ€¢s secretly hoping that by making her feel sorry for him and by flattering her by telling her how much she means to it, she will change her mind and get back with him.

Yet, it just doesnâ€¢t work like that.

A woman doesnâ€¢t want to be manipulated into giving her ex another chance simply because he canâ€¢t deal with the idea of being broken up with.

Additionally, by behaving in that way, she starts to suspect that he doesnâ€¢t even know how to change and improve to get her back.

Instead, heâ€¢s hoping sheâ€¢ll take pity on him and give him another chance with her without him having to change anything first.

Unfortunately, this makes it feel unfair to the woman and she closes up even further as a result.

Eventually, she gets annoyed and says something like, *"We will never get back together. Get that through your head. It's over!"*

Horrible, right?

Don't worry, you can fix it.

If you truly want to get your girlfriend back, donâ€¢t waste time trying to convince her in ways that donâ€¢t actually matter to her (e.g. making promises to change, trying to make her feel sorry for you, expressing your feelings for her).

Instead, focus on understanding the real, more subtle reasons why she broke up with you (e.g. you weren't being manly enough, you became too emotionally sensitive) and then quickly make some changes to your thinking and behavior (e.g. by becoming more confident, emotionally independent, ballsy).

Then, the next time you interact with her (e.g. on a phone call, or in person) she will notice the changes by the way you interact with her.

You won't have to tell her that you've changed.

She will sense it for herself.

She will see that you now truly understand where you went wrong and are no longer the same guy that she broke up with.

Initially she might try to test you (e.g. by saying that she will never get back together again) or by acting cold, distant or even rude.

However, when she sees that you maintain your confidence no matter what, it wonâ€¢t take long before her resolve to never give you another chance starts to dissolve.

When that happens, all you need to do is continue saying and doing the types of things that will prove to her that you really are a new and improved man now.

She will naturally start to feel sparks of respect and sexual attraction for you again and open herself up to loving you once again.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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She Loves Me, But is Afraid to Try Again

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

5 possible reasons why your ex is saying that she loves you, but is afraid to try again:

1. She only loves you like a friend

[image: She only loves you like a friend]

There is more than one kind of love.

For example: You most likely love your mother, but not in the same way that you love your best friend and definitely not in the same way that you love your woman.

So, when your ex says that she loves you, but is afraid to try again, it can be because her love for you isn't the same as your love for her.

You might be feel sexual and romantic love for her, but she only feels a friendly, gentle kind of love that a woman has for a friend.

If you happen to say to her, *“Let’s give our relationship another try. I love you and you say you love me too, so we can make it work”* it actually makes her feel afraid, because deep down she knows that the love she’s talking about isn’t what you thin it is.

There’s something missing (sexual and romantic attraction) and she can’t just ignore it.

If you want her to feel sexually and romantically attracted to you and then love you the same way as you love her, you have to change your approach to her.

Watch this!

You can change how she feels.

In fact, if you think back to your relationship with her, you will realize that her feelings for you have changed multiple times already.

For example: When you first met each other, she likely only felt curious about you.

However, as she got to know you better, her feelings began to develop and she felt strong surges of respect and sexual attraction for you.

By the time you and her became a couple, her feelings had evolved into a deep, sexual and romantic love.

Eventually, her feelings changed again when you stopped giving her the kind of attraction experience that results in romantic love.

So, currently she’s only feeling a friendly, platonic love for you.

As you can see, her feelings have changed many times and you can change her feelings another time. How?

When you reawaken the respect and sexual attraction that is lying dormant inside of her, she will naturally start to feel differently about you.

She will go from seeing you as a friend, to wanting to be your girl once more.

However, to do that, you have to actively make her feel respect, sexual attraction and romantic love

for you again when you interact with her.

If you just hang around her being a nice, sweet friend who doesn't flirt with her or show any interest in getting her back (i.e. because you're afraid of scaring her off if you do), she will most likely continue to just see you as a friend or as an ex she used to want to be with sexually and romantically, but not anymore.

So, if you want your ex to want to try again, remember to actively make her feel respect and sexual attraction for you by using every interaction you have with her (e.g. on the phone, or in person) to make her smile, laugh and feel good to be around you.

Don't pretend that you don't find her sexually attractive anymore.

Don't nag her to change her mind.

Don't put on your best behavior around her by being Mr. Nice Guy all of a sudden and don't allow her to dominate the situation.

Instead, focus on making her experience feelings of respect, sexual attraction and romantic love for you (not just friendship and nice, innocent feelings) every time you interact with her.

The more you do that, the more she will want to be around you.

Her defenses will drop, she will stop saying that she's afraid to try again and she will open herself up to the possibility that things could work out between you and her after all.

However, if you don't reactivate her feelings first, she's going to just keep saying things like, *I love you, but I'm afraid to try again. Please don't pressure me. I need more time.*

Then, if you give her more time, she will likely meet a new guy and move on.

I know this because I've been helping guys get women back for many years again.

Your situation is very common and is very easily fixed, if you use the right approach.

So, make sure that you are willing to try something different.

If you use your same old approach, she is most likely going to continue rejecting you and trying to move on.

Another possible reason why your ex is saying that she loves you, but is afraid to try again is because

2. You're asking for a relationship too soon

[image: You are asking for a relationship too soon]

Sometimes a guy will start talking about getting back together again with his ex a day or two after they've broken up.

For example: He might plead with her and say something along the lines of, *Look, I know I stuffed up, but we can work things out. Let's just get back together again and we can take it from there. I promise to put in 100% effort to make things right between us. I'll do whatever you want me to do to make you happy. Please give us another chance. I promise you won't regret it.*

Yet, if he doesn't properly re-attract her first (i.e. re-spark her feelings of respect, sexual attraction and love for him), she will usually just keep saying things like, *Look, I really do love you, but I'm afraid to try again. I just don't think we're meant to be together. We gave it*

a shot and it didn't work out. Maybe it's time to admit that we're not right for each other and move on. Please accept that and stop pressuring me.

So, don't make the mistake of asking your ex for a relationship before you've made her want to be with you again.

Remember: If you want her to give you another chance, you have to focus on making her have sexual and romantic feelings for you again.

For example: When you interact with your ex:

- Maintain your confidence around her, no matter what she says or does (e.g. she's saying that she's too afraid to try, she's being cold and distant, she's being emotional).
- Use humor to break down her walls and make her feel good to be around you again.
- Flirt with her to create sexual tension, but don't release that tension right away. When the moment is right, release the built up tension with kissing and sex.
- Don't talk about getting back together again, unless she brings it up.
- Focus on having fun together and enjoying each other's company.

By doing this, you take the pressure off her to give you another chance right away and allow her experience the new and improved you for herself, at her own pace.

She then naturally stops resisting you (i.e. by putting up walls every time you mention getting back together) and begins to open back up again.

She starts looking at you in a more positive light and begins to feel emotions such as respect, sexual attraction and romantic love for you again.

When that happens, she wants to try again because her fear and doubt has been replaced by strong, positive emotions (e.g. respect, attraction, love).

Another possible reason why your ex is saying that she loves you, but is afraid to try again is because:

3. She believes that you will go back to your old ways eventually

[image: She believes that you will go back to your old ways eventually]

In most relationships, a woman will usually give her guy more than one chance to change and improve before she makes the final decision to break up with him.

If he doesn't actually put in the effort to improve the things that matter to her (e.g. stop being so clingy and needy, make more of the decisions in the relationship, become more focused and driven about his future), she will eventually break up with him.

When that happens, a guy will often try to get her back right away because he's still in love with her.

He might say things like, *I'm sorry! I know I stuffed up but I've learned my lesson. Please give me another chance and I promise this time I won't let you down again.*

Unfortunately, by that stage, a woman will usually be too afraid to take the risk of getting hurt again.

Even though her heart may be saying, *I love him. Maybe this time he really has changed,* her mind will be telling her, *Don't be stupid! How many times are you going to believe*

him? He has promised to change so many times before and even if he does improve a bit, he always goes back to being the same jerk in the end. Donâ€™t trust him! Youâ€™ll only get hurt again.â€

So, she just keeps pushing him away and saying things like, â€œIâ€™m sorry. I love you, but Iâ€™m afraid to try again. Maybe it's over for good and we need to accept that. Please give me some space.â€

When he sees that sheâ€™s not going to give in to him this time, a guy might then try to explain his deep feelings for her in a letter or e-mail.

For example: He may write things like, â€œI know I messed things up between us and for that I truly am sorry. I love you more than anyone else in my life and I canâ€™t imagine a future without you in it. Please give me a chance to make it up to you. I promise that this time things really will be different. Iâ€™ve learned my lesson and I wonâ€™t make the same mistakes again. I really, really mean it this time. If you love me the way you say you do, youâ€™ll give me a chance. Donâ€™t let out love die because youâ€™re too afraid to try again. I love you more than anything. What we had was so special and I know that you are aware of that. Please don't walk away from what we have. I love you.â€

Yet, that approach almost never works.

Why?

When a woman has disconnected from her feelings of love, respect and attraction for a guy, she just doesn't care how he feels anymore.

So, donâ€™t waste time trying to convince your ex to give you another chance by pouring your heart out to her in letters and e-mails.

Instead, show her via your actions and behavior that you have already improved and become a better man than you were before.

Let her experience the changes in you for herself over a phone call and in person, otherwise she wonâ€™t be able to allow herself to believe that you really have changed.

Another possible reason why your ex is saying that she loves you, but is afraid to try again is becauseâ€

4. She doesn't believe she would be totally happy with you

[image: She doesn't believe that she would be totally happy with you]

In the past, a woman would stay in a relationship regardless of how miserable she felt, because that was what was expected of her by society and by family.

In some cases, a woman would even go as far as convincing herself that happiness was overrated and that she should just be grateful to have a roof over her head and a man who provided for her.

However, thatâ€™s not the case anymore.

Todayâ€™s woman wonâ€™t stay in a relationship with a guy if heâ€™s not able to give her the attraction experience she truly wants.

For example: Even though a guy might be a truly nice guy who takes care of her in many ways, if he is too wimpy and weak minded, lacks confidence in himself and doesnâ€™t know how to stand up

for himself, a woman will quickly lose respect for him.

When that happens, she will also stop feeling sexually attracted to him and gradually stop wanting to be around him.

He might then attempt to get her back by trying to convince her to ignore her fear and just give the relationship a shot by saying things like, *“I know you’re scared to try again, but are you going to let your fears get in the way of your happiness? What if we really are meant to be together and you walk away? What if you never find another guy and you end up regretting your decision? Don’t let fear break us apart. Just take the chance.”*

Yet, most of the time, an approach like that only scares a woman off even more.

She feels as though he is not taking her concerns seriously and just wants to get what he wants (i.e. to get her back).

So, if you want to convince your ex to try again, rather than try to convince her to ignore how she feels (which is what is most important to her and what she believes in the most), focus instead on changing how she feels for the better.

You need to make her feel so much respect and attraction for you that she wants to try again because it feels like the right thing for her to do.

The more she discovers that you’re not the same guy she broke up with (e.g. you’re no longer insecure, needy, a push over), the more open she will become to being around you.

She will want to hang out with you to experience the new and improved you as much as possible, because it will feel good to her.

In other words, she goes with how she feels.

She cares about how she feels.

That is the secret to getting an ex woman back.

You have to make HER feel what you are feeling right now as you try to get her back.

You’ve got to make her really want it.

You CAN make her feel that way.

Another possible reason why your ex loves you, but is afraid to try again is

5. She’s tired of trying to make the relationship work

[image: She is tired of trying to make the relationship work]

In some cases, a woman will get to the point where she feels as though she’s the one who is putting in all the effort to make a relationship work.

For example: She might always be the one who

- Backs off when there’s an argument to avoid upsetting him.
- Forgives him when he stuffs up, even though he makes the same mistakes over and over again.
- Puts in effort to change and improve herself to be a better girlfriend, fiancée or wife, while he keeps making more and more demands of her to change and be different.
- Tries to guide him into thinking, acting and behaving more like the man she needs him to be.

So, if she gets the sense that she's the one doing all the work and he's just sitting back and hoping that by saying, *"I love you,"* it will be enough to sustain the relationship for life, she will gradually lose so much respect and attraction for him that she will want to get out of the relationship.

If he then tries to get her back (e.g. by promising to change), she will likely say *"No,"* because deep down she doesn't believe that he even knows what to change or how to do it.

She is tired of having to help him understand how to be the man she needs.

She has taken on that responsibility for so long and has gotten to the point where she has now given up.

If you want to convince your ex to try again, show her that you now have what it takes to make her feel happy.

Turn things around by making the changes she always wanted you to make (e.g. be much more confident, emotionally independent, stand up for yourself, be more emotionally masculine) without needing her to help you.

By doing that, she will naturally begin to respect you again and feel like she can trust you to be the kind of man she needs.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Will My Twin Flame Come Back to Me?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you don't create a path back to you, a twin flame will wander off into other relationships and fall in love again without you.

If you don't want that to happen to you, here's what you need to do to get her back:

1. Understand what truly pushed your twin flame away

The main reason why a woman will break up with a guy is because something about his behavior or attitude caused her to disconnect from her feelings of respect, sexual attraction and love for him.

[image: Understand what really pushed your twin flame away]

For example: Some common reasons why a woman breaks up with a guy are because he

- Lost his confidence and became too needy, insecure and clingy in the relationship.
- Became too emotionally dependent (e.g. gave up his interests outside of the relationship with her, stopped seeing his friends so that he could spend all of his spare time with her), causing her to eventually feel smothered by the relationship.
- Made her feel as though she was way more valuable than him, so she started to question her reasons for staying with him.
- Let her get away with bad behavior (e.g. throwing tantrums over nothing, being rude and disrespectful towards him, taking advantage of him financially, expecting him to do everything for her and then not doing much or anything in return for him).
- Was too timid and emotionally weak around her.
- Treated her more like a neutral friend than like an attractive, desirable woman.
- Was too childish and immature (e.g. drifting through life without a clear purpose or direction).
- Stopped making her feel loved and appreciated.
- Didn't take the relationship seriously (e.g. he didn't want to commit to her, felt like he could treat her however he wanted and she would just stick around).

Did any of the above apply to the relationship with your twin flame?

By figuring out what caused your ex's feelings for you to change, you can then start to make some attractive improvements to yourself (e.g. by adjusting the way you behave and how you respond to what she says and does when you interact with her).

She will then be able to see for herself that you're not stuck repeating the same mistakes over and over again.

You've changed and improved and have become a better man.

When she can see that for herself, she won't be able to stop her defenses from coming down a little bit.

When that happens, she will feel some respect for you again and then the idea of seeing you in person and reconnecting with you becomes a real possibility in her mind.

On the other hand, if you don't truly understand what pushed her away, chances are high that you

will keep making the same old mistakes in your communication style.

As a result, she will just keep saying things like, *â€œSorry, but Iâ€™m just not interested. I know you canâ€™t accept it right now, but weâ€™re not right for each other.â€*

Alternatively, you might keep offering to fix the wrong things about yourself that she doesnâ€™t even care about (e.g. a guy might say, *â€œI promise to spend more time with you from now on,â€* but what she really wants is for him to be more manly and not be such a hopeless romantic).

Remember: If you donâ€™t understand what really pushed your twin flame away, you wonâ€™t be able to give her what she truly wants and she simply wonâ€™t come back to you.

2. Get clear on exactly how you will re-attract her when you interact with her

Once you understand the real reasons for your break up with your ex, you need to focus on how youâ€™re going to re-attract her.

For example: Imagine that a woman left a guy because he became too emotionally dependent on her. He stopped being his own man (e.g. neglected his friends, gave up his hobbies, stopped making goals for himself) and made everything in his life about her.

To re-attract her, he needs to be able to show her that heâ€™s now an emotionally independent man who is happy and forward moving in his life, with or without her.

How can he do that?

Not by telling her that heâ€™s changed, thatâ€™s for sure!

Instead, he needs to let his actions speak for him.

As the old saying goes, *“Actions speak louder than words.”*

He needs to show her that he’s no longer emotionally dependent on her like he used to be.

For example: If she sends him a text, he doesnâ€™t have to respond to her right away (unless itâ€™s an emergency, of course!).

This lets her know (without using words) that heâ€™s not sitting around feeling lonely and missing her.

Instead, heâ€™s getting on with other things and being an emotionally independent man again.

She can then start to think, *â€œI wonder what heâ€™s doing today? In the past, he would have responded to me right away. Is it possible that heâ€™s actually getting on with his life now that weâ€™ve broken up? Is he with another woman? Have I lost him already? Damn.â€*

Then, if he responds to her later on and is easy-going and casual about things, she will get the sense that he really is changing.

She will then become open to seeing him in person and going with how she feels.

As long as he is attracting her in person, the fire of passion between them will begin to burn and they will feel like twin flames once again.

Another example of how a guy might show his ex that heâ€™s changed is by posting photos of himself on social media having a good time with friends, or doing something new and exciting (e.g.

going bungee jumping, horse riding, water skiing, mixed martial arts).

The more proof she sees of him being emotionally independent and enjoying life without her, the more open she will become to seeing him in person to see where things go from there.

In the same way, when you let your twin flame experience the new you in the ways that matter to her (e.g. you're more confident around her, even when she tries to test you by being cold and bitchy towards you, you stand up to her in a lovingly dominant way, rather than allow her to dominate you like before) her guard will naturally come down.

3. Create a vision for your new relationship together

Decide how you want your relationship with your twin flame to go when you get her back.

Don't be vague and think things like, *"The most important thing right now is for my twin flame to come back to me. When that happens we'll figure things out from there."*

If you're unclear about what you want the new relationship to be, she will subconsciously pick up on your vagueness and will feel like something isn't right.

She may then think to herself, *"He's saying all the right things and he's even changed a lot since we broke up. Yet, something is missing. I can't put my finger on it, but I don't feel 100% sure that giving our relationship another try is a good idea. I can't see how it would be better."*

So, make a clear list of what you expect from the relationship when you and your ex get back.

For example: You might say to yourself, *"Some of the things I envision happening in my future relationship with my twin flame are"*

- I'm going to make her feel the way she wants to feel when she's with me (e.g. respectful, sexually attracted, happy, in love).
- I'm going to make her feel like the most important person in my life, but not the most important thing (i.e. I'm going to take a balanced approach to my life with her and neither smother her with too much attention, nor neglect her and make her feel unloved. I will be a real man by focusing on my goals and ambitions, while also giving her enough time and attention).
- I'm going to commit to our relationship by asking her to marry me/move in with me/buy a house together after we've been back together for a week.
- I'm going to maintain my confidence around her and believe in my value to her, no matter what she says or does to test me.
- I'm not going to take her tantrums so seriously anymore (i.e. rather than getting upset or emotional, I'm going to remain calm, confident and in control. When appropriate, I will also use humor to guide the interaction back to love and laughter).
- I'm going to focus on maintaining and building on her feelings of respect, attraction and love for me over time.
- I will ensure that there is a clear masculine/feminine dynamic between us, so she doesn't end up feeling more like a friend or buddy to me.

The clearer you are about your vision for your new relationship, the better prepared you will be when you get her back.

Note: Your vision for your future relationship is something you should do for yourself.

Don't tell your ex about the vision.

Just have your vision in mind, so you know where you are leading the relationship.

She will respond better to you if you have confidence in the direction you are leading the relationship.

She can then relax, knowing that you have things under control.

4. Meet up with her and re-attract her

When you feel ready to interact with your ex (usually after 3 to 7 days), give her a call and arrange a meet up.

Note: Don't try to get her to a meet up via text, because she's more likely to play hard to get or reject you.

Just pick up the phone, spark some of her feelings for you (e.g. by making her laugh and smile and feel good to be hearing from you again) and get her to agree to see you in person.

When you meet up with her, continue saying and doing the types of things that have been turning her on.

For example:

- Flirt with her and show her that you still find her desirable, rather than being on your best behavior around her or trying to be nice.
- Maintain your confidence around her regardless of how cold or distant she's being towards you.
- Make her smile and laugh.
- Be very confident and masculine in how you think, feel, behave, talk and act.

The more she sees that you're being a confident, self-assured, emotionally masculine guy who believes in himself and his value to her, the more she will allow herself to imagine you and her being back together again.

5. Become as one again

[image: Become as one again]

When you make your twin flame feel more drawn to you than she ever has before (i.e. because you are now making her feel attracted in new and exciting ways), she will realize that her love for you is deeper than she ever knew.

Her walls will come crashing down and she will want to be back in your arms again because it will feel right to her.

You then simply need to take the lead and guide her through the final steps of the ex process, until you and your twin flame become as one again.

3 Classic Twin Flame Ex Back Mistakes to Avoid

Make sure you don't do all the great work mentioned above, only to kill your chances of getting her back by making some of the following mistakes:

1. Sending her long love letters, expressing your deep emotions

Even though sending your ex a love letter might feel like the only way you can get through to her (especially if she's currently ignoring you and won't answer her phone or agree to meet up with you in person), don't do it.

The truth is, she won't really care how you feel (or that you believe she's your twin flame) if she's not feeling attracted to you or in love with you at that time.

Instead, your poetic words will sound soppy, misplaced and desperate.

Rather than think, *â€œOh, that's so sweet. He thinks we're twin flames. That's just so romantic! Maybe I should give him another chance. After all, there is only one twin flame union available for me in this world. Other men will never make me feel the same wayâ€* she will be thinking something like, *â€œHe just doesn't get it! Here I am feeling angry and upset about the way our relationship turned out and all he's doing is focusing on how he feels and how I am the one for him. Well, I don't care about what he wants. Right now, I'm going to focus on what I want and so far, he hasn't made me believe that it's him.â€*

So, if you want your twin flame to come back to you, don't waste time sending her long love letters talking about your feelings for her.

Instead, focus on using every interaction you have with her (e.g. via text, e-mail, social media, over the phone and in person) to build up her feelings of respect and attraction for you.

The more you make her feel good to be around you, the more willing she will be to give you another chance.

Another mistake to avoid making is

2. Regularly referring to her as your twin flame

When a man refers to his ex as his twin flame, it's usually a turn off to her.

Why?

Essentially, it's not something a woman expects a man to say, so it makes him come across as being too feminine and emotionally sensitive.

Additionally, being referred to as her ex's twin flame when she no longer feels a lot of (or any) respect and attraction for him, is not something she is thrilled to hear.

So, if you want your ex back for real, just focus more on sparking her feelings of respect and attraction for you (e.g. by being a confident, emotionally strong man she can look up to and feel proud of) and less on trying to impress her by referring to her as your twin flame.

If you don't re-spark her feelings first, the suggestion of being twin flames isn't going to sound romantic to her.

Instead, she's going to perceive you as a wimpy, emotionally soppy guy and she will feel even

more turned off than before.

Another mistake to avoid making isâ□|

2. Thinking that referring to her as your twin flame will remind her of how special your union is

She will only see your union as being special and irreplaceable if you make her feel sexually and romantically attracted to you again.

She won't feel that way simply by talking about how good things used to be, how you and her are meant for each other or how we only get one chance in a lifetime to find a twin flame.

Saying something like that will work for a fictional character in a movie, but not in real life.

In real life, love is based on how a man and a woman make each other feel in a relationship.

In other words, what matters is whether or not you make your ex feel sparks of sexual and romantic attraction whenever you interact with her.

So, donâ□□t make the mistake of expecting your ex to give you another chance based on the fact that you believe sheâ□□s your twin flame.

If you want her to come back, you have to actively re-spark her feelings for you and get her to fall in love with the new you.

When you make her fall in love with you and are attracting her in new and exciting ways, it will be her who suggests that you and her are twin flames and meant for each other.

That's how a woman prefers it to be anyway.

A woman wants to be the one who is being romantic, soppy and sensitive, while her man is emotionally strong, loving and powerful.

So, make sure that you are offering her the right relationship dynamic.

If you offer her a relationship dynamic where you are the more sensitive one, she will almost certainly never come back.

I've been helping men with this for years and when a guy takes on the soppy, sensitive role with a woman, it just never works.

[image: How to get a twin flame back]

What works is being an emotionally strong, emotionally masculine, loving man that she can look up to and respect.

She can fall more deeply in love with you every day and be the one who is more sensitive, soppy and romantic.

That's what women love.

It's addictive, exciting and thrilling for a woman for her entire life.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

How I Got My Girlfriend Back Into a Relationship With Me

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here's how other men have successfully gotten their girlfriend back into a relationship.

First...

1. Understand what part of the attraction experience was missing

[image: Understand what part of the attraction experience was missing]

One of the most important questions to ask yourself after a break up is, *What aspects of my thinking or behavior caused her to lose respect, attraction and love for me?*

When you can identify her real reasons (not the excuses she might have given you like, *I need some space* or *I just don't have feelings for you anymore*), you can quickly make some adjustments to the way you behave and interact with her.

Then, when she sees that you're not the same guy she broke up with anymore, she will no longer have a valid reason to want to stay broken up with you.

Her original feelings will come flowing back and her guard will naturally start to come down.

At the same time, she will also feel respect and attraction for you for being man enough to figure out what she always wanted from you, without her having to spell it out for you.

Suddenly, the idea of getting back into a relationship will seem like the right thing to do for herself.

After all, she feels drawn to you now and is afraid that if she doesn't give you another chance, she will end up regretting it and missing you for life as the one who got away.

This is why knowing your girlfriend's real reasons for breaking up with you is key to getting her back.

So, a question for you at this point is:

Do you truly understand what part of the attraction experience was missing in your relationship with your girlfriend, or are you still feeling a bit unsure about it?

If you're still a bit confused about what might have gone wrong, here are some common reasons why a woman will stop feeling as attracted as she once did.

- He stopped being the confident, emotionally strong guy she first met and fell in love with and became an insecure, self-doubting, clingy and needy guy.
- He stopped being an emotionally masculine guy who made her feel like a feminine woman and ended up becoming too emotionally sensitive (e.g. he cried to her, fell apart when faced with a big challenge in life, leaned on her too much and expected her to take care of him emotionally).
- He put up with her bad behavior (e.g. she threw tantrums, was disrespectful towards him) and allowed her to treat him badly because he was too afraid to say or do anything in case she got upset and left him. As a result, she lost all respect for him for being such a wimp.
- He stopped making her feel feminine and girly in his presence and began to treat her more like

his best friend or a buddy.

- The gap between her relationship intelligence and his became too big (e.g. she wanted to get serious, settle down and focus on the future, while he remained stuck doing childish things like getting drunk, playing video games, not getting a job and drifting through his life).
- He stopped making her feel loved and appreciated in the relationship.
- He took her presence in his life for granted (e.g. treated her badly, expected her to do all the work around the home, expected her to be romancing him all the time even though he was doing that for her, expected her to respect him all the time even though he didn't do that for her).

As you can see from the list above, there are many different reasons why a woman can lose respect, attraction and love for a guy when in a relationship.

[image: Understand what part of the attraction experience was missing]

Fortunately, when you know what those reasons are for you and your girlfriend, you can then change and give her the attraction experience she always wanted from you, but didn't get.

So, if you want to get her back for real, you've got to change the things that really matter to her.

When you actively make her feel attracted to you again (e.g. by being so much more confident and emotionally independent, by being so much more emotionally masculine than her and making her feel feminine and girly in your presence, by making her laugh and smile), getting back together again will be a natural outcome.

The next step you need to take is!

2. Regain control of your emotions to overcome the heartbreak

[image: Regain control of your emotions to overcome the heartbreak]

It's only natural that after a break up, a guy is usually going to feel a range of negative emotions (e.g. shock, disappointment, panic).

However, where a lot of guys go wrong is, rather than quickly regaining control of his emotions so he can re-attract her properly, he starts behaving in ways that turn her off even more.

For example:

- Begging and pleading with her to change her mind.
- Crying and telling her that he can't live without her.
- Promising to change whatever she wants to make her happy.
- Asking her to tell him what he needs to do to be the man that she wants.
- Apologizing to her repeatedly and taking the blame for everything that happened between them.
- Being extra nice to her and putting up with her bad treatment of him in the hopes that she will take pity on him and give him another chance.

Yet, rather than making a woman think, *"He must really love me if he's willing to put himself at my mercy! This is what I always wanted. Clearly his feelings for me are strong, so I'm going to get back with him because of that,"* she just pulls away from him even more.

Why?

A woman's attraction to a guy is based mostly on his ability to make her feel like she can look up to him and respect him as her man.

So, when a guy is begging, pleading, crying, asking for her help to change and generally being emotionally weak and needy, he's actually making her feel the opposite of what he needs to make her feel to get her back.

In his mind, he might be thinking, *"It's okay. She will understand that I'm just being emotional like this because I love her so much."*

Yet, she doesn't see it that way.

Instead, she thinks something like, *"I didn't realize it before, but he's so emotionally weak and insecure. I'm glad I broke up with him when I did and didn't end up being stuck in a dead-end relationship. He's not man enough for me."*

So, even though you are 100% justified in feeling heartbroken after being broken up with, make sure that when you interact with your girlfriend again (e.g. via text, on social media and especially over the phone and in person), you display confidence, emotional maturity and emotional masculinity.

Rather than desperately trying to get her back by begging, pleading, crying and behaving in other unattractive ways, focus instead on re-sparking her feelings for you by behaving in some of the ways that are naturally attractive to women (e.g. confident, charismatic, self-assured, emotionally independent, emotionally masculine).

The next thing you need to do is to

3. Fully prepare to re-attract her

Although understanding what part of the attraction experience was missing in your relationship with your ex is very important, it will mean nothing if you don't use that information to then give her a next level attraction experience.

A next level attraction experience is where you level up your ability to attract her and let her feel it.

For example: If you were kind of confident before, then you are very confident now.

If you were emotionally sensitive in the relationship, you are emotionally bulletproof now.

This doesn't mean that you have to become perfect before your girlfriend will want you back.

It simply means that you need to level up.

For example: Imagine a guy realizes that the main reason why his ex broke up with him was because he stopped making her feel like a real woman in his presence.

Instead, he started treating her more like his best friend (e.g. stopped touching, kissing and complimenting her, fell into the habit of treating her like 'one of the guys,' rather than making her feel like his feminine girl) and she slowly lost respect and attraction for him over time.

To get her back, he needs to make her feel like an attractive, feminine, sexy woman in his presence again.

In other words, instead of being a nice, neutral friend around her, he needs to spark her feelings of sexual attraction by flirting with her and building up some sexual tension between them.

Another example is if a woman broke up with a guy because he became too emotionally dependent on her (e.g. stopped pursuing his own purpose and interests in life and made everything about her, which resulted in him becoming needy and clingy).

To re-attract her, he shouldn't make the classic mistake of cutting off all contact with her in the hope that it will convince her that he's more emotionally independent now and make her come back on her own.

Using the no contact approach in situations like that almost always backfires.

Rather than making a woman think, *"Wow, my ex must be over his neediness for me if he hasn't been in contact for so long. He's so cool! Maybe I should give him another chance,"* she just uses the time apart to fully get over him and move on with a new guy.

She doesn't believe that he has changed and has no evidence of it, so rather than risk contacting him and making him become needy again, she just remains quiet.

So, what should he do instead?

Show her that even though he still cares about her and wants her back, he doesn't actually need her back anymore.

He lets her see (via his actions and the way he behaves when he interacts with her) that he's happy, confident and moving forward in life now and no longer needs her to feel emotionally fulfilled.

Of course, he does want her back, but he doesn't actually need her back to feel okay again.

When she realizes that he's truly changed and become more emotionally independent, she won't be able to stop herself from thinking about him in a more positive light, because he is now behaving like the kind of man she can actually look up to and respect.

She feels drawn to him again and then the idea of getting back together again starts to make her feel good.

So, if you want to get your girlfriend back into a relationship with you, make sure that you prepare yourself to re-attract her by quickly changing the things that matter to her.

For example: Become a lot more confident, make her feel like a feminine woman by being more emotionally masculine, be more emotionally dominant than her during interactions and become more charismatic.

Remember: What matters most is how you make her feel when you interact with her on the phone and in person.

That is what really counts when getting an ex woman back, so focus on that.

From there you need to

4. Meet up with her and re-attract her

[image: Meet up with her and re-attract her]

Your girlfriend probably won't commit to getting back into a relationship with you, until she can see for herself that you're now at a different level as a man.

Note: I said, *"see for herself"* and didn't say, *"read for herself."*

In other words, trying to get her back via text is a big no, no.

The problem that a lot of guys are faced with after a break up, is that their ex often doesn't want to talk on the phone or meet up in person.

So, rather than push her (e.g. because he fears scaring her off), a guy will decide to interact with her via text instead.

He's hoping that she will eventually soften her attitude towards him and text something like, *Hey, why don't you give me a call tonight so we can talk over the phone?* or *Hey, why don't we meet up sometime to catch up in person?*

Yet, that rarely, if ever, happens.

Here's why!

When a woman has lost touch with her feelings of respect and attraction for her ex, receiving endless messages from him that are going nowhere, will usually only make her feel bored.

Rather than keep up the charade of texting back and forth indefinitely, she will likely just stop responding to him altogether and focus on moving on.

Alternatively, she might continue responding to his texts while she is secretly meeting new guys, having sex and falling in love.

So, if you want to get your girlfriend back into a relationship with you for real, make sure that don't waste a lot of time texting back and forth.

Get her on a phone call as quickly as possible, so you can re-spark some of her feelings of respect and attraction (e.g. by making her smile, laugh and feel good to be talking to you again) and then arrange to meet up with her in person.

If your girlfriend keeps resisting the idea of a meet up, you can say in a joking way, *Hey, I promise we'll only have a quick cup of coffee together. No 7 course meals or anything like that, okay?* then add in a more serious tone of voice, *Look, all I'm asking for is a quick catch up over a cup of coffee. We can do that, right? After all, we're mature adults. We can be friends and have coffee for 10 minutes. It's no big deal. Besides, if we meet up and you decide you're having a terrible time, you can leave right away. So, how about it? How does tomorrow afternoon sound? Will that suit you?*

Then, when you meet up with her, you need to keep saying and doing the types of things that will make her believe that you really are a new man and convince her to give you another chance (e.g. being very confident, making her feel feminine in your presence, making her laugh and smile).

The more you re-spark her feelings of respect and attraction for you, the less time she will want to spend apart from you.

If you don't get back right away, she'll find herself thinking about you and wanting to be around you again.

5. Make her really want the relationship, rather than asking for another chance

[image: Get her back into a relationship with you]

To get your girlfriend back for real, you need to make her want it as much as you do.

Thereâs no point in telling her, *âI love you so much and I want us to get back together again. Will you give me another chance?â* if she doesnât feel the same way too.

So, to get her to feel the same way, you need to focus less on discussing the relationship and more on making her feel attracted.

For example: If you say things like, *âI really messed up, didnât I? Iâm so sorry for putting you through all that. Can you possibly forgive me? I know that I made things really difficult for you, but I can change. Just tell me what you want from me and I promise that Iâll do it. Iâm prepared to do whatever it takes to get you back,â* itâs not going to make her feel attracted.

Instead, sheâs just going to think, *âHeâs right! He did stuff things up! What am I doing here talking to him again? Heâs just highlighting to me all the reasons why him and I are wrong for each other. Itâs over and it should remain over.â*

On the other hand, if you focus on having fun together and building up sexual tension as you talk to her, she will naturally begin to want to get back together without you having to convince her to.

Suddenly, sheâll find herself thinking things like, *âHeâs so different now. I really enjoy his company more now. Iâm having so much fun. Being around him now is even better than it was when we first met. I like feeling like this. I want him back! Iâm not going to just walk away now. This is fun!â*

Once she is thinking that way, getting her back and keeping her in a relationship will be very easy for you.

So, make sure that you stop thinking about how badly you want her back and focus instead on making her want you back.

Thatâs how itâs done.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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5 Stories of Couples Who Reunite After Breaking Up

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 stories of couples that were able to reunite after a break up and enjoy a better relationship from then on!

Couple 1: Broke up because she didn't feel attracted to him anymore

[image: Broke up because she didn't feel attracted to him anymore]

This couple began a relationship with a lot of attraction and the spark of new love.

At first, they really enjoyed being together, kissing, having sex and getting to know each other.

Everything felt exciting and new and the woman often found herself daydreaming about her man and thinking things like, *"He's so wonderful! He makes me laugh and smile, even when I feel sad. When I feel a bit self-conscious and insecure about my attractiveness as a woman, all I have to do is be with him and I start to feel like the most beautiful, sexiest woman in the world. He makes me feel so special. I just love being in his arms, knowing I'm his girl and he's my guy. Nothing will ever change that. He is the one."*

At the same time, the guy was thinking things like, *"I'm such a lucky guy. She's so beautiful and smart and we really have a great relationship. She's like my best friend and my girlfriend all rolled into one perfect package. It's perfect."*

Yet, over time, something began to change.

The woman began to notice that rather than building on her feelings of respect and attraction, her man started behaving in unattractive ways, which then caused her feelings to fade.

For example:

- He started treating her more like a buddy and began expecting her to be more manly and sensible like him.
- He spent more time hanging out with his friends (e.g. watching TV, playing video games) than he did doing romantic things with her.
- He refused to take on the more dominant role in the relationship and expected her to take the lead and make all the important decisions for the both of them.

Naturally, this caused the woman to lose respect for him.

She began thinking to herself, *"Why am I putting up with this behavior? I don't want to feel like his friend. I want to feel like his girl. The spark is gone between us and I don't know if we can ever get it back. There are hundreds of guys out there who would love to be my boyfriend. Maybe it's time to move on. This just doesn't seem to be working anymore. It's probably a sign that we're not meant to be."*

Rather than break up right away, she tried to wake him up by pointing out things to him in arguments or disagreements (e.g. by saying things like, *"I'm your girlfriend, not one of your*

buddies, *â€œor â€œIâ€™m fed up with making all the decisions. Why donâ€™t you be a man and do it yourself for a change?â€œ*).

Yet, like a lot of guys, he just brushed it away, assuming that she will put up with anything because she loves him.

So, when she finally broke up with him, he was shocked.

Suddenly, he found himself alone and missing her and he began to wonder what he did wrong.

Yet, rather than begging and pleading with her for another chance, he approach the ex back process like a man and focused on getting to the root of the problem.

He asked himself questions likeâ€”

- Did I maintain and build on her feelings of love, respect and attraction for me, or did I take it for granted that the love would take care of itself?
- Did I treat her like a desirable, sexy woman, or did I make her feel more like a friend?
- Did I maintain my dominance in the relationship as the man, or did I sit back and expect her to take the lead?

He then understood how certain aspects of his behavior and attitude towards her turned her off and caused her to stop feeling attracted.

He also realized that she was the one for him and that he really did want her back.

He then quickly made some attractive changes to his thinking and behavior and called her on the phone.

On the call, he made her laugh and smile and got her thinking, *â€œItâ€™s so nice to hear from him again. He sounds so different. I wonder if he really has changed or if itâ€™s just a front to try and get me back?â€œ*

He then asked her to meet up with him, to say hello as friends.

Initially, she was a bit reluctant to say *â€œYes,â€œ* but he maintained his confidence with her until she agreed.

At the meet up, he let his actions speak for him (e.g. he remained confident and emotionally strong even when she tried to test him by being cold and unfriendly, he made her feel feminine and girly by being more emotionally masculine around her, he used flirting to create sexual tension).

Even though she tried to fight it at first, she couldnâ€™t stop herself from feeling attracted to him again.

She realized that he truly had changed and improved the things that mattered to her (e.g. he was treating her like his girl again) and she began to feel surges of respect and attraction for the new him.

He then asked her if she would like to give the relationship another try and she said *â€œYes.â€œ*

Hereâ€™s another story of a couple that reunited after breaking upâ€”

Couple 2: Broke up because he took her for granted

[image: Broke up because he took her for granted]

Our next story is about a couple that broke up because the guy took his woman for granted.

Like most men, he wasn't a bad guy who went out of his way to make his woman feel unloved and unappreciated.

In fact, in the beginning of the relationship he was very loving, attentive and caring.

He often noticed his woman's efforts to look good for him, all the things she did for him (e.g. bring him coffee in bed in the morning, wash the dishes, run errands for him) and how good she was to him.

Yet, over time, he became neglectful and stopped noticing and commenting on the nice things she did for him.

If she bought a new dress, or changed her hairstyle, rather than notice it and give her a compliment, he usually didn't even realize that anything was different or new about her.

He also fell into the habit of assuming that it was okay for her to run around and do everything for him because she loved him.

He essentially expected her to serve him and do whatever he wanted because they were in a relationship.

However, this only made her feel unloved and unappreciated and she began to feel unhappy in the relationship.

Her feelings of resentment built up and made her begin to look at him in a hateful, rather than loving way.

Eventually, she stopped feeling respect, attraction and love for him and then decided to break up with him.

The guy was shocked because he didn't realize what he had done to cause her to leave.

He thought that everything was okay, but it wasn't.

However, he was determined to get her back, so he set about going over his past behavior and actions in the relationship.

He thought about the things they argued over, the complaints she had made to him and the things she nagged about.

He realized that he hadn't been a very good man to his woman and understood that his actions had caused her to feel taken for granted, unloved and unsupported.

He quickly changed, called her on the phone to apologize (without groveling) and made it clear to her that he knew he messed up.

He then guided the conversation towards the mutual understanding that it's okay for a guy (and a woman) to make mistakes in a relationship and that it doesn't always mean the end.

He told her that when a guy learns from his mistakes and becomes a better man as a result, the relationship could flourish and become even more enjoyable than it was before.

He then used humor to break down her defenses and asked her to meet up with him.

At the meet up, she was able to see that he truly had changed (by the way he behaved and interacted with her) and was now at a different level as a man.

He was being a better man, but he wasn't trying to suck up to her and grovel, so she felt attracted to him again.

She forgave him and they agreed to continue seeing each other for a week to see how it went.

During that week, she saw that he'd truly changed and was now a better man than before, so they got back together.

Couple 3: Broke up because he became too clingy

[image: Broke up because he became too clingy]

This story is about a guy who did everything right to get his woman (i.e. he was confident, self-assured), but then somewhere along the line, he became clingy, insecure and needy in his relationship with her.

He started hanging out with her more and more and neglected his friends and hobbies.

He also stopped focusing on his dreams and goals and made everything in his life about her.

Of course, this caused her to feel smothered, so she tried to create some space by saying things like, *â€œWouldn't you like to go out with your friends this weekend? I might be nice to have a boys' only night out,â€* and *â€œI've got a lot of work to get through this week, so I won't be able to see you that much. Why don't you check if your hiking club is doing anything so you don't have to hang around here feeling bored while I work?â€*

Unfortunately, he didn't listen to her, missed all the subtle cues and carried on being clingy and needy.

In his mind, he knew that he should be more manly, but he just couldn't push himself to do it.

He was addicted to the feelings he was getting by spending all of his time with her.

It felt comfortable to him and meant that he didn't have to get out there in the world and do things.

He could just be with her.

Eventually, she got tired of having a clingy boyfriend (or husband) and she broke up with him.

So, to get her back, the guy realized that it was very important for him to get to the point in his life where he wanted her back, but didn't need her back.

To do that, he started focusing on doing all the things in his life that he had neglected before.

For example:

- He made progress on his big goals, dreams and ambitions in life.
- He reconnected with his old friends and enjoyed some fun times with them.
- He got back into sports or activities that he used to love.
- He looked for new ways to enrich his life.

To show her that he changed, he posted photos of himself having fun on social media.

She had unfriended him after the break up, but that didn't matter.

He set the photos to 'public' to ensure that she could see them when she stopped by from time to time to check on him.

Sure enough, she did stop by to check on his social media profile and saw that he was confident, happy and getting on with life without her.

He waited a week and then contacted her to arrange a meet up and she agreed.

At the meet up, he re-attracted her by allowing her to experience the new and improved version of

him and got her back.

Couple 4: Broke up because she matured, but he didn't

[image: Broke up because she matured and he didn't]

Our next story is about a couple that found themselves at different levels in their life and this caused them to break up.

At first, they both seemed to enjoy the same things (e.g. partying, hanging out with friends, not wanting to ever settle down), which was great fun for a while.

However, over time, the woman discovered that she was maturing a lot faster than her guy and was no longer interested in the same things as she was before.

Essentially, the guy was stuck behaving more like a teenager than a grown up man, while she was ready to settle down and take things more seriously.

For example: He spent most of his time hanging out with friends watching TV, playing and partying or he didn't have a stable job and relied heavily on his woman and his family to help out with his bills and expenses.

Alternatively, she began to see that her friends were having children and beginning to pay off a house, but her guy just wanted to drink and party and keep renting for the rest of his life.

He wasn't interested in starting a family or doing what everyone else seemed to do when they grew up, which is fine, but it wasn't fine for her.

She wanted to settle down and start a family.

As a result, she started to feel like they were no longer compatible.

Initially, she made excuses to herself for his lack of maturity and would say things like, *â€œItâ€™s not that heâ€™s a bad guy, heâ€™s just not maturing as fast as me. He probably just needs a bit more time to be wild and party. Once heâ€™s gotten everything out of his system, he will surely start wanting the same things I do, like a steady job, a house and a family. We can then settle down and truly make this relationship work.â€*

Over time though, she realized that he wasn't willing to change, so she broke up with him.

Fortunately, he didn't panic and do something silly like desperately propose marriage to her in the hopes that it would change her mind.

Instead, he focused on quickly becoming a more emotionally mature man (e.g. by getting a better job, setting goals for his future and working towards achieving them, cutting ties with his irresponsible friends and hanging out with more mature, friends who were also ready to settle down).

He then concentrated on re-sparking her feelings of respect and attraction for him by using every interaction that he had with her (especially on the phone and face-to-face), to show her that he had changed and was now a more emotionally mature man.

Initially, she was a bit nervous about giving him another chance (because she didn't fully believe he had changed), but when she saw for herself that he was now at a different level than before, her defenses quickly dissolved.

She met up with him for coffee and they kissed, had sex and got back together again.

Couple 5: Broke up because of constant arguing and fighting

Our final story of a couple who reunited after breaking up, is about a man and a woman who broke up because they couldn't stop fighting and arguing all the time.

Although everything started off fine in the relationship, somewhere along the line, they stopped agreeing with each other and started arguing over everything.

The relationship became too stressful, too frustrating and too tiring for the woman, so she gave up on fixing it and left him.

Once she was gone, the guy realized that he had allowed trivial things to get in the way of the respect, attraction and love they felt for each other.

For example: He got angry when she threw a tantrum rather than just smile and use humor to get her out of her bad mood, he expected her to react to problems more like a man instead of allowing her to express herself like a woman or he picked on her and complained about things that really didn't matter.

So, to get her back, he interacted with her over the phone and in person and showed her that he learned from his mistakes.

When she tested him, by doing something that would have caused him to get angry or annoyed with her in the past, he remained confident and relaxed and turned the situation into something they could both laugh about together.

She then started to believe that things really were different, so she was able to forgive him and open back up.

They then got back together and discovered that their relationship was even better the second time around.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Reverse Psychology Text Message For an Ex

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Reverse psychology is about making a person feel like you are telling them what to do, which then makes them want to do the opposite, to feel like they are in control or to spite you.

Yet, that usually results in you getting what you want anyway!

In the case of a guy texting an ex woman, he can use reverse psychology to get her back, or to at least make her open up to him again.

Here are 3 examples of how to use reverse psychology on your ex when you text her:

1. Immediately after she breaks up with you

[image: Reverse psychology text to an ex immediately after she breaks up with you]

Later that day or the morning after breaking up, you can send your ex a text like:

â€œRebecca, I just want you to know that I accept the break up. You're a great woman and deserve to be happy. So, I wish you all the best. Love, Peter.â€œ

This immediately takes away any power that she may have hoped to gain over you by dumping you.

She sees that you're not losing your mind and desperately chasing after her, which can make her want to show some interest in a relationship again to see if she can reel you back in.

For example: She might test you by saying something like, â€œGood. I'm glad you feel that way. We're better off broken up. Let's agree to never talk to each again, starting right now.â€œ

She may secretly be hoping that by saying that, you will panic and admit to her that you didn't mean you and her couldn't talk again.

If you do that, she will then have the upper hand, so your attempt to use reverse psychology on her will have failed before it even started.

A good way to continue using reverse psychology on her is to respond with something like, â€œLolâ€œ|I'm not going to act like we are enemies just because we've broken up. So, I might say hello from time to time as a friend. Of course, you can ignore me if you want to. All the best.â€œ

By saying that to her, you seem more emotionally mature than her and as though you are handling the break up better than she is.

She might then feel annoyed and want to prove to you that you're wrong about her, so she plays into your hands by keeping the lines of communication open (e.g. she sends random texts to say hi, she calls you on the phone to see what you're doing, or replies to your texts to not look childish or immature).

You can then use those interactions to your advantage and re-spark her feelings of respect and attraction for you.

A great way to make her feel attracted is to focus on making her laugh, smile and feel good to be interacting with you again.

No matter what she says or does to confuse you or upset you, just maintain your confidence and use

humor to reverse the tables on her (i.e. make her feel confused and unsure of where she really stands with you).

That's what women want anyway.

A woman wants to be constantly thinking about her relationship, rather than feeling bored by it because it's so predictable.

The more your ex enjoys interacting with you, the more uncertain she'll become about her decision to remain broken up.

She will then drop her guard and open up to giving you another chance.

Another example of a reverse psychology text for an ex isâ€¦!

2. One week after the break up

If you've given your ex a week of space to calm down, it's important that you then contact her and start the ex back process.

Remember: If you're not interacting with her on the phone or in person, you can't properly reactivate her feelings for you again.

Also, if you wait too long to meet up with her, she will have more time to get over you, meet someone else and move on.

So, a reverse psychology text to send your ex after a week might be something along the lines of, *â€œHey, how are you? I ran into (insert the name of an old girlfriend or someone your ex used to feel jealous about) yesterday and you'll be happy to know that when I told her we split up, she said it was the best news she's had in a while. So, don't give me another chance! Let's stay broken up. Enjoy your day.â€*

What will this do?

She will pick up on the fact that another woman (especially one she feels jealous about) is happy that you are now single.

She might also assume that you're now interested in this other woman and will feel jealous and annoyed as a result.

She may then start thinking things like, *â€œI bet she's been waiting in the wings for me to break up with him so she can get her claws on him,â€* or *â€œIt drives me crazy to think that us splitting up is making her happy,â€* or *â€œHow can he even think about replacing me with a tramp like her?â€*

She then feels motivated to interact with you again (e.g. talk on the phone and especially see you in person), in the hopes of preventing you from hooking up with the other woman.

Of course, that's exactly what you want.

You can then use that as an opportunity to spark her feelings of respect, attraction and love for you and get her back.

By the wayâ€¦!

Make sure you don't get caught out in a lie though!

If she finds out that you were only using reverse psychology on her (i.e. to get her to interact with

you again), she will likely cut you off completely and then getting her back will become a lot more difficult.

So, if you don't have any other women in your life that you can use for this example, just text her a reverse psychology text like, *"Don't give me another chance"* or, *"Please keep ignoring me. It's working! Lolâ€œ|"*

A text like that will confuse her and cause her to continually think about you and what you might mean by it.

As a result, she will be experiencing the feeling that women love the most; to be completely consumed by their relationship with a man.

Another example isâ€œ|

3. One month after the break up

If you and your ex has been texting or calling each other, but she hasn't been interested in meeting up yet, you can text her something like:

â€œHey ex girlfriend. This break up is working out great. Life has been so much fun since. Letâ€œs get together for a cup of coffee so I can tell you all about it.â€œ

She will most likely respond with something like, *â€œNo. I donâ€œt want to,â€œ* or *â€œLeave me alone,â€œ* which is a great opening for you to then use even more reverse psychology on her.

In fact she may even ignore you altogether, but it doesnâ€œt matter.

You can just respond by texting something along the lines of, *â€œI had a bet going here at work that youâ€œd ignore me or say something like that. I now know that you donâ€œt want to see me again because you havenâ€œt been having as much fun as me. You miss me donâ€œt you? Admit itâ€œ|lol. I don't miss you.â€œ*

By this stage she will most likely be really annoyed with you and she may then text something along the lines of, *â€œNo, I donâ€œt miss you. Just go away!â€œ*

If she has been missing you, she will start to feel hurt that you are happily and confidently moving on without her, which will make her feel drawn to you.

The only way to stop the pain she is feeling is to reel you back in and make you think that you have another chance with her, so she can then break up with you again.

So, she agrees to meet up.

Yet, this time around, you are going to be so much better at making her feel attracted to you that she's not going to want to break up with you.

Watch thisâ€œ|

What she doesn't realize now is that she is going to feel so damn good around you from now on.

She is going to feel drawn to you and completely consumed by her feelings for you.

When you make her feel that way, you can then regain the position of power in the relationship and enjoy the great times ahead with her.

3 Tips on What Not to Do

Make sure to avoid the following mistakes when using reverse psychology on your exâ€¦

1. Sending her texts about good memories together when she doesn't have feelings for you

Some guys assume that by bringing up good times they shared, a woman will suddenly realize her mistake and change her mind about breaking up.

She will think, *"Oh yeahhhhh! I forgot! Things used to be good! I have to get back with him!"*

Unfortunately, women aren't that dumb.

Women can see right through BS and know that a guy is just trying to get her to focus on the good memories, so she forgets about all the reasons why she broke up with him.

She doesn't.

She remembers exactly why she broke up with him and unless he changes those things about himself (e.g. stops being insecure, starts being more manly), then she isn't going to feel attracted enough to want to be in a relationship with him.

Of course, most guys don't realize that, so they make the classic mistake of sending good memory texts and hoping that it will work.

A guy might text something along the lines of, *"Remember that time we went to the beach and we built that huge sandcastle? It was one of the best days of my life. We were so happy then. I miss those days. Do you?"*

Heâ€¦s secretly hoping sheâ€¦ll respond with something like, *"Yes, I do miss those days and I miss you too! Maybe this break up isnâ€¦t such a good idea after all. Why donâ€¦t we try again? Let's get back together!"*

Yet, even though thatâ€¦s exactly what would happen in a romantic movie or book, in real life it rarely, if ever, turns out that way.

In the real world, a woman usually won't look at a text message like that in a positive way, because she has dumped him and is turned off by him.

Instead, a woman will just roll her eyes and think something like, *"He still doesnâ€¦t get it. I bet he thinks that by saying that to me, Iâ€¦m going to suddenly forget about everything that went wrong in our relationship and go running back to him, just because we had some good times in the past. What he doesnâ€¦t realize is that by reminding me of all the good times, heâ€¦s actually highlighting to me how bad things turned out in the end. It just makes me even angrier with him for screwing everything up. Nothing has changed. Things used to be good, but that was a long time ago. He doesn't even know how to make me want him again."*

Another mistake to avoid making isâ€¦

2. Accepting the break up, but then constantly texting her

If you say, *"I accept the break up. I hope youâ€¦ll be happy. Bye,"* make sure that you then back off and give your ex a few days of space so that things can cool down and she can start missing you.

If you don't back off, she'll assume (correctly) that you were only saying it to act like you don't care.

She will see that you keep texting and trying to get her back, even though you said that you accepted the break up.

As a result, she will lose respect and attraction for you for trying to trick her into thinking that you are more confident and emotionally independent than you actually are.

So, be careful.

If you send her a text like, *I accept the break up. I hope you'll be happy. Bye,* then make sure that you give her 3 to 7 days of space so she can believe you.

Then, contact her (preferably by calling her on the phone) and actively re-spark her feelings of respect and attraction for you and get her to agree to meet up with you in person.

At the meet up, build on her feelings of respect and attraction for you and guide her back into a relationship.

Another mistake to avoid making is

3. Acting like a friend via text

Sometimes a guy is afraid that his ex woman will stop responding if he lets her know that he still has feelings for her and wants her back, so he makes the mistake of acting like a nice, sweet, platonic friend.

For example: He might text things like, *I just want to say hi and make sure that you're okay.*

If she then responds with something along the lines of, *I'm great. I'm going on a date tonight,* just to test him, he may continue the charade by responding with something like, *Oh, that's nice. I hope you have a good time.*

He's hoping that by pretending to be her friend she will think, *Wow, he's being such a sweet, reliable friend. He's not even trying to get me back. How nice of him! I should give him another chance.*

Yet, it just doesn't work that way.

Acting like a friend to your ex via text doesn't create a spark of sexual and romantic attraction.

Instead, a woman will usually just enjoy having her ex stick around as a friend, while she hooks up with another guy and actively moves on.

So, if you want to get your ex back, don't make the mistake of pretending to be her good friend who isn't allowed to flirt with her and make her feel sexually attracted again.

Instead, use every interaction you have with her (via text and especially on the phone and in person) to actively make her feel respect and sexual attraction for you again.

Flirt with her, create sexual tension and make her feel like she will be losing out big time if she lets you go, rather than acting like you're just her neutral friend now.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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Is My Ex Only Texting Me Because She is Bored?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Yes, it's very possible that your ex is only texting you because she is bored.

However, it really doesn't matter.

What matters is how you are making her feel when she interacts with you and the approach you are using to get her back.

For example: Imagine that your ex sends you a text saying something along the lines of, *Hey, how are you? How is your day so far?*

When a text like that comes through, many guys will make the classic mistake of responding with something like, *Oh, I'm fine. Nothing much is happening with me. What about you?* and then carry on texting back and forth in a friendly, neutral kind of way.

Eventually, the woman will feel satisfied that he still misses her and is still there for her and will say something like, *Okay, I've got to get back to work now. Bye.*

He will then wait until the next time she sends another text and repeat the whole thing over again.

Yet, that type of interaction is not going to attract her back into a sexual, romantic relationship.

Instead, it will usually just help her pass the time if she's feeling bored, but in most cases, it's not going to make her think, *Wow, I really miss my ex. It's so exciting chatting with him again! I wonder if we should get together again and see how things go?*

So, what should you do instead?

Use your ex's texts as an opportunity to spark some of her feelings of respect and sexual attraction for you.

If you do that, the idea of talking to you on the phone and meeting up with you in person becomes something she actually starts to long for.

Here's an example of how to respond to your ex when she sends you a text like the one mentioned above (e.g. *Hey, how are you? How is your day so far?*).

You can reply with something like, *I'm great! I'm having an awesome day, but don't know if I should tell you why. Lol!*

She might then reply with, *What's going on? Tell me,* and you can then say, *I don't want to make you jealous, but I've skipped work/university today and am sitting in the park right now eating a pizza and working on my tan. Haha! How about you?*

She might then reply with, *Damn, I've been stuck in boring meetings all day! You bastard! How can you do that to me? Lol!*

You can then reply with, *I told you that I didn't want to say anything. This pizza is good. Anyway, I don't want to torture you while I sit here enjoying the afternoon, so I'm going to say bye to you now. Have a great day. Don't work too hard!*

At this point, she is probably going to be smiling and feeling more open to meeting up with you in person because it feels good to be interacting with you again.

Here's the thing!

This type of interaction will at least spark her interest, get her smiling and she might even have a bit

of a laugh.

[image: I miss him and I want him back]

As she focuses on your positive qualities (e.g. you're confident, funny, charming, interesting), she then starts to experience feelings of respect and attraction for you again.

Then, when you ask her to meet up with you, she'll be more than willing to say *â€œYes,â€* because you've been making her feel attracted while texting her.

On the other hand, if all you do is respond to what she says without sparking her feelings for you, she will likely continue to say things like, *â€œNo, I don't think that's a good idea. Let's leave things the way they are for nowâ€* if you suggest a meet up.

Where Guys Go Wrong

Here are some mistakes to avoid making when interacting with your ex via text:

1. Texting her like a friend instead of creating a spark

Sometimes a guy might feel unsure about how to respond to his ex via text that he decides to act like a neutral friend and hope for the best.

He remains on his best behavior (e.g. is nice, polite, friendly, sweet, generous, complimentary), pretends that he's not interested in getting back together again and avoids flirting with her.

Secretly, he's hoping that his behavior will make her feel comfortable and not pressured to get back with him, so she will begin to open up and want it.

It seems like a good plan, but if she isn't feeling attracted to him after dumping him (most women), then she's just going to be texting him because she is bored.

He might be getting the impression that she's interested, but she's not.

It's very easy for a woman to add in a smiley emoticon *â€œ°* or type *“LOL!!!”* when she's not actually smiling or laughing.

Instead, she rolls her eyes or feels completely indifferent towards him and is just texting him for something to do.

She knows very well that he still wants her and she also knows that he has no idea how to re-attract her back, before she moves on.

Of course, most guys don't know that.

So, they keep texting and texting in a friendly, neutral kind of way and add in some humor every now and then.

Yet, the woman can see through it.

She can see that he is trying hard to impress her and it's just not working.

He doesn't know that though.

He is secretly hoping that if he can just keep texting her, she will eventually open up.

Then, when she feels fully relaxed and at ease with him, she will realize what an honorable man he's been towards her and she will fall head over heels in love with him again.

Yet, thatâs just not how it works in almost all ex back cases.

In the majority of ex back cases and situations, a woman isn't going to think, *âWOW! This is amazing! I canât believe how sweet and sensitive my ex is being about my feelings. Heâs just letting me dictate the pace without putting pressure on me to give him another chance. Thatâs so attractive to me. I just love being in control of the ex back process. Maybe we should get back together again. I will lead the way! Yes! That's it! I will be the strong one and tell him that it's time we met up and got back together.â*

Instead, she won't be feeling attracted and will simply text him when she feels bored.

At the same time, she will likely be focusing the rest of her attention on moving on with her life and hooking up with a guy who actually sparks her feelings of desire for him.

So, donât do that to yourself.

If you want to be more than your exâs text buddy every time she feels bored, then donât act like her little text buddy.

In other words, donât act like a good friend who isnât interested in her.

By all means, be her friend, but just donât be an innocent, reliable, neutral friend.

Instead, make sure that when she sends you a text, your responses can cause her to her laugh, smile and hope for more (i.e. that you will call her and ask her out for a meet up).

For example: If she texts you and asks, *“Hey, how are you today?”* you can reply with, *“I’ll get back to you on that! Busy at the moment.”*

She will then be left thinking, *“What is he doing? Why can't he tell me now?”* and you can reply in a few hours with, *“I’m good. Just got home. How are you?”*

She will then be curious and ask you what you were up to.

If you were at the movies or a restaurant with some friends, you can say, *“I was about to watch a movie. Wasn't quite sure about it, but I can now confirm that it's pretty cool”* and recommend that she goes and sees it.

Alternatively, you can say, *“I was in the middle of eating something at XYZ restaurant. Awesome food. How about you? How was your day?”*

She is then left thinking, *“Who was he eating with? Why couldn't he text me back?”*

Women LOVE having those kinds of questions in their mind about a guy.

Why?

Women LOVE to be the one who is constantly thinking about the other in a relationship.

It allows a woman to become consumed by the relationship and live, breath and eat it on a daily basis.

If you can give her that gift, she will want to be around you and with you as much as possible.

Another mistake to avoid making isâ

2. Sticking to just text rather than getting to a phone call and an in person meet up

Sometimes when a guy is unclear about his exâs intentions for texting him (e.g. is she texting him because sheâs interested, or is she simply bored?), he might decide to just stick to text and see where things go.

Heâs hoping that his ex will eventually make her intentions clear, either by texting something

along the lines of, *â€œHey, why donâ€™t you call me sometime?â€* or *â€œWhy donâ€™t we meet up for coffee later this week?â€* or, if sheâ€™s not interested, she will stop texting him altogether.

So, rather than pick up the phone and make the first move, he sticks to texting back and forth and hope that it leads to something.

Deep down, he knows that he is afraid to call her and face rejection and knows that he should have more balls than that, but he just can't do it.

So, rather than take the risk, he plays the waiting game instead.

Hereâ€™s the thing though!

Even if a womanâ€™s is texting her ex because she wants him back, if she realizes that heâ€™s not taking the bait and calling her to arrange a meet up, she will eventually give up and move on without him.

Additionally, if a woman is only texting her ex because sheâ€™s bored, she will be secretly trying to move on by dating new guys.

Eventually, her texts will stop or she will let her ex know that she's no longer available.

Donâ€™t let that happen to you.

If you want to get your ex back for real, make sure you donâ€™t get caught up in an endless cycle of texting back and forth with her.

Instead, youâ€™ve got to get her on a phone call with you as quickly as possible, so that you can re-spark her feelings of respect and attraction for you.

When on a phone call, itâ€™s a lot easier for you to show her that youâ€™ve changed and are now a new and improved version of the man she broke up with.

How can you do that?

By maintaining your confidence with her, especially when she is being cold and distant towards you and is trying to make you feel nervous while talking to her.

The more you break down her protective walls during a phone call, the more open she becomes to meeting up with you in person.

On the other hand, if all she ever gets are texts, sheâ€™s usually just going to continue thinking of you as the guy she broke up with (i.e. in a negative way) and her feelings of respect and attraction for you will remain dormant.

By the way!

Getting her on a phone call is only the next step in the ex back process.

The next step is to get her to meet up with you in person, where you can fully re-attract her (e.g. by displaying some of the qualities that are attractive to woman such as confidence, emotional strength, emotional masculinity) and get her back for real.

Important: Don't go to a meet up if you haven't improved your ability to attract her.

That doesn't work.

So many guys quickly read some of my articles and rush to meet up with their ex woman.

Don't do that.

If you are going to meet up with her, make sure that you have improved your ability to make her feel

sexually and romantically attracted to you during interactions.

If you use the same old approach to attraction that got you dumped, then she almost certainly not going to be interested in giving you another chance.

So, make sure that you level up before the meet up.

Another mistake to avoid making isâ€¦!

3. Waiting for a clear signal from her that she wants a relationship before he tries to get her back for real

Sometimes, a guy will waste a lot of time (e.g. weeks, months and even years) waiting for his ex to give him an obvious sign that sheâ€™s open to giving him another chance with her.

He is hoping that she will eventually text something like, *â€œI know you might be surprised to hear this, but I truly regret breaking up with you. I really miss you and I want us to get back together again? Do you think youâ€™d like that too?â€*

He can then say, *â€œAre you kidding? Thatâ€™s what Iâ€™ve been hoping for all along! Of course I want us to get back together again!â€*

Then everything will be perfect and they will live happily ever after.

â€¦but hold on!

Real life usually isnâ€™t like a Hollywood movie or a romance novel.

In the real world, even if a woman is secretly still in love with her ex and wants him back, she will rarely spell things out for him in that way.

Why?

Firstly, the majority of women want to know that a guy has the confidence required to actively get her back, without her having to make it easy for him.

Secondly, a woman doesnâ€™t want to come across as desperate.

So, rather than give him a clear signal that she wants a relationship, she will wait and see what he does.

If he has the courage to call her up and make her feel attracted again, she will feel respect for him again.

When she respects and feels attracted to him, she will then open herself up to loving him again.

On the other hand, if he just waits for her to give him a sign, she might begin to doubt his interest in her.

She may then say to herself, *â€œWell, maybe he isn't really interested after all. I should focus on fully getting over him and finding myself a replacement man. I don't want him to eventually text me and say that he's got a new girl, so I'd better get a new guy first.â€*

Yet, all that could have been avoided if he only had the confidence to make a move right away, rather than waiting for a sign from her.

So, remember: It doesnâ€™t matter if your ex is only texting you because sheâ€™s bored, or because sheâ€™s interested in getting back together again.

What matters is the approach you are using to get her back (i.e. are you making her feel attracted to you again and following through to get her back, or are you being a typical modern guy who hides

behind texts and is too afraid to make a move?).

What you need to do is meet up with her, fully re-attract her, hook up with her sexually and get her back.

Another mistake to avoid making isâ€¦

4. Feeling obligated to reply to everything she texts

Just because your ex is texting you, it doesn't mean that you have to respond every time.

If you respond to everything, rather than making her feel special, she will usually be thinking, *â€œThis is so weird. It's like he has no life is waiting around for me to text him. That's actually kinda creepy. Doesn't he have anything else to do? Is he really that desperate?â€*

So, don't give her that impression of you.

Instead, understand that it's not rude for you to have a life and respond to her at a suitable time, rather than responding right away or quickly every time she texts you.

In some cases, a text from her might even be so trivial or irrelevant that it doesn't even need a response (e.g. *â€œSitting in traffic. So bored right now.â€*)

If you're busy (e.g. at work, out with friends, involved in something important), it's perfectly okay not to respond right away.

Of course, that doesn't mean you should intentionally ignore her for days for no reason.

That would be rude and she will likely get annoyed with you for playing mind games with her.

Instead, reply when you feel like it's relevant to do so (e.g. she's asking you a question, she's telling you about something important that's happened to her).

However, don't entertain her if her only reason for texting is because she's bored and she has nothing better to do with her time.

You do have better things to do with your time than to reply to nonsense texts all day and night.

You are a man who is getting on with his life and being happy and productive, despite the fact that you and her have broken up.

The more you convey this message to her (i.e. by not being available to her whenever she wants), the more curious she will feel about you.

Then, when you call her on the phone and suggest a meet up, she will be open to the idea.

She will want to find out for herself what you're up to and how much you've changed since she broke up with you.

That's what you want.

You want her feeling curious, interested and open to exploring her new feelings for you.

Another mistake to avoid making isâ€¦

5. Over analyzing what she is sending via text

For example: A woman might send her ex a text saying something along the lines of, *â€œHey you, what are you up to tonight? I hate Sunday nights. They're my loneliest night of the week,â€* or *â€œWent to a great party last night. I got so drunk.â€*

He might then wonder, *“Why is she saying that she’s lonely? Does that mean she misses me, or is she only texting me because she’s bored?”* or *“Why is she telling me about her party? Is she trying to make me jealous?”* or *“If she got drunk, is it also possible that she had sex with another guy and just isn’t telling me about it?”*

He over analyzes her every text and drives himself crazy in the process.

Here’s what you need to know!

What your ex’s intentions are for texting you is completely irrelevant.

Do not follow the direction of a woman when it comes to dating and romance.

If you do, they will lead you around and around in circles and confuse the crap out of you.

As a man, all you need to focus on is what you are doing to make a woman feel sexually and romantically attracted to you (e.g. being confident, emotionally masculine, charismatic, funny, charming).

If you are making her feel that way, she is going to be feeling attracted to you, even if she tries to mess with your confidence by saying that she isn’t quite sure about you yet.

So, don’t focus on what she is doing or why.

All that matters is that you use the interactions as an opportunity to spark her feelings of respect and attraction for you again.

- Do your text responses usually make her feel attracted, or does she feel bored or indifferent towards you?
- Are you sparking her curiosity about the new you (e.g. by being very confident and self-assured when you reply to her), or does she assume that you’re at the same level you were at when she broke up with you (e.g. insecure, self-doubting, unsure of yourself)?
- Is she feeling more respect and attraction for you (based on your interactions with her), or is she a bit turned off?

That’s what really counts when texting.

The more you build on her feelings, the more she will want to talk to you on the phone and meet up with you in person.

In person, you can then get her back for real.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

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My Ex is Afraid to Give Our Relationship Another Try

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

3 possible reasons why your ex is afraid to give your relationship another try are:

1. You are asking for a relationship before you've re-attracted her

[image: You are asking for a relationship before you've re-attracted her]

One of the most common reactions a guy has when he gets broken up with, is to quickly try and convince his woman to give him another chance.

For example: A guy might come up with elaborate arguments and explanations to try and convince her.

Alternatively, he might resort to sending her bunches of flowers or buying her gifts, in the hope that she will forgive him and give him another chance.

Yet, if he doesn't spark her feelings of respect, sexual attraction and love for him first (this is not achieved by flowers or gifts!), she will usually just keep pushing him away.

She will say things like, *"I'm sorry, but I can't take the risk of getting hurt again. We gave it a shot and it just didn't work out. It's time that we acknowledge that we're wrong for each other and move on."*

So, don't make the mistake of trying to convince your ex to give your relationship another try, before you've fully re-sparked her feelings of respect and sexual and romantic attraction for you first.

Some of the ways you can re-spark her feelings are by:

- Making her smile, laugh and feel good when she's talking to you, especially when she's being cold towards you.
- Maintaining your confidence around her, even when she tries to make you feel nervous and insecure.
- Showing her by the way you communicate, behave and react to what she says and does that you've changed and improved some of the things that matter to her (e.g. you no longer allow her to push you around, you're more emotionally independent and have goals that you're working towards, you're more emotionally mature).
- Making her feel feminine and girly in your presence by being more emotionally masculine than her.
- Believing in your value and attractiveness to her, regardless of what she's saying to make you feel insecure.

The more that you allow your actions to speak for you, the more her feelings towards you will change.

Even if her lips keep saying things like, *"No, I'm too afraid to give our relationship another*

try,â€œ her heart will be telling her, â€œCanâ€œt you see that heâ€œs changed? Heâ€œs not the same guy you broke up with. Heâ€œs so much better now. Heâ€œs confident and self-assured and heâ€œs clearly made an effort to improve and become a better man since the break up. Do you really want to risk losing him now? What if you push him away and end up regretting it for the rest of your life. Donâ€œt let that happen. Give him another chance.â€œ

She then stops putting up walls every time you interact with her (e.g. on the phone and in person) and allows the respect, attraction and love to come flowing back into her heart.

From there, just focus on making her feel good when talking to you (e.g. by using humor to get her out of a bad mood and break through her defenses) and she will naturally feel a desire to work on the relationship and give you another chance.

Another possible reason why your ex keeps saying that she is afraid to give your relationship another chance, isâ€œ|

2. She can see that you still don't understand what she really wants

[image: She can see that you still don't understand what she wants]

When a guy gets dumps, he might begin to make the craziest promises and offer overly generous deals to her, if she will just take him back.

For example: A guy might promise his ex that he will do whatever she tells him from now on, no questions asked.

Heâ€œs thinking, â€œIf I follow her rules and do what she says, then there will be no reason for her to get mad at me. We never have to get into another argument, or have any disagreements. Things will be perfect. I will be her slave if she wants me to. I just don't want her to dump me. I have to do whatever it takes.â€œ

Yet, thatâ€œs not what a woman wants.

She doesnâ€œt want a man who is a puppet on a string and does whatever she tells him like a good little boy.

Instead, she wants a man who understands what she really wants him to change and then has the emotional intelligence to fix those things and become a better man.

If he can do that (without her guidance or direction), she will be able to fully look up to him and respect him again.

When she can respect him, she will also feel attracted to him and then she will feel comfortable reconnecting with the love in her heart.

On the other hand, if a guy tries to get his ex back without first understanding her real reasons for breaking up with him, he will continue offering to change and improve in ways that donâ€œt matter to her and she will keep saying, â€œNo.â€œ

Hereâ€œs the thingâ€œ|

Most guys are good guys and they donâ€œt intentionally go out of their way to screw their relationship up.

Itâ€™s just that quite often, a guy simply doesnâ€™t realize that heâ€™s doing something wrong. So, when his woman starts nagging or getting into arguments with him, rather than understand the problem and then take steps to fix it, he usually brushes it off and assumes that sheâ€™s being a typical, emotional woman.

This is why he is so shocked when she finally breaks up with him out of the blue.

He can't believe it.

He thought things were okay, but she clearly wasn't happy.

She wasn't.

She was giving him hints, complaining and hoping that he would care enough to learn how to be the sort of man that can deepen a woman's love through the stages of a relationship.

Some guys know exactly how to be the kind of man that can keep a relationship together with a woman for life, but most guys don't.

So, when a guy gets dumped, he will usually do what most guys do and try to stop the break up by apologizing and promising to change, even though deep down he doesnâ€™t really have a clue what it is that he needs to change.

If she can sense that, she won't want to give him another chance.

She will be afraid to give the relationship another try, because deep down, she will know that he probably won't be able to change and become the man she needs him to be.

How about you?

How did you react when she dumped you?

Did you promise to change and do whatever she wanted?

Did you honestly have any idea of how to change, improve and become the kind of man that she would never want to leave?

Probably not, right?

Don't worry.

Right now, it doesnâ€™t matter how you reacted before.

What matters the most now is what you do from now on to get her back.

If your ex is afraid to give your relationship another try, sheâ€™s not getting the impression that you understand her real, deep reasons for breaking up with you.

So, if you want her back, the best way to convince her is by fully understanding what she really wants you to change about yourself (e.g. to be more emotionally dominant and not allow her or others to push you around, to have more focus and direction in life, to be more emotionally independent of her and do your own thing once in a while).

Then, the next time you interact with her on a phone call or in person, she will be able to see for herself that youâ€™ve figured out where you went wrong and have already taken steps to improve yourself.

She will then instinctively feel herself opening up to you once again.

The idea of working on the relationship and giving you another chance starts to make sense to her again.

However, if you are just trying to get her back without understanding what she really wants, you will just keep offering her things she doesn't want and she will most likely keep rejecting you.

Another possible reason why your ex keeps saying that she is afraid to give your relationship another chance, is that

3. She doesn't want to give you another chance and you then break up with her to get revenge

[image: She doesn't want to give you another chance and you then break up with her for revenge]

Some of the reasons why a woman might think like that are because

- She broke up with the guy and he got angry with her and even said things like, *I'll get you back for doing this to me!* or *I'll never let you get away with dumping me!*
- She cheated on him and then broke up with him and now she's afraid he wants to hurt her emotionally for what she did.
- She has had a guy do that to her in the past (i.e. reel her back in, make her love him again and then dump her, so he can walk away as the one in control).
- He's a vindictive guy and doesn't let people get one up on him.

No matter what your ex's reasons might be for thinking that you want to take revenge on her, it's up to you to show her that you are serious.

Let her see that you're not a petty, vengeful or emotionally immature guy.

Instead, you're a loving, emotionally mature man who is ready to start a new relationship with her with a clean slate.

You understand where you went wrong before and you've taken positive steps to change, improve and become a better man as a result.

When she experiences the new you for herself (every time she interacts with you) and realizes that you wanting her back has nothing to do with getting revenge, her defenses will start to melt.

Just remember: Don't try to convince her with WORDS though!

You need to show her with your ACTIONS and BEHAVIOR that you've truly changed.

She will then open herself up to the idea of giving your relationship another try.

If You Want Her to Give the Relationship Another Try, Don't Make These Mistakes

You now probably have a better understanding of your ex's possible reasons for not wanting to get back together again.

However, you may not be sure of what to do to change how she feels now.

So, here are 4 mistakes you should avoid making when you interact with her from now on:

1. Declaring your undying love to her and hoping it will make her realize what she is throwing away

If a woman has disconnected from her feelings of love, respect and attraction for her ex, him saying, *â€œI know weâ€™re broken up, but I want you to know that I am still in love with you and nothing can ever change that. I will always love you no matter what and Iâ€™m going to do whatever it takes to show you that what we had together was special and worth fighting for,â€* isnâ€™t going to make much difference to her.

Why?

When a woman no longer feels respect and attraction for her ex, it doesn't really matter to her that he still loves her.

Rather than think, *â€œOh, heâ€™s right! I would be a fool to throw what we had together away because he loves me so much. After allâ€¦ what if I never find a guy who can love me that much again?â€* she wonâ€™t care because her feelings for him have been switched off (i.e. she no longer respects him, feels attracted or feels in love).

Sure, she might feel a bit sorry for him, or even a little guilty that heâ€™s not coping with the break up very well, but that isnâ€™t going to make her want to give the relationship another try.

The truth is, a woman doesnâ€™t want to be with a guy just because he wants it.

That feels unfair to her and like sheâ€™s only giving in to him as a favor.

Instead, she wants to feel so much respect, sexual attraction and love for him that SHE wants to be in a relationship with him.

So, if you want your ex to want to give your relationship another try, you need to make her experience the type of feelings she wants to experience when sheâ€™s with you (e.g. respect, attraction, love, joy, excitement), rather than declaring your undying love for her and hoping that will change her mind.

Another mistake to avoid isâ€¦!

2. Promising to do whatever it takes to make her happy

For example: A guy starts begging and pleading and saying things like, *â€œIâ€™m so sorry. I know I stuffed up, but Iâ€™ll do anything to make it up to you. I promise. Whatever you want, Iâ€™ll do it. As long as youâ€™re happy. Thatâ€™s all that matters to me now. Just tell me what you want.â€*

Unfortunately, rather than making his ex feel satisfied that heâ€™s now at her beck and call, it actually scares her off instead.

Saying something like that only highlights to her that he doesnâ€™t know how to be the kind of man she needs.

He is essentially asking for her guidance and help on how to be a man now.

A woman doesn't want to take on that role.

If a man tries to hand over that responsibility to her, he will end up looking like a lost, confused boy who hasn't yet grown up and become a man.

So, donâ€™t make that mistake with your ex.

Rather than promising her that you will do whatever it takes to make her happy, focus instead on figuring out what happened to cause her feelings for you to change.

Make the changes yourself, without her guidance.

Level up as a man and prepare to properly re-attract her in the ways that are important to her.

For example:

- Did you become too emotionally sensitive in the relationship?
- Did you stop making her feel attracted to you?
- Did you allow her to push you around and dominate you with her confident personality?
- Did you treat her more like a friend than an attractive, desirable woman?
- Did you lack purpose and direction in life?
- Were you closed up emotionally and didn't properly convey your love for her?

These are the kind of things that really matter to her.

When you make the necessary improvements to yourself without her having to tell you what to do, she naturally feels a renewed sense of respect and attraction for you.

She then begins to believe that you've learned from your past mistakes and are now a better man.

When that happens, she feels comfortable trusting you again and then, giving the relationship another try starts to feel good to her.

On the other hand, if you just promise to do whatever she wants to make her happy, she will keep saying things like, *"I don't know!"* *"I'm afraid of getting hurt again,"* and pushing you away.

Another mistake to avoid is

3. Promising that you will never hurt her

As far as she is concerned, that has already happened.

You have already hurt her and that is why she's afraid to give your relationship another try.

So, saying to her, *"Look, I know you're scared, but I promise I won't hurt you again. Just give me a chance to show you that things will be different now,"* is unlikely to be enough to convince her.

Instead, she's probably going to be thinking, *"Yeah right! I'm just going to take his word that things will be different this time. Then, when I've fully fallen in love with him again, he's going to go back to behaving in all his old ways and I'm going to find myself with a broken heart once again. Like the saying goes 'Hurt me once, shame on you; hurt me twice, shame on me.' I'd be a fool to let that happen again and I'm no fool. So, he can just forget about getting back together again. I've got to stick to my decision to remain broken up from him."*

Here's the thing

In many cases, a guy has made promises not to hurt her, only to break his word later on after she's forgiven him.

So, don't bother promising your ex that you won't hurt her, because it just won't matter to her if she isn't feeling much (or any) respect and attraction for you right now.

Youâve got to regain her respect and attraction for you first, if you truly want her to believe you and open back up.

Once youâve done that, her defenses will drop and she will begin to feel like itâs possible for her to give your relationship another try.

Another mistake to avoid isâ

4. Saying that you are willing to take it slow

When a guy tells his ex that heâs willing to take things slow, rather than think that heâs being considerate and that heâs taking her feelings into consideration, she may in fact feel like heâs trying to force her back into a relationship.

Rather than look at it from his point of view (i.e. that he doesnât want to rush her) she will likely be thinking something along the lines of, *âI havenât agreed to give our relationship another try and heâs assuming that more time will make me change my mind. He still doesnât realize that the only thing that will make me agree to take him back again, is if he changes the things that turned me off and shows me that he can be the man I need him to be. I donât think he gets that yet. Heâs just pushing for a relationship. He has no idea how to make me feel the way I really want.*â

So, donât focus on trying to convince her that you are willing to take things slowly.

That just stresses most women out and turns them off, because the guy looks a little desperate.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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My Ex is Already On Tinder Even Though We Just Broke Up

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

4 possible reasons why your ex is already on Tinder, even though you just broke up are:

1. She is using it as a self esteem boost

After a break up, it's quite normal for a woman to feel lose confidence in her attractiveness to other men.

This can happen because the relationship with her man became boring or stale (e.g. her guy treated her more like a buddy than a desirable, sexy woman, they were always doing the same things, the sex became boring or dried up altogether, he always seemed to be looking at other women and checking them out).

[image: Relationship falling apart as man begins to treat his woman badly]

It can also happen if her guy took her for granted in the relationship (e.g. he stopped noticing and commenting on her efforts to look attractive for him, he was indifferent or even rude towards her, he talked down to her and made her feel stupid or unattractive).

As a result, after she breaks up with him, it's only natural that she might feel unloved, unappreciated and unattractive.

So, to make herself feel better, she might get on Tinder and instantly connect with hundreds of men who will make her feel like an attractive, desirable woman once again.

Here's the thing though!

Just because your ex is already on Tinder, it doesn't mean that she's over you or that you can't get her back.

In fact, you can easily change how she feels by making some adjustments to the way you interact with her from this point onwards.

You need to show her via the way you talk, think, behave and interact with her, that you now have the ability to make her feel the way she really wants to feel when she's with you (e.g. attractive, desirable, loveable, happy).

When you start giving your ex the attraction experience she always wanted (e.g. make her feel feminine and girly in contrast to your masculinity, take charge and lead the way rather than being too nice, neutral or complacent around her), her feelings will automatically change.

[image: Your ex will drop her guard and open back up to you, sexually and romantically]

She might openly admit it to you and say that she feels differently now and is interested in giving the relationship another chance.

Alternatively, she might keep her guard up a little, just to spend a bit more time with you before she can believe in the changes and fully open up to you again.

She will begin to think things like, *"I don't know what's changed, but talking to my ex actually makes me feel excited again. It feels good to be around him. No one makes me feel the way he does. Why wasn't he like this before? I would have never broken up with him if this is who he*

was before. Maybe we really can have another chance after all.â€

She will either then quit Tinder, or just begin to ignore it and focus back on you.

Another possible reason why your ex is already on Tinder even though you just broke up is becauseâ€

2. She wants to move on before you do

[image: She wants to move on before you do]

Whether itâ€s because a guy broke up with her, or because she wants to teach him a lesson for treating her badly in the relationship, a woman will often try to move on as quickly as possible after a break up.

For example: She may think something like, *â€I bet he thinks Iâ€™m just going to sit around crying over him for days or weeks. Well, Iâ€™ll show him that I donâ€™t need him. Iâ€™m going to quickly find myself another man and move on. Then, when he realizes that Iâ€™ve already moved on, he will regret treating me the way he did and letting me get away. Iâ€™ll show him how valuable I am.â€*

She will then make herself available (i.e. by going on Tinder) to meet new guys.

Hereâ€s the thing thoughâ€

Rather than wasting a lot of time worrying about it and thinking things like, *â€My ex is already on Tinder even though we just broke up. How could she do that?! Didnâ€™t she care about me at all? Did our relationship mean nothing to her?â€* simply focus on using every interaction you have with her from now on, as an opportunity to re-spark her feelings for you.

The more you make her feel respect, attraction and love for you, the less she will be able to settle for another guy she might meet on Tinder.

She will begin to feel uncomfortable with the idea of being with another guy and you can then guide her back into a relationship that is better than ever before.

Another possible reason why your ex is already on Tinder even though you just broke up is becauseâ€

3. She knew you would check, so she is trying to make you jealous

There are many reasons why a woman might want to make her ex jealous after a break up.

3 of the most common reasons areâ€

1. He was jealous and controlling in the relationship with her and she wants to test him to see if heâ€s changed, or if heâ€s still the same

If he has truly changed and is now more confident and self assured (i.e. he doesn't care if she's on Tinder, Match.com or any other online dating site or app), she will feel a renewed sense of respect and attraction for him.

She will then open herself up to getting back together with him.

On the other hand, if heâs still the same jealous guy (e.g. he gets upset with her for being on Tinder and says things like, *âHow can you do this to me? Did what we had together mean nothing to you? How can you be such a slut?*â) she will feel justified in her decision to remain broken up with him.

She will move on a lot more easily, without feeling guilty or like she may have made a mistake about dumping her ex.

2. She wants to see if heâs confident enough to get her back, even though it appears that sheâs moving on

If a guy gives up on getting his ex when he sees that sheâs already on Tinder, she will lose attraction for him for assuming that other guys are more attractive than him.

On the other hand, if a guy doesn't even care what she is doing and just focuses on re-attracting her, she will feel respect and attraction for him for not feeling inferior to other guys that she may be interested in.

Alternatively, he could also laugh at her (in a joking way) when they are talking in person and say something along the lines of, *âOh, noâ! what am I going to do? Youâre already on Tinder. Iâm sooooo jealous!*â if she brings it up as an attempt to make him feel jealous or uncomfortable.

When she sees that he isn't losing confidence in himself, she won't be able to stop herself from feeling a surge of respect and attraction for him for being so confident and emotionally strong.

3. She still has feelings for him and she wants to shock him into taking action and getting her back

In some cases, a woman may still secretly be in love with her ex, but she might not want to come out and say it.

So, as a way of shocking him into taking action, she tries to make him feel jealous by going on Tinder and pretending to be hooking up with other guys.

Sheâs hoping that he will take the lead in the ex back process and guide her back into deep feelings of respect, attraction and love for him.

Whatever the case might be between you and your ex, the important thing is that you don't sit back and allow your feelings of jealousy to cause you to give up on her, or to behave in ways that will turn her off (e.g. get angry, be rude, try to make her feel guilty for the way sheâs behaving).

Instead, regardless of what sheâs doing on Tinder, just focus on reawakening her feelings for you.

The more respect and attraction you make her feel for you, the less she will care about anyone else she might meet on Tinder or any other dating app.

Another possible reason why your ex is already on Tinder even though you just broke up is becauseâ!

4. She was never really committed to you

In some cases, a woman might hook up with a guy that she doesn't feel fully compatible with, simply because she doesn't want to be alone.

Alternatively, a man might be a woman's rebound guy (i.e. the guy she gets with after a serious break up to make herself feel better).

In her mind, she might be thinking, *He's okay for now, but he's not the one for me. He's not manly enough for me. He's too emotionally sensitive. When I get tired of him, I will simply move on and find another guy that suits me better.*

So, naturally when she breaks up with him, it's not too difficult for her to then move on (i.e. get on Tinder) because she was never really committed to him in the first place.

Of course, if this was the case with you and your ex, it doesn't mean you can't change how she feels.

In fact, when you make her feel surges of respect and attraction for the new you (e.g. by making her laugh and smile and feel good in your presence, making her feel feminine and girly in contrast to your emotional masculinity), she won't be able to stop herself from feeling some respect and attraction for you again.

She will begin to wonder something like, *What's going on here? Why am I feeling this way? Why do I suddenly want to be his girl again? Why does the idea of losing him for good suddenly make me feel like panicking? Could he actually be the one for me after all?*

This is why you should focus on what YOU are doing to get her back, not on what SHE is doing in the meantime.

Don't Waste Time Worrying About What She's Doing. Focus on What You're Going to Do to Get Her Back

It doesn't matter what your ex is doing right now.

What matters are the actions you are taking to re-attract her and get her back.

That said, not all actions get a positive result.

There are many classic mistakes to avoid when in your situation.

For example: If you want to get her back quickly, make sure that you

1. Don't text her to ask why she is on Tinder

It might be very tempting to send your ex a text message and demand an explanation from her.

For example: A guy might text something along the lines of, *How can you already be on Tinder when we've only just broken up? Did what we have together mean nothing to you? Were you just using me? Explain yourself. I deserve to know.*

He's hoping that she will feel guilty and respond with something like, *I'm so sorry! I never meant to hurt you. Of course our relationship meant something to me. You're the love of my life and I'm only on Tinder because I can't deal with the pain of losing you forever. Will*

*you ever be able to forgive me and give me another chance?*â€œ

Wouldn't that be nice?

He could then graciously forgive her and they can get back together again and live happily ever after.

Ahhh, how sweet.

That scenario might be played out in a Hollywood romantic movie, but in real life, a woman will usually just get annoyed at her ex for being needy, desperate and demanding.

She will then say something along the lines of, *â€œYou don't have any right to tell me what to do. We're broken up now and I can do whatever I want, date anyone I want and even have sex with whomever I want. You need to mind your own business and leave me alone. Goodbye.*â€œ

So, don't bother texting your ex to ask her why she's on Tinder!

Instead make sure that every time you interact with her, whether it's via text, e-mail, on social media, over the phone or in person, you're sparking her feelings for you.

The more you make her feel respect and attraction for the guy you have become since the break up, the less she will want to meet other men on Tinder, or anywhere else.

Another mistake to avoid making isâ€œ

2. Don't lose confidence in your chances of re-attracting her

It's understandable that when a guy sees that his ex girl is already on Tinder, even though they just broke up, he might begin to think something like, *â€œI guess it's truly over between us then. If she's already moving on so quickly like that, then I don't stand a chance with her anymore. It's hopeless to even try. I've lost her forever.*â€œ

He might then lose confidence in himself, in his value to her and in his ability to re-attract her.

Yet, thinking like that only makes him more unattractive in her eyes and convinces her that she's doing the right thing by being on Tinder.

Why?

Women are instinctively attracted to the emotional strength in men and turned off by the emotional weakness.

In other words, when a man is emotionally strong in his relationships with women, he is going to be confident, have high self-esteem, be self-assured, be determined to succeed, be assertive and he's going to believe in himself and in his value to her.

That's attractive to women.

On the other hand, when a man is emotionally weak, he is going to be insecure, self-doubting, have low self-esteem and he's going to believe that his woman is better than him in terms of value.

That's not attractive to women.

Instead, it makes a woman think things like, *â€œIf he doesn't feel like he deserves me, then why should I bother with him? I'm sure I can do better than him. I need to find a man who is confident and self-assured, rather than settle for an emotionally weak, insecure guy who I can't respect and feel attracted to.*â€œ

So, remember: If you want to get your ex back (even though she might already be on Tinder) you need to believe that you can.

You need to show her (via your actions and the way you react and behave around her), that you know you are the man for her.

She is your girl and you are her man.

So, be confident.

Believe in yourself and in your value to her.

When you think, feel, behave and act like a self-approving, confident man, you automatically become more attractive to your ex.

All of a sudden, she can't stop herself from thinking about you in a more positive light because you are now behaving like the kind of man she can actually look up to and respect.

[image: Get your ex off Tinder and back into your bedroom]

She then feels drawn to you in a way that feels good to her.

3. Don't use the 'No Contact' approach

After a break up, a lot of guys feel really insecure about how to approach getting their ex back (especially if she's already on Tinder pretty quickly after the break up).

A guy might then start thinking things like, *'What should I do to make my ex see me as better than the guys she's interacting with on Tinder? What strategy will work best? Should I use the No Contact Rule and ignore her for 30 to 60 days? Will that make her miss me and convince her that I'm better than the other guys she's meeting?'*

No.

The NC rule (ignoring an ex for 30 to 60 days after a break up) is usually the worst thing that a man can do.

Why?

To begin with, when a woman breaks up with a guy, it's usually because she has lost respect and attraction for him over time.

So, unless a woman is still desperately in love with her ex and is hoping that he will get jealous when he sees that she's on Tinder and then get her back, ignoring her for weeks or months isn't really going to bother her much at all.

Sure, she might wonder why he's not contacting her, but if she believes that he can't change and become the kind of man she needs him to be (e.g. more confident, more emotionally independent, more emotionally masculine), then she's just going to focus on moving on quickly with the guys she's meeting on Tinder or online dating sites.

So, if your ex currently doesn't have feelings for you, using the no contact approach isn't a very good idea.

Instead, you will most likely just be making it easier for her to get over you and move on.

Don't make that mistake.

If you want her back, you need to actively re-spark her feelings of respect, attraction and love for you (i.e. by quickly getting her on a phone call with you, making her laugh and smile and convincing her to meet up with you in person).

When you meet up with her and she sees for herself that you're now a new man (e.g. more

confident and emotionally strong, emotionally masculine, living a happy and fulfilling life without her) she will automatically feel attracted again.

Sheâ€¦ will stop feeling so drawn to Tinder and will want to explore her newfound feelings of respect and sexual attraction for you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Ex Girlfriend is Asking Me Questions About My Life

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 possible reasons why your ex girlfriend is asking you questions about your life:

1. She wants to find out if you are moving on without her

[image: She wants to find out if you are moving on without her]

When a woman is struggling to find a new guy after a break up, she may begin to worry that her ex man will move on before she does.

So, as a way of keeping tabs on her ex, she will stay in contact with him (e.g. via text, social media, or even by calling him on the phone or seeing him in person) and asking him things like, *“So, what are you doing these days? Are you going out?”* or *“Who are you hanging out with these days?”* or, *“What’s news?”*

In some cases, a woman will be very direct with her questions and ask, *“So, are you seeing anyone else yet?”*

Essentially, she’s trying to find out if she still has time to move on with a new guy before he finds a new girl.

If you suspect that this is the reason why your ex is always asking you about your life, there’s you don’t need to answer all of her questions in a straightforward manner.

Of course, that doesn’t mean you should be rude and say something like, *“Why do you keep asking me questions about my life? We’re broken up now and it’s none of your business what I’m doing!”*

Instead, just have a little fun with her by using humor to avoid answering her questions at times.

For example: Imagine that your ex asks you something along the lines of, *“So, what are you doing these days? Are you seeing anyone yet?”*

Rather than giving her an account of your whereabouts and saying something like, *“No, I’m not seeing anyone. I’m just focusing more on my studies/work at the moment,”* or *“Oh, I’m just hanging out with my friends for the time being. I’m not interested in dating anyone right now,”* you can instead say, *“Hey, you don’t have to hide behind questions like that. If you want me back just say so. You miss me. Haha! :P”* or *“Yes, I got married last weekend. Starting a family now.”*

Just be confident enough to joke around with her and not fall into the trap of reporting to her like an employee would for a boss or manager.

When you have the balls to joke around and not take her questions so seriously, she won’t be able to stop herself from feeling attracted to you.

Remember: Women attracted to balls, not fear.

It’s not about being overly ballsy and trying hard to seem confident or cool.

Instead, it’s just about relaxing and not taking her questions so seriously.

It takes balls to do that and if you’re also being a good guy while doing it, it means that you have

class as well.

You're not being an asshole.

You're simply not taking her questions so seriously.

Women love that.

Of course, this doesn't mean that you shouldn't take anything she says seriously.

No.

That's not it at all.

Just don't take everything that she says so seriously.

Mess around with her at times.

When you do, she will feel attracted and drawn to you and will realize that she doesn't want to lose you.

When that happens, getting her back becomes easy for you.

Remember: When your ex girlfriend is asking you questions about your life, you can use it as an opportunity to re-spark her feelings for you.

You don't have to be Mr. Serious or Mr. Formal or Mr. Super Polite all the time.

You are allowed to joke around, mess with her and not take everything so seriously.

So, just relax, be confident, lighthearted and easy-going about things as you talk to her.

Note: She might PRETEND to be angry at something you say or text to her.

If she does react in that way, just reply with, "Lol!" via text or laugh at her if you're talking to her on the phone or in person.

In other words, let her see that you have balls.

Don't display fear, insecurity or desperation. Those things aren't attractive to women.

Watch this!

Another possible reason why your ex is asking questions about your life!

2. She wants to see if she can reel you back in and mess with your head

[image: She wants to see if she can reel you back in and mess with your head]

After a nasty break up, a woman might feel angry or resentful towards her ex.

She may be thinking things like, *"I want to get revenge on him for hurting me. I'm going to make him believe that I want him back and then, when he's fully convinced that we're going to get together, I'm going to laugh in his face for thinking he had a chance with me and then watch him crumble. That will serve him right for being such a jerk to me in the relationship. He's going to get a serious dose of karma. What goes around comes around!"*

She will then lead him on by asking him questions about his life and showing interest in him.

He might then begin to wonder, *"Why is my ex always asking about what I'm doing? Is it possible that she still has feelings for me? Maybe we can get back together again after all."*

If he starts showing interest and excitement about getting back with her, she will then begin to ignore some of his texts or stop answering his calls.

She might even say, *"I am confused. I don't know what I want. Please give me more time"* and then text him in a loving, sweet way the next day only to then say that she is confused again.

Alternatively, rather than continuing to lead him on, she might say, *"I hope you don't have any ideas about us getting back together. I would never make that mistake again. You stuffed up and I will never forget that,"* to enjoy watching the hope fade from his eyes and be replaced with feelings of rejection and sadness.

She can then feel good about herself and get the revenge she wanted all along.

He treated her badly in the relationship and made her feel as though she wasn't good enough and now she is giving him a taste of his own medicine.

Silly games, I know, but that's what many people do after a break up.

If you want to skip all the mind games and just get her back, then watch this!

What you need to understand is that you really can change the way your ex feels about you.

Even if a woman is trying to mess with an ex's head for hurting her, it doesn't mean that she can't change how she feels about him.

Feelings change all the time.

You can directly influence how she is feeling, thinking and behaving by focusing on attracting her every time you interact with her from now on.

It doesn't matter if she's trying to mess with your head right now.

You can make her plan to get revenge on you backfire by making her fall in love with you again and want you back more than anything.

Another possible reason why your ex is asking you questions about your life is!

3. She's bored, lonely or sad and is hoping that talking to you will make her feel better

[image: She wants to talk to you to make herself feel better]

When a couple has been in a relationship for a while, they usually end up doing most things together (e.g. hang out together on weekends, go out to eat together, go to the movies together, sleep in the same bed, watch TV together).

So, when a break up happens, their lifestyle also begins to change (i.e. having to find new things to do on the weekend, sleeping alone, watching TV alone).

In the same way, your ex girlfriend may suddenly have found herself with too much alone time on her hands and no-one to share it with.

She might have friends that she goes out with, but friends don't spend all their spare time together.

As a result, she might be feeling bored without you and be missing the comfortable familiarity that you and her once shared.

To make herself feel better, she will ask you questions about your life as a way of filling up her alone time with distractions.

If this applies to your case, make sure that you are using the communication to actively make her feel sexually and romantically attracted to you, rather than just being friendly to her.

If you are only being friendly when texting her, she won't feel drawn to you in a sexual or romantic way.

Before you know it, the texts will slow down or stop and you will find out that she is dating a new guy.

So, while she is texting you, make sure that you use it to make her feel attracted and drawn to you.

That way, you can get her back into a real relationship, rather than just being her text friend for a while.

Where some guys go wrong, is by thinking, *â€œHey, my ex girlfriend is asking me questions about my life. Maybe she still has some feelings for me. If I just hang around her and be her friend (or text her like a good friend), she might eventually change her mind about us being broken up and we can then get back together.â€*

Yet, if a guy isn't actively creating a spark, a woman usually isn't feeling it—especially when she has dumped him and doesn't want to be with him anymore.

This is why you should act like just a friend when talking to her, or texting her.

You should literally talk to her as though she is a new girl that you're attracting and picking up.

That's what works.

By the way—

If your ex is asking questions about your life because she's bored and wants someone familiar to talk to for a while, it doesn't mean that she wants you back sexually and romantically.

To make her feel that way, you have to actively spark her feelings of respect, sexual attraction and romantic love for you again when you interact with her (e.g. via text, e-mail, social media and especially over the phone and in person).

If you just go with the flow and pretend to be a nice friend to her without actively making her feel respect and sexual attraction for you again, she will use you when she feels bored.

However, that won't stop her from dating, having sex and falling in love with another guy if he comes along and sparks her feelings of sexual and romantic attraction.

So, make sure that you're not making her feel neutral, friendly feelings for you when interacting with her.

If the communication between you is mostly friendly and neutral, there won't be a strong enough reason for her to want to get back into a romantic relationship with you.

Instead of being neutral and friendly, make sure that you flirt with her to create sexual tension between you and her.

Another possible reason why your ex is asking you questions about your life is—

4. She's trying to signal to you that she wants you back

Even if your ex still has feelings for you and wants you back, she won't necessarily make it obvious by saying something like, *"Hey, I know that we've broken up, but I still care about you and I'd really like for us to work things out. What do you say? Are you interested in getting back together again?"*

It would be great if she did say that, but she most likely won't.

Instead, she will drop subtle hints (i.e. asking you questions about your life) and wait to see if you have the confidence to get the relationship back together without her help.

She wants to know that you have the courage and confidence to make it happen without her help because she doesn't want to be in a relationship with a guy that she has to carry throughout life.

Women are instinctively attracted to men who remain emotionally strong and confident and go after what they want in life (including an ex that they're still in love with), regardless of what anyone else thinks, says or does.

So, if you want your ex girlfriend back, you just have to make it happen yourself, otherwise she will start thinking things like, *"Oh well! I tried to give him an opening but he's just not taking the bait. Either he's not interested in me anymore, or he simply doesn't have the confidence to get me back. Whatever the case, I'm just wasting my time anymore,"* and she will then focus on moving on with a new guy.

Don't let that happen to you and your girlfriend.

Get her back.

How?

Show her (don't tell her!) that you are now confident and emotionally strong enough to go after what you want in life, including her, regardless of how challenging or difficult it may seem.

The more that she experiences your new and improved confidence and masculinity (via the way you now talk, behave and interact with her), the more her guard will come down.

Another possible reason why your ex is asking you questions about your life is

5. She wants to see if you've changed

Even when a woman breaks up with a guy, she will often hope that he can change the things about himself that turned her off, so they can then get back together again.

For example: A woman might break up with a guy because he's got no plan for his future (e.g. no big goals, no plans to marry her, no big ambitions for his career, no long term plan to succeed and be safe in later years).

He's too emotionally immature and behaves more like a teenager than like a grown man (e.g. he doesn't have a stable job, he still lives at home with his parents, he parties too much and gets drunk often, he doesn't want to be responsible about his life).

Yet, in many other ways he's the perfect guy for her (e.g. he's kind and generous, he treats her with respect, he has a great sense of humor, he satisfies her sexually).

After the break up, she will be thinking something like, *"If he can only find a good job, set some*

goals in his life and then work towards achieving them, I could definitely see myself getting back with him. Unfortunately, I just don't see that happening any time soon and I can't afford to waste the best years of my life waiting for a guy to grow up and be a man. I need a man now. I need a guy who can be a man right away, not a boy who might grow up one day. I'm just so confused. I still care for him, but I also know that I can't stay stuck in a dead-end relationship either.

So, after the break up, she might stay in touch as a way of keeping tabs on him.

She will want to see if he's changed and if he has, she can then go ahead and get back with him.

In the same way, your ex girlfriend might be asking you questions about your life to see if you've changed and improved some of the things that turned her off before.

For example: Some of the questions a woman will have about her ex include:

- Is he more confident and emotionally independent now, or is he still needy and insecure?
- Is he moving through the levels of life like a real man, or is he stuck in a rut in life, or still behaving like a teenage boy who won't grow up?
- Does he stand up for himself now when others (including her) try to push him around, or is he still easily picked on?
- Can he make her feel feminine and girly in his presence by being more emotionally dominant than her, or does he still allow her to dominate him with her confident personality?
- Has he embraced the idea of being a masculine man, or does he still think that it's wrong to be masculine and right be soft and nice all the time?
- Has he improved his understanding of what women really feel attracted to, or is he trying to re-attract his ex with the same old approach that got him dumped in the first place?
- Can he make her feel sparks of sexual attraction for him by being emotionally masculine around her, or is he still too much of a neutral guy who makes her feel more like his friend or sister?

So, if your ex girlfriend is asking questions about your life, it may be because she wants to see if you've changed.

You need to show her (via the way you think, talk, behave, interact with her and respond to what she says and does) that what she's hoping for is already there.

You really have changed.

You are a new and improved man.

The more she experiences that for herself, the more respect and attraction she will feel for you and the more she will want to give the relationship another chance.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to

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Dumped Because She Thought I Didn't Care Enough About Her

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 possible reasons why:

1. She's just saying that to see if she can control you

Sometimes a woman will say and do thing to see how much control she can have over a man.

In your case, she has dumped you and you really want her back, so she might just be saying that you didn't care enough, to see how much power and control she can gain.

She will try to make you to feel like you really need her, so she can feel safe getting back into a relationship with you and not have to worry that you will immediately or quickly dump her to regain the power position.

So, a woman will say things like, *"You didn't care enough about me"* or, *"You treated me like crap"* to see how her ex will react.

- Will he beg and plead for her forgiveness?
- Will he ask her what would make her happy and then do everything she asks?
- Will he try to make it up to her by buying her flowers, expensive gifts and making himself available to her every whim?
- Will he let her get away with disrespecting him because he's now too afraid to stand up to her?
- Will he become desperate as he tries to impress her and get her back?
- Will he stop being the cool, confident guy that she fell in love with?

If he gets caught up in feelings of desperation and allows her to control him, she will lose respect for him and close herself off even more.

On the other hand, if he stands up to her (in a loving, but dominant way), she will realize that she can't control him because he is emotionally stronger than her.

This will automatically spark her feelings of respect and attraction for him again.

Why?

Women feel respect and sexual attraction for men who are emotionally stronger than them and feel turned off by guy who are emotionally weaker.

So, the next time your ex says something along the lines of, *"I don't know if I can ever give you another chance. You didn't care enough about me before. I just can't trust you,"* rather than do what most guys do (e.g. apologize over and over and promise to make it up to her), use it as an opportunity to re-attract her instead.

For example: You can laugh and say, *"I never realized you were such a little drama queen. You poor little thing. I treated you so badly. What a horrible boyfriend/husband I was. Okay, how about this? From now on, I will tell you that I love you every minute. I'll just keep saying I love you, I*

love you, I love you. Iâ€¦I'll even text it to you when weâ€¦re not together. I'll also call you in the middle of the night to tell youâ€¦and if that isn't enough, Iâ€¦I'll shout it out the window for everyone to hear. Then you wonâ€¦t be able to say that I donâ€¦t care. So how about it? Iâ€¦I'll start right now. I love you, I love you, I love you!â€¦ and then laugh at her (for complaining about your behavior in the first place) and with her about it.

Initially, she might be a bit shocked that youâ€¦re not allowing her to control you and she may even say something like, â€¦How dare you make fun of my feelings like that.â€¦

Just remember thoughâ€¦!

Thatâ€¦s only another way of asserting her control over you.

Women always test the confidence of men and this happens even more when you are an ex.

If you lose confidence, start doubting yourself and then apologize to her for joking around, she will think, â€¦Aha! He was just putting on an act of being more manly. In reality though, I can easily control him because he's still a bit of a wuss. All I really need to do is push him a bit and he crumbles. He's not a man. He doesn't get itâ€¦ and she will then lose even more respect for you.

On the other hand, if you maintain your confidence and then say (in a loving, gentle way) something along the lines of, â€¦Iâ€¦m not making fun of your feelings. In fact, I acknowledge that certain aspects of my past behavior may have made you feel unloved and unappreciated. However, that wasnâ€¦t the case at all â€¦ I really did love you. No matter what has happened between us, my love for you has never changed or diminished. Of course, you probably wonâ€¦t take my word for that and I understand. So, how about we just hang out as friends for a while and get to know each other over again with a clean slate? Then, if you still feel as though I am a terrible guy who doesnâ€¦t care about you, I will walk away and leave you alone forever. I promise.â€¦

By saying something like that to her, youâ€¦re establishing your role as a loving, dominant man, which automatically changes the way she perceives you.

Even if she tries to stop herself from feeling respect and attraction for you, she won't be able to.

She will respect you and feel attracted to you for not allowing her to push you around, but while also still being a good, loving man.

You're being masculine and assertive, but you're not being an asshole.

As a result, she will feel differently and begin to drop her guard.

Based on her renewed feelings for you, she will almost certainly open herself up to the idea of being friends for a while to see where things go, rather than cutting you out of her life completely and losing you forever.

Note: Itâ€¦s totally fine to be her friend, but just donâ€¦t act like an innocent friend who pretends not to be interested in her in a sexual or romantic way.

Make sure that you flirt with her to create sexual tension and always focus on making her feel sexually attracted every time you interact with her.

Another possible reason why your ex might be saying that she dumped you because she thought you didnâ€¦t care enough about her, isâ€¦!

2. You spend too much time on work, study or hobbies

[image: You spend too much time on work, study or hobbies]

If a guy mainly focuses on himself (e.g. going to the gym, hanging out with his friends), his work, studies and interests, then his woman might eventually start to feel as though he is taking her presence in his life for granted.

Essentially, she fades into the background of his life and is expected to sit around and wait for him to notice her when he has the time.

When a woman feels unloved and unappreciated by her man, she will eventually become unhappy with what she perceives as his unfair treatment of her.

Initially, she might drop hints about her feelings by saying things like, *“You’re always so busy with work. I never see you these days. Why don’t we spend more time together?”* or *“I know your studies are important to you, but even when you’re finished with exams, you always seem to be busy doing something else. I hardly get any time with you anymore,”* or *“I’m glad you enjoy your work, but you have to make time for our relationship as well y’know?”*

He might brush her concerns away by saying something like, *“Oh, you’re just being silly! You know that I love you. I just have other things on my mind right now, that’s all. We will spend more time together in future. For now, I have to”*

Of course, saying something like that to a woman only makes her feel even more misunderstood and unappreciated.

[image: Starting to lose interest in her man because he doesn't care enough about her]

She knows that so many other men would love to be in a relationship with her, would treat her well and would make her feel loved and appreciated.

So, if she isn’t feeling loved and it keeps going on and on like that, she will eventually want to dump her guy and find a new man who will make her feel loved and appreciated.

Of course, that doesn’t mean a woman wants her man to make everything about her and base his whole life on pleasing her.

Not at all.

The fact is, when a man has focus, direction and a clear purpose in life outside of the relationship (e.g. he is striving to achieve a big goal or dream), it’s actually something that makes him more attractive to his woman and to other women.

His woman feels safe being with him because she can see that he’s not just drifting through life and hoping that things will someday work out for him by magic.

He is a go-getter and is making things happen like a real man does.

Women love that.

So, don’t think that you have to base your life on your woman and give her all your time and attention.

Not at all!

You just have to make her feel loved, appreciated and wanted when you do spend time with her.

You don't have to put a lot of effort into it and take it on as another chore you have to do in life. Instead, you just have to be genuine about your love for her, your commitment to her and your happiness about being with her.

So, make sure that you understand me clearly: You don't have to give her all of your time and attention.

As a man, the majority of your time and attention should be on achieving your biggest, goals and dreams in life.

However, when you do spend time with your woman, make it quality time (i.e. love her, be there, care, be good to her, have fun).

Another way of saying this is that it's perfectly fine for your work/studies/purpose to be the most important THING in your life, as long as she feels like the most important PERSON.

Remember: You don't want to neglect the other areas of your life to focus all your attention on her, because that will most likely cause you to become needy and clingy, which will turn her off.

Just take a balanced approach to how much time you give to her and your purpose in life.

Be serious, genuine and real about both your purpose (i.e. your biggest goals, dreams and ambitions in life) and your relationship with her.

That's the secret.

So, if your ex dumped you because she thought you didn't care enough about her, it could be because you didn't make her feel like the most important person in your life, which caused her to feel unvalued and unappreciated.

If you did that, don't worry.

Don't let your past mistakes cause you to lose the confidence that your ex originally felt attracted to and fell in love with.

Don't start putting yourself down, blame yourself for everything that happened and feeling unworthy of her now.

You are worthy of her.

Yes, you made some mistakes, but you can't go back into the past and change things.

What's done is done.

What's important now is how you proceed from this moment onwards.

Another possible reason why your ex might be saying that she dumped you because she thought you didn't care enough about her, is that

3. You didn't let her express her emotions like a woman and wanted her to be more like you

[image: You didn't let her express herself like a woman]

Men and women are different and that is a good thing.

It's the difference between the energy, physical appearance and behavior of men and women that attracts them together.

Some guys either aren't aware of that, or they forget it when in a relationship and end up trying to force their woman to think, feel, behave and act more like a man.

When a guy does that, she then stops feeling attracted to him and funnily enough, he stops feel as attracted to her too.

So, it's absolutely essential that when in a relationship, you always encourage and allow your woman to think, feel, behave and act like a woman.

Embrace and celebrate the differences between you and her, rather than fighting against it and trying to become more like each other.

For example: Generally speaking, men are more logical in the way that they think, compared to women.

Men say what they mean, get to the point and don't need to talk about their feelings in 2-hour phone calls with their buddies.

When a guy decides to discuss a problem with his woman, it's usually because he's trying to find a solution as quickly as possible, or he already has a solution in mind and just wants to talk about it.

On the other hand, most women are a lot more emotional in how they think, compared to men (generally speaking of course).

Women tend to make decisions with their heart rather than their head and almost never say exactly what they mean (e.g. she'll say things like, *I'm fine*, when she's annoyed about something, or *It's okay with me*, when it isn't).

If a woman shares a problem with her man, it's usually because she wants to talk it out, get it off her chest and just vent a little.

Essentially, she wants to express how she feels about the problem, talk about it and not rush for a solution.

Unfortunately, a guy sometimes doesn't understand this fact about women.

So, a guy will make the mistake of wanting his woman to think, act and behave more like him (e.g. be more logical, less emotional, more practical and swift in her decision making).

For example: If she's feeling emotional about something, rather than just letting her express herself in a feminine way (e.g. cry, throw a tantrum, get emotional) he says things like, *Oh, don't worry. You'll be fine*, or, *Why are acting you like this? Grow up. Can't you see that there's no point complaining about something? You've just got to fix the problem. What are you going to do about it? There's no point going on and on about it. What are you going to do about it?*

He's right, but that's not what she wants when she talks to a man that she's in a sexual, romantic relationship with.

Women are expected to be logical, practical and efficient in the workplace, but in a sexual, romantic relationship with a man, she wants to be free to be a real woman (i.e. be feminine, emotional, irrational).

When she brings up a problem, a woman usually just wants him to listen and let her vent her feelings about the situation for a while.

If he doesn't offer her that type of relationship experience, she will start to get frustrated and feel as

though it just can't work between them.

She may then start thinking to herself, *He's not letting me be myself. The longer I stay with him, the more he's going to try and change my personality and be like him. He just doesn't care enough about me to let me be who I want to be. I can't take it anymore. I need to get away from him before I lose myself. I want to feel like a real woman again. I just can't feel that way when I'm around him.*

She will then break up with him and say that she thought he didn't care enough about her to listen to her complaints about his behavior.

At the time, it may not make a lot of sense to the guy being broken up with, but it will make full sense to her.

If you can relate to that, don't worry â many guys make the same mistake.

To get her back, you need to show her (via the way you respond to her emotional outbursts, how you now talk to her, how you approach interactions with her) that you now accept her the way she is.

It's not about letting her disrespect you, treat you badly or take advantage of you in any way.

Not at all.

Instead, it's about letting her be the emotional, irrational and complicated woman she really is, deep down.

Most women don't want to admit that because most guys will assume that it means she is stupid, bipolar or in need of psychological help.

She doesn't want to be looked down on like that, just for being a typical woman.

Instead, she wants her man to have the balls to face the storm of her random bursts or irrational femininity (i.e. tantrums, creating unnecessary drama, being overly sensitive about things), rather than getting angry at her, demanding that she be more like him or walking off in a huff.

So, in terms of your ex!

Regardless of whether she's crying, throwing a tantrum or being cold and bitchy when you interact with her, you just need to maintain your confidence and allow her to be a woman.

She will instantly begin to realize that you're not asking her to stop acting the way she is and are allowing her to be your opposite (i.e. feminine to your masculine) for once.

The longer you interact with her, the more keen she will become to give you and her another chance.

After all, she will know that it's pretty much next to impossible to find a man who can handle the feminine outbursts of a woman.

Another possible reason why your ex might be saying that she dumped you because she thought you didn't care enough about her is!

4. You didn't make her feel confident around your friends or family

Some guys have a close, loving relationship with their family and friends.

They're always calling each other on the phone, doing things together, or just hanging out with one another.

Naturally, there's nothing wrong with that at all and most women like to know that their guy has a close network of friends and family that he can turn to in case of an emergency.

Yet, a woman doesn't want to feel like she's not included or as though she's an unwelcome outsider.

This is where some guys go wrong.

Some guys get so caught up hanging with their friends and family, that they fail to notice their woman is feeling insecure or left out.

She might then say something like, *"Your friends/family don't like me,"* or *"I feel uncomfortable around your friends/family lately,"* in the hopes that her guy will understand her feelings and make her feel more confident and included the next time they're all hanging out together.

However, if he brushes her off by saying something along the lines of, *"Don't be silly. Everyone thinks you're great. You just need to try harder to fit in. You're always just sitting in the background being so quiet. Why don't you just join in? Speak up next time and join in on the conversation"* she may then start to wonder if he really cares about her at all.

Why?

She's not asking him to tell her to man up.

She's expressing her feelings and saying that she feels uncomfortable.

She's hoping that he makes the effort to help her feel more confident, included and respected the next time they're hanging out with his family and friends.

What a lot of guys don't understand is that in most cases, women are a lot more insecure than men.

For example: More women suffer from anxiety, depression and obsessive compulsive disorders (related to their looks) than men.

So, even though your ex might have seemed very confident in her general life (e.g. at work, around close friends) deep down she may have felt insecure, nervous and like she didn't fit in when it came to interacting with your friends and family.

As the man, it's your responsibility to make her feel included, taken care of and valued when she is with you.

You don't have to babysit her or work hard to make her feel included.

Instead, you just need to give a crap about her.

Make her feel included, confident, safe, happy and loved and she will do the same back for you.

On the other hand, if you don't make her feel that way, she will feel unloved and may then decide to break up with you to find a guy who will appreciate her.

Another possible reason why your ex might be saying that she dumped you because she thought you didn't care enough about her is that!

5. You expected her to do things for you as though she is your

servant just because she's your girlfriend or wife

Many guys believe that the love between a man and a woman will last for life, because it was great at the start of a relationship.

Yet, it just doesn't work that way.

Watch this!

For a relationship to last a lifetime, the love, respect, attraction and appreciation that you feel for each other must be deepened over time.

If you fall into the trap of taking each other for granted, one or both of you will eventually want to leave the relationship.

Here's the thing though!

Even though some women will lead the way and ensure that a relationship works, it's actually a man's responsibility.

It's not a lot of hard work.

You just need to give a crap about her, your relationship and your future together.

If you do that, then everything will be fine.

Yet, if you feel as though she should be happy because things used to be good, then you're going to end up disappointed when she leaves.

Of course, you already know that feeling because it has happened to you.

You may have treated her really well initially, but you gradually stopped putting in the effort, right?

Don't worry so many guys make that mistake.

Most guys have no trouble at all showing a woman how much they care for her during the dating phase of the relationship, but after a while (i.e. when the initial thrill wears off), he will begin to take his woman's love and devotion to him granted.

For example: A guy might become lazy and selfish (e.g. because this was the behavior he learned at home by watching the interactions between his father and mother, or this is how all of his friends treat their women).

He might then develop an expectation that his woman serve him and do whatever he wants, just because they are in a relationship.

When she realizes what has happened, a woman will feel a bit shocked and disappointed at her man's change in behavior.

Initially, she may come up with excuses for him by thinking things like, *He's probably just having a bad day*, or *It must be all the stress at work that is causing him to treat me this way. When things calm down, he will realize his mistake and will feel really bad about it. He will then make it up to me and show me that he truly does love and appreciate me.*

Yet, when she realizes that he's not changing and improving, she will eventually get fed up with his bad treatment of her.

Her feelings of respect, attraction and love for him will begin to fade and she will eventually dump him for not caring enough about her.

So, if your ex dumped you because you were taking her for granted, to get her back, you need to

show her that youâ€”ve fully understood where you messed up and have changed and improved as a result.

Important: Itâ€”s not about SAYING that youâ€”ve changed or promising you will never treat her badly again.

Instead, itâ€”s about interacting with her in a mature, loving way and SHOWING her via your actions that youâ€”re now a new man.

In fact, if you try to SAY that you've changed and really sell yourself to her, she will feel turned off by your desperation and keep her guard up.

She will wonder if it's all just an act from you now and when you get her back, you will gradually go back to not caring enough about her again.

So, make sure that you avoid trying to sell yourself by SAYING that you've changed.

Instead, SHOW her that you've changed and let her feel differently as a result.

Showing her that you have changed is about interacting with her and allowing her to experience the changes in you.

She will sense the changes based on how you now talk, think, feel, behave and act and will decide for herself whether or not it is genuine.

So, if you want to get her back for real, make sure that you really make changes or improvements before you speak to her again.

Other guys have gotten their woman back in the same or a similar situation to yours.

You can do it too.

You can get her back.

You can make her love you even more than she did before.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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Day 7 of No Contact

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you've already cut off contact for 7 days, then make sure that you are ready to contact her tomorrow.

Don't wait any longer than that.

Remember: Women respond differently to No Contact compared to men.

For example: A man will usually feel rejected when his ex doesn't contact him after he dumps her.

He will feel as though he doesn't have the kind of power over her as he once thought he did.

He may then begin to think, *"How could she move on so easily? Why doesn't she care? Does she already have a new guy?"*

He wants to regain his power over her and make her want him again, so he then contacts her.

In a woman's case, the No Contact Rule usually works well on a man for that main reason.

Yet, the same rule doesn't apply when a man cuts off contact to hopefully get a woman back.

In most cases, she doesn't care because her aim isn't to gain power over him.

A woman's aim is to be in love and to have a successful relationship that lasts for life, rather than stick with a guy who doesn't even know how to make her feel attracted anymore.

So, if your ex fell out of love with you and no longer had much or any feelings for you when she dumped you, then she's almost certainly not going to care if you cut off contact for 30 days, 60 days or a lifetime.

She's just going to move on.

Watch thisâ€¦!

Of course, some women do care about the fact that their ex man isn't contacting them after a break up.

Yet, a woman will only care for so long, especially if she was pretty certain that she was making the right decision to break up with him (e.g. because he was too insecure, wasn't man enough for her, didn't make her feel attracted anymore).

So, when a typical woman doesn't hear from her ex man for weeks or months after the break up, she might:

- Realize that she feels totally fine without him in her life.
- Begin to enjoy the single life, wherein she can do whatever she wants, whenever she wants and with whomever she wants.
- Start believing that her ex doesn't care about her anymore and probably never did, so she doesn't need to remain faithful to him or try to make something work with him.
- Get over the pain of the break up by hooking up with a new guy sexually and then allowing herself to fall in love with him for fun.
- Focus on all the reasons why she broke up with her ex, so she can feel even more turned off by him.
- Feel even less respect and attraction for him for trying to play â€œmind gamesâ€œ with her

by not contacting her for weeks or months, when she knows that he still wants her back and wishes he could get another chance with her (i.e. because he begged and pleading with her during the break up, he can't easily attract and pick up quality women, he was always more attracted to her than she was to him).

- Lose even more respect for him for not having the balls to contact her and get her back like a real man.

So, don't make the classic mistake of assuming that your ex needs 30 to 60 days of space before she will be ready to get back together.

In most cases, a woman has completely calmed down and is ready to interact with her ex by Day 7, which is why you shouldn't wait any longer than that.

If you are on Day 7 of No Contact today, then you need to call her and get things moving along, before it's too late.

If you don't contact her and decide to wait a few more weeks, your plan may backfire because she might just move on without you (e.g. by hooking up with a new guy and falling in love with him).

Cutting off contact for a long time seems like a good idea, but it usually doesn't work on women who wanted to dump their ex.

Rather than making her think, *â€œOh no! I miss him so much! Why isn't he calling me? What could he be up to? I hope he hasn't met someone else,*â€œ a woman simply makes herself feel better by hooking up with a new guy.

As you would know, it's very easy for women to get laid or start a new relationship and women use that as an easy way to move on and stop thinking about an ex.

In many cases, the woman meets a new guy who makes her feel more attraction than her ex did leading up to the break up (most likely the case), so it might give her a false sense of hope about a relationship with him.

The woman compares how good she feels with the new guy, to how her ex made her feel near the end of the relationship and realizes that she's so much happier now.

You don't want that happening to you, right?

If not, then get her on a phone call and get her to meet up with you, so you can re-attract her and get her back.

If you don't have the confidence to make that happen, she may believe your lack of contact means that you didn't love her or care enough about her to get her back.

If she feels that way, she will almost certainly aim to get quick revenge by hooking up with a new guy and making him love her.

Don't let things get to that point.

Pick up the phone right now and make the call.

Get her back.

5 Common Mistakes to Avoid

When a guy reinitiates contact after a week or more of no contact, he will usually make one or

more of the following mistakesâ€¦|

1. Worrying that the call will go badly and she will never want to speak to him again

For example: He may think, *â€œWhat if she doesnâ€™t answer my call?â€* or *â€œWhat if she tells me to leave her alone?â€* or *â€œWhat if she has decided that she doesnâ€™t want to get back together?â€*

By thinking in that way, heâ€™s actually programming himself for failure.

By the time he gets her on a call, he will likely be feeling so nervous that he may even start stumbling over his words as soon as she says *â€œHello.â€*

However, thatâ€™s not the impression you want to make on your ex, right?

Remember: Nervousness, insecurity and self-doubt are qualities that turn women off.

So, if your ex hears obvious fear in your voice when you call her, rather than making her think, *â€œOh, itâ€™s so nice to hear from him! Itâ€™s also so cute that heâ€™s feeling nervous to talk to me again! Maybe I should give him another chance! I love wimpy ass guys!â€* sheâ€™ll be thinking something like, *â€œIt feels awkward to be talking to him now. Clearly he doesnâ€™t have what it takes to be the kind of man I want.â€*

Donâ€™t do that to yourself.

Take control of your mind and get yourself into the habit of imagining things going well when you talk to your ex.

For example: Instead of allowing insecure thoughts to crowd your mind, such as, *â€œWhat if she tells me to get lost?â€* or even, *â€œWhat if I run out of things to say?â€* push yourself to feel confident by imagining things going well.

Imagine thisâ€¦|

You are talking to your ex on the phone for the first time since you and her broke up.

The conversation starts off great and you easily re-attract her in many different ways (e.g. by being very confident, making her smile and laugh, flirting, making her feel girly in comparison to your masculinity).

She feels really happy to be talking to you again and when you suggest a meet up, she quickly agrees.

At the meet, up you continue to re-spark her feelings for you by saying and doing the types of things that are naturally attractive to women (e.g. youâ€™re being confident and emotionally strong, you use humor to break down her defenses, you make her feel feminine and girly by being more emotionally masculine than her).

You and her then get back together again and are even happier than you were before.

Thatâ€™s how you need to be thinking if you want to get your ex back.

Why?

It gives you extra confidence to say and do the right things when the moment arrives.

However, if you doubt yourself, you will naturally say and do things that seem awkward and unattractive to her.

So, push yourself to be confident.

You can do it!

Another mistake to avoid making isâ€¦

2. Being nervous when you talk to her

What a lot of guys don't realize is that a woman's attraction to a man is mostly based on how he thinks, talks, behaves, feels and acts around her.

For example: If a guy is confident, emotionally strong, charismatic and uses humor to make her feel happy when she interacts with him, she will automatically feel attracted to him.

On the other hand, if a guy is nervous, insecure, tense and too polite around his ex, her attraction for him will remain switched off.

In both instances, he created that.

He made it happen via his thinking and behavior.

So, when you contact your ex, make sure that the feelings you create inside of her are actually what you want (i.e. for her to feel attracted to you again, feel sparks of love, feel drawn to you).

Another mistake to avoid making isâ€¦

3. Only texting her because you're too afraid to call her

Sometimes a guy convinces himself that the best way to break the ice after 7 days of no contact with his ex is by sending her a feeler text.

For example: He might text something like, *â€œHey, how are you doing?â€* and wait for his ex to hopefully respond with something along the lines of, *â€œOh, Iâ€™m okay. Iâ€™ve been missing you. What have you been up to? Can we get together sometime to catch up?â€*

Wouldn't that be nice?

It would be so easy to get her back then.

All you had to do was send out an easy feeler text after 7 days of no contact.

Yet, that's just not how the majority of women react.

Rather than making the ex back process easy for him, a woman will usually either ignore his text or send a blunt reply like, *â€œIâ€™m fine,â€* and then wait to see what he'll do from there.

The truth is, as a man, you need to take responsibility for guiding both you and your ex back into a relationship.

Watch my video about texting your ex hereâ€¦

Don't hide behind texts and hope that she will make it easy for you because most women won't.

Even if your ex does reply and seems happy to be hearing from you, she could still be thinking something like, *â€œOkay, greatâ€¦he texted meâ€¦ now what? Does he think this is going to be the start of a new relationship between us based on a few text messages? I wish he would just get to the point, or leave me alone if he doesnâ€™t have the balls to do more than send messages back and forth. Heâ€™s just wasting my time.â€*

Hereâ€™s the thingâ€¦

When a woman can't hear the tonality of a man's voice, or experience any of the changes that he has undergone in the 7 days since the break up, she will usually continue to think about him

based on how she felt when they broke up.

For example: If a guy was insecure, self-doubting and needy in his relationship with her and when she broke up with him, she will usually assume that he is still like that, even though he is sending her cool texts.

So, if you truly want to get your ex back, don't waste a lot of time texting back and forth.

A text or two can help to get her to smile and laugh a little, but don't get sucked into texting back and forth with her.

If you do, she will almost certainly begin playing hard to get and if you then make the mistake of trying harder to impress her via text, she will feel turned off by your desperation.

So, pick up the phone and focus on re-sparking her feelings of respect and attraction for you.

Talking to her on the phone (even better if it's done in person) is infinitely more effective than hiding behind texts.

When she can hear the confidence and sincerity in your voice on the phone (especially if she's being cold and distant towards you), it's only natural that she will feel drawn to you again in a positive way.

She will then become open to meeting up with you in person again and from there, it becomes even easier for you to get her back for real.

Another mistake to avoid making is

4. Not following up with a text if she doesn't answer your call

A woman not answering an initial call from her ex is actually pretty common.

So, if she doesn't answer your first call, don't start doubting yourself and thinking things like, *"I knew it! I knew she wouldn't want to talk to me again. Maybe I shouldn't have waited this long to call her? Maybe she's met another guy and is out having a good time with him? Maybe I need to wait 30 to 60 days and give her more time to miss me and then she will be more willing to answer when I call her. I'm just so confused. What do I do now? Maybe I need to cut off contact for 90 days? 120 days?"*

Relax.

If she's not currently answering your calls, just text her this:

"Hey! I tried to give you a call earlier, but you must have been busy. I just want you to know I completely accept that we've broken up, but I just want to ask you something quick over the phone. Don't worry, it's not serious. I'll call you again in 5 minutes."

If she responds right away and asks something like, *"What do you want to ask me?"* just call her immediately (don't text back!).

Alternatively, if she doesn't get back to you at all, just call her 5 minutes later as per your text.

If she still doesn't answer, leave it for a day and then try to call her again.

If she doesn't answer again, text her this:

"Hey Samantha I tried calling you yesterday to ask you something quick, but I assume that you're really busy at the moment. No problem. I might try to get hold of you some other time so I can ask you this question."

She will most likely be really curious at that stage and she may either call you to find out what you want, or text you to say that she's available for you to call her now.

Then, just pick up the phone and call her.

Don't text her.

Call.

Once you get her on a call with you, start off by using some humor to get her laughing and smiling and feeling happy to be talking to you again.

Then, when she seems relaxed and open, you can say, *“Actually, so what I wanted to ask you is for us to catch up for a quick cup of coffee sometime. I'm not asking you to get back together again of course. I just think it would be nice to catch up as friends to say hello. So, how about it? I'll be busy tomorrow and Tuesday, but I am free on Wednesday and Thursday. Which of those days are better for you?”*

If you've successfully re-sparked some of her feelings of respect and attraction for you over the phone (e.g. by maintaining your confidence when she's being cold and indifferent, breaking her out of her bad mood with laughter and smiling, flirting with her and making her feel feminine and girly), she will most likely agree to catch up and you can make plans to meet up.

Just remember: Don't try to achieve all that via text!

Texts do not work to get an ex back unless she already has strong feelings of respect and attraction for you and wants you back.

If she isn't feeling attracted to you and you try to ask for a catch up via text, you will almost certainly get a, “No.”

So, make sure that you do this right.

If you want her back for real, don't hide behind texts because you're too afraid to call her.

When a woman is turned off by her ex, getting “give me another chance” or, “let's meet up” texts from him are annoying to her.

So, do this right!

Get her back for real!

You can do it.

Another mistake to avoid making is

5. Giving up too easily

In some cases, a woman won't be willing to catch up the first time you ask her, so don't panic.

For example: She might say something along the lines of, *“I just don't know if it's a good idea. I don't feel like I'm ready to see you again in person. I'm still trying to deal with how I feel about everything that happened between us. I don't want to rush into anything yet. I need more time.”*

Naturally, when a guy hears something like that, rather than just take it for what it is (i.e. that she's not fully re-attracted yet and he can change that by attracting her over the phone right then and there), he starts to doubt himself and his chances with her.

He may then mistakenly give up, walk away or give her so much space that she moves on with

another guy.

He then loses out on being with what could potentially have been the love of his life.

Don't let that happen to you.

If your ex says *â€œNo,â€* to meeting up with you the first time you ask her, or to getting back together right away, it doesn't mean her answer is set in stone.

The key is to just maintain your confidence with her and in a friendly, easy-going way say, *â€œHey, I get it. I understand why you feel the way you do right now and the last thing I want to do is pressure you into doing anything that you don't feel comfortable with. However, all I'm asking for is that we catch up for a quick cup of coffee to chat as friends. We can do that, right? We're mature enough to do that. So, let's catch up and say a quick hi, with no strings attached. Just as friends.â€*

By taking the pressure off her to make a decision about getting back together again, she will feel more comfortable about saying *â€œYesâ€* to having a quick coffee with you.

When you meet up with her, you can then fully reactivate her feelings by showing her in person that you are now a new and improved man (e.g. you are so much more confident and emotionally strong, emotionally independent, mature and focused).

By the way!

Make sure that when you meet up with her, you don't treat her like a neutral friend.

Be friendly, but don't act like just a friend.

If you want to get her back, you have to make her feel SEXUAL and ROMANTIC feelings for you again.

Watch this!

When you make her feel sexually and romantically attracted to you again, her guard comes down and she opens back up to you quickly and easily.

Another mistake to avoid making is!

6. Sending her needy or emotional texts if she doesn't answer or isn't willing to meet up

Even if a woman still has feelings for her ex and wants to get back with him, she's won't necessarily make it easy to get her back.

For example: She might ignore his calls, reply to some texts in a cold way or reject his suggestions to meet up with her in person.

Essentially, she's testing to see if he's confident enough to persevere in a calm, rational manner, regardless of how negative she's being towards him.

Unfortunately, a lot of guys fail this test and instead of turning her rejection into something they can both laugh about, he becomes overly needy and emotional instead.

For example: A guy might text something along the lines of, *â€œWhy are you ignoring me? Please don't do this. I really need to hear your voice. I'll do anything to make things up to you. Please just answer your phone,â€* or *â€œPlease give me one more chance. That's all I'm asking for. I just want to see you. I know I stuffed up, but I promise never to behave in like that ever again. Please.â€*

Yet, rather than convincing a woman to change her mind, she feels even more turned off by what she perceives as his emotional weakness (i.e. desperation, feeling lost, lonely and hurt without her).

So, if your ex isn't answering her phone or isn't willing to meet up, rather than getting upset and doing something that might make you look needy, wimpy or weak-minded in her eyes, just use humor to break down her defenses.

For example: If she won't answer her phone, you might text something like, *Hey, remember that time we bought that lottery ticket together a long time ago? I just checked it and we won! Pity you're not answering your phone though. I'm just going to have to keep your share of the winnings. 5 star holiday here I come!*

She may respond and ask, *What lottery ticket? How much did we win?* and you can then say, *You'll have to answer your phone if you want to find out.*

Then when you call her, you can say in a joking way, *So, you only want me for my money then?* and have a laugh with her about it.

You can then tell her that you were only joking about the lottery ticket and then add in some more humor by saying, *Anyway, so I want to go on a 5 star holiday. Can you pay for it for me?* and then have a laugh with her about it.

When you use humor (rather than being emotional and needy), you break down her defenses and open her back up to you.

She stops looking at you in a negative way and she starts seeing you in a more positive light.

She begins to believe that you really have changed this time and as a result, her feelings for you also begin to change.

Even if she tries to deny it, she can't stop herself from feeling surges of respect and attraction for you again for being man enough to change and improve so quickly.

You can then gently guide her back into a relationship that's 100% better than it ever was before.

As you can see, getting an ex back does NOT require you to wait 21, 30 or 60 days before you contact her.

You can get her back right away or very quickly, if you know how to re-attract her and confidently guide her back into a relationship.

So, if you are serious about getting her back, take action now and get her back before it's too late for you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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policy.

Day 6 of No Contact

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Sometimes, a guy needs to wait this long before he feels ready to contact his ex woman and start the ex back process.

If you are ready, then go ahead and call her, re-attract her and get her back right now.

Of course, if you feel like you need more time before you call her, then okay.

However, I don't recommend that you wait more than a total of 7 days after a break up before contacting an ex to get her back.

Why?

Most women either completely move on with another guy, or get so used to not having you around that they begin to move on emotionally (e.g. she begins enjoying single life and feeling good on her own again), or they move on physically with a new guy.

Remember: The sooner you get her on a phone call and allow her to experience the new you (e.g. by maintaining your confidence with her even when she's being cold and unfriendly towards you, by making her laugh and smile, by being emotionally masculine thereby allowing her to feel feminine and girly in contrast to you), the sooner you can get back together.

When talking to her on the phone, make sure to keep the conversation light, funny and easy-going and steer clear of talking about what went wrong in the relationship.

If you're not sure how to break the ice after 6 Days of No Contact, here's an example of how to make her laugh and open her up to the idea of meeting with you in person!

After the initial *Hi, how are you?* you can then ask her, *So, what's news with you?*

She might reply with something like, *Oh, nothing much. I've just been busy with the usual things like work/studies. How about you? What's news with you?*

You can then say in a joking way, *Oh, just sitting around eating pizza and missing you like crazy*" and then have a laugh.

Then, add in, *"No, I'm only kidding. I haven't missed you at all"* and have a laugh with her.

Then, add in, *"No, seriously. All I've been doing is sitting around eating pizza and playing video games. I weigh 180 pounds now because of all the pizza. That's why I'm calling you! I need a new super-sized couch and I was wondering if you'd go shopping with me to get one"* and then have a laugh.

She will most likely laugh as well and you can then say, *Okay, okay! I'm only joking with you. I actually still weigh the same as before and I don't need a new couch either. In fact, I've been* and then quickly tell her what you've been doing since the break up in a sentence or two.

She will feel attracted to the fact that you have the confidence to joke around with her like that, rather than being so serious or being on your best behavior (e.g. being really nice, polite, formal).

She will also realize that you haven't been sitting around eating pizza alone and have been happily enjoying your life without her.

Even though she probably won't admit it to you, this will make her feel some respect and attraction for you again.

When you reignite her feelings this way, she automatically starts focusing on your positive qualities, rather than holding onto her negative memories about how badly you messed up with her.

Her guard starts to slip and she becomes open to meeting up with you to see what happens.

At this point, you can say something like, *âAnywayâ| how about we get together for some coffee sometime this week. It wouldn't be about us getting back together of course. Just a coffee to say hello to each other as friends.*â

If she seems a bit resistant at first and says something like, *âI'm not sure if thatâs a good idea,*â don't let it put you off.

Instead, remain calm and relaxed and say something along the lines of, *âHey, itâs just a coffee. We are mature enough to do that, right? After all, weâre just exâsâ|we're not mortal enemies or anything like that. So, come onâ|it'll be fun. We can catch up for 10 minutes or so and if you donât ever want to see me again, I will go back to eating my pizza.*â

She will likely be laughing at that point and agree to catch up.

You can then go ahead and arrange a suitable day and time.

Then, when you meet up with her, just continue to say and do the things that will trigger her feelings of respect and attraction for you (e.g. being confident, making her laugh, smile and feel good in your presence, being emotionally masculine) and guide her back into a relationship with you.

Where Guys Go Wrong: 7 Mistakes to Avoid

[image: Where guys go wrong when using the No Contact Rule]

Giving a woman a few days of space after a break up is not a bad thing.

It really can help.

When she doesn't hear from you from a few days, she can relax and stop worrying that you're going to try to pressure her back into a relationship like most guys do after a break.

She can stop focusing on all the negative emotions that she felt during and after the break up and actually start to miss you.

All that is good for your chances of getting her back.

However, she can instantly change how she feels if her ex guy interacts with her and turns her off again.

For example: Some of the classic mistakes that guys make when 'going no contact' includeâ|

1. Sitting around missing her and thinking of all of her good qualities

The worst thing you can do to yourself is to continue reminding yourself about how perfect your ex was for you and how much worse your life is without her in it.

Yes, your relationship with her was enjoyable and she really is a special, unique woman, but you can't be focusing on that and feeling bad about it if you truly want to re-attract her.

You have to focus on her bad qualities too, so you can have a more balanced perception of her, rather

than making her out to be a perfect little princess in your mind.

Even though itâs perfectly normal to miss your ex and think about her good qualities, the reality is that she wasnât perfect and isnât perfect.

Nobody is perfect.

She is special, amazing, unique and beautiful to you, but she has her flaws just like anyone else.

If you spend some time honestly thinking about it, you will realize that your ex isnât more valuable or amazing than you are.

She is amazing, special and unique, but so are you.

You made some mistakes in the relationship, but so did she.

She isnât perfect, you arenât, Iâm not and nobody else is.

So, make sure that youâre not looking back at the relationship and at her and thinking, *“Oh, she is so amazing. No other girl could make me feel the way she does. I need her back so badly.”*

If you think like that, you will naturally begin to feel unworthy of her, which is turn her off.

Women are attracted to men who have high self-esteem, a high sense of self-worth and strong, unwavering confidence in themselves.

Thinking that she is Little Miss Perfect and that youâd be so lucky to get another chance with her, isnât the way to have that kind of confidence.

Youâve got to focus on your positive qualities and compare them to her negative qualities, to realize that she isnât better than you.

You are perfect for each other, even though neither of you (or anyone else) is perfect.

Everyone has their flaws.

Everyone makes mistakes.

The big difference between real men and no hoper men, is that real men learn from their mistakes and become an even better man as a result.

Women love it when a man rises up to the challenges that life throws at him (including getting dumped by the woman he loves) and comes through as being a better man than he ever was before.

So, make sure that you donât make the classic mistake of sitting around missing her and thinking of all of her good qualities.

Get a more balanced perspective in your mind and build up your feelings of self-worth and confidence.

Another common mistake that guys make when ‘going no contact’ after a break up isâ

2. Not getting help to fix his emotional issues

Sometimes, a guy truly doesnât know why his woman broke up with him.

He has a vague idea (e.g. there were too many fights and arguments, she kept nagging him about certain things), but heâs just not sure how she went from being in love with him, to turning her back on him and coldly walking away like she did.

It doesnât make sense to him.

Yet, rather than getting help from other men in his life (e.g. his father, grandfather, brother, uncle,

friend, coworker) or seeking professional help (from someone like me), he just sits around waiting for the day that he can call his ex woman again.

He's essentially just counting down the days before it's okay to call her.

Yet, that's the worst thing he can do.

Why?

He has to make real changes during the no contact period.

He has to level up as a man and be able to offer her a new and improved attraction experience.

A woman doesn't want to take on the responsibility of shaping him into the man that he needs to be to get her back and make her happy again.

She wants him to figure it out by himself and if he can't do that, get help (without telling her about it).

She doesn't want to hear about his struggles and how he's trying to learn how to be a better man.

She just wants him to figure out how to be the kind of man that she wants him to be and then be that man.

If he can do that for her, she can then naturally reconnect with her feelings of respect, attraction and love for him and give him another chance.

Another common mistake that many guys make during the no contact period is

3. Not improving his ability to re-attract her

If you attempt to get your ex back without first giving her what she wants from you (i.e. for her to be able to look up to you, respect you, feel attracted to you and love you as her man again), she will simply keep pushing you away.

She will say things like, *"Look, it's just not going to work between us. Please accept that it's over and move on"* or, *"I care about you as a person, but I don't want to be in a relationship anymore. Please leave me alone."*

Where many guys go wrong is by making the same attraction mistakes over and over again and expecting to get another chance.

For example: She always wanted him to be a more confident man, but he's still insecure and emotionally sensitive.

She always wanted him to make her feel more girly and feminine, but he thinks that it's wrong to be very manly, so he sticks to being soft, neutral or worse, feminine, in his approach to her and the relationship.

He then gets annoyed and feels like she is being stubborn, selfish or unloving because she won't accept him as he is.

Yet, from her perspective, he isn't accepting what she wants in a man, so she doesn't see any reason to give him another chance.

She wants to feel real attraction, rather than having to deal with feeling okay or experiencing dulled down feelings in a relationship.

She wants to feel the spark of being with a very confident, emotionally masculine man and if he can't

give her that, she has to take care of herself by moving on.

So, if you want your ex to feel excited about getting back together with you, you need to improve your ability to re-attract her in the ways that really matter to her.

For example: If you got broken up with because you were too insecure, self-doubting and needy in the relationship, you need to show her the new confident, emotionally strong you when you interact with her.

Laugh at her attempts to make you feel nervous and insecure and show her that you no longer need her approval to feel good about yourself.

You are a self-approving, confident, emotionally masculine man now.

Another example is if you got broken up with because you were too timid in the relationship and allowed her to push you around and dominate you with her confident personality.

In this instance, you need to show her (via your actions, behavior and the way you respond to her), that you're now emotionally strong and can stand up for yourself in a loving, but dominant way.

The more you improve your ability to re-attract your ex in the ways that really matter to her, the more she will really want you back.

Instead of playing hard to get, she will help the reconciliation happen because she will begin to fear losing you to another woman now that you are so much more attractive and appealing.

Another common mistake that many guys make during the no contact period isâ€¦

4. Thinking that it might be easier to just give her a full 30 to 60 days of no contact and hope that she contacts him instead

[image: Maybe I should just wait for her to contact me]

Sometimes, a guy believes that cutting off communication with his ex for 30 to 60 days is the only way to make her miss him and then want him back.

In most cases, that strategy doesn't work.

Why?

To begin with, when a woman breaks up with a guy, it's usually because she has lost respect and attraction for him over time.

It didn't happen overnight.

She gave him plenty of chances to change and he never really did, so she eventually got to the point where she just had to break up with him.

At that point, the woman is usually completely over the relationship and just wants to move on with a new guy to make herself feel happy again.

This is why most women don't panic and desperate try to get an ex guy back who uses the No Contact Rule on them.

Watch this for more info!

This is why, in most cases, a guy needs to give his woman 3 to 7 days of space after a break up and then contact her and get her back.

If he waits any longer than that, a woman will usually move on without him.

The fact is that unless she is still secretly in love with him and hoping that they will get back together, or if she is struggling to find herself a replacement guy, him ignoring her for 30 or 60 days isn't going to concern her much at all.

In fact, she's more than likely to just use that time to fully get over him and move on.

Of course, a woman may be curious about why her ex isn't contacting her, but if she believes that he probably can't change the things that really matter to her (e.g. become more confident, emotionally independent, emotionally masculine), she will focus on moving on by finding a replacement man.

This is why, if your ex woman doesn't have strong feelings for you right now, ignoring her for 30 or 60 days isn't a very good idea.

So, make sure that if you use the No Contact Rule, you don't go overboard with it and ignore your ex for longer than 7 days.

If you are afraid to face up to her or hope that ignoring her for longer (e.g. 30 or 60 days) will get her back, then you're most likely going to be very disappointed.

You will soon find out that she is either completely over you and enjoying the single life, or she is in a new relationship with a man who is making her happy.

So, don't wait longer than a week to get started with the ex back process.

Get it done and get her back, before it's too late for you.

Another common mistake that many guys make isâ€¦

5. Losing confidence in himself and his value to her as days and then weeks pass by

Some guys just don't know what else to do but wait and hope that his ex calls him and wants him back.

It seems like a great idea on the surface.

All you've got to do is ignore her for 30 or 60 days and she will come crawling back, begging for another chance.

Unfortunately, that's not what happens at all.

Most women just move on when they don't hear back from an ex guy that they're no longer attracted to.

Watch thisâ€¦

If the guy had re-attracted her before 'going no contact,' then it would work a lot better.

Yet, even still, there's never any guarantee that a woman will come back if you simply keep ignoring her.

In most cases, if a guy wants his ex woman back, he has to interact with her again and actively make her feel attracted to him.

That's the easiest, fastest way to get her back.

On the other hand, sitting around and waiting and hoping that she calls one day is a horrible strategy for most guys.

Why?

As the weeks and months pass by without hearing from her, most guys will begin to lose all hope of

her ever coming back.

He may even start to think things like, *“It was all my fault. I stuffed things up and I didn’t deserve to get her back anyway. I mean, why would she want me back? I’m such a loser. She’s probably met loads of guys who are way better than me. I don’t stand a chance and never did. It’s hopeless.”*

Did he ever stand a chance with her?

Yes, but he didn’t act on it.

He just waited and hoped that she would make the first move, or eventually contact him and say something like, *“I miss you”* and then suggest getting back together.

Unfortunately, that’s just not what a woman usually does when she breaks up with a man that she’s no longer attracted to.

If he doesn’t interact with her again and make her feel attracted to him, she doesn’t feel much or any motivation to give him another chance.

So, she just moves on.

Another common mistake that some guys make when they cut off contact with their ex woman, isâ

6. Giving her so much space that she loses interest or forces herself to move on to feel better

[image: Giving her so much space that she moves on]

Even if a woman still has some feelings for her ex, giving her too much space (i.e. longer than 7 days) usually just helps her get over him.

Here’s whyâ

Imagine that a woman is sitting at home after a break up thinking about her ex and missing him.

Although she might be feeling some frustration, anger and disappointment about the break up, deep down she may also secretly be hoping that he will call her so they can fix things and give the relationship another try.

Yet, rather than calling after a few days (7 days at the most) and actively re-sparking some of her feelings of respect and sexual attraction for him again, the guy completely ignores her for weeks and in some cases even a few months.

He is hoping that it makes her come crawling back, but she is thinking, *“Why is he ignoring me like this? Doesn’t he care about me at all? I thought he’d at least give me a call to see if I’m okay. I guess that I am an idiot for thinking that he still cared about me. I really thought that we might be able to work things out between us. He’s obviously moved on and is probably out there hooking up with other women already while I’m sitting here like a fool waiting for his call. Well, that’s over as of right now! I am calling my girlfriends right away to organize a night out and if I happen to meet a guy that I like, I’m not going to think twice about having sex with him.”*

She then focuses on completely switching off her feelings for her ex (e.g. by getting angry with him for ignoring her) and actively moves on by hooking up with a new guy.

Don’t let that happen to you.

Remember: Any longer than 7 days of No Contact is almost always a complete waste of time.

In almost all ex back cases, a guy has to quickly prepare to re-attract her and then do that after he has given her 3 to 7 days of space.

If he does that, he has the highest chance of getting her back.

I know this because I've personally worked on 100s of ex back cases and when a guy waits too long to get started, he usually loses his ex because she moves on to make herself feel better.

Another common mistake that many guys make when using the No Contact Rule isâ€¦!

7. Thinking that all women are the same and need to be ignored for 30 to 60 days after a break up

Some women will come running back to an ex after 30 to 60 days of no contact.

Yet, those women are in the minority.

With the vast majority of women, anything longer than 7 days of no communication usually results in herâ€¦!

- Getting over the initial pain of the break up.
- Realizing that sheâ€¦s actually doing just fine without him.
- Believing that he doesnâ€¦t have feelings for her anymore.
- Assuming that he doesn't care and never did, so she shouldn't either.
- Getting annoyed with him for not having the courage to get her back.
- Feeling attracted to other guys (and liking it).
- Kissing or having sex with a new guy.
- Falling in love with another guy.

So, rather than ignoring your ex for 30 or 60 days in the hopes that it make her come running back to you, just get her back after giving her a few days to a week of space.

Call her (or interact with her in person) and actively re-spark her feelings for you.

Don't hide behind texts.

Texts are way too easy to ignore and women usually play harder to get than they actually would compared to a phone call, or in person interaction.

Texts are okay, but don't rely on them as your number one approach to getting her back.

Here's a video I made on the topicâ€¦!

When you call her or interact with her in person, focus on letting her experience the new and improve you.

Get her to like you again now, rather than giving her too much space and allowing her to continue focusing on all the reasons why youâ€¦re all wrong for her.

So, if you have given her 6 days of space already, you are most likely ready to pick up the phone and break the silence.

If you need another day to recover and prepare, then fine â€¦ do that.

However, don't wait any longer than 7 days.

Get this done.

Get her back.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Day 5 of No Contact

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 6 things that you can do on Day 5 of No Contact after a break up:

1. If you don't feel ready to contact her yet, get out and be social with other people

[image: Get out and be social with other people]

In some cases, 5 days is not enough time for a guy to feel completely ready to talk to his ex woman again.

So, if you have some doubts about whether or not you are ready to re-attract her, don't worry about it.

Give yourself a little more time.

Watch this!

Whatever you do though, just don't make the mistake of sitting at home moping, thinking about your ex and hanging on to your phone in case she sends you a text or calls you and you miss it.

Instead, use the time apart to get out and be social with other people.

Do something with friends, get out and have fun and do some of the things you may have neglected while in a relationship with your ex (e.g. starting a new hobby or sport).

Not only is this a great way to take your mind off the fact that it's Day 5 of No Contact, but it also serves to remind you that, although you really do miss your ex and WANT her back, you don't actually NEED her back to be happy and live a fun life.

The more emotionally independent you become, the more attractive you will be to her when you interact with her again.

Why?

When you have friendships, fun interests and big goals that are separate from your relationship with her, it is less likely that you will become needy, clingy and insecure because you're not basing your whole identity on being in a relationship with her.

The relationship that you have with her is important to you and is a great part of your life, but it doesn't define you as a man.

You are a man with or without her.

You are enjoying life, making progress and feeling good about yourself, with or without her.

That is very attractive to women.

It's also something that automatically makes a woman look up to a man and respect him.

Why?

Women hate it when a guy needs a woman's emotional support to feel like he is okay, valuable, worthy and important in this world.

In other words, women don't like needy men (unless of course, the woman is very unattractive and wants an emotionally weak man that she can control).

Most women want a man that is emotionally strong and emotionally independent on her, so she can look up to him and respect him.

So, make sure that you push yourself to enjoy life without her and remind yourself that she doesn't define you.

As a result, you will automatically be more confident, have higher self-esteem and will be the kind of man she can look up to and feel proud to be associated with.

Then, when you interact with her again, rather than think things like, *"Nothing's changed. He's still the same guy I broke up with. What a pity. I was really hoping that this time he'd be different,"* she will be thinking something like, *"Wow! He really has changed. He's so much more emotionally strong and independent now. I like that about him. I can actually see myself being his girl again. It would be nice. It feels different. I want it more now."*

By the way!

2. If your friends are busy, attend a meet up in your area

Friends are not always available to go out when you are.

However, that's not a good enough reason for you to say to yourself, *"Oh well! I tried. If there's no one to go out with, why bother? I'll just stay at home."*

No.

You've got to be stronger than that, rather than hiding behind easy excuses.

I understand that you might not be feeling the best after being dumped, but now isn't the time for you to be emotionally weak or lazy.

You need to use the time apart from your ex to quickly boost your confidence, feelings of self worth and happiness without her.

Going out and doing things with other people is not just about keeping busy for no reason at all.

It's a way for you to become more emotionally independent and as a result, appear more interesting, appealing and attractive to your ex when you interact with her again.

So, don't make excuse.

Look for a meet up in your area at a site like [Meetup.com](https://www.meetup.com)

Meetup.com is a website that brings like-minded people together to do, learn and explore the things that they feel passionate about.

Regardless of where you are in the world, there is most likely a meet up happening near you today, tomorrow or this weekend.

For example: Some of the things you might find on the website include!

- Outdoors and adventure groups.
- Health and fitness groups.
- Tech groups.
- Book clubs.

- Photography clubs.
- Sci-fi clubs.
- Gaming clubs.
- Dance groups.

Whatever you're into, chances are there are other people in your town or city who are into it too. If you're not into any of those things, then force yourself to attend the one that is the most appealing. You may just enjoy it and have a good time.

So, don't make excuses.

Get out there and try something new.

You might even end up running in a local mini marathon, writing a book, reading a book that changes your life, or even changing your career all because you found the right people to talk to and be supported, or mentored by.

By getting out there and having fun, you will regain your ex's respect and attraction for being the kind of man who didn't sit around feeling sorry for himself during the break up.

Of course, she might pretend to be angry that you're enjoying yourself without her.

Women often do that.

So, don't be surprised if she does react in that way.

Remember though: It's just a test.

She wants to test to see if you really are emotionally independent now, or are just putting on an act to impress her.

So, don't fall for her pretend anger or frustration.

Laugh and in a relaxed manner, say something like, *"Do you expect me to sit around doing nothing, even though you and I are broken up and won't be getting back together? That's not fair on me and you know it."*

Just laugh it off and don't let her bully you into thinking that you need to be lonely and wait around for her to hopefully come back.

Don't forget that women are attracted to men who are emotionally strong and emotionally independent of them.

Even though she might not openly admit it, she will feel respect and attraction for you for getting on with life, rather than sulking and being Mr. Lonely at home without her.

The next thing you can do on Day 5 of No Contact is!

3. Go over the list of reasons why she broke up with you (that you wrote on Day 1 of No Contact) and assess how much you've improved since then

If you haven't already contacted her and gotten her back, Day 5 of No Contact is a good time to check on your progress so far.

Note: I don't recommend that every guy waits 7 days before contacting his ex woman.

Watch this video for more infoâ€¦!

So, if you feel ready to contact her, go ahead.

Before you do though, answer these questions to yourself nowâ€¦!

Have you improved some of the things that really matter to your ex, or are you still stuck at the same level you were at before?

For example: Are you still insecure? Do you still have no idea how to get her to look up to you and respect you as her man?

Next questionâ€¦!

Are you confident with your progress so far and feel like you are ready to contact her and re-attract her, or do you feel as though there is still some room for improvement before you interact with her again?

Will you be able to pass your ex's tests, or are you more likely to fall back to behaving like the old you (e.g. emotionally sensitive, unsure of yourself, moody, insecure) if she puts the pressure on?

Remember: Women are attracted to emotional strength in men, not weakness.

For example: Imagine that one of the main reasons why she broke up with you was because you stopped being the confident, emotionally strong guy that she initially fell in love with.

You started doubting your value to her and became jealous and controlling as a result.

Since then, you've made some real improvements and you feel a lot more confident, self-assured and worthy.

Yet, you're still not fully over your feelings of jealousy.

You worry about her finding other guys more attractive than you, hooking up with them, enjoying it and never wanting to be with you again.

You also worry that if she tells you that she has been seeing a new guy, it will further destroy your confidence and you won't be able to hide that when interacting with her.

If that applies to you, then you know exactly what you need to improve on before you make that first phone call.

You've got to get rid of your feelings of unworthiness and truly start believing in your value as a man and your ability to make her feel real attraction for you.

If you skip that step, then you run the risk of completely turning her off if she puts some pressure on you by being cold or rude, or talking about other guys who are now interested in her.

So, make sure that you are fully prepared to win when you interact with her.

Make sure that you are emotionally ready to handle any challenges she throws your way and come out on top.

4. Focus on improving any remaining weaknesses you have in your ability to attract her

[image: Focus on improving your weaknesses]

When you assess how much you have improved since the break up, you will have a clearer picture on what is left for you to still improve, adjust or change.

For example:

A lot of guys make the mistake of treating their woman more like a neutral friend, housemate or buddy.

This usually causes a woman to feel manly, boyish or unattractive around her guy and the relationship then starts to feel weird.

They may get along well as people, but the sexual and romantic spark dies out because they are too similar in their energy.

What the guy needs to do is start thinking, talking, behaving, acting and being more masculine in every way he can, which then allows her to be feminine and to feel attracted to him again.

Another improvement that a guy can make is regarding his goals and ambitions in life.

Some guys have gotten to a point in life where they are comfortable and as a result, theyâre not really aiming for much more.

This may cause their woman to feel insecure about her future with him.

She may worry that if they start a family, or experience some financial problems in future, he won't have the motivation, skill or drive to help keep them safe and secure.

So, she will begin to nag him and try to push him to man up and reach for his true potential, rather than just aiming to be mediocre.

If he doesn't change, she will lose respect for him and begin to feel like a future with him isn't as appealing as she once thought.

Another improvement that a guy can make is to stop being emotionally dependent on his woman for his sense of identity and purpose in life.

A guy who makes his whole life about his woman usually becomes clingy, needy and insecure as a result.

This then makes a woman feel smothered and turned off.

She may enjoy it initially, but she will eventually realize that she's with a man who hasn't yet grown up.

He might think that she is being unreasonable, selfish or unloving for wanting him to spend time on other things, but it's just her natural instinct as a woman.

Women want to align themselves with a man who has what it takes to protect and provide, rather than getting stuck with a man who may need her confidence and savvy to protect him from challenging situations they encounter in life.

Naturally, the above examples may or may not be relevant to you and your ex.

One of the main keys to getting her back though, is to find out what is relevant to you and then quickly improve those things before you contact her again.

If you don't improve what matters to her, then she's just going to say something like, *"Sorry, I don't have feelings for you anymore,"* or *"Sorry, it won't work between us. It's over. I need you to accept that."*

Another thing you can do on Day 5 of No Contact isâ

5. Do power poses with your body language to feel good

A lot of guys might think that using body language to affect one's mood is a bunch of hocus pocus. Yet, it's such an important aspect of feeling good about yourself that researchers at Harvard Business school have spent a lot of time gathering evidence of its effectiveness.

In one experiment, the researchers asked some participants to power pose before they walked into a room, while others did whatever they wanted to prepare themselves.

The results were that those who power posed were rated as being more confident, intelligent and skilled by the audience in the room than those who didn't.

As a bonus, the power-posing candidates also felt more confident and powerful.

So, don't skip this step by saying to yourself, *I'm a serious guy. I don't need a bunch of poses to make me feel good about myself.*

Instead maintain an open mind and just give it a try.

Here's an example of how to do it:

- Plant your feet firmly on the ground.
- Roll your shoulders back, open your chest and lift your chest up.
- Hold your head up high.
- Put your hands on your hips.
- Do the "Rocky" victory dance, or if you don't know what that is, just act like a winner who has just won the biggest competition of all time.

Own your space in this world and feel proud of who you are right now.

Make yourself feel like THE MAN.

You are the best.

The only and only.

No one compares to you.

Even if you feel a bit self-conscious in the beginning, just give it a shot.

You will be pleasantly surprised at how confident you feel as you do it and for a short while after.

Of course, you can't do that in front of your ex because she'll obviously think you've lost your mind since the break up!

Instead, just do a subtle version of it before calling her and as you are about to meet her in person.

Don't let her see what you're doing of course!

Just be subtle.

For example:

- Lift your chest up.
- Hold your head up a little.
- Walk with confidence.
- Feel like a winner.

The next thing you can do on Day 5 of No Contact is to

6. Contact her, re-attract her and attempt to get a meet up

Believe it or not, it doesn't actually get easier to contact your ex the longer you wait.

Some guys hope that if they wait for 30 or 60 days, all the fear will be gone and they can then confidently contact their ex.

Yet, it just doesn't work like that for most guys.

Rather than feeling confident, a guy will often end up worrying himself into feeling more insecure and unworthy of her than before.

For example: He might think things like, *"What if she's not ready to hear from me yet? Maybe if I wait a bit longer she will really start missing me and then she will be happy to hear from me,"* or *"What if I've waited too long already and she tells me that she's already met someone else?"* or, *"What if she's in the middle of having fun with friends when I call and they quietly make fun of me in the background?"* or, *"What if she has forgotten about me already?"*

Don't do that to yourself.

Remember: As long as you have made some changes to the things that really matter to your ex (e.g. you are so much more emotionally independent now, you're more confident and emotionally strong, you know how to be more emotionally masculine around her to make her feel feminine and girly in your presence), then you are ready to contact her and start the ex back process.

So, just bite the bullet and get her on a phone call with you.

On a phone call, you can re-spark her feelings for you by being very confident and making her laugh, smile and feel good to be talking from you again.

The more attracted you make her feel, the more she will be thinking, *"What's going on here? He's so different from the way he used to be. I thought he'd be nervous and insecure on the phone with me, but he's so relaxed and confident now. He's making me smile and laugh and I really like talking to him again now. Maybe seeing him again in person might actually be nice."*

Note: Make sure that you don't make the mistake of getting caught up in a serious conversation with her where you talk about everything that went wrong in the relationship.

If you allow that to happen, it will usually just bring up the bad memories and make her feel turned off.

Then, when you ask her to meet up with you she will be feeling so many negative emotions already (e.g. anger, disappointment, sadness, resentment) that she will most-likely say, *"Sorry, but I don't want to see you again. It's over between us. You need to accept it and move on."*

On the other hand, if you maintain your confidence no matter how cold and unfriendly she's being towards you, while at the same time using humor to break down her defenses and make her feel good to be talking you, then she won't be able to resist you for long.

Her feelings of respect and attraction for you will come rushing back, whether she wants them to or not.

Then, when you ask her to catch up in person, she will likely jump at the chance to see you again, or at least be open to it and go along with it to see how she will feel when talking to you in person.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Day 4 of No Contact

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

7 things you should do on Day 4 of No Contact after being dumped by your woman who you want to get back:

1. Prepare yourself to contact her by refreshing your understanding of what it will take to make her feel attracted again

After 4 days of no contact, most guys feel ready to break the silence between them and their ex.

It's okay to contact her at this point, but just make sure that you are fully ready to re-attract her and make her feel drawn to you as you talk to her and interact with her.

It's very important that you prepare yourself to properly re-attract her when you contact her.

You need to be able to attract her in the ways that she really wants.

For example: Sometimes a guy will contact his woman after 4 days of no contact and break the ice by sending her flowers, dropping her an e-mail or text to tell her how sorry he is and how much he missed her, or some other gesture that he hopes she will see as being romantic.

Yet, what he doesn't realize is that romance is only enjoyable to a woman if she has feelings for a man (i.e. she respects him, feels attracted to him and is either falling in love with him or is in love with him).

So, rather than be impressed by his romantic gesture, she's more likely to think something like, *"I haven't heard from him in 4 days and the first thing he does is to send me flowers/tell me that he misses me! I bet he's hoping that just forget about all the mistakes he made in the relationship, forgive him and give him another chance. Well unfortunately for him, it's going to take more than flowers or an apology to change how I feel about him right now."*

She then acts cold towards him or plays very hard to get if he tries to talk to her.

Why?

Remember: Romance is only enjoyable to a woman if she has feelings for a man (i.e. she respects him, feels attracted to him and is either falling in love with him or is in love with him).

So, rather than trying to use an approach (romance) that works when a woman is in love, you've got to use an approach that works on new women.

Literally think of your ex as a new woman that you are going to attract and hook up with.

That's the secret.

Interact with her and make her feel truly attracted to who you are now.

Don't try to sell yourself by telling her how much you've changed.

Let her experience it for herself as she interacts with you.

For example:

- Maintain your confidence if she tries to make you feel insecure when you call her (e.g. by being cold and unfriendly and saying things like, *What do you want? Why are you calling me?* or by blaming you for everything that happened between you).
- Use humor to make her laugh and smile and change her mood from closed off and cold, to happy and open. Don't make the mistake of trying to impress her by being on your best behavior around her (e.g. being really nice, polite, considerate, patient). Be ballsy and confident and use humor to attract her, even if she pretends as though it's not working. It will work. You just need to back it up with fearless confidence.
- Flirt with her and treat her like a desirable, sexually attractive woman, rather than pretending you don't find her attractive anymore, only want to be nice friends or that you don't want her back at all.
- Feel secure in your masculinity and don't allow her to dominate you with her confident personality.

She will automatically sense the changes in you by listening to how you talk and observing your body language and actions.

Even if she tries to hide it or pretend that she's not feeling it, she will be feeling it.

She will be feeling a renewed sense of respect and attraction for who you are now.

That's how it is done.

It's easy, natural and quick.

You don't need to buy her flowers, grovel or put yourself at her mercy to re-attract her.

Instead, just let your behavior and actions show her that you've changed and have become a better man since the break up.

Another thing to do on Day 4 of No Contact is to

2. Read through the list of your good qualities and remind yourself that you are a cool guy

[image: Read through your list of good qualities]

Just because she left you, it doesn't mean that you're an unlovable guy.

Don't think of yourself in that way.

If you made a list of all your good qualities (refer to Day 2 of No Contact), you will already know that you're actually a pretty cool guy in many ways.

True?

You are.

Believe it.

BTW: If you haven't made that list yet, make sure you do it now.

Here are some examples of the things you might want to put on your list

- I'm loyal and trustworthy.
- I'm a good friend.

- I'm focused and determined.
- I'm intelligent.
- I have a great job and I'm going places.
- I'm fun and adventurous.
- I get along well with other people.
- I have a great sense of humor.
- I'm generous.
- I can tell a lot about a person as soon as I meet them.
- I'm smart in many ways.
- I'm a great guy.

Nothing is too egotistical or insignificant to put on your list.

Note it all down.

Use it to feel good about yourself.

Remember: You are a good guy and this list is just about reminding you of all those great qualities you might be overlooking about yourself (especially if you still feel bad about the mistakes you made with your ex, or feel hurt that she dumped you and left you behind).

Read through your list and realize that pretty much any woman would be lucky to have a guy like you.

Another thing to do on Day 4 of No Contact isâ

3. Read through the list of her good and bad qualities (that you wrote on Day 2 of No Contact) to remind yourself that she is not perfect

After reading through your list of good qualities, read the list of your ex's bad (and good) qualities that you made earlier. Refer to Day 2 of No Contact.

By doing this, not only will you remind yourself that you are a good guy (even though you stuffed up), but that she's not perfect either.

Again, if you haven't made this list about your ex yet (e.g. because you didn't want to admit to yourself that she made mistakes too, or because you couldn't be bothered), now is the time to do so.

You can make the list on your smartphone, tablet, computer or on a piece of paper.

Whatever works best for you.

For example: A list about your ex might look something like this:

Positives	Negatives
She is a nice person.	She has a bad temper.
She has a good sense of humor.	She parties too much.
She is a good cook.	She doesn't clean up after herself.

She gets along well with my friends.	She spends too much time on social media.
She's beautiful.	She is selfish.

The more that you can see for yourself that she's not perfect, the more you will be able to forgive yourself for the mistakes you made.

You will also feel worthy of being forgiven by her, because you won't feel as though you're the only one who made mistakes in the relationship.

Yes, she dumped you and she doesn't want to hear, "But, you made mistakes too" now and that's fine.

You shouldn't go to her and say something like that.

Instead, you should use the knowledge of her not being perfect as a way to forgive yourself and feel worthy of her again.

That's the reason behind doing this.

It's about you getting back to a point where you are emotionally attractive to her again (i.e. confident, self-assured, happy, emotionally strong), rather than approaching her and turning her off with insecurity, desperation, anger or frustration.

Remember: Successful couples who stay together for life, understand that no one is perfect and that mistakes, arguments and even mini break ups will sometimes happen.

As long as they can forgive each other and if the person who messed up puts in the effort to learn from his (or her) mistakes and become a better person, then the love, respect and attraction between them will grow and deepen over time.

The relationship can then last for a lifetime.

Watch this for more info!

The next step you need to take is to

4. Try to call her and if she doesn't answer, send her a text

If you are ready to contact her by Day 4, then go ahead and do it.

If not, then continue preparing yourself to re-attract her when you do contact her after Day 7 of No Contact.

By the way!

It's always best to talk to your ex on the phone, so you can make her laugh and smile and feel happy to be hearing from you again.

However, that's not always possible.

Sometimes a woman will refuse to answer the phone when she sees that it's her ex who is calling.

So, if your ex is refusing to take your calls, here's an example of what to do to make sure that she will answer her phone the next time you call her:

1. Try to call her at a time when you know she's most likely to be available to answer.
2. If she doesn't answer, send her this text: *Hey Laura. I'm trying to get in touch with you to ask you something quick over the phone, but I haven't been able to reach you.*

Itâ€™s not serious, but I do need to talk to you on the phone quickly. Iâ€™ll give you a call tonight after work at about 6PM so that we can talk.â€™

3. She might then reply with something along the lines of, *â€™Sorry I missed your call â€™ I was busy. What do you want to ask me?â€™* or *â€™Iâ€™ve got plans for tonight. Ask me now.â€™*

Regardless of how she responds, donâ€™t make the mistake of thinking, *â€™Oh good! Sheâ€™s â€™replying!â€™* and then start texting back and forth with her.

No, no, no.

Instead, make sure that youâ€™

5. Get to a phone call

If your ex doesnâ€™t respond to your text at all, just call her at the time you said you would (e.g. 6PM).

In most cases, a woman will be curious about what you want to ask her and will answer her phone.

If she doesnâ€™t answer, don't text her again.

Instead, simply try to call her again after a day or two.

If she still doesnâ€™t answer, then text her a message saying this: *â€™Tried calling you the other day at 6PM like I said I would, but couldn't get through! ð I donâ€™t want to be a nag about this, but I really do need to ask you something over the phone. I will try again tonight at the same time. I promise, itâ€™s just a quick call to ask you a simple question. You can hang up the phone if you want to after that.â€™*

By this stage, her curiosity will likely get the better of her and she will want to find out what you want to ask her.

She might then send you a message asking, *â€™Why donâ€™t you just ask me what you want now?â€™*

Whatever you do though, donâ€™t fall into the trap of giving her an explanation via text.

Instead, just text her back and say, *â€™What I need to ask is better done over the phone. Iâ€™ll call you at 6.â€™*

Then call her at the suggested time andâ€™

6. Re-attract her on the phone call

When you get her on the phone, focus on getting rid of any awkward tension by using some humor to get her smiling, laughing and feeling good to be talking to you again.

For example: Imagine she picks up the phone and says something along the lines of, *â€™Okay, Iâ€™ve answered the phone. So what do you want to ask? Make it quick because I have other plans.â€™*

Rather than be put off by her cold and unfriendly manner, use it as an opportunity to make her feel attracted instead.

You can do that by maintaining your confidence and saying in a joking way, *“Then I guess babysitting my pet Iguana tonight is out of the question then?”* and have a laugh with her about that.

Remember: WHAT you say is not as important as HOW you say it.

If you remain calm, confident and relaxed when saying whatever you say, she will naturally feel some respect for you.

Then, when you also make her laugh and feel relaxed to be talking to you again (i.e. because you're not being needy, insecure or nervous on the phone with her), her guard will naturally start to come down.

When that happens!

7. Attempt to get a meet up

[image: Attempt to get a meet up with your ex]

This is the *“something quick”* that you wanted to ask her.

You want to get her to meet up with you in person.

So, after a bit more lighthearted conversation where you continue re-attracting her (e.g. by using humor to melt her defenses and letting her experience the new, improved version of you), ask her to meet up with you in person.

For example: You can say, *“Hey, it's been great talking again. It's good to see that we can still have a laugh together even though we're broken up. Anyway, so what I wanted to ask you this: Let's catch up for a 10 minute coffee to say hello as friends. Of course, it's not about us getting back together. It's just a catch up to say hello. We're mature enough to do that, don't you agree?”*

If you've created enough feelings of respect and attraction inside of her during the phone call (i.e. by being confident, using humor), she will likely say *“Yes,”* and agree to catch up with you.

However, don't be disheartened if she's a bit resistant at first.

Most women usually are resistant to begin with, because they don't want to come across as being too easy, or are afraid of getting hurt again (e.g. you get her to meet up with you, get her back and then dump her after having sex with her again, or after making her fall in love with you again).

Whatever the case, just maintain your confidence and say something along the lines of, *“Hey, it's just a quick cup of coffee between two friends. No strings attached. After the meet up, if you decide that you never want to see me again, I promise to respect your wishes and completely leave you alone and never contact you again. So, how about it?”*

She will then likely say *“Yes,”* and you can go ahead and make plans to meet at a time that suits you both.

Note: At the meet up, you need to make her feel sexually and romantically attracted to you again.

Don't meet up with her and just have a nice, friendly chat.

No, no, no!

That doesn't work in almost all cases.

You've got to turn on the charm and make her feel very attracted to you.
If you do that, she will naturally begin to open up and you will get her back quite easily.

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×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Day 3 of No Contact

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

In many cases, a guy will be ready to contact his ex woman on the 3rd day of no contact after a break up.

Giving her that amount of space proves the point to her that you're not being needy and desperate.

So, just go ahead and contact her if you feel ready to do so.

This is one of the alternatives to the 30 day No Contact Rule that I provide in this video!

Not every guy will be ready to contact his ex woman after 3 days and that is okay.

If you need a little more time, or if you think she will need it because of how badly you behaved when she broke up with you, then go ahead and wait the full 7 days before contacting her.

In the meantime!

1. Force yourself to be very confident as you talk to people (including women) to remind yourself that you are a cool guy and that people do like you

[image: Force yourself to be very confident when you talk to people]

After a break up, it's very easy for a man to start feeling insecure about himself and his value.

He may even start thinking things like, *"I just can't do anything right. No wonder my ex broke up with me. I'm such a loser."*

Obviously, that kind of thinking isn't going to help him at all.

Why?

The less belief a guy has in himself, the more unattractive he becomes as a man (to his ex and to people in general).

Remember: While confidence and self-belief is automatically attractive to women, insecurity and self-doubt has the opposite effect.

So, if you interact with your ex and in the back of your mind you're thinking things like, *"I don't deserve her,"* or *"What if she doesn't want to talk to me again?"* or *"What if she's already found another guy who is better than me?"* she will pick up on your lack of confidence and it will turn her off.

For example: She will hear the nervousness in your voice, notice your uncomfortable body language, hear it in the questions you ask and sense it based on your vibe.

Rather than make her think, *"Oh, my poor ex! He's taken our break up so hard. What can I do to convince him that he's actually not such a bad guy after all?"* a woman will usually think, *"Phew! I made the right decision to break up with him. He's just not the guy for me. He's too much of an emotional wimp."*

Your confidence is so important right now.

This is why it's so important to actually force yourself to be confident when you talk to other people from now on.

You've got to use every opportunity to remind yourself that you actually are a cool guy that other people like.

People will automatically like you when they sense your high self-esteem and confidence, so just go ahead and interact with people to get that feedback.

Let them show you that you really are a cool, valuable guy.

Yes, you made some mistakes, but it doesn't mean you're a bad person or that you should put yourself down from now on.

Everyone makes mistakes, not just you.

The difference between a winner and a loser is that a winner doesn't allow a mistake to define him and take away his self-belief.

He just learns from the mistake and becomes an even greater man than before, which gives him even more self-belief.

So, make sure that you don't allow the mistakes you made in the relationship to erode your belief in your value as a man.

Of course, you might be thinking, *"I don't know how to be confident. I just feel so bad after what happened with my ex. It's a feeling I can't seem to get rid of. When I interact with other people (and women in particular) I can't stop myself from thinking that they won't like me. What can I do? How can I change that?"*

To begin with, understand that confidence is something that is self-built and self-maintained.

Very few guys are born confident and always feel comfortable around women, or even other people for their entire life.

In fact, most guys start off feeling just as nervous and insecure as everyone else.

The difference between a guy who is confident and one who struggles to feel comfortable around women comes down to one simple thing: practice.

A guy who is confident around women in particular and people in general and somehow always seems to know what to say and do, has spent a lot of time practicing to be confident.

What does that mean?

For your confidence to grow, you must work on it daily until it becomes a habit that happens naturally and automatically.

It needs to be so natural and automatic for you to feel confident, that you don't even have to think about it anymore.

That's when you have natural, easy and consistent confidence.

Here are some ways to make yourself feel more confident when talking to other people and other women:

- **Stand tall, smile, hold your head up high and maintain eye contact (without staring).**
- **Think positively.**

Rather than allow yourself to dwell on the mistakes you made with your ex, focus on some of the

good things that people automatically like about you (e.g. youâ€¢re a man of your word, you treat everyone with respect, you have a great sense of humor, you're intelligent).

- **Notice of your self-talk.**

For example: *â€¢I canâ€¢t do this,â€¢ â€¢What if these people donâ€¢t like me?â€¢*
â€¢What if I say the wrong thing and everyone laughs at me?â€¢ and make sure that it's positive, rather than negative.

Remember: The thoughts you have about yourself and what youâ€¢re doing will either make you feel better or worse about yourself.

Your thoughts will either make you more emotionally attractive to your ex and others, or they will make you seem awkward, strange and uncomfortable around others.

If you have negative thoughts running through your mind, you will likely stumble over your words due to nervousness, say something embarrassing that you later regret, or worse, avoid talking to other people altogether.

- **Set a small social goal and achieve it.**

The next time you go out with friends, make the effort to meet and talk to two new people.

This is important if the break up has caused you to lose social confidence, or feel like you have to avoid social situations because it's too stressful or emotionally taxing on you.

If you want your ex back, you need to be stronger than that.

Don't expect her to want you back if she can sense that you've become emotionally weaker since the break up.

Emotional strength is what attracts women to men, not emotional weakness.

So, force yourself to interact with other people and exude the kind of social confidence that automatically makes people feel drawn to you.

Not only will your relationships with other people become a lot more fun and rewarding, but you will also be much more attractive to your ex when you interact with her again.

The next thing you can do on Day 3 of No Contact isâ€¢!

2. Have another read through the list of her good and bad qualities that you made on Day 2 of No Contact

[image: Positives and negatives about your ex]

If you havenâ€¢t already made a list of some of your exâ€¢s bad qualities (you probably havenâ€¢t stopped thinking about her good qualities, right?), then do it now.

Even if she was a truly wonderful person who loved and adored you, there must be something about her that annoyed you in some way.

For example: A list of an ex woman's bad qualities might look something like this:

- She didnâ€¢t know how to cook.

- She was untidy.
- She didn't like the same music as me.
- She lied fairly often and enjoyed it.
- She wasn't very loving or affectionate.
- She cared about her friends more than me.
- She always put her career first and didn't give much or any time to me.
- She was too clingy, needy or jealous.
- She didn't seem very loyal.
- She always forgot to put the cap back on the toothpaste, which I found disgusting.
- She didn't get along well with my friends.
- She never contributed to our household expenses and expected me to pay for everything all the time.
- She enjoyed causing drama and getting into an argument over nothing.
- She didn't take care of her physical appearance, but expected me to continue to find her as sexy as I once did.

Creating a list like that isn't about making your ex out to be a bad person.

It's simply a way of putting your relationship with her into a more balanced perspective, to avoid idolizing her and remembering her as being way better and more valuable than you.

You are good enough because she, like everyone else in this world, is not perfect.

3. Do an outdoor activity with friends

[image: Do an outdoor activity with friends]

I know, I know.

You probably don't want to do anything like that right now and just want her back in your arms.

I understand.

However, it's important for your emotional attractiveness that you push yourself to feel happy without her.

It's not about moving on and leaving her behind.

[image: Do an outdoor activity with friends]

Instead, it's about making yourself feel happy by doing things with other people.

Unfortunately, one of the most common reactions from a guy who gets dumped by his woman is to cut off all communication with his friends and isolate himself at home.

He may think something like, *"If I'm out having fun and my ex tries to call me and I don't hear my phone ring, she might get upset that I'm having fun without her. She might even think that I'm looking for another girlfriend and that may cause her to get angry and decide to move on too. I can't take that risk! I need to be alone and just wait by the phone to show her that I'm serious about getting her back."*

Yet, that's the worst thing that a guy can do because it looks needy and will cause him to become needy (i.e. he needs her to contact him to feel okay about himself again).

The more you put your life on hold during this period of No Contact, the more emotionally dependent you will appear to your ex when you finally interact with her again.

Rather than feeling impressed by the fact that all you've been doing is waiting around to get her back, she will question whether or not she wants to get back with a guy who has no other important purpose in life other than her.

If she is very young (i.e. in her teens), she might like that her ex guy is lost without her.

Yet, if she is a woman between 20-60, she's going to be completely turned off by the fact that her man is acting like a teenage boy.

Note: This site is for men 18-60. It's not for young teens.

So, if you want your ex woman to feel some respect and attraction for you, make sure that you're not sitting around at home alone hoping to impress her by showing her that you're lost and lonely without her.

Women aren't impressed with that boyish approach to life.

So, force yourself to get out and spend some time with friends.

For example: Play a sport of some kind, go for a walk, go to the beach, or go for a drive somewhere nice to chill out, swim in a lake, go bike riding, toss a Frisbee, punch and kick punching bags or go for a run together.

Doing outdoor activities can help you avoid constantly thinking about your ex and wondering who she's with and what she's doing.

It can also give you a chance to catch up with old friends and hobbies that you may have neglected during your relationship.

When you feel genuinely content in your life without your ex, you will also automatically become more attractive to her and other women.

Why?

Women are attracted to men who are emotionally independent (i.e. they don't need a woman to be nice to them or support them emotionally to feel good about themselves).

Men who are happy, confident and forward moving in life with or without the support and encouragement of women, always attract the highest quality women.

So, make sure that you don't give your ex the impression that you need her to be nice to you and show you interest, so you can then feel good about yourself.

Another thing you can do on Day 3 of No Contact is

4. Make a list of all of your good qualities and use that to feel worthy of your ex

[image: Make a list of your positive qualities to feel worthy of your ex]

For example:

- You are honest and trustworthy.
- You always keep your word.

- You have a great sense of humor.
- You are intelligent.
- You are driven and determined.
- You have big goals and dreams in life that youâ€™re actively working towards.
- You get on well with her friends and family.
- You have a good job, or are working towards having a better job.
- You know how to make a woman feel loved and appreciated.
- Youâ€™re a man who takes action and finds solutions to his problems (e.g. at the moment youâ€™re busy working on improving yourself to get her back, rather than sitting around feeling sorry for yourself).

By creating a list like that, it helps you realize that you really do have a lot to offer your ex.

Note: Don't try to sell yourself to her by listing off your good qualities!

No, no, no!

That's not how to re-attract her.

You just need to focus on a list of your good qualities, so you can then attract her with your confidence.

Another thing you can do on Day 3 of No Contact isâ€¦!

5. Do some power poses with your body language to feel good about yourself

Research conducted by various universities (including Harvard University, The University of Oregon, The University of Texas and many others) has concluded that the main thing that confident, charismatic people have in common is not only a similar mindset, but also similar hormone levels.

More specifically, these people tend to have higher levels of testosterone and lower levels of cortisol.

As a result, both men and women with higher levels of testosterone tend to feel more confident than people with lower levels.

At the same time, lower levels of cortisol lead to decreased feelings of anxiety, nervousness and insecurity and a better ability to cope with stress.

â€œSo, what has this got to do with doing power poses?â€ you may ask.

Quite a lot actually.

As it turns out, something that directly impacts these two hormone levels is body language.

In other words, the way you stand, hold your arms or fold your legs and move, makes a big difference to how you feel.

You can literally increase the amount of testosterone that is flowing through your veins by changing your body language.

If you're doing it right, your cortisol will also decrease and you will suddenly start feeling a lot more confident and self-assured.

Here are two power poses that workâ€¦!

1. Stand up, raise your arms and stretch them out like you've just won something. Feel the emotion of being a winner. You've won. You're the best.
2. Stand with your feet apart in a confident, alpha way and clench your fists with your hands on either side of your body. You are a powerful man. You rule the world. You are invincible.

Do you notice the change in how you feel?

It works.

Of course, just doing a power pose right now isn't what will make you feel confident around your ex when you and her next interact.

However, add the power poses to all of the other things you're doing and soon enough, you will begin to think, talk, walk and behave in a much more confident way.

You won't have to pretend to be 100% confident and self-approving anymore, because it will be real for you.

As a result, your ex will automatically feel respect and attraction for you when you interact with her. Her change in feelings towards you will be what convinces her to open up and give you another chance.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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Day 2 of No Contact

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 things that you should aim to do on Day 2 of No Contact:

1. Come up with a list of her good and bad qualities

[image: Positives and negatives about your ex]

Only two days after breaking up, a guy will often be thinking of his ex as though she's the most wonderful, perfect woman in the world.

Rather than remember that she made some mistakes too (e.g. she lied sometimes, she liked to cause drama for no reason, she was easily influenced by her friends and family, she was a bit lazy, she was selfish), he focuses about her great qualities and feels sad about missing out on being with such a great girl.

He might then make the mistake of texting her to tell her how he feels, or seeming hurt and lost without her if he talks to her on the phone or in person.

It doesn't help your chances of getting her back, so I highly recommend that you don't fall into the trap of idolizing your ex and only focusing on the good things about her.

Yes, she definitely has some great qualities (e.g. she is beautiful, you and her had amazing sex, she is a kind person, she gets on well with your family and friends, she is unique and special).

However, she must also have some bad qualities, right?

I know, it's not easy to think about that only two days after being dumped by the love of your life, but you have to.

This is about you regaining control of your emotions and making sure that when you interact with her, you don't come across as needy, desperate or insecure in any way.

So, start by making a list of Pros and Cons (Positives and Negatives) about her.

Try to focus on her bad qualities as much as possible, to help you realize that she isn't way more valuable than you and isn't completely, 100% perfect.

Of course, no woman is 100% perfect, but that's not the point.

You need to focus on the negatives about her to help you avoid idolizing her in your mind.

For example: Here are some questions you can ask yourself to come up with the list of positive and negative qualities:

- Is she a fully trustworthy woman, or did she often break her word to you or give you reasons to doubt her?
- Did she have habits that seemed cute at first, but then started to get on your nerves (e.g. She likes to keep the house clean, but it became obsessive after a while. She loves to update her social media pages all the time, even when you and her are supposed to be hanging out and spending time together. She always misplaces the TV remote. She is clumsy or forgetful. She snores when she sleeps)?

- Did she always treat you with respect, or was she often disrespectful or rude towards you?
- Did she always make you feel like you were her man, or did she sometimes play mind games to make you doubt your place in her life and in her heart?
- Did you and her want the same things in the relationship, or were you very different (e.g. you wanted to settle down and be serious with each other, but she still wanted to go out and party with her single friends)?
- Did she pull her weight in the relationship (e.g. pay her share, do some or most of the housework, meet you half way with things), or did she lean on you too much and take you for granted?
- Did she make you feel like a priority in her life, or did she put friends, family or coworkers in front of you (in terms of importance) all the time?

While reading through the list above, you most likely found some positive and negative qualities that relate to your ex, right?

Good.

Just make sure that you focus on the negatives, rather than clinging onto the positives.

When you switch your focus away from all the positives about her, you will likely realize that she had her faults too.

You weren't perfect in the relationship, but neither was she.

By focusing on her bad qualities, you won't get stuck thinking about the good old days and reimagining everything as being perfect.

Don't get me wrong though!

I'm not suggesting that you focus on the negatives and then decide not to get back with her.

Not at all.

My aim here is for you to get her back.

You can get her back and you can enjoy an even better relationship with her this time around.

However, part of getting her back is getting rid of your neediness of her.

You need to ensure that you aren't idolizing her in your mind and making her out to be a perfect little snowflake who could never do anything wrong.

Look at her positive qualities, but focus on the negatives so you don't end up making yourself feel unworthy of her.

You are worthy of her.

You can get her back.

The next thing to do on Day 2 of No Contact is!

2. Continue learning about how to re-attract her

As discussed in Day 1 of No Contact, you need to get a clear idea on your ex's reasons for breaking up with you and then focus on improving those things about yourself, so you can properly re-attract her.

Unfortunately, when a guy focuses on his past mistakes, he might begin doubting himself and feeling

unworthy of his ex.

For example: He might start thinking, *â€œIâ€™ve really messed things up with her. I just donâ€™t know if Iâ€™m good enough for her anymore. I made so many mistakes. Maybe I have to accept that itâ€™s really over between us. Maybe she has higher standards now, which I just wonâ€™t be able to live up to.â€*

Not knowing what else to do, he might decide to improve his physical appearance (e.g. go to the gym and build some muscle, get a new wardrobe of clothes, change his hairstyle) to hopefully impress her and trigger her feelings of attraction for him again.

Yet, hereâ€™s the thingâ€¦!

Most women are more attracted to a manâ€™s ability to attract them emotionally during a conversation and interaction, than they are to big muscles, looks or expensive clothes.

A womanâ€™s emotional attraction to a guy is mostly based on how he makes her feel when sheâ€™s interacting with him, not on the more superficial things such as his appearance or what heâ€™s wearing.

Of course, some women are very impressed by a manâ€™s appearance, money and social status.

However, when it comes to relationships, most women fall in love and stay in love with a guy based on how he makes her feel by the way he interacts with her, the way he behaves around her and the way he thinks and takes action in life.

So, donâ€™t make the mistake of focusing on superficial things (e.g. your appearance) as your main way of re-attracting her.

Here are some questions that will help you understand how to re-attract her in the ways that countâ€¦!

- Do I make my ex feel like a real woman when Iâ€™m around her (e.g. does she feel feminine, girly and sexually desirable), or do I make her feel emotionally more dominant than me because Iâ€™m too insecure, self-doubting and lack confidence in my value to her?
- Am I the kind of guy that she can look up to and respect, or does she feel like Iâ€™m not living up to my full potential as a man (e.g. because Iâ€™m not moving through the levels of life, Iâ€™m too irresponsible, Iâ€™m lost and donâ€™t know what my purpose is)?
- Do I have the confidence to make her smile, laugh and enjoy being around me (especially when she tests me by throwing a tantrum over nothing), or do I crumble and give in to her demands at the first sign of drama from her?
- Do I have a plan for my life (and by association hers) that Iâ€™m actively pursuing, or am I just drifting through life and hoping for the best.
- Do I believe in my value and attractiveness to her, or do I think sheâ€™s too good for me?
- Is my relationship intelligence at the same level as hers, or do I still need to learn a fair bit about what it takes to maintain a relationship and keep it together for life?

If you want her to feel the desire to get back into a relationship with you, itâ€™s essential that you are prepared to make her feel as though you are ready for it.

Itâ€™s not about explaining to her that you are ready.

No.

That doesnâ€™t work in almost all cases.

What you've got to do is make her feel as though you are ready.

She will feel that way if she can sense the changes in you as she interacts with you.

For example: She notices that you are much more confident around her now, you are more emotionally independent and can make her smile and laugh when she is trying to be cold and bitchy.

When that happens, she naturally opens back up to you and wants to give you another chance.

On the other hand, if you try to get her back by offering her the wrong things (e.g. changing your physical appearance, buying her expensive gifts, promising to do whatever she wants, being nicer, trying to suck up to her, trying to explain to her that you've changed), you will just turn her off even more.

Her guard will go up and she will think something like, *â€œHe still doesn't get it. He just doesn't know what I, or other women, want in a man. He's not ready for a woman like me.â€*

If she's like most women, she will then focus on getting over you and moving on as quickly as she can.

3. Get outside and clear your mind

[image: Get outside and clear your mind]

Right now, the idea of getting out and doing anything fun without your ex might seem impossible, or just like something you don't want to do.

You want to spend time with her and not be on your own anymore.

I understand.

However, it's very important that you don't sit around at home worrying and feeling down about what has happened between you and her.

If you stay home, you will most likely begin to focus on the possible reasons why you might not be able to get her back (e.g. she seems totally fine about the break up, she will enjoy being single, she's too beautiful for you, you're not financially stable enough to give her what she really wants, you live too far apart, you made too many mistakes in the relationship).

That kind of thinking will make you needy and insecure, which isn't going to be attractive to her.

For example: If she interacts with you and senses that you need her back to feel better about yourself again, or that you lack confidence in yourself and in your value to her, she will feel turned off by your neediness and insecurity.

So, if you want to get her back, you first have to get yourself to the point where you accept that you did make some mistakes, but that doesn't mean you can't be forgiven and be loved even more deeply the second time around with her.

You can.

You can make her love you, respect you and feel more attracted to you than she ever did before.

You can level up as a man (in terms of your ability to be attractive to her) and let her experience that.

You can improve your ability to keep a relationship together and deepen a woman's feelings over time.

When you do those things, she will naturally feel a deeper respect, attraction and love as you are

getting back together and remain together from then on.

So, how can you do it?

If you haven't done so already, go ahead and push yourself to go outside and clear your mind.

Head to the beach, park or nature reserve alone or with a friend.

Just walk and breathe in the fresh air.

Focus on the fact that you are already becoming a better man by ensuring that you aren't needy of her.

You're not the sort of guy who is panicking and feeling lost and lonely without his ex woman.

You want her back, but you are starting to feel fine without her.

This is a good thing.

It's going to make you appear so much more attractive to her when you interact with her.

So, get outside and clear your mind.

Feel good about life, even though she isn't a part of it at the moment.

Another thing you need to do on Day 2 of No Contact is to

4. Focus on building a strong belief in your value and attractiveness to her

[image: Focus on building a strong belief in your value and attractiveness to her]

A break up can really put a dent in a guy's self-confidence and belief in himself.

Even though he might be a successful guy in many ways (e.g. he has a good job and make lots of money, lives in a nice apartment or house, is responsible, is kind and generous, has friends who love him), he can still fall into the trap of feeling unworthy of his ex woman.

Then, when she finally interacts with him again (e.g. over the phone or in person), his lack of confidence will come across in how he talks to her and behaves around her.

She will get the sense that he doesn't believe he is good enough for her anymore, which will turn her off even further.

Women aren't attracted to guys who don't feel worthy of them.

Women are attracted to guys with high self esteem, confidence and self-assuredness.

That's not about being obnoxious or arrogant.

Instead, it's about having a calm, confident and unwavering belief in yourself.

Women want that in a man.

So, make sure that you use Day 2 of No Contact to build up your confidence and belief in yourself and your worthiness of her.

How?

To begin with, decide that you are a valuable, amazing, unique man who so many women would be lucky to be with.

You're a good guy.

You really are.

Sure, you made some mistakes in the relationship, but that doesn't take away from all the other great qualities you possess as a man.

For example: You might have made the mistake of allowing her to dominate you emotionally, but you're also a loving and caring man, which is much better than you being a hateful, selfish man.

You might have been jealous and controlling, but you're also dependable and a go-getter in life, which is much better than you being unreliable and lazy.

So, focus on the good things about yourself to boost your feelings of self-belief and self-worth.

The more you believe in yourself and in your value as a man, the more your ex will believe it too.

Why?

Well, have you ever interacted with a person who had high self-esteem and belief in him or herself?

What happened?

You most likely believed that they deserved to have that level of self-esteem and believe in themselves.

You looked at that person as being someone special.

That's what happens when you exude confidence and high self-esteem in this world.

Most people look at you and just accept that you are one of the special ones who are a little better than everyone else.

It's a natural instinct of which also applies to your ex's feelings and perception of you.

When you interact with your ex, she will sense your calm, confident and unwavering belief in yourself.

She will instinctively begin to question why you have such belief in yourself and if she's like 99% of the women on this planet, her feelings will cause her to decide that it's because you ARE good enough for her.

It might sound too good to be true to you now, but just let her sense that type of confidence in you and see what happens.

Another thing to do on Day 2 of No Contact isâ

5. Try to relax your mind to regain control of your emotions

If you don't keep a cool head at this very crucial time, you give in to the urge to contact your ex before you are fully ready to re-attract her.

You might then make a silly mistake like drinking a little too much alcohol and text or call her at 2AM to beg for her forgiveness, or to say things like, *âI still love you. Why are you doing this to me? Please take me back! I can't live without you.â*

Alternatively, you might stick to your guns about not contacting her, only to constantly find yourself looking at your phone to see if she has texted you and wondering things like, *âIs she missing me as much as I'm missing her, or has she already found another guy to replace me with? What if she doesn't want to get back with me? What if not contacting her doesn't work? â*

Don't do that to yourself.

You have to be stronger than that.

Remember: Women are attracted to emotional strength in men, not weakness.

So, this isn't a time for you to be displaying emotional weakness of any kind.

If you want to regain your ex's respect, attraction and love, you must regain control over your emotions by relaxing your mind and preparing to re-attract her, before you interact with her again.

One example of how you can do that is by practicing a very simple breathing technique (used by the police and military to help calm the mind and counteract the effects of adrenaline during critical situations) called tactical breathing.

Here's how you do it:

- Inhale through your nose, deeply, expanding your stomach for a count of four.
- Hold that breath in for a count of four.
- Slowly exhale through your mouth, completely, for a count of four.
- Hold your breath, with your lungs empty, for a count of four.
- Repeat the cycle, by starting again with an in-breath to the count of four.

Do this for a minute or two and you will notice yourself feeling calm and relaxed.

You will be regaining control of your emotions and preparing to re-attract her by displaying emotional strength, rather than weakness.

Continue

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Day 1 of No Contact

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

This is a guide on how to get your ex back within 7 days or less.

I don't recommend that you wait longer than 7 days to contact your ex because if you do, most women simply move on.

I hear from guys all day, every day and most of them have tried ignoring their ex for 30 to 60 days and lost her.

So, I recommend that you follow this 7 day guide and get her back quickly, before you lose your chance with her.

- [Day 1 of No Contact](#)
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On Day 1 of No Contact, here are the 5 things you should do:

1. Come up with a clear list of reasons why she broke up with you

The first step you need to take is to understand the real reasons why your woman broke up with you.

Some guys may wonder, *â€œDoesn't every guy know already why he really got dumped?â€*

Interestingly enough, the answer is often, *â€œNo.â€*

[image: Get clear on her real reasons for breaking up with you]

Some guys know exactly why they got broken up with (e.g. he cheated on her, he was abusive towards her, he was a habitual liar).

Yet, in a lot of cases, a guy doesn't have a clear understanding of his woman's real reasons for wanting out of the relationship.

Why?

The woman doesn't want to tell him her actual reasons because he will then promise to change those things about himself if she just gives him another chance.

So, a woman might break up with a guy by saying something along the lines of, *â€œYou're a really great guy and all, but I just don't want to be together right now. I'm really confused about my life at the moment and I need some space to figure things out,â€* or *â€œI'm tired trying to make our relationship. It's just too stressful. I think it's better if we break up for now.â€*

Neither of those reasons give a guy a clear understanding of what he's been doing wrong.

Women do that on purpose, so a guy can't convince her to give him another chance based on that, or quickly change and improve what she wants, show her the changes and ask for another chance.

In most cases, a woman wants a man to feel confused and not know how to get her back, so she can then move on and get on with her life without him.

After all, she's most likely given him plenty of chances to improve already and he hasn't ever been able to level up and become the kind of man she really wants.

So, now that she is breaking up with him, she doesn't want to explain how he can get her back.

This is why it's very important that you use the first day of No Contact to figure out your ex's real reasons for leaving, rather than wasting time feeling confused about the vague excuses she may have given you (e.g. *"You're a great guy, but I just don't want to be in a relationship right now."*)

If you're not sure where to start, here are some questions that will help you uncover the deeper reasons why your woman may have decided to end the relationship!

- Were you the more dominant one in the relationship, or did you let her get away with bad behavior and be disrespectful towards you?
- Were you loving, attentive and caring, or did you regularly hurt her feelings and not really care how she felt?
- Did you make her feel like a sexy, desirable woman in your presence, or did you treat her more like a neutral friend (e.g. you and her ended up hanging out like buddies)?
- Did you maintain your confidence when she tried to upset you by throwing a tantrum or creating drama, or did you lose your composure, get angry or sulk?
- Did you have a long term plan for your life and were you motivated, focused and active in pursuing that plan, or did you behave more like a young guy in the relationship (e.g. immature, didn't take responsibility for your life, spent more time watching TV or playing video games than focusing on your future)?
- Did you believe in yourself and your value to her, or did you end up feeling like you weren't good enough for her?
- Did you feel secure in your masculinity and feel confident that she only wanted to be with you, or were you always worried that she might dump you if another guy came along? As a result, did you end up becoming a jealous and controlling boyfriend, or husband?
- Were you only dominant at home with her in private, but then submissive or nervous when around other men or very confident people?
- Did you focus on building on her feelings of love, respect and attraction for you over time, or did you just assume that because you both loved each other at the start, the relationship would last for life?
- Was the attraction between you mutual, or did you always seem to feel more attracted to her than she felt for you?
- Were you not very attracted to her at the start, but she then grew on you over time and knew it? Did she then dump you to try and get you to feel like you really needed her?

Did any of those reasons apply to your relationship?

If so, then you are off to a great start on the path to getting her back within 7 days.

Why?

It's absolutely essential that you know WHAT to fix, so you can then focus on learning HOW to fix it.

I will help you fix, improve and change yourself to be attractive to your ex as you go through this 7 day guide.

You can do it.

Stay focused and you WILL get her back.

The next thing you should do on Day 1 of No Contact isâ€¦|

2. Start working on improving those things about yourself

[image: Start working on improving those things about yourself]

For example: If you realized that you were too neutral around her and treated her more like a buddy than a sexy, desirable woman, don't make that same mistake when you interact with her now.

You have to go from being Mr. Friendly and Neutral, to Mr. Sexually Confident and Charismatic.

If you do that, she will notice the difference, it will feel amazing to her and she will feel compelled to open up to you a little more to explore those new feelings.

That is how it works.

Yet, a lot of guys don't understand that.

Many guys assume that when interacting with an ex girl, they need to be on their best behavior to impress her (e.g. be extra sweet and nice to her, pretend he's not interested in her sexually anymore, be extra considerate and generous).

Yet, that's the worst thing that a guy can do if one of her main reasons for breaking up with him was that she didn't feel like a feminine, girly woman in his presence.

She wanted him to man up and be more masculine in his behavior and energy, but all he continues to offer her is nice, sweet, neutral feelings.

That's not going to cut it.

To show his ex that he has understood where he went wrong (i.e. he stopped making her feel like a real woman), he needs to actively make her feel attracted to the new and improved version of him.

One of the best ways to start doing that is by flirting with her in a confident, masculine way.

For example: He's talking to her on the phone and they are having a laugh and getting along. He then says the followingâ€¦|

Him: I'm hungry.

Her: Well, eat then.

Him: Get your butt over here and cook for me.

Her: [Most likely laughing that he now has the balls to say something like that to her].

Him: Make me your macaroni and cheese. You do a good job of that.

Her: You make it yourself.

Him: [Laughs] What's sort of woman are you? You can't even make macaroni and cheese. You're hopeless. [Laughs again].

Essentially, he's just joking around with her and letting her see that he has the balls to say risky things because he knows that it's only flirting.

If she is a typical woman, she will most likely try to test his confidence by pretending to get angry at what he said.

If she does, he simply needs to laugh and say, "Relax girl! you need to lighten up. You're too serious about things" and then laugh at her.

In other words, he doesn't buckle under pressure.

He doesn't fail her test of his confidence.

He shows her that he has bigger balls now, which is what she wanted from him all along.

Best of all, he's doing it by flirting with her, which is the preferred method of communication for women when they are talking to men that they have a romantic interest in.

Flirting allows an ex woman to feel attracted and to show subtle signs of interest, without worrying that it means she is agreeing to get back with you.

Yet, when she feels attracted in response to your confident, masculine flirting, she automatically begins to want you back.

She suddenly stops focusing on how she felt before (e.g. turned off, no longer in love with you) and begins to focus more on how she feels now (e.g. attracted, excited, happy, in love again).

She can then think something like, *"Maybe it's not hopeless after all. Maybe we can make this work."* and open herself up to getting back together with you for real.

The next step to take on Day 1 of No Contact is

3. Focus on calming down and regaining control of your emotions

[image: Focus on calming down and regaining control of your emotions]

Let's face it!

You're most likely feeling pretty hurt about the break up now, right?

It sucks.

Yet, when you're feeling that way, it's very easy to say and do the wrong things around her.

So, regaining control of your emotions is a very important step that you shouldn't brush over.

Watch this video for more info!

Regaining control of your emotions is important because your emotional state (i.e. confident or insecure) is either going to be attracting your ex back to you or turning her off even further.

So, don't brush over this part.

It's important.

Some guys do brush it over (e.g. because they will be able to hide their pain and won't say or do anything to mess things up), only to then say and do things that turn their ex girl off even more.

For example: When a guy has just been dumped, he might be feeling shocked, angry, desperate, or

stunned by the news.

He might react in a way that's uncharacteristic of him (e.g. insult her or call her names, beg, plead and cry, demand that she give him another chance, get violent with her or other people, send her loads of desperate, frantic texts).

In most cases, the guy is a good guy and is simply acting out of character, but his ex usually won't see it that way.

Instead, his behavior can cause her to think something like, *"If this is how he's reacting to being broken up with, I wonder how he would have behaved if I stayed with him and things got tough in our relationship? I'm glad that I am finding this out about him now and can see his real character. If I had any doubts about breaking up with him before, I don't have any now. I have to get away from him and not look back. He's not a real man and he's not capable of handling a woman like me. I have to move on. He isn't man enough for me."*

That's not how you want to make your newly ex woman feel.

So, if you're feeling upset about the break up, it's best that you use Day 1 of No Contact to calm down and regain control of your emotions before you attempt to contact her again.

Once you're feeling more relaxed, the next step you need to take is to

4. Start learning how to re-attract her

[image: Start learning how to re-attract her]

When a guy breaks up with his woman, he will often be given advice from friends and family on how to handle it.

For example:

Some well-meaning friends might say things like, *"Forget about her. You don't need her. There's plenty of fish in the sea. Just move on and find yourself another girl."*

Others might say, *"Ignore her for 21, 30 or 60 days and she will come running back to you."*

A mother, sister or female friend might say, *"Send flowers and apologize to her. I'm sure she will forgive you,"* or *"Write her a letter and tell her how you feel about her. Apologize and tell her that you are willing to work things out."*

Although everyone's intentions are likely good and they are only trying to help, following through on that kind of advice just doesn't work in most cases.

What does work?

Interacting with her and actively making her feel sexually and romantically attracted to you again.

I recommend that you make her feel that way AFTER you have given her 3 to 7 days of space.

In the meantime, you need to focus on learning what to say and do to re-attract her when you interact with her after giving her some space.

So, at this point, you either need to get help from other men in your life (e.g. a father, grandfather, brother, uncle, friend, co-worker), or if you want to avoid making mistakes that might turn her off even more, seek professional help (from me) on how to re-attract her.

Here's a free video to help you get started

Once youâve started learning the right ways to re-attract her, you need toâ

5. Get some rest, knowing that you are preparing to successfully get her back

[image: Get some rest]

A break up can definitely occupy a great deal of your time, thinking and emotional energy.

It can be stressful and cause you to stop eating and sleeping properly.

It's not a nice feeling at all, true?

I understand.

However, if you want to get her back, you must get past the initial shock, stress and panic of being dumped by her.

One way to do that is to understand that you ARE going to get her back.

You are currently learning what you need to do to get her back and you are learning about re-attracting her.

It is going to work.

I know that because I hear back from 100s of guys per day now (via this site, on social media, via e-mail) who tell me that it has worked for them.

So, don't worry.

Everything is going to be okay.

Relax and know that you are on the right path now.

You will get her back because you are going to preparing to properly re-attract her and make her feel like she is in love with you again.

That is what works.

So, after you spend some time learning about how to attract her again, try to use some of your remaining time to rest and do things that you enjoy.

For example:

- Take a long, relaxing walk in the park or around your neighborhood.
- Go to the gym and have a great workout.
- Go to a movie with some friends.
- Play some video games.
- Cook up one of your favorite meals while listening to your favorite music (don't listen to sad love songs!).

The more relaxed and in control you feel, the more it will come across when you finally contact your ex.

She will hear the confidence and self-assuredness in your voice and she will see it in your body language.

As a result, she will naturally and automatically feel a surge of respect for you for being man enough

to handle the break up in such a mature and emotionally strong way.

Feeling respect and attraction causes her guard to come down a little bit, which then allows her to access deeper feelings of romantic and sexual attraction for you again.

When that happens, she naturally starts to feel like she loves you again and wants to be with you.

As a result, getting back together starts to feel like something she really wants to do.

2 Common Mistakes to Avoid Making on Day 1 of No Contact

There's no point in doing all the good work mentioned above, if you then sabotage your progress with her by making some or all of the following mistakes:

1. Worrying that it's over forever or that you have absolutely no chance of getting her back

Without a doubt, Day 1 of No Contact after a break up can be one of the most stressful, emotionally painful days in a man's life.

A guy can drive himself crazy thinking about what happened, how he stuffed up and what his chances of getting his ex to give him another chance really are.

Unfortunately, if you don't gain control over your mind and your emotions very quickly, it's possible that you may start thinking things like, *What if she doesn't forgive me? What if she never wants to talk to me again? What if she decides that it really is over and I lose her forever?*

Although these may seem like valid questions to you, it's only going to make you feel more stressed and worried.

It can also get you into a frame of mind that will turn your ex off if you happen to talk to her or interact with her.

For example: If you don't believe that you deserve to get a second chance with your ex, why should she?

Women don't want to be with a guy who feels unworthy.

A woman wants a man who knows that he is good enough for her and who also knows how to make her feel the kind of respect and attraction she really wants.

So, you have to believe in yourself and you have to focus on improving your ability to make her feel attracted.

That is what really counts.

The less you believe in yourself, the more it will come across in your body language and in the tone of your voice when you interact with her.

She will pick up on it and feel turned off by your lack of belief in yourself and your cluelessness about how to make her feel sexually and romantically attracted again.

So, don't rush to interact with her now if you aren't thinking straight and have somehow convinced yourself that you're not good enough for her.

You are good enough for her.

To make sure that she feels that when you interact with her, I recommend that you quickly level up

your ability to make her feel sexual and romantic attraction during interactions.

For example: If you lost a lot of confidence near the end of the relationship and it really turned her off, you need to level that back up and beyond where it used to be.

Don't worry it's easy to do.

Confidence is under your control and is based on how you think.

Your thoughts create your feelings, so if you get your thoughts right, the feelings will naturally follow.

So, stop worrying and start believing in yourself!

You can get her back.

That's a fact.

Believe it!

Do you?

You'd better.

Believing that you can get her back and that you do deserve another chance is so important.

So, believe in yourself!

Another mistake to avoid making is

2. Worrying that she might go and hook up with another guy immediately

There's no guarantee that she will remain faithful for even a minute after breaking up with you.

In many cases, it can happen very quickly if she has another guy lined up and waiting (e.g. a guy from work, a guy she met recently while out partying), or if she has a lot of single girlfriends who want to take her out and get her to meet new guys.

Some women do move on very quickly, whereas other women wait until they feel ready to get out there and start dating again, which is usually anywhere from a week to a month.

No guarantees though.

Her hooking up with a new guy could happen today, tomorrow or two months from now.

It's possible.

However, worrying about it isn't going to stop her from doing it.

Instead, it's probably just going to drive you crazy and make you react in ways that could push your ex into another guy's arms even faster than she intended (e.g. you text her in a needy, desperate way).

So, what should you do?

If your gut instinct is telling you that she will move on instantly or very quickly, don't give her more than 3 to 7 days of space before you start the ex back process.

Follow the steps outlined in this post and when you feel ready, call her on the phone, trigger her feelings for you (e.g. by making her laugh and smile, making her feel feminine in contrast to your emotional masculinity) and arrange to meet up with her in person.

At the meet up, continue to spark her feelings of respect and attraction for you and then confidently guide her back into a relationship with you.

You can do it!

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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How Can I Stop Myself From Feeling Nervous Around My Ex?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here's what you need to do to stop yourself from feeling nervous around your ex:

1. Think confident thoughts, rather than nervous thoughts

If you continue to think nervous thoughts every time you interact with your ex, it's only natural that you will feel nervous around her.

Nervousness, like confidence, is self created.

It's based on how you think.

When you think nervous, self-doubting thoughts, you will feel nervous and doubt yourself.

When you think confident, self-assured thoughts, you will feel more confident than usual.

If you get used to thinking confident, self-assured thoughts, you will eventually be confident all the time and it will be a natural, automatic part of your personality.

For now though, you need to make sure that when you are going to interact with your ex or are around her, you replace insecure thoughts with positive ones.

For example: Imagine that a guy notices his ex at a coffee shop.

Suddenly, he starts thinking to himself, *What if she doesn't want to talk to me? What if she doesn't want me back? What if she feels like I'm not good enough for her now? What if she can see that I haven't changed? What if I make a fool of myself and she tells me to never call her again? What if she is seeing a new guy already? What she tells me to leave her alone and never talk to her again?*

Chances are high that by the time his ex notices him, he will be an emotional wreck and will clearly seem nervous and unsure of himself.

When she hears the nervousness in his voice and picks up the insecurity and self-doubt in his body language, she will automatically feel turned off by what she perceives as his emotional weakness.

Rather than think, *Awww! He's really trying hard to impress me. How cute. He's nervous about how I will react to him. Awww! I'd better take it easy on him and be nice to him,* she will clam up even more and respond by being cold and aloof.

Why?

Women don't like to reward emotional weakness with love, affection, sex and devotion.

Women are instinctively looking to align themselves with a confident man who can remain confident and self-assured under pressure.

So, if she notices that her ex is nervous and unsure of himself, it simply serves as another reason why she wants to remain broken up.

When the nervous guy notices, he might then think, *I knew it! I knew that she wouldn't want anything to do with me. I shouldn't have even tried to talk to her. What do I do now?*

Yet, here's the thing!

Itâ€™s not that his ex didnâ€™t want anything to do with him.

Instead, she picked up on his negative beliefs about himself and felt turned off by it.

Think about it like thisâ€¦!

Have you ever noticed that when you are worried about stuffing something up or experiencing a problem, you usually encounter problems or stuff things up?

For example: You might be in a big hurry to get to an important meeting at work.

You might then stress, worry and think, *â€œWhat if Iâ€™m late? What if my boss fires me? What if I lose that big contract?â€*

Then when you leave home, you are annoyed as the traffic starts to slow down or get in your way and how every traffic light seems to turn red just as you get to it.

Inevitably, you arrive late for your meeting and look stressed out and unprofessional.

A professional man would simply call ahead, apologize for the delay and let his boss know that he will be a little late, but will be there for the meeting.

He would then get to work as fast as he can, but not stress about extra seconds waiting at a red light, or a few seconds lost if a car cuts in front of him.

He would then quickly get to the meeting room and then walk inside in a calm, confident and collected manner.

He wouldâ€™ calmly apologize for being late and immediately get on with business in a calm, confident, professional manner.

In other words, sometimes things go bad in life and itâ€™s how you respond to them that really matters.

If people see that you canâ€™t handle pressure and become a ball of stress in reaction to it, they simply wonâ€™t feel comfortable relying on you and they wonâ€™t be able to look up to you and respect you.

The same thing happens when you stress and expect the worst from your interactions with your ex.

You end up coming across in a way that she just canâ€™t look up to and respect, so she naturally feels turned off.

So, what should you do instead?

Focus on only having confident thoughts about yourself and about how your ex will respond to you when she sees you.

For example: Some confident thoughts that you can calmly, but self-assuredly repeat to yourself are:

- Iâ€™ve got this.
- She will feel attracted to me when she sees how confident and calm I am now.
- The more relaxed, confident thoughts I have, the more confident I will feel on the inside and look on the outside.
- Iâ€™m a new and improved man now and she will be able to pick it up in the way I talk, think and behave around her.
- When she sees that Iâ€™ve changed and improved in the ways she always wanted me to, she will automatically feel some respect and attraction for me again.

- She will like the new me.
- Even if she tries to act like sheâ€™s not feeling attracted, so she can test my confidence, I wonâ€™t doubt myself.
- I feel confident now and I will continue to feel confident when I interact with her.
- She will love it.

Then, when you are around her, your confidence and self-belief will come through in the tonality of your voice, your body language and in the way you behave and respond to her.

When she sees for herself that you are a much more emotionally attractive man now (e.g. confident, self-believing, calm and relaxed under pressure), she will naturally start to feel of respect and attraction for you.

Another way to stop yourself from feeling nervous around your ex, is toâ€™

2. Become more emotionally independent

Essentially, what this means is that you need to reach the point where you canâ€™

- Be happy with or without her.
- Be confident with or without her reassurance.
- Be forward moving in life with or without her.
- Have a high self esteem and belief in yourself, with or without her approval.

Of course, feeling that way doesnâ€™t mean you donâ€™t want her back.

The big difference is that you get to the point where you feel like you donâ€™t need her back to have a good, productive and successful life.

You want her back, but donâ€™t need her back.

Some guys mistakenly think that to make a woman feel loved and appreciated, he has to make her the centre of his world.

For example: A guy like that might give up his interests and hobbies, put his dreams on hold and even stop hanging out with his friends to spend more or all of his time with her.

He assumes that by always putting her in first place in his life, she will be flattered at his dedication and will then stick with him for life.

Yet, thatâ€™s rarely the case.

In most relationships, when a man thinks of his woman as being what his life is about, he will eventually begin to behave in an insecure, clingy, needy way.

For example: He might constantly ask her if she still loves him, fear losing her, get jealous of other guys, or try to spend every spare minute with her.

Yet, if a woman notices that her guy needs her constant love and attention to feel happy and confident, it will cause her to lose respect and attraction for him.

Hereâ€™s the thingâ€™

A woman wants to be with a man who is happy, confident and forward moving in his life, with or without her support, approval or attention.

She doesn't want to feel as though he will fall apart without her guidance and support.

In the same way, if you want to re-attract your ex, you need to show her that you haven't been sitting around feeling sad, lonely and lost without her.

Instead, you are now emotionally independent and feel good about yourself and your life without her. You don't tell her that, of course.

Saying that to her would be rude and would cause her to want to get revenge by saying that she is even happier without you.

Instead, you simply let her feel that, based on how you talk, feel, think, behave and act.

In other words, you don't act like a nervous, needy guy around her and instead, you let her see that you are confident in yourself with or without her approval or love.

A woman won't admit that she wants you to be like that, but be like that and she will want you. That's women for you.

They don't explain what is required to make them really want you.

It's up to you as a man to understand women, so you can naturally attract them and keep them.

One part of being able to be that kind of man is to be emotionally independent (i.e. not be needy).

So, how can you get to the point where you become more emotionally independent?

You can:

- Focus on achieving some of your big goals, dreams and ambitions in life.
- Do something new that involves meeting new people (e.g. a group sport or recreational activity such as football, mixed martial arts, basketball, tennis, join a dance club or a photography club).
- Reconnect with old friends, or make new ones.

When you focus on becoming genuinely happy and content in your own life, not only does that stop you from feeling nervous around your ex, but you also become more attractive to her as well.

Suddenly, she starts to see you as being more of a catch than you were before.

She stops look at you as her needy, emotionally dependent ex who she felt sorry for because he didn't believe in himself or in his value to her.

She notices that you are a new man now and she likes it.

Another way to stop yourself from feeling nervous around your ex is!

3. Arm yourself with new ways to attract her

In a relationship, a couple usually gets to know almost everything about the other person (e.g. their likes and dislikes, their behavior, what turns them on, makes them happy or causes them to get angry or annoyed).

So, after a break up, a woman might assume that her ex can't offer anything new that she doesn't already know.

For example: He was a good guy to her, was kind of confident, was kind of funny and was kind of interesting.

She doesn't really think he can do much more than that, so she assumes that the amount of attraction she felt for him reached its limit.

Yet, it didn't.

As a man, you can always become more attractive to a woman because a woman's attraction to a man is mostly based on how his personality and behavior makes her feel.

You can always become more confident, funny, interesting, charismatic and emotionally masculine and as a result, you can always become more attractive to a woman.

I know this from personal experience because my wife always feels more and more attracted to me over time.

It just gets better and better all the time, even though our relationship was amazing at the start.

That's how it can be for you too.

So, how can you do it?

Start by

Being emotionally stronger than her.

Unlike in the past, where a woman may have looked for the most physically strong man to hook up with (i.e. because she needed protection from wild animals and in later times from being abducted or raped), today's woman looks for a man who is emotionally strong.

Emotional strength is essential for handling the challenges, threats and obstacles that we all encounter in modern life.

Additionally, since modern women are no longer under threat of being eaten by wild beasts and can rely on the police for protection, she no longer needs a man with big muscles to protect her.

What she does need is a man who has the ability to cope with the challenges of modern life and succeed at whatever he chooses to do in life.

If he can remain confident and calm under pressure (e.g. when he's faced with tough decisions, something bad happens, or she teases him, throws a tantrum, or insults him) and doesn't become overwhelmed with emotion like a woman, she will naturally feel lasting respect and sexual attraction for him.

Her instincts urge her to stick with a guy like that, rather than leaving and potentially not being able to find a guy who is as emotionally strong and capable.

On the other hand, if a guy becomes overly emotional, insecure, nervous and loses his confidence when faced with a challenging situation, a woman will perceive him as being emotionally weak and her respect and attraction for him will begin to fade.

Her instincts will urge her to leave him and find a more capable man, who can better protect her and provide if they happen have any offspring in the future.

So, one of the ways that you can re-attract your ex is by showing her (not telling her) that you are now an emotionally strong man that she can look up to, respect, feel attracted to and love.

Showing her that you are emotionally strong doesn't mean that you go around acting like a tough guy or treating her badly, being rude or being a jerk to her.

Instead, you just need to maintain your confidence and remain calm and in control, no matter what she says or does to try and challenge you.

For example: If she says, *“My feelings for you are dead,”* or *“I don’t want to see you again. Just leave me alone,”* you need to show her that you aren’t hurt by that.

You still believe in yourself, are still confident and are still completely relaxed and at ease around her.

Likewise, if she is cold and unfriendly towards you, insults you, teases you or talks about other guys who want to go out with her, you need to remain confident and believe in yourself.

When she can see that nothing she throws at you makes you nervous anymore, she will feel naturally attracted to you, whether she likes it or not.

Initially, she may pretend that your newfound confidence doesn’t impress her, but that will simply be a test to see how real your confidence is.

If you maintain your confidence, she will naturally begin feeling surges of respect for the man that you have become.

Another way you can re-attract your ex is by

Making her feel like a real woman by being more emotionally masculine than her.

A lot of guys make the mistake of thinking that being extra sweet and nice to a woman or allowing her to have her way all the time, is what she really wants.

Yet, even though most women won’t ever admit this, for her to be able to relax into feeling like a real woman around you (i.e. feminine, girly, free to be emotional), she needs you to be more masculine in terms of your thinking, behavior, communication style and the way you react and respond to her.

For example: If a woman is behaving like a brat and is throwing tantrums for no reason, a guy needs to remain emotionally strong, laugh about it and not take her so seriously.

If he does that (rather than getting annoyed with her, or being extra nice and sweet to her in the hopes that she will calm down), she will know that he is man enough for a girl like her.

As a result, she will naturally relax into thinking, talking and behaving like a real woman around him.

When a woman is able to do that around a man, her face lights up with glee and excitement.

She feels sexually attracted, aroused and happy.

However, when a guy is unable to be the man around a woman, her face droops and she becomes annoyed, stressed and even angry at him.

So, if you want to re-attract your ex, make sure that you take on the masculine role by thinking, feeling, talking, behaving and acting like a man at all times.

If you do that, your ex will automatically feel respect and attraction for you and want to get back with you.

Like other women, she knows how difficult it is to find a man who doesn’t become neutral or feminine around a woman.

It is so rare for a woman to come across a man who gets this.

When a woman does meet a man who has this ability, she feels attracted and doesn’t want to let him go.

So, when you show your ex that you now have the ability to make her feel like a real, feminine woman, she won’t be able to stop herself from feeling surges of respect and sexual attraction for

you again.

Her walls will come crumbling down and getting back together again will become something that she really wants to do.

Another way to attract your ex is by

Showing her that you really have changed and improved the things that matter to her.

Women love it when a guy figures out how to be the kind of man that she needs, without her having to help him.

It allows her to naturally be in love with him, rather than trying hard to make a relationship work with a guy who doesn't yet understand how to be the man she needs.

In the same way, when you fully understand what caused your ex to break up with you and then make some adjustments and improvements, reactivating her feelings for you again will be easy and natural.

If you're not 100% sure what may have caused her to lose respect and attraction for you, here are some questions to help you find out.

For example:

Did you stop making her feel safe in the relationship (e.g. because you became too insecure and needy, you became controlling and jealous)?

If the answer is yes, then show her that you've changed by maintaining your confidence around her, no matter how much she tries to make you feel nervous and insecure around her.

Did the relationship become too boring (e.g. the sex became routine or even faded away, you did the same things over and over again, you treated her more like a friend than a sexy, desirable woman)?

To show her that you've changed, spice things up by using every interaction to flirt with her, make her laugh and smile and create some sexual tension between you.

Did you give her so much power that she felt turned off by your inability to be masculine and dominant (e.g. you always treated her like a princess despite her treating you badly, you were too nice and accommodating)?

If so, you show her that you've changed by standing up to her in a loving, but dominant way when she is being cold, distant, rude or treats you badly in any way.

The more your ex can see that you're no longer the guy she broke up with, the more respect and attraction she will feel for the man you have now become.

Not only will she naturally be more open to getting back together, but you will realize that you don't feel nervous around her anymore either.

Another way to stop feeling nervous around your ex is

4. Don't take the interactions so seriously

Being too serious and being on your best behavior will cause you to overanalyze things when you interact with her.

While overanalyzing, you will inevitably think insecure, nervous thoughts, which will in turn, make you feel nervous and unsure of yourself.

So, you have to remind yourself not to take the interactions with your ex so seriously.

Instead, let it be about having a good time together (e.g. laughing, smiling, enjoying each other's company), rather than trying to get her back into a relationship with every sentence or gesture you offer.

The more that you can relax and enjoy yourself around her, the less nervous you will feel.

Then, the reconciliation process will begin to happen naturally and automatically, without you having to force it.

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[image]

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I Got Angry and Insulted My Ex When She Broke Up With Me. Can I Get Her to Forgive Me For That?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Yes, you can get her to forgive you.

Here's what you need to do:

1. Apologize, but don't grovel

Obviously, if you haven't already done so, you should start the ex back process by apologizing to her for what you said.

A heartfelt apology won't fix everything instantly, but it will go a long way towards making things better between you and her.

If she can see that you are genuinely sorry for insulting her, she will at least begin to feel a bit better about what happened.

From there, you can begin clearing away the negative emotions that she has been feeling by making her feel a renewed sense of respect and attraction for you (e.g. being confident under pressure, using humor to get her laughing, being charismatic and charming, making her feel girly in comparison to your masculine vibe, letting her feel and experience the changes in you as she interacts with you).

That is even more important than the apology, because after you've said the apology, she's going to quickly lose interest in talking further if she's not feeling sparks of respect and attraction for you again.

So, when you apologize to her, make sure that you don't do it in an emotionally weak and wimpy way (i.e. don't grovel), otherwise she will feel turned off even more.

For example: A guy sometimes feels so bad for getting angry and insulting his ex when she broke up with him, that he might then beg and plead with her to give him another chance, which only turns her off even more.

He might become desperate and say, *"I'm so sorry! I don't know what came over me! I'm such a jerk and I will never forgive myself for hurting you like that. I just can't eat or sleep properly thinking about the way I insulted you. I promise that nothing I said to you in anger was actually true. I didn't mean any of it. It's just that the thought of losing you made me go crazy and I lost my mind for a moment there. Please forgive me for saying those things to you. I regret it so much. I beg you to just give me another chance to prove to you how much I care. I don't know what I would do if you said you couldn't forgive me. Please, please, please say that you can forgive me!"*

He's hoping that if she sees how devastated he is, she will then think, *"Oh, okay. It's obvious that he really, really loves me and that the idea of losing me was too much for him to bear. That's why he was angry and that's why he insulted me. If it was just because he loved me so much, then it's fine. In fact, I'm actually quite flattered now that I think about it. Maybe he's not so bad after all. He just loves me so much."*

Unfortunately, a woman has a brain and it usually works well for her, so she can see right through

what he is saying.

To her, heâs just offering her a bunch of words and potentially empty promises.

Heâs also trying to excuse his anger and emotional immaturity by saying that it was all about love.

Yes, it might have been, but itâs not an excuse that a woman is going to swallow.

So, whatever you do, make sure that you donât grovel, try to suck up to her or try to explain your anger away as being based on love.

Instead, just give her an apology and accept what you did as being a silly thing that you have now learned from.

Youâre not immediately asking her for another chance and instead, you are just giving her the apology, accepting what you did and letting that be said.

To help make her accept the apology, you canâ!

2. Tell her that you were being silly (or immature) and can now see that

For example: You might say something like, *âI just wanted to say that Iâm truly sorry for the way I insulted you when you broke up with me. I now realize how utterly silly it was of me to behave that way. I was being completely childish and immature, so I lashed out at you for the way I was feeling. It was wrong of me to say those things and I see that now. Iâm not asking you to give me another chance. I just want to say that Iâm sorry and I get it now. I reacted in a such a silly, immature way.â*

By calmly apologizing to your ex in that way, while also being emotionally mature enough to admit your mistake, it shows her that youâve moved past the level you were at when she broke up with you.

You can then alsoâ!

3. Laugh at how you behaved and tell her that you donât blame her if she hates you for what you said

Laugh and add, *âBy the wayâI wouldnât blame you if you hated me forever now. What an idiot I wasâ* and have a laugh about it with her.

By laughing at yourself, it shows her that youâre no longer the angry, selfish guy who insulted her because she was dumping him.

Instead, youâve learned from the experience and have already taken steps to become a better, more emotionally strong and mature man.

As a result, she doesnât have to keep her guard up so high with you anymore.

She can relax, smile, laugh and start to feel good around you again.

When she does that, she then becomes open to forgiving your mistakes and giving the relationship another chance.

So, once you can see that her guard has come down a little bit, you need to â

4. Get her to forgive you for her benefit

Initially, your ex might be resistant to the idea of forgiving you.

She may feel as though youâre just asking her to forgive you so you can feel better about behaving like such a jerk, rather than having to live with the shame for the rest of your life.

So, letting you off the hook and taking away your guilt for insulting her, might not be something that she will want to do right away.

She might want to really make you suffer for a while, for putting her through the pain that she went through.

If she is thinking in that way, she will play hard to get and potentially even make it out to be worse than it really was.

For example: She might say, *âYou really scared me that day, you know? I havenât been able to sleep properly since. Iâve been having nightmares.â*

If you sense that she is exaggerating or being dramatic for extra pity and attention, just laugh at her for being such a wimpy or a scaredy cat.

Of course, laugh at her in a loving way, not in a demeaning way.

Laugh at her as though you feel sorry for her for being such a cute, little girl, while at the same time, being genuine about your apology for behaving like a jerk.

Anyway, all that asideâ

You need to make sure that you get her to forgive you.

If sheâs unwilling to forgive you because she is playing hard to get, then get her to forgive you for her own benefit.

How?

Simple.

By telling her that forgiving you is for her own benefit.

Explain to her that if she doesnât forgive you, she will always be going through life feeling angry and bitter about what happened with you and it will most-likely cause her problems with future relationships.

That way, she has a reason to want to genuinely forgive you.

When she does forgive you for her own benefit, it then automatically makes her stop looking at you in a negative way because she recognizes that who you are now and who you were when you got angry are two different people.

You have changed as a man by learning from the experience and genuinely apologizing to her for it. She can see that the old version of you got angry in the heat of the moment, but the new you is so much more mature and emotionally strong.

She may then even start to think to herself, *âWell, I guess he only insulted me because I broke up with him and he couldnât handle the pain of losing me. He obviously still cares for me. So, I canât blame him entirely for everything. Maybe I can forgive him. Heâs different now. He*

seems to have learned his lesson.â€œ

When she goes through that emotional transition, she automatically starts to feel better about interacting with the new and improved you.

She finds it easier to clearly see that you have changed and are no longer the same man she broke up with.

So, to get her to forgive you for her own benefit, you can say something like, *â€œBefore you say anything else and possibly even tell me that you can never forgive me for what I said to you, I want you to think about one thing. Forgiving me actually has less to do with taking away my guilt, as it does with letting you get on with your life without having to carry the baggage of what happened. Forgiving me is what you need to do for you. Forgiving me for what happened is what is needed for you to be able to move forward and make a fresh start, without taking all the anger and bad feelings with you. If you forgive me, you will feel better about your future without me. You won't have to go around feeling that knot in your stomach every time you think of how our relationship fell apart and how badly I acted in the end. You will feel lighter knowing that even though I made some mistakes in the relationship and made it even worse by getting angry and insulting you when we broke up, I learned from that and am no longer the same guy. I've grown from the experience and I'm a better man as a result. So, forgiving me is the part of the process of moving on. Yes, I stuffed up, but is that something you want to hold on to and carry around with you for the rest of your life? It's just not worth it. So, what do you say? Can you forgive the old version of me? Can you accept that I did make mistakes, but that it is in the past and forgive me for it?â€œ*

Important: Saying something like the above to her is not about encouraging her to move on and have another relationship.

Instead, you're showing her that you're mature enough to give her the freedom to not have baggage in a future relationship with someone else.

When she realizes that she has freedom and isn't being forced back into a relationship with you, she automatically stops looking at you in a negative way and is more able to genuinely forgive you.

She stops thinking about how you got angry and insulted her when she broke up with you and begins to look at you with respect.

From there, get her to

5. Agree to meet up as friends to say hello

Once your ex has forgiven you for getting angry and insulting her, as well as for some of your past mistakes, her guard will really start to come down.

She will become more open to talking to you and seeing you in person and you can then get her to agree to meet up with you to say hello as friends.

It can be a goodbye catch up if she wants it to be labelled as that, but just make sure that she meets up with you in person and you don't get stuck in a text conversation, or stuck having occasional phone calls that go nowhere.

For example: You can say to her, *â€œI'm glad that we've managed to get to this point where we can talk to each other like friends againâ€œ* and let her say something.

Then, add in, *“You and I are broken up now and I accept that”* and let her say something.

Then, add in, *“Now look, before we go our separate ways and never talk to each other again, I’d really like it if we could catch up for a quick coffee as friends to say goodbye in a friendly way.”*

Then, go ahead and make plans to meet her as soon as you both have an opening in your schedules.

6. Get her back at the meet up

When you meet up with your ex, you need to keep saying and doing the types of things that will make her see you in a new light and convince her to give you another chance.

No matter how much she tries to make you feel bad for what happened in the relationship or for getting angry and insulting her, you must maintain your confidence and use humor to stop her from seeing you as the man you were before.

Turn her negative comments into something that you can both laugh about together.

Make her smile and laugh and show her that you really are a new and improved man now.

Yes, you got angry and insulted her when she broke up with you, but that was the old you.

You’re not that guy anymore.

No matter how much she tries to push your buttons and make you feel annoyed, you remain positive, easy-going and confident.

When she sees that you’re being a confident, emotionally mature guy around her when she is trying to annoy you, she won’t be able to stop herself from feeling respect for you again.

When she feels respect, she will also be able to feel sexual and romantic attraction and when that happens, her walls will begin to come down and she will imagine what it would be like if you and her got back together.

From there, it’s up to you to open her eyes to the fact that falling back in love with each other will be even better than it was the first time.

You can make her realize that by actively triggering her feelings of respect, attraction and love as you interact with her.

When she realizes that she will be getting back into a relationship with a completely different man than before (i.e. a guy who is now more confident, emotionally strong and mature), she will naturally feel curious and possibly even excited about getting back together again.

4 Mistakes That Guys Often Make When in Your Situation

It’s not only you who has made the mistake of getting angry and insulting your woman as she broke up with you.

A lot of guys mess up in that way.

So, don’t beat yourself up about it.

That said, make sure that from now on, you do what works to get her back.

For example: Guys who find themselves in a similar situation to you, often make mistakes, such

asâ□|

1. Repeatedly apologizing via text

When a woman is angry with her ex and is refusing to see him or talk to him, he might feel that the only way to get through to her is via text.

He might then send her walls of texts apologizing to her and saying things like, *â□□Please forgive me for what I said. I was so hurt that you were breaking up with me that I lost my mind. I know itâ□□s no excuse for insulting you, but I truly regret it. I didnâ□□t mean any of it. Please give me a chance to make it up to you.â□□*

Yet, rather than make her forgive him, it only annoys her even more. Why?

Since she canâ□□t see his body language or hear the tonality of his voice, rather than give him the benefit of the doubt, a woman will usually assume the worst of him.

She will assume that heâ□□s just being a coward who doesnâ□□t have the balls to talk to her over the phone or face-to-face and apologize for being a jerk.

Sure, she isnâ□□t making it easy for him to call her, but he needs to man up and figure out how to pass that test of his confidence and resolve.

If he canâ□□t do that and just sticks to text, she will lose respect for him.

Although he might be 100% sincere when he is texting her and apologizing, she will see it as an empty apology or a promise that he probably couldnâ□□t even fulfill.

Why?

She has no real life evidence of the new and improved him.

She is judging him on how he behaved before.

Another mistake guys often make isâ□|

2. Acting as if he committed the worst crime in the world when in reality, he was just being immature and now realizes his mistake

Okay, so you stuffed up.

Big deal.

So many guys react in that way.

Yes, it was wrong, but it is done.

Itâ□□s over now.

So, going on and on about it isnâ□□t going to help you and it certainly isnâ□□t going to be the thing that reawakens your exâ□□s feelings for you either.

Just let it go.

You made a mistake, but you have learned your lesson and are a better man because of it.

If you get sucked into thinking that youâ□□re the worst boyfriend/husband in the world now that youâ□□ve made that mistake, you will be making it a bigger problem than it actually is.

Everyone makes mistakes.

Her included.

What matters now though is that you really have changed, can get her to see the funny side of what happened and can get her to feel sparks of respect, attraction and love for you.

If you focus on that, you will get her back.

Yet, if you focus on how bad you are and let her go on and on about it, she will feel repulsed and want to get away from you.

Another mistake that some guys make in your situation isâ€¦!

3. Feeling unwelcome to flirt with her and build up sexual tension

Some guys make the mistake of thinking that flirting with an ex is wrong.

A guy like that believes that itâ€™s not his place anymore and if he steps out of line, she will get angry and he will then lose any chance he might have had of getting her back.

Yet, the opposite is actually true.

If a guy is not actively making his ex feel sexually attracted to him anymore, sheâ€™s not going to feel much or any motivation to want to give him another chance at a sexual, romantic relationship.

She might be feeling friendly or neutral emotions him at best, but at worst, she may be feeling repulsed or annoyed by him.

So, if you truly want your ex to forgive you for getting angry and insulting her and give you another chance, donâ€™t be afraid to flirt with her to create sexual tension between you and her.

When you create sexual tension, she then naturally has the desire to want to release that tension with hugging, kissing and sex.

As a result, it makes it so much easier for you to get her back.

Another mistake that other guys tend to make in your situation isâ€¦!

4. Feeling unwelcome to meet up with her

Even though your ex might currently be saying things like, *â€œJust leave me alone. You insulted me and treated me like crap. I donâ€™t want you in my life anymore and I donâ€™t want to meet up,â€* you shouldnâ€™t give up on seeing her in person again.

Instead, you need to maintain your confidence and believe in yourself, which will automatically attract her even if she doesnâ€™t want it to.

For example: You can say something along the lines of, *â€œHey, I know that youâ€™re mad at me right now, but all Iâ€™m asking for is 10 minutes to have coffee and say goodbye to each other in a friendly way now. If you never want to see me again after the coffee, I will respect your wishes and never contact you again. So, how about it? What day this week would suit you best?â€*

Then, just go ahead and make plans to meet her at a time that suits you both.

When you trigger her feelings of respect and sexual attraction at the meet up, she will start to see you in a different light.

She will stop feeling so hurt about the fact that you got angry and insulted her and will start seeing you as the new and improved man that you have become.

Her defenses will then come down and you can then get her back.

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She is Scared That She Will Be Unhappy Again if We Get Back Together

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Hereâs how to convince your ex that she will be happy if you and her get back together:

1. Tell her that you and her don't have to commit to getting back together forever

A good way of getting your ex to relax and not get so worked up about the idea of getting back together again, is by not pushing her into making a definite decision right away.

Instead, put her mind at ease by suggesting that you and her only need to give the relationship a shot for a week to see how you feel.

For example: The next time she says something like, *âI just donât know. Iâm too scared that if we get back together, Iâm going to be unhappy again. I donât want to have to go through all that again,â* you can respond by saying, *âHey, I understand that making a big commitment to stay together for life sounds like way too much. I agree. So, letâs not talk about getting back together forever. Instead, letâs simply agree to give our relationship a shot for one more week. Then, if things go well and you feel happy about being together, we can decide then about making a longer commitment. On the other hand, if you hate being back together and feel miserable, I will accept that and we can part as friends and go our separate ways. So, letâs just commit to one more week and see we both feel.â*

In most cases, giving a woman the option to break up after a week makes her feel safer, so she will be more inclined to agree and give it a try.

Then, once she agrees, you must use the week to reignite her feelings of respect and attraction for you, so she can reconnect with her love for you and feel happy again.

One of the ways to do that, is toâ!

2. Focus on making her smile, laugh and feel happy with you from now on

When interacting with your ex, it might be tempting to want to repeatedly reassure her that things will be different this time.

For example: A guy might regularly apologize to her for his past behavior and explain why he behaved the way he did.

He might tell her how much he regrets hurting her and say things like, *âI know that things were bad between us, but I promise you this time it will be different. Iâll do whatever it takes to make you happy. I am completely committed to this. You mean everything to me. I just want to make you happy. I promise you. You have my word on that.â*

Yet, hereâ€¦s the thingâ€¦!

She doesnâ€¦t need to keep hearing about it.

To get her back and keep her in a relationship, you need to focus on making her have feelings for you, rather than constantly trying to reassure her how serious you are about fixing things and making her happy.

So, simply focus on making her smile, laugh and feel good to be around you again.

If you do that, she will naturally feel happy to be back with you and wonâ€¦t need you to try and convince her that things will be different.

Focusing on making her smile, laugh and feel good doesnâ€¦t mean you have to act like a clown, make jokes all the time or be silly and frivolous around her.

Instead, itâ€¦s simply about not being so serious about things and not harping on and on about the past.

When sheâ€¦s smiling, laughing and enjoying being in your presence, it becomes difficult for her to keep thinking, *â€œIâ€™m scared that I will be unhappy again if we get back together again.â€*

Instead, she thinks, *â€œI never expected to be able to feel this good around my ex after how badly things ended between us. Iâ€™m actually feeling exited again. I love him again. I wonder if it is possible for us to have a happy, lasting relationship this time?â€*

So, if you want to get your ex to relax and open herself up to the idea of getting back together, make sure that you try to make every interaction with her a happy one.

Itâ€¦s not about trying hard to suck up to her and do whatever she wants.

No.

That doesnâ€¦t work.

Instead, itâ€¦s about being a confident, emotionally masculine man who has the balls to joke around and make her laugh at times, rather than being on your best behavior and taking everything so seriously.

The more she enjoys talking to you, interacting with you and hanging out with you, the more open she will be to giving the relationship a real chance.

On the other hand, if you are mostly making her feel stressed out or turned off (e.g. because youâ€¦re still making the same old mistakes that causes her to break up with you before), then sheâ€¦s not going to want to spend time with you or give the relationship a real chance.

Instead, she will say something like, *â€œSorry, but Iâ€™m just too scared that I will be unhappy again if we get back together. I think itâ€™s better if we let it go and move on.â€*

3. Stop saying and doing the things that have been secretly turning her off

After the break up, some guys donâ€¦t know how to behave around their ex anymore.

For example: All he knows is that he wants his ex back more than anything, but she is saying things like, *â€œNo, Iâ€™m not interested,â€* or *â€œNo. Iâ€™m scared that I will be unhappy if we get back together again,â€* or *â€œI just donâ€™t have feelings for you anymore.â€*

As a result, he feels like he is losing her forever and that all hope is lost.

So, instead of saying and doing the types of things that will relight her feelings of respect, attraction and love for him and make her want to get back together, he says and does things that turn her off.

For example: He startsâ€¦

- Being insecure and self-doubting, instead of being confident and emotionally strong.
- Begging and pleading with her for another chance, rather than taking a few days to improve on the things that caused her to break up with him in the first place.
- Trying to make her happier by being nicer to her, instead of being a man that she can naturally feel respect for now.
- Complaining about how difficult things have been for him since the break up, as a way of making her feel pity for him, rather than showing her that he is confident, happy and emotionally strong.
- Giving her more power in the relationship (e.g. letting her call the shots), instead of being more emotionally dominant by taking the lead and guiding her back into feelings of love, respect, attraction and happiness.

Hereâ€¦s the thingâ€¦

If you continue saying and doing things that turn your ex off, sheâ€¦s naturally going to keep giving you excuses (e.g. that sheâ€¦s scared that she will be unhappy again if your get back together) to avoid giving you another chance.

So, if you want to get her back, youâ€¦ve got to start saying and doing things that actively trigger her feelings of respect, attraction, and love for you.

For example: If you had become insecure in the relationship and stopped being manly, you need to quickly become very confident and start talking, feeling, behaving and acting in a more manly way.

Youâ€¦ve got to let her see that you get it now and have already changed.

Note that I said, *â€¦Let her see.â€¦*

I didnâ€¦t say, *â€¦Tell her and try to explain to her that youâ€¦ve changed.â€¦*

Thereâ€¦s a big difference.

Women donâ€¦t like it when a guy desperately tries to convince her that he has changed things about himself just to get her back.

On the other hand, women like it when they interact with an ex and feel a surprising, renewed sense of respect and attraction for him because he has already changed.

You interact with her and she feels sparks of respect, attraction and love and knows that you have changed, without you needing to tell her all about it and look a little bit desperate in the process.

When you let her feel and experience the changes, she automatically stops being so defensive and begins to feel attracted to you again.

This happens without her having to do anything because attraction is a natural, automatic reaction that humans have to each other.

When you display traits that are naturally attractive to women (e.g. confidence under pressure, emotional masculinity, humor in moments where others are too afraid to use it, charisma), a woman doesnâ€¦t have to think about whether she feels attracted to you or not.

It happens automatically.

This natural rule of attraction applies to your ex, even though you might see her as being unique and different to other women.

Yes, she is different, but she is still a human woman.

If you behave in an attractive way, she will naturally feel some attraction for you, whether she wants to or not.

Her mind might be telling her, *“Stop! Remember that he made you feel unhappy before and he might do it again,”* but her heart will open up to you again, even if she tries to fight it.

Remember: Attraction is an automatic reaction.

Your ex's thought process will be influenced by the amount of attraction she feels for you based on the traits and behaviors you are displaying.

As a result of feeling attracted to you, she will find reasons why she is suddenly looking at you in a more positive light (e.g. *“Maybe he is the one”* or *“Maybe this means that we're meant to be together”* or *“I thought I was over him, but my heart is telling me otherwise. It's a sign!”*).

4. Make her feel attracted to you in new ways

Imagine that a guy was controlling in the relationship with his ex.

For example: He prevented her from seeing her single friends, checked her phone/e-mail/social media to see who she was interacting with, insisted that she wear only the types of clothes he approved of and tried to control her behavior around him and others.

To get her back, he might make the mistake of saying something like, *“I've changed. I promise that you can do whatever you like and I won't try to stop you anymore.”*

Yet, what he doesn't realize is that when he's nagging her about getting back together and saying things like, *“Don't be scared. It will be okay this time. You have nothing to be worried about. Things will be better. Just believe me”* she will look at it as him continuing to be the controlling guy that he was in the relationship.

So, what can he do instead?

He can turn his past controlling behavior into something they can laugh about together and as a result, attract her in a new way.

For example: If she says, *“I'm scared that I will be unhappy if we get back together again,”* he can say in a joking way, *“What are you talking about? You mean you didn't enjoy being locked up in my dungeon and fulfilling my every need as a slave? Now you tell me! All this time I thought you loved being my little minion,”* and have a laugh with her about that.

Obviously, he wouldn't have locked her up in a dungeon and he is simply exaggerating and getting her to imagine a much worse guy, so his behavior doesn't look so bad in comparison.

Additionally, by using humor to laugh at himself and his past behavior, he's showing her that he now understands where he went wrong.

He's also making her feel attracted by responding differently to the way she's expecting him to (e.g. she would have most likely been expecting him to get angry, try to control her or blame her

for making him behave in a controlling way).

By joking around about the past, it takes the pressure off getting back together right away and allows her to enjoy talking to him again.

She then begins to think to herself, *â€œWhatâ€™s changed? Heâ€™s not trying to control me anymore. He also understands what made me want to break up with him. I canâ€™t believe Iâ€™m thinking this, but I think I kind of like him again. Why am I feeling this way? Maybe we can make things work between us after all.â€*

As long as he continues to make her feel attracted as he talks to her on the phone or in person in that moment, she will drop her guard and open up to potentially being with him again.

She might be a little resistant initially, or she might dive right back into a relationship with him by hugging, kissing and having sex with him.

Each woman is different, which is why you need to make sure that you maintain your confidence at all times throughout the ex back process.

Some women make it easy and some women play hard to get to test your confidence and see how you are going to react (e.g. are you going to get upset and angry like you used to, or do you know have the emotional maturity and confidence to guide a potentially difficult conversation back to love and laughter?).

Part of the reason why a woman does that is to see whether or not you have leveled up as a man, or are still stuck at the same level you were at when she dumped you.

If you can now attract her in new ways and youâ€™ve learned from your mistakes, she will have reasons to want to give the relationship another chance.

5. Help her to stop taking things so seriously and just enjoy spending time with you

Most women create drama in a relationship purely as a way to test a manâ€™s confidence and to see where his breaking point is.

A woman may not even realize that sheâ€™s doing it and might even feel offended if you point it out to her, but it (i.e. creating drama to test your confidence) is a natural and very common thing that women do.

This is why taking your exâ€™s comment about being ‘scared’ too seriously is a bad move.

If sheâ€™s just messing with you and seeing how much BS you will put up with from her, then sheâ€™s going to be disappointed that you are taking it all too seriously.

To avoid that from happening, a better way to respond is by using humor to help her see that the situation is not as bad as sheâ€™s making it out to be.

For example: The next time your ex says, *â€œIâ€™m just too scared that I will be unhappy again if we get back together,â€* you can turn it into something to laugh about together by laughing and saying, *â€œOoooh, how scary. Getting back together for a week to see how we feel. Wow, that’s so scary.â€*

Initially, she might act shocked that youâ€™re not taking her that seriously anymore.

However, even if she doesn't openly admit it, she will actually be feeling a huge amount of respect and sexual attraction for you for having the balls to guide the interaction back to laughter and love, rather than getting sucked into her drama.

From there, you just need to continue making her laugh and smile and feel good, so you can build on her initial feelings for you.

The more respect and attraction she feels for you, the more she will enjoy interacting with you again. Slowly, but surely, her fears will be replaced with happy feelings.

As a result, she will naturally get back with you, feel happy about it and you and her can then enjoy the great times ahead together as a couple.

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5 Ways to Convince Your Ex That the Relationship is Worth Saving

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here's what you can do to convince your ex that the relationship is worth saving:

1. Let her know that the spark is still there in the background

Just because you and her have broken up and she currently isn't interested in getting back together, it doesn't mean that the spark between you and her is completely dead.

She might feel like the spark is dead and even be saying things like, *"It's over. There's nothing left between us worth saving. I don't love you anymore,"* but the spark is still there and the relationship is worth saving.

She can't see that at the moment though because she is focusing on her negative feelings for you (e.g. anger, disappointment, regret).

To change how she feels, start by letting her know that the spark between you and her is still there, even if she hasn't wanted to connect to it since the break up.

Additionally, if you and her catch up and she experiences a renewed sense of respect and attraction for the man you've become, she will be happy and most likely even excited about the new feelings she has for you.

Of course, you need to reassure that you understand she probably doesn't believe that right now.

It's only natural that she would doubt it, because she is currently focused on her negative feelings for you, so it's not possible for her to feel happy and excited at the moment.

Yet, if you and her do catch up, she will be surprised at how much she feels for you now that you have changed.

For example: If you're talking to her on a phone call (not via text!) or in person, you can say something like, *"Hey, I know that I stuffed up and based on my previous behavior, there's no reason for you to believe that our relationship is worth saving. However, I just want you to know that I'm not that guy anymore. I don't expect you to believe me just because I'm saying so. All I ask is for a chance to show you. We can be friends and you can then experience for yourself whether I'm telling the truth or not. Then, if you feel differently about me, you might then feel like giving our relationship another chance. That's all I ask. No pressure."*

Of course, saying that to her isn't guaranteed to make any woman forgive you and restart a relationship immediately.

Instead, at the very least, it makes her drop her guard a little bit and begin to think things like, *"Hmmm, maybe he has changed. He's actually handling our break up in a more mature and emotionally strong way than I expected. So, I guess I don't have anything to lose if I give him a chance to show me whether or not he has really changed."*

Then

2. Let her know that a reunited relationship feels twice as good if it's done right

Once she seems more open to talking, you can explain to her that falling back in love after a break up is one of the most amazing feelings a couple can ever experience together.

You can say, *“You and I have a lot of history together. I know you and you know me. If we can learn from our mistakes and become better people, it sets us up for an even better relationship. Likewise, if we can take all the good things about each other from before and add them to who we are now, we can build a relationship that is even stronger and better than it used to be. Being able to get through a rough patch and fix things means that, the next time around, our relationship will automatically be more mature and more connected than it used to be. Our love will be even stronger. We won't experience those problems again. We will be a better couple. There's no need to run from that and there's every reason to run towards it.”*

If your ex loved you before and is still kind of open to getting back with you, then she will almost certainly get back with you at that point.

If she isn't sure about being with you anymore, then the idea of having a better relationship with you will instinctively appeal to her.

Why?

A woman's natural instinct is to try to stick with a relationship for life.

This has a lot to do with her primal breeding instincts.

Even if you and her don't have children or don't ever want children, she still has the natural instincts of a woman to find and keep a good man, who would stick around and protect, provide and support her if offspring were created.

This is big part of the reason why women usually take a long time to eventually break up with a guy.

Her instincts are telling her to make it work, so if you can honestly improve yourself, let her experience that and then tell her that a new relationship would be even better, it will connect with her instinctive need to keep a relationship together.

When talking to her, you can also mention that you've heard of so many couples getting back together and their relationship being better than it was before.

Let her know that it happens that way if a couple improves and changes and becomes an even better couple as a result of the mistakes that were made.

For example: Maybe it was you who made a lot of the mistakes in the relationship.

If that's the case, then she would have never gotten to experience the depths of the love and attraction that was possible between you and her.

She could be so much happier, so much more in love and so much more fulfilled this time around.

3. Tell her that she only lives once and if she misses out on

experiencing this, she'll never know

Initially, your ex might be a bit resistant to the idea of giving your relationship another chance.

She might even say things like, *"I don't know if it's such a good idea. What if we get back together and I end up being hurt all over again? I'm not sure if I want to risk it."*

Of course, trying to convince her that the relationship is worth saving because you feel so much for her and saying things like, *"You and I are meant to be together. I just know in my heart that our relationship is worth saving. If you only give us a chance, I'm sure we can make it work. Even if you don't feel a lot of love for me, I have enough love for the both of us. Please give us a chance,"* will rarely make her change her mind. Why?

If she's not feeling enough respect and attraction for you right now, knowing that you still have feelings for her just isn't going to matter to her.

The feelings have to be mutual for her to care about how much you care.

It can't all be about how much you care and how much you need her or want her.

If you make her feel that way, she will feel as though you're trying to pressure her into doing something she doesn't want.

So, a better way to react if she says something like that, is by saying something along the lines of, *"Sure, you can walk away from our relationship and never look back if you want to. Yet, if you do, you will never know if we could have had the kind of relationship that people only dream of. Just for a minute, allow yourself to believe that what I'm telling you is for real. Imagine that I am now actually the guy that you've always wanted me to be. When we get back together again, we're going to have the kind of relationship that you and I have always wanted. We're going to be happy and in love and it's going to keep getting better and better over time. We will be one of those couples that other people look at and wonder how we are so happy and in love. On the other hand, imagine that you walk away right this minute and then spend the rest of your life going through relationship after relationship because nothing ever feels right. Do you really want to do that? Life is just too short not to take this chance with me. Put it this way. If we give it another shot and it doesn't work out, you'll never have any doubts that you made a mistake. On the other hand, if you give me another chance and it does work out, you will be grateful that you did because you and I will be happy together for life."*

By saying something like that to her, you plant seeds of doubt in her mind about her desire to want to remain broken up.

She starts wondering, *"What if he's right? What if I do walk away and regret it for the rest of my life? What if he ends up being the one that got away and I end up with a guy who I never really love? What if I get married to someone else and then get divorced because I can't ever seem to fully move on and be happy?"* and she then becomes more open to giving you another chance.

You can then

4. Tell her that you and her don't have to commit to anything

other than a week of being back together

If she still seems a bit nervous about trying again because she doesn't want to commit to a long term relationship right away, then put her mind at ease.

Tell her that all you and her need to really commit to is giving the relationship a try for another week. That's it.

Then, after a week, if she decides that she still doesn't feel like the relationship is worth saving, you will respect her wishes, stop trying to get her back and never contact her ever again, if that's what she wants.

Note: Saying that you will never contact her ever again will tug at her heartstrings if she is actually starting to feel respect, attraction and love for you again.

She won't want that to be the outcome and as a result, she will have an additional little reason to try and make the relationship work during the week that you are back together.

During the week, you must focus on reawakening and building on her feelings of respect, sexual attraction and love for you.

Make her feel so much that, by the end of the 7 days, she will be saying, *"I'm so glad you encouraged me take this chance with you. I can't believe I almost lost you forever. Thank you for not giving up on our love. I'm so happy now. I now that we can make this work."*

How can you make her feel that way?

You need to

5. Show her that you really have changed the things that she broke up with you for

Nothing is more convincing to a woman that a relationship is worth saving than seeing that her guy is now at a completely different level to the one he was at when she dumped him.

Not only has he understood where he went wrong, but he has also taken steps to quickly change and improve and become a better man as a result.

So, before you do anything else to get her back, I recommend that you get clear on what caused her to break up with you in the first place.

For example: Ask yourself

- What was it about my thinking and behavior that turned her off? (e.g. Did I become too insecure and emotionally dependent on her? Did I take her for granted? Did her and I end up wanting different things in the relationship?)
- What do I think was missing from our relationship? (e.g. did she feel more like my friend or roommate, rather than my woman? Did the spark die out? Was the sex too boring or even non-existent?)
- Did she want me to behave in a way that I wasn't aware of? (e.g. more ballsy, more motivated and purpose oriented, more affectionate, less of a loner).
- Was I trying to get her to accept things about me that just aren't attractive? (e.g. my

insecurity about my value to her, my jealous or controlling behavior)?

When you really think about where you went wrong with your ex, you can then change and improve the things that actually matter to her.

Then, when you interact with her and you let her know that a reunited relationship feels twice as good when done right, she will be able to believe you because she will be feeling a renewed sense of respect and attraction for you already.

On the other hand, if she can see that you're just saying that a new relationship would be better, but nothing about you has improved, she won't be interested in starting again.

3 Mistakes That Other Guys Often Make When in Your Situation

Many guys find themselves in your situation (i.e. dumped by a woman they love and she isn't interested in saving the relationship, even though he is a good guy and is promising to do better this time around).

As a result, many guys make one or more of the following mistakes, which only pushes her away even further.

1. Explaining all of his deep feelings in a letter

As you may have noticed so far in this article, at no point have I told you to express your feelings via text, e-mail or letter.

There is a very good reason for that.

When you simply write things to her, she doesn't get any first hand, real life evidence that you have changed and as a result, she assumes that you're still the same.

For example: She can't hear the confident tonality of your voice, so she assumes that you are feeling insecure and unsure of yourself, which turns her off.

She can't see your confident body language, so she imagines that if you said that to her in person and she was being cold and distant, you would probably begin to look nervous and unsure of yourself.

This is why it's never a good idea to hide behind texts, letters or e-mails with an ex woman.

A woman's attraction for a man works differently to a man's attraction for a woman.

Women need to interact with a man either on the phone or in person, to get a feel for how he is coming across (i.e. Is he confident or nervous? Is he angry or easy-going? Is he desperate or calm?).

Some guys don't want to face up to a potential rejection if they call their ex woman or talk to her in person, so they hide behind text.

For example: If a guy finds it difficult to express himself in person (e.g. he tends to get angry or upset, becomes tongue-tied and says the wrong things), he might feel like his best option is to write everything down in a long letter.

He hopes to make his ex understand just how much she means to him and how desperately he wants her back.

Yet, this rarely works out in the way a guy hopes.

Unfortunately, even though heâs being 100% honest and sincere, to his ex itâs just a bunch of words on a screen (or a piece of paper).

Firstly, if all he is doing is writing her a letter without first sparking her feelings of respect and attraction for him even a little bit, sheâs not going to really care how he feels.

The feelings have to be mutual or at least kind of mutual, before a woman will care how you feel.

It canât all be about him getting her back because of how much he feels for her or needs her.

Secondly, because she canât see his body language, look into his eyes, or at least hear the tonality of his voice, an ex woman will usually judge a guy based on the last impression that she had of him (i.e. when she broke up with him).

If he didnât take the break up well (e.g. he begged and pleaded for another chance, sulked to her or possibly even cried), she will remember that and assume he is still the same emotionally weak guy.

So, although it seems like a guy is doing a nice, noble thing by writing out all of his feelings and explaining how much a woman means to him, it doesnât appear that way to her.

In fact, many women see the old 'letter to an ex' approach as a selfish act, because itâs usually all about the guy's feelings, wants and needs.

A guy will add in compliments about her and tell her how wonderful she is, but it doesnât mean much or anything to a woman if the feelings arenât mutual.

Another mistake that guys make in your situation isâ!

2. Not being assertive enough to get her to meet up with him in person

Even when a woman still has feelings for her ex, she wonât necessarily make it easy for him to get her back.

If he asks her to meet up with him, she might say things like, *âIâm not sure thatâs such a good idea,â* or *âIâm not ready to see you yet.â*

In most cases, she is simply testing him to see if heâs got the confidence and emotional strength to persevere and get a meet up with her, or if he will become nervous, self-doubting and give up.

Depending on his reaction, she will either feel a resurgence of respect and attraction for him for being man enough to go after what he wants in life (i.e. her), or she will lose respect and attraction for him for doubting himself giving up so easily.

So, if you want your ex back, donât give up until she agrees to see you in person.

Of course, that doesnât mean you should bully her or try to force her into meeting up.

Instead, just make her feel so good to be interacting with you again over the phone (e.g. by making her laugh and smile), that the idea of saying *âNoâ* doesnât even cross her mind.

If she does say, *âNoâ* to a meet up, be assertive in a loving manner.

For example: Laugh and say, *âOkay, well letâs never, ever meet up again!â* and have a laugh with her about it.

Then say, *âNo, lookâthere's no need to be so dramatic about it. We are mature enough to catch up for 10 minutes and say hi as friends. Thereâs nothing wrong with us catching up for a coffee and saying goodbye in a friendly way. We can do that. So, letâs catch up tomorrow or the*

*next day. I can do 6pm tomorrow, or 3pm the next day. Which is best for you?*â□□

Essentially, donâ□□t give up at the first sign of resistance because, in many cases, a woman will simply be testing her exâ□□s confidence and resolve.

She wants to see what kind of man he really is.

Of course, if she says, *â□□Absolutely not! I will never meet up with you again,*â□□ then you will need to use another approach to get her to calm down and open up to catching up with you to say hi.

Remember: Human emotions arenâ□□t permanent.

Humans always change how they feel about things and you can make a woman go from hating you, to forgiving you, to accepting you, liking you, feeling attracted to you and loving you again.

Couples all over the world break up and get back together all the time.

Your relationship and your woman is unique, but at the end of the day, both of you are still human.

Humans can change how they feel and you will see evidence of that all around you as you watch couples break up and get back together.

Another mistake that guys often make in your situation, isâ□|

3. Trying to get her back before he's made her feel a renewed sense of respect and attraction for him

Some guys focus more on what they want (i.e. to get their ex back), than on making her feel that way she needs to feel to open back up to having a relationship.

Approaching the ex back process in that way is doing thing backwards.

The correct way to approach the ex back process is to focus on making her feel a renewed sense of respect and attraction for you, as you interact with her.

Interact with her and make her feel sparks of respect, attraction and love.

Not via text.

On a phone call or in person.

Make her feel attracted to you again and then, the idea of getting back with you seems like the next, natural step.

On the other hand, if you donâ□□t spark her feelings for you first and just focus on telling her how much you love her, or on reminding her about how good things used to be in the past, sheâ□□s not going to change her mind.

What matters to her is how you make her feel right now.

So, focus on making her smile, laugh and feel good every time you interact with her.

Let her feel good when interacting with you.

Donâ□□t make it all about you and how much you want or need her back.

Make the feelings mutual (or at least kind of mutual) before you try to do anything else.

If you approach the ex back process in that way, she will want to save the relationship just as much as you do.

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How Do You Get an Ex Back Without Seeming Like You're Pressuring Her Into it?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here's what you need to do to get an ex back without seeming like you're pressuring her!

1. Don't make it about you getting her back for your reasons

A classic mistake that many guys make after being dumped, is approaching their ex woman in a way where it's about him wanting her back because he loves her so much and needs her in his life.

For example: A guy might say, *"Please just give me one more chance. I can't bear the thought of losing you. You mean everything to me and without you my life feels meaningless. Please."*

Yet, what about her?

What is she getting from that deal?

She's just getting the same guy, who hasn't even changed yet and probably doesn't even know how to.

As a result, it feels like she'd be doing him a favor by getting back with him, which isn't very inspiring or appealing to her.

Here's the thing!

When a woman breaks up with a guy, it's usually because she has disconnected from her feelings of love, respect and attraction for him.

So, when he says that he still cares for her and wants her back, she will be thinking things like, *"So what? I don't care how he feels or what he wants. I have to take care of myself now, not him. Does he honestly think that his needy feelings for me are going to convince me to give him another chance? If anything, him trying to manipulate me by telling me how lost he feels without me is reinforcing my decision to stay broken up. I don't want to be with a guy who is emotionally dependent on me and falls apart if I'm not with him."*

This is why it's so important to focus on making her feel a renewed sense of respect and attraction for you FIRST, before you even attempt to discuss the idea of having a relationship.

In other words, make her have feelings for you, so she actually does have an interest in getting back with you.

When she can see that you really are a different man now and aren't just trying to get her back to make yourself feel better, she will naturally begin to reconnect with her loving feelings for you.

On the other hand, if you interact with her and mainly talk about your feelings and your wants, she's not going to care and will keep saying things like, *"Stop pressuring me. I'm not ready to be in a relationship with you again. Give me space. Leave me alone."*

2. Stop trying to get her back before you truly change

Important: You need to do this quickly.

After a break up, I recommend that a guy quickly improves himself and then gets in contact with his ex woman to re-attract her on a call and in person.

He can then get her to forgive him, open back to him physically and get back together.

You can achieve all that by giving her a maximum of 3 to 7 days of space.

It does not need to be any longer than that.

If you give her too much space, she will almost certainly move on emotionally, or hook up with a new guy, get physical with him and move on physically and emotionally without you.

So, if you are serious about getting her back, I recommend that you give her 3 to 7 days of space and then get the job done.

Getting the job done is about interacting with her and re-attracting her, based on the changes you have made to yourself and your approach to attraction.

In other words, if a guy was insecure and emotionally sensitive in the relationship, his emotional weakness would have been turning her off and she would have hated that he didn't understand how a woman's attraction really works.

So, when he interacts with her, he will need to show her (not tell her) that he is now truly confident, so she can feel attracted to that and feel relieved that he now understands that confidence is essential for a woman's ongoing attraction to a man.

Here's another example: Imagine that a guy got dumped because he had no sense of purpose in life that he was actively following through on and making progress on, which caused her to feel uncertain about a future with him.

She didn't tell him that though.

She just said what most women say, *"I don't feel the same way anymore"* or, *"I want to be on my own for a while"* or, *"I need time apart to find out what I want."*

Not knowing the real reason why she has been turned off by him for so long, he then desperately tries to get her back by begging and pleading for another chance.

Additionally, he continues to have nothing else in life that he is truly focused on other than her and the idea of getting her back (e.g. he doesn't have any big goals that he's making progress on, he neglects his friends and he doesn't have any hobbies or interests, he is afraid to follow through on his dreams and reach his true potential as a man).

Essentially, all he does is sit around feeling sad and depressed and thinking of ways he can convince her to give him another chance.

He might then continue to beg and plead with her, promise to change if she forgives him or send her a bunch of flowers to say that he's sorry.

Yet, none of those things really matter to her because he's not getting to the root of the problem.

He's not changing what she really wants him change.

Instead, he's just pressuring her by overwhelming her with his need for a relationship.

He might ask his friends for advice, but they'll just tell him things like, *"Be patient. She*

might come back or, *Maybe the relationship has run its course. Maybe it's for the best* or, *You can't trust women. They are so selfish and just care about themselves.*

Of course, none of that helps him.

What he needs is someone to say, *Hey, do you actually know what makes a woman feel respect and attraction for a man over the long term? Sure, you and her were sweet in the past, but most couples feel that at the start. To maintain and build on her respect and attraction, you've got to man up. You've got to start making progress towards your biggest goals, dreams and ambitions in life. This gives her a feeling of security about a future with you. It also serves as a way for her to feel proud of you when talking about you to her friends and family. Yet, if you've just been stuck at pretty much the same level in life for years, you're not giving her those feelings. She then has to start worrying about the future. As a result, she starts becoming focused on what she wants to achieve and the next thing you know, she is telling you that she needs time apart to find herself.*

How about you?

Why did your ex really break up with you?

What were the real, more subtle reasons that she was either too embarrassed to admit (e.g. you were too emotionally sensitive) or reluctant to admit in case you used those reason to convince her to give you another chance?

That's what you need to get clear on.

Then, you need to change those things about yourself ASAP and then get her back.

When you interact with her and she can see that you've become the kind of man she always wanted you to be (e.g. more confident and self-assured, more masculine, more emotionally independent, ambitious, loving) her excuses for not wanting you back will automatically fade away.

Her guard will come down and she will naturally begin to interact with you and open up to you more and more.

However, make sure that you'

3. Don't expect a committed, dedicated relationship immediately

Just because your ex is open to interacting with you again, it doesn't always mean that she is ready to agree to being in a committed relationship with you right away.

This is why, in many ex back cases, a guy then needs to take things slow by suggesting that he and her just be *friends* for now.

The great thing about being friends is that it removes the pressure and also gives you and her a reason to stay in contact and see each other, without it having to be all about getting back together right away.

As a so called *friend*, you can text her, message her on social media, call her and even hang out with her in person.

If she ever says, *Why are we seeing so much of each other? We're supposed to be broken up*, you can respond by saying, *Hey, we're friends now. That's what friends do.*

They talk and they hang out together and they stay involved in each other's lives. We can do that. It's fine.

Important: The aim of being friends with your ex is to allow her not to feel pressured into making a commitment right away.

However, it's not actually about being a nice friend to her.

Don't make the mistake of being nice and sweet and neutral around her.

That doesn't work.

You have to use the so called "friendship" as a way for you to interact with her and make her feel attracted to you in a sexual way, not a friendly way.

So, make sure that you flirt with her and build up sexual tension inside of her, so she wants to release that tension with kissing and sex.

Be a confident, emotionally masculine man who is doing what he needs to do to get back the woman he loves.

That is a good thing for you and her, so don't feel bad about it.

She is going to be getting an even better man this time and you are going to experience her in a completely new way as well (i.e. she's going to be more attracted to you than she ever has been before).

Another tip for getting your ex back, without seeming like you're pressuring her into it, is to

4. Stop talking about your future as a couple and just have fun together

For example: When talking to his ex, a guy might say things like, *"When we get back together again, I promise you that things will be different. You'll see that I really have changed"* or, *"When you and I are back together again, we can go on that vacation I've always been promising you"* or, *"I'll be a better boyfriend/fiancé/husband the next time around"* or, *"I will make sure that we never get to the point where we have to break up. I will do better this time, I promise. You have my word."*

He might feel as though he's doing the right thing by reassuring her like that, but if she's not sure about giving him another chance, his words will simply make her feel pressured into committing to a future with him.

Alternatively, a guy might come across like she'd be doing him a favor if she gives him another chance (e.g. by saying things like, *"You won't regret it, if you give me another chance. I'll be the best boyfriend/fiancé/husband in the world and do whatever you want me to do to make you happy. It doesn't matter what you want me to do, I will do it. I will make it my mission to make you happy"*).

She then feels as though he has lost all sense of confidence and self-respect and is essentially offering to be in the lower position in the relationship, just so he can be with her.

That's not attractive to a woman.

A woman doesn't want to feel like she's doing her ex a favor by being with him again.

She wants to feel like heâs the kind of guy she can look up to, respect and feel proud to call her man (i.e. because he has made the necessary adjustments to his thinking and behavior and is now making her feel attracted in new and exciting ways).

So, if you really want to get your ex back without seeming like youâre pressuring her, itâs always best to avoid talking about a future together as a couple.

Instead, just focus on having fun and getting to know each other in a whole new way.

For example: If youâre talking to her on the phone, you can say, *âHey, letâs stop talking about the relationship we used to have. Thatâs over now. Instead, letâs pretend for a moment that weâve just met for the first time and weâre getting to know each other. Thereâs no more negative memories from the past and the future is a mystery. All we have is here and now. We can then like, or dislike each other based on who we are right now, rather than constantly focusing on what happened before, or what might happen in the future. Letâs just talk and see how we feel about each other right now.â*

Not only does saying something like that take the pressure off, but it also makes her see you in a very different (more positive) light.

She drops her guard a little, so she can allow herself to feel and experience the new you, without thinking about the past.

If you really have improved and changed (e.g. if you were insecure or emotionally sensitive before, you are now very confident and emotionally masculine), she will naturally feel attracted to the new you.

From there, every time you interact with her (via text message, on social media, on a phone call, and especially in person) just focus on making her smile, laugh and feel at ease.

The more you make her laugh, smile and enjoy herself, the more she will be able to relax and reconnect with her feelings of respect, attraction and love for you.

Then, getting back together will happen naturally because itâs feels good for the both of you.

On the other hand, if you put too much pressure on her by talking about a future together as a couple, she will just pull away from you even more than she has been lately.

Finallyâ!

5. Laugh and tell her to relax if she is feeling pressured

Many guys take a woman's comments too seriously after a break up and begin to handle her like fragile glass.

For example: If she says, *âIâm just too scared of getting hurt again. Iâm so confused. I donât know how I feel about you right now. Please stop pressuring me and give me some space to figure things out for myself,â* a guy might get nervous about scaring her off.

As a result, he might then start being extra nice and sweet to her and saying things like, *âWhatever you want is fine by me. You call the shots and Iâll do whatever makes you comfortable. Take your time. Iâm sorry for pressuring you. Iâll always be here for you. I am willing to wait as long as it takes.â*

Alternatively, he might back off and give her a few weeks or even a couple of months of space, in the

hope that she will relax and feel better about the idea of getting back together again.

Yet, in most cases, rather than want him more, she secretly feels turned off how he takes her drama too seriously.

She wants him to be man enough not to take everything so seriously and simply be able to laugh, smile and guide the conversation back to feel good emotions.

So, the next time your ex gets too emotional and says things like, *â€œIâ€™m just too scared of getting hurt again. Iâ€™m so confused. I donâ€™t know how I feel about you right now. Please stop pressuring me and give me some space to figure things out for myself,*â€œ rather than make a big deal about it, just use it as an opportunity to spark her feelings for you.

For example: You can laugh (important) and say something along the lines of, *â€œWhoooo! You sure are making a big fuss over nothing. All Iâ€™m asking for is that we meet up for a quick cup of coffee and a catch up. Itâ€™s 10 minutes of having coffee as friends only. Itâ€™s not a marriage proposal! Iâ€™m sure you can handle 10 minutes, right? Besides, if you donâ€™t want to talk to me after that, I will respect it and give you space,*â€œ and have laugh with her about it.

She will then most-likely laugh and maybe even feel a bit embarrassed about making such a big deal over meeting up with you.

She will also feel respect and attraction for you for not getting sucked into her fake drama.

She will realize that youâ€™re now a very different man from the one she broke up with (e.g. youâ€™re more confident and emotionally strong, youâ€™re emotionally masculine in a way that makes her feel totally feminine around you, youâ€™re ballsy and stand up to her) and wonâ€™t be able to stop herself from reconnecting with her original feelings of love for you.

When that happens, you will easily get her back without seeming like youâ€™re pressuring her into it because she will want it too.

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My Girlfriend Asked Me to Not Contact Her Because She's Worried That I Will Change Her Mind

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your girlfriend asked you not to contact her because she's worried that you will change her mind, here's what you need to do:

1. Tell her that you accept the break up and only want to meet up as friends

Regardless of what your ex is saying right now, if you want her back, then it's very important that you don't do what she's asking you to (i.e. give her space).

If you listen to her, you're simply playing into her hands and giving her too much power over you.

Think about it!

She's not going to help you get her back.

That's not her plan.

Her plan at the moment is to continue on with the break up, move on and not get back with you.

If you're going to get her back, you will have to defy her orders or instructions and just do what actually works to get a woman back.

So, if she says that you shouldn't contact her because she's worried that you will change her mind, just laugh at her and her suggestion and don't take it so seriously.

After all, if she feels as though you can change her mind, she obviously still has feelings for you and knows it.

So, you're not going to achieve anything by listening to her and not contacting her or meeting up with her.

If you do follow her orders and she is missing you, she might try to get you off her mind by hooking up with a new guy, or hooking up with a few new guys until she stops thinking about you.

If she happens to meet a guy who is as cool as you, then she might decide to latch onto him and have a relationship, to help herself get over you and leave you behind.

So, just get her on a phone call and say something along the lines of, *"Hey, I know that you don't want me to contact you right now because you're afraid I'm going to try and change your mind. However, I want you to know I accept that we're broken up and I promise not to pressure you into doing anything you don't want. We can just be friends now, okay?"*

Of course, she might still respond by saying something like, *"I'm not sure that's a good idea,"* or *"I don't know. I don't think we can be just friends."*

Regardless of what she says, don't get upset or start thinking, *"Oh no! This isn't working! It's hopeless. I've lost her forever!"*

Instead, just maintain your confidence around her and say in a joking way, *"Hey, don't be so*

dramatic. We can be friends. Weâ€™re mature enough to do that, right?â€™

If she agrees, you can then say, *â€™Well, letâ€™s prove that to ourselves by catching up for a quick coffee as friends.â€™*

She might say something along the lines of, *â€™Okay. Just this once.â€™*

Then, just go ahead and make plans with her to meet up when itâ€™s suitable for both of you.

If she doesnâ€™t agree, just tell her that if she meets up with you this time, you promise to never contact her again after that.

Of course, when you meet up with her and reignite her feelings for you in person, sheâ€™s not going to want you to never contact her again.

Youâ€™re most likely going to end up hugging, kissing, having sex and getting back together.

So, just do what youâ€™ve got to do to get to a meet up with her.

However, before you meet up with her, make sure that youâ€™

2. Quickly change the things about you that have been turning her off

When you meet up with her, youâ€™ve got to let her experience the new and improved you.

For example:

- You are more confident and self-assured than ever before, rather than feeling insecure and uncertain around her like you were leading up to, during or after the break up.
- Youâ€™re more emotionally independent and are now busy pursuing all the things you neglected before because of your relationship with her (e.g. your goals and dreams, interest, hobbies, hanging out with your friends) and having been sitting around alone and waiting for her to give you another chance.
- You stand up to her in a dominant, but loving way, rather than being a pushover and putting up with her bad treatment of you.
- You believe in yourself and in your value to her, rather than believing you got lucky with her or that sheâ€™s now too good for you.
- You donâ€™t take everything so seriously and can laugh at her (in a loving way) when she throws a tantrum or tries to make you feel bad for your past mistakes.
- You use humor to break down her defenses and stimulate her feelings of respect, attraction and love for you, rather than being so serious, or on your best behavior around her because you think it will impress her or make her take pity on you.

The more she can see that youâ€™ve changed, the less she will be able to keep you at arms length.

So, if you feel like youâ€™re ready to properly re-attract herâ€™

3. Meet up with her and get back together

Regardless of how resistant your girlfriend might be to the idea of seeing you again, you just have to

get her to agree to meet up with you in person.

For example: If she is saying things like, *“Please stop pressuring me. I need you to leave me alone and not contact me anymore, because I’m worried that you will change my mind and I don’t want that to happen. I need some space and I want you to respect that”* you can say to her, *“We don’t have to get back together. I just think it would be good for both of us to meet up one last time to say goodbye in person. Then, if you don’t want me to contact you after that, I promise to respect your wishes.”*

By saying something like that to her, you’re effectively taking off the pressure and she will then be more likely to agree to meet up.

When you meet up with her, you need to keep sparking her feelings of respect and attraction for you (e.g. by making her laugh, smile and feel happy to be seeing you again, being confident around her even when she’s being closed off and reserved, making her feel feminine in comparison to your masculine vibe, using flirting and humor to create sexual tension).

If you’ve successfully switched her feelings back on, she will be giving you signs that she’s open to you (e.g. licking her lips, touching your hand or leg during conversation, playing with her hair or her throat, talking in a sexual way, hinting that she has been missing you).

It’s then up to you to take the lead and get her back.

For example: You can start off by initiating a hug.

You can do that by saying something along the lines of, *“I declare this meet up a great success. Not only did we have fun together, but we’ve also proven that we are cool exes who can hang out with each other and be mature about it. So, based on that, I think we should give each other a hug. Come here”* bring it in for a hug.

She might be a little resistant at first, and may say, *“No, you promised that you wouldn’t try to make me change my mind about being broken up.”*

If so, just remain confident and relaxed and say, *“Hey, it’s just a hug. We’re friends now and friends can give each other hug without it being a big deal. So, come here”* and then lean in and hug her.

She will then most likely open up and hug you.

Then, give her a warm, firm squeeze and say something like, *“Mmmm”* you smell really good for an ex. I like it, and then lean in and give her a quick kiss on the lips.

Depending on how she responds, you can either deepen the kiss, or let her go and just focus on building on her feelings for you some more.

If she can see that you’re being a confident, emotionally mature man around her, she won’t be able to stop herself from imagining what it would be like if you and her got back together.

From there, it’s up to you to open her eyes to the fact that falling back in love with each other will be one of the most exhilarating feelings she will ever experience in life.

Don’t tell her that, of course.

Just let her experience it by continuing to build on her reawakened feelings for you.

However

4. If she doesn't want to get back together at the meet up, just agree to remain open to seeing each other as friends one more time

Sometimes, a woman might be resistant to the idea of getting back together again with a guy at the first meet up (e.g. she doesn't want to come across as being too easy, he hasn't fully reactivated her feelings for him, she was starting to get used to the idea of being single again).

So, if your girlfriend doesn't want to get back together again immediately, don't worry.

Just maintain your confidence and say in a friendly, easy-going way (not hurt, sulking, whiney), *â€œHey, you don't need to feel pressured about deciding whether or not you want to get back together. Let's just remain broken up and remain open to the possibility of maybe catching up to say hi as friends.â€*

She will most-likely relax a bit and say something like, *â€œOkay. I guess we can do that.â€*

You can then keep talking to her and eventually suggest catching up, or give her a few days of space, contact her and get her to meet up with you as friends.

At the second meet up (if you didn't get back together at the first meet up), you can now!

5. Get her back into a relationship with you

If she meets up with you a second time, then it's almost certain that she wants to get back with you.

She might just be playing hard to get to test your confidence, or to see if you'll stop being the cool guy that you are and begin handing over your balls to her.

So, make sure that you remain confident and know that she really does have feelings for you.

Women are naturally attracted to guys who know that they are attractive to a woman and don't need to hear her say it.

Having that type of confidence is very sexy to women.

So, believe in yourself.

The more attracted you can make her feel when she interacts with you, the more will believe that getting back with you is something that she wants to do, rather than something you're forcing her into.

It will be about her following her heart and surrendering to the exciting feelings of loving attraction, rather than you being a desperate ex who needs her back to feel good about yourself again.

Talking about feeling good!

If possible, try to get to sex when you meet up with her.

Sex speeds up the process of reconciling a relationship and stops a lot of the mind games or playing hard to get on a woman's part.

Of course, sex doesn't fix your relationship problems with her, but it definitely helps to get things back on track.

So, lead the way and make it happen.

Get her to feel properly attracted to you again and guide her to a hug, kiss, sex and then back into a relationship.

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My Ex Doesn't Want to Meet Up Right Now Because it's Still Too Soon

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your ex doesn't want to meet up right now because it's still too soon, here's what you need to do!

1. Tell her that you and her should meet up in a week

The next time you talk to your ex, rather than do what you've been doing up to now (i.e. asking her to meet up with you right away), suggest that you and her take a week of space and then meet up.

If she says something along the lines of, *"No. I don't think a week is enough time. It's still too soon,"* you can say to her, *"Look, I don't want to drag this on longer than it needs to. There's really no point going on and on for weeks and months to find out how we really feel. If you and I want to break up for real, we will know within a week. To be mature and respectful towards each other, we should at least agree to meet up and say goodbye in a friendly way at a coffee shop or diner."*

In most cases, a woman will then agree to meet up in a week.

In some cases where the woman is really angry with her ex for what happened, or she still has feelings for him, she may resist the idea of meeting up completely.

If that happens, you just need to stay relaxed and in a confident way say, *"If nothing else, think of it as our goodbye cup of coffee. After that, if you don't ever want to see me again, we can go our separate ways and I will never contact you again. Let's set a definite day and time to do this. I promise it will be good for both of us to wipe the slate clean and say goodbye in a friendly way. We can then move forward without all the baggage from the past. So, how about it? I can do Tuesday and Thursday at the moment. Which of those days suit you best?"*

You can then go ahead and make plans to meet up with her.

From there you need to

2. Quickly transform yourself emotionally

The key to getting your ex back is to make sure that when you meet up with her, you have already transformed yourself into the type of man she always wanted you to be.

Of course, this doesn't mean you have to become perfect, but at least begin to get rid of your insecurities and emotional weaknesses, so you can be emotionally attractive to her.

For example: If one of the reasons why she dumped you was due to you becoming too insecure or emotionally sensitive, it's absolutely essential that you use the week apart to focus on making yourself more confident, self-assured and emotionally stronger than ever before.

You should also pay close attention to the subtle or obvious problems that arose in your relationship with your ex and take steps to improve on those things.

For instance, if you always allowed your ex to get her own way because you didn't want to get into an argument or fight with her, focus on becoming more emotionally dominant and manly.

If you treated her more like a neutral friend than a sexy, girly, feminine woman, shock her (in a good way) by flirting with her and making her feel feminine and girly in your presence.

Remember: Women are naturally attracted to certain personality traits and behaviors in men (e.g. emotional strength, emotional masculinity, masculine vibe, confidence, drive and determination, emotional independence, emotional maturity).

At the same time, there are also personality traits and behaviors that turn women off (e.g. emotional weakness, insecurity, neediness, emotional immaturity, a lack of purpose in life, neutral or feminine vibe).

The key to getting your ex back is to make sure that when you interact with her from now on, you are displaying some of the behaviors and traits that will naturally attract her to you again.

The more emotionally attractive you become, the less she will be able to resist the idea of giving you another chance because interacting with you feels so good to her.

The next step is to

3. Prepare for the meet up

The meet up with your ex is where everything happens.

In other words, you're either going to reawaken her feelings of respect and attraction and make her want you back, or you're going to turn her off and cause her to want to remain broken up.

This is why it's so important that you are fully prepared to re-attract her when you meet up with her.

How can you do that?

Start by answering the following questions:

- **Do you know how you are going to make her feel a strong, renewed sense of respect and attraction for you when you interact with her?**

For example: One of the best ways to spark a woman's feelings of respect, attraction and love for you is by making her laugh, smile and feel good to be in your company again, especially if she is being cold, distant or rude.

The happier she feels in your presence, the less she can hold on to all the negative things about you she doesn't like.

Another way to make her feel some respect and attraction is to show her your confidence by remaining calm when she's being cold, aloof or even rude towards you.

Women are instinctively attracted to the emotional strength in men (i.e. balls), so when your ex can see that you're not feeling insecure or doubting your value to her no matter what she says or does, it automatically triggers her feelings of respect and attraction for you.

Another way is by making her feel feminine and girly in contrast to your masculine vibe.

Where a lot of guys go wrong is by being too afraid to flirt and create sexual tension with an ex, so

they end up being too nice or neutral around her, which doesn't turn her on at all.

So, don't suppress your masculinity to seem extra nice, polite or sensitive.

Women are attracted to balls, not fear.

Be the man and let her experience that as she interacts with you and she will definitely feel some attraction for you.

Another question is

- **Do you know the subtle reasons why she broke up with you?**

In most cases, a woman will break up with a guy without giving him a full explanation about her real, more subtle reasons for breaking up with him.

For example: She might say something vague like, *"Look, I'm just tired of trying to make things work between us. We're always arguing and fighting. Maybe it's better if we take a break from each other to see how we both feel."*

Unfortunately, that leaves a guy not knowing what her real reasons for breaking up with him are and as a result, he doesn't know what to change and improve about himself to get her back.

It seems to be about the arguing and fighting, but it's not.

She was creating arguments and being moody because she was turned off at how emotionally sensitive he was, or annoyed at how much power he gave her in the relationship, which ended up making her feel more like the "man" rather than the girl.

So, if he says to her, *"Okay, I promise to stop arguing with you. I will be nicer"* she knows that he just doesn't get it.

He doesn't understand her real reasons for breaking up with him and he probably won't ever realize it, so she decides to leave him and hopefully find a guy who knows how to be a real man in a relationship.

This is why you must discover your ex's real, subtle reasons for breaking up with you before you meet up with her.

She needs to see that you've understood what caused her to disconnect with her feelings for you and that you have already taken steps to improve on those things.

For example: Some of the most common reasons why a woman will break up with a guy but not tell him about are:

- He took her for granted (e.g. he didn't pull his weight in the relationship, he expected her to look good for him, but he didn't do the same for her, he always put her in second place to his work, family or friends).
- He became jealous and controlling.
- He broke his promises to her.
- He wasn't supportive of her ideas, dreams and goals.
- He became emotionally distant towards her.
- He became too emotionally dependent on her (e.g. stopped hanging out with his friends, gave up on his big goals and dreams in life to spend more time with her).
- He became too insecure about his value to her and as a result, he was clingy and needy.

Do any of those ring true for you?

If so, you now have a better idea of your ex's real, hidden reasons for breaking up with you and what you actually need to change to get her back.

Another question is

- **Have you actually changed and improved?**

A lot of guys will quickly try to get an ex back before they've actually made an effort to change and improve.

For example: A guy might say to himself, *"I just need to get her to meet up with me as quickly as possible so I can convince her to give me another chance, before she gets over me and moves on. Then, when we're back together again, I will make the effort to change and be more of the man she wants me to be. I have to get her back first. I can change later. Getting her back now is the most important thing."*

Yet, it's not the most important thing to her.

She wants to be able to feel proper respect, attraction and love for the guy that she is in a relationship with.

After breaking up, she doesn't want to have to give him another chance and wait and hope that he might be able to figure out her real reasons for leaving him, change and then be a better man.

She wants him to change first, interact with her and re-attract her and then, she will open back up to giving him another chance.

So, if you want your ex to give you another chance, make sure that you change and improve before you contact her.

When you change and improve on the things that caused your ex to lose respect and attraction for you, her feelings for you will also change.

It happens naturally and automatically.

On the other hand, if you try to convince her to get back together again without changing, she will remain turned off and continue to refuse your attempts to get back with her.

Another question is

- **Do you know what type of relationship dynamic will make her the happiest, or are you hoping to make her happy by giving her all the power now?**

Sometimes a guy makes the mistake of thinking that a woman will be happiest if she is in charge of the relationship.

He believes that if she gets to call the shots, make all the decisions and get her way all the time, she will have nothing to get annoyed with him about and they can then have a perfect relationship and live happily ever after.

Yet, it rarely works out that way.

For a woman to maintain her feelings of respect and attraction for her man, she needs to be able to look up to him and respect him as the leader of the relationship.

It's not about bossing her around and being controlling or demanding.

Instead, itâ€™s about being a confident, good man and leading the way, so she can relax into the feminine role of being your girl/woman, rather than having to be more masculine and help you lead the way.

6 Mistakes to Avoid When an Ex Doesnâ€™t Want to Meet Up Right Away

When a woman doesnâ€™t want to meet up with her ex because she feels that itâ€™s still too soon, a guy may begin to fear losing her completely.

He might think to himself, *â€œIf I donâ€™t see her right away, she will get over me and then I wonâ€™t be able to get her back. She might meet another guy, have sex with him and then I will lose my chance with her. I need to do whatever I can to see her right now, so that I can explain to her what happened, apologize and try to make it up to her. Then, she will give me another chance. I canâ€™t afford to let her go and then lose her forever. I have to push for a meet up immediately.â€*

As a result, he might make some of the following mistakes, which turn her off even more:

1. Begging and pleading with her

Why does this turn her off?

A womanâ€™s attraction to a man is based mostly on his ability to make her feel like she can look up to him, respect him, feel attracted to him and feel proud of him as her man.

So, when a guy is begging and pleading and being emotionally weak and needy, heâ€™s actually making her feel the opposite of the way he needs to make her feel to get her back.

2. Seeking pity for how hurt he is that sheâ€™s acting this way

Why does this turn her off?

A woman doesnâ€™t want to be manipulated into giving her ex another chance simply because he canâ€™t handle his emotions or deal with the reality of being broken up with.

When a woman breaks up with a guy, itâ€™s usually because she has lost too much respect, attraction and love for him as a man.

So, when he whines to her and tries to get her to feel sorry for him, rather than regretting her decision to not meet up with him, she feels like she is doing the right thing by steering clear of him.

3. Pouring his heart out via text, e-mail or letter to say that she is the one for him

Why does this turn her off?

When a woman canâ€™t see a guyâ€™s body language, or at least hear the tonality of his voice over the phone, she has to guess at how he was feeling when he wrote her the text, e-mail or letter.

Rather than feeling flattered that he considers her to be the one for him, she will interpret everything that he is writing based on her perception of him around the time of the break up, during the break up or after the break up (i.e. not in a favorable light).

So, if he was insecure and needy, she will interpret his text, e-mail or letter as a sign that heâs still same because he doesnât have the balls to call her on the phone.

4. Pleading with her to tell him if there is another guy

Why does this turn her off?

Women are attracted to alpha males.

Alpha males donât look at other guys as being on their level.

An alpha male knows that he is the man and no other guy compares.

Of course, he doesnât have to go around saying that.

Itâs just a vibe he gives off and is something that a woman picks up on based on his thinking, behavior and actions.

So, pleading with his ex girl to tell him if there is another guy in the picture, makes him look like an insecure, lower ranking male, which is an automatic turn off for her.

5. Pleading with her to remain faithful to him during the time apart

Why does this turn her off?

As far as a woman is concerned, once sheâs broken up with her ex, he has no rights to decide on if and who she dates, has sex with or even falls in love with.

So, if a guy is pleading with her to remain faithful to him, she will feel annoyed with him for telling her how to behave now that theyâre no longer together.

In some cases, a woman might even intentionally hook up with another guy just to show her ex that he doesnât have a say in her life anymore.

6. Not giving her 3-7 days of space to cool down and miss him

Why does this turn her off?

When a guy gives a woman a few days of space, she has the opportunity to calm down and stop focusing on things about him that she doesnât like.

She gets to experience being alone and may even begin to really miss him (e.g. she remembers the nice things they used to do together in the evenings, how he used to bring her coffee in bed on Sunday mornings, how they used to go shopping together on Saturdayâs, how good it felt to be a couple, rather than being on her own).

So, if her ex keeps calling her, texting her, sending her e-mails and messages on social media, rather than having a chance to miss him, she will feel smothered by his neediness and remain closed off.

This is why giving her 3 to 7 days of space is essential.

If your ex doesnât want to meet up with you right now because itâs still too soon for her.

Donât let that upset you or make you panic and fear losing her forever.

Instead, just focus on improving your ability to attract her based on the man you are now.

When she can see for herself that you really are different now, her feelings will naturally begin to flood back into her heart and mind.

When that happens, she will agree to meet up and will enjoy how she feels as she interact with the

new and improved you.

As a result, you and her will naturally get back together and then enjoy an even better relationship than you had before.

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How Can I Get My Ex to See Me as the Man She Originally Fell in Love With?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

To get your ex to see you as the man she originally fell in love with, you need to:

1. Add to your emotional attractiveness before you contact her

When you contact your ex, allow her to sense that you really are a different man than you were leading up to the break up.

For example: You are now much more confident, charismatic, charming, funny and emotionally masculine.

Why is this important?

Even though the man that your ex originally fell in love with was awesome, somewhere along the way he slipped up and stopped being as appealing.

Certain aspects of your thinking and behavior changed and caused her to lose respect for you (e.g. you became insecure about your attractiveness to her, you became clingy or needy, you gave her too much power over you, or you didn't allow to have any power because you were so controlling).

So, if you contact your ex without first improving your emotional attractiveness to her at all, rather than see you as the guy she fell in love with, she will just remember you as the guy she fell out of love with.

Instead of reminiscing and thinking, *â€œMmmâ€ when I met him, he was such a wonderful, charismatic, confident man. I really liked that about him. He was so amazing and based on that, I think getting back together again is a great idea,* *â€œsheâ€™s going to be thinking something like, â€œHe made me fall in love with him and then changed. It was all an act. Now he wants me to forget about his mistakes and give him a chance because of how good things used to be. No way. Heâ€™s not like he was in the beginning. All I see is the guy I broke up with and I donâ€™t want that back. Itâ€™s over between me and him.*

So, make sure that you work on your weaknesses before you contact her.

When you do, she will be able to see that youâ€™ve become an even better man than you originally were.

Youâ€™ve leveled up as a man and have used the experience to quickly, learn, grow and be who you should have been all along.

Of course, don't tell her that before you reactivate her feelings!

If your ex isn't feeling much respect, sexual attraction and love for you rush to her and tell her about all your changes and realizations, she's just not going to care.

You have to make her feel a renewed sense of respect and attraction for you by interacting with her and letting her experience the changes.

Don't try to convince her that youâ€™ve changed by telling her about what youâ€™ve changed. Let her experience it, so she can decide that for herself.

Thatâs how a woman wants it to be.

If you try to convince her with words, she will keep her guard up and play hard to get and if you try even harder, she will feel turned off because you start to appear desperate.

So, make changes and get ready to let her experience that the next time you interact with her on a phone call or in person.

If you do that, her guard will come down and she will open up again and allow herself to go with the flow and hug, kiss and have sex with you again.

Thatâs how it works.

Unfortunately, a lot of guys who are trying to get an ex woman donât know that.

For example: Many guys think that the love they shared with their ex woman should be reason enough for her to give him another chance.

Itâs not.

That was before and this is now.

You have to make her feel respect, attraction and love now, rather than trying to convince her to be with you because of how good things were before.

The reality is that a man and a woman are in a relationship together because they choose to be with each other.

Itâs a decision that they both make based on how they feel.

So, if a woman doesnât feel like a guy is able to maintain her feelings of respect, attraction and love for him (i.e. because he becomes needy, insecure, immature, childish, wimpy or weak-minded), she will eventually decide to break up with him and move on.

He doesnât own her (and visa versa) and she doesnât have to stick with him simply because they used to be in love.

Staying together in a relationship happens when both the man and the woman decide to be in it.

If either the man or woman decides not to be in the relationship anymore, they can leave, even if the love was great in the beginning.

So, if you want to get your ex back, you must now add to your emotional attractiveness to reignite her feelings for you, rather than hoping because she loved you before, she should do so again.

For example:

- If you became needy because you lacked purpose in life outside of the relationship and essentially made her your reason for living, then you need to start making progress towards your biggest goals in life to give yourself purpose and direction.
- If you become too emotionally sensitive, you need to start being more of a man by making yourself be more emotionally masculine (i.e. ballsy, emotionally tough).
- If you took her for granted and treated her badly, you need to get back to being a more balanced, loving man.
- If you slipped into the habit of giving her too much power and sucking up to her all the time, you need to reclaim your balls and start being a more masculine man.

The list goes on.

There are so many ways that you can improve your emotional attractiveness.

You must improve in the ways that apply to your relationship, so she will be able to see that you really have leveled up as a man and become who she always wanted you to be.

Once you've improved your emotional attractiveness, you need to

2. Contact her to interact with her on a phone call and say hi as a friend or ex

One of the quickest ways to reignite a woman's feelings for you again is by making her smile and laugh when she's talking to you on the phone or in person.

Laughter stops her from focusing on the past and on the negative things about you she doesn't like, which then allows her to see you with new eyes.

When she's smiling and laughing while talking to you, instead of thinking, *"What a jerk! He stuffed up and I'm never going to forget that,"* she's more likely to be thinking something like, *"This is fun. I'm actually enjoying myself talking to him now. This new version of him reminds me a lot of the man I originally fell in love with. I like that we're talking again. Maybe we don't have to remain broken up. Maybe there is a chance for us."*

She then becomes open to seeing you in person.

By the way

You can't achieve that via text messages.

So many guys try to hide behind texts and it just doesn't work.

You have to get her on a phone call where she can hear the tonality of your voice and get a sense of your new and improved confidence and emotional strength.

So, only use text to break the ice with your ex.

Then, get her on a phone call with you right away.

When talking to her over the phone, make sure to keep the conversation light and easy-going, while also being very confident.

Don't dull down your confidence to be nice or be extra polite.

It doesn't work.

Women respect balls, so be a good guy, but be very confident and easy-going as you talk to her.

Additionally, make sure that you're not being too serious about everything.

Just relax and be light-hearted, so she can relax as well.

Where a lot of guys go wrong is by trying to have a serious, emotional conversation with their ex girl, even though she doesn't fully respect him or feel re-attracted to him yet.

In other words, the feelings aren't mutual yet.

Women don't respond well to relationship conversations (especially after a break up) if the feelings aren't mutual.

For example: A guy might call his ex on the phone and after the initial *"Hello,"* he might start saying things like, *"Look, we really need to discuss what went wrong in the relationship so*

*that we can fix it. I know I stuffed up in many ways and Iâ€™m ready to do whatever it takes to get you back. So letâ€™s get everything out in the open now and fix this. What do you feel I could do better in the relationship to keep you happy? What do you need from me to be able to give me another chance?*â€”

Yet, when a woman has disconnected with her feelings of respect and attraction for a guy, hearing him say something like that to her doesnâ€™t make her think, *â€œWell, thatâ€™s very mature of him, isnâ€™t it? Wow. Clearly heâ€™s doing his best to improve himself. If we talk things through, Iâ€™m sure we will be able to get our relationship back again. Heâ€™s right! I just need to be open, help him fix things and he can get me back! Yayyy!*â€”

Instead, she will think something like, *â€œReally? He calls me on the phone and the first thing he wants to talk about is how I can help him to become a better man so he can get me back. What if I donâ€™t want to get back together right now? Has he even considered that? Maybe Iâ€™d prefer to find myself a guy who already knows how to be a real man, rather than have to spend a lifetime fixing a guy who doesnâ€™t even know what I need to feel attracted to him.*â€”

She then closes up, plays hard to get and potentially even says something like, *â€œLook, Iâ€™m sorry, but I donâ€™t have feelings for you anymore. Itâ€™s over. You need to accept that*â€” because heâ€™s trying to get a relationship before he has re-attracted her.

So, if you want to get your ex to see you as the man she originally fell in love with, I recommend that you steer clear of serious discussions about the relationship at the moment.

Instead, you need to reignite her feelings for you first and one of the best ways to do that is by getting her smiling, laughing and feeling good when talking to you.

When you make her laugh, she automatically feels attracted to the fact that you have the confidence to joke around with her, even though you and her are broken up.

Women hate it when a guy suddenly gets on his best behavior when under pressure (e.g. a guy is worried about joking around after being dumped, because he fears the woman will get angry at him and never talk to him again).

Remember: Women respect balls.

So, donâ€™t be afraid to be confident and get her smiling, laughing and feeling good when talking to you.

If you do that, she can then stop focusing on things about you that she didnâ€™t like and start focusing on what she does like about the new and improved you.

When sheâ€™s relaxed and having fun talking to you againâ€”

3. Arrange to meet up in person

After a bit more conversation where you make her laugh and smile, suggest a meet up so you and her can catch up in person.

For example: You can say something along the lines of, *â€œWell, itâ€™s been fun talking to you again. I guess you and I can still enjoy each otherâ€™s company, even though weâ€™re only friends now. So, friendâ€”how about we meet up sometime later this week to say hello in person? Letâ€™s grab a quick coffee to say hi.*â€”

If she seems a bit hesitant, don't worry about it.

Just maintain your confidence and say in a joking way, *â€œHey, it's just a quick catch up as friends. If it makes you feel better, we'll pay for our own coffee so that it doesn't feel like a date or anything like that, okay?â€* and laugh with her about it.

When she sees that you're being so relaxed about the meet up, she will likely say *â€œYes,â€* because she won't want to come across as being the one who is making a big deal over nothing.

When you meet up with her you can then

4. Educate her on the reality that the original spark between you and her still exists

After you have been reigniting her feelings for you (i.e. making her feel sparks of respect, attraction and love for you again), she will become much more open to you and to talking about relationships.

At that point, you can explain to her that successful couples who stay together for life understand that no-one is perfect at all times.

They also understand that in a relationship, mistakes will sometimes be made and it's simply a chance to learn and grow as people, rather than a mistake they have to keep making over and over again in the relationship.

Additionally, just because a guy (or a woman) makes a mistake, it doesn't mean that the love dies.

In fact, as long as they are willing to forgive each other and as long as the one who stuffed up puts in the effort to change and improve and become a better person, then the spark will not only still be there, but it will grow even stronger over time.

They become one of those couples who literally become closer and closer over time and fall more and more in love.

It's like when people say, *â€œYou have to fall in love with each other over and over again.â€*

That happens when mistakes are made, forgiveness is given and whoever made the mistake improves and becomes an even better person in the relationship.

As a result, the couple becomes an even better match for each other over time, until it gets to the point where they are completely in love and are so happy together for the rest of their lives.

That's how it really works.

So, even though you made some mistakes and it ended in a break up with her, it doesn't mean that the spark and the love between you and her is dead.

Instead, it has simply been pushed into the background, or has tried to be forgotten about, so both of you could move on.

Yet, it's still there.

All she needs to do is allow herself to feel it again.

By the way

When you say that kind of thing to her, make sure you don't talk as though you're in a romantic movie (e.g. getting all soppy and emotional, being overly dramatic and saying things like,

â€œWeâ€™re meant to be together and if you just give me a chance, you will see that Iâ€™m still the guy you originally fell in love withâ€).

If you do, her guard will go up and she will wonder why something just doesnâ€™t feel right (i.e. you seem to be putting on an act, itâ€™s not natural, it seems like youâ€™re forcing her into it).

So, forget about whatâ€™s supposed to work in the movies and focus instead on what actually works in real life.

What works in real life?

Be confident, real and easy-going when you tell her this and she will smile and reconnect with the original spark of attraction she once felt for you.

Except this time around, she will feel even more attraction because you will be attracting her in new and interesting ways that she will want to explore (e.g. youâ€™re more emotionally mature now, youâ€™re more confident, youâ€™re more manly).

5. Show her that you are now a much better man than the one she fell in love with

She will sense this by the way that you now you talk, think, feel, behave, take action and respond and react to her.

For example: If she tries to squash the idea of getting back together, you can remain confident, laugh and say, *â€œHeyyy, youâ€™re killing the idea before you even know how good it might feel.â€*

By saying something like this to her, it instantly proves to her that you have changed in some of the following ways:

- Youâ€™re more confident now and arenâ€™t feeling nervous or unsure of yourself, even though she is playing hard to get.
- You believe in your attractiveness and value to her, even though she is trying to make you feel insecure.
- You have the confidence and emotional intelligence to use humor to break through her defenses, lighten the mood and make her feel attracted to you.
- You make her feel feminine and girly by being more emotionally masculine than her (i.e. you donâ€™t let her dominate you with her confident personality).

The more she interacts with you and sees that your thinking and behavior is at a completely different level from the one you were at when she broke up with you, the more respect and attraction she will feel for you.

When that happens, it becomes a lot easier for her to see you as the man she originally fell in love with.

On the other hand, if you try to get her approval (e.g. by being extra nice and sweet, never standing up to her when she disagrees with you or tries to make you feel insecure around her), she will simply continue to see you as the guy she fell out of love with.

Important: Women naturally respect a man who doesnâ€™t seek the approval of women, or anyone else, to feel good about himself.

You have to believe in yourself no matter what she says or does to try to make you feel insecure or unsure of yourself.

This doesn't mean that you should be disrespectful, arrogant or rude towards your ex.

Instead, just approve of yourself, regardless of what she says and does.

Be a good guy, but believe in yourself no matter what she says or does.

When your ex notices that even though you still care for her and want her back, you don't actually need her back to feel good about yourself, she will automatically respect you.

She will then feel drawn to you and begin reconnecting with her original feelings of love for you.

Finally!

6. If she doesn't want to get back together right away, agree to catch up as friends one more time to see how you feel

In some cases, a woman won't be open to getting back together after the first meet up.

So, if your ex says something like, *"Look, you have changed and I can see that, but I'm just not ready to get back together again right now,"* don't let it upset you and make you think things like, *"It's hopeless! She still hates me and I can't seem to convince her. I can't do it! I've lost her forever!"*

If you think like that, she will pick up on your insecurity and will feel turned off.

Then you'll have to start all over again trying to convince her that you really are a new and improved man now.

So, don't let that happen to you.

If your ex doesn't want to get back together right away, just remain confident and say to her (in a friendly, easy-going way), *"Hey, I get it. You're not ready yet and that's perfectly fine with me. We don't have to get back together right away. Let's just remain broken up, but keep the door open if we want to catch up as friends again in the next few days or a week, okay?"*

She will most likely agree, because you're taking the pressure off her to make a decision about a committed relationship.

After that, you need to use every interaction you have with her via text, e-mail, social media and over the phone, to continue building on her feelings of respect and sexual attraction for you.

By the time you and her meet up again, you should have successfully reawakened her feelings enough for her to start seeing you as the man she originally fell in love with.

As a result, she will want to get back together or at least give the relationship a try to see what happens and how she feels.

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[image: Dan Bacon]

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Should I Ignore Some of My Ex's Texts to Show Her That I'm Not Needy?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Ignoring your ex's texts isn't going to prove anything if you actually still are needy.

The only thing that is worth doing is varying your response times to her texts, so she doesn't feel like you're sitting around waiting for a text from her at any time of the day or night.

For example: When you get a text from her, sometimes reply immediately, sometimes after a minute or two, after 10 minutes, or even an hour or two.

The reason why is that it's completely normal and natural to do that.

However, completely ignoring your ex's texts as a way of showing her that you're not needy usually backfires, because a woman thinks, *"Oh yeah? You want to play games? You'll see how it feels when I ignore you now,"* and she then plays really hard to get.

It then becomes difficult to reactivate her feelings of respect, attraction and love for you because she's ignoring your texts, refusing to answer your phone calls and may even unfriend you on social media.

So, don't bother playing games with your ex to the point where you completely ignore her attempts to reach out to you.

Instead, if you want to show her that you're no longer a needy guy, the best way to go about it is to:

1. Become emotionally independent

When you're busy living a full and productive life (e.g. hanging out with friends, pursuing your big goals and ambitions in life, enjoying a fun, outdoor hobby and interest), it becomes almost impossible to be needy at the same time.

Note that I said *"outdoor"* and didn't say *"indoor"* because I'm not talking about playing video games, reading novels or watching TV alone.

I'm talking about getting out and doing something, especially when it involves you being around other people.

So, rather than sitting around feeling sad and lonely without your ex and thinking things like, *"My life is so dull and boring without her. She's the one who made everything feel fun and exciting,"* make sure that you're focusing on being happy, with or without her.

If you honestly do that, she will sense it when you next interact with her and it will make her feel some respect and attraction for you.

How will she sense it?

- By the confident way you talk about things when you chat to her on a phone call or in person.
- By looking at your social media pages and seeing photos of you doing fun things friends and acquaintances.

She will know (without you having to put on an act, or play games) that you're not needy anymore.

As a result, she will automatically feel some respect and attraction for you for making positive, attractive changes in such a short space of time.

2. Take action to fix your issues

A guy can try to hide his neediness from his ex, but it will come across eventually, no matter how good he is at acting or lying.

For example: All she has to do is pretend to show interest in getting back together again to make him excited and happy that he's getting another chance.

Then, she can change her mind by saying something like, *"You know, I'm just not sure about this. I think it's better if we stay broken up. I'm sorry if I got your hopes up. I've changed my mind. Please accept that."*

If the guy then starts pleading with her and saying things like, *"No, don't say that. Please baby, just give me another chance. I can't handle the thought of losing you again when we've come so close to getting back together again,"* she will instantly know that he hasn't changed and is still needy for her.

Alternatively, a guy might try to hide his neediness by ignoring some of his ex's texts or phone calls, but she can tell that he's just doing that to try and show her that he's not desperately missing her and is potentially losing interest.

She knows how much he wants her back, so she feels turned off by his insincere, manipulative attempt to get her back.

Soon enough, he finds out that she has moved on and when he tries to contact her, she gives him the silent treatment to get revenge for the games he tried to play with her.

So, if you want your ex back ASAP, I don't recommend that you play games with her.

Instead, take quick action to fix your issues and become the emotionally attractive guy that will make her open back up to you.

For example: Although neediness might be the main issue that needs to be fixed, in most relationships there are also secondary issues that a guy has no idea about.

Some of these issues can include jealousy, controlling behavior, or the inability to make his woman feel girly and feminine in his presence.

So, not only do you need to focus on becoming more emotionally independent to get over your neediness, you also need to start improving on some of the other problems as well.

If you stopped being able to make her feel girly and feminine (i.e. because you became too emotionally sensitive and weak), you need to man up right now and get ready to let her experience that when you interact with her.

When you interact with your ex and she can see that you have been man enough to identify your issues and fix them immediately, she won't be able to stop herself from feeling a renewed sense of respect and attraction for you.

3. Get her on a phone call with you so she can experience the new you for herself

You can spend weeks and even months texting back and forth with your ex, but thatâs not going to stop her from moving on with another guy if he comes along and triggers her sexual and romantic feelings.

So, donât waste time playing games with your ex (e.g. ignoring some of her texts to show her that youâre not needy) and just take real action like the confident, self-believing man you have become.

Get her on a phone call with you and reactivate some of her feelings for you by letting her experience the new and improved you.

How can you do that?

Not by saying, *âHey, Iâve really changed. Believe me, Iâm different now,â* because that doesnât work.

Telling a woman that youâve changed is completely different to interacting with her, letting her experience the changes and allowing her to decide for herself.

For example: If a guy got broken up with for being insecure, needy and clingy in the relationship with a woman, he has to talk to her and let her see that nothing makes him feel insecure or unsure of himself anymore.

Heâs so confident now, he believes in himself and he has the balls to joke around with her and not worry so much about how she is going to react or respond.

Itâs not about being rude or arrogant, but it is about being a confident, self-assured guy, which is what all women want anyway.

So, when getting an ex back, a guy will fail if he puts on an act and pretends that heâs not needy anymore (e.g. by acting like heâs really happy without her, acting doesnât have feelings for her anymore, saying that he doesnât want her back).

Why wonât that work?

No matter how much he tries to hide it, his neediness will inevitably come through in the subtle ways he communicates with her.

All she has to do is say something like, *âYou seem so different now. I was recently wondering if we could actually get back together again, but clearly youâre not interested anymore. PityâI guess we should both move on and find someone else then.â*

If he then sounds hurt and says things like, *âHow can you suggest something like that? Didnât what we have mean anything to you? How can you move on so quickly? Of course I want us to get back together again. I still love you,â* she will instantly know that his newfound confidence and emotional independence was completely fake.

On the other hand, if he just laughs at her attempts to make him feel insecure and responds to her by saying something along the lines of, *âSure, that sounds like a great idea. Maybe sometime soon we can even double date!â* she wonât be able to deny that he really has changed.

So remember: If you want to prove to your ex that youâre not needy and have truly changed, you

need to show her via the way you talk and interact with her over the phone and in person.

For example: How do you react when she tests you by telling you how happy she is without you, or talking about all the fun she's been having with other guys or with her girlfriends?

Do you maintain your confidence and turn it into something you can both laugh about together, or do you feel hurt, get upset, or start doubting your chances with her?

That's what really matters to her.

She wants to see if your newfound confidence is real, or if you're just putting on a fake front to hopefully trick her into giving you another, brief chance at a relationship with her.

If you want her back for real, you've got to do this for real.

It can't be fake.

So, are you going to do this for real?

Are you going to do what it really takes to get a woman back in your situation?

If yes, then great – I am going to continue helping you until you get her back.

4. Focus on making her smile, laugh and feel so good that she wants to meet up with you

The more you make your ex smile, laugh and feel happy to be talking to you again on the phone, the more she will be thinking, *What's going on here? He's so different all of a sudden. I was expecting him to be nervous and insecure on the phone, but instead he's so relaxed and confident now. I'm actually having such a good time talking to him. This is really fun. He's so much sexier now. This is what I wanted from him before.*

Then, if you suggest a catch up, she is a lot more likely to say *Yes* because you've already been making her feel so good that the idea of seeing you in person actually sounds like something she wants to do.

On the other hand, if you're way too serious over the phone and are constantly trying to make a good impression on her (e.g. by being extra nice and polite, trying to show her that you're not needy), then she will be more likely to say *No* when you suggest a meet up.

So, make sure that when you call your ex on the phone, you focus on making her feel positive emotions for you (e.g. respect, attraction, love), rather than negative emotions (e.g. anger, annoyance, disgust, boredom).

Here's an example of how you can do that:

Imagine you're on a call with your ex right now.

You could say something boring like, *Hi Mary. I just wanted to say hi. So how are you doing?* but that's not going to do anything to spark her feelings for you.

Instead, she's likely just going to respond with something like, *Fine*, or *Okay*, which then leaves an uncomfortable gap in the conversation.

On the other hand, you can use humor to make her smile, laugh and start thinking to herself, *This is nice. Talking to him again is better than I imagined. I'm actually having fun.*

For example: You could start the call off by saying something like, *Hey Mary, I just wanted to*

say hi and share some really awesome news with you.

She will likely feel curious and respond by asking, *What news? What's happened?*

You can then say, *I'm getting married!*

She might then say, *What?! Oh, okay, well, congratulations then.*

You can then say, *No, I was only kidding. The real news is that I just won the lottery! Isn't it great?*

She might then smile and respond by saying something like, *Wow, that's awesome!* or *Get out of here! You're just pulling my leg!* or, *No way!?*

You can then say in a joking way, *No, seriously! I won \$20! I'm a rich man now* and let her have a laugh.

Then say, *So, how about you help me spend all the money? Let's meet up at Starbucks. You can order anything you want, as long as it's not over \$5. After all, I don't want to blow all my winnings in one go!* and have a laugh with her about that.

At this point, she will most-likely be laughing and will be impressed to see that you're confident enough to joke around with her in that way.

When you make an ex smile and laugh again when talking to you, she won't be able to stop herself from feeling good about you.

Even if she tries to resist it, she won't be able to hold on to her negative feelings about you for long because you are actively replacing her negative memories of you (e.g. of being needy, insecure, self-doubting) with new, positive feelings.

When that happens, her guard comes down and she becomes open to meeting up with you and seeing where it goes.

So, after a bit more laughter and smiling, you can say, *Seriously though, it would be nice to catch up in person to say hi and grab a coffee as friends. How about getting that coffee tomorrow? 1 or 2pm is good for me.*

By that point, she should be feeling so relaxed and happy that she will agree right away.

If not, just maintain your confidence and arrange a time that suits you both.

At the meet up!

5. Show her that you're now emotionally stronger than before and then confidently guide her back into a relationship

For your ex to open herself up to the idea of getting back together with you, she first needs to be able to look up to, respect and feel attracted to you.

So, when you meet up with her, make sure that you don't undo all the great work you've done up to that point by being too serious, nice or polite.

Don't worry too much about what she's saying or doing, don't give her too much power over the interaction and don't try to suck up to her.

Instead, focus on maintaining your confidence around her (regardless of her behavior towards you) and make her feel a renewed sense of respect and attraction for the new, stronger man that you've

become.

For example: Some of the ways you can do that is byâ€¦!

- Showing her your confidence by not feeling nervous or unsure of yourself when she is being distant, or saying things like, *â€œThereâ€™s no reason for us to get back together,â€* to be hurtful towards you.
- Using humor to lighten the mood and get her laughing, smiling and feeling good about her decision to meet up with you.
- Standing up to her (in a loving, but dominant way) if she tries to dominate you during conversation.
- Reacting differently to the way sheâ€™s expecting you to (e.g. she tries to make you jealous by telling you about other guys sheâ€™s been seeing since you and her broke up and rather than getting upset, or doubting your chances with her, you laugh and say, *â€œThatâ€™s great! I always knew you had it in you to lighten up and have fun for a change. Iâ€™m glad to see youâ€™re finally doing it. You go girl!â€* or, *â€œOhhh, no! Iâ€™m so jealous. Haha!not! Good for you. I hope you find Mr. Right, rather than ending up with a Mr. Wrong like me. I was the worst boyfriend everâ€*).
- Flirting with her to create sexual tension, rather than being a good little boy around her who is on his best behavior.

When you interact with your ex in those ways, you are showing her that you are now the kind of man she can truly look up to, respect, feel attracted to and love.

You really have changed and are now a better man than you were before.

As a result, she will automatically feel attracted to your confidence and emotional strength and wonâ€™t be able to stop herself from looking at you with new eyes.

At that point, you wonâ€™t even have to ask her if she wants to get back together again.

The hug, kiss and potentially sex should then happen naturally, because it will now feel wrong to her to let you slip through her fingers and be the one who got away.

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[image]

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How Can I Get My Ex to Realize That I'm Truly Sorry For How I Treated Her?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

You've most-likely already apologized to your ex multiple times, right?

If so, apologizing to her again isn't going to change anything at this point.

What will?

Reactivate her feelings of respect, attraction and love for you.

Every interaction that you have with her from now on needs to be about reactivating her feelings, not about telling her how sorry you are.

How can you do that?

Start by answering the following questions for yourself:

1. Have you improved in the ways that really matter to her?

It's great that you want to get your ex to realize how truly sorry you are for how you treated her.

However, if all you're doing is begging, pleading and apologizing to her to achieve that, then you've probably already realized that you've been wasting your time and energy trying to get her to understand, right?

She's likely been saying things like, *"Look, I don't care. It's over" or, "I'm not interested in what you have to say. Just leave me alone"* because you're simply offering her apologies and promises about how things could be different.

If you keep using that approach, you will keep getting rejected.

So, what should you do instead?

Use every chance you get (e.g. via text, on social media, e-mail, on a phone call and especially in person), to let her see that you have truly changed in the ways that matter to her.

I'm not saying to tell her that you've changed.

No.

That's not how it works.

You've got to let her see and experience it for herself, so she can make that judgment call.

A woman doesn't want to hear her ex saying, *"I've changed. Please believe me"* because it appears desperate, which is a turn off for women.

So, make sure that you just focus on letting her experience the changes in you and if you do that, she will naturally begin to feel sparks of respect and attraction for you again.

For example: If a woman broke up with a guy for treating her badly (e.g. he became too jealous and controlling of her), she is going to need to sense and see that he really has changed the core issues that create that type of behavior in a man.

So, when he interacts with her (over the phone or in person) and she tests him by talking about all the fun she's had since she broke up with him, or by flirting with other guys in his presence (e.g. the

waiter or barman), he needs to be confident, relaxed and easy-going to show her that he's not reacting like he used to.

A good way to show her how much he has changed is by using humor to laugh at how he used to behave in the past.

For instance, he might say something like, *"I bet you're waiting for me to blow up and cause a scene, aren't you? Unfortunately, my inner jerk has been fired and replaced with a much more mature man. So, if you're looking for one of those silly, jealous reactions like I would have given you in the past, you're going to be disappointed"* and have a laugh with her about it.

She can then see that he isn't reacting like his old self and as a result, her guard can come down a little and she can allow herself to feel some respect for him again.

In the same way, when you improve in the ways that really matter to your ex (i.e. you no longer react like you used to), she will wonder something like, *"What's going on here? Why isn't he doing all those annoying things he used to do when we were together? Something is really different about him."*

As a result, she won't be able to stop herself from feeling drawn to you again, even if just a little bit to begin with.

From there, you just need to keep making her feel sparks of respect and attraction and her guard will come down further because you are focussing on her feelings, rather than trying to convince her how sorry you are.

Another question to ask is

2. Do you know how to make her feel attracted in new ways now, or just the same old ways?

After a break up, a lot of guys don't really know how to re-attract their ex woman and get her back into a relationship.

So, he might:

- Send his ex bunches of flowers.
- Buy her sweet, thoughtful gifts (e.g. chocolates, a cute stuffed toy).
- Send her a card and pour his heart out to her.
- Write her a long letter or e-mail explaining how much she means to him, how sorry he is and how he promises that things will be different.

Yet, what he doesn't realize is that none of those things will make his ex feel sexually and romantic attracted to him again.

She might appreciate his gestures and even say, *"Thanks. You're being so sweet,"* and be nice to him, but it doesn't mean that she will give him another chance.

Rather than make her think, *"He's being so sweet. He seems to be truly sorry for how he treated me. Maybe I should give him another chance,"* she's more likely to think, *"Yes, he's being sweet, but that's because he doesn't know what else to do to make me want him again. I just don't have feelings for him anymore. My feelings can't be switched back on"*

by a bunch of flowers or a cute teddy bear. He doesn't understand that. He's just being superficial.

Likewise, if he sent a long letter or e-mail, she may think, *All he is doing is talking about himself and how he feels. He doesn't understand that I don't care about how he feels anymore. It's about me now. He doesn't get it. If he wants me back, he has to make me feel something for him. The feelings just aren't mutual right now, so I don't care how many good memories he brings up, how sorry he is or how much he promises to change. I'm either going to feel attracted to him now if he changes, or I'm going to move on if he doesn't.*

This is why it's so important that when you interact with your ex from now on, you focus on attracting her in new and exciting ways.

For example:

- Flirt with her to create feelings of sexual tension.
- Make her feel very girly and feminine in comparison to how masculine you now think, talk, feel, behave and act.
- Use humor to break down her defenses and make her see the lighter side of a situation, rather than always being so serious with her and going on and on about how sorry you are for how you treated her.
- Maintain your confidence around her when she tries to test you (e.g. by blaming you for the pain she's feeling, by being cold and aloof towards you, by telling you that she can never forgive you).
- Respond differently to what she says and does (e.g. if she tries to make you feel bad by saying you hurt her, rather than get upset or start apologizing to her, laugh and say, *Yeah, that was silly of me wasn't it?* or, *Well, now you're exaggerating. I wasn't that bad was I? Geez, if so, then I am probably the worst boyfriend/husband in the world. What prize do I get for that? I kick in the butt from you, or?*).

The more you approach every interaction with her differently to what she's expecting, the more you will trigger her feelings for you again.

You will snap her out of her autopilot way of thinking, feeling and behaving and force her to live in the now and enjoy talking to you instead.

When she can see for herself that you're a brand new man, it then feels natural and normal for her to drop her guard and reconnect with her feelings of respect, attraction and love for you again.

Another question to ask yourself is

3. Have you truly changed, or are you only promising to change if she gives you another chance?

For example: A guy might say, *I'm truly sorry for how I treated you. I was a first class jerk and I know it, but please don't give up on me. I promise if you just give me one more chance, I will change. I'll be the man you want me to be. I promise. Just let me prove it to you.*

Sometimes a woman will accept a guys promises to change (e.g. if she doesn't have much experience with relationships, she's afraid that it will be difficult for her to find a replacement

guy, she still has strong feelings for him).

However, in most cases where a woman knows she can easily find a new guy, or if she's had some experience with relationships and knows that she can handle the pain of a break up, she will reject his offer.

She might also know that when a guy promises to change, he rarely even knows how to do so.

As a result, she will choose to stick with the break up, rather than being dragged back into a relationship that is going to end up with a break up again anyway, because he's just not going to change.

This is why, for most women, promises aren't enough to get her back.

So, what works?

She needs you to be man enough to figure out what happened to cause her to break up with you in the first place (e.g. you stopped being manly, you became too emotionally sensitive) and then take action to fix those things, before you try to get her back.

She looks at this as you caring about how she feels, rather than just looking after your own emotional state.

In other words, you improve or change so you can better make her feel attracted to you, rather than just rushing to get her back to stop the pain you're experiencing now that you've been dumped.

So, make sure that you really do improve, change or adjust before you attempt to get her back.

Most guys are able to do that within a couple of days, but other guys need a week or so.

I don't recommend waiting longer than that though because if you do, it simply gives her more time to get over you and move on.

So, if you're going to change or improve, do it quickly and do it now.

Then, when you contact her, she will sense (by the way you talk, act, behave and interact with her) that you have already changed and improved.

For example: You're more confident and emotionally strong now, you're no longer jealous and controlling, or you are more capable of being emotionally mature and loving her the way she really wants you to.

As a result, the idea of giving you another chance will be good to her.

Another question to ask is

4. Are you currently giving her too much power over you when you talk to her?

A guy sometimes feels so guilty about treating his ex badly in the relationship, that he lowers himself when interacting with her (e.g. he is on his very best behavior, he is extra nice to her, does whatever she wants and allows her to get her way with everything), as a way of hopefully impressing her or getting her to take pity on him.

For example: A guy might say to himself, *I'm the one who made the mistakes, not her. To get her to realize that I am truly sorry for how I treated her, I have to be so nice to her from now on.*

She can call all the shots and no matter what, Iâ€¦ll do what she says. Then she will see that Iâ€¦m being sincere. She will then hopefully forgive me and give me another chance.â€¦

Yet, in most cases, the opposite is true.

A woman might give the impression that she enjoys being in charge and having her ex grovel at her feet for what he did.

However, the truth is that deep down, a woman simply cannot respect a guy who allows her to push him around, no matter how badly he stuffed up.

Of course, this doesnâ€¦t mean that a guy should be rude, domineering and not take her feelings and wishes into consideration.

It simply means he shouldnâ€¦t give all his power to her and allow her to bully him as punishment for making a mistake.

So, regardless of how badly you treated your ex before, make sure that you donâ€¦t let her turn the tables now and treat you badly.

Fixing relationship problems is not about getting an eye for an eye.

If you let her get revenge by treating you badly, she wonâ€¦t be able to respect you.

Without respect, there is no attraction and without attraction, thereâ€¦s nothing left to bring out the love in her heart.

Remember: A woman wants to be with a man she can look up to, respect, feel attracted to and love (i.e. a guy who is confident and emotionally strong enough to take the lead in the ex back process and get her back, rather than expecting her to tell him what to do to make her have feelings for him again).

So, donâ€¦t give your power away when talking to your ex.

Be a good guy, but donâ€¦t be a super nice guy who essentially bows down and lets her walk all over him.

Yes, you made some mistakes, but you have become a better man as a result and you should hold your head high about that.

Youâ€¦re no longer the guy who treated her badly.

3 Mistakes That Other Guys Often Make When in Your Situation

Your relationship with her is unique, but the problems you are facing are fairly common (i.e. you stuffed up, feel like you need to make her realize how sorry you are, have been trying to get her to realize it, she doesnâ€¦t care and isnâ€¦t opening back up).

So, if you want to make the ex back process easier for you and actually get her back, be sure to avoid the following common mistakes that guys often make when in your situationâ€¦!

1. Making it all about how sorry he is, so she can then accept his apology and he can feel better about himself

Sometimes a guy will get so caught up trying to show his ex how bad he feels for hurting her that he

ends up babbling on and on about his feelings.

For example: He might call her on the phone and say things like, *â€œI know I stuffed up so badly. You wonâ€™t believe how terrible I feel. I know you donâ€™t want to forgive me, but if you think you hate me right now for how I treated you, then is is nothing compared to how much I hate myself. I canâ€™t express how sorry I am for what I did. It just tears me apart when I think about the pain I caused you. Iâ€™m such a fool. I canâ€™t believe how I treated you. How could I do that? I was so stupid. What can I say or do to make this up to you? Iâ€™m willing to do anything to show you how bad I feel for what I did. Please.â€*

Yet, rather than make a woman think, *â€œPoor guy. Heâ€™s really hurting. Obviously heâ€™s learned his lesson, so maybe I should forgive him and help him feel better now,â€* she will actually see his behavior as selfish.

Why?

She hears what he is saying as being all about him and his feelings, rather than how she feels and what she wants.

What she feels is turned off and if heâ€™s going to get her back, what she wants is to be able to feel sparks of respect, attraction and love for him while they interact.

Heâ€™s not going to achieve that by going on and on about his feelings.

Even though heâ€™s being sincere and pouring his heart out because he truly is sorry for how he treated her, she just doesnâ€™t care because the feelings arenâ€™t mutual yet.

So, make the feelings mutual first and then she will begin to care.

Remember: Getting a woman back is about focussing on making her have romantic feelings, not on talking about your feelings, needs or wants.

Another mistake to avoid isâ€¦

2. Hoping that by sucking up to her with a â€œpity meâ€ approach, she will feel sorry for him and give him another chance

For example: A guy might say to his ex, *â€œPlease babyâ€¦ stop torturing me. I havenâ€™t been able to sleep or eat properly for the last week. Canâ€™t you see that Iâ€™m truly sorry for what I put you through? Iâ€™m a mess. Please forgive me and give me a chance to make it up to you. Please. I need you to tell me that you forgive me. I canâ€™t take this any longer. Please.â€*

Heâ€™s hoping that if she sees how much heâ€™s suffering without her, she will feel sorry for him and then agree to give him another chance.

Yet, just like in the previous mistake, making a woman feel pity for the emotional pain youâ€™re experiencing only turns her off even more.

Women are attracted to men who maintain their composure and remain emotionally strong under pressure.

So, seeking pity and looking weak is just another thing that makes her feel right about her decision to end the relationship.

Additionally, a woman doesnâ€™t want to feel like she is being forced back into a relationship, simply because her ex canâ€™t cope without her.

She wants the ex back process to happen naturally, which it will if he focuses on her feelings, rather

than his own.

Another mistake to avoid isâ

3. Thinking that giving her all the power in the relationship is what she wants

A common mistake guys make is thinking that a woman will be happier if she gets to wear the pants in a relationship.

Yet, even though modern women are more independent and often go around saying things like, *âA woman can do anything that a man can do,*â they are still instinctively attracted to a man who is more emotionally dominant than themselves.

This doesn't mean that she wants a guy to boss her around and make all the decisions without ever considering her wants or needs.

Instead, she wants a man who can confidently lead the way to a better future for both of them, while also being loving and caring enough to take her wants and needs into consideration.

If he can do that she will be able to look up to him and respect him, feel attracted to him and love him.

On the other hand, if he just sits back and allows her to dominate him with her confident personality, she will lose so much respect for him that she will question why she is with him at all.

So, don't make the mistake of thinking that you have to become a wimp and do whatever she says to show her how truly sorry you are.

She wants you to maintain your masculinity, while being a good man to her.

If you can show her that you're man enough to admit to your mistakes and have already taken steps to improve yourself, she will feel respectful of you and attracted to you.

As a result, the idea of forgiving you and giving you another chance will feel like something she is willing to do now.

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Can You Get an Ex Back Who Seems Happier Without You?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Yes.

You need to make her feel happy and attracted whenever she interacts with you from now on.

If you can do that, she won't feel as happy when you're not around or interacting with her and as a result, she will start to feel drawn to you again.

Here's how to do it:

1. Become independently happy without her

It sucks that you and your ex are no longer together and it's even worse that she seems happier without you, right?

I understand.

However, sitting around, missing her and feeling miserable about life isn't the right approach to take to get her back.

Why?

When a woman senses her ex guy's lack of happiness without her, she feels turned off by his neediness and emotional dependence.

So, rather than wanting to interact with him some more, she will usually just make excuses to avoid him and keep getting on with her life.

Think about it this way!

Would you rather be around a person who is happy, smiling and feeling good, or would you rather be with someone who is sad, depressed and stuck in a rut?

When someone is depressed, they often like being around people who are depressed because it helps them relate.

Likewise, when someone is happy, they like interacting with or being around people who are happy.

This prevents depressed, sad people from bringing them down and ruining their happy vibe.

Your ex is no exception to that rule.

If she is feeling happy without you, it's absolutely essential that you allow her to see and feel that you are happy without her.

I'm not talking about saying, *"Hey, I'm happy without you. I don't need you."*

No.

That's just rude, insecure and unnecessary.

Instead, you just have to quickly get to the point where you genuinely feel happy without her in your life.

You want her back and would be happy if she called you up right now and said, *"I think we should get back together again."*

However, you don't actually need her back to feel happy.

That's the difference.

Of course, you might not want to feel happy without her, right?

You just want her back.

Yet, you have to do what works.

Women, especially ex women who are happy, just aren't attracted to guys who need them for their sense of happiness and identity in this world.

You've got to be independently happy, otherwise you just won't be emotionally attractive to her and as a result, she won't want to give you another chance.

If she sees that you are happy, confident and living a great life without her, she will instinctively feel more attracted to you and more open to interacting with you, which will give you more of an opportunity to re-attract her and get her back.

When she interacts with you and feels attracted, she then begins to think things like, *What is happening to me? Why am I feeling this way? I actually feel drawn to him again. I don't want to lose him anymore. Maybe I want him back.*

As long as you are being confident and actively making her feel attracted to you when you interact with her, she will automatically open up and begin to really want to give you another chance.

2. Have some fun with other people to reinforce your new happiness without her

Of course, saying that you're happy without your ex isn't enough to convince her, or yourself, that you really are.

You actually have to be doing it in real life and the best way is by interacting with other people.

You might not want to do a lot of that right now because you're still hurting from the break up, but that's the point.

You can't be hurting if you want to re-attract her.

You've got to genuinely be feeling happy and confident without her.

Even though you still see her as your woman, the fact is that you are currently single.

It sucks to think of yourself as being single when you want her back so bad, but you have to for a very brief period of time, to allow yourself to become truly emotionally independent.

For example: Some of the things you can do now that you're single is

- Hang out with all your single friends that you may have neglected because of your relationship with your ex.
- Take up a new sport or hobby (e.g. tennis, cooking, martial arts, salsa dancing).
- Join your colleagues when they go out together after work.
- Join a club that does group activities (e.g. hiking, traveling).
- Do a pub crawl (or a bar tour) in your own city. This is a great way to meet tourists who are there to have some quick fun.

You donât need to hook up with any new women if you donât want to.

Thatâs not the point.

You can if you want to, but the main point is for you to be having fun with other people, so you can genuinely feel like you are enjoying life without your ex.

Then, make sure that you post photoâs of yourself on social media having fun doing all these great things, where she is sure to see it.

Note: If sheâs unfriended you (e.g. on Facebook), just make sure that you change your settings to ‘public’ rather than ‘friends’ only, so she can see it.

Hereâs the thingâ!

Even if your ex pretends not to care about you anymore or seems to be happier without you, from time to time, she will be curious about what youâre up to.

Almost all women check on an exâs profile to see if heâs getting on with his life without her, or if heâs being sad and lonely.

So, when your ex sees for herself that you seem just as happy without her as she seems without you, she will automatically feel curious about the new you.

Then, if you contact her and suggest a meet up, she will be more open to the idea, because she will want to see for herself if you really have changed, or if your new-found independence was just an act.

If you genuinely have been confident and happy without her, she will feel some respect and attraction for you.

Just make sure that you donât try to rub it in her face by bragging or exaggerating things and trying to make yourself look cool.

Just be relaxed about it and see it as a completely normal thing to get on with life, be happy and enjoy yourself after a break up.

If you do that, she canât hold anything against you and will instead feel respect and attraction for you.

By the wayâ!

A lot of guys are afraid to show their ex woman that they are happy without her.

A guy hopes that by appearing to have no life since the break up (e.g. not updating his social media profile at all, posting sad, lonely pictures of himself) she will feel guilty for being happier without him and want him back, or she will feel as though he is so dedicated to her and she would be crazy to let go of such a great guy.

Heâs hoping she will then contact him to say something like, *âHey, I saw your Facebook profile and you look so sad. I hate seeing you like that. Let’s meet up.â*

That might happen in a movie, but rarely in real life.

In real life, when a woman sees that her ex isnât getting on with his life and is destroyed by the break up, she will lose even more respect and attraction for him for being so emotionally dependent on her.

So, just focus on having fun without her.

Yes, she might pretend to be angry at you for seeming like you have moved on, but thatâs just a test.

She wants to see if you will say something like, *â€œNo! Itâ€™s not how it looks. I was in those photos, but I was feeling miserable the whole time. All I want is you. I wish you were there.â€*

She then knows that you are needy and emotionally dependent on her, which turns her off even more. So, I recommend that you just do what works.

If she is happy, be happy.

If she is depressed, be happy, but be nice to her.

If she is unsure about whether or not you and her should get back together, be nice to her, keep making her feel attracted and guide her back into a relationship.

3. Interact with her and focus on making her smile, laugh and feel good when talking to you

When you reach the point where you want your ex back, but donâ€™t need her back to feel good about yourself, you are ready to contact her.

Most guys can achieve that in a day, but some guys need up to a week.

Waiting any longer than that is a bad move and simply results in her having enough time to move on.

If you have already waited longer than a week, donâ€™t worry.

You just need to start doing what works from now on.

So, if you think she will answer your call, then go ahead and call her.

If you think she wonâ€™t, just send her a quick text, or a message via social media to ask for a phone call.

Important: Only do this after youâ€™ve updated your profile to show her that youâ€™ve been having fun and only as a way of getting her on a call with you.

Donâ€™t make the mistake of getting caught up texting or messaging back and forth without ever transitioning to a phone call.

The point of getting her on a phone call is so that she can experience the new, confident version of you for herself (e.g. she can hear it in the tone of your voice and experience it in the way you make her smile, laugh and feel good to be talking to you again) and so you can then get her to meet up with you in person.

If youâ€™re unsure of what to text her to get her on a call with you, hereâ€™s an example: *â€œHey ex girlfriend (fiancÃ© or wife). I just wanted to ask you something quick over the phone. So, Iâ€™m going to call you in 10 minutes, okay?â€*

Then, just go ahead and call her in 10 minutes time.

If she doesnâ€™t answer, give her a day or two and then try calling her again.

In most instances, a woman will be curious to find out what you want and she will answer her phone the second time around.

The important thing is that when you get her on a call with you, you donâ€™t blow it by coming across as sad, unhappy, dejected or lacking confidence.

Instead, remain calm, be happy and show her your confidence, by using humor to break down her

defenses.

For example: If she says something like, *â€œOkay, youâ€™ve got me on a phone call with you. Iâ€™m really busy so make it quick. What do you want to ask me?â€* you can use that as an opportunity to re-spark her feelings of respect and attraction for you.

In a joking way you can say, *â€œOh well. There go my plans for this call,â€* and then if she asks, *â€œWhat plans?â€* you can add, *â€œWell, Iâ€™m busy cooking a dish with 20 different ingredients and I was hoping you would talk me through it. Oh well, Iâ€™ll just have to narrow it down to only 3 ingredients since youâ€™re in such a hurry. However, Iâ€™m going to blame you if it comes out tasting bad, because you know what a lousy cook I am,â€* and have a laugh with her about that.

The truth is, it doesnâ€™t matter what you say to her, as long as you donâ€™t take the conversation too seriously.

Instead, look for opportunities to make her laugh, make her smile and get her thinking, *â€œItâ€™s like talking to a whole different man. Heâ€™s changed. I really like this new version of him. Heâ€™s fun.â€*

For example: You could also reply with something like, *â€œOh, well someone is Little Miss Pushy today, isnâ€™t she?â€* and have a laugh to show her that you and her donâ€™t need to take the conversation so seriously.

4. Get her to meet up with you to say hello as friends

After a bit more conversation where you make her laugh and smile again, say to her, *â€œOkay, seriously now. What I wanted to ask you is whether or not youâ€™d be cool about meeting up to say hello as friend. I promise that itâ€™s not going to be serious and itâ€™s not about us getting back together at all. I just think it would be nice to catch up in person and say hello as friends and thatâ€™s it. So, how about it? Iâ€™m busy on Monday and Tuesday, but am free on Wednesday and Sunday. Which day this week suits you best?â€*

Note: Donâ€™t be surprised if she initially plays a bit hard to get and says something along the lines of, *â€œIâ€™m not sure if thatâ€™s a good idea. Iâ€™m happy with my life now and I donâ€™t want to complicate things again.â€*

Just maintain your confidence and donâ€™t let her reaction cause you to start doubting yourself.

Women are naturally attracted to guys who remain confident no matter what life (or a woman) throws at them.

So, just laugh and say, in an easy-going way, *â€œHey, all Iâ€™m suggesting is an innocent, 10 minute coffee. We can meet up as friends without it being a big deal, right? So what if we used to be together as a couple. We are not together in that way anymore and can be mature adults about this. Itâ€™s just a coffee as friends. So, what do you say?â€*

In most cases, a woman will drop her guard and agree to meet up with you at that point.

However, she might still try to play a bit hard to get by saying something like, *â€œOkay, but just this one time,â€* or *â€œSure, but I can only stay for 10 minutes.â€*

At the meet upâ€

5. Make her feel a strong, renewed sense of attraction to the new you

When you meet up with your ex, you have to say and do the types of things that will make her feelings of respect and attraction for you reignite (e.g. be confident, charismatic, emotionally mature, more masculine than her).

For example:

If she says something like, *â€œI think this was a mistake. Iâ€™ve worked hard to get over you and Iâ€™m happy now, so I donâ€™t see the point in us meeting up like this. I probably shouldnâ€™t have come here,â€* rather than feeling hurt, getting flustered or doubting your chances of getting her back, just use her negativity as a way of making her feel even more respect and attraction for you.

For example: One of the ways you might respond is by laughing and saying in a joking way, *â€œYouâ€™re going to walk out on the best cup of coffee in town? Thatâ€™s not the woman I used to know. You really have changed since we broke up! Iâ€™m so disappointed. I think itâ€™s better if we go our separate ways right here and now. After allâ€¦ if you canâ€™t sit and relax for 10 minutes to enjoy a cup of coffee, youâ€™re way too uptight for me girl,â€* and have a laugh with her about that.

Alternatively, you might say, *â€œRelaaaaax girl. Itâ€™s just a cup of coffee. Weâ€™re not about to elope and get married. Weâ€™re just friends nowâ€* to calm her down and stop her from making it out to be a big problem when it isnâ€™t.

She will feel surprised that youâ€™re not falling for her drama and will also feel respect and attraction for having the balls to stand up to her in that way.

At the meet up, itâ€™s also very important that youâ€™

6. Get her to accept that the old you is different to the new you

To make your ex look at you in a more positive light and see herself being happy with you again, itâ€™s important that forgiveness takes place.

In a relaxed, easy-going manner, you need to get her to forgive the old you, so she can then naturally accept that the new you is a completely different guy.

For example: You might say something like, *â€œI now understand why you broke up with me. I made some silly mistakes that caused you to feel unhappy and Iâ€™m truly sorry for putting you through that. However, Iâ€™m not that guy anymore. I donâ€™t expect you to believe me of course. You donâ€™t have to as well, because weâ€™re not getting back together. Yet, can you see it in yourself to forgive me and accept that the old me is different to the new me?â€*

When you get her to the point where she really does accept that you are a different man now, she automatically stops seeing the old version of you and starts looking at you as a new man.

When that happens, she allows herself to start focusing on your positive qualities (e.g. your confidence, emotional strength, emotional maturity, how you make her laugh), which then causes her to feel sparks of respect, attraction and love for you.

She realizes that although she thought she was happier without you, she is now even happier with

you.

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How to Restart My Relationship With My Girlfriend Now That We've Broken Up

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 essential tips to help you restart your relationship with your girlfriend now that you've broken up.

1. Don't try to restart the relationship until you first regain her respect

A successful, long-lasting relationship between a man and a woman is always based on mutual respect, attraction and love.

So, when a woman starts losing respect for her guy (i.e. because he becomes insecure, treats her badly, stops being manly), she will inevitably start to lose attraction for him as well.

Why?

A woman's sexual attraction for a guy is strongly linked to how he makes her feel when they interact and spend time together.

So, when she can't fully respect him or feel attracted to him anymore, it's only a matter of time before she then disconnects from her feelings of love for him.

Soon after, she decides to break up with him because she just doesn't feel the same way about him anymore and it doesn't seem like he knows how to change that.

This is why, when a guy tries to restart a relationship with his girlfriend (fiancée or wife) before first reactivating her feelings, he is usually going to get the old, *"I'm sorry, but I'm not interested. It's over. Please accept that"* reply.

Why?

He hasn't regained her respect, so she doesn't feel attracted to him and therefore, she can't reconnect with the love she used to feel for him.

He might feel like she is being difficult or stubborn, but he doesn't realize that she's just following her feelings.

Her feelings and instincts warn her, *"Don't waste anymore of your time on him. You don't respect him. He doesn't even know how to change. You've given him enough chances. Break up with him and move on as soon as you can. He's not going to change!"*

She feels that way because he hasn't given her any evidence of him really, truly changing and is just trying to get her back for his own reasons (e.g. he is hurting from the break up, he's embarrassed about being dumped, he doesn't want to lose her and have to find another woman).

She knows that.

Unless he can start to put her feelings first, she's just not going to be interested.

Putting her feelings first is about focusing on reactivating her feelings of respect, attraction and love for you BEFORE you even try to restart the relationship with her.

For example: When interacting with your girlfriendâ

- Make her laugh and smile, rather than being too serious around her.
- Show her your confidence by being relaxed and emotionally strong around her regardless of how sheâs treating you (e.g. sheâs being cold and distant, is rude, throws a tantrum, teases you).
- Apologize once for your mistakes and then laugh at her (in a loving, confident way) if she tries to bring them up again and again.

The more you show her (via your actions) that youâre a new man now, the less she will be able to hold on to her negative opinion of you.

She will then open herself up to the idea of restarting a relationship with you and seeing what happens.

2. Get clear on what was really missing from the relationship experience

When you truly understand the real reasons why your ex broke up with you, you can then make the correct changes and adjustments to get her back.

For example: Maybe you and your girlfriend had a great connection as friends, but there wasnât much of a sexual spark between you anymore.

Although she really cared for you, she ended up feeling more like your roommate or buddy, which just isnât enough to keep a relationship together for life anymore.

So, to convince your girlfriend to restart the relationship, you need to change the way you interact with her from now on.

To create a sexual spark between you and her, you need to make her feel like a feminine, girly woman by being an emotionally strong, masculine man as you talk to her and interact with her.

When you trigger that side of her (i.e. the feminine, girly side) every time you interact with her, she will naturally begin to feel sparks with you again.

Additionally, if you continue to enhance other qualities that she loved about you (e.g. your confidence, charisma, emotional maturity, great sense of humor), she will almost certainly be more than happy to restart the relationship with you.

After all, you are now the man she always wanted you to be, so the idea of restarting a relationship will feel interesting and appealing to her.

On the other hand, if you continue to be on your best behavior (e.g. be extra nice, listen more, be extra sweet and caring) or treat her like your best friend, she will remain closed off.

Why?

Those kinds of things donât create a sexual spark if there is none there to begin with.

You first have to make a woman feel sexually attracted to you, before things like being nice or sweet will trigger sexual or romantic feelings.

If you lead with niceness and sweetness when she doesnât feel sexually attracted to you anymore,

she will simply feel annoyed by it.

Your extra niceness and sweetness will make you look desperate and clueless to her.

Why?

Women know what they find attractive about men (e.g. emotional masculinity, confidence, the ability to make her feel girly in comparison to his masculinity), so when a guy doesn't get that, he is seen as clueless about what women really want.

Women will usually be nice to guys who don't get it, but they usually won't want them sexually or romantically.

So, now that you and your girlfriend have broken up, make sure that you are focused on being sexually attractive to her, rather than being a nice, neutral friend.

If you don't focus on sexual attraction, she just won't feel the urge to restart a relationship with you.

Even though you might be perfect for her in so many other ways, she will be thinking things like, *â€œHe's a great guy, but something is missing. Maybe it's better if we just stay friends, because I don't feel attracted to him anymore. There's just no spark between us.â€*

Another example is if you and your girlfriend weren't going in the same direction in life (e.g. she wanted you to commit to the relationship further, while you preferred to keep things fairly casual).

In a situation like that, a lot of guys often rush off and propose marriage to their girlfriend, in the hope that it will win her over.

Yet, a woman doesn't want a commitment made out of desperation.

She wants to see that her guy wants to commit to her naturally, not because he is being forced to due to a break up.

So, in a case like that, to convince your girlfriend to restart the relationship, you need to show her that you're now emotionally mature enough to fulfill her relationship expectations (e.g. move in together, get engaged, start a family).

You're doing it because you want the same things as her long term and not because you're desperate and are willing to do anything to get her back for now.

Of course, those were two examples of why a break up could happen.

Every relationship is different and there are many reasons (I explain 70+ reasons in my program, [Get Your Ex Back Super System](#)) as to why a woman will break up with a man.

You need to find out what really went wrong between you and your girlfriend, so you can then make the correct changes in the most effective manner.

That doesn't mean you have to fix everything and become perfect before she will be willing to restart the relationship with you.

You simply need to let her see that you've improved and are a better version of yourself now.

You've leveled up as a man.

When she experiences the new you for herself, she naturally begins to feel more respect and attraction for you as a man and opens herself up to the idea of restarting the relationship.

3. Reactivate her original feelings for you

Your girlfriend may have said things like, *â€œI just donâ€™t feel the same way about you anymore,â€* or *â€œI donâ€™t feel like you and I are right for each other. Maybe itâ€™s better if we just move on and find someone else.â€*

She can say that because she has disconnected from her feelings of love, respect and attraction for you, so the idea of getting back together again doesnâ€™t sound appealing to her like it does for you.

You feel respect, attraction and love for her, but she currently doesnâ€™t feel that for you.

So, if you want her to change her mind, get her to reconnect to her original feelings for you.

How can you do that?

By using every interaction you have with her (e.g. via text, e-mail, social media, on the phone and in person) to show her that youâ€™re a new man now.

As a result, she will stop looking at the mistakes you made leading up to the break up and begin to remember that you used to be a much more appealing guy that she loved and wanted to be with.

For example:

- Show her that youâ€™re emotionally independent now (e.g. by enjoying life with friends and making progress on your life goals), rather than trying to make her feel guilty for how sad, confused or betrayed you are feeling after being dumped.
- Make her laugh and smile, rather than getting into serious discussions with her about the relationship.
- Bring out her feminine side by being more masculine around her, rather than being too neutral or a pushover with her.
- Maintain your confidence around her when sheâ€™s being cold and aloof, rather than feeling nervous and doubting your attractiveness to her.
- Laugh when she creates drama (e.g. by bringing up all your past mistakes, telling you how you hurt her, crying and causing a scene), rather than getting upset or feeling insecure.

The more you show her (via your actions) that youâ€™re no longer the man she broke up with, the less she will be able to hold on to her negative opinion of you.

4. Focus on feeling good together initially, rather than committing to getting back together

For example: If your ex says something like, *â€œI donâ€™t know if Iâ€™m ready to get back together again,â€* rather than trying to talk her into getting back together, just focus on being emotionally mature, so she can feel respect and attraction for you in that moment.

You can say to her, *â€œThatâ€™s perfectly fine by me. We donâ€™t have to rush into anything now, or ever. You and I are broken up and I accept that. So, letâ€™s just leave the past in the past. Letâ€™s talk to each other as though weâ€™ve just met each other and are only friends now. That way, we can then get to know each other as the people we are now, rather than bringing the baggage from the past into the present. We can have some fun together and if it feels right, we can see where*

things go.â€œ

By saying something like that to her, not only are you taking the pressure off her to get back with you immediately, but youâ€™re also showing her that youâ€™re now a more confident, emotionally strong and mature man now.

You donâ€™t feel threatened and insecure because she doesnâ€™t want to get back together with you right away.

Instead, youâ€™re the one suggesting that you and her take things slow until both of you feel ready.

As a result, she drops her guard and begins to wonder what it would be like to commit to a relationship sooner, rather than later.

She begins to worry that you might now be able to easily attract other women because you are so confident and emotionally mature, so if she doesnâ€™t accept a relationship now, she might end up being the one who is hurt and left behind.

As a result, she gives you another chance and as long as you really have improved and can now attract her again, she wonâ€™t want to end the relationship.

5. If necessary, give her 3 to 7 days of space to miss you

If your ex is playing hard to get with you and keeps saying things like, *â€œI donâ€™t know.*

*Iâ€™m not sure if Iâ€™m ready to be with you again,*â€œ just cut off all contact with her for 3 to 7 days.

Important: I donâ€™t recommend that you cut off contact for any longer than that because it gives her too much time to get over you and potentially move on.

3 to 7 days has been tested thoroughly by me when helping my clients and itâ€™s the perfect time frame because it allows a woman to miss you, but doesnâ€™t push it to the point where she gets used to life without you and moves on.

Note: During the 3 to 7 days, make sure that you are improving your ability to make her feel respect and attraction for you when you next interact.

For example:

- If you were insecure, you become very confident.
- If you were too emotionally sensitive, you become emotionally masculine and strong.
- If you were too serious and uptight, you become easy-going and light-hearted.

You essentially get ready to give her a feeling of, *â€œWowâ€œ|now, this is different. Why am I feeling attracted to him all of a sudden?*â€œ

If you donâ€™t prepare during the 3 to 7 days, then youâ€™re almost certainly setting yourself up for failure because sheâ€™s not really going to feel anything different and therefore, wonâ€™t feel much or any motivation to give you another chance.

During the 3 to 7 days, your ex will get a chance to miss you and may begin to wonder, *â€œWhy isnâ€™t he calling me? Maybe I turned him off by being unsure of what I want. Maybe he has decided to forget about me and move on. What if heâ€™s found another woman? I donâ€™t want to lose him.*â€œ

She will then either text you or call you on the phone to say hello.

Then, just meet up with her and get her back.

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How to Break Down My Ex's Defenses, So She Opens Up to Me Again

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

To break down your ex's defenses so she opens up to you again, you need to do the following:

1. Understand what is making her have her defenses up

Chances are high that something about your behavior or the way you've been interacting with your ex has been causing her to feel defensive.

For example:

- **Have you been trying to get her back even though you don't understand what she really wants?**

For example: A woman might want her ex to be more relaxed and not take things so seriously all the time, but he is constantly calling her up to have long, serious discussions about the relationship and what went wrong.

Alternatively, she might want him to be less wimpy and to stand up for himself, but he tries to get her back by being extra nice and sweet and making himself available to her every beck and call.

Naturally, when a woman sees that her guy just doesn't understand her real reasons for breaking up with him, she will remain closed up to avoid giving him the impression that she is willing to accept his mistaken approach.

If he wants her back, he has to understand why she really broken up with him (e.g. because he was too emotionally sensitive, didn't make her feel girly enough in comparison to his masculinity, gave her too much power).

- **Have you honestly changed the things that were turning her off?**

It's one thing to understand what your ex wants you to change, but it's quite another thing to actually do it.

Sometimes, a guy will hope that he can get an ex back by saying things like, *"I promise to change if you give me another chance,"* or *"I promise that this time things will be different."*

That can work if the woman is still in love with the guy, is sharing bills with him and needs him, or isn't yet sure if she fully wants to break up with him.

However, if he's used that approach on her before and didn't change, or if she knows that she doesn't need him and can be happy without him, she will reject him and want to continue on with the break up.

So, remember: Actions speak louder than words.

If you want to break down your ex's defenses so she opens up to you again, make sure that you really have changed the things that were turning off (e.g. if you were insecure, you are so much more confident now).

Make sure that she can see that you're not just promising to change only if she comes back to you.

You've already begun to change and can now interact with her and make her feel a renewed sense of respect and attraction for you because of it (e.g. if she was more emotionally mature than you, she can now see that you've improved and become a more emotionally strong, emotionally mature man).

Another possible reason why she has her defenses up, is to make you hate her for being so difficult and unloving.

- **Is she trying to make you hate her so you get over her?**

Sometimes, when a guy is being very persistent about getting his ex back (but isn't doing anything to re-spark her feelings for him), a woman will act cold and distant towards him as a way of turning him off her.

She hopes that if she's bitchy enough to him, he will begin to hate her and then leave her alone, to hook up with a woman who shows him more love and appreciation.

Do you think that applies to your ex?

If so, don't hate her.

Instead, just focus on making her feel a renewed sense of respect and sexual attraction every time you interact with her from now on.

When you do that, she will drop her defenses and start feeling drawn to you in a new and interesting way.

She will want to explore her new feelings for you, rather than pushing you away.

- **Is her behavior making you angry or plead and beg for her to open up to you?**

After getting dumped, everything you say and do is either going to make your ex feel attracted to you or turn her off further.

So, if you get angry with her and say things like, *"Why are you being like this? Why are you being so closed up? I'm just trying to make things right between us. Why won't you open up and talk to me?"* or if you beg and plead and become emotionally weak around her, it's just going to turn her off even more.

Here's the thing!

To make a woman drop her defenses and open up, you need to make her feel positive emotions such as respect, attraction, love, excitement, curiosity and giddy happiness.

So, if your current or recent attitude towards her has been angry, wimpy or emotionally weak, it's only natural that she will feel defensive and not want to open back up to you.

- **Are you trying to get her back to make yourself feel better?**

You might feel that your ex is the one for you, but if she doesn't feel the same way about you right now (i.e. because you haven't first reactivated her feelings for you, which is the first step of the ex back process), she's not going to really care that you want her back.

If you want her to open up again, you need to focus on making her feel the kind of emotions that she wants to feel when she's with you (e.g. respectful, happy, in love, hopeful, attracted).

Then when she sees that you've changed your approach to her and are now making her feel the way she wants to feel, she will naturally drop her guard and open up to you again.

The next step is to

2. Stop trying to get her to commit to a relationship right now

A common mistake that guys make after a break up is trying to get their ex to agree to get back together immediately and work on the relationship.

After helping guys to get women back for many years now, I know that in most cases, a guy must give his woman 3 to 7 days of space before trying to get her back.

Some guys can get their woman back immediately (i.e. by immediately changing, re-attracting her and remaining confident), but most guys need to give their woman 3 to 7 days of space.

Of course, most guys don't know that when they dumped, so they push for a relationship right away and end up making her feel defensive.

For example: A guy might say to his ex, *"Look I know I stuffed up, but please don't give up on us. We can make this work if you just give us one chance. I promise to work on whatever you want to work on. I will change. You have my word on that. So, let's do this. There's no need to break up. Let's just work this out."*

Yet, a woman doesn't want to hear that before a guy has reactivated her feelings of love, respect and attraction.

She has dumped him because she no longer has strong enough feelings, or is sick of the conditions of the relationship, so she doesn't want to commit to a relationship right away.

It's just too much pressure, too soon after the break up.

Even though he is still in love with her and wants her back more than anything, she just doesn't feel that way about him yet.

So, if he says something along the lines of, *"Come on babe. All I'm asking is that you open up to me a little bit so that we can fix our relationship,"* rather than make her think, *"Okay, well I guess working things out isn't such a bad thing. We can do that. Let's fix this!"* she starts feeling anxious and puts her defenses up.

It's just too soon for her.

She has broken up with him for good reasons in her mind and he hasn't yet done anything to change, so for all she knows, she is most likely just going to get the same kind of relationship experience with him.

She might also fear that he just wants to get her back briefly, so he can then be the one to dump her and feel better about himself.

If she gets that sense, or feels as though he's trying to force her into a relationship without changing, she will keep her defenses up.

So, if you are serious about breaking down your ex's defenses so she opens up to you again,

donâ€™t try to get her to commit to anything right now.

Instead, give her 3 to 7 days of space if you havenâ€™t done so already.

Then, interact with her over the phone (not via text. It doesnâ€™t work in most cases) or in person and make her feel respect and attraction for you again (e.g. by making her laugh and smile, making her feel good in your presence, showing her via your actions and the way you respond to her that you really have changed).

The more you re-spark her feelings for you on a phone call or in person, the more her defenses will come down without you having to force it.

From there, you just need toâ€¦!

3. Focus on reactivating her original feelings for you

Some of the ways you can do that is byâ€¦!

- Being confident and emotionally strong around her, rather than feeling insecure and unsure of yourself.
- Creating sexual tension between you and her by flirting and making her laugh and smile, rather than always being on your best behavior and making her feel bored, annoyed or stressed out.
- Getting on with living a happy, productive life without her, rather than letting her see that youâ€™re panicking and in a rush to get her back because you need her, are lost without her or because you are worried about other guys taking her.
- Being emotionally masculine, so she can relax into being a totally feminine woman around you, rather than being emotionally timid and allowing her to dominate you, which then makes her feel like a masculine woman around you.
- Not taking her reactions to you so seriously (i.e. joking around and being very confident when sheâ€™s being closed off and emotional), rather than getting sucked into her drama and losing confidence in yourself.

4. Don't try to get her back via texts, e-mails or social media messages

When a woman is being closed off to her ex and is possibly refusing to see him in person or talk to him over the phone, it may be tempting for a guy to try and get her back via text, e-mail or on social media.

For example: A guy might say things like, *â€œWhy are you being so cold and distant towards me? Donâ€™t you realize how sorry I am for how I hurt you? Just tell me where I went wrong and I will do whatever it takes to make you trust me again. Please just give me another chance.â€*

Yet, trying to get her back in that way only turns a woman off even more.

Hereâ€™s whyâ€¦!

Firstly, if your ex doesnâ€™t want to answer your calls or see you in person right now, what makes you think she will respond favorably to you asking her for another chance via text, e-mail or even worse, on social media?

Texts are the worst in cases like yours.

Really.

You have to get to a phone call or talk to her in person.

That is the best way.

In cases like yours, texts just annoy the woman and make her close up even more.

Instead of thinking, *â€œAwwwâ€!* *heâ€™s so sweet. Even though Iâ€™ve been so closed off towards him, he hasnâ€™t given up on our love. He clearly cares for me so much. How can I continue being so cold and uncooperative? I owe him a chance after everything heâ€™s put himself through for me,*â€ she will get annoyed by texts and see them as being selfish.

For example: If her ex is texting her about his feelings and trying to work things out, she may think something like, *â€œHe still doesnâ€™t get it. Heâ€™s so focused on getting me back because itâ€™s what he needs to feel better about himself. He hasnâ€™t once stopped to consider what I want. Heâ€™s making it all about him and his feelings. Well, I donâ€™t care about that. I donâ€™t care how he feels. We broke up because certain aspects of his thinking and behavior turned me off and as far as I can see by the way he is communicating now, nothing has changed. Heâ€™s still the same guy as before and based on that, Iâ€™m just not interested in getting back together again. Itâ€™s going to take a lot more than him asking me to give him another chance via text/e-mail/social media for me to change my mind.*â€

So, if you truly want to break down your exâ€™s defenses so she opens up to you again, donâ€™t hide behind a smartphone or computer.

Instead, get her on a phone call with you right away and spark her feelings for you (e.g. by using confident humor to break down her defenses).

Then, get her to meet up with you in person where she can experience the new you for herself (e.g. you confidently pass her tests when sheâ€™s cold and distant towards you, you make her laugh and smile even though she tries to pretend sheâ€™s angry, you make her feel feminine and girly by being more emotionally masculine than her).

Thatâ€™s what really works to get a woman back.

Finallyâ€!

5. Stop trying to get her to see your point of view

You are most likely a good guy.

True?

Youâ€™re a good guy.

In fact, since the break up, you have learned so much and are an even better guy than you ever have been.

You now know where you went wrong and if she will just give you another chance, you really will do better this time around.

Hereâ€™s the thing thoughâ€!

She doesnâ€™t care.

What will make her care?

If you stop trying to get her to see your point of view, understand you, believe you and listen to you and instead, just focus on reactivating her feelings for you.

Interact with her and don't think about yourself or getting your point of view across.

Just talk to her, make her smile, laugh and feel good.

Flirt with her and build up some sexual tension, even if she is acting a little cold or bitchy.

Be confident, be emotionally masculine and let her feel that coming through in the way you talk, behave and act now.

Be a more attractive version of you than you were before.

Most of all though, don't give up and lose confidence in yourself if she doesn't jump and down and give you compliments for how much you've changed.

Be a self-approving, self-loving man.

In other words, be confident and have high self esteem regardless of whether she gives you compliments or makes it obvious that she is impressed with her new and improved approach to being a man.

When you do that, she starts to feel good about interacting with you and begins to wonder what it would be like to give you another chance, now that you're so much more attractive and appealing compared to before.

As a result, she then stops being so defensive around you and opens up to you again.

She now has a reason to get back with you too.

She wants to explore her newfound feelings for you.

She wants to see what will happen if you and her hug, kiss and have sex again.

You seem like so much more of a man now.

So much better than before.

She can sense it and it makes her want to give the relationship another try to see how she feels and to see what will happen.

Using that approach works.

However, if you're trying to discuss everything with her and get her to see your point of view, you're just going to keep getting rejected by her because her defenses will remain up.

She will look at your approach to getting her back as being selfish (i.e. you want her back, but aren't changing to make her feel differently).

When you approach it in the right way, she wants to get back together just as much as you do.

So, do what works and she will be yours once again.

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How Should I Respond When My Ex Brings Up Bad Memories From Our Relationship?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 6 possible ways to respond when your ex brings up bad memories from your relationship:

1. Jokingly make the memory even worse by making up bad things that you did

For example: If she says, *“You never used to help me with the housework. You expected me to do everything like I was your slave,”* you can make her stop looking at what you did in such a bad way.

You can laugh (important) and say, *“It’s true! I was a real slave master, wasn’t I? Remember how I used to whip you and tell you to work harder? Remember how I used throw rubbish on the floor and tell you to pick it up? How about the time I got you to wash all the windows on a hot day while I sat on the couch and watched sports on TV...remember that?”* and have a laugh with her about it.

By getting her to imagine you behaving much worse than you actually did, it takes away some of the power of what she is saying.

After all, you’re not as bad as the guy who are getting her to imagine.

By saying something like that to her, you are letting her know (in a loving way) that you’re not going to allow her to dominate you because of what happened in the past.

Yes, you are sorry for how you behaved and you definitely will be such a better man from now on, but you’re not going to let her use your past mistakes to rub your face in the mud.

You are a better man now that you’ve learned from your mistakes.

She needs to be able to see that.

One of the best ways to let her see that is to get her to imagine you being even worse, so she can realize that you aren’t so bad after all.

This will shock and surprise her (in a good way).

Naturally she might initially pretend to be angry with you and say something like, *“How dare you make fun of me? I am being serious here and you’re making jokes.”*

It’s essential that you maintain your confidence and let her see that you’re no longer going to allow her to dominate you emotionally, by bringing up bad memories from the past.

Sure you made some mistakes, but everyone makes mistakes—even her.

You have learned from your mistakes and have become a better man as a result.

When she sees for herself that you’re no longer the guy she broke up with (e.g. you’re more confident and emotionally strong now, you’re more mature, she doesn’t seem to be able to push you around anymore and she likes it), she won’t be able to stop herself from feeling some respect and attraction for you again.

From there, every time you interact with her (via text message, on social media, on a phone call, and especially in person) just focus on letting her experience the new and improved you.

The more she experiences your confidence and emotional dominance, the more her guard will come down.

You can then confidently guide her back into a relationship with you because she will be open and wanting it too.

Another way to respond when your ex brings up bad memories from your relationship isâ€¦

2. Apologize once or twice, but if she keeps bringing it up, playfully refuse to keep talking about it

Itâ€™s very likely that youâ€™ve already apologized to your ex for stuffing up, right?

If so, itâ€™s no longer necessary to keep apologizing.

Of course, if you havenâ€™t apologized to her yet, or you havenâ€™t done it properly (e.g. sometimes a guy will say sorry, but it wonâ€™t seem genuine because heâ€™s rushing it), go ahead and say youâ€™re sorry the next time your ex brings up the bad memories from your relationship.

Make sure that you are sincere, but also that you maintain your confidence and self-respect when you do it.

In other words, donâ€™t put yourself down and take all the blame for what happened because you hope it will make her respect you, take pity on you, or be thankful and then give you another chance.

It wonâ€™t and she'll simply gain even more power over you, which will turn her off.

So, if you have apologized, just know that itâ€™s enough.

You donâ€™t need to keep sucking up to her with additional apologies.

If she continues to bring up your mistakes again and again throughout the course of a conversation, donâ€™t feel forced to apologize to her again.

Instead, you can jokingly say, *â€œOkay, that's the third time you're bringing this up. How many more times do you think you'd like to talk about it before you feel like it has been said? 10, 20, 30, 40 more times?â€*

Make light of it, rather than taking it too seriously, feeling hurt and continually apologizing to her for the same things over and over again.

Let her see the funny side of things, rather than allowing her to make your mistakes seem like the worst thing in the world.

When you confidently make light of it all, she will see that she is being ridiculous by bringing up the bad memories from your relationship every time you and her interact.

Of course, she might not admit that to you.

If sheâ€™s like most women, she will pretend to be angry at you for making light of things.

Donâ€™t fall for it.

Her anger is simply a test to see if you have the balls to continue being confident and not buying into her BS act of being so upset about your mistakes.

She knows very well that women love, respect and feel attracted to a guy who is good guy, but who doesn't put up with a woman's BS.

So, apologize if you haven't already, but don't suck up to her with additional apologies.

Yes, you didn't treat her perfectly, but there's no need for her to keep going on and on about that.

If she refuses to stop talking about the bad memories from your relationship, just continue to turn it into something to laugh about.

Eventually your ex will realize that no matter what she says or does, you remain confident and emotionally strong and make light of the situation.

As a result, she won't be able to stop herself from seeing you in a more positive light and feeling silly for continuing to try to create ongoing drama about mistakes you made in the past.

Another way to respond when your ex brings up bad memories from your relationship is that

3. Laugh and tell her to stop being such a drama queen

Believe it or not, sometimes a woman doesn't even want you to take her complaints that seriously.

She is simply being a pain in the butt to see how much you will put up with.

For example:

- Will a guy take the blame for everything and put himself down in front of her because he's so desperate to get her back?
- Will he become emotionally weak and lose control of his emotions around her (e.g. start begging and pleading with her to forgive him and give him another chance, or possibly even start crying)?
- Will he lose confidence in himself and begin doubting himself and his value and attractiveness to her?
- Will he start being extra nice to her (e.g. shower her with gifts, be more patient with her, apologize even more), when what she really wants him to do is not buy into her fake drama?

If she sees that he can't handle her fake drama and is crumbling under the pressure, she will lose respect for him and feel like she has made the right decision to leave him.

After all, what a woman really wants is a man that she can look up to, respect and feel safe with because he can handle the challenges of life without losing confidence in himself.

So, if the guy doesn't play into her hands (i.e. he remains calm and confident no matter what she says and does to upset him, he laughs at her attempts to make him feel insecure), she will naturally begin to feel surges of respect for him again.

As a result, she will then also start to feel attraction and love for him and then the idea of getting back together again will start to feel good to her.

So, the next time your ex starts getting overly emotional with you and brings up bad memories from your relationship, just focus on seeing the funny side of the situation.

For example: You can laugh and say, *â€œPoor little drama queen. Everything was so bad for you wasn't it? I mean, you never had one, single moment of joy in our relationship. It was all so bad,*

wasn't it!? How did you ever survive? You must be superwoman something, and then laugh at her and with her about it.

Of course, she may initially be a bit shocked when she realizes that you're no longer buying into her drama.

Even if she doesn't admit it, she will be feeling a lot of respect and attraction for you for having the courage to joke with her in that way.

She will then realize that you're now the kind of man she always wanted you to be (e.g. confident, emotionally strong, emotionally dominant, masculine) and she won't be able to stop herself from opening her heart to you again.

Be warned though!

If she's like most women, she will hold her card close to her chest.

In other words, she might be feeling sparks of respect, attraction and love for you and wanting you to hug her and kiss her, but she will be acting like she isn't interested.

Women do that as a way of testing how strong a guy's confidence in himself really is, so make sure that you're feeling very confident when you next interact with your ex.

Another way to respond when your ex brings up bad memories from your relationship is!

4. Take ownership of your mistakes, but don't let her think that she is perfect

There's nothing wrong with admitting that you made a mistake.

What your ex needs to understand though is that no-one is perfect.

Everyone makes mistakes in a relationship and it doesn't mean that they are a bad person, or a person who can't do any better.

Maybe you made twice as many mistakes as her in the relationship, but that doesn't mean she didn't mess up with you in some way too.

Of course, you shouldn't use that as a reason why she should take you back, but as a way to show her that you're not taking all the blame for how things turned out.

That said, working out who is to blame isn't going to get her back.

To get her back, you need to make her feel a renewed sense of respect and sexual attraction for the new and improved you.

For example: The next time your ex brings up bad memories from your relationship, you can say something along the lines of, *Yes, you're right. Some bad things did happen in our relationship. I don't blame you for feeling hurt and wanting to bring it up too. However, you have to agree that everyone makes mistakes. I made some and you made some too. I admit that I probably made a whole lot more mistakes than you, but it doesn't mean you have to keep punishing me for it over and over again. I stuffed up and accept responsibility for it. We are both mature adults though and the best way forward is to accept that what's done is done. We cannot change the past, but we can change how we interact with each other now and in the future. You and I should do the mature thing and look at each other as who we are now, rather than looking at each*

*other based on who we used to be. People always change, improve and learn. Iâve certainly learned a lot from our relationship and have changed so much.*â

This helps her understand and see that you really are a different person though.

However, even though she will understand and accept that, itâs not the only thing you need to do to get her back.

Women rarely get back with a guy based on a smart, logical argument.

To get her back, it has to be about her feelings (i.e. respect, attraction, love).

So, when you lovingly, but assertively stand up to her when she brings up bad memories from your relationship, she stops seeing you as the jerk who stuffed up and she starts seeing you as a new man.

Regardless of whether she wants to admit it or not, you now make her feel like a real woman around you (i.e. feminine, girly) because youâre being more masculine than her.

That is attractive to her, even if she wonât openly admit it to you now.

When you make her feel feminine, she naturally feels drawn to you and you can then build on those feelings and get her back.

Another way to respond is toâ

5. Change the conversation and focus on making her smile, laugh and feel good

One of the best ways to respond to your ex when she brings up bad memories from your relationship, is to use humor to take the seriousness away from the situation.

So, the next time your ex turns the conversation towards all the bad memories, rather than getting into long, stressful conversations, just turn it into something to laugh about together instead.

For example: Imagine that your ex broke up with you because you took her for granted and she regularly brings it up during conversation.

To change how she feels, you might say something along the lines of, *âHey, youâre right! I was a real slave driver. Remember how I used to make you scrub the floors on your hands and knees? What about the times I used to lock you up in my dungeon with only stale bread and water to keep you going for a week? What an asshole I was. That said, you sure were a cute little slave. My floors havenât been very clean since you left. I think you need to get your butt around to my place and do some cleaning. Youâre good at itâ* and have a laugh with her about it.

Itâs not about cracking jokes in a disrespectful way, but about being able to laugh at yourself and the way you behaved in the past, without taking it so seriously.

She will then most likely laugh at the way you turned her bad memories into something funny and begin to wonder what has brought about such a sudden change in you.

She will feel curious about your newfound relaxed and confident attitude towards her, which will naturally make her feel some respect and attraction for you again.

When that happens, it becomes a lot more difficult for her to keep harping on the bad memories from the relationship because she starts to look like the childish, immature one who canât let go of the past.

She then drops her guard and from there, you just need to build on that spark of attraction and guide her back into a relationship with you.

Finally!|

6. Get her to forgive the old you

Forgiveness automatically makes a woman drop her guard and open back up to you.

This is why you need to get your ex to forgive the old you.

How can you get her to forgive you?

Start off by explaining to her that if she doesn't forgive the old you, she is only hurting herself.

She'll end up being one of those women who can't move on and have a healthy relationship with a guy, because she's always bringing up bad memories from her past relationships, or keeping her heart closed because she doesn't want to get hurt again.

Here's an example of what you can say!

I know that I stuffed up and I'm truly sorry for hurting you. However, I'm not that guy anymore. I really have changed and improved and I'm now a better man as a result. You may not want to believe me right now and that's okay. The important thing is that we stop blaming each other for what happened in the past and try to go forward from here as the people we are now. I'm not asking you to take me back at all. I just think that when you can stop holding onto the past, you will be able to move forward in your life with a new guy, without all the baggage from our relationship getting in the way. You can be happy again. What do you say? Can you stop bringing up bad memories from our relationship and just let us be friends from this point onwards?

When you give her the freedom to not have baggage in her future relationships and she then forgives you as a result, she stops looking at you in a negative way.

She stops focusing on all the bad memories and mistakes you made and she starts feeling respect for the emotionally mature man you have become.

She starts wondering why she doesn't actually want a new guy all of a sudden and is starting to worry about losing you and regretting it.

After all, you're so much more mature now and you're making her feel a renewed sense of respect and attraction.

When she feels that way, her defenses begin to come down and she begins to reconnect with the love that she used to feel for you.

Except, this time, the love is so much more meaningful, mature and right for her.

You understand her now and have become an even better man than you were before.

As a result, the love, respect and attraction that you and her feel for each other will go deeper and will become something that neither of you ever want to let go of.

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How Should I Communicate With My Ex Now That She Has a New Boyfriend?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The best way to communicate with your ex now that she has a new boyfriend (and you want her back) is to:

1. Flirt and joke around with her as though she is still your girlfriend

When a guy has been dumped by his girl and she now has a new guy, he will often be unsure whether he should still be showing her that he feels sexually attracted to her and wants her back.

Yes, he should!

An alpha male (the kind of man that women are the most attracted to) does not look at other guys as being competition for a woman.

He is the man and no other guy is on his level.

He doesn't have to say that though.

It comes across in how he thinks, talks, feels, behaves and acts.

Women pick up on it and they naturally feel attracted to it.

Of course, a lot of guys don't know that, or fear that it isn't true.

As a result, a guy will worry that his ex girl might get upset if he shows interest (especially if she has a new guy) and will refuse to talk to him ever again.

Yet, here's the thing!

The only way to get the spark back between you and your ex is for you to CREATE some sexual tension between you and her.

You CREATE it by interacting with her and displaying personality traits and behaviors (e.g. confidence, emotional masculinity, humor, charisma) that women naturally feel attracted to.

As a result, she feels some attraction for you and begins to doubt her feelings for the new guy.

One of the best ways to display a combination of attractive traits is to confidently flirt and joke around with her every time you interact with her from now on.

For example: Imagine that you're talking to your ex (e.g. on a phone call or in person) right now.

After a having quick chat and a laugh together about something, you can say, *Anyway, so when are you going to come around and cook me some dinner? I haven't eaten your awesome mac and cheese with bacon in a long time. You're not a very good ex girlfriend, are you? You have to take better care of me than this. I've gotta eat* and have a laugh.

If she complains and says something like, *Hey! You can't talk to me like that now.*

We're broken up. I don't cook for you anymore. I have a new boyfriend, remember?

just laugh and say something along the lines of, *Hey, there's no need to be so uptight and make up silly rules about ex's not being allowed to joke around with each other. We can joke around about*

things like that. We don't have to be on our best behavior now and act all formal now that we're broken up. That would just be weird. We can still have a laugh together. It's no big deal. Besides, even ex boyfriends deserve to eat a good meal once in a while, don't you agree?

If she then says something like, *No, we can't do that. I'm with a new guy now and it would be disrespectful to him,* just laugh, tell her to relax and assure her that you were only joking and she doesn't need to take everything so seriously.

Then, continue on with the conversation and make sure that you keep making her smile, laugh and feel good to be talking to you.

Be confident and flirt with her, without worrying about what she might think or if the new guy might get jealous or upset.

Here's the thing!

Flirting and laughter makes a woman feel attracted; especially when she is your ex.

Why?

Most guys don't have the balls to flirt with their ex after being dumped because their confidence has been ruined as a result of the break up.

So, if you let her see that you are still 100% confident in yourself regardless of the fact that she left you and now has a new man, she simply cannot stop herself from feeling some respect and attraction for you.

The more you make her feel attracted to you, the more doubts she will have about her new boyfriend.

She may begin to think to herself, I'm so confused. I thought I was truly over my ex, but now I'm not so sure. I actually enjoy talking to him a lot more now and if I'm honest with myself, my heart sometimes skips a beat when I first hear his voice on the phone. He just seems so different now. If he was like this before, we probably wouldn't have ever broken up in the first place. I do like my new boyfriend, but I'm clearly still attracted to my ex. I don't know what to do.

That's what you want her thinking and feeling.

It plants that seed of doubt in her mind where she starts looking at him and thinking of you and wondering, *Why am I feeling this way? Why do I miss my ex?*

Important: A huge mistake that a lot of guys make these days, is in thinking that they can attract their ex back via text only.

For example: A guy might think, *I don't know how to talk to my ex now that she has a new boyfriend. It already feels like it's too late for me to get her back. I don't want to lose her though, so maybe if I stay in touch with her via text and be her friend, she will see that I'm being a good ex who isn't being pushy or disrespectful of her new guy. Then, if she has a fight with him, she'll come right back to me because I've been there the whole time.*

It sounds like a good plan, but it almost never happens in cases where a woman dumped a guy because she no longer felt attracted to him (e.g. because he became too insecure in the relationship).

Texting her like a friend doesn't make her feel sexually attracted and turned on, especially if she is still turned off (e.g. because he became a bit of an asshole in the relationship, ruined her self esteem, made her feel unattractive).

So, rather than think, *â€œOh my ex is being so sweet by texting me like this! Heâ€™s being so respectful of my new relationship too because heâ€™s just being nice and friendly. I feel so much respect and attraction for him for being such a cool ex boyfriend! I want him back so badly!â€* she rolls her eyes and either ignores the texts, or messes with her exâ€™s head by stringing him along for a while.

All the while though, she is kissing and having sex with her new guy and enjoying life without her ex.

This is why itâ€™s so important that you donâ€™t take a back seat to your exâ€™s new boyfriend. You need to be present in her life (on a phone call or in person, not just via text) and be the one who is joking with her, flirting with her and making her feel surges of respect and sexual attraction for you.

If you can make her have strong or building feelings for you again, she will naturally begin to question her dedication to the guy and possibly even agree to meet up with you, or suggest that you catch up and then open up to kissing and having sex with you again.

Remember thoughâ€¦!

Donâ€™t try to achieve that via text.

Text feels easier, but it is not as effective as a phone call or in person meet up.

Another thing to keep in mind when communicating with your ex now that she has a new boyfriend, isâ€¦!

2. Don't ask too many questions about the new guy

For example: The ex guy might askâ€¦!

- How serious is the relationship with your new boyfriend?
- Did you meet him after we broke up, or did you already know each other before?
- Where did you meet him?
- What does he do?
- What does he look like?
- How much money does he make?

Hereâ€™s the thingâ€¦!

As tempting as it might be to want to get as much information out of your ex about her new guy, asking too many questions about him only makes you look like the insecure, jealous ex boyfriend. She will then lose even more respect for you and she will instinctively feel drawn to her new man. Why?

Women are naturally attracted to alpha males.

Alpha males do not look at other guys as being competition.

An alpha male sees himself as the man and doesnâ€™t even consider other guys to be on his level.

So, this new boyfriend of hers should be looked at in the same way.

Heâ€™s not on your level.

You are the man and heâs just some random guy who thinks he can keep your woman happy. Yet, he is going to be in for a shock when he finds out that she is leaving him and going back to you. So, donât ever look at this guy as being better than you in any way.

Donât even worry about what he does for a living, how tall he is, what he looks like or whatever else.

He is nothing compared to you.

So, just relax and focus on re-attracting your ex by interacting with her and displaying personality traits and behaviors that are naturally attractive and appealing to women.

Show her that you believe in your value to her (even though youâre not together anymore) and use every interaction to regain her respect, attraction and love for you.

When you believe that you are a better man than her new boyfriend and act accordingly, she will realize it too.

Donât tell her that youâre better than him.

That would be insecure.

Just be confident, charismatic and flirt with her and make her laugh and feel good when talking to you.

Let her pick up on the fact that you arenât doubting yourself one bit.

That is what works.

On the other hand, if you interact with your ex in an insecure, self-doubting way, she will naturally feel even more attracted to her new guy and feel even more turned off by you than ever before because she now has a new guy to contrast you again.

3. Talk about the progress you're making with your life purpose

One of the things that makes a woman feel a tremendous amount of respect and attraction for a guy, is in knowing that he has a big purpose in life that heâs working towards and wonât give up on.

In other words, he has huge goals, ambitions and dreams and is actively making progress towards them.

This is essential when in a relationship and results in a woman feeling safe about the future with her guy, which then makes her want to stick with him for life.

If a guy doesnât offer a woman that feeling of safety, it will be one of the reasons why she breaks up with him.

After getting dumped, he needs to ensure that he immediately gets to work on making some progress on his big goals, dreams and ambitions.

Unfortunately, a lot of guys donât realize that and assume that showing her he is lost without her, is the way to get her back.

A guy like that might say to himself, *âWhen she sees that I have no life without her, she will feel flattered that she means more to me than anything else in the world. Then, hopefully she will realize*

*that her new guy cannot possibly love her as much as I do. She will then change her mind and give me another chance.*â□□

Yet, in almost every case, the complete opposite happens.

Rather than be impressed by his lack of a life without her, she feels even less respect for him for not being able to stand on his own two feet without her.

This is why itâ□□s important that you become emotionally independent and start living a happy and fulfilled life without your ex.

A guy doesnâ□□t have to do that for long to make a great impression on her.

Even a weekâ□□s worth of effort in a case like that (i.e. when she has a new boyfriend and has dumped her ex because he lacked purpose and direction) is enough.

She just needs to see some evidence that he is for real now, so she can believe in the changes and begin to open up to the idea of potentially being with him again.

Of course, just doing that isnâ□□t enough to get a woman back on itâ□□s own.

What matters in addition to that is how he makes her feel when he talks to her on the phone or in person (i.e. does he make her smile, laugh and feel attracted, or does he make her feel annoyed, unhappy and turned off?).

How about you?

Was part of the reason why she left you because you lacked purpose and direction in life and essentially made your life about her and the relationship?

Did you end up becoming too emotionally dependent on her to the point where you became clingy, needy, controlling or jealous?

If so, you need to start making progress towards being a more balanced, emotionally independent man.

How?

Look at your purpose in life (i.e. your biggest goals, dreams and ambitions) as the most important thing in your life, rather than looking at her for your sense of identity or purpose in this world.

She can be the most important person in your life, but not the most important thing.

If you can let her get that sense about you, she wonâ□□t be able to stop herself from feeling surges of respect and sexual attraction for you again.

At the same time, if her new boyfriend happens to be stuck in a rut in his life and doesnâ□□t have much purpose or direction, you making progress on your life purpose will become very appealing to her.

She will then begin to have doubts about her new guy and start wondering something like,
*â□□Maybe my new boyfriend isnâ□□t the right guy for me after all. My ex seems to have gotten his act together and thatâ□□s what I really want in a man. Iâ□□m so confused all of a sudden. Maybe I do want my ex back. Maybe I did make a mistake. I hope itâ□□s not too late for us. Will he forgive me for getting a new boyfriend?*â□□

She then opens herself up to interacting with you more via text, on the phone and in person.

As long as you remain confident and make her feel attracted, getting her back should be very easy at that point.

By the way!

Although you should talk to your ex about the progress you've made in life since the break up, make sure that you don't talk in a way where you're essentially saying, *Now do you like me? Am I better than your new boyfriend? Are you impressed? Do you approve? Can I get another chance now?*

That's unattractive to a woman because it makes her feel like the more dominant one, or the leader that you are following, which isn't what a woman wants.

So, be a self-proving, masculine man instead.

This doesn't mean that you should be arrogant, be rude or put her new boyfriend down in anyway.

Instead, just decide that you approve of yourself.

Like who you are, with or without the approval, compliments or acknowledgement of her or anyone else.

Know that you are a good man who is worthy of respect and love.

You are so self-proving and self-loving that don't need the respect and love of your ex (or others) to feel good about yourself, but you certainly have earned it and are more than worthy of it.

As a result of thinking like that, not only do you automatically become more attractive to your ex, but you also realize that you are perfectly capable of having a great life without her.

This doesn't mean that you will then go and get another woman.

It's just about being emotionally independent, which is what a woman really wants to see in a man.

4. Bring up old, private jokes

Whether your ex cares to admit it or not, you and her have a past together that she will never share with her new boyfriend.

Even though there are definitely some bad things that she probably won't want to think about or remember regarding her relationship with you, there still are many positives that you can help her remember.

For example: Most couples have little private jokes that only they understand and that make them feel unique, positive emotions.

So, make sure that you aren't afraid to bring some of them up while talking to her.

By bringing up positive emotions that remind her of the good times, you're connecting with her in a happy, familiar place that can make her miss what you and her had.

If you are also making her feel attracted while talking to her (e.g. by being confident, charismatic, ballsy), the private jokes will cause her to forget about her reasons for breaking up with you and start missing you.

This then makes interacting with you something that she really enjoys doing again.

It might also highlight that the relationship with her boyfriend is still too new to have these types of special connections and possibly might not ever.

Of course, just saying an old, private joke isn't everything.

You've got to make sure that you're backing that up by making her feel attracted to you in other ways while you talk to her.

5. Be happy, confident, positive and forward moving

Most guys lose a lot of confidence after being dumped, especially if their ex woman hooks up with a new boyfriend pretty quickly.

So, it can be difficult for a guy to feel happy, confident, positive and moving forward without her.

Yet, if you want to get your ex back (even though she's with another guy right now) you must make yourself feel happy, confident, positive and forward moving.

How will that make your ex want you?

Women are naturally attracted to the type of men who have the emotional strength to cope with the problems that life throws at them in a positive way, rather than crumbling under pressure and losing confidence.

So, when a guy picks himself up, dusts himself off and gets on with living a happy, productive life after being dumped, a woman can't help but feel respect for him.

She almost certainly won't ever admit that because she doesn't want to hint at what is working or boost his ego, but she will feel it.

When she starts feeling respect for him again, she also starts to feel sexually attracted and then it's not long before she will start to feel sparks of love for him again.

On the other hand, women are turned off by men who fall apart when things get difficult and can't move forward because she is no longer by his side to support him and encourage him.

So, the next time that you interact with your ex (over the phone and in person), make sure that she senses your confidence and emotional independence.

Let her see, hear, feel and notice that you are happy and living a good life without her.

It's not about rubbing her face in it or trying to make her feel bad.

It's simply about being confident, happy, positive and forward moving, while also having the emotional maturity to actively make her feel good about herself when she's talking to you (e.g. giving her the occasional compliment, making her laugh and smile).

When you do that, she won't be able to stop thinking about you in a very different way than she has lately.

When your ex realizes that you haven't been sitting around moping, feeling sorry for yourself and being jealous of her because she's been moving on, she will naturally begin to develop feelings for you again.

As a result, she may begin to wonder, *â€œHave I made the right decision by breaking up with my ex? What if he's the one for me and I've now gotten myself into a new relationship? What if I made a mistake? I've heard about other couples getting back together after a break up and it working. Maybe that's us. Maybe I should just follow my heart and give him another chance. If I don't, I'll probably regret if he moves on with another woman and commits to her instead.â€*

All you have to do at that point is keep building on her feelings for you and before long, her new boyfriend will be history and you will be the one she wants.

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My Girlfriend Said That She Wants to Discover Herself Without Me

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

6 possible reasons why a girlfriend will say that to her boyfriend:

1. He caused her to become purpose-oriented because he wasn't

If a guy doesn't have a clear purpose in life where he is actively following through on his biggest dreams, goals and ambitions, a woman will begin to feel lost and uncertain about the future.

As a result, she will start to feel like she needs to find some direction in life, which she may describe as needing to find herself, discover herself or explore life on her own.

A lot of guys simply don't know that a woman doesn't ever want him to make her his main purpose and focus in life.

Women don't go around admitting it, but they really want to be with a guy who can follow through on his biggest dreams, goals and ambitions in life, so she can be his woman.

She doesn't want to have the strong one in the relationship and always be striving to achieve something big or important in life.

Of course, some women are purpose-oriented, but the majority of women aren't and simply get involved in a career until they get to experience what they really want; to be a mother.

Again, most women don't go around admitting that, but it's at the core of what a woman really wants to be.

She might be going through life saying that she doesn't even like kids, but she will always feel lost and confused when she is trying to find happiness in her career, until one day, her biological clock kicks in and starts pushing her to get pregnant before it's too late.

This doesn't mean that to get your ex back, you have to make her pregnant.

Instead, it just means that you have to be the sort of man that she can look up to, respect and rely on to lead the way to a better future, rather than making her feel like she is responsible for all that.

Deep down, a woman wants to feel the safety of being with a man who will continue to make progress in life, rather than just wanting to hang out with her 24/7 and waste time.

She wants a man who is setting himself up to be a good provider in the future, should they decide to have children.

Again, women don't go around admitting that, but it's what they want.

Most guys don't really think about that side of things too much, so he ends up making the classic mistake of making a woman his purpose in life.

For example: He gives up his interests or hobbies (other than the ones he can do at home with her around, such as playing video games or watching TV), so he can spend more time with his girl.

He might also stop hanging out with his friends, unless he can bring her along too.

Eventually, everything he does revolves around her.

He thinks something like, *â€œThis is what a woman wants. She wants to see that her man loves her and is 100% devoted to her and no one else. Iâ€™m just being a good boyfriend here by showing her that nothing else matters in my life more than her. Besides, I donâ€™t really care about anything else other than her. Who cares about achieving things or becoming a bigger and better man over time? We are in love! That is all that matters. I just want to spend time with her because thatâ€™s when Iâ€™m the happiest.â€*

Yet, while heâ€™s thinking that, his woman is usually wondering, *â€œWhen is he going to man up and go after his goals and dreams in life? When is he going to find his life purpose and go after it? Why does he always just want to hang out with me? What will happen if I get pregnant? Will he be able to support me and the child? Why isnâ€™t he thinking about that?â€*

If he doesnâ€™t start following through on his biggest dreams and goals (and actually making real progress), she will eventually feel as though she needs to get focused about her future, with or without him.

Initially, she might start striving to make a better future for him and her, but that usually doesnâ€™t last for long in most relationships.

The woman ends up feeling like more of the *â€œmanâ€* in the relationship and starts looking at her guy as not being man enough for a girl like her.

As a result, she starts feeling attracted to other guys who are more manly and purpose-oriented and begins to fall out of love with her boyfriend.

Eventually, she will decide that she doesnâ€™t want to be responsible for her boyfriendâ€™s emotional well-being anymore and she will then say something along the lines of, *â€œSorry, but I canâ€™t be with you anymore. I want to discover myself without you.â€*

Why?

His life is about her.

A manâ€™s life is supposed to be about his dreams, goals and ambitions first and foremost and everything else after that.

Essentially, a woman should be the most important person in your life, but not the most important thing.

You might want to read that last sentence again.

So, if you want to get your girlfriend back, you need to get to the point where you see her as being the most important person in your life, but not the most important thing.

You should be actively pursuing your life purpose and making real progress with it, so she doesnâ€™t feel like she needs to be the leader and guide the way to a better future.

When she can see that youâ€™re moving forward in life without needing her support and encouragement, she will naturally feel respect, attraction and love for you for life for being your own man now.

On the other hand, if you continue trying to get her back because you feel lost and directionless without her (e.g. telling her that your life wouldn't be worth living without her), itâ€™s not going to work.

Sheâ€™s will feel as though her newfound purpose or direction in life is more appealing than you and as a result, she will keep saying things, *â€œNo. I want to discover myself without you. Itâ€™s*

over. You need to let me go.â€

Another possible reason why a woman might say that that she wants to discover herself without her boyfriend is

2. She doesn't feel like a feminine woman with him and is confused about why she has changed

In a relationship, it's primarily up to the guy to keep the spark alive between him and his woman. If a guy does that, his woman will naturally respond by being a better woman and helping to keep the spark alive too.

However, if he continually ruins the spark, the woman will begin to shut down and will know that it's not her responsibility to be the stronger one and lead them both out of that situation.

Some women will do it for a while (i.e. if they really love their guy), but when she realizes that he is supposed to be the emotionally stronger one as the man and lead the way, she will begin to shut down.

If the guy notices that, he might then become angry, clingy, needy or controlling, which will make her shut down even more.

So, what's a guy to do?

Essentially, a guy needs to ensure that he makes his woman feel feminine, by being much more masculine than her.

The types of masculinity that are the most important are your mental and emotional masculinity.

In other words, you think, feel, talk, move, behave and act like a masculine man.

Physical masculinity (e.g. muscles, a beard) is fine, but it doesn't mean anything to a woman if a guy is mentally and emotionally wimpy in a lot of ways (e.g. he's emotionally sensitive, soft, easily upset).

To a woman, what really matters is whether or not you have the balls and the desire to be a man at all times.

You can do that when you are skinny, overweight, athletic or an average body type.

What matters is how manly you are in the inside and how that comes through on the outside in your behavior, actions and vibe.

A lot of guys make the mistake of thinking that being the man isn't necessary because their girl is so in love with them.

Yeah, but for how long?

There's only so much a woman can take before she eventually says something like, *"I need to discover myself"* or, *"I need to be on my own for a while"* because her guy just isn't man enough for her.

A lot of guys don't realize that and end up thinking that they're doing the right thing by giving a girl pretty much all the power in a relationship.

She then takes on the more dominant, masculine role (i.e. because she's now making all the decisions, is in control) and he takes on the more passive, emotionally weak role (i.e. because

heâ□□s letting her wear the pants, doesnâ□□t know how to be the man or thinks heâ□□s doing the right thing by taking a back seat approach to the relationship and just letting her drive).

When that happens, the woman slowly starts to lose touch with her feminine, girly side, because sheâ□□s too busy leading and essentially being the â□□manâ□□ in the relationship.

Over time, she starts to think to herself, *â□□Whatâ□□s going on with me? I used to be gentle and womanly, but now all I ever seem to do is boss my guy around and act like a bitch. I miss being a feminine woman who can relax and let a man lead the way. I donâ□□t like this dominating, masculine side to myself. Iâ□□ve changed because of him. I have to leave him to rediscover my real self. I donâ□□t like who I am in a relationship with him. I want to be happy again. I want to be me again.â□□*

Initially, to save the relationship, she might try to shift the balance back towards her man (e.g. suggest that he make decisions, hint by saying that her girlfriendâ□□s boyfriend is very manly and her girlfriend likes it, get annoyed when she is the one leading the way).

Yet, if he continues to miss the point and just say things like, *â□□Whatever you want is fine by me,â□□* or *â□□Iâ□□ll go along with whatever you want. Iâ□□m cool. Whatever you decide is fineâ□□* she will eventually lose too much respect and attraction for him that she will literally stop loving him.

A break up will then happen and her aim will be to rediscover her feminine side and be a girl again.

When the break up happens, a guy might try to change her mind by saying things like, *â□□Iâ□□ll change. Just tell me what you want me to do. Iâ□□ll do whatever it takes if you will just give me another chance.â□□*

What he doesnâ□□t realize is that heâ□□s simply turning her off in the exact same way that caused her to want to break up with him in the first place.

She doesnâ□□t want to have to teach him how to be the man she needs.

She wants a ready-made man who already understands what it takes to be a masculine, emotionally strong and dominant man in a relationship, rather than having to guide him and teach him.

Another possible reason why a woman might say that to a guy is becauseâ□□!

3. He has been clingy and needy for too long and she now needs to get away and be herself, on her own terms

For a woman to maintain sexual attraction for her man, she has to feel as though he is the kind of man she can look up to, respect, feel proud of and feel attracted to.

This is why women are naturally attracted to men who are confident, emotionally strong, emotionally independent and emotionally masculine and turned off by men who are insecure, needy, clingy, emotionally weak and self-doubting.

So, when a guy becomes clingy in his relationship with a woman, she instinctively starts to lose respect for him, because she is sensing his emotional weakness.

Initially, she may try to shake him up a bit by saying things like, *â□□Hey, why donâ□□t you make some plans with your friends for the weekend? It might be nice for you to spend some time with the guys,â□□* or *â□□You used to really love running/hiking/golfing before we met, but you havenâ□□t*

*been doing any of that lately. Why not start again? It would be good for you to get out and do something you enjoy.*â€œ

However, if he just brushes her off by saying something along the lines of, *â€œNo thanks! That was before I met you. Now that I have you in my life, nothing else is worth my attention. You are much more fun than my friends/hobbies,*â€œ she will eventually start to question her reasons for sticking with him.

Likewise, if she can see that he wants to go, but is afraid of leaving her side for too long (i.e. because heâ€™s worried that she will cheat or realize that she is happier when heâ€™s not around), then she will begin to lose respect for him and be turned off by his emotional clinginess.

Hereâ€™s the thingâ€¦!

When a guy becomes too clingy and needy and cannot make a move without his woman by his side, she begins to feel smothered by him and the relationship.

Rather than relaxing into being a feminine girly woman around him, she starts to feel like she has to take care of him emotionally.

She might put up with that kind of neediness for a while, but she will gradually lose so much respect for him as a man that she will say something like, *â€œLook, I just canâ€™t be in a relationship with you anymore. I want to discover myself without you. I want to be on my own for a while. I need to figure things out and understand what I want.*â€œ

Mistakenly, the guy might then start pleading with her and saying, *â€œWhy do you want to break up with me to discover things? We can discover things together as a couple, if thatâ€™s what you want. I am open to doing whatever you want. I love you. Please donâ€™t do this.*â€œ

Yet, that only highlights his neediness to her and makes her want to be on her own even more.

Another possible reason why a woman might say that to a guy is becauseâ€¦!

4. She has grown up faster than him

Quite often, a couple will start off being at the same level emotionally.

For example: A guy and a woman might meet at work when they are in similar level positions, but she then might get promoted and start thinking and behaving a lot differently. â€œWhile he is happy to remain at his lower level position, she now sees the benefit of rising up the ladder of success and achieving.

She might be fine to carry him along with her for a while, but if he is turning her off in other ways (e.g. heâ€™s insecure about her success, jealous about guys at work who are making more money than him), then she will begin to feel very turned off and wonder what she is doing with him.

Likewise, a couple might meet way back in high school, start dating, go to the prom together and then continue seeing each other after graduation.

Yet, while she starts to become more serious and goal oriented about her future (e.g. goes to university, stops partying so much, starts investing some of her money for the future), he remains stuck thinking, talking and behaving like the carefree, irresponsible boy he was in school.

For example: He mightâ€¦!

- Spend most of his time watching TV, playing video games, or partying with his friends.
- Avoid making a commitment to study further or get a job and instead, he just keeps fooling around with unimportant things (e.g. hobbies that aren't going to secure a future for either of them, but which are fun for him because he doesn't have to grow up and take responsibility for bigger things).
- Be broke and depend on his family (or even his woman) to support him financially.
- Still live at home with his parents and not be trying to move out and get a place with her.
- Act irresponsibly (e.g. driving his car while drunk, taking too many recreational drugs to the point where he is high most of his free time outside of work).
- Refuse to think about the future and what he wants to do in his life.
- Refuse to make a commitment to her (e.g. move in together, get engaged)
- Flirt with other women and try to hook up with them behind her back.
- Act like a child when things don't go his way (e.g. sulking, throwing a tantrum and possibly even crying).

When his woman realizes that she's grown up and matured and her boyfriend is still stuck thinking, behaving, talking and acting like a boy, she's going to start questioning whether or not the relationship is for her.

Likewise, if she notices that other guys his age are acting like men and making real progress in life, she will gradually lose respect for boyfriend and start getting ready to break up with him (e.g. flirting with other guys behind his back to find a ready replacement, moving out if they live together, getting a higher paying job so she can afford to pay rent on her own).

If the guy notices her pulling away, he might then make the mistake of accusing her of being selfish and not caring for him anymore.

He might then become even more jealous, controlling, insecure or boyish (i.e. sulking) in his behavior.

Yet, rather than make her think, *â€œOh, how sweet. He's like a lost little boy. He needs me. I should help him grow up,â€* she's going to be thinking, *â€œWell, that's another sign he's not man enough for me. He doesn't even know how to be a man without my help. I'm tired of being like a mother to him and having to take care of him. While other women can sit back and relax, knowing that their man has grown up and knows how to manage a relationship properly, I'm stuck with a guy who thinks he's Peter Pan and doesn't want to grow up. It's not fair. I can't stick around and hope that he will change one day. I'd rather just break up with him and discover myself without him. Who knows? I might even find a man who makes me feel like a girl again. Wouldn't that be nice? I miss who I used to be. I want to be a girl around a guy again.â€*

From then on, anything that her boyfriend says or does that isn't manly will make her feel more convinced that she has to leave him and move on.

Of course, if he were to change and become more manly all of a sudden, then she would feel a renewed sense of respect and attraction for him and not want to leave.

Another possible reason why a woman might say that she wants to discover herself without her boyfriend is becauseâ€

5. He has become too emotionally sensitive and has potentially cried to her on a number of occasions. So, her instincts are telling her that she's not with a real man and needs to get out of the relationship

It would be great if life was easy and there were never any problems or worries.

Wouldn't that be nice?

Well, that's not how life works here on Earth.

We humans encounter problems and challenges and we either use them to better ourselves and our relationships, or become insecure, give up and ruin relationships.

In other words, one of the most important things to do in life is to be strong and use challenges and problems to become a better man and experience an even better relationship with your woman.

If you take that approach to life, your life and your relationship literally gets better all the time.

That's how it works.

It doesn't matter if a guy is rich, good looking and successful, or poor, unattractive and ordinary, nothing can stop him from experiencing some problems in his life from time-to-time (e.g. a business deal goes wrong or he loses his job, he's faced with an illness, he has an accident, he and his woman have an argument).

It happens to everyone.

However, it's how you handle it that matters.

A woman wants to see that you remain emotionally strong and keep making progress and getting smarter, better and more effective, no matter what she or life throws at you.

She doesn't want to see you break down emotionally and need her help to support you because you can't handle the challenges of life.

There's nothing wrong with feeling a bit upset or annoyed about a problem or challenge in life and talking to your woman about it.

However, if a guy falls apart emotionally, cries or loses motivation and needs his woman to keep propping him up, she will naturally lose respect for him.

She won't look at him as being a man, but as being a boy in a man's body.

As a result, her feelings of sexual attraction will disappear and she will begin to fall out of love with him.

Here's the thing!

What a woman needs to see that her guy is emotionally strong enough to quickly pick himself up and get on with fixing a situation/problem or looking for a solution like a man.

She doesn't want him to remain stuck in being upset, crying and acting like a lost little boy who needs a pat on the back from her.

Women don't go around explaining this to men (because they don't want to teach guys how to be men), but it's what they secretly want in a guy.

When a woman can see that her man is emotionally strong enough to cope with the hurdles of life, she then feels as though can depend on him to be the man, so she can then be the woman (i.e. feminine, girly, emotional, vulnerable, sensitive).

If he is consistently being a man, her feelings of respect, attraction and love will grow and she will never want to leave him.

On the other hand, if he is too emotionally sensitive and cries or sulks at every bump in the road (e.g. he loses some money from an investment, he has a disagreement with a coworker), she will feel as though heâs not man enough for her and will then lose respect for him.

She will then start wondering things like, *âWhy is he always crying to me? Why canât he face his problems like a man? Is this how life is going to be for me if I stick with him?â*

If he doesnât change, she will break up with him.

If he then tries to get her back by sulking to her and pleading with her to give him another chance, he will simply make her feel glad about her decision to leave him because he will be displaying emotional weakness and neediness.

Rather give him another chance, she will think something like, *âEven though I initially had my doubts about breaking up with him, I now realize that it was the right move. Heâs too emotionally weak for me and is just going to keep sulking to me no matter what life throws his way. Itâs better that I get out of the relationship now and find myself a real man who can actually cope with the problems in his life, rather than be stuck with a wimpy, weak-minded man.â*

Essentially, if a man is emotionally weak, he is going to lean on his woman for emotional support, which is going to make her feel more like a mother than a lover.

So, rather than get stuck in a relationship like that, she will just break up with him and move on.

Another possible reason why a woman might say that to a guy is becauseâ|

6. She feels like he is stuck and isn't really going anywhere in life with him

Sometimes, a guy simply gets stuck in a comfortable place in his life (e.g. he has a good enough job, lives in a good enough house, drives a good enough car) that he stops trying to level up in life.

He is content because he feels that he has everything that he needs (i.e. a job, a beautiful woman, a car, a house that he is paying off or renting).

Yet, what he doesnât realize is that a woman isnât going to feel happy about that because she doesnât want to follow a guy who isnât going anywhere.

If heâs not aiming for something, then life starts to feel boring for her and she starts to think that she should be aiming for something.

Making progress, exploring, bettering ourselves and making breakthroughs is big part of what it means to be human, so if a guy just stops and isnât really trying to level up, a womanâs instincts kick in.

She might not know what else she wants to do, but her instincts will be telling her to do something other than just waste away, stuck at a certain level of life with him.

Hereâs the thingâ

In a relationship, itâs the manâs responsibility to maintain and build on the love, respect and attraction between him and his woman.

If he fails to do that (e.g. because he just assumes since heâs content with where he is in his life, his woman should be too), she will eventually begin to feel frustrated and want out.

Initially, she may just hint at her unhappiness by saying things like, *âWhy donât you apply for a promotion?*â or *âWhy donât we do something different for a change?*â or, *âAll my friendsâ boyfriends are going places in life. Why canât you be a bit more like them?*â

Essentially, sheâs hoping to shake him up a bit, so he will then do something to reignite her feelings of attraction for him.

If he just shrugs it off and says, *âWhat for? Weâre fine the way we are. Why do we need to change anything? I donât care about success or material things. We have enough. Why canât that be enough for you? Let me relax! I love you. Doesnât that mean enough?*â she will gradually start to feel as though he is taking her commitment for granted.

If he doesnât change and start making some real progress in life, she will break up with him, either to teach him a lesson and hopefully get him to change, or to hook up with a new guy she has recently met who seems to be more of a go-getter in life.

Getting Her Back

Regardless of your exâs reasons for saying that she wants to discover herself without you, the main key to getting her back is to show her (not tell her) that youâre a completely different man from the one she broke up with.

You can do that byâ

- Maintaining your confidence around her and using humor to make her laugh, smile and feel good to be interacting with you again.
- Having a clear purpose that youâre working towards achieving (i.e. your biggest goals, dreams and ambitions), other than getting back with her.
- Making her feel feminine and girly by being more emotionally masculine than her.
- Wanting her back, but not needing her back to be happy, fulfilled and forward moving in your life.

The more she can see that you really have changed, the less she will be able to resist interacting with you and feeling attracted.

She will naturally want to talk to you and see you more, so she can experience the new and improved you for herself.

From there, all you need to do is be courageous enough to lead her back into your arms and into your life as your girlfriend once again.

The best thing of all though is that she will want it too because you will be now attracting her in ways that she always wanted to experience with you.

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[image]

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I Want My Ex Back Because I Know That She is the One For Me

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If thatâs you how feel, then hereâs what you need to do:

1. Understand the difference between you knowing that she's the one for you and her knowing that you are the one for her

Big difference!

Itâs all good and well for you to say, *âI want my ex back because I know that she is the one for me,â* but if your ex doesnât feel the same way, youâre simply setting yourself up for disappointment.

Hereâs the thingâ

Even though you might be convinced that you and your ex are made for each other, if you and her are currently broken up, sheâs probably not feeling the same way.

Instead, sheâs likely thinking things like, *âIâm tired of being with a guy who doesnât make me feel the way I want to feel when Iâm with him. Sure he has some great qualities, but there are things about him that Iâm not prepared to settle for. I'll just have to keep looking for the guy who can truly give me the attraction experience I want in a relationship.â*

As you would understand, trying to get her back based on your feelings for her simply wonât be enough.

The feelings have to be mutual and the good news is that you can CREATE that.

You can literally MAKE HER have feelings for you again.

How?

Start by reactivating her feelings of respect, attraction and love for you by giving her the attraction experience she always wanted from you but never got (e.g. she wanted you to be more confident, but you were always so insecure or emotionally sensitive. Now, you are truly confident and she can see it and feel it).

When you do change and improve in the ways that really matter to her, she will start to wonder if itâs a sign and means that you are the one for her after all.

2. Understand the reasons why you believe that she is the only one for you

After a breakup, a guy will sometimes have an inflated idea of the feelings he has for his ex.

He literally goes from wanting to be with her normally on a day to day basis, to then desperately wanting to be with her when she dumps him.

Essentially, because heâs missing her and feeling the pain of being dumped, he puts her on a

pedestal and begins to see her as being better than she really was.

He overlooks all of her flaws and the things about her that used to annoy him and instead, he makes her out to be perfect in his mind.

So, although you might feel 100% certain right now that your ex is the one for you, here are some questions you should ask yourself:

- If you could have any woman in the world right now, would you still believe that your ex is the one for you, or would you be okay with the idea of losing her and having another woman that youâ€™re very attracted to?
- Do you actually want her back because sheâ€™s the one, or do you need her back to feel better about yourself and stop the pain of being dumped?
- Can you be happy and live a successful, productive life without her, or do you need her to give you a sense of purpose and direction?
- Are you afraid to acknowledge that sheâ€™s actually not as perfect as you make her out to be (e.g. sheâ€™s disrespectful towards you, sheâ€™s untrustworthy, she takes you for granted) because you donâ€™t want to ruin your motivation to get her back?
- Do you want her back because you know sheâ€™s the one for you, or do you want her back because youâ€™re afraid you wonâ€™t be able to find another woman who will love you?

When you can honestly answer these questions, you will have a better understanding of why you really want your ex back.

If you really feel as though she is definitely the one for you, then donâ€™t waste anymore time thinking about it.

Get her back!

3. Prepare to properly re-attract her when you interact with her

Sometimes a woman will break up with a guy and give him an excuse like, *â€œLook, youâ€™re a great guy but I need to be on my own right now,â€* or, *â€œIâ€™m just not ready to settle down with a guy right now. Itâ€™s better if we just break up now, because I donâ€™t want to hurt you later on.â€*

Yet, those arenâ€™t her real reasons for breaking up with him.

Sheâ€™s saying itâ€™s all her fault and that sheâ€™s not ready, but it isnâ€™t what she is really thinking.

So, if you want your ex back, you first need to understand her secret reasons for breaking up with you (i.e. the ones she didnâ€™t tell you about but expects you to know) and then make some attractive changes to yourself, so that you can properly re-attract her when you interact with her.

If youâ€™re not sure where to start, consider the followingâ€¦

What were the missing pieces to the attraction experience in your relationship with her (e.g. you were a good guy, but werenâ€™t ballsy enough for her, or you ended up treating her more like a friend and she then lost the spark she originally had for you)?

What subtle things about how you thought, talked, felt, behaved and took action were turning your ex off?

For example: Some of the hidden reasons why a woman might break up with a guy include:

- He assumes that because he loves her and thinks she's the one for him, she will stick with him regardless of how much he turns her off (e.g. he is clingy and needy, he is emotionally dependent on her, he lets her wear the pants in the relationship and dominate him emotionally, he lacks confidence and self-belief).
- He is too serious and tense about things all the time and she can't seem to relax and feel happy around him as a result.
- He puts her on a pedestal and treats her as though she's too good for him, which in turn makes her wonder if she can do better than him.
- He lives a boring lifestyle and doesn't do much, or anything fun.
- He wants different things in life to her (e.g. he wants to settle down and be in a serious, committed relationship with her, whereas she wants to have more fun and enjoy being a carefree couple).
- He treats her more like a neutral friend than an attractive, sexy, feminine, girly woman.
- He ends up acting a lot like her and letting go of his masculinity, so the natural, sexual spark dies out between them.
- He expects her to lead in the relationship because he is either too afraid to mess up, too lazy to do it or unaware of how to do it.
- He gets nervous in social situations (e.g. around her friends, family or co-workers) and she feels embarrassed about that.

If you can relate to any of these reasons for your ex breaking up with you, then you are one step closer to getting her back.

By understanding her real reasons for the break up, you can then prepare yourself to get her back for real.

You can quickly make some attractive changes to the way you think, act and behave, so that when you contact her (on the phone and then meet up in person), you will naturally make her feel respect and attraction for you again.

She will then be able to see that you have already improved in the days (or weeks) since you and her broke up.

Note: I don't recommend waiting for weeks or months to get a woman back if you can.

It's always better to quickly change, re-attract her and get her back, or else you run the risk of her moving on, falling in love with a new guy and then having to get him out of the way.

So, if you have recently been dumped, then get started and get her back now.

If it happened a while ago, don't waste any more time.

Get her back.

Start by interacting with her and re-attracting her based on the new and improved you.

When you do that, she won't be able to stop herself from thinking, *"He really is a different guy now. I feel drawn to him in a new and exciting way. Maybe we can work things out between us after all. Maybe he truly is the one for me. If he is, I better make the most of this opportunity while I*

can. I should just give him another chance.

On the other hand, if you don't change and just continue to make the same old attraction mistakes (e.g. you're still insecure, still too emotionally sensitive, lack emotional masculinity), it's highly likely that she will keep saying things like, *No. I'm sorry, but we're just not right for each other.*

So, once you've prepared yourself to properly re-attract her, you need to

4. Contact her to regain her respect and attraction

One of the best ways to successfully get an ex back is by getting her on a phone call with you and making her laugh, smile and feel happy to be talking to you again.

The more 'feel good' emotions you can get her to experience when she's talking to you (e.g. laughter, happiness, excitement, curiosity), the more her guard will come down.

When that happens, she then naturally begins to feel a renewed sense of respect and attraction for the man you have become since the break up.

You feel good to her now.

It's interesting and she likes it.

From there, you can get her to meet up with you, re-attract her in person and hook up with her if possible.

Just make sure that you get to a phone call though and don't hide behind texts for weeks or months.

So many guys make that mistake and end up losing their opportunity to get her back.

Call her, meet up with her and get her back.

Face up to a potentially bad reaction to her and then turn it around by being confident and using humor.

Imagine this:

A guy is talking to his ex on the phone and she says something like, *Look, I just don't feel the same way about you anymore. You're not the right guy for me and I don't see the point of dragging things on any longer. Let's accept that it's over so we can both move on and find someone else more suitable for us in the long term.*

A response that will cause her to lose even more respect and attraction and convince her that he's not the one for her, is if he says something like, *No, no, no! Please don't say that! I still love you and I know you're the one for me. You mean everything to me. I've never loved a woman as much as I love you. I promise we can make things work. Please just give me one more chance to prove it to you!*

That's not going to work.

This is better:

You know, I think you're right. I almost forgot how terrible your cooking was! You also almost killed me a few times before. You're the only person I know who can burn water! Thanks for the reminder! I've been eating so well since we broke up and then laugh with her

about it.

By making a joke in response to her statement of, *“You’re not the right guy for me and I don’t see the point of dragging things on any longer,”* you instantly take the edge off the seriousness of the situation and bring it back to laughter and love.

She then begins to wonder, *“Why is he reacting so differently? Why isn’t he getting upset and begging and pleading with me to change my mind? He’s suddenly so much more confident and emotionally mature than he used to be before. All of a sudden I feel drawn to him again. What’s going on? Could he really be the one for me?”*

By using humor to make her smile and laugh on a phone call, she will naturally feel attracted to you, whether she wants to or not.

She will begin to reconnect with her positive feelings for you (e.g. respect, attraction and love) and then when you ask her for a meet up, she will be much more open to the idea.

At the meet up, you can then continue building on her feelings of respect and sexual attraction for you, by letting her experience the new and improved you face-to-face.

If you do that, she will naturally want to hook up with you and see what happens from there.

Just remember though!

5. Make her want to get back with you based on how she feels, not on your reason of knowing that she is the one for you

If she is going to give you another chance, it will be based on her feeling respect, attraction and love for you.

When you make her feel that way, it will then be her who will be wondering whether you are the one for her.

She will begin to fear that you are going to be the one that got away and will end up regretting it for the rest of her life.

That is how to approach the ex back process.

It has to be about making HER have feelings for you, rather than you telling her that you know she is the one for you and any other personal, romantic feelings for her.

So, whether you’re talking to your ex on the phone, or seeing her in person, make sure that you don’t make the interaction about you getting her back because you see her as the one.

Instead, make it about her having the emotional experience (i.e. feeling respectful of you attracted to you, feeling love for you and wanting to be close to you) that she wants in a relationship.

Ask yourself:

- Do you make her feel feminine and girly when you interact with her (this is what she wants), or do you make her feel more like a neutral friend around you or worse, like she is the more dominant one?
- Can she look up to you, respect you and feel proud of you because you are a man who is reaching for his true potential in life, or does she feel embarrassed by you because you have no goals and ambitions, or because you have goals, but are too afraid to follow through like a man

and make them happen?

- Do you display characteristics and traits that are naturally attractive to women (e.g. confidence, charisma, sense of humor, emotional masculinity) when you're with her, or do you turn her off by being insecure, self-doubting and overly serious?
- Does she feel good in your presence, or does she feel tense, annoyed or stressed out?

When you make her feel the way that she (and pretty much every other woman on the planet) wants to feel around a man, she will naturally open to you and begin to see you as the one for her.

On the other hand, if you turn her off by saying and doing things that are emotionally unattractive to her (e.g. being romantic before you've reactivated her feelings, being insecure or self-doubting, trying to discuss the relationship to hopefully work things out), she will keep pushing you away.

3 Common Mistakes That Guys Make When They Believe She is the One

It's very clear to you that your ex is the one for you.

Great.

I believe you, but what about her?

To convince her to feel the same way and see you as the one, you need to focus on triggering positive emotions inside of her (e.g. respect, attraction, excitement, joy, delight, curiosity), rather than negative feelings such as indifference, disgust, annoyance or pity.

To ensure that you make her feel positive emotions and get her back, be sure to avoid the following mistakes that other guys make in your situation.

When a guy doesn't know what else to do, he might:

1. Tell her that she's the one for him via letter, e-mail, text or social media message

Firstly, declarations of love are always best done face-to-face where a woman can hear the confidence in your voice, observe your body language and see that you're being sincere.

Text or e-mail is not the place to declare your love for an ex.

Secondly, your ex will only care that you think she's the one after you have reactivated her feelings of respect, attraction and love for you first.

Remember: Her feelings first and everything else after that.

If you try to skip reactivating her feelings, you will be met with rejection after rejection from her because the feelings won't be mutual.

Rather than think, *"Oh my goodness! What an amazing text (or e-mail)! He really loves me!!!! I was so silly to dump him. Oh my, I almost lost the perfect man. If he thinks that I'm the one for him, then he must be the one for me too. It's fate! It's our destiny! Oh my! We have to get back together again right away,"* an ex woman (who is still turned off by her ex because he hasn't interacted with her and reactivated her feelings) will usually think something like, *"Hah! He thinks that I'm the one for him. Good for him. I don't feel the same way. As far as I'm concerned, he's not the one for me and I don't care what he has to say. It's over*

and if he thinks sending me a message is going to change how I feel, heâ€™s sadly mistaken.â€™

Obviously, thatâ€™s not how you want to make your ex feel about you.

You want her to feel sparks of respect, attraction and love, so she naturally begins to miss you and consider it as meaning that you probably are the one for her and she will regret it if she doesnâ€™t give you another chance.

So, if you want to get your ex back, donâ€™t waste your time telling her that sheâ€™s the one for you unless you FIRST make her feel a renewed sense of respect and attraction for you.

Remember: Her feelings first and everything else after that.

If sheâ€™s not feeling much or any respect and attraction for you right now, then hearing that you still have feelings for her just isnâ€™t going to matter to her.

Itâ€™s going to make her think something like, *â€™Whatever. Good for you. Bye!â€™*

Another mistake that guys often make in your situation is toâ€™

2. Think that telling her she is the one will make her swoon and want him back

Initially, a woman might feel flattered by the idea that her ex thinks sheâ€™s the one for him and canâ€™t seem to move on from the break up.

Yet, what he doesnâ€™t realize is that those selfish feelings are only temporary for her.

If he doesnâ€™t do anything else to regain her respect and attraction for him as a man, sheâ€™s not going to remain flattered for very long.

Eventually, she will realize that heâ€™s just saying the words (i.e. *â€™Youâ€™re the one for meâ€™*), but his actions donâ€™t back it up.

She will notice that he is still the same guy she broke up with who is making the same unattractive mistakes (e.g. heâ€™s still insecure, still canâ€™t get her to feel like a feminine woman in comparison to his masculinity, still gives her too much power, still doesnâ€™t know how to make her feel attracted again).

In some cases, a woman will string her ex along for a while to make herself feel better about the break up, but knowing that he sees her as *â€™the oneâ€™* isnâ€™t going to make her swoon, be swept off her feet and make her come running back to him.

Why?

The feelings arenâ€™t mutual!

He has to MAKE HER have feelings for him first, by interacting with her and actively making her feel sparks of respect, attraction and love for him again.

When he does that, she then starts to care and worry about the idea of losing the man that she is still so attracted to and curious about.

So, rather than waste a lot of time trying to convince your ex to change her mind about breaking up with you by telling her sheâ€™s the one for you, just focus on making her experience feel-good emotions (e.g. respect, attraction, love, happiness, sexual desire).

The better she feels when she interacts with you, the more she will start to wonder if you are the one for her too.

Another mistake that guys often make in your situation is toâ€™

3. Not regain her respect and attraction before attempting to get the relationship back together

When a guy gets dumped, it's often a huge blow to his self-esteem, confidence and happiness. He feels so shocked, hurt and sad about being dumped that he starts behaving out of character. For example: He rushes to tell her how much she means to him and how he only wants to be with her because she is the one for him.

It's like a scene from a typical Hollywood romantic movie, except in real life, women hate getting that reaction from a man.

It is seen as desperate and self-serving (i.e. he needs her back and wants that to happen, even though he hasn't changed anything about himself), so the woman feels turned off and puts her guard up. This is why it's absolutely essential that you focus on making her feel a renewed sense of respect and attraction for the new and improved you, before you attempt to get her to commit to the idea of giving you another chance.

In other words, make her want you back, before you try to get her to agree to give you another chance.

Even then, I don't recommend pushing her to give you another chance.

Many women don't like to feel like they are being pressured to make a decision to commit to a relationship again after a break up.

So, the best approach is to make her want it, hook up with her, enjoy hanging out together and let the relationship get back together naturally.

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[image: Dan Bacon]

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Why Do I Want My Ex Back? 5 Questions to Ask Yourself to Find the Real Reason Why

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you've been dumped by a woman that you really love, it's only natural that you might be wondering if you should get her back.

Before you begin the ex back process and get her back into a relationship, let's go through some questions to help you decide whether or not you should.

Ask yourself:

1. Do you need her back to feel better about yourself and stop the emotional pain you've been experiencing?

There's nothing wrong with missing your ex, but if you want her back because you can't function in your life without her, she will pick up on it and it will turn her off.

Most women hate it when a guy needs her to feel good about himself, or to give himself a sense of identity and purpose in the world.

On the other hand, women love it when a guy wants her, but doesn't actually need her to feel happy, make progress in life and feel worthy as a man.

If you want your ex back because you're secretly thinking, *"Nothing in this life is worth it without her. She's my main reason for living and without her I'm nothing. I feel lost without her. I need her to give me a sense of purpose and meaning in life"* then you're only setting yourself up for failure.

Sure, you might convince her to give you another chance initially, but if she realizes that you've become emotionally dependent on her for your sense of purpose and direction in life, she will quickly lose respect for you.

Without respect, she won't be able to feel sexual attraction and without those two emotional states, she will disconnect with her feelings of love and break up with you once again.

To prevent that from happening and to get her back for real, you need to show her that you're the kind of man she will feel proud to come back to.

A good way of doing that is by moving forward in your life without her.

No, that doesn't mean you have to go out there and date other women.

Of course not.

You just need to make progress in your life without her and feel happy about it.

So, rather than sitting around feeling sad and lost and letting your life pass you by, now is the time to go ahead and make progress towards fulfilling your biggest goals, dreams and desires in life.

For example:

- If you have a big purpose in life that you neglected because of your relationship with your ex,

pick up where you left off and focus on making it happen now.

- If you never had a life purpose (e.g. because you felt your relationship with your ex was the most important thing in your life), now is the time to find one.
- If youâ€¢ve neglected your friends, reconnect with them again and start having fun by doing outdoor activities.
- If youâ€¢ve put things off in your life (e.g. going traveling, learning a new skill, taking up a hobby), now is the perfect time to do one or all of those things.

Not only will you feel better about yourself and your life without your ex, but you will be more attractive to her too.

When she sees that you have big goals, dreams, ambitions, interests and friendships separate from your relationship with her, she will naturally feel respect and attraction for you.

Why?

Women love and feel attracted to a man who knows who he is and what he wants in life, outside of just needing her to feel good about himself.

A lot of guys worry that if they have fun after a break up, the woman will get angry and see that as meaning he doesnâ€¢t care and wants to move on without her.

She might SAY that, but what women SAY and what women DO are almost always two completely different things when it comes to men, dating and relationships.

The truth is that when she sees you having fun and enjoying life without her, she will feel a renewed sense of respect and attraction for you for having the emotional strength to enjoy life after being dumped.

Then, when you interact with her and make her laugh, smile and also show her that youâ€¢ve changed and improved some of the things that were turning her off before, she starts to want to be your girl again.

Another question to ask yourself is isâ€¢t

2. Do you want her back just to make her fall in love you again, so you can then dump her to get revenge for her dumping you?

Sometimes a guy might feel so angry and bitter about his ex breaking up with him that he seeks revenge.

He starts thinking things like, *â€¢How could she do this to me? Who does she think she is? Well, Iâ€¢m going to show her that she canâ€¢t break up with me like that and get away with it. Iâ€¢m going to get her back, make her fall desperately in love with me again and then, when sheâ€¢s really crazy about me, Iâ€¢m going to dump her and let her feel the pain. She will get a taste of her own medicine and I will get to walk away as the dumper, rather than the dumpee. I will be in the position of power and she will suffer!â€¢*

He wants to make her feel as bad as she made him feel.

Yet, although a guy is free to make that choice and do it if he wants to, itâ€¢s not the best reason to get an ex back.

Sure, getting revenge might make him feel good for a little while.

However, the satisfaction he feels for teaching her a lesson will eventually wear off and he will discover that heâs the one who really lost out.

Why?

While he was wasting all his time re-attracting her and making her love him, he wasnât focusing on moving on.

Not only didnât he use the time to find a replacement woman who is more loving and loyal than his ex, but he remained stuck in feelings of negativity and anger.

So, when the relationship ends, he is left feeling angry and bitter about relationships with women, which will almost certainly make him withhold love in his next relationship, or potentially meet a woman who then does the same thing to him.

The best approach is to rise above pettiness and move on if you donât want her.

However, you are allowed to do whatever you want.

Be warned though: If your girl isnât using the pill, or you arenât using a condom, you could get her pregnant if you get back with her briefly.

Then what?

Youâre stuck with a girl in your life that you didnât actually wantâand you then have to pay for it for at least 18-20 years.

This is why itâs very important that you donât focus on getting your ex back for the wrong reasons.

Maybe she deserves to feel pain for hurting you.

Thatâs understandable.

However, if that is your aim, then the best revenge is for you to quickly move on and find yourself an even better woman than her.

Then, when she sees you being happy and living a great life without her while sheâs all alone, you will have gotten your revenge on her in the best possible way.

So, what are you thinking at this point?

Do you really want her back to keep her for life, or do you just want to get revenge?

If you want to quickly pick up some new women, make sure to look around my site because I offer loads of free advice on that in the dating section of my blog.

If you want to get your ex back, be sure to check out the ex back section of my blog.

In the meantime, another question to ask yourself isâ!

3. Are you able to easily attract and pick up other women that you really like?

When a guy is confident in himself and his ability to attract women, moving on from a break up isnât a big deal.

He knows that he can easily get another high quality woman and his ex will eventually realize that

other guys donâ€™t make her feel as much attraction as he did, so she will come back.

On the other hand, some guys secretly know that they got lucky when they hooked up with their woman, so the idea of having to go out and find another quality woman like her all over again is very scary.

A guy like that will usually be going through life believing that itâ€™s very difficult to attract a new, beautiful woman for sex or a relationship and may be thinking things like, *â€œShe is special. She is the only one for me. Other women as hot as her wouldnâ€™t want anything to do with me.*

Thereâ€™s no chance of me getting lucky twice and finding another woman like her. In fact, it will probably be even more difficult than before, because Iâ€™m older now/Iâ€™ve put on some weight/Iâ€™ve been out of the dating scene for so long. So, my only chance of having a relationship is to get my ex back. I need to convince her in whatever way I can to give me another chance. If I donâ€™t, Iâ€™m going to end up being single and alone for the rest of my life. Alternatively, I might have to settle for an unattractive woman that I donâ€™t really like, just so that I wonâ€™t be alone. Iâ€™ve got to get her back. I canâ€™t get another woman like her. Itâ€™s just too hard.â€

So, which kind of guy are you?

Are you confident in yourself and in your attractiveness to your ex?

Do you believe you can easily get another, high quality, beautiful woman if you wanted to?

Alternatively, do you want her back because you donâ€™t believe that you can easily attract another beautiful woman?

The truth is, if you only want to get your ex back out of desperation, she will pick up on it when she interacts with you (e.g. she will hear it in the way you talk and see it in your body language) and will feel turned off by what she perceives as your emotional weakness and neediness.

If you do manage to convince her to give you another chance even though she is turned off, but you fail to learn how to properly deepen her feelings for you over time, her hopes will quickly fade away and she will break up with you again.

Hereâ€™s the thingâ€¦

When a couple gets back together after a serious break up, a woman might initially put up with a guyâ€™s insecurities (e.g. he doesnâ€™t feel like heâ€™s good enough for her, he is insecure about his attractiveness as a man in general, he doubts himself in certain areas of his life) for a little while to see how things go.

However if she realizes that he is simply holding on to her because he canâ€™t get himself another woman if he wanted to, she will lose respect for him and start to feel like she has been duped.

Her attraction will then begin to fade and she will start thinking something like, *â€œWhat am I doing with him? I want to be with a guy who makes me feel like Iâ€™m lucky to have him, not like Iâ€™m doing him a big favor by being his girlfriend (fiancÃ© or wife), because he believes he canâ€™t get anyone else other than me. This isnâ€™t working out. Heâ€™s just not on my level. Iâ€™ve got to end this and move on. He doesnâ€™t deserve me.â€*

She then breaks up with him and he is left heartbroken once again.

So, make sure that if you decide to get your ex back, you are prepared to maintain and build on her respect and attraction for you over time.

If you canâ€™t do that, she will always have one foot out the door, so to speak.

She might be there with you, but her heart will be elsewhere and it will only be a matter of time before she hooks up with another guy to use that as a way out of the relationship, or breaks up with you again and quickly tries to replace you, so she can move on.

Another question to ask isâ€¦!

4. Are you afraid that you won't find the same kind of love again with another woman?

The truth is, you won't find the same love again with another woman.

The love between you and every woman you date is always different.

Sometimes it's better, sometimes it's worse and sometimes it's just okay.

However, the fact is that amazing love is possible with all kinds of women, not just one.

I know that from personal experience because I lived the bachelor lifestyle for 10 years and enjoyed so many amazing relationships and love, before finding my even more amazing wife who I am still with today.

Even though my wife and I are madly in love, I know that I could have felt that way about another woman if I wanted to.

There's literally millions of women out there who would be an absolute perfect match for me like my wife is.

Yet, I met her, so she gets to be with me.

How about you?

Do you think that you could experience amazing love with another woman easily, or do you think it would be really hard to find someone as amazing as your ex?

If you really feel like she is the most amazing woman you could ever meet, then you should get her back.

Follow my ex back process and get her back.

It's pretty damn simple and easy to do.

Just make sure that you're doing it for the right reasons though.

I say that because I only want the best for you.

For example: Sometimes a guy might latch on to the idea that the love he experienced with his ex was one of a kind and irreplaceable, simply because it was comfortable for him and he can't be bothered meeting new women and trying another relationship.

It's understandable, but sometimes it isn't the right move.

It really depends on how sincere he feels about the love they shared and how genuine he is about getting her back and keeping her.

Some guys just want their ex woman back because it feels easier.

So, rather than have to go out and start all over again (i.e. meet a new woman, make her feel attracted, get to know each other, fall in love), he keeps telling himself, *â€œShe was the one. No other woman will be able to make me feel the way she did. What we had was special. I don't*

know how, but Iâm going to do whatever it takes to get my ex back. I donât want to have to face the pain of going out there and falling in love again with another woman, only to discover that sheâs just not the one for me and that the love I shared with my ex was the real deal.

So, how can you know if you are for real when it comes to her?

You know that you are for real if you are:

- Willing to put in the effort to change the things about yourself that have been turning her off (e.g. become more confident, become more emotionally independent, stand up to her more in a lovingly, dominant way rather than let her dominate you).
- Willing to create a new relationship dynamic between you and her (e.g. by being more emotionally masculine, thereby allowing her to relax and be totally feminine and girly around you), based on mutual love and respect.

If you are serious about getting her back, then itâs very important that when you interact with her from now on (e.g. via text or e-mail, on social media, on a phone call, or in person) you focus on re-sparking her feelings of respect and attraction for the new and improved you.

You need to show her (via your actions and the way you interact with her) that youâre no longer the same guy she broke up with.

You are a much better man now and you really do deserve another chance with her.

When she can see for herself that youâve changed the things that truly matter to her (e.g. youâre more confident, determined and focused, emotionally masculine), she will automatically begin to reconnect with her feelings of respect and attraction for you again.

A final question to ask yourself isâ

5. Do you have a secret reason why you want her back that you're too embarrassed to admit to anyone?

For example: A guy might know that his ex isnât the one for him, but he holds on to her because:

- He doesnât want to be the only one in his group of friends without a woman.
- Heâs a bit older now and feels embarrassed about being single and back in the dating game at his age.
- Heâs the kind of man who doesnât feel valuable unless he has a woman on his arm.
- He didnât get enough love as a child and grew up feeling like it was difficult to be loved by others, so when he finds a woman who loves him he clings onto her no matter how unsuitable they might be for each other.
- He painted a perfect picture of their relationshipÂ when they were together (i.e. to his friends/family/colleagues) and he doesnât want to have to admit to them that it wasnât as perfect as he made it out to be.

Any of those apply to you?

If so, itâs important to understand that getting back with a woman you don't really love and then spending the next 10 years trying to convince yourself to stay with her, is a big waste of your

potential as a man.

The truth is, if you're not 100% sure that she is truly worthy of you, then you might be better off finding a new woman.

Additionally, if you can't honestly say that you believe you and her will be able to have a happy, loving and long-lasting relationship if you get back together again, then it's probably better to just let her go.

There are literally millions of beautiful, sexy, loving women out there looking to meet and hook up with a guy exactly like you.

You simply need to be confident enough to approach them and trigger their feelings of respect and attraction for you by displaying some of the qualities and traits that women are instinctively attracted to (e.g. confidence, self-approval, charisma, masculinity).

On the other hand, if you feel like your ex truly is the one for you, then don't waste another minute. Contact her right away and start triggering her feelings of respect, attraction and love for you again (e.g. by making her laugh and smile, showing her that you've moved past the level you were at when you broke up).

Whatever you decide, just make sure that you don't ever settle for second best when it comes to women (or anything else) in your life.

The choice is yours.

You can do whatever you want at this point.

The power is in your hands.

What is your choice?

Get her back, or get a new woman?

×

[image]

Almost there! Please complete this quick form to gain instant access.

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I Want My Ex to Tell Me How She Feels, But All I Get is Silence From Her

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

5 possible reasons why your ex won't tell you how she feels are:

1. She thinks that you should know how she feels based on her behavior

When a woman is giving her ex the silent treatment and he keeps saying things like, *"Please talk to me. Tell me how you feel,"* rather than make her think, *"Oh okay. He's clearly not getting the message. Maybe I should help him out and explain why I am giving him the silent treatment,"* she usually just closes up even more.

Why?

In most cases, a woman assumes that her behavior (i.e. being silent, ignoring him) is a clear enough message to let him know that his current way of behaving and interacting with her is doing nothing to change her negative opinion of him.

Of course, that's not how we men typically communicate with each other.

When a man has something to say, he says it directly.

However, when a woman is upset about something or is turned off by her man, she doesn't want to explain everything directly.

She just wants you to understand how to be a man, without the instruction or guidance of a woman.

I know, I know.

Life would be so much easier if women weren't like that, but they have very good reasons for doing it.

It's essentially about ensuring that they are with a confident, emotionally intelligent man who understands the world around him, rather than getting stuck with a guy who still doesn't yet know what it means to be a man in a relationship with a woman.

So, here's what often happens!

When a woman breaks up with a guy, it's usually because certain aspects of his thinking and behavior (e.g. he became too insecure, he displayed unmanly behavior too often, he became too emotionally sensitive) have made her disconnect with her feelings of love, respect and attraction for him.

When he then asks her to tell him how she feels, rather than wanting to make things easy for him (i.e. by opening up and explaining her feelings), she remains silent to emphasize that she's not happy with him.

She's hoping that he will figure it out on his own (e.g. by understanding that his insecurity has been turning her off, so she wants him to man up and start being more emotionally ballsy and confident), rather than needing her to explain everything for him, guide him along and ensure that he

levels up as a man.

If he can understand where he has been going wrong (without her guidance) and then quickly make some attractive changes to the way he thinks, acts, behaves and interacts with her, she will naturally begin to feel respect for him again.

If she can respect him, she will then become more open to feeling sexual attraction for him and with those two things, connecting to her original feelings of love is the natural next step.

However, if he just expects her to tell him how she feels and what he must do to change that, he will look like a confused guy who still hasn't fully grown up and become a man yet.

As a result, she will remain closed off and start to tell herself that she needs to find a real man.

Another possible reason why your ex won't tell you how she feels is that

2. She doesn't want to give you clues that would help you to talk her back into a relationship with you

Sometimes, if a woman still has some feelings for her ex, she might choose to keep her distance from him (e.g. by ignoring his texts, avoiding answering his calls, refusing to tell him how she feels).

She doesn't want to give him any clues about what he's been doing wrong because she fears he will then be able to use that information to talk her into getting back together again.

For example: If a woman explains to her ex how she feels by saying something along the lines of, *"You hurt me. You took me for granted and just assumed that because I loved you, it was okay to keep breaking your promises to me. I just can't be with a guy who treats me like that anymore. It's over,"* he might then say to her, *"I'm truly sorry for hurting you. I love you so much and I promise if you give me just one more chance I will never break a promise to you again. Please let me show you that I really can change."*

She may then give him another chance because she still has some feelings for him.

Yet, she knows that he has made similar promises to her many times before and sooner or later, he will go back to his old ways and begin breaking promises again, or turning her off in other, related ways (e.g. not following through on his dreams and goals, being afraid to level up as a man, treating her with disrespect and then expecting her to respect him all the time).

This is why a lot of women will be silent after a break up with a guy.

Rather than building her hopes up and getting hurt by her ex him, she just remains quiet when he asks her to tell him how she feels, in the hopes that he will eventually give up and leave her alone.

So, if you want your ex to open up to you, rather than ask her how she feels, just start to show her (by the way you talk to her, the way you behave and the way you respond to what she says and does) that you have changed and improved on some of the things that were turning her off.

Remember: It's better to be a man of action, than a man who just promises to change.

For example:

- If you were insecure and self-doubting in the relationship, show her that you are so much more confident now..
- If you were too clingy and needy, start being more emotionally independent.
- If you were directionless or lazy about following through on your potential as a man, start

making some progress on your biggest goals and dreams in life.

- If you made her feel like more of a friend than a sexy woman, start making her feel feminine and girly in your presence by being very masculine the way you talk, feel, move, behave and act.

When she can see for herself that you're not the same guy she broke up with, she will be more willing to open up and give you another chance.

On the other hand, if you keep asking her to tell you how she feels without really changing any of the things that turned her off, she's going to keep giving you the silent treatment to protect herself from getting hurt again.

Another possible reason why your ex won't tell you how she feels is

3. She's trying to ignore you in the hope that you move on

In some cases, a woman might feel that if she ignores her ex long enough, he will give up on her and move on.

She's hoping he will think something along the lines of, *"Oh well. I tried my best, but if she doesn't want to tell me how she feels then there's nothing I can do. I guess it's really over between us."*

In some instances, a guy might think to himself, *"I want my ex to tell me how she feels, but all I get is silence from her. Maybe I'm pushing her too much, which is causing her to close up. Maybe all she needs is some time apart. Hopefully, when she doesn't hear from me for a few weeks, or even months, she will start to miss me. Then, when I contact her again, she will be much more willing to open up to me and tell me how she feels. Then, we can then work things out between us and get back together."*

He might then cut off all communication with his ex for 30 to 60 days, in the hopes that time apart will change how she feels.

Yet, in almost all cases that I've seen (I've worked on 100s of cases), when the guy finally gets in touch with his ex again after a long time (especially if she was ignoring him in the hopes that he would move on), he gets a very unpleasant surprise.

Rather than sound happy to hear from him again and tell him that she missed him and wants him back, the woman usually says something along the lines of, *"Oh, it's you. It's been so long since you and I talked. Why are you calling me now? I thought you'd moved on, so I did too. I'm sorry, but I'm with another guy now and I'm happy. What we had is over. You need to forget about me now and find someone else too."*

He spent weeks or months just waiting and hoping that time apart would bring them back together, but it didn't.

Why?

He didn't re-attract her.

She broke up with him, felt turned off by him and he then ignored her.

So, she continued on with her feeling of being turned off by him.

Then, she interacted with other guys who made her feel attracted (which is what her ex should have been doing) and she hooked up with them instead.

This is why I always recommend that a guy gets his ex woman back sooner, rather than later.

Interact with your ex, make her feel a renewed sense of respect and sexual attraction for you and guide her through the ex back process.

If she's not willing to make any progress with you initially, just re-attract her and give her some space for a few days, so she can miss you based on her reawakened feelings of attraction.

Then, reinitiate contact, re-attract her further and get her to meet up with you, so you can get her back before she moves on.

The more you actively make her feel respect and attraction for the man you have become now, the less she will want you to move on without her.

She will start feeling like she will be losing you, rather than you only worrying that you're losing her.

She will then naturally open up and tell you how she feels because the idea of getting back together will start feel good to her.

Another possible reason why your ex won't tell you how she feels is

4. She can see that you still don't know the real reasons why she broke up with you

A guy doesn't always know the real, deeper reasons why his woman is breaking up with him.

For example: A woman might say, *"Look, it just isn't working out between us. You're a great guy, but we're just not right for each other,"* or *"I'm tired of trying to make things work. All we ever do is argue and fight over everything and I'm sick of it. This relationship has become too stressful for me and I want out."*

Unfortunately, because of that, a guy might not understand what he has really done wrong.

So, when he then tries to get her back, rather than give her what she really wants, he usually offers to change the wrong things about himself.

For instance, when a woman says she's tired of fighting and arguing, a guy might make the mistake of thinking that the fights and arguments are the real problem.

He might then say something like, *"I get it. We have been arguing a lot lately and I can see why that might make you feel stressed out. I promise that if you give me another chance, I will keep things calm and relaxed between us from now on. Please just give me a chance."*

Yet, what he doesn't understand is that the problem wasn't the actual arguments, but rather the reasons behind the arguments.

For example: He put his friends and family first and didn't give her the time and attention she wanted, which then caused her to get annoyed and pick random fights with him about irrelevant things (e.g. not taking out the garbage, not pulling his weight in the house, not seeing each other often enough).

Alternatively, she would ask him for his opinion about something (e.g. what color curtains/drapes to put in the lounge room, what outfit she should wear to a party, what movie he would prefer to watch) and he to please her, he might say something like, *"Whatever you decide is fine by me."*

He would be then be shocked when she got upset and started an argument with him about it.

In his mind, he was just being a good boyfriend (fiancé or husband), but from her point of view, he was being too emotionally weak and she felt like she couldn't rely on him to be the man and help

lead the way.

As you can see, it's very important that you understand your ex's real reasons for breaking up with you and not the vague reasons she gave you (e.g. *"I just don't feel the same way anymore"*).

Then, you can change (or at least improve) the things that really matter to her.

When she sees for herself that you've made a real effort to become a better man in the ways that actually matter to her (e.g. she was turned off by how insecure you'd become and you are suddenly so much more confident), she won't be able to stop herself from feeling some respect for you again.

When she can respect you, she will be able to feel sexually attracted to you and from there, getting her back becomes a lot easier.

On the other hand, if you keep trying to make her tell you how she feels because you don't know why she broke up with you, she's going to clam up even more.

She's going to feel as though you just want her to make it easy for you by telling you exactly what to do, rather than putting in the effort to think about it, work it out and change what matters to her.

Another possible reason why your ex won't tell you how she feels is that

5. She has lost respect for you, so she doesn't feel the need to discuss her feelings with you

When a woman has disconnected with her feelings of respect, attraction and love for a guy, getting into long discussions with him about her feelings seems pointless to her.

Even though he wants her to tell him how she feels so he can then fix what she wants or needs, she doesn't really care because she doesn't have strong feelings (i.e. of respect, attraction and love) for him anymore.

In her mind, she's thinking things like, *"I don't understand why he's constantly asking me to talk about how I feel. I don't feel anything anymore. Doesn't he get that? I'm turned off by him and that's why I've broken up with him. Why should I now help him get me back? My heart is closed off to him and all I want is for him to leave me alone so I can move on. He's caused me enough pain already. He just doesn't understand what I want."*

So, I recommend that you stop talking to your ex about her feelings and instead make her feel respect and attraction for you again by interacting with her and making her smile, laugh and feel good to be talking to you.

Show her (via your confident and emotionally strong approach to getting her back) that you're now a new and improved man.

When she can experience the new you for herself, the feelings that she has pushed to the background will not be able to stay hidden for long.

In many cases, a guy will get his ex woman back immediately, but in more difficult cases, it will take days or up to a week or two in extreme cases.

As long as a guy focuses on reactivating his ex woman's feelings of respect, sexual attraction and love, it's almost an absolute guarantee that they will get back together because she will want it to.

She will be going to bed at night thinking of him and missing him and will want to explore her new, improved feelings for him.

6 Mistakes to Avoid Making When Trying to Make Your Ex Tell You How She Feels

If you don't want to waste anymore time and possibly turn your ex off even more, avoid making the following mistakes:

1. Constantly texting her about your feelings

When a woman doesn't have feelings for a guy anymore, she just doesn't care about how much he cares for her.

Rather than think, *â€œThat's so sweet. Maybe I'm being a bit hard on him. Maybe I should also open up and tell him how I feel,*â€œ she will usually just feel annoyed that he's constantly texting her about his feelings and think something like, *â€œWhatever! Why does he think that I even care how he feels now? Why doesn't he just leave me alone? He needs to get a life. I'm moving on and so should he.*â€œ

So, if you want your ex to tell you how she feels, make sure that you're not texting her about your feelings.

Just focus on making her feel respect and attraction for you by calling her on the phone and meeting up with her in person.

On the phone and in person, display personality traits that are naturally attractive to all women (e.g. confidence, emotional masculinity, humor, charisma, charm, social intelligence).

Another mistake that many guys make in your situation isâ€¦

2. Thinking that talking about his feelings is the way to get her back

Talk is just talk.

It doesn't make a woman feel respect and attraction for you.

So, don't worry about whether your ex tells you how she feels or not.

Instead, just focus on re-sparking her feelings of respect and attraction for you by being the kind of man she always wanted you to be when you interact with her (e.g. confident, emotionally strong and masculine, assertive, determined, self-approving).

If you do that, she will naturally have feelings for you.

However, if you want to talk about her feelings, she will naturally feel turned off by you.

Why?

Women are turned off by guys who doubt their attractiveness.

Women are naturally attracted to men who believe in their attractiveness and value to a woman, no matter what she says or does.

If a man has that type of confidence and is also being funny, emotionally masculine and charismatic, a woman simply cannot resist it.

She naturally feels attracted and stops being so closed off and cold.

Another mistake that guys make in your situation isâ€¦

3. Being so emotionally sensitive that she feels turned off

For a woman to be able to feel proper respect and sexual attraction for a man, itâ€™s essential that there is a clear masculine/feminine dynamic between them.

So, when a guy crosses the line and takes on a more feminine persona (e.g. he cries like a girl, becomes overly emotional, he sulks, he uses feminine body language), it makes it almost impossible for a woman to allow herself to relax into thinking, talking and behaving like a real woman (i.e. feminine, girly, emotional) around him.

Instead, she feels like she has to take care of him because he is emotionally fragile like a woman.

Women hate that.

When a guy canâ€™t be the emotionally strong man that she needs him to be and instead needs her to support him emotionally, she just canâ€™t respect him.

As a result, she also canâ€™t feel sexually attracted to him and then the idea of opening up to him emotionally or sexually just doesnâ€™t feel right.

So, make sure that you are clearly being very masculine in how you talk, feel, behave and act when you interact with your ex.

Donâ€™t suppress your masculinity because you think it will be nice.

No.

Wussy, wimpy behavior isnâ€™t attractive to women.

Be the man.

Itâ€™s not about being aggressive and telling her what to do.

No.

Itâ€™s just about taking on a more masculine energy and confidence as you interact with her.

You still remain being a good guy and treat her well, but you just have a lot more balls while doing it.

Another mistake that guys make in your situation isâ€¦

4. Taking her silence too seriously

So, your ex wonâ€™t tell you how she feels and instead gives you the silent treatment.

and?

Stop TALKING about feelings and instead MAKE HER have feelings for you by displaying personality traits and behaviors that are naturally attractive to women.

For example:

- Do you make her laugh and smile when you talk to her, or do you make her feel stressed, pissed off or annoyed?
- Does she feel relaxed and happy to be interacting with you, or does she feel pressured, uncomfortable and uneasy?
- Have you changed and improved some of the things that matter to her, or are you just trying to

- get her back because you need her to stop the emotional pain youâ€™ve been experiencing?
- Does she feel like she can fully relax and be a feminine woman around you, or does she feel more dominant than you or only like a friend?

Thatâ€™s what really matters.

Another mistake that guys make in your situation isâ€¦

5. Trying to get her back via text, e-mail or social media messages

What most guys fail to understand is that a woman canâ€™t experience the new and improved him via a text/e-mail or social media message.

Itâ€™s just a bunch of words on a screen.

Itâ€™s not him.

So, when she gets a message from him and canâ€™t see his body language, or at least hear the tonality of his voice over the phone, she assumes that heâ€™s still the exact same guy that she broke up with.

No matter how nice, sweet and sincere he is being in his message, a woman will usually think something like, *â€œAfter all those times he stuffed up, he thinks Iâ€™m going to simply forget about it and give him another chance because heâ€™s messaging me. Heâ€™s kidding himself.â€*

She then gives him the silent treatment, because to her, him asking her for another chance via text/e-mail/social media is a sign that heâ€™s still stuck at the same level he was at when she broke up with him.

He doesnâ€™t understand how women experience attraction and heâ€™s not putting in the effort to make it happen.

So, rather than teach him or put up with an unsatisfying attraction experience, she just remains quiet and tries to move on without him.

Finally, another mistake that guys make in your situation isâ€¦

6. Panicking if she doesn't reply

If she doesnâ€™t answer, he will worry that he has lost her, she is with another guy or that she will never want to speak to him again.

He panics because he doesnâ€™t believe in his attractiveness and value to her anymore and likely also doesnâ€™t even know how to make her feel attracted and want him back.

Instead, he is just trying to get her back via messages and is hoping that something he texts her will make her change her mind.

So, when she doesnâ€™t reply, it feels like all hope is lost and thereâ€™s nothing else he can do.

He might then contact her and ask her to tell him how she feels and if itâ€™s possible for her to change her mind.

Yet, because he hasnâ€™t been re-attracting her and has instead been turning her off, she rejects him and tells him to leave her alone, or she just remains quiet and ignores him.

So, what should you do instead?

Interact with her, make her smile and laugh and feel good to be interacting with you again.

Regardless of what she's saying (or not saying), just maintain your confidence and focus on using every interaction as an opportunity to break down her walls by making her feel a renewed sense of respect and sexual attraction for you.

When you approach the ex back process in that way, she is going to feel good about getting back with you because she feels attracted and she likes the new you.

You don't even have to ask her how she feels.

She will show you by being open to hugging you, kissing you, having sex with you and giving the relationship another chance.

She might tell you how she feels, but if she doesn't, don't panic.

Just be confident and continue making her feel attracted to you as the days, weeks and months go on.

If you can do that, you will get her back and keep her.

Soon enough, you and her will look back at the break up as being a good thing that happened in the past.

It helped you and her become closer and become an ever better couple than before.

Now, you have what it takes to keep the relationship together and make it better over time.

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How to Get the Spark Back With My Ex: 4 Essential Tips

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

4 things you can do to get the spark back with your ex:

1. Relight the spark on a phone call or in person, not via text

To relight your ex's feelings of respect, attraction and love, you must have the courage to get her on a phone call with you, or meet up with her in person (even if you're afraid that she might tell you to go away or leave her alone).

The more chances you give her to experience the new you over the phone and face-to-face (e.g. by making her laugh and smile, maintaining your confidence when talking to her), the more likely it is that her feelings of respect and attraction for you will be reawakened.

On the other hand, if you only stick to texting her, you might end up turning her off even more. Why? Texts can quickly become boring and can easily be misinterpreted.

For example: If a guy only sends text messages but never transitions to a phone call with his ex, she may start thinking, *"Where is this going? Why doesn't he do something? I'm getting tired of texting back and forth for no reason. This is starting to get boring."*

She might then slowly start responding to him less and less until eventually, she ignores him completely.

Alternatively, she may keep up the charade by replying to his texts, while in the background she focuses on moving on by kissing and having sex with new guys.

Then, when she secures a new guy into a relationship, she can say to her ex, *"Look, it's been nice hearing from you, but I've met someone else and to be fair to him, I think it's better if we don't text anymore. I wish you all the best. Bye. Your friend, Tanya."*

If you still really love her and want her back that isn't going to be a fun text message to get.

So, make sure that you have the balls to call and the courage to arrange a meet up in person, so you can properly re-attract her and her back.

Texts feel easy because you don't have to face up to a possible rejection on a phone call or in person, but they really are the worst approach to take when getting an ex woman back.

It's good for women who want to get a guy back because we men are lot more simple (i.e. we are either open to catching up with her again for some sex and see what happens afterwards or we're not).

Women on the other hand are much more complex.

A woman can be enjoying a text exchange one minute and then completely lose interest the next based on something her ex guy texts her.

Alternatively, she might be interested, but afraid to look too keen, so she then starts playing hard to get and the guy thinks that he's blown his chances with her.

He then starts texting in a desperate, apologetic manner and she feels turned off by his lack of confidence in himself.

Get where Iâm going with all this?

Yes, thatâs right – texting isnât the best option for men wanting to get a woman back.

In some cases, a woman will start to feel annoyed at the fact that sheâs only getting text messages from her ex and he seems to lack the balls to call her.

Rather than continue to enjoy the process, she will start to think about why she broke up with him in the first place and try to connect that to his current texting behavior.

For example: If the guy was insecure in the relationship, rather than assume he is texting because he doesnât want to come on too strong, she will usually assume itâs because he doesnât have the courage to call her.

She will begin to remember times in the relationship when he was too wimpy or insecure to make things happen in his life.

She might then start thinking things like, *âWhy am I wasting my time with him? Heâs clearly still the same guy that I broke up with. Heâs still a wimp. Nothing has changed, so why should I even bother with him anymore? I felt turned off by him before and nothing about his actions and behavior has convinced me to feel differently now. So, itâs time for me to cut him out of my life completely. Iâve got to find a man who isnât afraid to face life and make things happen.â*

Remember: Texts donât show her how you are truly feeling (e.g. confident rather than insecure, emotionally strong rather than wimpy) and have to be interpreted by your ex based on her current perception of you.

If she currently thinks of you in a negative way, sheâs going to look at your texts in a negative way too.

Although a small spark can be relit via text, you have to immediately transition to a phone call or an in-person meet up if you want to turn that spark into a raging fire of passion, lust and love.

Most guys donât understand that, or are simply too afraid to face up to calling their ex or meeting her in person.

Some guys make up excuses like:

- She probably doesnât want me to call her.
- She prefers text.
- She might not answer the call.
- She told me never to call her again.

Drop any excuses and just do what works.

Call her, re-attract her on the call, get her to meet up with you, re-attract her in person, hook up with her and get her back.

It's the same with picking up women.

Women will say, *“I want a nice guy, who is sweet, kind, patient and listens,”* but when a guy does that, he gets rejected or placed in the friend zone.

Then, another guy comes along and is a good guy, but he doesn't put on an act of being nicer than he actually is and she likes it.

She likes the fact that he isn't trying to suck up to her to get somewhere.

She also likes that he doesn't listen to everything she says and has the confidence to move in for a kiss when he notices that she is attracted.

The same rule applies to getting an ex woman back.

Don't listen to what she says!

Don't follow her orders!

In almost all cases, a woman isn't going to tell her ex how to get her back.

Instead, she will make it difficult for him by saying things like, *"Don't ever call me. Just text"* or, *"Only text me once a week."*

If a guy follows her orders, he's just like the typical nice guy who gets rejected or placed in a friend zone.

So, do what works.

Call her, re-attract her on the phone, get her to meet up with you, re-attract her in person, hook up with her and get her back.

When a guy doesn't understand that, he might try to get the spark back by texting her about good memories they shared together (e.g. *â" Hey, I was just going through some old pictures on my phone and found some from that day on the beach last year. It made me think of all the fun you and I used to have together. We were a great teamâ"*).

He is hoping that she will respond with something like, *â" Yeah, we were! Iâ"ve missed that! How about we get together to catch up? Maybe if we talk things through, we can work things out.â"*

It would be nice if women were that simple, but they're not.

Women can see through BS just like you can.

If you dumped a woman, no longer felt attracted to her and she sent you a text like that, you'd be thinking, *â" Yeah, nice try.â"*

Yet, if she showed you that she was now more attractive and had stopped doing the things that turned you off about her in the past, you'd be more open to catching up with her.

Of course, a man getting a woman back and a woman getting a man back are two completely different things.

For example: Most men leave a woman because they aren't physically attracted to her and nothing that she says can change that.

However, most women leave a man because they aren't emotionally attracted to him anymore, but he CAN change that.

He can start being more confident, emotionally masculine and charismatic and she will naturally begin to feel attracted to him again.

So, I want to make it clear that you CAN get the spark back with your ex.

However, just don't make the mistake of thinking that you can achieve it via text.

If the spark has died and your ex woman is no longer emotionally attracted to you, then a text about good memories (or some other clearly sneaky approach) will only come across as a bunch of useless words on a screen to her.

Rather than bring the spark back to life, it just highlights to her how bad things have become (i.e. the

guy has no idea how to attract her and is resorting to tacky tricks).

This is why I always recommend that guys get to a phone call with their ex woman ASAP, rather than wasting time (and potentially turning her off) via text.

When a woman can't see your body language or hear the tone of your voice because you are only texting her, she doesn't have any evidence to believe that you really have changed.

Instead, she may assume that you're feeling insecure about your value to her now and are afraid to call, or aren't really that interested in getting her back and are just trying to get some love and attention from her while you try to move on.

If she thinks like that, she might then say to herself, *"Well, if he can't be bothered to make a real effort to get me back, I'm not going to bother wasting my time texting back and forth. If he wants me back, he's going to need to prove to me that he has changed."*

So, if you want to get the spark back with your ex, make sure that you push to get her on a phone call (or just call her if she will answer) and then meet up with her in person and make her feel respect and attraction for the new and improved you.

Another way to get the spark back with your ex is to

2. Laugh with her about the mistakes you used to make

Don't take your mistakes so seriously.

The fact is, everyone makes mistakes from time to time (even your ex) in a relationship, so it's not just you.

Don't feel as though you're the worst man in the world for making the mistakes you did.

You're a great man and simply made a few mistakes because you didn't know any better.

You know better now though, right?

Awesome.

Believe in yourself then.

Look at yourself as being the man you are now, not the guy you used to be.

The most important thing is that you really have learned from your mistakes and become a better man as a result.

So, if you're interacting with your ex (on a phone call or face-to-face) you say something like, *"Wow, I sure stuffed up before didn't I? I was pretty immature and can now see why it caused the spark between us to fade. Fortunately, I'm not that guy anymore. I've learned from my past mistakes. You might not want to believe me right away and that's okay. I'll let my actions speak for themselves. In the meantime, I just want to apologize for everything I put you through in the past. I can't help but laugh at myself now for being that way. No wonder you felt turned off by me! I would have broken up with myself too if I could!"* and have a laugh with her about it.

If she refuses to see the light side of what happened and says something along the lines of, *"No, I don't believe that you've changed. What about all the times you (and then mentions something you did wrong)?"* just make sure that you remain relaxed and laugh off her attempts to

continually complain about how you treated her before.

For example: You can say, in a joking way, *â€œWow! it looks like you were keeping score of all the mistakes. Let's go over your big list of all my mistakes so you can get it off your chest!â€* and then laugh.

Add in, *â€œYou can then throw that list away and we can actually have a nice chat here, without you bringing up an old mistake of mine every 3 seconds. How about it?â€* and laugh again, so she can see that you're not being too serious about it all.

Remember: If you've already apologized for your mistakes, you don't need to keep apologizing to her when she brings up your mistakes again and again.

You also don't need to keep putting yourself down and giving her power over you because of who you used to be.

You are a new man now and deserve respect for that.

Don't demand that she respects you, but just let her sense that you deserve it.

She will pick up on it and start showing you the respect you deserve.

For example: When she tries to turn the conversation towards your mistakes again, just make light of it (e.g. laugh and say, *â€œOh, here we go again. Bring on the complaints!â€*), rather than continually apologizing over and over again for the same things.

Let her see that even between exes who stuffed up a great relationship, there is still a funny side.

Laugh with her about it and get her to relax, so she can stop taking the past so seriously.

Yes, mistakes were made.

Yes, you weren't the perfect boyfriend (fianc  or husband).

However, there's no need to keep going on and on about that and making each other feel stressed or annoyed about it.

It's better to laugh about it and see that mistakes were made, but changes have also been made since, so you and her are talking about who you used to be, not who you are now or how the relationship would be now.

When she sees for herself that you've changed (e.g. you're more confident and emotionally strong now, she can't dominate you with her forceful personality anymore, you're able to stand up to her now), she will automatically start feeling respect and attraction for you again.

Her wall will come down and even if she tries to fight it, she won't be able to deny the spark of attraction and love for you in her heart.

To build on that initial spark you need to

3. Let her experience the new, upgraded and improved version of you

When a woman is saying things like, *â€œThere's just no spark left between us and I don't know if it's possible to get it back,â€* it's usually because she has lost respect and attraction for her ex based on his behavior and actions.

In many cases, not only did the guy cause her feelings to fade when they were in a relationship, but

he has also reinforced her negative feelings for him since the breakup.

For example: Imagine that a woman broke up with a guy because he was being too insecure and needy in the relationship with her.

To get her back, he then starts begging and pleading with her for another chance and saying things like, *“I need you so much. Please give me one more chance. I just can’t live without you.”*

What he doesn’t realize is that he’s making the same old communication mistakes that used to turn her off before (i.e. being needy, insecure, emotionally dependent).

So, rather than seeing him as being a new and improved version of the guy she broke up with, she looks him as being exactly the same and then feels even less respect and attraction for him.

Another example is if a woman broke up with a guy because she felt emotionally more dominant than him in the relationship.

He then tries to get her back by saying things like, *“Please forgive me. I’ll do anything you want me to do to make you happy. Just tell me what you want me to do and I will do it, I promise.”*

Rather than make her change her mind, he’s simply highlighting to her that he still hasn’t changed and is expecting her to lead the way in the relationship, which turns her off even more.

So, if you want to get the spark back with your ex, you need to show her that you’ve changed based on how you now communicate with her on phone calls and in person.

If you’re unsure about what those things might be, think back to your relationship with your ex and ask yourself:

- What aspect of my behavior or communication style always caused her to get annoyed or upset?
- Did I keep trying to change her in some way that she didn’t like?
- Did I really listen to what she wanted and give her that, or did I just assume that because she loves me she would put up with anything to be with me?
- What did we always seem to fight and argue about the most?

By answering those questions in your mind, you should have a clearer understanding about what caused your ex to break up with you.

Remember: What matters most to a woman is how you make her feel emotionally, not how you look physically.

So, make sure that you focus on what really matters.

When you make the right changes to how you talk, behave and act, she will naturally feel a spark with you again and become open to the idea of getting back together.

On the other hand, if you don’t understand what was really turning her off in your relationship and try to get her back while making the same old mistakes in your communication style, she will just keep saying, *“Sorry, but I just don’t have feelings for you anymore. Please accept that and move on.”*

Finally, to get the spark back with your ex woman, make sure that you’re

4. Pass her confidence tests

A woman wants to know that if she takes the risk of getting back together with her ex, he won't end up making the same mistakes that she broke up with him for.

So, one of the ways your ex will check to see if you really have changed and improved is by testing your confidence.

For example: When she is interacting with you, she will tease you, play hard to get, be hot and cold, throw tantrums or complain about random things about you to see how you react.

She wants to see whether you will crumble under the pressure, or remain confident and happy because you are now a self-approving masculine man who remains confident no matter what she says or does.

So, don't buy into her drama (e.g. when she's being cold, unfriendly, throwing a tantrum) and start losing confidence in yourself as a result.

Instead, just focus on using every interaction you have with her (e.g. via text, on social media, over the phone, in person) to renew her feelings of respect and sexual attraction for you by being a confident, emotionally masculine man around her.

When she sees you reacting in that way, she can then relax and trust that you really are the man now.

When that happens, she starts to respect you again and naturally begins to reconnect with the attraction and love she originally felt for you.

It is then her who wants to get back with you.

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How Can I Stop My Ex From Being So Indifferent Towards Me?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

To stop your ex from being so indifferent, you need to:

1. Trigger the specific emotions that will make her become interested in you again

Up until today, you may have been making her feel unattractive emotions, such as pity, resentment, stress, disappointment and apathy for you based on your approach to her.

As a result of making her feel that way, rather than giving you another chance, she closes herself off even more (i.e. she acts indifferent, or is cold and distant).

However, you can change that.

When you interact with her from now on, you just have to make sure that you cause her to feel emotions such as respect, attraction, love, happiness, joy, excitement, curiosity, wonder and delight.

How can you do that?

One way to do it is to focus on making her to smile, laugh and feel happy every time she interacts with you from now on.

When she is smiling and laughing with you, it makes it difficult for her to hold onto any negative feelings about you at the same time.

She relaxes her guard and naturally becomes more open to interacting with you again, rather than giving you the cold shoulder like she has been lately.

So, whether you're texting her, calling her on the phone or seeing her in person, you need to use every interaction that you have to make her feel happy to be hearing from you.

The more fun she has while interacting with you, the more that her indifference towards you will fade away and be replaced by openness and curiosity.

As a result, she will naturally want to hear from you and see you more often.

When that happens (often instantly and in more difficult cases, over a few days), you just need to maintain your confidence and her walls will crumble.

On the other hand, if you continue to trigger negative emotions every time you interact with her (e.g. you make her feel annoyed, stressed, upset) she will continue being indifferent and will say things like, *"I don't care what you've got to say. Just leave me alone,"* or *"Whatever...I'm not interested. You need to move on."*

So, make sure that you focus on triggering her feelings of respect and attraction for you, rather than making her feel negative emotions and then expecting to get another chance from that.

Another way to stop your ex from being so indifferent towards you is

2. Don't seek pity for how she is hurting you with her indifference

Sometimes, when a guy's ex woman is being cold and indifferent towards him, he might say things like, *"Why are you being like this? After everything we had together, is this how you act*

towards me? Is it fun for you to watch me hurt like this? I can't believe you're being so cold-hearted. How can you do this to me? Can't you see that I'm hurt by how you are behaving? How can you just stop caring like this? Where is your heart?

Essentially, he is hurt by her indifference towards him since the break up and can't think of any other way to get through to her and make her care.

He hopes that if he makes her feel sorry for him and feel guilty about how she is behaving, she might change her mind and give him another chance.

Yet, it just doesn't work like that.

A woman doesn't want to be manipulated into giving her ex another chance simply because he can't deal with the idea that the relationship is over.

Additionally, when a woman has disconnected from her feelings of respect, attraction and love for her ex, she stops caring about how her behavior is affecting him.

It's all about her now and how she feels, not him and how he feels.

If he is unable to make her feel like she is attracted to him again and wants a relationship, she will just continue to move on and not worry about how badly it might affect him.

So, when the guy behaves in ways that turn her off (e.g. begging and pleading with her to listen to him, being needy and insecure around her, accusing her of never really loving him), she becomes even more disinterested in what he has to say.

Rather than think, *He's right. We used to be so in love. Based on that alone, I owe it to him to give him another chance,* a woman will usually think something like, *Why won't he just leave me alone? Yes, we loved each other once, but it's over now. He's just prolonging his pain by not accepting that it's over between us. I do feel sorry for him, but the more he whines and pleads with me, the more he convinces me that he's just not the man for me. Doesn't he realize that women aren't attracted to emotionally weak, desperate men? Doesn't he realize that he needs to show me his confidence at this point and create a spark with me again? Well, I'm not going to tell him that. If he can't figure it out for himself, I will have to move on.*

So, don't bother trying to make your ex feel pity for how she is hurting you with her indifference because it will just turn her off even more.

Instead, focus on reawakening her feelings of respect and attraction for you (e.g. by being confident and self-assured around her regardless of how she behaves, using humor to break down her defenses).

The more that you can make her respect you for handling the break up in such a confident, emotionally mature way, the more her indifference will begin to fade away and be replaced by curiosity and attraction.

Another way to stop your ex from being so indifferent towards you is

3. Don't try to convince her to give you another chance based on the changes you've made

Quite often, when a guy knows some of the reasons why his woman broke up with him, he will quickly make some changes and then tell her about those changes in the hopes of convincing her to give him another chance.

For example: If a woman broke up with a guy because he was too emotionally immature and lazy and had no clear direction in his life, he might then rush out and get a job.

Then, when he interacts with his ex he might say to her, *“Hey, Iâ€™m working now. Iâ€™ve changed. Iâ€™ve improved. Iâ€™m no longer sitting around doing nothing with my life. Iâ€™m more mature now. Isnâ€™t that what you always wanted? Please give me another chance.”*

Yet, a woman doesnâ€™t want to be told that youâ€™ve changed simply to get another chance with her.

She sees that as desperate and as you following her lead.

A woman doesn't want to be a man's leader in a sexual, romantic relationship because that makes her feel like his mother.

She wants her guy to change and improve because he wants to and then not rush and tell her all about it.

If the changes are more about a guy's emotional issues (e.g. he was insecure and is now confident), she wants to be able to experience the changes for herself based on the way he knows how to talk to her, behaves in her presence and the way he reacts and responds to what she says and does.

For example: Does he maintain his confidence even when she is being indifferent, or does he become upset, insecure and self-doubting?

So, donâ€™t bother trying to convince your ex to give you another chance based on the changes youâ€™ve made since the break up.

Just be the new, improved version of yourself when you talk to her and she will pick up on it herself.

She doesn't want you to tell her and essentially expect a pat on the head or on the back, along with, “Good on you. I'm proud of you.”

That's not the role that a girlfriend, fiancé or wife wants to play in her man's life.

She wants to see that you have changed because you wanted to and don't need to get her approval about it.

You are simply a new and improved man and are moving forward in life, regardless of whether she gives you the nod of approval for the changes or not.

Another way to make your ex stop being so indifferent towards you isâ€¦

4. Don't try to get her to show interest via text

Texts are so easily misinterpreted and if you haven't reactivated her feelings (of respect, sexual attraction and love) first in person or on a phone call, she can easily feel annoyed and pressured by what you are texting her.

For example: A guy might think it will be cute to text her, “Good morning,” but she will see it as annoying because she is still turned off by how he behaved leading up to the break up and during it.

Here's the thing...

When a couple uses texting to communicate in a happy relationship that is going along smoothly, pretty much every message sent and received will be perceived in a good way. Why?

The emotions between them are positive (i.e. respect, attraction, love, admiration) and therefore, everything sent and received will usually be interpreted in a positive way.

For example: If a guy in a relationship that has been together for years (and is happy) sends a text asking his woman, *Hey, why are you ignoring me? I sent you a text hours ago* because she didn't respond to him for many hours, she's usually going to smile and reply with something along the lines of, *Why? Did you miss me?*

She will feel flattered and be happy that he's thinking about her.

Now imagine a woman receiving a similar text message from her ex (e.g. *Hey, why are you being so cold and detached towards me? Why are you ignoring me?*).

Rather than make her smile and think, *Awwww! I've been such a bitch to my ex. He sounds like he really misses me and wants to work things out between us and I'm just making it so difficult for him. I'm going to stop right away and give him a chance,* she's just going to assume the worst of him instead.

If he was a bit insecure or needy in the relationship with her, she'll interpret his text as another sign that he hasn't changed.

She will start imagining things about him that might not even be real (e.g. he's too afraid to call her, he's not man enough to talk to her face-to-face, he's lost all his confidence and is a lonely, wimpy guy now) and she will feel even more turned off by him, even though he hasn't done anything wrong other than send a text.

This is why it's so important that you only use texting as a way of getting her laughing a little and getting her on a phone call with you, where you can re-spark her feelings and convince her to meet up in person.

When she can hear the tonality of your voice on a phone call and see your confident body language in person, it becomes a lot more difficult for her to feel indifferent.

Whether she wants to admit it or not, she won't be able to stop herself from feeling respect and attraction for you again because you're no longer behaving like the guy she broke up with.

On the other hand, if all she's getting from you is a bunch of (whiny, lonely or boring) texts, the only thing you will be making her feel is turned off.

So, make sure that you call her on the phone right away, where you can then make her smile, laugh and feel good to be talking to you again.

When you do that, her indifference will automatically begin to melt away and she will naturally begin to want to talk to you and interact with you again.

5 Mistakes That Many Guys Make When Trying to Get Their Ex Woman to Stop Being Indifferent

You're not alone.

It's not only you who is facing this particular problem, so don't worry.

So many other guys are dealing with an ex woman who is behaving indifferent towards them, even though she used to be in love with them.

It sucks.

However, you can fix the problem and get her to want you again if you approach her correctly from

now on.

For example: Some common mistakes guys make that cause their ex to ignore them even more are

1. Thinking that she's being indifferent because she's a bad person now, rather than understanding that his unattractive approach is causing the indifference

Sometimes, a guy feels so frustrated with his ex for ignoring him that he starts to think that her behavior is all her fault.

He may begin to think something like, *"She's such a bitch! I never realized it before because I was so blinded by my love for her, but it's all clear to me now that she is a selfish, self centered bitch who doesn't care about anyone, but herself. After everything we shared together, this is how she behaves! I bet she didn't even love me and it was all an act. I see her true colors now. She never cared about me and probably never will. She's a selfish bitch!"*

Sometimes, a guy will think like that because he can't deal with the thought of her not being as devastated about their break up as he is.

He can't believe that he is still in so love with her, but she essentially feels nothing for him now. So, to make himself feel better, he looks at her indifference as meaning that she is a bad person now, or has always been a bad person in disguise.

Yet, that rarely is the case.

Sure, there are some cold, heartless women out there who enjoy breaking a guy's heart, but most women are good people and break up with a guy because he is no longer able to make her feel attracted or in love.

Here's the thing...

If a woman breaks up with a guy, he immediately changes and begins to re-attract her, he will immediately get her back in almost all cases.

Likewise, if it takes him a couple of weeks to prepare to re-attract her and then he does that, he will be able to get her back in most cases.

Getting an ex back is all about re-attraction.

If you are able to make her feel attracted to you again, she then has a very personal reason (i.e. she's feeling attracted to you again and can't stop thinking about you now) to stop being indifferent towards you.

A lot of guys either don't know that, or they don't know how to change and start making their ex woman feel attracted and in love again.

So, if a woman is being indifferent towards her ex guy, what you need to understand is that it's usually because his approach since the break up has been turning her off.

For example: He's been begging for another chance, pleading, crying, apologizing excessively, promising to change if she give him another chance or asking her to tell him what to change to make her happy.

It's not because she is a bad person.

She just wants to feel attracted to the guy that she's in a relationship with and if he can't offer

her that, she doesn't have to stick with the relationship.

Hopefully you haven't made the mistake of assuming your ex is a bad person and potentially even accusing her of it.

If you have, don't worry about it.

It is a recoverable mistake as long as you change the way you interact with her from now on (i.e. start making her feel attracted).

So, rather than getting upset, feeling insecure, resorting to begging, pleading or asking her to tell you what to do to get her back, just focus on re-sparking her feelings of respect, attraction and love for you whenever you interact with her from now on.

How can you do that?

By behaving the opposite of the way you have been doing so far!

For example: Being very confident and emotionally strong around her, using humor to break her out of her indifference, being more masculine than her and being charismatic.

When your approach changes, her feelings change.

It's a natural process that happens automatically, without you or her having to do anything else to make it happen.

When she starts feeling attracted to you again, she will naturally become more open to talking to you and seeing you in person.

As a result, she will stop being so indifferent towards you and start being nicer, warmer and more open.

Another mistake that guys make is

2. Wanting her back even though he doesn't understand how to attract her in the ways that she secretly needs from a man

Quite often, a guy will try to get his ex back after they break up by texting her, sending her long e-mails, calling her up on the phone or even showing up at places where he knows he can find her.

He's not thinking about her reasons for breaking up with him and just wants to patch things up as quickly as possible before another guy gets her.

Yet, the guy's needs and wants aren't that important to a woman when she gets to the point where she breaks up with him.

Rather than think, *“Oh wow! He must really still love me so much. Look at how quickly he's trying to get me back. He's texting me like crazy! It must mean that he is serious about changing! I believe him! I know that he can change!”* she will think something like, *“He just doesn't get it. He just assumes that if he chases me and is persistent enough, I'm going to forget about my real reasons for breaking up with him and give him another chance. He doesn't realize that I didn't just decide to end the relationship on a whim. I simply couldn't handle being with a man who doesn't know how to make me feel the way I want to feel in a relationship anymore. If he wants me back, he's going to have to do it by attracting me in the ways that I really want from a man, not by trying to force me into it with his overbearing persistence, sweet texts or empty promises.”*

So, if you want your ex to stop being so cold and distant, you need to get clear about what she really

wants from you.

Ask yourself, *â€œWhat aspects of my thinking and behavior turned her off?â€*

For example:

- Did I stop being the confident guy that she first met and gradually became insecure and too emotionally sensitive around her?
- Did I put up with her bad behavior and allow her to dominate me emotionally, rather than being a dominant, loving man that she could look up to, respect and feel safe with?
- Did I stop being a masculine guy with her and instead fell into the habit of sometimes imitating her way of being (e.g. being overly emotional and sensitive about things like a woman, gossiping like a girl, being too cute, being afraid of things that men typically aren't afraid of)?
- Did I stop reaching for my true potential in life and become needy, clingy and emotionally dependent on her?

Those are a few examples of what secretly turns a woman off.

Can you relate to any of them?

Don't worry, most guys make mistakes like that in a relationship because we don't ever get taught this stuff when growing up and are expected to either know it, or figure it out for ourselves.

I figured it all out a long time ago, so I am here to help you and explain how you can get her back and then enjoy an even better relationship with her than you had before.

Another common mistake that guys when in your situation isâ€

3. Asking her why she is being so indifferent and hoping that she will explain herself

When a woman is being indifferent towards her ex, it's only natural that he might want her to explain why.

For example: He might ask, *â€œWhy are you doing this to me? Why are you ignoring me and being so indifferent? I don't understand. Why don't you just tell me what you want me to do to make you like me again and get this relationship back together? After all we've been through, how could you just change overnight and be so cold? I love you more than anything. I've never loved another woman as much as I love you. You mean everything to me. Doesn't that mean anything to you? Don't you care?â€*

Saying things like that seems like the logical thing for a guy to do, right?

It seems logical, but it isn't.

Why?

The logical thing to do is to re-attract her, so she then naturally stops being indifferent and wants the relationship to get back together.

The illogical thing to do is to begin desperately asking her why, or seeking pity as he asks why she is behaving so indifferently now.

Why?

Itâ€™s unattractive.

Women are attracted to men who believe in themselves no matter what a woman says or does.

Women are also attracted to men who understand how a womanâ€™s attraction works and donâ€™t need her to explain it.

Why?

Women are embarrassed to admit what they are attracted to in a guy.

Itâ€™s embarrassing for a woman to say, *â€œHey, I donâ€™t want you to care that Iâ€™m being indifferent. Donâ€™t follow my lead. Believe in yourself and show me that no matter what I say or do, you always remain confident and have high self-esteem. If you do, I will feel respect and attraction for you. Donâ€™t look at me as being the more dominant one. You are the man. Remember that!â€*

Women donâ€™t want to have to say that because most guys will get the wrong idea and start being very arrogant.

So, they just hope to find a guy who understands women and has the ability to be the man.

If you can be the man and believe in yourself without needing the encouragement of a woman, women will naturally find you attractive, appealing and sexy.

In terms of getting an ex backâ€

A woman wants her ex guy to figure out what heâ€™s been doing wrong and then quickly make some adjustments and changes to his thinking, behavior and communication style to show her that heâ€™s changed.

She doesnâ€™t want to have to hold his hand and explain what heâ€™s been doing wrong.

She doesnâ€™t want to take on the role of his teacher or protector in life.

Instead, she just wants to relax into being his feminine, girly woman.

If she has to tell him how to be the man she needs, she will lose respect for him because he is simply following her instructions and may not really understand why it is important, or how to be the man in other ways or other areas of life.

So, donâ€™t bother asking your ex why sheâ€™s being so indifferent towards you because sheâ€™s probably not going to tell you.

If you do ask her, you will most likely get answers like, *â€œI donâ€™t knowâ€* or *â€œI just how I feel,â€* or, *â€œDonâ€™t ask me that.â€*

So, what should you do instead?

From now on, use every interaction you have with her as a chance to make her laugh, smile and feel good to be around you.

The happier she feels in your presence, the less she will be able to ignore you.

Think about it this wayâ€

Would you be indifferent to a person who is making you laugh, smile and feel happy?

Most likely not, right?

In the same way, when your ex experiences only positive feelings around you from now on, no matter how much she tries to be indifferent towards you, her resistance will crumble and she will

automatically begin feel drawn to you again.

Then, getting her back becomes easy, because she wants it too.

Of course, itâ€™s not just about making her laugh, or making her laugh in a silly way.

What Iâ€™m talking about is being masculine and making her laugh like a feminine, girly woman.

Big difference.

If youâ€™ve ever watched a masculine man interact with a feminine woman, you will know what Iâ€™m talking about.

Maybe you used to be like that with your ex girl too.

You need to get that back and if you do, sparks will begin to fly between you and her again.

What do you do from there? How do you complete the ex back process and get her back into a relationship?

Keep learning from me right now and you will find out.

×

[image]

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My Ex and I Have an Amazing Connection as Friends, But There is No Spark

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The main reason why there isn't a sexual spark between you and your ex anymore is mainly because you are too neutral towards her.

For a sexual spark to exist and remain alight, there must be a clear difference between the masculine and feminine energy of the man and woman.

If you are both like a couple of friends who spend time together, the spark will die out and you will feel like friends.

The problem that a lot of guys experience when maintaining a friendship with an ex, is behaving like a friend.

Behaving like a friend or like a sexy man to her is your choice.

You get to decide what type of energy you give off, how you talk to her and how you behave and act around her.

Unfortunately, a lot of guys who have an amazing connection with their ex girlfriend (or wife), but can't get any sexual action, are those who are afraid to behave like anything other than a friend to her.

For example: A guy will fear that if he shows sexual interest in her (e.g. flirts with her, creates sexual tension, tells her that she looks sexy that day or tells her to turn around in her jeans so he can check out her ass), she will get upset at him.

He fears that she will then cut him out of her life entirely and he will then not only lose his chance to get her back, but he will lose a great friend as well.

So, rather than risk losing her, he will accept an amazing connection as friends and just hope that something sexual sparks up between them over time.

Here's the thing though!

If you want to have more than a friendship with your ex, you have to create sexual feelings inside of her by displaying traits and behaviors that women are naturally attracted to and turned on by.

It's easy to do and the first step is to stop being on your best behavior around her like a good friend.

Stop pretending that you're not attracted to her anymore and just want to be friends.

Of course, this doesn't mean that you should throw yourself at her and start telling her about your feelings for her.

No.

Don't do that.

It will backfire!

It simply means that from this moment onwards, you don't act like a neutral friend around her.

You talk to her and interact with her in ways that naturally make her feel sexually attracted and aroused (e.g. You are very masculine in how you talk, feel and behave. You are very confident

around her, no matter what she says or does to try and make you feel insecure).

Remember though!

It's totally fine to be her friend.

However, just don't make the mistake of being an innocent friend who thinks that he isn't allowed to flirt with her or make her feel sexually attracted.

A Good Friendship Isn't Enough

When people are people politically correct, they will say that a friendship is the basis for a lifetime relationship between a man and a woman and that sex isn't important.

It's BS.

Sexual attraction is more important than the friendship.

Attraction always comes first and everything else follows on after that.

I'm a happily married man and my wife and I are best friends.

However, first and foremost, we are sexually attracted to each other.

I do not treat her like one of my guy friends.

I treat her like my girl, my sexy woman, my sexy wife and then she is my friend.

As a result, the spark is always there between us.

If I treated her like one of my guy friends or like a neutral friend, the spark would die out and our perfect marriage would begin to fall apart.

That's how important sexual attraction is.

After nearly six years today, my wife and I still get intensely aroused by simply kissing each other.

It's like it was back when we first met.

That's how a relationship is supposed to work between a man and a woman and believe me, you will not achieve that by making the friendship between you and her the number one priority.

Sexual attraction is the number one priority.

Everything else comes second, third and so on after that.

So, if you have been treating your ex more like a friend for quite some time now, she will be finding it difficult, if not impossible, to muster up enough sexual desire to want to kiss you or have sex with you.

Even though you're a great guy and you and her are perfect for each other, the lack of sexual attraction causes you to feel more like friends than ongoing lovers.

When a woman feels that way about her guy, she will often begin to focus on the things about him that turn her off.

She will then start wondering things like, *Is this really it? Is this how it's going to be between us? Where is the spark? Where is the romance? Am I settling for less? My girlfriends seem to happy with their boyfriends or husbands the spark is clearly there. I'm not feeling it with my guy. Maybe it's a sign that we're not meant to be together. Maybe the relationship has run its course and is now over. Maybe it's time for me to move on.*

No, itâ€™s not time to move on from you.

Sheâ€™s simply not feeling the spark and you know what?

You can CREATE the spark.

A woman feelings of sexual attraction happen in response to how you talk to her, how you behave and how you act.

In other words, you are in control of it.

When you interact with your ex, youâ€™re either making her feel neutral towards you like a friend (e.g. because youâ€™re being a standard good guy, talking about things like a friend, being neutral) or you are making her feel sexually attracted and turned on (e.g. because youâ€™re being very masculine and making her feel girly in comparison to you).

Hereâ€™s the thingâ€¦

Even though your ex likes you as a friend and thinks highly of you, if you canâ€™t give her the attraction experience she really wants, she has to go and find that with another guy.

Rememberâ€¦

Attraction always comes first.

Everything else is secondary to attraction when it comes to sexual, romantic relationships between men and women.

So, if you and your ex have an amazing connection as friends, but there is no spark, then you need to create that spark.

You need to make some adjustments to the way you interact with her from this point onwards, so the way you talk, feel, behave and act automatically creates feelings of sexual attraction between you and her.

When you change the way you interact with her in a way that triggers her feelings of sexual attraction for you (e.g. flirt with her to create sexual tension, make her laugh and smile, make her feel feminine and girly in contrast to your masculine vibe), her neutral feelings for you will change automatically.

She will start to think things like, *â€œI donâ€™t know whatâ€™s happening to me. I suddenly feel so attracted to him. I canâ€™t stop thinking about him touching me, kissing me and making love to me again. I thought that we were only friends now, but my feelings have definitely changed. I want more. Maybe itâ€™s a good idea for us to get back together again and see how it goes.â€œ*

However, if you continue to make her feel like a neutral friend in your presence, itâ€™s highly likely that she will eventually hook up with another guy who sparks her feelings of sexual attraction in the ways that she wanted all along.

You will then find yourself wondering things like, *â€œWhy? What happened? How did I lose her? I thought we had an amazing connection! We are meant for each other. How could she just leave me behind?â€œ*

Simple.

Attraction comes first and everything else follows on after that.

5 More Things That Keep a Relationship Together Between a Man and a Woman

Sexual attraction is the most important glue that keeps a relationship between a man and a woman together.

However, there are also other things that are very important.

To name a fewâ€¦!

1. Making progress in life together as a couple

Part of being the man in a relationship with a woman is taking on most of the responsibility for leading both you and her to a better life in the future.

This doesnâ€™t mean that she takes a back seat while you do all the work, make all the decisions and earn all the money.

No.

Instead, it means that as the man, you make sure that you and her are headed in the same direction and want the same things.

You have a clear plan for your future together and youâ€™re both working towards achieving it.

No matter what challenges you and her face along the way, you are always the one who remains emotionally strong and stable, so she can continue to feel like you are the man and she is the woman and can rely on you to protect her.

The following example might not apply to you, but where a lot of guys go wrong is by drifting through life without a clear purpose and direction, which causes his woman to feel insecure about her future with him.

She begins to think things like, â€œWhy isnâ€™t he aiming for bigger things? Why is he just happy to work his job and be mediocre? Why isnâ€™t he trying to get promoted at work? Will we always be stuck at this level of life? What if we decide to have a family together? How will we be able to take care of our children on a single salary/wage? If he canâ€™t plan for our future, then Iâ€™m going to have to do it. Iâ€™m going to have to be the more manly one and figure out a life plan and make sure that we follow through on it. Yet, thatâ€™s not what I want though. I want to be with a man who leads the way and has the emotional strength to make me feel protected and safe in the relationship because he always pushes forward and continue to make progress.â€

Of course, this doesnâ€™t mean that the man has to do everything and the woman can just relax and be silly.

Not at all.

Yet, for a woman to be truly happy with her man, she wants to see that he is the stronger one and he is the more emotionally consistent one.

For example: You may have noticed that a woman can be excited and interested about doing something one day, but will give up on it the next day or the following week.

Men do that too, but women do it all the time, which is a difference between men and women that is acceptable and needs to be there for sexual attraction to exist.

If women were like men and were always consistent, strong and manly, then we wouldn't feel attracted to them.

Part of a woman's appeal is her emotional vulnerability, her indecisiveness and her need for a strong man to lead the way.

So, if a woman finds herself in a relationship with a guy who doesn't lead and expects her to be Mr. Consistent and Mr. Followthrough about everything, she will naturally begin to lose her feelings of sexual attraction for him.

She might like him as a friend and they might have an amazing connection, but something just won't feel right to her anymore.

So, an important part of keeping a relationship together with a woman is your ability to be a man who is striving through the levels of life and reaching for your true potential.

If you do that, your woman can relax and feel safe with you and she can also feel sexually attracted to you.

Why?

You are being a traditional man, which allows her to be a more traditional type of woman, which leads me to the next point!

2. A clear difference in masculine and feminine energy

A relationship that ends up feeling more like a friendship is usually as a result of a man and a woman essentially being too much like each other.

In other words, she stops being the sexy, girly, emotional, feminine woman that she used to be at the start of the relationship and starts being a more plain, neutral, logical woman.

Why?

It all happens in response to the dynamic that the man offers her in the relationship.

If a man doesn't maintain his masculinity in the relationship, she will start to take on some of it herself, which will eat away at her femininity.

For example: Guys often make the mistake of thinking that to keep a woman happy in a relationship, she should take the lead and make all the decisions.

Yet, although a woman may initially enjoy bossing her guy around for a while, it will begin to annoy her that she is no longer feeling like a feminine, girly woman and is starting to feel more like his mother or big sister.

That's not what she wants.

If he makes her feel that way, she will eventually lose so much respect and attraction for him that she will begin to disconnect from her feelings of love for him.

When that happens, she will usually break up with him and look for a guy who will be the man in the relationship, so that she can then relax into thinking, feeling and behaving like a real woman again.

It doesn't matter that her ex is a good guy or that they shared an amazing connection.

Her feelings of sexual attraction are the most important element of a relationship before anything else.

If her feelings of sexual attraction have faded away because he stopped being a man for her, she will

naturally begin to feel attracted to other guys who are more masculine than him.

The same applies for a guy.

If his woman stops being as feminine and starts being a more plain, neutral woman, he will naturally start feeling more attracted to very feminine women and may even spend a lot of his time and sexual energy jerking off to porn with those types of women in it.

We humans want the masculine/feminine energy balance to be right.

We can't cover it up with a friendship.

That doesn't work.

Sexual attraction always comes first and overrides everything else.

So, if you want to relight the spark between you and your ex, you need to show her that you now have the ability to be masculine in a way that makes her feel totally feminine and girly again.

Talk, behave, feel, act and move in a very masculine way, so she can naturally respond in a feminine way.

If you do that, she will naturally begin to feel attracted to you again, even if she tries to hide it.

She needs to be able to see that she can truly relax into being a woman around you, knowing that you really are the man now.

She will then automatically begin to feel respect for you again and when that happens, it will be difficult for her to stop feeling sexually attracted to you as well.

Another important thing needed to keep a relationship between a man and a woman together is a

3. Regular enough sex to keep both parties happy

According to research, at the beginning of a relationship, most couples have sex 2-4 times per week.

However as time goes by, a lot of guys make the mistake of turning their woman into more of a friend or worse, a roommate and the sexual spark fades away.

Yet, here's the thing!

Even though sex is not always equally important to every person (e.g. some couples place more importance on shared values, the pursuit of goals, raising a family together), to keep the romantic connection alive between them, it's important that the sex doesn't dry up or become boring or stale.

You don't have to be super adventurous or do crazy things during sex to keep it interesting.

Instead, you just need to make sure that you maintain the masculine and feminine difference between you and her, so the sex is automatically and naturally interesting and enjoyable for both you and her.

4. The woman can look up to her man and feel proud of him in every way

I'm not talking about being proud of him because he is a standard good guy.

No.

It's more than that.

You're most likely a good guy and I say that, because after helping men for many years, I know that guys in your situation are pretty much always really good guys and have good intentions with the

girl.

Yet, thatâs not what a woman feels most proud of.

For a woman to be able to look up to her man, respect him and feel proud of him, he has to be an emotionally strong man who doesnât need her to keep propping him up and encouraging him to remain happy, confident and forward moving in life.

In other words, if she doesnât show him enough love, attention and support, he starts to sulk, get clingy or worse, get angry at her for making him feel insecure like that.

She essentially needs to be Mr. Consistent and Mr. Supportive, or else he wonât keep making progress or being a confident man.

That makes her feel like he is her child or little brother, which isnât attractive to her and kills the sexual spark as a result.

Additionally, where a lot of guys go wrong (and end up losing their woman as a result), is by thinking that making a woman the center of his world is what she really wants.

As a result, he might focusing on other areas of his life (e.g. give up on his goals and dreams, neglect his friends, quit his hobbies and interests) so he can orbit around her as though she is the center of his universe.

Thatâs not what a woman wants.

Although modern women are usually embarrassed to admit it (because of the backlash they will receive from feminists), they naturally want to orbit around a man and allow him (and any children they may have) to be the center of their universe.

Feminist women will say that men should follow a womanâs lead and be subservient to her, but thatâs not what really works in the majority of sexual relationships between men and women.

What a woman really wants is a man who is capable of continually being the man, so she can be his woman.

Most guys donât know that though, or they get sucked in by the confusing, politically correct talk they see on TV or overhear coworkers talking about.

As a result, many guys feel as though the right thing to do is to be in a position where he is looking up to the woman, feeling proud of her and feeling safe and happy that he is being protected by and lead by her.

He may then justify his actions by thinking something along the lines of, *âAs long as I have her in my life, I donât need anything else. In fact, goals and ambitions and even work are just a distraction from being with her and I donât want that. The love that we share is more important than the dreams I had before I met her. Instead, we will make new dreams together. Thatâs what couples do. I will do what she wants because she is all that I want.*â

Yet, thatâs not what a woman wants.

She doesnât want to be her manâs main focus in life and take him away from following through on his biggest dreams, goals and ambitions.

She also doesnât want to be responsible for his mental and emotional well being.

She wants him to take care of her, love her and appreciate her, but if he allows himself to become emotionally dependent on her, she will instinctively begin to lose respect for him as a man.

Rather than feel flattered that heâ€¢s giving up on everything else in his life for her, she will begin to feel unsafe in the relationship and may even start to feel smothered by his neediness.

She might then think something like, *â€¢What kind of future do I have with a man who canâ€¢t take a step in life without me? Sure, it was sweet at first, but now I feel embarrassed to tell my friends and family that heâ€¢s so needy and clingy that he canâ€¢t stand on his own two feet and be the man in our relationship. Instead, he depends on me entirely for his emotional well being and is neglecting all the other areas in his life. Itâ€¢s just too much pressure for me. I donâ€¢t want to be taking care of him emotionally. I want a man who is emotionally strong enough to make things happen in his life, rather than hiding behind me for protection from what he sees as a scary world out there. He needs to grow a pair of balls and man up.â€¢*

So, if you want to create a spark with your ex and make want you again, donâ€¢t make the mistake of letting your entire purpose and reason for living be about being in a relationship with her.

Instead, begin to focus on your goals, interests and friendships that are separate from your relationship with her, while also going through the quick and easy ex back process that I teach here at The Modern Man.

Another important part of keeping a relationship together between a man and a woman is thatâ€¢|

5. They have a mutually agreed future that they're aiming for

It may seem like an obvious thing to say, but a couple needs to want the same things in the relationship long term, if they are going to be able to remain together long term.

For example: It will be a lot more difficult for a relationship to last if a man likes to go clubbing all the time and enjoys hanging out and getting drunk with his friends, whereas his woman wants to get serious, settle down, start a family and be responsible.

So, if the man and woman arenâ€¢t aiming for the same things, itâ€¢s unlikely that the relationship will last for life.

Eventually, one person is going to get tired of waiting for the other to get onboard with their vision for the future and unfortunately for men, itâ€¢s usually the woman who feels that way.

Remember: For a relationship to work, a couple must have a shared, long term vision that they are both happy about working towards.

So, if a man and a woman find themselves at different levels of maturity and emotional development, a break up becomes an almost certain inevitability.

Women in the past used to put up with it, but modern women donâ€¢t have the same kind of patience.

Modern women want a relationship that is satisfying and emotionally secure, so they can feel safe about spending their time with a man and knowing that things will work out okay in the long run.

So, if you and your ex have an amazing connection as friends, but there is no spark, could it be because youâ€¢re at different levels emotionally?

For example: Ask yourselfâ€¢|

- Do her and I want the same things in life, or are we going in very different directions (e.g. I want to settle down and be stable, but she wants to travel and live a carefree life. She wants to start having children,Â but I donâ€¢t want to take on that kind of responsibility right now)?

- Is there too much of a gap between her relationship intelligence and mine?
- Does she understand how to be effective in a relationship and make things work much more than I do, or do I have a lot more experience and relationship intelligence than her and she feels like she just can't be responsible like I am?

You Can Relight the Spark Between You and Her

Okay, I hope you have been learning something from this article so far and getting a better idea of what you need to do to make a relationship work with your ex.

One thing that I really want you to be clear about is that you CAN relight the spark between you and her.

It's not dead.

The spark between a man and a woman is something that is CREATED by way of the man's actions, behavior and approach.

In other words, from now on, you are either going to be talking to her and interacting with her in a way that makes her feel neutral or sexually attracted and aroused.

It's completely up to you and how you approach her from now on.

×

[image]

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How Can I Get My Ex to Desire Me Like She Used To?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are the 4 steps to take to get your ex to desire you the way she used to:

1. Make her feel attracted to the new and improved you, but don't try to get back with her right away unless she wants to

It's very important that when you interact with your ex from now on (e.g. via text or e-mail, on social media, over the phone and in person), you're not coming across as a neutral friend.

Instead, you must use the interactions as a way of making her feel sexually and romantically attracted to the new and improved you.

A great way to do that is by using humor to bring down her defenses and show her that, even when she tries to make you feel insecure by being cold and unfriendly towards you, or by pretending that she doesn't desire you anymore, you maintain your confidence around her.

It also allows her to see that you believe in your attractiveness and value to her, which is very important to women, but is something that they rarely, if ever, admit to men.

Why?

If women admitted that they like it when a guy believes in his attractiveness to her regardless of her behavior, most guys would take it the wrong way and begin acting arrogant.

That's not what a woman wants.

A woman wants a guy who is confident and believes in himself, without feeling like he needs to put on an act of thinking that she should feel lucky to be talking to such an awesome guy as him.

So, make sure that you believe in yourself no matter what she says or does, but also be a good guy at the same time.

In addition, make sure that you focus on flirting with her so she can enjoy the building sexual tension between you and her.

Then, stop and go back to talking normally for a few minutes and then repeat the process all over again (i.e. be very confident, flirt with her, make her laugh and smile).

Let the sexual and emotional tension build up until she feels like she wants to release it with hugging, kissing and sex.

In some ex back cases, this happens instantly.

However, in more difficult cases, it usually takes 3-7 days to get her to the point where she's thinking things like, "I don't know what's gotten in to me. I'm feeling so drawn to him all of a sudden. I wish that he will take me into his arms and kiss me. I want to have sex with him again. Why am I even thinking like this around him? We're supposed to be broken up! I'm so confused."

Then, getting back together becomes something that she wants to do to as well, rather than it just being about you wanting her back.

However, be warnedâ€¦!

Donâ€¦t push her to get back in a relationship again if she doesnâ€¦t seem ready.

Instead, just continue showing her the new and improved side to yourself (e.g. your new and improved confidence, masculinity, emotional independence) and keep building on her feelings of attraction for you.

From there, you need toâ€¦!

2. Get her to forgive the old version of you

Note: This step applies to more difficult ex back cases.

If your ex is easy to get back, you wonâ€¦t need to get her to forgive you.

However, if youâ€¦re like most guys who need help to get an ex woman back, your ex hasnâ€¦t been making it easy for you, right?

Sheâ€¦s been saying no and holding onto her reasons why she broke up with you.

So, you need to get her to let go of those reasons and see the new and improved you by first forgiving the old version of you.

The forgiveness has to be for real though.

She canâ€¦t just say something like, *â€œYeah, sure I forgive youâ€œ* and not actually mean it.

That doesnâ€¦t work.

You have to get her to forgive you for real.

If she doesnâ€¦t get to the point where she forgives you for real, she wonâ€¦t be able to feel complete desire for you.

Instead, she will just continue to focus on the reasons why you and her shouldnâ€¦t be together anymore.

Then, whenever you do something she doesnâ€¦t like or approve of, sheâ€¦ll say to herself, *â€œI knew that nothing about him has really changed. Heâ€¦s just been putting on an act to try and get me back, but underneath it all heâ€¦s still the same jerk I broke up with. Well Iâ€¦m not going to fall for that this time. Weâ€¦re broken up and I donâ€¦t see any reason why I should give him another chance. Itâ€¦s over. I have to move on fully and get him out of my life.â€œ*

On the other hand, when you get her to the point where she really does forgive the old version of you, it makes her drop her guard and allows her to start seeing you as the man you are now.

She stops judging you based on your past actions and behaviors and she starts to look at you as the new you; a guy she can actually feel respect, attraction and love for again.

From there, you need to make sure that youâ€¦!

3. Stop turning her off in the subtle ways that she probably hasn't told you about

Women have a hard time opening up and saying what they really want from a guy in terms of sexual

attraction.

For example: A woman is with a good guy who treats her well, cares about her and even makes her laugh and smile.

That's all great, but if there are many subtle, but important things that turn her off sexually about him, it's just not going to feel right to her.

For example: He might

- Try to control how she thinks, feels or behaves so he can feel better about himself (e.g. She has to be nice to him all the time and never throw a tantrum, otherwise he gets angry or upset at her for being disrespectful and then begins to treat her badly. She has to not look at other guys when they are out and if she does, he gets angry and emotional and begins to sulk or give her the silent treatment).
- Act too much like her, rather than acting like a man (e.g. he giggles and acts girly like her too often, he cries when life gets tough, he gossips about people all the time, he uses cute body language like a woman would, he is afraid of things that usually only scare women, such as spiders or even harmless insects).

So, if you want your ex to feel true desire for you again, you must ensure that you're not turning her off in the same old subtle ways, or in new ways (e.g. now you're very hesitant around her because you don't believe in your attractiveness and value to her, which turns her off because women aren't attracted to a lack of confidence in men).

Next

4. Start to deepen her feelings for you by being a man that she can look up to and feel proud to be with

For a woman's feelings to grow and flourish in a relationship, she needs to feel that her man is a catch.

Being a catch doesn't mean that he has to be model good looking, super rich, famous or successful, but rather that he has the personality traits and behaviors that women naturally find attractive (e.g. confidence, charisma, charm, humor, determination to succeed, emotional strength).

If a guy has traits like that, a woman will feel good around him.

She will feel as though he is one of the rare guys who has it all together and is capable of being successful, protecting her and enjoying a great life with her.

This doesn't mean that a guy has to be successful to be desirable to women.

No.

Simply having the potential to be a successful man is enough to arouse the desire of almost all women.

Why?

It's simply about a woman's natural breeding instincts. She doesn't want to get stuck with a guy who is going to be more of a burden than a benefit, especially since she is the one who is

going to have to raise the offspring.

Note: This applies even if she doesn't want children, hates children or is too old to have children. The same rule applies.

A woman's breeding instincts compel her to find a guy who is capable of protecting her, providing for her and the offspring and having a good life with her.

As mentioned, this doesn't mean that a guy has to be successful to be desirable.

It's simply about having the potential to be successful based on your confidence, charisma, social skills and determination to succeed at anything that you do in life (even the small, seemingly insignificant things).

If you have the personality traits that a woman naturally and instinctively finds attractive, she will automatically feel desire for you and feel good around you.

For example, when a man is interacting with his ex woman:

Does he make her feel turned on, or does she feel neutral, or even a turned off by him (e.g. because seems nervous and unsure of himself now)?

Does he make her feel good, or does she feel bored, tense or stressed out?

Is he the kind of man she can look up to, respect and feel proud of, or would she now feel a bit embarrassed to be associated with him?

That's what really matters to a woman.

If you don't know how to be the kind of man that your ex desires and wants to be associated with anymore, then be sure to keep reading along!

6 Mistakes to Avoid Making if You Want to Get Your Ex to Desire You Like She Used To

Quite often, when a guy gets broken up with, his instincts tell him to do whatever it takes to get his woman back right away.

As a result, he may then begin to behave out of character and say and do things to her that he will later regret.

For example:

1. Begging and pleading with her for a second chance

Why does this turn her off?

An important part of a woman's attraction for a man is based on ability to make her feel like she can look up to him and respect him as a man.

So, when a guy is begging and pleading, she perceives him as being too emotionally weak and needy, which causes her to look down on him.

Additionally, a woman doesn't want to feel like she will be stuck with a man who resorts to begging and pleading when life isn't going right for him.

A woman's natural instincts are to align herself with a man who maintains his composure when

under pressure.

Another mistake to avoid isâ€¦|

2. Apologizing to her over and over again

Why isnâ€¦t that appealing to her?

Although thereâ€¦s nothing wrong with giving a woman a heartfelt apology for your mistakes, apologizing to her repeatedly is a waste of time.

When a guy is apologizing excessively and essentially taking the blame for everything that went wrong in the relationship, it simply makes him look desperate in her eyes.

Even though he is being sincere, nothing about his behavior is making her feel like if she gives him another chance, things really will be different this time.

Heâ€¦s just apologizing, but heâ€¦s still the same guy she broke up with and now, heâ€¦s turning her off even more by being desperate.

3. Asking her to tell him what he needs to change to make her desire him like she used to

Why donâ€¦t women like it when a guy does that?

If a woman has to explain to a guy what he needs to do to attract her, he will start to look like a confused guy who still hasnâ€¦t grown up and become a man yet.

She will then feel that getting back into a relationship with him will be a mistake, because he doesnâ€¦t even know how to be a real man without her telling him what to do.

Instead, she will have to guide him along and help him to grow up and become more mentally and emotionally masculine over time.

She doesnâ€¦t want to run the risk of being with a guy like that because he might not maintain his motivation to improve.

He might just be saying that he is willing to change so he can get her back, but he will stop trying later on once they are comfortable again.

Her instincts will urge her to find a man who understands how to be a man, likes being a man and is always becoming an even stronger man (mentally and emotionally, not physically) over time.

So, if you want to get your ex to desire you like she used to, make sure that you use every interaction to spark her feelings for you (e.g. by making her laugh and smile, making her feel feminine and girly in contrast to your emotional masculinity).

The more she enjoys interacting with you, the more she will begin to respect you again.

When she can respect you, she will then also be able to reconnect with her feelings of desire for you.

On the other hand, if you keep turning her off by saying and doing the wrong things (e.g. begging, pleading, crying, making promises to change, pouring your heart out to her), she will just keep saying, *â€¦Sorry, but itâ€¦s over between us. Please accept it and move on.â€¦*

4. Trying to romance her before regaining her respect and attraction

Some guys hope that being very romantic to their ex woman (sending her flowers or a card, writing a

poem, buying her gifts like chocolates, perfume, jewelry or a cute teddy bear), will result in her feeling so much desire that she wants to get back with him again.

Yet, it just doesn't work in almost all ex back cases.

Why?

Romance is only enjoyable to a woman if the feelings are mutual (i.e. if she respects him, feels attracted to him and feels love for him).

When a woman breaks up with a guy, it's usually because she no longer has strong feelings for him.

In other words, the feelings are no longer mutual, so she isn't going to enjoy his attempts to be romantic.

She will see it as him trying to get her back by distracting her with things that have nothing to do with him (i.e. physical objects such as teddy bears or cards).

To get her back, he has to be able to attract her to him, not to objects and nice gestures of romantic affection (e.g. poems, sweet texts).

He has to interact with her on a phone call or in person and let her experience the new and improved him in person, otherwise she just won't be seduced by his attempts to be romantic.

For example: If an insecure guy sends his ex woman flowers, it's unlikely that she will think, *Who cares that he's insecure?! He sent me flowers! I have to give him another chance now. Flowers are the most important thing to me! I don't care about feeling sexually attracted to him. I just need flowers!*

Instead, she will assume that he's still insecure and is hiding behind a traditional romantic gesture.

Remember: Romance is only enjoyable to a woman when the feelings are mutual.

Traditional romantic gestures don't work on an ex woman who doesn't have feelings for you anymore.

You have to make her have feelings for you first, by allowing her to interact with the new and improved you on the phone or in person.

Of course, a woman isn't going to tell her ex that.

In many cases, a woman will secretly laugh and just enjoy the desperate, confused attempts by her ex to get her back.

She will usually also accept any gifts or financial help he offers her (e.g. many guys try to stay in their ex woman's life by helping to pay her rent, mortgage or bills), but it won't make her want him back in a sexual way.

So, make sure that you don't fall into the trap of being very generous and romantic towards her in the hope that it makes her want you in a sexual way again.

It simply doesn't work.

What does work?

Making her feel sexually and romantically attracted to you based on how you interact with her on the phone or in person.

For example: When talking to your ex on the phone or interacting with her in person!

- Do you make her feel like a real woman by being more masculine than her, or do you make her feel like she's the more dominant one?
- Do create a spark of sexual attraction between you and her and build on the sexual tension to the point where she wants to kiss you and have sex with you again, or do you act in a neutral manner and make her feel like you and her are just friends now and nothing else?
- Do you turn her on by being a confident, emotionally strong, self-approving man, or do you turn her off because you're too insecure, nervous and self-doubting?
- Does she feel relaxed and happy in your presence, or does she feel tense, bored or stressed out?

Those are the kinds of things that truly matter to her.

Another mistake that a guy might make in your situation isâ€¦

5. Hoping that being extra nice to her will make her regret her decision

For example: A guy might treat his ex like a princess and let her get away with being rude to him, or take advantage of him (e.g. by asking him to run errands for her, or to borrow money from him, she has no intention of paying back).

Secretly, he's hoping she will say something like, *â€œYou know? I've never realized just how much you still care for me, until now. I know that we're broken up and I really have tried to move on, but I now realize that no other guy compares to you. Can you ever forgive me for leaving you and give us another chance? I just can't bear the thought of losing you for real.â€*

It would be nice if women reacted in that way to niceness, but they rarely do.

If a woman does react in that way, she is simply being manipulative and has every intention of using the guy for her benefit for a while, before cheating on him and telling him about it, or dumping him when he thinks that everything is fine.

Pretty much every other woman is going to see right through the Mr Nice Guy act, not be interested in and continue to move on.

So, does that mean a guy shouldn't be nice to his ex woman?

No.

Of course not.

Sometimes, being a good guy is always the best approach to life and relationships, but there's a big difference between being a good guy and being a desperate, ass kissing nice guy.

If a woman senses that her ex guy is being extra nice because he doesn't have any idea how to re-attract her, then she's going to feel turned off by his cluelessness and desperation.

Women know what attracts them to men (e.g. confidence, emotional masculinity, charisma, balls, humor), but most guys don't know that, or don't know how to display it, especially when they have been rejected or dumped by a woman.

If a guy has been dumped, he needs to show his woman that he still believes in himself, still has the balls to crack jokes and still has the emotional masculinity to remain strong and guide him and her back into a relationship, regardless of how difficult she is being.

If a woman is secretly open to getting back with her ex, she won't always show that to him.

In many cases, she will act as though she's over him or as though he is so annoying to talk to

now.

She wants to see if he can retain his composure under pressure, or if he will crack and show his true colors.

Women don't want to be stuck with a guy who can't handle the pressures of life and after a break up, a woman has the perfect opportunity to test her guy's confidence and see what he is really made of.

It's easy for a guy to feel confident when a woman is showing him love, affection and attention, but it's another story altogether when he has been rejected or dumped.

So, in the case of a guy sucking up to a woman by being extra nice, she looks at that as meaning that he lacks confidence in his attractiveness to her.

He felt confident in his attractiveness to her when she was nice to him in the relationship (that the easy part), but now can't handle the pressure after being dumped (the more challenging part).

He needs to stop sucking up and start showing her that he believes in himself and his attractiveness to her.

Note that I said *start showing her* and didn't say, *start telling her*.

Show her, don't tell her.

If you tell her something like, *I know that you're attracted to me* all she has to do is say something like, *No, I'm not. You're delusional* and you're screwed.

However, if you remain confident around her and let her see that you are confident in yourself no matter what she says or does, she will then start to change her body language, vibe and approach to show you that she is attracted.

That's how it works.

Leave it unspoken.

Show her that you believe in yourself and let her feel the attraction that comes with it.

Another mistake that a guy might make in your situation is

6. Working hard to improve his physical appearance to hopefully make her desire him in that way

Since the majority of men feel the most amount of attraction for a woman based on her physical appearance, they assume that women operate in the same way.

This is why, when a guy is trying to get his ex to desire him like she used to, he might think to himself, *Women are always talking about how they love guys with big muscles, six pack abs, a cool hairstyle and expensive clothes. So, if I'm ever going to re-spark my ex's feelings of attraction, I won't be able to do it looking like my old self. I'm going to have to give myself a major makeover (e.g. update my wardrobe, lose some weight, build some muscle, change my hairstyle) to impress her and make her desire me again.*

Yet, here's the thing

Although those things can make a nice superficial impression on a woman and even make her say something like, *Oh, you're really looking good. I love your new look,* it's not going to change how she feels about her ex if he is still turning her off emotionally.

For example: If he has big biceps and a six pack, but lacks confidence around her, he will quickly lose his appeal because she will be emotionally turned off by his lack of confidence.

Instead of feeling desire for him, she will be thinking something like, *â€œWhat a pity he didn't upgrade his confidence. He's still the same guy, even though he's done all these superficial things to his appearance. If he was as confident, self-approving and emotionally masculine, I would feel so attracted to him right now. Yet, his attractiveness is only superficial. He's still the same old, weak guy on the inside.â€*

So, make sure that if you want to get your ex to desire you like she used to, you focus on displaying some of the deeper traits that are naturally attractive to women, such as confidence, masculinity and emotional maturity, rather than hoping to get her back by improving your superficial appearance.

Naturally, there's nothing wrong with looking good or improving your appearance if it's something you want to do for yourself, but don't make the mistake of thinking it will get your ex back.

Instead, focus on changing the things that are truly important to your ex (e.g. becoming more emotionally independent, being more assertive and dominant than her, making her smile and laugh in your presence, being emotionally masculine rather than being emotionally sensitive) and she will naturally begin to desire you like she used to, because you are now a truly desirable man.

You might be worried that whatever you try may not work on her.

Don't think like that.

Women thrive on a man's confidence.

You've got to believe in yourself and your attractiveness to her.

You've got to be confident and let her experience that in person.

Let her feel attracted to the new and improved version of you and you will see a change in her body language, vibe and openness.

When that happens, you've just got to guide her through the rest of the ex back process and she will be yours once again.

×

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Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Can You Get an Ex Back After a Year or More?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Yes, you can get an ex back after a year or more.

Hereâs what you need to do:

1. Understand that love doesn't actually die

Itâs only natural that if a man has been broken up with his ex woman for a year or more, the idea of getting her back will seem like wishful thinking.

He might say to himself, *âSheâs not going to be interested in me now. Itâs just too late. The love is dead.*

Yet, hereâs what you need to understandâ!

Love doesnât die.

If your ex loved you before, then it means that the love really is still there in the background and therefore, it can be reactivated.

Love is something that we connect to, but itâs not something that dies.

If you and her connected to love together before and she eventually disconnected with it (e.g. because you turned her off, caused her to lose respect for you), then it means that she can reconnect with that love again if you approach her in there right way.

What is the right way to approach her?

By making her feel a renewed sense of respect and sexual attraction based on how to you talk to her and interact with her.

That is what works.

When you interact with her and make her laugh, smile and feel good to be hearing from you again after all this time, she instantly begin to reconnect with some of her her old feelings for you.

She will also experience new and more interesting feelings for you, which are based on the idea of reconnecting with a former flame, being in your arms again, having make up sex and experiencing each other now that both of you have had some time to grow and develop even more.

By the wayâ!

A benefit to getting an ex back after a year or more, is that she will have had a lot of time to forget or stop hating some of the negative things about you that she didnât like.

For example: A woman might have hated the fact that her and her ex guy always got into arguments over trivial things, but after a while of being apart and missing the good things about him and the relationship, she will be much more willing to hope that, if they tried again, things might be different this time.

So, donât be afraid to contact her and start the ex back process.

When you interact with your ex (over the phone and in person) and re-spark her feelings of respect and attraction for you, she will almost certainly begin to focus on seeing you as the man you have

become, rather than the man you used to be.

In other words, she will give you the benefit of the doubt.

Instead of thinking, *â€œNo, heâ€™s such a jerk. I donâ€™t want anything to do with him after all he did (goes through a list of things you did to turn her off) to me,*â€œ she can now think, *â€œHe seems so different now. Itâ€™s actually quite nice to talk to him again. Heâ€™s like a completely different man. Maybe it would be fun to catch up and talk to him in person. Maybe it would feel good to hug him again and be in his arms.*â€œ

Then, when you ask her to meet up with you, she will be more willing to say *â€œYes,*â€œ because she will want to experience the new you in person and she how she feels.

Another important step to getting an ex back after a year of more is toâ€¦

2. Understand that the original spark of sexual attraction for each other can be reignited

In the same way that love doesn't die, the original spark of attraction that is unique to you and your ex still exists as well.

The reason why she isn't feeling is is that she has disconnected from it and no longer wants to feel it, based on how you behaved leading up to the break up, during the break up and potentially even after the break up.

To get her to go back to feeling attracted again, you just have to relight that spark by giving her an upgraded attraction experience whenever you interact with her from now on.

For example: When you interact with your ex, ask yourselfâ€¦

- Am I turning her on right now by being confident, emotionally strong, funny or charismatic, or am I turning her off by being insecure, hesitant, wimpy or emotionally weak?
- Am I making her smile, laugh and have fun to be talking to me again, or does she feel tense, stressed out, or turned off by me because Iâ€™m being too serious, nice or formal?
- Am I making her feel feminine and girly in my presence (e.g. by being more emotionally masculine than her, flirting with her to create sexual tension), or does she feel more like a neutral friend, or even worse, a complete stranger to me now?
- Does she feel respect and sexual attraction for me based on the man that Iâ€™ve become since we broke up, or does she feel like sheâ€™s still not getting the attraction experience that she really wants (e.g. she always wanted her ex to be more confident and ballsy, but heâ€™s still being shy, timid, hesitant and neutral)?

You need to give her an upgraded attraction experience, so she can realize that getting back with you would be of benefit to her (i.e. she would feel exciting and interesting new emotions).

If you are doing it right, she won't be able to stop herself from reconnecting with the original spark that she felt for you because you will now be giving her the attraction experience she always wanted from you.

She can then start to think, *â€œI know that my ex and I have been broken up for over a year now, but heâ€™s like a different man. Maybe we can make it work this time. Maybe it would be fun. I*

*should follow my heart and give it a try.*â□□

As a result, the idea of getting back together again with you begins to feel good to her.

By the wayâ□!

Her â□□ following her heartâ□□ is simply womanâ□□s talk for her following her feelings of attraction and love.

When you make a woman feel attraction and love for you, she will feel like you and her are meant to be together and will open up to it.

This doesnâ□□t mean that she will lead the way and guide you back into a relationship.

Instead, it means that she will open up to it and allow you to guide her back into a relationship.

Of course, some women will take the lead, but almost all women want to be lead.

A woman wants a man to have the balls to make a move, make things happen and let her come along for the ride.

She doesnâ□□t want to have to take on the â□□manlyâ□□ role of leading the way, being the more confident and courageous one and helping you get her back.

Of course, some women will do that, but almost all wonâ□□t.

So, make sure that you are ready and willing to be the more courageous one and make things happen.

Another important step to getting an ex back after a year or more is toâ□!

3. Reach out to say hello as an old friend or an ex that is now a friend

Naturally if youâ□□ve been out of your exâ□□s life for a year or more, it might feel a bit awkward to just pick up the phone and call her out of the blue.

Thatâ□□s understandable and totally normal.

So, if youâ□□re not comfortable calling her, a good way to break the ice is by reaching out to her via social media, e-mail or text to say hi.

In most cases, a woman will usually have one or more social media accounts that she keeps active.

So, you can send her a message to say hi as an old friend.

For example: If your ex has a Facebook page, you can send her a message like, *â□□Hey ex girlfriend. Long time no speak. I just wanted to say hi as a friend and see how youâ□□re doing after all this time. Life is good for me and Iâ□□m sure it is for you too. How have you been?â□□*

Since she hasnâ□□t heard from you in a long time, she may think something like, *â□□Well, that was unexpected. I wonder what he wants with me after all this time. Does he want to get back together?â□□*

She will then probably look at your social media profile to see what youâ□□ve been up to since you and her broke up.

Important: Make sure that you have updated your profile first before you contact her and posted lots of photos of yourself having fun with other people and doing interesting things.

You donâ□□t want her seeing an outdated profile of you where you look lonely or sad and have her

thinking something like, *“So, he hasn’t been doing anything with his life for the past year and now wants to get some action with me. No thanks. Not interested.”*

On the other hand, if she sees that you haven’t been lonely without her and have been getting on with your life, she will feel comfortable replying to you.

Just make sure that when she responds to you, you ask her for her phone number (e.g. in case you’ve lost it, or in case she’s changed it since your break up) and tell her that you intend to call and say hello as a friend.

Then, make sure that you get her on a phone call with you as soon as possible.

On the call, make her laugh and smile and re-spark some of her old feelings of respect and attraction for you.

Remember: The most important thing to do when getting an ex back is to meet up with her in person, so you can re-attract her, hook up with her (if possible) and get her back for real.

So, make sure that you don’t waste weeks or months messaging (or e-mailing) back and forth and potentially turning her off and losing your chance.

If you just keep messaging or e-mailing, she may begin to think, *“Why is he wasting my time like this? Is he just lonely and in need of a friend? I mean, he contacts me out of the blue, acts like he’s changed and then doesn’t even get me to meet up with him. I guess he hasn’t changed after all. He’s still the same old insecure, self doubting guy I dumped. I have better things to do with my time. I’m not going to reply anymore.”*

Alternatively, if you waste weeks or months messaging or e-mailing, you might simply lose your opportunity with her if she meets another guy, hooks up with him and really enjoys it.

So, just get her on a phone call with you as quickly as possible and arrange a time to meet up in person.

However, before you go to the meet up, make sure that you are ready to

4. Give her an upgraded attraction experience

For example: If you were a little bit confident before, she’s going to feel a lot more attracted to you if you are very confident now.

How can you show her that?

No matter what she says and does to test you, or throw you off (e.g. she is cold or even mean and says something along the lines of, *“Why are you calling me after all this time? What do you want? Do you think I haven’t moved on? Do you think I have just been waiting around for you to call me?”*), you remain confident and emotionally strong.

Rather than get upset or start feeling nervous and insecure, you just laugh at her attempts to goad you.

You can then say in a joking way, *“Relax! You’re getting yourself all worked up over nothing. By the way you’re reacting though, I’d say you really missed me. That’s so sweet,”* and laugh (in a loving way) at her attempts to test you.

Another example is if you weren’t very masculine in how you talked, felt, behaved and acted.

In that case, she is going to feel very attracted to you if you are now very masculine (This is not about your physical appearance. It’s about your inner masculinity. In other words, your balls) and are

able to take the lead in the ex back process.

So, rather than always being on your best behavior around her and letting her get away with being rude or disrespectful, you now stand up to her in a loving, yet emotionally dominant way.

This allows her to relax into feeling like a real woman around you (i.e. feminine, submissive, girly, emotional).

The more you make her feel girly and feminine in comparison to your masculinity, the more she will think things like, *â€œI thought I was over him, but Iâ€™m not. Suddenly I feel so attracted to him again. Why am I feeling this way? Is it possible that Iâ€™m still in love with him after all? I want him backâ€* badly.â€œ

Another example is if you werenâ€™t very focused on pursuing your dreams and goals in life and were simply going through life being mediocre, or hiding from becoming more of a man because you feared failing.

In that case, sheâ€™s going to feel more attracted to you now if you are passionately pursuing your biggest dreams and goals and making them a reality.

Women are naturally attracted to a man who is emotionally independent, knows what he wants in his life and isnâ€™t afraid to go after it.

Knowing that her man is following through on the things that are important to him in life (i.e. his goals, dreams, a big purpose), with or without her reassurance, support or encouragement allows her to relax and feel safe in the relationship.

She knows that she can depend on him to steer them both in the right direction, rather than having to be the stronger one who is always leading the way and looking out for the both of them.

Whatever the reasons are why you and her broke up, to get her back after a year or more, you need to show her that you are truly a better man now than you were before.

You are still you, only better.

Remember: Giving her a better attraction experience now, gives her a reason to want to get back with you.

However, if you try to get her back while youâ€™re still stuck at pretty much the same level you were at when she broke up with you (e.g. youâ€™re still insecure, still too emotionally sensitive), she may just say, *â€œSorry, but Iâ€™m dating someone else now. Itâ€™s too late for us,â€* even if it isnâ€™t true, just to get rid of you.

So, make sure that you are ready to give her an upgraded attraction experience.

Once youâ€™ve changed and improved on some of the things that really matter to her, you need to thenâ€œ

5. Meet up with her and reactivate her feelings in person

No matter how much fun it might be to text back and forth, send cute messages to each other on Facebook or other social media, or how wonderful it is to talk over the phone, it will all mean nothing if you donâ€™t meet up with her in person soon.

Face-to-face is where everything really happens.

When she can see you, experience your confidence first hand and interact with the man you have

become, her feelings change and she opens back up to you.

She stops thinking of you as the ex who she hasn't seen for a year or more and she starts looking at you with fresh eyes.

This is why you must get her to meet up with you in person.

Don't make the classic mistake of feeling unwelcome to contact her and flirt with her.

So many guys sit around thinking what it would be like to get their ex woman back, but never make the call or push for an in person meet up.

As a result, they don't get their ex back.

It's the men who have the balls to make it happen who get their ex woman back and enjoy new, fun times with her.

So, don't be afraid to contact her, meet up with her and trigger her feelings of attraction for you again.

Initially, if she sounds a bit reluctant to meet up, you can say, *"Hey, it's just a quick cup of coffee between exes. We can catch up on what's been happening after all this time and have a good laugh together. It's no big deal and doesn't mean that we get back together. It's just coffee. Come on, it'll be fun to say hi again in person. Let's do it."*

In most cases, if you've been making her feel attracted over the phone, she will say *"Yes"* to the meet up.

At the meet up, you've got to make sure you continue saying and doing the types of things that will reactivate her feelings of sexual and romantic attraction for you.

For example: Some of the ways you can do that is by:

- Making her laugh and smile and feel glad that she agreed to see you again.
- Flirting with her to create some sexual tension.
- Showing her your confidence by not feeling nervous or unsure of yourself when she is being closed off towards you or when she tests you.
- Making her feel feminine and girly by being more masculine in how you now talk, feel, behave, move and act.

Remember: The whole point of meeting up with her in person is so that she can experience the new and improved you for herself and have her feelings reactivated.

The more you trigger her feelings of respect and attraction for you by being the kind of man she always wanted you to be, the more she will start falling for you again even if she tries to fight it.

Then, it won't matter that you and her have been broken up for a year or more.

What matters to her is how she is feeling now and if you're doing it right, she will be feeling sexually and romantically attracted to you once again.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Should I Send My Ex Good Morning and Good Night Texts?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Yes, it's okay to send texts like that as long as you follow these basic rules:

1. Don't send one every morning and night

Although it might be tempting to start and finish your day with a text message to your ex (e.g. because you still care for her and want to stay connected to her, you want to be the first and last person on her mind so that she knows for sure that you want her back), it's not a good idea to do it every day.

Once or twice a week is much better because it gives her a chance to miss you, rather than feeling annoyed or bored by your constant attention.

For example: You send her a text on a Monday morning saying something along the lines of, *â€œHey sleepy head, this is your Monday morning wakeup call. Hope you have an awesome week.â€*

Alternatively, you can send her a text on Monday night saying something like, *â€œIf your day was half as busy as mine, Iâ€™m sure youâ€™ll be looking forward to a good night sleep. Sweet dreams!â€*

That's fine if you send her something like that on a Monday and then wait until Thursday to text her again.

She has a few days to miss you and can wonder about you over the weekend.

In many cases, a woman will be missing her ex and will begin proactively texting him and hinting at the fact that she wants to meet up in person.

Then, a guy can get her on a phone call and arrange a meet up, re-attract her in person and get her back for real.

That's how it works.

However, if you text your ex every day and she is currently turned off by you, your texts aren't going to make her think, *â€œAwww, how sweet. Even though weâ€™ve broken up, Iâ€™m still the first and last person on his mind every day. He obviously still cares for me to be thinking about me like that. Maybe I made a mistake by breaking up with him. He clearly deserves another chance!â€*

Instead, she will most likely find it annoying and be thinking things like, *â€œWhy is he being so needy? He texts me every morning and every night like weâ€™re still a couple. What is his problem? Doesn't he realize that we aren't together any more? Heâ€™s making me feel even more convinced that heâ€™s not the right guy for me. Doesn't he realize that a woman needs to be able to miss a man and want him? Is he too afraid to let me miss him? Is that how needy he is these days?â€*

If she's thinking like that, she may continue to tolerate your texts, while in the background, she will be trying to move on with her life and possibly even hook up with other guys.

Alternatively, she may eventually block you on her phone in the hopes that you will get the message and leave her alone.

You don't want that to happen, right?

Of course.

So, make sure that you don't overdo your texts and end up turning her off.

What you do want is to stay in touch with her just enough to make her miss you.

Make her naturally begin to wonder what you're doing now that you're apart (e.g. Have you gotten over her? Are you seeing another woman? Are you enjoying life more now that you aren't in constant contact with her?).

Then, when you get her on a phone call and suggest a meet up, she will much more open to the idea, rather than looking for excuses to avoid you like she has up until now.

Another mistake to avoid making when texting your ex is

2. Don't hide behind texts

If your ex always replies to your texts, it might be tempting to think, *"This is good! She's not telling me to leave her alone, so it must mean something. I'll just stick to texting and wait until she gives me a sign that she's open to talking to me on the phone and then I'll call her."*

Unfortunately, that rarely, if ever happens in ex back situations where the guy still loves his ex woman, but she no longer has feelings for him.

Here's the thing

If a woman still at least has some feelings for her ex, she might keep the lines of communication open with him (i.e. by responding to his texts), but she won't make it easy for him to get her back.

Instead, she will wait for him to make the first move to see if he is man enough to take the lead in the ex back process.

If he doesn't do anything and just sticks to texting her every morning and night, she will assume that he's not the real man she needs him to be (i.e. he doesn't have the balls to call her, face up to a possible rejection when trying to get her to meet up with him and then re-attract her in person).

As a result, she will then close herself off from him.

Now, that is in a case where she still initially had some feelings for him.

In many ex back cases, a woman is over her ex guy and doesn't want to be with him at all anymore.

So, when a woman is turned off by ex (e.g. because he was very insecure, needy or desperate during the break up), him hiding behind texts reminds her that he just isn't man enough for her.

As a result, she stops wanting to text with him and possibly even blocks him.

So, what should you do instead of hiding behind texts?

If your ex is currently responding to your goodnight texts, try to transition to a phone call before she goes to sleep.

For example:

You: Goodnight ex girlfriend.

Her: Lol...goodnight.

You: Hey, are you still fully awake? I wanted to ask you something before you went to sleep.

Her: What do you want to ask?

You: I have to ask it over the phone, otherwise it will sound weird.

Then, just call her and start with some humor to get her smiling and laughing.

For example you might say, *â☐☐Hey, why aren't you asleep yet? Get to sleep otherwise you will have bags under your eyes and look older than you are. You still look young and pretty, so get your beauty sleep girlâ☐☐* and have a laugh with her.

Then, the thing you wanted to ask her is, *â☐☐So, I was thinking we should catch up to say hello as friends tomorrow or the next day. It's not about us getting back together of course. We can just catch up to say hi for 10 minutes at 5:30pm. So, which is better for you, tomorrow or the next day?â☐☐*

Make sure that you say it all in a relaxed, easy-going, confident way.

If youâ☐☐ve made her feel relaxed and happy beforehand (i.e. by making her smile and laugh), she will most likely agree to catch up.

You can then go ahead and make plans to meet up at a convenient place and time.

Note: If she doesnâ☐☐t agree to catch up, donâ☐☐t worry and start thinking things like, *â☐☐She said no! It must mean weâ☐☐ll never get back together again! Iâ☐☐ve messed it all up!â☐☐* because she will pick up on your insecurity and feel turned off by it.

Instead, just maintain your confidence, laugh and say, *â☐☐Okay, thatâ☐☐s fine. You must be too tired right now to make decisions about coffee. Iâ☐☐ll give you a call tomorrow when youâ☐☐re feeling rested and we can chat about it then. Remember though – itâ☐☐s just a coffee as friends. Good night sleepy head.â☐☐*

Then, give her a call the next night, make her smile and laugh some more and ask her to meet up with you.

By that stage, she will most likely be feeling a lot of renewed respect and attraction for you (i.e. for being confident, emotionally strong, charismatic, funny) and will agree to catch up.

Another mistake to avoid making when texting your ex isâ☐☐!

3. Don't add in lots of cute emoticons or emojis

Itâ☐☐s okay to add in the occasional smiley face ☺☐☐ wink ☺☐☐ or playful 'tongue out' ☺☐☐ emoticon, but donâ☐☐t go overboard with them.

Why?

If a woman broke up with her guy because he wasnâ☐☐t being enough of a man for her (e.g. he was too emotionally sensitive, insecure, clingy, didn't have much purpose in life), she will feel turned off if he then texts her in the style of a woman or girl who is trying to be cute.

Look at it this wayâ☐☐!

You would never text a client, your boss or even a male friend and attach a bunch of emojis after every sentence, would you?

Of course not.

So, make sure that donâ☐☐t text your ex in that way either.

If your goal is to show her that youâ☐☐re an emotionally masculine, mature man who has learned

from his mistakes and become a better man as a result, then make sure that you don't text her in a feminine way.

Instead be masculine, funny, charismatic and confident when you text her.

Use texts as a way of getting her on a phone call with you where you can properly re-attract her (e.g. by making her laugh and smile, making her feel feminine and girly in contrast to your emotional masculinity or masculine tone of voice).

Finally, if you really want to get your ex back, something you need to know is!

Sending Your Ex Good Morning and Good Night Texts isn't the Main Thing That Will Get Her Back

To get your ex back, you need to show her by your actions and the way you talk, behave and interact with her that you are now a different man now than the one she broke up with.

So many guys try for weeks or months to get an ex woman back via text, while still!

1. Not understanding the real reasons why she broke up with him

A woman won't always explain her real reasons for breaking up with a guy because she's expecting him to already know based on all her hints or the things they've been fighting over, or because she doesn't know what to say other than *something doesn't feel right*.

So, in a lot of cases, because a guy doesn't know the real reasons why she broke up with him, he will try to get her back by offering her the wrong things.

For example: A guy might think that being more romantic is the way to get her back and therefore send her flowers, gifts and texts every morning and night as a way of changing how she feels.

Yet, what she really broke up with him for was the fact that he was too emotionally sensitive and wasn't enough of a manly man (in his behavior, thinking, actions, vibe).

Alternatively, a guy may pour his heart out in a long letter or e-mail in the hopes that she will change her mind.

Yet, what she really broke up with him for was his inability to make her feel sexually attracted anymore because he'd become too neutral around her (i.e. more like a friend).

This is why it's very important that you understand the real, unspoken reasons why your ex broke up with you.

When you understand those reasons (she won't tell you. You have to learn this stuff), you can then make some quick changes and adjustments to regain her respect and attraction.

When she feels respect and attraction for you again, getting her back becomes so much easier and more natural.

However, if you try to get her back before reawakening her respect and attraction, she will just keep telling you that she isn't interested.

By the way!

If you have no idea how to figure out her real reasons for breaking up with you, here are some helpful questions to ask yourself now:

- Did she feel loved and appreciated, or did she feel like you were taking her for granted?
- Were you confident and emotionally strong around her, or were you insecure, needy and clingy?
- Did she feel feminine and girly in your presence, or did she feel more like a neutral friend or roommate?
- Were you lovingly dominant in the relationship with her, or did she wear the pants?
- Were you able to make her respect you without having to get angry at her or suck up to her, or did you lose control of your emotions or treat her like a princess when she was treating you badly?
- Were you loving and supportive of her goals and dreams, or did she feel like you were dragging her down or trying to hold her back from being who she really wanted to be in life?
- Could she relax and be herself around you, or did she feel like she had to hide her true self from you because you were too emotionally sensitive or conservative about certain things?
- Was she able to continually look up to you and respect you as her man, or did she lose respect for you over time?

When you fully understand her real reasons for ending the relationship, you can then change the things that she really wants you to change.

Then, when you text her, talk to her on the phone and meet up with her in person, she will be able to see for herself that you truly are a different man now.

She will automatically begin to feel respect and attraction for you again, even if she tries to fight it or hide it from you.

Her defenses naturally come down and getting her back becomes so much easier.

Another mistake that a guy might make isâ□□

2. Not making any improvements to his emotional attractiveness prior to catching up with her in person

Your emotional attractiveness is essentially about how you make her feel when she interacts with you and when she thinks about you when youâ□□re not around.

For example: A guy may have been broken up with because he was too clingy and needy.

Being clingy and needy is emotionally unattractive to a woman because it makes her feel as though she needs to take care of you.

She has to constantly show love, attention and affection or else you become insecure, irritable or even angry.

Thatâ□□s not attractive to a woman at all.

A woman doesnâ□□t want to feel like she is responsible for how you feel.

She wants you to be confident and have high self esteem, regardless of whether she shows you love, attention or affection.

So, in the case of a guy being dumped for being clingy and needy, he needs to make sure that he makes improvements to become a more emotionally independent guy prior to catching up with her.

For example: He needs to quickly find a balance between being emotionally independent enough (i.e. he wants her, but doesnâ□□t need her to be happy and successful in his life) and giving her the love

and support she really needs.

Itâ€™s not about cutting off contact for weeks or months (I never, ever recommend that for ex back cases) and is about quickly changing and improving and then getting her back.

In the case of a guy who got dumped for being clingy and needy, he has to quickly become more confident.

Then, when he interacts with her and she picks up on his confidence in the way he talks, thinks, acts and responds to what she says and does, she will automatically feel a renewed sense of respect and attraction for the man he has become.

On the other hand, if he does what most guys do and just focuses on getting her back without changing first (e.g. he sends her good morning and good night texts, he sends her flowers and gifts), she will lose even more respect for him for not understanding how to be the man she needs and changing.

Another mistake that a guy might make isâ€¦|

3. Thinking that sending a good morning or night text will keep him on her mind and prevent her from having feelings for any new guys she meets

He might then decide to send her a good morning and good night text as a way of essentially saying to her, *â€œHey, Iâ€™m still here and I still have feelings for you. Donâ€™t forget about me!!!â€*

Heâ€™s hoping that she will think, *â€œAwww, my ex is so sweet. No matter what happened between us, he still thinks about me every day. He must really love me. Maybe I should give him another chance! After all, finding a loving, devoted, loyal guy in this world is not easy!â€*

It would be nice if women were that dumb, but they arenâ€™t.

Women are just as smart as men and if you think about it, you wouldnâ€™t fall for the old, *â€œGood nightâ€* and *â€œGood morningâ€* text trick yourself.

You would see right through it if you dumped a girl and she kept sending you morning and nightly texts.

In fact, you might even get a bit annoyed by it and block her number.

So, hereâ€™s what you need to realizeâ€¦|

Even though a woman might continue texting back and forth with her ex and even agree to meet up with him for coffee to say hi, if he doesnâ€™t do anything else to re-spark her feelings of respect, attraction and love for him, itâ€™s not going to fully prevent her from moving on.

She will still feel as though she has to leave the relationship and find a new guy who makes her feel the kind of respect, attraction and love that makes a woman want to be in a relationship.

If her ex doesnâ€™t do that, heâ€™ll send her a text one day to say *â€œGood morning,â€* or *â€œGood night,â€* and she will reply by saying something along the lines of, *â€œLook, thanks for being so sweet and all, but Iâ€™ve met someone else now and he doesnâ€™t like it when I get a text from you every morning and night. So, out of respect for him Iâ€™m going to have to stop responding. Iâ€™d appreciate it if you donâ€™t contact me again. Bye.â€*

If you donâ€™t want that to happen to you, you need to remember: Only text your ex as a way of breaking the ice and getting her on a phone call with you.

Don't hide behind texts and hope that you will magically get her back that way.

Do what works: Phone call > Meet up in person > Re-attract her > Hook up > Get the relationship back together.

When she can hear the confidence in your voice over the phone, she will feel respect for you.

When you make her laugh, smile and feel good to be talking to you again on the phone, her feelings of attraction will automatically be reawakened.

Her guard will come down and she will be more willing to meet up with you in person, where you can truly show her that you're a new man now.

Another mistake that a guy might make is

4. Thinking that being sweet via text will get her back

Women only see niceness as charming and sexy when it's coming from a confident guy, who makes her feel respect and sexual attraction in other ways.

If a woman doesn't feel respect and sexual attraction for her ex and he's being really sweet (i.e. by sending her a good morning and good night text), she's going to see right through it.

She will know that he's just trying to suck up to her because he has no idea how to re-spark her feelings of respect, sexual attraction and love for him in any other way.

So, rather than make her think, *He's being so sweet and nice to me. Maybe we should get back together again*, a woman will just enjoy the feeling of power in knowing that he still has feelings for her and desperately wants her back.

At the same time, she will keep herself open to hooking up with another guy who can trigger her feelings of respect and sexual attraction by being the kind of confident, masculine guy that all women want.

Of course, there's nothing wrong with being nice to your ex, or even sending her a good morning and good night text from time to time if you want to.

However, just make sure that you're not using that as your main strategy to get her back because it doesn't work.

To get her back for real, you need to get her to reconnect with her feelings of respect, attraction and love based on how you now make her feel when she's interacting with you.

The more she experiences your confidence, emotional strength and emotional masculinity, the more she will naturally want you back.

On the other hand, if your main plan to get her back is to focus on being sweet and nice to her, she simply won't have sexual desire for you.

She might appreciate your niceness and sweetness, but it won't be enough to make her want you back sexually and romantically.

Additionally, if she meets another guy who is more confident and emotionally masculine, she will feel raw, sexual desire for him and open herself up to it.

So, make sure that you are the one she craves sexually.

Without sexual attraction, you're just not going to be appealing to her in a sexual way anymore.

Focus on making her feel sexually attracted to you and guide her through the ex back process.

You will see that focussing on sexual attraction is easy, fast and it works.

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Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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My Ex is Avoiding Me

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

6 possible reasons why your ex is avoiding you are:

1. She wants to see how you will react

Sometimes a woman will avoid her ex as a way of testing him to see what kind of a man he has become since the break up.

For example: Will he become angry, lose confidence, seek pity from her, or will he remain calm, confident and positive?

Depending on his reaction, she will know if he's changed and become the kind of man she can be proud of, respect, feel attracted to and love, or someone she doesn't want in her life.

The question you have to ask yourself is this: *Have I been behaving in ways that are making her doubt her decision to break up with me, or have I been making her feel like she made the right choice to leave me?*

If you have been saying and doing the type of things that are naturally attractive to women (e.g. being confident regardless of how cold or hostile she behaves towards you, using humor to make her laugh and smile even though she doesn't want to, getting on with having a happy, fulfilled life without her) you will already have sparked her feelings for you.

Once you have sparked her feelings of respect, attraction and love, it will then begin to grow inside of her and she will find it difficult to avoid you.

You will be on her mind and she will be curious to see how she would feel if she interacted with you again,

On the other hand, if you've been saying and doing the types of things that are naturally unattractive to women (e.g. complaining to her that she is making your life a misery, begging and pleading with her to stop avoiding you, telling her how lost you are without her), she won't want anything to do with you anymore.

Another reason why your ex might be avoiding you is

2. She is trying to find a replacement guy, so she can make a clean break from you

[image: She is trying to find a replacement guy to make a clean break from you]

In some instances, a woman might still have some residual feelings for her ex, so she is worried that she will easily give him another chance if he interacts with her and makes her feel attracted again.

So, rather than interact with him and get confused about what she wants, she decides to avoid him until she finds herself another man to replace him with.

Alternatively, she might not know how to handle the pain of breaking up with him, so she avoids him.

She doesn't want to be interacting with him and dealing with all of the emotions that go along with it (e.g. sadness because things didn't work out, anger for the way he treated her, missing him, feeling confused about her love for him, wanting to be hugged by him, constantly thinking about him and the relationship), so, she avoids him and looks for a replacement guy.

She hopes that if she falls in love with some other guy, it will be a lot easier to make a clean break, forget about her ex and move on with her life.

Yet, when her ex notices that she is avoiding him, he might start texting her to find out what is going on.

For example: A guy might text his ex and say something along the lines of, *â€œHey, why are you avoiding me? I really need to get hold of you. Why are you being like this? Please just give me one more chance to make things right between us.â€*

Yet, she doesn't reply and isn't interested in getting back together.

Why?

If a woman has been going out of her way to avoid an ex, she's not going to be impressed that he's asking for another chance via text.

Instead, she's going to be thinking something like, *â€œHe hasn't done anything to change how I feel, but all of sudden he's texting me and asking me to give him another chance. He's going to have to do better than that, otherwise I am going to move on without him.â€*

If you want your ex back for real, don't waste time trying to ask her for another chance (or even hint at it) via text.

Instead, get her on a phone call with you and make her feel a renewed sense of respect and attraction for you.

Another reason why your ex might be avoiding youâ€

3. She is hoping that time apart will make you calm down and stop chasing her

When a guy gets broken up with, he might waste a lot of energy trying to convince his ex change her mind.

For example: He might send her flowers with a love letter or poem, in the hope that she will be impressed, forget all about her reasons for breaking up with him and come running back to him.

Yet, even though something like that might work in Hollywood movies, in real life, if a woman has lost touch with her feelings of love, respect and attraction for the guy, she's not going to suddenly forget her reasons for breaking up with a guy and forgive him because he sent her pretty flowers.

Instead, she's likely going to see it for what it is (i.e. a desperate attempt to get her back) and continue avoiding him in the hope that he gives up and leaves her alone.

So, if you want your ex to stop avoiding you and open herself up to the idea of getting back together again, you need to forget about being romantic for the moment.

Why?

Romance is only appreciated by a woman when the feelings are mutual (i.e. you and her attracted to

each other, in love, respectful of each other).

If the feelings aren't mutual, women feel annoyed, resentful and irritated by romantic gestures from a guy.

So, if you want her to appreciate your romantic, loving side, you need to make sure that the feelings are mutual first.

How can you do that?

Interact with her and show her that you've changed and become the man she always wanted you to be.

For example: You maintain your confidence around her, even when she tries to make you feel nervous or insecure by being distant or hostile towards you.

You use humor to break through her defenses and make her feel at ease when she interacts with you.

You take the dominant, leading role in the ex back process (i.e. you are the more emotionally courageous one, you make things happen, you remain confident no matter how cold or distant she is being), so she can relax and be a totally feminine woman around you.

You make her feel understood because you now understand the secret, subtle reasons why she broke up with you (e.g. you were too emotionally sensitive) and have already fixed that about yourself.

When she starts to feel attracted to you again, she will stop feeling the need to avoid you and will start feeling drawn to you in a way that feels interesting, exciting and new to her.

Another reason why your ex might be avoiding you is

4. She is already seeing a new guy

Sometimes a woman doesn't want to tell her ex that she has already seeing another guy.

[image: How can you already be seeing a new guy?!]

She doesn't want to face up to a potentially uncomfortable situation (e.g. her ex begs and pleads with her) or even physically dangerous situation (e.g. her ex gets physically aggressive or potentially even violent) when she tells him about it.

So, she keeps quiet, avoids him and hopes that he eventually gives up and leaves her alone.

Of course, you might not be the sort of guy that would react in that way to a woman, but many guys do.

For example: If a woman tells her ex that she's seeing a new guy, he might try and talk her out of her decision by saying things like, *"How can you do this? How can you possibly be with another man already? Didn't our love mean anything to you? You never even gave us a chance to try and work things out. You just moved on and forgot about everything we had together. Please just give me a chance to show you that our love is stronger than anything else you will find with another guy."*

Alternatively, he might react badly and cause a big scene (e.g. shouting at her, calling her names, threatening to hurt her new guy).

So, rather than risk that happening to her, she decides to not tell him about the new guy and just avoid him altogether.

Then, when he eventually gets hold of her weeks or months later (e.g. on a phone call, bumps into her at an unexpected place) and asks, *“Hey, where have you been? I’ve been trying to get hold of you for ages. I want to talk to you about our relationship,”* she can say, *“Sorry. I’ve been so busy with work/studies. I never realized that you were trying to reach me. Look, it has been so long since we spoke last that I honestly thought you’d moved on and forgotten about me. I’m seeing someone else now. I hope you understand. Now, please leave me alone. I wish you all the best.”*

Alternatively, if she doesn’t want to risk telling him about the new guy, she will just say that she has been busy, isn’t interested in a relationship with anyone right now and wants him to leave her alone and move on.

Another reason why your ex might be avoiding you!

5. She is immature and doesn’t know how to end a relationship in a loving, respectful manner

[image: She is immature and doesn't know how to end a relationship in a loving, respectful manner]

If a woman is young, doesn’t have much (or any) experience with relationships and break ups, or is emotionally immature, she might not know how to handle the break up like a mature adult.

So, rather than maintain a friendship or at least be open to talking to her ex in a neutral way, she simply cuts him out of her life completely.

It doesn’t matter how great their relationship was or how much of a good guy he was to her.

She doesn’t know how to handle the situation, so she ignores him and avoids him completely.

A final reason why your ex might be avoiding you is!

6. You have scared her off by desperately or frantically trying to get her back

[image: She is turned off by the approach you used to get her back]

Sometimes the shock of being broken up with causes a guy to overreact and behave in ways that would ordinarily make him cringe.

For example: He shows up at her house or workplace uninvited and begs or pleads for another chance, or he gets her friends or family involved by calling and asking them to convince her to contact him.

He’s hoping that if he can just see her or talk to her again, she’ll suddenly realize that she misses him, avoiding him was a mistake and they should now get back together.

Yet, rather than convincing her to give him another chance, that type of behavior just makes a guy look desperate, which turns her off even more.

Alternatively, she starts to feel as though he’s stalking her, which makes her feel creeped out and afraid.

So, if your ex is avoiding you right now, it may be because you scared her off with your over the top,

frantic or desperate behavior after the break up.

Fortunately, you can recover from it and make her feel a renewed sense of respect and attraction for you.

For example: When you get her on a phone call, you can say something like, *“Hey Rhonda, this is your crazy, stalker ex boyfriend speaking...I just wanted to say that I’ve finally come to my senses”* and have a laugh.

Then add in something like, *“I don’t expect you to ever take me back, but I just wanted to say sorry for acting like such a creep/loser/asshole. It was silly of me to behave in that way.”*

By saying something like that to her, she can see that you realize your mistake and have the emotional maturity to accept it and learn from it.

As a result, she naturally feels a renewed sense of respect and attraction for you.

Then, she suddenly stops trying to avoid you and becomes open to texting you, talking to you on the phone and seeing you in person.

Of course, some women are easier to get back than others.

If your ex is a bit of a hard case, you simply need to attract her in additional ways when you interact with her.

It’s very easy to do.

The more ways you trigger her feelings of respect and attraction during a conversation or interaction, the more she feels for you.

She stops wanting to avoid you and starts wanting to get back with you.

To her, the relationship isn’t over now.

She feels something for you again and wants to explore that feeling.

All you need to do is be confident and guide her back into a relationship.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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My Girlfriend Said That She Feels Guilty For Breaking Up With Me But is Sticking to Her Decision

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

5 possible reasons why your girlfriend said that she feels guilty for breaking up with you but is sticking to her decision:

1. Your approach to getting her back has turned her off even more

[image: Your approach to getting her back has turned her off even more]

Sometimes, the shock of being broken up with can cause a guy to panic.

He might frantically say to himself, *“I can’t believe this is happening! She is the love of my life and I’m going to lose her if I don’t do something right away to make her change her mind. I don’t care what it takes, I have to convince her not to go through with the break up!”*

Unfortunately, that kind of thinking usually causes a guy to behave in unattractive ways, which then turns her off even more.

For example: A guy might

- Beg and plead for another chance (e.g. *“Please baby, don’t do this to us! I beg you! please don’t go. I’ll do anything if you change your mind!”*).
- Constantly tell her about his feelings and needs (e.g. *“This can’t be happening. Don’t you realize how much you mean to me? Without you I’m lost. You mean the world to me!”*).
- Ask her to tell him what she wants (e.g. *“I don’t know what I did to bring this on. Just tell me what you want me to change and I’ll do it. Anything you want me to do, I will do it. Just say the word and it’s done!”*).
- Try to use her feelings of guilt to make her feel even sorrier for him (e.g. *“Does it make you happy to see me suffer this way? How can you be so cruel? You say that you feel guilty, but what does that give me? Nothing. We’re still broken up. I need you back!”*).

Yet, rather than make a woman think, *“Not only is he willing to beg and plead and do anything I ask of him for another chance, but he’s also so lost and unhappy without me. Wow! I feel so flattered that a guy will fall apart in this way over me. I mean, who doesn’t want an emotionally sensitive, emotionally weak guy for a boyfriend? That’s a dream guy! Every girl wants a wimpy guy! So, I can’t let him go. I’m changing my decision about being broken up and giving him another chance right now,”* she’s just going to pull away from him even more.

Why?

A woman’s attraction to a guy is based mostly on his ability to make her feel like she can look up to him and respect him as her man.

[image: How can you not want to give me another chance after all we've been through?! I love you!]

Please!]

So, when a guy is coming across as being emotionally weak and needy (i.e. by begging, pleading, pouring his heart out and asking her to tell him what to do to be the man that she needs), heâ€™s actually turning her off and making her lose respect for him even more.

Hereâ€™s the thingâ€¦|

If you want to get your girlfriend back, what you should be doing is actively making her feel respect and sexual attraction for you again, so she naturally becomes unsure about her decision to break up with you.

On the other hand, if you continue turning her off with your behavior, you canâ€™t expect her to feel motivated about changing her mind, right?

So, make sure that you are approaching the ex back process correctly from now on.

Remember: Attraction first and everything else after that.

Don't try to get another chance with her if you haven't even re-attracted her.

Make the feelings mutual first and then guide her back into a relationship.

Another reason why your girlfriend might be sticking to her decision to remain broken up isâ€¦|

2. She doesn't think you even know what you need to change to re-attract her

[image: She doesn't think you even know what to change to re-attract her]

Quite often, when a woman breaks up with a guy, the first words out of his mouth are something along the lines of, *â€œNo, please don't do this. I promise that I will change. Just tell me what you want me to do. I'll do anything you say if you give me one more chance.â€*

Yet, rather than make her change her mind, a woman will think something like, *â€œAfter all this time together and all the arguments and fights, he still doesn't have a clue what I want him to change. I realize now that if I do give him another chance, he will be the same guy and I will need to help him, teach him and guide him for life. I don't want to take on that role. I want a man who understands how to be the man in a relationship and how to maintain my feelings of respect, attraction and love. I mean, I do feel guilty for breaking up with him because he really is a nice guy, but I'm sticking to my decision because he simply doesn't understand what I want from him. I don't want to take on the responsibility of shaping him into the man that he needs to become.â€*

A woman doesn't want to have to take her guy by the hand and lead him through the steps of becoming and being the man that she needs him to be.

Even if she feels bad about her decision, she would rather just break up with him and find herself a man who knows how to give her what she wants, than stick around and try to make things work with a guy who needs her to train him and shape him into a real man.

So, if you want your girlfriend to change her decision about being broken up, let her experience the changes in you when you next interact with her.

When she experiences the changes in you, her feelings will change.

She will feel differently about you (i.e. more respectful, more attracted and more in love than she has been since the break up).

So, what changes can you make?

Some of the most common things that a woman wants to see a guy change are for him to:

- Be more confident and believe in himself and in his value to her.
- Have more focus and direction in his life.
- Stop being so wimpy and weak-minded.
- Be more emotionally supportive of her and her dreams and desires.
- Want the same things that she does (e.g. to settle down, have more fun together, get serious about the future).
- Stop being jealous and controlling.
- Make her feel feminine and girly in comparison to his improved, increased masculine energy (e.g. he now talks, behaves and acts in a more masculine way).
- Be a consistent man, rather than letting her down all the time by putting in a half-hearted effort into what he does.
- Be the more emotionally dominant one in the relationship.

When you truly understand where you went wrong with your girlfriend, you can then change the things that she really wants you to change.

This is important.

So many guys lose their opportunity to get an ex girlfriend back because they offer her changes that she doesn't even care about.

For example: She broke up with her boyfriend because he was too emotionally sensitive, but he's promising to treat her better, listen more and be more available to her.

If he offers that, she's not going to be interested.

You have to truly understand where you went wrong and start making some changes, improvements or adjustments in those areas.

Then, when you interact with her, she will be able to see the changes in you based on the way now talk, behave and interact with her.

When she sees that, she will be impressed because one of the most attractive things to a woman is a guy's ability to change and improve, without needing her help and support.

If a guy is a self-improving, self-made man, she can relax around him and respect him, because he doesn't need her help, support or encouragement to be who he is.

He knows how to be a real man and he is living life that way, whether she gives him a compliment about it or not.

Of course, when you are that kind of man, your woman will compliment you all the time.

It's just that she doesn't want to get the feeling that you need her compliments, support or encouragement.

She wants you to be a man who stands on his own two feet without needing her help.

When your ex can see that you are that kind of man, it will get rid of her doubts about you.

She will then feel surges of respect and attraction for you again.

As a result, she will begin to question her decision to remain broken up with you.

If you simply continue to make her feel attracted during the interaction, her guard will come down, her heart will open back up to you and you will be able to get her back.

Another reason why your girlfriend might be sticking to her decision is becauseâ€¦!

3. She has already met someone else and is using him to get over you and move on

Sometimes a woman will be ready to move on very quickly after a break up.

So, her ex is wasting time feeling sad, rejected and hoping that she will miss him and come back, sheâ€™s already meeting new guys and trying to move on.

If she gets herself a new guy, she will focus on all of his positive qualities and compare them to her ex's negative qualities to help herself move on.

For example: If her ex was too emotionally sensitive, sheâ€™ll use her new guyâ€™s emotional strength to feel happy about her decision to end the relationship.

If her ex treated her more like a neutral friend than an attractive woman, sheâ€™ll enjoy feeling sexy and desirable again with a guy who looks at her with lust.

If her ex allowed her to dominate him, sheâ€™ll relax and allow her new guy to take the lead in the relationship.

If her new guy is confident and able to take the lead, she will keep telling herself that her ex just wasn't man enough for her.

Then, when her ex contacts her and says something like, *â€œPlease give me another chance. Letâ€™s try and work things out. Iâ€™ll do whatever it takes. Why donâ€™t we go to counseling? Maybe that will help us. I honestly think believe our love is worth fighting for. Will you at least try?â€* she will be ready to say something like, *â€œI feel guilty for breaking up with you, but I'm sticking to my decision. Please accept that and leave me alone.â€*

Another reason why your girlfriend might be sticking to her decision is becauseâ€¦!

4. She's given you plenty of chances before

In most relationships, a woman won't just break up with her guy before sheâ€™s given him at least a few chances to change and improve.

For example: If a guy is too much of a loner, a woman might try to encourage him to get out more. Why?

A woman has a natural instinct to have a support system around her, rather than feeling like her and her man are essentially on their own in this world.

So, if her instincts are urging her to build a social circle, she might say something like, *â€œWhy donâ€™t you invite some of your coworkers over for dinner this weekend? Iâ€™ll cook up something nice and we can have a bit of fun. It would be great to hang out with some friends for a*

change, rather than just the two of us all the time.

If he listens to her and makes the effort to build some relationships outside of the one he has with her, her feelings of respect and attraction for him will deepen.

However, if she notices that no matter what she says to him, he keeps saying, *No, or What for? You're more than enough for me. I don't want other people around. Besides, no one is as much fun as you are,* she will begin to lose respect for him and her feelings of love and attraction will begin to fade.

If he notices the changes in her (e.g. she stops being as affectionate, seems upset at him all the time, complains about being bored), he might try to appease her by saying something like, *I'm sorry. I know I haven't been trying to make friends, but I promise to make more of an effort. Please don't give up on me.*

She might then say to herself, *Okay, great. He sounds like he means it this time, but if he doesn't follow through, I am not giving him another chance.*

If nothing changes, she will eventually feel like she just has to break up with him to teach him a lesson.

If he then comes crying to her and saying, *I stuffed up! I didn't keep my promises to you, but if you just give me one last chance, I will do whatever it takes to change and make you happy,* rather than believe him, she will likely be thinking, *I've given him more chances than he deserves. Clearly he doesn't want to change and I can't force him. It's sad because he is a great guy in so many other ways and I do care for him, but I can't stick around with someone who keeps breaking his word to me.*

So, if your girlfriend said that she feels guilty for breaking up with you, but is sticking to her decision, it may be because you've made important promises to her that you didn't keep.

The only way to change her mind now, is to interact with her and show her that you've already started to change and improve the things you and her used to fight about.

Be the new, improved you around her (e.g. when you're talking on the phone or seeing each other face-to-face) and let her feel a flood of respect and attraction for you again.

If you do that, changing her decision about breaking up becomes something that she wants to do, rather than feeling like you are forcing her into it.

Finally, another possible reason why your girlfriend might be sticking to her decision is because

5. She doesn't feel enough respect for you to change her mind

One of the main reasons why a woman will lose respect for a guy is when she feels more emotionally dominant than him.

In other words, he's just too soft for her.

He's too much of a wimp, nice guy or is too gentle or reserved for her.

She feels too powerful for him.

Then, when she breaks up with him, he doesn't know what else to do, but continue being the wimpy, insecure guy he has been.

For example: He says things like, *I'm sorry! Just give me a chance and I promise I'll do*

anything you ask. You name it and I'll do it for you if it will make you happy. Please don't break up with me.

He hopes that giving her even more power over him will make her feel satisfied.

Yet, that's not actually what she wants.

She wants him to show her his emotional strength and emotional masculinity, so she can relax into feeling like a feminine woman around him.

If he shows her more emotional weakness, she feels like she is in a masculine or dominant position (e.g. like a mother, big sister, older friend).

She doesn't want that.

She wants to feel the sexual attraction that comes from feeling girly in comparison to her man's emotional masculinity (e.g. his balls, his courage, his confidence under pressure).

So, if you want your girlfriend back for real, you have to commit to the idea of being a much stronger man that you've ever been before.

I'm not talking about lifting weights and building physical strength.

I'm talking about the most attractive strength of all; emotional strength.

That is what women really care about.

A man's emotional strength makes a woman feel respect, attraction and love for him.

It also makes her feel safe around him, knowing that no matter what happens in life, he is one of the rare men who is strong enough to handle it while remaining calm, confident and in control.

That's what a woman really wants.

So, if you want her back, don't waste time ignoring her and hoping that she contacts you and says, *Okay. I feel better now. I've decided to change my decision about being broken up.*

That's not going to happen in 99% of cases.

What works is when you actively make your ex feel attracted to you during interactions.

You interact with her and display traits and behaviors that naturally attract women.

Then, rather than saying, *I feel guilty about breaking up with you, but I'm sticking to my decision,* she will be the one asking you, *I think I made a mistake. Should we give our relationship another chance?*

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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My Ex Pulls Me in By Showing Interest and Then Pushes Me Away By Saying She's Not Ready

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

5 possible reasons why your ex pulls you in by showing interest and then pushes you back by saying that she's not ready, are:

1. She is trying to buy herself some extra time to find a replacement guy

[image: She is trying to buy herself some more time to find a replacement guy]

Sometimes a woman doesn't like the idea of being without a man, so when she breaks up with a guy, she will keep him around until she finds another man to replace him with.

For example: She might continue texting him and saying things like, *â€œHey, what are you up to today? I was just making spaghetti bolognese and I remembered that it was your favorite,â€* or *â€œHey, I just found some old photos we took on my birthday last year. We looked so happy back. I miss that,â€* or simply, *â€œI miss your laugh sometimesâ€* just thought I'd say thatâ€ as a way of keeping him hanging around feeling hopeful that they will get back together.

Naturally, when a guy sees that, he starts thinking, *â€œCool! She still seems interested. I'm close to getting her back now. I should arrange a catch up.â€*

He might then text her or call her and suggest catching up, only for her to say something like, *â€œUmmmâ€ I don't think that's such a good idea. I don't know if I'm ready yet. Give me some more time.â€*

Alternatively, she may agree to meet up with him and then cancel at the last minute by saying, *â€œI'm sorry. I thought I was ready to see you again, but I just feel too vulnerable at the moment. I'm not ready. I need more time.â€*

The guy is then left thinking, *â€œWTF? One minute she pulls me in by showing interest and then pushes me back by saying she's not ready yet. What gives? What is her problem?â€*

In the meantime, she's using that time apart to find herself another guy, without having to worry about her ex getting in the way (i.e. because she's been making him believe that he still has a chance with her).

If your ex is messing you around like that, you need to clearly understand one thing.

Getting back together again is not something that she has to control.

You can take control of the ex back process by making her feel attracted to you again.

Don't let her control the ex back process.

If you do that, she will almost certainly play hard to get, or she will use the time apart to find a replacement guy and move on without you.

Don't worry about the fact that she is giving you mixed messages.

If you worry about that or focus on it, you're letting her lead the ex back process.

You have to be more confident than that.

You've got to be the more emotionally courageous one who makes the reconciliation happen, regardless of the mixed messages she is giving you.

When you focus on reactivating her feelings of respect and sexual attraction for you, she won't be able to resist you for very long.

Even if she tries to tell herself that she's over you, her heart will be pulling her back to you naturally.

Attraction is an automatic reaction that men and women have to each other.

Trigger it properly and she won't be pushing you away anymore.

Another possible reason why she is behaving that way is because

2. You keep making attraction mistakes that turn her off

[image: You keep making attraction mistakes that turn her off]

Sometimes a woman will interact with her ex (e.g. via text, over the phone, in person) and initially begin to feel drawn to him again.

Yet, as the interaction continues, the guy keeps making attraction mistakes and slowly turns her off.

Her texts then stop, or she gets off the call or leaves the in person interaction and says that she needs more time to think.

For example: Here are some common attraction mistakes that guys make when interacting with an ex woman:

- Rather than showing her his confidence by laughing at her attempts to make him feel insecure (e.g. she is being cold and distant, teasing him, saying that she's having fun being single, talking about other guys who like her now), he becomes upset, overly emotional, tense or even angry.
- Rather than make her feel feminine and girly in his presence, he stays on his best behavior and ends up turning her off because he lacks that all-important masculine edge that attraction women.
- Rather than take the lead in the interaction and gently guide her back into feelings of respect, attraction and love, he lets her dominate him emotionally (e.g. she keeps bringing up his past mistakes and he apologizes over and over again, she disagrees with any decisions he makes, such as where to sit if they're meeting up at a coffee shop).
- Rather than just texting a little bit and then getting on a call to arrange a meet up, he keeps texting and texting until she eventually loses interest. His constant texts end up making him look desperate, lost or lonely without her.

She then goes cold and starts pushing him away and he wonders something like, *Why does my ex pull me in by showing interest and then push me away again?*

The answer is simple.

He's not making her feel the way she wants to feel when she's with him (i.e. respectful of him, sexually attracted, in love).

Instead, he's turning her off with his insecure behavior and she just doesn't want to keep putting up with that.

How about you?

Have you been turning your ex off by the way you've been communicating with her and interacting with her?

Have you been making her feel like you want her way more than she wants you?

Is she feeling turned off by your need for her?

Have you been changing your approach to attract her in new, exciting ways, or have you been using the same old approach that got you dumped in the first place?

By making some attractive adjustments to your behavior and the way you talk and interact with her (e.g. being much more confident, standing up to her in a dominant, but loving way, using humor to break through her defenses), she will start to feel very drawn to you.

Rather than reeling you in and then pushing you away, she opens up to getting back together with you and follows through on it all the way.

Another possible reason why she is behaving that way is becauseâ€¦!

3. She doesn't believe that you can instantly change and give her the attraction experience she secretly wants

One of the main things that a woman looks out for when she interacts with her ex after a break up, is whether or not he has genuinely changed or improved.

If she notices that he has made some improvements to the things that caused her to break up with him in the first place, she will instantly feel a surge of respect and attraction for him.

Her guard will then come down and she will stop feeling the need to push him away when he's getting to close to her again.

On the other hand, if she realizes that he's still stuck at the same level he was at before, she will just pull away from him and try to move on because she doesn't want to encounter the same old relationship experience again.

She also doesn't want to give him another chance, only to go through another painful or annoying break up.

Now that they've broken up, she's going to remain broken up unless he can convince her otherwise. â€¦and by convince, I don't mean with words.

I mean by his actions.

As the old saying goes, *"Actions speak louder than words."*

You've really got to make changes to yourself (e.g. how you feel, talk, behave, act) to let her see that you really are different now.

If you can do that, you won't even need to waste time or energy trying to convince her that you've changed because she will see it for herself.

So, if your ex keeps pulling you in by showing interest and then pushes you back by saying she's not ready, it could be because you haven't yet fully shown her that you're a new and

improved man yet.

As a result, she still has her doubts about you is and is keeping her guard up.

How can you fix that?

Firstly you need to understand her real, more subtle reasons for breaking up with you and then begin making some adjustments, improvements or changes.

Secondly, you need to interact with her and let her experience those changes in you, so she can decide for herself that things really are different now.

For example: Some of the changes a woman might want to see in her ex are that:

- He displays more manly behavior around her, rather than being so emotionally sensitive, insecure or self-doubting.
- He now has goals and dreams that he's working towards independent of his relationship with her. This is especially important for guys who got dumped for being needy, or for lacking direction in life.
- He is more emotionally dominant than her now, so she naturally begins to respect him and treat him better.
- He is affectionate and loving without being too soppy, wimpy or overly romantic about it.
- He is confident and has high self-esteem.
- He believes in his attractiveness and value to her.
- He makes her feel like a beautiful, desirable, feminine woman in his masculine presence, rather than making her feel like just a friend now.

Those are just a few examples of what makes a woman feel deep respect, attraction and love for a man.

Once you understand what your ex really wants you to change about yourself, you can then make the right changes, adjustments or improvements to yourself to win her back.

When she starts getting the attraction experience that she always wanted from you (e.g. you used to be insecure and emotionally sensitive, but are so confident and emotionally strong now, so she feels more girly and feminine around you), she naturally feels like it would be good for her to give the relationship another try.

She then stops pushing you back because there's nothing to fight against anymore.

You are the man that she always wanted you to be and she can now relax and enjoy falling in love with you all over again.

Another possible reason why she is behaving that way is because!

4. She's having a hard time dealing with the pain of the break up

If a woman is inexperienced with relationships or if this is her first big break up, she might not be able to handle all the painful emotions (e.g. loss, disappointment, heartache, yearning, regret) associated with losing the guy that she once really loved.

She may say to herself, *I can't stand being alone and feeling sad like this. Maybe I should*

just give him another chance for a while and see how things go.”

Then, the next time he interacts with her (e.g. by giving her a call or seeing her in person), she starts to show strong interest in getting back together.

Yet, minutes, hours or days later, she realizes that although getting over a break up really sucks, settling for a guy who doesn’t fully spark her feelings of respect and attraction for him is probably going to be worse.

So, she says something like, *“Sorry. I’ve changed my mind. I’m just not ready to get back with you yet,”* and closes herself off once again.

When that happens, it’s only natural that a guy will feel confused and possibly even a bit annoyed, because he feels that she is now playing games with him.

Yet, in most cases, she isn’t.

In pretty much every ex back case that I’ve worked on where a woman was giving a guy mixed signals, he simply wasn’t making her feel enough respect and sexual attraction for him.

So, she just wasn’t feeling motivated and inspired enough to give him another chance.

Rather than focusing on re-attracting her, the guy was simply hoping that her past feelings for him would be enough to re-start the relationship.

It was only when he changed his approach and started actively making her have sexual and romantic feelings for him again that she stopped playing games and gave him a chance.

So, if your ex keeps pulling you in and then pushing you back, it might be because you haven’t actively been doing enough to spark her feelings for you again.

You can start doing that from now though.

When you do, her indecision will naturally melt away and before she knows it, she will be back in your arms again, happy, loving you and looking forward to a future with you.

Finally, another possible reason why she has been showing interest and then pushing you away is that

5. She’s just testing to see how you will react and respond

[image: She is just testing to see how you will react and respond]

If a woman broke up with a guy because he was too emotionally sensitive, she may show interest and then push him back to see how he will react.

She wants to see if he has woken up and learned from his mistakes, or if he is still the same.

So, if he starts begging and pleading with her and saying things like, *“Please stop doing this to me. I love you more than anything. I can’t handle the thought of us possibly getting back together one minute, only to have you push me away the next. I really love you and you know that, but you’re just messing with my feelings. Why are you doing that? Does it make you happy to see me suffer like this? Please stop the games and give me a chance to show you that things will be better this time. I promise that I will do whatever you want me to do to make you happy,”* she will see that nothing about him has changed.

He is still being the same old, emotionally sensitive guy that she broke up with.

On the other hand, if he remains confident, laughs and says (in a joking manner), *“Hey, no problem if you aren’t ready to get back together right now. Take all the time you need. How about 10 years? Maybe 20? Will that be enough? What the heck, I’m feeling generous today, so let’s give you 50 years to work out if you will us one more chance. By then you’ll be old and wrinkly and wearing big floral, grandma dresses, but maybe I’ll be into that sort of thing by then and we can go get some coffee together. Who knows?”* she will see that he’s not the needy, insecure, emotionally sensitive guy he was before.

He maintained his cool, remained confident and lovingly made fun of her for being so indecisive, rather than sulking and seeking pity from her like the guy did in the previous example.

So, if he remains confident and gets her laughing in that way, she won’t be able to stop herself from feeling surges of respect and attraction for him.

When that happens, she stops feeling the need to be push him away and starts wanting to experience the new and improved him in a relationship.

You can make your ex feel that way about you.

It’s actually very easy to do.

You’ve just got to use a different approach to attraction than you’ve been using up until this point.

Your approach hasn’t been working, so if you are ready to try something new and get her back, now is the time.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

	WATCH VIDEO (FREE)
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Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

My Ex Always Cancels When We Arrange to Meet Up

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

7 possible reasons why your ex always cancels when you arrange a meet up with her, are:

1. She knows that you still haven't changed

When your ex talks to you on the phone and hears your voice, she may begin think, *“I think seems okay between us. Maybe meeting up with him won't be so bad after all. I probably should just give him a chance.”*

Yet, after she hangs up the phone and starts analyzing the conversation, she changes her mind because she realizes that you're most likely still going to be making the same kinds of mistakes the lead to the break up in the first place.

For example: One of the reasons why a woman might break up with a guy is because he has no purpose in life (i.e. he's going nowhere, has no prospects for the future, just wants to hang out with her and waste his spare time doing nothing or playing video games, drinking, watching TV, browsing social media and so on).

If he's going to get her back, he will need to change his approach and start being a more purpose driven guy (i.e. decide on his biggest goals, dreams and ambitions in life and start making progress towards them).

To find out if he has change, his ex might ask, *“So, what have you been up to lately?”* and if he then answers, *“Oh, not much. Things are pretty much the same as they were before we broke up. I'm still at the same job. It's okay I guess. How about you, what have you been doing?”* she will see that he hasn't really changed.

If she still has feelings for him, she might agree to a meet up when they're talking, but after the call, she will think about it and decide not to attend.

She may think something like, *“He's not the go-getter guy that I want. He's just sitting around waiting for his life to begin, rather than making things happen. Even though I still miss him at times, it seems as though meeting up with him will be a waste of time. I need to accept that it's over. He's not the right guy for me.”*

She then sends him a text to cancel, or says that she can't meet up with him the next time they talk.

He is then left feeling confused and wondering why she always seems to cancel when they arrange to meet up.

He doesn't realize that she needs to sense real changes in him first, otherwise it just feels like a waste of time for her to meet up with him.

So, if you want your ex to stop canceling on you every time you arrange a meet up, here's what you need to do!

- **Understand her real reasons for breaking up with you**

[image: She doesn't want to help him get her back]

When breaking up, most women give vague excuses like, *“I just don’t have feelings for you anymore”* or, *“It just isn’t working out between us,”* to avoid helping you get her back.

So, it’s very important that you figure out her real reasons why she broke up with you.

That way, you will be showing her changes in yourself that she actually cares about.

For example: A woman said that she was over the relationship, but didn’t tell her guy, *“Look, you’re just too emotionally sensitive. I’ve had enough of having to be gentle with you and having to suppress my personality to stop you from being insecure. I want to be free to be my real self, rather than softening myself up to make an insecure guy feel okay about himself. I need a man with more balls than you. I’m over trying to help you feel good about yourself.”*

If the guy then tries to get her back by promising to be nicer to her, treat her better and listen more, she’s going to be thinking, *“He just doesn’t get it. He doesn’t even know what I want. He doesn’t understand me. He’s not the right guy for me.”*

So, make sure that you get clear on her real reasons for breaking up with you and then

- **Change or adjust those things about yourself**

You don’t have to become perfect to get her back.

Instead, you just need to show her that you’ve become better than before.

Let her see that you understand her real reasons for breaking up with you and have already changed, adjusted or improved.

- **Let her experience the new and improved you**

Whether it’s via text, e-mail, on social media, over the phone, or in person, you have to let her get the sense that you really have changed.

When she sees for herself that you’re no longer the same guy she broke up with, she will naturally begin to feel some respect and attraction for you again.

Then, meeting up with you again actually starts to feel like something she really wants to do.

So, if you’ve been trying to get her back before actually changing, you need to stop that.

It doesn’t work.

It can work initially when a relationship is beginning to break up, but not when a woman has had enough and no longer wants to be with a guy.

If you want her back for real, you’ve got to start making some real changes, improvements or adjustments.

Another reason why your ex always cancels when you arrange to meet up could be because

2. She’s not feeling enough attraction when she talks to you

[image: She's not feeling enough attraction when she talks to you]

If a guy wants his woman to feel excited about seeing him in person, he has to spark her feelings of respect and sexual attraction for him first.

If he talks to her on the phone and behaves in ways that continue to turn her off (e.g. heâs being insecure, begging and pleading with her for another chance, asking her what she wants him to do to make her change her mind, seem desperate or lost without her), she isnât going to be in a hurry to see him again.

You have to be displaying traits that actually attract her, otherwise it just feels unfair for her to have to give you another chance because you want it.

In other words, the feelings have to start to be mutual for her to want you back.

It can't just be about you respecting her, feeling attracted to her, loving her and wanting her back because of that.

You've got to make her want it too.

When you make her feel sparks of attraction for you, her whole perspective on you and the relationship changes.

However, if you try to get her back without improving your ability to attract her, she's going to remain closed up.

In some cases, a woman won't really know how to say, "No" to her ex when he asks for a meet up, so she just says, "Yes" on the phone or via text and has every intention of canceling closer to the date or on the day.

She may think something like, *âI know that I should tell him how I'm feeling, but itâs much easier to accept a meet up and then cancel, rather than have to explain why I donât want to see him.â*

Naturally, when a woman does that, a guy might get angry or annoyed at her and possibly ask something like, *âWhat is wrong with you? Do you actually get a kick out of messing me around? Why are you being like this? You've changed into a completely different person? You never used to cancel on me. Why are you doing this? Just be honest with me. Stick to your promises and stop messing me around like this.â*

Alternatively, he might try to seek pity for how bad she is making him feel, by saying things like, *âIâm trying to make things right between us, but I canât do that if you keep canceling on me? I know that I stuffed up in our relationship, but that doesn't mean you should be treating me like this. I feel happy that we're meeting up and then you kill me by canceling at the last minute.â*

Heâs hoping that she will feel bad for treating him that way, stick to her word and meet up with him.

Yet, when a guy loses control of his emotions and becomes angry, or tries to make his ex feel pity for him, rather than make her change her mind, she simply uses his reaction as another reason to avoid seeing him again.

So, whatever you do, donât get angry or try to use the pity card on your ex as a way of pressuring her to meet up with you.

The only way she will really want to see you again is if you re-spark her feelings of respect and sexual attraction.

When you do that, she begins to have romantic feelings for you again and it's only natural that she will want to meet up with you and get more of that in person.

To make her feel that way, you need to start by interacting with her over the phone and displaying

traits that are naturally attractive to women (e.g. emotional masculinity, confidence, the ability to make her laugh when she is being cold or distant, charisma, charm).

In some cases, all a guy needs to do is simply be a lot more confident than he usually is and the woman will take notice, feel some respect and attraction and be willing to meet up with him.

It really depends on how bad your break up is.

Each situation is different and requires a different level of attraction to get the woman to want to give her ex another chance.

Another reason why your ex always cancels when you arrange to meet up is becauseâ€¦

3. You've been arranging the meets up via text, rather than via phone call

Sometimes a guy might be worried that his ex won't want to talk to him on the phone, so he will ask her to meet up with him via text instead.

Yet, here's the problemâ€¦

Via text, it's simply too easy for a woman to say, *â€œYeah, sure. Let's meet up,â€* even though she already knows that she's going to cancel on him at the last minute.

Why would she do that?

When a woman receives a text from her ex, all she is looking at is a bunch of words on a screen.

Since she can't hear his voice and experience the changes he's made to himself, her only frame of reference is all the negative stuff about him that she remembers him doing near the end of the relationship and after the break up.

So, rather than think, *â€œWhat a great text! He's clearly improved and changed, so seeing him in person will be a great experience. I can't wait!â€* she's usually thinking, *â€œDoes he honestly think I want to see him again after everything he put me through? Not to mention the fact that he doesn't even have the balls to call me and talk to me now. It's just one more sign that he hasn't changed and isn't the man for me. He's just hiding behind texts and hoping that he can sneak his way back into my heart and life. No thanks.â€*

Why will she think that way?

There's no real evidence that he has changed.

It's just a text message.

Anyone can seem cool, confident and happy via text, but it's a completely different story on the phone and in person.

A woman knows that, just like you know it.

So, don't waste time trying to get your ex to meet up with you via text and then feel annoyed when she cancels on you.

Instead, just call her and let her experience the new you (e.g. by making her laugh and smile, flirting with her to make her feel feminine and girly, being confident when she tries to put you off by being cold and aloof, letting her sense your emotional strength and emotional masculinity by the way you talk about things and react to her).

The more attracted she feels to the new you over the phone, the more likely it is that she will actually show up when she agrees to see you again.

[image: Fully re-attract her and get her back]

Then, when you meet up with her in person, you can fully re-attract her and get her back into a relationship with you.

Another reason why your ex always cancels when you arrange to meet up is becauseâ€¦

4. She wants to test your confidence

Sometimes, a woman will agree to meet up with her and then cancel at the last minute, as a way testing his confidence.

This usually happens when a woman dumps a guy who had low self-esteem and didn't feel worthy of her.

She wants to see if he is going to put up with her bad behavior just to hopefully get to spend some more time with her.

If she keeps canceling and he keeps putting up with it, without really saying anything about her horrible behavior, she will think something like, *â€œUrgh! Heâ€™s just so spineless! Doesn't he have a backbone? Where are his balls? He's a wimp. I can't believe that he let me push him around this way. I'm not going to meet up with him if he's being like this. What would be the point? Heâ€™s not man enough for a girl me thatâ€™s for sure.â€œ*

On the other hand, if the guy is confident and believes in himself and in his value to her, he won't let her walk all over him by canceling all the time.

If she cancels on him once, rather than think, *â€œDid I do something wrong? What if she doesn't ever want to see me again?!â€œ* he just remains calm, assumes sheâ€™s busy and calls her a few days later to reschedule.

Then, if she cancels on him again, he might say to her in a confident, but playful manner, *â€œWow, even the president doesn't cancel appointments as much as you do. I appreciate that youâ€™re busy, but Iâ€™m busy too girl. So, if you want to meet up, then great. Letâ€™s do it. No excuses this time. If youâ€™re too busy, take all the time you need before you agree to catch up with me, but no more of this canceling stuff.â€œ*

He will then arrange another meet up with her, or if she is busy, he will say something like, *“Okay, I'll give you a call next week and we can arrange something. Chat then.”*

She will then be able to respect his confidence, while also appreciating the fact that he's still being a good guy.

He's not getting angry at her and insulting her, calling her names or trying to seek pity in a wimpy way.

He's just being a confident, cool guy and letting her know that she doesn't need to keep messing him around like that.

This is why it's so important to be confident at all times when you're getting your ex back.

When you can remain confident no matter what your ex says or does to make you feel insecure, you tap into her instinctive nature, which tells her, *â€œHeâ€™s not falling apart and being insecure and*

needy. Heâ€¢s a real man. Heâ€¢s confident and emotionally strong. Heâ€¢s the kind of man that I can look up to, respect, feel attracted to and love. It would be so hard to find another man like him. I have to give him another chance and see how it goes, otherwise I will regret it.

She then stops canceling meet ups and actually looks forward to seeing you again.

Another possible reason why your ex always cancels when you arrange to meet up is because

5. She's leading you on to let you down slowly

Most of the time, a woman doesn't know how to distance herself from her ex without getting caught up in an uncomfortable situation.

For example: A guy might

- Beg, plead and even cry as a way of trying to make her change her mind about being broken up.
- Tell her how much he still loves her and that he can't live without her, to make her feel sorry for him.
- Make big promises to change whatever she wants and then expect her to give him another chance based on that.
- Get angry and possibly even violent with her.
- Show up at her home or workplace and demand to speak to her.
- Pressure her into discussing the relationship in detail, so he can work out what he needs to change to make her happy and stop the break up.

So, rather than have to explain all the reasons why she is breaking up with him (e.g. he's too emotionally sensitive, she wants a man who more masculine in his energy, she wants a guy who is more focused on succeeding in life), she simply agrees to meet up with him and then cancels at the last minute.

She will think to herself, *Maybe if I keep canceling our meet ups, he'll eventually get tired or bored and give up. That way, I won't have to get into a confrontation with him about the break up and he won't feel so bad because he will assume we just drifted apart, or that our relationship was too difficult to repair.*

He could have got her back, but he simply didn't know how to.

He was trying to get her to meet up with him, without even really knowing her real reasons for leaving him, or putting in real effort to fix those things about himself.

So, rather than her having to help him through it, she tried to get away from him in the only way she knew how, which was to mess him around by constantly canceling meet ups and playing hard to get.

Here's the thing

A woman doesn't want to be put in the position where she feels stressed out by an ex who she doesn't want to be with anymore.

She also doesn't want to be in a position where she might have to physical defend herself against an overly emotional man.

So, rather than dealing with all the drama or danger, she tries to get out of the relationship as gently as possible, even if that means giving the guy false hope for a while.

If you are in a situation like that, you have to change your approach to her.

From now on, you have to start making her feel a renewed sense of respect and attraction for you, so she can begin to have romantic feelings for you again.

If you do that, she will stop canceling and start going along with the ex back process.

Before you know it, you and her will be back in a relationship and she will tell you that she loves you again.

That's how it works when you approach it correctly.

Another reason why your ex always cancels when you arrange to meet up is becauseâ€¦

6. She is afraid that she might have strong feelings for you again if she meets up with you

When a woman really loves a guy, she will usually give him more than one chance to change and improve the things about him that are turning her off.

Yet, if he never changes, she will eventually be forced to make the decision to leave him.

In cases like that, she will try to avoid seeing him again because she will know that he could easily re-attract her and seduce her back into a relationship.

So, even though initially she might agree to meet up with her ex, she will be secretly thinking something like, *â€œYou have given him plenty of chances before and he never changed, so this time probably isn't going to be any different. You're just going to fall in love with him again, only to find yourself having to go through another painful break up. So, just get out of this while you can. Don't meet up with him. Stay strong.â€*

Finally, another possible reason why your ex always cancels when you arrange to meet up is becauseâ€¦

7. The meet up sounds way too serious

If a guy gives his ex woman the impression that meeting up with him means that she is giving him another chance, she is much more likely to reject his offer to meet up, or accept it and then cancel via text.

So, if you've made your ex feel that way, make sure that the next time you arrange a meet up, you make it sound like it's just you and her catching up as friends and isn't about getting back together.

For example: You can say something like, *â€œHey, I know that you've canceled on me a few times before, but I hope this time we can really meet up. I want to make it clear that just because you're agreeing to see me, it doesn't mean I'm expecting us to get back together at all. It's just a cup of coffee between friends and nothing more. In fact, if you don't want to talk to me or see me again after that, I promise to leave you alone completely and never contact you again. So, let's have this quick coffee. I'm going to be busy tomorrow and Tuesday, but I have anywhere from 3pm to 8pm on Wednesday and Thursday open at the moment. What day and time suits you the best?â€*

When you make the meet up seem relaxed and friendly, she will feel more comfortable with the idea

of seeing you again.

Then, when you meet up with her and she experiences the new and improved you for herself, she will likely be saying to herself, *“Why did I waste so much time canceling when my ex and I arranged to meet up in the past? He’s so different now and I regret not seeing him a lot sooner. I want him back. I’m going to make this happen.”*

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

She Said That She Will Always Have a Special Place For Me in Her Heart, But Doesn't Want to Be With Me Anymore

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

4 possible reasons why she said that she will always have a special place for you in her heart, but doesn't want to be with you anymore are:

1. You no longer make her feel sexually attracted

[image: You no longer make her feel sexually attracted]

In a relationship, it's the man's responsibility to make sure that the love, respect and attraction between him and his woman grows and becomes stronger over time.

Watch this video to understand how that works!

Unfortunately, some guys become so comfortable in their relationship with a woman that they end up treating her like more of a friend than anything else.

To convince himself that everything will be okay, a guy might think to himself, *"Our love is so strong that nothing can ever come between her and I. This is going to last forever. She is mine. We're going to grow old together. Her and I have said that to each other, so it's going to happen. I have nothing to worry about."*

As a result, he might then fall into the habit of taking his woman's love and attraction for him for granted.

For example: He might take her for granted by

- Forgetting to compliment her when she puts in the effort to look good for him (e.g. she might be wearing a new dress and he doesn't notice it at all, or if she asks, *"How do I look?"* he just says, *"Fine"* or, *"You look nice,"* rather than making her feel sexually appreciated by saying something like, *"You look sexy baby"* or, *"Wow, look at you. I know what I'm doing later tonight"*).
- No longer taking care of his physical appearance (e.g. he feels so comfortable around her that he stops putting effort into wearing clothes that make him look good, or he starts wearing clothes that make him look a little wimpy or even feminine at times).
- No longer doing the little romantic things that she liked at the beginning of the relationship (e.g. he doesn't take her to restaurants/picnics/fun places anymore and sticks to ordering takeout and watching TV at home).
- Treating her more like his friend or roommate than like a desirable, sexy woman (e.g. he stops hugging, touching and kissing her, the sex has become boring or even dried up).

Alternatively, he might take her for granted by doing one or more of the following:

- Becoming so emotionally sensitive that she has to be on her best behavior, say nice things to him and reassure him of her commitment to him, otherwise he starts getting moody or sulking.
- Getting angry at her often and expecting her to just put up with it.

- Disrespecting her in private or in public and then expecting her to respect him at all times.
- Becoming very clingy and needy of her and expecting her to put up with it.
- Trying to take away her individual freedoms (e.g. not allowing her to meet up with her girlfriends, checking her phone, preventing her from clicking like on social media posts of her male friends).
- Spending most of his spare time or weekends doing things without her (e.g. playing video games, working on hobbies, hanging out with friends) and expecting her to just wait in the background of his life.

Here's the thingâ"!

Even if a guy really loves his woman and doesn't want to lose her, she simply won't find that kind of treatment fair.

As an individual, she will naturally want to look after herself and her own well being rather than just putting up with being treated in that way for life.

So, she will break up with him and try to find someone who will love her and appreciate her properly.

What a lot of guys don't understand is that in most cases, women are a lot more insecure than men.

For example:

- Most women are insecure about their physical appearance. According to a global study conducted by Dove cosmetics, 96% of women don't consider themselves to be beautiful.
- Women are reported to experience depression at twice the rate of men in the USA.
- In the UK, 40% of women will require treatment for depression at some point in their life compared to only 10% of men. In other words, women are more depressed than men.
- Women are twice as likely to experience anxiety compared to men.
- 60% of the people who have OCD (Obsessive Compulsive Disorders) and phobias are women.

She might seem like she is confident and has it all together, but if she's like most women, she will be insecure, anxious and prone to feelings of depression.

So, to keep a woman happy in a relationship, you have to be consistent.

You've got to build on her feelings over time and not take her for granted.

If you fail at that, she will start to feel emotional, depressed, anxious, insecure and unsure of herself.

If you don't pick up on those changes, she will start to feel angry, annoyed and disappointed with you.

She will then start to give you obvious signs that she isn't happy, (e.g. *"I don't know if this is going to work out"* or, *"I don't feel the same way as I used to"*) to hopefully make you pay attention.

If you do pay attention, change and get things back on track, she will be happy and stick with you for life (if you are consistent).

Yet, if you just ignore her complaints or hope that she stops being like that, she will eventually say something like, *"I will always have a special place in my heart for you, but I don't want to be with you anymore. Please accept that."*

A guy in that position will usually then start begging, pleading and sucking up to her for another chance, which will turn her off even more.

This is why you have to understand what a woman really wants and offer that to her when in a relationship, or when getting her back.

You've got to do it right.

She's not going to help you understand what you need to change, or help you grow as a man so you can get her back.

It's up to you to figure this out.

Of course, you're not on your own.

I'm here to help you.

Just don't expect her to explain everything for you and help you along the way to get her back.

In most cases, a woman will just give signs and hints that she is unhappy and if the guy can't rise up and become a better man, she will prepare herself to leave and then end the relationship.

For example: If a man gradually stops treating his woman like a feminine, sexy girl and starts acting like they're roomies, the dynamic of the relationship will change.

She will begin to doubt her attractiveness and become frustrated and unhappy in her relationship with him.

He will then see the changes in her and wonder what the heck has gotten into her.

Simple.

He's not making her feel like a sexy girl anymore.

She feels like his friend or roommate.

That's not what a woman wants from a relationship with a man.

It feels nice and easy and comfortable for a man to change the relationship into that, but it's not what a woman really wants.

As mentioned earlier, she's not going to tell him that either.

She's not going to explain that he's no longer making her feel sexy, attracted and wanted by him.

Instead, she will either start getting moody (that's women for you! They are not like us and that's okay. You have to understand and accept that about women. They are not designed to be like us) or she might try to make herself even more desirable to him (e.g. by dressing in revealing clothes, wearing sexy lingerie, kissing him in a sexual way, being submissive, acting girly).

If he continues on just treating her like a roommate, friend or one of his buddies, she will eventually start to think, *"This just isn't working. I just don't feel the way I want to when I'm with him anymore. The spark has gone."*

If nothing changes for months or years, she will eventually break up with him by saying something along the lines of, *"It's not you, it's me. I love you and will always have a special place for you in my heart. I just don't want to be in a relationship anymore. I want to have time for myself. I want to explore and find out who I am."*

If she's like most women, she won't come out and say something like, *"Hey, you've become too much of a wimpy guy these days. It's almost like you're my girlfriend at times. I need a real man. I used to love you, but not anymore. It's over."*

Most women don't want to be that direct because they don't want to hurt a guy's feelings, make him react with anger (or even violence) or have to deal with a messy break up.

Instead, she will just say nice things like having a place for him in her heart, him being a great guy, treasuring the time they spent together and so on.

So, if your ex said that she will always have a special place for you in her heart, but doesn't want to be with you anymore, it could be because you stopped making her feel like a feminine, girly, sexy woman around you.

Don't worry though.

You just have to start making her feel that way from now on and she will change her perception of you and open back up to being with you again.

Just make sure that every time you interact with her from this point onwards (e.g. over the phone and especially when you see her in person), you are actively triggering her feelings of attraction for you by making her feel girly, feminine and sexy, rather than just being a sweet, nice, neutral friend to her.

Even though you're not a couple anymore, it doesn't mean you can't still talk to her in a way that makes her feel sexy and wanted.

You can.

In fact, if she broke up with you because the spark died out, then you have to.

You have no choice.

If you want her back, you have to get the spark back.

Naturally, you may be asking, *What if she gets angry with me for talking to her in a way that makes her feel feminine, girly and sexy?*

If you're asking that, it suggests that you are approaching her in the wrong way and simply don't understand what really makes a woman feel attracted to a guy.

Women are attracted to guys who aren't intimidated by them.

It's not about being aggressive, rude, obnoxious or anything like that.

It's just about being a good man who has balls.

That's what women really want.

So, you will always make her feel much more attraction by being confident in your value to her, compared to tiptoeing around her like a good little boy in the hopes that she will change her mind and give you another chance based on your niceness.

With that in mind, don't be afraid to flirt with your ex when you next see her or talk to her on the phone.

Make it clear by how you are flirting with her that you still feel a deep sexual attraction and desire for her and aren't afraid to let her know about it.

It's not about saying, *"Hey, I still find you sexy."*

That's not flirting.

Instead, it's about saying something like, *"Wow, you look sexy today"* when you meet up with her in person, rather than saying, *"Oh, nice dress. How are you today?"* like a typical nice guy who is afraid to express sexual interest in a woman.

When you make her feel sexually attracted to you again (e.g. you make her smile and laugh, build up sexual tension by flirting with her and then pulling back your interest, make her feel feminine and girly by being emotionally masculine around her), her feelings will naturally begin to change.

She will go from just having a special place in her heart for you, to wanting to kiss you, have sex with you and be your woman again right now.

That's what you want, right?

If so, make sure that you focus on triggering her feelings of sexual and romantic attraction for you.

Don't hold back and be polite, nice or neutral.

Let the flirting flow and be confident enough to joke around with her and make her smile, laugh and feel great to be talking to you again.

Another reason why your ex may have said that she will always have a special place for you in her heart, but doesn't want to be with you anymore is because

2. She likes you as a person, but can't look up to you as her man

[image: She likes you as a person, but can't look up to you as her man]

For a woman to be able to look up to and respect her man, she needs to know that he is the more emotionally dominant one in the relationship.

Part of making her feel that way is not allowing her to walk all over you, intimidate you or boss you around in a relationship.

Where a lot of guys go wrong is by thinking, *"I love my girl so much that I will do anything to make her happy. She can call the shots if she wants. Whatever she wants to do, I am willing to go along with, as long as I get to be with her."*

He might then become super nice, sweet and attentive around her and always let her get her back, regardless of how badly she treats him.

For example: A woman might talk down to her guy, throw tantrums when she doesn't get her way and possibly even belittle him in front of other people (e.g. make jokes about him, say that he is useless or is a loser).

Yet, rather than confidently standing up to her and telling her that he's not going to put up with being treated disrespectfully by her, a guy like that might be even nicer to her in the hopes that she takes pity on him one day.

He might say something like, *"I'm sorry if I upset you baby. Please let me make it up to you,"* or *"Please don't be this way. You know that I will do anything to make you happy. Just tell me what you want and I will do it."*

However, in most cases, rather than make a woman think, *"What am I doing? He's so sweet and wonderful and I'm being a bitch to him! I feel so terrible for the way I've treated him. I promise that from this moment onwards, I'm going to be the most loving girlfriend/wife a guy can ever hope for,"* she will think something like, *"I can't believe that he lets me disrespect him so much. Doesn't he have a backbone? Doesn't he respect himself? I really don't like behaving like this, but it's the only way I can think of to try and push him to be more of a man and stand up for himself. No matter how badly I treat him, he just keeps putting up with it. Well, I guess it's not working. He doesn't understand how to be the man in a relationship. Even though I think he's a really nice guy, I just can't look up to him and respect him as my*

man. So, I have to leave him and find a man who makes me respect him.

She then leaves and the guy is left thinking, “*What the? I did everything that I could for her and is still wasn’t enough! What is wrong with women? They are so hard to please.*”

Yet, that’s where he is wrong.

When you understand what women really want in a man, they are simple and so damn easy to please.

For example: One of the things that a woman wants is to be with a good man who is more emotionally dominant than her.

If a woman feels more emotionally dominant than her man (e.g. like she can push him around), it becomes very difficult for her to respect him.

If she can’t respect him, she also can’t feel real sexual attraction for him anymore and then staying in a relationship with him doesn’t feel right at all.

When she reaches that point, it doesn’t matter how well the guy treats her.

Without the fundamental feeling of respect, her attraction and love begins to fade away and not be strong enough to justify remaining in a relationship.

So, some questions to ask yourself are

- Did I allow my ex to be more emotionally dominant than me (e.g. she got her way most or all of the time and I just followed her direction)?
- Did she feel like she had to make most or all the decisions?
- Did I let her get away with treating me badly?
- Did I become too emotionally sensitive?

The thing is, you might be a nice guy, but when it comes to keeping a relationship together with a woman, nice just isn’t good enough.

You have to be a good man with balls (i.e. a good man that is emotionally tough).

Your woman needs to know that she can rely on you to be the man (i.e. emotionally strong) all the time.

She needs to know that you won’t allow her, or other people, to disrespect you and push you around.

She has to be able to relax in the knowing that you will protect her from the big, bad world out there and not come running and crying to her to take care of you if life gets tough.

So, if your ex lost respect for you, it’s essential that you get that back.

Then when you next see her, you have to be the more emotionally dominant one at all times.

Being emotionally dominant doesn’t mean being rude or treating her badly.

Instead, you just have to be assertive and be the man around her.

When she can see that you have the balls to stand up to her now, while also being a good guy, she will naturally feel respect and attraction for you again.

Another reason why your ex may have said that she will always have a special place for you in her heart, but doesn’t want to be with you anymore is because

3. She grew up or matured a lot faster than you and no longer feels compatible

[image: She grew up a lot faster than you and no longer feels compatible]

One of the most important aspects of a relationship is that the man and the woman are both on pretty much the same level.

For example: A couple mightâ€¦!

- Have a big goal or dream in life that theyâ€¦re always working towards achieving.
- Want to settle down, buy a house, get married and start a family.
- Prefer to party, stay out late and live a carefree lifestyle.
- Enjoy traveling and trying new and exciting things.

So, if a woman discovers that she has matured a lot faster than her guy (e.g. sheâ€¦s ready to stop partying and wants to settle down, but he only wants to hang out with his friends and get drunk all the time), she may start feeling like they are no longer compatible.

Of course, she might not break up with her guy right away because of that, but it will start to eat away at her respect and attraction for him.

She may begin to think, *â€œMaybe he just needs a bit more time than me. Heâ€¦s still a great guy and if he sees that I have changed, he will hopefully catch on and enjoy a different kind of lifestyle with me.â€œ*

Yet, if he doesnâ€¦t change or isn't willing to change, it will eventually lead to a break up.

So, if your ex currently feels that you and her are at different stages in life (e.g. you want to settle down, but she wants to be free), itâ€¦s only natural that she will want to end the relationship.

If that applies to you though, don't worry.

You can still get her back.

Just get her back into a casual sex type relationship and make her feel respect, attraction and love for you on levels that she has never experienced before.

Make her love you and want you even more than you want her.

You will then be in the position of power in the relationship (the way a woman like her wants it to be anyway) and she will naturally begin to open up to settling down with you and committing long term.

A final reason why your ex may have said that she will always have a special place for you in her heart, but doesnâ€¦t want to be with you anymore is becauseâ€¦!

4. She had a crush on you, hooked up with you, realized that you weren't who she thought you'd be and then dumped you

[image: You weren't you she thought you would be]

Sometimes a woman might feel attracted to a guy because he initially appeared to have some of the qualities and personality traits she was looking for in a man.

For example: He might have come across as being confident and emotionally strong and he may have also had a great sense of humor, so she found herself smiling, laughing and feeling great around him most of the time.

As a result, she may have then thought something like, *â€œI think he might be the guy for me. Heâ€™s cute. I love the way I feel when Iâ€™m with him. I should start dating him.â€*

Yet, when she gets into a relationship with him, she then discovers that how he was behaving before was just an act to reel her in.

It's not the real him.

For example: The longer the relationship continues, the more emotionally sensitive, insecure, clingy, jealous and controlling he becomes.

He also stops being fun to talk to and starts being annoying, pressuring her, controlling her and being too serious all the time.

She then begins to think something like, *â€œHe used to be really sweet when I met him. Iâ€™m sure heâ€™s not a bad person, but heâ€™s definitely not the man for me if this is who he is deep down. I think I've made a big mistake by getting into a relationship with him. I didn't see this side of him when I met him. Now that I've experienced it, I know that I don't want it. He's not the guy for me. I have get out of this relationship before it gets worse and I potentially end up getting hurt.â€*

She will then break up with him and try to find new a guy who really is what he appears to be (e.g. confident, charismatic, emotionally strong and masculine, enjoys making her laugh, smile and feel good around him).

You Can Change How She Feels

[image: You can change how she feels]

Don't worry about the mistakes you made with her.

That is done.

What matters the most is how you make her feel from now on.

When you start giving her the attraction experience she always wanted from you, but never told you about (e.g. make her feel feminine and girly in your presence, be the more emotionally dominant one in the relationship, have crystal clear focus and direction in life), she won't be able to stop herself from feeling respect and attraction for you again.

She will then stop focusing on the negatives of your relationship and will feel drawn to you in a way that feels good to her.

However, rememberâ€

You have to give her the kind of attraction experience she really wants, which is usually going to be different to what you think it is or what you've been offering her in the past.

For example:

A woman might want her man to be more emotionally strong and confident around her, but he tries to get her back by pouring his heart out via text, e-mail, social media messages, on phone calls or in person, crying to her and begging and pleading for another chance, or saying that he will do anything

to get her back.

Alternatively, a woman might want to see that her guy is capable of being the man without needing to lean on her for guidance, but he instead asks her to tell him what he needs to change, or that he needs her back to because she helps him focus and get things done.

By behaving in those ways, heâs only highlighting to her that he hasnât really changed.

As a result, she keeps pushing him away and saying things like, *âI know you mean well, but I just donât feel the same way about you like I used to. I will always have a special place for you in my heart, but our relationship is over now.*â

So, if you want your ex back for real, make sure that you prepare yourself to attract her in the ways that she really wants.

Don't go offering her things that she isn't going to feel attracted, excited and happy about (e.g. pouring your heart out to her when she actually wants you to be more ballsy).

When you attract her in the ways that she really cares about, she wonât be able to stop herself from wanting to be around you more and more.

The idea of you finding another woman will suddenly make her feel sad and anxious.

To avoid losing you and the new, much enjoyable attraction she feels for you, she will give you another chance and see how it goes.

So, make sure that you do this right.

Attract her in the ways that she really cares about and you will see her change and open back up to you right away, or within days.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

I Don't Know What to Say to My Ex if I Contact Her

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here's what to say and do when you contact your ex on a phone call.

Note: If you don't want to call her and would prefer to text, I recommend that you read my other article, [How to Attract Your Ex Back Via Text](#) (opens in a new window when you click it).

However, if you are confident enough to call her, this is what you should say and do to get her back:

1. Start with a brief, but sincere apology

[image: Start with a brief, but sincere apology]

Even if you've already apologized to your ex for what happened between you and her, it's good to just briefly, but sincerely say sorry one more time.

Saying sorry again doesn't mean you should grovel, suck to her or try to make her feel pity for you.

Just keep it as brief as possible and then get on with making her smile, laugh and feel good talking to you.

Example 1:

If you and her are on good terms and she will be happy to hear from you, say something like:

You: Hey, how are you?

Her: Good thanks, you?

You: I'm doing great. Hey, before we continue, I just wanted to say sorry to you again for what happened between you and I. I'm sorry for putting you through that.

Her: [Either says that it's fine, don't worry about it or wants to talk about it a bit more]

Then, get on with making her smile, laugh and feel good talking to you.

Example 2:

If you and her had a messy break up and she's not going to be happy to hear from you, start the call off and then say something like:

Hey, by the way I'm sorry for what happened between us. I now understand what I did wrong and why it caused your feelings for me to change. If our roles had been reversed and you were behaving like that, I would have probably felt the same way. It wasn't fair on you and I see that now. Regardless of what you may think of me right now though, I want you to know that I'm sorry that things worked out the way they did between us. The truth is, everyone makes mistakes in a relationship. I never claimed to be perfect, but to the best of my knowledge, neither is anyone else. I just want you to know that I'm not the same guy that you broke up with. I don't expect you to believe me right now and that's okay. I'm not asking you to take me back or anything like that. Of course, I would be lying to you if I said that I don't care about you anymore. I definitely do care about you, but I accept that we are broken up. I just want to say sorry for how everything turned

*out. You are a great woman and definitely deserved better. So, sorry about that.*â□□

By being confident and mature enough to apologize to her in that way, youâ□□re showing her that youâ□□ve learned from the experience and have already taken positive steps to become a better man than you were before.

This is attractive to her because you aren't stuck at the same level as you were when she broke up with you.

You're one of the rare men who learn from an experience and become a better man as a result, rather than making the same old mistake over and over again throughout life.

When she gets the sense that you are one of the rare men who become better and better over time, it makes her feel sparks of respect and sexual attraction for you.

As a result, she feels much more willing to genuinely forgive you and open up to talking to you further and even meeting up with you in person.

You then need to make sure that youâ□□!

2. Focus on making her smile, laugh and feel happy when talking to you

Itâ□□s only natural that the idea of contacting an ex for the first time after a break up might make a guy feel nervous or stressed.

He may even think things like, *â□□ Will she even want to talk to me? Will there be a lot of long awkward silences between us? What should I say to her? What will make her see that Iâ□□m genuinely sorry for what happened and that I want to make it up to her?*â□□

He might then decide to call her and try to discuss the relationship with her in detail and work through any problems that they had or still have.

Yet, doing that simply makes her remember the scale of the problems they were having or still have.

It makes her think something like, *â□□ Yeahhhâ□□! Iâ□□d forgotten about some of those things he did, but now that heâ□□s mentioned it, I feel even more turned off by him.*â□□

She then closes up and it becomes even more difficult to get her to meet up with him to get her back. So, what should you do instead?

Make her smile and laugh and feel good, especially when sheâ□□s trying hard to make you feel uncomfortable or nervous by being cold towards you, or is creating drama by being cold and saying things like, *â□□ Why are you calling me?*â□□

For example: Imagine that youâ□□re on a phone call with your ex and the first thing she says to you is, *â□□ Oh, itâ□□s you again. What do you want now?*â□□

A nervous, insecure guy might begin to stumble over his words and say things like, *â□□ Iâ□□m sorryâ□□! I just wanted to talk to you and see how you are,*â□□ which puts her in the more dominant position and causes her to feel even more turned off by what she perceives as his emotional weakness.

Alternatively, he might seem nervous and hesitant as he tries to talk to her, which will make her feel turned off because he doesn't even have the balls to remain confident when talking to a woman.

Women hate it when a guy feels intimidated by her, but still wants to be with her sexually and romantically.

Being intimidated makes a woman feel unsafe with him.

She feels like she would need to protect him from the big, bad world out there, so she stops feeling like a woman around him.

This is why it's essential that you always remain confident and don't ever give a woman the impression that you are intimidated by her in any way.

It's not about being rude, aggressive or controlling.

None of that.

You just have to have the balls to laugh at her attempts to you feel intimidated and then guide the conversation or interaction back to mutual laughter and feelings of love.

So, if you call her and the first thing she says to you is, *â€œOh, it's you again. What do you want now?â€* what should you say and do?

A great way to get her smiling right away is by laughing at her bitchiness (This part is important. You have to literally laugh) and with a smile in your voice ask something like, *â€œWow! Is that how you say hello these days? Gee, a lot has changed about you since we last spokeâ€* and then have a laugh with her about that, or, *“Haha! That's how you answer the phone with me now? I love it. Funny stuff.”*

Alternatively, if she's more open to talking to you again and says, *“Hi, how are you?”* when you call, you can say something like, *â€œI'm good. How about you ex girlfriend? How you doing?”*

She will most likely laugh at you referring to her as 'ex girlfriend' and she will feel respect for it too, because you have the confidence to risk saying something like that, rather than feeling intimidated by her and the situation and being on your best behavior as a result.

Another example is if she is trying to make you jealous by talking about her life without you.

You should literally laugh and with a smile in your voice say something like, *â€œWowww, I'm soooo jealous...â€* and then laugh and say, *â€œJust kidding...that's sound great. I'm glad that your life has been much more fun without me.â€*

By saying something like that to her, she will be impressed that you're confident enough to joke around with her and risk saying things, even though you and her are now broken up.

When she feels respect and attraction for you again, it becomes difficult for her to keep thinking things like, *â€œHe's my ex and he stuffed up. I don't want to talk to him anymore. It's over! I don't have any feelings for him!â€*

Instead, she thinks, *â€œIt's actually kind of nice to be talking to him again. I miss his funny sideâ€* I like his confidence too. Maybe there is a chance for us. Maybe we could meet up and see where things go.â€

She then allows her defenses to come down and becomes more willing to see you in person to experience the new and improved you face-to-face.

Once she's feeling good and enjoying talking to you again, you need toâ€

3. Get her to meet up with you in person to say hi as friends

After a bit more laughter and easy-going conversation, just say, *â€œAnyway, itâ€™s been good to chat to you again like this. Let's meet up sometime this week for a quick cup of coffee. Of course, itâ€™s just as friends, so donâ€™t expect a cake with your coffee or anything sweet like that, okay? It's just coffeeâ€* and have a laugh.

She will most likely be laughing, smiling and having fun, because she can sense that youâ€™re being easy-going and are not pressuring her into doing anything that she feels uncomfortable with.

She will also notice that thereâ€™s a little bit of teasing and flirting going on, which will be exciting to her.

She may then think something like, *â€œHe really sounds so different now. Heâ€™s just so confident and self-assured all of a sudden. It might actually be a lot of fun to see him in person again. Iâ€™m curious to see what happens if we meet face to face.â€*

Of course if she doesnâ€™t say, *â€œYesâ€* to meeting up right away, donâ€™t let that throw you. Just smile and say, *â€œCome on! It's just a coffee. We can do that. Let's catch up and say hi.â€*

Chances are high that she will then agree to the meet up and you can then arrange a day and time.

Then, you need toâ€¦

4. Reactivate her feelings in person

[image: Reactivate her feelings for you in person]

At the meet up, itâ€™s very important that you continue behaving in some of the ways that will naturally reactivate your exâ€™s feelings for you.

For example: Being confident even if sheâ€™s closed off towards you or tries to dominate the interaction, making her feel like a feminine, attractive woman in your presence, using humor to lighten the mood and put her at ease and showing her that you're not insecure or emotionally sensitive like before (if that applies to you).

If you're making her feel attracted, she is going to have a very difficult time saying no to hugging you, kissing you and hooking up with you again sexually because she will want it to happen too.

This is why it's so important that you focus on triggering feelings of sexual and romantic attraction inside of her.

Don't go to the meet up and act like a nice friend.

That's not going to work.

You've got to trigger her sexual and romantic feelings.

That is what works to get an ex woman back.

Of course, she might act like she is not even interested in getting back with you at all, but if she goes to a meet up with you, then she is open to getting back with you on some level.

So, be prepared for the possibility that she might come to the meet up with her guard up.

She might even be thinking things like, *â€œBe careful. Just because he sounded different over the*

phone, it doesn't mean that he's really changed. You can't let him hurt you again. Don't show him that you're interested right away. See how the meet up goes and then decide later.

That is why it's very important that, right from the onset, you show her via your actions and the way you talk and interact with her, that you really are a new man now.

For example:

- If she's being cold and distant, show her the strength of your confidence by never feeling nervous or unsure of yourself.
- If she acts like she's over you, don't feel rejected or unwanted. Instead, be confident and use humor to spark her feelings of respect and attraction for you.
- If she talks about other guys to make you feel insecure, just laugh about it and tell her that you're happy for her.
- If she tries to dominate the interaction, put her back in her place in a loving, but assertive way.

When she can see that you remain confident no matter what she throws at you to make you feel intimidated or insecure, she won't be able to stop herself from feeling some respect and attraction for you again.

Those feelings then begin to make the negatives in your relationship seem less important to her.

[image: Reactivate her feelings for you in person]

She begins to realize that you are now a completely new and improved man that she can look up to, trust and feel proud of.

Then, the idea of hugging, kissing and possibly even having sex with you again to see where things go, begins to feel like something she might like to do.

However, if you meet up with her and remain on your best behavior (e.g. being a nice friend), act nervous and insecure or let her push you around, then she's just going to think something like, *I was right to trust my instincts. A leopard can't change its spots and my ex is still the same guy that I broke up with. Nothing has changed. At least now I know for sure that he's not the guy for me and I can move on with my life without any doubts. I'm never going to meet up with him again. It's over.*

So, make sure that you are fully prepared to re-attract her at the meet up.

Don't blow your chance with her.

5 Classic Mistakes to Avoid Making When Contacting an Ex Woman to Get Her Back

Contacting your ex is easy if you are feeling confident, emotionally strong and worthy of your ex.

However, if you're feeling insecure, emotionally sensitive and doubting your attractiveness to your ex, it's possible that you might make one or more of the following mistakes!

1. Trying to get her back via text messages

A guy might sometimes say to himself, *I don't know what to say to my ex if I contact her by*

calling her. What if she doesn't even want to talk to me on the phone? Maybe it's better to just text her. That way, she can take her time to reply to me. If she wants to get on a call, she will tell me and I will then call her.

Yet, what he doesn't realize is that when a woman has broken up with a guy, it's usually because she's lost respect and attraction for him.

So, when she gets a text from him, rather than look at it objectively and assume he has good intentions, she's more likely to think, *Nice try buddy, but I'm not going to fall for your attempts to get another chance by texting me. Grow a pair of balls and call me. If you can't do that, don't expect me to help you feel confident enough via text. Grow a pair or leave me alone.*

Here's the thing!

Texts on a little screen don't have the same impact as words spoken over the phone, or in person where a woman can see a guy's body language and assess his state of mind.

For example: Is he being confident and emotionally strong, or is he nervous and self-doubting?

Is he making her laugh and smile, or is he making her feel tense and stressed out?

Is he feeling worthy of her, or is he feeling intimidated by her and hoping that she takes pity on him and gives him another chance?

This is why texts are simply one of the worst approaches to use when getting an ex woman back.

It's fine for a woman to text her ex guy back, because we men don't require a woman to be confident and emotionally strong.

Yet, women require that from a man.

The rules for a man getting a woman back are different to the rules for a woman getting a man back.

You have to do what a man needs to do to get a woman back.

One of those things is to have the balls to call her and re-attract her on the call and then get her to meet up with you in person.

In person, she will get a crystal clear picture of who you are now and see that you really have changed.

Another mistake that you might make if you're not feeling confident and worthy of your ex when you contact her is!

2. Coming across as emotionally weak or emotionally sensitive when you talk to her

Sometimes when a guy contacts his ex for the first time after a break up, he is thinking things like, *I can't do anything to upset her. No matter what she says, I just have to be nice to her. Hopefully that will show her that I'm really sorry for what happened and she will then be more open to giving me another chance. I've got to show her that I'm suffering and that I'm not as confident as I used to be. Maybe that will make her take pity on me and give me another chance.*

He might then allow her to treat him disrespectfully as a way of showing her that he's so upset, lost and sad without her that he's willing to do anything or put up with anything to get her back.

However, rather than make a woman think, *Amazing! He's so sweet and agreeable, even though I'm being such a bitch to him. I should definitely give him another chance. After all, what women doesn't want a wimpy ass guy?* she will simply feel turned off and close up even more.

So, make sure that you don't let your ex dominate you during interactions because you're hoping that she will then take pity on you.

Women feel attracted to emotional strength in men, not weakness.

3. Not using humor because you're afraid she might not like it

When talking to her ex, a woman will usually avoid laughing at his humor as much as possible.

This is her way of testing to see if he will remain confident, or become anxious and insecure when he notices that she isn't really laughing much or at all.

Don't let that put you off the idea of making her smile and laugh though.

So many guys make that mistake and end up decreasing the chances of getting their ex woman back.

For example: If a guy's ex woman is the kind of woman who will test his confidence by playing hard to get and not laughing at his jokes, he might decide to just try and talk to her in a nice, friendly way.

He hopes that he can just talk to her as a friend and have an innocent chat and she may then open up to him and be happy to meet up with him.

That can happen if the woman still has strong feelings for her ex, but if she doesn't have feelings, he literally needs to create those feelings.

Using humor is one of the quickest ways to make a woman have feelings for you again.

As long as you are being confident, she will relax, open up and allow herself to feel some attraction for you.

Yet, if you just use a friendly, nice approach (and she doesn't have any feelings for you), she won't feel a spark and quickly lose interest in talking to you.

She will then say something like, *"Look, I have to go. We don't have anything to discuss. It's over, okay? Please don't contact me again."*

You don't want something like that happening to you, right?

If not, make sure that you confidently use humor when talking to her to get her to relax, open up and enjoy herself when she's talking to you.

The fact is, when a woman is laughing and smiling, it's becomes very difficult for her to continue feeling angry, annoyed or irritated at the same time.

So, get her smiling and laughing.

Another mistake that you might make if you're feeling insecure and unworthy when talking to your ex is

4. Feeling unwelcome to flirt with her and build up sexual tension between you and her

Sexual tension occurs when a man and a woman are interacting and feeling attracted to each other, but not kissing and having sex.

Sexual tension is released when you kiss and have sex.

So, if you want your ex to feel the desire to kiss you and have sex with you again, you must build up feelings of sexual tension so she feels the need to release it with you.

Don't play it safe and act like just a friend.

If you want her back for real, you have to focus on triggering and building on her sexual and romantic feelings for you.

[image: Feel welcome to flirt with her and build up the sexual tension between you and her]

When you do that, she will feel turned on and be willing to give the relationship another chance, or at least hook up with you to see how she feels afterwards.

So, don't waste another moment worrying what to say if you contact her.

Get her on a call, re-attract her and get her back.

Do it before she meets a new guy who makes her feel a lot of attraction.

Do it while you still have the chance.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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I Want to Get My Ex Back Before Valentine's Day

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here's what you need to do to get your ex back before Valentine's Day:

1. Prepare to attract her in the ways that are important to her

[image: Prepare to attract her in the ways that really matter to her]

For a woman to be able to love, respect and feel attracted to a guy over the long-term, he has to be able to attract her in the ways that are important to her.

For example: She wants a guy who is confident in any situation in life, or a guy who is able to use humor to make her laugh and snap out of a tantrum she is in the middle of throwing.

She might also want a guy who always makes her feel like a real woman in the relationship, rather than making her feel like his buddy or worse, like his big sister or a mother figure in his life.

She might also want a guy who is driven to succeed and never gives up, or a guy who is so confident that other guys respect him in social situations.

If he can attract her in the ways that are important to her, then anything else he occasionally does (e.g. buys her a nice gift or flowers, says something sweet to her) is so much more enjoyable and meaningful to her.

However, if a guy can't attract her in the ways that are important to her (e.g. because he's insecure, is too emotionally sensitive, can't handle it when she tests his confidence, is controlling or jealous), then flowers, gifts or sweet words just aren't going to be enjoyable or mean much to her at all.

This is why you've got to get clear on what your ex really feels attracted to about a man and what she really wants to experience in a relationship.

Quite often, what a guy thinks is important to his woman (e.g. spending every spare moment with her, listening to her all the time, supporting her emotionally) isn't that important to her at all.

Of course, pretty much every woman loves a guy who cares, listens and supports her emotionally, but without sexual attraction, a guy like that is just a friend to her.

To keep a relationship together with a woman, you have to create and maintain feelings of sexual attraction.

and I mean create.

Sexual attraction is something that you actually create inside of a woman.

When you display personality traits that are sexually attractive to women (e.g. emotional masculinity, confidence, charisma), your ex will feel attracted to you on some level.

She might try to fight it on the inside, but she won't be able to stop it.

Attraction is an automatic reaction that men and women have to each other.

If attractive traits are displayed, attraction is triggered.

That said, if you display traits that are unattractive (e.g. you're too emotionally sensitive, you're insecure, you lack charisma because you are suppressing your authentic personality around her), your

ex will feel turned off by you.

Attraction is literally under your control.

You are either saying or doing things that attract your ex, or you're not.

It's as simple as that.

Now, back to the example of a guy being in a relationship with a woman and not understanding how to make her feel attracted...

[image: Unable to attract her in the ways that are important to her]

If a guy is unable to attract a woman in the ways that are important to her, she will start wondering if he's being extra nice and romantic to hopefully distract her from the fact that he has no idea how to make her happy.

He's just being romantic, sweet and nice and hoping that she sees that as being enough.

She won't though.

Without sexual attraction, a relationship between a man and a woman is going to fall apart.

It's not like how it used to be in the 1800s or early 1900s where a woman had to stay with a man for life, even if she was unhappy.

Back then, it was shameful to get divorced (remember, most people were virgins when they got married. There wasn't a dating scene like there is today), so a woman had to stick with a man until death, even if he wasn't making her feel respect, attraction and love.

Obviously, that's not how the world works today.

Women are free to leave a relationship if they aren't feeling respect, attraction and love for their man.

So, if a guy is trying to keep his woman for life by being really nice, sweet and romantic to her, but is unable to make her feel attracted and in love, then it's just not going to work.

She might accept the nice treatment, gifts and romantic gestures for a while, but she will eventually realize that she just can't stop herself from finding other men more attractive than her current guy.

She might stick with him for a while because she doesn't want to break his heart, but her instincts will keep pushing her to leave and hook up with a guy who actually makes her feel attracted in the ways that are important to her (e.g. she wants a guy who is more ballsy, more emotionally masculine).

So, if you want to get your ex back before Valentine's Day, don't make the classic mistake of sending her flowers in the hopes that she will pick up the phone and say, *â€œWow! Thank you so much! The flowers you sent me are so lovely. I know it's Valentine's Day, so you might already have a date, but if you're not doing anything, I'd love to see you.â€*

That can happen if your ex has been missing you like crazy and is still in love with you, but that probably doesn't apply to your situation, right?

If it did, you probably wouldn't be looking for help on how to get your ex back.

You'd just text her or call her and get her back.

The guys who need my help to get a woman back are in a situation where their ex woman doesn't want to be with them anymore.

That applies to your situation too, right?

She doesn't have strong feelings for you anymore, has broken up with you and is going to be moving on without you and not really ever looking back.

If that's the case, she probably isn't going to be swept off her feet by flowers, a sweet Valentine's card or letter or a text on Valentine's Day.

Why?

She doesn't have strong feelings for you at this point.

If she doesn't have strong feelings for you, the first step is to create feelings of sexual attraction inside of her.

So, if you're going to call her or text her on Valentine's Day, just make sure that you focus on reactivating her feelings for you first.

Don't go straight for the kill and ask her to be your Valentine, ask for another chance with her or try to discuss the relationship.

Additionally, don't contact her and act like a neutral friend.

You need to create feelings of sexual attraction inside of her.

If you do that, she will naturally feel attracted to you and if she doesn't have a Valentine, she will almost certainly catch up with you on the day.

So, how can you make her feel attracted?

Make sure that you understand what is really important to her in terms of attraction, rather than trying to offer her what you assume might be important to her.

For example: A woman might find one or more of the following things to be very important in terms of her attraction to a man:

- He maintains his confidence, no matter what situation he finds himself in (e.g. she tries to make him feel insecure by throwing a tantrum, or she is being cold and aloof towards him, or when another guy tries to flirt with her in front of him).
- He is loving, caring and devoted to her, but he doesn't let her walk all over him or dominate him.
- He makes her feel sexy and desirable in his presence, rather than being too nice and neutral around her.
- He believes in his value to her and the world, rather than feeling like he's not good enough or that everyone else is better than him.
- He doesn't get angry or sulk when she throws a tantrum. Instead, he uses his emotional masculinity to remain confident in the moment and have the balls to joke around, get her laughing and bring the interaction back to love and laughter.
- He is focused on achieving his biggest goals, dreams and ambitions in life, but also allocates time to spend with her and make her feel loved, appreciated and included in his life.
- He gets along well with and is respected by most or all of her family and friends.
- He supports her emotionally, but doesn't act like one of her girlfriends and waste time talking about emotions and problems all day long. He listens and supports her for a while, then snaps her out of the mood by using humor to get her laughing and smiling again. He brings the interaction back to love and laughter.
- He is ballsy and dominant around her, but doesn't go overboard and start being aggressive or

controlling. He is still a good, loving man. He just has more emotional masculinity than the average guy.

- He loves her deeply, but isn't clingy, needy or jealous.

Those are some of the things that can be important to a woman in terms of her attraction to a man.

If you want your ex back for real, you've got to get clear on where you really went wrong, so you can make the right changes, adjustments or improvements to yourself.

Then, when you interact with your ex (on a phone call and especially in person), you will be able to re-attract her in the ways that really matter to her.

She will sense the changes in you by listening to how you talk and by observing your body language.

When she senses the changes, she will naturally start to reconnect with her feelings of respect and attraction for you.

Her wall will come down and she will open up to exploring her new, improved, more meaningful feelings for you.

So, once you have prepared yourself to attract her in the ways that she really wants, you need to

2. Get in touch as a friend by calling her, not texting her

You don't want to do that, right?

If you're like 40% of the guys that I've helped to get an ex woman back, you would prefer to just text her.

Yet, I don't recommend it.

I'm saying that from YEARS of experience helping men to get women back.

Texts suck when trying to get an ex back who doesn't have feelings for you.

Texts work beautifully if your ex still has feelings for you, is missing you and wanting you back.

Yet, that probably doesn't apply to your situation, right?

I know that it might seem easier and safer just to text her, but it's really a bad idea.

Why?

If she doesn't have feelings for you or worse, she remembers you based on how you behaved during and after the break up, she's not going to look at your text in a positive light.

So, you need to give her some real, first hand evidence that you are confident and more importantly, she feels good when talking to you.

On a phone call, she can hear the tonality of your voice and get a sense of your confidence and emotional strength.

Via text, she can't hear any of that, so she has to assume what you might be feeling as you send the text.

If she is holding onto a negative perception of you, she will think negatively of you and almost certainly ignore your text.

This is why, if you want to get your ex back before Valentine's Day, I recommend that you grow a pair of balls and just call her.

On a phone call, you can make her laugh and smile and feel good to be talking to you again, which instantly makes her drop her guard and open up to you.

She's having a good time and enjoying talking to you, so she doesn't need to play hard to get via text and ignore your text for days or weeks and then forget all about it, or meet some other guy and hook up with him instead.

You're on the phone with her and she's feeling good talking to you.

If you're making her smile and laugh, she is almost certainly going to say, "Yes" to meeting up with you in person.

On the other hand, if just she gets a text message, or a letter via e-mail or in the post from, it's just a bunch of words to her.

There's no proof that you'd make her feel differently in person.

So, rather than give you the benefit of the doubt and assume you've changed and are now able to re-attract her in the ways that she really wants, she will almost certainly remain closed off.

She may think something like, *"Nice try buddy! I don't believe anything about you has changed. Since you don't even have the balls to pick up the phone and talk to me in person, I'm more inclined to believe that you're hiding behind a text because you know that you still have no idea how to make me want you again. You're just sending out a feeler text and hoping for the best. Well, the best you're going to get is nothing."*

Alternatively, she may just roll her eyes, think, "Whatever" and get on with what she was doing.

It all depends on how much the guy turned her off, how bad the break up was and how dead her feelings are for him.

This is why I don't recommend that guys hide behind the safety of texts.

If you want the highest chance of getting your girl back before Valentine's, then grow a pair and call her.

By the way!

If you try to call her and she doesn't answer, don't worry.

Hang up and send her a text like, *"Hey Tina, there's something quick I need to ask you over the phone"* and then call her a couple of minutes later.

If she doesn't answer, try calling her again the next day.

If she doesn't answer, send her this text, *"Hey Tina. Looks like you're busy at the moment. Just trying to get through to you to ask you something quick. I might try calling you another time."*

She will most likely text you or even call you (depending on how she feels about you at the moment).

Whatever happens, just get her on a phone call.

When talking to her on the phone, make sure to keep the conversation fun, light and easy-going and avoid getting into any heavy discussions about the relationship.

Here's an example of how to make her smile and open her up to the idea of meeting you for a catch up!

Imagine that you're on the phone with your ex and she says something along the lines of, *"Look, I'm really busy. What do you want to talk to me about?"*

You can say something like, *"This won't take long, but I really need your help."*

Most women are nice, so she will instinctively drop her guard a little bit because you are asking for her help and might say something like, *â€œWhy? Whatâ€™s wrong?â€*

You can then reply in a joking way, *â€œWell, after we broke up I vowed never to have another cup of coffee until you and I can share a cup together as friends. However, my resolve is slipping fast and Iâ€™m going into all sorts of withdrawal symptoms. So, for the sake of my health, you have to agree to meet up with me for that coffee right awayâ€*! itâ€™s a matter of life and death!â€

She will then probably realize that youâ€™re joking with her and she will likely laugh about getting caught out with your joke and maybe say something like, *â€œI thought there was something really wrong with you!â€*

You can then continue joking with her by saying, *â€œThis is serious! I need a definite day and time or else itâ€™s all over for me. I am going to give in and have a coffee any day now. So, letâ€™s catch upâ€*! how does tomorrow at 3pm sound?â€

At that point, she will likely be smiling, laughing and feeling relaxed and at ease talking to you (because youâ€™re not being all serious and nervous with her).

She may then begin to feel curious about your ability to confidently joke around with her, rather than being like a typical guy who is too afraid to risk saying other than, *“Oh, hiâ€*!so, how have you been?”

If you can joke around with her in some way when you start the call, she will naturally feel some respect and attraction for you for having the courage to do it.

When that happens, she will open herself up to the idea of meeting up with you again, because she will start to have some feelings for you too.

It won’t just be about you having feelings for her and wanting her back.

She will want it too.

3. Get her to meet up with you as a friend

If she hasn’t already agreed to meet up with you for coffee, make sure that you get her to do so.

If she resists a bit by saying something like, *â€œI donâ€™t know,â€* or *â€œIâ€™m not sure if it’s a good idea,â€* you can add, *â€œOh, it’s fineâ€*!itâ€™s just a quick cup of coffee as friends. It doesnâ€™t mean that weâ€™re getting back together. Weâ€™re simply being two mature adults who are willing to say hello as friends. We can do that, right?â€

As long as you remain relaxed and confident when saying it, she will sense your non-neediness and almost certainly say something like, *â€œOkay, I guess we can do that.â€*

Then, just go ahead and organize to meet up with her as soon as itâ€™s convenient for the both of you.

When you see her in person you need toâ€

4. Reactivate her feelings at the meet up

[image: Reactivate her feelings at the meet up]

For example: Some of the ways to reactivate her feelings are by:

- Maintaining your confidence around her regardless of what she says and does to make you feel insecure or nervous.
- Taking the lead during the conversation and not allowing her to call the shots or dominate you.
- Making her laugh and smile to put her at ease in your presence.
- Showing her that you're emotionally independent and living a happy, successful life with or without her.
- Making her feel like a sexy, desirable woman in your presence, by being an emotionally masculine man.

The more attracted she feels, the less she focus on the negative things about you she used to feel turned off by.

Instead, she will be thinking things like, *â€œHe's so different now,â€* or *â€œHe has really changed,â€* or *â€œI can't believe it feels so good to hang out together again.â€*

She may try to hide her change in feelings if she wants to play hard to get.

However, in most situations, a guy will be able to notice an obvious, distinct change in her behavior, body language, vibe and conversation style that shows her rising interest and excitement.

Remember: How you make your ex feel when you interact with her is the most important part of getting her back.

You have to make her feel positive emotions such as love, respect, sexual attraction and excitement, rather than negative emotions like anger, annoyance, stress, irritation or disappointment.

When she can see that you really have changed and she really does feel differently around you now, her guard will come down and she will open up to being with you again.

Then, at the back of her mind, she might start thinking, *â€œMaybe we can get together before Valentine's Day. What a great time to start a new, exciting relationship with him again. I should do it!â€*

Finallyâ€¦!

5. Get the relationship back together

[image: Get the relationship back together]

If you've successfully reactivated her feelings of respect, attraction and love for you, getting back together will be something that both of you want to do.

However, even though she will be feeling attracted and excited, don't expect your ex to make it easy for you by saying, *â€œI want us to get back together again,â€* because chances are, she won't do that.

Most women don't want to seem to keen, make it easy for an insecure guy or get rejected for showing interest in a guy who was just reeling her back in to dump her, so he could feel good about himself again.

So, even though she is feeling attracted and excited, it's possible that she might continue acting like she's not interested in getting back into a relationship with you at all.

This is why you must be the emotionally strong one and lead both of you back into a relationship together, regardless of the mixed signals she is giving you.

Don't doubt yourself.

Just move forward to a hug, kiss and then sex.

Get her back into a relationship by remaining confident and emotionally strong all the way.

If you wait around for her to take the lead and give you the go ahead, she may begin to think, *“I guess I was wrong about him being a different guy now. He's still insecure and doubting himself like always. Well, if he's not going to make a move, I need to get out of her and start moving on without him.”*

She then closes up, says something like, *“Look, I have to go. This was a mistake meeting up. I'm sorry if I gave you the wrong impression. Please don't contact me anymore”* and then leaves.

Don't let that happen to you.

To get your ex back before Valentine's Day, you need to be a man about it.

You've got to lead the way and make it happen.

If you reactivate her feelings for you and get her back before Valentine's Day, she is going to be just as happy as you are to be in love on that special day.

You and her will get to spend Valentine's Day feeling totally in love, happy and in a relationship that is better than it ever was before.

That is a good thing for you and her, so don't think that you're doing anything wrong by getting her back.

What you're about to do is a good thing for you and her.

So, get her back and enjoy the love and great times ahead with her!

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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Why Does My Ex Still Text Me if She Doesn't Want Me Back?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

4 possible reasons why your ex still texts you even though she doesn't want you back are:

1. She is open to getting back with you, but just isn't feeling a spark with you yet

[image: She wants you back, but just isn't feeling a spark with you yet]

Sometimes a woman might find herself in a relationship limbo where she's broken up with her guy because he stopped making her feel the way she wanted to feel in the relationship with him (e.g. attracted, respectful, in love), but at the same time, she's not completely over him either.

In the back of her mind, she may think, *"If only he could change a bit (e.g. become more ballsy and assertive, stop waiting for me to tell him what to do, be more emotionally masculine so I can feel girly and feminine in comparison to him), then I'd definitely be willing to give the relationship another try."*

She will then text her ex as a way of keeping the lines of communication open, in the hopes that he will do something to show her that he's changed and spark her feelings for him again.

Unfortunately, a lot of guys don't recognize the great opportunity that is staring them in the face (i.e. a chance to re-spark her feelings of respect and attraction) and instead waste time wondering things like, *"Why does my ex still text me if she doesn't want me back? What can it all mean?"*

Here's the thing:

If your ex is staying in touch with you, deep down she may be hoping that you'll do something to trigger her feelings of respect, attraction and love for you again.

She won't necessarily admit that to you though.

She will most likely try to avoid looking too keen or showing too much interest, in case you then change your mind about her, stop replying and she then feels rejected.

She wants to remain in the position of power, so she's going to play it cool and just hope that you have the balls to call her, get her to meet up with you and then re-attract her at the meet up.

So, don't waste time waiting for her to make it clear to you by texting something like, *"I still miss you. Do you think we can meet up and see where things go from there?"* because most women just won't do that.

Instead, a woman will keep texting her ex for a little while and when she sees that he's not following through (i.e. calling her, getting her to meet up with him), she'll just say to herself, *"Oh well. It looks like I'm just wasting my time. I guess he's not interested in me anymore, so I better forget about him and move on."*

Then, when she suddenly stops texting him, the guy might send her a message saying, *"Hey, what happened? What is something I said? Why are you being so quiet all of a sudden?"* and she then doesn't reply.

She remains quiet and quickly tries to move on by flirting with or hooking up with new guys, so she's not so dependent on her ex.

Before he knows it, she has a new boyfriend and has completely moved on.

Don't let that happen to you.

Note: If it has happened to you though, don't worry. You can still get her back if she has moved on!

Another reason why your ex might be texting you is because!

2. She is using your interest in her to boost her self-esteem

For example: A woman will send her ex a text saying, *Hey, how have you been? I've been missing you a bit lately,* and when he responds with something along the lines of, *I've been missing you too! I feel so empty without you. We should be together. You're the only woman for me,* she can sit back and feel good about herself knowing that he still has feelings for her and hasn't been able to move on since the break up.

She can continue trying to date new men and not worry about her ex forgetting about her or not caring about her anymore.

She can also feel confident knowing that even if things don't work out right away with other guys, her ex is still thinking about her, missing her and wanting her back.

So, she can do whatever she wants with new guys and if she needs to use her ex as a further self esteem boost, she can contact him, suggest meeting up and get him to show interest in her in person.

Do you think that your ex might be texting you for that reason?

Here's the thing!

If your ex is only texting you to give herself a nice self-esteem boost, you don't have to just put up with it.

You should definitely allow her to continue contacting you, but you should also turn the tables and get her missing you and wanting you back.

How?

Use any interactions that you have with her from now on as an opportunity to make her feel attracted to you again, while also not desperately or obviously trying to get her back.

When she is feeling attracted, but can also see that you're not pushing to get her to commit to a relationship, she will naturally feel drawn to you and want something to happen.

You can attract her by maintaining your confidence when she tries to make you feel insecure (e.g. she teases you about your new haircut, she talks about other guys who are interested in her).

You can also attract her by being confident enough to use humor, flirt with her and suggest catching up in person.

When she realizes that she is reconnecting with her feelings of respect and attraction for you, her guard will naturally come down.

Then, her texts will become her way of staying in touch with you in the hopes that you might get back together again, rather than just a game to make her feel more confident around other men.

Another reason why your ex might be texting you is becauseâ€¦!

3. She wants to get emotional revenge on you for how badly you treated her or made her feel during the relationship

[image: She wants to get revenge for how you treated her]

Sometimes, if a woman feels bitter about her break up with a guy (e.g. because he treated her badly, took her for granted, was too jealous and controlling, cheated on her), she might decide to get emotional revenge.

She will stay in touch with him via text as a way of giving him false hope about getting her back and thus, stop him from fully getting over her and moving on.

For example: She might send her ex a text message like, *â€œHey. Iâ€™ve been thinking about you lately. It feels so weird coming home every night and not finding you here. How have you been?â€*

The guy may then wonder, *â€œIs this her way of letting me know that she still has feelings for me and wants to get back together?â€*

If he then responds with something along the lines of, *â€œHey, Iâ€™ve been thinking about you too. I miss you. How about we get together sometime for a catch up?â€* she will either just ignore him, or simply text something like, *â€œNo, I don't think that's a good idea. Sorry for giving you the wrong impression. Ignore my last text. I shouldn't have said that,â€* leaving him feeling hurt and confused.

If they continue to text back and forth, she will pull him in, only to then push him away when she shows interest or asks to catch up.

She just wants to mess with his head and cause him as much emotional pain as possible, to get revenge for how he treated her.

So, be careful about getting caught up in text message conversations with your ex that go nowhere and always leave you feeling confused.

If you allow your ex to mess with you like that, she will lose respect for you (e.g. because you're putting up with her bad behavior, seem desperate) and it will become harder for you to get her back.

What should you do instead?

Take charge of the situation and use it as an opportunity to re-spark her feelings of respect and sexual attraction for you.

When she feels strong, positive emotions for you again (e.g. respect, sexual attraction, love, intrigue, excitement), it wipes the slate clean.

She stops seeing you as the old you who hurt her and she starts feeling attracted to the man that you are now.

She realizes that you really have changed and that there's no point trying to keep pushing you away.

A final reason why your ex might be texting you is becauseâ€¦!

4. She's a typical modern girl who texts all day and night to avoid feeling bored or lonely

In today's world, it's very rare to find a person who doesn't spend a considerable amount of time each day on his or her smartphone to either text, check social media or browse the web.

In most cases though, women tend to be on their phones a lot more than men and tend to text a lot more than men do.

For example: A study by Pew Research Center in the USA found that 79% of women say that they spend time texting their partner daily, compared with 66% of men.

That's a 13% difference, but as you may have noticed, with some girls, it's a lot more of a difference than that.

Some girls are addicted to their smartphone and love to text chat with pretty much anyone they know.

With this in mind, it's possible that you are simply part of a network of people your ex has access to text, so she does.

In cases like that, it doesn't mean that you can't get her back.

You simply have to use the text interactions as an opportunity to spark her attraction, get her on a phone call, get her to meet up with you and then re-attract her at the meet up to get her back.

Mistakes to Avoid if You Still Want Her Back

Most guys who get broken up with aren't lucky enough to still have an ex who is willing to communicate with them even if it's only via text.

So, regardless of her reasons for texting you, your ex has given you a channel to stay in touch with her and also to reactivate her feelings for you.

Don't waste that chance.

Her texting you is a good thing, whichever way you look at it!

Use the communication as a way of re-attracting her, so she naturally wants you back.

Unfortunately, a lot of guys don't do that and end up turning off their ex woman by making one or more of the following mistakes:

1. Quickly or instantly replying to all of her texts, no matter how busy he is

Sometimes, a guy assumes that if he doesn't instantly reply to every text from his ex, she will decide that he's no longer interested and will stop texting him, causing him to lose his chance with her.

Yet, rather than make a woman think, *"Wow, he must really still care for me if he answers me so quickly every time, no matter what time of day or night it is,"* she will think something like, *"Why does he always reply so quickly? It's almost like he's just sitting around doing nothing other than waiting for me to text. Doesn't he have a life? Doesn't he focus on his work (or study) while he is doing it? He seems so desperate. I think I need to back off for a while, because I don't want him thinking I'm interested in getting back together."*

So, just make sure that don't make the classic mistake of instantly replying (i.e. within seconds or minutes) to every text from your ex.

Of course, don't go the opposite extreme and ignore her texts for days, because that tactic will also likely backfire on you.

Instead, just keep it natural and reply according (e.g. Reply immediately if you're having a live, back and forth text conversation. Reply after 5 minutes, 30 minutes, an hour or even the next day if she just texts you about something random).

Another classic mistake that other guys make in your situation is

2. Thinking that ignoring her texts will impress her and make her want him back

Ignoring texts can sometimes impress a woman if her ex guy was very needy and would always immediately reply to everything she sent.

However, most women know that there's a big difference between how a guy will often act via text compared to how he will act on a phone call or in person.

So, just ignoring a text from an ex isn't the magic solution to getting her back.

In fact, in some cases, ignoring texts from an ex woman can cause her to give up and quickly try to move on with a new guy so she doesn't feel the need to text her ex anymore.

So, forget about playing games with your ex to make her want you back because it usually backfires.

Instead, just get her on a phone call with you and make her laugh, smile and feel happy to be talking to you again.

[image: Meet up with her and get her back for real]

Then, get her to meet up with you, re-attract her at the meet up and get her back.

Another mistake that guys make in your situation is

3. Hiding behind texts because he's too afraid to call her

Although texting is a good way to break the ice with an ex, it's not what's will make her feel surges of respect and sexual attraction for you.

Instead, she'll quickly get to the point where she thinks something like, *"Why doesn't he do something other than send me these pointless texts? I need a man, not a boy. He's clearly afraid to call me. I'm over it. I've got to find myself a man."*

Some guys are simply too afraid to call their ex and potentially get rejected, so they convince themselves that text is the way to slowly open her back up.

A guy will usually hope that if he just texts her for long enough, she will eventually call him or ask to catch up with him.

Yet, what I've found by helping men to get women back for many years now is that is a woman will rarely (if ever) lead the ex back process after dumping her man.

I've only see that happen if the woman is still desperately in love with him, can't deal with the pain of not having him in her life or can't find a replacement guy.

In all other situations, a woman will wait for her ex to take the lead in the ex back process and guide both of them back into a relationship together.

If he does, she will start to believe that he is the confident, emotionally strong and mature man she always wanted him to be.

As a result, she will then be happy to relax her guard and allow herself to respect him, feel sexually attracted to him and fall back in love with him again.

On the other hand, if he just hides behind texts, she will just assume that heâs too weak-minded and wimpy for a girl like her.

As a result, she will force herself to start flirting with or hooking up with new guys to move on without him.

So, if you want your ex to want you back, don't waste anymore time texting her.

If you haven't been able to get her back via text so far, you're most likely never going to be able to get her back that way.

I recommend that you prepare yourself to properly re-attract her on a phone call and in person.

When you are ready to do that, I recommend that you call her and start the rapid ex back process to get her back for real.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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What Does it Mean if Your Ex Texts You Randomly to Say Hi?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

4 possible reasons why your ex might text you randomly to say hi are:

1. She's sending out a 'feeler text' to see if you're still interested, before she hints that she is missing you

[image: She is sending out a feeler text to see if you are interested]

In most cases, a woman won't just come out and tell her ex that she misses him before she knows that he has some feelings for her too.

This can be because she's shy, doesn't want to make it easy for him to get her back, is afraid of being rejected by him or just wants to see how he reacts if she doesn't show obvious interest (e.g. Will he be confident and get her back? Will he feel insecure? Will he get annoyed at her?).

So, to find out where she stands with him now, she will send him a feeler text.

For example: She might randomly text something like, *â"¢Hey, I just wanted to say hi. What have you been up to lately?*â"¢

If she misses him and wants him back, she will hope that he texts back with something like, *â"¢Hey, I'm glad to hear from you. I've been well. Life has been good, but I have been missing you as wellâ"¢* and she can then open up and say, *â"¢I've been missing you too."*

She hopes that he will then take the initiative, call her, arrange a meet up, re-attract her at the meet up and get her back.

Unfortunately, a guy is still so hurt from the break up that he is scared to act on her subtle hints, so he just keeps texting back and forth with her.

In most cases, the woman will continue to show interest via text, but will gradually lose interest if she notices that he doesn't have the balls to call her and is waiting for her to say something obvious like, *"I want you back. Call me. Get me to meet up with you. Let's do this!"*

This is why confidence is so important when getting a woman back.

You have to look at any contact from her as being a sign that she is still interested in you and is hoping that you make the ex back process happen.

If you lack confidence, you will doubt yourself, waste too much time texting her and potentially lose her if she meets another guy who she feels much more attraction for.

So many guys suffer that fate because they lack confidence during the ex back process.

For example: A guy will over-analyze her reasons for texting him and think things like, *â"¢Why is she texting me randomly to say hi? What is she up to? I bet she's just trying to test me to see if I'm going to get all needy and desperate. Wellâ"¢even though I really want her back, I'm not going to fail her test. I'm just going to ignore her.*â"¢

He might then ignore her text for days or a week or more to not seem needy and when he eventually replies she doesn't reply back (i.e. because she may now be thinking that he's playing games

with her, or simply isn't interested in getting back together with her again).

So, if you want to get your ex back, don't waste time playing games with her (e.g. ignoring her texts for long periods of time, acting disinterested when you reply, telling her that you're over her and don't want her back).

If she is keeping the lines of communication open between you and her, then I recommend that you assume it is because she misses you and wants to get back together again.

As a result, you should focus on making her feel more attracted to you and then guide her through the ex back process (i.e. get her to meet up with you, re-attract her at the meet up, get the relationship back together).

Another reason why your ex might still be randomly texting you to say hi is that

2. She's hoping that you will reply, create a spark and then call her to arrange a time to meet up

[image: She is hoping that you will reply and create a spark]

Sometimes, a woman is simply hoping that by randomly getting in touch with her ex guy, he will understand her expression of interest and then make a move to get her back.

A lot of guys think that making a move means texting back and forth.

It's literally the biggest mistake that I see guys making these days when trying to get an ex girl back.

In many cases, a guy will convince himself that texting is the right thing to do, but in reality, he's only doing it because he's scared to call her and get her to meet up with him.

For example: A guy will say to himself, *"Maybe she just wants to stay in touch with me until she feels ready to take things to the next level. So, until then, I'm not going to get pushy and scare her off by calling her. Besides, if she wanted me to call her she would say so. If I play my cards right, she'll eventually get tired of texting and she'll suggest that I give her a call, or even better, suggest that we meet up. Until then, I will just stick to text and hope for the best."*

Yet, rather than make a woman think that she should be the one to grow a pair of balls and call her ex (i.e. be the man in the situation), she loses interest in him for being such a wimp and hiding behind texts.

She may also think something like, *"Clearly he's not as interested in getting back together as I thought. Oh well, I gave it a shot. I guess I just need to get over him now and move on."*

Here's the thing:

The longer a guy takes to call his ex on the phone and actively re-spark her feelings of respect and attraction for him, the more he risks losing her.

All it takes for her to move on is to meet a new guy that she feels more attracted to.

She doesn't have to remain loyal to her ex because they've broken up, so if she feels like hooking up with a new guy, she can and usually will.

Then, when her ex finally builds up the courage to give her a call, she will say something like, *"I'm sorry. I tried texting you to say hi before, but you didn't do anything about it. I've met someone else now and I'm happy. You should have called me when you had the chance. I*

wish you all the best now. Goodbye.â€

He is then left feeling crushed that he missed his opportunity to get her back.

Of course, he can still get her back if she has moved on, but it just makes it harder for him because another guy is now in the picture.

So, if you want to avoid something like that to happening to you, I recommend that you stop wondering things like, *â€What does it mean if your ex texts you randomly to say hi,â€* and just get her on a phone call with you.

When you're talking to her on the phone, focus on making her smile, laugh and feel happy to be talking to you again.

When she's smiling and laughing while talking to you, the idea of seeing you again in person starts to feel like something she really wants to do.

So, make sure that you get her on a phone call with you right away.

By the way!

I absolutely do not recommend that you ask her to meet up with you via text messages.

Most guys try to do that (because they're too afraid to call, or think she prefers text) and it doesn't work.

If you want the highest chance of getting her back, you have to be confident enough to get her on a phone call.

On a phone call, she can hear the tonality of your voice to get a sense of your confidence and emotional strength.

If she senses confidence and emotional strength, she will automatically feel some respect and attraction for you.

However, if she senses insecurity and self-doubt, her guard will go up and she will find it difficult to feel much or any respect or attraction for you.

So, make sure that you are feeling confident and then just call her.

When you re-attract her on the phone, her guard comes down and she becomes open to meeting up with you to see what happens.

You can say something like, *â€Anyway, so it's been fun talking to you again. How about we grab a cup of coffee together sometime this week as friends? I'm busy tomorrow and Tuesday, but I'm available on Wednesday and Thursday. Which day suits you the best?â€*

If she sounds a bit uncertain, you can then add in a relaxed, easy-going voice, *â€Don't worry. It's just a coffee as friends. I'm not asking you to get back with me. It's just a quick cup of coffee and a catch up between friends. We're mature enough to be able to do that, right? So, how about it? What's it going to be, Wednesday or Thursday?â€*

When you get her to agree, just go ahead and arrange a time, date and place to meet up.

[image: Re-attract her at the meet up]

Then, re-attract her and get her back at the meet up.

Another reason why your ex might still be randomly texting you to say hi is!

3. She misses you or thinks of you from time to time, so she decided to text you to say hi

[image: She misses you, so she wanted to say hi]

Sometimes a woman will miss her ex and send him a text to say hi because she was randomly thinking about him, or had been missing him sometimes and decided to act on that feeling.

In some cases, a woman might have come across some old photos of her ex on her phone, laptop or social media pages and it stirred up some good memories.

Alternatively, she may have passed an old hangout (e.g. a restaurant, bar, beach) that reminds her of him, so she just decided to text him to say hi.

Here's the thing thoughâ€¦!

If a woman misses you and is secretly hoping that you and her might be able to get back, she usually won't come right out and admit it.

Why?

Some of her reasons might be becauseâ€¦!

- Although she does miss him, she fears that he might not have changed since the break up (e.g. he's still insecure) and worries that it might be a mistake to get back with him.
- She knows that he still doesn't understand her real, secret reasons for breaking up with him (e.g. she might have said something like, *â€œI need some spaceâ€* or, *â€œI don't have feelings for you anymoreâ€* when breaking up with him, but her real, secret reason was that he was too emotionally sensitive and it turned her off).
- She's not sure if he feels the same way about her and doesn't want to make a fool of herself by saying she wants to get back together, only to then be rejected by him.
- She wants him to take the lead in the ex back process without her help or reassurance.

So, if your ex randomly texts you to say hi, there's a good chance that it's because she misses you and is thinking about you.

The question is thoughâ€¦!

What are you going to do about it?

Are you going to continue wondering things like, *â€œWhat does it mean if your ex texts you randomly to say hi?â€* or are you going to call her, spark her feelings for you again and get her back?

Another reason why your ex might still be texting you isâ€¦!

4. She's checking to see if you're still missing her, or if you've moved on

There are many reasons why a woman will check to see if her ex is still missing her, or if he has already moved on.

For example:

- She doesn't like the idea of her ex moving on before she's had a chance to get over him and find a new guy.
- She's mad at him for hurting her and wants to give him false hope to punish him further.
- She still has feelings for him and she's afraid of losing him for real.
- She is curious to see if he has been able to recover from the break up and move on.
- She is curious to find out if he's still committed to her and the relationship and is hoping she will come back.

To find out what she wants to know, a woman might text her ex to say hi and maybe even ask him things like, *"So, what have you been up to?"* or even *"Are you seeing anyone else yet?"*

Here's the thing though!

I don't recommend that you spend too much time thinking about what her motives could be.

If you want her back, you just have to take the lead and make the ex back process happen.

Don't wait for her to give you a crystal clear signal (e.g. a text saying, *"I want you back. Call me!"*) because chances are high that she won't be that direct and open.

So, simply pick up the phone and start triggering her sexual and romantic feelings for you by making her smile, laugh and feel good to be talking to you.

Then, confidently guide her back into a relationship with you.

You have all the power to make her feel attracted again, but she's not going to wait for you forever.

If you think you have a chance with her, act on that now.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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What Does it Mean if Your Ex Kisses You On the Cheek When She Sees You?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

4 possible meanings for the kiss on the cheek from your ex:

1. She's trying to show you that her heart is still open to you

Sometimes, a woman will continue to have feelings for her ex after a break up, even though she won't openly admit it to him.

For example: She might think to herself, *I know that we're not together anymore, but I do miss how good it felt to be in his arms. Yes, he stuffed up (e.g. because he was too insecure and needy, he was too nice and allowed me to walk all over him), but he wasn't all bad. There are many great things about him that I loved (e.g. his drive and determination, his ability to make me laugh). If he changed the things that were turning me off, I would be interested in getting back together again.*

She won't tell him that though because she doesn't want to have to explain all of her subtle, personal needs and wants in terms of attraction (e.g. she wants him to be more ballsy, to dominate her more in the bedroom, to make her feel more girly in comparison to his masculinity).

It's embarrassing for a woman to admit that and in many cases, a woman fears that a guy will take it the wrong way (e.g. start becoming very aggressive and domineering, when all she really wants is him to be a bit more ballsy, while still being a good guy).

So, she will just keep quite and hope that he realizes what she needs from him, changes and gets her back.

Most guys don't realize what their ex woman really needs from them in terms of attraction, so they fail to get her back.

To properly re-attract your ex, you have to be offering her the kind of attraction experience she really wants, which is almost always different to what you think it is.

If she was getting the attraction experience she really wanted, she most likely wouldn't have broken up with you.

That's to say your ex doesn't have any feelings for you anymore though.

In many cases where a woman still kisses her ex on the cheek, she's trying to show him that her heart is still open and she's hoping that he can re-attract her.

So, how can you re-attract her?

Some of the things that you can do to reactivate your ex's feelings of attraction are:

- Understand her real reasons for breaking up with you (e.g. Did you take her love for granted and assume that she would stay with you forever regardless of how you behaved? Did you stop believing in your attractiveness to her and became needy and clingy as a result? Did you break her trust by lying or regularly losing control of your emotions and scaring her? Did you make her feel feminine and girly in comparison to your masculinity, or did you make her feel more

like a neutral friend? Did you remain confident in the relationship, or did you become too emotionally sensitive?)

- Make some changes or adjustments to yourself based on the real reasons why she broke up with you.
- Interact with her (over the phone and especially in person) so she can see for herself that, not only have you understood her reasons for breaking up with you, but you have also improved and become a better man as a result.

When she can see for herself that you really have changed and are no longer the same guy she broke up with, she will naturally feel respect for you because you put in the effort to improve and succeeded at it.

When she respects you, she will also feel sexually attracted to you and with those two emotions, reconnecting with the love in her heart becomes easy.

You can then guide her back into a relationship with you and enjoy the great times ahead together for you as a couple.

So, make sure that you are ready to properly re-attract her and reactivate her feelings when you interact with her.

Don't just assume that because she kisses you on the cheek when she sees you, it means that she will one day say, *"I want you back. Let's start again."*

That's not how most women work.

Why?

A woman wants to see that you are man enough to take responsibility for the ex back process and get her back, rather than waiting around for her to making it easy for you.

Some guys might think, *"Why are women like that? Why don't they just say what they want, rather than play all these silly games?"*

The main reason why is because women are instinctively attracted to men who remain confident and go after what they want in life (including their ex if they still love her) regardless of how challenging it may be.

This is a primal, instinctive type of attraction that is directly linked to a man's perceived ability to survive, thrive and prosper under pressure.

It's something that women feel and react to instinctively, rather than it being a case of women just wanting to be a pain in the butt.

Women simply react to their instincts, so if a guy consistently triggers her instincts in a positive way, she feels attracted to him and wants to be with him.

So, it's important that you remain confident and believe in yourself, no matter how distant your ex is being or what she is saying to try to make you feel insecure.

You have to believe in yourself.

Don't wait for her to spell it out for you (e.g. *"Okay, I want you back now. Let's get into a relationship"*) before you make a move and make it happen.

Just focus on sparking her sexual and romantic feelings for you whenever you interact with her and confidently guide her back into a relationship with you again.

Every day, all over the world, guys are able to get their ex woman back in that way and you can do it too.

Believe in yourself.

Get her back.

Another reason why your ex might kiss you on the cheek is thatâ€¦!

2. She's just trying to keep you hoping, while she secretly moves on behind your back

[image: She is secretly moving on behind your back]

There are many reasons why a woman might want to give her ex false hope, while she secretly focuses on finding a replacement guy behind his back.

For example:

If he broke up with her initially and she accepted him back, only to then break up with him again, she might want to make him regret breaking up with her by moving on before he does.

In other words, it's payback for how he made her feel and it's also emotional protection for her so she feels better about the break up and he is in pain as he sees her move on.

Alternatively, a woman might feel insecure about her attractiveness and want to make sure that she finds herself another guy before she fully breaks off with her ex.

So, she will keep him around and make him feel as though she is still interested (e.g. by kissing him on the cheek when they meet up), but she will be secretly trying to find a replacement guy, so she can move on before he does.

In a case like that, it's not payback.

It's just about emotional protection, so she can more easily move on from the break up and not experience the kind of emotional pain that the person who gets dumped usually feels.

Finally, another reason why a woman will sometimes string her ex along, is because she wants to get revenge on him for the pain he caused her in the relationship.

He treated her badly, took her for granted and never really made her feel secure in his commitment for him.

So, after going through that for many months or years, she now wants to get some revenge.

She will kiss him on the cheek when she meets him and let him feel as though he has a chance with her, but she will never commit to the idea of giving him another chance.

He will try hard to impress her and basically do whatever she wants to get another chance with her, but she will continue to give him mixed messages and never commit to giving him another chance.

Then, when she has secured a replacement guy, she can say, *â€œThereâ€™s something I need to tell you. Iâ€™ve met someone else and Iâ€™m really happy now. So, I ask that you please respect that. Itâ€™s over between us. I wish you all the bestâ€* and watch as his heart breaks into a million pieces.

Revenge.

It feels good for one person and horrible for the other.

Yet, that's what happens to a guy when he doesn't know how to re-attract his ex and make her want him back so badly that she stops the games and just gives him another chance.

So, be careful not to believe that your ex is giving you another chance, simply because she gives you a kiss on the cheek when you meet up.

It might simply be a ploy from her to keep you around long enough to finally get revenge on you for how you made her feel.

If you think that your ex might be kissing you on the cheek to keep you hoping, I recommend that you make her feel very attracted to you again, but don't show her that you're trying hard to get her back.

Stop chasing and start making her feel attracted.

When she is attracted and notices that you're not chasing her and seem to be moving on with your life, she will feel the pain of losing you and want to give you another chance to stop the pain.

How can you make her feel attracted to you again?

The best way to do it is to interact with her over the phone and in person, so she can feel attracted to the new and improved you (e.g. you're so much more confident now, you make her feel girly and feminine in comparison to the more masculine way that you talk, feel, behave and take action).

You can also show her that you believe in your attractiveness and value to her by maintaining your confidence around her, especially when she tries to make you feel insecure by talking about another guy or being cold, distant or even rude.

[image: You've changed. I never thought I'd feel this way again]

Then, when she is feeling attracted again and possibly saying things like, *â€œYouâ€™ve really changed. I never thought Iâ€™d feel this way about you again, but I do. I really enjoy hanging out together now,â€* go ahead and give her 3 to 7 days of space.

She will be feeling attracted and wanting you, but will also notice that you're not chasing her.

This allows her to really start to miss you and begin to wonder about the possibility of losing you to another girl.

In most cases, a woman will text or call the guy during the 3 to 7 days to say hello because she won't be able to deal with the pain or the fear of losing him.

Another reason why your ex kisses you on the cheek when she sees you might be becauseâ€

3. She's just using what she thinks is good social etiquette in a situation like that

In a case where a woman has little or no experience with relationships and break ups, she might simply be confused about what the right way to interact with an ex is.

So, to be nice, she gives you a kiss on the cheek when you and her meet up.

Alternatively, she might be worried that you will get angry or start pressuring her to get back with you if she seems distant, so she will try to make you feel okay by greeting you with a kiss on the cheek.

In her eyes, sheâs trying to ease the tension and make it easier for you and her to interact with each other now that youâve broken up.

Of course, if you still have feelings for her and really want her back, itâs only natural that her kissing you in the cheek might make you believe thereâs more behind it than just saying hello in a polite way.

The good news is that there can be much more behind that kiss than meets the eye.

As mentioned earlier in this article, she might be doing it as a way of showing you that her heart is still open to you and sheâs hoping that you re-attract her and get her back.

So, itâs always better to think of the kiss in the positive way.

[image: Always choose to be confident around a woman]

As a man, you should always choose to be confident around a woman, rather than doubt yourself because women are naturally attracted to confidence in men.

Of course, itâs also important to understand the other possible meanings for the kiss (e.g. sheâs just doing it to be nice, she thinks that itâs the right etiquette to use with an ex), so you are being realistic and not missing potential signs from her that sheâs no longer interested.

If she isnât interested, donât worry.

You can make her interested.

A womanâs attraction for a man is fluid and changeable.

In other words, if you are talking and behaving in ways that make a woman feel naturally attracted to a guy (e.g. youâre being confident, charismatic, masculine), then your ex is going to feel attracted to you and as a result, is going to start to feel interested in being with you again.

However, if you are talking and behaving in ways that make a woman feel turned off (e.g. youâre being insecure, awkward, emotionally sensitive), then she isnât going to feel attracted and as a result, isnât going to be interested in getting into a relationship with you again.

So from now on, I recommend that you use every interaction that you have with her to spark her feelings for you and make her feel properly attracted again.

Then, when she kisses you on the cheek, she will secretly be thinking something like, *âI wish heâd take me in his arms and kiss me for real. I want him back. I hope he makes a move and kisses me for real. Maybe we can even have sex today. Letâs see what happens.â*

She will then wait for you to have the confidence to make a move and get her back.

A final reason why your ex might kiss you on the cheek when she sees you isâ

4. Itâs her way of saying that she only sees you as a friend now

Women arenât all the same, so thereâs not a guaranteed set list of things that a woman will do to show her ex boyfriend that she wants him back, or doesnât want him back.

For example: You and your ex might have had a passionate sexual relationship and have really enjoyed kissing and making out with each other for long periods of time.

Now that she only gives you a quick kiss on the cheek, itâs her way of showing you that sheâs no longer going to be passionate or sexual around you anymore.

However, if you want her back, you don't have to just accept that and move on without her.

You can re-attract her and make her want more than just giving you a kiss on the cheek.

If she currently sees your relationship as just a friendship, then use that to your advantage.

Use the friendship with your ex as a way of staying in touch with her and changing how she feels about you by re-attracting her again.

For example: The next time your ex kisses you on the cheek in a friendly way, rather than just accept it and be on your best behavior around her, use it as an opportunity to attract her by using humor to make her laugh.

So, when she kisses you on the cheek, you can smile, pause for a moment and jokingly say, *"Oh, so I get a kiss on the cheek do I? What's next? Are you going to play footsies with me under the table, or tell me that you have sore shoulders and need a massage?"*

In other words, you're playfully suggesting that she's being sexually forward and is trying to make moves on you and get you back.

Women love that kind of humor and will almost always get in on it and start joking around with you.

For example: She might say, *"No, it was just a friendly kiss on the cheek"* and you can then playfully and suspiciously say, *"Ohhh, okay then. I believe you. Just keep your feet away from under the table. No footsies"* and have a laugh with her.

When you're making her feel attracted to you again (e.g. by being confident, using humor, being charismatic), she will stop looking at you as a friend, or as her ex that she doesn't have any feelings for anymore.

Her feelings will come flooding back and she will know that she wants more than just to give you a kiss in the cheek.

[image: Get more than just a kiss on the cheek]

She will want a relationship with you again.

That's what you want, right?

If so, then make sure to use any interaction that you have with her from now on to make her feel respect, sexual attraction and love for you again.

If you do that, it won't just be a kiss on the cheek that she gives you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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My Ex Unfriended Me On Facebook. Now What Do I Do?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

When your ex unfriends you on Facebook, it's not the end of the road.

You can actually use it to your advantage to make her miss you and want you back.

How? Follow these 6 steps:

1. Change your post settings to public, so she can see whatever you post even though she's not a Facebook friend

[image: Change your Facebook post settings to public]

One of the best ways to re-attract your ex is by enjoying a fun life without her and letting her see it via social media.

If she has unfriended you, just change your post settings from 'friends' to 'public' for everything that you post from now on.

Believe it or not, even though she is the one who unfriended you, she is still going to be curious about what you're up to.

If she is checking social media and thinks of you, she will try to stop by your profile to see if there's anything new.

In most cases, a woman just wants to check to see if her ex guy is sad, lonely and lost without her.

If she sees that there's nothing going on in his life, she can feel good about herself and not have to worry about him moving on and being happy again before she is.

If she checks his profile and sees that he is confident, happy and enjoying fun times with other people, then things change.

She starts to feel respect and attraction for him based on the fact that he has been emotionally strong enough to get on with life without her.

As a result, she starts to miss him and imagine what it would be like if they were back together.

So, make sure that whatever you post on social media from now on shows you being confident, emotionally strong and getting on with your life in a positive way.

Not all guys know what you're learning right now.

So, when a guy's ex woman unfriends him on Facebook, he might make the mistake of sending her an emotional message like, *"Why have you unfriended me? What did I do?! Is this what our relationship has come to? Are you just going to delete me from your life? Did I even mean anything to you?"*

He might start talking about his feelings for her and hoping that she takes pity on him.

Alternatively, he might get angry at her and start calling her all sorts of names or accusing her of being disloyal, a user and so on.

Yet, as you would understand, that's not an effective approach to take to get a woman back.

Rather than making her feel good about refriending him, she is more likely to think, *"I can't"*

believe how heâ€™s behaving now. I mean, I felt a bit guilty for unfriending him, but now that Iâ€™ve seen this side of him Iâ€™m glad that I did it. Iâ€™m better off cutting him out of my life completely from now on. I probably should also block his number on my phone so he canâ€™t call or text me. Maybe need to mark his e-mail as spam too. Iâ€™m done with him.â€

Important: Whatever you say and do from now on will either make your ex feel respect and attraction for you, or turn her off the idea of being with you even more.

So, be careful about what you say and do from now on.

Many guys ruin their chances of getting a woman back by losing control of their emotions (e.g. sulking, getting angry, seeking pity, being jealous or controlling, verbally attacking her, crying or being wimpy).

You’ve got to maintain control of your emotions and be a man that she can naturally feel respect, attraction and love for.

If you’re no longer able to interact with her on a phone call or in person, make sure that youâ€™|

2. Post up photos of you having fun with new people

[image: Post up photos of yourself having fun with other people]

When your ex decides to check up on you (e.g. because sheâ€™s bored, lonely or curious) itâ€™s important that you are portraying an attractive image for her on social media.

For example: Imagine the impression that a woman will have if her ex only posts photos of him alone, or looking sad or bored.

Rather than think, *â€Maybe I should take him back. Heâ€™s clearly having such a difficult time without me, so he needs me. I feel so flattered to see that he canâ€™t get on with his life now that weâ€™re broken up. I just love knowing that Iâ€™m his source of confidence and happiness. He needs me. He’s a needy guy. I love needy guys! I have to take him backâ€* and then quickly re-friending him on Facebook out of pity, she will likely be thinking, *â€He’s so unattractive now that he can’t feel confident without me around. I want a man who is confident, happy and forward moving in life no matter what happens around him. Heâ€™s just letting his life pass him by now as he sits around feeling sorry for himself. Iâ€™m glad that weâ€™re not together anymore because being with him would have dragged me down too. I made the right choice. I’ve got to keep moving on without him.â€*

Now compare that to what will be going through your exâ€™s mind when she sees photos of you and other people (e.g. new friends or acquaintances) doing fun things together like:

- Participating in outdoor events (e.g. hiking, group exercise in park, white water rafting, abseiling).
- Going to parties (e.g. a beach party, a fancy dress party, a street party, BBQ at someone’s house).
- Going to interesting events (e.g. a music festival, a carnival, a Formula 1 Grand Prix in a different country).
- Doing fun activities with other people (e.g. salsa dancing).

Most guys worry that their ex woman will be angry and seek revenge by quickly hooking up with

other guys.

Yet, that's not how a woman's attraction works.

Women are naturally attracted to confident guys who are liked by other people.

On the flipside, women are naturally turned off by insecure, self-doubting guys who don't feel worthy of being around happy people who are enjoying their life.

Sometimes it's not just worthiness though.

Sometimes a guy feels worthy, but he's so upset about the break up that he can't be bothered dealing with other people.

and that's the problem.

Women aren't attracted to guys who are emotionally dependent on them.

If a guy can't back on his own two feet after a break up, a woman is going to feel turned off by his emotional dependence on her and the relationship.

What a woman wants is a guy who is confident, happy and forward moving in life, with or without her support or reassurance.

A woman doesn't want to be a guy's source of confidence, happiness, self-esteem, worthiness or purpose in life.

This is why it's so important to show your ex that you're not lonely, lost and depressed without her.

You've got to rise up to the occasion and be more emotionally strong than you've ever been before.

This break up is a one, big test for you.

You're either going to pass it and get her back, or you're going to fail it and lose her.

It's up to you.

If you want to show her that you've changed and make her feel a renewed sense of respect and attraction for you via social media, you've got to start posting up photos of you having fun with other people.

When she sees that, she will naturally start to miss you and in most ex back cases that I've worked on, the woman will then refriend her ex.

So make sure you ditch the sad, lonely photos right away and replace them with some fun alternatives.

BTW: Many guys don't post sad, lonely photos of themselves.

Instead, they post photos of their pets, car, landscapes and places they visit.

Those are lonely photos too.

If your ex assumes that you're hurting from the break up and aren't having fun with other people, she will look at photos like that as meaning that you're all on your own and feeling sad, lonely and lost without her.

It doesn't matter if you post a happy photo of your pet, or post a photo of you learning how to fly a plane on your own.

None of that stuff makes a woman think, *"Wow, he's so confident now. He's having fun with other people. Maybe there are women around who will feel attracted to him now. I have to get him back."*

The only thing that works is posting up photos of you having fun with other people.

3. Change your profile photo to a confident, happy photo of yourself

Youâ€™ve probably heard of the expression that, *â€œA picture is worth a thousand words.â€*

In terms of attracting an ex back, *“a picture is worth a thousand words”* simply means that you can show her the new you without having to write to her about it and explain.

On that note, I don’t recommend that you write to your ex and tell her about all the things you’ve changed, how you feel about her and so on.

That doesn’t work.

A woman doesn’t want to have to read a long letter, e-mail or message from her ex guy that she is no longer attracted to.

If she receives something like that and hasn’t seen photos of him having fun with other people, she will just assume that he’s hurting, lost, sad and lonely without her.

Not attractive.

So, don’t try the old “love letter to an ex girlfriend” thing.

It doesn’t work.

Remember: If sheâ€™s unfriended you on Facebook, itâ€™s most likely because she doesnâ€™t think very highly of you at the moment.

She has probably lost most or all of her feelings of respect, attraction and love for you.

So, if she notices that you still have the same Facebook profile photo that hasnâ€™t changed since before she broke up with you, she is going to look at you as still being the same.

Rather than think, *â€œWow. He must be so busy enjoying life without me that he hasnâ€™t even had time to change his profile photo,â€* sheâ€™s more likely to think, *â€œThatâ€™s so typical of him. Heâ€™s still stuck at the same level he was at when we broke up. Nothing about him ever changes. As much as I hate to admit it, Iâ€™m much better off without him. His life is going nowhere.â€*

So, make sure that you update your profile photo as well.

The more confident and happy you appear in your profile photo, the more attractive you become in her eyes.

While youâ€™re at itâ€¦!

4. Change your cover photo to a photo of you having great fun with other people

[image: Make your ex miss you via Facebook]

So many guys make the mistake of having a cover photo of a landscape, a car, a game they like, a pet and so on.

That doesn't work to re-attract and ex woman.

You've got to show her that you're having fun with other people.

If you do, she is much more likely to contact you, refriend you or at least accept your friend request.

In some cases that I've seen, a woman will use the change of her ex's cover photo as an excuse to contact him.

For example: She might message you and say something like, *â€œHey, how are you doing? I just saw your new cover photo â€œ itâ€™s really nice. You look like youâ€™re having so much fun. So, what have you been up to? How's things?â€œ*

To spark her feelings of respect and attraction for you again, you just need to be confident, easy going and talk to her in a friendly way, without trying to get her back right away.

For example: You can respond with something along the lines of, *â€œWho is this? Hehe. Just kidding, itâ€™s great to hear from you. Yes, I am having lots of fun these days. I canâ€™t believe how busy things have been for me lately. Iâ€™ve met some great new people and weâ€™re doing a lot of cool stuff together. How about you? How have you been?â€œ*

If she wants you back, she will feel some emotional pain to hear that you're having fun without her and seem fine.

She might then decide to refriend you as a way of opening the lines of communication between you and hopefully signaling to you that she wants you back.

However, if she doesn't refriend you right away (e.g. because she doesn't want to come across as the jealous ex), you can take the initiative andâ€¦

5. Contact her via a Facebook message to refriend you, or ask her on a phone call

Although messaging your ex is the quickest way to ask her to refriend you, itâ€™s also a lot easier for her to ignore you or play hard to get.

So, if it's possible, I recommend that you get her on a phone call with you instead.

Start the call off in a positive, confident way and focus on getting her smiling, laughing and feeling good while talking to you.

When you do that, she will naturally feel some respect and attraction for you and will be more willing to re-add you as a friend.

By the wayâ€¦

Most guys try to skip all of this and try to get their ex woman back via text.

Yet, since she has no evidence that he has changed, she either ignores his texts or replies to some and then eventually blocks his number.

This is why itâ€™s essential that you follow the steps above before you try to get her back for real.

When she can see for herself that you really have changed, she will naturally open up to refriending you, talking to you on the phone again and meeting up with you in person.

Finallyâ€¦

6. Get her to meet up with you in person to say hello as friends. Then, re-attract her at the meet up

[image: Get her to meet up with you as friends]

Once you've gotten your ex to refriend you, go ahead and ask her to meet up with you.

This is always best done over the phone, because it's easier for you to attract her by being confident and making her laugh, smile and feel good to be talking to you again.

However, if you try to call and she doesn't answer, don't worry.

A few minutes later, just send her this message: *Hey Liz, how about we meet up sometime this week for a quick cup of coffee and to say hello as friends?*

If she is hesitant, you can say, *Look, it's not big deal. It's just a quick catch up. However, if it makes you feel better, think of it as a chance for us to say goodbye and not contact each other again, if that's what you really want. So, how about it? I'm busy on Tuesday and Wednesday, but free to catch up on Monday and Thursday. Which day suits you best?*

If she agrees, you can then arrange to meet up with her at a convenient place and time.

When she meets up with you and sees that you really have changed, not only will she not want to say goodbye forever, but she will also be willing to refriend you if she hasn't already.

Remember: Just because your ex unfriended you on Facebook, it doesn't mean that all hope is lost.

You can re-attract her via social media and guide her through the rest of the ex back process.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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How Can I Stop Myself From Feeling Jealous and Hurt When My Ex Talks About Her New Life Without Me?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

To stop yourself from feeling jealous and hurt when your ex talks about her new life without you, I recommend that you follow these 6 steps:

1. Become emotionally independent of her

[image: Become emotionally independent of her]

Essentially what being emotionally independent means is that although you want your ex back, you don't actually need her back to feel good about yourself and your life.

It doesn't mean that you have to ignore her for months or even talk to or date other women.

None of that.

You just have to quickly get yourself to a point where you are no longer depending on her for your sense of confidence and happiness.

You want her back, but don't need her.

Do you think you can do that?

Right now, the idea of getting over the break up and living a happy, productive, independent life without her might seem almost impossible, right?

You want her back so bad.

Don't worry, I understand.

However, becoming emotionally independent of her is not only something that you can do (very quickly), but it's also something you must do if you want her back.

Here's why:

The more time you waste remaining stuck thinking things like, *"How can I stop myself from feeling jealous and hurt when my ex talks about her new life without me? How can she have moved on so quickly? Didn't what we had together mean anything to her? Why doesn't she care? I want her back so bad. I need her in my life. I miss her so bad. Why does this hurt so much?"* the more you actually ruin your chances of getting her back.

Why?

Women aren't attracted to guys who are emotionally dependent on them.

A woman feels attracted to a man who loves her and wants her, but who doesn't actually need her for his sense of identity, happiness and confidence in life.

If a guy is emotionally dependent on his woman, she is going to pick up on that based on how he talks to her, behaves and takes action.

She can even pick up on it while texting back and forth with him, based on how he replies, the effort he puts into impress her, what he focuses on about what she is texting, how confident or insecure he seems and so on.

She can see itâ€¦and it's not attractive at all.

Look at it this wayâ€¦

Imagine that a woman calls her ex boyfriend (or husband), has a bit of a chat and then tells him about how she is planning on going to a party on the weekend with her friends.

She then asks, *"So, what about you? Are you doing anything interesting this weekend?"*â€¦

If he then responds with something like, *"No. Iâ€™m not doing anything. Iâ€™m just staying home. Maybe Iâ€™ll watch TV, but Iâ€™ll probably just catch up on some work for Monday,"*â€¦ what will she think?

Will she think something like, *"Oh, how sweet! He's just sitting around doing nothing now that we've broken up. I feel so flattered that he is still dedicated to me, even though I don't plan on getting back with him. Maybe I should give up all the fun that Iâ€™m currently having to get back with him,"*â€¦ or will she be more likely to think negatively of him for not having the confidence to get on with his life in the meantime?

Here's the thing..

To show her that he's moving on, he doesn't need to go and date other women or get over her completely.

Instead, he just needs to get on with life and feel confident, happy and forward moving without her. Why?

Women don't respect and feel attracted to guys (especially ex's) who are emotionally dependent on them.

It's just not attractive to women.

[image: A woman doesn't want an emotionally dependent man]

A woman doesn't want to feel responsible for a guy's confidence, happiness and sense of self worth in life.

She wants a man who has all that without needing her support.

Ironically, when you take ownership of your confidence, happiness and sense of self worth, a woman actually cheers you on and wants to support you.

She feels proud to have you as her boyfriend (or husband) because she knows how difficult it is to find a confident, emotionally independent, good man loves her and cares about her.

It's so difficult for women to find that.

It's super easy for a woman to find an emotionally dependent (e.g. clingy, needy) guy, but to find a real man is next to impossible for most women.

So, when a woman finds a real man, she just doesn't want to let go.

She feels so much respect, attraction, love and pride about being with him that there's no benefit to her to break up with him.

However, with an emotionally dependent man, she feels embarrassed, annoyed, turned off and unhappy, so there is plenty of benefit for her to break up with him and try to find someone new.

How about you and your ex?

Are you read to interact with her and let her sense your emotional independence, or do you still feel

needy of her love, attention and approval?

Do you want her back, or do you need her back?

If your ex interacts with you and senses that you need her back to feel better about yourself, she will close up and feel turned off by you.

So, make sure that you are prepared to properly re-attract her by letting her see that you are no longer dependent on her for your emotional security.

Of course, that doesn't mean you should put on an act and pretend that you don't care about her anymore either, to hopefully hide your pain.

Why?

If she currently doesn't have feelings for you and is already getting on with her life, it won't matter much to her if you've also moved on.

Sure, her ego might feel a bit bruised, but if she's busy partying and possibly even hooking up with and dating other guys, she will most likely feel relieved that you're not desperately trying to get her back anymore.

So, if you want your ex back, don't bother pretending to be over her in the hopes that she will care.

Instead, focus on becoming emotionally independent and getting to the point where you genuinely believe that it's possible for you to live a happy and fulfilled life without her.

The best way to do that is by making your purpose in life (i.e. your biggest goals, dreams and ambitions) the most important thing to you, rather than putting your ex on a pedestal and seeing her as your main reason for living.

Sure, you still care for her and want her back, but you don't need her to give you a sense of identity and purpose in life.

Some guys worry that if they give their ex woman that impression, she will feel annoyed that he doesn't need her and is doing fine without her.

That's not how women work though.

Women want an emotionally independent, emotionally strong, forward moving guy that they can go along with.

A woman doesn't want to have to be the strong one in the relationship or be the leader, so don't think that you will be turning her off by being a strong, leading man who is getting on with and enjoying his life without her.

It will attract her.

She might test your confidence by pretending to be annoyed by it, but that is only a test.

She just wants to see if your newfound approach to being a man is real, or if you're just putting on an act to impress her.

The fact, a guy who has a bigger purpose in life (other than his relationship with a woman) is naturally more confident, has a higher self-esteem and is emotionally independent.

As a result, he is naturally more attractive to women.

You can't lose by being that way.

So, don't worry about her potentially feel upset about you getting on with your life without her.

She won't be upset.

She will be impressed.

She will also feel regret for breaking up with you and start to feel like she is losing the man she should be with.

As a result, she will begin to feel drawn to you and her new life will stop feeling as fun without you in it.

The next step is to

2. Improve your ability to attract her during interactions

When some guys read about improving their ability to attract their ex during interactions, they often make the mistake of thinking about attraction in terms of the physical.

Don't do that.

Physical attraction is the least important thing to your ex right now when it comes to you.

What matters is emotional attraction (i.e. how she feels when she interacts with you, based on your confidence level, approach to the conversation, behavior).

Not all guys know that though.

So, when a guy focuses on making superficial improvements to himself (e.g. going to the gym, buying new clothes, getting a new haircut), he is simply wasting precious time, money and energy on the wrong things.

For example: Imagine that a guy spends a month improving himself physically by losing some weight (or putting on some muscle) and getting himself a new wardrobe.

He then calls his ex on the phone and convinces her to meet up with him to show off his new, attractive look, which he hopes will make her want him back.

At the meet up, his ex says things like, *"You look so great,"* or, *"I like your new style. It really suits you."*

He then thinks, *"Cool! She likes my new look. It's only a matter of time before we get back together again."*

Then, just when he thinks everything is going well, she says, *"By the way, I'm going away for a few days with some friends for a beach party vacation. I'm so excited about it. My friends are bringing along some guys who are really good at surfing. One of them has promised to teach me how to surf. I can't wait! It's going to be so much fun."*

Suddenly, all the things about him that initially turned his ex off come to the surface (e.g. his insecurity, self-doubt, jealousy).

He starts feeling like he did when they were a couple (i.e. overly protective, clingy, suspicious of her).

He then says, *"Why are you meeting up with me then? You're obviously going to be sleeping with other guys this weekend. Why would you even waste my time by coming to meet me? Did you just want to rub it all in my face and hurt me even more?"*

She is then left thinking, *"He's still the same. He's so insecure. This meet up was a mistake"*

and she then leaves and it becomes even more difficult for him to get her back.

Here's the thing...

It's totally natural and normal for a guy to assume that his ex woman is going to potentially sleep with one of the surfer guys.

That's totally normal.

However, verbalizing it, complaining about it and making a big deal about it is not helpful to his cause of getting her back.

If he had just said something like, *"Coolâsounds like it will be fun. I've always wanted to give surfing a try. People say it's hard to stand up on the board and keep your balance"* and let her talk about it with him, she would have relaxed and opened up further.

He could have then attracted her by being confident and using some humor like, *"Well, you're a bit of a clumsy girl, so you'll probably be falling off most of the time"* or something like that.

As a result, she could have relaxed and opened up a little bit more, rather than having to close up completely because he was being insecure, jealous and controlling.

When she relaxed and opened up, he could have continued to build on her attraction for him.

If he did a good enough job of it, the meet up may have ended in a kiss and maybe even sex.

Then, she might have cancelled plans to go on the beach party weekend.

Of course, there's no guarantee of that, but it's a much better approach to take than being a turn off.

So, don't make that mistake of turning your ex off when you interact with her.

Remember: How you make her feel during interactions from now on is what matters most to her.

For example: When you talk to your ex on the phone or in personâ!

- Do you make her feel feminine and girly, or are you always on your best behavior and treat her more like a neutral friend or big sister when she's with you?
- Do you make her laugh and feel happy to be interacting with you, or does she feel tense, stressed out and like she can't wait to get away from you as quickly as possible?
- When she is being cold or distant, do you remain confident and self-assured, or do you become nervous, anxious and start doubting your attractiveness to her?
- Are you more emotionally dominant than her, or does she walk all over you with her confident personality?

Those things matter way more to a woman than a guy's appearance.

It's about how you make her feel when you interact with her.

That is what counts.

So, if you're serious about getting your ex back, you have to improve your ability to attract her during interactions.

The more she can see that you're no longer the same guy she broke up with, the more interested she will be in including you back into her new life.

3. Reactivate her feelings for you

[image: Reactivate her feelings for you]

Every interaction that you have with your ex from now on will be an opportunity for you to reactivate her feelings of respect, attraction and love.

Whether you're sending her a quick text, e-mail, a message on social media, calling her on the phone or meeting up with her in person, it's a chance for you to reawaken and build on her feelings for you.

So, make sure that you're not avoiding her.

To get an ex woman back, it's essential that you interact with her, so you can have opportunities to re-attract her.

So, don't ignore her because it's too painful for you to hear her talk about her new life without you.

You have to be stronger than that.

You have to take control of the ex back process, by interacting with her and making her feel attracted to you again.

One of the best ways to do that is to make her laugh and smile every time you interact with her.

For example: Imagine that you're on a phone call with your ex and she says something like, *"I'm taking a cooking class next week."*

Rather than give her a boring response like, *"Oh, that's nice, which will do nothing to spark her feelings for you, you can instead say (in a joking way), 'At last! You're finally admitting that you need help! You're the only person I know who can't even boil water without burning it!'"* and have a laugh.

Note: That kind of humor will still work if a woman is a bad cook or not.

If she's a bad cook, she will laugh and feel a bit self-conscious about the fact that she's hopeless in the kitchen.

If she's a great cook, she will know that you're just teasing her and will appreciate the balls you have to joke around with her in a moment like that, rather than being on your best behavior and being Mr. Nice Guy to suck up to her.

So, don't be afraid to joke around with your ex and let her feel your confidence as a man.

Women thrive on a man's confidence.

When you are confident enough to make a woman laugh and smile (especially in moments where other guys would be nervous, hesitant and cautious), a woman naturally feels respect and attraction for you.

The same applies to your ex.

She will feel it, even if she doesn't openly admit it to you.

Once you have reactivated some of her feelings, her guard will come down and she will feel much happier to talk to you on the phone and see you in person more often.

Then

4. Make her feel jealous that you are living a great life without her, or are at least very happy without her

[image: Make her feel jealous that you are living a great life without her]

At the moment, you can't stop yourself from feeling jealous and hurt when your ex talks about her new life without you.

Why?

You feel attracted to her and want (or need) her back, but she isn't interested and is happy without you.

That's a horrible feeling.

Don't worry though...

The good news is that you can transfer that feeling to her and make her feel horrible about not having you in her life anymore.

Even though she might not openly admit to you, when she sees that you're happy without her, she won't be able to stop herself from feeling twinges of jealousy.

You don't have to go out and date other women.

However, it will be helpful if you can be around friends where women are included in the group.

If your ex is attracted to you again, even just the idea of you being around other women will send her imagination running wild.

She will start imagining you feeling confident around other women and women feeling attracted to you as a result.

She will then imagine you kissing and having sex with a new woman and then beginning to forget about her.

If she wants you back, it will make her feel the horrible feeling of losing the one you really love.

You know the feeling.

It's the worst.

Give that feeling to her by letting her see that you're happy and enjoying life without her, AFTER you have re-attracted her.

It's important that you interact with her and re-attract her first, otherwise she won't really care about what you're up to and won't feel the pain of losing you.

So, make sure that you do it right.

Re-attract her first by interacting with her and making her feel attracted to the new and improved you (e.g. more emotionally intelligent, more emotionally masculine, charismatic, funny, confident).

A lot of guys don't know what you're learning right now, so they try to show their ex woman how sad, lonely and confused they are without her.

A guy does that in the hope that his ex woman will take pity on him, stop moving on with her life and come back.

Yet, in most cases, that tactic only backfires and causes a woman to think, *"I'm so glad I dumped him! What a wimp! I can't believe that he's still stuck in the same frame of mind as he was"*

when we broke up. He hasn't made any progress and has just been wallowing in self pity. If I had any doubts about breaking up with him before, I don't anymore. I can now see that I'm definitely better off without him.

As you would know if you've read this far, a woman doesn't want a guy who is emotionally dependent on her.

She doesn't want to have to soften up and be a certain way to compensate for a guy's insecurity and lack of manliness.

A woman wants a man who is confident, happy and forward moving in life whether she is in his life or not, or whether she supports him or not.

A woman doesn't want to have to take on a supporting, encouraging role for an insecure guy|especially an insecure ex!

So, if you focus on being happy, fulfilled and more successful in life without your ex, you naturally become more attractive to her.

All of a sudden, she stops feeling like she made the right decision by breaking up with you and starts feeling like it was a mistake.

The next step is to

5. Make her miss you

The best way to make your ex miss you is by interacting with her over the phone (or in person if you can) and creating a newfound spark of respect and sexual attraction inside of her.

Once you relight the spark and bring her feelings back to life, she naturally starts to think about you and miss you.

So, after interacting with her and making her have feelings for you again, I recommend that you give her 3 to 7 days of space so she can miss you.

When she doesn't hear from you, she can then start thinking, *Why isn't he calling me? What is he up to? Could he be out with another woman? Why do I even care? I hate to admit it, but I really miss him.*

She might then text or call to say hello and possibly even suggest meeting up again in person.

Of course, in difficult cases where a woman really hates her ex, it might take 3 to 4 cycles of sparking her feelings and then giving her a few days space before she will really miss him and starts texting and calling him on her own.

However, from what I've seen by helping guys get women back for many years not, in most cases, 1 or 2 cycles (of interacting with her, reactivating her feelings and then giving her a few days of space) is enough.

Note: A mistake that some guys make is thinking that if ignoring a woman for 3 to 7 days will make her miss him, then avoiding her for 30 or even 60 days will work even better.

Yet, that's not how it works.

Why?

If a woman doesn't have much, or any feelings for her ex, not hearing from him will be a relief in

most cases.

She can think, *â€œOkayâ€¦well, I guess itâ€™s truly over between us then,â€œ* and she will continue moving on with her life.

So remember, you just have to trigger your ex's feelings for you and then only ignore her for 3 to 7 days, if you want her to miss you enough to want you back.

Waiting any longer than that is not only a waste of time, but it might also backfire on you if she finds herself another guy while you're ignoring her for a long period of time in the hope that she comes running back.

6. Believe in your value based on the improvements you've made to yourself

Yes, you made some mistakes in the past, but youâ€™re not that guy anymore.

Youâ€™ve changed and improved and are now the kind of guy that any woman would feel proud to call her man, right?

If not, get to work on that right awayâ€¦!

Make sure that you improve, adjust or change the things that turned your ex off and lead to the break up.

If you can show her that when she interacts with you, she will be impressed and begin to feel some respect and attraction for you again.

So, don't beat yourself up the mistakes you made in the relationship.

Get past that.

Level up as a man and get ready to re-attract her.

When you do that, you will automatically begin to feel confident and believe in your value and attractiveness to her.

It will stop being about you trying to get her back and start being about you and her feeling attracted to each other and wanting to be together again.

By the wayâ€¦!

She wants to see that you believe in yourself and your value to her.

She might not admit that openly to you, but it's a very important part of re-attracting her.

The more you can believe in yourself and your attractiveness to her, the more you will exude the type of confidence and emotional masculinity that will make your ex (and other women) want to be with you.

She will be able to sense that youâ€™ve changed (e.g. you are truly confident and emotionally independent and don't need her to feel good about yourself) and as a result, she will automatically feel surges of respect and attraction for you again.

Finallyâ€¦!

7. Work on getting her back, but also work on making progress with your big ambitions and goals in life

One of the best ways to stop yourself from feeling jealous and hurt when your ex talks about her new life without you, is by getting busy on making progress on your big goals, dreams and ambitions.

This doesn't mean that you must go out and find random things to do to keep your mind off your ex.

Instead, it has to be about your biggest goals, dreams and ambitions.

For example: Ask yourself

- What is my biggest ambition in life outside of a relationship with a woman?
- What do I dream of being able to do, become, be, achieve or create?
- What is the one, big thing that I've always wanted to do with my life, but had been putting off because of the relationship with my ex?

The answer might come to you right away, but if it doesn't, just keep thinking about it.

Most guys get a gut instinct feeling of what they know they should be doing with their life.

If you get that feeling, follow through on it.

Start making progress and push yourself to rise through the levels of your true potential as a man.

You don't need to achieve it overnight (you can't anyway).

Just start making real progress towards it, so you can see that you don't actually need your ex to feel confident, happy and worthy in this life.

That's what she wants to see from you.

[image: Let her see that you really are different now]

When she sees that you are emotionally independent of her and are happy, confident and forward moving in life, she will automatically feel a newfound spark of respect and attraction for you.

As long as you have interacted with her and made her feel attracted to you, she will start wanting to become a part of your life again.

Important: You don't have to make huge progress and achieve your ambitions to make her feel respect and attraction for you.

You just have to start making some progress, so she can see that you are emotionally independent of her.

When she sees that, her guard will come down and she will allow herself to start feeling attracted to you again.

When that happens, she will naturally start to love you, miss you and want you.

As a result, getting her back happens naturally, easily and quickly.

So, don't waste anymore time.

Do what you have to do and you will not only get her back, but you will become an even greater man in the process.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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My Ex is Getting Serious With Her New Guy. Can I Get in the Way?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Yes, you can get in the way of your ex's new relationship.

Here's what you need to do:

1. Understand what part of the attraction experience he is giving her that you didn't

[image: What is he giving her that you didn't?]

Guys often find themselves wondering, *"What can she possibly see in him? He's not her type. I'm such a better guy than him!"* when thinking about their ex's new guy because he is usually very different in style, personality and behavior to themselves.

Yet, one of the main reasons why her new guy is attractive to her at the moment is because he is so different.

The thing is, when a woman breaks up with a guy, it's usually because certain things about his thinking and behavior has caused her to lose too much respect and attraction for him to justify remaining in a relationship.

She will then try to find a guy who isn't like her ex, in the hope that he will offer a better relationship and attraction experience.

For example: If her ex was too emotionally weak around her and couldn't stand up to her when she was moody or treating him badly, her new guy will usually be more assertive, emotionally strong and able to put her back in her place (in a loving way) when needed.

Her ex might feel like he is a better guy because he is nicer, loves her more and only has good intentions with her.

He may think something like, *"How can she even love a guy like him? He's always telling her what to do and pushing her around. When she was with me, I treated her like a princess and never denied her anything. I just don't understand what she sees in him. Does she want to be treated badly? Is that it? Is that what she wants?"*

No.

What he doesn't realize is that being too nice and submissive around a woman isn't attractive.

A woman wants a man she can look up to, rely on and depend on to be the man all the time.

This is important to a woman because it makes her feel safe in the knowledge that if he and her encountered any challenging, mean or bad people in life, he would be able to handle the situation.

It's not about getting into a fight or anything like that.

It's simply about having the type of confidence and emotional masculinity to let people see that he's not someone to be messed with.

When a guy lacks that, he attracts the attention of bad people (i.e. because he looks like an easy

target) and that makes a woman feel unsafe.

So, if he wasn't able to stand up to her in the relationship (e.g. when she was being difficult, throwing a tantrum, disrespecting him) and put her back in her place in a dominant, but loving way, she just couldn't feel safe with him.

Putting her back in her place isn't about being aggressive, screaming at her or threatening her.

No.

It's not about that at all.

Instead, it's about having the balls to laugh at her when she is being a bitch, rather than getting upset about it or cowering and letting her walk all over you.

A real man doesn't feel intimidated by his woman's outbursts and he also doesn't get upset and demand that she stop.

He looks at her as being a girl, regardless of how old she is.

He's a man, she's a girl and anything that she says or does to try and intimidate, insult or anger him is just funny.

It's like a little kid trying to tell off an adult and make the adult feel intimidated.

That's the sort of energy a man needs to have.

It's not about actually saying to the woman, "*Hah! You're like a little girl. I'm not intimidated.*"

No.

That would be just insulting to her.

Instead, it's about having the confidence and energy of a masculine man, so she can see that nothing she says or does makes you feel intimidated, upset or angry.

You are always in control.

That's what she really wants.

So, if a guy can't handle his woman's outbursts, she will lose faith in his ability to protect her.

She will think something like, *â□□He canâ□□t even stand up to me and make me feel like I should respect him, so what are the chances of him being able to hold his own around other men? Is he going to crumble and be wimpy and weak around challenging men? Thatâ□□s not the kind of man I want to be stuck with for life. I need a man who is confident and emotionally masculine. A guy that other men respect and treat well. I don't want to be stuck with a guy who needs me to protect him from the big, bad world out there. I need a real man.â□□*

[image: Relationship falling apart]

She will lose respect for him, stop feeling attracted to him and if he can't man up, she will eventually fall out of love and break up with him.

Then, when she meets a new guy who is emotionally strong and more dominant than her ex, she will feel attracted to him and want to be with him.

It doesn't mean that her new guy is perfect though.

He's probably got a whole bunch of flaws that will turn her off.

So, if you want to get in the way of her new relationship, make sure that you don't sit around feeling like her new guy is better than you.

He isn't.

He's just offering her parts of the attraction experience that were missing with you.

If you can up your game and get ready to offer her a full attraction experience the next time you interact with her, you will have a very high chance of getting her back, or at least just hooking up with her to begin with, so you can mess up her new relationship.

Another example is where a woman's ex approach life more like a teenager than a grown man (e.g. he spent way too much time playing video games or hanging out with friends and doing nothing, rather than following through on his big goals, dreams or ambitions).

If she then meets a man who has drive, determination and is working towards achieving his big goals in life, she's naturally going to feel drawn to him.

He will give her what was missing with her ex (i.e. she can feel secure about her future with him vs. feeling like she's stuck with a guy who is going nowhere in life) and therefore, she will appear to be very happy with him initially.

It doesn't mean that their relationship will last though.

Most guys aren't able to guide a relationship through all the stages, so it ends in a break up like approximately 50% of relationships and marriages out there.

Additionally, most rebound relationships (the relationship a person has immediately or shortly after breaking up another relationship) don't last very long because the new person seems attractive initially in comparison to the ex.

However, the new person usually has a whole lot of flaws that ruin the relationship quickly or gradually.

So, if you want to get your ex back even though she is getting serious with her new guy, it's important that you prepare to attract her in ways that will actually matter to her.

If you try to get her back by offering her things that she doesn't care about (e.g. being extra nice and sweet around her, promising to change whatever she tells you to), she's just going to keep saying things like, *"You need to stop contacting me. Can't you see that I'm with someone else now? I'm happy and I'm not going to dump him for you. Please accept that it's over between us and move on. Leave me alone."*

So, make sure that you understand what part (or parts) of the attraction experience her new guy is giving her that you either didn't give her or stopped giving her over time.

From there, you need to

2. Be ready to let her experience that side of you when you next interact with her

For example: Imagine that a guy got broken up with by his woman because he was too soft with her. She could walk all over him, intimidate him and generally get her way all the time.

If he calls her up and she tries to put him off by being cold and distant, he needs to show her that he is now able to maintain his confidence and be the man.

No matter what she says or does, he remains in control and even has the presence of mind to joke

around with her and get her smiling, laughing and feeling good.

Now imagine that her new guy is too serious all the time and isn't really the sort of guy to joke around and get her laughing.

So, she has started to feel annoyed or frustrated by the one-dimensional experience in the relationship (i.e. her new guy is confident, but he's actually kind of boring).

When she talks to her ex, she finds herself smiling, laughing, feeling good and feeling impressed at his ability to stay confident under pressure.

She is then left thinking, *What's happening? Not only is my ex being emotionally strong and confident (things that she likes about her new guy), but he's also being so much fun and making me laugh, even when things are so tense between us. On the other hand, my new man is always so serious about things. He never really makes me laugh and feel happy the way my ex can. I'm confused. I don't know what to do. I feel like my ex is the better man and I'm losing out by being with this new guy. Maybe I need to give my ex another chance.*

Her guard then comes down and she becomes willing and open to interact with you again on the phone and in person.

You then need to

3. Contact her to arrange a meet up as friends, or ex's who are going to say goodbye over coffee

The best way to show your ex that you are now the man she always wanted you to be, is by interacting with her in person.

Talking to her over the phone will definitely spark her feelings of respect and attraction for you (e.g. when she hears the confidence in your voice, you make her smile and feel good to be talking to you again), but the best results will happen when she sees you face-to-face.

So, you need to contact her and get her to agree to meet up with you in person.

Don't worry about the new guy.

He's with your woman.

Just do what you need to do to get your woman to meet up with you, so you can re-attract her and get her back.

Here's how you can do it:

Call her (don't text her) at a time when it will be easy for her to talk to you (e.g. when her new guy most likely isn't around, when she's not at work).

Get her smiling and laughing as soon as you can.

Aim to have a brief conversation with her and keep things light and relaxed.

Don't get into long discussions about what went wrong in the relationship, or ask her if she is getting serious with her new guy.

After 1-2 minutes (or when you feel the moment is right based on the vibe between you and her), say something like, *Anyway, I probably should get going now. It was good to chat again* and let her answer (e.g. *"Yes, it was"*).

Then add in, *“By the way...I know that you’re in a new relationship now and I respect that. I don’t ever expect you and I to get back together, but I did want to ask you to do one last things for me”* and let her ask, *“What is that?”*

Then add in, *“Well, I think it would be nice for us to be able to have a coffee just as friends to say hi and say goodbye in person. I’m going to be busy tomorrow and Thursday, but I have Wednesday and Friday open at the moment. So, you are in for just a coffee? Which of those days suits you best?”* and let her answer.

She might initially be resistant and say something like, *“I’m not sure. I have a boyfriend now and I don’t think it’s a good idea.”*

Regardless of her excuses, just stay calm and say, *“Hey, it’s only a quick cup of coffee. I’m not asking you to cheat on your new guy or anything like that. We can have coffee as friends without it being a big deal, right? Besides, if we meet up and you decide that you never want to see me again, we can say goodbye there and I promise to never contact you ever again. So, how about it? Can we at least part ways on good terms with a coffee as friends?”*

In most cases, a woman will agree and you can then go ahead and make plans to meet her at a time that suits you both.

You then need to

4. Re-attract her at the meet up

[image: Making your ex feel that special something that brings a man and a woman together and keeps them together]

At the meet up, make sure that you reawaken her feelings for you (e.g. being confident, charismatic and charming, making her laugh and smile, being emotionally strong and masculine, flirting with her, making her feel girly in comparison to your masculine vibe and conversation style).

When you do that in person, it instantly makes her begin to look at you in a completely different light.

She realize that you aren’t the same guy she dumped.

You have leveled up and fast.

All of a sudden, her walls come down and she starts to doubt how strong her commitment is to her new guy.

She may then start thinking things like, *“I feel so confused. I thought that things were getting serious with my new guy, but I’m not so sure anymore. Meeting up with my ex in person has made me realize that I do still have feelings for him and even worse, now that he’s changed so much I think find him even more attractive than before. I don’t know what to do. All I know for sure is that I like my ex again. I feel like kissing him. What is going on?”*

When you make her feel that way, it becomes easy to mess up her new relationship and get her back.

Of course, not all guys learn what you are learning her right now.

As a result, a guy will head to a meet up with his ex and waste the opportunity by making some or all of the following mistakes:

- Asking lots of questions about the new guy because he is insecure about his attractiveness to her.
- Asking her to remember the good times that she had with him as a reason for her to want to come back to him.
- Asking if it's a rebound relationship and whether he should wait for her or not.
- Appearing to have an inactive or unhappy lifestyle since the break up (e.g. he hasn't been doing anything to move on, he's been posting up lonely, sad or depressing things on social media, he's avoiding going out with friends or has become a bit of a loner).
- He's lost the confidence that attracted her to him in the first place.
- He is afraid to flirt with her and create a sexual spark because he's worried that it would 'cross the line' or be inappropriate now that she has a new guy.
- He appears to feel unworthy of her now because she seems happy with the new guy.

Some guys hope that their ex woman will take pity on them and feel guilty for having a new guy and moving on so easily.

Yet, rather than make a woman think, *â€œAwwwâ€* he's so lost and lonely without me. I feel so flattered that he has simply been waiting around for me to come back. I should dump my new, confident, forward moving, emotionally strong guy and hook up with my sad, insecure ex again. Yes, that's what I should do!â€ she just feels even more turned off by him.

If she wants to tell her ex where he messed up, she might say something like, *â€œLook. I met up with you because I thought you had changed, but I see now that you're still stuck at the same level as you were at before. I've moved on and I'm getting serious with my new guy now, so please don't ruin that for me. Let's just accept that this meet up was our last goodbye and go our separate ways. Please don't call me again because I won't answer next time, okay. You and I are officially over now. Goodbye.â€*

Don't let that happen to you.

Remember: At the meet up, you must allow her to experience the new and improved you (i.e. via the way you talk to her, behave and interact with her), so she can begin to feel respect and attraction for you again.

When she feels that way, her guard will automatically come down and she will begin to feel unsure about her new guy.

At that point, you canâ€

5. Get a goodbye hug and kiss and if possible, hook up sexually to mess with her feelings about him

[image: Get her to hug you]

If you have successfully reawakened your ex's feelings for you at the meet up, she will be feeling relaxed and happy by the time you and her are ready to say goodbye.

So, rather than letting the opportunity to get physical with her pass you by, make sure that you get a goodbye hug.

For example: As you both start getting ready to part, you can say to her, *â€œHey, this was pretty*

cool. We actually managed to get through a cup of coffee together without causing a big scene. Iâd say we passed the âexâs can be friendsâ test with flying colors, don't you think? So, how about we go for gold now and give each other a goodbye hug?â

Alternatively, you might say, "Okay, well I should head off now. It was great catching up as friends. Come here. Bring it in for a goodbye hug."

She might be a little resistant at first and say something like, âNo, I donât think I should do that. I have a boyfriend and I donât think heâd like it if he found out.â

If she does, just remain relaxed and say, âHeyyyyyâ! itâs just a hug. Weâre friends now. Friends can hug without it being a big deal. Come onâ! bring it in for a hugâ and approach her with your arms open and let her come into the hug.

When she does, be relaxed and confident and pull her in close.

Give her a nice, warm hug and then, if you are confident enough in the moment, lean in and give her a quick kiss on the lips.

[image: Hook up with her sexually to mess up her new relationship]

If she responds positively, deepen the kiss and then either go to her place or yours to hook up sexually.

If she is unsure about going, just say, "Don't worry. Let's just hang out. If we get there and you want me to leave (or she wants to leave your place), just say the word and I will go right away."

When you have sex with her again, she will really begin to doubt her feelings for the new guy.

By the wayâ!

If you try to go in for the initial kiss and she pulls away and seems a little uncertain, just say, "Hey, itâs just an innocent goodbye kiss. We can do that,â and she will almost certainly then go along with it.

However, even if she doesnât want to kiss right away or hook up with you sexually, donât worry about it at all.

As long as you have successfully made her feel a renewed sense of respect, sexual attraction and love for you at the meet up, she will go away doubting her feelings for the new guy and missing you.

All it takes is a little bit of doubt to get in the way of your exâs new relationship and before long sheâll be thinking, âI donât know what to do. I thought I was over my ex, but I canât get him out of my mind. I donât want to rush into another serious relationship when Iâm still in love with my ex.â

When that happens, all thatâs left for you to do is confidently guide her back into your arms where she belongs.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

My Girlfriend Said That I Should Find Someone Else

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

3 common reasons why a woman will say that to her boyfriend are:

1. She doesn't think that he can change enough to become truly compatible with her

[image: She doesn't think that he could change to become truly compatible with her]

In a happy relationship, a woman is usually willing to overlook some of the things that she doesn't like about her boyfriend (e.g. he's not very confident, he gets nervous or shy in certain situations, he gives her too much power over him), because she hopes that he will change over time.

However, if she gets a sense he's not willing or able to change and become more compatible with her, she will eventually break up with him and try to move on.

When a guy gets dumped in that situation, he will often try to get her back by explaining how much he loves her and cares for her.

Yet, that's not what she's concerned about.

She's turned off by subtle things about him that he either unaware of, unwilling to put in the effort to change or simply doesn't know how to change them.

For example: A woman might secretly want her guy to be a bit more confident and ballsy, rather than always being so nice and accommodating with her.

He might think that he's doing the right thing by being really nice and accommodating, or he may realize that he's being too soft, but just doesn't know how to be more ballsy and manly in the ways she wants.

Even though he is a good guy and has good intentions, she just can't feel properly attracted to him, so she sees them as being incompatible.

Another example is where a guy doesn't know how to get his girlfriend out of a bad mood (e.g. when she's throwing a tantrum, feeling irritated by him and complaining about little things) and make her smile, laugh and feel girly around him.

Instead, he gets angry at her, argues with her, or feels intimidated by her and tries to be even nicer to hopefully settle her down, but that only makes her more furious.

Women hate it when a guy gets upset, complains to her or demands that she stop throwing a tantrum. She doesn't want to stop because he says so.

She will stop if he has the balls to change her mood in the moment.

In other words, he doesn't look control of his emotions (e.g. get upset) because she's being difficult.

Instead, he has the balls to remain confident, be the man and guide the interaction back to love and laughter.

Guys who can do that are referred to as 'real men' by women.

It takes a lot of confidence and a good, loving heart to be able to do that when a woman is being a

pain in the butt (e.g. throwing a tantrum, being unreasonable, insulting you).

So, if a guy can't offer that to a woman, he will always disappoint her and she will never truly feel compatible with him.

Before she breaks up with him, she will try her hardest to get him to change and start being a more emotionally masculine man (i.e. a man who doesn't sulk, seek pity or get upset when a woman is being a pain in the butt).

To push him to change, she will be disrespectful towards him in public, disregard what he says, get moody and sulky over insignificant things and generally be difficult to deal with.

If he realizes what she is really trying to do and changes, she will feel a deep respect, attraction and love for him and won't ever want to lose him.

Women know how rare it is to find a real man.

On the other hand, if he gets angry, becomes emotional or tries to suck up to her and do whatever he can to calm her down, she will lose even more respect and attraction for him.

She will realize that he just isn't strong enough for a woman like her.

As a result, she will say something like, *â€œLook, you and I are just too different. I think it's better if you find someone else who will be more in line with your personality. I'm not the girl for you. You need to forget about me.â€*

Of course, the guy won't agree because he feels attracted to her.

Yet, what he doesn't understand is that he's not making her feel attracted to him.

He's simply trying to get another chance with her by telling her how much she means to him and trying to get her to see his point of view about the relationship (e.g. it can work, it's worth fighting for).

She doesn't agree though because he has been unable to attract her in the ways she really cares about.

So, if your girlfriend is saying that you should find someone else, it's most likely because you haven't been able to attract her in the ways that she really cares about.

For example: Some of the ways that a guy might turn his girlfriend off are that

- He's too easy going and leaves all the decisions up to her. He thinks that will make her happy, but it simply makes her feel like the more dominant one, so she stops feeling like a girl and feels more like the man.
- He wants different things in life than she does (e.g. he wants to hang out with friends all the time and just have fun, whereas she wants to settle down and have a family).
- He's too serious and lives a fairly boring lifestyle, so she doesn't feel good about a future with him.
- He assumes that because they loved each other so much at the start, she will always stick with him. So, he then begins to take her for granted and just expect her to put up with whatever way he treats her.
- He's too tense, anxious or stressed, so she just can't seem to relax and feel happy around him.
- He doesn't get along with her family and friends, who are an important part of her life.
- He gets nervous or in social situations (e.g. around her friends, family or co-workers).
- He treats her more like a friend and as a result, the sexual spark dies out and she no longer

looks at him with feelings of lust.

- He's too clingy and needy of her attention, which makes her feel smothered by the relationship.
- He's too soft and gentle with her. She wants a guy who is more masculine in his energy, behavior and approach to her.
- He loves her way more than she loves him. That's not the kind of relationship she wants. She want a guy that she is madly in love with and is a challenge for her to maintain the interest of.

Do any of the above apply to your relationship with her?

While reading through the list, you most likely had a few moments where you realized where you really went wrong with her.

That's okay.

Don't panic.

You are making progress.

You are going to get her back.

The most important thing for you to do now is to begin to make some changes, adjustments or improvements in the areas where you were turning her off.

For example: If you were too much of a romantic and became overly clingy and needy as a result, you need to start being a more well-rounded man and stop relying so much on what you can get from a relationship with her.

In other words, start making progress on your biggest goals, dreams and ambitions in life, while also getting her back.

Don't put your entire focus on her and the relationship.

Women hate it when men do that.

A woman wants to be with a man who loves her and wants her, but doesn't desperately need her to be with him so he can have sense of identity and purpose in this life.

It's not about acting like you don't care about her anymore.

No.

That's not what it is at all.

It's simply about being more balanced, well-rounded man, so she can naturally feel respect and attraction for, rather than having to put her guard up and keep you away from her because you need her so much.

Women sense these things.

and it's very important to them.

[image: But I love you! Let's work this out]

A woman doesn't want to get stuck being a man's purpose in life and have him become increasingly clingy, controlling and jealous over time.

She wants a balanced, well-rounded man who she can naturally feel respect, attraction and love for.

So, whatever the reasons are why your girlfriend dumped you, make sure that you are making changes, adjustments and improvements in those areas.

Then, when you interact with her again (e.g. via text, on social media, on a phone call and especially

in person) you will be able to show her that you really have changed.

When she sees for herself that you are now the man she always wanted you to be, she will stop telling you to find someone else.

She will realize that letting you go will be a mistake.

She will notice that she now feels a new kind of respect and attraction for you that is more powerful than what she used to feel.

When that happens, getting her back is natural and easy.

Another reason why a woman might tell her boyfriend to find someone else is thatâ

2. She has lost respect for him

[image: She has lost respect for him]

In a relationship, it is the manâs responsibility to maintain and build on his womanâs feelings of respect, attraction and love for him over time.

One of the ways that a man can build on his woman's feelings over time is by being a consistent man.

He is always the kind of man that can look up to, respect and feel proud of (e.g. because he is confident, he treats her with respect, he is emotionally strong and masculine, he has a definite purpose in his life that heâs working towards, he is cool under pressure).

A man doesn't have to be perfect, but he does need to aim to be very consistent and if he does make a mistake, he need to learn from that and improve.

If he does that, a woman will happily learn from her mistakes and improve along with him.

However, he has to go first.

He has to be the leader.

A man cannot expect a woman to be the stronger one and be a role model for him by being more consistent.

It is the man's responsibility to be the emotionally stronger one and lead the way to a better relationship over time.

If he fails to do that (e.g. he crumbles when things become challenging, he is too emotionally sensitive, he allows her to dominate him in the relationship, he becomes insecure), she will gradually lose respect for him over time.

It doesn't matter how good of a man he is and how good his intentions are, the relationship will begin to fall apart if she is unable to respect him.

Why?

When a woman stops respecting her guy, it becomes very difficult to feel sexually attracted to him.

As a result, her feelings will begin to fade and before long, she will stop loving him altogether.

Before getting to the point where she breaks up with him, a woman will usually try to warn her man by giving him hints about where he is going wrong.

For example: If a woman has lost respect for her guy because he is too wimpy and insecure, she might say things like, *âYou're too nice. Why are you always letting other people walk all*

*over you? You need to stand up for yourself once in a while.*â□□

If a woman wants her guy to be more emotionally dominant than her, she might say to him, *â□□ Why donâ□□t you make the decisions for a change? Iâ□□m tired of feeling like I have to take care of you all the time. You're like a big baby that I have to take care of. It would be nice for me to be able to relax and let you decide things for a change.*â□□

If the guy picks up on her hints and makes some adjustments, she will naturally feel attracted to him and appreciate his efforts.

As she begins to respect him again, she will also start to feel more sexual attraction and as a result, loving him becomes easy and enjoyable for her.

Yet, if he doesnâ□□t take the hint and just keeps doing what he had been doing, she will eventually get so sick of it that she will break up with him and try to find herself a new guy.

How about you and your girlfriend?

Is it possible that you caused your girlfriend to lose so much respect for you that she could no longer feel attracted and in love with you anymore?

For example:

- Did you stop being the confident, self-assured guy that she fell in love with initially?
- Did you become needy, insecure and clingy?
- Did you continue to make her feel loved and appreciated, or did you make the mistake of assuming that because she loved you so much in the beginning, she would put up with anything?
- Did you make her feel like a feminine, sexy woman in your presence, or did you start treating her more like a friend or roommate?
- Did you continue guiding both you and her to a better future together, or did you settle for a mediocre life because you just wanted to hang out with her and not spend time working on your goals and ambitions?
- Did she feel like she could trust you and depend on you, or did you lie to her or disappoint her too often?
- Were you too protective of her to the point where she felt smothered by the relationship and didn't feel like she had any freedom?
- Did you always let her win arguments or get her way because you didn't want to upset her, or because you were afraid of standing up to her and losing her?

It's essential that you understand where you really went wrong with her, so you can begin offering her the right things.

For example: You might start trying to be even nicer to her, when what she really wants to see is you being more ballsy, having more confidence and making her feel the need to impress you.

So, make sure that you get clear on what you really need to change, adjust or improve about yourself to get her back.

If you do that, you will naturally make her feel respect and attraction for you again and she'll stop telling you that you should find someone else.

For example: If your girlfriend tries to test your confidence by being very cold and bitchy, don't get upset about it.

Instead, show her the new you by remaining calm and turning her bad behavior into something you can both laugh about (e.g. *“Oh, well someone is Little Miss Bitchy today, isn’t she?”* and have a laugh with her).

If she tries to test whether you’re more emotionally dominant now by telling you what to do, show her you’ve changed by standing up to her in a loving way.

The more you can show her that you’re not the same guy she dumped, the less she will want to keep away from you.

Even if she tries to fight it, her heart will be saying, *“Isn’t this what you always wanted? You shouldn’t keep pushing him away. He’s not the same guy anymore. You like who he is now. Explore that. Enjoy it. Give him a chance.”*

Another reason why a woman might tell her boyfriend (or ex boyfriend) that he needs to find someone is that

3. There’s no spark between them, so she feels like more of a friend to him

Sometimes, a guy becomes so comfortable in his relationship with a woman that he falls into the habit of treating her more like his best friend or roommate, rather than like a feminine, sexy woman that he finds attractive.

For example: A guy might stop noticing her efforts to look sexually attractive for him.

If she puts on a special dress to please him and he doesn’t even notice, or if she asks him, *“Do you like my new dress?”* and he just says, *“Yes, it’s nice”* she is going to feel disappointed.

What she wants to see is that he is very attracted to her physical appearance.

Women know that their physical appearance is the most attractive thing to other men, so if her own guy doesn’t feel attracted, she starts to feel unloved, unwanted and insecure.

What she would love to hear him say is something like, *“Of course I like your dress, but I much prefer what’s underneath it,”* or, *“Sexy, I know what I want tonight”* or, *“Turn around, let me see your ass in that dress. Ooh yeah, I’ll be tapping later.”*

Some guys just don’t feel comfortable saying that, other guys are worried that she might get angry and other guys think that women are a pain in the butt for wanting sexual compliments like that.

Whatever a guy thinks, reality is reality.

A woman wants her guy to look at her in a sexual way, appreciate her appearance and make her feel good about it.

If he doesn’t do that, she will eventually begin to seek that validation from other men by flirting with them.

A lot of guys don’t realize that until it’s too late.

For example: Many guys say things like, *“She knows that I find her sexy because we have sex often. Besides, I used to tell her how beautiful she was a lot when we first met. She remembers that. I don’t need to keep telling her.”*

That's where he is wrong.

Women are a lot more insecure than men, especially about their appearance.

A woman needs the validation from her man.

If he doesn't give it to her and she has to pressure him into giving her a compliment, it will seem forced and insincere and as a result, it will take the romance out of the moment for her.

If that keeps happening, she might then stop making the effort to please him and the initial spark that drew her to him in the first place will begin to fade away.

Eventually, she might say to him, *"You should find someone else"* and leave him because he just isn't taking on his role as a man in the relationship by making her feel like a sexy, desirable woman.

Here's the thing!

In the past, a woman had to stay with a man, even if she was unhappy, but the rules have changed now.

In today's world, a woman doesn't have to stick with a man if he stops making her feel the way she wants to feel in a relationship.

She can leave and find a new guy and in most cases, the people in her life will encourage her to do it because they want her to be happy.

In the past, a woman would be looked down on and people would shame her if she had more than one man.

Not these days.

In today's world, a woman enjoys a kind of freedom that allows her to follow her heart and do whatever she wants, even if it leaves some guys brokenhearted along the way.

So, if you want your girlfriend to stop saying that you should find someone else, it's essential that you focus on making her feel sexual and romantic feelings for you.

If you made the mistake of treating her more like a friend, then you need to change your approach immediately.

Don't keep being the friendly, neutral guy that you've been in the past and expect that she will change and get back with you.

You have to face up to reality.

Sexual and romantic attraction is what makes a woman feel drawn to a guy and want to be with him, not friendly, neutral feelings.

By the way!

Even though you and her are now broken up, you shouldn't be afraid to make her feel sexy and wanted.

You've got to rise up to the challenge and start being the kind of man that she can feel aroused by during conversations and interactions.

Don't play it safe and be Mr. Friendly or Mr. Neutral.

Instead, you've got to be sexual, charismatic and arousing to her.

One of the ways you can do that is by using flirting to create a spark between you and her and then

continuing to build on the attraction to create sexual tension.

When a woman is feeling sexual tension, she will want to release it with kissing and sex.

If you do that, she won't be telling you to find someone else because she will want you for herself.

5 Classic Mistakes That Other Guys Make When in Your Situation

When other guys are in your situation (i.e. their girlfriend breaks up with them and tells them to find someone else), they will often make one or more of the following mistakes:

1. Begging, pleading or crying to her

If a woman has already disconnected from her feelings of respect and attraction for a guy, seeing him lose emotional control of himself and start begging, pleading or crying to her will just turn her off even more.

Rather than feel flattered that he's so desperate to get her back, she will think, *"This is so un-cool. Doesn't he realize that weak, wimpy, desperate behavior is a turn off for women? I want a man that I can look up to and respect, not an emotionally weak and needy guy who can't even handle being broken up with."*

2. Pouring his heart out to her

Even though a guy means well when pouring his heart to a woman who is breaking up with him, it just doesn't work.

Why?

If a woman doesn't have much (or any) feelings for the guy she is breaking up with, him telling her how much he still loves her just isn't going to matter to her.

Instead, she will say something like, *"Look I know you mean well, but we're just not right for each other. You need to find someone else."*

For her to care, the feelings have to be mutual.

So, if a guy is pouring his heart and hoping that it will change her mind, he will be disappointed when she keeps rejecting him and pushing him away.

3. Saying that, without her, his life just isn't worth living anymore

Rather than feel flattered, a woman will feel smothered and turned off by his inability to cope without her in his life.

Why?

Women hate to feel responsible for a man's emotional state in a relationship or in life.

A woman wants to be loved and appreciated by her man, but she also wants him to be happy, confident and forward moving in life whether she's with him or not.

She doesn't want to be his support system (e.g. like a mother, mentor, big sister).

She wants him to be able to stand on his own two feet and be someone that she can lean on when she

is feeling vulnerable.

She doesn't want a guy who needs her to keep picking him up, patting him on the back and telling him that everything will be okay.

4. Getting angry at her for leaving him at a low point in his life

He might feel angry about that and think that she is in the wrong, but that's because he simply doesn't understand how a woman's attraction really works.

Women are attracted to emotionally strong men who can handle the challenges of life and keep going until they succeed.

Every man goes through low points in his life (e.g. losing a job, problems with family or friends) and a woman will stick by him if he remains emotionally strong and keeps making progress.

However, if a guy gets stuck at a certain level of life and becomes more of a burden than a benefit to her, it's only natural that a woman will start to feel annoyed by that.

After all, she's not his mother.

A mother will put up with that kind of thing for her child, but not a girlfriend or a wife.

In a sexual, romantic relationship with a woman, a man needs to be strong and push past problems in his life, rather than wallowing in self pity and expecting his girlfriend (or wife) to comfort him for months or years on end.

Remember: For a woman to be able to feel sexually attracted to a guy, she has to be able to respect him.

It's totally fine to go through low points in life or experience challenges, but it's how you deal with those that really count to a woman.

If you use the problems to make yourself stronger, wiser and more capable, a woman will naturally respect you and love all the more for it.

However, if problems in life make you become emotionally weaker and you end up expecting her to carry you and comfort you, a woman will lose respect for you.

That might suck for some guys to hear, but it's life.

As a man, you have to be strong.

So, when a guy gets angry at a woman for leaving him at a low point in his life, she's not going to feel like she is making a mistake if he was stuck at that level for a long time.

She will feel as though she made the right decision and now needs to find a stronger man who is more capable of dealing with life.

Finally, another mistake that guys often make in your situation isâ□!

5. Asking her to tell him what he needs to change to make her love him like she used to

This is probably one of the biggest mistakes a guy can make.

Why?

A woman doesn't want to be responsible for shaping a guy into the man that he needs to become, so he can eventually make her feel respect, attraction and love for him.

She just wants him to figure it out on his own, rather than leaning on her for guidance and support and making her feel stressed out in the process.

Getting Her Back

[image: Getting her back]

How you make your girlfriend feel from this moment onwards is what really counts.

The more respect, attraction and love you make her feel when interacting with her, the more she will want to keep you for herself.

She won't want another girl taking you away from her and getting to enjoy the new and improved man that you now are.

She wants to enjoy being with you now because you make her feel so good.

So, don't waste another minute.

She's waiting for you to change how she feels.

Get her back!

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

My Girlfriend Broke Up With Me Via Text. How Can I Get Her Back if She Won't Answer My Calls?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here's what you need to do to get your ex back if she won't answer your calls:

1. Get her to agree to one phone call

How?

Call her one more time at a time that you think she will answer.

If she doesn't answer, send her this text message, *Hey [insert your girlfriend's name here], there's something quick I want to ask you over the phone. If you don't ever want to talk to me again after we talk on the phone, I will accept it and leave you alone. If I don't hear back from you by tomorrow, I'll try calling you the next day.*

If she texts back and says something along the lines of, *I'm available now,* just go ahead and call her.

If she texts back and asks, *What do you want to ask me? Just text me the question,* you can reply and say, *This is better said over the phone.*

If she doesn't text anything back, just call her the next day.

If she doesn't answer when you call, don't text her again right away.

Instead, just wait for the next day and call.

Then, if she still doesn't answer, text her this, *Hey [insert your girlfriend's name here], I know that you don't want to be with me anymore and I accept that, but I just want to ask you something quick over the phone.*

By this stage, her curiosity will most-likely have gotten the better of her and she will either reply to say that you can call her now, or she will answer your next call.

That's how you get on another phone call with a stubborn ex girlfriend who won't answer your calls anymore.

By the way|

Only use the text message as a way to make her drop her guard so she will agree to talk to you on the phone.

Don't make the mistake of hiding behind texts and thinking that you're making progress that way.

Texts are the worst way to try to get a closed off ex girlfriend back.

She will feel annoyed and turned off by the texts and will almost certainly get to the point where she stops replying or decides to block your number.

So, only use texts to get her on a phone call.

When on a phone call, you can properly re-attract her and get her to feel good talking to you again.

You can then get her to meet up with you in person.

Not all guys know this though, so they end up ruining their chances to get their ex girlfriend back.

For example: A guy might feel nervous about talking to his girlfriend on the phone because he worries that she will just reject him again and might feel so annoyed with him that she demands that he never contact her again.

So, rather than being a man about it and getting her back by using attraction, he hides behind text messages and hopes that she slowly changes her mind.

He may think to himself, *“If she hasn’t been answering my calls, it’s probably better not to talk to her on the phone right away. I’ll just stick to texts to explain my feelings to her and show her how sincere I am. Then over time, when she realizes how badly she hurt me by breaking up with me via text, she’ll start to feel sorry for what she’s done. Then, she’ll be the one calling me and I’ll get her back.”*

If her texts start to become cold, distant or show that she just doesn’t care about him and the relationship anymore, he might feel upset that about that.

Not knowing what else to do, he might try to seek pity by texting her things like, *“Did what we had together mean anything to you at all? I mean, how could you just break up with me via text and then not even have the decency to answer my calls anymore? It’s like our relationship never happened. All the great times we had just flushed down the toilet. How can you be so cold hearted like that? I love you more than anything. I guess you didn’t feel the same way. Regardless of how you feel about me, I just want you to know that I still care for you and I want to make things right between us.”*

He’s hoping that she will feel guilty for being so selfish and self-centered and then give him another chance.

While that might work on some women (e.g. very young women, women who are inexperienced with relationships, women who are still in love with their ex), it just doesn’t work in most ex back situations.

Most ex back situations (where guys actually need help to get their woman back) are when the woman no longer has feelings for him and doesn’t want to be with him anymore.

She is capable of dealing with the break up, finding a replacement guy and moving on from her ex.

Guys who are in a situation where their ex woman still loves them and wants to be with them, don’t arrive here looking for help.

Those guys just need to call her, say hi and suggest a meet up and they’ll get her back.

However, in almost all ex back cases (your case probably fits into this category), the woman is over it and isn’t interested in getting back together with her ex.

So, with the example earlier where the guy was texting his ex things like, *“Did what we had together mean anything to you at all? I mean, how could you just break up with me via text and then not even have the decency to answer my calls anymore? It’s like our relationship never happened. All the great times we had just flushed down the toilet. How can you be so cold hearted like that? I love you more than anything. I guess you didn’t feel the same way. Regardless of how you feel about me, I just want you to know that I still care for you and I want to make things right between us”* she’s just not going to care or be interested.

She will think something like, *“If he thinks that whining, complaining and trying to make me feel bad is going to change my mind about him, he has another thing coming. If anything, his current*

*behavior is only making me feel more certain about my decision to cut off all communication with him. He's just talking about his feelings for me and what he wants. He doesn't even know what will make me feel attracted to him again. He just wants me to feel guilty for dumping him via text. Well, I don't feel guilty. I felt turned off by him near the end of the relationship and I still feel that way. Unless he can change how I feel, I'm moving on.*â€œ

So, don't waste time using text message to try and make your ex want to give the relationship another chance.

You should only text her to get her to agree to talk to you over the phone, if she doesn't answer your calls.

Remember: Call first, text second.

Texts should not be your number one approach with her.

I know that you probably think that she prefers texts, but who cares what she prefers?

You've got to do what works.

â€œand texts don't work on a girl like her.

You have to have the balls to call.

Once you get her on a phone call with you, the next most important thing that you need to do isâ€œ

2. Get her smiling, laughing and feeling happy to be talking to you again

Rather than being too serious and getting into long discussions with her about how you messed up and how sorry you are, I recommend that you use humor to break the ice and make her feel a bit more relaxed.

For example: When she answers the phone, laugh and say, *â€œFinally, I get through to you. Getting hold of you is harder than getting hold of the president!*â€œ

Then, joke around with her a little bit and make her feel good.

Of course, sometimes a woman will make it difficult for her ex to interact with her by being cold and distant towards him.

For example: She might answer the phone and say something like, *â€œWhat do you want?*â€œ or, *â€œDon't try to suck up to me. Just say what you want to say and then leave me alone. I'm not interested in making chit-chat with you.*â€œ

Naturally, this might make a guy might feel upset and even a little bit dejected and he may think to himself, *â€œIt's hopeless! She's just not interested in me anymore. I can't do this!*â€œ

Yet, here's the thingâ€œ

Taking a woman's coldness too seriously is actually counter-productive.

How so?

It makes you feel insecure, which then makes you appear unattractive to her.

Always remember: Women are attracted to confidence, not insecurity or self-doubt.

This means that you should have the confidence not to take her drama so seriously and always remain

in control of your emotions.

Don't let her little outbursts throw you off because if you do, she will feel turned off by your self-doubt and inability to be the man and lead the dynamic.

So, if your girlfriend is initially being cold, distant and even a little bitchy towards you when you get her on the phone, don't let it bother you.

Instead, turn her coldness into something to laugh and smile about together.

When you make a woman laugh and smile, you are helping her to forget the pain, anger and resentment that she felt towards you.

Even if she tries to fight it, she won't be able to stop herself from relaxing and opening herself up to interacting with you again.

If you can build on those good feelings while talking to her, she will stop wanting to hang up the phone as quickly as possible and even look for reasons to keep you on the line longer.

Then, you need to

3. Ask her to meet up with you as friends to say hello

[image: Meet up with her and make her feel something for you again]

You can't truly get an ex back unless you meet up with her in person, so make sure that you don't avoid the meet up.

You've got to get to the meet up and be prepared to fully re-attract her, so she naturally wants to get back with you.

Don't go to a meet up with the same knowledge about attraction that you had when in the relationship.

No.

That won't work.

You've got to level up.

You've got to be able to attract her in ways that you weren't able to in the past.

So, make sure that you arrange a meet up when talking to her on the phone.

For example: After a bit of light-hearted conversation where you're making her laugh and smile, you can say, *"Anyway, so it has been fun talking to you again"* and let her say something, (e.g. *"Yeah, you too"*).

Then say, *"I know that we're never going to get back together. That's fine and I accept that. However, I think it would be fun to catch up for a quick coffee as friends to say hi sometime this week. What do you think?"*

If she says something along the lines of, *"No, I don't think that's such a good idea,"* or *"I'm not ready to see you again,"* don't make the mistake of giving up and then cutting off contact for weeks in the hope that she changes her mind.

So many guys make that mistake!

Here's the thing!

If a woman broke up with a guy via text and has been refusing to answer his calls, she probably isn't going to care if he stops contacting her after she says no to meeting up.

Rather than worrying that he's not contacting her anymore, she may think something like, *â€œHe went to all that effort to get me on a phone call with him and then just went quiet when I said no to meeting up. What a wimp. I guess I was right about breaking up with him after all. I almost believed that he'd changed when he made me laugh over the phone that day, but now I see that heâ€™s still the same guy I broke up with. Iâ€™m glad heâ€™s not calling me anymoreâ€* | it gives me more time to move on and find another guy who isnâ€™t going to be so immature. Maybe I should even block him number to teach him a lesson if he eventually decides to call me. Hopefully that will get him to realize that he should have gotten me back sooner, rather than giving up after my initial no.â€

Donâ€™t let that happen to you.

If you want to get her back, you're going to need to be confident in yourself and not lose hope when she initially says no.

After all, a woman will almost always initially say no to her ex as a way of testing his confidence and sincerity about wanting her back.

She wants to see if he has the confidence to continue believing in himself and getting her to feel attracted to him again, rather than being an insecure, emotionally weak guy who needs her to make the ex back process easier for him.

She also wants to see if his efforts to get her back are sincere (i.e. because he really loves her, really will be different this time around), or if he was just doing it because wanted sex a few more times before breaking up with her.

So, if your girlfriend is initially reluctant to meet up with you, don't give up right away.

Instead, say (in a confident, easy-going tone of voice) something like, *â€œHey, itâ€™s just a quick catch up to say hello as friends. It doesnâ€™t mean that weâ€™re going to get back together just because weâ€™re drinking coffee. That would only happen if we were drinking beer. Seriously though, itâ€™s no big deal and if you want to say goodbye at the meet up, I promise to never contact you again after that. You have my word on that. If you don't want to ever speak to me again after we have this coffee, I will never, ever contact you again.â€*

In most cases, a woman will agree and say something like, *â€œOkay, maybe just a quick coffee, but that's it,â€* or, if sheâ€™s more easy going and has a good sense of humor, she might say, *â€œFine, but you can forget about that beer! It's coffee onlyâ€* and have a laugh with you about it.

Then, just go ahead and make plans to meet her at a suitable time for both of you.

At the meet upâ€¦!

4. Make her feel a strong, renewed sense of respect and sexual attraction for you

Getting your ex to agree to see you in person is a major step to getting her back.

However, it's not the end of the road.

You still have to make her feel a renewed sense of respect and attraction for the new and improved

you in person.

You've got to let her experience the changes in you and feel attracted to that.

So, don't think that simply getting to a coffee with her means that you're definitely going to get her back.

You have to make her feel those special feelings that bring a man and a woman together in a romantic way.

For example: Some guys go to all the trouble of getting their ex woman to meet up with them, only to then turn her off by being nervous, insecure and being on their best behavior.

The woman then thinks to herself, *"Well, this was a big waste of my time! I can see now that he's still the same guy as before, so my instincts to break up with him were right. I need to finish my coffee as quickly as possible and get the heck out of here. Then, if he ever contacts me again, I will block his number. It's over!"*

Remember: The only thing that matters to her right now is her feelings.

You have to make her have feelings for you.

It's obvious that you have feelings for her and want her back, but that isn't her problem.

She is focused on herself now.

If she is going to want to give you another chance, you have to make her feel sexual and romantic attraction for you again.

For example: If she comes to the meet up and is acting cold and distant towards you and possibly saying something like, *"I don't know what I'm doing here. I think this was a big mistake,"* rather than letting that make you feel nervous and insecure around her, just use it as an opportunity to show her your new and improved confidence and emotional strength.

You can jokingly say something like, *"Yes, it was a big mistake. What a horrible situation we are in. We're having coffee. This is such a disaster"* and then laugh, to show her that you're not going to be dragged into her fake drama.

Likewise, if she says, *"Why are we even meeting up like this? We're broken up?"* you can jokingly say, *"Because I needed someone to buy coffee for me. Thanks"* and then have a laugh.

That doesn't mean you now need to make her pay for the coffee.

It's just a joke.

Essentially, you need to make sure that you don't take her tests of your confidence so seriously.

You've got to understand what women say things that they don't even mean, just to test a guy's confidence and see how he will react.

If a guy is able to remain confident and be a good man by leading the conversation towards love and laughter, a woman simply cannot stop herself from feeling attracted to him again.

Finally, at the end of the meet up make sure that you

5. Get a warm, goodbye hug and if possible, get a kiss and

transition to sex that day or night

[image: Get a warm goodbye hug]

If youâ€™ve been re-attracting her during the meet up, getting her to give you a goodbye hug wonâ€™t be difficult at all.

She will be feeling attracted and open, so it will feel totally natural to hug you and say goodbye.

Simply say to her, *â€œHey, Iâ€™m glad we had this catch up. Iâ€™m impressed at how cool weâ€™ve become as exâ€™s after everything that happened between us. Weâ€™re not enemy exâ€™s who hate each other anything like that. Weâ€™ve been mature about it and are now just friends. So, letâ€™s head off now. Come here, bring it in for a hug goodbye.â€*

Adding in the part about just being friends will make her feel like she is losing the romantic, sexual relationship with you that she is now feeling open to again.

Women love when guys offer a bit of a challenge when she is feeling attracted and interested.

Of course, donâ€™t go too far and start acting really hard to get.

Itâ€™s just about adding in subtle things that make her think, *“Oh noâ€¦I donâ€™t want to just be friends. I want him to kiss me. I want him back!”*

So, donâ€™t go too far with playing hard to get or being a challenge.

Just keep it subtle and light.

Anyway, about the hugâ€¦

If she seems a bit reluctant to hug you, donâ€™t worry.

Sometimes a woman will do that just to test a guyâ€™s confidence and sometimes she will do it because she doesnâ€™t want to look too keen.

So, remain confident and keep moving into the hug.

Make it a warm hug and if she seems open, lean in and give her a kiss.

If she doesnâ€™t pull away, deepen the kiss and then take the initiative and head back to your place or hers and lead up to sex.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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How Can I Get My Ex to Realize That There is Still Something Special Between Us That is Worth Fighting For?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here's what you need to do:

1. Stop trying to convince her to give you another chance and start reactivating her sexual and romantic feelings

Her feelings of sexual and romantic attraction are the most important thing right now.

If she's not feeling that way for you, then she's not going to want a relationship no matter how hard you try to convince her.

Unfortunately, a lot of guys simply aren't aware of that while trying to get an ex woman back.

For example: When a guy is thinking, *â€œI love her so much! She is so special to me! I can't lose her! What am I going to do? How can I stop my ex from walking out of my life forever? How can I get her to realize that there is still something special between us that is worth fighting for, if she won't listen to me?â€* he might then begin to behave totally out of character.

He might send her long text messages or e-mails pleading for another chance, repeatedly call her up on the phone to discuss the relationship, or ask her what he could change to make her want to give him another chance.

When talking to her in person, he might say something like, *“You are the only woman that I have ever loved this way. I've never loved a woman as much as I love you. The thought of losing you forever is unbearable. I haven't been able to eat or sleep properly since the break up. Every day is just a blur and all I really do is think about you, the great times we had together and how we shouldn't be throwing that away. So, please don't do this to us. We don't have to break up. Can't you see that there's always been something special between us? We have a special connection and we can have an even better relationship if she just give this a chance. I love you more than anything and I know that you love me. Isn't our love worth fighting for? Please don't walk away from what we have. I love you so much.â€*

He's hoping that when she sees how much he truly cares for her, she will feel flattered and will give him another chance based on that.

Yet, that's not how it works.

If a woman has lost respect, attraction and love for a guy, him telling her how much he still loves her and that what they once had was so special, isn't enough to bring those feelings back.

In fact, rather than making her think, *â€œOh, that's so sweet!!! He's so right! There is something special between us that is worth fighting for,â€* she's usually going to be thinking about all the things he did near the end of the relationship and since the break up that turned her off.

As a result, she will think something like, *â€œHe's just going on and on about how he feels, but he's not actually taking my feelings into consideration. Maybe he thinks that I just broke up with him on a whim? I had very good reasons for doing it and he obviously doesn't understand that yet.*

He doesn't even know what was really turning me off about him. He just doesn't get it. So, heâs just hoping that Iâm going to forget about all the things that caused me to stop loving him and give him another chance based on his feelings for me. I bet he even believes that I'll be flattered because he confessed his deep, undying love for me. He probably also thinks that I won't be able to easily find real love with a new man and that the love we shared means we are soul mates and are destined to be together forever. Well, heâs in for a surprise. Not only am I not interested in what he has to say anymore, but his actions are actually motivating me to move on as quickly as possible, just so I can show him that I don't actually need him.â

She then becomes less and less willing to talk to her ex and opens herself up new guys by flirting, going out to party and accepting offers from guys who want to date her.

Before her ex knows it, she's having sex and falling in love with a new guy just to prove to him (and possibly herself) that she is fine without him.

You don't want to make your ex feel that way and push her into the arms of another guy, right? So, let's make this easy for you instead.

To get her back, you need to stop trying to get her to see your point of view or realize that the relationship is worth fighting for.

What you need to do instead is focus on making her feel the way she really wants to feel in a relationship.

Do you know what has been missing in what you've been offering her?

[image: Can't you see that our relationship is worth fighting for?]

Have you been trying to get her back even though you haven't improved or changed the things she really cares about?

For example:

- Are you still insecure and emotionally sensitive, but she wants you to be very confident and emotionally masculine?
- Are you still looking at her as your main purpose in life or reason for living, when she wants you to be more emotionally independent and start following through to achieve your big goals and ambitions in life?
- Are you still being very neutral around her, but she wants you to be a lot more masculine in your energy, behavior and actions?

When you truly understand what has been missing in the relationship and start offering her that, she will be impressed and start paying attention to you again.

She will feel as though it would be a mistake to let you go because you're obviously now the kind of man that she wanted you to be all along.

She can feel that now and it is making her feel drawn to you and want to be with you.

She can stop herself from imagining being back with you, in your arms and being kissed by you.

She wants that.

That's what you need to do for her.

You need to let her see that you're not stuck at the same level you were at when you and her split up.

You have leveled up as a man.

You are different now and she really likes who you are and how you now make her feel.

When her feelings come flooding back, she will realize that you were right about your relationship being worth fighting for.

She will realize that she almost lost you and as a result, she will stop being so closed off towards you and open back up to truly loving you again.

Another way to change how she feels is toâ€¦

2. Stop talking about the relationship and just start laughing, smiling and having fun together when you talk

[image: Stop talking about the relationship and start smiling, laughing and having fun together]

If you want to get your ex to realize that there is something special between you and her that is worth fighting for, you need to make her have real feelings for you again.

At the moment, you feel attracted to her and you love her, but does she feel that way about you?

If not, then she's not going to agree with you that you and her need to fight for the relationship, because she's just not going to feel the same way about it.

How can you make her feel the way you feel?

A great way to start is by using every interaction that you have with her from now on (e.g. via text, on a phone call and especially when you see her in person) to make her smile, laugh and feel good when talking to you.

If you do that, she will begin to think, *â€œDid I make a mistake by breaking up with him? Will I ever be able to find another guy who makes me feel the way he does? We always have so much fun when we talk. I love him. He is special to me. There is something unique about our connectionâ€¦and I'm not sure that I am willing to lose that now. I meanâ€¦why do I feel so sad about losing him all of a sudden? Why do I feel like I made a decision that I no longer want to stand by? Maybe heâ€™s right after allâ€¦maybe our relationship is worth fighting for. Maybe we are supposed to be together. Maybe I should just give him another chance. After all, I feel good when we talk now, so why not?â€*

When you make her feel that way, getting her back is easy.

However, if every time you interact with your ex, youâ€™re trying to discuss the relationship and what went wrong, you will never be able get to that point with her.

She will feel stressed, annoyed and overwhelmed by your need to discuss the relationship and try to 'work things out' when she simply doesn't feel the same way you do.

So, make sure that you focus on making her have strong feelings for you as your number one priority.

You have to stop worrying about trying to get your point across and start giving her what she wants.

If you do that, it will feel fairer to her and she will stop being so closed up and stubborn about sticking to her decision.

Of course, not all guys get to learn what you are learning here right now, so they annoy their ex woman until she eventually says, *"Leave me alone! Never contact me again!"*

[image: Leave me alone and never contact me again]

Just imagine how a woman feels when her ex guy is constantly saying things like, *“I’m so sorry. I stuffed up everything between us! It’s all my fault. I’m such an idiot! Please forgive me and give me one more chance to make things up to you. I know that I’m not worthy of your love anymore, but if you give me a chance, I’ll do anything you say to make you happy.”*

Will she be thinking, *“That’s so sweet. He’s insecure and feels unworthy. Wow! That’s exactly the kind of guy I want in my life,”* or will she be thinking something like, *“Seeing him behave this way is doing nothing to change my feelings for him. In fact, all of his begging, pleading, apologizing and asking me to tell him what to do only turns me off even more. Doesn’t he realize that a woman wants to be with a man she can look up to, respect and feel attracted to, rather than an insecure, needy guy who doesn’t believe in himself and in his value to her?”*

If you chose the second option, you’re obviously right.

Women aren’t attracted to emotional weakness or to submissive, desperate behavior from men.

If a guy wants to get his ex woman back, he has to be confident and believe in himself at all times.

He also needs to make sure that he doesn’t waste time going on and on about his feelings, needs and wants.

That’s not her problem right now.

She’s single now that she has broken up with him and as a result, she’s not obligated to care about his feelings, needs or wants.

If he wants her to care about him and the relationship, he has to focus on making her have strong feelings again, so she naturally decides to give him a chance without feeling like she is being forced into it.

One of the easiest ways to bring back some of a woman’s feelings is to use humor to get her smiling and laughing.

For example: Imagine that you’re talking to your ex on the phone right now.

She says something like, *“I just don’t know! I’m not sure I can forget about what happened between us and try again. I don’t feel the same way about you anymore.”*

Rather than getting upset about it and launching into a long apology and explanation about why you believe there’s still something special between you (which will likely only cause her to switch off even more), just turn it into something that you and her can laugh about together.

You can say (in a joking way), *“Hey, do you remember when you broke my favorite coffee mug?”* and she then says, “Yes” and you can say, *“Well, I forgave you that”* and have a laugh.

Then say something like, *“If I was willing to forgive you for breaking my favorite coffee mug, you should be able to forgive me for 100s of mistakes I made in our relationship. That’s fair. One broken coffee mug for 100s of my mistakes and for being such a jerk to you”* and have a laugh with her about that.

You can then say, *“Seriously though, I am sorry for what happened and I am a different guy now. I’m not the same as I used to be. Can you see that?”* and let her answer.

If she answers with something like, *“I don’t know! I don’t know if anything about you had changed”* you can then add in, *“Yeah, you’re right! I’m still the same jerk as before. In fact, I’m even more of an asshole now”* and have a laugh with her.

You're obviously joking when you say that last bit and she will understand that.

She will notice that no matter what she says or does, you maintain your cool, remain confident and even have the good nature to focus on making her smile and laugh when talking to you.

You're not like a selfish, needy guy who would get angry, irritated or upset if she wasn't being nice, friendly and open when talking to him.

Instead, you're a confident, loving, good man who has the ability to turn a potentially negative statement from her around into something that both of you can laugh about together and feel good about.

That's how it's done.

If you are making your ex smile, laugh and feel good, she won't be able to deny to herself that there is still something special between you and her that shouldn't just be thrown away.

Another way to make your ex realize that there is still something special between you is to

3. Make her miss you

[image: Make her miss you]

When guys think about making an ex woman miss them, the first thought that usually comes to mind is to ignore her for 30, or even 60 days, as a way of showing her that he doesn't care.

A guy hopes that she will fear losing him, feel rejected because he's not contacting her and then coming running back.

Yet, that result rarely, if ever, happens.

Why?

Think about it like this

If you dumped a woman that you didn't like or feel attracted to anymore and she then didn't contact you for a few weeks or months, would you go running after her and begging her to come back, or would you feel relieved, or possibly not even notice that she's gone?

Chances are high that you wouldn't care, right?

You'd just get on with your life and try to find a woman that you are attracted to, right?

That's how a woman feels when she gets ignored by an ex guy that she isn't attracted to anymore.

Since she doesn't have feelings for him anymore, it just doesn't matter to her that he isn't contacting her.

She doesn't feel like she is losing anything, so she happily moves on without him.

This is why I don't recommend that a guy ignore his ex woman for 30 to 60 days as his main method of getting her back

What should you do instead?

You should interact with her, make her smile and laugh and feel good in your presence and then give her a few days of space (no more than 3-4), so she can miss you and start thinking, *Hey, why isn't he calling me? I was actually enjoying having him in my life again. I can't believe it, but I really do miss him. I hope he's going to contact me again soon. I hope he hasn't met a new*

*girl. I want him back.*â€œ

Then, contact her again and repeat the process until she wants to get back with you and give the relationship another chance.

In most cases, a guy can achieve that the first time he does it (i.e. interact with her, attract her, give her a few days of space, contact her again, get her back), but in some cases, a guy needs to do it 2-3 more times before she opens back up and gives him another chance.

So, if your ex doesn't come running back to you after the first time, don't give up hope.

Instead, just continue to build on her new feelings for you during every interaction and then give her a few days of space.

Before you know it, she will stop being so guarded, open up to you and want to be back with you in a relationship.

Finallyâ€¦

4. Make sure that you're not turning her off in subtle ways

When a guy is desperately trying to convince his ex to give him another chance, he's usually on his best behavior â€” at least that's what he thinks anyway.

However, without even realizing it, a lot of guys say and do things that turn their ex off even more.

So, rather than convincing her that the relationship is worth fighting for, his behavior just gives her more reasons to remain broken up.

For example: After the break up, a guy might start feeling insecure and unworthy around his ex, causing him to give her more power over him than she actually wants.

He may say to himself, *â€œI have to make sure that I'm always on my best behavior around her and never step out of line. I will let her call the shots from now on and I will do whatever she wants me to do. Hopefully that will make her happy. Then, when she sees how much of a good guy I'm being, she will hopefully take pity on me and give me another chance.*â€œ

Yet, what he doesn't realize is that rather than make his ex feel respect and attraction for him, his behavior just makes the rift between them even bigger.

Why?

Firstly, if a guy is being super nice to his ex woman all of a sudden, she's going to see right through it.

She's not stupid.

She will know that he's just trying to suck up to her, because he doesn't have a clue how else to make her feel sexually attracted and respectful towards him.

Secondly, when a woman feels like she is more emotionally dominant than a guy (i.e. she has power over him, she calls the shots, he is following her lead, he is sucking up to her), she won't be able to feel respect for him.

Respect is so important.

If a woman can't respect a guy, then she also can't feel real sexual attraction for him and without those two emotions, there's nothing to fight for.

The guy might really feel as though the relationship is worth fighting for (i.e. because he respects her, feels attracted to and is in love with her), but she pretty much feels nothing for him now.

She can't respect him and as a result, she can't feel attracted to him.

Without respect and attraction, she can't be in love with him.

So, the feelings just aren't mutual.

He feels a lot for her, but she is turned off by his behavior and just can't get herself to agree that there's anything worth fighting for anymore.

Another subtle way that a guy will turn an ex woman off is by seeming to be lost without her.

For example: A guy might

- Stay home and refuse to go out with friends and have a good time in case his ex calls him. He wants to show her that she is all that matters to him.
- Post lonely photos of himself online, to hopefully make her feel pity for him and give him another chance based on that.
- Post status updates like, *"Another Saturday night at home. Feeling so lonely without my girl,"* or *"Miss my girl so much it hurts,"* on his social media pages.
- Call her up at random times and not really have much to say. He tells her that he just wants to hear her voice.
- Show up unexpectedly at her place of work, or at her house and appear sad, lost or distressed without her.

Sounds like something out of a romantic Hollywood movie, right?

Yeah, well that sort of thing works in movies because the actors have to follow the script.

It's designed to entertain the audience.

Yet, in real life, a woman isn't entertained by or attracted to that kind of behavior from a guy.

Rather than making a woman feel flattered that her ex is so lost and hopeless without her, she feels turned off by his neediness.

Women aren't attracted to men who need them to feel okay about themselves.

Women want men who are confident, happy and forward moving in life with or without the support of a woman.

Being forward moving in life is not about meeting or dating other women by the way.

Instead, it's about getting on with life, enjoying yourself and making progress in life, even though she's not by your side anymore.

If she can see that, she will be impressed, feel respect for you and feel some attraction.

However, if you appear lost, lonely, confused or distressed without her, she will be turned off and feel even more determined to remain broken up with you.

So, if you want her, firstly make sure that you're not turning her off in subtle ways (e.g. by being too insecure and needy, being too nice around her and being afraid to make her feel attracted, letting her dominate you emotionally).

Secondly, make sure that you're not sitting around waiting for her to contact you and say, *"I miss you and want you back!"*

That's like hoping to win the lottery.

If you want to get her back, you have to be the one who leads the way by contacting her, making her feel attracted and guiding her back into a relationship with you.

Make your own luck.

Get her back by using natural attraction.

If you do that, you won't have to try hard to convince her that the relationship is worth fighting for.

She will feel the same way as you do (i.e. attracted and in love) and will naturally want to get back with you and give the relationship another chance.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

My Ex Said That She is Okay About Being Friends, But Doesn't Want Me to Pressure Her About Getting Back Together

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your ex currently doesn't want to get back together again and is only interested in being friends, here's what you need to do to get her back.

1. Accept the friendship, so you and her won't feel awkward about saying hi on the phone or in person sometimes

[image: Accept the friendship so you can stay in touch]

Being her friend keeps the channels of communication open, which then allows you to re-attract her and get her back.

So, just accept the so-called 'friendship' and use it as your way to get her back.

Let her know that being friends you and her should be able to call each other and say hi, without it being awkward.

If she agrees to that, you will then be able to call her anytime you feel like it and she can't really get annoyed with you, or say something like, *"Why are you calling me?"* or, *"What do you want?"*

If she does, you can say, *"Hey, I thought that we agreed to be friends and not get back together as a couple. Well, calling to say hi is what friends do sometimes. It's no big deal. Why are you getting so upset? We're just saying hi."*

She will be then more likely to accept it and stop trying to make it out to be a problem or a nuisance. As a result, you can use the interactions to re-attract her and get her back.

By the way!

You should consider yourself fortunate that your ex said okay about being friends.

Most guys who get their ex woman back don't even have that luxury because she says something like, *"It's over. I never want to see you again."*

Yet, you are being offered an opportunity to be her so-called 'friend' and you can use that to re-attract her and get her back.

So, make sure that you accept the friendship.

When faced with the choice of a friendship with an ex, many guys make the mistake of saying something like, *"Sorry. That's just not going to work for me. I want to be your boyfriend or nothing at all. I simply can't be your friend if you don't want to be with me. It would hurt me too much."*

This isn't always the guy's fault.

Sometimes people tell him not to accept the friendship, to show his ex that he is standing his ground.

Yet, it doesn't work.

See Myth #3 in this video!

Rather than make a woman say, *"Oh no! I never realized you felt so strongly about it. Okay, I give in. I don't want to just be friends if it means I am going to lose you. Let's get back together again as a couple,"* she will be more likely to say something along the lines of, *"Well, if you feel that way then let's not be friends at all. It's over between us now. Goodbye."*

If the guy then changes his mind and begs or pleads for a friendship, he turns her off even more.

So, if your ex has been offering you a friendship, I recommend that you accept.

Accept it and use it as your easy way to interact with her, re-attract her and get her back.

You can say something like, *"Sure, let's be friends. It will be nice to be able to talk on the phone, or meet up for a cup of coffee sometimes, without feeling awkward and uncomfortable around each other. It's great to see that we're both being mature adults about the whole thing."*

Then, while being her friend, focus on making her feel respect and sexual attraction for you again.

Remember: Staying friends with your ex is not about being a neutral friend and being on your best behavior around her.

If you behave like that, she won't feel a sexual spark and as a result, she won't feel motivated to give the relationship another chance.

So, if you want to get her back, make sure that you use every interaction as a way of building her feelings of respect, sexual attraction and love for you.

How?

2. Make her feel attracted to the new and improved you when you talk to her on the phone and in person

[image: Make her feel attracted to the new and improved you in person]

Your best chance of getting back together with your ex is by making her feel attracted to the new, improved man you have become since the break up.

Here's an example!

Imagine that a guy is on a phone call with his ex woman.

He starts off by saying, *"Hey ex girlfriend! I mean friend"* and has a laugh.

He then adds in, *"Only kidding! I thought I'd give you a call because I just ate some doughnuts and had 2 cups of coffee, so I'm feeling very talkative all of a sudden. Sugar rush! How are you?"*

Alternatively, he calls her up and says something like, *"Hey buddy"* in a playful tone of voice, to let her know that he's making fun of the fact that they are now friends.

He then adds in, *"So, what's my good old friend up to today? I'm just about to catch up with a couple of friends, but I thought I'd give you a call and say hi to see how you're doing. How's things?"*

She then says something like, *"Oh, not bad! I'm just chilling out at home. I was about to start cooking some food for dinner."*

He can then playfully add in, *“Are you making enough for two? I’m hungry”* and then add in, *“Just kidding. I’ll going to eat now with my friends, but I do miss your cooking from time to time. What are you making?”*

She then says, *“Carbonara pasta”* and he jokingly says, *“Oh, reallyâ€¦I’m glad you didn’t invite me over for that! I hate your carbonara pastaâ€¦so bland...no taste at all”* and then have a laugh.

He can then add in, *“Only messing with youâ€¦you make a great carbonaraâ€¦probably better than most Italian restaurants in townâ€¦I used to like eating that”* and have a laugh with her.

He can then add in, *“Okay, anywayâ€¦I’d better head off. Enjoy your pasta”* and end the call.

By approaching the conversation in that way, sheâ€™s most likely going to smile and laugh and feel good about talking to him again.

As a result, she will begin to feel some respect and attraction for him and question whether a friendship is really all she wants.

Now, compare that to a guy who calls his ex woman and says, *“Hi. I just wanted to see how you are. I know that you said you only want to be friends, but do you could change your mind about us one day?”*

By talking to her in that way, he’s not doing anything to reactivate her feelings for him.

He’s essentially just asking for another chance because he wants it.

He’s not doing anything to make her smile, laugh, feel good and feel attracted when talking to him.

He’s asking her because he’s trying to get what he wants.

He is lost without her and needs her back.

Yet, thatâ€™s not makes a woman want to give her ex guy another chance.

A woman doesn’t want to be manipulated into giving her ex another chance because he can’t deal with the idea of standing on his own two feet without her.

She doesn’t want to feel as though he needs her to feel okay about himself again, or to avoid the embarrassment of having to continue being single and admitting to his family, friends or coworkers that he couldn’t get her back.

In her mind, that is his problem, not hers.

Additionally, when a woman gives her ex guy a chance to stay in her life by offering him a friendship, she doesn’t want him using that as a way to pester her about changing her mind and giving the relationship another chance.

So, make sure that you are causing your ex to feel respect, attraction and love for you when she interacts with you, rather than trying to get her to change her mind because you want her back so much.

Use the friendship to re-attract her, not to be a friend or to pressure her about giving you another chance.

When you focus on re-attracting your ex and making her feel good around you, she naturally begins to feel impressed by the new and improved you.

She sees for herself that you’re no longer the same guy she dumped, or said that she only wanted to be friends with.

You’re different now.

All of a sudden, she realizes that you are now the kind of man that she can look up to, respect, feel attracted to and love again.

Then, the idea of getting back together again doesn't seem impossible to her anymore.

3. Don't try to be her friend via text

When a woman says that she is okay about being friends with her ex, he might think to himself, *â€œIf I just text her, she won't feel as pressured as she would if we were talking to each other in person. So, I'll just send her texts every day to keep in touch. Eventually, if she sees that I'm being a good friend to her without pressuring her to get back together, she will give me another chance. So, I will just stick to text as my way of getting her back.â€*

Yet, using text to get an ex back rarely, if ever, works.

Why?

In most cases, a woman feels annoyed about receiving endless messages from her ex.

As a result, she slowly stops responding as often, until eventually she just doesn't reply at all and simply ignores him.

Alternatively, she might continue texting back and forth to keep him around, while she secretly tries to find a replacement guy and move on before he does.

That way, she can eventually send him a text like, *“I met someone else recently and we've been dating. We are now in a relationship and are very happy, so I can't text you like this anymore. I know that I said we could be friends, but I want to give my new boyfriend a real chance. Sorry. I hope you understand. All the best. Goodbye.”*

You don't want to get a message like that from her, right?

If not, then make sure that you don't waste time being her friendly, text buddy.

If you want her back as a girlfriend (fianc  or wife), you have to re-attract her on phone calls or in person.

When she interacts with you and realizes that you're no longer the same guy she broke up with (e.g. you're more confident and emotionally strong now, you're more ballsy and can stand up to her when she's being domineering, you're more mature and have a clearer understanding of how to make her feel attracted), she will instinctively feel drawn to you again.

As a result, she won't want to just remain friends.

She will feel the urge to kiss you again, have sex and enjoy being in love with the new you.

From there, you just need to make sure that you

4. Give her the missing pieces to the attraction experience that she always wanted with you

[image: Give her the missing pieces to the attraction experience]

Do you know what was really missing from the relationship?

Are you aware of the subtle things that turned her off and made her stop feeling attracted to you?

For example:

- Were you too emotionally sensitive, so she ended up complaining to you about your behavior and telling you that she wanted you to be more of a man?
- Did you devote yourself way too much to her, which then stopped you from following through on your big goals or ambitions in life? Did she complain about you needing too much of her time, making her feel smothered or turning her off with your neediness?
- Did you take her for granted by treating her badly and expecting her to put up with it?
- Did you make her feel special, loved and appreciated, or did you end up making her feel stressed out, unhappy and unwanted?
- Were you able to maintain a happy, loving relationship full of laughter and good times, or did you give her that at the start, but then stop putting in the effort later on?
- Did you get annoyed or angry when she tested your confidence (e.g. when she threw tantrums, insulted you, didn't follow your orders), rather than laughing at her tests and bringing the interaction back to love and happiness?
- Did you take love more than you gave love in the relationship (e.g. expected her to give you a lot of compliments and treat you well, but you didn't give the same back in return to her)?

Those are the kinds of things that really matter to a woman when in a relationship.

Now that you and her have broken up, what is most important is that you change and improve yourself, so she can really feel the changes in you and see for herself that a relationship with you would be very different now.

So, have you changed and improved?

Are you ready to interact with her, properly re-attract her and get her back?

If not, ask yourself this question: When I interact with my ex on the phone or in personâ€¦!

- Do I turn her on (by being confident, charismatic, funny, masculine), or do I turn her off (by being insecure, anxious, self-doubting, nervous, needy)?
- Do I make her smile, laugh and feel happy to be in my company, or does she seem tense, stressed out or bored?
- Do I make her feel feminine and girly in comparison to how masculine I talk, behave and feel around her, or do I make her feel neutral like a friend?
- Do I make her feel like she is more dominant than me and that I need her to be gentle with me, or does she feel submissive around me because I'm so emotionally strong and emotionally masculine?
- Do I focus on flirting with her to create sexual tension between us, or do I just talk to her like a neutral friend?

If you are doing it right, she will automatically begin to look at you as being more than just a friend.

As a result, she won't be able to stop herself from feeling drawn to you in a sexual, romantic way because you are now giving her the missing pieces of the attraction experience that she always wanted from you.

You have leveled up as a man and are now what she always wanted.

When you do that, you will see the sparkle in her eye again.
She will look at you with love, lust and feeling like she did in the beginning.
The final thing you need to do isâ€¦!

5. Get her to forgive the old version of you

Forgiveness allows her to wipe the slate clean and start a new relationship with you, without always expecting you to mess up like you used to in the past.

In essence, itâ€™s like youâ€™re a completely different man now and sheâ€™s getting to know you for the first time, rather than judging you by your past behavior.

So, getting her to forgive you is an important step in the ex back process.

Note: Getting your ex to forgive you is not about begging, pleading or groveling for forgiveness.

Instead, itâ€™s about genuinely apologizing to her once, getting her to forgive you and then moving forward together as a new couple.

Important: If you have made her feel attracted to you again, she will be more than willing to forgive the old you.

However, if you try to skip re-attraction and go straight to forgiveness, she won't want to do it.

Why?

She will see that it's just about you trying to get what you want.

You're trying to get her to forgive you to get another chance, even though she's not even attracted to you anymore.

So, don't do it that way.

Make sure that you properly re-attract her first and then ask for her forgiveness for who you used to be.

If she is feeling lust, love and respect for you, she will naturally say yes to forgiving you and as a result, her perception of you will completely change.

All of a sudden, she will stop focusing on the mistakes you made in the past and start feeling impressed by the new and improved man that you now are.

So, if your ex wants to be friends, make sure that you accept it!

Use the so-called 'friendship' as your easy, convenient way to interact with her and re-attract her.

[image: Getting back to kissing, sex and real love]

Before she knows it, she will be in love with you again, kissing you and having sex with you.

She won't just want to be friends.

So, don't worry about being friends with your ex for now.

Little does she know that her saying she just wants to be friends is actually helping you to get her back!

Remember: Don't act like just a friend.

Focus on making her have sexual, romantic feelings for you again.

If do that, you and her won't be just friends.

She will be back with you in a relationship and you and her will be happier than ever before, because you will be attracting her in ways that she always wished you would.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

My Ex Has Her Guard Up Around Me and Won't Even Look At Me

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

5 possible reasons why your ex has her guard up around you are...

1. She doesn't fully trust you anymore

[image: She doesn't fully trust you anymore]

There are many reasons why a woman can lose trust in a guy.

For example:

- He was too jealous and controlling in the relationship with her, which caused her to lose trust in his ability to be a good guy and treat her well.
- He took her for granted by doing whatever he wanted (e.g. getting angry at her often, playing video games all the time and expecting her to just stick around in the background of his life, treating her with a lack of respect and expecting her to still respect him).
- He made promises to change and improve things that she complained about, but he always went back to his old behavior.
- He was disrespectful towards her and possibly even mentally or physically abusive, rather than being a respectful, loving, supportive boyfriend (or husband).
- He cheated on her.
- He wasn't a man of his word.
- He was too emotionally weak and sensitive, so she felt that she couldn't depend on him to be the strong one in the relationship.

Do any of those reasons apply to you and your relationship with her?

Don't worry if you made some of those mistakes.

You can recover from it, impress her and get her back.

If you want her to drop her guard and open back up to you, it's essential that you prepare yourself to properly re-attract her when you interact with her.

You've got to be able to let her sense and pick up on the fact that you really have changed.

You're not just putting on an act.

You really have changed and she really does feel differently around you now.

That's what counts.

The thing is, when a woman loses trust in a guy, she will keep her guard up around him and think things like, *"He hurt me once, so what will stop him from doing it again? I'd be a fool if I let him get close to me after what he did. I have to keep my distance. I just don't trust him. I saw how he changed in the relationship and I don't believe that he's any different. So, I'm going to steer clear of him."*

She will then keep her guard up, avoid her ex and potentially even avoid looking at him altogether. She doesn't want to give him the impression that she is open to getting back with him, because she doesn't have any evidence to prove that he has changed.

In her mind, he's still exactly the same guy she dumped and he hasn't changed a thing.

So, if your ex has lost trust in you because you behaved in ways that turned her off during the relationship (or after the break up), you have to show her that you've really changed those things about yourself.

Another possible reason why your ex might have her guard up is

2. She is testing your confidence

Women always test men to see how confident they really are.

For example: If a woman broke up with a guy because he was too insecure, needy and self-doubting in the relationship, she will want to see if that has changed since the break up.

One way to do that is to keep her guard up, not show any interest and even avoid looking at him altogether.

If she discovers that he's now more confident and emotionally strong (e.g. he confidently walks over and talks to her and clearly believes in himself, even though she is being cold and distant), she will begin to drop her guard and open back up to him.

However, if he seems anxious, nervous, insecure or shows fear when talking to her, she will realize that nothing about him has changed and if anything, he's actually gotten worse.

As a result, opening up to him again simply won't feel right to her.

So, if your ex has her guard up around you and won't even look at you, it might be because she's testing your confidence.

She wants to see how you react now that she's not making things easy for you.

What kind of man are you really?

Are you confident no matter what?

Do you need her to be nice and supportive in order to feel confident?

Does she need to help you get her back, or do you have the confidence to get it done no matter how cold or distant she is being.

In some cases, a guy will be very confident in the relationship, but after getting dumped, he might feel insecure and self-doubting about his value to his ex.

If that happens, she will feel turned off by him even more because women are attracted to emotional strength, not weakness.

He might then make the mistake of appearing sad, lost, insecure, rejected or confused because she is being so cold and distant.

Secretly, he hopes that she will notice how upset or lost he is, feel guilty and then start talking to him again.

Yet, she doesn't because his reaction to her withdrawal is not attractive.

What she needs to see is him being confident, happy and forward moving with his life, with or

without her.

She also needs to see that he has the balls to walk over and talk to her in a confident, easy-going manner, without expecting her or needing her to be really nice, open and friendly to make him feel confident.

He is confident no matter what she says or does.

Of course, most guys don't realize that, so they end up appearing sad, rejected or lost without her.

For example: A guy might say to himself, *â€œWhy is she doing this to me? What am I doing wrong? Iâ€™ve apologized to her but nothing seems to be getting through to her. She always has her guard up around me and she wonâ€™t even look at me. How can I get her back if she wonâ€™t even give me the time of day? Iâ€™m losing her and I donâ€™t know what to do to make her open up and give me a chance. Why doesn't she care? It's like she has turned into a completely different person. She's not the sweet, loving girl I used to know. This is so unfair.â€*

Yet, hereâ€™s the thingâ€¦!

By thinking in that way, he loses confidence in himself and makes the ex back process harder for himself when it doesn't actually need to be.

For example: As a result of thinking in that way, a guy might feel unwelcome to approach his ex and talk to her when sheâ€™s ignoring him.

Not knowing what else to do, he might turn to her family or friends for help, or send her e-mails, letters and text messages trying to get her to understand his point of view and express how much he cares for her.

Yet, rather than make her think, *â€œAwww, he must really love me if heâ€™s willing to do anything to get me back. I guess Iâ€™ve been too hard on him,â€* a woman will feel annoyed that he doesn't have the balls to talk to her on the phone or in person and re-attract her.

Here's the thingâ€¦!

For a woman to feel motivated enough to want to give her ex another chance, she needs to feel like she will be getting something better than what she lost.

For example: A confident, emotionally strong man she can look up to, respect, feel attracted to and love, rather than an insecure, needy guy that she essentially has to take care of emotionally by being the stronger one in the relationship and leading the way to better times.

So, if your ex has her guard up around you and wonâ€™t even look at you, rather than get upset or annoyed about it, just use it as an opportunity to trigger her feelings for you.

Remain calm and relaxed and show her that you are a confident man who isnâ€™t going to get nervous and fail her tests.

When she sees for herself that youâ€™re not crumbling under the pressure she is applying to you (i.e. by ignoring you, having her guard up, acting like she doesn't even care about you anymore), she wonâ€™t be able to stop herself from looking at you with more respectful eyes.

When that happens, her guard comes down and you can then guide her back into a relationship.

Another possible reason why your ex might have her guard up is thatâ€¦!

3. She has lost respect for you

[image: She has lost respect for you]

For a woman to want to remain in a committed relationship with a guy, she needs to be able to respect him as her man.

She needs to see that heâs an emotionally strong, honest man that she can depend on to lead the way to a better future for both of them.

A better future is not all about financial security.

Instead, itâs about the potential of their future happiness, love, security, experiences and overall well-being if they stick together.

In other words, does it seem as though their life going to get worse over time and become stressful, unloving and unhappy, or does it seem like their life will get better and better over time?

Is he the sort of man that can guide her through all stages of a relationship and then keep it together for life, or is he only able to get the relationship to work and then has no idea how to stop it from slowly falling apart?

Is he a man that she can truly rely on, invest her time with and be totally in love with for life, or is he one of the guys who have no real idea how to keep a relationship happy, in love and committed for life?

That's what really counts overall.

How about you and your relationship with your ex?

Were you able to maintain her respect in the relationship, or did you slowly chip away at it over time, until she pretty much lost most or all respect for you?

Here are some examples to help you understand...

Some of the main reasons why a woman will lose respect for a guy are:

- He isn't confident around her, her friends or other guys, which makes her feel like she has to take care of him in social situations.
- He feels as though he got lucky with her and doesn't really deserve her, so he fears losing her. As a result, he becomes clingy, needy and controlling.
- He cried to her during the relationship, or cried when she was breaking up with him.
- He stopped behaving in a manly way and ended up being a bit boyish, or he became emotionally sensitive like a woman.
- He desperately begged and pleaded with her to not break up with him.
- He bombarded her with texts, phone calls or social media messages after the break up.
- He regularly lost control of his emotions in the relationship (e.g. getting very angry at her).
- He needs her back so he can feel better about himself, because his life really doesn't have much purpose or meaning outside of the relationship with her.
- He took her for granted in the relationship (e.g. treated her however he wanted to and expected her to just put up with it).

As you can see, there are many things that can cause a woman to lose respect for her man.

[image: Why do I have to be so confident and emotionally strong?]

To some guys, it seems unfair that a man needs to be so well rounded to be respected by a woman, but that is life.

We men have to be strong, not women.

We are the ones with the balls.

We are the real leaders of the human race.

Women have always just going along with us, doing their thing (e.g. getting pregnant, raising children, cooking, cleaning).

Yet, as far back as you look into history, you will see men risking their lives to lead the way.

If you look around you right now, you will notice that pretty much everything practical that we humans use has been invented by men (e.g. phones, cars, the internet, TV, mass production of goods).

It's only recently that women have been able to get involved and contribute because the world is a much safer place for them.

Women have made an amazing contribution to the modern world (i.e. getting men to be more loving, tolerant, understanding, fair, caring) and will continue to, now that they are playing a more equal part.

However, for almost all of human history, they have simply come along for the ride with us.

Women haven't been leading the world and deciding which direction to head.

That has always been the responsibility of men.

So, don't forget who you are.

You are a man.

It is not your role to follow a woman and hope that she is nice to you.

You have to lead the way and make things happen by using your confidence and emotional masculinity.

Don't expect your ex to start looking at you, approaching you and talking to you, being really nice to you and helping you get her back.

You have to stand up and take control of the situation.

Remember who you are, at all times.

You are the man.

[image: Remember that you are the man]

As a man, it is your responsibility to be someone that a woman can look up to, respect and follow when in a relationship.

What a woman really wants (many modern women are embarrassed to openly admit this) is a man who knows what he wants and where he is going, so she can relax into his masculine direction.

She doesn't want to have to think of everything herself, be the strong one and be consistent like a man.

Of course, that's not to say that women are hopeless without men.

Women are just as intelligent as men and are perfectly capable of doing whatever they want in life.

However, when it comes to romantic, sexual relationships, a woman wants to be with a man that she

can look up to and respect.

She wants to be able to relax into his masculine direction, rather than having to be the leader of the relationship.

If you can't offer your masculine direction to a woman (and be so emotionally strong and consistent that she relaxes and follows your lead), her sexual and romantic feelings for you will naturally begin to fade away.

It doesn't matter how intelligent, successful or independent she is; her instincts will cause her to feel turned off if you are unable to be the kind of man that she can look up to and respect.

That's just how life works.

You've got to be the man if you want a woman to be the woman and stick with you, love you, respect you and feel attracted to you for life.

So, rather than thinking, *"Oh, it's all too hard. Women have it so easy. Why do men have to be the strong ones? Why do we have to be consistent?"* you need to harden up.

Man up.

Accept and embrace your position as a man in this world.

As a man, you need to be able to handle the challenges of life (including the confidence tests that a woman puts you through in a relationship by throwing tantrums to see how you will react), without crumbling under the pressure and saying that it's all too hard.

If you can be a man that your ex can now look up to and respect, she will naturally feel attracted to you and want to be in a relationship with you.

She will know that you are one of the rare men who actually know how to be a man and aren't going through life whining and complaining about it, hoping that someone will take pity on him.

No.

You're not like that.

You're an emotionally strong, emotionally masculine man and as a result, you are more than worthy of a woman's respect.

So, if your ex to drop her guard and open back up to you and the relationship, you must begin by getting her respect back.

The more respect you make her feel, the more attracted she will feel.

When her feelings come flooding back, keeping you at arms length becomes very difficult for her because a little voice in her head is telling her, *"Come on! He's not that bad after."*

You're being too hard on him. Just give him a chance to show you that he really has changed. He's obviously not the same as he used to be. There is a difference and you feel it. Let this happen."

However, if you don't get her respect back and just try to convince her to give you a chance (e.g. by seeking pity from her by saying things like, *"How can you do this to me? I feel like I'm on trial around you! and nothing I say or do is going to please you. I'm trying my best, but you won't even look at me or give me a chance"*), she will just continue to keep her guard up around you and try to move on without you.

Of course, right now you might be asking, *"How do I get my ex's respect back if she*

wonâ€¢t even look at me?â€¢

You need to use every interaction that you have with her from now on (e.g. via text, e-mail, social media, on a phone call and in person) to show her that you really have changed since she broke up with you.

It's not about telling that you've changed, writing about it in a letter or texting it to her.

It's about showing it to her.

Interacting with her and letting her sense and pick up on the changes in you, based on how you now communicate with her, behave, react to her and the overall vibe you give off.

When she senses the changes, her guard will naturally begin to come down and she will be more open and willing to communicate with you and be around you.

Another possible reason why your ex might have her guard up is becauseâ€¢

4. She knows that you don't understand what she really wants

If a guy doesn't know what his ex woman really wants him to change (and she can see that), she will keep her guard up around him, rather than explaining how to get her back.

If he can't work it out for himself, she feels as though he's either not capable of being the kind of man she wants, or he can't be bothered putting in the effort and just wants another chance because he loves her and cares about her.

For example: When talking to his ex girl, a guy might say, â€¢*Why are you being like this? I just want to talk to you. Why wonâ€¢t you even look at me? Just give me a chance to make things right. Tell me where I went wrong and I promise that I'll change and fix it. I am willing to do whatever it takes. Just tell me what you need me to do and it's done. I want to make things right between us. I want to make this work. I love you. Please.*â€¢

Yet, that approach rarely, if ever, convinces a woman to change her attitude towards her ex.

Instead, thinks something like, â€¢*Why is he whining to me about his feelings and what he wants? Heâ€¢s doesnâ€¢t even understand what I want. Doesn't he realize that getting me back is going to require giving me what I want, without needing my help to make that happen? Doesn't he realize that a woman hates having to teach a guy how to be a man? He doesn't get it. Heâ€¢s just hoping that I will take pity on him and give him another chance because he loves me so much. What he doesn't realize is that his feelings don't matter anymore. It's about me now. It's about how I feel. If he can't make me feel what I want to feel, then I don't see any reason why I should give him another chance. If I give him another chance, he will just be making me feel turned off in the same old ways as before. He doesn't get it.*â€¢

She then puts her guard up even more and tries harder to move on without him.

So, rather than asking your ex things like, â€¢*Why do you have your guard up around me?â€¢ or â€¢Why wonâ€¢t you even look at me?â€¢ just focus on changing how she feels by making her feel attracted in ways that she actually cares about.*

For example:

- Does she want you to be more manly and stop giving her so much power over you?
- Does she want you to stop being so serious and start making her smile, laugh and feel good

around you again?

- Does she want you to become more emotionally independent, rather than being so clingy of her love and attention?

Those are the kind of things that really count to a woman.

So, start by asking yourself questions like:

- Was I too jealous and controlling?
- Did I take her for granted?
- Did I become too annoying?
- Could she depend on me to be the man in the relationship, or did she feel like she had to take care of me and make most of the decisions?
- Were her expectations of the relationship being fulfilled, or did we want different things (e.g. she wanted to get serious and settle down, whereas I wanted to take things slow)?
- Did she get tired of all the fighting and arguing?
- Did I stop making her feel appreciated and just expect her to put up with whatever way I treated her?
- Did I give her too much power in the relationship to the point where she no longer looked up to me as her man?
- Did I turn the relationship into more of a friendship and as a result, the spark died out and she lost interest in me in a sexual, romantic way?
- Did I become too irritable, moody or emotionally sensitive?

Do any of those apply to you and your relationship with her?

If so, that's what you need to focus on fixing about yourself.

You don't need to be perfect in each of those areas though.

Instead, you just need to be a lot better, so she can pick up on and sense it as she interacts with you.

She will be able to detect the changes based on the difference in how you now speak, behave, react to her and your overall vibe and approach to interactions and conversation.

As a result, she will automatically begin to feel respect and attraction for you again.

Her guard will come down and the idea of giving you another chance will begin to make sense to her again.

She will realize why she loved you in the first place and feel excited about her new, more developed love and attraction for you.

Finally, another possible reason your ex might have her guard up is

5. She wants you to get angry at her, so she can use that as a reason for wanting to remain broken up

[image: She wants you to get angry at her]

Sometimes a woman might not know how to get her ex to leave her alone and move on, so she starts behaving rudely towards him to hopefully get him to react in an angry way.

When he does, she can then say that she is afraid of him and doesn't want to speak to him anymore.

Here's an example:

A woman is nervous about coming right out and saying, *"Look it's over between us. I don't want to get back with you and I want you to respect my feelings and leave me alone,"* so she acts cold and distant around her ex in the hopes that he might give up and leave her alone.

If he continues trying to get her back, she might then start getting angry at him and change into a completely different woman than he once knew.

She might say, *"Leave me alone! Why you keep contacting me? It's over! I feel nothing for you and I never did!"*

She's hoping that he reacts angrily to her saying that she felt nothing for him.

If he does react in an angry way, she can then say something like, *"Oh my! Look at how you're behaving. You're out of control. I can't be in a relationship with a guy who gets so angry all the time. I'm afraid of you now. I mean, what's to stop you from getting really angry and hurting if we get back together again? What will happen if I dare to disagree with you about something? Will you get angry and hit me? I'm not going to let that happen to me. You're out of control. So, you need to leave me alone now."*

She can then walk away knowing that it will be difficult for him to defend himself after the way he behaved.

If he tries to apologize for getting angry, she can say, *"It's too little too late. You've shown me your true colors. I'm scared of you now. Stop contacting me and leave me alone."*

So, whatever you do, make sure that you don't lose your temper and get really angry at your ex (e.g. for ignoring you, talking disrespectfully to you).

Instead, show her that her actions are not affecting your confidence.

Let her see that you're an emotionally strong, mature man who doesn't get angry when a woman is being silly.

Rather than getting angry or annoyed, just use interactions that you have with her as an opportunity to make her smile, laugh and feel good in your presence.

When you do that, her guard will come down and you can then get her back with you where she belongs.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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She Says That She Loves Me, But Wants to Be On Her Own For a While

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

5 possible reasons why she's saying that she loves you, but wants to be on her own for a while, are:

1. She loves you as a person, but isn't in love with you in a romantic, sexual way

There are many different types of love.

For example: There is the love between a parent and a child, the love between friends, the love between a sports team and its fans and then there's also romantic love between a man and a woman.

If your ex loves you as a person, but isn't in love with you, it means that she no longer feels sexually attracted to you, or doesn't feel enough sexual attraction to justify remaining in a relationship with you.

[image: When a relationship feels more like a friendship]

In a relationship, if there is love without attraction, it stops feeling romantic and starts to feel like a friendship.

So, if your ex said that she loves you, but wants to be on her own for a while, it's much more likely that she just doesn't feel a spark with you anymore.

So, how can you make her feel that spark again?

The best way is to make her feel feminine and girly in comparison to how masculine you think, talk, behave and take action around her and in life.

Essentially, you make her feel like your girl, rather than making her feel like your friend or like she is the more dominant one in the relationship.

Here's the thing!

It doesn't matter how smart, successful or independent a woman is, she still wants to be able to feel girly and feminine in comparison to her man.

A lot of modern women are embarrassed to admit that, but just pay attention from now on and you will notice that the women who are the happiest and most in love with their man are the ones who get to feel girly around him.

When a woman ends up feeling like a friend to her guy, or feels like the more dominant one in a relationship, you will see a distinct change in her energy, attitude and happiness.

A lot of people aren't comfortable talking about the whole masculine vs. feminine thing in today's society.

It's more politically correct to just pretend like men and women are the same.

Yet, they're not.

For a man and a woman to continually feel sexually attracted to each other in a long term relationship or marriage, their energy has to be completely different to each other.

In other words, the man has to clearly be masculine (e.g. emotionally tough, driven by the desire to reach his true potential as a man and fulfill his purpose, practical and able to get things done) and the woman has to clearly be feminine (e.g. emotionally sensitive, driven by love, free to be silly and helpless at times like a girl).

So, if a guy makes the mistake of treating his girlfriend (fiancée or wife) more like a friend, her sexual feelings for him will gradually fade away.

She will then start to focus on things about him that she doesn't like (e.g. he's too needy and clingy, he breaks his promises to her, he puts her in second place to his work/friends/family).

She will then begin thinking things like, *"I don't really know why, but our relationship doesn't feel right anymore. I know that I still love him, but something is missing. The spark has gone. I just don't feel the same way about him as I used to. Maybe it's a sign that we're not meant to be together."*

She will then break up with him by saying something along the lines of, *"I love you, but I want to be on my own for a while."*

Her guy might then try to convince her to give him another chance by explaining that he will try harder, but it just won't feel right to her.

The spark just isn't there, so she doesn't feel the need to give him another chance based on the promise that things might get better later on.

She wants to feel sexual and romantic attraction now, not later and not maybe later.

She wants it for sure.

She wants to feel it when she talks to him now.

If it isn't there, she just has to leave.

Here's the thing!

Unlike in the distant past where a woman had to endure a sad, lonely, sexless, unhappy relationship for life (because it was shameful to break up), today's woman can do whatever she wants.

She is free to leave a relationship if she's not feeling the way she wants to feel (i.e. attracted, feminine, girly, respectful towards her man, in love).

So, if your woman is saying that she loves you but wants to be on her own for a while, it may be because you stopped making her feel like a feminine, sexy woman and treated her more like a friend or a buddy.

Even though she may still love you as a person, she's no longer in love with you in a romantic, sexual way.

The good news is that you can change how she feels.

If she felt desire and sexual attraction for you in the past, then you can definitely make her feel that way again.

You simply need to change the way you interact with her from now on.

For example: Stop being so nice and sweet and stop being afraid to flirt with her and build sexual tension between you and her.

Make it happen.

Make her experience sparks of sexual and romantic attraction for you again.

How?

One way to do is to maintain your confidence around her, no matter what she says or does to make you doubt yourself or feel unworthy.

Another way to do is to making her laugh and smile, especially when she is being cold or distant.

Another way to do is to make her feel feminine and girly in your presence, by being very masculine in the way you talk, feel, behave and act around her.

The more respect and attraction you make her feel, the more she begins to think, *â€œI feel different now. Why don't I want to be on my own anymore? When weâ€™re not together I miss him too much. I want us to be together again. What has changed? Why am I feeling this way? I don't want to lose him. I want him back.*â€œ

On the other hand, if you continue treating her like a neutral friend and fail to create sparks between you and her, she will simply use the time apart to get over you.

Then, when another guy comes along and sparks her feelings of sexual attraction, she will hook up with him and leave you behind wondering, *â€œWhat did I do wrong? Why did she leave me? How could she do this to me? She said she loved me!*â€œ

Donâ€™t let that happen to you.

If you want her back, you have to change her friendly feelings of love to romantic, sexual feelings of love.

If you do that, she will naturally want to get back with you.

Another reason why she might have said that she loves you, but wants to be on her own for a while isâ€œ

2. She is going to try and move on without you

[image: She is going to try to get over you and move on]

She won't tell you that, but she will do it.

She will use the time apart to get over you and try to move on as quickly as she can.

Why?

Sometimes a woman decides that she wants to move on from a relationship, but doesnâ€™t want to get into a deep debate or discussion about it with her man.

So, rather than saying something like, *â€œI want to break up with you because I donâ€™t think you and I want the same things from this relationship,*â€œ and risk him trying to talk her out of her decision, she will say something like, *â€œI do still love you, but I want to be on my own for a while. Can you give me some space to sort myself out? Then, after I've sorted out my issues, we can discuss getting back together again. I would really appreciate that.*â€œ

By saying that to him, he is then left thinking something like, *â€œOkay, I don't like it, but at least she isn't fully breaking up with me. She said she still loves me and just wants some time on her own. I can give her that. In fact, if I stay out of her way and donâ€™t try to change her mind, it will show*

*her what a loving, understanding guy I really am. She will come running back to me again sooner rather than later.*â□□

He might then give her 30 (or even 60) days of space where he doesn't contact her at all.

He hopes that she will get bored of being on her own, call him and want to get back together.

Yet, in most cases, a woman simply uses the time on her own to get over her ex guy and move on.

So, should you give her any space at the moment?

Yes.

There's nothing wrong with giving her a bit of space, but anything longer than 3 to 7 days is usually a bad idea.

Giving her more than a week of space (before you start re-attracting her and getting her back) just provides her with too much time to get over you and find a replacement guy.

Many guys assume that their woman would never hook up with or start dating a new guy right after their relationship, but they're wrong.

If a woman is saying things like, *"I love you, but I just need some time on my own"* it means that she's no longer romantically attracted.

If she happens to meet a new guy who makes her feel attracted, or if she has secretly been flirting with a new guy behind his back, she's just going to move on without him.

Loyalty to the relationship goes out the window when sexual and romantic feelings are dead or too weak to justify sticking around.

A woman may even promise her guy not to hook up with any new guys and to remain completely faithful, but she doesn't actually have to stick to that promise.

Believe me, I've heard all the horror stories.

I've been helping men get women back after a break up for years now.

I've heard all the things that women say to guys during and after a break up.

Your girl might seem sweet, innocent and loyal to you and the relationship, but if she wants to be on her own, she's almost certainly going to be opening herself up to feeling attracted to new guys.

She doesn't want to tell you that though because it would only cause unnecessary drama and potentially make you start pleading with her to give you another chance.

So, if your woman has said that just wants to be on her own, don't assume that she will remain alone.

She could go out and party with her girlfriends, go on a date with the guy at work (or university) who has a crush on her, get on Tinder or start flirting with random guys she meets.

If she meets a guy who makes her feel sexually attracted, she is within her rights to go ahead and do something with him.

That would suck, I know.

Yet, you have to prepare for the reality of this situation.

That's why I don't ever recommend that a guy give his woman more than a week of space, before he begins re-attracting her and getting her back.

Another reason why a woman might say that she loves you, but wants to be on her own for a while isâ□!

3. She doesn't think that you will ever understand the kind of attraction experience she really wants

[image: She doesn't think that you will ever understand the kind of attraction experience that she really wants]

What are her real, erotic desires?

Were you able to get her to bring out her honest sexual identity in the relationship, or did she only show you half or even less of who she really wants to be in the bedroom?

What kind of behavior does she really want to experience from a man inside and outside of the bedroom?

Will she be happy with a normal, good guy who treats her in a fairly neutral way, or does she really want to be with an edgy, good guy who treats her like his girl and makes her feel submissive because he's so masculine in his behavior and approach to life?

These are the kind of things that you really need to think about it.

You might not care about that because it's not important to you, but what about her?

When getting a woman back, you have to focus on making her feel the way that she wants to feel.

You can't just expect her to get back with you because you want it and then offer her the same kind of attraction experience that didn't inspire her before.

It's not about being someone that you're not.

Instead, it's about rising up to the challenge and showing her that you are capable of being the kind of man that she secretly wants, but is too embarrassed to admit.

That is what gets an ex woman's attention.

You might just want her to love you for you (i.e. because you're a good guy, you're smart, you have good intentions), but that isn't fair to her if she isn't getting what she really wants from the relationship.

Another reason why she might have said that she loves you but wants to be on her own for a while is becauseâ€¦!

4. You've been pressuring her to get back with you before changing what she secretly wants you to change

One of the most common reactions that guys have to a break up is to try and convince their woman to change her mind.

He will try to engage her in long, deep discussions about the relationship, in the hope that he can understand her.

Yet, trying to understand a woman is a losing game.

Why?

Most women don't even understand themselves and those who do, tend to change their mind about what they want from day to day, month to month or year to year.

The secret to success with women is not about following them and trying to understand them.

If you do that, they will lead you around in circles that go nowhere and get frustrating for both of you.

The secret is to lead the way by actively making her have feelings for you.

When a woman respects you, feels attracted to you and is in love with you, she doesn't want to leave you.

She might change her mind all the time about what she wants to do with her life, what she is interested in outside of work and so on, but she will consistently remain in love with you and committed to you.

That's how it works.

If a woman is feeling attracted and in love, she doesn't feel the need to get away from her man.

Yet, if her feelings for him are dying or dead, she will want to be 'alone' for a while, so she can get over him or find a replacement guy and move on.

It's as simple as that.

So, don't waste time trying to convince your ex to change her mind about leaving you if you haven't even fixed some of the things that have been turning her off about you.

If you're not sure what those things might be, ask yourself the following questions and see what you come up with.

For example:

- Did you and her grow apart (e.g. because you wanted different things in life, the sexual attraction between you fizzled out, you didn't see each other often enough)?
- Did you spend too much time with her to the point where you ended up making her feel smothered by the relationship?
- Did you stop giving her the emotional support that she really needed from you and just expect her to be strong like you (i.e. like a man)?
- Did you cause her to lose trust in you by breaking your word to her on many different occasions?
- Did you become insecure or too emotionally sensitive?
- Did you become clingy, needy, jealous or controlling?
- Were you too serious and tense about the relationship all the time and as a result, she couldn't relax and feel happy around you anymore?

If you answered yes to any of those questions, then you should now have a pretty good idea of what she wants you to change about yourself.

What you need to do now is get to work on those things, so you are prepared to re-attract her when you next interact with her.

A final reason why she might have said that she loved you, but wanted to be alone for a while is because

5. How you behaved near the end of the relationship really turned her off, so she now wants to see if time apart will change her feelings towards you

When a guy notices that his woman is close to breaking up with him, it may cause him to become even more insecure, clingy, jealous and controlling.

As a result, it simply speeds up the process of her wanting to break up with him.

When she begins to break up with him, he might start begging and pleading with her, offering to change whatever she wants and telling her how much he loves her and needs her in his life.

Heâs hoping that if she sees him falling apart at the idea of losing her, she will realize how much he cares for her and will then choose to stay in the relationship.

Yet, rather than make her change her mind and think, *âHow can I do this to him when he loves me so much? Iâm just being silly. Heâs a nice guy and he cares about me so much. That should be enough. Okay, I will stick with himâ* she will usually be thinking something like, *âAll of his begging, pleading, crying and going on and on about the same old things is making me want to be on my own even more. I want a man that I can look up to, respect and depend on, not someone who is so emotionally sensitive and weak that he falls apart when things get a bit challenging in his life. I need a break from him for a while. Maybe being apart will change how I feel, but based on my feelings right now, I think itâs over between us. We'll have to wait and see. For now though, I want to be on my own.â*

She will then tell her guy that she wants to be on her own for a while, to see if her feelings towards him will change.

Not knowing what else to do, a guy might try to win her back with gifts, holiday offers, or offers to be a helpful friend in her life if she needs him for anything.

Alternatively, he might try to guilt her back into a relationship by showing her how sad and depressed when she contacts him.

Yet, in most cases, rather than make a woman change her mind and come running back, seeing him behaving in such an emotionally weak and desperate way only convinces her more that she made the right decision to end the relationship.

By the wayâ

If you behaved in ways that were unattractive to your ex leading up to and after the break up, donât worry about it.

Thatâs all water under the bridge now.

What matters now is how you make her feel from now on.

You need to interact with her and change her friendly, neutral feelings of love into romantic, sexual, passionate feelings of love for you.

When you do that, she won't want to be on her own.

She will want to be with you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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How to Convince My Ex to Attend Counseling to Fix Our Relationship

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 4 things you can do to convince your ex to attend counseling to fix your relationshipâ€¦!

1. Show her that you have already improved some of the things she wants, but isn't telling you about

[image: Show her that you've already improved some of the things that she wants]

If a guy keeps nagging his ex to go to counseling with him, but she can see that he still hasn't changed, she's not going to feel like going.

Why?

Going to counseling will feel as though she is helping him to overcome his issues to get her back.

In other words, it's all about him getting what he wants.

Rather than think, *â€œOkay, maybe counseling will help him improve, so he can then get me back,â€* she will most likely think, *â€œHe doesn't even know how to fix his own problems. It shouldn't be this difficult. Other couples get along so well and stay together, without having to go to counseling. Why would I want to help him get me back when he doesn't even really know how to be the kind of man that I want anyway? No thanks. He can go to counseling if he wants, but he can count me out. I'm not interested. I'm going to find myself a man who doesn't need a counselor to help him understand how to make me happy or keep a relationship together. He needs help, but I'm not going to be the one who helps him. I'm done.â€*

It might seem like she is being selfish by not attending, but she isn't.

She is an individual and can do whatever she wants.

Regardless of how close they were in a relationship or if she promised to stick with him for life, she is still an individual at the end of the day.

If she is getting what she wants from a relationship, she can decide to change her mind and leave.

Here's the thing...

[image: She has had enough of trying to make it work]

When a woman breaks up with a guy, she usually doesn't do it over night.

In most cases, a woman will have tried to make the relationship to work for a long time and it eventually gets to a point where she's just had enough of it.

She's tired of all the stress and hard work that is required to keep the relationship together.

So, she ends it and walks away.

After ending it, she doesn't want to now attend counseling to help him understand how to be a complete man in a relationship and get her back.

From her perspective, she has done enough.

So, at this point, he has to figure that out on his own and if he can't, she will move on.

Of course, you don't have to figure this out on your own.

I am here to help.

Watch this video to understand how you can impress your ex and let her see that you really have changedâ!

She is going to be way more impressed if you can improve without seeming to get any help from other people.

Just let her see that you have changed and don't go on and on about how much you've been learning, or how messed up you are and how much help you need.

She doesn't want to hear that.

What does she want?

She wants to naturally feel respect, attraction and love for who you are now.

She doesn't want to have to listen to you go on and on about your problems or issues and feel like she needs to help you through it all.

She doesn't want to help anymore.

She just wants you to get on with being the kind of man that she can naturally respect, feel attracted to and love.

Here's an example of where a guy went wrong and what he would need to change to re-attract her...

A guy became very insecure in the relationship and as a result, he began to display unmanly behavior around his woman.

He became jealous, clingy and controlling and started to need her to reassure him of her love and commitment to him, which really turned her off.

She eventually got to the point where she'd enough of feeling like she had to take care of him, so she left the relationship.

So, how can he get her to go to counseling and fix the relationship?

To begin with, he needs to interact with her and let her experience the changes in him.

He has to be able to show her that he's no longer the insecure, emotionally sensitive guy that she left and he has now become an emotionally strong man.

To be clear: He has to show it to her, not tell her.

It's not about saying things like, *"Hey, I'm not insecure anymore, I promise. I'm confident now."*

Why?

She doesn't want to have to take care of him by saying, *"Oh, good on you. I'm proud of you"* and give him a pat on the head about it.

She just wants him to get on with being the kind of man that she can naturally respect, feel attracted to and be in love with now.

When a woman can see that her ex guy understands where he went wrong, without needing her to explain it all to him, she feels respect for him.

When she also sees that he's made an effort to improve on those things, she will begin to relax her guard a little.

She will then stop being stubborn about not wanting to attend counseling and will just open up to giving it a try.

After all, he has been making her feel a renewed sense of respect and attraction for him, so she is starting to feel a bit more hopeful now.

In summary, if you want to convince your ex to attend counseling to fix your relationship, you need to show her that it is worth her while and isn't all just about you.

How?

- Understand what she really wants you to change but isn't telling you about (e.g. Did she feel like you weren't giving her the emotional support she needed? Did she feel more like a neutral friend than a feminine woman around you? Did you and her grow apart because you wanted different things in life? Did the spark die out because you ended up treating her more like a friend than your woman?).
- Begin fixing those things about yourself so she will be able to sense that you've changed when you next interact with her on the phone or in person.
- Improve your ability to attract her (e.g. focus on making her smile and laugh, make her feel girly and feminine in your presence), so you can reactivate her feelings when you next interact with her.
- Make her feel a renewed sense of respect and attraction for you, so she feels willing the next time you bring up the idea of attending counseling together.

In other words, don't make it all about what you want (i.e. you want her to attend counseling to you can fix the relationship problems and get her back).

Instead, make it all about her feelings.

Actively make her have feelings for you.

If you do that, she will naturally want to give you and the relationship another chance.

When your ex is feeling attracted to you again, she will begin to miss having you around and being with you in a relationship.

She will start to focus her memories on the good time and on your good qualities.

As a result, her excuses about not wanting to attend counseling will begin to fade away and she will go along with it to avoid losing you completely.

Another thing you need to do if you want to convince your ex to attend counseling to fix your relationship is to

2. Give her an out

In a relationship, a woman doesn't want to feel trapped into making a decision that she's not ready to make.

So, when a guy is saying things like, *"Please, let's just go see a counselor together. Maybe he can help us work things out,"* his ex woman may think, *"What makes him think that I want to work things out? What if I'm happy being broken up? I'm not even sure if I ever want us to get back together again. He's pushing me into something I'm just not ready for"*

*right now. So, I have to stand my ground and refuse to go to counseling. He needs to learn to respect me and my needs.*â□□

This is why, the best approach to convince your ex to go to counseling is by making sure she doesnâ□□t feel pushed into doing it just because you need it.

It has to be something that she feels compelled to do because she is experiencing renewed feelings of respect and attraction for you.

So, how can you put her mind at ease and let her know that you're not forcing her into it?

Say something along the lines of, *â□□Hey, I donâ□□t want you to feel like Iâ□□m pushing you into something that youâ□□re not comfortable with. I tell you whatâ□□| if we do one session and you don't want to do another, we will stop right then and there. We can fully break up for good if thatâ□□s what you really want. I promise to then stop contacting you completely if that's what you want. You have my word on that. So, let's just do one session. It's either going to go well and give us something to work with, or we will decide to break up. Whatever happens, I promise to accept it.*â□□

By saying something like that to her, you should see an immediate shift in how she reacts to your suggestions.

It takes the pressure off her because she has an exit strategy now.

If she attends the counseling session and decides that she wants to remain broken up, she has your word that you will leave her alone.

Of course, she's not going to want that because you are going to make her feel a renewed sense of respect and attraction for you.

You are going to continue making her feel relaxed, open and attracted and as a result, she's not going to want it to be the last time you and her talk.

She is going to open back up to you and be willing to catch up with you again.

Of course, that's if you approach it correctly.

If you want her to open back up, you need to make sure that you are prepared to properly re-attract her.

Don't go using the same old approach you've used in the past and expect her to be excited about it.

You've got to approach attraction in a new and interesting way now, so she feels interested in you again and compelled to explore the new feelings she now has for you.

Another point to remember when trying to convince your ex to go to counseling to fix your relationship is toâ□□|

3. Stop making it seem like a stressful event

Right now, you might feel as though the only way to get her back is to convince her to go to counseling with you.

Yet, try to look at it from her point of view.

Imagine what goes through a womanâ□□s mind when she has disconnected from her feelings of respect, attraction and love for her ex and he is desperately trying to talk her into attending counseling with him.

Can you imagine it?

She is feeling turned off by him and doesn't want to give him another chance.

Yet, he is pleading with her to attend counseling, so he can work out how to get her back.

It just doesn't feel right to her.

For example: He's begging and pleading with her to go and saying things like, *"Please babe. Just give it a shot. A professional counselor will help us fix our problems and get back to where we used to be. We used to be so happy. Please don't throw what we had together away. I care so much about you and I want us to work. I mean, think about it! It doesn't me wanting to go to counseling prove to you how sorry I am for everything? Doesn't it show you that I'm 100% committed to doing whatever it takes to get you back? I'll even pay for the counseling session if you want. Please just give me a chance. Just attend one session. I beg you. Please."*

Alternatively, he might get angry at her for not wanting to go and say something like, *"How can you be so heartless and cold?! I'm trying to fix our relationship here and it's like you don't even give a crap. Why am I the only one who cares about us? Why are you being such a bitch? You should be grateful that I'm even willing to go to counseling. Most guys would just say to hell with it and forget about trying to make things better. I'm not like that. I love you more than anything and I am willing to do what it takes to fix any issues we've been having. I know we can make it work. How about you? You don't even seem to care. It's like what we had meant nothing to you. So, come on! After all we've been through together as a couple and all the love we shared, you owe it to me to go to counseling and just give our relationship a chance."*

She then feels like he is pressuring her into counseling because he needs it so badly.

Without counseling, he feels lost and has no idea how to make her happy.

This annoys her because it confirms to her that she's been with a guy who doesn't even know what she wants.

He's just been doing whatever he wants and hoping that she would put up with it and not leave.

Now that she has left him, he wants to get a professional to help him in front of her.

He doesn't realize how unattractive that can be for a woman.

Why?

When a man and a woman go to a counselor and it's the man who wants her back, what do you think will happen?

In almost all cases, the counselor will blame everything on the man and tell him that he needs to be nicer or more understanding.

The counselor won't say things like, *"Hey, you're being too much of a wussy with her. You need to man up and start putting her back in her place in a dominant, but loving way. You're letting this woman walk over you."*

That would be politically incorrect of the counselor to say, so the advice is pretty much always, *"It's your fault. She's innocent and perfect. You need to do a whole bunch of things to hopefully make it up to her. If she doesn't want you after you've done all those things, then you have to accept it and leave her alone."*

This is why I never recommend that guys take an ex woman to counseling as the main plan of attack to get her back.

[image: Couples counseling usually ends up being an attack on the guy]

Why?

A counseling session almost always ends up being an attack on the guy.

The counselor makes it out to be all his fault, or pretty much all his fault, which turns his ex woman off even more as she realizes how ineffective of a boyfriend (fiance or husband) he has been.

However, if you are determined to go to counseling, then you are free to go ahead and do that.

It's your choice.

I'm just telling you what I know after helping 100s of men to get their woman back.

I've heard all the different approaches that guys have used to try to get their woman back and I've never heard positive things happen after a session with a counselor.

It's up to you though.

If you really want to get her to go to counseling with you, then let's keep talking about thatâ"|

Here's what you can do to get her to relax and open up to counselingâ"|

Instead of always having serious, stressful, emotional conversations about the relationship and how important it is to get counseling, just try to start turning things into something to laugh about together.

For example: If your ex says something along the lines of, *â"I just don't know if I'm ready to go to counseling right now,â"* rather than getting upset about it, you can laugh and say (in a joking way), *â"Okay, so you're not ready right now...how about 30 seconds from now? Will you be ready then? Maybe we need to give you 5 minutes to be ready."*

Then laugh and say, *â"Hey, look, we don't have to decide right now. Let's just stop talking about counseling for now and think about it later. It's fine.â"*

If you are talking to her in person in that moment, continue to make her laugh and smile (e.g. use more humor, tickle her, play wrestle her onto the bed or couch and tickle her and then kiss her, tell her that she has something stuck to the back of her pants and tell her to turn around and then spank her on the butt and laugh).

Just get her attention away from the stress of trying to fix things with you.

Make getting back together feel fun, natural and easy, rather than making out to be a huge ordeal that will require you and her sitting down with a professional to talk through your issues.

Be more playful with her.

Make her feel good.

Of course, that doesn't mean you can't ever take anything seriously, or that you have to constantly crack jokes around her.

Instead, it simply means that you're getting rid of stressful emotions and replacing them with more enjoyable emotions, so she can relax and open up to you again naturally.

When you can make your ex smile, laugh and drop her guard around you, she will be less likely to say, *â"Noâ"* to attending counseling.

She will begin to think something like, *â"At least we can still have a laugh together. Maybe attending counseling to fix our relationship is not such a bad idea after all. Maybe itâ"s not too late to actually work things out between us.â"*

Of course, that's if you still want to go to counseling.

Remember: Counseling usually ends up being an attack on the guy because all counselors are too politically correct to speak the truth.

In today's society, it's frowned upon to blame anything on women.

Women are made out to be perfect, innocent princesses who can do no wrong, even though, in most cases, they make just as many mistakes as men do in relationships.

Don't expect a counselor to take your side though.

You are trying to get her back and to protect the counselor's reputation and business, he/she will almost always take the woman's side to protect her safety.

So, go to counseling if you want.

However, if you want to get her back in an easier, quicker and more natural way, thenâ€¦!

4. Get the relationship back together first and then decide if you and her need counseling

Every day, all over the world, guys get their girl back without going to counseling.

You can do that too.

How?

By using every interaction that you have with her from now on as an opportunity to trigger her feelings of respect, attraction and love for you.

Don't ask for her to give you another chance and don't start going on and on about your issues and how you're seeking help on your own.

Just get on with being the sort of man that she can naturally feel respect, attraction and love for.

That's how it's done.

Unfortunately, most guys don't ever find that out until it's too late.

For example: When a guy feels as though he has tried everything to get his ex back and it hasn't worked (e.g. he begged and pleaded, he offered to change whatever she wanted, he bought her gifts, flowers and in some cases even paid for her bills and expenses), he might then assume that his only option is to get her into a counseling session.

He hopes that the counselor will be able to talk to some sense into her, make her see that he is a good guy and get her to give him another chance.

Yet, that's just not how it works.

[image: A counselor often makes your ex aware of other problems in the relationship that she wasn't even thinking about]

In addition to mostly (or totally) blaming the guy for what went wrong in the relationship, a counselor will also begin to dig up other problems in the relationship that she wasn't even thinking about.

This just causes the woman to want to get out of the relationship even more.

For example: The counselor points out that a real man makes his woman feel appreciated by doing

this or that, which then reminds her of the fact that her ex guy wasn't doing that for her.

Alternatively, the counselor digs deep into the guy's psychology and starts talking about his childhood issues, which makes him feel upset and emotionally sensitive.

She then feels even more turned off by him and feels like he needs a lot of work before he will be capable of being a real man for her or for any other woman.

So, you can go to counseling with her if you want, but I don't recommend it.

What do I recommend?

Getting her back in an easier, more natural way.

How?

Actively make her have feelings for you again.

Interact with her and get her to feel sparks of respect, sexual attraction and love for you based on the way that you now talk to her, behave around her and react to her.

When you do that, she will naturally start to relax her guard and allow herself to begin reconnecting with the love she used to feel for you.

You can then build up the sexual tension between you and her and make her begin to have strong, romantic feelings for you again.

It's very easy to do.

You simply have to rise up to the challenge and attract her in the ways that really matter to her.

Don't go offering her things that she doesn't care about (e.g. offering to be nicer or to buy her things, when she really just wants you to be more ballsy and make her feel like a girl who is in love again).

You have to interact with her and get her feeling attracted to you in ways that actually matter to her.

When you do that, she will automatically relax her guard, open back up to you and go along with it when you guide her back into a relationship.

Every day, all over the world, guys get their girl back by using that approach.

It's up to you though.

You can go to counseling if you want.

However, be warned: The counselor will almost certainly make it all your fault and bring up problems between you and her that you didn't even know existed.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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My Ex Seems to Get Upset at Anything That I Say to Her These Days

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

5 possible reasons why your ex seems to get upset at anything that you say to her these days:

1. She is annoyed that you take her tantrums so seriously

[image: She is annoyed that you take her tantrums so easily]

Most women hate it when a man puts her in the position of power in a romantic, sexual relationship. Women are totally happy to be in the position of power at work, but when in a romantic relationship with a man, she actually wants to be in the one down position.

So, if a woman's ex guy is being on his very best behavior and sucking up to her to hopefully get her to take pity on him, it's not going to work.

She's going to be turned off by the fact that he looks at her as being the leader of the relationship and is hoping that she will gentle, nice and take pity on him because he's such a good guy.

It seems like it should work the opposite way though, right?

The nicer you are to women, the nicer they should be in return, right?

Wrong.

That's not how a woman's feelings of respect, attraction and love are built over time in a relationship and it's also not the way to re-attract her after a break up.

If you want her back, you need to have balls.

You've got to have the balls to laugh at her fake annoyance, rather than taking it so seriously.

As long as you laugh at her and the situation in a loving way (rather than a demeaning way), she will respect you for having the balls to do so and feel attracted to you as a result.

However, if you are worried that she might get annoyed at something and then cower when she does, she will lose even more respect for you and as a result, won't be able to feel attracted to you.

Of course, most guys don't know that about women, or they just don't know what else to do other than be nice and try to treat her with the utmost respect.

For example: A guy might say to himself, *"If I want another chance with her, I need to be nicer, sweeter and more polite to her than ever before. No matter how rude, mean or cold she is being, I need to keep being as nice as I can and she will eventually feel guilty for treating me badly. She will realize that I am willing to do anything for her. I'm even willing put up with her bad moods, tantrums or selfish behavior. She will see that and it will dawn on her that no other guy could ever love her as much as I and she will want me back."*

Yet, that's just not how women work.

Here's the thing!

A woman will act like she wants a guy to take her temper tantrums seriously, but in reality, she's not going to respect a guy who falls for her brattish behavior and rewards her by being extra nice,

sweet and submissive around her, no matter how ridiculous she is being.

Why?

It's directly linked to her breeding instincts, which is what attraction is based on.

If he can't stand up to her in a dominant, but loving way and put her back in her place, then how can she rely on him to stand up to other people who are being mean to him in life?

Will she have to be the stronger one in the relationship and be the one who fights their battles?

Will he have the capability to get other people to respect him, without having to get into a fight or argument about it?

Does he have what it takes to make her feel protected and safe?

If not, she isn't going to be able to respect him and as a result, she won't feel attracted to him.

Her breeding instincts will tell her, *"This guy can't protect you. Run. Find a real man. He's too soft. You need a stronger man than this."*

It won't matter what he says to her, how nice he is or how much more of her BS he puts up with.

She just won't feel the kind of attraction that is required to sustain a relationship between a man and a woman, so she will want out.

Here's an example of a guy not being strong enough for a womanâ€¦

A guy calls his ex on the phone to apologize and ask her for another chance.

He says, *"I'm so sorry for what happened. I stuffed up badly and I regret hurting you. Please forgive me. Just tell me what you want me to do to make it up to you and I will."*

She then says, *"Sorry? Is that the best you can do? Well, it's too little too late for that and I don't want to hear it! How dare you ask for my forgiveness after what you did. Do you really think saying you'll do anything I want you to do is going to change how I feel about you? You don't get it. It's over. Leave me alone."*

He then feels shocked by her reaction and think something like, *"Why is she being like this? What did I do wrong? I was just trying to make things right between us. She just seems to get upset at anything I say to her these days. Maybe I need to apologize more, or just continue being extra nice and sweet to her until she snaps out of her bad mood and gives me a chance."*

As a result, he might then apologize to her further and ask her to please listen to him and let him explain.

She then loses even more respect for him for letting her walk all over him like that.

So, if you want your ex to stop getting upset at you, then stop letting her get away with bratty behavior.

You don't have to be mean to her and demand that she stop.

Instead, you simply need to have the balls to not take her drama so seriously.

A good way of doing that is to show her you're not intimidated by her by using humor to guide the conversation back to smiling, laughing and other feel good emotions.

For example: You call her and she says, *"Look, I don't know why you are calling me. It's over. I'm not getting back with you"* and you then laugh and say something like, *"Okay, let's agree to never get back together. Before we part ways though, can you at least cook me up one of your beef stir-fries again? I'm hungry"* and have a laugh with her about that.

Alternatively, you apologize to her and she says, *“Sorry? Is that the best you can do? Well, it’s too little too late for that”* and I don’t want to hear it! How dare you ask for my forgiveness after what you did” and you laugh and say, “True. How dare I ask for forgiveness. I’m the worst ex boyfriend in the world” and have a laugh at her for being such a drama queen about things and making you out to be worse than you actually were.

Remember: A woman wants to be with a man she can look up to, respect, feel attracted to and love (i.e. a guy who is confident and emotionally strong enough to stand up to her, reactivate her feelings and get her back), not a guy who annoys her by looking at her as though she is the leader of the relationship.

She doesn’t want to be the leader or feel like you are sucking up to her and always bending to her will.

You are the one with the balls, not her.

She wants to bend to your will because you deserve it (not because you force her too).

A woman will bend to a man’s will if he is a man that she can genuinely look up to and respect (i.e. because he is always emotionally strong, isn’t intimidated by anything or anyone and at the same time, is a really good man who loves her and cares about her).

So, man up and stop looking at her as being in control of the situation.

She hates it when you look at her in that way.

You have the balls, not her.

So step up to the plate and be the man at all times.

Even though she might be acting upset at anything you say these days, she secretly wants you to believe in yourself and use your confidence to guide you and her back into a relationship.

She will try to mess with your confidence and make you feel unworthy along the way, but that’s her job as a woman.

Her instincts are driving her to align herself with the most emotionally strong, emotionally masculine man she can find.

So, don’t sit around expecting her to suddenly stop throwing tantrums and start being Miss Sweetie or Little Miss Nice all the time for you for no reason.

It’s not going to happen.

She wants you to man up, rather than expecting her to soften up and make things easy for you.

Ironically, when you do man up, a woman slowly softens up and becomes more and more girly and sweet around you.

You get to see a side of her that other guys can never bring out of her because you are a real man.

That’s what a woman really wants.

She wants to be free to be the woman she really is, rather than having to put up with an insecure guy who can’t handle the pressure she applies to him.

When you offer her that, the amount of tantrums and bad moods will begin to diminish.

They won’t ever go away completely though because a woman will always be a woman and test her man.

However, when she has enough consistent evidence that she can trust in you, she will gradually

soften up and stop being so hard on you.

The ultimate benefit though is that she will know that she cannot find another man like you out there, so she will respect you, feel attracted to you, love you and stick with you for life.

When she interacts with other guys, she will see very clearly that they simply do not have the kind of emotional strength and emotional masculinity that you have.

She will know that letting you go will be the biggest mistake of her life.

As a result, she never will.

Another reason why your ex may be getting upset at pretty much anything you say or do lately is thatâ€¦

2. She just doesn't respect you enough at the moment

[image: She doesn't respect you enough at the moment]

Being able to respect her man is essential for a woman.

Without it, she cannot feel attracted to him or be truly in love with him.

So, if you want to get her back, you must first get her respect back.

Here's the thingâ€¦

A woman usually doesn't break up with a guy on a whim.

It's almost always something that builds up over time and she eventually decides to pull the plug.

Over time, she loses respect and attraction for him (i.e. because certain things about his thinking and behavior are turning her off, such as him being too insecure or emotionally sensitive) and then falls out of love with him.

She eventually gets to the point where she can no longer justify staying in a relationship with a guy that she doesn't respect, feel attracted to or truly love anymore, so she ends it.

This is why, if a guy wants to get an ex back, he has to first get her respect and attraction back before she will open up to the idea of giving him another chance.

So, if your ex seems to get upset at anything you say to her these days, it may be because the way you're talking to her, interacting with her and coming across to her, isn't triggering those feelings inside of her right now.

Here are some examples of what can cause a woman to lose even more respect and attraction for her ex guy:

- He begs, pleads or even cries for another chance.
- He tells her that he hasn't been able to eat or sleep properly since the break up, or is having trouble concentrating at work or university.
- He tells her that she is his reason for living and without her, life seems pointless and not worth living.
- He sulks, throws tantrums and acts like a little boy when she doesn't listen to him.
- He pours his heart out to her in long letters or e-mails, going on and on about his feelings, wants and needs.
- He tries to make her feel guilty or feel pity for him by telling her how hurt he is about her

leaving him.

- He does whatever she orders him to do (e.g. you can call me, but only once a week and we will only speak for 5 minutes) and hopes that she will take pity on him because he's being such a good boy.
- He gets angry or frustrated at her and accuses her of being stubborn, being a bitch or being selfish.
- He sucks up to her by being on his very best behavior.

When a guy is offering that to a woman after a break up, it only highlights to her that she made a good decision for herself to leave him.

After all, he has no idea how to be an emotionally strong man and re-attract her.

He's just begging, pleading, explaining, guilt tripping, hoping, pleading and needing.

He's not offering her anything that she can feel rushes of sexual and romantic attraction for.

Nothing.

So, it's no surprise that she remains closed off and gets annoyed or upset at pretty much anything he says or does.

She's just had enough of it.

She wants a man who understands how to be the kind of man who she can respect, feel attracted to and love.

If he can't be that man for her, she has to move on for her own benefit, rather than remaining stuck with a guy who just doesn't know how to make her happy.

So, if you want your ex to stop getting upset with you, you have to give her a reason to look up to you and respect you again as a man.

You can do that by adjusting the way that you talk to her and interact with her from now on (e.g. reacting differently to what she says and the way she behaves).

When you interact with her in ways that spark her feelings of respect and attraction for you, her attitude towards you will naturally change.

Rather than getting upset with anything you say to her, she will begin to calm down and enjoy talking to you again.

It will feel good to her to be interacting with you.

She will feel the urge to hug you, kiss you and have sex with you once again.

Before long, you and her will be back in a relationship, in love and enjoying great times together once again.

On the other hand, if you continue to interact with her in ways that turn her off, then she will feel the need to get away from you.

When you interact with her, she will continue taking everything you say in the wrong way and getting upset, because you're not saying and doing things that are making her have sexual or romantic feelings for you.

So, make sure that you approach her correctly from now on.

No more turning her off with your old approach.

Change up your approach, re-attract her and get back.

Another possible reason why your ex seems to get upset at anything that you say to her these days is becauseâ€¦!

3. She's just testing to see if you will panic

[image: She is just testing to see if you will panic]

For example: A guy calls his ex on the phone and asks, *â€œHow have you been?â€*

In most instances a woman will respond with something like, *â€œFine,â€* or *â€œFine thanks and you?â€*

However, to test her ex, she might say something like, *â€œWhy are you asking me that? It's none of your business.â€*

A confident guy will realize that she's testing him and will playfully say something like, *â€œGee, well someone is a great mood todayâ€* and have a laugh at her for being so snappy.

He might also add in, *â€œYou're funny when you're in a bad moodâ€* just to mess with her and make her question why.

She might then ask, *â€œWhy?â€* and he can say, *â€œYou just look funny when you frown or seem annoyed about something. You have a funny looking faceâ€* just to mess with her even more.

He's saying that in a playful way of course.

The point is that he has the balls to get her out of her bad mood and into a more playful, light-hearted mood, rather than getting scared and starting to suck up to her in the hopes that she begins to be nice to him on the call.

That's what woman really wants to experience from a guy when she's being a bitch to him.

She doesn't want him to bow down to her, suck up to her or tip toe around her like a wussy.

She wants him to have the balls to put her back in her place in a dominant, but loving way.

Not in a dominant, angry way.

Dominant, but loving.

You're still being a good guy.

You're not being an asshole about it or trying to intimidate her with your masculine anger.

That's not what a real man does.

A real man has the balls to lead a situation, while still being a good man.

So, if you want to get your ex back, don't fall into the trap of being guarded or scared to say what you really want to say in any given moment.

Show her that you are a confident, emotionally strong guy, by having the balls to say or do whatever you want, while still being a good guy.

This is especially important when she is testing you by playing hard to get or acting upset at things you say or do (when she really isn't).

When you have the confidence to calmly do whatever it takes to get her back, regardless of what she says or does, you tap into her instinctive nature which tells her, *â€œHe's a real man. No matter*

how much I test him and try to make him lose his cool, he just laughs and stays in control. He's the kind of man I can look up to, respect, love and feel attracted to. I have to stick with him. This is the kind of man that women struggle to find. I don't want to struggle to find a new man and waste time. I already have him and he's now so much more of a man. I've got to give him a chance.

She then begins to soften up and open back up to you and as a result, getting her back is an easy, natural process.

Another reason why your ex might be behaving in that way is because

4. She doesn't feel attracted to you anymore

If a woman stops feeling attracted to her ex and believes that he won't be able to make her have feelings for him again, she will feel as though it's just a waste of time to remain in contact with him.

As a result, she will then start behaving in a cold, distant way to make him lose interest in interacting with her.

If he continues calling her (or if they happen to work together, or go to the same university) and keeps trying to make her listen to him, she might get upset and say things like, *I don't want to hear what you've got to say. We are broken up. It's over. Don't you get it? Just leave me alone.*

Naturally, a guy may feel hurt and confused by her behavior and feel as though she is being selfish, stubborn or unreasonable.

Yet, what he doesn't realize is that if she doesn't feel sexual attraction or respect, she will disconnect herself the love she used to feel for him and do whatever she can to push him away.

If a woman feels like her ex doesn't have what it takes to change and re-attract her, she will usually just cut off communication or be very difficult to talk to, until he eventually decides to leave her alone.

She might also become rude, cold or mean as a way of getting him to react in an angry or insecure way, so she has more reasons why she wants to remain broken up.

So, if you're serious about getting your ex back, you have to make sure that you maintain control over your emotions from now on, to ensure that you are making her feel a renewed sense of respect and attraction for you.

You can do that by always being confident and never feeling insecure when she tries to make you doubt yourself or feel unworthy.

Don't do that in an arrogant way though.

Just be easy-going and relaxed about your unbreakable belief in yourself.

That's what women respect.

When a guy can be confident at all times, while also being a good guy, women can't hold anything against him because he's not doing anything wrong.

He's just being a good guy and displaying the all-important trait of confidence, which she can't help but feel attracted to.

You can also make her feel attracted to you by using humor to get her out of her bad mood, rather

than feeling nervous or unsure of yourself and getting upset with her for being in a bad mood, talking to you in a mean way or being difficult.

Let her see that you are a strong, good man and she will naturally feel respect and attraction for you, even if she tries to hide it from you.

When you trigger her feelings of sexual attraction for you by being a confident, emotionally strong, masculine man around her, regardless of what she says and does, she starts to see you with different eyes.

It happens naturally and automatically whether she wants it to or not.

She starts to think, *“Why am I feeling attracted to him all of a sudden? Why do I miss having him in my life now? Why do I look forward to talking to him? Why am I worried about him finding another girl now?”*

She then stops trying to push you away and becomes open to the idea of getting back together again.

The final reason why your ex seems to get upset at anything that you say to her these days is because

5. You don't understand the type of attraction experience she wants

Generally speaking, a woman will break up with a guy because something about his behavior caused her to lose respect and attraction for him as a man.

For example: He became very insecure and as a result, started being controlling, jealous and selfish in his behavior.

Alternatively, he became too arrogant and as a result, start taking her for granted, treating her badly and expecting her to just put up with it.

In most cases, a woman will put up with it for a while because a woman's natural instinct is to try to make a relationship work, rather than having to sleep with additional men.

Yet, when her guy doesn't change or just gets worse over time in other ways (e.g. in addition to being jealous, he now starts to take her for granted or makes her feel like a mother figure in his life rather than being a manly man for her), she eventually breaks up with him.

How about you?

Where did you go wrong with your ex?

What did you do, or what kind of guy did you become that eventually made her feel like she'd had enough and just had to leave you?

It's important that you get really clear on what turned her off, so you can then adjust, improve and change the correct things about yourself.

When you do that, you will be able to effectively re-attract her because you will be offering her an attraction experience that actually connects with her and what she really wants.

Where some guys go wrong is by offering a woman things that she doesn't want or care about, as a way of hopefully getting her back.

For example: A guy might decide to improve his physical appearance to attract her back.

He might change his style of dress (e.g. from t-shirts and jeans to wearing designer pants and shirts), get a new haircut, lose some weight or go to the gym and build some muscle.

Heâs hoping that the next time his ex sees him, sheâll think, *âWow! Heâs so much hotter and sexier now! I canât believe that I let him go. Iâve been such a bitch to him since the break up. I need to apologize to him right away and give him another chance.â*

Yet, she doesn't.

Why?

While she might appreciate the effort that he put into improving himself physically, if he has neglected to improve himself emotionally (e.g. the way he thinks, acts and behaves), then the changes to his physical appearance are not going to really count.

She will feel turned off by him emotionally (e.g. because he's still insecure, still giving her too much power) and as a result, she will look at his physical appearance in a negative light.

Even though his new haircut might be the latest style or his shirt might be very expensive, she will look at it as dorky, try hard or feel as though it just doesn't look good on him.

Not knowing what else to do, a guy might then try to make her feel pity for him by saying something like, *âI did all this for you. I didn't want to buy new clothes or get my haircut, but I did it anyway. I want to show you how much I care. I want to show you that I'm putting in the effort.â*

Yet, that only annoys her even more because she realizes that he has no idea how a woman's attraction really works.

He's trying to attract her with his improved appearance, which is what a woman needs to do to get a man back.

To get a woman back, you have to attract her with your improved emotional attractiveness (e.g. you're so much more emotionally strong now, you're able to take charge and be the man, you're more charismatic now because you're not suppressing your personality out of fear of being judged).

So, make sure that you're focusing on the right things.

Additionally, make sure that you're not giving her the impression that you're trying to manipulate her into getting back with you (e.g. by wearing new clothes, acting nicer than you actually are).

A woman doesn't want to feel like she is being manipulated into giving a guy another chance with her.

She wants to see that he now truly understands the type of attraction experience she really wants from a man and is now able to give it to her.

For example: He thinks that she wants him to be even nicer to her, but she actually wants him to be more real and manly and stop putting up with bad behavior.

She wants him to put her back in her place in a dominant, but loving way, but he thinks she wants him to suck up to her even more and essentially beg for another chance.

If you want her back for real, you've got to truly understand what she really wants and start offering that to her when you interact with her from now on.

For example: Don't tell her that you can't live without her when she really wants is for you to be more emotionally independent.

Give her what she really wants.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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My Ex is Playing Hard to Get. How Can I Get Her to Stop the Games?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If she's playing hard to get and won't give you another chance, just use these 5 tips and she will change back to how she used to be with you!|

1. Stop chasing her and start joking around with her

[image: Stop chasing her and start joking around with her]

You've tried chasing her and pursuing her to get her back, right?

She doesn't like that approach.

It's too stressful and it doesn't make her feel sexually and romantically attracted to you.

In fact, all of your efforts to hopefully convince her to give you another chance, end up making you appear desperate (even if you're not).

As you may know, women aren't attracted to desperation in men, so stop chasing in a hurried, *"Please give me another chance!!"* kind of way.

What should you do instead?

Use every interaction that you have with her as an opportunity to make her laugh, smile and feel good talking to you.

Don't try to get her back.

Just get her laughing, smiling and feeling good every time she interacts with you and she will the naturally want you back.

She will see that you're not desperately chasing her, while also realizing that she misses you when you and her aren't interacting.

She will then start to question why she is missing you and conclude that it must be a sign that she is supposed to get back with you.

As a result, you get her back without having to pressure her into it.

Here's the thing!|

Sometimes, a guy becomes so desperate to get his ex back that he starts acting out of character and being someone he's not.

For example: He might!|

- Beg and plead with her to give him a chance to make it up to her and do better this time around.
- Apologize to her over and over again.
- Keep asking her if they can start over again and just forget about the mistakes he made.
- Send her loads of texts about random things as a way of staying on her mind and hopefully stopping her from moving on.
- Tell her how much he still cares for her and how lost he feels without her.

- Pour his heart out in a letter and explain that he will never be able to love another woman the way that he loves her.
- Tell her that no other guy would love her the way he does.
- Show up at her home or work and demand that she speak to him.
- Send her emotional, needy texts to hopefully make her feel sorry for him.

and the list goes on.

Yet, rather than make her think, *“Aww” that’s so sweet. He’s really trying hard! So, I should stop messing him around and just give him another chance,* a woman will think something like, *“He’s driving me crazy! He’s like a leech that won’t get off me. He is always crying, whining and being sad and wimpy like a girl. Doesn’t he realize that nothing about his behavior is making me want to talk to him again, let alone give him another chance? Doesn’t he realize that this isn’t about him anymore? It’s about me. My feelings. Not his. He doesn’t get it. He doesn’t even realize that he has to make me have feelings for him first. He just wants me back so he can feel better about himself. I’m over it! I’m sick and tired of having to be nice to him.”*

So, even though you might feel desperate about wanting to get her back, don’t show her that because it will turn her off and push her away even further.

Remember: Before your ex decides to give you another chance, she first wants to see that you have changed and improved some of the things that caused her to break up with you in the first place.

For example: You were too controlling because you doubted your value to her and feared losing her, you were disrespectful towards her views and opinions about things or you became too emotionally sensitive and stopped being manly enough for her.

Have you changed, improved or adjusted the things that turned her off?

That’s what really matters.

It’s not about telling her that you’ve changed though.

You have to let her experience it, rather than telling her that you’ve changed.

So, if you’ve been pursuing her in a way that has been turning her off and annoying her, you need to stop using that approach from now on.

What should you do instead?

Just focus on making her laugh, smile and feel good around you.

When you do that, the conversations and interactions will flow more easily and she will be able to pick up on the fact that you have changed.

For example: While talking to you, she will notice that you’re not insecure like you used to be, or that you’re not trying to control her like you did in the past.

You won’t even need to tell her that you’ve changed.

She will be feeling good, looking at you in a positive light and noticing the changes for herself.

As a result, her guard will come down and she will stop playing so hard to get with you.

The next thing you can do is to

2. Attract her in the ways that she really wants

[image: Attract her in the ways that she really wants]

Do you know the real reasons why your ex broke up with you, or did she give you some vague excuse like, *“I need some space to sort things out in my life,”* or *“I’m just not ready to settle down right now,”* or *“I just don’t have feelings for you anymore?”*

Most women give vague excuses or reasons for the break up, without ever really explaining the actual things that are turning her off and what a guy would need to change, adjust or improve to successfully get her back.

Why?

She doesn’t want to give him instructions on how to get her back.

Why?

At the point of the break up, a woman has usually had enough.

For example: During the relationship, she may have tried to hint and give her guy clues as to what was turning her off.

She may have said, *“I need you to accept me for who I am and stop trying to change me into someone I’m not,”* but the guy didn’t listen.

He kept being controlling, insecure and unloving and just expected her to put up with it because they had great sex, or used to be so in love.

Yet, she didn’t want to just keep putting up with it.

As a result, she started to change into a moody, grumpy or nagging girlfriend (or wife) and stopped being as affectionate and loving as she used to be.

In reaction to her change, the guy then became more angry, irritable, controlling and demanding.

She then became even less loving, interested and involved in the relationship.

The downward spiral continued on until she eventually said something like, *“Enough! I don’t want this anymore. I’m leaving you.”*

Each relationship will break up for subtle things that turn into bigger and bigger problems over time, so it’s important that you understand where you really went wrong with her.

When you truly understand where you went wrong, you can then make the correct changes to your thinking, behavior and approach to her and the relationship from now on.

When she can sense those changes in you, it will be like a breath of fresh air for her because you finally get it.

She doesn’t need to explain all the fine details to you and try to get you to understand the subtle things that had been turning her off.

You know it now and are able to attract her in the ways that she really wants (e.g. if you became too insecure and emotionally sensitive in the relationship, you are now so confident and emotionally masculine).

Attracting her in the ways that she really wants is what works to get a woman back.

So, don’t waste time on any other method.

If you do, you will just waste your time and energy, get rejected by her and end up feeling more hurt and disappointed than before.

For example: A classic mistake that some guys make is using relationship advice that they picked up from watching TV or movies, as a way of getting his ex back.

For example: A guy mightâ€¦|

- Send his ex a bunch of flowers with a card saying something like, *“Iâ€¦m so sorry! Please forgive meâ€¦ or, I love you so much. Please give me one more chance. xoxoxo”*
- Get her favorite radio station to play ‘their song’ on air when sheâ€™s likely to be listening.
- Blow up hundreds of balloons and place them around the exterior of her house or apartment with the words, *â€¦Iâ€¦m sorryâ€¦ or, I love youâ€¦* printed on them.
- Arriving at her home or work with flowers, chocolates, a teddy bear or some other gift to hopefully show how much he cares and how sorry he is.
- Write her a long love letter or e-mail, explaining his feelings, expressing his sorrow, apologizing, asking for forgiveness and asking for another chance.

That sort of thing works well in the movies, but not in real life.

In real life, no matter how flattered a woman may feel initially, none of these things show her that he has changed the things that really matter to her.

For example: If a woman wants her guy to be more manly, him sending her flowers, playing love songs or decorating her yard with balloons isn’t going to work.

She will think something like, *â€¦Does he really think that being more romantic and expressing his feelings is what I want? He doesn’t get it.â€¦*

Yet, if she’s the sort of women who wants to play games with her ex and mess with his head, she might say something like, *â€¦Oh, wowâ€¦ thanks. That’s really nice of you. You didn’t have to do that. It’s very thoughtful of youâ€¦* to make him feel like he has a chance with her.

Hearing words like that is enough to make most guys think, *“Cool! She’s being nice to me! She is open to getting back with me. I’m nearly there!”*

Then, when he suggests a meet up, she says something along the lines of, *â€¦How easy do you think I am? Do you think that flowers or balloons are enough? Youâ€™re going to have to do a lot more than that to get me back.â€¦*

He might then feel angry that she showed interest after he was so nice to her, but then rejected his offer to catch up 1 on 1 and hang out.

Yet, she doesn’t feel like she’s done anything wrong.

Why?

He isn’t attracting her in the ways that really matter to her.

He’s just copying what he’s seen on TV, in movies and in advertisements.

It’s just superficial things (e.g. flowers, balloons, a card) that he has bought and is presenting to her.

Alternatively, it’s just an e-mail or a letter that he’s typed up or written.

It’s not him interacting with her and making her feel attracted in the ways that really matter to her (e.g. she wants him to be more masculine and ballsy, she wants him to be more driven in life, she

wants him to stop giving her so much power).

He might think that she is being a bitch and needs to stop, but she thinks that he needs to stop being a sappy romantic actor and start attracting her in ways that actually matter.

So, make sure that the next time you interact with your ex, you clearly understand her real reasons for breaking up with you and are able to attract her in the ways that actually matter to her.

Don't try to gloss things over with romantic gestures, or distract her with deep and meaningful conversations about how much you feel for her and how sorry you are.

She will see that as you being selfish, because it's all about you getting what you want from her.

So, if you want her back, you've got to focus on making her have feelings for you by attracting her in the ways that actually matter to her, rather than trying to change her mind by talking about your feelings, your realizations and your wants and needs.

When you make her feel heard and understood, you gain back one of the things that a critical for a successful relationship between a man and a woman; respect.

If she respects you, she will then allow herself to feel attracted to you again and from there, getting her to reconnect with the love she used to feel is simply a matter of time.

For some couples, it happens right away and for others it takes days for the love of the woman to come flooding back.

Next tipâ□!

3. Don't take her games so seriously

[image: Don't take her games so seriously]

You literally need to laugh at her and be more playful when she is being a pain in the butt by playing hard to get.

Just use it as an opportunity to create some laughter and feel good emotions between you and her, rather than taking her behavior so seriously.

For example: If you ask her to catch up and she says, *"I'm not sure. I need more time"* you can laugh and say, *"Okay, I'll call you back in 10 minutes"* and then hang up the phone.

Then, call her back in 10 minutes and say, *"So, do you need another 10 minutes?"* and have a laugh with her.

Then say something like, *"Anyway, let's just catch up and say hi"* and continue on from there.

Don't get angry, upset or frustrated if she plays hard to get.

Remain confident and lead the way to you and her getting back together.

This is what she will be looking for from you.

She wants to see if you have the balls to handle the pressure.

So, one of the worst things that a guy can do when his ex woman is playing hard to get, is to get caught up in her fake drama and become upset, angry or disheartened.

Women hate seeing that.

Why?

A woman wants to see that a man can maintain control of his emotions and guide a situation to the outcome he wants, without the help or support of a woman.

This is why women always test men by being difficult, changing their mind all the time and throwing tantrums.

She wants to see what kind of man he really is.

If he regularly fails her tests, then she loses faith in his ability to handle himself out there in the world.

As a result, she stops feeling safe with him and starts feeling attracted to other men who seem more manly and grounded than her boyfriend/husband.

She doesn't want to have to leave him and find a new guy, but she will if she has to.

Her instincts will tell her to leave if she doesn't feel safe with him as the leader of the relationship.

A lot of guys don't know that and mistakenly demand that a woman be nice, gentle, sweet, consistent and logical all the time, rather than testing him by being difficult.

Yet, she can't stop.

It's her natural instinct to align herself with a guy who is emotionally strong enough to handle the challenges that life throws at him, without sulking, seeking pity or losing control of his emotions.

So, what are some of the mistakes that guys make when their ex woman is playing games with them?

Mistake 1: Asking her to be serious and stop playing games

A guy might get annoyed and say, *â€œWhy won't you just be straight with me? Just grow up and stop playing games! If you want to get back together then just say so. If you don't, then stop messing me around. Just tell me what you want.â€œ*

Yet, here's the thing!

In most cases, she is just testing to see if he can remain confident and believe in himself when she is being cold, bitchy or playing hard to get.

No matter how strongly he demands that she stop playing games, she never actually will.

Mistake 2: Saying how much it hurts him that she is playing games with him

A woman's breeding instincts prevent her from feeling sorry for a guy who can't handle her kind of pressure.

She will put up with it for a while in a relationship if she is otherwise happy and in love, but if he doesn't level up and become an emotionally stronger man, her instincts will be too hard to ignore anymore.

She will begin to feel turned off by him at a deep, primal level and eventually break up with him.

So, after the break up, she isn't going to want to take pity on her ex, unless she is really missing him and having a hard time living without him.

If she's doing fine and doesn't really care about leaving him, then his pleas for her to stop hurting him by playing games will be secretly laughed at by her.

Many guys don't know that though, so they try to seek pity from their ex woman for how badly she is making him feel.

For example: A guy might say, *“How can you be so cold and heartless? Don’t you remember how in love we used to be? Doesn’t anything I’ve ever done for you count now? You’re acting like what we had didn’t mean anything to you. Can’t you see how much you’re hurting me with your actions? You have ruined my trust in relationships. I will never care about another girl the way I care about you. I love you with all of my heart and I’ve done my best to be the best boyfriend/husband I could and this is what I get?”*

He’s hoping that if she notices how much her actions are making him suffer, she will feel sorry for him and then stop messing him around.

Yet, she doesn’t.

Her instincts are telling her, *“He’s not strong enough for a girl like you. You won’t feel safe with him. Find a stronger man. Move on.”*

Mistake 3: Ignoring her texts to hopefully beat her at her own game, but it then backfires when she ignores him even more

When a guy can’t get his ex to stop playing games with him (e.g. being friendly one minute and cold and distant the next, texting him things like *“I miss you”* and then, when with something like, *“I miss you too. Let’s meet up,”* she then ignores him for days), he might decide to give her a taste of her own medicine by ignoring her back.

Yet, in most cases, when a woman has stopped feeling respect, attraction and love for a guy and he hasn’t actively done anything to make her reconnect with those feelings, she’s just not going to care much about the fact that he isn’t contacting her anymore.

Instead, she might think something like, *“Let’s see which one of us lasts out longer, you, or me. I’m betting you want me back a lot more than I want you. So, go ahead and ignore me. Sooner or later I know you’re going to crack. Let’s see how long you can last before you text me again.”*

Then, while she is ignoring him, she starts going out with her single girlfriends, using dating apps like Tinder and potentially dating a guy from work (or university) who has been interested in her for a while.

Soon enough, she’s having sex and possibly even falling in love with a new guy and forgetting all about her ex.

So, from now on, you need to stop taking her games so seriously.

See her mind games for what they really are; tests.

She’s testing to see if you will crack under the pressure she is applying to you now.

To pass her tests, you need to remain confident and believe in your attractiveness and value to her, no matter what she says or does to try and make you feel insecure or unworthy.

4. Make her miss you

Making an ex woman miss you is not about ignoring her for weeks, or even months at a time and hoping she will wake up one morning and say to herself, *“What has happened to me? I haven’t heard from my ex in such a long time and I really miss him. What if he’s met another*

woman and moved on? OMG! I better call him up right away before it's too late!!!

It would be nice if getting an ex woman back was that simple, but it's not.

The truth is that if a woman doesn't have feelings for her ex guys anymore and he starts ignoring her, she will usually just use that time apart to move on and forget all about him.

She might miss him a little bit in the beginning, but if her feelings for him aren't strong enough, she will soon forget about him and begin to move on.

So, what should you do instead?

Interact with her, re-attract her and build up some sexual tension between you.

Then, once you've got her thinking things like, *"This is really so nice. I never thought I'd feel this way about him again. I'm actually happy and excited every time I hear from him now,"* back off for a few days (nothing longer than 3 to 7 days) and then get in touch with her again.

Whenever she interacts with you, she feels attracted now and because you're leaving gaps of 3 days in between, she gets to miss you and want to hear from you.

As a result, she may even contact you and suggest meeting up or even getting back together.

However, if your ex is a bit of hard case and is refusing to open up to again, just repeat the process again until her walls come down.

5. Hook up with her and let her experience the new and improved you

At this point, your ex will probably be feeling a lot of sexual attraction for the new and improved you.

She may be thinking, *"I'm tired of playing hard to get. I want us to stop the games and get back together and I think he's ready for that too."*

She may then start giving you signs that she's open to hooking up again, (e.g. she suggest you and her go out for a drink at night, rather than meet for coffee in the afternoon, she invites you to her place for dinner, she sends you a sexy photo of herself, she keeps complimenting you on being different now and telling you how much she likes it).

Whatever the case, if you and her are hanging out together and she seems attracted and open, just lean in and give her a quick kiss.

If she doesn't pull away, deepen the kiss and either suggest you go to her place or yours, or if you're there already, proceed to having sex.

From there, the most important thing to do is keep building her feelings of respect and sexual attraction for you.

The more you build on her feelings, the less she will want to play games with you, because she will genuinely begin to fear the idea of losing you.

You will have her back and she won't want to play games anymore.

She will just want to be with you and be a good girl for you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Does Your Ex Secretly Want You to Fight For the Relationship?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

After a break up, a woman will often hope that her ex man will rise up to the challenge, re-attract her and get her back.

She won't make it very obvious to him though, but she will give him signs and hope that he picks up on them, takes action and gets her back.

Here are the 7 signs to look out for...

1. She is still open to talking to you or texting with you

When a woman does this after a break up, it's usually because she is hoping that you have what it takes to reactivate her feelings of respect and sexual attraction and then guide her back into a relationship.

If you are able to make her feel a strong, renewed sense of respect and attraction for you, she will feel compelled to give the relationship another chance because it won't feel like she is over you anymore.

She will feel drawn to you in a sexual and romantic way, so the thought of leaving you and never seeing you again will just be too painful for her at that point.

So, if your ex is still open to communicating with you, it's important that you look at it as a sign that she might secretly want you to fight for the relationship and get her back.

It doesn't mean that she has forgiven you for your mistakes, or is still very attracted to you and in love with you.

Instead, it just means that she is open to the possibility of you re-attracting her and getting her back.

If she was trying to avoid that possibility, she would delete your number, block your number, unfriend you from social media and ask you to leave her alone and never speak to her again.

If she is open to communicating with you, she is almost certainly open to getting back with you if you can play your cards right.

Essentially, she's looking out to see:

- If you have made some changes and can now give her the kind of attraction experience she always wanted, but never got from you.
- If you have the confidence and emotional courage to get her back, especially when she's being cold, distant and doing her best to discourage you.
- If you can read between the lines/pick up on her subtle hints that she does want you back, but simply isn't being very open about it at the moment.

This is why, when getting a woman back after a break up, you always have to be confident and look at her actions as a sign that she secretly wants you back.

There's no point doubting yourself because it will turn her off and make you hesitate to take action when you need to.

If you hesitate (e.g. you don't call, you don't push for a meet up, you don't hug her or kiss her at the meet up), you will most likely lose her, even though she was secretly hoping that you would fight for the relationship and get her back.

So, you just have to be confident about this and do what it takes to get her back.

Confidence is so important.

It's one of the core personality traits that women find irresistibly attractive in men.

It's kind of like how attracted we are to physical aspects of a woman, such as her breasts, thigh gap or feminine looking face.

A woman's physical appearance is attractive to us men as a man's confidence is to women.

In fact, in most cases, a woman would rather be with a confident, average looking guy than a good-looking, insecure guy.

Confidence in a man is so important to women, so make sure that you have got truckloads of confidence to offer her during the ex back process.

Don't be offering her insecurity, self-doubt and nervousness and expecting her to want you back.

That's not how it works.

You've got to be confident.

The more confident you are from now on, the more naturally attractive you will be to your ex.

If you want to be confident, you have to believe in yourself no matter what she says or does to make you feel insecure.

If you can do that, you will be able to effectively use every interaction with her, whether over the phone or via text, to re-spark her feelings for you (i.e. because you're being very confident) and get her back.

However, if she secretly wants you to rise up to the occasion and fight for the relationship, but you're sitting around doubting yourself, then soon enough, you will watch on in disappointment as she moves on with another guy and is happy with him instead.

So, if you want to avoid losing your opportunity with her, just rise up to the challenge, get her back and then enjoy the great times ahead with her.

Another sign that your ex might be hoping that you fight for the relationship and get her back is thatâ

2. She likes your posts on social media

[image: She likes your posts on social media]

There are several reasons why a woman might click like on her ex's social media posts.

For example: A woman might do that becauseâ

- She wants him back and is trying to signal that to him by liking his social media posts.
- She is a nice person and is trying to make her ex feel better after the break up.
- She's trying to show him that she's not holding a grudge against him for what happened and still thinks of him in a positive way.

- She wants to still be friends on social media, even though theyâ€¢re not together anymore.
- She wants to mess with his head (e.g. he begins asking himself, *â€¢What does it mean when she likes my social media posts? Is she still interested in getting back? What should I do? Should I post more? Should I contact her? Do I need to wait until she gives me a clearer sign?â€¢*).
- She wants to make him contact her, so she can then reject him again and get emotional revenge on him for what happened between them.

As you can see, there isn't just one possible reason why your ex will click like on your social media posts.

She could be up to no good and just trying to mess with your head.

Yet, focusing on the potential negatives isn't going to help you feel confident enough to contact her and get her back.

So, what I recommend is thisâ€¢!

If your ex likes one or more of your social media posts, you should believe that the #1 reason why she did it is because she wants you back and is encouraging you to take action and fight for the relationship.

You could be wrong, but it doesn't matter.

What matters the most when getting a woman back is that you interact with her and make her feel a renewed sense of respect and sexual attraction for you.

Even if she was initially intending just to mess with your head, she will quickly change her mind about you because you will have changed how she feels by making her feel a renewed sense of respect and attraction for you.

All of a sudden, she will begin thinking things like, *“Why do I miss him so much all of a sudden? After we spoke on the phone the other day, all I’ve been doing is thinking about him. Maybe this is a sign that we’re meant to get back together. I’ve got to follow my heart and stop messing with him.”*

Seconds later, you get a text on your phone and she's saying hi.

From there, you've got to follow through and get her to meet up with you in person, so you can properly re-attract her and get her back.

Another sign that your ex might secretly want you to fight for the relationship isâ€¢!

3. She contacts you to ask how you're doing

When a woman doesn't have feelings for ex anymore, sheâ€¢s usually not going to care about what happens to him or what heâ€¢s going through.

Instead, sheâ€¢s going to be thinking something along the lines of, *â€¢I hope he misses me and feels horrible for what he did,â€¢* or *â€¢I hope heâ€¢s really suffering,â€¢* or even, *â€¢I hope his heart is broken and he never finds another woman like me.â€¢*

Harsh, I know, but that's relationships for you.

After a break up, things change.

Women can become very nasty, rude, mean and cold.

There are reasons for that though!

So, if your ex is calling you up and asking things like, *Are you okay? Have you been taking care of yourself?* it's most likely because she still has some feelings for you.

Don't doubt it.

Doubting your attractiveness to her only makes you come across as insecure, which is unattractive to women.

You've got to see it as a sign that she really does have some remaining feelings for you and felt the need to contact you because she was thinking about you and missing you.

So, what you need to do is use the interaction as an opportunity to spark her feelings of respect, attraction and love.

If you do that, she then finds it even more difficult to remain broken up with you.

She feels drawn to you and wants you back.

Another sign she might be hoping that you fight for the relationship and get her back is

4. She tries to keep you in her life by asking you to help her with random things

Yes, your ex may be a manipulative bitch who likes the idea of keeping you around, giving you hope that she might want you back and then using you to be her personal slave, but chances are, she isn't.

Right?

She's not that evil, right?

Hopefully not!

In most cases, women aren't bitches like that, so if your ex is still contacting you and asking you to help her with random things, it should mean that she's simply looking for excuses to interact with you.

This is a good thing!

She's hoping that you see through her actions and realize that she really is missing you and hoping that you are confident enough to get her back.

Think about it this way!

After a break up, most women cut off communication with their ex guy and don't want to see him, hear from him or think about him again.

They do that to help themselves move on with less pain and heartache after a break up.

[image: Coming up with excuses to see you]

So, if your ex keeps you around with excuses like, *You know that I'm hopeless with DIY stuff. I need to hang a painting on the wall of my new apartment. Can you please come over and take care of it for me sometime? I wouldn't bother you if I could do it myself. I also don't have anyone else that I can ask to help me. So, can you do that for me?* it may be a sign that she secretly wants you to fight for the relationship and get her back.

The key is to use every opportunity you get to be around her as a way of reactivating her sexual and romantic feelings for you.

Don't make the mistake that so many guys make with an ex and think, *"I mustn't do anything that might scare her off. I have to behave like a nice, sweet, platonic friend when we're together and simply focus on making myself so helpful that she will realize how much she needs me and we can then get back together again."*

No.

If you want your ex back, you have to make her feel strong sexual and romantic feelings for you based on the changes you've made to yourself since the break up (e.g. you're more emotionally masculine now, you have the confidence to use ballsy humor, you're more charismatic).

You also have to have the courage to flirt with her and create some sexual tension between you.

When you approach the ex back process in that way, it's so much easier and quicker to get a woman back.

On the other hand, if you focus on being on your best behavior and treating her like a friend, she may think, *"There's no spark between us anymore and he probably feels that too. Maybe that's why we haven't gotten back together yet. I should forget about a relationship and start to move on. It's over now."*

Another sign to look out for!

5. She talks positively about good times that you and her shared

As always, there is no guarantee that when a woman is saying things like, *"We sure did share some good times together, didn't we?"* or *"Remember the time our car broke down in the rain and we both got soaked wet while trying to hitch a ride home? That was fun. We shared a lot of those great moments together,"* that she wants to get back together.

However, it's possible, right?

Of course it is!

She could be trying to hint to you that she is looking at your relationship in a positive light and is hoping that you do something to get you and her back together.

The question is though!

How are you going to view it?

Are you going to think about it in an insecure way and say to yourself, *"Nah! She's just being nice. It doesn't really mean anything,"* or are you going to say, *"Ha! She's clearly still not over me. I can get her back. I'm going to use every opportunity from now on to show her that her feelings for me are real and only getting stronger?"*

Remember: The more confident you are about your attractiveness and value to her, the more naturally attracted she will feel to you.

Be warned though!

It's not about telling her that you feel confident though.

Don't tell her.

Just let her sense it based on how you talk, behave and react to her.

[image: Re-attract her with your confidence]

She will pick up on it and it will naturally make her feel more attracted to you.

If you tell her, you are putting her in the position where she essentially has to say, *“Oh, good on you. I’m proud of you,”* which then makes her feel like a mother or big sister figure in your life.

If you just show her and let her experience it, she then feels like your girl.

and that’s what she ultimately wants.

Another sign that she might be hoping that you fight for the relationship and get her back is

6. She doesn’t want to talk about her dating other guys, or only talks about it briefly and then changes the conversation

Again, there is more than one reason why a woman might avoid talking about dating other guys with her ex.

For example:

- She’s not sure if she wants to move on, or try to patch things up with her ex.
- She wants to fully secure a relationship with a replacement guy before she tells her ex about it.
- She doesn’t want him to move on before she does.
- She’s only just opened herself up to dating again and it feels weird discussing it with her ex.
- She’s still angry with him for what happened and doesn’t want to open up to him.
- She doesn’t want him to become angry about it, or potentially turn violent.
- She doesn’t feel like she has to tell him about it now that they’re no longer a couple.

Alternatively (and this is reason that you should believe is true for you), she doesn’t want to talk about dating other guys in case her ex starts believing that she’s over him and then decides to move on and find himself another woman.

Rather than discouraging him by saying she’s dating again, she may simply avoid talking about dating other guys and if he pushes her for an answer, she might say something like, *“Yes, I’ve been on a few dates, but it didn’t work out. I’m not ready for a relationship yet.”*

So, if your ex is doesn’t want to discuss the topic of whether she is dating other guys and hasn’t moved on yet, just look at it as a positive sign that she secretly wants you back.

Finally, another sign that your ex might want you to fight for the relationship is

7. She regularly asks if you’re seeing anyone new

Of course, your ex may just be asking if you’re seeing anyone new because she doesn’t want you to move on first.

Alternatively, she might be curious to find out if you have been able to move on, or if you’re struggling to find a girl after having your confidence destroyed when she dumped you.

There are many different potential reasons for her asking about it.

However, what I've found by helping 100s of men to get women back is that, more often than not, when a woman asks her ex if he's seeing any women, it's usually because she is missing him and secretly hoping that they get back together.

So, what should you do if your ex asks, *"So, are you seeing anyone new?"*

Rather than saying, *"No,"* to make her feel sorry for you, or saying, *"Yes,"* to hopefully make her feel jealous, just use it as an opportunity to spark her feelings for you.

How?

Turn it into a joke and make her laugh and smile.

For example: You might say in a joking way, *"Of course not! I'm just sitting home alone pining for you. I haven't taken a shower in weeks and I've put on about 200 pounds/kilos from emotional eating,"* and have a laugh with her about it.

Alternatively, you might say, *"Yes, I've got 5 new girlfriends. Is that okay?"* and then have a laugh to show her that you're joking.

Alternatively, you might say, *"Yes, I got married last week. We eloped to Vegas and had a drive through wedding"* and then have a laugh to show her that you're joking.

Approaching her question in that way ensures that you are doing the most important thing of all.

What is that?

Making her feel a renewed sense of respect and attraction for you.

She feels respect for you for having the balls to joke around in a moment like that, rather than feeling like you need to be totally serious and be on your best behavior.

She feels attracted to you because you have the ability to make her laugh, smile and enjoy talking to you.

As you may have heard many women say, *"I like a guy who can make me laugh."*

This is especially important in stressful or uncomfortable situations.

It takes balls and confidence to take a risk to joke around in a moment like that.

A woman might test her ex by pretending to not find it funny and saying, *"Be serious. This isn't a time for joking around."*

What should he do then?

Laugh at her for being so serious and say something like, *"Oh, Little Miss Serious Pants. Okay, let's be serious. Everything needs to be so serious. Now that we've broken up, there can be no laughing, no smiling and especially no feeling good. We've got to be serious, unhappy and not ever smile. Oh, okay,"* and then have a laugh.

In other words, he doesn't let himself get bowled over by the fake anger of his ex woman.

He doesn't crumble under her pressure and start sucking up to her.

He remains confident and believes in his attractiveness to her.

That is what works.

Wasting Precious Time

The biggest mistake that I see men make when they want to get an ex woman back is that they waste time.

A guy will waste days, weeks or even months wondering, *â€œDoes my ex secretly want me to fight for the relationship? Is she giving me signs that Iâ€™m not picking up on?â€œ*

Meanwhile, as each day passes, she becomes happier without him and begins to forget him for days without even thinking about him.

She moves on.

Yet, he is waiting around, wasting time and not doing anything to get her back.

When she doesn't come running back after days, weeks or months, he hopes that it's because she doesn't miss him yet and all he needs to do is stay out of her life for a bit longer (e.g. 30 or 60 more days).

Yet, that time passes too and she still doesn't come back.

Not knowing what else to do, a guy might then say to himself, *â€œMaybe if I give her another month or two of space, it will give her a chance to really miss me. She will then contact me and make it obvious that she wants me back.â€œ*

Yet, in almost all ex back cases where a guy is trying to get a woman back (who no longer feels attracted to him) that just doesn't happen.

She simply moves on without him.

She gets used to not having him in her life, meets new guys, has sex and possibly falls in love with a new guy.

How about you?

Have you been wasting time hoping that she will come back on her own?

Ignoring a woman for 30 to 60 days works on some women who can't deal with the pain of losing their man, but most women have no trouble at all moving on and finding a replacement man to fulfill their sexual and emotional needs.

So, if your gut instinct is telling you that your ex might secretly want you to fight for the relationship, you need to be the more emotionally strong one of the two of you and just do what it takes to get her back.

[image: Do what it takes to get her back]

You need to do what it takes to get her back even if she initially gives you mixed messages, or is a little distant and closed off.

Don't expect her to be nice and easy and give you super obvious hints, such as suddenly sending a text message like, *“I miss you so much. Can we talk?”*

That would be great to get such an obvious, direct text from your ex, but after helping men to get ex women back for many years now, I rarely come across cases where a woman makes it that easy.

In most cases, the woman doesn't want to make it easy because she wants to test her guy's confidence, avoid looking desperate herself or avoid getting rejected if she shows interest when he has lost interest and no longer wants her back.

This is why you just need to be strong and do what it takes to get her back.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

How Can I Get My Ex to Stop Being So Indecisive and Just Make a Decision to Be With Me or Not?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

6 possible reasons why your ex is being indecisive:

1. You're not making her feel enough respect and attraction to give her certainty about a future with you

[image: Should I get back with him?]

To make your ex stop being so indecisive and just make a decision about being with you or not, you have to make it worth her while.

Get her to the point where she's thinking, *"I would be crazy to let him go now because he really has changed. If another woman meets him, she will like the new him and maybe I'll then lose him forever."*

How can you do that?

By showing her that you really have changed, rather than promising that you will change or that she will feel differently if she is just patient with you.

Make her feel as though moving on without you will be a huge mistake that will come back to haunt her in the long term.

Don't tell her that.

Make her feel it.

For example: When you interact with her and she's saying things like, *"I don't know what I want,"* or *"I'm not sure if I want to get back together again,"* stay calm, cool and in control.

Rather than getting upset and saying something like, *"Hey, I'm tired of you messing me around. How long do you plan on stringing me along? Just make a decision one way or another so that we can both get on with our lives. Stop being so indecisive,"* you just need to focus on making her have feelings for you in that moment.

How?

By showing her that regardless of how confused she might be feeling, you always remain confident in yourself and in your attractiveness and value to her.

You don't get upset, you don't doubt yourself and you don't panic and worry that you're losing her.

You know that you're more than good enough for her and that she is going to give you and her another chance, so you remain confident and relaxed as you talk to her.

So, if she says something like, *"I'm not sure I want to get back together again. I need more time to think about it,"* you can say in a joking way, *"Sure. How long do you need? 10, 20, 30 years? Will that be enough? Let's make it 60 years. By then you'll be old and grey and covered in cobwebs, but maybe I'll be into collecting antiques at that point. Who knows,"* and

have a laugh with her about it.

By maintaining your confidence under pressure like that, she won't be able to help herself from feeling respect and attraction for the new you.

She will then begin to wonder, *â€œMaybe he is the right guy for me after all. Maybe we do have a future together. I like how I'm feeling. I don't want to lose him now.â€*

On the other hand, if you get upset and demand that she stop being so indecisive and just make a decision to be with you or not, she almost certainly won't obey you.

Instead, she will just keep giving you vague answers until you and her drift apart, or she meets someone else and can then say to you, *â€œSorry, but I've met someone else and I've made my decision. It's over between us.â€*

So, don't put yourself in that unfortunate position.

If you want her to change her mind, then focus on changing how she feels whenever you interact with her from now on.

Focus on making her feel attracted, not annoyed.

Focus on making her feel respect, not resentment.

Focus on making her feel love, not hate or indifference towards you.

When you focus on making her feel positive, desirable emotions, she will naturally decide that she wants to be back with you or at least give you another chance to see how it goes.

Another reason why your ex might be indecisive at the moment is that

2. You're not giving her any space to miss you

[image: You aren't giving her any space to miss you]

Sometimes, a guy will remain in constant contact with his ex after a break up.

For example: He texts her multiple times in a day, sends her long e-mails, messages her on social media and calls her on the phone as a way of staying on her mind and making his intentions (i.e. that he wants to get back together again) absolutely clear to her.

He wants to make sure that she knows exactly how much he feels for her, how serious he is about getting her back and how destroyed he would be if she didn't give him another chance.

In some cases, a guy might even try to make her feel pity for him by sending her messages like, *â€œWhy are you doing this to me? Are you having fun messing me around like this? Don't you realize how much I love you? Being apart from you like this is killing me,â€* as a way of trying to guilt trip her into making a decision about the relationship.

Yet, rather than make her think, *â€œOh, no! He's right. I'm being so unfair to him! He deserves an answer on my decision right away,â€* she just feels pressured and this may cause her to become even more confused about what she wants.

Why?

The pressure he is applying seems desperate to her.

Women aren't attracted to desperate men.

So, if she still had feelings for him and he then began to ruin them by being desperate, she would

begin to feel confused.

On one hand, she would feel like she wants to give him another chance, but on the other hand, she would be thinking something like, *“Why do I suddenly feel turned off by him? Why does he look different to me all of a sudden? Why am I actually starting to feel glad that we’ve broken up?”*

Why?

Simple.

He is ruining her feelings of respect and attraction for him and as a result, she starts looking at him in a negative light.

She is no longer looking at him through the eyes of attraction, so he just doesn’t seem so appealing and interesting anymore.

The more he pleads, panics and appears desperate, the less sexually and romantically attracted to him she feels.

So, if you want your ex to stop being so indecisive and just make a decision to be with you or not, what you need to do is make her feel a renewed sense of respect and sexual attraction for the new and improved you.

Interact with her and let her experience.

Don’t go on and on about how much you’ve changed, what you’ve changed or what you’ve learned.

Just let her experience the changes in you.

If you do it that way, she won’t see you as being desperate and as a result, she will naturally be able to feel respect and attraction for you.

Then, when she’s feeling attracted and thinking things like, *“I’m enjoying interacting with him again. It feels good,”* you need to stop contacting her completely (i.e. no texts, e-mails, social media messages, or even just clicking like on her posts, and no phone calls) and give her a few days of space to miss you.

Note: 3 to 7 days of space is enough time to make her miss you.

Any longer than that is usually a waste of time, because it just gives her more time to get over you.

So, don’t give her weeks or months of space.

Don’t go overboard with it.

After 3 to 7 days of space, you need to contact her (preferably by calling her on the phone) and continue sparking her feelings of respect and attraction for you (e.g. by using humor to break down her defenses) and then get her to meet up with you in person.

[image: Make her smile, laugh and feel good whenever she interacts with you from now on]

At the meet up, focus on making her smile, laugh and feel happy to be around you again, to the point where she’s saying, *“I’ve made up my mind. I want us to be a couple again.”*

Another reason why your ex is being indecisive about being with you or not might be that!

3. You’re trying to get her to make a decision via text

Maybe your ex has asked you to give her some time to think about what she wants, or maybe

sheâs refusing to answer your calls at the moment.

Alternatively, maybe you're worried that she might not want you to call her, especially after how badly the break up went.

Whatever the case may be for you, something important that you need to know is thisâ!

Trying to get your ex to make a decision about whether she wants to be with you or not via text, is one of the quickest ways to turn her off and make her say, *âIâve made up my mind and haveâ decided that itâs over between us.â*

Why?

If your ex currently only feels a very small amount of attraction and respect for you, she won't look at your texts in a positive light.

So, sending her a text like, *âWhy are you being so indecisive? Why canât you just make up your mind? Either you still love me and want to be with me, or you donât. How difficult can that be?â* is just going to annoy her.

Rather than make her think, *âWow, what an amazing text! I want to be with him again now. Everything about the way that he thinks, acts and behaves makes me feel so much respect and attraction for him now. Iâm afraid that if I waste another day trying to make my decision, I might lose him forever,â* she will think something like, *âDoes he honestly believe being pushy and demanding via text is actually going to make me want to be with him again? The more he texts me, the more I'm convinced that itâs over between us.â*

Her ex might think that he is making progress because she is reply to his texts, but a reply to a text doesn't mean much at all in an ex back situation.

In most ex back cases, a woman just doesn't feel enough respect or attraction via text to make a decision to want to be with her ex again.

Why?

She canât hear his tonality, see his body language or watch his behavior to determine whether or not he really has changed.

So, when you ask your ex to make a decision via text, she can't base it on how she feels about the new you.

The new you is holding a phone and texting her.

She's getting your words via text, but isn't getting to experience the new and improved you on a phone call or in person.

So, what does she do?

She bases her decisions on how she felt for the old you.

She imagines that you're still the same and still don't know how to make her feel the way she really wants to feel in a relationship.

As a result, she doesn't feel like making a decision to get back with the old you and keeps giving you mixed messages.

Eventually, she stops being indecisive and just texts back something like, *"It's over, okay? Stop texting me. We're not getting back together. Bye!"*

Thatâs not what you want, right?

If not, then make sure that you're not trying to get her back via text.

When it comes getting an ex woman back, text really sucks.

It's great when you're dating a new girl who really likes you and when you're in a happy relationship, but not when you're trying to re-attract your ex.

Here's the thing!

What you need to realize that you have a lot of control over how much or little respect and attraction your ex feels for you.

For example:

- Texting = Little to no attraction.
- Calling her on the phone = A good amount of attraction.
- Meeting up with her in person and letting her experience the new you = Strong feelings of attraction.
- Sex after the meet up = Maximum attraction.

So, don't waste anymore time texting your ex and getting frustrated when she responds with something like, *"I still don't know,"* or *"I'm just not sure what I want. Please give me more time."*

What you need to realize is that she's just waiting to feel enough of a spark to let down her guard.

So, get her on a phone call with you right away and blast her doubts away with your confident, charismatic, new and improved approach to interactions with her.

Let her be amazed by how much she now feels for you.

That is what works.

Another reason why your ex is being indecisive about being with you or not might be that!

4. She doesn't believe that you can instantly change and give her the kind of attraction experience she wants

Right now, your ex isn't seeing anything to make her believe that you're no longer the same guy she broke up with, so she's stalling.

She doesn't want to get caught up in a bad decision (i.e. get back with you and then have to deal with things being the same as before, which will likely only lead to her breaking up with you again) and waste more of her time.

She is waiting for some real evidence that you truly understand her now and are giving her the kind of attraction experience she wants when you talk to her and interact with her.

For example: You're more emotionally independent now and not as controlling or jealous as you used to be.

You're more driven and focused now, rather than being immature and wasting your time on unprofitable hobbies and distractions (e.g. watching too much TV, playing video games too much, going to the gym too much, hanging out and doing nothing with your friends too often).

You're more assertive in social situations now, rather than being a quite, shy or timid pushover

type of guy.

There are many subtle things that can turn a woman off and lead to a break up, so make sure that you really get clear on where you messed up with her.

You can then make the right changes in the fastest amount of time possible (most guys can adjust, improve and change in under a week) and then naturally re-attract her.

The faster your ex can see that you've changed, the quicker she will make a decision to just open back up to you and give you one more chance.

She will begin to think something like, *“Finally. This is what I've wanted from him all along. He really does understand me now and has taken steps to be the man I want him to be. So, I have no problem making up my mind now. It's a yes. I want to give this a try and see how it goes.”*

She then stops being so indecisive and allows herself to just follow her heart and give you another chance.

Another more reason why she's being so indecisive is because!

5. She doesn't want to have to teach you what she needs from a man

When a woman is struggling to make up her mind about getting back together with her ex or not, the guy might say something like, *“Just tell me what you want me to do and I'll do it. I'll do anything to help you make up your mind.”*

He's hoping that she will then say, *“Okay, I need you to do these 5 things and I will give you another chance. We can then get back together again and everything will be perfect.”*

Unfortunately, that's not how it works.

A woman rarely, if ever, wants to be a guy's teacher about how to be the kind of man that she needs.

So, when a guy is asking her to tell him what to do, she doesn't think, *“Okay, great! A willing slave. I can now get him to do whatever I want. I own him now. I can control him! Yayyy!”*

Instead, she feels turned off by the fact that he doesn't even know how to attract her in the ways that are important to her.

For example: He hopes that says something like, *“Okay, treat me nicer, take me out to dinner more often and listen more”* and he can then do that and everything will be fine.

Yet, that's not what is important to her.

What is really important to her is to be in a relationship where she can naturally respect her man as the leader of the relationship.

Alternatively, she might secretly want to be in the kind of relationship that makes her want to do good things for him all the time (e.g. cook for him, clean, suck him off, compliment him all the time).

Yet, he just doesn't bring that side of her out.

and she resents him for it.

She hates how equal their relationship or how she is usually the one in the power position and he's just doing whatever she wants him to do.

She's not going to tell him that though because he'd then begin promising to do it and it would feel fake or forced to her.

Here's the thing:

Women know that there are men out there who know how to manage a relationship like a real man and make a woman feel like a real woman as a result.

So, she doesn't feel like it would be fair for her to have to teach, instruct and guide her guy on how to be that kind of man.

She fears that might put all that work into improving him and he may then cheat on her and leave her when he notices that other women are so much more attracted to him now (e.g. because he's more emotionally masculine, charismatic and charming).

So, rather than waste more time or risk being cheated on or treated badly if he improves his emotional attractiveness, she just wants to get away from the relationship.

How about you?

Have you been asking your ex what you can change to make her happy?

If so, you need to stop putting that kind of pressure and responsibility on her.

It's not a woman's responsibility to do that for a man and in many cases, she has no idea on how to teach him or help him.

She just knows that something isn't right in the relationship, she's not feeling attracted and she should probably just leave.

If her ex puts pressure on her to make a decision, he will be asking her to make a decision at a point where she doesn't really feel enough respect, attraction and love for him to want a relationship.

Eventually, she will just say something like, *"I've decided what I want and it's not you. I want to be on my own now. You and I are not getting back together. You need to accept that now and leave me be."*

Another reason why your ex might be feeling indecisive about being with you or not is that:

6. You're giving her more power over you than she actually wants

When a woman is being indecisive about giving the relationship another chance, a guy might make the mistake of being on his best behavior around her (e.g. being extra nice, doing whatever she wants, being generous, listening to her problems and basically sucking up to her) to hopefully show her that he's a great guy and she will regret losing someone like him.

Yet, although a woman might temporarily enjoy how much power she has over her ex, it's not going to make her feel sexually attracted to him.

Instead, she will feel turned off by his desperation.

She might string him along for a little while to enjoy watching him suck up to her and do whatever she wants, but she won't want him back.

So, what should you do instead?

Stop giving her so much power over you.

Realize and understand that you have a lot of control over how much or little attraction you are making her feel.

For example: If you're being insecure, self-doubting and unsure of yourself, then you are making her feel turned off by you.

On the other hand, if you're being confident, self-assured and believing in yourself no matter what she says or does, then you are making her feel attracted to you.

Your ex doesn't want to see you in a state of desperation where you hand over all your power to her and hope that she takes pity on you and gives you another chance.

[image: You know you want me back]

She wants to see you rise up and meet the challenge that she has placed on your confidence.

Let her see that you know that she is feeling attracted to you again and aren't worried that she is being indecisive at the moment.

You know that she is going to want you back today, tomorrow or the day after that.

You know that you've re-sparked her feelings for you and she is going to sleep at night thinking about you, missing you and want you back.

As a result, you exude the type of confidence that is naturally attractive to her and pretty much every other woman on the planet.

So, don't wait for her to tell you that it's okay to believe in yourself and be confident.

Rise up to the challenge by believing in yourself no matter what she says or does.

If you do that (in a relaxed, easy-going way), you will see that she naturally changes her mind because you've changed how she feels about you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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When I Asked Her For Another Chance, She Said That it Was Too Late

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

5 possible reasons why she said it was too late when you asked her for another chance:

1. You used an unattractive approach (e.g. begging, pleading) when trying to get her back

When a guy gets dumped by the woman he loves, he will often feel a desperate need to get her back right away.

As a result, he may make the mistake of begging and pleading with her for another chance.

For example: A guy might start sending his ex endless walls of text, or long e-mails, saying things like, *â€œIâ€™m so sorry for what happened. Please forgive me. I just canâ€™t bear the thought of you being gone from my life forever. Just give me one more chance and I promise that this time things will be different. Please don't throw our love away. You are so special to me and I love you more than anything. The times we shared were so precious to me. I will do anything to make it up to you and prove to you that things really can be different this time around.â€*

Alternatively, he may call her up on the phone and say, *â€œI'm so sad. I canâ€™t take this anymore. Being without you is the worst feeling Iâ€™ve ever experienced in my life. What do I have to do to make you give me another chance? Do you want me to get on my knees and beg, because I will? I will do anything for you. Just tell me what you want me to do to make you change your mind.â€*

Sounds like something from a romantic movie, right?

So, it should work in real life then, right?

No.

Soppy, hopeless, desperate male characters in movies get the girl that way because that's how the script was written and how the actors have to act.

In the real world, women respond much differently to desperate pleas from a guy they've broken up with.

Why?

Women aren't flattered or amazed by it, even if the guy has good intentions with her.

[image: Can't you see that I love you and I'm sorry?]

When heâ€™s begging and pleading for another chance, rather than looking at him and thinking, *â€œWow, he must really love me if heâ€™s willing to do anything to get me back. I am so lucky!â€* she will think something like, *â€œThe more he begs and pleads, the more he ruins any feelings I might still have had for him. Doesn't he realize that women aren't attracted to desperation in men?â€*

For a woman, one of the most important parts of being in a relationship with a man is knowing that

she can look up to him, respect him and feel attracted to him at all times.

She can't do that if he falls to pieces and starts begging, pleading or losing control of his emotions when challenged by her or by life.

So, when a guy is begging, pleading and acting like he's hopeless without her, it doesn't cause feelings of trust and security in her.

Instead, she starts to feel more emotionally dominant than him, which turns her off.

It also makes her feel like she needs to be gentle, understanding and take care of him now, which just isn't what a woman wants from a relationship with a man.

A woman wants a man to be emotionally strong no matter what life throws at him.

She doesn't want to be with a guy who needs her to make things easy for him because he's so emotionally weak or sensitive.

Of course, there are some women out there who love it when a guy begs and pleads as a way of getting her back (usually insecure women who need an emotionally weak man to feel better about themselves), but most women feel turned off by it.

So, if your ex is saying that it's too late to get her back when you ask her for another chance, it might be because you begged or pleaded with her, or that you used some other unattractive way to get her back (e.g. sending her long letters explaining your feelings, bombarding her with emotional texts).

Don't worry if you made that kind of mistake though.

You can recover from it and make her feel respect, attraction and love for you again.

So, even though she's saying that it's too late right now, when you change your approach and re-spark some of her feelings of respect and attraction for you, she will naturally begin to change her mind.

She will stop focusing on how badly you messed up and start focusing on how good she feels whenever she interacts with you now.

As a result, she will start to feel drawn to you again and the idea of losing you will feel painful to her.

So, don't beat yourself up about what happened in the past (e.g. you begged and pleaded, you tried to get her back via text messages or letters, you annoyed her by trying to have long, deep and meaningful discussions to get the relationship back together).

All that is in the past.

What you do from now on is what matters the most.

As long as you focus on making her feel a renewed sense of respect and attraction for the new you whenever you interact with her from now on (e.g. by being confident and emotionally strong even when she is being cold and unfriendly towards you, making her laugh when things seem tense), it won't be long before she stops thinking, *It's too late*, and starts thinking, *Maybe we have a chance after all*.

Another reason why she might have said that it was too late is

2. She didn't think you could instantly change and give her the kind of attraction experience she secretly wants

[image: I don't believe that you can change]

When in a relationship, most women want to feel the following:

- Loved, appreciated and taken care of.
- Feminine and girly in contrast to her man's masculinity (e.g. he's so emotionally strong, while she is emotionally sensitive).
- Proud that she can look up to and respect her man.
- Sexually attracted based on how confident he is.
- Safe that her man is guiding both him and her to a better life in the future.
- Proud that her man has a big purpose and goal that he is striving to achieve that is outside of his relationship with her.
- Happy they both want the same things in life and are going in the same direction.

So, if a woman gets a sense that many of those things are missing from her relationship with a guy, she will gradually start to question her reasons for sticking around.

This is what usually causes a couple to go from being all loving and intimate in the beginning of a relationship, to arguing and feeling angry with each other once the initial thrill begins to wear off.

Essentially, all the things a woman was willing to overlook because of her feelings of new love and lust, suddenly become glaring problems that she's not willing to ignore any longer.

She then starts to change and be less loving, caring and affectionate.

At that point, a guy might feel confused and wonder, *"What happened? Why is she always so moody these days? I don't get it. What's wrong with her?"*

What he doesn't realize is that certain behaviors are starting to cause her to lose respect and attraction for him (e.g. he's too insecure now, he is wasting time hanging out with her all the time rather than following through on big goals, he is too controlling of her, he has become too emotionally sensitive).

If he understands where he has been going wrong and makes changes, she will automatically begin to change and go back to being a loving, caring, supportive and affectionate woman.

On the other hand, if he just continues repeating the same mistakes over and over again, she will lose too much respect and attraction for him to want to stick around anymore.

At that point, she will break up with him and try to move on because she doesn't believe that he is capable of changing.

If he tries to ask her for another chance, she will say something like, *"It's too late. We had our time and it didn't work out. I'm over it now. You need to let me move on."*

A guy will then feel confused at how she could so easily leave him and just want to move on without him, when he really is sorry and really wants to do better.

Yet, being sorry and wanting to do better is not enough.

A woman needs to feel as though her ex really has changed already and doesn't need her to be patient

with him anymore.

She can interact with him and feel the difference in how he makes her feel now.

So, when a guy gets broken up with, it's essential that he immediately begins the process of fixing his issues and improving himself.

For example: If he had become too insecure in the relationship, he needs to immediately begin understanding how confidence works and how to be confident at all times.

She will need to sense that he remains confident and in control of his emotions, no matter how difficult she is behaving or how cold or rude she is being when he tries to talk to her.

If she talks to him and he conveys insecurity and self doubt, she will know that he hasn't changed and getting back into a relationship would mean pretty much more of the same old, same old.

So, if you want your ex to give you another chance, don't say to her that you will change when you get back together again.

You need to already have changed the things that are important to her, before she will consider giving your relationship another shot.

If you try to get her back before changing what is important to her, she will likely just think, *â€œHe hasn't changed anything about himself and he doesn't even know what to change. I don't believe he can be the man I want him to be and give me the attraction experience I really want. Giving him another chance will just be a waste of my time.â€*

As a result, she will insist that it's too late for you and her and you just need to move on without her.

Another reason why she might have said that it was too late is because

3. She's already interested in a new guy who is giving her the attraction experience she wants

[image: She is already interested in a new guy]

In some cases, a woman might say that it's too late to give her ex another chance if she's already found herself a replacement guy, but doesn't want to admit it yet.

For example: Some of her reasons for not admitting it to her ex might be:

- She's afraid that he might get angry with her and possibly even become violent.
- She's worried that he might get into an argument, or even a physical fight with her new guy.
- She wants to keep her ex around for a little while longer, until she's fully over him and in love with the new guy.
- She doesn't want to deal with him becoming overly emotional and potentially even crying to her about it.
- She doesn't want to explain to him why she's more attracted to the new guy than she is to him.

So, rather than create unnecessary drama for herself, she simply prefers to let him down easy by

telling him that itâs just too late for them to get back together.

Where a lot of guys go wrong at that point, is thinking that the only possible solution now is to give her 30, 60, or more days of space so that she can come to her senses and miss him.

Yet, giving a woman months of space in a situation like that usually only allows her to get over her ex and move on happily with her new guy.

So, donât make the mistake of getting out of her life and hoping that she will come back, even though sheâs no longer attracted to you or in love with you anymore.

Watch this video to understand whyâ

By the wayâ

If your ex has found herself a new guy, it doesnât mean you canât get her back.

It simply means the new guy is potentially giving her the kind of attraction experience she always wanted from you.

It doesnât mean that heâs perfect or better than you though.

Heâs just filling in the gaps that were missing in your relationship with her (e.g. If you were insecure, heâs confident. If you didnât get along with her friends and family, he does. If you were a loner, heâs got a big social circle of friends that love him).

With that much of a difference, it might seem like thereâs no hope for a guy in that situation, right?

Wrong.

Over the years, Iâve continually seen men re-attract their ex woman from a guy who she seemed so happy with initially.

Why?

The new guy wasnât perfect and in most cases, he wasnât really a good match for her overall.

For example: If your ex has a new guy, then itâs highly like that he lacks a lot of your attractive traits (e.g. Heâs childish and immature, whereas you are driven and responsible. Heâs nice to her in public, but treats her mean in private, whereas you always gave her the respect that she deserved. He is arrogant and selfish, whereas you are confident and kind).

If thatâs the case, itâs only a matter of time before she realizes that he isnât so good for her after all.

However, donât wait a long time for that to happen.

You donât need to wait on the sidelines and hide away from her until she dumps him.

If you do that, you could be waiting for 6 months or a year or more and by that time, you will probably lost a lot of confidence in yourself.

Additionally, she might leave him and get right into a new relationship with another guy.

So, donât put yourself in that unfortunate, depressing position where youâre just waiting for her to come back, even though sheâs no longer attracted to you.

If your ex has a new guy, you need to understand the things that attracted her to him in the first place and then quickly add those traits to what you can offer her.

For example: If he is more confident than you, then get help to quickly level up your confidence.

If he is more emotionally masculine than you, then get help to become more ballsy and emotionally tough.

Then, interact with her and let her experience that.

If you do, you will interrupt the process of her moving on and she won't be able to stop thinking about seeing you again.

All of sudden, she will begin to wonder things like, *â€œWhy am I feeling more attracted to my ex than I am to my new guy? Iâ€™m not sure if I made the right choice. Maybe I need to just see my ex again and give him a chance. I don't like the idea of losing him now. I still want him.â€*

Another reason why she might have said that it was too late is becauseâ€¦

4. She has given you plenty of chances before and nothing has ever really changed

What a lot of guys don't realize is that every time he interacts with his ex girlfriend (fianc  or wife) after the break up (e.g. via text, social media, on a phone call and especially face-to-face) she is essentially giving him another chance.

Just by responding to him, picking up the phone, or agreeing to meet up with him, she's basically saying (without using words), *â€œOkay, let's see if you've changed, or if you're still the same guy that I broke up with.â€*

If a guy understands this, he will use every opportunity he has with her to reawaken her feelings of respect, attraction and love for him by showing her that he really is a different man now (e.g. by being confident, even when she is being cold and distant and making her smile, laugh and feel good to be interacting with him again).

On the other hand, if a guy doesn't realize that every interaction is his chance to get her back, he will waste the opportunity by making some of the following mistakes.

Mistake 1: Explaining his deep feelings for her via e-mail, letter, social media message or text

Why doesn't this work?

When a woman has lost touch with her feelings of respect, attraction and love for a guy, she stops caring about how he feels or what he wants.

It doesn't matter if he explains how much she means to him, what he loves about her, what he cherishes about their time together and what he hopes for their future.

He is now a guy that she doesn't have feelings for, so she just doesn't need to care.

If she cares, then she will be getting back into a relationship with a guy who has no idea how to make her feel the way she really wants to feel.

So, rather than giving him another chance, she just thinks something like, *â€œYou may still love me, but I don't feel the same way about you anymore. I've already given you plenty of chances and you blew every single one. Now it's just too late.â€*

Another mistake guys make isâ€¦

Mistake 2: Trying to get her back via text, rather than letting her experience the new and improved version of him on a phone call or in person

Why this doesn't text work to get an ex back?

A text message is simply a bunch of words on a screen.

It doesn't truly convey a man's confidence or emotional strength.

He can act that way via text, but it doesn't mean that he'd be the same way in person.

and she knows that.

So, rather than giving him the benefit of the doubt and assume he's changed and become a better man, a woman will usually just think the worst of him.

She will assume that he's just acting confident, cool and collected, when in fact, he's insecure, nervous and emotional.

When she imagines that, she will feel turned off and close up even further.

If he continues to text her, she will imagine the insecure version of him plotting and planning to win her back via text.

In most cases, a woman will just roll her eyes at the texts and think, *"Nice try, but no thanks. It's too late."*

So, what should he do instead?

Get her on a phone call and let her experience the changes in him (e.g. via the tonality of his voice, his conversation style, the way he responds to her).

Once she is feeling some attraction and being more relaxed and open to the conversation, he needs to get her to meet up with her in person.

At the meet up, he can then fully reactivate her feelings for him and get her back.

That's how it's done.

So, if your ex is currently saying that it's too late, it may be because she feels that she given you enough chances already and you haven't yet given her any real evidence (on a phone call or in person) that you can now make her feel differently.

You may have tried to reason with her or explain your point of view, but that isn't what she needs.

Reasoning and explaining doesn't make a woman feel sexually attracted and turned on by her ex.

What does?

Displaying traits and behaviors that naturally attract women and that are very important to your ex (e.g. Does she want you to be more ballsy when talking to her? Does she want to feel feminine in comparison to your masculine energy, tone of voice and behavior?).

You have to focus on making her have sexual feelings and when you do, she will naturally begin to have romantic feelings for you too.

So, from now on, just remember that every interaction you have with her is actually another mini chance to get her back.

If you get her on a phone call with you and you make her laugh, you're one step closer to getting her back.

On the other hand, if you get her on a phone call and turn her off (e.g. because you're too nervous

and insecure, are trying to get into a discussion about the relationship), it will be another mini chance that youâve just lost.

Finally, another reason why she might have said that it's too late for you and her is thatâ

5. She's already had enough time to get over you and now wants to move on

If she has moved on already, this might be because you used the No Contact Rule (i.e. cut off all communication with her for 30 to 60 days), in the hopes that she would miss you and want you back. Unfortunately, ignoring a woman who has disconnected from her feelings, usually only gives her the time she needs to fully get over the break up and move on.

She doesn't really care anymore and as a result, she opens herself up to new guys and actively tries to move on without her ex.

Regardless of your exâs reasons for saying that itâs too late for you and her to get back together again, something you may not realize is that itâs never too late to get an ex back.

When you re-spark your ex's feelings of respect and attraction for you again, everything changes.

She canât hold on to her old ideas about it being too late for you and her, because she no longer feels turned off by you.

Essentially, the guy that she said, *"It's too late"* to isn't who you are now.

You have changed.

The old you doesn't exist anymore.

The new you is making her feel respect, attraction and love.

That's who she is thinking about and missing when you interact with her and reactivate her feelings.

Guys all over the world are able to easily get their ex woman back that way.

So, stop worrying about the fact that said it was too late.

Just make her fall in love with the new you every time you interact with her from now on.

Soon enough, she will be back in your arms again and will have forgotten all about what she said to you before.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

My Girlfriend Broke Up With Me Because I Wouldn't Commit

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are the 5 steps to get your girlfriend back after she broke up with you because you wouldn't commit!

1. Don't offer your commitment in a desperate way now

[image: Don't desperately propose to her]

When a woman breaks up with a guy because he wouldn't commit, he will often panic and think something like, *"Oh no! How could I let this happen? I ruined a perfectly good relationship with my ideal woman because I didn't want to give her anything more than we had together. What am I going to do now to get her to see that I will commit?"*

He might then make the mistake of classic desperately trying to show her how much she means to him and how willing he now is to commit.

For example: *"Please baby, don't do this to us. What we had was so special. You can't just throw that away. I was a fool not to realize sooner that you are the most important person in my life. I know it now though and I want to make it up to you. Whatever you want, I'm willing to go along with it. Let's move in together/get engaged/get married. I'm 100% committed to giving our relationship my all from now on. Please, give me another chance. I beg you! Please."*

Yet, rather than make a woman happy that she is finally getting what she wanted from him, she feels even more turned off and annoyed with him.

Why?

Firstly, women never feel attracted to desperation in men.

[image: Please don't leave me! I will do anything to make it up to you!]

So, when a guy is begging and pleading to a woman, it might temporarily make her feel good that she has so much power over him, but it's not going to make her look up to him and respect him as her man, or feel sexual attracted to him.

As a result, he won't seem attractive and appealing to her anymore.

She will feel like she might have even made a mistake in getting into a relationship with him in the first place, if that's who he really is as a person underneath or when challenged.

Secondly, most women don't want a guy to make a commitment to her simply because he's afraid of losing her and doesn't know what else to do to hold on to her.

[image: Just give me a chance]

The commitment will feel forced and she will have to worry that he really isn't committed and is only doing it to keep her for a while longer, until he's ready to break up with her.

She doesn't want to continue being the one who is always worrying about being dumped or left behind.

So, if you want to get your girlfriend back, don't make any rash, desperate decisions that might

cause her to pull away from you even more.

Of course, if you've already offered your commitment to her by begging and pleading in a desperate way, don't worry about it.

What's done is done.

As long as you make sure that, from this moment onwards, you show her that you've learned from the experience and have become a better man as a result (e.g. emotionally stronger, confident, emotionally mature), she will begin to drop her guard.

When she can see for herself that you have sincerely changed and are not just chasing after her and making promises out of desperation, she will start to feel respect for you again.

You can then build on those feelings and make her remember why she seriously wanted to share her life with you in the first place.

The next thing you need to do is

2. Get her to forgive you

Apologizing to your girlfriend for your mistake is a good thing, but it's not everything.

An apology makes her feel heard and feel like you've made the effort to understand where she's coming from.

Yet, that's where the story ends.

After apologizing, you have to transition to forgiveness, so she can drop her guard and truly open back up to you.

If your girlfriend doesn't forgive you for making mistakes in the relationship, then you're stuck.

Without forgiveness, she's not going to feel good about the idea of giving you another chance.

She will have her guard up and remain focused on your negative qualities or the fears she has about getting back into a relationship with you.

So, you must to get her forgiveness.

How can you do it?

Say something like this to her, *"I understand that right now, forgiving me is probably the last thing you want to do. You might even be thinking that your feelings for me are dead and that you've wasted enough of your time with a guy like me who won't commit to you. You might also feel like you deserve to be treated better and you do. I couldn't agree with you more. I definitely stuffed up and I never realized what an amazing girl I had until I lost you. I don't expect you to take me back, but I do want you to know I'm not that guy anymore. Rather than taking me back, I just want you to forgive me. Forgive the old me for being such an asshole. I know that you are mature enough as a person to understand that people sometimes make mistakes. We're only human. As long as a person learns from their mistakes and becomes a better person as a result, I think everything improves and moves in the right direction. So, can you forgive the old me? I'm not asking you to forgive me so we can get back together. I'm asking you to forgive me because you will feel better about yourself and any new relationship you decide to have. You'll be able to start with a clean slate, rather than always feeling scared that what happened with us will happen again."*

Of course, saying something like that to her doesn't mean that you're giving up on you and her getting back together.

It also doesn't mean that you're encouraging her to find another guy.

You're just being the more mature one in the situation, which will make her feel respect and attraction for you.

When she feels that way about you, she won't want any other guy and will feel drawn to you again.

After forgiving you, she stops going over your mistakes and feeling angry and disappointed at you.

Instead, she starts seeing you as an emotionally strong man who has taken responsibility for his actions in a mature way and is doing something to rectify them.

She then starts to look at you as you are now, rather than the guy she broke up with who wouldn't commit.

From that point onwards, you've just got to make sure that every time you interact with her, whether it's on a phone call or in person, you making her feel a renewed sense of respect and attraction for you.

When you do that, her feelings come flooding back and she becomes more open to the idea of being in a relationship with you again.

3. Reactivate her feelings by attracting her in ways that she liked at the beginning of your relationship

[image: Reactivate her original feelings for you]

Your girlfriend obviously fell in love with you and wanted a commitment from you for a very good reason, right?

In other words, she loved you, respected you and felt attracted to you.

She really wanted to be with you and saw you as being the one.

So, get it out of your mind that just because she broke up with you, it's completely over now and you could never make her love you again.

Yes you can.

When you start behaving in the ways that attracted her to you in the first place (e.g. confident, cool, charismatic, fun, interesting), she won't be able to stop herself from reconnecting with her feelings of respect, attraction and love again.

Think back to what she loved about you the most and do more of that when you interact with her from now on, while at the same time doing less of the things that annoy her.

For example: If your girlfriend was attracted to you initially because of your sense of humor, bring that out every time you interact with her.

Make her laugh and smile, especially when she's being cold and saying, *"I'm sorry, but it's over."*

If your girlfriend loved your ability to make her feel feminine and girly in contrast to your masculine strength, then make sure you don't suddenly start sucking up to her, being extra nice and sweet

and allowing her to dominate you because you think that will make her happy.

So, re-spark her feelings by giving her what she liked at the beginning of your relationship, while also making sure to avoid displaying things that gradually turned her off (e.g. insecurity, being too emotionally sensitive).

Where some guys go wrong is by neglecting what has always worked (e.g. being the cool guy that he is) and trying to get her back by putting on an act of being someone he's not.

For example: A guy might suddenly become very romantic to hopefully show his ex how much he cares for her.

He might send her a bouquet of flowers, buy her special gifts and even write her love letters, poems or songs.

Yet, rather than impress her, when a guy is behaving out of character (i.e. he's never been romantic before), he just ends up appearing desperate or insincere to her.

She then closes up even more because she feels turned off by his desperation and loses trust in him due to him being insincere by putting on an act of being Mr. Nice Guy or Mr. Romantic all of a sudden.

So, don't waste time pretending to be someone you're not.

Instead, attract her in the ways that used to work so well, while also making sure to add in new ways of attracting her that are extensions of that.

For example: If she was initially attracted to your confidence and humor, make sure to continue being that way, but don't stop there.

Level it up so that you're very confident and now using humor that even funnier and more enjoyable to her (e.g. ballsy humor).

An example of ballsy humor is calling her up and saying, "Hey ex girlfriend, what's going on."

Another example is where she asks, "So, how have you been?" and you jokingly say, "Well, I was having a great day and then you called. Now I have to listen to your annoying voice" and have a laugh with her about that.

4. Stop asking for a relationship and start making her feel like she wants to be in a relationship with you again

One of the most common reactions that guys have when they get broken up with for not wanting to commit is to try to convince their ex to give them another chance by getting into long discussion about the relationship, what he wants, what he has learned and how he hopes to make it up to her now.

For example: A guy might call his ex woman and say things like, *"Please just think about how much we've been through and what a waste it would be to just throw all that away because I wouldn't commit. Do you remember how you used to tell me that you wanted to grow old with me? Do you remember how we talked about marriage and starting a family? Well, that's still possible for us. I am ready now. So, please just give me a chance. I promise that things will be different from now on. This break up has been a wake up call for me. I am ready to commit to you 100%"*

If she keeps saying *"No"*, a guy might then think to himself, *"Nothing is working. Well if*

a commitment is what she wants, then that's what I'm going to give her.

He might then say to her, *"Look, I am serious. I have already been looking at rings. I was planning on proposing to you the next time I saw you. Please believe in me. I have changed."*

Here's the thing though!

In small number of cases, proposing can work because the woman was just trying to put so much pressure on him until he did propose, so she accepts his proposal because that is what she actually wanted.

Yet, in all other cases, the woman has already had enough of the guy's BS and is turned off for other reasons too (e.g. the guy had no real plans for his future that we was continually following through on and making progress on, he had a wandering eye and stopped making her feel appreciated and loved).

So, she isn't just breaking up with him because he wouldn't commit.

She doesn't want a guy who isn't ready to grow up (even if he's 30 or 40 years old and hasn't committed to her yet. It's not about age, it's about maturity level) because she doesn't want to waste any more of her time.

As you may know, a woman's fertility rapidly begins to decline after she reaches the age of 30.

So, even if a woman doesn't want kids, hates kids or just maybe wants kids, she will still be largely influenced by her breeding instincts.

In other words, her instincts are telling her to leave and find another man who would be ready and capable to breed and stick with her long enough for the offspring to be safely raised.

In modern culture, we have invented the idea of staying together for life because it's more politically and socially correct.

However, our instincts are essentially driving us to get to the point where we can breed and then raise offspring that can go onto survive and breed.

Everything else (e.g. dating, going on holidays, having fun together as a family) is just dressing, accessories and distractions to make sure that the breeding happens and the offspring are taken care of.

Anyway, enough of the deep stuff.

Let's back to the simple stuff about you getting her back.

The thing is, your ex girlfriend doesn't want you to propose to her just to get her back or propose because you think that she wants it.

She wants you to be in this for real, without desperately trying to prove that to her.

In other words, she has to be able to sense your sincerity, without sensing desperation.

To show her that, you need to relax, focus on re-attracting her and not be in a desperate hurry to rush her back into a committed relationship.

Let her feel attracted to you again and want it and she will naturally come back to you.

The more that you make her feel good (i.e. attracted, respectful of you, falling back in love with you) when she's with you or interacting with you, the less she'll keep focusing on the fact that you wouldn't commit to her in the past.

She won't want to focus on that because she won't want to ruin the good feelings she is now experiencing around you.

As a result, her walls will come down and she will believe that giving you another chance is actually something that she really wants to do.

and it will be true.

She will want to do it for her own reasons (i.e. she is attracted to you again, worried about losing you now, feeling like the relationship still can work).

However, if you just keep asking for a relationship without re-sparking her feelings of respect, attraction and love for you first, she's not going to feel like it's something she really wants to do.

She will feel as though you're trying to force her into something for your own reasons (e.g. you feel lost without her, you want to stop feeling the pain of being rejected by her, you are embarrassed to admit to your family and friends that you got dumped and she no longer wants you).

So, make sure that you focus on re-attracting her and making her naturally want you back, rather than making her put her guard up because she senses your desperation and need.

5. Give her 3-5 days of space in-between attraction building meet ups

If you keep texting, e-mailing and calling your ex non-stop, she won't have any time to miss you.

Instead, she may begin to think, *First he wouldn't commit to me and now he won't leave me alone. He's driving me crazy! I didn't know that he was really like this deep down. Maybe I was wrong about him when I thought that he was such a confident, cool guy. I don't see him that way anymore. He seems like a needy, desperate guy. He's lost the appeal that he used to have. I don't feel it anymore.*

You don't want that to happen!

So, make sure that you give your girlfriend enough time between every interaction (i.e. where you make her feel attracted to you again) to feel like she misses you and wants more of you.

She will then realize that she does still love you and wants to be with you, despite the fact that you wouldn't commit to her before.

She will see her feelings for you as being a sign that you and her aren't meant to remain broke up.

As a result, she will open back up to you and the relationship.

However, don't make the mistake of giving her too much space (some guys go overboard and ignore a woman for weeks or even months), or she will just go back to thinking that you don't care enough to commit.

So here's what you need to do:

Call her on the phone, or meet up with her in person and spark her feelings for you by making her laugh, smile and feel excited to be interacting with you again.

Give her a few days of space to allow her to miss you and miss how good it feels to be interacting with you again.

Wash, rinse and repeat until she's saying, *I want to get back together again. You are the man for me.*

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Should I Send My Ex Flowers?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

No, it never works because flowers are a romantic gesture that women love and appreciate from a guy that they are either in love with, or falling in love with.

If a woman has broken up with a guy because she no longer feels enough respect, attraction and love to be in a relationship with him, getting flowers is not going to suddenly re-spark those feelings inside of her.

Instead, she will almost certainly just roll her eyes and say, *“Nice try, but no thanks. We’re still broken up.”*

Why?

The flowers are not you.

They’re just an object that you have purchased and sent to her.

If she is going to be in a relationship, it will be with you, not flowers.

At the moment, she is turned off by you and no longer feels enough respect, attraction and love to justify being in a relationship.

If you want her back, you have to change that by interacting with her and making her feel attracted to YOU, not flowers.

What matters to her at this point is how YOU make her feel.

Objects, gifts and romantic gestures just won’t cut it anymore.

5 Classic Mistakes That Romantic Guys Make When Trying to Get an Ex Woman Back

[image: Will you take me back now that I've bought you flowers?]

When a guy makes one or more of the following mistakes, it only turns his ex woman off even more...

1. Trying to be romantic when she doesn’t have feelings for him

Being romantic is a lot of fun for some guys.

â€¦even if it’s not fun for the girl.

They enjoy being a ‘Knight in Shining Armor’ kind of guy that buys a woman flowers, treats her like a princess and acts like a gentleman around her as much as possible.

Here’s the thing thoughâ€¦

Some women do like that kind of treatment from a guy, but ONLY if the feelings are mutual.

For example: If a guy shy, lacks confidence in himself and is trying to make up for that by sucking up with her with gentlemanly, romantic gestures, she’s not going to be impressed by it.

On the other hand, if a guy has a high level of social confidence (i.e. not just confident around her,

but confident around all types of people), then anything sweet or nice that he does is going to be enjoyable for her.

Why?

She is attracted to him.

Confidence is attractive, whereas shyness and insecurity isn't.

So, getting flowers from a shy guy feel completely different to a woman than getting flowers from a confident guy.

Understand?

In the same way, if a woman doesn't feel attracted to her ex anymore (i.e. because he turned her off for various reasons), she's not going to appreciate his romantic gestures.

His efforts to win her over with flowers, gifts or love letters will seem misplaced, weird or even 'creepy' or stalkerish because she just doesn't feel the same way as he does.

He is attracted to her, but she's not attracted to him at that point, so the flowers are well, just flowers.

If he re-attracted her first, had sex with her again and made her want the relationship, it would be a different story.

She could actually appreciate and enjoy the flowers because they'd be coming from a guy that she is attracted to and falling back in love with.

So, if you are tempted to send her flowers before you've re-attracted her and hooked up with her again, I recommend that you think twice about it.

What should you do instead?

Make her feel attracted to YOU again.

Getting a woman back is easy when you focus on naturally re-attracting her when you interact with her.

Unfortunately, a lot of guys don't know how to re-attract their ex woman in a natural way, so they resort to gift giving, love letters or trying to convince her by having long discussions about the relationship.

It's not a guy's fault though.

Most guys just weren't lucky enough to have an excellent male role model (e.g. a father, big brother, uncle, grandfather) who clearly explained how to maintain a happy relationship and how to handle a break up if it ever happens.

Without that knowledge, a guy is essentially on his own and has to try and work it out all by himself.

As a result, he might be confused by what he sees on TV and in movies.

For example: On TV and in movies, women almost always respond positively to guys who are being romantic (e.g. sending her bouquets of flowers, buying her chocolates and sentimental gifts like teddy bears or heart shaped jewelry).

So, it seems like that might be a way to a woman's heart.

After all, if the fictional characters on TV and in the movies like it, maybe it means that real women like it too.

It's worth a try, right?

No, not really.

However, the fact is that a guy only knows what he knows.

If his awareness and knowledge about women includes the notion that flowers can solve problems in a relationship, that's what he will think could win her over and get her back.

A guy might then say to himself, *â"¢Should I send my ex flowers? I've seen it work before (on TV or in the movies), so maybe it will work for me too? When she gets the flowers, she will realize that I truly care about her and am sorry about my mistakes. She will then feel compelled to give me another chance.*â"¢

Wouldn't it be nice if life were that simple?

Just send her some colorful plants and like magic, she's back in your arms again.

It would be nice, but let's talk about reality here, not fantasy.

If you want to get your ex back, you've got to focus on what works in the real world, not in a hopeful fantasy idea of the world that you wish existed.

She is a real woman, not an actress in a TV show or movie that has been instructed to swoon over the flowers that are sent to her.

Here's the thingâ"¢|

Even if your ex has watched TV shows or movies where the woman was given flowers and your ex thought it was cute, sweet or romantic, it doesn't mean that she will feel that way when you send her flowers.

Remember: TV and movies are not the same as real life.

In real life, romance is only enjoyable when the feelings are mutual.

You might want to read that last sentence again.

It's that important.

You simply must understand the reality that romance is only enjoyable to a woman when she is in love or falling in love with a guy.

Anything outside of that is seen as annoying, unwanted, unwelcomed, misguided, confused, weird, creepy or even stalkerish to her.

So, just because it works in the movies, don't assume that it work in real life.

A woman is smart enough to know that a movie relationship (i.e. a fake, scripted relationship designed to entertain an audience) can be patched up with flowers, gifts and romance.

If every movie just showed what was really required to get a woman back, it wouldn't be as enjoyable and it also wouldn't be as politically correct.

For example: Most TV shows and movies don't want to come out and say, *"Hey, you need to man up and start being more ballsy when you interact with your ex girl. That's how to get her back."*

Some movies show that (e.g. the guy saves his ex girl from a bad situation), but your ex probably doesn't need you to save her from any dangerous villains right now.

So, what should you do instead?

How can you show her that you've manned up and are now the kind of emotionally strong, emotionally masculine, ballsy and charismatic man that she always wished you would be.

Simple.

Get her on a phone call or meet up with her in person and let her experience that new and improved side of you.

Believe me, she's going to be much more impressed than a bunch of colorful flowers.

So, a question to ask you at this point is: Do you know what things about you really turned her off and made her want to end the relationship?

For example: Sometimes, a woman will break up with a guy because she got sick and tired of him taking her for granted, treating her badly or not committing to her in the way she really wanted.

So, him sending flowers isn't going to change that, or prove to her that he's now ready to take the relationship with her seriously.

He thinks it will, but she doesn't see it that way.

Instead, she might just roll her eyes and think something like, *"He's buying me things to hopefully make me forget my reasons for breaking up with him. Does he really think that flowers will prove to me that he really has changed?"*

Of course, some women will smile when they get the flowers and maybe even feel a bit impressed by it, depending on the reason for the break up.

However, flowers are not what gets a woman back and in most cases, flowers just turn the woman off even more.

Most modern women don't like the idea of receiving flowers anymore.

It just seems so tacky and outdated.

It's like something you'd see in an old movie, or a movie with a nerdy guy who has no idea how to win a girl over.

It's just not that hip, cool or hot anymore.

The only time women appreciate it is when they are in love or falling in love.

Even then though, many women don't want to be sent flowers because it's too soppy, old school romantic.

If you believe that your ex is the kind of woman who would appreciate flowers, then make sure that you only give them to her AFTER you've re-attracted her.

Another classic mistake that romantic guys make when trying to get an ex woman back is

2. Thinking that all women are so simple and naïve, so she will be also amazed by the romantic gesture of sending her flowers

Sure, some women are naïve, simple and even stupid.

Yet, most women aren't.

Women are just as intelligent as men, so they don't fall for obvious tricks like sending her a bunch of flowers after a break up to hopefully get her back.

A woman can see that her ex is just hoping to distract her from the real problems in their relationship.

3. Hoping that her friends or coworkers are amazed by his romantic gesture and will then convince her to give him another chance

Wouldn't it be nice if all a guy had to do to get his ex back was send a bunch of flowers and then wait for a woman's friends and coworkers to do the rest of the work for him?

Her friends would say to her, *"Oh my! How can you break up with such a wonderful, thoughtful guy? He's so sweet and romantic. What a dream guy! He must really care for you if he's sending you such beautiful flowers. Come on, don't be so hard on him. At least give him a chance. He deserves it. Besides, where else will you find a romantic guy who is willing to spoil you like this? I mean, you sent you flowers! Wow! Good guys like him are so hard to find these days. Flowers are everything! Flowers are so important! Give him a chance!"*

Wouldn't that be nice?

Your ex would then say, *"Oh, no! What was I thinking? I almost ruined a perfectly good relationship with a good guy! He doesn't make me feel attracted and in love anymore, but who cares. He sent me flowers! Flowers ARE everything. They are colorful little plants and that's all I need. It was silly of me to break up with him. I'm the luckiest girl in the world for having such an amazing ex willing to give me another chance with him. I'm going to call him up right away and tell him I want him back."*

It would be nice, but that's not how things work in the real world.

In reality, even if a woman's friends and coworkers try to convince her to give a guy another chance because he sent her flowers, she will still say something like, *"Look! I know you guys mean well, but I just don't have any feelings for him anymore. He doesn't know how to make me feel the way I want to feel. It's over"* and they will understand her point of view and let it go.

4. Not even knowing what type of attraction experience she really wants in a relationship

[image: You don't even know what I want from a relationship]

Some guys go through life thinking that a woman's attraction to a man is based on his physical appearance (i.e. the more good looking he is, the better chance he stands in getting a beautiful girlfriend or wife and keeping her).

So, after getting dumped, he might think, *"I'm going to have to fix myself up and become more physically attractive to her to get her back"* and then head off to the gym for extra workout sessions.

Yet, that's not what most women care about when it comes to attraction in a relationship.

What matters the most is how you make her feel when you talk to her and interact with her?

In other words:

- Are you confident and emotionally masculine when you talk to her, or are you insecure and emotionally neutral (or worse, emotionally feminine at times)?
- Do you make her feel feminine and girly in comparison to your masculine vibe, or do you make her feel neutral like a friend (or worse, make her feel like she is tougher than you)?
- Are you able to pass her tests of your confidence (e.g. when she teases you about things, acts

upset when she isn't, doesn't show affection, throws a tantrum), or do you crumble under her pressure?

- Are you able to maintain the position of power in the relationship in a confident, easy-going manner, or do you become very controlling and strict in order to get her to listen to you or do what you say?
- Do you make her feel like she has to impress you a little to maintain your interest, or do you essentially worship the ground she walks on even though she doesn't treat you well?

Those are the things that really matter a woman.

Some guys try to re-attract their ex woman by improving their physical appearance, but get nowhere with her because she just doesn't really care about that as much as his emotional attractiveness.

In other words, he just doesn't make her feel attracted, happy, in love and respectful of him when she interacts with him.

Here's the thing!

Your ex might appreciate it if you make an effort to improve yourself physically (especially if you let yourself go and became very skinny or overweight), but it's not going to be the one thing that makes her decide to give you another chance.

For your ex to be impressed and want you back, she will have to see that you have changed some of the things that really matter to her (e.g. you're more mature and determined to succeed in your life now, you're less emotionally sensitive, you now want the same things as her, you're more ballsy around her now rather than being so neutral).

Then, when you interact with her and she sees for herself that you're no longer the same guy she broke up with, her feelings will automatically begin flooding back and she will open up to you.

She will respect for having the courage to become a better man in the ways that really matter to her, rather than trying to distract her with flowers or superficial changes to your appearance.

When she can respect you, she will also start feeling sexually attracted to you again and when that happens, it won't take much or any convincing for her to want to try again.

5. Hiding behind romantic gestures because he doesn't have the confidence to call, or the assertiveness to get her to meet up with him in person

[image: What if I call her and she rejects me?]

In some cases, a guy simply doesn't have the enough confidence to interact with his ex after a break up.

She broke his heart by dumping him and rejecting his attempts to convince her to give him another chance.

He's feeling hurt, lonely and lost without her.

Lacking confidence in himself, he think things like, *What if I call her and she hangs up the phone?* or, *What if I suggest a meet up and she says no?*

Then, rather than take the risk of potentially getting rejected by her, he decides to send her flowers as a way of breaking the ice.

He's hoping that she will be so charmed by his gesture that she'll pick up the phone and make

things easy for him by saying, *“Hey, thanks for the flowers. I have missed you lately. Do you want to meet up?”*

It would be nice if that is how life worked, but it doesn't.

As the man, you are the one with the balls.

You are the one who needs to properly put your balls on the line by calling her and getting her to meet up with you.

Here's the thing!

Even if a woman is flattered to receive flowers from her ex, in most cases, she still won't make it easy for him to get her back.

Why?

She can't see if he's changed and improved as a man since the break up by looking at the flowers.

The flowers are not him and if she's going to get back into a relationship, it will be with him, not the flowers!

In fact, getting flowers usually makes a woman suspect that he's still the same guy and is hiding behind the gesture.

Additionally, most women are going to want to see if he's man enough to take control of the ex back process by calling her and getting her to meet up with him.

If he doesn't have the balls to do that, she isn't going to be impressed and almost certainly isn't going to call him and make it easy for him.

She might send him a thank you text, but what is he going to do with that?

Reply and say, *“You're welcome.”*

What does that achieve?

Nothing.

Of course, he could call her at that point, but if he's like most men, he won't call.

He will be afraid of her not liking the fact that he's calling, be worried that it might look needy or be concerned that she might not answer.

So, the flowers and thank you text pretty much lead to nothing.

If you want to get your ex back, I recommend that get her on a phone call, make her smile and laugh and feel respect and attraction for you again and then get her to meet up with you in person.

In person, you can re-attract her for real and then get to a hug, kiss and possibly even sex after the meet up.

That's much better than paying the bill for a flower delivery service, right?

Save your money by not buying the flowers and just attract her on the phone and in person.

That's how real men get their ex back quickly, naturally and easily.

It might seem like real men send flowers because that's what is shown on old TV shows and movies, but times have changed.

In today's world, women need more than superficial gestures to feel properly attracted and in love with a guy.

You Have to Believe in Yourself

You ARE a good man.

You ARE worthy of her.

You CAN get her back.

That's how you need to be thinking if you want to get her back.

Unfortunately, after a break up, a guy will often stop believing in himself, his value and his attractiveness to his ex woman.

He will feel like it's completely blown it with her and there's no chance she would ever take him back.

You can't really blame him though, right?

She will most-likely have been saying things to him like, *"Leave me alone. I don't feel the same way about you anymore. It's over. My feelings are dead"* and so on.

It's not fun to hear statements like that from the woman you love.

However, if you want her back, you have to be strong and believe in yourself.

Women are not attracted to self-doubt and insecurity in men and this is especially so after a break up. No matter what she has said or done to make you feel unworthy, you must be strong and feel worthy of her.

Women are naturally attracted to confidence and self-assuredness in men.

It's not about being arrogant or cocky and telling her that you know she wants you.

No.

It's simply about being confident in yourself, believing in your value to her and believing in your attractiveness to her no matter what she says or does.

If you can do that, she will naturally feel attracted to you whether she wants to or not.

She will catch herself thinking, *"Why do I suddenly feel attracted to him again? I mean, he's not all that bad, right? Yes, he stuffed up, but he seems different now. Maybe I should give him another chance."*

You can make her feel that way by interacting with her on a phone call or in person and making her feel a renewed sense of respect and attraction for you.

Remember, if she's going to get back into a relationship, it will be based on her attraction to you.

Flowers don't make a woman feel attracted to a man.

A man makes a woman feel attracted to him by how he talks to her, behaves around her and reacts to her.

In other words, what matters most to a woman is how you make her feel when you interact with her.

When you interact with your ex, you're either turning her off or turning her on.

If you're turning her on by how you're talking to her, behaving and reacting to her, then you will get her back.

If you're not, then you won'târegardless of how many flowers you send her.

So, save your money on the flowers and just re-attract her naturally by interacting with her on a

phone call or in person.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Why Has She Forgotten About the Good Things That Happened in Our Relationship Now That We've Broken Up?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

She hasn't forgotten.

She is still fully aware of the fact that you and her experienced good times and good moments together.

It's just that she doesn't want to focus on those things right now because she's trying her best to remain broken up with you and move on.

She focuses on the negatives to help convince herself that she made the right decision to break up with you.

If she focuses on the positives, she knows that you could then begin seduce her back into a relationship with you.

So, if you want her back, here's what you need to do make her start focusing on the positives and feeling drawn to you again!'

1. Stop discussing the relationship with her

[image: Stop discussing the relationship with her]

Long, emotional conversations where you try to discuss the relationship isn't' what will make your ex feel drawn to you again.

What will?

Sexual and romantic attraction?

You've got to make her feel a spark for you again, so she can start being overcome by sexual and romantic feelings.

If you're just trying to discuss the relationship with her, she will be experiencing annoying emotions like stress, anger, frustration, resentment and disappointment.

She will feel like you are hassling her and trying to pressure her into giving you another chance for YOUR reasons.

In other words, you want her back to feel better about yourself.

You want her back because you miss her.

You want her back because you still feel very attracted and in love with her.

Yet, she doesn't feel the same way right now.

So, to her, it feels like you're trying to take something from her, or trying to force her to give you something that she just doesn't feel like giving.

From now on, you need to use every interaction that you have with her (e.g. via text, on a phone call, or in person) to spark her feelings of respect and sexual attraction for you.

If you don't focus on that, she's just going to keep the negatives in the forefront of her mind so she

can move on without you.

So, make sure that you're not getting into long discussions, debates or arguments about what when wrong in the relationship or whose fault it all was.

Using that approach, you will never be able to move past the past and start a new relationship with her in the present.

Leave the past behind you and start making her feel attracted in love with who you are now.

Let her feel it.

Let her realize that you aren't so bad after all and in fact, whenever she interacts with you now, she feels attracted, happy and open to you.

That's how it's done.

Yet, if you just focus on trying to discuss the good things about your relationship and ask her to remember them, she's not going to.

She's interested in how she feels NOW, not how she used to feel.

Focusing on the past only keeps the situation at the same level, where both you and your ex feel hurt, misunderstood and betrayed.

A lot of guys don't ever find out what you're learning now though, so they just make their situation worse.

For example: When on a call with his ex, a guy might say, *"Okay, so I made some mistakes, but I did some things right as well. Why won't you admit that? Why are you just remembering all the bad stuff and acting like you've forgotten the good things about our relationship now that we've broken up? Why are you being like this? At least give me a chance to show you that things can get better again. I care about you more than anything. I want our relationship to work and I'm willing to do whatever it takes."*

[image: Why don't you just remember the good times?]

Yet, saying something like that to a woman, usually only turns her off even more.

Why?

From her perspective (even though she might be wrong), the guy is just thinking about himself, how bad he feels and what he wants from the situation.

He's trying to make her care about him and the relationship based on how good things used to be in the past.

Yet, it just makes her remember how bad things became near the end and how faded her feelings are now that she has broken up with him and had some time apart.

So, what should you do instead?

2. Start making her smile, laugh and feel good when she interacts with you

It's very difficult for a woman to keep focusing on the negatives when she's smiling, laughing and having a fun time with you (on a phone call or during a face-to-face interaction).

You can get her laughing a little via text and make some progress with her that way, but it's always better to call.

Why?

Watch thisâ□|

If you focus on making her smile, laugh and feel good, you will be creating new, positive memories with her.

You won't be trying to convince her to give you a chance based on the fact that things used to be good between you and her.

So, rather than wasting the interactions you have with your ex (which may be limited at the moment) by being too serious and trying to get her to see your point of view about the relationship, just get her smiling, laughing and feeling good.

For example: If she says something like, *â□□ Look, Iâ□□m tired of going over the same things with you. I know that you donâ□□t want to accept it, but itâ□□s over between us, okay? I donâ□□t have anything else to say to you,*â□□ don't get upset and try to convince her otherwise.

Instead, just say something like, *â□□ You don't have anything else to say to me. Okay, no problem. You just keep quiet then and I ramble on talking by myself. So where was I? Oh yesâ□| anyway, did I mention that my goldfish turned green after I put some cleaning detergent in his tank? Does that mean heâ□□s now a greenfish rather than a goldfish? I don't know. Should I change his name from Goldie to Greenie? Oh, hang onâ□|sorry! I forgot that youâ□□re not saying anything to me anymore, so just ignore the last question.*â□□

Alternatively, if she says something like, *â□□ Look, Iâ□□m tired of going over the same things with you. I know that you donâ□□t want to accept it, but itâ□□s over between us, okay? I donâ□□t have anything else to say to you,*â□□ you can say, *"Don't worry. I accept it. We're finished. All I really want is for you to cook me your famous chicken stir fry one more time. That's all I want. Sorry if I gave you the impression that I wanted a relationship. I'm just hungry, that's all."*

When you make her laugh, itâ□□s difficult for her to keep thinking of the old you that turned her off, because the more confident, brave and emotionally strong you is making her feel attracted in a whole, new way.

Of course, it's not about ALWAYS joking around with her.

You just have to add humor and laughing in like you would add in spice or seasoning to a pasta.

Don't drown it in seasoning or spice, but just sprinkle it in to give it a good taste, rather than making a plain, old boring pasta with tomato sauce.

Keep things interesting with some humor, so she can smile, laugh and feel good when interacting with you, rather than feeling pressured, stressed or annoyed.

When you make her smile, laugh and feel good, she then allows the walls around her heart to come down.

She may then begin to think something like, *â□□ Why am I feeling like this? Itâ□□s actually good to be talking with him again. Iâ□□m enjoying the way heâ□□s so much more relaxed and confident and is making me laugh like this. Could I have made a mistake when I broke up with him? Is it possible for us to start over and repeat the same old mistakes from the past? What if he changes back to the old him? Iâ□□m so confused. I like him now, but I'm not sure.*â□□

As long as you keep showing her via your actions that you really are that confident, self-assured, emotionally strong guy sheâs been experiencing so far, she will naturally open herself back up to being with you again.

If she doesn't make it obvious (e.g. she keeps giving you mixed signals), just remain confident and keep guiding her through the ex back process.

If you do, you will almost certainly be able to get her back within days or a week.

Just remain confident and keep pushing forward.

Of course, make sure that you are attracting her in ways that she actually cares about, rather than offering her the kind of attraction experience that bores her.

3. Start attracting her in new ways that matter to her

[image: Start attracting her in ways that really matter to her]

Regardless of how good the relationship between you and your ex used to be, or how sorry you are for everything that happened, itâs not going to matter to her unless you start attracting her in the ways that she really wants.

For example: If a man was always a very romantic guy (e.g. he bought her flowers once a week, took her to candlelit dinners regularly, spoiled her with little surprise gifts all the time), then him continuing to do that isn't going to impress her and make her change her mind about him.

She wants to see that he has changed in the ways that actually matter to her.

He might think that his romantic approach is what every woman should want, but she just doesn't get excited about it because he isn't able to make her feel attracted in ways that are important to her.

For example: She might want him to be dominant in the relationship, rather than handing over him power to her and allowing her to be the more dominant one (e.g. she gets to decide on everything or most things).

She might also want him to be more confident in social situations (e.g. around her friends and family), but he continues to be shy, reserved and quiet.

If he doesn't change those things about himself, no amount of flowers, expensive dinners or gifts is going to make her feel the kind of attraction that she really wants.

So, if you are a great guy and have always been caring and attentive around your ex, donât go offering her more of that and thinking that it will impress her and change her mind about you.

Instead, you need to improve things that will actually matter to her (e.g. start believing in your value to her, become more emotionally masculine, stop placing her needs ahead of your own, be more ballsy around her, be more driven and ambitious, make progress towards your big goals in life).

When your ex can see that youâre not just sitting around feeling sorry for yourself and have made improvements and changes, she will naturally feel respect for you, even if she doesnât openly admit it.

When she feels respect for you, she will naturally start looking at you in a different way.

She will see that you are now capable of giving her the kind of attraction experience that actually matters to her.

As a result, she will start to focus on the happy memories that you and her have together and how you and her could make more of those memories now and in the future.

Howeverâ€¦!

3 Mistakes to Avoid if You Want to Successfully Get Your Ex Back

Lately, you might have been feeling a bit annoyed with your ex and thinking things like, *â€œWhy can't she see my point of view?â€* or, *â€œHow could she just forget about all the good times? It's like she is a completely different person now. It's like our relationship never even happened.â€*

It's not a nice experience to go through, but you have to stop yourself from focusing on the problem (i.e. she's not acknowledging the good parts of your relationship anymore) and start focusing on the solution (i.e. re-attracting her and reawakening her feelings for you).

Here are 3 mistakes you should avoid if you want to speed up the process of getting her backâ€¦!

Mistake 1: Thinking that she is being cold and mean to you because she's a bad person

It sucks that she isn't being nice, loving and affectionate anymore, but that doesn't mean she is now a bad person.

Of course, sometimes it feels a lot easier for a guy to think, *â€œI never realized it before, but my ex really is a bitch. She clearly never cared about me the way I cared for her. I was just too love struck to notice that she was a selfish bitch who only cares about herself. Now that we've broken up, her true colors have come through. I was the sucker who let her dupe me. I never should have allowed myself to fall in love with her. She's a horrible person.â€*

It's easier for a guy to think that way than to admit that his inability to attract her in the ways that she finds most important (e.g. she wants a truly confident guy, not an emotionally sensitive guy who needs her to be nice, sweet and gentle with him all the time), is what really drove her away from him.

She just got sick and tired of not being able to relax and be a real woman (e.g. feminine, girly, irrational at times, moody at times, silly at times) around him because he needed her to be so consistent and supportive, or else he would get upset or angry.

She hasn't forgotten about the good times.

She just doesn't think that previous good times are enough to keep a relationship together than hasn't been good for quite a while.

Mistake 2: Not seeing things from her perspective

In your eyes, it looks like your ex has forgotten about the good things that happened your relationship.

Yet, from her perspective, it looks like someone that she isn't attracted to anymore is trying to get her back.

Now, ask yourself, *â€œIf our places were reversed, wouldn't I be reacting in the exact same way as her?â€*

Youâ€”re probably going to say, "Yes."

So, stop trying to make her see things from your point of view and start reactivating her feelings of attraction instead.

Remember: Getting an ex back is about making the feelings mutual.

It's not about trying to convince her to see your point of view and give you a chance based on that.

It's about her feelings.

Make her have feelings for you again and you will get her back.

Mistake 3: Thinking that she should want to be with you because of what you and her have been through together

You and her most likely did some great, fun, interesting, challenging or exciting things together.

You might have even overcome some difficult challenges or problems in life by being there to support each other.

That's great, but it's not why a woman will want to get back with her ex.

What matters is how you make her feel NOW, based on who you are NOW.

Forget what you and her talked about in the past, did in the past or wished for in the past.

What's past is past and you will never get that back.

You need to focus on the opportunity in front of you now.

You now have an opportunity to start over and create a fresh, exciting future with your ex and make new, positive memories together.

So, rise up to the challenge.

Be the man that she always wished you would be.

Let her experience that when she interacts with you.

Reawaken her feelings and make her feel drawn to you again.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

My Ex Said That Her Feelings For Me Have Faded and She Doesn't Know if They'll Ever Come Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your ex's feelings have faded, don't worry.

You can get her to feel more respect, attraction and love for you than she has EVER felt before.

How?

Follow these simple DO's and DON'Ts and watch as her feelings for you come flooding back and become stronger than ever before...

1. Do understand what has really been turning her off you

[image: What has really been turning her off about you?]

What has been turning her off will usually completely different to what she has been telling you.

Why?

Most women won't admit the type of attraction experience they want, because they either feel embarrassed to talk about what they really want, or they just want to be in love without all the fuss of trying to explain things to a guy.

So, rather than spelling things out for her guy (and possibly risk him reacting badly), a woman will usually provided him with a vague excuse for the break up to let him down easy.

She might say, *"My feelings for you have faded. I don't know if I could ever feel the way I used to. Please just give me some time to be by myself,"* but, there will be much deeper reason for her unhappiness in the relationship that just not willing to admit to him.

For example: Sometimes a woman will break up with a guy because she felt she couldn't be herself around him (e.g. he was too jealous and controlling, so it was difficult for her to hang out with her friends or wear whatever she wanted).

Yet, rather than come out and tell him that, she will usually just say something along the lines of, *"I'm tired of trying to make things work between us. We're just not right for each other."*

Even though he might be a good guy in many ways (e.g. he's generous, has a great sense of humor, he's ambitious, has a good heart), he just doesn't know how to make her feel loved, appreciated and respected in the ways that she wants.

In cases like that, a guy will hope (and sometimes even expect) that she will love him and want to be with him based on how much he loves her and wants to be with her.

Yet, that's not how to keep a relationship together for life.

The feelings have to be mutual.

[image: Dumped for being too emotionally sensitive and insecure]

It can't be one sided and all about you wanting her.

You've got to rise up to the challenge that she has presented you with (i.e. the break up) and start

being the kind of man that she can genuinely feel respect, attraction and love for again.

However, you can't just guess and hope that you understand her and what she really wants.

If you don't uncover her real, more subtle reasons for breaking up with you (e.g. you became too timid or boring in the bedroom, you weren't able to make her feel submissive and girly outside of the bedroom anymore, you became too emotionally sensitive about things) then you'll be offering her the wrong things and she'll just continue saying, *"My feelings for you have faded and I don't know if they'll ever come back. Please just give me time to be on my own for a while."*

She is going to see that you still don't understand her and what she really wants and, rather than telling you what to do, she's just going to try to find love with a new man who naturally understands her.

If that happens, she won't listen to your attempts to convince her to give you another chance.

No matter what you say to her, all she will essentially hear coming out of your mouth is, *"I want you back. I need you. I don't know how to make you happy, but don't worry about that. I want you back. I need you back. Please."*

Nothing that you say will get through to her.

On the other hand, when you fully understand what has been turning her off, you can then make changes that she actually cares about.

For example: If you became too timid or boring in the bedroom, she will be able to pick up on the changes in you if she notices that you're a lot more confident and ballsy when you interact with her outside the bedroom (e.g. on the phone, in person) now.

She will assume that your new, more confident and ballsy approach to her would most likely follow through to the bedroom and she will be curious to find out.

Alternatively, if you became too emotionally sensitive in the relationship (e.g. couldn't deal with her tests of your confidence, needed her to regularly reassure you of how much she loved you, needed compliments all the time, sulked when she wasn't being affectionate or nice to you), then she's going to need to see a real change in you when she talks to you on the phone and in person.

She will need to see that nothing that she says or does makes you become emotionally sensitive anymore.

You've effectively become emotionally bulletproof.

You're so strong now, emotionally.

You can handle anything because you're so damn confident.

That is what will matter to her.

Not telling her, *"I care so much about you. I love you. I want you back. Blah, blah, blah."*

You've got to make her feel attracted in the ways that SHE cares about, rather than going on and on about what you want from her and what you care about.

If you want her to care about you again and feel sexually attracted to you, make sure that you make real changes to the actual things that were turning her off in the relationship.

2. Do start giving her a new and improved attraction experience on the phone and in person

[image: Re-attract her on the phone and in person]

It's not enough to just know where you went wrong with her.

You've got to change and let her experience it on the phone and in person.

Not via text or e-mail.

That isn't you.

It's just words on a screen.

She's got to be able to hear your voice or see you in person to get a real picture of how much you have changed and how differently it makes her feel now.

Anyone can cool, tough, confident or smart via text, but it's a different story on a phone call or in person.

As you may have noticed if you've watched any of my videos on this page, there's a big difference between reading my words (and having no idea who I am) and watching a video where I help you to understand how to get your ex back.

So, make sure that you not only know what you need to change, adjust or improve to re-attract her, but you actually go ahead and do it.

Interact with her on a call or in person and properly re-attract her.

When you do that, her feelings will go from being faded to coming back to life once again.

She will have first hand evidence that she really does feel differently about you now.

That's what counts.

So, don't avoid doing it.

If you want her back for real, you've got to re-attract her for real.

You can't just expect her to want a relationship with you because things used to be good between you and her.

That's not good enough.

How you make her feel now is what counts.

Here's the thingâ€¦!

When a woman decides to open up to having a relationship with a guy, itâ€™s usually because certain behaviors and characteristics about him make her feel good when sheâ€™s around him.

For example:

- He has a great sense of humor and he makes her laugh and smile.
- Heâ€™s very charming.
- He makes her feel beautiful, important and appreciated in his presence.
- Heâ€™s emotionally strong and masculine, which makes her feel feminine and girly in comparison to him.
- Heâ€™s a nice, trustworthy guy, without being a pushover.

If a guy can then maintain that approach to her, she will be happy with him for life.

However, if she notices that he stops being like that because he just putting on an act to get her into a relationship, she will begin to close up and lose interest in him.

She will realize that heâs not such a nice guy after all and is actually quite devious and selfish in his approach to women and maybe even life.

Alternatively, she might still be able to see that heâs a good, honest man, but itâs just that he has too many other behaviors and traits (e.g. he is insecure, too emotionally sensitive, gives her too much power in the relationship, is unable to dominate her sexually or emotionally) that overshadow his good qualities.

Hereâs another exampleâ

A woman might initially feel attracted to a guy because of his sense of humor and his ability to make her laugh.

However, once in a relationship with him, she may discover that his humor is actually only a front that he uses to hide his insecurity and self-doubt from her and the world.

Another example is when a guy pretends to be more emotionally masculine than he is (e.g. acting tough, talking about how brave he is, talking about things heâs accomplished and that he plans to accomplish).

Yet, when in the relationship, she notices that heâs actually very emotionally sensitive and emotionally feminine in many situations (e.g. he gets scared easily, he cries or almost cries when life gets tough, he seeks pity from her or others because life is scaring and hard for him).

She also notices that he canât seem to gain the upper hand in the relationship and as a result, she takes on the more dominant role.

He lets her make all the decisions and when he tries to lead the way, she shuts him down and he doesnât have the emotional strength to stand up to her in a dominant, but loving way, so she just walks all over him.

He hopes that she will be happy because sheâs getting her way all the time and because heâs so nice, loving, generous and supportive of her, but sheâs not happy at all.

She wants a man, not emotionally wimpy guy that she can control.

As a result, she begins to prepare herself to break up with him (e.g. begins disconnecting from the love she used to feel for him, starts flirting with other guys, begins looking into moving out if they live together).

If she is the kind of woman who doesnât want to see yet another one of her relationships fail, she might try to stick it out a little longer.

She may then start trying to make her guy change back to the man he was at the beginning (e.g. saying, *“Why are you so insecure lately?”* or, *“You used to be so confident. Youâve changed”*).

Yet, if he doesnât change and just continues to turn her off, her feelings will naturally start to fade.

She will then break up with him and he will be left feeling hurt, rejected and alone without her.

So, if your ex said that her feelings for you have faded and she doesnât know if theyâll ever come back, donât panic.

They will come back when you start giving her a new and improved attraction experience (e.g. on the

phone and in person).

You simply need to give her more of the things she felt attracted to in the first place and also change the things that turned her off.

For example: If she loves your confidence and easy-going nature, then make sure that you let her experience that when you next interact with her.

Don't talk to her in a sad, rejected, hurt tone of voice because that just isn't going to be attractive to her.

Likewise, if she lost interest in the relationship because you ended treating her more like a neutral friend than an attractive, sexy woman that you desire, then make sure that you flirt with her and build up some sexual tension when you next interact with her.

The more you give her what she really wants, the more her feelings of attraction will start flowing back.

She won't be able to stop it from happening because attraction is an automatic reaction between men and woman.

It cannot be turned off.

She might try to cover up the fact that she's feeling sparks of attraction for you, but she will still be feeling it.

Her feelings will start flowing back, rather than continuing to fade away.

However, if you continue to interact with her in ways that turn her off (e.g. feel nervous and insecure around her, suck up to her to make her change her mind) then her feelings will remain faded and she will continue to move on.

3. Don't try to change her mind by telling her how strong your feelings are for her

[image: But, I really love you]

When getting an ex back, the most important thing you need to do is make the feelings mutual.

At the moment, you are attracted to her and still in love with her, but she doesn't feel the same way.

So, the feelings aren't mutual.

When a woman doesn't have strong feelings for a guy and he starts declaring her feelings for him, it doesn't make her fall back in love with him and feel attracted to him.

For her to care about how he feels, he first needs to make her feel sparks of sexual and romantic attraction for him again.

It can't just be one sided and be all about him having strong feelings for her.

Here's the thing!

When a woman says that her feelings for her man have faded and she doesn't know if they'll ever come back, a guy might say to her, *âBut, I love you. You are everything that I want in a woman. Please give me a chance to show you that you and I are meant to be together. I understand that your feelings are faded, but you can fall back in love with me again if we try. So, just give me a*

chance.â□□

Heâ□□s hoping that she will suddenly start thinking, *â□□Oh, I never realized his love for me was that strong and that we might be able to re-spark my love for him. How silly of me not to see that before. Besides, I donâ□□t know if I could ever find a man who loves me like he does. I think we should get back together again right away!*â□□

Yet, she doesn't.

Instead, she's more likely to be thinking, *â□□I know that he means well, but I just don't feel the same way he does anymore. Hearing him telling me how much he cares doesn't make me want to change my mind either. Sure, I feel bad that heâ□□s hurting, but Iâ□□m still not going to stay with a guy I donâ□□t have any feelings for just because I pity him. I need to be able to be in love too. I just don't feel enough of a spark with him anymore.*â□□

So, even though it would be great if a guy could just pour his heart out and instantly change how a woman feels about him that way, the truth is, you canâ□□t just talk a woman into having feelings for you.

You have to MAKE HER have feelings for you based on how you now interact with her and behave around her.

The best thing about a woman's attraction for a man is that it's mostly within his control.

A man will either be behaving in ways that make her feel attracted (e.g. being very confident, emotionally masculine, using humor) or he will be behaving in ways that turn her off (e.g. being insecure, neutral, too polite, sucking up to her, giving her too much power during a conversation).

The way that women work is that they REACT to what a man is offering.

You're either offering her the opportunity to feel attracted to you or not.

It's as simple as that.

So, if you want your exâ□□s feelings for you to come back again, donâ□□t bother telling her how much you still care about her.

That isn't the way to make her feel attracted, so she will just keep saying things like, *â□□Sorry, but my feelings for you have faded and I donâ□□t know if theyâ□□ll ever come back.*â□□

4. Donâ□□t tell her that you need her in your life

Even though a woman likes the idea of being loved and appreciated by her man, most women just donâ□□t like the idea of being his main reason for living or his number one source of happiness.

Of course, there are some women who like having their man feel lost and hopeless without her, but the majority of women donâ□□t want a guy like that.

Almost all women want a man who loves her and appreciates her, but doesn't need her to feel happy, confident and fulfilled in life.

He doesn't ever need to SAY that to her though.

She just wants to be able to pick up on it based on the fact that he's not a needy, clingy, insecure guy who can't function without her.

So, when a guy is saying that he needs his woman because he canâ□□t go on without her, rather than

make her change her mind about him, it usually turns her off even more.

She will look at him as being the sort of guy who just can't function without her and needs her to be strong, consistent and dependable (traits of a real man).

Yet, being a typical woman, she doesn't want to live her life in a masculine, manly way.

She wants him to be the man and if he can take on that role, she will happily be his committed, loyal, helpful, loving woman.

However, if he can only be confident and reliable when she is being nice to him, then she's not going to be his helpful, loving woman.

She is going to feel turned off by the fact that he needs her to be nice, sweet and supportive in order to be man enough to be strong, consistent and reliable.

It's just not how things work.

Women aren't designed to be like men for a reason.

They are emotionally inconsistent and irrational at times for many reasons.

One of those reasons is to test the strength and willpower of her man.

Does he need mommy to be patting him on the head all the time and saying, *"Good boy. You can do it. Mommy is here supporting you,"* or is he capable of remaining strong, consistent and reliable no matter what is happening around him and regardless of whether she supports him or not?

[image: Need her encouragement or support all the time]

If a man needs his woman to be like a mother figure for him and give him unconditional love, then she feels like she's stuck with a boy who hasn't grown up yet, so her instincts are going to tell her to leave him.

However, if a man is always emotionally strong, reliable and forward moving in life with or without her support or encouragement, then she's got herself a real man and her instincts will tell her to stick with him for life.

Some guys feel like that is unfair.

"Why do we men have to be the strong ones?"

We do.

Deal with it.

We are the men.

Women are the ones who bend over to take us from behind.

Women are the ones who get on their knees to suck us off.

We are the more dominant species.

If you think, feel, behave and act like women are the more dominant species, then they just won't feel attracted to you on an instinctive, primal level.

You've got to be able to offer a woman a feeling of safety by letting her see that no matter what happens, you will always remain strong.

Life can be tough sometimes and a woman wants to know that the guy she's with is emotionally strong enough to cope with the bumps in the road, with or without her.

She wants to know that she can depend on him to be the more emotionally strong one, rather than

having to continually prop him up and take care of him because he's too emotionally sensitive to handle the challenges of life.

So, although there's absolutely nothing wrong with wanting your ex to be a part of your life again, just make sure that you don't give her the impression that you NEED her back to feel okay about yourself again.

If she gets that sense, she will lose touch with any remaining feelings for you because you will be turning her off at an instinct level.

So, a part of getting her back is getting to the point where you want her back, but don't need her back.

When you let go of your need for your ex and focus on becoming genuinely happy and independent in your own life, something amazing happens!

Not only do you feel better about what happened between you and your ex, but you also become more attractive to her and to women in general.

Women sense it.

They sense your lack of neediness and it attracts them in an instinctive, primal way.

They see a man who is in control of his life and doesn't need a mother figure to pat him on the head and make him feel okay.

5. Don't tell her that you will wait as long as it takes, even though you have no idea how to change how she feels

When a woman says that her feelings have faded, a guy might decide to give her some space (e.g. 30 to 60 days) to hopefully make her realize that she does have strong feelings for him.

Before giving her space, he might also tell her that he's willing to wait as long as it takes.

âI just want you to know that I am willing to wait as long as it for you to change your mind. If we have some time apart, I hope that you will eventually realize that we are meant to be together. We can start over again.â

He may then give her the space that he thinks she needs to regain her feelings for him, by cutting off all communication with her for weeks and even months.

Yet, here's the thing!

Approaching the ex back process in that way results in failure almost EVERY time.

Why?

The woman doesn't have strong enough feelings to even care.

If she meets a new guy that she finds more interesting and attractive, she opens up to him instead.

While her ex is giving her space, she is having sex with a new guy and falling in love.

Don't put yourself in that position with your ex.

The highest success rate approach to getting an ex back is to actively make her have feelings for you again by giving her a tailored attraction experience that touches the core of who she is and what she really wants from a man.

For example: She may go around saying that she only wants a nice man who cares for her and listens, but what she fails to explain is that she also wants a man who doesn't put up with her bad behavior or let himself get walked all over by her.

Instead, he lovingly, but assertively put her back in her place and makes her want to respect him.

He also makes her feel girly and feminine in comparison to how masculine he thinks, talks, feels, behaves and takes action around her and in life.

He doesn't just behave like a boring, neutral, good guy who believes in the failed experiment of society that was the 50/50 relationship.

50/50 doesn't work.

You have to be the man.

You have to make her feel like your girly, feminine woman.

If you do that, her feelings for you will be stronger than ever before.

She's not going to explain any of this to you though because she just wants to be in love, rather than trying to make a relationship work with a guy who doesn't yet understand how to be the kind of man that she needs.

You are different now.

You do know what she wants.

You are ready to re-attract her.

You are ready to reclaim her as your woman and give her the kind of attraction experience she wanted with you all along.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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She Still Calls Me Every Day, But Doesn't Want to Get Back Together

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 possible reasons why your ex might still call you every day, but then say that she doesn't want to get back together!

1. She's hoping that you will create a sexual spark that causes her change her mind

Have you been making her feel sexually attracted to you again, or have you been neutral or just friendly towards her?

If you want her to feel the desire to get back into a real relationship with you again, you've got to trigger her sexual feelings.

If she's still calling you every day, it means that the door is still open to win her back.

By the way!

You're in a much better position than other guys who are dealing with an ex that won't even answer the phone or reply to a text.

Yet, a guy in that position is still able to get his ex woman back.

How?

By using every interaction that he has with her as an opportunity to create a sexual spark and make her feel drawn to him again.

That's how it's done.

In your case, it's a little easier because she's actually calling you.

Why?

In most cases like yours, it's because the woman hasn't fully disconnected from her feelings and is still in two minds about whether or not she should move on.

As a result, she will call her ex every day and hope to feel a spark for him that changes her mind.

If she doesn't feel that spark, the calls will become less and less frequent and she will begin secretly trying to find a replacement guy, so she can then cut off contact with her ex and move on.

So, if you want to get her back while she's still calling you, make sure that you avoid some of these classic mistakes:

Where a lot of guys go wrong, is by making some of the following mistakes:

Mistake 1: Not actively making her feel a renewed sense of respect and attraction for the new and improved you

Many guys just don't know how to get their ex woman back, so they will wait until she gives 100% clear signals that she wants a relationship (e.g. she calls and says, *"I've been missing you so much"*

*lately. Do you think we can try to be a couple again?*â€œ)

So, when she calls him, he just keeps things neutral and talks to her like a friend.

Alternatively, he gets into long discussions with her about the relationship.

For example: He might say things like, *â€œIâ€™m so sorry I stuffed up. I did all those things (mentions all his mistakes) that made you fall out of love with me and I regret it so much. I don't know why I'm like that. Maybe it has something to do with my childhoodâ€œ* and so on.

Essentially, he's dragging her into a serious, emotionally draining conversation that has nothing to do with making her feel respect and sexual attraction for him.

Instead, he's just reminding her of reasons why she broke up with him and making her feel as though he probably wouldn't be any different if she gave him another chance at this point.

So, she begins to lose interest and the calls eventually stop.

Mistake 2: Not feeling welcome to flirt with her and create sexual tension

Flirting creates a sexual vibe between you and her and it is an essential part of creating a spark with your ex and keeping it alive (by continuing to flirt occasionally).

Yet, many guys don't know that.

In fact, some guys believe that flirting with an ex is wrong.

For example: A guy might think, *â€œIf I flirt with my ex, she might get angry and stop calling me. I don't want to risk it. If I just stay on my best behavior and remain neutral and friendly, I won't scare her off and then hopefully, she will gradually begin to want me back.â€œ*

Yet, that approach just doesn't work on most women because it doesn't make her have sexual feelings.

If a guy is not actively making his ex feel respect and sexual attraction for him when he interacts with her, she will gradually lose interest in talking to him.

Then, if she happens to meet a new guy who makes her feel attracted and aroused, her ex will be left behind without a second thought.

After all, she has to look out for number one.

It's not her responsibility to remain in a relationship with a guy who loves her, but isn't able to make her feel attracted anymore.

She might feel like she owes it to him to be a friend for a while, but she won't be able to keep that going if she starts having sex with a new guy and really enjoying it.

So, if you want more from your ex than a daily phone call, you've got to start actively making her have sexual and romantic feelings for you again.

If you don't, she will gradually move on, or suddenly move on if she meets a guy who she finds interesting and attractive.

Mistake 3: Not being assertive enough to get her to meet up in person

There's only so much talking you and your ex can do over the phone before it starts to get boring or unfulfilling for one of you.

You've got to let her experience the new and improved you in person, so she can open herself up to

hugging you, kissing you, having sex with you and getting back together again for real.

So, don't waste any more time talking on the phone with your ex.

Get her to meet up with you as soon as possible.

Let her experience the new, improved version of you and reignite her feelings of respect and sexual attraction.

If you haven't already started kissing by the end of the meet up, just get her to give you a hug (e.g. say something like, *â€œOkay, we should go now, but this was fun. Bring it in for a hug goodbyeâ€œ*).

Then, when she's in your arms and seems open, give her a quick kiss.

If she doesn't pull away, deepen the kiss and then if she still seems keen, proceed to your place or her place to have sex.

After sex, just relax, be confident and continue to make her feel attracted to the new and improved you.

Don't push for a relationship.

Let her want it naturally.

If you do that, she will most likely then start talking about getting back together and asking what you think.

You can use that moment as an opportunity to attract her further by saying, *“Get back together? No way”* and then pause for about 5 seconds to let her feel the shock of your response.

Then, laugh and say something like, *“Okay, wellâ€¦as long as you cook me dinner, give me massages and do all of my laundry”* and then have a laugh with her about that.

Being confident and using humor in moments like that is very attractive to women, so make sure that you don't shy away from it because you want to play it safe by being neutral.

Neutral is boring to women and makes them want to find a new guy.

You've got to have the balls to joke around and let her experience exciting emotions at times, rather than just playing it safe.

Another possible reason why your ex calls you every day, but then says that she doesn't want to get back together is:

2. She's just checking to see if you're missing her, while she secretly tries to find a new guy

[image: She is just checking to see if you are still missing her, while she secretly tries to move on without you]

A woman will sometimes fear that her ex will find a new woman and move on, before she's had a chance to hook up with another guy and move on first.

She doesn't want to have the feeling of being left behind by her ex, so she wants to make sure that he waits for her while she secretly tries to find a new guy.

To keep tabs on him, she might call him up on a daily basis under the pretence of just wanting to say

hello.

Every now and then, she might ask things like, *â€œHey, so what are you up to today?â€* or *â€œSo, are you seeing someone else yet?â€* or, *â€œWhatâ€™s new with you?â€* or, *â€œWhere were you last night? I tried to call, but you didnâ€™t answer.â€*

If her ex then says that he isnâ€™t interested in other women right now and still only wants her back, she can relax and not have to worry so much about him potentially moving on before she does.

She will continue staying to check how heâ€™s doing, until the phone calls suddenly stop one day when she finds herself a new man.

Alternatively, she might call him, have a little chat and then dump the news on him.

â€œDonâ€™t get mad or anything, but Iâ€™ve met someone else.â€

Ouch.

If you want to prevent that from happening to you, donâ€™t waste your exâ€™s phone calls to you by just being Mr. Friendly Ex or Mr. Helpful Ex or Mr. Nice, Neutral Guy.

The only mister you want to be is Mr. Sexy.

Use the phone calls as an opportunity to trigger her feelings of sexual and romantic attraction for you.

Then, if she had only been calling you to string you along until she found a new guy, she will suddenly feel confused.

She will be feeling surges of respect and attraction for you again and begin to forget about her plan to find a replacement guy.

She will open back up to you and you can then get to a hug, kiss, sex and back into a relationship.

Another reason why you ex might call you every day but not want to get back together is becauseâ€¦

3. She misses you and doesnâ€™t know how to deal with the pain of a break up

[image: She misses you and doesn't know how to deal with that pain]

Unless a guy really messed up badly (e.g. he cheated, was physically and/or emotionally abusive) and his ex woman absolutely hates him now, she will naturally miss him from time to time.

For example: A woman might think to herself, *â€œI know that weâ€™re broken up, but I do miss having a guy to go out with, or a date for all those couples events Iâ€™m always getting invited to. I donâ€™t like the feeling of being broken up,â€* or *â€œSometimes when Iâ€™m all alone on a Sunday afternoon, I really do miss him. I guess he wasnâ€™t all bad. Going through a break up feels worse than how I felt when I was with him. Maybe I should just give him another chance.â€*

Of course, that doesnâ€™t mean sheâ€™s going to come out and tell her ex that she misses him.

It also doesnâ€™t necessarily mean that she wants to get back together.

Why?

Some reasons might be:

- She doesnâ€™t really believe that he can change, so she doesnâ€™t want to open herself up to

a relationship, only to be disappointed once again.

- She doesn't want to make it easy for him to get her back because she wants him to be the man and take the lead.
- She's afraid he might reject her if she shows interest in a relationship at this point.
- She doesn't believe that he can give her the attraction experience she's looking for in a man (e.g. he's too soft and gentle, but she wants a guy who is more rough and rugged).

However, the good news is that if your ex is calling you every day, there's a good chance that she still has some feelings for you.

The main thing to remember, is that as long as she's keeping the lines of communication open with you, you have a big chance of getting her back.

She's actually making it easy for you.

All you have to do is re-spark her feelings for you over the phone (e.g. by using humor to break down her defenses and make her open up to you) and get her to meet up with you as quickly as possible.

The sooner you meet up with her face-to-face, the sooner she will experience the new you and then the idea of getting back together will be on her mind more and more.

Yet another reason why you ex will call you every day but doesn't want to get back together with you is because

4. She wants to mess with you to get emotional revenge for how bad you made her feel during the relationship

In some cases, a woman might feel particularly angry or bitter towards her ex (e.g. because he cheated on her, he was abusive, he was too jealous or controlling).

So, after she breaks up with him, she may decide to mess with his head as a way of getting emotional revenge on him.

For example: She might say to herself, *I'm going to stay in touch with him by calling him on the phone every day and make him feel confused. He's going to be wondering why I'm staying in touch, even though I don't want to get back together. He will hate the feeling of having no control over the situation and I'm going to sit back and enjoy watching him squirm. It's exactly what he deserves after the way he treated me.*

She will then call him or text him daily, always seeming open and friendly, but never wanting to get back together.

If he becomes frustrated and says something like, *Come on, we're clearly getting along with each other, so what is the problem? You wouldn't be calling me if you felt nothing. So, why don't you want to get back together?* she will enjoy the fact that he's being taken along for her ride.

Secretly, she may be thinking something like, *Do you honestly think I would have any feelings for you after the way you treated me? I just wanted to mess with your head for a while to make you feel some of the pain that I felt. Now you know what it's like to be treated badly by another person. It sucks doesn't it? As for a relationship between you and me that is over! We're never getting back together again. This is all just a game to me. I hope it makes you suffer the way I*

*did in the relationship. You disappointed me so many times and now you deserve this.*â□□

Horrible, right?

Well, some people (not just women) can be that nasty after a break up.

If you donâ□□t want that to happen to you, then make sure that you're using the phone calls to make her want you back in a sexual way.

Don't be neutral and friendly and expect her to feel an amazing spark with you.

That's not how it works.

You've got to be very confident and ballsy and use the kind of humor that will stop her in her tracks and make her think, *"Hmmmâ□|why do I suddenly feel so attracted to him again?"*

The more she experiences the new, more sexually attractive you, the less she will want to get emotional revenge on you for making her feel unhappy in the relationship.

One last reason why you ex might call you every day, but not want to get back together with you isâ□|

5. She wants to see how much of her games you will put up with before you cut off communication with her

This is very common in situations where a woman felt like she had too much power over her ex boyfriend (or husband) in the relationship.

So, to find out if he has changed, she will call or text every day and always give him mixed messages about her feelings.

Any time he brings up the idea of them being back together in any way, she changes and either ends the phone call or stops texting him.

She wants to see if he will continue allowing her to be in the position of power and be the one who is ending phone calls, or stopping text conversations first.

If he just puts up with her games day in and day out, without ever standing up to her or ending a call or text chat first, she will know that nothing about him has changed and she will feel even more turned off.

So, donâ□□t let yourself get caught up in a situation where your ex is playing games with you and you're just putting up with it so you can talk to her.

If you allow her to mess with your head like that, it will do nothing to change her negative feelings for you and make her want you back.

She will lose more and more respect for you during every interaction and will eventually be unable to feel any attraction for you at all.

Remember: Women are not attracted to emotional weakness in men.

Women are attracted, aroused, excited and interested in emotional strength in men.

That is what keeps a woman hooked on a guy.

So, make sure that you let her see that you're no longer the guy you used to be.

If she's being a pain in the butt on a phone call, just calmly and confidently say, *"Okay, good talking*

to you, but I've got to go. Talk to you next time."

If she's playing mind games with you via text, just stop replying for a few hours and then reply, but start a new conversation and don't get continue on with the nonsense she was trying to create.

This will make her feel some respect and attraction for you because it will be first hand evidence that you really have changed.

So, if you are serious about getting her back, make sure that you are willing to try a new approach from now on.

If what you've been doing hasn't gotten her back, it's almost certainly not going to.

Change your approach and she will change how she feels.

When she changes how she feels, she will change her mind about not wanting to be with you.

Then, you just need to make sure that you follow through on the final steps of the ex back process and she will be yours once again.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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My Ex Said That She Just Wants to Be Friends. (5 Possible Reasons Why)

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

When a woman says that she just wants to be friends with her ex man, it usually means that:

1. She doesn't feel enough attraction for him to be more than just friends

[image: She doesn't feel enough attraction for him to want to be in a sexual, romantic relationship]
Relationships usually start off with a lot of excitement and passion.

Most guys are very attentive and loving, so they naturally make their woman feel like she's the most beautiful girl in the world.

Yet, when the initial thrill of being with her wears off, a guy might start taking her for granted.

She will notice that he doesn't really look at her the way he used to, or doesn't treat her as well as he did at the start.

He might think that she is in the wrong because she has started to become annoying and turn him off. Yet, that's not what she thinks.

She thinks that she's only been behaving in an annoying way to and get his attention and make him want to get things back to how they used to be.

If he just keeps taking her for granted and not making her feel like his sexy girlfriend, she will begin to feel frustrated and unhappy in the relationship.

She may then begin to think, *"I just don't feel the same way about him anymore. Something has changed between us. I just don't feel happy being treated this way anymore. Maybe we're not meant to be. Maybe I need to break up with him and find myself a guy who will love me and respect me for life."*

Here's the thing!

In a relationship, it's a man's responsibility to maintain and build on the love, respect and sexual attraction between him and his woman.

Some guys might think that it's unfair, but that's just the way it is.

A woman doesn't want to take on the responsibility of being the leader and have to drag her man along, kicking and screaming.

She wants him to take the lead and guide both himself and her into deeper feelings of love, respect and attraction so they can stay together for life.

So, even if a woman still cares about her guy, if she's not getting the attraction experience she wants from him (i.e. he's not making her feel feminine, girly and sexually attracted anymore), she will eventually decide break up with him and try to find herself a man who knows how to keep a woman happy.

How about you?

Did you end up taking your woman's presence in your life for granted (e.g. you became very irritable around her, didn't treat her with respect, but expected respect from her, or became more of a nuisance to her than a benefit)?

If you took her for granted, don't worry.

You can fix it and get her back.

How?

Accept a friendship with your ex and then use any interactions that you have with her to make her feel sparks of respect and sexual attraction for the new and improved you.

When you approach it that way, you and her won't be friends.

She will start feel sexually and romantically attracted to you again and you will then be able to get her back into a relationship.

Where a lot of guys go wrong when an ex says something like, *â€œI just want to be friends from now on,â€* or *â€œI see you more as a friend than as my guy,â€* is assuming that it means the relationship is doomed forever.

Hearing something like that, a guy might panic and start begging, pleading and crying as a way of hopefully convincing her to give him another chance.

For example: He might say, *â€œPlease don't give up on us. I can change. What we have is far too deep to just be friends. Please, give me one more chance and I promise things will be different this time. I will prove to you that what we have is special.â€*

Yet, because she doesn't feel enough sexual attraction for him, she's not going to feel motivated to give him another chance and experience more of the same.

Alternatively, he might say, *â€œNo, I can't accept a friendship. I love you more than anything. Being only a friend to you would be too difficult for me. I want a relationship or nothing.â€*

Yet, because the sexual and romantic feelings aren't mutual, she simply isn't interested in anything more than a friendship.

Alternatively, he might ask her to tell him what he needs to do to change her mind and want to be in a relationship, rather than just be friends.

Yet, a woman doesn't want to have to teach a guy how to attract her.

She wants to be in a relationship where attraction happens naturally, without her having to guide the guy and teach him what to say and do.

So, when a guy tries to get her back by pleading with her, not accepting just a friendship, or asking for her help, it just doesn't work in most cases.

She doesn't think, *â€œWow! He really cares about me. Maybe I'm being too hasty with my decision to break up with him. I can teach him how to be the man I want him to be and then everything will be perfect between us. Yes, I will be his guide! He can be my little project and I will turn him into a real man one day if I just work hard enough at it.â€*

She doesn't want to be in a sexual, romantic relationship with a guy who doesn't even know how to make her feel sexually attracted to him anymore.

She wants things to flow naturally and for her to experience deeper feelings for him over time.

If he doesn't know how to do that, she will give him the old, "Let's just be friends" line and then move on, unless he can change and start re-attracting her.

So, remember!

If your ex says that she just wants to be friends, you should look at it as a great opportunity for you to re-attract her and get her back.

Use your interactions with her (whether it's via text, social media or on the phone and in person) to re-spark her feelings for you and make her feel like being friends is simply not good enough for her anymore.

Another reason why a woman will say that she just wants to be friends with her ex is

2. She's just saying that they will be friends, but doesn't actually think it'll be possible until he fully gets over her or moves on

[image: She doesn't think it's possible to be friends]

Sometimes, a woman will say that she just wants to be friends with her ex even though, deep down, she knows that he won't be able to handle the friendship.

For example:

- He will be too jealous if he sees her with other guys or hear about other guys who are now interested in her.
- He will always be subtly pushing for a relationship while just acting like a friend.
- He will get upset when she wants to start limiting the amount of contact they have with each other.

And so on.

So, to avoid making him upset and potentially start begging her to stay in contact with him, she might agree to be just friends, even though she knows that she will be trying to avoid him and move on.

If he doesn't give up on pursuing her, she will hope that when he finds out that she's now dating other guys and moving on, he will say something like, *"I can't accept only being friends with you. It's just too painful for me. Unless you and I can be together in a relationship, I cannot be your friend anymore. I can't stand by and watch you talk about other men you like, or go off dating new guys. It's just too painful for me. Goodbye."*

She can then say something along the lines of, *"I'm sorry you feel that way. I guess from now on, it would be better if we don't contact each other anymore,"* and walk away from the relationship without feeling like she's the 'bad guy.'

So, if your ex is saying that she just wants to be friends with you, but secretly believes you won't be able to handle it, you need to show her that you can handle it.

How?

By stop trying to get her to commit to a relationship and start making her feel sexually and romantically attracted to you again.

When you make her feel sparks of sexual and romantic attraction for you, don't make the mistake of going 'straight for the kill' and asking for a relationship or even hinting at it.

Just let her feel so attracted to you again that she naturally wants to be in a more than just a friendship with you.

She wants to hug you, kiss you and have sex with you again.

If you make her feel that way, you won't have to suffer the pain of being rejecting when you ask for more than just a friendship.

She will want a relationship and you can then just go along with it, while continuing to build on her feelings for you.

How can you do that?

By letting her see that you believe in your attractiveness and value to her, even when she treats you like a friend to test your confidence, or tries to make you feel insecure by talking about other guys.

The more she can see that you maintain your confidence around her regardless of what she says and does, the more respect and attraction she will feel for you.

All of a sudden, love will start to fill her heart and she will feel the need to be close to you, in your arms, kissing you and being sexual with you like a proper girlfriend.

She will then start to regret ever suggesting that you and her should only be friends because it could have resulted in her losing you and missing out on the amazing experience she is having with you now.

Another reason why a guy's ex woman might say that she just wants to be friends is thatâ

3. She only wants him to stay in her life so she doesn't feel the pain of losing him right now

She might say to herself, *â If we remain friends, it won't be as bad as losing him completely. We can still hang out together and if I ever need him (e.g. to help me repair something in my house, when I need a date for a party or wedding, when I'm feeling down and need someone to cheer me up) he will be there for me. In the meantime, I'm going to start looking for a new man to take his place in my life. When I have a replacement, I will then tell him that we can't be friends anymore.â*

She may then lead her ex on by showing interest in him and being nice, friendly and open.

Her ex may then think something like, *â Cool! She must still have feelings for me if she hasn't cut me out of her life completely. If I stick around as a nice friend, she will eventually realize her mistake and we can then be boyfriend and girlfriend again.â*

Unfortunately, being a nice friend to an ex woman is not enough to get her back.

You've got to trigger her sexual feelings if you want her to stop look at you as just a friend.

Of course, guys who get friend zoned by their girlfriend often don't really know how to make her feel attracted anymore.

[image: Friend zoned by ex girlfriend]

For example:

- He's too much of a pushover and lets her walk all over him.
- He's too emotionally sensitive about things, which makes her have to dull down her personality and confidence to make him feel okay about himself when around her.
- He makes her feel more dominant than him.
- He makes her the most important thing in his life and stops actively pursuing his biggest goals, dreams and ambitions just so he can spend even more time with her.
- He gives her too much power in the relationship.
- He's more neutral and friendly around her than masculine and sexual.

So, if that's what he's offering her in a relationship if she gets back with him, she's not going to change her mind about just wanting to be friends with him.

Instead, she will enjoy knowing that he's available to her when she needs him, but it won't stop her from having sex, dating and falling in love with another guy.

So, if you want to get your ex back for real, make sure that you are ready to make her feel sexually attracted to you again in the ways that will really make a difference to her.

Being her 'friend' is fine, as long as you're not being a platonic, neutral friend.

Make her have sexual feelings for you again based on how you now interact with her.

You think differently, speak differently, feel differently, behave differently and act differently.

You're so much sexier now and it turns her on.

That is what works and you can do it.

Don't doubt yourself.

If you doubt yourself, you will be naturally turning her off because women are not attracted to self doubt in men.

Women are attracted to confidence and self belief in men, so make sure that you rise up to the occasion.

Use this break up as an opportunity to force yourself to quickly become a sexier man.

Most guys are able to transform themselves within a few days to a week (e.g. by becoming more confident, being more emotionally masculine, stop looking at her as the leader of the relationship).

Important: You need to focus on being sexier in terms of emotional attractiveness.

It's not about going to the gym more, getting a new haircut or buying new clothes.

You can do that if you want to, but it's not going to make a difference to her if she's turned off by you emotionally (e.g. because you're insecure, doubt yourself around her, are too neutral).

Another reason why a guy will get friend zoned by his ex girlfriend is that

4. She knows that he doesn't even understand the type of attraction experience she really wants

[image: She knows that she doesn't even understand the kind of attraction experience she really wants]

When a woman starts dating a guy, it's usually because he's got certain traits and qualities

that are attractive to her (e.g. heâ□□s confident, he makes her laugh, he treats her well).

Then, when she breaks up with him, itâ□□s mainly because he either stopped displaying the traits and qualities that attracted her to him in the first place, or because his negative qualities overshadow the good things about him.

For example: A guy might be able to make a woman laugh and smile with his great sense of humor and fun personality.

However, if he lacks drive and ambition in his life and doesnâ□□t take his future seriously, a woman may start seeing his funny side in a negative way.

She might start to feel like heâ□□s always just clowning around and hiding from his true potential as a man.

He just likes being in a relationship and spending loads of time with her so he can avoid rising up and reaching his true potential.

It's safe with her.

He can be silly, waste time, laugh and play.

He doesn't have to man up and start achieving big things because he just hang with her.

Yet, here's the thingâ□|

Even though she was initially attracted to him for certain reasons (i.e. his lighthearted, humorous side), it just wasn't enough for her to want to remain in a relationship.

He lacked ambition, or like many guys, was intelligent, but afraid of reaching for bigger success in life because he feared making mistakes, being ridiculed or failing somewhere along the path to success.

As a result, he clung to her like she was his safety blanket in life.

She was his protection from the big, bad world out there.

â□|and she hated that.

She hated the fact that she was stuck with a fearful, immature guy who didn't have enough balls to stand up and start reaching for his true potential as a man by following through on his biggest goals, dreams and ambitions.

So, she dumped him.

As a result, the guy felt like she had just pulled the rug out from under his feet.

She had taken away his life support, his safety blanket and his reason for living.

He then started pouring his heart out to her and telling her how much she means to him, in the hope that it would change how she feels.

Yet, it didn't because that isn't what matters to her.

She knows how much he feels for her, but what matters to her is how much she feels for him.

She is turned off by him because he lacks ambition or doesn't have the balls to follow through and make things happen in his life.

So, she just says something like, *"I just want to be friends now. I don't want to be in a relationship anymore"* and plans to start moving on as soon as she can.

Of course, most guys don't search for help on this topic until it's too late, so they make all sorts of

additional mistakes that turn the woman off even more.

For example: A guy might say things like, *â€œI care about you so much. Nothing means as much to me in my life as you do. Please give me another chance. I promise to do anything you want. Iâ€™ll do all the housework from now on if you want. Iâ€™ll let you go out with your friends and Iâ€™ll stay home. Iâ€™ll take you out to restaurants or away for romantic weekends like you always wanted. Iâ€™ll do anything. Just tell me that youâ€™ll reconsider your decision to break up with me. Please!â€*

Yet, that's not what she wants him to change about himself, so it just doesn't hit the mark for her.

Rather than make her think, *â€œHow sweet! Heâ€™s such a great guy and heâ€™s obviously crazy about me. It doesnâ€™t matter that he doesnâ€™t understand my real reasons for breaking up with him. At least heâ€™s willing to do lots of nice things for me,â€* she think something like, *â€œHe doesnâ€™t have a clue why I really broke up with him. Heâ€™s just offering to change random things and hoping that Iâ€™ll be happy with it. Yet, his lack of understanding only makes me feel more determined not to be in a relationship with him anymore. He doesnâ€™t know how to be the kind of man that I want and Iâ€™m not prepared to teach him. Why should I have to help him through everything, when there are men out there who know how to manage a relationship properly without needing a womanâ€™s help? I want a man like that in my life.â€*

She just dumps him and tries to move on.

He might be left thinking, *“Damnâ€¦ women are so hard to please. I was willing to do anything and she still walked away”* because he just doesn't understand the position he put her in.

She didn't want to be his teacher or guide and tell him what she wants and she also didn't want to waste time going away on romantic weekends with him, when she wouldn't have been feeling sexually attracted and in love.

She just wants a man who understands how to be a man, so she can get on with being his loyal, devoted woman who loves him and feels sexually attracted to him.

So, if you want your ex to see you as more than just a friend again, make sure that you improve your ability to attract her in the ways that really matter to her, rather than offering her an attraction experience that doesn't excite or arouse her.

If you attempt to get her back without first giving her what she wants from you (i.e. feelings of attraction, arousal and romantic love), she will simply keep saying, *â€œThanks, but I donâ€™t feel the same way about you anymore. I just want to be friends from now on.â€*

Another reason why a woman will tell her ex that she just wants to be friends nowâ€¦

5. She's trying to get emotional revenge on him for how bad he made her feel during the relationship

Sometimes, a woman might decide to stay friends with a guy (and give him false hope that over time she may change her mind) as a way of punishing him for treating her badly throughout the relationship, or for disappointing her and wasting her time by never becoming the kind of man she hoped he would be.

For example: If a guy took his woman for granted when they were together (e.g. by letting her do most of the housework without pulling his weight/expecting her run all the errands for the both of

them/breaking his promises to her over and over again), she might decide to make him suffer for as long as possible after the break up.

She may think, "I'm going to give him some of his own medicine now that we're broken up. I'll tell him I want to be friends and use him to help me fix things around the house, run errands for me or pay for outstanding bills. I'll let him think that he has a chance and when he gets his hopes up really high, I'll tell him that I just don't feel attracted to him and don't want to in contact with him anymore. Let's see how he likes to be used and taken for granted."

Naturally, when that happens, the guy is left wondering, "What the? I thought we were getting along so well. I was treating her like a princess and being as good to her as I possibly could. What went wrong? I just don't get it. What did I do wrong?"

What he did wrong is that he failed to use the friendship to actively make her have sexual feelings for him.

He just assumed that by being nice and sweet and doing everything she wanted him to do, it would be enough to take away the negative feelings that she'd been holding on to.

Yet, that's not how the ex back works.

If you don't actively make your ex have sexual feelings for you when you interact with her, she will continue to see you as just a friend.

For a relationship between a man and a woman to be more than a friendship, the all-important sexual spark needs to be there.

Luckily, the spark is something that you can create when you talk to her and interact with her.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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Why Does My Girlfriend Have No Interest in Trying to Get Our Relationship Back Together?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

6 possible reasons why a woman will behave that way towards her boyfriend areâ€¦!

1. She doesn't think that he can change the things she secretly wants him to change

[image: She doesn't believe he can change the things that really matter to her]

Women can't always be honest about what they want a guy to change.

For example: If a woman is in a relationship with her boyfriend and notices that he's just not confident enough in the bedroom, or he feels shy around very confident people, she's not necessarily going to admit to him that she feels turned off by it.

In the bedroom, she might ask him, *"Why are you so tense? Relax"* or *"Why are you so quiet when we have sex?"* as a way of hinting to him that she wants him to be more confident and real.

In social situations, she might ask him, *"Why did you react that when Peter made fun of you? Why didn't you stand up for yourself?"* or, *"Why can't you just get along with Jenny and her friends? You always seem so quiet and reserved"* as a way of hinting to him that she wants him to be more confident.

If he doesn't take her hints seriously and then start becoming a more confident man, she will gradually lose so much respect and attraction for him that she will want to end the relationship.

Here's the thingâ€¦!

In most cases, when a woman breaks up with a guy, itâ€¦s usually after sheâ€¦s given him plenty of chances beforehand.

For example: A woman might say to a guy, *"I'm tired of arguing and fighting with you all the time about the same things. Our relationship is just becoming too stressful for me to cope anymore. If you don't make some drastic changes, I think it will be best if we just break up and go our separate ways."*

Unfortunately, a guy might then assume that she's just tired of all the disagreements they're having and if he avoids arguments, everything will be fine.

He might then start tiptoeing around his woman and making every effort to avoid getting into an argument with her.

Yet, the arguments are not the problem.

The arguments are a symptom of deeper problems that still exist in the relationship and if he doesn't fix those, it won't matter to her that they're no longer arguing as much.

She wants him to fix the core problem, rather than avoiding the symptoms of it (i.e. arguing).

For example: A woman might throw a tantrum with her guy because he came home late from work and the dinner she prepared for the both of them was missed.

She ended up having to eat alone and didn't hear from him with an explanation about why he was coming back late because he just ignored her texts, to avoid getting into an argument.

When he gets home, she might say something like, *â€œIâ€™m tired of slaving in a hot kitchen to make something nice for you and then having to throw it all away because you canâ€™t pick up the damn phone to tell me that youâ€™re going to be late.â€*

Of course, she doesn't have to throw away the food and is simply being dramatic, but that's women for you.

Women will often turn something small into a huge problem just to be able to throw a tantrum and see how you react.

Will you be able to maintain your confident, good nature and turn her tantrum into something that you and her can both laugh about together?

Will you lose control of your emotions and get very angry at her?

Will you apologize over and over and try to suck up to her to make it up to her?

What kind of a man are you when you are put under that kind of pressure?

Are you going to realize your mistake, apologize for it, but then be the man and guide the interaction back to love and laughter, so both of you can not only grow from the experience, but feel better about it?

Unfortunately, most guys don't really know how to turn an angry woman into a happy, loving, understood woman, so they end up causing more of a rift between themselves and her.

For example: A guy might try to just calm her down by apologizing to her for his behavior and hoping that she gets over it.

He doesn't plan on never making that mistake again, but instead, just wants her to calm down, shut up and let him relax after a hard day of work.

So, he might say, *â€œIâ€™m sorry. Youâ€™re right, that was very thoughtless of me. Thank you for making the dinner. I really should have replied to you or let you know, but I was so busy at work. Sorry.â€*

If the relationship is fairly new or if the woman is totally in love with him, she will accept the apology and just hope it doesn't happen again.

However, if the relationship is already starting to fall apart (i.e. she has been losing respect, attraction and love for him), then she's not going to be willing to just forget about it and keep letting him get away with treating her in that way.

If he had been taking her for granted for some time now, she's going to know that he's probably not going to change unless she breaks up with him.

If she keeps putting up with it, the relationship will continue turning into more of a 'take love' relationship than a 'share love' relationship.

In other words, he will take all the love, kindness, generosity and benefits she can offer him, but won't give her an equal amount in return.

He will take her presence for granted and just expect her to put up with it.

If he wants her to stop feeling annoyed at him and keep giving him the benefits, he might promise to change, but not really mean it.

He might start to call her or reply to her texts if he's going to be late home from work, but he will continue taking her for granted in so many other ways, so she just won't feel appreciated in the relationship.

Eventually, she will get to a point where she either cheats on him (a common exit strategy for a woman in a relationship like that), or she will break up with him and try to get over him and move on as quickly as she can.

She will know that he has an ability to charm her with his words, so she will try to steer clear of him and meet new guys, to help herself feel like she doesn't need him anymore.

Not knowing what else to do, he might start pleading with her and saying things like, *â€œPlease, just give me one more chance. I promise that this time, things really will be different between us. I will treat you like a princess from now on because you deserve it. I'm sorry. Please give me another chance.â€*

Yet, by that stage, a woman usually won't believe that he could really change the things that have been secretly turning her off, so she will say something like, *â€œI have no interest in trying to get our relationship back together anymore. It's over and you need to accept that. Please leave me alone.â€*

[image: Playing video games all weekend and expecting her to just wait around in the background]

In most cases, she's not going to list off all the subtle things that were turning her off (e.g. how he seemed to be more interested in his smartphone than her, how he played video games on weekends and just expected her to hang around the house doing nothing, how he showed more appreciation and respect to his friends than he did to her).

Why?

She doesn't want him to then say, *“I promise to fix those things and anything else you want me to do as well. I will do it. I promise.”*

Why?

She doesn't want to be responsible for shaping him into the man that he needs to become.

She just wants him to figure it out on his own, rather than leaning on her for guidance and support.

If he can't figure out where he has been going wrong now, she believes that he won't understand later on in life as well, so he will continue to disappoint her.

Of course, she might be wrong about that, but she doesn't want to take the risk and end up having to be his teacher, guide and support system for life.

So, the first step to making your girlfriend interested in trying to get the relationship back together, is to understand her secret, more subtle reasons for breaking up with you.

For example:

- She wanted you to be more ballsy, but you were always so neutral and nice.
- She wanted you to be more ambitious and driven, but you were always complaining about how hard life was and coming up with excuses for your lack of success.
- She wanted you to make her feel loved, appreciated and noticed, but you were always completely focused on your career and continuing to be as successful as you are, so she felt like she had to wait around in the background of your life.

- She wanted you to be more emotionally strong, but you were always so sensitive about things.

You've got to change, adjust or improve what really matters to her.

Then, the next time you interact with her, she will be able to pick up on the fact that you're longer the same guy she broke up with.

You really have changed and as a result, a relationship with you really would be different now.

The more she experiences the new you, the more interested she will become in getting the relationship back together again.

Another reason why a guy's ex girlfriend might not have any interesting in trying to get the relationship back together is becauseâ€¦

2. She is still turned off by how he begged and pleaded for another chance

[image: She is still turned off by how he begged and pleaded for another chance]

Some guys will beg, plead and even cry to a woman in a state of desperation after a break up.

As a result of his display of emotional weakness, she will lose almost all respect and attraction for him right away and feel like she just has to continue on with the break up and move on.

Women are repulsed by emotional weakness in men and magnetically attracted to emotional strength.

Of course, getting broken up with is hard, but that's just the kind of moment a woman gets to see how strong her man really is.

For example: A guy might appear very upset and say things like, *â€œPlease forgive me! I know I stuffed up, but I promise to make it up to you. I beg you to just give our relationship one more chance.â€*

When she refuses to give him another chance, he might become even more upset to the point where he sheds a tear or two (or more).

He then tries to beg her for another chance and making her feel sorry for him because of how hurt and broken he is now that she is leaving him.

Yet, rather than make a woman change her mind, her survival instinct kicks in and she begins to think, *â€œDoesn't he realize that all his begging and pleading is actually turning me off even more? How does he expect me to be able to feel respect for him when he's falling apart like this? Doesn't he realize that women are attracted to emotional strength and turned off by emotional weakness? If he can't cope with a simple break up, how am I expected to believe that he will be able to handle other challenging things in his life (e.g. financial problems, marriage, raising a family, problems with friends, problems at work)? Could I even rely on him to be a strong man during times like that? Would I have to be the stronger one take care of him instead? No way. I don't want that. I need an emotionally strong, masculine man that I can look up to and respect. I need a man who makes me feel safe and protected, not a guy who needs me to help him along through life and make him feel secure. He just doesn't understand how to be a real man. I've got to get away from him and move on.â€*

If the guy doesn't understand the mistake he is making (i.e. begging, pleading and being an

emotionally wussy turns her off), he will often continue along the same path and turn her off even more.

If he does realize the mistake, he might not even know what else to do.

As a result, he might just decide to cut off contact and hope that she misses him.

Yet, she doesn't really care about him and the relationship anymore, so she doesn't have much or any interest in trying to get the relationship back together.

By the wayâ€¦

Did something like that happen between you and your girlfriend?

If it did, don't worry.

It's not the end of the world.

You can recover from it by getting her to forgive you for being so emotional during and after the break up.

For example: You can say something along the lines of, *â€œWow! Did I mess that up or what? I got so upset over the idea of losing you that I reacted like an immature little boy. I can't believe I did that. I look back on it now and laugh at how I was acting. So silly. No wonder you're not interested in trying to get our relationship together now. I don't blame you. If I was in your shoes, I'd probably feel the same way too. So, I just wanted to say sorry for acting like an idiot. I now understand why my behavior made you feel like you didn't want to be around me anymore. I mean what kind of woman wants to hang out with a wimpy, needy guy, right? I was being such an idiot and I'm sorry.â€*

Let her say something and then add in, *â€œBy the way. Something I'd like you to understand is that even though I reacted badly, it was just a mistake and not who I am as a person. I have learned from it and I'm not that guy anymore. I meanâ€¦think about thisâ€¦I'm sure you've made some mistakes you're not proud of in your life, right? Yet, that's not who you are now. It's just what you did back then. Everyone trips up sometimes and as long as you can learn from it and improve as a person, it's not something that should define you for the rest of your life. Of course, I don't expect you believe that I have fully changed, but if you can forgive me, we can at least move forward in our lives with a clean slate as friends. I'm not asking you to take me back, just that we try to be friends for now. What do you say, can you forgive me?â€*

In most cases, a woman will say *â€œYes,â€* because she will already be impressed that you have the confidence and maturity to own up to your mistakes and say something like that to her.

However, rememberâ€¦

Just saying something like that to your ex girlfriend isn't the magic solution to making her interested in trying to get your relationship back together.

It's simply the first step of showing her that you have realized your mistakes and have already begun to change and improve as a man.

She then finds it much easier to start experiencing feelings of respect and sexual attraction for you once again.

Then, from that point onwards, you just need to continue showing her via your actions (e.g. by being confident around her regardless of what she's saying or doing to annoy you, using humor to get her out of a bad mood, making her feel girly and feminine in comparison to your masculine vibe and

behavior) that you really have changed.

Another reason why a woman might say that is becauseâ€”

3. He was clingy and needy and she now feels relieved to be away from him

[image: Relieved to be finally broken up from her clingy boyfriend]

One of the most common reasons why a woman will break up with a guy is because he just became too clingy and needy, to the point where she felt suffocated by the relationship.

Yet, when she breaks up with him, rather than showing her that he understands her reasons for breaking up with him and has already begun to change, a guy like that will often react by saying things like, *â€œPlease don't do this to me. I can't live without you! You're my everything. Life isn't worth living without you in it. Please let's just try to work this out. What we have is so special to me. I don't want to lose you.â€*

His reaction only highlights to her that he doesn't understand why she is breaking up with him and probably isn't capable of changing.

So, she closes up and shows no interest in trying to get the relationship back together, even though they used to be so in love and had experience so many good times together.

She's no longer interested because he just isn't changing and she can't afford to wait any longer.

Women have an instinct to not waste time with a guy who isn't suitable for her because of how their fertility works.

While men can still impregnate a woman at 70 years of age, a woman's fertility rapidly declines when she gets to 30 years of age.

Even if a woman doesn't want children, is too young for children or hates children, she is still largely controlled by her breeding instincts.

Her instincts tell her to not waste time with a guy who isn't going to be capable of being the kind of man she needs to be happy, feel protected and be in love with.

So, if a woman breaks up with a guy and can see that he doesn't even understand what to change or how to change it, her instincts will tell her to leave him and find a more suitable replacement guy.

How about you?

Was one of the reasons for the break up with your girlfriend because you were too clingy and needy, which then made her feel suffocated by the relationship?

If so, you need to show her that you're definitely not that kind of guy anymore.

How can you do that?

By reacting differently to the way she expects you to.

For example: If she says that she's not interested in trying to get your relationship back, she'll expect you to get upset and try to change her mind.

Instead, you don't get upset and simply turn it into something that you and her can laugh about together.

You can say something like, *â€œYouâ€™re right. I donâ€™t want you back either. Iâ€™ve finally had a good nightâ€™s sleep now that youâ€™re not there to keep me awake with all your snoring.â€*

Sheâ€™ll probably then laugh and say something like, *â€œHow can you say that? I donâ€™t snore! You snore!â€* and you can reply in a joking way, *â€œThatâ€™s what you think because you havenâ€™t seen the petition signed by all the neighbors. You were so damn loud. I secretly had to wear ear plugs to get any sleep around youâ€* and have a laugh with her about it.

She will then have first hand evidence that youâ€™re no longer reacting in the same way as you used to (i.e. always pushing to get a relationship).

Now, you actually have the confidence to relax and focus on making her have feelings for you and actually enjoy interacting with you.

As a result, her guard comes down and she starts to feel interested in being in a relationship with you again to see how it goes now that youâ€™ve changed.

Another possible reason why sheâ€™s not interested in getting the relationship back togetherâ€™

4. She already has a new guy or is flirting with a guy that she really likes and hopes to get into a relationship with

[image: She already has a new guy, or is flirting with a guy she likes]

This isnâ€™t something that most women will openly admit to their ex boyfriend.

Why?

She is afraid of how he may react (e.g. He gets angry and possibly becomes aggressive or even violent towards her. He threatens, or even gets into a fight with the other guy. He becomes emotional and starts begging and pleading with her to change her mind. He shows up at her house unannounced and demands to speak to her. He bombards her with angry, insulting texts messages about how she is moving on so quickly).

So, rather than take the risk of being on the receiving end of his attacks, she tries to let him down lightly by saying that sheâ€™s not interested in getting back together again.

She hopes that he will then give up, or make one of the most classic ex back mistakes of all and give her 30 to 60 days of space.

She then uses the space to hook up with the guy she has been flirting with or get out and find herself a replacement guy to move on with.

Then, if her ex calls her after 30 to 60 days, she can say, *â€œSorry, but you havenâ€™t called me in weeks/months. If you wanted me back, you should have gotten in touch with me earlier. I thought you werenâ€™t interested in me anymore, so I met someone else and have moved on. Iâ€™m very happy now with my new boyfriend, so please donâ€™t call me again because I donâ€™t want to ruin things with him. Itâ€™s over between you and me. I wish you all the best. Goodbye.â€*

So many guys get that kind of outcome when they give their ex girlfriend too much space, rather than re-attracting her and making her want the relationship again.

If youâ€™re in a position at the moment where you can still contact her, make sure that you use any

contact or interaction that you have with her to reactivate and build on her feelings of respect, attraction and love for you.

If you do that, she will naturally be interested in getting the relationship back together again.

Another reason why a woman might not be interested is thatâ€¦!

5. She only ever wanted a quick relationship

Sometimes a woman isnâ€™t interested in getting into a long, serious relationship with a guy (e.g. because she feels like she is too young to settle down, heâ€™s not her ideal match, heâ€™s just a rebound guy or she just wants to have fun).

So, even though heâ€™s heartbroken and desperately wants another chance at a relationship, the thought of getting back together wonâ€™t really enter her mind because in her heart, she always knew that he was just a temporary stop along the road for her.

If she also knows that sheâ€™s perfectly capable of finding a new guy who wants to sleep with her and give a new relationship a try, sheâ€™ll usually just keep saying, â€œNo. Itâ€™s over. Iâ€™m just not interestedâ€ to her ex as she moves on.

One more reason why a woman might not be interested in a relationship anymore is thatâ€¦!

6. She actually does want him back, but isn't going to help him make it happen

Even if a woman still has feelings for her ex, sheâ€™s usually not going to make it easy for him to get her back.

Why?

She wants to see that he has the maturity and emotional strength to confidently guide her back into a relationship, even though she is being cold, distant or even rude towards him.

If he can take the lead and guide her through the ex back process, not only will she be interested in trying to get the relationship back together again, but she will also feel exciting rushes of respect and attraction for him as a man.

Hereâ€™s the thingâ€¦!

The amount of respect and attraction your ex girlfriend feels for you is essentially within your control.

Youâ€™re either saying and doing things right now that are making her feel a renewed sense of respect and attraction for you (e.g. being confident, being emotionally strong and independent, making her smile, laugh and feel good to be around you) or youâ€™re not (e.g. being self-doubting and insecure when you interact with her, being too serious with her, being afraid to make her feel attracted to you again by flirting with her).

Itâ€™s entirely up to you which guy you want to be.

You can either be a turn off to her or a turn on.

You are in control of that.

Women react to men and change their mind based on how the man is making her feel.

So, if you want your girlfriend to be interested in trying to get your relationship back together again, you have to be willing to let go of the old you and embrace the new you.

You've got to start making her feel attracted in new and exciting ways.

Make her want you back based on her reactivated and reenergized feelings for you, rather than trying to convince her to give you another chance because you want it.

Remember: Women react to men and change their mind based on how the man is making her feel.

How have you been making her feel the last couple of times you interacted with her?

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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My Ex Said That She Doesn't Want to Jump Back Into a Relationship With Me Right Now

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

5 possible reasons why your ex said that she doesn't want to jump back into a relationship with you right now are:

1. She wants to find a new man before you find a new woman. She will then say that it's really over between you and her

[image: She wants to move on before you do]

A woman will do this to avoid seeing her ex boyfriend (or husband) move on quicker than her.

She will give him hope that she's interested in a relationship, but will be secretly trying to find a replacement guy and begin to move on, so she can say to her ex that it's over now and he needs to stop pursuing her.

As a result, her ex guy is the one who left feeling hurt, rejected and left behind, while she avoids the pain of being in that position herself.

Some women do that out of selfishness, other women do it for revenge and other women do it because they're not very confident about their attractiveness to other men and don't want to end up becoming even more insecure after the break up.

For example: After a break up, a woman might be feeling a bit vulnerable and insecure about her attractiveness to men.

As a result, she might be finding it difficult to fully let go of her ex because she's worried that she won't be able to find herself a new man who will stick with her after sex.

She then might then say to herself, *"After everything he put me through in the relationship, I don't want to be the one who is left hurting and feeling bad as he moves on with another woman. So, I'm going to string him along by telling him that I don't want to jump into a relationship with him right now and make him believe there's a small chance we will get back together again. In the meantime, I'm going to get out there and find myself a replacement man before he gets another girl. I have to take care of myself for once. He put me through a lot of crap in the relationship and I'm not going to take it anymore. I have to come out of this on top."*

She will then try to go out to bars with her single friends, attend parties and use dating apps like Tinder to get some quick dates or quick sex.

If she finds a suitable replacement guy, she will usually then have a false sense of confidence about herself being more attractive and valuable than him.

Here's the thing!

If you want your ex to give you another chance, you must make sure that you're not giving her the impression that she is more attractive and valuable than you.

You've got to actively make her have feelings for you, so she can be reminded of the fact that you are

a cool guy and that you do deserve a woman like her.

Don't let her get it in her head that she's better than you and you're so unworthy now.

No.

You are worthy.

The way to remind her of that is to make her feel it!

If you are actively making your ex have feelings of sexual and romantic attraction for you, then she is going to open herself up to getting back into a relationship with you.

However, if you're just trying to get another chance by asking her or by being a friendly ex, then you're going to be disappointed.

When getting an ex back, what really makes all the difference is when you actively trigger feelings of sexual and romantic attraction inside of her.

When you do that, you don't have to waste time trying to explain things to her or hopefully convince her to give you another chance after weeks of discussing it.

She feels it right away and opens back up to you.

Yet, most guys don't know that they need to focus on triggering feelings of sexual and romantic attraction.

As a result, man guys turn their ex woman off by behaving in unattractive ways (e.g. begging and pleading with her for another chance, being extra nice to her, sucking up to her, bombarding her with texts, pouring his heart out in long letters or e-mails).

A guy will hope that if he can just show her how much he cares, she will then take pity on him and give him another chance.

Unfortunately, that approach doesn't work on the majority of women because they see it as desperate and pathetic, rather than confident, kind and sincere.

So, a woman will just try even harder to find herself a new guy so she can then say, *"Look, it's over between us now. I'm sorry if I gave you the impression that we might get back together again. We're not getting back together. I have a new boyfriend now and I'm really happy. You need to accept that and move on."*

She might then unfriend him or unfollow him from social media, block his phone and no longer open any of his e-mails.

The guy is then left feeling hurt, rejected and left behind.

He thought he was making progress with her by begging, pleading, explaining, convincing and sucking up to her, but it wasn't working.

If you want your ex back for real, make sure that you are ready and willing to do what it takes to trigger feelings of sexual and romantic attraction inside of her.

If you just want to be neutral, nice and boring about your approach to her, then you can't expect her to be excited about it.

You've got to make her feel something and then build on those feelings and get her back.

Likewise, if you just cut off contact and wait for her to come back to you on her own, then you're probably going to end up feeling disappointed and betrayed when you find out that she's moved on with another man.

The approach that you have been using so far hasn't been working.

So, if you want her back for real, make sure that you're willing to approach her in a different way from now on.

Another reason why a woman might say that she doesn't want to jump into a relationship with you right now is that

2. She only wants to have casual sex with you when she feels like it, but doesn't want to settle down at this point in her life

[image: She only wants to have sex with you]

Sometimes, a woman will break up with a guy because she doesn't want the kind of relationship that he wants.

For example: A guy might feel like he's met the woman of his dreams, so he settles down, gets married and starts a family with her.

Yet, the woman might feel like she's not ready to commit to one guy for life at this point in life.

She might then break up with him and be open to keeping him around as a 'friend with benefits' (i.e. she uses him for sex when she feels like it, but isn't interested in being in a relationship with him).

Of course, this means that she's not going to be faithful to her ex anymore.

So, if she meets a guy who makes her feel like she is ready to settle down, the friends with benefits arrangement will come to a sudden end.

That's one of the funny things about women that

A woman will usually say one thing and then do the complete opposite of what she feels like it.

This change can happen in an hour, a day, a week, a month, a year or more.

In other words, you can't rely on a woman's word.

Women are not men.

If a man gives his word about something, it means that he has made a logical, rational decision that he will stick to.

However, if a woman gives her word about something, it usually means that she's just saying what she feels in the moment and as a result, her decision is completely open to change if her emotions change tomorrow or the next day.

This is why you should never follow the lead of a woman in a relationship.

If you do, she will lead you around in circles and through zig zag paths that go nowhere, because she's just following her changing emotions.

This is also why a woman wants to be with a man who can confidently take the lead in a relationship and not be thrown off her changing mood, opinions, feelings or desires.

If a guy follows her around, they will go nowhere fast and she will feel turned off by the fact that he isn't strong enough to lead a woman like her.

So, if your ex is saying that she doesn't want to jump back into a relationship with you right now, it

could mean that she's currently only open to having casual sex hook ups.

However, take note of the word 'currently.'

She might currently feel that way, but you can change how she feels and make her want to have an exclusive, committed relationship with you today, tomorrow or the next day.

If you can then be the kind of man that makes her feel the way she wants to feel in a relationship, she will stick with you for life.

How can you do that?

You've got to be able to guide her through the stages of a relationship, get to stage 5 and then keep it thereâ€¦!

If you can do that, it's highly unlikely that you and her will ever break up again.

Women know how difficult it is to find a man who can create and maintain that type of dynamic in a relationship.

So, if your ex is open to just having casual sex with you, but doesn't want a relationship right now, don't worry â€¦ you can change her mind by changing how she feels whenever she interacts with you from now on.

Make sure that every time she comes to you for sex, as well as all the times in between, you make her feel so much respect and attraction for you that she feels compelled to upgrade your relationship from friends with benefits to boyfriend/girlfriend or husband/wife.

Another reason why your ex might not want to jump into a relationship right now is thatâ€¦!

3. You've become too needy and clingy and she doesn't know how to make you stop

[image: You have become too clingy and needy and she doesn't know how to get you to stop]

Itâ€¦s perfectly okay for you to miss your ex and want her back.

You and her had something special together and you want to experience that again.

Thereâ€¦s nothing wrong with that and thereâ€¦s nothing wrong with doing whatever is necessary to get her back.

However, there are certain personality traits (e.g. confidence, determination, emotional maturity) that will attract a woman and make her say, *â€¦I think I made a mistake by breaking up with him. I want him back,â€¦* and then there are others that will turn her off and push her further away (e.g. insecurity, neediness, clinginess, desperation).

So, when a guy starts behaving in unattractive ways after a break up, rather than convince a woman to give him another chance, she begin to look for ways to make him stop pursuing her and leave her alone.

For example: A woman might say to herself, *â€¦Heâ€¦s being so clingy and needy. Itâ€¦s driving me crazy! If I had my doubts about breaking up with him before, I donâ€¦t' anymore. Heâ€¦s convinced me that Iâ€¦ve made the right decision by breaking up with him. I don't want to be with a guy who is as emotionally fragile as him. He's losing it. I have to get away from him and move on as quickly as I can, or he will drag me back into a relationship.â€¦*

If he doesn't stop pursuing her in a needy way, she will try to destroy things between them by being unreasonable, rude or selfish.

For instance, she might tell him to only text her from now on because she won't answer his calls ever again, or say that she can't see him for 4 weeks because she has a busy project at work.

Alternatively, she might tell him that he can only see her when he runs errands for her, or if he helps pay her rent.

Secretly, she is hoping that by treating him badly, he will begin to hate her and then give up on the idea of getting her back.

Yet, some guys just take the punishment and give into her unreasonable demands.

As a result, she sees him being desperate and pathetic and it turns her off even more.

So, even though he was thinking that putting up with her bad behavior and agreeing to all of her unreasonable demands might make her happy, it simply makes things worse.

Here's the thing:

If you want to convince your ex to give the relationship another chance, you need to show her that you're not a needy, clingy guy anymore (e.g. by enjoying a fun life that is independent of your relationship with her).

You also need to let her see that she can't push you around by making unreasonable demands anymore.

For example: If your ex puts restrictions on when and how you can contact her, rather than give in to try and please her, just show her instead that you're now a much more confident, emotionally strong man who believes in himself.

How can you do that?

By laughing at her demands and saying something like, *"Relax girl...no need to be so fussy and demanding"* or, *"Well, aren't you a Little Miss Fussy Pants today?"* or, *"Anything else you want me to do? Maybe only text a maximum of 10 words, or only speak to you for 35 seconds on a call?"* and then have a laugh with her about that.

In other words, don't take her fake demands so seriously.

Laugh at her for being a pain in the butt.

When she can see for herself that not only aren't you being clingy or needy anymore, but you're also not buying into her bullying tactics and letting her walk all over you, she won't be able to stop herself from seeing you differently.

She will feel sparks of respect and attraction for you and begin to consider that there may actually be a chance for you and her again after all.

Of course, when you make her feel that way, don't make the mistake of immediately trying to get her to commit to a relationship.

No.

You've got to build on her renewed feelings for you and let her naturally want to be in a relationship with you, rather than making her feel like you're forcing her into it.

Another reason why your ex might not want to jump into a relationship with you right now is that:

4. She wants to party with her single girlfriends, hook up with a different guy and see how she feels

Sometimes, a woman might decide that being single again seems like it would be more fun than being in a relationship.

This is especially true if she's really young or inexperienced and this was her first serious relationship with a guy, or if she's in a relationship that has lost its spark after being together for years or decades.

If she's young (i.e. under 30), she might say to herself, *"Why should I be stuck with one guy when all my friends are having so much fun being single and dating new guys all the time? I want to enjoy myself and party too before I settle down and get serious with one man. Besides, how will I ever know if he's the right man for me, if I've never been with enough other guys to know what I really want?"*

She might then say to her ex, *"Look, I don't want to jump back into a relationship with you right now. I want to be single for a while and hang out with my friends and have a bit of fun. Just give me a chance to be by myself for a while and maybe sometime in the future, we can get back together again."*

Unfortunately, that's a woman's promise and as you would know if you read the earlier parts of this article, it doesn't mean much.

When a woman gives you her word, it's based on how she is feeling in the moment.

It's like not like a man giving you his word about something (e.g. *"I promise to have your back as a friend for life"* or, *"If you help me fix my car, I will help you paint your house"*).

When a real man (not a wimpy guy, insecure guy, selfish guy) gives his word, he means it and he will follow through on it.

So, if your ex girl has said something like, *"Maybe we can get back together in the future,"* don't count on it.

She is totally willing to change that promise if she feels differently a minute, an hour, a day or a week later.

In other words, she will do it if she feels like it, not because she promised it.

So, a mistake that some guys make is asking, *"How long do you need me to wait?"* and then waiting patiently for the agreed amount of space she has asked for (e.g. a month, a few months), without doing anything to make her feel a renewed sense of respect and sexual attraction for him during that time.

Here's the thing!

There's nothing wrong with giving your ex a bit of space (e.g. up to a week) if she needs that time to calm down, relax and gather her thoughts.

However, if you're going to be waiting for her to come back and say, *"I've had my fun and I've decided you're the man for me. Let's get back together again,"* you're almost certainly going to be disappointed because most women just move on.

To get her back into a relationship, you have to make her want you back by actively making her feel

respect, sexual attraction and love for you again.

You have to interact with her (via text, e-mail, social media, on the phone and in person) and trigger her feelings for you at every chance you get.

Then, the idea of hanging out with her single friends, or hooking up with another guy starts to seem less and less appealing to her.

She stops trying to convince you that sheâs not ready for a relationship right now and starts wanting to be your girl again.

On the other hand, if you do nothing other than wait for her to ‘come to her senses,’ chances are you will be waiting a long time, only to discover that sheâs moved on with another guy.

Another possible reason why your ex doesn’t want to jump into a relationship with you right now, is thatâ|

5. You still haven’t fixed the things that secretly turn her off

[image: You still haven't fixed the things that secretly turn her off]

Your ex will have admitted a reason or some reasons why she ended the relationship, but not all.

For example: She might have wished that you’d be more manly and put her back in her place as your woman, rather than being soft and nice all the time.

Yet, if she’s like most women, she’s not going to have the courage or desire to tell you that.

She will just want to be with a man who gets it.

Here’s another exampleâ|.

A couple begins a relationship and in the beginning, everything seems pretty much perfect.

Both of them feel like they could possibly have a real future together (i.e. get married, start a family) as a couple.

However, over time, things began to change.

They were arguing and fighting a lot more about trivial things (e.g. he forgot to take out the garbage, he didn’t call to tell her that he invited a friend over to dinner, she was nagging him about watching too much TV all the time) and the love and happiness started to fade away.

Soon enough, the relationship felt more like a burden than a benefit.

There was more anger and hostility between them than love and attraction, so she eventually got tired of it and ended the relationship.

If the guy still loved her and wanted to get her back to do better this time around, he might make the mistake of trying to get her back in ways that she doesn’t really care about.

For example: He might send her flowers, write her a love letter to declare his feelings for her or buy her a gift to show how much he cares.

Yet, rather than make her change her mind, she says something like, *âThanks. Youâre being really sweet and itâs not that I donât appreciate all the nice, romantic things that you’ve been doing for me, but I just donât want to jump back into a relationship with you right now.*â

Essentially, what sheâs saying (without actually using these words) is, *âThanks, but you donât have a clue why we really broke up. You’re just trying to get me to ignore the problems*

*with flowers, letters and gifts. Although you mean well, you're still the same guy as before, so we would still experience the same kind of problems as before.*â□□

From his perspective, he might be willing to change, adjust, improve and do anything she wants to get her back, but that's not enough.

She doesn't care that he's willing to do it.

She wants to be able to see the changes in him based on how he now thinks, talks, behaves and acts. For example: If she was always nagging him about watching too much TV, it means that she wanted him to be more driven and live life with purpose like a real man.

So, after the break up, if he starts following through on his big goals, dreams and ambitions, she can then believe that things might actually be different if she gives him another chance.

Yet, if he buys her flowers, apologizes and promises to change, she will see that as a cover up gift and an empty promise.

As the old saying goes, *"Actions speak louder than words."*

You've got show take the right actions though, if you want to get the desired effect.

Buying her flowers and writing her a letter is an action, but is it the right action for your situation?

Probably not, right?

I've been working on ex back cases for years and I've never seen an example where flowers and a letter sealed the deal and got a woman back.

Men who successfully get their woman back are the ones who focus on re-attracting her and regaining her respect by changing, improving or adjusting the things that had been secretly (or obviously) turning her off.

The man then confidently follows through and guides her back into a relationship by building on her feelings as he goes.

So, how about you?

Do you know what you need to change, adjust or improve to be able to properly re-attract her?

If youâ□□re not sure, just ask yourselfâ□!

- Did I stop making her feel loved and appreciated?
- Did I become too insecure in the relationship?
- Did I turn the relationship into more of a friendship?
- Was I not affectionate enough?
- Was I too affectionate to the point where she felt smothered by me?
- Was she able to be herself around me, or did she have to dull down or change her personality to make me feel better about myself?
- Was the sexual attraction between us mutual, or was it just me who felt the urge?
- Were her expectations of the relationship being fulfilled?
- Did I make her feel as though I needed her way more than she needed me?
- Was I being manly enough for her?
- Did I become too emotionally sensitive?

Can you relate to any of those potential reasons for her losing touch with her feelings of respect,

attraction and love for you?

It's essential that you understand her real reasons for wanting to exit the relationship, so you can then make changes or adjustments that she's actually going to feel attracted to and care about.

When she sees that you understand where you went wrong and have already taken action to improve, she won't be able to stop herself from seeing you in a more positive light.

Her mind might be telling her, *â€œNo. Don't jump back into a relationship with him again. Give yourself time to get over him and move on,â€* but her heart will be saying, *â€œThis is the man you always wanted him to be. So, don't be a fool and let him get away now. Give him a chance. He's obviously different now. You clearly feel better around him. Just give him a chance and see how it goes.â€*

She then drops her defenses and allows the final steps of the ex back process to happen.

Before you know it, she's telling you that she loves you, you're having sex and you're enjoying a committed relationship once again.

Best of all, this time around, she really wants it.

She's so much more attracted to you now and so much more in love, so it's a different kind of relationship experience.

She's your girl and she really wants to be with you now.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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She Keeps Telling Me Not to Pressure Her About Getting Back Together

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your ex keeps telling you not to pressure her about getting back together, you simply need to change the way you are approaching the ex back process from now on.

So, if what you've been doing so far hasn't worked, here's what you should do instead:

1. Stop talking about the relationship via text, e-mail or social media messages

Rather than using your contact with her to annoy her by discussing the relationship, you need to use it to make her have feelings for you again.

When you do that, she will naturally open up to getting back together without you having to pressure her into it.

Make sure that you use every interaction that you have with her from now on to make her feel sparks of respect and attraction for you.

When you do that, her guard will come down because you're now letting her want you back naturally, rather than making her feel like you are trying to force her into giving you another chance.

The next thing you need to do to change how your ex feels right now is to

2. Focus on making her smile, laugh and feel good when she interacts with you

[image: Focus on making her smile, laugh and feel good when she interacts with you]

One of the best ways to ease the negative, awkward or unhappy tension between you and your ex is by making her laugh and smile every time you interact with her from now on.

Think about it this way

How would you feel if you dumped a woman and didn't want to be with her anymore, but she kept pressuring you to give her another chance?

Would you say to yourself, *"Oh, it's fine. I'm not attracted to her anymore, but who cares. She obviously loves me, so I will give her another chance,"* or would you be thinking something like, *"She is so annoying. Why is she pressuring me like this when she can see that I clearly don't have feelings for her anymore?"*

Chances are high that you'd probably want to remain broken up with her if you no longer felt respect and attraction for her, right?

You might even tell her to stop pressuring you about getting back together and then try to cut her out of your life completely (e.g. unfriend her on Facebook, unfollow her on other social media, block her number).

By thinking about in that way, hopefully you can now understand why your ex is feeling annoyed that you've been pressuring her to get back with you, even though you haven't reactivated her feelings of respect and attraction.

You want her back, but she doesn't feel the same way right now, so she looks at your attempts to get her back at frustrating or annoying.

So, if you want to get her back, make sure that from now on, you make her smile and laugh whenever you talk to her.

Don't pressure her to get back with you and don't try to discuss the relationship or fix things between you and her by talking it out.

Just allow her smile, laugh and feel good to be talking to you.

That's what really matters the most to her.

After all, you have strong feelings for her and want her back, but she's just not feeling the same way right now.

So, you need to get her smiling, laughing and feeling good while talking to you.

When you do that, you help her to let go of negative feelings for you (e.g. anger, bitterness, disappointment) and replace them with positive feelings (e.g. respect, attraction, happiness, intrigue and excitement).

Even if she tries to resist the feelings, she just won't be able to stop herself from relaxing, opening up and enjoying interacting with you again.

The more she interacts with you and sees that you're not being like you used to be (e.g. needy, insecure, desperate to get her back), the more she becomes open to getting back with you again.

She stops telling you not to pressure her about getting back together and starts saying things like, *â€œI didn't think we could ever feel comfortable with each other again like this, but you've really surprised me. You're so different now. I enjoy talking to you and I don't know why. Maybe we should meet up for a cup of coffee sometime. What do you think?â€*

The next step is to

3. Get her to forgive the old you

Getting your ex to forgive you is a very important step if you want her to feel good about the idea of getting back together again.

However, it's very important that you get her to forgive you for her own well being, so she willingly forgives you.

If she senses that forgiving you all about you and what you want (i.e. so you can feel better about yourself, so you can get her back), she will just dig her heels in and refuse to forgive you.

On the other hand, if you call her on the phone and say something like, *â€œHey, I know that I messed up. What I put you through wasn't fair on you and I'm really sorry about it. I'd take it all back in a heartbeat if I could, but I can't. However, holding on to a grudge about me isn't going to help you now or in the future. If you don't forgive me for who I used to be in our relationship and see that I am a new man now, it's just going to make any relationship you might have in the future more difficult for you. You will naturally have your guard up because you won't*

fully trust your next guy to never stuff up or disappoint you. I don't want you to have to experience that. You deserve better. So, what I want to ask you is this: Can you forgive me? Can you forgive the old me by understanding that as people, we make mistakes and learn from them? Yes, I stuffed up, but it's important that you see that I'm a different guy now. People can change. So, what do you say? Can you forgive the old me?"

When she agrees, you can then say, *"Well, now we can at least look at each other as friends, rather than having to be all guarded. I accept that we're broken up and don't ever expect that you and I could be a couple again, so don't worry. However, we don't have to be awkward strangers with each other from now on. Let's just be friends."*

Not only does she then feel less pressured to get back together with you, but she also gets to experience the new and improved you.

You're so much more emotionally mature and strong now.

You know how to lead a conversation towards mutual understanding and creating feel good emotions, rather than annoying her or making her feel stressed by continually pressuring her to give you another chance.

As a result, she then realizes that you're not the same guy who messed up in the relationship.

You really have changed and she really does feel differently (i.e. respectful, attracted, in love) when she talks to you now, so she feels happy about the idea of forgiving you.

You can then

4. Meet up with her as friends and let her experience the new and improved you

[image: Meet up with her and let her experience the new you]

After you get your ex to forgive you, you can suggest that you and her meet up as friends for a quick catch up.

Initially, she might be a bit resistant to the idea and say something like, *"No, I don't think so,"* or even, *"There you go again, pressuring me to meet up with you. You haven't changed, have you?"*

Don't let that throw you off.

Remain calm and say in a joking way, *"Hey, I'm only asking you to catch up for a cup of coffee. If I suggested meeting for two cups of coffee, then that would be serious stuff. However, it's just one cup of coffee. If you want more than that, you can forget about it. I'm not ready for that kind of a commitment with you right now. One coffee and we're parting ways"* and then have a laugh.

She will most likely then laugh and realize that she was being too serious about a simple catch up.

She may also start wondering, *"I like him when he's being confident and relaxed in this way. It's not how he would have reacted in the past. Maybe a cup of coffee wouldn't be such a bad idea. After all, we've had a laugh on the phone, so maybe we will in person too. I'm curious to see if he's really like this all the time now, or if he's just putting on an act to impress me,"*

and she will then agree to meet up with you to find out.

At the meet up, you just need to continue saying and doing the types of things that have been turning her on (e.g. being very confident, making her laugh and smile, flirting with her, making her feel girly in comparison to your masculine vibe), so she can experience the full force of the new and improved you.

When she can see for herself that you're no longer the guy who was pressuring her about getting back together again, she will naturally drop her guard and open up to you even more.

However, be warned!

Don't get that far to then ruin it by pushing her to whether or not she is now willing to give your relationship another chance.

Just keep building on her attraction for you, so she naturally begins to want a relationship with you.

If you do that, you will get her back.

3 Mistakes to Avoid When Getting Her Back

[image: Mistakes to avoid when getting her back]

After helping men to get women back for many years now, I've found that most women will give an ex man another chance if he simply reactivates her feelings of respect, sexual and attraction and love.

When her feelings are back, she wants to do it and doesn't feel like she is being forced into it.

She is experiencing new, exciting and interesting feelings for him and wants to explore them.

That's the easy way to get an ex back.

Unfortunately, not all guys discover what you are learning right now.

As a result, they make classic mistakes and mess up their chance to get her back.

Mistakes such as:

1. Thinking that staying on her mind via text is the trick to getting her back

If a woman doesn't have feelings for her ex, she's simply going to feel annoyed at him if he keeps texting her and trying to 'fix things' or work things out with her.

Despite that, some guys just don't know what else to do.

So, a guy will use texting, e-mail and social media as a way of staying in touch with her 24/7 (e.g. telling her that he misses her, asking her to explain what she wants him to do to get her back, promising to change if she gives him another chance, telling about his day, asking her questions about her life without him, sending her random videos to watch that he hopes she will find interesting, trying to chat with her like a friend and so on).

Meanwhile, his ex woman will be rolling her eyes and feeling annoyed at him for it.

Remember: No matter how sincere you might be when texting your ex or sending her e-mails, it just doesn't have the same effect on her as talking to her on the phone or seeing her in person.

When you stick to texts or e-mails, she is also much more likely to misinterpret what you're saying and see you as pressuring her, annoying her and causing her unwanted stress.

This happens because she can't hear your tonality or see your body language to determine your state of mind and see for herself that you're being confident, easy-going and light-hearted.

For example: Try reading out the following in different tones of voice and you will see what I mean.

- **Annoyed tone of voice:** Hey, what's up? I haven't heard from you. Can you reply to my last e-mail?
- **Easy-going, relaxed tone of voice:** Hey, what's up? I haven't heard from you. Can you reply to my last e-mail?
- **Hesitant, nervous tone of voice:** Hey, what's up? I haven't heard from you. Can you reply to my last e-mail?

As you can see, you will be able to hear the difference in tone in your voice as you read it out, even though you are reading out the same words.

So, depending on your ex's mood and perception of you (e.g. if she sees you as being needy and pressuring her), she might read that as you being slightly demanding and insistent that she replies to you, even though you were being relaxed and easy-going about it.

Of course, some guys think, *"Okay, well I'll just put some smileys and emojis in there to let her see that I'm in a good mood."*

Yet, that doesn't work either.

If a guy uses lots of smiley and emojis with an ex who doesn't feel respect and attraction for him, she will usually look at it in a negative light.

For example: She will look at it and think, *"He texts like a girl. All those smileys and emojis. It's like I'm talking to one of my girlfriends"* and feel turned off by him.

So, if you want to avoid messing things up via text, just get her on a phone call with you and let her hear and experience the new and improved you.

Let her see that no matter what she says to make you feel uncomfortable, you remain confident, easy-going and in control of yourself and the situation.

If you do that, she will naturally feel respect and attraction for you.

Another mistake that guys make is

2. Feeling as though it's okay to annoy her because she used to love him and so she will probably just put up with it

Sometimes, a guy might think to himself, *"Sure my ex keeps telling me not to pressure her about getting back together, but I'm not going to just give up on the idea of us being a couple again. Besides, I know that she used to care for me once too, so she has to understand that I'm doing this is out of love for her. She needs to deal with it and just open up to me again, rather than keep telling me to stop. That's what real love is about. Couples shouldn't quit and break up just because they're having a few problems. We need to work through this and fix any issues we have. If she finds that annoying, I don't care. I'm going to keep pushing until she stops being so stubborn and starts giving me a chance."*

What he fails to realize is that she is an individual and can do whatever she wants.

Even though he might look at her as being his property, she's not.

Modern women are free to leave a relationship if they want to and can no longer be forced to stay with a man.

If you want a woman to want to stay with you for life, you've got to be able to guide the relationship through all the stages!

When you get her back, you can guide her to stage 5 of a relationship and keep it there for life.

Both of you will be so happy and will want to stay together for life.

For now though, you've got to make sure that you're not ruining your opportunities to reconnect with her and get things back on track.

For example: Sometimes a guy will feel as though, because his ex woman loved him so much before, he has the right to pester her and annoy her now that they are broken up.

Yet, pestering her is one of the quickest ways to make a woman further disconnect from her remaining feelings of respect, attraction and love.

It simply makes her realize that he doesn't acknowledge the fact that she's an individual and can choose to be in a relationship with him or not, which then makes her lose respect for him.

It makes her feel like a relationship with him would be a burden and she would feel trapped, rather than feeling elated and in love.

So, make sure that you avoid making your ex feel like she has to open up because you're telling her too.

Instead, focus on making her feel good every time she hears from you by using humor, being confident and making her feel girly and feminine in comparison to your masculine approach to conversations and situations.

She will then begin to think, *"I think we can work things out after all. I'm starting to believe that he really is the man I want to be with. I can't stop thinking about hugging him and kissing him. I want us to be together again."*

Another mistake guys make is!

3. Trying to explain why he wants her back, rather than making her feel like she wants him back

Explaining to your ex about how much you love her and why you want her back might seem like it's the right thing to do (e.g. some guys think, *"My ex will be flattered when she hears how much I need her and how I can't live without her"*), but it's not.

A woman wants a man who wants her, loves her and appreciates her, but doesn't need her.

That doesn't mean a man should ever say, *"Hey, I don't need you"* to his woman.

That would be rude, unloving and unnecessary.

Instead, he just needs to let her sense that he would be totally fine without her.

He would remain confident, happy and continue moving forward with his life, with or without her around.

That's what a woman wants.

She wants to be loved, respected, appreciated and taken care of, but she doesn't want to be with a guy who makes her his reason for living and can't function properly without her.

So, rather than trying to explain how much you love her and why you need her back (which will make her feel pressured), just focus on getting to the point where you can feel genuinely happy in your life with or without her.

For example: You might begin to make progress on achieving a big dream or goal that youâve been neglecting.

If you don't have any big goals, then decide to set some and start making each one of them a reality.

When your ex can see that you are a happy, fulfilled and determined man without her, she will feel much more attracted to you than if you try to explain why you need her back.

Important: Showing her that you are happy without her is not about hooking up with new women.

You can do that if you want to, but it's not required to get a woman back in almost all ex back cases.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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How Can I Rekindle the Fire of Love Between Me and My Ex?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

To rekindle the fire of love between you and your ex, you need to:

1. Understand what caused her to lose respect for you

[image: Understand what caused her to lose respect for you]

Every relationship has its ups and downs, but when certain issues keep coming up over and over again, itâs usually a sign that something is going wrong.

For example: A woman might go from being happy and fun at the beginning of a relationship, to always sulking or throwing tantrums about seemingly irrelevant things.

This may cause her guy to think, *âWhatâs wrong with her? Why is she always so moody these days? Sheâs just so unpredictable. I never know what will set her off. She used to be such a sweet girl before, but now sheâs always trying to pick a fight with me. Sheâs angry, irritable and annoyed all the time. I just donât get it. What happened to her?â*

The answer is usually that something about the guyâs attitude, thinking and behavior has made her lose respect and attraction for him over time.

[image: Why your ex may have lost respect for you]

For example: Some of the common things that may cause a woman to lose respect for her guys is thatâ

- He is too emotionally sensitive and responds to everything in his life more like a woman than a man (e.g. He remains upset about something for a long time, rather than fixing the problem. He seeks pity from her and expects her to be gentle with him because heâs so emotionally sensitive).
- He stops making her feel appreciated and starts taking her for granted (e.g. treating her with disrespect, but expecting her to respect him. Getting angry at her often or behaving in a controlling way. Not making her feel like a sexy woman in his eyes anymore).
- He has no real sense of purpose in life that heâs actively following through on, so he wastes time on unprofitable hobbies (e.g. video games, watching sports) and expects her to just put up with it and deal with living a mediocre lifestyle.
- He has turned the relationship into a friendship by being neutral around her, rather than being very masculine, so she can feel feminine and be his woman.
- She canât be herself around him because he expects her to behave in all sorts of ways that just arenât her.
- He wonât commit to her and just expects her to put up with being in a boyfriend/girlfriend relationship for life.
- He isÂ clingy and needy and she feels suffocated by the relationship.
- He doesnât take her seriously and rudely disregards her ideas and opinions about things.
- He gives her way too much power in the relationship, to the point where she can walk all over him and treat him badly and he still puts up with it just so she wonât leave him.

Can you relate to any of the examples above?

If so, that's good news for you because the first step in rekindling the fire of love between you and your ex, is to fully understand what caused her to lose respect for you.

If you're not aware of your ex's REAL reasons for losing respect, you will most likely be offering her things that she doesn't want (e.g. offering to treat her better, when she actually wants you to be more ballsy and masculine).

If you're offering her the wrong things, she's just going to keep saying things like, *"No. We had our chance and it didn't work out. I don't love you anymore."*

So, make sure that you get clear on why she really lost respect for you and then begin to fix, improve, change or adjust those things about yourself.

The next step is to

2. Find out which pieces of the attraction experience were missing in your relationship

Every woman wants a slightly different or vastly different attraction experience than other women do. For example: Some women just want a nice, fairly confident, sweet guy who will commit to them for life.

On the other hand, some women want a ballsy, confident guy who is a challenge to win over and keep in a relationship.

Other women want a good guy who is very confident and only a little bit challenging to win over and impress in a relationship.

Other women want a bad boy who makes her cry and try really hard to impress him and keep him happy.

Other women want a very confident guy who is sweet, loyal and committed.

In other words, every woman is different.

To properly re-attract your ex, you must understand what pieces to the attraction experience were missing in your relationship with her.

You have to interact with her and allow her to see for herself that you have changed and improved and she will now be able to get a full experience with you in a relationship, rather than having to put up with a boring, unfulfilling experience that doesn't really match her wants and needs.

When she can see that you've changed, her guard automatically comes down and the idea of getting back together with you doesn't sound that impossible to her anymore.

She realizes that you are now making her feel the way she always wanted to feel with you, so there's no point pushing you away anymore.

On the other hand, if you try to rekindle the fire of love between you and her by offering her the wrong kind of attraction experience, her heart will remain closed off to you and she will keep rejecting you.

For example: A woman loses respect and attraction for a guy because he is too emotionally sensitive and responds to everything in his life more like a woman than a man.

He might then decide that the best way to re-spark her feelings for him, is by being romantic and sending her love letters, poems and/ or flowers, in the hopes that he can sweep her off her feet.

Yet, even though a woman might appreciate his efforts to do nice things for her, it's not the main thing that will change how she feels about him.

She wants him to be more confident, ballsy and masculine in his behavior, rather than being a hopeless romantic.

She wants him to interact with her and let her experience the changes in him for herself (i.e. that he is so much more confident and emotionally strong now).

No matter what she says or does to make him feel insecure, he remains confident and emotionally strong.

She can then see that if she gave him another chance, she would actually get what she wants this time (i.e. a more confident, emotionally strong and ballsy man).

So, the question is: Do you understand what the missing pieces of the attraction experience between you and your ex really were?

Are you clear on what your weak points are when it comes to relationships and maintaining your ex's attraction for you?

That is what you need to start improving right now.

Don't focus on anything else, because she's just not going to care about it.

She will only care about you and feel the love rushing back into her heart if she can see that you have changed and can now offer her the kind of attraction experience she really wants.

When she feels a renewed sense of respect and attraction for you, the idea of rekindling the fire of love between you and her will be something that she wants too, rather than it being something you are trying to force her into.

She will open up to it and enjoy it and you and her will naturally get back together and be happier than you were before.

So, when you are ready!

3. Interact with her on a phone call or in person to let her experience the new and improved you

Many guys lose the chance of rekindling the love with their ex woman by hoping that she will eventually change her mind if they spend enough time apart from each other.

For example: A guy might say to himself, *"Right now, everything I do seems to irritate her. So, the best thing for me to do is just give her some space to calm down. She will then realize how much she misses me and will hopefully contact me and tell me that she wants me back."*

He may then cut off all communication with his ex for 30 or 60 days (and in some cases even longer), hoping that time apart will be the magic solution that will rekindle the fire of love between them.

Yet, when several months go by without hearing from her, he may start to wonder, *"Why isn't she calling me? Why hasn't she come running back to me yet? Should I give her more time? Will that make her want me again?"*

No.

In most cases it won't.

Why?

When a woman has lost a lot of respect and attraction for a guy, him ignoring her for weeks and months just isn't a big deal to her.

Instead, she just uses the time apart to get over him completely and move on with a new man (or men).

So, don't put yourself in that position with her.

Rather than ignoring her and hoping that she comes back on her own, just get her on a phone call with you right away, so you can start the process of rebuilding her feelings of respect, attraction and love.

For example: Some of the ways you can do that are by

- Using humor to make her relax and open up a little.
- Displaying confidence when she tries to make you feel nervous and insecure by being cold, distant or rude towards you.
- Responding differently to the way she expects you to (e.g. you laugh when she thinks you'll get upset, you act mature and emotionally strong when she thinks that you will start begging and pleading with her).
- Flirting with her to create a playful, sexual vibe between you and her.
- Making her feel girly and feminine in contrast to your masculine vibe, so she can feel attracted to you in a fundamental way.

That is what rekindles the fire of love in her heart.

You don't need to get into long discussions about the relationship, buy her gifts or try to amaze her with grand romantic gestures.

All it usually takes for most ex back situations, is for the guy to create a spark of sexual attraction inside of the woman.

Once he does that, it sets off a chain reaction in her heart and mind and her guard comes down.

As long as he continues to build on her feelings for him while interacting with her, it's almost a certainty that they will get back together and be happier than they were before.

The next thing to do is

4. Meet up and build on the sexual tension between you and her

[image: Meet up with her and build sexual tension]

When you made her feel attracted to you over the phone, it created some sexual tension between you and her.

Sexual tension occurs when a man and a woman are sexually attracted to each other, but there is something in the way that is blocking them from having sex.

In this case, it's the fact that you're talking to each other over the phone and are broken up.

So, when you make her feel attracted over the phone and end the call, she will naturally be feeling the exciting, captivating effects of sexual tension.

Don't just stop there though!

Seeing your ex face-to-face is a crucial step to getting her back.

If you just text back and forth or talk on the phone and never get to an in person meet up, the sexual tension will eventually fizzle out.

It's kind of like water boiling in a kettle.

If you keep it boiling for too long, the water will eventually evaporate completely via steam and you will be left with a burnt out kettle.

So, make sure that you build sexual tension and then use it to get to a hug, kiss and then sex.

Don't get fooled into thinking that you're getting her back for real just because she's texting with you or talking to you on the phone.

Even if she sounds like she's opening up to you via text or over the phone, nothing real (i.e. sex, getting back together) is going to happen until you see each other again in person.

So, make sure that after you've reactivated her feelings, you then get her to meet up with you in person as quickly as possible.

Then, when you see her in person, focus on building up the sexual tension between you and her.

How can you do that?

By flirting with her (e.g. teasing her in a playful way, making her laugh and smile, playing a little hard to get) and letting her enjoy the attraction she is now feeling for you.

Don't make the mistake of ruining the sexual tension by asking her to give you another chance, asking if she finds you attractive or trying to convince her to change her mind about the break up.

You might be tempted to just say that you want to give the relationship another chance, but don't.

Let the sexual tension build.

Let her want the relationship and want to tell you that she is interested again.

If she is too shy to tell you, she will show you by being open to hugging you, kissing you and having sex with you.

So, don't make the mistake of thinking that flirting with your ex is wrong or that you need to be neutral around her to show her how much you care.

No.

You have to make her have sexual feelings for you again.

When you do that, it's like getting instant access to her heart.

She feels attracted, her guard comes down and the love comes rushing back into her heart.

She feels it, she wants it and she's totally open to it.

That's what you want.

So, make sure that you're not acting neutral or too nice because you want to show her how gentlemanly you are.

If you are being too serious or nice, she will end up feeling awkward around you and will close up.

She will then think something like, *Well, this is awkward. We're just not comfortable*

around each other anymore. There's no spark between us. It must be a sign that whatever we had before is now truly dead. It's time for both of us to move on. This just isn't going to work.

She then closes up even more and possibly says something like, *"I should go. It was nice meeting up with you, but what we had is over now. You need to accept that. I wish you all the best. Bye."*

Don't let that happen to you.

Make sure that when you meet up with your ex, you flirt with her, make her laugh and make her feel sexually attracted to you again.

Of course, that doesn't mean you can't be serious with her if necessary.

You definitely can be serious and approach the conversation in a neutral way at times, but don't use that as your main approach or else she will feel bored, awkward and want to leave the meet up.

So, once you've reactivated your ex's feelings of sexual attraction and made her want more, you can to

5. Release the sexual tension with a goodbye hug, kiss and then sex

Don't wait around hoping that she will give you a definite sign that she's open to hugging, kissing or having sex with you.

In most cases, a woman won't want to come across as being easy, so at best, she might give subtle signs like licking her lips, touching you on the arm or leg, or playing with a necklace or her throat while looking at you in the eyes.

At worst, she might just be open to the conversation and simply wait for you to be confident enough to take the lead and release the sexual tension by giving her a hug, or preferably a kiss.

You can do get to that point by saying something along the lines of, *"Hey, this has really been fun to catch up. It's nice to see that we're so civilized and mature around each other, unlike those other exes that can't even be in the same room together. So, let's celebrate our awesomeness by giving each other a big goodbye hug. Come here"* and then lean in for a hug.

If she agrees and begins to lean in, just go ahead and give her a warm, long squeeze.

Then, while still holding onto her, lean back and look her in the eyes and then give her a kiss.

If she responds well, you can deepen the kiss and then leave together to hook up with her sexually at your place or hers.

Alternatively, if she pulls away from the kiss to avoid it, you can simply laugh and say, *"Oh, yeah I forgot that you're a shy girl"* and have a laugh with her about that, rather than worrying that you've just screwed up your chances with her.

It's always better to make it the woman's fault (e.g. You're shy. You don't like to kiss in public. You're worried that you will love me again if we kiss) rather than feel rejected and assume that it's your fault.

Women always respond well to a man who believes in himself and his attractiveness.

So, don't ever doubt yourself around your ex or any other woman.

Be the calm, confident guy who knows that he is more than good enough for a woman, but doesn't need to openly brag about it at all.

You just have that relaxed, easy-going, cool guy confidence that every woman loves and feels attracted to.

By the way!

If she seems a bit hesitant to hug you and says something like, *"No, I don't want to,"* or *"I don't think it's such a good idea,"* you can also react by simply accepting that in a relaxed, easy-going way.

You can say, "Sure, no problem."

Then, continue to build up more the sexual tension between you and her and try again later when she's more open.

The important thing to remember here is that the more you make your ex feel sexually attracted to you again, the more interested she will be in rekindling the fire of love between you and her.

However, if you're just coming at her in a neutral, friendly way and not creating sparks of sexual attraction, she's not really going to feel motivated to want to reconnect with the love she used to feel for you.

So, make sure that you're focused on making her feel the all-important feeling of sexual attraction.

Then, build up the sexual tension and release it with a hug, kiss and sex if you can.

From there!

6. Start a new and improved relationship that is better than it was before

[image: Enjoy an even better relationship this time around]

When you reactivate your ex's feelings of respect and attraction and then have sex with her, it makes her see you in a different light.

You're a new man now and you are giving her a new kind of attraction experience that is so much more enjoyable and fulfilling to her.

As a result, her walls come down and she starts to believe that you really have transformed yourself into the kind of man that she can now look up to, respect and feel attracted to in the long run.

Of course, she might initially try to subdue her feelings by saying to herself, *"What are you doing? Don't you remember how he stuffed up before? Don't give him another chance. End it. Walk away."*

Yet, this time around, there will also be a new voice in her mind telling her, *"Yes, but that was the old him. He's not that guy anymore and you know it. This new version of him is the man you have always wanted. Are you going to make the biggest mistake of your life and let him go? He is different now and you feel so good with him, so just go with it."*

She will realize that if she lets you go this time, she will regret it and end up feeling like she's lost a true love.

So, she won't want to end it.

She will want to explore her new feelings for you and see how it goes.

That's how you rekindle the fire of love between you and her.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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My Ex Texted Me to Say That She is Happy and Doing Fine On Her Own

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

4 possible reasons why your ex texted you to say that she is happy and doing fine on her own are:

1. You've been making the mistake of trying to get her back via text

Have you been trying to get her back via text messages?

Don't worry, most guys make that mistake because it seems so easy and instant to contact her via text.

Just type in some words, hit send and you're done.

Yet, it doesn't work well for ex back situations.

Texts are great when you're dating a new girl or are in a happy relationship with a woman, but not when you're trying to get an ex back who isn't interested.

If you want her back, you need to have the balls to call her and re-attract her on the phone, rather than hiding behind textsâ€¦

Don't worry if you have made the mistake of trying to text her back.

You can recover from that simply by calling her and re-attracting her on a phone call and then re-attracting her again in person.

Then, she won't be so happy without you.

She will feel attracted to you again and if she doesn't get back with you right away at the meet up, she will go away missing you and regretting not giving you another chance.

Her guard will then come down and you can contact her, meet up with her and get her back the next time.

Many guys are able to get their ex woman back right away, but if your case is a little more difficult, don't worry.

Just focus on re-attracting her and you will be able to make her want you back and give you another chance.

Of course, not all guys know about what you're learning now.

After a break up, a guy usually doesn't know what he needs to say or do to get his woman to give him another chance.

He fears that if she says the wrong thing, she will reject him and he will then lose his chance with her.

So, to 'play it safe,' he sticks to just texting her.

He may think something like, "She's really mad at me right now, so if I try to call her, she's probably not going to answer. So, I better text her."

He might then send her a string of text messages where he:

- Apologizes to her over and over again, hoping that she will take pity on him and give him another chance.
- Talks about good memories they shared to hopefully make her miss him (e.g. *Remember all the good times we had together? Sure we fought often, but we also laughed a lot. That has to count for something, right?*).
- Asks her for another chance.
- Asks her to tell him what she needs him to change to get another chance.
- Tries to remain in her life as a friend (e.g. texting, *“Hey, so how was your day?”* or, *“How did you go with that project at work? I hope it went well”*).

It seems like it will work, but it doesn't in most cases.

Why?

The feelings aren't mutual, so she just doesn't care.

If a guy wants his woman back, he first has to make her have feelings for him.

Only then will she begin to care about his point of view or feel like she should give him another chance.

So, when an ex guy tries to make a woman give him another chance based on what he's texting her, she just doesn't fall for it in most cases.

Rather than make her think, *“Ohh, how silly of me. He does have good intentions! I was wrong to break up with him,”* she thinks something like, *“Why is he asking me for another chance via text? Can't he be bothered to talk to me face-to-face or over the phone, or is he texting because he doesn't have the balls to face me?”*

Even though she might not answer every time he calls, he still needs to have the balls to call and get her to meet up with him.

Women respect balls, not insecurity or fear in men.

If you're hiding behind text, she is going to sense that and it's going to turn her off.

You've got to be the stronger one and make the reconciliation happen.

Be a man about it.

Take control.

Get her back.

Stop hiding behind texts.

It doesn't matter if you think she might not like it when you call.

Just call her.

She will like it when you make her laugh and smile.

Don't worry about any potential awkwardness at the start.

Facing up to that is more than worth it because you can actually re-attract her and bring her guard down, so you can then get her to meet up with you and feel even more attracted in person.

So, enough with the texts.

You have to understand that texting simply doesn't make an ex woman feel enough respect and attraction to make her want to forgive you and meet up with you in person.

On a phone call, she can hear your tonality and how you're expressing yourself to determine whether or not you've really changed (e.g. you are more confident, self-assured, motivated or emotionally masculine now) or if you're still stuck at the same level as before (e.g. you're still insecure, timid or afraid to stand up for yourself).

You don't have to waste weeks or months trying to get her to hopefully realize that via text.

On a phone call, you achieve that in 30 seconds to a minute.

So, stop texting and just get your ex on a phone call with you.

When you get her on the phone, make her feel a renewed sense of respect and attraction for the new you.

Then get her to agree to meet up with you in person.

When you meet up with her in person, build on the initial spark of attraction and respect she felt for you over the phone.

Then, the idea of giving you another chance will begin to feel good to her.

She will feel like life would actually be fun and interesting if she gave you another chance and watched what unfolded.

Another reason why your ex may have texted you to say that she was happy without you is that!

2. She's trying to make you feel hurt and jealous to get emotional revenge for how you treated her during the relationship

[image: She wants revenge for how you made her feel in the relationship]

Sometimes, a woman will feel bitter and angry over what happened between her and her ex.

For example: In the relationship, he might have started taking her for granted.

He stopped paying attention to her, put her in last place in his life after work, family and friends and he may have also broken his promises to her time and time again.

He might have also gotten angry at her often and been controlling and just expected her to put up with it.

In other words, he took her love, loyalty and presence in his life for granted and assumed that she would stick with him no matter what.

In a case like that, after a break up a woman will sometimes want to make her ex feel as bad as he made her feel when they were together.

She might try to make him jealous by sending him a text like, *"I just wanted to say hi and let you know I'm happy and doing fine on my own. I've been having lots of fun with my friends and enjoying my freedom. How are you? How's things?"*

She's hoping that it will hurt him and make him feel the kind of emotional pain she experienced during the relationship as he was taking her for granted.

Another possible reason why!

3. You used the No Contact Rule (i.e. ignored your ex for 30-60 days) and she moved on with her life

[image: You used the no contact rule and she moved on]

For most ex back situations, the No Contact rule only makes a situation worse and results in a woman moving on and feeling fine without her ex.

So, if you've made the mistake of ignoring her and hoping that she would miss you because of that, don't worry â€” you can recover from the mistake.

From now on, you need to focus on using every interaction that you have with her as an opportunity to make her feel SOMETHING for you again.

Make her feel sparks of respect, attraction and love, so you can interrupt the process of her moving on and feeling fine without you.

When you do that, she suddenly stops feeling like she wants to be apart from you and begins to feel drawn to you.

Things that seemed fun to her without you, now start to lose their appeal.

When she goes places or does new things without you, she catches herself wondering what it would be like if you were there to experience it as well.

As a result, her guard comes down and you can then easily guy her back into a relationship.

You can accomplish this in a week if you do it right.

You don't need to waste time ignoring her and hoping that simply not being in her life will do the trick.

No.

That isn't what works for most ex back situations.

In most ex back situations, the woman is over the guy and no longer has feelings for him, so she doesn't care that he isn't contacting her.

This is why you need to contact her and reactivate her feelings for you.

That stops the process of her moving on and feeling fine without you.

Of course, not every guy knows what you are learning here.

Most guys can't think of anything else to do than stop contacting their ex woman, because a guy will assume that he's tried everything (e.g. begging, pleading, discussing, promising to change) and nothing has worked.

No.

He hasn't tried everything.

He hasn't tried re-attracting her.

Re-attracting your ex is essential if you want her to stop feeling so happy without you and start missing you and wanting you back.

Why?

If a woman doesn't have feelings for a guy after breaking up with him, she's not going to

worry that much about not hearing from him.

She doesn't feel respect, attraction or love for him anymore, so it doesn't really matter to her. Instead, she feels relieved that he's not chasing after her in an annoying way (i.e. begging and pleading for another chance) and simply uses the space to move on without him.

Then, if the guy contacts her after a long absence (e.g. by sending her a text saying something like, *Hey, I just wanted to say hi. How have you been?*), he will usually be disappointed to find out that she has moved on without him and is happy and doing fine now.

He might then express his disappointment by texting something like, *"You've moved on already? Wow, I guess I didn't mean much to you after all."*

Obviously, that isn't going to make a woman feel respect and attraction for a guy and will instead make her feel even more turned off by him.

Women don't feel respect and attraction for guys who seek pity or play the victim card and try to make her feel guilty.

So, what should you do instead?

Here's an example!

Imagine you're talking to your ex on the phone and she says, *Why are you calling me? I don't know what you want from me after all this time. I'm happy now and doing fine on my own.*

Simply remain calm and confidently say something like, *That's awesome! I'm glad that you're doing well. I'm happy for you. I'd love to hear all about what you've been up to since we broke up and I can tell you all my news too. It's great to hear that we've both moved on and can be mature adults with each other without holding on to all the baggage from the past.*

Alternatively, you might say something like, *"That's great to hear. I was hoping that you were happy. Life has been great for me too. I'm glad that we can just talk as ex's who are friends and nothing else."*

By saying something like that to her, you are letting her see that you're not pressuring her into getting back with you.

As a result, she can bring her guard down a little and allow herself to smile, laugh and even feels some attraction for you as you talk to her.

You can then use her feelings of attraction for you to get her to agree to meet up with you in person.

In person, she can see your body language and watch your reactions to the things she intentionally says and does to try and throw you off (e.g. teasing you about your new haircut, asking if you have a new girlfriend, talking about a guy who is interested in her).

She can see that no matter what she says or does, you remain confident and you believe in your value to her as a man.

As a result, she naturally feels respect and attraction for you because you are clearly a confident, masculine guy that deserves more than she has been giving you credit for lately.

Her guard then comes down even further and you can then get to a hug, kiss and sex.

Another reason why she might have said that she's happy and doing fine without you is that!

4. She's actually lying and is trying to get you to chase her and get her back

After a break up, a woman can still have feelings for ex and kind of want him back.

Yet, regardless of how she feels about him, she won't always want to make it obvious that he has a chance.

Instead, she just waits for him to take the lead and get her back.

If he doesn't try to get her back, she might try to shock him into action by texting him something along the lines of, *â€œHey, I just wanted you to know that Iâ€™m happy and doing fine on my own. I hope you're well.â€*

Yet, what sometimes happens is that rather than spur him into action, hearing that sheâ€™s happy just makes some guys give up.

For example: A guy might say to himself, *â€œI guess itâ€™s really over then. She is happy without me, so she probably doesnâ€™t love me anymore. I suppose the honorable thing for me to do now is to leave her alone and not bother her anymore. If she wants me back, she'll come back on her own.â€*

He might then lose his chance of actually getting her back because, while he's ignoring her, she's slowly getting over him and opening herself up to new guys.

Eventually, she meets a new guy who she finds attractive and interesting and decides to move on with him.

Meanwhile, her ex is still missing her and secretly hoping that she contacts him one day and says that she wants him back.

Imagine thisâ€

A woman is sitting at home after a break up and secretly missing her ex a little, even though she doesn't admit it to him.

She is disappointed about the way things turned out between them, but deep down she also hopes that they might be able to work things out.

Yet, rather than come out and say that to him, she just waits to see if heâ€™s man enough to get her back.

If he does (i.e. he contacts her, re-attracts her and guides her back into loving him again), she will go along with the process and see what happens.

On the other hand, if he just gives up trying to get her back because she has rejected his initial attempt, or if waits for her to take the lead and tell him what to do, she will start to doubt her feelings for him.

She may begin to think, *â€œDid I waste my time with him? Clearly he isnâ€™t man enough for me. I don't want to be with a guy who waits for my permission to make a move. I want a man who knows how to take control and make things happen.â€*

She then begins to switch off her feelings for him (e.g. by getting angry over his lack of action, focusing on all of his negative qualities, blaming him for everything that went wrong or comparing him to other guys).

Here's the thingâ€¦!

I've been working on ex back cases for many years now and I've seen so many cases where a guy has given up too easily.

His initial approach was all wrong (i.e. begging, pleading, trying to convince her) and he then gives up because he thinks that's all he can do.

Alternatively, in some situations, a guy will tell his ex woman that he is willing to wait as long as it takes for her to change her mind.

He might say something like, *â€œI know that you're happy without me now and I wish you the best, but I just want you to know that I am willing to wait for you as long as it takes. So, tell meâ€¦do you think that you might ever want to get back together again sometime in the future?â€*

A woman might decide to mess with his head by saying, *“Maybe, but not now”* and make him waste time waiting for her.

In other cases, she might shut him down and say, *“No. It's over between us and you need to accept that. I am happy and doing fine now and I don't want to ruin that. I wish you all the best. Goodbye.”*

It might seem like a good move to say something like the example above where you promise to wait for her, but it doesn't work for one main reason.

What is that?

The feelings aren't mutual.

When a woman breaks up with a guy, it's usually because she no longer has feelings for him, so she just moves on and doesn't care.

In the cases where she does still have feelings for her ex, asking her if she will change her mind doesn't work either.

Why?

Most women don't want to give a guy an easy pass like that.

A woman wants to use the break up as an opportunity to test how confident and emotionally strong her guy really is.

She wants to see if he is capable of rising up to the challenge and making her feel a renewed sense of respect and attraction for him NOW.

If he can't do that, she will most likely just move on and forget all about him.

In some cases, the woman won't move on and will contact her ex, but that's just not a risk that I recommend you take.

I've worked on 100s of ex back cases and have seen so many guys lose their opportunity with an ex woman by leaving it all in her hands.

If you really care about her and want her back for real, then don't leave her in control of your fate.

Take control by re-attracting her and guiding her back into strong feelings of love, sexual attraction and romantic attraction for you.

When you do that, you can get her back NOW.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Why Does My Ex Blame Me For Everything, When She Made Mistakes Too?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

5 possible reasons why your ex blames you for everything when she made mistakes too, are thatâ

1. She's trying to convince herself that you are bad for her, but her heart doesn't necessarily agree

[image: She's trying to convince herself that you are bad for her, but her heart doesn't agree]

A woman will often do this as a way of trying to stop herself from caring about you and the relationship, especially if she still has feelings for you.

She doesn't want to appear vulnerable and allow you to think that she's open to giving you another chance, so she will keep telling herself things like, *He stuffed up. He's to blame for all the pain I'm going through now. He can't be trusted. Don't believe a word he's saying. You can do better than him. He isn't good for you. Move on. Don't give him another chance.*

Even though her heart might be saying, *He's not really all bad. You made some mistakes too. You're being too hard on him,* she'll try to block that out by saying to herself, *Don't be a fool and let him hurt you again. He's not good for you. You're better off without him.*

So, how can you stop her from thinking and behaving in that way?

Rather than getting into long discussions with her about the relationship, you must focus on keeping things light, playful and friendly between you.

For example: If she says, *"It's all your fault"* and lists off a bunch of things that you did wrong, you can laugh and playfully (important) say, *"Yes, it's true. I could probably win the award of world's worst boyfriend"* and have a laugh with her about that.

You could also playfully (important) add in something like, *"Hey, but you made some mistakes too. Do you remember when you burnt the toast that morning when we were making breakfast? I've never gotten over that"* and have a laugh.

If she continues to try and blame you for everything, you can be serious and say, *Yes, I admit it. I made some mistakes and I've apologized to you about that many times before. So, let's just get one thing clear. You and I are broken up and I accept that. I'm not asking you to accept my apology so we can then get back together. I know that you and I can't get back together. So, let's just be friends from now on.*

You then take away her power because you're not desperately trying to convince her to give you another chance.

You are saying to her that you and her are not getting back together and you accept it.

You're also saying that you're just friends now.

Why?

That way, she will stop feeling like she has to put her guard up or ignore you from now on.

As a result, the lines of communication will be open between you and her and you can then re-attract her.

Additionally, when she can see that you've admitted your mistakes, apologized and are not asking for anything in return, she then starts to think about how she is behaving and ponders her role in the break up.

She begins to accept some of the blame herself and naturally feels like it's okay to start forgiving you for some of your past mistakes, because she also wasn't perfect throughout the entire relationship.

Another reason why a woman might blame her ex for everything is becauseâ

2. She is trying to make you react in an angry way, so she can have another thing to complain about

[image: She wants you to react in an angry way]

Sometimes, a woman will be struggling with her decision to end a relationship and will try to come up with additional things to blame her ex about or complain about.

If she can't find enough to complain about or blame him for, she might start being rude to him and blaming him for everything that went wrong in the relationship.

She hopes that he will react in an angry way and she can then point out that he's just too argumentative, aggressive or has too much of a temper.

She might even go as far as saying something like, *"You're scaring me. Why are you getting so angry? I don't want you calling me anymore."*

It's her way of making herself feel okay about dumping you and blaming all or the majority of the relationship problems on you.

So, to make her ex guy angry, she might say something like, *"It's your fault that this has happened. I warned you plenty of times before that I wasn't happy, but you didn't change. I was so nice to you, but you were an absolute prick to me. You don't deserve me. I wasted my time with you. I wish I had never met you! You never treated me right."*

If the guy gets angry at her, she can then say, *â See!? You always get angry and argue with me about everything! I'm sick of it! Leave me alone!â*

If that annoys him even more, she might then say, *â You can't be rational and calm like a normal person. You're too angry for me. You scare me. So, leave me alone. It's over!â*

She can then feel justified about her decision to break up with him and begin to move on, even though she was behaving in an angry, disrespectful way to him.

She just focuses on his angry reaction and nothing else, which allows her to feel like it's all his fault.

This is why I always recommend that a guy never try to match a woman's crazy.

In other words, if she is acting crazy and ridiculous, don't get dragged into it.

Be calm, confident and in control.

Don't let her cause you to lose control of your emotions because it never, ever ends up being in your favor.

For example: If a woman gets angry and you get angry, she can then turn up the heat and get even angrier and crazier.

If you match that, you will be the one who ends being in the wrong because she will pull the 'woman card' and say that you're scaring her or being verbally abusive.

So, don't let a woman drag you into her drama.

Laugh at her and the drama, remain calm, confident and in control and be the bigger person.

That's what a woman really respects, even though she might not ever tell you that directly.

For example: She might even say, *"Oh, you think you're so cool now, hey? Well, you're not. You're a piece of shit. You asshole!"* to see if you crack and get angry.

Instead, you just need to laugh it off and say something like, *"You're hilarious. You actually look kinda cute when you're angry too. You get these little wrinkles between your eyebrows. It's cute"* and have a laugh.

Almost any woman on the planet will not be able to stop herself from laughing or at least smiling at that point.

She will see that you are clearly the man and no matter how much heat she tries to put on you, it doesn't throw you off balance and make you crumble.

You remain calm, confident and in control.

By the wayâ€

Trying to get a woman to understand your point of view when she doesn't feel enough respect and attraction for you to care, is also a big waste of time.

A woman will only truly care about your point of view when she is feeling respect, sexual and attraction and love for you.

It will be in her best interests to care because you are the man that she is in love with.

However, if you're broken up and she doesn't feel respect, sexual attraction or love for you, then there is no real benefit for her to care much about what you're saying to her.

This is why, if you want to get your ex back, you must focus on making her have feelings for you again, rather than trying to discuss the relationship and work things out.

Make her have feelings for you again and she will have a reason to get back with you.

However, try to get her back when she's just not feeling it and she will just keep looking for ways to prove to herself that youâ€re wrong and sheâ€s right, so she can get over you and move on as quickly as possible.

So, if you want your ex to stop blaming you for everything and take some responsibility for her actions, you have to spark her feelings of respect and sexual attraction for you first.

When you do that, she will naturally begin to reconnect with the love she used to feel for you and she will also begin to feel a new kind of love that will draw her to you and make her want to give the relationship another chance.

However, let me remind youâ€

You can't achieve that by arguing and trying to force her into being open minded when discussing the

relationship and the problems you and her experienced.

You can only achieve that through re-attraction and the reactivation of her feelings for you.

Be confident and use humor when she's trying to press your buttons and make you angry.

Laugh off her attempts to mess with you and turn it into something that she can laugh about too.

No matter how much she tries to goad you into getting mad at her, don't bite.

If you don't play into her hands, she won't have anything to hold against you from now on.

She won't be able to tell herself, *"See? There's another reason to remain broken up with him! He's just an angry, out of control guy and it's his fault that I'm feeling so much pain right now. He wasted my time. He ruined the relationship! I'm so much better off without him and now I have even more proof of that. I have to move on!"*

You definitely don't want to cause her to think and feel that way.

If you do, you will make the process of getting her back much harder than it needs to be.

So, simply focus on triggering her feelings of respect, sexual attraction and love in every interaction that you have with her from now on (e.g. via text, on social media, on a phone call, or in person) and whether she likes it or not, her guard will come down.

She will then stop feeling the need to blame you and will start feeling the need to hug you, kiss you, have sex with you and spend time with you.

Another reason why your ex is blaming you for everything is because!

3. She is immature and can't own up to her mistakes

[image: She is immature and can't own up to her mistakes]

Sometimes a woman is isn't emotionally mature enough to look at her behavior in an unbiased way.

In a case like that, no matter how much a guy tries to reason with her and points out the mistakes that she made, she will refuse to listen to him.

She will say things like, *"Don't try and put the blame on me. I didn't stuff up, you did. It's all your fault and I'm not going to let you make me feel bad about what happened."*

Naturally, when a woman won't listen to reason and is being stubborn in that way, a guy might feel a bit annoyed and frustrated at her.

Yet, here's the thing!

You can't force your ex to take responsibility for her actions if she doesn't want to, or if she isn't emotionally mature enough to.

This same rule applies whether the woman is 18, 28, 38, 48, 58 or 68.

Some women go through life without ever really growing up and becoming a rational, healthy, emotionally mature adult.

So, don't try to force your ex to see reason if she's just being silly about the whole thing.

Instead, just be the more emotionally mature one and lead by example.

One way to do that is to not take her accusations of blame too seriously.

Literally laugh them off if she is being silly or unreasonable.

Turn her accusations into something that you and her can laugh about together, rather than letting it turn into an unnecessary argument that drives you further apart.

She might initially feel a bit shocked that you're not getting upset about her accusations, but she will feel respect and attraction for your ability to remain confident and not be walked all over by her.

However, if she doesn't laugh, don't worry about it.

In most cases, she will just be pretending to be angry or annoyed to test your confidence.

She wants to see if you will feel like you've stuffed up and are losing her now because she seems annoyed.

This is standard female behavior.

One of the most important roles of a woman in a man's life is to test his confidence by putting him under pressure.

If a guy can handle her tests, she then has faith in him that he could handle himself out there in the world and not get walked all over by bad people.

Passing her tests (e.g. her acting annoyed and angry when she's not) triggers her primal, instinctive attraction for you and makes her respect you and want to be with you more than anything nice or sweet you might say to her.

At the end of the day, confidence beats anything else in a woman's eyes.

Women thrive on the confidence of men.

It's what draws a woman to a man and keeps her by his side, feeling attracted and feeling safe with him.

So, whatever you do, make sure that you don't ever give her the impression that you are intimidated by her or doubting your attractiveness or value to her based on her actions or behavior.

You have to remain confident and believe in yourself no matter what she says or does.

When your ex notices that you don't need her approval to feel good about yourself, she will automatically feel respect for you again, even if she tries to fight it or hide it.

She will find herself thinking about you in a more positive way and naturally reconnecting with her old feelings of respect, attraction and love for you.

Another reason why she might be trying to blame everything on you is that

4. She doesn't realize her mistakes yet and still thinks that she approached the relationship correctly

Like men, some women go through life thinking that they are perfect and don't need to change a thing.

People like that tend to fail at most things in life and then blame other people or blame external sources (e.g. the government, a boss at work, parents).

A person like that usually doesn't like to admit their faults or mistakes because they don't want to look weak or stupid.

They don't realize that everyone makes mistakes and when a person learns from their mistake, they become stronger and smarter, not weaker and less intelligent.

So, if your ex is like that, she will know about her mistakes, but she won't want to focus on them.

She will want to shift the blame to you, so she can feel better about herself.

Yet, here's the thingâ€¦|

She won't feel better about herself at all.

She will know that she was at fault too and she will hate the fact that she has to keep living a lie and acting like she is perfect and doesn't need to learn anything.

5. She wants to see if you continue chasing her, even though she's treating you badly

If a woman is attractive or feels as though she is a quality woman, she will want to make sure that her man deserves her and isn't just getting lucky by being with her.

One of the ways she can do that is by blaming him for everything and treating him badly after a break up.

She will be rude to him, call him names, insult him and downplay anything good he ever did for her and then watch to see what his reaction is.

If he takes all of her punishment, takes all the blame, apologizes over and over again and tries to suck up to her, she will see that he doesn't really view himself as being a valuable man.

A confident man who believes in his value and attractiveness to a woman would laugh at her attempts to make him out to be the villain, or to be a worthless piece of junk that she or any other woman wouldn't want anything to do with.

A confident man who believes in his value to a woman will always be able to get his ex back so much easier than a guy who doesn't believe in himself.

Why?

Women are naturally attracted to confidence.

Additionally, women are turned off by men who allow themselves to be walked all over by a woman.

Important: This doesn't mean that you should get angry at her and demand that she treat you better.

No.

You have to be emotionally mature and emotionally strong enough to not get dragged into her fake drama.

Rise above it, look down with a smile and laugh at it.

You know very well that you are not to blame for everything, so why not laugh at the accusation.

After all, it's ridiculous.

So, laugh.

You can say something like, *"Yes, it's all my fault. I'm the worst. It's even my fault that you [insert some mistakes she made in the relationship]. I'm to blame for everything. World's worst boyfriend"* and have a laugh.

By being confident and manly in that way, you stop her in her tracks and make her realize the ridiculousness of what she is saying.

You also make her feel impressed and attracted to the fact that you're not allowing yourself to get walked all over by her.

If you can also get her laughing, she will respect the fact that you're being a good guy about all of this, rather than being an angry asshole of an ex who wants to even the score with her.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

	WATCH VIDEO (FREE)
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How Can I Get My Ex to Spend Some Time With Me?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Follow these 3 steps to get your ex to spend more time with you...

1. Tell her that you accept the break up

Telling her that you accept the break up and understand that a relationship between you and her will never happen again, is a great way to bring down an ex woman's guard.

So, if your ex has recently been avoiding you, or making excuses not to talk to you or see you, it might be because she is getting a vibe from you that you just want a relationship with her again.

However, since the feelings aren't mutual (i.e. you are attracted to her and still in love with her, but she's just not feeling the same way anymore), it doesn't feel right for her to be spending time with you.

By the way ☐!

If you've already told her that you have accepted the break up, but she is still avoiding you, it could be because you were coming on too strong (e.g. texting or calling her all the time, showing up uninvited at her home or place of work, or where she likes to hang out with her friends).

As a result, she may feel that you're trying to force her into spending time with you and giving you another chance, even though the feelings aren't mutual.

So, rather than getting into an argument with you about your approach or having to teach you what to change so she can open back up to you, she simply tries to avoid you instead.

It doesn't mean that things are over between you and her though.

You can change your approach to her (i.e. focus on making her feel sparks of sexual and romantic attraction for you) and she will naturally open back up to interacting with you more.

[image: Tell her that you accept the break up now]

Firstly though, if you haven't sincerely told her that you accept the break up, you should start there.

For example: You can send a text message, message her on social media or send her an e-mail saying something along the lines of, *â☐☐ Hey (insert your exâ☐☐s name). I know that Iâ☐☐ve been putting pressure on you lately to spend time together and I'm sorry about that. I just want you to know that I have now fully accepted our break up. I don't intend on trying to get us back into a relationship. However, I do think that we can be friends instead, if you want that too.â☐☐*

By saying something like that to her, youâ☐☐re letting her know that you understand how your behavior has been making her feel.

Youâ☐☐re also taking the pressure off her to spend time with you, which actually then makes her more willing and open to spend time with you.

When she can see that youâ☐☐re no longer trying to force her back into a relationship with you, it allows her to relax her guard a little bit when she hears from you.

She doesn't have to keep pushing you away or being cold or distant because you're clearly not pressuring her anymore.

Once youâve made her drop her defenses a little bit, the next thing you need to do isâ

2. Get her on a phone call and focus on making her smile, laugh and feel good

Don't just hide behind texts.

You have to get to a phone call, so you can let her hear your confidence coming through as you talk. You also need to get her smiling, laughing and feeling good on the call, so she feels motivated to want to spend some time with you.

Unfortunately, a lot of guys mess things up when they call an ex woman.

So, to help you get it right, I will point out 5 classic mistakes that guys make when calling an ex woman and trying to get her spend some time with himâ

Mistake 1: He begs or pleads with her to spend time with him

This is probably one of the most common reactions guys have.

If she says something like, *âNo, I donât want to see you right now,â* or *âIâm not ready to meet up with you yet. Maybe in a few weeks or months, Iâm not sureâ* he might plead with her by saying something like, *âPlease meet up with me just this once! I beg you! I just need to see you. Please donât cut me out of your life completely. I need this. Please do it for me.â*

Unfortunately, rather than convince a woman to change her mind, a begging, pleading guy only turns her off even more. Why?

A womanâs attraction to a guy is based mostly on his ability to make her feel like she can respect him, look up to him and feel proud of him as her man.

So, when a guy is begging, pleading and falling apart without her, rather than make her feel flattered that heâs so lost and hopeless on his own, she feels turned off by what she perceives as his lack of emotional masculinity.

As a result, she can't look up to him and respect him, so she just doesn't feel like spending time with him.

Another common mistake that a guy might make isâ

Mistake 2: He shows emotional weakness

In most cases, when a woman talks to her ex after a break up, she won't make it very easy for him to get her back.

Instead, she will play a little hard to get or behave in a difficult way to test if he really has changed or not, (e.g. Will he become insecure? Will he get angry and frustrated at her? Will he lose control of his emotions?).

It's a perfect opportunity to really push him to the limit and find out what kind of man he really is.

So, rather than agree to meet up with him again right away, she might act cold, distant and possibly even hostile towards him.

Naturally, if the guy then seems insecure or anxious over the phone, she will lose respect for him

based on the fact that he can't handle the pressure.

She may then begin to think, *â€œI never really wanted to admit this to myself before, but heâ€™s really just a weak-minded, wimpy guy, isn't he? He's not strong enough for me. Iâ€™m sure that I can do better than him. I just have to stick with this break up and get back out there again. I will find myself a real man who isn't going to fall apart every time heâ€™s faced with a challenging situation. Iâ€™m actually kind of glad that we broke up now because it has given me the chance to see what kind of man he really is deep down.â€*

Another ineffective tactic a guy might use to get his ex to spend some time with him isâ€¦!

Mistake 3: He tries to make her feel guilty for how hurt he is that she won't spend time with him

Rather than making her smile, laugh and feel good on the phone so she then wants to catch up with him, a guy will sometimes make the mistake of seeking pity from her.

He might try to make her feel guilty for not spending time with him by saying something like, *â€œWhy won't you spend any time with me? Doesn't what we used to have together mean anything to you now? After all the love and good times we shared, the least you could do is give me a few minutes of your time. Why are you being like this? I mean, maybe I was wrong about you. I thought you really loved me, but I guess our â€œloveâ€ was something that only I felt. I love you and have always loved you, but this is how you treat me. I didn't know you could be this cruel and heartless.â€*

In some cases, a woman will agree to spend some time with her ex based on that kind of approach, but she won't like it.

She will resent him for making her feel guilty and for seeking pity from her in that way.

Yet, hereâ€™s the thingâ€¦!

Although a guy may be experiencing a lot of emotional pain from being rejected by his ex woman, it's not reason enough for him to turn into an emotional wussy.

Watch this video for more infoâ€¦!

Being an emotional wussy might get you some temporary time from her, but it's not going to last.

If you want her back for real, you've got to be a man about it.

You also need to focus on making her having feelings for you.

Mistake 4: He shows her that his life is essentially on hold until he can spend time with her or get her back

Sometimes a guy might say, *â€œI know that youâ€™re not willing to spend time with me right now, so Iâ€™m just going to wait until you are. I don't want to move on without you. I love you and I only want to be with you. I don't care about anything else in life right now. I would throw it all away right now just to be with you. Please understand how much I love you and how much you mean to me.â€*

Heâ€™s hoping that she will feel flattered about how devoted he is to her and say, *â€œIâ€™ve been so silly! How could I have treated you so badly? Iâ€™m so sorry! Let's meet up right away! I can't wait to see you again. After allâ€¦ any guy who is willing to put his life on hold for me is worth keeping.â€*

Obviously, it just doesn't work that way.

Why?

Firstly, the feelings have to be mutual for her to care about meeting up with him.

Secondly, a woman doesn't feel respect and attraction for a man who can't function properly without her.

A woman wants to be in a relationship with a man who loves her and wants her, but doesn't actually need her there supporting him before he will continue on pursuing his goals and rising up to reach his true potential as a man.

So, when a guy is telling his ex woman that he doesn't really care about anything else in life because he needs her back, she's going to feel turned off by that.

She will feel as though he is more of a burden than a benefit to her.

As a result, she will close up and it will become a little more difficult for him to then get her back.

Finally, one of the worst mistakes a guy might make is that

Mistake 5: He makes it about him spending time with her (which is him being emotionally needy), rather than them spending time together as friends

Sometimes, when a woman keeps refusing to meet up with a guy, he might get so caught up in his feelings (e.g. how frustrated, sad, annoyed, or hopeless he feels without her) that he forgets how he is making her feel.

For example: He doesn't realize that he's coming across as being too emotionally sensitive or needy when trying to get her to meet up with him and spend time with him, which then makes her feel like she is being pressured into something she doesn't want.

Even though the guy is a good guy and has good intentions, it just doesn't feel good to her.

Some women may even think, *He's being so selfish! All he's worried about is stopping the pain of me rejecting him. He wants me to spend time with him so he can feel better about himself. Well, what about how I feel? Has he even given me a second thought? Does he realize how unattractive his needy, selfish behavior is to me? I bet he doesn't even care. He just wants me to stop the pain and make him feel better by spending time with him. Well, no! I'm not going to do that for him. He wants me back, but he hasn't even made me feel like I want him back yet.*

As you can see from the example mistakes above, it's very important that you approach the phone call correctly when speaking to your ex and asking her to spend some time with you.

Don't worry if you've stuffed things up already, or have made the classic mistake of hiding behind texts.

What matters is what you do from this moment onwards.

For example:

Imagine that you're on a call with your ex and she says something along the lines of, *Why do you keep pressuring me? I just don't want to see you right now. You need to accept that.*

The old you might have felt upset, begged and pleaded with her, or reacted in some other unattractive way (e.g. getting angry at her, seeking pity, trying harder to convince her, expressing your annoyance or frustration at the situation).

However, the new you doesn't lose control of his emotions just because she's being closed off.

Instead, he sees it as an opportunity to make her smile and laugh.

So, when she says something like that, you can reply by saying in a light-hearted, joking way, *â€œNo problem if you don't want to see me right now. How about in 2 minutes? Is that enough time? Okay, maybe I'm still being too pushy! how about 5 minutes from now? Okay, okay, how about this! I'm feeling generous today, so I'll give you 10 minutes to get ready and then meet me at the coffee shop to say hi! and then have a laugh with her about that.*

If she can hear the playfulness in your tone of voice, she will almost certainly smile or laugh while you are saying it, or afterwards.

She will then be forced to think about you in a more positive way, because you're reacting very differently to what she's expecting (i.e. you're being confident and playful with her by turning a potentially serious conversation into something you can both laugh about together).

At this point, you should

3. Ask her to catch up for a quick coffee to say hello

After a few minutes of light conversation with your ex, where you continue to make her smile, laugh and feel good to be talking to you again, go ahead and ask her to meet up with you to say hello as friends.

You can say something like, *â€œThis is the best chat we've had with each other in ages. It's great to see that we can finally talk like two mature adults, rather than awkward ex's. Let's catch up for a quick cup of coffee sometime this week. However, I've must warn you! it's only a catch up to say hello as friends, so don't ask me to get back together with you, okay?â€œ*

Say the last part in a joking way and then add, *â€œSeriously though, it would be nice to meet up in person. After we have that coffee, if you decide that you never want to see me again, I promise to accept it and never contact you again. So, how about it? Which day would suit you best? I'm busy on Tuesday and Wednesday, but available on Monday and Thursday.â€œ*

In most cases, a woman will say *â€œYes,â€œ* and you can then go ahead and make plans to meet up with her at a convenient time and day.

Important: Many guys make the mistake of meeting up with their ex woman without first improving their emotional attractiveness (i.e. the guy is still hurt by the break up and needy of her, he lacks confidence around her now, he doesn't feel worthy of her anymore, he suppresses his instinct to joke around and plays it safe by being nice).

If you make that mistake, your ex won't be feeling those all important sparks of sexual and romantic attraction for you as a result, she won't feel motivated to give you another chance.

So, make sure that before you get to the meet up, you've spend a few days making some attractive changes to your way of thinking and behaving, so you can properly re-attract your ex.

[image: How to re-attract her when spending time with her]

For example: Some of the things that will trigger her feelings of respect and attraction and make her want to spend more time with you are:

- You maintain your confidence around her, regardless of what she says or does to upset you or make you feel insecure.
- You use humor to bring down her guard and make her open up to you.
- You create sexual tension by flirting with her one minute and then pulling your attention back and talking to her normally the next.
- You make her feel feminine and girly by being emotionally masculine around her.
- You take the lead in the interaction and don't allow her to dominate you.

When she sees that you are now able to attract her in the ways women really want, she won't be able to stop herself from feeling a strong, renewed sense of respect and attraction for you.

[image: Use the time you spend with her to make her have sexual and romantic feelings for you again]

She will then drop her guard a little bit and allow herself to imagine spending more time with you.

The more time she spends with you, the more attractive and in love she feels.

Before you know it, you and her are back together, in love and enjoying a committed relationship once again.

That's how it works.

You can achieve that within the next few days to a week.

Don't waste any more time.

Get her back before you potentially lose her forever.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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My Ex Said That She Doesn't See a Future For Us Being Together as a Couple

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

5 possible reasons why your ex said that she doesn't see a future for you and her as a couple, are that!

1. She can see that you still don't understand what she really wants in a man

She has tried to give you hints and clues based on what she has said to you and how she has reacted to behavior of yours that she found unattractive.

Yet, despite her attempts to get you to understand her and what she really wants in a man, you're still using pretty much the same old approach as before.

As a result, she's just not feeling it with you.

She might see you as being a good guy, but that's just not enough.

You've got to be able to give her the feeling that she really wants to have in a relationship.

If you're unable to do that, she's just not going to feel like there's any point giving you another chance.

For example:

- Did she want you to be more ballsy around her or in life in general, or did she see you as being confident and manly enough already?
- Do you know what kind of male behavior really turns her on, or were you just being a good guy to her and hoping that it would be enough?
- Did you make her feel more like your friend in the relationship, rather than your girl who could look up to you and respect you as her man?
- Did she want to see you being more ambitious and following through on big goals, or were you already an ambitious, successful guy or an ambitious guy who was on his way to success?
- Do you know what kind of power dynamic she would really prefer in the relationship (e.g. you clearly in the position of power), or did you just do whatever you felt like and expected her to simply enjoy it even though it wasn't what she really wanted?
- Were you able to remain confident and in control of your emotions when she tested you by being difficult, throwing a tantrum, teasing you or changing her mind all the time?
- Were you able to make her feel girly and feminine in comparison to how masculine you think, talk, feel, behave and act around her and in life, or did she feel neutral in comparison to you?

By answering those questions, you will realize that there's a lot more to relationships and keeping a woman happy than just being a good guy to her.

The love between a man and a woman is something that needs to be taken care of, nurtured and deepened over time.

If you do that properly (it's easy to do when you know how it's done), you and her will get to Stage 5 of a relationship, which is what I call Blissful Love.

When you reach Blissful Love and keep the relationship there, both you and her won't ever want to break up.

It feels so good to be there with each other and nothing else compares.

Unfortunately, most guys aren't aware of how to build on a woman's love over time, which is one of the reasons why there's such a high break up and divorce rate out there.

It's not men's fault though.

We don't get taught this kind of thing in school and in most cases, our parents have no idea about it either.

So, you are pretty much on your own as a man.

You have to figure out for yourself.

Of course, I am here to help you and show you the way.

Unfortunately, a guy will often avoid seeking help when the relationship with his ideal woman is falling apart.

This is particularly true with intelligent men.

An intelligent man is usually able to figure things out for himself and get through life.

Yet, when it comes to his woman and the relationship that is falling apart, he just doesn't know what he can do to stop the pending break up.

Not knowing what else to do, a guy might begin to be more and more insecure, controlling, jealous, irritable, selfish or emotionally sensitive.

He won't feel safe in the relationship anymore and will be continually worried about the possibility of her leaving him.

His woman will notice the changes in him and feel turned off by his inability to get things back on track.

She will lose respect for him and begin to wonder, *“Is this really the guy I want to be with for life? Is he really the best that I can do? Do I have to stay with him, even though he's continually turning me off and making our relationship feel annoying and stressful? Is it okay for me to just break up with him?”*

She will then either then break up with him right away, or begin the process of breaking up with him (i.e. stop showing as much affection, spend more time away from him, begin flirting with other guys, make plans to go out with her single girlfriends after breaking up with him).

When she finally breaks up with him and says something like, *“I don't see a future for us as a couple,”* it can be devastating and heartbreaking to the guy.

Many guys have no idea how to fix the problem and end up losing their woman completely.

So, don't be afraid to seek help with this.

You can fix the problems between her and get her back.

However, you have to make sure that you do it right.

For example: Don't try to talk to her and fix the problems between you by discussing them.

That's not what works.

You've got to focus on reactivating her feelings of respect and romantic and sexual attraction for you. When you do that, she naturally starts to open back up to you and begin imaging a future with you. However, if you are trying to get her back by discussing the relationship before even re-attracting her, she's just not going to feel the same way you do.

She won't feel the motivation to fix things like you do and will just keep rejecting you.

The real secret to getting an ex back and to keeping a relationship together for life is to maintain and build on the woman's feelings for you.

You can't just make her feel good at the start and then expect her to stick with you for life even though she doesn't feel good around you anymore.

If you want to get her back and keep the relationship together, you've got to be able to maintain and deepen her feelings over time.

If you don't give a woman that experience, she begins to feel uncertain about her future with you.

Let's have a look at some examples to put it into contextâ"|

Example 1

A woman might want to have a boyfriend (or husband) who is always striving to reach for his true potential and rise through the levels of life.

She wants to know that if she decides to have a family with him, he will be emotionally strong enough to continue striving to succeed and be able to support them and their offspring.

So, if she notices that her guy is drifting through his life (e.g. he doesn't have a clear purpose or direction, he has a low-paying job, he doesn't have a job and relies on her for financial support, he wastes most of his free time watching TV, playing video games or chatting on social media sites) she will naturally start to feel insecure about her future with him.

Initially, she might make excuses for his behavior and she may even say to herself, *â"Itâ"s okay. Weâ"re still young. I donâ"t want to be one of those nagging women who push their man to be overly responsible and not have any fun. Iâ"m sure that he will mature soon enough and start being the man I want him to be.â"*

Yet, when she realizes that months or years continue to pass by and heâ"s no closer to becoming the kind of man she needs him to be, she will start to feel insecure and anxious about her future with him.

When that happens, she will begin to lose respect for him and eventually decide to break up with him by saying something along the lines of, *â"Iâ"m sorry, but this isnâ"t working out. I just donâ"t see a future for us being together as a couple.â"*

Example 2

Another example is when a woman finds herself in a relationship with a guy who is very driven and is always working hard to provide for her, to the point where he becomes neglectful, doesn't spend much time with her and expects her to just wait around in the background for years or decades until he achieves the level of success he's aiming for.

Even though he is working hard and setting himself up to be a great provider for her and any

offspring they may have, it's just not fair on the woman.

She's not his property and doesn't have to wait around and get little bits of his attention a couple of times a week.

She has to be able to feel loved, appreciated and wanted.

If he's able to strike that balance, she will be an amazing woman for him and will make him feel loved, appreciated and wanted too.

Yet, if it's all just about his career or business and hardly ever about him and her enjoying life, she's just not going to be happy.

Deep down, she might feel bad for being ungrateful (especially when her friends or colleagues talk about their lazy boyfriend or husband), but she just won't be able to stop herself from feeling taken for granted.

Unfortunately, in cases like this, a woman will often cheat on her man if she is left to wait in the background of his life for too long.

She will need a guy to make her feel loved, wanted and appreciated.

She will also just need to feel like she is living her life and enjoying it, rather than waiting around in the background for a man who might even decide to dump her later on when he becomes successful.

Here's the thing thoughâ€¦!

A woman doesn't want to have to get to the point where she cheats on her boyfriend/husband or flirts with other guys for attention and validation because she's not getting that from her relationship.

If she's like most women on the planet, she just wants to be with one man for life.

She wants to feel like the man that she's with understands what she wants and is giving that to her in the best way that he can.

He doesn't have to be perfect, but he does need to ensure that he strikes a balance in life (i.e. doesn't work too hard and neglect her, or doesn't become too lazy and cause her to feel unsafe about a future with him).

By keeping things balanced, he will naturally avoid making his woman feel as though her loyalty, commitment and dedication to him is being taken for granted.

As you can see, there are many different reasons why a woman might feel unsafe about a future with a guy.

If your ex has said that to you, don't worry.

You can change how she feels about you and make her see a clear, exciting, rewarding future with you.

How?

When you understand her real reasons for breaking up with you (e.g. She wants you to be more focused and driven in your life, rather than messing around. She wants you to treat her more like an attractive, desirable woman rather than a friend or roommate. She wants you to be more confident and emotionally strong, rather than always letting her dominate you emotionally), you can then make the right changes and adjustments to yourself.

Then, when you interact with her and she expects in the same old ways, you can surprise her by thinking, talking and behaving like the new, more confident and more emotional masculine version of

you instead.

When she can see for herself that not only do you understand what she really wants in a man, but you are also giving it to her now, it then becomes difficult for her to deny the fact that a future with you actually seems good to her now.

She doesn't look into the future and feel dread or feel like it would be a huge mistake or waste of time to be with you.

She can see that you have already changed and will almost certainly continue to become an even better man day by day now.

Another possible reason why your ex said that she doesn't see a future for you being together as a couple is that

2. She doesn't want to have to teach you or guide you

[image: She doesn't want to teach you or guide you]

A woman doesn't want to be a guy's teacher about how to be a man in a relationship.

She wants a guy who already knows how to maintain and build on her feelings of love, respect and attraction, without needing to lean on her for guidance and support.

Essentially, she just wants to be in love, rather than trying to make a relationship work with a guy who doesn't yet understand how to be the kind of man she needs.

For example: When a woman decides to get her own house, she usually doesn't want to build the house herself.

Instead, she just wants to buy the best house that she can find, so she can move in right away and enjoy it stress-free.

She wants the house to be a real house, in excellent working condition and with no nasty surprises.

So, imagine how she might feel if she then discovers that her nice, new house springs a leak in the kitchen and bathroom and all the walls begin to crack all around the house.

Naturally, she will feel like she's been cheated and sold a house that wasn't as good as she thought initially.

She was promised a great house, in excellent working condition, but it is full of problems that are taking away from the joy she wants to experience in it.

In the same way, most women don't want to discover that their guy needs a lot of fixing before he can be a real man that she can look up to and respect.

She also doesn't want to have to expend the time and energy improving him and teaching him how to be the kind of man she needs him to be.

She just wants a man who understands how to be a man and is that way, so she can get on with enjoying a real, loving, committed, lifetime relationship with him.

So, an important question for you at this point is

Do you know exactly what is causing your ex to say that she doesn't see a future for you and her being together as a couple?

If your answer is *No*, don't worry you can figure this out now.

Here are some possible reasons that she isn't telling you about because she doesn't want to teach you how to get her back.

She doesn't see a future with you as a couple because

- You became too insecure, needy and clingy in the relationship.
- You stopped making her feel like a desirable, sexy woman (e.g. you weren't affectionate enough, the sex became too neutral or even dried up completely).
- You placed her needs ahead of your own, despite her bad behavior, so she felt emotionally more dominant than you.
- You became too annoying (e.g. you stopped listening to her, you made fun of her ideas and opinions, you pestered her for attention).
- You didn't want to be mature and commit to her and the relationship in the same way she did.
- You weren't following through on your big goals, dreams and ambitions in life and were using the safety of "spending time with her" to hide from making progress as a man.
- You made her feel as though you needed her way more than she needed you.
- You made her feel as though you'd be a burden that she would have to carry throughout life.
- You and her always seemed to end up arguing and fighting about things that other couples handle so easily.
- She couldn't be herself around you because you were either too emotionally sensitive and needed her to be nice and gentle with you, or you were too selfish and expected her to just put up with whatever you said or did around her.
- She felt she was just too cool for you, or you were too cool for her.
- She felt like you didn't have the same kind of value to offer her as she was offering you (e.g. she was smart, attractive and interesting and you were smart, annoying and boring).

Of course, not all of the examples above will apply to you.

Those are just examples to help you get clear on where you might have been going wrong with her and how you can adjust and change to get her back.

It's only when you understand your ex's real reasons for leaving, can you then begin to make the right changes to yourself.

For example: If you and her always seemed to end up arguing and fighting, she's not going to care if you get a new shirt and add some muscle at the gym.

What will matter to her is when she interacts with you and notices that she feels so much happier now around you.

Conversations create smiles, laughter and feel good emotions.

It's no longer how it used to be.

When she can see that you figured out what has been turning her off without needing her to tell you and have also taken steps to change those things, she will naturally feel a renewed sense of respect and attraction for you.

She will then begin to imagine a much better future if you and her were to get back together and be a couple again.

At that point, you just need to build on her feelings as you interact with her and she will keep

dropping her guard and opening up.

Many guys are able to achieve that during the first interaction with their ex woman.

However, in some cases (e.g. where the woman is completely turned off by her ex and doesn't want anything to do with him anymore), it can take 2-3 interactions to accomplish.

Another possible reason why your ex said that she doesn't see a future for you being together as a couple is

3. She thinks that you and her will want different things in the long run

At the start of a relationship, a couple will usually focus on the excitement of falling in love and getting to know each other, than on any differences they might have.

So, if they don't agree on something, it's easy to write it off by saying, *"We can fix that later. I'm sure that things will change,"* or, *"Right now, none of those things are important to me. I'm certain that when the time comes, we'll work everything out."*

Yet, months or years into the relationship, the things that were initially ignored now start to become annoying and unwanted.

For example: A woman might be very focused on her career and be looking forward to rising through the levels in her chosen field, before she decides to settle down and start a family.

On the other hand, her guy is always talking about how wonderful it will be when they are married, how much he loves children and how he can't wait to have a big family of his own.

Naturally, this is not something that will bother a woman when she's just met a guy because she's not yet sure if she will stick with him for life.

However, in a long-term relationship where he and her seem to want different things, she will begin to wonder whether the relationship should continue.

For example: She may think something like, *"While I'm focused on my career, all he seems to be aiming for is having a family. He wants me pregnant and at home, but I want to continue on with my career as long as I can. Maybe we just need to break up because if we stay together, one of us will have to compromise and I don't want to be the one to do that. I want to continue on with my career, without being made to feel selfish about it."*

If he keeps pestering her about starting a family and she just can't seem to change her mind about wanting to continue on with her career, she will be forced to break up with him.

She might then say something like, *"I don't see a future for us being together as a couple. We want different things and it's just not working out."*

Another possible reason why your ex said that to you is

4. You haven't made her feel a renewed sense of respect and

attraction for you yet

After a break up, most guys feel unsure about how to approach their ex to get her back into a relationship.

As a result, all kinds of classic mistakes are made, which simply don't help the guy's chances of getting her back at all.

For example: A classic mistake is writing a long letter or e-mail to an ex woman to explain your feelings and try to work things out.

A guy might send his ex woman an e-mail and type something like, *"I just want you to know that I love you and care about you more than anything else. You said that you can't see a future for us being together as a couple, but I can. I just can't see a future without you in it. You mean the world to me and I will do anything to make this work between us. What we had was special. You have to admit that. It was. You and I were so good for each other before we started having problems. I want to get us back to that place. Just tell me what you want me to change or do and I will do it. Tell me what will make you see a future for us together and I will make it happen."*

The guy means well, but it's just not what works on a woman.

A woman doesn't want to have to teach a man or help him to get her back in any way.

As a result, she will think something like, *"He doesn't get it. He thinks that talking about what he wants from me is going to change the fact that I don't feel the same way about him anymore. He doesn't even know why my feelings have changed. Well, I'm tired of having to help him understand how to be the kind of man that I need. I've given up trying to teach him and guide him. I'm simply not willing to take on the responsibility of shaping him into the man that he needs to become. I have to get away from him and find myself a man who understands what a woman really wants."*

She then closes up and it becomes a little more difficult for him to get through to her and get her back.

He can still get her back, but he has to change his approach right away and stop saying and doing the things that turn an ex woman off.

There are so many classic mistakes to avoid and most guys simply do not know about them until after they've made the mistake and felt the consequence.

A final possible reason why your ex said that she doesn't see a future for you being together as a couple is

5. You're asking her for a relationship before you've fully reactivated her original feelings for you

[image: You are asking for a relationship before reactivating her feelings]

One of the most common reactions that guys have when they get broken up with by a woman, is to quickly try and convince her to give him another chance.

For example: A guy might send his ex flowers and write a note like, *"I'm sorry. I know that I stuffed up, but we can make this work. Please give me another chance. I love you so much. Peter,*

xoxoxoâ☐☐

Another guy might write his ex a love poem, pouring his heart out to her and asking her to take him back.

Another guy might try to list of reasons why they are good as a couple and why she should give him another chance.

What these guys donâ☐☐t realize is that without first reactivating her feelings of respect and attraction, none of those romantic gestures will mean much to her at all.

Why?

The feelings aren't mutual.

If he doesn't reactivate her feelings for him first, she's not going to feel motivated to give him another chance.

So, if you want your ex to see a future for you being together as a couple, donâ☐☐t try to convince her by being romantic (i.e. sending flowers, gifts, love letters), because those things rarely change a womanâ☐☐s mind.

Additionally, don't try to make her realize how good you and her couple be by talking about all the positives of your previous relationship.

What matters is how you make her feel NOW.

Are you making her feel sparks of sexual and romantic attraction for you NOW based on the changes you've made to yourself?

Have you changed the things about yourself that really matter to her, or are you just trying to get her back in the same old ways, without changing your approach to her?

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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How Can I Talk to the Emotional Side of My Ex's Brain?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 tips to help you talk to the emotional side of your ex's brain, so she opens up and wants to be with you againâ€¦

1. Stop trying to discuss the relationship with her

[image: Stop trying to discuss and work through your old relationship problems. Just start a new relationship based on who you are now.]

To get an ex woman back, you must focus on making her feel positive, enjoyable feelings for you. That can't happen if you're trying to 'work things out' by discussing the relationship problems you and her experienced and how you might be able to fix them.

So, don't try to discuss the relationship or 'fix things' between you and her right now.

Instead, just focus on making her experience positive, enjoyable feelings for you as you interact with her (e.g. love, respect, attraction, happiness, excitement, arousal and intrigue).

When you make her feel positive emotions, she will naturally drop her guard and begin to feel sexually and romantically attracted to you again.

You will be connecting to the emotional side of her brain rather than the analytical side of her brain. She will enjoy being around you and feel drawn to you.

As a result, she will naturally want to hug you, kiss you, have sex with you and open back up to giving the relationship another chance.

However, if you force her into analytical mode by asking her loads of questions about the relationship, trying to 'work things out' or get her to remember the good old times and forget the bad times, she's just going to close up.

Remember: What matters most is how you make her feel NOW.

Don't worry about the past.

Yes, you made some mistakes and the relationship fell apart, but that was before.

What matters most is how you make her feel NOW.

So, focus on making her feel sexually and romantically attracted to you NOW.

Don't make the classic mistake that other guys make and end up turning your ex off and making her not want to interact with you anymore.

For example: Imagine that a guy is on a call with his ex and not talking to the emotional side of her brain.

He's making the classic mistake of saying things like, *â€œPlease forgive me. I know I stuffed up pretty badly, but I'm willing to do anything to make it up to you. How about we go away for a holiday to spend some quality time together just the two of us? Or, maybe you'd rather go to counseling together to have a professional help us through this. I'm willing to do whatever you want. Just tell me how to make things right between us and I'll do it. I promise that you won't*

*regret it if you give me another chance.*â□□

He hopes that his approach will work, but what he doesn't realize is that NOTHING about what he's saying or doing is making her feel re-attracted to him.

Before she would even be interested in going away for a holiday or participating in counseling, she would need to feel a renewed sense of respect and attraction for the new and improved him.

He is essentially trying to get her to work on the relationship, even though she doesn't have much or any feelings for him anymore.

Most women don't want to do those kind of things if they've already broken up with a guy.

So, rather than make her think, *â□□Oh, how sweet. Heâ□□s being so honest and open with me. He's also willing to do whatever I want. He is so dedicated to me!*â□□ she will be thinking something like, *â□□This relationship just seems like too much hard work. He needs me to tell him what to do. He has no idea how to make me feel happy and attracted to him right now. He might feel drawn to me, but I just don't feel the same way. In fact, his desperation to do whatever I want is actually turning me off even more.*"

He was trying to show her that he loved her and cared about her so much that he was willing to do anything.

Yet, that's just not the way to get a woman back after a serious break up.

You have to make her have feelings for you again, otherwise she's just not going to feel motivated or inspired to say, "Yes!" and give you another chance when you ask for it.

So, in the example above, when the guy asks her for another chance, she will have already made up her mind and will say something like, *â□□Sorry, but Iâ□□m not interested in getting back together again. Itâ□□s over between us and you need to accept that and move on.*â□□

The poor, right?

Definitely.

I feel for him.

He really loves her and wants to do the right thing, but his approach is all wrong.

So, what is the right way to get your ex woman back?

Simple.

Use every interaction that you have with her (especially over the phone and in person) to reactivate her feelings for you and then build on them.

Make her feel like she's having so much fun and feeling so attracted when talking to you that the idea of not hearing from you again begins to make her feel anxious.

She starts to worry about the possibility of missing out on the chance to experience what it would be like to be in a relationship with you now.

Her guard comes down and she begins to enjoy the attraction she now feels for you.

So, how can you make her feel attracted?

One way to make her feel attracted is by using humor to make her smile, laugh and feel good when talking to you.

For example: Imagine that youâ□□re on a call with your ex right now.

Firstly, make sure you don't mention the relationship to her at all.

If she happens to bring up the relationship and say something like, *"I don't know why I'm even talking to you after what happened,"* rather than start explaining and apologizing (which will play right into her hands and give her more reasons to feel turned off by you), just turn it into something that you and her can laugh about together.

If she says, *"I don't know why I'm even talking to you after what happened,"* you can say (in a light-hearted way), *"Well, you're probably talking to me because you can't resist my charming personality,"* and have a laugh with her about it.

She will likely feel a bit shocked (in a good way) that you're saying joking around with her when she's being serious and closed off.

She then laugh (or at least smile) at your boldness and feel sparks of respect and attraction for you.

Note: If she says, *"That's not funny"* and tries to act like she's angry, just know that it's a test of your confidence.

Women always test the confidence of men and if a man crumbles under the fake pressure that is being put on him by a woman, the woman loses respect for him.

So, if she says, *"That's not funny,"* don't take it seriously and worry.

Instead, just say something like, *"Relax girl. Just because we're broken up, it doesn't mean we can't joke around and have a laugh. No need to be so serious."*

Say that in a relaxed, easy-going, light-hearted, but assertive manner to let her know that you're not intimidated, but you're also not being an asshole either.

Getting your ex woman to respect you is part of talking to the emotional side of her brain, so don't be afraid to be assertive in a relaxed, easy-going way.

She might not openly admit to you that she feels some respect for the new you, but she will.

Additionally, don't be afraid to joke around with her and get her smiling and laughing.

Laughing, smiling and having fun causes a woman to drop her guard and stop being so serious about everything.

As a result, interacting with her becomes a lot easier, because the emotional side of her brain is now open to you.

2. Start making her feel attractive emotions

[image: Start making her feel attractive emotions]

To make your ex open herself up to the idea of getting back together, you must begin to replace her negative feelings for you (e.g. anger, disappointment, disgust) with more positive emotions (e.g. respect, attraction, love, desire, excitement and intrigue).

She then begins to think something like, *"I can't believe how different he is now. I keep expecting him to react in the same way that he used to before, but he surprises me by reacting in a more confident and emotionally masculine way now. The man he has become now is definitely the kind of guy I could respect, feel attracted to and love again. Maybe it isn't over between us. Maybe it would be fine to just give him another chance and see how things go. After all, I have that feeling in*

my heart for him again. I feel drawn to him. I have to follow my heart. â□□

What's an example of how you can make her feel that way?

Make sure that you react differently to what she says and does compared to how you used to be.

No matter how much she tries to needle you to get a rise out of you, just make sure that you don't show her the old you who she broke up with (e.g. insecure, not feeling worthy of her anymore).

For example: If your ex says something along the lines of, *â□□My feelings for you have changed. I donâ□□t think you and I are right for each other,*â□□ you can show her that you donâ□□t feel hurt or insecure by it.

You might laugh at what she said (important) and say something like, *â□□I bet youâ□□re expecting me to get upset right now, aren't you? Okay, here goesâ□|â□□ then playfully pretend to cry and say, â□□Boohoo! This canâ□□t be happening to me! The most perfect woman in the world doesnâ□□t think we should be together anymore. Oh no, my life is over. She hates me!*â□□

Alternatively, you might laugh and say, *â□□My life is over! Iâ□□m going to kill myself now. Soâ□| whereâ□□s the nearest pizza place? I am going to eat as many pizzas as I can until I have a heart attack or something. Death by pizza sounds like something I can do. It might take a while, but at least it will be enjoyable,*â□□ and then laugh with her about it.

Alternatively, you might say something like, *"You're right. You and I aren't right for each other because you always were a horrible cook. Do you know that I used to go to the bathroom and throw up when I ate your home cooked meals. They were the worst!"* and have a laugh with her about that.

In other words, you donâ□□t take what she is saying so seriously and just use it as an opportunity to make her smile, laugh and feel good in your presence.

You temporarily get rid of the seriousness of the situation and as a result, she starts to relax a little.

You can then say something like, *â□□Seriously though, I understand why youâ□□re feeling that way about me right now. I definitely did silly things like (what you did wrong â□□ e.g. you were too emotionally dependent on her, you displayed unmanly behavior too often, you were too jealous), but Iâ□□m not that guy anymore. I donâ□□t expect you to believe me just because Iâ□□m saying it, so Iâ□□ll let my actions and behavior prove it to you instead. I accept that weâ□□re broken up and Iâ□□m not going to push you to give me another chance, if thatâ□□s what youâ□□re worried about. That said, I still think we can be friends. We're both mature enough to do that. So, let's just be friends now, okay?*â□□

If you were previously trying hard to get her back, or if you usually weren't able to handle her negative comments or reactions, she will see for herself that you really have changed.

You now have the balls to remain confident and turn potentially awkward, tense situations into something that both you and her can laugh about.

She can also relax and not have to keep her guard so high because you're saying that you just want to be friends now.

Of course, you're not just going to be her friend.

You're simply going to use the "friendship" angle to keep the lines of communication open, so you can interact with her and re-attract her.

3. Keep the laughter going

[image: Make her laugh and smile when she is being cold towards you]

Thereâs a very good reason why people often say, *âLaughter is the best medicine.*â

It really does help to get rid of a lot of negative tension and bring things back to love and other feel good emotions.

In the case of getting an ex back, when you make her laugh, smile and feel happy to be around you, she will find it almost impossible to think, *âHeâs such a jerk and I never want to see him again as long as I live,*â at the same time.

Making her laugh isn't the only thing that is required to get her back, but it definitely is something that helps bring her guard down so you can re-attract and impress her in other ways.

So, whenever youâre talking to your ex over the phone or in person, make sure that youâre not taking the conversations too seriously and creating unnecessary negative tension and stress between you and her.

Instead, approach every interaction with a confident, easy-going attitude and focus on turning pretty much everything she says into something that will make her laugh, smile and feel sparks of attraction for you again.

For example: Imagine that youâre having coffee with your ex and she says something like, *âI donât know why Iâm even here.*â

Rather than doing what a lot of insecure guys would do (e.g. get upset, try to calm her down), you can turn it into something that you and her can both laugh about together.

You might say, *âI know why you're here"* and she will then ask something like, *"Why?"*

You can then say, *"For the free coffee. You knew I'd pay for the bill and you need help to feed your coffee addiction"* and then have a laugh with her about that.

She will then feel some respect and attraction for you because youâre not getting caught up in her fake drama.

She will then have to admit to herself that youâve changed (i.e. because youâre not reacting in the ways she is expecting you to), which will automatically boost her feelings of respect and attraction for you again.

In addition to making her smile, laugh and feel good, you should alsoâ!

4. Make her feel feminine in comparison to how masculine you think, talk, feel and behave

Many guys make the mistake of thinking that a woman will be happier if she gets to lead the way and decide how and when things happen.

So, rather than taking charge of the ex back process and getting her back, a guy will constantly be looking for her approval every step along the way.

For example: He might text her and say something along the lines of, *âI would really like to talk to you. Is it okay if I give you a call sometime? I donât want to bother you if youâre*

busy.â□□

Alternatively, if heâ□□s on a call and asking her to meet up with him at a coffee shop, he might ask, *â□□Are you sure that coffee shop is okay with you? We can go somewhere else if you donâ□□t like it. Iâ□□m easy. We can go anywhere that suits you. Just tell me which coffee shop you like the best and I will meet you there.â□□*

Then, at the meet up (if he actually gets one), he might say things like, *â□□I finally cleared up all that junk in my yard that you used to hateâ□□* and hopes to get a compliment from her about it.

Alternatively, he might say something like, *â□□I took your advice and bought myself some new t-shirts and jeans. What do you think? Do they look good on me, or?â□□*

He's hoping that she will be impressed and open up to giving him another chance because he's made some changes.

Yet, thatâ□□s not how the ex back process works with a woman.

A woman can get a man back that way (i.e. by changing things and then seeking his approval), but if a man seeks his ex woman's approval, he is just going to turn her off even more.

Women don't respect guys who need the approval of women to feel confident about themselves and their attractiveness.

Women respect guys who improve and develop as a man all the time, but don't come looking for a pat on the head about it from a woman.

If seek her approval or a pat on the head via a compliment, she will just end up feeling turned off because of how you see her as being in the dominant, leading position.

When that happens, she then stops feeling feminine and girly around you and starts feeling more like your boss, teacher or mother, which is extremely unattractive to her.

This is why you must believe in yourself enough to take the lead and be a man around her, without needing her approval every step of the way.

Naturally, that doesnâ□□t mean you should be arrogant, rude, push her around or demand that she does whatever you say.

That's not it at all.

Instead, being the mean and leading the way simply means that you are confident enough in yourself and in your value to her to do what it takes to get her back, without needing her to help you along and make things easy for you.

If she gets the sense that you're lost without her, feeling unworthy of her or doubting your attractiveness and hoping that she will make you feel okay about yourself again, she will feel turned off and close up.

You then won't be able to talk to the positive emotional side of her brain and will have to deal with the negative side instead.

So, make sure that you're not seeking her approval of the changes you've made since the break up.

When you are self-approving, masculine man, not only do you automatically become more attractive to her, but you also realize that you donâ□□t need her to feel happy or fulfilled in your life.

That is attractive to her (and to other women).

All of a sudden, she starts to look at you in a more positive light because you are now behaving like

the kind of man she can look up to, respect, feel attracted to and love.

She realizes that if she doesn't get back with you, she's going to miss you a lot from now on and probably end up regretting it when you move on without her.

As a result, she will want to open up to give you and her another chance to see how it goes.

5. Create sexual tension

Sexual tension is an exciting, enjoyable, magnetic feeling that causes a man and a woman to want to kiss and have sex.

How can you create sexual tension?

Interact with her and make her feel attracted to you in many different ways at the same time (e.g. by using humor, being very confident, being emotionally strong, being charismatic, charming, assertive).

At the same time, let her see that you're not chasing a relationship with her.

She is attracted to you, she wants you back, but you're not even pressuring to make it happen.

You're simply letting the sexual tension build between you and her.

As a result, she begins to feel like she wants to kiss you and may think something like, *What is happening to me? Why am I thinking about him kissing me again? Why am I suddenly worried about losing him? Why do I want to have sex with him?*

Remember: The key is not to release that sexual tension right away.

Let it build and build to the point where she feels compelled to tell you that she wants to give you another chance, or she hugs you or leans in for a kiss.

For example: Imagine that you're having coffee with your ex and you're flirting with her, making her laugh and smile and making her feel feminine in contrast to your masculine vibe.

By the end of the meet up, she will be feeling turned on and wondering if you're going to at least give her a hug or a kiss goodbye.

Rather than giving her a hug and kiss, you can instead say something along the lines of, *Anyway, it was great to catch up. I should head off now. Maybe we can talk another time* and then leave.

This will leave her feeling frustrated and wondering what she did wrong and why you didn't try to kiss her.

She may even tell you to stop, so she can talk to you further and hopefully get a hug or kiss.

Alternatively, she might stop you and hug you or kiss you.

If she doesn't do any of those things, don't worry.

She will be feeling attracted to you again and there will be unresolved sexual tension between you and her.

So, she will be thinking about you from then on.

After a couple of days, simply contact her again and build up her feelings of attraction on the phone call.

[image: Release the built up sexual tension]

Then, get her to meet up with you, build up some sexual tension and release it with a hug and kiss (or

sex, if you can).

Warning: Don't play too hard to get.

Remember that she is currently your ex and if you play too hard to get, she might just get fed up and move on.

So, after you've built up enough sexual tension, just go ahead and release it with hugging, kissing and sex.

That will be a pleasurable release of exciting sexual tension for her and make her want to experience more of you.

That's how you talk to the emotional side of her brain.

Don't waste time trying to discuss the relationship or connect with her in a friendly way.

Focus on making her feel attracted to you again, build up the sexual tension and release it when the moment is right.

You will then have her back and you can enjoy the great times ahead with her.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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Will Having Sex With My Ex Change Her Mind About the Break Up?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

It definitely can help, but whether or not you get her back after the sex will usually depend on the following things...

1. Have you changed and improved emotionally since the break up?

Although the make up sex might be great between you and her, it's not what the whole relationship is about.

You still need to be able to make her feel attracted to you emotionally outside of the bedroom (e.g. because you're more confident now, you're more emotionally masculine, you're not as emotionally sensitive as you used to be).

[image: Have you changed and improved emotionally since the break up?]

If you continue to making the same old attraction mistakes outside of the bedroom (e.g. giving her too much power in the relationship, being needy or clingy, being insecure), she's going to want to stick to her decision to be broken up from you.

After all, if the sex was good in your relationship before, then it's not the reason she broke up with you anyway.

So, if you want your ex back for real, you need to show her that you've changed and improved emotionally in the ways that really matter to her.

For example:

- Were you clearly the man in the relationship (i.e. emotionally strong, emotionally masculine, the leader) so she could feel sexually attracted to you and in love with you, or did you end up creating a more neutral kind of relationship where you and her felt more like friends?
- Did you make her feel unappreciated by failing to notice her efforts to be a good girlfriend for you?
- Did you make her feel smothered in the relationship by being overly clingy and needy?
- Did you break your promises to her too often, or make her lose trust in you for other reasons?
- Did you only really care about your feelings and needs in the relationship?
- Did you make her feel unsafe by being a timid, insecure or and wimpy guy around her?
- Did you make her feel unsafe about the future by not having clear goals and confidently following through on them like a man?
- Did you and her grow apart because you wanted different things from the relationship (e.g. to settle down and get married vs. not wanting to commit)?
- Did you and her grow apart because one of you matured a lot faster than the other?
- Did you make her feel like you needed her more than she needed you, or that you loved her more than she loved you?

- Did you give her too much power in the relationship and she eventually got tired of leading you and feeling like a mother figure in your life?

By answering those questions above, you will be able to think of some of the ways you really messed up with her.

You will then be able to start making the right changes, adjustments or improvements to yourself to re-attract her in ways that she actually cares about and values.

When you interact with her and she notices that you've changed and improved some of the things that really matter to her, she will naturally begin to feel a renewed sense of respect and attraction for you.

The more you build on her feelings for you, the less she will be able to hold onto her negative perception of you.

She will be forced to look at you in a positive light and feel hope for you and her once again.

When that happens, she will become open to hooking up with you sexually and seeing what happens after that.

Then, when you blow her mind in bed, she will naturally begin to change her mind about the break up.

Another thing that will determine whether or not having sex with your ex will change her mind about the break up isâ€¦

2. Will you be able to pass her confidence tests inside and outside of the bedroom?

[image: Will you be able to handle her tests inside and outside of the bedroom?]

One of the ways that a woman checks to see if her guy really has changed and improved emotionally since the break up, is by testing to see if he can remain confident and emotionally strong when she is being difficult.

For example: A woman might start having sex with her ex and in the middle of it, burst into tears and say something along the lines of, *â€œI canâ€™t do this. Iâ€™m just not ready yet.â€*

Then, a little while later, after they get dressed and are sitting on the couch together, she might start kissing him and initiating sex once again, only to stop him in the middle one more time with the same kind of excuse.

Essentially, sheâ€™s testing him to see what he will do (this is especially true if a woman broke up with her guy because he was too insecure and self-doubting around her).

A confident, emotionally strong man will just laugh and say, *“No problemâ€¦let’s stop for now”* and not take it personally.

If she does it the second time, he might laugh at her again and not take it so seriously.

He might say, *“Coolâ€¦well, this time it was your fault because you started kissing me and groping me. Keep your hands to yourself”* and have a laugh with her about that.

However, if she keeps doing the same thing and is simply trying to be annoying, he might decide to ask her to leave (or just get up and leave if he’s at her place).

He might say (in a calm, confident, assertive, but easy-going manner), *“Okayâ€¦enough of this. It’s time for you to leave”* and get her to leave his place.

She will most likely then apologize and want to stay and he can then make her promise to not stop halfway through sex next time, or else he won’t let her come over and see him anymore.

By approaching it in this way, he’s showing her that he isn’t getting insecure or angry when she is testing him, but he’s also not going to keep putting up with her silly behavior either.

There’s only so much he will put up with before he leaves her place, or gets her to leave his.

On the other hand, a wimpy, insecure guy might get upset and ask, *“â€¦Why are you doing this to me? You pull me back in only to now reject me when we’re having sex. It hurts me that you would do that to me.”*

She will then feel turned off by him for being such an emotionally sensitive wimp.

Alternatively, he might try to be Mr. Nice Guy and say, *“â€¦Itâ€™s okay. I donâ€™t want to push you if youâ€™re not ready. Iâ€™m here for you no matter what. I’m willing to waitâ€¦”* and she will then gain an unnecessary sense of power and control over him.

If she notices that he’s being on his best behavior and sucking up to her, she will lose respect for him for being such a wimp.

Another way a woman might test her ex guyâ€™s confidence is by meeting up with him and saying something along the lines of, *“â€¦I donâ€™t know why I even came here today. Itâ€™s just a waste of my time,”* to see if he will panic and become nervous.

In a situation like that, a confident guy will simply laugh at her fake bitchiness and say something like, *“â€¦Oh, okayâ€¦I see that you brought along the bitchy side of yourself to coffee today. That’s fine, she can stayâ€¦I donâ€™t mind. However, Iâ€™m only paying for you and meâ€¦the bitchy self will have to pay for herself.”*

Alternatively, he might say, *“Well, isn’t someone in a bit of a mood today? What’s next? You’re going to tell me that you hate me and I’m the worst ex boyfriend in the world?”* and then have a laugh with her about that.

Alternatively, he might say, *“A waste of your time? Coffee with your hot ex boyfriend is never a waste of time”* and then have a laugh with her about that.

Essentially, he’s showing her that he isn’t panicking or becoming nervous just because he hit her with some fake bitchiness to throw him off.

He’s stronger than that.

He’s not going to buckle under pressure, but he’s not going to be an arrogant asshole about it either.

He’s still going to be a good guy and make her smile, laugh and feel good while showing her that he’s not intimidated or thrown off by her test.

As a result, she will feel a bit shocked that he now has the confidence and balls to remain strong, while also having the class and grace to still be good to her at the same time.

She will automatically start to feel a renewed sense of respect and sexual attraction for him, even if she fights it.

As a result, it will be much easier to get to a hug, kiss and then sex.

On the other hand, if the guy crumbles and becomes nervous around her, or tries to suck up to her by

being extra nice and doing whatever he can to please her, sheâll lose even more respect and attraction for him and her guard will go up.

So, when you interact with your ex (especially over the phone and in person) make sure that no matter what she says and does, you maintain your confidence and use humor to show her that you believe in your attractiveness and value to her.

If you do that, the sex will be so much better and she will then be so much more likely to change her mind about the break up afterwards.

Another thing that will determine whether or not having sex with your ex will make her change her mind about the break up isâ!

3. Are you able to make her feel very feminine in comparison to how masculine you are, or do you only make her feel neutral (like a friend) around you now?

[image: Are you able to make her feel feminine and girly inside and outside of the bedroom?]

Sometimes, a woman will have sex with her ex for reasons other than getting back with him, (e.g. she misses the intimacy, she hasnât had sex for a while and sheâs feeling horny, she doesnât want to have a one night stand with a stranger).

She might even enjoy the sex, but because he hasnât changed much about his energy and approach to her, itâs just the same old thing.

For example: She might have broken up with him because he ended up becoming too neutral around her, to the point where she felt more like a friend.

In other cases, a guy might have even stopped being masculine around her and ended up behaving like a wimpy guy, a feminine guy or a very emotionally sensitive guy.

As a result, she just didnât feel much of a spark (or any spark) with him anymore and wanted to leave the relationship.

So, if she opens up to have sex with him again and notices that heâs still pretty much the same as he was before, sheâs not going to feel very motivated to give the relationship another chance.

She might give him the impression that sheâs interested to avoid getting into an argument with him, or to avoid him pressuring her to change her mind on the spot, but secretly, she will know that she has to keep trying to move on.

A guy who doesnât understand that or isnât able to pick up on it, might then stay in regular contact with his ex and be like a nice, helpful, reliable friend to her.

Heâs hoping that sheâs going to think something like, *âWow! Not only have we had sex again, but heâs also being so sweet and dependable. What more could I possibly want from a guy? I guess I need to tell him that Iâve changed my mind about the break up so we can get back together again. Yayy!â*

It would be nice if it was that easy, but in most cases thatâs just not how it works.

If a woman doesnât feel like a real woman around a guy (i.e. feminine, girly, free to be change her mind, mood and emotions all the time without the guy getting angry), sheâs just not going to

enjoy herself in the relationship.

So, even if she has sex with her ex, it's just not going to be enough for her to want to commit again.

In some cases, a woman in that position will keep her ex around as a friend, lap up the attention he gives her and possibly even use him when she needs extra money to pay her bills, an errand to be run or something to be done in her house.

Yet, she won't be loyal to him.

If another guy comes along and sparks her feelings of sexual attraction by making her feel girly and feminine in comparison to his masculinity, she will leave her ex behind and move on.

So, here's the thing!

It's totally fine to have sex with your ex if she's open to it.

However, you must ensure that you are ready to attract her in the ways that really matter to her inside and outside of the bedroom.

For example: If you make the mistake of treating her like a neutral friend (e.g. because you don't want to scare her off), she will end up having neutral feelings for you.

Neutral just isn't exciting.

To make a relationship enjoyable and exciting for a woman, you have to allow her to feel girly and feminine around you by always being as emotionally masculine as you can be.

In other words, don't be a wussy, don't be too emotionally sensitive about things, don't give her too much power and don't seek her approval before you feel confident about yourself.

Be a man that is confident, happy, forward moving and strong, with or without her support or reassurance.

When you do that, she will naturally see you as the man in the relationship and will feel drawn to you for more than just sex.

She will literally love the new you and realize that you are now the kind of man that women struggle to meet out there in the world.

As a result, she won't want to lose her opportunity to experience a relationship with you again.

One last thing that could determine whether or not having sex with your ex will make her change her mind about the break up is!

4. Does she place a lot of importance on sex in a relationship, or does she care more about other things?

If your ex really cares a lot about sex or places a lot of importance on it, then yes! Having amazing sex with her will definitely make her want to change her mind about the break up.

However, most of the time, sex (or a lack thereof) isn't what really causes a woman to break up with a guy, so it's not going to be the main thing that will get her back.

For example: When a woman breaks up with a guy, it's usually because certain aspects of his thinking and behavior have been turning her off (e.g. he became too insecure, he got annoyed with her so easily, he spoke to her like she was an idiot, he cared ways more about his feelings and needs than hers rather than taking a more balanced approach).

So, even if the make up sex is enjoyable, it won't necessarily get her back for real afterwards.

If he turns her off in other ways (e.g. He's still stuck in a rut in life because he's not following through on his big goals, dreams and ambitions. He's too timid and fearful about things. He's too immature compared to her), the sex isn't going to fully win her over.

It's just not how it works in most situations.

If you want her to change her mind for real, you need to discover her secret reasons for breaking up with you and then quickly make some adjustments, improvements or changes in those areas.

For example:

- Did you become insecure, needy and clingy?
- Did she feel like you were dragging her down?
- Did you want different things in the relationship?
- Did she get tired of leading?
- Did you stop making her feel girly in comparison to your masculinity?
- Did you find it difficult to stop yourself from getting angry at her when she changed her mind, mood or behavior randomly like girls do?
- Did you expect her to treat you with respect at all times, even though you didn't do the same for her?

When you understand where you really went wrong, you can then make changes that will actually matter to her.

Then, the sex will be better and she will feel compelled to change her mind and give you another chance.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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Can I Get My Ex Back if She Already Has a New Boyfriend?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Yes.

Here are 3 examples of how other guys have gotten their ex girlfriend (or wife) back from her new boyfriend:

Example 1: The guy was dumped for being too clingy and needy

[image: Dumped for being too clingy and needy]

When a guy gets dumped for being too clingy and needy, his woman will usually then hook up with a new guy who is more confident than him.

The new guy might not be perfect, but she will focus on his good qualities and overlook any flaws, so she can get caught up in the thrill of falling in love.

However, that doesn't mean that her ex guy has no chance with her anymore.

He can get her back.

I've worked on many cases like that and here's a summary of what one of the guys that I helped did to get his ex woman back:

1. He stopped thinking insecure thoughts like, *"I don't know what to do without her. I feel lost. She was my whole world and now I have nothing worth living for,"* and started thinking confident thoughts like, *"Yes, I miss her and want her back, but I don't need her to have a happy, fulfilling life. I have my own goals, interests, hobbies and friends to keep me busy. Life is good with or without her. I want her back, but I don't need her."*
2. He started having more fun in his life and letting her see that by posting photos on social media of himself having a good time with friends, attending music festivals or sporting events, traveling and doing other exciting things.
3. He called her on the phone, made her smile and laugh and made her feel sparks of attraction for him again.
4. He got her to agree to meet up with him to say hello as friends.
5. At the meet up he maintained his confidence around her, even when she was being cold and mean towards him.
6. He focused on building on her feelings of respect, attraction and love for him by behaving in some of the ways that are naturally attractive to women (e.g. confident, self-assured, charismatic, charming, emotionally masculine).
7. He ended the meet up with a warm goodbye hug and a kiss and left her feeling confused about her feelings for her new guy.
8. A few days later he called her and sparked her feelings for him some more.
9. She met up with him again, they had sex and she then said that she'd been missing him.
10. She then broke up with her new boyfriend and came back to her ex.

A second example of a guy getting his ex back even though she already had a new boyfriend isâ€¦!

Example 2: The guy was dumped for taking his girlfriend for granted

[image: Dumped for taking his woman for granted]

Sometimes in a relationship, itâ€™s easy for a guy to fall into the habit of taking his woman for granted (e.g. getting angry at her often and expecting her to just put up with it, not following through on his promises to her, expecting her to treat him with respect at all times even though he wasn't treating her with respect at all times).

It doesn't mean that the guy is a bad person, or that heâ€™s doing those things to intentionally to make her feel unloved and unappreciated.

Sometimes a guy will be like that, but not in most cases.

In most cases, a guy simply doesn't know how else to behave to get his point across or to get his woman to treat him well.

The guy also makes the mistake of thinking that because she loved him so much at the start, she will put up with anything and never leave him.

Yet, that's just not how relationships work anymore.

A woman can dump a guy and leave him if she wants to.

So, when his girlfriend (or wife) left and found herself another, more loving and attentive boyfriend, it most likely came as quite a shock to him.

To many guys, it feels like she just decided to break up with him suddenly, out of the blue.

Yet, in reality, in most cases, the woman had been working up the courage to leave him for some time after giving him repeated warnings about not treating her the way she deserved to be treated.

Despite those warnings, it really didn't register with him that she would seriously break up with him and move on if he didn't change.

So, how can a guy get a woman back in a case like that if she has a new boyfriend?

Based on a case that I worked on a few weeks ago, here's what the guy didâ€¦!

He started off by letting her know that he has now realized the mistakes he was making and was sorry about that, but didn't expect her to take him back.

He said something along the lines of, *â€œI see now why you broke up with me and I'm sorry about that. I was taking you for granted and it made you feel like I didn't care. Of course, nothing could have been further from the truth. I really did care about you, but my actions and behavior seemed to show otherwise. I just want you to know that accept that I stuffed up and Iâ€™m truly sorry for making you feel less important to me than you really were. I don't expect you to give me another chance or even care about my sincere apology to you. I just want you to know that I get it now. I also want you to understand that in a relationship, itâ€™s inevitable that mistakes will be made along the way. You made some and I made some. Well, it was mostly my fault, but we both made mistakes along the way. That doesn't mean weâ€™re bad people. In my case, I simply didn't know how else to conduct myself in a relationship and ended up making you feel taken for*

granted. I get that now. I also understand that you have a new boyfriend now and you probably don't really care anything I'm saying right now. However, it would be nice if we could put all that behind us and just move forward as friends. So, how about it? Will you forgive me and agree to be just friends from now on?

She was then able to start believing that he had changed for the better and because he wasn't asking for another chance at a relationship, she agreed to remain friends with him.

He then used the friendship as a platform to actively spark her feelings of respect and attraction for him during every interaction they had (e.g. via text, on phone calls and in person) from then on.

The more time she spent with him, the more confused she became about her feelings for her new boyfriend.

She realized that, although her new boyfriend was sweet and attentive and she wasn't being taken for granted anymore, the attraction she felt for her ex was stronger, more real and more fulfilling.

So, she broke up with her new boyfriend and got back together with her ex.

A third example of a guy getting his ex back even though she already had a new boyfriend is

Example 3: The guy was dumped for making her feel like more of a friend than a girlfriend

In this case, the guy felt so comfortable around his woman that he unconsciously started treating her more like a buddy than an attractive, desirable woman.

He stopped being charming and romantic and did the same boring things with her over and over again, expecting her to just be happy with that and the friendship type relationship that they now had.

As a result of treating her more like a buddy, the sex fizzled out and she started to feel annoyed by his touching, hugging or kissing whenever he tried to initiate sex.

It just didn't feel right to her anymore.

So, in this case, the woman tried to get her boyfriend to stop treating her like a friend and start looking at her as a sexy, girly, feminine woman who needed to be treated like a woman.

For example: She started wearing sexier clothes, planning romantic weekends and randomly acting girly and submissive to see how he'd react.

Rather than reacting and making her feel like his girl, he kept on with the friendship style of relationship and at times, even acted a bit like her (e.g. changing the tone of his voice often and talking in a fairly girly way, giggling with her about things, being overly cute about things).

Eventually, she felt more like his roommate or sister than his woman.

The guy didn't mean to be like that and cause those problems.

He was just doing what he felt like doing, which turned out to be a turn off.

He didn't realize that the less feminine and girly a woman feels around her man, the less sexual attraction she feels for him.

He didn't realize that to keep the sexual attraction and love alive, he has to clearly be the man and let her clearly be the woman, rather than kind of being like each other and just hanging out like friends.

As a result, she didn't feel the spark anymore and dumped him.

She then hooked up with a new guy who had a more masculine approach to life and interactions and as a result, she enjoyed the fact that she could feel girly in comparison to him.

So, how did the guy get her back from her new boyfriend?

He stopped changing his tone of voice to be neutral (or even feminine at times) and started talking in a more manly way.

He also stopped being so emotionally sensitive about things and started being more emotionally strong and emotionally mature like a man.

This took him a few days to get used to and he then contacted his ex to start re-attracting her and getting her back.

He got her on a call and used flirting to build up sexual tension and make her agree to meet up with him in person.

In person, he continued to build on the feelings of sexual tension (to make her want him) and also made her feel feminine and girly in contrast to his masculine vibe, behavior, conversation style and actions.

She was surprised by the changes in him and automatically felt rushes of respect and attraction for him.

At that point, her guard came down and she started to open up to the possibility of getting back with him.

However, to make sure that he got her back, he didn't rush to get her to commit to the idea of leaving her new guy.

He didn't even mention that at all.

He just focused on building on her feelings of sexual and romantic attraction for him, so she felt like she wanted to leave her boyfriend without being forced into that decision by him.

After the meet up (which ended with a warm hug), he gave her a few days of space where he didn't contact her at all.

He then called her to say hello and she was happy to hear from him.

They met up again and this time, hooked up sexually and he blew her mind by being more confident and masculine than he had even been before.

She then dumped her new boyfriend and they got back together again.

Those are three examples (out of 100s) that I've personally worked on and heard back about here at The Modern Man.

One of the most important things that I help men with when getting an ex woman back is about how to re-attract her.

Here are some examples!

I also offer more advanced ways to re-attract your ex in my program, Get Your Ex Back Super System

When you use those techniques, she simply will not be able to resist leaving her new boyfriend to give you another chance.

5 Mistakes That Can Ruin Your Chances of Getting Her Back

[image: Mistakes to avoid when getting your ex back from her new boyfriend]

Getting an ex back is usually a pretty easy process when you focus on attraction.

Yes, even if she has a new guy.

You can make her feel more attracted to you than she feels for him, so don't about him.

Attraction rules over everything else.

If you make her feel attracted to again, she feels drawn to you and, as long as you follow the right steps to get her back, she will be yours once again.

So, while getting her back, make sure to avoid these classic mistakes!

1. Only trying to get her back via text

If your ex has a new boyfriend, it's likely that she won't be very open to talking to you over the phone, or meeting up with you in person, because she doesn't want to upset him.

So, the only contact you might have with her at the moment is via text.

Unfortunately, you just can't fully reactivate a woman's feelings of respect and attraction for you via text.

No matter how sweet or charming you might think you're being via text, if she can't hear the confidence in your voice, or experience it in person, she will likely assume the worst of you.

For example: If you try to make her laugh via text, rather than feel amused and say to herself, *"Wow, he's so confident and funny! Even though I'm being so cold and mean to him, he's still being confident. It takes so much balls to be confident via text!"* she will instead likely think, *"Oh wow, you're so funny and confident, aren't you? Yeah right! You're probably just too scared to call me or face me in person, so you hide behind these texts. Grow a pair of balls and call me."*

You just have to call and let her experience the new and improved you, so she can feel something real for you.

Text simply doesn't cut it in most cases.

Essentially, because she has no new information about you to base her opinion on (i.e. she hasn't interacted with you on the phone or in person to experience the new you), she will read your texts and continue thinking of you as the emotionally unattractive guy that she broke up with.

In most cases, she won't say, *"Wow! Now that was an amazing text! He deserves me back because of that."*

Of course, if your ex still has strong feelings for you, then a text can make her miss you and want to see you again.

That is true.

However, the majority of guys that I've helped to get a woman back (especially when she has a new guy) are in a situation where she no longer has feelings for him.

So, when he tries to get her back via text, she just rolls her eyes and feels turned off by his lack of

balls to call her or get her to agree to meet up with him in person.

Another mistake to avoid making isâ□|

2. Hoping that it's a rebound relationship and all you need to do is wait it out

Sometimes a guy might say to himself, *â□□Her new boyfriend is probably a rebound, so it won't last. She thinks heâ□□s great because heâ□□s not making the same mistakes as I did. When she realizes that he has faults too and isn't so perfect after all, she will break up with him as well. I just need to wait.*â□□

He might then wait around for weeks, months and in some cases even years, for his ex to break up with her new guy.

Eventually, he might come to the realization that sheâ□□s not going to dump her new guy and that heâ□□s wasted all that time waiting for her, instead of staying in touch as a friend and then rebuilding her sexual and romantic feelings for him.

Alternatively, if she does dump the guy and he then calls her up after a long silence, she might say something like, *â□□What? Youâ□□re still waiting for me? Why? I havenâ□□t heard from you in ages and you think we can now get back together again just because Iâ□□ve broken up with my boyfriend? Sorry, but my feelings for you died a long time ago. You need to accept that Iâ□□m never getting back with you. Itâ□□s time for you to move on. We're never getting back together. Don't ever call me again.*â□□

Horrible, right?

For sure.

That's not what you want to hear after patiently waiting for her to finish the relationship with her new boyfriend and become available again.

So, what should you do instead?

Do something about it NOW.

If you want to win your ex back from her new boyfriend, you have to be active about it, not inactive.

You have to interrupt the process of her moving on, by interacting with her and re-sparking her feelings of sexual and romantic attraction for you.

Once you do that, her behavior and attitude towards you changes completely and you can then begin to get her back and leave her new boyfriend thinking, *"Huh? What just happened? Why did she leave me?"*

So, get rid of the new guy and take her back.

She's your woman.

Claim her.

Make her love you again.

While doing that, another mistake to avoid isâ□|

3. Lying to her about being with other women, or not even wanting her back

Sometimes, a guy will try to shock his ex into wanting him by trying to make her jealous (i.e. by telling her heâ□□s been with other women), or make her fear losing him forever (i.e. by saying that

he would never get back with her and is happily moving on without her).

Yet, hereâs the thingâ!

When a woman has lost touch with her feelings of respect, attraction and love for her ex and has already found someone else, rather than feel jealous or fear losing him, she will simply feel relieved that things are over between them.

She will only care if he reactivates her feelings of sexual and romantic attraction and then seems to be happy and enjoying life without her.

However, if she doesn't feel anything for him, she's just not going to care about who he's with or what he thinks about her anymore.

Of course, some women will care (e.g. if she's a narcissist kind of woman who needs everything to be about her, or if she likes to keep ex guys chasing her to boost her confidence), but most women wonât.

Another more mistake to avoid making isâ!

4. Saying negative things about the other guy

As tempting as it might be to want to point out your exâs new boyfriendâs faults, donât do it.

Be the bigger man by not even looking at his as being competition to you.

Just know that you're better than him, without even having to say anything about him or point out his flaws or faults.

If you bring up his bad qualities, rather than make her think, *âYou knowâ I never noticed that about my new guy. My ex is right! My new boyfriend is definitely a jerk. Iâm going to dump him now and go back to my ex for being such a great guy and pointing this out to me,â* sheâs going to think something like, *âHeâs just being a jealous ex and hoping that by saying bad things about my new boyfriend, I will change my mind and take him back. Well thatâs never going to happen. Even if I did break up with my new man, I would never get back together with a jealous, immature guy like my ex.â*

You don't want her thinking that way about you!

Be the bigger man, so she doesn't have to think of you as being jealous, insecure or immature.

A final mistake to avoid making isâ!

5. Letting her see that your life is on hold while you wait for her

This might seem romantic, but it just doesnât work.

Instead of feeling flattered by your devotion to her, your ex will feel turned off by your lack of purpose and direction in life.

Hereâs the thingâ!

You stand a much better chance of getting her back by showing her that youâre living a happy, exciting, interesting life without her, rather than sitting around wasting your life away waiting for her.

Why?

Although a woman likes to be wanted and desired by a man, she definitely doesnât want to be

needed by him.

She doesn't want to be his purpose for living and she doesn't want to be responsible for his happiness in life.

So, if you want to get your ex back even though she already has a new boyfriend, make sure that you allow yourself to feel happy, confident and emotionally fulfilled without her.

Then, when you interact with her (e.g. on a phone call, or in person) and she gets a sense that you are happy, confident and getting on with your life without her, she will begin to see you in a new light.

She will look at you as being a confident, emotionally mature and emotionally strong man, which will automatically make her feel some respect and attraction for you.

From there, you just need to build on her feelings and create some sexual tension between you and her.

As a result, she will become confused about her feelings for her new boyfriend and start to wonder why she isn't with you.

You can then get her back and make her new boyfriend history.

By the way!

Every day, all over the world, guys get their ex girlfriend (or wife) back when she has a new boyfriend.

It's not only possible, but in most cases, it's easy when you focus on attraction.

You can re-attract her and make her want you more than she wants him.

You can interrupt the process of her moving on and get her to come running back to you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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5 Ways to Show Your Ex That You've Become a Better Man Since the Break Up

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 ways to show your ex that you've become a better man since the break up!

1. Improve the things that she actually cares about. (Usually very different to what she has told you)

When a woman breaks up with a guy, she will rarely, if ever, admit the real, subtle reasons why she is breaking up with him (e.g. he's too emotionally sensitive, he's not ballsy enough around her, she doesn't like how he gets shy in social situations).

Instead, she will just tell him that she doesn't feel the same way about him anymore, doesn't love him or just doesn't want to be in a relationship with anyone right now.

Something vague about her feelings and wants, but nothing (or not much) about the subtle things he would need to change to re-attract her.

[image: Not revealing her real reasons for the break up]

She does this for many reasons, but to name a few:

1. So he then doesn't immediately promise to change those things, even though he has no idea how to. She will then feel obligated to give him another chance.
2. So he doesn't get angry at her for pointing out very personal things about him (e.g. his lack of confidence in the bedroom bored her, he cried to her when he lost his job, he's too emotionally sensitive about things rather than being in control of his emotions like a real man).
3. So he doesn't then ask her for help to fix those things about himself, so their relationship can work.

Rather than getting a reaction that won't be of benefit to her, she will keep her reasons vague (e.g. *"I love you, but I'm not in love with you"* or, *"You mean a lot to me, but I just don't want to be in a relationship anymore"* or, *"I need to be alone for a while to sort myself out. I'm not sure what I want anymore"*).

Not knowing what to do to make her happy and stop the break up, a guy will often begin offering her things that she doesn't even care about.

For example: A woman might want a guy to trust her more and to stop always assuming the worst of her (e.g. he is insecure about her loyalty to him and always worries that she might leave him, which then causes him to react in a clingy, jealous or controlling way).

What she wants is for him to stop being such an insecure guy and start being the kind of confident, emotionally mature guy that she can relax around and fall more in love with over time.

[image: Not offering her what she really wants]

So, if he then tries to get her back by saying something like, *"Please baby, just give me another*

chance and I promise to spend more time with you. We can even buy a house and move in together. I promise. You mean the world to me and I will do anything to make this work,â it's not going to make her want to give him another chance.

She will feel turned off by his misplaced attempt to get her back and think something like, *âHe still doesn't get it! Why is he talking to me about moving in together, when what I need from him is to trust me more? Living together would be the worst thing for us to do right now because of his trust issues. Every time I get a text message, or chat with someone via social media, he'll assume that I'm flirting with other guys and want to see who I'm talking to. That will simply create more arguments and misunderstandings between us and I will end up feeling stressed and trapped in a relationship with an insecure boyfriend (or husband). I'm much better off staying broken up. I have to stick with the break up and move on, because he obviously doesn't even know what I need him to change or how to change it. I've got to move on.â*

Another example is if a woman wants her guy to be more supportive of her career, rather than just expecting her to want to quickly become a mother and stay at home to raise the children they have.

If he then tries to get her back by buying her flowers, expensive gifts, or even proposing to her, rather than feel flattered and change her mind, she may think, *âHe's still not taking my goals seriously. Instead he's hoping to distract me by giving me material things and offering to marry me. If I wanted flowers or jewelry, I could buy those things for myself. That's not what I want right now. Can't he see that what I really need at this stage in my life is his support and encouragement of my career goals? Can't he see that I'm just not ready to slot into the role that he wants for me right now?â*

As a result, she will keep saying no to his requests to get her back.

He will be offering her things that really don't matter to her at this point in time, so it just won't be appealing to her.

He might end up thinking that she is being unnecessarily difficult or stubborn, especially after all they've been through as a couple.

Yet, she just wants to get the kind of attraction and relationship experience that suits her, so she can be happy too.

If he can't give her that, she has to go.

So, as you can see, improving the things your ex really cares about (not what you think she cares about or want her to care about because you think it's important) is an essential step to showing her that you've become a better man since the break up.

For example: Some guys mistakenly try to impress their ex girlfriend (or wife) with improvements to their physical attractiveness, rather than improving their emotional attractiveness (i.e. confidence, social intelligence, relationship intelligence, emotional masculinity, charisma).

A guy might start wearing better clothes (e.g. suits rather than denims, expensive designer labels), change his hairstyle, or go to the gym to build some muscle/lose weight.

In his mind, he thinks something like, *âWhen ending our relationship, I remember that she said I need to become a better man. Well, when she sees how much I've changed and how attractive I now look, she will be impressed and hopefully want me back.â*

Yet, what a guy like that doesn't realize is that even his ex says, *âYou're looking goodâ* when she sees him again, his appearance isn't what will convince her that he's become

a better man.

What will?

His ability to make her feel respect and attraction for him based on the way he thinks, talks and behaves when he interacts with her.

It's how he makes her feel when he talks to her on the phone and in person that really counts.

Superficial changes (e.g. losing some weight, adding some muscle, getting a hair cut, wearing new clothes) are not the most important things to a woman.

What is most important is how a man makes her feel when he talks to her.

For example:

- Does he turn her on by being confident, charismatic, masculine or funny, or does he turn her off by being insecure, self-doubting, hesitant or weak?
- Does he make her smile and enjoy talking to him, or does she feel closed off, annoyed, stressed or bored because of his approach to the conversation?
- Does he make her feel feminine and girly by being emotionally strong and masculine around her, or does she dominate him with her confident personality?
- Does he pass her confidence tests by laughing at them and not taking them so seriously, (e.g. when she teases him by saying something like, "*What did you do to your hair? It looks horrible*") or does he fail the tests and become insecure when she puts pressure on him?
- Is he able to regain the power during conversations and make her respect him again, or does she feel like she can walk all over him now because he's so desperate to get her back?

Those are the kind of things that matter the most to the majority of women when it comes to the attraction they feel for men.

When you make changes that really matter to her (i.e. you become more emotionally attractive as a man), she will see that you've become a better man already and will then become open to giving the relationship another chance.

Another way to show your ex that you've become a better man since the break up is to

2. Pass her confidence tests when you interact with her

Even if a woman still has feelings for her ex and wants to get back with him, she usually won't make it easy for him.

Instead, she will put him through a series of tests to see if he's confident and emotionally strong enough for her.

If he can pass her tests, she will look up to him, respect him, feel attracted to him and love him once again, because he has proven that he is man enough for her.

On the other hand, if he becomes nervous, insecure and self-doubting when she tests him, she will see that he really hasn't changed and will keep the door to her heart closed off to him.

For example: Some of the ways a woman might test a guy are by

- Being cold and distant towards him during conversations.

- Telling him that sheâs having so much fun without him (e.g. partying with her single friends, meeting new guys, feeling freedom that she hasn't felt in a long time).
- Giving him mixed signals about her feelings for him (e.g. she might let him see that she's interested in getting back together. Then, when he suggests getting back together, she might say something like, *âDon't get the wrong idea. I would never make the mistake of getting back together with you again. You stuffed up too many times with me. It's overâ*).
- Blaming him for everything that went wrong in the relationship to see if he puts up with it.
- Asking him to do favors for her and being nice to him, but never letting him hug her, kiss her or do anything that might suggest they could be boyfriend/girlfriend or husband/wife again.
- Teasing him about how he now looks (e.g. *"Why are you wearing that shirt? It doesn't suit you"*) to see if he feels insecure.

If he remains calm and relaxed and doesnât let her tests get to him (e.g. he laughs at her attempts to make him feel jealous, or to take the blame for everything), she will feel respect and attraction for him and know for sure that he has changed.

On the other hand, if he appears to lose confidence, doubt himself and feel insecure under her pressure, she will lose even more respect and attraction for him as a man.

She will then put her guard up even higher and try even harder to move on without him, before he drags her back into a relationship that will be just the same as before.

She wants the relationship to be different.

She wants you to really change and level up as a man, rather than just trying to get her back while remaining stuck at the same level as a man (e.g. still being insecure, still lacking emotional masculinity, still giving her too much power).

This is why it is vital that you pass your exâs confidence tests when you interact with her.

It gives her direct evidence that you really have changed, without you even having to tell her, *"Hey, I've changed. Please believe me!"*

She can see it for herself, so you don't even need to try to convince her to believe you.

So, the next time your ex tries to mess with your head by being cold or rude, or tries to make you feel jealous, just remember that itâs her way of testing your confidence.

She wants to see if you are now the kind of man that she can genuinely look up to and respect, or if you deserve to continue getting the cold shoulder from her.

So, rather than get upset about her tests, feel happy that sheâs doing it by understanding that it gives you a perfect opportunity to show her that you really have changed and become a better man since the break up.

When she realizes that her tests are not making you respond like she was expecting you to (e.g. She thought you would be insecure and self-doubting, but instead you are confident and emotionally strong. She thought youâd feel jealous and doubt your attractiveness to her, but instead you laugh at her attempts to mess with your head), she wonât be able to stop herself from feeling surges of respect and attraction for you again.

You can then build on those feelings by continuing to display traits that are naturally attractive to women.

3. Be a self-approving, masculine man

[image: Be a self-approving, masculine man]

While it's great to show her that you've changed, just make sure that she doesn't get a vibe from you that is essentially communicating, *"Hey, so now do you like me? Did I do a good job mommy? Am I a good boy now?"*

You have to make the changes because you want to and then approve of yourself, rather than seeking her approval.

She doesn't want to get the sense that you doubt your attractiveness to her and need her to tell you that you're okay now.

Women are attracted to men who never doubt their attractiveness to a woman, while also always making sure that they actually are being attractive (e.g. being emotionally strong, emotionally masculine, funny, ambitious, determined to succeed).

By the wayâ€¦!

Approving of yourself and believing in your attractiveness does not mean that you should suddenly start acting arrogant or look down on her or anyone else.

It simply means that you approve of yourself, love and respect yourself with or without her or anyone else's approval.

Women all over the world are naturally attracted to self-approving, masculine men who aren't waiting for a *'pat on the head'* from mommy to say, *"Good boy. I'm proud of you."*

You are confident, happy and forward moving in life with or without her encouragement or approval.

Women love that because it means that a woman doesn't have to baby a guy in a relationship by continually encouraging him and trying to make him feel good enough or confident enough to make progress in life.

He is his own man and makes this happen without the help or encouragement of his woman.

This is very attractive to women and will be attractive to your ex as well.

Another way to show her that you've become a better man since the break up is toâ€¦!

4. Make her laugh and smile, especially when she's being cold to you

[image: Make her laugh and smile when she is being cold towards you]

One of the quickest ways to make your ex stop seeing you as the guy you used to be and start seeing you as the new, improved man that you are now, is by making her smile and laugh when sheâ€¦s interacting with you (especially if she is being cold or mean).

Laughter breaks down the emotional walls and helps to get rid of bitterness or negativity that might be present between you and your ex.

Essentially, when a woman is smiling and laughing, it makes it almost impossible for her to be thinking, *"This guy is a jerk. He makes me feel miserable. I don't like him and I don't*

ever want to be his girl again,â€œ at the same time.

Instead, she begins to think something like, â€œI like this. In the past, he would've never been able to laugh and joke around if I was being cold towards him. He would likely have gotten angry at me or started sucking up to me to seek pity. He's so much more confident now. He's more manly. I can't believe I'm actually thinking this, but I'm enjoying myself with him now. I like it. I like him.â€œ

Her walls then begin to come down and she opens herself up to the idea of seeing you as the man that you are now, rather than the man you used to be.

She experiences new, more interesting and exciting feelings for you that make her want to give the relationship another chance.

Here's an example of how you can make her smile or laugh when she's being cold to you:
Imagine that you call her on the phone and she says something like, â€œWhat do you want? Why can't you accept that it's over between us?â€œ

Rather than letting her questions throw you off and make you think, â€œShe hates me! She's not going to give me a chance. It's over!â€œ simply turn it into something that you can both laugh about.

For example: When she says, â€œWhat do you want? Why can't you accept that it's over between us?â€œ you can say, in a joking way, â€œI don't know what you're talking about, you're the one who called me!â€œ and have a laugh with her about that.

Alternatively, you might say, "What do I want? Well, I wouldn't mind some of that pizza you used to make. I'm hungry" and then have a laugh with her about that.

Alternatively, you might say, "What do I want? I want you to accept that it's over between us and stop calling me" and then have a laugh with her about that.

Essentially, you don't take what she is saying so seriously.

When you do that, she will feel attracted to you for having the courage to joke around with her and get her smiling and laughing, even though she started out being cold and unfriendly.

From there:

5. Get her to fully open back up to you by continually leading the way with a confident, easy-going attitude

After a break up, a woman will often become less nice, accommodating and friendly to her ex, especially if he's been trying to get her back by offering her things that she doesn't care about.

If a guy wants the dynamic to change back to how it used to be (i.e. they were in love, good to each other, got along so well), he needs to lead the way by always maintaining a confident, easy-going attitude.

This works because women are very responsive to men, even though they might act like they're not initially, to test the man's confidence.

If you lead the way to a better dynamic between you and her, she will go along with it and feel respect and attraction for you, as long as you don't crumble under her pressure when she applies it.

So stay strong, be confident and maintain an easy-going attitude when talking to her and interacting with her.

Let her see that you really have become a better, stronger man since the break up.

You are now the kind of man that she can truly look up to, respect, feel attracted to and be totally in love with.

You are now the kind of man who makes her heart skip a beat when you walk into the room, or look at her in a confident, masculine way.

You give her butterflies in her stomach and make her feel like she's in love again.

You are the man.

×

[image]

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[image: Dan Bacon]

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Reunion After Break Up (5 Steps)

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

5 steps to make a reunion after a break up happen:

1. Prepare to be forgiven

Sometimes, a guy will want to get his ex woman back immediately after a break up, even though he doesn't really know how to make her happy anymore.

He will just try to convince her to give him another chance and hope that she gives in and says, "Yes."

Yet, in most ex back cases, a reunion won't happen unless he guy can show his ex woman that he truly understands why she broke up with him.

For example: She said, *"I just don't feel the same way anymore. I want to break up"* when she was ending the relationship, but what she didn't say was, *"The reason why I don't feel the same way anymore is that you've turned me off by being so insecure and emotionally sensitive. You've also given me too much power in the relationship, so I can look up to you and respect you as my man anymore."*

If a guy doesn't know the real reasons why his woman is breaking up with him, he might start offering her things that won't make a difference (e.g. he offers to treat her even better, give her more freedom, or listen and care about her even more than he already has).

She then says, *"No, I'm sorry. I don't want to be with you anymore. It's over"* and he is left devastated, not even knowing what went wrong.

Of course, sometimes a guy knows exactly what went wrong and what he needs to do to get his ex woman to forgive him and give him another chance, but most guys simply aren't aware of the woman's more subtle reasons.

That doesn't mean those guys are selfish, uncaring guys who deserved to be dumped.

Instead, it simply means they failed to notice the signs, or hints their woman was probably giving them throughout the relationship.

Alternatively, the guy simply doesn't know much about attraction and what it takes to keep a woman happy, attracted and in love throughout all the stages of a relationship.

Let's have a look at some more examples of where a relationship will fall apart over time, without the guy really knowing about it or knowing what to do to fix it.

Example 1

If a woman feels like her guy is too much of a loner and is too emotionally dependent on her as a result (e.g. he doesn't go out without her, he doesn't have separate interests or hobbies), she's not always going to say that to him directly.

Some women will accuse their guy of being too much of a loner and tell him that it's turning her off.

However, most women will say something like, *"Why don't you go out without me sometime? I*

really don't mind. I don't want you to start feeling trapped in our relationship, or thinking that I'm one of those clingy women who needs her man around all the time to feel good about herself. You can go and see your friends, you know?â

If a guy then takes on the feedback and starts leading a more balanced lifestyle, she can feel more attracted to him again because she will see that he's not so emotionally dependent on her anymore.

In other words, she doesn't feel like his mother or protector.

She is his woman and at times, she gets to miss him when he's not around for a few hours or more.

Yet, not all guys know how to handle a situation like that.

In some cases, a guy will try to reassure his woman by saying something like, *âNo! No! You're not like that. You're amazing. You're not clingy. You're perfect. Besides, I love being around you all the time. No one can compare to you. I just don't have fun when we're apart. I'd rather just spend all my spare time with you.â*

[image: I only want to spend time with you. What's wrong with that?]

She then feels annoyed that he's not taking the hint and realizing that his clingy (or loner) behavior is turning her off.

Then, when she breaks up with him, the guy will ask, *âWhy? What did I do? We always spend time together and are fine together. What is the problem?â* because wasn't able to pick up on her hints and adjust accordingly.

Example 2

If a woman wanted her guy to be more relaxed and easy going, rather than being so serious all the time, telling her *âI'm going to work harder and take your needs more seriously from now on, so please just give me another chance,â* is not going to make her feel understood.

Example 3

If a woman wanted her man to stop being so childish and immature (e.g. wasting most of his spare time playing video games rather than following through on things that would make their life better, getting drunk every weekend with his single friends), him begging, pleading and crying for her to give him another chance, isn't the way back into her heart.

If you want to reunite with your ex after a break up stay together, you have to give her the kind of attraction experience that she really wants, not what you think she wants.

That way, she can see that you've really taken her needs seriously and changed (or adjusted or improved).

As a result, she will then be more open to forgiving you and getting back together.

How about you and your relationship?

Are you aware of the subtle, but important reasons why your ex broke up with you?

Are you aware of the things that she secretly (or maybe quite obviously) wants you to change, adjust or improve about yourself?

Have you already begun to change, adjust or improve those things?

Are you ready to re-attract her?

The next step to a reunion after a break up is to

2. Contact her to meet up and say hello in person

Once you've made some attractive changes to your thinking and behavior (e.g. you are more emotionally independent, confident and emotionally masculine now), you should contact your ex to arrange a reunion.

Note: In most cases, a guy can get to this point within 7 days.

Don't waste a lot of time getting ready to re-attract her.

Improve, adjust and change as quickly as you can and then get on with the rest of the reunion process.

By the way

At this point in the process, some guys are tempted to just send their ex a text message (e.g. *Hey, how have you been? I was wondering if you'd like to meet up sometime?*) rather than call her.

He's afraid that she might not answer, won't like it that he called or that he'll stuff things up on the phone.

So, he hides behind the safety of a text message.

Unfortunately, when it comes to getting an ex back after a break up, texts are usually the worst possible way of communicating and asking her to meet up.

Why?

It's so much easier for her to say, *No* via text rather than on the phone when she's listening to you being confident and easy-going.

On the other hand, when you get your ex on the phone and make her smile, laugh and feel good to be talking to you, she's going to be much more relaxed and open.

Then, when you say, *Hey, this has been fun to chat again. How about we catch up sometime this week to say hello as friends?* it becomes a lot more difficult for her to decline.

Of course, that doesn't mean she's going to jump at the idea right away, especially if a guy makes the mistake of referring to the reunion catch up as a date, or if she wants to play a little hard to get to not look too easy.

If a guy refers to it as a date, or makes it sound like he will be trying hard to get her back at the meet up, her guard will go up and she will be much more likely to decline.

Additionally, if a guy hasn't first reactivated a woman's feelings of respect and attraction for him, she might be feeling nervous about seeing him again.

For example: She may be thinking, *"What if I say yes to meeting up with him and it's awkward and tense to be talking to him again? What if he pressures me to get back with him, even though I don't feel attracted and in love with him anymore? Will he then start being annoying and pursuing me by calling, texting and maybe even arriving at my house uninvited? Maybe I should just say no."*

So, on the call to your ex, (after you've made her laugh, smile and feel good to be talking to you again) you should then say something along the lines of, *Hey, it's been nice chatting again. How about we meet up sometime this week to say hello in person as friends? Nothing serious of*

course. Just two mature exes catching a cup of coffee together. We can do that, right? It doesn't mean we're getting back together again. In fact, if you decide that you don't want to see me again after we catch up this time, we can say goodbye forever and I promise to leave you alone. So, how about it? Wednesday at 6pm for a quick coffee?

When you approach a meet up in that way, the chances of her saying, *Yes* are almost certain.

Then, once she agrees, go ahead and make plans to meet up with her as soon as is convenient for both of you.

At the reunion!

3. Let her experience the new and improved you in person

[image: Let her experience the new and improved you in person]

When you meet up with your ex, make sure that you reactivate and begin building on her feelings of respect and attraction for you.

You want to get her to the point where she is thinking something like, "Wow, this is really nice. It feels good to be around him again. Why am I feeling this way? I like him again. Why do I want him to hug me and kiss me all of a sudden?"

When she is at that point, her guard comes down and you can easily begin to reunite with a hug, kiss and then sex at her place or yours.

So, how can you reactivate and begin building on her feelings for you?

You can do it by:

- Reacting differently to the way she's expecting to (e.g. She expects you to be insecure, nervous and self-doubting around her, but you're relaxed, confident and easy going instead. She expects you to try to push her into getting back with you again, but you use humor to break down her defenses and make her naturally want the relationship).
- Flirting with her and making her feel feminine and girly in your presence, rather than being neutral and making her feel like just a friend.
- Laughing at her when she tries to push you around or dominate the reunion, rather than being on your best behavior and being a Mr. Nice Guy all of a sudden to hopefully impress her.
- Making her laugh and smile and feel happy in your presence, rather than being too serious or making her feel stressed by trying to discuss the relationship problems in detail.

As she is feeling attracted to you, she won't be able to stop herself from slowly dropping her guard and opening back up to you.

Important: Don't make the classic mistake of asking for another chance before you show her that you've really changed.

You've got to let her experience the changes, so she can feel differently in your presence and decide for herself that a relationship with you really would be different now.

If you try to get her to agree to give you another chance before reactivating her feelings, she will begin to close herself off emotionally and then, getting her to agree to another meet up will be a lot

more difficult from then onwards.

Why?

She will see that you're trying to get her back without even changing, which will make her feel like you are being selfish and not taking her needs into account.

So, make sure that you follow the process correctly.

Once you've reactivated her feelings and begun to build on them, you need to

4. Get her to forgive the old you

For a reunion after a break up to lead to reconciliation and an even better relationship, forgiveness is a very important step.

Forgiveness allows a woman to stop seeing everything that you say and do in a negative light and start seeing you as you are now (i.e. a new and improved man).

Once she has forgiven you, she can then let her guard down and allow herself to feel respect, attraction and love for you again.

In many cases, if a guy asks for a relationship before getting his ex woman to forgive him, she will usually say something like, *"I don't know. There's too much between us for me to be able to fully trust you again. What if I agree to give you another chance and then, as soon as you feel comfortable around me again, you go back to being the old you? I'm just not willing to risk going through all that again. Let's just stay broken up. I don't want to be with you anymore. Please accept that."*

She is saying that because she doesn't have any real, current evidence that he actually makes her feel different now.

He's also trying to get her to commit to a relationship when she's still looking at him as being who he used to be.

He hasn't gotten her to forgive the old version of him, so she can then start looking at him as the new version of himself.

So, make sure that you get your ex to forgive you first.

You can do that by saying something like, *"I know that it took me longer than it should have to understand where I was going wrong (i.e. we had to break up first), but I do finally understand why you broke up with me. I see now how certain aspects of my behavior, attitude and thinking would have turned you off (e.g. I was too insecure and needy, you matured in the relationship faster than me, I was unreliable). Looking back at myself and how I behaved, I can't believe that was really me. I mean, how could you not feel turned off by me when I was being like that? I sometimes shake my head and have to laugh at how silly I was back then. Of course, I know that it might be difficult for you to believe that I have changed, but I really have. I want to apologize to you now for putting you through all that. I'm sorry. I don't expect you to give me another chance. I'm just asking you to forgive me for who I used to be. So, can you forgive me?"*

As long as she can see that you're not asking her to give you another chance right now and are just asking for forgiveness, she will almost certainly just go ahead and forgive you.

Once that happens, she will look at you differently.

She will look at who you are now as being a different man to who you used to be.

The man who made all those mistakes in the relationship is who you used to be and the man who has learned from it and become a better man is who you are now.

Once she has forgiven you, make sure that you continue allowing her experience the new you whenever you interact with her (on the phone and in person).

The more evidence she gets (by personal experience of interacting with you) that you really have changed, the more genuine her forgiveness will be.

Her feelings of respect and attraction will come flowing back and before she realizes it, she will be wondering, *“How did I fall in love with him again? Why do I feel like I just want to be with him now? Why don’t I want to be broken up anymore? Why do I miss him so much whenever we are apart?”*

Finally!

5. Fully reactivate her feelings for you

[image: Fully reactivate her feelings for you]

One of the best ways to reactivate a woman’s feelings for you is by using humor and flirting to create a more easy-going, sexually charged dynamic between you and her.

When you do that, it naturally breaks down the walls that she put up to prevent herself from falling for you again.

For example: Imagine you’re at a coffee shop with your ex.

If you focus on being too deep and meaningful (e.g. discussing the relationship in terms of *soul mates* and *destiny*, trying hard to come up with solutions to the problems in the relationship), her guard will remain up and she will start to feel annoyed, stressed or overwhelmed by what is going on.

On the other hand, if you use flirting and humor to create some sexual tension between you, even if she doesn’t want it to happen, her feelings will naturally come flooding back.

For instance, you might say in a joking way (even if she doesn’t have any milk above her lip after taking a sip of her coffee), *“You look really sexy with that cappuccino mustache. That has to go on social media. I think everyone in the world should be able to see how hot you look right now. Little Cappuccino Mustache Girl.”*

She will most likely blush and try to wipe above her lip to clear away the milk or froth from the cappuccino.

Again, even if she doesn’t have anything above her lip, you can lean forward and say, *“Let me do it,”* and gently lean in and run your thumb above her top lip.

If she did have something on her lip, you can then jokingly say, *“Geez! I can’t take you anywhere. You make a mess of yourself wherever we go.”*

If she didn’t have anything on her lip, you can look at your finger and say, *“Oh well, look at that! There wasn’t anything there after all,”* and have a laugh with her about it.

She will likely pretend to be angry with you for tricking her, while at the same time, she will be

feeling rushes of respect and attraction surge through her body and mind.

Once youâve fully reactivated your exâs feelings for you, it's only natural that you and her will reunite and get back together.

Best of all, you will now be a better man than you were before.

You will have changed, improved or adjusted things about yourself that were turning her off.

You will have understood what it really takes to make a woman like her happy in a relationship.

You will also know how to maintain her feelings of respect, attraction and love for you forever.

So, when you reunite, you won't have to worry about breaking up again.

She will be yours for life.

Now, go and get her back!

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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How Can I Get My Ex to Believe That We Can Make This Work?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Even if she does believe that you and her can make it work, she will probably keep playing hard to get and giving you mixed messages to see how you react.

For example:

- Will you lose confidence in yourself and your attractiveness to her?
- Will you resort to begging and pleading with her if she doesn't change her mind?
- Will you lose control of your emotions and get angry at her?
- Will you be trying so hard to suck up to her and make her give you another chance that you end up putting up with her disrespectful behavior towards you?

In other words, she wants to see how she will feel now that you no longer have a guarantee of being with her in a relationship.

So, here's what you need to do:

1. Get her to understand and agree with you that a couple's love becomes stronger and more meaningful when they overcome temporary issues like what you and her are experiencing now

[image: Get her to understand that the love can become stronger]

In most cases, a man and a woman will get into a relationship without really knowing what is required to make it last a lifetime.

For example: Some couples believe that a successful relationship is all about always being happy, never disagreeing with each other or having any arguments or fights and never getting bored or frustrated with each other.

As a result, when they begin to disagree or fight, or the excitement wears off a little bit, either one of them or both of them will think that the relationship is doomed and cannot be fixed.

The woman might think, *“This isn't what I signed up for. I don't want to be stuck in a boring relationship, or have to deal with a guy who gets sometimes angry at me and shouts. I can do better than this. I want a relationship that is happy all the time. That's how it supposed to be.”*

What she doesn't understand is that successful couples (those who stay happily together for life), understand that arguments, disagreements and mistakes are bound to happen, no matter how perfect the relationship, or how in love with each other they both are.

It's totally natural, normal and expected.

As long as each person continually improves and doesn't keep making the same old mistakes, then

it's all good.

The relationship just gets better and better over time.

When a couple understands that fact about relationships, they know that a few bumps in the road isn't a good enough reason to walk away from an otherwise loving, happy relationship.

In fact, the great thing about making mistakes in a relationship is that when those mistakes get fixed and improved, the relationship becomes even stronger and more enduring than ever before.

So, if you want to make your ex believe that you can make this work, it's important that you understand where you've been going wrong with her and then make some real changes in those areas.

It's also essential that you get her to understand (and agree with you) that a couple's love becomes stronger and more meaningful when they make an effort to overcome minor problems in the relationship.

When a couple does that, they always become stronger together and respect and love each other more and more, rather than running from one relationship to the next and never sticking with it through the rough times to eventually get to blissful love that last for life.

So, you might say to her, *"A relationship that lasts forever isn't always perfect and happy in each moment. There will be ups and downs and we won't always agree with each other on everything, but that doesn't mean we have to give up and walk away. If we learn from our mistakes and improve as a result, our relationship will get even better and stronger over time. I know you feel hurt right now and you probably don't want to believe me or you may not even care to try, but I believe that actions speak louder than words. So, if you give me a chance to show you that I've changed, I'm going to prove to you that I'm the man you want me to be and that our relationship really can work."*

Important: You need to already have made some changes and improvements before saying something like that to her.

Don't offer her promises of what you *will* do in the future, if she can see with her own eyes that you haven't even changed in the present.

You need to allow her to experience some of the changes in you, so she has some **evidence** to believe your claims about how you will be better.

That leads me to the next point!

2. Show her that you've already changed, rather than telling her that you will change

[image: Show her that you've changed, rather than telling her that you will change]

When a woman is saying things like, *"Look, it's over between us. We keep coming down the same road again and again and nothing ever changes. I can't keep lying to myself anymore. I just don't believe we can make this work,"* it's only natural that a guy will want to prove to her that she's wrong.

He might then say, *"Please just listen to me. I promise that if you give me another chance, I'll change. Please believe me when I say that we can make this work. I'll do anything you want me*

to do to make you happy. Just give me a chance to show you that I mean it this time.â□□

Yet, if she's given him many chances to change in the past and he hasn't, she might say something like, â□□This isnâ□□t the first time weâ□□ve had problems. Every time youâ□□ve promised me that you would change, you never have. So, why should this time be any different from all the other times when we tried to make this work? I just donâ□□t believe you anymore.â□□

So, what should you do instead?

Just let her see that you have already changed based on how you now interact with her.

For example: If a woman broke up with a guy because he didnâ□□t believe in his value to her as a man and was constantly afraid of losing her (and as a result became very jealous and controlling), sheâ□□s not going to fully believe him if he tells her, *â□□Iâ□□m a changed man. I promise that this time Iâ□□ll be more confident and I won't be clingy and overprotective.â□□*

To test him, she might say something along the lines of, *â□□I donâ□□t know. Iâ□□ve been hanging out with other guys since we broke up and Iâ□□ve really enjoyed it. Maybe we can get back together, but if we do, I want to have an open relationship, so I can see other guys if I want to. What do you think?â□□* and see how he reacts.

If he looks horrified at her suggestion and pulls away from her and says, *â□□Are you crazy? What kind of an idea is that? I love you and I want to make this work and youâ□□re talking about seeing other people. I can never accept that. Itâ□□s all or nothing. I love you and would be 100% to you only and I would expect the same back from you,â□□* she will know for sure that he hasnâ□□t really changed.

On the other hand, if he maintains his confidence, bursts out laughing and says with a naughty grin, *â□□Hey, that sounds like a great idea. My birthday will be fun this year with you and all the other women Iâ□□ll be dating coming to my party at the same time! I'll get lots of presents and bathroom blowjobsâ□□* she will have the proof that sheâ□□s been looking for to convince her that he really is different now.

Of course, he doesn't actually have to date other women and as I said earlier, a woman will usually only test her guy by saying that she wants an open relationship to see if he'll be insecure.

Essentially, he's just calling her bluff and raising her. (If you understand poker terms. If you donâ□□tâ□□)

Essentially, he's showing her that he isn't intimidated by what she's saying and in fact, he's even going to take it a little further.

When she can see that he's not getting insecure, clingy and needy like he used to, she will automatically begin to feel some respect and attraction for him again.

He passed her test with flying colors and she can now naturally feel a renewed sense of respect and attraction for him, rather than him wasting loads of time and energy trying to convince her that he won't be an insecure, needy or clingy guy anymore.

This is why itâ□□s so important that you make some real changes and adjustments to yourself, before you try to make your ex believe you can make your relationship work.

Then, when you interact with her (on the phone and in person) she will be able to sense it via the tone of your voice, your body language and the way you react and respond to what she says and does.

You wonâ□□t have to try and convince her by giving her long-winded explanations that go on for

hours and hours and drain both of you of your energy.

Instead, the process is quick, simple and effective because you're actually showing her and letting her experience it for herself.

She can then believe that you truly have changed and that it's actually possible for you and her to make the relationship work now.

The next step is to

3. Attract her in the ways that she really wants, but probably isn't telling you about

This one is really important for your situation, so pay attention.

A woman will sometimes break up with a guy without ever telling him her real reasons why, because she doesn't want him to get angry, try and talk her out of her decision, or start making wild promises to change the things she has mentioned.

Alternatively, in some cases, she may not even know what to tell him.

She just knows that something doesn't feel right to her and he needs to fix it.

Naturally, because of that, a guy might then try to discuss the relationship in detail with her to try and work things out.

For example: He might say things like, *"I know that I stuffed up and I'm sorry. I really want to be able to make this work because I love you and only want to be with you. So, just help me understand what I did wrong and I will then make those changes right away."*

In his mind, it sounds like he's just being a good guy and trying to work things out, so he doesn't see a problem with what he's saying.

Yet, what she hears is something like this, *"I don't know what I did wrong. As far as I'm concerned everything between us was perfect and you're just being an unreasonable, moody woman about everything. Besides, if you don't like something about me, why don't you just come out and tell me what you want me to do, rather than expect me to figure it out on my own? Be clear with me woman. I can't read your mind. Just tell me what to do."*

As a result, she becomes even less willing to want to work on the relationship.

Why?

A woman doesn't want to be responsible for teaching her man how to be the man that he needs to become.

She wants him to figure it out on his own (without her having to spell it out for him), make some changes to himself and show her that he is now the kind of man that she can look up to, respect, feel attracted to and love.

So, rather than using your interactions with your ex to discuss the relationship in detail, just focus attracting her in the ways she really wants, but isn't telling you about.

For example: Some possible reasons why your ex broke up with you, but didn't tell you about, could be that:

- You made it a 50/50 relationship, rather than being the more dominant one, so she was unable to be a feminine woman around you.
- You had (and possibly still have) no purpose in life that you are actively following through on, so you became too emotionally dependent on her (e.g. clingy, needy, jealous, over protective).
- You felt very lucky to be with, which made her feel like she was too good for you or that she could do better. As a result, you gave her too much power, sucked up to her or on the other end of the scale, tried to ruin her confidence and make her feel dependent on you, so she wouldn't leave you.
- Her expectations of the relationship weren't being fulfilled (e.g. she wanted you to commit, but you kept delaying. She wanted you to have fun and enjoy life more, but you were just too serious all the time to the point where you became quite irritable).
- She felt taken for granted (e.g. because you broke your word to her too often, didn't take her seriously, treated her badly, didn't really care about making her feel attracted to you anymore).
- You didn't see each other often enough, so you drifted apart.
- You were too emotionally sensitive, so she had to dull her confident personality down and be gentle with you, otherwise you'd get upset or feel very insecure.
- You needed her to regularly show you or tell you that she loved you and only wanted to be with you, otherwise you'd start feeling insecure.
- You gave her too much power in the relationship to the point where she felt like your mother or big sister at times.

When you understand your ex's real reasons for ending the relationship, you can then make the right changes to yourself.

Then, when you next interact with her (on the phone and in person) and you make her feel attracted in the ways she always secretly wanted, she will open back up to you.

For example: You're now so much more emotionally masculine in comparison to how emotionally feminine she is, so she now feels like a girl around you.

You now maintain your confidence when she's being cold and distant, rather than getting upset or insecure.

You now use humor to ease the tension between you and make her laugh and feel good, rather than getting angry at her.

When you make changes that really matter to her, she will automatically start feeling respect and attraction for you again.

She will then believe that it finally might be possible to make a relationship between you and her work.

However!

4. Don't ask for a relationship right now. Just meet up with each other a couple more times to see how you both feel

It's only natural that if a guy notices that his ex is relaxing her guard around him and is possibly even opening up a little bit, he might be tempted to push her into committing to a relationship right

away.

Don't make that mistake.

Let her want it.

Let her start imagining being back with you, while she is feeling an increasing amount of respect and sexual attraction for you.

If you do that, she may even be the one to suggest that you and her get back together.

Of course, not all women are the same and you need to keep that in mind.

Some women will play hard to get, even though they are feeling attracted again.

For example: She might think, *"I'm not going to tell him that he can have another chance with me yet. Let him squirm for a little bit. He deserves to run around and try to make things up to me after the way he behaved in our relationship."*

If the guy then starts being desperate or insecure, she will feel turned off and her thoughts will change to something like, *"Actually I've changed my mind. I just don't feel it with him anymore. I've got to end this and move on."*

So, make sure that whatever her reaction is during the ex back process, you always remain confident and emotionally strong.

Don't lose confidence in yourself if she plays a little hard to get and don't start trying to suck up to her to hopefully get her to take pity on you and give you another chance.

Instead, just keep the interactions between you light and relaxed, and focus on sparking her feelings for you by making her laugh, smile and feel good to be around you again.

Don't rush to get her to commit to a relationship unless she is really making it obvious that she wants it.

For example: Rather than saying to her, *"Let's get back together again. I know we can make this work,"* you can instead say something along the lines of, *"Well, it was good to catch up with you. Maybe we can catch up again sometime soon to say hi."*

If she is feeling drawn to you and secretly wanting to give the relationship another chance, she will agree to it and will see you again soon.

That way, not only are you taking the pressure off her to get back together again, but you're also taking control of the ex back process, rather than letting her play hard to get with you and mess with your head.

She can no longer string you along and enjoy having power over you, because you are in control.

She's feeling attracted to you again, the relationship doesn't feel like it's over to her and she wants something to happen.

She also notices that you're not desperately chasing her to commit.

You're just suggesting to catch up again and say hi.

You are in control.

She wants you and she hopes that you will make a move on her the next time you meet.

From that moment onwards, you just need to

5. Keep building on her newfound feelings for you

[image: Keep building on her newfound feelings for you]

Some of the ways you can do that are by:

1. Continuing to change other things that really matter to her

Don't focus only on the reasons she told you about when breaking up with you, (e.g. she's tired of always fighting and arguing with you).

Instead, focus on the deeper reasons probably won't admit to you (e.g. she doesn't want to be the leader of the relationship, she feels more like a neutral friend around you than a sexy, desirable woman, your emotional state is no longer appealing to her, she doesn't like that you're so emotionally dependent on her, you're too emotionally sensitive).

2. Wanting her back, but not needing her back

Get to the point where you genuinely feel happy and fulfilled with, or without her in your life.

Yes, you want her back, but don't continue to sit around thinking, *"How can I make my ex believe that we can make this work?"* all the time, at the expense of everything else in your life (e.g. your biggest goals and dreams, your hobbies and interests, your friends).

You really have to start enjoying your life whether she's with you, or not.

Some guys worry about doing that and say, *"Won't that make her angry at me? Won't she want to get revenge by enjoying life without me too?"*

Not necessarily.

Some women will get angry and seek revenge, but most women won't.

Why?

Seeing you happy without her makes her feel respect for you for having the confidence to enjoy life without her support.

She then feels attracted to who you are now and begins to feel the pain of losing you.

That's what works.

Yes, you run the risk of her potentially getting angry, but it's worth it.

Why?

She still feels respect and attraction for you anyway, which then makes it so much easier to get her back.

However, if you just want to show her that you're sad, lonely and lost without her, then she's not going to feel respect for that.

In fact, she will lose respect for you for being so dependent on her and will begin to feel attracted to guys who are more emotionally independent and confident.

3. Being active about the ex back process, rather than passive

Actively focus on reactivating your ex's feelings for you (e.g. by calling her on the phone and

meeting up with her in person), rather than waiting around hoping she will take the lead and get you back.

Actively re-attracting her is not about trying to convince her to give you another chance.

Instead, it's about interacting with her (on the phone and in person is best) and actively making her have strong romantic and sexual feelings for you again.

When you do that, she will naturally start believing that you can make it work.

Finallyâ□|

6. Guide her back into a relationship

[image: Let her want the relationship, rather than trying to force it on her]

When your ex has forgiven you and is feeling attracted to you again, she stops feeling so defensive around you and opens back up to you.

She allows herself to see you as the man you are now (e.g. confident, emotionally masculine, emotionally independent), rather than the man you used to be (e.g. insecure, wimpy, clingy, needy).

The more she accepts the new you, the less desire she will have to keep pushing you away.

Her walls will come down and the thought of hugging you, kissing you and even having sex with you all start to feel really good again.

When she gets to that point, you don't have to waste energy trying to convince her that you can make things work because they already are working.

She respects you, she feels attracted to you and she loves you.

You are a different man now.

She feels good around you and wants to be with you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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How Can I Make My Ex Feel Safe With Me Again?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The 5 steps to make your ex feel safe with you again are:

1. Get her to forgive the old you, so she can see that the new you is real

[image: Get her to forgive the old version of you, so she can see that the new you is real]

Forgiveness the old version of you allows her to stop assuming the worst of you every time she interacts with the new version of you.

It's draws a line in the sand between before and now and allows her to see you in a new, more positive light.

For example: Imagine what will be going through a woman's mind if she doesn't forgive her ex man for how he used to behave or what happened in the relationship to cause the break up.

When he asks for another chance, she might think something like, *"No way. He must be joking if he thinks I'm going to forget about all the ways he stuffed up and then give him another chance because he wants it to happen. I don't care what he wants anymore. I have to take care of myself now. He hurt me and I'm not going to just forget about that. It's going to take a lot more than him apologizing and saying that he'll do anything to make me feel safe with him again for me to be able to trust him."*

This is why you need to get her to forgive you, before you even get to the point of asking her to give you another chance.

By the way!

Getting her to forgive you isn't about constantly apologizing to her until she finally says, *"Okay! I forgive you."*

Why?

Firstly, a woman will rarely forgive a guy that she has dumped simply because he keeps apologizing. Secondly, constantly apologizing for your past mistakes doesn't get to the core of the problems between you.

Sure you're being sincere and are really apologizing to her, but to her, it doesn't guarantee that you really have changed and will now be able to be the kind of man that she could feel safe with again.

So, how can you get her to forgive you for real?

Start by saying to her (over the phone or in person, but not via text), *"Look, I know I stuffed up and I'm genuinely sorry about it. I'm not going to make excuses for my actions, but even though it may sound unbelievable, I've learned from my mistakes and I'm not that guy anymore. I don't expect you to believe me right now or take me back just because I'm saying that to you. However, I also don't want you to move on, only to discover that you can't fully be happy again because you haven't been able to forgive me and let go of the past. That*

wouldn't be fair on you. I've learned that the mature way to handle a break up is if we both forgive each other and acknowledge that people make mistakes in relationships sometimes. It doesn't mean they are bad people and cannot ever change. It simply means that they stuffed up. We don't have to get back together at all, but it's the right thing to do to genuinely forgive each other. In our case, it's just you who needs to forgive me because you really didn't do anything wrong. So, can you do the mature thing here and forgive me? That way, we can both feel better about the break up and move on. If we do think about each other, it will be to remember some of the good times we had, rather than feel hurt by the bad times.â€

The great thing about asking your ex to forgive you in that kind of way, is that she suddenly stops feeling so angry at you for stuffing up.

She relaxes and begins to see the new you in a more positive light.

She starts to believe that the new you is real (i.e. because you're genuinely caring about her and her feelings, rather than just giving her an empty apology to get what you want from her).

The next thing to remember isâ€

2. Don't let her make things more dramatic than they really are

Some women enjoy creating drama in relationship and making a big deal out of little things that didn't have to be such a big deal.

For example: In a relationship, a woman might often throw a tantrum over something seemingly insignificant.

In most cases, she will do it just to see how her guy will react.

[image: I'm sorry! Please give me a chance to make it up to you! I will do whatever you want]

Will he give in to her and do whatever she wants?

Will he lose control of his emotions and get angry at her?

Will he stand up to her and lovingly put her back in her place? (This is secretly what she wants him to do).

Will he laugh at her tantrum and not take it so seriously. (Women also like this reaction from men at times).

Women always test men by changing the mind all the time, being moody and generally just trying to be difficult.

It's part of a woman's survival instinct to align herself with a man who can remain confident and in control of his emotions, regardless of what people might say or do around him.

[image: Falling out of love because he keeps failing her confidence tests]

If a man is unable to pass a woman's tests of his confidence, she will lose respect and attraction for him and eventually fall out of love with him.

She will also stop feeling safe with him because he's not someone who she can rely on to maintain control of a situation.

He's just not man enough for a woman like herâ€yet.

He can improve and be man enough for her, but in most cases, guys just don't know what to do to

change.

In other cases, men simply blame the woman and think she is bipolar, crazy or a pain in the ass.

Yet, she's just following her natural instincts to be with a man who makes her feel safe by being confident and not losing control of his emotions when tests.

So, when a woman like that breaks up with her, she will often make the break up process out to be so dramatic and so painful to her emotionally, just to see how he reacts.

The mistake that some guys then make is sucking up to her with extra nice behavior (e.g. taking the blame for everything that happened between them, buying her flowers and gifts, possibly even pay for some of her bills, making himself available to her 24/7).

Alternatively, he might say things like, *â€œIâ€™m sorry. Please donâ€™t get upset. Iâ€™ll do whatever you want to prove to you that I wonâ€™t hurt you ever again. What do I have to do to make you believe me? Just say the word and Iâ€™ll do it. Iâ€™ll do anything. I care about you so much. I want to make you feel safe.â€*

Yet, rather than make her think, *â€œI really am behaving like a spoiled brat here, aren't I? Clearly my ex is trying to make things right between us, so I should stop being such a drama queen and give him another chance,â€* she will just feel even more turned off by him.

For example: She will notice that heâ€™s too easily manipulated by her, heâ€™s wimpy and weak-minded, she feels more emotionally dominant than him and he doesn't know how to get her to stop creating fake drama and change the relationship dynamic back to a more relaxed, open and loving one.

As a result, she will then pull further away from him than she already has and begin to say things like, *“Look, you have no chance of getting me back, so just give up. It's over”* because she can see that he doesn't even understand how to be attractive to her.

Here's the thingâ€

Even though you are most-likely a really good guy who is trying to make things right between you and your ex, donâ€™t make the mistake of getting sucked into her all of her fake drama.

Of course, that doesnâ€™t mean youâ€™re denying what happened, or even that you made some mistakes, but it also doesnâ€™t mean every interaction you have with your ex needs to turn into a damn soap opera.

Don't take her drama so seriously.

Laugh at her for being a drama queen, retain your confidence and use your emotional masculinity (i.e. the emotional toughness of a man) to guide the conversation or interaction back to a more loving, easy-going place.

3. Focus on making her smile, laugh and feel good around you

Imagine that youâ€™re meeting your ex at a coffee shop.

When she arrives, she sits down sighs in an annoyed way.

After a few moments, she says something along the lines of, *â€œI donâ€™t think meeting up with you is such a good idea after all. Iâ€™m going to leave now.â€*

One option is to take her reaction seriously and start trying to convince her to stick around and give

you a chance to explain.

Yet, thatâs not going to spark her feelings of respect and attraction for you and will just turn her off and annoy her even more (i.e. because you're getting sucked into her unnecessary drama, rather than being the man and leading the way to a more fun, easy-going dynamic).

So, what other way can you react to her?

Just have the balls to turn what she says into something to laugh about together.

So, if she says, *âI donât think meeting up with you is such a good idea after all. Iâm going to leave now,*â you can say in a light-hearted, joking way, *âAt least wait until after get I my order. It shouldnât take that longâ! I only ordered 17 burgers, 5 apple pies, 23 portions of fries, 19 cups of coffee, 14 doughnuts, 8 milkshakes and a diet coke,*â and have a laugh with her about that.

Alternatively, you could jokingly say, *“Okay, but at least wait until my order comes. I will then get the check and hand it to you. You’re paying”* and then have a laugh with her about that.

Alternatively, you could jokingly say, *“Okay, but before you leave, come here and give me a high five”* and then get her to high five you and have a laugh with her about it.

By approaching a potentially “serious” situation like that in a funny way, sheâs much more likely to relax, smile, laugh and be more open to sticking around and talking to you.

Of course, she might act like she is still annoyed, but still stick around and you can then say, *“Well, are you Little Miss Fussy Pants today? Or, maybe, Little Miss Moody. Which one is it? Moody or Fussy Pants?”* and have a laugh with her about that.

Using humor to get her laughing creates some positive feelings in her, which then makes her stop focusing on the negatives about you as much.

Even if she tries to block the rush of feelings she will be experiencing for you, she just won’t be able to.

Attraction is an automatic reaction that men and women have to each other.

So, she just won’t be able to stop herself from feeling respect for you again for having the confidence and emotional strength to make her laugh and smile in a serious moment like that.

â!especially, if you previously would have gotten dragged into her fake drama and started sucking up to her.

After you make her smile and laugh, you then need toâ!

4. Build on her feelings of respect, attraction and love

[image: Build on her feelings for you]

One way you can do that is by showing her that youâre taking her feelings seriously.

For example: You might say to her, *âBy the wayâ! I was only joking before and I donât want you to think I donât care about how you feel. I understand that right now, sitting down and talking to me probably feels uncomfortable for you. You probably still want to leave and walk away from me forever. That’s fine. However, I just want you to know that I now understand what I did wrong when we were together and Iâm truly sorry for hurting you. I donât expect you to*

*believe me that I've changed and I don't expect you to care either. Yet, can we at least try to be friends rather than ex's who are now enemies and can't even say hi to each other?*â□□

She will likely say, â□□*Okay*â□□ and you can then focus further on building on her feelings of respect and attraction for you again (e.g. by displaying some of the traits and behaviors that are naturally attractive to women, such as confidence, humor, emotional masculinity, emotional maturity).

You can display those traits byâ□!

- Making her feel feminine and girly in your presence, rather than just making her feel friendly or neutral around you.
- Letting her see your masculine confidence by not feeling nervous or unsure of yourself when she is being cold. This allows her to see that you're not intimidated by her or the situation, which is attractive.
- Using humor to put her at ease when talking to you, rather than allowing the conversation to feel awkward.
- Showing her that youâ□□ve moved past the level you were at when she broke up with you, rather than making the same old communication mistakes as you did before (e.g. giving her too much power).

When she starts to feel respect and attraction for the new you, she will become willing to look past your mistakes and see you as the man you are now.

Her feelings will grow and she will start to feel like the relationship between you and her isn't over.

Finally, make sure toâ□!

5. Be the kind of man she really wants now

When you first met her, she most likely had a different idea of what she would ultimately accept in a man.

To properly re-attract her and get her back, you need to let her see (not tell her) that you are now the kind of man that she really wants.

You've changed and become so much more emotionally masculine and emotionally strong.

She now feels like your girl, rather than like a friend or a neutral ex who doesn't feel a spark with you.

Sparks are flying between you and her because you are making her feel sexually and romantically attracted to you, based on how you can now interact with her.

By the wayâ□!

Sometimes, it is fine to talk about the changes you've made, but make sure that you only do so briefly and add it in to the conversation casually.

Don't make it out to be a long-winded speech about all the things you've learned, everything you've changed and everything you now want to continue improving.

Just let it surface in conversation naturally and casually and only talk about it briefly.

For example: If a guy made his ex feel unsafe by being irresponsible (e.g. he didn't have a good job

or didn't have a job), to show her that he's changed, he needs to casually tell her about the things he's been doing to improve himself since the break up.

If he was unemployed or was stuck in a dead-end job, he might say, *"By the way, don't laugh, but I wear a suit and tie these days."*

His ex will most likely be shocked and ask, *"What? Why? What are you doing that requires you to dress like that?"*

He then can say, *"Well, I've got a great job now. I'm working as a..."* and then briefly tell her about it.

If she wants to ask more, he can answer her, as long as he's not giving off the vibe of, *"So, now do you like me? Am I good enough now?"*

A woman wants to see that a man is improving his life because he wants to, not because he's hoping that it will get him a pat on the head from her.

Alternatively, if a guy abused alcohol or drugs and made her feel unsafe in that way, he might say, *"By the way, I went to rehab after you broke up with me. It was the best thing I ever did. I'm grateful to you for not letting me get away with that reckless behavior any longer."*

The Most Important Thing of All

The most important thing of all when getting an ex back is to focus on making her feel respect, sexual and romantic attraction for you again.

When you do that, she naturally feels drawn to you in a way that feels good to her.

If she can see that you've become a much more balanced, complete man, it will be easy to respect you.

Likewise, if she can see that you don't get dragged into her fake drama anymore and now have the balls to laugh at her, ignore it and just let her rant or turn it into something both of you can laugh about, then it will be easy to respect you and feel attracted to you again.

When that happens, she starts to feel love for you again.

When that happens, she starts to believe that it really is possible to feel safe with you again.

She opens up and gives you another chance.

By the way,

It doesn't take weeks or months to get a woman to change how she feels.

This is something that you can achieve right now or within a few days.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to

gain free, instant access!

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My Ex Girlfriend Said That Her Heart is Closed Off to Me Now

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 possible reasons why a woman tell her ex boyfriend (or recently dumped boyfriend) that her heart is now closed off to himâ€¦

1. She has given him plenty of chances, but he still hasn't been able to change

[image: She has given him plenty of chances, but he still hasn't been able to change]

A woman will usually give her guy more than one chance to change and improve before she makes the final decision to break up with him.

For example: She might say things like, *â€œIf you don't change, I'm going to leave,â€* or *â€œI'm really tired of all the fighting and arguing. I'm sick of trying to make things work between you and me. If we don't sort things out right away, I'm going to break up with you for good.â€*

Naturally, most guys in the world are good guys and they don't want to see their woman unhappy, so a guy will usually say something along the lines of, *â€œYes, I promise that this time, things will be different,â€* or *â€œI don't want to hurt you. I'll do whatever it takes to make things right between us.â€*

For a little while, he may even try really hard to please her and do whatever she says to keep the peace.

However, if eventually he starts to slip back into his old pattern of thinking and behaving, she will then decide to break up with him.

To make sure that she can move on without him, she will begin to close her heart off to him and get ready to open herself up to meeting new guys.

When her boyfriend asks for another chance, she will say something like, *“No, it's too late. You had your chances. It's over now. You have to accept that.”*

Not knowing what else to do, a guy will often start begging and pleading with her, by saying something like, *â€œI'm sorry! I know that I stuffed up again, but I promise that if you give me just one more chance, I won't let you down this time. You mean everything to me. Please don't do this. I love you. Just give me one more chance.â€*

Unfortunately, by that stage, a woman is usually thinking, *â€œNo way. How many times does he think I'm going to fall for the same promises and excuses? He's had more than enough chances and I'm not going to put myself through that kind of pain and disappointment again.â€*

So, no matter what he says, she will try to remain disconnected from her feelings for him and not care about losing him.

When he notices that she's not giving him another chance, a guy might then pour his heart out in a

long e-mail, letter or text message (e.g. telling her how much he loves her and how much she means to him, talking about the past and how good things used to be, promising to change and become a better man if she takes him back) in the hopes that he can soften her up and make her change her mind.

Yet, that approach rarely works.

Why?

When a woman has closed the door to her heart, he needs to first re-spark her feelings of respect and sexual attraction before she will consider reopening that door.

Her feeling that way about him can only happen if he can now show her (via his actions and behavior) that he really has changed.

More importantly, she really does feel differently when she interacts with him now.

She feels respect, attraction and love and feels hopeful about how good a relationship together could be now and in the future.

That's what you need to make your ex feel.

Unfortunately, a lot of guys *"jump the gun"* or *"put the cart before the horse"* or *"try to get the end result (a relationship) before putting in any work to truly change themselves and become more emotionally attractive to her,"* by just asking for another chance right away without even changing.

When a woman has gotten to the point where she has broken up with her, she won't want to be convince to give him another chance based on the promise that he will change in the near future.

Some women will give a guy that chance, but not if he's done it once, twice or many times before.

There's only so much that a woman can take before she thinks, *"I deserve better than this. I've got to move on."*

What your ex will want to see is that you have already improved and become a better man than you were before.

You've got to let her experience the changes in you for herself, rather than just telling her that you've changed.

Words are meaningless to her at this point, unless they come with a renewed sense of respect and attraction for you.

When your ex girlfriend can see that you remain confident and in control, regardless of what she does to throw you off and make you revert to your old behavior, her negative opinion of you will begin to fade.

She will start looking at you as being a new and improved man.

As a result, the idea of opening her heart to you again will start to feel good to her.

Another reason why a woman might tell her ex that her heart is closed off to him now is that

2. She has met someone else who makes her feel more respect, attraction and love

When a woman breaks up with her man, it's usually because her wants and desires in the relationship don't match what she's actually getting.

As a result, her feelings of respect, attraction and love begin to fade over time.

For example: She wants a man who is confident, assertive and emotionally independent, but her guy is just too insecure, needy, clingy, timid or self-doubting.

As a result, they never get to experience the kind of love that lasts a lifetime.

Watch this video for more informationâ!

To make a woman want to be with you for life, you have to be able to give her the kind of attraction experience she really wants in a relationship.

Otherwise, you won't get to the Blissful Love stage of a relationship and will break up after the relationship gets boring by remaining stuck in the *working* stage for too long.

Here are some more examples of not giving a woman the kind of attraction experience she really wantsâ!

She wants a man who is more emotionally dominant than her, but her guy tends to be too nice, easily manipulated and who allows her (and other people) to get away with pushing him around and treating him badly.

She wants a man who has a definite purpose and direction in life, but he doesn't really care about succeeding or achieving things and just wants to spend time with her and waste time on hobbies (e.g. video games).

She want a guy who is emotionally masculine and emotionally mature, but her guy often acts too childish and makes her almost feel like his parent.

She wants a guy who genuinely loves her and cares about her, but her guy stopped being like that after being with her for a few months.

He was nice at the start, but slowly started turning into an irritable, angry, selfish boyfriend who took her for granted.

So, when a woman finds herself in a relationship that isn't providing her with the kind of attraction experience she really wants, it's only natural that she will eventually decide to break up with him.

She will then close her heart off to him and attempt to move on without him.

If he changes, she will open back up to him, but if he wants to keep her without changing, her heart will remain closed off.

Not knowing what else to do to get her back, some guys become very emotional and begin making all sorts of mistakes that only make the situation worse.

For example:

- Crying to her and saying things like, *âI canât live without you,â* or *âMy life is a mess without you. I havenât been able to function since we broke up. I need youâ*).
- Begging and pleading (e.g. saying things like, *âPlease forgive me. Iâll do anything you want me to do. I promise to change if you just give me one more chanceâ*).
- Writing her a long letter, e-mail or series of text messages to express how he feels and how much she means to him.
- Promising to wait as long as it takes for her to be ready to open her heart up to him again.

Although the above actions might seem okay because it's based on his love for her, it's not okay for

the woman.

Women are not attracted to emotional weakness or emotional dependence in men, so his desperation for her is a turn off.

Additionally, because she no longer feels respect and attraction for him, she isn't interested or impressed by his declarations of love for her or his promises to change.

For romance to be enjoyable and welcomed, the feelings have to be mutual.

It cannot be one sided.

If a man has feelings for a woman (i.e. he is sexually attracted to her, respects her, loves her), but she doesn't have feelings for him, she isn't going to enjoy his attempts to get her to commit to a relationship with him.

Until the feelings are mutual, a relationship is not an option.

So, if you want your ex to actually care about you and want to be back with you, it's essential that you make her have feelings for you again.

By the way!|

If you ever feel the urge to be emotional and show her how upset or hurt you are about the break up, don't do it!

It never, ever helps with getting a woman back who has closed her heart off to you because women are not attracted to emotional weakness or desperation in men.

For a woman to feel respect and attraction for a man, she needs to be able to see that no matter what life throws his way (e.g. a break up, a financial crisis, raising a family, trouble at work), he is always man enough to remain mentally strong and in control of his emotions.

Of course, a woman is fine with a man temporarily feeling negative emotions when faced with problems, but the important thing is that he then gets right on with fixing the problem or finding a solution like a man.

He doesn't lose control of his emotions, cry or seek pity from people around him like a woman would.

He approaches life like a real man and keeps pushing forward with confidence, no matter what life throws at him.

That's what women really want in man.

If a guy refuses to be like that and just expects his ex girlfriend to give him another chance just because they used to be in love, she'll close herself off from him and say something along the lines of, *"I'm sorry, but my heart is closed off to you now. Please accept that it's over between us and move on."*

In many cases, a guy will then feel heartbroken by her rejection and go on to develop a real fear of relationships with women.

It will literally begin to eat away at his confidence around women and as a result, he will struggle to re-attract his ex girlfriend and, if he tries dating again, he will struggle to attract and keep a quality woman.

He will force himself to accept a lower quality woman because he fears that any other type of woman wouldn't want to stay with him in the long run.

He is wrong.

He is good enough for his ex and he is good enough for a high quality woman.

The problems in his life arose when he used the wrong approach when trying to get her back (e.g. trying to convince her to give him another chance, seeking pity from her, expressing his feelings for her).

That's not what gets a woman back who has closed her heart off to a man.

What does work?

Fixing the core issues about himself that have been turning her off (e.g. insecurity, lack of emotional masculinity, giving her too much power during conversations and interactions), so she can then feel a renewed sense of respect and attraction for the new and improved him.

Yet, that's not what most guys do.

Most guys aren't willing to man up and start being the kind of man that their ex girlfriend can naturally feel respect and sexual attraction for.

Most guys want their ex girlfriend to give them another chance out of pity, or because of how in love they used to be.

That just doesn't cut it.

It's not good enough.

You have to be a man about this and get her back properly, or else you will suffer the consequences (i.e. she will reject you, you will most likely lose confidence in your attractiveness to women, it will cause you to feel insecure in your next relationship and potentially get dumped for that).

Another reason why a woman might say that to a guy is becauseâ€¦|

3. She knows that he doesn't understand the missing pieces to the attraction experience she seeks

A woman will rarely admit the subtle reasons why she is breaking up with a guy, because she doesn't want to help him understand how to get her back.

Not knowing what to offer her, a guy will often focus on all the wrong things and mess up his opportunity to get her back.

For example: He might try to open her heart with romance, byâ€¦|

- Sending her bunches of flowers with a sweet card saying something like, *â€œIâ€™m so sorry for hurting you. I will give my life to make it up to you.â€*
- Writing her a long letter expressing his feelings for her and talking about the special connection they shared.
- Calling his local radio station to dedicate love songs to her.
- Enlisting friends and family to get her to a surprise romantic dinner heâ€™s planned.
- Sending her a gift.

Hereâ€™s the thing thoughâ€¦|

Although a woman might appreciate that her ex is going to a lot of trouble to make it up to her, if she

perceives his actions as being superficial (i.e. heâs trying to be romantic, but isn't getting to the core of the problems between them), she will just keep saying, *âI know you mean well, I'm not going to change my mind. My heart is closed off to you now.*â

This is why you have to get to the core reasons for the break up and begin to fix those things, rather than trying to bribe your way back into a relationship by offering her superficial things that won't really matter to her at all.

If youâre unsure what her real reasons for breaking up with you were, here are some questions to help you find outâ!

- Did you stop being the confident guy she first met and instead became insecure, needy and clingy in the relationship?
- Did you stand up to her and put her back in her place in an assertive, but loving way when she disrespected you, or did you put up with her bad behavior and let her walk all over you?
- Did you laugh at her in a loving way when she tried to intimidate you by being mean and nasty during a conversation, or did you get upset and angry at her most of the time?
- Did you get along well with her friends and family, or were you too shy, anti-social or jealous of the other people in her life?
- Did you stop being emotionally masculine around her and instead started behaving more like her friend, or worse, started to behave in a feminine kind of way at times?
- Did you remain emotionally strong throughout the relationship, or did you become emotionally sensitive and need her to be gentle and nice to you, or else you would become upset, irritable or moody?
- Did she mature a lot faster than you?

Once you understand what she really wants you to change about yourself to be able to feel a renewed sense of respect and attraction for you, it then becomes easier to get her back.

You can target the areas that really matter and then get ready to show that to her the next time you interact with her.

On the other hand, if you waste your time changing things that she doesnât care about (e.g. being more romantic, improving your physical appearance, being extra nice to her) she isn't going to be impressed because it isn't why she really broke up with you anyway.

Another reason why a woman tell her ex boyfriend (or recently dumped boyfriend) that her heart is now closed off to him is thatâ!

4. He has broken her trust one too many times in the past

[image: He has broken her trust one too many times]

In a relationship, a woman needs to be able to trust her boyfriend (or husband) to be a man of his word all the time.

It's not enough to just be honest for the first few months, or even most of the time.

You have to be a man of your word at all times, so she can put her full trust in you.

So, when a guy behaves in ways that erode a woman's trust, she will naturally start to disconnect

with her feelings for him.

Initially, she might try to convince him to change by saying things like, *“I don’t like it when you promise me thing and then do another,”* or *“If you lie to me again, I’m going to break up with you. I can’t be in a relationship where I don’t fully trust a guy.”*

If the guy keeps breaking her trust in him (e.g. because she doesn’t take her warnings seriously), she will eventually break up with him.

To get her back after a break up due to trust issues, you’re going to have to get her trust back first.

How can you do that?

Not by saying, *“I promise to never do that again! You can trust me this time, things will really be different,”* because it’s unlikely that she will believe you now, after all she’s been through with you in the past.

A better way to go about it is by changing the things about yourself that eroded her trust in the first place and then passing her tests when you interact with her.

For example: Imagine a woman broke up with a guy because he was disrespectful of her ideas and opinions.

As a result, she could trust him to be nice to her, supportive and loving when she came up with ideas.

She then had to keep things hidden from him because she didn’t want him talking down to her and making her feel stupid.

She warned him not to talk down to her anymore and to be a more supportive boyfriend, but he didn’t listen.

He always ended up making her feel stupid or naïve in comparison to how smart and wise he was.

As a result, she stopped being so open with him for a while and hoped that he would change.

He didn’t.

She got to the point where she realized that she could trust her family and friends to be loving and supportive, but not her boyfriend.

This made her feel as though the relationship just wasn’t beneficial or fulfilling for her anymore and she decided that she was going to give him one more chance to see if he could change.

So, to test him, she said something that seems completely ridiculous to see if he would snap at her and call her an idiot, like he used to in the past.

For example: She’s a hairdresser and didn’t do very well at school.

All of sudden, she said to him, *“I’ve decided to go medical school to become a doctor. What do you think?”*

He then laughed and said, *“You? A doctor? You’re not smart enough for that,”* and shook his head at her as though she was stupid.

That’s not what a woman wants.

What a woman wants is for her man to be supportive by allowing her or even encouraging her to look into it further.

She can then find out for herself that she probably wouldn’t be smart enough to be a doctor.

Even though it might sound silly to her boyfriend and a complete waste of time, it’s not something

that he should attack her about.

For example: Maybe she didn't do well at school because she didn't want to learn back then, but she really could become a doctor if she put her mind to it.

If she couldn't, maybe it would lead her along the path of becoming a nurse, which would then make her just as happy.

Maybe that's what she was destined for all along.

That's why it's always better to just be a supportive boyfriend and let your girlfriend make mistakes as she goes along, rather than making her feel stupid.

You never know what might happen if you follow a path that you seem interested in.

New doors open, you learn new skills and you find happiness in ways that you never thought possible.

Trust in a relationship comes in many forms.

It's not just about keeping your word to a woman.

It's also about keeping your behavior, your love and your support.

So many guys are nice and supportive for the first few months, or maybe even for the first couple of years, but they can't sustain it after that.

If you want to keep a woman in a relationship with you for life, you've to do it for real.

You have to be a man that she can rely on all the way.

If you do, she will stick to you like glue and never let you go.

By the wayâ□!

I know this because I'm happily married to my sexy, young wife.

I met her when she was 20 and I was 35.

Despite the age difference, our relationship gets better and better every year that we are together.

That's how it's supposed to be.

That is what you can have with your girlfriend too.

It's totally possible and it's actually very easy to do, if you know what mistakes to avoid and the right way to do things.

A final reason why a woman might say, "*My heart is closed off to you now*" to her ex boyfriend is becauseâ□!

5. She's just talking about how she feels now

[image: She is just talking about how she feels now]

Right now, your ex might be saying things like, â□□ *My heart is closed off to you now. Just accept it and move on.*â□□

Yet, that doesnâ□□tâ□□ mean her feelings canâ□□t change.

Feelings change all the time.

Think about itâ□!

There was a time when you were a complete stranger to her and she felt nothing for you because she didn't know you.

Then, there was a time where you and her met and she was thinking things like, *â€œHeâ€™s so cute. I really like him. I wonder if he might be the one for me.â€*

As your relationship progressed, she probably felt love for you and may even have said something along the lines of, *â€œI love you. I want us to be together forever.â€*

Yet, after an argument or fight, she might have thought to herself, *â€œHeâ€™s such a jerk! I hate him!â€* only to change her mind minutes or hours later (e.g. when she calmed down, you changed or improved the thing that caused her to feel angry).

Likewise, there is the time now where you've caused her to close her heart off to you.

As you can see, your exâ€™s feelings for you have changed multiple times, which means they can easily change again.

[image: Start giving her the attraction experience she really wants]

When you reactivate her feelings of respect and attraction, she won't be able to stop herself from feeling drawn to the new you again, even if she tries to resist the feeling or hide it from you.

Something inside of her will switch back on.

She will feel like the relationship between you and her isn't over and as a result, her heart will open back up to you.

She will then be yours once again.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

My Ex Isn't Willing to Talk Things Out and Let Me Know What Went Wrong

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The 5 possible reasons why your ex isn't willing to talk things out and let you know what went wrong are:

1. She hasn't felt a renewed sense of respect and attraction for you yet

[image: She hasn't felt a renewed sense of respect and attraction for you yet]

If your ex doesn't feel much respect or attraction for you, she isn't going to feel motivated to want to work on the relationship or give you any clues on how to get her back.

Instead, she will remain closed up and try to move on because there is nothing for her to go back to you (i.e. you haven't re-attracted her and made her feel like she wants you again).

Many guys don't really know how to re-attract an ex woman, so they just try to convince her to give him another chance instead.

For example:

- He begs and pleads with her to give him a chance, in the hope that she takes pity on him and gives in.
- He tries to make her feel guilty or selfish for not being willing to talk things out and let him know what went wrong (e.g. *"How can you do this to me? I can't believe how cold-hearted you're being now after all we've been through. Does what we had mean anything to you? I thought you loved me. You used to tell me what I was the one. What happened? Why won't you just let me know what went wrong, so I can fix it?"*).
- He sends her a long, emotional letter, e-mail or social media message where he expresses his feelings and talks about how much she means to him. He hopes that it will make her think, *"He must be the one! He feels so much for me. This is real love!"* but it doesn't because he hasn't reactivated her feelings of respect and attraction first.
- He makes promises to change and improve if she will just tell him where he went wrong.

He's hoping that she thinks something like, *"He's right! We just need to talk things out. Why didn't I think of that? We can get back together if we talk it out. How silly of me. I'm sure that once I tell him what went wrong between us, he will quickly change and improve and become the man of my dreams right away. What was I thinking by being so cold and closed off? Obviously he's putting in the effort and I owe it to him to try as well. How selfish of me for being so closed off to him. I have to help him get me back!"*

That kind of thing just doesn't happen, obviously.

Instead, she just keeps saying, *"No"* whenever he asks her to talk things out and tell him what went wrong because he's trying to get her back before he's even re-attracted her.

Most guys don't know when to stop using their ineffective approach and seriously try something else, so they just keep going.

He just keeps begging, pleading, pouring his heart out, asking for her help and generally going on and on about the same old things.

His ex then closes herself off from him even more and acts like she doesn't care, in the hope that he begins to hate her and just moves on without her instead.

After all, he hasn't really changed, so there's nothing for her to want to give him another chance.

It's just him wanting her back.

The feelings aren't mutual yet.

So, if you want your ex to be willing to talk things out and give the relationship another chance, you must start saying and doing the things that will renew her feelings of respect and sexual attraction for you.

That is what really counts.

If you interact with her and talk and behave in ways that naturally attract women (e.g. maintain your confidence regardless of how cold, mean or unfriendly she's being towards you, use humor to get her out of a bad mood, make her feel feminine and girly in contrast to your emotional masculinity), her feelings for you will automatically change.

You won't waste time and energy trying to convince her to give you another chance because she will want to give you another chance for her own reasons.

She will feel drawn to you and it will feel good to her to hug you again, kiss you, have sex with you and say, "I love you" again.

It will be a fun experience to go through the ex back process with you now that she's attracted to you again.

On the other hand, if you keep making the same old mistakes that you've been making so far, she'll just keep thinking, *"He doesn't get it. He doesn't know what I need him to change to make me want him again. I'm not wasting anymore of my time on him."*

She then closes up and loses interest in communicating with him, having her number stored in her phone or keeping him as a friend on social media.

She decides that she will just have to move on and find someone else, before she makes the mistake of getting back into a relationship with a guy who hasn't even really changed.

So, make sure that you really do change the things about you that were turning her off (e.g. insecurity, emotional sensitiveness, lack of emotional masculinity) to avoid turning her off from now on.

When she can see for herself that you're not reacting like she's expecting you to (e.g. begging and pleading, asking her to tell you what to do to make her happy, hoping that she will take pity on you), she will become open to talking things out with you because she will have reconnected with her feelings of respect, attraction and love for you again.

Another possible reason why your ex isn't willing to talk things out and let you know what went wrong is because

2. She doesn't want to teach you how to get her back

[image: She doesn't want to teach you how to get her back]

In some cases, a woman won't want to give her guy a clear reason why she's breaking up with him because she doesn't want to teach him or help him understand how to get her back.

So, to keep things vague and unhelpful, she might say something along the lines of, *"This just isn't working out anymore,"* or *"My feelings for you have changed. I think we need to take some time apart from each other to see if this relationship is worth fighting for."*

Her guy might then start pleading with her to tell him what has been turning her off and what he needs to change to make her happy.

Yet, rather than make a woman think, *"Okay, he's really trying here. He obviously wants to change and improve, so I'll give him a list of all the things about him that have been turning me off to help him become the man I need him to be,"* she will think something like, *"I can't believe that after everything that happened between us, he still doesn't know what went wrong. He needs me to tell him how to behave like a real man now so I will give him another chance. Doesn't he realize that I'm tired of having to help him understand how to be the kind of man that I want? I've tried for so long and I'm now at the point where I've just given up on him. I'm tired of trying to make things work with him. I want a relationship that just works naturally because the guy understands how to be a real man in a relationship. I have to get away from him. I have to move on."*

Here's the thing!

Even though your intentions with her are good (i.e. you really want to know what you've been doing wrong, so you can then quickly improve and become the man she wants you to be), asking your ex to tell you what to fix is one of the quickest way to turn her off even more.

Why?

If a woman has to tell her guy how to attract her, it just won't feel real to her.

In the back of her mind, she will think something like, *"He's just putting on an act to make me feel better, so I give him another chance. I don't want a guy who is like a robot that follows my instructions and does whatever I say. How does he even know that I will tell him the right things? Why would he put his trust in a woman to take care of him and guide him? Doesn't he realize that I could just take advantage of him and tell him to behave in ways that aren't even about being a real man? It's just too tiring and annoying and confusing with him. I want a real man who knows how to be a man without my help and guidance. I have to move on now before he gets me back into a relationship and wastes more of my time."*

This is why it's very important that you stop asking your ex to talk things out and let you know what went wrong.

She doesn't want to be your teacher or guide.

She wants you to find the answers yourself and just start being the kind of man that she can respect and feel attracted to.

For example: Ask yourself!

- Did I feel like I got lucky with my ex, which then caused me to feel insecure about losing her?
- Did I go from being a confident guy, to becoming a clingy, needy or jealous guy over time?
- Did I stop making her feel like my sexy girl and instead started treating her more like a neutral friend or roommate?
- Was I too much of a pushover with her by allowing her to get away with bad behavior, which caused her to feel unsafe with me because she could see that I didn't know how to stand up for myself?
- Did I become too aggressive or angry when standing up to her, rather than putting her back in her place in a loving, but dominant way like a real man would?
- Did I get on well with her friends and family, or was there always a fair bit of awkwardness and negative tension, so she felt like she had to choose between me or them?
- Did we want the same things in the relationship (e.g. a serious commitment, to have fun, to focus on career), or were we going in completely different directions in life?
- Was I a man of my word, or did I let her down one time too many times?
- Did I spend way too much time on my work or studies and not give her enough attention?
- Did I spend too much time playing video games or hanging out with my buddies, which then made her feel unappreciated?
- Did I turn her off by being insecure and shy in social situations, especially around confident people?
- Did I give her too much power in the relationship, to the point where she no longer felt respect and attraction for me and lost interest in sex?
- Did I take away too much of her power by being overly controlling, which then made her want to reclaim her sense of freedom?

Some of those questions may ring a bell for you and help you understand what really turned her off and made her want to leave the relationship.

From this moment onwards, it's essential that you begin to get to the core of why you acted in that way, so you can fix it immediately.

Then, when you interact with her and show her (via your actions and behavior) that you've taken action to change without her help, she will automatically feel some respect for you again.

If she can respect you, it means that you can then build on that initial spark and make her reconnect with her feelings of sexual attraction and love as well.

On the other hand, if you keep nagging her by saying things like, *"Please, let's just talk things out. Please tell me what went wrong. I am willing to do whatever it takes or even worse, you try to get her discuss it all via text, she's just going to keep saying, 'No. I don't want to talk about it. Leave me alone. It's over.'"*

Another possible reason why your ex isn't willing to talk things out and let you know what went wrong is because

3. She's embarrassed to admit the kind of attraction experience she really wants from a man

Although a woman might be independent, have a career and is in a position of power in her

professional life, in a relationship she usually wants an emotionally strong man who will allow her to truly relax into being a feminine woman around him.

Being feminine means that she will cry, change her mind about things all the time, get upset over little things, be happy one minute and moody the next and so on.

If a guy is able to remain confident and in control of his emotions no matter what she says or does, she will respect him for that.

If he's also able to laugh at her when she throws a tantrum or gets angry all of a sudden, she will love him for it.

She will then show him a sweet, loving, warm and affectionate side of herself that she never reveals to other guys.

That's not because women are crazy, a pain in the ass or intentionally being difficult to win over.

There is a very important reason for women behaving in that way with a man when in a relationship.

What is that reason?

It makes men stronger.

One of the most important roles that a woman plays in a man's life is to make him become emotionally stronger all the time.

She does this out of a natural instinct to ensure that her man has the ability to protect her from danger and not be bullied or taken advantage of by mean or difficult people.

If her man doesn't feel intimidated by her, doesn't get upset when she changes her mood like the weather and doesn't get angry if she gets angry, she will feel attracted to him and in love with him on a deep, primal level.

She will not want to leave him because she will know (especially if she's had experience with relationships) that other guys simply do not have that kind of emotional strength and emotional masculinity.

Of course, this isn't something that a woman will admit to her man.

Most women don't feel comfortable coming out and admitting what they want these days, especially because of all the women's lib stuff she reads about or sees on TV.

Most women in the media talk about being strong and acting like a man, but it's not what they really want to be like in a relationship with a man.

A woman really wants to be free to be a girl around her man.

That is what makes her the happiest and most in love.

So, if a woman is in a relationship with a guy who hands over his power to her and expect her to take the lead like a man, she will be deeply upset and turned off by him.

Additionally, if he expects her to be emotionally consistent like a man, she will feel like she has to break up with him and find a man who understands how to make a woman feel like a real woman.

Of course, almost all women are embarrassed to admit that kind of thing to a man because they don't want a man to then accuse her of being stupid, crazy or childish.

So, rather than be made to feel that way, she just breaks up with him and tries to find a real man who will let her be a real woman.

Here's the thing:

Many modern women go around saying that they can do anything that a man can do, but they are still instinctively attracted to and respectful of a man who is more emotionally dominant than they are.

This doesn't mean that she wants a man who pushes her around and bullies her, is controlling and domineering and doesn't take her opinions or feelings into consideration.

It's simply means that she wants her man to be the emotionally stronger one who takes on the role of leading the way in the relationship, so she can then relax and feel like a feminine woman around him.

If he constantly keeps handing the reigns over to her and saying things like, *Whatever you decide is fine with me*, or *I'll do whatever you want. As long as you're happy that's all I care about*, she won't be able to relax and be girly, get emotional and focus on being in love with him.

As a result, she loses respect and attraction for him as a man and that usually leads to her breaking up with him pretty quickly.

Then, after the break up, if he continues to put her in control by saying things like, *Please let's talk things out so that you can let me know what went wrong*, it turns her off even more.

He doesn't realize that she doesn't want to have to come out and admit that he's not emotionally dominant enough for her.

She doesn't want him to take it the wrong way and start being an asshole or treating her badly, because he doesn't know how to be emotionally dominant in a loving way.

She just doesn't want to take that risk, so she tries to move on.

Another possible reason why your ex isn't willing to talk things out and let you know what went wrong is because

4. She might have cheated on you and doesn't want to admit it

[image: She cheated on you and doesn't want to admit it]

When her ex starts saying things like, *Let's talk about what went wrong. Maybe we can work things out. Please just talk to me* she isn't going to want to open up and tell him that she cheated on him and then risk him getting angry at her.

Instead, she hopes that the less she opens up to him, the faster he will give up and move on without her.

When a guy can't seem to get a straight answer from his ex woman, he might decide that he has to give her some space (e.g. 30 to 60 days).

Yet, as you will discover from the video above, giving a woman a lot of space after a break up rarely results in getting her back.

If your ex did cheat on you and you want her back, then you have to make her feel a renewed sense of respect and sexual attraction for you, so she actually has a reason to give you another chance.

After cheating, a woman will often feel disconnected from her ex because of the attraction she felt from the guy she cheated on him with.

To get her back, you've got to get her to reconnect with her feelings as soon as you can, rather than giving her loads of space and hoping that she will come back on her own.

In many cases, a guy won't know what else to do, so he will give his ex woman a lot of space.

Yet, when he eventually calls her (e.g. 30 to 60 days later), he is disappointed to hear her say something like, *â€œSorry, but it's over between you and me now. Iâ€™m in a new relationship and I'm happy, so itâ€™s pointless for us to talk things out and discuss what went wrong in our relationship. Whatâ€™s done is done and thereâ€™s no reason to go over that now. You have to move on and leave me alone. Goodbye.â€*

He then has to deal with getting her back from another guy.

Additionally, if she did cheat on him prior to the break up, she can now avoid admitting that and use his lack of contact after the break up as a reason why she moved on.

So, if you want your ex back the easy way, don't make the mistake of giving her loads of time to move on.

You can re-attract her very quickly if you approach it correctly.

A final possible reason why your ex isn't willing to talk things out and let you know what went wrong is becauseâ€¦!

5. She feels like you'd just talk her into getting back with you, but the same relationship problems would still exist

When a man is very charming and persuasive during conversation, he can sometimes talk an ex woman into giving him yet another chance, even though he hasn't really changed.

If she has fallen for that trick before, she will be less likely to fall for it again.

In cases like that, a woman will try to avoid her ex and refuse to talk things out with him to ensure that he can't somehow manipulate her into giving him another chance.

She knows that even though he has a lot of good qualities, he just doesn't understand how to really change the dynamic in the relationship to make her truly happy.

For example: She might want him to be more assertive and make more decisions in the relationship, but heâ€™s too easy going and doesn't want to take on that kind of responsibility or be so serious about life.

Alternatively, she might want him to stop putting up with her fake drama and letting her control him, but he might think that it's the right thing to do to always be nice to a woman and do whatever she says.

Another example is if the woman wants him to be more socially confident, so they can lead a more interesting life, but he isn't putting in any effort to overcome his social shyness or he doesn't see the need for socializing.

Rather than try to fix him or change him, she just tries to move on.

She doesn't want to open her heart to him, only to get hurt once again when he makes her feel unhappy and unfulfilled for the same or similar reasons.

So, the first step to getting your ex back is to identify the problems that existed in your relationship

and then take action to fix and change those things about yourself.

Then, the next time you interact with your ex (e.g. on a phone call, or in person) she will be able to see that youâ€”re not just trying to convince her to give you another chance without even changing.

You have already changed and she can now envision a much happier, brighter future with you.

Once you make her feel that way, don't make the mistake of wanting to keep discussing the relationship.

Don't make the process of getting back with you feel difficult or stressful for her.

Make her feel attracted, happy and alive when she interacts with you and she will naturally want to give you another chance.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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My Ex Lies to Me When I Ask Her What She's Been Up to Lately

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

5 possible reasons why your ex lies to you when you ask her what she's been up to are that:

1. She doesn't want to open back up to you because she knows that you still haven't changed

[image: She can see that you still haven't changed]

When a woman stays in contact with her ex (e.g. via text messages, talking to him on the phone, or seeing him in person from time to time), it's easy for her to pick up on whether or not he has really changed and improved since the break up, or if he's stayed the same.

It's not something that he needs to tell her.

She picks up on it based on her observations of him during a conversation or interaction and decides for herself whether or not he truly has changed.

He might tell her that he has changed, but if she senses that he hasn't, her guard will remain up.

So, he has to show her the changes, not tell her.

If he can't do that, guard will remain up.

As a result, she won't feel like telling him what she's been up to lately, or if she has any plans because she doesn't want him getting involved in her life.

For example: A woman might decide that she just wants to spend some time alone and not do much over a particular weekend.

If her ex then asks her, *"What are you doing this weekend? Do you have any plans?"* she might say, *"Yes. I'm going out with some of my friends to this new club."*

She's lying to him because if she tells him that she's staying home alone, she fears that he may think, *"Excellent! That must mean she's still hurt about our break up and doesn't feel like going out."*

He might then start asking her how she feels about him now and if she's open to giving him another chance, to which she will say, *"No"* because she can see that he still hasn't even changed yet.

Likewise, if she did tell him the truth about staying home for the weekend on her own, he might then say, *"Well, if you're not busy and I'm not doing anything either, why don't we meet up and do something together?"*

To avoid getting seduced back into a relationship with a guy who hasn't really even changed, she will just lie and say she has plans.

So, if you want your ex to be more open towards you from now on, it's very important that you use every interaction you have with her (on the phone and in person) as a way to show her the new and improved you.

For example: When you ask her what she's been up to lately and she openly lies to you, or gives

you a vague answer like, *â€œOh, not much,â€* rather than getting upset or annoyed with her, choose instead to display confidence by turning it into a joke you can laugh about together.

You might say something like, *â€œNot much, hey? Wow, youâ€™ve been doing a lot of not much lately. It must be a lot of fun doing that. I’ll call you Little Miss Not Much from now onâ€* and have a laugh with her about that.

She will most likely feel a bit shocked by your confident reaction to her vague response of, “*Not much*” and try to hide the fact that it makes her feel some respect and attraction for you again.

However, she won’t be able to stop herself from continuing to feel waves of respect and attraction for you again for being so confident around her.

As a result, she will believe that you have changed without you even having to tell her.

She will experience the changes for herself (e.g. you’re more confident and ballsy now, while still being funny and being a good guy) and she will feel differently about you as a result.

The more she can see the real changes in you, the less she will want to lie to you about what she’s doing because she doesn’t want to mess up what you and her now have.

As a result, she becomes more open to the idea of you being a part of her life again and stops trying to shut you out.

By the way!

Don’t try to do this via TEXT.

If you ask your ex what she has been up to via text, rather than on a phone call or in person, she won’t feel any pressure to answer right away or give much detail.

Also, it will likely give her the impression that you’re too nervous and insecure to call her on the phone, which will reinforce her belief that you still haven’t changed.

Additionally, jokes via text can easily be misinterpreted as you being arrogant, cocky or rude.

Her replies can also seem very angry, when in fact she’s smiling, laughing and feeling attracted.

In other words, text is no good for a situation like yours.

Make sure that you get her on a phone call with you, or meet up with her somewhere, so you can attract her in person and avoid any misunderstandings via text.

Another possible reason why your ex lies to you when you ask her what she’s been up to is because!

2. She’s been seeing someone else and doesn’t have the heart to tell you about it yet

[image: She is seeing someone else, but doesn't have the heart to tell you about it yet]

Sometimes, a woman moves on quickly after a break up and notices that her ex is having a difficult time getting over her and moving on himself.

So, rather than hurt his feelings even more by telling him she’s with another guy already, she will lie to him as a way of letting him down easy.

Alternatively, a woman might fear that her ex will lose it if she tells him that she’s seeing

someone else (e.g. he becomes angry and makes a scene, he becomes overly emotional and maybe even starts crying and saying things like, *“How can you do this to me?”* and *“My life is finished. I’ll never get over this! You have destroyed my trust in women. Congratulations. You’ve ruined me.”*)

So, rather than causing drama, a woman might decide that it’s just easier (and safer) for her to lie about what she’s been up to lately.

She then hopes that he’ll gradually give up on asking her questions and move on, or get angry at her for lying to him and then declare that he’s never going to speak to her ever again.

Another possible reason why your ex lies to you when you ask her what she’s been up to is because

3. She’s testing to see how you react

After a break up, a woman can still have some feelings for her ex and secretly want him back, but she won’t show him that.

Instead, she will test his confidence (the most attractive thing about a man to a woman) to see how emotionally strong he really is.

For example: If she lies to him about something obvious, knowing that he will find out (e.g. because he’s heard about what she’s been doing from friends or mutual acquaintances) and he then calls her up in a jealous fit, being emotional and saying things like, *“How could you lie to me? How could you be so cold? Did you ever really love me, or was it all just fake?”* she will see his true colors.

If one of the main reasons why she dumped him was due to the fact that he became too insecure and emotionally sensitive, she will see that nothing has changed.

He hasn’t moved beyond the level he was at when she broke up with him and as a result, she will keep trying to move on without him.

On the other hand, if he finds out that she lied to him and confidently makes a joke about it instead, she will be able to feel respect and attraction for him.

For example: If he says something along the lines of, *“Hey Pinocchio, how are you doing today?”* and then has a laugh with her for lying to him, not only will she feel attracted to him for handling the situation like a real man, she will also likely feel a bit ashamed for lying to him too.

As long as he is joking when referring to her as Pinocchio (or possibly as Little Miss Naughty, or Little Miss Liar Liar Pants on Fire) for lying to him, she will see it as funny.

However, if he is being emotionally sensitive about it and appears hurt and upset about it, then she’s going to be turned off by him.

Essentially, what a woman wants to see from a man is that he can be confident and joke around with her, while still being respectful and being a good guy.

The less you let her naughty behavior get to you (while still being a good guy), the more attracted to you she will become.

As a result, she will automatically stop feeling the need to lie to you so much and will open back up to having an honest relationship with you again (even if it’s just a flirtatious friendship to begin

with).

When you're flirting with her, making her feel attracted and building up sexual tension between you and her, it's only natural that the relationship will get back together.

She will want it just as much as you do.

Then, getting her back becomes a matter of you taking the lead and just making it happen.

Another possible reason why your ex lies to you when you ask her what she's been up to is because

4. She doesn't want to hurt you or make you jealous by telling you about all the fun she's been having

[image: She doesn't want to hurt you or make you jealous]

In a case where a woman broke up with a guy because he was too jealous and controlling, she will usually avoid giving him too many details about what she's doing, now that they are apart.

Essentially, she doesn't want to have to tell him that she's having fun, living a good life and possibly even meeting and hooking up with new men, because she doesn't want to get into a long, emotional argument, or heated debate with him about it.

In some cases, a woman may even be afraid that her ex might start stalking her if she tells him where she's going, or possibly even become violent with her and attack her in a jealous rage.

We've all seen those news stories, right?

Women fear that kind of thing happening to them.

You might not ever do that kind of thing, but a woman still fears it happening to her, so she will usually try to be careful about what she says or does after a break up.

Alternatively, if a woman's ex is insecure, needy and has low self-esteem, she might avoid telling him the truth about what she's doing, because she doesn't want him to start making her feel guilty for moving on with her life without him.

For example: He says things like, *"How could you move on so quickly? Did what we had together matter to you at all? How can you be over us so quickly? Did I mean nothing to you? Fine, I see your true colors now. You are a horrible person. I hope you get what's coming to you. As they say, what goes around comes around. So, I hope some guy dumps you and hurts you badly. Goodbye!"*

Here's the thing

Although a guy might sometimes feel as though his ex should tell him everything because they were in a relationship before, the truth is, she doesn't have to anymore.

What they had together is over now.

She doesn't have feelings for him and what she does with her life is essentially none of his business anymore.

It sucks to hear that (especially if your ex woman says it to you), but it's the truth.

She's an individual and can do whatever she wants, just like you are an individual and can do whatever you want.

If you want her back, you have to focus on making her feel sexually and romantically attracted to you again, so she has a selfish reason to give you another chance (i.e. she feels attracted to you again, the relationship doesn't feel finished, she wants to experience what it would be like to be with you now that you've changed so much, she doesn't want another woman taking her place now that she wants you back).

A final reason why your ex might lie to you when you ask her what she's been up to is

5. She doesn't want you showing up where she is at right now, or where she is going to be

Sometimes, a guy will go to any lengths to get his woman back, even if that means showing up uninvited at her work, at a party, a bar or a club that she's at.

He will hope that if he shows up, she will feel obligated to talk to him and he will then be able to convince her to get back together again (e.g. by telling her how much he loves her and that he misses her, by promising her that he will change).

Yet, as you will discover from the video above, trying to convince a woman to give you another chance just doesn't work if you're not making her feel a renewed sense of respect and sexual attraction for you.

So, rather than trying to find out what your ex is doing now that you and her are apart, I recommend that you simply focus on reawakening her feelings for you.

There's nothing wrong with asking her how she is and what she's been up to since you and her split up, as long as you are being easy-going about it and as long as you don't get upset when she doesn't want to tell you certain details.

If you seem tense and like you are putting pressure on her to give you lots of little details about where she's going and who she's going with, it will make you look jealous and insecure in her eyes and she will feel turned off.

The bottom line is this

Don't waste anymore time worrying about whether or not your ex lies to you when you ask her what she's been up to lately, because that only keeps you stuck in a place where you feel hurt, betrayed and jealous, which is unattractive to her.

If you want her back, a better way to go about it is by becoming emotionally independent of her.

That means that although you really do want her back, you don't actually need her back to live a happy, exciting and enjoyable life.

When she finds out that you've been living a fun life without her, she will naturally feel curious and possibly even a bit jealous.

Then, when you meet up with her in person and she experiences your newfound confidence and emotional strength for herself, her guard will come down even further.

She will find herself feeling waves of respect and attraction for you and not wanting the interaction to end.

She will also feel the urge to tell you what she's been up to lately and invite you to do things with

her from that moment on.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

My Ex Talks to Me, But She is Cold and Mean

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

In most cases, there are two main reasons why an ex woman will talk to you, but be cold and mean. Number oneâ€¦!

1. She is being immature

Sometimes, when a woman is really young, doesnâ€™t have much experience with relationships and break ups, or if sheâ€™s emotionally immature, she might not know how to handle a break up in a mature way.

So, rather than just be nice and treat her ex in a mature way, or even just cut off all communication with him and move on peacefully, she continues to talk to him and tries to hurt him by being cold and mean.

[image: She is being immature about the break up]

Naturally, when a woman is behaving like that, it can be quite annoying and even painful for a guy, especially if he still loves her.

A guy might even ask, *â€œWhy canâ€™t she get past what happened between us, so we can at least be civil towards each other? I know we broke up, but is that a good enough reason for her to be so mean to me? Besides, Iâ€™m not the only one who made mistakes in the relationship. Part of the blame is hers too. Why canâ€™t she just be nice to me? She used to be so sweet and caring and sheâ€™s like a completely different girl now. She has changed.â€*

Although it would be nice if every woman acted nice to her ex after a break up, it just doesn't work out that way.

Watch this video to how you can get her to start being nice, loving and open towards you againâ€¦!

If she is being cold and mean towards you, the best approach to take is to not get dragged into any drama or appear upset or hurt.

You've got to remain emotionally strong, emotionally masculine and emotionally mature, so she can feel respect and attraction for you.

Show her that you're a confident, emotionally strong man by:

- Laughing at her attempts to be mean, rather than being so serious about it.
- Standing up to her (in a dominant, but loving way) when she tries to make you feel bad by continually bringing up past mistakes.
- Remaining confident no matter what she says or does, rather than feeling insecure and pleading with her to be nicer to you.
- Playfully dominating her during interactions, rather than being timid, uncertain or hesitant to take on the role as the man.

When you change how you interact with her and how you respond to what she says and does, she will automatically begin to change how she behaves as well.

Being a bitch towards you will start to feel wrong to her because you're making her feel so attracted and respectful of you now.

As a result, she starts to ask herself things like, *â€œShould I keep being cold and mean? Maybe he'll get tired of it and I'll lose him. Maybe another girl will feel attracted to the new version of him and he'll get with her instead. Okay, I've got to start being nicer to him.*â€œ

Her behavior then changes and you can then get her back by remaining confident no matter what she says or does.

The other main reason why your ex might be talking to you, but being cold and mean isâ€œ

2. She is trying to make you hate her so you leave her alone

Sometimes, a woman will do whatever she can to make her ex hate her, so he will get over her and not try to get her back anymore.

So, rather than giving him false hope and make him think things like, *â€œShe's being so sweet to me on the phone. She must still have real feelings for me. I think she's just playing a hard to get, to avoid looking too easy,*â€œ she instead decides to kill his hope by being cold and mean every time she talks to him.

Of course, a lot of guys might then ask, *â€œDoes that mean I should give up on ever getting her back? Is it hopeless?*â€œ

No.

You should not give up and itâ€œs definitely not hopeless.

You can get her back.

Most ex back situations (even the ones where an ex woman hates her ex) can be turned around if a guy uses the right approach (i.e. focuses on making her feel sexually and romantically attracted to him again).

You can do it.

Of course, if your ex is being mean and is going out of her way to push you away, it might be difficult to imagine ever being able to convince her to give you another chance, right?

Don't worry â€œ you can do it.

The solution is actually quite easy and simple.

What you need to do is re-spark her feelings of sexual and romantic attraction for you by getting her laughing and smiling, especially when she is being mean or cold towards you.

Then, let her see that the new and improved you is for real.

How can you do that?

By interacting with her on the phone and in person and responding to what she says and does in a different way that you have before.

For example: Rather than getting upset or feeling insecure when she is being mean or cold towards you, let her see a different reaction from now on.

Laugh at her for being cold and mean towards you and jokingly say things like, *â€œHey, stop being such a little brat, or else I'll have to bend you over my knee and spank you.*â€œ

Alternatively, you might laugh and jokingly say, *“Oh no! you’re so mean. I’m so hurt by that. Please be nicer to me. I can’t take it anymore. You’re breaking my heart”* and laugh with her about that as you pretend to be heartbroken.

Alternatively, you might laugh and jokingly say, *“Well, someone’s a little meany today, aren’t they? Your new name is Little Miss Nasty”* and have a laugh with her about that.

When you say something like that, your ex will feel a bit shocked that you suddenly grew a pair of balls and stood up to her in a dominant, but loving way.

Warning: To test your confidence, she might act like she’s angry with you for laughing and saying something like that to her.

If you apologize and back down, she will see that you were just pretending to be a confident, emotionally masculine guy, but you’re not.

She will then lose respect for you.

However, if you laugh and jokingly say something like, *“Oh, you’re so sensitive, aren’t you? Everything has to be said really nicely and gently to you. You’re so soft”* she will respect you for not backing down, but for also being a good guy about (because you’re joking).

Women react positively to that, especially if they have been trying to act tough, confident and independent.

She doesn’t to seem soft and fragile like a girl, so she will have to accept your humor and not be so sensitive about it.

Even though she probably won’t admit it to you, she will be thinking something like, *“I didn’t think he would ever have the balls to stand up to me like that. I like it. It’s sexy. He really has changed. I wonder what else about him is different? If he talks like this to other girls, they will like him and want him, so I better give him another chance before I lose the opportunity.”*

Warning: She might then try to test you again by pretending to be interested in getting back together and then being cold and mean once again.

She will be testing to see if your confidence was just an act, or if you really have changed.

So, make sure that you don’t buckle under her pressure at any time.

Just know that it’s in her best interests to test your confidence to decide if you are now man enough to handle a girl like her.

So, expect the tests, be ready and don’t worry.

You can pass her tests easily by not taking them so seriously.

Just laugh at her attempts to be mean to you and she will respect you.

When she sees that you maintain your confidence around her no matter how badly she behaves, her walls will come down and she will stop trying to get away from you.

3 Mistakes to Avoid When Trying to Get an Ex Woman Back Who is Being Cold and Mean

When a guy still has feelings for his ex and she’s being cold and mean, it can often cause him to behave in ways that are totally out of character for him (e.g. desperate, anxious, stressed, angry,

highly emotional).

As a result, he ends up turning his ex woman off even more because women are naturally turned off by emotional weakness and desperation in men.

So, if you want to get your ex back, you have to make sure that you remain emotionally strong and calm as you get her back.

Here are 3 classic mistakes that guys make when in your situation!

1. Telling her how sad and confused he is based on how she is treating him

A guy might say, *“Why are you being so mean to me like we are almost enemies now? Doesn’t what we shared mean anything to you? You used to be so nice and loving. What happened to that girl? Why can’t you just be a bit friendlier when we talk? Remember how happy we used to be. You used to be so nice to me. I can’t handle the thought of knowing that you hate me so much now. It hurts me deeply. What can I do to make you forgive me? Just name it and I’ll do it, but please stop treating me like this. You know that I deserve better. It’s not fair that you’re being like this.”*

He’s hoping that by saying something like that to her, she will then feel guilty for being so cold and mean to him and be nicer from then on.

As a result, he will then be able to communicate with her without having to get into arguments and feel so frustrated, which will help him get her back easier.

Yet, that’s just not how women are designed to work.

One of the most important roles that a woman plays in a man’s life is to continually push him to become emotionally stronger.

It’s not her role to be soft, nice and gentle when he really needs to man up and stop being so sensitive and weak.

The reality is that her being cold and mean to him is a huge opportunity for him to rapidly build his emotional strength and maturity.

If he does that, he will be naturally attractive to her, but if he doesn’t, she will continue to feel turned off and won’t want to be nice and make it easy for him to get her back.

Here’s the thing!

When a woman has disconnected from her feelings of respect, attraction and love for her ex, she usually stops caring about how he feels to ensure that she doesn’t feel sympathy for him and get back with him when she sees him hurting as a result of the break up.

So, when he tries to make her feel guilty for her behavior, it doesn’t work.

Instead, she looks at his emotional desperation as another reason to continue treating him badly and moving on.

So, don’t bother telling your ex how sad and confused you feel because of the way she’s treating you.

If you do, she will most likely laugh and pump up the bad treatment even more.

A better way to approach the situation is to simply focus instead on re-sparking her feelings of respect and attraction for you.

When you do that, she then has a reason to be nicer to you (i.e. she feels attracted to you, is worried about losing you, doesn't feel like the relationship is over anymore).

Another mistake that guys make when their ex is being cold and mean isâ□|

2. Taking her cold behavior too seriously

[image: Taking her cold behavior too seriously]

When a guy's ex is being cold and mean, he might make the mistake of getting very angry at her.

Alternatively, he might make the mistake of taking her cold behavior too seriously, rather than using it as an opportunity to make her feel respect and attraction for him by using humor to get her laughing and smiling.

For example: Imagine a guy is talking to his ex on the phone and she gets angry and says something like, *â□□ Why do you keep calling me? What do you want?â□□*

Instead of using humor to break her out of her bad mood and deflect her serious comments, a guy will often make the mistake of saying something like, *â□□ Why are you being like this? What's wrong with you? I'm just calling to see how youâ□□re doing. I still care about you, you know? Obviously you don't care about me anymore.â□□*

Although the guy means well and is trying to make a point, it's just not what works with women.

With women, you've got to be emotionally strong and not take her attacks seriously.

Look at her as though she is a tiny little thing trying to act mean.

As a result, you see her as being cute, vulnerable and harmless.

You can laugh at her for attempting to seem mean and tough.

She's no match for you.

That's how you have to look at a woman to put her back in her place.

Don't be an asshole about it though.

Always do it in a loving way.

You look at her as being cute and harmless, but you still treat her with respect and be a good guy to her.

That is what works.

What also works is humor, because it shows that you're not taking her threatening behavior so seriously or feeling intimidated by it.

For example: If she says, *â□□ Why do you keep calling me? What do you want?â□□* a guy can say in a joking tone of voice, *â□□ Oops, my bad. I thought this was Pizza Hut. I want a double cheese and bacon pizza. Can you make it for me?â□□* and have a laugh with her about it.

A woman will then most likely laugh (or at least smile) and feel respect for him for being confident enough to turn her bad manners into something positive, light and funny.

She will then start to feel like a real woman around him (i.e. feminine, girly in comparison to how masculine he is, in love) and feel magnetically drawn to him.

A final mistake that guys make when their ex is being cold and mean isâ□|

3. Hoping that if he treats her even nicer, she will take pity on him and stop being so mean

[image: Don't suck up to your ex as a way of getting her back]

As you may have realized by now if you've been reading along, it's not a woman's role (in a romantic relationship) to be nicer to an emotionally weak man.

A man has to toughen up or suffer the consequences of being dumped.

Women don't need to be nicer and more gentle because that would only send mankind down a road of weakness, which then reduces our toughness and ability to survive and defend ourselves from attack.

We men always have to become stronger (emotionally), rather than hoping that women will get weaker.

A lot of guys don't know that or don't want to accept it, so they complain to their woman or complain about women who are so hard on guys.

For example: Sometimes, a guy will hope that being extra nice to his ex woman who is being cold and mean, will make her feel guilty and selfish for being so mean.

From then on, she will be gentle, nice and sweet to make it up to him.

Yet, it just doesn't work like that in real life.

It works in the movies and on TV shows, but that isn't real life.

In the real world, a woman doesn't want to be manipulated into giving her ex another chance simply because he can't deal with the way she's treating him.

Additionally, when a woman has disconnected from her feelings of respect, attraction and love for her ex, how he feels just doesn't really matter to her anymore.

So, when a guy treats his ex woman even nicer (e.g. helping her in any way he can, being on his best behavior) as a way of getting her to feel pity for him, rather than make her change her mind, she just uses his desperation as another reason to feel turned off and continue moving on.

Don't put yourself in that unfortunate situation.

There is much easier way to handle her coldness, warm her back up and get her back.

When your ex talks to you, but is being cold and mean, just use it as an opportunity to spark her feelings for you.

For example: Be assertive, but loving and stand up to her.

Let her see that you aren't intimidated or feeling insecure now that she's acting mean.

Instead, you see it as cute because she's just a woman and is no match for you.

You don't tell her that by the way.

Just let her feel it based on how you can laugh and not take her attacks so seriously, like you used to.

When she sees you reacting in that way, it will make her feel attracted to your confidence in yourself.

She might not ever admit it to you, but watching you have an unquestioned confidence in your attractiveness and appeal to her is a massive turn on for her (and for pretty much any woman on the planet).

Women don't admit it because they don't want guys acting like they are confident in their

attractiveness to women all of a sudden.

Women want to hook up with and be with a man who naturally understands that women are most attracted to men who don't doubt themselves.

When she sees that you have that kind of confidence in yourself now, she won't be able to stop herself from feeling attracted to you.

Her iciness will begin melt and she will soon be putty in your hands once again.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

My Ex Won't Commit to the Idea of Coming Back to Me

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

4 possible reasons why your ex won't commit to the idea of coming back to you are that:

1. You're asking for a relationship before you've reactivated her feelings

When a woman breaks up with a guy, she's usually going to do whatever she needs to do to get over him as quickly as possible.

Part of that process is about trying to keep all the negative things about him fresh in her mind and all the positive things out of her mind.

For example: Rather than think things like, *"We really did have some good times together. Maybe if I give him another chance, things will be better this time,"* she will say to herself, *"Just remember how badly he hurt you. Remember all the times he promised to change and then broke his word to you. He doesn't deserve another chance. You have to find yourself a new guy who isn't stuck at his level. He's not man enough for you yet. Move on."*

So, if the guy then comes along and says, *"Let's get back together again,"* before he has even done anything to properly reactivate her feelings of respect, sexual attraction and love for him, she's just going to say something like, *"I can't make that decision right now. I need more time to think about it."*

Here's the thing:

In most cases, a guy will be unable to convince his ex to commit to a relationship again, simply based on what he is offering her or promising her.

A woman will often accept that approach initially, but if her guy has done it before, she will know that he's most likely just offering her empty promises once again.

She will realize that he doesn't really know how or what to change to make her feel the kind of respect, attraction and love she really wants in a relationship.

So, rather than waste more time with him and have to go through another break up in a few days, weeks or months, she will just say no to the idea of coming back to him.

What should you do instead?

[image: Reignite her feelings during interactions]

Reignite her some of her romantic feelings for you by showing her that you've changed the way you talk, behave respond to what she says and does.

When you do that, the most important thing of all happens:

She feels differently around you.

Rather than feeling turned off and having to keep her guard up, she feels a renewed sense of respect for you and then allows her guard to come down a little.

This then allows her to start feeling attracted to you again.

As a result, you can then build on her feelings and get her back.

Where some guys go wrong is assuming that getting into long, serious discussions about the relationship is the best way to convince a woman to change her mind and want the relationship.

Then, when that approach doesn't get her back, a guy might make the additional mistake of begging and pleading.

He might say something like, *"Please, just give me one more chance. I promise I'm going to change and be the guy you want me to be. Please! Please, just give me a chance."*

Yet, that approach usually doesn't work.

Why?

It's a turn off, so she just goes ahead and adds *"emotionally weak and wimpy"* to her list of things about him that she already finds unattractive.

He's just making the situation worse by displaying behaviors (e.g. emotional weakness) that naturally make a woman feel turned off sexually and romantically.

What should you do instead?

Interact with her (on the phone and in person) and focus on making her smile, laugh and feel happy in reaction to your confident, emotionally masculine and charismatic approach.

Don't worry it's easy to do.

By making some attractive adjustments to your behavior and to the way that you talk and interact with her (e.g. staying confident even when she's being cold and distant towards you, using humor to diffuse a tense situation, not taking her indecisiveness too seriously), being around you suddenly becomes fun, interesting and attractive to her.

Her defenses come down and she can't stop herself from feeling some respect and attraction for you again.

Then, all the positive things about you that she's hidden away in the depths of her mind, come back to the surface and make an appearance.

She looks at you differently and begins to think something like, *"Maybe getting back together is actually a good thing after all. Maybe we can make it work this time. Maybe the break up was supposed to happen so we could get to this place. I want to try again. I feel good about this."*

Then, if you ask her to commit to the idea of coming back to you, she's more likely to say, *"Yes"* because her heart is open and she is feeling attracted to you again.

Another possible reason why your ex won't commit to the idea of coming back to you is because

2. You're trying to get her to commit via text

Sometimes, a guy will be too afraid to call his ex in case she tells him to leave her alone, or if she's cold and unfriendly towards him, so he will decided to just stay in touch with her via text.

For example: He might pour his heart out to her in a series of text messages (or in some cases in a written letter or e-mail) and say things like, *"I know I messed up, but please give me one more chance. You mean the world to me and I regret hurting you so much. I know that if you come back to*

*me, I will treat you like a princess this time and do whatever I can to make you happy. Nothing you ask for will be too much for me. I promise you that things will be different this time. Please just give me a chance to prove myself to you. You and I shared a special connection and I don't think we should just throw that away. Please consider giving us another chance. I love you more than anything.*â□□

Yet, in most cases, rather than make a woman think, â□□ *Oh, how sweet and romantic of him. It must mean that really loves me and that he is the one. Okay, Iâ□□ll go back to him and we'll live happily ever after now*â□□ it usually turns her off even more.

Why?

Firstly, when a woman has disconnected herself from her feelings of love, respect and attraction for a guy (i.e. because he turned her off and she then disconnected from her remaining feelings to then break up with him and move on), him pouring his heart out to her isnâ□□t going to re-spark those feelings inside of her.

Instead, itâ□□s usually going to make her see him in an even more negative light because he appears to be behaving in a needy, emotionally weak and desperate way, which is a turn off for most women.

Secondly, a text message is just a bunch of random words on a screen and donâ□□t have the same impact as words spoken over the phone, or in person, where a woman can hear the tone in a guyâ□□s voice, observe his body language and assess his state of mind.

For example: Is he emotionally strong and self-assured or is he insecure, nervous and self-doubting? Is he able to laugh and remain confident when she tests him by being cold or even rude, or does he become nervous and tongue-tied?

Only when she can hear you or see you for herself, will she be able to get a clear picture of who you are now and see if youâ□□ve actually changed or are still the same guy she broke up with.

So, if your ex wonâ□□t commit to the idea of coming back to you, it may be because youâ□□ve been trying to get her back via text.

If thatâ□□s the case, donâ□□t worry about it.

The important thing now is that you change your approach and get her on a phone call with you right away.

On a phone call, you can break down her defenses (i.e. by making her laugh, smile and feel good to be talking to you again) and get her to meet up with you in person.

In person, she can observe your confident body language and see that you really are a new and improved man now.

When she can see for herself that youâ□□ve changed, she wonâ□□t be able to stop herself from feeling respect and attraction for you, even if she hides it by acting indifferently.

When she is feeling attracted to you again, you don't even need to ask her if she wants to try again because she will be feeling drawn to you and will want to see you again to explore her new, more complex feelings for you.

Another possible reason why your ex wonâ□□t commit to the idea of coming back to you isâ□□!

3. She can see that you still don't understand why she really broke up with you

[image: She can see that you still don't understand why she really broke up with you]

When a guy is trying hard to get his ex back and she just won't commit to the idea of being in a relationship, it can be a heartbreaking, confusing and tiring experience.

Regardless of what he says or does, she is always saying things like, *â€œI don't know! I'm just not sure if it's the right thing to do,â€* or *â€œI just don't feel ready to make that decision right now. Please give me some more space.â€*

When nothing else seems to be working, he might get desperate and resort to sending her flowers (often to her work so that her colleagues can say, *â€œWow! Your ex must really love you if he's sending you all these beautiful flowers. Why don't you give the poor guy a break? He seems so nice.â€*), buying her gifts (e.g. jewelry, tickets to a special concert or play she's been wanting to go to), or even helping her out financially (e.g. pay her rent or other bills) to make her feel as though she needs him in her life.

He's hoping she will think to herself, *â€œWhy am I being so stubborn about all this? He's obviously a wonderful guy. Even though I've not been committing to the idea of getting back with him, he's still there waiting for me patiently and lovingly. I'd be a fool to waste anymore time playing hard to get and risk the chance of losing him.â€*

Unfortunately, that's just not how it works because if he hasn't reactivated her feelings of sexual and romantic attraction, she's not going to feel drawn to him in a boyfriend/girlfriend or husband/wife kind of way.

She's going to look at him as an ex that she doesn't have feelings for anymore.

As a result, she will think something like, *â€œHe thinks that if he bedazzles me with gifts, flowers and attention, I'm going to forget that he was insecure/needy/jealous/wimpy and weak-minded/took me for granted and I'm then going to go running back to him. Well that's not going to happen â€œ not unless he changes the things that really matter to me. I need to be able to feel attracted and aroused when I am around a guy. Otherwise, there's just no point being in a relationship. I'm going to have to move on as quickly as I can now, to hopefully get him out of the way. He obviously doesn't know what to change or how to change it to make me feel attracted to him again.â€*

So, don't make the mistake of feeling entitled to a relationship with her just because you want her back and are being extra nice to her now.

She will only want to commit to being in a relationship with you if she feels enough respect, sexual attraction and love to warrant it.

[image: Show her that you have changed]

If you want her back, you're going to have to earn it by showing her (not telling her) that you really understand her secret reasons for breaking up with you and have already changed those things about yourself.

The question you need to ask yourself is: *â€œDo I know her real, secret reasons for breaking up with me?â€*

For example:

- Did she feel safe and protected in the relationship (i.e. because you had a definite purpose and direction in life), or did she feel insecure about her future with you (e.g. because you were too emotionally immature and were hiding from your true potential as a man behind hobbies, video games, TV, or just hanging out with her)?
- Did she feel like an attractive, desirable woman in your presence, or did she feel more like your buddy?
- Were you the kind of guy she could proudly introduce to her family and friends, or did she feel embarrassed by you (e.g. because you were insecure, treated her badly, lacked ambition or didn't have good enough social skills to get along with her family and friends)?
- Could she relax and be her real self around you, or did you keep trying to change her core personality and identity?
- Were her expectations of the relationship being fulfilled, or were you just focused on getting what you wanted from the relationship?
- Were you emotionally strong at all times like a real man, or did she feel like she had to take care of you emotionally (e.g. because you were too emotionally sensitive, lacked belief in yourself)?

When you understand why she really ended the relationship, you can then make the correct changes that will make a difference in her heart and mind.

Then, you won't have to force her to commit to the idea of coming back to you.

Instead, it will be something she wants too, without you needing to waste loads of time and energy trying hard to convince her.

She is feeling attracted to you again, so giving you another chance becomes something that she feels good about.

A final possible reason why your ex won't commit to the idea of coming back to you is

4. You haven't gotten her to forgive the old version of you

[image: Get her to forgive the old version of you]

Most guys will apologize to their ex after a break up, but apologizing to a woman (even if you do it over and over again, which is not a good idea by the way), isn't going to change how she feels, unless she actually forgives the old version of you for real.

Forgiving you real means that she looks at the old version of you and the new version of you as being two completely different people.

The old version of you made the mistakes he made and as a result, she felt turned off enough to want to end the relationship.

The new version of you is the man who has learned from those mistakes and no longer makes them.

So, getting her to want a relationship again isn't going to happen if she's still looking at you as being the old version of you.

She has to forgive you for real, in order for her to be able to see the new you and start feeling

attracted to you.

Be warned though!

Most women will simply say, *â€œYeah sure. I forgive you,â€* as a way of getting her ex to stop pestering her.

Secretly, she's thinking, *â€œNo, I don't forgive you. Why should I? You stuffed up. Saying â€œI'm sorryâ€ isn't enough of a reason for me to forget what you did. I will never forgive you for that.â€*

If she's thinking in that kind of way, getting her back will be more difficult than if she had forgiven the old version of you, so she could then begin to see the new version of you as being a new and improved man.

So, if you want your ex's commitment, you need to get her real, genuine forgiveness for you first.

How can you do that?

By asking her to forgive you for her own benefit.

Explain to her that if she doesn't forgive you, she might go through life carrying the baggage of her relationship with you and thinking that men cannot be trusted or relied on.

Then, if she ever decides to have another relationship someday with someone else, rather than opening herself up to be loved the way that she deserves, she will remain guarded and closed up, which will then cause problems between her and her new man and potentially end in a break up.

As a result, her fears will only get worse that men can't be relied on and relationships can't work.

So, tell your ex that you don't want that kind of thing to happen to her.

Tell her that you want her to be happy.

By the way!

Don't worry.

Saying that to her is not about helping her move on with some other guy.

Instead, when she forgives you for her own benefit, she does it for real, rather than just faking it to shut you up.

As a result, she stops looking at you as the old you and she starts seeing you as the new man you have become.

Her guard then begins to come down and she becomes more open to talking to you, seeing you and even opening herself up to the idea of coming back to you.

From there, you just need to make sure that you are sparking her feelings of respect, attraction and love for you again whenever you interact with her and she will be back in your arms before you know it.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

How Can I Make My Ex's New Man Look Unattractive Compared to Me?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 ways that you can make your ex's new man look unattractive compared to you!

1. Make him look like the insecure one

If her new man keeps asking questions about you like, *"If you're over him, then why are you still interacting with him?"* or *"Are you still into him? Am I your rebound guy?"* he will seem less attractive to her.

Why?

Women are naturally attracted to confidence in men and naturally turned off by emotional weakness (e.g. insecurity, self-doubt, anxiety).

This is why it's so important that you interact with your ex to interrupt the process of her moving on.

When you interact with your ex and let her realize that you've changed the things about you that turned her off before, she will drop her guard and open back up to you slightly.

If she also notices that you now have a lot of the qualities and traits that are missing in her new man (e.g. you're more confident, emotionally strong, emotionally mature, emotionally masculine, funnier, more interesting, more charismatic), she will stop looking at him as being better than you.

She will then subconsciously begin comparing you to her new man and won't be able to stop herself from wondering, *"Did I make a mistake breaking up with my ex? Is this new guy really that much better than my ex? Maybe my ex and I can work things out between us after all."*

So, make sure that you interact with your ex on a phone call and if possible, in person.

Don't hide behind text because it feels safer, or because you think she might prefer that.

Texts are the easiest way to stuff up re-attracting your ex because she can read your texts as being insecure, desperate, controlling or needy.

However, when she talks to you on the phone or in person, she can sense the changes in you and feel real attraction for you again.

Then, she will almost certainly begin to change her behavior around her new man, or even mention that she has been speaking to you.

If he seems worried, she might try to reassure him by saying, *"It's fine. We're just friends now. You have nothing to worry about,"* or *"Don't be silly! It's not like that between us anymore. I'm with you now."*

[image: Why are you talking to your ex? You're supposed to be with me!]

Yet, if he continues to be jealous and needy (e.g. gets upset when she talks to you on the phone or meets up with you, forbids her to interact with you anymore, asks her who she likes more), she will soon begin to wonder if he's really the right guy for her after all.

Hereâ€”s the thingâ€”!

For a man to build on a womanâ€”s feelings of respect, attraction and love over time in a relationship, he needs to continue thinking and behaving in the ways that are naturally attractive to her (e.g. confident, emotionally strong, emotionally independent, masculine, mature).

Instinctively, every woman understands that a guy who is confident, emotionally strong and mature will be more likely to survive during difficult times in life, than a guy who is insecure, weak-minded and self-doubting.

This is why, when a guy is being clingy, jealous, controlling and insecure about his value to his woman, heâ€”s actually triggering her instincts and making her feel turned off at a deep level.

[image: Make her new guy display insecurity]

She begins to think, *â€”I didn't know that he was this insecure. If he can't cope with my ex and I talking, it must mean that he doesn't really believe in himself and his attractiveness to me. That makes me miss my ex.â€”*

If his jealousy and insecurity continues and she has to keep reassuring him about her feelings for him, her respect and attraction for him will begin to fade away.

Then, it won't take long before she dumps him for you.

Another way you can make your exâ€”s new man look unattractive compared to you is toâ€”!

2. Start living a fun life and let her see it via social media

[image: Start living a fun lifestyle and let her see it via social media]

Sometimes, when a woman gets into a relationship with a new man, her ex may feel shocked and even betrayed that she has moved on so quickly.

He might say to himself, *â€”How can she do this to me? Did our love mean nothing to her? Iâ€”m still feeling the pain of losing her and sheâ€”s already off with some other guy. Did she really care about me? Was I the only one who felt love? Was it all just a lie? Was she using me? Will any woman ever truly love me?â€”*

He may then fall into a depression and close himself off from the world (e.g. he doesn't go out with friends anymore, he refuses to meet new people or try new things).

Heâ€”s kind of hoping that when his ex finds out how lost, lonely and incapable of moving on without her he is, she will think, *â€”Ohhhhâ€”the poor guy. What have I done? I had a guy who adored me and I broke his heart. Iâ€”ve made such a big mistake! I need to get back with him. It's the right thing to do!”*

Yet, thatâ€”s not how it works.

In most cases, rather than be impressed by his emotional dependence on her, a woman will think, *â€”Sure, itâ€”s nice that he really loves and appreciates me, but him not being able to function without me is such a big turn off. Seeing him like this makes me feel like I made a mistake getting into a relationship with him in the first place.â€”*

So, if you want to make your exâ€”s new man look unattractive compared to you, one of the best ways to do it is by showing her that youâ€”re an emotionally strong and independent man now, with

or without her.

For example: You mightâ€¦

- Go out with existing friends to have fun and interact with other interesting people.
- Join a club or group activity to make new friends (e.g. martial arts, outdoor group exercise, hiking, dancing).
- Go traveling on a group tour (where you will not only be seeing new places, but you will also make new friends).

By focusing on improving yourself and enjoying a happy life without your ex, you become a better man and lead a more balanced life.

As a side bonus, you also become more attractive to her (and to other women).

You can then post photos of yourself on social media (where your ex is sure to see them), doing all these new, exciting things and having fun with many different people.

Note: If she has unfriended you from social media, simply post the photos as “public” so she can see them from the outside.

When she sees that you havenâ€™t been sitting around pining for her and living a lonely, sad life without her, she will naturally begin to feel respect and attraction for you again.

Secretly, she will also consider what it would feel like to join you and be a part of your new, fun life.

She will then begin to wonder whether her new man is the right guy for her, or if he’s just a temporary rebound that she needs to leave so she can get back with you.

A third way you can make your exâ€™s new man look unattractive compared to you is to:

3. Attract her in ways that he can’t, or that he doesn’t do a very good job of

Most guys have no idea how to be the emotionally masculine man that women hope to find.

So, even though your ex might seem happy in her new relationship, the fact is that she will lose interest in him if he is unable to attract her in the ways that really matter.

Therefore, it’s essential that you focus your attention on attracting her in the ways that he can’t, or that heâ€™s not very good at.

You can do it in some of the following ways:

1. Make her feel girly and feminine when she interacts with her

For example: A man and a woman are always fighting, arguing and disagreeing, which makes her feel stressed out and annoyed.

So, she eventually decides to break up with him.

Then, she might hook up with a guy who is extra nice and sweet and who never disagrees with her about anything, because she wants to be with someone who is the opposite of her ex.

Yet, over time, she may realize that although her new man is a really nice guy (because he never stands up to her and instead lets her get away with anything), she doesn’t like how she always feels

so much more emotionally dominant with him.

It's like she is the man or the boss, which she doesn't want.

As a result, she can't relax and allow herself to be a feminine, girly woman around him.

He doesn't have the kind of emotional masculinity that naturally makes her want to be submissive and girly around him.

It's like he is the girl.

So, she has gone from being in a relationship with a guy who was too aggressive and argumentative, to being in a relationship with a wimp.

Neither of those options is what she really wants.

What she really wants is a man who is confident and loving, but also assertive and manly.

She wants the right balance of a good guy with balls, rather than an arrogant asshole or a wimpy nice guy.

So, if you interact with your ex and she can sense that you are no longer on one extreme or the other and can finally offer her a more balanced, attractive experience, she will naturally lean towards you.

Her new guy will stop seeming so appealing and her thoughts will keep wandering back to you.

Another way to attract her is

2. Turn her tantrums and bad moods into moments of laughter, smiling and love

By their very nature, women tend to be a lot more emotional and dramatic than men.

So, in a relationship, a woman might sometimes throw tantrums and start crying over seemingly insignificant things.

In reality, it's not that serious and what she actually wants is for her man not to get caught up in the drama or become angry, upset or insecure.

She wants him to be able to accept that she's sometimes will become an emotional woman and it's not something that he needs to worry about.

Instead, he should use it as an opportunity to deepen her respect, attraction and love for him by being strong enough to guide the interaction back to smiling and laughter.

If you can do that with your ex (and he can't or struggles to), he will be gone in no time.

3. Remain emotionally strong whenever she tests your confidence

Whether a woman is meeting a guy for the first time, on a date with him, or in a relationship with him, she will always test him.

She will test to see if he can maintain his confidence and emotional strength around her and handle her pressure.

Why?

Most women don't want to get emotionally invested in a relationship with a guy, only to eventually discover that he actually can't cope with the pressures of life because he's unable to stand up for himself in an assertive, but loving and easy-going way.

Rather than remaining confident and in control, he buckles under the pressure and becomes insecure,

self-doubting and fearful.

A woman doesn't want to get stuck with a guy who can't handle himself in the world and keep him and her safe for life.

Even though she might not openly admit it, or even be able to explain it if asked, it's what her instincts are hard-wired to find out about a man, which is why she will always test him no matter how long they are in a relationship.

It's her natural instinct to ensure that she will continue to be protected and taken care of, in this often scary and uncertain world.

So, if you want to make your ex's new man look unattractive compared to you, just make sure that you:

- Make her feel feminine and girly every time you interact with her (e.g. by making her laugh and smile, flirt with her to create sexual tension).
- Show her your confidence and emotional strength by using humor to get her out of a bad mood when she's throwing a tantrum.
- Maintain your confidence around her, no matter what she does to test you (e.g. she is being cold and unfriendly towards you, she tries to make you jealous by talking about her new man, or tries to pick a fight with you).

The more she can see that you don't feel insecure about yourself in comparison to her new man, the more she will begin to wonder if she made the right choice.

Then, when her guy slips up (e.g. becomes jealous and controlling, fails to make her feel feminine and girly, becomes clingy and needy), she will feel drawn to you like a magnet, because you're now the better man.

5 Mistakes to Avoid When Re-Attracting Your Ex

[image: Mistakes to avoid when re-attracting your ex]

Getting an ex woman back from her new man is easy in most cases.

However, if you make one or more of the following mistakes, you will just make it more difficult to get her back.

1. Pointing out the new guy's flaws

Even if what you say about him is true (e.g. he is a jerk, he's only interested in her for the sex), it's not a good idea.

Why?

Rather than believe you and come running back to you, she will assume that you're just being immature about her moving on with another guy.

She will assume that you feel inferior, are jealous and are trying to convince her that he's no good for her.

Doing that actually makes him seem more attractive than you if he's not asking about you or worrying about you.

So, it's always best to just not worry about pointing out any of his faults and instead, focus on re-attracting her when you interact with her.

Another mistake to avoidâ€¦|

2. Asking her if he is a rebound

A rebound relationship is the relationship that a person quickly or immediately gets into after breaking off their previous relationship.

Statistically speaking, about 65% of rebound relationships end within 6 months according to most studies.

Yet, if you try to explain to her that most rebound relationships break up and therefore, she should just leave him now, she will assume that youâ€¦re trying to get in the way of her new relationship because youâ€¦re insecure, which will then make her lose even more respect and attraction for you.

There's no benefit in bring that kind of thing up with her, so make sure to avoid it.

Another mistake to avoidâ€¦|

3. Improving your physical attractiveness, rather than your emotional attractiveness

Although thereâ€¦s nothing wrong with looking good (e.g. you might want to lose some weight, add some muscle, change your clothes or hairstyle because itâ€¦s what you want to do for yourself), improving your physical appearance won't necessarily make her see you as being more attractive than her new man.

Why?

What matters the most to a woman is how a man makes her feel (based on his behavior, attitude, conversational style, vibe) when he interacts with her.

In other words, do you slip into an insecure, self-doubting or needy way of thinking and behaving around her, or are you confident, emotionally strong and self-assured?

That is what really counts.

Another mistake to avoidâ€¦|

4. Hiding behind texts rather than meeting up with her in person to allow her to experience the new and improved you

Sometimes, a guy will "*play it safe*" by sticking to texting his ex and never actually getting on a phone call with her (e.g. because heâ€¦s afraid she might reject him, he doesnâ€¦t want to scare her off).

However, when a woman has a real-life man in her life who is talking to her, making her laugh, making her smile and doing whatever he can to make her feel attracted to him, is almost impossible for a mere text from her ex to make her think, *â€¦Hmmm, my new man is taking me out to a romantic dinner tonight and he makes me feel so attracted, but this text from my ex saying â€¦hiâ€¦ is so awesome! My new guy now looks so unattractive compared to my ex. I have to get back with my ex! What a text!â€¦*

This is why I always recommend that a guy just call.

â€¦even if she has a new boyfriend or is dating someone new.

You have to get in the way of her moving on and make her feel attracted to you again.

If a guy doesnâ€™t do anything to actively spark a womanâ€™s feelings for him on a phone call and in person, she will usually just randomly reply to his texts and continue moving on and having a good time with her new man.

The final mistake to avoid isâ€¦!

5. Feeling unwelcome to flirt with her and create a sexual spark

Some guys make the mistake of thinking that flirting with an ex is wrong.

It's not wrong.

It's essential that you do it!

You've got to create a sexual spark between you and her if you want her back.

If a guy isn't actively sparking his exâ€™s feelings of respect and attraction for him, there will be nothing to convince her that heâ€™s a better option compared to her new man.

So, if you want to make your exâ€™s new man look unattractive compared to you, it's essential that you begin to make her have sexual and romantic feelings for you again.

You need to believe in yourself and in your value to her, no matter what.

When she can see for herself that you are now the kind of man that she can look up to, respect and feel attracted to (i.e. because youâ€™re now more confident and emotionally strong, youâ€™re a man of purpose, you make her laugh, smile and feel good to be around you), her new man will begin to pale in comparison to you.

She will then become open to breaking up with him and falling back into your arms once again.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

My Ex Said That There Was No Spark Between Us, But I Felt it

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

5 possible reasons why a woman will say that to her ex are thatâ€¦!

1. He didn't understand the type of attraction experience she really wanted

For example: She wanted him to be more ballsy and confident around, but he just offered her the nice, neutral version of himself.

He hoped that she would just accept that and be happy with it, but she wasn't.

[image: I'm doing my best to make you happy. What else do you want?]

Even though she most likely gave him plenty of warnings that she wasn't happy, he just kept offering her the same kind of attraction experience as before.

So, she got to the point where she said something like, *"I just don't feel like there's a spark between us anymore,"* and wanted to break up with him.

When a guy is faced with a situation like that, it usually feels like it's happening all of a sudden.

He doesn't understand how she could be dumping him, after he'd been so nice to her and tried his best to be a good boyfriend (or husband).

He may think, *"She's saying that there was no spark between us, but I felt it. I know that we have a special connection. I just have to do whatever it takes to make her see that it's really there."*

Of course, most guys who get dumped for the old, *"I don't feel a spark with you"* reason usually aren't very good at attracting women.

In other words, a guy like that usually relies on getting lucky and fumbling his way into relationships with women, rather than actually knowing how to attract and pick up women that he selects.

Watch this video for more infoâ€¦!

So, when a guy who isn't very good at attracting women by choice gets dumped by a woman who didn't feel a spark with him, he will often try to re-attract her in ways that she doesn't care about.

For example: He hopes that if he makes himself look better (e.g. loses some weight, goes to the gym to build some muscle, wears better clothes, changes his hairstyle), she will feel more attracted to him and feel the spark between them.

Alternatively, sometimes a guy will assume that he's not being romantic enough in the relationship, which is why his woman is saying that there was no spark.

As a result, he may then start showering her with flowers and gifts as a way of sparking her romantic feelings for him.

Yet, here's the thingâ€¦!

Romance is only enjoyable if the feelings are mutual.

Although a woman might say, *â€œYouâ€™re looking good. Well done on losing all that weight/building muscle,â€* or *â€œThanks for all the surprises,â€* it isn't going to make her feel attracted to him in the ways that really matter.

What are the ways that really matter?

How he makes her feel when he talks to her, interacts with her and is around her.

For exampleâ€¦!

Does he make her feel excited, happy and content when sheâ€™s around him, or does she feel bored, stressed out or depressed?

Does he make her feel like an attractive, sexy, desirable woman, or does she feel more like a neutral friend, big sister or roommate?

Does he make her feel rushes of sexual attraction when they talk and interact, or does he always seem to say and do things that bore her, or turn her off?

Unfortunately, a lot of guys don't know the answers to these questions, so they hope to spark their woman's feelings by showing her how willing they are to spend money on her, or by giving themselves a physical makeover to impress her.

Of course, that doesn't mean a guy should look like a slob, or not bother to spoil his woman a nice gift or romantic gesture every once in a while.

However, if you want to spark your ex's sexual feelings for you, you need to focus more on changing the things that really matter (e.g. becoming more confident and emotionally masculine around her, being more emotionally dominant than her so she can feel girly in comparison to you).

When she can see for herself that you no longer react to her in the same way you used to, it then feels natural and normal for her to drop her guard and open herself up to you again.

Another reason why a woman might say that there was no spark between her and her guy is becauseâ€¦!

2. She felt some lust for him initially, but it faded pretty quickly

[image: She felt some lust initially, but it faded]

Sometimes when a guy doesn't feel very confident about his attractiveness to women, he might focus on putting on a persona when he interacts with a woman for the first time.

For example: He mightâ€¦!

- Be very nice and attentive towards her to try and impress her that way.
- Use self-deprecating humor as a way of hopefully taking the focus off the fact that he doesn't feel good enough for her.
- Act like he's really confident and sure of himself, while on the inside he's feeling anxious and thinking things like, *â€œShe's so beautiful. I'd be so lucky of a woman like her fell for a guy like me. I've got to be on my best behavior and not screw this up!â€*
- Flatter her with lots of compliments to hopefully get her to give him a chance.

Of course, because heâ€™s displaying a few of the qualities and personality traits that are naturally attractive to women, she will feel some attraction for him.

She may even be thinking, *â€œHmmmâ€¦he seems like a great guy. Heâ€™s confident, funny and nice. Maybe I should give him a chance.â€*

She then gets into a relationship and hopes for the best.

Yet, after the initial thrill wears off and they become more comfortable around each other, his persona begins to wear off and he settles into being his true self around her (e.g. insecure, self-doubting, weak-minded, wimpy, irritable and moody).

When that happens, itâ€™s only natural that the woman begins to wonder, *â€œWhat happened to the confident, nice, fun guy that I first met? Heâ€™s not the same anymore. In fact, all those things about him that originally turned me on are pretty much non-existent now. Heâ€™s nothing like the man I fell for. Thereâ€™s just no spark between us.â€*

She might decide to hang in there for a little while to see if he can re-spark her feelings for him.

However, when she realizes that the insecure, needy, wimpy version of him is his actual true self, her feelings of lust and desire will begin to fade and she will then break up with him.

Another reason why a woman might say that there was no spark between her and her guy is becauseâ€™

3. She lost respect for him, so she could no longer feel proper attraction for him

[image: She lost respect for him and could no longer feel attracted to him as a result]

To maintain a womanâ€™s feelings of respect, attraction and love, a guy needs to be the kind of man she can look up to, rely on and feel proud of.

So, when a guy fails to live up to those expectations over time, a womanâ€™s feelings for him will also begin to change.

For example: Some of the reasons why a woman might lose respect for her man are:

- He displayed unmanly behavior too often (e.g. being too emotionally sensitive).
- He had no strong sense of purpose in life that was actively following through on.
- He placed her needs ahead of his own and always let her get her way, even though she treated him badly and didn't give much or anything in return.
- He allowed her to dominate him emotionally in the relationship.
- He treated her like a neutral friend instead of his woman.
- He initially presented himself as a confident, ambitious guy, but never really followed through on any of the big plans or dreams he told her about when they were dating.
- He regularly criticized her and made her feel stupid, unattractive or useless.
- He felt shy or anxious around confident men in social situations.
- He became the butt of jokes amongst her friends or family.
- He didn't ever stand up for her when she was being teased by friends or family and tended to take their side.

- He lost control of his emotions often and either cried, sulked or became very angry.
- He was always so moody and irritable and she had to be nice, sweet and gentle, otherwise he would get upset.

Essentially, he wasn't being a real man.

When a woman is in a relationship like that, she will often start thinking, *“What am I still doing with him? Most of the things I wanted in a man are missing from this relationship. I feel depressed and stressed out all the time with him. There's no spark between us as well. Instead of wanting him to hold me and kiss me, I just want him to leave me alone. This is not how it's supposed to be. I want to feel happy and turned on when I'm with my man, not like I want to get as far away from him as possible.”*

In most cases, when a woman reaches a point where she's thinking like that, she has lost pretty much all respect for him.

Without respect, it then becomes very difficult for her to feel sexually attracted to him, which then leads to her thinking, *“There's no spark between us.”*

So, even though the guy might be thinking, *“That can't be true. There was a spark between us. I felt it! The sex was amazing at the start. We used to kiss for a long time and be groping each other passionately. There was a spark!”* it's simply not good enough.

You can't keep a relationship together for life based on a spark that used to be there.

You have to build on it through all stages of your relationship!

Another more reason why a woman might say that there was no spark between her and her guy is because!

4. She thought that she'd be happy with a nice guy, but she now realizes that she needs more than just nice

If a woman has had a bad experience with a previous relationship where the guy was mean, took her for granted, cheated on her or even just generally treated her badly, she will usually then look for a new man who is the complete opposite to her ex (i.e. nice, sweet, gentle, agreeable).

Alternatively, if a woman has been raised in a family where her father was too domineering and treated her mother like an idiot, she might say to herself, *“I never want to be in a relationship like that. I want a nice, sweet guy who will always treat me like a princess.”*

She might then hook up with a nice guy who matches her picture of the ideal man that she has created in her mind.

However, as time goes by, rather than feel happy and content in the relationship with her nice guy, she starts to feel turned off and bored.

Why?

Although her man is everything she wanted him to be (i.e. sweet, kind, attentive), she realizes that his niceness is not enough to make her feel sexually attracted to him.

She feels like a neutral friend around him, or feels more emotionally dominant to him and like she has to take care of him.

Initially, she might say to herself, *“Why are you being like this? You can do a lot worse than him. Just give him a chance! maybe he will man up one day.”*

Yet, when weeks, months or even years pass, her patience will run out.

She might then say to her guy, *“I don’t think that I want to be in a relationship with you anymore. There’s just no spark between us, so there’s no point being together”* as a way of motivating him to change and give her the kind of attraction experience she really wants from him.

In most cases, rather than ask himself, *“What aspect of my thinking and behavior is causing her to say this to me? What can I do to change and spark her feelings for me?”* a guy makes the mistake of asking her what he needs to change to make her feel the spark, which only turns her off more.

Why?

A woman doesn’t want to be responsible for shaping her guy into the man that he needs to become.

If she has to tell him what to do and how to behave, it puts too much pressure on her to be the leader in the relationship, when she just wants to be able to relax and be his girl.

So, a woman will almost always prefer to just cut her losses and break up with her guy, so she can then find herself a man who knows how to be a real man, without needing her to tell him how.

A final reason why a woman might say that there was no spark between her and her guy is because!

5. He didn’t make her feel feminine and girly enough

To maintain the spark of attraction and love that a woman feels for her man, a guy needs to make her feel girly and feminine in comparison to his masculinity.

Sadly, the mistake that a lot of guys make in a relationship is assuming that the initial spark that caused his woman to say, *“Yes”* to being his girl, will be enough to keep her attracted over time.

So, rather than focus on triggering her feelings of attraction every day (e.g. by making her feel loved, appreciated, desirable, sexy) a guy instead starts to treat his woman like his buddy.

For example: Rather than take her out for a romantic dinner, compliment her on her appearance and make her feel like she’s the sexiest, most desirable woman in the world to him, a guy might get into the habit of always playing video games while she hangs around the house, take her to sports game and essentially hang out with her like he would with any of his other buddies.

In his mind, he might be thinking, *“This is so cool. My girl and I are so comfortable with each other that we can just hang out together wearing old tracksuits or denims and be happy forever. I don’t have to do the kind of things that other men do, (e.g. surprise her with flowers or gifts, plan romantic outings, make her feel very girly in comparison to how masculine I am behaving).”*

Yet, what he doesn’t realize is that secretly, she doesn’t feel the same way.

She might like it at times, but not when it feels as though they are more like buddies or roommates than masculine/feminine lovers.

Here’s the thing!

If a woman doesn't feel feminine and girly in her man's presence, there's nothing really there for her to feel continually attracted to, sexually.

She might feel some intellectual attraction and like him as a person, but without the all-important sexual spark in place, it just won't feel like a proper boyfriend/girlfriend or husband/wife relationship.

She then will break up with him and hope that she can find a new guy who makes her feel that spark and keeps it alive.

So, if your ex said that there was no spark between you, but you felt it, it may be because you were happy with the way things were (i.e. comfortable, stable, familiar), while she wanted to feel more.

Fortunately, you can change how she feels by making some adjustments to the way you interact with her from this point onwards.

You may not have realized this, but you actually have a lot of control over how much or little attraction she feels for you.

For example: The more you display behaviors and personality traits that are naturally attractive to women (e.g. confidence, charisma, emotional masculinity, humor) the more attracted she will feel.

On the other hand, if you display behaviors and personality traits that are naturally a turn off to women (e.g. insecurity, neediness, emotional sensitivity) she will continue to say, *"There was no spark between us and there still isn't. Please accept that it's over."*

The way she feels about you is pretty much controlled by how you present yourself to her during interactions.

If you display attractive behaviors, she feels some attraction and opens back up.

If you display unattractive behaviors, she feels turned off and closes herself off even more.

Which approach will you take from now on?

Are you ready to re-attract her and get her back?

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

I'm Afraid to Contact My Ex Because I'm Worried That She Will Reject Me

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you're afraid to contact your ex because you're worried that she will reject you, here are 5 steps you need to take to get her back:

1. Prepare yourself to reactivate her feelings

Your ex's feelings can be turned back on.

When you talk to her and interact with her on the phone and in person, you can make her feelings of respect, attraction and love coming flooding back into her heart and mind.

Before you contact her, it's important that you understand her real reasons for breaking up with you, which are often different to the reasons she provided you.

For example: A woman might break up with a guy because he lacks emotionally masculinity (i.e. he's too wimpy, insecure or gives her too much power), but she won't necessarily tell him that when she dumps him.

Instead, she will say something like, *"I just don't feel the same way anymore. I want to break up."*

[image: She doesn't want to have to explain the real reason for the break up]

She doesn't want to explain the real reason because he would then promise to change that about himself.

He might not be able to change that about himself for weeks, months or even years if he doesn't get real help and advice about it.

So, if she says, "Yes" and gives him another chance, she will then have to go through another break up with him eventually.

Rather than going through all of that and wasting her time, she just says that she doesn't feel the same way anymore and wants to break up.

So, if you want your ex back, you must discover her real reasons for breaking up with you (she won't tell you) and then make some attractive changes to your thinking and behavior.

Watch this video for some examples!

Then, when you do contact her she will be able to feel that you really are different now.

You're no longer the same guy she broke up with, which means that it will be much harder to reject you.

After all, she will be feeling a renewed sense of respect and attraction for you, which will draw her to you and make her want to explore her feelings further.

Here an example to think about!

A woman broke up with a guy because she felt more emotionally dominant than him and got tired of wearing the pants in the relationship and having to lead him.

If he then contacts her to try and get her back and she acts cold and distant or throws a tantrum and

starts saying things like, *“What do you want? Why are you calling me? I have nothing to say to you. We are finished! Our relationship is over!”* the way he reacts will determine whether she will continue rejecting him or not.

If he gets flustered and tries to calm her down by saying things like, *“I’m sorry. I don’t want to bother you. It’s just that I was hoping we could talk about our relationship. Please give me a chance to make things up to you. Just tell me what you want and I’ll do it. I’ll do my best to be the man you want me to be. Please just listen,”* she will automatically see that nothing about him has really changed.

He still hasn’t realized that giving her the power in the relationship is what caused her to lose so much respect, attraction and love for him in the first place.

She doesn’t want him looking at her as being the more dominant one and feeling as though he has to bend to her will.

She wants him to have a backbone.

She wants him to be a man that she can look up to and respect, so she can then be his girl.

So, if he can remain confident, let her rant for a while and then guide her back to smiling, laughter and other feel good emotions, she won’t be able to stop herself from feeling some respect for him again.

She will think something like, *“Interesting. He’s not reacting like he used to in the past. He’s actually standing up to me and being emotionally strong for once. If this really is the new him, then I am interested. If he’s like this, I won’t be able to stop myself from falling for him again. This is what I’ve wanted all along. Maybe I should give him another chance.”*

This is why it’s so important that you prepare yourself before you attempt to contact your ex.

You need to find her deep, hidden reasons for breaking up with you, so that when you do talk to her again (e.g. on the phone or in person), you will be giving her the kind of attraction experience she really wants.

If you don’t already know the real reasons why your ex broke up with you, here are some questions to ask yourself that will help you find out:

- Were you the more emotionally dominant one in the relationship, or were you the nice, sweet guy who pretty much always bent over backwards to do things her way?
- Did you believe in your value and attractiveness to her, or did you feel insecure and secretly feared losing her, which then caused you to become needy, clingy, controlling or jealous?
- Did you and her want the same things in the relationship (e.g. to take things slowly and have fun, go traveling together, move in together, get married), or were you going in completely different directions in life?
- Did you make her feel loved, appreciated and valued, or did you fall into the habit of taking her for granted?
- Did you make her feel like your girl, or like one of your buddies?
- Did you maintain your masculinity in the relationship, or end up acting a bit like her?
- Were you able to build on her feelings of respect, attraction and love over time, or did you assume that the initial love she felt for you should have been enough to keep her for life?

When you fully understand where you went wrong with her, you can then change the things she

really wants you to change.

As a result, rejecting you will be the last thing on her mind because she will be feeling surges of respect and attraction for the new you.

2. Don't try to get her back via text

[image: Avoid trying to text your ex back]

Sometimes, when a guy is afraid to contact his ex because he's worried that she will reject him, he might say to himself, *"Maybe if I just send her a text instead of calling her on the phone, she will feel less annoyed than if she hears my voice again right away. In that way, I can wear down her defenses and ease her into the idea of giving our relationship another chance."*

He might then send her a text saying something like, *"Hey, I just want you to know that I'm really sorry about everything that happened between us. I'm willing to do whatever it takes to make you forgive me,"* in the hopes that she will think, *"Oh, how sweet. I feel so flattered that he's still thinking about me and willing to do anything to get me back,"* and then quickly call him to arrange a meet up.

Yet, here's the thing!

In almost all instances, when a woman has broken up with a guy and is still feeling a lot of negative emotions (e.g. anger, disappointment, disillusionment) about it, him trying to get her back via text usually only makes her feel more annoyed and turned off.

Why?

Texts are just a bunch of words on a screen to her.

It's not like talking to him in person.

No matter how hard a guy tries to express himself via text, it's impossible to convey his true emotions, attitude and state of mind.

If he's feeling confident, she can't see it in his body language, or hear it in his voice via a text, so she's usually just going to assume that he's too insecure and emotionally weak to call her.

So, while he's sitting around and waiting for her to respond, she's likely just rolling her eyes and thinking things like, *"I can't believe he doesn't even have the balls to call me!"*

He's just sending me a silly text and hoping I'm going to come running back to him based on that. Well he's in for a big surprise. It's going to take a lot more than that to convince me to give him another chance."

Here's the thing!

Trying to get an ex back via text before you have reactivated her feelings (which is best done via the phone and face-to-face), is usually just a big waste of time.

Contacting an ex via text after a break up, should only ever be the initial step to getting her to talk to you on the phone and in person (e.g. *"Hi Jenny, I have to talk to you about something quick. I'll give you a call in about 10 minutes."*)

On a phone call, it's so much easier to re-spark her feelings of respect and attraction for you (e.g. by making her smile and laugh) and getting her to agree to a quick catch up.

Warning: If you wait too long to call her (e.g. because you're afraid that she will reject you) you stand the risk of her finding a new guy and moving on.

So, make sure you get her on a phone call with you right away.

On the phone call

3. Focus on making her smile, laugh and feel good when she talks to you

Chances are, even if you and your ex parted ways on very good terms, she's not going to make it easy for you to get her back.

Why?

She wants to know that you're man enough to take responsibility for the ex back process and guide both you and her into a relationship.

She doesn't want to have to lead you and make things easy for you because this break up is now a perfect opportunity to test how emotionally strong and emotionally mature you really are.

For example: Some of the ways a woman might test her ex's confidence is by

- Being cold and even hostile towards him (e.g. saying things like, *What do you want?* or *Why are you calling me?*).
- Pretending to be happy to hear from him and then when he starts to feel happy and relaxed, blow him off by saying things like, *This call is a waste of time. I don't have feelings for you anymore and nothing is going to change that. Why did you even call me? I think I should just go now.*
- Throwing a tantrum.
- Blaming him for everything that happened between them.
- Being bitchy and mean to see if he will react in a sulky or angry way.

This is why it is very important that no matter what your ex says and does to try to make you feel insecure, you maintain your confidence and show her that you're no longer the guy you used to be.

How can you do that?

By putting in the effort to become emotionally stronger before you contact her and then using humor to pass her tests when talking to her.

For example: Imagine you're on a phone call with your ex right now.

She says something like, *What do you want? I don't want to talk to you. Leave me alone!*

Rather than react by getting upset and thinking something like, *I knew it! That's why I was afraid to contact her. I knew she would reject me. This is hopeless. I'm never going to get her back!* a better way to respond is to make her smile and laugh to get rid of the negative tension in the moment.

If she says, *What do you want? I don't want to talk to you. Leave me alone,* you can turn it into something to laugh about together by saying something along the lines of, *I thought*

youâ€¦d say that. Well, youâ€¦re not going to get out of paying your debts so easily. If you want me to leave you alone, youâ€¦re going to have to pay up first.â€¦

She will likely feel confused and she may say, *â€¦What do you mean? What debts? I donâ€¦t owe you anything,â€¦* and you can then say in a joking way, *â€¦Of course you do! Did you forget it was your turn to buy coffee? I always bought coffee for us and it was your turn before you broke up with me. So, when would you like to meet up and get me a coffee? I promise that once youâ€¦ve paid up all your debts, Iâ€¦ll leave you alone. It will be a goodbye coffee. I will not contact you ever again after that if you don't want me to. So, how about it? Coffee tomorrow?â€¦*

If an example like that wouldn't apply to your situation, here are some more examples for you to give you a better idea of what to doâ€¦!

When you use humor to get rid of the negative tension, she can't help but smile and feel attracted to you again, even if she tries to hide it.

She likes the fact that you have the balls to take a risk and be the confident, leading man, rather than hoping that she will be gentle and nice and lead you back into a relationship.

When that happens, she becomes more open to talking to you further and meeting up with you to see for herself what else about you is different.

She will be curious to find out if you really have changed or if you were only putting on an act over the phone to try and get her back.

Just remember: Once you get her to drop her guard, donâ€¦t make the mistake of becoming too serious and getting into long, serious discussions about the relationship.

Insteadâ€¦!

4. Aim only to get her to meet up with you as friends or to say hello as ex's

After a bit of light hearted conversation where you've been sparking her feelings of respect and attraction by maintaining your confidence and making her smile and laugh, you can say, *â€¦Hey, I was only joking just now about you owing me coffee, but I still think it would be nice to meet up anyway. How about it? Letâ€¦s meet up sometime this week for a quick coffee. I promise Iâ€¦ll even pay the \$5 or whatever is. It's fineâ€¦* and then have a laugh about that.

In most cases, a woman wonâ€¦t say *â€¦Yesâ€¦* to meeting up with her ex right away and will say something like, *â€¦I donâ€¦t think thatâ€¦s a good idea,â€¦* or *â€¦No. I donâ€¦t want to do that.â€¦*

That's easier because doesnâ€¦t fully believe that youâ€¦ve changed, doesnâ€¦t want to come across as being too easy, is afraid of getting hurt again or wants to test your confidence to see if you'll crumble under that little bit of pressure.

So, no matter what she says, donâ€¦t let it make you feel insecure and start doubting yourself.

Instead, just relax and say in an easy-going way, *â€¦Hey, itâ€¦s just a quick cup of coffee between exâ€¦s to say hello in person. We can do that. After all weâ€¦re two mature adults. So, itâ€¦s no big deal. Just because you agree to meet me for coffee, it doesn't mean that I assume you are open to ever getting back together. I know weâ€¦ve broken up and I accept that. However, that doesnâ€¦t*

mean we can't drink one cup of coffee together or be just friends, right? Besides, if you decide you never want to see me again, I promise to leave you alone after we catch up for this coffee. So how about it? Which day this week suits you best?

She will then likely say, *Yes*, *or* *Okay*. Just this once, and you can then go ahead and arrange a suitable day and time.

Then

5. Get her back at the meet up

[image: Get her back at the meet up]

You can sit around thinking to yourself, *I'm afraid to contact my ex because I'm worried that she will reject me*, but that kind of fearful approach isn't going to get her back.

As the man, it's up to you to be confident enough in your attractiveness to take the lead in the ex back process and guide her back into a relationship with you.

You shouldn't wait around hoping that your ex will somehow give you a sign that she's open to getting back together again, because that rarely, if ever happens.

You have to take action to make this happen.

Get her back by being a man who follows through on the ex back process, rather than waiting around, losing confidence and maybe even losing her forever too.

Just do it.

Contact her and get her to meet up with you.

At the meet up, make sure that you continue to make her smile and laugh and show her (via your actions, body language and conversation style) that you really have changed and become a better man since the break up.

When she experiences the new you for herself, her defenses naturally will come down.

She will stop thinking about you in a negative way and she start seeing the possibilities of starting a fresh, new, exciting relationship with you.

So, stop worrying about what she might say or do and just start getting her back right now.

Time is ticking...

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy](#)

policy.

My Girlfriend Broke Up With Me Because She Wants to Reclaim Her Sense of Freedom

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

7 common reasons why a woman will say that to her boyfriend as an excuse for the break up are:

1. He was too controlling

If a guy feels insecure about his value to his woman (e.g. he thinks she's too good for him, he worries that she might find other guys more attractive and leave him), he will often become jealous and controlling in the relationship.

For example: He will tell her not to mingle with certain friends, he will check her phone or regularly ask her questions to find out where she's been, with who and why.

[image: Girlfriend consoling her insecure boyfriend]

Naturally, a woman will usually try to reassure her guy by saying things like, *"I love you and I would never do anything to hurt you and break your trust in me,"* or *"Relax. I'm with you aren't I? I wouldn't be here if I didn't love you."*

However, if nothing she says gets through to him, she will inevitably start feeling smothered by him. She might then react by becoming secretive and having to lie about her whereabouts, which is something that she doesn't like doing.

As a result, she starts to feel stressed out and unhappy.

If she sees how happy her girlfriends and work colleagues are with their boyfriends, she will begin to wonder why she's wasting her time trying so hard to make it work with a guy who doesn't even believe he's worthy of her.

Then, rather than put up with his controlling behavior and over-protectiveness, she will try to reclaim her sense of freedom by breaking up with him.

Another common reason why a woman will say that to her boyfriend is

2. He spent way too much time with her or was texting and calling her all the time

As a result, the relationship ended up feeling like work that she had to do, rather than a relaxing, enjoyable experience of being in love.

If they were together, he always needed her affection and attention and if they were apart, he always needed to text with her or call her to feel okay about himself and not worry that she might be straying.

He may have also turned her off by constantly sending her updates of what he was doing and where he was (e.g. via text message, Snapchat, photos, video calls).

Eventually, she just got tired of how much effort seemed to be required to be in a relationship with

him.

It felt as though she was working for him to make sure that he always felt loved, wanted, needed and assured that she was his girlfriend.

As a result, she got tired of the relationship and wanted to reclaim her sense of freedom.

Another reason why a woman will break up with her boyfriend to reclaim her sense of freedom is becauseâ€¦!

3. He lacked purpose and direction in life, so she needed to find a purpose for herself outside of the relationship

[image: He lacked purpose and direction in life, so she needed to find one for herself]

Most women want to be with a man who has purpose and direction in life (e.g. big goals, dreams and ambitions that he is actively following through on), so that she can then relax into being his woman and enjoy the love and life that they have together.

A woman wants to know that if she eventually decides to become a mother one day, her man will be able to keep their life moving forward, because he is deeply passionate about his ambitions and is always making progress towards them.

So, in a situation where a guy doesnâ€™t have any big goals, dreams or ambitions and is instead stuck in a rut in his life (e.g. he doesnâ€™t have a job, or is stuck job that he hates, heâ€™s a loner and doesnâ€™t have many, or any friends, or he makes his entire existence revolve around his relationship and feels lost without his womanâ€™s support and encouragement), itâ€™s only natural that he will become clingy and needy over time.

He will cling to his girlfriend because she is the one thing that seems valuable and worthwhile in his life and without her, he'd be lost, sad and have to face up to the world once again on his own.

Yet, here's the thingâ€¦!

Women hate to feel responsible for a manâ€™s emotional state in a relationship.

So, although she wants her guy to be loving and attentive and make her feel like the most important person in his life, she doesnâ€™t want to be the most important thing in his life.

The most important thing to a man should be his biggest goals, dreams and ambitions and he should always be making progress towards them.

If he can do that, a woman will naturally respect him and follow his lead throughout life, rather than thinking that she needs to reclaim her sense of freedom so she can start making progress in life.

Yet, if a woman comes to the realization that her guy is stumbling through life without a clear purpose or direction, it will cause her to feel insecure about her future.

She will then start thinking things like, *â€œIf he canâ€™t get serious about the future then I guess I will have to do it. I canâ€™t just sit around and hope that one day he will man up and lead the way to a better future for us. What if I fall pregnant next week? Will I then have to take care of a guy and a baby at the same time? Will I have to be the strong one and lead the way for us? When I think about my future with him, I just donâ€™t feel safe and protected and like I can rely on him. Instead, I feel like heâ€™s just going to keep leaning on me for direction and support. Thatâ€™s not how I see*

*myself living my life in a relationship with a man. I need to reclaim my sense of freedom now, before itâ€™s too late. If he gets me pregnant, then I'm stuck with him. If he proposes and I say yes, then it will be harder to break up with him. So, I have to get out now while I can. I need to focus on what I want for the long term, rather than settle for a relationship and a guy who makes me feel lost and confused about my future with him.*â€œ

If she then breaks up with him and he starts begging her for another chance, rather than make her change her mind, the only thing he accomplishes is to remind her of how emotionally dependent he is on her.

So, she just keeps saying, *â€œNo. Itâ€™s over. Accept it. I want to reclaim my sense of freedom. I don't want to be in a relationship anymore. Please understand that.*â€œ

Another common reason why a woman will say that to her boyfriend isâ€œ!

4. The relationship became boring

Gone are the days where a woman was forced (by pressure from society) to stay in a relationship with a man regardless of how miserable or bored she felt.

In todayâ€™s world, itâ€™s no longer a social taboo for a woman to have multiple relationships throughout the course of her life.

Most families donâ€™t expect their daughters to stick with a guy if he makes her unhappy and most women can take care of themselves and find a replacement guy whenever they want (e.g. get on Tinder or online dating, go to a bar or club, go speed dating, ask friends to set her up).

So, rather than remaining stuck in a relationship with a guy who makes her feel bored or trapped, todayâ€™s woman will break up with him if he canâ€™t make her feel the way she wants to feel (e.g. respectful, attracted and in love).

Most women today are negatively influenced by what they see on TV or read about on the internet (e.g. Reading about celebrities talk about how much happier they are being single. Watching exciting, passion-filled relationships that never get dull on TV shows. Watching women dumping guys and moving on to find their Prince Charming who is charismatic, romantic and exciting).

So, when a woman finds herself in a relationship thatâ€™s lost itâ€™s spark and is dull and boring (e.g. her guy treats her more like a buddy than a desirable, sexy woman, theyâ€™re always doing the same things, the romance has died), she won't always just put up with it and stay.

For example: She may begin to think, *â€œThis is it? Is this really the best I can do for myself? Our relationship has become so boring. All we ever do is watch TV and hang out. I feel like weâ€™re roommates rather than lovers. Thereâ€™s just no spark between us anymore. This isnâ€™t how I want to spend the rest of my life. I want to be with a man who makes me feel butterflies in my stomach every time Iâ€™m near him. I think Iâ€™m better off breaking up with him and reclaiming my sense of freedom, than going forward like this feeling trapped and bored.*â€œ

When a woman gets to that point, she will usually break up with her guy and try to move on as quickly as possible, to avoid feeling the need to get back with him to end the pain of breaking up.

So, if your ex broke up with you because she felt bored, to get her back, you need to quickly re-spark her feelings of respect and attraction for you every time you interact with her from now on.

You can do that by maintaining your confidence around her (especially if she is being cold, distant or

mean towards you) and using humor to get her laughing and smiling to bring down her protective walls.

You can also re-attract her by being emotionally masculine around her and making her feel feminine, girly and desirable in your presence.

The more she can see that youâ€¢re not the same guy she broke up with (e.g. you're no longer as boring, predictable, insecure or self-doubting), the more her curiosity will grow.

She will want to see more of you to experience the new and improved you for herself.

When that happens, the relationship automatically starts to get back together because the way you make her feel is more attractive to her than being single and potentially lonely.

Another more reason why a woman will say that to her boyfriend isâ€¢!

5. She grew up faster than him

[image: She grew up faster than him]

Initially, when a couple gets together it may be because they are on the same level emotionally.

For example: A guy and woman might meet at university and their common interests are to hang out with friends, go to parties, drink a lot of alcohol and have as much fun as possible without worrying so much about responsibilities or the future.

Yet, as the time passes and they graduate from university, itâ€¢s only normal that their priorities in life may begin to change.

If a woman realizes that sheâ€¢s ready to get more serious about her life and focus more on her career or getting a good job, settling down, being in a more serious and committed relationship, but her boyfriend is still stuck at the same level he was at when they were in university, she will inevitably start to question if heâ€¢s the right guy for her.

She may then begin to think, *â€¢Thereâ€¢s just too much of a gap between my emotional maturity and his. Heâ€¢s still acting like a boy or a teenager who likes the idea of going through life without any responsibilities. Iâ€¢ve grown up, have set real goals and have made real plans for the future. Maybe it's time for us to go our separate ways.â€¢*

She might then say to him, *â€¢Why donâ€¢t you grow up and think about what you want to do with your life? Stop acting like this. You need to get serious about life, otherwise you're going to lose me.â€¢*

If he doesnâ€¢t listen and remains stuck at the same level, she will lose too much respect and attraction for him to want to stay in the relationship.

She will then break up with him and say that she wants to reclaim her freedom and be herself again.

Another common reasonâ€¢!

6. Partying with her single girlfriends seemed more exciting than being with him

If a woman is unhappy in her relationship with her boyfriend, she may start to get jealous when she

sees her single friends having so much fun partying, dating different guys and being free to do whatever they want.

She may begin to wonder, "Maybe I'm just too young to settle down at this stage of my life. Maybe I should be single for a while and enjoy my life while I still can. I can always settle down at a later stage, but I can't suddenly start partying and having fun at 50. I've got to do it now, otherwise I will waste my life being unhappy in a relationship with him. I might get pregnant and have to raise a family with him. Then I'll be stuck. I've got to get out now while I can."

She will then break up with her guy by saying something along the lines of, *"Look, it's not you, it's me. I'm just too young to get serious with one guy right now. I need to reclaim my sense of freedom and experience the single life while I'm still young."*

After the initial shock wears off, a guy might hope that giving her space will make her realize that she should be with him.

For example: He may think to himself, *"Maybe she's right. Maybe she is too young to settle down with me right now. So, I'm just going to give her some time to party it up and then when she's had enough of the single life, she will see that I'm still here waiting for her. She will then come back to me and we can be together again."*

Yet, that approach rarely, if ever works because the woman usually has sex with a new guy who is more confident and emotionally masculine than her ex.

As a result, she just doesn't feel like downgrading and getting back with her ex who lacks the kind of confidence and emotional masculinity that really turns her on.

A lot of guys don't realize that and just hope that giving her space will make her miss him and come running back.

It does work in some cases, but in the majority of cases, the woman just moves on and doesn't feel the need to go back to her ex.

So, when a guy doesn't hear from his ex girlfriend for months or even years and decides to call her up to see why she's not coming back to him, she will often say something like, *"Huh? Why are you still waiting for me? That's crazy! We've been broken up for so long. Why haven't you moved on? I moved on a long time ago and so should you. What he had is over and you need to accept that."*

Don't let that happen to you.

If you want your girlfriend back, you must focus on actively sparking her feelings of respect and attraction for you again NOW, before it's too late.

Every time you interact with her from now on, you can make her smile, laugh and feel attracted and turned on by your approach to the conversation and interaction.

This will make her feel happy and attracted to you.

The happier and more attracted that she feels around you, the less influence her single friends will have over her.

All of sudden, getting back with you will feel more exciting than being like her single friends who just sleep around and don't get to experience real, lasting love.

A final reason why a woman will say that to her boyfriend is

7. She thought she wanted to settle down, but the relationship just wasn't fulfilling enough for her

Initially, a woman might get into a relationship with a guy with the belief that she's ready to settle down.

This is especially true if the relationship is very exciting (e.g. the sex is great, they have a lot of fun together, her and her man are into the same things).

She might think, *"Wow! This is it. This is the guy I'm going to be with for life. He's the one."*

Yet, that belief won't remain if the guy is unable to build on her feelings of respect, attraction and love for him over time.

For example: If a guy often feels insecure in the relationship and worries, *"What if she breaks up with me? What if she suddenly realizes she can do better than me? I can't lose her. She's my life. I have to keep her away from other guys"* he might then start to become clingy and needy as a result.

Initially, she might think it's romantic that he needs her so much, wants to protect her and that she's just so important to him.

However, when she realizes his actions are based on insecurity, her respect and attraction for him will begin to fade.

Why?

Women are hardwired to respect and feel sexually attracted to emotional strength in men and to feel turned off by emotional weakness.

So, when her instincts kick in and let her know that she's with a guy who is behaving the way he is due to insecurity, he may then start asking herself, *"I thought I was ready to settle down, but now I'm not so sure anymore. This isn't working out. Something isn't right. Maybe I have to break up with him."*

If his behavior continues, she will break up with him to reclaim her sense of freedom and get rid of the instinct feeling that has been bugging her for weeks, months or maybe even years.

Here's the thing:

Even though your girlfriend may have once said something like, *"I want us to be together forever,"* she's not obligated to stick with that statement, if you can't build on her feelings of respect, attraction and love for you over time.

So, if your ex broke up with you because she wants to reclaim her sense of freedom, you need to prove to her that being with you now will be so much better and more worthwhile to her than before.

How can you do that?

By using every interaction you have with her to make her smile, laugh and feel attracted to you again.

When she feels attracted to you in new and exciting ways (i.e. because you're now more confident, emotionally strong and masculine than ever before), the idea of the single life will stop being so appealing to her.

She will feel drawn to you again and her heart will open up.

She will want you back and you can then confidently guide her back into a relationship with you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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My Girlfriend Said That I Wasn't Enough of a Man For Her and Then Dumped Me

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

7 common reasons why a woman will say that to her boyfriend as an excuse to break up with him are that:

1. He lacked purpose and direction in life

Although being in love with a woman and having a great relationship with her is something that most men strive to achieve, it cannot be his main purpose in life.

Why?

A woman wants her man to love her, spend time with her and appreciate her, but not if it comes at the expense of him reaching his true potential as a man by following through on his biggest goals, dreams and ambitions.

So, when a man neglects all the other areas of his life (e.g. his goals, interests, friends, hobbies) to make her the main focus of his existence, a woman will gradually become annoyed by that and begin to show less affection and interest in him.

As a result, he will begin to behave in a clingy, needy, insecure way because he notices that she's just not that into him anymore.

Her and the relationship is pretty much what his life is about.

He doesn't really care that much about following through on the big goals, dreams and ambitions that he used to have because he's with her now.

[image: He lacked purpose and direction in life]

Yet, she doesn't like that.

She feels as though he's hiding from becoming a bigger and better man behind the safety and comfort of spending lots of time with her.

She then begins to wonder, *“Why does he just want to spend time with me? Why does he become insecure if I'm not being loving and making him feel important to me? Isn't the man supposed to be the more emotionally strong one in the relationship? I want a man I can look up to and rely on. I don't want to be with a guy who needs me to make him feel okay about his place in the world and keep him safe and hidden from having to rise up and become a better man. I need a real man.”*

Initially, she might try to encourage him to be more emotionally independent by suggesting that he start to follow through on his goals and dreams.

Yet, an insecure guy doesn't usually like the sound of that kind of suggestion.

He may worry, *“Is she trying to get me to spend more time on other things, so she can be free to find a new guy?”* or, *“Is she bored of me and wants me to become so busy working on my goals that we don't have time for each other anymore and she can then use that as an excuse to break up with me?”*

In his mind, he just wants to be with her and spend time with her.

Everything else in life is just annoying, pointless or a waste of time.

He just wants to be with her because when he is, he feels happy, safe, comfortable and warm.

Yet, if a woman realizes that she's in a relationship with a guy who is never going to do anything without her supporting him, she will usually just break up with him and try to find a guy who is ready to become and be a real man, or a man who is already a real man.

Here's the thing|

There are some women who like to be with a man who has nothing else going on in his life other than her (usually unattractive or insecure women), but the majority of women want to be in a balanced relationship with a man they can look up to and respect.

When a woman feels respect for her man, she will also feel sexually attracted to him, and her love for him will grow stronger over time.

On the other hand, if a woman feels like she can't look up to her man because he is too insecure and emotionally weak to stand on his own two feet in life, she will lose respect for him and her feelings of sexual attraction and love will inevitably begin to fade.

Another reason why a woman will dump her guy for not being man enough is because|

2. He needed her to support him emotionally

Sometimes a guy becomes so emotionally dependent on his woman, that he can't really do much without her support.

For example: He might ask her things like, *â€œDo you think I can do it? What if I'm not good enough and I fail?â€* or *â€œWill you come with me to the interview/meeting? You can stay in the car, but just knowing you're there will make me feel better,â€* or *â€œI can't live life without you. I need you. Will you promise that you'll never leave me?â€*

In his mind he may even be thinking, *â€œHer and I are so connected. She's my reason for living and everything I do in my life is because she's there to support me. I don't know what I'd do if I ever lost her. Being with her is the only thing that makes me happy.â€*

Yet, a guy being like that in a relationship with a woman is almost always a recipe for disaster. Why?

Women hate to feel responsible for a man's emotional state in a relationship.

A woman wants her man to be emotionally strong, confident and forward moving in his life, with or without her support or reassurance.

[image: You need to support me emotionally. I'm your boyfriend, you know? Help me!]

Many guys don't realize that, so they end up ruining a perfectly good relationship by turning her off with emotionally needy behavior.

Then, when a guy like that gets broken up with, he wonders, *â€œWhat happened? My ex said that I wasn't enough of a man for her and then dumped me. Why? What did I do wrong? What could I have done to be more of a man for her? What does she want? What will make her happy?â€*

Here's the thing|

A woman can't feel respect and attraction for a guy when she has to support him emotionally

because he's too emotionally sensitive or wimpy to handle life like a real man.

So, if you made that kind of mistake and want to get her back, you first have to prove to her that you're now the man she always wanted you to be.

How can you do that?

By becoming emotionally independent and realizing that you don't need her to be able to live a successful, happy and fulfilled life.

The truth is that you are more than capable of pursuing your goals, dreams and ambitions in life without her emotional support.

Yes, you want her there and it's always nice to have a loving, supportive woman who stands behind you and encourages you to do better, but you don't need her to do what needs to be done to succeed in your life.

When you get to that point in your thinking, you will automatically feel more confident, which will be attractive to her.

The emotionally independent you are from now on, the more that she will look at you as the kind of man that she can respect and feel proud to be associated with again.

Another reason why a woman will dump her guy for not being man enough is because

3. He didn't make her feel feminine and girly enough

Sometimes, a guy will get so comfortable in his relationship with a woman that he falls into the habit of treating her more like his friend or roommate, rather than like his feminine, sexy woman.

For example: A guy might stop noticing his woman's efforts to look beautiful and attractive for him.

He may also get bored of doing the romantic things that originally kept the sexual spark alive between them (e.g. touch and kiss her in a way that showed his attraction for her, take her out on romantic dates, hold her in a way that made her feel girly in comparison to his masculinity).

Initially, a woman will usually put up with it by saying to herself, *It's okay. He's a great guy. Besides, all relationships don't remain as exciting as they used to be in the beginning, right? It's to be expected that some of the original thrill will wear off. I'm sure that this is just the way it's supposed to be.*

Yet, over time, she will notice that couples who've been together longer than her and him don't have that problem.

Other couples have managed to maintain a clear masculine/feminine dynamic in their relationship, where the man is clearly the man and the woman is clearly the woman.

and they are so happy.

When she looks at what she has with her guy, she realizes that they've become more like friends, roommates or worse, like girlfriends.

In other words, he has ended up acting a lot like her and letting go of much of his masculinity.

He's become too soft, wimpy and feminine in his approach to being a guy.

and it's turning her off.

She then decides to either threaten him with a break up in the hopes that he changes, or cheats on him to end the relationship in quick, but messy way or just breaks up with him and tries to move on after that.

Hereâs the thingâ!

Modern women often have a difficult time admitting the truth about what they really in a man.

It's hard for them to say, *"I like a man who doesn't act like me in any way. He's masculine, raw and unafraid. He doesn't need me to be gentle with him to feel confident about himself. He can laugh at me if I tease him and try to make him feel uncomfortable or insecure. He doesn't take my crap so seriously. I like that in a man. A man who stands on his own two feet and doesn't need me to be all nice, sweet and gentle for him to continue feeling strong enough to stand up and be the man he is."*

Women don't want to say that because most guys will get the wrong idea and take it too far (i.e. start treating women badly).

That's why women just dump guys who don't yet know how to be a man, rather than having to explain everything in detail.

It's too much of a risk for a woman to give a guy the secrets to a woman's heart because in most cases, the guy will take it too far.

She just wants a man who knows how to be the kind of masculine man that women really want.

When a woman is around a man like that (you may have seen it in action), she smiles, giggles and becomes girly.

She loves it because she gets to be feminine around him, in response to his very masculine energy and approach.

Some guys might think, *"Well, I don't want to be more emotionally masculine. I just want to be me, even if I am emotionally sensitive. Why can't she like me for that? Why do men have to be confident? It's not fair."*

It's kind of like a heavily overweight woman saying, *"Why can't men just like me for my personality? Why do women have to look good for men? It's not fair."*

Sure, some men will like her for personality and even find her obesity attractive, but the majority won't.

Likewise, some women will like a guy who lacks masculinity (i.e. he's an emotional wimp, gives a woman too much power in a relationship), but the majority of women won't.

The fact is, the less feminine and girly that a woman feels around her guy, the less sexual attraction she feels for him.

It literally kills her sexual desire and as a result, it makes her start to question whether she should actually be in a romantic relationship with him or not.

By the wayâ!

I know that some people get offended when weight is brought up.

Additionally, some guys assume that if they are overweight, a woman won't like them or feel attracted to them.

So, here's a very brief lesson on attraction:

A woman's physical appearance is to a man, what a man's personality is to a woman.

You find her looks sexy.

She finds your personality sexy.

Of course, men and women can feel attracted to personality or looks, but the way that nature works is that men are more attracted to looks and women are more attracted to personality.

Okay, back to getting your ex backâ€¦!

If you want to get your ex back after she dumped you for not being man enough for her, make sure that every time you interact with her from now on (on the phone and in person), youâ€™re sparking her feelings of attraction for you and making her feel girly and feminine, rather than being like a nice, sweet, platonic friend to her.

Being nice, sweet and friendly isn't going to make her wet.

You've got to man up and start being more confident, ballsy and masculine if you want her to feel a spark with you.

The more you spark her feelings of desire inside, the less she will hold onto the idea that youâ€™re not man enough for her.

Even if she tries to stop it, she will automatically feel a strong, renewed sense of respect and attraction for you and begin to feel drawn to you again in a way that feels good to her (i.e. sexually attracted, aroused).

Another reason why a woman will dump her guy for not being man enough is becauseâ€¦!

4. He cried to her when life got tough

Sometimes a guy will think that pouring his heart out to his woman, telling her all about his problems and worries and turning to her for emotional support time and time again is actually something she wants him to do.

So, let's get this straightâ€¦!

There's nothing wrong with a guy talking about his problems with his woman, but if he continuously whines, complains and falls to pieces around her (i.e. like a woman or a boy would), her respect for him will begin to diminish.

What is acceptable to a woman is when a man talks to her about his problems and then goes into solution mode.

For example: *"I lost my job today because they are restricting the company. Not to worry. I will use this as an opportunity to try to get an even better job now with a new company. I might even try to take on a bigger role if I can get it."*

She can then look up to him and respect him for handling life like a man.

She doesn't have to take on the role of reassuring him that everything will be okay, patting him on the back and trying to make him feel confident again.

He's already got things under control.

Yes, he might be disappointed that it happened, but because he's a man, he doesn't dwell on the disappointed and look for pity.

Instead, he feels the disappointment and then gets on with a solution, which then makes him feel

confident, hopeful and happy about the direction he is now heading.

That way, his woman can relax and know that her man has things under control.

She can be his girl and feel feminine around him, which results in her feeling sexually attracted to him.

Here's the thingâ€¦!

Even though a modern woman is usually perfectly capable of taking care of herself, she still wants to be able to depend on her man to be the more emotionally strong one in the relationship.

If he can't give her the support that she needs and instead expects her to hold his hand and support him emotionally because he can't cope with the inevitable problems that arise in life (e.g. he has a disagreement at work, he loses some money in a bad investment, he fails an exam, he needs to repair his car, he has an issue with a friend or family member) she just won't be able to respect him.

If he cries to her when life gets tough, it will further ruin her respect, attraction and love for him.

As a result, she will eventually get to the point where she dumps him for not being man enough for her.

So, to get an ex back after crying to her, a guy needs to let her see that he's changed (via the way he thinks, talks and behaves) and that he's become an emotionally stronger man since the break up (e.g. he's more confident and self-assured now, he can handle his problems on his own without falling apart, he isn't an emotionally sensitive guy anymore).

Then, when she sees for herself that he's no longer at the same level he was at when she broke up with him, it becomes more difficult for her to hang on to her negative opinion of him because he's no longer the guy she remembers.

Another reason why a woman will dump her guy for not being man enough is becauseâ€¦!

5. He needed her more than she needed him

[image: He needed her more than she needed him]

A woman does want her man to want her, appreciate her and love her, but not if it always feels like he needs her more than she needs him.

Most women want to feel like they are lucky to have their man (e.g. because he's so confident that he could easily attract another woman) and feel proud to be his woman (e.g. because he's rising through the level of his true potential as a man by following through on his biggest goals, dream and ambitions in life).

If a woman finds a man like that, she sticks with him.

Yet, if a woman finds herself with a man who feels luckier to have her and isn't making her feel proud, she will start to feel as though she's making a mistake in being with him.

Another reason why a woman will dump her guy for not being man enough is becauseâ€¦!

6. He let her wear the pants in the relationship

Sometimes a guy will make the mistake of thinking that in order to be happy in a relationship, a woman has to be the one who wears the pants, makes all the decisions and is generally in charge.

So, to please his girlfriend (fiancée or wife) he might continuously place her needs ahead of his own because he thinks that's what she wants.

Yet, he is wrong.

Of course, it is true that some women like to wear the pants in a relationship, but most women don't.

The ones who do wear the pants end up feeling so turned off by the wimpy, weak behavior of their guy that they withhold sex.

He only gets it if she says, "Yes" and even still, he has to be on his best behavior the whole time, or else she will change her mind.

If he tries to initiate sex, she rejects him almost 100% of the time and he has to live with the fact that he can't even get laid in his own relationship.

That's not a fun way to live life as a man.

It's also not what women want to experience either.

A woman wants to be able to respect her guy's position as the man and then naturally submit to him sexually and romantically.

Of course, women don't go around admitting that in public because they fear it will make them look weak.

Yet, it's what makes a woman the happiest and most in love when in a relationship with a man.

100 years ago, women had to put up with being in an unhappy relationship or marriage.

Yet, today's women can do whatever they want and in most cases, they won't settle for being in a relationship with a guy who isn't enough of a man for her.

She simply gets way too much influence from TV shows, music videos and Hollywood movies that tell her it's okay to dump her guy if he doesn't make her feel the way she wants to feel when she's with him (i.e. feminine, girly, in love).

So, even if a woman initially enjoys testing her guy by wearing the pants in the relationship and bossing him around, it will get boring eventually.

She will lose so much respect and attraction for him that she begins to wonder, *Why did I ever hook up with him in the first place? Why am I sticking with this relationship? He's obviously not a real man. I'm wasting my time with him.*

She then dumps him.

In many cases, a guy assumes that if she doesn't like his nice, sweet guy approach, then she must want a bad boy.

He then tries to get her back by acting bossy and overly domineering when he interacts with her, in the hopes that she will think, *Wow, he's so manly now. I think we should get back together again.*

Yet, she now feels turned off by him for being a bully to her.

Remember: A woman wants to be with a guy who knows how to confidently lead the way, without being an asshole about it.

A guy who naturally takes charge and allows her to relax into feeling totally feminine around him, rather than being overly domineering or bossy about things..

A guy who makes her feel loved, appreciated and respected, but also doesn't put up with her BS just to spend time with her.

That leads me to the next pointâ€¦!

7. He puts up with her bad treatment of him just so he can be with her

When a guy doesn't believe in himself and in his value to his woman, or to women (in general), he'll usually do anything to hold on to the woman he's got.

He'll feel so lucky to be in a relationship with her that he will allow himself to be a pushover around her (e.g. by placing her needs ahead of his own despite her bad behavior, saying nothing when she disrespects him or treats him badly, being extra nice to her when she throws a tantrum, being very generous towards her, helping her in any way he can).

Yet, rather than think to herself, *â€œWow, I'm so lucky to have such a great guy who keeps being so nice, giving and sweet even though I'm being so selfish, cold and mean towards him. I need to stick with him for life,â€* a woman usually feels annoyed by him instead.

Why?

Women are simply not attracted to weak, wimpy men who let themselves get walked all over by a woman.

Why?

It's a primal instinct of a woman to align herself with a man who won't get bullied or taken advantage of by mean, selfish people out there in the world.

So, if she notices that she can walk all over him and he just puts up with it because that's all he thinks he deserves, then she will naturally feel turned off by him at an instinctive level.

Being a man is not about being very macho, aggressive or domineering.

It's just about not being a wimp in any way.

Women are naturally attracted to strong men who have kind of confidence and emotional strength that makes her feel protected and safe in a relationship.

So, if you want to get your ex back, you must get her to experience (on a phone call or in person) the new and improved version of you that is no longer self-doubting and insecure.

You're emotionally strong now.

Whatever she says to you, no matter how she treats you, how she tests you, how she behaves, she can see that you always react and respond in an emotionally strong way now.

She experiences your emotional strength and can't stop herself from feeling respect, attraction and love for you again.

When that happens, she looks at you as being man enough for her and wants to give you another

chance to experience her new, more desirable feelings for you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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She Broke Up With Me Because I Didn't Give Her the Love and Attention That She Needed

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your woman broke up with you because you didn't give her the kind of love and attention she needed, here are 6 steps to fix it and get her back!

1. Stop apologizing and start making her smile, laugh and feel happy when she's interacting with you

[image: Make her smile, laugh and feel good whenever she interacts with you from now on]

You've most likely already apologized to your ex for the way you treated her and probably more than once, right?

As you would now understand, another apology isn't going to fix the problem any more than all the previous apologies did.

So, what will?

Changing the dynamic between you and her to be more funny, enjoyable and light-hearted from now on, rather than allowing her to be so serious and make the situation out to be worse than it actually is.

Yes, it's true that you didn't do the right thing and you did make a mistake by not giving her the love and attention she needed, but it's a pretty common problem that couples experience in a relationship.

It's also something that can be easily fixed, forgiven and forgotten.

For example: Imagine that you're on a call with your ex and she turns the conversation towards what went wrong and how badly you messed up by saying things like, *"I can't believe I'm even talking to you after the way you treated me. I gave you my all and you really hurt me."*

In most cases, a guy will want to make his ex woman feel better by apologizing to her and saying things like, *"You're right. I'm a jerk and I deserve everything you throw at me,"* but that's not going to change anything if he's already apologized plenty of times before.

It's also not going to pull her out of her negative mood and make her see him in a more positive light.

So, rather than getting caught up in all the drama she's creating, you need to use humor to get her to snap out of her *"poor little me"* attitude and into feeling good and feeling attracted when she interacts with you.

When she says something along the lines of, *"I can't believe I'm even talking to you after the way you treated me. I gave you my all and you really hurt me,"* you can turn it around by saying in a light-hearted, joking way, *"You know why you're talking to me? You missed my delicious lasagna, right? Of course, you're not going to admit that to me, but I know you haven't eaten a decent lasagna since we broke up. Go on! tell me I'm wrong! I can hear your stomach rumbling over the phone! Lasaaaaanga! Mmmm!"*

She will then laugh, smile and begin to feel respect for your confidence and ability to turn her bad

mood into a good one.

As you may know, women always say, *“I like a guy who can make me laugh”* and one of the most important parts of that desire from women, is a guy who can get them out of a bad mood with his confidence and humor.

So, when you get your ex laughing and feeling good, she stops focusing so much on the negatives about you and the relationship.

Note: Make sure you don't go overboard with it and turn every discussion into a joke, because then she'll get defensive and may think, *“Not only didn't he give me the love and attention I needed before, but now he's not taking the break up seriously. Well, I'll show him. I'm not going to laugh at his jokes anymore.”*

So, don't go overboard with it.

Just get her laughing and smiling to help her relax enough to drop her guard and open herself up to interacting with you again (on the phone and in person).

The next step is to

2. Get clear on the real missing pieces to the love experience that you and her shared

[image: What part of the love experience was missing?]

You need to understand your ex's real reasons for breaking up with you, so that when you interact with her from now on (e.g. on the phone and in person) you will be giving her the kind of love experience she really wants, rather than offering her things that she doesn't want.

For example: She might like the fact that you were ballsy and confident, but didn't like the way you ended up treating her badly and making her feel unimportant.

So, a mistake to avoid is dropping your confident, ballsy attitude and become a Mr. Nice Guy all of a sudden.

That's not what she's looking for either.

She wants you to take a more balanced approach.

A lot of guys who get dumped for the reason you did (i.e. not giving her the love and attention she needed), make the mistake of giving her way too much love and attention and hoping that it makes her happy.

In some cases, doing that can temporarily get a woman back because she wants to see him grovel and suck up to her, before she dumps him again.

Yet, because the guy comes across as desperate by sucking up to her, she loses respect for him and therefore, finds it difficult to maintain feelings of sexual attraction for him from then on.

As a result, the relationship will then break up again.

He will then be left thinking that he's trying *“everything”* and it didn't work, so he's lost her.

No.

He hasn't lost her.

He just has to use an approach that actually works (i.e. re-attract her, remain balanced and in control, build sexual tension).

When you re-attract your ex in the ways that really matter to her, then she naturally drops her guard and opens back up to you.

Do you know what part of the love experience was missing in your relationship with her?

Ask yourself, "What did I do that made her feel like I wasn't giving her the love and attention she needed?"

For example:

Maybe you bought her lovely, expensive gifts for special occasions (e.g. birthdays, anniversaries, Valentine's Day), but you failed to show appreciation for her on other days (e.g. You didn't notice when she changed her hairstyle or bought a new dress to look good for you. You didn't appreciate it when she made an effort to prepare a special dinner to impress you and make you feel loved).

Maybe you were nice and sweet to her in public, but when you were alone, you became more critical of her.

Maybe you spent too much time at work, but never made it up to her for being late, forgetting to call or not being available when she needed you.

Maybe you spent a lot of time pursuing your goals in life, but you never encouraged her to do the same or worse, criticized her and made her feel stupid as she tried to succeed at things in life.

Remember: Each relationship is different, so you have to find the reasons that are the most relevant to you and your ex.

Then, once you know where you went wrong, focus on showing your ex that you've moved past the level you were at when she broke up with you.

When she experiences your new, attractive behavior in person, she naturally begins to feel more respect and attraction for you as a man.

3. Show her love and attention, but don't do it in a desperate way

It's only natural that when a woman breaks up with a guy because he didn't give her the love and attention she needed, he might go to extremes to prove to her that he can do better.

For example: Some guys immediately propose marriage to a woman in situations like this, but because he is doing it out of desperation to get her back, she doesn't see the proposal as being sincere and something that he really wants to do.

Even if he promises that it is something he wants, the proposal is still out of place and just doesn't feel right to her.

She may think something like, *"A proposal doesn't fix anything. The problems are still there and getting married would be like sweeping the dust under the carpet and hoping that it will go away. I don't want to do that and then find myself being another divorce statistic in a year or two. When I get married, I want it to be forever."*

Another example is where a guy pours his heart out to his girlfriend (fiancée or wife) and cries to her, hoping that it will show her much he really cares for her.

He hope that when she sees how badly the break up is affecting him, she'll realize that he does love her after all and she will then change her mind.

However, desperation rarely makes a woman change her mind and in most cases, she just feels even more turned off and uses it as a reason to want to remain broken up.

So, make sure that when you interact with your ex, you're saying and doing the types of things that are making her reconnect with her feelings of love, respect and sexual attraction for you (e.g. making her laugh and smile, making her feel appreciated), not being desperate and turning her off even more.

Another important step to getting her back in a situation like yours, is to

4. Get her to forgive the old you

[image: Forgiving me will make you feel better]

Forgiveness makes a woman drop her guard and open herself back up to the idea of being with you again.

Getting her to forgive you is not about begging and pleading with her and saying things like, *"Please, please, please forgive me! I'll do anything to make it up to you. Just tell me what you want and I'll do it,"* because that type of desperate pleading will cause her to close herself off even more.

A better way to get her to forgive you is by telling her that it will be for her benefit (this is actually true by the way).

For example: You can say something along the lines of, *"I know I messed up and I'm truly sorry for hurting you. Breaking up was a big wake up call for me and I deserved it. It made me realize what's really important in my life and that is without a doubt, you. I don't expect you to believe me, but I really have changed and I would appreciate it if you'd forgive me, so we can both move forward without feeling negative and bitter about the past. We all know what it feels like to be angry at another person and then, when you meet someone new, you then project that anger onto them. The thing is, even though we're broken up, I still care about what happens to you and if you don't forgive me, that's what might happen to you in future relationships. So, I don't want you to forgive me for my sake, I want you to do it for you, because it will make your life better from now on!"* and of course, *"I'll feel better about it too. So, can you forgive me and allow us both to go forward as friends?"*

If you can get her to the point where she genuinely forgives you, it makes her drop her guard feel comfortable to be interacting with you again.

She no longer stops herself from feeling attracted to you, or feeling respectful towards you.

Then, when she experiences the new you for herself (i.e. every time she talks to you on the phone or meets up with you in person), the idea of being your girl again doesn't seem as far-fetched of an idea to her as it did before.

She likes the new you and has already forgiven the old version of you.

You then need toâ€¦!

5. Build on her feelings whenever you interact with her

Building on your exâ€™s feelings of respect, attraction and love for you is the only way to make sure that you get her back for sure.

Some women are easier to get back than others.

If your case is a little more difficult, you need to make sure that you are using every interaction that you have with her as an opportunity to build on her feelings for you.

If you do that, she will be yours again for sure.

Where many guys go wrong is by trying to reactivate a womanâ€™s feelings by being on their best behavior around her.

For example: A guy will avoid flirting with his ex and will instead remain neutral and friendly around her.

He worries that if he flirts with her and shows her that heâ€™s still sexually interested, she will get upset and then he wonâ€™t get another chance with her.

Alternatively, a guy might use every interaction he has with his ex to get into serious discussions about the relationship and where he went wrong.

He may ask things like, *â€œTell me what I should have done differently to give you the love and attention you needed? I need to know.â€*

Yet, rather than make a woman feel loads of respect and sexual attraction for him for asking her to tell him what to do, itâ€™s actually annoying for her to have to explain what women feel attracted to and how he can do it.

So, if you want to reactivate your exâ€™s feelings for you, donâ€™t make the mistake of seeking her help or being extra nice around her to suck up to her.

Instead, focus on flirting, using humor and being a confident guy who believes in his ability to attract her.

When you use humor to get her smiling and laughing and then flirt with her to create sexual tension between you, it allows her to relax and enjoy the moment, without worrying about the fact that sheâ€™s considering getting back with you now.

Finallyâ€¦!

6. Get the relationship back together

In most cases, if a guy has properly reactivated his womanâ€™s feelings for him, she will be open to the idea of getting back together again right away.

However, if your ex isnâ€™t ready to get back together just yet, you might need to meet up with her another couple of times before she is.

In some cases (e.g. where the woman is very angry with her ex, or is afraid of getting hurt again) it might take 2 to 3 interactions (on the phone and in person) where a guy is building on the womanâ€™s feelings, before she will fully drop her guard and open herself up to the idea of getting

back together again.

If that doesn't work, you might need to make her feel the pain of losing you by letting her see you enjoying a great life without her (e.g. by actively pursuing your big goals and dreams in life, taking up a new hobby or interest, going out and enjoying yourself with your friends).

When she finds out about that (e.g. via social media, mutual friends, co-workers, or even when you talk to her about what you've been up to lately) and she realizes that you're getting on with your life and are happy without her, she will begin to wonder, *â€œDid I make the right decision by breaking up with him? Am I about to lose the love of my life because of my stubbornness? Should I just give him another chance?â€*

She then drops her guard and without even realizing it, she finds herself back in your arms and thinking to herself, *â€œThis is what I wanted all along. Iâ€™m so glad that he didnâ€™t give up on our love. He's such a better man now. I love him and want to stay with him for life.â€*

You can make her feel that way.

You can do it.

Don't doubt yourself and feel like your situation is just too difficult.

Most men who get their ex woman back are dealing with difficult situations and they are able to do it.

You can too.

Yes, you made a mistake by not treating her as well as you should have, but that doesn't have to be the end of it.

When you focus on making her feel attracted to you again and then building on her feelings, you will get her back.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

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My Girlfriend Broke Up With Me Because She Felt Smothered By Me

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

A woman will say that to her boyfriend if he made one or more of the following mistakes:

1. He regularly needed her reassurance to confirm that she really loved him and wasn't going to leave him

Let's face it.

Some guys get lucky when they meet their girlfriend.

She's prettier and possibly cooler than the kind of women he can usually attract.

So, he gets a little worried that she might realize her value and decide to dump him and hook up with a new guy instead.

For example: He might think something like, *â€œWhatâ€™s a beautiful woman like her doing with a guy like me? I still canâ€™t believe my luck. Is today the day she will realize Iâ€™m not good enough for her and dump me? I just canâ€™t imagine what I would do if that ever happened.â€*

Attempting to calm down his insecurities, he might then ask her things like, *â€œDo you still love me? Are you still attracted to me? Are you still happy to be my girlfriend?â€* or *â€œIâ€™m the luckiest guy in the world to have you as my girl. You wouldnâ€™t ever leave me would you? You know that would break my heart, right? Promise me that you and I will be together forever,â€* or *â€œYouâ€™re the woman of my dreams. I need you to tell me that you really love me as much as I love you. I know how much I love you, but I don't know how much you love me. How much do you love me? Is the most in love you've ever been?â€*

Initially, a woman will usually respond by trying to reassure him of her love by saying things like, *â€œOf course I love you as much as you love me,â€* or *â€œI feel lucky too. Youâ€™re a great guy and I want to be with you. If I didnâ€™t, I wouldnâ€™t have agreed to go out with you in the first place. So, don't worry.â€*

Yet, over time, if she realizes that nothing she says or does is ever enough to stop him from being so insecure and needy, she will get tired of it.

She will start to feel as though he needs her to take care of him emotionally because he's not a real man who can stand up on his own two feet, without needing a woman to support him.

The more she has to do support him emotionally, the more smothered she will feel and her feelings of respect, attraction and love for him will then begin to fade.

[image: Stop worrying so much. It's a turn off to me, you know?]

She might then try to shake him up by saying something along the lines of, *â€œStop worrying. Iâ€™m here with you now, arenâ€™t I? That means I love you, so stop being so insecure all the time. Youâ€™re driving me crazy! I feel like I canâ€™t breathe with all your neediness. I don't know how much more of this I can take.â€*

In most cases, an insecure guy will then make things even worse.

Rather than quickly adjust his thinking and behavior to be the confident, emotionally strong man she needs him to be, he clings to her even more and feels even more of a need for her reassurance.

He starts to worry that she is losing interest and his biggest fear (i.e. her leaving him) is starting to come true.

He just can't stop himself from texting her or calling her all the time, spending as much time as possible by her side and seeking reassurance from her that she is happy with him and wouldn't leave him.

Eventually, the woman will have had enough of his neediness and emotional weakness, causing her to break up with him by saying something like, *"I can't be with you anymore. I feel like you're smothering me. I need to be alone for a while."*

Unfortunately, a guy might then make the mistake of thinking that he needs to ignore his ex girlfriend for weeks, or even months, to show her that he doesn't care about her and that he's no longer a clingy, needy guy.

In his mind, he is hoping that by ignoring her, it will trigger her fears of losing him and she will then realize that she still loves him and she will then come running back to him.

However, this tactic rarely (if ever) works, as explained in the video below!

Ignoring a woman just isn't effective in most ex back situations.

The truth is, if a woman has disconnected from her feelings of respect, attraction and love for a guy, then not hearing from him for weeks or even months won't really matter to her at all.

Sure, her ego might feel a bit bruised because he isn't desperately chasing her, but if she stops for a moment to remember how she felt in the relationship (i.e. smothered, overwhelmed), she isn't going to want him back.

Rather than thinking, *"He's not contacting me! I'm losing him! I wonder what he's up to. Could he have met another woman by now? What if I lose him forever?"* she'll be glad that he's not hassling her and just focus on moving on without him.

So, if your girlfriend broke up with you because she felt smothered by you, don't make the mistake of ignoring her in the hopes that it'll convince her you're less needy now.

What should you do instead?

Interact with her (e.g. over the phone and in person) and re-spark her feelings for you, by showing her (via your actions, behavior and the way you interact with her) that you're now a confident, emotionally strong man that she can look up to and respect.

Let her see that you have changed and she will begin to believe that you are no longer the same guy she dumped.

When she can see for herself that you're more confident and self-believing, it becomes more difficult for her to keep pushing you away.

She stops thinking about you as the needy, clingy, insecure guy you were before and starts looking at you with fresh eyes.

Her defenses come down and then the idea of interacting with you and seeing where things go from there, begins to feel like the right thing for her to do now.

Another reason why a woman will break up with a guy because she felt smothered by him is ifâ€¦!

2. He didn't want to spend any time apart from her because he was worried that other guys might steal her from him

Many ruin a perfectly good relationship with their ideal woman because they go through life comparing themselves to other men and feeling inferior.

That's not what an alpha male does.

An alpha male believes in his value and worth and doesn't ever question it.

As a result, he is always able to remain confident and believe in his attractiveness to his woman, regardless of what other men may be around her in her life.

He knows that he's the man.

Of course, not many guys have the courage to maintain an alpha male mindset, so they suffer the consequences in relationships with women.

She notices that he is worried about her potentially finding other guys attractive and it turns her off.

Women just aren't sexually attracted to the emotional weakness in men.

So, the more he feels insecure or inferior, the more she starts feeling attracted to other men who are more confident than him.

In other words, he creates the problem himself by being insecure and then makes it worse by becoming even more insecure when he notices that she's losing interest.

For example: A guy like that might focus on things about himself that he feels aren't good enough (e.g. he's not good looking enough, he's overweight, he's skinny, he's bald, he doesn't have a good enough job, he doesn't have enough money, he's not popular enough).

If he then notices his woman talking to a guy who has some of the things that he thinks are lacking in him (e.g. the guy is more physically attractive, has more money or an expensive car, is successful in his career) he might begin to think, *â€œWhy is she talking to him? I'm going to end up losing her if I just let her socialize with guys like that. What if she realizes that she should dump me and get a better guy like him?â€*

As a result, he will then start to become clingy and insist on doing everything together with his woman.

In his mind, he will justify his actions by saying something like, *â€œI'm not jealous or insecure. It's just because I care for her so much. I heard that a man has to protect his woman. She is mine and I have to protect her from looking at other guys, talking to other guys or being hit on by other guys. If she does talk to other guys, they will steal her from me. I can't allow that to happen.â€*

Yet, here's the thing!

That type of clingy, needy behavior only serves to highlight to his woman that he doesn't believe he's good enough for her.

As a result, she then starts to think that he might be right and she could do a lot better with him.

She then starts to think, *â€œMaybe he's not the right guy for me. Maybe there is a better guy out*

there. Maybe he is smothering me so much because he's afraid I'll like another guy. What am I doing with him? He's clearly not confident enough for a woman like me. Maybe I need to break up with him.

Here's the thing!

If you didn't get lucky (i.e. you attracted her on purpose and you can easily attract and pick up other women at will), then it means that she selected you out of all the other options she had with guys.

It means that something about you stood out to her, made her feel sexually attracted and made her want to be in a romantic relationship with you.

So what happened?

Did you allow your insecurities to make you doubt your attractiveness and value to your girlfriend?

Did you then you into a clingy, needy guy and couldn't seem to stop yourself from doing it?

Did you start to make her feel smothered by always texting, calling or needing to be with her?

If so, then it's only natural that she would have felt smothered and eventually decided to break up with you.

The truth is, in today's world a woman doesn't have to stick with a guy if she doesn't want to.

Women are free to leave a relationship if they're not happy, even if she once said to her boyfriend, *"I want to be with you forever"* or, *"I promise to never leave you."*

Women essentially make decisions about relationships based on how they feel day by day, week by week, month by month.

If your girlfriend had been feeling turned off day in day out, week after week and month after month, then she will have forced herself to get to the point where she built up the courage broke it off with you.

She may have been hoping that you'd change (and giving you plenty of hints and warnings along the way), but because you didn't, she had to go through with her decision.

Don't worry though you can get her back.

You've just got to focus on re-attracting her and guiding her through the ex back process!

Another reason why a woman will break up with a guy because she felt smothered by him is if

3. He texted and called her more than she could handle, due to her busy work or study life

If a guy doesn't have a lot of experience with relationships (or feels really lucky to have gotten himself such a beautiful girlfriend), he might make the mistake of over-texting and calling her.

In his mind, he thinks he is doing the right thing.

He wants to show her how much he cares and make sure that she never, ever feels like he is taking her for granted, or that he might be somewhere hooking up with another woman.

For example: He might send her a good morning text every day, or text her to let her know that he's getting ready for work/university.

In extreme cases, a guy might then send her several more texts along the way like, *â€œIâ€™m on the train and itâ€™s really packed today. Would rather be with you than here!â€* or *â€œDriving to work now. Missing you!â€* or *â€œJust arrived at work. Itâ€™s going to be a long day without you. Will phone later. Miss you.â€*

Later that day, heâ€™ll call her to talk about random things (even though she might be busy) and also send a few more texts to say, *â€œHey, it was great to hear your voice. Canâ€™t wait to see you,â€* or *â€œTalking to you was the highlight of my day. Iâ€™ll call you again later for another dose of you â€œâ€œ*

This goes on and on the whole day, every day, or most days.

He texts, calls and keeps in constant contact with her.

Why?

In addition to the reasons I mentioned above:

- He thinks that she will be flattered that he cares about her so much.
- He thinks that a boyfriend and girlfriend are supposed to spend all their time together and ignore the world around them.

Yet, hereâ€™s the thingâ€

Although a woman might initially enjoy the attention and romance that comes with being on a guyâ€™s mind all day, she will eventually start to feel turned off and smothered by his constant need for attention from her.

Rather than think, *â€œHeâ€™s so sweet. I just love that Iâ€™m never off his mind at any time. Heâ€™s the perfect boyfriend! Heâ€™s not like all those other guys who play hard to get and make a woman go crazy with longing. I never have to worry about where he is or what heâ€™s doing because I have a blow by blow account of his every move. Thatâ€™s so attractive to me!â€* she will instead be thinking something like, *â€œI do like hearing from him, but I also have other things to do. I canâ€™t spend every minute of my day replying to his texts or answering his calls. The relationship with him is so overwhelmingâ€œI feel so smothered by him. Itâ€™s just too much. Something isnâ€™t quite right between him and I. It shouldnâ€™t be like this. Why am I feeling this way? Maybe heâ€™s not the one. Maybe I have to break up with him.â€*

Then, when she breaks up with him, he continues with the same pattern of behavior (i.e. over-texting and calling) as a way of getting her back.

He just canâ€™t stop himself from being that way because he thinks that heâ€™s doing the right thing by showing her how much he loves her and needs her.

He doesnâ€™t realize that although a woman does like it when a man loves her and makes her feel appreciated, she doesnâ€™t want to be in the “one up” position in the relationship.

In other words, she doesnâ€™t want to feel like she is the leader, the boss or the most valuable one.

She wants him to make her feel as though she needs to impress him and be respectful towards him to maintain his interest, rather than just drowning her in his 24/7 interest, even if she is treating him badly.

If he canâ€™t offer her the challenge that a woman looks for in a man when in a relationship, she will get bored of being in the one up position and will start to feel attracted to guys who could take on that

position.

So, if you want to get your girlfriend back, you've got to make sure that you start approaching her in a way that is going to be attractive to her.

Don't just try to get her back using your old approach, because it's not going to work on her.

She needs you to be a bit more of a challenge, as you interact with her and re-spark her feelings of respect, sexual attraction and love for you.

Another reason why a woman will break up with a guy because she felt smothered by him is if

4. He tried to control her behavior, thoughts or feelings

[image: You have to do things my way]

When a guy feels insecure about himself and his value to his woman, he will usually react in some of the ways I've already mentioned so far (i.e. constantly look for reassurance of her feelings for him, become clingy and needy, overwhelm her with attention, text or call her all the time).

He might also get to the point where he tries to control her behavior, thinking and feelings, to make her more obedient and loyal.

For example: Some of the ways a guy might do that is by

- Checking her phone and/or social media accounts to see who she's talking to and what she's saying.
- Forbidding her to hang out with her single friends or work colleagues because he fears that they are trying to make her want to be single like them.
- Interrogating her about where she's been and with whom.
- Being suspicious of any guys in her life (e.g. work colleagues/male friends) and accusing her of feeling attracted to them.
- Being hostile towards any guys she might talk to/interact with (in some instances he may even get into arguments and fights).
- Calling her up at all hours of the day or night to check up on her.
- Not letting her dance too wildly if they are at a party, in case other guys start to feel attracted.
- Not allowing her to wear make up or revealing clothes, in case it attracts other guys.

Although he might think that this behavior is okay and that his jealousy is a sign of how much he really loves her, the truth is, it's just a symptom of his insecurity about his attractiveness to her.

If a man has an alpha male mindset about his attractiveness (i.e. he believes in his attractiveness to his woman and other women, regardless of what anyone tries to say to make him feel insecure), then he's never going to worry about other guys potentially looking at her or liking her.

He knows that he's the man and as a result, she feels a deep, ongoing respect and sexual attraction for him.

She knows that he is with one of the rare men, who always remain confident no matter what.

As a result, he always appears more attractive to her in comparison to other guys who are less confident and who doubt their attractiveness.

Confidence aside, you also have to trust your woman.

A healthy relationship is built on mutual trust, rather than on trying to control each other's thinking, behavior and feelings as a way of preventing a break up.

If a man cannot trust his woman, it will eventually erode her feelings of respect, attraction and love for him (i.e. because women are turned off by insecurity and emotional weakness in men) and she will either cheat on him, or break up with him.

One more reason why a woman will break up with a guy because she felt smothered by him is if

5. He made her the main purpose of his life

Many guys don't realize that a woman doesn't want to be the most important thing in his life.

She wants to be the most important person, but not the most important thing.

The most important thing needs to be his biggest goals, dreams and ambitions in life, so he can rise up through the levels of his true potential as a man.

If he does that, his woman will feel respect, attraction and love for him for life.

Yet, most guys don't know that or don't want to do it, because they'd rather just spend time with her and not care about trying to achieve their true potential.

For example: He might say to himself, *"She is everything I ever wanted in a woman. She makes me happier than anything else in my life. In fact, when I think about being away from her, even for a few hours, it feels painful. I don't see the point of doing other things without her, or hanging out with other people if she's not there. I'm sure she feels the same way too. After all, what woman doesn't want to be her man's main focus in life? I want to be by her side and show her that she's the most important thing in my life and nothing else really matters."*

He may then

- Give up his hobbies or interests (except video games because he can still be in the same place as her when doing that) to spend more of his time hanging out with her.
- Stop seeing his friends, unless she's invited too.
- Put his goals and ambitions on the back burner (e.g. he might say, *"Maybe I'll get back to my ambitions someday, but right now, she comes first"*). If he doesn't have any goals and ambitions for the future, he may think to himself, *"I don't need anything more than her. She's the best thing that's ever happened to me. I want to focus on making her feel like a princess so that nothing will ever break us apart. She's all that matters to me now."*
- Get upset when she wants to go out with her friends without him, or pursue a hobby or interest without including him.
- Feel like he can't be happy and fulfilled in his life without her.

Yet, that's where he's wrong.

A woman hates to feel responsible for a man's emotional state in a relationship (e.g. he's only happy if she's being affectionate and making him feel loved), or to be his main reason for living.

A woman wants her man to be happy, confident and forward moving in his life with, or without her support or reassurance.

If she finds herself in a relationship with a needy guy, a woman will usually try to encourage him to be more independent of her.

For example: Telling him to go out with his friends more, take up a new hobby that doesn't involve her or stop texting or calling her so much when they are apart.

Yet, if he continues to cling to her by saying, *â€œWhy would I want to do that? Doing other things would just take time away from you and I don't ever want to do that. You are the most important thing in my lifeâ€* she will feel turned off and prepare to break up with him.

A final reason why a woman will break up with a guy because she felt smothered by him is if

6. He wasn't someone that she could look up to and respect, but he expected it of her anyway

[image: He wasn't the kind of man she could respect]

A woman might initially be attracted to a guy because she likes certain things about him (e.g. he's got a great sense of humor, he can make her laugh and smile even if she's in a bad mood, or he's a great conversationalist).

Based on her attraction for him, she will try to overlook some of the things about him she doesn't like (e.g. he's irresponsible, he breaks his promises to her, he's childish and immature, he depends on her to lead and make all the decisions).

She may even try to justify her reasons for being with him by saying to herself, *â€œIt's okay. He's a great guy and I'm sure that over time, he'll grow up and start taking his life and our relationship more seriously. I know that he's not perfect, but I'm willing to take a chance on him.â€*

She might even try to help him change and improve by saying things like, *â€œWhy don't you ask your boss what you need to do to get a promotion?â€* or *â€œI can't pay all the rent anymore. I have too many other expenses. Why don't you look for a job?â€* or *â€œI accept that you forgot to call me, but this is now the 10th time you've promised me something and then haven't kept your word. I don't like it when you do that.â€*

If he just ignores her hints and expects her to put up with it because she loves him, it will inevitably lead to her losing respect for him.

Here's the thing

When a woman grows up faster than her man (even if they are in their 20s, 30s or 40s) and starts wanting very different things (e.g. to settle down, for them to become more serious about their future together), her feelings for him will inevitably start to fade.

Then, rather than make excuses for his behavior like she did in the beginning, she will start thinking things like, *â€œWhy am I still with him? He's never going to change. I'm just wasting my time. I want a man who thinks, talks, feels, behaves and takes action like a real man. I don't want to be stuck with an emotionally childish and immature man that I can't rely on, look up to or*

respect. It's time for me to get out of this smothering relationship. I've had enough. I've wasted enough time on him. I need to get away from him and find a replacement man.

So, if you're serious about getting your girlfriend back, you have to show her (not tell her) that you have changed.

Let her feel and experience the changes when she interacts with you.

If you do that, she will naturally feel a renewed sense of respect and attraction for the new you.

As a result, her guard will come down and she won't be worried about you smothering her or being needy if she gives you another chance.

She will be able to see for herself that you are now a more emotionally independent, strong and mature man.

You have learned from your mistakes and are now able to make her feel the kind of respect and attraction that opens her back up to you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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What Does it Mean When Your Ex Girlfriend (Fiancée or Wife) Says That She's Afraid of Getting Hurt Again?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 4 common reasons why a woman will say that to her ex:

1. She used to love you way more than you loved her, so she's afraid that it will happen again

[image: She used to love you way more than you loved her]

In the case of a boyfriend/girlfriend relationship, a guy might sometimes hook up with a woman and get into a relationship with her, but be secretly thinking something like, *"This is fun, but I'm not really ready to get serious and settle down with her. I'll break up with her one day."*

In the meantime, she might be thinking, *"This guy is the greatest! I'm so in love with him. I can definitely see myself with him for life."*

While she's opening herself up to the idea of a serious commitment and possibly even thinking about moving in together, getting married and starting a family with him one day, the guy is thinking otherwise.

He might act like he is interested in that too, but deep down, he knows that he intends to break up with her one day.

Over time, she will begin to pick up on the fact that their feelings for each other aren't really equal.

She may then try to be on her best behavior, do nice things for him and make him feel loved and appreciated as much as possible, in the hope that it makes him feel the same way about her as she does about him.

Yet, if he doesn't change and she realizes that there's too much of a gap between her emotional involvement and his, she will decide to break up with him, or at least threaten to break up with him to see if he changes.

When it comes to long-term relationships (couples who have been together for 2 to 3 years, or are engaged or married), some of the things that can cause a woman to feel that she loves him way more than he loves her include:

- He takes her for granted.
- He's often mean to her, but nice to others.
- He's not affectionate enough.
- He has a wandering eye.
- He is emotionally closed off from her.
- He stops making her feel appreciated.
- He compares her to other women in a negative way.
- He doesn't give her enough emotional support because he just doesn't care that much about her to want to.
- He cheats on her.

- He treats her like an idiot.
- He doesn't put in much or any effort into the relationship anymore.
- He expects way too much of her, without giving much in return.

So, if a woman breaks up with her boyfriend, fianc  or husband because she loved him more than he loved her, she is naturally going to be afraid of the same thing happening again if she gives him another chance.

If he then tries to get her back, she might say something like, *   Sorry. I  m just too afraid of getting hurt again. It  s better if we leave things the way they are and move on.  *

Essentially, what she  s not saying is, *   You never loved me the way I wanted you to love me before, so what proof do I have that if I get back with you, the same thing won  t happen all over again? I  d have to be stupid to allow myself to get hurt like that once again. I  ve been regaining my confidence since the break up and I don  t want to fall back into feeling like I need your love to feel good about myself anymore. I  d probably be better off trying to get over you and finding myself another guy who will give me the love and commitment I really want and deserve.  *

So, if you want to convince your ex girlfriend, fianc  or wife to give you another chance after she loved you more than you loved her, it  s going to take a lot more than saying, *   I  m sorry. I promise to be more committed to you and the relationship this time,  * to convince her this time.

What should you do instead?

Simply focus on sparking her feelings of respect and attraction for you by making her smile, laugh and feel happy every time you interact with her (e.g. over the phone or face-to-face) from now on.

Stop trying to get her to commit to a relationship and just make her have feelings for you again.

By triggering some of her feelings, she lowers her guard and opens herself up to the idea of trusting you again.

However, just because her defenses come down, it doesn  t mean that she is 100% ready to get back together with you at that point.

For you to get that end result, she will first need to see that you  ve also made some changes to yourself since the break up.

For example: If a girlfriend broke up with her boyfriend because she wanted more from the relationship than he was willing to give (i.e. because he didn't really care about her), he needs to show her that he  s now more emotionally mature and serious about his future with her.

That doesn  t mean he has to rush a marriage proposal to get her back or declare his undying love for her and promise to treat her like a princess from now on.

Instead, he simply needs to show her (via his actions) that he now wants the same things that she does.

Another example is if a wife left her husband because he was too emotionally closed off from her.

To convince her to give him another chance, he needs to open himself up and let her into his heart.

Again, that doesn  t mean he should become an emotional wimp and continuously talk about his feelings all the time like a woman.

That's the biggest mistake a guy can make when trying to get his ex back  !

You have to remain calm, confident and in control when getting her back.

Another possible meaning to why your ex girlfriend, fiancée or wife says that she's afraid of getting hurt again is because

2. She's just being a drama queen and wants to see if you will fall for it

[image: She is creating fake drama to see if you fall for it]

Sometimes a woman might create some fake drama when she interacts with her ex, purely as a way of testing his confidence.

For example: Some of the ways she might do that is by

- Answering his calls or texts in a friendly way and then ignoring him for days or even weeks.
- Being happy and cheerful when talking to him on the phone and then suddenly bursting into tears and saying things like, *"I can't believe how badly you treated me,"* or *"How can you even think about asking me to give you another chance after the way you broke my heart?"*
- Agreeing to meet up with him and then canceling at the last minute by saying something like, *"I'm not ready to see you again. I'm still feeling too vulnerable."*
- Meeting up with him and crying and saying, *"I can't do this. I'm afraid of getting hurt again."*

Naturally, when a guy is experiencing that kind of erratic behavior, he might feel a bit confused and he may even get upset at her for being so indecisive and overly emotional.

He may ask, *"What do you want from me? How can I show you that I've changed and that things will be different between us this time? Just tell me what you want and I'll do it."*

Yet, what he doesn't understand is that she doesn't actually want him to take her drama so seriously and that she's only testing him to see how he will respond.

For example:

- Will he put up with her bad behavior because he's desperate to get her back?
- Will he lose control of his emotions and resort to begging, pleading and crying as a way of trying to convince her?
- Will he lose confidence in himself and in his value and attractiveness to her?
- Will he start treating her even nicer and being more patient with her, when she really wants him to just laugh at her for being such a little drama queen?

If he gets dragged into her fake drama, she will lose respect for him and close herself off to him even more.

However, if he doesn't fall victim to her unnecessary emotional drama, she will naturally begin to look up to him and respect him again.

As a result, she will then begin to feel sparks of attraction and love for him and will open herself back up to being with him.

So, the next time your ex girlfriend, fiancée or wife gets overly emotional with you and says,

“I’m afraid of getting hurt again,” just remember to see the funny side of how she is approaching it all, rather than getting sucked into the fake drama she is creating.

For example: You can laugh and say, *“You’re such a little drama queen, aren’t you? Oh, my feelings...you’re so sensitive. I don’t want to get hurt. Oh, no! poor little me!”* and then laugh at her and with her about it.

Initially, she might be a bit shocked that you’re not taking her drama seriously anymore, but even if she doesn’t show it, she will be feeling a tremendous amount of respect and sexual attraction for you for having the emotional courage to not get sucked into her fake drama.

She will then realize that you’re the confident, emotionally strong man she always wanted you to be and she won’t be able to stop herself from reconnecting with her original feelings of love for you.

When that happens, you can get her back easily.

Another possible meaning to why your ex girlfriend, fiancée or wife says that she’s afraid of getting hurt again is because

3. Her gut instinct is telling her that the relationship would just break up again soon anyway

[image: Her gut instinct is telling her that the relationship would just break up again soon anyway]

This is usually the case when a woman can see that her ex doesn’t even know what she really wants him to change.

Naturally, some guys might ask, *“So, why doesn’t she just come out and tell me exactly what she wants? I’ll do whatever she wants, so why does she have to play games with me? If there’s something about me she doesn’t like, why doesn’t she tell me what to do to change? I will change!”*

It would be nice if women spelled things out for men, but that’s not the role that women want to take on in a romantic relationship.

When in a romantic relationship, a woman does not want to be responsible for shaping a guy into the man that he needs to become.

She wants him to figure things out by himself and then take action like a real man, by making the necessary changes to his thinking and behavior along the way.

If she tells him how to attract her, it just won’t feel real to her.

It will feel as though he’s putting on an act and doing whatever she tells him like a good little puppet, even though deep down he may not want to change or be like that at all.

So, he might put on an act and then slowly change back to being how he was before.

Meanwhile, she will have wasted additional months or years being with him, which she will then regret.

That’s why women don’t want to come out and just tell you what to do.

A woman wants a man who understands how to be a man, wants to be a man and gets on with being a man.

She doesn't want a guy who thinks that being a man is too much work, is wrong or isn't something that he needs to do.

She also doesn't want a guy that expects her to lead him, carry him and encourage him along throughout life.

So, if a woman's ex fully understands what she wants him to change and then makes some improvements to his way of thinking, behavior and the way he interacts with her (without seeking her advice), she will be able to look up to him, respect him, feel attracted to him and love him as her man once again.

If he then asks her to get back together again, she will be open to the idea because she can see that he's at a different level now.

How can you show your ex that you're at a different level now and are a man that she can respect and look up to?

Here are some examples:

When you interact with your ex she might expect you to:

- Beg and plead and lose control of your emotions, but you instead remain confident, calm and in control no matter what she says and does.
- Be nervous and insecure around her, but you're emotionally strong, self-assured and relaxed.
- Be on your best behavior and put up with her tantrums or bad moods, but you don't get dragged into her fake drama and instead use humor to break through her defenses and make her lighten up.

She then drops her guard and feels more open and even happy to be interacting with you again.

She starts to feel that you've actually made an effort to become the man she always wanted you to be and the thought of getting back together again feels like something she really wants to do now.

However, be warned:

If you try to get her back without changing the things about you that turned her off in the first place, a woman will usually continue giving you excuses about why she doesn't want to be with you anymore.

A woman wants to see that her boyfriend/fiancé/husband understands her real reasons for breaking up with him and is already making changes because he wants to do it and not because she's telling him to do it.

Finally, another possible meaning as to why your ex girlfriend, fiancé or wife says that she's afraid of getting hurt again is because:

4. She now has feelings for another guy, so she doesn't want to say, "Yes" to getting back with you and then have to go through another break up with you

[image: She now has feelings for another guy, so she doesn't want to get back with you and then have

to go through another break up with you]

Sometimes a woman might have already met another guy and wants to see where things go with him, but doesn't know how, or if, she wants to tell her ex about it.

So, rather than agreeing to get back into a relationship with him and then have to go through all the negative emotions of breaking up again, she simply says, *I'm afraid of getting hurt again,* in the hopes that he will say something along the lines of, *How about I give you some space to think about things? Then, we can talk about getting back together again at a later stage.*

If he doesn't suggest giving her space, she will ask for it.

She will then use that time apart to get over him and move on with her new guy.

When her ex finally calls her after 30, 60 or even more days of not interacting with her, she can then say, *I'm sorry, but I can't get back with you now because I've met someone else now and I'm happy. Please accept that what we had is now truly over. You need to move on like I have.*

By getting him to give her some space and then secretly moving on, she gets to avoid having long, tiring discussions or arguments with him about her reasons for not wanting to get back together again.

Get Her Back, Before it's Too Late

Now that you understand why she could have said that she was afraid of getting hurt, it's time to take the next step.

The next step is to focus reawakening her feelings of respect and attraction for you whenever you interact with her.

When you bring her feelings back and build on them during an interaction, all of her excuses begin to stop and she starts looking forward to being with you again.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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My Ex Said That She's Sorry For Giving Me the Impression That She Wants to Get Back With Me

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

5 possible reasons why a woman will say that she's sorry for giving you the impression that she wants to get back with you are:

1. She thought you'd changed, but you haven't

In most relationships, a woman doesn't decide to break up with her guy until after she's given him at least one or two chances to change and improve.

She will usually start off by hinting at what is bothering her.

For example: If she feels her guy is too jealous, she might say things like, *"Don't worry."*

"You're my man and I don't want anyone else," or *"I love you and I wouldn't do anything to hurt you. You need to trust me."*

If he doesn't pick up on her hints, or simply just ignores by telling himself something like, *"I know she's annoyed with me now, but she loves me. She'll forgive me no matter what I do. She loves me,"* her hints will then begin to turn into arguments and fights.

Eventually, if she notices that no matter what she says to him, or how many fights and arguments they get into about the same thing, he always falls back to his old pattern of jealousy, she will begin to lose respect for him.

As a result, her feelings of love and attraction will begin to fade away, until she finally decides to break up with him.

Naturally, when a guy gets broken up with, his first instinct is to usually rush into saying and doing whatever he thinks will convince his ex to give him another chance.

Yet, in most cases, what he thinks is the right thing to do, turns out to be something that turns her off even further.

For example:

Classic mistake 1: Pouring his heart out to her in the hopes that it will make her overlook his flaws and give him another chance

[image: Pouring his heart out to his ex]

For example: A guy might say something like, *"I know I messed up pretty badly, but in my defense, I only behaved that way because I love you so much. I was being jealous because the thought of losing you was more than I could bear. No matter how much I tried to protect our relationship, I ended up losing you anyway. I messed up. Please forgive me. I can't imagine my life without you in it. You were my reason for being and without you nothing makes sense or feels right anymore. I promise that I will never let you down again. Please just give me one more chance."*

Yet, rather than feeling amazed by his declaration of love for her, she just feels turned off by how needy and dependent he is of her love.

She can sense that if she gives him another chance, he won't change and will continue on being the jealous guy that he was and still is.

Alternatively, he mightâ€¦

Classic mistake 2: Buying her flowers, a gift, or even go as far as proposing to her to show how much she means to him

Sending flowers to an ex after a break up is a pretty common mistake most guys make, but in extreme cases, a guy may even propose to his ex in a desperate attempt to make her change her mind.

Heâ€¦s secretly hoping that the thrill of getting married will overshadow all the negative things about him and the relationship that she didnâ€¦t like.

Yet, it doesn't.

She doesn't want to get married to a guy who is only proposing out of desperation.

She also doesn't feel impressed by flowers or a gift from a guy that she doesn't fully respect or feel attracted to.

He's doing it all backwards.

To get an ex back, you have to start by reactivating her feelings of respect, attraction and love for you.

Only when her feelings are back, will she actually appreciate a nice gesture like flowers or a gift.

Additionally, only when the relationship has been back together for a while and is happier than ever, will she then feel good about saying, "Yes" to a marriage proposal.

Classic mistake 3: Sending her emotional texts or e-mails

For example: A guy might text something along the lines of, *â€¦Iâ€¦ll do anything to make you change your mind. Please give me one more chance. I canâ€¦t handle being apart from you,â€¦ or â€¦Being without you is torture. I know I stuffed up, but please give me a chance to make it up to you. I promise never to behave the same way again. I know I said it before, but this time itâ€¦s 100% for real. Please, forgive me. Iâ€¦m begging you!â€¦*

Alternatively, he might text her something like, *"You mean the world to me. I just want you to know how special you are to me. You are the best woman I've ever met. I love you more than anything. All I think about is you. The love we shared was so strong. Don't you agree? I want you back. I need you. You are everything to me. Please just see that."*

Yet, that approach just doesnâ€¦t work in most cases because a woman will say to herself, *â€¦Heâ€¦s just being desperate because he's feel hurt and rejected after being dumped. He probably also doesnâ€¦t want to lose me because it would mean that he'd have to go out there and face up to finding a new woman. If I give in and give him another chance, I bet heâ€¦s going to go back to being the same guy he was before.â€¦*

Sometimes it does work though.

Sometimes, a woman still has feelings for her ex and thinks, *"Maybe he is different now. Maybe I should give him another chanceâ€¦"* and she then drops her guard (e.g. by sending him a sweet or friendly response to show her interest, or agreeing to meet up with him in person).

A guy might then assume that if sheâ€¦s open to seeing him again, it must mean that she wants to

get back together again and he then gets excited.

He starts imagining them getting back together and everything being happy and loving again.

He gets his hopes up and can't wait to see her.

Yet, if she meets up with him and she realizes that he hasn't changed (e.g. he appears jealous when she talks about how happy she is without him, he becomes insecure and self-doubting), she will close herself off from him and do her best to move on as quickly as possible.

If he then calls her up and asks, *What's going on? Why are you ignoring me? I thought we were working things out between us,* she will say something like, *As far as I was concerned, it was just a meet up to say hi as friends. I'm sorry for giving you the impression that I want to get back with you. It's over between us. Please accept that and move on.*

The guy is then devastated and can't understand why she didn't give him another chance.

Here's the thing though!

If you want your ex to get back with you, the first step is to make some changes to yourself to attract her in the ways that are important to her.

For example:

- You're less insecure and self-doubting now, which means you don't feel the need to get jealous or control her anymore.
- You're more emotionally independent, which means that you don't need her to be gentle and nice with you to feel okay about yourself.
- You're more emotionally mature now, which means that you aren't seeking her pity or letting her walk all over you like she used to.

When she experiences those kind of changes in you, she naturally drops her guard and opens up to being with you romantically and sexually.

Where a lot of guys go wrong is thinking that because the things he has already tried (e.g. pouring his heart out, sending flowers, proposing) didn't convince her to give him another chance, then nothing else will.

Yet, that's just not true.

When your ex can see for herself that you really have changed this time, her feelings for you will also begin to change.

Even if she tries to deny it to your face, she won't be able to stop herself from feeling rushes of respect and attraction for you for being man enough to change and improve so quickly.

Another reason why your ex might have said that she's sorry for giving you the impression that she wants to get back with you is that!

2. She was thinking of getting back with you, but met a new guy who made her feel more respect and attraction than you

[image: She met a new guy who made her feel more attraction than you do]

Some women can't cope with the emotions of a break up and don't like the idea of being

single for very long.

A woman like that might think to herself, *â€œI miss him and I hate being alone. Maybe my expectations were too high. Maybe if I give him another chance, things would be different this time.â€*

If her ex then tries to get her back (e.g. calls her on the phone, asks for another chance, promises to change), rather than make it clear to him that sheâ€™s not interested, she might let him believe that sheâ€™s open to giving the relationship another chance to see how she feels (e.g. does she stop feeling lonely and stop missing him).

This may go on for weeks, especially if the guy is trying to get her back via text, or if heâ€™s still making the same old mistakes that turned her off in the first place.

He might think that she will remain faithful to him and give him another chance, but if another man comes along and makes her feel more respect and attraction for him, she will almost certainly open up to that.

For example: The new guy makes her feel attracted in ways that her ex canâ€™t because heâ€™s more emotionally masculine and makes her feel feminine in his presence, he is more goal oriented and focused in his life or he is more emotionally dominant and takes the lead in the relationship.

All of a sudden, she will pull away from her ex and focus her attention on the new guy instead.

If her ex then says something along the lines of, *â€œHey, whatâ€™s going on? Why are you being so cold and distant all of a sudden? I thought we were making progress towards getting back together again,â€* she will then say something like, *â€œIâ€™m sorry for giving you the impression that I want to get back with you. Please just leave me alone.â€*

Her ex is then left feeling confused and probably even a bit annoyed at her for giving him mixed messages.

So, if your ex gave you the impression that she wanted to get back with you and then suddenly changed her tune, she may have met a new guy recently who is giving her the kind of attraction experience she wants (e.g. heâ€™s more confident and emotionally masculine).

Yet, that doesnâ€™t mean that the new man is perfect and that you canâ€™t get her back.

In fact, when you make some attractive adjustments to the way you think, act and behave around her, you will be ready to properly re-attract her.

Giving her the kind of attraction experience that she really wants is the best way to get her to start paying attention to you and missing what you and her had.

Donâ€™t try to get her back by offering her what you want to give, when itâ€™s not what she actually wants.

For example: She might want you to be more confident, make her feel feminine and girly when sheâ€™s in your presence and not put up with her bad treatment of you.

Yet, you might want to send her flowers, be extra nice and sweet to her and let her have even more power over you.

Thatâ€™s not going to work.

You have to give her the kind of attraction experience that she really wants.

Additionally, if you are able to attract her in ways that her new guy canâ€™t (e.g. You make her laugh, whereas heâ€™s too serious. You get on well with her friends and family, but he doesnâ€™t).

You take her dreams and ambitions more seriously than he does), she will begin doubting her decision to break up with you.

She will then start to look at you in a positive light and realize that you probably are the right guy for her after all.

When that happens, she will open back up to you and help you to get a=the relationship back together with her.

Another reason why your ex might have said that sheâ□□s sorry for giving you the impression that she wants to get back with you is thatâ□|

3. She wanted to take things slow, but you put too much pressure on her to commit

[image: Please just give me another chance]

Sometimes, a woman might feel unsure about whether she wants to get back with her ex or not, so she will say to herself, *â□□Okay, Iâ□□ll just take things slowly with him and see if things are different this time.â□□*

She wants to see if her ex has changed and improved of the things that turned her off in the relationship (e.g. he has stopped being so jealous and controlling, he has become more focused and emotionally mature, or he has become more emotionally independent).

If he makes changes that are important to her, she will then be happy to get back with him and give the relationship another chance.

However, if she notices that nothing is changing, she will stick to her decision to be broken up and just focus on moving on.

Sometimes, a guy will be so eager to get his ex woman back that he begins to pressure her into committing to a relationship, even though he hasnâ□□t made real changes to himself and allowed her to feel attracted to that.

For example: When a guy interacts with his ex, rather than simply making her laugh, smile and feel happy to be talking to him, so she then naturally drops her guard and opens up to him, he turns her off by constantly wanting to discuss the relationship and work things out between them.

He might say things like, *â□□I messed up before, but I want you to know that Iâ□□m really sorry for what happened. I promise that when we get back together again, things will be so much better between us. Just tell me what I should do, so I donâ□□t repeat the same mistakes as before. I promise to do anything you want. I will do whatever it takes to make you happy and make you love me again. So, the sooner you tell me what to do, the quicker we can get back together again and be a happy couple again.â□□*

Yet, thatâ□□s not what a woman wants to hear.

In fact, rather than make her think, *â□□This is great! I feel so good about getting back with him because heâ□□s willing to do anything I say to make me happy. I've got myself a slave! I can now control him!â□□* it actually turns her off even more. Why?

Firstly, a woman doesnâ□□t want to be pressured into a relationship with a guy on the basis of his

promises to change.

Secondly, if a woman has to tell a guy what to do to make her feel attracted, it makes her feel like she has made a mistake getting into a relationship with him because he doesn't even yet know how to be a man.

As a result, she begins to feel attracted to men who don't need her to explain to them how to act, think and behave like a real man.

Then, her ex starts to look like a confused guy who still hasn't fully grown up and become a man. If she had been giving him signs that she might be interested in getting back together, she suddenly stops doing so.

She then says something like, *â€œIâ€™m sorry for giving you the impression that I want to get back with you. It's over. I thought I made that clear. Please just accept it and leave me alone now.â€*

That's a horrible situation for a guy to be in.

So, to avoid that, what you need to do is stop trying to get her back into a relationship right away and focus instead on having fun together.

The more you make her laugh, smile and feel good to be around you again, the more she will be able to relax and reconnect with her feelings of respect, attraction and love for you.

Then, getting back together will happen naturally, because it's feels good for both of you.

On the other hand, if you put too much pressure on her to tell you what to do to get her back, she will just pull away from you even more.

Another reason why your ex might have said that she's sorry for giving you the impression that she wants to get back with you isâ€

4. She was only trying to be nice to let you down slowly, but you saw it as a sign that she wanted a relationship

Sometimes, a woman is just a really nice person and doesn't want to leave her ex feeling heartbroken and unable to move on after the relationship.

So, rather than make a clean break from him where she totally ignores him and refuses to have any contact with him whatsoever, she will try to let him down slowly by staying in touch and being nice, sweet and friendly towards him.

In her eyes, she's just being a decent, caring person and is doing her best to make sure that he feels good about himself and remains confident enough to move on with another woman.

Of course, most guys don't recognize that when it's happening.

Additionally, it's totally understandable that a guy who still cares for his ex and wants her back, might mistake her good intentions as meaning that she clearly wants him back.

So, when a woman realizes that she's accidentally been leading him on and giving him the wrong idea, she may then say to him, *â€œIâ€™m sorry for giving you the impression that I want to get back with you. It's over. I'm not interested in giving it another chance.â€*

It sucks to hear that, right?

Don't worry.

You can change her mind.

Even if your ex was only being nice to you to let you down slowly and isn't currently interested in getting back together again, you can change how she feels and make her want you back.

When you reactivate her feelings of respect and attraction for you (e.g. by making her smile and laugh when you interact with her, showing her that you've moved past the level you were at before, making her feel feminine and girly in your presence) she won't be able to stop herself from feeling drawn to you again.

Best of all, it happens naturally and automatically without you having to try to convince her of anything.

She feels attracted to you and drawn to you and naturally wants to give you another chance.

A final reason why your ex might have said that she's sorry for giving you the impression that she wants to get back with you is that

5. She was leading you on until she was ready to move on

[image: She was leading you on until she was ready to move on]

In some cases, a woman is simply the kind of person who only cares about her own feelings.

She may think to herself, *"I'll keep him around thinking he has a chance and move on before he does. That way, he is the one who is hurt and left behind, not me."*

She might then string him along for a while, until she has fully moved on and is ready to say, *"Sorry, I didn't mean to give you the impression that I wanted you back. I was just being friendly. I wish you all the best with your future. Goodbye."*

A guy is then left devastated and the way she treated him might scar him for life, or for many years to come.

He may develop a fear of relationships and not only avoid trying to get his ex back, but avoid getting into relationships with other women as well.

Don't put yourself through that unnecessary pain.

If your ex has hurt you by breaking up with you and leading you on, you can get her back, as you will have discovered if you've watched any of the videos on this page.

For now, let's have a look at some of the ways that a woman may lead her ex on after a break up:

- She likes his posts on social media.
- She calls him on the phone to talk for hours.
- She meets up with him every time he asks.
- She hugs and sometimes even gives him a kiss when she sees him.
- She says things like, *"I miss you,"* or *"Life doesn't feel the same without you."*
- She turns to him for help when she has a problem.

Naturally, when an ex woman is behaving in that way, a guy might think to himself, *"This is*

great! She clearly still has feelings for me. By the look of things, we should be back together again soon. I've just got to be patient and she will be mine once again.

Then, when he works up the courage to say, *"So, does this mean that you want to start over and be in a relationship again?"* she will then say something, *"I'm sorry for giving you the impression that I want to get back with you. You need to forget about us as a couple. That is over."*

It's very confusing for a guy to be lead on like that by a woman.

In many cases, he might then lose control of his emotions and start seeking pity, becoming upset or trying harder to suck up to her to get another chance.

Yet, doing those things just turns her off even more.

So, don't let yourself get caught up in a situation like that.

Instead, simply take charge of the ex back process by using every interaction you have with her from now on as an opportunity to re-spark her feelings for you.

The more you make her feel respect, attraction and love for you, the less she will be able to stick to her decision to lead you on until someone better comes along.

She will begin to want you back for real and you can then gently guide her back into a relationship that is better than ever before.

Believe in yourself.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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3 Stories of Ex Girlfriends Coming Back to Their Boyfriend

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

A lot of men believe that once a woman breaks up with a guy, there's nothing he can do to get her back.

Fortunately, that's just not true because every day, all across the world, millions of women come back to their man.

To help you understand how it happens and why, here are 3 stories of ex girlfriends coming back to their boyfriend.

1. After one break up

Our first story is about a girl who met a guy and felt an initial spark of attraction for him.

For example:

- He used humor to make her laugh and feel happy when she was in his company.
- He was a loving, attentive and made her feel special.
- He put an effort into getting to know her, making her feel good and getting along with each other really well.

They then began a relationship together as boyfriend and girlfriend.

In the beginning, it was fun because it was a new relationship and they were kissing, having sex and getting to know each other.

Yet, over time, she began to notice that rather than building on her feelings for him (by continuing to display the kind of behavior that she found attractive), he started behaving in unattractive ways, which then caused her feelings for him to erode.

[image: He changed and started turning her off]

For example:

• He was initially loving and attentive, but gradually fell into the habit of taking her for granted and beginning to care way more about himself than her.

• She began to notice that he was only confident about his sense of humor if she laughed along with him. If she didn't support his jokes, he became insecure, upset or even angry at her.

• He was so nice to her all the time that he became predictable, so the relationship began to feel boring (i.e. no matter how badly she treated him, he was always being really nice to her and treating her like a princess).

• She started to feel more like a neutral friend than a desirable woman around him because he stopped trying to make her feel attracted to him and started treating her like one of his buddies.

Naturally, she then started to ask herself, *Is this something that I want to put up with for life, or is it a deal breaker? Is it possible for him to change, or is he more likely to remain stuck behaving in those ways and maybe even get worse?*

To get him to notice that she was unhappy with his approach, she may have then started to say like,

â€œThis isnâ€™t working out. Iâ€™m just not sure if we should keep trying, or just give up. It's not like it used to be. I'm not happy anymore.â€

She was hoping that he would realize that the relationship was beginning to fall apart and then do something to re-attract her, before it was too late.

Yet, he didn't.

Unfortunately, he reacted like a lot of guys do in a situation like that and he assumed she was being dramatic, or that she was just going through a phase.

He may have then thought to himself, *â€œOh, here we go again. I know that she doesn't really mean it. She's threatened to leave me a few times before and never does. It's just her way of getting attention. I know she really loves me and wouldn't actually break up with me. I'll just keep doing what I'm doing and she will stop complaining and start being a good girlfriend to me again.â€*

In the meantime, the woman was thinking something along the lines of, *â€œDoes he think that it's the 1800s where women were forced to stick with a man for life no matter what because of pressure from society? The world doesn't work that way anymore. I can leave him if I want to. There are plenty of other guys out there who can give me what I want. I don't have to stick around and be miserable with him.â€*

Naturally, when she broke up with him, he was shocked and he may even have thought to himself, *â€œI can't believe this is happening! I love her so much. How could she do this to me? It's over forever. I've lost her and can't get her back.â€*

After the initial shock of being dumped wore off, he then realized that a break up doesn't mean that he can't ever get her back.

So, rather than wallow in his unhappiness, or try to get her back in all the wrong ways (e.g. beg and plead with her, ask her to tell him what he did wrong so that he can change, pour his heart out to her and tell her that he's lost without her), he instead focused on discovering her real reasons for breaking up with him.

He asked himself questions likeâ€

- Did I make her feel loved and appreciated, or did I take her for granted?
- Did I believe in my value to her as a man, or did I feel like she was too good for me and then start acting insecure, needy and clingy?
- Did I make her feel like a beautiful, desirable woman, or did I treat her more like one of my male friends or a roommate?
- Was she able to depend on me as her man, or did she feel like she had to be the emotionally stronger one in the relationship?
- Did I take the lead in the relationship and focus on building her feelings of respect, attraction and love for me, or did I sit back and assume the love would take care of itself?
- Was our relationship fun and exciting, or did it become too boring and predictable?

By asking himself those questions, the guy finally started to understand his ex girlfriend's real, secret reasons for breaking up with him.

Confronted by the truth, he decided that he wanted her back, that he could change and he then quickly took definite steps to make some attractive changes to his way of thinking and behavior.

Within a few days he got his ex on a phone call.

On the call, he maintained his confidence with her (even though she initially tried to put him off by being cold and unfriendly) and focused on making her laugh, smile and feel good to be talking to him again.

She then began to wonder, *â€œWhat is going on here? Heâ€™s so different from the way he was before. I feel so drawn to him again.â€*

When he asked her to meet up with him to say hello as friends, she jumped at the chance and said, *â€œYesâ€* because she was feeling attracted to him and didn't want to miss out on the opportunity to experience more of that in person.

At the meet up, he continued to re-attract her by behaving in some of the ways that she always wanted from him but didn't get (e.g. heâ€™s now confident and self-assured, heâ€™s a good guy but he doesn't let her dominate him emotionally, he flirts with her to create sexual tension and makes her feel like a desirable woman around him).

She could see that he really had changed and was now the man she always wanted him to be.

As a result, she naturally began to feel more respect and attraction for him.

He then asked her to get back together again and she agreed.

Hereâ€™s another story of an ex girlfriend coming back to her boyfriend, but this timeâ€¦

2. After two break ups

[image: Getting back together after two break ups]

Our second story is about a couple who have broken up twice before, because the guy failed to realize that he was making the same mistakes again the second time around.

So, after their first break up the guy pleaded with his ex to give him another chance by saying things like, *â€œI give you my word that this time will be different,â€* and *â€œI promise Iâ€™ll change and be more of the man you want me to be,â€* as a way of convincing her.

She then thought to herself, *â€œOkay. Iâ€™ll give him one more chance,â€* but after a few days, she realized that nothing had really changed about him and he was still stuck at the same level he was at before, so she broke up with him again.

To get her back the second time, the guy realized that he had to do things differently.

This time, rather than beg and plead and make promises to change if she gave him another chance, he instead quickly made some attractive changes himself (e.g. He stopped being insecure about his value to her, which in turn made him feel less jealous and controlling. He understood that he needed to stop taking her tantrums so seriously and instead, needed to start using humor to get her out of her bad moods).

He also knew that he needed to get her to forgive him for his past mistakes first, before the relationship could move forward with a clean slate.

So, the next time he spoke to her on the phone (because he knew that apologizing to a woman via text almost never works) he said, *â€œIâ€™m really sorry about what happened between us. I now see that I broke my word to you after Iâ€™d promised to change the first time we split up. That was immature of me and it was wrong. I now totally understand why you needed to break up with me*

again and I don't blame you for it. If the situation was reversed and you did to me what I did to you, I probably would've done the same thing. It was a big reality check for me, but the positive thing about it is that it allowed me see things about myself that I needed to improve. I accept that you might not be able to believe me right away, but I just want you to know that I'm not that kind of guy anymore. Right now, you're likely thinking that I'm just saying this to get you back, but I'm not. Sure, I'd like us to get back together again, but I'm not asking you for that. Instead, I'm asking you to forgive me for who I was before. Can you do that?'

By saying that to her, he was showing her that he really had changed and was now at a different level than he was before.

She then dropped her guard and allowed herself to forgive him.

When she forgave him, it broke down her walls and she stopped thinking about him in such a negative way and she became more open to him.

She saw the difference between the old version of him and the new version of him and realized that it would be immature and unnecessary to hold a grudge against him for who he used to be.

As a result, she started to look forward to seeing him in person again.

When they met up in person again, he continued to trigger her feelings of respect and attraction for him by saying and doing the kind of the things that are naturally attractive to women (e.g. being confident and charismatic, making her laugh and smile, being emotionally masculine).

She realized that he really was a new and improved man and decided that she didn't want to lose him now that he was finally giving her the kind of attraction experience she always wanted from him.

Then, it was only natural that they got back together again.

Our final story of an ex girlfriend coming back to her boyfriend is what happened!

3. After three or more break ups

[image: Getting back together after three or more break ups]

The guy made promises to change and the woman gave him several more chances, only to then discover that he was still the same guy as before, so she broke up with him again and again.

She realized that even though she cared for him deeply, her expectations of the relationship weren't being fulfilled and she could no longer see herself in his future.

So, to get her back, he decided to give her a week of space to allow for things to cool down between them.

He knew that ignoring her for anything longer than 7 days was a waste of time because when a woman has lost respect, attraction and love for a guy, she won't really care that she's not hearing from him.

Instead, she will simply use the time apart to move on and then when he finally calls her up she'll say something like, *'I'm sorry, but you've been gone for too long. I've met someone else now.'*

So, he gave her a week of space and in that time, he focused on making some attractive changes to himself before contacting her again.

For example: A reason why she broke with him was that he made her feel as though she had to take care of him emotionally.

She felt as though he was too needy and dependent on her, so he used the time apart to become more emotionally independent.

For instance, some of the ways he did that wasâ€¦

- He decided to stop being such a loner and made contact with some of his old friends.
- He made some new friends by attending group activities in his city or town (e.g. group exercise, salsa dancing, hiking, martial arts).
- He began working towards achieving his big goals, dreams and ambitions in life.
- He learned more about what it means to be a man in a relationship with a woman.

After a week, he contacted her, apologized for his previous behavior and got her to forgive him by explaining that the mature way to handle a break up is to forgive each other, rather than holding onto grudges and feeling bitter and negative about relationships in general.

He then got her to agree to meet up with him for a quick catch up.

At the meet up, he actively sparked her feelings of respect and attraction for him by being confident and charming and making her laugh and smile, even though she was trying to make him feel nervous and unsure of himself by being cold and distant.

He also let her experience the changes he made to himself since the break up, by casually bringing it up in conversation.

She then realized that he really had changed this time and was now the kind of man she could see herself being with in the long term, so they got back together again.

Do You Feel Like Your Ex Back Situation is Worse or More Difficult Than Everyone Elseâ€™s?

If yes, don't worry â€¦ most guys feel that way initially.

To you, it seems as though it's going to be very difficult to get her back based on what she said to you when breaking up with you and how she has behaved since.

It can seem like others might have it easy, but you have it really hard when it comes to her.

That's just not true.

Every ex back case is complicated and unique in it's own way, but thankfully, the solution is the same.

If you want to get her back, you absolutely must get her to experience strong feelings for you again when you interact with her.

When you do that, she naturally opens back up to you and wants to give you another chance because it feels like a good thing to do for herself.

Not every guy realizes that though.

Many guys trick themselves into thinking that their case is unfixable and as a result, he loses his girlfriend and never gets her back.

For example: A guy might think something like, *“Maybe some couples do get back together again after a break up, or even multiple break ups, but me and my ex are different. Our problems are too serious/ unfixable compared to other guys”. It just won’t be that easy for me to get her back. She’s not like other women.*”

Pretty much every guy that I’ve helped to get an ex woman back has said that last line.

Even my friends that I’ve helped to get a girlfriend or wife back said the same thing about their woman when I began to help them.

“She’s different. She’s not like other women.”

Yes, she is different.

Every woman is.

Yet, she responds to the same feelings other women (i.e. respect, attraction and love).

Regardless of how complicated a break up might seem, the fundamentals always remain the same.

What are those fundamentals?

- Does she respect him?
- Does she feel attracted to him?
- Are those two emotions in place so she can then love him and confidently give him another chance?

That is what matters in every case that I’ve ever worked on.

If a woman can feel respect for you, she can then feel attracted to you.

With those two emotions in place, she can then love you and as a result, want to be in a relationship with you.

So, if your ex girlfriend has been saying, *“It’s over between us. I just don’t have feelings for you anymore,”* or *“I’ve given you enough chances. This time I’m not going to be persuaded by anything you say,”* it simply means that the way you are talking to her and interacting with her now isn’t making her feel enough respect and attraction for you.

When you make some attractive adjustments to the way that you are talking to her, she starts to drop her guard a little.

If you also change the way you react when she’s being cold, distant or telling you to leave her alone (e.g. by maintaining your confidence and using humor to break down her defenses, rather than getting upset or insecure), she won’t be able to stop herself from feeling respect for you.

When you get her respect back, everything changes.

She begins to feel attracted to you and drawn to you again.

Then, rather than try to avoid you (e.g. by ignoring your texts, not answering calls, refusing to meet up with you) she now wants to interact with you more and more.

When you get her back, your relationship will also become one of the millions of daily stories of ex girlfriends coming back to their boyfriend.

Other guys do it and you can too.

If you don’t want to lose your girlfriend, make a decision now that you’re not going to give up on her.

You're going to do whatever it takes to get her back.

Thankfully, it's very easy to do.

I know, I know!|

You might be thinking, *"My ex is different. She's not like other women."*

I know.

Yet, she responds and reacts to the same fundamental emotions as other women.

You can make her want you again.

You can get her back.

It's within your control.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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She Said That She's Made Her Mind Up and Never Wants Me Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Don't worry.

She has only made up her mind based on how she currently feels about you, which you can change. Right now, she feels turned off by the mistakes you made in the relationship (e.g. you became too insecure, took her for granted, were mean to her and nice to other people, she felt like you were dragging her down) and the unattractive approach you have used to get her back so far (e.g. begging and pleading, getting angry or upset with her, promising to do anything she wants if she gives you another chance).

So, it might feel like it's going to be impossible to change her mind.

It's not.

You can change how she feels about you by following these steps:

1. Understand what kind of attraction experience she really wants with a man

[image: Understand what kind of attraction experience she really wants from a man]

Each woman requires a different attraction experience than other women.

For example: Some women prefer a very confident guy who always takes the lead, other women prefer a confident guy who takes the lead while also letting her take the lead at times and some women like a shy guy who lets her boss him around.

Each woman is different.

Do you know what kind of attraction experience your ex really wanted from you?

Were you giving her that experience?

If not, don't worry â you can reawaken her feelings for you by interacting with her and letting her see that the attraction experience she seeks is now available with you.

For example: If a woman broke up with a guy because she felt like he was dragging her down (e.g. he was too negative as a person and kept whining about life) to get her respect and attraction back, he has to show her that he is now more positive and optimistic about life.

When she experiences the new positive, easy-going man that he has become, she will naturally start to feel differently about him.

She will stop feeling stressed out by his negative approach to life and she will start to enjoy being around him.

Of course, just making that one change won't automatically get her back, but it will bring her guard down and allow him to then start re-attracting her in other ways.

When he does that, she will then begin to open up to giving him another chance so she can explore

her new, more interesting and appealing feelings for him.

Another example is where a woman broke up with a guy because he made her feel as though she had to take care of him emotionally.

For example: He was too emotionally sensitive regularly needed her reassure him of her love and commitment to him, otherwise he'd become clingy, controlling or upset.

He was also hiding from rising through the levels of his true potential as a man by spending most or all of his spare time with her.

He was afraid of failing or being rejected if he tried to achieve his big goals, dreams and ambitions, so he just used her as an excuse to waste his time away doing nothing and just hanging out with her.

As result, she felt turned off by his emotional sensitivity and by his fear of becoming a bigger and better man.

To make her change her mind and become open to giving him another chance, he needs to show her that he's a much more emotionally independent man now.

He also has a clear purpose in life and has set goals for himself that he's fearlessly working towards achieving.

He has hobbies, friends and interests and is living a happy, enjoyable life without her.

He wants her back, but he doesn't need her back to take care of him and give him a reason for living.

That is what counts to her.

When she can see for herself that he would be totally fine without her, she can drop her guard and start to feel some respect and attraction for the new version of him.

How about you?

What are the kinds of things that turned your woman off and lead to the break up?

What do you need to change to let her see that not only are you different now, but that she feels differently when she interacts with you?

When your ex can see that you've understood the kind of attraction she really wants from you and are now able to provide that to her, she won't be able to stop herself from opening back up to you.

She may start thinking things like, "I know that I said I made up my mind and never want him back, but I was saying that about the old version of him. This new version of him is actually very attractive to me now. If he'd been like this all along, we would never have broken up in the first place. Maybe it's not too late to make things work between us after all. I can see us working now. I feel something for him again. I don't want to miss out on this opportunity."

She then naturally changes her mind because getting back together doesn't feel like it's the wrong thing for her to do anymore.

She wants it to happen, rather than feeling like you are trying to force her into it against her will.

That's the key.

If you are trying hard to convince her to change her mind, she will remain closed off to you and see your efforts as desperate and selfish.

Yet, when you reawaken her feelings for you and let her see that you can now give her the kind of

attraction experience she really wants, then things change.

You don't have to waste time and energy trying to convince her to change her mind, because she does it by herself.

She wants to give you another chance for her own reasons (e.g. she wants to explore her new feelings for you, it doesn't feel like it's over between you and her anymore, she wants to be around you).

2. Prepare yourself to attract her in new ways when you next interact

Understanding what caused her to stop feeling attracted to you is a good start, but just understanding it won't get her back.

You have to prepare yourself to attract her in new ways, so she can experience new feelings for you.

Most guys aren't aware of that, so they end up ruining their chances with an ex girl by making one or more of the following mistakesâ€¦!

Mistake 1: Trying to make her change her mind via endless texts, e-mails and letters

When a woman is refusing to see her ex or talk to him over the phone, he might feel that the only way to get through to her is via text, e-mail or by sending her a long letter.

Heâ€¦s hoping that if he can make her listen to his point of view (e.g. he loves her, he knows that things can be different if she gives him a chance, he just made some mistakes and she should understand that and open back up to him to see for herself), she wonâ€¦t stay closed off to him anymore.

Yet, hereâ€¦s the thingâ€¦!

When a woman canâ€¦t see a guy and experience the new version of him in person, sheâ€¦ll usually just assume that heâ€¦s still exactly the same guy she broke up with.

So, when he texts her or sends her an e-mail or letter, itâ€¦s unlikely that she will give him the benefit of the doubt and say to herself, â€œHmmmâ€¦he really sounds like he is truly sorry for what happened between us. Iâ€¦m going to take his word for it that heâ€¦s changed. I believe him! Iâ€¦m going to giving him another chance!â€¦

Instead, sheâ€¦ll just assume that heâ€¦s the same guy she broke up with and feel even more turned off by him for not being man enough to talk to her on the phone or in person.

So, if you want your ex to change her mind, make sure you only text or e-mail her as a way of getting her on a phone call with you, so that you can re-spark her feelings for you for real.

Hiding behind texts because it feels easier to you isn't a smart move.

Women get turned off so easily by texts from an ex (e.g. because a text can come across as insecure, desperate or needy).

Women can also play hard to get and not reply to texts just to see how their ex will react.

If he gets upset, seems to lose confidence or starts sucking up to her, she then feels turned off by his desperation and insecurity.

This is why it's always best to just get her on a phone call and meet up with her in person.

Another mistake that guys make isâ€¦|

Mistake 2: Pouring his heart out to her and explaining how she is the only one for him

He might say things like, *â€œYouâ€™re the only woman for me. Without you Iâ€™m lost. Canâ€™t you see that everything Iâ€™ve ever done was for you and me? Yes, I stuffed up before, but that doesnâ€™t mean I donâ€™t love you and that I wonâ€™t do whatever you want me to do to make you happy from now on. Please donâ€™t throw our love away. Youâ€™re my one and only true love. Don't you remember what you used to say to me about growing old together? You told me you loved me more than any other guy. I love you more than any other woman I've ever met. You are the one for me. Please don't walk away from what we have. Please think about this. I love you.â€*

Yet, when a woman has disconnected herself from her feelings of love, respect and attraction for a man (e.g. because she broke up with him for being too insecure, taking her for granted or not being able to give her the kind of attraction experience she wanted), him pouring his heart out to her just wonâ€™t matter to her.

Instead, sheâ€™ll just think something like, *â€œI might be the one for you, but youâ€™re definitely not the one for me. You don't understand me and what I really want. Goodbye!â€*

She then closes herself off even more and it becomes more difficult for him to get through to her.

If he keeps using the same approach and she can see that he doesnâ€™t even understand what she really wants, a woman will usually then block his number, delete him or block him from social media and try to move on without him as quickly as she can.

So, if you want to get your ex back, don't make the mistake of talking to her about your feelings all the time and telling her how much she means to you and what you'd do if she gave you another chance.

Instead, focus on changing how she feels (i.e. make her experience new feelings of attraction for you, get her to reconnect with her original feelings for you, make her want you), rather than on how you feel about her.

It's fine to tell her that you love her, but only if you are making her feel sparks of love for you.

If the feelings aren't mutual, she just isn't going to care about your feelings for her.

Another classic mistake that guys make isâ€¦|

Mistake 3: Trying to get her to remember the good times

When a woman is saying things like, *â€œLeave me alone. Iâ€™ve made up my mind and I never want you back,â€* a guy might start bringing up all the good times they shared in the past as a way to hopefully get her to change her mind.

Yet, rather than make a woman change her mind, highlighting to her how good things used to be only reminds her of how bad things became in the end.

The secret is to focus on making her feel sparks of respect, attraction and love for the new you, rather than trying to get her back based on what she used to feel for you.

Mistake 4: Pleading with her to stop being so closed off and just give him a chance

When a woman breaks up with a guy, she will usually choose to disconnect herself from him as quickly as possible, so she can get over the pain of the break up and move on.

A guy might then try to make her change her mind by saying things like, *“Why are you doing this to me? Why are you being so stubborn and closed off? How can I make things right if you won’t even give me a chance? Please baby! I don’t shut me out like this. I need you. Please!”*

Yet, it just doesn’t work because nothing about that approach makes her feel sparks of respect, attraction and love.

In her mind, he is just being selfish and wanting her to change his mind so he can feel better about himself.

He’s not doing anything to respark her feelings for him.

As a result, she will just say something like, *“Sorry. I’ve made up my mind and I never want you back.”*

He might then spend the next few months or years missing her and feeling hurt by how she dumped him and moved on so easily.

In many cases, a guy won’t ever realize his mistake and how he could have gotten her back if he used a different approach that was focused on making her feel attracted again.

Instead, a guy will often become depressed, insecure and emotionally guarded from the pain he experienced after being dumped by her.

Don’t put yourself through that.

There is an easier way to get a woman back and it’s about making her have feelings for you again.

Once you do that (and it’s easy), she naturally changes her mind and opens back up to you, without the need for you to beg, plead and try to convince her.

Another mistake that guys make is

Mistake 5: Promising that he will change

Promising to change isn’t as powerful as understand what she needs you to change, changing and then letting her experience the changes.

In other words, actions speak louder than words.

It’s easy to say, *“I will change, I promise!”*

A woman knows that a promise from her guy is not the same as him actually following through and doing it.

For example: In many of the ex back cases that I’ve worked on over the years, a couple will have had several near break ups before the final break up took place.

A woman will likely have said something to the effect of, *“I’m tired of this. If you don’t change I’m going to leave you,”* and the guy will usually have responded by promising her that he will change.

Then, if he didn’t change or only briefly changed and then went back to his old way of thinking and behaving, she breaks up with him for real.

If he then tries to get her back by promising to change, she is less likely to believe him and give him yet another chance.

She then says something like, *"I've made up my mind and I never want you back"* and at that point, a guy starts looking for help.

Maybe something similar happened to you, right?

You're here now and I can help you.

If you want your ex to change her mind, you must start changing the things that turned her off when you were together.

Then, when you interact with her again, you will be ready to give her the kind of attraction experience she always wanted from you, but never seemed to get.

Remember: Actions speak louder than words.

You need to show her (not tell her) that you're now at a different level from when she broke up with you.

With that in mind, let's move onto the next tip!

3. Interact with her to allow her to experience the new and improved you

[image: Interact with her and allow her to experience the new and improved you]

Sometimes, when a woman says, *"I've made up my mind and I never want you back,"* a guy might decide that his only hope of getting her back is to give her enough space to change her mind.

He might say to himself, *"Right now, she's angry with me about what happened and she's closing herself off from her feelings for me. She's confused about how she feels and when I try to talk to her, it only makes her feel annoyed and angry. So, the best thing to do is give her some space to figure things out. When she doesn't hear from me or see me for a while, she will realize how much she still cares about me and then she will want me back after all."*

He might then cut off all communication with her for 30 to 60 days (sometimes even longer) in the hopes that this will trigger her fears of losing him and make her come running back.

Here's what he doesn't realize though!

In most cases, when a woman has disconnected with her feelings for a guy, she will just use the time apart to get over him, move on and possibly even hook up with another guy.

Don't do that to yourself.

Understand that the best way to change your ex's mind is by interacting with her (instead of ignoring her) and making her laugh and smile, so she can begin to reconnect with her feelings of respect and attraction for you.

Essentially, when you make a woman smile, laugh and feel happy during a conversation, she simply can't hold on to negative, angry feelings about you for long.

So, if you think she needs a little bit of space, give her 3 to 7 days at most.

Giving her that amount of time proves the point that you're not being needy and desperate. It also allows her time to calm down and start missing you. You decide how much space (up to a week) that she will need. Then, contact her and re-spark some of her feelings of respect and attraction for the new and improved you.

4. Get her to forgive the old you for her benefit

[image: Get her to forgive you]

Getting your ex to forgive you is a very important step to making her change her mind. To make her want to forgive you, it's important that you let her know that forgiving you will make her feel better, fresher and lighter. She won't have to carry around the baggage from her relationship with you and will have handled the break up in a mature way (i.e. forgiving the old you for making mistakes because she is mature enough to understand that people can make mistakes, learn and become a better person as a result). When you get her to forgive you, she then stops thinking about the mistakes you made with her and she starts looking at the new you in a more positive light. Her determination to remain broken up from you starts to fade away and she becomes open to you again. When that happens, you need to make sure that you're able to make her feel enough respect and attraction for you again, so she feels motivated to want to be in a relationship with you again.

5. Ask her to catch up with you to say hello, or to say goodbye if she wants that instead

Getting your ex to change her mind about you and the relationship is a lot easier when you're talking to her face-to-face. When she can see the new and improved way that you now talk, think and behave around her (e.g. more confident, charismatic, emotionally masculine, dominant but loving), it becomes difficult to keep imagining you as the horrible ex she broke up with (e.g. wimpy, annoying, overly emotional, insecure). So, don't waste a lot of time trying to convince her to give you another chance via text, e-mail, social media message or letter. Instead, call her on the phone and reawaken her feelings for you (e.g. by making her laugh and smile, making her feel feminine and girly) and then get her to meet up with you in person. Initially, she could be a bit resistant to see you again and might say something along the lines of, *â€œNo. I don't want to see you again. I've made up my mind and I never want you back. So, what's the point of meeting up? What do you want?â€* Regardless of what your ex says to you, make sure that you don't get upset or lose your confidence in the moment.

Remain calm and confidently say, *â€œHey, Iâ€™m only asking you for a quick catch up. Itâ€™s nothing serious. Just because we agree to have a quick cup of coffee, it doesnâ€™t mean weâ€™re getting back together again. These days, itâ€™s no big deal for exâ€™s to meet up and say hello as friends. Besides, after we meet up, if you decide you just want to say goodbye and never see each other again, I will respect that. I wonâ€™t contact you ever again. So, how about it? Iâ€™m busy on Monday and Tuesday, but Iâ€™m available on Wednesday afternoon or Sunday morning. Which of those days is best for you?â€*

You might then get a response of something like, *â€œOkay, fine. Maybe just this once,â€* or if she really wants you out of her life, she might say, *â€œOkay, if thatâ€™s the only way I will be able to get rid of you for good, then yes â€œletâ€™s meet up this one time and thatâ€™s it.â€*

Whatever the case is for you, just go ahead and make plans to meet up with her on a day that suits you both.

If you attract her at the meet up, sheâ€™s not going to want it to be a final goodbye.

She will open back up to you and will stop being as cold and distant.

In many cases, a guy is able to get his ex woman back at the first meet up.

However, in difficult cases (i.e. where she hates him), it can take a couple of meet ups to fully get her back.

Whatever the case is for you, just remain confident, calm and in control of the situation by focusing on making her have feelings for you again.

That now leads us to the final tip for youâ€¦

6. Make her feel a renewed sense of respect and attraction for you at the meet up

[image: Reawaken her feelings and get her back]

At the meet up, youâ€™ve got to continue building on her feelings for you so she will want to change her mind.

You can do that by making some attractive adjustments to the way youâ€™re talking to her, how you respond to what she says and the way you react when she tries to test you (e.g. by being cold and distant, telling you that sheâ€™s made up her mind and never wants you back).

When she can see that youâ€™re not losing your cool and are instead being a confident, emotionally strong man (something sheâ€™s probably not expecting from you at this point), she wonâ€™t be able to stop herself from feeling some respect for you again.

When you get her respect back, everything begins to change.

She drops her guard, opens herself up to feeling attracted to you again and starts to feel drawn to you in a sexual and romantic way.

She starts thinking, *â€œThis isnâ€™t the same guy that I broke up with. Heâ€™s actually the kind of man I can look up to, respect and easily fall in love with now. Iâ€™m so confused. I thought Iâ€™d made up my mind, but now I want him back. I donâ€™t want to miss out on this. I have to give it a try. I like how I am feeling. I want this.â€*

Remember: It doesn't matter what she said before about never wanting you back.

What matters is how you make her feel from now on.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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My Ex's Friends Are Telling Her to Avoid Me

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

6 steps to fix the problem:

1. Calmly apologize for previously trying so hard to get her back

Sometimes, a guy will go overboard when trying to get his ex back to the point where he becomes annoying to her or her friends.

For example: He mightâ€¦

- Text, e-mail or call her continuously to say things like, *â€œIâ€™m so sorry! I know I stuffed up, but please give me one more chance to make it up to you,â€* or *â€œIâ€™m sorry! Iâ€™m sorry! Iâ€™m sorry! Iâ€™ll say it a million times if that's what it takes for you to believe me.â€*
- Beg and plead with her for another chance.
- Show up at her home or work place to try and discuss the break up with her, even though she has been telling him to leave her alone.
- Send loads of messages to her via social media as way of discussing the relationship and work things out.

Initially, she might be open to it because she wants to see what he has to say and how she might feel if she says something that makes her miss him.

Yet, if he is trying too hard to get her back without doing anything to re-spark her feelings of sexual and romantic attraction, she will begin to feel overwhelmed and uncomfortable and then turn to her friends for advice.

When her friends see that she is unhappy and stressed out because of your approach to getting her back, they will take her side and say things like, *â€œWhy are you letting him do this to you? You have to be strong. Tell him to leave you alone and stick to itâ€* or, *â€œWould you really want to get back with a loser like that? Just avoid him until he gets the message that itâ€™s over between you. You can do better than him. We'll go out this weekend and flirt with some new guys. You will see that you don't need him.â€*

If she listens to her friends, it will feel as though she's doing the right thing by avoiding you.

The only way to override the opinions of her friends is to interact with her and spark her feelings of romantic and sexual attraction for you.

When you do that, she starts missing you and feeling more and more drawn to you, to the point where it doesn't matter what her friends say.

She wants to be with you and she's going to give you another chance, even if they disagree.

So, if your ex's friends are telling her to avoid you, don't get mad at them.

They are just doing their *â€œjobâ€* of being a friend by protecting her from the guy that they

perceive is hurting her.

Rather than blaming them and feeling as though you have no control over the situation anymore, just change your approach so you can get a different result.

Calmly and briefly apologize to her for trying too hard to get her back to the point where you became annoying (if that applies to you).

For example: You might say something along the lines of, *“I know that you’ve probably had enough of me and I accept that. I just wanted to call you to apologize for my over-the-top behavior since we broke up. It was wrong, it was silly and it was immature and I know that now. I understand that I made you feel uncomfortable and I’m sorry for that. The way I went about showing you how much I care was definitely all wrong. I see that now and I hope you will be able to forgive me and not hold it against me. I’m not asking for us to get back together. I just want to say sorry for being such a (whatever applies to you) when you broke it off with me.”*

Saying something like that calms things down between you and her.

She realizes that she doesn’t need to have her guard up so high with you anymore and then begins to feel some respect for you again for realizing your mistake and doing something to rectify it. The next thing you need to do is

2. Tell her that you and her should agree to just be friends now

[image: Let's just agree to be friends]

Don’t worry, agreeing to be a friend will not put you in the friendzone with her.

Why?

You won’t act like a friend.

You will actively trigger her feelings of romantic and sexual attraction for you and therefore, she won’t want to just remain as friends only.

She will feel attracted to you and want you in a romantic, sexual way.

Then, you will get her back, regardless of what her friends have been trying to tell her.

So, once you’ve apologized to your ex for going overboard to get her back, you can take the pressure off her by suggesting that you and her just be friends.

For example: You can say something like, *“I accept the break up completely. So, from now on, I promise to stop harassing you about getting back together. Not because I don’t want to get back together, but because you don’t want to and I accept that. So, let’s just be mature adults about our break up by putting everything behind us and agreeing to be friends only from now on. You agree?”*

In most cases, the woman will likely say, “Yes, I agree” or *“Okay, let’s give that a try.”*

However, if your ex is resistant and says something along the lines of, *“I’m not sure. My friends are telling me to avoid you,”* what you shouldn’t do is:

- Say negative things about her friends (e.g. *“Why do you even bother listening to those bitches? They’re just jealous that I still love you and if we get back together again they won’t be able to control you.”*)

- Tell her to choose you or her friends (e.g. *â€œWe have a chance here to be friends and make things right between us again. So whatâ€™s it going to beâ€ me or them?*)

If you put her in a position like that, she will lose even more respect for you and feel turned off by your seemingly selfish, unloving approach.

She might then say something like, *â€œAre you serious? For a minute there, I almost believed that youâ€™d changed and that it might be possible for us to be friends, but now I see youâ€™re just the same jerk you were before. Well, for your information, I would choose my friends over you any day! Itâ€™s over between you and me. Deal with it. I donâ€™t want to be friends with you and I donâ€™t want to see you ever again. Goodbye!*

You don't want to get that kind of reaction from her, right?

To avoid making her feel that way, it's better to say something like, *â€œYour friends definitely have a good reason to hate me right now. I stuffed up and I caused you pain. If some guy was making one of my female friends feel that way, I would probably give her the same advice. However, I also believe that if he sincerely apologized and wanted to just be friends with her, I would give him the benefit of the doubt and let him prove himself to her. So, how about it? Will you let me prove to you that we can be friends without me going crazy again? Only friends. Nothing else. Okay?*

At that point, she will be impressed by your emotional maturity and will most-likely agree.

From there, you need to

3. Use the friendship as a way to interact with her and make her feel respect and attraction for the new you

Thereâ€™s no point in staying friends with your ex if youâ€™re going to keep saying and doing the types of things that were turning her off in the past, or that have been turning her off since the break up.

So, you need to make sure that every time you interact with her from now on (e.g. via text, e-mail, on social media, over the phone and in person) your thinking, behavior and the way you talk and interact with her is a reflection of the new and improved you.

For example:

- If your ex feels like she can't trust you about only being friends now and is expecting you to continue trying to get her back (i.e. because you have lied to her on many occasions in the past), show her that you've changed by sticking to your word and treating her as though you and her are great friends now (while still making her feel sexually attracted by making her smile and laugh when you interact with her and by being confident, charismatic and emotionally masculine).
- If sheâ€™s expecting you to sit back and wait for her to call the shots (e.g. because in the past you let her wear the pants in the relationship), show her you've changed by taking the lead and making things happen between you and her.
- If she tries to keep you at arms length (e.g. because she knows it will be easy for her to find a new man), don't get insecure and start seeking pity from her or trying to make her feel guilty.
- If she tests you to see if youâ€™re going to fall apart and become insecure around her by

saying something like, *“My friends are telling me to avoid you and I think they’re right. You and I just shouldn’t be together anymore,”* show her that you’ve changed by remaining calm and confidently turning her test into something both of you can laugh about together.

When your ex can see for herself that you’re no longer at the same level you were at before, she won’t be able to stop herself from automatically feeling some respect and attraction for you again.

Then, even if her friends keep telling her to avoid you, at the back of her mind she will be thinking, *“Yes, but he’s not the same guy anymore. He has really changed this time. It feels different. I like this. I want to try it and see what happens.”*

If you haven’t done so already!

4. Get her to meet up in person to say hello for 10 minutes

Re-attracting your ex in person is the easiest way to get her back, so make sure that you don’t avoid it.

Also, don’t try to get her to agree to meet up with you by texting her (e.g. sending numerous text messages back and forth where you’re asking her for a meet up and she’s saying no and you’re asking why and trying to change her mind).

If you are going to use text, I recommend that you only send a brief text as a way of getting her on a phone call with you.

Then, on the call, make her smile and laugh and feel good and then ask her to meet up with you for a quick cup of coffee.

For example: After a few minutes of conversation, you can say something along the lines of, *“Hey, it’s been good talking to you. I’ve got to run now (e.g. because I have to get back to work), but let’s meet up sometime this week to say hello in person. Nothing serious though—just 10 minutes for a coffee as friends. Afterwards, if you decide you never want to see me again, we can say goodbye and I promise I’ll never contact you again after that, if it’s really what you want. Wednesday afternoon is good for me, which day suits you best?”*

If you’ve been switching her feelings back on, she will most likely agree and you can then arrange a time and date.

However, if she says no (e.g. because you haven’t made her feel enough attraction yet, she’s afraid of what her friends will say or she doesn’t want to come across as being easy), don’t make the mistake of trying to make her feel pity for you.

For example: A guy who is trying to convince his ex to meet up with him through pity might say, *“Why are you doing this to me? Please just give me a chance to show you that I’ve changed. I’m really trying my best to make things up to you. I haven’t been able to eat or sleep properly since the break up. It’s killing me. Please, I need to see you one more time. Please say yes! do it for old times sake. Do it for the love we used to have for each other and that I still have for you. Please!”*

Yet, using emotional blackmail like that on a woman only makes her close up even more. Why?

Itâs a sign of emotional weakness and insecurity, which is instinctively unattractive to women. On the other hand, if you remain confident and emotionally strong no matter what she says or does and use humor to lighten the mood, then meeting up with you will be something that she wants to do because she will feel respect and attraction for you.

5. Fully reactivate her feelings for you at the meet up

[image: Fully reactivate her feelings at the meet up]

When you meet up with you ex, you need to fully reactivate her feelings of respect, attraction and love for you, so that at the very least, she wants to see you again and at the most, she wants to be your girlfriend (or wife) again.

You can do that byâ

- Making her laugh and smile so she feels good around you, rather than begging and pleading with her for another chance and making her feel annoyed and uncomfortable.
- Showing her that youâve figured out where you went wrong before and have made some adjustments to the way you think, act and behave, rather than asking her to tell you what she wants you to do to make her happy.
- Making her feel feminine and girly in contrast to your masculine vibe, rather than making her feel neutral like a friend or worse, like she is the more dominant, masculine one out of the two of you.
- Taking the lead in the ex back process, rather than hoping that she takes all the risks to show interest, remain confident and get you back.

When you reactivate her feelings, her guard comes down and she becomes less influenced by what her friends have to say about you.

She follows her heart.

From there, you can eitherâ

6. Hook up sexually, or agree to continue on just as friends for now

[image: Make the relationship sexual again]

If you are turning her back on, she will start giving you signs that sheâs interested in hooking up with you sexually (e.g. she licks her lips while holding eye contact with you, keeps touching you on the hand or leg in a sexual way, is open to giving you a hug or a kiss).

You can then either go to your place or hers and blow her mind sexually.

Once you've had sex, you can then discuss the idea of giving the relationship another chance because she will be a lot more open to it.

On the other hand, if your ex doesnât seem open to hooking up right away, just give her a hug (if sheâs willing) and agree to just stay in touch with her as friends.

If you both agree to that, you can then make her jealous by letting her see you living a good life based on what you post on social media (e.g. post pictures of yourself having fun with friends where you are doing interesting outdoor activities together).

Alternatively, you can call her up to say hi and get her smiling, laughing and feeling good when talking to you.

Then, when the moment is right, ask her to catch up again to say hi in person again.

This time, instead of going somewhere neutral for coffee, get her to meet up with you at your place or hers where you can cook dinner together.

If she's still a bit reluctant to do that, you can do something that you and her enjoyed doing together before (e.g. walk on the beach, go for ice cream, eat at a favorite restaurant).

If you consistently focus on triggering her feelings for you, eventually, no matter how much she tries to fight it, her defenses will come down and she won't be able to stop herself from experiencing strong feelings of love, respect and attraction for you again.

Then, when you bring up the idea of getting back together again, all thoughts of her friends telling her to avoid you will disappear and she will be saying, *â€œYes. Let's do it. I love you.â€œ*

×

[image]

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[image: Dan Bacon]

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My Ex Girlfriend is Reluctant to Give Me Another Chance

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

5 steps to get her to change her mind:

1. Stop asking for a relationship and just ask to catch up and say hi in person

When a woman is saying, *“I don’t know. I’m not sure that giving you another chance is such a good idea anymore. I think it’s better if we just move on and each find someone else,”* a guy might panic at the thought of losing her.

He may then resort to begging and pleading and trying to convince her to change her mind by over-texting her.

For example: He might send her long text messages saying things like, *“Please don’t do this to me. Please give our relationship one more chance. I promise you that this time things will be different. Just tell me how you want our relationship to be from now on and I’ll do whatever it takes to give you what you want and make you happy. I beg you. Please don’t throw our love away. You mean everything to me. Please just give me another chance. We can make this work.”*

As you may know (if you made the kind of mistake with her or with another woman in the past), begging, pleading and asking for a relationship via text, only makes a woman close herself off to you even more.

Rather than think, *“Oh, maybe I’m being too hard on him. Yes, we had some problems in our relationship, but I also accept that what we had was special enough not to give up on it. Maybe we can work things out and try again after all,”* she will think something like, *“Not only is he turning me off by not being man enough to talk to me over the phone or in person, but he also keeps asking me for a relationship without making any effort to fix what went wrong. I feel like he’s not taking what happened between us seriously. As far as I’m concerned, we don’t have a relationship anymore. We’ve broken up and him asking for another chance only makes me feel pressured into making a decision that I’m not ready to make. He hasn’t done anything to make me have feelings for him again, so I don’t see the point in giving him another chance.”*

If you’ve been making the mistake of asking for a relationship before you’ve reactivated her feelings for you, it’s essential that you stop doing that right away.

Rather than asking for another chance, just get her on a friendly phone call with you.

On the call, you need to make her smile, laugh and feel good to be talking to you again and then invite her out for a catch up to say hi just as friends.

For example: After a bit of small talk, you can say something like, *“I accept how you feel right now and I’m not going to pressure you to give me another chance anymore. I accept the break up. So, let’s just be friends. We can get together for a cup of coffee and to say hi to each other as friends, with no strings attached. We’re mature enough to do that, right? Just because we’re broken up, it doesn’t mean we can’t be mature adults about all of this and end things on a friendly note. So, how about we get a cup of coffee together tomorrow afternoon and say hi for about*

10 minutes? Just as friends of course. Our boyfriend/girlfriend relationship is over and I accept that.â

In most cases, a woman will say, âYes,â or at least, âOkay, maybe just this one time.â

From there, the next step is to

2. Reactivate her feelings of sexual and romantic attraction for you in person

[image: Reactivate her feelings in person]

Important: Just because you said that you and her were just friends now, it doesn't mean that you then act like a friend!

When you meet up with your ex girlfriend, it's absolutely vital that you use the interaction as a way of making her feel sexually and romantically attracted to you again.

Don't try to get her to commit to giving you another chance before you've had sex with her again.

Just focus on rebuilding her feelings for you, so she actually has a reason to want to give you another chance.

Show her by the way you talk to her, the way you behave, the way you interact with her and the way you respond to what she says and does (especially if she's being cold, distant and unfriendly) that you're not longer the same guy she broke up with.

You don't have to be perfect to reactivate your ex girlfriend's feelings of respect and attraction for you.

Instead, you just need to make some adjustments and improvements to yourself and let her see that you're now at a different level as a man from the one you were at when she left you.

When you interact with her in ways that reactivate her feelings for you, everything changes.

The process of getting her back becomes a lot easier, because she starts enjoying being around you and interacting with you again.

She has a reason to get back with you (i.e. she is feeling respect, attraction and love for you and wants to explore those reactivated feelings), so her guard comes down.

On the other hand, if you continue to make the old communication mistakes you made before (e.g. trying to force her to see things your way, not understanding her feelings), then she's just going to keep saying things like, âI don't think giving you another chance is a good idea. Let's just leave things as they are. It's over. Please accept it.â

So, make sure that you are ready to properly re-attract her and reactivate her feelings when you see her in person.

Don't leave it to chance and hope that she'll change her mind based on your strong feelings for her.

If a woman doesn't have feelings for a man, she doesn't care if a man has feelings for her.

It has to be mutual.

When getting an ex back, what counts the most is her feelings for you, not your feelings for her.

Ask yourselfâ€¦!

Does she feel respect, attraction and love when sheâ€™s with you, or does she feel irritation, anger or discomfort?

Does she feel turned on and happy to be interacting with you again, or does she feel like she canâ€™t get away fast enough?

These are the things that matter most to her and to your chances of getting her back.

So, donâ€™t try to convince her to give you another chance by giving her a list of reasons why she should, or why you love her and want her in your life.

Instead, focus on making her have strong feelings of respect and sexual attraction for you again and she will naturally want to give the relationship another try.

Next tipâ€¦!

3. Let her see that you've changed and improved

If you donâ€™t improve your ability to attract your ex girlfriend, sheâ€™s going to continue feeling reluctant to give you another chance.

On the other hand, if you let her see that youâ€™ve changed and improved yourself, her reluctance will begin to fade.

She will open back up to you and you can then get her back.

For example: If a woman says something along the lines of, *â€œYou didn't give me enough emotional support when we were together, so I had to switch my feelings off and be strong like a man to survive. Now, I don't feel anything for you and I just don't care about what you want from me,â€* you can say something like, *â€œI know. I was too emotionally closed off in the relationship and didn't understand what you needed from me to feel loved and appreciated. I made a bunch of silly mistakes and I don't blame you for not wanting to give me another chance. You are right to feel that way.â€*

By saying something like that to her, it shows her that he understands where he went wrong in the relationship with her and accepts her feelings on the matter.

When she sees that heâ€™s not pressuring her to change her mind and give him another chance, she begins to see him in a more positive light and starts to feel some respect and attraction for him again.

Another example is where a woman broke up with a guy because she couldn't be herself around him (e.g. because he was too jealous and controlling, he was too critical of her).

To test him, she might arrive at their meet up wearing something that she knows would have provoked him in the past (e.g. a very short skirt, a revealing blouse).

Alternatively, she might say something like, *â€œI don't know if I should give you another chance. I've been having so much fun partying with my single friends since we broke up. I have guys lining up to get a date with me these days. Why should I give all that up for you?â€*

If her ex then gets angry and reacts by saying something like, *â€œYou slut! I was right not to trust you when we were together. Are you already seeing someone else?â€* she will see that heâ€™s still the same guy as before, so she won't want to give him another chance.

On the other hand, if he stays calm and says something along the lines of, *â€œI see now that I was*

forcing you to be someone youâ€™re not. I was wrong to try and block you from doing certain things,â€™ she will see that he has really changed.

She can then feel respect for the fact that he has become a more emotionally mature man.

As a result, she will automatically start feeling attraction for him and feeling drawn to him in a girlfriend/boyfriend kind of way.

She will experience new, interesting feelings for him and want to explore them to see where it goes.

That's the effect you need to have on her.

When your ex girlfriend can see that youâ€™ve made an effort to improve and change the things about yourself that were turning her off, she wonâ€™t be able to stay closed off from you for very long.

Her guard comes down and she becomes open to the idea of giving you another chance.

Next tipâ€¦!

4. Get her to forgive your past mistakes to make herself feel better

If your ex doesnâ€™t forgive you for making mistakes in the relationship, then getting her back will be very difficult.

Why?

She will keep looking at you as being the guy she broke up with, rather than clearing that out of her mind and seeing you as the new, improved version of yourself.

Additionally, if she doesn't forgive you, she will have problems in future relationships because she will always have her guard up to protect herself from being hurt if the relationship ends.

So, you need to get her to forgive you for benefit and for hers.

Don't worry â€” it won't make her want to move on without you. It will have the opposite effect and make her feel drawn to the new you.

You can get her to forgive you by saying something like, *â€™I know I stuffed up and I accept responsibility for my actions. However, itâ€™s not something you need to hold against me for the rest of our lives. Iâ€™m asking you to forgive me so that we can both make a fresh, clean start without each other. Then, if you happen to meet some other guy, you wonâ€™t have negative baggage from our relationship getting in your way. You will be able to love freely because you will have forgiven me for my mistakes and won't be dragging that around with you. You will now that it's possible for a person to learn from their mistakes, like I have. You can then move on without me. So, how about it? Can you let go of the anger and resentment you've been holding against me and let us both go forward with a clean slate?â€™*

Of course, youâ€™re not encouraging her to hook up with another guy or move on without you.

Instead, when you give her the freedom to move forward and let go of the negative emotions associated with your relationship, she wonâ€™t be able to stop herself from forgiving you.

When that happens, her guard naturally comes down and she starts to see you in a more positive light.

Her reluctance to give you another chance begins to fade and she starts to think, *â€™He really is*

different now. I wonder if we could actually make it work this time. I can see that he has changed. He's not like he used to be.□□

She looks at you in that way because she has forgiven the old version of you and is now seeing the new and improved you.

From there, you need toâ□|

5. Hook up with her sexually, but don't ask for a relationship right away

The time a woman will be most interested in getting back together is after you and her have had sex again.

Why?

Mainly because for her to get to the point where she is having sex with you again, it usually means that you have successfully reactivated her feelings of respect and attraction prior to that.

After sex, her defenses will be down, which means she that will be less likely to think about how badly you stuffed up before and more likely to focus on how good she is feeling around now.

So, donâ□□t waste any more time worrying about her saying that she is reluctant to give you another chance.

Instead, meet up with her, let her experience the changes youâ□□ve made to yourself since the break up and then have sex with her.

Then, donâ□□t bring up getting back together right away.

Let her want it to happen herself, so she doesn't feel like you're forcing her to commit to a relationship.

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[image]

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[image: Dan Bacon]

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How to Make My Ex Respect Me as Her Man

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 tips to make your ex respect you as her man again!

1. Become more emotionally strong than you ever have been before

How a guy reacts when he gets broken up with is very important.

Don't worry if you did react badly (e.g. begged, pleaded with her or even cried).

Most guys don't handle a break up with a woman very well, so if you messed up don't worry, it's not just you.

You can still recover from your mistakes and get her to respect you again.

From this moment onwards, make sure that you become emotionally stronger than you have ever been before.

For example: When you're interacting with your ex, you must remain confident no matter what she says or does to mess with you (e.g. if she is cold and distant, if tells you she doesn't respect you anymore or brings up your past mistakes and says she will never forgive you because of it).

If you can remain emotionally strong and confident no matter what she says or does, she will feel naturally respect and attraction for you, whether she wants to or not.

Of course, each woman requires a different level of emotional strength from a man to feel real respect for him.

The more emotionally strong you are the better, but don't worry about being perfect.

You've just got to let her see and experience the changes in you for herself.

If she liked you and stayed with you in a relationship before when you weren't as emotionally strong as you are now, then she's not going to require an extremely high level of emotional strength.

She will just need to see and experience for herself that you have become emotionally stronger and more importantly, she now feels respect and attraction for you as a result.

2. Pass her confidence tests when you interact with her

[image: Pass her confidence tests when you meet up with her]

For your ex to respect you again, she needs to feel that you are now the kind of guy that she could feel proud to call her man.

One of the ways to check if you really are different now, is by testing you to see if you will remain confident and emotionally strong, or if you will crumble at the first sign of resistance from her.

For example: Some of the ways a woman might test her ex man's confidence is by:

- Teasing him about something he used to be sensitive about (e.g. *I can't believe*

youâre still walking around with that dorky hairstyle. It looks horrible.â)

- Playing hard to get (e.g. ignoring most of his text messages and only responding to him once in a while, not talking his calls or refusing to meet up with him the first or second time he asks).
- Acting cold or distant towards (e.g. responding with one or two word answers when he asks her questions, treating him like a stranger who has no right to ask her personal questions).
- Talking about the fun she's been having since the break up (e.g. saying things like, *âItâs so awesome being single again. My friends and I have been going out almost every night. I never realized how restricted I felt in the relationship with you. I love being free now. Single life is great.â)*

Testing a guy's confidence is very important for a woman because it helps her get clear on whether or not he deserves her respect.

If a guy can remain calm when she tests him and use his confidence to get her smiling and laughing, she won't be able to stop herself from feeling respect for him again as a man.

For example: She teases him about his haircut and he laughs at her and the comment and confidently, but playfully says, "You love it."

Alternatively, she says that he should be asking her personal questions and he laughs and says, "Relax girl. You take things too seriously."

Essentially, he shows her who is in control, while also still being a good guy to her.

As a result, she feels respect for the balls that he has and the fact that he can still be a good guy while taking control of a situation.

She then drops her guard and the idea of interacting with him again begins to feel good to her.

On the other hand, if the guy becomes upset or appears hurt by her tests (e.g. his vibe changes, he breaks eye contact, his body language shows that he is feeling rejected or is doubting himself), she will see that heâs still not man enough to handle her and will lose even more respect for him as a result.

So, when you interact with your ex (e.g. via text, e-mail, on social media and especially over the phone and in person) make sure that no matter what she says and does, you remain confident and use humor to turn her bad behavior against her.

Note: Getting her respect back is a lot easier on a phone call or in person, than it is via text.

Women know that pretty much any guy can act confident via text, but talking to her on the phone or in person will be a completely different story altogether.

So, if you need to get your ex's respect back, I recommend that you steer clear of texting as much as possible and get to a phone call or in person meet up.

That way, she can see that you are for real and as a result, she will feel respect for the new and improved you.

3. Let her see that you are happy, but also make her feel happy about herself when she's around you

One of the qualities that women feel attracted to in a man is emotional independence.

This means that a guy is able to live a happy, fulfilling and successful life with, or without, a woman by his side or with or without his girlfriend's (or wife's) emotional support or encouragement.

Essentially, you are your own man and can stand up, be strong and take on the challenges of life without the need for to be patting you on the back, being extra nice to you and encouraging you along.

If you are emotionally dependent on your ex, she will naturally find it difficult to feel respect and attraction for you, which will make it close to impossible to get another chance with her.

So, if you want to make your ex respect you as her man again, you need to focus on making progress on important things in your life other than her.

For example:

- Making real progress towards a big goal that you put on hold for the sake of your relationship with her, or didn't spend enough time on because you were so focused on her for so long.
- Hanging out with good old friends that you may have neglected.
- Having a good time without her (e.g. going out to party, making new friends, trying new things that interest you).

Then, when you interact with your ex (e.g. on a phone call or in person), make sure that you also make her feel good about herself too, rather than trying to rub your happiness in her face.

Let her talk about what she has been up to and genuinely try to make her feel good about it, while also allowing details of what you've been up to and how great you've been to enter into the conversation as well.

When she sees that you're now the emotionally independent and mature man she always wanted you to be, she won't be able to stop herself from looking at you in a more positive way and feeling some respect for you.

4. Talk about the progress you've been making towards your goals and ambitions in life

Sometimes, when a guy feels like he got lucky to be in a relationship with his woman, he might focus all his attention on her because he's afraid that she will stray and become interested in someone else.

He might say to himself, *"Yes, I have big goals that I want to achieve in life, but my girl is more important to me now. My goals can wait. Besides, when she sees that she's the most important thing in my life, she will realize how much I love her and she will feel lucky to have a guy like me,"* or *"My biggest goal in life was to get a beautiful woman like my girlfriend (or wife). Now that I have her, I don't need anything else. My dreams have come true and from now on, I'm just going to focus my attention on making her happy. I don't care about trying to be successful or to achieve my other dreams. I just want to spend my time with her."*

Although that might sound sweet or romantic, it's not what a woman wants.

A woman does want to feel loved and appreciated by her guy and she even wants to be the most important person in his life, but she doesn't want to be his main source of happiness in life or his reason for existing.

Hereâ€¦s whyâ€¦

When a man makes his woman his main reason for living (i.e. he gives up on his goals and ambitions), he will eventually begin to behave in a clingy, needy, emotionally submissive way.

If the woman then notices that he has become clingy and needs her constant support and direction in life to feel happy, it will cause her to lose respect and attraction for him as a man.

She will then stop showing him as much affectionate as before, which will make him become even more insecure and clingy.

Soon enough, she will be completely turned off by him and will want to end the relationship.

This is why it's absolutely essential that a man never makes his woman his purpose in life.

She can be the most important person in your life (my wife is for me by the way), but she cannot be your purpose in life (my purpose is to help you and other men to succeed with women).

You have to treat her as your woman, not your life support system or source of oxygen.

You have to breathe on your own, be strong on your own and rise up to reach your true potential as a man.

You can't expect her to want to be your purpose or reason for living, or to be constantly encouraging you and trying to boost your confidence so you keep making progress towards your goals.

You have to be a man about it and do it on your own, without needing her help.

Ironically, when you approach life in that way, your woman becomes your biggest cheerleader and does support and encourage you along the way.

Yet, if you need it from her to feel confident and motivated, that is when it stops being given and when she stops feeling respect for you as her man.

So, if you gave up on your big goals, dreams and ambitions in life, or if made her your main goal in life, you need to show her (via your actions) that you are now the kind of man who deserves her respect.

Take the lead in your life, follow through on your big goals and ambitions and be the emotionally mature and dominant man that she always wanted you to be.

Let her see that she would be proud to be your woman now.

You are now a man that she can look up to and respect because you are rising up through the levels of your true potential, without needing her support or encouragement.

5. Get her smiling, laughing and feeling good if she's being cold or distant when talking to you

When you make your ex smile and laugh, you help her replace her negative feelings about you (e.g. anger, resentment, distrust) with more positive feelings (e.g. respect, attraction, excitement, love).

When her emotions change, she naturally feels drawn to you in a way that feels good to her.

No matter how determined she might be to maintain a cold, unemotional front, all it usually takes is a little smile to break her defenses and allow her to open herself up to seeing you in a more positive light.

So, rather than getting upset, or feeling discouraged if she's being cold towards you, just use it as an

opportunity to create new, happy memories in her mind by making her laugh and smile.

5 Mistakes That Guys Make When Trying to Get an Ex Woman to Respect Him Again

[image: Mistakes to avoid when getting your ex's respect back]

Getting a woman's respect back should be done in a relaxed, confident manner.

You have to believe that the changes you have made are more than good enough to earn her respect back, rather than feeling as though you need to go overboard to prove how manly you are now.

On that note, here is the first classic mistake that a guy will often make when trying to make his ex woman respect him again!

1. He becomes domineering in the hope that she is impressed by his extreme masculinity

For example: Imagine a guy is talking to his ex on the phone and he suggests that they meet up for a cup of coffee and a catch up.

She might then say something along the lines of, *"No. I don't think that's a good idea. I just don't have feelings for you anymore, so meeting up would be a waste of time. Let's leave things as they are."*

The guy might then get annoyed and try to force her to change her mind by being domineering and saying things like, *"No. I don't accept that. You owe it to me to at least meet up and hear what I have to say. This relationship is important to me, so we have to meet up. What time should I pick you up?"*

Yet, as you may know, being a bully isn't the way to make your ex woman feel respect for you again.

So, what is a better way to handle the situation if your ex says that she doesn't want to meet up?

By being dominant in a loving way, rather than getting angry and trying to dominate her in a selfish manner.

For example: If your ex says, *"No. I don't think that's a good idea. I just don't have feelings for you anymore, so meeting up would be a waste of time. Let's leave things as they are,"* a good way to respond that will spark her feelings of respect for you again is by laughing and saying something along the lines of, *"Oh, come on...it's just a 10 minute coffee. We're mature enough to do that, aren't we? We'll have a quick coffee and say hello. If you like, we can also say goodbye and never talk to each other again after that coffee. If you decide that's what you want when we catch up, you have my word that I won't ever contact you again after that."*

If she isn't sure, simply remain calm and keep making her smile, laugh and feel good when she's talking you.

While you're doing that, push for a meet up (in an easy-going way) until she says yes.

If she can see that you're not going to crack under the pressure and either turn into a bully or a wimp, she will feel some respect for you and become open to changing her mind and seeing you

again in person.

At the meet up you need to show her (via your actions, behavior and the way you interact with her) that you're a different man now.

No matter what she says or does to try to make you feel uncomfortable, insecure or even angry, you remain calm, confident and in control.

You also focus on making her smile, laugh and feel good as she talks to you.

As a result, she naturally and automatically feels respect and attraction for you, even if she tries to fight it or hide it.

The next mistake that some guys make isâ

2. He tries to get her respect back by being even nicer than he's ever been

[image: Sucking up to her with flowers]

Sometimes a guy might think to himself, *âI just need to be nicer to her than ever before and she will then respect me again. I'll show her that no matter how mean she is being to me, I treat her nicer than ever before. She will then feel guilty for being mean and respect me.â*

He might then try and please his ex (e.g. by agreeing with everything she says, never standing up to her when she's behaving like a brat, making himself available to her every beck and call or helping her out with errands).

Yet, being really nice to a woman who isn't being nice to you, isn't the way to regain her respect.

Using that approach just makes a guy seem desperate and she loses even more respect for him as a result.

Being extra nice to a woman doesn't make her suddenly think, *âWow. My ex is really such a sweet guy. I don't know why I never realized it before. I feel so much respect for him now. I have to stop being cold and distant and show him the respect he deserves! He's so nice!â*

So, to make your ex respect you as a man, you need to show her (by the way you now talk, behave and react to what she says and does) that you are now the kind of man she can look up to and respect.

By the wayâ

That doesn't mean you have to treat her badly.

Being on the extreme end of the spectrum (e.g. too nice or too much of an asshole) is never the answer.

You have to be a good guy who has balls, so she can feel good around you and respect you.

Another mistake that some guys make isâ

3. Acting like he doesn't care about her anymore

When an ex woman is playing hard to get, a guy might think to himself, *âTwo can play that game! I'll just pretend that I don't care about her either and then, when she realizes that she might lose me forever, she will panic and come running back to me.â*

He might then say to her, *âThis is great. I think we made the right decision by breaking up. I'm actually so much better off without you now. I think we should forget about each other, move on and start dating other people.â*

Yet, that tactic hardly ever works. Why?

Firstly, a woman may test a guy to see if heâs telling the truth or if heâs only pretending not to care (e.g. by saying something like, *âIâm sorry you feel that way. I was kind of hoping we could work things out between us.â*)

If he then says something along the lines of, *âI didnât mean that. You know that I still love you and want you back,â* she will lose even more respect for him for trying to trick her.

Secondly, when a woman has lost respect for a guy, him telling her that he doesnât care about her anymore doesnât really matter to her.

Instead, she will feel relieved that heâs not chasing after her and making it difficult for her to move on.

After all, she doesnât have feeling for him anymore and he hasnât even done anything to reactivate those feelings.

So, to her, itâs no big deal if he doesnât care anymore.

If you want your ex to respect you again, donât play mind games with her and pretend that you donât care about her anymore.

Itâs totally fine to say that you love her and care about her, as long as youâre not saying it from a place of neediness.

Saying it from a place of neediness is where you are essentially saying, *“I love you. I need you in my life. Without you, I feel lost and alone.”*

If she gets that sense from you, she wonât be able to respect you because you will be a guy who needs her to help him feel confident, happy and emotionally secure.

Women respect men who are confident, happy and emotionally secure with or without support or encouragement from women.

Another mistake that some guys make isâ

4. Bragging about things to hopefully make her feel bad about herself

Sometimes, when a woman is being cold and distant, a guy might feel tempted to say something like, *âIâm doing so well without you. I never realized how much I was putting on hold because of our relationship. Now Iâm doing all the things I always wanted to do. Iâve been traveling to some pretty cool places and Iâve finally be able to go clubbing with my friends, which has been a lot of fun.â*

Heâs hoping that by saying something like that to her, she will think, *âI never realized what an adventurous, fun guy he really is. My life is so boring and lonely in comparison to his. I wonder if heâd give me another chance and then we can do all those wild, crazy things together?â*

Yet, in most cases, when a guy is bragging about how happy he is without his ex, itâs usually because the opposite is true.

Heâs actually feeling sad, lost and lonely without her.

All she has to do to find out if heâs lying is to say something like, *âWell, I guess we donât need to stay in touch with each other anymore. Youâre way too busy to waste time talking to little old me.â*

If he then reveals (by the way his tone of voice, body language or vibe changes) that he isnât so happy

without her and has been missing her, she'll know that he is lying and she then will lose even more respect for him as a man.

The key to making her feel some respect for you is to be genuinely happy without her, rather than only pretending to be happy and trying to make her feel bad about herself to hopefully get her to come crawling back to you.

Remember: If a woman doesn't feel respect, attraction or love for her ex anymore, she's not going to really care how good his life is without her.

She doesn't have feelings for him, so it doesn't really matter that she is *"losing him."*

She is fine without him.

This is why it's so important to reactivate your ex's feelings when you interact with her, so she actually cares about the changes in you and what she'll be missing out on if she doesn't give you another chance.

Finally, another mistake that some guys make when trying to get their ex's respect back isâ□!

5. Talking about his goals and hoping that she says something like, â□ □ *Wow, I'm so proud of you.*â□ □

Making progress with your big goals, dreams and ambitions is something you must do for yourself.

A woman doesn't want to have to take on the role of mother, big sister, teacher or mentor and say, *"Awww, I'm so proud of you. Aren't you a big boy now? Good boy."*

Instead, she wants to see you rising up through the levels of your true potential as a man because you want to.

She doesn't want to feel as though you're just doing it to please her (i.e. to please mommy) and get a pat on the head.

She doesn't want to feel responsible for your direction in life or what you are choosing to do.

That's not a woman's role.

Instead, she wants to see that you are doing what you want because you want to do it.

You are confident, determined and passionate about who you are, where you're going in life and why.

When you are living life in that way, a woman naturally feels a tremendous amount of respect for you.

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[image]

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I Ruined the Relationship That I Had With My Girlfriend. Can I Get Her Back?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Yes, you can.

Here's what you need to do.

1. Understand her less obvious reasons for breaking up with you

You probably already know the obvious reasons why your ex broke up with you, right?

For example: She might have said, *I'm tired of your insecurity*, or *I've had enough of trying to make things work between us*, or *We just keep fighting and arguing all the time. It's stressful and I don't want to live that way anymore*.

If she told you something like that, then you know about the obvious reasons why she left you.

However, is it possible that she also broke up with you for one or more of the following reasons too:

- You didn't make her feel girly and feminine enough (i.e. because you stopped being masculine, started acting a bit like her at times, or became neutral around her like a friend).
- You lacked confidence around other guys, which made her lose trust in your ability to protect her and succeed in life if up against challenging people or opponents.
- You lacked purpose in life and hid from your ambitions behind her, so she felt more like your protector, which was a turn off.
- There was too much of a gap between her relationship intelligence and yours, so she felt like she always had to teach you or help you along to make things work.
- You kept trying to change her core personality and identity, which made her feel like she wasn't being herself and had to put on an act to make you happy (or to stop you from getting angry at her).
- You were too jealous and controlling.
- You weren't able to create a light-hearted, easy-going vibe in the relationship, so you and her always ended up fighting or arguing.
- She didn't feel like you ever understood her, what she wanted from you or how to give it to her.

At this point, it's only natural if you are wondering, *Damn! How was I supposed to know what was bothering her if she didn't tell me? Why couldn't she just explain what was wrong and help me fix it? Why did she have to go through with the break up?*

Here's the thing:

In many cases, a woman isn't 100% clear on what she wants you to change and how you could do it. She can't fully explain what is bothering her, but she just knows that something doesn't feel right.

Even if a woman does know how to explain it, she usually won't because she just wants to be in

love, rather than trying to make a relationship work with a guy who doesn't yet understand how to be the kind of man that she needs.

Why?

If she has to explain to him how to be a man, she would end up feeling attracted to more emotionally mature men who don't need her to explain it.

Her boyfriend will then start to look like a confused guy who still hasn't fully grown up and needs her help to become a man.

She just doesn't want to be in that position because it's not attractive to a woman.

A woman doesn't want to feel like she is emotionally stronger, more mature and wise than her man.

She wants a man that she can look up to, respect and feel proud to be with, not a guy that she has to drag along with her for life, constantly teaching how to be a man in various situations.

She just wants a man who gets it, or a guy who is willing to learn on his own and then start being a real man that she could consider dating once again.

So, if you don't already understand your ex's less obvious reasons for breaking up with you, it's important for you to find out before you try to get her back.

You can't just guess and hope that if you apologize to her enough, or beg and plead with her enough, she will eventually give in and say yes.

Some women do give in to that kind of pressure, but if your girlfriend has already given you chances in the past, or if she has had experience with break ups, she will stick to her decision and begin to move on without you, unless you change and re-attract her properly.

You need to be sure that when you interact with her from now on (e.g. via text, e-mail, on social media and most importantly, over the phone and in person), it's clear that you understand where you went wrong in the past and are no longer like that.

Note: Don't get into a long speech about how much you've learned and how much you've changed because a woman will usually see that as a desperate attempt to convince her to give you another chance.

Instead, you've just got to let her naturally pick up on the changes in you based on how you now talk, behave and react to her during conversations and interactions.

If she needs clarification, she will ask.

However, most women are able to pick up on the changes simply by listening to you and observing you.

When she notices that you have already changed the subtle things about you that were turning her off, she automatically feels sparks of respect and attraction for you.

Her guard then comes down and it becomes possible for her to believe that you and her might be able to start again as a couple.

Next tip!

2. Make real improvements in the areas that were previously

turning her off

[image: Start fixing the things that were turning her off]

Understanding where you went wrong won't matter if you don't do anything to improve those things about yourself.

Of course, improving doesn't mean you have to become 100% perfect to convince her to give you another chance.

You just need to be a lot better than before and she will automatically begin to look at you in a positive light.

For example: If you were insecure in the relationship, you've just got to let her see that you're a lot more confident now.

As a result, she will feel differently when she interacts with you (i.e. she will respect, attraction and sparks of love) and will start to wonder what it would be like to be with you again.

She will see you as being a different man than you were before when she broke up with you.

Important: Don't ask your ex for another chance before you have begun to fix the real reasons why she broke up with you.

If you ask for another chance and she gets the sense that you're the same as before, she will feel even more determined to stick with her decision to remain broken up.

So, make sure you make some changes to yourself first.

For example: If one of the reasons why your girlfriend broke up with you was that you didn't make her feel feminine and girly anymore (e.g. because you started acting a bit like her, you became neutral like a friend or you gave her too much power over you), then you're going to need to let her experience the new, more masculine version of you.

Likewise, if a reason why she broke up with you was that you became too emotionally sensitive, she's going to need to see that you are emotionally strong now.

If she tests you (e.g. by talking about other guys who like her, flirting with guys in front of you), make sure that you remain confident and turn her test into something you and her can laugh about together.

For example: You can smile and say, *"Oh, well aren't you Little Miss Popular now?"* and have a laugh with her about that, while letting her get the sense that you don't feel insecure about other guys being interested in her at all.

Let her sense the fact that you now believe in your attractiveness to her and are no longer the self-doubting, insecure man that you became near the end of the relationship.

Additionally, let her also sense that you know she is feeling respect and attraction for you again, even if she's trying to hide it to play hard to get or to test your confidence.

You can let her sense that based on how you talk to her, the eye contact you make and the way you react to her during a conversation.

She will see that you are aware of the fact that she is feeling sparks of respect, attraction and love for you.

It's written all over her face, her body language and is noticeable in how she is talking to you and

behaving around you.

She is feeling it.

Even though she is trying to play a bit hard to get, you are remaining confident and not doubting yourself around you.

You're no longer the insecure, emotionally sensitive guy that she broke up with.

You now have the balls to turn a potentially awkward situation into a comfortable, easy-going situation that ends up with smiling, laughter and feel good emotions.

Essentially, you are in control, not her and she likes that.

She feels attracted to your emotional masculinity and ability to take the lead in a situation, rather than allowing her to control the dynamic between you and her.

You're so much more of a man now and she likes it.

All of a sudden, she starts thinking something like, *â€œThis is not what I was expecting to feel around him. I like it. Not only didn't become insecure when I tried to make him jealous, but he also made me laugh and smile. I'm stunned. He's everything that I always used to wish he'd be before. It feels good to be around him again. If this is the man that he is now, then we can probably start again as a couple and make it work this time. I know that I want it. I've got to give this a try.â€*

She then tries to make it more obvious to you that she is interested in starting again and giving the relationship another try.

Another important tip to help you get your girlfriend back after ruining the relationship is toâ€

3. Get her to forgive you on a phone call or in person

When your ex forgives you, most of her negative memories about her past begin to change.

She sees the negative memories as being who you used to be and starts to judge you based on who you are now, (e.g. confident, emotionally strong and mature, determined).

Getting a woman to forgive you for real is not about saying something like, *â€œI'm really sorry for ruining the relationship we had. Can you forgive me so that we go back and start again? After all, it wasn't all bad. You have to admit that things used to be so good between us in the beginning. We can have that again. Please give me another chance to make things right again.â€*

Sometimes that approach might work temporarily, but if she does forgive you and then realizes that the same problems still exist between you and her, it will result in another break up.

In most cases though, saying something like that to get an ex to forgive you just doesn't work.

Why?

A woman doesn't want to forgive a guy based on how good things used to be before.

In fact, the more he reminds her of the past, the more likely it is that she will keep thinking about the ways he ruined the relationship, which will cause her to feel less willing to give him another chance.

Sometimes, to get a guy off her case about forgiving him, a woman might just answer, *â€œYeah sure, I forgive you...whatever,â€* but she won't really mean it.

She will then continue moving on without him because she hasn't forgiven his past mistakes and still

looks at him as being that kind of guy.

This is why you have to get your ex to forgive you for real.

The best way to do it is by telling her that if she forgives you, itâs going to make her feel better about herself. (This is actually true by the way. She will feel better about herself afterwards and from then on).

For example: You might say, *âCan you forgive the mistakes I made in our relationship? I'm not asking you to give me another chance, but just to forgive me so you can feel better about yourself from now on. Forgiving me means that you won't have to carry all the negative baggage from our relationship around with you anymore. You will be able to start with a clean slate and not let the past cause you to feel bitter about relationships and possibly prevent you from falling in love again. You deserve to be free from the past and you can be if you forgive me. So, what do you say? Can you honestly forgive me for the mistakes I made by understanding that people do live and learn and that I have changed? I'm not asking you to give me another chance. Instead, I'm just asking you to see that who I was before is different to who I am now. If you can forgive what I did before, you can set yourself free from holding onto baggage from our relationship. You won't have to go through life holding a grudge against me or being guarded in other relationships. You will handle our break up in a mature way and walk away healed and open to love with someone else.â*

When you say something like that to her and give her the freedom to move on without you, it actually makes her feel drawn to you.

You're not clinging on and desperately trying to hold her back from being with someone else.

Instead, you're being a confident, loving and mature man, which automatically makes her feel a renewed sense of respect and attraction for you.

She then drops her guard and opens herself up to starting over again.

Note: Don't try to get her to forgive you via text! You must do it over the phone or in person.

Then, once she forgives you!

4. Get her to meet up with you

To make your girlfriend want to go back to the start again with you and have a new relationship, you have to meet up with her in person and let her experience the new and improved you.

When she is face-to-face with you and she can see and experience the changes in you (e.g. via your body language, the way you're talking to her and the way you're interacting with her) she will question her decision to remain broken up from you.

It won't seem like it's necessary to be broken up anymore because of how she is now feeling around you.

On the other hand, if you try to convince her to give you another chance via text or e-mail, she won't be able to fully experience the new and improved you.

When you ask her, *âCan we go back to being in a relationship and start again?â* she will almost certainly doubt that things would be different and say something like, *âNo. It's too late for that. It's over between us.â*

So, no matter how friendly she might seem via text, it doesn't mean that she's actually open

to giving your relationship another chance.

If you want her back, make sure that you get her on a phone call to spark some of her feelings of respect and attraction for you (e.g. by making her laugh and smile) and then get her to meet up with you in person.

In person, she can see for herself that everything she experienced over the phone and via text (e.g. your confidence, charm, emotional strength and maturity) is actually for real now.

From there, you need to

5. Reactivate her feelings for you

One of the most important things that you need to do to convince your ex to go back and start again, is to use the meet up as a platform to reactivate her feelings of respect and sexual attraction for you.

The more she can see that the guy who ruined the relationship no longer exists, the less she will be able to justify to herself why staying broken up is the best thing for her.

On the other hand, if you don't reactivate her feelings for you before you discuss giving the relationship another chance, she's just going to keep thinking of you as the guy who messed it all up.

So, you need to make some attractive adjustments and improvements to yourself to prove to her that you really are a better man now.

More importantly, she really does feel differently around you now.

When you interact with her in ways that reactivate her feelings of respect and sexual attraction for you, everything changes in her mind.

She stops trying to get away from you and opens up to being with you again.

When you have made her feel that way, you then need to

6. Confidently guide her back into a relationship

This is a very important step that most guys mess up, which is why they don't get their ex back.

You have to get this right.

You have to remain confident all the way, even if she is giving you mixed signals or playing hard to get to test you.

You've got to focus on the fact that both you and her will feel amazing when you kiss, have sex and fall in love again after getting back together.

Use that as motivation to keep pushing along until you and her are in a relationship once again.

So, at this point, you have two main options.

Option #1 is to follow the steps I've outlined above (i.e. you understand your girlfriend's less obvious reasons for breaking up with you, make improvements in those areas, get her to forgive you, meet up with her in person and reactivate her feelings for you).

On the other hand, Option #2 is to do nothing and hope that she comes back to you on her own.

So, which option would you rather choose?

If you chose Option #1, congratulations!

You've just proven to yourself, beyond a shadow of a doubt, that you are truly a new man now.

You rise up and meet challenges in your life and use them as stepping stones to become an even better man.

Women know how valuable and rare a man like that is, so when your ex senses that you are now truly like that in every way, she will naturally feel respect and attraction for you again.

So, if have been feeling down about yourself lately, you need to stop that.

Stop beating yourself up about ruining the relationship and feeling unworthy of her.

The old version of you got dumped.

The new version of you is now in charge, has made changes and is now ready to guide her back into a relationship and show her that things really are different now.

You can do it.

Don't be afraid to get her back.

So many men start off in your situation and get their girlfriend back in a matter of days or, in extreme situations (e.g. where she hates him), it can take a couple of weeks.

Whatever the case is for you, the fact is that you can get her back.

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[image]

Almost there! Please complete this quick form to gain instant access.

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She Moved On So Quickly. It Was Like I Meant Nothing to Her

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If a woman moves on quickly after a break up, it doesn't always mean that her ex meant nothing to her.

Look at it this way!

Imagine that you dumped a woman and then immediately hooked up with a new woman and got into a relationship with her.

Would that mean that your ex woman meant nothing to you?

Not necessarily, right?

Instead, it can simply mean that you are the kind of guy who can easily attract a new woman and so you did just that to help make yourself feel better after the break up.

It doesn't mean that your ex means nothing to you.

You might still love your ex and have a place for her in your heart, but you broke up with her for whatever reason you did.

In the same way, just because your ex has dumped you and moved on quickly, it doesn't mean that you never meant nothing to her or can't get her back.

If you want to get her back, you still can.

How?

Regardless of her new guy being in the picture now, you need to interact with her (e.g. by calling her on the phone and getting her to meet up with you in person), so you can actively make her feel a renewed sense of respect and sexual attraction for you.

If you don't do that, then you are out of sight, out of mind.

She can focus on her new guy, get used to not having feelings for you and keep moving on without you.

However, when you reawaken her feelings, everything begins to change in your favor.

Experiencing respect and sexual attraction for the new you plants a seed of doubt in her mind and she begins to wonder, *"Is my new guy really the right guy for me? I thought he was. Yet, why am I missing my ex all of a sudden? I didn't know my ex could have that effect on me. I'm confused. Why do I want him back? Is it a sign that we're meant to be together or something? Why can't I get him out of my mind?"*

That's what you want her thinking and feeling.

When she does, her guard comes down and she starts to reconnect with her original feelings of love for you.

You can then guide her through the rest of the ex back process and she will be yours once again.

5 Mistakes to Avoid if You Want Her Back

Every day, all over the world, men get their woman back from another guy.

It can be done.

You can do it.

However, if you try to get her back while making one or more of the following mistakes, it will become a little more difficult for youâ€¦|

1. Sitting around feeling rejected, rather than being emotionally strong and doing what it takes to actually get a woman back

[image: Sitting around feeling sad about being left behind by her]

If your ex moved on quickly, it's quite natural for you to be feeling a bit sad and rejected about it.

It's also understandable that you may think to yourself, *â€œHow could she do that to me? It was like I meant nothing to her.â€*

However, when youâ€¦re feeling sad and depressed and focusing on the negatives, getting her back can seem very difficult or even impossible to you.

You find yourself trapped in a cycle of despair where you're thinking things like, *â€œI still love her. I have never stopped loving her. Did she feel the same way about me though? Was the relationship even real? Did she actually love me? Will anyone woman ever love me? Am I doomed to be like this for my entire life?â€*

You have to stop that kind of thinking.

Why?

If you interact with her (e.g. via text, on social media, on a phone call or in person) and she gets a sense that youâ€¦re emotionally weak and lost without her, it's going to turn her off.

Rather than saying to herself, *â€œWow! His love for me is so deep, while I've been a shallow person for moving on so quickly. I don't know how I could have done that to him. How selfish of me! I should break up with my new guy and go back to my ex right now to stop his pain,â€* she will simply feel turned off by what she perceives as your emotional dependence on her.

The fact is: Although feeling sad and rejected is a normal reaction to seeing your ex move on so quickly after a break up, itâ€¦s not going to help you get her back at all.

If you want another chance with your ex, you need to change your thinking and actions to break free of the negativity and despair youâ€¦re currently stuck in.

You need to become emotionally strong, hopeful and optimistic about getting her back, which will allow you to project confidence and emotional strength when you interact with her.

As a result, she will feel some respect and attraction for the new you and it will plant a seed in her mind that will grow minute by minute, hour by hour, day by day.

Before she knows it, she will realize that all she has really been doing is thinking about you and missing you lately, so it must be a sign that she is meant to get back with you.

That's what works to get an ex woman back.

So, from this moment onwards, you must use every interaction that you have with her as an opportunity to show her (via the way you talk, think, act, behave and respond to what she says and does) that youâ€¦re now the man she always dreamed you'd be.

You can do that byâ€¦|

- Making her smile and laugh when you interact with her.
- Showing her (not telling her) that you've learned from your past mistakes and are a better man as a result. (She will pick up on it herself as she interacts with you).
- Giving her the attraction experience she always secretly wanted from you but never told you about (e.g. to be more emotionally independent and not cling to her so much, to stand up to her more and not let her get away with bad behavior or tantrums, to be more emotionally masculine rather than being womanly like her).

When you present her with a new, improved version of you that she never thought was possible, she won't be able to stop herself from feeling drawn to you again.

She might try to resist what she is feeling because she has already moved on, but her heart will be telling her to give you another chance.

Another mistake to avoid is

2. Seeking pity from her by telling her how shocked and depressed you feel about how she moved on so quickly

Sometimes, a guy might feel so shocked that his ex has moved on quickly that he may say to her, *How can you do this to me? I never imagined you could be so cold and heartless. It's like I meant nothing to you. At least I know that what I felt for you was real. Yes, I stuffed up, but I gave you my all. I didn't ever pretend to have feelings for you one day and then hook up with a new woman the minute you turned your back. I hope you're satisfied though, because if revenge was what you were after, you sure got it. Congratulations! You can now feel proud of yourself for showing me how little I meant to you. I've been so depressed since the break up. I haven't been able to eat or sleep properly. You've ruined me. You are a cold, heartless woman who has just shown me that I meant nothing to you.*

By saying something like that to her he's likely hoping to make her feel pity for him and guilt for her actions.

He's hoping that she might feel guilty and say something like, *No. That's not true. I still love you. I don't know what I was thinking by leaving you. You love me so much, so it's clear that we are meant to be together. I should never have moved on so quickly. I'm so sorry! Can you ever forgive me? Will you take me back?*

Of course, it doesn't work that way though because women aren't attracted to pity seeking from men, especially ex men.

Essentially, a woman doesn't want to be responsible for a man's confidence, happiness, sense of worthiness and overall emotional wellbeing.

She wants to know that even though life has thrown him a curve ball, he's emotionally strong enough to cope and even to thrive from the experience.

So, if he shows her that he's falling apart after what she did, it's a clear signal to her that he's the sort of man who needs her to take care of him emotionally.

It's just not the role that a woman wants to take on in her romantic relationship with a man.

She wants a man who remains confident and emotionally strong, with or without her support or reassurance.

Here's the thing!

You will have a lot more success in getting your ex back when you start displaying some of the qualities and personality traits that are naturally attractive to women (e.g. confidence, self-belief, emotional masculinity, emotional independence), rather than by trying to make her feel sorry for you.

So, if you've adopted a *Poor me* attitude, now is the time to throw that away and focus on re-sparking your ex's feelings of respect and attraction for the confident, emotionally strong version of you.

When you approach getting her back from a position of strength, rather than weakness, she feels drawn to you again because it's attractive to her.

On the other hand, if you try to get some pity from her, she will become even more stubborn and might say something like, *Get over it! I've moved on and you need to deal with it and leave me alone. It's over! Leave me alone.*

Another mistake to avoid is

3. Thinking that your only hope to get her back is to wait for the rebound relationship to end and then slowly try to get her to open up to you again

Another common mistake that guys make when their ex moves on, is to step back and wait (months or years) for her to become available again.

For example: A guy might say to himself, *Well there's nothing I can do right now. She's moved on and whether I meant something to her or not doesn't seem to matter anymore. The best option I have is to wait for her to dump her new guy and then try and get her back after that. I love her so much that I'm willing to wait as long as it takes.*

He may then sit around waiting for months and in some cases, YEARS, to get the news that his ex has finally broken up with her new guy.

When that happens, he might call her up and say, *Hey, how are you? How about we catch up and say hi.*

Yet, by that stage a woman will often just say, *What are you talking about? I've been over you for months/years. Whatever we had together is long dead. Maybe if you tried to get me back in the beginning I would have been open to it, but now it's too late. I'm sorry. I can't believe you're still waiting around to get me back. Move on!*

So, if you don't want that kind of thing to happen to you, make sure that you don't give up on getting her back today.

You can get her back if you are focused on triggering her feelings of romantic and sexual attraction for you again.

If you do that, it messes with her new relationship and interrupts her ability to fully move on without you.

She feels drawn back to you because you have reawakened her feelings for you and are making her feel attracted in new, interesting ways as well.

This is why it's so important that you stay in touch with her, rather than just sitting around and waiting for her to hopefully break up with the new guy in future.

So many men make that mistake and are then shocked to find that she quickly or instantly moves on

with another guy after breaking up with her boyfriend.

In other words, she does the exact same thing again.

Why?

Women like her tend to follow a pattern.

She will break up with a guy when she has another guy waiting and ready to take his place.

That way, she doesn't have to feel hurt and lonely after breaking up with her ex and can move on much more easily.

So, don't make the mistake of just waiting around and hoping that she will be open and available for you in a few months or years time.

If you want her back, I recommend that you do it now.

Get the other guy out of the way and get her back.

Did You Make Her Your *Everything* in Life?

When in a relationship with a woman he really loves, a guy will often make the mistake of making her his "*everything*."

In other words, he will spend most or all of his spare time with her, not see his friends anymore, give up hobbies and stop pursuing his dreams.

He wants to show her that she is the most important thing to him in life.

Yet, women don't like that.

When a woman notices that a guy has made her his "*everything*," she will instinctively stop being as affection, start becoming demanding and throw tantrums if he doesn't do whatever she wants.

If he fails her tests and does whatever she wants because he's afraid of losing her, she will gain more and more power over him, which will turn her off.

She will then be less in love with him and he will get the sense that he is losing her.

As a result, he will gradually become clingy and needy, which will make her feel like she needs to get away from him and the relationship.

Did that or something similar happen between you and her?

Don't worry; most guys make that mistake with a woman at least once in their lifetime.

A guy will often assume that a woman will feel flattered by the fact that she means more to him than anything else in his life (even more than his biggest dreams, ambitions and goals).

Yet, although a woman might initially enjoy how devoted her guy is to her, she will gradually become turned off if she realizes that without her love, he's just an insecure, needy, clingy guy who is hiding from his true potential as a man behind her and the relationship.

She will then lose respect for him and stop feeling attracted to him.

Without a solid foundation of respect and attraction for love grow upon, a woman just won't see the point of staying with him anymore and will prepare to break up with him.

She will either start flirting with new guys to get a replacement ready to go, or break up with her guy and start flirting and opening herself to opportunities with new guys she meets.

If she meets a guy who is emotionally stronger and more emotionally masculine, she will feel naturally attracted to and drawn to him and will find it easy to hook up with him and move on because he will be making her feel a much more wholesome attraction compared to her ex.

Additionally, rather than feel like she's moving on too quickly, she actually just feels relieved to get away from her ex and get into a relationship where she can feel respect and attraction for a guy again.

Don't worry though because you can still get her back if you made that mistake.

If you became needy and clingy in your relationship with your ex, one of the first steps you need to take to get her respect and attraction back is to show her that you're not that guy anymore.

How do you do that?

You show her via your behavior, your conversation style, your attitude and the way you respond to what she says and does.

You focus on becoming emotionally independent and beginning to live a happy, fulfilled and successful life with, or without her.

Then, when you interact with her, you can show her that you've moved to a different level from the one you were at when she broke up with you.

For example: In the past, if your ex told you about how happy she is with her new man, the old you might have become upset and possibly said things like, *"I can't believe you moved on so quickly! It was like I meant nothing to you"* and hoped she would feel pity or guilt.

However, the new you just laughs and says something along the lines of, *"I'm glad that you're happier without me. I realize now that I was just making you miserable with all my silly neediness and clinginess. Of course, I'm not that guy anymore. It was a big wake up call for me. I sometimes laugh when I look back and think about how I acted."*

How does that change how she feels?

It makes her feel respect and attraction for you for being man enough to admit your mistakes and then having the courage to make some changes to your way of thinking and behavior.

When you allow her to see, hear, feel and notice that you are happy without her, but also have the emotional maturity to genuinely feel happy for her too (even though she moved on so quickly), she will realize that you are a rare catch of a man.

She will stop thinking so negatively about the old you and she will start feeling drawn to the new you.

You will have planted a seed of doubt in her mind about her new relationship.

From there, all you need to do is continue making her feel sparks of respect and attraction for you every time you interact with her and her walls will come tumbling down.

Remember: Just because your ex moved on so quickly, it doesn't mean that the love is dead between you and her and there's absolutely no chance of ever getting her back.

There is.

When you make her reconnect with her love for you (e.g. by showing her that you're the kind of man she can now look up to, feel proud of, respect, feel attracted to and love), she will begin to regret moving on so quickly.

From there, all it takes is the courage to guide her back into your arms and into your life again.

You have that courage, right?

If so, go and get her back!

If not, keep learning and I will keep building your confidence until you are ready to get her back.

×

[image]

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[image: Dan Bacon]

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She Won't Give Me a Reason Why She Broke Up With Me

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 4 possible reasons why your ex won't give you a reason why she broke up with you:

1. She doesn't want to teach you what you need to change to get her back

When a woman decides to break up with her man, he often feels like she's made the decision all of a sudden.

He might say, *"I don't understand. What did I do wrong?"* or, *"Just tell me why this is happening. What is going on?"* or, *"Why are you doing this? I love you. How can you just leave me like this?"*

Yet, as nice as life would be if a woman told you exactly why and what you need to change to get her back, it just doesn't happen that way.

In most cases, a woman will say something along the lines of, *"I just don't feel the same way about you anymore,"* or *"Just accept that it's over. I don't want to be in this relationship anymore."*

She doesn't want to teach him and give him the exact instructions on how to get her back, so she makes it vague, which only confuses him more.

Here's the thing though!

Leading up to the break up, she will have given him hints for a long time, which he didn't pick up on or simply ignored.

So when he starts asking her why she's breaking up with him, it annoys her and shows her that he is clueless about what she really wants in a man to feel happy in a relationship.

Rather than making her think, *"Oh, okay my mistake! I need to spell things out even clearer for him now. He will then understand and be the man I want him to be,"* she thinks something like, *"He obviously wasn't paying attention to anything that went on between us. He probably thought I was just being a nagging, whiney girlfriend (or wife) when I told him his friends were being too much of a negative influence on him/I got angry with him for leaving all the decisions up to me/I got upset because he cancelled his plans with me one time too many/I felt turned off because he was being too insecure. Now he wants me to hold his hand and tell him what went wrong. No way. I've already told him and he just wasn't paying attention. So, if he wants a reason why I'm breaking up with him, he's going to have to figure it out on his own. I'm not helping him and giving him a way to get me back. He has to figure it out, become and be that man and re-attract me. Otherwise, we are finished."*

It would be nice if women just took on the role of teacher and explained (to the man that they were breaking up with) how to re-attract them.

Yet, that's just not a role that women want to take on.

A woman wants to be with a man who understands how to be the kind of man she needs, without her

guidance and teaching.

A guy might say, *“Women are crazy! How can I give her what she wants if she won’t tell me what that thing is?”*

Women aren’t crazy.

If a woman takes on the role of teacher for a guy, she stops feeling like his girl and therefore, stops feeling respect and sexual attraction for him.

A woman doesn’t want to feel like a big sister, teacher or mother figure in her man’s life.

It’s a turn off.

So, it’s not women being crazy or unnecessarily being a pain in the ass.

Instead, she is just following her natural instincts and knows that if she becomes a guy’s mother, sister or teacher figure, it will feel horrible for her.

She just wants a man who understands how to be a man, or a man who can learn about it elsewhere and start being that kind of man for her.

Additionally, in most cases, a woman will feel as though she’s given her ex enough information in the past to be able to work it out by himself anyway.

In her female mind, the hints she gave him, the tantrums she threw and the threats she made to break up with him should be enough for him to understand where he was going wrong.

If he can’t figure it out, then she feels as though she’s just wasting her time with a guy who doesn’t yet understand how to be the man she needs.

She doesn’t want to be his guide and mentor.

Moreover, if she has to tell him how to be the kind of man that she needs, she will lose respect for him because he’s not being his own man.

He is simply doing what she’s telling him, which then puts her in a position of dominance with him.

Women don’t want that.

If a woman feels emotionally more dominant she can’t respect him and if she can’t respect him, she won’t feel sexually attracted to him.

Without those two fundamental emotions, a relationship cannot survive and a woman cannot remain in love.

Respect and attraction are absolutely essential, fundamental parts of a relationship between a man and a woman.

Thankfully, they are both emotions that you can control.

The fact is that the amount of respect and attraction your ex feels for you is based on what you say and do around her and in life.

If you are being the kind of man that she can feel respect and attraction for, then she will automatically feel that way about you.

Likewise, if you’re not, she won’t.

So, if your ex won’t tell you why she broke up with you, it’s probably because she feels that she’s given you way too many clues along the way to figure it all out on your own.

If you can now fix some of your issues and improve yourself without her help, it will regain a lot of her respect and attraction for you.

Her guard will then come down and she will open herself back up to interacting with you, having feelings for you again and getting back together with you.

Another reason why your ex might be closed up and not giving you details about why she broke up with you is thatâ€¦|

2. There are several reasons for the break up and she doesn't believe you can change them all quickly enough

[image: She doesn't believe that you could quickly change and start being the kind of man she really wants]

For example: Some of the reasons why a woman might break up with a guy are:

- He displayed unmanly behavior too often and she lost respect for him (e.g. he was too emotionally sensitive, cried in front of her on a number of occasions or ended up behaving a lot like her).
- He became too annoying (e.g. because he was indecisive, he was immature or couldn't get much of a reaction out of her unless he annoyed her).
- She dumped him before he could dump her (e.g. because she felt insecure in the relationship with him and feared that he was too good for her).
- She felt like he was dragging her down (e.g. because he was a negative person).
- She couldn't see herself in his future because they wanted different things in the relationship (e.g. she wanted to settle down and get married, buy a house together, start a family and he wanted to live the single life, party and get drunk with friends and have no responsibilities).

If a woman realizes that there are just too many issues driving the relationship apart, she may become tired of trying to make things work with him and just end the relationship.

Naturally, a guy might then quickly try to make her change her mind by saying things like, *â€œPlease baby, don't just walk away from what we have together. I know I stuffed up, but I can change. I promiseâ€¦| whatever you want me to do, I will do it. I just want you to be happy. Believe me, this time I really will change.â€œ*

Yet, in most cases, itâ€¦s not the first time a guy is promising to change, so she isn't going to easily fall for it.

Instead, she might say something like, *â€œLookâ€¦it's over okay? Iâ€¦ve heard your promises before, but they mean nothing to me. Youâ€¦ve had plenty of chances to show me that you can change and you haven't. I don't believe that you know how to change, want to change, or even that you know what you need to change to make me happy. This time itâ€¦s really over between us. Goodbye.â€œ*

That's a horrible experience for a guy to go through.

He really loves his woman and wants to be with her, but his usual bag of tricks just isn't working on her anymore.

She's leaving him for good.

If he wants her back, he has to man up and make real changes, rather than trying to BS his way through his relationship with her.

He has to understand why she is really breaking up with him and start making real changes to those things about himself.

If he does, she's not necessarily going to say, *"Wow! You've changed. Okay, I want you back!"*

Instead, she might keep her guard up a little and wait to see if the changes are real and more importantly, if she continues to feel sparks of respect and attraction for him now.

If she notices that her feelings for him are coming flooding back, then her guard will come down and she will open back up to being in a relationship with him again.

So, the first step to getting your ex's respect and attraction back is to figure out her real reasons for breaking up with you.

Then, the next time you interact with her (e.g. on a phone call and especially in person) she will be able to see for herself (via the way you talk, think, behave and interact with her) that you truly understand where you went wrong and are no longer the same guy that she broke up with.

When she experiences the new you, it makes her drop her guard.

She then begins to feel more open to interacting with you again, because she feels that you've actually made an effort to figure out where you went wrong and then put in the work to make some attractive adjustments to yourself.

Another reason why your ex might not be willing to tell you the real reasons why she broke up with you is that!

3. She wants to get emotional revenge on you for treating her badly during the relationship

Sometimes, if a woman feels like a guy treated her badly in the relationship (e.g. he took her for granted, was too jealous and controlling, was too critical of her and belittled her), she may break up with him without telling him why to put him through months of misery and confusion.

For example: She might say to herself, *"He doesn't have a clue what he did wrong. He thinks he's the best boyfriend (or husband) a woman can hope for. He always saw himself as being better than me. Well, I'll show him. I'm not telling him a thing. He won't know how to get me back and he'll most-likely mess up his future relationships by making the same mistakes. Then we'll see who is smarter. Good luck you asshole!"*

As you may know, women can get pretty nasty after a break up.

It's pretty weird how it happens, but it does.

By the way!

Some of the reasons she might not have wanted to tell him are:

- She hated how he became insecure when she stopped showing interest to test his confidence.
- She felt turned off by how he often acted like her (a girl!), rather than continuing to be a manly man.

- She despised how much power she was able to gain over him simply by throwing a tantrum or rejecting him sexually.
- She felt disappointed that he always put her needs in front of his own, even though she was treating him badly. She wanted him to stand up to her in a loving, but dominant way and not put up with her crap.

These are some of the things that women just don't want to admit.

As you can imagine, if a woman told that kind of truth to a guy that she was breaking up with, what would he do?

In almost all cases, he'd promise to start being like that.

Then, what would happen?

She would see the changes as fake or forced and he would most likely go overboard with the changes and end up treating her badly.

For example: He'd become arrogant, selfish and domineering because he'd assume that if she likes a confident guy who takes on the position of power, then she'd really like an arrogant guy who takes all the power and makes her feel less than.

No.

That's not what a woman wants.

Since it's so complicated for women to explain to men, they often just dump a guy, move on and hope that the next one has a clue about what women really want in a man.

Finally, another reason why your ex might not have given you a clear, honest reason for the break up is that

4. She cheated on you and didn't want to admit it

In some cases, a woman might be feeling guilty about the fact that she cheated on her guy and end the relationship without getting into a big discussion about it.

Rather than confess her infidelity to him and possibly have to deal with him getting angry with her (and in some cases even violent), or alternatively, break down in front of her and cry, she might just say something like, *"I need some space,"* or *"I don't want to be in a relationship anymore."*

That way, she gets a clean break and can leave without all the focus being on the fact that she cheated and broke his heart.

So, if you suspect that your ex may have cheated on you, here are some questions to ask yourself:

- Is my ex a woman of high moral character who would never cheat in a relationship, or is she a woman of low moral character?
- Was she always trustworthy in our relationship, or did she do many things that caused me to feel suspicious of her loyalty to me?
- Was she always respectful of me in social situations around other men, or did I often see her flirting and showing interest in men right in front of me?
- If I found out today that her reason for breaking up with me was because she cheated on me,

would I still want her back?

- Would I need to sleep with another woman first (to even the playing field), before I would feel okay about having my ex back?

If you don't believe that she cheated, then what you need to do is focus on what other reasons may have lead to the break up (e.g. you became too insecure, gave her too much power, took her for granted, ended up acting a lot like her).

Then, you need to make some attractive adjustments to your thinking, behavior and attitude, so that when you interact with her again, she can think to herself, *â€œHe is so different now. Why am I feeling attracted to him all of a sudden? What is happening? I love him. I want him back.â€*

4 Mistakes to Avoid if You Want to Get Her Back

In most cases, getting an ex woman back is fairly easy and straightforward.

However, if you make any of the following mistakes, she will keep rejecting you away and saying things like, *â€œJust accept it, weâ€™re not right for each other. It's over.â€*

Mistake number one isâ€

1. Begging or pleading with her to give you a reason

[image: Please just tell me why]

When a guy honestly can't figure out by himself why his woman broke up with him (e.g. because they didn't have a big fight beforehand and she just suddenly broke up with him out of the blue), he might say to her, *â€œPlease just tell me why. We didn't have a fight, so why are you doing this? I thought we were happy together. Why won't you tell me?â€*

Although he feels justified in asking for an explanation, it usually doesn't work for 2 main reasons:

1. It's annoying for her to have to explain what women feel attracted to and how he can change.
2. She perceives him as being emotionally weak for begging and pleading with her, which turns her off more.

So, even if you don't know the reason why your ex broke up with you, don't beg and plead with her to tell you why.

If you do, you will cause her to lose even more respect and attraction for you.

2. Telling her that you are willing to change whatever she wants

To get an ex back, a guy might say to her, *â€œI know I stuffed up, and Iâ€™m sorry. Just tell me what you want me to change and Iâ€™ll do it. Iâ€™ll do anything to make you happy and get us back together again.â€*

In his mind, he thinks that he is doing the right thing and showing that he cares, loves her and is willing to change whatever she wants.

Yet, rather than make her think, *“Now that’s what I’ve been waiting for! Yayy! Not only is he willing to change for me, but he’s also prepared to do whatever I ask him. What an amazing man! I would be crazy to let him go. He will do whatever I want. He will be my willing slave. I own him! Yes, bow down to me you little piece of dirt! Yes! Finally, a guy who will submit,”* she will usually be thinking, *“I guess I was right about breaking up with him. He still doesn’t have a clue what he did wrong. He just expects me to tell him so that he can feel better about it. If I tell him how to be the man that I need, he will simply be following my instructions like a robot, rather than learning from his mistakes and becoming a man on his own. I don’t want to be his teacher or guide in life about how to be a man. I want to be a man’s girl, not a mother figure for him. I have to stick with my decision to break up with him and try to move on as soon as I can.”*

3. Seeking pity from her

A guy might sometimes try to make his ex woman feel pity for him, in the hope that when she sees how miserable he is without her, she will feel bad about leaving him and will then agree to give him another chance.

Yet, that tactic usually only makes a woman even more determined not to give in to what she perceives as his emotional blackmail.

Instead of giving him another chance, she focuses her energy on moving on and finding a new man as quickly as possible, so he can’t guilt her back into being in a relationship with him again.

Here’s the thing:

A woman doesn’t want to be with a man because she feels sorry for him or is doing him a favor. She wants to be with him because she looks up to him and respects him, feels attracted to him and loves him.

4. Getting angry at her and e-mailing or texting emotional rants

Some guys just can’t accept the fact that they have been dumped for no reason.

He feels betrayed, frustrated, angry, sad, rejected and hurt all rolled into one.

Not knowing what else to do, he unleashes his feelings in long-winded rants via text or e-mail, which just turns her off even more.

So, if you want to get your ex back, one of the most important things to remember is: Don’t lose your cool.

When you focus on re-sparking her feelings of respect, attraction and love for you (e.g. by being confident and emotionally strong around her, making her laugh and smile, showing her via your actions and behavior that you’re really changed), it will be a lot easier for her to begin thinking about you in a more positive light.

She will drop her guard and naturally become more open to seeing you again and seeing where things go from there.

Remember: Don’t try to get answers from her.

What she wants now is for you to re-attract her (by changing the subtle things about you that were turning her off) and if you can do that, she will open up to giving you another chance.

However, if you keep trying to get her back by wanting to discuss things with her, she will remain

closed up and you will lose her.

Focus on making her have romantic and sexual feelings for you again, rather than trying to get her to help you understand how to get her back.

That is what works.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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Why is My Ex Dating a Guy Who Isn't as Nice as Me?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 3 possible reasons why your ex is dating a guy who isn't as nice as you:

1. She doesn't actually need a man to be as nice as you were to her

[image: She didn't need you to be as nice as you were]

There's nothing wrong with being a good man.

Almost all women definitely do prefer a good man over a man who doesn't treat them well.

However, almost all women also prefer a good man over a man who is super nice to her all the time, even if she doesn't treat him well.

In other words, women want a good guy, but they don't want a pushover.

You're most-likely a good guy, but you may have gone a little too far and become too nice to her.

It might seem like that would make her even happier, (after all, women do say that they want to be treated like a princess), but it doesn't.

Why?

Most women cannot admit that they want a guy who doesn't suck up to them all the time.

If women did say that, many guys would get confused and start treating women badly to impress them.

Yet, that's not what women are looking for either.

A woman doesn't want a man who treats her badly.

Instead, a woman wants a good guy who doesn't suck up to her all the time and place her above him in terms of importance and value.

This is frustrating for some guys who like the idea of being a romantic, sweet guy to a woman and being rewarded for it.

Yet, that's just not how a woman's attraction for a man works.

Women do want the niceness and sweetness at times, but only if it's coming from a guy who also has emotional masculinity (i.e. balls) and can be the man around her.

So, if you're in a position where you have noticed that your ex is dating a guy who isn't as nice as you, don't worry.

You can still get her back.

You've just got to be willing to change your approach to her a little.

If you've read this far, then you are most likely one of the rare guys who doesn't want to blame women for his lack of success with women and instead, wants to learn, improve and get her back.

So many other guys feel like it's just not fair, or that it's wrong that she is dating a guy who isn't as nice as him.

He is so confident about her being wrong that he believes she will soon realize it and come running back to him because he is nicer.

Yet, she doesn't.

He then loses confidence in his attractiveness to her and to other women and is more confused than ever.

After all, he doesn't know what else to do to make a woman happy in a relationship other than be nice, supportive, generous, helpful and caring.

He's lost, confused and irritated at what she is doing and why she isn't coming running back to him.

[image: I'm being nice to you. Isn't that enough?]

He may think to himself, *â□□I donâ□□t understand what she sees in that new guy. I did everything for her. I put her on a pedestal and treated her like a princess. She always got everything she ever wanted from me. I spoiled her with gifts and surprises, I did most of the housework, ran her errands and I even cooked for her. Yet, she just walked away and now sheâ□□s with some guy who treats her like crap and she actually likes it. I just donâ□□t get it. Why wasnâ□□t I good enough for her? Canâ□□t she see that heâ□□s not as nice as me? Why would she actually enjoy being treated badly over being treated like the most important woman in the world?â□□*

In some cases, a guy might try to get his ex to see that the new guy isn't as nice as he is, in the hope that she will suddenly realize her mistake and come running back.

Yet, she doesn't.

She knows the real reason why she broke up with him (i.e. he was a good guy, but he lacked the kind of emotional toughness and emotionally masculinity that she wants in a guy), so she doesn't care that the new guy isn't as nice as him.

Why?

Sexual and romantic attraction is the most important element of a relationship between a man and a woman.

Although women do appreciate a good man and want a good man, niceness level isnâ□□t what attracts a woman to man sexually.

It's nice, but it's not the thing that makes her wet and makes her want to be a man's woman.

A woman doesn't think, *â□□That guy is nice, but this guy is so much nicer, so Iâ□□ll pick him.â□□*

That's not how it works.

Instead, a woman is going to ask herself:

- Which guy makes me feel the way I want to feel when Iâ□□m with him (e.g. sexually attracted, romantically attracted, happy, feminine)?
- Which guy is emotionally masculine enough to take the lead in the relationship, so I can relax into being a feminine woman around him?
- Which guy can I look up to and respect the most because of his confidence, emotional strength and emotional masculinity?
- Which guy makes me feel feminine and girly in his presence?

These are the types of things that matter more to woman than whether one guy is nicer than another guy.

So, if you're wondering why your ex is dating a guy who isn't as nice as you, you need to understand that her attraction to him is based on how his approach to her makes her feel and not on how nice he is.

If you haven't been making your ex feel sexually attracted to you, she's almost certainly not going to think, *"It's okay that he doesn't make me feel sexually attracted, aroused and respectful towards him. As long as he's really nice to me, I'm going to stick around him for life."*

I know, I know.

You probably hate reading some of this.

Most nice guys hate anything that suggest they shouldn't be so nice.

In the mind of a nice guy, he is right and everyone else is wrong.

If you are one of those guys, I can't help you.

You will unfortunately have to learn the hard way, by not being able to get her back, getting dumped by other women in the past and eventually realizing, *"Damnit! Niceness isn't the answer. I get it! I will be normal now and stop trying to suck up to women to get them to like me and not leave. I will be a more balanced man. I will be emotionally masculine. I will give a woman the kind of attraction experience she really wants."*

Then, and only then, will you begin to experience easy and natural success with women.

Yet, before you make that change, you will always struggle to make a woman like you or not leave you.

It's not about you though.

It's your approach.

You just got to change your approach to your ex and to women in general.

You can stay the same, but you've got to be willing to not be such a nice guy pushover type to women.

If you're not willing to do that, you've got a lot of bad times ahead of you.

Rejection, lack of attraction in relationships, getting cheated on, being dumped and so on.

On the other hand, if you are willing to change your approach to your ex, then you have a lot of great times ahead of you.

So, if you want your ex back, change your approach to her and start making her experience strong feelings of respect and sexual attraction for you again.

When you do that, she will begin to appreciate how much better of a guy you are compared to him.

On the other hand, if you try to get her back by trying to convince her that you're the nicer guy, she's likely just going to say something like, *"I appreciate that you always treated me so well, but I just don't have romantic feelings for you anymore. Maybe we can be friends, but I can't be in a relationship with you anymore. I'm sorry. Please accept it."*

Another possible reason why your ex is dating a guy who isn't as nice as you is that

2. He just doesn't put up with her tantrums and instead puts her back in her place in an assertive, but loving way

Women hate it when a guy lacks the balls to put her back in her place in a loving way.

Why?

It suggests to her that if he can't handle her, he's not going to be able to handle challenging people throughout life as well (e.g. at work, amongst friends and family).

She will have to be the stronger one and lead the way to fight any battles that come their way, because he clearly doesn't have the balls to stand up for himself in an effective way.

Note: I'm not talking about standing up for yourself in an aggressive way and getting into fights.

I'm talking about being a good man, but not allowing assholes or dodgy people to take advantage of you in life.

As you may have experienced at work or amongst friends, there is always a bad person or two who will try to deceive you, get you into trouble, take what is yours or hurt you.

If a woman senses that you are unable to stand up for yourself and protect yourself against people like that, she just won't feel safe with you.

It doesn't matter how nice you are, how many things you buy her to make her feel safe or how much you promise that you'd take a bullet for her.

That isn't what she's looking for to feel safe.

What makes a woman feel safe is seeing you in action with her or around other challenging people and noticing that you don't get flustered or get taken advantage of.

You remain confident, calm and in control and are able to handle the situation effectively, without having to get into a fight or heated argument.

So, if your ex was able to make you become insecure or get you to do whatever she wanted by getting angry or throwing a tantrum, then it will have been a turn off for her.

If the new guy doesn't put up with her drama and instead puts her back in her place in a loving, but assertive manner, then she's going to feel attracted to that about him.

It might not make much sense to a guy who believes that niceness is the key to success with women, but that's the reality.

In fact, one of the main reasons why a woman will date a guy who doesn't seem as nice as her ex, is because the new guy doesn't let her get away with bad behavior.

She feels like she has to be on her best behavior around him, otherwise she will lose him.

and she likes that feeling!

Women prefer a guy who is a challenge, as long as he isn't being so challenging that he is an arrogant asshole.

It's never about being on one extreme or the other (e.g. too nice or too much of an asshole).

Instead, it's about being a balanced, good man who doesn't take crap from her or anyone else, but doesn't need to get into a fight about it or a heated argument to solve the issue.

So, let's have a look at an example

Guy #1 is nice and sweet and no matter how badly his woman behaves around him, he tries his best to please her (e.g. because he's afraid that if he stands up to her, she will stop having sex with him or break up with him).

If she throws a tantrum about something irrelevant, rather than see that her behavior is irrational and laugh at her for being so silly, he becomes upset and starts to tiptoe around her, doing whatever he can think of to please her (e.g. buys her an expensive gift, apologizes repeatedly, gives in to her unreasonable demands, is even nicer to her).

This makes her feel like she can push him around and treat him badly without him even standing up to her and getting her to respect him, which is a huge turn off.

He might also say things like, *â€œIâ€™m sorry. Please donâ€™t get so annoyed. You know that I hate seeing you like this. Just calm down and Iâ€™ll make it right. Iâ€™ll do whatever you want me to do to make you happy. Just tell me what to do and I will do it. Iâ€™m sorry. Please donâ€™t be angry.â€*

Yet, rather than making her feel happy that sheâ€™s got herself such a nice and loving guy, she starts to realize that he is willing to put up with her treating him like dirt, just so he can get to be with her.

She then loses respect for him because she perceives him as being emotionally weak and unable to protect her.

When a woman canâ€™t respect her guy, she also canâ€™t feel sexually attracted to him and without those two emotions, it becomes a lot more difficult for her to want to be his girl.

On the other handâ€¦

Guy #2 is a good guy, who is confident in himself and in his value to a woman.

So, when his girl throws a tantrum, rather than buy in to her drama, he smiles and asks, *â€œHey, whatâ€™s this crap?â€* and then if she continues throwing her tantrum and becomes even more difficult, he laughs at her for being such a drama queen.

If she doesn't stop the drama, he gets her to leave, or he simply hangs up on her if they're talking on the phone.

Of course, a woman will usually then act like sheâ€™s annoyed, but secretly she will be thinking, *â€œNow this is what Iâ€™ve always wanted; a man who can stand up to me in a loving, but dominant way and doesn't buckle under my fake pressure. I can look up to him and respect him as my man and relax into being a woman around him. I know that heâ€™s emotionally strong enough to lead the way in our relationship, rather than be a wimp who allows me to dominate him emotionally. I'd better be on my best behavior, otherwise I will lose him to another girl.â€*

So, if your ex is dating a guy who isnâ€™t as nice as you, it can mean that heâ€™s simply not letting her get away with bad behavior the way that you used to do.

Of course, this doesn't mean that you should now show your ex that you are willing to treat her badly.

That's not what she wants.

In many cases, a guy in your position will make the mistake of thinking, *â€œOkay, if she doesnâ€™t like it when Iâ€™m too nice and thatâ€™s why sheâ€™s dating a guy who isnâ€™t as nice as me, then I should be even more of a bad boy than him. If I start treating her badly and acting*

like I don't care about her, she will respect me and want me back."

No.

That's not how it works.

Women don't want to be treated badly.

They just want a good man who has balls (i.e. emotional masculinity, emotional toughness) and doesn't try to suck up to them as the main way of keeping them in a relationship.

Besides, in your case, if you suddenly stop being a nice guy around your ex, she will almost certainly act hurt and confused and accuse you of being mean to her.

What are you going to do then?

If you are used to being the nice guy and were just trying to act like a bad boy (which you don't need to be anyway), then you're most likely going to get nervous, apologize and tell her that you didn't mean it.

Then, she is going to lose even more respect for you for believing that she was genuinely hurt.

She was just testing to see if you would crumble and revert back to being the same nice, sweet pushover she broke up with.

And if you did, you lose.

She now knows that nothing about you has really changed and as a result, she will close herself off to you and feel even more attracted to the new guy.

On the other hand, if you continue treating her badly because you don't want her to think she can walk all over you, she will feel hurt and turned off by your lack of respect for her.

So, don't pretend to be something that you're not (i.e. a bad boy) as a way of hopefully getting her back.

Instead, you just need to get to the point where you're a good guy who treats her well, but also makes her feel respect by being more emotionally dominant than her.

When she feels like she can look up to you and respect you as a man, she will start to look at you differently and feel drawn to you in a new, interesting and compelling way.

She will experience feelings for you again and will be curious to explore those feelings by agreeing to meet up with you and then being open to hugging you, kissing you and even having sex with you.

Other guys have done that and you can too.

So, if you want to get her back from the new guy, don't be saying to yourself, *"Oh, I don't think I could do that. She wouldn't like it."*

If that's your mindset, then yes she won't like it.

Women want confidence in a man, not self doubt.

Another reason why your ex might be dating a guy who isn't as nice as you is that

3. Niceness is great, but there also needs to be a sexual spark in a relationship for it to stay together

Wouldn't it be awesome if being nice to a woman was the main thing that made her feel

attraction for a guy and stick with her for life?

All we'd have to do as men is be nice and we'd own a woman's heart and loyalty for life.

She would think, *â€œWhen he bends over backwards to please me and even puts up with my drama, I just want to rip his clothes off and make wild, passionate love to him. His niceness is driving me crazy with desire. Niceness is so damn sexy! Be nicer to me! Nicer! Nicer! Oh yes! Niceness!â€*

Unfortunately, that's not how it works.

So, let's get back to reality here!

The reality is that although a woman might appreciate it when a guy is being nice to her, it's not what causes her have ongoing sexual and romantic feelings for him.

She might like him and care about him as a person, but without that extra spark of sexual attraction, the relationship is just a friendship, not a romance.

So, when a guy is being nice and sweet to his girlfriend (fianc  or wife), it's never going to be enough if there is no sexual spark between them.

Nothing that he does will be enough.

There will always be the secret dissatisfaction she feels due to the lack of a sexual spark with him.

So, if a woman is dating a guy who isn't as nice as her ex, it can be because her new guy is making her feel sexually attracted in important ways that her ex was not (e.g. he is more ballsy around her, he makes her feel feminine in comparison to his emotional masculinity and vibe).

To get her back, a nice guy might try to change his ex's opinion of her new guy by suggesting that he is only using her for sex.

For example: He might say, *â€œI know things between us weren't perfect, but at least I loved you and respected you. Your new guy is just using you. He's just with you because of the sex and when he gets tired of you, he'll dump you and move on to the next woman he can find. Is that what you want? How can you do that to yourself? I love you more than anything. I have always treated you so well.â€*

Yet, rather than make her think, *â€œHmm, he has a really good point there. I was a total fool to leave my nice guy for the new guy who is only using me,â€* she will think something like, *â€œWhat makes him think he has a right to judge who I'm going out with and why? He's just jealous because we never had this kind of sexual spark between us. How immature of him to even say something like that to me.â€*

Worse still, his complaints about the new guy actually make the new guy seem more attractive to her. Why?

Her ex seems like an insecure, clueless guy who doesn't understand what women really want and is simply feeling inferior about the new guy.

On the other hand, the new guy probably doesn't even care what her ex says or thinks because he is confident and knows that women find him attractive.

Remember: Women are not attracted to self doubt and insecurity in men. Women are attracted to confidence and self belief.

It's not about being arrogant.

It's about being a confident, good man who knows that he is more than good enough for a woman.

Being a nice guy who sucks up to a woman and treats her extra nice because he is afraid she will leave, is not the answer.

That approach leads to endless heartache and frustration with women, where you get dumped, cheated on, treated badly and don't get the sexual affection you crave from her.

You've got to understand what women really want and start being that kind of man so your ex can feel the difference for yourself.

Stop comparing yourself to the other guy and trying to convince her that you are better than him because you're nicer.

Focus instead on reactivating her feelings of respect and sexual attraction for you by thinking, talking, acting and behaving in some of the ways that are naturally attractive to women (e.g. confident, emotionally masculine, self-assured, charismatic, funny, ballsy).

When she can see for herself that you are the kind of man who can make her feel attracted on a deep emotional level now, she won't be able to stop herself from seeing you differently.

All of a sudden, she starts to doubt her feelings about the new guy and open back up to wanting you.

At that point, you've just got to be confident and guide her back into a relationship with you.

Other guys do that every day all over the world and you can do it too.

You can do it.

Get her back!

×

[image]

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[image: Dan Bacon]

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My Ex Said, "I'm Still Attracted to You, But I Can't Be With You."

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

A woman might say that to a man for one or more of the following 6 reasons:

1. She fears that he will eventually cheat on her or dump her

If a woman doesn't feel like she can completely trust her guy (e.g. because he lies to her often, he flirts with other women, he's too much of a ladies man, always seems to be checking other women out in front of her) and she gets a sense that he won't be able to change, she will often just break up with him, even if she still has feelings for him.

She will think something like, "He's a sexy guy and I'm still attracted to him, but I just don't believe that he could stay faithful to me in the long term. If I stick with this relationship, I might fall even more in love with him and then if he cheats on me, or dumps me, it will destroy me. So, it's better to get out now on my own terms, while I can still handle the pain of leaving him behind, rather than wait until it's too late and then have to suffer being cheated on or dumped by him. Besides, I'd rather invest my energy in a relationship that I know will last."

Women have this instinct because of their biological clock.

Even if a woman hates babies and swears to never want any, she will still have a natural instinct that makes her want to be with a guy that will stick by her for life.

Her instincts also push her to find a guy that she could have children with and be happy, safe, protected and provided for if she needed it.

So, if you're serious about getting your ex back, you have to show her (via the way you think, act and behave) that you're no longer the same guy she broke up with.

For example: If your ex felt that you would cheat on her because you were often flirting with women in front of her, you need to be more respectful of her position as your number one woman from now on.

When she can see for herself that you're no longer the same guy she broke up with, her trust in you will begin to come back and she will open up to having a serious relationship with you again.

Another reason why a woman might say to her ex, "I'm attracted to you, but I can't be with you" is that

2. She wants to be free to party with her single girlfriends

[image: She wants to be single and party with her girlfriends]

Sometimes, when a woman is really young, or is in her first serious relationship with a guy, she might start to feel a little jealous of her single girlfriends who can do whatever they want, whenever they want.

Alternatively, if a woman has been with a guy for a long time and their relationship has grown stale

and boring (e.g. watching TV together every night, sex once a week, if at all) with no excitement, or prospects of it improving in the future, she might think that life would be better if she left the relationship and did her own thing.

She might look at her girlfriends living a carefree life (e.g. going out and partying, picking up different guys and having new experiences, traveling) and think to herself, *“I really do care for my guy, but I feel like I’m missing out on so much. I also want to party and go traveling on a whim, but I can’t do that while I’m in a relationship. I also want to flirt and maybe even have sex with some other guys. Maybe I’m just not ready to stay with one guy right now.”*

Important: A woman will rarely, if ever think like that or follow through on it if the relationship is good.

A woman will only start to feel drawn to that if a guy hasn’t been able to get the relationship to what I call Blissful Love.

Watch this!

If the relationship was good at the start, but has lost its spark, a woman doesn’t have to stick around if she isn’t feeling it anymore.

As a man, it’s your role and responsibility to ensure that you’re building on your woman’s feelings over time, rather than destroying them.

If you don’t, she will start to drift and may end up breaking up with you, cheating or becoming so annoying (because she’s unhappy with the relationship) that you end up breaking up with her.

So, if your ex left you because she wanted to party and live like her single girlfriends, how can you get her back?

You have to actively spark her feelings of respect and sexual attraction for you whenever you interact with her from now on.

When you make her feel more attracted to you in new and exciting ways, she will realize that her love for you is stronger than the idea of being single and she will want to be with you again.

Of course, it’s possible that she might meet a guy who makes her feel more attracted and want to be with him.

You can get a woman back if she has moved on, but if your ex hasn’t moved on yet, don’t make it more difficult for yourself.

Just get her back now.

Another reason why a woman will say that she can’t be with her ex, even though she feels attracted to him is that!

3. He lacks financial stability and she can’t see him fixing that anytime soon

Although most modern women are now perfectly capable of taking care of themselves financially, the idea of being with a man who is going to struggle to put food on the table and take care of her and any children they might have together in the future, is not very appealing to a woman.

So, even if a woman feels very attracted to a guy (e.g. because he’s confident, cool, charismatic, fun

to be around), if she gets a sense that he is financially unstable and is probably going to stay that way for most or all of his life, she might want to just cut her losses and move on, rather than stick around and face an uncertain future with him.

Hereâs the thingâ!

A woman wants to be with a guy who knows how to confidently lead the way to a better future for them both.

He doesn't have to already be successful in life to give her that feeling.

He just has to have a plan or vision for his future and be actively working towards it.

He can still have fun and enjoy himself along the way, but he needs to be able to give his woman a feeling of security about her future.

If he doesn't, her natural instincts kick in and start to change her thinking, behavior and feelings.

She might feel attracted to him, but she will also feel as though something just isn't quite right.

Her gut instinct will tell her that she's probably going to experience a lot of stress, strain and struggle if she sticks with him, which isn't at all appealing to a woman's breeding instincts.

Again, even if she hates babies and never wants children, the instinct will still be there.

A woman's natural instinct is to find and stick with a man who takes charge of the direction of his life and thereby allows her to relax into feeling safe about the future.

However, if a guy is just wandering through life without a clear purpose or direction (e.g. he keeps changing jobs all the time, is stuck in a company with no future prospects, doesn't have any savings and prefers to squander his money on useless things, uses most of his spare time distracting himself with video games, alcohol or drugs, chilling with friends or watching TV), it will cause his woman to feel insecure about her future.

When a woman gets to the point in her relationship where she feels like she can't rely on her guy to be the man and take care of them both, she may then decide to cut her losses and leave, even if she still feels attracted to him.

Another possible reason is the opposite of not being financially secure enoughâ!

4. He is wealthy, successful and comes from a great family, but she hasn't achieved much in life and comes from a poor family

[image: She doesn't feel like she is good enough]

Sometimes, when a man and a woman are at different levels socially, it might be difficult for her to remain confident and feel worthy of him in the relationship.

For example: She might think to herself, *âIâm attracted to him, but why is he with a girl like me? Heâs rich and educated and he comes from a close family. Iâm just a poor girl who isnât very smart and doesnât really have much to offer him. I feel like his family and friends look down on me or think Iâm stupid because Iâm just not like them. Even though he might be willing to overlook our differences now, eventually the thrill of having sex with me and being with me will wear off and he will lose interest. Heâll probably hook up with a smarter or more successful woman and Iâll be left behind with nothing. So, itâs best if I just make a clean break now, before I fall too deeply in love with*

him and can't let go.â€

Another possible reason for the old, "I'm attracted to you, but can't be with you line" is thatâ€

5. She doesn't feel safe with him anymore because he has been mentally, emotionally or physically abusive towards her in the past

Sometimes, a good guy might change in a relationship with a woman and become abusive towards her (e.g. because he had a difficult childhood and doesn't know how to behave like a man in a relationship, has been dumped before, doesn't believe she will remain faithful to him or wants to make her feel insecure and unattractive so she doesn't ever leave him).

In a case like that, even though a woman might still feel sexually attracted to the guy and possibly even be in love with him, she will often decide that it's better for her to just break up with him before he does something that might cause her permanent emotional, psychological or physical damage (e.g. she loses her confidence and self-respect, is left with scars on her face after being hit, or possibly even loses her life).

Yet, rather than come out and say, *â€Look, it's over between us. I just don't have feelings for you anymore,â€* and risk making him angry and possibly even violent, a will usually just try to let him down easy by saying something like, *â€I'm still attracted to you, but I can't be with you. It's not you, it's me. I am messed up in the head and don't know what I want. Please just give me time to think. I need space.â€*

By saying something like that, she's hoping that he won't react badly and that she'll be able to get away from him without any further abuse.

She will use the time away from him to quickly find a replacement guy, so she can feel a bit safer.

Another possible reason why a woman will say that she's attracted to her ex, but can't be with him is thatâ€

6. She's just saying that to make him feel better about the break up

[image: She is just saying that to make him feel better about the break up]

Sometimes, a woman is so nice of a person that she doesn't want to hurt a guy's feelings when she breaks up with him.

So, rather than saying something along the lines of, *â€I don't love you anymore. Leave me alone!â€* or *â€I don't want to be with you anymore! Deal with it!â€* she will try to make him feel better about the break up by telling him that she still finds him attractive, but can't be with him.

She hopes that he will think she is just crazy and confused, or suffering from childhood issues and he will then move on.

However, in reality, she doesn't actually feel attracted enough to him to want to stay in a relationship.

She's only saying that she is to let him down light and avoid the potential consequences a bad break up.

In a case like that, a guy simply has to start triggering her feelings of attraction (e.g. on a phone call and in person) by making her feel attracted in the ways that really matter to her.

For example: He might be a good guy and she may appreciate that. Yet, to feel attracted to him, she also needs to see that he is emotionally masculine (i.e. he has balls) and is able to make her feel girly and feminine in comparison to him as a result.

If he's just a good, neutral guy, then she's not going to feel the spark she needs to want to give him another chance.

3 Common Mistakes That Men Make When in Your Situation

Some guys are able to easily get their woman back in your situation, while others make it unnecessarily difficult for themselves by making one or more of the following mistakes!

1. Trying to make her feel attracted by being extra sweet, romantic and nice

For example: A guy might think, *"If she's still attracted to me, it means that she's just confused about what she wants right now. So, if show her how special she really is to me (e.g. send her roses, buy her some of the things she really likes like perfume, jewelry, chocolates, make her feel like a princess), she'll realize that we're meant to be together and will forget all about this nonsense of breaking up. I'll show her how nice I really can be. I'll make her feel like it would be a huge mistake to leave such a good guy as me. No other guy is going to treat her as well as I do. I will show her."*

Although the guy has good intentions, it can so easily go wrong and make things worse.

How so?

If he seems like he is trying too hard to be nice and sweet, she will see that as him feeling desperate and insecure, which is a turn off.

Women are attracted to men who remain in control of their emotions (e.g. he remain confident, relaxed and feels worthy of her) and turned off by men who start acting weird because they have lost control of their emotions (e.g. he panics about losing her and desperately starts sucking up to her).

What matters the most to her is how you make her feel when you interact with her.

For example: Does she feel like you're the kind of man she can look up to, respect and feel proud of, or does she feel a bit embarrassed about being your girl these days?

Does she feel like you and her have a future together, or does she feel like she can do better?

Does she trust that you can give her what she wants in a relationship, or does she feel like you and her want different things?

That's what really matters to a woman.

Another mistake that men make when in your situation is!

2. Trying to get her to focus on their good memories together to remind her that she

used to love him and want to be with him

Another mistake that some guys make when trying to get their ex to change her mind about breaking up, is to bring up all the good times they had together.

For example: A guy might say something like, *â€œRemember all the times we left the movies early because we couldn't wait to be alone? Something magical happened every time we touched each other. You have to admit that you and I were good together. We can have that again. It's not too late for us. Just remember what we had.â€*

He's hoping that by saying something like that to her, he will reawaken the attraction and love she feels for him and they will get back together again.

Yet, although it'd be nice if that is all a man needed to do to get a woman back, it isn't.

In most cases, bringing up the good memories usually only highlights to her the reasons why things didn't work out in the end.

She begins to think, *â€œYeah, we did have something magical between us, but there were also many other things you did that ruined the magic between us. Things that you're still not even aware of to this day because you're so blind to it. So, even though I'm still attracted to you, it's just not enough to make me want to stay in the relationship anymore. It will take more than attraction and good memories to change my mind. You need to understand what really makes me feel like I have to get out of this relationship and then change that. If you don't, I walk.â€*

So, don't bother bringing up the past in the hopes that it will change her mind.

How you make her feel right now and from now on is what really matters.

She needs to feel respect and attraction for you based on who you are now, not who you used to be.

Have you changed?

Are you now able to give her the kind of relationship experience she really wants?

While trying to show her that you've changed, are you being desperate or appearing insecure in any way?

Those are the little things that count.

Another mistake that some men make in your position isâ€¦

3. Improving his physical appearance, but not focusing on what is really important to her

Sometimes, when a woman tells a guy that she is still attracted to him, but can't be with him, he might think to himself, *â€œMaybe if I make some improvements to myself (e.g. lose some weight, build some muscle, change my dress style) she will feel even more attracted to me. Then, she won't be able to resist me and we can get back together again.â€*

Yet, that approach rarely, if ever, works.

Why?

Essentially because what matters most to a woman is how a guy makes her feel when he's interacting with her.

Looks are only superficial and if you've been in a relationship for a while, her fascination about how you look no longer holds so much power over her (especially if you were turning her off in the

relationship).

What matters to a woman is how her ex man makes her feel when he interacts with her.

For example: Does he behave in ways that are attractive to her (e.g. takes the lead and makes most of the decisions, listens to her without becoming emotionally sensitive, is loving and devoted, but also has a big purpose in his life apart from his relationship with her), or does he turn her off with his actions (e.g. he allows her to dominate him emotionally, is too needy and clingy, he has no sense of purpose in life that he is actively following through on)?

Is he the kind of man she can see herself sticking to for life, or does she feel unsure about her future with him (e.g. because he lacks financial stability, he's immature and childish)?

Is his way of thinking in line with hers, or do they have very different opinions and ideas about the fundamental things in life (e.g. she wants to settle down, get married and have a family, while he prefers to remain single and not take on any responsibilities)?

Can she look up to him, respect him, trust him and feel proud of him, or does she feel like she's too good for him?

Those are some examples of the things that attract a woman to a man, more than his looks ever will.

So, if you want to attract your ex girlfriend (fiancée or wife) back to you, you have to give her what she really wants, not what you think she wants.

When you show her (via the way you talk, think, act, behave, interact with her and react to what she says and does) that you're now the kind of man she always wanted you to be (e.g. confident, determined, emotionally independent, emotionally masculine), she won't be able to stop herself from feeling drawn to you again.

She will then begin to feel the pain of losing you and won't want that pain to continue, so she will get back with you.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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My Ex is Giving Me Mixed Signals When I Bring Up the Relationship

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

5 possible reasons why your ex is giving you mixed signals when you bring up the relationship are:

1. She doesn't want to discuss the relationship with you until she can see that you have really changed

If a woman gets a sense that her ex man hasn't changed, won't be able to change, or doesn't even know how to change, she will usually avoid getting into discussions about the relationship or the possibility of getting back together.

Instead, she will give mixed signals by saying things like, *"I still care about you, but I'm not ready to get back together just yet,"* or *"Just give me some time to sort myself out and then maybe we can discuss getting back together again at a later stage."*

She's hoping that by not giving him a definite answer, he'll put in the effort to figure out where he went wrong in the relationship and then make some changes to re-attract her.

Alternatively, she hopes that he gives up trying to get her back and moves on, without her having to say, *"Hey, leave me alone! It's over!"*

Many women avoid being that direct and harsh because they fear an aggressive or even violent response from a man.

[image: She fears that you might become very angry, aggressive or violent]

You might not be like that, but hey we've all seen those news stories where a boyfriend kills his ex girlfriend because she won't give him another chance, right?

The fact is that some men just can't handle being dumped, so many women have an instinctive need to protect themselves by letting a guy down slowly (i.e. giving him mixed signals and not directly saying, *"Leave me alone! I will never get back with you!"*).

Of course, you're probably not going to get angry or even violent, but that's not the point.

Women react in certain ways based on their natural instincts.

So, if you want her to be clear about her intentions with you, don't count on it.

The real way to get an ex woman back is to make her have feelings of romantic and sexual attraction for you again, based on how you now interact with her.

When you do that, you don't have to waste time and energy trying to discuss the relationship and work things out because she wants you back as well.

It's the easy way to get her back.

So, don't make the classic mistake of asking her to be clear with you (e.g. by saying something like, *"Stop playing games with me and just tell me what you want. I love you. Why won't you just be honest with me and stop messing me around?"*).

That approach doesn't work for many reasons (e.g. she is afraid to tell you the truth, doesn't want to

teach you how to get her back or it makes her feel turned off because it's like she is being forced into sticking with a relationship).

Instead of giving you the answer that you're looking for, your ex will think something like, *Why should I explain to him how to be the man that I need? Does he expect me to teach him? That's not my role as a woman. Doesn't he understand that? I've tried to help him change for so long and I'm now at the point where I've given up. I've realized that other women have a man who understands how to be a real man and just gets on with it. So, it's probably going to be easier to just move on and find another guy who can give me what I want without me having to spell it out for him.*

So, don't expect her to be your savior and teach you the path to get her back.

That's not a woman's role after a break up.

If you're serious about getting her back into a relationship, you must show her by the way you talk, think, act, behave, interact with her and respond to what she says and does (especially if she's giving you mixed signals when you bring up the relationship) that you really have changed as a man.

You are now the kind of man she can respect, feel attracted to and love.

For example: Some of the changes that a woman might want to see in her ex before she commits to the idea of getting back together with him, include:

- He is more ambitious and forward thinking in his life.
- He doesn't cling to her and the relationship like it's his only reason for living.
- He stops being such a loner and starts being more socially confident and open with people.
- He stops allowing his single friends to influence him negatively (e.g. he used to drink too much when was hanging with them, he became careless and irresponsible like them).
- He stands up for himself more now, while still being a good man.
- He takes the lead (e.g. He doesn't wait around for her to give him the green light that it's okay to get her back).
- He stops discussing his feelings with her all the time like a woman.
- He is emotionally stronger now.
- He makes her feel attracted in new and interesting ways based on the style of conversation he now uses.

Once you understand what your ex really wants you to change about yourself, you can then quickly make some adjustments and re-spark her feelings for you.

When that happens, her guard comes down and she becomes a lot more open about discussing the relationship with you.

Another reason why your ex might be giving you mixed signals when you bring up the relationship is that

2. She doesn't believe you can give her the kind of attraction

experience she really wants

[image: She doesn't believe that you can give her the kind of attraction experience she really wants]

Most of the time, a woman won't break up with a guy before she gives him a several chances to change and make her feel the way she really wants to feel when she's with him.

This has a lot to do with a woman's natural instincts.

Even if she doesn't want children, the couple has been using condoms or she has been taking the contraceptive pill, her instincts will remain the same.

If a guy has been blowing inside or around her pussy, she is going to feel an instinct to stick with him so he could help raise and provide for any potential offspring.

If women didn't have that instinct, they would act more like men and not care about how many guys they had sex with.

So, before your ex broke up with you, she most likely gave you plenty of time or warnings to change the things that were turning her off.

For example: If a woman feels as though her guy isn't giving her enough emotional support, she might say something like, *"You're always so cold and unemotional when I'm talking to you. I need you to be more supportive and understanding."*

Essentially she's telling him (without saying these words), *"I'm not getting the emotional support that I need from you and it's making me lose respect and attraction for you. If you can't change and give me the kind of relationship and attraction experience that I want, then I'm going to have to break up with you at some point."*

Another example is if a woman feels that her man is displaying unmanly behavior too often (e.g. he gossips a lot, cries when life gets tough, acts a lot like her).

A woman might then say to him, *"There's this guy I work with who is always gossiping and crying about things. Don't men realize that when a guy does that, women feel turned off? A woman needs a man who is emotionally strong enough to cope with life's challenges without whining about it like a big baby. As for all the gossiping, don't guys know we have girlfriends for that? We don't want to gossip with our guy. That is not sexy at all,"* in the hopes that he'll recognize his mistakes and then change.

Yet, if the guy just ignores her (either because he assumes that their love is strong enough to make her overlook his flaws, or because he just doesn't realize the importance of being a masculine man), she will eventually lose respect for him.

When respect goes, the sexual attraction also begins to fade and eventually a woman will also disconnect from her feelings of love for him.

When that happens, she will usually decide to break up with him.

If the guy then tries to get her back without changing, she may then give him mixed signals when he brings up the relationship.

She thinks something like, *"I've given him so many hints and suggestions before, but I never seemed to get through and make him change. To be honest, I just don't believe he can give me the attraction experience I really want. He doesn't know how to be a real man. So, I probably just have to let him go. Sure, it would be nice if he could change and we could get back together again,*

but I just don't think it's possible at this point. I know he means well, but we're better off leaving things the way they are. He's just not man enough for me at this point in his life.

In many cases like that, a guy will then begin to beg, plead and seek pity to hopefully get another chance with her, which will just turn her off even more.

If you want to stop your ex from giving you mixed signals and just give you another chance, you need to first ask yourself, *What part of the overall attraction experience was my ex missing out on in our relationship? What are my weak points when it comes to maintaining her respect, attraction love for me?*

That's what you need to start improving right now.

When she feels heard and understood (because you've changed the subtle things about your approach that had been turning her off), her attitude towards you will also begin to change.

Her walls will come down and she will feel respect and attraction for you once again.

She will then stop giving you mixed signals because her feelings for you will be more certain.

She will want to give the relationship another chance, just as much as you do and you can then get her back much more easily.

Another reason why your ex might give you mixed signals if you bring up the relationship is that

3. She has feelings for another guy

Sometimes, a woman might find herself stuck between an ex who wants her back and the possibility of a new romance with another guy.

Don't worry if that applies your situation. You can still get her back.

If your ex isn't clearly telling you to leave her alone, it means that she hasn't yet decided whether the new guy is really what she wants in a man.

So, rather than look at the other guy as competition and allow negative emotions such as insecurity and self-doubt to erode your confidence (which is unattractive to women), you should instead focus on re-sparking your ex's feelings of respect and attraction for you.

For example: By making her laugh and smile when you interact with her, making her feel feminine and girly in contrast to your masculine vibe or showing her via your actions that you're confident and more emotionally strong and mature now.

The more you make her feel attracted to the new you, the less appealing the other guy seems and the faster she will become open to getting back together with you.

Another reason why your ex might be giving mixed signals is that

4. You're asking about the relationship via text, rather than making moves on her in person

Sometimes, a guy might convince himself that texting his ex about the relationship will be less threatening to her and because of that, she will be more open to giving him another chance.

Yet, most of the time, the exact opposite is true.

Text almost always creates more problems with an ex and makes her close up more and more.

When a guy tries to discuss the relationship via text, it reinforces her negative emotions about him (e.g. anger, disappointment, frustration, annoyance) because it's just a bunch of words on a little screen.

It's not him sitting or standing in front of her, talking and making her smile, laugh and feel good as he discusses the relationship with her.

So, she has nothing new to base her feelings on about him, other than words on her phone.

It's not him; it's just a text.

It's just not the same as re-attracting her on a phone call or in person.

So, if he tries to push her to give him another chance via text, rather than say, *â€œSure, letâ€™s give it another shot,â€* she may decide to play hard to get or reply with mixed signals because she's not really feeling it yet.

For example, she might text, *â€œIâ€™m not sure yet. Let me think about it. I need more time.â€*

So, don't waste time trying to make your ex talk about the relationship with you via text.

Instead, focus on rebuilding her feelings of respect and attraction for the man that you are now, by getting her on a phone call right away.

Over the phone, she doesn't have to guess at your state of mind (e.g. are you confident and self-assured, or are you insecure and nervous?).

She can pick up on the changes based on how you talk, the tone of your voice, how you react to her, the confidence you have to joke around (especially if she is being distant) and your attitude towards her.

When she senses that you really have changed, she will begin to reconnect with her positive feelings for you (e.g. respect, attraction and love) and then she'll be much more open and happy when you bring up the relationship.

Another reason for the mixed signals

5. She's testing your confidence

[image: She is testing your confidence]

In a situation where a woman isn't sure about her feelings for a guy, she might give him mixed signals to test his confidence.

She will act like she is completely turned off by things he says, or as though she is annoyed at his behavior all of a sudden, even though he is just being a normal, good guy.

She wants to see if he will start doubting himself and his value to her (which will then prove to her that he's not man enough for her), or if he will remain emotionally strong and confident (which will then re-spark her feelings for him and open herself up to getting back together again).

So, don't keep trying to convince your ex to give you another chance, if you haven't gotten to the point where you are confident in yourself and in your worth to her.

If she gives you a mixed signal (e.g. agrees to meet up with you and then treats you in a cold, unfriendly way, says things like, *â€œI still care for you, but I can't be with youâ€*) and you

fail that test by becoming anxious and insecure, or worse, demanding that she stops playing games with you, she will just keep stringing you along until she eventually finds a confident, emotionally strong man to take your place.

When that happens, you will hear those dreaded words, *“I have something to tell you. Please don’t get angry at me”* and she will then go on to say that she’s met someone else and wants you to leave her alone now.

Don’t put yourself in that position.

Focus on making her have strong feelings for you again based on how you now interact with her (i.e. remaining confident and emotionally strong no matter how hard she tests you).

If you do that, she will want the relationship too because her feelings will be back and she will want to explore it with you to see where it goes.

So, the next time she gives you mixed signals when you bring up the relationship, just make sure that you have sparked her feelings of attraction and then go ahead and give her a few days or up to a week of space.

She might call you or contact you during that time because she is missing you.

If she doesn’t, just call her, make her laugh and smile and let her experience the new you.

Before you know it, she will drop her defenses and give you the signal you’ve been waiting for all along (i.e. she wants you back for real now).

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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How to Get an Ex Back if You Work With Her

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Getting an ex back when you work with her might seem tricky or impossible, but it's actually a lot easier than you think.

I know this because I've heard back from so many men who've used the following approach to get their ex woman back that they were working with.

So, here are the 8 tips to help you get her back!

1. Tell her that you accept the break up and just want to be friendly coworkers now

[image: Tell her that you accept the break up]

Don't worry — you're not actually going to be friends with her.

It's just a way of getting her to drop her guard and open up to interacting with you, so you can then re-attract her and make her want you back.

Re-attraction is the most important part of the ex back process, regardless of whether you work with her or not.

You've got to make her have feelings for you again and when you do, she then feels like it's not over between you.

She now has reasons to want to get back with you (i.e. she is feeling drawn to you again, she likes the new you, she can't stop thinking about you and her while you're apart, she feels like it's not over).

Offering to just be "friends" gets rid of a lot of the stress of interacting with each other as ex's in a working environment.

She doesn't have to worry about you potentially causing a scene or creating trouble in the workplace.

You are being emotionally mature about it and she is feeling good around you, so it's all fine.

There's nothing for her to worry about or have her guard up about.

Where many guys go wrong when trying to get an ex back that they work with, is by trying to convince her to give him another chance via e-mail.

A guy might then e-mail her while at work and say things like, *I can't bear seeing you here every day and not be able to hug you or kiss you like before. Just having you so close, but you not being mine anymore is killing me on the inside. I can't focus on what I'm doing anymore because all I can think about is you. When I see you walk past my desk and you ignore me, it really hurts me. I'm afraid that this is going to cause me problems here at work. Please just give me one more chance. I'll do anything to make it up to you.*

Yet, that approach rarely (if ever) works.

Why?

Firstly, by sending that kind of e-mail, he risks getting himself into trouble with management or the HR (Human Resources) department, if she decides to report him for harassing her.

Secondly, a woman doesn't want to feel pressured into giving a guy another chance at a relationship if she doesn't have sexual or romantic feelings for him anymore.

So, the best approach is to just put her at ease around you by saying something like, *"Hey Samantha, I know that we've broken up and it can feel a bit awkward seeing each other at work every day. So, rather than trying to avoid seeing one another which is obviously impossible under the circumstances wouldn't it be better if we just be friendly coworkers from now on? I know we're both mature enough to be able to do that and it would make seeing each other every day so much more natural and easy. So how about it? Friends?"*

Essentially, by saying something like that to her, not only are you taking the awkwardness out of a difficult situation, you're also showing her that you're being an emotionally mature, confident man, which will make her feel respect for you again (this is a good thing).

Then, you need to

2. Use the friendly coworker interactions to let her experience the changes in you

[image: Use the friendly interactions to re-attract her]

Agreeing to only be friendly coworkers with your ex doesn't mean you're going to be on your best behavior around her and act like a good little boy who isn't allowed to make her feel attracted anymore.

No.

Instead, you're just going to use the friendship as a platform to show her that you've changed based on how you communicate and interact with her.

For example: If one of the reasons why a guy got broken up with was because his woman felt he was too submissive around other men (especially in the work environment), he needs to change that about himself now.

If she can see that he's now standing up for himself and taking on a more assertive, but professional role when he interacts with other guys, she will naturally begin to feel some respect for him again.

When she can respect him, she can also feel sexually and romantically attracted to him again.

Then, getting her back becomes easier because she's now feeling more open to the idea of being in a relationship.

The feelings are becoming mutual again, rather than just him wanting her and her feeling turned off and closed off to him.

To get your ex back, the main thing to remember is to use every interaction that you have with your ex at work to show her that you've changed and reawaken her feelings of respect and sexual and romantic attraction for you.

What you don't want to do is appear emotionally weak and hurt at work (e.g. beg and plead with her for another chance at every opportunity you get, eat lunch by yourself every day while looking sad and lonely. When she asks you how you are, say things like, *"How do you think I am?"* in

tone where you are clearly seeking pity).

Additionally, if other people begin to notice your pain and start feeling sorry for you, it will make her feel even more turned off by you.

A woman doesn't want to be with a man who is at the bottom of the social ladder because he doesn't feel good enough, or because he needs everyone to pat him on the back and say, *"It's okay boy. Don't cry. You will find another girl one day."*

She wants a man who remains in control of his emotions, remains strong and doesn't crumble under the pressure of whatever he is going through at the time.

You can be that man and if you are, she will naturally feel sparks of respect and attraction for you again.

So, remember!

The main reason why you want to be friends with your ex at work is to show her (via your actions and behavior) that you've changed, so that you can get her respect and attraction back.

One of the best ways you can do that is to

3. Make her smile, laugh and feel good when she interacts with you, while also being professional

Some workplaces are a lot stricter than others, but generally speaking, most managers or bosses don't mind a bit of smiling and laughter, as long as the employees are getting their work done and being professional.

You have to make that judgment for yourself based on what you've seen in your workplace.

For example: Have a think about the coolest people at your workplace (who everyone seems to love) and pay attention to how they behave.

They're most likely getting their job done, while also adding in some humor and being light-hearted to make people smile, laugh and enjoy themselves at times, right?

Of course, an exception might be your boss, but what about the coolest people at your workplace?

They most likely don't mind having a laugh or two, while still being professional, right?

So, don't avoid trying to get her to smile and laugh because you think it would be unprofessional or frowned upon, when the coolest people at your workplace are already doing it.

As long as you are being professional and getting your job done, there's nothing wrong with having a few laughs along the way to make people around you feel good.

Additionally, getting your ex to smile, laugh and feel good around you (at times) is an important part of getting her to open back up to being in a relationship with you outside of work.

When you make her smile, laugh and feel good every time that she interacts with you, you are helping her to let go of the negative feelings about you that she's been holding on to since you broke up (e.g. anger, resentment, disillusionment) and replace them with more positive feelings such as respect, attraction, intrigue and excitement.

When that happens, she naturally feels drawn to you in a way that feels good to her.

Interacting with you at work becomes something she enjoys and possibly even looks forward to,

rather than something she dreads.

So, make sure that when you bump into her at the photocopier/printer, or have to drop something off at her desk, youâre not being way too serious all the time.

Just be confident and focus on using every opportunity you have to interact with her at work, to make her laugh, or at the very least, smile.

For example: If she says, *âSo, how have you been since we broke up?*â you can jokingly say, *âOh terrible! I havenât had a decent home cooked meal since you left. Iâm starving! I should report you to the Humane Society for abuse. Iâve lost so much weight. Look at me, Iâm a skeleton!*â and have a laugh with her about it.

Remember: When she laughs, it eases the tension between you and her and she starts to see you as the man that you are now, rather than the guy you used to be before.

Even if she doesnât laugh (e.g. because sheâs playing hard to get), she wonât be able to stop herself from feeling some respect and attraction for you for having the confidence and emotional maturity to handle the break up with a smile and good attitude.

She then drops her guard and becomes more open when you...

4. Get her to catch up with you for lunch as friends

Once you re-spark some of your exâs feelings of respect and attraction for you during interactions, you can then ask her out for lunch with you.

For example: You might say to her in person (not via e-mail), *âHey – How about we catch a bite to eat in the office cafeteria tomorrow? It would be fun to sit down and really catch up as friends.*â

If sheâs been feeling good every time she interacts with you, she will be open to having lunch with you.

However, if sheâs a little bit resistant to the idea at first (e.g. because she doesnât want to come across as being too easy), you can say something along the lines of, *âItâs just a friendly lunch between two coworkers. No strings attached. We can do that. Weâre mature enough to do that, right? Itâs just lunch as friends.*â

In most cases, a woman will say yes to an offer like that because it seems relaxed, friendly and non-threatening.

Then, at the lunch, make sure you continue to say and do the types of things that will build on her feelings of sexual and romantic for you.

Next tipâ

5. Get her to forgive your mistakes for her benefit

A very important part of getting your ex back is making her forgive you.

Yet, rather than making the classic mistake of saying something like, *âIâm so sorry about what happened. I feel so bad. I need you to forgive me so that I can get over the way I messed things up,*â you need to get her to forgive you for her own sake and benefit.

(Don't worry â□□ it will benefit you too. Her guard will come down big time after she sincerely forgives you. It's standard human psychology).

So, when youâ□□re having lunch with her, you can say something along the lines of, *â□□Hey – I know that I stuffed things up between us and Iâ□□m really sorry about that. However, itâ□□s not something you should allow to cast a dark cloud over any future relationship that you might have. Everyone makes mistakes, but carrying around the baggage of our relationship for life will only prevents you from moving on and being happy again. So, for your sake, as well as mine, I hope you can forgive me for the mistakes I made and how I treated you. Not all men are like that and I certainly am not going to be like that in future. I accept the break up between us. So, if you can forgive me, it would be a huge weight off your shoulders.*â□□

When she forgives you, she stops thinking of you as the guy who messed up and she starts seeing you as you are now.

Her guard comes down and she feels surges of respect and romantic and sexual attraction for you again.

Then, if she seems interested (e.g. she tells you she genuinely forgives you, wants to give you a hug or a kiss, is laughing, smiling and looking happy to be interacting with you), get her to agree to give the relationship another chance at that lunch.

If she isn't giving you those signs, donâ□□t worry about it.

Just reconfirm that you and her will only continue on as friends. Thenâ□□!

6. Continue building on her newfound respect and attraction for you

Even if sheâ□□s not ready to give you another chance right away, it doesnâ□□t mean that you canâ□□t change her mind in a few days or a week or two.

The key is to continue saying and doing the types of things that spark her feelings of respect and sexual and sexual attraction for you.

For example: If you ask her to forgive you for her own benefit and she then tries to test you by saying something like, *â□□Just because I have agreed to forgive you, donâ□□t get your hopes up. Iâ□□m not going to forget what you did that easily*â□□ just remain calm and in control of your emotions.

Rather than getting upset, use it as an opportunity to build her feelings of respect and attraction for you.

Say to her (in a joking way!), *â□□I canâ□□t believe youâ□□re being so cruel! All I ever did wrong was burn the toast that one time when we were making breakfast. That was my only mistake. I'm soooo sorry being such a bad boyfriend. The burning of the toast was just an accident. I promise to make better toast from now on, okay?*â□□

She will most likely laugh and maybe even say, *â□□You know thatâ□□s not what I meant,*â□□ and you can laugh with her and say, *â□□Yeah thatâ□□s what you say now, but how can I be sure? I mean, I know how important a good breakfast is to you in the mornings and I totally screwed that up. What a horrible boyfriend I was.*”

She may then begin to think something like, *â□□Heâ□□s changed. Heâ□□s so confident and easy-*

going now. Nothing that I say makes him get angry or lose confidence. I like it.

When that happens, she just won't be able to stop herself from automatically feeling some respect and attraction for you again.

That's what you want.

The same rule applies whether you are getting an ex back outside of work or in the workplace.

You've got to reawaken her feelings for you so she has reasons of her own to want to give you another chance.

Next tip!

7. Catch up with her again and at least get a warm hug from her to help reactivate her feelings further

[image: Get a warm hug from your ex]

If you've been building up your ex's feelings of respect and attraction during your first lunch together, she will most-likely be giving you signs that she's feeling open to catching up with you again.

However, the next time you meet up with her for lunch, or a quick cup of coffee, just make sure that you get a hug from her (and if possible, also a kiss) to reactivate her feelings for you.

For example: You might say in a relaxed, easy-going way, *I'm glad we're not like those couples who break up and then have to quit their jobs because they can't be normal around each other in the workplace anymore. I'm impressed with how relaxed you and I have been about this. Don't you agree?*

She might then say something like, *Yeah, it's a relief not to have to avoid each other and feel awkward about the break up,* and you can then say, *I think we should hug on that. Come here.*

Initially, she might be a little reluctant and she may say, *Don't push your luck,* but just stay relaxed and say, *It's just a hug. I promise I won't bite too hard. Besides, we're friends now. We can hug without it being a big deal, right? So, come here and give me that hug. Bring it in for a hug.*

She will then most-likely come closer to you for a hug.

Calmly and confidently pull her in close and give her a nice, long squeeze.

From there, the final step is to

8. Meet up with her outside of work hours, hook up with her sexually and get the relationship back together

[image: Hook up with your ex and blow her mind]

If it looks like she enjoyed the hug, go ahead and get her to agree to meet up with you after work.

Alternatively, let her feel attracted to you and want you so much that she starts showing obvious

signs of interest over the next few days.

Then, suggest a catch up.

For example: You might say to her, *â€œWe should catch up sometime this week outside of work to say hi and chill out togetherâ€* and then arrange a place and time to catch up.

When you catch up, continue focusing on making her feel sexual attraction and respect for the new you.

Then, when it feels like an appropriate time, give her a kiss.

From there, if sheâ€™s open, you can go to her place or yours and hook up with her sexually.

After sex, just relax, be confident and let her bring up the idea of having a relationship again.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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My Ex Girlfriend Won't Get Back Together With Me Because She Said Our Relationship Stresses Her Out

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your ex girlfriend doesn't want to get back together again because she felt stressed out by the relationship, you might be feeling like there's no hope of getting her back.

Fortunately, there is hope and you really can get her back.

Here are 7 tips to help you change her mind and give you another chance!

1. Make her smile, laugh and feel good whenever she interacts with you from now on

[image: Make her smile, laugh and feel good whenever she interacts with you from now on]

You're probably familiar with the old saying, *"Laughter is the best medicine."*

When it comes to easing the tension and making an ex drop her guard, humor to create smiling and laughter is so important.

Remember: Right now, your ex girlfriend probably feels reluctant to interact with you and she might be thinking, *"I don't want to see him or talk to him anymore. It's just too stressful. I have broken up with him and that's it. I'm not giving him another chance."*

So, if you want her back, it's up to you to change how she feels by making every interaction a happy, enjoyable experience for her.

Watch this video for some examples:

The more she smiles and laughs when interacting with you, the more that her feelings of respect and attraction for you will start to come back.

For example: Imagine that you're on a phone call with your ex girlfriend and she says something like, *"Look, I don't want you call me anymore. It's just too stressful for me. Please accept that it's over. I'm not giving the relationship another chance. Please just leave me alone."*

The wrong way to react would be by trying to be extra nice, sweet and polite to her and say things like, *"Please, just give me a chance. I promise I won't say or do anything to upset you. You know how much I care about you. The last thing I would want to do is cause you to feel more stress,"* in that hope it makes her feel understood and respected.

Yet, rather than please her, it stresses her out even more. Why?

Essentially, because the guy is being a wimp and doesn't have the confidence or emotionally masculinity to stand up to her in a loving, but assertive way which is what she really wants.

Instead, he's being submissive to her and letting her call all the shots, which is stressful to her because it's not what she wants from a guy and she's sick and tired of acting like she's okay with it when she's not.

As a result, she closes off to him even more and says that he just stresses her out too much and she doesn't want to talk to him or see him anymore.

So, a better way to react when your ex says, *“Look, I don’t want you to call me anymore. It’s just too stressful for me,”* is to turn it into something the two of you can laugh about.

You might say in a joking way, *“Yeah, I know what you mean! Saying hello over the phone can be soooo stressful. I don’t know how people all over the world do it every day without having a nervous breakdown. Hold on a sec! please don’t say another word or I might have a heart attack from all the stress of having a simple conversation!”* and then have a laugh about it.

She’s most-likely going to laugh at your silliness and possibly even realize that she’s being too serious about a simple phone call.

She will then drop her guard a little bit and allow herself to enjoy the interaction with you.

Alternatively, if she says, *“Look, I don’t want you to call me anymore. It’s just too stressful for me,”* you can jokingly say something like, *“Okay, I won’t call you anymore. Instead, you can call me. I’ll expect a call from you tomorrow at 7pm for a chat and a laugh”* and then have a laugh with her about that.

Alternatively, you might laugh and say, *“Hah! You’re such a drama queen these days”* and have a laugh with her about that.

You might then laugh and add, *“What’s next? You can’t open the fridge because the door is too heavy for you, or you can brush your teeth because the toothbrush is too prickly”* and have a laugh with her about that.

When you approach the conversation in that way, she can then relax a little and stop being so serious and uptight about things as she talks to you.

By the way!

Cracking one joke to her isn’t the only thing that is required to fully get her back into a sexual, loving relationship with you. (Of course!).

It’s just something to do in the spur of the moment that will make her smile and maybe laugh, so she can relax and open up a little.

Using humor like that also makes her feel respect for the fact that you don’t lose confidence in yourself when she is being difficult.

When you make her smile and laugh during interactions with you, she just won’t be able to stop herself from feeling good.

Even if she tries to resist it, she won’t be able to hold on to her negative feelings about you for long, because you will be replacing her stressful memories of you with new, positive feelings.

When that happens, her guard comes down and she becomes open to the idea of being with you again.

Another tip to avoid her feeling stressed is to!

2. Stop trying discuss or work through the problems that you used to have in the relationship

[image: Stop trying to discuss and work through your old relationship problems. Just start a new relationship based on who you are now.]

Trying to discuss the problems you used to have together or work things out by talking about it, isn't what she wants right now.

She wants to feel good around you.

She wants to be able to feel sexually and romantically attracted, relaxed, happy and open as she interacts with you.

She doesn't want to feel as though talking to you is a difficult job or task that she has to handle in life.

She just wants things to flow smoothly, based on the fundamental feeling of mutual sexual and romantic attraction.

So, if you want to avoid stressing her out, you've got to stop trying to work things out with discussions.

Instead, focus on making the feelings mutual again (i.e. You respect her and she respects you. You feel attracted to her and she feels attracted to you. You love her and she is feeling like she's in love with you again).

That's what works to get an ex back fast.

Another tip to avoid stressing your ex girlfriend out as you get her back is to...

3. Stop apologizing for your mistakes

It's totally fine to apologize to a woman for your mistakes once or twice, but if you keep apologizing over and over again, it starts to become stressful for a woman.

Why?

She gets annoyed that the apologies keep coming, but she still feels the same about you.

What you need to do is apologize once (or twice if you really messed up and hurt her feelings) and then get on with re-attracting her and making her feel good around you again.

This rule applies, even if she is complaining and bringing up issues and seemingly expecting you to keep apologizing to her.

For example: A guy is on a phone call with his ex and she says something like, *"I don't want to get back together. Being with you is too stressful. Remember when you (mentions all the things he did wrong)? Well I've had enough of that. I'm not going to put myself through it anymore. I just can't believe you did those things to me."*

Naturally, most guys are good guys and when a woman is bringing up his past mistakes, he will want to apologize to her.

That's fine, but there is a line that can be crossed where apologizing starts to become desperate and seem like a weak, confused act on a man's part.

For example: If a man is constantly apologizing for his past mistakes, it can make a woman feel like she is more dominant than him.

When a woman feels more dominant than a guy, she can't look up to him and respect him.

When she can't respect him, she doesn't feel sexually attracted to him and without those two things, there's nothing much left to build a happy relationship upon.

So, if your ex brings up the same old issues again and again, rather than apologize to her repeatedly and give her the upper hand, you can laugh and say something like, *“Hey, we’ve already talked about that. You stress yourself out by bringing up old problems all the time. How many more times do you want to bring it up? 10 more times 30 more? 50? Will complaining about it 100 more times get you to accept that people make mistakes, learn and become better as a result, or do you want to keep complaining about it and thinking that if you just stress about it enough, you will eventually feel relaxed and at peace with it?”* or *“Haha, okay, here we go again. Tell me all about it and stress yourself out again. You’re such a little drama queen these days, aren’t you? Always wanting to rant on and on about old problems to create drama. It’s funny. Go ahead. Tell me how bad of a boyfriend I was”* and then have a laugh about it with her.

By saying something like that to her, you’re having a bit of fun to lighten the mood and relax her unnecessary anger.

You’re also establishing your role as an emotionally mature, dominant man, which she is going to respect and feel some attraction for whether she admits it or not.

Note: I’ve heard back from many men who’ve my ex back approach on their woman and they’ve told me things like, *“She said why weren’t you like this before? I like this new you”* or, *“What has gotten into you? You’re so different now. I actually kind of like it.”*

Of course, not all women are that open about their feelings of attraction.

Some women will feel respect and attraction and say NOTHING about it.

Other women will feel it, but say that they’re not feeling it to test your confidence.

In other words, every woman will express herself in a different way, but what you can count on for sure is that every woman does feel respect and attraction when a man is being emotionally masculine and is able to turn a potentially stressful or annoying conversation into something to smile and laugh about together.

Another tip to avoid stressing your ex out and pushing her away is to

4. Get her to forgive you for her own benefit

When your ex girlfriend forgives you, it will make HER feel better.

All of a sudden, she will feel a shift in her emotions and perspective of you and the relationship.

She realizes that everyone makes mistakes in relationships, but she doesn’t need to hold a grudge against you for it for life.

She can forgive you based on the fact that you made those mistakes before and are a new, improved man now.

You’re not the man who made those mistakes. You are the man who has learned from those mistakes and become a better man.

However, don’t try to get her to forgive you for the reason that you are a better man now.

No.

She has to forgive you for HER benefit (i.e. that she will feel better about herself and relationships when she forgives you).

That's how it works.

If you try to get her to forgive you for YOUR benefit (i.e. *"Forgive me, because I'm a better man now,"*) she will close up and be unwilling to give you that gift, because it doesn't seem like it will be of any benefit to her.

It's very important that you get her to forgive you for HER benefit.

When you do, her guard naturally begins to drop and she starts to feel a renewed sense of respect and attraction for you.

Then, the idea of getting back together again doesn't seem that impossible to her anymore.

She doesn't feel stressed out by the new you, so she thinks, *"Well, why not? I feel good now. It's not like it was before."*

At that point, you can get her back.

Another tip to avoid making your ex feel stressed about being in a relationship with you is stop

5. Stop saying and doing the kind of things that used to stress her out

[image: Stop saying and doing the kinds of things that used to stress her out]

This one sounds a little obvious, but you'd be surprised at how many guys get it wrong.

A guy will continue talking to her and behaving in ways that make her feel stressed and annoyed, because he doesn't know what else to do.

As a result, she will become increasingly rude, cold and distant and he won't know what to do about it.

What he needs to do is change his approach and use an approach that matches her personality, wants and needs.

For example: Here are some things that can cause a woman to feel stressed about being in a relationship with a guy:

- He texts her or calls her every day, always wanting to text chat or talk on the phone for a long time.
- He spends most or all of his spare time just hanging around with her, rather than following through on his big goals, dreams and ambitions in life.
- He has no real sense of purpose in life that he is actively following through on and thinks that a woman will be okay about that in the long run.
- He is unreliable (e.g. he breaks his promises to her, borrows money from her all the time and doesn't pay it back, goes from job to job because he keeps getting fired, or taking on jobs that he doesn't like).
- He is moving too fast for her (e.g. after only a few weeks of dating, he is already talking about moving in together, getting married and having children, while she wants to see how the relationship goes for a year or two before committing to that).
- He doesn't want to commit to her (e.g. she wants to settle down and have a serious relationship and he wants to party and be irresponsible).

- He is too controlling (e.g. he wants to know her every move, reads her text messages, e-mails or social media posts, stops her from seeing her friends).
- He keeps focusing on her past (e.g. he constantly brings up her past mistakes, starts fights with her about previous relationships with other guys, feels jealous about how she used to really love her ex boyfriend).
- He keeps getting into fights and arguments with her all the time over trivial things, rather than creating a relationship dynamic based on happiness, love, trust and mutual support.
- He always needs her to reassure him of her love for him, otherwise he gets insecure.
- He needs regular compliments, displays of affection and loving attention from her, otherwise he feels like he is losing her and starts becoming clingy.

As you can see, there are many mistakes a guy can make to cause his woman to feel stressed about being in a relationship with him.

However, the main thing that you need to bear in mind is that whatever made your ex feel stressed out in the relationship, you need to make sure that those things are no longer going to be an issue.

It's not about promising her that you WILL change if she gives you another chance.

Instead, you actually have to begin to really change those things about yourself, so she can sense and pick up that it wouldn't be a problem anymore.

You don't have to tell her that you've changed those things.

Why?

Women are very good at picking up the changes in a guy without him even having to say it, by analyzing how he talks to her, reacts to her, behaves, thinks, feels and takes action.

It's obvious to a woman if a guy really understands where he was going wrong and is now capable of being a better man.

So, how can you make sure that picks up on the changes?

For example: If she felt that you were moving too fast for her and were trying to push her into something that she didn't feel ready for, then just slow down, relax and focus on having fun without giving off the energy of, *"I want a committed relationship. You have to commit! Commit! Show me signs that you want to commit!"*

If you and her kept getting into fights and arguments all the time, stop taking things so seriously and focus on turning disagreements into something both of you can laugh about.

Whatever the case is for you, the most important thing is that she can see that the things that were stressing her out before are no longer an issue.

When that happens, she will start to feel drawn to you again and from there you can build a new, happier, more relaxing and enjoyable relationship together.

On the other hand, if your ex girlfriend sees that you're behaving in the same old ways that made her feel stressed, then she's not going to be very interested in getting back together with you no matter what you say or promise to her.

You've got to make her experience and feel the changes for herself, so she can come to the conclusion that things really are different now and she doesn't need to keep her guard up around you.

Another tip to avoid stressing your ex out as you try to get her back is!

6. Don't let her create unnecessary stress and drama over little things

Your ex girlfriend may have good reasons to feel stressed about you and your relationship.

However, sometimes a woman can be very emotional and pick a fight with a guy over insignificant things.

If a guy doesn't realize that she actually wants him to put her back in her place in a loving, but dominant way, he might react by trying to be even nicer to her to make her happy.

For example: He might suck up to her to hopefully calm her down, promise to do whatever she tells him, take the blame for everything that happened between them or let her belittle him.

Yet, when a woman is throwing a tantrum and behaving like a spoilt brat, giving in to her is not a good idea, no matter how guilty you feel about what happened in the relationship.

Why?

Rewarding a woman for her bad behavior is never, ever a healthy way to build a lasting relationship. Instead, it just makes her feel like she can push you around and be bratty and selfish without any consequences.

As a result, she loses respect for you for not being man enough to put her in her place when she deserves it.

So, how could you handle the situation when your ex is creating unnecessary stress and drama over little things?

You need to remain emotionally strong, laugh about it and not take her so seriously.

For example: If she's being a pain in the butt and throwing tantrums for no reason, just laugh and say, *â€œOh, you're such a drama queen,â€* or *â€œRelaaax...you stress yourself out over the smallest things. Chill out girlâ€* and have a laugh with her about it, rather than taking it all so seriously.

When she sees that you're not buying into her drama, she'll naturally feel respect for you for being man enough to stand up to her in a dominant, but loving way.

Her guard will then come down and she'll suddenly find herself feeling attracted to the new you.

7. Let her see that your life is happy now, with or without her

Living a happy life without her is something that makes her feel respect and attraction for you, even if she doesn't admit it, or if she pretends to be angry about it to test your confidence.

When a woman can sense that you're getting on with other important things in your life (e.g. going out with friends, pursuing your goals, doing the things you've been putting off, enjoying your life), she will instinctively start to feel attracted to your confidence and ability to cope with the break up like a man.

She won't be able to stop herself from looking at you in a new, more positive way, because you are now behaving like the kind of confident, emotionally masculine, forward moving man that she can look up to and respect.

Of course, that doesn't mean you have to rub your new life in her face and try to make her feel bad about it.

Instead, just let her see how happy your life is based on how you talk about life now and what you've been up to.

Be an example of how easy life is when you don't stress out about little things and just get on with enjoying the moment, the day, the night, the week and your life.

When she realizes that you're now a more relaxed, easy-going, emotionally strong man without her, she automatically starts to feel attracted to you—even if she doesn't want to, or even if she doesn't admit it.

What you need to understand is that attraction is an automatic reaction that humans have to each other.

A person either displays attractive traits or they don't.

If you display traits that women find attractive (e.g. emotional masculinity, confidence, charisma, ambition, high self esteem), women will naturally feel attracted to you.

If you display traits that women find unattractive (e.g. emotional weakness or sensitivity, suppressed personality, lack of ambition, insecurity), women will naturally feel turned off by you.

So, when you display attractive traits to your ex girlfriend, she just can't help but feel attracted to you.

It happens automatically.

She also can't stop herself from dropping negative perceptions about you and beginning to look at you in a new, more positive way.

Based on your new approach, she now feels relaxed and happy when talking to you and interacting with you.

As a result, the idea of getting back together again makes her feel excited, curious and alive, rather than anxious, stressed out and tired.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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My Ex said That She Doesn't Have Romantic Feelings For Me and Feels Like We Are Better Off as Friends

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

4 possible reasons why your ex said that she doesn't have romantic feelings for you and feels like you and her are better off as friends are that:

1. Your relationship turned into a friendship

Sometimes a relationship might start off with a bang, where there's a whole lot of sexual attraction between a man and a woman.

Every time they get together, sparks fly and it feels like the kind of sexually passionate romance that you see in the movies and on TV.

Yet, over time, the excitement fades away as the guy starts treating his woman in a neutral way, or like a friend, rather than making her feel like she is his feminine girl.

For example: At the beginning of the relationship, a guy might

- Regularly compliment his woman and show her, via his actions and what he says that he finds her sexually desirable (e.g. he enjoys touching, kissing and holding her hand, he says things like, *"You're so sexy! You look good even after being at the gym where you've been sweating and your hair is all over the place. In fact, you look even hotter that way to me."*)
- Have sex with her often, regardless of the time (e.g. morning, afternoon or night) or place (e.g. in bed, on the sofa, in the kitchen, in the car).
- Take her on romantic dates (e.g. candlelit dinners, picnics on the beach, weekends away).

However, as time goes by, a guy might sometimes become so comfortable in the relationship with his woman that he stops treating her like a sexy, feminine woman and starts treating her more like a neutral friend.

Alternatively, she might continue to feel like a sexy woman in his eyes, but he stops being a sexy man in her eyes.

For example: He starts acting neutral (like a friend) around her or worse, acting feminine like her or one of her girlfriends might act.

She then stops looking him as her man and starts thinking of him as more of a friend, or worse, as one of her girlfriends.

When that happens, her sexual attraction is switched off and she no longer feels right about being in a boyfriend/girlfriend relationship with him.

There are many different paths to the old, *"We're better off as friends"* line from a woman, but the solution to fix the problem is always the same.

You've got to re-attract her.

You've got to make her feel sparks of sexual and romantic attraction whenever you interact with her

from now on.

When you do that, she will naturally start looking at you as a potential lover and boyfriend again, rather than just thinking of you as a friend.

For example: Other ways that guys end up causing the old, “*We’re better off as friends*” line from their woman includeâ€¦|

He stops complimenting her in a sexual way and if she tries to get him to notice something about her (e.g. a new outfit, her hairstyle) by asking, “*How do I look?*” he usually just says, “*Fine*” or, “*Okay*.”

She then feels like there isn’t much of a sexual attraction between him and her.

It feels like she is sexy and attractive, but he’s not even feeling it, so she then thinks that she’s being undervalued.

In many cases, she will then start flirting with guys at work (or university if she’s still studying) or when she goes out with her girlfriends.

When she notices that other men find her very sexy and are able to make her feel attracted (e.g. because they are being confident, emotionally masculine, charismatic), she then starts to think that she shouldn’t be in a relationship with her guy and should use the old, “*We’d be better off as friends*” line.

Another example is where romantic dates between him and are now a thing of the past and most evenings and weekends are spent eating takeout and watching TV, hanging out with friends or playing video games.

The sex is no longer regular or exciting and consists mainly of a few minutes in bed at night before falling asleep.

Essentially, the thrill and excitement of the relationship has faded away and rather than being a couple in love, they are now more like two roommates hanging out together and paying bills together. She then starts to wonder why she is sticking with a relationship that lacks the romance and passion that other people experience when in love and attracted to each other.

She then might try to shake him up a bit by giving herself a makeover and dressing in even sexier clothes.

If that doesn’t work, she might plan romantic getaways for the two of them.

However, if the guy still doesn’t get the message and continues to make her feel neutral feelings around him (i.e. because he’s not being very masculine and is treating her more like a friend), her feelings of respect and attraction for him will begin to fade.

When that happens, she might say something like, “*I don’t have romantic feelings for you anymore. I feel like we’d be better off as friends now*,” and then break up with him.

In most cases, a guy will be completely devastated when a woman says that to him because he will really love her and want to be with her.

He didn’t really know how else to keep the relationship together, other than being like a good friend to her.

Yet, now that she has broken up with him, he is becoming aware of the fact that to keep a relationship together, the feelings of respect, attraction and love have to be mutual and strong.

It's not enough to just have attracted her in the beginning and made her love you back then.

You've got to build on a woman's feelings, so you and her can experience the higher levels of a relationship and get to a point where you never want to break up or be with anyone else.

So, if your ex currently sees you as more of a friend than as her sexually attractive man, you need to ensure that you use every interaction that you have with her from now on to make her feel sparks of sexual and romantic attraction for you.

How can you do that?

Some of the easiest ways are by creating sexual tension between you and her via flirting, making her smile, laugh and feel excited to be around you again and making her feel feminine and girly in contrast to your masculine vibe and behavior.

Remember: If you continue to only make her feel neutral, friendly feelings for you, she won't see any reason to want to get back together again.

Without romantic and sexual attraction, she's going to continue looking at you as just a friend, or as an ex that she once felt attracted to, but now feels neutral around.

Another reason why your ex may have said that she doesn't have romantic feelings for you and feels like you and her are better off as friend is that

2. You lacked emotional masculinity in the relationship

[image: You lacked emotional masculinity in the relationship]

Regardless of a woman's achievements in life (e.g. she has a successful career), she wants to know that when it comes to her relationship, her man is emotionally masculine enough to take the lead, be strong and be someone that she can always rely on.

She wants to know that he has a plan and a direction for their future together, while also having the confidence, drive and integrity to see it through.

Why is this important to her?

Essentially, because it allows her to feel safe knowing that she has a man who doesn't need her to keep pushing him and encouraging him along like a mother would have to do for her boy.

He is his own man and he will remain strong, keep moving forward in life and overcome any challenges that he encounters along the way to success.

As a result, she can then relax into her feminine role and be his woman (e.g. be girly, get emotional, focus on the love she feels for him, put time and effort into looking pretty for him), rather than feel like she has to take control, boss him around or make decisions about most things because he lacks the emotional masculinity of a real man.

Here's the thing

When a guy lacks emotional masculinity, it causes a woman to lose respect for him.

Without respect, she also stops feeling sexually attracted to him and when those two emotions are gone, she then disconnects from her feelings of romantic love for him.

It's no longer a boyfriend/girlfriend or husband/wife relationship and now becomes more like a friendship or partnership.

Yet, that isn't the way to keep a sexual, romantic relationship together for life with a woman.

The sexual, romantic spark has to be there at the core of your relationship with her.

It cannot be about being friends or "partners" (a word often used by politically correct, confused people).

It has to be about the man clearly being the man and the woman clearly being the woman.

In other words, they are completely different to each other.

One is a masculine man and the other is a feminine woman.

If the guy is unable to take on the role of being the man and ends up being like a neutral friend or partner, the spark will die out and the woman will want to get out of the relationship.

These days, a woman doesn't have to put up with being in a friendly, neutral relationship with a guy who lacks emotional masculinity.

She knows that she wants and deserves a man who will allow her to be his girly woman, rather than a guy who expects her to be happy with being his neutral friend in life.

So, what are some examples of a guy lacking emotional masculinity?

A guy who lacks emotional masculinity might:

- Be afraid of getting rejected or failing if he tries to follow through on his big dreams in life. So, he just talks about his dream and wishes it would happen, but he doesn't actually set goals and make progress towards those goals.
- Cry openly during movies. This is unattractive to most women because he's behaving more like a girl than a masculine man.
- Cry when life gets tough (e.g. he experiences problems at work, is struggling to pay his bills).
- Complain about other guys bossing him around, but doesn't do anything to improve the situation (i.e. understand how to be a good guy alpha male who gets respected and is liked by pretty much everyone he meets).
- Get stressed out by simple things, which other men can handle with ease (e.g. he has to take his car in to be serviced, grocery shopping, work responsibilities, etc).

Most women yearn to be in a relationship with a man who has the emotional toughness of a real man, while also being loving, kind and considerate towards her.

So, if your ex is saying that she doesn't have romantic feelings for you and feels like you're better off as friends, it could be because you've allowed her to feel emotionally stronger than you.

To change how she feels, every time you interact with her from now on, you need to show her that you're now much more emotionally masculine in the way you think, feel, behave and take action in life.

She needs to be able to see that she can relax and trust that you really are the man now.

When she sees that, she will begin to respect you again and when that happens, she will naturally become open to feeling romantic feelings for you again, rather than seeing you as only a neutral friend.

Warning: To test whether your newfound emotional masculinity is real, she will almost certainly test you.

She might act as though she doesn't care, isn't impressed or doesn't believe the changes in you.

She will do that to test your reaction.

Do you remain confident and laugh at her (in a loving way, not a sarcastic way) for doubting you and then continue on being confident, or do you suddenly lose confidence in yourself based on her little test?

How you react to her tests are so important and will be the real difference in whether she believes in you or not from now on.

Another reason why your ex might have said that you and her are better off as friends is thatâ□!

3. You haven't been able to give her the kind of attraction experience that really she wants

To change how your ex currently feels about you, it is very important that you give her the attraction experience she really wants.

For example: A woman might want her ex to be more of a challenge to impress, which then maintains her interest.

However, he just wants to be easy for her, be nice and make her feel like she doesn't need to do anything to impress him.

Yet, that's not what SHE wants.

It's what HE wants.

He wants to treat her that way and expects that she should be happy with it, even though it's not something that she could possibly be happy with for life.

In other words, he doesn't really care if she wants him to be a challenge because he thinks that being a challenge (i.e. a man that she has to impress) is wrong.

Yes, to him, it is wrong, but not to her and billions of other women on the planet.

Women love the thrill of the chase.

Of course, I'm not talking about playing way too hard to get to the point where you become arrogant and don't treat her well.

No.

I'm simply talking about letting her earn your affection, respect and attention, rather than just giving it to her on tap without any effort needed on her part.

A guy who doesn't understand that his woman wants him to be more of a challenge, might make the mistake of begging and pleading with her for another chance when she breaks up with him.

Yet, that's just another example of him not being a challenge for her to win over.

If he doesn't realize that and keeps using the same old approach on her, she will think, *â□□He just doesn't get it. He thinks that letting me walk all over him is what I want, but the opposite is true. The more he lets me get away with behaving like a brat towards him, the more I see that he's just not man enough for me. I can't feel respect and sexual attraction for a guy who would let a woman treat him so badly like I am now. I need a real man, not a wimp. He just doesn't get it. I have to get away from this relationship and find myself a new man.â□□*

When she then pulls away, he will be confused at how she could walk away from someone who loves her so much.

Yet, what he doesn't realize is that his approach to the relationship has not been making her feel sexual and romantic attraction for him.

Instead, he's been turning her off and making her feel like she's with a guy who probably doesn't deserve her.

Even though he's a good guy and does deserve her, his approach makes her feel like he doesn't.

She just has way too much power over him and doesn't feel any need to impress him or maintain his interest.

Another example of a guy not being able to give a woman the attraction experience that she really wants, is where he fails her confidence tests.

For example: She pretends to lose interest, teases him about things that he's sensitive about (e.g. his weight, his thinning hair) and he becomes insecure, or she comes up with unreasonable demands that seems to expect that he should meet.

If he doesn't meet her demands, she gets angry and if she notices that he falls for it and believes in her anger, she can see that he just isn't man enough to handle a woman like her.

Note: A woman will always test her man. She wants to know if he is worthy of her submission.

If she is going to submit and be the girl in the relationship, she has to be able to see that he doesn't crumble under her pressure.

This is one of the real gifts from women to men.

Their tests make us stronger, more powerful and more capable of succeeding in life.

It's beautiful how it works when a man has the confidence to pass her tests.

However, if a guy either isn't aware that she is testing or doesn't have the emotional toughness to laugh off her tests, then it's a disappointing, annoying and sometimes stressful experience for both the man and the woman.

So, how can you pass her tests more easily from now on?

In most cases, to pass a woman's test, a guy needs to simply relax and turn her test into something to laugh about, rather than taking it so seriously.

For instance, if she teases him about his bald head (e.g. she calls him *â€œbaldyâ€œ*), the confident way to respond would be for him to say in a joking way, *â€œMmmmâ€œ sexy isn't it? Admit it, you love my bald headâ€œ* and then laugh about that with her.

She will then actually find the baldness sexy and attractive because it's part of the confident, emotionally masculine man that she loves.

I know, it's weird, but that's just how attraction works for women.

If you are confident about who you are and own it, women then find it attractive because women are attracted to confidence in men.

By the wayâ€œ!

The way to fail for a guy to fail her "baldy" test (and prove to her that he's still the same guy she broke up with) is to lose confidence in himself, feel self-conscious and possibly even try to hide his baldness (e.g. by always wearing a hat or beanie, wearing a toupee or hairpiece).

If a woman notices that her man has lost confidence in himself purely based on a random comment from her, she will feel turned off by him because he will reveal himself to be a guy who needs her constant reassurance to feel okay about himself.

Women don't want that.

Women want a man who is confident in himself and his attractiveness no matter what a woman or anyone else says about him to bring him down.

If a man has that type of confidence, women flock to him.

Note: I'm not talking about arrogant confidence here.

I'm talking about having a relaxed, easy-going and unwavering confidence in yourself no matter what anyone says about you.

That's what women love.

Okay, so those were two examples of how a woman could lose interest in a guy who wasn't able to give her the kind of attraction experience that she really wants.

If you want to get your ex back, you have to make sure that you understand what pieces were missing in the puzzle of the attraction experience in your relationship (e.g. You became too insecure, but she wants a confident man. You acted like more of a friend, but she needs a man that creates a sexual vibe and makes her feel girly in comparison to his emotional masculinity).

Next, you have to also make sure that you adjust your behavior, so that when you interact with her, you're flicking her sexual and romantic feelings for you back on, rather than making her feel neutral, friendly feels and confirming to her that she made the right decision by breaking up with you.

Another reason why she might have given you the old, *"I don't have romantic feelings for you anymore"* line is that

4. You stopped trying to turn her on and just took her presence in your life for granted

Most guys would never intentionally take their woman for granted.

However, a lot of guys fall into the trap of believing that the love will happen all by itself when in a committed relationship.

They believe that if their woman really loved them at the beginning, she will remember that forever and never leave him because of it.

Yet, that's just not how relationships between men and women work.

For example: At the beginning of the relationship a guy is usually very loving and attentive towards his woman.

He never forgets to compliment her on her appearance and he always notices when she's wearing a new dress, has changed her hairstyle, or has done something nice to please him.

At the same time, he flirts with her to create sexual tension between them, which he then releases with touching, kissing and wild, passionate sex.

Yet, over time, the more comfortable they become with each other, the more he starts to take her presence for granted.

Now, rather than compliment her on her appearance, he might become a bit critical of her (e.g. say things like, *â€œYouâ€™re putting on weightâ€* or *â€œYour hair looks weirdâ€* or, *“I liked how you looked when we first met. You don’t look good anymore.”*)

Then, if she tries to look good for him, he doesn’t really notice or care because he doesn’t really see her as being very attractive anymore.

If she asks him what he thinks of her new look or when she’s wearing a new outfit, he usually responds with something, *â€œFineâ€* or, *“You look nice.”*

Yet, being just fine or being nice isn’t what a woman wants to hear from her boyfriend or husband.

She wants to hear him genuinely say something like, *“Oh, don’t you look sexy today?”* or, *“Wow, look at you. Come here”* and then bring her in for a hug and kiss.

In other words, she wants to be able to feel sexy in his eyes.

Note: Being a challenge for a woman is not about never giving her sexual compliments.

You have to love and appreciate your woman.

Instead, it’s about making her want to impress you and seek compliments like that from you.

It’s never about making her feel ugly, unimportant or unloved.

You’ve got to flirt with your woman and let her see that you look at her in a sexual way, rather than in a neutral way.

So, when a guy stops flirting with his woman and takes her presence in his life for granted, problems start to emerge in their relationship.

The sex is less exciting and less frequent and he naturally starts to treat her more like a roommate or a male friend than like a sexy, girly woman.

He might also stop being helpful towards her (e.g. become a slob around the house, stop pulling his weight around the house, expecting her to do everything for him).

As a result, she then starts feeling like he is taking her for granted.

[image: Hinting at her unhappiness and hoping that he gets the message]

She may then try to get through to him (e.g. by hinting at her unhappiness, getting into arguments and fights with him about his behavior, sulking, complaining and throwing tantrums).

If he just ignores her and consoles himself by thinking, *â€œSheâ€™s just being an emotional woman. Deep down she knows that I love her and that she means everything to me. She might be throwing a tantrum now, but our love is strong. She would never leave me. She will put up with it. She’ll tire herself out with all these tantrums and realize her mistake,â€* she will begin to lose respect for him as her man.

When that happens, she will also stop feeling sexually attracted to him and then it’s just a quick hop, skip and a jump to her saying something like, *â€œI don’t have romantic feelings for you and I feel like weâ€™re better off as friends.”*

Then, a guy might panic and try to get her to have romantic feelings again by being very romantic or sweet towards her all of a sudden.

However, that’s not what she wants because he now seems desperate, which is always a turn off for a woman.

I know what you’re probably thinking, *“Why are women so difficult?!”*

In reality, women are so damn easy to please, get along with and keep, BUT you have to use the right approach.

If you use the wrong approach, a woman will make your life feel like a living nightmare.

If you use the right approach, a woman will make your life feel like the softest, warmest, sweetest, most enjoyable dream you've ever had.

You've just got to understand how women operate.

If you don't understand it or think that women are so annoying and you shouldn't have to put in any effort to understand them, then prepare for a life of misery when it comes to women.

However, when you know how to make a woman love you, respect you and feel attracted to you for life, you can relax and enjoy a peaceful, fulfilling life with a woman who will work her butt off to make you happy and please you.

That's how it works.

It's kind of like how some people struggle with a certain area of their life for their entire life because they keep using the same old approach that has gotten them that result.

They refuse to change and so does the laws of life, so they are in a constant battle against the thing that they can't seem to get under control.

Yet, when they have finally had enough and start to change, their struggle suddenly begins to disappear.

What used to be difficult, now becomes natural and easy.

The same rule applies to getting your ex back.

If you want her back in a sexual, romantic way, you absolutely have to be willing to change your approach to her.

If you don't, she will reject you and resist your efforts to get her back no matter what you say to her or promise her.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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My Ex Won't Discuss the Relationship With Me and Said to Leave Her Alone

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

That's because you need to reactivate her feelings for you first and then hook up with her again, before she will become open to discussing the relationship.

Prior to making that happen, you have to approach her as though you and her are only friends now.

Use the interactions that you have to make her feel a strong, renewed sense of respect and sexual attraction for you and her guard will come down.

You can then hook up with her, blow her mind with the new and improved version of you and she will then naturally become open to giving the relationship another chance.

Here are 5 tips to help you make her open back up to you and want you back!'

1. Understand the real reason why she won't discuss the relationship with you

[image: Understand the real reason why she won't discuss the relationship with you]

When a woman has disconnected herself from feeling love, respect and attraction for her guy, she's usually going to do everything in her power to then get over him and move on as quickly as possible.

This includes refusing to discuss the relationship with him and telling him to leave her alone.

So, when a guy is calling her up and possibly even begging and pleading with her to listen to him, it's just not going to work.

[image: The feelings aren't mutual, so she doesn't want to discuss the relationship]

He might say things like, *"If we can talk about it, we can fix it. Just give me a chance to make things right. Why are you being so stubborn?"* in the hopes that she will open up and discuss the relationship with him.

Yet, rather than make her think, *"Oh, okay. Maybe I'm being too hard on him. I should at least discuss the relationship with him"*, it's the right thing to do, she will become even more closed off.

Why?

In most instances, when a guy is trying to get his ex to open up and discuss the relationship with him, he's just begging and pleading with her, making promises to change, or expecting her to give him another chance based on the fact that the relationship used to be good between them.

Yet, he's not seeing it from her perspective.

Think about it like this!

If you weren't feeling attracted to a girl anymore (e.g. because she put on a lot of weight, stopped wearing makeup and putting in an effort to look attractive for you) and she then tried to get you back without improving her attractiveness first, you would just keep saying, *"No. You need to accept*

that itâ€™s over between us and leave me alone.â€™

In the same way, if you donâ€™t make some attractive changes and improvements to the way you talk, think, act, behave and interact with your ex before you try to discuss the relationship with her, it's not going to work.

She's not going to say to herself, *â€™It doesnâ€™t matter that nothing about him has really changed or improved. Iâ€™m just going to ignore all that and based on the fact that we had a great relationship in the beginning, Iâ€™m going to open up, tell him whatâ€™s bothering me and guide him through the steps of getting me back, so that we can live happily ever after â€™ just like in fairytales and Hollywood movies.â€™*

Instead, she will simply close herself off from you even more and say what you would say if you were in her shoes, *â€™Leave me alone. I donâ€™t want anything more to do with you. Just accept that itâ€™s over between us and move on.â€™*

So, feeling as though you are entitled to your ex's attention, or that she is obligated to discuss the relationship with you and give you another chance, isnâ€™t going to make her change how she feels.

If you want her back, you've got to be able to re-attract her, so she actually has a good reason to give you another chance (i.e. she feels attracted to you now, she likes how she feels around the new you).

Yet, if you don't re-attract her first, she's just going to remain closed off to you because the feelings aren't mutual.

You feel attracted to her, you're in love and you want her back, but you haven't reawakened her feelings for you yet.

So, when you try to force your ex to discuss the relationship with you (especially if you havenâ€™t made any changes to the way you behave and interact with her), it only makes her more determined to keep you away from her.

If you want to change how she feels, you need to interact with her (via text, e-mail, social media and more importantly, over the phone and in person) and reawaken her feelings of respect and attraction for you again (e.g. by making her smile and laugh).

When you trigger her positive feelings for you again, she stops thinking negatively about you and becomes open to talking to you and seeing you more and more.

So, if you want her back ASAP, I recommend that stop trying to make her discuss the relationship.

Instead, get her on a phone call or meet up with her in person and make her feel sparks of sexual and romantic attraction for you.

When you do that, her guard comes down and she then feels drawn to the idea of having a relationship with you again, without you even having to discuss it with her.

By the wayâ€¦!

On a phone call or in person, you need toâ€¦!

2. Take the pressure off by talking to her as though you and her are only friends for now

If you try to discuss the relationship with you ex, or make her feel like youâ€™re pressuring her to

get back together again, she's just going to clam up and possibly even stop talking to you completely.

So, if you don't want that to happen, you need to approach your interactions with her as though you and her are only friends now.

Don't worry because you won't actually end up as friends.

Why?

You will be actively making her feel sparks of sexual and romantic attraction while also talking to her as though you and her are only friends.

As a result, she will feel sexually and romantically drawn to you on her own and won't want you and her to just be friends.

For example: Imagine that you're on a phone call with your ex and she gets annoyed and says something like, "Why do you keep calling me? Can't you get the message that it's over between us? Just leave me alone."

Naturally, hearing her say something like that to you might make you feel upset and even a bit sad.

Yet, you can't let it get to you.

You have to be strong, so she can feel respect and attraction for you.

So, rather than getting upset, a better approach is to smile (remember, a person can *hear* a smile over the phone based on the change in your tonality and how you're saying things) while saying something along the lines of, "Hey, why are you being so serious? Relax girl. I know that we've broken up and not calling you to get back together. I just want to say hi as a friend and see how you're doing, that's all. We can do that, right? We're both mature enough to do that. Even though it's over between us (which I accept by the way), we can still be friends, can't we? There's nothing wrong with that. So, let's try this again from the beginning! Hi, how are you today?"

By saying something like that to her, you're effectively taking the pressure off her and letting her see that you're not in a huge rush to get her back into a serious relationship.

You're letting her know (without saying it) that you're not going to push her into something she's not ready for yet, which makes her relax, drop her guard and open up to you.

3. Allow her to begin experiencing the type of attraction experience she really wants when you interact with her

If you want your ex to stop telling you to leave her alone, you need to understand the type of attraction experience she really wants from you.

Then, you need to start giving it to her when you interact with her (e.g. over the phone and in person).

For example: Imagine a guy is talking to his ex on the phone and he turns her off because he:

- Feels insecure while talking to her.
- Feels intimidated by her dominant personality.
- Begs and pleads with her and says things like, "Why won't you talk to me? Please forgive me! I know I messed up but I can't bear the thought of losing you. Just give me one

more chance to make it up to you. I beg you!

- Is extra sweet and nice to her, even when she's being rude and unfriendly towards him, in the hopes that she will realize what a good guy he is and give him another chance.
- Keeps talking about how much he loves her and misses her, without realizing that when a woman has disconnected from her feelings for a guy, she doesn't really care how he feels anymore.
- Asks her what she wants him to change about himself, which turns her off even more because it's annoying for her to have to explain what women feel attracted to.
- Becomes angry with her for not wanting to discuss the relationship with him and insists that she give him a chance.

Now compare that to a guy who:

- Makes her laugh and smile as he talks to her and interacts with her.
- Shows her (via the way he talks, thinks, interacts with her and responds to what she says and does) that he's really changed (e.g. If he treated her like one of his male buddies before, he now makes her feel feminine and girly. If he always ended up arguing with her or becoming irritated very easily, he now turns potentially stressful conversations into something they can both laugh about).
- Talks to her as though they are good friends now, but also includes some sexual flirting to spark her feelings of sexual and romantic attraction.
- Wants her back, but doesn't need her back to feel happy or fulfilled in his life.

Which guy do you think is going to be giving the woman the attraction experience she really wants?

If you picked the second guy, you would be right. (Of course!)

Essentially, the second guy is showing her (via his actions and behavior) that he's no longer at the same level he was at when she broke up with him.

This causes her to feel respect for him based on him having the balls to man up and make some changes to himself.

She then drops her guard and allows herself to see him in a more positive light.

4. Hook up with her and blow her mind with the new and improved version of you

[image: Hook up with your ex and blow her mind]

Regardless of how much you make your ex laugh, smile and feel good when you're interacting with her over the phone (or via text or social media messages), it won't make much of a difference if you don't meet up with her in person and have sex again.

When you re-attract a woman in person and then hug, kiss and then have sex with her, she begins to feel a new type of respect, attraction and love for you.

It becomes a lot more difficult for her to keep thinking of you as the jerk that she broke up with, because she now has a new, much more exciting and pleasant picture of you in her mind, which overwrites the negative picture she had of you from the past.

From there, you just need to relax and continue saying and doing the types of things that will show her, without a shadow of a doubt, that youâ€”re a new man now.

When she can see for herself that youâ€”re not putting on an act to impress her so that you can get her back (and the changes are real), her feelings of respect and attraction for you will come rushing back.

She will stop saying, *â€”Leave me alone,â€”* and she will start saying, *â€”Letâ€”s see where this goes.â€”*

Remember: When you give your ex the attraction experience she always wanted from you and then blow her mind with the best sex sheâ€”s ever experienced, it will be difficult, if not impossible, for her to keep pushing you away.

So, even though right now your ex wonâ€”t discuss the relationship with you and is telling you to leave her alone, all that will change when you change your approach to her.

When you give her what she really wants, she will be eating out of the palm of your hand in less time than you ever thought possible.

What are you waiting for?

Today is the first day of the rest of your life with her, so go for it.

Get her back.

Note: Most guys who get their ex woman back start out in the same or similar position to you.

Their woman is sick and tired of his approach to getting her back (e.g. trying to convince her to give him another chance, promising to change, texting her all the time, pouring his heart out) and has stopped being willing to discuss the relationship.

It's not just you who is experiencing a reaction like that from your woman.

Every day now, guys from all over the world are getting their woman back by focusing on making her feel attracted again.

You can do that too.

So, I recommend that you stop trying to discuss the relationship and start making her feel the types of feelings that will make her want to have a relationship with you again.

When you do that, getting her back is natural and easy and it works.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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My Ex Girlfriend Has Become Emotionally Closed Off to Me

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

5 possible reasons why your ex has become emotionally closed off to you are:

1. She can see that you don't understand how to give her the type of attraction experience she really wants when in a relationship with a man

In most cases, a woman won't break up with a guy before she's tried (often several times) to make him understand what she really wants from him.

For example: A guy might get into the habit of breaking his promises to his woman (e.g. he tells her that he will take her to see her favorite show/to a romantic restaurant/on an exotic vacation, but he never follows through on his promise to her, or, he promises her that he will fix the leak in the roof/repair a broken window/mow the lawn, but he never gets around to doing it or only does it if she nags him continuously about it).

Initially she might say to herself, *"I know that his finances are a bit tight at the moment, so he probably just doesn't have the heart to tell me that he can't afford the vacation right now,"* or *"That's okay. He probably just forgot about how he promised to take me out to a show. I'm sure it was just a once off thing and that he won't do it again."*

Yet, over time, if she realizes that he's the kind of guy who doesn't follow through on his promises, she will gradually start to lose respect for him.

She might then try to get through to him by saying things like, *"I don't like it when you say you're going to do something for me and then you don't. It makes me think that you don't even care about me."*

If he then pays attention and starts sticking to his word, she will feel a big surge of respect and attraction for him for being man enough to change and her love for him will deepen.

On the other hand, if he just ignores her or tries to appease her by promising to do it some other time, she will start thinking, *"He just doesn't get it. He thinks that just because I used to really love him, I'm going to put up with his broken promises to me forever. Well, it doesn't work that way. I can't be with a man who can't keep his word. He has no idea how to give me the attraction experience I really want in this relationship and it's now becoming clear to me that he never will,"* and she will usually break up with him.

If he then tries to get her back and she says something along the lines of, *"No. It's over,"* or *"I don't want to discuss it with you anymore. Forget about me and move on,"* he might then wonder to himself, *"My ex girlfriend has become emotionally closed off to me. I don't understand why is taking those things so seriously. I mean, I was a great boyfriend to her in all other ways, so what is her problem? Why is she being so closed off?"*

Here's the thing:

If you want your ex to open up to you again, she needs to see that you understand why she broke up

with you, have learned from the experience and have become a better man as a result.

It's not about telling her.

Instead, it's about letting her see it and experience it for yourself when you interact with her.

If you try to tell her that you've changed and that things will be different, her guard will be up.

However, if you just let her pick up on the fact that you're no longer like that and have fixed the things that caused her to break up with you (e.g. you were insecure or you took her for granted), her guard will come down and she will open back up to you.

Let her experience it for herself, rather than trying to explain to her that you've changed and that things would be different if she just gave you one more chance.

You can let her experience it based on the way you talk, think, behave and interact with her now.

She will see for herself that you're no longer the same man she broke up with.

For example:

- If you were too much of a pushover before and let her dominate and control the relationship, you can now take control in a confident, assertive, but easy-going manner.
- If she felt like she couldn't be herself around you because of how strict or sensitive you were, you can now show her that you accept her for who she is and that she doesn't have to adjust her personality to suit your insecurities or sensitivities.
- If you became too emotionally feminine, you're now emotionally masculine.
- If you didn't keep your promises to her, you are now a man of your word.

When she can see and experience the new you for herself, it becomes difficult for her to remain emotionally closed off from you.

She then can't stop herself from feeling respect for you again for being man enough to admit your mistakes and then take action to improve yourself.

When she can respect you, she will then be able to feel sexually attracted to you and when that happens, her guard comes down and she naturally opens herself back up to you again.

On the other hand, if you keep trying to get her back without first understanding the type of attraction experience she wants from you, she will continue to be emotionally closed off to you.

Another reason why your ex may have become emotionally closed off is if

2. You've begged and pleaded with her too much

[image: You have begged and pleaded with her too much]

When a woman closes herself off after a break up and refuses to discuss anything about the relationship with her ex, it might come as quite a shock to him.

Not knowing what else to do to get through to her, he might then start begging and pleading with her to try and make her open up.

For example: He might try to get through to her (e.g. via multiple text messages, long e-mails, or by calling her on the phone) over and over again and say things like, *"Please baby, don't do this to me! I don't know why you're being like this. What did I do that was so wrong? I am so*

confused. If you keep yourself emotionally closed off from me, how will I ever be able to make it up to you? Please give me a chance. I beg you! Please stop being so guarded. I love you and I'm sorry. Please see that. Things will be different this time around, I promise. Just give me a chance. Don't walk away from us.

He's hoping that by begging and pleading, she will see how upset he is because of how emotionally closed off she has been to him lately.

He then hopes that she will feel that she has punished him enough and open back up to him again.

Yet, in most cases, rather than make a woman think, *"Awww! my ex is acting like a sad little boy and it's all my fault for shutting him out the way I've been doing. He's even willing to beg to get me back. He must really love me so much,"* she will be thinking, *"Why is he being so emotionally wimpy? Does he think I'm going to forget that he had been turning me off with his behavior because he's now begging and pleading for another chance? Doesn't he realize that it only adds to the list of things that are turning me off and makes me want to have nothing to do with him even more?"*

Even if she previously was in love with him, it doesn't mean much or anything to her if he just isn't able to make her feel the kind of respect and attraction that keeps a relationship together.

Most women just don't want to put up with being in a relationship with a man that they can't respect and feel properly attracted to (e.g. because he's insecure, he takes her for granted, he's too emotionally sensitive).

[image: Turning her off by begging for another chance]

So, when a guy is begging, pleading and coming across as being lost and confused, rather than make her change her mind, a woman will usually close herself off from him even more.

By the way!

If you've already tried to get your ex girlfriend to open up to you by begging and pleading with her many times to give you another chance; don't worry — you can fix it.

How?

Start by not doing it ever again in any kind of way when you interact with her.

Avoid any type of communication where you are subtly or obviously conveying a "pity me" type of vibe.

Using a "pity me" approach just won't work on a woman who is emotionally closed off to you.

If you want her to want you, it's essential that you focus on being an emotionally strong, emotionally masculine guy during interactions with her, so you can quickly and naturally get her respect back.

Once she can see that you're not going to become a lost, confused, desperate guy around her again, she will begin to drop her guard and open back up to you.

She won't feel like she has to keep you at arms length anymore to protect herself from your begging and pleading.

From there, you have to keep making her feel respect and attraction for the new you every time you interact with her, so that the idea of staying emotionally closed off to you doesn't feel right to her anymore.

Another reason why your ex may have become emotionally closed off to you is that!

3. It all seems to be about you getting her back for your own needs, rather than making her feel what she needs

When a woman is being emotionally closed off, a guy will often try to get her to see how much he cares about her in the hopes that she will open up again based on that.

For example: A guy might say things like, *“You mean the world to me and the idea of being without you makes me not want to go on with this life anymore. Please, just give me a chance to make it up to you. I have never loved a woman in the way I love you. You are everything to me. I will do anything to make you happy if you will just give me another chance.”*

Yet, she can see that he’s only really saying that to get what he wants from her.

He wants her back and is willing to promise that he will do anything to make her happy if she gives him another chance.

It’s all about him getting another chance and she can see that.

If she doesn’t give him another chance based on what he is offering via text, he might also send her flowers or gifts, in the hopes that she will realize how much he loves her and give him another chance.

Yet, what a guy like that doesn’t understand is that rather than make her think, *“Why am I being so stubborn? My ex obviously still loves me. I’ve got to give him another chance,”* she will be thinking something like, *“Me, me, me! That’s all he can think about – himself! He needs me. He can’t live without me. Not once has he stopped to think about how I feel or what I want.”*

So, if you want your ex girlfriend to stop being emotionally closed off, you need to stop worrying about how you feel and put the emphasis back on making her feel what she needs to feel to actually give you another chance.

For example: The next time you interact with your ex (e.g. on a phone call, or in person) rather than react in your usual way (e.g. try to make her open up to you and want the relationship), you can instead say something like, *“Hey, I know that I’ve been going on and on about our relationship and bugging you about being emotionally closed off to me and I’m sorry about that. I see now that I was only thinking about myself and how much I care about you and miss you. That was selfish of me. I never stopped to think about what you’re going through and how you feel. So, I’m sorry if my behavior caused you any stress. I now realize that I could have been much more mature about it and just accepted your decision to break up with me. So, I’m sorry for putting you through that. I don’t expect you to believe me, or to want me back, but I just wanted to say sorry.”*

Then, from that moment onwards, you need to show her via the way you talk, think, behave, interact with her and respond to what she says and does, that you’re a completely different man now.

You’ve understood what caused her to become emotionally closed off to you and you’ve taken steps to change those things about yourself.

When she can see for herself that you’re putting her feelings first, everything changes.

The process of getting her back becomes a lot easier, because she is feeling open to you.

She starts to enjoy interacting with you again.

It feels good to her and she actually looks forward to talking to you, seeing you in person, hugging you, kissing you and getting to have sex with you.

Another reason why your ex might have become emotionally closed off to you is thatâ€¦!

4. You've been asking her to explain to you what she needs from you

When a guy is faced with an ex girlfriend who is emotionally closed off, he might say to her, *â€œJust tell me what you need me to do and Iâ€™ll do it. Tell me what you want. Being closed off isnâ€™t helping either of us. If you just say what it is that you want me to do, then I can do it and we can work things out. Instead, by being so closed off, we canâ€™t change anything.â€*

Although thatÂ might seem like the right thing to say to an ex womanÂ and a guy may even believe that itâ€™s what sheÂ wants him to do, the truth is, asking a woman what she needs from you is never a good idea.

Why?

A woman doesnâ€™t want to be responsible for shaping you into the man that you need to become.

If she tells you how to attract her, your actions and behavior just wonâ€™t feel real to her.

It will feel as though you're putting on an act just to please her.

So, rather than telling you what to do, a woman will usually just close herself off even more and sit back to see if you're man enough to figure things out without her help.

If you can do that, she will be able to respect you again.

On the other hand, if you continue to ask for her help, or try to get her to open up to you again by being nicer, sweeter and more romantic than ever before, she will simply disconnect herself from you even more and try to move on.

So, to stop your ex from being emotionally closed off, you need to show her that you have what it takes to become a more attractive man to her without needing her guidance and support.

Another reason why she may have become closed off is thatâ€¦!

5. You've been reacting badly to her cold, distant attitude

Itâ€™s only natural that when a guy is trying to get his ex back and sheâ€™s being emotionally closed off, he might become a little bit frustrated and possibly even get a little angry with her.

However, losing his cool, calling her names or accusing her of being stubborn or selfish, is definitely not going to make her open up.

So, rather than taking her cold, distant attitude too seriously and allowing it to make you do something you might regret later on, thereâ€™s actually a much easier way to break her out of that.

What is it?

By getting her to smile, laugh and enjoy herself when she's interacting with you.

...especially, if she starts out being cold, rude, mean or distant.

Why?

Women are impressed by and attracted to men who don't crumble under the pressure that women place on them.

So, when you interact with your ex (e.g. on a phone call and in person) and you make her smile and laugh (especially if she starts out being cold and distant towards you), she won't be able to stop herself from opening back up to you, even if just a little.

No matter how determined she is to keep you at arms length by being cold and unemotional, all it usually takes is a little smile to crack her defenses and allow her to open herself up to you again.

[image: Bring her defenses down and get her back]

When her defenses come down, she then begins to enjoy feeling respect and attraction for you again.

You become the guy that she wants, rather than the guy that she wants to get rid of.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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My Ex Replies to Some of My Texts, But Ignores Most of Them

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

3 possible reasons why your ex replies to some of your texts, but ignores most of them are that:

1. You're texting her too often

[image: You are texting her too often]

Some guys believe that the best way to prevent an ex from moving on and get her back, is by staying on her mind via text.

So, a guy will often send his ex girlfriend (or wife) texts about random things, as a way of staying in touch.

For example: He might text things like, *â€œHey, I was just thinking about you. How was your day?â€* or, *â€œOn my way to work and I just wanted to say hi. Have a great day!â€* or, *â€œHaving coffee in that little coffee shop you used to like and thought of you. How has your day been so far?â€*

Heâ€™s hoping that she will think, *â€œThis is so sweet. Iâ€™m always on his mind and heâ€™s always on mine. It must be a sign that we are meant to be together.â€*

Yet, that's just not how a woman thinks or feels after she's dumped a guy and no longer wants to be with him.

In reality, when a woman doesn't have strong feelings for her ex anymore, getting endless texts from him about random things is usually just going to annoy her.

She will think something like, *â€œWhy is he texting me all this crap? I donâ€™t care that heâ€™s thinking about me, on his way to work or having coffee at my favorite coffee shop. Is this his way of trying to get me back? Does he honestly believe that if he keeps texting me Iâ€™m just going to forget what happened between us and go running back to him like it doesnâ€™t matter? How pathetic. He doesnâ€™t even have the balls to call me and talk to me in person, so he hides behind text. Heâ€™s just wasting my time. I've got to start ignoring more of his texts, or he will keep going with this approach.â€*

Even if she responds to some of his texts to be polite, most of the time, she will just roll her eyes and decide to ignore him.

Why?

Getting constant messages from her ex who is trying to make conversation doesn't show her that anything about him has actually changed.

It doesn't solve any of the core problems that they faced in their relationship, and it doesn't make her feel a renewed sense of respect and sexual attraction for him.

It's just a bunch of texts from her ex, who she assumes, is still pretty much exactly the same and if she gave him another chance, wouldn't even know how to give her the kind of attraction experience she really wants in a relationship.

So, if your ex has been replying to some of your texts, but ignoring most of them, it could be because

youâre just texting her too much about random, unimportant things and sheâs now feeling annoyed and turned off by your approach to getting her back.

Even if you think she wonât be pleased that you call her, youâve just got to do it.

Watch thisâ

When you get her on a phone call, you can quickly reignite some of her original feelings of respect and attraction for you and make her feel attracted in new ways.

On a phone call, itâs a lot easier to break through her walls and get her to open up to you again, because you can make her laugh and smile and show her that youâre no longer the same guy she broke up with.

More importantly, she can feel differently right now and realize that things really are different between you and her now.

She is now feeling attracted to you and open to you.

Then, when she gets a text from you, rather than rolling her eyes and thinking, *âItâs my ex again. Why wonât he just leave me alone? I hate getting texts from himâ* she may think, *âOh, itâs him. I had a good chat with him the other day. It was actually fun. He sounded so much more confident and self-assured than he used to be when we were together. I wonder what heâs up to now? Maybe heâs going to ask me to meet up with him. I think it would be so nice to see him face-to-face again.â*

Then, the process of getting her back becomes so much easier.

Another reason why your ex might be replying to some of your text, but ignoring most of them is thatâ

2. Your Texts Are Too Emotional

[image: Your texts are too emotional]

Sometimes, a guy will use texting as a way of pouring his heart out to his ex.

For example: A guy might text something along the lines of, *âI know I stuffed up and Iâm really sorry for that. I want you to know that you mean the world to me. Nothing feels the same now that youâre gone. I canât even eat or sleep properly. Do you realize how much I care about you? You were the most precious thing in my life and I ruined it. Can you ever forgive me and just give me one more chance to prove to you how much I love you and care about you? I donât know what Iâd do if you say that you canât. I miss you so much and I want to make it up to you. Will you please give me a chance to show you that things can be different between us from now on?â*

When a guy is feeling lonely and missing his ex like crazy, pouring his heart out to her and being overly emotional might seem like a good idea to him at the time.

He may even think, *âIf she realizes just how much I still care for her and that everything Iâm doing is because I want her back, she will stop being a hard case and agree to see me again. She will know that no other guy will ever feel the same way about her as I do and be willing to do anything to make her happy. Then, she will decide to give me another chance.â*

Yet, thatâs not how it usually works.

Unless a woman is still in love with her ex (which means she would probably be replying to

everything heâ€¦s texting her and even suggesting they meet up), when a woman has lost respect and attraction for a guy, sheâ€¦s not going to really care when he texts her about his feelings.

Instead, sheâ€¦s going to feel even more turned off by him and what she perceives as his emotionally wimpy and needy behavior.

Rather than making her think, â€œOh myâ€¦I am so lucky. I never realized how much he really loved me. Iâ€¦m being way too hard on him. Most women would kill to find a guy like him and here I am ignoring his texts and being difficult. I need to make it up to him before I lose his love,â€¦ she will be thinking something like, â€œIsn't it interesting how all he seems to talk about are his feelings for me? Not once has he thought about how I feel. Instead, he just wants me to care that he cares and wants me to give him another chance because he wants it. Well I donâ€¦t care and I won't give him another chance. I stopped caring when I broke up with him and now that heâ€¦s being all emotional and acting like a woman via text, I only get more determined to cut him out of my life and move on. Doesnâ€¦t he understand that Iâ€¦m not going to care how he feels about me, unless he does something to actively make me have feelings for him again? The feelings have to be mutual. Why doesn't he understand that and do something about it?â€¦

Hereâ€¦s the thingâ€¦

If a guy has turned a woman off and she is no longer connected to her old feelings for him, she's going to feel turned off when he pours his heart out via text to tell her all about his feelings for her.

Also, because she canâ€¦t see his body language, hear the tonality of his voice, or assess his state of mind in the moment, she will just assume the worst of him (i.e. that he's so insecure, needy and desperate right now), rather than giving him the benefit of the doubt and assume he has changed and is a better man now.

So, if youâ€¦re going to tell your ex how much you still care about her, leave it until after youâ€¦ve re-sparked her feelings of respect and attraction for you.

Then, when you do tell her, she will be happy to hear it because the feelings will be mutual and as a result, it will bring you and her even closer together.

However, if you tell her all about your feelings before that (especially if you do it via text), she will likely just shut herself off from you even more.

If you've already made that mistake, don't worry.

From now on, only text your ex as a way of getting her on a phone call with you, where you can actively make her have feelings for you again (e.g. by making her laugh, smile and feel good to be interacting with you again) and then get her to meet up with you in person.

Stop trying to use text as a way of slowly getting her back because it just doesnâ€¦t work on most women.

Most women get annoyed and turned off by texts from their ex because she doesn't have any real evidence that he has changed and can now make her feel differently.

Another reason why your ex might be replying to some of your texts, but ignoring most isâ€¦

3. You're trying to convince her to give you another chance via

text

If a woman is being closed off and is making it difficult for her ex to interact with her (e.g. she refuses to meet up with him in person, she is cold and unfriendly over the phone), a guy might decide that his best chance of getting through to her is via text message.

He might then text her things like, *â€œPlease forgive me. I know that I stuffed up, but I can make it up to you if you just give me a chance. Please think about it. I really think we can work things out,â€* or *â€œI know you donâ€™t think I could ever change, but I promise you, if you just give me one more chance Iâ€™ll be a different man this time around. Just tell me what you want me to do to make you happy and Iâ€™ll do it. I promise. Please just agree to give me this chance.â€*

Yet, rather than make her think, *â€œWell okay then. Since you put it that way, of course Iâ€™ll give you another chance,â€* she will think something like, *â€œIs he seriously asking me to give him another chance via text? He just thinks Iâ€™m going to drop all my negative feelings for him and give him a second chance based on what he says in a text message. He must think Iâ€™m naïve enough to fall for his requests via text. If he doesnâ€™t even have the balls to talk to me face-to-face and apologize for his past behavior, Iâ€™m not going to make an effort to reply to his texts. Yes, Iâ€™m being a bitch about meeting up with him, but he needs to be able to deal with that. Heâ€™s got to be confident enough to make the meet up happen. If not, heâ€™s not man enough for me.â€*

A guy might think that she is being unreasonable or selfish by not being easy about the ex back process, but a woman has her reasons.

Sometimes, she doesnâ€™t make things easy because she wants to test his confidence.

Other times, she doesnâ€™t make things easy because heâ€™s not even saying or doing anything to make her feel rushes of sexual and romantic attraction for him.

Heâ€™s just texting her!

â€œand as you may know now, texts just donâ€™t work very well on an ex.

Texts are great when the feelings are mutual, but if one person isnâ€™t interested, texts become an annoying form of communicating very quickly.

So, I recommend that you save any requests for a second chance with your ex until after youâ€™ve reactivated her feelings of respect, sexual attraction and love for you in person and have gotten to a kiss.

However, when re-attract her and get to a kiss, you most likely wonâ€™t have to ask her for another chance, because she will probably be the one saying to you, *â€œI think we made a mistake breaking up. Letâ€™s try again.â€*

On the other hand, if you try to convince your ex to give you another chance via text when the feelings arenâ€™t mutual, itâ€™s more than likely that she will ignore most of your texts and possibly even be thinking, *â€œIf this is the best he can do to try and get me back, then I definitely made the right decision to break up with him.â€*

If You Donâ€™t Reactivate Her Feelings First, Sheâ€™s Not Going to

Feel Motivated to Reply to All of Your Texts

[image: Without feelings of attraction, she won't feel motivated to reply]

If your ex has been replying to some of your texts, but ignoring most of them, it's because you're just texting her and hoping that it will be enough to make her want to get back with you at some point.

However, that approach rarely, if ever, works and usually results in the woman moving on with a new guy and then no longer replying to any texts from her ex.

So, if you want your ex to reply to your texts and more importantly, want to get back with you, you need to make sure that you reactivate her feelings of respect and attraction for you by showing her that you really are a different man now.

For example: Some of the ways you can do that are by:

- Understanding her real reasons for breaking up with you and taking some steps towards improving those things about yourself (e.g. If you were insecure before, you're confident and self-assured now. If you were too wimpy or weak-minded before, you're emotionally strong now. If you let her dominate you and get her way all the time, you're now more emotionally dominant and stand up for yourself).
- Making her smile, laugh and feel happy during interactions with you, rather than being too serious or emotional.
- Getting to the point where you want her back, but don't need her back to feel content and fulfilled in your life.

You don't have to be perfect to reactivate your ex's feelings of respect and attraction for you to get her to open up to you.

Instead, you just need to show her (via the way you think, act, behave and interact with her) that you are no longer at the same level you were at when you and her broke up.

When you reactivate her feelings for you, everything changes automatically.

All of sudden, she wants to be in contact with you and see you in person.

On the other hand, if you don't reactivate her feelings for you first, she's just going to be thinking, *Why won't he leave me alone? Can't he see that I'm not interested anymore? He's just wasting my time.*

The Easy Way to Get Her to Feel a Strong, Renewed Sense of Respect and Attraction for You

I know that you probably prefer texting your ex, but you've just got to understand that it doesn't really work when getting an ex back if the feelings aren't mutual.

The truth is that there's the easy way to get your ex back and there's also the hard way.

The easy way is on a phone call and in person.

The hard way is via text.

So, why waste time and energy trying to get her back the hard way when you can just pick up the phone, reactivate her feelings for you (e.g. by making her smile and laugh and feel happy to be talking to you again) and get her to meet up with you in person, where she can see for herself (via the way you talk, behave, act and interact with her) that youâre a different man now?

It might feel easy to just text your ex and wait for her to give you a sign that sheâs open to getting back together again, but in reality itâs not easy.

Why?

Mainly because you can waste weeks or even months trying to get some kind of positive response from your ex, only to find out that while you were waiting, she was moving on and has now hooked up with another guy.

Donât let that happen to you.

As the man, itâs your responsibility to take the lead in the ex back process and guide both you and her back into a relationship.

So, donât make the classic ex back mistake of hiding behind texts in the hopes that she will make it easy for you or that she will make all the moves to get you back, so you donât have to risk the possibility of being rejected.

Just pick up the phone, get her to feel a strong, renewed sense of respect and attraction for you and then meet up with her in person.

When she sees you face-to-face and experiences the new man youâve become, everything inside her will change automatically.

She will feel naturally attracted to you and drawn to you and as a result, getting her back will be simple and straightforward.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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My Ex Doesn't Seem to Care That We've Broken Up

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

It can really suck to discover that your ex doesn't seem to care that you've broken up, while you've been suffering from a serious case of a broken heart.

You miss her, you love her and you want her back.

Yet, she's not really worried about it and seems to be doing just fine without you.

Don't worry, you can change things and make her care.

Here are 4 ways to do that!

1. Reactivate her feelings by letting her experience the new and improved version of you

Right now, your ex is probably trying hard to disconnect herself from any remaining feelings she still has for you.

For example: She might be going out with friends, partying and trying to convince herself that she's fine and doesn't care that you've broken up.

Essentially, behaving like that is a woman's way of making it easier for herself to move on and open up to meeting and falling in love with a new man.

Naturally, that's not what you want her to do.

You want her to feel the same way that you are feeling (i.e. sad about the break up, eager to fix things between you and her so that you can get back together again, still in love).

So, how can you do that?

Use every interaction you have with her from now on (e.g. via text or e-mail, on social media, over the phone and in person) to show her that you're no longer the man she broke up with.

You really have changed and more importantly, she really does feel differently about you now.

Her feelings are coming alive again.

There's that warm feeling of love in her heart, the beginnings of sexual desire and the potential for a romantic, intimate relationship once again.

She can feel it.

She might try to ignore it, but if you've sparked those feelings inside of her, they will begin to grow on their own.

She will be thinking about you, missing you and imagining what it would be like to get back with you.

So, what are some ways that you can make her feel some respect, attraction and love for you when you interact with her?

- If you displayed unmanly behavior too often and turned her off, you're now more emotionally mature and masculine.

- If you lacked self-belief before, youâre now so much more confident and self-assured.
- If you were a jealous controlling guy before, youâre more emotionally balanced now.
- If you placed her needs ahead of your own, despite her bad behavior, you are now able to stand up to her in a loving, but dominant way.
- If you made her feel neutral and more like a friend around you before, you are now able to make her feel surges of sexual and romantic attraction for you.

When she can see for herself that youâre at a very different level now as a man, she will struggle to hold on to the idea that she doesnât care about the break up and not being with you anymore. This is why it's so important to take action and actively get her back by focusing on making her have feelings for you.

In other words, you've got to do something about it.

In most cases, a guy canât make his ex woman feel attracted and in love with him by sitting back and hoping she assume he has changed, come running back to him and want another chance.

The truth is that these days, women are usually experienced enough with break ups to know that it doesnât take long for the pain of a break up to fade away.

Women also know that they can speed up the process of getting over their ex by having sex with a new guy and allowing herself to fall in love with him a little.

When she does that, she doesn't feel an urgent need to get her back because her emotional needs are pretty much being met by the new guy.

This is why you've just got to make a move and get her back now, before you lose her to another guy.

Unless a woman is still secretly in love with her ex and is afraid that he might meet another woman, or sheâs really struggling to find a replacement guy, she usually wonât make all the moves to get him back.

Instead, she will focus on getting over her feelings for him and trying to move on with her life before he gives up and finds a new woman.

That way, he can be the one who is being left behind, not her.

So, if you want your ex to care that youâve broken up, you need to make her care.

You need to take the lead in the ex back process and begin making her reconnect with her feelings for you by letting her experience the new and improved you every chance you get.

Donât waste time waiting for her to give you some kind of sign that she cares, so you can then feel confident enough to make a move.

If you want her back, you need to make sure that in every interaction you have with her (especially when youâre talking to her over the phone, or meeting up with her in person), you make her feel some respect and sexual attraction for you again.

When you trigger feelings of respect and sexual attraction inside of her, it becomes a lot more difficult for her to keep telling herself that she doesnât care that youâre broken up.

Her protective walls begin to come down and she opens herself up to the possibility of getting back together again.

Another way to make her care is toâ

2. Approach interactions with her as though you're just friends now, rather than trying to get her to care about a boyfriend/girlfriend relationship

[image: Act like you just want to be friends with her and then use any interactions that you have with her as opportunities to re-attract her and reawaken her sexual and romantic feelings for you.]

Act like you just want to be friends with her and then use any interactions that you have with her as opportunities to re-attract her and reawaken her sexual and romantic feelings for you.

Don't push for a relationship.

Let her want it, so she seduces herself back into being with you naturally.

A common mistake that a lot of guys make is thinking that a woman should care that they have broken up because they were so in love before.

For example: A guy might say, *"How can you not care about what we had together? We were so in love. We even talked about getting married and growing old together. How can you switch off your feelings like that and be so cold towards me? Have you forgotten what we used to have?"*

He's likely hoping she will say something like, *"You're right. Our love is something really special. The truth is, I'm only pretending not to care, because in reality, I care so, so much. I can't eat or sleep properly because I've been constantly thinking about our perfect love. Let's forget about what happened and get back together again."*

Wouldn't it be nice if she said that?

Well, as wonderful as that would be, real life just isn't the same as a scripted Hollywood romantic movie.

In the real world, even if a woman talked about wanting to be together for life, she can change her mind if her man stops making her feel the kind of respect, attraction and love that keeps a relationship together.

It doesn't matter if she said she wanted that before.

That was then and this is now.

A woman doesn't have to stay with a guy just because she used to care about him in the past.

She will only stay with a guy who has the ability to maintain and build on her feelings over time.

So, rather than trying to convince your ex care about the relationship by bringing up your past feelings for each other and have her say things like, *"No. It's over between us,"* or *"Forget about it. I've already moved on and you need to do the same,"* you have to get her to be more open to interacting with you, without having her guard up so high.

How can you do that?

By treating her like she's a female friend who really likes you and is happy to see you.

Even if she acts like she's not happy to see you, don't let it get to you.

Remember: If she's meeting up with you, she wants to see you.

She might act cold, rude or distant, but that's either because she's testing your confidence, or you're trying to get a relationship before you've even re-attracted her.

By the way!|

When you're being her "*friend*," I don't mean that you should act like a nice, neutral friend and not make her feel sexually attracted to you.

No.

You're simply accepting a "*friendship*" with your ex as a way of keeping the channels of communication open, so that you can then reawaken her feelings of sexual and romantic attraction for you.

Remember: Don't make the classic mistake of acting like just a friend when you're being her friend (e.g. you don't flirt with her, you fear joking around and making her feel attracted).

[image: Use the friendship as a stepping stone to get her back]

You've got to use your friendship with her as a stepping stone to making her reconnect with her feelings of respect, sexual attraction and love for you again.

If you're only being a nice friend, she's not going to feel sexual and romantic attraction for you.

So, make sure that you do it right.

Make her experience rushes of sexual and romantic attraction for you when she interacts with you.

Then, when her feelings for you are reawakened, she will automatically start caring about you and the relationship again because it will feel good to her.

Another way to make her care is to!

3. Let her see that you are happy and emotionally independent now

When you're missing your ex and feeling the pain of being broken up with, the idea of being happy and fulfilled without her might seem impossible or just something that you don't even want to consider.

Yet, here's the thing!

If you want to make her feel emotionally attracted to you when you interact with her, so she actually feels compelled to give you another chance, you first have to reach the stage where you are happy and emotionally independent without her.

It's totally fine to care about her and want her back, but you have to sincerely know that you don't need her to feel good about yourself.

You have to know that you can get on with your life without her (e.g. go after your big goals in life, do all the things you've been putting off, hang out with friends and have lots of fun, find another woman) and everything would be totally fine.

Of course, you want her back and there's nothing wrong with that at all.

I'm here teaching you how to get her back, so clearly, I'm on your side.

However, you have to make sure that you don't need her to give you another chance, so you can then feel good about yourself again.

If you need that, she will pick up on it and it will turn her off.

Where some guys go wrong is by trying to get an ex woman back by making her feel guilty for breaking his heart and leaving him behind in ruins.

For example: A guy might say to her, *“Can’t you see how this is affecting me? You are my everything and now there’s no point to my life. Everything I did was for you. How can I go on from here? Can’t you see that I’m falling apart without you? How can you not even care that we’ve broken up? Where is your heart? How could you be so heartless and just turn your back on me?”*

Yet, rather than make her feel sorry for him and think, *“How sweet. My ex must really love me if he can’t get on with his life without me. Being a man’s purpose and reason for living is every girl’s dream. I think we should get back together again because no other guy will ever feel this way about me,”* she, instead, feels turned off by his emotional weakness and dependence on her.

Instinctively, a woman knows that if a guy falls apart after a break up, he is probably going to struggle to handle the challenges of life as the years go on (e.g. climbing through the levels of life like a real man, maintaining a happy family, raising children, paying off a mortgage, dealing with challenging people at work).

A woman doesn’t want to find herself stuck with a guy that she has to carry through life, or constantly encourage so he doesn’t lose confidence in himself.

She wants to be with a man who always remains confident and emotionally strong no matter what happens to him in life.

So, if you want to make your ex care that you’ve broken up, focus on genuinely feeling happy, content and emotionally fulfilled without her.

Then, interact with her and let her pick up on it.

What you’ll find is that you have now automatically become more attractive to her and she can’t stop herself from wanting to interact with you more and more.

Women are naturally attracted to men who feel happy and confident with or without their support, while also being able to make her feel good during an interaction too (i.e. by using humor, being confident and playful, creating a light hearted vibe).

Another way to make her care is to

4. Make her feel a strong, renewed sense of respect and attraction for you on a phone call, but don’t try to get her back right away

This makes her feel drawn to you and also feel a desire to be closer to you because you’re not trying to get anything from her.

You’ve made her feel what she wants to feel (i.e. respectful of you, attracted, feeling sparks of love), but you’re not even asking for another chance.

Instead of asking for another chance, you’re just asking for her to catch up with you to say hi.

She feels attracted and drawn to you, so she agrees.

[image: Make her want you just as much as you want her]

When you catch up with her, you then need to focus on making her feel a strong, renewed sense of respect and attraction for the new you.

Don't try to talk her into having a relationship with you right away.

Focus on breaking down the barriers she has put up to protect herself and make her feel attracted and feel good around you again.

By the way!

One of the best ways to do that is through using humor to create smiling and laughter.

When you make a woman laugh and smile, she simply cannot continue to feel defensive or closed off around you for very long.

Even if she tries to mess with your head by acting cold or distant towards you and by saying things like, *"You need to leave me alone. I don't love you anymore and I'm never going to love you again,"* if you maintain your confidence and continue making her smile and laugh, eventually she will find herself feeling good and her walls will start crumbling down.

So, if you want to get your ex back, the best approach is to avoid getting too serious about a relationship too soon and instead focus on building her feelings of respect and sexual attraction for you every time you interact with her.

Where a lot of guys go wrong is by not understanding that a relationship needs to have mutual respect, sexual attraction and love.

It's not just about the guy loving, respecting and feeling attracted to a woman.

It has to be mutual for it to work.

If a guy only focuses on his reasons for wanting her back or tries to explain his feelings to her, a woman won't feel motivated to get back with him, because the feelings just aren't mutual.

So, don't make the mistake of assuming that just because you love your ex and want her back, she's going to feel the same way about you.

You've got to MAKE HER feel the same way as you do about her.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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My Ex Changed Overnight and is Like a Completely Different Person Now

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The 5 possible reasons why your ex changed overnight and is like a completely different person now are:

1. She doesn't want to be nice because she's worried it will give you the impression that she still wants to be with you, even though you haven't really changed

After a break up, a couple will sometimes stay in touch with each other via texting, on social media, by talking on the phone and in some cases, even seeing each other once in a while.

However, what can happen is that when the guy is still in love with his ex and wants her back, he might mistake her willingness to interact with him as a sign that she wants to get back together again.

He may then start saying things like, *"We should never have broken up. Look how well we're getting on. It's obviously a sign that we are meant to be together,"* or, *"So, have you been giving us some thought? Do you think you could give me another chance?"*

He might even go as far as saying things like, *"Let's just keep seeing each other for a while and see where things go,"* even though she isn't feeling attracted to him anymore and doesn't really see a future with him because of that.

Here's the thing:

If a guy doesn't actively do anything to re-spark his ex's feelings of respect, attraction and love for him, she won't feel much or any motivation to want to get back together with him.

He will feel motivated to get her back because he has feelings for her, but because he hasn't been actively reawakening her feelings for him, the feelings just aren't mutual.

He wants the relationship to get back together, but she just isn't feeling it.

When he keeps trying to get her back (without first reawakening her feelings and turning her back on to him), she will then have to take drastic measures to make him understand that she's not interested in him anymore.

She might then suddenly stop answering his texts, unfriend him on social media, block him on her phone and avoid going to any of the places where she feels that she might bump into him.

He may then say, *"I don't get it. My ex changed overnight and is like a completely different person now. What happened? We were getting on so well and I thought that things were on track for us getting back together again. Why is she being like this all of sudden?"*

What happened is that he was experiencing strong feelings for her and wanting her back because of it, but she wasn't feeling much or anything for him.

So, she then decided that she had to stop being so nice to him and giving him the impression that he had a chance based on the ineffective, unattractive approach he'd been using on her.

Then, to convince him that she doesn't want to get back with him, she suddenly becomes cold, distant and even bitchy towards him.

What he doesn't realize is that he CAN get her back, but he has to be willing to CHANGE his

approach to her.

He can't keep using the same old approach on her and expect that she will suddenly say, *"Wow! I want you so much all of a sudden even though you are still talking to me in the same old ways that turn me off!"*

That's not how it works.

You've got to actively make your ex have sexual and romantic feelings for you again based on how you talk to her, behave around her and react and respond to her.

It's all within your control.

You can MAKE HER have strong feelings for you again.

Okay, onto the next reason why your ex may have changed and become a completely different person nowâ

2. She wasn't her real self in the relationship and now resents you for it

[image: She wasn't her real self in the relationship and now resents you for it]

Sometimes, a woman might discover that her personality has changed because of her relationship with a guy.

For example: She used to like partying and having the freedom to do whatever she wants, but once she started going out with her boyfriend, he became controlling and wanted to keep her inside all the time.

Initially, she may have gone along with his wishes because she was in love with him and enjoyed doing things together, but over time, she resented having to change her personality to suit him.

After the break up, she will then think something like, *â" Finally! Iâ"m free at last! Iâ"ve been pretending to be this stay-at-home perfect girlfriend for so long that I forgot how to be real myself. Well now that weâ"re broken up, I can finally go back to being myself and do what I really want without being controlled by him anymore.â"*

She will then start going out to party with her single friends again and doing all the wild and crazy things she has been missing out on.

Naturally, when her boyfriend sees her acting this way, he might say, *â" This is so out of character for her! She was always such a sweet girl who loved staying home and watching a movie together or just hanging out and spending time with me. She would talk about wanting to settle down and grow old together. I just donâ"t understand. She changed overnight and is like a completely different person now.â"*

What he doesn't realize is that the relationship was out of balance and didn't give her any room to experience other parts of life with him.

He always wanted to keep her hidden away from the world and other guys and she picked up on that.

Women hate it when they realize that their guy is behaving in a certain way or making her do certain things due to his insecurities (e.g. he doesn't want to go out to party with her in case she notices other guys that she finds more attractive and then thinks about leaving him).

Women want to be with a man who always remains confident in his attractiveness to her, no matter what situation they are in.

To keep a relationship together for life, a couple does not have to go out partying.

That's not the point.

Instead, the point is that a man needs to always remain confident in his attractiveness to his woman, so he doesn't try to control or restrict her from being a normal person to prevent himself from feeling insecure.

Women don't want to feel as though they are in a relationship with an emotionally weak man who needs constant reassurance of their love and commitment.

Women want a man who knows that he is more than good enough and doesn't see other men as competition for her.

Another example of a woman not being her real self in a relationship is if she used to be a really happy and positive person before her relationship with her boyfriend, but he turned her into a negative, stressed out person.

When she breaks up with him, she will then try to get away from his negativity, which may include cutting him out of her life completely, or just being cold and bitchy towards him for making her become that kind of person.

When she changes and treats him in that way, a guy might feel confused and wonder what caused her to change so much, so quickly.

After all, she used to say that she loved him and she used to really care about him, so how could she turn her back on him like that?

Simple.

She's an individual, just like he is.

An individual always has to look out for themselves if their well being is under attack.

She just doesn't like who she became in the relationship with him and can see that if she gave him another chance, it would be the same again.

Why?

He hasn't really changed.

He's just trying to get her back, but hasn't even fixed the core reasons for his insecurity or unattractive behavior.

He's still pretty much exactly the same guy and she can sense that.

If he wants her back, he has to improve and change and let her experience that during interactions, so she can see for herself that she really does feel differently around him now.

Another reason why your ex may have changed and become a completely different person is thatâ€¦!

3. She wants you to get angry, so she can use it as another reason why she needs time apart from you

A guy might sometimes be so determined to get his ex back that, no matter what she says to him (e.g. *â€œI just don't have feelings for you anymoreâ€* or *â€œJust accept that it's truly over between usâ€*), he just keeps pushing hard to give him another chance.

So, as a last resort, a woman might start acting completely out of character (e.g. She used to be nice, sweet and friendly, but is now rude, unfriendly and cold towards him. She used to be shy and

introverted, but is now confident again and enjoying going out to party and flirt with other men).

Secretly, she may be hoping that if she can make him lose his cool, become angry with her and possibly even become a little bit aggressive, she can then use his behavior as a way of convincing him to leave her alone.

She can then say to him, *“You’re scaring me. I’m afraid that you would hurt me if I got back with you. So, no, I will not give you another chance now that you’ve shown me this side of yourself. You can forget about it now. It’s over between us. You’re not the guy I want to be with anymore. You are always so angry now. I’m afraid of you. Please leave me alone.”*

By reacting in an angry way to her, he knows that she now has a reason to avoid him.

If she really acts like she is afraid of him, he might then feel guilty for his behavior and leave her alone.

Then, she can move on, without having to worry about him trying to get her back.

Note: Women usually do that to really nice guys who they don’t have much reason (other than not feeling attracted to him) to break up.

She makes him react in an angry way, so she then has a reason to end things or to act like she needs to because she is afraid of him.

Another reason why your ex may have changed and become a completely different person is that

4. She is trying to impress her single girlfriends by being a bitchy ex girlfriend to you

When a woman gets into a relationship, she will usually spend little or no time hanging out with her single girlfriends.

As a result, her single girlfriends might secretly dislike her new guy, either because he’s taking their friend away from them, or alternatively, because they feel that he’s not treating her right.

The friendship she has with them might become strained and she may begin to miss being able to hang out with them.

Then, after the break up, she will try to get their friendship and trust back by being a bitchy ex girlfriend to her guy as a way of impressing them.

She might say things like, *“I’m so glad we’ve broken up and that I’m back with my friends again. He was keeping me away from you girls. I missed you all so much.”*

Then, if she gets a text from him while hanging out with her single girlfriends, she will show it to them and they’ll come up with ways to be mean and bitchy to him when replying.

The guy will then be thinking, *“Huh? What has gotten into her all of a sudden? Why is she being like this? She’s become a completely different person.”*

Another reason why your ex may have become a completely different person since breaking up with you is that

5. She is seeing a new guy and now feels confident to ignore you and move on, without feeling the pain of a break up

Some women can’t cope with the idea of being broken up and feeling all alone, so rather than

cutting off communication with her ex, she might be really nice to him as a way of stopping him from moving on while she actively looks for a replacement guy.

He may then think, *“Okay, great! She’s being nice and friendly to me. Could this mean she regrets breaking up? If I take things slow with her, we will get back together again sooner rather than later. Just be patient, keep texting her and she will come to you. Yes, I can do this!”*

Yet, he just texts her in a neutral, friendly way, which doesn’t create a spark.

Alternatively, he jokes around and is silly when texting her, which she laughs about, but doesn’t feel much attraction for because she knows that he really hasn’t changed.

In her mind, she knows that he probably hasn’t even begun to change the subtle things about himself (e.g. how he becomes insecure if she tests his confidence, how he gives her too much power over him, how he is too nice to her and lack the emotional toughness that she looks for in a guy).

So, while she is stringing him along via text and giving him the impression that he has a chance, she is secretly trying to find a replacement guy to move on before he does.

That way, she doesn’t have to be the one feeling rejected or left behind.

When she secures herself a new guy, she then suddenly stops being so nice to her ex.

She starts pushing him away, being rude and ignoring his texts, which then leaves him feeling hurt and confused and saying, *“My ex changed overnight and is like a completely different person now.”*

6 Mistakes to Avoid When Your Ex Suddenly Changes into a Completely Different Person

When your ex girlfriend (or wife) is no longer behaving like the woman you used to know and you don’t know why, you might feel tempted to try to force her to change back to who she was before.

Yet, that just doesn’t work.

If you want her to change back, you have to let her do it naturally, otherwise she will resist and reject your attempts to get her back and become increasingly cold, mean and rude to you.

The fastest way to get her to change back and be a nice, warm, loving and caring woman towards you, is to make her feel sparks of romantic and sexual attraction when you interact with her.

If you do that, she will then want to be nice to you for her own reasons (i.e. she’s feeling attracted to you and drawn to you again, so she wants to explore her new feelings for you and experience what would happen if you and her talked again or met up in person).

That’s how it’s done.

Unfortunately, most guys don’t know that or know how to do it, so they unintentionally turn their ex woman off even more.

For example: Some of the ineffective ways that a guy might try to get his ex woman to change include

1. Trying to get her to feel sorry for him

When a guy feels that his ex changed overnight into someone that he doesn't recognize anymore, he might try to make her feel pity for him by letting her know how hurt and disillusioned he feels about her change in behavior.

For example: He might post sad, lonely photos of himself on social media in the hopes that she will see them and feel guilty about her treatment of him.

Alternatively, a guy might ask some of their mutual friends to tell his ex how hurt and betrayed he's been feeling because of her behavior towards him.

He's hoping that if she realizes the negative effect she is having on him, she will quickly revert back to being the nice, sweet woman that he remembers and then come rushing back into his arms.

Yet, it just doesn't work that way because a woman doesn't want to feel like she's doing a guy a favor by being with him.

She wants to be with a guy who makes her feel respect, sexual attraction and love, not pity, guilt and sympathy.

So, don't waste time trying to make your ex feel sorry for you in any way because it will almost certainly make her feel turned off by you even more.

Another mistake that guys make when trying to get their ex woman to change her behavior is that

2. Asking her why she is treating him so badly

When a guy doesn't know how to cope with his ex's unexpected negative behavior towards him, he might become emotional and ask, *"How can you do this to me? Why are you being such a bitch all of a sudden? I thought we were still friends, but you've changed and are acting like a completely different person now. You used to be such a kind and caring person. What's gotten into you? Don't you even care that you're hurting me? I don't deserve to be treated in this way. I love you and have always loved you. Why are you being like this?"*

Yet, rather than make her think, *"He's right. I am being a bitch towards him and it's wrong. He doesn't deserve what I'm doing to him,"* she will think something like, *"If he thinks that behaving like a sad, hurt little boy is going to make me love him again, he's got it all wrong. Doesn't he know that women aren't attracted to emotional weakness in men? Where is his confidence? Why does he need me to be nice to him to feel good about himself? I don't want to have to baby him now that we've broken up. He can learn the hard way. I'm not going to be nice to him to make him feel better."*

Here's the thing:

Although a guy might feel frustrated and hurt that his ex has suddenly changed and is behaving like a completely different person towards him, the only way to make her stop giving him the cold shoulder and become the woman he remembers again, is by reawakening her feelings of respect and sexual attraction for him.

He needs to think, act, behave and interact with her in some of the ways that are naturally attractive to women (e.g. being confident, emotionally strong, emotionally masculine, making her laugh and smile, making her feel girly and feminine in comparison to his masculine approach to a conversation or interaction).

So, if you feel that your ex has changed towards you and is treating you in a way that you don't like, don't bother trying to convince her to change her mind by showing her how badly you feel about it.

Instead, focus on making her feel respect and sexual attraction for you again.

When she's feeling attracted to the new and improved you, treating you with love and respect will happen automatically, because it now feels good to her.

She stops looking at you as her ex and starts looking at you as a potential lover or boyfriend again.

As a result, she has a reason to want to get back with you and therefore, will start being nicer to you again.

Another mistake that guys make when their ex woman changes her behavior is a|

3. Getting angry at her

[image: Getting angry at her for changing her behavior]

For example: He might start shouting at her and accusing her of playing mind games with him.

Sometimes, a guy might even become overly aggressive, threatening or even violent towards his ex girlfriend or wife.

However, it goes without saying that anger and violence isn't going to cause a woman to sincerely say, *â€œOh, Iâ€™m so sorry! I don't know what I was thinking. Please forgive me for being so bitchy towards you. Will you ever be able to give me another chance after what Iâ€™ve done?â€*

She might say that because she is scared of a guy, but she's going to be secretly planning on getting away from him as soon as possible.

4. Pleading with her to go back to who she was before when things were good

Sometimes, when a guy doesn't know what else to do, he might say to his ex, *â€œPlease stop acting this way. Please try to remember what we had. If you do that, you will be able to go back to being the woman I fell in love with. Can't you see that the person youâ€™ve become isn't you? You're better than this. Please. Just stop acting so cold and rude to me. You know what you're doing is wrong. I love you. Please just see that.â€*

He's hoping that she will see things from his point of view, realize her mistake and change back to being the woman he wants her to be, even though he hasn't even reawakened her feelings of sexual and romantic attraction for him.

He's feeling attracted to her and really wants her back, but she isn't feeling it, so she doesn't feel like being nice to him and allowing him to get her back into a relationship.

So, rather than changing back to the kind of woman he wants, she feels even more annoyed and turned off by his inability to see things from her point of view and understand that the feelings just aren't mutual right now.

He wants her to treat him like everything is okay and as though they can start over again, just because he wants to.

He wants her to be nice to him and give him another chance because he wants that.

It's not even about what she wants or needs, so she closes up and doesn't give him a chance.

Here's the thingâ€¦|

If you want your ex to change the way sheâ€¦s treating you right now, you need to show her (via the way you think, act, behave, interact with her and respond to what she says and does) that youâ€¦ve understood her real reasons for breaking up with you and have made some real changes to yourself.

You donâ€¦t have to be perfect to convince her, but you do need to show her that youâ€¦re not at the same level you were at when she broke up with you.

When she can see for herself that youâ€¦re a different man now, her behavior will change automatically because the new you is so much attractive and appealing to her.

Another mistake that guys make isâ€¦|

5. Continually putting up with her bad behavior just so he can interact with her

If a woman feels more emotionally dominant than a guy, it becomes very difficult for her to respect him.

If she canâ€¦t respect him, she also canâ€¦t feel real attraction for him.

So, when a guy is being a pushover by putting up with her bad treatment of him, she loses respect for him.

She doesn't think, *â€¦Awww, how cute. Heâ€¦s being so understanding and patient with me. How can I be so cold towards him when he puts up with all my bad behavior? I need to quickly show him that Iâ€¦m sorry for my bad behavior.â€¦*

Instead, she will think something like, *â€¦What a wimp. I canâ€¦t believe heâ€¦s still hanging around after all the bad things Iâ€¦ve done to him. Doesnâ€¦t he have any pride? I would never tolerate a guy treating me the way Iâ€¦ve been treating my ex. Well, if I wasnâ€¦t sure about the break up before, I can now see that heâ€¦s just not man enough for me. At least now I can move on and find myself a real man, knowing that Iâ€¦m not making a mistake. He just isn't man enough for me.â€¦*

So, what should you do instead?

When youâ€¦re interacting with your ex, donâ€¦t make the mistake of thinking that being a pushover is going to bring her back to you.

Instead, what you need to do is to remain confident and stand up to her when sheâ€¦s being out of line.

It's not about getting angry at her or cutting off contact if she isn't nice.

Instead, you just laugh at her behavior and let her see that you're not impressed or intimidated by it.

Then, you need to use your interactions as a way to respark and reawaken her feelings of romantic and sexual attraction for you, so she has a reason to be nicer to you and meet up with you to give you another chance.

Finally, another mistake that guys make when their ex woman changes her behavior and becomes rude, mean, cold or bitchy isâ€¦|

6. Not turning her rude behavior into something for both of them to smile and laugh about

One of the easiest ways to change a woman's behavior from negative to positive is by making her laugh and smile.

So, when your ex is being bitchy and cold towards you, rather than let it upset you, turn it into something both of you can laugh about.

For example: The next time she's being rude to you and saying things like, *"What do you want?"* or *"Leave me alone! I don't ever want to see you again,"* you can say something like, *"Whoa, aren't you a little tough girl now? Woo, I'm so scared and intimidated. Let me see your muscles. Wow, you're so strong now,"* and have a laugh with her about it.

By making her laugh, you're breaking the ice between you and her.

You're effectively saying to her (without saying this to her at all), *"Hey, I'm not going to crumble just because you're behaving the way you are. It's okay. I'm man enough to take your bad behavior and not be intimidated by it. I'm stronger than you, but I'm also a good guy. I'm able to turn a potentially negative situation around into something that both of us can laugh about and feel good about together."*

[image: Change how she feels and she will change her behavior]

When you turn her rude behavior into something for both of you to laugh about, she will be impressed to see that you're confident enough to joke around with her, even when she's being rude towards you.

Then, she won't be able to stop herself from feeling good about you and her.

When that happens, her guard comes down and she starts being a better woman to you because she now wants to impress you, rather than push you away.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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My Ex Says That She Loves Me, But is Not in Love With Me

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

When a woman says that she loves you but isn't in love with you, it simply means that you're currently not making her feel sexually attracted in the way that she REALLY wants.

You can change how she feels, but you have to be willing to change your approach to her.

For example: A woman might say, "I love you, but I'm not in love with you" to her ex boyfriend or husband if...

1. He is too nice to her all the time

There's nothing wrong with being nice to a woman and there's nothing wrong with being a good guy, but being nice to a woman isn't the main thing that makes her feel attracted to a guy.

For example: A guy is in a relationship with a woman and he is always nice to her, lets her have her own way and even allows her to treat him badly (e.g. by being rude or disrespectful towards him, breaking his trust) without ever standing up to her.

Then, after the break up he continues being a nice, forgiving guy and tries to change her mind by being extra romantic and sweet to her.

As he tries to get her back with his nice guy approach, he might do everything his ex wants him to do, suck up to her, make himself available to her every beck and call and generally try to show her that he's willing to put up with anything to get another chance with her.

[image: My ex loves me, but is not in love with me]

He might take her out to a nice dinner or lunch to show her that he's still willing to provide for her, even though she doesn't want to be with him anymore.

He might also help her pay some of her bills, buy her expensive gifts and shower her with bunches of flowers and boxes of chocolates.

If someone were to ask him why he is doing that, he might say, *"I love her more than anything and I want to show that to her. It doesn't matter how she treats me. Being a gentleman is what really counts. I'm not going to be a bad boy and start treating her badly. That's not how I was raised or what I stand for as a man. I believe that niceness is what women really and if a woman doesn't want it, she must be crazy! So, when my ex realizes that I'm always going to treat her like a princess no matter what, she will naturally change her mind about us. She will see that no other guy will ever love her like I do, or treat her as nicely as I do. I haven't gotten her back so far because she's confused about her love for me. If I just keep spoiling her and being extra sweet and romantic, her defenses will come down and her feelings for me will change. I will get her to love me again. I was nice to her before and I will continue being nice to her. It has to work!"*

Yet, what he doesn't realize is that he doesn't have to be a bad boy to stop using the failing nice guy approach.

What does he need to do?

Simple.

Be a good guy with balls.

In other words, treat her well, but don't be a doormat for her to walk all over whenever she wants.

Women do not respect guys who let themselves be pushed around by a woman, because it makes a woman feel unsafe with him as they walk through the world together.

If he can stand up for himself when it comes to her, what kind of protection will he offer if people start treating him and her badly?

Will she have to stand up for them?

Will she have to be "the man" and take control of the situation?

Stopping the nice guy act is NOT about being a bad boy or treating a woman badly.

Instead, it's about being a good guy who just has some balls.

In other words, a good guy with a backbone.

Put another way, a confident, assertive, good guy who is nice to her and to other people, but doesn't waste time and energy sucking up to her or other people in the hope that they treat him fairly in return.

If you've ever used the nice guy approach in life, you will know that no matter how nice you are, some people are the kind who will treat you badly, unfairly or rudely no matter what to do for them.

This is why women don't like the nice guy act that men put on as their social strategy in life.

Women like men who are good guys, but who are more real, balanced and emotionally strong.

So, if a guy is being extra sweet and nice to get his ex back when she dumped him for being too much of a nice guy to begin with, she isn't going to feel amazed that he's doing even more of it for her now.

Rather than make a woman think, *"Iâm such a lucky girl! No matter what I do to him or how badly I behave, heâs always so understanding, nice and sweet. Look at how romantic he is and how much heâs always spoiling me, even though we've broken up. Iâd be making the biggest mistake of my life if I let him go! No other guy would be this nice!â sheâll be thinking, âWhy doesnât he ever stand up to me? Heâs always letting me get away with treating him badly. Doesnât he have any balls? Does he really think that my feelings for him will change just because heâs being nice to me and buying me flowers and gifts? Canât he see that his confused nice guy approach is actually one of the main reasons why I broke up with him in the first place? Doesn't he understand that women don't want a pushover because it doesn't make us feel safe?â"*

Hereâs the thingâ!

Although being a nice guy and a gentleman to a woman is perfectly fine (e.g. I'm good to my wife and treat her well, but I don't put up with her bad behavior, so she is kept in line), when it comes to relationships, or getting an ex back, being extra nice to her is not what works.

Why?

When a woman feels way more valuable than a man because he's being so nice to her even though she is treating him badly, she just can't look up to him and respect him, which then ruins any potential for sexual attraction to occur.

Without respect and sexual attraction, it then becomes difficult for her to connect with feelings of

romantic love, causing her think, *â€œSomething is missing. I love him, but Iâ€™m just not in love with him. What is missing between us? I mean, heâ€™s a good guy, but I just donâ€™t feel it.â€*

She might not be able to explain it herself, but she will be able to feel that something isnâ€™t quite right between you and her and she doesnâ€™t like it.

So, if you want to change your exâ€™s feelings of neutral, friendly love into romantic, sexual love, you have to actively make her feel respect and attraction for you again by behaving in some of the ways that are naturally attractive to women (e.g. by being more confident and self-assured, being emotionally masculine, standing up for yourself in a loving way, putting her back in her place in a loving way, making her feel girly and feminine when she interacts with you).

If your main approach to changing her feelings is to be nice to her and hope that it will convince her to give you another chance, the only thing you will accomplish is the unwanted result of making her lose more and more respect for you every time she interacts with you.

Donâ€™t put yourself in that position.

Remember: Women donâ€™t reward niceness with love, sex and devotion.

Women only appreciate niceness from men that they respect and feel sexually attracted to.

Another reason why a woman might say that she loves her ex, but isnâ€™t in love with him is thatâ€™!

2. He makes her feel more dominant than him

[image: Turning her off by making her feel more dominant]

Many guys make the mistake of thinking that a woman will be happier if she gets to wear the pants in a relationship.

A guy might then sit back and allow his woman to make most or all the decisions and be more emotionally dominant than him in the relationship.

Yet, rather than make a woman happy, a guyâ€™s lack of emotional dominance only makes her lose respect for him as a man and when she canâ€™t respect him, she also canâ€™t feel sexually attracted to him.

Naturally, this doesnâ€™t mean that a woman wants a man who is overly domineering and bossy and always makes all the decisions for both of them, without taking her thoughts and feelings into consideration.

It simply means she needs her man to be the emotionally stronger one and to take on the role of leading the way to a better life for both of them.

If he can do that (by making decisions and getting her to help in the making of others), she will be able to relax into feeling like a feminine woman around him.

Some guys just donâ€™t understand that about women, so in a relationship, a guy will let his woman be the boss.

He might do that because he thinks itâ€™s unfair that men are expected to be men, or because he thinks itâ€™s outdated to be a man around a woman.

Yet, being a man never goes out of style and never stops being what women really want.

So, if a guy doesnâ€™t take on the role of being the man in the relationship, his woman will lose respect,

then attraction and then fall out of love with him.

Then, when she breaks up with him, he will mistakenly continue to put her in a position of control by asking her to explain what he needs to do to get her to change her mind.

For example: He might say to her, *“Please give me another chance. Just tell me what you want me to do to make you fall in love with me again? I promise you, I will do whatever you say.”*

Yet, rather than please her and make her think, *“What a great guy! He wants me to lead him! This is what I’ve always wanted,”* she feels turned off even more, because he’s behaving in the exact same way that caused her to break up with him in the first place.

Here’s the thing!

A woman doesn’t want to tell a guy what he needs to do to make her happy.

She wants him to be man enough to figure it out on his own, rather than leaning on her for guidance and support.

If she has to tell him how to be the man she needs, she will lose even more respect for him because he’s not his own man.

He is simply following her instructions, which takes the romance out of the relationship and turns it into something neutral.

It’s neutral because he’s neither a man nor a woman and she’s neither a woman nor a man.

Both of them are kind of somewhere in the middle.

If you want a relationship to last for life, you’ve got to be COMPLETELY DIFFERENT to your woman in terms of your role in the relationship.

In other words, you’ve got to be the MAN and let her be the WOMAN.

So, if you made the mistake of being neutral with your woman (rather than clearly being the man at all times), here’s what you need to do!

To get her back, she needs to be able to see that she can now fully relax into her feminine self and trust that you really are the man.

When she sees that your energy, thinking and behavior has changed to become so much more manly, she will automatically begin to feel respect for you again.

When she can respect you, she will naturally start to feel sexually attracted to you again and with that, her feelings will slowly change from neutral love back to passionate, sexual, romantic love again.

Following on from the previous point!

3. He is more like a friend to her

Another reason why a woman might say that she loves her ex, but is not in love with him, is because his approach to her makes her feel more like a friend to him, rather than his feminine, sexually charged girl when he interacts with her.

For example: During a guy’s relationship with a woman, it might have felt like fun to hang out with her like friends (e.g. play video games together, go to the park every weekend to play baseball, get her involved in his hobbies, talk to her about guy stuff and so on).

Although initially a woman might go along with that, she will eventually start to lose interest when she realizes that sheâs no longer as attracted to him as she used to be.

She goes from seeing him as her man and feeling like his woman, to seeing him more like a friend and feeling like “one the guys” or a buddy to him.

Then, after the break up, rather than use every interaction he has with her (e.g. over the phone and in person) to re-spark some of her feelings of sexual attraction for him, a guy will often make the mistake of continuing to use his friendly approach on her.

He might say to himself, *âEven though right now she says that she isnât in love with me anymore, I just need to stay around her long enough as a friend to make her change her mind. If she sees that Iâm not going no matter what, she will realize that sheâs actually still in love with me and she will want me back.â*

Yet, hereâs the thing thoughâ!

Although staying in touch with an ex and even being friends with her is definitely a good thing (because you can use interactions as opportunities to reactivate her feelings of sexual attraction), itâs not going to make any difference to her feelings for you if you’re just being friendly.

If youâre just being friendly around her, sheâs not going to get those special feelings of sexual and romantic attraction that happen when a guy is using an attraction based approach.

Instead, with a friendly approach, sheâs going to say something like, *âI really do love you and I donât want to lose you, but I just don’t feel the same way about you as I used to. I don’t know what it is. Maybe I’m messed up in the head or something. Maybe I just need time. I don’t know. So, even though we canât be a couple anymore, Iâm glad we can be friends like this. I can’t guarantee that I will get back with you, but I’m open to being friends because I do love you and care about you as a person.â*

Then, because she doesn’t feel sexually and romantically attracted to her ex, she opens herself up to new guys who do make her feel that way.

The next thing her ex knows, she is texting him to say, *“Sorry, I can’t maintain our friendship anymore. My new boyfriend doesn’t like it and I don’t want to ruin things with him. I wish you all the best.”*

In other words, if you want your ex back, don’t use a friendly, non-sexual approach.

You’ve got to make her feel those special feelings that bring a man and a woman together and keep them together in a sexual and romantic way.

If you just make her feel friendly feelings, all you will get is a temporary friendship will it’s still possible or convenient for her.

Another reason why a woman will say that she loves her ex, but isn’t in love with him isâ!

4. He has ruined her respect for him by crying

Life can be challenging sometimes (e.g. a guy might have trouble with his boss at work, lose his money in a bad investment, get caught up in disagreements or arguments with friends or family) and itâs natural when things go wrong, he might want to blow off some steam by talking about to his woman.

It's totally fine to talk about problems to your woman and work towards a solution.

Yet, if a guy becomes a complainer who often cries or sulks when life gets tough, his woman will soon begin to lose respect for him.

Why?

It's a fact of nature that women are not attracted to emotionally weak, wimpy men.

On TV, women might say that they like men who cry, but that's just due to political correctness or it's coming from an unattractive woman who can't keep a real man, so gets in and out of relationships with emotionally weak men who sometimes cry and usually desperately chase after her when she breaks up the relationship.

Yet, in real life, real women are turned off by men who cry when life gets tough, or when they are being broken up with.

So, when a man becomes emotionally sensitive and starts whining about his life like a victim or crying about the fact that she is breaking up with him, a woman will instinctively start to lose respect and attraction for him.

For example: He might say to her, *"How can you do this to me. Isn't my life bad enough already without the added pain of losing you? I can't bear the thought of being without you. It's just too much! I need you. Can't you see that? Please don't do this to me. I need you. I love you more than anything. Please. Have a think about how you're making me feel. You're killing me. Please."*

He's hoping that if she feels sorry for him, she will change her mind and give him another chance.

Yet, that only turns her off even more because a woman doesn't want to think of her relationship with a guy as a charity case.

She wants to be with him because it feels good to her, not because she feels that he will fall apart without her.

So, if you want to change how your ex feels about you, don't try to use the "pity me" approach on her because it may work for a short while on some women, but it won't work forever.

Women aren't attracted to emotional weakness in men, so you've just got to be strong.

When she sees for herself that you're the kind of man she can now look up to, respect and depend on, she will automatically begin to feel some respect and attraction for you again and her feelings will naturally change from neutral love to romantic love.

Another reason for the old, *"I love you, but I'm not in love with you"* speech from a woman is that

5. He hides from his goals by spending most of his spare time on her and the relationship

[image: You are all that matters to me]

Although there's nothing wrong with being a devoted, committed boyfriend (fiancé or husband), it absolutely cannot be your main purpose in life if you want your relationship to last.

Almost all women on the planet hate it when a guy makes her his purpose in life because he's either

too afraid or too lazy to step up and become the man he can be and achieve the things he is capable of.

For example: Sometimes a guy might use his relationship with a woman as an excuse not to go after his dreams and goals in life.

He might say to himself, *“She’s so much more important to me than any goal I might have. So, I’ll rather focus my attention on building our relationship and spending as much time together as possible, than going after some dream that may never come true anyway.”*

He may even convince himself that giving up on his goals in life is the ultimate proof of his love for her and that she’ll feel flattered for LIFE that he’s willing to give everything up for her.

Yet, women just don’t work that way.

Although a woman wants to be loved and appreciated, she doesn’t want to be the number one source of her guy’s emotional security, sense of identity or reason for living.

When a guy does that to a woman, it makes her feel responsible for his happiness, confidence and sense of self worth.

It makes her feel like she has to be emotionally consistent and stable like a MAN in order to make him feel confident, happy and worthy in life.

If she acts like a WOMAN and changes her emotional state all the time, it causes him to become insecure or possibly clingy, jealous, controlling and angry at her at all the time.

That’s not what a woman wants.

She doesn’t want a guy who needs her to think, feel, behave and act consistently like a MAN.

She also doesn’t want to feel like she has to be like a “mother” figure to him because he needs her gentle, unconditional love.

Women give CONDITIONAL love in a relationship with a man.

The condition?

If you can be the sort of man that she feels respect and attraction for, she will love you and be nice, affectionate and caring.

If you are being the sort of man who is ruining her respect or attraction, she will disconnect from her feelings of love and stop being so nice, affectionate and caring.

If a woman feels like she has to “take care” of her guy because he needs her love to feel good about himself, she definitely won’t want to give it to him.

For example: A guy might try to get a woman by saying things like, *“Please baby! I’m nothing without your love. You’re the reason I get out of bed in the morning. Without you, I don’t see the point in living anymore. I mean, what would be the point of doing anything if I can’t share it with you? Please give me another chance. I need you. Please.”*

He’s hoping that if he expresses his love for her in that way, she will see it as romantic, feel flattered by how much he needs her and it will then change her mind.

Yet, that’s just not how women work.

Rather than making a woman think, *“Oh no! What am I doing to him? His love for me is so strong and I’m throwing it all away. I’m being so selfish and ungrateful. I have to give him another chance!”* she will likely think, *“That’s the very reason why my feelings for him*

changed before! He was just smothering me with his neediness. He has no serious goals and ambitions in his life besides me. Yes, he wants to achieve the standard things in life like other people, but he's not striving to become a better man. He is afraid of becoming the man he knows he could be. I just can't be with a guy who is using his love for me as an excuse to avoid becoming and being a real man in this life.

She then tells him something like, “*Sorry, I just don't feel the same way. You have to leave me alone*” and he is confused.

He doesn't understand how she could love him as a person, but not be in love with him.

Worse still, she isn't ever going to tell him the REAL reason she is turned off by him at a deep level. She'll just say things like, “*I love you, but I'm not in love with you. I'm sorry. It's over*” because she doesn't want to give him clues on how he could re-attract her.

She wants a man who either understands how to be a real man and is living in that way, or a guy who learns how to be a real man and starts being it, so she can then experience a renewed sense of respect and attraction for him.

So, if you want to make your ex fall in love with you again, you need to start by showing her that you have become an emotionally independent, confident, real man now who isn't afraid of his potential.

Let her see that you have some big goals that you are striving towards and you are doing the things you were putting off because of your relationship with her, or because of your fear of your own potential as a man.

When your ex can see for herself that you're now the mature, emotionally strong man she always wanted you to be, you will automatically become more attractive to her.

It literally happens automatically, whether she wants it to or not.

So, don't worry if she doesn't say, “*Wow! OMG! I want you back!*” right away.

In most cases, a woman will act like she's only kind of impressed or isn't impressed at all to test her ex guy's confidence.

She wants to see if he really has become a real man, or if he's still the same kind of guy who needs a woman's approval and encouragement before he feels okay about himself.

Finally, another reason why a woman will love her ex guy, but not be in love with him is that

6. She's lost trust in him as a man that she can look up to and rely on

When in a relationship, a woman needs to feel that she can rely on her man to guide both himself and her to a better life in future.

Essentially, a woman's natural instincts are to find a guy that she can stick with for life (or at least a very long time), because of the risk of getting pregnant by him.

It's not because women are money hungry ho's or because women are lazy.

It's just about their natural instinct to be with a guy who will be able to protect and provide should she get pregnant and have to raise offspring.

So, when a woman hooks up with a guy, at the back of her mind she's wondering, *Is he the*

*one? Can I trust him to stick by me and be a mature, emotionally strong man that I can rely on? Will he be able to provide for me and protect me? Will I be able to depend on him if we have any children together in the future?*â€œ

Women hate wasting their time on a guy who is pretending to be a well-balanced man when heâ€™s really not.

For example: A guy might sometimes put on an act to get a woman to go out on a date with him, but once they are in a relationship together, his insecurities begin to shine through.

For instance, he mightâ€™

- Realize that he got very lucky by scoring her and then start feeling the fear of potentially losing her. He will then become needy, clingy and insecure in the relationship with her.
- Take her for granted (e.g. stops treating her in the same loving, respectful way that he did in the beginning, becomes argumentative and critical towards her) because he assumes that she loves him and she will never break up with him now.
- Think that letting her make all the decisions in the relationship will make her happy.
- Continue behaving like heâ€™s still single (e.g. hangs out with his friends and doesn't pay much attention to her, spends his weekends playing video games, goes out partying without her and gets drunk around other women who might be interested in him).
- Behave in an irresponsible way and not follow through on his promises to her.

Although a woman might put up with this type of behavior for a while, eventually her instincts will start telling her, *â€œHeâ€™s not the guy you thought he was. You can no longer look up to him and rely on him to be the man you need him to be. What if you fall pregnant or some serious problem comes up in your life? You won't be able to count on him to take care of you or protect you. Get out of the relationship now before itâ€™s too late.*â€œ

She will then try to let him down easy by saying something like, *â€œThis isn't working for me. I love you, but Iâ€™m not in love with you anymore. I need time to think about what I really want.*â€œ

She might add, *“Who knowsâ€™ maybe sometime in the future we can give our relationship another try, but for now, I need to be alone for a while.*â€œ

He might then cut off all communication with her for a few weeks or even months, because heâ€™s hoping that she will be working through her feelings for him and will soon call him and tell him that sheâ€™s ready to get back together again.

Yet that rarely, if ever, happens because she's not in love with him in a romantic, sexual way, so she doesn't feel motivated to give the relationship another try.

She knows that she will just end up seeing him as more like a friend and won't feel the spark, so she doesn't follow through on getting him back.

Instead, she tries to use the time apart to get over him, move on and hook up with another guy who she hopes that she will be able to continually look up to, respect, rely on and depend on to be the man that she really needs.

Then, when her ex calls her after giving her weeks or more of space, she will say something like, *â€œSorry. We just weren't meant to be. Itâ€™s too late. Iâ€™m in love with someone else now. I'm sorry it didn't work out between us. You're a really nice guy and all. I wish you the best from*

here on out. I'm sure you will find a nice girl one day who will appreciate you.â□□

Of course, she then gets off the phone and knows that she didn't tell him the truth, but told him what would help her get away from him.

If she were to tell him the truth, she would explain what you've been learning so far in this article.

Yet, she doesn't want to do that because she doesn't want him to say, *"I can't be like that, I promise! Just give me a chance to prove it to you!"*

If she did that, she would feel like his leader, guide or mother figure in life.

She doesn't want that.

So, if you don't want to lose your ex to another guy, you've got to re-attract her now, before it's too late.

Interact with her (e.g. over the phone and in person) and show her via the way you talk, think, behave and interact with her, that youâ□□re a different man now.

When you can show her that youâ□□ve changed the things that turned her off (e.g. youâ□□re more emotionally masculine now, youâ□□re confident and self-assure, youâ□□re emotionally independent and have a big purpose in life), her instincts will kick in and she will begin thinking, *â□□Now this is the kind of man I always wanted. I can definitely rely on him, look up to him, feel attracted to him and love him. Maybe I should just give him another chance. I feel good about this now, so why not? I should do it!â□□*

Her walls then come falling down and the love in her heart starts to feel different.

Instead of feeling neutral, friendly feelings when she interacts with you, her heart starts to skip a beat ever time she hears your voice or sees your face.

She's in love with you again.

It's on!

You and her are back together.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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How to Get My Ex to Chase Me and Initiate the Reconciliation

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you want to get your ex to chase you and initiate the reconciliation, here are 5 tips to help you make that happen ASAP:

1. Fix the Things That She Really Dumped You For

Sometimes in a relationship, a guy might get into the habit of behaving in ways that are unattractive to his woman (e.g. he becomes too wimpy or weak-minded, stops making her feel appreciated, becomes too annoying), which then causes her to lose respect and attraction for him over time and eventually leads to her breaking up with him.

So, if he then wants to get his ex to chase him and initiate a reconciliation, he needs to make sure that when he interacts with her (e.g. on a phone call, or in person), he shows her (via his actions, thinking and behavior) that he really has fixed the things that she dumped him for in the first place.

For example: If a woman broke up with a guy because he became too wimpy and weak-minded and was always whining to her (about life, her, problems, work, responsibilities, the government), he needs to show her that heâs now emotionally strong and mature enough to stand on his own two feet like a real man.

He doesn't sulk or complain about life and instead, takes responsibility for his own fate by learning, improving and becoming a better man as he continues through life.

He is now someone that she can be proud to call her boyfriend (or husband) because he's not a complainer, a whiner or a wimp.

He's a real man now.

Another example is if a woman broke up with a guy because he put too much stock in what his friends or family had to say about how he lived his life, so she eventually grew tired of him not being man enough to make his own decisions.

To show her that heâs changed, he needs to let her see that he has become more emotionally independent now (e.g. heâs moved out from the family home, is pursuing a lifelong dream that his family doesn't approve of, has disconnected from some of his negative friends and has made some new, more positive and supportive friends).

Every relationship is different, so you need to stop for a moment and have a think about your exâs real reasons for breaking up with you.

From there, you need to make some adjustments to your way of thinking and behavior, so she will be able to feel a renewed sense of respect and attraction the next time she interacts with you.

When you do interact with her in person, she will be able to see that youâre no longer the same guy she broke up with and she will then experience new feelings for you.

She will look at you as being a new, improved guy who makes her feel differently.

As she looks at you in that way, she drops her guard and starts thinking something like, *âHeâs so different now. I really like the new him. I think I made a mistake in breaking up with him and not wanting him back again. I wonder if he would take me back if I asked him for a*

*reconciliation? Maybe I should give this a try. I'm feeling good now, so why not?*â□□

When her guard is down like that, it's then so easy to hug her, kiss her, hook up with her sexually and get the relationship back together.

She may initiate the reconciliation by asking for it, or by moving in for a hug or kiss, but you shouldn't expect that from every woman.

Every woman is different.

Some women don't want to make the first move because they fear you might reject them.

Other women don't want to make the first move because they want to see if you now have the confidence to do it.

So, you can't rely on just waiting for her to chase you in each and every moment.

Sometimes, you have to put your balls on the line and make a move.

You need to adapt to your unique situation and do what is required to get her back, before you lose her forever.

On that noteâ□|

One of the biggest mistakes a guy can make is not doing anything to improve himself after a break up.

He just sits around hoping his ex will chase him and initiate the reconciliation, but he never gets to the point where he fully understands what she wanted him to change about himself (e.g. because he believes everything that went wrong in the relationship was her fault, he doesnâ□□t know how to change, he doesnâ□□t want to change and just expects her to accept him as he is).

Yet, it doesnâ□□t work that way.

For a woman to want to get back with a man, she wants to see that heâ□□s at a different level than before.

If she sees him in person and discovers that nothing about him has really changed and his behavior doesn't make her feel differently, then sheâ□□s not going to feel very motivated to get back together with him.

Instead, she may think something like, *â□□If I had any doubts about breaking up with him before, Iâ□□m sure about it now and know that I made the right decision to leave him. Heâ□□s waiting for me to come running back to him, even though heâ□□s still turning me off in the same, subtle ways that drove us apart in the first place. I guess heâ□□s not mature enough as a man to figure it out on his own. Iâ□□m definitely better off without him. I've got to find myself a guy who is already a man.*â□□

She then focuses her energy on getting over her ex, moving on and meeting another guy who can make her feel the way she really wants to feel when in a relationship (i.e. feminine, girly, respectful of her man, sexually attracted, happy, in love).

So, don't let that happen to you.

It's actually easy to make a woman feel feminine and girly around you, feel sexually attracted, happy and in love with you.

That is so damn easy.

In fact, it takes less work than most guys realize because it's mostly about you taking back the

position of power and letting her be your girl.

When you make her ex feel the way she really wants to feel around a guy, she will naturally begin to chase you a little and either initiate the reconciliation or hint at wanting one.

On to tip #2â€¦

2. Reactivate Her Feelings in Person or On a Phone Call, But Don't Try to Get Her Back

This is very important if you want her to chase you and try to get you back because she feels attracted to you and wants you again, but notices that you're not even trying to get her to commit to a relationship of any kind.

She then feels compelled to either tell you that she wants a relationship again, or she hints at it and hopes that you make the moves to get you and her back together.

However, please noteâ€¦

The best way to properly reactivate a woman's feelings for you is on a phone call or in person.

You can't properly re-attract an ex's feelings via text if she is turned off by you, doesn't know that you've changed and isn't interested in getting back with you at this point.

For example: If you just send her random texts (e.g. *â€œI just wanted to say hiâ€* or *â€œHey, how things?â€*), or click like on her social media posts to let her know that you are still around, it's not going to work for most situations.

If you want your ex to have a reason to feel motivated to chase you and initiate a reconciliation, you've got to reactivate her feelings on a phone call or in person, so she can see for herself that not only have you changed, but she now feels differently when she interacts with you.

She feels sparks of respect, attraction and love for who you are now, which makes her feel motivated to want to make something happen between you and her.

This is why it's so important to interact with her on a phone call or in person, rather than sending her random texts, clicking like on her social media posts or worse, simply ignoring her and hoping that she comes back on her own.

So many guys lose their ex girlfriend (or wife) by waiting around and hoping that she will call him up one day and say, *â€œI must have been crazy to break up with you. Can you ever forgive me? I want you back! Please give me another chance with you.â€*

Unfortunately, many guys wait for weeks, months and in some cases, YEARS, before they decide that she's not coming back and they've lost her.

This is why I've never recommended (and never will) simply ignoring your ex woman after the break up, in the hope that she comes back.

It's true that some women do come back if they are ignored after a break up, but it only happens if a woman is still in love with her ex and already regrets breaking up with him.

In almost all other instances, if a woman has disconnected with her feelings of respect, attraction and love for a guy and then broken up with him, she's not going to be very impressed by his actions.

She will aim to hook up with a new guy as quickly as she can, to avoid feeling the pain of being

ignored, or because she wants to get revenge on her ex for not even trying to get her back after the break up and simply ignoring her and hoping that she does all the work.

Of course, when a guy tries to get his ex back after a break up, he needs to be CALM and CONFIDENT about it.

So many guys lose their ex girlfriend (or wife) by desperately chasing her after a break up.

That doesn't work.

You have to quickly regain control of your emotions after a break up and then calmly and confidently get her back like a real man.

If you try to hide behind texts or by showing interest from a distance (e.g. clicking like on her social media posts), your ex will most likely be unimpressed and uninspired to chase you and get you back.

Instead, she may just roll her eyeballs and think something like, *â€œWhy does he even bother texting me if he's not going to get me back? He's just wasting my time and his. I'm not going to be his friend via textâ€* and she then stops replying to his texts.

Alternatively, she may think, *â€œWhy does he keep clicking â€œlikeâ€ on my posts? Does he think I will be impressed? Does he think that I'll message him and ask for him to give us another chance? Is he trying to stay on my mind, so I can't move on? Well, I'll show him. I'll hook up with a new guy and post up photos of me and him on datesâ€* then, we'll see if he clicks like on that.â€œ

If you want your ex back, I recommend that you approach it like a real man, rather than hiding behind texts or cutting off contact and hoping that she makes all the moves.

[image: Be a man and re-attract her]

She might be a little resistant initially, but if you can maintain your confidence and also attract her with your masculine approach, her guard will come down and she will feel attracted.

You've just got to be prepared to take a risk and make it happen.

You can't wait around for her to make things super easy for you by chasing you and begging you for another chance, even though she has little to no feelings for you right now.

You've got to MAKE HER have feelings for you again.

The best, easiest and quickest way to do that is to interact with her (over the phone and in person) and reactivate her feelings of respect, attraction and love for you.

When you do that, her thought processes change and she opens back up to being with you.

You have to be active about getting her back, even if you are hoping to make her take all the risk to chase you and initiate the reconciliation.

To make her want you back, you've got to make her feel so much respect and sexual attraction for the new you (on a phone call and in person), that she can't stop herself from wanting you again.

How else can you make her want you?

3. Let Her See That You're Living a Fun Life Without Her Via Your Social Media Account

If you're worried about contacting your ex, this is a great way to help make sure her guard is down

and she is open to you again when you contact her.

Let her see that you're living a fun life without her by posting up photos of you having fun with other people, looking confident and seeming totally happy and fine without her.

Some guys are worried about doing that because they assume it will make her angry and want to get revenge by doing the same.

Yet, that's not how a woman's attraction for a man works.

Women are attracted to confident men who are loved or liked by others and who don't need her approval or encouragement to feel good about themselves.

When your ex sees that you've been enjoying life without her, it is absolutely guaranteed that she will feel some respect and attraction for the new you.

However, be warned!

She may ACT like she is annoyed by it, not impressed by it or even turned off by it.

Why?

Women do that to test a guy's confidence.

Will he suddenly lose confidence in himself because she isn't encouraging him to be happy and live his life?

Will he apologize for making her feel that way (i.e. the pretend anger, disappointed or disgust she is feeling), when she actually feels respect and attraction for him based on how confident and happy she seems without him?

Will he suddenly tell her that he's been sad, missing her and that he wasn't really happy in those photos?

Will he submit to her fake protests, even though she wants him to be a confident, dominant, free thinking man?

Women are always looking to see how men react to their tests.

The men that women respect, feel attracted to and love the most are those who do not fall for the tests that women put them through, but who also still treat a woman well and with respect.

It's not about being arrogant, trying to hurt her or being rude to her.

That's not what women respect or love.

Instead, it's about standing on your own two feet and not needing her approval or encouragement to continue standing and feeling confident and happy about yourself and your life.

So many guys get this wrong when trying to get an ex woman back.

For example: Sometimes a guy might start posting photos of himself looking sad and lonely on his social media pages.

He might say to himself, *"When she sees how miserable I really am without her and that my life has come to a standstill since we broke up, she will realize just how deep my love for her really was. Then she'll regret breaking up with me and she will come running back. She will see that I care more about her than anything else and that I need her to be happy. She will realize that no other guy would love her like I do. She will know that I am completely dependent on her for my happiness and that will make her feel special."*

Yet, that's just not how a woman's attraction works.

A woman feels attracted to a man who is happy, fulfilled and having a great life without her and feels turned off by a man who sits around feeling sorry for himself and doesn't have much else going on in his life.

Why?

Basically because, when a guy can't move forward in his life without his woman giving him the emotional support that he needs to cope, he comes across as being emotionally weak, needy and insecure, which are qualities that instinctively turn women off.

So, when a woman comes across social media posts from her ex like, *"Feeling sad today,"* or *"Had a really boring weekend,"* or *"Same crap, different day,"* or sees sad, lonely photos of him, she's not going to think, *"Aw! he's taking our break up so hard. That must mean he still loves me so much. What have I done? I need to initiate a reconciliation with him right away, before it's too late and I lose him forever!"*

Instead, she will likely think something like, *"He's being so wimpy and weak-minded. I'm so glad I'm not stuck in a relationship with him anymore. He's clearly not a real man. What was I doing in a relationship with him? I need to find myself a MAN!"*

Her guard then goes up and it becomes even more difficult for him to get her back.

So, if you want to encourage your ex to chase you and initiate a reconciliation, you need to get to the point where you're living a fun, exciting life without her and then let her know all about it, via your social media account.

For example: You can do that by posting photos of yourself on your social media pages doing some of the following things:

- Partying and having fun with new friends that she doesn't know yet.
- Doing something exciting you've always wanted to do but have been putting off (e.g. go skydiving, white river rafting, on safari in Africa).
- Traveling in exotic locations while having fun with the locals.
- Having fun doing group activities that include men and women (e.g. mixed sports team, group exercise in the park, wine tasting nights, hiking clubs, pub crawls around your city, salsa dancing classes).

When she can see for herself that you're living a fun life without her, something amazing happens:

Suddenly, you seem more attractive to her and she begins to think, *"I thought he'd be feeling sad and lonely without me and that he'd be trying to get me back. Instead, he's having a fun time. I never imagined he was so cool. Why wasn't he more like this when we were together? I want to be a part of the fun life he's living now that he's so much more confident in himself. Hold on! what am I saying? I can't help myself. I want him back."*

That's how a woman's attraction really works.

It's not how a woman will SAY that it works because women don't want to tell guys, *"Hey, the more confident and independent you behave, the more we find you attractive."*

Instead, women go around SAYING that they want men to essentially bow at their feet, buy them gifts, worship the ground they walk on and be super polite, nice, caring and attentive 24/7.

Yet, in reality, women are most attracted to good men who love them and find them attractive, but

don't actually need them.

Next tipâ□|

4. Call Her to Make Her Smile, Have a Laugh Together and Then Get Back to Your Life

You can sit around waiting for your ex to chase you and initiate the reconciliation, but if you donâ□□t re-spark her feelings of respect and attraction for you first, chances are high that you will be waiting for a long time, if not forever.

On the other hand, if you get her on a phone call with you right away, make her smile, laugh and feel excited about talking to you again and then get back to your life and ignore her for a few days, she wonâ□□t be able to stop herself from chasing you.

For example: Imagine youâ□□ve just been talking to your ex on the phoneâ□|

She was laughing, smiling and feeling good.

You then said something like, *â□□Okay Jenny, it's been great talking to you. I do miss you at times, but I also accept that we've broken up. I'm heading out to (something cool that you're about to do with friends), but maybe we can say hi again sometime soon. I hope you have a great week.â□□*

She will then see that you really have changed (i.e. youâ□□re confident and emotionally independent) and her guard will naturally come down.

Soon enough, she will most likely send you a text to say hi (or text you about something random) and that will be your cue to call her and arrange a meet up.

Remember: Not all women have the courage to openly chase you because they're afraid that you might reject them.

So, if she doesn't text you or call you after 3-4 days, just call her again and get her smiling, laughing and enjoying talking to you again.

Then, when you know that she's feeling attracted and open, suggest catching up in person as friends.

At the meet up, you need to continue building on her initial feelings of respect and attraction for you, until she either tells you that she wants to give the relationship another chance, or she hints at it (e.g. hugs you, tells you that she has missed you, is open to kissing you, touches you, says that she likes the new you) and then leaves it up to you to make it happen.

Donâ□□t Let Her Slip Away!

It would be ideal if your ex came chasing after you and begged for a reconciliation, but you shouldn't have that as your only option to get her back.

Every woman is different and many women simply don't have the courage to risk being rejected by their ex guy, so they wait for him to make a move.

If he doesn't, she decides to move on, rather than risking the potential to be rejected and then be the one who is hurting after the break up.

So, rather than losing her forever, just make her come back by sparking her feelings of respect,

attraction and love for you again by interacting with her every chance you get from now on.

Then, when she either initiates the reconciliation or opens up to it, you will be sure itâ€™s because sheâ€™s more in love with you now than ever before.

You have made her feel new, exciting feelings that she just can't resist.

It feels good to her.

She wants it.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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How to Get Your Ex Back When She Doesn't Want You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

So, how can you get an ex back who doesn't want you?

You want her.

You feel attracted to her, you feel love for her and in your mind, it's not over.

You want her back.

You want to have a relationship with her again, but she doesn't want to have anything to do with you.

She's over it.

How can you get her back?

Here are my 5 tips to help you get her back in this kind of situation...

1. Understand what *will* make her want you

[image: Understand what will make her want you]

When a guy wants a woman back who doesn't want him, he will sometimes make mistakes such as:

- Begging and pleading for another chance.
- Explaining that he has changed or that he will change and she just needs to give him a chance to prove it.
- Being really nice to her all of a sudden.
- Giving her lots of space and just getting out of her way, waiting for weeks or months and hoping that she changes her mind.

If you've tried any of those approaches to get your ex back, you will know that they don't work.

Sometimes it can work and a guy will get another chance initially, maybe for a few days or maybe even for a few weeks or a few months, but once a woman has learned her lesson, she usually doesn't want to keep making that same mistake.

What is the lesson?

She gave him another chance and he wasn't able to be the sort of man that makes her feel respect, attraction and love.

He just wasn't able to live up to what he promised or the expectations that she had of him.

So, what *will* make a woman want a guy in that type of situation?

The place to start is by creating a spark of attraction.

For a man and a woman to want to be in a relationship with each other, there needs to be mutual attraction.

If you feel attracted to her and you love her so much, but that's just not enough to get an ex back.

She also has to feel attracted to you too.

She doesn't have to be totally in love with you for you to get her back.

Instead, you've just got to make her feel that spark of attraction.

You've got to make her feel that special thing that brings a man and a woman together and keeps them together.

When it comes to getting an ex woman back, most guys are in a situation where they feel attracted to her, but she doesn't feel the same way.

She doesn't have strong feelings for him anymore or she doesn't have any feelings for him anymore.

So, if she doesn't want anything to do with him, he has to start where it's most important â a spark of attraction.

Luckily for us men, we can literally create feelings of sexual, romantic and loving attraction inside of a woman.

We can literally create that by how we are talking to the woman, how we are behaving, the way that we're using our body language and how we are reacting to her.

For example: If a guy is interacting with his ex woman and he's being insecure and his body language appears nervous, then she's not going to feel attracted to him.

The reason why is that women are not attracted to the emotional weakness in men.

On the other hand, if a guy is interacting with his ex woman and he is displaying confidence in his body language and how he's talking to her, how he's behaving and how he's reacting to her, then she's going to feel some attraction for him.

If he also gets her laughing and smiling, she's going to feel more attracted to him.

If he makes her feel girly in comparison to his emotional masculinity, then she's going to feel even more attracted to him.

If he starts being charming and charismatic, she's going to feel even more attracted to him.

So, if you're in a situation where your ex doesn't want you, you have to focus on the one thing that will make her want you.

That is, a spark of sexual attraction.

If you can create that when you're interacting with her, then she's going to look at you differently.

She's going to stop focusing on the negatives and start looking at you in a more positive light.

She's going to start thinking, *"Well, hang on. He's not so bad after all. I'm actually feeling good around him now. Why am I being so harsh on him? Why is my guard up so high? Maybe I can just joke around with him a little bit. Maybe I can flirt with him. Maybe it is okay to hug. Hang on a second. Why am I feeling so drawn to him all of a sudden?"*

That's what you need to do.

You need to focus on making her have feelings for you again.

When you do that, she starts to want you.

She changes her mind because you've changed how she feels.

2. Become emotionally attractive again

During a breakup and after a breakup, some guys become emotionally unattractive to their ex.

That means that they become insecure, they become self-doubting, they become needy, clingy, desperate and so on.

All of those things are emotionally unattractive to a woman.

Some guys don't react in that way, so they're able to be emotionally attractive to their ex and get her back.

For example: The guy is able to be confident, emotionally masculine, charismatic and so on. He's able to re-attract his ex.

In other cases, though, where the guy becomes emotionally unattractive and he loses control of his emotions, she won't want him back and as a result, he'll be on his own.

Some guys are able to get over the pain of a breakup immediately, some guys need a few days, some guys need a week, some guys need a month and some guys don't get over the pain of being rejected and dumped for YEARS.

It sticks with them. It stays with them. It messes with their head.

They lose confidence in themselves, they don't feel as attractive to women anymore and they don't feel worthy.

A guy like that will usually worry about getting into a relationship again because he will fear that it will end in the same kind of way.

Each guy is different and your case is unique and how you feel is unique, but if you want to get her back, you must get back to a point where you are emotionally attractive again.

You can interact with your ex and she can sense that you feel good about yourself, you have a lot of confidence in yourself and you have the confidence to joke around with her and make her laugh and feel attracted to you.

She has to get the sense that you aren't lost and you aren't losing it on the inside, you aren't a total mess on the inside.

You are strong, you believe in yourself, you're confident, you feel good about yourself and as a result, she can feel attracted to you.

3. Understand that most guys who get their ex woman back start out in your situation

Pretty much every guy that I've helped to get a woman back has started out in a situation where she doesn't feel attracted to him, she's not feeling much respect for him, she's not in love with him, she's over it, she doesn't want to be in a relationship.

Pretty much every guy starts at that point because most guys don't come looking for help on how to get their ex back when their ex is still attracted to them and still in love with them and still wants to be with them.

The guys who actually need the help are in your situation.

Your situation is unique, the breakup is unique, the connection between you and her is unique, but the solution is the same.

You've got to be able to re-attract her.

If you don't make her feel a spark of attraction again and you don't get her looking at you with attraction in her eyes, then she's not going to be feeling drawn to you.

She's going to have her guard up and she's going to say no when you try to get back with her.

She's going to say things like, *"I just don't feel the same way anymore. I'm sorry. It's over. You just have to deal with it. You have to leave me alone. Stop contacting me,"* and so on.

Guys who get their ex back (who started out in the same or similar position to you) are the ones who focus on making her have feelings for him again.

Sometimes a guy will get his ex back simply by walking away and she will then not be able to handle the pain of a breakup.

She won't be able to deal with the fact that he's not contacting her anymore.

That is true, but those women are the minority.

The vast majority of women do not react in that way.

They simply don't care enough about their ex anymore because they don't have enough or any feelings for him anymore.

They simply move on.

So, if you want to get her back, tip number 4 is very important.

4. Give her the attraction experience that she really wants

Some guys make the mistake of trying to get their ex woman back while behaving in a way that is not attractive to her.

For example: A guy will just send neutral or friendly texts to her, which won't create a spark, or a guy will beg and plead and try to convince and explain and promise that things will be different.

As a result, he'll come across as being desperate and she won't feel attracted to that.

If you want to get her back, you have to understand what type of attraction experience she really wants in a relationship with a man.

For example: Sometimes a woman will break up with a guy because he's just too soft. He's a bit too much of a wimp for her.

She can walk all over him. He's too emotionally sensitive.

She might not tell him about that exactly when she's breaking up with him.

She might say that she just doesn't have feelings anymore or she doesn't want to be with him anymore, but what is going to get her back is if he can show her that he really has changed.

More importantly, she now feels differently around him.

It's not about him saying to her, *"Hey – I've changed. I've manned up. I've become more confident now. I won't let you walk all over me. Please give me another chance."*

That is not going to be attractive to her.

It's going to appear desperate and she might also see that his efforts are fake.

She will feel as though he's just putting on a front to try to act more manly and act more confident to hopefully get another chance with her.

A woman doesn't want to have that feeling in a relationship where a guy is basically doing anything and everything to please her.

What she wants is a natural feeling of respect, attraction and love to happen when she interacts with her guy.

She interacts with him and he is different now and as a result, she feels differently.

He can now give her the type of attraction experience that she really wanted all along.

He doesn't have to tell her that he can do it.

She can feel it on her own.

All of a sudden, she starts to smile.

She starts to look at him in a more positive light.

She starts to feel drawn to him.

She can see that things are different now.

She feels differently around him.

She feels attracted.

She feels some respect for him again.

She's starting to feel love for him again.

As a result, she starts to want him again.

She opens back up to having a relationship with him.

5. Make her want the relationship rather than pressuring her into it

[image: Make her want the relationship, rather than trying to pressure her into it]

A big mistake that guys make is that they assume the way to get a woman back is to ask for another chance, is to talk about the relationship and say, *"Hey – let's give it a go. Let's work on it. Things can be different. I promise. Just let me show it to you. Let me prove it to you."*

That is not the approach that works to get a woman back.

It will sometimes work on women who don't have much experience with relationships or women who can't deal with going through a breakup.

That will sometimes work.

Yet, for most women, they'll just say no when a guy is trying to pressure them into a relationship, when they don't even have feelings for him anymore.

If she doesn't feel respect, attraction and love, she is over it. She doesn't want to be in the relationship anymore.

So, when her guy is saying to her like, *"Please just give me a chance. Let me show it to you. I promise that things will be different. I've changed. Things are going to be different,"* and so on, it just doesn't work.

She doesn't feel it.

She's thinking, *"Well, it's just too little too late. I don't feel much or anything for you. You want to deal with me, but no – I'm not going to give you another chance."*

What you need to do is make her want the relationship rather than trying to pressure her into it.

The only way to make a woman want the relationship is to focus on making her have feelings for you.

Once you've created a spark of sexual attraction inside of her and romantic attraction, you then need to build on that.

Every time you interact with her, use it as an opportunity to build on her feelings for you.

Some guys are able to get their woman back immediately.

Sometimes it takes a couple of interactions and sometimes it takes a few interactions.

Whatever the case is with you, it doesn't matter.

You've just got to focus on what works.

You've got to focus on her feelings because that's all she really cares about now.

She doesn't want to be with you anymore, so she's not going to care about your feelings unless you make her have feelings for you, unless the feelings are mutual.

Learn More?

Okay, I hope you've enjoyed this video and learned something from it.

If you'd like to learn more or if you need more help to get your ex back, I recommend that you watch my program [Get Your Ex Back Super System](#)

When you watch the program, I will take you through the rapid process of becoming emotionally attractive again.

Not only will you get your confidence back with her, but you will also know exactly what to say and do to make her have feelings for you as well.

You will be able to get her to meet up with you, get her to hook up with you, get her to want the relationship again.

This works for a guy even if he starts out at a point where his ex woman hates him and doesn't want anything to do with him.

It also works if her feelings are absolutely dead.

You can bring her feelings back to life.

As a man, you can literally create feelings of sexual and romantic attraction inside of a woman.

You Can Change How She Feels About You

One final point that I want to make for you in this video is that it's understandable that you might feel a bit down about the fact that she doesn't want you at the moment.

However, you can turn that around.

You can make her feel attracted to you again.

You can make her feel something for you again.

When you interact with her and you make her feel attracted to you and you see the changes in her body language and behavior and energy, it'll all make sense to you.

You will see that you actually have a lot of control over how she feels about you.

Women are mostly attracted to how a man makes her feel when he interacts with her.

If he's being emotionally attractive, she is going to feel attracted to him.

If he's being emotionally unattractive, she's going to feel turned off.

For example: If he's being insecure and self-doubting and he doesn't really feel worthy of her anymore, she's not going to feel attracted to that.

However, if he's being confident and he's making her laugh and smile and he's building on her feelings for him when he's interacting with her, she's going to feel attracted to him.

It doesn't matter if you start out at a point where your ex doesn't want you anymore.

You can make her want you again.

You can create a spark, so stay strong.

Believe in yourself.

Focus on making her have feelings for you again and get her back.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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5 Tips on How to Get Your Ex Back When She Has Moved On

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

So, how can you get your ex back if she has moved on?

In this video, I'm going to give you 5 tips on how to get your ex-girlfriend or ex-wife back if she has moved on after the breakup with you.

1. Interrupt the process of her moving on

So, what does it mean to interrupt the process of her moving on?

It's not about being needy and pestering her and saying, *"Hey – give me another chance!"* or saying, *"Hey – please let me show you that things will be different,"* or, *"Hey – I still have strong feelings for you. Can we give this another try? Do you think you're going to break up with the new guy soon? Are you missing me?"* and so on.

It's not about doing those sorts of things.

[image: Getting an ex back who has moved on]

Instead, it's about interacting with her and creating a spark of attraction inside of her, then letting that grow inside of her as she thinks about you and misses you.

[image: Getting an ex back who has moved on]

After the call, she then has to live with the fact that she has interacted with you and felt a spark of attraction.

She felt some respect for you.

She felt some love.

She now feels differently about you than she did when she broke up with you.

When she broke up with you, she thought that it was over.

She thought that she was done and that there was no chance that you and her were going to get back together.

Yet, now that she's interacted with you, it doesn't feel like it's over.

It feels like there's something between you because she feels that attraction.

She's feeling drawn to you.

There's something there.

Now, if your ex has moved on with a new guy or she's just very happy without you, it might seem like it's almost impossible to get her to change her mind.

Yet, what you need to do is focus on changing how she feels about you rather than trying to change her mind about her decision to break up with you.

Her decision not to be with you is simply based on how she feels about you.

When she broke up with you, she felt a certain way about you.

When you interact with her again and you make her feel a renewed sense of respect and attraction for

you, she's going to feel differently about you.

She's going to start looking at you in a more positive light.

When you do that, you interrupt the process of her moving on.

She thought that it was over.

She thought that it was finished.

She thought that there was nothing between you and her, yet there is.

She is thinking about you now.

She's missing you.

She's thinking about your positives.

She's thinking about things about you that she likes.

She's thinking about how the new you makes her feel now.

You are now able to interact with her and make her feel attracted in ways that you didn't before, when you were in a relationship with her.

You're not the same guy that she broke up with.

You have improved.

You've become a better man and when you interact with her and you let her experience that and see that she actually does feel differently about you now, what happens is that you interrupt the process of her moving on.

2. Make her feel attracted to the new you

To get an ex back who has moved on, you absolutely must interact with her and make her feel attracted to the new and improved you.

Unfortunately, many guys struggle to heal from the pain of being dumped.

As a result, they lose confidence in themselves and when they interact with their ex woman, she can sense that or pick up on it and it turns her off.

She then either doesn't want to talk to him again, blocks him or asks to be left alone.

He then loses even more confidence in himself and not only can't he get her back, but he also struggles to attract a new woman when he wants one.

So, what is the solution in a case like that?

Unfortunately, a lot of guys assume that the solution is to just stop contacting her, stop contacting her for maybe 30 or 60 days and during that time, a guy hopes that he will heal and he'll be ready to interact with her and get her back.

Yet, what I've found by helping guys for many years now on how to get an ex back, is that guys who use the same strategy of not contacting their ex woman usually find it very difficult to get over her during the No Contact period.

What happens is that they spend most of their time missing her.

They really can't focus very well on other things in life because they're just thinking about her most of the time.

He wants to get back with her.

He misses her.

He is worried that she is going to forget him, or that she's going to move on without him.

As a result, he doesn't fully heal from the breakup.

His confidence, his happiness, his sense of identity and sense of worthiness is attached to her wanting him back.

Yet, when she doesn't contact him during those 30 or 60 days, he starts to lose confidence in himself.

He starts to think, *"Well, maybe I can't get her back. Maybe she doesn't want me. Maybe I'm not good enough for her."*

As a result, he isn't healing and becoming stronger by not contacting her.

He's just becoming more and more insecure.

Then, if he does actually contact her, she will be able to pick up on the fact that he is missing her and he lacks confidence and he doesn't fully feel worthy of her.

She will sense that in the way that he's talking and in the way that he's coming across to her.

Women are very good at picking up whether or not a guy is confident.

If you think about the example of guys meeting women for the first time, women can sense very quickly whether a guy lacks confidence in himself simply by observing his body language.

If a woman isn't sure whether a guy is confident or not, all she really has to do is give him an unimpressed look while she's talking to him and most guys will panic at that point when they're interacting with a woman.

They'll think, *"Oh, no! I'm losing her!"*

Then the guy will start trying to impress her and she'll realize, *"Okay. He isn't so confident after all. He was just acting confident when, in reality, he's putting on a front of confidence and hoping to get a chance with me."*

The same thing applies when getting an ex back.

If you're putting on a fake front of confidence, your ex can easily test you and find out whether you truly are confident without her or not.

For example: If you call her up on the phone, she can act indifferent.

She can be cold and distant and even rude, to see how you're going to react.

A confident guy will react by laughing at her and the situation and turning it into something to laugh about together.

For example: He might laugh and then say, *"Oh, gee. Well, you're very cheery today, aren't you? You're so much fun to talk to. This is great."*

Alternatively, he might say, *"Oh, yeah. I forgot. You're my ex-girlfriend. Oh, right. That's why you have to be really cold and mean and bitchy and rude to me. Right. I get it,"* and have a laugh with her about that.

Alternatively, he might laugh and say, *"Hey. It's okay for us to have a quick talk and have a laugh. You don't need to be so serious. Relax. Everything's cool. I'm not trying to get you back. It's all good. So you don't need to put on the mean and nasty ex-girlfriend,"* or if it's his ex-wife, *"The mean*

and nasty ex-wife attitude.”

Alternatively, he might laugh say, *“Oh, someone’s in a bad mood today. Jeez.”*

Essentially, by saying something like that to her, she can see for herself that he can handle the fact that she’s being cold, distant or even rude to him.

He doesn’t become angry.

He doesn’t lose confidence in himself and he doesn’t seek pity from her for how he is feeling as a result of how she is behaving.

Instead, he turns what could be an awkward or uncomfortable moment into something that they can laugh about together and more importantly, something that can make her feel a bit more easygoing and lighthearted as she talks to him.

As a result, her guard comes down.

She sees that it’s possible for him and her to laugh together and feel good around each other.

Therefore, she is more open to meeting up with him in person.

She can see for herself that if she meets up with him in person, it’s most likely not going to be awkward and stressful and uncomfortable.

He has the type of confidence to turn an awkward or uncomfortable situation into something that they can both laugh about together.

She thinks to herself that, *“Hey...he’s not so bad after all. Things aren’t so awkward between us.”*

Then when a guy meets up with his woman in person, he needs to make sure that he creates a spark of attraction in person.

He needs to make sure that he is building on her feelings by the way that he talks to her and interacts with her.

He needs to create that spark of sexual and romantic attraction, that special thing that brings a man and a woman together and keeps them together.

It doesn’t matter if she had already moved on or if she had no interest in him when he initially contacted her.

[image: Getting an ex back who has moved on]

What matters is how he now makes her feel when he interacts with her.

Does he create a spark of sexual and romantic attraction?

Does he create that special feeling that brings a man and a woman together and keeps them together?

If he creates that when he interacts with his ex, she will feel drawn to him.

Her guard will come down and she will want to explore her new feelings for him.

That is how a confident guy gets his ex woman back.

He creates a spark of attraction.

He has the confidence to make it happen.

He’s not afraid of any potential initial resistance.

He makes her have feelings for him again and he confidently guides her back into a relationship with him.

On the other hand, a guy who lacks confidence in his worthiness of his ex will find it difficult to deal with her coldness or distance or rudeness on a phone call.

She will be able to pick up on the fact that he doesn't feel confident when he's talking to her.

As a result, she will lose even more respect and attraction for him.

Women do not feel respect and attraction for guys who are emotionally weak.

Women feel respect and attraction for emotional strength in men.

So, when you're interacting with your ex, you must ensure that you are displaying confidence.

Confidence is one of the things that makes up emotional attractiveness.

Emotional attractiveness is what women place most importance on.

It's essentially how you make her feel when you interact with her.

If a woman is interacting with a guy who's being insecure and self-doubting, then she's going to feel awkward and tense and turned off by that.

On the other hand, if a woman is interacting with a guy who is being confident and he's exuding his natural charisma by being himself and believing in himself and he's also being emotionally masculine, then she's going to naturally feel attracted to him.

Being emotionally masculine is essentially about having that emotional toughness rather than being emotionally sensitive.

So, with tip number 2 here, make her feel attracted to the new you.

If you go in and do that, you need to make sure that you prepare yourself to attract her in the ways that were lacking when you were in a relationship with her.

For example: Sometimes a guy will be in a relationship with a woman and he'll become too neutral. He'll treat her more like a friend and like a buddy, like one of the guys.

He won't really treat her like his woman and make her feel girly and feminine around him.

As a result, the spark between them will start to die out.

It'll start to get boring.

The sex life will dry up and she just won't be as affectionate and loving anymore.

So, when he interacts with her again, he must ensure that he's not being that neutral guy she broke up with.

He's got to be the sort of guy who makes her feel that spark of attraction, that special something that happens when a man and a woman interact with each other and the man is being manly.

As a result, he allows the woman to be feminine and girly.

Women don't go around admitting that they want that, but if you watch women who are the happiest with a guy and they're most excited and turned on, it's when they're allowed to be a feminine, girly woman around him. So that's one example.

Another example is where a guy is being insecure in a relationship and too emotionally sensitive.

When he interacts with his ex woman again, he's going to need to make sure that she senses that he has that emotional toughness now.

He's not the emotionally sensitive guy that she dumped.

3. Don't be her text buddy when she needs comfort

A big mistake that I see guys make when they're trying to get an ex woman back who has moved on is that they will stay in touch with her by text as a friend.

They'll be her text buddy.

Whenever she's feeling a little bit down, she'll send a text and he will reply and talk to her like a friend, say, *"Hey – how you been?"*

She'll talk about what she's been up to and he'll say something like, *"Oh, that's really nice. That's great."*

He'll just talk to her in that neutral way. He won't be interacting with her in a way that creates a spark.

Sometimes he might joke around with her and have a bit of a laugh back and forth via text, but it never really goes anywhere.

He'll try to continue texting with her and eventually, she will stop.

The text will go cold and she'll stop replying.

Alternatively, she might reply to some texts, but not all.

He will essentially be placed in the friend zone with his ex.

So, if you want to get your ex back who has moved on, I don't recommend that you remain her text buddy.

It's okay to text back and forth with her a little bit, but make sure that it actually gets to a phone call.

For example: If you're texting back and forth with her and it's going well, just hit call.

The thing is, she may or may not answer the phone. That doesn't matter.

It doesn't matter if you call and she doesn't answer the first time.

If you call her and she does answer, great – get on a call, re-attract her, get her to meet up with you and get her back into a relationship with you, get her to break up with the new guy.

If you try to call her and she doesn't answer, don't worry about it.

Just go through the process again.

Interact with her, press call and hopefully, the next time she answers.

The reason why I say call is that you have to be able to let her see that she feels differently when she interacts with you.

She hears your voice over the phone and she can sense the changes in you.

Whatever mistakes you were making in the relationship that were turning her off, you have now changed those things about yourself and become a better man.

You're able to attract her in ways that you weren't able to do in the relationship or you were able to do initially, but you stopped doing later on in the relationship.

When she interacts with you on the phone and you're making her laugh and smile, she then sees that interacting with you in person isn't going to feel awkward.

It's most likely going to be fun.

She can also see that when she interacts with you on the phone, you're not pressuring her to get back

into a relationship with you.

You're simply talking to her and she's feeling good.

She's feeling attracted to you.

She likes the new you and as a result, she opens up to wanting to meet up with you in person.

It may seem comfortable and easy to just stick with text and be patient, but what I've seen by helping hundreds of guys to get their ex back is that being a text buddy just doesn't work.

You've got to move things forward.

When you are interacting with her in person and you're getting her to hug you and kiss you, that's when things are changing.

She is feeling attracted to you in person, there's a physical connection between you and her again and if she has a new guy, then she's going back to her life missing you.

She is around him, thinking about you, comparing him to you, thinking about how much you make her feel attracted now and as a result, she starts to feel drawn to you.

She starts to feel like maybe it isn't over between you and her.

Maybe she should catch up with you again.

Maybe she did make a mistake by breaking up with you.

Maybe you and her should get back together and give it another try.

4. Make her new guy react in an unattractive way

When you interact with your ex and you actively make her feel attracted to you again, her behavior around him is most likely going to change.

She may also tell him that you and her have been interacting lately and she's feeling a bit confused.

As a result, he'll most likely react in an unattractive way.

He may start to become insecure, controlling, jealous and needy.

Then she starts comparing him to you and realizing that he isn't so good after all.

She's feeling turned off by him now.

He is feeling threatened by you because she has feelings for you again.

What you and her had is not over in her mind.

She's starting to feel drawn to you again.

She's confused.

This is why it's so important to interact with her and make her feel attracted to you again.

One of the reasons why is that when a woman breaks up with a guy, she's usually over it. She doesn't feel respect, attraction and love for him and she wants to be out of the relationship.

So, when she breaks up with him and he stops contacting her, most women just use that time to move on.

They don't really care about the fact that their ex isn't contacting them. It doesn't really matter.

In your case, if you're watching this video and your ex has already moved on, you most likely know

that.

You most likely tried not contacting her and hoping that she would come back and she didn't.

Alternatively, you may have made the mistake of constantly begging and pleading and chasing and trying to get her back in that desperate way, which also doesn't work.

What does work to get a woman back is where after a breakup, you give her 3 to 7 days of space.

During that time, you improve yourself, you get back to an emotionally attractive place, then you interact with her, you re-attract her and you guide her through the rest of the ex back process.

You make her want the relationship, you reconcile, you get back together, you stay together.

That is what works.

So, if you're watching this video and your ex has already moved on, you most likely did not use that approach.

You most likely went down the route of either ignoring or you were the needy, desperate, insecure, begging, *"Please, please, please"* type of ex.

As you would know, both of those approaches don't work.

Now that she has moved on without you, you need to make sure that from this moment onwards, you focus on what works.

What works is making her feel attracted to you again, is creating a spark of attraction inside of her and letting that grow as she thinks about you and misses you.

If you do that while she's with a new guy, he will most likely see the changes in her behavior and then react in an unattractive way.

For example: He becomes jealous, needy, insecure or controlling.

Then she starts to think about you in a more positive light.

She starts to think that, *"Hang on. Maybe this new guy isn't so good after all."* Maybe she should just catch up with you and give you another chance.

5. Believe in yourself and get her back

When getting an ex back, it's so important that you believe in yourself.

You believe in your attractiveness to her, you believe in your worthiness of her and you believe that you can do it.

If you don't believe that you can get her back and you don't believe in yourself, then you're not going to take action when you need to.

You're going to miss out on opportunities to text her and call her and meet up with her and get her to hook up with you.

You're going to be doubting yourself.

Additionally, if you don't believe in yourself, then it's going to come across to her.

She's going to be able to pick up on it.

She's going to be able to sense it.

She's going to be able to see it in your body language.

She's going to be able to hear it in your tonality and she's going to be able to pick up on it based on the words that you use and how you react to her.

She's going to be analyzing how you're coming across.

The easiest way to succeed with women is to believe in yourself.

This applies whether you're picking up new women, you're on a date, you're in a relationship or you're getting an ex back.

You have to believe in yourself.

Women respond positively to guys who believe in themselves.

On the other hand, women respond negatively to guys who don't believe in themselves, guys who have self-doubt and insecurity and nervousness.

It's just not attractive to women.

It's not what their primal instinct of attraction is looking for.

Women are looking for confidence in a man.

So, if you're going to get your ex back, you must believe in yourself.

You must believe in your attractiveness to her, your worthiness of her and that you can actually get her back.

You have to believe in yourself.

Learn More?

I hope you've enjoyed this video and learned something from it.

If you need more help to get your ex back and you would like to follow a step-by-step process to get her back, I recommend that you watch my program [Get Your Ex Back Super System](#)

The steps of the system apply whether an ex woman has moved on or not.

The same rules apply.

You must focus on making her feel attracted to you again.

Do not worry about any other guy in the picture. What matters is how you make her feel.

It's about you and her. Everyone else is irrelevant.

You've got to make her feel attracted to you.

When she's feeling attracted to you, that feeling inside of her will grow.

She'll start to think about you in a more positive light.

When you do that, you also need to make sure that you have the confidence and the knowhow to guide her through the process.

You've got to know what to say and do at each step of the process.

All of that is explained in the program.

You will learn exactly what to say and do to get her back.

You Can Get Her Back

One final point that I want to make for you in this video is that it may seem difficult for you to get her back.

You might doubt yourself.

You might feel like it's not possible for you to get her back when she has moved on.

She seems so happy without you. She seems like she doesn't need you. She seems like she's not interested in you anymore.

If you are focusing on that and you believe in that, then you're not going to have the confidence to take action and get her back.

You're also not going to have the confidence to re-attract her when you interact with her.

What you need to understand is that you actually have a lot of control over how you make her feel.

When you interact with her on the phone or in person, you're either going to be turning her off or turning her back on.

For example: If you are interacting with her and you're doubting yourself, being insecure, just being neutral and are not really being your true confident self, then she's not going to feel a spark for that.

However, if you can interact with her and exude your natural charisma by believing in yourself and letting your real self come through, while also being confident and joking around and getting her smiling and laughing, then she's going to feel a spark for you.

[image: Making your ex feel that special something that brings a man and a woman together and keeps them together]

She's going to feel attracted to you.

When you make her feel attracted to you again, she then has to live with the fact that she does feel drawn to you, that it doesn't feel over.

She thought that the relationship was finished, she thought that she was over you, but something has changed inside of her.

She now feels like she's open to getting back with you.

You can make your ex feel that way.

You can make her feel attracted to you again, so make sure that you stay strong.

Make sure that you believe in yourself.

Make sure that when you interact with her, you are ready to re-attract her.

You are at a place where you are emotionally attractive again.

You're able to make her feel that spark.

You're able to make her feel that special something that brings a man and a woman together and keeps them together.

You make her feel that attraction and you have the confidence to get her back and enjoy a better relationship than you had before.

You can do it, so go and get her back.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Does the No Contact Rule Work?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

So, does the No Contact Rule work?

The No Contact Rule is about stopping contact with your ex for 30 to 60 days after a breakup.

What I've found is that in most situations, cutting off contact (and ignoring any attempts from her to contact you) is way too much time.

It results in the woman moving on or getting used to not having her ex in her life and being fine without him.

In some cases, a guy can get his ex woman back simply by not contacting her.

She won't be able to deal with the pain of not having him in her life.

She won't be able to deal with the fact that he isn't contacting her.

It'll hurt her so much that he's just not around and she'll decide that she has to get him back even though he turned her off and she didn't want to be with him at the time of the breakup.

However, in most ex back situations, what a woman does is that she holds on to the reasons why she broke up with a guy.

For example: If a woman broke up with a guy because he was too emotionally sensitive, he was too insecure and became jealous and clingy and needy, then she's going to remember that about him.

It doesn't matter if he stops contacting her for 30 or 60 days. She's going to remember him as being that type of guy.

She'll remember him being that type of guy leading up to the breakup, during the breakup and potentially for a little while after the breakup until he stopped contacting her.

In cases like that, if a guy wants to get his woman back, he has to interact with her to provide evidence to her that he's no longer like that.

It's not about calling her and telling her, *"Hey. I'm no longer like that. I'm not insecure anymore. I'm confident now."*

That doesn't work.

What it's about is interacting with your ex and letting her experience the new and improved you for herself, letting her see that no matter what she says or does when she's talking to you, you don't get thrown off by it.

You don't lose confidence in yourself.

You always remain confident, even if she is being cold, distant or indifferent at times when talking to you.

You're able to get her laughing and smiling and feeling good when she's talking to you on the phone or when she's talking to you in person.

You're able to create that spark of attraction inside of her.

You allow her to see that you are different and more importantly, she feels differently when she interacts with you.

When a guy uses that approach, he can get his ex back so much more quickly.

He doesn't have to sit around waiting for 30 or 60 or 90 days, hoping that she is going to forget about his negative qualities and want him back, purely because he isn't contacting her anymore.

What I've found by working on ex back cases for many years now, is that some women are ready to get back with their ex right away if he changes and re-attracts her, some women need a few days to calm down and be ready to interact with their ex and some women need about a week to calm down and be ready to interact with their ex.

What I've also found is that when a guy waits too long to contact his ex and start the ex back process, she either moves on or she gets used to not having him in her life and she's fine without him or she actually feels disappointed that he didn't follow through and try to get her back.

So, what I've always recommended is that a guy can either get his woman back immediately if he is able to be that confident, emotionally strong man and re-attract her, or he waits 3 to 7 days.

He gives her that space for 3 to 7 days.

In pretty much every case that I've worked on, a guy has not needed to wait more than 3 to 7 days.

Giving her 3 to 7 days proves the point.

It proves that he's not being needy and desperate and trying to chase her down.

He's in control of his emotions and he's giving her some space after the breakup.

After the 3 to 7 days, what a guy needs to do is interact with her and create a spark of attraction.

[image: Create a spark of attraction after 3 to 7 days]

He needs to make her feel something for him again.

He needs to make her feel that renewed sense of respect and attraction.

As a result, she can see for herself that she feels differently about him now. When she interacts with him, she smiles, she laughs, she feels good.

She feels attracted to him.

[image: Be active during the no contact period]

By the way...

When a guy is giving his woman up to a week of space, he doesn't just sit around doing nothing.

What you need to do when you're giving your woman that initial space after the breakup is get yourself back to a point where you are emotionally attractive to her again.

What often happens is that when a guy gets dumped, he becomes emotionally unattractive to his ex.

Being emotionally unattractive is about being insecure, doubting yourself, being emotionally sensitive, appearing rejected, hurt and lost without her.

It's also about extreme behaviors such as begging and pleading, being clingy, being needy and being desperate.

So, to get a woman back, what you need to do is be emotionally attractive to her again.

Being emotionally attractive is about being confident when you interact with her, feeling worthy of her, being able to joke around and make her laugh and make her feel good when she's interacting with you.

Over the years, many guys have contacted me asking, *"Why haven't I got my ex back after ignoring her for 30 to 60 days? I thought that using the No Contact Rule was the best way to get an ex woman*

back.”

The reason why it doesn't work for so many guys is that the woman isn't attracted to him anymore when she breaks up with him.

Without having feelings of attraction for him, she doesn't really have much or any motivation to want to get back with him.

Why would she want to get back into a relationship when she knows that the guy she dumped isn't going to be able to make her feel attracted in the ways that she really wants him to?

So, a question that I've got for you at this point is that if you have been using the No Contact Rule on your ex-girlfriend or ex-wife, has it resulted in you getting her back?

If not, you really have to have a think about what you're going to do instead.

If ignoring her isn't working and she's totally fine without you, then she doesn't really care.

She's fine, she's over it, she's going to move on, she's not really going to be looking back with much positivity.

She's focused on the negatives.

She's sticking with her decision to break up with you and she's moving on.

If you want her back, you have to make her feel something for you again.

In particular, you have to make her feel attracted to you again.

Sexual and romantic attraction is what makes a man and a woman want to be together and want to stay together.

If your ex doesn't feel sexual and romantic attraction for you, then not contacting her is almost certainly not going to result in her running back to you, begging for another chance and wanting to be with you.

However, when you use a different approach and you interact with your ex and make her feel a renewed sense of respect and attraction for you, then she feels like the relationship between you and her isn't finished.

It's not over.

There's something there.

What you need to do at that point is to build on her feelings for you when you interact with her.

You also need to have the confidence to keep going and push through her potential initial resistance and get her back into a relationship.

Sometimes, for example, a guy got dumped because he used to become very agitated and angry at his woman in the relationship, so when he's getting her back, she'll be a little bit resistant, she'll be cold, she'll be distant, she'll act confused as a way of seeing whether or not he's going to become agitated and angry.

In other cases, a woman will be acting distant and cold and confused about her feelings because she wants to test whether or not her guy now has enough confidence in himself, whether he feels worthy of her.

So, if she's acting distant and she notices that her ex guy is doubting himself, she will see that he hasn't really changed.

He still doesn't have the type of confidence that she's looking for in a guy.

He's not going to be able to make her feel attracted in the ways that she really wants him to.

As a result, she won't want to give him another chance.

He has to be able to show her that no matter what she says or does, he doesn't lose confidence in himself.

Over the years, what I've found is that a very small percentage of guys will get their ex back simply by not contacting her.

However, the vast majority of guys who have contacted me and have said, "*Hey. I used the No Contact Approach,*" then go on to say that it didn't work.

She either didn't contact him or she did contact him and she had already moved on, or she had no interest in being with him when she contacted him.

Alternatively, she didn't contact him and simply moved on without him.

So, it's up to you what you want to do.

You should trust your gut instinct.

If your gut instinct tells you that if you stop contacting her, she'll go crazy and miss you and chase you down, then great – go ahead and use the No Contact Rule.

Just stop contacting her.

Let her live in that misery and she'll contact you and then she'll beg for another chance. Fantastic.

Yet, if your gut instinct is telling you that she doesn't feel attracted to you now, she doesn't want to be with you and she's probably not going to care if you stop contacting her, then I don't recommend that you use the No Contact Rule.

You should trust your gut instinct.

If you're pretty much certain that she's not going to care, then what you need to do is make her care.

The only way to make her care is to interact with her and create a spark inside of her.

Make her feel a renewed sense of respect and attraction for you.

Make her have some feelings for you again.

When you do that, it then doesn't feel like it's over to her.

There's something there between you and her.

She's feeling something for you again.

She's feeling drawn to you.

She's thinking about you and missing you.

You have reactivated her feelings and as a result, you have opened up the opportunity of having a relationship together again.

All you need to do at that point is be confident and guide her back into a relationship.

Learn More?

I hope you've enjoyed this video and learned something from it.

If you need more help to get your ex back and you'd like to follow a step-by-step system to get her

back, I recommend that you watch my program [Get Your Ex Back Super System](#)

When you follow the steps of this system, you will get another chance with her.

This is about getting her back now, not waiting around for 30 days, 60 days or 90 days.

This is about getting her back now.

When you watch the program, you will learn what to say and do to re-attract her, to make her have feelings for you again, to bring her guard down and make her want to have a relationship with you again.

Don't Be Afraid to Contact Her and Start the Ex Back Process

You might be worried that she won't be interested in you if you contact her.

She will.

She might act a little bit cold and distant initially, she might have her guard up, but as long as you are focused on making her feel a renewed sense of respect and attraction for the new and improved you, then she is going to feel something for you.

She's going to enjoy talking to you.

You're going to get her laughing and smiling and feeling good when she's interacting with you.

You're then going to get her to meet up with you, you're going to make her feel even more attracted, she's going to forgive the mistakes that you made before, she's going to want to explore her new feelings for you, you're going to hook up with her and you're going to get her back.

She's your woman, so get her back.

Don't sit around wasting time, hoping that she's going to come back if your gut instinct is telling you that she's not going to.

If your gut instinct is telling you that she doesn't care and she's going to move on, I recommend that you do something about it.

Go and get her back.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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How to Get an Ex Back That You Have Children With

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

So, how can you get an ex back that you have children with?

Here are the 6 things that you need to be aware of.

1. Don't think that you will get her back by giving more

Whenever I've helped a man to get his woman back that he has children with, I've found that the approach he's been using is about giving more.

He wants to show her that he's a supportive, generous, loving, caring dad.

He wants to make her life as easy as possible.

He might take on extra chores, do extra things with the kids, pay more money and generally just try to show her that, *"Hey, I can do whatever you want. I'll be there and I'll do anything for you."*

Now, while that's great and it's very noble, it's not the one main thing that is going to make her want to be back in a relationship with him.

What is?

Sexual attraction.

Without sexual attraction, a woman doesn't feel like there is any reason to be in a sexual relationship with a man.

She will be in a friendship with a man or baby daddy situation, an ex situation with a guy who's friendly and supportive, but if a man wants to be in a sexual romantic relationship with her, there needs to be sexual attraction.

Most of how women feel sexually attracted to a guy is in how he comes across to her, his conversation style, his behavior and how he reacts to her.

So, say for example, a guy catches up with his ex-woman that he has children with and he hands over the children because he's been looking after them.

When they're about to part ways, he and the woman give each other a hug, yet she gives him a hug like just a pat in the back sort of hug.

It's not a warm loving hug.

What can he do to make her feel sexually attracted to him in that moment?

Well, what he needs to do is to make her feel feminine in comparison to his masculinity.

In other words, make her feel like the woman.

Don't make her feel like they're just neutral friends.

Don't make it feel like it's just a friendly pat in the back sort of hug.

So, he gives her a hug goodbye and she gives him a distant, pat on the back hug then he smiles and says, *"What? That's all I get? Is that a pat in the back? Come here. Bring it in for a real hug."*

[image: Getting a warm hug from your ex that you have children with]

He then gives her a warm real hug and gets her to give him a proper hug.

As a result, she feels more feminine because he's dominating her, but he's not being an asshole about it.

What women want is a man who can dominate them in a loving way.

It's about being dominant, but also being loving and being a good man at the same time.

I'm not saying she gives you pat in the back sort of hug and then you angrily say, *"Oh, what's that?"* You know, *"Give me a proper hug. Come here."*

Reacting like that is not going to make her feel attracted because that's a guy who's losing control of his emotions.

Women are attracted to men who maintain control, who don't get thrown off by a situation and can also make a woman do what they want them to do.

So, bringing it back to what I was saying earlier, don't think that you're going to get her back by giving more.

I've literally dealt with maybe about 50 cases where a man is trying to get a woman back that he has children with and maybe about 95% of the time, guys do this.

The man is just being generous and nice and supportive and giving and taking things off her plate.

He's hoping that she will see that he's just such a great man for her and that she's never going to be able to find another guy who treats her in such a nice, supportive way.

Yet, the thing is that the same rules of attraction apply to picking up new women, being on a date with a woman, being in a relationship with a woman and getting an ex back.

For example: Women don't like it when they meet a guy for the first time and he's just sucking up to them.

He's just buying her drinks and being super nice and polite to her.

That isn't the thing that makes her think, *"Wow, I want to have sex with this guy. I want to be in a relationship with this guy."*

What does?

Sexual attraction.

Sexual attraction is something that you can CREATE based on your behavior, based on how you talk to a woman.

So, when you're interacting with your ex that you have children with, you need to be creating sparks of sexual attraction inside of her.

When she's feeling that, she's going to feel drawn to you.

She's going to start missing your presence in her life.

She's going to start imagining kissing you again, having sex with you and as a result, she's going to start becoming interested in being with you again.

Now, all that said, I'm not saying that it's wrong to be a good man, to be supportive and be nice to your woman that you have children with.

There's nothing wrong with making her life a little bit easier if you want to do that and there's nothing wrong with being a good dad.

There's nothing wrong with that at all.

Don't get me wrong.

Yet, just don't think that it's going to be the thing that makes her feel like, *"Wow, I want to kiss him. I want to have sex with him."*

It's just not going to work.

So, what should you do instead?

2. Focus on attraction, rather than pressuring for a relationship

Pressuring for a relationship can happen in obvious and subtle ways.

Obvious is where you're talking about the relationship, trying to work on the relationship, asking for a second chance, asking if the door is still open and trying to get her to commit to the idea of being together.

Subtle, means that it's coming across in your energy.

She can feel it, she can sense it, she can pick up on it.

When she interacts with you and when she notices your body language, when she notices your behavior, she can sense it.

She can sense that you really do want to be in a relationship with her.

You're lost without her, you desperately miss her and you're hoping that she just turns around one day and says, *"I miss you. I want to be with you."*

She can sense that.

So, what you need to do if you want to get her back is to not be focusing on trying to get the end result of a relationship right now.

You need to be focusing on giving her what she wants.

What does she want?

She wants to feel respect from the man that you are now.

You have changed since the breakup. You've become so much more of a complete man.

You're not making the same communication and behavioral mistakes that you made in the relationship.

You're different now.

She respects you and she can look up to you now.

She also wants to feel sexual attraction, so she can feel sparks of sexual attraction when she interacts with you.

She smiles, she laughs, sparks fly, she feels drawn to you and she finds herself thinking about you and imagining kissing you and having sex with you when you're not around.

She also wants to feel love for you.

She wants to be able to reconnect with her original feelings of love for you.

She wants to start imagining you and her and your child or children being back together in a family unit.

She wants to imagine that going well.

The thing is, she will imagine it going well if she can sense and see and pick up on the changes in you.

If when she interacts with you, she feels attracted, she feels turned on, she feels sparks of love for you again, you don't even need to tell her that you've changed – she will see it for herself.

When a woman is feeling respect, attraction and love again, she starts to imagine positive things happening.

She doesn't focus on the negatives.

It's sort of how things work when you first start dating a woman where you don't really focus on each other's flaws.

You're feeling attracted, you're feeling like you are falling in love and you just don't care about any potential flaws.

You just want to kiss and have sex and hug and be around each other.

Of course, even though attraction makes a woman focus on the positives about a man, you still don't want to be making the same old mistakes as before and making her pick up on flaws that you still haven't fixed.

You want to be fixing those things, but if you are making her feel respect, attraction and love, then she's not going to be focusing on those things as much as she used to.

She's going to be focusing on your positives.

3. Don't let her negative behavior change you

[image: Getting an ex back that you have children with]

When guys are trying to get a woman back who they have children with, the woman will often start behaving in really nasty ways.

She'll be very demanding, she'll be selfish, she'll be bitchy, she'll get angry, she'll be short tempered, she'll say insulting things and she might even try to turn the children against him and so on.

There are many reasons why a woman will do that, but some of the reasons are that she wants to see what your breaking point is.

Sometimes, for example, a woman breaks up with a man and she doesn't really have too much of a reason to break up with him.

She just doesn't feel attracted to him anymore.

He's a good guy and he's trying and he really put a lot of effort into the relationship, but she just doesn't feel much of a spark with him.

She just doesn't feel it anymore so she breaks up with him, then she starts acting like a bit of a bitch in order to hopefully make him get angry and start insulting her or behaving in an aggressive way or doing something where she can say, *"There! See? That's why I broke up with you. I knew that you are like that. I don't want you anywhere near the kids. I don't want to see you anymore,"* and so on.

What some guys do when they're faced with that type of situation (i.e. their ex woman is being nasty,

bitch or rude) is that they try to be even nicer to her.

They'll try to suck up to her and be on their best behavior and tiptoe around her and try to say all the right things and be extra nice to her to avoid her getting angry or being negative.

You don't want to do that.

You want your woman to respect you.

Women do not respect submissiveness from men.

They also do not respect being overly aggressive.

So, when I say you shouldn't be submissive and just tiptoe around your woman when she is potentially going to get angry, I don't mean that you should go to the opposite extreme and become aggressive and say, *"Hey, stop talking to me like that! Treat me right. Why are you being such a bitch?"* and so on.

You need to just remain calm, be positive, be easygoing and not let it affect you.

When you do that, she will tire of being bitchy and nasty towards you.

She will start to see that it's just not worth it because you don't bite.

You don't get affected by it.

You always remain confident, you always remain positive and she just can't break you down.

So, while you are doing that, as long as you are focused on making her feel sparks of sexual attraction for you and reconnect with her original feelings of love for you, then the idea of getting back with you is going to start to feel good to her.

She's going to start feeling like you are someone that she can now respect again. You are someone that she can look up to now and admire.

She is imagining kissing you and being with you when you're not around.

She's feeling that love in heart again.

She wants to be with you.

As a result, she may stop being as bitchy and negative, but you have to understand that women ALWAYS test men.

It doesn't matter if your relationship is good or bad, your woman is going to test you.

Women always test to see where a man's breaking point is. When is he going to become insecure? When is he going to break down?

4. Use meet ups as opportunities to create sparks of attraction

Most guys who are trying to get an ex-woman back that they have children with, have an opportunity to meet up with her on a regular basis.

For example: When the man is taking care of the kids and then he brings the kids back to the woman.

In some of the cases that I've worked on, men have said to me, *"Well, I take the kids away for the weekend and then I bring them over to her place and she opens the door, lets the kids in and then just closes the door in my face."*

So, what a man needs to do if he's faced with that situation, is not let her continue to repeat that same

process.

For example: If he brings the kids over and she opens the door, let's them go in and then closes the door without even saying anything, he needs to make sure that the next time he drops the kids off, he's ready.

The next time he drops the kids off, she opens the door and he smiles and says, *"Hey, hey, hey. Before you close the door, I just want to say hi. How are you doing? How are you doing today?"*

He has a chat with her and lets her see that he's not being angry, he's not appearing rejected, he's not upset and he's not affected by her negative behavior.

Instead, he's confident and he is being loving, but he's also being dominant. *"Hey, before you close the door, how are you doing? How are you doing today?"*

He might then talk about where he and the kids went, for example, if they went to a movie and add in some humor when he's talking to her.

He will get her to smile and laugh and feel relaxed and easygoing around him.

He will let her see that things are fine between them, things are cool, everything's fine.

That's what you need to do.

Let her see that you're able to talk to each other, there's no drama, there's no tension and it doesn't have to be awkward anymore.

5. Try to avoid texts as much as possible

Texts are often necessary, especially when you're arranging to pick up the kids and drop off the kids.

If she's in a new relationship, she probably doesn't want to get on the phone and be talking to you when her guy is in the background.

She doesn't want to create problems and so on. That's fine. I totally understand that.

However, in all other cases, you should avoid texts like the plague.

Do not get into texting conversations with her where you're just being friendly and talking to her in a supportive way and being that friendly, supportive, generous ex-guy.

Additionally, don't try to discuss the relationship via text.

If you're gonna talk about the relationship, talk about it in person, but keep it brief and add in humor.

When you're talking about the relationship with her, don't make it serious.

Just joke around, say some serious points in here and there, but make the conversation feel easygoing and like everything's cool between you and her.

There's no awkwardness; everything's fine.

When I help men to women back who they have a child with, I often find that a guy has been really trying hard to get something going via text, to make her feel something via text.

What you need to understand about texts is that they can sometimes create a spark of respect and attraction and love, but for the most part, they don't.

Texts are just words on a screen.

What really crates a spark of respect, attraction and love is where you interact with your woman in

person.

She can really see that you have changed, that when she talks to you now she feels different.

The awkwardness, the turn-off feeling that she had just isn't there anymore.

She feels respect for you, she feels attracted and she feels drawn to you who you are now.

That is what works.

Yet, with texts, it's so easy to stuff up.

It's so easy to come across as though you're being needy, you're being insecure, you're trying too hard, you're lonely without her and so on.

It's so easy for her to misunderstand what you are texting her and if you've been texting your ex-woman, you will know that already, right?

You will know that it's difficult to get her to understand what you really mean and sometimes she misunderstands what you're saying and then an argument breaks out via text or she goes cold and stops replying.

That's why I always say do not focus on text when you're trying to get an ex back.

It's so easy to stuff up.

Whereas, the total opposite is true in person.

It's so easy to get things right in person if you have actually made changes.

If you have been improving your ability to make her feel attracted since the breakup, then when you interact with her, it's so easy to get that right.

It's so easy to be more confident than you were before.

It's so easy to get her laughing and smiling when before you were just making her feel neutral or turned off.

6. Let her want the relationship more than you do

Of course, you want her back and that is fine.

You want to get that family unit back. You love her, you miss her, you want to be with her.

That's totally fine, but you've also got to understand how women work.

Women want to be in a position where they are chasing a guy a bit.

I don't mean going overboard with it and playing really hard to get and ignoring her text and acting like you don't give a crap about her.

I'm not talking about that.

I'm talking about you make her feel attracted, but you don't actually chase a relationship.

She's feeling attracted to you and drawn to you, but you're not trying to pressure her into having a serious committed relationship with you again.

She goes away from interactions with you feeling sparks of love and feeling attracted and missing you.

She starts imagining you and her and your child or children being back together in a family unit and then she realizes that you're not chasing it.

You are not trying to pressure her into that.

She then starts to think, *“Alright. Well, how can I find out if he wants to have a relationship with me rather than just this fun flirtatious thing that we’ve got going on at the moment?”*

She then starts to show you more interest.

She starts flirting with you more, she might touch you more, she might hug you more, she might even give you a kiss.

She wants to see how you’re going to react.

While she’s doing that, it actually makes her fall more in love with you and want the relationship more.

She’s going through the process of wanting you back and getting you back.

So, it becomes about her getting you back.

Learn More?

I hope this video has helped you and if you need more help to get your woman back, I recommend that you watch my program, [Get Your Ex Back Super System](#)

It’s a 7-step system and when you follow the steps, you will get back into a relationship with your ex.

The same rules apply to a relationship that has no children or has one child or has three or five children.

The same rules apply.

You’ve got to make her feel attracted to you again and you’ve got to make her want the relationship.

When you do that, it becomes so easy to guide her back into a relationship with you.

She wants it, she’s feeling attracted to you, she’s feeling drawn to you and it’s just a matter of hooking up again and getting back together.

Remain Calm and Confidently Get Her Back

One final point that I want to make for you is that while you’re getting her back, you need to remain confident at all times.

She might not make you feel very confident about her feelings for you and she might act a little bit indifferent or even a bit bitchy.

Yet, to successfully re-attract her and get her back, you must make sure that you don’t let that affect you.

Don’t let her see you appearing rejected or sad or depressed or lost without her.

You’ve got to let her see that you are a confident man who believes in himself.

When you are able to do that and are making her feel attracted to you whenever you interact with her, you will be able to get her back.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Never Chase After Being Dumped. True or False?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Never chase after being dumped. True or false?

Well, it's true that you shouldn't desperately chase after a woman when she has dumped you.

However, that doesn't mean that you should just give up and walk away and say, *"Well, look. If she comes back, she comes back. If she doesn't, she doesn't."*

A guy can say that if he wants to (i.e. if he doesn't really care about his woman,) but what I'm talking about here is a guy who has lost his girlfriend or his wife and he really loves her.

[image: Attracting her back in a calm, confident manner]

It's a woman that he sees as special.

He enjoyed the connection that they had, he still loves her, he's still attracted to her, but he stuffed up in the relationship.

He made some mistakes.

He wants her back and he knows that this time around, he can do a better job.

He can make her feel the kind of respect, attraction and love that she really wanted to feel in the relationship.

So, while you shouldn't chase after a woman desperately when she has dumped you, it doesn't mean that you just give up and don't try to get her back.

Where guys go wrong is that they think that getting a woman back means asking for a relationship, asking for another chance.

That's not how you get a woman back who has dumped you, in most cases.

Sometimes a woman will give a guy another chance if he simply asks for it, but when a guy is being dumped and she no longer wants anything to do with him, she's going to say no if he asks her for another chance.

She will say no if he asks her right away, after a week, after a month and maybe even after a year.

Why?

She doesn't feel attracted to him.

He's feeling attracted to her, he loves her, he wants to be with her, but the feelings aren't mutual.

Luckily for us men though, we can actually create feelings of sexual attraction inside of a woman.

We can create it.

You can interact with a woman and create a spark.

You can get her smiling and laughing and feeling good around you.

You can make her feel attracted to your confidence.

You can make her feel attracted to your emotional masculinity.

You can make her feel girly in comparison to your masculinity.

You can make her feel attracted to your charm and charisma.

You can bring her guard down and open her back up to being with you.

So, rather than chasing a woman and trying to ask for a relationship, what you need to do is focus on the one thing that matters to her.

What is that?

Her feelings.

How does she feel about you?

If she feels turned off by you, she's not attracted to you, she doesn't respect you, she's not really feeling like she's in love with you anymore, then she's going to say no if you want another relationship with her.

It doesn't matter if you say, *"Hey – I promise that I'll do better this time. Just tell me what you want me to change. I'll do anything. I have already changed. Just give me a chance to show you,"* and so on. That isn't what works.

What works is when you interact with your ex and you actively create a spark.

You make her feel attracted to you by the way that you're talking to her, the way that you're interacting with her.

You create a spark.

When you do that, what does she have?

She has feelings for you.

She starts to feel attracted.

She starts to feel some respect for you. She starts to feel sparks of love.

Then, she starts to want to get back into a relationship with you or at least hook up with you and see how she feels.

Here's the thing...

I've been helping guys to get women back for many years now and I've heard of all the strategies that guys use and I know which strategies and approaches don't work for most guys.

The one that doesn't work for most guys in most situations is simply walking away and trying to show her that you don't care when you actually do.

When a woman doesn't feel respect and attraction and love for a guy â□□ in other words, she doesn't have feelings for him â□□ and he just says, *"Alright – I'm not going to do anything. I'm just going to cut off contact and show her that I don't care,"* what does he achieve?

In a very small number of cases, a woman will come back because she's very young and can't handle the pain of a breakup or she's inexperienced and can't deal with the pain of a breakup, or she can't find a replacement guy and then just gets back with her ex for something to do for a while.

That happens in a small number of cases.

That is true, but for the vast majority of cases that I've seen, the woman doesn't come back because she doesn't have feelings for the guy.

He hasn't done anything or he hasn't done enough to re-spark her feelings for him.

He might have been using the approach of trying to convince her to give him another chance, begging and pleading, promising that things will be different, saying that things are different and he just needs a chance to show that to her and so on.

All of those approaches don't work because they don't actually create a spark of sexual and romantic

attraction inside of the woman at that point in time.

It's just a guy saying, *"Please...give me another chance. I will show you. I'll do it. You can see for yourself. Just give me a chance."*

That doesn't make a woman feel a spark of romantic and sexual attraction especially when she has already broken up with the guy.

She has already gotten to the point where she doesn't respect him enough and she doesn't feel enough attraction and she doesn't feel enough love to stay in a relationship.

Now, he's asking her to disregard her feelings and just give him another chance because he wants it.

When getting a woman back, you've got to understand that what matters to her at the moment are her feelings.

When you were in a relationship with her, she cared about your feelings, too â□□ if she was a decent woman, of course. There are some women out there who don't care about their guy.

That is true as well, but the majority of women out there do care about their man's feelings when they're in a relationship with him.

It's a relationship.

You're in love, you care about each other, you look out for each other.

Yet, now that it's broken up, she only really cares about her feelings.

She might be a nice woman and have some empathy and be patient and nice to her ex, but in most cases, the woman just closes up and focuses on her feelings.

She doesn't want to be focused on her ex guy's feelings because that will make her feel pity for him and want to give him another chance for that reason.

So you need to understand that the only thing that really matters to her at the moment are her feelings.

When you make her have feelings for you, then a relationship with you becomes something that she wants.

What's an example of making a woman have feelings again?

One example is where a guy was too neutral in the relationship with his woman.

He didn't really create much of a spark inside of her. He acted and behaved more like a friend with her.

At the start, the relationship was fine because they were having sex and it was all new, but over time, it became boring because his approach to the relationship was about being like a friend. So, there was no spark there.

She didn't feel like she was excited in the way that she was at the start.

To make her feel attracted to him again, he needs to start interacting with her in ways that are going to create a spark.

For example: He uses more humor, he has more of a confident energy, he's more emotionally masculine, which then allows her to be feminine around him and he also adds in a bit of a sexual energy when he's talking to her rather than just talking to her in a friendly or neutral way.

Another example of re-attracting an ex is where a guy became emotionally sensitive and insecure in a relationship.

Then, when he interacts with her, he can show her by the way that he's talking, by the way that he's using his body language, by the way that he's reacting to her and the way that he's behaving that he's so much more emotionally strong now.

He's not the emotionally sensitive, emotionally weak, insecure guy that he became in the relationship.

He is so much stronger now.

No matter what she says or does around him, he maintains his confidence.

He talks to her with so much more confidence. He looks her in the eye with so much more confidence.

When she tries to tease him or make him feel insecure or make him doubt himself, he remains confident.

As a result, she can see for herself that he has changed.

She can also see for herself that she feels differently around him now.

He doesn't have to say to her, *"Hey. I promise that I've changed. I promise that things will be different now. Please just give me a chance to show you."*

He doesn't have to do that because women can pick up on it themselves.

When you interact with a woman, she can sense for herself whether or not you now know how to attract her in the ways that really matter to her.

When you start attracting your ex in the ways that really matter to her, then you don't need to chase her.

She feels drawn to you.

Her guard comes down.

She opens up and you can get her back into a relationship with you.

Learn More?

I hope you've enjoyed this video and learned something from it.

If you'd like to learn more and you need more help to get your ex back, I recommend that you watch my program [Get Your Ex Back Super System](#)

You will learn how to make your ex feel so much attraction for you, so much respect and so much love, that she will open back up and want to be in a relationship with you.

In many cases, a woman will actually start to chase her ex and try to get back with him.

Whatever happens in your case, you can get her back.

It doesn't matter if she starts chasing you or you need to pursue her. Either way is fine as long as you get her back.

It's not about being desperate and chasing her and pleading with her to give you another chance.

Instead, it's about focusing on what matters the most to her, her feelings.

When you make her have feelings for you again, everything changes.

Her guard comes down, she opens back up and you can get back into a relationship with her.

Desperately Chasing Vs. Calmly and Confidently Pursuing a Woman

One final point that I want to make for you in this video is that there's a big difference between desperately chasing a woman who has dumped you versus calmly and confidently pursuing a woman, making her feel attracted and getting her back.

Have you ever heard a woman say, *"I like a man who knows what he wants and isn't afraid to go out and get it. He's not afraid to pursue it. He's not afraid to go after it."*

That's what women respect.

Women don't respect when a guy is being desperate and needy and crazy and he's losing control because his woman dumped him. That is not what they respect.

Women respect a man who is in control of his emotions.

He's calm, he's confident, he knows what he wants and he knows how to get it and he's not afraid to go after it.

He's not afraid to pursue it.

He's not afraid to potentially come up against some resistance.

For example: When a guy starts calmly and confidently pursuing his ex, he might be greeted with a no at the start.

She might not believe that he can have changed.

She might have her guard up, but when he starts to make her feel attracted in the ways that really matter to her, then her guard comes down.

Then she starts to realize that things are different.

She feels differently around him now.

She feels attracted to him, she feels some respect for him again, she's starting to feel love for him again and as a result, he can get her back.

So, while you shouldn't desperately chase an ex after she has dumped you, that doesn't mean that you simply give up, walk away and expect her to come back even if she's not attracted to you.

If you want her back, in most cases that I've seen, a guy needs to do something about it.

He needs to actively make his ex woman have feelings for him again.

Otherwise, she just moves on.

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[image]

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[image: Dan Bacon]

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My Ex Blocked My Number. Is it Over?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

No, it's not over.

Your ex blocking your number simply means that you now have to use a different approach to get her back.

Here's what you need to do:

1. Update your Facebook and/or Instagram profile

[image: Post up photos on social media of you having fun with other people]

This is an important step, because now it's the only effective type of communication you have with your ex where you can show her that you've changed.

What you post online from now should show you having fun with other people (e.g. going to parties, events, festivals), so she can see you're not sitting around all day worrying about how to get her back.

If you don't use social media or don't post up photos often, now is a good time to start.

Social media is a very effective tool to get your ex back, so if she has blocked your number and you want her back, you have to adapt and start using it to get the result you want with her.

Important: If she has unfriended you on Facebook or unfollowed you on Instagram, just post your photos as "public" so she can see them from the outside. If she is curious to see what you are up to, she will stop by your profile to have a look.

If you don't use social media, you might have no other way to show your ex what you're up to and how much you've changed, so she will hold onto her negative perception of you that she developed near the end of the relationship and during the break up.

Once you've updated your profiles (or opened your social media account) and added some happy, positive things about you and your life, you should

2. Contact her via social media to ask for one phone call

Once you've updated your profile on social media (i.e. you've posted up photos of you having fun with other people), send your ex a message to ask her for a phone call.

Important: Only do this once you've updated your social media, otherwise almost all women say no because there is no evidence to suggest you have changed or that you are happy without her.

Most women don't believe that a guy has changed simply because he says so and she will also worry that he's just trying to get her back and that everything will still be the same as it always was.

An example of what you can say to get your ex agree to a phone call is: *Hey Jenny. I accept that we've broken up, but I just wanted to ask you something over the phone. Don't worry, it's not serious. Can you just unblock my number tomorrow at 6.00pm [make sure you pick a suitable time that you know she's available to talk] so that I can give you a quick call. Then you*

can go ahead and block me again if you want to.

If she doesn't respond to your message, just go ahead and give her a call at the time you specified in your message.

If she doesn't answer and you discover that your number is still blocked, leave it for a day or two and then send her a message saying this: *Hey Jenny I tried calling you the other day at the time I suggested in my previous message to you, but my number was still blocked. I really do need to ask you something over the phone, but I don't want to be a nag about it. How about I try again tonight at the same time? I promise, it's just a quick call to ask you this question and then you can block my number again as soon as I hang up the phone if you want to.*

She might then send you a message asking, *What do you want to ask me?*

Whatever you do, don't make the mistake of thinking, *Oh good! She's replying!* and then start texting back and forth with her.

Instead, just text her back and say, *What I need to ask is better done over the phone. I'll call you at 6. You can then block me again if you like.*

In most cases, a woman will be curious about what you want to ask her and she will unblock your number to find out.

When you get her on the phone, make sure that you display confidence by remaining calm and relaxed when she's being cold towards you (e.g. she says, *Okay, I've unblocked your number. You have 3 minutes, so make it fast! What do you want?*) and then use some humor to get her smiling and laughing and enjoying talking to you, so her guard comes down.

For example, you might say, *"3 minutes? Oh well, I guess we can't do what I planned to do on this call"* and then she might ask, *"What was that?"* and you might add, *"I was going to read you a 2 hour story. Oh well"* and have a laugh with her about that.

In other words, don't take the conversation so seriously.

Look for an opportunity to use humor, so you can get rid the awkward tension between you and her and make her relax and open up a little more.

3. Get her to meet up with you in person to say hello

After a bit more light hearted conversation where you continue sparking your ex's feelings of respect and attraction for you (e.g. by making her smile, laugh and feel good to be talking to you again, quickly telling her in a sentence or two what you've been doing to let her see that you've been happy and getting on with your life without her), you can ask her to meet up with you in person.

For example: You can say, *Anyway, it's been great talking to you again. It's nice to see that we can be two mature adults around each other and actually have a fun conversation without getting annoyed. Hey, so what I wanted to ask you over the phone is to just meet up in person to say hello as friends. It wouldn't be about us getting back together of course. It's just a coffee to say hi to each other as friends.*

In most cases, a woman won't say *Yes* right away and she will initially be resistant to the idea (e.g. because she doesn't believe that you've changed, she's afraid of getting

hurt again, she doesn't want to come across as being too easy or she has a new man in her life).

So, she might say something like, *â€œNo, I don't think that's a good idea,â€* or *â€œYou said you wanted one phone call and now you're asking me to meet up with you for coffee.*

You're pushing your luck!â€

No matter how negatively she responds, don't let that cause you to feel uncertain or insecure.

Remember: Women are attracted to men who can remain confident under pressure, so use any negative reactions from her as an opportunity to make her feel attracted to you.

Just relax and confidently say something like, *â€œHey, look it's just a quick cup of coffee as friends. No strings attached. Then, if you don't want to talk to me again after that, I will be totally cool with that and we can part ways as friends, rather than feel angry or annoyed with each other into the future. It can also be the last time we ever catch up in person if you want. If you don't want to ever see me again even as a friend, I will accept that 100% and never contact you again. So, what do you say? Are you in for a quick catch up tomorrow or the next day?â€*

She will likely then say *â€œYes,â€* and you can then go ahead and arrange a suitable day and time.

You then need toâ€

4. Make her feel a strong, renewed sense of respect and attraction for you at the meet up

[image: Meet up with her and make her feel something for you again]

At the meet up, you have to continue saying and doing the types of things that will make her feelings of respect and attraction for you grow, rather than say and do the types of things that will cause her to think, *â€œWhat was I thinking when I agreed to meet up with him again?! He sounded so different over the phone that I mistakenly thought he'd changed, but clearly, he's still the same guy I broke up with. I'm getting out of here and this time I'm blocking his number for good. It's over!â€*

For example:

If she is being cold and unfriendly toward you and is saying things like, *â€œI shouldn't have come here,â€* or *â€œThis is such a waste of time. Let's get it over with so that I never have to see you again,â€* rather than get upset, flustered and start doubting yourself around her, use her negativity against her to make her laugh and show her that you really have changed (e.g. you're more confident now rather than insecure, you're more ballsy, rather than letting her dominate you emotionally).

For example: You might respond by laughing at her attempts to make you feel bad and turning it into something to laugh about together.

You might laugh and say (in a joking manner), *â€œSuch a drama queen now, aren't you? We're only having coffee together as friends. Relax. I'm sure you can manage to relax for 10 minutes without causing a scene, right? You will be fine. Just relaaaaax. Look, I'll even put my timer on for you on my phone. Then, after the 10 minutes are up, you can throw a tantrum again if you want, but for these 10 minutes you have to be nice and behave yourself. Cool! time starts now!â€* and

have a laugh with her about that.

She will likely feel a bit shocked at you for having the balls to stand up to her in that way, but at the same time, she will also feel curious about your newfound relaxed and confident attitude towards her. This will naturally make her feel some respect and attraction for you again, even if she tries to hide that from you.

When she feels that for you, she then starts to accept that it is possible for you to really have changed. She then stops focusing on the things about the past version of you that she didn't like and starts focusing on things about the new version of you that she does like.

Her guard comes down and she becomes open to interacting with you some more (e.g. over the phone, or seeing you in person again) to see what happens.

At the meet up, it's also very important that you

5. Get her to forgive the old version of you

[image: Forgiving me will make you feel better]

If your ex doesn't fully forgive the old version of you, she might not be able to stop herself from bringing up all your past mistakes every time you do something she doesn't like.

So, you do need to get her forgiveness for who you used to be by apologizing to her in person (keep it brief and to the point when you apologize).

Note: Apologizing to her in person is always better than doing it via text, e-mail and social media, because she can observe your body language, assess the sincerity in your voice and see for herself that you really do mean what you're saying.

However, getting your ex to forgive you is not about groveling and saying things like, *"I'm so sorry! I really stuffed up. I hate myself for what I did to you. Can you please forgive me and give me another chance,"* over and over again, because that will only turn her off even more.

Instead, you need to sincerely and briefly apologize to her once, by taking responsibility for your past mistakes and then asking her to forgive you so that both of you can move forward in your life without the baggage of a bitter break up clouding your future relationships.

You can tell her that when she forgives you, she will feel better about what happened and she will then be able to remember that there were also some good times between you and her.

Once you do get her forgiveness, she naturally becomes more open to you, even if she didn't plan to. All of sudden, she stops thinking of you in a negative way and begins to feel respect and attraction for you once again.

Then

6. End the meet up with a warm goodbye hug and if possible, a kiss and then sex later that day or night

[image: Get a warm, goodbye hug]

It might feel a little awkward for her at the start, but she will like it.

As long as you've been making your ex feel strong surges of respect and attraction for you throughout the meet up, getting a hug goodbye should happen naturally and easily.

Just make sure that you don't skip this part (e.g. because you're worried she will say no, or because you don't want to seem pushy after things have been going so well).

Why is it important to get physical at the end of your meet up?

Having a warm hug goodbye helps break the physical distance between you and her, makes her feel a surge of sexual attraction and most importantly, it confuses her feelings.

All of a sudden, she starts wondering, *"Why did that hug feel so good? Why did I enjoy being in his arms again?"* and she then becomes open to talking over the phone and seeing you again.

How can you get a goodbye hug from your ex?

When you and your ex are getting ready to leave, you can say something along the lines of, *"Okay, bring it in for a warm, goodbye hug since we're never going to see each other again."*

In most cases, if you've been sparking her feelings of respect and attraction for you throughout the meet up, a woman will be more than happy to give you a hug.

She will also feel a bit sad now that it's possible she will never see you again, so there will be some feeling attached to the hug.

Go ahead and gently take her in your arms and give her a nice, long, warm hug that last for about 5 seconds.

If she seems open (i.e. she remains in the hug and looks you in the eye briefly with a smile), you can then lean in and give her a kiss as well.

In many cases, a woman will then be open to hooking up with her ex sexually that day or night.

However, if you can only get a hug and she's not willing to go any further than that, don't worry about it.

The important thing is that you've broken down her walls of resistance and planted seeds of doubt in her mind about her decision to break up with you.

You can then

7. Get her to unblock your number

If you have shown your ex that you really have changed (via your actions and conversation style), gotten her to forgive you and aren't desperately trying to convince her to give you another chance, she has no reason to keep your number blocked.

For example: You can say, *"This wasn't so bad after all, was it?"* and let her answer.

Then say, *"How about you keep my number unblocked so that we can do this again sometime if you want to? I promise I'm not going to take advantage of you not blocking me on your phone to try and get you back if you don't want that, but we can at least be friends from now on. What do you say? Friends?"*

When she agrees to that, get her to unblock you and then say, *"Cool! Well, maybe we can text*

each other from time to time to say hello as friends.

From that moment onwards, don't abuse her good nature and start texting or calling her every day in the hopes that it will make her change her mind about getting back together again.

Instead, call her after a few days and continue building her feelings of respect and attraction for you (e.g. by making her laugh and smile, making her feel feminine in contrast to your masculine vibe, flirting with her).

Sooner rather than later, she will be the one suggesting a meet up and then you can guide her through the rest of the ex back process and get her back.

Finally!

8. Don't make any of these classic mistakes

Sometimes, a guy might feel so shocked that his ex has blocked his number that he makes a whole bunch of classic mistakes before ever searching and finding my article here.

For example: He might!

- Send her flowers to say sorry.
- Show up at her home uninvited.
- Send long, emotional e-mails, letters or social media messages telling her all about his feelings for her and asking her to unblock his number.
- Send her long messages via social media to apologize over and over again.
- Try to get her friends or family involved.

Yet, rather than make a woman think, *"Awww, he's so sweet. What was I thinking when I blocked his number? He must really love me to go to such extreme measures to get to me,"* she will just feel stressed out and pressured by his desperate approach.

The thing is, if a guy doesn't first improve his ability to attract her (i.e. by changing the things about himself that really matter to her,) a woman usually isn't going to be swayed by his attempts to get her back.

Instead, she's going to feel turned off even more and may say to herself, *"I'm glad I blocked his number. I don't have any doubts anymore about being broken up with him. It's really over between us and I wish he would just leave me alone."*

If she doesn't feel sexually attracted to him anymore, she might appreciate his romantic tokens (e.g. flowers, love letter e-mails), but it's not going to make her change her mind.

So, if you want your ex to unblock your number and give you another chance, don't waste time making grand romantic gestures or trying to persuade her by getting her friends or family involved or by showing up at her home uninvited.

Instead, you need to show her through your thinking and your behavior that you really changed and become the man that she always wanted you to be.

When she can see for herself that no matter how cold and closed off she's being towards you, you maintain your confidence and make her smile and laugh, her guard will come down.

She will then be much more willing to unblock your number because it feels like the right thing for

her to do â□□ not because youâ□□re pressuring her into doing it.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

I Ignored My Ex For a Month and Now She Says That She's Gotten Used to Being Without Me

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

So, what should you do if you ignored your ex for a month and now she's saying that she's gotten used to being without you?

Here are the 5 steps:

1. Realize why the No Contact Rule doesn't work on most women

There are times when the No Contact Rule works to get an ex woman back (i.e. if a woman is still deeply in love with her ex and can't deal with not hearing from him anymore).

In almost all other cases, if a woman has disconnected from her feelings for a guy, then when he ignores her for a month (or more), it only adds more negative feelings (e.g. anger, annoyance, resentment) and makes her not want to be with him even more than before.

For example: If a woman breaks up with a guy because he stopped making her feel appreciated in the relationship, she usually isn't going to come running back to him if he ignores her for a month or more.

Rather than making her think, *"Oh, I miss him so much! What was I thinking when I broke up with him? This time apart has shown me that I was being too hard on him. He is the man that I want,"* she will instead be thinking something like, *"I can't believe he's still doing this to me? He's trying to mess with my head one more time, even though we've broken up. He doesn't respect me at all. By not contacting me, he's showing me how little he cares about my feelings."*

If he then calls her after a month to try and get her back, she's usually built up so many walls around her to protect herself from getting hurt by him again, that she will say something along the lines of, *"Sorry, but you've been gone for so long that that I've gotten used to being without you. I don't need you anymore. It's over between us. I've moved on and you should too."*

A guy might then ask himself, *"Why has this happened? What did I do wrong? I thought the No Contact Rule was supposed to make her want me back. That's what everyone says on the internet, so I thought it was true."*

Yet, here's the thing!

For a man to get a woman back, he almost always needs to be ACTIVE, rather than PASSIVE about the ex back process.

In other words, he needs to actively interact with her (e.g. on the phone and in person) and actively make her feel strong surges of respect, sexual attraction and love for the man he has become since the break up.

The more she interacts with him and feels good to be talking to him again, the easier it becomes for

her to start seeing him as the man he is now, rather than the man she remembers him being before. She can then forgive him for his past mistakes and accept that heâs no longer the same guy she broke up with.

However, if a guy ignores a woman for a long time and then tries to get her back, she will usually be a lot more resistant to seeing him in a positive light again â even if he has truly changed and become a better man.

In some cases, this will be because she has hooked up with another guy and realized that she can be happy without him, so she doesn't feel much or any need to get him back.

So, if youâve ignored your ex for a month and now she says that sheâs gotten used to being without you, what you need to understand is that sheâs had a lot of time to disconnect from her feelings for you.

Yet, that doesnât mean that all hope is lost and that itâs over.

You can still change how she feels, but to do that you have to man up and do something about it, rather than continuing to ignore her and hope that she changes her mind.

You have to start interacting with her right away and make her feel something for you again.

Even if sheâs currently all closed up and is pushing you away, you have to stay strong and use any interaction you have with her (e.g. via text, social media, e-mail and especially on the phone and in person) to actively reawaken her feelings of respect and attraction for you.

2. Call her or meet up with her in person to let her experience the new and improved you

Note: The above headline does not say, *“Continue to text her.”*

I am recommending that you call her or meet up with her in person.

So many guys hide behind texts when trying to get an ex woman back and end up losing her.

You've got to have the balls to call and the courage to re-attract her in person.

That's how a man really gets his woman back.

Regardless of how convinced your ex might be that sheâs gotten used to being without you, if you become a regular presence in her life from now on (e.g. you call her on the phone to chat, you meet up with her for a friendly catch up), she wonât be able to block her feelings for you anymore.

If she interacts with you and experiences the new and improved man youâve become in the month that she hasnât had any contact with you (e.g. youâre expressing your confidence around her now and donât lose your cool when sheâs being cold or unfriendly towards you. Youâre now emotionally independent and arenât just sitting around hoping for a chance with her again), then she is going to feel differently about you.

All of a sudden, she will begin thinking something like, *âMaybe him ignoring me for a month wasnât that bad after all. I thought he was playing games and trying to make me come running back to him, but instead heâs obviously used that time to change and become the kind of man I always wanted him to be. I canât be angry with him for that. In fact, rather than feeling annoyed*

*and resentful, I actually feel respect and attraction for him again. Maybe we can get back together again after all.*â□□

You can make her feel that way if you want to.

So, don't give up just because she said that she has gotten used to not having you around.

You can get her back.

However, as mentioned, don't try to do it via text.

You have to interact with her on the phone (where she can hear the confidence in your tone of voice) and meet up with her in person (where she can experience the new you in person) if you really want to re-spark her feelings for you.

Where a lot of guys go wrong is that they first ignore their ex for a month and then, rather than getting her on a phone call and sparking her feelings of respect and attraction again, they try to get her back via text.

[image: Don't try to get her back via text]

Texts rarely work to get an ex back because they can easily be misunderstood or misinterpreted.

For example: You might think you texted her in a cool, confident way, but she might be sitting there, rolling her eyes and thinking, *“That’s it? That’s all he can think of to text me? Does he think that I will tell him that I will miss him now? Well, I’m not going to be that easy. I’m going to ignore his next few texts and see how confident he really is now.”*

Then, a guy will often feel like he is losing her, so he will begin being a bit insecure via text, which will turn her off and make her close up even more.

This is why you just have to get your ex on a phone call or meet up with her in person.

It's the only way youâ□□ll be able to convince her (without using words) that you really have changed and become a better man since the break up.

She can hear it and see it for herself and know that it's not an act.

You really have changed and become such a better man that she now feels so attracted to.

3. If she says no to meeting up, just tell her that it's a quick coffee as friends

If a woman has lost a lot of respect and attraction for a guy and is even feeling a little bit hurt or annoyed with him because he ignored her for a month after the break up, she might initially be resistant to seeing him again.

For example: She might say, *â□□Itâ□□s too late. Iâ□□ve gotten used to being without you and I donâ□□t see the point to opening up old wounds again,â□□ or â□□I donâ□□t think itâ□□s a good idea. Letâ□□s accept that we havenâ□□t even spoken to each other for a long time and that itâ□□s better this way.*â□□

Yet, regardless of what excuse your ex might use to avoid meeting up with you, just make sure that you don't take no for an answer.

Remain calm, be easy-going and be nice about it, but don't take no for an answer.

Why?

If you want to get her back, you will have to meet up with her to make that happen, so you've just got to get to a meet up.

So, if you're talking to your ex on the phone and she says something along the lines of, *â€œSorry, but I think we should forget about each other and move on,â€* rather than get upset, give up, or seek pity from her because you still miss her while she's doing fine without you and say something you might regret (e.g. *â€œHow can you be this cold? Didn't our love mean anything to you? I'm not the bad guy you're making me out to be. I just gave you some space to figure things out without being a nuisance and now you're holding it against me. Can't you see how much I miss you? Don't you even care?â€*), you can instead use it as an opportunity to show her the new confident, emotionally strong version of you.

For example: If your ex says *â€œNoâ€* to meeting up, you can say to her, *â€œLook, I understand that you might initially feel like it's not the best idea in the world for us to catch up, but it's just a quick catch up over a cup of coffee. It doesn't mean that I'm suddenly going to get all emotional on you and assume that we're going to get back together again because we're having an innocent coffee. These days, it's no big deal for ex's to be able to meet up as friends. We're mature adults. We can do that. So, let's try to catch up in the next day or so and have a friendly chat again. What do you say? A quick catch up as friends. No strings attached. Just a fun chat and that's all.â€*

Usually, when a guy says something like that to a woman and remains calm, relaxed and confident, she will likely say *â€œYes,â€* (even if it's only out of curiosity to see for herself if he's really changed).

Then, just go ahead and make plans to meet her at a time that suits you both.

Just remember though!

When you meet up with her in person, you've got to continue sparking her feelings of respect, attraction and love for you if you want to change how she feels.

4. Build up the sexual tension at the meet up and at least get a goodbye hug

To build sexual tension between your ex and yourself at the meet up, you need to alternate between moments where you're flirting with her, making her laugh, smile and feel attracted and then stopping and going back to talking normally with her for a few minutes (e.g. being more neutral around her).

By going from flirting, to normal conversation and then flirting, time and again, you effectively build up anticipation inside her and make her wonder, *â€œWhy am I feeling so excited to be around him again? Am I not really as over him as I initially thought I was? Is he going to kiss me? Why am I even thinking things like this?â€*

Now, that is what you should be doing, but what about what you shouldn't be doing at the meet up?

At the meet up, make sure that you don't sit there feeling insecure, doubting your attractiveness to her, being a good little boy who is on his best behavior around her, or allow her to dominate you, push you around, or control you because you feel bad for ignoring her for a month and now want her

back.

If you approach the meet up in those ways, she won't be able to respect you and will just think, *"This was a bad idea. Nothing has changed and I'm actually better off without him in my life."*

So, make sure that you don't waste the meet up with your ex by being unattractive.

Instead, remain confident and believe in yourself (regardless of how challenging, cold or distant she is being) and make her feel excited to be around you again.

Then, when she's feeling happy and you can sense that her walls have come down, you can say to her in a joking, light-hearted way, *"See, this isn't so bad after all. We're awesome exes. We've even managed to drink our coffee without throwing it in each other's faces. That has to be something worth celebrating, don't you agree? So, how about we hug on that? Come on over and give me an awkward ex hug"* and have a laugh with her about that.

Of course, don't make it an awkward hug.

That was just a joke.

Make it a warm, loving, relaxing hug that makes her think, *"Huh? Why do I want him all of a sudden? This isn't awkward, this is nice! I like it!"*

If you've built up enough sexual tension, she will want to hug you as much as you want to hug her.

So, just go ahead and pull her gently into your arms and give her a warm, loving, relaxing hug for a few seconds.

In most cases, the hug will then transition into a kiss and often sex.

However, don't focus too much on the sex and instead, just try to get a kiss if you can.

Why?

Her kissing the new you will cause her to remember how good she felt when you and her first kissed.

She then becomes open to getting back together again, because she suddenly feels that being without you isn't as nice as the feeling of being back in your arms.

5. If she doesn't want to get back right away, at least agree to stay in touch as friends

In some cases, a woman might not be open to getting back together again after the first meet up, so don't panic.

She might say something like, *"I just don't know if this is a good idea. I don't want to rush back into a relationship with you and then end up having to go through the pain of breaking up again."*

Unfortunately, a lot of guys believe that what she is saying is permanent and he can change how she feels.

What he doesn't realize is that her love for him is still there in the background and he just needs to bring it back to the surface by reactivating her old feelings of respect and attraction.

So, he just gives up and walks away from his ideal woman, even though he could have gotten her

back if he just focused on making her have feelings for him again.

Don't let that happen to you.

If your ex doesn't want to get back together right away, just remain confident and say to her (in a friendly, easy-going way), *"I understand why you feel the way you do right now and that's perfectly fine with me. We don't have to get back together, but I'm sure that we can at least be friends. How about that?"*

She will most likely say, *"Okay"* because you're taking the pressure off her to make a decision about the relationship right away.

Of course, don't then act like a friend.

Being her friend isn't about being just a friendly, nice, ex guy.

Instead, it's about using your access to her to trigger her feelings of respect, sexual attraction and love for you again.

That way, it goes from a so-called friendship to a sexual, romantic relationship once again.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Is it Normal For Couples to Break Up and Get Back Together?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Yes, most relationships experience one or more break ups or â€œalmostâ€œ break ups, before they reach a state of true, committed love.

There are some couples that never have any problems, but they are the minority and probably only make up about 5% of couples.

For a relationship to go through the stages of development and get to a point where the couple experiences what I call Blissful Love, they often have to make mistakes, fix those mistakes, forgive each other and then become a better couple as a result.

It doesn't matter if a couple has trouble along the way.

What matters most is that they both (or the one person who is causing the problems) learn and improve, to reach a higher state of mutual respect, attraction and love.

If a couple breaks up at the first, second or third sign of trouble, they will usually run from relationship to relationship their entire life, never really getting to experience what true, committed, unconditional, blissful love between a man and a woman feels like.

Some people say things like, â€œIf you break up even once, it is a sure sign that youâ€™re all wrong for each other. If you then get back together again, it probably won't last and you will not only be wasting time. So why don't you look for another woman, rather than having work at a relationship?â€œ

Yet, what people like that don't realize is that love is a very powerful thing and rather than get weakened after a break up, love can actually get stronger and more meaningful when the couple gets back together and falls back in love.

So, don't feel like you can't get your woman back because some people out there don't believe that it's possible or that it's wrong.

Not only is it normal for couples to break up and get back together again, but you can also make your relationship better than it was before.

Just make sure that you don't make these common mistakes when trying to get your ex back after a break up!

1. Trying to get her back by explaining that it's normal to have break ups

[image: Why won't you just give me another chance?]

Just because you are learning that it's okay and normal to have break ups, don't go thinking that it will be the magic conversation that convinces her to give you another chance.

What will convince her?

Watch this!

You have to focus on making her have feelings for you and if you do that, she will naturally want to give you another chance.

Unfortunately, most guys don't realize that and end up screwing up their chances by trying to explain their way into another chance, rather than triggering her feelings of respect, attraction and love.

A guy might say something like, *â€œLook, itâ€™s normal for couples to break up and get back together again. It actually happens all the time. Even celebrities break up and get back together. It's not just us. So, our break up is no big deal. Iâ€™m sure we can work things out if we give our relationship another chance. Just give me a chance to show you that things can be different.â€*

Even though what heâ€™s saying might be the truth, saying that to a woman isnâ€™t the key to getting her back.

What is?

Actively make her have some feelings for the new and improved version of you.

Let her see that you now give her the kind of attraction experience that was missing in the relationship (e.g. if you were too insecure, you are now so much more confident. If she didn't feel a spark with you anymore, she now feels turned on and wants to hug you, kiss you and have sex with you more than ever).

The thing is, when a woman breaks up with a guy, itâ€™s usually because there are certain aspects of his thinking, behavior and the way he interacts with her that have caused her to lose respect and attraction for him.

So, when she breaks up with him, itâ€™s mostly based on those things and how it made her feel.

For example: If a man is too emotionally sensitive around his woman and cries like a girl to her when heâ€™s under a bit of pressure, she starts to feel like she has to take care of him like a mother or big sister because he canâ€™t cope on his own.

The more she has to take care of him emotionally, the more dominant she begins to feel compared to him, which causes her to stop feeling like a feminine, sexy woman around him.

As a result, she starts to look down on him and her feelings of respect, attraction and love fade into the background and get replaced with more negative emotions such as irritation and disgust.

If she then breaks up with him and he says to her, *â€œJust because weâ€™re broken up, it doesnâ€™t mean we canâ€™t get back together. Break ups between couples are normal. We can do this. We can make things work between us if you give me one more chance,â€* she will assume that he doesn't know what to change to make her happy.

She may then think something like, *â€œDoes he really think that Iâ€™m going to give him another chance just because itâ€™s normal for couples to break up and get back together? What about the fact that I just don't feel attracted to him anymore because of the guy he has become? Does he expect me to sweep everything under the carpet and pretend that I donâ€™t care about the fact that his current behavior turns me off? He thinks explaining that itâ€™s normal to have a break up is going to make me change my mind and want him back. Well it doesnâ€™t work that way. If he canâ€™t make me feel the way I want to feel in a relationship, thereâ€™s no way Iâ€™m going to get back together â€œ whether itâ€™s normal or not. I'm just not feeling it. He might be still in love with me, but I'm turned off and I don't see how he could change. I don't even think he knows what I really want.â€*

She then asks for space or says that the relationship is over and she doesn't want to try anymore.

The guy is then left confused, frustrated and lost because he has no idea how to start giving her the kind of attraction experience she secretly wants in a relationship.

This is why telling your woman that itâ€™s normal for couples to break up and get back together

again is usually not enough of a reason to make her want to do that with you.

On the other hand, if you first make some attractive changes to yourself (based on the things that secretly matter to her), let her experience those changes (she'll be able to pick it up in the way you talk, think and behave around her), and then talk about giving the relationship another chance, she'll be more open to the idea getting back together again.

By the way!

Do you know what part of the overall attraction experience your woman was missing in the relationship with you?

For example:

- Did she get tired of leading you?
- Did you expect her to make most or all of the decisions, or did you feel like she'd be happier if you let her decide on everything?
- Did you become too annoying (e.g. clingy, needy, childish and immature)?
- Did you and her grow apart (e.g. you wanted different things in life, she was maturing faster than you or you were too mature minded for her)?
- Did you stop following through on your big goals and ambitions in life and focus all of your attention on her (causing her to feel smothered)?
- Did you turn the relationship into a friendship because you thought that's how it was supposed to be if you stayed together for a long time?
- Did you rely on her too much to take care of you emotionally, rather than the other way around?

By understanding what was missing in your relationship, you can adjust those things about yourself and get ready to give her what she always wanted.

When she can see that you understand what she really wants, she can relax and allow herself to get back together with you again not because it's normal for couples to do that, but because she feels like it's the right thing for her to do.

Another common mistake to avoid is

2. Letting her see the break up (or break ups) as being a serious sign that you and her could never work

Some men and women mistakenly believe that a relationship is about being happy 100% of the time, agreeing with each other all the time, never making any mistakes and never getting into any arguments.

So, if they have a big fight or disagree about something, it's seen as a sign that they're not compatible and that they should just break up and move on.

Yet, that's not how most relationships work.

The truth is that everyone makes mistakes, so it's immature to break up and walk away from a good relationship just because a mistake was made.

For example: A guy might not be affectionate enough with his woman, which causes her to feel unloved and unappreciated.

Yet, he may also be very goal oriented and working towards providing a good future for himself and his woman.

So, if she only focuses on his lack of affection and breaks up with him because of that (and then refuses to give him another chance), she will be losing out on a great provider who could potentially take really good care of her and their children in the future.

Sheâs not giving him the chance to change and improve himself into the more caring, loving man that she wants, now that he realizes his mistake.

The truth is that a perfect, conflict-free relationship only exists in fairytales.

I know this because I have an amazing relationship with my wife (i.e. we're in love, have awesome sex, respect each other, laugh and enjoy each other's company), but we still have random disagreements.

The difference between her and I and so many other couples though is that we don't run when there is a problem.

Why?

I am the more emotionally stronger one (even though she sometimes says something that annoys me and I want to get angry at her about it) and bring the interaction back to love and laughter, while fixing the disagreement.

That way, any potential fights turn into opportunities to deepen the respect, attraction and love that her and I feel for each other.

In the real world, most couples need to have some arguments, disagreements and even break ups to make the appropriate adjustments to be compatible with each other.

Once they do, the relationship feels amazing and it really is so much easier.

So, ensure that when you interact with your ex, you make her understand that the break up is not the end of the world and can in fact, make your relationship even stronger and better than before.

As long as you can show her that youâve put in the effort to learn from your mistakes and become a better man as a result and you both forgive each other for what happened in the past, then getting back together is not only a good idea, it would actually be a big mistake if you don't.

This time around, your relationship is going to be so much better and feel so much better for the both you.

Another mistake to avoid isâ!

3. Not changing your behavior because you think she will put up with break up after break up for life

[image: Constantly breaking up and getting back together]

In some cases, because a woman really loves her man and doesn't want to lose him, she may be willing to forgive him time and time again.

She might say, *âOkay, Iâll give you one more chance, but if you donât change Iâm really going to break up with you.â*

When that happens, a guy might get into the habit of taking her commitment to him for granted.

For example: He may think to himself, *âSheâs always saying that to me, but she can never*

stay mad at me for long. I know her. Sheâll throw a little tantrum and maybe even stop talking to me for a few daysâthen sheâll get over it and forgive me. She loves me and she isn't going to break up with me for real.â

What he doesnât realize is that patience and forgiveness has its limits.

Regardless of how much a woman loves a man, if she gets a sense that heâs just making the same mistakes over and over again and not even trying to change and improve himself (because he believes she will put up with it), she will eventually get fed up.

When she breaks up with him and says, “No” to him attempts to get her back, he might think, âHuh? Why doesnât she want to give me another chance? I thought she loved me? Isnât it normal for couples who love each other to get back together after a break up?â

Hereâs the thingâ

Itâs not enough to just want your ex woman back.

For her to want you back you need to show her that youâve stopped taking her love for granted and have actually made an effort to fix your past mistakes.

Note: You donât have to fix everything and be perfect for her to open herself up to giving you another chance.

Instead, you just need to show her that youâve learned from your past mistakes and now behave in a way that is more loving, attractive and respectful.

Of course, don't make the mistake of being super nice to her and trying to suck up to her, because she will see that as desperate and it will turn her off.

Instead, just remain cool and be a better man than you were before.

When she interacts with you and sees for herself that your thinking and behavior has changed and improved, she will start to feel respect for you again.

When that happens, she will also feel attraction for you again, which will make loving you again so much easier.

Fact: Falling Back in Love After a Break Up Can Be an Amazing Experience For Both of You

[image: Let her experience the changes in you for herself]

If a man and a woman break up and then get back together as a new and improved version of themselves, it makes the relationship even better than it was before.

They know they have survived the worst of it and that the love, respect and attraction they feel for each other now is real and enduring.

For a woman, getting back with an ex who has really changed and can now make her feel attracted in new ways is an amazing, unforgettable experience.

It makes her feel like sheâs won the relationship lottery.

So rememberâ

Even though it is perfectly normal for couples to break up and get back together, if you want your woman to give you another chance, you need to focus on making her feel so much respect, attraction

and love for you that she can't stop herself from wanting to get back together again.

Don't listen to people who tell you that it's a waste of time and that it can never work.

It can work and you will prove it to them.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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Should I Send My Ex a Birthday Card?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Yes, you can send your ex a birthday card, but don't think the card will be the special thing that gets her back.

To change your ex's mind about you and give you another chance, you first need to re-spark her feelings of respect, sexual attraction and love again.

Unfortunately, most guys don't know that they have to focus on making her feel attracted again, so they secretly hope that a birthday card will make her miss him and come running back.

As a result, many guys end up making the some or all of the following mistakes:

1. Hoping that the card will trigger her feelings and she will text or call and want to see him

Although sending your ex a birthday card is a nice gesture, most of the time it's going to have absolutely no effect on her desire to want to get back with you.

For example: If a woman hasn't had any previous contact with her ex that she no longer wants to be with, she's going to look at the card and think something along the lines of, *"Oh, that's nice of him to remember,"* and promptly forget all about it.

She might also briefly think, *"He's probably hoping that this will make me call him, because he doesn't have the balls to call me and risk getting rejected. Nice try, but no thanks."*

On the other hand, if she really feels bitter and angry about the break up, she may think, *"Why is he even bothering to send this to me? Does he really believe that a frikken card is going to make me forgive him for hurting me the way he did? Does he really think that everything can be okay between us by sending a nice card? I hope this isn't his idea of trying to get me back because it's not going to work."*

Of course, sending a woman a birthday card sometimes results in a thank you text, but that doesn't actually get her back unless the guy then gets her on a phone call, makes her feel a renewed sense of respect and sexual attraction for him and gets her to meet up with him in person.

That's what really counts.

So, if you want to send your ex a birthday card, go ahead and do so.

However, don't make the mistake of thinking that it's your only hope to get her back.

In fact, a better option is to get her on a phone call with you where you can easily make her laugh, smile and feel good to be talking to you again.

Doing so makes her feel a renewed sense of attraction for you, as well as making her respect you for having the confidence to joke around and get her laughing, smiling and feeling good.

Then if you ask her to meet up in person, she will likely be more open to the idea (because she can see that things are cool between you and her), compared to if you just send her a card and then wait for her to make the next move.

So, if you're debating whether or not you should send your ex a birthday card, why not give her a

call instead?

Don't worry if she might not like it initially.

When you get her smiling and laughing, she will enjoy talking to you again.

For example: When she answers the phone, you can say with a smile in your voice, *Hey ex girlfriend! How you doing?"*

Let her respond to what you've said and then add in, *"I remembered that it's your birthday today, so I just wanted to give you a quick call and wish you a wonderful day.*

Let her respond to what you've said and then add in, *"By the way! I'll be around later for my share of your birthday cake, so make sure you save me the biggest piece!"* and have a laugh with her about that and tell her that you're just kidding.

She'll likely smile or laugh and say something along the lines of, *Oh, okay,* or (if she still likes you and is hoping to see you), *No way! The biggest piece is for me.*

You can then chat with her for a little while in an easy-going, relaxed way and then after a few minutes say, *Anyway! I hope you have a great day today. Yet, I'm not going to let you get away with eating all that cake by yourself. So, how about we meet up tomorrow for a cup of coffee and you can bring me my slice then?"*

She might initially be a bit skeptical about the idea and she may say something like, *I don't know if that's a good idea,* or *I'm not sure that I want to do that.*

Just maintain your confidence and in an easy-going voice say, *Hey, I promise I'm not going to go crazy and start assuming that just because you said yes to coffee we're suddenly going to get back together again. It's just a catch up between friends to say hello. Besides, I really want some of that cake and I can't exactly give you your birthday hug over the phone either. So, how about it? Coffee tomorrow just as friends, no strings attached?"*

Remember: When you meet up with her, you need to continue saying and doing the types of things that will show her that you're a different man now.

You've got to reactivate her feelings of respect and sexual attraction for you (e.g. maintain your confidence around her even if she's being cold or distant, tease her and make her feel feminine and girly in your masculine presence).

From there, you can build on that spark of attraction and get her back.

Another mistake that guys make when sending their ex girlfriend (or ex wife) a birthday card is

2. Writing way too much in the card

Some guys will go ahead and fill up the whole card by expressing their feelings and talking about good old memories.

For example: A guy might say things like, *Happy Birthday! I know we're broken up but I couldn't let your special day go by without sending warm wishes your way. After all, this is the first birthday we're apart and it's terrible not being able to hold you in my arms, kiss you and spoil you the way I used to do when we were together. I feel so lost and empty without you in my life. I still care for you so much. I know I really stuffed things up between us, but I have changed. Yes, I made some mistakes, but we also shared some great times together too. Remember all those picnics*

*on the beach, or the way we used to go jogging in the park every morning before work, or how we used to love watching scary movies with all the lights off so that we would get extra scared and then hold each other tight? We were happy once. Anyway, I hope you have a great day!*â€¢

Here's the thingâ€¢!

[image: Missing her ex on her birthday because he sent her a card]

Sending a birthday card CAN work if a woman is still in love with the guy, respects him and feels attracted to him.

She will be reminded of him and miss him and will then likely text him to try to get something happening between them again.

Yet, if he turned her off near the end of the relationship and during the break up process (e.g. he became clingy and needy, he begged and pleaded with her to change her mind, he became too emotional and cried to her), his expression of his emotions isn't going to make her want him back.

Why?

The feelings aren't mutual.

A woman only appreciates an expression of heartfelt, romantic emotions from a man that she respects, feels attracted to and loves.

So, if you want to get your ex back, don't bother sending her a birthday card as a way of pouring your heart out to her if you haven't made her feel a renewed sense of respect and attraction for you first.

If your ex doesn't feel much or any respect or sexual attraction for you, then talking about your feelings or good memories from the past just isn't going to matter to her.

In fact, it might even make her feel annoyed because it just highlights to her how badly things turned out in the end.

On the other hand, when you re-spark her feelings of respect and attraction for you first, she won't be able to stop herself from feeling drawn to you again, even just a little bit.

Another common mistake guys make isâ€¢!

3. Trying to get her to reconsider her decision via a card

Sometimes, if a woman has cut off all communication with her ex (e.g. she's blocked his number on her phone, unfriended him on social media) he might decide that the only way to get her to give him another chance is by sending her a birthday card.

He might then write something along the lines of, *I'm so sorry for everything that happened. It was never my intention to hurt you and I regret it more than anything. I promise you that if you give me one more chance, I'll do whatever you want me to do to make you happy again. Please reconsider your decision and let me make it up to you.*â€¢

Yet, rather than make a woman think, *Oh, how romantic! He's feeling so shy and insecure that he's asking me for another chance via a cute birthday card. What an amazing man!*â€¢ she's instead more likely going to be thinking, *I can't believe that he has the nerve to ask me to reconsider my decision via a birthday card! He doesn't even have the balls to look me in the eye and say that he's sorry. Well, if he was hoping I'm going to forgive him and run*

after him now that he's sent me this card, he's in for a big disappointment. It's going in the bin and I will continue moving on without him

Here's the thing

A card is just a piece of colored paper with some words scribbled on it.

It doesn't tell a woman anything about how her ex has really changed, other than that he thinks he can sweet talk his way back into her heart by sending her a birthday card.

Unfortunately, a card to an ex usually has the opposite effect than intended.

Rather than make a woman forget about his past mistakes and forgive him, she just assumes that he's still the same guy that she broke up with (e.g. insecure, not man enough for her), which isn't going to make her feel motivated enough to want to talk to him on the phone, or see him in person again.

So, if you want your ex to reconsider her decision, the best way to do it is by improving your ability to attract her before interacting with her on a phone call and in person.

Some examples of improving your ability to attract her:

- You are now much more confident and emotionally mature than before.
- You're more emotionally masculine, rather than the emotionally sensitive guy you used to be.
- You believe in your attractiveness and value to her, rather than feeling like you're unworthy of her.

Of course, you could send her a card and she might even call you to say, "Thanks" because she is curious to find out whether she will feel a spark for you over the phone.

Yet, if she picks up that you're still making the same old attraction mistakes that you made before (e.g. being insecure and self-doubting, feeling unworthy of her, giving her too much power, not being man enough to be real), she's going to feel like you tried to trick her with the card and she will then close herself off even more.

So, make sure that if you send her a birthday card, it's only after you've improved your ability to attract her and only to say "Happy birthday."

If you've done that, here's what I recommend that you write.

Hey Jenny

Just thought I'd wish you a happy birthday. Miss you.

Love,

Dan

Just be real, keep it simple and end the card.

BTW: Saying that you miss her and love her is not needy.

It's only needy if you are being desperate and pleading with her.

However, when you have the balls to be real and say something in a calm, confident, matter of fact kind of way, then it's attractive to a woman.

Women respect guys who aren't afraid to express their emotions in a real way, but who (this is

important!) don't get all needy, sappy and desperate about it.

So, if you are going to send her a card, keep it simple and be real.

If she has been missing you, then this will be a confidence booster for her to text you or call you.

If she doesn't text you or call you, just call her so she can experience the new you for herself and feel attracted.

Finally, another "birthday card to an ex" mistake that guys make isâ

4. Hoping it will make her miss him because he's not around to share her birthday

If a guy was particularly charming and romantic throughout the duration of his relationship with his ex (especially on birthdays and other special days such as Valentine's Day or anniversaries), he might think that sending her a beautiful card on her birthday will bring back those memories and make her miss him and want him back for her birthday.

He's secretly hoping that she will think, *"This card just reminds me of how wonderful he was around my birthdays. Every year on my birthday he had something totally amazing planned for me! I never realized it before this moment, but I miss him so much! My birthday just doesn't feel the same without him. Maybe I should call him and see if we can get together again."*

Of course, that will work if she misses her ex and is still in love with him.

Yet, if that was the case for you, then you probably wouldn't be searching for help on how to get your ex back, right?

She would have been sending you texts and you would have met up with her and gotten her back already.

So, unless a woman is missing a guy and is secretly still in love with him, then a card isn't going to make her miss him and want him back.

She will pause for a moment and think about all the reasons why she broke up with him, realize that he probably hasn't changed and then put the card in the bin.

So, if you want to send your ex a birthday card, then by all means go ahead and do it, but you must understand that it's not the secret to getting her back.

What is?

Triggering her feelings of respect and attraction for you on a phone call (e.g. by using humor to break down her defenses, making her feel like a feminine woman through your masculine behavior) and then getting her to meet up with you in person to build on her feelings.

That is what works.

When she sees for herself the positive changes you've made to yourself since the break up, she's going to thank you for giving her the best birthday present ever a new and improved you and an exciting, more attractive and appealing love that she can now experience with you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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She Broke Up With Me Because She Still Hasn't Healed From Her Previous Relationship

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

4 common reasons why a woman will use that as a reason to break up are that:

1. She has realized that her ex made her feel more respect, attraction and love and she misses that

Sometimes a woman will break up with a guy (her ex) because certain aspects of his thinking and behavior turn her off and make her feel unhappy in the relationship.

For example: A woman might have initially felt a lot of respect and attraction for her ex guy and may even have thought something like, *"He makes me feel so wonderful when I'm with him. I think things could get serious between us. Maybe he is the one."*

Yet, over time she may realize that even though he makes her feel good when she's with him, what she wants in the relationship and what he wants are two very different things (e.g. she wants him to commit to her and be more serious, while he prefers to keep things casual and enjoys living a carefree life).

She might then decide to break up with him (her ex) and hook up with another guy (you), who is more down to earth, stable and willing to commit to her.

[image: You just don't make me feel the way he did]

Yet, even though you might be a great guy who is kind and gentle and reliable, something about the relationship just doesn't feel right to her.

She realizes that you don't make her feel the kind of respect, attraction and love that her ex did.

You are a good guy, but something is missing and it makes her want to stop being so affectionate with you and start pulling back.

She becomes confused about her feelings and starts focusing on things about you that she doesn't like (e.g. you let her walk all over you, you're too emotionally sensitive or you're not manly enough with her).

She then compares you to her ex and may start thinking, *"Well, my ex didn't want to settle down, but at least he knew how to make me feel like a feminine woman when I was in his presence. My new guy is really sweet, but I just don't feel girly and turned on as easily when I'm with him. In fact, I feel more like a neutral friend or big sister when we're together. There's just no spark between us anymore. I hate to admit it, but I think I made a mistake by breaking up with my ex. I miss the way he made me feel. I want to feel sexual attraction and love for my man again. This new relationship is nice, but I'm bored."*

At this point she will likely say, *"I haven't healed from my previous relationship. I need time alone,"* and break up with you.

Yet, here's the thing!

Even though her ex makes her feel a more compelling type of attraction and love, it doesn't mean that he's perfect for her, or that you can't get her back.

When you make some attractive adjustments to the way you think, act and behave around her (e.g. treat her more like a sexy, desirable woman than like a platonic friend), you will be ready to properly re-attract her.

Remember: Right now, she's focusing on all the missing pieces of the attraction experience that she didn't get with you (e.g. her ex was more emotionally strong, he made her feel more feminine and girly, he was more assertive and confident, he didn't let her walk all over him).

However, that doesn't mean that there aren't things about you that are more attractive to her than what her ex can give her (e.g. you're more emotionally mature, you have drive and determination, you're loving and caring, you don't take her for granted, you have good intentions).

So, if you want to make your girlfriend see you as better than her ex, it's very important that you find out what she secretly wanted from you that you weren't giving her and start improving on that right away.

In most of the cases that I've worked on where a guy told me that his woman needed to "heal," it turned out that he was being too much of a softie with her.

In other words, he needed to man up and get into the position of power, rather than being way too nice and sweet to her all the time.

If that applies to you, then make sure that you don't try to get her back by being even nicer and sweeter.

That will not work.

You have to be prepared to attract her in the ways that really matter to her.

Then, when you interact with your ex from now on and she sees for herself that, not only are you great in so many ways that she really loves and respects (e.g. you're caring and loving, you're ambitious and forward thinking), but that you've also changed and improved on some of the things that caused her to feel more attracted to her ex (e.g. you're more confident now and believe in your value to her, you're more assertive and emotionally dominant).

As a result, she won't be able to stop herself from doubting her decision to break up with you.

She will look at you in a positive light and realize that you aren't so bad after all and probably the one for her.

She will then start comparing you to her ex and possibly begin seeing that he's not really as great as she's been making him out to be (e.g. he might be more emotionally strong, but he's not supportive of her dreams and ambitions. He might make her feel more feminine and girly in his presence, but he's also jealous and controlling, or he's abusive or arrogant).

When this begins to happen, she won't be able to stop herself from feeling drawn to you again because you are now giving her the attraction experience she always wanted from you.

By changing and letting her experience a different type of attraction for you, it also highlights her ex's flaws, which makes the ex back process even easier for you.

All of a sudden, she begins to think something like, *How could I possibly have thought my ex was a better man than my current boyfriend? I let myself believe in fairy tales by getting back with*

the ex who doesn't really care about me as much as I care about him. I allowed the best man to slip through my fingers because I thought I hadn't healed from the break up. Will he ever be able to forgive me for being such so selfish and give me one more chance? and then the idea of being with you again feels like something she really wants to do.

Warning: Where a lot of guys go wrong in cases like this is by trying to help her heal by discussing the problems of her past relationship.

It seems like a good idea, but it usually only highlights to her the attractive differences between her ex and you and usually, not in your favor.

Why?

What women feel attracted to, doesn't always make 100% logical sense.

For example: How women feel more sexually attracted to bad boys than to really nice guys.

It seems crazy, but if you think about it, men do the same thing when they feel attracted to bad girls (e.g. pornstars, strippers).

So, if you try to point out his bad qualities and show her that you are so much nicer than him, it's like a plain, unattractive woman trying to convince you that she is more attractive than your favorite female pornstar that you've jerked off to plenty of times.

Attraction doesn't always make 100% logical sense, so you have to be careful and avoid trying to convince a woman to have feelings for you based on your nice, good qualities.

Instead, focus on making her feel attracted to you by displaying personality traits and behaviors that are naturally attractive to women (e.g. confidence, emotional masculinity, charisma, humor).

Rather than trying to convince her to not feel attracted to her ex, you should focus on making her feel so attracted to you now that she naturally loses interest in her past attraction for him.

Another reason why a woman might say that she still hasn't healed from her previous relationship is because

2. She's trying to come up with a reason for the break up that he can't fix

Most women know that if they come right out and reveal their true, hidden reasons why they want to break up with a guy (e.g. he's not manly enough, he's too emotionally sensitive, she doesn't feel much of a spark with him), he might try to change her mind by offering to change those exact things.

Some of her concerns are that

- If she tells him that he's not emotionally strong enough for her and that he's too needy, clingy and dependent on her, he might suddenly pretend that he's fixed those things (e.g. by acting tough around her and treating her with indifference), even though deep down he's the same guy and will gradually revert to his old behavior after getting her back.
- He might try to talk her out of her decision (e.g. by begging and pleading with her, promising to do whatever she wants, telling her that he can't live without her).
- She doesn't want to feel like she is going to be responsible for shaping him into the man that he needs to become throughout life.

- He might become angry and in some cases, even violent.

So, rather than have to deal with an emotional man (who is either begging, pleading, crying, or getting emotional) a woman will sometimes say something along the lines of, *“Iâ€™m sorry, but I canâ€™t do this anymore. Itâ€™s too much for me to handle. I havenâ€™t healed from my previous relationship. Itâ€™s not you, itâ€™s me. I need time to be alone so I can figure myself out and heal.”*

She knows very well that giving her guy a reason like that will make it difficult for him to come up with a way of making things right between them.

Of course, as a desperate measure to make her change her mind a guy might then try to get her to counseling by saying something along the lines of, *“Why donâ€™t we go to counseling first and see if that will help you heal before you make any rash decisions about breaking up with me? Maybe you should seek help. I will take you if you want. I will pay if you want. Please, just donâ€™t give up on us now. I love you so much. I will be patient. I will help you through this.”*

Yet, since a woman is simply trying to let the guy down easy, sheâ€™s not going to be open to counseling and might then say, *“Look, I need some time apart to sort my feelings out. Just give me some space and maybe, sometime in the future, we can get back together.”*

Then, when the guy agrees (because he thinks he still stands a chance of getting her back by simply waiting), she will use that time apart to find a replacement guy, or get back with her ex.

Another reason why a woman might say that she still hasnâ€™t healed from her previous relationship is thatâ€¦

3. Sheâ€™s just being a drama queen and making her life more stressful than it needs to be

Some women are addicted to failing at relationships and in life, so they will continue to ruin relationships and push perfectly good guys away.

Itâ€™s just the way they are and it usually has nothing to do with the guy.

The mistake that some guys make is being extra sweet and supportive to a woman like that when she doesnâ€™t even need it (because ruining good relationships and getting caught up in the drama of it is the way that she likes to live her life).

A guy might try to please her by buying her flowers, helping her out financially (e.g. paying for some of her bills) and making himself available to her every beck and call, in the hopes that she will change her mind and realize that he is the one for her.

Yet, rather than make her think, *“Iâ€™m being so unreasonable and I almost lost the perfect guy. I should be more sensible and just stop creating drama”* sheâ€™ll likely be thinking of still more reasons why she feels turned off by him (e.g. heâ€™s too easy, heâ€™s wimpy and weak-minded, she feels more emotionally dominant than him) and she will then pull even further away from him than she already has.

She knows that pretty much every other guy has reacted in the same way when she has created drama.

Yet, what she is really looking for is a guy who doesnâ€™t get dragged into her drama because he

doesn't allow his time to be wasted by that kind of silly behavior from a woman.

Of course, most guys who get dumped by a woman who needs to "heal" are not the kind of guy who will say, "Okay, fine. See ya later. Enjoy your healing."

Instead, they are the type of guy who will try to reason with her, fix the non-existent problem and suck up to her in any way possible to avoid being dumped.

What she wants is a guy who just doesn't get tricked by her silly drama and instead, can make her chase him.

If he can't make her feel that way, she will continue on and ruin other relationships until a guy finally doesn't take her drama so seriously and make her become the one who chases.

So, although it might be hard for you to admit that your ex might be the kind of woman who is in the habit of ruining perfectly good relationships, it's a possibility you need to consider.

For example: Some questions you can ask yourself right now are

- Does my ex have a history of failed relationships where the guy seems to be a decent guy, but she just isn't satisfied with him for some weird or random reason?
- Were there things about my thinking and behavior that turned her off in the relationship (e.g. I was too needy and clingy, I took our love for granted, I allowed her to wear the pants in the relationship), or did she just create drama over insignificant things to see if I'd fall for it and lose confidence in myself?
- Can I easily get myself a replacement woman who is more loyal, respectful and beautiful than her, or do I secretly believe that she's as good as it gets for me?

Finally, another reason why a woman might say that she needs to "heal" as a reason to break up with a guy is that

4. The relationship was a rebound and it has now served its purpose

If your woman got into a relationship with you immediately or shortly after breaking up with her ex, then you were the rebound.

A rebound is usually the guy who is used as a way of getting over her ex and hopefully moving on.

Some rebound relationships work (i.e. if the guy is able to make her feel more respect, attraction and love than her ex), but most fail because the new guy (the rebound) isn't everything a woman really wants (e.g. he's too nice, not manly enough, puts up with her drama).

So, even though the rebound may be a great guy with good intentions, it doesn't mean that his approach will make the woman even happier than she was with her ex.

For example: A woman's ex boyfriend might have cheated on her and dumped her after treating her badly throughout the relationship.

In most cases (to make herself feel better), her rebound guy is going to be someone who is really nice, supportive, generous and caring.

This allows her to feel appreciated, safe and loved after being treated so badly by her ex.

Yet, when her self-esteem is boosted back up by all the nice treatment from her rebound, she realizes that although he is sweet and kind, heâs just too much of a pushover.

She wants a guy who is a good man, but isn't such a wimp around her.

So, even though she doesn't want to be with a guy who is exactly like her ex (e.g. domineering, untrustworthy bad guy), she also doesn't want to be with a really nice guy who doesn't have the balls to stand up to her when necessary.

She wants a man who is somewhere in between her two previous exes.

A guy who loves her and cares about her, but also makes her feel like she needs to continually impress him and live up to his standards.

In other words, a guy who is more of a challenge than a super sweet, supportive nice guy who puts up with her bad behavior and bad treatment of him just to spend time with her.

So, rather than get into long debates and discussions with him about why she wants to break up, she will usually just say, *â You know how bad things were between me and my ex. The truth is, I still haven't healed from that relationship and I need time to do that first before I consider committing again. Please understand. You're a great guy, but I'm just not the right woman for you. I'm messed up and I need time to heal.*

He might then tell her that he will wait for her no matter how long it takes or that he doesn't care that she is messed up.

He doesn't realize that she's breaking up with him because she secretly isn't attracted to him anymore and is planning on moving on.

The poor guy, right?

I know.

That's why I write so many of these articles and create so many videos.

I hope to reach guys like you and him, so I can help you avoid the pain of trying to get her back in the wrong way (and being continually rejected) and just get her back the easy way.

What is the easy way?

To focus on making her feel attracted to you for real.

Make her have strong feelings for you, so that her ex and other guys no longer seem appealing.

She looks at you and realizes that you have everything she has been looking for.

You are the complete man that she has been looking for her entire life.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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How to Get Your Ex Back if She Hates You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

So, how can you get an ex back who hates you?

She can't stand the sight of you anymore, she's had enough, she's telling you to go away and leave her alone and she just doesn't want anything to do with you anymore.

How can you get her back?

In this video, I've got 4 tips for you to help you get your ex back even if she hates you.

1. Understand the truth about hate

[image: You can get your ex to stop hating you]

Hate doesn't last forever if the thing that you hate changes.

In the case of an ex, if you can make her smile, laugh and feel good around the new and improved version of you, it becomes impossible for her to hold onto the hate.

[image: Changing your ex's feelings from hate to love]

She can't help but smile, laugh and feel good.

She can see that you really do make her feel differently now.

Think about something that you hate in life or someone that you hate out there in the world.

If that person or that thing continues to be the same way, then it's likely that your hate will continue.

You might change eventually and think, *"Alright, well I don't need to hate that anymore,"* and you might gradually become more indifferent towards it, but if the thing that you hate changes today or tomorrow, then you can stop hating it right away.

Likewise, with your ex, if she hates the way that you have been going about trying to get her back, then you need to change the way that you've been approaching the ex back process.

That leads me to tip number 2...

2. Quickly change the things about you that turn her off

[image: Stop doing the things that will make her hate you]

When guys are trying to get an ex woman back that hates them, they're usually making mistakes such as:

- Sending her way too many texts.
- Calling her all the time.
- Trying to discuss the relationship over and over again even though she's not feeling attracted.
- Asking her to explain what he needs to change.
- Asking her to try to work on the relationship to give him another chance.
- Asking if the door is still open.

- Pestering her, annoying her and so on.

When a guy is doing those things, he often knows that he's not doing the right thing, but he doesn't know what else to do.

He feels so in love with her.

He feels so hurt by the breakup.

He wants her back.

He just wants to get the relationship back to where it was before, when things were good.

Yet, he doesn't know how to go about it in a way that's going to make her want the relationship as well.

A guy might then think something like, *"Okay. If I show her how much I love her and I explain how sorry I am and I explain that things can be different, then she might give me another chance."*

Yet, that doesn't work because if a woman doesn't feel respect for her ex guy, she isn't going to feel much attraction for him.

When a woman doesn't feel respect and attraction for a guy, she doesn't feel like she's in love with him. She doesn't feel motivated to want to be in a relationship.

She doesn't respect him because he's being annoying, he's being insecure, he's being desperate in a way and it's turning her off.

So, if a guy wants to get her back and he wants to stop her hating him, he has to start focusing on being a man that she can respect.

What's an example of that?

For example: A guy got broken up with because he became insecure and emotionally sensitive in the relationship. He just lost his confidence.

He may have been confident at the start of the relationship, but somewhere along the way, he started to lose his confidence, he became insecure and he became emotionally sensitive in the relationship.

As a result, he started behaving in all sorts of ways that were out of character for him.

He might have been clingy and needy and jealous and controlling and all those sorts of things.

As a result, his woman is not going to feel respect for him.

She's not going to be able to feel attracted to him and she's not going to be in love with him.

So, if he wants to get her respect back, he has to show her that he has moved beyond the level that he was at when she broke up with him.

He's no longer that insecure guy.

He doesn't have to be perfect.

He doesn't have to be the most confident guy in the world all of a sudden, but he needs to be confident around her no matter what and that leads me to the next tip.

3. Prepare to be tested

When getting an ex back, she is going to test you, especially she used to hate you and now is feeling some respect and attraction for you.

She'll be interacting with you and she'll be thinking, *"Well, okay. He's different now. I actually kind of feel good interacting with him, but is this real? Is he really that confident now? Is he really that emotionally strong?"*

To find out, she will test you.

Say, for example, you're interacting with your ex woman and you're having a conversation, you're getting her laughing.

What she will do to test you is suddenly stop showing interest in the conversation.

She will change her mood and start to act indifferent.

She might also not laugh at some of your jokes to see how you're going to react.

She wants to see whether you are going to crumble under her pressure.

Is the confidence that you have in yourself now real or are you just putting on a front?

Are you acting confident when, really, on the inside, you're panicking, you feel insecure, don't feel worthy of her and are out of control on the inside?

Are you really confident?

Are you a man that she can respect again?

Are you a man that she can feel attracted to and be in love with?

Another example of this is where a guy got broken up with by his woman because he was taking her for granted.

He may have been a good guy at the start of the relationship, but over time, he started treating her badly.

He didn't really put in a lot of effort into the relationship and maybe talked badly to her, didn't appreciate her, didn't see her enough or didn't give her enough attention if they were living together.

He just didn't make her feel loved and appreciated.

So, when he shows her that he has moved beyond the level that he was at when she broke up with him and he's become a more balanced man now, she's going to test him.

She's going to act like whatever he is doing for her isn't enough.

He will try to make her feel good, he'll try to make her feel appreciated, he'll try to make her feel loved and she will act like it's just not good enough, it's too late and she's not going to believe that he has changed.

She wants to see whether he is going to crumble under the pressure that she's putting on him.

So, when you are getting your ex back who hates you, just be prepared to be tested.

The tests are going to come.

You need to be ready for that.

Don't look at it as, *"Oh, no! I'm losing her! I've screwed up! I've messed up. I can't get her back. She seems indifferent. She seems uninterested. I'm losing her. I can't do this."*

No.

You've got to remain strong no matter what.

By the way, one of the reasons why you need to remain strong at all times is that women are not attracted to the emotional weakness in men.

So, you need to give her what she wants by being emotionally strong.

She wants to feel attracted to you.

She wants to be able to respect you and you're going to be able to achieve that by being emotionally strong.

4. Be a man that she can be happy with now

[image: Be a man that she can be happy with now]

Leading up to the breakup, during the breakup and after the breakup, you were most likely not being the type of man that she could be happy with.

Yet, what about now? Have you changed?

Have you become the sort of man that can make her smile and laugh and feel respectful of you?

Are you able to interact with her in ways that make her feel attracted, feel like she's in love with you again, feel like she wants to be with you?

That is what really matters.

You've got to make sure that you're not continuing to do the things that were turning her off and making her hate you.

You've got to stop all that and start focusing on being the sort of man that she can be happy with now.

Part of being the sort of man that she can be happy with now is understanding where you went wrong in the relationship, where you were turning her off and improving those things about yourself.

For example: Sometimes a guy feels like he's doing the right thing by giving his woman all the power in the relationship.

He'll let her decide everything, he'll ask her how she feels all the time, he'll be really concerned about how she feels and what she wants and try to do everything for her to make her happy.

Yet, he doesn't realize that that actually pisses women off.

They don't want to be in a situation where a guy is essentially following her lead and making her the boss of the relationship, making her be the one that he is looking up to and respecting and feeling like he needs to follow her.

Women don't want that.

Women do want to be respected. They do want to be loved. They do want to be appreciated, but they also want a man who can take on the position of power.

That doesn't mean that a guy needs to be bossing a woman around and telling her what to do all the time and being a really aggressive type of bossy man.

Instead, it's about being that confident, good man that she can look up to and respect, she can follow, she can listen to, she can be a good girl for.

That's what women really want.

So, part of being the sort of man that she can be happy with now is understanding where you were going wrong in the relationship and understanding what areas you need to fix and improve and adjust

to make her feel respect, attraction and love when she next interacts with you.
Let her see that you've gone beyond the level that you were at when she broke up with you.
You've become more of a complete man now.
You've become the sort of man that she can look up to and respect.
You've become the sort of man that she can actually stay in love with.

Learn More?

I hope you've enjoyed this video and if you need more help to get your ex back, I recommend that you watch my program [Get Your Ex Back Super System](#).
It's a step-by-step system and when you follow the steps, your ex will give you another chance even if she hates you right now.
You will be able to get her to stop thinking about you in such a negative light and start feeling good about interacting with you and being with you.
You'll be able to make her feel respect for you again, make her feel attracted, make her start to fall back in love with you.
You'll be able to get her to forgive the behavior that you were displaying leading up to the breakup, during the breakup and after the breakup.
You'll be able to get her to look at who you are now and focus on how she's feeling about you now.
She will be feeling respect for you.
She'll be feeling attracted to you.
She'll be feeling sparks of love again.
She will be feeling drawn to you.
She will want to give the relationship another chance.

Fact: You Can Change How She Feels About You

One final point that I want to make for you in this video is that you can change how she feels about you.
At the moment, it might feel like it's almost impossible to get her to stop hating you.
All the things that you said and you did really annoyed, really pissed her off, made her want to get away from you and not see you anymore.
She doesn't want anything to do with you, but you can change how she feels.
If your ex really hates you at the moment, then when you interact with her and you make her feel respect and attraction for you, what she's going to initially feel is doubt.
She's going to doubt whether it is real.
She's going to doubt whether you could sustain that and you could actually continue being that sort of guy.
Yet, as the conversation and interaction continues between you and her, she'll start to see that it is

real.

You are the sort of guy that she can respect and feel attracted to now.

Then she goes from doubt to disappointment.

She starts to feel disappointment because she can see that you are the sort of guy that she can respect and feel attracted to now, so she thinks, *“Well, why weren’t you like that during the relationship? Why weren’t you like that when I was breaking up with you? Why weren’t you like that after the breakup? Why are you just doing it now?”*

As the conversation and interaction continues and she feels respect and attraction for you, then she’ll start feeling like there’s no point holding on to the doubt and disappointment because it’s obviously real.

She’s feeling sparks of respect for you, she’s feeling sparks of attraction, she’s starting to reconnect with some of the love that she used to feel for you.

From there, she starts to look at you as not being so bad after all and she starts to feel a bit of hope.

She starts to think, *“Well, maybe I should give him another chance. Maybe I should just hug him. Maybe I should just go with what I’m feeling and see what happens.”*

So, if your ex hates you at the moment, don’t worry.

Hate doesn’t last forever if the thing that you hate changes.

If you’re interacting with your ex and you’re making her feel respect and attraction for you and you’re building on those feelings, then she is going to go through a series of emotions.

She is going to look at you in a more positive light.

She’s going to let go of the hate that she used to feel for you.

She’s going to be able to forgive the way that you behaved.

She’s going to be focused on how good she feels with you now.

As a result, you and her get back together even though it started out as her hating you.

You guided her through the process, you made her feel respect and attraction for you again, you made her reconnect with the love and you got her back.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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How to Get Your Ex Back After a BAD Break Up

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

So, how can you get an ex back after a bad breakup?

In this video, I'm going to teach you how to get her to stop looking at the breakup in such a negative light and look at you as the man that she wants to be back with.

How do you do that?

The first step is to stop looking at the breakup in such a negative light yourself.

If you play the break up scenes over and over in your mind, you're going to start to feel down about yourself.

You're going to start to think, *"Man, why did I behave like that? Why did I send her that text? Why didn't I just end the phone call before I said all those stupid things? Why did I get angry at her? Why did I do this? Why did I do that?"*

You're going to feel down about yourself.

You're going to think about how she reacted and how annoyed she was, how turned off she was and then you're going to doubt that you could get her back.

Yet, that's actually the worst thing that you can do if you want to get a woman back.

Why? To get a woman back, you have to be emotionally attractive to her.

This comes down to how you make her feel when you interact with her.

When she interacts with you, does she feel happy, attracted, respectful of you?

Does she feel sparks of love or does she feel turned off?

Does she feel resentful?

Does she feel frustrated?

Does she feel angry? Does she feel like she just wants to get away from you?

That's what really counts.

Being Emotionally Attractive to Your Ex Again

[image: Being emotionally attractive to your ex again]

So, how can you be emotionally attractive to your ex the next time you interact with her?

Here are a couple of examples...

1. Insecure vs. confident.

If a guy is interacting with his ex-woman and he's being insecure, she's not going to feel emotionally attracted to him.

Women are not attracted to the emotional weaknesses of men, such as insecurity and self-doubt.

On the other hand, if a guy is interacting with his ex-woman and he is being confident no matter what she says or does, then she is going to feel emotionally attracted to him.

She might not admit it and she might try to hide it by acting indifferent and acting like it's not having

an effect on her.

However, attraction is an automatic reaction that cannot be turned off.

She might not be happy with how the breakup went and how he behaved, but she is going to feel some emotional attraction for him if he is able to be confident no matter what she says or does.

Another example is where a guy is feeling down about himself versus a guy is feeling good about himself...

2. Feeling down vs. feeling good.

Women don't feel attracted to the emotional weaknesses in men so if a guy is feeling down and he's feeling unworthy of his ex-woman then she's going to be turned off by that.

One of the reasons why emotional attraction is so important in the ex back process is that it's what she cares about.

All I care about is you getting her back, all you care about is getting her back, but what does she care about?

How she feels.

She is an individual and for an individual to want to be in a relationship, they have to feel attracted, feel respectful and feel like they're in love or they could be in love again.

Without those feelings, an individual doesn't want to be in a relationship.

So, if your ex is feeling turned off by you at the moment, doesn't feel like she's in love with you and doesn't feel like she can respect you, then she's not going to feel drawn to want to be in a relationship.

This is why it's so important to focus on being emotionally attractive to your ex again, regardless of how bad your break up was.

It's only when you make her have some feelings for you again that she will be willing to begin looking at you in a more positive light.

To become more emotionally attractive, one of the first things that you need to do is to stop looking at how you behaved in such a negative light.

Stop playing those scenes over in your mind and instead start to laugh at how you behaved.

Why?

If you focus on how badly you behaved, you're not going to feel very confident about your attractiveness to her and you won't feel worthy of her.

As a result, you won't be emotionally attractive.

Remember: Women are not attracted to emotional weakness in men. You've got to be emotionally strong.

So, start to look at the break up in a more light-hearted way and think, *"Damn. Why did I say that? Why did I react in that way? Why did I send her that damned text? That was silly."*

[Say that to yourself with a smile. Laugh about it. See it as funny or silly that you behave that way. Laugh at how you behaved and reacted during the break up].

After doing that, you then need to focus on the fact that who you were during the break up, isn't who you are now.

You are a much wiser man now.

You are a better man as a result of going through that experience.

You have improved.

You've become a better man.

You're not like other people who continue to make the same mistake over and over in their life and never learn anything about it, never improve.

You have made a mistake, you've learned from it and you've become a better man as a result.

So, focus on who you are now rather than how you were behaving back then and rather than how she was reacting to you back then.

You Are Not Alone

Another thing to do is to realize that it's not just you who has gone through a bad break up or reacted badly to getting dumped.

When someone gets dumped, they don't normally handle the breakup very well.

That applies to men and women all over the world.

It's not just you.

If you think about the top 10 songs on the radio or the top 100 chart, have a look and you'll notice that most of them are about a breakup, wanting an ex back, being hurt by an ex, missing an ex, feeling regret about an ex, wanting to reach out to an ex and so on.

It's not just you.

Even these famous singers go through that experience themselves.

Likewise, if you ever watch those celebrity news shows, you'll see that celebrities go through it as well.

It's not just you.

When someone gets dumped, whether it's a man or a woman, they often behave in a way that they look back on and regret.

They think, "Damn, that was a bad breakup. The way that I behaved was really irresponsible, really immature. I shouldn't have done that. I shouldn't have texted her this. I shouldn't have said that. I shouldn't have arrived at her door and demanded that she speak to me. I shouldn't have been calling her all throughout the night. I shouldn't have done those things."

In your case, whatever you did is what you did.

It wasn't the best thing to do, it wasn't the most productive and effective thing to do, but that is what happened.

If you keep focusing on it and thinking of yourself as being a bad man, not good enough, just someone that should hang his head in shame, then you're not going to be doing what is required to get an ex-woman back, which is to be emotionally attractive.

If you're not emotionally attractive, you're not giving her what she wants.

You've got to remember that it's about her feelings.

If she is going to want to get back into a relationship with you, she needs to be able to feel

emotionally attracted to you when she interacts with you.

If you are hanging your head in shame, feeling down about yourself, feeling depressed, losing confidence in yourself, feeling like you're not good enough for her, then you're not going to be coming across in a way that is emotionally attractive to a woman.

So, while you might feel a bit down and regretful about how you behaved leading up to the breakup, during the breakup and after the breakup, it's best to just look at that as a learning experience.

Yes, you might feel sorry about it and yes, you might briefly apologize to your woman when you interact with her, if you haven't done that already.

However, it's not something to remain focused on.

Focus on What Will Work to Get Her Back

[image: Get her back after a bad break up]

If you want your woman back, you've got to be focused on what is going to work, which is to interact with her and be emotionally attractive.

Let her feel a renewed sense of respect and attraction for you when she interacts with you.

Let her feel sparks of love.

Let her start to look at you in a more positive light.

Let her start to look at what happened between you and her as regretful, but at the same time kind of funny.

The way that you reacted, the way that she said this and she did that and the way that you then did this, it's kind of funny.

When you make her have feelings for you again then you are giving her what she wants.

What she wants is to be able to feel good around you.

She wants to be able to feel happy, feel attracted, feel intrigued, feel drawn to you, want to hug you and kiss you and want to be in your arms.

She wants to feel like she is in love with you.

If you interact with your ex and you're being emotionally attractive, she's going to feel a renewed sense of respect and attraction for you.

She's going to start to feel sparks of love.

She's going to start to reconnect with the love that she used to feel for you.

Then, if you don't get her back right away, she's going to be thinking about you.

She's going to be thinking, *"Why am I feeling so drawn to him? Why do I want to call him? Why do I want to see him? Why am I worried about losing him all of a sudden? Why do I want to kiss him? Why do I want to be next to him? Why am I feeling drawn to him?"*

That is how you get an ex-woman back.

Remember, what is most important to me is that you get her back.

What is most important to you is that you get her back.

That's all you and I care about, but what does she care about?

Her feelings.

She is an individual and unless she feels drawn to you and feels respect and attraction and sparks of love, she's not going to feel motivated to want to get into a relationship.

A woman doesn't want to get into a relationship with her ex where she feels turned off by him, she doesn't respect him, she's not feeling much or any attraction and she's not feeling like she's in love with him.

There's going to be no motivation for her to want to get back into that relationship. Yet when you trigger her feelings for you then you're giving her what she wants and you can get her back.

Learn More?

I hope you've enjoyed this video and if you need more help to get your ex back, I recommend that you watch my program [Get Your Ex Back Super System](#)

It's a step-by-step system and when you follow the steps, you will get another chance with your ex even though it was a bad breakup.

She will feel a renewed sense of respect and attraction for you.

She will feel drawn to you.

She will feel sparks of love and she will feel compelled to give you another chance.

You Can Get Her to Forgive You and Take You Back

[image: Get her to forgive you and take you back after a bad break up]

One final point that I want to make for you in this video is that although you made some mistakes leading up to the breakup, during the breakup and after the breakup, it's not the end of the world.

I've helped so many guys who have reacted badly to a break up to then get their woman back by focusing on what matters the most.

What is that?

Her feelings.

When you focus on making her have feelings for you, then it feels unfinished to her.

The relationship doesn't feel like it's complete.

She is feeling drawn to you.

She's feeling attracted to you.

She's feeling respect.

She's feeling love and as a result, it doesn't feel like it's over.

She thought that she was over you.

She thought that the breakup was the final straw and she didn't want to be with you anymore, but she's feeling attracted to you again.

She's missing you, she wants you back.

This is why it's so important to be active and focus on making her have feelings for you again.

When you do that, things change.

She feels drawn to you.

She opens back up and you can get her back even if it was a bad breakup.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How to Get Your Ex Back After Cheating

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

So, how can you get your ex-woman back after you've cheated on her?

The first thing you need to know is that generally speaking, women take cheating a lot better than men do.

A might not show that when you interact with her though, of course.

A woman might be upset and crying and appear angry and as though she could never forgive you, but generally speaking, most women can handle it a lot better than men.

I think part of the reason for that is how women perceive men who have other women interested in them.

Women don't go around necessarily admitting it, but if you look at what happens you will see that women are very attracted to guys when other women are attracted to that guy.

It's the same thing with a male celebrity, if you think about it.

He doesn't even have to be good looking, but the fact that other women find him attractive and that they want to be with him makes the woman find him attractive.

However, if you think about physically unattractive female celebrities, most guys do not give a crap that she is famous.

Most guys do not give a crap how much money she is making.

They do not want to have sex with her because they do not find her physically attractive.

Yet for a woman, if a male celebrity isn't even physically attractive, she is going to find him attractive because other women like him and want to be with him.

When a woman is in a relationship with a guy who is attractive to other women and they want to have sex with him, it makes her feel more attracted to him.

However, if he goes and cheats on her with one of those women, it makes her feel upset.

It can make her feel like she's not good enough and feel as though he may have enjoyed having sex with that woman more than he enjoyed having sex with her.

For some women though, they aren't concerned about the sex.

Instead, they're more concerned about whether you have more of an emotional connection with that woman compared to her.

Each woman handles cheating differently.

However, generally speaking, women can handle being cheated on better than a man in most cases.

They can deal with it, they can forgive him and give him another chance because he is attractive to her and he's attractive to other women.

I can also tell you from personal experience back when I was dating and I had multiple women in my life, I would find myself in a position where I had 4 or 5 women in my life at once.

[image: Dan Bacon - playboy]

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[image: Dan Bacon - playboy]

[image: Dan Bacon - playboy]

Sometimes I would have a girl who would say that she wants to become my number one girl.

She would be excited about that and she would try hard to become my number one.

If you don't know, I'm married now and I don't make my wife feel like she is one of many because she is my number one woman.

Here's a photo around the time that my wife and I met in a night club.

[image: Dan Bacon with girlfriend at nightclub]

She was 20 when I met her and I was 35. We've been together for almost 5 years now and the relationship just gets better and better all the time.

[image: Dan Bacon wife kissing]

However, I just want to point out that when I was dating multiple women at once, they weren't angry about that.

They pretended to be pissed off, they pretended to be angry, but they kept coming back week after week.

Each woman would get to see me once a week and some girls would get to see me twice a week, but they kept coming back.

Now, if you would ask those women when they were in that situation whether they were happy about it, they would say no.

They would say, *"Dan's an asshole. He doesn't treat me good enough. It's not fair. He's seeing all these other women. He's bad."*

Yet, they kept coming back every week.

Although women won't go around admitting it, women do find men attractive when other women find that man attractive.

It's not the same for us men.

We men can instantly find a woman attractive and want to have sex with her simply based on her appearance.

It doesn't matter if other guys find her attractive.

[image: Insta Attraction]

We have an instant reaction to women because most of our attraction for a woman is based on her physical appearance initially.

Of course, when a guy talks to a woman, that doesn't mean that he's going to continue feeling attracted to her.

He may be turned off by her personality and behavior and not want to have sex with her anymore.

However, the main thing that we find attractive about women is their physical appearance initially.

For a relationship, we also want a woman to be a good woman, to be down to earth, easy-going, intelligent, warm and loving and so on.

On the other hand, what women find most attractive about a man is his emotional attractiveness, who

he is as a man, his confidence, his charm, his charisma, his sex appeal.

Do other women find him attractive?

Are other women finding his personality and behavior attractive?

If so, then a woman sees that as a signal that the guy is attractive.

Women have been interacting with him, they've found his confidence attractive, they've found his personality attractive, they have found him emotionally attractive.

Therefore, she doesn't need to go through a long process of trying to find out whether he is attractive to her emotionally.

She can just look at how other women are reacting to him and say, *"Wow. This guy is attractive. Other women have interacted with him. They like his confidence. They like his personality. They find him attractive. He is a catch."*

So, how all of this relates to getting your ex back when you have cheated on her is that although she might be upset and hurt by the fact that you've cheated on her, the truth is that she doesn't see it as being all that bad.

Even though she most likely won't admit it to you or anyone else, there is a part of her that likes the fact that other women find you attractive.

Depending on the woman, it definitely can hurt her that you cheated on her and it definitely can make her feel like she's not good enough, but there has got to be a part of her that likes the fact that other women want you as well.

That said, cheating on your woman is definitely not a great way to keep a relationship together.

You have made the mistake, but it's not the end of the world. You can fix this situation and get her back.

How do you do that? Here are 6 tips to help you.

6 Tips to Get Your Ex Back After Cheating on Her

1. Apologize and accept the breakup, but tell her that you love her.

You've most likely already apologized to your woman.

If you haven't done that already, go ahead and do that.

Apologize for cheating on her, accept the breakup, but tell her that you love her as well.

It's not about apologizing, accepting the breakup then saying, *"See you later. If you don't want to talk to me again, the ball is in your court. I'm gone."*

Tell her that you love her.

Throw her a bone.

Give her something to hold on to.

Now, of course, not every guy does that when he's cheated on his woman and she's breaking up with him.

Some guys make the mistake of begging and pleading and apologizing over and over again, sucking up to her, trying to be super nice and trying to convince her that things will be different.

Don't worry if you have made that mistake or have done something similar.

You can still fix the situation and get her back.

What you need to do is what I will explain later in the video.

For now, let's move on to the next tip.

2. Re-attract her and then give her a week of space

After a breakup where you have cheated on your woman, it's best to give her a week of space.

I don't recommend giving any longer than that because giving her a week of space proves the point.

You never need to give your woman more than a week of space after a breakup to then contact her again, re-attract her and guide her through the ex back process.

If you wait too long, what happens is that most women just move on.

They want to make themselves feel better so they hook up with a new guy or they start flirting with guys at work or where they study or through friends and the next thing you know she's in a rebound relationship.

So, what I recommend is that before you give her a week of space, create a spark of attraction inside of her.

Interact with her, make her laugh, make her smile, make her feel attracted to your confidence, make her feel attracted to your charm and charisma that she loves so much about you.

Give her that spark, give her that feeling and then give her a week of space.

3. Attract her if she contacts you during the week of space

If your ex-woman contacts you because she's missing you, you don't have to ignore her texts and continue giving her that full week of space.

Each woman is different.

Some women just need 1 or 2 days and then they're missing you terribly and they want you back. Some women need 3 or 4 days, some women need a full week before they realize that you're not desperately chasing after them.

She feels attracted to you, she is missing having you in her life, she feels like she can forgive you for cheating on her and she wants you back.

Yet, you're not chasing her.

You're not desperately asking for another chance.

You're not blowing up her phone with text messages.

You're not trying to explain yourself and apologize over and over via text messages or emails.

Instead, you attracted her before you gave her a week of space and she's missing you now.

She is feeling like the cheating is something that she can forgive.

Who cares about that other woman that you cheated on her with? She wants you. She feels so attracted to you. Why should other women now get to have you when she wants to be with you?

4. Call her to say hi and make her feel attracted again.

If a guy texts his ex-woman and he tries to get a conversation going with her, she might decide to ignore his text.

She might decide to show him that she's not chasing him and that she's not going to be that easy to get back.

The guy then might make the mistake of thinking that he's losing her and something is wrong and he might start to text her in a bit more of an insecure or desperate way.

Then she really starts to feel turned off by him.

[image: Avoid trying to text your ex back]

There are so many things that can go wrong when you're texting your ex woman, so I always recommend to get her on a phone call.

That way you can instantly create a spark of respect and attraction and love.

You can make her smile and laugh and feel attracted to your confidence.

You can be charming and charismatic and get her to feel that spark, get her to feel drawn to you again, get her to remember how much she feels for you.

5. Meet up with her

When you meet up with her, don't go overboard with trying to make her feel so appreciated now or make her feel so wanted because it can come across as appearing desperate.

Also don't go overboard with apologizing.

You don't want to apologize over and over again and be bowing your head in shame.

That isn't going to make her feel respect and attraction for you.

It isn't going to make her feel like she can look up to you and you are her man.

If you go too far with that sort of stuff, it can come across as though you're groveling like you're trying to suck up to her and that you desperately need another chance with her.

If your relationship was the type where you were in the position of power and she enjoyed that, you don't want to be coming across as though she has all the power now.

If she's the sort of woman who likes a guy to be in a position of power, then she's not going to want to see you groveling and sucking up to her.

So, make sure that you don't go overboard with trying to apologize and make her feel really special and wanted now.

6. Get her to realize that we all live and learn

Yes, you made a mistake by cheating on her.

It wasn't the best thing to do.

It wasn't the nicest thing to do.

It potentially made her feel upset and unloved and not good enough for you.

You made that mistake.

However, everyone makes mistakes throughout life.

Sometimes when you make a mistake, it's a wake-up call for you.

It's a crossroads moment in your life where you realize that you shouldn't be like that.

You know that it was a mistake you don't want to repeat.

You feel much better not being that sort of guy.

You want to be the sort of guy who sticks with his woman, who is faithful to his woman.

You want to be the sort of guy who has a relationship with a woman that gets better and better over time.

You look at her and you find her so attractive. She's more than enough for you.

Of course, don't go overboard trying to say that stuff to her.

If you are going overboard and saying all these things to her, saying that, *"I've realized so much. You're just the best. I don't need any other woman. I just want you,"* and you're coming across as desperate, it's not going to make her feel respect, attraction and love for you.

So, just make sure that you maintain your cool.

Telling her that we all live and learn and getting her to realize that people make mistakes is important because it gives her a reason to try, especially if when you're talking to her she can think about a mistake that she has made or something that she has learned along the way and how it made her become a better person.

She can realize that she's not such a bad person for making that mistake she made in the past.

It actually made her become an even better woman.

It made her become who she is today.

Likewise, your mistake has made you become a better man.

It has made you become who you are today.

You are a better man as a result of making that mistake.

You certainly won't make that mistake again in future.

You have no desire to and you know that it's just not going to happen again.

However, just focusing on talking about that is not the one thing that is going to make her want you back.

What is?

Attraction.

You need to be making her feel attracted to you again.

You need to be making her feel that spark when she interacts with you.

When she interacts with you, sparks fly, she feels respect, she feels attraction, she feels love, she feels drawn to you, she wants to hug you, she wants to kiss you, she wants to be in your arms.

That is what makes all the difference.

Learn More?

I hope this video has helped you and if you need more help to get your ex back, I recommend that you watch my program, [Get Your Ex Back Super System](#).

It's a 7-step system and the same rules apply whether you've cheated on her or you haven't cheated on her. The same rules apply.

What you need to do to get her back is the same.

You need to go through the same series of steps and you need to make sure that you're making her feel attracted and drawn to you again.

You need to make sure that she's feeling that love, she feels drawn to you, she wants to be with you, she wants to be in your arms again.

A Mistake That Can Be Fixed

[image: Get your ex back after cheating on her]

Okay, so one final point that I'll make for you in this video is that, yes, you've made a mistake and yes, she may be upset, but it's not the end of the world.

You can change how she feels about you.

You can get her to smile and laugh and feel happy with you again.

You can get her to look at the mistake you made as something that was a learning process, it didn't mean anything to you and she is what you want.

However, just make sure that you don't go overboard saying that she is the one that you want and you don't want anything else and your life is horrible without her and you just want to be with her and, *"Please, please, please give me another chance."*

Women don't respect desperation, so just maintain your cool, focus on making her feel attracted and get her back.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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How to Get Your Ex Back and Never Lose Her Again

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

So, how can you get your ex back and never lose her again?

It's one thing to get a woman back after a breakup, but keeping her is a different story.

How can you make sure that once you get your ex back, you and her don't break up again, she wants to stay with you, she wants to stick with you, she's in love with you and only wants to be with you?

1. Prepare to attract her in the ways that will make the difference

When some guys are trying to get their ex back, they are offering her things that she's really not that interested in.

She doesn't find it attractive. She doesn't find it inspiring and motivating and it doesn't make her want to get back with him and kiss him and hug him and never want to leave him again.

So, if you're going to get her back and keep her once you get her back, you need to make sure that you are prepared to attract her in the ways that will make the real difference.

For example: If you make the mistake of turning the relationship into a friendship, then you really need to make sure that when you interact with her from now on, she feels a sexual and romantic spark with you.

If you became insecure in the relationship, then you really need to make sure that you are prepared to be totally confident around her.

This means that if she's testing your confidence by acting difficult or being indifferent around you, you need to be prepared for that.

You can't become insecure and let her see that you just don't have the confidence that she's looking for in a man.

If you took her for granted, then you need to allow her to see that you are more of a balanced man now.

You're not going overboard by showering her with gifts and being super nice to her all of a sudden because that would be desperate.

Instead, you are more of a balanced man now.

She can see that.

She can sense it.

She knows that if she were to get back with you again, you're not going to take her for granted.

You've learned your lesson, you have become a better man as a result and you are now a more balanced man.

Another example, if you became emotionally sensitive in the relationship.

You need to make sure that you are emotionally strong now.

Nothing affects you and makes you start to doubt yourself and feel like life is unfair or she's being

unfair or it's just all too difficult.

You are so strong that you are emotionally bulletproof.

Nothing that she says or anyone else says makes you doubt yourself and feel insecure.

You don't need her to be nice to you and reassure you in order for you to feel good about yourself.

You're emotionally strong no matter what.

Another example: If you weren't affectionate enough in the relationship, then you need to be a more balanced man.

It's not about going overboard and being super affectionate and coming across as desperate. You just need to be more balanced.

Finally, another example: If you were too clingy.

In that case, you need to stop being so emotionally dependent on her.

You need to be following through on your big dreams, goals and ambitions in life rather than putting too much focus on her.

So, those were some examples of what I mean by preparing to attract her in the ways that will make a difference.

For example: If you turned the relationship into more of a friendship and then you started offering to be nicer to her, to take her on holidays and vacations, to listen more and things like that, it's not going to make the difference.

That's not what she's looking for.

You've got to find out exactly where you were going wrong with her and get things back into balance.

If you were being too much of a friend around her, being too neutral and there wasn't really much of a spark, then you need to focus on making her feel that spark when she interacts with you, whether that's via text, on the phone, via social media or in person.

She needs to be able to feel a spark of romantic and sexual attraction for you.

That is what's going to make her realize and believe that things will be different now.

You don't have to promise it to her, you don't have to say *"Hey, things will be different, I promise. It's going to be different this time. I'm going to do this and do that."*

You don't even need to tell her.

When you interact with her, she can already sense it; she's picking it up.

She can sense the changes in you.

She can see it.

More importantly, she can feel it.

She feels differently around you now.

When you interact with her, sparks fly.

She feels respect for you, she feels attraction and she feels love.

She wants to hug you, she wants to kiss you, she wants to be close with you. That is what is going to make the difference.

2. Start the ex back process

[image: Start the ex back process]

When it comes to getting an ex back, so many guys make the mistake of just cutting off all contact and waiting around.

A guy hopes that if he stays out of her life, she's going to realize what a great guy he was and she's going to come back to him.

Yet, what I've seen by helping guys to get women back for many, many years now is that cutting off contact and just waiting around doesn't work in approximately 95% of cases.

Why?

There's no attraction.

In the 5% of cases where a woman still feels attracted to her ex-guy and she just can't deal with the pain of not having him in her life, then cutting off contact and waiting around will work.

She'll be sitting around and missing him and she won't be able to move on. She'll think, *"I'm just going to get back with him because I can't deal with his pain."*

Yet, in 95% of ex back cases, that just doesn't apply.

The woman doesn't feel attracted to the guy anymore.

He turned her off, she broke up with him and she's moving on.

She might feel a little bit of pain and a little bit of regret that she got into a relationship that broke up, but when she thinks about it, she'll realize that she doesn't feel attracted to him, she doesn't really respect him and she's not in love with him anymore so there's no point getting back together.

On the other hand, when a guy doesn't sit around wasting time cutting off contact and just hoping that she comes back and he does something else instead, then things change.

What does he do?

He interacts with her and actively creates a spark with her.

He actively makes her have feelings for him again.

He makes her feel a renewed sense of respect and attraction for him.

When she interacts with him, she feels something.

She feels respect, she feels attraction and she feels love.

All of a sudden, she starts to think, *"Why am I feeling so drawn to him? I thought that I was over him. I thought that we were finished, but now it feels like there's something there between him and I. Why am I feeling drawn to him all of a sudden? Why do I want to hug him? Why do I want to be in his arms again? Why am I imagining kissing him? Why am I thinking about us having sex again? Why am I worried about losing him all of a sudden?"*

The reason why is that the guy actively made her have feelings again.

When she broke up with him, she was over it.

She was turned off by him, she was no longer attracted to him, she no longer respected him and she had fallen out of love with him.

So, if a guy then just cuts off contact and hopes that she would change her mind, what I've found is

that in approximately 95% of cases, she doesn't change her mind.

She doesn't come back and get into a relationship with him.

What I've found is that sometimes a woman will contact the guy and she will just send him a text or contact him out of the blue because she's curious.

She wants to see if he has moved on or if he's just sitting around missing her and hoping that she changes her mind.

Yet, that doesn't get her back.

It might get her to contact him, but if he's not even prepared to make her feel a spark, then he doesn't get her back.

What I've seen is that in most cases where a guy doesn't go through the ex back process and instead just sits around hoping that she'll contact him and want him back, is that the woman either gets over him and moves on and gets into another relationship.

Alternatively, the guy loses so much confidence in himself because he's sitting around worrying all the time that when she eventually does contact him, he doesn't know how to deal with it.

He's nervous, he's anxious, he's being super nice to her, he's been hesitant and cautious with his words and she feels turned off.

She feels turned off by his lack of confidence.

He doesn't have the balls at that moment to say something a little bit daring to joke around with her, to make her feel a spark, so the interaction feels awkward and boring and tense, then she just moves on.

What I recommend is that, if you want to get your woman back, it's fine to give her a little bit of space.

What I've found is that 3 to 7 days is enough because it proves the point.

When you stop contacting your ex for 3 days or for a week, it shows her that you're not being needy and desperate and bombarding her with text and phone calls. You're in control of your emotions.

So, when you don't contact her for 3 to 7 days, she then sees that, okay, things have calmed down.

You're not being desperate, you're not being needy and clingy and being a pain in the butt.

You are giving her space.

Then what you need to do is interact with her and create a spark.

Actively make her have feelings for you again and guide her through the ex back process.

3. Re-attract her

When it comes to re-attracting an ex, unfortunately, a lot of guys make mistakes with that as well and they end up losing their chance with a woman who would have otherwise given them a chance and gotten back into a relationship.

Here are some examples:

1. Being too neutral.
2. Overacting when trying to seem fine without her.
3. Using obvious tricks like texting her about good memories.

So, with being too neutral, a guy will talk to his ex-woman and there won't be much of a spark there. He'll just be talking to her as though she's a coworker or she's a neutral friend.

There's no sexual spark between them.

He might be afraid to be talking to her in a way that would suggest they are attracted to each other because he doesn't want to get rejected by her.

She's already dumped him and said no to giving him another chance so he feels a little bit unworthy of her.

He hesitates, he loses confidence in himself.

That's not going to work.

You can't be neutral and expect a woman to be excited.

You've got to create a spark if you want her to feel that excitement and feel drawn to you.

The other example is overacting when trying to seem fine without her.

This is a bit of a newbie mistake because if you think about it, it seems like a good idea to act like you don't care about her anymore and your life is just so amazing without her in it.

So, some guys will make the mistake of talking about how happy they are since the breakup, that the breakup was the best thing that ever happened to them and they're just so happy and enjoying life so much now that they're not in a relationship anymore.

Now, the mistake there is going overboard with it because it causes a woman to think, *"Oh, really? You're really that happy without me. Okay. Well, I'll show you."*

Then she goes and hooks up with a guy or she stops replying to your texts or she says no when you want to try and catch up with her and so on.

Women do respond well when they see their ex happy and enjoying life without them, but when he goes overboard and tries to be vindictive and manipulative by rubbing it in her face by what he says, then it's a different story.

It doesn't make her feel attracted.

Instead, it makes her want to get revenge.

The other example is using obvious tricks like texting her about good memories.

As you would most likely agree, women aren't stupid.

Well, there are some stupid women, of course and we men are the superior species.

No, let's just get real here.

Men and women are pretty much equal when it comes to intelligence.

So, when a guy uses really obvious manipulative tricks like texting her about good memories, then women see right through it.

If a woman doesn't feel respect, attraction and love for her ex-guy anymore, then she's going to look at his texts in a negative way.

For example: If a guy was being insecure leading up to the breakup, during the breakup and after the breakup, then a woman is most likely going to be remembering him as being insecure.

If he was being clingy and needy, then she's most likely going to remember him in that way.

So, if he doesn't do anything to make her feel attracted to the new and improved him before he sends

her a text about a good memory, how do you think she's going to look at it?

She's going to be thinking that he's just trying to use tricks on her, he's trying to manipulate her, he's trying to get her to remember the good times because there haven't been good times for a long, long time.

All she can remember is him being insecure and clingy and needy.

Now he's sending her a text about good memories, so she's most likely going to think about it in a negative way.

She's going to imagine him lying in bed alone, feeling all lonely and missing her, thinking about the good times and then sending her a text about it.

She assumes that he's most likely totally in love with her and missing her like crazy.

When she looks at the text, she doesn't think, *"Wow, I've got to get back with him because we had some good memories."*

Women aren't stupid.

She's most likely going to be focused on what she experienced with him leading up to the breakup, during the breakup and after the breakup.

He hasn't done anything change her perception of him yet, so a text about a good memory will usually just be seen as a cheap shot to make her feel something.

What he needs to do is to be able to create a spark with her when he interacts with her, rather than just hoping that bringing up a good memory will make her want him back.

If she was turned off by him leading up to the break up, during the break up and after the break up, she's not going to be turned on by him simply as a result of him bringing up a good memory.

If he wants her to change how she feels, he needs to be able to let her see for herself that things are different.

Whenever she interacts with him, she feels differently now.

She feels sparks of respect and attraction and love for who he has become since the break up.

She smiles, she laughs and she enjoys being around him.

That is what counts.

4. Get her back by giving her a next level attraction experience

So, if you want to get your ex back and never lose her, you need to be prepared to give her a next level attraction experience.

If you kind of made her feel happy in the relationship, then this time around you need to make sure that she feels really happy.

Of course, this doesn't mean that you need to do so much more work and you need to put in so much more effort. Women aren't happy when a guy essentially becomes their slave and is doing everything for her. Initially, a woman might take that and use a guy for it, but it's not what makes a woman truly happy.

What makes a woman truly happy is when you make her feel so much respect, attraction and love for who you are as a man that she wants to be a good woman for you.

She wants to do nice things for you, she wants to give you a massage, she wants to cook for you, she wants to be sweet, warm and loving to make you happy.

That's what makes a woman really happy.

It's not what women will necessarily go around and admit because they will be embarrassed about that, but if you notice the women who are the happiest with their men, you will see.

She is doing good things for him, she's being a good woman for him, she gets happiness out of being a good woman for him.

So, when I say that this time around you need to make her so much happier and this time around you need to give her a next level attraction experience, it doesn't mean that you have to put in more work. It just means that you have to approach attraction, respect and love differently.

5. Deepen her feelings by continuing to improve your ability to be attractive

An example of this is where a guy is a good guy and his woman does love him, but he lacks emotional masculinity.

He just doesn't have that emotional toughness about him.

As a result, his woman will lose interest in him over time.

If she finds that, generally speaking, she's more emotionally tough than him or he is too emotionally sensitive, it's going to wear on her.

She may put up with it initially when the relationship is new and she's enjoying having sex with him and going out on dates with him and enjoying the start of a relationship.

However, over time, she'll start to withdraw.

She'll start to feel like she's not truly in love with him.

She might love him as a person, but she's just not going to feel like she's in love with him.

He lacks that emotional masculinity.

He lacks that emotional toughness of a man.

Of course, he may have been like that at the start of the relationship which most guys are able to do, but he most likely lost his way which most guys do.

The reason why is that a woman will often be a lot easier at the start.

She'll be more forgiving, more attentive, more gentle and nice at the start of a relationship.

Then she'll start to pour on the tests.

She'll test his confidence, she'll test his will, she'll test his emotional toughness and if he fails and starts becoming emotionally weak or insecure or unstable, then she starts to lose interest.

So, when you get your ex back, you need to make sure that you are focused on deepening her feelings for you by continuing to improve your ability to be attractive to her.

You have to become and be the man that she wants to stay with.

This doesn't mean that you have to put in loads of work and bow at her feet and do everything for her.

That's not the approach that I teach.

It's about being the sort of man that she can look up to and respect, she can feel attracted to and she can be totally in love with, not just love as a person and kind of feel okay with.

It's not about a guy worshipping the ground she walks on, bowing at her feet, doing everything for her and putting in loads more work into the relationship than she does.

Instead, it's about being in a position of power.

You are still a good man, you still treat her well, but you are in the position of power.

She gains pleasure and happiness by treating you well.

It makes her happy to be a good woman for you.

That is the type of relationship dynamic that lasts.

When you see a woman who's happy for life, she's with a man that she can look up to and respect, she feels attracted to and she's in love with.

Learn More?

I hope this video has helped you and if you need more help to get your ex-woman back, I recommend that you watch my program [Get Your Ex Back Super System](#).

It's 10 hours of video and when you watch the program, you will learn exactly what to say and do to get her back and keep her.

The ex back process that you will learn is about making her have strong feelings for you again, making her want the relationship so much and then getting her back and keeping her in a relationship.

You Can Get Her Back

One final point that I want to make for you is that it's actually very common for relationships to break up, get back together and stay together.

So many relationships out there in the world go through a breakup or two, sometimes even three and get back together.

The ones that work are where the man understands where he has been going wrong, makes some adjustments and then starts giving her the attraction experience that she really wants.

He does that, rather than giving her the attraction experience that he thinks should make her happy (e.g. being a neutral good guy, doing loads of things for her, sucking up to her, letting her have her way all the time).

He changes his approach to her.

He starts being the sort of man that she can look up to and respect.

She starts feeling like a girl again around him, which is what women really want to feel.

Again, they won't necessarily go around saying that because they're embarrassed to admit how they really want to be in a relationship, but just have a look at the women who are the happiest, the women who look at their man with loving eyes, the women who cuddle into their man's arm.

It's the women who have a man who is in the position of power, who is being a man that she can look

up to and respect, feel attracted to and be totally in love with for life.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

How to Get Your Ex Back Long Distance

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

So, how can you get your ex back if you're in a long distance relationship?

Here are the 12 things that you need to know...

1. Focus on what you can control

When you're in a long distance relationship, you don't really have a lot of control over what she does with her life.

For example: If you're living in another state, another country, if you're deployed in the military or if she's away for work, then you can't really stop her from going out and partying with their friends.

You can't be around to make sure that no other guys are hitting on her.

However, what you can control is how you make her feel.

When you interact with your ex, how do you make her feel?

Are you making her feel turned off by you?

Are you making her feel neutral, like just a friend or are you making her feel attracted and turned on by you again?

Sometimes in a long distance ex back situation, the woman isn't very open to communicating with her ex-guy.

So, it's not always possible to talk to her on the phone a lot or have video calls and things like that.

However, you need to make sure that you take advantage of whatever opportunity you have to make her feel attracted to you.

That may be with a text message, it may be with a phone call, it may be with a video call or it may be with social media.

It might also be a combination of all those things.

If you're going to be successful at getting her back, your focus needs to be on how you're making her feel.

Your actions, your communication style and how you're presenting yourself via social media or on video messages is going to make all of the difference.

If you're making her feel romantically and sexually attracted to you again, then she's going to start feeling drawn to the relationship.

She's going to miss you.

She's going to wish that you and her were in the same city or same town or same home together so you could be together in a real, close relationship.

2. Don't contact her too much

[image: Don't contact your ex too much when you're long distance]

I definitely recommend that you remain in contact with her, but since you and her have broken up, you need to ease up on the contact.

If you are going to contact her, just do it sparingly and make sure that every time you contact her, there's something in the way that you're communicating to her that's going to make her feel a spark of respect or attraction for you.

It's going to make her have feelings for you.

That's what really matters.

You want to be in a relationship with her, but what does she want?

If she's going to be in a relationship with you, she needs to have feelings for you.

She needs to be feeling respect for you.

She needs to be feeling attracted.

She needs to be feeling sparks of love.

She needs to be feeling like she's missing you and wishing that she could be with you.

That's not going to be there if you're contacting her too much and if you're contacting her just in a friendly way.

So, if your ex is still open to communicating with you, I definitely recommend that you keep the lines of communication open, but don't overuse it, especially if you're using text and email to communicate with her.

You really need to limit the amount of time and effort that she has to put in to communicating with you.

What you want is that when she does communicate with you and interact with you, that she feels a spark of attraction, of respect and love.

She actually feels happy and she enjoys interacting with you.

As a result, she starts to miss your presence in her life.

3. Don't try to have long conversations via text or email

[image: Don't try to have long conversations with your ex via text or email]

When you're long distance, it might seem like the only way that you can have a real conversation with her is to send her a long email or a long text message or a long social media message.

Yet, it just doesn't feel good to a woman when her ex-boyfriend or ex-husband is ranting on and on about his feelings and the relationship and how he thinks about himself and her and so on.

She just doesn't want to have to go into that much effort to be communicating with her ex.

What she wants to experience are sparks of respect and attraction and love.

She wants to feel happy and excited interacting with you rather than feeling like it's a chore.

4. Don't ask if she's dating anyone else yet

Now that you and her are broken up, she's most likely going to start dating a new guy or dating new

guys to get over you and make herself feel better.

You won't get any benefit out of asking her about that and wanting to know details.

What you need to do as a man is always believe in your attractiveness to a woman.

Never doubt it for a second.

Never look at another guy as being competition to your woman.

You've got to see yourself as the man.

You've got to look at every other guy as not being on your level, like there's no one like you.

You are the man.

You're the best.

You're the best guy that she could ever meet.

End of story.

If you question that and doubt yourself as a result, then you're not the best man she could ever meet, but if you believe it and you act upon it, then you become that man and you are that man.

It's not about saying to her, *"Hey, I don't care if you're dating any other guys. No one is like me. I'm so good. You know, look at me. I'm the best."*

It's not about saying anything like that.

It's simply about having that mindset where you know that you are one of a kind, that you are a great man.

Yes, you made some mistakes in the relationship, but who hasn't?

Pretty much everyone has stuffed up a relationship at some point in their life.

If you listen to the latest songs coming out on the radio, you'll see that pretty much all of them are about wanting to get an ex back or missing an ex or being hurt by an ex.

It's all about that.

So, don't think that it's just you who has stuffed up a relationship and is wanting your ex back.

Pretty much everyone goes through it.

It's totally normal.

It's totally natural.

The thing that you need to do though is to focus on what you can control.

You've got to focus on how you're making her feel and one of the ways to make her feel respect and attraction for you is to not look at other guys as being competition to you.

You've got to have that relaxed confidence in yourself.

5. Don't appear emotionally weak or needy

If your ex is still open to communicating with you and you're having conversations with her, just make sure that you're not coming across in a way where you need her reassurance, you need her emotional support or you're lost without her, you're sad without her, you're depressed without her.

You don't want to be giving her the impression that you need her to start showing you signs of

interest and being nicer to you and giving you hope before you can feel confident again or before you can feel happy again.

You've got to make sure that she can see that you are happy with or without her.

It's not about saying to her, *"Hey, I don't need you. I don't care about you. I couldn't give a crap if we got back together."*

It's not about saying any of those things.

It's just about having that relaxed confidence in yourself and letting her see that you're not lost without her, that your life is moving on.

You don't have to go and hook up with new women or get into a new relationship or anything like that if you don't want to.

If you want to get into a new relationship or date some new woman while you're waiting for you and her to be able to be in the same city and be together again, then that's fine.

However, you don't need to do that to show her that you're moving on.

It's more about how you come across when you interact with her.

How you talk, how you behave, how you react to her, she's going to be able to pick up on that.

Women are very good at picking up on the subtle cues that men give off.

This also applies if a man is faking the fact that he is moving on without her and that he's fine.

A lot of guys who are in long distance ex back situations talk about how they are living their life and they try to make their ex-woman feel jealous, but she can pick up on the fact that he's just faking it.

She can tell by the way he reacts to her and responds to her and talks to her that he's desperately missing her.

He is lost without her.

He doesn't want to be with any other women but her.

She can pick up on that.

So, don't fake it.

It's got to be real.

6. Give her hope for the future

Now, let me be very clear here.

Giving her hope about the future is not about explaining things to her.

It's not about trying to paint a picture of you and her being together and being so happy and living together forever and all that sort of stuff.

It's not about telling her your feelings for her or your plans to succeed at work or in your business or whatever you're doing.

It's not about that.

What is it about?

It's about her feelings.

That's what really matters when getting a woman back.

She needs to have hope for the future based on the fact that she now feels a lot of respect, attraction and love for you whenever she interacts with you.

So, when she feels that, she starts feeling hopeful about a future with you.

She starts to imagine being back in a relationship with you.

She starts to picture herself going out to dinner with you, going to the movies, going to the beach, kissing, having sex, hanging out and watching TV and so on.

She starts to imagine all those sorts of things.

However, if you don't focus on making her have feelings for you first and you're just trying to talk to her about a relationship and tell her how much you want to be with her, then she's not going to be imagining those things.

She's going to be feeling turned off by your approach and she's going to be imagining you becoming more and more desperate and needy and clingy and insecure.

She's going to imagine a really difficult situation.

What you need to make her see is that things feel good between you and her now.

Whenever you and her interact, she smiles, she laughs.

She feels attracted.

She feels respect for who you are now.

She feels sparks of love for you and it feels good to her.

That is what gives her hope for the future.

7. Be patient

This is one of the difficult parts about a long distance ex back situation.

When a guy is getting his ex back that he lives in the same town or city as, he can get her back pretty much right away or within days or within weeks.

However, in a long distance ex back situation, sometimes it takes months because you're just not going to be able to meet up with her until then.

For example: A man is deployed in the military, his wife is overseas working, she's overseas studying abroad or she has to be in another country because of a family issue and she can't come back for many months.

Whatever your situation is, the fact is that in long distance ex back situations, you need to be patient.

However, you need to make sure that while you're being patient, you're not just sitting around and not improving your ability to attract her.

You've got to be improving your understanding of what it actually takes to make a woman feel respect and attraction and love for you when you talk to her.

For example: If a guy is talking to a woman and he's being insecure and he's talking about how difficult his life is and he needs her to give him emotional support, then she's not going to feel attracted to him.

It doesn't matter how good his intentions are with her, how much he loves her and how good of a guy he is.

None of that matters because she just doesn't want to be his emotional support system.

She doesn't want to be with a man who needs her to be constantly lifting him up and patting him on the back and saying, *"Everything is going to be okay."*

On the flip side, if a man is interacting with a woman and he's facing challenges in life, but she can see that he's taking those challenges on and he's using those challenges as opportunities to become a stronger and better man, then she feels attracted to him.

If he's focused on solutions rather than complaining and whining and seeking pity, then she feels attracted to him.

So, with long distance ex back situations, while you need to be patient in order to get her back, you also need to make sure that you are living your life and you're continuing to become a better man.

I don't mean to continue to become a better man by focusing on superficial things like going to the gym more, getting a better haircut or some other superficial thing.

There's nothing wrong with going to the gym or getting a better haircut, but what really matters to a woman is emotional attraction, how you make her feel when you interact with her.

Do you make her feel turned on and excited and drawn to you?

Does she feel that lust and mystery about you?

Does she feel excited to want to be touched by you?

Does she feel drawn to want to hug you and be in your arms or does she just feel neutral when she talks to you?

Does she feel like there's no real spark there between you and her?

Worse, does she feel turned off when she talks to you?

Does she feel like, *"Ah, you just don't get it. You haven't even changed. You're still basically the same. You're turning me off in the same old ways with your communication mistakes and you just don't understand what it's going to take to make me feel attracted. You don't get me."*

So, be patient while getting your ex back long distance, but just make sure that you are improving your ability to make her feel attracted to you.

If you try to get her back and are behaving in unattractive ways, it's just not going to work.

8. Regain the position of power

The way to do that is to make her feel attracted to you again and to want her, but not need her.

You're not chasing the relationship.

You're not still hurt by the fact that she dumped you and she rejected you.

You're doing fine without her.

She's feeling attracted to you again.

She's feeling drawn to you, but you're not chasing her.

You don't actually need her.

You want her, but you don't actually need her.
When you make a woman feel that way, she is thinking about you.
She's missing you, she's imagining being with you, she's feeling drawn to you, she's imagining kissing you and hugging you and having sex with you.
She's imagining being back in a relationship with you.
Yet, she's also noticing that you're not chasing her.
You're not pressuring her to get into a relationship with you.
You're not putting that focus on your feelings in trying to work things out.
You're just making her feel attracted.
She can see that you do want her, but you don't actually need her.
When that happens, you take back the power.
You are a valuable man.
She's attracted to you, but you're not chasing her.
She wants something from you now.
She feels drawn to you.
She imagines being back with you.
She wishes that she could be back in your arms now.
Therefore, you have something that she wants, but you're not giving it to her because you're not chasing a relationship.
You're simply making her feel attracted to you again.

9. Don't be embarrassed about going to meet her

It's obvious that if you go to her town, city or country then you're going there to meet up with her.
So, you don't need to make up lies or look for excuses as to why you're going to be in her town city or country.
You simply have to say to her that, yes, you're going there because you want to catch up with her and say hi, but you're also interested in going there because you want to do XYZ (whatever that is for you).
For example: You might want to travel around that local area. You might want to go to some sort of event there, but let her know that *"Hey, one of the main reasons I'm heading over there is because I want to catch up with you and say hi."*
Just let her know that you're catching up just as friends and that there's nothing wrong with exes catching up to have a bite to eat or have a coffee to say hi.
There is nothing wrong with that.
It's totally normal and natural.
You don't need to make up excuses or lies and get all weird about it.
Women hate it when guys want something, but they're coming up with all sorts of weird excuses and

lies and behaviors that cover up their true intentions.

Women see that as creepy and their guard goes up.

She starts worrying about what you're really going to do when you get there.

Does she have to protect herself? Are you going to hurt her? Are you going to go crazy when you meet up with her? Why are you acting all weird?

Why are you covering up the fact that you're heading to her town or city out of all the cities in the world and you're saying that you're not going there to meet up with her?

Just say to her, *"Hey, one of the main reasons I'm heading there is I want to be able to catch up and say hi, you know, grab a bite to eat or grab a coffee, just as friends. I'm also going to be doing this and this, but hey, I'd love to be able to catch up and say hi."*

Just own it.

10. Re-attract her at the meet up

Now, what I was just saying in the previous example is that you're going there to catch up with her just as friends.

Yet, you don't actually catch up with her just as friends.

Don't act like a friend who has no sexual interest in her at all.

Saying that you're catching up just as friends gives her a reason to meet up with you.

She can see that, *"Okay, he's not trying to desperately get me back. He's calm. Everything is fine. I can catch up with him."*

Yet, when you meet up with her, you need to make sure that you are making her feel sexual and romantic attraction for you.

You need to be making sure that you're turning her on by the way that you're interacting with her.

11. Hook up with her or leave her wanting more

[image: Hook up with your ex or leave her wanting more]

This really depends on whether you can catch up with her more frequently or if it's going to be really difficult for you to catch up with her again.

Some guys who are trying to get their ex-woman back long distance can catch up with her once a month or so and it's not really much of a big deal because they are 100 miles away or 100 kilometers away.

Yet some guys are thousands of miles away, thousands of kilometers away and it's not easy to catch up with her.

So, if it's really difficult to catch up with her, then you need to make sure that you try to hook up with her sexually.

You need to make sure that you try to get to a kiss and then you try to get her back to your hotel or back to her place so you can hook up.

If you can see her more regularly, then make her feel attracted and turned on and give her a hug

goodbye and then just leave her wanting more.

She will walk away feeling attracted to you, feeling respect for you and feeling sparks of love for you and she'll be thinking, *"I want to see him more. Why didn't he kiss me? You know, why am I feeling attracted to him all of a sudden? Why do I want to have sex with him? Why do I want to see him again?"*

Then what happens is she starts texting you, you can get her on a phone call, you can attract her more and you can get her to meet up with you and hook up with her that time.

12. Don't chase a relationship

When you make her feel attracted to you again, she's going to be so much happier if you allow her to chase the relationship rather than you trying to pressure her into committing.

Although modern women get involved in careers and seem very focused on being professional and following through on their dreams, what most women really want is to be focused on love.

Most women love the idea of focusing their attention on being in love.

So, if you make your woman feel attracted to you again and you're not chasing a relationship and she has to do that, it's enjoyable for her.

She is feeling so much for you.

She's feeling attracted to you.

She's feeling drawn to you and she's thinking about you all the time.

You're not chasing the relationship so she's thinking, *"How can I get him to show more interest? How can I get him to catch up with me again?"*

She then starts texting you more, calling you more, showing more interest and she hopes that it leads to you and her catching up again and hooking up again.

She gets to chase you and get you back.

She's feeling so attracted to you.

She's feeling so in love with the new you.

She's feeling so excited about the fact that she now sees you as the one who got away.

She's looking at you as someone who she wants in her life.

You are not the same as you were when she broke up with.

You have changed so much.

You know how to make her feel so attracted now.

The things that you were saying and doing in the relationship that were turning her off, you just don't do that anymore.

You're so much more of a complete man now.

Learn More?

I hope this video has been helpful for you and if you need more help to get your ex-woman back, I

recommend that you watch my program, [Get Your Ex Back Super System](#)

The same rules apply to getting an ex back when you live in the same area or if it's long distance.

You have to re-attract her, you have to get to a meetup and you have to make her want the relationship again.

You Can Get Her Back if You Focus on What You Can Control

One final point that I want to make for you in this video is to acknowledge the fact that long distance relationships are not as easy as local or live-in relationships.

Your challenge of getting her back is more difficult than a guy who can see his woman more regularly.

That is true.

However, what I said at the start of the video is what you really need to remember.

You need to focus on what you can control.

What you can control is how you are making her feel by the way that you talk to her, by the way that you react to her, by the way that you behave and the way that you come across.

The way that you are presenting yourself to her, the way that you're talking to her, that is what makes her feel something for you rather than making her feel turned off, feel neutral or feeling attracted and turned on by you again.

That is what matters.

Your situation is a bit more difficult than guys who can meet up with their ex more regularly, but you've got to just focus on what you can do and what you can do is make her have feelings for you again.

When you make her feel respect, attraction and love for you, she starts to think of you as the one that got away.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

How to Get Your Ex Back if She is Dating Someone Else

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

So, how can you get your ex back if she's dating someone else?

In this video, I'm going to cover 9 points that you need to be aware of that will help you get her back.

1. Don't see him as being better than you

I understand that you might be hurt by the fact that she broke up with you and she's now with another guy.

You might also have seen her looking so happy and into her new guy.

You might be imagining that he's making her feel so much more attraction than you and she's so much happier with him than she ever was with you.

Yet, thinking in that way is not going to help you get her back.

What you need to do is think like a champion.

A champion doesn't see his opponents as being better than him.

I'll give you three examples.

The first example is Cristiano Ronaldo. He is a champion football player (or soccer player, depending on what country you're from).

In an Italian interview, Cristiano Ronaldo was quoted as saying, *"For me in my mind, I am the best. I might not be, but in my mind I am the best."*

Number two, Conor McGregor, double champion with the UFC.

He has said things like, *"These people are not on my level. No one thinks like me, no one talks like me, no one moves like me, they're not like me. I am the UFC."*

He talks about himself as though he is the best fighter and no one is on his level and he really believes that. It's a champion mindset.

I don't recommend, of course, that you go around talking like a Conor McGregor.

He goes around saying it because it sells fights. It's part of the fight business.

People get amped up. They want to see him lose and tune in to watch his fights and they become some of the most watched fights in UFC history.

The third example of a champion is myself and I'm laughing here because I don't normally refer to myself as a champion when I'm talking to other people.

It's just how I think about myself.

I think about myself as being a champion at picking up women.

I've had my choice of women for so many years. I've picked up so many beautiful women, catwalk models and pulled so many women back for sex, had multiple women in my life at once and of course, I also picked up my wife.

When I met my wife, she was 20 and I was 35.

Here's the thing though...

When I met her in the nightclub, how many guys do you think I noticed in the nightclub that night?
Zero.

It's a champion mindset.

I did not see any other guys in the club even though there was probably hundreds of them there.

I do not see other guys as being competition for women when I'm around.

I am the man.

Of course, it's not something that I go around saying.

I was laughing a little bit earlier because it's not something that you can go around saying about yourself.

If you say that, people start putting you down.

They say, *"Oh, you know, you're ugly, you're not tall, you don't have muscles. How can you say that about yourself?"* and so on.

The same thing with other champions apart from Conor McGregor where he can go around mouthing often.

It's a big part of his appeal.

Most guys who have that champion mindset just go through life and they just know that they're the man.

So, how this applies when getting your ex back if she's dating someone else is that you don't look at that guy as being competition to you.

Don't look at him as being on your level.

You're so much better than him.

You are the man.

There's no one else like you.

You are literally the greatest guy in the world.

If you think about her new guy as being better than you, then you've already lost.

You've got to think like a champion.

You've got to see yourself as being better than him.

You've got to see yourself as being such a great man that that guy is not even on your level.

Yes, she might be feeling attracted to him now and she might be enjoying the start of the relationship, but he's going to stuff up.

No one is as good as you.

That's how you need to be thinking.

Of course, you also need to back that up by being able to make her feel very attracted to you, which I'm going to talk about as we continue in this video.

2. Understand why she really broke up with you

[image: Understand why she really broke up with you]

If you're going to be able to attract her and make her see you as being better than him, you really need to understand why she broke up with you.

Sometimes a woman will break up with a guy and she'll give him examples of why she has broken up with him and she'll be quite direct about it.

However, in many cases, women give vague reasons and they don't really explain why the guy is being dumped.

For example: She will say, *"I don't know how I feel anymore. I just need time by myself. I don't think I want to be in a relationship anymore. It's not you, it's me. I need to figure myself out,"* and so on.

Yet, that doesn't give a man any details or instructions on how he can actually re-attract her, which is the point.

She doesn't want to have to explain to him, *"Hey, you know, by the way, the reason why I'm breaking up with you is that you're just not manly enough around me. You're too emotionally sensitive. You're too insecure. I need you to have a bit more balls. I need you to put me in my place in a dominant but loving way."*

She's not going to say that because she doesn't want to, number one, teach the guy because then she fears that she's going to have to teach him for the rest of their life together.

Number two, she doesn't want to feel like it's fake.

She doesn't want to feel like he's acting more manly all of a sudden to try to impress her when it's not real.

She doesn't want to feel like he's going to put on this act and then he's going to fall back into his old ways again and she's going to have wasted time being in a relationship with him.

So, why did your woman break up with you? What were some of the real reasons?

For example: Another reason why a guy will get broken up with is that the woman feels like it's just too much of a chore being with him.

He needs her emotional support, he's often insecure and sad and doesn't know how to deal with challenges in life and puts that on her.

Another reason might be that he's a good guy, but he's just too neutral. There's just no spark there.

He's treating her well, he's doing right by her, he's listening, he's being a good boyfriend or husband, but there's just no spark there because he's too neutral.

He lacks that masculinity in his conversation style, in his behavior and in his actions that will create a spark.

He doesn't make her feel like a feminine woman around him.

She feels more like a buddy, or a friend, or worse, she feels like a big sister or kind of a sister figure in his life.

If the new guy isn't making the mistakes that you made and he's attracting her in ways that she wished you would, then she's going to feel more drawn to him.

She's not going to feel like there's enough of a reason to leave him and get back with you.
So, make sure that you are preparing to properly re-attract her the next time you interact with her.
That is what makes all the difference.
Next...

3. Don't let her see that you are upset or lost without her

[image: Don't let her see that you are upset or lost without her]

It's fine to feel upset and feel sad about losing your woman.

There's nothing wrong with that.

If you listen to most of the songs on the radio, you'll realize that they're pretty much all about wanting to get an ex back, missing an ex, being hurt by an ex, etc.

It's not just you who wants an ex back.

Wanting an ex back is a totally normal and natural thing that pretty much everyone on the planet who experiences relationships goes through.

So, there's nothing wrong with you feeling a bit hurt after being dumped and feeling rejected that she doesn't want to get back with you, also feeling hurt that she's with a new guy.

There's nothing wrong with that.

However, the problem is where you let her see that when you interact with her or you let her pick up on that via your posts on social media.

What she needs to see is that you're not lost and lonely and rejected and depressed and confused without her.

She needs to be able to see and sense when she interacts with you that you are fine, that you're not going around in circles without her.

She also needs to see that you're not negatively affected by the fact that she's dating a new guy.

I don't mean that you should be saying things like, *"Oh, wow. I'm so happy for you. I hope it works out. I hope you live happily ever after. All I want is for you to be happy."*

I'm not talking about acting like you care and you want her to succeed in a relationship.

No acting.

What you need to be able to do is let her sense and pick up that you genuinely are okay without her.

You don't have to tell her that because women are very good at picking up the subtle signals and cues and hints from a guy's body language and conversation style to determine how he really feels about something.

So what you need to do, if you haven't done it already, is stop discussing the relationship with her and stop chasing a relationship with her.

Without saying it, let her sense that you don't even see the other guy as being on your level.

You're not affected by him.

You don't feel inferior.

You don't even place him as being on the same level as you.
She is your woman and you and her supposed to be together.
He is just there for now and he will be out of the way soon.
You are going to re-attract her and you're going to get her back.
Now, a big part of doing that is to not let her see that you're affected negatively by the breakup or by the fact that she is with a new guy.
It's also about not chasing the relationship and appearing like you really need it to feel better about yourself.
Instead, you need to focus on attraction.
That leads me to the next point.

4. Get ready to give her the full attraction experience

Generally speaking, most men get broken up with because they're on one extreme or the other. They're either too insecure and too soft and too gentle and too insensitive and too nice, or they're too arrogant, selfish, heartless and mean and rude and things like that.
So, if a guy has been taking his woman for granted and he didn't really treat her well and, you know, she was basically his last priority and that's how she felt, then he wasn't offering her the full attraction experience of being with a guy.
Likewise, if a man was too soft and gentle and sweet and trying too hard and sucking up to her and he was emotionally sensitive and insecure, then he also wasn't giving her the full attraction experience of being in a relationship with a man.
What a woman really wants to experience is a relationship with a good man, who makes her feel sexually attracted, who makes her feel like she can look up to him and respect him and who makes her feel like she's in love.
She doesn't want to guy that she can walk all over and she also doesn't want a guy who treats her like crap and just expects her to put up with it for life.
To get an ex-woman back who is now dating another guy, you need to prepare to give her the full attraction experience.
You do not have to be perfect at it.
You don't have to be Mr. Perfect all of a sudden.
You just need to be better.
You just need to be able to interact with her and let her sense and pick up that the missing pieces to who you are, are now filled in.
You're more of a complete man now.
If she interacts with you and she picks that up (and she will, women are very good at picking it up), she will then start to think about you in comparison to him.
If he has been making mistakes (most guys do) and turning her off, then she'll start to see him as being a less favorable option compared to you.
She'll start to realize that when she interacts with you now, she feels attracted to you, she feels

respect, she feels love, she feels like you finally get her, you understand what she really wants from a man.

Whereas when she's with him, yeah, he's being nice to her, yeah, they're going out in dates, yeah, it felt good at the start, but she's starting to notice that he doesn't really understand her.

He does have missing pieces.

He's not a fully complete man.

This is why it's really important that you understand where you went wrong with her, so you can fill in the right missing pieces.

A lot of times when I'm helping guys to get women back, they're trying to get the woman back by offering her things that she doesn't even care about.

For example: A guy got broken up with because he was too insecure and wasn't manly enough and he's trying to get her back by being even nicer to her, talking about the connection that they had and trying to get her to remember the good times.

Yet, she just doesn't care about that because she doesn't really feel attracted to him.

He just hasn't been manly enough for her.

He's being too insecure and emotionally sensitive.

What he needs to do to be able to let her see that the missing pieces are being filled in is that he needs to interact with her and let her see that he's not insecure anymore.

It's not about telling her, by the way.

As I said earlier, women are very good at picking it up when they talk to you.

When a woman talks to you and she's being difficult and testing you, she can see by the way that you react to her, whether or not you feel insecure.

She can hear it on a phone call or she can observe it in your body language and your conversation style when she's interacting with you in person.

So, if you want to get her back when she's dating a new guy, you've got to make sure that you are preparing yourself to properly re-attract her.

You've got to make sure that when she interacts with you, she picks up on the fact that, *"Hang on. You aren't so bad after all. You actually feel really good to interact with now."*

She feels respect for you, she's starting to look up to you, she feels attracted to you, she's starting to feel sparks of love for you again.

After an interaction with you, she goes away imagining being back with you, she's imagining hugging you and kissing you and having sex with you and being in love with you again, then she starts to think, *"Well, why aren't we together? Why am I with this new guy? You know, why do I feel so drawn to my ex all of a sudden? Maybe it's a sign that we're meant to be together. Maybe he is the one. I don't want him to be the one that got away. I'm so confused now. What am I going to do? Maybe I should just see him. Maybe we should be together. Maybe we are meant to be together. I've got to follow my heart."*

5. Use the friends angle, but don't act like a friend

[image: Use the friends angle, but don't act like a friend]

One of the ways that you can get your ex back when she's dating a new guy is to take on the friends angle.

For example: You stay in touch as friends. You are okay to catch up and have a coffee or a bite to eat as friends.

Yet, when you catch up with her or you interact with her on the phone, do not act like a friend.

Don't talk to her in a neutral way and just say, *"Hey, how are you doing? How's your life been going? Yeah, how's work? Oh, yeah. I've been working on this and I went to the gym the other day and this happened and that happened."*

That's not going to make her feel attracted.

Neutrality doesn't make women feel attracted.

You can't be neutral and expect a woman to feel excited and turned on and wanting to kiss you and have sex with you.

You've got to push your buttons.

You've got to mess with her a little bit (e.g. playfully tease her, joke around with her, put her on the spot at times).

You've got to make her feel attracted and turned on by the way you are now behaving around her.

So, when using the friends angle, make sure that when you interact with her, you make her feel sparks of sexual attraction and love and you make her feel respectful of you.

Don't talk to her in a neutral way or be really nice and talk about her relationship and hope that it all goes well and things like that.

Be a man that she can feel sexually attracted to again.

Be a man that she feels love for.

That's what really counts.

6. Don't respect her new relationship

She's your woman, not his, so don't worry about him.

Don't look at him as a guy who is better than you and he has to be with her now because she broke up with you and she's so happy with him now.

No.

You don't have to respect their new relationship and give her years to be with him and then hopefully she breaks up with him and you can get her back.

Years later, you're probably going to have found another woman already.

So, don't waste time with respecting her new relationship.

Sure, be patient, be calm and be easygoing about it, but be assertive at the same time.

Get what you want.

You want her back, so don't avoid catching up with her because you think it might be disrespectful.

Don't worry about the other guy.

He's with your woman. She is not his woman. She is your woman. So claim her, get her back.

By the way...

She might seem happy in the new relationship, but often that is as a result of her being in a relationship with you and then breaking up and not wanting to feel like she's starting all over again.

She likes the idea of being happy in a relationship, so she wants to get the relationship to be the way that it used to be with you when things were good.

She wants to go back to being happy and being in a relationship that is working.

So, it might seem like they're moving very fast and they're so happy together, but the guy is most likely making mistakes or he's going to make mistakes.

For example: He's most likely going to start to become insecure and clingy or needy or he's going to take her for granted and start treating her badly.

He might become boring and neutral and turn her off.

He might be too focused on his work and not giving her enough time or he might be too focused on her and she starts to feel smothered by the relationship.

Many guys out there struggle to keep a relationship together once they get it, so don't assume that they're going to stay together forever.

After all, 100% of her relationships have failed so far, so this one is most likely going to fail as well.

So, don't look at him as though he is making her happy and she seems happy, so therefore I need to get out of the way and just respect her relationship is the right thing to do.

If you want to do that, then fine. Go for it. Let them have their space.

However, if you want to get her back, what I've seen work when I help guys to get a woman back who is dating a new guy is where the guy interferes.

You mess up her new relationship.

You destroy it.

How do you destroy it?

Next point...

7. Meet up with her and re-attract her

When you meet up with your ex-woman and you make her feel respect for the new version of you and you make her feel sexually attracted and sparks of love, she starts to feel confused.

She starts to wonder why she's feeling so attracted to you when she thought she was happy with him.

She then starts to think, *"Well, hang on. Is the relationship with you over or is there still something there?"*

Why is she feeling drawn to you all of a sudden?

Why has she gone away from catching up with you and been laying on her bed thinking about you and remembering the good times?

Why is she imagining being in your arms all of a sudden?

Why is she imagining kissing you and having sex with you?

Why is she imagining being back in a relationship with you?

It must mean something.

She then starts to feel confused and as a result, she may break up with that guy or she might start seeing you on the side or she might start behaving differently around him, which will make him insecure.

If she starts talking about the fact that you and her met up and now she's feeling confused, he might become insecure about that, he might start trying to put you down and say bad things about you.

He might become emotionally sensitive and clingy and needy and that's going to turn her off.

It's going to make you seem more attractive.

So, rather than respecting her relationship and just staying out of the way, I recommend that you meet up with her and you mess up her new relationship.

Don't worry about the new guy.

She's your woman, right?

You want her back.

You and her are supposed to be together, so respect that.

Don't respect some random new relationship that she's having with a guy that you think she shouldn't even be with.

You think she should be with you, so make it happen.

8. Don't point out his faults to her in order to make him look bad

When I say don't respect the relationship that she's in now, I don't mean start bad mouthing him.

I don't mean that you should start putting him down and trying to make yourself look good in comparison to him.

That only makes a woman feel more attracted to him than to you.

What a champion does or what an alpha male does is that he doesn't see other guys as being competition for what he wants.

You don't even need to put that guy down.

It's pretty damn obvious that you're better than him.

You're the greatest guy in the world.

Of course, you don't go around saying that, but it's just a mindset that you have, a belief that you have about yourself.

When you go about your life with that mindset running through your body, you get things done.

You go after what you want, you get your woman back, you get the promotion at work, you get things done.

However, when you go through your life with a mindset of, *"I'm not good enough. Other guys are better than me,"* you procrastinate, you miss out on promotions at work, you miss out on the girl that you want and so on.

So, don't actively try to put him down or make him look bad by talking yourself up.

Just let her sense that you know you are a great man by the way that you talk to her, by the way that you behave, by the way that you react to her.

I'm not talking about acting arrogant and acting like you're really cool and that you're the best guy in the world.

What I'm talking about is having a relaxed confidence about yourself where you don't even need to prove yourself.

You're just so damn good.

At the same time, though, always remember to make other people feel good in your presence.

In this case, it's your ex-girlfriend or your ex-wife.

You also need to make sure that she feels good about herself when you're interacting with her.

You don't want to come across as though you're so good and she's just nothing compared to you.

You want to come across as though you have that confidence in yourself, but you also have the charm and the class to be able to make her feel good in the moment as well.

You give her some compliments and you don't try to put her down or make her feel inferior compared to you.

9. Be calm, but don't wait around doing nothing

When I help guys to get their woman back, the biggest mistake that I see them make is just waiting around not doing anything.

Guys will cut off contact and go cold, you know, just go silent for 30 days or 60 days or another large amount of days.

They are hoping that by being out of sight and out of mind, she's going to miss him.

Yet, it just doesn't work if one ingredient is missing.

That is...

Attraction.

If your ex woman doesn't feel attracted to who you are now and she's turned off by who you were when she broke up with you, then she's not going to feel motivated to want to get back with you.

What works is when you interact with your ex and you make her feel attracted to the new you.

You interact with her and she feels respect for you, she feels attracted to you, she feels sparks of love, she knows that things are different now.

There's something between you and her that isn't over.

The relationship isn't finished.

Something is there.

Trust Your Gut Instinct Feeling

One final point that I want to make for you in this video is to talk about the fact that some people disagree with getting a woman back and some people think it's a great idea.

Some people say, *"Hey, just move on. Don't worry about her. If she's with a new guy, then stuff that bitch. Who cares? If she loved you, she wouldn't have done that."*

Whereas other people might say, *"If you love her and you know that the relationship can be better, then go ahead and get her back."*

Everyone's going to have their opinion about it and you can have your opinion about it and not have to worry about what everyone else is saying.

If in your gut you feel like you want to get her back and that the relationship would be better this time around, then get her back.

What happens when a guy gets his woman back when he does it right is that he goes through a transformation.

The breakup was a wake-up call.

He was making mistakes and he turned her off. She then broke up with him.

Now, he has an opportunity to either wallow in self-pity and feel sad and depressed and lose confidence in himself or become a better man.

You might be a great man already, but you can be better.

The mistakes that you made in the relationship, you don't need to make those mistakes anymore.

You can become a more complete man.

You can become the sort of man that she really wants to be with.

You can become and be the sort of man that makes other guys pale in comparison to you. You can make this new guy seem like a mistake and you as being the one that got away.

So, if you want to get her back, go ahead and do it.

Don't sit around thinking that you need to wait for her to hopefully break up with this guy one day.

You can make her feel attracted to you again.

You can make her have strong feelings for you again and want to be with you.

Learn More

I hope this video has been helpful for you and if you need more help to get your woman back, I recommend that you watch my program [Get Your Ex Back Super System](#)

It's a 7-step system and the same rules apply whether she is dating a new guy, single, whether you have children with her, you don't have children with her, she's studying, she works or she's this age or that age.

All of that does not change the fundamentals.

What you need to do to get her back is the same.

You need to make her feel attracted to you again and you need to make her want the relationship.

You need to make her feel drawn to you.

When you do that, getting her back is simple and easy.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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10 Signs Your Ex's Rebound Relationship Will Fail

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your woman broke up with you and got into a relationship right away or very quickly, then it's a rebound.

Yet, how can you find out if it's going to fail?

Additionally, how can you make sure that it's going to fail?

The good news is that I have some tested techniques that you can use.

So, in this video, I'm going to cover 10 signs that your ex's rebound relationship will fail.

In some of those signs, I'm also going to give examples of techniques that will help you speed up the process of her breaking up with him, so you get her back.

Sign number one...

1. She's using him to get over you

[image: She is using him to get over you]

Some women just get into a rebound to help themselves get over their ex.

They don't want to go through the pain of missing their ex so they get someone new in his place and they try to be happy and enjoy the relationship and give the new guy the impression that she's happy and give her ex the impression that she's happy.

So, this is a sign that your ex's rebound relationship may fail because if her primary reason to be with him is to avoid the pain of the breakup and to help herself get over you, then her intentions with him aren't so sincere.

She may give off the impression that she's really happy, but if she's using him to get over you then she's not truly committed to the relationship.

2. He's the complete opposite of you

If your woman has gotten into a relationship with a guy who is pretty much the complete opposite to you, then it's highly unlikely that their relationship will last.

For example: Some guys get broken up with because they're either too soft or too hard with their woman.

Too soft, the guy is too sensitive, too insecure, too nice, too giving, too sweet and things like that.

The woman gets bored of it because he lacks balls and he's just too nice to her and she walks all over him.

In terms of being too hard, the guy is too selfish, doesn't really care about her, treats her badly and makes her feel like she's not even a priority in his life.

So, what often happens with the rebound is that a woman gets with a new guy who does the complete opposite to her ex-boyfriend or husband.

If her ex-boyfriend was really mean to her and treated her bad and took her for granted, then she'll usually hook up with a guy who treats her like a princess.

Yet here's the thing...

If she stayed in a relationship with a guy who took her for granted and treated her badly, then she's not going to be the sort of woman who wants to be with a guy who treats her like a princess and basically worships the ground that she walks on.

What she will want is a guy who sits somewhere in the middle; is a balanced man.

In other words, he's not too much of a wimp and he's not too much of an asshole.

He's a strong man, but he's a good man.

So, if the guy that your woman has hooked up with is the complete opposite of you, then he's going to be on one extreme or the other.

He's going to be either too soft or too hard and eventually she's going to get bored of that and the relationship will fail.

3. You are now able to give her the attraction experience she really wants

For example: If you got broken up with because you were too insecure and that turned her off, then you weren't giving her the attraction experience that she really wants to have in a relationship with a man.

Just like pretty much every woman on the planet, she'll want to be with a confident man who believes in himself and maintains his belief no matter how she behaves.

So, if you interact with your ex and she can see and she can sense and she can pick up that you're no longer insecure, then she starts to think about you differently.

By the way...

It's not about telling her that you're no longer insecure and you're very confident now.

It's simply about allowing that to come across when you interact with her.

That leads me to another point.

A lot of guys ask me, *"When my woman is in a relationship, should I maintain communication with her or should I just cut her off and wait for the relationship to finish?"*

It's a personal choice.

If you're not in a rush to get her back and you don't care that she's in a rebound relationship and you're going to go and hook up with other women, then it's fine for you to cut off communication with her and just wait for her to be broken up with this guy.

However, if you do want to get her back, then what I recommend is that you maintain communication with her.

The main reason why is that you can interact with her and let her see and sense and pick up that you can now give her the attraction experience that she really wants.

She can pick up some of that via text, but it's way better to be able to talk to her on the phone and

meet up with her in person.

If she talks to you on the phone and meets up with you in person, then she can really see that she feels differently around you now.

When she talks to you, sparks fly and she doesn't feel turned off anymore.

She feels happy, she feels attracted, she feels drawn to you.

Of course, at this point some guys ask me, *"How am I going to get her to meet up with me? She's got this new guy, she's happy. This other guy might get angry,"* and so forth.

Don't worry about the other guy. She's your woman. He's just with her for now.

Yes, you stuffed up in the relationship, she broke up with you, but you and her are meant to be together, right?

That's what you want. You want her back, so don't worry about the other guy.

What you need to be able to do is get her to meet up with you just as friends, just to catch up and say hi for 10 minutes. Get her to agree to that.

For example: If you get her on the phone and have a chat, get her laughing and then suggest catching up just to say hello as friends.

Let her know that you respect the fact that she's in a relationship now but you want to catch up just for 10 minutes as friends.

If she says she can't do that or she doesn't know or gives excuses and tries to avoid the catch up, simply say to her, *"Okay. I tell you what, let's just catch up for 10 minutes as friends. When we catch up, if you decide that you never want to speak to me again after that, you've got my word, I won't contact you again."*

You say that to her so she's got an out.

She's got a reason to catch up with you and she's got an out.

Yet, when she catches up with you, it's not going to be the last time that she catches up with you because you're going to make her feel attracted again.

She's not going to say that she never wants to speak to you again.

You're just saying that on the phone to get her to have a reason why she can catch up with you and what might be of benefit to her (e.g. you're saying that you're never going to contact her again).

If you don't think that you can get your ex to meet up with you, at least get her to feel attracted to the new you over the phone when you talk to her.

As I said, you can make a woman feel some attraction via text, but it's minimal because it's just words on a screen.

Imagine if you weren't watching this video and you were reading it as an article.

You wouldn't know who I am.

The message wouldn't be coming across in the same way it does on video.

You wouldn't know if I was confident or not. You wouldn't know if I was sincere.

Yet, when you're watching the video now, you can clearly see, *"Okay, this guy is a confident guy, he's sincere, he wants to help me, he has the answers."*

It's different. It's different than words on the screen.

If you just send your ex texts, she has to think about how you might say that if you said it to her in person.

She also has to think about whether or not you're putting on an act of being confident and being happy and things like that.

Yet, when she talks to you on the phone and meets up with you in person, she can experience it for herself.

This is why it's so important to improve your ability to give her the type of attraction experience that she really wants.

If you want to get your ex back from a rebound, you've got to make sure that you level up.

You don't stay at the same level that you've been at since the breakup or stay the same as you were in the relationship.

You've got to level up in terms of your ability to make her feel attracted, to make her feel a spark with you.

After you've interacted with your ex on the phone or in person and she has realized that you can now give her the attraction experience that she really wants, then things start to change.

She starts to experience the pain of losing you. She starts to feel confused.

She starts to regret not being with you.

She starts to miss you.

She may begin to feel like she's making a mistake by being with the new guy.

She's thinking about your good qualities and how she misses them.

She wishes she could just call you or at least see you in person.

When you make your ex feel that way, you speed up the process of her rebound relationship failing.

4. Realize that 100% of her relationships have failed so far

She doesn't have the best track record for relationships.

So, what makes you think that her current relationship is going to be the one that lasts?

If you think about how happy she used to be with you, then you'll realize that things can change.

She may seem happy with this new guy, but things can change.

Feelings can change.

5. If he makes classic relationship and attraction mistakes

One of the things that can cause a rebound relationship to fail is when a guy makes some of the classic relationship and attraction mistakes.

For example: He gives her too much power or he doesn't give her any power and he's too controlling.

He is very insecure and sensitive or he's very arrogant and heartless.

He takes her out on lots of expensive dates trying to impress her or he doesn't do anything for her and basically doesn't give a crap about her.

Many guys have trouble keeping a relationship together once they've gotten into it.

So, if this guy makes some or many of the classic relationship and attraction mistakes, then the rebound relationship is going to fail.

6. If he becomes insecure about you

[image: If he becomes insecure about you]

If you interact with your ex again and you make her feel attracted and let her see that you can actually give her the attraction experience that she really wants now, she will start to change how she thinks and feels about you.

She may begin to talk to her rebound about you and say that you used to make all these mistakes and now you're being nice to her on the phone and you're trying to get back and she's confused and she doesn't know what to do.

If the guy then becomes insecure about that and tries to control her and tell her that she shouldn't be interacting with you and starts comparing himself to you and putting you down, then she will start to see you as more attractive in comparison to him.

The way that a woman's attraction works is that women are attracted to the emotional strength of man and turned off by the weakness.

Women are always attracted to the most confident guy.

I'm not talking about the most arrogant guy or the loud guy or the show-off type of guy.

What I'm talking about is a guy who has relaxed confidence; a guy who believes in himself no matter what a woman says or does.

Additionally, he believes in himself no matter what anyone says about him, no matter what happens in life.

He always maintains belief in himself.

If you look up confidence in the dictionary, it's essentially about having *"belief in oneself and one's abilities."*

So, in terms of getting your ex back, it's about having belief in yourself and your ability to make her feel attracted to you and fall in love with you again.

If you have more belief in yourself than her rebound, then you are going to look more attractive to her.

7. The relationship is moving very fast

This doesn't always mean that a rebound relationship will fail.

Sometimes a woman breaks up with a guy and gets into a new relationship very quickly and it does work.

Yet, in most cases, it doesn't work because the woman is simply amazed and happy at the fact that the new guy is giving her the missing pieces to the attraction experience that she didn't get with you.

However, she soon realizes that he has flaws too and often those flaws are a real turn off to her.

For example: He's too arrogant, he's too nice, they have very different beliefs, they have different long-term goals, he expects her to change way too much about herself, he has annoying habits and so on.

What you need to understand (especially in the age of social media), is that some women like to give off the impression that they're in a new relationship and they're happy because they want to please friends and family.

She doesn't want to look like she's just hooking up with a new guy.

She might feel embarrassed about the fact that she's broken up a relationship and she's with a new guy right away.

So, to maintain her self-image as a good woman, she wants to show that she's happy and she's in a relationship and she's serious.

She's not just sleeping around.

Yet, if you remember the fact that 100% of her relationships have failed so far, then this one most likely won't work.

She is giving off the impression that she's so happy, she wants to be with him, they might be talking about getting married and moving in together, but if he is like most guys out there, he's going to make mistakes.

She might have gotten lucky and found the right guy.

That's true as well.

Some rebound relationships end up being lifetime relationships.

That's the reality.

Yet, most rebounds fail because what happens is that women go after guys or they accept guys who are going to give them the missing pieces of the attraction experience they didn't get from their previous relationship.

Often, it's a guy who has been her friend for a long time.

It's a guy at work who can't really pick up other women and he's just been in the friend zone with her, he's really nice, he gives her compliments all the time and he's basically been hoping and waiting that she breaks up with you.

Now that she's broken up with you, he's moved right in and she wants to give him a chance because you may have treated her badly and he's going to treat her really nice right now.

So, if the guy that she's with now doesn't really know how to attract women, then he's not going to know how to maintain and build on her attraction in the relationship.

It's going to get stale.

She's going to get bored of the fact that he is buying her things all the time, taking her out to nice dinners and basically worshiping the ground that she walks on.

She might feel flattered at the start and it will be a good self-esteem boost for her, it might make her feel more attractive and desirable than you, but she will know in her heart that she doesn't really love the guy. She doesn't really want to be with him for life.

8. She's not ready for real love

[image: She is not ready for real love]

Sometimes a woman will get into a rebound relationship right after a serious breakup, but she won't be ready for real love and a real relationship.

She will have her own emotional issues. She'll be hurt from the breakup and she might also make relationship mistakes herself.

For example: She might be too argumentative, she might be selfish, she might be boring, she might be all sorts of things that can turn a guy off.

So, if she isn't perfect relationship material herself, that can also lead to the relationship falling apart.

It's not always the rebound guy's fault.

Sometimes it's going to be her fault.

Sometimes she's going to bring issues and emotional baggage into the relationship and ruin it herself.

9. If she's doing it for revenge

Sometimes a woman will get into a rebound relationship purely to get revenge on her ex-boyfriend or husband.

This will often happen where the ex-boyfriend or ex-husband has treated her badly.

He may have taken her for granted and made her feel worthless or unloved or unappreciated, so she then gets into a rebound.

She tries to use that to get revenge on her ex-guy.

She wants to make him feel hurt and sad and depressed and lonely and rejected. Therefore, she won't be sincerely interested in a new guy.

It's possible that she may fall in love with him and he may be perfect for her and they may live happily ever after, but if she is using the rebound guy as revenge against you, then it's most likely not going to last.

She most likely just quickly selected him or she accepted him.

By selected, I mean she gets on a dating app and selects some random guys or goes out to a bar and selects some random guy to be her new guy.

In terms of accept, she accepts one of the guys hanging around, waiting in the wings, the guy at work, the friend who's been hoping that she might become single one day.

So, what should you do if your ex is using a rebound to try to get revenge, or to try to make you upset and jealous?

What you need to do is laugh at the situation.

Don't take it seriously.

Don't let it affect you.

If you don't let it affect you and you don't take it seriously and you just find it funny, then she sees that she hasn't gotten the result that she wanted by hooking up with this new guy.

Now, a word of warning...

I don't recommend that you laugh at the situation in any other case.

I'm only talking about laughing at the situation and not taking it seriously and just saying, *"Yeah. Cool, whatever. I hope it all works out well for you. See you."*

I'm only saying to say that to her when she's trying to get revenge on you. She's trying to be vindictive and manipulative and mess with you.

In every other case, what I recommend is that you just say, *"Yeah. That's cool. Good for you. I hope it works out well."*

Just be normal about it.

Don't go overboard and say, you know, *"I hope it goes really well for you. I'm happy for you. I just want you to be happy,"* all that sort of stuff and don't bad mouth the other guy.

Don't be saying, *"Well, you know, that guy is nothing compared to me. You've gone from me to now dating a loser? Ugh. You need help, girl."*

You don't want to go to either extreme there where you're being too soft or you're being too hard.

In every other case (except when she is being vindictive and trying to mess with you by hooking up with a new guy), what you want to be is balanced, where you just say to her, *"Yeah, cool. I hope it works out well for you."*

Here's the thing though...

Outside of saying that very simple thing to her, everything else that you say to her needs to be about what?

Re-attracting her, creating a spark with her, making her laugh and smile when she interacts with you, letting her see that you now understand the attraction experience that she really wants to have in a relationship.

When she can pick up on that as you're talking to her, then she starts to think about you differently, then the new guy starts to look less attractive in comparison to you.

So, just a reminder, only laugh at the situation and laugh at her and show her that you don't give a crap if she's trying to get revenge on you, if she's trying to mess with you and she's trying to be a bitch about it.

In every other case, just be cool about it and then focus on re-attracting her, so the other guy doesn't seem so good after all, in comparison to you.

10. She is still communicating with you

This isn't going to apply to every guy especially when a guy's woman is now in a rebound relationship.

However, according to a survey that I've been running on my website, anywhere from 69% to 70% (the numbers tend to change) of men say that their ex-woman is still willing to communicate with them.

So, if your ex is still willing to text with you and get on the phone with you, it can be a sign that she's still interested.

In some cases, though, it's just the woman stringing her ex along for an extra self-esteem boost, but your gut instinct will tell you whether or not she is doing that because she's stringing you along or because she's interested and potentially missing you.

If she's not missing you, what do you need to do?

You need to interact with her and create a spark with her.

Create a spark of attraction again.

Let her see that you now understand how to give her the type of attraction experience that she really wants.

The things that were missing when you talk to her and interact with her, the feelings that weren't being sparked, they are now being sparked.

You are more of a complete man now.

You're not on one side or the other where you're too soft or you're too hard.

You're a complete man. You're that balanced good man who is also emotionally strong.

You interact with her and she feels something.

She feels sparks of love and respect and attraction.

She can't help it.

When you make your ex-women feel that way, then you speed up the process of her rebound relationship failing.

Focus on Doing What Works and You Will Get Her Back

I've been helping new men to get their ex-woman back for many years now.

What I've seen work time and time again is where a guy interacts with his ex-woman and he creates a spark.

He interacts with her and lets her see that things are different now.

When she interacts with him, she feels differently.

I'm not talking about talking to her and saying that you're different now, that things will be different, that you promise that you can make her happy now that you've changed.

What I'm talking about is interacting with her and letting her sense that for herself.

Women are very good at picking up on the subtle cues that men give off during a conversation and interaction.

Women are very good at picking up whether or not a guy is confident or insecure.

It all comes down to how you're talking to and interacting with her.

When you talk to your ex and you're turning her off, are you making her feel neutral or are you turning her back on?

What's most important, obviously, is turning her back on.

You've got to create that spark.

If you're just talking to her and making her feel neutral, then she's not going to feel a spark and she's not going to feel motivated to want to get back with you.

She's going to be feeling attracted to the new guy, but neutral with you.

Likewise, if you're interacting with her and you're turning her off because you're being insecure, you're doubting yourself, you're talking about the relationship, you seem depressed and so on, then she's going to be turned off.

She's definitely not going to be motivated to want to get out of her attraction experience and go into a turn-off experience.

What she wants to feel and experience when she interacts with you is attraction.

She wants to feel drawn to you, she wants to feel like there is something there between you and her, the relationship isn't finished, there's something there.

Waiting Too Long to Re-Attract Her

One final point that I want to make for you in this video is to talk about one mistake that guys make over and over again when their woman is in a rebound.

What do they do?

They wait around, cut off contact and just hope that she comes back one day.

The guy doesn't do much or anything to improve his ability to attract her.

So, if she does happen to contact him one day, she will sense and pick up that he hasn't really changed.

He's still offering her the same unsatisfying attraction experience.

When she interacts with him, sparks of attraction don't fly.

She can sense that he hasn't really been moving on and is basically just been waiting around for her.

To get a woman back who's been in a rebound relationship, you don't have to hook up with new women or get into a new relationship yourself.

You can do that if you want to, but I've seen so many guys get their ex-woman back when she's been in a rebound and he hasn't slept with any other women.

You might want to do it though to even the playing field and make yourself feel better. It's up to you.

However, the most important thing that you need to do is improve your ability to attract her.

You've got to improve your ability to give her the type of attraction experience that she really wants.

What are the missing pieces from the attraction experience that you were offering her in the relationship?

For example: Were you too soft or too hard? Where were you going wrong and have you honestly fixed that about yourself yet?

Once you have improved your ability to attract her again, I recommend that you start the ex back process.

Interact with her, create a spark of attraction, let her see that you can offer her the attraction experience that she really wants and then get her to meet up with you, guide her back into a relationship.

Remember, she's your woman, not his.

Get her back!

Learn More?

Okay, I hope this video has been helpful for you and if you need more help to get your ex back, I recommend that you watch my program, [Get Your Ex Back Super System](#)

When you watch the program, you'll learn exactly what you should be saying and doing to get her back.

It's a step-by-step process and this process applies whether she's single or in a rebound relationship.

The same rules apply.

It's a 7-step process and when you follow the 7 steps, regardless of her new guy, you'll be able to get her back.

Do not look at the new guy as competition.

Don't look at him as being better than you.

You are better than him, you are the man, she is your one and you are going to get her back.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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How to Make Your Ex Chase You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

In this video, I'm going to provide you with six proven tips on how to make your ex chase you.

1. Understand that you don't have to disappear from her life to prove that you're not needy

A lot of guys worry that if they remain in contact with their ex-woman, it will make them appear needy, desperate and insecure.

Yet, it doesn't have to be that way.

Imagine this...

Imagine that you broke up with her.

She then gave you a few days of space and that proved the point to you that she wasn't being desperate and needy and chasing you down.

She then reinitiated contact with you and rather than trying to get you back, she just talked to you in a way that made you feel attracted to her again and miss her.

If you went to bed all alone and were thinking about her and missing her, you might not want to get back with her right away.

You might think, *"Well, no. We're broken up. I'm going to stick with that."*

Yet, if you keep waking up alone and without her there and you continue to miss her and want her back in your life, you may then look at your phone again and read through some of the messages that she had sent to you and think about some of the moments that you and her had on the phone talking to each other.

[image: Missing an ex and wanting her back again]

You might then want to start getting her back.

Now, the whole time, she hasn't appeared needy and desperate and insecure.

She didn't beg for another chance and instead she just interacted with you, made you feel attracted to her and made you miss her.

You can do the same thing to her.

Obviously, in your case, she's the one who broke up with you. That there was an example of if you had broken up with her, just to show you how it would work from the other side.

So, what I recommend is that a guy gives his woman 3 days of space after a breakup and then he starts the ex back process and gets her back.

However, if a guy has been really needy and desperate and was begging and pleading for another chance when she broke up with him, I recommend giving her 7 days.

That's it though.

Giving her 3 days or 7 days, depending on the breakup, proves the point.

You don't need to waste any more time than that.

You've already shown her that you're not begging and pleading and chasing her down.

You have stopped contact for 3 days to 7 days and that is enough.

What you need to do then is start re-attracting her and making her want you and miss you when she interacts with you.

When you do that, she starts to want to get back with you.

You are not her safety net or her Plan B.

You become her Plan A.

You become the guy that she wants to be with.

Every time she interacts with you, she's feeling attracted.

She is feeling something for you again.

She's feeling drawn to you and she wants to get back with you.

However, if a guy is interacting with his ex-woman and he's turning her off, then he is going to be her Plan B or safety net.

He might not even be her Plan B, by the way.

If he's turning her off by talking about the relationship all the time, asking for another chance all the time, sucking up to her, being really nice, acting like just a friend, then she's not going to be feeling sparks of attraction for him.

She may string him along and act like there's a chance for him, but because she's not feeling attracted to him, she's not going to get back with him.

She's not going to start chasing him and wanting to get back with him if he's turning her off like that.

By the way, if you've been trying to get your ex-woman back and you've stopped contact and have been waiting and hoping that she comes and chases you, then you will realize that that approach doesn't work.

Most guys don't get their ex woman back simply by cutting off contact and waiting.

Why?

Attraction.

It's all about attraction.

If your woman doesn't feel attracted to you and you just disappear from her life, how much is she going to care about that? She's not feeling attracted.

She doesn't have those feelings.

She's not feeling drawn to you and you start contacting her.

Most women just say, "*Great. Cool. Thanks for making the breakup easy for me,*" and then she interacts with a guy who makes her feel attracted and she hooks up with him.

Then, when she thinks about her ex-guy who turned her off leading up to the breakup and most likely turned her off during the breakup and after the breakup, she's not going to be feeling that urge to chase him because she doesn't feel attracted to him.

However, if the guy interacts with her and makes her feel attracted again, then things start to change. Then she starts to miss him.

He starts talking to her in ways that make her want him and miss him and her guard comes down.
She starts to feel drawn to him.
She starts to feel as though the relationship isn't complete.
She still has feelings for him.
She wants something from him.
She wants to be around him and explore these new feelings that she has for him.

2. Realize that you are in control, not her

It may seem like she is in control because she broke up with you and doesn't want to be with you anymore.
You may have asked her for another chance and she said no, so it feels like you've got no power and control.
Yet, you do.
To get a woman back, what a man needs to do is focus on what he can control.
What he can control is how he is making her feel.
When you interact with your ex-woman, are you making her feel attracted to you now or are you turning her off?
For example: If a guy is interacting with his ex-woman and he is coming across as insecure and self-doubting, if he's texting her way too much, if he's trying to have discussions via text, if he is asking for another chance all the time and so on, then he's not going to be making her feel attracted and turned on.
Yet, if he interacts with her in ways that make her laugh and smile and feel attracted to who he is now after the breakup, then things start to change.
She starts to have feelings for him again.
She starts to feel like the relationship isn't finished.
There's something there.

3. Let her see that you aren't that bad after all

Right now, your ex-girlfriend or fiancée or wife might have a negative perception of you.
She might think that you used to be attractive to her but then you turned into this sort of guy or that sort of guy and you're no longer attractive to her.
You made all these mistakes. You did this and you did that and it's just ruined now, so there's nothing that you can do to change how she thinks about you.
Yet, that's not correct.
You can change how she thinks about you and feels about you.
Why?
Who you are now is not the guy that you used to be when she broke up with you.

Who you are now is the man who has learned from the experience.

You've become a better man already and you've got to continue to become a better man day by day. You're always improving.

So, when you interact with her and you make her feel attracted to who you are now, she's going to realize that you aren't so bad after all.

There is something between you and her.

Every time she interacts with you, sparks fly.

There's something there.

Now, one thing I want to point out for the men watching this is that you do not have to go and date other women to prove your value to her.

You do not have to go and get into a new relationship and show her that, *"Hey, I've got all these women in my life and I don't need you,"* to show that you're valuable.

You do not need to do that.

All it takes is you interacting with her and making her feel that way based on how you now talk to her.

How she feels when she talks to you now is different compared to how you used to make her feel.

Of course, if you interact with your ex and you haven't done anything to improve your ability to attract her, then she's not going to be feeling that.

She's going to be thinking, *"Well, it's still just the same. He doesn't get it. He doesn't know how to make me feel attracted. The same mistakes are still there. When he talks to me, I'm still feeling turned off by the way he says this or that. I still feel like my guard is up. I still feel like I've got too much power here. I still feel like he's sucking up to me,"* and all those sorts of things.

You don't want her thinking and feeling in that way.

What you want is for her to be thinking *"Ohh...there's something still there between us,"* or feeling surprised by how strongly she's feeling for you all of a sudden, feeling confused about her decision to break up with you.

She thought that it was over.

She thought that she made the right decision, but her heart is telling her something different now.

4. Make her feel understood

Now, don't get me wrong here...

I'm not talking about making her feel understood in a nice, sweet, caring, thoughtful, attentive type of way.

What I'm talking about is making her feel understood from an attraction perspective.

What type of attraction experience does she really want in a relationship with a man?

When a woman breaks up with a guy, she might say things like, *"It's not you. It's me. I just need time to find myself. I'm not sure if I want to be in a relationship at the moment. I just don't have strong feelings for you anymore. I love you but I'm not in love with you."*

That doesn't tell you anything about what type of attraction experience will make her want you again. For example: Sometimes a woman breaks up with a guy because he's either too soft with her or too hard with her.

Too soft, the guy is too gentle, too sensitive, too sweet, too nice, too giving and so on. She needs a guy with a bit more balls, a guy with a bit of backbone who doesn't let himself get walked all over by a woman.

On the other hand, sometimes a guy is too hard with her. He's too selfish. He's too heartless. He doesn't really give a crap about her. She is essentially his last priority at times. That's how she feels anyway. He goes too far with that.

So, when I say that you make her feel understood, I'm not talking about nice, thoughtful, sweet, attentive, deep and meaningful conversations.

What I'm talking about is that you understand what type of attraction experience she really wants from a relationship.

Then you start giving her that when you interact with her.

You start letting her experience that as she talks to you.

She starts to pick up on it.

You don't have to tell her that you know how to give her the type of attraction experience she wants now.

You just start giving it to her.

If you tell her, *"Hey, I've realized that you wanted me to be more ballsy and that's what I'm doing now,"* then what does she feel?

She feels like it's an act.

She feels like, *"Ugh. You're just doing this to impress me."*

Women hate that.

Women want a guy to become and be the man that he should be because that's who he is.

He is becoming a bigger and better man all the time.

She doesn't want to feel as though she is leading you along a path and you're doing everything for her and you're basically willing to change and be anything that she wants in order to be with her.

She doesn't want to be your leader.

Women don't want to be in that position.

A woman doesn't want to feel responsible for your identity as a man or for your direction as a man.

She just wants you to understand how to be that man and start doing it so she can experience it.

When you understand the type of attraction experience she really wants and you start interacting with her and allowing her to experience that, then she starts to change how she feels about you.

All of a sudden, she feels drawn to you and she starts chasing you because you are the guy who understands her.

By the way...

This really works well when a woman is interacting with other guys after the breakup.

When she interacts with other guys after the breakup with you and she realizes that they don't

understand her in the way that you do, then you are more attractive in contrast to those guys.

Those guys seem clueless compared to you.

They seem awkward and uncomfortable to her because when she interacts with you, it's clear that you get her.

You understand her.

You understand the sorts of things that she wants to hear a guy say.

You understand the sorts of behaviors that she wants to see coming from a guy when she's behaving in a certain way.

You understand what she really wants.

5. Don't give her an ultimatum of a romantic relationship or nothing at all

Giving a woman an ultimatum of, *"Hey, I want a relationship with you or nothing,"* may seem like a good idea because it sounds like you're being strong and standing up for yourself.

"Hey, I don't take crap. You either want to be with me or nothing."

Yet, it doesn't work when the woman doesn't feel attracted to the guy.

If a woman is attracted to a guy and she can't let him go and she doesn't want to be without him, then him giving her an ultimatum of a relationship or nothing will work in many cases.

However, most ex back cases are where the woman doesn't feel attracted to the guy anymore.

If your woman still feels attracted to you and she couldn't deal with the thought of losing you, then you wouldn't be watching this video, right?

You'd already have her back because it would be an easy case of simply contacting her and getting her back.

Yet, she doesn't feel attracted to you now, right?

That's why an ultimatum won't work.

When your woman doesn't feel attracted to you, giving her the ultimatum of, *"Hey, I can't be friends with you. I can't have anything else but a relationship. If you can't give me that, then don't contact me at all,"* just doesn't work.

The reason why is that women don't want to feel like they're being forced into kissing a guy, having sex with a guy, going on a date with a guy or being in a relationship with a guy when they don't feel attracted to him.

A woman wants to feel naturally attracted to you and have things unfold and happen naturally.

This is why you'll hear women say that they don't like things to feel forced and they want things to just happen naturally.

So, how do you make your ex chase you without giving her a relationship ultimatum?

What you need to do is interact with her and make her feel attracted to you.

Let her see that you aren't so bad after all.

Let her see that you aren't being desperate and needy.

Instead, you are a valuable man and she's feeling attracted to you when she interacts with you.

When you do that, your woman then doesn't want to lose you, especially if she can see now that you understand the type of attraction experience that she really wants to have in a relationship.

If she can see that you get it now, then she's not going to want to lose you.

It's so difficult for a woman to find a guy who understands the type of attraction experience that she really wants in a relationship.

So, even though at the moment your ex might be turned off by you and not chasing you, when you interact with her, you make her feel attracted, you make her see that you aren't so bad after all and that you understand the attraction experience that she wants in a relationship, then it's not over.

There's something there between you and her.

She feels attracted to you.

She feels drawn to you.

She feels confused about why you seem so attractive all of a sudden and other guys don't seem as interesting.

6. Don't waste time hoping that she comes back

I've been helping new guys to get women back for many years now.

I've seen all the different types of cases.

I've heard about all the different types of techniques and strategies that guys use and the one that fails the most is simply ignoring the woman and hoping that she comes back.

It might seem like a good idea to just cut off contact with her and let her see that you're not chasing her and then she's going to feel shocked and worried and it's going to really hurt her that you're not chasing her.

Then she's going to start chasing you.

That might seem like a great idea yet it just doesn't work without attraction.

If your woman doesn't feel attracted to you, then she doesn't feel motivated to want to chase you down and get you back.

Of course, some women will chase their ex back even if they don't feel attracted at the start, but those women are very young or very inexperienced with relationships.

If a woman has had some experience with relationships and she has gone through a breakup before, she will know that the pain of the breakup goes away after a while.

She may also know that going back to an ex that she doesn't feel attracted to doesn't work.

What works is when a woman goes back to an ex who now knows how to attract her in the way that she really wants.

Then it's an exciting reunion.

The guy really loves her and wants her back.

She has broken up with him. She goes away. They interact again. She feels so attracted to him now because he understands what she really wants and the relationship dynamic is so much better now.

There's mutual attraction.

It's no longer one-sided like it was near the end of the breakup where it was only him feeling attracted to her.

Now, it's mutual attraction, mutual respect and mutual love.

What I found is that when a guy interacts with his ex-woman and makes her feel attracted again, she usually comes back right away or within days.

Yet, when guys just wait around for weeks or months hoping that their ex-woman will come back, she usually just moves on.

There's no attraction to make her feel motivated to come back.

She doesn't feel like the relationship is unfinished.

She feels like it's finished because she broke up with him, she doesn't feel attracted to him, she's getting on with her life and she doesn't really feel like she's missing him.

Yet, when the guy interacts with her and makes her feel attracted again, then it feels unfinished.

Then it feels like there's something there.

Something isn't complete.

She's feeling drawn to him.

Her heart is telling her that she should be interacting with him.

She should be meeting up with him.

She should be in a relationship with him.

She should just try it.

Now, what really works at that point is where the guy has made her feel attracted again and is not chasing her and being desperate and needy.

So, she's feeling drawn to you, she's feeling attracted, she's missing you, she's wanting you, but she's also seeing that you're not being desperate about it.

You're not talking about the relationship all the time.

You're not asking for another chance all the time.

You're not saying, *"Hey, is the door still open? I want you back so bad. My life is hopeless without you."*

You're not saying any of those things.

You're a valuable man who is making her feel attracted and for her, that space in between you and her doesn't seem necessary anymore.

She's feeling attracted to you.

You're feeling attracted to her.

Why aren't you back together?

She sees that you're not chasing her.

You're not trying to desperately get her back and you're not turning her off when you interact with her, so she starts to pursue the relationship.

All of a sudden, the tables have turned and she's chasing you. She wants to be back with you.

Your Power to Attract Her

[image: Get your ex to chase you and want you back]

One final point that I want to make in this video for you is to remind you not to underestimate your power to attract her.

You have a lot of control over how you make her feel.

When you interact with her, you're either turning her off or you're making her feel attracted to you again.

It all comes down to how you're talking to her, how you're behaving and how you're interacting with her.

When you make her feel attracted to you again and she sees that you're not desperately trying to get her back but she's feeling drawn to you and she's missing you and wanting to be with you again, she naturally starts to pursue the relationship.

Before she knows it, she's chasing you and you've got the power back.

Learn More

If you'd like to learn more about how to get your ex to chase you and want you back, I recommend that you watch my program, [Get Your Ex Back Super System](#)

It's 10 hours of video and when you're finished watching the program, you'll be ready to interact with her and make her feel attracted to you again.

When you text her and talk to her and interact with her, she will feel attracted and drawn to you.

She will start to want you again.

She will start to miss being with you and as a result, she'll begin to pursue the relationship.

She will chase you.

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[image]

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How to Tell My Ex That I Want a Relationship, Without Scaring Her Off

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

How can you tell your ex that you want to have a relationship with her without scaring her off?

Here are the five things that you need to do.

1. Stop asking for a relationship

[image: Stop asking for a relationship]

A mistake that guys make when they're trying to get their ex woman back is to ask for a relationship before they've even re-attracted her.

For example: A guy will be saying things like, *"Can I get another chance with you? Is the door still open? Can you think about it? I promise that things will be different this time,"* and all those sorts of things.

Yet, it doesn't work.

For the man, he wants the woman back because he feels attracted to her and he has feelings for her.

Yet, she's thinking, *"Why should I give you another chance?"* and may even say that to him.

What guys do then is they start coming up with all reasons why she should give him another chance.

"Remember the good times. We used to be so good together. We had so many good times together. After all we've been through, we can't just give up on our love now," and things like that.

However, it just doesn't feel right to the woman because she doesn't feel attracted to him yet.

She's thinking, *"Well, yeah. Things may have been good in the past but what about now?"*

When she interacts with you, she's not feeling a spark of attraction so she doesn't feel motivated to want to give the relationship another chance.

This is why point number two is...

2. Get her to feel attracted to you again

[image: Get her to feel attracted to you again]

Every guy is different and every woman is different. Every relationship is different and every breakup is different.

However, when it comes to re-attracting your ex, it's the same thing.

What I'll show you here is what I call the masculinity scale.

This pretty much explains everything about where guys go wrong when trying to re-attract their ex and also why guys get dumped by their woman in the first place.

On the left hand side are the guys who got dumped for being too much of a wimp, being too much of a wuss.

What that means is that the guy was too insecure, too emotionally sensitive and he just wasn't man enough for her.

Now, to the right hand side is the arrogant asshole type of guy and each guy is going to be different.

Some of the guys who took their woman for granted are not all the way to the right end of the scale, where they were a total asshole to their woman and the worst boyfriend or husband in the world.

Every guy is going to be somewhere along the scale to the right or the left and that will be the reason why the woman felt turned off by him.

So, with the guys on the left in the wimpy and wussy category, they got dumped for not being enough of a man for her.

The guys on the right, they got dumped because they were too aggressive, too heartless, too cold and too selfish.

The ideal man there in the center with his woman is a man who is confident in himself but is not arrogant.

He respects himself but he also respects her.

He is emotionally fearless and emotionally balanced.

What I mean by that is if you think about the guys on the left hand side, they're usually going to be emotionally sensitive.

Guys like that will either withhold some of their true feelings or they'll go way overboard and be pouring their heart out all the time.

They'll be needy of their woman. They'll need her reassurance that she loves him in order to feel good about themselves.

On the other hand, guys who head to the right hand, extreme of the masculinity scale, tend to be quite heartless or selfish.

For example: A guy might expect a woman to do everything for him and put up with his bad behavior.

He might focus way too much on work or he might be the type of guy who plays lots of video games and doesn't really give his woman much attention at all. He expects her to put up with that and if she doesn't like it, she can go get stuffed.

Obviously, that isn't the ideal type of man for a woman.

So, when it comes to re-attracting your ex, it's about being that ideal man, not being on one extreme or the other.

By the way...

Where masculinity comes into this scale is that if you think about the guys on either extreme end, you'll realize that they both lack masculinity.

The guy on the left is just too soft and sensitive and wimpy, which is a lack of masculinity (i.e. balls, emotional toughness).

The guy on the right might seem masculine because he's arrogant, he's being an asshole and taking his woman for granted, but what you'll find is that it's due to insecurities and emotional issues that he has.

For example: He had a troubled childhood, he might have been dumped by a woman in the past and

really hurt by that and now he's trying to get revenge on a new woman.

He might also be kind of selfish towards a woman because he is afraid of giving too much of himself to her and then getting rejected.

So, going back to the center now, the ideal man, an ideal man is emotionally strong. He's emotionally balanced.

He isn't afraid to express his emotions but he doesn't do it in a needy, insecure or wimpy type of way.

He doesn't have insecurities and as a result, his woman can look up to him and respect him as her man.

3. Talk to her as though everything is cool between you and her

If you want to have a relationship with your ex again, you should be talking to her as though there isn't a problem between you and her.

It's almost as though you and her haven't broken up.

Rather than talking to her as though you're the rejected ex and you're trying to get another chance with her, talk to her with the confidence that you had when you and her were cool with each other, when you were in love, when she was attracted to you and when things were good.

That's how you should be talking to her.

When you talk to her in that manner, she naturally feels respect and attraction for you.

The situation between you and her doesn't feel so awkward.

Of course, some women will test their guy when he starts talking to her with that type of confidence.

She might say, *"Well, you talk to me like everything's fine,"* or, *"Hey, we're broken up so, you know, we shouldn't be joking around like this,"* or, *"Don't talk to me as though everything's fine."*

Essentially, she just wants to see whether you are going to buckle under that pressure. Are you going to crumble under that little bit of pressure that she's putting on you?

She wants to see how much of a man you really are right now.

You've been challenged by the breakup, you are the one who got rejected and dumped and now you want her back.

What she wants to see is that you can maintain your confidence in yourself, that you don't become insecure and become that needy, insecure, self-doubting ex.

Women are not attracted to emotional weakness so you need to be strong.

4. Start by hooking up again

[image: Start the relationship by hooking up again]

If you want to start the relationship again, do it without the discussion of, *"Hey, can we have a relationship?"* or *"I want to be together forever,"* and all that sort of stuff.

Do it by re-attracting her and hooking up with her sexually and being the ideal man.

Be the sort of man that she can look up to and respect.

Be the sort of man that she can feel happy around.

Be the sort of man that she can feel attracted and in love with again.

If you do that and you hook up with her, then the relationship just naturally gets back together.

5. Don't rush to get her to commit

Women are turned off by desperation and neediness from a man.

They want to see that a man is confident in himself regardless of how a woman is behaving.

If you hook up with her and the relationship gets back together, don't rush to get her to commit to that.

Don't put pressure on her to commit to being your girlfriend again or your wife or your fiancée, if that applies to you. Just get back with her, believe in yourself, be the ideal man and continue on having a relationship together.

The relationship that you have this time around will be better than it was before because you are going to be an improved man.

You're not going to be somewhere on the left hand side or the right hand side of the masculinity scale.

You're going to be right in the center.

You're going to be that ideal man that she can respect, feel attracted to and be in love with.

Asking Rather Than Attracting

[image: Asking rather than attracting]

To close up here, one final point that I'll make is that a lot of guys fail at getting their woman back because they keep **asking** for a relationship rather than making her feel **attracted** again.

When I've worked on ex back cases, I've often found that the woman is giving signals to the guy that she's open to having a relationship but she just wants him to make her feel attracted to him first.

For example: She might say, *"Look, I love you as a person but I'm just not in love with you anymore,"* or, *"What we had was good, but I'm just not feeling the spark anymore."*

She's essentially saying, *"Hey, create a spark with me. Make me feel attracted to you again. I haven't fully closed the door on us yet so just create that spark."*

Yet, the mistake that guys make is that they just keep asking for the relationship.

"Come on. Please don't forget what we experienced in the past. I love you so much. You mean everything to me. I'll do anything. I promise that I'll change. Things will be different this time."

No.

She doesn't want a promise about how things could be or might be.

She wants to see that things are different now.

When she interacts with you, she's got to be able to feel that spark.

If you can do that, her guard comes down and you can guide her back into a relationship.

Learn More

I hope this video has helped you and if you need more help to get your ex back, I recommend that you watch my program, [Get Your Ex Back Super System](#)

It's 10 hours of video and when you watch the program, you'll learn exactly what to say and do to get her back.

You will learn how to make her feel respect for you, make her feel attraction and fall back in love with you again.

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[image]

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Will My Ex Come Back if I Stop Chasing Her?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

So, will a woman come back to you if you stop chasing her?

Not necessarily.

First of all, you shouldn't ever be chasing a woman to try to get a chance with her.

This rule applies when you're picking up women, when you're on a date with a woman, when you're in a relationship with a woman and when you're trying to get an ex-woman back.

You shouldn't ever be chasing and trying really hard.

When a guy is trying to pick up women, he's trying really hard to get a chance with a girl, it turns her off because women aren't attracted to that type of desperation.

Women want to interact with a guy who feels confident about himself and he knows that he's attractive to her.

He knows that he is good enough for her.

They want to see that confidence coming across.

Likewise, on a date, a woman doesn't want to see a guy trying really hard to impress her, to hopefully get a chance with her.

She's already on a date with him, so he just needs to relax and be confident and go through the process, hook up with her and get a relationship started.

When in a relationship, if a guy is trying too hard to impress his girlfriend or wife and she notices that, it turns her off.

She starts to lose respect for him. She thinks, *"Why is he being like this? Why doesn't he feel good enough? Why does he lack that self-esteem? Why does he lack that confidence?"*

In terms of getting an ex-woman back, she has already broken up with you, so she's turned off by you at the moment.

Now, if you make that worse by chasing her, what do you think the chances are of you getting her back?

It just goes down all the way to pretty much close to zero.

You've got to stop chasing.

That's number one.

What Should You Do Instead?

[image: Pursue her in a calm, confident manner]

Rather than chasing her, you need to only pursue her in a calm, confident manner.

In some cases, that involves a man stopping contact with his woman for 3 to 7 days.

You don't need to cut off contact for any longer than that because a week already proves the point.

It proves that you're not being desperate and needy and you're not pestering her anymore.

During that time, what a lot of guys find is that their woman contacts them.

She may be curious as to why he isn't contacting her all of a sudden or she may get worried that he might be moving on without her.

Yet, if you stop contacting your woman for 3 to 7 days and she doesn't reach out you, what do you do then?

What you need to do is after a week, get in contact with her.

Be calm, be confident and guide her through the ex back process.

Get her to meet up with you, re-attract her when you meet up with her and guide her back into a relationship.

By the way, what I'm talking about here are real relationships or marriages where the man and woman fell in love, they're in a sexual relationship together and for whatever reason, the relationship then fell apart.

If you want to get a woman back after the breakdown of a real relationship, all you need to do is stop contact for 3 to 7 days and in most cases, that proves the point.

You do not need to wait any longer than that.

Waiting Too Long to Get Her Back

What I found is that when a guy waits way too long to contact his ex-woman, she gets over him and she moves on.

In many of those cases, the guy hasn't even really changed.

He hasn't put in the effort to become more confident and improve his ability to attract her when he interacts with her.

So, when he eventually contacts her, he's still basically the same guy.

He's still hurting from the breakup, he's still been missing her and he's just been hoping that by not contacting her, she might miss him and come back to him.

The Connection You and Her Shared

If you and her did experience love together, she felt attracted to you and you had a connection before, then it isn't 100% destroyed.

It may feel like the relationship is over and there's no chance of making her feel attracted to you again and making her feel love for you again, but there is.

When a woman loves a guy and she feels attracted to him and then gets turned off by him, she can get turned back on by him if he changes his approach.

Initially, if you change your approach, she might be a little bit stubborn about it, she might play hard to get and she might act as though it's not working on her.

Yet, in almost every case that I've worked on, the woman does that for one of two reasons.

One, she wants to test the guy's confidence and see if he crumbles when she doesn't show interest and show that she's attracted, or two, she doesn't want to seem too keen and show interest in the

relationship and then get rejected by him.

What's she afraid of is that he will get her interested again, she'll show interest in the relationship, she'll open back up to it and then he'll reject her.

She goes from being the one who dumped him and feeling okay about herself as she moved on from the relationship to now being the one who got dumped and she's feeling horrible about herself.

So, for those two main reasons and other minor reasons, many women won't openly accept and be excited about getting back together immediately.

This is why you shouldn't focus on what your ex woman is doing.

You shouldn't focus on what she is saying.

Don't focus on how she's behaving, what she said in a text, how she responded to you, how she reacted to you.

Don't focus on that.

Why?

Often she'll be reacting and responding and behaving in a way to throw you off or to protect her own self-esteem and ego.

What you need to focus on is what YOU are doing.

If you are interacting with her and you are making her feel a renewed sense of respect and attraction for you, then that's what she feels regardless of what she's showing.

She might put on a bit of a front to act like she's not feeling much, but if she's interacting with you and catching up, then she's feeling something.

What you need to do is calmly and confidently guide her back into a relationship with you.

Getting Her Back is a Normal and Natural Thing to Do

One final point that I want to make in this video is that there's nothing wrong with a man wanting to get his ex woman back.

The only problem is where a man needs to get his woman back because he feels horrible without her, his life is a mess without her, he's lost without her, he needs her acceptance and approval and attention to feel good about himself again.

When a man is in that state of mind, he is naturally unattractive to women, not only to his ex but to women in general.

Women do not want to feel responsible for a guy's confidence.

Women do not want to feel responsible for a guy's sense of identity and worthiness in this world.

Your ex woman wants you to be confident when you interact with her.

She doesn't want to feel that pressure from you, where you need her to be gentle with you, to be nice to you, to be open, to be straightforward when she talks to you.

She wants you to be strong without her reassurance.

If you can be like that when you interact with your ex, she will naturally feel respect and attraction for you.

All you have to do then is guide her through the ex back process.

Be the confident one.

Be calm, confident and guide her through the process.

Learn More

Okay, I hope this video has been helpful to you and if you need more help to get your ex woman back, I recommend that you watch my program [Get Your Ex Back Super System](#)

When you watch the program, it will take all the guess work out of getting an ex back.

You'll know exactly what you should be doing, what to say to her, how to get her to meet up with you, how to get her to feel attracted to you when you catch up with her, how to hook up with her again, how to get the relationship back together.

You'll know exactly what to do at each step along the way.

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[image]

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What Breadcrumbs From Your Ex Really Mean

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

When a man is trying to get his ex-woman back, he may receive what are called breadcrumbs from her.

Breadcrumbs are essentially any messages, calls or contact from your ex where she doesn't ask to give the relationship another chance.

For example:

An ex woman might contact her ex man and say, *"Hey,"* via text.

She might say, *"Hey, how you doing?"* or even say, *"I miss you,"* but not actually ask for another chance or say that she wants to have a relationship again.

She might ask him a question about something random, like, *"Hey, I left some things at your place. Can I pick them up?"*

She might also click like on something on social media and so on.

So, what do those breadcrumbs mean when you're trying to get an ex back?

The answer is that it depends.

[image: Getting breadcrumbs from your ex]

Sometimes a woman is giving breadcrumbs to her ex-man because she wants to mess with his head.

She wants to string him along and keep him interested while she looks for another guy or she wants to say, *"Hey, how you doing?"* and see that he's willing to text back and forth with her and show interest in her as a person so she can feel good about herself.

Other times, a woman is doing it because she actually wants her ex-guy back, but she wants him to take the lead.

You see, women always breadcrumb, whether you're picking them up for the first time or you're trying to get them back after a break-up.

It's kind of like when women go out to bars and nightclubs and they've dressed themselves up to look pretty.

They will stand around in groups and they'll look at guys from time to time and they hope that a guy has the balls to come over and start a conversation.

She gives him that breadcrumb by showing a little bit of interest.

It's just the way that women are.

Now, in terms of getting an ex-woman back, sometimes a woman is hoping to get her man back, but she doesn't want to seem too desperate.

She doesn't want to show too much interest.

She doesn't want to make it seem like she wants him back 100% because she's worried that he might reject her.

When she broke up with him, she was in the position of power.

She got away from the relationship without feeling the pain of being rejected.

She didn't get dumped.

He got dumped, so he had to deal with that pain of all that.

If you've ever been dumped by a woman that you really love, you know that it doesn't feel very nice at all!

So, in some cases, a woman will try to avoid that type of pain by only giving breadcrumbs, only giving subtle signs of interest in the hope that her ex-guy has the balls to face up to a potential rejection from her or a potential acceptance from her where she opens back up to talking to him, meeting up with him, hooking up and getting the relationship back together.

The Number One Mistake Guys Make

Before I continue, I want to share the number one mistake that guys make when they get breadcrumbs from their ex-woman.

Pretty much every time I've seen a case where a woman is giving a guy breadcrumbs and you text back and forth with her, what does he do?

He asks her out via text.

He asks for another chance via text.

He asks to meet up via text.

He doesn't get her on a phone call to joke around with her and create a more easy-going vibe between himself and her before suggesting catching up.

After some neutral chit chat via text, he pretty much goes straight for the kill and tries to get her back via text messages.

The thing is, when a woman shows some interest via breadcrumb texts, phone calls or in-person conversations, you have to use that as an opportunity to spark her feelings of respect and sexual attraction for you.

You've got to make her feel attracted to you again, rather than just texting her like a friend or making the classic mistake of going straight for the kill and asking for a relationship or to meet up before you've even sparked her respect and attraction for you again.

So, the number one breadcrumb mistake that guys make is asking for either a relationship via text or they ask to meet up via text.

It's just the worst possible approach that you could take.

The same thing applies when a guy meets a woman for the first time and he gets her number, he then texts her and tries to ask her out on a date.

You've got to have the balls to get on the phone.

As the man, you have to be the strong one and guide her back into a relationship with you.

You've got to be the strong one who makes it happen rather than expecting her to do everything for you or to make it really clear that she wants you back or to call you up and say, *"I miss you. Let's meet up."*

You've got to be the stronger one.

I don't know about you, but personally, I've looked through thousands of online forum posts where

people are trying to get their ex back.

I look at what women are saying when they're trying to get their ex back and I look at what men are saying.

It's actually quite sad to see sometimes where a woman is hoping to get her ex-guy back, but he's not picking up on her subtle signs (i.e. breadcrumbs).

Then you see forum posts by guys saying, *"My ex-girlfriend (or ex-wife) contacted me saying, 'Hey, how you doing?' If she doesn't want me back, why is she contacting me back at all? I should just block her on everything. Why is she trying to mess with me like this?"*

He's really upset at how she is going about the ex back process, not understanding that generally speaking, women don't like to be the ones taking the lead; especially in ex back cases.

Most women don't want to have to be the more emotionally courageous one to follow through and get a guy back.

Some guys may think, *"Well, screw her then. If she's not willing to call me and ask me to meet up with her and ask me to give the relationship another chance, then I don't want anything to do with her."*

Well, if that's your approach, no problem. Go ahead with that. Go ahead, meet other women, move on without her and just screw her, stuff her.

Yet, if you're the sort of guy who actually wants to get your woman back, you have to be more courageous than that.

You have to be the one who is strong enough to take the lead.

Get her on a phone call, get her to meet up with you and get the relationship back together.

When I've helped guys to get their woman back and I've heard about these breadcrumb situations, I often find that the guy makes a classic mistake of not using the breadcrumb as an opportunity to spark attraction with her and actually get her back.

For example: Some of the screen caps of text message conversations that I've seen where guys are trying to get their ex back, usually include the woman asking something random or talking about something random and then the guy entertaining that.

He starts talking to her about that topic of conversation.

He starts expanding on that topic of conversation and answering all of her questions and looking really keen and interested about that.

He talks to her as though they're pretty much just friends and there's no spark between them and texts go back and forth for minutes or sometimes hours and even days at times and then the woman goes cold.

He then feels hurt by that and wonders why she is doing that to him.

Why does she breadcrumb him like that?

Why does she pull him back in only to then push him away and reject him again?

Well, she didn't actually reject him.

What happened is that he made the classic mistake of texting back and forth too much without actually getting to a phone call and getting her to meet up with him.

In some of the examples that I've seen, a guy has texted his woman, saying, *"Hey, we shouldn't be*

talking about this via text. Can we get on a phone call?" and then the woman says *"No."*

Why?

He's asking her, rather than just calling her.

He's basically saying, *"We shouldn't be doing this via text. Can we get on a phone call?"* which is asking her for permission.

That's not how you do it.

Women don't respect guys who feel like they need permission to do something simple like call.

So, you just call her.

Don't worry if she might not like it initially.

She will feel respect and attraction for the fact that you're being a man about it and getting things done, rather than waiting for her to lead you.

So, if you're texting back and forth with her, you just call her up and if she doesn't answer, you just text her "Lol" and you add in something like, *"Oh, I forgot that you're a shy girl."*

Make it her problem.

She's the shy one.

She's the one who's reluctant to get on a call because she's worried that she might have feelings for you.

You've got to be in that power position where you have the confidence to mess with her like that in a playful way.

Alternatively, rather than just calling when you're texting back and forth with her, you might say, *"Enough of this texting. I'll give you a call in a minute"* and then call her approximately a minute later.

If she doesn't answer, just don't text her anymore for that night or that day.

Then if she texts you back the next day, just say, *"Lol...not more of this texting stuff,"* and then give her a call about 10 to 15 seconds later.

Use Breadcrumbs as an Opportunity to Get Her Back

For the guys who actually want to get their ex-woman back, what I want you to understand is this...

You need to use breadcrumbs as an opportunity to create a spark of attraction inside of her. Then, you need to go through the ex back process and get her back for real.

Don't get stuck texting back and forth with her.

Don't over analyze what she's texting you.

"What does that mean? She said this and then she had an exclamation mark and she didn't put a smiley that time. She put a smiley this time and she said this word and that word. What could it mean?"

Don't worry about that stuff.

Don't worry about what the woman is doing.

Always focus on what you are doing because you are the man.

You're the one leading the dynamic.

The same principle applies when you're picking up women, when you're on a date with a woman, when you're in a relationship with a woman and when you're getting a woman back after a breakup.

Don't focus on what the woman is doing.

Don't over analyze what the woman is doing.

Just focus on what you are doing.

Make her feel respect and attraction for you and guide her through the process.

You are the man.

You are the one who is in control of the dynamic.

Don't Wait For Her to Lead You

One final point that I'm going to make in this video is that every woman is different.

Some women (when they breadcrumb a guy) are doing it to mess with him.

Some women are doing it because they want a guy back.

Some women are doing it because they're bored.

Yet, all of that doesn't matter.

It doesn't matter what type of woman she is.

What matters is what you are doing because you are the man.

As a man, you don't wait for women to lead you.

You are the one who calls the shots.

You are the one with the balls.

You are the one who makes things happen.

You are the one who remains strong when a woman is testing you by being difficult.

If you can do that, women respect you. They respect your masculinity. They respect your confidence.

When that happens, a woman's guard comes down.

It's very easy to do.

It's easy to be a man that a woman can look up to and respect.

It all comes down to how you think, how you talk, how you behave and how you react to her.

If you react to her with confidence and assertiveness and light-hearted attitude and you don't get insecure and feel awkward when she does things, then she's going to respect you.

However, if she gives you breadcrumbs and you are way too nice to her via text, answering all of her questions, being extra courteous to her and you become insecure when she tests you, then she's not going to respect you.

Yet, if she still has a place for you in her heart and she hasn't fully closed off to you, then the reality is that she's waiting for you to change how she's approaching you, how she's reacting to you.

She's waiting for you to make a change in how you're talking to her, how you're interacting with her so she can then be a different woman.

She can be the woman who respects you.

She can be the woman who is attracted to you.

She can be the woman who says yes when you want to catch up with her.

She can be the woman who comes over and gives you a hug at a meet up when you say, *“Come here, bring it in for a hug.”*

She can be the woman who sits next to you when you’re catching up.

She can be that woman who looks up to you and respects you and feels attracted to you and is open to the idea of getting back with you.

All it usually takes is a spark of respect and attraction and a woman becomes open to going through the process with you.

You’ve just got to be confident enough to go through that process.

You’ve got to know what you’re going to do at each step.

It’s not just about calling your woman up and hoping that everything goes well or meeting up with her and hoping that you get back together.

You’ve got to know how to make her feel respect for you on the phone.

You’ve got to know how to make her feel attracted to you in person.

You’ve got to know how to do these things.

So, if your ex is giving you breadcrumbs at the moment, don’t overthink it.

Don’t think badly of her for doing it either.

Just know that it’s an opportunity for you to create a spark of respect and attraction with her.

You can use the breadcrumbs as an opportunity to interact with her and let her see that you behave differently now.

You talk to her differently now.

She feels different when she interacts with you. She feels attracted, she feels respect, she feels drawn to you.

That is what counts when getting a woman back.

When you’re making her feel that way, her guard comes down and you then can guide her through the ex back process.

Learn More and Get Her Back

I hope this video has been helpful for you and if you need more help to get your ex-woman back I recommend that you watch my program, [Get Your Ex Back Super System](#)

When you watch the program, you will learn exactly what to say and do to get her back.

You will learn the seven-step process that you need to follow to successfully get a woman back.

Don’t get stuck at step one or step two and overthink things and over analyze what she’s saying or doing.

Go through the process and you’ll get her back.

It's very easy to do.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Why is My Ex Being Cold, Distant and Rude?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

So why is your ex being rude or mean to you?

Many guys have contacted me and talked about their ex-girlfriend or ex-wife, and said it was like she changed into a completely different person after the break-up.

“She used to be so loving and warm and caring and she actually gave a crap about me, but now she treats me like dirt. She is rude to me, she’s mean, she’s cold, she’s distant.”

So, why is that?

Why is your ex being rude to you?

Here are five possible reasons why it’s happening to you.

1. She’s trying to get you to react in an angry or insecure way

[image: She is trying to get you to react in an insecure or angry way]

Sometimes when a woman breaks up with a guy who is a good guy and she doesn’t really have much of a reason to break up with him, she’ll start being cold, mean and bitchy.

She’s hoping that he reacts by becoming angry or he becomes insecure and starts begging and pleading with her to give him another chance to open back up to him or to not forget about the love that they shared.

This often happens to guys who are very nice and they’re supportive of their woman and they essentially are being a really good boyfriend or a husband but she is not feeling the spark of sexual attraction that she wants for him.

It’s good to be a good man to a woman but when you’re leaning towards just being really nice to her all the time and being supportive but you’re not a dominant man, then she’s going to start getting bored of that.

It’s not about being an overly dominant or domineering man and saying to a woman like, *“Sit over there. Alright, go make me a coffee. Make me food. Rub my feet. Suck me off. Get down on your knees right now.”*

It’s not about being overly dominant, but women do respect a guy who has some dominance; a guy who can stand up to her in a loving, but assertive way.

So when a guy is too nice to his woman, he’ll often get that where she breaks up with him and she’s saying, *“It’s not you, it’s me,”* and that essentially means that she’s not feeling the spark.

She might then start to be cold and mean and bitchy and rude to her ex because she’s hoping that he can give her a reason to hate him, he can give her a reason to say, *“See? That’s why I’m breaking up with you.”*

If he becomes really angry at her and sends her insulting texts or if he becomes insecure and starts begging and pleading, she can say, *“The way that you’re acting here makes it clear that we’re not supposed to be together. You’re not the right guy for me. I’ve had enough of this. I don’t want to hear from you anymore. Please leave me alone,”*.

She can then feel good about herself for breaking up with him.

She doesn't have to feel so guilty about dumping a good guy.

Now, I know that some guys who are here that might think, *"Damn. So, women want me to be a bad boy? Do I have to treat women badly? Is that what I have to do to be successful and not get broken up with?"*

No.

That's not what women are looking for.

What the majority of women want is a good guy who has some dominance.

He has the ability to be dominant at times.

Not all the time, but at times.

When a guy is too soft with his woman, he's too nice, he's too supportive, too helpful and he listens too much to her drama, then she starts to get bored.

Likewise, if a woman is treating a man badly and he just puts up with it and keeps giving and giving even though she's not being nice to him, she loses respect for him.

She looks at him as being a guy who doesn't have much of a backbone.

She doesn't want to be able to walk all over him like that.

She wants him to be able to stand up to her in a loving, but assertive way.

She wants a guy who understands that women do want a good man but they want that man to also have some balls, to not let themselves get walked all over by a woman.

When she throws a tantrum and demands things, she doesn't want a guy to be giving in all the time and bowing down to her and being submissive.

She wants a guy who is able to stand up to her in a loving, but assertive manner.

So, to answer the question of, "Do you need to be a bad man to keep a woman?" the answer is obviously no.

Don't confuse the idea of a woman dumping a good guy as meaning that they want a bad guy.

In most cases, when a good guy gets dumped, it's just because he was too soft with his woman.

He was too gentle, he lacked assertiveness, he lacked confidence and it turned her off.

2. You keep asking for a relationship before re-attracting her

[image: You keep asking for a relationship, before re-attracting her]

To get an ex-woman back, you have to focus on re-attracting her first.

You've got to make her feel respect for you as a man.

You've got to make her feel sexually attracted to you and when you do that, she will start to reconnect with the love that she used to feel for you.

She'll also feel more love for you.

She'll feel more attracted because you will have gone up one, two, three, maybe even 10 levels as a man in terms of your emotional attractiveness to her.

A big part of emotional attractiveness is about your style of confidence and how that makes her feel. There are all different types of confidence that a guy can have.

A guy can be a good guy with a bit of confidence, a good guy with very assertive confidence, a good guy with situational confidence (e.g. he's confidence at work, but he's not confident in social situations).

There's also the bad boy type of confidence, the arrogant guy and so on. There are all different types of confidence.

So with your woman, if she broke up with you and one of the reasons why is that you became insecure in the relationship, she's going to feel more attracted to you if you get rid of your insecurity and become a more confident man.

The reason why she will feel more attracted is that you used to be at a certain level of confidence and she felt attracted to that.

So, when you step up one, two, three, four, even 10 levels of confidence, she is going to feel a different type of attraction for you.

It's like a different flavor.

It's a different sensation.

It's a different experience for the woman to be around a guy who has a particular type of confidence.

So, what you need to do is focus on re-attracting her first rather than asking for a relationship.

You've got to work out what you need to improve to attract her and then start doing that when you interact with her.

She will pick up on it.

You don't even need to tell her about it and say, *"I've changed this and this and this."*

Just let her experience it.

She'll pick it up.

Women are great at reading between the lines and noticing the subtle behaviors of men to assess for themselves whether or not a guy is this or that.

Once you've re-attracted her, then she's going to be naturally interested in having a relationship with you.

However, if you're asking for a relationship before you've even re-attracted her, then it should be no surprise that she's being rude to you.

You want her back. You're attracted to her. You have feelings for her but she doesn't feel the same way.

She said that she's broken up with, you keep coming at her asking for a relationship.

What do you expect her to do?

Be nice for the next 10 years and say, *"Oh, look. You know, I'm just not interested in a relationship right now. You're a great guy. Thanks for calling me for the 100th time. I hope you have a nice day."*

She has to get the message through, so she's going start being rude to you.

She's going to start trying to push you away because you haven't transformed yet.

You haven't gone up the levels that you need to go up to be more emotionally attractive to her.

You haven't even done that yet.

You may have done a little bit of it, but it's not enough.

If you haven't got her back yet, it's not enough.

You've got to step up to the plate and become a bigger better man than you have been before.

You may be a great man now already, but it's not good enough to her.

You've got to step up and become more emotionally attractive.

Emotional attraction is about who you are as a man and how that makes her feel (e.g. your confidence, your charisma, your ability to use humor, how you pass her tests when she's trying to mess with you and your general ability to connect with her and have a good conversation, have good feeling emotions flow when you're interacting with each other).

Before I move on to the third possible reason why your ex may be rude to you at the moment, I want to address whose fault it is.

Whose fault do you think it is when a woman is acting rude to her ex-man?

There is no clear answer to that.

Sometimes it's the woman's fault because she's a mean, nasty woman and sometimes it's the man's fault because he's doing all the wrong things when he's trying to get her back.

It's making her feel annoyed and frustrated so she tries to be rude to him to get him to react badly.

Now, if you want to get an ex-woman back, you shouldn't be trying to blame her or women in general.

You shouldn't be focusing on saying things like women are all bitches, they're untrustworthy, they're disloyal, they're selfish, they're mean and so on.

You also shouldn't be beating yourself up and thinking that you're unlovable and unworthy of her.

You are worthy of her.

If you want to get her back, you must focus on getting her to respect you as a man, getting her to feel sexually attracted to you.

When you do that, she has feelings for you.

Her guard comes down.

She starts to reconnect with how she used to feel for you.

She starts to look at you in a different way.

Of course, some women are a bit more stubborn and cold and tough compared to others.

Even if you get her to respect you again and make her feel attracted to you, she may continue to behave in a cold, mean or rude way at times to test you.

She wants to see whether you're new found confidence is real.

She wants to see whether you really can handle a woman like her.

She tested you out in a relationship and it turned out that you couldn't handle a woman like her.

Yet, how about now?

Are you strong enough now? Have you transformed? Have you built the type of confidence that could handle a woman like her?

That is what counts.

3. She can sense that you haven't changed

Women are very good at sensing whether or not a guy has changed the things that are important to her.

When it comes to attraction between men and women, women place a lot of importance on a guy's emotional attractiveness.

So, if she interacts with you via text on the phone or in person and she can sense that you haven't changed yet and you probably don't even know how, she's going to remain closed off.

She may even try to be rude to you to get you to turn her off even more so she can feel validated and feel right about breaking up with you.

4. You're just texting her

Text messages and emails can easily be misinterpreted and misunderstood.

Have you ever sent an email to someone and they took it the wrong way or a text that you sent to someone and you meant something one way, but they took it another?

It's so common.

The reason why is that according to many scientific studies, most of human communication is based on tonality and body language.

When you're sending texts back and forth or emails and there is no tonality to what you're saying, there's no body language there, what does she do?

She has to guess at the kind of tone you would be using if you said that to her.

She has to guess at what kind of body language you would use if you were saying that to her face to face.

Now, if your woman has broken up with you and she's turned off by you and you're being insecure when she broke up with you, how do you think she's going to be perceiving your texts?

She's most likely going to be looking at those texts and imagining that you're still being insecure.

Since insecurity isn't attractive to women and it's a big turn off, she's not going to feel motivated to be nice and pleasant to you via text.

She's turned off by what she is seeing as insecure text.

She thinks that you're being needy or clingy or you're trying too hard and she feels turned off by that so she starts being rude to you via text.

If you try even harder to impress her, she sees that as you being insecure and it turns her off even more.

So, this is why when getting a woman back, a guy should not focus on trying to get her back via text.

You can use text to create a spark with her and say a few things but if you want her back for real, you've got to get her on a phone call and you've got to meet up with her in person so you can re-attract her for real.

She can see your body language and your tonality in person.

She can observe your confidence in action.

She can feel it.

She can experience it.

It's real.

It's right there in front of her.

No matter what she says or does to try to make you feel insecure, you remain confident.

She can see it on your body language. She can hear it in your tonality.

She can pick up on it based on your choice of words, how you react to her, how you respond to her.

She can see it.

When that happens, she naturally feels respect and attraction for you, then you can actually get her back.

When a woman feels respect for ex-man and she starts to feel attracted to him as well, she then starts to reconnect with her feelings of love for him.

She starts to experience the new and improved version of him.

It's exciting for her if he's gone up a few levels in terms of confidence and overall emotional attractiveness.

It's interesting.

She feels different.

She feels more drawn to him.

She feels turned on.

She feels like it would be exciting to hug him, to kiss him, to have sex with him again even if she just wants to do it to see how it feels and see how she feels afterwards.

Yet, in the process of going through with that, she falls back in love with her ex-guy and he gets her back.

5. She is over you and won't change unless you do

When a guy is seeking help to get his woman back, it's usually a case where his woman is over it.

She's over him.

She doesn't want to get back with him and she's had enough.

So, if that applies to you, don't worry.

Most guys who get their ex-woman back start at that same place.

She doesn't want anything to do with him.

She says, *"Leave me alone. I'm over it. I don't have feelings for you anymore. Don't even try to get back together with me. It's done."*

Some guys believe that what she is saying is 100% correct and permanent.

Some guys believe that they don't have any control over how they make her feel.

They don't understand that a woman's attraction is not set in stone. It's fluid. It's changeable.

For example: If a man is interacting with his ex-woman and he's being insecure and begging and pleading or he's apologizing over and over again, he's not going to be making her feel respect and attraction.

She's not going to get turned on by that emotional weakness and the sucking up type of behavior.

Yet, if he switches his approach and starts focusing on getting her to respect him and feel sexually attracted to him, then she stops talking about it being over.

She becomes open to going through the ex back process with him.

The Truth About Relationships

One final point that I want to talk about here in terms of an ex being rude is that sometimes it's a bit of a wake-up call about relationships.

Before you and her got into a relationship, you were an individual and she was an individual.

When you are in a relationship, even though it might have felt like you and her were one, you were still two individuals.

You were two individuals in a relationship and you're both deciding to be together. Therefore, the relationship stays together.

Now that you've broken up, she's an individual and you're an individual.

You want to be in a relationship but she doesn't.

Sometimes what happens is that when a guy gets broken up with by his woman, he can't believe how rude she's being, how mean she's being, how cold she's being after all he did for her, after all they went through.

They used to be so in love.

She used to say, *"I want to be with you forever. I want to grow old with you. I want to start a family with you,"* and all that sort of stuff.

Now, she's being rude.

Now, she's being a bitch.

Now, she's being cold.

Well, that's the wake-up call, which teaches you the truth about relationships.

You're actually an individual, she's an individual and relationships only stay together if there are **mutual feelings**.

If you want to get ex-woman back, **you've got to make her have feelings for you**.

You've got to focus on making her respect you as a man, making her feel sexually attracted when she interacts with you and if you do that, she then wants to get back with you.

She starts feeling drawn to you.

Her guard comes down and if you can be confident and guide her through the ex back process, you can get her back.

Learn More?

I hope this video has helped you and if you need more help to get your ex-woman back, I recommend that you watch my program [Get Your Ex Back Super System](#)

It's 10 hours of video and when you finish watching the video, you'll be ready to contact your ex, get her to meet up with you, re-attract her and get the relationship back together.

When you watch the video, you'll feel more confident than you've ever felt in a long time.

You'll feel emotionally strong, you'll have new techniques that you can use to make her respect you, make her feel attracted to you and make her love you again.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Flirting With Your Ex Via Text (8 Examples)

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

In this video, I'm going to give you eight examples of how to flirt with your ex-girlfriend or ex-wife via text.

With these examples, they can create a spark of attraction with your ex, but I don't recommend that you just stick to text.

Simply focus on getting a bit of a spark going and getting her laughing while texting with you.

You text something that creates a spark and after maybe a couple more texts, you move to a phone call then you get her to meet up with you.

You re-attract her at the meetup and you get the relationship back together by going through the full ex back process.

Don't just get stuck with texting because so many guys lose their ex-girlfriend or wife by sticking with text and they hope to somehow, get a text from her one day where she says, *"I miss you. I want you back."*

Yet, what often happens is the guy texts with her for a long time, she gets bored and he thinks that he's lost her.

He then stops trying, or he starts asking her why she has stopped texting and then she gets turned off by his insecurity.

Text Examples

With these examples, use them to flirt with your ex via text and then get to a phone call, get to a meetup and then go through the full ex back process.

So, with the first example, she texts you, *"Do you miss me?"* and you reply, *"Who is this again?"*

Alternatively, you can reply with, *"Who is this?"* and 5 to 10 seconds later, you can text her the emoticon with the smile and a tongue sticking out 🤪☺☺☺

The next example, she texts you and says that she's had a horrible day at work and is complaining about what's going on at work and things like that, but you can see that she's just being dramatic.

She doesn't really care about it and she's just letting off steam like a typical woman venting about her day.

You can reply with, *"Sucks to be you,"* and add in the emoticon with the smile and the tongue sticking out 🤪☺☺☺

The next example, she texts you, *"What are you up to today?"*

You then reply with, *"It depends,"* and she might reply with, *"On what?"* and you text back, *"Whether you're cooking for me tonight or not. I miss your lasagna,"* and add in a *"Haha."*

Next example, you text her, *"How was your day?"* and she replies with, *"Not telling,"* and then you can text back, *"Oooh, mysterious woman. Haha."*

Next example, if she is complaining about her work day, you can text, *"Lol...that sounds like fun,"* or *"More drama at work? You're such a drama queen these days."*

Number six, if she asks, *"How are you today?"* you can reply, *"Bad,"* and then she might reply with, *"Huh? Why?"* You then reply, *"Just kidding. Having an awesome day. You?"*

Number seven, she texts you, *"How are you?"* you can reply with, *"I can't tell you. That's confidential information."*

You might want to add on an *"Lol..."* on the end of that if you think that she might take it the wrong way.

Finally, number eight, if she texts you, *"Do you miss me?"* You can reply with, *"Only as much as you miss me,"* and add on the winky smile emoticon on the end ð□□□

The Art of Flirting With Your Ex

So what makes this flirting and makes it enjoyable for a woman is that you're not taking the text conversation so seriously.

You're not being one of those ex-boyfriends or ex-husbands that wants to have serious conversations with her via text.

You're not being super nice all the time and you're not being predictable.

You're mixing things up and are giving her the opportunity to feel a bit shocked and a bit thrown off.

For example: She texts you and asks, *"Do you miss me?"* and you reply back with, *"Only as much as you miss me,"* and give her the winky smile ð□□□

What you're saying is that you see her asking you the question of, *"Do you miss me,"* as her actually missing you.

She will read between the lines with that and know what you mean.

Women are great at reading between the lines and that's why they love flirting with guys.

Most guys, when they talk to women, they like to be very straightforward as if they're talking to another guy, which is boring for women.

She asks, *"Do you miss me?"* and he just says, *"Yes. How about you? Do you miss me?"* It's a straightforward conversation.

Yet, what women love is when a guy not only has the balls to say something a little bit quirky, a little bit witty, or a little bit daring,

He has the social intelligence to flirt with her in a time when they are broken up.

That's attractive to a woman â□□ confidence, social intelligence and the ability to make her laugh.

No doubt you've heard many women say, *"I like a guy who can make me laugh."* It's a universally attractive trait.

Flirting 101

One of the things that you need to understand is that flirting is like a mental dance between a man and woman.

You say something where you're playfully teasing her and you're messing with her and she will act shocked or as though it's not having an effect on her.

She then wants to see that you maintain your confidence and you don't suddenly become insecure and think you'd blown it with her.

When she sees that you maintain your confidence, she feels respect and attraction for you.

Sometimes when you flirt with a woman, she will be very easy and open and she'll flirt right back with you.

Yet, sometimes, she will act as though it's not working on her.

She will act as though she's shocked by something that you've said.

She wants to see how you are going to react.

Are you going to lose confidence in yourself?

Who is the tougher one of the two of you?

Who is the more emotionally strong one?

That's the mental dance that I'm talking about.

The reason why it's so attractive to women is that it signals to the woman that the man would be able to handle himself in other social situations.

She feels safe about his ability to interact with people, interact with challenging people and get by in the world.

She knows that if other people put pressure on him and are challenging towards him, he's going to be able to maintain his confidence and therefore she feels safe with him.

Being able to survive and get along with people triggers an instinctive primal type of attraction inside of a woman.

Women always test a man's ability to remain confident to find out if he can handle being put under pressure.

This is why a man will talk to a woman in person and everything will seem to be going well.

They'll be getting along, they'll be laughing together, and suddenly she'll start to lose interest.

Suddenly she'll start to pull away.

She will have said something that made him feel insecure (and she noticed that he became insecure) or he will have said something and she will have reacted in a way where she was testing his confidence and he would have failed that test.

Women are essentially looking for confidence.

They want you to have balls.

It's not about being disrespectful to women though.

It's just about having the balls to joke around, to not take things so seriously, to not worry about losing your chance with her.

That's a really big one; not worry about losing your chance with her.

Some guys don't want to send anything to their ex that might make her a little bit shocked or thrown off because they think it might cause them to lose their chance with her.

However, you just can't think like that when you're getting a woman back.

You have to have balls.

You have to know that you are the man and that she is feeling respect and attraction for you even if

she acts like she isn't.

Of course, sometimes a woman isn't feeling respect and attraction for a man, and that's pretty obvious.

However, if you're joking around with her and you're being confident, then she is going to feel respect and attraction for you even if she acts like she isn't.

Don't Flirt Too Much Though

Don't get me wrong here.

What I'm not saying is that every text you send your ex must be flirting and funny, or that you must always make fun of her or not take a conversation seriously.

When you flirt with a woman, you should go by the 80/20 rule.

80% of the time just text with her normally or talk with her normally if you're talking to her in person and 20% of the time add in flirting.

That said, when you're trying to get an ex back, I don't recommend that you text back and forth with her for too long.

In many cases that I've worked on where a guy is trying to get his ex-girlfriend or ex-wife back, he gets stuck in text conversations that go nowhere.

She texts him something and he texts back and then they get a conversation going.

Eventually, there are misunderstandings and the conversation becomes frustrating.

He says something and she takes it the wrong way or she says something and he starts becoming insecure and think, "*Oh, what does that mean?*" and then he becomes insecure in the way that he texts her.

He starts asking insecure questions and then she feels turned off and the whole thing's a mess.

So what I recommend if you actually want to get your ex-girlfriend or ex-wife back is that if you are going to use text, then just keep it short.

Use text to create a spark and say a few things back and forth if you have to, but get to a phone call.

Pick up the phone, press call for her number and if she doesn't answer, just try her again in an hour.

If she doesn't answer in an hour, try her the next day, but don't get stuck texting back and forth with an ex.

Don't Accept a Texting Relationship

It might seem easy or comfortable to just text her, but it's a bad idea.

One of the reasons why is that just texting an ex can often lead to a guy getting led on/strung along.

For example: She is showing some interest via text but secretly, she's also looking for a new guy, or hooking up with a new guy, or she's not even enjoying the texts that he's sending her.

See the thing is when you get a text from your ex, she may text something and put a smiley face on it or an exclamation mark, and you may read that as her smiling and feeling really happy when she's

texting back and forth with you.

Yet, in reality, she could actually be sitting there rolling her eyes and sending a text back and putting a smiley face on it.

As you may have noticed, many women use emoticons and emojis when they are chatting and they “LOL” and they “Haha,” even though they’re not LOL-ing in real life.

She may be totally bored by a text conversation, but it’s coming across as though he’s making progress with her because she LOL-ed or she put an exclamation mark on the end of a text.

You shouldn’t read too much into what your ex is saying via text because it doesn’t really count that much.

Texting back and forth with your ex is not the ex back process.

The ex back process is where you re-attract her in person and she forgives your past mistakes.

She stops thinking about you as being the guy that you used to be and she’s focused on the new you.

The relationship that you and her have now feels better than it did before.

She starts feeling attracted to you in new ways, she starts feeling respect for you in new ways, she wants to give it a try.

It feels good to her to give the relationship another chance.

It’s not about you trying to hopefully get a chance with her and, “*Please, I promise I’ll do anything,*” and, “*I’ve changed all these things about myself. Now do you like me?*”

It’s not about that.

It’s about you re-attracting her in person, and then she wants to get back with you.

She starts to feel drawn to you, she respects you, she starts to have feelings of love for you again.

You then reconcile, get the relationship back together and you continue on.

As you would understand, you can’t achieve that via text, so just make sure that if you are trying to get your ex-woman back that you don’t hide behind texts for a long time.

[image: Re-attract her in person]

Use texts to create a bit of a spark, get her on a phone call, then meet up with her, re-attract her for real, reconcile the relationship and continue on with her.

Don’t Take Her Texts Too Seriously

One final point that I want to make here for you is that when you’re texting back and forth with your ex-woman, don’t take it too seriously.

I know that some guys who heard the texting examples earlier on in the video might have thought, “*Oh, I don’t know if I could send that to my ex-woman. She’d be angry at that, or she might take that the wrong way.*”

You need to not worry about how she is going to take things.

You need to be the stronger one.

You need to be the one with balls.

You don’t need to be suppressing your masculinity, being a good little boy and being on your best

behavior around your ex or when you're texting with your ex.

Women don't respect submissive behavior from men.

Women respect balls.

So, don't worry about whether she might take something the wrong way.

If she does, just *"Lol"* and say, *"Relax. I'm joking."*

Same thing if you're talking to her in person. If you say something in person and she seems to take it the wrong way, you can say, *"Relax, girl. I'm just joking. Chill out,"* or you can say, *"Relax. You take things too seriously."*

Put her back in her place in a loving, but dominant way like that.

You've got to have balls if you want to get your ex back.

Don't be afraid of her.

Be a good man, be respectful and all that nice stuff, but have balls. Women respect it, even though they might act shocked to test your confidence.

So, when you're going to flirt with her via text, just don't be afraid to say something.

Don't be afraid to be a little bit daring.

Don't be afraid to joke around.

Don't be afraid to have a bit of fun.

Don't feel like you're not worthy of joking around with her now that you're broken up. Yes, you are.

The thing is women love to flirt and they know what flirting is.

Most guys don't really understand flirting, and they think that it's either pointless, silly talk or unnecessary play.

Most guys just want to get to the point because that's how we men speak to each other. So, when a guy meets a girl, he wants to be able to say, *"Hey. I like you. I feel attracted to you. I want to be in a relationship with you."*

Yet, that's not how a woman wants the interaction to go. She wants to be able to flirt and test his confidence.

When it comes to getting an ex back, many guys just want to say, *"Hey. I want you back. I love you. I promise that things will be different. I've changed. You mean everything to me. Please give me another chance."*

Yet, what you've got to understand is that when getting a woman back, you've got to make her feel attracted to you.

You've got to have the balls to get her to respect you again.

So, when it comes to flirting with your ex via text or in person, just know that it's okay to do.

Relax, enjoy yourself and have the courage to say things that might make her feel a little bit shocked temporarily.

Then she sees that you're joking and then she laughs as well.

When your ex can see that interacting with you is fun and it's not so serious all the time, then meeting up with you and getting back with you starts to feel better for her.

She feels as though it's not awkward anymore.

You're not desperately asking for a relationship.

You're not putting a lot of pressure on her.

You're making her feel good.

You're making her feel attracted.

You are making her smile and you are making her respect you.

Need More Help?

[image: Flirt with her and then get her back]

By the way, if you need more help getting your woman back, I recommend that you watch my program [Get Your Ex Back: Super System](#).

It's 10 hours of video and when you watch the 10 hours of video, you'll learn the 7-step process that you need to go through to get a woman back.

You will learn exactly what to say to her, how to behave around her, and how to make her really want to give the relationship another chance.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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The Balls to Call Your Ex

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The balls to call your ex is often the difference between whether a guy gets his woman back or not.

When I help guys to get their women back, I often find that the guy has either been ignoring his woman and hoping that she comes back on her own, or he's been sticking with text and hoping that he can somehow change her mind via text.

What happens is that when a guy ignores his woman and doesn't contact her in the hope that she changes her mind, in most cases, the woman just moves on.

He hasn't done anything to re-spark her feelings of attraction, so there's nothing really motivating her to want to come back.

Of course, some women do come back when they're ignored because they can't deal with the pain of a break up or if they can't find someone new, so they go back to their ex.

Yet, for most guys who are trying to get an ex-woman back, they're not in that situation where the woman isn't going to be able to deal with the pain of a breakup and come running back because she misses him so much.

Most guys who are looking for advice on how to get a woman back have ruined her feelings.

She doesn't feel respect. She doesn't feel attraction and she's not in love anymore, so ignoring her just helps her move on.

Trying to Change Her Mind Via Text

What a lot of guys do is they hope to somehow change her mind via text, build up a connection again and make her miss him via text.

Some guys will text their ex girlfriend (or wife) as though they are a friend.

Some guys will text where they're trying to explain where they went wrong, apologize and ask for another chance.

Some guys even try to ask their ex-woman out on a date via text.

In most cases, what I've seen by helping so many men to get their women back, is that a guy who's focusing on trying to get his ex-woman back via text usually gets stuck in text conversations that go nowhere.

Alternatively, sometimes a guy contacts his ex woman via text and she shows a bit of interest, so what does he do then?

He texts back.

She then texts back and he texts back and that goes on for maybe a day or two or a couple of weeks even, at times.

Then the woman loses interest and she goes cold.

A guy will usually then think, "Damn it! I've ruined my chance. I can't get my ex back. She's not interested anymore," and in most cases, he will just stop contacting her in the hope that something changes.

Yet, all along, what would have worked is that if he just had the balls to call her.

Re-Attracting Her on the Phone

[image: Get your ex laughing and smiling on the phone]

A call (where you make her feel respect and attraction for you again) can everything so quickly.

She can go from being cold and closed off, to warm and open just by hearing your confidence coming through the phone and laughing when you joke around with her.

Of course, I understand that some guys who are trying to get their woman back are blocked so they can't call, but every other guy who isn't blocked by their ex-woman can call, and they should call.

The reason why is that you can create a spark of attraction when you talk to her on the phone.

You can make her feel respect, attraction and love for you again, in a way that you cannot do via text.

You can create a spark of attraction by using humor, being confident, being masculine in the way that you speak to her, and passing her tests.

So with humor, it's about having the balls to joke around with her, rather than being so serious, cautious or polite while talking to her.

This particular joke that I'll say now is not going to apply to every situation, but it's an example.

The example is, a guy calls up his ex-girlfriend and says, "*Hey, ex-girlfriend. What's going on?*" and refers to her as his "ex girlfriend" rather than using her name or just saying hi.

He starts off the phone call in that playful, easygoing type of way and she with most likely smile or laugh, or at least feel impressed by his confidence and willingness to joke around, even though they are broken up.

Another example is where a guy calls up his ex-woman, and she happens to be cooking at that point in time. He can say, "*What are you cooking? I'm hungry. I hope you're making extra for me,*" and then have a laugh with her about that.

The next example is being confident.

You are already demonstrating confidence by calling her, so that already gets you some points.

You also just need to maintain your confidence as you talk to her, so she can feel that coming across.

In terms of being masculine in the way that you talk to her, it's about having that subtle assertiveness and strength in your voice while still being a good man.

In terms of passing her tests, women always put men through tests.

One test that a guy may encounter, for example, is where a woman will show some interest one minute and be uninterested the next.

She'll be open and talking and then she'll become cold and distant.

She'll be interested in meeting up and then she'll change her mind.

Many guys will lose confidence in those moments and they'll start to feel as though they can't get her back.

A guy will feel like he's unworthy, that it's just too difficult. He will believe that she's not interested and he's not going to be able to get her back because she isn't being as open and friendly as before.

Yet, what she's looking for is for him not to crumble under her pressure. She wants him to remain strong, so she can feel attracted to his confidence and respect him for that as well.

These sorts of things create a spark of attraction and make her respect you.

When that happens, her guard starts to come down a little bit.

The more attraction and respect that you can make her feel, the more her guard comes down, and the more she becomes willing to reconnect with her feelings, and become open to getting back with you.

Focus on Attraction

Where a lot of guys go wrong is that when they're talking to their ex-woman on the phone, they want to talk about the relationship or ask for another chance.

What you have to understand is that before you get her respect back, make her feel attracted to you and she then starts to have proper feelings for you again, she's not really going to want to discuss the relationship.

In some cases, where a woman has feelings for a guy and she misses him, then it's okay to talk about the relationship over the phone.

She'll want to talk about it because she has feelings for him, and she'll be open to discussing whether or not she's willing to give him another chance.

Yet, if you're in a situation where your ex doesn't have feelings for you anymore, what you've got to do is create a spark of attraction.

You've got to get her respect back.

Let her see that you're not intimidated.

Let her see that you're not trying to get into a deep and meaningful conversation with her about the relationship.

Let her see that you're not trying to suck up to her, get her to hopefully forgive you and give you another chance.

The reason why is that before you make her have feelings for you, she's not going to be at that place emotionally.

She won't be ready to say yes to giving you another chance.

Some of the guys that I've helped are reluctant to call their woman because they've tried to talk to her on the phone in the past, tried to discuss the relationship, tried to get another chance and she was just cold and distant.

That's what I'm talking about here though.

It's not a surprise that a woman's going to be like that if she has broken up with you, doesn't have feelings for you and has put that wall in between you, saying, *"We're broken up. I don't want to be with you."*

The way to bring that wall down is to make her have feelings for you again.

Once she has feelings for you, then she has a reason to want to talk to you about the relationship, to meet up with you.

So when you talk to her on the phone, it's very important that you create a spark of attraction and

then have the confidence to actually follow through the rest of the ex back process.

Don't just get her on the phone, make her laugh and then she goes cold and you hang up and think, *"I can't get her back. It's too difficult. She doesn't want me."*

No.

You have to be stronger than that.

You have to go through the entire ex back process.

You have to keep going until she's back in your arms and she's your woman.

Don't give up.

What if She Doesn't Answer Your Call?

A common question I get about calling an ex-woman is, *"What if she doesn't answer? What do I do then?"*

If she doesn't answer, what you need to do is try to call her again in an hour.

Of course, make sure that you're trying to call her at a time that you think she's going to be available.

Alternatively, you call her and if she doesn't answer, you call her the next day at a time that you think she will answer.

If she doesn't answer the second time, you send her a text message.

Send her something like this, *"Hey, Jenny. It's Dan here. There's just something quick I wanted to ask you over the phone. I guess you're busy at the moment. I might try calling you another time then."*

In most cases, what a woman will do is respond to that text, saying, *"It's fine. Call me now,"* or if she's being cold and bitchy she might say, *"What do you want? Just say it via text."*

It really depends on your woman, but at the end of the day, you've got to get her on a phone call.

If your ex is cold and bitchy and she says, *"What do you want? Just say it via text,"* you can just reply back to her, *"Hey – it would be better to say it over the phone. I'll give you a call now,"* and then give her a call 10-30 seconds later.

The reason why a call is so important is that she can hear your confidence over the phone.

You can get her to laugh.

You can get her to see that you're not trying to discuss the relationship and get her back over the phone.

What you're doing is making her have feelings for you and relax.

She's bringing down her guard, and is opening back up to you.

That's what's important.

Then what you need to do is get her to meet up with you and go through the rest of the ex back process.

Afraid That She Might Reject You?

Of course, some guys aren't ready to contact their ex-woman.

They are really hurt by the breakup.

They feel insecure.

They don't feel worthy of her anymore and the idea of calling her up makes them feel anxious or nervous.

Additionally, when I help guys get their woman back, I often hear guys say to me, *"I don't think I should call her because she prefers text,"* or, *"I don't think I should call her because it might annoy her."*

What I always say is if texting isn't working to get her back, why continue it?

If you can attract her on a phone call and get her to meet up with you, why not do that?

She may initially feel a bit annoyed or frustrated that you've called her, but when you are being lighthearted and using humor, she will start to relax.

When she can see that you're not intimidated by the phone call, you're being confident and you're also creating a light-hearted vibe between you and her, she will relax.

She will forget about the fact that she usually prefers to talk to you via text.

She'll be smiling, laughing and feeling new emotions with you over the phone.

Likewise, when you meet up with her in person and you make her feel respect for you and attraction, she's not going to get angry and say, *"Hey, we should be doing this via text."*

What you've got to understand is that texts almost always make the process of getting an ex-woman back more difficult.

She can play hard-to-get, ignore some of your texts and also feel turned off by what she sees as you being insecure via text.

You may have felt confident when you sent a text but she might read it as you being insecure.

The reason why is that she remembers how you behaved leading up to the breakup, during the breakup and potentially after the breakup.

If you haven't got her respect back yet and you haven't made her feel attracted to you again, she's going to be looking at your texts in a negative way.

This is why it's so important to get on a phone call, and then meet up with her in person.

Hiding Behind Texts

Hiding behind texts usually leads to a guy losing his woman.

He will say, *"Well, she prefers texts, and it might annoy her if I call her."*

You can't worry about those things.

If you want her back for real, you've got to focus on what actually works to get a woman back.

What works is getting her on a phone call and you being able to make her feel respect for you, make her feel attracted and get her to meet up with you.

When you meet up with her, you re-attract her, get her to feel good around you again and you get the relationship back together.

She's Probably Not Going to Help You Get Her Back

What you've got to understand is that when you're trying to get a woman back, she doesn't always have your best interests at heart.

This is why a lot of guys find themselves feeling shocked or confused by the change in behavior of their ex-wife or ex-girlfriend after the breakup.

She goes from being a loving, warm, caring woman to being cold, closed off and not really caring about him at all.

That's her way of trying to get herself to move on from the breakup.

It's also a way for a woman to make a guy behave in an angry or insecure way, so she then has more reasons to justify breaking up with him.

So, when you're trying to get a woman back, you've got to remember that she's not necessarily going to be trying to help you get her back.

In most cases, she has broken up with you and is going to move on unless you have what it takes to get her back.

You've got to have the balls to call her.

You've got to have the balls to meet up with her.

You've got to have the balls to make her respect you again and make her feel attracted to you in person.

That is what counts.

Don't Wait For Obvious Signs From Her

So many guys that seek my help are in a situation where they've been hoping that their woman makes it really obvious that she wants to give him another chance.

They're hoping that they can somehow explain to her that they've changed and things will be different, or if they ignore her, she will magically change her mind.

Yet, that's not the approach that works.

The approach that works is having the balls to make something happen.

It's the same as picking up women, if you think about it.

When women get dressed up and they go out to bars and night clubs, what do they do they do?

They stand around.

They wait for men to come and approach them.

They're not going around saying, *"Hey! Does any man here want to sleep with me? I've got nice tits and I give good head. Any guys want to sleep with me tonight?"*

They're standing there and acting as though they're not even interested in guys.

That's what women do.

They're waiting for a guy who has the balls to come over and make something happen, even though they aren't making it obvious that they are interested.

The same principle applies to the ex back process with a woman.

You've got to have the balls to make something happen even though she might not be making it obvious or clear that she wants you back.

So many cases that I've worked on, the woman actually did want the guy back, but he was hesitating. He was ignoring her, he was texting every now and again and he wasn't following through to go through the full ex back process.

When I pushed him to do that and he got her back, he then finds out that she actually did want him back and she was missing him.

That's the thing you've got to understand about women.

They have some similarities to us but they are very different.

Women go about their dating and relationship life differently.

It's the same with sex.

Women walk around acting like they're not interested in sex, but they're just as interested in sex as men are.

Yet, they go about it in a different way.

You shouldn't wait around hoping that your ex woman makes it really obvious that she wants you back and she calls you up and says, *"Hey! I miss you. Can we catch up? Can we get back together?"* or she just arrives at your door one day and just says, *"I'm here. I want you back. I miss you."*

That does happen in some cases (easy cases), but not in most of the cases where guys actually need help to get an ex woman back.

When guys are looking for help to get their woman back, they're usually in a situation where the woman has lost respect for them, has lost attraction for them and has fallen out of love with them as a result.

So, if you want to get your woman back, you need to have the balls to make something happen.

You need to have the balls to get her respect back, get her attraction back and go through the ex back process with her.

Easy to Use, Step By Step Plan

By the way...

If you need help with having that type of confidence and knowing what to do each step of the way as you get your ex back, I recommend that you watch my program [Get Your Ex Back: Super System](#).

When you watch the 10 hours of video, you'll become emotionally strong. You will become more confident than you've felt in a long, long time.

You will feel worthy of her again.

You will know that you can get her back.

You will remember that you are a cool guy and that you do have what it takes to make her feel attracted to you again.

When you watch the program, you will also learn new ways to attract her, new ways to make her feel respect for you and new ways to make her fall back in love with you again.

So just to close up here, I want to point out again that some guys are blocked by their woman and they can't call her but every other guy who isn't blocked should be calling.

For the guys who are blocked; I also can help with that as well.

The techniques in my proven to work ex back program, get her to unblock you, get her to re-add you on social media, get her to agree to meet up with you, that can be done.

Those are difficult cases, but you can still get through it.

You can get her to unblock you, you can get her to be willing to text with you, and then get on a phone call and meet up with you.

You can do that.

What you need to understand about women is that they are actually quite flexible when it comes to men.

Your woman might be behaving in a cold way towards you now.

She might be distant.

She might not be very agreeable and might not be going along with what you want to do.

However, that's because you'd be using an approach that is causing her to react in that way.

For example: Asking for another chance, talking about the relationship, texting back and forth with her, acting like just a friend, and so on.

What you need to do is focus on getting her to respect you as a man.

Make her feel attracted to you.

Get her to start reconnecting with her feelings.

You have to have the balls to make that happen and you have to have the balls to lead the way.

Even the most cold, bitchy closed-off woman can bring her guard down if a guy uses the right approach with her.

If he's not intimidated by her, if he is able to use humor to lighten the mood, if he's able to get her to respect his confidence and get her to feel like a woman when she's interacting with him.

Your Opportunity to Transform Into the Man You Know You Can Be

Actually, one extra point that I'm going to add in here is that getting an ex-woman back is actually a great opportunity for you to transform, and become a bigger and better man that you ever have been before.

You have been challenged by this breakup.

She has dumped you, she is not getting back with you and you're stuck.

You're either going to continue on being the way that you are and not get her back, or you're going to

transform.

You're going to step up to the plate and become a bigger, better man than you ever have been before.

You may be a great man already, but you can be better.

You may be a confident man already, but you can be more confident.

You may be emotionally masculine at work or around your friends, but what really counts is are you emotionally masculine around her?

In other words, do you have balls around her?

Do you have the balls to call her?

Do you have the balls to get a meet-up?

Do you have the balls to re-attract her and get her back when you meet up with her?

That is what counts.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Are You Communicating Weakness or Being Needy if You Contact Your Ex to Get Her Back?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Thereâs absolutely nothing wrong with trying to get your ex back.

It doesnât mean you are weak or needy if you want her back.

You will only appear needy or weak if approach the ex back process in a needy or weak way.

So, whatâs the difference between a guy who is being needy and one who is not?

Examples of Being Needy When Trying to Get an Ex Back

A guy who is being needy will try to get a woman back byâ|

1. Begging and pleading for another chance

The shock of losing his woman forever might cause a guy to react in a way that goes against his better judgment.

Suddenly, he panics and says things like, *âPlease baby, donât walk away from what we had together. I need you so much. You mean everything to me and without you my life is empty! I know I stuffed up, but Iâm ready to change and become the man you want me to be. I beg you! Please just give me one more chance. I promise you wonât regret it. Please!â*

Yet, rather than make a woman think, *âHe must really love me if heâs willing to beg me for another chance! This is amazing! He must be the one!!! Clearly his intentions are good, so Iâm going to get back with him because of that,â* sheâs likely just going to pull away from him even more.

Why?

A womanâs attraction to a guy is based mostly on his ability to make her feel like she can look up to him and respect him as a man.

So, when a guy is begging and pleading and being emotionally weak and needy, heâs actually making her feel the opposite of the way he needs to make her feel to get her back.

Watch this video for more infoâ|

By begging and pleading, heâs turning her off further, when what he should be doing is quickly re-sparking her feelings of respect and attraction for him again, so she naturally becomes unsure about her decision to break up with him.

All of a sudden, she stops looking at him in a negative light and starts enjoying interacting with him.

Yet, most guys donât do that when their woman attempts to dump them.

[image: Most guys lose it and become emotional when a woman dumps them]

Most guys lose it and become insecure, desperate or become very self-doubting all of a sudden, which turns the woman off even more.

So, even though his intentions are good and he just wants things to work out between them, his

approach is unattractive, so she goes through with the break up and feels good about it.

Note: In some instances, a woman might give a guy another chance if he begs her for it.

When a woman does that, she usually has very little experience with relationships, or she feels bad for him and wants to give it a try.

Yet, it usually only lasts for a few days because she realizes her mistake and breaks up with him again.

If you want to get your ex back for real and keep her in a relationship, you've got to do it properly.

The proper way to get an ex back is to focus on making her have feelings for you by quickly changing your approach to be more attractive and appealing to her.

Not in a desperate, hurried way, but in a relaxed, confident, easy-going way.

As long as you are relaxed about the ex back process, you will not appear needy or weak.

However, if you panic and try hard to impress her and hopefully get another chance, she will pick up on your desperation and it will turn her off.

2. Trying to convince her to give you another chance before letting her experience the new you

Another common example of communicating weakness or being needy when contacting your ex to get her back is trying to convince her to give you another chance, before she's had a chance to experience the new you.

For example: A guy might call his ex on the phone and rather than use that time constructively to trigger her feelings of respect and attraction for him again (e.g. by using humor to break down her walls, flirting with her, remaining confident and unfazed when she tries to put him off by being cold, distant or even rude towards him), he instead tries to convince her to give him another chance by telling her how much he cares about her and how much she means to him.

Yet, here's the thing!

Regardless of how much he loves her or how convincing his arguments may be, a modern woman doesn't have to stay with a guy if she doesn't want to.

She has the freedom and right to break up with a guy and move on, so she uses that to take care of her own personal happiness and well being, rather than sticking with a guy out of guilt or pity.

So, to get a modern woman back, it can't just be all about how much you love her, or reminding her about how good things used to be in the past.

What matters to her is how you make her feel right now.

If you're being needy and telling her how much you love her and want her in your life, it's not really going to matter to her because she doesn't have strong enough feelings for you yet.

You have to reawaken those feelings inside of her, rather than trying to get her back into a relationship right away.

Another example of neediness when a guy tries to get his ex back is!

3. Being desperate

For example: A guy might!

- Send his ex loads of text messages or long e-mails apologizing and promising to change.
- Bombard her with gifts, flowers or chocolates.
- Enlist friends, co-workers and family to put in a good word for him.
- Rush to buy her a ring and then propose to her.
- Pour his heart out to her and cry to show her how badly the break up is affecting him.

He's hoping that when she sees how desperate he is to get her back, she will feel flattered, give him another chance and everything will be okay between them once again.

However, it rarely plays out that way (unless the woman is young and inexperienced, or just gives him another chance to dump him again because she likes to do that to guys).

Most women just feel turned off by the desperation and use it as a reason to want to remain broken up.

Another example of neediness isâ□!

4. Doing whatever she wants or demands just to get another chance with her

Another way a guy might communicate weakness or being needy to an ex, is by being a good little boy around her and saying and doing whatever she wants him to do (even if it's totally unreasonable), in the hopes that his behavior will convince her to give him another chance.

For example: A woman might belittle him in front of other people, by saying, "Tell everyone how you stuffed things up between us. Tell them how badly you treated me. Tell them!â□ □

If he then tells the people listening all the things he did, she loses respect for him for being such a pushover and letting her belittle him in that way.

Alternatively, a woman might make a bunch of unreasonable demands of her ex (e.g. tell him to only call her on a specific day or else she wonâ□ □t answer his calls. Tell him not to contact her for a few weeks or months because sheâ□ □s too busy to talk to him. Only talk to him if he pays her bills or runs errands for her).

If he just takes whatever she throws at him and never stands up to her (or laughs at her for being so silly and unreasonable), rather than get another chance with her, his behavior actually convinces her even more that she made the right decision by breaking up with him.

Hereâ□ □s the thingâ□!

Contrary to what many guys believe, if a woman feels that sheâ□ □s more emotionally dominant than a guy, she wonâ□ □t be able to respect him.

It's politically correct for women to go around saying that men should essentially bow down at women's feet and respect them as the masters of the world.

Yet, in reality, women don't want their man to bow down and follow her orders.

Women want to be respected, but they want you to respect yourself more.

Getting Her Back the Masculine Way

There's nothing wrong with contacting your ex and getting her back in a masculine way.

How can you do that?

1. Calmly and confidently guide her back into a relationship by getting her to feel a renewed sense of respect and attraction to the new and improved version of you

[image: Calmly and confidently get your ex back]

For a woman to open herself up to the idea of getting back together with her ex, she needs to be able to look up to, respect and feel attracted to him first.

So, a masculine guy focuses on triggering her feelings by behaving in ways that he knows are naturally attractive to women.

For example:

- He shows her his confidence by not feeling nervous or unsure of himself when she is being cold, or saying things like, *“Do you really think I’d give you another chance with me after everything that happened between us?”* or, *“I don’t feel attracted to you anymore.”*
- He uses humor to diffuse a tense situation and get her laughing, smiling and feeling good when she’s in a bad mood.
- He stands up to her in a lovingly dominant way if she tries to dominate him during conversation (e.g. he laughs at her attempts to boss him around).
- He’s not afraid to make her feel sexually attracted to him again by flirting with her and making her feel sexually aroused.

When a guy approaches the ex back process in this way, he is effectively telling his ex (without using words), *“Look how different I am from the guy you broke up with. I’ve changed and I’m no longer hiding from my true potential as a man. I’m a new man and I believe in myself and in my value to you. So, even though I really want you back, I’m also happy and fulfilled without you in my life. It’s okay if you don’t want to get back with me. Other women love the new me.”*

Reminder: You don’t say that kind of thing to your ex woman.

Just let her get that sense based on how confident you are now.

When a guy interacts with this ex woman in that way, she feels attracted to his confidence and emotional strength and can’t stop herself from looking at him with new eyes because he is now behaving like the kind of man that she can look up to and respect.

Another way to get her back in a calm, confident, masculine way is to

2. Get her to forgive the old you

Getting an ex to forgive you is a very important step to getting her back because it changes how she thinks about you, looks at you and feels around you from then on.

For example: A guy might say (in a relaxed, confident, masculine way), *“Look, I know that I messed up and I’m sorry about it. I accept responsibility for my actions. However, holding on to all that baggage isn’t going to allow you to move on and have healthy relationships in the future. The mature way to handle this is if we both forgive each other by acknowledging that people can make mistakes and learn from those mistakes. I made mistakes and I’ve learned from it. You don’t need to take me back, but at least do the right thing by yourself and me by forgiving me for losing my way and making those mistakes. Even though it’s over now and we’re not getting back together,*

*we did share some good times together, so we don't have to think of the relationship in such a bad way. It was a good learning experience for both of us. When you forgive me for those reasons, not only will you feel better about what happened, but we can also move forward as just friends. So how about it? Can you forgive me for both our sakes? Can we just let the past go and look at each other for who we have become? I'm not asking you to get back with me at all. It's just the mature thing to do to forgive each other and be able to move on with a clear head.*â□□

The cool thing about asking an ex to forgive you like this, is that she suddenly stops looking at you in such a negative way.

She stops focusing about all the mistakes you made and she starts feeling impressed by what she perceives as your emotional maturity.

Her defenses begin to come down and she starts to feel drawn to the new version of you.

As you can see, there's nothing needy about that!

You're just being a confident, mature man and allowing her to go through the natural ex back process in a calm, easy-going manner.

Little does she know though, it's actually helping you to get her back!

3. Focus on getting her smiling, laughing and feeling good

A big mistake that a lot of guys make is feeling like they have to be serious and be on their best behavior around their ex woman to avoid annoying her.

Some guys also feel like it's important to have long discussions about the relationship and what went wrong, but it just doesn't work to get a woman back.

The best approach to interacting with an ex that will not only make her drop her guard and open back up to the idea of getting back together again, but will also make her feel attracted to your masculinity and confidence, is to make her laugh, smile and feel good when she interacts with you.

No matter how negative sheâ□□s being towards you, if you just relax and use humor to diffuse the tension, she wonâ□□t be able to stay closed off for very long.

Her guard will come down and she will open back up to you.

4. Build up some sexual tension and release it with a hug, kiss and also sex if possible

One of the easiest ways to build up sexual tension with a woman is to flirt with her, make her laugh, smile and feel attracted during interactions and then stop.

Just go back to talking normally for a minute and then do it again.

Then, go back to talking normally for about 5 minutes and give her some more flirting and humor to loosen the vibe and make her feel great around you.

This builds up the exciting feeling of anticipation inside of her and gets her wondering, *â□□ Why am I feeling so drawn to him all of a sudden? Is he going to kiss me? Why am I even thinking like this around him? We're supposed to be broken up! I don't want to be broken upâ□□ I thinkâ□□ oh, why do I want him all of a sudden?*â□□

That's how you want her to be thinking because then, getting back together, becomes something that she wants too.

Then, it's not you being needy and needing her back.

It's about you and her wanting to be back together and enjoying the process of making it happen.

For example: Imagine you and your ex are having a catch up in a little coffee shop and you've successfully built up the tension between you and her.

She's smiling, laughing and possibly even giving you other signs that she's attracted (e.g. playing with her hair, licking her lips, touching you often, talking about how you and her used to have great sex).

Whatever the case, it's up to you to take the lead and release the sexual tension that has been building up between you, by giving her a hug and maybe even a kiss.

You can do that by confidently saying to her, *"I'm so glad we're not like those crazy ex's who are always fighting and acting like brats with each other. You and I are cool ex's."*

She will most likely smile and agree or playfully tease you by saying that she's a cool ex, but you're not.

You can then say to her, *"We're cool ex's. I think something like that at least deserves a hug. So, come here. Bring it in for a hug."*

If you've built up enough sexual tension, she'll want to hug you as much as you want to hug her.

So, just go ahead and pull her gently into your arms and give her a tight squeeze for a few seconds.

If she seems open, lean in and give her a kiss.

If she pulls away from the kiss or avoids it, just move back and continue building the sexual tension between you and her and try again later if it looks like she's keen.

From there, you can head off to your place or hers for sex.

Once you and your ex have had sex, she becomes open to getting back together again because her emotional walls are no longer blocking her feelings of respect and attraction for you.

You just need to lead the way and make it happen.

You Have to Believe That You Can Do it

In many ex back cases, the difference between a guy getting his girl back or not comes down to his level of belief that he can do it.

A guy who believes that he can get her back will take action in a confident, forward moving manner, whereas a guy who doubts that he can get her back will tend to waste time giving her space or turning her off by seeming insecure and self-doubting.

It's not needy to get her back in a confident, calm, relaxed manner.

Where some guys go wrong is assuming that the way to show an ex woman that he isn't needy is to not try to get her back at all, or to show her that he doesn't care about her anymore.

He just gives her space and hopes that she comes back.

Yet, when a woman has lost respect and attraction for a guy and has pushed her feelings of love into the background, him ignoring her or pretending not to care isn't really going to matter that much

to her.

Instead, sheâs just going to take his actions as a sign that itâs 100% over between them and sheâll move on and possibly even hook up with and fall in love with another guy.

So, why would a guy try to get his ex back in these ways if they almost never work?

A lot of boils down to not having any masculine role models in his life who can explain to him that loving a woman isn't weak.

Instead, insecure guys (especially on online forums) might tell him that he needs to show her that he doesn't care to prove to her that he's not needy.

Yet, that's just insecurity trying to cover up insecurity.

You donât need to put on an act of not wanting her.

You do want her and that's okay.

The problem is when you need her and can't live without her.

That's needy.

So, donât listen to what other people say when they tell you that youâre communicating weakness or being needy if you contact your ex to get her back.

Theyâre only saying that because they donât know how to be a confident man and give a woman the attraction experience she really wants in a relationship.

They also donât understand that love the second time around, can be even more amazing than the first.

However, you do know that now and you can prove them wrong by getting your woman back today.

You just have to believe that you can do it and then do it.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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My Girlfriend Broke Up With Me Because I Was Too Emotionally Sensitive

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here's how to get your girlfriend back after she broke up with you for being weak and too emotionally sensitive...

1. Identify the real reason for your emotional sensitivity

There are many reasons why a guy might be emotionally weak or sensitive in a relationship with his woman (e.g. he doesn't believe he's good enough for her, he's afraid of losing her and not being able to find another woman who will want him, he's insecure about his future prospects, he wasn't loved as a child, he has been dumped by women he really loved).

Guys don't always have strong male role models who help educate them about women and about how to be a confident, emotionally masculine man.

So, most of the time, a guy will get a lot of his information about what a woman wants in a man, from TV talk shows, sitcoms, movies, from women's magazines or the internet and lastly, from women themselves.

Getting advice from women about how to be successful with women is usually a recipe for rejection.

Watch this video for some classic examples of how women lie to men about what they really want!

Due to political correctness and the desire not to teach men how to attract them for sex and a relationship, women usually say the opposite of what they really want in a man.

For example: A guy may have heard a woman (on TV or in real life) say something like, *"In today's world, there's nothing wrong with a woman having a successful career and being the boss, while the man stays at home and takes care of the family. If I want my man to stay home and raise the children, he should do it. I don't think there's anything wrong with a househusband who does all the cooking and cleaning"* or *"I don't like macho guys who are always so strong and in control. I just want to find a nice guy who can cry and share his emotions with me for a change."*

If a guy is inexperienced in relationships or doesn't really know how to attract and pick up women on purpose (i.e. he relies on getting lucky), he may file this piece of "important" information from women in his mind for future use when he finds himself in a relationship.

When he finally finds himself a woman, he will likely do what he believes is the right thing (e.g. allowing her to be the more dominant one and make all the decisions in the relationship for both of them).

He may also be of the mindset that being emotionally masculine (i.e. having the ability to handle a problem without becoming overwhelmed by it and not breaking down like a woman does) is wrong and will be seen as heartless or uncaring by his woman.

In his mind, he's thinking that he's being the perfect modern man because he's so nice, sweet, sensitive and caring.

Yet, in most cases, rather than think, *“My guy is every woman’s dream! He’s just so perfect. I’d better hold on to him,”* a woman will usually be thinking, *“I need a real man. I don’t think he has it in him to be like that. He’s just so sensitive—almost like a woman. For once, I’d like to be able to sit back and enjoy being a woman around him, knowing that he is taking care of things. I’m tired of always being the one who has to lead, make all the big decisions and be his shoulder to cry on. Isn’t it supposed to be the other way around? Aren’t men supposed to be the tough ones? I’m tired of taking care of him like he’s a little boy. This just isn’t working out. I need a man.”*

Even though she might have initially liked his emotional sensitivity at the start (especially if her ex boyfriend didn’t express his emotions at all), she will become sick and tired of it.

Women want a man who is balanced, rather than a guy who is on an extreme end of the personality scale (e.g. a really nice guy or a bad boy).

The ideal man is a good man who is emotionally strong and isn’t afraid to express his love for her, but who doesn’t actually need her to feel confident about himself.

He is a man of purpose (i.e. he has big goals that he is following through on that are important to him), so he doesn’t rely on her for his sense of identity and worthiness in the world.

He is his own man, while also being a good, loving man to her.

That’s what women want.

So, if your girlfriend broke up with you because you were weak and too emotionally sensitive, it could be because you (like most guys who get dumped for that reason), truly felt as though you were giving her the attraction experience she really wanted.

You might have thought that she’d love how emotional you were and see it as cute, adorable or real.

Yet, she saw it as weak and it turned her off because women are attracted to emotional strengths in men and turned off by emotional weaknesses.

Women don’t go around saying that though.

Unfortunately, most of the things women say about what they want from a man aren’t really true (e.g. *“I want a nice guy who listens, does what I tell him to do and treats me like a princess”* and then she dumps a guy for being like that because he seems desperate).

The fact is, although women won’t openly admit it, for them to be able to feel respect, attraction and love for a man, they need him to be the more emotionally strong and dominant one.

Some women do have more of a masculine personality and feel happier taking on the masculine role in a relationship, but the majority of women don’t.

So, if you want to get your girlfriend back, you have to identify your reasons for being emotionally weak and sensitive and take action to change and become the kind of man she can now look up to, respect and feel attracted to.

One of the ways you can do that is to

2. Become emotionally stronger

[image: Become emotionally stronger]

In a relationship, a woman wants to know that her man is emotionally strong enough to handle whatever life throws at him.

If he can remain calm under pressure (e.g. when he's faced with tough decisions, something bad happens or she teases him or insults him) and not become overwhelmed with emotion like a woman, she will naturally feel a profound respect and attraction for him.

On the other hand, if a guy falls apart, becomes overly emotional, insecure, anxious and loses his confidence when he is faced with a tough decision or some other challenge in his life, a woman will perceive him as being emotionally weak and her respect and attraction for him will begin to fade.

She may then begin to think, *"Is a weak-minded, wimpy guy the best that I can do for myself? Do I have to settle and just put up with it? No! I don't want to spend my life with a man who isn't going to be emotionally strong enough for me. I'm capable of taking care of myself, but that doesn't mean I want to do that when in a relationship with a guy. I want a guy I can look up to and depend on to be strong when things get rough. I want to be his girl and feel safe in the knowledge that he's in the lead and taking care of both of us,"* and she will then break up with him and try to move on.

So, if your girlfriend broke up with you because you were weak and too emotionally sensitive, one of the ways to get her respect back, is by interacting with her and showing her that you're emotionally stronger now.

Naturally, that doesn't mean you put on an act and pretend to be a tough guy by treating her badly, being rude or being heartless about things.

It also doesn't mean that you say something along the lines of, *"You broke up with me because you said I was weak and too emotionally sensitive. Well I'm not that guy anymore. I'm emotionally strong now. How about we get back together now that I've changed?"* because she's not going to believe you.

The best way to show her is by maintaining your confidence and being calm and in control, no matter what she says or does (e.g. insults you, teases you, says she has no feelings for you, mentions other guys who like you) to try and goad you into reacting like the old you (e.g. get upset, beg and plead with her to give you a chance, cry).

When you can do show her that you have changed (rather than tell her), she will naturally feel respect and attraction for you whether she likes it or not.

Initially, she may act as though the new man that you've become does not impress her, but deep down she'll probably be feeling surges of respect for you for facing your insecurities and taking positive steps to improve yourself and become a better man.

Remember: You don't need to be perfect to get her back.

You just need to be better than you were and then getting back together again becomes something she wants too.

The next step to getting your girlfriend back after she broke up with you for being weak and too emotionally sensitive is to

3. Interact with her on a phone call to make her feel respect and attraction to the new and improved you

If you want to get your girlfriend back, don't go around thinking, *â€œThere's no hope. How can I expect her to want to give me another chance after I turned her off by being so weak and emotionally sensitive? It's just too late. She won't even want to talk to me over the phone or in person, so I have no chance. I just don't know what to do. Is it really possible that she might want to talk to me again, or should I give her a few weeks/months of space to let things calm down between us? Maybe if I give her space, she will realize how great of a guy I was and reach out to me.*â€œ

Yet, that approach rarely works.

In almost all ex back cases, if a guy wants his woman back, he has to actively go about getting her back, rather than just ignoring her and hoping that she comes back on her own.

If she is turned off by you, she isn't going to be in a hurry to get back with you until you show her that she can feel turned on by you again.

To do that, you need to interact with her over the phone and show her your confidence and emotional strength by using humor to pass her tests (e.g. she acts cold, bitchy or distant to see if you're still the same emotionally sensitive guy she broke up with) and change her perception of you.

The more you can remain calm (no matter what she says to throw you off) and continue making her laugh and smile and feel good to be talking to you, the more respect and attraction she will feel for the new and improved you.

She will sense your strength without you having to say, *"I'm stronger now. I'm not sensitive like I used to be. Please give me another chance."*

She will naturally open up to the idea of giving you another chance because she will notice that you've manned up and are no longer the weak, emotionally wimpy guy that she dumped.

So, rather than looking for excuses to get off the phone as quickly as possible, she will think something like, *â€œOkay, well this is a surprise. I like it. He's more confident and fun now than he was at the very beginning of our relationship when he was still on his best behavior and trying to impress me. Regardless of what I do to make him crumble and revert back to the weak, wimpy, emotionally sensitive guy I broke up with, he remains calm, relaxed and confident. I would never have believed it if I hadn't experienced it for myself, but he really has changed. He's now the kind of man I always wanted him to be. I'm actually starting to believe we can work things out between us after all. Maybe we don't need to remain broken up. Maybe it would be fun to get back together and experience the new him. I like it that's for sure.*â€œ

So, don't waste time feeling hopeless and giving your girlfriend lots of unnecessary space to get over her negative feelings for you and remember the good times.

If she can't experience your confidence and emotional strength first hand (i.e. on a phone call or in person), she's just going to assume you're still the same weak, emotionally sensitive guy she broke up with and she'll usually just try to forget about you and move on.

You need to get her on a phone call with you right away and re-spark her feelings of respect and attraction for the new you.

Howeverâ€¦!

4. Don't try to get her back right away. Just meet up with her in person to let her experience the new you

Itâ€™s only natural that if things are going well between you and your girlfriend over the phone, you will want to say something like, *â€œHey, this is great. Iâ€™m so happy that weâ€™re talking again. As you can tell, Iâ€™ve figured out where I went wrong and Iâ€™ve definitely learned my lesson. How about we give our relationship another shot?â€*

Slow down.

Take it easy.

A better way to go about getting her back is by meeting up with her and allowing her to experience the new and improved you in person.

The more that she can see your confidence and emotional strength in action (e.g. when sheâ€™s sitting opposite you in a coffee shop and pretending not to have feelings for you anymore. When sheâ€™s flirting with other guys in front of you. When you're ordering coffee or food from the waiter), the more her respect and attraction will grow.

Then, getting back together with you will be something she actually wants to do too because it feels good to her.

She is proud of who you have become and can actually start to look up to you as a man that can be relied on, rather than a man that she needs to carry throughout life.

So, let her experience the new you and want you back before asking for a relationship.

If you try to make her commit to getting back together again right away, sheâ€™ll likely dig in her heels and say *â€œNo,â€* because a phone call is usually not enough to fully reactivate her feelings for you.

This is why meeting up with her is a very important step to getting her back, because she will then be able to really see that you have changed and she now feels better around you.

From there, you need toâ€¦!

5. Get her to forgive the old you

[image: Get her to forgive your past mistakes]

Forgiveness is an important step to being able to fully start over with your ex girlfriend and have an even better relationship this time around.

So, if she doesnâ€™t forgive you, it will make the process of getting her back a lot more difficult because she will keep her guard up and won't allow herself to feel much (or any) respect, attraction and love for you.

If you don't get her to forgive you and begin asking for a relationship, a woman will usually say things like, *â€œI donâ€™t know. How can I trust you? What if I say yes to getting back together again and then you go back to being weak and emotionally sensitive as soon as we have an*

argument? I donâ€™t have the energy or desire to go through that again.â€

So, make sure that you get her forgiveness first.

How can you do that?

By saying something along the lines of, â€I now understand why you broke up with me. Looking back at myself and how weak and emotionally sensitive I was, I can only laugh at myself when I admit that it was really me. How silly of me. I mean, how could you not feel turned off by me when I was being like that? I know understand that it was immature of me to behave in that way. I also accept that it might be difficult for you to believe that I have changed, but I have. So, can you forgive me? Can you let go of the past and allow us both to move forward in a mature, positive way? Iâ€™m not asking you to forgive me so that we can get back together again. I just want you to forgive me so you can let go of the grudge you hold against me in your mind. Let go of the baggage so you can feel free and light as a person, rather than being angry at me or hating me for who I became. Then, we can at least be friends from now on, rather than being ex’s who hold grudges against each other. I mean, I made a mistake. I get it. So, it’s not something that you need to hold against me. If you do hold it against me, it will only hurt you. You will feel so much lighter and happier if you can just forgive me for making that silly mistake.â€

If you can get her to the point where she really does forgive you, it makes her drop her guard and allows her to feel comfortable around you again.

She no longer stops herself from feeling attracted to you, or feeling respectful towards you.

Then, when she interacts with you and sees that you really have changed, the idea of being your girl again doesnâ€™t seem as far-fetched to her as it did before.

Remember: If she loved you before, it means that the love will still be there in the background and waiting to be reactivated.

You can switch her feelings back on by being confident, easy-going and relaxed and making her laugh and feel good to be around you again.

If you do that, she will stop thinking of you as the emotionally weak and sensitive guy you used to be and start falling in love with the strong man that you are now.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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She Broke Up With Me Because She Said I Deserved More

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

3 common reasons why a woman will say that to her man areâ€¦!

1. She treated him badly and he put up with it because he saw her as being way more valuable than him

There are guys go through their entire life never feeling good enough for a beautiful woman (e.g. he believes that he's not good looking enough, doesn't have enough of money, is too overweight or skinny).

So, when a guy like that hooks up with a beautiful woman, he may begin to think, *â€œWhatâ€¦s a beautiful woman like her doing with a guy like me? I really got lucky here. My luck probably isn't going to last forever with her though. I have to make sure that no matter what, I treat her like gold and make her feel like sheâ€¦s the most important and special person in the world to me.â€œ*

He may then begin to suck up to her, put up with her bad treatment or try to buy her love with gifts and financial assistance (e.g. paying her bills, paying her rent), because deep down he doesn't believe that he deserves her.

He hopes that if he is super nice to her, she won't break up with him and find a guy who (in his eyes) is better than him (e.g. better looking, richer, more successful, has bigger muscles).

He also hopes that if he puts up with her bad treatment of him, she will take pity on him and won't have the heart to ever leave him because he's so good to her.

[image: Putting up with her bad behavior because he feels that she is more valuable than himself]

Yet, what he doesn't realize is that lacking confidence in himself and feeling unworthy of her love actually turns her off more than any other fault he may have.

Why?

A woman likes the idea of being with a man that she feels will be the envy of her friends, family and other women, because he is always confident in himself and believes in his attractiveness and value to her.

No matter what anyone says or does to put him down, or what he is going through in life, he always feels confident about himself and knows that he is worthy of her and of anything else he wants in life.

A woman wants to be able to feel proud of her man, respect him and feel attracted to him, rather than look down on him and feel pity for him based on how insecure and self-doubting he is.

So, when a guy allows his woman to walk all over him, treat him badly and disrespect him because he doesn't believe in himself and his worth to her, instead of thinking, *â€œAwwwâ€¦! heâ€¦s just such a great guy. Look at how badly Iâ€¦ve treated him and yet he still loves and adores me. Iâ€¦d better hold on to him, because Iâ€¦ll never find another guy who will love me the way he does!â€œ* she will think something like, *â€œHeâ€¦s really sweet, but I can't spend my life with a man who has so little respect for himself that heâ€¦ll allow me to treat him so badly. I know that he means well and that he really cares for me, but thatâ€¦s not enough. If I can't look up to him and respect him, I just can't imagine myself building a life with him either. Itâ€¦s best if I*

break things off and find myself a real man who I can look up to and respect.

So, if your ex broke up with you because she said you deserved more, to convince her to give you another chance, you need to make sure that she feels like she'll be winning by being your girl again.

She needs to feel good (e.g. respectful, sexually attracted, hopeful), rather like she's settling for second best.

The only way to make her feel that way, is by being confident around her and standing up to her (in a loving yet firm way) when she's being cold, distant or treating you badly in some other way.

On the other hand, if you continue to put yourself down in terms of value and possibly even saying to yourself, "Why would she want me back? I'm not worthy of her love. She's too good for me" your lack of confidence will keep turning her off.

When that happens, it simply won't matter to her that you still care about her and want her back. She will see that as your issue and something that only you want, rather than it being a mutual thing. A relationship needs to have mutual respect, attraction and love for it to last.

It can't be one-sided and all about you wanting to be with her.

So, if you want your ex back, you have to believe you are good enough for her, rather than feeling like she'd be doing you a favor by being with you.

If she gets the sense that you are lost without her and need her, she will see that as desperation, insecurity and lack of self-worth and it will turn her off.

To get her back, you have to know that you are good enough for her and then just relax and confidently interact with her from now on.

Just know that she is lucky to have a man like you who is still interested in her.

Don't tell her that though.

Just let that kind of confidence shine through in how you talk, behave and act, so she can see that you are a confident man who believes in himself.

If she sees that, she will naturally feel respect and attraction for you again.

She will see that she is lucky to have a man who is not only so confident in himself, but he's also a really good, honest guy who loves her and is committed being with her.

2. She cheated on him (often more than once) and didn't want to break his heart by telling him

[image: She cheated and didn't want to break his heart by telling him about it]

Sometimes a woman will get into a relationship with a guy even though she doesn't believe he's the one for her.

For example: A woman and a man might get to know each other through work, university, or because they hang out together in the same social circle.

The man feels sexual romantic feelings for the woman and wants to start a relationship with her, but she doesn't feel the same way about him and she initially says no.

He doesn't give up and over time, her resistance starts to crumble and she begins thinking things like, "Why am I being so stubborn? I know I don't really feel a lot of sexual attraction for

him, but heâ€¦s a nice guy. I could definitely do a lot worse than him. What the heckâ€¦! Iâ€¦m going to say yes next time and see what happens from there. Maybe heâ€¦s the guy Iâ€¦ve always wanted. Maybe you can build a great relationship from a friendship.â€¦

Essentially, what sheâ€¦s experiencing is what I call the â€œGrow Onâ€œ effect (i.e. she wasnâ€¦t attracted to him at the start, but he slowly grew on her over time).

Although some relationships can't work when started with the Grow On effect, they usually end up in a break up when the woman gets bored of his unattractive approach (e.g. he's too nice, too neutral, gives her too much power).

So, if the guy fails to nurture and grow her feelings of respect, sexual attraction and love for him, the Grow On effect wonâ€¦t last.

As soon as another man comes along and makes her feel strong surges of sexual attraction for him, it usually doesn't take long before sheâ€¦s kissing him and having sex with him.

This doesnâ€¦t necessarily mean that sheâ€¦s a bad person (although there are some untrustworthy women out there who enjoy cheating on their guy).

Instead, it simply means that sheâ€¦s not getting the attraction experience she wants from her man, so she starts looking elsewhere to fulfill her sexual and emotional needs.

At the same time, she doesnâ€¦t want to hurt her guy, so rather than break his heart by telling him that she met someone else, a woman will usually just break up with him and say something like, *â€œYouâ€¦re a great guy. I really do care about you, but you deserve more. Iâ€¦m just not capable of giving you the kind of love you want from me. I think itâ€¦s better if we break up.â€¦*

In a case like that, to get her back, the guy needs to make her feel so much respect and attraction for him as a man, that the idea of losing him forever because of a casual attraction she may have felt for other guys will make her feel sick to her stomach.

Heâ€¦s got to get her to the point where she wants him back for her own selfish reasons.

For example, he re-attracts her and she then begins thinking things like, *â€œItâ€¦s nice when other guys flirt and give me attention, but what I have with my guy is a cut above the rest. Itâ€¦s so special and so valuable that nothing else comes even close to being good enough. Maybe I just need to give him another chance. Otherwise, I will probably lose him. He is more attractive now and women are going to notice that. I've got to get him back now.â€¦*

So, if you serious about getting your ex back, just know that she may be the sort of woman who may cheat again.

Some women are natural cheaters and enjoy playing the field, dating and having sex with many different guys (even when in a serious relationship).

If a woman like that gets to the point where she feels bored with her guy, she will usually cheat and then break up with him by saying that he deserves more from a woman and she can't offer him that.

Note: A woman might also say, "You deserve more" to avoid getting into a big argument with him (e.g. by pointing out how he has turned her off), or to not have to deal with him becoming emotional and begging, pleading and crying with her for another chance.

He might then make the mistake of giving her a few weeks, or even months of space to "figure herself out," in the hope that she misses him and comes running back.

Sometimes, a cheating woman will do that because she just wants to mess with his head even more. However, in most cases, she will just move on and fall in love with a new guy to avoid having to back to a guy who didn't make her feel much attraction and love.

If you want to get your ex back, it's almost always better to actively make her have strong feelings for you, rather than just staying out of her life and hoping that she doesn't find a guy who is more attractive and interesting.

If you want, you sit back and hope she will *come to her senses* one day and come back to you, but it doesn't usually happen when a woman dumps a guy and gives the reason of, *"You deserve more."*

In cases like that, the woman is essentially saying, *"Look you're too soft and sweet for me. You are a great guy, but I need a guy with more balls. I need a guy who will put me back in my place, rather than letting me walk all over him."*

She doesn't want to tell you that because she doesn't want to give you the secret to re-attracting her.

So, she just tries to make you feel good about yourself by saying something like, *"You deserve more"* rather than telling you that your soft, gentle and wimpy approach to her turns her off.

Another reason why a woman will say, *"You deserve more"* as her break up reason is that

3. She was initially attracted to his nice guy approach because her ex boyfriend treated her badly

[image: She was initially attracted to his nice guy approach]

Sometimes, a woman might still be emotionally hurt from a previous relationship, so she hooks up with a guy who is the opposite of her ex and uses him to make herself feel whole again.

For example:

- Her ex was overly domineering and controlling, while her new guy allows her to make all the decisions in the relationship.
- Her ex was mean and disrespectful towards her, while her new guy is nice, sweet and treats her like a princess.
- Her ex was untrustworthy (e.g. he broke his promises to her), while her new guy is honest and reliable.
- Her ex was sexually bold and exciting, while her new guy is stable and predictable.

Initially, the idea of being with a good guy who is the opposite in almost every way to her ex will appeal to her because her self-esteem has taken quite a beating.

However, as soon as she starts to feel good about herself again, she begins to see that he's not really the guy for her.

She realizes that even though he treats her like a princess, unlike her previous ex who treated her so badly, she needs a man with more balls and who is not a pushover like him.

Yet, rather than hurt him by saying why she is really breaking up with him (i.e. he lacks balls around her), she will let him down gently by saying something along the lines of, *"I'm sorry. I really do care for you, but I truly believe you deserve more from a woman. I can't give you that because (of some excuse), but you deserve it. I know you will find a woman who will give you that one day. I'm*

sorry that I can't.

The guy is then left thinking, *"Huh? I'm a great guy and she doesn't want me? What is going on here? Do women want a bad boy or a jerk or something?"*

No.

If your ex broke up with you because you were too much of a nice guy, you don't have to become a jerk and treat her badly to get her back.

Instead, you simply need to show her that you're now more confident, ballsy and assertive, while still being a good guy.

In other words, become a more balanced, well rounded man, rather than being on either extreme.

Show her who you are now every time you interact with her on the phone (e.g. by using humor to get her out of a bad mood when talking to you), or in person (e.g. by calmly, but confidently standing up to her if she tries to test you by being rude or disrespectful towards you).

When she sees for herself that you have transformed yourself into the type of man she always wanted you to be, she will start feeling attracted to you in the ways that have always been secretly important to her.

Her guard then comes down and the idea of losing you starts to make her feel scared, sad and worried.

She realizes that you are now a complete man and that other women will begin to notice that and want you.

3 Things to Avoid Doing if You Want to Get Her Respect, Attraction and Love Back

The quickest way to get your ex to want you back is by reawakening her feelings of respect, sexual attraction and love for you.

You can do that by showing confidence every time you interact with her and making her laugh, smile and feel happy.

On the other hand, the fastest way to turn her off even more is by making any of the following common mistakes

1. Saying that you don't want anyone better and that she is more than enough for you, because you don't know the real meaning of what she is saying

Although a woman will sometimes break up with a guy by saying, *"You deserve more,"* it's usually just her way of letting him down easy, so she doesn't have to give him a long explanation or get into an argument about the break up.

So, when a guy says, *"No, no! Don't say that about yourself! You are perfect for me. You are everything I've always wanted in a woman and more,"* rather than make her change her mind, she will be thinking, *"He just doesn't get it. Maybe I'm the perfect woman for him, but he's definitely not the right guy for me and until he can give me the attraction experience I really want (e.g. become more ballsy, stop being so wimpy and weak-minded, find a purpose and*

direction in his life) I will be moving on.

Remember: To make your ex change her mind and make her want you back, you have to make her feel the way she really wants to feel around you (i.e. respectful, attracted, happy and excited), rather than telling her about how good she makes you feel.

Getting her back is not about telling her how much you love her and need her.

She already knows that.

She is breaking up with you because you don't make her feel the way that she really wants to feel around a man (e.g. because you might be too insecure, lack balls around her, are too nice to her).

Another mistake to avoid is

2. Telling her that you're lost without her and need her, to hopefully make her realize that she is good enough for you

When a woman breaks up with a guy by saying that he deserves more, he might try to persuade her to change her mind by saying something like, *You are saying that I deserve more because you don't realize how much I need you and how important you are in my life. You mean the world to me. Everything I do is for you. Can't you see that? Please baby, give me another chance with you. I'm lost without you in my life. I need you. You are so important to me. My life isn't enjoyable without you in it. I need you. I feel lost without you. You are everything to me.*

Although a woman appreciates it when a guy places a high value on her and loves and respects her as his woman, she doesn't want to take on the role of being his sole purpose in life.

So, when a guy is begging, pleading and crying with her and saying that he needs her and can't go on without her, rather than feel flattered by his neediness, she instead feels turned off by it.

Why?

A woman doesn't want to be responsible for supporting a guy emotionally and making him feel worthy, happy and confident in his life.

She wants him to be happy, confident and have high self-esteem on his own and for his own reasons, rather than needing her to give him that feeling.

If she has to do support him emotionally in that way, not only can't she relax and be a feminine woman around him, but at the back of her mind she's also usually wondering, *Will I have to take care of his emotional well-being for life? Is he going to become even more insecure and emotionally sensitive over time? Have I got myself a man here, or is he a boy in a man's body?* and she pulls away from him even more.

So, if you want your ex to want you back, focus on getting to the point in your life where you truly believe that you can be happy with, or without her.

You do not have to waste weeks, months or years to achieve that.

You can literally change your way of thinking within days and be ready to get her back.

Don't waste time trying to slowly heal yourself or become emotionally independent.

Do it quickly or else she will most likely move on and close herself off to you even more.

Another mistake to avoid is

3. Trying even harder to impress her by helping her financially, doing favors for her and being even nicer than ever before

Sometimes a guy might try to make his ex woman change her mind about breaking up by overwhelming her with attention, gifts and romantic gestures.

He might make himself available to her every beck and call, help pay for her bills and run errands for her.

Secretly, heâs hoping she will realize how necessary he is for her survival and she will then give him another chance with her.

Yet, although a woman might smile and look happy when he does something nice for her, what he doesnât realize is that these feelings are only temporary.

If he doesnât do anything else to regain her respect and feelings of sexual attraction for him as a man (e.g. by becoming more emotionally strong and confident, being more ballsy around her), sheâs not going to change her mind based on his niceness or generosity.

The fact is, a woman doesnât love, respect and feel sexually attracted to a guy because of what he can do or buy for her.

So, donât waste time offering your ex the type of things that aren't actually going to make her fall back in love with you.

Instead, focus on making her feel respect and sexual attraction for who you are as a man now (e.g. you are more confident, charismatic, emotionally masculine, ambitious).

The more she can see that youâre not the same guy she broke up with, the more she will begin thinking that she doesnât deserve you.

Then, she will jump at the idea of getting back with you because she will feel like she just won the relationship Lottery!

You know that you are a good man and she knows it too.

However, to get her back, you have to focus on making her feel respect for you (i.e. look up to you) and sexual attraction (i.e. the desire to have sex with you).

That is what really gets an ex woman back.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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My Ex Broke Up With Me Because She Didn't Feel Like Her Heart Was in it

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

5 common reasons why a woman will say, *â€œI feel like my heart isn't in it anymoreâ€* and then break up with her man are that:

1. He hasn't been able to attract her in the ways that she really wants

For a guy to maintain and build on his woman's feelings of love, respect and attraction over time in a relationship, he needs to be able to attract her in the ways that she really wants.

Sometimes, a guy will try to make a woman love him in ways that he thinks are important (e.g. buying her flowers, doing lots of nice things for her, being romantic all the time, spending all of his time with her).

Yet, if that's not the way that she wants to feel attracted to her man, it just won't mean much to her at all.

She might see it as sweet and kind, but it won't make her melt and feel madly in love with the guy.

So, what will?

Some of the things that a woman may want from her guy are that:

- He is loving, caring and attentive, but he doesn't let her push him around and get away with bad behavior or be disrespectful towards him.
- He maintains his confidence when she tries to make him feel insecure by teasing him, throwing a tantrum or creating drama.
- He uses humor to change her mood from angry to happy, rather than getting dragged into her fake drama and losing control of his emotions.
- He makes her feel like she's the sexiest, most desirable woman in the world in his eyes, rather than treating her like a neutral friend that he wants to hang out and do "guy" things with.
- He has a plan for his life (and by association hers) and he's motivated, focused and active in pursuing those plans, rather than being a grown man who still behaves like a teenager (e.g. immature, doesn't take responsibility for his life, wastes his spare time by watching too much TV or playing video games for too long).
- He believes in himself and in his value to his woman and the world, rather than feeling like he's not good enough for her, or like everyone else is better than him.
- He is secure in his masculinity and doesn't doubt that his woman will remain faithful to him, rather than being a jealous and controlling boyfriend who constantly lives in fear that some other guy might attract her away from him.
- He's a real man all the time, rather than be domineering at home with her and then submissive when he's around other men.

- He knows that in order for a woman to want to stay with him for life, the attraction between them needs to be mutual, rather than him feeling attracted to her, but not doing anything to make her feel the same way about him.

These are just a few of the things that a woman looks out for in her relationship with a man.

So, the question that you should ask yourself is, *â€œDid I do those things for her or did I do pretty much the opposite most of the time?â€*

Note: Admitting that you made a mistake doesn't mean you're a bad guy, or that you can't change and then give your ex what she really wants from you.

In fact, when you discover where you really went wrong, you can then quickly make attractive adjustments to yourself and interact with her to re-attract her.

When you interact with your ex on a phone call and in person, she will be able to sense the changes in you simply by listening to how you talk and observing your body language.

You don't even need to tell her that you've changed.

She will notice it herself.

When she does, she will feel a strong, renewed sense of respect and attraction for you and open back up to having feelings for you again.

Approaching the ex back process that way means that you don't need to beg and plead for another chance.

She wants to give you another chance because her heart suddenly is in it.

She feels drawn to you and wants to explore how she feels around the new you, which leads to hugging, kissing and having sex again.

Another reason why a woman might say to a guy that her heart wasn't in it is that

2. She thought she'd be happy to settle down with him, but it's just not exciting enough

Gone are the days where a woman would stay in a relationship with a guy regardless of how unhappy she felt, simply because it was expected of her (i.e. for the sake of her family and because it was frowned upon socially).

In today's world, a woman will break up with a guy if he can't make her feel the way she wants to feel in the relationship with him (e.g. he's nice, but he just lacks the confidence of real man, so she doesn't feel attracted to him).

A modern woman is continually influenced by what she hears from friends and acquaintances, reads on the Internet and in women's magazines and sees on TV sitcoms and movies.

When she watches TV, she sees dramatic relationships full of excitement and spontaneous, wild sex, women dumping guys and moving on to a better life and celebrities talking about how much happier they are being single.

It's not like what women were exposed to in the 1800s or early 1900s where it was all about being a loyal, stick-by-your-man kind of woman.

[image: Please don't leave me!]

These days, women are essentially free agents and can get up and leave if they don't feel like they're in love.

So, when a woman finds herself in a relationship that's lukewarm at best (e.g. they feel more like friends), she's usually been so negatively influenced by what she's seen, heard and read, that thinks something like, *"My relationship has become so boring. I don't know if I'm ready to settle down and be stuck with just one guy for the rest of my life if it feels like we're just nice friends. I used to think he was the one, but my heart just isn't in it anymore. I don't feel the spark. I don't feel butterflies in my stomach when I'm around him. I'd be better off being single and playing the field. After all, I'm still young and there are just so many eligible guys out there, so why settle for one who doesn't make me feel attracted and in love?"*

Here's the thing!

In a relationship, it's the man's responsibility to maintain and build on the love, respect and sexual attraction between him and his woman.

If he fails to do that (e.g. because he takes her love for granted and just assumes that the relationship will stick together because it used to be so good) she will eventually begin to feel frustrated and want out.

Initially, she may just hint at her unhappiness (e.g. by saying things like, *"Why do we always do the same things? It's just so boring,"* or *"Wouldn't it be nice if we did something wild and crazy in the bedroom for once?"* or, *"I'm starting to feel like one of your buddies. Can we do something romantic for a change rather than go to a sports game/stay home to watch TV/play video games again?"*) in the hopes that the guy will catch on and do something to spark her feelings of sexual and romantic attraction for him.

If she notices that nothing changes, she will then break up with him and look for excitement elsewhere (e.g. by finding a replacement guy, going out partying with her single friends, having a lot of casual sex).

Some guys might ask, *"Why doesn't she just say exactly what she wants if she's unhappy? Why must she play games and hint at things? Why not just be clear and tell me what to do?"*

The thing is, a woman doesn't want to give her man too many instructions on how to talk and behave in the relationship with her, because if she does, she will then feel like she's forcing him to be someone he's not, which takes the romance out of what he does.

In her mind, she may then begin to see him as somewhat of a "robot" who does whatever she wants, which then makes her lose respect for him.

When she reaches that point in the relationship, rather than stick around feeling bored or unhappy, a woman will usually just break up with her guy and move on.

So, if your ex broke up with you because she didn't feel like her heart was in it, to get her back, you need to re-spark her feelings by making her feel respect and attraction every time you interact with her.

You can do that by maintaining your confidence with her and using humor to get her laughing and smiling to melt her defenses, especially when she's being cold or aloof towards you.

You can also do it by being emotionally masculine around her and making her feel feminine and girly

compared how masculine you think, talk, behave and act now.

The more she can see that youâre not the same guy she broke up with (e.g. boring, predictable, always on your best behavior around her, hesitating, insecure, self-doubting), her curiosity will get the better of her.

She will want to hang out with you more to experience the new and improved you for herself.

It is intriguing, exciting and enjoyable for her to experience herself around the new you and watch how she feels.

As she is doing that, she will naturally convince herself that she wants to hug you again, kiss you and have sex with you.

When that happens, the relationship automatically gets back together and you continue on together from there.

Another common reason why a woman might say to a guy that her heart wasnât in it is thatâ!

3. He always treated her so well even though she treated him badly

[image: He treated her so well, even though she always treated him so badly]

One of the biggest reasons why a woman will lose interest in a guy is if she starts to feel more emotionally dominant than him.

This usually happens when the guy is super nice and sweet around his woman and allows her to get away with treating him badly.

For example: A woman might throw tantrums, talk rudely to him, refuse sex or insult him when she doesnât get her own way.

She may belittle him in front of others (e.g. call him an idiot or a loser, say that heâs useless, compare him to other guys in a negative way) and generally treat him like crap.

In some cases, a woman will even flirt with other guys in front of her man just to get a rise out of him.

Yet, rather than calmly, but confidently standing up to her and making it clear that heâs not going to put up with her bad behavior (which will cause her to feel surges of respect and attraction for him), a guy might try to be even nicer to her in the hopes that sheâll eventually feel guilty and begin to treat him better one day.

Women hate that because it shows her that the guy has no backbone and is unwilling to stand up for himself, which makes her feel unsafe around him.

Although women donât go around admitting this, they actually want a guy who will confidently, but lovingly put her back in her place when she gets out of line.

So, if a woman feels more emotionally dominant than a guy and feels like she can walk all over him, it becomes very difficult for her to respect him.

If she canât respect him, she also canât feel enough sexual attraction for him anymore.

Then, if she tests him (i.e. by treating him badly) and he just puts up with her bad behavior, she will begin to think something like, *âThis isnât working out. Heâs just not the man I need him*

to be. I can't look up to him and respect him, so why stick around? and she then breaks up with him.

Here's the thing!

Even if a woman initially acts like she enjoys doing it, she doesn't actually want to be with a guy she can dominate.

She wants to be with a guy who knows how to confidently lead the way in the relationship, take charge and allow her to relax into feeling totally feminine and girly around him.

So, when you next see your ex, don't be afraid to stand up to her and show her that you're no longer the kind of man she can push around and disrespect.

It's not about being rude to her, being aggressive or anything silly like that.

Instead, it's about standing up to her in a calm, confident, loving, but assertive manner to remind her of her place in the relationship (i.e. beneath you in terms of dominance).

It's not about making her feel beneath you in terms of value, intelligence or worth.

Instead, it's about making her realize that she is beneath you in terms of dominance.

Remember: That's what she actually wants.

So, you will get more respect and attraction from her if you confidently laugh and tease her when she's being rude towards you (and even hang up the phone or walk away from a conversation if necessary), than if you try to placate her by being nice, sweet and submissive.

Let her see that you have more balls now and she will naturally feel attracted to you again.

Another reason why a woman will say something like, *"My heart just isn't in it"* when referring to the relationship is that!

4. She cheated on him, felt more for the other guy and now doesn't see the point in sticking with the relationship

Sometimes, a woman might cheat on her guy (e.g. because the relationship has become boring, she's an untrustworthy woman, he doesn't know how to give her the attraction experience she really wants) and then realize that she felt more for the other guy and is probably better off without her boyfriend/husband.

She may then let him down gently by saying something along the lines of, *"You're a really great guy, but I just don't feel like my heart is in the relationship anymore. I need some time apart to figure things out."*

In some cases, a woman may even say, *"Maybe sometime in the future we can get back together again,"* as a way of softening the blow and giving the guy some hope, so that he will let her go without a fight.

However, she knows that she's just going to hook up with the other guy as soon as she breaks up with him and is only saying things like that in the hope that he'll think all she needs is time apart.

He may then generously give her 30, 60 or even more days of space, while all the while he's likely thinking, *"This is exactly what our relationship needs to get back on track. As soon as she realizes how much she misses me, her heart will be mine once again!"*

Yet, when he eventually contacts her after a few weeks, or even months, rather than tell him she wants him back, a woman will usually say something along the lines of, *â€œIâ€™m sorry. You took so long to get in touch with me, so I assumed you had forgotten about me and moved on. Iâ€™m with another guy now and Iâ€™m happy. Please accept that what we had is over and focus on finding yourself another girl too. You and I are never going to get back together again. Please don't contact me again. I don't want this ruining my new relationship. Goodbye.â€*

Finally, another common reason why a woman might say that her heart wasn't in it is...

5. The love was good at the start, but he didn't deepen it over time, so it faded away

In a relationship, it's the guy's responsibility to guide both himself and his woman into deeper feelings of love, respect and sexual attraction.

If he fails to do that, the relationship will slowly grow stale and then it will likely go from sizzle to fizzle in no time at all.

A relationship is almost always feels great in the beginning.

A couple is usually full of hope and excitement for the future and any flaws that might be present are often overlooked or ignored, because the exhilaration of new love is enough to make them both think, *â€œItâ€™s okay. Nobody is perfect. Our love will overcome any obstacles we might encounter in the future. I love her/him for who she/he is, flaws and all.â€*

Yet, once the initial thrill wears off, those seemingly insignificant flaws suddenly become glaring, obvious problems.

For example: In the beginning of the relationship, a guy might come across as being mysterious to his woman because he doesn't open up emotionally.

Yet, over time, she may realize that what she initially thought was an attractive quality (e.g. because she read about all those mysterious strangers in romance novels when she was a teenager), is now something that she feels turned off by.

Rather than feel excited about how mysterious he is, she starts to see him as being someone who doesn't have the emotional range to commit to a relationship because of his deep insecurities (e.g. he was hurt as a child, dumped a woman he really loved, abandoned).

Initially, she might try to push him into opening up to her, but if she sees that he can't or won't, her feelings for him will begin to fade and eventually she'll break up with him.

When the guy then sees that he's losing her, he might desperately try to make her have feelings for him again by completely opening up about his emotions and possibly even crying to her.

Although she might be supportive as he cries, she will secretly be disgusted and deeply turned off by his emotional weakness.

To be politically correct, women often say that it's okay for a man to cry, but in reality, women find it absolutely unattractive when a man can't control his emotions to the point where he ends up crying like a little boy.

Alternatively, rather than crying, a guy might become very romantic and sweet by sending her love letters, a poem or flowers.

He may also start promising to change and ask something like, *“What do you need me to do to make you change your mind? Just name it. I will do anything for you. Please just give me one more chance and I promise things will be different this time. I love you with all of my heart and soul.”*

Yet, what he doesn't realize is that romantic gestures mean nothing if a woman doesn't feel respect and sexual attraction for a guy.

Romance has to be wanted by both sides. It's not a one-sided thing.

A woman has to feel respect and sexual attraction for a guy to be wooed or seduced by his romantic gestures.

So, when a guy desperately tries to be romantic to get a woman back after a break up, it almost always backfires and makes her feel even more repelled by him.

She may even label his romantic gestures as “*selfish*,” because she can see that it's all just about him trying to get what he wants from her.

He needs her back and is willing to say and do pretty much anything to hopefully win her over.

Yet, she sees right through it and remains cold, closed off and emotionally numb to his attempts to get her back.

So, if you want to get your ex back, make sure that you're making her feel useful emotions such as respect, attraction and happiness when she's around you.

The more positive she feels when she's interacting with you or around you (because you make her laugh and smile, have changed the things she wanted you to change and are a better man now), the more her heart will open up to you again.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How Can I Get My Ex Girlfriend to Open Up to Me and Let Me Into Her Heart Again?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Your girlfriend's heart will remain closed off to you until you can actively make her feel a renewed spark of respect and attraction for you when you interact with her on a phone call or in person.

On a phone call or in person, she will be able to feel a strong, renewed sense of respect and attraction for you, which will make her open up and let you into her heart again.

However, even though it would be nice (because it's so easy) you can't fully reopen her heart via text, e-mail or social media messages if she has dumped you after losing a lot of respect and attraction for you.

Texts and messages just aren't enough when she is done with the relationship, completely turned off by you and no longer wants to give you another chance.

If she only *â€œkind of* dumped you and is still in love with you, then it's fine to send her a text, e-mail or social media message to say sorry and ask to see her again.

Since she still loves you, she will be open to communicating with you and won't look at your texts or messages in a negative light.

On the other hand, if your girlfriend has properly dumped you and no longer wants to be with you, she will be looking at your texts and messages with suspicion.

You might act confident and emotionally strong via text, but she will be thinking, *“Well, would he have the balls to say that to me in person?”* or, *“That sounds nice, but I doubt he really means it.”*

This is why the only way to fully reopen her heart is to let her experience a spark of respect and attraction for the new and improved you over the phone, or preferably face-to-face.

It's only in those interactions that she can personally sense and notice the changes in you.

When she sees that, she can then believe that you are different to the guy she broke up with and deserve another chance.

Avoid Sending Her Long Texts, E-mails or Social Media Messages

[image: Don't send her huge walls of text]

Women hate getting long, written (or typed) messages from an ex guy that they no longer have feelings for.

To a woman, it's like receiving a message from an emotional woman or a confused guy who still hasn't yet worked out how to be an emotionally strong man who can get to the point and not go on and on about his feelings in a letter, text or message.

Women actually see long texts, messages or letters as being a selfish act because the guy is essentially talking about himself, what he wants, what he has realized, what he wants her to realize

and so on.

It's all about him getting what he wants from her (even though he might include loads of compliments to her in the texts or letters), so she sees it as a selfish act.

For example: A guy might text his ex woman something likeâ€

â€I just want to say that Iâ€m really sorry for what happened between us. No matter what you might think of me, I need you to know that I would never intentionally do anything to hurt you. You mean the world to me and Iâ€ve felt like half a man since we broke up. Just thinking of you feeling sad makes me feel sick to my stomach. I am so sorry for what I put you through. I was so wrong to act in that way. I canâ€t go on like this knowing that you despise me. Please give me a chance to make things right between us. Yes, I stuffed up, but Iâ€m truly a changed man and Iâ€ve learned from my mistakes. Will you please consider letting me into your heart again? I promise I wonâ€t let you down again.â€

Although his intentions may be good, if his ex doesnâ€t see, hear and experience these changes first hand (i.e. over the phone and in person) she will likely just assume the worst of him and see his actions as selfish.

After all, she has lost respect and attraction for him and that caused her to break up with him, so at this point, she just doesnâ€t care what he wants.

Rather than give him the benefit of the doubt and say to herself, *â€That was a really well worded text! He seems like he means it! Maybe I should give him another chance. After all, a text is everything! Who cares if what he is texting doesn't match up to who he would be in person. He texted so well!â€* she will likely think, *â€Anyone can type â€Iâ€m sorryâ€please give me another chance," but itâ€s just a bunch of useless words on a screen. Actions are what count and right now, him sending me a text/e-mail/social media message to ask for forgiveness and tell me how much he still cares, is not the type of thing a man who feels genuine remorse would do. Instead, itâ€s something a coward would do because heâ€s hiding behind a screen and hoping I wonâ€t catch him out. He's hoping that he can trick me with his texts, rather than facing up to me on a call or in person. If he was genuinely sorry for what happened and if he had really changed, he would have the balls to call me up, or see me in person and show me. I donâ€t believe that heâ€s being sincere and I donâ€t care that he still loves me. My feelings for him are dead and itâ€s going to take a lot more than a text/e-mail/social media message to bring them back.â€*

So, if you want to get your girlfriend to open up to you and let you into her heart again, donâ€t put yourself in a position with her where she feels as though you're hiding behind texts and trying to achieve your own selfish aims with her.

You have to make her see that you really have changed before she will allow herself to open her heart up to you again and the easiest way to let her experience the new you is on a phone call and face-to-face.

Over the phone, a woman can hear the sincerity and confidence in your voice.

Likewise, if you are feeling insecure and nervous (e.g. stumbling over your words around her, only saying what you think she wants to hear so that she will give you another chance with her, doubting your attractiveness to her), she will pick up on that too.

For your girlfriend to open up and let you into her heart again, she needs to be able to see that you

believe in your attractiveness to her no matter what she says or does to make you feel insecure.

Of course, be relaxed about it when you display that kind of confidence.

Don't act arrogant and don't say that you believe in your attractiveness to her.

Just relax, believe in your attractiveness to her without putting on any kind of act.

Let her sense and feel that confidence coming from you as you interact with her on the phone.

Then, get her to meet up with you in person.

Face-to face, she can pick up on your body language (e.g. Are you relaxed and at ease around her, or are you fidgeting and avoiding eye contact? Do you believe in yourself, or are you secretly panicking and hoping that she gives you another chance even though you don't feel worthy anymore).

Face-to-face, she can also observe your behavior and determine whether you've changed some of the things that caused her to break up with you.

For example: If a guy displayed unmanly behavior around his girlfriend before (e.g. he often acted a little too cute like a girl would, he was too emotionally sensitive, he let her dominate him too easily), she will be looking to see if he's now a more masculine guy.

If he was too emotionally sensitive before for example, she might treat him coldly or say things to get under his skin (e.g. *"Nothing you can ever do will make me give you another chance,"* or *"You look ugly today,"* or *"Why are you wearing that? It's gross"*) to see if he will respond the way he used to.

If he remains calm, laughs off what she is saying and just believes in his attractiveness to her, she will naturally open up to him again.

So, if you want your girlfriend to take you seriously, you have to let her see that you have already changed the things that were turning her off.

Letting her see and experience that in person will convince her more than anything you could ever write in a text, e-mail or social media message.

Remember: Written text messages have only been around for a little while.

As for writing letters, that may have been around for thousands of years, but it's still not as effective as talking on the phone or in person.

Why?

When a woman has lost respect and attraction for a guy and broken up with him, she no longer looks at his texts, letters or messages with feelings of love in her heart.

Instead, she looks at his communication with suspicion and feels turned off anytime she notices insecurity, self doubt or desperation.

She may continue texting back and forth with him for a while, but she will know that he is turning her off more and more as it goes on.

In his mind, he may be thinking that he still has a chance because she is texting back and forth with him.

Little does he know, women hate it when guys (especially guys they've broken up with) send long texts, e-mails or messages explaining their feelings, talking about the relationship and trying to get another chance.

So, don't waste time trying to get your girlfriend to open up to you and let you into her heart by

sending her messages, because sheâs most likely not going to believe you or give you the respect you deserve.

Instead, get her on a phone call and start triggering her feelings for you again, by allowing her to experience the new you.

Then, meet up with her in person and shock her (in a good way) by thinking, talking and acting in a completely different way from what she is expecting (e.g. Relaxed and confident vs. tense and insecure. Laugh at her attempts to make you feel uncomfortable vs. losing your composure and getting upset, anxious or agitated).

When she can see for herself that youâre not going to crack under her fake pressure and revert back to the old you, she wonât be able to stop herself from opening up to you again, because you are now the man she wanted you to be all along.

Attraction is Key

[image: Attraction is key to getting your girlfriend back]

Everything that you say or do around your ex girlfriend from now on will either turn her off further or turn her back on and make her open up to you again.

Don't worry though...

Re-sparking your girlfriendâs feelings of respect and attraction is easier than you might think.

As long as youâre saying and doing the types of things that are instinctively attractive to women (e.g. being more confident around her, using humor to lighten the mood between you and her, especially when sheâs being cold and unfriendly), she wonât be able to stay closed off to you for very long.

On the other hand, if you fall into the trap of trying to get her back by making some of the following mistakes, sheâll just keep pushing you away and saying things like, *âNo. I donât have feelings for you anymore. Please accept that and leave me alone.â*

Mistakes such asâ|

1. Trying to make her feel pity for you

[image: Why are you being like this. I love you so much. Please just be straight with me. Tell me how you feel!]

Sometimes a guy might say to his girlfriend, *âHow can you do this to me? Did what we had mean anything to you? I gave you my whole heart and youâre ready to walk away just like that. How can you be so cold and closed off? I wish I could be like you and switch my love off, but Iâm not. I actually care about what we had. How can you not care? Doesnât it matter to you that I still love you and that I will never be able to move on and find another woman because of my feelings for you?â*

Heâs likely hoping that by making her feel sorry for him, she will change her mind and give him another chance.

Yet, it just doesnât work like that.

A woman doesnât want to be manipulated into giving her ex another chance simply because he

can't deal with the idea of being dumped by the woman he loves.

Additionally, when a woman has disconnected from her feelings of respect, attraction and love for her ex, she stops caring about how he feels or what he wants.

What he wants just doesn't matter to her so much anymore.

Sometimes, the woman doesn't allow herself care at all because she doesn't want to be dragged back into a relationship that she knows will just end in another break up.

She worries that he might get her back into a relationship, make her love him again and then dump her.

Then she will be the one who is feeling horrible.

So, she tries to stick with her decision to break up with him and focus on the unattractive qualities he has been displaying since the break up (e.g. insecurity, self doubt, anger, desperation).

When he tries to make her feel pity for him, rather than make her change her mind, she just uses his desperation as another reason to close up even more and try to move on without him.

So, don't bother trying to make your girlfriend feel pity for you and focus instead on re-sparking her feelings of respect and attraction for you.

Another mistake that guys make when trying to get an ex woman to open her heart up again is

2. Sending her flowers or a poem to be romantic

Some guys assume that to get an ex back, they need to become very romantic and show her how sweet they really can be.

The thing is, almost everyone has seen a movie or TV show where the guy gets dumped and then gets his woman to let him into her heart again by sending her bunches of flowers, serenading her with a romantic song (often outside her bedroom window when she's on the 2nd floor of a house), or writing her an emotional love poem.

Yet, real life is not like the movies.

Yes, a woman might enjoy getting flowers or a love poem, but deep down she's usually going to think, *"That's nice, but all he's really doing is putting a band aid over a big wound and hoping that it will be enough to heal the pain. Flowers and poetry are fine if we hadn't broken up because I would see it as romantic. Yet, him trying to patch things up in this way simply highlights to me that he doesn't get why we broke up and what I really need from a man. He doesn't understand that a woman doesn't care about romance unless she feels respect and sexual attraction for a guy. Without respect and sexual attraction, romantic gestures are awkward, weird and unwanted."*

So, even though your intentions are probably in the right place by trying to be sweet to your ex girlfriend, she won't necessarily see it that way.

If you want to get your girlfriend back, you need to show her through your thinking and your behavior that you've changed and become the man she always wanted you to be.

For example: Can you maintain your confidence around her, even when she's being cold, distant or even bitchy towards you, or does she make you nervous now?

Do you make her feel feminine around you by being masculine in how you think, behave and talk, or are you always being a nice, neutral guy because you're afraid of being the man around her?

Have you identified her real reasons for losing respect, sexual attraction and love for you, or are you just hoping that saying "I'm sorry" will be enough to change her mind?

Another mistake to avoid is

3. Asking her to tell you what she needs you to change

[image: I will change whatever you want. Just tell me]

Naturally, when a guy gets broken up with and doesn't immediately know why, the next logical step will be to ask his ex girlfriend.

Yet, asking a woman what you need to change is the worst thing you can do.

Why?

When a guy says, "Please forgive me. Just tell me what you want me to change and I'll do it," what a woman usually hears is, "Please teach me how to be a man because I haven't got a clue. I need you to take the lead in the ex back process and tell me what to do and I'll be a good little boy and follow your instructions."

As you may already have guessed, a woman doesn't want to do that for her man.

She just wants to be in love naturally, rather than trying to make a relationship work with a guy who doesn't yet understand how to be the man she needs.

4. Saying that you will do whatever she wants

Just like the mistake above, telling a woman you will do anything she wants you to do is the quickest way to turn her off further.

Why?

If a woman has to tell a guy what to do, she fears that she will end up taking on the dominant role in the relationship, while he will then take on a more submissive role and essentially becomes her woman (or her "bitch").

When the roles in a relationship get switched like that, a woman automatically stops feeling feminine and girly around her man and she starts looking down on him for not being man enough to take the lead and be the man in the relationship.

This causes her to lose even more respect and sexual attraction for him.

She then stops wanting to have sex with him and will even begin to despise him for being such a wimp around her.

5. Telling her how lost you are without her

Sometimes a guy might try to convince his ex to give him another chance, by telling her how lost he feels without her.

For example: A guy might say, "Please baby, don't do this to me. Can't you see that I'm broken without you? I just can't function anymore now that we're no longer together. Please think about what you're doing to me. I need you. Please have a heart and think about giving me another chance. You are everything to me. Without you, my life just doesn't make sense. I need you in it to feel whole again."

In most cases, rather feel flattered that her ex is so dependent on her, a woman just feels even more turned off by him. Why?

Even though a woman definitely wants to be loved and appreciated by her man, she doesn't want to be his main reason for living, or his main source of happiness.

If she senses that he can't be a man without her, she will feel as though he isn't an emotionally strong man and it will cause her to lose respect and attraction for him.

The fact is, most women want to be with a man who is confident, happy and forward moving with, or without her.

So, the best thing you can do to get your girlfriend to open up and let you into her heart again is to make sure that you become emotionally independent (i.e. you have a strong purpose in life outside of just wanting to be in a relationship with her. You are making progress towards achieving your big goals in life that are important to you. You have hobbies, interests and friends of your own).

When she sees that you're a happy, more balanced man and moving on with your life without her, she will begin to feel some respect and attraction for you again.

6. Talking about her heart

When a man asks a woman things like, *What do I have to do to make you open up to me and let me into your heart again?* it's actually a turn off to pretty much every woman on the planet.

It's just too soppy and romantic for most modern women.

Additionally, coming from an ex boyfriend that she no longer feels a lot of (or any) respect and attraction for, it's not something that she is eager to hear.

So, rather than make a woman think, *It's so amazing that he's such an emotionally sensitive guy. I find that so attractive. He's like a woman and I like women. I don't like men who are manly. I like men who are sensitive like a woman!* she will think something like, *My heart? What is this? A romantic movie or real life? A masculine man would never talk about me letting him into my heart again. Ewww! Even if I had any doubts about breaking up with him, when he talks like that it just turns me off even more. He talks like a woman or like a tacky character from an old school romantic movie. It's so outdated.*

The bottom line is this:

If you want your girlfriend to open up to you and let you into her heart again, you're going to have to do it by focusing on making her feel respect and sexual attraction for you again.

You can do that by behaving and talking in ways that display confidence, masculinity, charisma and wit.

Don't try to win her over with sweet words about being let into her heart again.

In most cases, when guys talk about their ex girlfriend's heart, they have usually been dumped for being too much of a softie to begin with.

So, don't become even softer and more romantic by talking about her heart and being a hopeless romantic.

It just doesn't work.

What does?

Show her that you are now the confident, emotionally strong and masculine man that she always

wanted you to be.

Thatâ□□s the key to her heart.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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5 Reasons Why Your Ex Doesn't Want to Work On the Relationship and Give You Another Chance

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your ex doesn't want to work on the relationship and give you another chance, here are 5 possible reasons why!

1. She can see that you don't even know what to change to make her happy

In most cases, a woman won't just break up with a guy without first giving him at least a few chances to change and improve the things about himself that have been making her feel unhappy.

For example: When a woman starts noticing things about her guy's thinking and behavior that turn her off (e.g. he has become too insecure or emotionally sensitive), she may initially try to get him to change by discussing her feelings and making suggestions on how he might improve himself.

For instance, if she feels that the relationship is becoming too boring, she might say things like, *"Why don't we do something different this weekend? A friend of mine is throwing a party that we've been invited to. Do you want to go?"* or *"I'm tired of watching TV all the time. Why don't we try something different for a change?"* to motivate her guy to spice things up a bit.

If he takes the hint and starts being a bit more fun around her (e.g. surprising her after work by whisking her off for a dinner date, planning the occasional weekend away, taking up a hobby that they can do together), things will settle down and she will feel a renewed sense of respect and attraction for him for being man enough to understand the problem and caring enough to fix it.

However, if he fails to get the message and continues turning her off, she will then start getting into arguments with him and maybe even throw angry tantrums as a way of getting her point across.

[image: Is this as good as it's going to get?]

If that also doesn't work, a woman will usually get to the point where she starts thinking, *"Is this as good as it's going to get between us? I guess he's just not capable of changing and becoming a better man. I'm not happy settling for second best like this. I have to move on and find myself a guy who can give me what I really want in a relationship."*

She will then either break up with him, distance herself from him and hope that he loses interest or she may even cheat on him and tell him about it as a way of breaking up the relationship.

Here's the thing!

Most guys are good guys and they don't intentionally go out of their way to make their woman feel unhappy.

It's just that quite often, a guy simply doesn't realize what he's doing wrong in his relationship and has no idea how to fix it.

He might have gotten the relationship off to a good start, but he simply loses his way and ends up

turning her off completely.

Some guys are proactive about it and seek help online to fix their relationship problems before it's too late, whereas other guys just let it unfold and hope for the best.

Some guys also just write it off as the woman being crazy, having emotional problems, needing to see a therapist or being unreasonable because she used to be so loving, caring, forgiving and warm.

So, a guy like that will see the problems in the relationship as her fault because he assumes that she is messed up emotionally and is taking it all out on him.

If she senses that he doesn't get that her arguments and tantrums are a warning and that he is blaming the problems on her, she gets even more angry and frustrated.

When she decides to break up with him, he may then panic and try to offer to change anything she wants if she'll just give him another chance, or he may start offering to change things about himself that she doesn't really care about.

For example: A woman might want her guy to become more assertive, take the lead in the relationship and make things a bit more interesting between them by being more ballsy in how he approaches her, but he may offer to spend more time at home with her, take her on nice dates and treat her even more nicely in the hopes that the extra attention will make her happy.

When she realizes that he doesn't even know what to change to make her happy, she will just break up with him and try to move on.

So, the first step to making your ex want to work on the relationship and to give you another chance is to fully understand what she really wants you to change about yourself.

Then, the next time you interact with her (e.g. on a phone call, or in person) she will recognize that you truly understand where you went wrong and are no longer the same guy that she broke up with.

When she can see that you've figured out where you went wrong and have already taken steps to improve yourself, she will instinctively feel herself respecting you once again.

When she respects you, she can also feel sexually attracted to you and when she feels these two things, the idea of working on the relationship and giving you another chance starts to make sense to her again.

However, if you are just trying to get her back by attempting to convince her that you will change, you will most likely get rejected.

Another reason why your ex might not want to work on the relationship and give you another chance is...

2. You're asking her for a relationship before making her have sexual and romantic feelings for you again

[image: I care about you so much. Please give me another chance]

Note: Flowers and other sweet gestures don't mean anything to a woman unless she has sexual and romantic feelings for you.

One of the most common reactions that guys have when they get broken up with is to quickly try and

convince their ex to give them another chance.

Sometimes that will include him buying her flowers, gifts or writing her a letter to express his love for her, in the hope that she realizes how much he loves her and how silly she would be to let him go. Alternatively, a guy might plead with his ex to talk to him about the relationship in the hopes that they can iron things out between them.

Yet, if he doesn't first spark her feelings of respect, attraction and love for him, she will usually just keep saying things like, *"Forget about it. I don't want to work on the relationship and I don't want to give you another chance. What's done is done and it's time that we accept that we're not right for each other and move on. We had our chance, it didn't work and now it's over. Please just accept that."*

So, don't make the mistake of getting into long discussions about the relationship with your ex in the hopes that you can talk things out enough that she eventually says, *"Yeah, you're right! We are meant for each other. Let's get back together!"*

If you want her to want to give you another chance, you have to focus on making her have sexual and romantic feelings for you again.

You can do that by making her smile, laugh and feel good when she's talking to you (especially when she is being cold towards you), so she can be reminded that you are the more dominant one in the relationship and are not intimidated by her recent rejections of you.

You are confident in your attractiveness to her, you know that you're the man and you know that she loves you.

When you have that kind of confidence, you will naturally talk, behave and take action in a way that is naturally to her (and to other women).

You will be the kind of confident guy that all women love to be around.

For example: If your ex says something like, *"I don't want to work on the relationship. I've tried for so long to help you understand how to be the man that I want and I'm now at the point where I've given up. It's too late for us. I think it's better that we go our separate ways,"* rather than get upset and emotional about it, you can use it as an opportunity to make her smile and laugh by reacting in a way that she isn't expecting.

For example: You might say in a joking way (be playful, light-hearted, easy-going), *"You know how hard of hearing I can be sometimes. I missed the first 100 times you told me it was over, but I think I've got it now. I hear you loud and clear! We're finished! It's over! Goodbye and good riddance!"* and then have a little laugh with her about that.

You can then say something like, *"Seriously though, I understand why you don't want to work on the relationship and give me and you another chance at being together. I made a whole bunch of silly mistakes like (mention a few e.g. I took you for granted, was immature and childish, became boring and predictable), but I'm not that guy anymore. I don't expect you to believe me right now, but that's okay. I know that actions speak louder than words, so I will let my actions speak for themselves from now on. All I ask is that we stay friends and then see what happens from there. I promise, no more pressure to get back together again. If you eventually decide that you don't want to be friends with me anymore, I will respect your decision and leave you alone. I'll stop contacting you completely and I will get out of your life 100% if that's what you want."*

You have my word on that. So, what do you say?

In this way, not only are you making her smile and laugh by making a joke about your past behavior, but you're also showing her that you're an emotionally mature man who has taken responsibility for what happened between you and her and are respecting her right to be able to move on if she wants to.

All of this means that you take the pressure off your ex to give you another chance right away and you focus instead on letting her experience the new and improved you for herself, at her own pace. She then stops putting up walls every time you interact with her, which then allows her heart to feel some of the positive emotions she's been trying not to associate with you anymore (e.g. respect, sexual attraction, romantic love).

From there, just focus on making her feel good when talking to you (e.g. get her laughing and smiling) and she will naturally feel a desire to work on the relationship and give you another chance.

Another possible reason why your ex keeps saying, *No*, to the idea of working on the relationship is

3. You haven't gotten her to properly forgive your past mistakes yet

To make your ex open herself up to the idea of working on the relationship and giving you another chance, you have to get her to forgive you for real.

She can't just say, *"Yeah, I forgive you"* and not mean it.

If she doesn't forgive you for real, she will continue focusing on why you and her shouldn't be together anymore and will be looking for reasons to reject you.

Any time that you do something she doesn't approve of, she'll say to herself, *"See? He's still the same jerk I broke up with. He was just putting on an act to make me give him another chance and now he's back to his old ways. Well, that's the last time I put up with this. I'm walking away from this relationship and I'm not going to ever make the mistake of giving him another chance again, no matter how much he tries to sweet talk me."*

On the other hand, if you can get her to the point where she really does forgive you, it makes her drop her guard and allows her to see you in a more positive light.

She stops seeing you as the emotionally unattractive guy she broke up with and starts to look at you as the new you; a guy she can actually feel respect, attraction and love for again.

Another possible reason why your ex doesn't want to work on the relationship and give you another chance is because

4. You've been trying to get her back via text

Naturally, if a woman is refusing to meet up with you in person, or even talk to you on the phone, the best way to break the ice and make her open up a little can be via text messages.

However, only using text as your main way of trying to get her back simply doesn't work.

Hereâ€¦s whyâ€¦!

If your ex doesnâ€¦t even want to answer your calls right now, what makes you think she will be happy that youâ€¦re asking her for another chance via text?

Instead of thinking, *â€¦Thatâ€¦s so sweet. Even though Iâ€¦ve been ignoring his phone calls and refusing to see him in person, he hasnâ€¦t given up on our love. Heâ€¦s doing whatever he can to make me want to work on the relationship and give him another chance. So, how can I refuse?â€¦* she will think something like, *â€¦Once again heâ€¦s only thinking about what he wants. What I need hasn't once entered his mind. He hasnâ€¦t even realized that Iâ€¦m still mad at him for what happened between us. He's just trying convince me via text that he is the man I should see myself with for life, even though he hasnâ€¦t yet shown me that he really has changed in the ways that are important to me. Of course, I haven't told him about the subtle things about him that turn him off, but that's up to him to figure out if he wants me back. Heâ€¦s just hoping a few messages via text will wipe the slate clean and then we can go back to the way things were. Well, heâ€¦s got another thing coming! Itâ€¦s over and he can send me texts until his fingers turn blue, but I am done for now. Itâ€¦s going to take more than a silly text to make me believe that he really has improved as a man and change how I feel about him.â€¦*

That may sound like a crazy, emotional and even selfish woman, but it's pretty standard.

She has dumped her guy and he wants her back even though he really hasn't even changed.

He's just hoping that she falls for him over text, forgives his mistakes and wants to be with him again.

What a lot of guys don't realize is that SMS texts were only invented back in 1992, whereas vocal communication between humans has been going on for a long, long time.

Texts on a little screen don't have the same impact as words spoken over the phone, or in person where she can see your body language and assess how you are reacting to her.

Texts aren't you.

They are just words on a screen trying to represent you, but never, ever coming close to expressing the real you like what would be expressed on a phone call or in person.

You can get a positive reaction from an ex via text, but if you want her back for real, you have to re-attract her on a phone call or in person.

Only then can she really get a clear picture of who you are now and see that you have changed.

When you do that, she will naturally start to have feelings for you again.

In most cases, an attempt to get an ex back needs to start off with an apology over the phone (unless you live together of course) and then be followed through with a meet up, where she can observe your confident body language and see that you really are a different man now.

When you make her have feelings for you again, you then donâ€¦t have to ask her to work on the relationship because itâ€¦s something she wants without you needing to motivate her.

Giving you another chance becomes something she feels good about.

She wants you back for her own reasons, rather than because youâ€¦re trying to convince her that she has to be with you based on the fact that you were once in love.

The thing isâ€¦!

Sometimes a guy feels that because he and his woman loved each other before, he is somehow

entitled to her love and a relationship with her for life.

Yet, what he doesn't realize is that people stay together if it feels good for the both of them, not because it used to feel good.

He doesn't own her and she can choose to leave him if he isn't giving her the attraction experience she really wants from a relationship.

So, if you want your ex to want to work on the relationship, don't hide behind texts in the hope that she will think, *â€œEven though he's not really doing anything to show me that he's changed and that he's the emotionally strong, confident man I really want him to be, I should just get back with him. Based on the fact that we had feelings for each other once, I'm going to put all my needs, wants and desires away and give him another chance. Who cares if he hasn't changed and will continue turning me off? He has been sending me a lot of texts. That means everything to me! Texts are everything!â€*

Texts are nothing without feelings of romantic and sexual attraction running through her veins.

So, get her on a phone call with you right away and spark her feelings for you (e.g. by using confident humor to break down her walls).

Then, get her to meet up with you in person where she can experience the full force of the new you (e.g. you're more emotionally masculine now, you make her feel girly in comparison to how masculine you think and talk, you confidently stand up to her when she tries to make you feel insecure by acting like she's not interested).

That's what really works to get a woman back.

She doesn't want to sit down, talk and work on the relationship.

That sounds like too much work and it is too much work!

You've just got to get back to making her feel love, respect and attraction for you again based on how you interact with her.

Something else that makes a woman not want to work on the relationship and give you another chance isâ€¦!

5. She hasn't experienced the new and improved you, so she still sees you as being the guy she broke up with

[image: She hasn't experienced the new and improved you yet]

If a guy keeps saying and doing the same old things that turned a woman off, it makes sense that she's not going to want to give him another chance to keep experiencing the same old things!

So, here's the thingâ€¦!

If you want your ex to want to work on the relationship and give you another chance, you have to make sure that when you interact with her (over the phone and in person) you're letting her experience the new you, rather than the guy she originally broke up with.

For example: Imagine that you're meeting your ex for a quick cup of coffee to catch up and talk as friends.

To prove to herself that she's wasting her time and that you're still the same jerk she broke

up with, she might test you by being cold, unfriendly, moody or even argumentative.

The old you would naturally take this as a sign that she's not interested anymore and you would probably feel anxious, nervous and may even think that she is just being stubborn and unreasonable.

Yet, that's not really the case at all.

She's just testing to see if you can handle the heat, or if you will crumble under the pressure she is putting you through.

She wants to see that you believe in yourself and your attractiveness to her no matter what she says or does.

Remember that.

If you remember that, the new and improved you will actually feel glad that she is testing you, because you will have the perfect opportunity to show her your improved confidence and emotional strength, by using humor to get her out of her bad mood and back into feelings of love, happiness and relaxation around you.

The more she can see that no matter how much she tests you, you don't revert back to being the guy she broke up with, the more respect she will feel.

As her feelings of respect grow, so to will her attraction for you and then, the desire to work on the relationship will become so strong that she just has to give you another chance.

She will want to give you another chance, because it will feel enjoyable and arousing to talk to you, be around you and have you back in her life.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How Do I Get My Ex to Be Interested in Us Being a Couple Again?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

To get your ex interested in being a couple again you need to:

1. Understand how to make her feel attracted to you again

Right now, you may not know all of the secret reasons why your ex felt turned off by and decided to end it.

She probably didn't give you a full explanation when she broke up with you and instead said something along the lines of, *"I just don't feel the same way about you anymore,"* or *"I need some time to find out what I really want to do with my life."*

As you would know, vague reasons like that don't help you get her back.

and women do that on purpose.

They don't want to give you things that you can cling on to or say that you're working on to get another chance.

Instead, most women want to just leave you and move on, unless you are able to figure out how to properly re-attract them.

To get clear about what you need to start saying and doing to properly re-attract her, ask yourself:

- What is it about me that turned her off?
- What do I think I was missing?
- Did she want me to behave in a way that I wasn't aware of?
- Was I trying to get her to accept things about me that just aren't attractive to her?

For example: A guy might initially attract his woman because he's confident, emotionally strong and independent.

Yet, after they get into a relationship together, rather than maintain her feelings of respect and attraction for him by continuing to be the confident, self-assured guy that she fell for, he becomes insecure, jealous and controlling.

He starts to track her every move, questions her about her friends and constantly asks her if she still loves him.

Over time, she begins to wonder, *"What happened to the confident man I fell in love with?"* and she starts to feel turned off by his needy, insecure behavior.

He then gets angry at her for changing how she feels about him and expects her to just accept him as he is, even though he's no longer the confident guy that she fell in love with.

Yet, what he doesn't realize is that women simply cannot retain feelings of respect, sexual attraction and love for a guy that lacks confidence.

Some women (usually unattractive women, or women who are only staying with the guy until

something better comes along) will put up with a lack of confidence and insecure behavior.

However, relationships like that can end in a second if the woman finds a confident man who is able to make her feel the way she really wants to feel when in a relationship.

She can go from putting on her act as though everything is okay, to a sudden break up by saying something like, *"I'm in love with someone else. I can't be with you anymore"* and leaving her guy behind in ruins.

It's a horrible thing to go through, but it's also a very important wake up call for you as a growing man.

It doesn't matter if you're 50, 40, 30 or 20; you are always capable of growing up further and becoming an even more attractive man to your woman.

There is always an opportunity for you to be more emotionally masculine and confident around your woman and in life.

When you do that, you always become more attractive to your woman and generally speaking, life becomes easier and more enjoyable for you.

So, if a guy got dumped for losing his confidence in the relationship, he needs to go back to being the self-assured, emotionally mature and independent guy she originally fell in love with and then stay that way when they become a couple again.

Another example of what may turn a woman off in a relationship is when she tests her guy (e.g. by throwing tantrums, being moody and sulky) and he just accepts her bad behavior, rather than standing up to her and putting her back in her place in a loving, but assertive manner.

A guy who doesn't understand how to be the man in a relationship might say to himself, *"I don't want to upset her even more, so I'm just going to be extra nice to her and hopefully she will calm down and then everything will be okay again."*

Yet, that kind of thinking just makes a woman lose respect for him because if he's not being man enough to stand up to her, it makes her feel more dominant than him emotionally and also makes her feel like he isn't someone that could keep her safe around challenging people.

When that happens, she stops feeling respect for him because she is the one with the most power in the relationship and doesn't feel like he could protect her or make her feel safe.

Think of it this way!

If a boss submits to his employee and is nervous around him, it will be a lot more difficult for the employee to then look up to him and respect him.

In the same way, in a relationship with a woman, the man needs to be the boss, otherwise the woman loses respect for him.

Being the boss doesn't mean that he has to be overly domineering and controlling, make all of the decisions, or treat her disrespectfully.

Instead, it simply means that he is always the emotionally stronger one who takes on the role of leading the way to a better life for both of them.

If he doesn't do that and allows his woman to dominate him emotionally and make all the decisions for both of them, she will struggle to feel respect for him, because in her eyes, she's the *boss* and he's the *employee*, so to speak.

If a woman doesn't respect her guy, it then starts to feel weird to submit to him sexually.

She feels awkward about opening her legs and letting a guy who is less powerful than her have his way with her.

It just doesn't feel right.

When she feels that way, she stops feeling attracted to him and then begins to disconnect from her feelings of love.

So, if you want to get your ex to be interested in being a couple again, you've got to change the things that really matter to her so she can feel naturally attracted to you again.

Where a lot of guys go wrong is by asking an ex woman to give him another chance, even though he doesn't know what parts of the attraction experience she was missing with him or how to give that to her.

For example: If one of the things about him that turned her off was his inability to plan and invest for the future, she isn't going to want to take him back if he offers to take her on a romantic holiday.

It's just not the thing that really matters to her.

Alternatively, if one of her reasons for breaking up with him was that he was moving too fast for her, then asking her to marry him isn't going to make her want him back.

Remember: Your ex will be interested in you and her being a couple again if you change what she really wants.

That is what counts, so focus on that, rather than trying to get her back in ways that simply don't matter to her.

After understanding how to properly re-attract her, you need to

2. Interact with her on a phone call or in person to create a spark of attraction

Even if she is currently saying things like, *â€œLeave me alone. It's over between us and I'm not interested in us being a couple again,â€* it's up to you to be strong enough to change how she feels.

Of course, you can't do that if you are not interacting with her and are just sitting around hoping that she changes her mind.

Watch this video for more info...

So, it's very important that you get your ex on a phone call (and preferably meet up with her in person), where you can let her experience the new and improved version of you (e.g. by maintaining your confidence when she's being cold and unfriendly, showing her via your body language that you don't feel intimidated by her when she tries to create drama and blames you for everything that happened).

Keep the conversation light and easy-going and steer clear of trying to make her feel interested in getting back together again.

Asking for another chance at a relationship only works if a woman is missing her ex, is still in love with him and hasn't been able to move on.

On the other hand, if she has disconnected from her feelings of respect, attraction and love, then him bringing up all the happy memories from the past and asking for a relationship will make her think, *â€œHeâ€™s right. We really did have a lot of good times together and then he stuffed it all up by becoming needy and insecure/not being serious about our future together/becoming too annoying/making me carry his emotional baggage. Thinking about how happy we used to be in the beginning only makes me feel sad and disappointed about the way things turned out. I know he means well, but Iâ€™m just not interested in being a couple again. It sounds like too much work because he clearly doesn't understand what I need from him. He's just interested in getting me back to feel better about himself. I'd be better off trying my luck with a new man, who will hopefully be able to attract me in the ways that really matter to me.â€*

So, if you want your ex back, donâ€™t waste time trying to convince her that youâ€™re the right guy for her based on good memories from the past.

How you make her feel now and from today onwards on is what really counts and makes her become interested in being a couple again.

For example:

Do you make her feel respect and attraction by not become nervous or unsure of yourself when she is being difficult and refusing to give you another chance, or do you turn her off by being self-doubting and insecure?

Do you make her feel feminine and girly by being emotionally masculine around her, or does she dominate you because you let her call the shots when youâ€™re interacting on the phone or in person?

Can she see that youâ€™ve changed and improved on the things about you that were turning her off (e.g. insecurity, possessiveness, immaturity, neediness), or are you still stuck at the same level you were at when you broke up?

Remember: A woman needs to feel respect and sexual attraction for you based on who you are right now, not who you used to be.

So, forget about all the good times you shared together in the past and start interacting with her and making her feel a strong, renewed sense of respect and attraction for you right now.

Who you are now and how that makes her feel is what really counts.

3. Meet up with her in person and get her to forgive your past mistakes

[image: Make her feel attracted to you again and get her back]

For your ex to be interested in being a couple again, you have to get her to forgive you for your past mistakes.

How can you do that?

By getting her to forgive you for her own benefit.

You can do that by telling her that if she forgives you, itâ€™s going to make her feel better about herself.

Tell her that when she can truly let go of her negative feelings about you and what happened, she will be able to move forward without carrying a whole bunch of anger, bitterness and mistrust with her into a future relationship.

Rather than feeling weighed down by the emotional baggage of her past relationship with you, she will be able to say to herself, *“Yes, we broke up, but it’s a lesson learned and at least we were mature enough to deal with what happened and part as friends, rather than letting one bad relationship make me jaded towards all men in the future.”*

Note: When you say something like that to her, you’re not actually encouraging her to move on and find another guy!

You’re simply giving her the opportunity to move forward without carrying the excess baggage from her past relationship with you.

When you give her permission to move on and be happy with another guy if she wants to, something interesting happens!

She doesn’t want to.

Suddenly, she stops thinking of you as the guy who stuffed up and broke her heart and she starts seeing you as the man who is confident enough in himself and in his value to her, that he can let her go if it is what she really wants to do.

Without even realizing it, she stops being so defensive around you and begins to feel good about forgiving you.

It makes her feel emotionally mature and more open and loving towards you, rather than acting cold and holding a grudge against you.

4. Focus on getting her smiling, laughing and feeling good around you

It has been said that laughter is the best medicine and this is definitely the case when it comes to making an ex feel interested in being a couple again.

So, make sure that whenever you interact with your ex (whether it’s via text, e-mail, on social media and especially over the phone and in person) you make her smile, laugh and think, *“I’m having such a great time talking to him. I never thought it was possible to feel like this after what happened between us, but I think I’m falling for him again.”*

When you make a woman smile and laugh when she’s being cold towards you, or is creating drama by saying things like, *“I don’t see us being a couple ever again,”* she can’t hold onto her negative opinion about you for long.

It makes her respect you and see you as the man.

She begins to think, *“Hmm, interesting. This isn’t how I thought he’d react. I was expecting him to become nervous and insecure around me, not laugh at my attempts to make him uncomfortable and then turn things around to make me smile and feel good to be talking to him again. What has gotten into him? Have I unleashed the real man with him? Other women are going to notice this and like it. Maybe I need to give him another chance, rather than losing him and letting some other woman experience his new found manliness.”*

She then opens up to being a couple again and stops playing so hard to get about it all.

So, if you want her back, make sure that you use humor to break down her walls and allow her to see the strong man that you've become all of a sudden.

When she feels sexually attracted to you, but isn't kissing or having sex with you, it will build sexual tension.

She will wonder what it would be like to kiss you and have sex with you and will be hoping that it happens.

So, go ahead andâ€¦!

5. Release the built up sexual tension with kissing and sex

[image: Get to kissing and sex to fully reconnect]

If youâ€¦ve triggered your exâ€¦s feelings of sexual attraction over the phone and during your meet ups with her (e.g. by flirting with her and using humor to create sexual tension, by making her feel girly and feminine in contrast to your masculine vibe), she will probably be giving you clear signs that sheâ€¦s feeling open to you again (e.g. touching you often, playing with her hair, laughing at your jokes, licking her lips, appearing to be aroused or turned on).

When that happens, itâ€¦s up to you to be the man and take the lead, rather than expecting her to say something like, *"Kiss me!"* or, *"Let's go back to my place and have sex."*

Just be the man and release the built up sexual tension between you and her by giving her a hug and then following through with a kiss.

If that goes well, you can then suggest going back to your place, or hers and then hook up sexually.

Remember: No matter how great things might be going between you and your ex, she wonâ€¦t be interested in being a couple again until you and her have had sex again.

Sex gets rid of the uncertainty about how you feel about each other and opens the door to discussing giving the relationship another chance.

What's really cool is that when you re-attract her in person and then have sex with her again, she begins to feel a new type of respect, attraction and love for you.

It's a more meaningful, complex love that makes her feel like real love does exist and maybe you and her have found it.

On the other hand, if youâ€¦re just ask her for a relationship upfront rather than re-attracting her first, hooking up and then talking about what might be next for you and her, she will probably just keep saying, *â€œNo. Iâ€¦m not interested in you anymore. Please just move on. It's over.â€œ*

So, donâ€¦t waste anymore time sitting around and wondering, *â€œHow do I get my ex to be interested in us being a couple again?â€œ*

Instead, focus on using every interaction that you have with her from now on (e.g. via text, e-mail, social media, over the phone and in person) as a way of re-sparking her feelings of respect and sexual attraction for you.

Let her experience the changes that youâ€¦ve made to yourself since the break up (e.g. youâ€¦re now more confident and self assured, you give her the attraction experience she always wanted from

you) and then meet up with her, make her feel attracted and have sex to get rid of the distance between you.

When you pass that stage of the ex back process, everything changes.

Suddenly, her doubts about you begin to fade away and the idea of losing you starts to bother her.

She worries that another woman would really enjoy being with the new you and that it might hurt her to see you hook up with a new woman, who may be more attractive than her.

So, she holds on and tries to give the relationship another chance.

By the way!

If she doesn't want you to kiss her, or if she refuses to go back to your place right away, don't worry about it.

It simply means that she is testing your confidence to see if you'll become nervous and doubt your attractiveness to her, or you simply haven't built up enough sexual tension and she's just not feeling it yet.

The key is not to give up.

Just keep making her feel attracted to the new you and before you know it, you'll be a couple again.

Getting back together is an amazing feeling for both the man and woman.

So, if you want her back, just know that she is going to enjoy the process too.

Falling back in love is a beautiful thing and usually makes a couple go on to stay together for life, as long as the guy really has changed and can now make her feel the way she always wanted to feel with him.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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How Can a Woman Go From Truly Loving a Guy to Not Caring About Him After a Break Up?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

When a woman goes from saying, *“I love you and want to stay with you for life,”* to saying, *“Leave me alone. I never want to see you again,”* it’s understandable that a guy might ask, *“What the? How can she go from truly loving me to not caring about me so quickly?”* It hurts, but there is a reason why she is doing it.

Here’s the thing:

It’s not that she doesn’t care about you anymore.

She does.

Yet, she is simply trying to avoid giving you any positive signals that there’s a chance to get back together with her again because she doesn’t see much or any hope for you and her anymore.

Based on the mistakes you made in the relationship and after the break up (e.g. begging, pleading, crying, getting angry, trying to convince her to change her mind rather than changing how she feels first), she doesn’t believe that you have what it takes to change and be the man that she wants now.

However, that doesn’t mean she’s going to stay stuck thinking like that forever.

In fact, you can change how she feels pretty quickly.

How?

By making her feel the type of attraction experience she always wanted to feel with you, but was missing in the relationship so far.

For example: Sometimes a woman wants a man to be more ballsy with her, but he’s just too soft, nice and self-doubting around her and she doesn’t like it.

She feels turned off by the fact that she feels stronger than him emotionally and just wishes that he’d man up and make her feel like a real woman.

So, if a guy like that tries to get her back by telling her how much he cares about her, how he promises to change, or worse, by asking her what he should change it’s just not going to happen.

Instead, she will lose even more respect for him because he’s not being his own man.

He’s simply trying to follow her instructions and hoping that it will please her enough to want to give him another chance.

Yet, that’s not what a woman wants.

After a break up, a woman wants you to figure out by yourself (not with her help, instructions or advice) where you went wrong and make the necessary adjustments to your thinking and behavior because you want to improve yourself, not just because you’re trying to impress her.

If you just say and do whatever she tells you like a puppet, it won’t feel real to her.

It will feel as though she is manipulating you into being someone you’re not, or that you are putting on an act to win her over.

So, she will wonder, *“What happens when he’s had enough of doing whatever I tell him? Is*

*he just going revert to his old, unattractive behavior again? Will I have to keep instructing him on how to be the man I need for our entire lives? Can't he just be his own man and work it out, rather than looking to me for guidance? I don't want to be that person for him. I want a man that knows how to be a man. So, I just have to remain broken up from him. I need a real man.*â□□

Thatâ□□s not what you want her to be thinking.

You want her to make her reconnect with her feelings of love, respect and attraction for you and feel drawn to you in a new and exciting ways.

That's is the best, easiest and most effective way to get a woman back after a break up, especially if she has changed and become cold to you lately.

As long as you focus on giving her the missing attraction experience she always wanted with you when you next interact with her, she will feel a spark and her perspective of you will immediately begin to change.

She will start to care about you and the relationship again and will feel drawn to you for her own reasons.

4 Common Mistakes That Cause a Woman to Act Like She Doesnâ□□t Care After a Break Up

[image: Don't do this to me, please!]

When a guy is thinking, *â□□I donâ□□t understand how a woman can go from truly loving a guy to not caring about him after a break up,*â□□ itâ□□s not unusual for him to make some of the common mistakes mentioned below.

For example:

1. He tries to make her pity him

He might say something to her like, *â□□How can you go from truly loving me one day to not caring about me at all? Was your love even real, or were you just pretending to care? Well, I just want you to know Iâ□□m not like that. My love for you was 100% genuine and the thought of losing you forever is so sad. I canâ□□t eat or sleep because I keep thinking about how you could be so indifferent towards me when you used to tell me how much you loved me. I canâ□□t accept that you donâ□□t care about me anymore just because weâ□□ve broken up. Youâ□□re not that cold and heartless, are you? Do you actually enjoy seeing me like this? Please donâ□□t throw away what we had together like it meant nothing to you. All I ask is for you to give me one more chanceâ□□!*
*please!*â□□

Yet, even though the guy is being honest about his feelings, trying to make his ex feel bad for causing him pain isnâ□□t what will make her reconnect with her feelings of respect, sexual attraction and love for him and make her want to give him another chance.

To her, his behavior just comes across as being selfish and possibly even a little bit immature and childish.

[image: How can you do this to me?]

She will think something like, *â□□Why is he being so selfish? He doesn't care about me. Itâ□□s all*

about him and how he feels. Not once has he stopped to ask himself what he did to make me break up with him. Instead, heâs just going on and on about how terrible he feels and what a bitch I am for not caring about him anymore. He just doesnât get it. Heâs acting like a little child and hoping that if he makes me feel guilty enough, I will then take pity on him and get back together again. Doesnât he realize that his insecure, needy behavior is actually turning me off even more? If he could just admit his mistakes and show me that heâs making an effort to change, I would open back up to him without a second thought. He doesnât understand how easily we women can change, if the guy is able to change. All heâs doing is using emotional blackmail to try and make me change my mind, which makes me want to get away from him even more. I guess he just doesnât know how to be the man I want him to be and by the looks of it, he never will. I seem to have made the right decision by breaking up with him. I now just need to distance myself from him even more and find a man that knows how to make me feel the way I want to feel when Iâm in a relationship with him.

Hereâs the thingâ!

A woman doesnât want to feel like sheâs doing her ex a favor by being with him.

She wants to feel like heâs the kind of guy she can look up to, respect and be proud to call her man (i.e. because he has made the necessary adjustments to his thinking and behavior and is making her feel attracted in ways that she never thought possible), not like she has to take care of him because heâs too emotionally weak, insecure and lost without her.

So, if you really want make your ex reconnect with her true feelings of love for you again, donât try to make her feel sorry for you.

Instead, focus on making her feel respect and attraction for you again and show her that youâre now the man she always wanted you to be (e.g. by maintaining your confidence around her, using humor to get her out of her indifferent state when talking to you, talking to her as though you and her are totally cool with each other).

When she can see that you really are a different man now and are able to get rid of the awkwardness between you and her, she will be happy to allow herself to reconnect with her true feelings of love for you again.

It will feel right to her and like something she wants, rather than feeling like sheâs being blackmailed into being with you again.

2. He feels like she has to treat him well because they were once together

Sometimes, when a guy asks, *âHow can my ex go from truly loving me to not caring about me after the break up?*â itâs because he feels entitled to her love and a relationship with her.

At the back of his mind, he may be thinking, *âIf she really loved me before, then itâs only right that she treats me well now. That love has to count for something after all, right? It canât be okay for her to treat me badly now just because weâre broken up. Thatâs not right. She owes it to me to give me another chance. After all weâve been through, she canât just turn her back on me like this.*

Yet, what a guy like that doesnât realize is that a man and a woman only stay together if today feels good and their future also looks promising, not because it used to feel good, or because they used to love each other before.

In the old days, a woman would stick with a guy she didn't truly respect, love and feel attracted to her because it was taboo to get a divorce.

However, that's not the way the world works anymore.

These days, if a woman loses too much respect and attraction for a guy, she can break up with him or divorce him if she wants to.

He doesn't own her and it's no longer shameful to break up, so women are free to leave a guy and open themselves up to a new man who will hopefully do a better job of maintaining her feelings love, respect and attraction.

Today's woman can now choose to get in and out of relationships as often as she wants, until she finds the right man for her.

So, if you want your ex to reconnect with her original feelings of love for you, you have to show her that you really have changed, rather than expecting her to treat you well and give you another chance based on the fact that she loved you before.

Another common mistake from guys who are trying to get their woman back after a break up is

3. He doesn't realize that her reasons for acting cold are to avoid giving him hope

[image: She doesn't want to give him false hope]

In most cases, when a woman breaks up with a guy, she will go through a period where she tries to decide whether or not she can see herself giving her ex another chance.

For example: She may ask herself questions like...

- Will he change and become the man I want him to be, or is he just going to remain the same, because he doesn't even know what really caused me to break up with him in the first place?
- Do I feel good when I interact with him now (e.g. because he maintains his confidence and makes me smile and laugh), or does he turn me off by behaving in unattractive ways (e.g. begging, pleading, whining, being self-doubting and insecure)?
- Does he understand what really caused us to break up and is he taking positive steps to change and improve himself, or does he assume that I'll just give him another chance based on my past feelings for him?
- Do we have the same long-term goals, dreams and plans for the future (e.g. to move in together, get married, start a family, see our children become parents, enjoy being grandparents, have a relaxing retirement), or do we want different things?
- Does he make me feel respect and attraction for him because he displays some of the behaviors and personality traits that are naturally attractive to women such as confidence, emotional masculinity, maturity, or does he make me feel annoyed, stressed out and turned off because of his insecurity?
- Is he the kind of man I can look up to, respect and feel proud to call my man, or do I feel a bit embarrassed to admit that we're a couple?
- Will he be able to give me the attraction experience I've always wanted, or is he just going to keep saying and doing the same old things as before, but hoping for a different reaction from me?

If she discovers that there are more noâ€s than yesâ€s, she will naturally begin to disconnect herself from any positive feelings of love she may still be feeling for him.

She will then become cold and distant towards him, because she doesnâ€t want to give him false hope.

The guy may then ask, â€How can a woman go from truly loving a guy to not caring about him after a break up?â€ and feel like she never even loved him at all.

Yet, thatâ€s usually not the case.

A woman simply doesnâ€t want to waste her time with a guy, if she gets a sense that he hasnâ€t changed since the break up and wonâ€t be able to change in the future.

If she senses that sheâ€™s with a guy who is unwilling to man up and become the man she needs, she will just disconnect her feelings for him and open herself up to meeting a new man.

So, if youâ€™re serious about getting your ex back, you have to focus on letting her experience the new and improved you.

When you interact with her on a phone call or in person and she can see that you maintain your confidence around her (especially when sheâ€™s being cold and distant), her icy approach will melt and she will become open to you again.

She will then begin to feel motivated to give you another chance because it feels good to her too.

On the other hand, if she interacts with you and you keep making the types of mistakes that turn her off (e.g. allow her to dominate you emotionally because you fear losing her, become insecure by her coldness, act extra nice around her in the hopes that she will open back up to you), she will just maintain her Ice Queen persona and try and push you away for good.

The final common mistake of guys trying to get a woman back after a break up isâ€

4. He doesn't realize that there is no reason for her to change her mind if he hasn't truly changed his ways

[image: Please change your mind]

Albert Einstein supposedly said, *â€Insanity is doing the same thing over and over again and expecting different results.â€*

In the same vein, if you donâ€t take a different approach to making your ex reconnect with her feelings of respect, attraction and love for you, chances are sheâ€™s not going to change her mind.

For example: A guy might try getting his ex back by begging and pleading with her, offering to do whatever she wants him to do and telling her how much he loves her and how he canâ€t believe that she has gone from love to not caring about him after the break up.

Heâ€™s basically hoping one of these things will break through her defenses and cause her to think, *â€Heâ€™s right! Itâ€™s not possible to go from truly loving him to not caring for him so quickly. I am just kidding myself. My feelings for him are still there, stronger than ever and I donâ€t want to lose him. We should get back together again.â€*

Yet, she just keeps saying, “No” whenever he asks for another chance.

Then, rather than thinking to himself, *â€Okay, this approach isnâ€t working. What do I need to do to really change how she feels?â€* he just keeps begging, pleading, trying to convince her,

asking, going on and on about the same old things.

She then gets to the point where she shuts herself off from him and seems like she doesn't care and possibly never even loved him enough to want to care.

Yet, she's just turned off and annoyed by his hopeless approach to getting her back.

So, if you want to make your ex change how she feels, you need to start saying and doing the things that will renew her feelings of respect and attraction for you.

That is what counts.

If you interact with her and talk and behave in ways that naturally attract women (e.g. maintain your confidence, make her smile and laugh, make her feel feminine and girly in contrast to your masculinity), she will feel excited about reconnecting with her original feelings of love, respect and attraction for you.

On the other hand, if you keep making the same old mistakes over and over again, she won't see any reason to go back to loving you.

So, make sure that you stay positive around your ex, regardless of how she is behaving (e.g. being cold and distant towards you, saying she doesn't have any feelings for you anymore).

When she can see for herself that you're not reacting like she's expecting you to (i.e. you remain confident when she tries to make you feel insecure), she won't be able to stay disconnected from the respect, attraction and love that's lying dormant in her heart.

Instead, she will want to be close and get physical with you again, because it will now feel so much more enjoyable for her to be around the new and improved you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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How Can I Get My Ex to Respect Me Again?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 ways to get your ex to respect you againâ€¦!

1. Stop saying and doing the things that will make her lose even more respect for you

A woman's respect for you is changeable and is based on what to say and do around her and in life in general.

For example:

- **When you interact with your ex, are you confident and emotionally strong, or are you being insecure and self-doubting?**

If you're being insecure and self-doubting, she won't be able to respect you.

Women only respect and look up to men who are confident and believe in themselves no matter what a woman says or does.

So, make sure that from now on, you always remain confident and believe in yourself around her regardless of how challenging she is being.

- **Who is the more dominant one in the relationship?**

If you let her dominate you, push you around and control you with her confident personality, she won't be able to respect you.

For example: She blames you for everything and you keep apologizing and trying to please her.

Women don't respect that.

In cases like that, a woman wants a man to laugh at her (in a loving way, not in an insulting way) and her idea of everything being his fault.

She also wants him to be able to bring the interaction back to feel good emotions, laughter and love, rather than him taking her drama and false accusations so seriously.

For example: He remains calm, laughs and says, *â€œOh, weâ€™re talking about this again, are we? Wow, I haven't heard you blame me for that before. Please tell me all about it!â€œ* and then has a laugh with her about it, rather than taking it so seriously.

Alternatively, he says, *“Yes, it's all my fault. I'm the worst boyfriend (or husband) in the world. I should probably win a prize for that. Where's my trophy?”* and then have a laugh with her about that.

- **Do you complain about how difficult things have been for you since the break up, as a way of making her feel pity for you, or do you show her (via your actions) that although you still care for her and would love to get back together again, you don't need her to feel happy and fulfilled in your life?**

A woman can't respect you if she senses that you need her to love you, approve of you and give you attention in order for you to feel good about yourself.

Women respect men who are happy, confident and forward moving in life (e.g. about his big goals and ambitions) with or without her approval.

A woman wants a man to love her, care about her, respect her and appreciate her, but she doesn't want to be his reason for living or the person who needs to constantly lift his spirits and make him feel confident and happy.

- **Are you going after your big dreams and goals in life, or are you hiding from your true potential as a man because you're afraid to take a risk or afraid to spend time on anything other than her?**

[image: Are you following through on your dreams and goals?]

Women hate it when a guy is either too afraid to follow through on his dreams, or too needy of her attention to spend time on his dreams and goals.

Women respect men who have the balls to stand up and go after their big dreams, goals and ambitions in life.

Men like that make women feel safe, proud and respectful because he is someone that she can look up to, rely on and feel happy to be associated with in life.

So, if you're asking, "*How can I get my ex to respect me again?*" you've also got to ask yourself, "*Have I been continuing to turn her off by what I've been saying and doing?*"

When you start being the sort of man that she can look up to and respect, she will naturally begin to look at you differently and feel a renewed sense of respect for you.

She will then begin to feel attracted to you again, even though she previously thought she was over you and wouldn't ever have feelings for you again.

Why?

Attraction is a natural, automatic reaction that humans have to each other under the right conditions.

When you display traits that are naturally attractive to women (e.g. confidence, determination, emotional maturity), attraction happens automatically.

Women don't have to think about it because it's an automatic, instinctive reaction to attractive traits.

She may wonder why she is feeling attracted to you all of a sudden, but she won't be able to control it.

She will look at you as being an attractive man and as a result, her thought process about you will be influenced by that attraction.

She will look at things about in a more positive light and look for reasons why she is feeling so attracted to you all of a sudden.

In the case of getting an ex back, this is what works.

Another way to get her respect back is to

2. Let her experience the new and improved you on a phone call and in person

[image: Make her laugh and smile on the phone before suggesting a catch up]

Sometimes, when a woman is being cold, distant and even little bitchy to her ex guy, he might decide that he needs a way to get through to her that will make her listen.

For example: He may begin toâ€¦!

1. Send texts or e-mails to explain what he has learned since the break up

For example: He may text or e-mail something along the lines of, *â€œI know I messed up badly. I was too immature/needy/insecure/took you for granted. I understand that now and I really have changed. I know that you feel like you canâ€™t respect me anymore, but if you just give me one more chance, I promise you that things will be different this time. Iâ€™ve really learned from my past mistakes and Iâ€™m not that guy anymore. Please believe me. I have honestly learned my lesson and have changed. Let me prove it to you by giving me one more chance.â€*

Although the guy might be 100% sincere and honest, it just doesn't work on most women.

Why?

If he has ruined her feelings of respect and trust for him, sheâ€™s not going to believe him.

Instead sheâ€™s going to just roll her eyes and think, *â€œNo you haven't. I don't believe you.â€*

Why?

A woman is only going to believe it if she can experience it herself on a phone call and in person.

If a guy is trying to explain how much he has changed, the woman can actually refer to that as being selfish.

Why?

It's all about him, what he has learned, how sorry he is and his need to get her back.

To get a woman back, you have to focus on making her have feelings for you, rather than on explaining how much you've learned, promising to change and asking for another chance.

If you make her have feelings for you again, she will want to give you a chance for her own reasons (i.e. she is attracted to you again, she wants to be physical with you, she doesn't want to lose you).

Another mistake that guys make is toâ€¦!

Ignore her for weeks or months to show that he's not desperately chasing her

A guy might say to himself, *â€œIâ€™m in her bad books right now and anything I seem to say or do just sets her off. Itâ€™s probably a good idea for me to back off for a while and give her some space to cool down. Then, not only will she respect me again for being a gentleman and giving her time to figure things out, but she will also feel respect for me for not chasing her like a desperate, needy guy.â€*

Yet, that approach almost never works.

Hereâ€™s whyâ€¦!

Ignoring a woman who doesn't have strong feelings for you for weeks or even months is usually a waste of time.

In most cases, rather than miss a guy who is ignoring her, a woman will think, *â€œCool, thanks for giving me space to move on! Now I can finally focus on getting on with my life and finding a guy who can give me what I want.â€*

Why does she react in that way?

Essentially because she doesn't have feelings for him anymore and he's not doing anything to make her have feelings again.

He's just ignoring her and hoping she will one day realize how much she still loves him and come running back.

Yet, instead of coming back to him, a woman will usually use the time apart to get over him and find another guy to hook up with.

Why?

He ruined her feelings, she broke up with him and he hasn't even done anything to reactivate her feelings again.

He's just hoping that ignoring her will do the trick, but what he doesn't realize is that trick usually only works on women who still have feelings for their ex.

It rarely, if ever, works on women who break up with a guy because they no longer have feelings for him.

So, if you want to get your ex to respect you again, don't waste a lot of time over-texting her or ignoring her and hoping that she will change her mind.

You have to get her on a phone call and then meet up with her in person, so that she can hear, see and experience the new and improved you for herself.

3. Tell her that the mature thing for her to do is to forgive you for her own benefit

Getting your ex to forgive you is a very important step to getting her respect back.

So, when you interact with her (preferably over the phone or in person), you need to let her know that forgiving you is something that will actually benefit her as much as it will benefit you.

For example: Say to her, *â€œI know I stuffed up, but I'm taking responsibility for my actions and doing whatever I need to do to change and improve myself as a man. Not to get you back, but because I know it's the right thing to do. I don't expect you to believe me that I have changed and are no longer the guy you broke up with, but it's important that you forgive me so that we can both move on with a clean slate. If you hold on to your anger and other negative emotions towards me, you'll just be taking all that baggage to any future relationships that you might have. Doing so will only cause more problems for you because you won't be able to open up your heart again. However, if you can forgive me now and are sincere about it, you will feel lighter right away. You will be able to see that I did make mistakes and I did learn from them, so it's okay to forgive me and move on, rather than holding it against me for life.â€*

Important: When you say this to her, it actually makes her start to feel respect and attraction to the

new you.

Why?

When she forgives you, she stops looking at you in a negative way because she separates the old you and new you in her mind as two different people.

If you the new you is a man who is worthy of her respect, she gives that to you and as a result, she can then easily feel attracted to you when you display attractive traits (e.g. confidence, humor, emotional masculinity, charisma).

4. Make her smile, laugh and feel good when interacting with you, especially when she is being cold or distant

One of the quickest ways to melt a woman's resistance and make her begin feeling respect and attraction for you again, is by making her smile and laugh when she's interacting with you.

Laughter takes the edge off any bitterness or negativity towards you and it stops you and her from acting like or feeling like strangers.

When a woman is smiling and laughing while talking to her ex guy, it becomes a lot more difficult for her to think, *"I don't respect him anymore. It's over. I don't want to talk to him."*

Instead, she begins to think, *"This is nice. I can't believe I'm enjoying myself talking to him again. I actually feel positive emotions for him again, rather than wanting to be as far away as possible from him like I used to."*

When she begins to feel like that, she is open to being guided back into a relationship.

So, make sure that you focus on making her laugh and smile, rather than trying to have serious, deep and meaningful conversations about the relationship.

By the way!

Here's an example of how to make her laugh when she's being cold and distant towards you.

Imagine that you call her and she says something rude like, *"What do you want?"*

Rather than let that throw you off and make you feel uncomfortable, simply turn it into something that you can both laugh about.

For example: When she says, *"What do you want?"* you can say in a joking way, *"Some of your delicious, home made lasagna, garlic bread and a cold beer please"* or, *"A large pizza and a bottle of coke, thanks"* and have a laugh with her about that.

She will feel attracted to the fact that you have the confidence to joke around with her, even though she was being cold and unfriendly towards you.

She will also realize that you've changed (i.e. because you're not reacting in the ways she is expecting you to), which will make her feel respect and attraction for you again.

5. Be a self-approving, masculine man

Women naturally respect men who don't seek the approval of women or anyone else to feel good

about themselves.

This doesn't mean that you should be arrogant, rude, behave badly or look down on anyone.

Instead, just decide that you approve of yourself, you love yourself and you know that you are a good man who is worthy of love, attention and respect.

You don't need the love, attention and respect of others to feel good about yourself, but you deserve it.

As a result, you will naturally exude the type of confidence that makes women and people in general respect you.

People can sense that you're not a self-doubting, confused man who needs people to say, "*Hey, you're okay*" or, "*Hey, you're cool*" in order to feel good about himself.

He knows that he's okay. He knows that he's cool.

That's a self-improving, masculine man.

So, while you do want to get your ex to respect you again, you shouldn't actually need her respect to feel worthy, good about yourself or secure.

When you become your own man in this way, not only do you automatically become more attractive to your ex, but you also realize that you don't need her to feel happy or fulfilled in your life.

That is attractive to her and to other women.

When your ex notices that you are being respectful towards her, but that you don't need her to show you respect to feel good about yourself, she will respect you.

It's pretty cool how it works.

All of a sudden, she can't stop herself from thinking about you in a more positive light because you are now behaving like the kind of man she can actually look up to and respect.

She then feels drawn to you in a way that feels good to her and becomes open to the idea of reconnecting with her old feelings of respect, attraction and love for you.

So, if you want to get your ex to respect you again, start by respecting yourself.

Be a self-improving, masculine man.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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My Ex is Being Stubborn

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 4 possible reasons why your ex is being stubborn:

1. You are turning her off, but expecting her to be open

When the woman he loves is saying things like, *“You need to leave me alone. I’m just not interested in you anymore,”* or *“Look, just accept that it’s over between us and move on,”* it’s understandable that a man might feel as though she’s just being stubborn.

He may even think to himself, *“Why won’t she listen to me? Why won’t she at least give me a chance to talk to her and explain? After all the love we shared and all the good times we had, how can she just shut me out like this?”*

[image: Can't you see that I'm trying to make this work?]

He might then text her, or call her on the phone and say something like, *“Why are you being so stubborn? Can’t you see that I’m trying to make things right between us? Why can’t you just give me a chance to explain and fix things between us?”*

Unfortunately, he is making the mistake of assuming that just because they were in love before, she is now obliged to continue being with him for the rest of her life, regardless of how badly he screwed up.

Obviously, a relationship between a man and a woman doesn’t work that way anymore.

In the past, a woman was a man’s property and had to stick by him for life even if she was unhappy because it was shameful for her to leave her man.

In today’s world, a woman can decide to be in a relationship, or leave a relationship simply based on how she feels.

In other words, as long as she is feeling the way she wants to feel in the relationship (attracted, in love), she will choose to stay with her man.

However, if she starts to lose too attraction for him because of his actions and behavior (e.g. he becomes too insecure and wimpy, he forces her to take on the more dominant role in the relationship, he is too controlling, he treats her like one of his male friends), she can then choose to break up with him because he doesn’t own her and she can do what she pleases.

So, if you want to make your ex stop being stubborn and listen to you again, you need to stop saying and doing things that will turn her off the idea of being with you.

For example: When you interact with your ex

- Do you make her smile, laugh and feel happy to be talking to you, or do you make her feel stressed out, annoyed and defensive?
- Do you show her (via the way you talk, act, behave and respond to what she says and does now) that you’re no longer at the same level you were at when you broke up, or are you still behaving in some of the old unattractive ways you previously displayed when you were together (e.g. getting into arguments and fights with her, losing control of your emotions

around her, making her feel responsible for your emotional pain)?

- Do you make her feel feminine and girly in your presence, or does she feel more like she is the boss and you don't have the balls to handle a girl like her?
- Do you listen to what she is saying, or are you just nagging, whining and complaining every time you interact with her?

Here's the thing:

If you continue turning your ex off with your behavior, you can't expect her to care about you or the relationship any longer.

Remember: Women can choose whether or not to be in a relationship based on how they feel.

So, if you want her back, you've got to change your approach to her:

When you make some attractive adjustments to your behavior (e.g. you make her smile and laugh when you interact with her, you make her feel feminine and girly in your presence, you let her vent her feelings at you if she needs to, without getting frustrated or defensive about it), she won't be able to stay closed off for long.

She will start to think, *"Interesting. He's not trying to force me to listen to him anymore and he's even listening to me for a change. I never thought it was possible for him to change like this. He's being so mature and emotionally strong about the whole thing now. He's actually becoming a man. I wonder what else about him has changed? Will he be more confident in other areas of life now? Is he someone I should let go, or should I hold onto him in case I never find a man like him again? He's obviously proved to me that he has the capacity to learn, grow and change. He's probably a keeper. I can't just let him go."*

She then drops her guard and opens herself to up to you again.

Then, when you interact with you, rather than feeling like she wants to run away because you're dragging her down with your emotions and expectations, she feels excited to be around you.

She feels relaxed, happy and at ease because you're no longer needing her to listen.

Instead, you are focusing on what matters most to her (i.e. her feelings), rather than trying to get her to focus and listen to you explain yourself.

Another reason why your ex might be behaving in a stubborn way towards you is:

2. You are expecting her to change her mind about the break up, without changing how she feels first

[image: Why are you being like this?]

If you're talking to your ex in person, texting her or calling and expecting her to say, *"Oh hi babe. Of course I'm ready to hear what you have to say. No problem about any past mistakes, as long as you are sorry now, we can forget about everything and get back together again. I don't need to know that you've really changed. Don't worry about me. I will just forgive you and give you another chance based on all the explanations and apologies you are giving me. I love you!!!"* you're in for a big disappointment.

The thing is, you can't expect your ex to listen to you if you don't change her feelings for

you first.

You have to re-spark her feelings of respect, attraction and love, so that she can stop feeling so angry, closed off and unwilling to hear what you have to say to her.

How can you do that?

Understand where she is coming from (i.e. the real reasons she broke up with you) and then make some changes and improvements to yourself.

Then, when you interact with her (e.g. via text, e-mail, on social media and especially over the phone and in person) you can show her that youâve changed the things that were turning her off and alter how she feels.

For example:

- If you were overly protective and controlling, start being more relaxed and easy going around her.
- If you and her were always getting into arguments, turn potentially flammable situations into something you can laugh about together.
- If you were too selfish with your love and she felt like you were more of a âlove-takeâ, rather than a âlove-giveâ kind of person, start being more emotionally generous. Focus on making her feel good about herself, rather than just looking out for yourself.

When you change the real things that caused her to break up with you and let her experience the new you (i.e. by interacting with her on a phone call and especially in person), her feelings for you will begin to change.

She will begin to respect you again for being man enough to take responsibility for your past actions and then having the courage and integrity to make some real changes.

Then, the idea of getting back together again wonât seem impossible to her anymore and she will stop being so stubborn about it.

3. She doesn't believe that you can change, so she needs to see it in action first

[image: Come on. Give me a chance here]

In most relationships, a woman wonât just break up with her guy before she gives him at least one or two chances to change and improve.

For example: If a guy is too much of a nice guy, which then causes him to be submissive around other people (especially other men), his woman might try to encourage him to stand up for himself more.

She might then say things like, *âDon't let everyone walk all over you. You're way too nice and your friends and family use that against you to get you to do what they want, or to make you feel bad about yourself around them. Why can't you see that your friends are constantly using you or taking advantage of you? Haven't you noticed how you are always the one who pays for drinks or meals when you all get together? It's okay to say no and let them pay once in a while,â* or *âYour coworkers are taking advantage of you. You put in way more effort than them and they get*

just as much credit. You work late and take care of things that aren't even your responsibility. You have a life too you know!? You can actually say no sometimes. It's not going to be the end of the world if you stand up for yourself. You have to get them to show you some respect. I don't like how much you work and how little time you have for me or even just to relax or exercise or do normal things. You're always so busy because you take on so much work.

If he listens to her and regains his power and self-respect around people, her feelings of respect and attraction for him will grow.

On the other hand, if she notices that no matter what she says to him, he always falls back to his old pattern of submissive behavior, she will begin to lose respect for him and her feelings of love and attraction will begin to fade.

If he then senses her pulling away from him, he might say something like, *I'm sorry. I know I should be more assertive. Just give me one more chance and I promise you, this time I will change. Please don't give up on me.*

If she gives him another chance and he doesn't change, she will break up with him and then try to move on.

He will try to convince her that he is serious this time and she will think something like, *He just wants me to listen to his excuses and promises as usual. I bet he's going to tell me that this time he's definitely, 100% sure to change. I don't believe him anymore. I've heard his promises before and nothing ever changes. I don't believe he even knows how to change and become the kind of man I want anyway. He doesn't have anyone in his life that can help him. He's lost. If he wants me to listen to him, he needs to show me that he's really changed this time. Seeing is believing. I'm not falling for his old 'I promise this time it will be different' act again.*

If you want your ex to stop being stubborn and to listen to you, don't make the mistake of telling her you're going to change.

You have to actually change and let her experience it on a phone call or in person.

Remember: Actions speak louder than words.

You need to show her via the way you think, talk, behave, interact with her and respond to what she says and does, that you really have changed this time.

Where a lot of guys go wrong, is by thinking that because everything he's tried so far (e.g. begging, pleading, being nicer to her) hasn't worked to get her back, then her mind is made up forever.

She can change her mind about you.

Yet, you need to change first.

Important: Don't change and say, *"Okay, I've changed. Now will you take me back?"* because that's not what she wants either.

She doesn't want it to be about you getting what you want.

You have to change and then interact with her to let her experience what she wants (i.e. you as a new, improved man).

That way, it's about her feelings, wants and needs, rather than about you doing whatever she wants to get her back.

She doesn't want to feel as though she is controlling your life or shaping your identity against your

will.

She just wants to see you change and then re-attract her, without essentially saying, “*Okay, now am I good enough? Now will you give me another chance?*”

Just be the new, improved version of yourself and let her feel attracted to you and want to give the relationship another chance because of that.

Another reason why your ex might be behaving stubborn is thatâ€¦!

4. You allow her to have too much power over you

A guy sometimes puts on his best behavior around his ex (e.g. being extra nice, doing whatever she wants, listening, caring, being generous and basically sucking up to her) in the hope that it will show her how much he cares.

For example: A guy might say to himself, *“If I want her to give me another chance, I need to do things her way, or else itâ€™s the highway for me. Sheâ€™s going to cut me off completely and Iâ€™m going to lose her. I canâ€™t let that happen. So, Iâ€™m going to be on my best behavior and let her call all the shots. I will show her that I am willing to do anything for her. That will then show her how much I care. Then, she will take pity on me and give me another chance.”*

Yet, in most cases, the opposite is true.

A woman might give the impression that she wants to be the one dictating the pace or the one in control, but she’s not going to respect a guy who falls for it and follows her every order, no matter how ridiculous she is being.

For instance, a woman might say to a guy, *“I will speak to you next month after I finish my project at work.”*

If he obeys her and, after a month, texts her to ask, *“Are you finished your project yet? Is it okay if I call you now so that we can talk about our relationship?”* she’s going to feel turned off by his lack of balls for following her crazy order.

It doesn’t matter how busy she is at work (or at university), a woman always makes time for a man that she cares about, even if it’s just a 10 minute conversation while getting a bite to eat, or having a coffee.

So, if a guy follows her order of giving her a month of silence, she will lose respect for him.

She will feel as though he doesn’t have the balls or the social skills to laugh at her order and say, *“You and I can catch up and have a chat. It’s only 10 minutes. Both of us can spare 10 minutes. Besides, if you don’t want to talk to me after that, I will respect it and give you space.”*

Of course, if he re-attracts her at the meet up, she is going to be open to talking to him again.

However, if he’s sucking up to her, being on his best behavior and being hesitant with what he says, she’s going to feel turned off by his lack of balls around her.

Having balls around her is not about being disrespectful, rude or selfish in anyway.

Instead, it’s about having the balls to not take her drama so seriously and simply guide a conversation back to smiling, laughter and feel good emotions.

If you take a woman’s drama too seriously, she won’t be able to respect you.

Without respect, there is no attraction and without attraction sheâs going to refuse to reconnect with her feelings of love for you because it just doesnât feel right to her anymore.

You might then label her as being stubborn, but sheâs not.

Sheâs simply feeling turned off by what she perceives as your emotionally weak behavior.

Remember: A woman wants to be with a man she can look up to, respect, feel attracted to and love (i.e. a guy who confident and emotionally strong enough to take the lead in the ex back process and get her back), not a guy who stresses her out because he needs her to help him become a better man.

So, donât wait for your ex to stop being stubborn and start listening to you before you make a move.

Instead, take the lead and show her that youâre a new man now.

Youâve become a better man since you and her split up.

You are not the same guy anymore.

You really have changed and whenever she interacts with you, she feels that and it makes her old feelings of respect, sexual attraction and love for you come rushing back.

When that happens, she will stop being stubborn and she will start wanting to be around you and explore her new feelings for you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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My Ex Girlfriend Said She Needs a Man, Not a Boy

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

7 possible reasons why a woman might say that to her guy are...

1. He doesn't make her feel feminine and girly because he tends to think, talk, behave and act like her, or like a boy

Sometimes, a guy just doesn't know how to be a mature, emotionally strong and masculine man in a relationship with a woman.

For example: Since a woman enjoys talking about her feelings all the time, gossiping on the phone with her girlfriends and even have a good cry once in a while, he assumes that it's okay for him to do that too.

He may even think that it's a way of showing his woman how connected he is to her by thinking, talking and behaving like her.

He wants to show her that they are soul mates and think, feel and experience life in the same way.

Yet, that's not what a woman wants.

She wants a man that she can look up to and respect, not a guy who wants to be like her or who wants to act like a little boy who needs his mommy.

Here's an example:

For example: A woman might be having a bad day and then start to rant and rave about her work, the state of her life and her feelings in the moment.

She might say something like, *"My life is such a mess! Nothing is going right. I hate my job. I'm tired of always trying to make everyone else happy and putting myself last. I've had enough!"*

In most cases, she's just letting off some steam and simply wants her guy to listen to her while she vents her feelings.

What she doesn't want though, is for her guy to copy her, react like one of her girlfriends (e.g. by getting overly emotional, or by throwing a tantrum of his own).

She doesn't want to see him react and start saying things like, *"I can't deal with seeing you this way. I can't handle it when you're upset. It makes me feel so depressed"* or *"Stuff the world! Society sucks. I hate working. Why is life so difficult? We should just run away and live off the grid"* or, *"You need to quit your job. They just don't appreciate you"* or *"Why are you always getting mad? Can't you see that I have problems too? I'm in a bad space too. What about my feelings for a change?"*

What he doesn't realize is that she is just venting her feelings like a woman (i.e. rambling on about her feelings, without actually want to get to a solution or change anything).

She just wants to express her feelings and as a result, behave like a girl/woman.

She doesn't want to say, *"Okay, here's what I'm going to do to fix the problem"* and be all serious like a man.

She just wants to be an emotional girl for a moment.

Yet, she doesn't want her guy to copy her and be an emotional girl too.

She also doesn't want him to take her rant too seriously, become upset and say things like, *â€œHow can you say that your life is a mess? I thought we had something special between us. Are you happy with me? Are we okay? I love you more than anything. Please tell me that we are okay.â€*

When a guy reacts in this way, rather than make a woman feel loved, understood and happy, she feels turned off at a deep level.

Why?

For a woman to maintain her sexual attraction for her man, she has to feel as though he is the emotionally dominant one in the relationship.

She has to see that he is in control of his emotions and life, rather than being like a woman, or a little boy, who is always losing control of his emotions, throwing tantrums, crying, being insecure and needing her to constantly reassure him that everything is okay.

When a woman feels emotionally more dominant than her man, she begins to lose respect for him.

Without respect, she can't feel sexually attracted to him and eventually she will disconnect with her feelings of love for him.

When that happens she will say something like, *â€œI can't take this anymore. I need a man, not a boy. It's overâ€* and break up with him.

2. He lacks confidence in social situations

Where a lot of guys lose the respect of their woman is by lacking confidence in social situations, especially around other men.

For example: He's

- Allows all kinds of people to push in front of him in a queue. Of course it's okay to let thugs push in front, because there's no need to get into a fight over it. Yet, when everyday people push in front and the guy just lets it happen, a woman loses respect for him.
- Gets stuck with paying all or more of the restaurant bill every time he goes out with his friends, or always ends up shouting way more drinks than his friends.
- Avoids making conversation with anyone else other than his woman.
- Allows other guys to get away with flirting with his woman. Again, he doesn't have to get into a fight over it or approach guys who look at her. Instead, it's just about guys hitting on her right in front of him and him then looking like he doesn't belong and she's no longer his woman.

When a woman sees that her man doesn't have the balls to stand up for himself socially, she will begin to question whether he is man enough for her.

Here's the thing

A woman is always watching to see how much of a man her guy really is because it's about her feeling safe in this world.

She wants a man that can handle difficult people and situations (without having to get into fights) and

be respected, rather than feeling like she's with a guy who needs her to protect him and shield him from challenging people and situations.

So, if she notices that her guy doesn't have the confidence to be a man socially and even allows other people (especially other men) to boss him around, she will perceive him as being emotionally weak and will lose respect and attraction for him.

She may then begin to think, *"I need a man, not a boy"* and will start closing herself off from him emotionally until she decides to fully break up with him.

3. He is afraid to follow through on his big goals in life and is always making excuses or wasting time hanging out with her

[image: Lack of purpose in life]

Most guys will say that they have a big dream in life, but few will actually set real goals and then keep following through until they achieve it.

So, when a guy has a girlfriend that he really loves, he might use the importance of his relationship with her as an excuse to avoid making any of his dreams come true.

For example: He might say to himself, *"I'm very lucky to have found her. She is the most important thing in my life and nothing else matters. She is my real dream come true. I don't need to do anything else in my life because I have her. I don't care about the dreams I used to have. Besides, I can't be bothered pursuing that now. I am happy with her. She is all that matters."*

Yet, what a guy like that doesn't realize is that being emotionally dependant on a woman and making her his purpose in life is the fastest way to lose her respect.

Why?

A woman doesn't want to feel responsible for a man's emotional state in a relationship.

She also doesn't want to be his sense of identity in this world or reason for living.

She wants him to be happy, confident and forward moving in his life, with or without her support or reassurance.

Of course, in pop songs, romantic movies and TV shows, you will see women swooning and falling in love with guys who only focus on them.

That's just for the lonely women who wish they had a guy who would pay them some attention and for the lonely guys who wish that women in real life would enjoy it when they pursued so desperately.

In real life, women want a man that they can look up to and respect because he is following through on his big goals, dreams and ambitions in life.

Women still want their man to love them, appreciate them and spend time with them, but not to make his whole life about the relationship.

He needs to have a strong identity and purpose outside of the relationship with her, as well as with her.

Not just with her.

Here's the thing:

A woman knows that there are many very intelligent men out there who have dreams, but don't have the balls or the awareness (of what women really want in a man) to actually follow through on those dreams.

The rare men are the ones who follow through on their dreams and make their mark in the world, with or without a woman's reassurance.

That is very attractive to women because it allows a woman to feel safe and trust in her man to guide them to a better future together.

She doesn't want to have to be the strong one and make sure that their future is secure, while her guy makes excuses about why he's not getting anywhere in his life.

Another reason why a woman will tell her ex that she needs a man, not a boy is that

4. He still thinks, behaves, talks or acts like a boy when other guys his age act like men

[image: He still acts like a boy, when other guys his age act like men]

Sometimes, a guy likes the idea of living a carefree, irresponsible life (i.e. like a boy or a teenager).

For example: He might...

- Spend most of his time watching TV, playing video games, listening to music or hanging out with friends.
- Avoid getting a serious job and depend on his family, or his woman to help him out financially.
- Still live at home with his parents, even though he's more than old enough to be on his own or sharing a place with housemates.
- Act recklessly (e.g. by getting drunk and driving his car, getting into fights with other guys over unimportant things, take too much drugs to make sure that he is always high and can't really work on important things).
- Is immature and doesn't care about grown up stuff, even though he's in his 20s, 30s, 40s or 50s.
- Flirts with other women and tries to hook up with them behind her back.
- Gets into silly fights with her, throws tantrums and acts like a child who always needs to get his way.

His woman will say something like, "Why don't you stop acting like a child and start thinking about what you want to do with your life? Most guys your age are making important, significant things happen in their life. How much longer are you going to mess around and do nothing?" but he just says something along the lines of, "You're being such a drag. Why don't you lighten up for a change? You're just so serious. Life isn't that serious. I don't have to grow up if I don't want to. Society sucks. People don't know what I know. They're all sheep following the crowd."

Yet, while he's messing around and not taking responsibility for his life, he doesn't realize that his woman is gradually losing all of her respect and attraction for him.

Why?

Mainly because he's not achieving anything in his life, which makes her feel like she doesn't

have a future with him.

She feels more like his mother that has to take care of him, rather than his woman.

While he is right about not having to take life so seriously (life really should be fun), he does need to take responsibility for the future if he wants her to stick around.

Women need a guy who can make her feel safe and if he doesn't, she will take on that responsibility herself and then dump him, or she will leave him for a guy who is making things happen in his life.

Another reason why a woman will tell her ex that she needs a man, not a boy is thatâ€¦!

5. He cries to her

Thereâ€¦s no denying that life can get tough sometimes and itâ€¦s only normal that a guy might find himself bogged down with worries at some point (e.g. he loses his job, heâ€¦s faced with a serious illness, his business is going under, a family crisis).

When things go wrong like that, itâ€¦s understandable that a guy might feel upset and he may want to talk about it with his woman.

That's totally fine.

Yet, thereâ€¦s a big difference between discussing his problems in a calm, rational and composed way and falling apart, crying and whining about his life to her like a woman or a boy would.

Hereâ€¦s the thingâ€¦!

Problems are a normal part of everyoneâ€¦s life.

However, in order for a woman to maintain her feelings of respect and attraction for her man, she needs to be able to see that, no matter what life throws his way, he is man enough to remain mentally strong and in control of his emotions.

More importantly, she wants to see that he can quickly start to focus on a solution and then take action to follow through on that solution.

She doesn't want him to remain stuck in being upset, confused, angry or disappointed for too long.

She is fine for him to feel the emotion temporarily, but to then get on with fixing the situation or acting on the solution like a man.

Women don't go around explaining this to men (because they don't want to teach guys how to be men), but it's what they secretly want.

The more a woman feels like she can depend on her man to be a man all the time (without her teaching and guidance), the more she will be able to respect him, feel sexually attracted to him and love him.

On the other hand, if he falls apart and comes crying to her every time heâ€¦s faced with a hiccup along the road (e.g. he has a disagreement with his landlord, he loses a promotion at work), she will think that heâ€¦s being immature and childish and then begin to lose respect for him.

She will then think something like, *â€œWhy is he always crying to me? Canâ€¦t he just man up and find a way to deal with his problems without whining like a little boy? This isnâ€¦t working for me anymore. I need a man, not a boy,â€œ* and she will break up with him.

Remember: Women naturally look for emotionally strong men who can handle the challenges of life

head on.

At the same time, women try to avoid emotionally weak men who crumble under pressure because they don't want to end up having to take care of a wimpy, insecure guy who needs his mommy to protect him from the big, bad world out there.

Another possible reasonâ€¦|

6. He begged and pleaded when she broke up with him

Sometimes, the shock of being dumped can cause a guy to react in a way that goes against his better judgment and he will act completely out of character.

For example: Although a guy might never consider begging and pleading, when his woman is saying things like, *â€œIâ€™m tired of trying to make things work. Itâ€™s over between us,â€* he may lose control and say something like, *â€œPlease donâ€™t do this! I can change. Just give me one more chance and Iâ€™ll do whatever you want me to do to make it up to you. Just tell me what will make you happy and Iâ€™ll do it. I beg you! Please babyâ€¦| donâ€™t walk away. I canâ€™t be without you. I need you. Please!â€*

Yet, rather than make a woman think, *â€œAwww, thatâ€™s so sweet. I feel so flattered that heâ€™s prepared to beg and plead to stay with me. I guess he deserves another chance for that. I can definitely teach him how to be the man that I need him to be. It's time for me to become his teacher and guide him through the process of becoming the man I need. Yippee!â€* she will just feel even more turned off by him.

Why?

She starts to think things like, *â€œI need a man, not a boy. This guy is too emotionally weak for me. At the first sign of trouble, heâ€™s falling apart and expecting me to give him another chance out of pity. I donâ€™t want to be with him because I feel sorry for him. I want to be with him because he makes me feel safe, protected, taken care of. I want to feel like I can 100% depend on him when times get tough. If he canâ€™t cope with a break up, how will he handle something more serious in life, like his finances, our family or our future? Based on his current behavior, it seems to me that I would have to take care of him instead. I will need to give up being a man's girl and have to become his mother. He just doesnâ€™t understand how to be the man that I need him to be, so I need to get out of this relationship while I still can.â€*

Hereâ€™s the thingâ€¦|

If a woman has to explain to a guy how to be a man, she will automatically start feeling attracted to other men who donâ€™t need her to explain it.

To her, he will seem like a confused guy who hasnâ€™t fully grown up and she will then say something like, *â€œIf you canâ€™t figure out where you stuffed up by yourself, Iâ€™m not going to spell it out for you. Itâ€™s not my job to teach you how to be a man. I need a man, not a boy that I have to lead.â€*

So, even though a guy might have good intentions (by begging and pleading and asking her what to do) because he wants things to work between him and her, his approach is all wrong.

Heâ€™s trying to get her back by displaying traits and behaviors that actually turn women off (i.e. lack of masculinity, insecurity, submissiveness, emotional weakness), so itâ€™s simply not going to

work.

Finallyâ€¦

7. He doesn't yet know what it means to be a masculine, mature man

[image: He doesn't know what it means to be a masculine man]

When a woman breaks up with a guy by saying, "I need a man, not a boy," he might make the mistake of thinking that being a man is all about showing how much he can take care of her.

He may then decide to show her that he can take care of her by being available to her every beck and call, taking care of her financially and sometimes, even getting into fights with other guys over her, to show her what a physically strong guy he is.

He hopes that it will show her that he's willing to do anything for her, but women don't respect that kind of insecure, reckless behavior from men.

She doesn't want a guy to take her so seriously that she is essentially using him as a weapon (to fight other guys) or as a way to get through life (e.g. by getting him to pay her bills, run errands for her).

She wants a man with self-respect who will love her, appreciate her and respect her, but not become her willing slave.

If she feels like she can push him around, or as though she has to play referee when he loses control of himself (by getting into arguments and fights) to prove to her how "manly" he is, she won't be able to look up to him and respect him and feel attracted to him.

Remember: Being a masculine, mature man in a relationship is not about being aggressive or controlling.

It's also not about building bigger muscles, growing a beard or any other superficial masculine thing.

It's about who you are on the inside and how that comes through in how you think, feel, behave and act around her and in life.

It's about believing in yourself as the leader of the relationship and taking on that role (without ever questioning yourself and wondering if it's okay to be the man/the leader), while also respecting her and caring about her.

You have to be the type of man she can look up to, respect and rely on to be a man all the time (i.e. always be confident, emotionally strong and masculine, while also being attentive, loving and gentle when needed).

Don't worry "it's easy."

You simply have to start letting go of your boyish ways, one by one.

You can still have fun, enjoy life and be silly at times, but make that 20% from now on.

80% of the time, you should be serious, forward moving and responsible so you can actually be the sort of man that she and other people can look up to and respect.

If you don't do that, she won't be the only woman dumping you.

Some women do put up with having a boyish man for a boyfriend or husband, but most women don't.

The women who do, usually end up cheating on their boyish man and then leaving him.

If you want a woman to love you, respect you and feel attracted to you for life, you've got to be a man, not a boy.

When you start thinking, talking and behaving like a mature, emotionally masculine man from now on, you ex won't be able to stop herself from feeling drawn to you again.

She will start to feel the doubts creeping into her head (e.g. *â€œDid I make a mistake breaking up with him?â€* or, *â€œWhat if he meets another woman and I lose him forever?â€* or, *â€œWhat if he really has changed now and I lose a great man? Will I ever be able to find a real man like him? Should I just give him another chance and see how it goes?â€*).

When that happens, she will stop being so cold towards you and she will open up again.

She will then allow herself to feel respect, attraction and love for you again for being man enough to figure things out by yourself and become the man (not boy) she always needed you to be.

By the way!

If you decide to learn more from me or anyone else, don't tell her that you're getting help.

Women don't want to know that you're learning or getting help to be a real man.

They just want you to learn it and then start being that man, without essentially saying to her, *â€œNow do you like me? I've been learning to be a man. I'm now more of a man? Is that good mommy?â€*

She just wants you to take on the role of being a man and stop looking to her to give you approval.

A real man approves of himself and doesn't need a woman to pat him on the back and say, *â€œGood boy.â€*

So, if you are serious about getting her back, make sure that you continue learning how to be a man and then just start being that man.

Don't hope to get a pat on the head from her.

Instead, start being the kind of man that she can look up to and respect.

She will then be hoping to cuddle into your arms and look up to you as the man she now respects, trusts, loves and wants to be with for life.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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Is My Ex Leading Me On?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

6 signs that suggest she is leading you on and has no current intention to get back with you, are:

1. She goes out partying with her single girlfriends quite often

Nightclubs, bars and parties are designed for drinking, partying, dancing and finding someone to hook up with.

Women often say, *"I just go out to dance"* or *"I don't give out my number to guys in bars or clubs,"* but that's what women say to avoid looking easy.

What you always need to remember about most women when it comes to men, is that they will often say one thing and do a completely different thing altogether.

Watch this for some examplesâ€¦!

So, if your ex is going to clubs and partying with her single girlfriends, she is looking to get some action whether she admits that or not.

Of course, that doesn't mean your ex has to stay home, be a good little girl and not have any fun just because she's thinking about getting back with you.

However, if she's regularly going partying with her single girlfriends, she's probably not going to sit alone in a dark corner drinking orange juice and saying, *"No, no. I don't want to dance or have fun. I'm considering getting back together again with my ex and it wouldn't be fair to him if I enjoyed myself without him. So, you guys go ahead and have a good time. I'll just sit here all by myself and watch you."*

Instead, she is more than likely going to be having a drink or two (and in some cases, get pretty drunk) and flirting with guys who are there with the intention of hooking up with a woman for sex.

[image: Nightclubs are for fun, partying and hook ups]

Also, did you know that when a woman drinks alcohol her testosterone levels go up, which in turn increases her libido and makes her less sexually inhibited (i.e. she's more open to the idea of having a one night stand than she would be if she was sober)?

So, unless your ex is the type of woman who doesn't drink alcohol, if she is going partying with her single girlfriends, she will usually be sipping down a few drinks and becoming more open to flirting with guys and seeing where things go.

She might say to you that she's not interested in dating anyone right now, but as you know â€¦ women often say one thing and do another when it comes to men, so you can rely on her to be 100% truthful about that.

After all, if she is your ex, she knows that she doesn't have to be loyal to you.

She might give you the impression that she is being loyal, but she knows that she is an individual and can do whatever she wants with her life.

To lead you on and make sure that you don't get angry at her or try to stop her from going on, she might say that she's not interested in seeing anyone.

Yet, if she goes out and a guy that she meets displays some of the traits that are naturally attractive to women (e.g. confidence, charm, emotional masculinity, makes her laugh and smile, charisma) she probably won't be saying *â€œNoâ€* to him if he tries to touch her, kiss her and have sex with her. Hereâ€™s the thing!

When a woman is committed to getting back together with her ex, she will make every effort to fix her relationship with him, rather than make things worse by going partying all the time with her single girlfriend or having sex with other guys.

So, if youâ€™re wondering, *â€œIs my ex leading me on?â€* and sheâ€™s going out partying with her single friends all the time, thereâ€™s a very good chance that the answer is, *â€œYes.â€* If that's the case for you, what should you?

Do the same.

Make her jealous.

You don't have to hook up with any women, but at least go out and have fun, post up some photos on social media and let her see that you're not sitting at home alone feeling sad, lonely and unloved.

When she sees that, she will almost certainly contact you and you can then make her feel attracted on a phone call and get her to meet up with you in person.

Another sign that your ex might be leading you on isâ€

2. She tells you that she doesn't want to be with you now, but maybe some time in the future

[image: Maybe we can get back together some time in the future]

If a woman isn't leading you on, she will say something direct like, *â€œLook, itâ€™s over between us and thereâ€™s no chance of us getting back together again. I donâ€™t want to lead you on and give you false hope. So, forget about me and move on, okay?â€*

Yet, most women won't be that direct when breaking up with a guy.

Why?

Common reasons why include:

- Sheâ€™s afraid that he might break down and start begging, pleading and crying with her to change her mind.
- She fears that he might become angry and possibly even get violent with her.
- Sheâ€™s a nice person and she doesn't want to hurt his feelings, so she tries to break away from him gradually rather than all at once.
- Sheâ€™s angry with him over what happened between them in the relationship and she wants to hurt him by leading him on.
- She wants to give herself some time to find a replacement guy, before she breaks up with him for real.

So, rather than just tell her ex that itâ€™s over, a woman might instead say something like, *â€œI donâ€™t want to be with you right now, but maybe we can get back together some time in the future.â€*

Iâ€™m just not in the right space at the moment for a relationship. I need some time to sort things out in my life,â€ as a way of letting him down easy.

Her guy might then think, *â€œCool! Well at least thereâ€™s hope. She didnâ€™t say itâ€™s over. So, I will wait for her.â€*

He might also tell her that heâ€™ll wait for her for as long as she needs because he loves her so much and respects her need for space.

Yet, giving a woman too much space just doesnâ€™t work in most ex back cases.

Watch thisâ€¦!

If you give her too much space and she secretly doesnâ€™t have strong feelings for you, a woman will almost always use the time to find a replacement guy.

She will then be able to avoid the pain of you breaking up with her, by finally breaking up with you and saying, *“Iâ€™m with someone else now. Iâ€™m sorry. Please stop contacting me.”*

Another sign that she might be leading you onâ€¦!

3. She says that she wants to focus on her work (or studies) this year and after that, you and her can discuss the possibility of a relationship

Some guys will demand that she gives an answer now, while other guys will promise to wait and then go ahead and give her all the space she needs.

He then has to live the entire year with the fear that she might meet another guy, so he will constantly check her social media profiles to see if thereâ€™s any sign of new men in her life.

Alternatively, he might think to himself, *â€œWhat an amazing woman. She really wants to make a success of herself. I totally respect that and I donâ€™t want to be the one to get in the way of her dreams. Iâ€™m just going to stick around and be her friend and help her out as much as possible. Then, once she accomplishes her goals and realizes that I was the one who stuck with her through it all, she will naturally want to get back together with me. She will be able to see that no-one would ever love her as much as I do and stand by her the way I have.â€*

He might then focus on being her nice, sweet, platonic friend who is extra nice to her and runs errands for her, pays some of her bills (e.g. rent, university fees), helps her with work and is her shoulder to cry on when sheâ€™s feeling down or overwhelmed.

Yet, just because heâ€™s being so nice to her, it doesnâ€™t mean that sheâ€™s going to want him back as her boyfriend (fiancÃ© or husband), or that sheâ€™s not going to hook up with another guy in the meantime.

She could be genuinely busy with work (or study), but if she meets a guy who is more interesting to her and triggers her feelings of sexual attraction (e.g. because heâ€™s confident, charismatic, charming), then sheâ€™s going to have to consider hooking up with him.

She might be able to fight the urge, but if sheâ€™s not getting sex from you and is feeling horny, she might just go ahead and let him take her out on a date.

So, remember thisâ€¦!

It's totally fine to remain friends with your ex, but you have to make sure that you are actively making her feel sexually attracted to you during that time.

For example: Being confident at all times, being charismatic, making her laugh, flirting with her, making her feel girly in comparison to how masculine you are.

However, if you only focus on making her feel neutral, friendly feelings for you by being a nice, supportive friend, she might keep leading you on, but that won't stop her from having sex or falling in love with a new guy.

So, don't fall into the friend zone with your ex.

Instead, use every interaction you have with her as a way to actively spark her feelings of respect, sexual attraction and love for you again.

Another sign that your ex might be leading you on is that

4. She shows interest in you via text, but won't meet up with you

One of the easiest ways for a woman to lead a guy on is by sticking to texting without ever wanting to talk to him over the phone or meet up with him in person.

For example: A woman might text her ex and say things like, *"Yesterday I was having lunch at that little Italian restaurant we used to go to and I thought about all the good times we shared there. Maybe we can do that again sometime. I miss you."*

Naturally, when a guy reads a message like that, it's only normal that he might think, *"This is great! Clearly she still has feelings for me. She misses me!"*

If he then responds by saying something along the lines of, *"I feel the same way! Why don't we get together at that restaurant and see where things go from there?"* she will likely just respond with something like, *"Sure, that sounds great, but I'm really busy at the moment. Maybe in a few weeks time when things have settled down at work/with my studies."*

Then, after a few weeks if he tries again to meet up with her, she will likely give him some other excuse to avoid actually meeting up with him in person.

Why?

Often, a woman will do this because she's already seeing another guy and just doesn't want to come out and say it.

She feels bad for hooking up with a guy so quickly after they broke up, so she just leads her ex on and tries to be nice to him.

In other cases, a woman will continue texting to give herself an ego boost, to get emotional revenge on him for hurting her or just for something fun to do.

As you may have experienced, a woman can often change and become a completely different person after breaking up with you.

When with you, she was so sweet and innocent, but now that you're broken up, she can turn into somewhat of an enemy who actually wants to hurt you.

Not all women are that mean of course, but many guys do encounter a complete change in their

woman after a break up.

This is why texting is a horrible way of getting a woman back.

Rather than wasting time with texts, just get her on a phone call right away, where you can spark some of her feelings for you (e.g. by making her laugh and smile, showing her that you've changed) and get her to agree to see you in person.

Another possible sign that she's leading you on is

5. She says that you deserve better than her

A nice way that a woman might lead a guy on is by saying something along the lines of, *I love you too much to get back with you. You deserve a woman who is better than me. Someone who can love you the way you should be loved, rather than be stuck with a girl like me who doesn't know what she wants in her life. Why do you even bother with me? I'm not good enough for you.*

In most cases, when a guy hears something like this, rather than think, *Hmmm she has a point there. I can easily get another beautiful woman. Why am I bothering with a woman who isn't giving me her full love and devotion? She's right. I'm moving on. Bye!* he thinks something like, *I don't care what she thinks. I love her more than any other woman. She is special to me. She is so amazing that she cares about not being good enough for me. What more could I ask for? She cares about me. She must really love me to be willing to put my happiness before her own. I just have to get her back. I want to take care of her and treat her well. She's such a great woman.*

He then plays into her hands by not moving on and simply waiting around for her to change her mind and come running back to him.

In cases like this, a guy will often buy a woman flowers, a ring, pay for her rent or offer to take her on an expensive holiday.

He's trying to show her how willing he is to take care of her, in the hope that she then realizes how lucky she is and gives him another chance.

Yet, that's not how it works.

A woman doesn't want to feel as though she is being bought.

She wants to feel like she is with you because she feels respect, attraction and love and actually wants to be with you.

She doesn't want to feel as though she is just going to stick around because of all the nice things you can do for her.

Of course, some selfish women do that to take advantage of their guy for a while, but the relationship never lasts.

So, if your ex is saying something along the lines of, *You deserve better than me,* it's very likely that she's leading you on.

She's probably using that excuse to keep you at arms length while she moves on and finds a replacement guy.

If you want her back, make sure that you aren't desperately chasing her and are instead allowing her

to miss you and want you back.

Another possible sign of leading you onâ€¦!

6. She says that she doesn't love you the same way anymore, but needs more time alone to figure things out

When a woman says something like, *â€œMy feelings for you have changed. I don't love you anymore. I can't decide what I really want right now. Just give me some time to think about it and figure things out in my life. Then, we'll see what happens from there,â€* a guy may then think to himself, *â€œWell that's not so bad. At least she's trying to sort through her feelings for me. I can be patient. After all, she means the world to me. She's worth the wait. I don't want any other women besides her, so I'll just back off for a while and give her the space she needs. Then, when she's ready, she will call me up and we can get back together again.â€*

He might then cut off all communication with her (e.g. he stops texting, e-mailing, calling, interacting with her on social media and he doesn't see her in person) for 30 to 60 days (some guys wait even longer than that) in the hopes that the time apart will make her realize how much she misses him and she will then come running back.

Yet, in most cases, giving a woman a lot of space usually only plays into her hands.

Rather than sitting around thinking, *â€œThis is terrible! I miss him so much! I know I said I don't love him anymore, but I was wrong. I want him back now! I need to call him right away so that we can get back together again,â€* a woman is usually thinking, *â€œThis is perfect. Now I can focus on getting on with my life, without having to deal with him calling me and pestering me about getting back together again,â€* and she just moves on.

If her ex then gets in touch with her after 30 or 60 days, she will say something like, *â€œSorry. It's too late. I'm seeing someone else now and I'm really happy. It's really over between us now. You need to move on and forget about me.â€*

So, if you want to get your ex back, don't let her lead you on with the, *â€œI need some space. Maybe we can get back together again sometime in the future,â€* line.

In most cases, space is just a way to keep you out of her life so she can move on.

If you give her more than 7 days of space at a time, it usually leads to her moving on with another guy or having enough time to get over you and say, *“No, I've made up my mind. We are finished. We're not getting back together and nothing you can say will change my mind.”*

So, to get her back, you need to actively focus on triggering her feelings of respect and attraction for you again, so she will want to change her mind.

You can't do that if you're not interacting with her though.

So, make sure that you don't just sit back and wait (e.g. for 30 or 60 days) for your ex to tell you when she's ready to give you another chance.

Instead, use every interaction you have with her (e.g. via text, on social media and especially over the phone and in person) to get her smiling and laughing.

This makes her drop her guard and be able to say something like, *â€œI've had enough time apart. I think we should get back together again. I miss having you in my life.â€*

Love is Like a Dance

Most men hate dancing and don't even want to think about it, but dancing actually a great metaphor for how to succeed with women.

For example: When a man is dancing with a woman, she really likes to be able to follow his lead.

A man taking the lead doesn't mean that he has to do all the work and put in all the effort.

Instead, he should either know what he wants to do and do it, or just follow his instinct and do whatever he wants while dancing with her.

If he is able to lead with confidence in that way, a woman can then relax (rather than having to think, plan and act like the leader) and just focus on doing all sorts of fancy, sexy moves as she expresses her femininity.

If you've ever seen a woman dancing with a man who is calmly and confidently leading, you will have noticed how happy she was.

It's the ideal scenario for women because they get to be the girl, or the woman, rather than having to take on the more dominant, manly role and lead the way.

So, how does all that relate to getting an ex back?

Well, even though your ex might not admit or even know it, what she really wants is for you to lead her back into a relationship, so she can be your happy, girly, sexy woman again.

She's not going to tell you what to do to get her back though, because that would be leading you and would ruin the ideal masculine/feminine dynamic that a woman wants to experience with a man.

Just like with a dance, a woman will either get very frustrated that her man can't lead, or she will smile from ear to ear and be very happy, excited and attracted to him if he has the confidence to just lead the way.

The same applies with getting her back.

You just can't expect your ex to lead you back into a relationship.

As a man, that's your role.

So, how do you lead the way?

Start saying and doing the type of things that will make her feel respect for you, feel attracted to you and begin to love you again.

By actively making her feel attracted, you are leading the way and helping the relationship get back together.

For example: You make her laugh and smile on a phone call and then say, *"Hey, so anywayâ€¦we should catch up and have a coffee tomorrow or the next day"* and she then says, *"I'm not sureâ€¦maybe it's not a good idea."*

Do you follow her lead?

No.

You say, *"Ahh, come onâ€¦it's just a coffee. We're mature enough to catch up for a coffee as friends. It doesn't mean that we're getting back together. It's just catching up for a quick coffee and laugh. We can do that."*

If you have been attracting her on the phone call and making her feel respect for you, she will agree

and go along with meeting up with you.

As a result, you will be leading the dance.

It's not difficult to lead the way with a woman.

Women naturally want to be with a man that they can follow the lead of.

It doesn't mean that you have to make all the decisions, do all the work or put in loads of effort.

You just have to believe in yourself and assume the role as the leader or the man in the relationship and move things forward, while also being loving, respectful and considerate of her feelings and her needs.

If she wants to make a decision and lead the way on something, you let her.

Yet, just don't fall into the trap of needing her to lead or allowing her to walk all over you and make all the decisions.

Believe in yourself and assume the leadership role as the man because that's how women want it anyway.

Women want you to lead the way.

They like it.

So, when a guy asks, *â€œIs my ex leading me on?â€* it's usually because he has been waiting around for weeks, months and in some cases, even years, hoping that his ex will lead him back into a relationship with her.

Yet, that's not how it works.

If a man wants a woman back, he needs to have the emotional courage to remain confident all the way through the ex back process, rather than expecting a woman to go easy on him and make it completely obvious that she wants him back.

The truth is, when a guy has the confidence to take the lead and go after the woman he loves, it actually makes a woman feel a renewed sense of respect and attraction for him.

She begins to see him in a more positive light and all the negative things that she's been holding on to about him and the relationship begin to fade away and get replaced by new, positive emotions such as respect, attraction and love.

Her guard naturally comes down and she will usually just go along with it, hook up with him and get back into a relationship, because she can see that he's now the kind of man she can look up to, respect, feel desire for and love.

×

[image]

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4 Things to Remember When Seeing Your Ex Again

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

When seeing your ex again, it's very important that you use the opportunity to show her that you're no longer the same guy she broke up with.

This naturally re-sparks her feelings of respect, attraction and love for you and gets her to open up to giving the relationship another chance.

How can you show her that you've changed and become a new man?

By remembering the following:

1. She will be impressed if you are emotionally stronger than her, while also making sure that she feels good about herself too

Where a lot of guys go wrong when seeing an ex woman again, is worrying too much about what she might say or do at the meet up, rather than focusing on what he is going to do to make her feel a renewed sense of respect and attraction for him.

Many guys assume that the woman is totally in control of the ex back process (i.e. she decides how often they can see each other, how long it will take for her to forgive him and want him back, what he needs to do to please her).

A guy will assume that what he has to do is be really nice to her, follow along with all her demands and hope that she eventually takes pity on him and gives him another chance.

Yet, that approach usually leads to the woman losing respect for the guy because she can see that he's not being his real self and is being extra nice, considerate and generous as a way of sucking up to her.

That's not what makes a woman feel respect for a guy.

She wants to see that he is being a good man, but he's not desperately putting up with her bad treatment of him in the hope that she will eventually take pity on him and give him another chance.

She wants to know that the man she is with is someone she can respect, look up to and feel proud of, rather than a guy that makes her feel pity and disappointment due to his lack of a backbone.

So, a woman will test her ex guy to see if he's emotionally strong enough to take control and guide them back into a relationship, or if he's going to lose confidence and fall apart at the first sign of resistance from her.

For example: To test him, a woman might act cold and distant towards her ex when they meet up.

She may even say things like, *"I don't know why I'm even here. This is just a waste of my time. We have nothing to talk about anymore,"* or *"I don't know why I'm bothering with you after everything you put me through. I should have my head examined for even talking to you on the phone, let alone meet up with you."*

Naturally, hearing her say these types of things might make a guy feel upset and he may think to himself, *"This is hopeless. She doesn't have feelings for me now and I'm just annoying her even more. I don't know what to do to make her give me a chance to show her that I've really changed this time."*

Then, rather than use her coldness as an opportunity to show her the new him (e.g. by cracking through her defenses and making her laugh, smile and feel good to be around him again), he instead begins to feel anxious around her.

He might then react by being extra nice to her in an attempt to get on her good side.

For example: He mightâ€¦

- Plead with her to give him a chance to show her that heâ€¦s changed.
- Pay for everything (e.g. drinks, meals) as a way of impressing her.
- Try to calm her down by promising to do anything she wants him to do.
- Take the blame for everything that happened between them (e.g. he may say things like, *â€œIâ€™m so sorry. It was all my fault. I was a real jerk to you and I deserve it now that you’re angry at me and don’t want to get back together. It’s all my fault.â€*)

However, rather than make a woman think, *â€œAwwwâ€¦ heâ€™s being so sweet. He really does care about me. Look how nice he is, even though Iâ€™m being such a bitch towards him. I have to make it up to him by giving him another chance. I knowâ€¦ Iâ€™ll tell him that all is forgiven and then we can get back together again. Yayyy!â€* she will simply feel turned off by him.

She doesn’t want to see him becoming weak when she tests him like that.

She wants him to have the balls to joke around with her and bring the interaction back to a more fun, easy-going vibe, rather than being so serious and depressing.

For example: She says, *“I donâ€™t know why Iâ€™m even here. This is just a waste of my time. We have nothing to talk about anymore”* and he jokingly says, *“Yeahâ€¦ what are you doing here? I guess it means you still love me”* and then laugh at her (in a loving way, not in a condescending way) and laugh at the situation they are in.

[image: Get your pretty butt in the kitchen and make me some food]

Alternatively, he might say something like, *“You know what you’re doing here”* and she then says, *“What?”* and he says, *“You’re here because you want to cook me some dinner. I’m hungry. Get your pretty butt in the kitchen and make me some food”* and then has a laugh with her about that.

Obviously, he’s only joking.

What’s important is that he has the balls to joke around in a moment like that, rather than worrying that if he says something “wrong” she will leave and never come back.

Worrying like that is needy and it turns a woman off.

A woman doesn’t want to feel as though you need her reassurance, love, attention and approval to feel okay about yourself.

She also doesn’t want to feel as though she is the one in control of the relationship.

She wants you to take control, but still be a loving, good man while you do it.

It’s not about being rude to her, insulting her or disrespecting her.

Instead, it’s about having the emotional strength to not take what she is saying so personally and just bring the interaction back to laughter and love.

After all, when you’re both laughing and feeling love, you’re not going to want to be breaking up and steering clear of each other.

She's going to enjoy being around you and because she feels so good around you, she will want to give the relationship another chance.

She will want it for her own, selfish reasons (i.e. because you make her feel respect, attraction, love and happiness now), so she will be open and interested in seeing you again and keeping the relationship together.

Another thing to remember when seeing your ex again is thatâ

2. Improving your physical appearance is usually the least important thing to a woman

[image: She is much more interested in your confidence than your muscles]

When a woman breaks up with a guy and says something like, *âI just don't feel the same way about you anymore,â* or *âI don't feel attracted to you in the same way I did at the beginning of our relationship,â* or *âThe spark between us has died,â* a guy might make the mistake of thinking that if he changes his appearance (e.g. wears better clothes, loses some weight or builds some muscle, changes his hairstyle), her old feelings for him will come rushing back to her again.

Yet, that's not how it works.

Although, a woman might say, *âWow, you're looking good. I can see you've been really busy working out at the gym since we broke up. I love your new look,â* his appearance is not the main thing that will make her feel attracted to him again.

Why?

Even though a woman may appreciate that a guy has made an effort to improve himself physically, she's more interested in seeing that he's improved himself emotionally.

For example: If a woman broke up with a guy because he became too wimpy or weak-minded in the relationship with her, that's what is going to be most important to her.

If he's wearing nice new clothes, sporting a fashionable haircut and has big muscles, but is still the same guy emotionally that she broke up with, she won't think, *âSure my ex is still at the same level he was at when we broke up, but he looks better now with new clothes/with his big muscles. So, I'm just going to overlook the fact that I can't respect and feel attracted to a wimpy, weak-minded man and get back together with him because of the superficial changes he made.â*

Instead, she will think something like, *âIt's a pity that he didn't put as much energy into improving the things about himself that really matter to me (e.g. his emotional strength, his ability to make me feel respect and attraction for him as a man). If he had, I wouldn't think twice about getting back with him. I would just give him another chance. I won't tell him this, but the way he looks on the outside isn't as important to me as the way he is on the inside (i.e. confident, emotionally strong, emotionally masculine).â*

The thing you need to get clear on, is that what matters most to a woman is how you make her feel when she's interacting with you.

That principle applies when meeting new women for the first time, being on a first date, having sex and when in a relationship.

It always applies, even if you are married, have children and have been together for years.

She has to feel respect, attraction and love for who you are when you interact with her.

For example:

- Can she relax into being fully feminine in your presence, or does she feel more like your boss and like she has to lead you and tell you what to do?
- Can she respect you, look up to you and feel proud to be with you, or does she feel like she's too good for you and doesn't want to be associated with you?
- Do you make her feel turned on and excited to be interacting with you, or does she feel bored, annoyed or indifferent?
- Do you make her smile and laugh, or do you make her focus more on all the negatives of your relationship and why she broke up with you?

Those are some of the things that matter much more than what a guy looks like on the outside.

Women will often go around talking about a man's appearance (e.g. talking about abs, biceps, shoes), but what really matters is how confident and emotionally strong a man is on the inside.

Of course, that doesn't mean you should let yourself go, avoid exercising, wear old, scraggy clothes and let your hair grow down to your knees and never wash it.

It's totally fine to take care of your appearance, but just know that it's not the most important thing to a woman.

What matters is how he makes her feel based on his attitude, his way of thinking and his behavior.

In other words, does he have an insecure attitude, think in an insecure way and behave in an insecure way, or is he confident?

When seeing your ex again, she will look to see how confident you really are, even though she isn't giving 100% clear signals about whether or not she wants to get back with you.

That's what matters.

Another thing to remember!

3. Focus on making her smile, laugh and feel good, rather than getting into deep, serious conversations about the relationship

[image: Focus on making her feel good]

When seeing your ex again, it might be tempting to want to talk about what happened between you and her.

For example: A guy might want to repeatedly apologize to her and explain why he behaved the way he did and how much he regrets hurting her.

He may also tell her how much he still cares about her and wants her back and remind her about how good things used to be between them in the beginning.

Yet, getting into deep, serious conversations about the relationship with your ex before you've fully reactivated her feelings (of sexual attraction, respect and love) for you, will just make her focus on the fact that things really are bad between you and her.

Rather than make her think, *“This is good! At least we’re finally clearing the air between us,”* she will be thinking, *“There are too many painful memories for me. I don’t know if I can move past what happened between us. I think seeing him again was a bad idea. It only made me remember how bad things turned out in the end. We’re not right for each other and seeing him again is making that clear to me.”*

So, if you don’t want your ex to be thinking like that, make sure that you focus instead on making her smile, laugh and feel good to be around you again.

It’s not about constantly cracking jokes and being silly around her.

Instead, it’s simply about not being so serious and harping on and on about the past.

When she’s smiling, laughing and enjoying being in your presence, it becomes difficult for her to keep thinking, *“He stuffed up. I’m not going to forgive him for that.”*

Instead, she thinks, *“I never expected to be able to relax around him and enjoy myself like this. It actually feels pretty good to be around him again. I guess things aren’t that bad between us after all.”*

So, if you want to re-spark your ex’s feelings of respect and attraction for you again when you see her, don’t try to convince her that you’ve changed with endless logic, reasoning and discussions about the past.

Finally, another thing to remember when you see your ex again is

4. If you can’t hook up with her sexually, at least get a warm, goodbye hug and make it last for at least 5 seconds

[image: Get a warm, goodbye hug]

It might feel a little bit awkward initially, but it’s worth it.

Having a warm hug goodbye helps you and her break the physical distance between you, feel rushes of love and attraction and more importantly, it confuses her.

She starts thinking, *“Hmm...why did that hug feel so good?”* and she then becomes open to texting you, calling you and seeing you again.

Make sure that you are the one initiating the texts, phone calls and suggestions to meet up.

Ask on a phone call rather than text though, because most women play hard to get via text when dealing with an ex.

However, whatever you do, just make sure that you don’t end the meet up without getting physical (i.e. hugging, kissing, having sex).

If you can only get to a hug, do that, but if you can go further – by all means, do that.

In some cases, a woman will be open to hooking up with her ex sexually when they meet up again.

In other cases, a woman will usually take on a *“This was nice, but let’s wait and see what happens”* approach, because she doesn’t want to come across as being too easy.

So, a way to continue building on her feelings for you and build up the sexual tension is to get her to give you a goodbye hug.

For example: When you and her are getting ready to leave, you can say something along the lines of,

â"â"Okay, bring it in for a warm, goodbye hug since we're not going to see each other again.â"â"

In most cases, if youâ"â"ve been making her feel surges of respect and sexual attraction for you throughout the meet up, a woman will be more than happy to give you a hug goodbye.

So, just go ahead and give her a nice, long, 5-second squeeze in your arms.

If she gives you a quick hug and pulls away after a second, you can laugh and say, â"â"You call that a warm goodbye hug? Come here and let's have a proper hug goodbye. We're mature enough to do that, right? Relax girl, relaxâ"â" and then bring her in for another hug.

She then feels attracted to your confidence, masculinity and fearlessness when it comes to love, so she drops her reservations about seeing you again.

Then, if you suggest meeting up again soon, she will be open to the idea of seeing you again.

By the wayâ"|

If possible, pull back from the hug and lean in for a kiss.

A kiss changes things pretty quickly.

All of a sudden, you go from ex's to lovers again and it's then a lot easier to transition to sex and then back into a relationship.

If you don't move in for a kiss though, don't worry.

Just do that the next time, or suggest heading back to your place or hers (after the hug goes well) and then do it there.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Should I Give Up On My Ex Girlfriend?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

It depends on how serious you are about getting her back.

If you sincerely want her back, then no â€œ don't give up on her.

Just use a different approach to give her the attraction experience that she wanted from you all along.

For example: Some of the ways that you can do that includeâ€œ

- React differently to what she says and does (e.g. if she acts cold and indifferent towards you, rather than get upset about it, you remain calm and confident and turn her coldness into something for both of you to laugh about).
- Focus on making her smile, laugh and feel happy to be around you, rather than getting into serious conversations about the relationship, or trying to make her change her mind by begging, pleading and telling her how much you still care about her.
- Make her feel feminine and girly when she interacts with you, rather than making her feel neutral, or even worse, making her feel more emotionally dominant than you and allowing her to call the shots. Even though she is your ex and is acting like she has the right to call the shots, she will actually respond more positively to you if you regain the position of power. You've got to do it in a relaxed, easy-going way though. It's not about demanding to be in position of power again.
- Show her via your thinking, behavior and actions that youâ€œve fixed some of the issues that turned her off (e.g. If you were insecure and self-doubting, you are now more confident and self-assured. If you were too nice and allowed her to dominate you with her confident personality, you are now more ballsy and emotionally masculine and you stand up to her or laugh at her (in a loving way) when sheâ€œs being pushy).

When your ex girlfriend can see that youâ€œre not the same man she broke up with, it becomes difficult for her to hold on to her negative feelings about you.

She is forced to reevaluate her perception of you and has to admit to herself that you're not like you used to be.

You really have changed and the changes feel attractive to her.

She then drops her guard and you can then guide her back into a relationship with you.

Getting Her Back For the Right Reasons

[image: Getting her back for the right reasons]

If you don't really want your ex girlfriend back and are only trying to hook up with her one last time to feel good about yourself, then you're not really going to get the confidence boost you are seeking.

Why?

Your confidence in yourself needs to be independent of her validation.

If you need her acceptance to feel confident about yourself, then you're not confident â€œ you're

insecure.

The way that a real man manages his confidence is by being a self-approving, masculine man.

He doesn't need other people to approve of him to feel confident or good about himself.

He approves of himself and knows that he is a good man, he is valuable, his is loveable and doesn't need anyone woman or person to keep reassuring him of that fact.

He knows it.

Here's the really interesting thing thoughâ€¦!

When a man knows that he is worthy, loveable and attractive (because he decides so. He approves of himself), he actually gives off the type of confidence and has the kind of swagger that women find naturally attractive.

He might not look very good physically, but women will say, *"There's something about him. He's sexy."*

Yeah, he's a self-approving, masculine man.

He isn't looking to people around him to say, *"Hey, you're okay. You're worthy."*

He just approves of himself and as a result, he has a calm, easy-going, loveable type of confidence that not only makes women feel attracted to him, but makes other guys respect him too.

So, if you want to get your ex back because you need her to make you feel good about yourself again, it's going to backfire.

Women can smell insecurity a mile awayâ€¦and it doesn't smell good at all.

Women are naturally attracted to confidence in men and naturally turned off by insecurity.

So, if you want to succeed at getting your ex girlfriend back, make sure that you understand how to be a truly confident man, rather than trying to gain confidence by way of her showing interest in you again.

If your ex girlfriend picks up on your insecurity and realizes that you need her back to feel good about yourself, she will close up.

Have You Been Making the Ex Back Process More Difficult For Yourself?

[image: Have you been making the ex back process more difficult for yourself?]

Getting an ex woman back is fairly easy in most cases.

I know this because I've been helping men get women back for many years now and I have heard back from 100s of men who've successfully gotten a woman back.

In most cases, the woman hates her ex and doesn't want anything to do with him anymore.

Yet, he gets her back.

You can do that too.

However, if you are making any of the following classic mistakes, you will simply be making the ex back process harder than it is or you will be ruining your chances with her altogetherâ€¦!

1. Using the No Contact Rule (ignoring her for 30-60 days)

Sometimes, when a guy is trying to get his ex woman back after a break up and she is ignoring him (i.e. by not responding to his texts, e-mails or social media messages and not answering his calls), or by being cold and unfriendly, he might make the mistake of thinking that cutting off communication with her for 30 to 60 days is the only way to make her miss him and then want him back.

However, in most cases, that tactic just doesn't work on women after a serious break up.

Why?

To begin with, when a woman breaks up with a guy, it's usually because she has lost respect and attraction for him over time.

Unless she is still secretly in love with the guy and is hoping that they will get back together again, or if she is struggling to find herself a replacement guy, ignoring her for weeks or months isn't going to worry her.

Of course, a woman may wonder why her ex isn't contacting her, but if she's sure that he can't change and become the kind of man she needs him to be (e.g. become truly confident, emotionally secure, emotionally mature), she's just going to focus on moving on quickly and finding a replacement guy.

So, if your ex girlfriend doesn't have feelings for you right now, ignoring her for 30 or 60 days isn't a very good idea, because you will just be making it easier for her to get over you and move on.

If you don't want to give up on your ex girlfriend, the best way to get her back is to be active about it.

Actively re-spark her feelings of respect, attraction and love for you and actively guide her back into a relationship with you, before it's too late.

Watch this!

Whether you're interacting with her via text, on social media, over the phone, or in person, make sure that you're making her smile, laugh and feel happy to be in contact with you again.

The more respect and attraction you make her feel when you're interacting with her, the more that her defenses will come down and open she will become to the idea of getting back together again.

On the other hand, if your main method of trying to get you back is to ignore her for 30 or 60 days, she may just use that time to get over you and find herself another guy who makes her feel exciting lust and new love.

A lot of guys wonder, *"Should I give up on my ex girlfriend?"* when they are using the no contact approach to getting an ex back.

A guy will hope that cutting off communication will do the trick, but it just doesn't work on most women.

You've got to actively make her feel something for you again and when you do that, she starts to change her thinking and behavior.

She goes back to looking at you as a potential boyfriend again, or at least wants to hook up with you one last time sexually to see how she feels.

Here's another mistake the makes the ex back process harder than it actually is!

2. Trying to text her back

Texting an ex girlfriend when she refuses to talk to you over the phone or see you in person, is a good way to break the ice and get her to open up to you a little bit.

Yet, itâ€™s not the main platform to use to apologize to her and ask her for another chance.

Apologies need to be done over the phone, or preferably face-to-face where a woman can hear the tone of your voice, or observe your body language and see that youâ€™re being sincere.

As for getting another chance with her, itâ€™s not something you actually need to ask her.

Instead, you need to make her feel so much respect and attraction for you again that giving you another chance is something she wants because it feels good to her.

Getting back with you becomes her desire, her need and her want.

She wants you back for her own reasons, rather than to help you feel good about yourself again,

So, donâ€™t hide behind texts in the hopes that your ex girlfriend will suddenly say something like, *â€œI miss you so much! Letâ€™s do this. Iâ€™m ready to be your girl again.â€*

Some women do respond well to the texting ex back approach, but most don't.

In most cases, a woman will just get annoyed and bored of receiving endless messages from her ex boyfriend and she will stop responding to him altogether.

Alternatively, she will text back and forth for a while and in the meantime, focus her energy on meeting new guys, having sex and falling in love with someone new.

She will then either stop replying to her ex's texts or she will text him something like, *“Sorry, but I've met someone else. Please stop texting me. Thank you for respecting that.”*

Her ex is then left feeling devastated that, after all his effort texting back and forth with her, she has gone and had sex with a new guy and moved on.

So, make sure that you donâ€™t try to get your ex girlfriend back purely by texting her.

Texting your ex after breaking up should only ever be used as a stepping stone to getting her to talk to you on the phone and in person.

On a phone call, itâ€™s a lot easier to re-spark her feelings of respect and attraction for you (e.g. by making her smile and laugh) and getting her to agree to see you in person.

When she meets up with you and realizes that youâ€™re no longer the same guy she broke up with (e.g. youâ€™re more confident and emotionally strong now, you have a clear purpose and direction in life, youâ€™re more ballsy and can stand up to her) she wonâ€™t be able to stop herself from feeling attracted to you again.

You can then kiss her, have sex with her and get the relationship back together.

That's what works.

Something else that makes the ex back process more difficult than it actually isâ€

3. Asking for another chance before reactivating her feelings

If a guy asks his ex girlfriend for another chance before he fully reactivates her feelings of respect and sexual attraction for him, she will usually push him away and say things like, *â€œNo, Iâ€™m just not interested in you anymore,â€* or *â€œYou need to accept that weâ€™re never going to get*

*back together again and move on.*â€œ

Why?

He has feelings for her, but she doesn't have feelings for him.

For a relationship to get back together, there needs to be mutual feelings.

It doesn't have to be exactly mutual, but she needs to have some feelings for you (e.g. she is 60% into the idea of getting back with you).

If you try to get her back when she's at 0% or 30%, then you're going to be making the ex back process more difficult than it needs to be.

She's going to be saying, *"Noâ€œI'm not interested. Please respect that and leave me alone."*

So, if you want another chance with your ex, you need to reactivate her feelings for you first.

For example: Some of the things you can do that will reactivate your ex girlfriend's feelings of respect and attraction for you are:

- Understand her true reasons for breaking up with you (e.g. you were needy and insecure in the relationship, you were too timid and allowed her to dominate you, you stopped making her feel girly and feminine in your) and then quickly begin fixing those things about yourself, so that when you interact with her (e.g. on a phone call, or in person) she will sense that you've changed.
- Make her smile and laugh when she interacts with you, rather than getting into arguments, debates or getting dragged into her drama.
- Make her feel feminine and girly in your presence (e.g. she feels like a girl in comparison to how masculine you think, talk, feel), so that she will want to interact with you more, rather than just making her feel like a neutral friend.
- Get to the point where you feel happy and fulfilled in your life with or without her (e.g. focus on your big dreams and goals, have fun going out with friends), so that you're not emotionally dependent on her to make you feel good about yourself.

You don't have to be perfect to re-attract your ex girlfriend.

Instead, you just need to be at a different level from where you were when she broke up with you.

Then, when you interact with her again and she sees that you're a new man, her walls will come down.

Even if initially she tries to stop herself from reconnecting with her positive feelings for you, she won't be able to resist the new you for long.

All it usually takes is a spark and most women will begin to open back up to communicating and seeing you in person, where you can then guide her through the rest of the rapid ex back process.

So, if you're still wondering, *â€œShould I give up on my ex girlfriend?â€œ* the answer is *â€œNo.*â€œ

If you want her back, just start showing her that you are now the man she always wanted you to be (e.g. confident, charismatic, emotionally strong, emotionally mature) and get her back into your arms where she belongs.

Don't tell her that you've changed.

Show her.

An ex girlfriend doesn't want you to try to explain all the things you've learned and changed.

She just wants you to change, interact with her and make her feel differently (i.e. respectful of you, attracted, in love) around you from now on.

If you can do that, you won't have to give up on her because she will be your girlfriend again and the relationship will be better than it was before.

You can do that.

You are capable of learning, changing and being a better, more attractive man to her from now on.

If you do that, her feelings for you will automatically change.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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She Broke My Heart, But I Still Love Her

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you want her back, here are the 5 steps to follow!

1. Make Your Heart Unbreakable By Becoming Emotionally Independent First

Right now, the idea of getting over your broken heart and living a happy, productive and independent life without your ex might seem impossible.

When in your situation, a guys may think something like, *“Being with her was the only thing that made me happy. Without her in my life I feel hopeless. There’s no point in doing anything anymore. I just want to be with her. I never thought she’d break my heart and leave me like this. I still love her, but I don’t know what to do to get her back. I’m stuck.”*

If you can relate to that, you need to make a change.

Feeling like you need her back to feel whole again, or to give your life purpose and meaning is going to ruin your chances of getting her back.

[image: Please give me another chance. I need you in my life]

If she interacts with you and senses that you need her back to feel better about yourself again, she will close up and feel turned off by your neediness.

So, if you want her back, you first have to become emotionally independent and accept that it’s possible for you to live a happy and fulfilled life without her.

How can you do that?

By seeing your purpose in life (i.e. your biggest goals, dreams and ambitions) the most important thing to you, rather than looking at her for your sense of identity or purpose in this world.

It’s okay to make a woman the most important person in your life, but not the most important thing.

She won’t want to hear that she is the most important person to you until you reactivate her feelings for you and make her want you back.

Watch this!

When you have re-attracted her and are back in a relationship again, she will then feel good about being the most important person to you because she will be starting to feel the same way about you too.

So, if you want to get her back, make sure that you’re not going into the new relationship relying on her to give you a sense of identity and purpose in life.

You need to become emotionally independent because if you do, you will become attractive to her again.

You will automatically be more confident, have higher self-esteem and will be a man of purpose that she can look up to and feel proud to be associated with.

When you interact with her (e.g. on a phone call, or in person) and she realizes that you’re getting

on with your life without her and are content and happy without her, she will begin to wonder, *â€œDid I make the right decision to break up with him? Should I give him another chance? Heâ€™s definitely not the same insecure, self-doubting guy that I broke up with. He is more confident, self-assured and emotionally masculine now. I think I made a mistake breaking up with him. I wonder if he will forgive me for breaking his heart and allow us to start fresh in a new relationship together?â€*

Nextâ€

2. Understand What Type of Attraction Experience She Really Wanted From You

Women rarely admit the subtle reasons why they dump a guy.

For example:

[image: Understand exactly how you turned her off]

- He doesn't stand up to her and put her back in her place in a loving, but assertive manner. Instead, he puts up with her bad behavior, which makes her feel unsafe about his ability to handle other challenging people in life (e.g. at work, friends, family).
- He doesn't get along well with most of her friends and family because he's too shy, is very opinionated or rude, is anti-social or thinks negatively of most people he meets.
- He has stopped being the confident guy she first met and has become very insecure and emotionally sensitive.
- He has stopped being a masculine guy and often copies her way of being (e.g. gossiping like a girl would, being emotional like a girl, giggling like a girl with her, being too cute to the point where he ends up acting like a boy not a man).
- She feels stronger than him emotionally, so it feels weird to submit to him sexually. She's submitting to a force that is less powerful than her.
- He hasn't reached her level of social intelligence yet (i.e. she is more mature, more experienced and more aware of social psychology than he is), so he ends up coming across as uncool or awkward in social situations.
- She fell in love with him at the start because he didn't need her and it was fun to chase him, but he ended up changing completely and becoming a needy, clingy boyfriend (or husband).

So, if you want to get her back for real, you've got to change the things that really matter to her.

Changing things that she doesn't care about (e.g. adding a bit more muscle by working out that gym, being even nicer to her, buying her a gift) isn't going to work if that isn't what she felt turned off by about you.

On that note, buying an ex woman a gift never works to get her back.

I've personally worked on 100s of ex back cases and in the cases where a guy has bought his ex woman a gift, paid her rent or bought her a ring, it has never worked.

What works is to actively make her feel attracted to you again.

If she's going to give you another chance, she will be getting into a relationship with you, not with a

gift.

It's about how you make her feel when you interact with her on a phone call and in person.

That is what counts, so focus on that.

Nextâ€¦!

3. Get Clear On Why You Forgive Her For Breaking Your Heart

As painful as it might feel, you need to ask yourself, *â€œDo I honestly still love my ex and feel that there is a real future for us together, or do I only want her back because I'm lonely without her? Do I want her back because I worry that I won't be able to find another woman as good as her, or can I easily attract new, quality women whenever I want?â€*

If you honestly believe that sheâ€™s the one for you and that you and her can build a happy and lasting future together, then itâ€™s very important that you:

- Fully forgive her for breaking your heart.
- Make some attractive changes and adjustments to the way you think, act and behave, so that when you interact with her from now on, youâ€™re giving her the attraction experience she really wants (e.g. if you were insecure, you are now truly confident and emotionally strong).
- Forget about the past and move forward together with a clean slate (i.e. if you get into an argument with her, donâ€™t bring up how she hurt you in the past).
- Focus on re-sparking her feelings of respect and attraction for you when you interact with her from now on (e.g. via text or e-mail, on social media, on a phone call, or in person).

On the other hand, if you only want your ex back because youâ€™re afraid you wonâ€™t be able to get another, better woman than her, but in your heart you know sheâ€™s not a woman of good character (e.g. she's disloyal, enjoys lying), chances are high that if you take her back, she will likely just break your heart again (e.g. by treating you badly, cheating on you with another guy).

If you can't easily attract new women, watch this videoâ€¦!

If you can easily attract new women, but want her back because you believe she is the right woman for you, then read onâ€¦!

4. Interact With Her and Reactivate Her Original Feelings For You

To get your ex back, you have to be active about it, rather than being inactive.

Instead of waiting around and hoping that sheâ€™ll call and say something like, *â€œIâ€™m so sorry for the way I treated you. You deserved so much better than that. Can you ever forgive me for hurting you like that? Would you ever be able to give me another chance? I love you, miss you and want you backâ€* youâ€™re actively interacting with her every chance you get (e.g. via text, on social media, over the phone, or meeting up with her in person) and making her feel a renewed sense of respect and attraction for you.

How can you do that?

By focusing on saying and doing the types of things that will make her laugh and smile and make her think, *â€œHeâ€™s so confident and emotionally strong and mature now. I feel great when Iâ€™m around him. I wonder if he can forgive me so that we can work things out between us.*â€œ

Remember: You need to show her (via the way you think, talk, behave and interact with her) that you really have changed.

You can tell her that you've changed and expect her to believe it.

Women don't believe it when a guy says he has changed.

Women believe it when they can see (based on how you now think, talk, feel, behave, act) that you really have changed and transformed into a better man.

If you want to get her back, you have to focus on allowing her to experience the new and improved you.

Part of doing that is not discussing your feelings to her and explaining how she broke your heart.

You want to show her that, even though you were clearly hurt when she broke up with you, it's not something that is affecting you now.

Now, you are emotionally strong and emotionally independent and don't need her love and acceptance to feel worthy and to have a sense of identity and meaning in this life.

You are your own man now.

That's what she wants to see.

That is what will impress her and make her feel a strong, renewed sense of respect and attraction for you.

Unfortunately, a lot of guys aren't aware of this, so they make the classic mistake of seeking pity from their ex woman for their broken heart.

For example: Sometimes, a guy will hope that if he can make his ex woman feel enough pity for him, she will feel guilty about what she did to him and come running back.

He might say something like, *â€œYou broke my heart, you know? I wasn't able to eat or sleep properly for months. I was destroyed and you didn't even care. You just started getting on with your life without me, as though our relationship and love didn't even mean anything to you. How could you do that? Didn't I mean anything to you? I still feel hurt about what you did. I don't think I will ever properly recover from it. I've always loved you more than life itself. You mean everything to me, but clearly you don't feel the same way about me.*â€œ

It seems like it might work, but it doesn't.

A woman wants to be with a man because it feels right (i.e. she respects him, looks up to him, feels sexually attracted to him and loves him), not because sheâ€™s doing him a favor or feeling guilty for breaking his heart.

At the end of the day, she is an individual and isn't obligated to take care of your feelings or give you another chance.

She will only care about you and want to be back with you if you make her have feelings for you again.

It has to be about her getting what she wants, not you getting what you want so you can feel better

about yourself again.

So, a better way to talk about what happened is to simply say something like, *“Yeah, it sucked when we broke up, but I quickly accepted it. I love you, but you and I are broken up and I accept that. Now I’m fine to just see you as a friend and nothing else.”*

Alternatively, a great way to spark her feelings of attraction for you is by using humor to make her smile, laugh and feel good to be around you.

For example: You might say something like, *“Yeah, that sucked when we broke up, but I forgot about it the next day and within a few days I couldn’t even remember your name. Who are you again?”* and have a laugh with her about that.

Alternatively, you can say, *“Yeah, I was a bit upset when we broke up, but when I realized it meant that I didn’t have to eat your cooking anymore, I was so happy. You’re a very pretty girl, but you’re a horrible cook”* and have a laugh with her about that.

Of course, you can then say, *“I was just kidding. I loved your cooking”* and add in, *“So, when are you going to come over and cook me some dinner? I’ll have some wine here and you can cook me up your special lasagna”* or something like that.

Making light of what happened shows her that you’re emotionally stronger now and have the balls to joke around with her, rather than being on your best behavior and being super nice, or being needy and talking about your painful feelings all the time.

When you show her that you’ve changed and are no longer stuck at the same level you were at when she broke up with you, she won’t be able to stop feeling drawn to you again.

Finally!

5. Get the Relationship Back Together, or at Least Get Back Into Each Other’s Life as Friends For Now

Sometimes a woman might not want to get back together right away and will say something like, *“I’m not sure if it’s a good idea. Things turned out pretty badly for us the last time. I broke your heart. What if you can’t honestly forgive me for hurting you? Will you end up holding it against me every time we disagree or get into an argument? I don’t know if I want to risk that. I don’t want you seeking emotional revenge on me for hurting you.”*

So, if she has her guard up for any reason and isn’t open to having a relationship with you at this point, just aim to be friends for now.

For example: You might say to her, *“Okay, I accept how you feel. Let’s not try to have a relationship right now. We can still be friends though. There’s nothing wrong with that. We can catch up for a coffee and say hi as friends. Then, if we both decide that we can fully get over what happened between us in the past, we can give the relationship a real try. If not, we will go our separate ways and I won’t contact you anymore. In the meantime, we can just be friends only and take it from there. Let’s meet up for a coffee sometime this week.”*

Most of the time, a woman will usually say something like, *“I suppose we can be friends,”* or *“Okay, I guess we can do that.”*

However, don’t make the mistake of thinking that being her friend means you have to be a good

little boy around her and that youâ€¢re not allowed to flirt with her or make her feel sexually attracted to you.

Where a lot of guys go wrong when they get the chance to stay friends with their ex, is to actually act like just a friend.

They donâ€¢t use the opportunity to re-spark her feelings of sexual and romantic attraction and end up being a nice, sweet, platonic friend in the hopes that one day she will realize what a great guy he really is for hanging in there.

Yet, that rarely only happens when a woman is secretly still in love with her ex and wants him back.

In a case where a woman doesnâ€¢t feel a lot of respect, attraction and love for a guy (i.e. because heâ€¢s not doing anything to actively spark her feelings for him), itâ€¢s unlikely that sheâ€¢s going to be the one who turns a comfortable friendship into a romantic relationship.

Instead, she will enjoy depending on him when she needs something (e.g. to borrow some money from him, to ask him to housesit for her, a shoulder to cry on when sheâ€¢s feeling blue, run errands for her), but chances are high that sheâ€¢ll be going out with other guys behind his back.

Then, one day, she will say, *â€¢Iâ€¢m with someone else now and he doesnâ€¢t want me to hang out with you anymore. So, Iâ€¢m sorry, but Iâ€¢m going to have to break off our friendship,â€¢* leaving him saying, *â€¢I donâ€¢t believe it! She broke my heart again! I still love her. I still want her back, but she doesnâ€™t care. I was so good to her. I was such a great friend. I supported her and now she does this to me?â€¢*

Donâ€¢t let that happen to you.

The point of staying friends with your ex is for you to reactivate her feelings of respect, sexual attraction and love for you and to go back to being in a sexual, romantic relationship with her.

So, stop worrying about the past and how she broke your heart and start focusing on a positive future with her where the love, attraction, respect and trust between you and her is stronger than ever before.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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My Ex Doesn't Know What She Wants

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

5 possible reasons why your ex doesn't know what she wants are that!

1. She Isn't Attracted to You Anymore, But Can't Work Out How to Leave You Without Feeling the Pain of a Break Up

If a woman is inexperienced with relationships and this is her first serious relationship, she may not know how to handle the pain of losing her man.

She will think something like, *"I know that he doesn't make me feel the way I want to feel when I'm with him, but when we are apart it still hurts to be broken up. I hate waking up alone and knowing that I don't have a guy to go watch a movie with, or a guy who will call me up and tell me how much he cares for me. I feel so empty and alone now. I just don't know what I want. On the one hand, I know it's better to stay broken up with my ex because he's just not giving me what I want in a relationship, but on the other hand I don't know how to handle this pain. I don't know what to do. Maybe I should string him along until I find a replacement guy."*

Alternatively, she may think something like, *"I'll just stay in touch with my ex and see if things change between us. Maybe he will improve and we can get back together again. In the meantime though, I should look for a replacement guy, so I don't have to be the one who is alone after we really break up."*

So, if your ex is saying, *"I'm confused. I don't know what I want,"* it will be because you haven't been making her feel the way that she really wants to feel in a relationship (e.g. respectful, attracted, like a feminine woman).

However, you can change how she feels by making some adjustments to the way you think, talk, behave and interact with her from this point onwards.

Watch this!

When you change the way you interact with her in a way that makes her feel respect and attraction for you again, her feelings will automatically change.

She suddenly starts to think, *"I feel different all of a sudden. I'm now worried about losing him to another woman. I'd better stop saying that I don't know what I want and get back with him as quickly as possible, before he gets tired of me and finds another woman."*

Then, getting her back becomes easy and effortless and you and her get into a new, improved relationship that feels way better for her than it ever did before.

However, if you remain unaware of the things that turn her off about you (e.g. she feels more dominant than you, she can't look up to you and respect you as her man, you aren't confident enough around other guys or her friends), she will just keep saying things like, *"I still don't know what I want. I guess I'm just not that into you anymore. Maybe we should just stick to being friends from now on. I don't know. Just give me time to think about this. Maybe we can get back together in future, but not now."*

She then tries to find a replacement guy, so she can then say, *"Sorry, but I have a new boyfriend now. I'm happy with him, so please leave me alone."*

Another reason why your ex doesn't know what she wants is

2. She Thought That She Wanted to Settle Down, But Now She Just Wants to Be Single

[image: She thought she wanted to settle down, but now just wants to be single]

Initially, a woman might get into a relationship with a guy with the intention of settling down.

If the sex is great, the dates are fun and she gets along with her man very well, it's only natural that she will dream about being with him for life.

Yet, that dream will only last if the guy is able to build on her feelings of respect, attraction and love over time.

Watch this

Most couples just don't get to the stage of blissful love because the guy becomes insecure, takes his woman for granted and doesn't even know how to deepen her feelings over time.

So, if a woman breaks up with a guy and feels better on her own, she might then decide that she prefers being single.

Then, if her ex attempts to get back together with her, she will say something like, *I don't know what I want. I'm not sure if I want to be in a relationship with you, or anyone else right now.*

For example: Some of the things she may be thinking are

- I thought I wanted to settle down, but then our relationship got into a rut. It felt boring and routine. It made me realize that settling down and being a couple isn't as much fun as I thought it would be.*
- He hasn't been giving me the type of sexual experience I had hoped for, so the idea of being single and having sex with other guys feels exciting to me again. I hope that I can meet a man who actually knows how to maintain and build on my attraction and love for him.*
- He took me for granted and expected me to just stick around and put up with his bad behavior towards me, just because in the beginning we said we would be together forever.*
- He stopped being the guy that I fell in love with in the beginning. He used to be confident and self-assured and now he is insecure, needy and clingy.*
- I just realized that I'm too young to settle down. I actually feel quite jealous when I hear what all my single friends have been up to while I was stuck in a relationship.*

Here's the thing

If a woman is happy in her relationship with her man, nothing that her single friends get up to would be able to make her feel jealous or dissatisfied.

I know that because I'm happily married and my wife actually feels sorry for her single girlfriends because they're not experiencing what she is with me.

Most of her single girlfriends enjoy their single life, but they really do want to have a man that they can stick with.

They know that they can't get to other levels in life (i.e. getting engaged, married, having children, being a grandmother), if they are sleeping around with new guys all the time.

My wife loves being married and is so happy and I feel the same way.

Personally speaking, I really enjoyed my single life before I met her, but being with her is so much better.

Being in a relationship with mutual respect, attraction and love is amazing.

You don't want to be single again because what you have together is way better than anything you've experienced with anyone else before.

It's real love.

So, if you can give your ex that kind of relationship experience, she won't want to be single and will simply want to be with you.

Here's the thingâ€¦!

Relationships usually start out pretty well, but it's what happens after the initial excitement of being with someone new that counts (i.e. after 2-3 years).

Just because things felt great at the beginning of your relationship and even though she might have said things like, *â€œI want us to be together forever,â€* it doesn't mean that she has to stick with that statement if you are unable to keep the spark alive and not ruin her feelings by becoming insecure, taking her for granted and so on.

So, if she's feeling more drawn to the single life than to you at the moment, you need to show her that being with you will be so much better.

How can you do that?

By actively sparking her feelings of respect and attraction for you again every time you interact with her on a phone call or in person (e.g. by making her laugh and smile, making her feel feminine and girly in your presence, showing her that you're a new man).

When she feels more attracted to you than she ever has before (i.e. because you are now making her feel attracted in new and exciting ways), she will quickly change her mind about being single and want to be with you again.

Another possible reason why your ex doesn't know what she wants isâ€¦!

3. She is Being Influenced By Her Single Girlfriends

[image: She is being influenced by her single girlfriends]

Sometimes, when a woman starts dating a guy, she might become a bit neglectful of her single girlfriends and they will then start resenting her guy.

Alternatively, if a woman's friends notice that she is unhappy in her relationship with the guy, they will usually blame him and take her side.

So, when she breaks up with him, her friends might try to prevent her from getting back together with him by saying things like, *â€œWhy do you want to get back with that guy? He's no good for you. Look how much fun we've had together since you broke up with him. Isn't this better than being in a boring or unhappy relationship with him? Think of everything you missed out on by being with him,â€* or *â€œHe's not good for you. He made you unhappy and he even tried to stop you from seeing your friends. What kind of guy does that? He's insecure and controlling. You deserve better than him. Why get back with him when we're all having so much fun together? Besides, there are so many good guys out there that you can choose from. Find a new guy. It will be*

fun.â€œ

Itâ€™s only natural that she may then think, â€œHmmmâ€ my friends have a point. I wasnâ€™t really happy in my relationship. Maybe being single is better. Maybe I can meet another guy who make me feel the way I want to feel. Right now, hanging out with my single friends and having fun sounds good, but at the same time I do still miss my ex sometimes. I donâ€™t know what I want.”

If she spends a lot of time with her single girlfriends, they will try hard to get her to hook up with new guys, so she can move on without you.

So, don’t waste time ignoring her and hoping that she comes back on her own.

Watch thisâ€œ

If you want to get your ex back, you have to show her (via the way you talk, think, act, behave and interact with her) that being with you is a lot more fun, enjoyable and attractive to her than hanging out with her single friends.

Then, what her friends say about you and the single life wonâ€™t really matter to her, because she will be thinking, â€œIt feels so good to be back with him. I feel happy when Iâ€™m with him and sad when weâ€™re apart. I know what I want now. I want him!â€œ

Another possible reason why your is saying that she doesn’t know what she wants isâ€œ

4. She Likes Another Guy and Isn’t Sure How to Tell You

In some cases, a woman might already have found herself a replacement guy, but is too afraid to tell her ex about it in case her reacts badly (e.g. he gets angry and possibly tries to hurt her, threatens or gets into a fight with the other guy, or becomes emotional and starts begging and pleading with her to change her mind).

So, rather than risk getting into a difficult situation, she will say something along the lines of, â€œIâ€™m really confused right now. I donâ€™t know what I want. Just give me some space to sort things out in my mind and then we can see what happens.â€œ

Secretly, she may be hoping that heâ€™ll make one of the classic mistakes that guys make and give her 30 to 60 days of space, which will be enough time for her to move on and hook up with the guy she likes.

Then, when her ex contacts her, she can let him down easily by saying something like, â€œIâ€™m sorry. You just took too long to contact me. I havenâ€™t heard from you in 30 (or 60) days. I thought youâ€™d moved on, so I gave up on us getting back together again. Iâ€™m with another guy now and Iâ€™m happy. Itâ€™s too late for you and me. Please respect my new relationship by staying out of my life. We aren’t getting back together. Goodbye.”

Another possible reasonâ€œ

5. You Don’t Give Her Any Space to Miss You

Sometimes, a guy wants an ex woman back so badly that he might say to himself, â€œI need to strike while the iron is hot and she still has some feelings for me. I canâ€™t give her a chance to get over me and find another guy. So, Iâ€™m just going to keep texting her, calling her and seeing her in person to make sure that I stay on her mind. Eventually, she will see that Iâ€™m not going to give up on our love. She will realize that my feelings for her are true and then she will want to give me

another chance.â€œ

Yet, hereâ€™s the thingâ€¦

Just because a guy is able to remain in constant contact with his ex, it doesnâ€™t mean that her feelings of respect and attraction for him are being re-sparked.

In fact, if all heâ€™s doing is bombarding her with texts, e-mails and phone call, without actually doing anything else to actively trigger her feelings for him, she's not going to feel very motivated to get back with him.

Rather than make her think, â€œOh okay, I see now that my ex must really care about me if heâ€™s being so persistent. I guess we should get back together then,â€œ she will be thinking, â€œWhy is he smothering me like this? Does he honestly believe that if he keeps hounding me in this way Iâ€™m going to make up my mind about him? The only thing his constant contact is doing is making me feel annoyed and like I would be better off without him. I need space from him so I can figure out what I want.â€œ

So, if you want your ex to get back with you, you need to give her a chance to miss you.

That way, she can start thinking, â€œI havenâ€™t heard from my ex for a while. Why isnâ€™t he calling me? Could he have hooked up with another woman? That doesnâ€™t feel good to me. I want him back. I don't want some other woman taking him from me.â€œ

The best approach is to give her 3 to 7 days of space (anything longer than 7 days is a waste of time and can actually cause her to move on) and then get her on a phone call where you can arrange a meet up.

At the meet up, focus on making her feel a strong, renewed sense of respect and attraction for you (e.g. by making her smile and laugh, showing her that youâ€™ve changed) so that she drops her guard and opens back up to the idea of getting back together again.

3 Mistakes to Avoid if You Want Her to Make Up Her Mind and Get Back With You

Itâ€™s only natural that when a woman is saying, â€œI donâ€™t know what I want,â€œ a guy might feel frustrated and want to convince her to give him another chance right now.

Yet, sometimes the convincing can actually backfire and may even cause the woman to decide that she doesnâ€™t want to be with him after all.

So, if you want to get your ex back, try to avoid making these classic mistakes that other guys makeâ€¦

1. Pleading with her

A common reaction that many guys have is to plead and beg with an ex for a second chance.

For example: A guy might say to her, â€œPlease baby, donâ€™t give up on us! I know I messed up, but I can fix this. Just give me one more chance. I promise this time things will be different between us. I know I can make you happy.â€œ

Yet, begging and pleading simply turns a woman off even more and makes her feel like she's making the right decision to break up with you.

Why?

Women are not attracted to the emotional weakness in men (e.g. a lack of self confidence, desperation, inability to handle what life throws at him).

So, when a guy begs and pleads with a woman for her to give him another chance, rather than making her think, *“Okay, let’s give it another shot,”* she will be thinking something like, *“Doesn’t he know that women are not attracted to emotionally weak and wimpy guys? When he behaves in this way, it just turns me off even more. I need a man who can be emotionally strong and confident and can cope with his problems without falling apart like this. He’s clearly not a man yet and has some growing up to do. I am not waiting around for him to grow up. I need a real man now, not in 5 or 10 years time.”*

It doesn’t matter if the man is 20, 30, 40 or 50 – the woman is still going to see him as needing to grow up.

He can have a great job, have paid of a house and drive a nice car, but that doesn’t make him what women refer to as a real man.

The most important quality of a real man is emotional strength.

Women want to be with a man who is emotionally stronger than themselves, not a guy that they need to take care of and be gentle with.

So, don’t waste time pleading with your ex to take you back.

Instead, a better way to react when she’s saying, *“I don’t know what I want,”* is by accepting her indecision in a confident way without making a big fuss about it.

Then, focus on re-sparking her feelings of respect and attraction for you, by displaying some of the traits and behaviors that are naturally attractive to women (e.g. confidence, charisma, maturity, determination, emotional masculinity) from now on.

You can do that via text, on the phone and in person, but in person is preferred because she can get a full sense of who you are now by looking at your body language, listening to your tonality and watching how you react to her.

If you quickly transformed into more of a real man, she will want to give the relationship another chance.

Another classic mistake than many guys make isâ€¦!

2. Asking her to tell him what he needs to change

A guy might say, *“Just tell me what you want me to do and I’ll do it.”*

Yet, she doesn’t want to take on that responsibility for his development as a man.

She wants him to get help from other men in his life (e.g. a dad, grandfather, brother, uncle, friend, coworker) or seek professional help (e.g. learn from me), but not tell her that he’s seeking help.

She just wants him to figure out how to be the kind of man that she wants and then start doing that.

She doesn’t want to hear about his struggles and how he’s trying to learn how to be a better man.

She just wants him to be a better, more attractive man now, so she can give him another chance.

Another classic mistake that many guys make isâ€¦!

3. Telling her how much he cares, rather than making her care by reactivating her feelings

He might then say to her, *“I know that you are confused right now, but just think about what we had together. Our love was truly special. You know I still care about you. Yes, I stuffed up, but I won’t make the same mistakes again. I promise you. Just give me one more chance to show you that we were meant to be together. You mean everything to me and I don’t care about anything else besides getting you back.”*

Here’s the thing though!

A woman doesn’t care how much a guy still cares for her if she doesn’t have feelings for him anymore.

So, if you want to get your ex back, don’t waste your time telling her how much you still care for her, unless you make her feel a renewed sense of respect and attraction for you first.

If she’s not feeling enough respect and attraction for you right now, knowing that you still have feelings for her just isn’t going to matter to her.

On the other hand, when you re-spark her feelings of respect and attraction for you, she won’t be able to stop herself from letting her guard down and giving you another chance because it will feel good to her to do so.

She will stop saying, *“I don’t know what I want,”* and will instead say something like, *“I’ve made up my mind. Let’s give our relationship another chance. You’re the one that I want and I can’t imagine life without you.”*

She will know what she wants (i.e. you) when you actively make her have feelings for you again.

If you wait around and hope that she figures herself out, you will be disappointed.

Most guys lose their woman by waiting and hoping that she comes running back.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How to Make Your Ex Want to Start From the Beginning Again

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 4 ways to make your ex want to start from the beginning again...

1. Show Her That You Can Now Make Her Feel Attracted in the Ways She Secretly Cares About

Quite often, when a guy gets broken up with, his first reaction is to rush off and make his ex a bunch of promises about changing certain things about himself that he assumes she wants him to change, but that secretly don't really matter to her.

For example: A guy might say to his ex, *I'm so sorry for everything I've done to cause you pain. I know I wasn't the boyfriend/fiancé/husband you deserved and I promise you that if you give me another chance, things will be different this time. I'm going to make sure that I give you all the love and attention you deserve. I'm going to treat you like the queen you are to me. Whatever it is that you want, I will do it for you. Please baby, just give me a chance to show you that I'm a changed man.*

Yet, if what caused his ex to break up with him was his insecure, needy, clingy behavior, then she's not going to want him to become even more attentive towards her.

So, rather than make her think, *It looks like my ex is taking our break up seriously and he's promising to change. I broke up with him because he was too clingy and needy, but seeing as he is going to be even more clingy and he's prepared to smother me with his undivided attention, I think we should get back together again,* she will be thinking, *He doesn't have a clue why we really broke up, so he's offering me things that I don't care about. He just doesn't get it.*

In cases like that, she wants the man to relax and believe in his attractiveness to her no matter what she says or does.

She wants to see that he is confident and he confidently and calmly believes in himself without her supportive words, reassurance or encouragement.

If he can exude that type of confidence, she will naturally feel respect and attraction for him again and start to believe that he really has changed and is no longer the insecure, needy guy he was.

[image: Offering her the wrong things while attempting to get her back]

So, make sure that you're not trying to get your ex back by offering her things that she secretly doesn't care about or feels turned off by.

If you try to get her back without changing the things that she really wants, she will just keep saying things like, *No. I don't want to start from the beginning again. Just accept that it's over between us. Please leave me alone. It's over.*

Remember: Everyone makes relationship mistakes sometimes, not just you.

What you've been through is perfectly normal and pretty much everyone goes through it at some

point in their life (or many times if they don't learn and improve).

The mistakes you made with her don't mean that you're a bad, unlovable, problematic guy. It simply means there were certain things about your behavior, attitude and thinking that caused your ex to feel like she wasn't getting the attraction experience she really wanted from you, so she ended the relationship.

For example: If a woman broke up with a guy because he was too emotionally dependent on her and made her his reason for living, to get her back, he can't offer to be even more attentive towards her. Instead, he needs to show her that he's now emotionally independent and even though he wants her back, he doesn't need her back to feel happy and fulfilled in his life.

He has gotten clear on his big goals and ambitions in life and has started to make progress.

When she can see for herself that he's no longer the same guy she broke up with and has become a more balanced man, she will begin to feel respect and attraction for him again and then the idea of starting from the beginning again will actually sound good to her.

Another example is if a woman broke up with a guy because he wasn't emotionally open enough for her.

She felt like he was always closed off to her and that she couldn't connect with him at a deep level.

Naturally, if he wants to get her back, he cannot promise to take her on an expensive holiday, or buy her expensive gifts because that's not what she cares about.

Instead he needs to show her that he is now a masculine man who can tell a woman that he loves her in a fearless way, without becoming needy and talking about his feelings all the time like a woman.

That last point is very important.

If a woman breaks up with you because you didn't open up emotionally, make sure that you don't go overboard and start talking about your feelings 24/7.

Just remain being the cool, confident guy that you are and also add in some emotional openness.

Women hate it when a man turns into a woman and starts talking about his feelings all the time, being emotionally sensitive and losing track of his manhood in a desperate attempt to save his relationship with her.

A woman wants you to relax, remain confident in your attractiveness to her and just be fearless in your expression of love and emotion, while not acting like a woman or a desperate guy.

So, if you want to make your ex want to start from the beginning again, focus on changing the way you interact and communicate with her from now on in ways that she truly cares about.

When you start giving her the attraction experience that she wanted from you all along, a woman naturally begins to feel more respect and attraction for you and her guard comes down.

She then begins to ask herself, *â€œMaybe it is possible to start from the beginning again. Maybe we can make this work after all.â€œ*

2. Don't Ask For a Relationship Right Away

If you're interacting with your ex (e.g. via text, e-mail, on social media, on the phone, or even in

person), it might be very tempting for you to want to push her into agreeing to give your relationship another chance, especially if sheâs saying things like, *âI miss you.â*

However, although you might be tempted to say something like, *âI miss you too. Letâs go on a date and see what happens,â* or, *“I love you more than anything. What can I do to change your mind and give us one more chance? Please baby. Just give me another chance.”*

Yet, if you push her to get back into a relationship with you before sheâs ready, she may close herself off from you and pull away.

Hereâs the thingâ

If a woman doesnât feel ready to commit to the idea of being in a relationship again, suggesting that you and her get together for a “date,” rather than a “meet up” or “catch up” or “coffee to say hi” will likely just scare her away.

She may begin thinking, *âHeâs asking me out on a date, so he will be trying to pressure me into getting back together again. Iâm not ready for that. I donât know how I feel right now. Iâm scared.â*

Donât put that kind of pressure on her.

Instead, just agree to catch up and say hi and then see how you both feel for one more week.

If she decides that she doesnât want to continue, tell her that you will accept that, but to give the catch up a go and then see how things go for one more week.

For example: You might say to her, *âLetâs meet up for some coffee and have a chat as friends It doesnât mean that weâre going to get back together again. We will just catch up and say hi and then see how we feel for one more week. After a week, if you say that you donât want to ever see me again, I promise I will leave you alone.â*

If she can sense that you are sincere, a woman will usually then say something like, *âOh, okay. I suppose we can do thatâ* or *âAs long as you donât pressure me to get back together again.â*

Then, make plans to meet up with her right away at a time that suits you both.

At the meet up, donât get all serious on her and start saying things like, *âI really miss you. I canât forget what we had together. Letâs start from the beginning again. You and I belong together,â* because if you havenât yet fully reactivated her feelings of respect and attraction, you may scare her off.

Remember: If you donât reactivate youâre exâs feelings of respect and attraction for you first and you push her to get back together, she may say something like, *âI may not be fully over you, but that doesnât mean I want to be in a relationship right now. You let me down and I donât know if I can forgive you for that yet.â*

So, make sure that when you meet up with her, rather than try to convince your ex to want to start from the beginning again, you focus instead on re-sparking her feelings of respect, attraction and love for you again.

When you do that, getting her back and keeping her in a relationship will be very easy for you.

3. Don't Behave Like a Platonic Friend

Taking things slow with your ex is one thing, but where some guys go wrong is by falling into the *Friend Zone* with their ex.

For example: A guy might say to himself, *If I'm going to make my ex want to start from the beginning again, I will need to be on my best behavior and not do anything that might scare her off. As long as I'm nice to her, she will see that I'm a good guy and will then want to get back together.*

He may then use every interaction he has with her as a way of showing her what a nice, helpful, reliable friend he really is.

What he doesn't realize is that being a nice friend to a woman is not going to make her think, *What was I thinking when I decided to break up with my ex?! He's such a sweet, dependable guy. I must have been crazy to let him go! Fortunately, I've finally come to my senses. We can now start from the beginning again and this time I'm never going to let him go.*

It would be nice if women thought that way about men, but they don't.

Although a woman might appreciate the fact that her ex is being a nice, sweet friend to her, if he's not actively making her feel respect and sexual attraction for him, she's not going to feel motivated to want to get back with him.

Instead, she might just enjoy having a reliable handyman/shoulder to cry on/emergency partner for a party, while continuing on kissing, having sex and falling in love with other guys.

When that happens, her ex might ask, *Why did you sleep with another guy? I thought we were on the right track. I did everything I could.*

Yet, he didn't.

What he failed to do was focus on making her feel sexual attraction for him again.

He focused on being a Mr. Nice Guy, a helpful ex, a friend to call, rather than actively making her have sexual and romantic feelings for him.

After all, that's the essential difference between a relationship and a friendship between a man and a woman.

If you want your ex back for real, don't act like a platonic, non sexual friend.

Watch this for more info!

By all means, take things slow with your ex if you need to.

Be her friend, but just make sure that you're not a platonic, non sexual friend who just wants to be nice to her and support her.

You need to actively make her feel respect and sexual attraction for you again by using every interaction you have with her to make her smile, laugh and feel excited to be around you.

That's what works to get a woman back.

So, don't pretend that you don't find her sexually attractive anymore and don't avoid making her feel sexually attracted to you.

Show her (via the way you think, act, behave and interact with her) that you're a confident,

emotionally masculine man who has the ability to reactivate her feelings of respect, attraction and love for you.

4. Get Her Back

[image: Get her back and get on with your life together]

As the man, itâ€™s up to you to be emotionally strong enough to handle the ex back process and guide her back into a relationship.

You can't rely on the woman to be the strong one and make everything happen for you and her.

If you wait around for her to take the lead, a woman will eventually think, *â€œObviously my ex is not going to make a move, so I guess I need to focus on fully getting over him and moving on. Itâ€™s clear that weâ€™re only going to be friends from now on. There's no spark anymore and he's not trying to make it happen, so it's over.â€*

When a guy doesn't get another chance with his ex woman, itâ€™s usually because heâ€™s been waiting for her to take the lead and tell him that itâ€™s okay for him to get her back again.

Yet, hereâ€™s the thingâ€¦

To get your ex back, you need to be a man about it.

You have to take control of the ex back process, rather than expecting her to be the strong one who gets you and her back together.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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7 Tips On How to Get Your Ex to Respond to Your Texts

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your ex is currently not responding to your texts, it means that you have turned her off in some way via text.

Don't worry, you can fix it and get her to start responding to your messages again.

From now on, make sure that youâ€¦

1. Don't Send Her Huge Walls of Text

Many guys send their ex walls of text, telling her all about their feelings.

For example, a guy might text something like:

"I need you to listen and let me explain things to you. You won't answer my calls, so I'm just going to send this via textâ€¦"

[image: Don't send her huge walls of text]

He then unloads a huge text that goes on and on and on about his feelings, the mistakes he made, how sorry he is and how much she means to him.

Yet, rather than make a woman think, *"Wow, my ex must really still love me. Look at all the long text messages heâ€¦s sending me telling me all about his feelings. Surely that means we are meant to be together! It's a sign! He's the one! I was wrong to break up with him because I stopped feeling respect, attraction and love for him. How wrong of me. I'm such a bad person. As long as he loves me, what does it matter how I feel? I get it now! Itâ€¦s all about him and his feelings! Yes! How silly of me to think about myself. We need to be together purely based on the fact that he cares about me so muchâ€¦"* she will think something like, *"Does he really think that I give a damn about how he feels right now? He just doesnâ€¦t get it! I hope he doesnâ€¦t expect me to respond to this huge wall of text."*

When a guy uses long texts as a way of communicating his feelings to his ex, it highlights to her that he canâ€¦t handle the situation like a real man.

For example: Rather than apologizing to her once, making some attractive adjustments to his thinking and behavior, re-sparking her feelings of respect and attraction for him and guiding her back into a relationship, he hides behind walls of texts and hopes that something makes her think, *"Wow! Yes, we need to get back together right now!"*

Watch this video to understand what you should do if you actually want to get her backâ€¦!

Most guys get stuck at the apology and explanation stage of the ex back process and never end up getting their woman back.

What they don't realize is that when a woman loses respect and attraction for a guy (e.g. because he became very insecure in the relationship) and then breaks up with him, she no longer cares about his feelings and wants to focus on making herself feel good.

So, if you want to get your ex to respond to your texts, make sure that you only text her short messages that will make her smile or laugh.

Focus on making her have feelings, rather than trying to discuss your feelings with her and hope that she takes pity on you or that she reads something in your text and realizes that you are the one.

Your ultimate goal should be to get her on a phone call with you as soon as possible, so you can then re-spark her feelings of respect and attraction for and get her to meet up with you in person.

That's what works to get a woman back.

Hiding behind texts or hoping that texts will win her back is a failing strategy and almost always results in the woman moving on with another guy and then blocking her ex's phone number.

Another texting mistake to avoid from now on isâ

2. Don't Ask Her For Another Chance Via Text

Sometimes, a guy might believe that he stands a better chance of getting his ex back, if he explains to her (via text) that he's figured out where he went wrong and then asks her to give him another chance.

He will think something like, "If I explain that I now understand what I did wrong and that I've changed, she will feel understood and then she will be more open to giving me another chance. I have to ask her for another chance. It's my only shot. She will see that I am sincere and then give me another chance."

Yet, it rarely, if ever, works.

Why?

If a woman currently has little or no feelings for her ex, getting a text from him saying something like, *"I'm so sorry about what happened. I've really changed. I'm not that guy anymore. Please will you give me another chance? I miss you"* is unlikely to make her think, *"Now that you've apologized and told me how much you've changed, everything is all better again. Of course I'll give you another chance!"*

Instead, because a woman can't see a guy's body language, hear the tonality of his voice, or judge his actions and behavior in person or on a phone call, she only has her past experiences with him to judge him on (e.g. he used to be insecure, clingy, controlling or took her for granted).

Based on that, she'll be thinking something along the lines of, *"Does he really think that I'm going to believe he's changed just because he is saying so via text? I've been through this before when we were still together. He would promise me that he'd changed and then always goes back to his old habits later on. Well, this time I'm not falling for it. Besides, he doesn't even have the balls to talk to me face-to-face and instead sends me a text. That's definitely not a sign of a guy who has really changed. He's hiding something."*

Why will she be likely to think in that way?

Simple.

Texts don't show how you are truly feeling, so they have to be interpreted by the receiver based on their current perception of you.

If she currently thinks of you in a negative way, she's going to look at your texts in a negative way.

This is why asking your ex for another chance should be done in person and only after you have first reactivated her feelings of respect and attraction for you on a phone call.

3. Don't Be Emotionally Needy Via Text

Being needy is essentially about focusing on your feelings and needing the other person to understand, reassure you, take pity on you, be gentle with you or support you, before you can feel okay about yourself.

Women hate guys who are like that because it makes a woman feel like she's with a boy, rather than a man.

Women love men who are happy, confident and forward moving in life with or without her reassurance, support or attention.

This is why it's important that you don't communicate in a needy way via text.

Unfortunately, many guys don't seek help to get their ex woman back until they've tried everything they think might work (e.g. begging, pleading, explaining their feelings via text), so they waste a lot of time and end up turning her off even more.

For example: Sometimes, when a woman doesn't respond to her ex's texts, he might react by becoming needy and desperate.

He might text her something like, *â€œWhy won't you answer me? Can't you see that I'm truly sorry for hurting you? Please just reply. I can't stand your silence. It's driving me crazy! Please baby, don't ignore me. I can't deal with not hearing from you like this.â€*

He might also tell her how much he loves her and how he needs her back again because without her, his life is meaningless or not worth living.

Yet, rather than make her think, *â€œLook how much he needs me. He's so loving and committed to me. That's what matters. I've been such a bitch to my ex. It doesn't matter that he still hasn't changed. He loves me, which is all that counts. I should get in touch with him and give him another chance,â€* his behavior usually just makes her lose more respect and attraction for him.

Why?

It's a woman's natural instinct to be more attracted to the kind of man who has the emotional strength to cope with the challenges that life throws at him.

So, when a guy is making himself look emotionally weak and needy in her eyes, she feels turned off by him.

Remember: Text her as a way of getting her on a phone call with you, where you can actively spark her feelings of respect and attraction for you by making her laugh, smile and feel good to be interacting with you again.

Then, get her to meet up with you in person.

That is what works.

4. Use Humor to Get Her Smiling and Laughing

One of the biggest mistakes that guys make is being too serious with their ex via text.

For example: A guy might text his ex as a way of having a serious meaningful conversation with her.

He's hoping that if she notices how serious he is being about getting her back, she will be more

willing to talk to him over the phone and even meet up with him in person.

Yet, it usually just makes a woman want to stop texting because it's just not fun.

So, if you want her to respond to you, don't waste time trying to have a serious conversation with her.

Instead, focus on making her smile and laugh, so that she begins to think, "This is interesting. He's funny. I wonder what has gotten into him? Maybe he's learned his lesson and changed. Maybe I should meet up with him and see what happens."

When you use humor and get your ex smiling and laughing, it becomes a lot more difficult for her to hold on to her negative feelings about you.

She starts feeling respect and attraction for you again and her guard comes down, making her more open to the idea of talking to you on the phone.

So, don't be afraid to use a bit of humor to break the ice when you text your ex, especially if she's currently not responding to your texts.

5. Don't Instantly Reply to Everything She Sends

Sometimes, a guy will think something like, "If I don't reply to my ex immediately, she might think that I'm not interested in getting back together again. Even worse, she might decide that I'm being rude to her and she may then stop texting me altogether. I have to reply immediately to show her how much I care and how serious I am about getting her back. I don't want her to get the impression that I'm moving on without her."

He will then try to instantly or very quickly respond to every text he gets from his ex.

Yet, what he doesn't realize is that by making himself so available to her, she is likely thinking, "Why is he responding so quickly? Is he just sitting around waiting for me to text him? Doesn't he have a life? When does he sleep, or eat, or go out with friends, or go to work? No matter when I text him, he's always available. That's just weird."

So, even if you're excited that your ex is suddenly texting you back (especially if you've been trying to get her to respond to you for a long time), don't make the classic mistake of instantly replying to every text within seconds or minutes.

For example: If you're at work, out with friends, or busy in some other way, it's perfectly okay to get back to her at a later time.

It's not rude and she's not going to suddenly stop texting you if you get back to her after an hour.

Instead, she will actually start to want to get your reply and will be wondering what you're going to say.

This then makes her think about you and imagine that you might be hanging out with friends, a new girl or doing something so interesting that you don't have time to reply to her.

She then starts to think about you in a positive way and begins to miss you.

However, be warned!

Don't delay your texts for too long.

Just be natural about it (i.e. reply immediately, after 5 minutes, 30 minutes, an hour or even the next day sometimes).

Keep it natural and don't try too hard to seem unavailable.

Some texts are fine to reply immediately or quick to (e.g. when you're chatting), while others can wait (e.g. she asks what you've been up to).

6. Keep Your Texts Short and to the Point

If you're going to get your ex back, it's most-likely not going to happen via text.

I know that because I've personally worked on 100s of ex back cases and what always works is getting the woman on a phone call and then meeting up with her in person.

The guys who struggle to get their ex woman back are those who hide behind text or assume that she wouldn't want to talk on the phone or meet in person, so they just stick with text.

If you want her back for real, you're going to need to talk to her on the phone and then meet up with her in person.

However, when you are texting, make sure you keep your texts short and to the point.

Why?

Women hate it when men text like a girl and go on and on about things.

On the other hand, women love it when men have the balls to text short and to the point, while being witty or easy-going about things.

For example:

Her: So, what have you been up to lately?

You: I'm not sure if I should tell you.

Her: What? Why? Tell me.

You: Well, okay, but only over the phone. I don't want a record of it in writing. Will call you.

Then, call her and joke around about what you've been up to.

For example: She asks what you've been up to that is so secretive that you can text it and you say, *"I was involved in a hit and run accident"* and she is then shocked and asks something like, *"What? You killed someone or you hurt someone? What happened?"*

You then laugh and say, *"No, I was just kidding. I just thought I'd mess you with you for a laugh. Anyway, how you've been?"* and continue on the conversation in a confident, easy-going way, before you suggest catching up in person.

Finally!

7. Don't Hide Behind Texts. Get to a Phone Call and Meet Up

It's easy to fall into the habit of texting your ex without ever working up the courage to call her, or see her in person.

You might think that it's best to take things slowly because you don't want to scare her off. You might also hope that when she's ready, she will tell you that she wants to get back with you. Yet, a woman will rarely make the first move with her ex, unless she is still truly in love with him or can't find a better replacement guy to move on with. Instead, she will wait for him to take the lead in the ex back process and get them back into a relationship together. If he does, she will know that he is man enough for her, so she will then relax her guard and allow herself to respect him, feel attracted to him and love him again. On the other hand, if he just hides behind texts, she will gradually lose respect and attraction for him and want to find a real man (rather than a text man) to give her heart to. So, if you want to get your ex back, don't think that it's all going to happen via text. To get her back, you need to be fearless enough to get her on a phone call with you and then to meet up with you in person. Remember: A text is just a bunch of words on a screen.

Anyone can type, *I'm sorry*, *I* or *I've really changed*, via text, but if a woman can't hear the tone of your voice, or see your body language, she's probably just going to assume the worst (i.e. that you're still the same guy she broke up with).

The most respect and attraction is experienced when a woman talks to you on the phone or in person, not via text.

Regardless of how often you text, or what you text her, nothing that you say in a text message can be powerful enough to convince your ex that you're no longer the guy she remembers.

So, don't make the classic ex back mistake of hiding behind texts and then wondering why nothing is happening.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

How to Understand the Mixed Messages That Your Ex is Giving You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The secret is to not try to understand them.

If you try to understand a woman's mixed messages and she notices that you're trying, she will give you even more mixed messages.

Why?

Women are turned off by self-doubt in men, so if you're doubting your attractiveness to her, she's going to be feeling turned off.

She will then give you more mixed messages because she won't be feeling enough attraction and will continue to test your confidence to see if you change and man up.

Women want you to be strong, not weak and doubtful.

You've got to believe in yourself and your attractiveness to her no matter what she says or does.

Don't ever doubt yourself.

That's the kind of confidence that women love in a man.

It's not about telling her, "*Hey, no matter what you say or do, I'm going to keep chasing you.*"

No.

It's about simply remaining confident and you guide her back into a relationship with you in a calm, easy-going manner.

If you maintain your confidence, she will notice and she will feel respect and attraction for you because of it.

However, if you're always trying to understand her mixed messages and are doubting yourself as a result, she will notice and she will feel turned off by you.

Believe in Yourself and Focus on Reactivating Her Feelings

[image: Believe in yourself and reactivate her feelings]

Although it would be nice if a woman was perfectly honest and clear about her feelings (e.g. she simply came out and said, *â"¢ Yes, I still care for you and I want to get back together againâ"¢*), it rarely happens.

In most cases, a woman will give her ex mixed messages and see if he can maintain his confidence as he continues to reactivate her feelings.

If he does that, her guard will come down and she will begin to give him clearer signals and even open up and admit that she misses him, still loves him and wants to get back with him.

On the other hand, if a guy just waits around hoping that his ex will suddenly realize how much she misses him and then declare her undying love for him, he will usually be very disappointed.

In most cases, a woman will simply move on without her ex man unless he actively gets her back.

Watch this video for more info!|

So, if you want to get your ex back, don't waste time analyzing the mixed messages that she is giving you.

Instead, just focus on re-sparking her feelings of respect and attraction for you by talking and behaving in ways that are attractive to her.

For example: When you interact with your ex!

- You are now confident, emotionally strong and self assured, rather than insecure and self-doubting.
- You are emotionally masculine and dominant, rather than being afraid to stand up to her (in a loving, but assertive way) when she tries to dominate you with her confident personality.
- You are focused and determined to succeed in life, rather than giving up at the first sign of difficulty.
- You make her laugh and smile when you interact with her, rather than making her feel bored, annoyed or uncomfortable around you.
- You make her feel feminine and girly in your presence, rather than making her feel turned off by you.

Remember: How you make your ex feel about you when you interact with her is the most important part of getting her back.

It's about making her have feelings for you again.

That is what counts.

If you interact with her and talk and behave in ways that naturally attract women, she will feel attracted to you.

So, don't take it too seriously if your ex gives you mixed messages when you are doing everything right.

A woman will instinctively test a guy to see if he's genuinely confident and emotionally strong, or if he's only putting on an act of confidence to get her back.

Women feel an instinctive need to be with a guy who is genuinely confident and able to handle the challenges of life, because it makes her feel safe about a future with him.

So, you need to maintain a positive attitude regardless of how she is behaving (e.g. being nice and sweet one minute and closed off and distant the next, saying she still cares for you and then saying that it's over, responding to some texts, but not all).

When she can see that you're not the same guy she broke up with, her guard will come down and she will reconnect with her feelings for you.

She will want to be close to you and get physical again, because it will now feel so much more amazing for her based on the changes you've made to yourself.

Women thrive on a man's confidence.

It turns them on at a deep level and satisfies them during sex.

By the way!

Real confidence and emotional strength is not something that can be faked.

If a guy fakes confidence, his true emotional state will come through in subtle and obvious ways when he interacts with his ex.

For example: When a guy is talking to his ex and she says something like, *“I’m not sure how I feel about you right now. Maybe I love you, but maybe I don’t.”*, he might pretend to be more confident than he really feels, by acting that he doesn’t care about how she feels about him and that he’s totally fine without her.

He might say something like, *“Ahh, it’s okay. I don’t really care anyway. It’s fine with me if you love me and it’s also fine if you don’t. Don’t think I’m going to wait around for you forever to make up your mind. I have a life that I’m getting on with. I’m doing fine without you.”*

He’s likely hoping by pretending not to care about her decision, she will realize what a great guy he really is and change her mind now before she loses him.

Yet, in most cases, a woman (especially when she has had a bit of experience with men and breaks ups) will simply test the guy to see if he’s really as confident as he seems, or if he’s only pretending.

For example: She might say something along the lines of, *“Well, you’re obviously happier now without me in your life. It’s clear to me now that you never really loved me. No problem then! I won’t bother you again. From this moment onwards you’re free of me. Goodbye.”*

If he then panics and quickly says something like, *“No, no – wait. Please don’t be like that! You know that I still love you. I’ve always loved you. You’re my only true love. It’s just that you not being able to decide whether you love me or not is killing me. I don’t want a life without you in it. Can’t you see that? I haven’t moved on with any other women because I just want you!”* she will see that he really does care and was simply putting on an act.

On the other hand, if you are genuinely confident, when your ex tests you by giving you mixed message, you can react by confident, calm and in control.

So, she says something like, *“I’m not sure how I feel about you right now. Maybe I love you, but maybe I don’t.”*

You can then say, *“I know that I love you. If you love me, that’s great and if you don’t love me, well, I’m sure I’ll get over that. At the end of the day, I have more going on in my life besides a relationship with you. So, even though I do want you back, I don’t need you back to feel happy and fulfilled. My life goes on and I’m happy about where my future is heading. It would be nice if you and I were together, but if you don’t want that, I accept that and won’t try to change your mind about it from now on.”*

All of a sudden, she will feel a tremendous amount of respect you because you’re being so honest, while also being a loving, considerate man.

You’re not freaking out emotionally.

You’re in control, you’re not being needy and are expressing yourself in an emotionally mature, honest way.

You also have the class to make her feel good at the same time, rather than calling her names, insulting her or suggesting that she has a problem.

A lot of guys say things like, *“You have issues. You need to go see a doctor or psychologist and get*

help” when their ex woman is giving them mixed messages.

What these guys don’t realize is that she is simply testing his confidence and will stop that when she proves himself to be consistently confident no matter what she says or does.

That’s what women are looking for.

They want to feel safe with a man who is truly, genuinely confident in himself and his attractiveness to her, rather than getting stuck with a guy who will need her to carry him throughout life, be gentle with him emotionally and constantly encourage him.

Mistakes That Slow Down or Ruin the Ex Back Process

There is actually an ex back process that will work for your specific situation.

Watch thisâ€¦!

You’ve got to go from one step to the next in a way that will work for your, unique relationship.

Don’t waste time remaining stuck at a certain point (e.g. ignoring her) and hoping that she wakes up one day, misses you like crazy and then guides you back into a relationship.

If you want to get her back for real, be sure to avoid the following mistakes...

1. Waiting for extremely obvious signals of interest from her before you feel confident enough to make a move

[image: Mistakes that slow down or ruin the ex back process]

Sometimes, a guy can waste a lot of time (i.e. weeks, months and even years) waiting for his ex to give him an obvious sign that she’s interested in getting back with him.

Secretly, he is hoping that she will say something clear and obvious like, *“I really miss you. I think breaking up was a mistake. Want to get back together again?”*

He can then say, *“Yes! I miss you too. Let’s get back together again,”* and then everything will be perfect and they will live happily ever after.

Yayyyy!

Yet, real life is not like a children’s fairy tale or a Hollywood romantic comedy.

In the real world, even if a woman still has feelings for her ex and is actually hoping that they will get back together again, she will rarely give him an obvious signal to let him know.

Why?

In addition to not wanting to help him feel confidence, a woman also doesn’t want to make herself seem too desperate and easy.

So, rather than make it obvious that she still has feelings for her ex, she may even pretend to have no feelings for him at all.

For example: If a guy calls up his ex, she will act cold and aloof and may even say things like, *“Why are you calling me? Have you forgotten that it’s over between us?”* or *“What do you want? I have nothing left to say to you.”*

If he buckles under the pressure and loses confidence in himself, she then can’t fully respect him and

feel attracted to him.

She then feels disappointed because he is ruining their chance of getting back together, by not realizing that she is secretly hoping that he changes the mood of the conversation and gets her to drop her guard.

For example: He uses humor to get her laughing and change the seriousness of the conversation, by saying something like, *"Oh, is this not Pizza Hut? I was calling to order a large Pepperoni. I was just about to say â□□ that's pretty bad customer service you're offering there. I was going to ask to speak to the manager"* and then have a laugh with her about that.

Then, say, *"Anyway, just kidding â□□ how have you been?"* and have a chat with her.

You might eventually say, *"By the wayâ□□I still want a pizza. How about you â□□ hungry? We should catch up and say hi tonight. We can grab a pizza and talk and after that, if you want to leave â□□ I will be totally fine with that. Let's catch up tonight."*

Then, catch up with her, fully re-attract her, hook up with her sexually and get the relationship back together.

That's how it's done.

However, if you wait for a clear signal from your ex before you make a move, you may be waiting for a long, long time and she might just move on with another guy instead.

2. Hoping that she will take the lead and guide you back into a relationship

When a woman breaks up with a guy who has ruined her feelings for him (e.g. he became very insecure), she will usually try to move on without him.

In cases where the woman still wants to give the relationship another chance, she will give him mixed signals and wait to see if heâ□□s man enough to take the lead and do what he needs to do (i.e. reactivate her feelings of respect, attraction and love) to confidently guide her back into a relationship.

Where many guys go wrong is by hoping that woman will take the lead and basically tell him what she wants him to do to get her back.

Giving mixed messages, she will say, *"I'm not sure yet. Give me a month of space and then we can talk,"* so he believes her and follows her lead.

Meanwhile, she's sitting around thinking, *"Why is he obeying me like that? Doesn't he know that we can get back together if he actively changes how I feel? Doesn't he know that if I meet a guy who is interesting and attractive, I'm probably just going to hook up with him instead and then try to move on? Doesn't he realize that I can't promise my loyalty to him now that we're having space? Does he just expect me to follow through on my promise like a man would? Doesn't he realize that I'm a woman and I make decisions about relationships based on how I feel on any given day, not on what I said I would do weeks prior?"*

Most guys don't understand that women really are very different to men.

So, some guys will think something like, *â□□I donâ□□t want to come across as being pushy. Iâ□□m sure my ex will appreciate it if I just let her call the shots from now on. When sheâ□□s feeling ready, she will tell me and we can then get back together again. I show her that I'm willing to wait. She will tell me what she wants when she is ready.â□□*

Yet, thatâs not how to get an ex woman back.

She wants you to lead her back into a relationship by reactivating her feelings and remaining confident in yourself at all times.

A woman will rarely take on the dominant, masculine role of the man to get the relationship back together again.

Instead, she will usually sit back and wait to see if he is emotionally strong enough to take on the leading role in the ex back process.

If he does, she will be able to respect him again.

When she respects him, she will feel attracted to him and then she will then be able to reconnect with her feelings of love.

On the other hand, if he waits around hoping that she will be the leader, she will lose more respect for him for not having the balls to take the lead and get her back.

When that happens, she will give him even more mixed messages than before (to test his confidence), while at the same time, focusing her attention on moving on and finding a replacement guy who is man enough to lead the way in a relationship with her.

So, if you want to get your ex back, donât wait for her to take the lead and explain how the ex back process will work for you and her.

Watch the video above and you will realize that women usually SAY one thing and DO another.

So, donât expect her to give you advice on how to get her back, or for her to follow through on her promise to have some space and then get back with you.

Youâve got to be man enough to take the lead and make things happen.

3. Feeling unwelcome to flirt with her and actively make her feel a renewed sense of respect and attraction for you

Some guys make the mistake of thinking that flirting with an ex is wrong.

A guy might think, âIf I flirt with my ex, she might get angry and she may then stop wanting to talk to me or see me again. I canât take that risk. Besides, sheâs always giving me mixed messages, so sheâs probably not open to me flirting with her right now. If I just treat her like a friend, she will eventually relax and open up to me and then we can take it from there.â

Yet, thatâs not how it works.

If a guy is not actively making his ex feel respect and attraction for him, his friendly, non-sexual, Mr. Nice Guy, approach will simply make her feel nothing for him.

Nothing.

Zero.

Zilch.

Nada.

If you want to get a woman back, youâve got to actively make her have sexual and romantic feelings for you again.

If you donât do that, she simply opens herself up to meeting new guys, having sex and falling in love again with a guy who isnât afraid to make her feel exciting, sexual feelings of lust and desire.

She might SAY to you that she's not interested in meeting other guys, but she will then DO the complete opposite.

That's just how women are.

Women don't want you to follow their lead.

They want you to be the kind of man that they can follow along with.

That doesn't mean you have to think of everything, make all the decisions and do all the work.

No.

Instead, it just means that you need to believe in yourself no matter what she or anyone says about you.

Be a man that she can look up to and respect and she will then gladly follow along as your loving, loyal and supportive woman.

However, if you don't believe in yourself, she will naturally want to get away from you because you will make her feel unsafe in this world and unsafe about her future.

So, don't be afraid to flirt with her and make her have sexual and romantic feelings for you again.

Remember: A romantic relationship between a man and a woman has to have a basis of sexual attraction and respect.

If that isn't there, it's a friendship and it won't last.

After all, she has sexual needs and so do you.

If there is no mutual sexual and romantic attraction, one of you will be unhappy and then cheat or leave.

So, don't bother trying to understand the mixed messages your ex is giving you and then being on your best behavior in the hopes that this will impress her and make her want you back.

Instead, focus on actively making her have feelings of respect and attraction for you again by flirting with her, making her laugh and smile and showing her the new and improved version of you every time you interact with her (e.g. via text, e-mail, social media, on the phone, or in person), and then confidently guide her back into a relationship with you.

Initially, she may continue to give you mixed messages to test your confidence and see if you will become insecure.

So, just maintain a confident, positive attitude and continue on until you are hugging, kissing, having sex and are back together in a real relationship.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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6 Tips For Getting an Ex Back After Being Apart For Years

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you want to get an ex back after being apart for years, here's what you need to do...

1. Improve Your Ability to Attract Her Before You Contact Her

The key to getting your ex back after being apart for years is to make sure that when you contact her, you are now ready to give her the attraction experience she always wanted from you.

For example: You are now much more confident, self assured and emotionally mature than before.

If you try to get her back while making the same old attraction mistakes that you made years ago (e.g. you give her too much power, you feel unworthy of her, you are afraid to laugh at her when she is being mean or bitchy), she isn't going to feel motivated to want to get back with you.

When you talk to her on the phone or in person, you've got to be able to let her see that you really have changed and become a better man (e.g. you're more confident, charismatic, self-assured, charming, interesting) than before.

If you haven't changed and she can sense that you would probably make the same mistakes as you did in the past, she's not going to be very interested.

She will think something like, *"Does he seriously think that I'm going to give up my great life to get back into a relationship with him, when nothing about him has really changed? He's still at the same level he was at when I broke up with him years ago. Now, after I've managed to get over the pain of our break up, he wants me to go back to being with a guy who still doesn't have what I want. What? He must think I'm crazy!"*

She'll then give an excuse like, *"Aww, that's so sweet of you, but I'm seeing someone else now. Sorry, I wish you all the best in your search for love"* or *"Thanks, but I'm in love with another guy and we're going to get married soon."*

So, if you want to get your ex back after being apart for years, make sure that when you contact her, you're not the same guy she broke up with.

For example: A guy might have been insecure in his relationship with his ex, which was one of the main reasons she broke up with him.

If he calls her up after a long time of being apart to try and get her back, she will naturally test him to see if he's changed (e.g. by pretending not to remember him, being cold and unfriendly towards him, telling him how great her life has been since they broke up, talking about a guy she is seeing).

If he's unable to handle her confidence tests and gets upset, loses his nerve, or keeps his sense of humor constrained because he's trying to be on his best behavior, she will realize that he hasn't changed and she won't be interested in getting back together again.

On the other hand, if he remains emotionally strong and confident and uses humor to attract her and lighten the mood, she will drop her guard.

She will continue to test him during the call and assess whether or not he has become more of a man,

or if he's still pretty much the same.

If she gets the sense that he has matured, she will be more open to meeting up with him in person to experience the new him.

Another example is when a woman broke up with a guy because he didn't have any direction in life.

He was just wondering aimlessly from dead-end job to dead-end job without following through on any of his big dreams or goals.

If he contacts her and she discovers that he's still not making much progress in life, she's going to feel even more turned off by him than before.

She will think something like, *"I can't believe that after all this time, he hasn't made something of himself. He has no big goals, no dreams and no ambitions. I don't want to get dragged into a life with an uncertain future by getting back into a relationship with him. I need a man that I can look up to, respect and rely on to be able to take care of both of us. I don't want a guy that needs me to take care of him emotionally and give his life some purpose. I want a man that has big goals, dreams and ambitions that he's actually following through on."*

She will then reject his attempts to get her back and will ask that he just leaves the past in the past.

So, if you're serious about getting your ex back after being apart for years, you must improve your ability to attract her based on the man you are now.

When she can see for herself that you really are different now, her guard will come down and she'll open herself up to the idea of getting back together with you.

2. Let Her See, Via Your Social Media Account(s), That You've Been Living a Fun Life Without Her

[image: Post up photos on social media of you having fun with other people]

One of the best ways to attract your ex, is by making sure that you focus on being happy, fulfilled and enjoying a fun life without her.

Then, make sure that you let her see it for herself via social media.

If she's not your friend on Facebook, just make sure that you post your photos and set it to "public" rather than "friends" so anyone can see it from the outside.

Trust me, women always stop by to check out their ex's profile on social media.

If she's having a boring day or suddenly thinks of you and wants to look at your photo to reminisce, it's important that you portray that right type of image to her.

For example: You can do that by posting photos of yourself

- Having fun with friends and/or other women.
- Having fun in exotic places that you've traveled to since the break up with her.
- Achieving something big (e.g. getting your black belt in a martial art, winning a prize, taking your first solo skydive).

When she can see for herself that you are confident, happy and getting on with life without her, she

becomes more open to meeting up with you because you clearly don't need her in your life.

Women hate to meet up with ex's who desperately need her back to feel good about themselves.

On the other hand, most women are open to meeting up with an ex if they can see or sense that he's happy, loved by others and has been enjoying a fun life without her.

Essentially, she wants to know that he might want her back, but he doesn't need her back to help himself feel okay.

The next step is to

3. Contact Her Via Social Media to Say Hi as an Old Friend

Make sure you post up the fun photos first!

Don't contact her if your photos are just lonely ones (e.g. you on your own, photos of landscapes and buildings that you've seen while travelling alone).

If you have fun photos, you are ready to contact her.

For example: You might send her a message like, *Hey ex girlfriend Long time no speak. I thought I'd get in touch to say hi as a friend. Life has been good. How've you been?*

If she hasn't heard from you in a long time, she may think, *Wow, this is unexpected. I wonder what he wants with me after all this time,* and she will then look at your social media profile to see what you've been up to since you and her broke up.

When she sees that you haven't been lonely without her and have been getting on with your life, she will feel comfortable replying to you.

Then, when she responds to you, ask her for her phone number (i.e. in case she's changed it since your break up, if you've misplaced it), so that you can call her up to have a quick chat.

If you already have her number, you can message her and reply to what she said, while also adding in, *"Hey, I might give you a call to say hi sometime. I'm sure we can have a chat and laugh as old friends."*

If you don't have her number, just ask her for it as I mentioned above. Say, *"Hey, what's your number? I'll give you a call sometime to say hi. Just as a friend of course."*

Initially, she might be a bit resistant to the idea and may say things like, *I'm not sure,* or *I don't think it's a good idea.*

Whatever you do, don't lose your composure and start saying things like, *Please, I really want to talk to you,* or *Please, I've missed you so much. I just want to hear your voice again* because that type of needy behavior will turn her off.

Instead, just show her that you're now an emotionally strong and confident man by saying something like, *Hey, it's just a quick call between old friends to say hi. We can do that, right? It's no big deal! It could be fun to say hi, even if just for a couple of minutes.*

In most cases, a woman will then give you her number.

Then, once you have her phone number, just go ahead and call her up that day or the next.

Remember: The main reason why it's important to get you ex on a phone call is to re-spark her feelings of respect and attraction for the new you and then get her to agree to meet up with you in

person.

Where a lot of guys go wrong, is by wasting too much time texting or messaging an ex back and forth in a friendly way, without getting her on a phone call or arranging an in-person meet up.

Guys also try to ask for a meet up via text, which almost always fails.

You've got to have the balls to ask on a call.

Hiding behind texts with an ex usually leads to the woman losing interest or getting turned off by what you're texting (e.g. talking about the relationship, asking her too many questions).

Unfortunately, many guys feel afraid to pick up the phone and call their ex because it's been too many years since they broke up.

A guy will think something like, *It's just been so long since we've seen each other. What if I call her and she hears my voice and decides that she doesn't want to see me again? At least she's texting/messaging me now. Texts are better than nothing. Maybe we can just text as friends for a while and then when she feels comfortable, she will ask to speak to me on the phone.*

Yet, that rarely, if ever, happens.

In most cases, a woman will simply get turned off or bored of receiving endless messages from her long-ago ex and she will stop responding to him.

In other cases, she will continue texting, but will also continue moving on with her life without him (e.g. having sex, dating and falling in love with other guys).

So, if you want to get your ex back after being apart for years, make sure that you don't waste a lot of time texting or messaging back and forth.

You've got to get her on a phone call with you as quickly as possible, so that you can re-spark her feelings of respect and attraction for you and then arrange a time to meet up in person.

That's what works.

Okay, so after contacting her via social media

4. Get Her On a Phone Call With You and Make Her Laugh, Smile and Feel Good

Once you get your ex on a phone call, don't waste the opportunity by being too nice or neutral with her.

You've got to use the phone call to show her that you've changed (via the way you talk with her and the way you respond to her) and spark some of her feelings of respect and attraction for you again.

A good way to do that is by making her laugh and smile.

For example: Imagine that you're talking to your ex on the phone and she asks, *So, what have you been up to since we broke up?*

Rather than reply with something mundane like, *Oh, I've been busy with work mostly. How about you?* which will only make the conversation between you and her seem forced and guarded, you can instead say something that will make her laugh and get her thinking, *Wow, this*

*is different! He is so much more confident now. Heâ€™s funny. Iâ€™m enjoying talking to him again. Maybe I should start seeing him again?*â€”

So, when your ex says, â€œWhat have you been up to since we broke up?â€” you might say something along the lines of, â€œI can't believe you don't know what has happened. Itâ€™s been all over the news. Selena Gomez was been stalking me for months. I wasn't able to get her to leave me alone. I had to get a restraining order to keep her away. It has been a rough couple of months. Don't you watch the news?â€” and then have a laugh with her about that.

She will laugh, her guard will come down and rather than feeling tense about talking to her ex after being apart for years, she will feel like you and her are picking up from where you left off when things were good between you.

You can then say, â€œJust kiddingâ€” me and Selena Gomez are cool. We're just friends. Anyway, how about you â€” how's life?â€” and then let her tell you some things about what her life has been like since.

Note: Obviously you don't have to use the Selena Gomez example if that wouldn't be appropriate for you and her. It's just an example to help you understand how to approach the conversation (i.e. use humor, be relaxed, don't be so serious).

You can then tell her some of the real things that you've been up to and say something like, *“Anyway, I think it would be fun to catch up and say hi in person sometime. What you do think?”*

If you've been making her laugh and relax, she's almost certainly going to agree because she will sense that catching up with you would feel good, rather than awkward or weird.

5. Get Her to Meet Up With You in Person

[image: Meeting up with an ex for coffee]

Sometimes, a woman will instantly agree to meet up with an ex that she hasn't seen for years.

Yet, in most cases a woman will initially be resistant to the idea (e.g. because sheâ€™s afraid of getting hurt again, she has a new guy, she doesn't believe that youâ€™ve changed, she doesn't want to seem too eager right away).

The main thing to bear in mind is that no matter how much sheâ€™s saying things like, â€œNo, I don't want to meet up with you,â€” or â€œThatâ€™s a bad idea. We should just let sleeping dogs lie,â€” you must remain calm, relaxed and confident as you continue sparking her feelings of respect and attraction for you.

Once you respark her feelings, her guard will come down and she will become open to meeting you with you.

If she initially resists, you can then say something like, â€œHey, itâ€™s just two old friends getting together to say hello after a long time. Iâ€™m not asking you to be my kidney donor; itâ€™s just a coffee and a laugh! Come onâ€” letâ€™s try to catch up and say hi sometime this week.â€”

She will most-likely say, â€œOkay,â€” or â€œI suppose that would be fine.â€”

Then, just go ahead and make plans to meet up with her at a time that suits both of you.

6. Guide Her Through the Rest Of the Ex Back Process

At the meet up, make sure that you continue saying and doing the things that will turn her feelings back on for you (e.g. being confident, charismatic, funny, charming, emotionally masculine).

When you respark her feelings of respect and sexual attraction in person, it makes her see you in a different light.

Her walls come down and the thought of hugging you, kissing you, being in your arms and being your girl starts to feel good to her again.

She might initially try to fight her feelings for you by saying to herself, *â€œWhat are you doing? Itâ€™s been over for a long time. You canâ€™t get back together after being apart for years.â€*

Yet, her heart will be full of new, exciting emotions for you that she wonâ€™t be able to ignore.

You then just need to guide her through the rest of the ex-back process and show that things really are different now.

Let her see that you're not the same guy she broke up with before.

She will then realize that if she lets you get away this time, she'll be missing out on the greatest love of her life.

So, donâ€™t be afraid to take a chance.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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How to Know if Your Ex is Truly Over You or Not

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

A woman can't ever be truly over you if she once loved you.

She will always have a place for you in her heart and you can reactivate her original feelings for you again if you interact with her and let her experience the new and improved version of you that is so much more confident, masculine and charismatic.

You have improved since the break up, right?

Of course you have.

You are now a better, more emotionally attractive man than you were before, so she is going to feel attracted to the new and improved you, even if she tries to hide it.

This is why it's so important to **interact with her on the phone and in person to let her experience the new and improved you.**

If she won't answer your calls or see you in person, you can start with text.

If she's blocked your phone, you can start via social media.

If she's blocked you via social media, you can get her to unblock you.

Whatever your starting point is, you must get to the point where you can interact with her on a phone call and in person.

That's when you can truly reactivate her feelings and make her reconnect with her old feelings of love for you.

3 Ways to Reactivate Your Ex's Feelings For You

[image: 3 ways to reactivate your ex's feelings for you]

How she feels about you now is not how she will feel about you when you interact with her and re-attract her.

So, don't worry about if she's over you right now. That doesn't matter.

What matters is that you interact with her and make her reconnect with her feelings for you.

3 ways you can do that is by:

1. Making her feel feminine and girly in your presence

In a relationship, it's the man's responsibility to maintain and grow the love and attraction between him and his woman.

A big part of that is continuing to make her feel like a real woman around him (i.e. she feels feminine and girly, she's free to be emotional, she feels like his girl rather than his friend or buddy).

If a guy stops treating his woman like a sexy, attractive, feminine woman that he desires and can't keep his hands off and instead treats her more like a friend or a roommate, she will eventually start to resent it.

A woman knows that her physical appearance is the most attractive thing to a man, so if her own man

stops making her feel as though she is physically attractive, she will feel horrible about herself and want to get that validation from other men (i.e. she will cheat on him or break up with him and then hook up with another guy).

This is why it's so important to always look at your woman as your girl.

Look at her as a sexual being, or sexual object, while also being respectful, loving and caring towards her.

Don't fall into the trap of just treating her like your buddy or partner in life.

Look at her as your girl, so she can look up to you as her man and feel girly and feminine around you as a result.

Why is that important?

The less feminine and girly a woman feels around her man, the less sexual attraction she feels for him.

Her attraction literally shuts off and she starts to look at him as being annoying and a turn off.

Over time, she may begin to say to herself, *“Why do I feel this way with him now? It used to be so good. I want to be with a man who knows how to make me feel desirable and turned on. I just don't feel attractive in this relationship anymore. We're more like friends than anything else. He just doesn't understand how to treat a woman like a woman”* and she will then break up with him.

So, if you want to reactivate your ex's feelings, you must ensure that you are making her feel feminine and girly every time you interact with her from now on.

How can you do that?

Essentially, by being more emotionally masculine than her, thereby allowing her to fully relax into being a feminine, girly woman around you.

For example: She complains about her hard day at work and starts gossiping about people at her office and you laugh (important) and say, *“Oh, you're such a drama queen, aren't you? There's always some big problem going on in your life every day”* and then laugh at her in a loving way.

She then feels as though there is a clear difference between you and her (i.e. you are a man who doesn't complain and gossip like a girl and she's a little drama queen who always seems to have some problem going on in her life).

Another example is where you and her go to a café and you say, *“Okay, let's sit over there”* and choose the table, rather than needing her to be the leader and asking, *“Where do you want to sit?”*

The more you make her feel girly and feminine in comparison to your masculinity, the more she will start thinking, *“I thought I was over him, but I'm not. I still love him. Why do I find him sexy all of a sudden? Why am I feeling this way?”*

Another way to reactive your ex's feelings is to

2. Use Humor to make her smile and laugh to bring down her guard

Another very effective way to make a woman reconnect with her feelings is by making her smile, laugh and feel happy to be interacting with you again.

When she is laughing and smiling, it becomes a lot more difficult for her to hold on to negative feelings for you and she unavoidably drops her guard and opens herself up to the positive feelings

that sheâ€™s been ignoring for so long (e.g. love, respect and attraction).

Hereâ€™s an example of how to use humor to diffuse a potentially difficult situation between you and your ex.

Imagine that youâ€™re talking to your ex on the phone and she says something like, *â€œIâ€™m sorry, but Iâ€™m truly over you now. You need to forget about me and move on.â€*

She will likely be expecting you to get upset and possibly even react by begging and pleading with her for another chance, telling her how much you still love her, or possibly even getting angry with her.

Instead, you can shock her (in a good way) by being emotionally strong and taking the risk to joke with her by saying something like, *â€œForget about what? Sorry, who are you again? I forgot who I was speaking toâ€* and have a laugh with her about it.

Sheâ€™s asked you to forget about her and youâ€™re playfully saying that youâ€™ve forgotten who you were speaking to, as though sheâ€™s not that important and you werenâ€™t really paying attention to the phone call.

You can then say, *â€œOh, Vanessaâ€¦ I remember now! My ex girlfriendâ€¦ yeah, I remember you. I really liked you as a girlfriend, until you started cooking for me. Thatâ€™s when everything went downhillâ€* and have a laugh with her about that.

When you use humor and get her smiling and laughing, she canâ€™t stop herself from feeling attracted to you for having the balls to joke around with her in a moment that may have previously made you feel unsure of yourself.

When she senses your confidence and notices that youâ€™re being a good guy (i.e. youâ€™re not being an asshole when joking with her), she wonâ€™t be able to maintain negative emotions for you in that moment.

Her guard will come down and she will then become more open to interacting with you again, meeting up with you in person, reconnecting with her feelings of love for you and getting back together.

3. Be confident and emotionally masculine around her, even when sheâ€™s being cold and unfriendly towards you

When a woman breaks up with a guy, she will usually make it difficult for him to interact with her from then on (e.g. by ignoring his texts, messages or e-mails, refusing to answer his calls, ignoring him on social media, blocking him on her phone or social media).

Naturally, that makes it a lot more difficult for a guy to get her back and he might start thinking, *â€œThis must mean itâ€™s truly over between us. She wonâ€™t talk to me or even answer my texts. Itâ€™s hopeless! Iâ€™ve lost her foreverrrrrr!â€*

Itâ€™s not over.

There is always a chance to get an ex back.

I know that because Iâ€™ve personally helped 100s of men to get ex women back and many of those cases started out when the woman hated the man and didnâ€™t want anything to do with him anymore.

Why?

Feelings arenâ€™t set in stone.

You can literally change how a woman feels about you.

So, when a guy thinks that there's no chance of getting his woman back, he has become insecure, which is going to turn his ex off (e.g. she will sense his insecurity when she talks to him) and turn off other women that he meets as well.

Where Guys Go Wrong

Just as easily as you can reactivate your ex's feelings of love, respect and attraction for you, there are certain behaviors that can cause you to become insecure and then turn her off when you next interact with her.

So, if you want to succeed at getting her back, try to avoid making the following mistakes!

1. Stalking her social media posts for clues about whether she is over him

Sometimes a guy might say to himself, *"I still love my ex and want her back. I need to know if she is truly over me or not."*

He may then start checking all her media posts in the hopes that he will pick up some hint that she still cares about him (e.g. because she mentions his name somewhere, or she still has photos of him posted on her profile, she talks about being sad, she posts a sad song on her profile, she likes a photo that talks about losing the one that got away).

Here's the thing though!

Women often post things on social media and feel certain about it at the time, but then feel completely differently 10 minutes later or the next day.

Women tend to make decisions and act based on the emotion that they're feeling at that point in time, but they don't always take what they say and do so seriously.

and that there is one of the most important things that you need to understand about women.

Don't take them so seriously!

Women don't want you following their lead and hoping that they give you clear signs and clues about their feelings.

This principle applies when picking up women, being in a happy relationship and getting an ex back.

Women are always the same in this regard.

What they want is a man who doesn't get caught up in their emotional outbursts, random expressions of interest in things and how often they change their mind.

A woman wants a man who believes in himself and his attractiveness to her (and other women) no matter what she says or does.

She does want or need him to tell her that though.

She wants to see evidence of that based on how he talks, behaves, takes action and reacts to her and the world around him.

That's what really counts.

So, don't waste time spying on your ex's social media posts in the hopes of finding some sign that she still cares about you.

Instead, make her care.

Interact with her (e.g. via text, social media, e-mail, on a phone call and especially in person) and actively reactivate her feelings for you.

That is what works when getting a woman back.

Another classic mistake that guys make isâ€¦|

2. Thinking that his only chance is to wait and hope that she sends him a signal that she wants him back

A guy might sometimes waste a lot of time waiting for a signal from his ex that will show him that sheâ€¦s still not truly over him and wants him back.

He might then give her a lot of space (i.e. where heâ€¦s not interacting with her in any way for weeks or months), in the hopes that she will realize how much she misses him and then contact him and tell him that she's ready to give the relationship another go.

Yet, that rarely happens and in most cases, rather than send him a signal that she wants him back, a woman usually just assumes that heâ€¦s not interested in her anymore and she moves on.

What you need to understand is that most women donâ€¦t give clear signals of interest when a guy is trying to get them back.

Even when a woman isnâ€¦t truly over her ex and is still missing, she might not give him any signals to let him know how she feels.

Why? Se doesnâ€¦t want to look desperate or as though sheâ€¦s being too easy about getting back together.

She wants to keep the pressure on him, so there is a higher chance that he will actually change and become the kind of man that she could stick with for life this time.

So, if you want to get your ex back, donâ€¦t waste time waiting for a clear signal from her that's she not over you and is hoping to get back with you.

Instead, be emotionally courageous enough to take the lead by contacting her and beginning the ex back process, rather than waiting around for signals from her.

Donâ€¦t wait for her to make it easy for you.

Women don't respect or feel attracted to guys who need women to guide them along and make things easy for them.

She wants you to be emotionally courageous like a real man and get her back, even though she might act a little cold and distant initially as a way of testing your confidence and not making herself seem too eager.

Another classic mistake that guys make isâ€¦|

3. Not improving his ability to attract her in the ways that she really wants

This is probably one of the biggest mistakes that guys make.

For example: A woman might break up with a guy because she feels more emotionally dominant than him and as a result, she doesnâ€¦t respect him anymore.

To get her back, he might say to her, â€¦Please give me another chance. I promise to change.

I'll do whatever you want me to do to make you happy. Just tell me what you want and it's yours. I will do or change whatever you want as long as I can get another chance with you.

He's hoping that she'll feel flattered and happy that he's willing to do anything for her.

Yet, what he doesn't realize is that he's behaving in the exact same way that turned her off in the first place (i.e. submissive and needing her to lead him).

That's not what she wants from him.

She wants him to be more emotionally dominant and have the balls to stand up to her like a real man.

Standing up to her doesn't mean being mean or disrespectful towards her.

Instead, it's about being more emotionally masculine than her so that she can relax into being a feminine woman around him.

So, if you want to get your ex back, you have to attract her in the ways that she really wants, not in the ways that you think she wants.

For example:

- If you were too insecure, needy and clingy in your relationship with her, start being more confident and emotionally strong.
- If you stopped making her feel attracted to you, start attracting her in new and exciting ways.
- If you lacked drive and determination on your life, set yourself some big goals and make progress towards achieving them.
- If you allowed her to walk all over you, decide to be more emotionally dominant around her from now on.

Fully understand the real reasons why your ex broke up with you in the first place and then immediately begin to change those things about yourself.

When she can see for herself that you're now the kind of man she can look up to respect and feel attracted to, her walls will come down and she will then say something like, *"You know, I was never truly over you. I saw you as the one that got away. I'm glad we're back together now. I love you."*

That's what you can look forward to.

She's waiting.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

How to Keep Your Ex in a Relationship Once You Get Her Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The secret of how to keep your ex in a relationship once you get her back is to deepen her feelings of love, respect and attraction from now on.

You can achieve that by not making the same old mistakes that you used to (e.g. taking her for granted, being clingy and needy, being jealous and controlling, not making her feel feminine and girly in your presence) and being a new, improved man who now makes her feel what she always wanted to feel with you.

For example: If you were too emotionally sensitive before, you are now an emotionally strong, more masculine man who doesn't get upset, hurt or insecure no matter how difficult she behaves.

You're strong now, so she can relax and trust you to really be the man from now on.

Where so many guys mess up is that they get a woman back, but are still pretty much the same guy and don't know how to get rid of their insecurities or communication issues, so the break up happens again.

Don't Bring Old Baggage to the New Relationship

[image: Don't bring old baggage into the new relationship]

You've got to see the previous relationship you had with her as being an experience you and her went through to get to this new, fresh, happy point together.

Both you and her have grown and become better versions of yourself, so when you start a new relationship, it will be better.

The sex will be better, the love will feel stronger and the intimacy will be more honest, meaningful and enjoyable.

Of course, that is if you (not her) really have changed.

For example: Sometimes, a guy will get his ex back by putting on an act of having changed (e.g. he pretends to be more confident than he really is, he pretends not to be jealous and controlling anymore, he acts more loving and caring).

However, deep down he's the same guy as before and once he gets his ex back, he gradually falls back into his old pattern of thinking and behaving.

When his woman notices that he really hasn't changed and is actually still the same guy she broke up with, she will break up with him again.

He has secretly carried the old, problematic baggage into the new relationship and now expects her to just carry it with him like she used to.

That's not what a woman wants when she gives her man another chance after a serious break up.

She wants him to truly change and become a new, improved man that she can respect, feel attracted to and love for life.

If he has tricked her by putting on an act, she's going to be more determined to keep him out of her life the next time, because he obviously doesn't care enough about her to put in the work required to be the kind of man she needs him to be.

On the other hand, if you get your ex back and she sees that you've put in the effort to change and become a better man, she will not only respect you and feel attracted to you even more than ever before, but her heart will also fill up with new, exciting emotions and she won't want the relationship to break up again.

She will feel like you and her have reached a new level together and everything about the relationship will be so much more special now.

She will enjoy the sex more, love hugging you more and feel happy to be spending time with you.

She will also feel confident and safe about your future together, because you've clearly started to become the man she always wanted you to be and she can see that you will continue improving.

So, the secret of how to keep your ex in a relationship with you is to

- Fully understand what caused her to break up with you in the first place.
- Honestly change or improve those things about yourself.
- Get her respect and attraction back by interacting with her on a phone call and in person.
- Hook up sexually and start the relationship again.

Once that happens, your woman will begin to fall deeply in love with the new you and then the idea of losing you will seem like the worst thing that could ever happen to her.

Things That Will Ruin the New Relationship

[image: Things that will ruin the new relationship]

Once you've gotten her back into a relationship, you've got to make sure that you are able to build on her feelings of love, respect and attraction over time.

Watch this video for more info

You've got to take control of the dynamic of the relationship and cause her to be a good woman for you.

That's what she really hopes you will do.

She doesn't want to treat you badly, be a mean girlfriend or wife or end up having to break up or get divorced.

She wants a man who will make her be a good girl and happily love him and be devoted to him for life.

That's a dream scenario for almost all women on the planet, but most guys simply do not know how to provide that experience, which is why there are so many break ups and divorces.

In terms of keeping a relationship together once you get her back, here are some classic mistakes to avoid:

1. Being way too nice to her when the relationship gets back together

Some guys don't feel worthy of their ex woman when they get her back.

For example: A guy may think, *â€œDon't screw this up again. She's given you another chance so you better make sure that you make her feel so happy to be with you, that she never wants to leave again. Be on your best behavior! Treat her like a princess. Don't stuff up! Be nice!â€*

He might then be extra nice to her, agree with everything she says, always give in to her wishes and demands, let her make all the decisions and possibly even let her disrespect him, without ever standing up to her.

He hopes that will make her happy.

Yet, it doesn't.

Of course, there are some insecure, domineering women out there who love the idea of bullying a guy and making him cater to her every beck and call, but the majority of women don't want that.

Most women don't like the idea of being more emotionally dominant than their man, even though they will act like they want to be in charge.

In most cases, a woman seeming like she wants to be in charge is just a test of the guy's confidence.

- Will he laugh (in a loving way) at her for attempting to boss around a man, or will he cower and do whatever she wants?
- Will he remain calm and take the lead, even though she's acting like she wants to lead everything and decide on everything?
- Will he let her make some decisions at times without feeling like he's losing control, or will he get insecure and think that he needs to decide on everything and lead everything at all time?

Women test for these traits in men because it shows her how he will handle himself out there in the world.

A woman doesn't want to get stuck with a guy who will get bullied at work, picked on by friends and ignored or looked over when promotions are available at work.

She wants a man that others respect, which then makes her feel safe.

When a woman begins to feel more dominant than her guy and feels like she can push him around, she stops respecting him as a man.

Her instincts kick in and let her know that she's potentially with a guy who won't be able to stand up for himself in everyday life.

Secretly, she begins to think, *â€œHe's such a wimp. No matter what I say or do, he's always putting up with it. I wish he would just stand up to me once in a while and be a man. His emotional weakness is just so unattractive to me.â€*

She then loses interest in having sex with him and tries to end the relationship before it's too late (i.e. before she gets pregnant to him).

Even if a woman doesn't want children, hates children or says she too young or too old to have children, she is still controlled by the same instincts that affect women who do want children.

Women are instinctively wired to feel attracted to and stick with a man that they can look up to and respect.

If your woman loses respect for you, everything else starts to fall apart after that, which is why getting her respect back is the first thing you need to do.

You can do that by briefly apologizing and then immediately switching to being the sort of man that she can look up to and respect (e.g. emotionally strong, honest, driven, confident).

After that, you need to focus on making her feel good around you by attracting her.

Her feeling attracted to you is the most important part of turning her around and changing her mind about you.

Okay, so let's assume that you do it right (see video above) and get her back.

From then on, you need to continue being a man that she can look up to and respect.

Don't make the mistake of handing all your power over to her and being super nice because you think it will make her happy.

Instead, just be a good, loving man and treat her well, but don't go overboard with how nice you are being.

If you go overboard with it, she will see it as being fake or forced and it just won't feel right to her.

So, simply be a good man, be the more emotionally dominant one and lead both you and her into deeper feelings of love, respect and attraction over time.

Note: While you are doing that, she will almost certainly act like she doesn't care, like it's not having a positive effect on her or that she won't ever change her mind.

Yet, she will secretly be changing how she feels.

As a result, her guard will come down and she will be more open to interacting with you in person and getting back together.

Another mistake to avoid once you get her back is

2. Taking her for granted once again

One of the biggest reasons why a woman breaks up with a guy is because he has fallen into the habit of taking her for granted.

For example: At the beginning of the relationship, a guy will usually be very loving, attentive and caring.

He may notice his woman's efforts to look good for him, all the things she does for him (e.g. making him a coffee, making the bed in the morning, cleaning up the kitchen) and how good she is to him.

Yet, over time, he might become neglectful and stop noticing and commenting on the effort she puts in to look good for him.

Alternatively, he may begin assuming that it's okay for her to run around and do everything for him, because she loves him or because she's his girlfriend or wife.

Naturally, when this happens for a long time, the woman will likely start thinking, *Why do I have to do everything? He never pulls his weight around the house and always expects me to clean up after him. At least if he noticed me once in a while and gave me a compliment, I'd probably be able to handle his laziness, but I just feel like his slave these days. I'm miserable. What am I sticking around for? This isn't going to get better over time like a relationship should. It's*

*probably just going to get worse. I need to get out and find myself a man who will treat me with the respect and love I deserve,*â□□ and she then breaks up with him.

If the guy realizes his mistake, he will make some adjustments to his thinking and behavior and successfully get her to give him another chance.

Then, their relationship will get better and better over time, because he is one of the rare guys who learns from his mistakes, makes changes and becomes a better man as a result.

However, not all guys do that.

Sometimes, a guy will get his ex back after taking her for granted, by making her a whole bunch of promises about things he will change.

He might say, â□□*Please baby, I know that I took you for granted, but I've realized that was wrong. I promise if you give me another chance, I will treat you better. I promise to help around the house and Iâ□□m going to be the loving, caring man that you deserve.*â□□

Yet, after he gets her back, he slowly falls into his old pattern of taking her for granted.

Why?

Mainly because he hasnâ□□t really made any improvements to his way of thinking.

Heâ□□s still the same guy she broke up with.

He simply promised her to change, but deep down everything about him is still this same.

It was an act.

Naturally, when his woman realizes that sheâ□□s been duped, she will break up with him again and then try to find a replacement guy to give her the attraction experience she really wants.

So, don't let that happen to you.

If you get her back, make sure that you do things right this time.

Be one of the rare men who sincerely change and improve as a result of a breakup, by going beyond the level that you were at when she broke up with you.

Then, when you get her back, it will be forever, rather than being for as long as it takes for her to realize that youâ□□re still the same guy she broke up with.

3. Not giving her the attraction experience she secretly wants

Gone are the days where a woman would stay in a relationship with a man regardless of how miserable she felt because she was expected by society and family to only have one man for life.

In todayâ□□s world, a woman will quickly break up with a guy if canâ□□t give her the attraction experience she wants from him.

For example: A woman might want her guy to be more ballsy and stand up for himself to her and to other people, rather than being so shy, hesitant and soft spoken.

Yet, if he just continues to go around being a pushover and allowing himself to be emotionally dominated by people, then heâ□□s not giving her the attraction experience she wants from him (i.e. a confident, emotionally dominant man that she can look up to, respect and feel attracted to).

So, for a guy like that to keep his ex in a relationship once he gets her back, he needs to show her that heâ□□s now emotionally strong and able to stand up for himself.

It's not about him become aggressive or acting like a thug or anything crazy like that.

Instead, he should remain being a good man, but just have a bit more balls.

He should be able to talk with confidence, look people in the eye and take action with confidence to achieve what he wants to achieve in life.

She doesn't want him putting on an act of being confident to please her and then quickly giving in to her demands if she gets annoyed and throws a tantrum to test him.

She wants his newfound confidence to be real and if he can do that, her love and devotion for him will be real.

Another example is if a woman wants her man to be more goal-oriented in his life.

She wants him to have a big life purpose and direction outside of his relationship with her (i.e. something big that he's striving towards achieving in his life other than being with her).

If he gets her back and she realizes that he's only talking about his dreams, but never actually doing anything to make them a reality, she will just break up with him again and find herself a man who isn't all talk and no action.

Note: A man does not need to have achieved his goals before a woman can fully love and respect him again.

Instead, he just has to show her that he's putting in the effort to become a bigger and better man to ensure a safer and more secure future for both of them.

As a man, you've always got to be making progress towards your biggest goals in life.

Little, standard goals (e.g. getting a job, buying a new sofa, exercising) are not big goals and ambitions. That's just the standard mechanics of life.

I'm talking about your biggest goals, dreams and ambitions.

Make progress towards that.

So, with your woman, do you know what part of the overall attraction experience was missing in the relationship?

- Were you not enough of a man for her?
- Were you not following through on your big goals and ambitions?
- Did you become too emotionally sensitive?
- Did you give her too much power and as a result, prevent her from feeling like your girl and being able to look up to you?

If you want to keep your ex once you get her back, you've got to understand what part of the overall attraction experience was missing and adjust those things about yourself.

When she can see that you get it now and she doesn't have to silently feel angry and frustrated at you anymore, she can relax and allow herself to fully trust you, respect you, feel attracted to you and fall in love with you again.

4. Falling back into your old insecurities

One of the main reasons why a woman will break up with a guy is because of his insecurities (e.g. he doesn't believe he's good enough for her, he's afraid of losing her, he's insecure about

his future prospects, he's insecure in the bedroom, he's insecure about other people).

Why?

It all has to do with a woman's natural instincts of needing to be with a man who is strong enough to take care of her and their offspring should they have any one day.

Unlike in the past where a woman wanted the physically strongest man (i.e. because she needed protection from wild animals and, in later times, from being abducted or raped), today's woman wants a man who is emotionally strong.

Essentially, because modern women are no longer under threat of being eaten by wild beasts and can rely on the police, courts and government for protection, they no longer need a man who has big muscles to protect them physically.

Of course, there's nothing wrong with having muscles or being physically strong of course, but it's just not that important to most women anymore.

Some women place importance on it, but most women know that a nervous, insecure guy with muscles doesn't guarantee her a safe, happy future.

A woman knows that modern life is challenging and requires emotional strength (i.e. confidence, self esteem, assertiveness, determination to succeed) in order to survive, thrive and prosper.

She needs a man who will remain emotionally strong, regardless of how difficult things get in life (e.g. he's faced with financial problems, taking on the responsibility having a family and raising children, dealing with difficult coworkers, dealing with friends who are creating problems in their life).

So, if a guy is plagued by insecurities and expects his woman to be gentle with him, she will quickly start losing respect for him.

She will feel turned off by his emotional weakness and then the idea of sticking with him for life just won't feel right to her anymore.

She may love him as a person and cherish the memories they've shared, but her instincts will be telling her to get out the relationship before it's too late.

So, if insecurity was one of the main reasons why she dumped you the first time, to keep her in a relationship when you get her back, you need to show her that you really have changed.

For example: No matter what your ex says to you, how she treats you (e.g. pulls back her attention to see what you will do, is mean towards you, throws a tantrum, insults you), or how much she tries to get you to react in your old ways, you need to remain confident and emotionally strong.

[image: Keeping the relationship together once you get her back]

When she can see for herself that things really are different now and that you are no longer falling into your old patterns of insecurity, she will relax into being a feminine woman around you, knowing that you are now the kind of man worth sticking with.

By the way...

Once you've gotten her back, she may test your confidence and emotional strength by bringing up the past and complaining about the mistakes you used to make.

Don't take it seriously and feel like you need to apologize over and over again.

Just turn it into something to laugh about together and then move onto the next conversation.

For example: “*Yeah, it’s pretty funny to think about...I mean, what was I thinking?*” and then have a laugh with her about that, rather than allowing her to turn it into a serious thing or a negative thing. Remain confident and guide you and her into deeper feelings of love, respect and attraction in the new relationship.

If you do that, everything will be fine.

The relationship will literally get better and better every day, week, month and year that you’re together.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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How to Build Sexual Tension With Your Ex

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you are looking for ways to build sexual tension with your ex, here is what you need to do.

1. Reactivate Her Feelings, But Don't Try to Get Back With Her

Before you even think about hooking up with your ex sexually and getting her back for real, you first need to use every interaction that you have with her as an opportunity to reactivate her feelings of respect and sexual attraction.

If you don't do that first, she won't really be open to the idea of talking to you, meeting up with you or having sex with you again.

Instead, she will likely be saying things like, *"Please stop contacting me. I just don't have feelings for you anymore,"* or *"I can't forget what happened between us. I just don't think I can feel love or attraction for you again. It's over okay."*

On the other hand, if you reactivate some of her feelings for you first and then build the sexual tension between you and her (e.g. via flirting, by making her laugh and smile), she simply won't be able to stop herself from wanting you to release that desire inside of her.

Of course, right now you may be wondering, *"How can I reactivate my ex's feelings for me? What must I do?"*

Watch this video for some examples!

The truth is, reactivating a woman's feelings is actually pretty simple.

The main thing you need to do is to interact with her (e.g. via e-mail, text message, social media and most importantly, on the phone) to make her laugh, smile and feel happy and excited to be hearing from you again.

The more sexual attraction you make her feel during interactions, the more the sexual tension will build up between you and her.

So, when you ask her to meet up with you in person, or if you move in for a hug or kiss when you see her, she will be much more likely to go along with it and enjoy it.

What is sexual tension?

Sexual tension is where a man and a woman are attracted to each other, but there is a block or obstacle in between them having sex (e.g. they work together, he already has a girlfriend, they have just met in a bar and she's not sure if it will look good to her friends if she goes home with him, so her friends are the block).

Sexual tension also happens with happy couples.

They flirt with each other in the morning before heading off to work for example and know that sex is going to happen that night, but there's still an entire day ahead of them before it happens.

So, during the day, they are thinking about having sex with each other and the tension is building.

When they get home, they both have a cheeky smile on their face and the flirting continues.

Later that night, the sex happens and it's a beautiful release of built up sexual tension.

The same principle of sexual tension applies with an ex.

You and her aren't together anymore, so the block or obstacle is the imaginary notion that ex's are supposed to remain broken up.

She probably doesn't want to go back on her word when she said, *"I don't want to be with you anymore. It's over"* and she might not also want to disappoint her friends.

Whatever the case, there will be a block or obstacle in between you and her hugging, kissing, having sex and getting back into a relationship.

The block or obstacle is actually a perfect opportunity for you to create sexual tension by making her feel attracted during interactions, but not trying to get her back.

She then feels attracted to you and wonders why you don't want her back, so you become the block.

Warning: Don't play too hard to get though!

Remember that you are broken up and if you play too hard to get, she might just give up on you and move on.

Watch this video for more info! [\[link\]](#)

It's important that you actively make her feel sexually attracted to you and then have the confidence to just relax and know she is attracted and that you don't have to rush to get her back.

Don't leave it too long though.

After you've built up some sexual tension, just get her back.

She will be so happy to be in your arms again because it will be a huge release of exciting sexual tension.

Yet, most guys either don't know how to do that or are too afraid to give her that experience in case she moves on.

For example: A guy calls his ex woman and says, *"Hi Tanya! I just called to ask you if you would like to meet up for some coffee sometime. I need to talk to you about getting back together again."*

There's no block or obstacle in between them wanting each other.

He's saying that he wants a relationship, before he's even made her feel any sexual desire or wanting for him.

As a result, he's going to kill the sexual tension and she's going to just close up and say, *"No. I don't think that's a good idea."*

On the other hand, if you say something like, *"Hey Tanya! how you doing? I'm just enjoying a nice cappuccino here and it suddenly made me think of you."*

She will likely ask, *"Why?"*

She may even think to herself, *"Oh, I bet he's just saying that as a way of asking me out for coffee."*

You can then say in a joking way, *"Well, I was remembering how every time you drank a cappuccino you managed to give yourself a foam mustache. You're the only girl I know who*

could pull off a cappuccino mustache and still look good.â

At this point, she will probably be laughing and feeling a little self-conscious.

She'll also be feeling some respect and attraction for you, for having the confidence to tease her in that way even though you and her have broken up.

You can then say, *âAnyway, I thought Iâd give you a call to say hi as a friend. How have you been ex girlfriend?â*

Referring to her as "ex girlfriend" creates an obstacle between you and her.

She's not your girlfriend anymore, so if she feels like she wants to be your girlfriend again or at least still be thought of as your girlfriend in your mind, it will create some sexual tension.

She will want to flirt with you, show you interest and make you want her again, so you stop thinking of her as your ex girlfriend.

In the process of trying to get you to want her again, she will naturally begin to think of you in a more positive light, focus on your good qualities and try to impress you.

This actually makes her fall back in love with you and want you again.

You become a challenge to her.

She wants to get the power back and if she has to meet up with you, make you want her and then try to break it off with you again, most women will do that.

Yet, she's not going to break up with you again if you properly attract her at the meet up!

So, after you've built some sexual tension by flirting with her (e.g. telling her she looks good, even with a cappuccino mustache) and creating an obstacle (e.g. referring to her as your ex girlfriend), you can either end the phone call or suggest a meet up if you think she is ready.

If you think she is ready to meet up, you can say something like, *âAnyway, Iâve got to go now, but how about we catch up and say hi in person sometime this week? Of course, itâs only as friends because I accept that you and I have broken up. I just want to see if you still look as cute as you used to with that foam mustache.â*

She will most likely be laughing, smiling and enjoying the conversation with you, while at the same time, noticing that there's a bit of flirting and teasing going on, which will be exciting to her.

Women know what flirting is and they love it when a guy has the confidence to do it, especially when they are being cold, distant or even mean towards him.

She will begin to think, *âTalking to my ex actually feels good again. Maybe meeting for a cup of coffee isn't such a bad idea. I actually want to see him. It seems like it might be kind of funâ* and she will then agree to meet up.

As long as you focus on making her feel good feelings when she interacts with you (e.g. respect, attraction), without putting any pressure on her to get back together again, the idea of meeting up with you will be something she really wants to do.

2. Attract Her in Person, Hug Her, Kiss Her and Then Leave to

Do Something Else You Had Planned

[image: Build up the sexual tension and then leave]

Another great way to build sexual tension with your ex, is to let her experience and feel attracted to the new and improved you in person and then leave, rather than hanging around until she says that you should go.

What you need to focus on in terms of attraction, will depend on what your ex broke up with you because of.

For example: If a guy got broken up with for being too emotionally sensitive and insecure, he needs to show her that he's now emotionally strong and confident.

If she tries to test him by being cold and distant during conversation, rather than reacting like he might have in the past (e.g. get upset, give up on the idea of getting her back, plead with her for another chance), he instead remains relaxed and uses her coldness to build up the sexual tension (e.g. by playfully teasing her for being cold, making her laugh, playfully acting even colder than her).

Another example is if a woman broke up with a guy because he was too nice and she felt more emotionally dominant than him.

A good way to show her that he's changed, while at the same time build sexual tension between them, is by standing up to her (in a loving way) when she tries to dominate him during conversation.

For example: If she says, *"Don't say another word"* he then acts as though he is taking her seriously, covers his mouth with his hand, removes his hand and says, *"I have to go take a piss"* whoops, *I wasn't supposed to talk* and then have a laugh with her about that.

When she sees that he's the one who is control of the situation, she naturally feels sexually attracted to him again.

That's how it can work for you too.

When your ex sees that you're being so confident, charismatic and emotionally masculine with her now, she won't be able to stop herself from feeling sexually attracted to you again.

Attraction happens automatically and isn't something that either men or women can stop feeling for each other.

When traits are displayed that cause attraction, it just happens whether we want it to or not.

So, when she is attracted to you again and the sexual tension is building, you can say something like, *"This coffee tastes great, but what would make it taste even better is if you come here and give me a hug."*

As long as you've been sparking her feelings of attraction for you during the interaction, she will most-likely laugh and say something along the lines of, *"Oh really? Okay,"* and she will come over to give you a hug.

When she's in your arms, lean in and give her a kiss.

Then, when she's feeling really exited and turned on and possibly even thinking, *"I wonder where things are going to go from here. Maybe we're going to have sex again!"* you need to pull away and say something along the lines of, *"Well, anyway this has been fun, but unfortunately I've got to get going now. I've got an appointment that I can't be late for. Let's do*

this again though, okay? Iâ€™ll call you sometime. Bye,â€™ and then leave.

Be casual and relaxed about it.

Don't rush to leave and make it all weird.

Just have an appointment that you must go to and then leave to go and attend that.

[image: Build up the sexual tension and then leave]

Then, when you contact her again, she will be keen to meet up with you, hug, kiss and have sex to release the sexual feelings that have been building up inside of her.

3. Have Sex With Her, Blow Her Mind and Then Let Her Know That You Will Be Unavailable For the Next 3-4 Days Afterwards

If you successfully spark your exâ€™s feelings of respect and attraction at the first meet up, it is likely that the sexual tension between you and her will be quite intense.

Chances are high that she will even be the one who calls you and suggests you get together again (possibly even at her place).

When you meet up with her again, itâ€™s up to you to continue building her feelings of desire, to the point where she simply canâ€™t wait for you to release those feelings inside her via kissing and sex.

The way it works is that when you build up a womanâ€™s sexual desire for you by creating sexual tension, she will feel as though she is going to explode if she doesnâ€™t have sex with you.

I've dealt with ex back cases where the woman has even admitted to her ex guy that since interacting with him again, she has masturbated in the shower and in bed when thinking about having sex with him.

Your ex might not admit that, but women masturbate over actual sex that they can have with their existing man or with other men that they might fantasize about.

Of course, some modern women do look at porn, but the majority of women are fantasizers.

They just close their eyes and imagine sex happening and masturbate to that.

So, when you re-attract your ex, it's highly likely that she will be masturbating to the idea of having sex with you again.

When you cause her to feel that way, she then wants to seduce you, rather than waiting around for you to take things to the next level with her.

That's not the end of it though.

Once you finally release the sexual tension with sex and you blow her mind, pull back and don't chase her for a relationship.

You can do that by saying something along the lines of, *â€™This was great. Iâ€™ve really enjoyed being with you again. You're sexier than ever. Iâ€™ve got to go now and I want you to know that Iâ€™m going to be caught up with a big project at work for the next 3 or 4 days, so I wonâ€™t be able to call you. When Iâ€™m finished, Iâ€™ll definitely give you a call so that we can catch up again.â€™*

Then leave and don't call her for a few days to build the sexual tension with her even more.

Remember: She will be sitting at home replaying all the great moments she shared with you, thinking about how much you've changed as a man and remembering how great the sex between you and her was.

When she gets into bed at night, she will almost certainly masturbate about you and imagine having sex with you again.

By the time you contact her again, she will be desperate to see you and from there, getting her back into a relationship with you will be something she will be hoping for as much as you.

Make Sure You Don't Make These Classic Mistakes

As you can see, building sexual tension with your ex is actually pretty easy.

As long as you focus on sparking her feelings of attraction every time you interact with her (e.g. on a phone call and especially in person) and then pull away a little bit, your ex will be at boiling point in no time.

Where some guys go wrong though, is by making the following mistakes!

1. Thinking that romantic gestures will build up sexual tension when there is no sexual attraction to begin with

Sometimes, a guy might make the mistake of thinking that romance equals sexual tension.

He might even say to himself, *I've seen how women react in romantic movies. All the guy needs to do is buy her flowers and arrange a romantic, candle-lit dinner and by the end of the evening she is so sexually turned on that she just can't keep her hands off him. So, that's what I'm going to do. I'm going to romance my ex with flowers, dinners and gifts, until the sexual tension between us reaches boiling point and she can't keep her hands off me.*

Yet, what a guy like that usually doesn't understand is that even though he means well, romance only works if the sexual attraction is mutual.

If she doesn't feel sexually attracted to him anymore, she might appreciate his romantic gestures, but it's not going to make her feel sexually attracted to him.

Why?

He's trying to build sexual tension with her with traits such as niceness, politeness and gentlemanly behavior, which don't even make a woman feel sexually attracted and turned on.

A woman only feels cares for those nice traits if he has reactivated her feelings of respect and sexual attraction for first.

So, if you want to build sexual tension with your ex, don't waste time making grand romantic gestures in the hopes that this will make her throw herself back in your arms like women do in the movies, music videos or romance novels.

Instead, just build up the sexual tension with her by triggering her feelings of respect and sexual attraction for you, but don't try to get her back right away.

Then, you will most likely get a text, call or social media message from her telling you that she wants

to see you again.

If she's shy or likes to play hard to get, she might just send you a, "Hey" text or, "How are you?" which is code for, "I miss you. Get me to meet up with you."

From there, you can meet up with her again and get her back.

Another classic mistake isâ€¦!

2. Trying to build up sexual tension with text messages and e-mails

Sometimes, a guy will waste a lot of time texting or e-mailing his ex in the hope that it will gradually make her want him (i.e. the sexual tension will build).

Yet, if he doesn't do anything to spark her feelings for him first, it's unlikely that a woman will feel seduced by what a man has to say via text or e-mail.

In most cases, she will just be feeling annoyed and wondering, "What does he want? Why is he texting me/e-mailing me all the time?"

Here's the thing!

When a woman can't hear the tone of your voice, or experience your confidence, she can only guessing at your state of mind when you sent the text or e-mail.

In most cases, she's going to be thinking of you the way you used to be before (e.g. insecure, needy, self-doubting), not the way you are now (e.g. confident, emotionally masculine, determined).

So, if you want to build sexual tension with your ex, you've got to get her on a phone call with you, where you can get her smiling, laughing and feeling good to be talking to you again and let her experience the new you.

Then, arrange a time to catch up in person.

In person, you will be able to fully reactivate her feelings of sexual attraction for you by flirting with her, making her smile and laugh and showing her that you're now a very different man than the one you were before.

You can create real, exciting sexual tension that both you and her want to release by kissing and having sex again.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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3 Reasons Why Caring Too Much About What Your Ex Thinks of You Will Actually Turn Her Off

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Women always test men.

One of the ways a woman tests her ex man is by showing interest one minute and being cold and distant the next.

She will also complain, remind him of how badly he treated her, blame him for the hurt she is feeling and so on.

In most cases, she is testing to see if you are going to buckle under her pressure and lose confidence in yourself and your attractiveness to her.

[image: Why is she creating drama?]

She wants to see if you can maintain your self-esteem and confidence no matter how cold, mean or bitchy she is trying to be.

Her words and behavior may seem serious, but deep down, she is open and ready for you to reactivate her feelings and bring back her sweet, loving, good girl side that she used to share with you.

She won't openly admit that and, if she's inexperienced with relationships, she probably won't even know that it's possible for her to go from hating you to loving you again.

Yet, she can.

You have the ability to cut through all the drama and bring the situation between you and her back to love, connection and happiness again.

How can you do that?

Start by understanding the following 3 important things about your ex...

1. Her Dramatic Emotional States Are Usually Fake

[image: Most of her drama is fake]

Women often create drama purely as a way to test a man's confidence.

They don't actually want you to take it seriously.

In most cases, the best response is to simply laugh at her and her attempts to create a negative situation (e.g. when she throws a tantrum, starts blaming you for everything that is going wrong in her life), rather than getting dragged into the drama.

Here's the thing! □

The more feminine and girly a woman is, the more likely she will be to get very emotional and moody from time to time.

For example: A woman might be very successful in her professional life and generally be able to keep her emotions under control at work.

Yet, when she is at home with her man or interacting with friends, she might let her emotions go to create some drama (e.g. by crying when she's feeling stressed, throwing a tantrum over something seemingly insignificant, making a big deal out of nothing and getting upset about it).

Feminine women love to create drama because it allows them to express their wild, random emotions and it also gives them an opportunity to locate and lock onto a man who has the ability to remain confident, calm and in control amidst the storm she is creating.

When a feminine woman meets a man who doesn't buckle under her fake pressure, she locks on and doesn't want to let go.

So, even though you and your woman are now broken up, she's going to naturally continue creating drama and testing you to see how you react.

For example: She might be even more unpredictable with her behavior (e.g. answers your calls or texts in a friendly way and then ignores you for days or even weeks. Sounds like she's enjoying talking to you on the phone and then suddenly starts an argument over nothing. Seems to be having a good time hanging out with you and then goes cold and wants to leave. Starts having sex with you and then stops right in the middle of it, cries and says that she doesn't want to continue).

When a guy is experiencing that kind of erratic behavior with his ex, it's only natural that he might feel a bit confused and he may even get upset at her for being so annoying, frustrating or inconsistent.

If he blames himself, he may think, *"What am I doing wrong? Why does she act all nice and friendly one minute and then suddenly she's being cold and distant, or angry and telling me to leave her alone? I don't understand. She's acting like a crazy person."*

What some guys don't understand is that a woman will usually create some sort of drama around her (e.g. by starting an argument, being open and friendly one minute and cold and distant the next), to test how he will respond.

- Will he remain silent and put up with her bad behavior (i.e. because he fears that he won't be able to convince her to give him another chance if he says anything that might annoy her)?
- Will he respond like a woman by losing control of his emotions (e.g. get upset or annoyed with her, begging and pleading with her, crying)?
- Will he lose confidence in himself and his attractiveness to her and give up completely on the idea of getting back with her altogether?

If he doesn't respond like a real man (i.e. remain calm, laugh at her drama in a loving, easy-going way or use humor to get her to laugh at herself), she will sense his insecurity and lose even more attraction and respect for him.

For example: A guy might be having a good conversation with his ex on the phone, when all of sudden she says something like, *"You really stuffed up you know? I can't believe you have the nerve to talk to me after everything you put me through. Who do you think you are? Do you really think I would ever want to get back with you after all you put me through?"*

Naturally, he might feel confused and even hurt by her seemingly harsh comments and questions.

He might say to himself, *"Huh? Why is she being like this all of a sudden? I thought we were both enjoying talking to each other. What did I do to set her off like that?"*

He may then become very guarded around her and try to say and do whatever he thinks will please

her (e.g. he will be extra nice, considerate, caring, generous, thoughtful).

Yet, here's the thingâ€¦|

If he pays too much attention, gives too much importance or tries too hard to understand the emotional states she goes through, he will be missing the point.

In most cases, a woman doesn't really care about what she is saying when she is being emotional because it's only a fleeting, feminine expression.

Although she wants you to respect her right to feel those emotions, she doesn't expect you to take it all so seriously and think that it's the end of the world.

This is where so many guys mess up with their ex and with women in general.

They just take women way too seriously.

In the case of an ex, rather than make her think, *â€œAmazing! My ex is being so sweet to me because I threw a tantrum. Heâ€™s really trying so hard to please me. Heâ€™s such a good guy! Wow! I must give him another chance! I simply cannot lose him. He is my Prince Charming!â€* she will instead be thinking something like, *â€œHe doesn't get it. Heâ€™s just not man enough for me. Heâ€™s always getting so emotional over everything that I say or do. He just can't relax and accept that Iâ€™m a woman and sometimes I overreact about stuff and don't even care about it. I don't want him to feel intimidated by me after I have an outburst like this, or to tiptoe around me and think that he has to be on his best behavior. A real man would laugh at the situation and put me back in my place by not taking it so seriously. He'd make me laugh and take away the seriousness of what I was saying. He'd make us feel happiness and love again, rather than getting dragged into my drama. I guess I made the right decision by breaking up with him.â€*

Women rarely admit those private kind of thoughts they have about men and attraction, so most guys in the world go through life completely clueless about how they really should be behaving around a woman.

So many guys take the emotional outbursts of women too seriously and as a result, the woman feels disappointed that she's attracted yet another guy who doesn't know how to be a man and put her back in her place in a loving, but dominant way.

As a result, she just breaks up with him and hopes that the next guy she meets will understand what women really want from men, but will rarely, if ever, go around admitting.

Why don't women admit it?

Imagine if women admitted that they didn't want men to take them so seriously.

That would be a total disaster in the workplace and in general life because guys would take it the wrong way and start disrespecting women everywhere.

What women want is for a man to not take their emotional outbursts so seriously when in a relationship.

Not at work, not in general life, not anywhere else but in a romantic relationship.

Why?

Not taking her BS so seriously allows her to look up to you and respect you as the man, while she naturally slots into her place as being your feminine woman.

In today's world, many women are embarrassed to admit that they want to be a man's woman, so

they will rarely, if ever, admit what you've just learned here.

You just have to know this and then act on it.

When you do, you will see a happy, shocked look in a woman's eye and she will lock on to you and not want to let you go.

She will realize that you are one of the rare men who actually has the ability to allow her to be a feminine, girly woman.

That's a dream scenario for most women, even though they are usually embarrassed to admit it when asked.

So, if you find yourself getting frustrated every time your ex gets emotional, it could be because you're making the mistake of wanting her to behave more like a man (e.g. react in a predictable, consistent way, be more logical and serious, be more in control of her emotions).

She doesn't want to be like you.

She wants to be able to be a woman and create drama, change her mind like the weather and be moody, without it negatively affecting you.

If you can allow her to have that experience, she will never want to leave you.

It's so damn rare for women to be able to find a man who gets it.

So, the next time your ex gets overly emotional with you (e.g. starts crying, throws a tantrum), the best way to react is to just laugh at her and the situation, rather than getting sucked into the fake drama she is creating.

Initially, she might act shocked that you're not reacting the way she's expecting you to (e.g. you're not getting upset or annoyed with her), but even if she doesn't show it, she will actually be feeling a tremendous amount of respect and sexual attraction for you for having the balls to guide the interaction back to laughter and love, rather than getting sucked into her fake drama.

From there you just need to continue making her laugh and smile so that you can build on her initial feelings for you.

The more respect and attraction for you she feels, the less she will be able to stop herself from reconnecting with her feelings of love for you.

2. Her Texts Are Usually Meant to Test Your Confidence

For example: A guy might text his ex woman and ask her to meet up with him for a coffee.

She may then respond with something like, *â€œSorry, Iâ€™m really busy right now. I donâ€™t think I can meet up with you at the moment.â€*

A confident man won't suddenly lose confidence and think that he no longer has a chance with her.

He will accept that she is busy and text something like, *“Okay, no problem. Iâ€™ll text you next week to see if your schedule has cleared up a bit.â€*

On the other hand, an insecure, self-doubting guy will start wondering, *â€œIs she just trying to avoid me? Maybe she said sheâ€™s busy because she doesnâ€™t want to tell me that she doesnâ€™t want to see me again. Maybe sheâ€™s got another guy and isnâ€™t telling me! I've lost her! I have no chance now! It's overrrrr!â€*

Then, when he eventually interacts with her (e.g. on a phone call, or in person) and she gets the sense

that heâs insecure and worried about what she thinks of him (e.g. she picks up on the insecurity in his voice or notices it in his body language), she will feel turned off.

So, when youâre interacting with your ex, whether itâs via text, social media, e-mail, on the phone or in person, you need to remain confident no matter what she says or does to test your confidence.

You canât fall into the trap of reading into everything she says and wondering, *âWhat does she mean by that?â* or *âWhat does she think of me right now?â*

Instead, you need to remain confident no matter what she says or does and focus building her feelings of respect and attraction for you.

Thatâs the real secret to getting an ex woman backâ|

When you have the confidence to calmly do whatever it takes to get her back regardless of what she says or does, youâre tapping into her instinctive nature that tells her, *âHeâs a real man. Heâs in control. Heâs calm, confident and loving. Nothing makes him lose confidence or get emotional at me. Heâs a keeper. Heâs the kind of man that I can look up to, respect, love and feel attracted to.â*

She then drops her guard and then getting her back becomes a matter of you taking the lead and making it happen.

Finallyâ|

3. Most Women Don't Want to Guide You Back Into a Relationship

If you break up with a woman and she really wants you back, she will happily take on the leadership role to guide you back into a relationship.

Yet, that doesn't apply to you, right?

You want her back and she isn't interested, right?

If so, you need to be the emotionally strong one who has the courage to take the necessary actions and guide her back into a relationship with you.

Right now, your ex might be making it very difficult for you to interact with her and she may even be saying things like, *âLeave me alone. Just get it in to your head that itâs over between us. Nothing you can say or do is going to make me change my mind.â*

This might make you feel like you have no hope with her anymore and you may want to give up. Donât give up.

Regardless of how difficult the situation might seem to you right now, the main thing to remember is that, generally speaking, a woman doesnât want to make it easy for you to get her back.

It's a test of your confidence, manhood and love for her.

She wants to see what you're really made of, now that you're under extreme pressure and are potentially going to lose her forever.

To test you, sheâs going to play hard to get, create drama and throw tantrums.

She will wait and see if you have the emotional strength and confidence to respark her feelings of

respect and attraction and then guide her back into a relationship with you.

For example: A guy might think, *â€œMy ex said thatâ€œs itâ€œs over between us. What will she think of me if I try to get her back? Will she think Iâ€œm a great guy for not giving up on our love, or will she think Iâ€œm being desperate?â€œ*

He might then decide to do one of the following thingsâ€œ

- Act extra nice to her (e.g. agreeing to everything she says, not standing up for himself when she puts him down) in the hopes that she will see what a great guy he really is and give him another chance.
- Cut off all communication with her (e.g. via text, social media, e-mail, over the phone and in person) as a way of making her miss him and come running back.

Yet, neither one of these approaches usually works. Why?

In a case where a guy is being extra nice and sweet to his ex, it will usually turn her off and she will lose respect for him.

She will see that his niceness is coming from desperation, not from the fact that he is always like that. He's putting on an act.

Women hate it when men act like something they're not.

Women love it when men are authentic and simply remain confident, calm and in control around them.

Likewise, if a guy decides to ignore his ex woman (to avoid coming across as being needy or desperate), she will usually just forget all about him and move on.

Why?

When a woman doesnâ€œt have feelings for a guy, not hearing from him for a long time isnâ€œt going to matter to her all that much.

Instead, sheâ€œll usually just use that time to get over him and move on.

What you need to understand, is that to get an ex back, you need to be a man about it.

You canâ€œt sit around worrying about what your ex thinks of you and whether itâ€œs 100% okay with her for you to want her back.

As the man, you need to take the lead and not wait for her approval to start the ex back process.

Instead, you need to actively focus on rebuilding her feelings of respect and attraction for you every chance that you get from now on (e.g. via text, e-mail, social media message, on a phone call, in person).

Regardless of what she says and does (e.g. throws a tantrum, tells you to get lost, is being cold and distant towards you), you need to show her via the way you think, talk, behave and interact with her, that youâ€œre the kind of man that she can now look up to, respect, feel attracted to and love for life.

For example: When a woman has lost touch with her feelings of respect and attraction for a guy and then breaks up with him, she may say to him, *â€œYouâ€œre just not what I need at this point of his life. I donâ€œt know if I have feelings for you anymore.â€œ*

Naturally, when a woman says something like that, a guy might feel defeated and he may lose confidence in himself as a man.

He may say to himself, *“Well, I guess that’s it then. She doesn’t have feelings for me anymore, so there’s nothing else I can do.”*

Yet, that’s not the case at all.

In fact, caring too much about what your ex thinks or says, actually only confirms to her that you’re not the confident, emotionally bulletproof man she needs you to be.

So, don’t let what she says or does put you off getting her back.

It’s up to you as the man to be the more emotionally strong one and show her that you have complete confidence in yourself and your attractiveness to her.

Don’t tell her that; show her by how you talk, behave and react to her.

Even if she’s being cold, distant or telling you to leave her alone, you have to have the balls to continue reactivating her feelings of respect and attraction for you (e.g. by making her laugh, making her feel girly in your presence) whenever you interact with her.

[image: Let her experience the changes in you for herself]

The more you can remain confident (no matter how she behaves), the more she will feel naturally attracted to you, whether she likes it or not.

Attraction is an automatic, unconscious reaction that happens to humans and it cannot be turned off by thought.

Even if she tries to fight it, she cannot stop attraction from happening.

So, don’t waste another day filling your head with doubts about whether or not it’s possible for you to get her back.

Be the man and get her back now.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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Will Proposing Marriage to Your Ex Make Her Get Back With You?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Proposing marriage to your ex to make her get back with you, will only work if you don't do it in a needy way.

For example: A guy who proposes marriage to get his ex back in a needy way will become desperate after getting dumped.

He might say to himself, *â€œItâ€™s all my fault!! I took too long to ask her to marry me and she got tired of waiting. Iâ€™ve blown my only chance at happiness in life because she is what makes me happy. I need to get her back not matter what. Iâ€™m going to ask her to marry me right now. I will buy her the best ring I can. I will sell my car if I have to. I must show her how much she means to me. When I do, hopefully sheâ€™ll forgive me for not asking before and will get back together with me. It has to work! This is my only chance!â€*

He may then go out and buy her a big, expensive ring and give it to her with all the romantic fanfare that typically goes with proposing marriage (e.g. champagne, flowers, getting down on one knee).

Heâ€™s hoping that when she sees the ring, she will throw herself in his arms and say something along the lines of, *â€œYes!!! At last! This is what Iâ€™ve wanted all along. Of course I will marry you. I love you so much,â€* and then everything will be okay again.

Essentially, he is hoping that the ring will change everything because he doesn't realize that she's breaking up with him due to how he has turned her off in the relationship.

So, when a guy desperately tries to win his ex woman back with a ring, it doesn't work.

Why?

He needs to remain calm and reactivate her feelings for him, so she feels respect, sexual attraction and love again.

Then, and only then, will she be happy to accept his marriage proposal.

Watch this video for more info on how the ex back process worksâ€|

Unless a guy reactivates his exâ€™s feelings of respect and attraction for him before proposing marriage to her, she will usually say something like, *â€œSorry. Itâ€™s too late. I just donâ€™t have feelings for you anymore.â€*

Sheâ€™s not saying something like that because sheâ€™s being stubborn or cold-hearted.

Instead, sheâ€™s saying it because she can see that he hasn't changed the things that turned her off about him (e.g. being insecure, not knowing how to be man enough for her, giving her too much power in the relationship) and that he doesn't even know what to change.

Heâ€™s just hoping that a marriage proposal and a shiny ring will make her forget that there are deeper reasons why she broke up with him.

Then, they get back together and live happily ever after without any more problems.

Yet, a ring doesn't equal a happy relationship or guarantee that a woman will want to stick with a man for life.

What does?

Watch this video

Unless you have the correct relationship dynamic in place, your woman will get bored and want to cheat or leave you.

It's just how it works these days.

Back in the 1800s and early 1900s, it was shameful for a woman to leave a man, so she would stick with him, even if she wasn't happy.

Not anymore.

You've got to have a great relationship and it's not all about getting her a ring.

She will be in a relationship with you, not the ring.

A marriage only lasts if both the man and the woman feel mutual respect, attraction and love for each other.

If it's one sided, it's not going to last.

2 Reasons Why She'll Say, "No" if You Propose to Her in a Needy Way

When a man who rushes into proposing marriage as a solution to getting his ex woman back, he usually makes the following two mistakes

1. He doesn't understand her secret reasons why she lost respect and attraction for him

A woman won't always tell a guy her secret reasons for breaking up with him and may only say something like, *I need some space* or *I just don't feel the same way about you anymore*.

So, right now, you may not know your ex's real reasons for falling out of love and breaking up with you.

However, if you want to get her back and possibly even consider spending the rest of your life with her, you've got to understand her real, most secret reasons for losing respect and attraction for you (e.g. you were too soft and wimpy with her, you weren't confident around other people).

If you don't, you may offer to fix the wrong things about yourself, which will make her think, *How annoying. He just doesn't get me. He thinks he can promise me anything and I'll magically forget about the real reasons I'm turned off by him*.

Additionally, even if your ex decides to give you another chance, there's nothing stopping you from repeating your past mistakes (and causing her to break up with you again), because you just don't know what she really wants.

and she's not going to tell you.

Women hate to admit their most private, secret reasons for being turned off.

You have to discover that without asking her because if she's like most women, she's just not going to tell you.

Here are some of the main reasons why a woman will lose respect, attraction and fall out of love with a guy:

- He became too insecure and clingy in the relationship (e.g. he constantly needed her to reassure him of her love, he stopped having interests or friendships outside of his relationship with her, he tried to spend every spare minute with her, he became over-protective and even jealous if she wanted to go anywhere without him).
- He stopped making her feel feminine and girly in the relationship with him and made her feel more like his friend, big sister or one of the guys.
- He took her for granted (e.g. he stopped making her feel loved and appreciated, broke his promises to her, treated her disrespectfully in private or in front of other people, didn't help her around the house, became annoying just to get a reaction out of her and make her feel like crap).
- He allowed her to wear the pants in the relationship and dominate him with her confident personality.
- He lacked purpose and direction in his life and was either stuck in a dead-end job, or was just drifting from job to job without any clear plan for the future.

By fully understanding what caused your ex's feelings for you to change, you can then make some improvements to the way you think, talk and behave and show her that you've learned from your mistakes and become a better man since the break up.

When she sees the changes in you and experience renewed feelings of respect, attraction and love for you, she will begin to believe in a future with you.

Saying yes to a proposal will seem like it's going to be good for her too, rather than just being good for you.

So, make sure that you truly understand what turned her off and begin to really change those things about yourself.

The second mistake guys make is

2. He doesn't fix or improve the things that were turning her off before proposing

There's no point in figuring out the real reasons why your ex lost respect, attraction and love for you, if you're not going to use that information to become a better man.

Sometimes a guy might say to himself, *"I just need to get her back and then I'll fix whatever she wants me to fix. If we get married everything will be okay. I don't have any time to waste."*

It's true about not having a lot of time to waste, but you don't need to develop yourself for months or years.

All you need in 7 days.

In a week, you will be able to transform yourself, overcome insecurities and learn how to give her the kind of attraction experience she really wants.

If you give her too much space, you may end up losing her to another guy, so you need to act fast.

Watch this video for more info

You've got to use the time apart to truly make some changes.

Don't expect her to just want you back because you really want her back.

So many guys make that mistake and attempt to get their woman back because they need her, but they don't even know how to offer her the attraction experience she really wants.

[image: Just marry me and everything will get better. I promise!]

A guy like that might say to his woman, *"Look, we can fix this. As long as weâre together, we can fix anything. Letâs get married. You and I are meant to be together. Please honey, I promise you that when we are married it will be different."*

He might be 100% sincere, but it doesn't matter to her because she knows that he still doesn't either know what has been secretly turning her off, or he has no clue how to change it.

So, rather than make her think, *"Okay cool! Heâs promising to change when weâre married, so I have nothing to worry about. Everything is going to be fine now!"* she will think something like, *"Does he really think Iâm going to get married to him in the hope that things will be different then Iâd be a fool to get married only to get stuck with a guy that I canât respect, feel attracted to or love. No thank you. I donât want to be another divorce statistic. He doesn't understand me. There's no way I'm getting dragged into an unhappy marriage."*

She will then say, "No" and ask him to leave her alone, give her space or even completely get out of her life so she can heal and get over the break up.

That's not how you want your ex reacting, right?

If you want to make your ex get back with you, simply focus on fixing and improving the things that caused her to break up with you first.

Then, when you next interact with her (e.g. on a phone call and especially in person), you can show her that you really have changed in the ways that are important to her.

For example: If a woman dumped a guy because he was insecure and emotionally sensitive, he now needs to show her that heâs become more confident and emotionally stronger since the break up.

Another example is if a guy got broken up with because his woman felt emotionally more dominant than him, to get her back he needs to show her that heâs now more emotionally masculine, thereby allowing her to be more feminine in response.

When your ex can see for herself that youâve moved past the level you were at when she broke up with you, she will naturally begin to feel some respect for you again for making the effort to become a better man.

When she feels respect, she can then begin to feel sexually attracted to you again and when that happens, she becomes more open to the idea of reconnecting with her feelings of love for you.

Then, if you ask her to marry you, she will be able to say, *"Yes"* because she will see that youâre a different man now.

On the other hand if you ask her to marry you without fixing or improving the things that were turning her off, she will likely just keep saying, *"No"* because she knows that it will be more of the same or it will simply get worse.

So, what should you do instead?

The Non-Needy Way to Propose Marriage to Your Ex

The best way to get an ex back is to remain calm after the break up.

Rather than panic and make a bunch of desperate mistakes that most guys make (e.g. begging and pleading with her to give him another chance, promising her that heâll change, proposing marriage to her in the hopes that this will make her change her mind), just relax and focus on re-sparking her feelings of respect and attraction for you first.

Use every interaction you have with your ex, especially on the phone and face-to-face to make her feel a renewed sense of respect and attraction for you.

One of the best ways to do that is by making her laugh and smile when sheâs with you.

For example: Imagine youâre having a cup of coffee with your ex and she says something like, *âI donât know if I can give you another chance. I need you to change.â*

A common reaction that a lot of guys might have, is to get upset and start saying things like, *âI will change. I promise you. Iâll do whatever you want me to do. Please, just give me a chance.â*

Yet, thatâs unlikely going to make her feel respect and attraction for him in that moment.

So, if she says something along the lines of, *âI donât know if I can give you another chance. I donât believe you can change,â* you can simply remain calm and confidently turn it into something to laugh about.

If you do, she will struggle to hold on to her negative feelings for you, her guard will come down and it will actually start to feel like a good idea to maybe get back with you.

[image: Make her laugh at the meet up]

An example of how you might respond is, *âNo problem. I can change, but Iâm telling right now, even though I love you, Iâm not going to do anything like dye my hair or get new shoes. Iâll get a crazy new hairstyle, but Iâm not getting new shoesâ* and then have a laugh with her about that.

Obviously, itâs not your shoes or hair color that she wants you to change and because you will be saying it in a joking manner with a smile, she will get it that you are joking.

She will likely laugh (or smile if sheâs playing hard to get) and she may begin to wonder about your ability to remain so confident and relaxed at a time when sheâs trying to make you doubt yourself.

Thatâs sexy to a woman.

Women love guys who can remain confident under pressure and never, not even for a second, doubt themselves and their attractiveness to a woman.

Women love that.

So, when you can show her that you have the balls to joke around with her in that way, it demonstrates that you donât doubt yourself.

You know that she has felt attracted to you in the past and can feel attracted to you again and youâre simply making it happen by being confident, charming and funny.

From there you need to continue building on that initial spark of respect and attraction for you, until

sheâs willing to get back together again.

[image: Get her back first before proposing]

Once you and her are back together again, itâs perfectly okay to talk about your plans to propose to her.

For example: You might say to her, *âIâm glad weâre working things out between us. I want you to know that I really love you and if our relationship continues to get better within the next 2 weeks, Iâm going to ask you to marry me. Iâm not asking you to marry me right now, because that would be too soon. We both need to be sure that weâve fixed all our issues first. Then when we get married, it will be because we both know that our relationship will be for life.â*

Thatâs how to do it.

Now, are you ready to re-attract her and get her back?

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How to Stop Your Ex From Canceling Her Dates With You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your ex keeps canceling her dates with you, here is what you need to do to make her stop...

1. Don't Refer to it as a Date

If your ex has broken up with you, she won't like the idea of going on a date.

Why?

Mainly because the word *date* implies a new, romantic courtship between a man and a woman, where they go out with each other (e.g. for dinner, to the movies, on a picnic), with the intention of hooking up sexually and then falling in love.

So, when you say something like, *Let's get together for a date*, she may wonder, *Why is he calling it a date? I don't even know for sure if I want to get back together again and he's already talking about dating. Huh? We've just broken up and I just don't have feelings for him right now. I'm not ready to start dating him again. Doesn't he understand that? No way am I going on a date.*

To stop your ex from cancelling dates, you need to stop thinking about catch ups as dates and stop calling them dates.

Instead, just think about it and refer to it as catching up as friends to say hello, or meeting up to have a coffee instead.

For example: A good way to ask your ex to meet up with you in a way that won't scare her off, is by saying something along the lines of, *Hey Tania, how about we get together for a catch up to say hello in person as friends sometime this week. I accept that we're broken up now and I'm not asking for us to get back together at all. I'm just asking to catch up and have a quick cup of coffee between friends. Us catching up as friends isn't about getting back together, it's just being able to be two mature adults who can talk to each other one last time after a break up and be civil to each other. I promise that if we get together and you decide that you never want to talk to me again, I will leave you alone. So, what do you say? Monday and Tuesday are busy for me, but Thursday and Sunday are good. Which of those days would be better for you?*

When you say something like that rather than asking her to meet up with you for a date, it takes the pressure off her and she can relax because she's not feeling like you're trying to push her into something she's not ready for yet.

Then, when you meet up with her for coffee, you've simply got to make sure that you're saying and doing the types of things that will spark her feelings of respect and attraction for you, rather than making the type of mistakes that will turn her off (e.g. being too nervous and insecure around her, letting her dominate you and the situation, being too nice to her so that she will want to see you again).

When you respark her feelings for you at the meet up, it suddenly makes her see you in a different light.

She stops looking for ways to avoid you (i.e. canceling meet ups with you) and begins looking

forward to meeting up with you again and again.

As long as you are re-attracting her properly, the meet ups will actually be dates, but you just won't be talking about it in that way.

There will be a silent understanding between you and her that the relationship is back on and it feels better than ever.

Before you know it, you'll be back together and going on dates again as a couple.

Another way to stop your ex cancelling dates is to

2. Make Her Laugh and Smile On the Phone Before Suggesting a Catch Up

[image: Make her laugh and smile on the phone before suggesting a catch up]

On a phone call, you can spark your ex's feelings of respect and attraction for you by making her laugh and smile and letting her experience the new and improved you.

The more you make her smile, laugh and feel happy to be talking to you again, the more she will be thinking, *"What's going on here? My ex is so different from the way he used to be. I was expecting him to be nervous and insecure on the phone, but instead he's so calm, relaxed and confident. He's making me laugh and smile and it really feels good talking to him again. Maybe seeing him in person won't be that bad after all. It could be fun. I'm interested."*

So, make sure that when you call your ex on the phone, you don't get caught up in a serious conversation with her and end up talking about all the mistakes she feels you made in the relationship.

If you allow the conversation to get serious like that, it will usually just bring up all her negative feelings for you and then, if you ask her to meet up with you she will be feeling so annoyed that she will say, *"No way! I don't want to see you again. It's over. You need to accept it."*

On the other hand, if you make a woman smile and laugh, she can't stay mad at you for long, even if she initially tries to act cold or distant towards you.

The more light-hearted, happy and relaxed the interaction between you and her is, the less she will be able to hold on to her negative feelings about you.

She will drop her guard and open herself up to the idea of meeting up with you in person.

3. Don't Ask Her Via Text to Meet Up With You

After helping 100s of guys to successfully get women back after a break up, I've found that pretty much every guy who can't get a meet up with his ex is asking her via text.

Most guys are worried that their ex won't want to talk to them on the phone, so they stick to text messages.

Yet, it's just too easy for a woman to say no to a date via text. Why?

Look at it this way

When a woman receives a text from her ex, all she's seeing is a bunch of words (and possibly

emojis and emojis) on a screen.

In the back of her mind, she's usually going to keep thinking about all the negative things she remembers from the relationship and how badly he messed up.

[image: She will remember what you were like when she broke up with you. This is why you shouldn't ask for a date via text. Get her on a phone call, so she can experience the new and improved you]

So, when he asks her for a date via text, she will think something like, *"Really? Does he honestly think I'm going to go out with him after everything he put me through? Well that's not going to happen."*

In some instances, a woman might respond by saying something like, *"Yeah, sure. Let's go on a date,"* (e.g. because she doesn't want to get into a big text discussion with him about why she doesn't want to meet up).

Yet, she already knows that she's just going to cancel on him at the last minute.

So, don't waste time trying to get your ex to meet up with you via text.

It rarely, if ever, works with ex back situations because the woman can easily mess you around.

Instead, simply get her on a phone call so she can experience the new you and so you can make her laugh and smile.

If she is laughing and smiling with you on the phone and then you ask her to meet up with you in a confident, easy-going manner, she is much more likely to say yes, because she's feeling good while talking to you.

She will assume that a catch up with you won't feel awkward or tense and may actually be quite fun, so she is much more likely to attend.

Mistakes to Avoid

It's only natural that a guy might feel frustrated and even annoyed, when he's desperately trying to meet up with his ex to try and get her back and she keeps canceling on him.

He may then make some of the following mistakes, which will turn her off even more!

1. Trying to make her feel guilty for not meeting up

Out of frustration a guy might resort to playing the guilt card on his ex.

For example: He might say to her, *"Why are you doing this to me? Why won't you meet up with me? Why do you keep canceling your dates with me? I put in the effort to make plans for us (e.g. get movie tickets, book a table at a restaurant) and then you don't show up and I'm left with the bill or the embarrassment of having to cancel reservations at the last minute. Does messing me around like that make you feel good?"*

Secretly, he's hoping that if he makes her feel guilty enough for standing him up, she will actually show up the next time he asks her out.

Yet, trying to make a woman feel guilty for not wanting to meet up with you rarely makes her change her mind.

Women hate it when men put too much pressure on them to be consistent and follow through as promised, especially when dealing with a formerly needy, jealous or controlling ex.

So, rather than trying to guilt your ex into meeting up with you (which even if it works doesn't guarantee that she will even consider getting back together again), just focus on attracting her into wanting to see you again.

Watch this!

The more attraction she feels for you (i.e. because you've successfully sparked her feelings for you over the phone by making her laugh and smile), the more willing and even happy she will be to meet up with you.

Another classic mistake that guys make when trying to get an ex woman back is

2. Trying to make her feel pity for him because he's lost without her

For example: He might say to her, *"Please baby, stop torturing me. Can't you see I'm hurting here? Please, let's just go on one date together. I promise I will make it worth your while. I know we can make things right between us. I just can't cope without you. I can't sleep or eat properly without you. I'm a mess. All I'm asking you for is one date. Have a heart. Please. I'm dying here. Just give me a chance."*

He's hoping that if she sees how much he's suffering without her she will feel sorry for him and then agree to go on a date with him.

Yet, just like in the previous mistake, making a woman feel pity for the emotional pain you're experiencing, usually only turns her off even more.

Why?

A woman doesn't like to feel like she's being manipulated for feeling the way she's currently feeling (i.e. angry, unhappy, turned off), simply because her ex can't cope without her.

Watch this!

Additionally, when a woman has disconnected from her feelings for an ex, she stops caring about how he feels or what he wants.

When he tries to make her feel pity for him, she will think something like, *"Well, you didn't worry about how much you were hurting me when we were together, so why should I care about how you feel now? It serves you right. I hope you suffer. Leave me alone!"*

So, forget about making her feel sorry for you and focus instead on doing what really works, which is re-sparking her feelings of respect and attraction for you.

Another classic mistake guys make is

3. Coming across as though he's got nothing else to focus on in life except getting a meet up with her

When a guy is constantly texting, e-mailing, messaging and calling his ex and asking her to meet up with him, it's going to make her feel as though he doesn't have much else going on in his life other than her.

Women hate that.

A woman doesn't want to be a man's main reason for living or his main sense of identity or purpose

in life.

So, rather than have her think, *â€œAwwâ€*! *My ex must really still love me. Heâ€™s putting everything into seeing me. I feel so flattered. Seeing as though he has nothing else going on in his life besides me, I should definitely go on a date with him,*â€ she will think something like, *â€œWhy is he bothering me all the time with texts, e-mails and calls? Doesnâ€™t he have anything else to do in his life besides meeting up with me? Does he really think that a date with me will solve all our problems and then we can get back together and live happily ever after? It doesnâ€™t work like that. His needy, desperate behavior is actually making me feel good about my decision to break up with him now. I want a man who doesnâ€™t need me to be his purpose in life. Being his purpose in lie is way too much responsibility for a womanâ€*! *doesn't he know that? Doesn't he know that a woman wants a man who has a strong purpose other than her? Doesn't he know that women want to follow along with a man, rather than lead him? I want to be able to depend on him, not have to take care of him like a little child because he canâ€™t cope without me. He just doesn't get it. I have to remain broken up with him.*â€

Even though a woman likes the idea of being with a man who loves her, takes care of her and is devoted to her, she doesnâ€™t want to feel like sheâ€™s the only thing heâ€™s got going on in his life.

If your ex gets a sense that all youâ€™re doing day in and day out is thinking about her and trying to get her to meet up with you, she will feel turned off by what she perceives as your emotional weakness and lack of purpose and direction as a man.

So, even though itâ€™s important that you actively focus on making your ex feel respect and attraction for you by calling her on the phone and getting her to meet up with you, just make sure that you also spend time getting on with your life (e.g. following through on your big goals in life, going out with friends to have fun, pursuing your fun interests).

Then, whenever you interact with your ex (e.g. on a phone call) and she notices that you are emotionally strong, happy and getting on with your life without her, she begins to see you in a more positive way.

She likely stops dreading the idea of meeting up with you (e.g. because sheâ€™s afraid youâ€™ll become all emotional on her and beg her to take you back) and she opens herself up to the idea of seeing you again in person to see if youâ€™ve really have changed.

Another mistake that guys make isâ€!

4. Making the meet up sound too serious and like he's going to get all deep and meaningful with her

Sometimes, when a guy is trying to get his ex to meet up with him, he comes across as being so serious about it that she fears he will try to push her into something she doesnâ€™t feel ready for.

She might think to herself, *â€œIt sounds like my ex is going to ask me to start again and give the relationship another chance. Iâ€™m not ready for that yet and I donâ€™t know if I ever will be. Heâ€™s being too forceful about it by focusing on having a relationship again, rather than just talking to each other in person. If he just relaxes a bit and allows me to deal with some of the negative emotions Iâ€™m feeling, I might feel like I'm ready to see him again. Yet, right now I donâ€™t feel like meeting up because I know he's going to pressure me into having a relationship.*

Lâ□□m just going to cancel on him because I donâ□□t want to deal with this right now.â□□

So, donâ□□t get serious on her (e.g. by calling a meet up a date, or making it seem like a date without even calling it that) and just focus instead on making her feel so happy and excited to be talking to you over the phone that meeting up feels like the logical next step to her.

Finally, another mistake that guys make isâ□□|

5. Not telling her and making it clear that the meet up isn't about getting back together

[image: Make it clear that the catch up is not about getting back together]

If you want to stop your ex from canceling her dates with you, one of the best ways to do that is by making it clear to her that itâ□□s just a meet up and nothing more.

For example: You might say to her, *â□□How about we get together for a cup of coffee and a chat? No strings attached of course. I donâ□□t expect you to get back together again with me just because youâ□□re agreeing to have coffee with me. Itâ□□s just a meet up between friends. We can do that. We can be friends and see each other from time to time. It doesnâ□□t have to mean anything other than a simple hello. So, letâ□□s catch up for 10 minutes and have a cup of coffee this week as friends. It's not about getting back together. We're just going to say hello. If you don't ever want to talk to me again after that, just tell me and I will accept it and never contact you again. You have my word on that.â□□*

When you state it like that, it takes the pressure off the situation.

She then feels more relaxed about meeting up with you because thereâ□□s no fear in her that youâ□□re suddenly going to put her in the uncomfortable position of begging her to get back together with you again.

Then at the meet up, focus on rebuilding her feelings of respect and attraction for you, by showing her that youâ□□re at a different level as a man now than you were when she broke up with you.

When she sees that youâ□□ve changed and starts to feel good around you, her guard naturally comes down.

She becomes more open to meeting up with you again and again because she knows that it's fun and that it makes her feel good.

Thatâ□□s how you stop your ex from canceling her dates with you and get her back.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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policy.

Using Loving Dominance to Get Your Ex Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Loving dominance means that you assertively take the lead in a loving way, to get her back.

This is what women actually respect and want in a man.

It's not about pestering her, being demanding or bombarding her with phone calls or texts to get her to meet up with you and give the relationship another chance.

Instead, you just relax and confidently, calmly and lovingly guide her back into a relationship.

For example: Imagine that you're talking to your ex on the phone with the intention of asking her to meet up with you for a quick cup of coffee.

After a bit of chit chat, you can then say something like, *"Hey Laura, it's been good talking to you again"* and then pause to let her say something like, *"Yeah, you too."*

You can then say, *"Well, seeing that everything's cool between us and we're not enemy ex's who absolutely hate each other, how about we meet up for a coffee sometime this week to catch up and say hi?"*

If she says, "Yes," just arrange a time to meet up and re-attract her at the meet up.

However, if she says something like, *"No, I'm not ready to meet up with you in person,"* or *"No, I don't think seeing each other again is a good idea"* don't panic.

Don't let her initial, "No" put you off trying to meet up with her.

You've got to be strong and lovingly guide her back into a relationship, rather than hoping that she makes it easy for you or guides you back into a relationship.

As a man, you've got to be the more dominant, emotionally courageous one and guide you and your woman into deeper feelings of love, respect and attraction for you.

So, rather than panicking and thinking that you've blown your chance to meet up with her, just make her laugh (because you're a loving guy) and then when her guard is down, ask her to meet up with you again.

[image: Making your ex feel attracted over the phone]

For example: You might laugh (important) and say to her in a joking way, *"No! No! You said that all wrong. You were supposed to say, 'Yes please! I'd love to meet up with you for a cup of coffee' or, 'Sure my handsome ex! I would be happy to meet up with you just as friends. I know that we are both mature enough to do that.' That's what you were supposed to say!"* not give me some lame excuse. Okay, let's try that again: *"So, how about we get together for a quick cup of coffee?"*

She will likely laugh and chances are, she will start to feel curious about the changes in you (e.g. that you're able to be lovingly dominant and joke with her like that, even though she's being cold towards you) and she will begin to feel some respect and attraction for you again.

However, if she still says no to meeting up with you, don't worry about it.

Laugh and say, *"Okay, I'll give you some space and then call you again in a few days or a week. Hopefully then, we can agree to catch up for a coffee as friends."*

If she still says, "No" to that, just say, *"Hey, look I understand that we're broken up now, but it's just a coffee. If you are that concerned about it, then this is what I'll do for you: If you will meet*

up with me for this coffee, I promise to never contact you ever again after that if that's what you want. You have my word on that. So, what you do say? Let's catch up for a quick coffee to say hi sometime this week."

Essentially, you don't take no for an answer, but you're still being a loving, good man.

You're not becoming needy and desperate about it (e.g. begging and pleading with her and saying things like, *"Please meet up with me just this once!!"* or *"I really need to see you. Please just say yes to meeting for coffee. I can't live without you"*), or getting angry and aggressive with her (e.g. saying something like, *"Why are you being such a bitch? I'm trying to be nice here and you're just being a hard case. Why are you playing hard to get? It's just a damn coffee. Meet up with me!!"*).

Instead, you are confident, relaxed and masculine and are simply being the more emotionally courageous one of the two of you who has the strength to get the relationship back together in a loving way.

That's what using loving dominance is all about and women love it when a man has the ability to do it all the time.

Women just want to relax and be lead into deeper feelings for you, based on how emotionally strong, relaxed and confident you are around her.

That's a dream scenario for a woman and when she meets a man like that, she never wants to let go. So, the more you take the lead and guide her through the ex back process, the less she will be able to keep pushing you away.

While guiding her back into a relationship, be sure to avoid the following classic mistakes that many guys make!

1. Doing the opposite of being lovingly dominant and turning into an emotional wimp

If a woman says to a guy, *"I'm not sure if I want to meet up with you for coffee. I don't know how I feel about you anymore,"* he might decide that the only way to convince her that they are meant to be together is by repeatedly expressing his love and need for her, to the point where he comes across as being desperate.

Watch this video for more info!

He might say to her, *"I know that you're not sure if you want to see me again, but that's because you don't understand how much I love you. When you realize that my love for you is more powerful than anything you can ever experience with another guy, you will change your mind. All I ask is for you to meet up with me so that I can show you that things really can be different between us this time. If you loved me even just a little bit, you will at least grant me this one thing. Please baby, I need you. You mean everything to me. Don't push me away anymore. All I ask for is one chance to make things right between us. Can't you see that there's nothing that can make me stop loving you? Please meet up with me. Please"*

Yet, here's the thing!

If a woman has pushed her feelings of love, respect and attraction into the background (and her ex hasn't done anything to respark those feelings other than plead with her) she's not going to

care that he's still in love with her.

Instead, she'll be thinking something like, *"Why is he acting like this? Doesn't he realize that him being needy and desperate only turns me off more? Even if I was willing to change my mind about meeting up with him, I'm now convinced that I made the right decision by breaking up with him. I need a man I can look up to and respect, not an emotional wimp who can't even take no to meeting up for a cup of coffee without falling apart. He's just not a man yet. I don't have time to waste hoping that he'll grow up one day and become one, so I'm moving on."*

So, if you beg and plead and try to get your ex back by telling her how much you love and need her, she will perceive you as not being man enough for her and will keep rejecting you.

On the other hand, when you use loving dominance (i.e. being in control of your emotions, while confidently and lovingly guiding her back into a relationship), she will begin to see you with different eyes.

The idea of seeing you again in person will feel good to her.

She will want to be around you because you're now offering a dream scenario for a woman that is so rare.

Most guys out there simply don't know how to continually be a loving, dominant man and women know it.

So, when your ex senses that you've suddenly developed that ability, she will naturally feel drawn to you, even if she is trying to talk herself out of it.

Another classic mistake that guys make is

2. Letting her dominate him and the situation

[image: Don't let her dominate you and block the ex back process]

If a guy can't maintain his confidence, it's very easy for a woman to get the upper hand and dominate him and the situation.

For example: One of the ways a woman might do that to her ex is by constantly bringing up past mistakes and trying to make him feel bad about it.

She might say things like, *"You really stuffed up. Do you honestly think I'm just going to forget about everything you put me through and forgive you just because you said that you're sorry? Well that's not how it works. You were such a jerk to me. I can't believe you want me to just forget about all of that, rush over and meet you for coffee so we can be best friends forever."*

If he keeps saying things like, *"I'm so sorry. How many times must I apologize before you can forgive me?"* she will lose even more respect for him for not standing up for himself.

When a woman dominates a guy in this way, she can't look up to him and respect him.

If she can't respect him, she also can't feel real sexual attraction for him and without these two things it becomes difficult (if not impossible) to have a relationship.

So, to get your ex back, it is important that you remain emotionally dominant when interacting with her to regain and then maintain her respect.

If your ex keeps bringing up all your past mistakes and talks down to you like you're a child, you need to use loving dominance to show her that you're more of an emotionally mature man than

sheâ€™s giving you credit for.

For example: You might say to her in a gentle, loving way, *â€œYes, youâ€™re right. I did stuff up. However, thatâ€™s in the past. Iâ€™ve apologized sincerely to you, so thereâ€™s no need to keep bringing it up. Iâ€™m not a little boy that needs to be put in his place. Sure I made a mistake or two, but thatâ€™s over now. Iâ€™m not that guy anymore and I would appreciate it if you wouldnâ€™t keep bringing it up all the time.â€*

You can also laugh (important) and say in a joking, easy-going way, *“Okay, enough! That’s probably the 50th time you’ve said that to me. How many more times do you want to say it? Are you aiming for 100? Maybe when you reach 100, we need to get you a medal or a trophy and congratulate you for being a broken record”* and then laugh with her about that.

Then, you might say something like, *“Okay, how about we try this just for a minute or two. Pretend that weâ€™ve only just met and we weren’t together before. You can get to know the new me, rather than keep thinking about the old me and feeling angry or annoyed at him. You might actually be surprised that the new me isn’t like the old me.”*

By saying something like that to her, youâ€™re establishing your role as a loving, dominant man, which will shock her and surprise her in a good way.

She wonâ€™t be able to stop herself from feeling feminine and girly in contrast to your masculine approach to the interaction.

She will then drop her guard and open herself up to the idea of meeting up with you in person.

Another mistake to avoid isâ€

3. Referring to her as being stubborn

When a woman refuses to meet up with her ex, he might get a bit annoyed with her, or in some extreme cases, even get angry at her.

He might say to himself, *â€œWhatâ€™s wrong with her? Why is she being so stubborn? All I want to do is to see her again. She doesnâ€™t have to be such a bitch about it. After all we’ve been through, she could at least do this for me. She’s like a completely different person now. She’s so damn stubborn now.â€*

However, she’s not actually being stubborn.

Sheâ€™s only being that way because he lacks the balls to lovingly dominate her and isn’t strong enough to pass her tests of his confidence.

The fact is, a woman wants to know that if sheâ€™s going to take the risk of getting back together again with her ex, heâ€™s not going to be the same guy, making the same mistakes that she broke up with him for.

For example: If a woman broke up with a guy because he was insecure and self-doubting in the relationship with her, she now wants to see that heâ€™s confident and self-assured now matter how cold, distant or difficult she is being with him.

Another example is if a guy got broken up with for being too nice and being a pushover who she walked all over, controlled and belittled.

For the woman to open herself up to him again, she needs to see that he is now more ballsy and can stand up for himself in a loving, but dominant way.

Whatever the case is for you, calling your ex stubborn isn't going to make her come running back.

Instead, she will likely just act even more stubborn to see if you will crack under the pressure of her rejection.

That's what women do.

They want to see how confident you really are because they have an instinctive need to be with a man who makes them feel safe, due to his ability to handle challenging situations and people.

So, if you want to get her back, don't waste time worrying about her every reaction, reading into her texts or wondering what she meant when she said this or that.

Just focus on using every interaction you have with her (e.g. via text, on social media, over the phone, in person) to renew her feelings of respect and attraction for you by being a loving, dominant man.

Remember: Being a loving, dominant man in a relationship isn't about being in control of everything all the time and bossing your woman around in a demanding way.

Instead, you simply need to show her that you now have the ability to be lovingly dominant and emotionally masculine in a way that makes her feel feminine.

When she sees that, she can then relax and trust that you really are the man now.

When that happens, she will start to respect you, become open to feeling attracted to you again and naturally begin to reconnect with her old feelings of love for you.

So, to get your ex woman back, it's essential that you confidently take charge and lead the way, thereby allowing her to relax into being an emotional, feminine woman around you.

That's what women want.

Many women act like they want to be in charge or in control, but secretly, they just want a man who has the balls to be a loving, dominant man no matter what she says or does.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How to Break Up Your Ex's Rebound Relationship

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you want to break up your ex's rebound relationship, here's what you need to do!

1. Understand Her Attraction For Him and Then Beat Him at His Own Game

[image: Did I make the right decision by breaking up with him?]

When a woman breaks up with a guy, it's usually because certain things about him have been turning her off, to the point where she just doesn't want to deal with it any longer.

For example: He's too insecure, she feels more emotionally dominant than him, he doesn't know how to make her feel like a real woman or he's too emotionally sensitive.

In most cases, her rebound guy will be the opposite of her ex in those areas, which will naturally make him more appealing to her.

However, that doesn't mean that her new guy is a better man.

It simply means he's not making the same relationship mistakes that her ex was making.

So, if you want to break up your ex's rebound relationship, you have to show her (via the way you talk, think, behave, interact with her and react to what she says and does), that not only have you improved on the things that caused her to break up with you in the first place, but you also have qualities that are lacking in her new guy.

For example: A woman broke up with a guy because he was too insecure in the relationship with her and that caused him to become clingy, over-protective and jealous.

Over time, she got fed up with constantly needing to reassure him of her love and commitment to him and having to deal with his emotional outbursts, so she just broke up with him.

Now, all her new man has to do is be more confident around her and she will automatically see him as a better option than her ex.

However, although the new guy might be more confident, he might also be making other things that turn her off (e.g. he's lazy, he's going nowhere in his life, he doesn't really love her, he spends too much time playing video games).

Initially, a woman might overlook this because she will be telling herself, *At least he's not as needy as my ex. Sure he's not doing anything amazing with his life, but that can change. I will inspire him to be a better man.*

Yet, if he doesn't change, she will start to doubt her feelings for him and wonder whether she should be single again or give her ex another chance.

For her ex to get her back, he needs to show her that he's now a confident, emotionally strong man around her (e.g. if she tries to make him jealous, he just stays calm and relaxed and laughs it off).

He should also let her see that he is reaching for his true potential as a man by making progress

towards achieving his purpose.

He's not just some lazy, fearful guy who hides behind video games to avoid actually doing something with his life.

He's making something happen, unlike her rebound guy who isn't really striving to achieve anything and doesn't truly love her.

Over time, she will begin comparing her rebound with her ex and may start thinking, *â€œMy ex is really different now. No matter how much I push him and try to make him feel insecure or jealous, he doesn't get upset like he used to. He's so much more confident than he used to be. If he had been like this when we were together I would never have broken up with him in the first place. He's actually a really great option for me in so many ways. Now, he's also so hard working and is clearly motivated and determined to succeed at something in life. Of course, my new guy was definitely more confident than my ex used to be, but he's so lazy. He's not interested in doing better in his life. I'm confused. Everything I thought I wanted in my new guy is actually what my ex now has and even more. I don't know what to do. I don't know what this new guy means to me anymore. Maybe I did mess up by leaving my ex. Maybe my ex is the one for me. I don't want him to be the one that got away. I have to see him!â€*

That is what you have to do your ex's mind while she's in a rebound.

You have to beat your ex's guy at his own game by letting her see that you offer a more complete attraction experience compared to him.

In other words, you need to discover the real reasons why your ex broke up with you (e.g. you weren't man enough, you took her for granted, you became too emotionally dependent on her for your sense of identity in this world, rather than having a life purpose that you were following through on in addition to being with her) and then make some adjustments to the way you talk, think, behave and interact with her and make her feel a renewed sense of respect and attraction for the new, improved you.

You need to show her that not only have you changed the things that were turning her off, but that you've become a better, all round man now.

When you do that, she won't be able to stop herself from wondering if she made the right choice.

The more respect and attraction she feels for you, the more that the hidden negatives and flaws of her new guy will become visible to her.

While you're trying to beat him at his own game, make sure that you don't make any of the following mistakes!

- **Asking her what she sees in him.**

[image: What do you see in this new guy? I am clearly better than him]

Sometimes a guy might try to his ex woman to see her new guy's flaws.

For example: He might say, *â€œWhat do you see in your new boyfriend? Can't you see that he's just using you?â€*

Although his intentions might be good, a woman is unlikely to see it that way.

Instead, she will just assume that he's secretly jealous and feeling inferior compared to her new guy and she will lose more respect for him as a result.

When she thinks in that way, she will feel drawn to her new man even more and the idea of getting back with her ex will start to feel like it would be a mistake.

So, don't put yourself in that situation.

Just relax and know that you are a better man than him and she will realize that soon enough.

Another mistake to avoid when attempting to beat the new guy at his own game isâ€

- **Continuing to turn her off in the ways you always used to.**

Albert Einstein was reportedly quoted as saying, *â€Insanity is doing the same thing over and over again and expecting different results.â€*

So, if you keep saying and doing the types of things that were turning your ex off in the past (e.g. being emotionally insecure and sensitive, not being emotionally masculine) and hope that she will suddenly dump her new guy and come running back to you, it's not going to happen.

If you want to break your ex's rebound relationship, you need to make sure that you understand and change the things that caused her to break up with you.

If you're not sure what those things are, ask yourself

- Was I an emotionally strong and confident man with her, or was I a bit insecure, needy and self-doubting?
- Did I make her feel feminine and girly in my presence, or did she feel more like my friend or big sister?
- Did I take the lead in the relationship, or did I just sit back and allow her to call the shots?
- Did I have a clear purpose and direction in life, or was I just sitting around passing the time because I was too afraid or too lazy to reach for my true potential as a man?
- Was I the kind of man that my woman could look up to, respect and feel attracted to, or did she feel a bit ashamed to be associated with me?

Once you fully understand where you went wrong, you can then make the necessary adjustments to your thinking and behavior that will actually have a positive impact on her.

Then, when you interact with your ex (e.g. on a phone call, or in person), you will correctly respark her feelings of respect and attraction for you, by letting her experience the new you.

- **Not being able to attract her in the ways that the new guy can.**

Your ex is with her new man for a reason (i.e. he's giving her the attraction experience she always wanted, but never got from you).

So, to get her back, you need to:

1. Continue saying and doing the things about you that she always loved and felt most attracted to about you (e.g. you were caring and loving, you were ambitious and determined to succeed).
2. Attract her in the ways that you couldn't before, but her new guy is doing now (e.g. you lacked confidence in yourself, you didn't know how to make her feel like a feminine woman in your presence).

Watch this video for some examples of how to re-attract your ex when you interact with her

Make sure that you believe in yourself when you interact with her.

You've got to know that you are a better man than her new guy.

He's nothing compared to you.

You are the man.

Ironically, that's actually how women want men to think, but they rarely, if ever, openly admit that.

Just relax and know that you are better than him, without even having to say it to her.

She will pick up on it by how you talk, behave and react to her while you interact.

Another mistake to avoid isâ€¦|

- **Trying to make the other guy look bad compared to you.**

A common mistake that guys make when they see that their ex has hooked up with another guy, is to try get her back by making the other guy look bad.

For example: A guy might go around badmouthing his ex's new man to friends, co-workers, family members and to her directly.

He might say things like, *â€œHave you seen the way that guy dresses? He looks like a real geek,â€* or *â€œI saw a haircut like that on a poodle once,â€* or *â€œHe's so broke. Have you seen the car he drives? I'm surprised that anyone would have the courage to step into it. That car looks like it's ready to fall apart any minute now. What a heap of crap. He's a loser compared to me and you know it.â€*

He's likely hoping that by highlighting the new guy's faults, his ex will suddenly realize that she made a big mistake and break up with him.

Yet, rather than changing her mind about her new guy, a woman will likely think, *â€œMy ex is being so childish and immature. Does he really think behaving like a jealous brat is going to convince me to take him back?â€* and she will usually then try to cut off all communication with him.

So don't do that to yourself.

Don't waste time trying to get your ex back by competing with her new man and instead focus on rebuilding her feelings of respect and attraction for you, based on the man you have become now.

2. Get Her to Meet Up With You So She Can Experience the New You

Don't worry if the new guy might get upset about you and her meeting up.

She's your woman, so he can think or feel whatever he wants.

It doesn't matter.

What matters is you and her getting back together.

To get her back, you must interact with her on a phone call or in person (not via text) and make her feel so much respect and attraction for the new you that the idea of not having you in her life makes her feel miserable.

You can't make her feel that way if you're not interacting with her over the phone or in

person.

So, even though your ex might be avoiding you right now (e.g. because she doesn't want her new boyfriend to get upset), you have to get her to meet up with you.

Call her on the phone and trigger her feelings for you again by making her smile and laugh.

Then, once you get a sense that she's happy and having fun talking to you again, ask her to meet up with you in person.

She might initially be resistant to the idea and she may say something like, *I don't think it's a good idea*, *or* *My new boyfriend won't like it*.

Don't let that put you off.

Instead, stay calm and say in a joking way, *Hey, it's just a quick catch up as friends. I'm not asking you to run off to Vegas with me* and have a laugh with her about that.

Then say, *Seriously though, it's just an innocent catch up as friends over a cup of coffee. People do that all the time. It's perfectly fine and normal. We can catch up and say hello without it having to be a big deal. I know you're seeing someone else now. I respect that. However, we can be friends. Besides, if we meet up and you then decide that you never want to see or hear from me again, I will accept it and never contact you again if that's what you want. So, how about it? Let's catch up for a quick coffee and say hi*.

In most cases, a woman will likely respond by saying something like, *Okay, maybe just this once*.

Then, just go ahead and make plans to meet her at a time that suits you both.

Remember: When you meet up with her for coffee, you need to let her experience the new and improved you (i.e. via the way you talk to her, behave and interact with her), so she can begin to feel respect and attraction again.

When she does, her guard will automatically come down and she will begin to feel sparks of love for you again.

A common mistake that guys make is meeting up with their ex and wasting the opportunity because they're afraid to flirt with her and make her feel attracted again.

For example: At the meet up, a woman might be cold and distant towards her ex.

A guy will then feel unwelcome to flirt with her and he may say to himself, *Well that's it then it's over. I tried, but she's clearly not interested. No matter what I say or do she's just cold and unfriendly towards me. She's just not giving me a chance and isn't interested*.

Yet, here's the thing!

A woman is not going to make it easy for her ex just because he wants her back.

Instead, she's usually going to wait and see if he's emotionally strong and confident enough to flirt with her and make her feel attracted, even when she's being cold or distant.

If he can hang in there and stay confident, she will naturally begin to feel a renewed sense of respect him and feel attraction for him.

On the other hand, if he just gives up and acts like a nice, sweet friend and lets her dominate him with her confident personality, she will leave the meet up and say to herself, *Well, that was a disaster! What a waste of my time. I'm not doing that again. I'm going back to my new guy*

*and will now focus on forgetting all about my ex.*â€œ

So, if you want to break up your exâ€™s rebound relationship, you canâ€™t be afraid to flirt with her when youâ€™re interacting.

No matter how cold and unfriendly sheâ€™s being towards you in the beginning, if you stay confident and focus on making her laugh and smile around you, she wonâ€™t be able to stop herself from dropping her guard, even if she doesnâ€™t want to.

3. Optional: Hook Up With Her to Mess With Her Feelings

Once youâ€™ve reactivated some of your exâ€™s feelings for you again (e.g. by making her smile and laugh, flirting with her), she will start to look at you in a more positive light.

The more you make her feel respect and sexual attraction for you, the less she will be able to hold onto her negative perception of you.

She may even start thinking, *â€œMy ex is so different now. Iâ€™m having such a good time with him. If I was meeting him for the first time today, Iâ€™d actually be falling for him right now. Heâ€™s a lot sexier than before. I like it.*â€œ

So, if you get a sense that sheâ€™s feeling attracted to you (e.g. she keeps touching you, she talks plays with her hair, she keeps telling how she canâ€™t believe how different you are now), get her to give you a hug.

For example: You might say something like, *â€œThis is actually fairly enjoyable. I thought youâ€™d be quite a drag to meet up with but youâ€™re actually quite fun.*â€œ

She will likely laugh and maybe punch you in the arm playfully.

You can then say, *â€œOw! Youâ€™re so mean. You owe me a hug for that. Come here, bring it in for a hug.*â€œ

In most cases, a woman will give you a hug and you can then relax and give her a quick kiss.

If the kiss goes well, you can then try to get her to go home with you and hook up sexually, so that she will begin to doubt her feelings for her new guy.

However, even if she doesnâ€™t want to hook up with you sexually, donâ€™t worry about it.

The main thing that you need to focus on is using every interaction you have with her from now on (e.g. text, e-mail, social media, on the phone, or in person) as an opportunity to spark her feelings of respect and sexual attraction for you again.

If you are at least doing that, then you are in the process of breaking up her rebound.

Nextâ€¦

4. Show Her That You Are Happy and Living a Fun Life Without Her

Sometimes, when woman gets into a rebound relationship, her ex will feel shocked, disappointed and even a bit betrayed.

For example: He might say to her, *â€œHow can you do this to me? How can you hook up with*

another guy so quickly after breaking up with me? Did what we had together mean nothing to you? Did you ever really love me, or were you just passing your time with me until you found someone else? I don't believe a person who is truly in love can get over it that quickly. Can't you see that I still love you? Doesn't that even matter to you anymore?â

Secretly, he's hoping that she might take pity on him and break up with her new guy for him. Yet, that rarely (if ever) happens.

Instead, his behavior turns her off even more, because women are not attracted to the emotional weakness in men (e.g. neediness, insecurity, self-pity).

Women are attracted to the emotional strength in men (e.g. confidence, drive and determination).

So, if you want to break up your ex's rebound relationship, one of the best ways to do that is by showing her that you're an emotionally strong and independent man with or without her.

Yes, you definitely do want her back, but you don't need her back in order to be happy and live a good life.

You're happy and fulfilled regardless of being with her.

Some of the ways that you can show your ex that you're getting on with your life and are not sitting around pining for her and feeling sad and lonely is by getting on with all the things in your life you've always wanted to do.

For example: You might

- Learn something new (e.g. how to cook, dance, skydive, do a certain martial art or mixed martial arts).
- Go traveling on a group tour, so you automatically make new friends and are around new people.
- Go out with existing friends to have fun, do outdoor activities and party.
- Hook up with other women (optional).

By focusing on improving yourself and being fulfilled without your ex, not only do you become a better man and have a happier and more successful life, but you also become more attractive to her (and to other women).

Then, when your ex sees that you haven't been a lonely, sad and depressed guy who hasn't moved forward in his life since she broke up with him, she will naturally begin to feel more respect and attraction for you.

For example: You have posted photos on social media of you having fun with other people and your attitude and body language is so much more confident and mature.

All of a sudden, she will begin to see you in a more positive light and will start to wonder whether her new guy is the right man for her after all.

It's then up to you to show her that she made a mistake and guide her back into a new and exciting relationship with you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Is it Needy to Want Your Ex Back?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

No, itâ€™s not needy to want your ex back.

It's only needy if you absolutely need your ex back for your emotional security and stability.

If you are confident, happy and moving forward in life without her, but you want her back because you love her, then there's nothing wrong with that at all.

In fact, it's the way a real man approaches a relationship break up.

Watch this video for more infoâ€¦!

A real man doesn't need to feel ashamed of loving his woman.

However, if a needy guy is desperate, lost and depressed without his ex woman, then he should become emotionally independent before attempting to get her back otherwise he will turn her off.

Sometimes a guy may wonder, *â€œWhy would a woman feel turned off by a guy who is completely unhappy and lost without her? Wouldn't she feel flattered that she means so much to him that nothing else matters in his life?â€*

In most cases, the answer is no.

Most women want to be loved and appreciated by their man, but they don't want to be his main purpose in life.

There are some insecure women that love the idea of a guy who can't get on with his life without her, but the majority of women understand that a real man is someone who can be devoted to her and love her, without needing her to feel fulfilled and happy.

So, if right now you're thinking, *â€œI really need my ex back!! I just can't live without her!!â€* chances are she's not going to want to hear from you.

Women don't like the idea of getting back with a guy who needs them to regain his emotional stability and sense of identity in this world.

Women want a man who loves them and wants them, but doesn't act like a needy, desperate wimp while doing it.

Watch this video for more infoâ€¦!

If a woman has lost respect for her ex, him being needy and desperate around her is only going to make her think something like, *â€œWell, I clearly made the right decision by breaking up with him. He's just too needy and insecure. I want a man who is emotionally strong enough to cope without me. Someone I can look up to and respect, not someone who needs me to mother him and reassure him that things will be okay.â€*

A much better way to get your ex back, is to re-spark her feelings of respect, attraction and love for you by showing her (via the way you talk, think, behave and interact with her) that you are sincerely content and fulfilled in your life without her.

Yes, you want her back, but you don't need her back for your emotional sanity, sense of identity or feeling of worthiness as a man in this world.

Your life won't grind to a standstill just because she's gone.

You are happy and getting on with becoming an even greater man than you are right now.

That's what you've been doing, right?

If not, that's what you need to do starting from today.

Interestingly enough, when you realize that you can have a great life without your ex woman, your mindset changes and you start being the sort of man that your ex can actually look up to and respect again.

Then, whenever you interact with her (e.g. on a phone call, or in person) and she notices that you are confident, happy and moving forward in life without her, all of her old positive feelings of respect, attraction and love that she's pushed into the background suddenly get woken up and she feels drawn to you again.

This is why it's important that you get to the point in your life where you want her back, but you truly, honestly, sincerely know that you don't need her back to be okay.

5 Ways You Can Become More Emotionally Independent

If you don't know how to feel happy and content in life without your ex, here's what you can do:

1. Find out what your purpose in life really is and go after it

[image: Make progress with your purpose]

Every man needs a big purpose in his life that he's working towards.

It's so important because it stops you from focusing all of your attention on your woman and ending up becoming insecure, jealous, controlling or needy.

Women love a man with purpose and they naturally feel attracted to it because they instinctively know that he will be much less likely to become a wuss in the relationship and will be someone that she can look up to for life.

Yet, not every guy knows what that purpose is.

If you don't already know what your purpose is, a good way to find out is by thinking about what you often daydream of doing or becoming.

For example: Which fields of interest have you always been most attracted to (e.g. law, medicine, engineering, journalism, sport, entertainment, education, research, science)?

What have you imagined you might accomplish in any of these fields (e.g. to improve the justice system in your country or local community, to build housing for disadvantaged people, to be a great sportsman, to be a famous musician, to make a scientific breakthrough, to change the world or your local community in some way)?

If you think about the future, what do you want to be remembered for by those who knew you or knew of you?

Your purpose doesn't have to be something that will change the world in a big way.

It simply needs to be something that is important to you.

By discovering your purpose in life and then making progress in that area, you will realize that you

don't have to rely on your ex for your sense of identity in this world.

You become and be your own man.

As a result, when you interact with her (e.g. on a phone call or in person) and she sees that you're not sitting around moping about losing her, she will be able to respect and admire you for the hard work that put into being the man you know that you can and should be.

2. If you already have a big purpose, set some goals around it and start achieving them right away

If you already know what your purpose in life is, but have been neglecting it because of your relationship with your ex, now is the time to pick up where you left off.

All that energy that you've using thinking about how much you miss your ex and how badly you want her back can be channeled into accomplishing your goals and dreams.

Use it to inspire you to become and be an even greater man than you are, so you can truly impress her.

Not only will you discover that you're finally getting the things you always wanted done, you will also discover that you're missing your ex much less too.

This is important, because it allows you to become emotionally independent, which is attractive to women.

Then, if you decide that you really want her back, it will come from a place of emotional strength, rather than weakness due to still being needy and being unable to cope without her in your life.

Another way to become emotionally independent of your ex is to

3. Start doing all the things you've been putting off

It's easy for a guy to get lost in a relationship with a woman and begin to neglect things that he used to love or still has an interest in, but doesn't want to do because it will take time away from her.

Before they met, he might have been thinking things like, *I want to travel the world and become a travel writer*, or *I'm going to go back to school to improve my level of education so that I can get a better job*, or *I'm going to learn to speak Spanish, so I can work for that company who needs multilingual people with my skills*.

Yet, once in the relationship he might have started to say to himself, *Those things can wait. Nothing is as important to me as my woman. I don't want to spend any time away from her*.

If you can relate to that, now is a perfect opportunity to pick up on those things that you've been neglecting in your life.

The more you do and accomplish, the more emotionally independent you'll become.

4. Challenge yourself to do something different

One of the best ways to become emotionally stronger is by doing things that are a little bit more challenging than your usual interests.

For example: If you're the type of guy who prefers to hang out in bookshops, play chess and only walk for exercise, you can challenge yourself by joining a cooking class, taking up rock climbing and

possibly even taking up kickboxing as a way of staying fit.

The more you step out of your comfort zone, the more you grow in emotional strength.

Why is this important?

Essentially because women are mostly attracted to the emotional strength in men (e.g. his confidence, masculinity, his ability to take risks, his determination to succeed) and are turned off by the emotional weakness (e.g. insecurity, neediness, fear of the unknown).

So, when you make yourself emotionally strong, you automatically become more attractive to your ex because you are displaying the behaviors and personality traits that are naturally attractive to women.

She will pick up on that without you having to tell her.

When you talk to her on the phone or interact with her in person, she will sense the changes in you. It will come through in your energy, how you talk to her, your behavior, actions and how you react and respond to her.

That's what really matters to a woman.

A woman judges a man mostly based on how he makes her feel as he interacts with her.

For example: Is he confident or insecure? Is he relaxed and easy-going, or is he tense and awkward?

Finally, another way to become more emotionally independent (as opposed to being needy) of your ex is to

5. Reconnect with old friends, or make new ones

[image: Catch up with friends, or make new ones]

Sometimes, a guy gets so involved in his relationship with a woman that he gradually starts neglecting his friends.

For example: He might say to himself, *What is the point of hanging out with those guys when I have a beautiful woman right here who loves me? If she can't come with me, then I don't want to leave the house without her.*

He may then refuse to catch up with his friends if his woman doesn't go with and over time, he might stop seeing them altogether.

So, if you've been neglectful of your friends, now is the time to make amends and pick up on your old friendships.

If you feel like you don't want to do that, start fresh by meeting new people.

Join local interest groups, hobby groups, meet ups, catch ups, group exercise clubs or get involved in a sport that involves you interacting with other people.

Then, when you and your ex get back together again, you won't fall into the trap of smothering her with neediness because you will have friendships and interests that are independent of her.

When you have a life purpose, goals, dreams, interests and friendships that are separate from your relationship with a woman, it is less likely that you will ever feel needy, because your relationship is not the number one thing that defines you.

You are more than just a boyfriend, fiancé or husband to her.

You are a well-rounded, self-actualized man who is making progress on his goals, with or without the support, reassurance or encouragement of his woman.

Itâ€¢s Not Over Unless You Want it to Be Over

As you can see, itâ€¢s not needy to want your ex back if you are a confident, emotionally strong man who is happy and moving forward in life without her.

Unfortunately, most people automatically assume that if a relationship ends, it means that it's over forever.

So, if a guy decides that he wants his woman back, he will usually be told to just walk away.

For example: Well-meaning friends and even strangers might say things like, *â€¢Forget about her and move on. You canâ€¢t fix a broken vase, the crack will always be there. So, you canâ€¢t fix a broken relationship. If it was meant to be, then she will come back to you. If she doesnâ€¢t come back, then it was obviously better for both of you that you broke up. Donâ€¢t waste your time wishing for the impossible. Besides, there are plenty of fish in the sea. You can find yourself another woman better than your ex. Itâ€¢s for the best. Just be patient. You will find a nice girl one day.â€¢*

That is ridiculous.

Most relationships have a break up or two and if the man becomes a better man and the love, respect and attraction deepens, the relationship will be even stronger than before and potentially last a lifetime.

What a lot of people don't realize is that falling back in love after a break up is one of the most amazing feelings a couple can experience in life.

Thereâ€¢s just something about having made it through a difficult patch together and then fixing things up to the point where both you and her are happier and more in love now than ever before.

It binds a couple for life.

Thatâ€¢s not a fantasy.

Itâ€¢s actually something that millions of couples do every year.

So, it's not just you who has gone through a break and wants your ex back.

Likewise, it's completely normal and common for couples to get back together after a break up.

People break up and get back together all the time and you can be one of those people.

Donâ€¢t listen to what other people say when they tell you that there you are wrong or needy for wanting to have another chance with your love.

They donâ€¢t know what youâ€¢ve just learned here about re-attracting an ex woman, or the fact that the love is even more amazing when you get her back.

They only know what they know based on their limited experience.

The fact is, when you trigger your ex womanâ€¢s feelings of respect and attraction for you again, she stops focusing on the negatives of your past relationship and she starts to think about the way you are making her feel right now (e.g. sexually attracted, happy, excited, respectful).

She then feels drawn to you and from there you can build on her feelings for you and show her that

the love between you and her will be different now.

Watch thisâ€¦!

You are going to make her have such strong feelings for you now, that not only will she want to get back together again, she will also try her hardest to keep you happy so that the relationship will stay together this time.

In most cases, getting an ex woman back happens very quickly, but sometimes if the break up was messy, it might take a few weeks before the woman feels ready to fully let go of her negative feelings and allow her new feelings of respect and desire to come through.

So, if you want to get your ex back, donâ€™t let anyone tell you that you canâ€™t do it.

You can.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How to Stop Your Ex From Falling in Love With Her New Guy

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

To stop your ex from falling in love with her new guy you need toâ€¦!

1. Give Her the Missing Pieces of the Attraction Experience That She Didn't Get With You

When a woman breaks up with a man, itâ€™s usually because there are certain aspects of his thinking and behavior that are causing her to lose respect and attraction for him (e.g. heâ€™s too insecure, he doesnâ€™t make her feel like a real woman, he takes her for granted).

So, when she then hooks up with a new guy after the breakup, she will often choose a guy who is the opposite of her ex in the areas that she felt were most lacking in her relationship with him.

For example: If her ex was too emotionally sensitive, got upset about setbacks in his life and whined about his feelings to her, then her new man will usually be more emotionally strong and better able to handle his emotions around her.

Another example is where a guy stopped making his woman feel feminine and girly in his presence and instead fell into the habit of treating her more like a friend or worse, making her feel like she was more of “*the man*” in the relationship.

In a case like that, her new guy will be more emotionally masculine in the way he thinks, feels, behaves and interacts with her, which will allow her to relax into thinking, feeling and behaving like a girly, feminine woman around him.

Essentially, your exâ€™s new guy is simply filling in the missing pieces of the attraction experience that she didnâ€™t get with you (e.g. her new guy is more emotionally strong, he makes her feel more feminine and girly, he makes her feel more loved and appreciated).

However, that doesnâ€™t mean that your exâ€™s new guy is perfect for her, or that you canâ€™t get her back.

You can.

When you make some attractive adjustments to the way you think, act and behave, you will be ready to properly re-attract her.

Then, the next time you interact with your ex (e.g. on a phone call or in person), you can start giving her the attraction experience she always wanted from you, but never got.

For example: When interacting with her, ask yourselfâ€¦!

- Am I turning her on right now (by being confident, charismatic, masculine or funny), or am I turning her off (by being insecure, soft, hesitant, needy or weak)?
- Am I making her smile and enjoy talking to me, or does she sound cold and distant because I'm being too serious?
- Am I making her feel like a feminine woman in my presence, or do I make her feel more like a neutral friend?
- Does she feel respect and sexual attraction for me based on how I interact with her and talk to

her, or does she still feel that sheâs getting a better attraction experience from her new guy?

If you are doing it right, those things will make her start looking at you in a more positive light.

She might then start comparing you to her new guy and possibly begin seeing the missing pieces of the attraction experience that sheâs not getting from him (e.g. He might be more emotionally strong, but heâs also selfish and self-centered. He might make her feel feminine and girly in his presence, but he doesnât have any focus and direction in his life).

When this begins to happen, she wonât be able to stop herself from feeling drawn to you again, because you are now giving her the attraction experience she always wanted from you, as well as highlighting to her the new guyâs shortcomings.

She then starts to wonder, *âWhat am I doing with this guy when my ex is now being everything I always wanted in a man? I was a fool to break up with him. Maybe I should just start seeing him againâ* and then getting back together again with you begins to feel good to her.

The next step is toâ|

2. Show Her That You Have Already Transformed Yourself

[image: Making your ex feel attracted over the phone]

Right now, if your ex is in a relationship with a new guy, it may be difficult for you to have many (or any) interactions with her.

However, she may still be open to hearing from you now and again.

So, to stop your ex from falling in love with her new guy, you need to actively interact with her (via text, on a phone call and in person), so that she can see for herself that youâve changed all the things that were turning her off before and have transformed yourself into a new man.

Whatever the case is for you, the most important thing that you need to do is use every interaction that you have with her as a way of actively sparking her feelings of respect and attraction for you again, by showing her that youâve transformed yourself and that youâre no longer the same guy she broke up with.

To get her back, you need to actively make her feel something for you again, so her guard comes down and she opens herself up to talking to you in person again.

This means that you canât just sit back and assume that if you wait it out for long enough, her new relationship will be just a rebound and when itâs over she will come running back to you.

Yes, her new guy might just be a rebound guy and she might break up with him eventually, but thereâs no guarantee that they will break up unless you stop it.

Thereâs also no guarantee that she will come running back to you after she breaks up with him either.

Ultimately, if youâre not actively interacting with your ex to stir up her feelings for you again, itâs very unlikely that she will break up with her guy and then think, *âWell it's over with the new guy, but my ex is a different matter altogether. Yes, I know that I havenât heard from him since we broke up, but Iâm sure if I call him and tell him that my rebound relationship is over, we can get back together again and everything will be perfect between us this time.â*

Unfortunately, that's not how it works in most ex back cases.

Some guys do get their ex woman coming back after she breaks up with her rebound, but most (I've dealt with 100s of ex back cases via my phone coaching services) don't see her come running back.

Instead, she just continues to date new men and then moves on, unless he stops it from happening and actually gets her back.

Watch this!

Essentially if you stay out of the picture long enough, she's going to start to forget about you and lose any motivation to want to get back with you.

So, if you want to stop her from falling in love with her new guy and get her back, the most important thing that you need to do is to interact with her via text, social media, e-mail and especially over the phone and in person if she's open to it, so you can let her experience respect and attraction for the new you.

You need to show her via the way you talk, think, behave, interact with her and respond to what she says and does, that you have transformed yourself and are no longer the same guy she broke up with.

For example: If you were insecure before, you are now confident and self-assured. If you were too nice before and allowed her to dominate you emotionally, you are now more ballsy and stand up to her.

When she experiences the new you, her guard comes down and she starts to reconnect with her original feelings of respect, attraction and love for you.

She also experiences new, more exciting feelings for you based on the fact that you can now give her the kind of attraction experience she really wanted from you all along.

Then, she becomes more willing to see you in person.

From there, you just need to continue showing her that you've transformed yourself into the kind of man she can look up to, respect, feel attracted to and love, until her walls come crashing down.

[image: Did I make the right decision by breaking up with him?]

She then begins to ask herself, *â€œDid I make the right decision by breaking up with him? Is my new guy really the right guy for me after all? Should I just give my ex another chance? I miss him.â€*

3. Make Her Laugh, Smile and Feel Good Whenever She Interacts With You

[image: Laugh at your previous mistakes]

One of the best ways to make your ex drop her guard is to make her smile and laugh when you interact with her.

It's very difficult for a woman to keep thinking, *â€œI hate this guy! He broke my heart and ruined our relationship. I'm never going to forgive him for what he did,â€* when she's smiling, laughing and having fun in your presence.

So, rather than waste the interactions you have with your ex (which will likely be limited now that she has a new guy) by being too serious and going over what went wrong in the relationship, just use

the time to create new, positive, happy feelings inside her by making her smile and laugh.

For example: If she says something like, *“Look, I’m seeing someone else now. I don’t think we should be talking to each other. It just wouldn’t be fair to my new boyfriend,”* rather than get upset and give up, you can turn it into something to laugh about with her.

You might respond by saying something like, *“Okay, no problem. I promise to stop talking to you right away. I’m just going to silently mime everything from now on. I don’t know how well that will work over the phone though, so you’re just going to have to meet up with me instead, or else you’ll miss the whole conversation and then I’ll have to start my miming from the beginning.”*

She will most likely have a laugh with you about it, or at least smile and she will feel some respect and attraction for you again for having the confidence to make a joke in a potentially tense moment like that.

When you make her laugh, it’s difficult for her to keep thinking of you in a negative way because she starts seeing you as the more confident, brave and emotionally strong man that you are now.

She then drops her guard and allows herself to feel respect and attraction for you again.

When that happens, she begins to wonder, *“Did I make the right decision to break up with him? Is my new guy really the right guy for me? Do I really love my new guy or am I still in love with my ex? Why am I feeling like this all of a sudden? Is it a sign?”*

That’s what you want her to be experiencing.

When you do that, she automatically stops falling in love with her new guy and starts to question her feelings for him vs. you.

4. Show Her That You’re Moving Forward in Life Without Her

Sure you can sit around pining over your ex woman and wondering, *“What can I do to stop my ex from falling in love with her new guy?”* but that’s unlikely going to get her back on its own.

Also, if your ex interacts with you and senses that you’ve just been sitting around feeling sad and lonely without her, she will feel turned off by what she perceives as your lack of emotional independence.

Women hate it when a guy needs her to feel good about himself or to have a sense of identity of purpose in the world.

On the other hand, women love it when a guy wants her, but doesn’t actually need her to feel happy, make progress in life and feel worthy as a man in this world.

So, don’t be the sad, depressed ex who just ignores life and keeps to himself now that she’s left you.

There’s nothing wrong with missing your ex, but if you want to re-spark her feelings for you and get her back, you need to show her that you’re the kind of man she will feel proud to come back to.

A good way of doing that is by moving forward in your life without her.

Now is the time to go ahead and make progress towards fulfilling your goals, dreams and desires in life.

For example:

- If you have a big purpose in life that you neglected because of your relationship, now is the time to pick up where you left off and make things happen.
- If youâve never had a life purpose, find one and then go after it with all your might (e.g. What is your biggest dream, goal or ambition? What do you wish you could do with your life? What do you want to achieve, be or become? What is the most challenging, but meaningful thing that you want to work on for your entire life?)
- If youâve wanted to go traveling, then pack your bags and get going (just make sure to take lots of great photos of you having fun with other people to then post on social media where your ex can see them. Don't post photos up of you on your own. That does not work. You have to be having fun with other people).
- If youâve wanted to learn a new skill (e.g. how to skydive, boxing, mixed martial arts, how to dance), then go for it.
- If youâve always wanted to get a degree or better qualification, start doing it now.

The world is your oyster and you can choose to do whatever you want and be whoever you want in this life, so do it.

As a bonus, when you move forward in life and get to the point where you have big goals, dreams, ambitions, interests and friendships separate from your relationship with your ex, you actually become more attractive to her.

Why?

You become the kind of man she can look up to, respect, feel attracted to and feel proud to come back to.

Women love and feel attracted to a man who knows who is and what he wants in life, outside of just wanting a woman.

So, when your ex sees that youâre emotionally independent and have a life without her, she begins to look at you with different eyes.

She starts to feel concerned about losing out on being with a great guy like you and this makes her drop her guard and open herself up to interacting with you more.

From there, you just need to keep focusing on rebuilding her feelings of respect and attraction for you and before long, she will find herself doubting her feelings for her new guy.

5. Optional: Hook Up With Her Sexually and Blow Her Mind, So She Feels Confused About Who She Wants

Once youâve successfully reactivated some of your exâs feelings of respect and attraction for you, get her to meet up with you in person (e.g. invite her out for a cup of coffee to catch up and say hello as friends).

At the meet up, keep making her feel sexual attraction and respect for you by showing her via the way you talk, think and behave that youâve transformed yourself into a new man.

Continue to use humor as a way to keep things light, drop her guard and erase any negative feelings

she may be holding onto about interacting with you again.

Then, if she seems to be open to and is giving you signs that she's attracted to you (e.g. touching you on the arm or leg, licking her lips, playing with her throat) lean in and give her a kiss.

If she doesn't pull away, deepen the kiss and keep turning her on.

From there, if she's still open to it, hook up with her sexually at your place or hers and blow her mind.

If you don't think she will kiss you in public, just get her to give you a hug when you're parting ways at the end of the catch up.

Say, *"Okay, good catching up. Bring it in for a hug goodbye."*

If she sticks with the hug and is being warm, lean back and look her in the eyes and then lean in for a kiss.

Then, head to her place or yours to *"hang out"* and then get it on.

The more you make her feel attracted to you, the more doubts she will have about her new guy.

From there, you just need to continue showing her that you've transformed yourself into the kind of man that she can now look up to, respect and feel attracted to.

As you do that, she will naturally begin to fall deeply in love with you all over again.

When she realizes that you're now the man she has always wanted, she will likely drop her new guy and come running back to you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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4 Reasons Why Your Ex Keeps Texting You, Even Though She Doesn't Want You Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Some of the reasons why your ex might keep texting you are thatâ€¦!

1. She Wants to Check if You're Moving On Without Her

Sometimes a woman will worry that her ex man will hook up with another woman and move on before sheâ€¦s had a chance to hook up with another guy first.

So, to keep tabs on him, she will continue texting him and asking things like, *â€œHey, what are you up to today?â€* or *â€œHow've you been? Are you seeing someone else yet?â€* or, *“How was your day?”*

She's essentially trying to find out if she still has time to move on before he does.

2. To Boost Her Self Esteem

A woman will often enjoy knowing that even though sheâ€¦s no longer interested in her ex, he on the other hand still thinks about her, misses her and wants her back.

So, she will keep texting him and allowing him to possibly tell her about how much he still cares about her, which she will then use to feel good about herself.

She will go out into the world and feel confident that she is in the position of power, she is loveable and that her ex wishes he could get another chance with her.

This then allows her to feel good about herself when she meets new guys or goes on dates.

3. She Still Misses You, Even Though She Doesn't Admit it

[image: She misses him, but won't admit it]

In most cases, a woman will continue to miss her ex from time to time, even though she won't openly admit it to him.

For example: She might think to herself, *â€œI miss the way he used to look at me when we were together,â€* or *â€œI miss how good it felt to be in his armsâ€* or *“I miss having a boyfriend.”*

Yet, in most cases a woman won't admit it to her guy. Why?

Some of her reasons might be becauseâ€¦!

- She does miss him, but she doesn't really feel like it's a good idea to get back with him (i.e. because he probably hasn't changed).
- She doesn't want to make it obvious that he has a chance with her because she's embarrassed about looking uncool, needy, lonely or unattractive.
- She misses him, but she doesn't believe that he give her the attraction experience she really

wants.

- She's afraid that he might make her fall in love with him again and then break up with her to get revenge for dumping him and breaking his heart.
- She doesn't want to make it easy for him to get her back because she wants to see if he has the confidence to do it without her help and reassurance.

So, there's a good chance that your ex is missing you if she's continuing to text.

This is why I always recommend that a guy take control when getting his ex woman back, rather than waiting and hoping that she does it.

In most cases, a woman will wait and hope that her ex has the courage and skill to get her back, but if he doesn't, she will just try to move on.

Another reason why your ex might still be texting you is

4. To Give You Hope That She Might Want You Back, So She Can Eventually Break Your Heart By Saying That She's in Love With Another Guy

Sometimes a woman might feel angry or bitter about the break up with her ex.

Then, to get revenge, she might string him along for a while by texting him back and forth, in the hopes that he will believe she is considering getting back together again.

When he's fully back in love with her and stops moving on with his life, she can then quickly hook up with another guy and let him know that she is no longer available.

When he is shocked and disappointed, she can then say something like, *"Did you really think we would get back together again? I told you it was over. Anyway, I'm in love with another guy now and he treats me like a princess. He's not a jerk like you were to me. It's over. Bye,"* to hurt him for causing her pain.

You Have to Be Confident Enough to Guide Her Back Into a Relationship

[image: Be strong enough to guide her back into a relationship]

Don't waste time looking for hidden meanings in her texts, or waiting around her to give you a clear go ahead by saying something like, *"Call me! Let's get back together. I love you."*

That would be nice and it probably happens to about 1% of guys, but hoping for that is like hoping to win the lottery.

What you need to do instead (to have at least an 80% chance of getting her back, based on all the cases I've dealt with) is reactivate her feelings of respect and attraction, whenever you interact with her (e.g. via text, e-mail, on social media, on a phone call, or in person).

Then, confidently guide her back into a relationship.

That's what works.

Where some guys go wrong is by getting caught up in a cycle of texting an ex woman for weeks or months and not meeting up with her to actually get her back.

When a guy get stuck in that cycle, he will often make some or all of the following mistakesâ€¦

1. He only texts her like a friend and doesn't include any flirting

For example: He might pretend that heâ€™s only interested in being her neutral friend by being on his best behavior when he interacts with her and avoiding any flirting.

He will hope that it makes her feel comfortable and not feel pressured into getting back together with him.

Yet, in most cases, rather than make a woman think, *â€œWow, my ex is being so sweet. Heâ€™s being such a reliable friend and heâ€™s not even pushing me to get back together again. He is so sensitive and nice and considerate of my feelings. Thatâ€™s just so attractive to me. Maybe we should get back together again,â€* she won't be feeling attracted, so she will just move on with her life and hook up with a guy who actually flirts with her and makes her feel attracted.

So, donâ€™t do that to yourself.

If you want to get your ex back, donâ€™t make the mistake of acting like a good friend who isnâ€™t allowed to flirt with her and make her feel attracted again.

By all means, be her friend, but just donâ€™t be an innocent, reliable, neutral friend.

Watch this video to understand what I meanâ€¦

If you are going to be friends with your ex, you need to make sure that youâ€™re using every interaction you have with her (via text and especially on the phone and in person) to actively make her feel respect and sexual attraction for you again.

Donâ€™t pretend that you donâ€™t find her sexually attractive anymore, or that youâ€™re not interested in getting her back.

If you only focus on making her feel neutral, friendly feelings for you, she probably wonâ€™t see any reason why she shouldnâ€™t hook up with another guy instead.

She may even say to herself, *â€œNow I have the best of both worlds...a nice, sweet friendly ex that I can rely on if I ever need someone to talk to and a sexy new guy that I can have sex with and fall in love with. Ahh, life is good.â€*

So, make sure that you flirt with her and make her feel attracted, rather than acting like you're just a friend now.

2. He instantly replies to all of her texts no matter what time of day or night it is

When a guy is desperate to get his ex back, he will usually try to be on his best behavior when he interacts with her.

We will try to avoid saying or doing something that might annoy her.

So, whenever she sends him a text, he may think, *â€œI need to get back to her right away. I donâ€™t want to take too long and give her the impression that sheâ€™s not important to me, or that Iâ€™m out with another woman. I donâ€™t want to blow my chance with her.â€*

He will then text her back immediately regardless of whether itâ€™s night or day, or if heâ€™s busy

or not.

He's hoping that she will think, *â€œWow, I'm so lucky. My ex must really care about me. Look how quickly he responds to texts. He must be dropping whatever he's busy with just to get back to me! that's just so sweet of him.â€*

Yet, in most cases, she's thinking something like, *â€œWeird. Doesn't he have a life? It seems that all he's doing is sitting around waiting for me to text him. When does he hang out with friends, or focus on work, or actually do anything else other than rush to text me back?â€*

She then feels turned off by what she perceives as his desperate, needy behavior.

She may continue to text him to lead him on until she finds another guy, but she will definitely be feeling turned off by his snap replies to her every text.

So, no matter how badly you want to instantly respond to everything your ex texts you, just don't do it.

If you're at work, driving, or out with friends, simply wait until you're home and relaxing before you get back to her.

She's not going to decide whether or not to ever give you another chance with her if you don't get back to her immediately.

In fact, not responding instantly may even make her wonder, *â€œWhat is my ex doing? I wonder if he's with another woman,â€* and she might even feel a bit jealous about it, which is a good thing.

Of course, that doesn't mean you should ignore her for hours or days just so that you don't come across as being needy, or worse, to try and make her jealous by talking about being with other women.

Why?

If you haven't properly sparked her feelings for you yet, she will assume that you're trying to mess with her head and make her miss you, which will cause her then to do the same back to you.

So, just mix things up between replying immediately, a few minutes later, hours later or even the next day if you can't get to her text because you are busy.

Another ex back texting mistake that guys often make is!

3. He writes too much in his texts because he's trying hard to impress her

Sometimes, a guy will hope that if he sends her a long text explaining to her what he's been up to and how much he's changed since the break up, she will be impressed and decide to give him another chance.

For example: If a woman broke up with a guy because she felt that he was stuck in his life, he might try to impress her by texting something like, *â€œI have changed so much since we broke up. I'm really focusing on my work now and my boss is very impressed with my progress. He's saying that there might even be a promotion coming my way soon. It's really cool and I'm so excited about it. You always wanted me to do more with my life. Well now I'm doing it.â€*

He's likely hoping she will say, *â€œWell done. I'm so impressed with you now. Okay, now we can get back together again.â€*

Yet, here's the thing!

If she has lost respect and attraction for him, sheâs not going to instantly believe everything that heâs saying.

Instead, if she currently perceives him in a negative light (e.g. believes that he is insecure, lacks the kind of confidence she wants in a man) sheâs likely just going to think that heâs desperately trying to impress her and she will feel turned off by him even more.

So, rather than try to impress your ex in a long text message, get her on a phone call instead.

Why?

On a phone call, she will be able to hear the tone of your voice, experience your confidence and assess your state of mind by listening to how you speak and noticing how you react to her.

I recommend that you only send your ex a quick text as a way of getting her on a phone call with you, where you can then actively make her laugh, smile and feel happy to be interacting with you again.

From there, get her to meet up with you in person and actively work on rebuilding her feelings of respect, trust and attraction for you via the way you talk, think, behave and interact with her.

When she can see for herself that youâre no longer the man she broke up with, her guard will naturally come down and you can then quickly guide her back into a relationship.

4. He thinks he can get her back by hiding behind texts

A guy might sometimes decide to play it safe by sticking to only texting his ex and never calling her.

He might think, *âThis is okay. At least my ex keeps texting me, so itâs not all bad. She must feel something for me, even if right now she says she doesnât want me back. If I play my cards right and keep texting back and forth, she will probably let me know when sheâs ready for me to call her up on the phone. Besides, I donât want to make a mistake by calling her too soon and scaring her away. Iâll just stick with text.â*

However, that ex back tactic rarely (if ever) works.

Why?

If a guy doesnât do anything to actively spark a womanâs feelings for him on a phone call in person, she will often continue texting back and forth, while at the same time focusing on meeting a new guy to move on with.

In most cases, a woman wonât wait around for a guy when she doesnât have feelings for him and heâs not doing anything to make her have feelings for him.

So, if your ex keeps texting you even though she doesnât want you back, donât wait for her to make it easy for you and tell you that sheâs open to you calling her.

Instead, you need to be emotionally courageous enough to make the first move.

Remember: If you want her back, itâs up to you to re-spark her feelings of respect and attraction and get her back.

Donât expect her to take the lead.

To get an ex back, you need to be a man about it and lead the way.

So, stop the texting and get her on a phone call right away, where you can spark her feelings of respect and attraction for you again by making her laugh and smile.

The more you make her feel good when sheâs interacting with you on a phone call and in person,

the less she will hold on to her negative feelings for you.

She then drops her guard and then itâ□□s up to you to guide her back into your life and into your arms again.

Then, rather than just texting, you'll be kissing, having sex and enjoying each other's love and company once again.

Even though it might feel safe to hide behind text, don't do it.

Get her on a phone call and meet up with her in person.

That's how to get her back for real.

×

[image]

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[image: Dan Bacon]

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4 Things to Say to Make Your Ex Wife Begin to Want You Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Right now, you might be thinking, *â€œIs there anything that I can say to my ex wife to make her want me back?â€*

The answer is yes.

So, here are 4 things to say to your ex wife to make her begin to want you back:

1. Tell Her What You've Changed About Yourself, But Don't Ask For Another Chance

One of the quickest ways to make your ex wife begin to see you in a more positive light, is by telling her (in a relaxed, non needy way) that youâ€ve understood her reasons for divorcing you and have made changes to your thinking and behavior to fix those things.

For example: Imagine that a man got broken up with because he had no drive and ambition and was just drifting through his life, expecting his wife to put up with the fact that their future seemed uncertain or boring.

To show his ex wife that he understands why this was a problem in their marriage and that he has already changed, he might say something like, *â€œLooking back, I now see why you left me. I now realize that itâ€™s the manâ€™s responsibility to take care of and provide for his wife and his family and thatâ€™s something I was clearly not doing in our marriage. I see how that must have made you feel uncertain about the future and caused you a lot of stress and worry. I was clearly not the husband you deserved. I let you down and Iâ€™m sorry for causing you pain and stress. Of course, Iâ€™m not that guy anymore. Our divorce was like a slap in the face for me, but instead of feeling sorry for myself, I just made changes. You might not care to hear this or you might be happy to know that I finally quit my dead-end job and Iâ€™m now working at a better company for more money. Iâ€™m actually in a management position now and Iâ€™m already working towards another promotion, which is enjoyable and what I should have done before when we were together. Iâ€™ve even started investing for the future and am developing an investment portfolio. I bet you never thought youâ€™d see something like that happen hey? Look thoughâ€¦I know itâ€™s probably too late for us, but at least I can now sincerely apologize to you and let you know that I get it. I understand why we split up. I wish I had figured it all out sooner, but thatâ€™s water under the bridge. I'm not expecting you to want to get back together at all. Yet, can we at least be friends from now on?â€*

Another example is if a woman divorced a guy because he took her for granted.

In a case like that, the guy might say something along the lines of, *â€œItâ€™s clear to me now how much I took you for granted. I just assumed that because we said â€œI doâ€ all those years ago, it was enough and that I didnâ€™t have to put much effort into the relationship anymore. I didn't have to put in the effort to show you just how important you were to me. That was really immature of me and Iâ€™m truly sorry for making you feel like you were second or third best in my life behind my*

work (or friends). I know that if you had treated me the way I treated you, I would have hated it and would have been complaining to you just like you complained to me for so long. The fact that you put up with me for as long as you did is proof that you're an amazing woman and that I really did stuff things up between us. I just want you to know that I'm sorry for everything that I put you through. I'm not asking you to care about me apologizing or give me another chance or anything like that. I just want to let you know that I mean what I say when I say that I love you, I'm sorry and I was a total jackass in our marriage. For example: I was in the habit of making a mess all over the house and just expecting you to clean up after me no matter how busy you were. Well, you might laugh at how I am now, or you might get angry because I have changed all too late. I'm actually quite a neat freak now and I make sure that I clean up as I go. Looking back, I can't believe how messy I was and how patient you were with me. I know it might sound impossible for you to believe I've changed, but feel free to come check up on me any time and have a laugh at how tidy my place is. I don't expect you to believe me that I have changed and I'm not asking you to get back together again. However, I do want you to know that I'm not that guy anymore and I'd like it if we could at least be friends again.

Essentially, by being confident enough to admit your mistake to your ex wife and then telling her what you've changed about yourself, it shows her that you're no longer the same guy she divorced.

So, even though she might initially have thought, *"A leopard doesn't change its spots,"* your new, more mature attitude makes her see you differently (even if she doesn't openly admit it to you).

When that happens, her walls come down and she begins to feel some respect and attraction for the new you.

2. Turn Cold Conversations Into Something to Laugh About Together

[image: Turn cold conversations into something to laugh about together]

It's understandable that a woman might not be very open towards her ex husband.

She might be cold and unfriendly and it may be difficult to talk to her because she is so being distant and uncooperative.

Naturally, the ex husband might feel frustrated, or even a bit angry towards her because he just wants to have a chance to talk to her and clear things up between them.

Yet, getting angry or annoyed at her in any way is only going to make matters worse.

Women are naturally attracted to men who can maintain composure and guide a conversation into feelings of laughter and love, especially when a woman starts out being cold.

On the other hand, women are turned off by men who expect women to help them emotionally by being nice, compliant and easy-going at all times.

So, if her ex husband gets annoyed or angry in any way, she will pick up on his frustration and may think to herself, *"See? Nothing has changed. He is still reacting like a child every time things don't go his way. He still hasn't even worked out how to be a real man. No way am I giving him*

another chance. It will just be more of the same. ❑❑

She then starts to close up, which makes him feel even more annoyed and emotionally, which turns her off even more!

It's a vicious cycle that only leads to further separation and negative feelings towards each other.

So, rather than letting your ex wife's coldness get to you, focus instead on making her laugh and feel good to be around you again.

For example: If your ex wife is accusing you of hurting her in the past, rather than react in the usual way (e.g. by defending yourself, telling her that it was her fault, apologizing for the 1,000th time) turn it into something you can both laugh about instead.

Note: Turning it into something that you can laugh about together doesn't mean that you don't take her feelings seriously or that you disrespect her.

It simply means you're taking a difficult situation and looking for something positive to laugh about together, rather than getting sucked into the negative feelings and becoming even more disconnected from each other as a result.

In other words, you're being the man by using your emotional strength to bring the interaction back to love, rather than letting her control things and have you get dragged into her unnecessary drama.

When you make your ex wife smile and laugh, it naturally causes her drop her guard around you and it then becomes more difficult for her to stay stuck on the idea of hating you and remaining divorced.

3. Ask Her to Forgive You For Her Own Benefit

Getting your ex wife to forgive you is a very important step if you and her are going to start over with a clean slate.

However, just asking her to forgive you will rarely result in her sincerely forgiving you.

She might say that she has, but that's different to actually forgiving you for real.

Additionally, if you just ask her to forgive you because you need it, she might say something like, *â❑❑No. I will never forgive you. What you did to me was unforgivable. I will never, ever forgive you for that.* â❑❑

So, a better way to ask her to forgive you is by telling her that forgiving you is for her own benefit.

Explain to her that if she doesn't forgive you, she will always be going through life carrying the baggage of her relationship with you and it will likely cause her problems if she tries to have another relationship someday.

Don't worry – it's not about helping her move on.

Instead, forgiving you for her own benefit makes her stop looking at you in a negative way because she has forgiven you for what happened.

When she goes through that emotional transition, she naturally starts to feel better about interacting with the new and improved you.

She finds it easier to clearly see that you have changed and you're no longer the same man she separated or divorced.

So, you might say something like, *â❑❑You and I are both mature adults and if we can honestly*

forgive each other, both of us will be able to properly move forward without allowing the negative things that happened between us to cloud future relationship. If you forgive me, you will feel better about your future without me. You won't have to go around feeling that knot in your stomach every time you think of me. You will feel lighter knowing that even though I made some mistakes in the marriage, it's over now. I'm not that same man anymore because I have changed. We've grown from the experience, we are better people and forgiving the past is part of the process of moving on for real. I made some mistakes, but that's not something you have to keep holding on to for the rest of your life. If you keep holding on to negative feelings of anger and resentment, it will just cause you to have unnecessary emotional baggage. So, what do you say? Can you honestly forgive the old version of me? Can you see that I did make mistakes, but that is in the past? Can you let that part go by honestly forgiving me for making the mistakes I did back then?

Important: Saying something like the above to her is not about encouraging her to move on and have another relationship.

Instead, when you're mature enough give her the freedom to not have baggage in a future relationship with someone and she then forgives, she automatically stops looking at you in a negative way.

She stops thinking about all the mistakes that you made in the past and she begins to look at you with respect.

Her guard starts to come down and she becomes more open to talking to you, seeing you and even thinking about you in a romantic way (even if just a little).

Remember: Forgiveness breaks down her walls and opens her up to seeing the new you in a more positive light.

Without forgiveness, she will likely just keep going over the negative things about you and your relationship in her mind and she will think of you as the man she left.

So, make sure that you aim to get her to forgive you (for her own benefit).

When you do that, her guard will come down and she will be much more open to you.

From there, you just need to make sure that you are sparking her feelings of respect, attraction and love for you again whenever you interact with her.

Another thing to say to make your ex wife begin to want you back is

4. Say That You Accept the Break Up, But Still Miss Her From Time to Time

It's not weak to tell your ex wife that you miss her sometimes.

In fact, being able to tell her that you miss her, even though you accept that you're broken up, is a sign of emotional strength (which is attractive to women).

So, don't be afraid to say it.

However, something to bear in mind is that you can say *"I miss you"* in a way that will spark your ex wife's feelings of respect and attraction for you and make her drop her guard and there's also a way of saying it, that will cause her to feel even more turned off by you.

So, here is an example of the right and wrong way to tell an ex wife that you miss her:

The wrong way to say *“I miss you”* is by being emotionally weak and needy when you say it.

For example: A guy might say, *“I miss you so much! I just can’t get through my days without you! My life is a mess now! I can’t eat or sleep properly. Please give me another chance. I need you back. You are the only thing that is important to me. You mean everything to me. I need you. Please!”*

The right way to say *“I miss you”* is by being confident, mature and emotionally strong when you say it.

For example: You might say, *“I definitely do miss you from time to time. I would have to be a very shallow man to not miss the woman I promised to spend the rest of my life with. However, I’m not dwelling on the past. Life goes on. I’m focusing on my career and I’m busy making progress with my business/job. That doesn’t mean I don’t think about you or miss you from time to time, but I accept that we’re divorced now.”*

By being open and honest with your ex wife in a strong, emotionally masculine way (rather than a needy, insecure way), you’re building on her feelings of respect for you.

The more she respects you, the more she will feel attracted to you and the more respect and attraction she feels for you, the more she will be able to reconnect with her feelings of love for you.

That’s how it works.

Respect comes first, then attraction and then her love for you begins to flow back into her heart.

She suddenly starts thinking, *“I actually kind of miss him too now. If only he was like this when we were married, the divorce probably wouldn’t have happened. I know we had a lot of problems that aren’t fixed by him being emotionally strong by saying that, but what if he really has changed? What if we can make it work the second time around? Maybe we should give our relationship another try. After all, we both clearly still love each other. So, why not? Who cares what other people might think? I have to follow my heart here. I want this.”*

4 Things Not to Say to Your Ex Wife if You Want to Get Her Back

[image: 4 things not to say if you want to get her back]

Now that you have a better idea about what to say to make your ex wife begin to want you back, here are some things to avoid saying if you don’t want to turn her off and ruin your chances with her.

1. Asking her to start over and begin dating again

When a woman is at a point where she’s not interested in even thinking about getting back together with her ex husband, she’s not going to like hearing about the idea of “*dating*” again.

If you want her to be open to that, you must re-attract her first, so she actually has feelings for you and wants something to happen.

When a man goes straight for the kill and asks to begin dating his ex wife again, she will often think something like, *“No. I can’t just put away all my negative feelings and pretend that we’re like a couple who has just met, going on nice, romantic dates together. It just doesn’t*

work like that. He doesn't get it. I don't feel attracted to him anymore and he doesn't even know how to make me have those feelings again.

So, forget about dating and focus instead on letting her experience the new and improved you.

That way, she will want to start dating you again naturally and that will then lead to you and her getting back together.

The more she can see for herself that you're not the same man she divorced, the more quickly her negative feelings about you and the relationship will fade away and be replaced by positive emotions such as respect, attraction and love.

Then, the idea of getting back together again starts to sound good to her.

However, if you just ask her to start dating again without renewing her feelings for you first, she's just going to keep saying things like, *No. We're divorced now. Let's leave it at that.*

2. Saying that your life isn't worth living without her

Getting divorced isn't fun, easy or anything nice.

It's a disaster, an emotional rollercoaster and one of the worst things that can ever happen to a man.

Even when a couple truly believe that they would be better off without each other, it doesn't mean both of them won't feel the pain of loss once the reality of the divorce sinks in.

The marriage is over.

Your identity as a married couple is broken. You're on your own now and it sucks.

So, it's only natural that a man might find himself feeling desperate as he worries about losing his wife forever and never being able to get her back.

He may even think to himself, *My life is ruined! I've got to get her back. This isn't how I imagined my life would be. We are supposed to grow old together. I need her back! I can't cope without her. She makes my life having meaning.*

He might then decide to try and convince her to get back together again, by saying things like, *Please honey, this isn't right. You and I are meant to be together. I just can't go on without you in my life. You are my reason for living. Can't you see that? You are everything to me. Yes, I stuffed up, but we can make it work. Don't throw away our love. I need you. Please.*

He's secretly hoping that if she hears his heartfelt plea, she will suddenly realize her mistake and want to get back together again.

Yet, here's the thing!

Rather than convince her to change her mind, telling a woman that life is not worth living without her, actually turns her off even more.

Why?

Even though most women like the idea of being with a man who loves, appreciates and wants her, she doesn't want a guy who can't be a happy, forward moving man without her.

For a woman to feel attracted to a man, she needs to be able to look up to him, respect him and feel proud to be with him.

So, when a guy tries to get her back by saying that he can't live without her, a woman will usually pull away because he is turning her off with his emotional weakness.

The fact is, most women want a man who:

- Is emotionally strong and can face the problems in his life head on, without seeking pity from her or others in his life.
- Has more to his life than just her (i.e. big dreams, goals and ambitions that he is following through on and making progress with).
- Is reaching his true potential as a man, rather than hiding behind the comfort of being in a relationship and feeling like he doesn't have to strive to achieve anything any more.
- Is loving, devoted and emotionally supportive towards her, but isn't a pushover who essentially does whatever she wants.

So, don't put yourself in a position with your ex wife where she perceives you as being emotionally weak and insecure.

The best way to prove to her that you're the kind of man she can look up to and respect, is by re-sparking some of her feelings of respect, attraction and love for you.

The way to do that is to show her (via the way you talk, think, behave and interact with her) that you are being an emotionally strong man who can live a happy, successful life with, or without her.

3. Being too nosey about what she's been up to in her personal life

Sometimes a man might feel worried that his ex will move on without him, before stopping to give him another chance.

He might say to himself, *What if she meets another guy? What if she's having sex and falling in love with a new guy right now? I will lose her forever. I need to find out what she's up to.*

He might then look for ways to find out what she's doing.

For example: He might:

- Call her friends and family to ask them if she's seeing anyone else.
- Stalk her social media accounts to see if he can pick up any conversations that will tell him what she's doing, or find pictures of her with other guys.
- Follow her.
- Regularly text or call her and ask what she's been up to.
- Show up at her place of work unexpectedly to catch a glimpse of who she's hanging out with.
- Drive past her house to see if there's another car parked in her driveway.

Although, you might feel justified in wanting to know what your ex wife is up to (after all, she is your wife), don't make the mistake of becoming a snoop, being too nosey or acting like a jealous ex husband who is losing it.

There's nothing wrong with asking her how she is and what she's been up to since the divorce, as long as you are being easy-going about it.

If you seem tense and are putting pressure on her to give you lots of little details about what she has

been up to, it will simply make you look jealous and insecure in her eyes and she will feel turned off.

4. Asking if she's changed her mind yet, even though you haven't changed the things that turned her off

As tempting as it might be to want to ask your ex wife if she's changed her mind about being divorced, don't bother doing it if you haven't really changed any of the things that caused her to divorce you in the first place.

For example: Imagine that a woman divorced her husband because he was stuck in his life and had no future direction or purpose.

He stayed in a boring, dead-end job and in his spare time, he usually just sat around watching TV, hanging out with his friends and generally avoiding moving forward in his life.

So, his wife eventually got fed up waiting for him to be a man and take charge of his future.

She began to feel unsafe with him when she imagined their future together.

Over time, after many arguments and disagreements where she kept trying to get through to him in the hopes that he would change, she finally divorced him.

If he now wants her to change her mind and give him another chance, he needs to have made real changes himself.

He needs to show her that he's now set some big goals in his life and he is actively working towards achieving them.

He doesn't have to have already achieved the goals to be able to convince his ex wife that he's changed, but he does need to at least have made some initial progress so that she can see that he is for real.

If you try to get your ex wife back without first changing the things that have been turning her off, she will likely just say no.

So, if you want to make your ex wife begin to want you back, the best way to go about it is by sparking her feelings of respect and attraction for you and showing her that you really are a different man now.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Should You Walk Away From Your Ex if She Keeps Rejecting You?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

No.

You shouldn't walk away from your ex if she keeps rejecting you.

Instead, you should give her 7 days of space and use that time to improve your ability to attract her.

If she has been cold and distant when you've tried to talk to her on the phone or in person lately, you must prepare to be able to get her to smile or laugh, so her guard comes down and she opens back up to you.

For example: If a guy got dumped by his woman and was begging for another chance and not accepting the break up, he can change his approach and surprise her.

After giving her 7 days of space, he can call her and if she answers, he can say something like this in a playful, easy-going manner, *"Hey ex girlfriendâhow's things?"*

She will most likely smile and may possibly even laugh that he's referring to her as his ex girlfriend and it will be a surprising change from how he was when she dumped him.

"Please baby! Don't do this. I love you! I will do anything. Please give me another chance."

Remember: A woman's attraction to a man is based on how he makes her feel when she interacts with him.

So, if you have been turning your ex off with your approach lately, you need to change your approach to change how she feels.

Watch this video for some more examplesâ

Using humor is the easiest way to stop her from being so closed off and start making her feel like you're not so bad after all.

So, if you are serious about making your ex stop rejecting you and getting her back, you have to improve your ability to attract her and using humor is a great place to begin.

Women love it when a guy has the confidence to make her smile and laugh when she is being cold and distant.

It takes balls to do that and women respect it.

However, if you decide to *"play it safe"* and just talk in a nice, polite, reserved manner when you call her next, she's probably just going to keep rejecting you.

Why Walking Away Could Be the Biggest Mistake of Your Life

Many people assume that to get an ex back, all you really need to do is get the heck out of her life, give her some time to forget about how bad things were and hopefully start to miss you.

Yet, that doesn't work in most cases.

Watch this video to understand whyâ

Walking away can work if the woman still has strong feelings for her man, but if your ex has been

constantly rejecting you, then the chances are high that she is pretty turned off by you right now, true?

So, walking away isn't going to make her come running back.

Of course, it's understandable that some guys get to the point where they think that walking away is the only option.

He might say to himself, *It's hopeless. My ex won't give me a chance to explain to her, or even apologize. She just keeps rejecting me. I guess it really is over between us. I probably should forget about her and walk away. Maybe then, when she realizes that I'm really gone, she might start missing me and want me back.*

Yet, walking away doesn't work on a woman who doesn't have feelings for her ex anymore.

After all, why is she going to come running back when she's completely turned off by his unattractive approach?

Watch this video for a common, unattractive approach the guys use when trying to get a woman back!

Have you made the mistake covered in the video above?

Don't worry you can recover from it.

Just don't be that guy anymore.

Your ex will begin to see you in a more positive light when you truly do change and become the man that you know you should be.

That's what she is waiting for.

She might be pissed off with you and annoyed right now, but that will settle down if you give her 7 days of space and use that time to improve your ability to attract her.

Don't wait longer than 7 days though because the whole, "ignore her for 30-60 days" trick just doesn't work on most women.

Of course, sometimes a woman might feel curious that her ex isn't contacting her after he tried so many times to get her back, so she may decide to call him or contact him after a few weeks to a month to find out what he's up to.

However, if she calls him up and experiences the same old guy making the same old mistakes that caused her to break up with him in the first place, she will just think, *Yeah, I thought so. Nothing has changed here. He's still the same jerk that I broke up with,* and it will probably be the last time he'll ever hear from her.

In most cases, when a guy walks away from his ex, she will use the time to fully get over him and move on.

She may even hook up with another guy and fall in love with him, while her ex is still alone and pining for her and thinking, *I wonder if she misses me as much as I miss her? I wonder if she'll finally realize that we were meant to be together and call me? Maybe I just need to wait a few more weeks and she will really miss me and then call me.*

Meanwhile, she is totally fine and getting on with her life without him.

So, if you want to get your ex back, don't waste time walking away and giving her the silent treatment in the hopes that this will make her come running back to you.

The only proven way to quickly make an ex change her mind is by changing how she feels as you interact with her in a more attractive way.

For example: If a woman has been able to dominate her ex and make him feel insecure by the way she talks and interacts with him, to open herself up to the idea of getting back together with him again, she is going to need to see that he now remains confident and emotionally strong now matter what she says or does.

He now has the balls to turn her tests into something that they can laugh about together, rather than crumbling at the first sign of resistance from her.

So, if in the past when she said something like, *“I don’t want to be with you anymore. How many times do I have to tell you?”* he reacted by getting upset, or begging and pleading and saying things like, *“Please baby! I know you’re really mad at me right now, but don’t push me away. I’m so sorry for the pain I caused you. Please give me a chance to make it up to you,”* he now remains calm and turns it into something to smile and laugh about together.

For example: If your ex says, *“I don’t want to be with you anymore. How many times do I have to tell you?”* you can jokingly ask, *“Well, how many times have you said it already? Maybe 50, or is it 100 times?”*

Then you can jokingly say, *“Well, let’s see if we can get to 200 and then I’ll consider taking a hint, but until then, I’m going to call you and see if you’ve changed your mind, even by a few percent”* and then have a laugh with her about it.

You can add in, *“I’m hoping that by tomorrow or the next day, you will like me at least 5% more and then you’ll stop saying no and will meet up with me so we can have a laugh”* and then have a laugh with her about that.

By approaching a serious conversation in a funny way, it decreases her anger and annoyance and makes her start to see you in a different (more positive) way.

Even if she tries to fight it, she won’t be able to stop herself from beginning to feel even just a little bit of respect for you, for having the confidence and the social skills to make her laugh and smile in a serious moment like that.

However, that doesn’t mean making a joke is going to wipe the slate clean and make her forget about everything that happened between you and her in the past.

It’s just a great way of making her drop her guard and open up to interacting with you again.

So, after you make her smile and laugh, you then need to be a bit more serious and show her that you respect her decision.

You might say to her, *“Okay, look, I get it...we’re not getting back together ever. I accept that, so don’t worry. However, I think that we are mature enough to catch up and say hello and have a laugh. What do you say? How about a coffee tomorrow or the next day?”*

Most women will then agree and meet up with you.

If she doesn’t, then change your suggestion to just be friends who can say hello from time to time, so her guard comes down and she is more open to meeting up with you the next time you suggest it.

You can say, *“Okay, well how about we at least stay in contact as friends from time to time. We’re not going to ever get back together, but we can at least be nice to each other, right?”*

She will then say something like, *“Yes, I suppose so,”* or *“Okay, I guess we can be*

friends.â□□

Thatâ□□s what you want.

It's an opening, a window of opportunity for you to bring her guard down further and show her that you really have changed.

From then on, every time you interact with her (e.g. via text, on social media, over the phone, or in person), you need to use the friendship to re-attract her and get her back.

Donâ□□t Act Like a Nice, Supportive Friend Who Has No Sexual Interest in Her

The point of staying friends with your ex is because it gives you a good reason to interact with her and build up her sexual and romantic feelings for you again.

The mistake that some guys make, is that once they decide to be friends with their ex, they fall into the trap of thinking, *â□□ Friends means friends. I canâ□□t then do anything other than be a nice friend, otherwise I will jeopardize our friendship. If I try to flirt with her or show her that I still want to get back together again, she might get angry and cut me out of her life completely. At least by being her friend, I have an excuse to be around her. Then, if Iâ□□m really, really nice to her and make myself an important of her life, she will hopefully realize that she canâ□□t live without me. She will then suggest that we should get back together again.â□□*

He might then make himself available to his exâ□□s every beck and call, help her out with whatever she needs (e.g. run errands for her, lend her money, fix things around her house) and maybe even become her shoulder to cry on when she gets dumped by another guy.

Secretly, heâ□□s holding on to the hope that if she gets hurt by some other guy, it will open her eyes to the fact that heâ□□s the only guy who truly loves her and the only one who will treat her right.

She will then come running back to him.

That's how it works in Hollywood movies, but it rarely plays out that way in real life.

In real life, if you are not actively making your ex feel sexually and romantically attracted to you again, then sheâ□□s probably never going to look at you and think, *â□□ Wow, my ex is being so nice to me! Heâ□□s such an awesome friend. Heâ□□s sweet, reliable and nice. Thatâ□□s all I really want in a man. All that sexual desire and romantic passion stuff is overrated anyway. Boring is good! I just need a nice friend.â□□*

It just doesn't work that way.

Women need to feel that tingle downstairs and want to be with you sexually and romantically, rather than just feel nice and comfortable in a friendly way.

So, donâ□□t put yourself in the position of being her nice, supportive, non-sexual friend.

If you waste your time being neutral around her (e.g. because you donâ□□t want to scare her away, or you want to show her how much you care about her and that youâ□□re prepared to do anything for her), then she might keep you around as a friend.

Yet, that doesnâ□□t guarantee she will ever want to get back with you, or that she will stop seeing other guys just because you and her are good friends now.

If another guy comes along and makes her feel the way she wants to feel when she's with him (i.e. turned on, excited) and has the confidence to make a move on her, she may hook up with him without giving her friendship with you a second thought.

Don't let that happen to you.

You can't expect your ex to change how she feels about you if you don't make her feel new positive emotions (e.g. respect, desire, love) to replace her currently neutral or negative emotions about you.

If you and your ex are going to be friends, focus on reactivating her feelings of respect and attraction for you, by displaying some of the traits and behaviors that are naturally attractive to women (e.g. confidence, emotional masculinity, humor, maturity, determination,) every time you interact with her.

Don't suppress your attractiveness.

Be the kind of guy that makes her smile and have that twinkle in her eye because she's feeling sexually attracted.

The more she experiences the new, more attractive version of you, the more difficult it will become for her to keep thinking of you as *only* a friend.

Even if she tries to stop herself from wanting you, thoughts like, *Why am I feeling like this about him?* or *Why do I feel so excited when I'm around him?* begin to flood into her mind.

She will feel drawn to you in a way that feels interesting, exciting and exciting to her.

So, as you can now see, there is a much better option to get your ex back than simply walking away and hoping that she cares.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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8 Things That Will Make Your Ex Begin to See You in a More Positive Light

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 8 things that you can do to change the way your ex currently feels about you!

1. Make Her Laugh and Smile, Especially When She's Being Cold Towards You

Sometimes a woman will make it difficult for her ex to interact with her after a break up, by being cold and distant towards him.

For example: A guy calls his ex on the phone and she says something like, *What do you want?* or *Why are you calling me? Have you forgotten that we've broken up? We have nothing to talk about.*

Naturally, a guy might feel upset and even a little bit dejected if his ex is treating him in that, so he may think, *This is it. There's no hope of getting her to change her mind about me now. I'll never get her back.*

The good news is that you can change how she feels.

One of the best ways to do that is to focus on making her laugh and smile every time you interact with her.

Watch this video for some examples!

When you make a woman laugh and smile, you are helping her to get over the pain, anger and resentment that she feels towards you.

Even if she tries to fight it, she can't help but relax, open up and want to interact with you more.

The more she interacts with you, the more she likes how things feel between you and her now and she becomes open to getting back with you again.

So, rather than spending a lot of time trying to convince her to give you another chance and feeling put off by her coldness, just use every interaction you have with her (e.g. on a phone call, in person) to replace her negative perception of you with new, happy memories, by making her laugh and smile. She then drops her guard and becomes open to seeing you in a more positive light again.

2. Become Emotionally Stronger

[image: Become emotionally stronger]

In a relationship, a woman wants to know that her man is emotionally strong enough to handle whatever life throws at him.

Regardless of whether he has lost his job, is going through a tough time with family, or has been broken up with, she wants to know that he will remain confident, emotionally strong and calm under pressure.

If he can do that, she will naturally feel a profound respect and attraction for him as a man.

By the way!

This is why women will always test your confidence in a relationship by randomly throwing a tantrum, saying “No” to your requests or being demanding.

A woman wants to see that you don’t crumble under her pressure and are one of the rare guys who can always remain confident, calm and in control no matter what life throws at you.

So, when a guy becomes insecure, anxious, loses his confidence and gives up hope if he is facing a tough situation or challenge, she will perceive him as being emotionally weak and her respect and attraction for him will begin to fade.

She may then begin to wonder if she’s gotten herself involved with a wimpy guy who isn’t ever going to be emotionally strong enough for a woman like her.

Deep down, she feels the need to be with a guy who will remain emotionally strong and in control because she doesn’t want to have to be the strong one in the relationship.

She wants to be a man’s girl, even though she might not ever openly admit that or even fully realize it herself until it happens.

Yet, if a guy is emotionally weak, she will know that something just doesn’t feel right to her and she will want out.

So, when you’re interacting with your ex, you can show her that you are emotionally stronger than her now.

That doesn’t mean you treat her badly and act tough or tell her that you’re emotionally strong now.

It simply means that you remain confident, calm and in control no matter what she says or does, or how much she tries to throw you off.

When you can do that, she will feel attracted to you whether she likes it or not.

She may act like it’s not having an affect on her initially, but she won’t be able to hide her change in feelings for you for too long.

All of a sudden, she will text you, call you or just be much more open to reply to your texts, answering your calls and meeting up with you in person.

Another way that you can make your ex see you in a more positive light is to!

3. Make Progress in Areas of Your Life That Have Been Lacking

[image: A real man is clear on his purpose in life]

Sometimes, a guy might get so involved in his relationship with a woman, that he will begin neglecting other areas in his life.

He stops caring about the world and what he always wanted to be and do, just so he can spend more and more time with her.

Eventually, he becomes a very typical guy who from his dreams behind the safety and comfort of a

relationship with a woman.

Does this sound like you?

Don't worry about it if you made that mistake â most guys do.

Besides, that was the old you.

The new you can start making your big goals and dreams become a reality.

You can start making progress and becoming the man you know you can and really should be in life.

You know that you're better than you who you are right now.

You know that there are things that you've been putting off because of your relationship with her, or because of a fear of failure!

For example: Ask yourself!

What is my purpose in life?

Every man needs a big, long-term purpose (or ambition) that he's working towards achieving in life.

If you've neglected your purpose or still don't have one, now is the time to start.

You don't have to achieve all your goals to make your ex begin to see you in a more positive light.

Instead, you just have to make some progress so that she can see that the changes in you are for real.

Another question to ask yourself is!

What are the things I've always wanted to do, but have been putting off because of my focus on her?

Now is the time to do all things you have been putting off because you didn't want to leave your ex behind (e.g. go back to university and improve your education, start your own business, join up a martial arts class, develop a new skill, learn something new, go on an adventure, make some new friends, follow through on a goal you set a long time ago, but forgot all about).

Have I been holding myself back from becoming a better man?

Every man can always improve himself in some way.

In many cases, a man who has been dumped by a woman will usually need to improve his ability to attract women, keep a relationship together and maintain a more balance lifestyle.

How about you?

What are some things that you could really improve about yourself to become an even better man than you are today?

Have I allowed myself to become a lonely guy?

Did you neglect your friends because of your relationship with your ex?

You now have the opportunity to renew your old friendships or pursue new ones.

You could join in on some group activities in your area (e.g. group exercise, martial arts, hobby

groups, meet ups) and instantly make a bunch of new friends.

By answering the above questions, you will likely realize that breaking up with your woman is actually a great opportunity for you to quickly become a better man before you get her back.

When you do that, not only will you be happy and fulfilled (regardless of whether you are in a relationship or not), but you will actually also become more attractive to your ex.

Women are naturally attracted to a man who is emotionally independent, mature and knows what he wants in his life.

Women love it when a man enjoys life with or without the reassurance, support or encouragement of his existing or ex woman.

It allows a woman to “go along for the ride” so to speak, rather than having to be the stronger one who is always leading the way and keeping their spirits up when in a relationship.

Important: Don't spend any more than a week making improvements to yourself before you get her back.

Why?

Watch this video

If you give her too much time away from you, a woman will usually just move on if she doesn't have strong feelings for you.

So, make some improvements and get ready to interact with her.

When you interact with her and she experiences the new you, she will begin thinking, *He has really changed. He's become a mover and shaker in life. He's so confident, driven and emotionally strong now. I like the new him,* and she then opens herself up to the idea of getting back together again.

Another way to change how your ex sees you is to

4. Get Her to Forgive You, So She No Longer Looks at You as Being the Old Version of You

To make your ex begin to see you in a more positive light, you have to get her to forgive you for real.

For example: You might say something like, *I now understand why you broke up with me. I made some mistakes and I'm truly sorry for hurting you in the process. It was silly and immature of me to behave like that. I'm definitely not that guy anymore. I don't expect you to believe me right away, but I know that if you can forgive me, you'll actually feel better about yourself. You'll have less baggage to carry around with you in the future if you honestly forgive me. If you don't, you will probably end up not fully trusting other guys in future, which won't be good for you. So, can you forgive me? Can you let the past go, so we can both move forward in a mature, positive way, rather than holding onto old negativity and grudges from the past? I'm not asking you to take me back, I just want you to forgive me so that we be friends and leave what happened behind us.*

If you can get her to the point where she really does forgive you, it makes her drop her guard and allows her to see you in a more positive light.

She stops seeing the old version of you and starts to look at you as being the new version of you. When that happens, she allows herself to look at your positive qualities and feel respect, attraction and love for that, rather than just focusing on the things about you that caused her to break up with you. This allows her to open back up to the idea of being with you, because you're no longer the same guy she broke up with. Another way to change how your ex feels is to

5. Allow Her to Look Up to You and Respect You, Rather Than Trying to Make Her Pity You

Sometimes, a guy might try to make his ex feel pity for him based on the pain he is going through as a result of being dumped.

He hopes that she will feel sorry for him and then agree to give him another chance to get rid of the guilt she is feeling.

Yet, in most cases, a tactic like that usually just turns a woman off even more.

She will think, *"I can't believe that he's trying to blackmail me with a guilt trip. Does he really think I'm going to get back with him just because I feel sorry for him?"*

She will then look at her ex as being emotionally weak, insecure and lost without her, which are all traits that turn women off about men.

All of a sudden, she will find other guys more attractive even if they are just a slightly more confident than her ex.

She will then usually hook up with a guy who is really confident and sure of himself, to experience the complete contrast of attraction compared to what she had with her ex.

If her ex isn't able to snap out of his "pity me" approach, she just won't be able to feel enough attraction for him to be motivated to want to give him another chance.

Why?

A woman wants to be with a man because it feels right, not because she's doing him a favor.

So, if you want to make your ex begin to see you in a more positive light, avoid playing the pity card and focus instead on making her look up to you and respect you as a man.

Another way to change how your ex feels is to

6. Stop Trying to Convince Her to Give You Another Chance and Start Making Her Feel Like She Wants to

One of the most common reactions that guys have when they get broken up with is to try to convince their ex to give them another chance.

Watch this video to understand why it doesn't work on most women

For example: A guy might say things like, *"After everything we shared, the least we can do now*

is try to work things out between us. Don't just throw away what we had. Pleaseâjust give me one more chance.â

A guy might also say something like, *“Babeâyou are my whole world. Iâm prepared to do anything to make you happy. Do you really think you will be able to find another guy who feel the same way about you as I do? I love you more than anything. Please forgive me. I promise that I will make it up to you.â*

Yet, a woman rarely becomes convinced to change her mind based on explanations, especially when the guy is being desperate and panicking as he tries to get her back.

So, what should he do instead?

Starts making her feel the way she wants to feel when sheâs with him (e.g. respectful, excited, attracted, like a real woman).

It has to be about how she feels, not about how much you want her or need her.

If she has broken up with you, then she cares about her feelings right now and isn't going to be too worried about how you're feeling.

So, if you want to make your ex begin to see you in a more positive light, donât waste time trying to convince her with mere words.

Instead, focus on rebuilding her feelings of respect, attraction and love for you by showing her (via the way you think, talk, behave and interact with her) that you are a new man now.

The more respect and attraction she feels for you, the more she will be convinced that giving you another chance is actually a good idea and will be fun, interesting and enjoyable for her.

Another way to change how she feels is toâ

7. Improve Your Ability to Attract Her During Interactions

[image: Improve your ability to attract her during interactions]

To make your ex see you in a more positive light, you need to improve your ability to attract her during interactions (i.e. whether itâs via text, on social media, e-mail, on a phone call, or in person) and show her that you really have changed.

A mistake that guys often make is to use low success rate ex back tricks like the No Contact Rule (i.e. ignoring a woman for 30 to 60 days after a break up) as a way of attracting her back.

A guy might think, *âIf I ignore her, she might start missing me. Then, when we interact again, she will feel attracted to me because she will have realized how much she loves me and how bad she felt without me.â*

Yet, it rarely plays out that way with ex back cases where a woman has little to no feelings for her guy anymore.

If a woman is still in love with her ex and wants him back, then yes, ignoring her might make her feel more attracted to him when he finally gets in touch with her after a long silence.

However, in most cases, when a woman just doesnât have enough feelings for her ex to care that he is ignoring her and she simply moves on.

Another mistake that a lot of guys make when attempting to re-attract their ex woman is to focus on

their physical appearance.

A guy will spend a lot of time and effort trying to impress his ex with superficial things like new clothes, change in body shape (e.g. lose or add on some weight, build some muscles) or a new hair style.

However, a woman's attraction to a man's physical appearance isn't as powerful as her emotional attraction to him (i.e. the way she feels when she is around him, based on how he thinks, talks, feels, behaves and reacts to her).

How a guy makes a woman feel when he interacts with her is what matters the most to her levels of attraction.

For example, when they are talking on the phone or in person:

- Is she feeling turned on, or is she feeling turned off?
- Is she feeling happy, or anxious, bored or annoyed?
- Is she feeling like she can look up to him and respect him, or does she look down on him?
- Is she feeling feminine and girly, or does she feel neutral, or worse, like a big sister around him?

That's what really matters to a woman.

So, if you're serious about getting your ex back, make some attractive changes and improvements to the way that you interact with her, rather than wasting time trying to re-attract her with superficial changes to your physical appearance.

Finally, another way to change how your ex feels is to

8. Let Her See That You Love Her and Want Her Back, But Don't Desperately Need Her Back For Your Emotional Security and Stability

[image: Show her that you want her back, but don't need her back]

To make your ex begin to see you in a more positive light, you need to let her see that even though you do still love her and want her back, you don't actually need her back to feel emotionally secure and happy again.

Essentially, you have to get to the point in your life where you honestly feel that you will be happy and fulfilled with, or without her.

Yes, you want her back but you don't need her back.

Then, when you interact with your ex again (e.g. on a phone call, or in person) and she senses that you are confident and happy and getting on with your life without her, she begins to see you in a more positive light.

She begins to feel respect for the man you have become and she starts to think, *âI never imagined that he could be so mature and emotionally strong. I thought he'd become a wreck without me, but he's actually better than he was before. I really respect the way he's made an effort to improve himself as a man. That takes balls. I can see myself falling in love with him again.â*

She then stops thinking about you in a negative way and opens herself up to the possibility of finding true love in your arms once again.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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What Does it Mean if Your Ex Likes Your Social Media Posts?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

3 common reasons why a woman will like your social media posts after a break up are that:

1. She Wants to Show You That She's Still Interested

[image: She wants to show you that she is still interested]

If a woman has lost a lot of respect and attraction for a guy, she's usually not going to make much of an effort to stay in contact with him, or be nice to him in any way after a break up.

She will try to cut off all contact, make it clean break and move on.

However, if a woman still has feelings for her guy and is secretly hoping that they can patch things up between them, she might take the initiative by clicking like on his social media posts in the hopes that he'll make a move.

Essentially, she's giving him an excuse to message her or call her and open the lines of communication between them again.

So, if right now your ex is clicking like on most or all of your social media posts, it can be her way of letting you know that she is still interested.

Despite her signal of interest, some guys worry, *What if I contact her and she ignores me? What if her liking my social media posts doesn't mean that she's still interested? I'd just be making a fool of myself if I message her and she ignores me or rejects me. So, I will just wait for a more obvious sign that she's interested like her contacting me directly.*

Here's the thing though!

At the end of the day, it doesn't matter why your ex is liking your social media posts.

What matters is that, if you want her back, you must to have the confidence to make the ex back process happen regardless of whether she's giving you clear signals or not.

Just contact her and start the ex back process, so you and her can hook up and get the relationship back together.

If you waste too much time waiting around, she might get bored of waiting for you and just hook up with or fall in love with another guy.

So, if you want your ex back, don't wait around hoping she will make it clear to you that she really wants you back.

Be man enough to take the lead and make the first move to begin the ex back process, regardless of whether she's giving you super clear signs that she's interested.

Remember: Women are naturally attracted to the fundamental qualities in men such as confidence, self-belief, determination and calm perseverance in men.

The more you display these qualities to your ex (i.e. by being fearless in getting her back), the more respect and attraction she will feel for you.

I'm not talking about being needy and bombarding her with calls or texts to get her back.

I'm talking about being confident, relaxed, easy-going and persistent (in a calm way) as you guide her through the ex back process.

When she sees that you are confident enough to lead the way, even though she isn't giving you super clear signals, she will feel respect and attraction for your manhood.

When that happens, her guard comes down and getting back together again feels like the right thing for her to do.

She realizes that you have already improved so much since the break up and are much more of a man than you've ever been.

She also appreciates the fact that you're not fearfully hiding away and waiting for her to become the more courageous one and lead both of you back into a relationship.

As a result, she feels drawn to you and feels excited and being guided back into your arms.

On the other hand, if you wait around feeling insecure, nervous and unsure of yourself, she will likely think, *"Why isn't he doing anything? I've given him an opening and he's not making a move. Maybe he's just not interested in getting back together again. Maybe I need to make him jealous by starting to move on with another guy."*

Another reason why your ex might be liking your social media posts is that

2. She's Just Being Nice and Wants to Help You Feel Better

[image: She is just being nice and wants to help you feel better after the break up]

Most women are fairly nice people, so even after a break up, a woman might continue to make an effort to make her ex feel good about himself as they drift apart.

For example: A woman might like his social media posts as a way of letting him know that she's not holding a grudge against him for what happened between them.

Alternatively, she might be letting him know that they can still be friends even though they're no longer together.

Whatever the case is for you, it's important that you pick up the opening she has given you (by liking your posts, following you on social media or watching your Snapchats) and get her on a phone call so you can meet up with her in person.

In person, you will be able to fully attract her back, hook up with her and get another chance.

For example: If a woman broke up with a guy because he was too gentle, soft and reserved around her, he needs to now show her that he's more confident, ballsy and assertive (without going overboard and trying to show off).

He needs to let her see that he has transformed and she can now feel attracted to him in the ways that are secretly important to her.

Alternatively, if a woman broke up with a guy because he took her for granted and was treating her badly for way too long, he needs to now show her that he's not that guy anymore.

Of course, it's not that simple though, so don't get me wrong here.

If you got dumped for treating her badly, she's not going to rush back into your arms if you panic and desperately started treating her like a princess.

Women are turned off by desperation in men, so if she dumped you for not treating her well enough, you have to relax and be calm as you begin to treat her better.

Don't try to suck up to her because she will see that as desperate and feel turned off.

Just relax, continue being the cool guy that you are, while also being a bit nicer to her.

Don't become a super nice guy who worships the ground she walks on because she will see it as desperate and you will lose that cool edge you've always had as a guy.

Just relax and be a better man, but don't go overboard.

Okay, so let's get back to her liking your postsâ€¦|

Even if your ex is a nice person and is only liking your social media posts to make you feel better, it doesn't mean you have to sit back and do nothing about it.

Open the lines of communication between you and her.

For example: You might message her and suggest that you and her can be friends.

You: Hey Rebeccaâ€¦|just thought I'd say hi. How's things? Miss you.

Her: Heyâ€¦|I'm good. What's up?

Then, just call her.

Don't waste time texting back and forth and potentially turning her off or getting into a text exchange where you are trying too hard.

Just call her, get her smiling and laughing on the phone with you and then suggest catching up to say hi.

If she is secretly open to getting back with you, she will say, "Yes" and meet up with you.

If she doesn't want to meet up with you, then since she is looking at your social media posts, start making her feel jealous by posting up photos of you having fun with friends.

Many guys are worried about posting up photos like that because they don't want to piss off their ex.

Yet, you have to understand how a woman's attraction for a man really works.

When she sees him looking confident around other people who like him and want him to be there, it makes her feel more attracted.

Likewise, if there are women in some of the photos, she then gets worried that some of those women might like him and he will then move on.

This motivates her to want to meet up with him and see how things go, before it's too late and he moves on.

Of course, she might pretend to be angry and say, "*I see that you're having fun with all those girls*" (and not even mention that the photos mostly included guys), to see if he panics.

If he panics and says, "*No, I don't like any of those women. I didn't even want to be there that day because I was thinking of you*" she then loses all the attraction that she was secretly feeling for him as a result of the photos.

A better response is to laugh and say something like, "*Why? Are you jealous?*" and then laugh at her and with her about it in a playful way.

Alternatively, you can say, "*Hey, not that you would care anyway, right? We're broken up remember. I still love you, but I've accepted your decision to not want to be together anymore.*"

If she secretly wants you back, saying that to her is like a knife to the heart, which is most likely how you felt when she broke up with you.

She then starts to want to you back so she can feel better about herself.

Another reason why she might be clicking like on your social media posts (or viewing your Snapchat posts) is thatâ€¦!

3. She's Trying to Mess With Your Head and Get You Wondering What Her Clicking Like Means

Sometimes, a woman might feel very angry or resentful about what happened between her and her ex and want revenge.

So, she will lead him on and pretend to be interested, while she secretly tries to find a replacement guy.

For example: She might think to herself, *â€œIâ€™m going to get revenge for the pain he caused me. Iâ€™m going to mess with his head by liking his social media posts. He will then be wondering what it means and maybe even start hoping that itâ€™s a sign that I want him back. I'll confuse the crap out of him. That'll serve him right for treating me the way he did!â€*

If he then tries to contact her, she might ignore him altogether, or respond with something like, *â€œWhat do you want?â€* or *â€œWhy are you contacting me? Itâ€™s over between us. Just because I like some of your social media posts, it doesnâ€™t mean all is forgiven and that I want you back. I was just being nice. Please leave me alone and give me the space I asked for.â€*

He might then lose hope and give up on the idea of getting her back.

Yet, hereâ€¦s the thingâ€¦!

Even when a woman has lost respect, attraction and love for a man, to the point where sheâ€™s trying to mess with his head to get revenge on him, it doesnâ€™t mean he canâ€™t make her change how she feels.

Feelings change all the time.

For example: Think about how your ex went from feeling neutral towards you, to liking you, loving you and then not loving you anymore.

Her feelings literally changed several times.

In the same way, you can change how she feels again.

When you trigger her feelings of attraction for you (e.g. by being confident and determined, making her smile, laugh and feel good to be interacting with you again, making her feel feminine and girly in contrast to your emotional masculinity) it becomes difficult for her to hold onto thoughts about you.

She stops wanting to mess with your head and she starts wondering what it would feel like to be in a relationship with the new and improved you.

When that happens, she canâ€™t stop herself from wanting to interact with you via text, social media, on the phone and in person, even though she previously thought that she was over you.

She feels drawn to you and from there, you can build on that initial spark of attraction and confidently guide her back into a relationship with you.

3 Social Media Mistakes to Avoid

When a woman likes your social media posts, it's very difficult to determine her exact intentions. Sure, you can speculate, but you will likely never know the exact truth.

So, it's usually better to just go ahead and focus on re-sparking her feelings for you, rather than wasting time trying to figure out what she really means.

Where some guys go wrong is by making some of the following mistakes:

1. Over analyzing her actions on social media

Sometimes a guy might follow his ex's every move online in an attempt to understand her feelings for him.

He's hoping that she might say or do something that will clearly tell him that she still cares about him.

For example: A woman might post comments on social media like, *"Sunday nights are the loneliest,"* or *"I'm having so much fun these days."*

He ex might then read her comments and start wondering, *"What did she mean by that comment? Could she be hinting that she wants to get back together again because she is lonely without me?"* or *"If she's happy being single, I probably don't stand a chance with her again, right?"*

If she clicks like on one of his posts on Facebook, is continuing to follow him on Twitter or Instagram or is watching his Snapchat videos, he may then begin to imagine what it could all mean.

He might say to himself, *"She clicked like...so, does that mean she is interested?"* or *"She watched my video. Does that mean she is missing me?"* or, *"She didn't like this/that photo, what does it mean? Could it be because she doesn't like the photo, or is it because she doesn't like me anymore?"*

Yet, here's the thing!

You will drive yourself crazy are always trying to understand what your ex means when she likes your social media posts.

You need to forget about what she means and focus instead on actively making her feel respect and attraction for you again.

That's what really matters.

Right now, she might be clicking like, but that doesn't mean she has strong feelings for you, or that she is sitting at home thinking, *"I'm so glad we're broken up. I hate him. I don't want thing to do with him."*

Her click, follow or view of your social media activity could mean a whole bunch of things, but what really matters is this!

Does she feel attracted to you?

Is she feeling an increasing desire to get back with you?

Do you know what to say and do to get her back if you call her and meet up with her?

Are you just wasting precious time giving her lots of space and hoping that she comes back?

If you're not doing much to actively get her back and are simply hoping that she contacts you via social media, text or calls you, then you might be waiting for a long time and she may just move on without you.

Alternatively, if you call her on the phone and trigger her feelings for you again by making her laugh, smile and feel good to be talking to you again, it won't matter what she really means by liking your posts because she will be feeling attracted to you right then and there.

Her guard will come down and she will be open to catching up with you in person, where you can then get her back for real.

Another mistake to avoid is

2. Posting up things that turn her off

For example: A guy might post *"pity me"* type posts or status updates, as a way of getting her attention.

He may post a status update like, *"This has been a tough year for me. I never thought love was so complicated,"* or *"What do women want? I have no clue. Maybe I doomed to be single for life!"*

He may hope, *"If she sees how badly I'm hurting, she will feel sorry about the way she treated me. She then will contact me to apologize and we can get back together."*

Another example is when a guy uses social media to rant about women or relationships and generally complain about his life.

Once again, he may be hoping that his ex will pick up on his state of mind and feel bad for what happened or how she treated him.

Yet, that's not usually how it works.

A woman doesn't want to be with a guy out of a sense of pity or guilt.

Instead, she wants to be with him because it feels good to be around him (i.e. she feels respect for him, she feels sexually attracted to him, she loves him).

So, if a guy tries to get his ex's pity via social media, rather than make her think, *"Awww, my ex is really hurting. I'm being such a bitch to him. I should call him up and see if we can work things out between us,"* she will usually just block him from her social media accounts and try to move on.

Another mistake that guys make is

3. Posting up photos of himself alone

This is the most common mistake that I see men make when they are in the process of trying to get a woman back.

He will want to show his ex that there are no other women or people in his life and he's essentially just sitting around waiting for her.

Yet, women don't feel attracted to loneliness and desperation in men.

Women feel attracted to men who are liked by other people and who have the confidence to get on with enjoying life, with or without her around.

So, acting like you are patiently waiting for her and have nothing else going on in your life isn't

going to help you get her back.

Important: It's not enough to post up photos of yourself doing fun things alone (e.g. taking your first flying lesson, going to the beach alone, taking photos of the food you are eating).

She needs to be able to see you around other people, so she can believe that you aren't just sitting around feeling lonely and sad without her.

That's what really makes a difference and allows a woman to relax and open back up to her man, rather than being afraid that he's obsessing over her and desperately needs her back ASAP.

Additionally, some guys think that posting up good looking photos of themselves alone will do the trick.

He will assume that if he looks good physically, his ex will feel jealous and begin to worry about losing him to another woman.

Heâs hoping that sheâll think something like, *âWow, my ex looks really good. Iâm sure heâs got women lined up wanting to date him now. I'd better get in touch with him right away before some other woman snaps him up and I lose him forever.â*

Yet, rather than feel jealous, his ex will usually feel turned off by his lonely, poser photo.

Why?

She has to wonder why he is alone.

Why isn't he around other people? Do people not like him now because he's lost so much confidence after being dumped? Has he lost his social confidence after being dumped and can't work up the courage to get out and have some fun? Is he lost without her?

If she thinks those types of thoughts about him, she will lose even more respect and attraction for him.

So, what should you do instead of posting up lonely photos of yourself trying to look your best?

Focus on genuinely having fun in your life and post up photos on social media to let her see that (e.g. having fun with friends or other women, traveling, doing something daring like bungee jumping, going for a daytrip somewhere with friends, partying with friends, trying a new outdoor activity with friends).

Note: If your ex unfriends you from Facebook, just make sure that you set the photos to "public" so she can see them from the outside anyway.

I've helped 100s of men to get their women back and what I've found is that just by being around other people (rather than being alone) and showing her that you're happy without her, is usually enough to make her contact you or be open to meeting up with you in person.

However, if she sees that you are alone all the time, or that nothing special or new is going on in your life, she will fear that you will desperately try to get her back if she meets up with you or shows too much interest on a phone call.

Make it Happen, Before it's Too Late

Sometimes, a guy can waste a lot of time waiting for clear, obvious signs from his ex that sheâs interested in getting back together again.

For example: He might say to himself, *“I know that my ex has been liking my social media posts, but what if she’s just doing that to be nice? I need to be sure that she wants be back 100% before I risk contacting her. I don’t want to jump to conclusions and then find out that I was wrong. That will be humiliating. So, I’m going to wait around and see what happens. I’m sure that she will eventually give me a really obvious sign that she wants me back and I will then make my move.”*

Unfortunately, most women won’t do that.

In most cases, when a woman is open to the idea of getting back together with her ex, she won’t tell him that she wants him back or give him a crystal clear sign because she doesn’t want to seem too easy.

She also wants to see what kind of man he is (i.e. does he have the balls to get her back, even though she’s not giving him 100% clear signs?)

If her ex doesn’t have the confidence to simply pick up the phone and arrange a meet up with her, she will usually just move on and forget about him rather than trying to help him through the ex back process.

So, if you want to get your ex back, you must be emotionally courageous enough to contact her, meet up with her and begin the ex back process, rather than waiting around for signs from her that she wants you back.

The sooner you get her on a phone call with you and trigger her feelings of respect and attraction for you again, the faster she will be back in your arms.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Did Your Ex Break Up With You Because the Relationship Wasn't Going Anywhere?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

5 possible reasons why your ex may have said, *“The relationship isn’t going anywhere,”* and then broke up with you are:

1. You Lacked Purpose in Life Outside of the Relationship

[image: You lacked purpose outside of the relationship]

A lot of guys believe that a woman will be flattered when her guy needs her so much that he makes her the centre of his world.

A guy like that might give up interests and hobbies in his life that don’t include his woman, so that he doesn’t have to spend a minute apart from her.

He may also stop hanging out with his friends, unless he can bring her along too.

Eventually, everything that he does revolves around her and he doesn’t make a move in his life without her.

In his mind, he may be thinking, *“By showing her that she is the most important thing in my life, my woman will feel loved and appreciated. That’s what women want, right? I will make her the center of my world and care about her more than anything. Then she will realize how lucky she is to have a guy like me who loves her, adores her and puts her first in his life. She will then never want to leave me.”*

Yet, in most cases, the opposite is true.

What a lot of guys don’t realize is that making a woman your purpose in life is the fastest way to lose her respect.

Naturally, that doesn’t mean that a woman wants to be disregarded, treated badly, or taken for granted.

However, a woman wants to be with a man who is loving, caring and devoted to her, while at the same time being emotionally independent and making progress in life without needing her to hold his hand along the way.

Essentially, your woman should be the most important person in your life, but not the most important thing.

What should be the most important thing?

Think about the kind of men that women look up to and admire the most.

What do they all have in common?

They have a big life purpose (i.e. big ambitions, goals, a dream to accomplish or achieve something) outside of the relationship with their woman.

Their whole life is not about her.

So, to keep a woman happy (and to be truly happy yourself as a man), your woman should be the

most important person in your life, but your life purpose should always be the most important thing. You should be pursuing your life purpose with or without her reassurance, approval, guidance or support.

If you do that, she will feel respect, attraction and love for you for life for being your own man, rather than hiding behind her and the safety of the relationship.

On the other hand, when a guy makes his woman his sole purpose for living, she usually just feels smothered by what she perceives as his insecure, clingy, needy and immature behavior.

Here's the thing!

If a woman stops feeling respect and attraction for her man and he doesn't recover those feelings and build them back up, she will eventually decide to break up with him.

When that happens, a guy might instinctively try to change her mind by pleading with her.

For example: He might say to her, *"Please baby! Please don't do this to me. You know that I can't live without you. You're my main reason for living. Everything I've ever done is for you. You mean the world to me. Please give me one more chance. I'll do anything you want. I just can't face the world without you by my side."*

He's hoping that if he explains just how much he cares for her and needs her, she will change her mind and think, *"I'm so lucky because I have a man who is completely focused on me!"*

Yet, in reality, he's simply highlighting the things about himself that have been turning her off (i.e. he lacks purpose) and that have caused her to want to break up with him.

So, if your ex broke up with you because you lacked purpose in life outside of your relationship with her, to get her back, you need to show her that even though you still love her and want her back, you now have a purpose in life that is separate from her.

You have big goals, dreams and ambitions of your own and you are working towards achieving them. It's not just a dream or a goal.

You are actually making progress towards it now.

You have begun to take real steps along the path of becoming the man you know you should have been all along.

This changes you and automatically makes you more attractive to her and other women because you become and be your own man.

She then notices that you want her back, but don't need her back to have a sense of identity and purpose in this world.

As a result, she can look up to you, respect you and feel attracted to you once again.

All of a sudden, she stops thinking, *"I'm wasting my time with this guy. Our relationship is going nowhere,"* and she begins wondering, *"Did I make a mistake by breaking up with him? Have I let the best thing that ever happened to me go? Maybe we should get back together again."*

However, be warned!

Do not go to her and say, *"Okay, I have a purpose in life now. Are you proud of me? Do you like me again? Do you approve? Can I get another chance now."*

Women hate that.

Why?

It makes her feel like she is guiding you and helping you grow up and become a man, which makes her feel like she is your mother, big sister, teacher or mentor.

That's not how a woman wants to feel about the guy that she is in a sexual, romantic relationship with.

She wants to feel like your girl who can look up to you as her man.

She doesn't want to feel as though she is above you in terms of dominance and maturity.

She wants you to be the emotionally stronger and more emotionally mature one in the relationship, so she can look up to you and be your girl.

That's a dream scenario for women, even though most women don't admit it and even though some women don't even realize it (i.e. because they've been brainwashed by society into thinking that they should think, behave and act like men).

So, if you made the mistake of making your woman your purpose in life, start getting clear on what your biggest goals and ambitions for life are and take steps along that path.

As you do, you will realize that life becomes increasingly interesting, amazing and enjoyable for you and you automatically become increasingly attractive to your ex and other women.

Another reason why your ex may have said that the relationship wasn't going anywhere is thatâ

2. Her Friends Were Married or Getting Married, But You and Her Were Still Just Boyfriend and Girlfriend

[image: Why doesn't he want to marry me or start a family?]

If a woman reaches the point in her life where all her friends around her are moving forward in their relationships (e.g. getting married, starting a family) and she isn't, she may begin to wonder if her relationship is worth sticking with.

She may think, *âHow long must I wait for my guy to take things to the next level between us? Iâm not getting any younger and I don't want to carry on going through my life feeling uncertain like this. If heâs not interested in getting married (or starting a family), I need to get out of this relationship and find a guy who is ready to commit to me in the long-term. This relationship just isn't going anywhere.â*

She might initially hint at her unhappiness by saying things like, *âIâm the last one of all my friends thatâs still single,â* or *âGee! Another one of my friends is getting married. I wonder if Iâm going to spend my life always being the bridesmaid but never the bride.â*

Sheâs hoping that her guy will realize what she wants (i.e. to get married) and that he will be man enough to take the lead and guide them to the next step of their relationship together.

However, if the guy doesn't pick up on her hints, she may eventually get to the point where she feels the relationship isn't going anywhere and she will usually break up with him.

When that happens, the guy might react in one of two ways:

1. Ask her to tell him what he needs to do to make her happy

A guy might say something like, *â€œWhy? What have I done? I thought we were happy together. Please don't break up with me. Just tell me what you need me to do and I will do it. I'll do anything for you!â€*

Yet, in most cases, a woman doesn't want to tell her guy what he needs to do to please her.

If he simply follows her instructions and does whatever she wants, it takes the romance out of it.

That's not what she wants.

She wants to see that he wants for himself and is not doing it to simply please her or shut her up.

If he can sincerely adapt and make a change, it will reignite a lot of her original respect and attraction for him and she will start viewing the relationship in a different light from then on.

Another bad reaction a guy might have is toâ€

2. Rush a marriage proposal out of desperation

When she breaks up with him a woman might say to her guy, *â€œLook. I've had enough. I'm tired of waiting for you to get serious about us. You weren't willing to commit to me, so I'm moving on. I can't wait for you forever.â€*

Out of desperation he might then say, *â€œNo, please don't go! You and I were meant to be together, I was just too slow to realize it, but now I see where I went wrong. Let's get married. I love you and I want you to be my wife. We can do this. I don't want to lose you. Be my wife! please! I will buy you an amazing ring. I will sell my car if I have to so I can afford to buy you a ring right away. I will get you the best ring that I can. Please don't give up on us. You mean everything to me.â€*

Yet, although he really does mean well, it's not what a woman wants.

Women are completely turned off by desperation in men.

So, desperately proposing because you're afraid of losing her (even though you don't even want to get married right now), can quickly backfire on you.

Firstly, if you get married when you're not fully ready to commit to one woman, all sorts of problems may arise that can tear you apart (e.g. you may start resenting her and treating her badly, you might start behaving like a single guy again by hanging out with friends, partying, getting drunk, flirting with other women).

Secondly, if your woman gets a sense that you only want to get married to stop her from breaking up with you, she will lose even more respect for you based on your lack of authenticity.

Essentially, she wants to feel as though you and her sincerely want the same things in life and are moving forward to a better future together.

If that's not really the case, she will usually just prefer to move on and find another guy who wants to get married because he's ready, not because he feels that his hand is being forced.

Another reason why your ex may have said that the relationship wasn't going anywhere was thatâ€

3. She Felt Like You and Her Were More Like Friends Than Boyfriend and Girlfriend

[image: Feeling just like friends in a relationship with no spark]

In a relationship, it's the man's responsibility to maintain and grow the love, respect and sexual attraction between him and his woman.

Sometimes though, a guy might become so comfortable in his relationship that he falls into the habit of treating his girlfriend more like his best friend or *"one of the boys"* rather than like his feminine, sexy woman.

For example: A guy might stop noticing her efforts to look sexually attractive for him.

If she asks him, *"Does this dress look nice?"* or *"Do I look okay?"* rather than making her feel sexy and feminine in that moment by saying, *"Oooh, yeah, sexy, I like it"* or, *"Yes, I'll be tapping that tonight for sure,"* he instead says something like, *"Yeah, you look fine,"* or *"Why don't you just wear your jeans instead?"*

Women don't go around telling men that they want to be spoken to in that way, but if a man doesn't do it for them, they get frustrated.

Once again, she doesn't want to give her man too many instructions on how to talk and behave because she will then start to see his behavior as forced or insincere, which takes the romance out of it.

A woman wants to see your raw attraction coming out of you freely and openly, rather than hiding it away or suppressing it because you don't think it's appropriate or nice.

She wants you to make her feel sexy, attractive and wanted by you.

You don't have to go overboard with it and say things like that everyday, but it does need to be included into the attraction experience of being in a relationship with you.

If you don't, she will begin to feel the desire to seek that attention and validation from other men, which will lead to cheating or a break up.

So, it's always important to treat your woman like your woman, not like your friend or a buddy.

Likewise, it's also important to continue adding some romance into the relationship (e.g. going out to dinner, going away together for a romantic weekend) to let her see that you're not seeing her as one of the guys or as just a friend that you live with now.

She's your woman and you love her, appreciate her and feel sexually attracted to her.

So, if a guy just expects her to hang out with friends all the time, sit at home watching TV together or get out of his way while he plays video games every weekend, she will eventually get to the point where she thinks, *"This relationship isn't going anywhere."*

He might think, *"This is great. My girl and I are so comfortable together that we can just relax and be ourselves. I don't have to put on an act and try to impress her."*

Yet, what a guy like that doesn't realize is that although there's nothing wrong with being totally comfortable in a relationship with a woman, for her to stay attracted to him, he needs to keep her feelings for him alive and well.

If he just sits back and assumes that because she loves him she will stick with him no matter what,

heâ□□s in for a shocking surprise that will shake him to his core.

That moment when a woman says, *"We need to talk"* and then proceeds to break up with him.

Here's the thingâ□!

In todayâ□□s world, a woman doesnâ□□t need to stick with a man if he stops making her feel the way she wants to feel in a relationship.

Modern society allows her and even encourages her to break up with a guy who doesn't appreciate her and make her feel like a real woman in a relationship.

So, if a guy starts treating his girlfriend more like his friend than his woman, she may start thinking, *â□□I didnâ□□t sign up for this. I want a man who can make me feel like a sexy woman around him. I don't want to be with a guy who thinks that Iâ□□m his roommate or best friend. Clearly this relationship isnâ□□t going anywhere,â□□* and she will then break up with him and try to move on.

The guy might then feel shocked and ask, *â□□What? Why? What did I do wrong?â□□*

The answer is this: The less feminine and girly a woman feels around her man, the less sexual attraction she feels for him and the less she wants to stay with him.

So, if you want to get your ex back, make sure that every time you interact with her from now on, youâ□□re triggering her feelings of attraction for you and are making her feel girly and feminine, rather than being a nice, neutral friend to her.

Even though you are broken up, you still can talk to her in a way that makes her feel sexy and wanted.

Don't be afraid to talk to her in that way.

If she senses that you are afraid to own your attraction for her in a masculine way and are instead feeling like you're not allowed to flirt with her and show interest, she will lose respect for you for being intimidated by her.

A woman does not want to feel more dominant than you.

Of course, there are some women who like that (i.e. a dominatrix, an ugly woman, a masculine woman who is confused and doesn't know if she wants to be a man or a woman).

However, pretty much every other woman wants to feel less dominant than you.

So, don't be afraid to say something like this when you next see your ex, *"Hey, you're sexyâ□|watch outâ□|look at those legsâ□|nice jeans girl."*

Let her see you allowing your raw attraction for her to flow freely without fear.

She might say, *"Hey, you can't say that. We're broken up,"* but that will be just her testing to see if your confidence is fake.

So, just laugh and say, *"Relax girlâ□|you're so serious aren't you? We can say whatever we like to each other."*

She will automatically feel a strong, renewed sense of respect and attraction for you and will feel like your woman again.

Another reason why your ex may have said that the relationship wasn't going anywhere is thatâ□!

4. She Didn't Feel Excited About How Her Future Would Turn Out With You

A woman likes the idea of being with a man who is rising through the levels of life, rather than hiding from his true potential as a man.

She wants to see that he either has or will have the ability to take care of her and a family, if they decide to have one together.

So, if he is just going through life without a clear purpose or direction (e.g. is stuck in a dead-end job, relies on his woman for financial support, lives at home with his parents, wastes most of his free time playing video games or watching sports), it will cause her to feel insecure about her future with him.

A woman will often tolerate a relationship like for months or years, because she is secretly hoping that he will eventually grow up and give her what she wants.

She may even say to herself, *“He’s not that bad. Sure, things aren’t perfect right now, but I’m sure he’ll eventually stop being so immature and change.”*

Yet, if she always feels insecure and anxious about their future together, she will begin to respect for him and will eventually decide to break up with him.

A woman just doesn't want to feel as though she has to always be the emotionally stronger or more emotionally mature one in a relationship with a man.

She wants to be able to relax, knowing that he's got things under control or he is in the process of getting things under control.

If he can give her that piece of mind, she will stick with him for life and always be cheering him along, supporting him and caring for him along the way.

Finally, another reason why she might have said that the relationship wasn't going anywhere is that

5. She Hoped You Would Change and Improve, But You're Still Making the Same Old Mistakes

[image: You kept making the same old mistakes]

Most women don't just break up with a guy at the spur of the moment.

It might feel like that at the time, but trust me she has been thinking about it for a while and slowly building up to it.

Most of the time, a woman will give a guy multiple opportunities to change and improve himself before she finally gets to the point where she says something like, *“It’s over. I’ve had enough of this! No matter how many times I’ve asked you to change, you still keep doing the same old things that turn me off. I’m not going to put up with that one minute longer. I am breaking up with you. I’m sorry, but I have to do this.”*

When that happens, a guy will usually desperately try to make her change her mind.

For example: He might say to himself, *“I can’t lose her! I still love her! I don’t want some*

other guy being with her! So, if she wants me to change Iâll do it.â

He may then work hard to change things about himself that don't really matter to her (e.g. shopping for lots of new clothes, working out hard at the gym to lose some weight or gain some muscle).

Yet, thatâs not what a woman really cares about when she breaks up with a guy.

Of course, most women will appreciate a guy who improves himself physically.

However, a manâs physical changes are not whatâs going to make her change her mind about him.

If he wants her back for real, he will need to improve himself mentally (i.e. have a more attractive attitude), emotionally (i.e. be emotionally stronger and more mature) and in how he behaves and interacts with her.

Why?

What matters most to a woman is how a guy makes her feel when sheâs interacting with him in person.

It's based on how he thinks, feels, talks, behaves and acts, not how much muscle he has built in a gym or his new hairstyle.

Sure, a woman can appreciate the superficial, physical things about a guy, but only if she already respects him.

If your ex currently doesn't look up to and respect you, she's not going to care about superficial changes that you make to your appearance.

So, if you want to get your ex back, you need to first change and improve the things she really cares about (e.g. become more emotionally independent, make her feel feminine and girly in your presence, become emotionally masculine, be purpose driven).

However, just remember: Don't make changes and then go to her and look for a pat on the head for doing so well.

She wants you to change because you want to do it, not because it will impress her.

So, just start being the kind of man who will be naturally attractive and appealing to her and then guide her through the ex back process.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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Should You Act Aloof Towards Your Ex When She Contacts You?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

No, there's no need for games like that.

The best approach is to make her laugh, smile and feel good when talking you to, so she is willing to communicate further and meet up with you.

Making her laugh and smile also gets rid of most of the negative or awkward tension between you, which doesn't actually need to be there just because you're broken up.

After all, you and her used to be really into each other and had a lot of fun times together, so don't mess with that memory.

Just be the kind of guy that she can actually like and want to be around.

[image: Talking to your ex on the phone]

If she makes the effort to contact you, it usually means that she's still interested and is hoping that something happens between you and her again.

Yet, she won't always come out and say that directly.

For example: Before a woman contacts her ex, she might feel a bit nervous and wonder, *â€œIs this really a good idea? Maybe I should just wait for him to contact me first. What if I call him up and he doesn't want to talk to me, or he's cold and aloof towards me? I'd just be making a fool of myself.â€*

If she then contacts you and you're being aloof and acting like you don't even care to be speaking to her again, she might decide to get revenge on you by hooking up with another guy or simply ignoring you and never answering one of your calls or texts ever again.

Unless your aim is to punish her for breaking up with you and then move on without her, there's no need to be aloof.

If you want her back, you should make it easier for her to talk to you, rather than trying to push her away.

This is why I recommend that guys accept a so called "friendship" with their ex, so the lines of communication remain open and she is willing to meet up with him in person.

When you make her feel relaxed and happy to be talking to you, it becomes a lot easier to wipe away any negative emotions that she might have been holding onto about you.

She then drops her guard and begins to wonder why she broke up with you in the first place.

On the other hand, if you're cold and aloof towards her and pretending like you're not interested, she becomes more defensive and closes herself off even more.

She then thinks something like, *â€œWell, that was a huge mistake! I knew that I shouldn't have even bothered with him. He's too immature at this point in his life to get me back by being a man about it. Well, I gave it a shot and now I know that it's just not going to work out between us now. So, it's time to find myself a new guy.â€*

So, if you don't want that to happen, don't play mind games with her by acting aloof or

pretending that you don't care about her anymore.

For example: Some guys think that acting aloof will make her feel attracted to him because heâs playing hard to get.

Hope hopes that it will make her want to get back together again even more.

Yes, that can work if the woman still has strong feelings for her ex, but if your ex doesn't feel much or anything for you right now, then acting aloof is almost certainly not going to work.

Instead, it will backfire and she will either move on or completely ignore you from now on.

Of course, most guys don't realize that and simply hope that it will be an easy trick to use to get her back.

So, he mightâ

1. Ignore her texts to seem less needy

Some guys are worried about seeming needy, so they ignore an ex even when sheâs reaching out to him (e.g. by sending him a text, e-mail, or a message on social media).

A guy might say to himself, *âI donât want my ex to think that Iâm a needy guy. If she gets a sense that Iâm really happy to hear from her, she will just think that Iâm desperate to get her back (which I am), but I donât want her to know that. However, if I ignore her for a little while, not only will she see that Iâm not needy, she will hopefully realize how much she still loves me and she might even start to worry about losing me. Then, she will want to get back with me really quickly.*

So, when he gets a text from his ex, rather than using it as an opportunity to open the lines of communication and re-attract her (e.g. by making her laugh and smile) he instead decides to ignore her.

Secretly, heâs hoping that if she doesnât get a response from him right away, she will perceive him as being emotionally strong (i.e. because heâs not being needy) and she will then feel attracted to him again and quickly text him back saying something like, *âWhy wonât you answer me? I really miss you. Please, can we meet up somewhere so that we can talk about our relationship? I really need to see you.*

Wouldn't it be nice if human psychology were that simple?

Well, it's not.

Unless a woman is very young and inexperienced with relationships, she's not going to fall for the old "ignore her and she'll come running back" trick.

Rather than make her think, *âWow, my ex is so cool! Heâs clearly not needy and desperate like other guys. He didnât even jump at the chance to talk to me again when I contacted him. Thatâs really amazing! Wow! That makes me respect him so much because heâs not being a needy guy. I want him back NOW!* she will usually just feel disappointed and turned off by his immaturity.

Of course, she might wonder why he isnât contacting her, but since her feelings of respect and attraction for him arenât very strong, she will just say to herself, *âI canât believe I bothered to reach out to him and now heâs ignoring me, especially after everything that happened between us. I hope he doesnât think that Iâm sitting around pining for him, or that I*

desperately want him back. That's what I get for trying to be nice. Well I'm definitely not chasing after him anymore. I can get a dozen guys to go out with me right away. He's messed with me for the last time! I will show him who can play games. I will break his little heart when he finds out that I'm happy with another guy and don't want him back anymore. I'll show him.

So, don't play hard to get with your ex.

If she's texting you, it could mean that she still has a small spark of feelings left for you in her heart and by ignoring her, you actually cause that spark to go out.

The best way to show your ex that you care without seeming needy is simply not to answer her texts right away.

Waiting for 5 minutes to a few hours is enough time to not be coming across as needy, while at the same time not turning her off by making her feel like you're ignoring her.

You can instantly reply to some of her texts of course, but just make sure that you relax and leave some space in between some texts.

That way, she will be thinking, "Huh? Why didn't he reply to that? Did I say something wrong? Is he with someone else?" and she starts to imagine you with another woman.

She then starts to feel like she needs to get you back quickly, otherwise you might just move on without her.

However, just make sure that when you're texting her, you're not acting at all.

Don't act aloof or pretend that you don't care.

Instead, be someone that she can like and want to be with again.

Focus on making her smile and laugh and then get her on a phone call with you, where she can sense that you really have changed, matured and are no longer the same guy that she broke up with.

Actively sparking a woman's feelings of respect and attraction for you almost always works better than simply ignoring her.

In most ex back cases, all it takes is one small spark of respect and attraction to make her start thinking of you in a more positive light and open herself to getting back together again with you.

On the other hand, if you ignore her texts to seem less needy, it will usually backfire and by the time you reach out to her she will likely say something like, *"It's too late. When I texted you, you decided to ignore me. I've moved on. I'm seeing someone else and I'm really happy."*

It's over between us. Please leave me alone.

Another way that a guy might try to appear less needy is to

2. Say that he isn't available to meet her on the day she suggests, because he wants to seem like he doesn't care

Sometimes, a guy might try to hide his feelings from his ex (e.g. because he doesn't want to appear desperate, he can't cope with the pain of being broken up, he is worried that she will play hard to get) by pretending not to care about her any more.

So, when she contacts him and suggests getting together for a catch up on a certain day, he might say, *"Sorry, I can't meet you on that day. I'm really very busy. How about another day."*

He's hoping that if he doesn't make himself readily available to meet up with her on the day

she suggests, it will trigger her fears of losing him and she will then come running back to him.

However, this tactic rarely (if ever) works.

I've heard from so many phone coaching clients who tried to act busy with their ex and she then never, ever wanted to meet up with him again.

So, don't play games.

Just meet up with her so you can properly re-attract her in person.

Remember: If a woman isn't feeling a lot of respect and attraction for her ex, him acting like he doesn't care is usually not going to make her think, *â€œOh no! My ex is so busy that he doesn't want to meet up with me. Could this mean he's met another woman and that he doesn't care about me anymore? I can't let that happen! I need to do something to get him back before I lose him for ever. He's mine! All mine!â€*

Instead, she's usually just going to think something like, *â€œIf he's too busy to meet up with me, then that's fine by me. I tried to be nice and he doesn't seem to care, so I'm not going to lose any more sleep about it. I'm moving on. There are plenty of guys who are interested in me.â€*

Even though her ego might feel a bit bruised at the thought of him being over her, if she doesn't have strong feelings for him, it just won't matter that much to her.

She may even use his rejection as motivation to get over him fully and find another guy who can make her feel the way she wants to feel.

So, what should you do instead?

If you want to get your ex back for real, you simply need to re-spark her feelings of respect and attraction for you, by behaving in ways that are attractive to her (e.g. being confident and charismatic, making her smile and laugh, making her feel feminine and girly) rather than by trying to trick her into wanting you back by pretending that you don't care about her or the relationship anymore.

The Mature Approach Getting a Woman Back

[image: The mature approach to getting her back]

Actively making your ex have feelings for you again is the quickest, most mature and most effective way to get her back.

If you resort to playing games when a woman doesn't have strong feelings for you, she will usually get revenge by completely ignoring you from now on or hooking up with another guy.

So, rather than acting aloof towards your ex when she contacts you and hoping that this will spark her feelings for you again, focus instead on using every interaction you have with her as an opportunity to reactivate her feelings of respect, attraction and love for you.

For example: If your ex sends you a text, rather than ignore her, make sure that you respond in a way that will make her laugh.

If she texts something like, *â€œHey you. How are you?â€* rather than respond in the usual, boring way by saying, *â€œOh, I'm fine, thanks. How are you?â€* which will do nothing to spark her feelings for you, you can make her laugh or smile by texting something along the lines of, *â€œMy*

*day was pretty boring up to now, but things are definitely looking up.*â□□

She will likely assume itâ□□s because of her and she may even ask, â□□*Why is that?*â□□ and you can then reply, â□□*My pizza order just arrived. Pepperoni and cheese! Yum! Lol*â□|â□□

At this point, she is going to smile and probably feel a bit embarrassed that she thought you were talking about her.

She will also feel attracted to you for being confident enough to joke around with her like that, even though you and her are currently broken up.

Thatâ□□s a much better approach to making your ex open herself up to the idea of getting back together again, compared to acting aloof towards her.

You are being a guy that she can actually like and enjoy spending time with, rather than trying to act cool by being Mr. Aloof.

From now on, I recommend that you stop playing mind games with her and start making her feel a renewed sense of respect and attraction for the new you.

When you approach the ex back process in a confident and mature way, your ex will be less guarded and will be much more open to getting back together again.

So, forget about the minds games.

If you want to get your ex back, do it like a man and get her back for real.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

3 Possible Reasons Why Your Ex is Saying That She's Confused About Whether or Not to Get Back With You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

When a woman is saying, *I'm confused about whether or not to get back with you*, it can be because!

1. She Doesn't Think You Can Change and Give Her the Attraction Experience She Wants

[image: She doesn't think you can change and give her what she really wants]

In most cases, a woman doesn't just decide to break up with her guy at the spur of the moment for no reason at all.

Instead, she has usually spent a long time thinking about it and debating with herself by thinking things like, *I still care about him. Maybe if I give him another chance he will change this time*, and then *No! I've had enough. I've given him plenty of chances and he never changes. I don't believe that he will ever change, or even that he knows how or what to change. It's better if I just break up with him and find myself another guy who can give me the attraction experience I really want. He just doesn't get it and probably never will.*

So, when she finally breaks up with him and he tries to get her back, she may end up saying things like, *I don't know*, *I'm confused about whether or not to get back with you. I haven't decided yet* because deep down, she's still going through the same debate in her mind (i.e. that she still cares for him vs. she doesn't believe that he can change and give her what she really wants).

Most women don't want to be that girl who is unlucky in love and is always getting in and out of relationships, so they try to hang on if they can.

It's embarrassing for most women to have to go to her friends and family and admit that yet another relationship has failed, because she doesn't want to look like she's hopeless at selecting guys or at keeping a relationship together.

Yet, even though she doesn't want the relationship to end, she doesn't want to have to help her guy understand how to be the man she needs.

Not knowing this, a guy will usually make the mistake of saying something like, *Why haven't you decided yet? What is making you confused? Just tell me what you want me to do and I will do it. I need you to explain exactly what you want, so that I can give it to you. Then, you won't have to be confused anymore because I'll be giving exactly what you want. Believe me, I am willing to do whatever it takes. Just tell me what I need to do and I will do it.*

Yet, that's not what a woman wants.

When she gets to the point of wanting to break up, she will be stressed out and tired of trying to help him become the man that she needs.

Instead, she will be hoping that he can figure it out on his own or get some help and then start being the kind of man that she wants and needs.

Additionally, if she has to explain to him what he needs to change to make her happy, the changes in him won't feel as real compared to if he did it on his own.

She will always suspect that he is just faking the change to make her happy, rather than being his true self.

She then won't know who he really is and if he will someday change back and disappoint her again, especially if she gets pregnant or if they get married and she is then stuck with him.

Here's the thingâ€¦|

Women don't want to be totally responsible for shaping a man and changing who he really is, especially when they have gotten to the point where they've decided that enough is enough and it's time to end the relationship.

When a woman gets to that point, she just wants him to figure it out on his own, so that she can start looking up to him and respecting him as a man.

She doesn't want to have to continue looking down on him or feeling like she will have to continue helping him grow up and become a real man for the rest of her life.

So, the first step to getting your ex back is to renew her feelings of respect and attraction for you, by showing her (via the way you talk, think, behave, interact with her and respond to her) that you have figured out what you need to change about yourself and have already taken action to become a better man than before.

For example: If a woman broke up with a guy because he was too needy and insecure in the relationship with her, to convince her to get back with him, he must show her that heâ€¦s now more emotionally independent.

He has to let her get the sense (by talking to her on the phone and in person) that he wants her back, but he doesnâ€¦t need her back to be happy.

He is already happy.

He is confident, happy, emotionally strong and is enjoying life with or without her around.

He wants her back, but doesn't need her back.

When she can see for herself that he really has changed and no longer needs her for his emotional well-being, she will be a lot more open to getting back together again.

On the other hand, if heâ€¦s just saying things like, *â€œPlease give me another chance. I miss you so much. I canâ€¦t eat or sleep without you,â€* it simply highlights to her that heâ€¦s still the same guy she broke up with and that nothing would change if they got back together.

Another example is when a man got broken up with for being too emotionally wimpy to the point where he usually fears standing up for himself to her and to people in general.

To make her want to get back with him, he has to show her that heâ€¦s more emotionally strong now and that he can stand up for himself.

If she then tests him (e.g. by being cold or bitchy towards him, by pushing him around) he now laughs at her attempts to mess with him, rather than taking it so seriously.

For example: If she says, *“I want to come around to your place and pick up the rest of my stuff,”* rather than just giving her a, *“Yes Mam!”* kind of answer, he can say, *“Your stuff? Well, I threw that out already. I sold the good stuff to a pawn shop, but the rest I just threw out. Sorry!”* and then have a

laugh.

She will then see that he is not only standing up for himself, but he's also able to do it in a way that makes her smile and even laugh.

Suddenly, she realizes that something really has changed about him and she automatically starts to feel respect and attraction for him again.

From that moment onwards, deciding whether or not to get back together again becomes a lot easier for her, because she now feels attracted to the new version of him.

When your ex experiences the new you, it makes her drop her guard and she begins to think, *â€œWhy have I been so confused about whether or not to get back with my ex? Heâ€™s nothing like the guy I used to know. This new version of him is how I always wanted him to be. I would be crazy to let him go.â€*

From there, you simply need to continue building on her feelings of respect and attraction and guide her back into a relationship with you.

Another reason why your ex might be saying that she's confused about whether or not to get back with you is thatâ€¦

2. She is Being Influenced By Her Single Girlfriends

[image: She is being influenced by her single girlfriends]

Sometimes, when a woman is young and inexperienced with relationships, or has a very close relationship with her girlfriends, she might become easily influenced by their opinions.

For example: A womanâ€™s friends might not like her boyfriend (or husband) very much, so when she breaks him they might then say things like, *â€œFinally! He was all wrong for you girl. You made the right decision to break up with him. He was just too serious and uptight around us. At least now you can have some fun and relax. There are plenty of hot guys out there for you to meet, so don't worry about him. Let's just have some fun.â€*

Then, if he tries to get back with her, she will likely tell him that sheâ€™s confused about whether or not to get back with him because the opinions of her friends will be weighing her down.

Alternatively, a woman could also think that sheâ€™s just too young to settle down and she might feel jealous of her girlfriends who are enjoying the single life and are free to go out to bars, get drunk and pick up guys if they want to.

This will make her feel uncertain about getting back together with her ex because she will be feeling drawn to the single girl lifestyle and all the fun she could have with her friends.

So, if you want to get her back, you need to make sure that the relationship she has with you from now on feels better to her than the single life and is more important than anything her friends might say about you.

If she is happy in her relationship with you and she feels respect, attraction and love for you, she will be much less influenced by what her friends are saying or doing.

At this point though, some guys hope that giving their ex some space to hang out with her single friends will result in her eventually getting bored of it and coming running back to him.

For example: A guy might say to his ex, *â€œDo what you need to do. Take some time to think things*

over and then when youâre ready we can hook up and see where things go. I will wait for you for as long as it takes.

He might then stop interacting with her for 30 or 60 days (in some cases even longer than that) and hope that everything simply works out between them again.

Yet, when he doesnât hear from her, he starts asking, *âWhy isnât she calling me? Does she need more time? Is she still confused about whether she wants to get back together with me or not? Has she met another guy? Is she in love and has now forgotten about me?*

In most cases, a woman will just move on if her ex ignores her for too long.

After all, itâs pretty easy for women to get sex.

All she has to do is go out to a bar or nightclub and there will loads of guys who want to stick it in. Likewise, if she gets on an online dating app or site, she will instantly have 100s or even 1,000s of guys lining up to meet her in person.

So, hereâs the thing!

Telling a woman that you will wait for her as long as it takes, usually wonât get rid of her confusion and make her say, *âYou know what? Iâve changed my mind. Since you were willing to wait so patiently, it must mean that you are the one. I am going to stick with you.*

Of course, in rare cases a woman will say that, but in most cases she wonât.

If getting her back was that simple, you wouldnât be here reading this and learning from me right now, would you?

Youâd just give her some space and sheâd come back.

Yet, your gut instinct is telling you that giving her space probably isnât going to work with her this time.

Something doesnât seem right and you know that sheâs most likely going to try to move on without you.

So, what should you do instead?

Make her feel attracted to you again.

Really attracted.

By making her feel attracted to you in the ways she really wants (e.g. by making her feel feminine and girly in your presence, being more emotionally dominant than her, making her laugh and feel excited to be around you) will cause her to automatically change her mind about the break up.

So, donât waste time waiting for her to make up her mind and run the risk losing her completely.

Instead, to get her to stop feeling confused about whether she wants to be with you or not, you have to actively spark her feelings of respect and attraction again.

When you make her feel attracted in new and exciting ways, she will realize that her love for you is stronger than she ever thought possible.

Then, the thought of losing you worries her and she becomes the one who wants to get back together with you before you decide to move on without her.

Another reason why a woman will say that sheâs confused about whether or not to get back together with you is that!

3. She is Leading You On While She Secretly Tries to Find a Replacement Guy

[image: She is leading you on while she secretly tries to find a replacement guy]

In some cases, a woman might say to herself, *“I’m going to keep my ex around for a while until I can find myself another guy. That way, if I don’t meet someone else and I get tired of being single, my ex will always be around as a backup”* or, *“I will keep him around until I find a new guy. That way, I won’t have to be the one who gets hurt by seeing him move on faster than me.”*

She might then give him mixed signals (e.g. being friendly and making him think that she’s interested in getting back together. Then, going cold and saying things like, *“I’m confused about whether or not I want to get back with you. Please stop pushing me to make a decision. I still need more time, please respect that”*) while she continues to actively look for a new man behind his back.

Some guys don’t want to accept that this might be her ploy and may even say, *“My ex is not like that. She’s going to stay loyal to me even though we’re broken up because of the amazing love we used to share. She’s a good woman, so I know she won’t just go and sleep with some random guy. The love that her and I used to share will remind her that we are meant to be together. That alone will prevent her from looking for another guy until she’s ready to get back together with me.”*

Yet, thinking like that is naïve and is dead wrong in most cases.

I’ve helped so many phone coaching clients to get their ex woman back and men often say something like, *“She’s different. She doesn’t sleep around easily”* or, *“She wouldn’t do that. She said that she’s not interested in dating anyone else right now.”*

He literally believes what she says.

Unfortunately, in most of those cases, the woman was secretly trying to find herself a new guy behind his back, or was already seeing a new guy and kept it completely hidden from him.

So many clients have contacted me back to tell me things like that.

Here’s the thing...

Many women can look you straight in the eye and say, *“This doesn’t mean that I want another guy or that I’m going to move on. I’m not interested in dating other guys. I just feel confused right now and need some more time to think. Can you do that for me? Can you just be a little bit more patient?”*

She might have been a really good, loving, honest, caring and kind woman during the relationship, but the sad thing is that women change when they decide to break up with a guy.

After all, she is an individual and because of that, she’s going to look after her feelings before yours.

You might be still thinking of her as being the kind, loving, honest woman that she was, but she has to change her approach to you in order to protect herself from getting hurt.

In most cases that I’ve seen, the woman will already be meeting up with one or two other guys who are interested in her (e.g. coworker, friend of a friend, ex boyfriend, random guy she met while she was with you, her boss).

Then, while youâre waiting around for her to make up her mind, she is getting ready to tell you something like, *âIâm sorry. Iâve met someone else. I know youâve been waiting for me, but itâs over between us. I was confused before until I met this new guy. I probably should have told you sooner, but I didn't want you to get angry.â*

So many of my phone coaching clients have said things like, *“She has become a completely different person. She was never like this before. She was just so cold towards me. How can she change and become so selfish?”*

Simple.

She was an individual before she got into a relationship with you, while in a relationship and is still an individual now that you and her are broken up.

The same applies to you.

Just because you and her were in love and enjoyed a great relationship for a while, it doesn't mean that you and her have become one.

You have always been and still are two individuals.

The only difference is that when you were in a relationship, you were two individuals who decided to be together.

Now, you are an individual who wants to be with her and she is an individual who is confused about whether or not she wants to be with you.

So, what should you do?

Watch this videoâ|

You've got to start making her feel attracted to you in the ways that are really important to her.

Donâ make the mistake of assuming that just because you and your ex once shared an amazing love, sheâs going to be 100% faithful to you now that you are broken up.

Unless she has strong feelings for you and is leaning towards getting back with you, she simply wonâ feel honor-bound to say *âNoâ* to another guy if he comes along and makes her feel attracted in ways that really matter to her (e.g. he makes her feel feminine and girly, whereas you slipped into the habit of just making her feel like a friend or “one of the boys” around you).

So, rather than giving her the opportunity to hook up with someone else and potentially move on, you simply have to get her to reconnect with her old feelings of love for you by making her feel respect and attraction for the new and improved version of you.

For example: If a guy had become annoying in the relationship (e.g. always pestering her to get her attention, criticizing her, being silly way too much to get her attention, arguing with her all the time), he will need to show her that he has changed and is now a more charismatic, charming, likeable man. If he was too controlling, he needs to show her that he no longer worries about what she might think, feel or do when he's not around.

When you make your ex feel the way that she really wants to feel (e.g. respectful, attracted, excited, in love) every time you interact with her from now on (e.g. on a phone call, or in person) the thought of hooking up with another guy will vanish from her mind.

She then begins to think, *âWhy am I bothering looking for someone else when my ex is actually the man I really want? The only reason I thought I wanted another guy was because my ex wasnât being the kind of man that I wanted him to be, but thatâs definitely not the case any*

more. He has definitely changed and I really like the guy he has become. Iâd be a fool to lose him. Iâm not confused now. I want him back.â

Once she starts thinking that way, she opens herself up to giving the relationship another chance.

Then, you and her can get back together and get on with being an even better couple than youâve ever been before.

There are great times ahead for you and her.

She is most likely waiting for you to make it happen.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Does Your Ex Feel as Though You Are Trying to Manipulate Her?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

These days, most women who dump their man go online and search for advice on how to get through the break up, which means they usually come across all the standard tricks and techniques that guys use to get an ex back.

So, when he behaves in one of the tricky ways she read about online, rather than just assume that heâs dealing with the break up in his own way, she starts thinking, *âI see what heâs up to. Heâs trying to manipulate me into getting back with him. Well, Iâll show him who can play gamesâ* and she then becomes (even more) cold and distant towards him.

For example: Some of the tricks that guys use to manipulate an ex woman back into a relationship are:

1. The No Contact Rule

The No Contact Rule is essentially about ignoring a woman for 30-60 days after a break up in the hope that she misses him and comes running back.

Of course, not all guys are trying to be manipulative when they use the NC rule.

Most guys are good guys, so when they use the No Contact Rule on an ex woman, itâs simply because they donât know what else to do.

A guy might have already tried to convince her that he would change and has asked for another chance, but sheâs saying no.

So, he goes online and searches for *“how to get an ex back”* and finds out that pretty much everyone (except me) recommends that he should use the No Contact Rule to ignore her.

Watch this video to understand why I donât recommend it for guys who want to get a woman backâ!

Ignoring an ex with the NC rule usually doesnât work if she has little to no feelings for you anymore.

Instead, it just helps her have time and space to move on without you.

Of course, not every guy is able to think that clearly when heâs been dumped by the woman he loves, so he will usually just go ahead and try the NC rule.

For example: When she is being cold, distant and stubborn about not giving him another chance, he might then say to himself, *âMaybe if I give her some space, she will calm down. Hopefully the time apart will make her realize that she really does miss me and then she will start talking to me again. In fact, she will probably be so impressed that I gave her time to figure things out without harassing her that she will want to get back together with me again. Well, thatâs what everyone says works, so why not. I donât know what else to do.â*

He then avoids interacting with her for 30, or even 60 days or more, while he patiently waits for her to contact him and tell him that all is forgiven and she wants him back.

Yet, that rarely happens and in most cases, rather than miss him, the woman is feels more and more annoyed with him and starts putting in extra effort to get over him and move on with someone else.

If he then tries to contact her after 30 (or more days), she will suspect that he has been using the classic NC rule.

She may then think, "Oh, are you finished using the No Contact Rule on me now are you? Do you think Iâ€™m stupid? I know what youâ€™ve been up to. Well let me tell you, I havenâ€™t been sitting around waiting for you to come back, Iâ€™ve moved on. So, you can take your manipulative self right back to where youâ€™ve been for the last month and leave me alone. Iâ€™m over you!"

Of course, she won't necessarily come out and say that because she doesn't want to give the chance to say, "No, I was just giving you space like you asked me to" or, "No, I wasn't. I needed time to think about where I went wrong. I thought it would be best if I didn't try to contact you until I was ready to be the man you need me to be."

She doesn't want him to be able to talk her back into being with him for one of those or many other reasons or excuses he will use for ignoring her for 30-60 days.

Hereâ€™s the thingâ€¦

Even if a woman still has feelings for a guy and secretly wants to get back with him, she doesn't want to feel as though her guy is manipulating her.

Trickery always backfires and in most cases, it just makes it more difficult to get her back because she stops trusting you.

Then, no matter how sincere youâ€™re being with her from then on, she will always have to wonder, "Is this another one of his tricks to get me to do what he wants?"

Alternatively, if a guy ignores a woman for a long time when she doesn't have feelings for him, she will then likely lose even more respect and attraction for him for not having the balls or the skills to re-attract her and reconcile the relationship.

As a result, she might hook up with another guy just to get emotional revenge on her ex for what she believes is his attempt to manipulate her.

Donâ€™t put yourself in that position.

The best approach to getting an ex back, is to be active, rather than inactive.

Essentially what this means is that you need to stay in limited contact with her, so that you can re-spark her feelings of respect and attraction for you on a phone call and in person.

That's what works to get a woman back.

Sure, in some cases, ignoring a woman does work, but it's only when she still has feelings for you and secretly wants you back, or if she can't deal with the pain of the break up and move on without you.

Yet, if she can deal with it and doesn't really care about you anymore, she's just going to move on.

Likewise, if youâ€™re nowhere to be seen or heard for weeks or months, youâ€™re giving her time to stew in her negative feelings for you and at the same time, find a new guy to fall in love with and move on with.

If she feels as though you are trying to manipulate her by using the NC rule, her negative feelings for you will intensify and she will try even harder to get over you and get revenge on you for attempting to trick her back.

So, what should you do instead?

If she needs it, give her 3 to 7 days of space to allow for things to calm down between you and her before you contact her.

Don't wait any longer than that because there is no real benefit to you (i.e. she will just have more time to get over you and move on).

Remember: You have to stay in touch with her so you can reignite her feelings of respect, attraction and love for you, rather than just sitting around hoping that she comes running back to you when the 30 days are up.

When she can see that you're handling the break up in a mature way, she drops her guard and begins to see you with different eyes.

You then just need to show her by the way that you behave around her that you're no longer the same man she broke up with.

When she sees that, her guard will come down, she will open up to you and you can then guide her through the rest of the ex back process.

Another technique that guys might use to manipulate an ex woman back into a relationship isâ€¦

2. Sending her texts about the good memories they shared together

Quite often, a guy might make the mistake of thinking that by reminding his ex about all the good times they shared together, she will suddenly realize that their love is too precious to lose and come running back to him.

He might then send his ex a text saying something like, *â€œI was in the mall today and I saw a woman wearing a knitted pink hat just like the one you used to wear. It made me think of you,â€* or *â€œI was watching TV last night and they were showing â€œThe Conjuringâ€ again. It made me think of the time we watched it together and you got so scared that you jumped in my lapâ€* or, *â€œI just passed by the restaurant we went to on our first date and thought of you. Hope you're having a great day. Maybe we can chat sometime?â€*

He is hoping that by bringing up some good memories they shared together, she will respond by saying something like, *â€œWe sure did have some good times together didn't we? Maybe we should forget about the bad stuff that happened between us and try to make some new memories together. I miss you so much. Let's start again!â€*

It would be nice if that was how a woman would react, but human psychology just isn't that basic.

Women can see through attempts to manipulate them and in most cases, she will just get annoyed and think, *â€œOh please! Does he really think he can sweet talk me into forgetting what really happened between us by bringing up some good times we happened to have together? It's not going to be that easy. He stuffed up and I'm not going to forget about it just because he is bring up good memories.â€*

Then, if she also happens to search online and discover that guys use the *â€œgood memoryâ€* text method to try and trick their ex back, she will get very annoyed with him for trying to manipulate her.

She may then think, *â€œI can't believe he's trying to manipulate me like this. Does he think I'm so stupid enough to fall for the 'Look how great things used to be between us' routine? Well, he can forget about tricking me into giving him another chance. It's not going to happen!â€*

and she closes herself off even more.

[image: Why is he sending me a text like that?]

In other cases, a woman will just roll her eyes and think, *“Lame. He got that text message from the internet. If that’s all he can do, then he ain’t getting another shot with me. No thank you and good bye!”*

So, what should you do instead?

Be real and give her what she really will respond well to.

What is that?

A new and improved you who is not making the same old communication and behavioral mistakes that causes her to break up with you in the first place.

That’s what works.

When you spark her feelings based on letting her experience the new and improved you, she starts to pay attention.

She will then begin remembering some of the happy times that you and her shared and it will actually make her feel good.

She will then start thinking, *“We did have some fun times. Maybe we can do it again. He is different now, so it would be different. Should I? Maybe I should. I like who he is now.”*

On the other hand, if you don’t spark her feelings for you first and just send her a *“remember the good times”* text that she’s read about online, it will just make her close off to you even more.

Additionally, what you need to understand is that a woman has to be able to feel respect and attraction for you who are now, not who you used to be.

She has broken up with the guy you became and is going to think of you in that way until you show her the man you’ve become.

It’s Always Better to Be Real

[image: Give her the attraction experience that she really wants]

If your ex feels as though you are trying to manipulate her, it could be because you’re trying to get her back by using widely known tricks found on the internet, rather than doing it properly by giving her the attraction experience that she really wants from you.

For example: If a woman broke up with a guy because he was too nice, too sweet and lacked balls around her, she’s going to need to see that he is now more of a real, authentic, ballsy man who isn’t afraid to joke around with her in a ballsy way.

If she being stubborn and not listening to his suggestion to meet up for example, he needs to show her that he doesn’t react like her used to.

If he would normally say something like, *“Please give me a chance to explain”* or *“I’ll do anything to make it up to you,”* he needs to remain calm and make a joke about her behavior by saying something like, *“Whoa! I’ve met bulldozers that are less pushy than you,”* or *“I think you missed your calling in life. You should have been a drill sergeant in the army. You want everything your way. Yes Mam!”* and he can then have a laugh with her about it.

Another example is if a guy became insecure in the relationship and was dumped for that.

To open herself up to the idea of getting back together with him again, she's going to need to see that he is now emotionally secure, confident and can handle her confidence tests during interactions.

She might test him by pretending to be interested in getting back together again and then pulling back her interest to see how he will react.

If he gets upset about it and starts begging or pleading with her and saying things like, *â€œPlease baby! Just give me one more chance to make it up to you. Please don't push me away. I really need you,â€* she will see that he's still the same insecure guy that she broke up with and will remain closed off to him.

On the other hand, if he just remains confident and relaxed and doesn't let her get to him, she will start believing that he really has changed.

Her feelings of respect and attraction for him will come flowing back and then the idea of getting back together again will begin to feel incredibly appealing to her.

Soâ€¦

Just Give Her What She Really Wants

As long as you give your ex what she really wants (i.e. the kind of attraction experience that was missing in your relationship with her), it's not manipulation because you're being a loving man who has listened, adapted and is now able to give her what she wants.

Yes, you might have made some mistakes in the past, but that was the old you.

You are not that guy anymore.

You are new man today and you will be an even better man tomorrow.

So, don't beat yourself up over the mistakes you made with her.

You have become a better man as a result of making those mistakes and you can hold your head up high as you go through the ex back process and get her back.

You have nothing to feel ashamed of and nothing to fear.

If a relationship breaks up, it doesn't mean that you will never be able to get your woman back.

Guys all over the world get their women back every day.

You can do it too.

When you make some attractive adjustments to your way of thinking, talking and the way you behave and interact with her, your ex will begin looking at you with new eyes.

Even if she tries to hold back her feelings for you, they will come flooding back when she realizes that you make her feel so differently now.

Then, rather than think that you're trying to manipulate her, she will feel happy that you took the time to fully understand where you went wrong in the relationship and then made the necessary changes to give her what she really wants.

She will see that you're no longer at the same level that you were at when she broke up with you and then getting back together becomes her idea.

It becomes something that she wants and feels good about.

She wants to hug, kiss, have sex and be in love with you the new you, even if she originally thought that the break up was final.

When that happens, she might even say, *â€œLet's try again,â€* or *â€œI think I want to get back together again.â€*

You can then make sure that this time around you do a better job of deepening your woman's respect, attraction and love for you over time, so that she will never want to break up with you ever again.

That's not manipulation.

It's real, mature, honest love.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

How to Show Your Ex That the Relationship Really Will Be Different This Time if She Gives You Another Chance

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

To show your ex that the relationship really will be different this time if she gives you another chance, you must do the following 3 things:

1. Change the Things That Turn Her Off, But She Isn't Telling You About

A woman won't always tell you the real, secret reasons why you have been turning her off.

She might tell you that she doesn't want a relationship or that she needs time apart, but that doesn't tell you what you actually need to change to get her back.

So, here are some of the real, secret reasons why a woman will feel turned off by a guy:

- He believes that because his woman loves him, he can do whatever he wants (e.g. not pull his weight around the house, criticize her, break his promises to her) and it won't matter. This causes her to feel taken for granted, unloved and unappreciated.
- He thinks that being nice and sweet and letting his woman make all the decisions is what she really wants, when in reality what she needs is for him to man up and be in control.
- He becomes insecure in the relationship (e.g. He feels lucky to have hooked up with his woman in the first place and is afraid of losing her. He doesn't believe he can find another woman as beautiful as her) and as a result becomes clingy and needy, rather than remaining confident in his attractiveness and value to her.
- He treats her like a neutral friend, rather than making her feel feminine and girly by being emotionally masculine in her presence.
- He lives day-to-day (e.g. spends most of his time partying or playing video games, drifts from job to job, still lives with his parents or shares accommodation with his single friends, doesn't really care about grown up responsibilities) rather than having big goals and ambitions and continually working towards those like a real man.
- He doesn't understand that women sometimes get emotional and throw tantrums, but secretly wish that her guy wouldn't take it so seriously. He doesn't know that, so he becomes annoyed or gets upset when she throws a tantrum, which annoys her and makes her wish she could find a real man who understands women.

As you can see, there are many subtle and obvious things that can cause a woman to lose respect and attraction for a guy and then make her break up with him.

In most cases though, a woman won't just come out and say, *"I need you to change these specific things about yourself, or else I'm going to break up with you."*

Instead, she will usually just hint, nag, argue, or if she feels that the guy isn't paying attention to her, throw a tantrum, in the hopes that he'll figure out what is really bothering her and make some changes.

Yet, a lot of guys just don't get it.

They don't understand that women are completely different to men and do not think, talk and behave like men.

If you want to be successful with women, you have to understand that men and women are very different.

You also have to not take what women say so seriously, because they usually say one thing and do another.

Watch this for some examples!

As you will discover from the video above, women generally don't communicate like a man does (i.e. he gets to the point, means what he says).

Instead, they say things that they have to say (i.e. to be politically correct, or test a guy's confidence), rather than what they really mean.

So, when a woman finally breaks up with him, a guy might then ask her, *"Why? What did I do wrong? Please tell me. I can change if you tell me what you want me to do."*

He will be expecting her to give him a straight answer, but in most cases she won't because she doesn't want to teach him how to re-attract her.

She wants a man who has it figured out or who will learn and then start doing it, not a guy who needs her to explain everything to him in clear, man-to-man language.

Additionally, when a woman has gotten to the point where she has decided to break up with a guy, she is usually in no mood to help him anymore.

So, she will think something like, *"Really? You're asking me now? Don't you realize that I've already told you hundreds of times before, but you just weren't listening? Obviously you don't understand women and how we communicate."*

However, she will avoid saying that to him because she doesn't want to give him any clues on how to get her back.

Instead, she will often say something like, *"I just need some space,"* or *"I just don't feel the same way about you anymore,"* or *"I don't want to be in a relationship right now,"* to let him down easy and prevent a big scene (e.g. prevent him from begging and pleading with her, becoming angry or violent or trying to talk her out of leaving him).

If you want to show your ex that the relationship really will be different this time if she gives you another chance, you need to fully understand her reasons for breaking up with you and then make adjustments to your way of thinking and behavior.

Then, when you interact with her again (on a phone call, or in person) she will be able to see for herself that you really have changed and she will feel understood.

You don't have to tell her that you've changed because she will pick up on it automatically based on how you now think, talk, behave and react to her.

When she notices the changes, she won't be able to stop herself from feeling some respect for you again, especially because you figured it out and changed without her having to help you.

Another way to show her that things really will be different this time is to!

2. Laugh at Your Previous Mistakes, Rather Than Continually Apologizing For Them

[image: Laugh at your previous mistakes]

Most guys are good guys, so it's only natural that you would want to apologize to your ex for causing her pain.

You're a good man and you want to do what is right.

So, if you haven't already done so, make sure that you do apologize to your ex and tell her that you're sorry for behaving in the way you did.

However, if you've already apologized, don't make the mistake of thinking that more is better. Apologizing once is enough.

Sometimes a guy might need to apologize a few times before his ex will accept his apology, but any more than that and the apology will begin to lose its power.

It will go from being an apology to seeming like a desperate, confused ploy to hopefully get her back by making her feel pity for him.

That doesn't work because women are turned off by desperation and insecurity in men.

So, once you've said *I'm sorry*, to your ex in a sincere and loving way, don't waste any more time apologizing to her.

Instead, help you and her get past the old mistakes by laughing at them and seeing them as who you used to be, not who you are now.

For example: Imagine that you're talking to your ex over the phone and have sincerely apologized to her for what happened between you.

She might then say something like, *It's okay, don't worry about it.*

If you leave it at that, she will usually hold on to her negative feelings and possibly even think to herself, *I hope he doesn't think that just because he apologized I'm going to forget what he did. Nothing has really changed between us and he can forget about getting back together again if that's what he's hoping for.*

So, the best way to ease the tension between you and her is to get her to laugh at how silly you used to be before.

If, for example, your ex broke up with you because you became clingy in the relationship with her, you can show her that you've changed by making a joke about it and getting her to laugh at the things in the past that turned her off about you.

You might say something like, *I can't believe how clingy I used to be. I'm amazed that you stayed with me for as long as you did, but I get a feeling you like being squeezed tight by a clingy guy* and then laugh about it with her.

She will most likely laugh and see that you obviously have begun to change because you can see that your previous behavior was unattractive.

However, if she decides to be cold towards you and test your newfound confidence, she might say, *No, I didn't. That's why I broke up with you, remember?*

You can reply in a joking way, *â€œYeah, I know. Of course. I now know that the only clingy thing that is sexy is when you wear tight, clingy jeansâ€* and then laugh with her about that.

She will most likely laugh and feel a little flattered that you think she is sexy in tight jeans and have the confidence to tell her even though youâ€™re broken up.

So, not only are you making her feel understood (by admitting you used to be clingy), but youâ€™re also taking the pressure off of the situation and showing her that you really have changed.

Then, by making a playful joke about her jeans, you are getting her to smile and laugh, which makes her enjoy talking to you rather than looking for ways to end the conversation as quickly as possible.

When you use humor and get her smiling and laughing, your ex is going to feel good around you again and her feelings of respect and attraction for you will be reignited.

She will then begin seeing you with different eyes and will start to see that that a relationship really would be different this time around if she gave you another chance.

So, donâ€™t be afraid to make her laugh because itâ€™s one of the best ways to show her that youâ€™ve changed.

Another way to show her that the relationship will be different is toâ€¦

3. Make Her Feel New Emotions With You

[image: She is now getting the attraction experience she wants]

Right now, all the decisions she has made about whether or not to get back with you are based on the things she remembers about you.

For example: If you used to make her feel sweet, calm, loved and wanted and she could always predict how you would treat her, sheâ€™s going to expect that you'd be the same again.

So, to make her see you differently, you need to now create new emotional states inside of her like:

1. Excitement

An easy way to make her feel excited is by being a little unpredictable and not reacting in the ways she expects you to react.

For example: If she is being cold and aloof towards you and is expecting you to get upset or annoyed with her because thatâ€™s what you used to do in the past, you now remain calm and relaxed and laugh about it.

Since you are no longer reacting in the same way that you used to, it becomes more exciting and interesting for her to interact with you.

2. Challenge

If you ex tries to dominate you with her confident personality (e.g. if she tries to control an interaction with her by deciding where you and her will meet up, or talks down to you) rather than accept it like you might have in the past, you now challenge her.

For example: You might say in a firm but joking way, *â€œMy, myâ€¦ you really are a Little Miss Bossy Boots now arenâ€™t you? I donâ€™t like that coffee shop youâ€™re suggesting. Letâ€™s*

meet up at that little coffee shop we used to go to near my house instead,â€œ or â€œWow...you sound just like my 3rd grade teacher Mrs. Roberts. She was also very bossy like you,â€œ and then have a laugh with her about it.

If you were a pushover before, she will feel a bit shocked that youâ€™re standing up to her and she will like it.

As long as you are being positive, playful and cheerful when being challenging, it means that you're not being an asshole or jerk.

However, if you try to become a challenge by being aggressive, difficult to talk to or controlling, then she's not going to feel attracted to you.

So, just relax and playfully be more of a challenge for her and she will love it.

Women know that most guys who get dumped don't have the balls to stand up to their ex in a playful way and instead get on their best behavior (e.g. are extra nice to her, extra patient).

So, when she sees that you can be a challenge while also being a good man, it is very attractive to her.

She knows that other women find that kind of behavior incredibly attractive, which makes her feel like she should meet up with you and maybe give you another chance before another girl steals her from you.

Another emotion to make her feel isâ€œ

3. Submissiveness

Making a woman feel submissive around you is not about putting her down, or disregarding her opinion or her point of view.

It simply means that when you interact with her, you need to be the one who is more masculine than her.

For example: You are emotionally stronger, you are more confident, you aren't emotionally sensitive like a woman, you make decisions or lead the way by getting her to decide on some things with you.

When you do that, she can then relax into feeling like a real woman around you (i.e. girly, feminine, submissive, emotional).

Most women won't ever openly admit that they want to feel that way around a man, but just look at the women who are the happiest with their man and you will see that they feel that way.

At the end of the day, most women secretly want to be a man's girl.

They don't want to be your equal partner or friend; they want to be your woman or girl.

Making her feel submissive around you is one of the quickest, easiest ways to do that.

Of course, if she's like most women, she's not just going to submit without a little bit of resistance.

Women always test to see how real a man's confidence is, so when you suggest doing something, prepare for her to say, "No" initially as a way of testing your confidence.

She wants to see if you are going to submit to her simply because she said, "No" to one of your suggestions or if she is being cold, distant or giving you one or two word answers.

If you don't submit and instead remain confident, she will automatically feel respect and attraction for you and will know that the relationship would really be different this time if she gave you another

chance.

Another emotion to make her feel isâ□|

4. Anticipation

Instead of doing what most guys do (i.e. begging, pleading and promising to change, which just turns her off even more), you need to build up the sexual tension between you and her so that she is full of anticipation of what will happen next.

For example: Interact with her, on a phone call, or in person and make sure that you get her smiling, laughing and feeling good to be around you again.

Then, pull away and donâ□□t contact her for a few days.

After about 3 to 7 days (not longer than that), contact her again and spark her feelings of attraction for you even more.

If necessary, donâ□□t contact her again for another 3 to 7 days.

In this way, you build up intense feelings of anticipation inside of her and she starts to wonder, *â□□When is he going to call me again? I canâ□□t wait to hear from him again. Whatâ□□s taking him so long to call me? I want to see him.*â□□

In most cases, a woman will then start contacting her ex and wanting him back.

However, if she doesn't, you simply have to repeat the process until she is willing to meet up with you and get back with you.

Don't Write to Her to Explain How Things Will Be Different

When a guy has reached the point where he desperately wants to show his ex that the relationship really will be different this time if she gives him another chance, he might then decide that the best way to get through to her is by writing to her.

He might then write her a long letter, e-mail or message explaining what he has learnt and how much he believes things could be different this time.

Yet, that rarely works.

Why?

Women feel bored and turned off by a guy who uses long letters, e-mails or messages as a way of communicating his feelings to her, because it shows that heâ□□s unable to gain control of his emotions and handle the situation like a man (i.e. apologize, change the things he needs to change, re-spark her feelings of respect, attraction and love and guide her back into a relationship).

Instead, he just plays it safe and uses letters, e-mails or messages to hide behind, so that he doesnâ□□t have to face her and potentially risk being rejected.

Many women also perceive long e-mails and letters from a guy as being a feminine thing to do, which makes her feel turned off even more.

Women are naturally attracted to masculine men, so if you are acting like a woman would after a break up (i.e. pouring your heart out in a long letter or e-mail), it's not going to make her feel attracted to you.

Additionally, if she's currently thinking something like, *"I don't really believe that things will be different if I give my ex another chance,"* getting a long-winded letter, e-mail or message from you is not going to prove to her that you've really changed.

Your letter to her is just a bunch of words on a screen or piece of paper.

It's not you.

It's just words and potentially promises to change things that you don't yet have any idea how to really change.

The thing is, when it comes to convincing a woman to give you another chance, actions speak louder than words.

So what should you do instead of writing to her?

Focus on making her feel differently, by letting her experience the new and improved version of you on a phone call or in person.

For example: If a guy was insecure and became needy or clingy in his relationship with a woman, then a long letter or e-mail is only going to prove to her that he's still way too emotional.

If he is going to send an e-mail, text or letter to her, he needs to keep it short and to the point and only add in whatever will show her that he has changed.

An example of how to do that is by writing something like, *"Hey Melissa, I hope you've been well. Just thought I'd e-mail you as a friend to say hello and that I hope you're having a great day. I've landed a new job at that firm I was telling you about, which has been awesome. Life is looking better each day. Of course, I still miss you and I love you, but I accept that we're not getting back together. Anyway, I hope you're well and enjoying life. Your ex, Steve."*

Getting an e-mail or letter like that is much easier for a woman to handle because it's short and to the point.

Compare that to a 10-page e-mail full of emotions, reasoning, convincing and bringing up old memories in the hope that it makes her want to give him another chance.

Women hate that kind of reaction from a man and usually don't even read past 250 words before thinking, *"Hhhh...he just doesn't get it. He's writing to me about all of his emotions and feelings and things that he wants to get through to me. He's like a woman. I'm not even going to finish reading this. It's over!"*

So, don't put yourself in that position with your ex.

Be short and to the point if you're going to write to her.

However, if you want to get her back for real, just know that the best way to do that is by actively making her feel attracted on a phone call and in person.

The Time For Waiting is Over

If you sit around hoping that she will realize that the relationship will be different and then come running back to you, the chances of it happening are slim to none.

Watch this video to understand why!

The time to take action is now.

Interact with her (e.g. via text, on the phone and in person) and actively make her have feelings for you again, by showing her the new, improved version of you.

She will automatically begin to realize that things really could be different between you and her this time around.

She might not tell you that though, so you need to be the strong one and make the reconciliation happen.

So, make sure that you continue pushing forward and get her back into a relationship with you, where she can see for herself that things already are different now.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

3 Reasons Why a Woman Feels Turned Off When a Man Begs For Her to Come Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Most women feel turned off when a man begs her to come back because of the following reasonsâ€¦!

1. Emotional Weakness is Unattractive to Women

Thereâ€™s no doubt at all that getting broken up with can really suck.

It hurts, especially when you get dumped by the woman you truly love.

Yet, the way that a guy handles the break up is often what determines how quickly he will be able to re-spark his exâ€™s feelings for him and get her back.

For example: A confident, emotionally strong man who believes in himself and in his value as a man will quickly focus on making some attractive changes to his thinking and behavior, so that when he interacts with his ex again (e.g. on a phone call, or in person), he can show her that heâ€™s at a different level as a man.

If he had become annoying, controlling, jealous or clingy, he will quickly change and start being more easy-going, relaxed, trusting and loving and the woman will then feel relieved by the changes in him.

He will also believe that the changes he has made is enough for her to want him back, which will cause him to appear confident when he interacts with her.

As you may know, confidence is naturally attractive to women, so when she sees the changes and notices that he is confident in his attractiveness to her, she can't help but feel attracted to him.

On the other hand, an insecure, self-doubting guy will usually try to convince his ex to come back to him by begging and pleading with her and promising her that he will do whatever she wants if she'll give him another chance.

For example: He might say, *â€œPlease, please, please forgive me! I know that I stuffed up, but Iâ€™m going to make it up to you. I promise that this time I will really change. Things will be different. Iâ€™m not the same guy anymoreâ€¦! Iâ€™ve learned my lesson. Please baby! One more chance is all Iâ€™m asking for. Do it for the sake of the love we shared. I promise I will do whatever you want me to do. Just tell me what you want me to do and Iâ€™ll do it. You have my word.â€*

Yet, hereâ€™s the thingâ€¦!

A woman doesnâ€™t want to see her ex falling to pieces and making desperate promises that heâ€™s unlikely to keep.

At this point, some guys might be thinking, *â€œWhy not? Wouldnâ€™t a woman feel flattered to see that her guy is falling apart without her? Wouldnâ€™t knowing that she means everything to him make her want him back even more?â€*

That's how it works in Hollywood movies (for entertainment purposes), but not in real life.

Although there are some women who like it when a guy begs and pleads with her to take him back, in most cases, a woman actually feels turned off by his emotional weakness.

Remember: Women are attracted to emotional strength (e.g. confidence, high self-esteem) and turned off by emotional weakness (e.g. insecurity, low self-esteem).

So, rather than make a woman think, *â€œOh thatâ€™s so damn sweet. My guy must really love me to be reacting in this way. Heâ€™s such a great guy that heâ€™s even willing to do whatever I say just to make me happy. I think Iâ€™ve been too hard on him. Since that he loves me so much and is willing to do anything for me, Iâ€™d be crazy to let him go, wouldn't I? I've just got to give him another chance!â€* she will likely be thinking, *â€œWhy is he behaving this way? Doesn't he realize that by desperately begging, pleading and losing it like this, heâ€™s actually making himself unattractive to me? It makes me feel like I have to mother him and take care of him because he can't cope by himself without me. I don't want to be his mother. Even if I had my doubts about breaking up with him before, his recent behavior has convinced me that heâ€™s simply not the kind of man I want in my life. Besides, all heâ€™s doing is begging, but he doesn't really understand the real reasons we broke up. Heâ€™s just hoping that we can sweep everything under the carpet and pretend that everything is okay just because heâ€™s sorry. It just doesn't work that way.â€*

Of course, from the guy's perspective, he really is willing to do whatever it takes and so he thinks that he's being a good man.

[image: Convincing her won't work if she doesn't respect you]

He is sincere and hopes that it's enough to show her that the relationship is worth fighting for.

Yet, he doesn't understand that his emotional weakness and confusion about how to fix the problem is a huge turn off to her.

By begging for a second chance without knowing how to fix the problem, his behavior is basically saying to her, *â€œI don't really understand why we broke up, so I need you to help with me that. Also, Iâ€™m too emotionally weak to cope without you, so I need you to help me with that too. Please give me another chance because Iâ€™m falling apart here. I need you to take care of me. Be gentle with me, guide me, protect my heart. I'm so lost without you. Please teach me how to be the man you need.â€*

A woman doesn't want to be the one to tell her guy what heâ€™s been doing wrong, because it puts too much pressure on her to be the leader of the relationship.

She just wants to be able to relax and be his woman, knowing that he fully understands how to be the man she needs.

So, rather than begging your ex to come back and promising her that you will do anything she wants you to do, focus instead on figuring out what happened to cause her feelings for you to change.

When you better understand her reasons for breaking up and then make the necessary improvements to yourself, she will be able to see that youâ€™ve learned from your past mistakes and are now a better man.

Then, she will be able to forgive you for temporarily losing control of yourself (and begging) and she will begin to feel respect and attraction for the new and improved you.

Another reason why a woman feels turned off when a man begs for her to come back isâ€¦

2. It Makes Her Lose Respect For Him

[image: Losing her respect by begging]

For example: A guy might try to reason with his ex by explaining how much he cares for her.

He might say something like, *â€œPlease donâ€™t do this to us. I love you. I will always love you. Doesnâ€™t that mean anything to you? I know that things didnâ€™t work out between us, but shouldnâ€™t love be able to conquer anything? For the sake of what we once had, please letâ€™s just try and work things out. Just give me a chance to make it up to you. Please! I donâ€™t want to lose you.â€*

Yet, if a woman doesnâ€™t have strong feelings for her ex anymore, him telling her how much he cares for her wonâ€™t make much difference to her.

Instead, she looks at his actions as another sign that heâ€™s not man enough for her or is being selfish and needy (i.e. by always talking about how he feels and what he wants and needs), so her respect for him will begin to fade away.

If you want to make your ex care that you care about her, you must make her experience the type of feelings she wants to experience when you interact with her (e.g. respect, attraction, excitement, sexual desire, happiness, relaxation, love).

If you just try to reason with her without sparking her feelings of respect for you first, sheâ€™s just going to keep pushing you away and saying, *â€œPlease just accept that itâ€™s over between us. I donâ€™t want to be in a relationship with you anymore.â€*

On the other hand, if you spark some of her feelings for you first and then build on that, she then starts to care that you care about her.

Another reason why begging a woman to come back is a turn off is thatâ€¦

3. It Makes Her Lose Faith in His Ability to Handle the Challenges of Life Like a Man

[image: Begging doesn't work on most women]

When a guy begs a woman to come back to him (even though he doesnâ€™t know how to improve himself to be more attractive to her), she begins to suspect that heâ€™s clinging on to the relationship with her because he doesnâ€™t know how to cope with the break up.

The more he begs her to come back, the more respect and attraction she loses for him because she realizes that he is lost, confused and doesnâ€™t even know what he needs to do to fix the situation.

Instinctively, she will be wondering, *â€œIf he canâ€™t cope with me breaking up with him, what else wonâ€™t he be able to cope with? What if I get back with him and something more serious happens (e.g. he gets retrenched, one of us gets ill, we experience financial problems)? Will he expect me to be the one to take care of things for him because he canâ€™t cope on his own? I donâ€™t want that. I want a man I can look up to, rely on, respect and feel safe with, not a guy who is too emotionally weak to cope with the challenges of life. I just donâ€™t believe that he is man enough to handle the challenges of life on his own,â€* and she feels turned off by him even more.

She might then actively focus on making it more difficult for him to interact with her (e.g. by refusing to answer his texts or talk to him on the phone, unfriending him on social media or avoiding the chance of bumping into him if they hang out at the same places).

When that happens, a guy might ask, *â€œWhy is she being so cold towards me? Why is she being so stubborn? I love her so much and we used to have something special. Why is she being like this?â€*

Here's the thingâ€

When a guy begs a woman to come back, the woman instinctively feels turned off by his emotional weakness.

Sheâ€™s not being stubborn or being a bitch about it.

She's simply turned off by his weakness.

Without her even having to think about it, her instincts kick in and warn her, *â€œIf you get back with this guy, you won't be safe. He's too insecure and emotionally weak to be able to protect you and take care of you and a family if you choose to have one together some day. He doesn't yet know how to be a man. Remain broken up with him.â€*

Even though she may still love him and secretly hope that things would have worked out, if her instincts kick in like that, she will try to steer clear of him.

The only way for him to get her to forgive him is to let her see that he's no longer the same guy anymoreâ€

If you want your ex to stop shutting you out of her life and give you a second chance, you have to rebuild her feelings of respect and attraction for you first, by showing her that you are now man enough to handle the challenges of life.

You can do that by thinking, talking and behaving in some of the ways that are naturally attractive to women (e.g. being emotionally strong and confident around her, being emotionally independent by getting on with your life without her, changing her mood by making her smile and laugh when she is being stubborn and cold towards you).

When she experiences the new and improved emotionally strong version of you, it restores her faith in you as a man.

She starts to see you as a man that she can now look up to and respect, which causes her to begin changing her mind about wanting to be broken up with you.

If You Begged Your Ex to Come Back, Don't Worry. Itâ€™s Not the End of the World

If you begged your ex to come back, don't beat yourself up about it.

Itâ€™s not the end of the world and itâ€™s also not an unforgivable mistake.

As long as you have already learned from your mistake and have become a better man as a result, you can hold your head up high from now on.

How you behave from now on is what matters.

Just write it off as a lesson learned and focus on being an emotionally strong man from now on whenever you interact with her.

For example: The next time you're talking to your girlfriend over the phone, or in person, you can laugh and say to her, "Wow! it's pretty funny what happened when I look back on. I can't believe I lost it like that. Who was that blubbering, begging wimpy guy anyway? I suppose I was just a little shocked at the thought of losing you and I overreacted and I guess my main reason for losing it like that was because I still love you and I didn't want you to leave me. Yet, I know now that it's not a very mature way for a grown man to behave. I know that now, so I just want to say that I'm really sorry for begging you to come back in the way I did. I wholeheartedly accept your decision to break up. I still love you and I do want you to come back, but I respect your decision."

Will saying something like that to your ex make her change her mind?

Yes, sometimes.

I've heard back from some men who've gotten their woman back after a phone call like that, but it's not enough for every ex back case.

Most of the ex back cases that guys come to me for help with are messy break ups where the woman is really turned off and starts out not wanting to give him another chance.

In cases like that, apologizing (like in the example above) is a good start because she can see that you're being emotionally mature about it, which will make her begin to feel some respect and attraction for you.

When she feels some respect and attraction, she can't help but relax her guard a little and begin to open back up to you a bit.

She starts to think of you in a more positive way, which then allows her to be open to the idea of talking to you again and meeting with you.

So, from this day forward, when you talk to her on the phone, or meet up with her in person, make sure that spark her feelings for you (e.g. by being more confident and charismatic, making her feel feminine and girly by being more emotionally masculine, taking the lead in the ex back process rather than expecting her to guide you back into a relationship).

When she experiences the new you, her walls come down and she stops holding on to her negative ideas of the man she thinks you are and begins to see you in a more favorable light.

Then, giving you another chance seems like it would be a good thing for her too because you are now the man that she always wanted you to be.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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Should You Hook Up With a Previous Ex Girlfriend to Make Your Current Ex Jealous?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Whether or not you should hook up with a previous ex girlfriend to make your current ex jealous depends on a few things...

1. Does She Think That Your Ex Girlfriend is More Attractive Than Her?

If your current ex dumped you because she thought that she was too good for you, but also thinks that your previous ex is more attractive than her, then hooking up with your attractive ex girlfriend will cause her to feel jealous.

It will also make her feel a renewed sense of respect for your value as a man, rather than continuing on thinking that she is too good for you.

She might say to herself, *“If he can get a hot woman like that, then maybe he is a better catch than I originally thought. Maybe I should give him another chance after all. He could attract an even hotter woman than her and then I’m going to feel horrible about losing him.”*

Then, at the same time, if you focus on making her feel respect and attraction for you every time you interact with her (e.g. on a phone call, or in person) by making her laugh, smile and feel good to be talking to you again, she won’t be able to stop herself from feeling totally drawn to you again.

When that happens, she then drops her guard and opens herself to getting back together again because she realizes that losing you will be her loss.

However, if your current ex is insecure about her appearance, she might not want to get back with you because she won’t feel good enough compared to your hot ex.

On the other hand, if she thinks that your ex girlfriend is less attractive than her, then it will actually make her lose respect and attraction for you for hooking up with a less attractive woman.

She might then say to herself, *“If she’s the best that he can do after me, then I’m better off without him. Clearly I was too good for him. He got lucky when he picked me up. Well his luck has just run out and I’m moving on. I’m going to find myself a guy who deserves a woman like me.”*

Here’s the thing!

In most cases, it’s not a good idea to play one woman against another.

Rather than trying to get her back by making her feel jealous (and standing the chance of potentially losing her if she finds out), focus instead on re-sparking her feelings of respect and attraction for you when you interact with her on the phone and in person.

When she feels attracted to you in a whole new way, she will then want to get back together because it feels good, not because she doesn’t want some other woman to have you.

Remember: If you try and get her back by making her feel negative emotions such as jealousy and envy, it might backfire and making getting her back more difficult.

Of course, if you just want to have a bit of fun and mess with her head, then go ahead.

Yet, if you want to get her back the easy way, this is how it’s done!

When you start making her feel attracted in the ways that matter to her, she naturally feels drawn to you again and wants to see you.

For example: If you became insecure in the relationship, but are confident, charismatic and charming when you talk to her now, she will naturally feel attracted to you and drawn to you.

From there, you just have to meet up with her and get her back by hooking up with her and beginning the relationship again from there.

Another question to ask yourself before you hook up with your previous ex to make your current ex jealous isâ€¦|

2. Is Your Current Ex the Sort of Woman Who Likes a Guy Who is a Challenge to Keep Interested?

[image: Does your ex prefer a guy who is a challenge?]

Some women like it when their guy quickly starts hooking up with another woman after she dumps him because she enjoys the thrill of being with a guy who can have any woman he wants.

For example: A woman like this might fear that a relationship will get boring and stale over time because she will gain the position of power and the guy will essentially do anything she wants to avoid losing her.

However, if she is with a guy who is sought after by other women then she will always have to put in the effort to look good, keep him happy and stay attractive, so she wonâ€™t lose him.

That is exciting to her.

However, not all women feel like that or want that in a relationship.

Some women hate it and see it as meaning that you are untrustworthy and unreliable.

A woman might hook up with a player guy for fun and be truly attracted to him and in love with him, but she will know that the relationship has an expiry date.

Of course, that is, unless he changes and commits to her, but still gives her the feeling that he could leave her and find another woman if she stopped being attractive and started treating him badly.

It really depends on the woman.

So, if your current ex is not the type of woman who thinks it will be a fun and interesting challenge to get you back from your previous girlfriend, then trying to make her jealous might just push her away even more.

She may even begin thinking things like, â€œIf he can move on with another woman so quickly, he obviously didnâ€™t love me that much after all. Now that I think about it, if heâ€™s back with his previous girlfriend, maybe he never actually broke up with her and was only using me to make her jealous. Maybe he was cheating on me with her behind my back and I was too blind to see it. If I ever got back together again with him, I wouldnâ€™t be able to trust him after this. Iâ€™m going to get revenge on him now by finding myself a new guy and falling madly in love with him. Iâ€™ll show him.â€

Of course, she might not be able to find a man as cool, confident and attractive as you, but hey â€¦ she might.

So, why take the risk of pushing your ex even further away by hooking up with a previous ex

girlfriend to make her jealous, when there's a much easier way to get her back?

How?

Just show her via the way you talk, think, behave, interact with her and the way you respond to what she says and does that you are no longer the guy that she remembers.

You are at a different level now.

You are more attractive to her (and other women) than ever before because you have matured, are even more confident and are no longer making the mistakes that caused her (and would cause other women) to want to break up with you.

You're a new man now.

Additionally, when she sees that you are emotionally mature and confident enough to try and get her back without resorting to playing mind games with her (i.e. trying to make her jealous, pretending that you're not interested in her), she will automatically feel more respect and attraction for you again.

Then, getting back together begins to feel like the right thing for her to do, rather than her feeling that she can no longer trust you.

Another question to ask yourself is

3. Does She Currently Have Enough Feelings For You to Care?

It's all good and well for you to hook up with a previous ex girlfriend to make your current ex jealous, but, if she currently doesn't have any feelings for you, she's probably not going to care that much.

Instead, she may just think, *"Good riddance! His previous ex might be a sucker to take him back, but I'm not. At least now I can move on with my life without worrying about him trying to get back with me. This worked out perfectly for me. Now, I am free to move on in peace and I will have a perfect excuse to reject him if he comes back looking for another chance."*

So, if your current ex doesn't have enough feelings for you to care that you're hooking up with your previous ex girlfriend, it most likely won't work.

You will get much better results if you just focus on making her feel positive feelings like respect and attraction when she interacts with you, rather than only trying to make her feel jealous and hope that she comes running back.

You Can Make Her Change Her Mind Without Making Her Jealous

In most ex back cases, rather than a woman saying, *"Oh no, I better do something quickly or else I'm going to lose my ex to another woman,"* she will usually feel relieved that she's found someone else to take him off her hands and will then focus on moving on with her life and finding a replacement guy.

Alternatively, if a woman realizes that her ex is only trying to make her jealous by hooking up with his previous ex girlfriend, she can lose respect for him and no longer want anything to do with him.

Then, if he tries to interact with her, either via text, on social media or by calling her up on the phone,

she will most-likely just ignore him, thus making it even more difficult for him to get her back.

So, don't do that to yourself and potentially make it harder to get her back.

Of course, if you do want to just have some fun with your previous ex to mess with the head of your current ex, then that's fine.

It really depends on how serious you are about getting your current ex back.

What I've found by helping 100s of clients to get their woman back after a serious break up, is that using a simple approach to the ex back process will always get you better results than playing mind games.

You just need to reactivate her feelings during interactions and then guide her back into a relationship.

That's what works in almost every ex back case that I've come across.

Sometimes, it is important to hook up with another woman to show your ex that you're not a desperate guy who can't get any other girls but her.

However, in most cases, you just need to reactivate her feelings during interactions, hook up with her again and get the relationship back together.

One of the best ways to reactivate her feelings is by making her laugh, smile and feel happy every time you interact with her (e.g. via text, on a phone call, or in person).

For example: Imagine that you're talking to your ex on the phone and she says something like, *Look, you need to accept that it's over between us. I just don't have feelings for you anymore.*

Rather than giving up and ending the call, you can use her negativity as a way of making her smile and laugh, so that she begins to doubt what she is saying to you.

So, when she says, *Look, you need to accept that it's over between us. I just don't have feelings for you anymore,* you can respond by saying in a pretend, panicked voice, *Oh no! What am I going to do now?*

She may then ask, *What do you mean?* and you could say (in a joking way), *Well, since you're so adamant about not getting back together again, I'm going to have to break it to the dog that he's not going to get anymore leftovers from your beef stew. He's going to be devastated! If he gets depressed and needs therapy, I'm sending you half the bill!* and then have a laugh with her about that.

Alternatively, you could say something like, *"Don't worry, I accept it. I'm so glad that we're broken up because it means that I won't have to eat any more of that horrible beef stew you used to make. I always had to pretend that I liked it and then I'd go and throw up in the toilet later on"* and have a laugh with her about that.

Of course, you're only joking and you'd tell her that, but the point is that you're not taking what she is saying so seriously.

Additionally, because you're making her smile and laugh, she can't help but feel good when talking to you, which makes her doubt her negative feelings for you.

It also shows her that you're an emotionally strong, confident and mature man who can remain confident regardless of what she's saying or how she's behaving.

This makes her feel respect and attraction for you, whether she wants it to or not.

Attraction is an automatic reaction that men and women have for each other, whether they want it to happen or not.

So, when you make her feel attracted by using some humor, she will begin to think about how different you suddenly seem to be and feel to her.

She may then think something like, *“This isn’t what I was expecting. I thought he was going to get angry, annoyed or insecure. This is very unlike him. What has changed? Maybe I broke up with him too soon. Maybe the break up really did change him. Maybe it could be different this time around.”*

Her curiosity causes her to drop her guard and she then becomes a lot more open to at least meeting up with you again, rather than telling you that you have no chance with her anymore.

Then, when you meet up with her and you continue to trigger her feelings of respect and attraction for you, she will realize that what she experienced on the phone call wasn’t a once of thing and that you really are different now.

Here’s the thing:

Sometimes, it is a good idea to focus on making a woman jealous, but other times a guy doesn’t even need to do that and can simply reactivate her feelings and reconcile the relationship.

I’ve personally heard back from so many men who have used my simple approach to getting an ex woman back and they always tell me how thankful they are for finding my site.

Before learning my simple, proven to work method, they were trying all sorts of tricks (e.g. ignoring her, sending her a farewell letter, trying to text her back) and it wasn’t working.

Then, when they simply changed their approach and started focusing on reactivating her feelings of respect and sexual attraction on the phone and in person, they got another chance with their woman.

Getting Her Back the Easy Way

[image: Start giving her the attraction experience she really wants]

If you hook up with a previous ex girlfriend to make your current ex jealous and she finds out, you stand the risk of losing her (or at least making it a lot more difficult to get her back this time).

So, why do that when there’s a much easier and more effective way to get her back?

Instead of wasting time playing mind games with her, focus on giving your ex the attraction experience she really wants from you.

For example:

- If you were too emotionally sensitive and insecure during the relationship, show her that you are now a more confident, emotionally strong and emotionally mature man.
- If you lacked purpose and direction in life, you are now more focused on what you really want and you have already started making progress towards achieving some of your big goals. You don’t have to have achieved all your goals right now of course, but she does need to see that you’re making some progress.
- If you let her dominate you emotionally in the relationship and it turned her off, show her that

youâ€”re no longer a pushover kind of guy and have become a real man.

- If you were emotionally closed up and couldnâ€”t easily express your love for her, show her that you are now emotionally fearless (Note: Donâ€”t confuse being emotionally fearless with becoming a hopeless romantic who pours his heart out to her. Being emotionally fearless in a manly way is about expressing your emotions in a relaxed, easy-going, matter of fact kind of way, rather than a tense, anxious, needy kind of way).
- If you stopped making her feel feminine and girly in your presence, start attracting her in by being more manly in how you talk, behave, think and react to her.

When you take action and make the necessary changes and improvements to yourself, your ex will naturally begin to feel respect and attraction for you again because she will see that you have learned from your past mistakes and become a better man.

Then, dropping her guard and opening herself back up to you becomes something that feels good to her.

It feels right and she wants it.

On the other hand, if you attempt to get her back by playing mind games and trying to make her jealous, she may see through your plan and it can turn her off even more.

Remember: Itâ€”s always better to be real with women.

Be fearless and just get her back, without being needy or thinking that you need to apologize over and over again.

Just reactivate her feelings and get her back.

The easiest way to do that is by talking to her on a phone call and in person.

Many guys donâ€”t want to call their ex woman because they fear she wonâ€”t like it, or that sheâ€”d prefer to text.

Donâ€”t worry about what she might prefer. Just do what works.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

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What to Do if Your Ex Says That She Loves You, But Doesn't Want to Be With You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

When a woman says that she loves you but doesn't want to be with you, it's usually because she has lost a lot of respect and attraction for you over time.

So, what you need to do is...

Make Her Love You Again By Getting Her Respect Back and Making Her Feel Attracted in New Ways

You attracted her into a relationship at the start and most likely enjoyed a lot of good times together, right?

The sex was probably pretty awesome at the start and both you and her most likely really loved each other, true?

Well, that's all good, but it's not enough.

Watch this video for more info!

For a woman to want to stay with you for life, she needs to be able to look up to, respect and feel attracted to you as the relationship continues.

If you were able to make her feel that way at the start, but then destroyed her feelings (e.g. by becoming insecure or by taking her for granted and treating her badly), then it's just not enough to make her want to stay.

She might put up with it for a while (even years), but she will eventually get to the point where she wants to break up and try to find a new man.

So, if your ex is currently saying things like, *"I love you, but I'm not in love with you,"* or *"I love you, but I don't want to be in a relationship with you,"* it's likely because she doesn't feel enough respect and attraction for you right now to want to stick with the relationship.

However, that doesn't mean you can't change how she feels.

You can.

You can get her respect back for you and make her feel differently.

How can you do that?

By changing and improving the things she has been complaining about and making her feel attracted in new ways that she probably has never told you about.

For example: If your ex felt more like a friend, or worse, more dominant and powerful than you in the relationship (e.g. because you let her make most of the decisions or allowed her to push you around), you now need to make her feel girly and feminine by being more masculine.

If she says something like, *"I love you, but I don't want to be with you"* rather than getting upset, angry or insecure, be strong enough (i.e. be emotionally masculine) to make light of the situation and get you and her laughing.

You can say, “Cool, me too. I love you, but I don’t want to be with you because your cooking is horrible,” or, “I agree. I love you, but I don’t want to be with you because you snore so damn loudly that I can’t get a good night’s sleep. I’ve been sleeping so well since we broke up” and then have a laugh with her about that.

Of course, you’re only joking and are not trying to say mean things to her to hurt her.

Instead, you are showing her that you are masculine by being emotionally strong enough to remain strong and create a funny moment, rather than being emotionally sensitive, insecure and weak and pleading with her for another chance.

This is important because she needs to be able to see that she can relax and trust that you really are the man now.

That’s what a woman wants.

She doesn’t want to be the stronger one who is always in control of the dynamic.

She wants you to be masculine enough to lead the way and create a dynamic that leads you and her back to love.

She wants that now and when you and her are back together in a relationship.

Women always want that.

They want a man who can take control and not get caught up reacting negatively to her mood swings and changes in feelings.

If you can show your ex that you’ve become so much stronger (emotionally) since the break up, she will automatically feel a renewed sense of respect and attraction for you.

Naturally, she will try to test you (e.g. by putting you into the friend zone, being disrespectful towards you, saying mean things), but it’s up to you to stand up to her (in a firm, but loving way) and show her that you’re not the pushover she remembers.

This doesn’t mean that you treat her badly.

It simply means that you don’t let her get away with trying to dominate you.

You are the man and you are the more dominant one.

When she notices that you no longer react like she expects you to (e.g. getting upset, being extra nice to her in the hopes that she will change her mind, giving in to her demands), she will begin to respect you again.

When that happens, she will become open to feeling attracted to you and will naturally begin to reconnect with her feelings of romantic, sexual love for you.

She may start to wonder, *“Why am I feeling different all of a sudden? I know I said that I don’t want to be with him, but now my love for him feels different. Before I felt fine with the idea of being just friends with him, but now it just isn’t enough for me. The idea of losing him to some other woman scares me. What is going on? What should I do? Maybe I should just give him another chance and see how it goes.”*

This is why it’s so important to get your ex’s respect back for you first.

The more she respects you, the more she will feel attracted to you and the more attracted she feels, the less she will be able to keep telling herself that she loves you, but doesn’t want to be with you.

You Can Quickly Regain Her Respect For You

[image: You can quickly regain her respect for you]

Respect is not something that's given for nothing; it is earned.

So, if you want to earn your ex woman's respect, you need to think, act and behave in ways that make her feel like she can look up to you and feel proud to call you her man.

For example: Some of the personality traits and behaviors that earn a woman's respect for a man are:

- Confidence and emotional strength.
- The ability to take the lead in the relationship, thereby allowing her to fully relax into being a feminine woman.
- Emotional independence (i.e. having a purpose, goals, dreams, interests and friendships that are separate from his relationship with her).
- Emotional masculinity (i.e. being more emotionally dominant than his woman, maintaining control of his emotions during challenging moments or times, not being sensitive like a woman).
- Reaching for his true potential as a man and never giving up until he achieves his biggest goals and dreams.
- Being a man of his word (i.e. someone a woman can depend on and trust).

On the other hand, some of the behaviors and personality traits that cause a woman to lose respect for a man are:

- Insecurity and self-doubt.
- Not being ballsy enough in his relationships and in life.
- Being needy and clingy.
- Not having a purpose in life outside of his relationship with her.
- Taking his woman for granted.
- Treating her more like a neutral friend or a big sister, rather than his feminine, sexy woman.
- Needing her to tell him what to say and do to be the kind of man she needs him to be.
- Being overly protective, jealous and controlling.
- Lacking confidence in his value to her and other women in general.

So, from now on, depending on how you think, behave and interact with your ex, you will either be earning her respect and making her feel sexually attracted to you, or losing her respect and making her feel turned off.

Every time you interact with your ex (e.g. via text, e-mail, on social media, on a phone call and in person) you need to ask yourself, *Am I the way that I am thinking and behaving right now making her feel respect and attraction for me, or am I turning her off?*

As long as the answer is *Yes* and you are turning her on, you are on the right track to getting her back.

3 Tactics That Won't Work on Her

Sometimes, when a woman says, *“I love you but I don't want to be with you,”* a guy hopes that he can convince her to change her mind by being more loving and romantic towards her. He might then try to re-spark the love between himself and her by using one of the following tactics:

1. Telling her how much he cares.

It can be very frustrating for a guy to be faced with a situation where his ex is saying that she loves him, but at the same time, saying that she doesn't want to be with him.

He may wonder, *“If she really loves me, then why doesn't she want to be with me? Either she is lying about loving me, or she's just confused. Maybe she doesn't realize just how much I really love her. That must be it! I have to let her know. I have to tell her exactly how much I love her, care about her and how much she means to me. That way, she will realize that I am the one for her and that no other guy will ever love her as much as I do.”*

He might then pour his heart out to her and say things like, *“You mean the world to me. No matter how you feel about me right now, I'm going to wait for as long as it takes for you to realize that we are meant to be together. No other guy will ever love you the way I do. When you realize that, you will want to be with me again. I just know it. Please just do one thing for me. Remember that I love you and I will always love you.”*

He's likely hoping that by telling her how much he cares, she will suddenly realize that she made a mistake and change her mind.

However, in most cases, a woman just won't care how much she means to her ex, if he doesn't know how to make her feel attracted in the ways that she secretly wants.

For example: He is very soft, gentle and nice to her all the time, but she actually prefers a man who is more confident, assertive and even a little rough (not too much) at times.

She won't tell him that of course, because she doesn't want to be responsible for shaping who he is as a man.

She wants him to be himself and if it's a match for her, she will go along with it.

However, if who he is doesn't make her feel attracted in the ways she secretly wants, she will just try to move on.

She may feel flattered that he loves her so much, but she's not going to change her mind simply because of that.

For her to care about how much he cares about her, she needs to feel like she will be winning by getting back together with him because he is now able to make her feel attracted in the ways that really matter to her.

So, if you want to get your ex back, don't waste time telling her how much you care for her, because if she's not feeling a lot of respect and attraction for you right now, it's just not going to matter to her.

She's going to keep saying things like, *“I love you, but I just don't want to be with you anymore. I don't want to be in a relationship. I just want time for myself. Please give that to me. If you love me,*

you will respect my wishes. ”

Another tactic that doesn't work isâ€¦|

2. Buying her gifts.

[image: Trying to buy her love]

When trying to re-spark a woman's feelings some guys will lavish her gifts in the hope that she will be amazed by his generosity and want to be with him, so she can be spoiled with even more gifts.

He might say to himself, *“If I buy her a thoughtful gift, or some of the things that she's always wanted (e.g. a pair of expensive earrings, a special bracelet, a new phone) she will realize that no other guy will love her and take care of her the way I do. She will then get worried that she might lose me forever and will come running back to me. I'll show her that I am willing to give her anything to be with her and that will make her realize that I am the one. I love her more than any other guy would.”*

Yet, even though a woman might be very happy to be spoiled in such a way, it doesn't mean that she's going to change her mind about the break up.

Here's the thingâ€¦|

A woman doesn't fall in love with a guy because of what he can buy for her; she falls in love with a guy because of the way he makes her feel when she's around him.

Of course, some women date and even marry guys for what they can get, but most women don't.

Likewise, most women who marry rich men end up divorcing them because the man is unable to make her feel respect, attraction and love when she is around him.

He's able to buy her things, but the feelings just aren't there, so she leaves.

Most women (95%) fall in love with a guy based on his personality, behavior and inner qualities, not his money.

This is why guys who work as a waiter, cleaner, basic mechanic, engineer or office clerk can attract and have sex with hot women and get them into a relationship or marriage that lasts for life.

What really matters to a woman is how a guy makes her feel when she's around him.

For example: If a guy is confident, charismatic and emotionally masculine, a woman is going to feel attracted to him and enjoy being around him.

If he happens to buy her a gift every now and then, she will appreciate it because it's coming from him, but she won't need it to be in love with him.

On the other hand, if a guy is insecure, awkward and emotionally sensitive, it won't matter if he's spoiling her with gifts because he will be turning her off at a deep level.

So, if you want your ex back, just focus instead on saying and doing the types of things that will re-spark her feelings of respect and attraction for you (e.g. being confident, making her feel feminine and girly, being emotionally dominant, being charismatic).

That's what really matters and what actually gets an ex woman back.

Finally, another tactic that doesn't work isâ€¦|

3. Being really sweet to her.

A guy might sometimes think that the key to getting his ex back is being extra sweet and nice to her. He might say to himself, *“Maybe I just didn’t take care of her as well as she wanted me to. If I’m really nice and sweet to her from now on (e.g. do whatever she wants me to do, always agree with her opinion, help her out with errands/homework/chores and even pitch in and help pay some of her bills), she will realize that I’m the one who loves and takes care of her. She will see that no one else in her life is as good to her as I am and then she will want to get back together again. I’ll show her that I’m the nicest, sweetest guy she will ever meet in her life.”*

Unfortunately, that just doesn’t work to get a woman back because women can see right through it.

A woman can sense if a guy is just being sweet and nice to her to manipulate her.

If she senses it, her guard goes up and it becomes even more difficult to get her back.

Additionally, even though a woman may appreciate that her ex is a sweet guy, if he’s not really addressing the real issues in the relationship, it’s not going to sway her.

For example: If a woman broke up with a guy because he was a pushover and let her control him, then him being really sweet to her is just going to highlight to her that he still does not understand why she broke up with him.

Alternatively, a woman might have broken up with a guy because he stopped making her feel feminine and girly in the relationship.

So, when he’s being sweet to her as a way of getting her love, respect and attraction back, she’s not going to suddenly be going to feel more like a real woman in his presence.

She secretly wants him to be more ballsy and assertive, but she isn’t going to tell him that.

She’s going to wait and see if he has it in him, or if he’s just a soft, wussy guy that she should get rid of once and for all.

Here’s the thing!

Although there is nothing wrong with being sweet to a woman, you need to focus on doing more than that to get her back.

Feeling nice, supported and appreciated is great, but it doesn’t get her sexually excited and longing to be with you.

If you want to get your ex back for real, you have to make her respect you and feel sexually attracted to you as a man.

She has to be able to sense that you’ve quickly transformed and are now so much more of a man than you were before (i.e. by the way you talk, behave and react to her).

If she senses that, she won’t be able to stop herself from feeling some respect and attraction for you and when she does that, she will start to change her mind about not wanting to be with you.

That’s what works.

Not telling you how much you care, buying her gifts or being extra sweet or nice to her.

So, if you’re serious about getting your ex back, focus instead on using every interaction that you have with her from now on (e.g. via text, on social media, on a phone call, in person) to trigger her feelings of respect and sexual attraction for you.

Some of the ways you can do that are byâ€¦

- Making some changes and improvements to the way you talk and interact with her (e.g. talking in a more masculine way, rather than being soft, gentle or self-doubting in your tonality).
- Making her feel feminine and girly in your presence (e.g. by not suppressing your natural masculinity and just letting her sense that you are clearly the man and she is clearly the woman).
- Reacting differently to what she says and does (e.g. not getting upset when she says that she loves you, but doesnâ€™t want to be with you and instead turning it into something to laugh about together).
- Making her smile, laugh and feel happy when sheâ€™s interacting with you.
- Showing her that youâ€™re at a different emotional level now.

When you show her (via the way you talk, think and behave) that youâ€™re a different man now, even if she tries to ignore it, she wonâ€™t be able to stop herself from feeling drawn to the new you.

Her mind will begin to wander and she will imagine being back with you, hugging you, kissing you and having sex with you.

If you have made her feel a renewed sense of respect and attraction, those images in her mind will be appealing and will excite and interest her.

When that happens, her guard comes down and her feelings of love for you begin to come back.

She then goes from saying, *â€œI love you, but I donâ€™t want to be with you,â€* to *â€œIâ€™m in love with you and I never want to let you go ever again.â€*

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

How to Stop Your Ex From Wanting to Date Other Men

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you want to stop your ex from wanting to date other men, here is what you should do!

1. Don't Talk Badly About Other Men

[image: Don't talk badly about other men]

When a woman breaks up with a guy, she may decide that the quickest way to get over the pain is by dating some new men.

She might say to herself, *"I don't want to sit around going over my relationship with my ex and feeling sorry for myself. The best thing for me to do right now is to get out and meet new guys. I need to forget about the pain and focus on finding a man who can give me what I really need in a relationship."*

Yet, when a man realizes that his ex is dating other guys (or talking about dating other guys) it's only natural that he might feel a bit rejected, jealous, upset and even angry about it.

He might say to himself, *"How can she move so quickly? Didn't our relationship mean anything to her? Sure we're broken up, but I want her back so we can give this relationship another chance. I have to stop her from wanting to date other men. If I don't, she'll fall in love with some other guy and I will lose any chance I might have with her."*

He might then react by trying to control her.

For example: *"You know that I still love you and I want what's best for you. I'm telling you that dating other men right now is all wrong for you. You can't rush into these things. Dating is difficult. Most guys out there don't care about a woman's feelings. They only want to use women for sex. You're not like that. You're special. I don't want you to make a mistake by quickly dating other men. Please don't do this."*

If she happens to already be dating other men, he might begin to badmouth the other guys and say things like, *"Really? Is that the best you could do after me? That guy is such a loser. Why can't you see that? Look at his car! he's obviously broke!"* or *"How can you date such a geek? You're such an athletic, sporty woman who loves being outdoors. I bet his idea of fun is playing video games all day,"* or *"You can't really be interested in a guy with a nose like that, can you? How do you even kiss him? Doesn't his nose poke you in the eye?"*

Unfortunately, saying bad things like that to your ex only makes her want to date other men more.

Why?

By talking badly about other men, it makes you seem insecure and as though you are worried about another guy being better than you in some way.

So, even if the guys that she wants to date are complete losers or if all they really want is to have sex with her, it's not your place to try and talk her out of dating them.

If you talk badly about the other men in her life, they will suddenly seem even more attractive to her compared to you because you will appear insecure, jealous and controlling to her and they will appear

confident and in control.

So, what should you do instead?

Focus on saying and doing the types of things that will re-spark your ex woman's feelings of respect and attraction for you (e.g. make her laugh and smile when you interact with her, make her feel feminine and girly in your presence, show her that you're more emotionally mature and confident than before).

When you do that, she will begin thinking, *"I miss him. He used to treat me so well. This new guy only wants me for the sex,"* instead of *"My new guy is better than my ex. My ex is only saying bad things about him because he's a sore loser. I'm going to start posting up photos of me with my new guy to really annoy my ex. He deserves it for putting me through what he did in our relationship."*

So, make sure that you focus on re-attracting her, rather than trying to make other guys seem like a bad option by badmouthing them.

Watch this video for some examples of how to re-attract her!

If you focus on re-attracting her rather than talking badly about other men, then you will be the one who seems like a better option.

If she is meeting guys who are being nice to her (just to get laid), but she can see that they are nervous around her, then you will appear more attractive if you are confident and don't even worry about other guys potentially hitting on her.

Just don't see them as competition for her.

See yourself as the man and act like it.

Know that you are attractive to her simply based on the fact that you are now a way better man that you were when she broke up with you.

If you haven't made any changes to yourself, now is the time to do it.

When a guy tries to stop his ex woman from dating other men and hasn't even become a new man himself, she's not going to listen.

Another mistake to avoid if you want to stop her from dating new guys is!

2. Don't Claim That She Won't Be Able to Find True Love Again

[image: Don't claim that she won't be able to find true love again]

Sometimes, a guy might panic when he realizes that his ex wants to date other men.

He might say to himself, *"I can't let her do that. I need her to see that no other guy can love her the way that I do."*

He may then say to her, *"Do you honestly believe that some other guy will ever be able to love you the way that I do? It's impossible. You mean the world to me and I want to show you that I can change. Please don't do this to me. Please don't throw away the love that we shared. We can make this work. I know we can. Please don't start dating other men. I promise you that I'll do whatever you want me to do so that we can make things work between us. Please forget*

*about the idea of dating other men. What you and I had was special and you will never be able to find that with anyone else, I promise you. I love you more than anything and I always will.*â€œ

Of course, most women don't fall for that because it seems false and insecure.

Something about it just doesn't feel right.

This is why you shouldn't try to convince your ex to give you another chance simply based on what you're sayingâ€œ!

Of course, most guys don't want to have to change anything about themselves, so they just try to convince their ex woman with words.

If what he says doesn't convince her, he might then add on something like, *â€œYouâ€œd be betraying our love if you start dating other men without at least giving me a chance to make it up to you. What we had was special. You canâ€œt just move on. Youâ€œre not like that. I know youâ€œre a decent woman. Please donâ€œt give up on us. You used to always tell me that you loved me and wanted to be with me forever. What happened to that girl? Please don't do this to yourself. Don't throw away what we have.*â€œ

Yet, here's the thingâ€œ!

A woman usually doesn't care that you love her, unless she respects you and feels attracted to you.

If you donâ€œt make her have feelings for you first, sheâ€œs not going to care how good things used to be between you and her, compared to how bad things might turn out with other guys.

If she meets another guy and he makes her feel respect and attraction for him in ways that youâ€œre currently unable to, sheâ€œs going to value what she has with him now, much more than what you and her once had.

I know, it sucks to read something like that, but thatâ€œs how human relationships work.

I have to tell you the truth so you can get her back for real.

The truth is, if a woman doesnâ€œt feel the way she wants to feel in a relationship with a guy (e.g. sexual attraction, feminine and girly, like she can look up to him and respect him) she will usually break up with him and look for another guy who can give her what she really wants.

It sounds harsh, but that's how human relationships are.

It really comes down to a value exchange.

If she feels like she is much higher value than you (i.e. you are attracted to her, but she's not attracted to you), then she's going to feel like you don't deserve her.

However, if she feels attracted to you in new and exciting ways when you interact with her, the value exchange becomes balanced again and she opens herself up to being with you.

So, telling your ex that she will never be able to find a love as good as the one between you and her, isnâ€œt a good idea.

Rather than make her think, *â€œMy ex has a point there! I should stop looking for other guys and focus instead on getting back together with him. Our love is too precious to lose,*â€œ she will think something like, *â€œWe did have a great relationshipâ€œ and he ruined it all by being too insecure/needy/immature/emotionally weak/jealous and controlling. Heâ€œs just remindedâ€œ me more that I should date other guys so I can get over him quickly.*â€œ

This is why you shouldn't try to convince her that the love you and her shared is the only true love

she will find.

Sheâs just not going to care about what used to be, until you show her (not tell her) that you can now give her the attraction experience that she really wants.

3. Start Giving Her the Attraction Experience She Always Wanted

[image: Start giving her the attraction experience she really wants]

Since almost all men feel the most attraction for a womanâs physical appearance, they assume the same rules apply for a womanâs attraction to a man.

So, when trying to get an ex back, a guy might think, *âOh, I get it. I need to go to the gym, get in shape and improve my appearance to make her want me more than other men.â*

He might then go out and buy himself a whole new wardrobe, change his hairstyle, or go to the gym to lose some weight or pack on some muscle.

Yet, even though a woman might appreciate a manâs efforts to improve himself physically, his appearance isnât the main thing that makes her want to be with a guy or not.

Essentially, a womanâs attraction to a man is based more on how he makes her feel when sheâs with him.

For example:

- Does he make her feel feminine and girly in his presence, or does she feel like a neutral friend, or worse, like his mother or big sister?
- Does he make her feel safe and protected, or does she feel like she has to support him emotionally because he canât cope with problems and challenges in life?
- Is he confident and emotionally strong, or is he insecure, needy and a little bit wimpy around her?
- Can she rely on him to take the lead and guide them both into deeper feelings of love, respect and attraction, or does he expect her to teach him how to be the man that she needs him to be?
- Is he someone she can see herself being with for life, or does she feel that heâs too emotionally immature for her?

These are qualities and behaviors women feel most attracted to in a man.

Sure, some women do like the idea of being with a guy who is physically attractive, but in most cases, a manâs physical appearance is of secondary importance to how his personality makes her feel when she interacts with him.

So, if you want to stop your ex from wanting to date other men, you need to begin offering her what she really wants in a relationship, otherwise she will try to find it in other men.

For example: If a woman broke up with a guy because he was too insecure and clingy, she will usually look for a guy who is more confident and self-assured than her ex.

So, if a guy wants to stop her from looking for those qualities in other men, he needs to quickly show her (via what he says and does) that he is now more confident and emotionally strong than ever

before.

If a woman broke up with a guy because he was too wimpy and he allowed her to walk all over him, to stop her from looking for a man who is more dominant, he needs to show her that he's changed by being more ballsy around her and standing up to her when she tries to push him around.

Important: Don't re-approach your ex and essentially say, *"Hey, I've changed. Now do you want me back?"* or, *"Hey, I'm confident now. You said that you wanted a confident guy. Here I am."*

Approaching your ex in those ways will make her raise her guard up and feel suspicious of your intentions.

Instead, just interact with her and let her experience the changes, without trying to seek her approval.

For example: Don't say something like, *"See? I'm being confident now"* or, *"Did you notice that I didn't get angry this time?"*

She doesn't want to be put in a position where she essentially has to say, *"Good boy. Yes, you did good"* and give you a pat on the head.

She just wants you to change and start being the man you are destined to be.

She also doesn't want you trying to compete with other guys and hopefully make her see that you're better than them.

Why?

If she senses that you're only making changes because you see other guys as being better than you, it makes you appear insecure and self-doubting.

She wants you to change and just believe in the new, improved version of you, without worrying that she might feel attracted to random guys.

After all, you feel attracted to random women all the time, right?

Probably not as much since the break up because you're trying to get her back, but in general, you do feel fleeting attraction for women you notice, right?

Well, if she feels that kind of attraction and then forgets about the guy, there's nothing for you to worry about.

Just be the new and improved version of yourself, re-attract her and get her back.

When you begin saying and doing things that make her feel attracted (e.g. you get her laughing and smiling, you're confident, charming, charismatic, emotionally masculine), she no longer feels a strong need to want to date other men.

Instead, she begins to drop her guard and wonder whether she made a mistake about breaking up with you.

From there, you need to guide her into deeper feelings of love, respect and attraction for you and show her that things between you and her really are different now.

Finally, you should

5. Meet Up With Her and Hook Up With Her Sexually, So She

Can Fully Experience the New and Improved You

[image: Hook up with her sexually and start a new relationship from there]

The best way to stop your ex from wanting to date other men is to meet up with her, let her experience the new and improved you first hand and then hook up with her sexually.

Here's the thingâ€¦!

No matter how much it sounds like a woman is enjoying talking to you on the phone, itâ€™s not the same as her seeing you face-to-face and being able to experience the power of your confident personality, based on your body language and the way you talk and interact with her.

It's also not the same as being kissed by the new and improved you, who is so much more confident, sure of himself, charismatic and interesting than before.

The main thing to remember is that the fastest way to make your ex see you as better than other guys is to actively re-spark her feelings of respect and attraction for you in person.

So, don't sit around worrying about her wanting to date other men and focus instead on making her feel good to be around you again.

One of the best ways to do that is to make her laugh and smile when you interact with her.

For example: Imagine that you and your ex are meeting up in a coffee shop and sheâ€™s says something like, *â€œIt's over between us. I'm ready to move on and date other men.â€*

Rather than get upset about it, you can turn it into something you can both laugh about and make her feel attracted to your confidence in the process.

You can respond by saying something along the lines of, *â€œSure, I totally agree. I think you should do that because you'll then realize that you will never be able to get over me.â€*

She will likely get a bit annoyed and say something like, *â€œWhat makes you think I can't get over you?â€* and you can then say in a joking way, *â€œIt's obvious really! I give great foot massages and I don't think there's another guy on the planet who can face touching your feet for 10 minutes like I did. I had to hold my breath the whole time. It was torture!â€*

She will likely laugh at how you're teasing her and she will probably begin to wonder, *â€œWhy is he being so funny and relaxed? What's changed about him? I'm actually enjoying his company.â€*

You can then add in, *â€œand how about all that burnt toast? Remember when you made scrambled eggs for me? I don't know if any other guy would put up with that. I secretly went into the toilet afterwards and threw up. It was horribleâ€* and then have a laugh with her about that.

All of a sudden, she stops looking at you as her unattractive ex and starts wondering why she doesn't just give you one more chance.

Once she is thinking that way, getting her back and keeping her in a relationship will be very easy for you.

She loosens up and becomes more open to touching you (e.g. on the arm or leg), kissing you and even hooking up with you sexually.

Remember: The more you make her feel attracted to the new and improved you, the more open she becomes to getting back together again.

She then stops feeling the desire to date other men and just wants to hug, kiss and have sex with the new and improved you.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

My Ex Said That She Needs Time to Heal From the Pain That I've Caused Her

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

4 steps to follow if your ex is saying that she needs time to heal from the pain that you've caused her!

1. Stop Apologizing

[image: Don't suck up to your ex as a way of getting her back]

It's only natural that when a guy gets broken up with, he will want to apologize to her for what happened or what he did.

So, there's nothing wrong with wanting to say *"I'm sorry"* to your ex if you caused her some pain.

However, where many guys go wrong is that when a woman is saying things like, *"No, I don't want you in my life anymore,"* or *"I need time to heal from all the pain you caused me,"* he feels that if he keeps apologizing to her over and over again, it will fix the problem.

A guy like that might say, *"I'm so sorry for causing you pain. I know I really stuffed up but I will do anything to make it up to you. Please give me a chance to show you how sorry I am. You have no idea how much I regret hurting you. Please forgive me."*

He's hoping that if he apologizes enough times, his ex will say, *"Oh okay. I know you hurt me, but I can see that you really regret your actions so I'm going to forgive you and we can get back together again."*

Yet, it doesn't work that way.

Why?

In most cases, a woman doesn't want a guy to apologize to her just because he thinks it's what she wants to hear before she will give him another chance.

Instead, a woman wants to see that a guy has understood her real reasons for breaking up with him (e.g. He was too insecure and emotionally sensitive and needed her to take care of him. He took her for granted and made her feel unloved and unappreciated. He was too jealous and controlling. He stopped making her feel feminine and girly in his presence and started making her feel like "one of the boys" or a friend).

She also wants to see that he has made an effort to change and improve those things about himself, so she can actually feel respect and attraction for him again.

So, if you've already apologized to your ex, just remember that she doesn't need to keep hearing it over and over again.

A better way to get her to open up to you is by telling her that you're sorry and then briefly explaining to her what you would have done differently if you could go back in time.

For example: You might say to her, *"I know that I hurt you and I'm really sorry about that. I was so crazy about you and so worried of losing you that I ended up doing all the wrong things to*

hopefully not lose you. I started doing silly things that made you love me even less (e.g. being too jealous and controlling, becoming clingy and needy). If I could turn back time, I would definitely do things a lot differently. I know now that when you love someone you need to relax and let it build over time, rather than being so insecure and becoming jealous and needy. It was immature of me to behave like that. Of course, I understand that you probably won't want to believe me right now and that's okay. I just want you to know that I'm not that kind of guy anymore. You might think that it's good for me and my next woman will benefit from that and I don't mind. You can think however you want, but I realized my mistake and did something about it. I still care about you and I would like us to be friends. I accept that you don't want to be together right now and that's okay. I'm not asking you to get back together again, I just want you to be able to forgive me so that we can both move forward without the pain and disappointment of what happened between us. Then we can start over with a clean slate and at least be friends again.

By saying something like that to your ex, it shows her that you're no longer the guy who caused her so much pain.

You are different now.

Something really has changed and improved about you now and if she got into a relationship with you again, things would be so much better between you and her.

When you talk to her in this kind of way, she starts to feel some respect and attraction for you again, because she can see that you have learned from your past mistakes and are taking positive steps to become a better man as a result.

This makes it a lot easier for her to forgive you.

When she forgives you, her guard comes down and she stops pushing you away.

By the way!

If you say that you want to be "just friends" with her, make sure that you don't then act like a friend.

If you want her back for real, you will need to make her feel sexually attracted to you, rather than making her feel like you and her have no sexual spark and are just friends.

Watch this!

Once you've stopped apologizing and have switched to re-attracting her (even if it's under the guise of just being "friends"), you should then

2. Give Her 3-7 Days of Space

[image: Make her feel drawn to you again]

When a woman is saying things like, *"Leave me alone. I need time to heal from the pain you've caused me,"* a guy might decide to stop interacting with her for 30-60 days in the hopes that the time apart will erase her negative feelings for him.

For example: A guy might say to himself, *"I really stuffed up with my ex. I think my best chance with her is to give her some space so that she can forgive me. They say that time heals all wounds, so maybe if I give her enough time (30, or even 60+ days) she will get over what happened between us and then she might be more open to getting back together again. Besides, I don't want to keep contacting her if she's not ready yet. That might cause her to close herself off from me even*

more. Also, if I keep texting her, or calling her after she specifically told me to give her time to heal from the pain Iâve caused her, she might get angry with me and then she might never want to get back together again. So, I canât afford to push her away any further. Iâve got to do what she told me to do. Iâm just going to give her the space that she needs and hopefully when sheâs ready she will contact me and we can start over again.

Yet, thatâs not how it works.

Giving a woman weeks or months of space isnât going to make her come running back to him if she doesnât actually respect him, feel attracted to him and believe that he really could be different this time around.

Rather than cause her to think, âI didnât think it would bother me this much, but not hearing from my ex is actually painful. I realize now that I still love him and that I want him back. Iâd better get in touch with him right away, before he meets another woman and I lose him forever,â she may think, âThis is perfect. My ex is leaving me alone and I can now get over the pain he caused me and find myself another guy who will treat me the way I deserve to be treated.

As the days, weeks and months pass by, she gradually completely forgets about her ex, while he is sitting around waiting and hoping that she comes running back to him.

So, if you want to get back together with your ex, donât waste a lot of time ignoring her and hoping that she will recover from the pain you caused her, forgive you and then come running back to you.

If she is demanding a lot of space, the most you should give her is 7 days in between each contact.

Any longer than that will not get her back.

Instead, she will just start to move on.

I know this because Iâve personally helped 100s of men via my phone coaching service to get a woman back.

Iâve heard all the stories where guys have used all sorts of strategies to try and get a woman back.

What works is when a guy actively makes her have feelings again, rather than ignoring her.

When a guy just gives his woman space and hopes that she comes running back, it almost always fails.

So, if you are serious about getting her back, I recommend that youâ|

3. Contact Her and Make Her Smile, Laugh and Feel Good When Interacting With You

[image: Contact her and make her smile and laugh]

After youâve given your ex between 3 and 7 days of space after apologizing, get in touch with her and actively make her feel some respect and attraction for you again.

Do it by getting her on a phone call, or by having an in-person conversation with her, not via text.

Note: Texting her is fine as a way of opening up the lines of communication (i.e. to arrange a suitable time to call her), but it shouldnât be your main mode of communication with her. Why?

If your ex currently perceives you in a negative way, seeing a text from you is likely only going to

open old wounds and make her think about how you hurt her.

On the other hand, if you call her up on the phone (or meet up with her in person) you have a better chance of making her drop her guard, by showing her (via the way you talk, behave and interact with her) that you really have changed.

One of the ways you can do that is by making her smile and laugh when talking to her.

It's very important that you make her smile, laugh and feel good if she is being cold, closed off and distant when she talks to you or meets up with you.

For example: Imagine you're talking to your ex and she is being distant and emotionally closed off.

She then says something like, *"I'm just not ready to be around you yet. I need time to heal from the pain you've caused me."*

Instinctively, you might want to defend yourself and say, *"I'm sorry. I know I hurt you, but please give me a chance to explain and make it up to you."*

However, responding like that won't make her feel respect and attraction for you again and she will just feel like she has the upper hand (which causes her to lose even more respect for you because she feels more emotionally dominant than you).

So, a better way to respond when she says, *"I'm just not ready to be around you yet. I need time to heal from the pain you've caused me,"* is to turn it into a joke and make her laugh.

You can say something along the lines of, *"You're right. I'm sorry! I don't want to come across as being pushy and make you feel like I'm trying to rush you. So, how long do you need? 10 more minutes? 20? okay, how about 30 more minutes?"* and then have a laugh with her about that.

She will realize that you're teasing her in a playful way and she will most-likely smile and even laugh along with you.

Of course, saying that to her isn't magically going to erase all of your past mistakes and cause her run back into your arms again screaming, *"Yes! I love you! Please take me back! Oh, I need you!"*

Instead, it's simply something to say in the moment that will make her smile or laugh, which will then take away some of the bitterness that she's currently feeling towards you.

It's also a way to spark some of her feelings for you.

When you have the confidence to joke with her when she is being cold and distant towards you, not only do you take the pressure off her to get back together with you right away, but you're also triggering her feelings of respect and attraction for you by being emotionally strong enough to handle the situation in that way.

Women love a guy who has the confidence and balls to create funny moments in situations where everyone else is feeling awkward, tense and uptight.

It's a very attractive trait.

Of course, your ex may act like she isn't enjoying your attempts at humor, but that's just a woman's way to test how real your confidence is.

If she can see that you don't get nervous when she isn't laughing out loud at your jokes, she will secretly be feeling a renewed sense of respect and attraction for you.

She will then drop her guard and she will begin to focus more on the positive things about the man you are right now, rather than focusing on all the negative things she remembers about you from the past.

Finallyâ€¦!

4. Have a Conversation About How We All Learn Things in Life

[image: Have a conversation about how we all make mistakes and learn things in life]

A big part of helping your ex heal from the pain that youâ€¦ve caused her, is to get her to forgive you.

She needs to understand that forgiving you will be just as good for her emotional well being as it will be for yours.

If she goes through life holding a grudge against you for causing her pain in a relationship, it will negatively affect her future relationships and cause her to live with a stress that never goes away.

By the wayâ€¦!

Don't worry â€¦ you're not actually getting her to go away and have a new relationship stress free.

Instead, you're getting her to forgive you because when she does, she stops thinking about the old version of you and starts looking at you for who you are now.

In other words, you suddenly appear so much more attractive and appealing to her because she has forgiven you for what you did in the past and has left that behind for her own emotional well being.

It's a bit of a psychological trick to play, but hey â€¦ you want her back, right?

If you do, then don't worry – just do what works and get her back.

From there, be a better man than you were before and both of you will then be so much happier together.

So, what you need to do is have a heart-to-heart conversation with her and explain to her that everyone makes mistakes in a relationship at times, but that doesn't mean a couple can't work things out and start over again if they both want to.

Couples who successfully break up and get back together, learn from their past mistakes, which means that their new relationship is more mature, happier and stronger than ever before.

Tell her that you don't expect her to believe you that you've changed, but you have.

Then, most importantly, let her experience the changes in you, based on how you think, talk, feel, behave, react and respond to her and take action now.

For example: If you used to be jealous and controlling before, let her see that you're not that kind of guy anymore.

If she talks about other guys that she's been seeing since the break up, or if flirts with another guy in your presence, just relax and don't let it affect you.

Know that she is sitting there with you and because of that, she does feel some respect, attraction and love and is clinging onto some hope that you and her can still make it.

When she sees that you really have changed, she then begins to see you differently and it helps her to truly forgive you.

On the other hand, if you don't let her experience the changes first hand (e.g. you just text her or you ignore her), she won't be able to get past the pain you caused her and will just keep pushing you away.

Remember: You can't just say to her, *"I'm sorry. Can you forgive me?"* and expect her to say *"Yes"* after all you've put her through.

For her to truly believe that you are a different man now, you have to get her to forgive you for real. How?

Get her to forgive you for her own benefit, as I mentioned at the start of this section.

For example: You can say to her, *"Yes, I want you to forgive me for my own selfish reasons, but at the same time, forgiving me is something that you need to do for yourself too. When you can truly forgive me, you can move on if you want to, without all the negative stuff that happened between us hanging over you like a dark cloud. In that way, you will be able to remember that we actually did have some good times together, rather than only focusing on the negative things and feeling bad about it. I don't want what happened between us to mess with any relationships you have from now on. So, if you want us to have a clean slate and end as friends, the way to do that is to honestly forgive me for making the mistakes I did. After all, we all make mistakes and learn in life. I made mistakes, but as you can probably see now, I have learned from those mistakes and have changed as a man. So, do you forgive me?"*

When she really does forgive you, it then allows her to stop focusing on how you hurt her in the past and start looking at the new you.

Her guard comes down and she becomes open to looking at you in a positive light and having some feelings for you.

Remember: Regardless of how impossible the situation between you and your ex might seem right now, you need to be the strong, emotionally courageous one who guides both you and her back into a loving relationship.

Even if your ex is pushing you away and saying that she needs time to heal from the pain you've caused her, don't let that get you down.

Just focus on reactivating her feelings and she will automatically feel drawn to you again.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

She Said That We're At Different Stages in Our Lives and Then Broke Up With Me

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

4 possible reasons why a woman will break up with you for being at different stages in life are:

1. You Want to Settle Down, But She Doesn't

[image: You want to settle down, but she doesn't]

Sometimes, a guy might be at a point in his life where he's ready to settle down, get married and start a family.

Yet, in some cases a woman might feel like she's too young to do that, or just isn't ready to settle down yet.

She may think, *"I really care about him, but I'm not ready to be in a serious relationship right now. He's always so serious and responsible, but I'm not ready to be like that right now. I want to go out and have fun like all my single friends. I want to go to clubs, travel and do all the crazy things that you're supposed to do while you're still young. I don't want to be trapped in a relationship before I've had the chance to experience life. We're just at different stages in our lives. I have to break up with him."*

Here's the thing!

For a relationship to work, a couple must have a shared, long term vision that they are both happy about working towards.

So, if a woman starts to feel trapped or pressured into being in a serious relationship with a guy before she's fully ready, she will usually break up with him and find someone else who is at her level of maturity and emotional development.

Unlike in the past where a woman was married off at a really young age, regardless of whether she was emotionally ready for it or not, in today's world a woman can choose to stay single for as long as she wants.

By the way!

I met my wife when she was 20 and I was 35.

Yet, she asked me to marry her.

Why and how?

Well, we actually met in a nightclub and rather than immediately stopping her from going partying, I continued to party with her for about two months.

She then got tired of partying because her and I had fallen in love and become a truly committed couple.

So, one day she said, *"I don't want to party anymore. It's good when you're single, but we're past that now."*

We then stopped partying (we still do party once or twice a year if we want) and started hanging out

with friends who were in a relationship or married.

She asked me to marry her many times, before I eventually said yes around the two year mark.

Now, imagine thisâ€¦!

Imagine that I picked her up at a nightclub and then immediately wanted her to stop enjoying dancing and partying with our friends.

Imagine if I told her that we must stop partying and be responsible now that we are a couple.

She would have felt as though I was taking something away from her and immediately trying to tame her into a submissive housewife.

As a result, she would have fought against it.

So, rather than forcing her to change, I allowed it to happen naturally.

I knew that her and I were falling more and more in love and that our relationship would get better and better.

â€¦and it did.

Watch this video to understand what you need to be able to do to keep a relationship together for lifeâ€¦!

As you will discover from the video above, it's not enough to just have a great start to the relationship or to end up being comfortable.

You've got to make sure that you are deepening the feelings of love, respect and attraction that you and her feel for each other over time.

You can't just expect a woman to stick around because it felt good at the start or because you really love her.

The love, respect and attraction has to be mutual.

Another reason why she may have broken up with you for being at a different stage in life than her isâ€¦!

2. She Wants to Settle Down, But You Don't

Quite often, the shoe is on the other foot and it's the man who isn't emotionally mature enough to want to settle down yet.

For example: A guy might enjoy hanging out with his friends and going to bars and clubs and getting drunk, traveling, or changing jobs regularly, rather than being serious about life and aiming to achieve long term goals that will benefit him and her.

So, when she suggests that he gets more serious about life (e.g. that he stops getting drunk so much, travel less often, stick to a job, follow through on big goals that will benefit them both in the long run), he might say to her, *â€œNoâ€¦that's not who I am. Iâ€™m a free spirit. Iâ€™m not ready to get stuck in a rut in my life and become old and boring. Life is for the living. I'm not going to be like everyone else.â€*

What he doesn't realize is that it's not about being like everyone else.

It's about giving a woman a feeling of security and safety about her future.

Why?

Unlike men, women can get pregnant.

Even if she hates children or doesn't ever want to have children, a woman still has a natural instinct to want to be with a man who is thinking about the future and working towards making sure that he and her will be safe, secure and able to survive and provide for any offspring.

She has this natural instinct to ensure that the man she breeds with will work hard to make sure that life will be good for them, or at least comfortable.

A woman might not ever come out and say something like that to you, but she has natural instincts that control much of her behavior, thinking and desires.

So, if you want a relationship to last, you have to work with nature rather than against it.

It's not about being like everyone else and running the rat race or having two children and getting a mortgage.

It's just about being a man that she can rely on and feel safe with now and in the long run.

This is why it's so important for a couple to have the same long-term goals and views about life (e.g. getting married, buying a house, starting a family or never get married, never buy a house, never start a family).

Regardless of what she wants, a woman needs to feel safe about her future based on what she thinks is important (e.g. she might think that being able to travel around is important, being able to have a farm and grow her own vegetables, or being able to party whenever she wants).

Funnily enough though, most of the free spirited women out there who reject society and just want to get away from everyone, end up wanting a house, a child, a car and so on, so they are drawn back into society.

Yet, free spirited women usually hook up with a guy who doesn't want to conform to society's standards and is determined to be a free spirit his entire life.

Eventually though, she starts getting jealous of her girlfriends, sisters or cousins who have a house, a family, a car and all the other things that go along with modern life and she begins to want that too.

If her guy isn't able to adapt to the changes in, she starts to want out.

At the end of the day, she is an individual and doesn't actually have to stick with him if she doesn't want to.

It's not like it was 100-150 years ago when a woman was essentially a man's property.

These days, both men and women are free to do whatever they want, including breaking up a relationship or ending a marriage.

When a woman sees that her man isn't willing to adapt and experience a different way of life or stage of life with her, she starts to feel trapped.

She may then begin to think something like, *â€œWeâ€™re just not at the same stage in our lives. Iâ€™m ready to settle down and get serious, while he still wants to be like we used to be. I canâ€™t stick around anymore, in the hopes that he will change his mind someday and want the same things that I do. What if he never grows up and by the time I realize it, itâ€™s too late for me to find another guy and have a child? I think I need to move on with my life before itâ€™s too late.â€*

She will then usually break up with him and begin to look for a new man who wants the same things as her.

Another reason why a woman might break up with you for not being at the same stage in life as her isâ€¦!

3. You Lack Purpose, Which Has Made Her Seek to Find One and Now She Wants to Focus on That Rather Than Her Relationship With You

Part of being a man that a woman can look up to, respect, feel attracted to and love is having a clear purpose in life (e.g. big goals, dreams and ambitions that are important to you) and working towards achieving it.

Where some guys go wrong is by making their relationship with a woman their purpose in life because they are either too afraid or too lazy to step up and reach for their true potential as a man.

For example: A guy might say to himself, *â€œThis relationship is special. I canâ€™t afford to lose my woman. She means everything to me. I don't care about anything else. The rest of the world can go and get stuffed. All I care about is her and me. That is what matters.â€*

He may then focus all his attention on her and neglect the other areas in his life (e.g. stop pursuing his goals, give up his interests or hobbies).

If his woman sees that heâ€™s clinging to her and avoiding following through on his dreams, she might say to herself, *â€œThis isnâ€™t what I want. Heâ€™s smothering me with all of his attention. I canâ€™t live like this. I need to do something to get away from him or else Iâ€™m going to go crazy.â€*

She may then start focusing more on her own dreams and goals to the point where she begins to question her reasons for staying with him.

She thinks, *â€œWhy am I sticking around with a guy who has no purpose in life? Iâ€™m busy chasing my dreams and making them a reality and heâ€™s holding me back. We clearly donâ€™t want the same things in life anymore. I want to focus on my goals and he wants to hang around me all the time like a young guy would with his first girlfriend. I think itâ€™s time for me to move on. I need a manâ€* and she usually breaks up with him.

If a guy is just drifting along in life and using her to hide from his true potential, a woman will eventually start to feel as though sheâ€™s got herself a boy who hasn't yet grown up, rather than a man who she can look up to and respect.

She feels more emotionally dominant than him and as a result, she takes on a traditionally masculine role of finding a purpose in life outside of her relationship with him.

Although most women don't ever openly admit this, a woman wants to be with a man who is confident enough to reach for his true potential in life and lead the way to a better future for both of them.

She doesn't want to be his “partner” or his “best friend,” she wants to be his woman.

She wants to be able to look up to him and respect him as her man.

If he can give her that, she will feel incredibly sexually attracted to him for life.

Even just the simple act of him hugging her or looking at her in the eyes in a certain way will turn her

on and make her want sex.

Yet, if he expects her to take on a more masculine role or a neutral role like a partner or best friend, the sexual spark will begin to die out.

She just won't feel like his woman, which is disappointing to her.

Although most women won't openly admit it, they just want to be a man's woman.

That's it for most women.

However, modern society is constantly telling women, *"Be like a man. Have a life purpose. Don't worry about men. Just do your own thing."*

Many women get sucked into that, only to find themselves depressed or constantly breaking up relationships and never feeling satisfied.

It's only when a woman meets a man who allows her to be a real woman (i.e. feminine, girly, free to be emotional) that she stops looking outside of her relationship and makes her whole life about being with him and being in love with him.

That's a dream scenario for women, but most modern women are too embarrassed to admit it, so don't expect many women to share that secret with you.

Here's the thingâ€¦!

If a woman notices that she is the one leading the way and is having to drag her guy along to new stages of life, she will gradually stop feeling respect for him, her attraction will fade and she will eventually say something like, *â€œItâ€™s over. Weâ€™re at different stages in our lives. You and I used to be a great match, but things have changed. We're not suited to each other anymore. I don't feel the same way anymore. I need to be by myself. Please respect that.â€œ*

Another reason why a woman might break up with you because you're at a different stage in life than her isâ€¦!

4. She Feels More Emotionally Mature Than You and Doesn't Think That You Can Change

When a woman feels more emotionally mature than her guy (e.g. she has a definite plan for her life, whereas heâ€™s still behaving like a teenager even though he is 20, 30, 40 or 50 years old) itâ€™s understandable that she may reach the point where sheâ€™s thinking, *â€œEnough is enough! I need a man, not a boy. This just isn't going to work.â€œ*

If she then says to him, *â€œLook, we just aren't meant to be together. Weâ€™re at different stages in our lives. I'm sorry, but I have to break up with you,â€œ* he might then promise to change whatever she wants to suit her, even though he secretly doesn't want to.

For example: A woman might be at the stage in her life where she wants to settle down, buy a house, get married and start a family.

In the meantime, her guy is still enjoying being irresponsible (e.g. getting drunk all the time, playing video games all weekend, racing cars, wasting time on hobbies that won't make him any money), going out partying with his friends and isn't interested in settling down.

[image: We can make this work! Why are you giving up so easily?]

So, to avoid losing her, he might say, *“Please give me another chance. I can change. If you want to move in together Iâ€™m all for it. Letâ€™s do it. In fact, letâ€™s buy a house and get married. Iâ€™m serious. Iâ€™ve had enough of the single life anyway. You mean more to me than that. I will buy you a ring next month, I promise.”*

Yet, even though heâ€™s going through the motions and saying all the right things, deep down he may be thinking, *“This isnâ€™t really what I want right now. I like not having any serious responsibilities to tie me down. I donâ€™t want to lose her though, so I guess Iâ€™m going to have to bite the bullet and give her what she wants.”*

Most women don't accept it though because when the guy is offering her everything she wants, she feels turned off by his desperation.

She knows that he's only doing it to please her, so his heart won't be in it.

He might get her a ring, but he really doesn't want to, so it doesn't feel special to her.

As a result, she just breaks up with him and tries to move on.

Another example is if a woman is at the stage in her life where she is very focused on her career and on rising through the levels of her field/industry, while her guy might be more laid back and not be very ambitious at all.

She might say to him, *“Look, you might be happy taking things slowly with your career, but thatâ€™s not what I want in a boyfriend (or husband). I want to make it to the top of my field as quickly as possible. While Iâ€™m busy working late and going to meetings and business dinners, youâ€™re already home watching TV or playing video games. I know you love your job and youâ€™re happy with the way things are, but I just canâ€™t sit around forever waiting for you to get serious about your life. Weâ€™re just at different stages in our lives right now and I think it would be better if we go our separate ways. I want different things than you do. This isn't the life I want. I'm sorry, but I'm leaving.”*

He might then say to her, *“Please baby, just give me a chance. If what you want is for me to get more serious about my career then thatâ€™s what Iâ€™ll do. Thereâ€™s a promotion available in my department at work. Iâ€™m sure I can get it. We donâ€™t have to be at different stages in our lives. Just give me a chance.”*

In reality, thatâ€™s not what he wants at all and heâ€™s just saying it because he doesnâ€™t want to lose her.

She can sense it and she won't like it because women don't want to be your leader or guide.

They want you to want to be a man because you want to do it, not because it will make her shut up and stay.

Likewise, if you do something against your will just to suit her (e.g. stop playing video games so much), eventually you will most likely resent her for making you do it.

For example: Using one of the examples above, if you move in with your ex, or get married and itâ€™s not really what you want, then every time you and your woman have an argument or disagreement, you may be thinking, *“Itâ€™s her fault for forcing me into something I didnâ€™t really want to do. I hate living with her. This is so annoying.”*

She will pick up on your resentment for her and she will start to think that the relationship just isn't going to work.

Additionally, if your ex senses that youâre only promising to do what she wants just to get her back, she will lose respect and attraction for you because she will perceive you as not being your own man.

She will then believe that she was right all along (i.e. that she is more emotionally mature than you and that you canât change).

So, if you are going to get her back, make sure that your heart really is any of the changes that you are willing to make.

You can fake love for life.

Youâve got to do it right and love her, respect her and want to be happy with her for real.

A Sincere, Sudden and Self-Chosen Transformation

[image: A sincere, sudden, self-chosen transformation]

Sometimes, a guy will simply try to convince his woman to give him another chance by explaining how much she means to him.

Yet, that doesnât work.

Why?

Her reasons for breaking up with you have nothing to do with your feelings for her.

She doesnât care about your feelings right now.

I know that it might sound harsh, but I need to teach you the truth so you can get her back.

What she cares about is the fact that you and her donât want the same things in life anymore.

So, no matter how much you love her, itâs just not going to matter to her if she feels that you donât want the same things in life.

A woman will only want to be with you if she can see a sincere, sudden and self-chosen transformation.

She doesnât want you too change to please her or suck up to her.

She wants you to change because itâs what you really want for yourself.

If you can do that, she will then look at you in a more positive light and she will become more open to the idea of getting back together again to see if you and her can have a future together.

You donât even have to tell her that youâve made the change.

Simply interact with her and let her pick up on it during conversation.

If you go to her with a, *“Hey, I changed. Now do you like me?”* approach, she will feel turned off because youâre just doing it for her.

She wants you to be your own man and do this because you really want to.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Does Your Ex Fear Getting Hurt Again if She Gets Back With You?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your ex is pushing you away by saying things like, *“I don’t want to give you another chance because I’m afraid of getting hurt again,”* here are 3 possible reasons why!

1. She Knows That You Can Make Her Fall in Love With You Again, But She Also Knows That You Will Continue to Make the Same Old Mistakes

Often, when a guy realizes that his woman is feeling unhappy in the relationship and is about to dump him, he will try whatever it takes to make her change her mind so he doesn’t lose her.

For example: A guy might start making all sorts of promises and saying things like, *“Please baby, don’t give up on me. I love you so much and I promise to change. Whatever it is that you want me to do to make you happy, I’ll do it. Just give me one more chance. I promise! this time I really will change.”*

[image: I promise that things will be different this time]

In most cases, when a woman really loves a guy, she will agree and give him another chance initially because she doesn’t want to lose him.

Yet, if he breaks his word to her again and again, she will begin to push her love for him into the background and allow more negative feelings such as anger, disappointment and betrayal, to give her the courage to break up with him for real this time.

If the guy then tries to get her back by making even more promises, she will push him away by saying something like, *“No. I don’t want to get hurt by you again. I just don’t trust you anymore. You’ve broken your promises to me many times already. Enough is enough. I’m not going through this with you anymore.”*

She knows that he can make her love him, but she also knows that he is probably going to keep making the same old mistakes and expect her to put up with it.

If she’s given him chances before, she will know that she’s just going to have to go through another break up with him if she gives him another chance.

So, to get her back, he must first understand her real reasons for breaking up with him (e.g. he wasn’t manly enough in his behavior, or he was too giving to her and she ended up feeling like she was using him), rather than the excuses she might be giving him.

If he can truly change and let her experience that on a phone call or in person, she will begin to open back up to him again because she will be able to see that things really would be different this time around.

However, if he doesn’t change, she will remain closed up and give him a vague reason why she can’t get back with him (e.g. “I need more time” or, *“I love you, but I can’t be with you right now,”*).

Why?

Here are 9 common reasons why a woman will give a vague break up reason...

1. She doesn't want to hurt his feelings.
2. She knows that if she gives him too much information about what is turning her off, he will easily talk her out of her decision because she still cares about him and feels attracted to him.
3. She doesn't want to have to take on the role of being his teacher and have to educate him on how to be the man that she needs him to be.
4. She, like almost all women, is afraid of a guy getting aggressive or even violent if they break up with him directly.
5. She is tired of having to explain everything and doesn't want to keep taking on that responsibility.
6. She wants to give herself some time to find a replacement guy, so she won't be the one who is left behind if he moves on before her.
7. She wants to see what it would be like to not be in a relationship. Will she enjoy being alone? Will she enjoy going out with her single girlfriends?
8. She wants to make him feel like he is fully losing her, to hopefully get him to wake up and start being the man she really wants.
9. She wants to hurt him by stringing him along and treating him badly, to get back at him for how he treated her during the relationship.

This is why most women will just give a guy a vague break up excuse and then get away from him as quickly as possible before he makes her change her mind.

The guy is then left feeling lost, confused and potentially even angry at her for leaving him like that.

If he starts begging for another chance, he will turn her off.

If he becomes extra nice, sweet and considerate to suck up to her, he will turn her off.

If he gets angry and starts calling her names or treating her badly, he will turn her off.

So, what should he do instead?

Remain calm, understand the real reasons why she is ending it, begin fixing those things, apologize and then re-attract her.

When you fully understand where you went wrong with her, you can then interact with her (e.g. on a phone call, or in person) and let her experience (via the way you talk, think, behave and interact with her) that you are no longer the same guy that she broke up with.

For example: If a woman broke up with a guy because he was overly protective and jealous of her, when he interacts with her and she talks about other guys, or acts cold and indifferent towards him, he needs to show her that he no longer reacts like that anymore.

Where previously he might have gotten angry or upset with her, he now just laughs and makes a joke of her behavior.

For example: She says, *"I was walking around the shopping mall today and some guys whistled at me. I was so embarrassed."*

To show her that he has changed and is no longer the jealous type, he can laugh and say, *"Of course they whistled. Who wouldn't? You're hot. Why didn't you go and chat to them? You should have given them your phone number. You're so shy"* and then have a laugh.

She will then think, *"Huh? That's not what he's normally like. He would have been angry at me and we would have gotten into a fight. Now, he's encouraging me to move on without him? He's"*

changed.”

Since he seems to be pushing her away, it creates a gap between him and her that she doesn't want to be there.

All of a sudden, she is feeling attracted to him and considering him again as a boyfriend (or husband) and he's not even chasing her.

Yet, he is still being a good man by giving her a compliment and telling her that she is hot.

This confuses her and makes her want to interact with him more to see if he really has changed.

If he has, she will naturally feel attracted to him and want to give him another chance.

Alternatively, if a woman broke up with a guy because he took her for granted and made her feel unloved and unappreciated (e.g. by not committing to her, treating her like crap), he now needs to show her (via his actions) that he understands his mistake and that he's working towards becoming a better man and a better boyfriend (fiancé or husband) as a result.

It's not about sucking up to her and trying really hard to prove that you're such a nice guy now.

No.

Just be the cool, confident guy that you've always been, but add in some niceness as well.

Don't go overboard with it though.

[image: Don't suck up to your ex as a way of getting her back]

When a woman dumps a guy for taking her for granted, she doesn't want to see him desperately change into a Super Nice Guy and suck up to her.

She wants him to remain being the cool, confident guy that he is and just add in some more niceness, sweetness and kindness from now on.

Another reason why your ex might fear getting hurt if she gets back with you isâ€¦!

2. She Feels Like You Might Get Her Back, Make Her Fall in Love and Then Break Up With Her to Get Revenge

[image: Breaking up with her to get revenge]

Sometimes, if a woman has had a bad experience with a previous relationship where the guy tried to get revenge for breaking up with him, she might fear that her current ex will do the same thing to her.

Alternatively, if while in a relationship with her, her ex has previously said something like, *“If you ever break up with me, I don't know if I will be able to stop myself from doing something crazy to get back at you,”* or *“I never let a woman dump me. I'm always the one who does the dumping,”* or, *“If you ever broke up with me, I would make you regret it,”* she may feel nervous about getting back with him again.

Likewise, if he said something like that while she was dumping him, her guard will be up and she will be expecting him to try to get revenge on her in some way.

In the back of her mind, she will be thinking something like, *“I remember what he said when we were together. What if he just wants me back so that he can make me fall in love with him again and then dump me to get his revenge? I know that he might really want me back, but what if he doesn't and it's all a ploy to teach me a lesson for hurting him? Do I really want to take the risk of getting hurt again?”* and then she may just decide that it's just not worth it for her.

So, to make your ex believe that youâ€¢re not going to do something like that to her, you need to put her mind at ease by having an honest, heart-to-heart conversation with her about her fears.

For example: You call her up on the phone and after a bit of chit chat, you say something like, *â€¢I know that youâ€¢re afraid right now of getting hurt again if you get back with me. Itâ€¢s only natural that you might feel nervous and you may even be thinking that I only want you back so that I can make you love me again and then dump you or something crazy like that. I know that you probably wonâ€¢t believe me if I tell you that I would never do a thing like that to you, so all Iâ€¢m asking is for you to give me a chance to prove it to you. Letâ€¢s just hang out as friends for a while and get to know each other again based on the people that we are now, rather than the people we used to be. We donâ€¢t even have to get back together if you donâ€¢t want. Letâ€¢s just catch up and say hi. You are in control. Iâ€¢m going to accept whatever happens, but I would like us to be able to meet and say hello based on the people we are nowâ€¢even if you decide that you donâ€¢t want to see me again after that.â€¢*

She then begins to wonder, *â€¢If he really wanted to get revenge on me, would he really be that honest with me?â€¢* and she then drops her guard and opens herself up to the idea of at least meeting up to see how things go.

From there, you need to use every interaction you have with her (e.g. over the phone and in person) to spark her feelings of trust, respect and attraction for you and make her want to be more than just friends.

3. She Thinks That Youâ€¢re Too Good For Her and is Worried That You Will Eventually Realize it

If a woman is insecure about her attractiveness (e.g. she thinks that sheâ€¢s not very pretty, sheâ€¢s a bit overweight, she doesnâ€¢t like her face, butt or thighs), she might fear that you will one day realize you are too good for her.

She worries that you will realize that you can get a more attractive woman and will just coldly dump her when that happens.

Alternatively, in some instances, a guy might be very successful, or from a wealthy family, while his ex is not well educated, or comes from a poor background.

She might then think, *â€¢Why does such a rich, successful guy like him want a woman like me? Heâ€¢s just too good for me. Maybe right now heâ€¢s romanticizing our relationship, but when reality sinks in, he will realize that Iâ€¢m just not good enough for him and that he can get another woman who is better educated and more successful than me. Then, he will just dump me. I donâ€¢t think I can bear the pain of losing him again. I think itâ€¢s better if I just move on and find guy who isnâ€¢t out of my league.â€¢*

If you genuinely love and appreciate your ex and believe that sheâ€¢s the woman you want, itâ€¢s up to you to show her (via the way you talk, think, behave, interact with her and respond to what she says and does) that you do.

Initially, she might try to push you away, but when she realizes that you want her for who she is, she will almost certainly change her mind because the idea of losing you becomes more painful to her than her fear of not being good enough for you.

You can say to her, *â€¢I know that we come from different backgrounds (or have different careers or*

qualifications), but I love you for you. It's not about who has the better job, who's family is wealthier or the differences in our childhood or upbringing. What matters is how you and I make each other feel, how much we love each other and how much more we can love each other and enjoy a great life together."

As long as you have made her feel attracted to you again before saying that, she will be open to hearing it and excited.

However, if you try to skip the re-attraction part of the process and go straight into telling her something like that, she will remain closed up.

If You Want to Convince Her to Change Her Mind, Don't Make These Classic Mistakes

When a woman is saying, *"I'm afraid of getting hurt again if I get back with you,"* it's only natural that a guy might try to say and do whatever he can to convince her that his intentions are pure.

However, sometimes a guy will go overboard and rather than make her change her mind, he actually scares her off even more.

So, if you want to convince your ex to try again, avoid making these classic mistakes:

1. Continually promising her that you won't hurt her, to the point where you seem desperate, too sweet and too romantic as you pour your heart out to her.

For example: A guy might say to his ex, *"I know that right now you're scared I might hurt you again, but I promise you that it will never happen again. I'm going to prove it to you no matter what I have to do, or how ever long it takes. You mean so much to me. I love you so much. I am willing to do whatever it takes. Please just believe me. Please."*

He may then look for opportunities to show her how much he cares and prove to her that he would never hurt her.

He might think to himself, *"If she's afraid that I will hurt her, then what I need to do is be extra sweet and nice to her to make her feel safer around me. I need to show her that she has nothing to fear from me. What I'll do is take her out to romantic dinners, buy her flowers and gifts and treat her like a princess. Hopefully, she will then realize that if I wanted to hurt her, I wouldn't be wasting my time being so nice to her and spoiling her. I will show her that I care about her more than anything else and that I'm willing to do anything to make her happy."*

He might also shower her with attention every time he sees her (e.g. if they happen to work together, live in the same apartment building, or go to the same school or university), while at the same time continually pouring his heart out to her by saying things like, *"I really care about you. I would never do anything to hurt you. Hurting you would be like cutting my own nose off to spite my face. I just want to take care of you. I miss you. Please give me a chance to show you that our love can be even better than before."*

Yet, she just feels turned off by his desperation, which confuses her even more.

She ends up wondering why she is so turned off by him all of a sudden and assumes that it must be a

sign that they aren't meant to be together.

Another classic mistake to avoid isâ€¦|

2. Taking what she is saying too seriously, rather than getting rid of her fear by making her smile, laugh and feel good around you.

In most ex back cases, what both the man and woman don't know is that the woman would feel attracted to him again if he would just calm down, be confident and get her smiling and laughing again when talking to him.

When you focus on getting her smiling and laughing, she naturally relaxes and opens back up to you. As long as you are being confident and emotionally masculine (i.e. you're not being a sensitive wussy), she will naturally feel attracted to you and will be motivated to give the relationship another chance.

Remember: Just because your ex might be saying that she fears getting hurt again, it doesn't mean she can't change her mind.

Most women don't want to come across as being too eager or desperate to get back with their ex. So, don't take what she's saying right now so seriously.

The best way to melt her defenses is by making her smile and laugh when you're interacting with her and making her feel good to be interacting with you again.

For example: If you're talking to her on the phone and she says something like, "I don't know if I want to get back together again, I'm afraid of getting hurt," you can use it as an opportunity to spark her feelings for you and make her smile and laugh.

For example: You can say in a joking way, "Hey I know how you feel. I don't know if I can take the pain of your eating your cooking again either. However, I'm willing to take the risk even though I fear for my life because I care about you. You can at least give me a chance too. I'm sure we can live on burnt toast and love. They say all you need is love, but burnt toast helps as well."

Saying something like that will make her laugh and ease the seriousness of the situation.

All of a sudden, she becomes open up to the idea of at least meeting up with you to see where things go from there because she can see that it would feel good and wouldn't be as awkward as she may have imagined.

Another mistake to avoid isâ€¦|

3. Asking her what you can do to remove the fear and then obeying her often unnecessary, unreasonable, or needy requests.

Sometimes a guy might go overboard to alleviate a woman's fears about getting back together by doing whatever she asks him to do.

For example: A woman might say to her ex, "I don't know if I can back together with you. I'm afraid you'll hurt me again. You're just too easily influenced by your friends. They mean more to you than I do," or "I can't accept sitting around at home waiting for you, while you're busy putting your job before me. I don't know if I can do that again. It's just too painful."

The guy might then try to show her how devoted he is to her by getting rid of most of his friends, leaving his job and spending every spare minute around her.

He might also reassure her by saying things like, *“I would never hurt you. You mean the world to me. I’ve even given up hanging out with my friends so that you don’t feel like they’re more important to me,”* or *“Nothing else is more important than you. I’m not going out anymore without you.”*

However, if you let your ex call the shots, she will eventually start feeling more emotionally dominant than you.

Then, even though she was the one who initially made all those unreasonable demands, she may begin to resent you for not being ballsy enough to stand up to her and she will feel turned off by what she perceives as your emotional weakness.

Don’t do that to yourself.

You can’t convince her that you won’t hurt her again by becoming her puppy dog.

It’s fine for you to reassure her, but for the most part, she wants to see that you are man enough to lead the way and guide both you and her into deeper feelings of love, respect and sexual attraction.

When she is feeling attracted to you and can see that you’ve changed, her fear will go away and will be replaced by loving and wanting for you.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How to Prove to Your Ex That You're No Longer the Same Guy She Broke Up With

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The only way to prove to your ex that you're no longer the same guy she broke up with, is to interact with her on a phone call or in person and let her experience it.

For example:

1. If You Were Insecure Before, Let Her Experience Your Confidence Now

[image: She is now getting the attraction experience she wants]

Actions speak louder than words, so don't bother trying to prove to your ex that you're no longer the same guy she broke up with by saying something like, *"I've really changed. I promise you I'm not the guy you remember anymore. I'm not insecure anymore"* because she usually won't believe you.

So, what should you do instead?

Show her by the way you think, what you say, your behavior and the way you respond to what she says and does.

She will pick up on the changes automatically without you even having to tell her.

It's like how you can pick up on the fact that someone is shy, insecure or nervous when talking to you, compared to when they are confident, emotionally strong and at ease when talking to you.

They don't have to tell you; you just know it.

By the way!

If you appear to be confident all of a sudden, she will test you to make sure that you really have changed.

For example: A woman might test a guy by playing hard to get, or by being cold and distant towards him.

She might say something like, *"I don't know if I could ever get back together with you. I just don't have feelings for you anymore,"* or *"Why are you bothering me? It's over between us"* or, *"Get a life. Leave me alone"* or, *"I made a mistake by being with you."*

A guy who is only pretending to be more confident will usually give himself away by getting upset, or appearing to be hurt (via his body language, change in vibe, eye contact) when she treats him that way.

She then knows that nothing has changed about him and will say something like, *"Look, this just isn't going to work out. Let's forget about it and move on. I'm really not interested in getting back together with you. You have to move on."*

She is saying that based on how she feels about him in the moment.

He's turning her off, so she sees no reason to give him another chance.

On the other hand, if she tests him and he uses his confidence to get her laughing and smiling, she begins to say to herself, *"He is no longer the same guy that I broke up with. He really has*

changed. Maybe we can get back together again after all.

So how do you turn a serious statement like, *I don't know if I could ever get back together with you. I just don't have feelings for you anymore,* into something to make her smile and laugh about?

By using humor to turn her words against her.

For example: If your ex says something like that, you can respond by saying something along the lines of, *You know, you're right. I could never get back together with you again either. It would be a complete mistake.*

She might get a little bit surprised or even annoyed or upset with you for agreeing with her and she may then say, *Right, I'm glad you agree,* or *Good. At least we're on the same page.*

You can then say in a joking way, *Well, it's not that I don't think you're great or anything like that, because I do, but I really don't think I could handle being in a car with you again. I mean, you're a terrible driver. Every time you drive, I see my life flashing before my eyes! It's like being in a car with a blind person driving. You're all over the place. Driving up onto the sidewalk, crashing into trees, driving over pedestrians—it's like being on an amusement park ride. So, yes – you're right, I don't think I could ever get back together with you. Well, at least not until you improve your driving!*

At this point, she will most likely be smiling or laughing along.

She will then begin to think, *This is what I always wanted. A guy who is confident enough to handle me and put me back in my place, even when I'm being a bit of a bitch to him. Now I really do believe that he's no longer the same guy I broke up with. He's not the same insecure that I dumped. Something really has changed about him and I like it.*

Essentially, when you don't lose confidence in your attractiveness to her when she tests you, she notices it and everything changes for the better from there.

She drops her guard and opens herself up to the idea of getting back together again, because she can see you really are different now.

Another way to prove to your ex that you're no longer the same guy she broke up with is

2. If You Lacked Purpose Before, You're Now Making Progress Towards Your Big Goals and Ambitions in Life

Most women like the idea of being with a man who has some kind of purpose and direction in his life.

He doesn't need to be the CEO of a Fortune 500 company, a famous surgeon or lawyer, or a successful entrepreneur to impress her.

Instead, he simply needs to have some long term goals and dreams in his life that he is making progress towards achieving, independent of his relationship with her.

Why is this important?

Even though most modern women are independent and can take care of themselves physically and financially, they still like the idea of being with a man they can look up to, depend on and who makes

them feel protected and safe in a relationship.

So, the thought of being with a guy who lacks purpose, has no ambitions, is drifting through his life and using his relationship with her as an excuse to hide behind, makes a woman feel unsafe, uncertain and uneasy about her future.

As a result, her respect and attraction for him begins to decline and she starts wishing that she could attract a man who actually has big goals and is making progress towards them.

Another reason why is that most women don't want to be a man's sole purpose in life.

Of course, a woman does want to be with a guy who is loving, caring and devoted to her, but she also wants him to be his own man, with his own dreams and goals.

When a guy makes his woman his purpose and focuses all his energy and attention on her, she begins to think, *"Why is he smothering me like this? Doesn't he get it that women find that a turn off? He's driving me crazy with his clingy, needy behavior. At first I thought he was sweet when he was so attentive and devoted to me, but now I can't seem breathe anymore. I realize that the reason he's stuck to me like glue is that he's got nothing else going on in his life besides me. He's going nowhere and is dragging me along with him. This is not the way I imagined my relationship to be. I want out. I've got to find a real man who will make me feel safe about our future together, rather than living in fear that my life is going to turn out to be a big, fat mess because I'm with a guy who is afraid to reach for his true potential."*

So, if you lacked purpose in life during your relationship with your ex, you need to quickly get to the point where you have a life purpose, goals and interests that are separate from your relationship with her.

This will allow you to feel as though you are happy with or without her, which is actually very attractive to women (especially ex's).

A woman wants to see that you love her and want to be with her, but you're not relying on her for your sense of identity in this world.

You are your own man and are making progress towards big goals that are important to you, even if she doesn't encourage or support you.

If you can start doing that, you will be able to truly prove to your ex that she has lost a great man and is missing out.

When you interact with her (e.g. on a phone call, or in person) she will sense that you are now your own man and don't need her in your life to feel fulfilled and happy.

However, don't brag to her about that to make her feel bad or to hopefully impress her.

For example: A guy might say to his ex, *"I just want to tell you that I've really changed this time. You always wanted me to do something with my life, well I got myself a new job and I'm already working towards my next promotion. I've also started taking night classes to learn Spanish, so that I can take that trip to Argentina I always talked about but never got around to. I'm no longer the guy you broke up with. What do you think of me now?"*

Women hate that.

A woman does not want you to do things in your life to hopefully get a pat on the head from her.

If you take that approach, then you're not your own man.

Instead, you are her little puppy dog trying to do tricks to impress her.

She wants a man that she can look up to and respect (a man who is his own man), not a puppy dog that needs her and is constantly trying to suck up to her.

Women hate it when an ex tells her all about his changes and expects her to say something like, *â€œWow, I'm so proud of you. Aren't you a good little boy? Well done! I want you back now.â€*

She wants him to be a great man because he wants to be a great man, not because he might get a pat on the head from her.

So, don't tell your ex how much you've changed to get her approval.

Instead, just say it because you are sincere in your motivation to succeed and are genuinely happy about the progress you are making.

She will sense that you are genuinely happy and getting on with your life based on how you talk, behave and react to her.

When she notices the changes, she will begin letting go of her negative feelings for you and start feeling attracted to you again.

Another way to prove to her that you really have changed is

3. If You Weren't Giving Her the Attraction Experience She Wanted Before, You Are Now

One of the main reasons why a woman might break up with a guy is because he doesn't make her feel the way she secretly wants to feel in the relationship with him.

For example: Some guys get dumped for lacking the emotional masculinity to make the woman feel girly and feminine.

A guy might stop treating his woman like a feminine, sexy woman and start treating her more like a neutral friend.

He might even say or think things like, *â€œIt's so great to have a woman who likes to do guy stuff with me, rather than all that girly stuff women like so much. She's like one of the guys.â€*

Here's the thing though

Even though a woman might genuinely enjoy doing guy stuff with her boyfriend (fianc  or husband), she still doesn't want to be treated like a guy all the time.

She wants to feel feminine, girly and like she's a sexy, attractive woman.

If the guy fails to make her feel like that, she will eventually start to lose interest when she realizes that her guy simply doesn't know how to give her the attraction experience she wants.

She will then begin to want to flirt with other men to see how attracted they are to her, so she can feel feminine, girly and sexy again.

In some cases, this then leads to the woman cheating and leaving her man.

Another way that a guy makes a woman feel less girly and feminine is by falling into the habit of taking on the less dominant role in the relationship.

This often happens because the guy believes it's what will make his woman the happiest.

Yet, here's the thing

When a woman feels more dominant in the relationship than her man, she cannot fully relax and be a feminine woman around him.

She might then say things like, *“I’m tired of making all the decisions around here. Why don’t you man up and take charge?”* in the hopes that he will change.

However, if the guy doesn’t pick up on her suggestions, she will eventually lose too much respect and attraction for him to justify staying in the relationship and she will break up with him.

Of course, that doesn’t mean that a woman wants a domineering man to boss her around and tell her what to do.

It simply means that she wants a man who is emotionally stronger than her, so she can look up to him and respect him, which then gives her the opportunity to relax into feeling like a real woman (i.e. feminine and girly).

It doesn’t matter if she makes some decisions at times.

What she wants is a man who is comfortable, willing and happy to take on the more dominant, leading role in the relationship.

If he can’t do that, she will dump him and try to find a man who can.

She may put up with it for months, years or even a decade, but she definitely won’t be happy and will usually be open to cheating or having an affair as a way of getting out of the relationship.

Another example of not giving a woman the attraction experience she wants is where a guy takes his woman for granted (e.g. treats her badly, doesn’t care about her feelings, expects her to put up with his insecure behavior), which makes her feel unloved and unappreciated.

To prove to her that he’s no longer the same guy she broke up with, he needs to show her that he knows that he’s made a mistake and then educate her on the fact that it’s okay to make mistakes in a relationship sometimes.

He needs to get her to understand that for a couple to stay together for life, they both need to love each other patiently and continually forgive each other for making minor mistakes that can be fixed along the way.

At the end of the day, a guy taking his woman for granted is not the end of the world.

It’s not a good thing to do, but it’s not rare either.

So many men do it and women know that.

It’s not what a man should do, but it’s not the end of the world either, so it doesn’t mean the relationship has to end.

He can change his ways and she can forgive him.

Once he has explained that to her, he needs to focus on re-attracting her.

How?

He needs to use every interaction he has with her from then on (especially over the phone and in person), as an opportunity to rebuild her feelings of respect, attraction and love for him again by showing her (via the way he talks, thinks, behaves and interacts with her) that he really has changed.

So, if you want to prove to your ex that you’re no longer the same guy she broke up with, you need to fully understand what it was that she wanted in the relationship with you that you weren’t giving her (e.g. she wanted to feel feminine and girly but felt more like a friend, she wanted you to be

more confident and emotionally strong, but you were insecure and needy, she wanted you to have a purpose in life, but you used the relationship with her to hide from your true potential) and quickly change that.

Then, when you interact with her, let your actions speak for themselves by allowing her to experience the new and improved version of you.

Don't Tell Her That You've Changed, Let Her Experience it For Herself

[image: Let her experience the changes in you for herself]

Sometimes, when a guy desperately wants to prove to his ex that he's no longer the guy she broke up with, he might try to convince her by saying things like, *"Please listen to me. I'm really not that guy anymore. I've really changed. Just give me another chance and I'll prove it to you."*

Yet, a woman will rarely change her mind based on explanations that are designed to convince her to feel a certain way.

Here's why!

The only way that a woman will truly believe that you really have changed is when she experiences it for herself when you interact with her.

If the majority of your behavior, communication and attitude or vibe is turning her off, then she's not going to feel drawn to you and will keep saying things like, *"I just don't believe you've really changed. It's over. You need to accept that. I don't want to be with you anymore. Please leave me alone."*

On the other hand, if every time you interact with her, you focus on letting her experience the new you, she will instinctively feel attracted because she's experiencing the changes in you first hand.

When that happens, she just won't be able to stop herself from dropping her guard and opening herself up to spending more time interacting with you, to see if what she is experiencing is real, or just an act that you're putting on to get her back.

This is why it's so important to change for real.

If you were insecure, you've got to fix that.

You don't have to become perfect and have absolutely no more insecurity, but you do need to be a lot better.

That way, you will be able to continue attracting her and getting her to fully reconnect with her love for you as the relationship continues.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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5 Reasons Why Walking Away After a Break Up Doesn't Always Make a Woman Come Running Back to You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Walking away from a woman might seem like the solution to making your ex come running back, but here are 5 reasons why it usually doesn't work!

1. She Doesn't Have Enough Feelings at the Point of the Break Up to Care

[image: "Whatever! I'm outta here!"]

By the time a woman breaks up with a guy, she has usually reached the point where all of her positive feelings and emotions for him (e.g. respect, attraction, love) have been replaced by negative feelings such as anger, disillusionment and indifference.

So, when he decides to walk away in the hope that it makes her come running back, it just doesn't work on her.

Rather than cause her to panic and think, *"Oh no! My ex is gone! I am going to lose him forever if I don't act quickly. I better call him up and do whatever it takes to get him back before it's too late,"* she's usually thinking, *"Cool. He's actually making it easy for me. At least I don't have to deal with him trying to get me back and all of the begging, pleading and whining that usually comes with that. I am now free to move on without having to worry about him making things more difficult for me. This is great. I will find myself a new guy and move on."*

This why I don't recommend that guys ignore their woman (i.e. walk away and don't look back) as a way to get her.

It can work on some women, but not all.

Here's why!

When a woman doesn't feel much (or any) respect, attraction and love for a guy, him walking away isn't going to be that much of a big deal to her.

She's just not going to care.

Instead, she's going to use the time apart as a way to quickly get over him, move on and find a replacement guy.

So, if you want to get your ex back, don't bother walking away as a way of making her come running back to you if she currently doesn't have strong feelings for you.

In the 100s of ex back cases that I've personally worked on with clients (where the woman had no more feelings for him when she dumped him), the woman only became interested again when he actively made her have feelings.

I've lost count of the amount of times a guy has said something like this to me, *"Dan I gave her plenty of space and tried to show her that I wasn't needy by not contacting her for months, but she just moved on. Now, she doesn't want anything to do with me. I thought walking away was the right*

thing to do. Why didn't it work?"

Simple.

He didn't do anything to actively make her feel a renewed sense of respect and attraction for him. So, while he was giving her space, she was thinking about how much of a turn off he was near the end of the relationship and when she dumped him.

He either didn't put in the effort to transform himself and be able to re-attract her, or he thought it would make him look less needy if he didn't contact her.

Either way, she continued on with a negative perception of him.

So, what should you do instead if you actually want to get your ex woman back for real?

Focus on actively making her have feelings of respect and attraction for you again by interacting with her by text, e-mail, on social media and especially over the phone and in person.

When you spark her feelings for you again, everything changes.

Then, if you stop contacting her for a few days (i.e. 3 to 7 days) after you've sparked her feelings for you again, your chances of her coming running back become a lot higher.

Why?

Mainly because she now cares about you again.

She feels something for you.

She feels respect and attraction for you again and this makes the thought of losing you forever seem like a bad thing for once.

She starts feeling regret, loss and anxiety that she has made the wrong decision by breaking up with you and then all of a sudden, you get a text message on your phone, she calls you or she turns up at your home.

Why?

She feels something for you now.

She feels like she is losing you, rather than you just feeling like you're losing her.

On the other hand, if you don't spark her feelings for you first and you just walk away, she's just going to be thinking, *"Good riddance. I'm a free woman at last. I can finally do all the things I've been putting off because of him. This is going to be great,"* and she will then move on.

In many cases, she will try to move on quickly to get revenge on you for walking away and trying to hurt her in the process.

She will think, *"Yeah? You don't care about me? Really? Okay, I'll show you! I'll hook up with a new guy and make sure that you find out about it."*

You don't want her feeling like she needs to get revenge on you.

Instead, just focus on making her feel like it would be a good thing to get back with you again.

Another reason why walking away after a break up doesn't always make a woman come running back is that

2. She is Experienced With Break Ups and Knows That the Pain Will Pass

[image: She is experienced with break ups and knows that the pain will pass]

If a woman is very young or the relationship with you was her first serious relationship, then she will find it difficult to deal with the pain of the break up.

However, if she's had plenty of experience with relationships, she will know that the pain she is feeling will pass and she will be okay.

So, when a woman breaks up with a guy, she usually knows that even though she might be currently feeling a lot of sadness and disappointment over the break up, the pain will eventually pass.

This is why walking away isn't the magic solution to get an ex back.

When a guy walks away, a woman can simply to herself, *âI know that it hurts right now and it doesn't feel good to think that my ex can easily walk away from what we had. Yet, I've been through this kind of thing before and I know these negative feelings won't last forever. I just need to focus on doing the things that I enjoy doing, like hanging out with my friends and doing some of the things I've been putting off. Soon enough, I will be feeling better and I will forget all about him. I might even hook up with a guy this weekend to remind myself that there are other guys in this world and I don't need to be hung up on him.â*

As you would know, it's easy for a woman to get laid.

All she has to do is say, "Yes" to one of the many guys who want to have sex with her when she's at a bar or nightclub.

Alternatively, she can get on an app like Tinder or an online dating site and immediately have 100s of horny guys willing to meet her for a date.

So, walking away isn't always the best strategy to get an ex back.

What I've found by successfully helping men to get their woman back is that you only need to give a woman a little bit of space before contacting her.

In most cases, a guy should give his ex 3 to 7 days of space and then contact her, re-spark her feelings of respect and attraction and then guide her back into a relationship with him.

If he waits too long to go through the ex back process, she will usually get over the pain and not want him back, or hook up with another guy and want to pursue that relationship instead.

Another reason why walking away from a woman after a break up doesn't always work is thatâ

3. Most Modern Women Are Emotionally Independent

In today's world, most women no longer feel that they need to be in a relationship with a man to feel fulfilled as a woman.

Unlike in the past where a woman was considered worthless if she didn't get married and have children, many modern women actually prefer to be single or to break up with guys who just aren't yet ready to be what women refer to as a real man (i.e. confident, emotionally masculine, making progress in life, loving, supportive, balanced).

So, if a woman breaks up with a guy and he then walks away, sheâ usually not going to think, *âOh no! What have I done? Iâve lost my only chance to get married and have a family! What am I going to do? I need to run after him and try and get him to take me back or else my life will be ruined. I will be so embarrassed because I don't have a guy anymore! Oh no! My life is over!*â

Instead, she will just focus on her friends, her career, her hobbies and whatever else she has going on in her life.

We're living in a different time now where women can be physically independent (e.g. she can make her own money, own her own home, do her her own DIY projects) and emotionally independent (e.g. she can have her own life purpose, goals, dreams and interests).

So, even though a woman may want to be in a relationship with a guy, she doesnât need him to be happy and feel fulfilled.

A woman will only stay with a man for life if the relationship gets better over time.

She is no longer required by society to stick around because *"it's the right thing to do."*

These days, you have to know what you're doing, otherwise you end up as another break up or divorce statistic.

As you may have noticed, it even happens to male celebrities, rich guys, handsome men and sport stars.

Women want a real man and aren't eternally amazed by a guy because he's famous, good looking or has money.

To keep a relationship together for life, you've simply got to be one of the rare men who can deepen a woman's feelings of love, respect and attraction for you over time.

This comes down to you.

It's about who you are as a man, not what you buy her, give to her or do for her.

What a woman wants is a man who makes her feel respect, attraction and love based on how he interacts with her and who he is as a man.

So, if a guy isn't able to give that type of relationship experience to a woman, she's not going to feel like she's missing out on much if he walks away and doesn't look back.

Instead, she will simply shrug it off and get on with her life because a relationship with him doesn't matter enough to her.

Yet, if he were to interact with her and let her sense (not tell her) that he is now the kind of man who can give her the relationship experience that women yearn for, she will then pay attention.

He doesn't have to tell her that he's that kind of man now because she will pick up on it based on how he talks, behaves and reacts to her.

Women can sense it and they know it when they come across a man who has what it takes to make a relationship last for life.

Another reason why walking away usually doesn't work is thatâ!

4. She Can Easily Fall in Love With Another Guy

If a woman is confident in herself and in her ability to get another guy, sheâs not going to feel too

worried when her ex walks away.

Instead, she's likely just going to use the time where he's not contacting her, or trying to get her back, to hook up with a replacement guy and allow herself to fall in love with him.

So, if you want to get your ex back and she's the type of woman who can easily meet a new guy (e.g. she is pretty, she's a quality woman, she's bubbly and easily gets along with people), then walking away is probably not going to make her come running back to you.

On the other hand, if you're pretty sure that it's unlikely for her to meet another guy very quickly (e.g. because she's a bit insecure, she's shy, doesn't like to go out and party), then it is possible that she might change her mind and come back to you if you walk away.

However, there's no guarantee that even if your ex can't easily find a new guy, she's going to come running back to you.

Instead she might say to herself, *Well I guess that's it then. If he's moving on then I'm going to have to do the same.*

She will then open herself up to be hit on by guys (e.g. get on an online dating site, agree to go out with her girlfriends, agree to a date with her coworker who has always had a crush on her).

So, if you don't want to risk losing her, just focus on getting her back by actively making her feel respect and attraction for you again.

When you re-spark a woman's feelings for you, it becomes so much easier to get her back because she wants it too.

On the other hand, if you walk away and she doesn't have feelings for you anymore, she will likely just shrug it off and focus on moving on without you.

Finally, another reason why walking away from a woman after a break up doesn't always make her come running back is that

5. Many Women Won't Get Back With a Guy Unless He Makes it Happen

Even if a woman still has feelings for her ex and fears losing him, she won't always want to be the one who does the chasing.

In most cases, a woman wants to know that the guy is man enough to take responsibility and do what he needs to do to get her back.

She wants to know that he is confident and emotionally strong enough to go after what he truly wants in life (in this case it's her), without fear of rejection or hesitation.

If he can be the man and guide her through the ex back process, she will naturally be able to look up to him and respect him.

Then, falling back in love with him becomes easier and makes more sense to her because he clearly is a strong, capable man.

On the other hand, if he is insecure and just waits for her to come running back to him, she will perceive him as being too emotionally weak for her and feel turned off at a deep, instinctive level.

She will then automatically start to find confident guys attractive and will realize that her ex

probably wasn't all she made him out to be in her mind.

So, if you want your ex back for real, you just have to make it happen by re-attracting her now, rather than waiting around for her to take the lead and come running after you one day.

You need to show her that you have the balls to be the man by calling her and making her feel happy to be interacting with you again.

The happier she feels interacting with you, the more open and willing she becomes to the idea of getting back with you again.

Walking Away Might Hurt You More Than it Hurts Her

Sometimes, a guy might feel so hurt about being dumped by his woman that he might decide to hurt her by walking away and not looking back (i.e. accepting the break up and then cutting off all communication).

A guy like that is secretly hoping that walking away will teach her a lesson and make her feel so much pain that she comes running back to him.

Yet, when she doesn't, it's not uncommon for a guy to gradually begin losing confidence in himself and in his value to her and other women.

He may start thinking things like, *"I was hoping to teach my ex a lesson by making her miss me, but it has been months since I walked away and she hasn't even called me once to even say hello. Maybe it's because she's decided that I'm not good enough for her. Maybe being apart made her realize that she can do better than me. Maybe I wasn't good enough for her."*

Then, when he thinks about moving on and dating again, he may begin to feel nervous and unsure of himself and his value to women.

He might say to himself, *"If my ex won't even bother giving me a call after all this time even though she used to really loved me, what chance do I stand of getting another woman to truly want me? I don't see why a hot woman would be interested in me now. I'm just a loser who got dumped. My ex made that pretty clear when she forgot all about me so quickly."*

He then spirals into a cycle of negativity and self-doubt, which eats away at whatever remaining confidence he has in himself.

He might then think that he will have to settle for an unattractive woman, or just being single and lonely for the rest of his life.

As you may know, it's easy for a woman to find a new guy just by saying yes to the many guys who would love to sleep with her.

On the other hand, a guy needs to be very confident in himself to attract a high quality woman.

Women are instinctively attracted to emotionally strong, confident men who believe in themselves and in their value to her and are turned off by men who are emotionally weak, insecure and self-doubting.

So, when a guy ruins his confidence by walking away and seeing that his ex doesn't care enough to come running back, most women (including her) will instinctively feel turned off by him and will usually reject him.

Don't let this happen to you.

You may have heard the expression, *â€œDon't cut off your nose to spite your faceâ€*?

In other words, *“Don't cut off your nose to get back at your face/get revenge against your face because it will end up being worse off for you.”*

In terms of getting your ex back, essentially what this means is that while youâ€™re playing games and trying to make her come running back, you could actually be eroding your own self-confidence and making more difficult for yourself.

Why do that to yourself when thereâ€™s a much easier way to get your ex back?

The fastest way to get your ex back is by actively sparking her feelings of respect and attraction for you and showing her (by the way you talk, think and behave) that youâ€™re no longer the same guy she broke up with.

How you make her feel right now is what really matters.

For example:

- Does she feel feminine and girly in your presence, or does she feel more neutral or even turned off?
- Are you ballsy enough to stand up to her, or are you too nice and let her push you around?
- Are you the kind of man she can look up to and respect, or does she feel a little embarrassed to be seen with you based on who you've become?
- Are you confident and self-assured around her, or are you nervous and insecure?
- Can she fully relax into being a feminine woman around you, or does she feel more emotionally dominant than you?
- Are you emotionally strong and stable, or have you become emotionally sensitive and insecure?

Those are the things that really matter to a woman.

Women are instinctively attracted to confident men who believe in themselves and turned off by insecure men who doubt themselves.

So, rather than waste a lot of time walking away from your ex in the hopes that she will come running back, focus instead on becoming the kind of man that she can truly look up to, respect, feel attracted to and love.

Then, when you interact with her (e.g. on a phone call or in person) she will sense your new level of confidence, maturity and emotional strength and it will change how she thinks about you.

Suddenly, she will begin to feel lucky that a man like you actually still wants her and is calmly, confidently and lovingly pursuing her.

Her guard will then come down and itâ€™s up to you to take her in your arms and make her yours once again.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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Should You Ask Your Ex, “Do You Want to Start From the Beginning and Date Again?”

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

No.

You shouldn’t ask your ex, “Do you want to start from the beginning and date again?” because a woman will almost always say, “No” to that.

Why?

If she still doesn’t know whether or not she wants to give you a chance, she’s not going to commit to the idea of fully going back into the courting stage of a relationship (e.g. going on dates, being romantic and opening her heart to you).

So, rather than asking her if she wants to date you again, you simply need to activate her feelings of respect, attraction and love for you.

How?

Begin giving her the attraction experience that she always wanted from you, but likely never told you about.

Then, then guide her back into a relationship with you.

Of course, a lot of guys reading this might ask, “What does it mean to give her the attraction experience she wants? Do I have to get a physical makeover (e.g. buy new clothes and shoes, change my hairstyle, go to the gym and get a model body) before she will want to get back together again?”

No.

Giving a woman the attraction experience that she wants is not about being more physically attractive to her.

Instead, it’s about being more emotionally attractive to her.

Of course, if a guy improves on his physical appearance, most women will appreciate it, but it’s definitely not what will make her decide whether or not to get back with him.

Instead, a woman usually bases her decision on whether he can now make her feel attracted in the ways she really wants, or if he’s still stuck at the same level he was at when she broke up with him.

For example: If a guy got dumped for being too much of a pushover and essentially letting his woman “wear the pants” in the relationship, he will need to get ready to be “the boss” of the relationship from now on.

She may have seemed to like being able to boss him around during the relationship because she always got her way, but that’s not what a woman really wants from a man.

A woman wants to be respected, listened to, cared about and loved, but she doesn’t want to be a guy’s boss and have him look up to her as the leader of the relationship.

She wants a man that she can look up to and respect and who makes her feel like she wants to be a good girl for him.

So, if he wants her back, he needs to show her that he is now man enough to stand up to her when she tries to dominate him, while at the same time being loving and respectful towards her.

It's not about becoming aggressive, overly assertive or overly dominant.

Instead, it's just about relaxing, being the man and being the more emotionally strong one.

If he can do that for her (she will pick up on the change based on how he talks to her, behaves and reacts to her now), she will automatically feel respect and attraction for the new version of him.

She may not want to refer to it as "*dating*" him again or "*starting from the beginning*," but she will want to see him again and give the relationship another try because he now knows how to attract her in the way that is important to her (i.e. he's more of a man now).

Another example is where a woman may have seemed to enjoy discussing her feelings with her guy, so he copied her and became emotionally sensitive and needy by always discussing his feelings.

What she really wanted was for him to be open emotionally, but to not being like her (i.e. a woman) and always be talking about how he feels.

So, for him to prove to her that he's not an emotionally sensitive, needy guy anymore, he needs to show her by way of his thinking, conversation style and behavior that he is more emotionally strong now (e.g. by being confident around her, not getting upset or flustered when she is being cold and distant towards him, focusing on being a man rather than talking about how it feels).

However, if he doesn't give her that and instead asks something like, "*Do you want to start from the beginning and date each other again?*" she will most likely say, "*No*" because he doesn't even know how to give her the attraction experience she wants, so she knows it will be more of the same.

So, make sure that you focus on preparing yourself to re-attract her and reactivate her feelings when you interact with her.

That's what really matters when getting a woman back.

When she can see for herself that you're nothing like the guy she remembers breaking up with, she won't be able to stop herself from dropping her guard and opening back up to you.

She will begin to see you with different eyes and from there, you can make a fresh start together without even having to ask her for it.

First Things First

[image: First things first. Attraction]

Attraction needs to come first and everything else flows on naturally after that.

There's no point in trying to be romantic and taking your ex on *dates*, when she doesn't even want to think about getting into a relationship with you again because you haven't re-attracted her.

If you want her back, you have to interact with her (e.g. via text, social media, but preferably over the phone and in person) and make her experience new, positive feelings and emotions about you (e.g. respect, attraction, love) so that the negative things she remembers about you (e.g. her being more dominant than you and being able to push you around, you being needy and insecure) no longer seem important to her.

Sometimes, a guy makes the mistake of thinking that he needs to first get his ex to agree to dating again, so that he can then start building up her feelings for him.

Yet, he's got it all wrong. The ex back process is the opposite of that.

He must first re-spark her feelings and then she will be more open to the idea of dating him again.

Without her having feelings for him, she's just not going to be interested or motivated enough to want to date him because she assumes that it will just be the same as before.

[image: When she is attracted again, dating again seems like the right thing to do]

Yet, when he reignites her sexual and romantic attraction for him, starting again seems like the right thing to do for her.

So, make sure that you start with attraction, rather than going straight for the kill and asking for a relationship.

Dating Sounds Too Serious to Her

Labeling it as a *date* rather than as *catching up* or *meeting up to say hello* or *hanging out for a bit* only makes a woman feel pressured to get back together again if she doesn't feel ready yet.

So, avoid serious words like, *"dating"* and *"starting from the beginning"* and instead just be more relaxed about it.

If you're too serious and formal, she will almost certainly close up, even if you have begun to re-attract her.

Besides, you can't really start from the beginning again anyway.

You need to start from where you are right now, which is a broken relationship that needs to be rekindled through the reactivation of feelings of mutual respect, sexual attraction and love.

It's absolutely critical that you switch your focus to making her feel sexually and romantically attracted to you again, rather than trying to get her to commit to a relationship before you do that.

So, start by getting her on a friendly phone call with you and making her laugh, smile and feeling good to be talking to you.

When you make a woman smile and laugh, it makes it a lot more difficult for her to keep up her defenses, because she's not feeling threatened by you.

It also makes her feel attracted to you, especially if she is being cold, closed off or even a bit bitchy towards you.

She respects you for maintaining your cool and confidence and being able to crack some jokes and get her smiling and laughing on the phone.

It makes her realize that you are the man and she is the woman and she likes that.

She likes it when you are leading the way and not nervously checking to see how you should behave based on what she is saying or doing.

You are a confident man who is leading the way to smiles, laughter and good feelings, which is very attractive to women.

Then, when she's feeling relaxed and at ease, suggest meeting up for a cup of coffee.

So, how can you do that?

Here areâ€¦|

2 Examples Of How to Ask a Woman to Meet Up With You, Without Making Her Feel Like Sheâ€™s Committing to Dating Again

Asking your ex to meet up with you for a cup of coffee is no big deal, unless you make it out to be one.

So, depending on your approach, sheâ€™s either going to be thinking, *â€œCoffee is okay. It doesnâ€™t mean weâ€™re getting back together again. Sureâ€¦| why not?â€œ* and feel relaxed and eager to see you again, or sheâ€™s going to feel pressured and think *â€œNo way! I can see where this is going. He just wants to meet up for coffee so that he can try and talk me into getting back together again. Well Iâ€™m not falling for that! No way am I going!â€œ*

Remember: The more light-hearted and relaxed the interaction between you and her is, the more her guard will come down.

So, here are 2 examples of how you can ask her to meet up with you in a way that puts her at ease and makes her feel curious and even a little excited to be seeing you again.

1. The serious approach.

This first example doesn't use any humor and is serious, but light-hearted and easy-going.

So, imagine that you and your ex are talking on the phone.

You might start off by saying something like, *â€œHey, how have you been?â€œ* and she will probably just say, *â€œFine,â€œ* or *â€œFine, How about you?â€œ*

From there, chat with her for a couple of minutes while making sure to keep things light and friendly.

Once youâ€™ve gotten past the initial chit chat, simply ask, *â€œSo, anywayâ€¦|how about we get together for a cup of coffee sometime in the next few days?â€œ*

She might initially say something like, *â€œNo, I donâ€™t think thatâ€™s a good idea,â€œ* or *â€œI donâ€™t think Iâ€™m ready to see you in person. Maybe some other timeâ€œ* or, *“No, we’re broken up now. Let’s just leave it at that.”*

Regardless of what she says, donâ€™t get upset or start saying things like, *â€œPlease! I just want to see you. Why are you being so stubborn? Come on, just meet up with me. Please!â€œ*

Obviously getting upset or angry with her isnâ€™t going to motivate her to want to see you again.

Instead, sheâ€™s probably going to be thinking, *â€œThis is what I was afraid of all along. I canâ€™t believe that he’s flipping out like this and still expects me to want to see him again. He obviously doesn’t understand how me or other women feel attraction for men. He doesn’t get it that we hate desperation and love confidence. Anyway, at least heâ€™s made my decision easy for me. Iâ€™m going to hang up now, cut him out of my life completely and move on. Itâ€™s just not going to work out between us.â€œ*

So, a better way to convince her to meet up with you if sheâ€™s saying no, is to simply relax and say

(in an easy-going, but gently assertive manner), *â€œHey, Iâ€™m only asking out for a quick cup of coffee and a catch up. Iâ€™m sure that you can spare 10 minutes, right? A coffee doesnâ€™t mean that we get back together. Itâ€™s just a coffee. No strings attached. Besides, these days, itâ€™s no big deal for exâ€™s to meet up and just hang out together for a bit. Weâ€™re mature adults. We can do that. I promise you that if we meet up and afterwards you decide that you never want to see me again, Iâ€™ll leave you alone and not contact you again. So, how about it? Letâ€™s get together for some coffee and say hello as friends. Then, if you want to say goodbye forever, Iâ€™ll delete your number off my phone. Okay? So, how does Sunday afternoon at 1pm sound to you?â€*

In most cases, a woman will say something like, *â€œOh, okay. Maybe just this once,â€* or, *â€œAs long as you stick to your word and promise not to call me again if I donâ€™t want you to.â€*

Then, just go ahead and make plans to meet her at a place and time that suits you both.

When you meet up with her for coffee, make sure that you donâ€™t get too serious with her and say things like, *â€œI was wondering. Do you want to start from the beginning and date again?â€* which will just scare her away.

Instead, focus on saying and doing the types of things that will keep turning her feelings of respect and sexual attraction for you back on.

The more respect and attraction she feels for you, the more her defenses come down and then getting back together again happens naturally all by itself.

Yet, if you push her to commit to dating again, she will usually resist you and she may then cut you out of her life simply because she canâ€™t handle the pressure.

2. The funny approach.

Imagine that youâ€™re talking to your ex on the phone.

Just like in the previous example, you will likely start off by asking her how she is and she will usually ask you about what youâ€™ve been up to.

Once youâ€™ve gotten past the usual chit chat, you can say to her, *â€œOh, by the wayâ€¦ I have some really great news that I want to share with you.â€*

She will likely respond by asking, *â€œWhat?â€* or *â€œWhat is it? Tell me?â€*

You can then say in a joking way, *â€œI just heard that I won a competition where the winner gets to have coffee with this really cute redhead tomorrow.â€*

She will probably get a bit annoyed with you for telling her something like that and she may say something like, *â€œOh! Well good for you,â€* or *â€œSo why are you telling me?â€* and you can then reply by saying, *â€œWell, Iâ€™m telling you because you need some time to get ready before I pick you up. Oh, did I forget to mention that youâ€™re the cute redhead?â€* and have a laugh with her about that.

Of course, she might get the joke right away without you having to explain it to her, so you can just cut right to, *â€œSo, cute redhead. Are you up for a coffee tonight or tomorrow?â€*

She will almost certainly laugh at your joke, while at the same time feel flattered that youâ€™re still referring to her as a cute redhead, even though sheâ€™s your ex.

If she wants to play hard to get, she might then say, *â€œNice try, but youâ€™re not going to get me*

to meet you for coffee like that,â€œ and you can laugh and say, â€œHey! Itâ€™s in the competition rules. The judgesâ€™ decision is final. You and I have to have a coffee and a laugh, so let's just do itâ€œ and have a laugh with her about that.

She will feel curious about the new you (e.g. youâ€™re being confident and are willing to joke around, rather than being hesitant and doubting yourself) and she will naturally feel a spark of respect and attraction for you for having the balls to tease her in that way.

When that happens, she automatically opens herself up to the idea of actually seeing you again in person.

You can then say, *â€œHey, I was only joking with you of course, but it would be nice to catch up over a cup of coffee though, right? Iâ€™m available on Sunday or Wednesday afternoon, so how about it? Which day suits you best?â€œ*

At this point she will most-likely be feeling relaxed and happy and she will probably say, “Yes.”

If she doesn't, just be a bit more persistent, but remain being easy-going and light-hearted, rather than getting tense and annoyed.

Say to her, “Come onâ€œ|it's just a coffee. We can do that” and she will most likely go ahead with it.

When you meet up with her, simply continue building on her feelings for you and guide her back into a relationship with you.

Let Her Experience the New You

When your ex actually gets to experience the new you in person and confirms with her own eyes that youâ€™re no longer the same guy she broke up with, it becomes difficult for her to hold on to her negative feelings about you.

- If you were insecure and self-doubting before, you are confident and emotionally strong now.
- If you were immature and childish before, you are more mature and serious about your life now.
- If you were too emotionally subservient with her before, you are now emotionally dominant.
- If you were emotionally sensitive before, you are now emotionally strong like a real man.

By the wayâ€œ|

You don't have to tell her that you've changed.

She will pick up on it based on how you now talk to her, your behavior, body language, attitude, vibe and how you react to her.

[image: She senses the changes and automatically wants you back]

If she senses the changes, she will be impressed and she will be interested.

For example: If she meets up with you and expects you to be nervous around her, but instead notices that you are confident, she canâ€™t keep saying to herself, *â€œI donâ€™t want to be with him because I donâ€™t want to be with an emotionally weak guy,â€œ* because youâ€™re not that guy anymore.

She has to change how she feels about you because youâ€™re now displaying the types of traits and

behaviors that naturally attract women to men.

Whatever, the case with you and your ex, showing her (not telling her) that youâ€¦ve changed is the quickest way to get her love back.

Her walls will come down and the idea of starting over again feels good to her.

With one differenceâ€¦!

This time around, the love between you and her will be more mature and meaningful because you are now the man that she always wanted you to be.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Should You Take Your Ex Back Even Though She's Been With Another Guy?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Whether or not you should take your ex back, even though she's been with another guy, depends on your answers to the following 5 questions.

1. Did She Hook Up With Another Guy Before or After You Broke Up?

[image: Did she hook up with another guy before or after you broke up?]

If your ex cheated on you while she was still in a relationship with you, it can signal that she is an untrustworthy woman who can never be trusted.

However, if she is a woman of good character who made a terrible mistake and is truly sorry about it, then taking her back after she's been with another guy can be okay and can work.

If you can genuinely forgive her and fully trust her again, then the relationship can actually become even better than it was before.

On the other hand, if your ex is a woman of bad character who enjoyed cheating on you and is more than likely going to do it again, then the answer should be pretty obvious.

After all, why would you want to take back a woman who has already cheated on you and is likely to do it again?

If she's like that, she may decide to get back with you, make you commit even further (e.g. have a child, get married) and then eventually cheat on you again.

That's not going to be fun.

However, if your ex hooked up with another guy after she broke up with you, then the circumstances really are different.

Basically, when a couple breaks up, all bets are off, and each person is free to move on and do what he or she likes, with whomever they like.

There's no law that states a woman can't have sex with, date or fall in love with another guy immediately after she has broken up with her ex.

Sure, it doesn't feel nice to know that your ex has been with another guy, but she's an independent, free woman and you don't own her.

Likewise, you are an independent, free man and are allowed to move on with another woman without getting her permission.

That's just how it works.

Real life is not like a romance novel or romantic movie, where the woman sits around pining over her lost love for months and years, until he finally comes back and sweeps her off her feet.

Instead, when a woman breaks up with her boyfriend (fianc  or husband) she's free to move on right away if that's what she wants to do.

That's just how things are these days because unlike in the past, modern society now encourages women to make decisions based on what will make them the happiest.

So, if she has been with a new guy since the break up and didn't cheat on you, it's actually pretty normal.

Most couples who split up end up hooking up with a new person before getting back together.

If you want her back, it's best to completely forget about the other guy and just make the new relationship that she has with you even better than it was before.

2. Do You Know How to Give Her the Attraction Experience That She Secretly Wants From You?

[image: Are you ready to give her the attraction experience she really wants?]

When a woman hooks up with another guy (either by cheating on her current man, or after she breaks up with him) it's often because she is eager to experience the type of attraction that she felt was lacking in her relationship with her ex.

For example: If a woman's ex guy was too dull and boring in the relationship (e.g. he preferred to stay home and watch TV all the time, took her to the same restaurant all the time, wasn't interested in trying anything new), then her new guy will usually be much more exciting and adventurous (e.g. he likes traveling, tries new things, takes her to interesting places).

Another example is where a guy put everyone else in his life (e.g. friends, family, his boss) before her in terms of importance and she felt unloved and unappreciated.

In a case like that, her new guy will usually be more loving and attentive towards her, which will make her feel special.

The point is, when a woman hooks up with another guy, it's usually because he is filling the emotional gaps that are (or were) missing in her relationship with her ex.

However, that doesn't mean he is perfect.

Sooner or later, he may also start having gaps of his own (e.g. he might be more adventurous, but he's irresponsible and doesn't want to settle down, or he might be more loving and attentive, but over time he becomes clingy and needy).

No guy is perfect, so the chances are high that you are a much better man than he is or ever will be.

If you want to take your ex back even though she's been with another guy, don't waste time worrying about him.

He's not important.

You and her being together is what really matters.

So, just focus on improving the gaps that caused you and your ex woman to break up in the first place.

For example:

- Did you make her feel feminine and girly in your presence, or did she feel more like a neutral friend or big sister?
- Were you the more dominant one in the relationship, or did you allow her to push you around or control you with her tantrums and mood swings?

- Were you confident and emotionally strong in the relationship with her, or did you feel insecure, worry about losing her and become too emotionally sensitive?
- Did you have interests, goals and a clear life purpose outside of your relationship with her, or did you make her the centre of your world and became clingy and needy as a result?
- Did you make her feel loved and appreciated, or did she feel taken for granted?
- Did you and her have fun together as a couple, or were you always disagreeing and arguing?
- Were you assertive and masculine (in a loving way, not an aggressive way), or were you too soft and gentle around her?
- Were you easy-going and supportive of her, or did you become aggressive, angry and critical of her?

When you understand what was really missing from the overall attraction experience, you can then make some adjustments to your behavior and the way you think, talk and interact with her from now on.

When you do that, she then starts to feel respect and attraction for you again and thinks something like, *“Why did I let this guy go? I must have been crazy to think that another guy can be better than him. I need to get him back.”*

From there, you just need to continue building on her feelings of respect and attraction and guide her back into a committed relationship.

3. Have You Forgiven Her and Can You Now Fully Trust Her?

Being able to completely forgive and trust your ex again (even though she's been with another guy) is a crucial part of getting a relationship back together for real.

If you're going to get back with her, only to become suspicious of her every move, then it's not going to work for either of you.

For example: If you end up doing things like checking her phone messages, social media pages or e-mail and possibly even saying things like, *“I just don't trust you anymore,”* or *“I don't really believe you love me. How can I trust you now, when you ran off with some other guy?”* then it's not going to work.

Here's the thing:

Even though you can never fully trust a woman, if you want your relationship to work, you just have to.

For example: My wife was 20 when I met her and I was 35.

Most people will think, *“Aren't you worried that she will eventually get bored of you being older and dump you or cheat on you?”* and my answer is, *“No. Not at all.”*

I trust in my ability to deepen her feelings of respect, attraction and love over time, which is why our relationship always gets better and better.

Even though it was amazing at the start, it always gets better and we're always more in love.

So, there's nothing to worry about.

Of course, I could worry about it if I wanted to, but why would I do that and ruin the relationship?

As a man, you have to be the strong one and trust your woman 100% and never worry.

You have to know that you are her man and she is going to stick with you.

Of course, in your case, you have something else to considerâ€¦

She has been with another man.

So, the question is, *“Have you forgiven her and can you now fully trust her?”*

If you haven’t forgiven you and you want her back, you need to do that as soon as possible.

If you can’t fully trust her and you want her back, you just have to let go of the doubt and give her your 100% trust from now on, otherwise it’s just not going to work.

Just remember: A woman hooking up with another guy after breaking up with you doesn’t mean that you and her aren’t a great match, or that you can’t have an amazing relationship if you get back together again.

It simply means that some mistakes were made (most likely by both of you).

You may have made mistakes that turned her off and made her want to cheat on you or leave you and she may have made a mistake by cheating or hooking up with a guy after you and her broke up.

However, that doesn’t mean that the love between you and her is dead.

You can bring it back to life, if you can forgive her and move forward together with an open mind and trust in the fact that the respect, attraction and love that you and her feel for each other will deepen over time.

How can you do that?

Get her to Stage 5 of a relationshipâ€¦

Most guys are unable to get a woman to Stage 5 and keep her there.

If your ex gets the sense that you can do that now (based on how you now talk to her, behave and react to her), she will open back up to you and want you back.

At the end of the day, a woman wants to be with a man that she can love and stick with for life.

The best part of a relationship is when you get to Stage 5 and keep going.

Personally speaking, my wife and I got to Stage 5 a long time ago and have kept that going ever since.

I sincerely feel sorry for any couple who doesn’t get there, or who can’t stay there because of a lack of knowledge about how to deepen feelings of love, respect and attraction over time.

Another question to ask yourself as you consider whether or not to take your ex back isâ€¦

4. Have You Hooked Up With Any Other Women Since the Break Up?

Sometimes, if a guy puts everything into his relationship with a woman, it can be difficult for him to move on and consider hooking up with other women for three main reasons:

1. He believes that his ex is his soul mate and that he can only be with her.
2. He’s afraid of opening himself up emotionally to other women, because that would leave him wide open to the potential of being hurt again.
3. He worries that hooking up with other women will make his ex never want to get back with him.

So, the question is, *“Have youÂ hooked up with any other women since the break up?”*

What you need to understand is that love is everywhere.

You can experience amazing love with many different kinds of women, or just one woman.

The key to success with women is to be fearless and not let one bad experience ruin you for life.

Thereâs nothing wrong with going out and hooking up with other women if you and your ex are broken up.

You can do that and your ex can do that too.

Then, if you both decide that you want to get back together again, you can choose to do that.

Besides, even though a woman might act like she is angry that her ex hooked up with another woman, it actually makes her feel more attracted to him.

Why?

Women are attracted to men who are liked, loved and wanted by other women, which is why the more famous a celebrity becomes or the more popular a normal guy becomes, the more attractive he is to women.

On the other hand, women are turned off by guys who are not liked, loved and wanted by other women.

So, if a guy is sitting around feeling sorry for himself, is low on confidence and can't deal with interacting with other women, it signals to his ex that other women will see him as low value and less attractive compared to a confident guy who isn't afraid to talk to and hook up with other women.

Of course, you don't actually have to hook up with other women to get an ex woman back.

However, if your ex woman has already had sex with another guy, it's usually the best thing to do for your emotional health and for her perception of you.

After all, if you get back with her after she's had sex with another guy and are secretly worrying that he might have been better than you, then it will come across in your conversation, body language, vibe and attitude and she will feel turned off.

However, if you have hooked up with another woman and enjoyed the sex, you will naturally feel as though you and her are even and can both forget about the other people and move on together as a couple.

Additionally, if you can't fully forgive your ex for what she did, hooking up with other women and experiencing great sex and love again will help you realize that you are liked, loved and wanted by another woman and don't desperately need your ex back.

Instead, you want your ex back.

You don't need her back; you want her back.

There's a big difference in that because women are turned off by guys who need them to feel good about themselves.

Women are attracted to men who are confident, happy and forward moving in life with or without her.

Another question to ask yourself isâ

5. Can You Easily Attract Another Quality Woman Like Her, or Do You Just Want Her Back Because You Can't Attract Other Quality Women?

If a guy is very confident, can easily pick up beautiful women and has been having sex with and dating other women since the break up, then it won't really bother him that his ex has been with another guy (especially if she hooked up with the other guy after him and her broke up).

Guys like this have their choice with women.

Watch this!

A guy who has his choice of women isn't going to worry about his ex woman sleeping with another guy, because he knows how attractive he is to her and to women in general.

He's likely had a lot of sex with many different women, so he may think, "She hooked up with another guy? Well, that's her loss, not mine, and he will then go out and hook up with other women without giving his ex a second thought.

However, when a guy lacks confidence in himself, feels insecure about his attractiveness to women, doesn't really know how to attract and pick up women and only relies on getting lucky with women every now and again, he might say to himself, *"I know my ex has been with another guy, but I want her back because I can't get other girls. If I don't take her back, I'll either have to settle for an unattractive woman, or I'll end up being single for life. At least having my ex back is better than having to go out there and getting rejected. She is a quality woman and I normally can't get women like her, so I will just have to take her back."*

Do you relate to the guy above more than the guy who has his choice of women?

If so, you need to improve your ability to attract your ex and other women, otherwise she's just going to break up with you again.

A woman needs to feel good about the idea of getting back together with you, rather than feeling like she's doing you a favor because she feels sorry for you.

If she senses that you only want her back because you can't get other quality girls, she will say, "No" to your attempts to get her back or give you a chance and then break up with you again.

So, if you want her back for real, you should begin improving your ability to attract her right away.

Don't expect her to go easy on you and be kind because you love her so much.

Women stay with men who make them feel respect, attraction and love, not pity, frustration and annoyance.

4 Mistakes to Avoid if You Decide to Take Her Back

If you decide to take your ex back even though she's been with another guy, make sure that you're ready to truly forgive her and start over with a 100% clean slate.

To do so, I recommend that you avoid making the following mistakes!

1. Holding a grudge against her for it.

Holding a grudge against your ex is the quickest way to lose her again.

If you can't fully forgive her for hooking up with another guy, then taking her back will only lead to another break up.

Your anger towards her will eventually erode any remaining positive feelings between you and her and will be replaced by negative emotions such as anger, resentment and mistrust.

So, make sure that if you take her back, you are willing to leave the past behind and make a fresh start where neither of you bring up past mistakes.

Just focus on now and your future together.

Look at the past as what has been and don't allow it to mix with now or the future.

Make now and the future the best it can be.

2. Planning to slowly get emotional revenge on her over time for making you feel rejected and betrayed.

[image: Getting emotional revenge for what she did to you]

Sometimes, a guy might decide to take back an ex even though she's been with another guy just to get emotional revenge on her.

He might take her back, make her fall deeply in love with him again and then begin to treat her badly (e.g. by taking her for granted, criticizing and belittling her, being aggressive, being selfish) to make her pay for the pain she caused him.

In some cases, the guy may even dump her or cheat on her to get revenge.

If that's your plan, then you can go ahead and do if you want.

It's your life and no one can tell you what to do.

Besides, you probably feel justified in getting revenge, so it's up to you if you want to do that.

However, if you want to take the high road and be a good person, I recommend that just forget all about her and focus all your energy on hooking up with an even more beautiful woman than her, falling in love with her and being extra happy and fulfilled in your life.

That's the best revenge if revenge is what you really want.

When your ex sees photos of you on social media (set them to public rather than just friends, if you want your ex to be able to see them from the outside if she has unfriended you) looking so happy with your new woman, she will regret what she did to you.

She will then begin to look at you as the one that got away and may contact you to try and get you back.

Of course, that's the long way to get an ex back.

If you want to get her back quickly, this is what you need to do!

All you need to do is focus on reactivating her feelings for you and then guide her back into a relationship.

Another mistake to avoid is!

3. Asking her if the other guy was better than you in bed.

Whatever happened between your ex and the other guy doesn't matter.

A man who believes in himself and in his attractiveness to his woman, doesn't need to ask a question like, *"So, was he better in bed than me? Did you enjoy it more with him?"*

Just forget about the other guy and focus on deepening the respect, attraction and love that she feels for you.

Having her in your arms, kissing you and saying, *"I love you,"* is all that matters.

The other guy is history.

Just think about some of the women you've had sex with in the past.

You can barely remember them, right?

That's how he will be to her when you get her back and focus on deepening her feelings of respect, attraction and love over time.

Finally, the 4th mistake to avoid if you take her back is

4. Asking her if she misses the other guy.

If she's with you, then she's with you for a reason.

Whatever happened between her and the other guy has nothing to do with you and her now.

If you keep bringing up the other guy by asking her if she misses him, she may actually start thinking, *"Maybe I do miss him. Maybe I made a mistake getting back together with my ex."*

Why?

If she senses your insecurity and feelings of inferiority compared to the other guy, it will turn her off you and make him seem more attractive.

Why?

Women are always attracted to the man who is more confident when deciding which one to be with.

It's not about having arrogant or aggressive confidence, but instead about having a relaxed, easy-going confidence in yourself and your attractiveness to her.

If you doubt your attractiveness compared to him, she will start to miss him and want to be with him (or another confident guy) instead.

So, don't do that to yourself or to her.

You need to live in the present moment.

She is with you now and that's all that matters.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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Why a Woman Says That She Doesn't Want to Lose You, But Breaks Up With You Anyway

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 3 common reasons why a woman will say that she doesn't want to lose you, but then breaks up with you anyway!

1. She Doesn't Yet Know if She'll Be Able to Get Over You and Move On

[image: She doesn't know if she will be able to move on]

Sometimes, when a woman has little or no experience with breakups, she may be more hesitant about fully breaking up with a guy.

For example: She might say to herself, *"Yes, I love him, but at the same time he's just not making me feel the way I want to feel. I'm not happy with him. Yet, what if I break up with him and then I discover that I can't get over him? What if he changes by fixing the things that turned me off and I like him again all of a sudden, or some other girl takes him? I might be letting the love of my life go. I don't know what to do. I don't know if I want to lose him."*

Here's the thing though!

Just because she is unsure about being able to move on without him, it doesn't mean that she's going to stay with him if he keeps turning her off.

For example:

While she is saying that she doesn't want to lose him, is he being attractive to her by remaining confident, being charismatic and making her laugh, or is he being unattractive by becoming insecure, angry, controlling or suspicious of her?

That's what really counts when getting stopping a break up.

Watch this!

What really matters is how you make her feel from now on because that will help her forget about how bad things had become between you and her, forgive you and want to give you another chance.

For example: When in a relationship, if a guy is overly protective and jealous of his woman, she might put up with it for a while because she loves him.

However, over time, she will likely begin to feel smothered by his over protectiveness, will break up with him and hope that she can move on without him.

Another example is when a guy lacks purpose and direction in life and is stuck in a cycle of self-pity and apathy (e.g. works in a dead-end job that he hates, spends most of his time watching TV or playing video games, doesn't have any big goals or plans for the future that he is actively making progress towards).

Here's the thing!

Most guys have a dream, but they simply keep it as that.

The difference between a dream and achieving it is setting goals and actually following through. Most guys just dream or talk about their dream and wish it would happen, but they don't actually set goals and make progress towards those goals.

That's the difference.

There are so many dreamers out there (many who are very intelligent), but the rare men are the ones who follow through until the dream is achieved.

That is what's attractive to women.

It allows a woman to feel safe and trust in her man to guide them to a better future, rather than her having to be the strong one and make sure that their future is secure, while he drags his feet and complains about how hard life is.

So, when a woman finds herself stuck in a relationship with a guy who isn't striving to achieve his big goals and dreams, she will begin to feel like the relationship just isn't worth it.

She might love him very much, but if she sees that she doesn't have much of a future with him because he's too disinterested in life to make an effort to improve himself, she will likely begin to consider breaking up with him.

She doesn't want to have to be more like a man and develop a toughness that allows her to compete and achieve her goals.

She wants to be a woman who is with a man who has the emotional toughness to win at life, rather than being stuck with a guy who needs her to help him feel safe and secure because he hasn't yet grown up and become a real man.

So, even though she might feel like it will be difficult to get over him and move on, she may decide that it's a preferable option compared to sitting around watching the man that she loves waste his life away.

In many cases, she will hope that by breaking up with him, it will spark something inside of him and he will become a better man.

She won't want him to come to her and say, "Hey, I'm working on my goals! Do you like me now?" because she doesn't want him to do it just for her.

She wants him to just become a better man, be the man and let her pick up on it naturally when they interact.

If she can see that he's doing it because he has decided to become a better man and wants to because he knows that it will make for a better life, then she will be impressed and will feel respect and attraction for him again.

When that happens, she won't want to lose him and will want to get back with him.

Another reason why a woman might say that she doesn't want to lose you, but then breaks up with you anyway is that

2. She's Just Trying to Keep You Around to Make You Show Interest in Her, While She Secretly Finds a Replacement Guy

Sometimes, a woman might want to get emotional revenge on her guy for the pain that he caused her

during the relationship.

So, rather than just dump him, she might say something like, *“I want you to know that I still love you and I don’t want to lose you. I just need a bit of time apart.”*

She may then leave him hanging and wondering, *“What does that mean? Is she coming back? Will she contact me? How much space should I give her?”*

He might then say to himself, *“I will wait for her and give her as much time as she needs. When she’s had some time to think things through, she will come back and we can get back together again.”*

Yet, in most ex back cases that I’ve worked on where a guy has given his woman a lot of space, she just moves on.

Some women do come back, but if you were in a relationship like that, you probably wouldn’t be reading this article right now would you?

Something in your gut tells you that you’ve turned her off and she’s going to move on without you.

If you want her back, you’ve got to start making her feel attracted to you again, rather than just sitting around and hoping that she comes running back.

A lot of guys don’t know that though, so they give her plenty of time (e.g. 30-60 days) to think things through and get back to him.

In the meantime, while he’s waiting and hoping that she will come running back to him, she may be saying to herself, *“This will teach him a lesson. He was such a jerk to me. Well, let him wait. I’m going to keep leading him on and telling him how much I can’t stand the thought of losing him. While he is thinking that I’m still interested, I’m going to find myself another guy who deserves a woman like me.”*

Then, when she finds a replacement guy, she will get revenge by saying, “There’s something that I need to tell you. Don’t be angry with me, but I’ve met someone else.”

Alternatively, a woman might feel worried about not having a guy in her life who loves her and wants her, so she might say to herself, *“Maybe I’ll just keep him hanging on for a while until I find the right guy for me. Keeping him around is better than having no one. If a better guy doesn’t come along, at least I’ll have an emergency guy if I need to go to a party, or a function where I need to bring someone along.”*

In either case, the woman is just using the guy, because deep down she probably doesn’t believe he can change, or that he even knows how to change and make her feel respect and attraction for him again.

The only way to truly get a woman back is to show her that you understand her real reasons for breaking up with you and have already changed.

For example: She may have broken up with you and said, *“I just don’t know if I want a relationship right now,”* but her real reason for breaking up with you was that you weren’t manly enough around her (e.g. you were too emotionally sensitive).

Another reason why she may have said that she doesn’t want to lose you is that

3. She Loves You, But Just Isn't in Love With You Because You Don't Give Her the Attraction Experience That She Wants

[image: She loves you, but isn't in love with you]

There are many different kinds of love.

There's the gentle, nurturing love between a mother and her child, the neutral, non-sexual love between friends and then there's the exciting, sexually charged love between a man and a woman.

Often a friendship can turn into a relationship (e.g. when the guy sparks the woman's feelings of sexual desire) and a man and a woman will become a couple.

Likewise, a relationship can sometimes turn into a friendship (e.g. when the man stops giving the woman the attraction experience she really wants) and either the man or the woman will then start to feel bored and want to be with someone else.

In some cases, a couple may even fall into a "mother and child" relationship (e.g. if the guy is too insecure and needs his woman to guide him and teach him how to be a man) and the woman will start to feel very turned off by the guy's emotionally immature and inability to be the man.

This might happen when a guy falls into a comfort zone in his relationship and begins to take the love between him and his woman for granted.

He just expects her to put up with his immature approach because the sex used to be great and they said, "I love you" many times in the beginning.

In his mind he might be thinking, *"Yes, we have our ups and downs at times, but I don't have to worry about my woman leaving me because I know that she loves me and she knows that I love her. We don't need anything more than that. I love her, I want to be with her and that's all that should matter."*

Yet, that's not how to keep a relationship together with a woman for life.

It's the man's responsibility to maintain and build on the love, respect and attraction between him and his woman.

If he fails to do that (e.g. by treating her more like a friend than a lover, taking her for granted, sitting back and assuming that she wants to make all the decisions for both of them), she may begin asking herself, *"Why am I sticking with him? Is he really the guy I want to be with for life? I don't feel the way I used to. It's boring now. There's no spark."*

If she can't convince herself to stick with him anyway, she will then look for the easiest way to break up with him (e.g. by saying that she doesn't want to lose him, but just needs some time to herself).

If he doesn't even know how to attract her back into a relationship and simply tries to convince her to give him another chance, she will usually say, "No" and keep trying to move on.

Yet, you can attract her back and you can change her mind about the break up.

By making some attractive adjustments to the way you interact with her from this point onwards (e.g. making her smile and laugh, making her feel feminine and girly), you can re-spark her feelings of respect and attraction for you.

When she starts feeling respect and attraction for you again, it highlights to her all the reasons why she didn't want to lose you in the first place and she begins to see breaking up with you as a mistake.

On the other hand, if you keep behaving in ways that turn her off (e.g. treating her like a neutral friend, being insecure around her, letting her push you around) she will feel disappointed and say to herself, *"Even though the thought of losing him forever makes me sad, I realize that it was the right decision to break up with him. He just hasn't changed and doesn't even know how, or what, to change about himself to make me feel attracted again. It's a pity that our relationship had to come to this, but I need to make a clean break and just move on. He just doesn't know how to be the kind of man that I need. I will tell him that I don't want to lose him, but I am going to move on."*

She then tries to move on by flirting with other guys or hooking up with another guy and in many cases, she meets a guy who makes her feel happy.

Of course, there's no guarantee that her relationship with him will last.

After all, she has had a 100% failure rate with relationships so far, so he will probably end up the same way.

If you want to be the man that she has a successful relationship with, you need to be able to guide her into deeper feelings, rather than causing the relationship to gradually fall apart like other guys do.

Watch this!

When she senses that you now seem to have the ability to guide her into deeper feelings, her heart opens back up to you and she feels eager to be in a relationship with you again.

4 Mistakes to Avoid

[image: Mistakes that will lead to her moving on]

Often, a guy gets so overwhelmed by the shock of being broken up with that he might make some of the following mistakes!

1. He patiently waits on the sidelines without improving his ability to be attractive to her in the ways that she cares about.

He may think something like, *"There has to be a good reason why my ex said that she doesn't want to lose me. Obviously she still had feelings for me, so if I wait patiently, she will eventually realize that she can't stand being without me. Then, she will come running back and we can be together once again. I just have to be patient."*

He might then wait and wait for her to come back (sometimes for months or even years).

In some cases, the woman never contacts him again and he is left feeling despondent and asking, *"Why didn't she come back? I thought she was the one. I still love her so much and think about her all the time. Does she think about me? Would we have gotten back together if I did something about it, rather than just waiting patiently for her to come back? Did she ever love me? Why didn't she come back?"*

In almost every ex back case that I've seen where a guy has waited patiently, the woman didn't come

back because he didn't even do anything to make her have feelings for him again, so she just moved on.

This is why I don't recommend that guys ignore their ex woman in the hopes that she comes back one day.

Ignoring an ex works well for women who want a man back, but it doesn't always work well for men who want a woman back.

Watch thisâ€¦

Sometimes a woman does come back when she has been ignored after a break up.

Yet, she usually breaks up with him again because she sees that he really hasn't changed and that is still stuck at the same level that he was at when she broke up with him (e.g. he's still insecure, still has no clue on how to attract her in the ways she secretly wants him to).

She might then say something like, "I don't want to lose you, but I just don't want to be in a relationship right now. Maybe there will be a chance for us again in future, but not now."

She will then try to move on because she knows that, even though he gave her space and appeared to be confident by doing that, he's still stuck at the same level and probably isn't going to change and improve any time soon.

Another mistake that some guys make when their woman breaks up with them is thatâ€¦

2. He pleads with her to change her mind.

When a guy is faced with the reality of losing the woman he loves, it's only natural that he might try to make her change her mind.

Unfortunately, one of the most common reactions guys have is to plead with her.

For example: A guy might say, *"Please don't do this to us baby!! If you say that you don't want to lose me, then why are you doing this? You know that I love and will do anything to make you happy. Please don't go! Just give me a chance to make it up to you. I will do whatever it takes. Just give me one more chance. Please, I'm begging you."*

Yet, rather than change her mind, this sort of behavior convinces her to break up with him even more. Why?

A woman is instinctively turned off by a man who is being emotionally weak, insecure or desperate.

She might not say it out loud, but inside she's usually thinking, *"Oh my! if he can't cope with a simple break up, how is he going to handle the bigger problems in life? I don't want to be stuck with a guy who falls apart at the first sign of difficulty in life. I need a man who is confident and emotionally strong enough to cope with the challenges of life. He clearly hasn't yet become a man and is still thinking like a boy or young man. I don't want to waste any more time on him. I need a man."*

3. He asks her if she will change her mind if he waits for her. He then promises to wait as long as it takes.

Another common reaction that guys have is to promise to wait for a woman to change her mind for as long as it takes.

For example: A guy might say to her, *"You said that you don't want to lose me, so I promise*

you that you won't. If you tell me right now that you will someday change your mind about us, I will wait for you, no matter how long it takes. I don't want any other woman. I only want you. What we have is special and I don't want to share that with anyone else.

Although a woman might feel flattered that he's prepared to wait for her, if he then doesn't actively do anything else to re-spark her feelings of respect and attraction for him (i.e. he gives her weeks and even months of space to change her mind without even contacting her and actively attracting her), she will usually just move on with her life.

Initially, she might miss him and even say to herself, *I wonder what my ex is up to. I wonder why he isn't calling me,* but if she doesn't hear from him and then another guy comes along who awakens her feelings of attraction, she will forget all about him and just move on.

So, if you want to get your ex back, you have to be active about it.

You can sit around on the sidelines and hope that she will change her mind all by herself, but it rarely works when a woman has fully decided to break up with a guy because he isn't able to give her the attraction experience she wants (e.g. he's emotionally sensitive, but she wants a confident, emotionally masculine man).

If you want her back for real, you have to make her change her mind by interacting with her (e.g. via text, e-mail, social media, over the phone and in person) and making her feel surges of respect and attraction for the new and improved you.

Another common mistake that guys make when a woman says, *"I don't want to lose you,"* but breaks up with him anyway is

4. He stays in her life as a friend, but doesn't do anything to make her sexually attracted to him again.

Sometimes, a woman might say to a guy, *I don't want to lose you, but I just can't be in a relationship with you right now. Let's just be friends.*

He might jump at the idea and say to himself, *Being friends with my ex is better than nothing. At least if I stay friends with her, I'll have a good excuse to be around her and stay in her life. Hopefully, if I'm really nice to her and show her that she can rely on me no matter what, she will realize how much she still loves me and we can get back together again.*

He may then hang around his ex being her nice, neutral friend who is always available to help her out with errands, give her a shoulder to cry on when she's having a bad day and generally being at her every beck and call.

However, what he isn't doing is making her see him as anything more than a friend.

Why?

Essentially, because he's not sparking her feelings of respect for him and he's not making her feel sexually attracted.

He's just being friendly, nice and supportive, which are not the things that make a woman feel sexually attracted after a break up.

Remember: If you are going to be friends with your ex, make sure that you are actively making her feel respect and sexual attraction for you again.

Don't be her friend if you're only going to be her runaround guy who focuses on making her

feel neutral, friendly feelings.

If you want to get your ex back, you need to be fearless by fully believing in your attractiveness to her.

You need to believe that she is yours and that you deserve to have her in your life.

Then, you need to use every interaction you have with her (e.g. via text, e-mail, social media, on a phone call, or in person) to make her feel respect and attraction for you and make her fall in love with you all over again.

When you do that, she will quickly or gradually say something like, *“I made a mistake by breaking up with you. Please don’t leave me. I never want to lose you again. I love you.”*

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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What to Do When Your Ex Puts You in the Friend Zone

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Your ex putting you in the friend zone can actually be a good thing.

Why?

It allows you to interact with her anytime you want.

All you need to do is focus on re-sparking some of her feelings of respect and attraction and then get her back into a relationship with you.

So, how can you do that?

Here are 4 examples of things that you can do when you ex puts you in the friend zone!'

1. Don't See Yourself as Being in the Friend Zone

[image: Don't see yourself as being in the friend zone]

Just because a woman says something like, *"I don't feel the same way about you anymore, but I don't want to lose you. I just want to be friends."*

Can we do that? it doesn't mean you have to become her best friend and stop focusing on getting her back.

Watch this!'

Where some guys go wrong is by accepting a friendship with an ex woman and then hoping that just by hanging around her and being a good guy, she will miraculously change her mind about him and want him back.

That's not how a woman's attraction works!

You've got to actively make her have sexual feelings for you and she will then not want you to remain in the friend zone.

She will want to hug you, kiss you and have sex with you.

Yet, many guys don't realize how easy it is to change how a woman feels, so they just listen to her and follow her instructions on only being friends.

For example: A guy might say to himself, *"A friendship with my ex is better than nothing. I have to make sure that I don't do anything to push her away and make her change her mind. So, I'm going to just focus on being really nice and polite to her and help her out like a good friend would when she needs me. Hopefully she will see what a good guy I really am for respecting her wishes about just wanting to be friends. Then, she will realize how much she still loves me and we can get back together again."*

Yet, in most ex back cases, it simply doesn't work like that.

Why?

If you put yourself in the friend zone with your ex and only focus on being her nice, sweet, reliable, neutral friend, that's exactly how she's going to perceive you.

She's going to look at you as being a friend and will also be sexually turned off by your lack of

confidence in your attractiveness to her.

Always remember: Women cannot stop themselves feeling attracted to a good man who believes in his attractiveness to her.

Women label guys like that as being charming, charismatic and mysterious and they happily and willingly have sex, get into relationships and fall in love with guys like that.

So, if you just act like a friend and doubt your attractiveness to her, it's highly unlikely that she will start feeling sexually attracted to you again.

She might keep you around as a friend, but chances are high that she's not going to stop dating other guys just because you and her are friends.

Don't put yourself in that position where she can destroy you and break your heart some day soon by saying, *"Ummm... I have something that I need to tell you. I've met someone else and we're in a relationship now. I really like him and he doesn't want you and me to continue being friends, so please respect that."*

That's not the outcome you want with your ex, right?

If not, don't just be a friend to her.

Make sure that you are actively triggering her feelings of romantic and sexual attraction for you.

The best way to do that is to

2. Flirt With Her and Don't Doubt That it is Working On Her

[image: Flirt with her and don't doubt that it's working on her]

Sometimes a guy will attempt to flirt with his ex, but in the back of his mind he may be thinking, *"This isn't working. I'm trying to flirt with her and she's just being cold and distant with me. She's clearly not interested in me anymore. I can't seem to make her feel the way she used to before. She just doesn't want me."*

Yet, here's the thing!

If you doubt that your flirting works on a girl, it won't, because she will sense your self-doubt, which is unattractive to her.

Women are naturally attracted to confidence in men (especially confidence in your attractiveness to them) and turned off by self doubt (especially doubting your attractiveness to them).

Women don't go around telling guys that though because guys would begin acting very arrogant and hoping that women like it, but that's not the approach that women want guys to take.

Women just want a guy to have a relaxed, easy-going confidence in his attractiveness to her.

If you can do that, you will naturally be attractive to your ex and most of the women you meet.

So, what you need to do is flirt with her and believe that it's working (i.e. it's making her feel attracted, turned on and sexually interested in you again).

When you believe that your flirting is working, your ex will automatically sense your confidence via your body language, vibe, behavior, attitude and conversation style and it will turn her on because confidence is attractive.

Remember: A woman's attraction to a guy is based mostly on how he makes her feel when he

interacts with her, rather than what he looks like.

If you are being confident, self-assured and are making her laugh and smile, she will automatically feel attracted to you and won't look at you as someone that she wants to keep locked away in the friend zone.

On the other hand, if you are being nervous, self-doubting and insecure when you interact with her, she will automatically feel turned off by you because she will feel more emotionally dominant than you, which means she can't fully relax into being a feminine, girly woman around you.

So, don't doubt yourself at all.

Have a relaxed, easy-going confidence in your attractiveness to her and never doubt it no matter what she says or does to try to make you feel insecure.

Women do that to guys to test their confidence and when you pass the test, you get the attraction and the girl.

Here's the thing!

The more that you believe that what you're saying and doing around your ex is turning her on, the more it will come through in your actions and body language.

You will appear confident, charming and charismatic to her and she will automatically feel attracted to you.

When you do that, everything changes.

She stops seeing you as her nice, neutral friend and begins to think, "I'm seeing him very differently all of a sudden. Something has changed. I don't want to be just friends anymore. I want more than that. What is happening to me? Why do I feel like I want to kiss him all of a sudden? He seems so much more attractive and appealing now. I'd better kiss him before another girl feels attracted and then takes him from me."

Another way to escape the friend zone with your ex is to

3. Improve Your Ability to Attract Her in the Ways That She Really Wants

[image: Improve your ability to attract her in the way she really wants]

Guys who get friend zoned simply don't know how to actively attract women during an interaction (i.e. when they are talking to her).

Most guys think that a woman's attraction for a man is based on her conscious decision that he looks physically attractive, has money or has a big dick.

Yet, her attraction is actually a result of her instinctive reaction to various personality traits, behaviors and inner qualities that he is either displaying or not (e.g. confidence, charm, charisma, humor, emotional strength).

That's what really matters to most women.

Yes, there are some women who are completely shallow and only go for a guy based on looks or money, but those women are the minority.

Most women place way more importance on how a guy makes her feel when he talks to her (e.g.

Does he make her feel awkward because he is nervous, or does he make her feel relaxed and attracted because he is confident?)

That's what really matters.

Yet, when a guy hears that he needs to attract his ex in the ways that she really wants, he sometimes assumes that it means he needs to improve on his physical appearance.

He might also remember back to when his ex said something like, *â€œWhy are you always wearing shorts and t-shirts? Why do you never wear something nice like a suit or at least a pair of trousers and a shirt?â€* or *â€œYou really need to get to the gym. Youâ€™re putting on weight,â€* or *â€œI wish youâ€™d do something with your hair. Hanging all over your face is not a style, you know?â€*

He may then go out and buy new clothes and shoes, get himself a new hairstyle, or go to the gym and workout.

In his mind, a woman's attraction is mostly about a guy's physical appearance, so that's what he focuses on.

He tries to change who he is on the surface, when what really matters to a woman is who a man is on the inside and how that comes through when he interacts with her.

Yet, he doesn't know that, so he focuses on improving his physical appearance.

Heâ€™s secretly hoping that when he interacts with his ex, she will take one look at his new and improved appearance and think, *â€œWow! He is looking so great. He looks so awesome in a suit/with that great haircut/now that heâ€™s lost some weight. I feel so attracted to him. I simply must have him back!â€*

However, thatâ€™s not how it works.

Although a manâ€™s physical appearance is one of the things that a woman feels attracted to, itâ€™s still not as powerful as the attraction she feels for his personality, behavior and inner qualities.

For example:

- Is he so emotionally masculine that he makes her feel feminine and girly in his presence, or is he an emotionally weak or sensitive guy who makes her feel like the more dominant and powerful one in the relationship?
- Does he have drive and determination to succeed in life, or does he sit back and whine about life like a victim?
- Is he the kind of man she can look up to and respect, or does she look down on him a little bit?
- Is he confident, emotionally strong and self-assured, or is he insecure, self-doubting and fearful?
- Is he a go-getter who faces life head on, or does he hide from his true potential as a man?
- Does she feel like she will be winning by hooking up with him again, or does she feel like heâ€™s just not good enough for a woman like her because he doesn't know how to change and improve in the ways she really wants?
- Is he man enough to take the lead in the relationship, or does he expect a woman to take the lead and make him feel safe?

These are some of things that a woman looks for and finds most attractive in a man.

So, if you want to get out of the friend zone with your ex, you need to be able to improve on your ability to attract her in the ways that really matter to her, not in the ways you think matter to her.

For example: There's no point in rushing out and spending a lot of money buying new clothes and shoes, if what your ex really wants is for you to be more emotionally masculine rather than being so emotionally sensitive.

Alternatively, if what your ex really wants from you is to have more drive and ambition in life, then if you go out and lose some weight, or get a new hairstyle, she probably won't say, *âHe's still going through his life aimlessly without a plan or clear direction, but hey â he cut his hair, so let's get back together again!*

Those things are superficial and a woman knows it.

Sure, she might appreciate the effort and she may even comment about it and say something like, *âYou're looking nice. Good for you for cleaning up/losing weight,* but that doesn't mean she's attracted to you in the ways that really matter to a woman.

If you're serious about getting out of the friend zone with your ex and getting her back, you must improve your ability to attract her based on who you are when you interact with her.

Remember: A woman is way more interested in who you are as a person and how that makes her feel when she talks to you, than how you look or what you're wearing.

Finally, to get out of the friend zone with your ex make sure that you continue on with the ex back process until you get her back.

How?

4. When Her Feelings Are Properly Reactivated, Hook Up With Her Sexually and Start the New Relationship From There

[image: Hook up with her sexually and start a new relationship from there]

The main thing you need to focus on from now on, is to use every interaction you have with your ex (whether it's via text, on social media, on a phone call or in person), to re-spark her feelings of sexual attraction and respect for you.

One of the most effective ways to do that is by making her smile and laugh when you interact with her.

The more laughter she experiences when she interacts with you, the more she will associate feeling good with you.

You will be an attractive man in her life again, rather than a lost guy who is hanging around in the friend zone hoping that she changes her mind on her own.

She will enjoy talking to you because it will make her feel sexually and romantically attracted.

When that happens, she will begin to think, *âEvery time I hear from my ex, he makes me smile and feel good. I can't believe how excited I feel just talking to him again. What does that mean? Does it mean that we should get back together? I actually miss him when he's not around. Does this mean I'm not really over him like I thought I was? Maybe being just friends isn't what I want after all,* and she becomes open to meeting up with you in person and having sex again.

She might not telling you that directly and will instead hint at it and hope that you pick up her signs and then lead the way to kissing and sex.

For example: She mightâ€¦|

- Constantly play with her hair or a necklace when talking to you in person. This is to show you that she's feeling girly, turned on and is looking at you as being the more dominant, masculine one.
- Touch you playfully on the arm or leg in conversation.
- Hug you a lot more often, or for a longer period of time when you are saying hello or goodbye.
- Find excuses to get you to come over to her house, or she will just show up at your place.
- Bring up past, happy experiences you and her shared together (especially moments in bed).

By the wayâ€¦|

Not all women are confident enough to give clear signs and some women don't want to give signs as a way of testing your confidence.

This is why it's always better to not pay much attention to her potentially confusing signs and just guide the interaction to a hug, then kiss and sex.

Remember: You must be confident when getting a woman back into your bed and into your life, because women are not attracted to the emotional weakness in men.

If you hesitate and second-guess yourself when going in for a hug or kiss, she will pick up on it and might then say, *â€œNo. Weâ€™re just friends. Itâ€™s not like that between us anymoreâ€* because she will feel turned off by your self doubt in that moment.

On the other hand, if you confidently make a move when the time is right, she will be happy to hug you, kiss you, have sex and get back into a relationship with you because she will be feeling attracted to your confidence.

So, donâ€™t wait around letting her call the shots.

What you need to do when your ex puts you in the friend zone is take the lead and make her yours once again.

Even though she might not act like that's what she wants, it's what she is really waiting for.

She wants you to be confident, believe in your attractiveness to her and get out of the friend zone with her.

She's waitingâ€¦|

×

[image]

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What to Do When Your Ex is Being Distant

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your ex is being distant, here are 3 things you can do to get her to open up to you!

1. Stop Saying and Doing the Things That Are Causing Her to Be Distant

Sometimes, a guy might say, *"I don't understand why my ex is being so distant. No matter what I say or do, she just pushes me away. I don't know what to do to make her open up to me again. She's being so stubborn."*

Yet, what he doesn't realize is that his behavior is what's making her react in that way.

For example: Some of the things a guy will do that will cause his ex woman to pull away from him even more are:

- **Begging and pleading.**

This is one of the most common reactions that guys have when faced with the shock of being broken up with.

For example: A guy might say to himself, *"I can't lose her! I have to do whatever it takes to make her change her mind before it's too late."*

Even though it might seem like begging and pleading will show her how much you care, it actually makes her feel so turned off that she doesn't care how much you care.

The reason why is that when a man is being emotionally weak (e.g. insecure, desperate, clingy, self-doubting), it turns a woman off at a deep level.

On the other hand, when a man is being emotionally strong (e.g. confident, in control his emotions, at ease) it naturally makes a woman feel attracted whether she wants to feel that way or not.

She can't control it because it's a natural reaction.

Yet, a lot of guys either don't know that or they simply can't stop themselves from begging and pleading to their woman when she dumps them.

For example: A guy might call his ex on the phone, or meet up with her in person and say things like, *"Please forgive me! I know I stuffed up, but I promise to make it up to you. I beg you. Please let me prove to you how strong my love really is. I will do whatever I have to do to make it work. Please, please, just give me one more chance."*

She sees him being emotionally weak at a time when she really needs him to be confident and emotionally strong.

If he can't do that for her, he's just helping her feel like she made the right decision to break up with him.

Here's the thing!

A woman usually breaks up with a guy when her feelings of respect, attraction and love for him fade

because of the way he has been thinking, acting and behaving in the relationship with her (e.g. he is too insecure, clingy, needy, emotionally sensitive).

So, to change her mind about him and want to give him a second chance, she needs to see that heâs changed those things about himself and is now at a different level as a man.

She needs to be able to see that he has moved beyond the level that he was at when she broke up with him, rather than him becoming even more of a turn off to her.

So, when a guyâs first reaction is begging and pleading, she will become distant in the hope that he will just leave her alone.

Another thing that will make her want to be even more distant with you isâ|

- **Trying to convince her to change her mind.**

[image: Please just give me another chance. Things will be different this time, I promise!]

When a woman doesnât feel much (or any) respect and attraction for a guy, him telling her how much he cares or giving her a list of great reasons for them to stay together just isnât going to matter that much to her.

Sheâs not feeling attracted to him, so she doesnât care.

It doesnât matter to her.

He wants her back because he feels attracted to her, but she doesn't yet feel that for him, so his words mean nothing to her.

Even though heâs trying to reason with her, explain that he cares and promise that he can change, sheâs just going to say something like, *âI know that you mean well, but I donât feel the same way about you anymore. It's over. Just accept itâ or âI need some space so that I can figure out what I want from my life,â or âI just donât want to be in a relationship anymore. It's not you, it's me. I want to be alone for a while. I'm not interested in being with any guys. I just want to be alone.â*

What she really means is, *"I'm breaking up with you because you don't know how to make me feel respect, sexual attraction and love for you anymore. I'm only giving you vague reasons because I don't want to teach you how to re-attract me. You have to figure that out on your own, otherwise you've lost me. I'm not going to tell you that either. I'm going to tell you that it's over and you have no chance because I'm basing what I'm saying on how you're making me feel now, not on how you could make me feel if you changed your approach."*

Most guys don't know that it's possible to re-attract an ex woman, so they feel like their situation is hopeless and there's no chance of getting her back.

Yet, here's the thingâ|

He's thinking that it's hopeless, but he's not even doing anything to make her feel respect, sexual attraction and love!

It's like thinking that it's impossible to drive a car without learning how to drive and then driving.

You've got to get into the car if you want to drive.

You can't just look at it and say, *"No, it's impossible. I wouldn't be able to learn how to drive. There's just no way."*

Of course it's possible to drive a car and of course you can learn.

Likewise, of course it's possible to re-attract an ex and of course you can learn.

You just need to know how a woman's attraction works and then start doing what works.

Here are some examplesâ€¦

Men who try to convince their ex back don't understand the power of attraction.

He just tries to convince her with words and has no idea how to make her have feelings for him again.

From her perspective, all she sees is a desperate guy who has no clue how to win a woman back.

From his perspective, he may see her as being stubborn, selfish, bitchy, mean and cold.

Yet, the only reason why she's not opening up to him is that he's not making her have feelings again by focusing on attraction.

He's just trying to convince her with words, which are not enough when it comes to getting a woman back for real after a serious break up.

Another thing that will make an ex become even more distant isâ€¦

- **Seeking pity.**

When a guy notices that nothing is working and that his ex is only being more and more distant, he might then attempt to make her feel sorry for him.

He will send her a text message saying something like, *â€œWhy are you doing this to me? Don't you have a heart? I can't believe that you've become so cold that you're actually enjoying punishing me in this way. I'm doing everything I can to make it up to you for hurting you and you don't even have the decency to talk to me. Just give me chance. Please!â€*

He's hoping that if she realizes how much he's hurting without her, it will soften her up and she will be more open to talking to him on the phone and seeing him in person.

Yet, women don't like to be emotionally blackmailed and in most cases, rather than melt her iciness, seeking pity from your ex might cause her to pull away even more.

Why?

It's unattractive.

Always remember: Women are attracted to emotional strength in men and turned off by weakness.

Seeking pity is a form of emotional weakness.

An emotionally strong man would not feel sorry for himself and seek pity.

Instead, he would remain confident in his ability to attract her and he would get on with doing that (e.g. by making her smile, laugh and feel good when talking to him).

Another thing that will cause an ex woman to become distant isâ€¦

â€¢ Being annoying.

A guy might decide that if his ex is being distant towards him, he's going to make it as difficult as possible for her to avoid him.

He might then show up at her house or workplace (e.g. he forgot something of his at her house, he's returning something of hers) just to make her talk to him.

Alternatively, he might show up at some of the places she likes to go (e.g. restaurants, bars, clubs)

and act surprised to see her there.

It goes without saying that annoying a woman is only going to make her be more distant not less. So, if you feel tempted to do something that you know will annoy your ex (e.g. texting her all the time, calling her names) because just youâ€™re feeling desperate to get a reaction from her, donâ€™t do it.

Itâ€™s likely just going to make things worse.

Another distance trigger isâ€¦

- **Arguing with her.**

When a woman is being cold and distant towards her ex and nothing that heâ€™s saying (e.g. trying to convince her to give him another chance, apologizing over and over again, promising to change) is getting through to her, he might end up becoming argumentative.

However, arguing and fighting doesnâ€™t do anything to trigger a womanâ€™s feelings of respect and attraction.

In fact, it usually has the opposite effect (i.e. she loses respect and attraction and shuts herself off even more).

So, rather than getting into pointless arguments and debates with your ex that will push her away even further, just focus on making her smile, laugh and feel good again when she interacts with you.

Another distance trigger isâ€¦

- **Expecting her to want to get back with him just because the relationship used to be good.**

In the past, a woman was essentially a man's property and was expected to stay with him for life, regardless of whether she was happy or not.

In today's world, if a man can't maintain and build on the love, respect and attraction between him and his woman over time, she can now choose to leave if she wants to.

Some guys hate that women have that power these days, but it's not going away.

To keep a relationship together, you've got to make it better over time, rather than just starting out great, ruining the relationship and expecting her to stick around.

Where some guys go wrong is thinking that because the relationship used to be good at the start, it should be enough of a reason for her to want to give the relationship another try.

Yet, if a woman isn't getting the attraction experience that she wants from him anymore (e.g. heâ€™s being insecure, childish, immature, jealous and controlling), she's not going to care how good things were at the start.

In fact, talking about how good things used to be will just highlight to her how bad things are now.

So, donâ€™t waste time focusing on what used to be, because when a woman loses respect and attraction for a guy sheâ€™s not going to care about how happy and in love they used to be.

How you make her feel right now is what matters, not how you used to make her feel long ago.

Another distance trigger isâ€¦

- **Wanting her back even though he hasn't changed the things that turn her off.**

Many guys will try to get an ex back without even bothering to change any of the things about himself that were turning her off (e.g. he's still insecure, still lacks purpose in life, isn't manly enough when he interacts with her).

To stop your ex from being distant towards you and make her want to give your relationship another shot, you've got to understand what truly caused her to break up with you.

For example: A woman will feel turned off and want to be distant if you

- Became insecure in the relationship (e.g. by constantly asking her to reassure you that she loves you, giving up your other interests to spend all your time with her, getting upset when she wants to do something without you).
- Allowed her to dominate you emotionally (e.g. by letting her push you around, make all the decisions, not standing up to her when she is disrespectful towards you).
- Took her for granted (e.g. broke promises to her, regularly criticized her, stopped noticing her efforts to look good for you).
- Became too emotionally sensitive (e.g. by regularly telling her about your feelings, not being able to handle her tests of your confidence, expecting her to be gentle with you emotionally).
- Stopped making her feel feminine and girly in your presence (e.g. by treating her more like a neutral friend or sister).

Did you make any of those mistakes in your relationship with her?

When you understand where you really went wrong, you can then focus on changing the things that will truly matter to your ex and make her open up to you again.

On the other hand, if you're trying to get her back without first changing the things that really turned her off, she's just going to keep being distant towards you.

Remember: To get an ex woman back, you have to focus on making her have feelings for you again. She won't care that you have feelings for her until she has feelings for you again.

So

2. Start Giving Her the Attraction Experience That She Secretly Wants

[image: Start giving her the attraction experience she really wants]

One of the main reasons why a woman breaks up with a guy is because she has lost a lot of respect and attraction for him over time.

Despite that, she will often stick around for a while in the hopes that the guy will pick up on her unhappiness and change his ways.

Some women stick around for days, others for weeks, months, years and even more than a decade. It really depends on the woman and how much she's willing to put up with.

However, if she is unhappy with the attraction experience he is providing (e.g. she wants a confident man, but he is insecure), she will hope that he changes before she has to break up with him.

If he doesn't change, she will begin dropping hints (e.g. asking, *"I like confident men"*), making

suggestions (e.g. asking, *“Why don’t you get some help? You need to stop being insecure like this. I won’t put up with it forever you know?”*) and sometimes even nagging him.

She might also begin to start arguments with him over seemingly insignificant things, as a way of letting him know that she is unhappy and is waiting for him to figure out what he needs to change and then change it.

Some guys who read that will think, *“Why don’t women just say what they mean and tell us what they want us to do?”*

The reason why is that a woman doesn’t want to feel like her man’s mother or big sister.

She wants to feel like your girl and look up to you as her man and the only way she can do that is to not take on the role of being your mother, teacher or big sister.

If you are unable to pick up on her signals of frustration, she will eventually lose interest and want to get out of the relationship, rather than having to become your teacher and guide you through the process of becoming a complete man.

For example: If a guy is too much of a nice guy, which then causes him to be submissive around other people, his woman might get to the point where she is so turned off that she constantly nags him about his inability to stand up for himself.

She might say things like, *“Why do you always let everyone walk all over you? Your friends are constantly using you and you just can’t see it. Why do you have to be the one who always buys the drinks for a get together? Why are you the only one of your friends who is the designated driver when you all go out together?”* or *“Your coworkers are taking advantage of you. Why are you the only one who is always working late? You have a life too you know! You can say no sometimes! It’s not going to kill you to stand up for yourself,”* as a way of motivating him to become more ballsy.

If he fails to take notice of her concerns and carries on behaving in the same old ways, she will start thinking, *“I’m just not getting through to him. No matter what I say, he just can’t stand up for himself and be more of a man. I can’t live with a guy like that. I need someone I can look up to, respect and feel proud to present to my family and friends. He’s clearly not that guy for me. I have to end this relationship and find a man who knows how to be a real man.”*

When she dumps him, he might then try to convince her to take him back by saying things like, *“Please forgive me. I really love you and I will change whatever it is that you need me change. For the sake of the love we shared, please give me one more chance,”* or *“Please baby, you and I are soul mates. Sure we have our problems, but I know we can fix them. Please don’t break us apart. We can fix this. I love you more than anything. I promise that I will change whatever you want.”*

She may then respond by saying something like, *“No. You can’t convince me to get back together again. I’ve fallen for your promises and sweet talk too many times before for me to believe you now. It’s over.”*

It sounds so final, doesn’t it?

It seems like he has no chance, right?

Wrong.

What he doesn’t realize is that she’s just reacting to the lack of respect and attraction that she

currently feels for him.

He's not even doing anything to re-attract her and is simply trying to convince her to give him another chance based on reasons that he is providing.

Yet, trying to convince a woman to open up and give you another chance doesn't make her feel attracted and drawn to you.

So, what does?

Giving her the attraction experience she really wants and triggering her feelings of respect, attraction and love.

For example: If a guy was too nice and a push over in the relationship, he needs to show his ex that he's now more ballsy and emotionally strong now.

Another example is if a guy was too emotionally immature in the relationship (e.g. not having any big goals or plans for the future, drifting from one dead end job to another), he now needs to show her that he's more emotionally mature and is making real progress in life.

He needs to show her that he's putting in the effort to become a better man.

Of course, he can't go to her and say, *"Now do you like me?"* after making progress because it makes her feel as though he's sucking up to her, which is something else that women find unattractive.

He just needs to change, start being the new man that he should be and then interact with her normally.

She will pick up on the changes as she interacts with him and as they talk and if she can see that he hasn't just done it to impress her, she will be impressed.

Women want to see that you're making progress and becoming a better man because you want to, not because you're trying to suck up to them.

So, when you start giving your ex the attraction experience that she really wants (without going to her and asking, *"Now do you like me?"*), she naturally begins to feel more respect and attraction for you.

She then begins to ask herself, *"Why have I been such a bitch to him? Why have I been so cold and distant? He's not that bad. I mean, I actually feel something for him again. So, what was I thinking? I need to give him another chance"* and she subconsciously allows the walls around her heart to come down.

However, if you keep saying and doing the things that have been turning her off, she will just continue being cold and distant towards you.

Finally, you just need to

3. Guide Her Back Into a Relationship, But Don't Put Too Much Pressure On Her

[image: Guide her back into a relationship, but don't put too much pressure on her]

The best way to get your ex to warm up to the idea of getting back together with you, is by actively making her have feelings for you again.

Essentially what that means is that you need to interact with her (e.g. via text, e-mail, social media and especially over the phone and in person) and show her by the way you think, talk, act and behave

that youâre a different man now.

However, if she continues to keep you at arms length and pretends not to be interested, donât worry about it.

Donât put pressure on her and cause her to pull away from you again.

Just relax and allow the ex back process to happen.

As long as you continue making her feel respect and attraction for you again, she will drop her guard and fully open herself back up to you.

When she starts to feel good when sheâs talking to you on the phone, or meeting up with you in person, she becomes open to interacting with you more often.

Itâs then up to you to continue saying and doing the types of things that trigger her feelings of respect, attraction and love for you, until she feels that getting back together again is what she really wants.

All of a sudden, she doesnât want to be distant with you anymore.

She wants to be close to you.

She wants to be back in your arms and experiencing the new and improved you who is now able to make her feel attracted in new and exciting ways.

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[image]

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[image: Dan Bacon]

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4 Ways to Know How Much Your Ex Cares About the Relationship

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The best way to find out how much your ex cares about you and the relationship is by doing these 4 thingsâ€¦!

1. Reactivate Her Feelings and Then Tell Her That You Miss Her Sometimes

[image: Reactivate her feelings and tell her that you miss her at times]

If a woman has lost respect and attraction for her boyfriend (fiancÃ© or husband), she will usually avoid him and try to move on, rather than calling him up to tell him how she feels about him and what he needs to do to get her back.

So, if you want to know how much your ex cares about the relationship, donâ€™t sit around hoping that sheâ€™s going to be the one to make the first move and get you back.

As the man, you have to be the one who takes the lead and actively re-sparks her feelings of respect and attraction for you during interactions (especially over the phone and in person), so that she will want to tell you how she feels.

If you donâ€™t reactivate her feelings for you first and instead rush into telling her that you miss her and care about her, rather than make her think, *â€œWell okay. If he misses me, then thatâ€™s good enough for me to want to give him another chance,â€* sheâ€™s likely just going to be thinking, *â€œI just donâ€™t feel the same way about you anymore,â€* and sheâ€™s going to keep pushing you away.

So, donâ€™t waste your time trying to guess your ex womanâ€™s feelings for you.

Instead, make her care about you again by reactivating her feelings for you first.

You can do that byâ€¦!

- Making her smile and laugh every time you interact with you, so that she can begin to think, *â€œHmmmâ€¦! Iâ€™m having so much fun talking to my ex again. I actually look forward to hearing from him now and I feel disappointed if he takes too long to contact me.â€*
- Being emotionally strong and confident around her, regardless of whether she is being nice to you, or being cold and distant towards you.
- Showing her that youâ€™ve understood her real reasons for breaking up with you (e.g. she didn't think you were manly enough in your behavior around her) and that youâ€™ve taken the necessary steps to change those things.
- Making her feel like a real woman in your presence (i.e. feminine, girly) rather than making her feel just like a friend.

When she starts to feel respect and attraction for you again, you can then tell her that you miss her and see how she reacts.

She will then either tell you that she misses you too, or that she doesn't.

However, don't ask her unless you ask in a playful, easy-going tone of voice.

If you ask in a fearful, needy tone of voice (e.g. by saying something like, *â€‹Iâ€‹|ahhhâ€‹| just wanted to ummmâ€‹| say that I, ummm, miss you. Do you, ummmâ€‹| maybeâ€‹| ahhhâ€‹| miss me sometimes too?â€‹*) she will likely say no, because you're not being attractive.

Remember: Women are attracted to confidence in men, not self-doubt or nervousness.

If you present your ex with nervousness and self doubt, she will feel turned off by you and then, when you ask if she still cares about you, she will say, "No" based on how you are making her feel in that moment.

You must present confidence to her.

Watch thisâ€‹|

Women thrive on a man's confidence.

It makes them feel respect and attraction, even though they might not admit it openly.

So, don't try to tell her how you feel before you reactive her feelings by attracting her first.

When she is feeling attracted to you, she will be much more receptive, open and happy to hear that you still care about her.

For example: Imagine youâ€‹ve been talking to your ex over the phone and youâ€‹re making her laugh and smile.

You can then say to her, *â€‹Hey, this is fun talking again. I like hearing you laugh. Itâ€‹s one of the things that I miss about you the most.â€‹*

She might then reply by asking, *â€‹Well, what else do you miss about me?â€‹* and you can say in a joking way, *â€‹Let me thinkâ€‹| well, I miss the way that you used to cook and clean for me and kept everything organized. Of course I donâ€‹t miss the way you used to snore at night though. I donâ€‹t miss that at all! I've been sleeping so well latelyâ€‹* and then have a laugh with her about that.

She will most-likely laugh and say something like, *â€‹Hey! You were the one who snored, not me!â€‹*

You can then have a bit of a laugh with her and then say, *â€‹I was only kidding about the snoring. I miss all of you.â€‹*

If she can sense that youâ€‹re being sincere and not needy when you say that, she will usually respond with something along the lines of, *â€‹Yeah, I miss you too.â€‹*

Donâ€‹t worry if she doesnâ€‹t say it right away.

Sometimes, an ex woman won't want to say that she misses you because she wants to test to see if you will remain confident no matter what.

Women thrive on a man's confidence, so they always test to see how real and how strong your confidence is.

To pass the test, just don't crumble and start doubting your attractiveness to her.

Know that you have attracted her in the past and you are attracting her now.

You are a man that she finds attractive and since the break up, you've become even more attractive by becoming more confident.

In addition to maintaining your confidence, you just need to keep saying and doing the types of things that spark her feelings for you (e.g. making her laugh, being charismatic, making her feel girly in comparison to how masculine you talk and behave).

The more you do that, the less she will be able to close herself off from you.

She will then start to miss you for real, want to be with you, forgive you and start to reconnect with her feelings of love for you.

Another way to check how much your ex cares is to ask her!

2. Post Up Photos On Social Media Of You Having Fun Times With Other People (Including Women) and See if She Contacts You

[image: Post up photos on social media of you having fun with other people]

Most guys don't want to do this because they don't understand how a woman's attraction really works.

Guys will often say to me, *"I'm afraid that she will get angry and tell me that she doesn't ever want anything to do with me again,"* or, *"I'm worried that she will seek revenge and start posting up photos with other guys."*

Yet, the guys who've actually followed through on doing this pretty much always get the same result. What is that?

Their ex woman contacts them.

She might pretend to be angry or turned off, but don't fall for it.

She has contacted you because you have suddenly made yourself look more attractive to her.

How?

Women are attracted to men who are liked, loved and wanted by others, especially by other women.

So, if a guy doesn't post up any fun photos to his social media account because he doesn't want to make her angry, she just assumes that he's unloved and unwanted and is simply sitting around hoping that she calls him and wants him back.

Some guys also make the mistake of posting up photos of themselves alone at home, of their pet or of landscapes (e.g. the beach, mountains).

They are hoping to show their ex that they are alone and waiting for her.

Yet, that's not what actually works to get an ex woman back.

If you want her to care about you, a great way is to show her that other people care about you.

That's how a woman's attraction works.

So, post up photos (set them to public so she can see them even if she has unfriended you) of you having lots of fun with other people, including women.

It's not about kissing women or anything like that.

Instead, it's just about having fun with other people and making sure that there are women in the

photos too.

Your ex may then say to herself, *â€œI didn't think that I would mind if he started seeing other women after we broke up, but seeing pictures of him having fun without me makes me realize just how much I really do miss him. I think I made a big mistake by breaking up with him. I need to do something to get him back. I do care about him. I don't want to lose our relationship just yet. I think I want him back.â€*

That's how women work.

I've heard back from 100s of guys who've been contacted by their ex woman simply by posting up photos on social media showing them having fun with other people and with women.

When a woman sees photos like that, she will often text her ex or call him as a way of opening the lines of communication and hopefully getting him back.

By the wayâ€¦!

In some cases where a woman broke up with a guy because he was insecure and self-doubting in the relationship with her, seeing pictures of him with other women on social media won't necessarily convince her that he has suddenly become confident and assertive.

Instead, she will think that he's only pretending to be having fun and dating other women, as a way of making her jealous so that she will then run back to him.

She might then test him by calling him on the phone and saying, *â€œI saw your new photos on Facebook. You look like you're having fun. I can't believe you've gotten over me so quickly. I still love you and miss you and you're already in some other woman's arms. Why? Didn't our love ever mean anything to you? What was I to you anyway? Were you just passing your time with me? Didn't I mean anything to you? How could you do this?â€*

If he then quickly tries to reassure her by saying something like, *â€œNo, it's not like that! I'm not moving on. I still love you too. Those are just photos of some women I met somewhere. I don't even know them. I haven't even seen them again after that day. It's you who is always on my mind and you that I really want. I was thinking about you and missing you even though I was with those other people. Don't worry, they don't mean anything to me. I just want you backâ€* she will know that he was only trying to make her jealous to get her back.

So, be prepared for her tests.

If she confronts you about the photos, just say, *â€œJust because I'm getting on with my life, it doesn't mean that I didn't love you, or even that I don't still love you. You have made it clear that you don't want to be with me anymore, so I'm just moving on. There's nothing wrong with that. It doesn't take away from my love for you; it simply means I'm not going to sit around feeling sorry for myself because you don't want me anymore. As you would agree, that's completely normal and natural. You and I aren't a couple, so it really shouldn't matter to you anyway, but I'm sorry if it hurt you. You know that I still love you, but I've accepted the break up. What you and I had was in the past.â€*

By saying something like that to her, you are showing her that you're a confident, emotionally strong man (this is attractive to her) who isn't lost without her.

She then begins to feel respect for you again because she can see that you're a different man now. She also feels a bit hurt that she no longer has power over you now that you've accepted the break up.

When she realizes that youâre no longer the same guy that she broke up with, it becomes a lot easier for her to let down her guard and open herself up to the idea of loving you again.

However, if you are too afraid to post up photos of you having fun, then how is she going to ever feel that way about you?

How can she know that you are moving on?

Most guys try to convince a woman that they've moved on or are not trying to get her back simply by saying that to her, but women don't believe it, especially if the guy begged and pleaded with her for another chance.

If you really want to prove to her that you're not sitting at home alone missing her, you need to show it in photos.

We're living in an age of social media and it's actually one of the best tools you can use to get an ex woman back, so don't ignore it or worry that posting photos will make her angry.

Another way to check how much your ex cares is toâ|

3. See if She is Willing to Catch Up With You in Person to Say Hi

You'd be surprised at how many ex woman are secretly hoping that their ex guy contacts them and asks to meet up.

I've personally helped 100s of men to get their woman back and I've lost count of the amount of times a guy has admitted to me that he's been ignoring his ex and hoping that she comes back on her own.

Here's why that strategy rarely works on womenâ|

So, don't waste time ignoring her and hoping that she magically comes running back to you.

Most women don't, especially if they dumped you at a point where they no longer felt respect and attraction for you.

Even if she broke up with you and is missing you, it's still a better strategy to contact her and meet up with her so you can get her back before she falls in love with another guy.

For example: Imagine youâre on a phone call with your ex and youâre having a fun, light-hearted conversation with her where youâre making her smile, laugh and feel happy to be talking to you.

After a couple of minutes (or even sooner if the call is going really well), you can say something like, *âIt's been fun to talk to you again*" and let her say, *"Yeah, you too"* or something like that.

Then, ask her, "Anyway, so how about we meet up for a coffee tomorrow or the next day to say hi and carry on this conversation?â|

If she cares about the relationship, she will be open to it and will say something like, *âOh, okay,â|* or *âSure, why not?â|*

However, not all women are that easy when a guy is trying to get them back because they want to test the guy's confidence.

So, she might say something along the lines of, *âI don't think thatâs a good idea,â|* or

â€œIâ€™m not ready to meet up with you right now,â€ or â€œI need more time to think about it.â€

If that happens, donâ€™t worry about it.

Itâ€™s not the end of the world.

It simply means that if your ex is not open to meeting up with you right away or is testing your confidence, so you need to focus on further reactivating her feelings for you first.

Just continue to interact with her by calling her on the phone and focus on making her smile and laugh when talking to you, while also displaying some of the personality traits that are naturally attractive to women (e.g. confidence, charisma, emotional masculinity, charm).

The more that you make her feel attracted to who youâ€™ve become as a man, the more likely she will begin thinking, *â€œHe seems so different from the way he used to be. I actually want to see him in person again. If he asks me again, Iâ€™m definitely going to say yes this time. I hope he asks me again.â€*

In most cases, all it takes is 2 to 3 interactions (on the phone) where you are sparking her feelings, before a really stubborn woman will begin to drop her guard and agree to meet up with you to say hi. Another way to check if she cares is toâ€¦!

4. Reactivate Her Feelings and Then Ask if She'd Be Open to Hanging Out and Seeing How Both of You Feel Now

[image: Hang out with her again and get her back]

The main reason why itâ€™s important to reactivate a womanâ€™s feelings for you first before you try to find out how much she cares about the relationship, is because if you donâ€™t, she will likely only focus on the negative things about you that she remembers.

She will then just say something like, *â€œI donâ€™t have feelings for you anymore,â€ or â€œI know youâ€™re hoping that I will say I care about the relationship, but the truth is that I donâ€™t. What we had is over and you need to accept it. I don't feel the same way anymore. It's over.â€*

So, make sure that every time you interact with your ex, you say and do the types of things that will turn her on (e.g. be confident and charismatic, make her laugh and smile, make her feel feminine and girly in your presence), rather than saying and doing the types of things that keep reminding her of who you used to be in the past (e.g. being insecure and needy, letting her dominate you, making her feel more like a neutral friend or big sister around you).

Once youâ€™ve successfully re-sparked some of her feelings of respect and attraction, you can ask her if sheâ€™d be open to hanging out again.

For example: You might say, *â€œSo, what do you think? Would you be cool with us hanging out once to see how we both feel now? No pressure. We can just hang out as friends and get to know each other all over again based on the people we have become since the break up. Then, depending on how we both feel, we can decide to get back together, or never see each other again. It's up to you. You'd be in control. I think it'd be fun to see how we feel based on who we are now.â€*

In most cases, if youâ€™ve sparked enough of your ex womanâ€™s feelings for you for her to want

to interact with you, she will most likely say yes to your suggestion.

From there, every time that you meet up with her in person, you need to make her feel attracted by showing her (via the way you talk, think, behave and react to her) that youâre no longer the guy she broke up with.

Most guys get their ex back right away, but your case is a really bad one (i.e. it was a messy break up and you've turned her off ever since the break up), she may need a couple of meet ups before she's fully convinced that you have changed.

For example: If a woman broke up with a guy because he was too nice and she felt more emotionally dominant than him, to show her that heâs changed, he now needs to be able stand up to her (in a dominant, but loving way) and not let her get away with being disrespectful towards him.

Itâs not about him becoming a jerk and treating her badly.

Instead, he just needs to maintain a relationship dynamic where she knows that is the man and sheâs the woman.

It's not about telling her that he's the man or asking her to be more womanly.

Instead, he just needs to be more manly in how he talks, behaves and reacts to her.

Another example is if a woman broke up with a guy because he was too childish and immature (e.g. he had no plans or goals for his future, he spent most of his time hanging out and partying with friends, he didnât take things seriously in life, was addicted to video games, drunk way too much too often).

To convince his ex that heâs changed, he needs to have made some plans for his life and show her that heâs taking his future more seriously.

He doesnât need to become Mr. Serious and spend all his time working (or studying), but he does need to be more focused and working towards some long-term goals.

When a woman can see that her guy has made an effort to become a better man, it automatically changes how she feels about him without him having to plead with her or ask her to change how she feels.

Rather than focus on how badly he stuffed up in the past, she now starts to look at him with different eyes.

She drops her guard and then the idea of hanging out and seeing where things go actually sounds good to her.

Donât Ask Her if She Cares. Make Her Care

Asking a woman how much she cares is a needy thing to do.

Being needy is essentially about focusing on your feelings all the time.

Women hate that.

A woman wants you to be happy, confident and forward moving in life with or without her assurance.

So, rather than asking your ex, *"Do you still care about me?"* make her care by causing her feel a renewed sense of respect and sexual attraction for the new you.

Of course, not all guys are confident enough to do that.

Sometimes, a guy feels nervous to interact with his ex on a phone call or in person because he's afraid that he won't be able to handle it if she rejects him.

So, he might send her an e-mail, letter or text where he explains his feelings (that is needy) for her and asks her if she feels the same way.

For example: A guy might write something like, *"Hey Laura, I just wanted to tell you that even though we're broken up, I still care about you. I miss you a lot and now that we're broken up, I've realized how special you really are to me. You mean everything to me. I'm sorry for how I behaved in our relationship and I really want to make it up to you. I care about you so much. How do you feel about me? Do you think we can work things out and give the relationship another try?"*

Yet, here's the thing!

When a guy hasn't done anything to reactivate a woman's feelings first, she's going to reply based on how she feels, which will most likely be negative.

She's also going to see his approach as being selfish, because he's so focused on how he feels and getting what he wants.

He hasn't even reactivated her feelings yet and most likely doesn't even know how to.

She then thinks something like, *"After everything he put me through in our relationship, now he has the nerve to ask me how I feel?! What the?! Has he forgotten how he took me for granted/was so clingy and needy/all the fights we had? Does he think that I'm just going to forget that because he's telling me how he feels?!"*

Remember: If you want her to care, you need to make her care by giving her the attraction experience she wants and by showing her (not telling her) that you really have changed the things that turned her off about you.

For example: You can do that by!

- Showing her that you've already changed or improved the things that she broke up with you for (e.g. insecurity, an inability to make her feel feminine and girly in your presence, a lack of ambition, taking her for granted).
- Focusing on sparking her feelings of respect, attraction and love for you by using humor and making her smile and laugh around you, flirting and making her feel like a real woman around you.
- Confidently guiding her back into a relationship.

When you make her feel good to be interacting with you again, she just can't stop herself from connecting to her feelings of attraction and love for you again.

It happens automatically and she has no control over it.

All of sudden, she begins to care about the relationship and about you.

The idea of losing you becomes painful to her.

It hurts her to think that what you and her had was so special, but it was ruined and now there is a chance to save it.

She then wants to stop acting like she doesn't care and just give you another chance.

On the other hand, if you don't reactivate her feelings for you first, she won't see the point of repeating past mistakes.

She won't care about you or the relationship and will just move on.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

How Available Should You Be to Your Ex if You Want Her Back?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

You should be easily available and accessible as long as you are using the interactions to attract her, rather than just acting like a friend or worse, turning her off with the same old communication and attraction mistakes that lead to the break up.

For example: If a woman broke up with a guy because he was being insecure, self-doubting and clingy in the relationship, she is going to want to see that he has changed.

If he tries to get her back by begging, pleading and saying things like, *“I just can’t cope without you. I need you so much. Please forgive me. Please give me one more chance. I can’t bear the thought of losing you forever,”* she will see that he’s still being the same and will continue trying to move on without him.

[image: She wants to see that you really have changed]

Alternatively, if she broke up with a guy because he allowed her to dominate him with her confident personality (e.g. by making him do whatever she wants, making all the decisions in the relationship), if he then says to her, *“Just tell me what you want me to do to make things right between us,”* she will assume that nothing about him has changed.

Another example is where a woman broke up with a guy because he didn’t follow through on his promises to her and she lost her trust in him.

If he then tries to get her back by saying something like, *“Please baby, just give me one more chance and I promise you things will be different this time,”* she will usually just think, *“Yeah, really? How can I believe you when you’ve lied to me so many times before? This is just another promise you’re not going to keep. I’m not falling for it again. No thanks!”* Here’s the thing though!

[image: Just give me one more chance]

If you try to get your ex back without first making some changes and improvements to your communication style with her, she will naturally keep pushing you away and breaking up with you.

For example: Some of the changes that a woman likes to see are that:

- You remain confident and self-assured if she is being cold and stubborn towards you, rather than becoming insecure and giving up.
- You stand up to her if she tries to push you around or keeps bringing up past mistakes, rather than letting her treat you badly in the hopes that it will please her and make her change her mind about you.
- You are easy-going and joke around when talking to her, rather than being so serious and emotionally sensitive.
- You playfully dominate her during conversation rather than being timid, hesitant or being too nice.

If you change, she will change how she feels.

She won't always tell you that she has changed how she feels and she may even act like nothing has changed, but it has.

She will feel a spark of respect and attraction for you and begin to imagine getting back with you.

However, if you don't change, she will remain closed off and might say something like, *"How can you expect me to take you back when you're still the same guy I broke up with? Nothing about you has changed. Just leave me alone."*

A woman will keep pushing a guy away until he fully understands her real reasons for breaking up with him (not the excuses she gave him to avoid a messy break up).

For example:

Some of the excuses a woman might give a guy when breaking up with him, which don't actually reveal her real reasons for breaking up with him include:

- I just need some time for myself.
- I don't feel the same way anymore.
- I want to figure out what I want from life.
- I need some space to understand how I feel.
- There might be a chance for us in future, but for now I want to be alone.
- I don't want to be in a relationship with anyone right now.
- I don't know what I want anymore.

Those are just vague excuses that women give to guys when they don't have the courage or just don't want to explain their real reasons.

So, before you make yourself available to your ex and focus on getting her back, make sure you first understand what really caused her to break up with you.

This is usually different to what she actually told you.

Once you understand her real reasons (e.g. she wanted you to be more manly, but you've been mistakenly thinking that you need to be even nicer to her), you can then make the right changes.

You can then focus on giving her the attraction experience that she really wants, rather than continue making the same old communication and attraction mistakes and hoping things will be different this time.

Make Yourself Available to Her, But Not Before You Do

This!

Not all guys are confused about why they got broken up with, but some guys are.

If you're one of those guys who got the, *"I need some space,"* or *"I just don't have feelings for you anymore,"* speech from your ex, you might not be 100% sure what her real reasons for breaking up with you were.

So, if you want to give your ex the attraction experience that she really wants when you interact with her from now on, here are some questions to ask yourself to help you better understand where you might have gone wrong!

- Were you a confident emotionally strong man that she could look up to and respect, or were you insecure, self-doubting and clingy around her?
- Were you emotionally masculine around her allowing her to relax and be a feminine woman, or did you allow her to wear the pants in the relationship?
- Did you make her feel attracted and turned by how you talked to her and interacted with her, or did you end up making her feel neutral or bored?
- Were you emotionally independent (i.e. you didn't need her to make you happy) or did you become clingy, needy and insecure and need her constant reassurance that she loved you and wanted to be with you?
- Did you have big goals, dreams, friends and interests separate from your relationship with her, or did you make her your reason for living?
- Did you make her feel loved, taken care of and appreciated, or did you take her for granted (e.g. did you become critical and demeaning towards her? Did you fall into the habit of expecting her to be nice to you, while you treated her badly?)
- Did you and her have the same long term goals and dreams for the future (e.g. to get married, buy a house, have children, go traveling), or did you want different things?

By answering these questions for yourself, you should have a clearer idea about what really caused your ex to break up with you.

By understanding what your ex really wants in a relationship with you (e.g. that you are confident and emotionally strong, rather than insecure. You have a purpose in life, rather than whining about life like a victim. You make her feel feminine and girly in your presence, rather than making her feel like your boss or mother), you will then be able to offer her what she actually wants when you interact with her.

When she can see for herself that you've understood her real reasons for breaking up with you and have taken steps to improve on those things, she won't be able to stop herself from feeling respect and attraction for you again.

When that happens, her guard comes down and you can then guide her back into a relationship with you.

However, if you don't get to the point where you fully understand what was turning her off in your relationship and make some adjustments to your thinking and behavior, you will simply keep making the same old mistakes in your communication style, and she will just keep saying, *â€œSorry. It's just too late. I'm not interested in you anymore.â€*

It won't matter how available you are to your ex, she's just not going to be feeling it.

So, figure out what she really wants (don't ask her. Women don't want to have to explain it) and then start being that man.

If you do that, she will naturally open up and want you back.

Avoid Playing Mind Games With Her

When a guy is sitting at home alone after a break up and is thinking of ways to make his ex want him back, he will often try to think of a trick he can use.

A common trick that guys try to use these days is to ignore their ex for 30 to 60 days in the hope that

it makes her want him back.

Yet, it doesn't work for most ex back situations and here is why!

If a guy focuses on ignoring her to get her back, he may miss out on discovering the real solution to get a woman back.

What is that?

Focus on re-sparking her feelings of respect and attraction by interacting with her on a phone call and in person.

That's what you really need to do.

Yet, most guys don't realize that it's actually that simple, so they search for some kind of trick to use on her.

For example: A guy might try to make his ex want him more by!

1. Ignoring her texts

Whether a woman still has some feelings for her ex, is just a nice person and cares about his well-being, or she simply wants to be friends with him for a while after the break up, she might text him to say hi.

Naturally, that's great news for any guy who wants to get his ex back.

However, not all guys take it that way.

Sometimes, a guy might think, *"This is great. She's clearly still interested in me. The best thing to do now is not to come across as being too eager to get back together again. So, what I'm going to do is make myself unavailable to her and ignore her texts. In this way, I will build up her desire for me and then eventually when I do respond to her, she will be so desperate to get me back, that she will be the one begging me for a second chance."*

It sounds like it might work, but it just doesn't work in most ex back cases.

Why?

When a woman's feelings are uncertain (e.g. she still feels hurt because of the break up, or she doesn't feel much respect and attraction for the guy, she's starting to become interested in being with other guys instead), then when he ignores her texts, she will start to close up.

She will think something like, *"After everything he did to me, he's actually got the nerve to ignore me. Who does he think he is? Does he really think I'm going to fall for his silly mind games? If he doesn't want to talk to me, then fine. It's actually a good thing that he's ignoring me. Now I can see what kind of man he really is and I can stop wasting my time thinking about him and trying to be nice to him. If I had my doubts about breaking up with him before, he has now helped me make up my mind. It's 100% over between us and I'm not going to waste another minute thinking about him. I'm getting on with my life. Goodbye!"* and she then closes herself off from any feelings she might still have for him.

She might also try to get revenge by quickly hooking up with a new guy and moving on.

So, if you want your ex back, don't ignore her texts and hope that it will make her miss you and want you back.

That only works if you broke it off with her or if she still has strong feelings for you.

However, if you got dumped and she doesn't want anything to do with you anymore, then reply to her text.

After a couple of texts, just call her and she will almost certainly answer.

On the phone call, focus on re-attracting her by getting her smiling and laughing and letting her experience the changes in how you now talk and react to her.

Then meet up with her in person.

Don't play games with a woman who is on the edge and is almost over you.

Get her back.

If she is texting you, it usually means she's open to being friends with you at the very least and possibly interested in getting back together again.

Yet, if you ignore her, you're potentially ruining your chance of getting her back.

So, make sure that if your ex texts you, you take advantage of that to renew her feelings of respect, attraction and love for you, rather than playing hard to get.

Okay, another way a guy might try to make his ex want him more is by

2. Refusing to meet up with her on the day that she is available

Sometimes a guy will get to the point where his ex is open to meeting up with him, but instead of jumping at the chance to meet up with her in person so that he can spark her feelings of respect and attraction for him again, he plays hard to get.

He might say to himself, *"If I say yes to meeting up with her right away, she might think that I'm desperate. So, what I'll do is say that I'm too busy to meet up with her and then wait for her to ask me again. In this way, I'll make her miss me even more."*

However, that approach almost always backfires and he completely misses out on the opportunity to meet up with her and reactivate her feelings.

I've personally helped 100s of men via my phone coaching service to get their woman back and at least 20 guys have made that mistake.

The woman then refuses to meet up with him and tries to get revenge on him by being unavailable. He then tries to suck up to her, apologize and go out of his way to meet her, which makes him look desperate.

She then feels turned off by him.

It's a total mess.

So, don't try to play mind games with her.

Just get her back!

When a woman opens herself up to meeting her ex again, she's basically giving him a chance to show her that he's no longer the same guy she broke up with.

If he however, decides to play hard to get, she might decide that she's wasting her time and will likely just move on.

Here's the thing

In most ex back cases, a woman only has a tiny bit of feelings left for her ex and when he decides to

play games with her (i.e. by ignoring her texts, or by not making himself available to meet up with her), she seeks to get emotional revenge by hooking up with a new guy.

She might say to herself, *“Who does he think he is? Does he really think Iâm that into him that Iâm going to chase after him and beg him to get back together again? Well heâs sadly mistaken. Iâm going to find myself another guy who will treat me the way I deserve. Iâll show him!”*

Alternatively, she might simply get fed up, refuse to ever speak to him again and then block him on social media or block his number, which then makes getting her back a lot more difficult.

You donât want that to happen to you.

If you really want your ex back, donât waste time playing games.

Instead, focus on making yourself available to her so that you can then re-spark her feelings of respect, attraction and love for you.

Thatâs what really works.

Think of it this wayâ

The more she gets to see you, talk to you and interact with you, the more chances you have of making her laugh, smile and feel good to be around you again.

On the other hand, the more you ignore her, the more time she has to meet a new guy, fall in love with him and forget all about you.

The Best Approach is to Be Available

[image: The best approach is to be available]

If your ex is open to interacting with you (e.g. via text, on social media, over the phone, in person), then donât waste that opportunity by playing hard to get.

Instead, focus on staying friends with her.

Watch this video for more infoâ

Being friends doesnât mean that youâre going to be really nice, sweet and helpful to her, in the hopes that sheâll one day realize what a great guy you are and then want you back.

Being friends with your ex is simply a way of using the time that youâre interacting with her to re-spark her feelings of respect and sexual attraction for you.

You can do that by making her smile and laugh and feel good when youâre interacting with her.

You can make her feel excited every time she hears her phone ring and make her think, *“I hope itâs him!”*

The more respect and attraction she feels for you, the happier she will feel to be interacting with you and the more her defenses will come down.

She becomes open to the idea of getting back together again.

On the other hand, if you make yourself unavailable to her, youâre just giving her time to get over you and find herself another guy who makes her feel exciting lust and new love.

So, if you want your ex back, then donât play mind games with her.

Make yourself available to her, re-spark her feelings of respect and attraction and get her back.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

4 Things That Will Drive Your Ex Further Away From You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you don't want to drive your ex further away, here are 4 mistakes to avoid making!

1. Not Changing the Things That She Really Wants You to Change (Usually Different From What She Tells You)

[image: Not changing the things that she really wants you to change]

Wouldn't it be nice if women just said what they really mean all the time?

A woman would say something like, *"Here is an exact list of the things about you and your behavior that are making me unhappy. Please study it and make sure you make the necessary changes. If you don't change those things about yourself, I'm going to break up with you, okay?"*

Yet, that's not how most women work.

In most cases, a woman will just hint at what is bothering her (e.g. if he's being insecure, she might nag him about not being more confident), or make some well suggestions in the hopes that the guy will catch on and then improve on his attitude or behavior.

For example: A guy might be at a point in his life where he's stuck in a rut.

He has a dead-end job, spends his evenings and weekends watching TV and is generally not doing much to improve himself as a man and secure a better future for him and her.

For most women, a guy who lacks ambition in life is a turn off because it doesn't make her feel safe.

She feels as though she won't be able to fully rely on him to take care of her and a family if they ever decide to have one together.

So, to motivate him to change, she might say something like, *"I was going through the paper this morning and I saw a job that would be perfect for you. I think you'll love it. Why don't you take a look and see if you like it?"*

If he picks up on her hint and makes an effort to get out of his dead end job and become a bigger man, she will feel a lot of respect for him and her feelings of attraction and love will deepen.

On the other hand, if he just ignores her and carries on being the same old unmotivated guy that he's always been, she will become increasingly frustrated and annoyed.

This may then lead to fights and disagreements, until finally one day she decides that enough is enough and just breaks up with him.

Here's the thing though!

A woman will usually avoid giving her real reason for breaking up with him and will instead say something like, *"I just don't have feelings for you anymore,"* or *"I don't feel like I want to be in a relationship right now. I need some space to be myself"* or, *"I want to be alone to focus on what I want from my life."*

Essentially, she is turned off by his lack of direction and feels like she has to be more responsible and start working towards a better future for herself.

So, why doesn't she just say that?

Why don't most women just come out and say exactly what is bothering them and what the guy can really do to change?

The main reason is because most women don't want to be a guy's teacher, mother or big sister in life and have to teach him how to be the kind of man she can look up to, respect and feel attracted to.

A woman doesn't want to feel like she has to take care of her man and guide him through the steps of manhood because he doesn't know how to do that by himself.

She wants him to figure out how to be the man that she needs him to be, without her having to hold his hand and guide him along.

So, before you attempt to get your ex back, make sure you know her real (secret) reasons for breaking up with you.

If you don't, you will be offering her the wrong things and that will drive her further away from you.

For example: A woman might break up with a guy because he's fallen into the habit of criticizing or belittling her (in private as well as in front of other people) for any mistakes she might make.

To get her back, he might then say something like, *"Please give me another chance. I promise to take you out more often and buy you the nice things you want. I'll take you on holidays. We'll do more fun things, I promise."*

Yet, that's not what she wants.

She wants him to treat her with more respect and he's offering to change the wrong things about himself, which only makes her think, *"He clearly doesn't get it. He's still the same guy that he was before and if I get back with him, he's not really going to change. I've got to steer clear of him."*

She then tries to cut him out of her life (e.g. blocks his phone number, blocks him on social media, or just stops answering his calls or reply to his texts) so she can move on.

So, if you are serious about getting your ex back, it's very important that you understand her real (usually very secret) reasons why she broke up with you.

For example: She may have wanted you to be more ballsy around her, rather than being so nice, but she's not going to explain to you exactly what you need to say and do to be like that.

Additionally, if you start acting more ballsy, she will almost certainly act like she doesn't like it, just so she can test to see if you're putting on an act or if you really are more ballsy for real now.

Remember: If you try to get her back by offering to change the wrong things about yourself, she will feel as though you don't understand her, which will make her feel even less respect and attraction for you.

Another thing that will drive your ex further away is

2. Ignoring Her With the No Contact Rule Without First Reactivating Her Feelings

[image: Don't ignore her for more than 7 days]

This has to be the most common ex back mistake that guys make these days.

Watch this video for more info!|

Here's the thing!|

When a woman breaks up with a guy, it's usually because she has stopped feeling respect, attraction and love for him over time.

So, when the guy decides to ignore her for 30 to 60 days by using the No Contact Rule, rather than make her think, *"Why is my ex ignoring me? Why isn't he trying to get me back? I miss him so much! I'd better call him up and try to get him back before he moves on with another woman!!!"* she is usually thinking, *"Good! This turned out better than I hoped for. Now I can focus on enjoying my life without him and doing all the things that I've been missing out on, like hanging out with my friends, going clubbing and meeting a great guy who will treat me the way I deserve to be treated."*

Why does she react to the No Contact Rule (ignoring a woman for 30 to 60 days after a break up) in that way?

Simple.

If a woman doesn't have feelings for a guy, she's not going to get overly worried about not hearing from him.

She doesn't feel respect, attraction or love for him so it doesn't really matter to her.

Instead, she's just going to feel relieved and will move on without him.

Based on helping 100s of guys to actually get their woman back, I've found that ignoring a woman only works if she's still in love with the guy, is struggling to get over the pain of the break up, or if she simply can't find herself a replacement guy.

In almost all other cases, a woman will just use the time that her ex is ignoring her to get over him and find herself a new man.

So, if you don't want to drive your ex further away from you, don't waste a lot of time ignoring her in the hopes that it will matter to her.

What you need to be doing is actively make her have feelings of respect and attraction for you again, by interacting with her (on a phone call and in person) and letting her experience the new, improved version of you.

Then, don't contact her for a few days unless she contacts you.

That's what works.

When you reactivate her feelings first and then ignore her for a few days, it's more effective because it suddenly matters to her that you're not contacting her.

She starts to wonder, *"Why am I suddenly thinking about him all the time? Could he have met someone else? Why isn't he calling me? Maybe I should call him and see if we can get back together again. I miss him. There's nothing wrong with calling him. I might even meet up with him to*

see how I feel. I can't stop thinking about him all of a sudden, so why not â€¦ I'm just going to do it.â€¦

That's how you want her to be feeling because it then becomes about her wanting you back, not just you wanting her back.

On the other hand, if you ignore her before youâ€™ve re-sparked her feelings for you, sheâ€™s not going to care and will just try to move on without you so she can completely forget about you.

Remember: In almost all cases, actively making your ex having feelings for you again works faster than ignoring her and hoping that she misses you.

Another thing that will drive your ex further away from you isâ€¦

3. Becoming Insecure

[image: When insecure thoughts lead to insecure behavior]

Sometimes, when a guy gets broken up with, he might begin to lose confidence in himself and in his value to his ex (or even other women).

He may start to think, â€¦I really stuffed up my relationship and Iâ€™ve lost the woman I love. Itâ€™s all my fault. Iâ€™ll never be able to get her back. Besides, why would she want me back anyway? Iâ€™m such a loser. Iâ€™m sure there are hundreds of guys out there who want her. I donâ€™t stand a chance.â€¦

He then starts to become a bit of an emotional wussy.

Watch this video for more infoâ€¦

He stops displaying the qualities that attracted his ex to him in the first place (e.g. his confidence, his belief in his value to women, his ability to stand up for himself, his natural charisma) and he instead becomes insecure and self-doubting.

Thatâ€™s not what a woman wants.

Even though a woman doesnâ€™t want a guy who treats her badly, or disregards her feelings, she definitely doesnâ€™t want to be with a guy who is emotionally weak and insecure either.

Women are instinctively attracted to the kind of guy who is confident and emotionally strong enough to face the challenges of life head on, without becoming flustered, insecure or losing confidence in himself as a man.

So, when a guy becomes insecure around a woman after a break up, rather than make her think, *â€¦Awwwâ€¦ poor guy! This break up has been so difficult for him. Maybe Iâ€™m being too hard on him here. Maybe I should give him another chance,â€¦* she will usually be thinking, *â€¦Well if I wasnâ€™t sure about breaking up with him before, seeing him like this has made up my mind for me! How disappointing. Doesnâ€™t he realize that when heâ€™s going around feeling sorry for himself and being all insecure and wimpy, heâ€™s just turning me off even more? I donâ€™t want to be with a guy who doesnâ€™t believe in himself and in his value to me. I want to be with a guy that makes me feel lucky to have him.â€¦*

She doesn't tell him that of course, because women don't want to be a guy's teacher in life about how to be a real man.

Women expect you to know this stuff or learn it and then start being what they refer to as a real man. If you don't, you get dumped, cheated on or divorced. It's just the way it goes.

So, if you don't want to drive your ex further away, you need to believe in yourself and remain confident around her no matter what she says or does.

When you do that, she won't be able to stop herself from feeling respect and attraction for you again.

Of course, she may try to test you (e.g. by acting closed off, saying she doesn't have feelings for you) to see if your confidence is real, or if you're just pretending to be confident.

However, if you continue to remain emotionally strong, relaxed and easy-going around her regardless of what she says or does, her guard will come down and she will become open to the idea of getting back with you.

Another thing that will drive your ex further away from you is

4. Seeking Pity

[image: Please I'm begging you]

Sometimes, when a woman is saying things like, *"Leave me alone. I just don't feel anything for you anymore,"* a guy might feel at such a loss of how to make her change her mind that he might try to make her feel sorry for him.

For example: He might say to her, *"Please don't do this. I love you. How many times do I have to apologize before you cut me some slack and give me a chance? I haven't been able to eat or sleep properly since we broke up. You mean everything to me. I know that I stuffed up, but at least give me one more chance to make it up to you. You never used to be a cruel woman, but you seem to have changed all of a sudden. Now you seem to get a kick out of seeing me like this. Please just give me one more chance. Remember the love we used to share. I still love you more than anything. I will do anything you want. Please, just give a chance here. I'm dying on the inside without you. I need you."*

Yet, trying to make a woman feel pity or guilt for the emotional pain that you're experiencing usually only turns her off even more.

Why?

A woman doesn't like to feel like she's doing a guy a favor by being with him, simply because she's too emotionally weak to cope with being broken up.

Even if a woman is really soft-hearted and she meets up with a guy after he has sought her pity, if all she's doing is trying to cash in on her good nature and isn't doing anything else to actively re-spark her feelings for him, she will just continue on with the break up.

So, if you don't want to drive your ex further away from you, don't play the pity card on her. Instead, focus on re-sparking her feelings of respect and attraction for you, so that she will actually want to meet up with you again because it feels good to her.

Let her want you back, not feel as though she is being made to feel sorry for you and has to give you

another chance out of pity.

That approach will temporarily work on some women, but it doesn't last.

If you want her back for real, you have to do it properly.

Have You Been Re-Attracting Her or Turning Her Off?

Most guys make the same rookie mistakes after a break up, which cause a woman to lose even more interest, so don't feel bad on yourself if you've made any of the following mistakes:

- Begging and pleading with her for a second chance.
- Promising her that he will change.
- Asking her to tell him what she wants him to do to make her happy.
- Telling her how much he loves her and that he can't live without her.
- Giving her reasons why they should stay together.
- Being extra nice to her in the hopes that she will see what a great guy he is and change her mind.

Yet, in almost all cases, when a woman has lost respect and attraction for a guy, she won't easily change her mind based on those approaches.

Even though the guy is trying to reason with her and explain to her that he can change (and he's usually being 100% honest too), she's just going to be saying things like, *"Look! I'm just not attracted to you anymore. Please accept that it's over between us,"* or *"I need time apart,"* or *"I just don't want to be in a relationship anymore."*

Essentially, what she's saying is that she just doesn't have feelings for him and that he doesn't even know how to make her have feelings for him.

All he's doing is begging, pleading, convincing, asking, going on and on about the same old things, but not triggering her feelings for him.

As a result, he drives his ex further away from him.

Use an Approach That Actually Works

Getting your ex back is actually only 3 simple steps away.

So, rather than waste a lot of time doing things that will only drive her further away from you, you need to:

1. Reactivate her feelings of respect and attraction for you (e.g. by making her smile and laugh, making her feel feminine and girly in your presence).
2. Give her a few days of space if she needs it (no longer than 3 to 7 days at a time).
3. Meet up with her to guide her back into a relationship.

When your ex sees that you're approaching getting her back in a confident, emotionally mature way, she won't be able to stop herself from dropping her guard and allowing herself to imagine what it would feel like to be back in your arms again.

From there, it's up to you to make her feel emotions that hasn't experience with you in a while (e.g. excitement, anticipation, unpredictability) and let her to see that getting back together is going to be a whole new, fun adventure that you and her can enjoy together.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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5 Reasons Why Some Guys Ruin a Perfectly Good Relationship With Their Ideal Woman

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 reasons why a guy might ruin a perfectly good relationship with his ideal woman:

1. He Takes Her Love For Granted

[image: Ruining a relationship by taking her for granted]

Most guys in this world are good guys and they wouldn't intentionally go out of their way to be hurtful towards their woman by taking her for granted.

Yet, taking a woman's love for granted is one of the most common reasons why couples break up.

Why?

A lot of guys fall into the trap of believing that the love between a man and a woman will take care of itself once they are in a committed relationship with each other.

For example: A guy might stop telling his woman how beautiful she is once they have been in a relationship for a while.

To her, this is a clear sign that he doesn't appreciate her any more and this will cause her to feel unloved.

On the other hand, the guy is usually thinking, *"She should know how beautiful she is to me by now. I've told her plenty of times in the past. I shouldn't have to keep telling her now. Besides, that's the great thing about being in a long term relationship; the love is there. You don't have to keep saying the same things to over and over again to try and convince your woman how you feel about her. She just knows how you feel without you having to tell her. If she wants me to keep reminding her of my love for her that's her problem. She should stop being so needy."*

Yet, that's now how to keep a relationship together with a woman.

Men and women are different.

A man's role in a relationship versus a woman's role is completely different.

You can't expect your woman to think, feel, behave and act like a man (i.e. not care so much about emotional things).

You have to let her be a woman.

When you do that, the love, respect and attraction that you feel for each other grows and becomes stronger on a daily basis.

Watch this video to understand more!

As you will discover from the video above, getting a woman into a relationship is different to keeping her in one.

You've got to deepen the way that you and her feel about each other, rather than take it all for granted.

If a guy assumes that saying *â€œI love youâ€* or *â€œYouâ€™re so beautiful,â€* at the beginning of the relationship should be enough to sustain his womanâ€™s feelings in the long term, he will be taught a harsh lesson by her later on as she falls out of love with him and then breaks up with him.

For a relationship to last a lifetime, itâ€™s the manâ€™s responsibility to guide both himself and his woman into deeper feelings of love, respect and attraction over time, rather than assuming that the love will take care of itself.

Human love needs to be nurtured and a woman needs to feel that her man will respect her, love her and appreciate her whether they are together for one day, or for 10, 20, 30 or even 50 years.

Sure, there are some women who will accept being taken for granted (e.g. if she has a really cool boyfriend or husband and she is unattractive, if he is very rich and sheâ€™s just staying with him for the money and lifestyle), but most women wonâ€™t.

[image: She leaves because she's had enough of being taken for granted]

Unlike in the past where a woman was forced to stay in an unhappy relationship, in todayâ€™s world a woman doesnâ€™t have to stay with a guy if he doesnâ€™t make her feel the way she wants to feel.

She can leave.

Another reason why a guy will ruin a great relationship with a woman is thatâ€™|

2. He Becomes Influenced By His Single Male Friends

[image: He becomes influenced by his single male friends]

Strangely enough, not all friendships are created equal and sometimes, a guyâ€™s friends can cost him his relationship with his ideal woman.

According to a new study conducted on 2000 women, it seems that when a guy gets together with his single male friends, he does things that he wouldnâ€™t ordinarily do.

For example: Some of the ways that a guy might change when hanging out with his friends:

- Drinking too much or too often.
- Ignoring his woman (e.g. not replying to her texts or answering her calls).
- Showing off.
- Swearing more.
- Staying out late.
- Acting like teenager who has no responsibilities, while she wants him to grow up and start taking life seriously.
- Playing computer games for hours on end.
- Talking badly about women.
- Talk about women that he wants to have sex with.
- Flirt with other women and trying to hook up with them.
- Acting like a completely different person than he is around her.
- Driving faster or less responsibly.

Generally speaking, if a woman loves a guy, adores him and respects him as her man, she will be happy that he has friends and interests that are separate from his relationship with her.

Yet, if every time he goes out with his friends he comes home drunk, changes his personality (e.g. does bad things), or risks getting himself killed by being irresponsible behind the wheel, it's only natural that she won't feel very happy about it.

The thing is

You don't have to give up your friends to keep a relationship together for life.

However, if your friends have been partially responsible for ruining a perfectly good relationship with your ideal woman, then you need to ask yourself who is more important to you.

If you decide that you want her back more than you want to be hanging out with your single buddies, then you'll probably have to make some serious decisions about who you hang out with in the future.

3. He Begins to Experience FOMO (Fear of Missing Out)

[image: He begins to experience FOMO]

Sometimes, when a guy finds himself in a relationship with a wonderful woman and they begin discussing being together for the long term (e.g. by moving in together, getting married, having a baby) he might suddenly begin to panic.

He may say to himself, *"Should I commit? I mean, there are so many beautiful women out there in the world, so why should I have to settle for just one? Sure, my relationship right now is great, but what if I meet a woman who is even better than her someday? I'll never get to experience sex and love with her if I settle down now. Besides, it would feel so good to get love, affection and pleasure from many different women. Why get stuck in a monogamous relationship right now? What if we end up like one of those couples who don't have sex anymore? I don't want that. I should probably start getting some action on the side and then decide whether or not I want to stay with her."*

He may then start pushing his woman away (e.g. by shutting himself off from her emotionally, treating her badly, becoming unreliable) in the hopes that she will break up with him first.

Yet, if she finally gets fed up with him and leaves, he may find himself thinking, *"Damnit! Why did I do that? Why did I ruin a perfectly good relationship with my ideal woman for the superficial thrill of having sex with other women that don't even matter to me? I love her. I know that now."*

If your woman has broken up with you, you've probably realized how special she really is now, right?

You and her had some real.

Here's the thing

When you develop an amazing love and connection with a woman, it's not something that should be thrown away.

You should just enjoy it, rather than getting sucked in by FOMO (the Fear of Missing Out) and thinking that you need bang 100s of other women to feel satisfied.

If you want to occasionally jerk off to some other women that you see in porn, go ahead and do that

instead.

Don't ruin a perfectly good relationship by hooking up with other women for real though.

Really, there's nothing to it.

It's just some more sex and you will forget about it one day.

If you find true love and have an amazing women, stick with her.

Sure, there are many beautiful women out there that you will feel attracted to for the rest of your life, but when the love between you and your woman just keeps getting better and better over time, those women just won't matter to you.

You will appreciate the love you have with her and your perspective about missing out will change, because you will feel just as excited about being in a committed relationship as you would dating and having sex with many different women.

By the way!

I know this because I slept with a lot of women before I settled down into a relationship and then marriage with my wife.

Watch this video to learn why I decided to accept her marriage proposal and settle down!

When you find true love, the fear of missing out goes away.

You've got your ideal woman, the sex is amazing, the love is amazing and your relationship is always getting better and better.

So, there's no need to leave her.

Another reason why a guy will ruin a perfectly good relationship with a woman is that!

4. He Doesn't See Her as the Most Important Person in His Life

Generally speaking, a woman loves it when her guy has much more to his life than just her.

For example: He is striving to reach his true potential as a man and is working hard on his purpose in life or his career, while at the same time maintaining good relationships with his friends and family.

However, when a man makes everyone else in his life his main priority over her, it's only natural that she will feel neglected.

For example: Some of the ways that a guy might make his woman feel neglected and unimportant to him are:

- He always seems to discuss important events in his life with his family or friends before he tells her (e.g. he got a promotion, he passed his exams, he bought a new car).
- He breaks his promises to her for his family or friends (e.g. he doesn't go with her to her sister's birthday party because he's taking his mother shopping instead. He stands her up on a date because he's going out with his friends instead).
- He disregards her feelings in favor of other people (e.g. he invites people over for dinner even if she is feeling tired or ill. He goes out with his friends when she wants him to stay at home with her).

A man needs to make his purpose (i.e. his big long term goals and dreams) the most important thing

in his life, but his woman should be the most important person.

You don't need to tell a woman that.

Instead, just be like that and she will respect you, feel attracted to and love you for life.

However, if your woman feels like she's always playing second fiddle to everyone else in your life, she will eventually begin to ask herself, *â€œIs this how I want to spend the rest of my life? Am I always going to get second place in his life because everyone else is more important than me? I don't deserve this. I deserve to be a man's number one girl.â€*

She might put up with it for a while, but she will eventually leave and look to find herself a man who can put her first.

5. He Becomes Emotionally Weak and She Then Loses Faith in Him as Her Man

The opposite of a guy who is always putting his woman in second place in his life, is a guy who becomes so emotionally weak that he needs his woman to support him so that he can cope.

For example: A guy like that might give up all his friends, interests and hobbies and focus all of his attention on his woman.

As a result, he becomes clingy, needy and insecure about losing her.

He might say to her, *â€œI just love you so much that I wouldn't be able to go on with my life if you ever left me. You still love me don't you? I need you so much. Please don't ever break my heart. I couldn't stand the thought of you being with someone else. We are meant to be together. Please promise me that you will never do something stupid like cheat on me.â€*

Yet, what he doesn't realize is that rather than make her think, *â€œI feel so lucky to have a guy who loves and needs me so much,â€* a woman think, *â€œHe's smothering me. Doesn't he realize that the more he clings to me, the less attractive he becomes? I just can't look up to him and respect him as a man when he's being so needy and insecure like that. I feel so disgusted by who he has become. He's not a man, he's like a boy. I hate it.â€*

Alternatively, some guys make the mistake of thinking that because a woman enjoys talking about her feelings all the time, it's okay that he does it too.

No, no, no.

Remember: Men and women are different.

We are not the same as women!

A man's role in a relationship with a woman is DIFFERENT to her role in the relationship.

You have to be a man and let her be the woman.

Some guys don't know that or can't stop themselves from acting like a woman though.

For example: A woman might come home from a bad day at work and say something like, *â€œI hate my job. My boss is always on my case. I just feel so depressed being in that office. I don't know what to do.â€*

In most cases, the woman just wants to let off some steam and have her guy listen to her while she vents her feelings.

What she doesn't want though, is for her guy to copy her, get emotional and react like one of her girlfriends by unloading his complaints about his job too.

Why?

For a woman to maintain sexual attraction for her man, she has to feel as though he is the emotionally dominant one in the relationship.

She has to see that he is in control of his emotions and life, rather than being like a woman who is always talking about her emotions and being dramatic, but never really looking for solutions like a man would.

If a woman has to keep propping her guy up emotionally (e.g. by listening to him whine about his feelings, constantly reaffirm her love for him) she will begin to think, *He's behaving like a little boy. He's always whining and complaining and being emotional about every little thing. I just can't rely on him to be the man anymore. I don't like who he has become. He feels almost feminine to me now. I always have to take care of him and comfort him emotionally. I don't want to be his mother, I want to be his woman.*

Here's the thing!

Women hate it when they have to take on the role of being a guy's mother in life.

A woman might put up with it for a little while because she's secretly hoping that he will change, but when she realizes that he isn't changing, she will get sick and tired of it and want to get out of the relationship.

She will realize that she wants a guy who is already a man, so she can just relax and be his woman.

When she gets to that point, she will usually cheat on him or break up with him and try to move on.

If You Ruined Your Relationship With Your Ideal Woman Already, Don't Make This Additional Mistake!

When a woman breaks up with a guy, he will often go into desperation mode when he realizes his mistake.

Watch this video!

For example: A guy might

- Beg and plead and say things like, *Please give me another chance. I will do whatever you say. Just tell me what you want me to do to make you happy again and I will do it.*
- Try to change her feelings for him by saying things like, *How can you give up so easily on the love we had together?* or *We were so good together once. If you give us the chance we can try and get that back. Please don't do this to us. You mean everything to me. I know we can make it work.*
- Try to convince her to change her mind by being extra nice to her and buying her expensive gifts/paying for some of her bills/being available to her every beck and call.
- Promise to do whatever she wants.

Yet, that only turns her off more.

What You Need to Do is This!|

Even though you may have ruined a perfectly good relationship with your ideal woman, it doesn't mean that it has to stay that way.

When you make her feel the way she wants to feel from now on (when interacting with her on a phone call or in person), she will naturally drop her guard and open herself up to the idea of getting back together again.

However, you first need to show her that you've truly understood why she broke up with you and that you're not that man anymore.

You can do that by taking the following steps!

1. If you haven't already done so, apologize to her for your mistakes. Don't keep apologizing if you've already done it. Follow through on the other steps.
2. Show her via the way you think, act, behave, interact with her and respond to what she says and does, that you've changed the things about yourself that caused her to break up with you (e.g. if you were self-doubting and insecure, you are now confident and you believe in yourself. If she felt more emotionally dominant than you, you now stand up to her in a loving way and are emotionally strong).
3. Focus on using every interaction you have with her (e.g. on a phone call, or in person) as a way of re-sparking her feelings of respect, attraction and love for you (e.g. by making her smile and laugh, making her feel feminine and girly in your presence, flirting).
4. Guide her back into a relationship with you.

When she sees that you're not thinking, behaving or acting in the ways she expects you to (e.g. being insecure, not being ballsy enough, sucking up to her), it becomes a lot more difficult to hold on to her negative perspective of you.

Think of it this way!

If she's your ideal woman, chances are you are her ideal man.

However, right now, she's likely convinced herself that it won't work between you and her because she doesn't believe you can change and give her what she really wants.

She's wrong.

You are already changing and improving simply by reading this article and watching the videos I included.

When she experiences the new you for herself, she will be unable to stop herself from falling head-over-heels back in love with you again.

That's a fact.

She may not know it now because she's turned off by how you acted when she broke up with you and since then, but you are different now, right?

You are ready to re-attract her and get her back for real.

She is yours and is waiting for you to make the reconciliation happen.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

My Ex Said That I Wasn't Emotionally Open Enough For Her

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

4 possible reasons why your ex said that you weren't emotionally open enough for her are:

1. You Didn't Know How to Express Love in a Mature Way

[image: You didn't know how to express love in a mature way]

Expressing love like a mature man is to be fearless, but not needy.

This means that you are fearless in telling a woman how much you love her, but you don't always talk about your feelings like a needy guy would.

A needy guy is always leaning on his woman for emotional support or reassurance that she loves him. Obviously, you didn't do that because you were most likely more detached and unemotional, which is the opposite extreme of being needy.

Here's the thing though!

Even though a woman doesn't want a needy guy, she also doesn't want a guy who is so closed up that he is afraid to express his love for her.

She might put up with it for a while (years in many cases), but she will eventually get tired of how detached and unemotional he seems to be.

She begins to think, *"If I stick with this guy for life, I'm never going to get to experience what it feels like to be in a relationship with a man loves me fearlessly. Do I really want that?"*

If she has girlfriends who are in relationships, or if she watches a lot of romance dramas on TV, she will know that what she has with her emotionally closed up guy isn't it.

She will know that there is more to a relationship between a man and a woman than just being together.

It's about real love.

The little rush of excitement, yearning and happiness that you get in your heart when you think of each other while apart, even if one of you has just gone grocery shopping.

You love each other so much and it feels so good to be with each other.

That's what women really want to experience and it's also amazing for us men too.

I know that because I'm a happily married man. My wife asked me to marry her many times and I eventually said yes. She is totally in love.

Yet, I don't make her feel less than me.

My wife is sexy, beautiful and I love her completely and she knows it.

I don't hide my love and attraction from her, but I'm not on the extreme end either like a needy guy who always talks about his "feelings."

I express my love for her in a masculine, mature way. It's never, ever needy. I express it when we are talking about how good our relationship is or when she does something really nice or thoughtful for me.

Essentially, a masculine man who is fearless with his love will tell a woman that he loves her and will be open to discussing his feelings if she asks for it, but he won't push it on her.

He understands that opening up to a woman emotionally doesn't mean he's weak or needy. Instead, it shows his strength because he's not afraid of what she might think.

He knows that women deeply respect, feel attracted to and love men who are fearless (not needy) with their expression of love when required.

I say, "*when required*" because it's not always necessary to tell her how you feel.

You only need to give her that at times, not all the time!

So, in your case, where your woman said that you weren't emotionally open up for her, you simply needed to be more brave and courageous with expressing yourself.

You needed to know that saying, "*I love you*" or telling her that you don't ever plan on leaving her and look forward to spending your life with her, does not make you weak.

In fact, it makes you strong because you know that you aren't afraid of anything she might think or say in response.

For example: My wife isn't an easy woman to handle. She's very confident and is always testing my confidence.

Sometimes, if I say something sweet to her, she will say something like, "*Whatever*" or "*Grossâ€¦you're so romantic*" to see if I crumble.

Of course, I never crumble, but she always likes to check. She's only joking, but she does it in a serious way.

Why?

A woman will always test her man's confidence because it makes her feel respect, attraction and love for him if he doesn't crumble under fake pressure.

If he does crumble and become insecure, sulky or angry, she will lose respect for him and partially detach from her feelings of respect and attraction for him.

It's just how women are.

They're pretty much designed to strengthen us menâ€¦and that's a good thing.

In your case, your woman would have been hoping that you'd man up and stop hiding your emotions so much, but you didn't.

So, she broke up with you.

If you're like most men who've been dumped for that reason, you've most likely become super open with your emotions now.

Don't do that.

Watch thisâ€¦!

She doesn't want you to turn into an emotional wuss or become needy by constantly talking about your emotions and needs.

She just wants you to relax and know that it's more than enough if you express your emotions in a relaxed, easy-going way when required.

When you do that, she feels respect, love and attraction for you for being man enough to open up to

her, without being needy or insecure about it.

Another possible reason why your ex said that you weren't open enough emotionally isâ

2. You Thought She'd Like it if You Were Closed Up and Mysterious

[image: You thought she would like it if you were closed up and mysterious]

If you've ever looked through one of those romantic novels that women love to read, or watched a romantic Hollywood movie, you may have noticed that beautiful woman usually falls head over heels in love with a mysterious stranger who keeps his feelings hidden from her throughout most of the book, or movie.

He builds up the sexual tension between him and her by constantly making her wonder, *Is he going to call me? He was so wonderful last night but today he's being so cold and distant! what does that mean? Does he love me or is he just playing games with me? I don't know what to do! I just want him so desperately! Does he like me, or does he like that other woman?*

Eventually, by the end of the book, or movie, the woman can't control herself anymore and desperately declares her undying love for the guy, he takes her into his arms and they ride off into the sunset to live happily ever after.

Of course, in real life, things usually don't work out like that.

Although a woman might initially feel attracted to a guy who is mysterious, if over time she finds that he just can't, or won't, open up to her, she will likely begin to feel insecure in the relationship with him.

She will begin to feel as though he's just using her and waiting for a better woman to come along.

If she feels that way, she will usually start flirting with other guys and getting replacement guys ready to hook up with her right after she breaks up with him.

Alternatively, she might cheat on him and then break up with him without telling him about the other guy unless he asks.

Here's the thing!

Being really mysterious and closed up emotionally might work in novels and movies, but if a woman doesn't feel loved and taken care of in her relationship with a guy, she won't be able to relax and truly commit to her guy.

Most women want to be with a man they can feel sexually attracted to, respect and fall in love with over time, not a guy who makes her think, *I just don't know how he feels about me. Is this relationship going somewhere, or am I just wasting my time?*

That is fun for a woman during the dating phase of a relationship (women often refer to guys like that as a challenge and they love it), but when a couple has been together for a while, a woman wants to know that the guy loves her for real and is planning on sticking with her.

Another reason why your ex may have said that you were closed up emotionally isâ

3. You Honestly Didn't Know if You Truly Loved Her

[image: You honestly didn't know if you truly loved her]

Sometimes, a guy won't open up emotionally with a woman because deep down, he doesn't even know if he really loves her.

He likes her, enjoys spending time with her and likes having sex with her, but he's not actually sure if she's the woman that he wants to share his life with in the long term.

So, the question you need to ask yourself right now is, *â€œDo I really love my ex and feel that we have a future together, or do I just want her back because I'm too afraid/insecure/lazy to find another woman that I really want to open up to and commit to for life?â€*

If you can honestly say that you truly love your ex and want her in your life, then it's very important that when you interact with her from now on (e.g. via text or e-mail, on social media, on a phone call, or in person) you focus on re-sparking her feelings of respect and attraction for you again.

You need to show her, by the way you think, talk, behave and interact with her, that you're no longer the emotionally closed up guy she broke up with.

That doesn't mean you have to go overboard to show her how much you care and how much she means to you now.

Don't do that.

Don't become the classic needy, emotionally sensitive ex.

It doesn't work.

For example: A guy might try to show his ex that he's more emotionally open now by saying things like, *â€œI know that I didn't say this to you when we were together, but I really, really love you. You're the best thing that ever happened to me and I just can't imagine being without you. Just give me one more chance and I promise that I'll tell you that I love you every day from now on. I don't want any other woman. I only want you. Please just give me a chance to prove that to you.â€*

To convince her that he really means what he says, might also buy her flowers, chocolates and expensive gifts and he may also pay for some of her bills and expenses, to show her how much he really does care.

Yet, if a woman has lost respect and attraction for a guy and has closed herself off from loving him, she's not going to change her mind if he suddenly opens up.

Of course, in some cases a woman will change her mind, but that usually only applies to very young women who have little or no experience with relationships.

Pretty much every other woman knows that when a guy is acting desperate and promising her the world, it's just an act to get her back so he can feel better about himself.

She will think, *â€œToo little too late. I needed you to open up to me when we were together. Things have changed now. I just don't feel like I can trust you to stay this way if I give you another chance.â€*

So, don't make the mistake of getting desperate and turning up your emotional availability to the point where you start to feel like a woman to her (i.e. because women are the ones who are

supposed to go around wearing their emotions on their sleeve all the time) or like a needy guy.

What should you do instead?

Show her that youâ€”ve changed by talking about it in a relaxed, easy-going manner like a real man would.

For example: When you interact with her on a phone call, or in person, you can say something like, *â€”Hey, I know that I stuffed up. I was just too afraid to admit my feelings for you before. I know that I caused you to feel unloved and unappreciated and Iâ€”m really sorry for hurting you like that. Iâ€”ve realized my mistake and I know that if we got back together again I wouldnâ€”t be that guy anymore. However, I donâ€”t expect you to believe me right now and I donâ€”t expect you to take me back. I just wanted to tell you that I regret the pain I put you through and I want to make it up to you; even if that means we can only be friends for now.*â€”

Of course, when you say that you just want to be friends, it's not about actually being friends.

Watch thisâ€”!

Being friends is simply a way for you to regain her feelings of respect and attraction for you, so she can naturally reconnect with her love and desire for you.

By the wayâ€”!

If she says something like, *â€”I donâ€”t know if I can believe you that you have changed,*â€” don't get upset and say something like, *â€”Itâ€”s really true! I really love you. How many times must I say it before you will believe me?*â€”

Just relax.

[image: Be easy going when you express how you feel]

Relax, smile and respond in a confident way by saying something along the lines of, *â€”Lookâ€”I can go around saying â€”I love youâ€” all day long, but youâ€”re still not going to believe me. As the old saying going, actions speak louder than words, so letâ€”s just catch up to say hi. We can get to know each other all over again as the people we are now, rather than who we used to be in the past. You can then make up your mind about me based on what you experience now, instead of thinking about the guy I used to be before. You are in control. You can go with how you feel, not with what I say.*â€”

When you say something like that to her, she starts to feel understood.

She begins to see that you really do now understand where you went wrong and have already made changes and adjustments to your behavior.

For example: Youâ€”re more open and loving towards her, you speaking freely about emotions and you're not trying to hide how you really feel about things anymore.

When she notices that, it automatically triggers some of her feelings of respect for you again.

Her guard comes down and she begins to think, *â€”Maybe he has changed after all. If he really is more emotionally open now, maybe I can allow myself to love him again. Maybe we can actually make our relationship work this time. I feel differently now. I want to give this a shot. I think it will work this time. I can feel it.*â€”

Another reason why your ex may have accused you of being closed up emotionally isâ€”!

4. You Took Her For Granted

[image: You took her for granted]

Sometimes, a guy falls into the trap of believing that the love between him and his woman will last for life because it was so good at the start of a relationship.

He might even think, *“Why should I tell her that I love her all the time? After all, Iâm with her arenât I? If I didnât love her I wouldâve broken up with her already.”*

Yet, thatâs not how a loving relationship between a man and a woman really works.

A woman needs to know that she is loved and appreciated all the time, in order for her feelings of respect, attraction and love to grow, develop and strengthen.

In a relationship, itâs the man’s responsibility to build on her feelings of respect, attraction and love over time, rather than taking her commitment to him for granted and expecting that she will fall more in love with him over time by herself.

In many relationships, the guy starts off being very loving and attentive, but eventually falls into the habit of taking his woman for granted once heâs âhookedâ her.

For example: A guy might initially say to his woman, *“Youâre so beautiful. I really love the way you always make an effort to look amazing. Iâm really proud to have you as my woman.”*

Yet, over time, he may just take it for granted that she always looks good and stops telling her how much he loves and appreciates her efforts to look pretty for him.

In another example, a woman might say to her guy, *“I love you,”* and rather than genuinely respond to that by saying something like, *“I really love you too,”* he might brush it off by changing the subject, or by saying something along the lines of, *“Thanks,”* or *“Thatâs great”* or never saying the word love and just saying, *“Yeah, you too.”*

Essentially, a guy like that is assuming that just because his woman cares so much for him, sheâll put up with anything, forever.

Yet, thatâs not how it works.

Naturally, there are some women who will accept being in a relationship with a guy who is emotionally closed off to her (e.g. a woman who is insecure about her attractiveness to other men and fears that she wonât be able to find a replacement guy who is as cool as he is).

Yet, most women wonât put up with it forever.

If a woman realizes that she has always cared so much about him, but he doesn’t do the same for her, she will begin to feel resentful and will start disconnecting from her feelings of love for him.

If he doesn’t change, she will eventually break up with him and look for a replacement guy who isnât afraid to love her for real.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Does Your Ex See You as Desperate Because You're Trying to Get Her Back?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Trying to get an ex back is not desperate.

It's completely normal and natural and if you pay attention to the latest songs on the radio, you will notice that they're all pretty much about wanting an ex back or being hurt by an ex.

So, don't worry â€” it's not just you who wants an ex back.

Yet, is it possible for your ex to see you as desperate for wanting her back?

Yes.

If you display any of the following behaviors, your ex will be turned off by your desperation.

Don't worry though â€” if you have made these mistakes, you can fix it and get her to respect you again.

5 Signs of Desperation That Turn a Woman Off

The first sign of desperately needing a woman back isâ€”

1. Begging and pleading for a second chance

[image: Please I'm begging you]

Thereâ€”s a big difference between wanting her back and then getting her back in a mature, emotionally strong and confident way, versus needing her back so badly that you resort to begging and pleading.

For example: A guy might panic when his woman breaks up with him and say things like, *â€”Iâ€”m sorry! Please forgive me. I know that I messed up badly, but I cannot live without you. You mean everything to me. Please! Iâ€”m begging youâ€” just give me a chance to make it up to you. I promise to change. Iâ€”ll do anything you want me to do. Please don't do this to us. We can make it work. Please!*â€”

You can't help but feel sorry for a guy who does that, right?

If you've ever been dumped by the woman you love (probably why you're reading this article), you will know that it HURTS.

â€”and that's why there are so many songs on the radio about it.

Singers can't stop themselves from thinking about their ex's, so they end up writing endless songs about them.

Even celebrities and pop stars make the mistake I talk about in the video below..

So, if you have messed up by being a bit of a wuss with your ex, don't worry â€” it's a pretty damn normal reaction.

It's not attractive to her, but it's pretty normal and if she's had some experience with relationships, she's likely seen it before.

Here's the thing though!

When a guy starts begging and pleading with his woman for another chance, rather than make her think, *“Oh no! Look what I'm doing to him. He loves me so much and I'm being a bitch by wanting to break up with him. I should definitely give him another chance. The poor little thing. He needs me. I have to stay with him out of pity”* it simply convinces her that she has made the right decision.

Why? A woman's attraction to a guy is based mostly on his ability to make her feel like she can look up to him and respect him as man.

So, when a guy is begging and pleading and behaving like an emotionally weak man around her, rather than trigger her feelings of respect and attraction, he's actually turning her off even more.

She's thinking something like, *“Lame. If he can't even handle a break up, what are the chances of him actually handling something a lot more serious in life (e.g. raising a family, the loss of a loved one, financial problems)? I need a man that can make me feel safe and taken care of, not a guy who needs me to mother him and give him emotional support because he can't cope with problems in life. Doesn't he realize that women are turned off by the emotional weakness of men? Hasn't anyone told him that? If he knows it already, why isn't he fixed it? Does he think I'll just put up with it? No way. It's the biggest turn off ever!”* I'm outta here.

So, even though he has good intentions (by begging and pleading) and wants things to work between them, his approach is all wrong.

He's trying to get her back by displaying traits and behaviors that actually turn women off, so it's not going to work.

The next sign of desperation that turns women off their ex is!

2. Constantly texting her

This often happens when a guy feels nervous or insecure about calling his ex on the phone in case she rejects him, or because he doesn't want to make it obvious to her that he wants her back.

He might then say to himself, *“I'm just going to take things slowly by texting her. That way, I will stay on her mind. Hopefully, she will eventually see that I love her so much and am not giving up on our love, which will make her see that we're meant to be together. She will then want to meet up with me and we can work things out between us.”*

He may then send her random texts like, *“Hey, how are you today?”* or *“I was thinking about you. I hope you're well,”* or, *“Good luck with the project at work. I know you will do a great job”* on a regular basis, in the hopes that it will somehow change how she currently feels about him.

Yet, here's the thing!

It's just a text.

It's not him.

So, she doesn't really believe that he has changed and become a new man simply by reading a few words on her phone or tablet device.

It's like, *“Yeah, nice try!”* and she keeps moving on with her life.

Why?

When a woman has lost respect and attraction for a guy, his text messages are more likely to annoy her and cause her to think something like, *“Why is he texting me all the time? What does he want?”* regardless of how sincere he is being via text.

Via text, your ex cannot see your body language, hear the tone of your voice or experience your confidence for real.

Instead, she has to guess your state of mind and if she’s currently focusing on her negative feelings about you (e.g. she’s feeling angry, annoyed, indifferent, turned off, disappointed, repulsed) then what are the chances of her looking at a text message from you and thinking, *“Oh, my ex is being so sweet! I think I’m going to call him up and set up a date with him?”*

Probably not very good, right?

Exactly.

This is why I always tell men to stop hiding behind texts if they want their ex woman back.

If you’re going to contact your ex via text, only do so with the intention of getting her on a phone call with you.

On a phone call, it’s so much easier to let her see that you’re not being desperate (i.e. because you’re being confident, easy-going, joking around, not rushing to get her back).

On a phone call, you can change her negative feelings towards you by making her smile and laugh and showing her that you’re no longer the same guy that she broke up with.

When you make a woman smile and laugh during conversation, it becomes difficult for her to think of you in a negative way and she then drops her guard and becomes open to meeting up with you in person.

On the other hand, if you just keep annoying her by texting her over and over again with no goal in mind, she will most-likely ignore you or ask you to leave her alone.

Another sign of desperately needing her back is

3. Regularly showing up at her house or workplace

Not being able to cope without her in his life, a guy might decide that he has to confront her by showing up at her house or workplace and trying to convince her to give him another chance.

Yet, if he’s like most guys, he will try to convince her in all the wrong ways.

For example: He might start begging and pleading, telling her how much she means to him, asking her to stop being so stubborn and just give him another chance.

Alternatively, he might say something like, *“I’m sorry to show up like this, but I think I forgot one of my books here. You won’t mind if I come in and have a look around for it, would you?”*

Secretly he’s hoping that if he gets close to her, she will realize how much she misses him and then she’ll want to get back together again.

He might also go to her workplace to try and get her to talk to him so that he can explain his feelings to her, knowing that she won’t want to cause a scene in front of her colleagues, or boss.

Yet, rather than convince her to want to get back together again, this type of behavior makes a guy look desperate and in some cases, he may even come across as being a bit of a stalker ex, which

makes women feel afraid.

Hereâ€¦s the thingâ€¦!

If a guy doesnâ€¦t trigger his exâ€¦s feelings of respect and attraction for him first, sheâ€¦s not going to be happy about him showing up at her home or workplace.

Instead, sheâ€¦s likely just going to be feeling annoyed, turned off and possibly even creeped out.

So, donâ€¦t become a stalker to your ex.

Do this insteadâ€¦!

Let her experience the new you for herself, so she can feel a spark of respect and attraction for you again.

That's what counts.

It has to be about her feelings, not yours.

So, aim to get her on a phone call and interact with her at a meet up where you can her feel respect and attraction for you again by the way you now talk, think, behave and interact with her.

When you do that, she will become open to seeing you again and again and you will then get her back.

Another desperate ex back mistake isâ€¦!

4. Getting her friends or family involved

Sometimes, when a guy doesnâ€¦t know what else to do to get his ex back (e.g. because he's tried begging and pleading, convincing, ignoring her, saying that he agrees with the break up), he might then reach out to friends or family for help.

For example: He might ask a family member, friend or coworker of hers to â€¦put in a good wordâ€¦ for him with his ex.

Alternatively, he might call up her mother/sister/brother and say things like, *â€¦I am still totally in love with her. I know that I made a mistake by (doing whatever he did to cause the break up) and Iâ€¦m so sorry for that. I really have changed. I promise that I would never do something like that again. I've learned my lesson. Do you think she would give me another chance if I showed her that Iâ€¦ve changed? Would you tell her for me that Iâ€¦m sorry? Can you try to get through to her and tell her that people deserve a second chance sometimes? Can you tell her that I love her and that she means everything to me? I'm a changed man and I'm willing to do whatever it takes to make it up to her.â€¦*

Heâ€¦s hoping that if someone she loves and trusts takes his side, she might then be more open to forgiving him and giving him another chance.

Yet, in most cases, a woman will usually just think, *â€¦Why is he going behind my back and getting my family and friends involved in our problems? Thatâ€¦s what a coward would do. Isnâ€¦t he man enough to face me and speak up for himself? Does he really think that I'm going to listen to what someone else says about him? I know him better than they do. He has ruined my feelings for him and only he can make things better if he talks to me. Trying to get others involved isn't going to change how I feel about him.â€¦*

She might then feel even more determined to put her relationship with him behind her and just move on, unless he is able to make her feel a renewed sense of respect and attraction when he talks to her.

So, if you want to get your ex back, don't rely on her friends or family to get her back for you. Instead, be man enough to contact her and re-spark her feelings for you by making her laugh and smile and letting her experience the new you.

She might be a bit cold at first, but when you're making her smile and laugh when talking to you, she can't put on that act for long.

After a few moments or minutes, her ice will melt and she will warm up to you again.

When that happens, she will open herself up to meeting up with you, hugging you, kissing and possibly even having sex to see how she feels.

I've heard back from 100s of men who've followed my ex back strategy who have gotten that result. You'll be surprised how easily it works.

5. Pouring his heart out to her in love letters, e-mails or messages

If a woman is refusing to talk to a guy on the phone, or meet up with him in person, he might decide that the only way to let her know that he still has feelings for her, is by telling her via letters, e-mails or messages.

He might say to himself, *â€œI've got to get through to her somehow. I have to let her know that I still love her and that I regret hurting her. Maybe if I send her a love letter or e-mail and explain everything, it will make her see things from my point of view. She will then want to get back together again. Itâ€™s the only way I can think of to get through to her. I have to try it. I'm going to apologize, tell her exactly how I feel and how much she means to me.â€*

Yet, that rarely (if ever) makes a woman change her mind. Why?

When a woman has stopped having feelings for her ex, him pouring his heart out to her isn't going to make her suddenly care.

Instead, she will usually think something like, *â€œGood for you that you still love me, but I don't feel the same way about you. Youâ€™re just sending me messages and letters and hoping that Iâ€™m just going to forget about what happened between us. Well it doesn't work like that buddy. I still feel hurt and angry and you telling me how you feel only annoys me even more because itâ€™s telling me that youâ€™re still only thinking about yourself and that you don't really care about me and how I feel. You just haven't changed. You're so needy. Everything about your feelings and your point of view. You don't get it that to get a woman back, you need to make her have feelings for you again, not talk about your feelings and try to get her to understand your point of view.â€*

Here's the thingâ€¦

Even though the guy is trying to show her how much he cares, she's not going to care because her feelings for him have been switched off.

She's going to perceive him as being desperate, selfish and will keep saying things like, *â€œNo. Itâ€™s over between us. You need to accept it and move on.â€*

So, if you don't want your ex to see you as desperate because you're trying to get her back, don't waste time sending her long love letters or e-mails talking about your feelings or trying to get her to understand your point of view.

Instead, only text her or drop her a quick note via e-mail, as a way to get her on a phone call with

you.

On a phone call, you can then actively focus on switching on some of her feelings for you by making her laugh, smile and feel happy to be talking to you again and get her to meet up with you in person.

Remember: Getting a woman back requires making her have feelings for you again, rather than focusing on your feelings and trying to explain everything to her.

On a phone call, you can create a spark and then get her to meet up with you in person.

In person, you can show her by the way you talk, think and behave that you're no longer the guy that she broke up with.

The more she can see for herself that you really changed and become a new man, the more open she will become to giving the relationship another chance.

Then, if you tell her that you still care about her and love, it will feel good to her.

On the other hand, if you just pour your heart out to her and ask her to give you a second chance without sparking her feelings for you first, she's just going to keep pushing you away.

She will look at you as being selfish and desperate and believe that you're just trying to make yourself feel better by getting her back.

So, don't make her feel that way about you.

Get her feeling a renewed sense of respect and attraction for you by actively making her laugh and smile when she talks to you.

Get her to drop her guard and open back up to talking you and then get her to meet up with you.

Then, when you meet up with her in person, turn up the attraction and make her want you again.

It's Not Desperate to Want Your Ex Back

As long as you don't behave in any of the desperate ways mentioned above, you can focus on getting her back and know that you're not doing anything wrong.

Just remember be confident, relaxed, emotionally strong and centered as you get her back.

Where a guy might sometimes go wrong is that even though he knows that being desperate is a turn off, he is unable to stop himself from behaving that way.

For example: Rather doing something to improve his ability to attract her, he just carries on doing and saying the types of things that have been turning her off in the past and are still turning her off.

He then wonders why his ex woman isn't responding well to him and giving him another chance.

He knows that he should be more confident, relaxed and easy-going, but he can't stop himself from acting desperate and needy, so his ex continues to not want anything to do with him.

Imagine this!

A woman breaks up with a guy because he's too insecure and self-doubting in the relationship.

He constantly asks her things like, *Do you really love me?* or *You wouldn't leave me, would you?* because he doesn't believe in his value to her.

He looks at her as being more attractive and valuable than him, so he is worried that she will realize that she can do better and then decide to cheat on him or leave him.

In most cases, he knows that he shouldn't be behaving in that way, but he can't stop himself from doing it because he continues to think in an insecure way (i.e. seeing her as being more attractive and valuable than him).

So, she breaks up with him.

Then, rather than focusing on becoming more confident and emotionally strong as a man, he carries on behaving like an insecure, emotionally sensitive guy (e.g. he begs and pleads with her, asks her to tell him what to do to make her forgive him).

She then thinks something like, *He doesn't get it. His insecurity and self-doubt is the very reason why I broke up with him in the first place and he just keeps behaving like that. He's still the same emotionally weak guy that I broke up with and he probably won't ever change. Maybe I need to teach him a lesson by not getting back with him. Maybe this will wake him up and teach him how to be a real man.*

Of course, she doesn't know that if he does quickly transform and then interact with her again, she will feel a spark of respect and attraction for him and want him back.

She's just thinking about moving on because he hasn't changed yet and is still turning her off.

Yet, when he starts turning her on to the new, improved version of him that is when things change.

So, if you want to get your ex back, it's very important that you show her that you're no longer at the same level you were at when she broke up with you.

For example: If you were insecure and self-doubting in the relationship, you are confident and emotionally strong now.

If you were too nice and allowed her to push you around before, you are more ballsy and can stand up for yourself now.

If you treated her more like a friend or a big sister before, you now make her feel feminine and girly when you interact with her.

Seeing those changes in you automatically changes how she feels about you.

It doesn't always get her back though because you still have to be ballsy enough to guide her through the ex back process.

Watch this to understand how it works!

You've got to make sure that you don't stop at just showing her the new you.

You've got to guide her through the ex back process with confidence.

That is what works.

Keep Calm and Get Her Back

[image: Keep calm and get her back]

There's nothing wrong with wanting your ex back.

Wanting her back doesn't mean that you are desperate.

Wanting her back simply means that you still care about her and it would add to your happiness if you and her got back together again.

You don't need her to be happy, but you want her back and it would be great for the both of you. One of the best ways to let show her that is to focus on genuinely feeling happy, content and emotionally fulfilled without her.

For example: Hang out with new people, try new fun things with other people and join in on new experiences with other people.

Did you notice something from the sentence above?

Other people.

I'm not saying, *"Do things on your own."*

I'm saying, *"Do fun things with other people."*

If you don't do that and only do things on your own, you will not be genuinely happy without your ex.

Most of the men I've helped to get an ex back have lost a fair bit of confidence after being dumped and aren't in any mood to be socializing with other people.

Yet, that is the exact thing that wakes a man back up and lets him see that he can have fun, be happy and enjoy himself without her.

When you do that, you will discover that you automatically become more attractive to her because you are displaying some of the positive traits that women respect and find attractive in a man (e.g. confidence, self-belief, masculinity, drive and determination, perseverance).

Then, when you interact with her again, either on a phone call, or in person and she senses (via your tonality, body language and the way you think, behave and interact with her) that you are happy, confident and getting on with your life without her, she begins to see you with different eyes.

Her feelings of respect and attraction for you come rushing back and she opens up to loving you again.

She can now see that you are the kind of man she look up to, respect, feel attracted to and love.

Remember: It's about making her have feelings.

That is what really works.

Not explaining things to her, constantly apologizing or sucking up to her.

What works is to make her have feelings again by letting her experience the new and improved you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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3 Powerful Emotions That Will Make Your Ex Begin Wanting You Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

When a woman breaks up with a guy, itâs usually because she has lost respect, attraction and love for him over time.

So, if you want to cause your ex begin wanting you back, you have to make her feel the following powerful emotionsâ!

1. Respect

[image: Respect]

What is respect?

According to the dictionary, respect is defined as:

Respect (*noun*): A feeling of admiration for someone or something elicited by their abilities, qualities, or achievements.

When a woman loses respect for a guy, itâs usually because he has stopped behaving in ways that allow her to look up to him and admire him.

For example: A guy might be on his best behavior when he first meets a woman and gets to know her, so he acts a lot more confident, assertive, loving or ambitious than he really is.

Then, once they are settled into a relationship, he might stop behaving in those attractive ways and become clingy and self doubting, take her for granted or stop focusing on his goals to spend all his time with her.

When that happens, a woman will likely start to think, *âWhatâs going on here? What happened to the confident/loving/ambitious guy I hooked up with? This guy is too clingy/treating me badly/going nowhere in his life. Iâm not sure if I want to be with anymoreâ* and she then begins to lose respect for him.

If the guy doesnât realize that this is happening and continues thinking and behaving in the same unattractive ways (e.g. being insecure, treating her badly, not following through on his big goals in life), a woman will gradually begin to lose attraction for him.

After a while, she may then break up with him and say something along the lines of, *âI just canât be with you any longer. I donât respect you anymore. You have become a different person to the guy you were when we first met. I donât like who youâve become. Itâs over.â*

A guy might then try to gain back her respect in all the wrong ways.

For example: He might try to get her to respect him again byâ!

- **Being extra nice to her.**

Sometimes, a guy hopes that if heâs really, really nice to his ex (e.g. does everything that she wants, acts like a really good friend who just wants to help her and make her happy, runs errands for

her, is supportive when she's going through tough times) she will suddenly realize that he's way too valuable to lose and will then change her mind.

Yet, a woman doesn't care how nice a guy is to her if she doesn't have strong enough sexual or romantic feelings for him.

Sure, she might appreciate that he's being a good guy to her after the break up, but most women won't suddenly think, *â€œOh well now, this changes everything. He's being so nice to me, so I have to get back together with him. I can't lose a good guy! There's such a shortage of them!â€*

What most guys don't realize is that most guys are good guys, especially in their relationships with women.

and women know that.

So, sucking up to by being really nice doesn't actually make women think that they must get back with you because you're way too valuable to lose.

In fact, if a woman realizes that her ex is only acting that way out of desperation, she will lose even more respect for him.

Likewise, if he keeps being nice, generous and giving to her when she is being cold or disrespectful towards him, she will lose respect for him because he doesn't have the balls to put get her to respect him.

He's just putting up with her bad behavior so he can be around her, which a woman sees as desperate.

and desperation in men is a huge turn off for women.

The thing is, a woman doesn't want a guy to feel like he needs to suck up to her to get her respect back.

To get her respect back, all a guy has to do is show her (by the way he now talks, thinks, behaves, interacts with her and reacts to what she says and does) that he is now the kind of man she can look up to and respect.

So, even though there is absolutely nothing wrong with being a good guy and being nice to a woman, it's not what will make her respect you and want you again.

The next common mistake that many guys make when trying to regain the respect of an ex woman is

- **Telling her that he will change anything she wants if she will just tell him what to do.**

A guy might say something like, *â€œI'll do anything you want me to do. Just tell me what you want me to change and I'll do it. I promise. I will do it. Just tell me what you want me to change.â€*

Yet, asking a woman to tell you what she wants you to change about yourself is actually one of the fastest ways to lose even more of her respect for you.

Why?

A woman doesn't want to be a guy's teacher about how to be a man in a relationship with a woman.

For her to be able to respect him again, she wants him to be able to figure it out on his own (or get help and not tell her about it) and then make some changes to himself.

When he has done that (i.e. within a few days or a week), he needs to interact with her on a phone call or in person (not via text) and show her that he is now the kind of man that she can feel proud of, look up to, respect and feel attracted to.

By the wayâ€¦!

He doesn't have to tell her about all the ways he has changed.

He just needs to be the new and improved version of himself and she will pick up on it.

Women are very good at analyzing the details of men's behavior when they are interacting with them, so she will pick up the subtle (but very important to her) changes that he has made (e.g. he's more ballsy now, he's more charismatic, he doesn't get insecure when she tests his confidence by being cold or bitchy).

Here's the thing thoughâ€¦!

Most women will never admit to you what they really want you to change because they don't want to teach you the subtle details that really make a woman happy when with a man.

So, if you ask her what she wants you to change, she will almost always tell you things that she doesn't even really care about (e.g. do the dishes more, buy me more things, listen to me more).

The next mistake that some guys make when trying to regain their ex's respect isâ€¦!

- **Buying her gifts or paying for some of her expenses.**

Sometimes, a guy might say to himself, *â€œMy ex said she doesn't respect me anymore. So, maybe if I lavish her with gifts and take care of some of her expenses, she will see that Iâ€™m the kind of guy she can rely on. It will show her that I can support her and that I'm even this generous when she is being cold and bitchy towards me. When I do that, she will then start to respect me again and she will want to give me another chance.â€*

However, a woman doesn't respect, feel attracted to and fall in love with a guy because of what he can buy for her.

She respects, feels attracted to and falls in love with him because of the way he makes her feel when he interacts with her.

â€¦and that is free.

It's based on how you talk, behave and react to her when you are interacting with her.

In other words, when you talk to your ex on the phone or in person, do you make her feel attracted and happy, or turned off and uncomfortable?

That's what matters.

Yet, a lot of guys don't know that simple truth, so they hope to buy their ex's love by showing her how willing they are to spend money on her.

For example: A guy might buy a woman beautiful gifts and pay for her expenses and she might even say, *“Thanks, you're so kind”* and be nice to him before ending the phone call or asking him to leave.

Yet, that doesn't get her back, especially if he was being unattractive by displaying insecurity, self doubt and awkwardness when around her.

Women are attracted to confidence, not insecurity.

So, even though he has probably just spend half or most of his paycheck on her, she doesn't care and

she doesn't want him back because his behavior doesn't make her feel sexually attracted to him. If she finds herself considering giving him another chance out of pity, she might then ask herself, *â€œDo I really want to be with a guy who is trying to earn my respect and love by buying me gifts, even though he doesn't know how to make me have real feelings for him? Is that going to make me happy? Should I just take advantage of him for a while?â€*

That's not the kind of thought pattern you want your woman to be getting into.

It doesn't work to get an ex back, but in the rare cases where a woman does keep the guy around, she just uses him and doesn't give him what he wants (i.e. love, affection, sex, commitment).

What really works to get an ex back is to focus on her feelings.

You've got to make her feel something for the new and improved version of you (e.g. you're more confident and emotionally strong now, you're making progress on your big goals in life, you're more emotionally masculine, you're more charismatic).

When she can see for herself that you're a brand new man, it then feels natural and normal for her to drop her guard and open up to her feelings of respect for you.

So, you first need to focus on getting her respect back.

Then, you need to focus on her feelings of

2. Attraction

[image: Attraction]

What is attraction?

Attraction (*noun*): A quality or feature about someone that evokes interest, liking or desire.

Without attraction, a woman will find it difficult to connect with her feelings of romantic love for you, so she will just try to move on with another guy who makes her feel attracted.

Where some guys mess up is by trying to make a woman feel attracted in all the wrong ways.

For example: A guy might try to get his ex to feel attracted by

- **Wearing better clothes, losing or gaining some weight or getting a new hairstyle.**

When some guys discover that they need to re-spark their ex woman's feelings of attraction, they immediately make the mistake of thinking about attraction in terms of the physical.

For example: He will start wearing better clothes (e.g. if he's a jeans and t-shirt kind of guy, he will begin wearing expensive designer clothes), get a new hairstyle and go to the gym in the hopes of losing some weight, or gaining some muscle.

He's hoping that when he bumps into his ex, she will be impressed by his new look and think, *â€œWow! My ex has really changed. He's so hot now. I just love his new clothes/hairstyle/body. I'm so attracted and turned on by him now. I wonder if we can get back together again? I want him!â€*

Yet, even though a woman might appreciate that the guy has made some improvements to his physical appearance, it's not the main thing that women focus on.

When deciding whether or not to give her ex another chance, a woman looks for the changes to his way of thinking, conversation style and behavior.

If heâs still the same guy she broke up with (e.g. insecure, jealous, controlling, needy, wimpy), then sheâs not going to suddenly feel attracted to him just because heâs wearing nicer clothes, has a new hairstyle or bigger muscles.

So, if you are serious about making your ex want you back, you have to spark her feelings of attraction for you again in the ways that really matter to her.

In other words, donât waste a lot of time changing your physical appearance (unless itâs something that you want to do for yourself, not for her).

Instead, focus on saying and doing the types of things that are going to keep turning her feelings on for you (e.g. being confident and charismatic, making her laugh and smile when you interact with her, being emotionally masculine and making her feel feminine and girly in your presence).

When you do that, she feels drawn to you again.

From there, you can build on that spark of attraction by showing her that you really are a different man now.

That is the best, quickest way to make your ex begin wanting you back for real.

Another mistake that guys will often make in their attempts to re-attract an ex isâ|

- **Lying or bragging about having other women interested.**

For example: He might say to her, *âIâm having such a great time being single. Iâve been on quite a few dates since we broke up.â*

Heâs secretly hoping that the idea of him moving on with another woman will shock her into realizing what a catch he is, which will then trigger her feelings of sexual attraction for him.

Yet, lying or bragging about having other women interested in you rarely works if she currently perceives you in a negative way (e.g. she still thinks you're insecure, she can see that you don't even know what she wants you to change to make her feel attracted, she senses that you're secretly trying to get her back to make yourself feel better).

Rather than suddenly wanting you back because she feels jealous, a turned off ex will think something like, *“Good for you. I don't care. Iâm glad youâre moving on. That's better than you bugging me and trying to get me back when I'm not even attracted to you.â*

She then focuses on finding a replacement guy to protect herself from potentially starting to miss her ex and feel jealous that he is moving on faster than her.

In some cases, this leads her to having sex with a guy, enjoying it and finding yet another reason why she doesn't want her ex back.

By the wayâ|

If your ex finds out that youâre actually lying to her about having other women interested just to make her jealous, it will only make her lose more respect and attraction for you and then getting her back becomes a lot more challenging.

In some cases, a woman might even try to get revenge on you by hooking up with another guy and then telling you all about how great he is the next time you interact with her.

She wants you to know that two can play at that game and women (in most cases) can get laid way easier than men can.

So, don't waste time trying to trick your ex back.

Instead, focus on becoming more emotionally attractive to her (e.g. be more confident, charismatic, make her laugh and smile when talking to you, especially if she is being bitchy and cold).

When you do that, she will begin associating good emotions (e.g. happiness, excitement, anticipation) with you and naturally begin to open up to the idea of getting back with you.

Another ex back attraction mistake is

- **Texting her in what he thinks is a cool way to hopefully impress her.**

Where some guys go wrong is by thinking that they can make an ex woman want to get back together again just via text.

For example: If a woman broke up with a guy because she felt he was too timid in the relationship, he might text something like, *"Hey pretty lady, I was thinking about you and I thought I'd make your day by saying hi."*

He's hoping she'll think, *"Wow, my ex has really changed. He sounds so cool and confident now. He is just so sexy. I need to see him again right away!"*

Yet, in most cases, because a woman can't see a guy's body language, or gauge his state of mind, she will usually be rolling her eyes and thinking, *"Oh boy! That sounds so cheesy! Does he really think I'm going to believe that he's confident now just because he's being Mr. Cool via text? It's easy to hide behind text messages, but I bet if he were looking me in the eyes, he would be the same old insecure, timid guy that I broke up with. I can't believe he thinks that a crappy little text is going to impress me and make me want him back. Lame."*

Based on all of my years of experience helping men to get women back, I can confidently say that texting should only be used as a stepping stone to get your ex on a phone call with you.

On the phone call, you can then actively trigger her feelings of attraction by making her smile, laugh and feel good to be talking to you again.

When you do that, her guard comes down and you can then get her to meet up with you in person.

When she experiences the new you in person for herself, she begins to see you with different eyes and her attraction for you naturally and automatically reawakens.

On the other hand, if you try to impress her by hiding behind text messages, she will probably keep reminding herself of all the reasons she broke up with you.

For example: You weren't ballsy enough, you were too insecure and needy, you didn't have a plan for your life that you were following through on passionately, you ended up treating her badly in the end and so on.

If she's only getting texts from you, she will almost always assume that you're just putting on an act to impress her.

As a result, she will lose even more attraction for you and feel good about her decision to leave you.

3. Love

[image: Love]

What is love?

Love (noun): An intense feeling of deep affection.

Love (verb): To feel a deep romantic or sexual attachment to someone.

When a woman breaks up with a guy, itâ€™s usually because she has gradually disconnected from her feelings of love for him.

She might even say something like, *â€œI just donâ€™t love you anymore,â€* or *â€œMy feelings for you have changed. I donâ€™t feel the same way anymore.â€*

What that really means is, *“I have disconnected myself from the love that I once felt for you. It has been replaced by more negative emotions like disappointment, regret, disgust or apathy.”*

Getting the Love Back

What she probably doesnâ€™t even know herself is that her love for him is still alive, but it has simply been pushing into the background and covered over by negative emotions.

To get her love back, you need to get rid of those negative emotions by getting her respect back and then making her feel attracted to you again.

When you do that, she naturally reconnects with the love.

Yet, most guys donâ€™t know about that.

So, a guy might try to get his ex woman to love him again byâ€

- **Explaining how much she means to him.**

[image: You mean everything to me! Why don't you feel the same way?]

If a woman doesnâ€™t have feelings for her ex, him saying, *â€œI want you to know that I am still in love with you and I want us to be together again. You mean the world to me and my life is empty and meaningless without you. All I care about is you. You mean everything to me,â€* isnâ€™t going to make that much of a difference to her.

Essentially, if a woman has lost respect and attraction for a guy, it wonâ€™t matter to her that he still cares about her.

She might feel a little bit sentimental about what they once had together and she may feel a bit sad for him, but that isnâ€™t going to make her want him back.

Why?

A woman doesnâ€™t want to be with a guy because she feels sorry for him.

She wants to be with him because he makes her feel respect, sexual attraction and love.

So, if you want to make your ex begin wanting you back, donâ€™t bother telling her how you feel.

If she doesnâ€™t love you right now, she wonâ€™t really care about how you feel.

Instead, just focus on making her feel the way she wants to feel (i.e. respectful of you, attracted and in love).

When you do that, she will then be happy to hear that you still care about her.

However, if you try to get her back without sparking her feelings for you first, she will just keep pushing you away by saying things like, *â€œI want you to stop texting and calling me. Itâ€™s really over between us. Please accept it and move on.â€*

Another way that guys mistakenly try to get their ex woman to love them again isâ€

- **Explaining to her how difficult it is to find the kind of love that they have experienced together.**

Telling a woman that the love youâ€™ve shared together is one of a kind and she will never be able to feel that way again with anyone else is pointless if sheâ€™s lost touch with her feelings of respect, attraction and love for you.

In fact, reminding her of how good things used to be and how deep your love used to be, will only highlight to her how bad things are now.

Rather than make her think, *â€œHeâ€™s right! What we had together was really special! No matter what else went wrong between us, at least I know her really loves me. I shouldnâ€™t rush into breaking up with him like this. Maybe I should give him another chance,â€* she will likely be thinking, *â€œYes, we did love each other very much before, but thatâ€™s not enough. Love has to be nurtured and grown over time, not taken for granted and ruined over time. He just expects me to love him regardless of all the things heâ€™s done in the meantime to kill that love inside of me. It might be difficult to find another guy who loves me like he does, but Iâ€™m not willing to settle for a relationship with a guy who doesnâ€™t make me feel the way I want to feel just because he loves me, or because our love used to be great once.â€*

So, don't waste time trying to get her to realize how great the love and relationship used to be.

Just make her feel attracted to the man that you are now.

Remember: How you make her feel right now and from now on is what really counts, not how you used to make her feel in the past.

Another mistake that guys make isâ€

- **Telling her that he will wait for her to change her mind.**

If a woman is saying things like, *â€œLeave me alone. Itâ€™s really over between us,â€* a guy might try to convince her to change her mind by saying something like, *â€œLook, I know that right now you feel as though you canâ€™t love me anymore, but donâ€™t rush into making a decision. Let's just take some time apart to think things through. I will wait for you no matter how long it takes. Just promise me you will think about it. I know that we can make things work between us. I am willing to wait as long as it takes.â€*

He might then give her weeks and even months of space in the hopes that the time apart will make her realize how much she still loves him.

Yet, in most cases this simply doesnâ€™t work.

Why?

When a woman has lost respect, attraction and love for a guy, not hearing from him for a long time actually helps her get over him even faster.

While heâs being a good guy and waiting in the wings for her to come back, she is using the time apart to get over the pain of the break up and possibly even find a replacement guy.

Then, when he contacts her after a long time, rather than her saying, *âIâm so glad you gave me the time apart. Iâve had a chance to think things through and I now see that you and I were meant to be together. Letâs get back together! Yayy!*â she will likely say something like, *âIâm sorry. Itâs too late. Iâve already moved on. Iâm seeing someone else now.*â

Although itâs totally fine to give a woman a few days of space after a break up to allow things to calm down between you and her, anything longer than 3 to 7 days usually causes more harm than good.

So, donât wait around at home hoping that your ex will suddenly realize her mistake and begin wanting you back.

It usually doesnât happen that way.

If you want to make your ex begin wanting you back, you need to trigger the powerful emotions of respect, attraction and love inside of her.

She then naturally drops her guard and the idea of getting back with you begins to sound good to her.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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Should You Show Your Ex That You Still Care About Her, or Act Like You Are Over Her?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Yes, show her that you care, but not in a needy way.

Showing her that you care in a needy way means continually talking about **your** feelings and how things are affecting **you**.

The way to show her that you care is to actually change the things that were turning her off about you, so she feels better about who you are now.

For example: Some of the things a woman might want her guy to change are that:

- He doesn't make her feel girly and feminine. She feels like more of a neutral friend or worse, like she is more of "the man" in the relationship.
- He expects her to lead and decide most things while he just relaxes and takes her for granted.
- She can't trust in him to follow through on his big goals and ambitions in life because he's always wasting time on other things (e.g. video games, watching TV, browsing social media, hanging out with his buddies).
- He is too emotionally sensitive, which makes her feel like she needs to take care of him like a big sister or mother would for a boy.

Those are some examples of things that women really want a guy to change before she actually cares that he cares about her.

If he's not willing to change the things that really matter to her, then she sees his attempts to get her back as being all about getting what he wants.

So, the first step in getting her back is truly understanding what she needs you to change and then interacting with her on a phone call or in person, so she can start to pick up on those changes in you.

A woman doesn't even need you to explain to her that you've changed.

She just needs to talk to you on the phone or interact with you in person and she will pick up on it based on how you talk to her, behave and react to her.

Only when you've done that will she then care to hear about your feelings.

However, if all you want to do is tell her about your feelings, but you don't care enough about her and the relationship to change, then she's not going to care about your feelings.

Okay, let's assume that you know what you need to change and have already changed it.

Now, you can get onto telling her that you still care about her.

For example: Say something like, *â"¢I love you and do want you back in my life, but I accept that you don't want that. So, I will let you go as a girlfriend. Maybe we can just be friends from now on. How does that sound?*â"¢

Most women will agree, but if you have really changed and are now making her feel respect and attraction for you, she will want to be more than just your friend.

However, if you don't make any changes after telling her that you still love her accepting the break up, she's almost certainly not going to come running back to you (only about 20% of women do. The

remaining 80% move on).

In 80% of the ex back cases that I've helped clients through, I've found that if a guy doesn't actively make an effort to re-spark a woman's feelings of respect and sexual attraction for him, she will just keep him around as a friend while she dates other guys, or she will simply cut off contact and move on.

So, don't let that happen to you.

If you still care about your ex, then tell her that.

Don't hide it from her.

However, you must remember: She is only going to care that you care if you actually do understand what she wants you to change and then let her experience the changes for herself.

If you have changed things about yourself that really aren't important to her (e.g. she wants you to be more manly, but you've become even nicer in the hope that it impresses her), then she's not going to care that you care.

Getting Caught Out in a Lie

[image: Getting caught out in a lie]

Sometimes, a guy might think to himself, *"It's probably better if I act like I'm over my ex, so it hurts her. She will then realize that I'm a cool, valuable guy and she will feel like she has to get me back."*

He may then start ignoring his ex and hope that she comes running back.

Yet, that doesn't work in approximately 80% of ex back cases.

Watch this video to understand why!

Alternatively, he might try to act like he is over her when she says something like that herself.

For example: If she says, *"I'm over you. I don't have feelings for you anymore. I'm glad that we're broken up,"* he might reply with something along the lines of, *"Yeah, I agree. What we had was cool while it lasted but it's over now. I'm glad to see we both feel the same way. Well, anyway. Good luck. I wish you the best of luck for the future."*

Secretly he's hoping that she will think, *"Damn! That's not really how I feel. I was just putting on a brave face to act cool. I still love him. Maybe I should give him another chance"* and she then texts him to ask to catch up in person or talk on the phone.

Of course, it can work like that sometimes, but it's very rare that a man will arrive at my site looking for help to get an ex woman like that back.

Almost all the men that I help to get their woman back are dealing with a woman who no longer has feelings for them and doesn't want anything to do with them anymore.

So, he has to actively make her have feelings for him again.

Watch this video for more info!

When your ex has feelings for you again, the ex back process is much smoother and easier.

However, acting like you're over your ex as a way of tricking her back into a relationship rarely (if ever) works because she can easily catch you out in that lie.

For example: Here are some of the ways she can do find out that you're just acting to be over her, rather than really being over her...

When a guy tells a woman that he's over her, she might respond by saying something like, *â€œOh. Iâ€™m sorry to hear that. I know that I previously said that I didn't have feelings for you, but I was just checking to see if you still had feelings for me. Well, I guess I've lost you then. I won't be bothering you again from now on, so have a good life. Good bye.â€*

[image: Getting caught out in a lie]

If he then hastily tries to stop her and says something like, *â€œNo! No! I didn't really mean it. I really do still care for you. This is great! We both still have feelings for each other. We can get back together now,â€* she will know he was lying to her by acting like he was over her when he really wasn't.

Another example is when a woman asks her ex to do favors for her (e.g. she might ask him to help her with homework, pay her rent, help her paint her house, take her car to a mechanic to be fixed).

When he helps her, she flirts with him a little (e.g. hugs him, looks at him as though she finds him attractive, brings up their private jokes, gives him a kiss on the cheek) to see if he becomes excited and feels like he has a chance with her.

If he falls for it and starts running around her like a puppy dog catering to her every whim, she will be able to see that he does still care about her and has only been acting like he is over her to get her back.

Another way a woman can find out if her ex is lying to her about being over her, is by saying things like, *â€œIâ€™m so glad you don't have feelings for me anymore. Iâ€™ve been asked out on dates many times by several guys that I know, but Iâ€™ve always said no because I thought we could maybe get back together again. Now that I know for sure there's no chance of that happening, I feel good about dating again and I will say yes to them.â€*

If he reacts by getting upset, jealous or angry, she will have the proof she needs that he's been lying to her and was only acting like he was over her.

Here's the thing!

When a woman catches a guy out in a lie like that, she usually won't be thinking, *â€œOh, it's okay, he was only lying to me because he still cares about me and just doesn't know how to tell me.â€*

Instead, she will lose respect and attraction for him and will feel annoyed, or even angry with him for trying to trick her.

This is why lying to your ex about your feelings is not a good idea.

A much easier way to get her back for real is by reactivating her feelings of respect and attraction for you, by interacting with her (e.g. over the phone and in person) and behaving in ways that are attractive to her (e.g. being confident and charismatic, making her feel feminine and girly in your presence, making her laugh and smile).

That's what works.

When you are not afraid to interact with her and make her have feelings for you again, not only does she drop her guard and open up to the idea of getting back together, but she also feels impressed with you for having the balls to be honest around her and go after what you really want (i.e. to get her

back).

Getting Her Back For Real

Here's the thing..

You can waste a lot of precious time acting like you are over her and hoping that it will make her want you back.

Yet, the reality is that when a woman doesn't feel respect and attraction for a guy, him moving on and being over her is actually a good thing for her.

She doesn't really and actually feels relieved about not having to go through a long, drawn out, messy break up with him.

In a case where a woman still has some feelings for her ex and is waiting for him to make a move, she will be disappointed with him for getting over her so quickly.

She will think something like, *"I can't believe how quickly my ex got over me. Well, I obviously didn't mean much to him at all, so I'm not going to bother feeling sad and depressed about our failed relationship anymore. I'm going to find myself another man and get on with my life. I'll show him."*

That's not what you want her to be thinking.

Instead, you want her to change her mind about being broken up and just get back together with you to give the relationship another shot.

The fastest way to do that is by actively making her have feelings of respect and attraction for you again, rather than acting like you are over her when you're really not.

When you interact with her and she can see and experience the changes in you (e.g. you are now more confident and self assured, you make her laugh and smile, you're more driven and focused in life), she will instinctively feel drawn to you again.

You don't have to put on an act around her to make her change her mind.

You simply need to show her the man that you have become since the breakup (i.e. you've learned from your past mistakes and have moved past the level you were at when she broke up with you) and let her reveal her feelings for you instead.

Here's how you can do that!

1. Call Her and Get Her Laughing, Smiling and Feeling Good to Be Interacting With You Again. Then, Get Her to Meet Up With You

Rather than acting like you're over your ex and hoping that it causes her to have feelings for you and come running back, focus instead on actually making her have real, strong feelings for you again by interacting with her.

One of the quickest ways to melt a woman's resistance and make her begin to have feelings for you again is by making her smile and laugh when she's talking to you.

Laughter takes off the edge off being broken up and stops you and her acting like strangers.

It also stops her from focusing on the past and thinking things like, *"My ex really stuffed up. He*

hurt me so badly, or Our relationship was a disaster.

When she's smiling and laughing while talking to you, she will instead think something like, *This is nice. I'm actually enjoying myself talking to him. I feel like we could actually do this again and I would enjoy it.*

She then becomes open to getting back together with you for real.

So, get her on a phone call with you right away.

By the way!

You can't do all this via text messages (most guys try to and it doesn't work).

You need to get her on a phone call where she can hear the tonality of your voice and get a sense of your confidence and emotional strength.

Only use text to break the ice and then get her on a phone call with you.

When talking on the phone, make sure to keep the conversation light and easy-going and keep clear of heavy discussions about the relationship, or about how she feels that you stuffed up.

Here's an example of how to make her laugh and open her up to the idea of meeting you for a catch up!

After the initial *Hello, how are you?* you can then ask her, *So what have you been up to lately?*

She will likely reply with something like, *Oh not much, how about you?* or, *I've been busy with studies/work. What have you been doing?*

You can then say in a joking way, *Nothing. I've literally been sitting by the phone waiting for you to call. I've grown a long beard. It goes all the way down to my lap.*

She will most likely laugh and you can then say, *"Just kidding. I've been..."* and then quickly tell her what you've been up to in a sentence or two.

She will feel attracted to the fact that you have the confidence to joke around with her like that.

She will also realize that you haven't been sitting around waiting for her call and are happily enjoying your life without her, which will make her feel respect and attraction for you.

When that happens, she stops focusing on the things about the past version of you that she didn't like, and starts focusing on all the things about the new version of you that she does like.

When that happens, her guard comes down and she becomes open to meeting up with you to see what happens.

You can say something like, *Anyway, let's have some coffee together just as friends. It wouldn't be about us getting back together just a coffee to say hi to each other."*

If she says, *"No, I don't think we should,"* just be relaxed and easy going when you say something like, *"Hey, look – if you don't want to talk to me again after that, I will be cool with that and we can part ways as friends. It will just be a coffee and that's it and it can be the last time we ever catch up in person if you want. So, what do you say? Are you in for a coffee tomorrow or the next day?"*

She will likely say *Yes,* to that and you can then go ahead and arrange a suitable day and time.

2. Show Her the Way Back to Real Love With You

[image: Show her the way back to real love with you]

When you meet up with her, don't rush into telling her that you still care about her (e.g. by telling her directly, by being on your best behavior, paying for everything).

If you do, you stand the risk of destroying all the good feelings you have created inside her up to this point.

Instead, just continue saying and doing the types of things that will build on her initial feelings of respect and attraction for you (e.g. being confident, charming and charismatic, making her laugh, making her feel feminine and girly).

That way, it's about her feelings rather than yours, so she doesn't see you as being selfish and only wanting her back to make yourself feel better.

If you focus on how you're making her feel (e.g. attracted, happy) rather than how you feel (e.g. that you want her back), things will naturally begin to change.

She will begin to look at you differently and might even be the one says it first by saying, *"I still care about you. Do you think we can get back together again?"*

That's what you want.

Make her want to get back with you because she now has strong feelings for you.

That is what works for real.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Does Your Ex Think That You Are Too Emotionally Immature For Her?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your ex is saying that you are too emotionally immature for her, it could be that you've been making one or more of the following mistakes.

Here are 5 examples of immaturity in a guy that cause a woman to feel turned off in a relationship and want out:

1. Lacking Purpose in Life

[image: Woman angry at her man for wasting his life playing video games]

One of the main things that women find attractive in a man is his ability to be loving, attentive and caring towards her, while at the same time having a very clear purpose and direction in his life that is separate from his relationship with her.

Knowing that a guy has an important purpose in life that he's working towards (e.g. to become something, make something, achieve something) makes a woman feel deep and ongoing respect for him as a man.

She thinks something like, "This guy is a keeper. Not only is he loving, supportive and caring, but he is also someone that I can look up to and feel proud to introduce him to my family and friends. I know that if I stick with him, he should be able to take care of both of us in the future. It's highly likely that we will have a good life together, so I'm going to stick with him and support him."

Now, compare that to a guy who remains stuck in a dead-end job for years and years, possibly lives at home with his parents, has no big goals or ambitions in life and spends most of his time hanging around his woman just "chillin' out."

He may justify his actions by thinking, "I've got everything I could possibly want and need. I don't have an important job to impress my woman because she loves me for who I am, not for what I do. That's why I don't care about anything else other than being with her and showing her how much she means to me. She is everything to me. I don't care about my place in the world or achieving things. I just want to be with her. She is what makes me happy."

Yet, although a woman wants to be loved and appreciated and likes the idea of being with a guy who is fully devoted to her, she doesn't want to be his reason for living.

Some guys mistakenly think that a woman will be flattered if he doesn't have anything else going on in his life other than her.

Yet, rather than make her happy, she sees his lack of purpose as a sign that he's insecure, emotionally immature and hasn't yet grown up and become a real man.

She might then begin to wonder, "What is he hiding from? Why isn't he doing anything with his life? Is he going to hide behind me and this relationship forever? Will I have to be the strong one always? Will I have to make us feel safe by focusing hard on my career and ensuring that we will okay in the future? He certainly seems to not really care about that and is just focused on me. That's so

immature and she begins to lose respect for him as a man.

Here's the thing:

If a woman doesn't respect her man, she will find it difficult to feel attracted to him and if she's not attracted to him, she will start doubting her love for him as well.

Of course, there are women who like the idea of being with a lost guy who has no purpose in his life other than being devoted to her, but the majority of women aren't like that.

Most women like to be in a balanced relationship with a man who is 100% loving, caring and devoted to her, while at the same time 100% focused on his big purpose in life and is always making progress as he works towards achieving it.

She can then look up to him, respect him, feel sexually attracted to him and love him because he is a man who isn't afraid to rise up and reach for his true potential.

He is a man who is brave, courageous and emotionally strong, which then allows her to feel like a vulnerable, sensitive, emotional woman.

and that's heaven for a woman.

Women yearn to be with a man who allows them to truly be a woman (e.g. feminine, girly, emotional) because he is so emotionally strong, mature and focused.

It's the perfect relationship dynamic for a man and a woman because it naturally deepens your feelings of respect, sexual attraction and love for each other over time.

In other words, the spark doesn't die out.

You are always attracted to each other, respectful of each other and totally in love.

On the other hand, if a woman can't look up to and respect her guy because he's too emotionally immature to do anything important in his life, she will find it difficult to respect him and her feelings of sexual attraction and love will begin to fade over time.

So, if your ex has been saying something like, "You are too emotionally immature for me. You need to grow up" and you want to show her that you've changed, how can you do that?

Start by finding out what you really want to do with your life and then begin taking steps to make those goals a reality.

This should be a goal that spans out longer than 10 years from now.

You should try to imagine 20-40 years into the future and think about what you really want to do and how you really want your life to turn out.

Get really clear on it and then start making progress towards it immediately.

Obviously, you won't achieve the big, long term goal immediately, but what's important is that you start making progress towards it.

By doing that, not only will you spark your ex's feelings of respect and attraction for you, but you will also become a better man for yourself.

Another sign of immaturity in a guy is

2. Being Too Emotionally Sensitive

[image: Being too emotionally sensitive]

For example: A guy might feel as though he got lucky when he picked up his girlfriend and as a result he eventually becomes clingy, needy and insecure around her.

He might need her to regularly reassure him of her love by asking things like, *“You wouldn’t break up with me, would you? You know that I couldn’t live without you, right?”* or *“Do you still love me? Are you still glad you agreed to go out with me?”* or *“Do you ever regret being my girlfriend? Do you ever wonder if you could find another guy that is better than me?”* or *“Would you ever cheat on me? I would be destroyed if you did. Can you promise me that you will never do that to me? I’m very fragile emotionally. I don’t think I could handle something like that happening to me.”*

Initially, most women will respond by being loving and saying things like, *“Of course I love you!”* or *“I would never look at another guy. I’m with you because I want to be with you. Don’t worry about it.”*

However, over time, she will get very tired of always having to reassure him and take care of him emotionally.

The more she has to do that, the less respect and attraction she feels for him as a man.

Here’s what you need to remember!

It’s a man’s emotional strength that attracts a woman and allows her to relax and be the girly, feminine woman that she really wants to be in a relationship (even though most women don’t openly admit that).

If her guy is always falling to pieces around her and being emotionally weak and insecure, she won’t be able to feel safe and protected in the relationship with him.

She won’t be able to look up to him as her emotionally strong, courageous man and instead will look at him as a guy that she needs to take care of and protect.

Women hate that.

The thing is, even though a modern woman is perfectly capable of taking care of herself financially, she still wants to be able to look to her man for emotional strength and support.

If he can’t be the emotionally strong man that she needs him to be and instead needs her to support him emotionally, she just won’t be able to respect him.

As a result, her feelings of attraction and love will fade away and she will want to get out of the relationship and away from the guy who is leaning on her emotionally.

So, if your ex currently thinks you are too emotionally immature for her, what you need to do is re-spark her feelings of respect and attraction for you again by showing her (via the way that you now talk, think and behave) that you are an emotionally strong man that she can look up to and respect.

Let her see that you have changed and she will begin to believe that you are no longer the same guy she dumped.

When she can see for herself that you’re no longer at the same level you were at when she broke up with you (i.e. emotionally sensitive and insecure), it becomes more difficult for her to keep

pushing you away, because youâ€™re not the guy that she remembers.

You are different now.

You are emotionally strong and mature.

You really have changed and it now feels so much better for her to interact with you because she can respect and attraction, rather than feeling annoyed and turned off.

Another sign of immaturity in a guy isâ€¦|

3. Not Following Through on Promises

[image: Not following through on his promises]

The love between a man and a woman is something that needs to be taken care of, so that it can grow and deepen over time.

Yet, when a guy gets into the habit of breaking his promises to his woman, it will inevitably lead to her losing respect for him and she may even start to change herself and become a completely different person that she used to be.

For example: When a guy doesnâ€™t follow through on his promises, a woman might find herself feeling angry all the time, sulking, nagging or throwing tantrums.

She may then say to herself, *â€œWhatâ€™s going on here? I donâ€™t like who I have become in this relationship. I used to be so calm, relaxed and happy, but now all I seem to do is sulk and complain. I donâ€™t want to be that person anymore. He is emotionally immature and is bringing me down to his level of thinking, which is driving me crazy. I need to get away from him,â€* and she will then break up with him.

Hereâ€™s the thingâ€¦|

Itâ€™s fine for a guy to break his word once or twice (e.g. he promises to go with her to her sisterâ€™s wedding, but has to cancel at the last minute because something important came up at work, or he forgets to call her when he says he will).

Itâ€™s not the end of the world and even though a woman might feel a little bit upset or annoyed about it, it wonâ€™t matter to her that much in the long term, as long as she sees that he will try to avoid doing that to her again in future.

However, when a guy breaks his word frequently about important things (e.g. constantly promising to get a job, starting projects and never finishing them, treating her badly and promising to change but never changing) she will start to lose respect and attraction for him and eventually break up with him.

Another sign of immaturity in a guy isâ€¦|

4. Still Wanting to Think, Act and Behave Like a Boy or Teenager

[image: Still wanting to behave like a boy or teenager]

Sometimes, a guy likes the idea of going through life without any responsibilities as though he is still a young boy or a teenager.

For example: A guy might spend most of his time playing video games and ignoring all other areas of his life.

His woman might then say to him, *“Why don’t you stop playing games and think about what you want to do with your life,”* but he doesn’t seem to care.

He got her into a relationship, she enjoys the sex and they’ve had plenty of good times, so he just expect her to put up with it now that she’s his girl.

Yet, while he is being lazy and not making any progress in life, he doesn’t realize that his woman is gradually losing all of her respect and attraction for him.

Why? Mainly because he’s not achieving anything, which makes her feel unsafe about the future. Women have a natural instinct to make sure that they are going to be able to provide for offspring if they happen to get pregnant.

This applies is a woman hates children or doesn’t even want children. The instinct is still there.

So, when her guy is just sitting around with no big dreams or goals in life other than getting past the next level of the game, she starts to feel unsafe.

Here’s what you need to know...

A man is supposed to rise through the levels of life, reach for his true potential and go after his true purpose in life without fear.

If he doesn’t do that and just lives his life like a boy would, his woman simply cannot look up to him and respect him.

Without respect, she doesn’t feel attraction and without attraction, the love begins to fade.

Of course, there’s nothing wrong with playing video games (I play them at times), but making progress in life has to come first, she has to come second and everything else is up to you after that.

Women don’t go around explaining that to guys, but it’s what they want.

They don’t want a guy who focuses all of his attention on her, or focuses all of his attention on wasting time (e.g. playing video games).

They want a man who is making progress in life as his main priority and then giving her love and attention as his second priority.

I know that it might sound bad or politically incorrect to say that, but just think about the couples you’ve seen where the woman is mighty proud of her man and totally in love with him.

He will have a strong purpose in life and be pursuing that as his main priority, while she hugs into his arm, looks at him with loving eyes and feels safe and happy that she has a man who isn’t afraid to reach for his true potential.

In the media, women will say that they want a man who puts them first, but you always have to remember that women usually SAY one thing and DO a completely different thing altogether.

Watch this for some examples!

So, if you want to do boyish things, you can, but just make that your main priority is making progress in life like a man.

Women will often say that you should play video games or do boyish things, but you don’t have to listen to them.

Women usually say one thing and happily accept a completely different thing altogether.

Okay, the final sign of immaturity in a guy isâ□!

5. Needing Her to Mother Him

[image: Needing her to mother him]

For example: He might expect his woman to pick up after him, make all the decisions and take care of him the way his mother used to do when he was a boy.

Yet, a woman doesnâ□t want to be a manâ□s mother.

If she has to take on that role, she will feel like she is the more dominant one in the relationship and then wonâ□t be able to respect him and look up to him.

When that happens, she will lose interest in sex and start finding other guys attractive, which will lead to her cheating on him or breaking up with him.

In most cases, a woman hates it when she has to take on the role of mothering her guy because it means that she just canâ□t relax and be a real woman (i.e. girly, feminine, emotional) around him.

Instead, she has to be the strong one, which once again, ruins her desire for sex and makes her want to cheat or break up with her guy.

The thing is, she might accept an immature guy in the beginning of the relationship because she is enjoying the lust and sex, but after the novelty of being with someone new wears off, she will realize that she made a mistake and then want to get out of the relationship.

Almost all women want a man who is more emotionally mature than they are.

When a man is more emotionally mature than a woman in the way that he thinks, feels, behaves and takes action in life, it allows her to relax into thinking, feeling and behaving like a feminine woman around him.

She can then look up to him and respect him as her man.

Of course, some unattractive women do like to keep an immature guy under their control by constantly threatening of a breaking up with him.

Unattractive women do that because they are afraid that he will gain too much power in the relationship, realize that he can do better than her and then leave if he isn't living in fear.

So, she will continually threaten to break up with him if he doesn't do this or that for her.

He obeys because he knows that it will be difficult for him to find a beautiful woman who would accept his immaturity, so he just puts up with it.

Hereâ□s the thing thoughâ□!

Most women know that they can easily find a replacement guy, so they wonâ□t stick around for very long with an emotionally immature guy, unless he changes his ways fast.

Donâ□t Tell Her That You've Changed. Show Her

What you do now, is much more important than what you say you will do.

If you want to show your ex that youâ□re no longer emotionally immature, you need to do that when you're talking to her on the phone or in person, not via text.

She has to be able to experience you while talking to you, not texting with you.

When you're talking to her on the phone or in person, she will be able to sense that you're now so much more confident and emotionally mature than before.

Don't worry, a woman can pick up the changes in a guy without him having to explain that he has changed.

It comes through in how you talk to her, what you say and how you react to what she says.

So, don't worry about trying to prove to your ex that you've changed by telling her all about how you've become a more mature man since the break up.

Just be the new, improved, more mature version of yourself when you talk to her and she will pick up on it.

When she sees for herself that you really are emotionally strong, confident and mature now, something really cool happens!

She can't stop herself from feeling drawn to you again.

You are so much more interesting now.

You have transformed so quickly and you are way more attractive to her now, so the idea of getting back with you is very appealing.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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Should You Play Mind Games With Your Ex to Get Her Back?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

It depends what you mean by mind games.

To get an ex back, you sometimes do need to make her feel jealous by showing her that you're living a fun life without her and maybe even dating another woman.

However, in many cases, you don't even need to go to that extreme because you can get her back by reactivating her feelings for you by letting her experience the new and improved version of you on a phone call or in person.

All it usually takes is a spark of respect and attraction for the new you and a woman will drop her guard slightly.

She will then become open to meeting up with you in person, hugging you and even kissing you again.

When that happens, it obviously leads to sex and when that happens, you and her will be back together if you play your cards right from then on.

However, apart from making her feel jealous, you should be careful with playing mind games becauseâ€¦!

Playing Mind Games With a Woman Can Quickly Backfire

[image: Playing mind games with an ex can backfire]

Sometimes, a guy will try what he thinks is everything (e.g. begging, pleading, promising to change) to get her back and when that doesn't work, he will think that the only answer must be to play mind games (e.g. not contacting her, lying about being with other women) to try and â€œtrickâ€œ her back into a relationship with him.

Yet, if she realizes what he is up to, she just loses even more respect and attraction for him and then it becomes more difficult for him to actually get her back.

Alternatively, on the slim chance that a guy actually gets his ex back by playing mind games with her, when she sees that he really hasn't changed, she just breaks up with him again.

3 Common Mind Games That Many Guys Try to Use on Their Ex Woman

When all else fails, some guys will beginâ€¦!

1. Using the No Contact Rule

When a woman is saying things like, *â€œJust accept it, it's over between us. I don't have feelings for you anymore and nothing that you say is going to convince me to change my mind,â€œ* a guy might start feeling desperate.

He may then start to think, *â€œWell, if she's saying that I can't convince her, then hanging*

*around her and trying to change her mind might cause her to get even more annoyed with me. Yet, if I cut off communication with her and ignore her for a long time, she will hopefully realize that she misses me. She will then contact me and we can then get back together again.*â€œ

He might then stop contacting his ex for 30, or even 60 days in the hopes that this will do the trick in getting her back.

Yet, that almost never works.

Hereâ€™s whyâ€¦

Using the No Contact Rule on a woman who doesn't have strong feelings for you is usually a waste of time.

*In most cases, rather than miss a guy who is ignoring her, a woman will think, â€œCool! Iâ€™m so happy my ex got the message and is now leaving me alone. I would hate to have to deal with a guy who doesnâ€™t know when over means over. At least now I can move on with my life and make a fresh start.*â€œ

Why does she react in that way?

Unless a woman still has feelings for her ex and is secretly hoping that they will get back together again, or she is having a difficult time finding herself a replacement guy, cutting off communication with her isnâ€™t going to matter to her that much.

He has strong feelings for her, but she broke it off with him and doesn't want to be with him anymore, so not contacting her just makes it easier for her to move on without him.

Of course, she may become curious about why he hasn't been contacting her and then contact him to check that he is still missing her, but that doesn't mean he gets her back.

She's just checking to see if she is still in the power position and if she is, it reminds her that she made the right decision to break up with him.

Although women don't go around admitting it in public, they actually want to be in a relationship with a man who is in the power position.

A man who takes and maintains the power position by being a masculine man who faces life (and her) head on, rather than hiding behind cheap tricks (like the NC rule) or expecting her to lead the way and be the strong one.

Women won't want to be in the power position and feel like they have to take care of their guy emotionally.

So, if she finds out that he's been ignoring her to trick her into missing him, she will realize that he lacks the balls required to actually get a woman back by going through a natural, ex back process.

What is that process?

Watch thisâ€¦

Here's what you need to rememberâ€¦

If a woman is beautiful, or even just attractive, she will be more than capable of finding herself another guy who wants to have a relationship with her.

All she has to do is say, "Yes" to the guys at work (or university) who would love to date her and have sex with her.

Alternatively, she just needs to get on an online dating site or use a dating app and she will have 100s

of guys overnight who are eagerly lining up to meet her for a date.

It's easy for women to get laid because a man's initial attraction for a woman is mostly based on her looks and pretty much every guy is willing to have sex with a woman to see how things go after that.

He doesn't care what her interests are, what fashion she wears or even what her name is.

He just wants to stick it in and see if a relationship happens after that.

So, if you want to give your ex some time apart as a cooling off period, one week is enough.

Anything longer than that is usually too much and can potentially lead to herâ€¦

- Getting over the pain of losing you and realizing that sheâ€¦s actually fine without you.
- Believing that you donâ€¦t care about her anymore.
- Feeling attracted to other guys (and liking it).
- Moving on with another guy.
- Getting annoyed that you didn't have the balls to get her back and make the relationship better this time around.

So, rather than ignoring her and hoping that it messes with her head and makes her come running back to you, itâ€¦s usually better to just call her and actively make her have feelings for you again.

Let her experience the new you and like you again, rather than leaving her to focus on how you behaved near the end of the relationship and shortly after the break up.

You donâ€¦t want her to think like that about you.

If you want her back for real, you need to actively replace her negative thoughts and memories about you (e.g. anger, resentment, indifference), with new, positive feelings (e.g. respect, attraction, joy).

â€¦and you canâ€¦t do that if youâ€¦re not talking to her.

Another mind game that some guys like to try and play on their ex woman isâ€¦

2. Lying about being with other women when he really doesnâ€¦t have any other options

Sometimes, a guy might say to himself, *â€¦If my ex thinks that Iâ€¦ve found myself a new woman, she might get jealous and come running back to me. Iâ€¦m going to tell her that Iâ€¦ve been dating other women (even though I havenâ€¦t) and I will see what happens. Hopefully she freaks out, cries and says that she wants me back.*â€¦

Yet, here's the thingâ€¦

When a woman doesnâ€¦t have strong feelings for her ex (or if she is turned off by him), finding out that heâ€¦s seeing other women wonâ€¦t really matter to her at all.

In fact, she will usually feel relieved that his attention is focused somewhere else and not on her anymore.

Then, she will move on as quickly as she can to prevent him from trying to hurt her by telling her that he's with another woman now.

Additionally, even if a woman initially feels a twinge of jealousy and it hurts her a little, when she stops to remember all the reasons why she broke up with him in the first place, she will usually realize that she's not jealous at all.

In cases where a woman still has strong feelings for her ex, finding out that heâs seeing other women might cause her to feel anxious about losing him forever and she may consider giving him another chance on the spot.

[image: Playing mind games with an ex can quickly backfire]

However, if she finds out that he is playing mind games with her and is only lying about having another woman, she will dump him again and not want anything to do with him.

If she sticks with him, she will secretly find a new man to replace him with and then break the news to him by saying something like, *"I have something to tell you. I've met someone else. You and I are finished now."*

Note: Something to bear in mind is that women are not stupid!

If a guy lies to a woman about being with other women, all she has to do is test him to find out.

For example: A guy might be talking to his ex on the phone and she asks him, *"So what have you been up to lately?"*

To make her jealous, he says something like, *"Oh, Iâve been pretty busy. Iâve been going on dates with a few women and Iâm kind of getting into the swing of being a single man again. Itâs actually quite fun."*

She might then test him to see if heâs being honest by saying something along the lines of, *"Oh, really? Thatâs a pity! I'm sad to hear that! I was kind of hoping we could meet up for some coffee sometime and try to work things out between us. I guess Iâm too late then. Youâve already moved on. Oh well, good for you. I wonât be bothering you anymore."*

If the guy then panics and says, *"No! No! Wait. Itâs not like that. Iâm not serious about any other woman besides you. If you want to work things out, I want that too! Itâs what Iâve been hoping for all along,"* she will begin to wonder whether he was being honest with her, or if he was just playing mind games to try and get her back.

She will then likely close herself off from him even more (e.g. refuse to answer his text messages or calls) and she may then quickly find another guy to get revenge.

So, if you want to get your ex back, I recommend doing it without lying to her.

In that way, not only do you stand a much better chance of getting her back, but she will also respect you for doing it like a real man, rather than like a sneaky little boy who needs to lie to get his way in life.

Another mind game that guys will use on their ex isâ!

3. Saying that he no longer cares about her or the relationship when he really does

For example: She says something like, *"You know itâs really over between us, donât you? Itâs fine talking on the phone sometimes, or when we bump into each other somewhere, but I donât want to get back together again. I just donât have feelings for you anymore."*

He might then try to shock her into realizing that she still cares about him by responding with, *"Hey, what makes you think I want to get back with you? What we had is in the past. Iâm over you now. Youâre really full of yourself if you think Iâm sitting around pining for you and hoping youâll take me back. Iâve already moved on with my life, so donât flatter yourself."*

Yet, once again, when a woman doesn't have feelings for a guy, she's not going to feel worried that he doesn't care about her anymore.

In fact, she will likely be thinking, *That's a relief. For a while there I thought he was trying to get me back. At least I know where we stand now. I'm going to say yes to that guy at work who wants to take me out.*

Remember: If you still care about your ex and want her back, don't tell her that you don't.

There's no need to play games with her like that.

What you need to understand is that getting a woman back is easy if you reactivate her feelings by being attractive when you interact with her (e.g. being confident and charismatic, making her feel feminine and girly in contrast to your masculine vibe, making her laugh, smile and feel happy to be around you).

Even if a woman has feelings for a guy and falls for his trick of acting like he doesn't care, if she then gets back together with him and discovers that nothing about him has changed and that he's still at the same level he was at when she broke up with him (e.g. insecure, emotionally immature, lacking in drive and determination) she will usually just break up with him again.

The Solution: Be Real, Be a Man

[image: Get her back without playing games]

In most cases, playing mind games with your ex is a waste of time, doesn't really work and also makes you look insecure and immature.

If your ex picks up on the fact that you're trying to trick her back, she will lose even more respect and attraction for you and it will then become even more difficult to get her back.

So, if you want her back, it's always better to just be honest and emotionally courageous about it, rather than wasting time playing mind games.

When you take full responsibility for the ex back process by focusing on making your ex feel a renewed sense of respect and attraction for you when you interact with her (e.g. on the phone and in person), getting her back becomes easy.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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4 Things That Will Make Your Ex Feel Attracted to You Again When You See Her in Person

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Seeing your ex in person is a great opportunity for you to make her feel attracted to you again.

You can do this byâ€¦

1. Making Her Smile and Laugh, Especially When She is Being Cold or Distant

[image: Make her smile and laugh, especially when she is being cold]

Thereâ€™s a good reason that you often hear people saying, *â€œLaughter is the best medicine.â€*

When youâ€™re laughing and smiling, itâ€™s very difficult to be angry, annoyed or irritated at the same time.

So, when you interact with your ex and you make her smile and laugh, especially if sheâ€™s being cold and distant towards you, itâ€™s unlikely that she will be able to remain cold and bitchy towards you for very long.

No matter how determined she is to keep up a cold, unemotional front, all it usually takes is a small smile to crack her defenses and allow her to open herself up to seeing you differently.

[image: Show her that you have changed]

For example: If youâ€™re having coffee with your ex and she says something like, *â€œI think this was a mistake. Weâ€™re broken up now, so seeing each other like this is a waste of time,â€* rather than feel upset about it, you can turn it around by making a joke in that moment to calm down the tension between you and her.

You can say something like, *â€œI totally agree. I donâ€™t think we should be seeing each other like this eitherâ€*

She will probably feel surprised that youâ€™re agreeing with her and maybe even a little shocked that youâ€™re not begging her to give you a chance.

Then, when youâ€™ve caught her off guard, you can continue by saying in a joking way, *â€œI would much rather see us lying on a beach somewhere tropical, wearing a bikini â€¦ well youâ€™d be wearing the bikini of course, not me...Iâ€™ll be wearing swimming trunks, looking handsome and sipping on some cocktails. Thatâ€™s a much better way of seeing each other, donâ€™t you agree?â€* and then have a laugh with her about that.

Itâ€™s highly unlikely that she will be able to stop herself from smiling and laughing, even just a little bit.

When that happens to her, she then canâ€™t stop herself from feeling attracted to you again because her guard is down and she is open to experiencing the new you.

She begins to see you as you are now (e.g. confident, ballsy, masculine), rather than how she used to see you in the past (e.g. unsure of yourself, immature, insecure).

Another way to attract your ex when you see her again is by

2. Not Being So Serious About Everything

[image: Flirt with her and make her feel that spark with you again]

Although your main goal for meeting up with your ex might be to get her back immediately and part of that is to apologize to her for making some mistakes in the relationship, it can't be your main focus when you're interacting with her.

Sure, it's important to talk about your mistakes and apologize, but it's not good to allow the conversation between you and your ex to be so serious and only focus on those things.

For example: A guy might say to his ex, *"I'm so glad that we're here together and can finally talk. I've been wanting to tell you how sorry I am for stuffing up"* and go on to talk in detail about what he's learned about being a man since the break up.

He then might say, *"Please consider giving us another chance. I really have learned a hard lesson from this break up and it has completely changed me. I know that I was a jerk to you near the end, but I've changed."*

She might then reply by saying something like, *"Yes, you were a total jerk. I can't believe that I let you mess me around like that. How can you even think that I would give you another chance after the way you behaved near the end of our relationship? Do you really believe that saying sorry is actually going to change anything?"* and go on and on about all the ways she believes that he stuffed up during the relationship.

That is not the vibe you want to be creating when meeting up with your ex.

If you get into an overly serious conversation when you see her in person, you will actually be missing out on the chance to make her feel happy and attracted to you again.

Then, rather than her laughing, smiling and thinking, *"This is fun. I'm really having a good time with him and I don't want it to end,"* being too serious about everything will get her to focus on all the negatives about you and the relationship, which will raise her defenses even more.

So, don't create that kind of dynamic.

Also, don't make the mistake of being on your best behavior to hopefully impress her (e.g. being super nice to her), or trying to make her feel guilty for breaking up with you (e.g. acting all sad and depressed to seek pity).

For example: A guy might meet up with his ex and focus on being extra nice and polite around her by not saying or doing anything that might upset her.

He might say to himself, *"I just need to be extra nice to her, keep my cool and not react badly when she's trying to annoy me. Then, she will realize what a great guy I really am and how much I care about her and she will regret breaking up with me. I'll show her that I can be nice even though she dumped me and broke my heart."*

However, if a woman realizes that he is only being nice to her out of desperation, it will turn her off even more.

Of course, there's nothing wrong with being nice to a woman, but if you're only being really nice to her because you're desperate to get her back, you are actually pushing her further away

from you.

Why? Emotional weakness (e.g. insecurity, desperation, low self esteem) is a huge turn off for women.

So, instead of putting on an act and trying to impress your ex, focus on switching her feelings back on by being easy-going and relaxed and making her laugh and feel good to be seeing you in person.

Another way to make her feel attracted to you again is by

3. Talking to Her as Though You and Her Are Great Friends, While Also Including Some Sexual Flirting

[image: Make her feel attracted to the new and improved you]

Although you and your ex are broken up, it doesn't mean that everything between you and her was bad.

Sure you had some bad times, but there were also times when you and her were friends, laughed and had a lot of fun together, right?

So, when you see her in person, rather than tiptoe around her trying not to say or do anything that might upset her, just focus on talking to her like she's a really good friend who really likes you and is happy to see you.

Of course, she might act like she's not happy to see you, but don't buy into that.

If she's meeting up with you, she wants to see you.

So, don't fall for her act of being reluctant to interact with you. She wants it.

When talking to her, just keep things light and friendly between you and her, but also remember something very important

If you want to make her feel sexually attracted to you again, you have to trigger her feelings of sexual attraction and an easy way to do that is with some sexual flirting.

For example: When you see her, you say, *"Wow, don't you look sexy today. Nice! I like it"* rather than just acting like a friend and saying, *"Oh, you look nice today."*

A lot of guys make the mistake of thinking that flirting with an ex woman is wrong or too forward.

A guy might say, *"I can't do that! What if I flirt with her and she gets angry with me and refuses to see me again? We're not together, so it's not proper for me to flirt with her. If she gets angry, then I will have wasted my only chance to get her back. It's better to just be friends and then hopefully, over time I will grow on her and she will realize that she still loves me and we can then get back together again."*

Yet, it just doesn't work that way.

Generally speaking, women don't feel sexually attracted to their nice, neutral guy friends who are too afraid to include sexual flirting when talking to her.

She might like him and enjoy being around him as a neutral friend, but she's not going to be thinking, *"I just wish he would grab me in his arms and kiss me!"*

So, when you meet up with your ex, talk to her like she is a good friend of yours, but don't be

neutral and act like Mr. Nice Guy.

Don't pretend that you don't find her sexually attractive anymore, or that you're not interested in getting her back.

If you only pretend that you want to be friends with her, she probably won't see any reason to get back with you.

Remember: Women want to be in a relationship with a man that they respect, feel sexually attracted to and feel love for.

A woman does not want to be in a romantic, committed relationship with a guy who is just acting like a neutral friend.

So, make sure that you flirt with her when you see her in person.

There's nothing wrong with flirting with her.

In fact, flirting is one of the best ways to quickly make your ex feel attracted to you again.

Another way to attract her is by

4. Letting Her See That You Really Have Changed the Things That She Secretly Wanted You to Change

Sometimes in a relationship, a guy might get into the habit of thinking, acting and behaving in ways that are unattractive to his woman (e.g. he becomes insecure, annoying, gets angry often), which then causes her to lose respect and attraction for him over time and eventually leads to her breaking up with him.

If he then wants to get her back, he needs to make sure that when she sees him in person, he shows her (via his actions, thinking and behavior) that he really has changed those things that caused her to break up with him in the first place.

For example: If a woman broke up with a guy because he was too emotionally sensitive and was always turning to her for emotional support and reassurance, he needs to show her that he's now emotionally strong and mature enough to stand on his own two feet.

If he was too insecure about his value to her and became needy and clingy around her, he needs to show her that even though he wants her back, he doesn't need her back to feel happy and fulfilled in his life.

Each relationship is different, so it's up to you to discover the things that your ex wants you to change and then make the correct adjustments to your way of thinking and behavior.

Then, when you see your ex in person, you will be able to make her feel attracted to you again by showing her that you are a different guy now (e.g. you are more confident, mature, assertive, focused).

However, the biggest mistake a guy can make, is by not getting to the point where he fully understands what his ex secretly wants him to change about himself.

Then, when he sees her in person, rather making her feel attracted, she feels turned off because he still doesn't even understand what she really wants from him.

2 Common Mistakes to Avoid

Even if a man is smart and successful in his career, he will still often have a lot of gaps in his knowledge about what really makes a woman feel attracted to a man.

As a result, he will often make one or both of the following mistakes as he tries to re-attract his ex!

1. Putting in way too much effort to look good because he doesn't know that a man's attitude, way of thinking and behavior are the most attractive things to a woman.

When a woman breaks up with a guy and says something like, *"I don't feel attracted to you anymore,"* a guy might make the mistake of thinking that what she means is that if he looked better (e.g. wore better clothes, changed his hairstyle, went to the gym and built some muscle or lost some weight), she would then be attracted to him again.

Yet, that's not how it works.

[image: But, I look good. Isn't that enough?]

Although a woman might say, *"Oh, you're looking good. Well done"* when she sees him in person, his appearance is not the most important thing that will make her feel attracted to him again.

Essentially, what matters most to a woman is how a guy makes her feel when she's interacting with him.

It's based on how he thinks, feels, talks, behaves and acts around her.

For example: Does he make her feel feminine and girly in his presence, or does she feel more like a neutral friend or big sister around him?

Can she look up to him, respect him and feel proud of him (e.g. because he's confident, masculine and going places in his life), or does she look down on him a little bit and feel embarrassed to be associated with him?

Does he make her feel relaxed and happy, or does he make her feel tense, uncomfortable and depressed?

Does he make her feel rushes of sexual attraction when they talk and interact, or does he always seem to say and do things that turn her off?

Those are some examples of the things that are much more attractive to women than how a man looks on the outside.

Of course, that doesn't mean you should look like a slob and not bother to be presentable, but your appearance is not as important to a woman as how you make her feel based on your attitude, way of thinking and behavior.

The second common mistake that some guys make when attempting to re-attract an ex is!

2. Trying to impress her by talking about having big goals and wanting to be successful in life, when he doesn't even really care about that.

Talking about having big goals in life is not the same as actually having big goals and passionately

working towards achieving them.

Some guys mistakenly think that a woman will be impressed if he tells her what heâs planning to do with his life sometime in the future.

The reality is that a woman wonât be impressed by a guy who is only saying that he has plans for his life, especially if heâs only saying it because he thinks it will make her feel attracted.

If you want to make your ex feel attracted to you again, you need to be genuinely moving up the levels of life by reaching for your true potential as a man, rather than trying to impress her with vague plans for your future that you probably wouldnât care about following through on if you got her back.

A woman doesnât need you to have achieved all your goals in life to feel attracted to you.

She just needs to see that you are striving towards achieving the things that are important to you (i.e. your big goals and dreams in life) and are not hiding from your true potential as a man.

When you believe in yourself enough to go after what you really want in life (i.e. your goals, dreams, as well as your ex), you automatically become more attractive to her and to women in general.

Then, when you see your ex in person and she notices that youâre no longer the same guy she broke up with, all of her old positive feelings of respect, attraction and love that sheâs pushed into the background suddenly get woken up.

Without being able to stop herself, she opens herself up to getting back together again and actually wants it to happen.

She is attracted to you again and is curious to see what would happen if you and her kissed, had sex and fell back in love again.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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What Will My Ex Think if She Finds Out That I Used the No Contact Rule?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

4 common reactions when a woman finds out that her ex used the No Contact Rule are:

1. She Loses Respect For You For Trying to Trick Her

If you use the No Contact Rule and your ex finds out, not only will she lose respect for you and possibly even feel angry at the thought of you trying to trick her into getting back with you, but she may also start wondering, *“If he is being sneaky and manipulative with me now that weâ€™ve broken up, what other sneaky things did he do to me that I never found out about?”*

Suddenly, she now has even more reasons why she doesnâ€™t want to be with you in a relationship anymore.

For example: A woman might break up with a guy because he was insecure in the relationship, which may have caused him to be needy, jealous or controlling.

If she then finds out that he used the No Contact Rule as a way to hopefully trick her back, rather than think, *“Awwwâ€¦ itâ€™s so sweet that my ex cares for me so much that heâ€™ll even try to trick me into calling him, just to get me back,”* she will be annoyed.

She will think something like, *“This is just another example of how insecure he really is. He has been ignoring me as a way of trying to trick me into getting back together again. This is just like how he used to try and convince me to not go out with my friends by making me feel guilty for leaving him home alone. Nothing has changed and his current behavior now is enough to show me that he doesnâ€™t even know how to change. He just wants to lie, cheat and steal his way through life. Thatâ€™s not what a real man does. I clearly made the right decision in breaking up with him,”* and she loses even more respect for him as a man.

This is why I do not recommend ignoring your ex as a way to get her back.

Watch thisâ€¦

If your ex finds out that you were just ignoring her to act like you were okay without her, but have really been missing her like crazy and havenâ€™t even fixed your issues and improved yourself, it kills her respect for you.

Without respect, itâ€™s difficult for her to feel real sexual attraction for you because women donâ€™t want to have sex with guys that they donâ€™t respect.

So, rather than wasting time with the No Contact Rule and potentially facing the negative fallout if your ex finds out about it, just focus on actively making her feel respect and attraction for you again.

That is the real secret to getting an ex back.

Watch thisâ€¦

Youâ€™ve got to actively make her have some feelings for you again.

You can do that by interacting with her on the phone, or in person, making her smile, laugh and feel happy to be talking to you again and showing her by the way you talk, think and behave that

youâre a different man now.

Let her see that you really have changed and have quickly transformed into the kind of guy that she actually wants now.

When she experiences the new, improved version of you for herself, it makes it difficult for her to keep holding on to her negative thoughts about you because she naturally feels drawn to you in a way that feels good to her.

From there, you can easily build on that spark of respect and attraction and show her that things are different now.

She then wants to get back with you, or at least give you another chance to see how it goes.

Another thing that your ex might think if she finds out that you've been using the immature No Contact Rule isâ!

2. She Loses Respect For You For Not Having the Confidence and Maturity to Actively Guide Her Back into a Relationship

[image: She loses respect for you]

It is a womanâs natural instinct to be attracted to the kind of man who has the confidence, determination and strength of character to face his problems head-on and go after what he wants in life, regardless of how difficult it might seem.

That is so attractive to women.

The amount of attraction women feel for that is like how attracted we feel to sexy women in bikinis, strippers or pornstars.

It's very attractive and appealing and women just want a guy like that, but they are so hard to find because most guys are secretly emotionally weak and insecureâand women hate that.

So, if you want to get your ex back for real, let her see that you're not like other guys who feel like they need to use tricks (like not contacting her) to hopefully make her feel sad and come running back.

Let her see that you have the balls to naturally guide her back into a relationship.

How?

Watch this...

You've got to make sure that you follow the ex back process all the way through.

Don't just apologize to her and then go silent and hope that she comes running back.

That rarely works.

What should you do instead?

Start actively re-sparking her feelings of respect and attraction for you again and guide her back into a relationship with the new you.

For example: A guy interacts with his ex on a phone call, makes her laugh and smile and then meets up with her in person and continues to say and do the types of things that make her feel attraction for him again (e.g. he is confident and charismatic, makes her feel feminine and girly in contrast to his

masculine vibe).

She then drops her guard and opens back up to him.

Even if she initially says things like, *"I don't know if we should try again,"* or *"I'm just not interested in getting back together again,"* or *"Sorry, I just don't have feelings for you anymore,"* she will secretly be feeling some respect for him.

Why? He is being a man and going after what he wants (i.e. her) in a confident, mature way even though she's saying no to him.

Important: When I say, *"going after what he wants,"* I do not mean, *"Being frantic, needy and desperate and pleading with her for another chance."*

That's not what I'm talking about.

I'm talking about being a confident, cool, mature, masculine man who goes after what he wants without being needy or crazy about it.

When you can be that kind of man, almost no woman can resist your attractiveness and charm.

Women know how difficult it is to find a man who remains confident and in control of his emotions at all times, so when you are showing that new side of yourself to your ex, she can't help but feel drawn to you.

It becomes beneficial to her to give you another chance because she knows that you have quickly become the type of man that almost all women want.

Note: You don't have to perfect. You just need to be a lot better than you were before, which is very easy to do.

When she experiences the changes in you for herself, her instincts kick in and she feels compelled to give you another chance or at least hook up with you sexually to see how she feels.

At that point, you've pretty much got her back as long as you handle the post-reconciliation process properly.

By the way!

Compare all of what I've just shared with you to being the kind of guy who wastes weeks and sometimes even months ignoring his ex, in the hopes that she will miss him and come running back.

Lame, right?

He's not even growing as a man.

He's just trying to use some cheap trick to get back his priceless, irreplaceable woman.

Life doesn't work that way.

Cheap tricks don't work for long, if ever.

If it does work and she then finds out that he was using the No Contact Rule to mess with her head, she will perceive him as being a coward for not being man enough to just get her back.

As a result, she will lose even more respect for him and will stop feeling attracted to him.

She might then say to herself, *"Well, maybe we could have worked things out before, but now I can see that he's not the kind of man I want to be with anyway. He's a trickster. He's so emotionally weak that he didn't even have the balls to get me back the normal way. Instead, he tried to mess with my head by ignoring me in the hopes that I would do all the work and call him. Well, what he didn't realize is that women feel turned off by guys who are insecure and*

emotionally immature in that way. I just can't look him in the eye anymore and respect him. He's not a man. He's a boy in a man's body and I don't want a boy, I want a real man.

She then tries to block him out of her life and move on.

This is why the No Contact Rule (an immature idea made up by immature people online who were trying to scheme up ways to get their ex back) is not a good idea in most ex back cases.

If you want to get your ex back for real, you have to be confident enough to contact her and actively make her feel respect and attraction for you again.

When she can see for herself that you're now an emotionally mature and confident man, her feelings for you will automatically change.

Another possible reaction from your ex if she finds out that you've been ignoring her by using the NC rule is that

3. She Can No Longer Trust You

[image: She can no longer trust you]

Trust is one of the most important components of a relationship.

Without trust, a relationship will erode away (in fights, accusations, lies, revenge, anger) until there's nothing left but a feeling of, *"Why are we even together? This relationship sucks!"*

So, if a woman finds out that her ex used the No Contact Rule to try and get her back, she will naturally feel as though she can no longer trust him because he's obviously trying to manipulate her. Then, no matter how much he tries to get her back, she will likely try to get revenge by continuing to say no to his attempts to convince her to give him another chance.

For example: She might say things like, *"You stuffed up so badly! You tried to get me back by ignoring me. How lame. Are you a boy or a man? What makes you think that I could ever trust you again after you did that? You're a liar and a cheat and I'll never believe anything you say or do again. Goodbye and good riddance! I'm so glad I broke up with you when I did. You're not a man and you've obviously got a lot to learn about how to be one."*

Pretty nasty, right?

Well, as you may have noticed, that's how women can be when they feel they've been manipulated or lied to by a guy.

Women hate wasting their time on a guy who is pretending to be a well-balanced man.

This has a lot to do with a woman's natural instincts of wanting to find one man and stick with him, because of the risk of getting pregnant.

Even if a woman doesn't want children or hates children, she still has natural instincts that control a lot of her behavior.

One of those instincts is to find a real man, get him to fall in love with her and then keep him for life, so that he will protect her and provide for her if they should ever have any offspring.

This is why most women will give men many warnings before they break up with him.

Most women don't want to have to break up with a guy because their natural instinct is to try to make the relationship work.

However, if a woman finds out that she's been with a guy who is pretending to be a real man, she gets really nasty because he has been wasting her time.

So, make sure that you want to get your ex back for real, you actually do put in the effort to fix your issues and become the man you know you should be, rather than trying to trick her by ignoring her.

By the wayâ€¦!

If you've already been using the NC rule and she finds out, don't worry â€¦ you can recover from it.

Just say something like, *â€œYes, you're right. I did stuff up. However, I was only doing what I thought was the right thing to do to get you back. I thought that not contacting you would give you time to think about us and want me back. I can now see that it was a silly thing to do and I should have just had the balls to call you, catch up with you and get the relationship back together. Yet, I was too insecure at the time and I was afraid of being rejected by you, so I used the silly No Contact Rule and yes, it backfiredâ€* and then have a laugh with her about that.

You can also add in, *â€œLook, I know that it wasn't the best idea I ever had, but what's done is done. I'm not that guy anymore though. The guy that I am now is prepared to face up to the consequences of his actions, rather than looking for the easy way to do things. You don't have to believe me, but I'm not going to let you throw my mistake in my face over and over again either. Yes, I was silly to use the No Contact Rule. I messed up and I'm sorry about that, but now I'm moving on from that mistake and I hope you will too. I know that it will take time to trust me again, but if you just keep an open mind, you will see that we can at least be friends for now.â€*

Note: Do not text that to her.

Pretty much every guy that I help to get an ex woman back wants to text everything to her because it feels easier for him.

No.

You have to say that to her on a phone call or in person.

One of the reasons why is that women hate to get long, emotional texts from guys because that's how women text.

You have to be a man about this from now on.

If you have something in depth to say to her, you must say it on a phone call or in person.

If you text it, she will feel annoyed and think that you're acting like a woman by texting all your feelings and explanations of your actions.

So, say it to her on a call or in person.

Another possible reaction is thatâ€¦!

4. She Feels the Need to Punish You By Playing Mind Games of Her Own

Sometimes a woman might feel so angry with her ex for trying to trick her by using the No Contact Rule on her, that she then decides to take out some revenge on him.

For example: A woman might try to punish her ex by pretending to be interested in getting back with him and then changing her mind.

She might say to him, *“All this time without hearing from you has made me realize how much you really mean to me. Do you think we can work things out between us?”*

He might then jump at the chance and say something like, *“Yes! We can definitely work things out. That’s what I’ve been hoping for all along.”*

She may then string him along for a while by saying things like, *“Let’s take things slow and see what happens,”* or *“I need time to get used to the idea of getting back together again. So, let’s meet up for coffee and see how we feel. Not now though, but soon, okay?”*

The more hope that she gives him, the deeper the guy falls for her again and then, when she reaches the point where she feels he’s really going to feel pain if they don’t get back together again, she suddenly stops taking his calls, answering his texts and cuts off all communication with him.

Alternatively, she texts him and says, *“I’m sorry to have to tell you this, but I’ve met someone else. Please don’t be angry. I do care about you, but I’ve realized that we can no longer be together. I am happy now with my new boyfriend, so I hope you can respect that and leave us alone.”*

He is then left thinking, *“WTF? I thought she wanted to get back with me?”* and is emotionally destroyed.

Meanwhile, she is laughing and thinking, *“That’ll teach you for using an immature, manipulative trick on me like the No Contact Rule. I hope it ruins you.”*

Nasty, right?

Well, as I said, women hate it when they find out that a guy has been pretending to be a real man.

It flicks a switch in their mind that makes them turn into a completely different person.

It’s like night and day, hot and cold.

A completely different woman.

You don’t want to flick that switch in her mind.

Get on her good side by being a real man about the ex back process from now on (i.e. actively re-attract her and confidently guide her back into a relationship).

Another way that a woman might punish a guy for using the No Contact Rule on her is by getting back with him and then waiting for a time when he’s feeling particularly vulnerable (e.g. he’s going through a tough time in life, is having problems at work, is studying for exams, is upset about something) and then she breaks up with him to get revenge.

He is then emotionally destroyed and she walks off with a grin, feeling like she has dished out the revenge that he deserved.

Do you really want that to happen to you?

Why waste time ignoring your ex and then worrying, *“What will my ex think if she finds out that I used the No Contact Rule?”*

The fact is, there’s an easier and more effective way to get your ex back.

A way that not only doesn’t have any negative consequences if she finds out, but will also make her love, respect and feel attracted to you even more than she did before.

What is this way?

It is to

Actively Spark Her Feelings For You Again

[image: Be a man about it and just get her back]

The fastest way to get her back is to be active, rather than inactive.

Active simply means that youâre actively making her have feelings of respect, attraction and love for you again, rather than sitting back, ignoring her and hoping that somehow she will miraculously change her mind about being broken up and come running back to you.

Where many guys go wrong is by ignoring their ex for 30, 60 or even more days and then when it doesnât work ask, *âWhy isnât she coming back?â* or even *âDo you think sheâs not coming back because she found out that I used the No Contact Rule? Is that why? Did she search 'how to get your ex back' online and find out about the rule?â*

Here's the thing...

Based on all my years of experience helping men get their ex women back, I've found that ignoring a woman doesnât work in approximately 80% of cases (which is why I've never recommended it).

Why doesn't it work?

Well, when a woman doesnât have feelings for a guy, not hearing from him again usually just makes her feel relieved.

Rather than sitting around pining for him, a woman is usually thinking, *âPhew! That was easier than I thought. I was afraid that my ex would make it difficult for me to move on, but he has made it so easy for me to move on by not contacting me. Thanks!â*

In the 20% of cases where it does work and the woman does come back, if she discovers that the guy hasn't actually changed the things that she really broke up with him for (e.g. heâs still needy and insecure, he still doesnât know how to give her the attraction experience that she really wants, he still has no strong purpose or direction in his life), she'll just dump him again.

Then, she will feel compelled to quickly find a new guy to make herself feel better and move on.

On the other hand, if you stay in contact with her (whether itâs via text, social media, e-mail or calling her on the phone, or meeting her in person) it becomes a lot more difficult for her to forget about you and move on.

Note: When I say, "stay in contact with her" I do not mean in a desperate, emotionally needy way.

I mean, *"Stay in contact with her and interact with her in ways that make her feel a renewed sense of respect and attraction for you."*

For example: You are confident, you make her smile and laugh, you're charismatic and interesting to talk to.

She then starts to think, *âMy ex is being so adorable. Iâm actually having so much fun talking to him again. I wonder whatâs happened to him, heâs so different nowâ* and she canât stop herself from feeling drawn to you again.

Why? You have successfully re-sparked her feelings for you.

That's the easiest and fastest way to get an ex back.

So, if youâve been using the No Contact Rule and youâre afraid what your ex will think if she

finds out, stop using it right away.

Contact her and start the real ex back process that actually gets her back.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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How to Reconnect With Your Ex

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you want to reconnect with your ex, follow these 4 steps!

1. Call Her to Talk on the Phone

[image: Tips for contacting an ex via text or phone call after a break up]

The quickest way to reconnect with your ex is to get her on a phone call and actively trigger her feelings for you by making her laugh, smile and feel happy that you got in touch with her again.

If you don't have her number for whatever reason (e.g. you had a big fight and she changed her number so that you can't call her), you might need to use an initial e-mail or social media message to get her new number.

If you have her number already, just call her up and say hello.

Some guys are worried about doing that and will say, *"I don't think she wants to talk to me on the phone"* or ask, *"What if she doesn't answer?"*

If you're worried about her not wanting to talk to you on the phone, don't be.

She will want to talk to you when you focus on getting her smiling and laughing, which gets rid of the awkwardness and makes her feel happy or at least open to talking to you again.

If you're worried about her not answering, don't be.

If you call and she doesn't answer, just try calling the next day.

If she still doesn't answer, text her this, *"Hey, looks like you're busy or you might have missed my call. Just wanting to ask you something quick over the phone. Will give you a call another time."*

Most women respond to that and ask something like, *"What did you need to ask me?"* or they call.

If she texts back, just call her and if she calls, obviously answer and begin reconnecting with her.

By the way!

If you really don't want to call your ex right away, it's okay to text her as a way of opening up the lines of communication between you and her.

For example: If you didn't get dumped for being needy and clingy (i.e. you instead got dumped for taking her for granted or treating her badly), you can text her something like, *"Miss you."*

Women love to get a text like that when they are missing their ex and hoping that he reaches out.

Of course, most guys who are looking for help on how to get an ex back are dealing with an ex who doesn't want anything to do with them anymore because they became clingy, insecure or needy near the end of the relationship.

So, if you got dumped for being clingy, insecure or needy, just text her, *"Hey, can I ask you something?"* and then wait for her text reply.

When she replies, just call her.

By the way!

Make sure that you don't get into a long text exchange with her, unless she is very open and

excited to be talking to you via text.

Sometimes, a guy will get to the point where texting his ex becomes so comfortable that he starts to feel afraid when he thinks of calling her on the phone.

He might then say to himself, *â€œThis is okay. Texting is good. At least sheâ€™s communicating with me. Iâ€™ll stick to texting for a while and when sheâ€™s ready to talk, sheâ€™ll let me know and then Iâ€™ll call her. Why rush her and stand the chance of scaring her off? Iâ€™ll just text.â€*

He might then spend weeks or even months texting her back and forth in the hopes that she will one day say to him, *â€œI miss you. I want to see you. Call me!â€*

Unfortunately, that rarely, if ever happens.

In most cases, a woman will eventually get bored of texting back and forth with her ex and may think something along the lines of, *â€œThis is pointless. Iâ€™m just wasting my time here. Thereâ€™s no reason for us to continue texting. Weâ€™re not even a couple anymore. Iâ€™m just going to ignore him and focus on meeting a man who doesnâ€™t hide behind texts. I want a real man, not a text man.â€*

Then, she might stop responding to him altogether or continue texting to string him along.

Yet, while heâ€™s busy wasting time hiding behind texts, she will then meet a new man and suddenly go silent.

He will then text her asking why she isnâ€™t responding and worry that it might have been something he texted.

Yet, in reality, she moved on because he just stuck to text and didnâ€™t properly re-attract her on a phone call and in person.

So, if you want to reconnect with your ex and get her back, make sure that donâ€™t waste a lot of time texting back and forth.

Get her on a call and thenâ€

2. Focus on Getting Her Laughing and Smiling on the Call, to Get Rid of the Awkwardness and Bring Her Guard Down

Thereâ€™s an old expression that says, *â€œLaughter is the best medicine,â€* and it couldnâ€™t be truer than when it comes to reconnecting with an ex.

Talking to your ex on the phone for the first time after a break up can make you feel nervous.

Prior to the call, you might think, *â€œWhat if she doesnâ€™t want to talk to me? What if thereâ€™s a lot of awkward silences and she just hangs up on me? What then? Should I risk calling her?â€*

The best way to avoid any problems on the call is by focusing on making her smile and laugh.

When sheâ€™s smiling and laughing, it becomes difficult for her to keep thinking, *â€œI donâ€™t like this guy anymore. He stuffed up. I donâ€™t want to see him.â€*

Instead, she thinks, *â€œThis is actually kind of nice. Iâ€™m having fun. Wowâ€*! I never expected to feel like this about him again.â€

She then starts to become willing and eager to meet up with you to see what happens in person (e.g. will it lead to a kiss, make up sex, a reconciliation?)

For example: Imagine that you are on a phone call with your ex and you say something like, *“Hi Rose. I was wondering if you would like to get together sometime for a cup of coffee?”*

Although there's nothing wrong with saying that to her, it's not going to make her feel attracted to you, is it?

No.

Instead, she's likely going to feel a little bit awkward and uncomfortable that you're going “straight for the kill” and asking her out again.

She may then say, *“Look, it's nice of you to ask, but I don't think it's such a good idea for us to do that. We're broken up now and it's probably better if we just leave it at that.”*

On the other hand, using humor to make her smile and laugh changes the dynamic between you and her and she then becomes more open to meeting up with you.

Here's an example of how you can do it:

Once you get over the initial, *“Hey, how are you?”* and *“What have you been up to?”* part of the conversation, you can say in a joking way, *“By the way, I've been meaning to tell you, there's this really cute guy who wants to meet up with you for coffee. He has brown hair, blue eyes and he's waiting for you right now in the coffee shop downstairs from your office.”*

She will likely respond by freaking out and saying something along the lines of, *“Huh? Who is it?”*

You can then laugh and say, *“It's me of course. You're handsome ex boyfriend (or husband).”*

Note: If you got broken up with because you were needy, clingy and insecure, it's not a good idea to actually be downstairs waiting to meet up with her for a coffee.

In cases like that, just say, *“No, I'm only kidding. As if I would do that! I'm joking...relax”* and then have a laugh with her about it.

Then, add in, *“Hey, but it would be good to catch up for a coffee to say, right? We should do that soon, even if it's just for 10 minutes and then we part ways.”*

On the other hand, if you got dumped for taking her for granted and treating her badly (and didn't beg and plead for another chance after the break up) and she still loves you, it is a good idea to be waiting downstairs ready to have a coffee with her and say hello.

Whichever option applies to you, the most important part is that you're making her smile and laugh, which gets rid of the awkwardness between you and her.

At the same time, you're displaying some of the personality traits that are instinctively attractive to women (e.g. confidence, sense of humor, charm, charisma) and making her feel good to be talking to you again.

That's what really counts when getting an ex back.

It's all about how you make her feel when you interact with her.

Why? Most women make decisions based on how they feel in the moment, which is why you've probably noticed that women will promise one thing today (based on how they're feeling) and then not follow through on that promise next week (because she's feeling differently).

Whereas, we men are men of our word.

What we say matters to us.

If we say that we're going to do something, we do it.

That's what a real man does.

Yet, women tend to base their decisions on how they feel in the moment, which is why it's so important to get your ex smiling and laughing when talking to you, so she feels good and is more open to saying yes about meeting up with you.

Even if she initially tries to stop herself from opening up to you, she won't be able to keep up her guard for long because you will be replacing her negative feelings and memories of you with new, positive feelings and enjoyable moments.

The next step of how to reconnect with your ex is to

3. Reactivate Her Feelings of Respect and Attraction

One of the most important things that you need to do to get your ex back, is to make sure that you reactivate her feelings of respect and attraction for you by showing her that you really are a different man now.

For example: Some of the things that you can do to reactivate your ex's feelings of respect and attraction are:

- Understand her real reasons for breaking up with you (e.g. were you an emotionally strong and confident man around her, or were you a bit insecure, needy and afraid of losing her? Did you make her feel girly and feminine in your presence, or did she end up feeling like more of a neutral friend, or worse, a mother figure for you? Did you have a strong purpose and direction in life outside of your relationship with her, or did you make her your main focus and reason for living? Were you emotionally masculine when around her, thus allowing her to fully relax into being a feminine woman around you, or were you too emotionally sensitive?).
- Begin fixing those things about yourself, so that when you interact with her over the phone (and especially in person), she will be able pick up on the changes in the way that you now talk, think, behave and respond to her.
- Get to the point where you are not emotionally dependent on her anymore and you feel happy, fulfilled and enjoying your life whether she's with you, or not (e.g. by focusing on your big dreams and goals, going out with friends and having fun).

You don't have to be perfect to reactivate your ex's feelings of respect and attraction for you.

Instead, you just need to make some adjustments and improvements to yourself and show her that you really are now at a different level from the one you were at when she broke up with you.

When you interact with her in ways that reactivate her feelings of respect and attraction for you, everything changes.

The process of getting her back becomes easy, because she actually likes interacting with the new you.

On the other hand, if you continue to make the old communication mistakes you made before (e.g.

being insecure, letting her have too much power over you), then getting her to feel respect and attraction for you again is going to be very difficult and she's going to say things like, *"I think we should leave things as they are,"* or *"We're exes for a reason. Let's leave it that way, okay?"*

So, make sure that you are ready to properly re-attract her and reactivate her feelings when you meet up with her.

Don't leave it to chance and hope that she goes easy on you or takes pity on you.

Remember: To get a woman back, it's about making her have strong feelings for you.

It's not about telling her all about your strong feelings for her and hoping that she feels sorry for you or realizes that you must be the one because you love her so much.

Don't try to convince her to give you another chance.

Instead, make her have strong feelings for you again and she will naturally want to give the relationship another try.

4. Catch Up to Say Hello in Person

Once you've reactivated some of your ex's feelings over the phone by making her laugh and smile and feeling happy and excited to be talking to you again, get her to agree to meet up with you to say hello as friends.

In some cases, a woman might not want to come across as being too desperate to reconnect in person with her ex, so she might say something like, *"I'm not sure. Maybe we should just leave it for now and see what happens in the future."*

Don't worry.

As long as you focus on making her smile and laugh, her being resistant at first doesn't mean that she's not interested.

Sometimes, a woman just wants to see that you don't back away at the first sign of resistance.

Other times, she just wants to act like she's unsure to feel like she is the special one and you have to keep chasing her to get a yes.

So, just remain confident, smile (she can hear a smile over the phone based on how it changes your tonality and expression) and say, *"Hey, it's just coffee. We can do that. We can be friends. Friends meet up to say hello. What's 10 minutes to say hi and then bye? It's totally fine."*

If she says, *"Yes"* after that, you can arrange to meet her at a time that suits you both.

If she says, *"No"* just laugh and say, *"Come on! It's just a quick coffee. Surely you can do that. Let's just catch up and say this time and if you don't want to talk to me again after that, I will accept it and not contact you anymore. So, what do you say? Let's catch up for a quick coffee to say hello and potentially say goodbye as well if that's what you want."*

Almost all women will give in and say, *"Yes"* at that point. So, just go ahead and arrange to meet up at a time that suits you both.

By the way!

You are saying that you and her are just catching up as friends, but that's not what is really

happening.

What you are really going to do is flirt with her and make her feel respect and sexual attraction for you again.

[image: Get to kissing and sex to fully reconnect]

When you do that, she will drop her guard and naturally become open to hugging you, kissing you and even having sex again to see how she feels about the relationship afterwards.

However, if you only focus on making her feel neutral, friendly feelings for you (e.g. because you don't want to come across as being too pushy), she will probably just keep looking at you as her ex who she doesn't have feelings for anymore.

So, don't pretend that you don't find her sexually attractive or that you're not interested in getting her back.

Instead, make sure that you use every interaction you have with her as an opportunity to reactivate her feelings of respect, sexual attraction and love for you.

She then realizes that by falling back in love with you she will be winning, because you are now the man she always wanted you to be.

She might not admit that initially because she will want to see that the new you is for real, but she will be open to it.

You've just got to remain strong so you can fully reconnect with her and get her back for real.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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3 Examples of How to Show Your Ex That You're No Longer a Jealous Guy

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Becoming very jealous in a relationship with a woman always leads to her losing respect for you and then no longer feeling attracted to you.

Don't worry â€œ you can fix it though.

If you became jealous in your relationship and caused your woman to break up with you, here's what you can now do to show your ex that youâ€œre no longer a jealous guyâ€œ|

1. Laugh When She Tries to Make You Jealous

[image: Laugh when she tries to make you feel jealous]

In most cases, an ex isn't going to believe that you're no longer a jealous guy if you just say something like, *â€œIâ€œm sorry about being jealous when we were together. Iâ€œm over that now. I promise you, Iâ€œm no longer a jealous guy. Just give me a chance to show you.â€œ*

It's just words.

There is no proof that you have really changed and after all she's been through with you, she's not going to believe mere words.

So, to test whether you have changed, a woman will often try to make you jealous to see how you react.

For example: She might say something like, *â€œYou know, Iâ€œve been having an awesome time since we broke up. Iâ€œve been partying with my friends and having so much fun! I'm really enjoying being single.â€œ*

To show her that you've changed, you can respond by playfully saying, *“Oooh, wow...I'm so jealous”* and laugh with her about it to let her see that you aren't affected by her attempts to make you react like you used to.

You can say, *“Oh, noâ€œ|what am I going to do? I'm sooooo jealous”* and then laugh with her about it.

You can then add in, *“No, noâ€œ|good for you. I'm happy for you. You deserve to enjoy yourself after all the crap I put you through. I was so silly being jealous in the way I was. I can look back now and laugh at myself. It's funny”* and then have a laugh with her about that.

This shows her that not only have you changed, but youâ€œre also still fun to talk to because you are able to make her smile and laugh by cracking a joke that is based on your past behavior.

By talking to her in that way, you trigger her feelings of respect and attraction for you and she then starts to look at and think about you in a positive way.

She begins to wonder, *â€œIs it really possible for my ex to have stopped being jealous so quickly? Could he really have changed? Maybe he did. Maybe it is possible for someone to change that quickly. He seems a lot different anyway. I wish he was like that beforeâ€œ* and she then opens herself up to the idea of getting to know you again in a whole new way.

Always remember: When you re-spark your ex's feelings of respect and sexual attraction for you, her guard comes down and she naturally feels drawn to you again.

She can't help it.

Even if her friends, family or coworkers are telling her to steer clear of you, her heart will be drawn to you.

She will be curious about how confident, cool and mature you've become all of a sudden and she will want to experience more of it.

Another way to show your ex that you're no longer the jealous type is to

2. Become Emotionally Independent

One of the main reasons why a guy might become jealous in a relationship is because he focuses way too much of his attention on his woman and neglects other areas in his life.

For example: A guy who makes his woman the centre of his world will usually

- Stop doing things that don't include her (e.g. a hobby or interest) to spend even more of his time with her.
- Stop hanging out with his friends, unless he can bring her along too.
- Put his big goals and dreams on hold because he feels like they're not as important to him as she is. If he doesn't have big goals and dreams, he might say to himself, *I don't need anything more than my woman. She's the best thing that's ever happened to me. What I need to do is make sure that nothing comes between us. She's all that matters to me now.*
- Feel hurt if she wants to spend time alone, or go out with her friends without him.
- Worry that if he's not with her all the time, some other guy might steal her away from him.
- Feel insecure about his value to her (i.e. worrying that she will realize that she could do better than him and then leave him).
- Feel like he needs her in his life to be happy and without her his life wouldn't be worth living.

Being like that in a relationship with a woman is a recipe for disaster.

It never, ever lasts.

Women hate to feel responsible for a man's emotional state in a relationship.

A woman wants her man to be happy, confident and forward moving in with or without her support or reassurance.

Yet, many guys forget that (if they knew it) or don't know it at all, so they end up ruining a perfectly good relationship.

For example: If his woman tries to have interests, hobbies and friendships that are separate from her relationship with him, he will usually feel betrayed by her and become jealous of the people who are getting to spend time with her.

[image: You mean everything to me! Why don't you feel the same way?]

He might then start to blame her for making him insecure and say and ask things like:

- Am I not enough for you?
- Why are you always running off to do things with other people?
- What are you up to behind my back?
- Can I trust you when you're with other people?
- I want you to know that nothing is more important to me than our relationship. You mean everything to me. Do you feel the same way?
- Am I enough for you?
- Have you ever thought about cheating on me?
- Have you been tempted?
- Are you cheating on me?

In most cases, a woman is usually not intentionally doing anything to make him feel jealous and his insecurity is being triggered by his own lack of purpose and balance in life (i.e. he is placing way too much of his focus on her and not enough on following through on his big goals and dreams in life).

So, while she is trying to live a more emotionally independent, mature and balanced life, he is being immature and expecting her to take responsibility for his emotional well being.

Since he is focusing most of his attention on her, it's only natural that he might see her independent interests as a threat.

Yet here's the thing|

Being emotionally dependant on a woman and making her your purpose in life and responsible for your happiness and well being, is the fastest way to lose her respect.

Yes, a woman does want to be with a guy who is loving, caring and devoted to her, but she also needs him to be his own man, independent of her.

So, if you want her back, you must show her that even though you still care about her and want her back, you don't actually need her back.

Don't text that to her and don't tell her that when talking to her.

Show it to her by living your life, having fun without her and beginning to pursue your big goals and dreams with a more focused passion and determination.

Let her see that you are happy, confident and moving forward in life now and you don't need her to feel emotionally fulfilled.

Of course, you really do want her back, but you must get to the point where you don't actually need her back to feel okay again.

You're already happy, confident and forward moving in life without her.

That's what she wants to see.

She wants to see that you're no longer dependent on her emotionally and have become your own man.

By becoming emotionally independent, you are showing your ex that you're no longer a jealous guy because you've moved past the level you were at when she broke up with you.

When she notices that, she won't be able stop thinking about you in a more positive light because you are now behaving like the kind of man she can actually look up to and respect.

All of a sudden, she feels drawn to you in a way that feels good to her and she then becomes open to

the idea of being with you again.

3. Be Genuinely Happy if She is Happy

Just like being emotionally independent of your ex and having a greater purpose in your life other than her is important, accepting that she is emotionally independent of you is also important if you want to prove to her that youâ€™re no longer a jealous guy.

Essentially, what this means is that you have to reach the point in your life where you genuinely feel happy for her, no matter what sheâ€™s doing or who she happens to be hanging out with.

For example: If sheâ€™s going out every night to clubs and bars with her single friends and dancing the night away with different guys and this makes her happy, then you need to be happy for her.

It's not going to feel great for you to find that out, but if you want to prove to her that you're no longer a jealous guy, you need to show her that you are happy for her and you are okay without her.

If she suddenly decides to go traveling around the world like she always wished she would, you need to be happy that sheâ€™s pursuing her dream.

Whatever it is that sheâ€™s doing now that sheâ€™s broken up with you, you have to show her that youâ€™re okay with it and that youâ€™re happy with whatever makes her happy.

Don't fake your support and encouragement of her happiness; be genuine about it.

Know that if you are genuine, it will actually make her feel attracted to you because it shows that you're not an emotionally selfish, jealous guy anymore.

If you fake your support for her, she will sense it and know that you're only pretending not to be jealous to hopefully get her back.

She will then keep her guard up and try not to interact with you again because she knows that it's all just a trick.

So, it has to be genuine.

How do you do that?

The only way to make her believe that you are genuinely happy for her is for you to get to a point in your life where:

- You feel emotionally strong and confident without her.
- You believe in your value to her and to women in general.
- You are happy about where your life is going, even if she's not in it.

When she sees that you have matured as a man in these ways, she will naturally and automatically feel respect for you again.

When she can respect you, she can then feel sexually attracted to you and when that happens, it becomes difficult for her to keep saying to herself, *â€œDon't trust him. He's just faking it to make you fall in love with him again. He's probably still the same jealous guy that he's always been and if you drop your guard, he will hurt you all over again. Don't believe it. Stay away from him.â€*

All of a sudden, that negative talk will begin to fade away and she will begin saying to herself, *â€œHmmmâ€¦he really is different now. I get a different feeling now when I talk to him. He's a new*

man. It's interesting. I actually like who he is now. Why am I feeling this way about him?"

From there, you just need to continue saying and doing the types of things that will prove to her that you really have changed and are no longer a jealous guy.

Then, confidently guide her back into a relationship with you.

Warning: If You Don't Get to the Source of Your Jealousy, You Might Suffer From it For the Rest of Your Life

Jealousy is something that comes from an insecure way of thinking.

Thankfully, insecure thoughts are self-created, which means that you can change your way of thinking and create confidence instead.

When you think in a confident way, you naturally become a confident man and your confidence becomes stronger every day, week, month and year of your life.

You eventually get to the point where you no longer experience jealousy and are always confident when in a relationship with a woman.

As a result, her feelings of respect, attraction and love for you deepen over time, rather than fading away or being ruined by your jealousy and sometimes controlling behavior.

The relationship is relaxing, loving and peaceful because you aren't insecure and she feels attracted to that.

Women love men who are emotionally strong and are completely turned off by men who are emotionally weak.

So, it's all within your control.

In terms of your ex, if you don't fix the real cause of your jealousy and instead try to fake that you are now confident, all she has to do is test you and try to find an emotional weak spot to play with.

[image: Why are you being like this. I love you so much. Please just be straight with me. Tell me how you feel!]

For example: Some of the ways a woman might test you to see if you've really stopped being a jealous guy, or if you're just covering it up include the following:

- She talks about other guys who like her (e.g. she might say something like, *"I was at the gym the other day and there was a personal trainer who has a crush on me. He is always telling me how hot I am and asking me out. I'm thinking about it. I don't know though"* or *"There's a guy who just moved into my new apartment building and last week he asked me out on a date. Why are guys asking me out so much all of a sudden? Do I look single or something? I don't get it."*)
- She shows some interest in you and then starts talking about a fun time she had with another guy (e.g. *"Have you seen any good movies lately? I saw a great movie last week on a date that I went on with the guy from work. It was such a good movie. We went for Italian food after that and he was being all romantic, so it was pretty fun. Anyway, the movie was called"*)
- She posts up photos on social media of herself partying with friends, as well as photos of her

hanging out with other guys.

- She says things like, *“I might be open to seeing you as a friend, but that’s all I can offer to see if you react in a jealous way by saying, “I can’t accept that. I want a relationship or nothing!”*

Naturally, if the guy has genuinely fixed the root cause of his jealousy, then no matter how she tries to test him, it just won’t matter to him.

In fact, he will use tip #1 from this post and laugh at her attempts to try to make him jealous.

She will then feel respect and attraction for him and start to open herself back up to being with him again.

Yet, if he doesn’t fix the root cause of his jealous, he won’t be able to hide it for long.

Eventually, one of her tests will push his jealousy button and he will likely explode.

He might either storm off in a sulk, or start shouting at her and saying things like, *“You’re such a slut! I was right about you all along. I guess that all those times that you kept telling me that I was just being jealous and paranoid was just your sneaky way of trying to make me feel bad for catching you out. You are an untrustworthy slut who can’t be with just one man. You didn’t even wait for our relationship to get cold before you jumped to the next guy. How could you do that to me? How could you be so shallow? You used to say that you loved me and wanted to be with me forever. It was all lies!”* and she will know that he’s still a jealous guy.

In most cases, it’s just that easy for a woman to determine whether a guy has honestly changed, or if he’s still the same guy she broke up with and is only telling her that he’s changed to get her back.

So, don’t make the mistake of trying to show your ex that you’re no longer a jealous guy if you haven’t really changed.

When you get to the source of your jealousy, you really can get rid of it forever.

Do you know where your jealousy stems from?

Here are some of the reasons why a guy might be jealous:

- He believes that his woman is too good for him and therefore, feels like he needs to shield and protect her from anyone who might steal her away from him.
- He feels like he got lucky when he picked her up, so he is insecure about being able to find a replacement woman if she breaks up with him.
- He is drifting through his life and using the relationship as an excuse to hide from his true potential as a man.
- He has been cheated on before and still has trust issues that he hasn’t dealt with and gotten rid of.

Those are just a few examples of why a guy might feel jealous in a relationship with a woman.

How about you?

Can you pinpoint the root cause of your jealousy?

If so, you must do something to get rid of it now.

If you continue on with the insecure mindsets that lead to jealousy, you will most likely experience it

for the rest of your life and ruin any other relationship you get into.

Yet, when you clear away the insecure ways of thinking that cause jealousy, you're like a completely new man and your ex will notice it when she interacts with you from now on.

Make a Fresh Start Today

You were a jealous guy and she broke up with you because of it.

That's in the past.

This is now.

You can get her back based on who you are now.

To get her to truly believe that you are no longer the jealous guy she remembers, you need to make a fresh start with her.

You need to re-attract her by making her feel respect and sexual attraction for who you are now, rather than get into long, deep and meaningful discussions about who you used to be in the past.

[image: Attract her to the new you]

That jealous guy is gone and you need to show her, via your actions, thinking and behavior that he's not coming back.

You are a new man now.

When she can see that no matter what tests she throws at you, it doesn't make you become jealous, she will start paying attention.

Even if she tries to fight it at first, she won't be able to stop herself from feeling drawn to you again and opening herself up to falling in love with the new you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

4 Tests That Your Ex Might Put You Through After a Break Up

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

After a break up, your ex might put you through various tests to see how you react.

4 examples of these tests areâ€¦|

1. Being Cold or Mean Towards You to See if You Get Angry

[image: Being cold or mean towards you to see if you get angry]

When a guy is trying to get his woman back, he will usually be on his best behavior every time he interacts with her, in the hopes that she will believe that he has learned his lesson and then take him back.

Yet, most women know that when a guy is trying to get her back, he will pretty much be willing say and do anything to try and convince her to give him another chance.

So, to test him, a woman act cold, mean or bitchy towards him to see how he will react.

If he becomes angry and starts saying things like, *â€œWhat is going on? What is the matter with you? Why are you being such a bitch to me? Is this another one of your silly little games? Do you think that just because weâ€™re broken up you can now treat me like crap? Youâ€™re intentionally trying to get to me arenâ€™t you? You manipulative bitch! Youâ€™ll regret doing this to me,â€* she will have succeeded in getting him to reveal his true self to her.

So, rather than being convinced to try again, she will think, *â€œJust as I thought. He was just putting on an act and pretending to be all sweet and nice, but heâ€™s just the same asshole jerk that I broke up with. I knew he couldnâ€™t change. Fortunately, Iâ€™ve now seen who he really is before I made the mistake of giving him another chance. Now, I need to get as far away from him as I can because this guy is crazy and who knows what he will do if he doesnâ€™t get what he wants. Time to get a new boyfriend to help protect me.â€*

Hereâ€™s the thingâ€¦|

A guy who gets angry at his woman usually fails to understand that a woman is not a manâ€™s property.

He doesnâ€™t own her, even though he wishes he did.

[image: Why are you being like this. I love you so much. Please just be straight with me. Tell me how you feel!]

A woman doesnâ€™t have to stay in a relationship if she doesnâ€™t want to.

She also doesnâ€™t have to text, talk to or even be nice to her ex after she breaks up with him.

Some guys might feel angry to read that, but itâ€™s true.

A relationship only lasts if both people want it to last.

If itâ€™s only one person who wants (or needs) it to last, it wonâ€™t.

It will fail.

So, if your ex tries to test you by being mean, cold or bitch and you get angry with her, rather than convince her to give you another chance, she will most likely just lose even more respect and attraction for you and never want to see you again.

However, that doesn't mean you should sit back and let her treat you any way she wants.

If she is being a bitch towards you, the way to respond is to laugh at her (not with her) for being such a bitch towards you.

For example, you can say something like, *"You look funny when you're being mean and bitchy. It's cute"* and then laugh at her.

That puts her back in her place.

Most women will never admit that they respect a guy who can do that in a loving, but dominant way, but they do.

So, don't be afraid to mess with her and put her back in her place in a dominant, but loving way.

When a guy has been dumped, he is often afraid to interact with her in that way because he fears saying or doing something that might piss her off.

Ironically, that is what pisses her off the most.

She sees him as being a desperate, wimpy guy with no backbone, who is essentially trying to suck up to her by being on his best behavior.

He thinks that he's doing the right thing, but she is feeling turned off by how wimpy he is being now that they are broken up.

He might then think to himself, *"I don't understand why my ex is being so mean to me. She's treating me like dirt. I have to do something about this. Maybe if I'm even nicer to her from now on, she'll stop being so mean and she'll see that I'm a good guy. What I'll do is make sure that I'm always nice to her, even when she's being a bitch towards me. I'll spoil her with nice gifts and maybe even help out with errands or by paying off some of her bills. Then, when she sees that she's being mean to me for no good reason, she'll feel guilty. She will then realize that even though I stuffed up in the past, I'm actually a good guy and she should just give me another chance."*

It sounds like a great plan, but it rarely works.

Why?

Women can see right through it.

It's so damn obvious what he's up to, so she actually loses even more respect for him for being so devious and manipulative.

She may then decide to keep taking his gifts, letting him pay for her bills and run around for her, while she continues being mean to him.

The more he puts up with her bad behavior, the more respect she loses for him until she eventually looks at him like dirt or rubbish and wants nothing to do with him sexually or romantically.

So, if you want to change how your ex currently feels about you and change the way she is treating you, you have to re-spark her feelings of respect and attraction first.

and you can't do that by simply being really nice to her.

You have to actively make her feel some respect and attraction for you again, by showing her via the

way you talk, think, behave and respond to her, that you are now a very different man from the one she remembers.

When she can see that no matter how mean she is being to you, you are calm, relaxed and in control of your emotions, she won't be able to stop herself from wondering why you are not reacting the way she is expecting you to.

She then becomes curious to find out more and she drops her guard and opens herself up to the idea of getting back with you to see how it goes.

2. Acting Like She Has Zero Feelings For You to See if You Lose Confidence in Your Ability to Attract Her

Women often say very nasty, emotional things that they don't even mean at all, just to test how a guy will react.

So, another one of the tests your ex might put you through after a break up is to act like she doesn't have feelings for you when you interact with her.

For example: A guy might be talking to his ex on the phone and she says something like, *âI feel absolutely nothing for you. Zip. Zero. Nada. If you were lying in the middle of the road bleeding, I would just walk right over you and keep going. You mean nothing to me now.â*

If he then starts pleading with her and saying things like, *âPlease don't say that. After everything we meant to each other, there must be something left that is worth saving. Your feelings can't be dead. Even a small spark is enough for us to try start over again,â* she will perceive him as being emotionally weak, lacking in self confidence and unable to cope with the challenges that life throws at him.

Women hate that about guys, which is one of the reasons why they test for it so often.

A woman wants a man who believes in himself no matter what she says or does to try to make him feel insecure.

Women don't go around telling men that, but it's what they want.

So, when her ex fails her confidence test, she will then say to herself, *âWhat a wimp. He's already crumbling at the first sign of resistance from me. If I had any doubts about breaking up with him, seeing him like this has convinced me that I've made the right decision. He's not a man, he's a boy in a man's body. I need a man who is emotionally strong enough to handle me and the challenges of life. Doesn't he realize that emotional weakness is not attractive to women? I need a man who believes in himself and in his value to me, not a guy who thinks that I'm too good for him and then expects me to do him a favor by giving him another chance. GrossâI'm so over it.â*

As you may have noticed, women are very different to men!

The way that women think is a completely mystery to most men.

Not me.

I've got them figured out.

Watch this for example!

So, if your ex acts like she doesn't have feelings for you, don't fail her confidence test by crumbling

and feeling rejected, sad and confused.

Just laugh at her and crack a joke and she will automatically feel respect and attraction for you (i.e. have feelings for you).

For example: If she says, *“I feel absolutely nothing for you. Zip. Zero. Nada. If you were lying in the middle of the road bleeding, I would just walk right over you and keep going. You mean nothing to me now”* you can laugh and say, *“Oh no, you’re breaking my heart. What am I going to do? My bitchy ex girlfriend doesn’t have feelings for me anymore”* and then pretend to cry in a playful way.

Of course, you say that in a confident, but playful way, not in an angry, spiteful way.

She will then have to at least smile, but she may even laugh depending on her personality type and at that moment, you will have made her feel a spark of respect and attraction for you.

Believe me, making her feel that is better than making her feel turned off by asking her why she doesn’t have feelings for you, or begging and pleading for another chance.

In most ex back cases, all it usually takes is a spark of respect and attraction and the woman’s guard begins to come down.

She starts to open up to the idea of getting back together and then all you’ve got to do is guide her back into a relationship.

Watch this to understand how it works!

So, just remember that she wants you to maintain your confidence at all times, especially when she is trying to make you feel insecure.

When a guy is unable to maintain confidence in his ability to attract his ex, she just can’t look up to him and respect him anymore.

Instead, she feels turned off by what she perceives as his emotional weakness (i.e. his self doubt, insecurity).

Remember: Women are attracted to a man’s confidence, emotional strength and maturity and are turned off by a man’s emotional weaknesses.

Another test that your ex might put you through after a break up is!

3. Giving You Mixed Signals to See if You Become Insecure

[image: Sorry, but I just don't know how I feel]

If a woman breaks up with a guy because he was too insecure and needy in the relationship, one of the tests she will likely put him through after the break up, is to give him mixed signals about her feelings for him.

For example: She might say something like, *“You know! I’m having second thoughts about us breaking up. What do you think? Do you believe it’s possible to make things work between us after all? I don’t know.”*

The guy might then respond by saying something along the lines of, *“Yes! I definitely think we can make it work. I still love you and if you still love me too, that’s all that really matters. We can work out all the problems between us as long as we love each other.”*

To test him, she might then pull away and say something like, *“Hmmm, no, I don’t actually think that I still love you. Don’t get me wrong. I’m probably just feeling sad because we broke up and I’m alone at the moment. Anyway, I think it’s probably over between us, so we should just let it go and move on.”*

If he remains calm and relaxed and doesn’t let her get to him, she will feel respect and attraction for him and she will know that he’s changed.

On the other hand, if he starts thinking, *“It’s over! There’s just no hope anymore. She doesn’t want me anymore. I don’t know what to do,”* and then tries to change her mind by making her feel pity for him, she will likely lose even more respect and attraction for him as a man.

Why? A woman wants to be with a man because it feels right (i.e. she respects him, feels sexually attracted and loves him), not because she’s doing him a favor.

So, don’t let your ex mess with your head by giving you mixed signals.

Instead, just focus on remaining confident and actively sparking her feelings of respect and attraction, by showing her the new and improved version of you when you interact with her (e.g. via text, on the phone, or in person).

When she realizes that her tests are not making you respond like she is expecting you to (i.e. she thinks you will be insecure and self-doubting, but instead you are confident and emotionally strong), she won’t be able to stop herself from feeling drawn to you again.

You can then build on that spark of attraction by showing her that you really are a different man now.

The final test that your ex might put you through is

4. Blaming You For How Emotionally Messed Up She Feels

[image: Blaming you for how she feels]

So many women do this.

They lay it on real thick and act like the guy has broken them emotionally and caused them severe mental and emotional pain.

In reality, she’s fine and will laugh with her friends, work or study as usual and generally get on with her life.

Yet, when talking to her ex, she starts to sound really sad, worn out and somber and may breathe heavily, sigh a lot and talk in a low, depressed voice.

In most cases, it’s all an act to make the guy feel guilty, to turn him off or to make his life a misery for being yet another guy she has had to break up with.

Here’s the thing

It’s perfectly normal for a woman to feel some pain and anger after a breakup and she will likely bring it up when you interact with her.

However, sometimes a woman might get to a point where she is unfairly blaming her ex for how messed up she feels.

For example: She might say to him, *“I can’t believe that I’m even talking to you after*

*what you put me through. You should feel embarrassed to face me after everything thatâs happened between us you know. You were a terrible boyfriend (fiancÃ© or husband) and I must have been crazy to stick around with you for as long as I did. You took my love and wiped your feet all over it. You are such a selfish jerk you know. All you ever think about is what you want and you donât even bother to notice the people you destroy along the way. I donât deserve to be feeling this way.*â

However, even if everything sheâs saying about him is true, if he lets her talk to him like that and treat him like a naughty little boy who needs to be reprimanded for his bad behavior, it will only make her lose even more respect for him.

Why? Mainly because heâs allowing her to dominate him emotionally.

If you let your ex dominate you by completely blaming you for how she feels, she wonât be able to look up to you and respect you.

If she canât respect you, then she wonât be able to feel sexually attracted to you and getting her back will then become 10x more difficult.

So, if your ex is blaming you for how messed up she feels, you can apologize once or twice, but not any more than that.

If she keeps going on about it, you need laugh and say, *“Okay, enough. You keep repeating the same things over and over. I’ve apologized, so there’s no need to keep bringing it up.”*

She will most likely disagree and say that it’s important to talk about.

Don’t worry about that.

Just change the subject when she brings it up, or say something funny like, *“Oh, again? Wow, I haven’t heard you talk about this before. Tell me all about it”* and then laugh with her about that.

You’ve got to be confident enough to put her back in her place and let her know who’s boss, rather than trying to be on your best behavior (women hate that!) to get another chance.

For example: A guy might sit and listen to his ex rant and complain over and over again and just let her go on and on about it.

Secretly, he might want to say something like, *âYes, I get it. I stuffed up. However, nobodyâs perfect. You made mistakes too of course. Personally, Iâm willing to accept responsibility for my actions, but maybe you need to do that too, rather than blaming me for everything that happened. If you can face up to your mistakes and admit them to me, you will be continue on feeling confused about yourself and how you acted in our relationship. Yet, if you admit your mistakes and have the maturity to forgive me for mine, you will be clear about who you are and where you standâ* but he doesnât because he wants to be on his best behavior around her to avoid pissing her off.

What he doesn’t realize is that if he did say something like that to her, she would actually feel respect for him for being man enough to stand up to her and put her back in her place (i.e. in a less dominant position than him).

She might act like she is pissed off at him for saying it, but that would just be an act.

Deep down, she would feel a spark of respect and attraction for him and begin to feel as though she wants him back.

So, always remember: If you want to get your ex back for real, don’t take her tantrums and rants so seriously.

Instead, be emotionally strong enough to guide her to laughter, smiling and feel good emotions and all of sudden, she will forget what she was so angry about and will start feeling attracted to you.

For example: Imagine that you're talking to your ex on the phone and she's throwing a tantrum and blaming you for how she feels.

You can respond by saying something like, *"Wow! I was really that bad? I guess I can add, Worst Ex Boyfriend in the World to my list of accomplishments then. I'm a winner,"* which will make her laugh, or at least smile a little bit.

When you make her smile and laugh while interacting with you, it takes the edge off the seriousness of the situation and allows her to calm down.

When that happens, she can't stop herself from feeling attracted to the new, emotionally stronger version of you who has the balls to stand up to her when she's testing you.

She then starts to look you and think about you differently.

You seem even more attractive and interesting now, so she just can't stop herself from wanting to experience the new you again and again and again.

Before she knows it, she's back in your arms and is kissing you and loving it.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

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3 Examples of How to Make Your Ex Have Strong Feelings For You Again

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

You can make your ex have strong feeling for you again by doing the following thingsâ€¦!

1. Attract Her to the New You, Hook Up With Her Sexually, Blow Her Mind and Then Don't Contact Her Until She Contacts You

[image: Blow your ex's mind and then don't contact her]

The fastest way to attract your ex back, is by making her feel strong surges of respect and sexual attraction for you every time you interact with her.

Then, hook up with her sexually and don't chase her after that. Just go silent and don't contact her until she contacts you.

So, how can you get to that point?

Whether youâ€¦re texting her, talking on the phone or meeting up with her in person, from now on your goal needs to be to make her feel a renewed sense of respect and sexual attraction for you.

Remember: The more you interact with your ex on phone calls and in person, the more chances you have of making her have strong feelings for you again.

On the other hand, if you just sit around waiting for her to hopefully realize that she still cares about you and wants you back, you could be in for a very long wait.

Look at it this wayâ€¦!

When you are not actively interacting with your ex, she could be doing any of the following things:

- Thinking about all the ways she believes you messed up (e.g. you were too insecure, you took her for granted, you made her feel like the man in the relationship because you were too emotionally sensitive) and as a result, she ends up feeling even more turned off by you.
- Going out, having a good time and hooking up with other men.
- Falling in love with another guy who treats her in ways that you failed to.
- Getting over any residual feelings she might still have for you.

So, if you donâ€¦t want any of those things to happen, you have to make sure that you donâ€¦t spend weeks, or even months, ignoring her and hoping that it wonâ€¦t.

Get her on a phone call right away and let her experience the new you, by making her laugh, smile and feel good when sheâ€¦s interacting with you.

For example: When you call her on the phone, she ask say something like, *â€œSo, what have you been doing since we broke up? Have you been seeing anyone else?â€*

Most guys think that it would be a bad idea to give her any sign that they are moving on.

So, a guy might say something like, *â€œOh, Iâ€™ve just been working quite a lot and keeping to myself. So, noâ€”Iâ€™m not seeing anyone else. Are you?â€*

Yet, an answer like that is not going to make a woman feel much, or any, attraction for him and it also gives her the opportunity to tell him all about how she has been moving on without him (i.e. to make him feel jealous, to show him that sheâ€™s doing fine without him, to get emotional revenge and hurt him for how bad he made her feel during the relationship).

On the other hand, a better way to respond when your ex asks, *â€œSo, what have you been doing since we broke up? Have you been seeing anyone else?â€* would be to say in a joking way, *â€œIâ€™ve been very busy rejecting all the dates that women are offering me. Itâ€™s very tiring you know? Iâ€™ve let a few women take me out and wine and dine me, but I havenâ€™t put out until the second date.â€*

At this point, she will most likely laugh out loud because you are saying that women are offering you dates, taking you out and you arenâ€™t putting out, which is what a woman would do.

As long as you say it in a masculine way (i.e. donâ€™t imitate a womanâ€™s tone of voice when saying it), your ex will find it funny and incredibly attractive.

She then realize that sheâ€™s having fun talking to you again and will also be impressed that you had the balls and the wit to come up with something like that, rather than just saying, *“No, Iâ€™m not seeing anyone yet. You?”*

Suddenly, her perception of you changes and she begins to have feelings for you again.

When that happens, she will think something like, *â€œHeâ€™s so different now. Iâ€™m really having fun talking to him. Why do I feel this way about him all of a sudden? I like it.â€*

Then, what you have to do is get her to meet up with you and then hook up with her sexually.

At the meet up, make sure you continue saying and doing the types of things that that are going to keep turning her feelings on for you (e.g. being confident and charismatic, making her laugh and smile, making her feel feminine and girly).

Then, head back to your place or hers and lead up to sex.

After sex, just relax, be confident and continue to make her feel attracted to the new and improved you.

She will most likely then start to talk about seeing each other again.

Rather than making any plans, just say, *â€œSounds good. We should see each other again soonâ€* and then donâ€™t contact her until she contacts you (e.g. she texts you, comments on something on social media to get your attention).

Remember: Always be replying or answering to her, rather than reaching out to her after youâ€™ve hooked up sexually and blown her mind.

If you do that, she will feel compelled to continue getting you back, rather than feeling turned off that you are doing all the chasing and not making her want it.

2. Make Her Jealous By Having a Fun Life Without Her. Then,

Interact With Her and Get Her Laughing and Smiling, But Don't Try to Get Her Back

[image: Make your ex jealous by having a fun life without her]

Believe it or not, one of the qualities that women find attractive in a man is his ability to want her, but still have a happy, fulfilling and successful life without her.

Women don't go around admitting that, but it's true.

Watch this video for some other examples of things that women don't admit to men, but which are true.

So, you need to understand that your ex will want you to be happy and enjoying life without her, even though she might never admit that or might even act angry about it.

So, why is it attractive to women?

Basically, because the opposite of being happy and enjoying life without her is a guy who is needy and insecure and who can't move forward in his life without his woman giving him the emotional support that he needs to cope, feel loved and feel secure in this world.

So, if you want your ex to have strong feelings for you again, you need to get to the point where you want her in your life, but you don't need her to feel happy and fulfilled.

A good way to do that is by beginning to enjoy a fun life without her.

For example:

- Go out with your friends to all the clubs and bars you used to avoid because you were with her.
- Meet new women and enjoy their company (it doesn't mean you have to date other women, but you can have fun with them).
- Do something wild and crazy that you always wanted to do and put the pictures up on social media where she can easily see them (e.g. go bungee jumping, rock climbing, attend music festivals). If she has unfriended you, simply post the pictures with the "public" setting so anyone can see them. Trust me, she will look. Women always look at what their recent ex is up to since the break up.
- If you've ever wanted to travel locally or overseas, do it now. Even if it's to somewhere close by where you can have fun with some friends for a weekend away, or join in on with a travel tour group. Just make sure that you take lots of photos of yourself having fun with the new people you meet along the way and put them up where she can see them.

When you are emotionally fulfilled without your ex and you then let her experience your happiness and non-neediness on a phone call (or in person), something amazing happens.

Suddenly, you seem more attractive to her and she begins to think, *"This isn't at all what I was expecting. I thought he'd be feeling sad and depressed, but instead he's happy. He's not sitting around moping and feeling sorry for himself like I imagined he would be. Instead, he's out having fun without. Wow, I can't believe he got over me so quickly. He's confident and happy now, even though we're not together? Why wasn't he like this when we were together? He was so needy and insecure near the end, so how can he been having so much fun without me? It's good to see. I kind of want to be a part of the fun life he's having now. Of course, I won't tell him that."*

*I'll just act like I'm still not interested. Hang onâwhatâs happening to me? Why am I feeling this way? Why do I care about him so much all of sudden? Why do I feel like I want him back?*â and she then becomes open to the idea of meeting up with you again.

So, if you want to make your ex have strong feelings for you again, just contact her (the best way is to get her on a phone call with you) and re-spark some of her feelings of respect and attraction, by making her laugh and smile and feeling happy to be interacting with you again.

Then, get her to agree to meet up with you to say hello as friends.

At the meet up, continue saying and doing the types of things that build on her initial feelings for you (e.g. being confident and charismatic, making her laugh and smile, making her feel feminine and girly in your presence).

The more attracted to you that she feels, the more she will want to get back together and try again.

She might suggest catching up again.

However, if you want to make your ex have strong feelings for you again, instead of rushing ahead and responding with, *âYes! That would be awesome! When do you want to meet up again,*â just remain cool and say something like, *âOkay, that sounds good. Iâve got some things that I need to take care of right now, but letâs see what happens. No need to rush things of course.*â

In her mind, she will want to rush things to get back together because she is feeling so attracted to the new you.

As a result, she will then likely text, call or send you a message on social media that day, or a few days later saying something like, *âHey, I really had a great time. It was good seeing you. I really want to see you again. When would suit you?*â

If sheâs shy or feels a little bit insecure about how you feel about her, she might just send you a message to say hi or ask how you are doing (e.g. *“Hey, what’s up?”* or, *“Hey, what are you doing today?”*).

From there, just get her on a call and agree to meet up with her again.

Then, get her back and enjoy the great times ahead with her.

3. Give Her the Attraction Experience That She Wants, But Never Told You About

[image: Give her the attraction experience she wants, but never told you about]

If a woman doesnât feel the way she wants to feel in a relationship, she will slowly begin to lose respect and attraction for her man.

Initially she might try to get him to change (e.g. by dropping hints or even throwing tantrums), but if he doesnât pick up on what sheâs trying to tell him, or just assumes sheâll put up with it because she loves him, she will usually disconnect from her feelings of love and eventually break up with him.

Why doesnât a woman just come out and say exactly what she wants, rather than trying to get through to a man by hinting or throwing tantrums?

The reason why is that a woman doesnât want to be a guy’s teacher in life and have to teach him

how to be the kind of man she needs him to be.

If a guy can't figure out by himself how to give her the kind of attraction experience she really wants and she then has to spell it out for him, it ruins the romance and excitement for her.

So, when a guy just doesn't understand what she wants (and women want in general) from men in a relationship, she will just break up with him and hope that the next guy gets it.

Before she breaks up with him though, she will give him plenty of hints and warnings in her womanly way.

For example: She might constantly nag her guy about being more assertive in his life and say that she wished that he wouldn't allow her and other people to push him around so much.

By saying that, she hopes that he will realize what she wants and become a more emotionally strong, assertive man.

She will hope that he begins to stand up to her more, so that she can relax and be his feminine woman, rather than always having to take on a more masculine role in the relationship.

However, most women won't come out and say that because they don't want to teach a guy how to be a man.

They just want a guy who gets it, or a guy who works it out and then starts doing it.

Yet, unfortunately most guys don't understand how to be what women refer to as a real man, so they ask their woman what she wants and needs.

For example: A guy might say, *"I'm sorry for making you feel that way. What do you want me to do? Just tell me what I need to do and I'll do it,"* which only turns her off even more.

If a woman is constantly getting the opposite of what she really wants in a relationship (e.g. she wants to feel feminine and girly in his presence, but she feels more like his mother or teacher. She wants to feel like she can rely on him to lead the way for both of them, but she feels like he's depending on her for his emotional security) her feelings for him will fade and she will usually just break up with him and move on.

So, if you want to make your ex have strong feelings for you again, you need to understand what she really wanted from you in the relationship and then fix those issues and improve yourself without needing to ask her to help you.

Then, when you next interact with her and she sees for herself that you've moved past the level you were at when she broke up with you, she will automatically start feeling respect and attraction for you again.

She will drop her guard and begin to consider what it would feel like being in a relationship with the new you.

4 Mistakes That Will Diminish Your Ex's Feelings For You

Now that you have a better understanding of some of the things that will make your ex have strong feelings for you, here are some of the mistakes that you should avoid making:

1. Thinking that being very romantic will make her have strong feelings.

Sometimes, a guy gets it into his mind that to change how his ex feels about him, he needs to treat her

so well and be so nice and romantic that she can't help but fall in love with him all over again. For example: A guy might think, *"Everywhere I look (e.g. movies, TV, magazines) I see that the way to a woman's heart is through romance. So, if I send my ex roses, buy her some of the things she really likes (e.g. perfume, jewelry, chocolates) and generally make her feel like a princess, then her feelings for me will change and she will want to get back together again."*

He may then go ahead and spoil her in different ways, in the hopes that she will develop strong feelings for him again.

Yet, even though a woman might love and appreciate the attention and romance, most women don't fall in love with a man because of what he can buy for her, or how romantic he is.

Basically, if a man is insecure, needy, wimpy or lacks purpose and direction in his life, then being romantic isn't going to make her have strong feelings for him.

Instead, she is going to feel turned off by who he is as a man, but somewhat appreciative of all of the nice things he does for her.

On the other hand, if a guy is confident, emotionally strong and charismatic (sexually attractive traits) and then also happens to be a little romantic at times, a woman will easily be able to fall in love with him, because he is making her feel sexually attracted and he is also being a good man.

So, by all means, be romantic towards your ex if you want to, but remember that just being romantic will not make your ex have strong feelings for you again.

What will?

How she feels when she interacts with you on a phone call and in person.

How you talk, behave and react to her is what counts.

For example: Do you come across as confident or insecure? Does she feel feminine around you, or does she feel like more of a neutral friend?

That's what really matters.

2. Thinking that discussing his feelings with her will make her have strong feelings for him too.

Quite often, a guy will hope that if he explains how he feels to his ex, she will suddenly start thinking, *"Oh, I never realized how much he cares for me. Well that changes everything!! I also now care for him too. I think we should get back together again. Yayy!"*

That would be nice if the world worked that way, but it doesn't.

Women are not stupid, mindless robots.

They are living, breathing human beings.

And to want to be in a relationship, a woman has to feel respect, sexual attraction and love for a guy based on how he interacts with her (e.g. his way of talking, behavior, vibe, how he reacts to her, the actions he takes).

You can't just talk a woman into having feelings for you.

It doesn't work that way.

Watch this!

If a woman doesn't feel respect, sexual attraction and love for a man, then she's not going to care

about his feelings for her.

Your ex will only care about your feelings when she has strong feelings for you.

So, if you want to make your ex have strong feelings for you again, don't waste time discussing your feelings with her and focus instead on making her feel respect and attraction for the new, improved version of you.

When getting an ex woman back, her feelings are all that matters.

Don't worry about expressing your feelings or getting what you want.

Give her what she wants (i.e. feelings of respect, sexual attraction and love for you) and you will get what you want (i.e. get her back).

Another mistake to avoid is

3. Ignoring her for weeks or months.

Some guys believe that if they ignore an ex woman for 30-60 days, she will then realize how much she misses him and her feelings for him will grow and become stronger.

Yet, unless a woman is still secretly in love with a guy and hoping to get back together with him, or if she is really struggling to find a replacement guy, then not hearing from him will be a welcome gift and will allow her to quietly move on without him.

So, if you want to get your ex back, don't ignore her for longer than 3-7 days.

Just give her up to a week of space to allow things to calm down between you and her and then contact her.

Anything longer than that is a waste of time.

The longer you take to contact her, the more you stand the risk of her getting over you, meeting another guy or getting even more annoyed with you for not following through and getting her back.

By the way

When I say that you shouldn't ignore her, I do **not** mean that you should "stay in touch via text."

Pretty much every guy does that and it doesn't work.

You've got to get her on a phone call and get her to meet up with you in person.

In person, you can re-attract her for real and then get to kissing, sex and back into a real relationship—not a texting relationship that gradually fizzles out.

Another mistake to avoid is

4. Lying about being with other women or having other women interested.

It might seem like a good idea to try and make your ex jealous by lying about being with other women, but it's one of those things that can backfire pretty badly.

If your ex catches you out in a lie (which is pretty easy for most women to do), she will likely think you're a jerk or a loser for trying to trick her and she will then lose even more respect and attraction for you.

On the other hand, if she does feel jealous and gets back together with you only to discover that nothing about you has really changed and you're still the same guy she broke up with, she will

usually just break up with you again.

So, rather than trying to trick her back into your life and stand the chance of losing her again, just do it right this time.

Focus on making her feel so much respect, attraction and love for you as a guy, that the thought of not being with you actually causes her pain.

When you do that, she will have strong feelings for you and will want to get back with you again.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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How to Get an Ex Back Who Cheated On You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

To get an ex back who cheated on you, you need to do the following thingsâ€¦!

1. Figure Out What Really Caused Her to Seek Sexual Fulfillment With Another Guy

If your ex cheated on you, then something about your attitude or behavior in the relationship may have caused her to see another guy (or guys) as a better option.

For example: You became insecure and she then felt more attracted to confident guys, or you started out being nice and then became jealous and controlling.

Naturally, this doesnâ€™t mean that her cheating on you is all your fault and that youâ€™re a terrible guy.

In some cases, a woman just has a bad character and enjoys lying and cheating her way through life.

Based on all my research, experience with women and experience helping men get their ex back, I've found that about 5% of women fall into that category of being lying, devious types who will always lie, cheat and deceive no matter what.

With that type of woman, you are better to cut your losses and move on because she will never be trustworthy.

Of course, there are also some women who lie just to get a relationship going for a while.

For example: Your ex may even have gotten involved with you, while in the back of her mind, she was always thinking, *â€œThis is good for now, but I'm only going to stay with him until a better guy comes along. I don't want to go through the pain of a break up and have no boyfriend, so I will cheat on him and get right into a new relationship with the new guy. If a relationship doesn't happen, at least it will be me who cheated on him and made him hurt, rather than me getting dumped or cheated on.â€*

Those kinds of women exist.

The only way to keep a woman like that is to change and become a better man that attracts her and makes her respect you on a much deeper level.

You've got to get her to stage 5 of a relationship and keep it there.

If you do, she won't cheat on you or leave you.

However, if she does, it will be her loss and she will know it.

She will then come running back to you and begging for another chance because women know how difficult it is to find a man who can keep a relationship at stage 5.

Watch thisâ€¦!

Most guys have no idea how to get a relationship to stage 5 and keep it there and women know that.

So, when you have the ability to get the relationship to stage 5 (blissful love), your ex will never want to leave you again.

Of course, you can't just go to her and say, *"Hey, I've worked out how to have a successful relationship now. Let's give it another try."*

Instead, you have start being the sort of guy who displays the traits and characteristics of a man who can get a relationship to stage 5 and keep it there.

For example: You are emotionally strong and mature, you make her feel like a real woman, you make her feel deeply attracted to you just by the way you talk to her and behave around her.

So, if you want to get your ex back, you must become clear on what really caused her to seek sexual fulfillment with another man.

Was it because you stuffed up, or was it because she is an untrustworthy, lying, devious woman?

If you believe that your ex is a woman who is loyal and has good character, then her reasons for cheating on you are essentially your fault.

I know that's not nice to hear, but I'm here to help you not baby you.

I've got to make sure that you get your ex back, rather than blame her for everything, tell you to move on and not even help you.

No.

I want you to get her back.

I know you can do it too.

First, you need to understand where you went wrong.

For example: Some of the reasons why a woman might cheat on a man areâ□|

- She stopped feeling love, respect and attraction for him because he became insecure.
- She stopped feeling like a sexy, attractive woman around him because he took her for granted and ended up treating her more like a friend than his woman.
- The sexual spark went out in the relationship because he became emotionally sensitive and wasn't enough of a man for her anymore.
- She might be trying to get back at him for hurting her in some way.

If the cheating was her fault, then here are some of the reasons why she might have done it:

- She has been cheated on before and was constantly afraid that it would happen to her again, so she cheated first to avoid the pain of being cheated on.
- She felt as though that the relationship was going nowhere (e.g. you and her weren't really making much progress as a couple), so used cheating as a way to quickly get out of the relationship.
- She is a woman of bad character who enjoys lying and cheating.
- She wasn't ready to be in a committed relationship with one guy, even though she said she was in the beginning to get you to commit to her.
- She made a silly mistake (e.g. she got drunk and it happened) and now regrets it.

If it was her fault, then the best approach is to show her that you're not sitting around alone and just waiting for her.

You've got to show her that you are happy, having fun and enjoying life with other people (e.g. hanging out with friends, doing new things).

If possible, let her see that you also have women interested in you or, if you're up for it, are already dating new women.

That will make her feel as though things are even between you and her, so she will feel less guilty about getting back with you.

Many women don't want to get back with a guy that they cheated on because they feel bad about having had sex with someone else, while he didn't do anything.

They also fear that he will continually bring it up and use it against her to control her with guilt in the relationship.

So, having sex with a new woman is actually a good way to settle the score and let her feel like she's not that bad after all and that you and her can now start again on a clean slate.

Of course, if you don't want to hook up with another woman, you definitely don't have to.

If you just want to get her back, you can do that too.

How do you do that?

Once you fully understand where you really went wrong with her (e.g. you were too insecure, you weren't man enough for her, you became controlling), you can then make the correct changes and adjustments to your thinking and behavior and give her the attraction experience that she really wants from a relationship.

Then, when you interact with her (e.g. via text, e-mail, on a phone call, or in person), she will be able to see for herself that you really have changed and are now more of the man that she really wants.

When you are saying and doing things to actively make her feel sexually attracted to you again, she stops holding on to negative memories of what happened between you and her in the past.

She then begins to allow herself to have feelings such as respect, attraction, and love for you once again.

Another important part about how to get an ex back after she cheated on you is to

2. Improve Your Ability to Make Her Feel Attracted to You in the Ways That Really Matter to Her

[image: Improve your ability to attract her in the ways that really matter to her]

When a woman cheats on her guy, it's often because she is eager to experience the type of sexual attraction that she feels is lacking in her relationship with him.

For example: If a guy is too wimpy and allows his woman to push him around and dominate him, she will naturally start to feel more like the man in the relationship.

Obviously, women don't want to feel that way.

A woman wants to feel like a real woman (i.e. feminine, girly, free to be emotional while her man remains emotionally strong and stable).

So, if a guy isn't able to give her that kind of attraction experience in a relationship, she will feel as though she cannot relax into thinking, feeling, behaving and taking action like the feminine woman she really is.

She might then look outside of her relationship with her guy, to find a man who is more emotionally

masculine and ballsy, thus allowing her to feel more feminine and girly around him.

Another example is where a guy was belittling and criticizing his woman on a regular basis (e.g. by putting her down in private and in front of others, making fun of her thoughts and ideas, pointing out her mistakes, always trying to show her that he is smarter than her).

This type of behavior will cause her to lose respect for him over time and feel as though they aren't in a loving, supportive relationship.

She will then hook up with a guy who treats her with respect and values what she has to say.

So, not only does she get the attraction experience that she really wants from the other man, she also succeeds in getting revenge on her guy for treating her so badly in the relationship.

He is then left devastated and his whole world comes crashing down because he once had so much power and control over his woman and now he has nothing.

She would have given him plenty of warnings before cheating on him (e.g. *"I won't put up with this for much longer"* or, *"I'm getting tired of how you treat me"*), but he didn't listen.

She then sought to fill the emotional gap that was missing in their relationship by hooking up with a new guy who treated her the way she really wanted to be treated, even if she only had a one night stand with him.

So, here's what you need to remember:

If you want to get her back, you have to be the one filling the emotional gaps and giving her the attraction experience she really wants when around a guy.

You don't have to become perfect to get her back.

Instead, you simply need to make some adjustments to your thinking and behavior, so that when you next interact with your ex, you are able to make her feel attracted in the ways that really matter to her.

When you do that, she will change how she feels about you and become open to giving the relationship another chance.

Some of the ways that you can make her feel attracted are by:

- Making her feel feminine and girly in your masculine presence.
- Behaving differently around her (e.g. if you allowed her to push you around in the past, you now stand up to her. If you were insecure before, you are now confident and emotionally strong no matter what she says or does around you).
- Making her feel happy to be around you by getting her to smile and laugh.
- Flirting with her to create a sexual spark between you and her.

By making some adjustments to your behavior and the way you think, talk and behave, she starts to see you in a different light.

She then begins to wonder, *"Can we possibly make things work after everything that happened between us? Can we make a fresh start? I think we can."*

She might feel confused about her newfound feelings of respect and attraction for you, but she won't be able to stop it from happening.

She will feel drawn to you and feel compelled to give the relationship another chance, even though she stuffed things up in the first place by cheating on you.

3. Interact With Her and Make Her Feel Attracted to the New, Improved Version of You

If you want to get an ex back who cheated on you, then you will usually need to be active about it.

In other words, you can't sit around for weeks and even months, thinking things like, *"I miss her, but I don't know how to get her back,"* in the hopes that she will randomly contact you and ask you to get back together again.

After dealing with hundreds of ex back cases, I've found that it rarely (if ever) happens.

Here's why:

Even if a woman still has feelings for her ex and is hoping that they can get back together again, she will rarely make the first move, for a number of different reasons.

For example:

Sometimes, when a woman cheated on her ex, she might not contact him because she's feeling guilty and may be thinking, *"What if I call him and he's still angry with me? He will probably just laugh at me and tell me to get lost. It's possibly too late to make things better between us. I stuffed up and now I have to live with the consequences of my actions."*

On the other hand, if a woman cheated on her man because she didn't have feelings for him anymore (e.g. he became insecure and really turned her off), then she's not going to contact him because she just won't care about him anymore.

She's just going to think, *"It's over. We're broken up. I've moved on and I hope he's doing the same. I don't want anything to do with him anymore."*

So, if you want to get your ex back, you have to be the one who makes the first move rather than waiting and hoping that she does it.

You need to actively interact with her (e.g. on a phone call, or in person) and make her feel something for you again.

For example: Some of the ways you can make your ex feel some respect and attraction for you pretty quickly are:

- Making her smile, laugh and feel good when talking to you.
- Showing her by the way you now talk, think, behave, interact with her and respond to what she says and does that you're no longer the man she cheated on (e.g. you're more confident now, you're assertive and don't let her, or anyone, else push you around or treat you with disrespect).
- Making her feel feminine and girly in your presence.
- Being more emotionally dominant than her, thus allowing her to feel like a real woman around you.
- Letting her know that even though you love her and want her back, you are happy and enjoying life without her.

When you interact with your ex in some of these ways, she begins to feel impressed by the new you. She sees for herself that you are no longer at the same level you were at when the two of you broke

up.

Sheâ suddenly faced with the kind of man she can look up to, respect and feel attracted to.

Then, the idea of getting back together again and actually experiencing a long-lasting and loving relationship with each other, doesnât seem impossible to her anymore.

So, just get her on a phone call with you right away.

Make her laugh, smile and feel happy to be talking to you again and then get her to meet up with you in person.

Another important part of getting an ex back who cheated on you is toâ

4. Hook Up Again Sexually

No matter how great things might be going between you and your ex over the phone or via text, it wonât make much of a difference if you donât meet up with her in person and have sex again.

When you re-attract her in person and then have sex with her, she begins to feel a new type of respect, attraction and love for you.

It feels good, different and exciting.

So, don't waste anymore time sitting around hoping that things magically change on their own.

Meet up with her, let her experience the changes youâve made to yourself since the break up and then have sex with her.

5. Have a Discussion About Whether She Thinks She'd Ever Do it Again

After having sex with her again, she will be much more open to discussing the idea of having a relationship with you again.

However, if you try to have that discussion prior to sex, she will just say things like, *"I don't want to talk about it,"* or *"Don't bring that stuff up. If that's all you want to talk about, I don't want to talk to you anymore."*

So, make sure that you get to sex first.

As for her talking about whether or not she would cheat on you again, this is an important subject to bring up to maintain your self respect and let her see that you're not just going to get back into a committed relationship if she thinks she would do it again.

Everyone makes mistakes and this time it was most likely her fault.

However, before you decide to get back together with her, you need to have a heart-to-heart discussion (without any shouting or accusations) about whether or not it would be possible for her to stay with you in a monogamous, loving relationship and not feel tempted to stray again.

If she says something like, *"I donât know,"* or *"Iâm not sure if I will be able to stop myself from cheating again,"* itâs best that you cut your ties with her at that point and find yourself another woman who will be loyal to you.

Here's the thing..

If she can't promise to be faithful to you and you still want a committed relationship with her, you need to seriously ask yourself why.

Could it be because you lack confidence in yourself and don't believe you can find another woman other than her?

If that is the case, then it's more important for you to start believing in yourself, than it is to get her back.

Watch this video

Regardless of whether you want to get her back or not, you must get yourself the point where you know that you deserve better than a woman who isn't 100% loyal, loving and devoted to you.

If you don't, you'll keep getting cheated on by her or by other women that you get into relationships with.

On the other hand, if your ex says that she's sorry for what happened and that she'll never do it again, you need to decide then and there to forgive her and continue on with the relationship.

You can't be the one holding grudges and then expecting the relationship to last.

So

When Getting an Ex Back Who Cheated On You, Avoid Make the Following Mistakes

If you and your ex decide to hook up again regardless of the fact that she cheated, you need to start with a clean slate.

If you get her back and then continue to behave in ways that turned her off before, she will most-likely end up cheating on you again.

So, some mistakes to avoid making are

1. Taking her back without the ability to keep her attracted and build on her feelings over time.

It's your responsibility as the man to maintain and grow the love, respect and attraction between you and a woman over time.

People don't talk about in the media, at the dinner table or even amongst friends because it seems politically correct and unfair, but that is the way it really goes.

If a man lacks the relationship skills required to keep a relationship together by deepening his woman's feelings over time, she will break up with him or cheat on him.

There's no way around it, which is why there is such a high divorce and break up rate (even for men who are rich and successful and famous).

You have to know how to keep her attracted and build on her feelings over time.

So, when you and her get back together again, you can't just assume that everything is now okay and then do nothing to deepen her feelings of respect, attraction and love.

Women hate it when they are seduced back into a relationship with an ex who promises that things will be different this time, only to discover that he still doesn't even know how to keep her

attracted and guide her into deeper feelings of love and respect over time.

If you want the relationship to last the second time around, you need make your ex feel strong, intense feelings of respect, sexual attraction and love for you.

Don't worry â€¢ it's easy to do.

In fact, it takes 100 times less effort to do that than to do what most guys do (e.g. sucking up to her, buying her gifts, doing chores for her) when trying to get an ex back and keep a relationship together.

When you naturally and easily make her have strong feelings for you again, she will then allow herself to fall madly in love with you and open her heart and mind to the experience of being in a loving, committed relationship with you again.

Another mistake to avoid isâ€¢

2. Not being able to stop yourself from feeling insecure if she is hanging out with other people, or partying without you.

Sometimes, when a guy gets back with an ex who cheated on him, it becomes very difficult for him to stop feeling insecure when sheâ€¢s not in his sight.

He might say to himself, *â€¢Now that she has cheated, I canâ€¢t be sure about what she will be up to if weâ€¢re not together. What if she meets another guy who makes her feel attracted? Will she be tempted to cheat again?â€¢*

As a result, he may then become clingy, needy or jealous and controlling even though he doesn't want to.

The thought of her having sex with yet another guy, or with the same guy that she cheated on him with just makes him feel crazy.

He might try to disguise his insecurity by casually texting her and calling her every day as if he's just calling to say hi, but he will really be trying to check up on her and see what she's up to.

He might also continually check her social media profiles to see if she has added any new male friends, if any new guys are clicking like or commenting and if she's in any photos with new guys that he doesn't know.

All of that worrying just drives him mad and he ends up behaving like a completely different person than he used to be when the relationship first started, which completely turns her off.

Of course, being like that is the quickest way to make a woman lose respect and attraction and potentially push her into the arms of another guy.

So, what should you do instead?

As long as you are now making her feel the way that she wants to feel when sheâ€¢s with you (e.g. sexy, feminine and girly, loved and appreciated) then thereâ€¢s no reason why she would look at another guy when sheâ€¢s not with you.

You canâ€¢t control what she gets up to behind your back though. You can only control how you think, behave and react around her.

When you believe in yourself and know that you are more than good enough for her, that confidence and emotional strength will come through and make you way more attractive to her than if you were to be insecure and doubt yourself.

If you are being insecure, she will begin to wonder, *“Did I make the right decision in getting back together with him? Can I find a better guy? Do I really want to be stuck with an insecure guy like this? Maybe I should just hook up with another guy and move on completely. That will probably be the best way to fully get rid of my ex because I can see now that he’s not going to change. He still doesn’t understand how to be the kind of confident man that I really want.”*

Remember: Confidence and emotional maturity is attractive to her, while insecurity and neediness turns her off.

You’ve got to believe in yourself and in your value to her at all times, regardless of what she says or does to try to make you feel insecure.

3. Becoming too strict on her when the relationship begins again.

As you would understand, you cannot become your woman’s jailer and stop her from going out, or catching up with other people from now on.

Being strict on her and treating her like a naughty little girl that needs to be kept under strict supervision in case she stuffs up again, is the quickest way to make her want to get away from you and the relationship.

If she feels like she can’t relax and be herself, she will just get fed up and break up with you or cheat on you again.

4. Having trust issues.

In a relationship, you have to be able to trust each other fully or else it simply won’t last.

Yes, of course, you now have a very good reason not to trust your ex, but if you’ve made the choice to take her back, then for your sake as well as hers, you need to forgive her and stop holding on to the past.

[image: Can you really forgive her for cheating?]

That doesn’t mean you should be a pushover and avoid any warning signs that she might be cheating again (e.g. she’s secretive, she doesn’t tell you who she’s texting or talking to on the phone, she makes excuses not to see you).

However, if she’s really putting in the effort to be a good, trustworthy girlfriend (fiancée or wife) now, then mistrusting her at every turn will simply erode the relationship to the point of no return.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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5 Mind Games That Women Play With Their Ex's

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

It would be nice if a woman just came out and said, *“Yes, I still like you and I want to work things out between us,”* or *“I feel turned off by you now, but if you re-attract me, I will give you another chance.”*

That way, a guy would know exactly where he stands with his ex and he wouldn't have to waste a lot of time trying to figure it out on his own.

Unfortunately, women are usually very unclear when expressing their feelings to a guy after a break up because they want to test if he will remain confident or become insecure when she doesn't reassure him or help through the ex back process.

So, if you currently feel confused about where you stand with your ex, look out to see if she is currently playing any of these mind games with you!

1. Pretending to Be Over the Relationship When She Still Misses Him at Times

[image: Ex giving mixed signals over the phone]

Even if a woman still has some feelings for her ex and misses him at times, she usually won't come out and tell him.

Why?

In most cases, a woman doesn't want to tell her ex about her feelings for him, because she doesn't want to make it too easy for him to get her back.

She wants to know that if he still wants her, then he's going to be man enough to take responsibility guiding both him and her back into a relationship together.

A woman usually waits for a man to take the lead and guide her through the ex back process, rather than helping him through it.

Essentially, she wants to know that he's confident enough to go after what he wants in his life (even if that means going after an ex who is pretending to be over the relationship) without losing his confidence and giving up at the first, second or even third sign of difficulty.

If he can show her that he now has the emotional strength to remain confident and not give up until he gets her back (not by telling her that, but by showing it via his behavior, way of talking and how he reacts to her), she will be able to drop her guard and open herself up to him again.

Instinctively, she will know that she can now rely on him to be the man at all times, rather than being stuck with a guy who constantly needs her to help him along and encourage him emotionally.

When she senses that new strength in him, it makes her feel surges of respect and attraction for him even if she doesn't openly admit it.

So, don't waste a lot of time sitting around and hoping that your ex will give you a clear sign she misses you and wants to get back together again.

If you want her back, itâs up to you to make it happen.

You have to be the one who calls her up and triggers her feelings of respect and attraction again (e.g. by making her laugh, smile and feel happy to be interacting with you again).

Sheâs not going to do that for you unless she is totally in love with you, misses you like crazy and can't move on without you.

Obviously, if that was the case, you wouldn't be reading this article, right?

In your case, you are totally in love with her and you miss her like crazy, but she's just not feeling the same wayâor at least, not acting like that anyway.

So, rather than getting caught up in pointless mind games that will waste time, just start making her feel respect and attraction for you again.

She then opens herself up to the idea of meeting up with you and seeing where things can go from there.

2. Telling Him to Give Her Space So She Can Consider Changing Her Mind, While She Secretly Tries to Find a Replacement Guy

In some instances, a guy might be so persistent and annoying when trying to get back together with his ex, that rather than put up with his behavior, a woman might try to let him down gently and give herself some time to find a replacement guy so he will leave her alone.

She will say something like, *âLook, Iâm not sure if I want to get back together again right now, but just give me some time to think about it. Let's not talk for each other for a while. Iâll contact you and let you know when Iâve made my decision.â*

The guy might then agree and stop contacting her for weeks, or even months, while he waits for her to make up her mind.

Yet, in the meantime, she is secretly looking to find another guy so she can then say, *âI have something to tell you. I've met someone else. We're in love. I don't want to get back together with you. Sorry, but it's over. Please don't contact me. I don't want to ruin things with my new boyfriend.â*

He is then devastated because he's just wasted all that time hoping and wishing that things will be different after giving her the space she asked for.

This is why I recommend giving a woman a maximum of 3 to 7 days of space before you contact her again to make her feel respect and attraction for you.

Watch thisâ!

If a guy gives his ex woman too much space, she will often use that time to move on.

If she doesn't move on and he has been giving her space, she might contact him out of curiosity to see if he has moved on.

If he is still waiting around for her and hasn't really changed, then she's not going to feel motivated to get back with him.

She might agree to meet up with him if he asks, but if she sees that he hasn't really changed, then

she's going to stick with her decision to end the relationship.

Alternatively, if she doesn't call after being given space, a guy will usually then call her to see if she's changed her mind.

For example: If he calls her after 30 or 60 days and asks, *â€œSo what have you decided about us?â€* she can quickly get rid of him by saying something along the lines of, *â€œSorry. I haven't heard from you in such a long time that I'm over us now. I'm seeing someone else and I'm really happy. So, please accept that it's over between us and stop calling me.â€*

Literally thousands of men have contacted me here at The Modern Man to explain that they went through that kind of experience after a break up.

So, don't waste a lot of precious time giving your ex space in the hopes that she will change her mind about you!

In most cases, too much time apart leads to the woman getting over the pain of the break up, feeling happy again and moving on.

Remember: If you're not actively sparking your ex's feelings of respect and attraction, then another guy will.

What matters most is that you interact with her (over the phone and in person) and make her feel some respect and attraction for you again.

The more respect and attraction that she feels for the new and improved you, the more open she becomes to getting back together.

On the other hand, if she doesn't see or hear from you for weeks or even months and another guy comes along and triggers her feelings of sexual attraction, she will probably forget all about you and move on with him.

Another mind game that women play with their ex's is

3. Giving Mixed Signals to Make Him Become Insecure, So She Can Get Emotional Revenge On Him

Sometimes when a woman is feeling particularly bitter or angry about her break up (e.g. because he treated her badly, cheated on her, became controlling), she might decide to punish her ex for hurting her.

To do that, she will try to stop him from getting over her and moving on, by continually giving him mixed signals about her feelings for him.

For example: Imagine a scenario where a woman might send her ex a text message saying something like, *â€œHey. I've missed you lately. When can we see each other?â€*

Naturally, the guy might then think, *â€œThis must mean she still has some feelings for me. This is great. We're back on!â€*

He then tries to call her to arrange a meet up, only to find that she's not answering her phone.

He might try calling her over and over again without getting through, until he reaches the point where he's most-likely thinking, *â€œOkay, I totally misread her. I really thought she wanted to get together again. I guess I was wrong. It must be over now because she won't answer my*

calls.â

Then, just at the point where heâs ready to give up, she might call him on the phone and say something like, *âHey, ex boyfriend. What about that catch up? How long does a girl have to run after you before you give her the time of day?*â once again giving him hope that she wants to get back together again.

They then might arrange to catch up and when they do, she acts disinterested and possibly even flirts with the waiter or other guys around her.

If the guy feels confused and frustrated and he asks her, *âWhy are you doing this to me? Why wonât you just tell me what you want?*â she will likely just laugh and leave him hanging, while feeling better about herself for getting emotional revenge on him for the past.

Alternatively, a woman might keep asking for space, but saying that she still loves him and doesn't want to lose him.

This one is very common.

A woman will say that to keep a guy hanging around until she has fully moved on.

Then, she can hurt him by saying that she is so happy and in love with her new guy and the new guy makes her feel way better than he ever did.

So, donât let yourself get caught up in a situation like that.

If you allow your ex to mess with your head, it will do nothing to change her negative feelings for you and make her want you back.

Instead, simply take charge of the situation and use it as an opportunity to spark her feelings of respect and attraction for you.

For example: Using the first scenario above, a way to respond when a woman is being cold towards you and flirting with other guys when you catch up, is to laugh at her behavior or ignore it and see it for the test (of your confidence) that it really is.

You can laugh and say, *“Oh, flirting with all the guys now, huh?”* and laugh. Then, say, *“You really know how to work it, don't you? You go girl”* and just show her that you find it funny and are not threatened by it.

Don't laugh too much, of course. Don't come across as though you're excited about her flirting with other guys.

Instead, just be relaxed, masculine and easy-going and laugh *at* her, rather than *with* her.

She will likely feel a bit shocked that you are being ballsy, but still being a good man and standing up to her in that way.

This automatically puts you back in the power position and as a result, she wonât be able to stop herself from feeling respect and attraction for you.

When that happens, her mean intentions to get emotional revenge on you start to fade away.

She begins to want you back, or at least to get you back so she can then dump you when you feel like you've got her.

So, be prepared for that kind of mind game.

When you get her back, just remain cool, calm and collected.

Don't let her pull you in too deeply and make you love sick again.

Just love her, enjoy hanging out with her again and be prepared for the, *“I’m not sure I want to be back together again. I think we should break up.”*

If she says that, you should immediately say, *“Okay, I agree. It’s over”* and then leave if you’re at her place, or get her to leave if she’s at your place.

In other words, don’t get dragged into her mind games.

When she sees that she can’t control you that way, you will be in the power position and she will realize that you really have become the strong man that she wanted you to be all along.

Another mind game that women often play with their ex isâ€¦|

4. Acting Mean and Bitchy to Hopefully Make Him Hate Her, So He Then Moves On

Sometimes a woman will become a completely different person than she was during the relationship, in an attempt to make her ex hate her and move on.

For example: She mightâ€¦|

- Get really angry at him whenever he talks to her.
- Say that she never felt anything for him or that the relationship meant nothing to her.
- Demand that he do lots of nice things to make it up to her for treating her badly during the relationship.
- Talk badly about him to mutual friends, family, coworkers or even to his boss.
- Throw out his favorite things on the sidewalk (especially things that might be important to him).
- Post on social media about what a bastard he was.
- Belittle him in public.
- Disclose personal information about him.
- Lie about him (e.g. that heâ€¦s a bad lover, cheats on his tax returns).

Naturally, when a woman is being intentionally mean and is going out of her way to be hurtful, itâ€¦s difficult to imagine ever being able to change her mind about getting back together again.

Yet, funnily enough, all it usually takes is a spark of respect and attraction to make her drop her guard.

When you make her feel respect for you where she looks up to you and the more dominant, mature one, she can’t help but feel a bit attracted to the alpha male you’ve become.

Of course, it’s not about being bossy, angry or aggressive.

Instead, it’s about being emotionally strong (no matter what she says or does) rather than being emotionally sensitive and weak.

It’s also about being dominant in a loving way, rather than an aggressive or angry way.

When you do that, she naturally feels respect and attraction for you again, even though she will most likely act like she doesn’t.

If you can then continue building on that spark, it will become a raging fire of desire.

She will then go from being mean and bitchy, to saying something like, *“Okay, I’m sorry. I can’t believe that I was such a bitch to you when we broke up. Can you ever forgive me? Maybe we can be friends again?”*

Of course, you don’t just want to be friends and either does she.

So, this is what you need to do!

That way, your so called “friendship” will immediately become a sexual, romantic, loving relationship again.

Another mind game that women like to play on their ex’s is!

5. Ignoring Most of His Texts to Make Him Worry That He Texted the Wrong Thing and Has Screwed Things Up

If a guy was insecure in his relationship with his ex, she will usually play mind games with him to test whether or not he is now more confident and emotionally strong, or if he is still the same insecure, self-doubting guy that she broke up with.

One of the ways she will do that is by ignoring him when he texts her.

If he keeps hounding her and sending messages like, *“Why are you ignoring me? What did I do? What did I say to make you stop talking to me? Did I say something wrong? Tell me?”* she will realize that he hasn’t changed at all.

He’s still the same old, insecure guy who is looking to her for answers.

He doesn’t get it that women don’t want to be a guy’s teacher in life about how to be a man.

On the other hand, if he reacts confidently (e.g. stops texting her, focuses on having a good time without her and starts posting photos on his social media pages), she will quickly realize that he’s changed and will start texting him.

I’ve literally heard of that happening for hundreds of guys who’ve contacted me to tell me their ex back story.

Getting an Ex Back is Kind of Like a Dance. You Have to Lead

Have you ever noticed that women like a man to lead when they are dancing?

It’s no accident.

That’s how women are.

Women like a man who is confident enough to lead the way, so they can relax into his masculine direction and just be a beautiful, feminine woman.

The same principle applies to approaching and picking up women (i.e. women stand around waiting to be approached in bars and nightclubs) and relationships (i.e. women go along with whatever relationship dynamic the man creates, whether it’s going to be good or bad for them in the end).

So, if you want your ex back, you have to be a man about it and take the lead.

A lot of guys don’t want to do that or they don’t know that they should, so they wait around and hope that the woman makes all the moves and gets him back.

Alternatively, sometimes a guy might allow his ex to call the shots after a break up, because he feels guilty about the pain he put her through.

He might then put up with her mind games (e.g. showing interest and then losing interest) in the hopes that she will eventually forgive him and give him another chance.

Yet, that rarely works.

If you allow your ex to lead you around in circles by playing mind games with you, it will only make her lose even more respect for you because you're not being a real man.

As a result, she won't be able to feel sexually attracted to you and won't feel much or any motivation to want to give you another chance.

So, don't let her mess you around.

Get her to stop playing mind games with you by focusing on making her have strong feelings for you again.

Lead the way and get you and her back into a happy, committed relationship that lasts.

She will want that if you first focus on making her have strong feelings for you again.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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My Ex is Giving Me the Silent Treatment

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Have you been making any of these 5 mistakes to cause her to go silent?

1. Texting Her to Discuss Your Feelings

It's only natural that when an ex is giving a guy the silent treatment, he may find himself feeling confused and lost about what to do.

He might be thinking, *"How can I make my ex change her mind about us if she won't even talk to me? I need to get through to her. I have to make her understand how much I really care about her!"*

In desperation, he might then decide that sending her text messages is the only way to get through to her and tell her how he really feels.

For example: He might text something like, *"I know that you're not talking to me right now, but I want you to know I still care about you more than anything. You mean everything to me and I just can't understand why you're giving me the silent treatment now. For the sake of the love we had for each other, at least just talk to me on the phone. Please don't shut me out. I can't handle not being able to talk to you like this. I love you more than anything. Please respond."*

However, this rarely causes the woman to think, *"Awww! I'm being such a bitch to my ex aren't I? Maybe I should just call him up and make things easier for him emotionally. The poor thing. He's probably so sad. Even though I'm not his woman anymore, I need to take care of his emotions."*

That's not how it works.

In fact, when a woman doesn't have feelings for a guy anymore, she just doesn't care about how much he cares for her.

It doesn't matter to her because in her eyes, he's still the same guy that she broke up with and he hasn't really changed.

Essentially, until her ex shows her the new version of him that has improved what she really wanted him to improve (usually completely different to what she said she wanted him to improve!), all her opinions about him are based on her past experiences interacting with him.

For example: If a guy was needy and insecure in the past and he then sends his ex a text discussing his feelings, she will usually think something like, *"He's still the same. Even though we've broken up and I'm not even talking to him, he's still telling me all about his feelings and how much he needs me and can't cope without me. Doesn't he realize that he's just turning me off even more by being needy in that way? I don't want a needy, insecure guy in my life who can't cope without me. I want a man that I can look up to, respect and depend on."*

What most guys fail to understand is that a woman can't experience the new and improved him via a text message.

It's just a text message.

It's not him.

So, when he texts her, she assumes that he's still the exact same guy that she broke up with, which isn't going to make her feel motivated enough to want to talk to him again.

She then gives him what he might refer to as *the silent treatment*, but to her, it's just that she's had enough of him not changing the things she really wants him to change (as mentioned above, this is usually completely different to what she said she wanted him to change!).

He might then get annoyed at her for being silent and start texting her things like, *â€œWhy are you ignoring me? Do you think that youâ€™re too good to talk to me now or something? You treat strangers better than youâ€™re treating me. At least tell me why youâ€™re giving me the silent treatment. I just donâ€™t get it. How can you just forget about all the good times we had. Doesn't that mean anything to you?â€*

Yet, in most cases, rather than convince her to talk to him again, she usually avoids him even more.

Hereâ€™s the thingâ€¦

A woman is not a guyâ€™s property.

She doesnâ€™t have to stay in a relationship with him if she doesnâ€™t want to and she doesnâ€™t have to talk to him when the relationship ends.

So, if you ever get annoyed at your ex for not looking after your emotions or caring about the relationship, she's just going to feel more compelled to stay away from you.

You have to let her feel as though she has the choice not to interact with you, while at the same time, you also need to make her feel attracted and drawn to you again.

If your ex is currently giving you the silent treatment, donâ€™t waste a lot of time texting her about your feelings, or getting annoyed or angry with her for ignoring you, because itâ€™s not going to matter to her.

Instead, only text her as a way to get her on a phone call with you where you can actively make her smile, laugh and feel good to be talking to you (this will make her feel some respect and attraction for you) again and then get her to meet up with you in person.

In person, you can then fully re-spark her feelings of respect and attraction for you by showing her (via the way you talk, think and behave around her) that youâ€™re no longer the same guy that she broke up with.

You really are a new and improved man.

You have improved the subtle, secret things about yourself that she wished you would change, but didn't have the guts to tell you about.

For example: Sometimes a woman will break up with a guy and say, *“Sorry, I just don't want to be in a relationship anymore. I need some time to myself,”* but what she really wanted to say was, *“I'm breaking up with you because you're too much of a pushover. You're insecure and you lack emotional masculinity, so I don't feel very feminine and girly around you. I need a real man.”*

Of course, not all women know how to properly explain what they are turned off by.

If you need help understanding exactly what caused your ex to break up with you and how to get her back, make sure to continue learning from my site.

All the answers are here.

Okay, the next mistake that can cause an ex to give you the silent treatment isâ€¦!

2. Trying to Discuss the Relationship Via Text

For example: A guy who was previously jealous and controlling during a relationship with his ex might text her and say something like, *â€œIâ€™m really sorry about everything that happened between us. I know that I was always getting jealous about you hanging out with other people, especially other guys, but it was because I was afraid of losing you. I was a fool and the thing that I feared the most (losing you) happened to me anyway. I just couldnâ€™t stop myself from getting jealous around you, but I know now that it was wrong. The thing is, you are so beautiful that when I saw other guys looking at you, I just went crazy. Iâ€™m sorry. I really messed up because I care about you so much. I really want to work things out between us. Please, can we just talk about this? I promise you that Iâ€™m not like that anymore.â€*

Yet, hereâ€™s the thingâ€¦!

When a guy tries to discuss the relationship via text, it usually only makes his ex relive all the negative emotions that she experienced at the time (e.g. anger, frustration, annoyance, fear, disgust, disappointment).

She may then begin to consider what he said and think, *â€œYouâ€™re rightâ€¦ you were jealous and controlling. I canâ€™t believe I put up with that for so longâ€¦ and now you want me to talk to you again after everything you did to me? Fat chance! Now that youâ€™ve reminded me about all the things you did to me and itâ€™s fresh in my mind, I feel like I donâ€™t want to talk to you at all. Iâ€™m just going to go silent and not reply anymore.â€*

You donâ€™t want to make her feel that way and funnily enough, she doesnâ€™t even want you to make her feel that way.

She wants you to make her feel a renewed sense of respect and attraction for the new you, rather than making her feel turned off by continually reminding her of the old you.

So, regardless of whether you want to apologize to your ex for what happened between you and her, make sure that you avoid discussing the relationship via text.

Instead, leave what happened between you and her in the past (even if some of the things were good) and focus instead on rebuilding her feelings of respect and attraction for the man that you are now.

Show her that youâ€™ve moved past the level you were at when you were together (e.g. youâ€™re no longer jealous, insecure, controlling) and make her feel respect, attraction and love for the new you.

If sheâ€™s like most women, she will keep her guard up initially to check whether the change is real, but no matter what she says or does on the surface (e.g. *“I still donâ€™t want to be with you”*), she will definitely change how she feels about you deep down.

She will begin to reconnect with the love that she once felt for you and suddenly, you wonâ€™t seem so bad after all.

Many guys are able to make their woman feel that way immediately, so they get her back right away.

Other guys need to actively make her feel respect and attraction over two to three interactions, so it takes a few days or a week.

In other cases, it can take a couple of weeks.

However, one thing is for sure: When you focus on making her feel respect and attraction for the new you, rather than reminding her of the old you, the ex back process is so much smoother and easier.

[image: Make her feel drawn to you again]

She naturally feels attracted to you again and is compelled to give you another chance or at least kiss you and have sex with you again to see how she feels.

Another mistake that can lead to an ex giving you the silent treatment isâ□|

3. Trying to Get Her Back Even Though You Clearly Don't Know How to Give Her the Attraction Experience That She Really Wants

Quite often when a guy reads that he needs to give his ex the attraction experience that she really wants, he makes the mistake of assuming that attraction means physical attraction (e.g. bigger muscles, new hairstyle, improved appearance).

He might then think to himself, *â□□ Oh! I can do that. I can make myself look more appealing! That's easy. If that's all I need to do, then cool â□□ I will get her back very soonâ□□* and he may then rush out and give himself a makeover (e.g. he buys new clothes, gets a new hairstyle, signs up at a gym to lose some weight or put on some muscle).

Yet, here's the thingâ□|

A womanâ□□s attraction to a manâ□□s physical appearance isnâ□□t as powerful as her emotional attraction to him.

In other words, a guy might be good looking, have big muscles and wear the best clothes, but if he makes her feel negative emotions when sheâ□□s with him (e.g. unhappy, annoyed, irritable, sad, disappointed, uncomfortable, awkward), then how physically attractive he is won't matter to her because she just doesnâ□□t feel good around him overall.

For example: A guy might be good looking and be a good guy, but he also has a habit of getting angry every time that something doesnâ□□t go his way.

Whether itâ□□s something small (e.g. his woman forgot to put salt in the food), to something big (e.g. she got carried away talking to her friends on the phone and caused him to be late for something), he reacts by getting angry with her and then ignoring her for hours, or even for days afterwards.

Of course, most people get upset when something goes wrong, but if a guy constantly lashes out at his woman and creates a tense, unhappy environment for her to be in, she will eventually stop getting the attraction experience that she wants from him (i.e. to feel safe, protected and to be able to relax around him vs. being afraid to say or do something that might annoy him).

So, if he wants to get her back for real, he needs to be able to show her that he no longer reacts in the same old, immature ways.

He doesn't get angry at her for saying or doing things, including giving him the silent treatment.

In the past, he would most likely get angry at her for giving him the silent treatment and would feel as

though she just needed to put up with his anger because she was his woman.

Yet, he now realizes that a modern woman is not a man's property and she will only stay in a relationship if she feels respect, attraction and love for her man.

So, he is now more easy-going and relaxed and can laugh about things without taking everything so seriously.

He understands that even though everyone gets annoyed at certain things sometimes, it's wrong to take his anger out on his woman or anyone else around him.

When she senses and experiences for herself that he's no longer at the same level he was at when she broke up with him, she will then be able to feel some respect for him again.

She will then drop her guard and open herself up to the idea of meeting up with him and seeing where things go.

So, if your ex is currently giving you the silent treatment, you need to focus on giving her the things that she felt was lacking in her relationship with you.

For example:

- If you were insecure in the relationship and reacted by becoming clingy and needy, you are now confident and emotionally independent.
- If she felt more like a big sister or neutral friend to you near the end of the relationship, you now make her feel feminine and girly (i.e. like a real woman).
- If she felt like you were taking her for granted, you now show her (via your actions) that you are more loving and appreciative and are a man of your word. Important: Going overboard and showing her way too much appreciation comes across as desperate, which is why it doesn't work to re-attract an ex. You need to be cool, calm and easy-going about it.
- If you lacked direction and purpose in your life, you are now busy setting some goals for yourself and moving forward towards achieving them and fulfilling your true potential as a man.
- If she felt more emotionally dominant than you because you were too nice and weren't able to stand up to her, you are now more ballsy, but are still a good, loving man.

Those are some examples of the things that you might need to change to actively re-attract your ex.

By showing her that you've improved on some of the things that caused her to break up with you in the first place, she begins to see you in a different way and then giving you the silent treatment starts to look unreasonable to her.

She wants to talk to you.

She wants to see you.

She wants to love you again.

4. Expecting Her to Care Because Things Were Good Between You and Her at the Start of the Relationship

No matter how great the past was, it is still the past and if a woman has lost touch with her feelings of respect, attraction and love for her guy, she's just not going to care about the memories as much as he

does.

So, when he is saying something like, *“Do you remember how good things used to be between us in the beginning? We could barely keep our hands off each other and when we weren’t together, you used to fall asleep while talking to me on the phone. We had some really great times together, didn’t we? It can’t all be gone, can it? You can’t just give up on our love. We can get all that back if you give us another chance. I believe that we are meant to be together. How we felt at the start is surely a sign that we are meant to be together,”* is unlikely to thaw her heart.

Here’s why!

If you weren’t able to get her to the 5th stage of a relationship and keep it there, she’s not going to believe that you suddenly have that knowledge if you’re acting like you did around the time of the break up and haven’t really improved on the things that really turned her off about you.

So, telling her to remember the good times doesn’t help a guy get his woman back.

Instead, she will usually feel annoyed with him for reminding her of how good things used to be before, compared to how badly everything is now.

She will remember how horrible she felt before breaking up with him, how difficult it was to get rid of him after the break up and how annoying it is now that he still doesn’t understand what she really wants and needs from him.

So, if you want to make your ex stop giving you the silent treatment and get her back, you need to start a new, fresh relationship with her based on who you are now.

Don’t bother wasting time going over all the good times from the past and expecting her to care about.

Instead, focus on making her feel respect and attraction for you based on who you are right now.

She doesn’t need to feel attracted to some guy that she dumped in the recent past; she needs to feel attracted to you, now.

5. Trying to Convince Her to Change Her Mind, Rather Than Triggering Feelings Of Respect and Attraction For the New and Improved You

Sometimes, when a woman is ignoring a guy after a break up, he might try to convince her to change her mind about him by sending her a long e-mail or text message.

For example: He might say, *“I’ve tried everything to get hold of you, but you just keep ignoring me. After everything we shared, can you at least talk to me on the phone? Please just talk to me. I know that we can work things out because I have changed. I really need to see you, or at least be able to talk to you. I want to show you that things will be different now, but how am I supposed to make it up to you when you are giving me the silent treatment like this?”*

If convincing her doesn’t work, a guy might then try to make her feel pity for him by saying things like, *“Why are you ignoring me? You mean so much to me. Can’t you see that? How can I prove to you how sorry I am if you won’t even talk to me? I am lost without you. I haven’t been able to sleep or eat properly for weeks. Please just give me a chance to make it up to you.”*

Yet, making a woman feel guilty for ignoring you at a time when she doesn't feel much respect or attraction for you is only going to annoy her even more.

She may then start to think, *"I can't believe he's trying to use emotional blackmail on me. How immature. How pathetic. Doesn't he realize that women are turned off by emotional weakness in men? Doesn't he realize that saying he is lost without me makes me feel sick as a woman? I want a man, not a boy."*

So, don't put yourself in that position.

The only way that your ex will consider talking to you again, is if you trigger her feelings of respect, attraction and love for you from now on.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Should You Tell Your Ex About Your Feelings For Her?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

You should only tell your ex about your feelings for her, if you reactivate some of her feelings of respect and attraction for you first.

If she currently doesn't have much or any feelings for you, she's not going to care if you have feelings for her.

Instead, she will likely say something like, *"That's sweet. I know you mean well, but you need to accept that things are over between us,"* and then she's just going to continue moving on with her life.

So, telling her that you have feelings for her is just not going to be enough to get her back.

To get her back, you first need to make her feel a renewed sense of respect and attraction for the new version of you by showing her via the way you talk, think, behave, act and react, that you're a new man now.

After doing that, it's absolutely fine (and totally recommended by me) that you tell her how you feel about her.

Watch this

When your ex sees for herself that you're not the same guy she broke up with, she naturally begins to feel drawn to you in a new way.

She looks at you as being a new and improved man, rather than the flawed guy that she dumped and didn't want anything more to do with.

Yet, if you're still making the same old communication and attraction mistakes with her as you did before, she isn't going to feel a renewed sense of respect and attraction for you.

Instead, she might be nice towards you (women often do that to prevent their ex from becoming angry or hurting them) and hope that she can move on and replace you with another guy so you leave her alone.

So, before you rush off and pour your heart out to your ex in the hopes that she will change her mind about being broken up with you, make sure that you reactivate her feelings for you first.

That is the secret to getting an ex back for real.

If you want the ex back process to work for you, it's absolutely essential that you start by making her have strong feelings for you again.

When you do, it becomes her idea to get back with you.

Some guys are able to make that happen immediately (e.g. by talking to their ex on the phone or in person), within days and sometimes in more difficult cases, it takes a couple of weeks.

However, making an ex have strong feelings for you is the fastest way to get her back and it's also the best way to do it because she actually wants to be back with you.

2 Classic Mistakes to Avoid When Expressing Your Feelings to an Ex

[image: Mistakes to avoid when confessing feelings to an ex]

When a guy really loves his ex, he might feel compelled to pour his heart out to her and tell her how much she means to him.

Yet, it just doesn't work unless he makes her have strong feelings for him first.

So, make sure that you avoid these two classic mistakes that so many of my clients have made before coming to me for help with getting their woman back!

1. Thinking that by showing her how much you care, it will make her realize that you're the one or that you and her are meant to be together.

[image: Mistakes to avoid when confession your feelings]

When a guy still has feelings for his ex and she is saying things like, *"Look, just accept that it's over between us,"* or *"I know you still care about me but I just don't feel the same way about you,"* he might feel like he's going to lose her forever if he doesn't do something drastic to change her mind.

He might then say to himself, *"My ex probably doesn't realize how much I still love her and how much she means to me. I need to show her how much I care so she realizes that I'm the one for her. I'm going to spoil her continuously (e.g. by buying her expensive gifts, paying for her bills and rent, helping her out with chores, errands or studies) until she realizes that I'm the only guy that she can rely on to be there for her no matter what. Then, she won't be able to stay broken up with me because she will have to accept that no other guy will ever love her the way I do and that we were meant to be together."*

Women don't work that way.

Even if a woman accepts her ex's gifts and attention, she will rarely change her mind about being broken up because of how nice he is being towards her.

Why?

Doing all of those things doesn't actually make her feel a renewed sense of respect and sexual attraction for him.

In most cases, it just makes him look like a pushover or a desperate ex who is being on his best behavior to hopefully win her back.

Yet, if he doesn't do anything to spark a woman's sexual and romantic feelings, she's just going to be saying things like, *"You're so sweet. I'm so lucky to have an ex like you. I'm glad we can be friends now,"* while at the same time leaving herself open to meeting other men.

So, if you don't want that to happen to you, don't waste a lot of time trying to show your ex how much you care about her by buying her material things or by doing nice things for her.

Instead, focus on sparking her feelings of respect and sexual attraction for you every time you interact with her (e.g. on a phone call, or in person).

You can do that by making her smile and laugh and by showing her that youâ€¢re no longer the same man that she broke up with.

You are a new and improved man and she can now feel sexually attracted to who you are, not what you buy for her or do for her (that won't make her feel sexually attracted anyway).

She is going to be in a relationship with you, not the things you buy her or do for her.

Women only appreciate that kind of thing from a man that they are in love with, not from a guy who is being desperate and trying to win her over by being on his best behavior.

To get her back, you've got to make her feel attracted to you.

The more that you make her feel good to be interacting with you again, the more it will replace her negative feelings (e.g. anger, indifference, annoyance) with positive feelings such as respect, attraction and love.

Then, when you tell your ex about your feelings for her, rather than her saying something like, *â€¢Thatâ€¢s nice to hear and very sweet, but itâ€¢s over,â€¢* she will say something like, *â€¢Iâ€¢m glad to hear. I feel the same way about you. Maybe we should give our relationship another try.â€¢*

Another classic mistake to avoid isâ€¢

2. Thinking that a woman can be convinced to have feelings based on logical reasons.

Sometimes, when a guy doesn't know what to do to get his ex to change her mind about him, he might try to convince her by giving her a bunch of logical reasons why he believes they should get back together again.

For example: A guy might say, *â€¢Please give us another chance. We were so good together at the start. If we try again, we can be like that again,â€¢* or *â€¢We experienced so many good times together. Isn't that proof enough that we are meant to be together? Please give us another chance,â€¢* or *â€¢These days itâ€¢s so difficult to find someone you can be compatible with. At least you and I already know that we get along so well. Sure we had some problems, but the most important thing is that we already get on with each other, don't you agree? Everything else we can work out together.â€¢*

If a couple was married, the man might try to convince her by saying things like, *â€¢What about the mortgage? We just bought a new house. I can't afford to keep it on my own and neither can you,â€¢* or, *â€¢Do you really want our children to have step fathers and mothers? Theyâ€¢re still so young. Don't do that to them. Please honey, I know we can work this out.â€¢*

Yet, regardless of how logical a guy's reasons may be, if a woman doesn't feel respect and attraction for him as a man, she doesn't have to stay with him if she doesn't want to.

His logical reasons do not convince her to have feelings for him.

Even if he convinces her to change her mind, it usually only lasts for a short while and when the woman realizes that nothing has changed, she just breaks up with him again.

Unlike in the past where many women stayed in an unhappy relationship for life out of a sense of duty or guilt (e.g. *â€¢What about the kids?â€¢* *â€¢What will people say?â€¢*) today's women don't have to do that anymore.

A woman today can choose to leave if her man doesn't make her feel the way she wants to feel (i.e. attracted, feminine and girly, taken care of).

Women stay with relationships that make them feel attracted and in love.

and that is something you can make her feel AGAIN.

So, if you want to get your ex back for real, you must begin the ex back process by re-sparking some of her feelings of respect and sexual attraction for you.

How? By showing her that you really have improved and are no longer the same guy that she dumped.

Once you do that, she will automatically begin to reconnect with the love that she used to feel for you, except this time it will be stronger, more meaningful and more mature than before.

She might act like it isn't having an effect on her, but it will be.

She will feel compelled to give you another chance, or at least sleep with you one more time to see how she feels after that.

Then, after kissing or having sex, you can talk about giving the relationship another chance.

When you give her some of your logical reasons why the two of you should be together (e.g. it feels good, things are better, it would be fun to see how it goes), it will just be the icing on the cake for her and she will think to herself, "He definitely has a point there. We are good together. Maybe we can work things out between us after all."

What Have You Been Doing to Make Your Ex Feel Attracted Again?

It's great that you still have feelings for your ex and want her back, but what have you actually been doing to make her have feelings for you again?

Unfortunately, many guys have no idea how to go about re-attracting an ex woman, so they end up going around in circles trying to impress her in all the wrong ways.

For example: To get his ex back a guy might

1. Beg and plead

He might say things like, *"Please forgive me! I know I stuffed up, but I promise I will make it up to you. I beg you to just give me one more chance. Let me show you that I can be the guy you want me to be."*

Why doesn't that approach work?

When a man is begging and pleading with a woman, her survival instinct kicks in and she starts to think, *"This guy is too emotionally weak for me. What would happen if life got really tough and I had to rely on him to take care of me? Based on the way he's acting now, it seems to me that I would have to take care of him instead. He would probably break down and cry or get stressed out and make things worse for me. I can't get back together with an insecure, needy, wimpy guy like that. I need an emotionally strong, masculine man that I can look up to and respect. I need a man who makes me feel safe, not a guy who needs me to make him feel safe, loved, happy and secure. He just doesn't understand how to be a man."*

Another ineffective approach that guys use is toâ€¦|

2. Apologize excessively

A guy might say something like, *â€œIâ€™m so, so sorry. I know that I hurt you. I canâ€™t believe I did that to you when I love you so much. Please forgive me. I donâ€™t know what I will do if you say that you canâ€™t forgive me. I am so sorry for making you feel the way I did. I can't say sorry enough. I really mean it.â€*

Why doesnâ€™t that work?

Essentially, apologizing doesnâ€™t get to the core of the problems.

Yes, heâ€™s being sincere, but nothing about his behavior is making the woman feel that if she gives him another chance, things will be different this time.

Heâ€™s just apologizing, but heâ€™s still at the same level that he was at when she broke up with him.

Nothing has changed, so she sees it as an empty apology.

3. Ask her to tell him what he needs to do to make her happy.

A guy might say something along the lines of, *â€œJust tell me what you want me to do. Iâ€™ll do anything. Iâ€™ll change anything about me to make you happy. Just say the word and itâ€™s done.â€*

Why doesn't that approach work?

A woman doesnâ€™t want to be a guyâ€™s teacher in life about how to be a man.

If she has to explain to him what heâ€™s doing wrong now, she fears (and rightly so) that she will have to continue teaching and guiding him in the future.

She then starts to feel more like a parental figure and taking on that role is not sexually attractive to her.

For her to feel respect and attraction for him again, he needs to figure out what she wants without seeking her help.

She just wants him to figure it out and start being the man she needs, rather than looking to her for answers.

If he can transform and quickly be that man, she will automatically begin to respect him and look up to him again.

Another ineffective approach that a guy might use is toâ€¦|

4. Use the No Contact Rule to ignore her for 30 to 60 days.

Why doesn't that approach work?

When a woman doesnâ€™t have feelings for a guy, sheâ€™s not going to lose any sleep over the fact that heâ€™s not contacting her.

Instead, she will likely use the time to get over him and move on with her life.

Watch thisâ€¦|

If a woman does happen to get back together with her ex after he has been ignoring her, she will usually dump him again very quickly or immediately.

When she realizes that he is still stuck at the same level that he was at when she broke up with him

and he still hasn't worked out how to give her the attraction experience she really wants, she just breaks up with him and tries to move on.

So, if you want to get your ex back and keep her back, you must focus on giving her the attraction experience that she really wants, not what you think she wants.

Remember: You might really want to tell your ex that you have feelings for her, but that's about you, not her.

Focus on making her have feelings for you again and then, getting back together will be something that she wants to do too, not just something that you're trying to make happen.

Change How She Feels About You and She Will Be Happy That You Have Feelings For Her Too

[image: Change how she feels about you]

Right now, what matters most is how you make your ex feel when you interact with her (e.g. via text, on social media, on a phone call, or in person)

For example, when you have interacted with your ex lately?

- Have you been making her smile, laugh and feel happy to be around you, or have you been turning her off and making her want to get away from you as quickly as possible?
- Have you been making her feel feminine and girly in contrast to your masculine way of talking and behaving, or has she felt more like a platonic friend or big sister to you? (This is within your control. You can make her feel attracted, girly and feminine. That's what works to get a woman back).
- Has she been able to relax fully into being a feminine woman around you, or has she felt like she needs to take care of your emotions because you're so sensitive now?
- Have you been emotionally strong and emotionally independent, or have you been insecure, self-doubting and needy?
- Have you let her see that you have dreams and ambitions in your life that you're busy working on, or have you given her the impression that you are sitting around waiting to get her back and you don't really care about anything else?

Depending on how you answered the above questions, you will now have a better idea about some of the adjustments you need to make to re-attract your ex.

Once you've begun to make some attractive adjustments and improvements to yourself (you don't have to be perfect, you just need to be at a different level from where you were when she broke up with you), call her on the phone and let her experience the new you.

On the phone call, make her smile, laugh and feeling good to be talking to you again and get her to meet up with you in person.

At the meet up, focus on making her feel the way she wants to feel (e.g. feminine and girly, attracted, respectful of you, reconnecting with the love).

When you do that, she begins to see you differently.

Then, rather than remembering all the things about the old you that she didn't like, she starts to focus

on the things about the new you that she does like.

She then drops her guard and opens herself to loving you again.

Then, when you tell her about your feelings for her, she feels the same way and is excited and happy to give the relationship another chance.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

How to Make Your Ex See You as Being Better Than Other Guys

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

4 ways to make your ex see you as being better than other guys areâ€¦

1. Don't See Other Guys as Competition

[image: Don't see other guys as competition]

When getting an ex back, attracting a new woman or maintaining the attraction of a woman when youâ€¦re in a relationship, you should never look at other guys as being your competition.

You are the man.

End of story.

You are the man.

You've got to believe it and never question it.

That's what women want you to do.

Women don't go around telling men that though because most men will get the wrong idea and start acting arrogant and treating women badly.

Instead, women just hope that they can find a man who knows that alpha male secret.

When a woman finds a guy who understands this, her instincts kick in and she feels compelled to stay with him no matter what.

She knows how rare it is to find a man who believes in himself no matter what, rather than other guys who waste their life secretly comparing themselves to other guys and feeling insecure and inferior.

You've got to know that you are the man.

Yet, here's the thingâ€¦

When a guy is still totally in love with his ex and she seems to be moving on with other guys, he will usually be feeling hurt, betrayed and possibly even envious that she is so happy without him.

Unfortunately, the worst thing that a guy can do when heâ€¦s feeling envious is to begin looking other guys as competition for his ex womanâ€¦s love.

He starts thinking about how much taller, better looking or richer other guys might be and it makes him feel insecure and inferior.

[image: Don't see other guys as competition. You are the man]

Then, rather than focusing his attention on showing her that he has changed and become a better man, he behaves in ways that make her think, *â€œWhat is my ex doing? Why is he being so childish and immature? Does he really think that behaving like that is going to impress me and make me change my mind about him? The only thing he is doing is turning me off him even more.â€*

For example: A common mistake that guys make is to start talking badly about other guys that like her.

He might say something along the lines of, *“I have no idea what you see in that guy. He’s so nerdy. Who cuts his hair like that? Haha! I thought you had better taste in men than that!”* or *“That guy might have big muscles, but I bet he can’t even add up two plus two. You’re obviously going for dumb guys now”* or, *“All that guy wants to do is have sex with you. He won’t ever love you as much as I do. Don’t do that to yourself. Have some self respect.”*

Secretly, he’s hoping that his ex will suddenly think to herself, *“Hmmm| he has a point there. Other guys just can’t compare to how great my ex really is. I should just stop looking for another guy and just get back together with him.”*

Yet, when a woman sees that all her ex is doing is being critical and unkind about other guys in the hopes that he will look like a better option in her eyes, she feels even more turned off by what she perceives as his jealous, immature behavior.

Here’s the thing|

Women aren’t attracted to a guy when he is being insecure by looking at other guys as competition to him.

She wants you to know that you are awesome and to believe that no matter what she says or does to try to make you feel insecure.

She won’t tell you that, but it’s what she really wants.

So, don’t waste time trying to convince your ex that you’re better than other guys by comparing yourself to them and pointing out their bad qualities compared to your good qualities.

Instead, just focus on sparking her feelings of respect and attraction for you by being the new and improved version of you whenever you interact with her from now on.

By the way|

Knowing that you are the man is not about telling her that you don’t see other guys as competition, but literally not comparing yourself to them at all.

Ever.

Do not compare yourself to other guys.

You are better than them and that’s all you need to think and believe.

You don’t need to explain it, try to justify it or try to convince anyone to believe it.

Just do what alpha males do and know that you are the man without questioning|ever.

One of the reasons why it’s so important to never, ever question it is that you can always find something about other guys that you wish you had.

For example: You might want to be taller, have bigger muscles, have a better looking face, have a bigger dick or have more money.

Focusing on things that you wish were better about yourself and worrying that your ex will want those things in a guy will only make you feel insecure.

The most important thing is that you are confident about who you are, regardless of how much better looking, smarter, more successful or wealthy other guys might be compared to you.

Simply build your self esteem around the new, improved version of you.

Then, when you remain calm and relaxed around your ex and let her see that you truly believe in yourself now, she will pick up on your new, confident mindset and will naturally feel respect and

attraction for you.

Even if she tries to fight it, she won't be able to stop herself from wondering, *Why is my ex not feeling insecure and jealous that I'm not trying to get back with him and have been having fun without him? Maybe he really has changed. Maybe he finally has become a man that I can truly look up to and respect* and she feels herself drawn to you again.

2. Give Her the Attraction Experience That She Didn't Get From You, But Secretly Wanted

[image: Give her the attraction experience that she really wants]

A woman will usually break up with a guy without ever telling him what he really was failing to include in the relationship to make her truly happy.

For example: A woman might want her guy to be more supportive of her dreams and ambitions. She wished that he would be more encouraging of her dreams and possibly even help her achieve some of her bigger goals.

Instead, he either just said, *That's nice honey. I'm happy for you,* when she told him about her dreams.

In some cases, the guy just laughed at her and said something along the lines of, *You can never do that! You're not smart enough,* or *You'll never have the money for that,* or *You need an education to do that. You only managed to graduate from high school. Just focus on doing something that's actually achievable.*

She might then get upset and say to him, *You don't understand me,* or *You're so negative.*

If the guy doesn't realize that what she really needs is for him to be more supportive, encouraging and helpful towards her, she will begin to feel unsatisfied.

She will then think about his behavior and start asking herself, *Will I ever be able to achieve anything big in my life if I stick around a guy who never takes me or my dreams seriously? Do I want to wake up one morning and discover that I never accomplished anything because of him? He is holding me back. I can't allow this to happen. I have to break up with him.*

If she then realizes that he's not giving her the attraction experience she really wants, and he probably never will be able to give her that experience, she will break up with him and look for a guy who can fill that need in her.

Another example of a man not giving a woman the attraction experience that she wants in a relationship is where the guy is insecure about his value to her and as a result, he becomes jealous and controlling.

He then starts to monitor her every move and expects her to report her whereabouts to him when they're not together.

She might then say, *Just trust me,* or *I love you and I'm here with you now aren't I? Don't worry, I won't cheat on you. I love you.*

[image: She won't explain the attraction experience for you in detail. She wants you to figure it out on

your own and just know how to be the man.]

If he doesn't realize that what she's really saying is, *"Stop being so jealous and controlling because you are turning me off and I'm going to break up with you if you keep this up,"* and he carries on behaving the same way, she will eventually become unsatisfied, break up with him and look for a guy who will be more emotionally secure in his relationship with her.

So, if you want to make your ex see you as better than other guys, it's very important that you find out what she secretly wanted from you that you weren't giving her and start improving on that right away.

Then, when you interact with her and she sees for herself that you've changed and improved on some of the things that caused her to break up with you (she will be able to pick up on that based on the way you now talk, think and behave around her), she won't be able to stop herself from dropping her guard a little bit and start believing that you can now give her what she really wants in a relationship.

3. Make Her Laugh and Smile, Especially When She Is Being Cold or Distant

Chances are high that right now your ex is not being overly friendly and open towards you, right?

She might have even be saying things like, *"Leave me alone. What we had is over now and I'm moving on. Can't you see that I'm with someone else now?"* or, *"Look, we had our chance and it didn't work. I want to be single now and enjoy myself,"* or, *"I just want some time to be alone for a while. I don't know what I want right now."*

Naturally, when a woman is saying things like that and being cold and distant towards you, you might feel hurt and be at a loss of how to respond.

When a guy feels that way after his woman dumps him, he might make one of the following mistakes as he tries to show her that he is doing okay without her:

- **He brags about how happy he is.**

When a woman is being cold, distant and saying things like, *"I've moved on. I'm not waiting around for you anymore,"* the guy might then attempt to make her feel jealous for breaking up with him.

For example: He might say to her, *"Yeah, being broken up is totally fine for me too. I've been having a great time going out now that I don't have you holding me back anymore. Remember how you always used to hate going clubbing? Well now I can do it all the time. It's fun."*

Yet, in most cases, when a guy is bragging about how happy he is without his ex it's usually because the opposite is true and in reality he's actually feeling lost and miserable without her.

Remember: A woman can easily find out if a guy is really happy without her, or if he's only putting on an act.

All she has to do is say something like, *"Wow, okay it looks like you're much happier being single. Pity about that! I was kind of hoping we could work things out between us. I was actually thinking of asking you if you want to try again."*

If the guy then quickly responds by saying something along the lines of, *â€œNo! No! I still would rather be with you than be single,â€* she will know that he was lying to her and she will lose even more respect for him as a man.

The key is to be genuinely happy without your ex, rather than only pretending to be happy without her.

Then when she interacts with you and sees that you are getting on with your life and have truly been improving yourself as a man, she will begin to feel drawn to you in a positive way.

She will see that you are now at a completely different level as a man than you were when she broke up with you and she will find it difficult to keep thinking of you in a negative way, because she can see that youâ€™re not that guy anymore.

Another mistake that a guy might make isâ€

- **He tries to make her feel unattractive compared to him.**

When a woman is being cold and distant towards her ex, he might then say to himself, *â€œWho does she think I am? How dare she treat me like that? Iâ€™ll show herâ€*

He may then put her down and try to make her feel unattractive compared to him, in the hopes that she will feel so bad about herself that she will begin to think that other guys wouldn't want her.

She will then realize that sheâ€™s lucky that a guy like him will give her another chance.

Yet, thatâ€™s not the way to make your ex see you as better than other guys.

If a woman has experience with relationships and is confident and self-assured, she will just assume that her ex is being an insecure jerk who canâ€™t handle the fact that sheâ€™s moving on without him.

On the other hand, if the woman is inexperienced, she will probably feel hurt and she may even doubt herself a bit, but it doesn't mean that she will come running back to him.

In fact, it will often mean that she will begin flirting with other guys to see how many of them she can get to like her.

In the process of doing that, she will usually find herself another guy to start having sex with and she will then use that to make herself feel better and make her ex feel rejected and horrible about himself.

So, don't waste your time trying to get one up on your ex.

Instead, just focus on making her feel so good when sheâ€™s interacting with you from now on that she can't stop herself from wanting to interact with you via text, on social media, on the phone and in person.

The best way to do that is by making her smile and laugh when sheâ€™s being closed off and unfriendly.

For example: Imagine that youâ€™re talking to your ex over the phone right now and she says something like, *â€œJust stop calling me. Iâ€™m seeing other guys now. Iâ€™m not interested in you anymore.â€*

Rather than getting upset about it, you can turn it into something to laugh about together, which will make her feel respect and attraction for you.

When she says, *â€œIâ€™m seeing other guys now. Iâ€™m not interested in you anymore,â€* you

can respond by saying in a joking manner, *â€œOh no! You mean youâ€™re not sitting around heart-broken and thinking of sneaky ways to try and get me back? I just canâ€™t believe it. Iâ€™m totally devastated. I think Iâ€™m going to cry nowâ€* boo hoo!â€œ and then laugh.

She will most likely laugh, or at least smile when you tease her in that way, especially when she knows sheâ€™s been caught out trying to be bitchy towards you and it has turned into something that youâ€™re both now laughing about.

When she laughs (or even just smiles), it becomes difficult for her to keep pushing you away because she naturally feels good talking to you.

She starts to feel some respect and attraction for you for having the balls to tease her in a tense moment like that and she begins to see you in a different light.

She then drops her guard and becomes more open to interacting with you and even meeting up with you again to catch up and see what happens.

Thatâ€™s when you can really take things up a level and make her fall in love with you all over again.

4. Go Through the Ex Back Process, Hook Up With Her Sexually and Blow Her Mind

The main thing to remember is that the fastest way to make your ex see you as being better than other guys is to actively make her have strong feelings for you again.

When she is interacting with you and sheâ€™s feeling a lot of respect and attraction for the man that you are now, it becomes difficult for her to be thinking about other guys at the same time.

The key is to interact with your ex and continue saying and doing the types of things that are going to keep turning her feelings on for you (e.g. being confident and charismatic, making her laugh and smile, making her feel feminine and girly in contrast to your emotional strength and masculinity, using her bitchy attitude to create funny moments that bring you closer together and show her that youâ€™re not intimidated by her or insecure and hurt without her support).

So, donâ€™t sit around saying, *â€œHow can I make my ex see me as a better man than other guys?â€* and hoping that she suddenly changes her mind and comes running back to you on her own.

Instead, just call her up on the phone and let her experience the new you.

Make her laugh and smile and get her thinking, *â€œThis is odd. I feel happy talking to my ex again. I never thought it was possible but I actually want to talk to him like this. Itâ€™s fun.â€*

Then, get her to meet up with you in person.

At the meet up, continue focusing on making her feel sexual attraction and respect for the new you.

Pay attention to the signs that she may be giving you (e.g. licking her lips, touching you on the arm and/or leg, playing with her hair or a necklace, talking about the good times that you and her shared) that sheâ€™s open to connecting with you on a more intimate level.

When it feels like an appropriate time, give her a hug and if she doesnâ€™t pull away, give her a kiss.

From there, if sheâ€™s open, you can go to your place or hers and hook up with her sexually.

Focus on building the sexual tension between you and her to the point where she realizes that other guys pale in comparison to how you make her feel.

Remember: When you re-spark your exâ€™s feelings of respect and attraction and then blow her mind with the best sex sheâ€™s ever experienced, it will be difficult, if not impossible, for her to see you as being anything other than the best.

Enjoy the great times ahead with her!

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

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How to Show Your Ex That You Truly Have Changed as a Man

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

To show your ex that you truly have changed as a man, you need to allow her experience the changes when she interacts with you.

It's only on a phone call or during in-person interactions that she can truly assess the new version of you and decide for herself if you have changed or not.

She won't listen if you try to convince her that you've changed â€œ you have to let her experience it on a phone call or in person.

How can you do that?

Remember: Actions Speak Louder Than Words

[image: Actions speak louder than words]

When a woman is saying things like, *â€œYouâ€™ll never change. No matter what I say or do, youâ€™ll always be the same guy. Iâ€™ve had enough of our relationship and I don't want you anymore. Just leave me alone. Itâ€™s over between us,â€* itâ€™s only natural that a guy will want to prove to her that sheâ€™s wrong.

He might say, *â€œNo, youâ€™re wrong. Listen to me. Iâ€™m not the same guy anymore. I promise you that if we get back together again, youâ€™ll see for yourself that I truly have changed as a man. Just give me a chance to show you. All I'm asking for is one more chance, that's all.â€*

Yet, a woman will likely just say, *â€œWhateverâ€ you have promised to change before and you didn't. I just donâ€™t believe you anymore. Iâ€™m not interested. Leave me alone.â€*

So, donâ€™t bother telling her that you have changed and trying to convince her with your words that things will be different this time around.

Instead, just let her see that you have already changed based on how you now interact with her and the way that you now respond to difficult situations that would have negatively affected you in the past.

For example: If a woman broke up with a guy because he was insecure and jealous, she's not going to fully believe him if he tells her, *â€œIâ€™m not jealous anymore. Really! Iâ€™m a changed man.â€*

To test him, all she has to do is say something like, *â€œI donâ€™t know if I want to get back together. Iâ€™m dating other guys now and itâ€™s really a lot of fun being single againâ€* and see the sudden look of sadness and rejection all over his face.

If she hasn't started dating anyone else yet, she might agree to meet up with her ex and exaggerate how much fun she has been having going out to clubs with her friends and talk about other guys who are now interested in her.

If her ex is only pretending to have changed his jealous ways, it will be very difficult for him to hide it when sheâ€™s behaving that way in front of him.

He might then get upset and possibly say, *â€œHuh? We've only just broken up and you're already dating? How can you do that to me? Here I am trying to make things right between us and all you're doing is behaving like a trampâ€* and she will instantly know that he hasn't really changed after all.

On the other hand, if she tries to make him jealous and he simply remains calm and relaxed and maybe even teases her by saying something like, *â€œI'm glad to see you're finally letting your hair down and having some fun. You were actually quite a bore when we were together,â€* she will feel a bit shocked (in a good way) that he's now so confident and isn't getting angry and jealous like he did in the past.

She will then begin to believe that he truly has changed as a man and will start to feel some respect and attraction for him again.

Making her feel respect and attraction for you again is absolutely essential if you want to get her back for real.

When you trigger your ex's feelings of respect and attraction for the new you, her guard comes down and she starts to believe that you truly have changed and that it's possible for her to love you again.

She then opens her heart to you and opens up to hugging, kissing and possibly even having sex to see how she feels afterwards.

On the other hand, if your actions don't match your words (i.e. you say that you've changed, but you still react in the same old ways that were turning her off), she will just keep pushing you away and saying, *â€œI don't care that you're saying you've changed. It's over between us. You have to move on.â€*

Understand Her Real Reasons For Breaking Up With You, Not What You Think Her Reasons Are

[image: Understand her real reasons for wanting to break up with you]

Before you try to show your ex that you truly have changed as a man, are you absolutely, 100% sure that you know what really caused her to break up with you?

For example: Sometimes a woman will break up with a guy because he doesn't make her feel feminine (i.e. she feels more dominant than him, or just feels like a neutral friend rather than a woman who looks up to him and feels girly around him).

Yet, she doesn't tell him that.

Rather than spelling things out for him, she will often say something like, *â€œYou just don't understand me and what I want. We're not a good match.â€*

What she really means is that he isn't masculine enough in how he thinks, talks, feels, behaves and takes action around her and in life.

Even though he might be a good guy and have great intentions with her, he just doesn't know how to take charge and confidently lead the way so that she can relax into feeling totally feminine around him.

For example: If she throws a tantrum, he gets flustered and argues with her, rather than being the man

and guiding her girly tantrum back into laughter, smiling and feel good emotions.

He might say things like, *“Why are you acting like this? I love you. Just tell me what you want me to do to make you happy and I’ll do it. What do you want? Just tell me! I’m trying my best!”* or *“You’re crazy. You always get angry like this. You need to go and see a psychologist.”*

However, what he doesn’t realize is that she actually needs him to not take her tantrums so seriously.

He needs to understand that a woman isn’t scary when she throws a tantrum. She’s cute, sexy, silly or funny.

He doesn’t have to feel angry, flustered or intimidated when she acts like that.

Instead, he needs to just let her rant and then guide her back to love, laughter, smiling and other feel good emotions.

That’s what a real man does and until a woman finds a real man, she will never be happy and she will always want to break up or get divorced.

Most women don’t know how to explain what a real man is and how he behaves, but they know it when they find it.

The example above of not taking her tantrums so seriously is just one of the things that a real man does.

When a woman finds a man like that, she never, ever wants to let go because it allows her to be a real feminine woman (i.e. girly, emotional, sexual, loving and caring all mixed into one), which is what women want.

So, most women won’t be able to tell you what they really want you to change.

Even if she does know how to explain it, she rarely wants to explain it because she doesn’t want to be your teacher in life about how to be a real man.

If she did that, she would end up feeling more like your mother or big sister, which would destroy her feelings of sexual attraction for you.

So, if you don’t already know the real reasons why your ex broke up with you, it’s important for you to find out before you try to show her that you’re a changed man.

You can’t just guess and hope that you understand her.

You need help.

You must discover the real reasons why she really broke up with you, which in most cases, is going to be completely different than the reasons she gave you.

Put it this way, if you don’t know the real reasons why she broke up with you, you might change all the wrong things about yourself (e.g. you might think she wants you to be more loving and attentive, but what she really wants is for you to be more assertive and not let her or others push you around, or you might think she wants you to spend less time working, but what she wants is for you to be more confident and emotionally strong).

If you have no idea how to figure out her real reasons for breaking up with you by yourself, here are some questions to ask yourself:

- Were you confident and emotionally strong around her, or were you insecure, needy and clingy?
- Did she feel feminine and girly in your presence, or did she feel more like a platonic friend, or

big sister?

- Did you have a strong life purpose outside of your relationship with her, or did you make her your sole reason for living and as a result you became jealous, over protective or controlling?
- Were you more emotionally dominant than her, or did she wear the pants in the relationship?
- Did you start out confident and then end up becoming insecure and childish?
- Was she able to continually look up to you and respect you as her man, or did she lose respect for you over time?
- Did she feel loved and appreciated, or did she feel like you were taking her for granted?

When you fully understand where you went wrong with her, you can then change the things she really wants you to change, rather than changing what you think she wants you to change.

When you then interact with her (e.g. on a phone call, or in person), she will be able to see for herself that you truly have changed as a man.

When that happens, she will automatically begins to feel respect and attraction for you again, her guard comes down and it becomes possible for her to believe that you really are different now.

You Can't Show Her Via Text That You Have Truly Changed

To show your ex that you truly have changed as a man, you have to have the courage to do it face-to-face (even if you're afraid that she might tell you to get lost).

So, you need to call her and get her on a phone call to start with (if you don't already see your ex in person on a regular basis of course).

When you get her on a phone call, make her feel respect and attraction for you at the start of the call, have a quick chat for about 10-20 seconds and then get her to meet up with you in person.

When you meet up with her in person, you can then show her that you truly have changed as a man and are no longer the guy that she dumped.

Where many guys go wrong is by hiding behind text messages because they are too afraid to face their ex and possibly be rejected by her.

Many guys say, *"She doesn't seem like she would be open to talking on the phone"* or, *"She probably doesn't want to meet up with me."*

That's not good enough.

You've got to be a man about this and get her on a phone call and get her to meet up with you in person.

When a guy doesn't understand that, he will often send his ex feeler texts to see how she will respond (e.g. *"Hey, how are you doing?"* or *"I just wanted to say hi and see how you are."*)

He is hoping that she will respond with something like, *"Hey!! How have you been? I missed you. How about we get together to catch up?"* or that she replies a few times and eventually says something like, *"So, want to catch up sometime?"*

Yet, if a woman already has a low opinion of her ex, how do you think she will feel when she just gets a feeler text message from him?

Will she be thinking, *â€œOh, how sweet. My ex is reaching out to me. That must mean that heâ€™s changed as a man. I think Iâ€™ll call him up and arrange a catch up right now,â€* or will she be feeling annoyed and thinking, *â€œWhy is he texting me? What does he want? I bet heâ€™s been sitting around missing me all this time and hasnâ€™t changed a damn thing about himself.â€*

Remember: Nothing that you put in a text can convince a woman that youâ€™ve changed and that she should forgive you and give you another chance.

Itâ€™s just a bunch of words on a little screen to her.

When a woman canâ€™t see your body language or hear the tone of your voice, she just wonâ€™t believe that youâ€™ve changed for real.

So, if you want to show your ex that you have truly changed as a man, start by being man enough to get her on a phone call and make her feel respect and attraction for the new you, rather than annoy her by sending her pointless text messages.

An Example Of What to Text When She Doesnâ€™t Answer Your Calls

If your ex currently doesnâ€™t answer your attempts to call her, here is an example of what you can text to get her to talk to you on the phone:

Call her and then wait until the next day.

If you still havenâ€™t heard back from her, text her and say, *â€œHey, Jenna. I tried to call you yesterday, but I couldnâ€™t get hold of you. I know that youâ€™re really busy so I wonâ€™t take up a lot of your time, but thereâ€™s just something quick I want to ask you over the phone. Iâ€™ll call you again some other time so I can ask you this question.â€*

Most of the time a woman will be curious about what you want to ask her and she may then text back and ask, *â€œWhat do you want to ask me?â€*

Donâ€™t text her back though.

Just pick up the phone and call her right away.

She will want to know what the question is, so she will answer her phone.

Once you have her on the phone, donâ€™t waste time making pointless, polite conversation, or she might get annoyed and assume you tricked her into answering your call.

Instead focus on making her laugh and smile and getting her to the point where she is feeling good talking to you and wondering, *â€œWhat is going on here? How did my ex get me to relax like this? Could he really have changed?â€*

When you make her laugh, she drops her guard and becomes more open to seeing you as you are now, rather than how she remembers you from the past.

Once you break through her walls, get her to meet up with you in person so that she can really see for herself that you truly have changed as a man.

Just ask her (this is the question you wanted to ask), *â€œHey, so how about we catch up for a quick coffee to say hello. Iâ€™m going to be busy on Monday and Wednesday, but I have Tuesday or Thursday free at (whatever time would suit you and her the best). Which of those days would be better for*

you?"

She will then choose a day and you can then agree to meet up at a certain time.

Of course, your ex might be resistant to meeting with you at first.

So, if she initially says no to catching up, you can say something like, *"Hey, it's just 10 minutes for a cup of coffee. We can do that. We can have coffee and be civil with each other. Surely we don't hate each other that much that we can't catch up for 10 minutes and say hello."*

Most women don't want to come across as being unreasonable when you're being so mature and will say something like, *"Okay, just this once,"* or *"Okay, as long as you promise to leave me alone after that. I'm not promising that we are getting back together just because I am saying yes to a coffee."*

Then just go ahead and arrange a good time for you both to meet up.

Be the Man and Get Her Back

[image: Meeting up with an ex for coffee]

At the meet up you need to be bold enough not to let her intimidate you with her cold and distant attitude (most women put on that act at the meet up).

As the man, it's up to you to take the lead and not let your ex try to dominate you with her confident personality or confuse you with her distance and coldness.

For example: She might say something like, *"Hurry up. Let's just get this over with and then I never have to see you again."*

Rather than let her get to you, just use her hostility or aloofness as a way of sparking her feelings of respect and attraction and showing her that you truly are a confident, emotionally strong, masculine man now.

[image: Be the man and get her back]

When she realizes that you remain confident and easy going no matter how mean she is towards you, her walls begin to crumble and she finally starts believing that you truly are a changed man now.

She realizes that you are now a man that she can look up to, respect and feel attracted to.

Best of all, she realizes that it feels good to be around you now.

She likes who you have become so quickly.

It turns her on.

She starts to reconnect with the loving feelings that she used to have for you and you and her naturally begin to get back together right then and there.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

How to Take Things Slow With an Ex to Get Her Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The 5 steps to follow when you're taking things slow with an ex to get her back are!

1. Reactivate Her Feelings

Your ex has most likely been trying hard to fully disconnect herself from any feelings she once had for you.

When she does that, it makes it easier for her to move on and open herself up to falling in love with another man.

Of course, that's not what you want!

You want to get her back and the fastest way to do that is to actively re-sparking her feelings of respect and attraction for you.

In other words, switch her feelings back on and get her start reconnecting with the love, respect and attraction she used to feel for you.

If you do that, she will naturally open herself up to getting back with you.

Yet, if you just sit and wait in the background and hope that she somehow reactivates her feelings all by herself, you will most likely be disappointed.

These days, most women are experienced enough with relationships to know that the pain after a break up will go away soon enough.

So, they don't usually come running back to a man that they've dumped, unless he first makes her reconnect with her feelings for him, so she actually wants to be with him again.

Yet, sometimes a guy might say to himself, *"I really just want to take things slow with my ex to get her back. I don't want to be pushy and cause her to panic and close herself off to me. I think I'm going to just give her some space to cool off and then, when I get in touch with her, she will feel happy to hear from me, because she will have had time to get over her negative feelings about me and the break up."*

Then, because he wants to take things slow, he cuts off all communication with her for 30, or sometimes even 60 days (or more).

As I explain in this video, taking things that slow is a huge mistake in most cases!

When a woman doesn't have feelings for her ex, not hearing from him for a few weeks, or even months, isn't going to matter that much to her.

Rather than make her think, *"Oh wow! how considerate of my ex to take things slow and give me some space to feel better about what happened between us. What a nice man! Just for that, I'm going to reward him by getting back together again,"* she will likely be thinking, *"I'm so glad my ex is leaving me alone. Now I can move on with my life without having to deal with him trying to get me to forgive him and give him another chance."*

Remember: It's totally fine to take things slow and give her some space, but anything longer than a week usually causes problems, such as:

- She moves on.
- She stops feeling bad about the break up and realizes that she's actually fine without you.
- She starts to believe that you don't care about her anymore, because you're not even trying to get her back.
- She gets annoyed at how slow you are taking things and tries to hurt you (and hopefully get you to make the reconciliation between you and her happen quicker) by hooking up with another guy.
- She starts going out more, meets new guys, feels attracted to them and likes it.

So, don't make the mistake of leaving it up to her to contact you when she feels like it.

She might say to you that she wants to take things slow, but you always have to remember that women usually SAY one thing and WANT a completely different thing altogether.

Watch this video to see what I mean!

If your ex is saying that she wants to take things slow, it is highly likely that she is the sort of woman who hates it when guys follow her instructions.

She wants a man to simply laugh at her suggestion and confidently guide her through the ex back process until they are in a relationship once again.

Remember: You are the man and it's up to you to take the lead and not wait around for your ex to give you the green light that it's okay to contact her and get back together again.

Don't waste a lot of time not interacting with her and hope that she will come running back to you because you're being a good boy and giving her space like she asked.

If you want to take things slow with your ex, that's perfectly fine, but you must ensure that in every interaction you have with her, you make her feel a spark of respect and attraction for you.

Reactivate her feelings and she won't want to take things slow anymore.

Once you've done that!

2. Agree to See Each Other Whenever You and Her Feel Like it

[image: Agree to see each other whenever you feel like it]

A woman might not be open to meeting up with you right away and she may be saying things like, *"I don't know if we should see each other again,"* or *"I just don't want to rush things. I don't know if I'm ready to see you again."*

That's normal.

A woman rarely wants to make it easy for a guy to get her back, even if she still has feelings for him. Why?

Most women don't want to come across as being too desperate to meet up with their ex, so she will likely just play a little bit hard to get.

If your ex isn't being very open and eager about meeting up with you, don't worry about it.

Just be assertive (in a friendly, easy-going way - not an angry, sulking way) and get an in-person meet up with her.

When you meet up with her in person that is when she will have the best chance to experience the

new you and feel attracted to you.

Watch thisâ€¦

So, make sure that you don't settle for just being her texting buddy or waiting around for her to hopefully call you one day and say, "I'm ready now. Let's get back together!"

Thatâ€¦s not how the ex back process works.

The ex back process for men who want to get a woman back requires that you take action and lead the way.

If you do that correctly, a woman will naturally follow along and before she knows it, she will be kissing you, having sex with you and telling you that she loves you again.

So, get the meet up no matter what.

For example: If your ex says something like, *â€œI don't know if it's a good idea to see each other,â€* you can say to her, *â€œIt's okay. We don't need to rush things. We can be friends. There's no pressure about getting back together again. We can just catch up and see each other when we feel like it and see what happens. It will be fun chatting to each other based on the people we have become since the break up, rather than focusing on past mistakes. We can meet up for a cup of coffee without it being a big deal. That's what friends do.â€*

She will most-likely relax a little bit after that and she may say, *â€œOkay. I guess we can do that,â€* and you can then arrange to meet up with her right away.

If she doesn't, you just need to say something like, *â€œIf you don't want to talk to me ever again after we catch up this time, I will accept that. So, let's just catch up this once and see how we feel.â€*

She will almost certainly say yes to that because if she doesn't want to see you again, she will see a way to make that happen.

Of course, when you re-attract her in person, she will want to see you again, so don't worry.

When you meet up with her, focus on making her laugh and smile and feel happy to be around you again.

The happier she feels when she interacts with you in person, the more she starts to believe that youâ€¦re not going to suddenly revert back to being the same guy that she broke up with.

It then becomes difficult for her to say no to the idea of getting back together again because sheâ€¦s feeling good around you now.

3. Don't Go Without Seeing Her For More Than 5 Days

Sometimes a guy will think to himself, *â€œMy ex and I agreed to take things slow and only see each other when we both feel like it. I don't want to be pushy and scare her off, so I'm going to let her make the next move.â€*

He might then wait for weeks (and sometimes even months) to hear from his ex again after meeting up with her.

Yet, thatâ€¦s not how the ex back process works.

If a woman is feeling nervous or unsure about getting back together again with her ex, the longer she doesn't see him, the more time she has to talk herself out of the usefulness of staying in contact

with him at all.

She might then just focus all her efforts on getting over him and moving on by flirting with or having sex with another guy.

So, no matter how slow you and your ex have decided to take things, make sure that you don't go for longer than 5 days without seeing each other.

Remember: The best approach is to be active and get her back by making her have feelings for you again.

You can't make her have feelings for you again if you're not in front of her letting her experience the new you.

5 days of space is enough time to make her miss you and look forward to seeing you again without feeling pressured, but usually not enough time to give her the option to meet someone else and move on.

After 5 days, just call her up again, make her smile and laugh some more and arrange the next meet up.

This time when you meet up with her, focus on taking things up a level.

For example: When you see her you might say, *â€œHey, you're looking pretty today. Come here and give me a hug you sexy thing,â€* then hug her and pull away after a couple of seconds.

Then, spend the rest of the interaction with her building up the sexual tension between you and her so that she gets to the point where she's thinking, *â€œWhere is this going? I'm feeling so excited again. Why am I feeling this way? Is it a sign that we are meant to get back together? I should follow my heart. My heart is telling me that we should try again.â€*

If she's open to it, you and her can then escalate to kissing and sex that day or night.

However, if she's still a bit nervous, just continue taking things slow with her while rebuilding her feelings of respect, sexual attraction and love for you.

4. Make Sure That the Sex is Better Than it Used to Be

One of the reasons why a relationship sometimes fizzles out is because the spark dies out.

The sex becomes routine and monotonous (e.g. once a week in the missionary position, on Friday nights after dinner and movies) and a woman becomes bored.

Some women will happily put up with that if the rest of the relationship is awesome, but if the relationship also makes her feel bored, uncomfortable or annoyed, then the lack of sexual excitement is going to become more of an issue for her.

So, when you and your ex hook up again sexually, it's important that the sex is better than it was before.

For example: Some mistakes to avoid making are:

- Asking her if it's okay to touch her or kiss her: Most women feel turned off by this because the guy comes across as being insecure. A woman wants to know that the man she's with is confident enough to take the lead and lead them both to touching, kissing and sex without her having to guide him.

- Becoming nervous if she seems to be a little bit resistant or not enjoying herself: If you can't relax, neither can she. It's up to you to do that (e.g. by reassuring her a couple of times in between kisses that you find her sexy and attractive, by touching her on places that you know will turn her on).
- Being afraid to try something new: If you are just sticking to what you've always done, it won't be an interesting, exciting new experience and she will likely feel as though she made the right decision by breaking up with him.

You don't have to be super amazing when you have sex with her again for the first time, but make sure that you are different in how you move, touch her, behave and look at her.

She will notice and she will love it.

5. Give Her an Improved Attraction Experience

When a woman breaks up with a guy, she generally has a good reason for doing it.

Usually, it's because somewhere along the line, the guy stopped giving her the attraction experience that she really wants (e.g. he became an insecure boyfriend or husband, whereas she feels attracted to confidence), which caused her feelings for him to fade.

If you want to convince your ex to give you another chance, one of the most important steps you have to take, is to improve on the flaws that she really broke up with you for, so that when you interact with her, you can then make her feel attracted in the ways she always wanted.

Where a guy might sometimes make a mistake is by focusing all of his attention on getting his ex back and forgetting to make the adjustments to his thinking, behavior and attitude in ways that will actually impress her and attract her back.

He might then keep offering her things that she doesn't really want (e.g. to take care of her better, handle her expenses, improve his appearance to become physically more attractive to her), when what she really wants is for him to be more confident, not put up with her bad behavior and put her back in her place in a dominant, but loving way.

Of course, she's not going to tell him that because he might take it the wrong way and be aggressive rather than dominant, but loving, so she just lets him make the mistake and continues to feel turned off by him.

To get your ex back, you need to know what was really turning her off and then make the necessary adjustments to your way of thinking and behavior so that when you interact with her, you will be giving her the attraction experience that she actually wants.

For example: Some of the things that destroy a woman's attraction experience are when a man

- Lacks purpose and direction in his life so he makes her the center of his world.
- Stops being the man around her and lets her dominate him with her confident personality.
- Lacks confidence and emotional strength and go through life doubting himself and feeling negative and insecure.
- Wants different things in life to her (e.g. he wants to party and have a good time, while she wants to settle down and buy a house or start a family).

- Is jealous and controlling.
- Treats her like a friend or a big sister rather than making her feel feminine and girly when she's with him.
- Takes her for granted.
- Is emotionally immature and expects her to mother him.

Do any of those apply to you?

When you understand where you went wrong in your relationship with your ex, you can then show her (by the way you talk, think, behave and interact with her now) that you've learned from the experience and have become a better man as a result.

Then, when you interact with her and she sees for herself that you're no longer the same guy that she broke up with, her feelings start to change.

She starts to respect you again for having the balls to man up and admit your mistakes, rather than try to disguise them or get her to forget about them as though they never happened.

When she can respect you, she will feel attracted to you and when she is attracted to you, she opens herself up to getting back together again.

6. Keep Busy By Making Progress On Important Goals or Ambitions That You Have in Life Other Than Being With Her

Just because you might have decided to take things slow with your ex, it doesn't mean you need to put the rest of your life on hold.

In fact, one of the things that will speed up the ex back process is that if she sees you having a great life without her.

Where a guy might go wrong (and end up losing his woman as a result), is that he thinks making a woman the center of his world is what she actually wants.

For example: He might give up his interests or hobbies, stop catching up with his friends and possibly even give up on his goals and dreams in life just to completely focus on her.

He might try to justify his actions by thinking, *"She's more important to me than anything else in life. I don't need other things to be happy. I have her now. The love that her and I share is more important than career, friends or family. I just want her. She is what matters to me."*

However, a woman doesn't want to be a man's main focus in life and be responsible for his mental and emotional well being.

She wants him to love her, look after her and appreciate her, but if he allows himself to become emotionally dependent on her, she will feel smothered and then begin to lose respect for him as a man.

So don't make the mistake of making your whole purpose and reason for living about getting her back.

Instead, focus on getting to the point where you have a strong life purpose, goals, interests and friendships that are separate from your relationship with her.

Quickly get yourself to the point where you are happy with or without her.

When she sees that you don't need her to be happy and fulfilled, you suddenly become the kind of man that she can look up to, respect and feel attracted to.

She then becomes anxious about losing you and instead of wanting you to take things slow, she wants you to hurry up and get her back.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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How to Seduce Your Ex Back Into a Relationship

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you want to seduce your ex back into a relationship with you, here are the 5 steps you should follow:

1. Trigger her feelings of sexual attraction for you when you interact with her
2. Get her to meet up with you in person
3. Build up the sexual tension between you and her
4. Release the sexual tension with at least a hug, but preferably also a kiss
5. Get her to see that it would be fun to catch up again, even if it's the last time before you and her say goodbye

Okay, let's begin with step 1:

1. Trigger Her Feelings of Sexual Attraction For You When You Interact With Her

[image: Trigger her feelings of sexual attraction every time you interact with her]

One of the main reasons why a woman breaks up with a guy is that, over time, she loses touch with her feelings of respect and attraction for him.

She just doesn't feel that spark with him anymore, so she starts to become bored and begins thinking about leaving him to find a new man.

So, if you want to seduce your ex back into a relationship, the first thing you need to do is re-spark those feelings inside of her.

A really great way of doing that is by getting her to smile, laugh and feel happy every time she interacts with you.

When she is smiling and laughing while interacting with you, it makes it difficult to hold onto any negative feelings about you.

She relaxes her guard and naturally becomes more open to interacting with you again, which in turn gives you more opportunities to trigger her feelings of sexual attraction for you.

Whether youâre texting her, calling her on the phone or seeing her in person, itâs up to you to use every interaction to break down your exâs walls and get her thinking, *âHmmmâ! Iâm actually having fun talking to my ex again. It feels good to be interacting with him again.*

The more fun she has while interacting with you, the more likely it is that she will want to do it again and again.

From there, you just need to keep saying and doing the types of things that women find attractive in men (e.g. be confident and charismatic, make her feel girly and feminine in contrast to your masculine vibe) and she will slowly open herself up to the idea of being seduced back into a relationship with you.

However, if you don't trigger her feelings of sexual attraction for you first, she's going to continue saying things like, *I'm just not interested*, or *I really don't have feelings for you anymore*, or *We're just not right for each other. Please just move on and leave me alone. We had our chance and it didn't work.*

So, make sure that you focus on making her feel sexually attracted to you before you even attempt to get another chance with her.

Note: Where some guys go wrong is thinking that looking better will trigger a woman's feelings of sexual attraction and seduce her back into a relationship with him.

For example: If a guy remembers his ex saying something like, *Guys with big muscles are so hot!* or *I think guys who wear suits are sexy*, he might then think, *If I want to be successful in seducing my ex back into a relationship, I need to be the kind of guy she finds attractive. That means I'm going to have to go to the gym to build up my muscles and get myself some suits, even though I'm more of a jeans and t-shirt kind of guy. I'm going to do whatever it takes to turn her on. If she wants muscles and suits, I will give her that!*

Yet, a woman who has broken up with a guy isn't necessarily going to run back to him because he's wearing a nice suit, or packed on some extra muscle.

Sure, a woman might see the physical changes in her ex and say something like, *Oh, wow! you've really changed. You look good*, but that doesn't mean she's suddenly going to change her mind and want to be with him because of that superficial change he has made.

If a guy doesn't change in the ways that are important to her (e.g. he was clingy and insecure in the relationship, but has now become more confident and emotionally mature, or he was too self-absorbed and took her for granted and has now becomes more attentive and caring), she's not going to feel sexually attracted to him based solely on his physical appearance.

All she has to do is interact with him and if he reacts in the same ways he used to (e.g. clingy, insecure, secretly self-absorbed), she's going to realize that nothing fundamental has really changed about him.

She will realize that his changes are merely superficial, so his muscles and suits will then have no effect on her.

She will just look at him as the same guy that she broke up with and say something like, *You really look great, but it's too late for us to try again. It's over.*

2. Get Her to Meet Up With You in Person

[image: Get her to meet up with you in person]

Initially texting your ex to open the lines of communication is perfectly fine, but using text is not the best way to seduce her back into a relationship with you.

To seduce your ex back into a relationship for real, you have to meet up with her in person and let her experience the new you.

When she is face-to-face with you and you are sparking her feelings of sexual attraction and respect via your body language, the way you're talking to her and the way you're interacting with

her, she won't be able to resist feeling seduced.

On the other hand, if all the interactions between you and her are via text and maybe some over the phone, she will never get to experience the full force of your new and improved personality and confidence.

A lot of guys make the mistake of thinking that because a woman is being nice and friendly via text, she's being seduced and it's working.

If a guy is insecure, he might say to himself, *"At least by texting her we are staying in touch. She's not ignoring me or telling me to get lost, so it must be working. Maybe if I just keep texting her regularly, she will start to want me again."*

Yet, that's not how it works. Why?

Mainly because she's just getting texts from you.

She's not really interacting with the real you.

It's just words on a screen to her.

Watch this video of me as I help you understand how to get your ex back.

Can you see the difference in actually learning from me when I speak on video, compared to only reading the words that I've typed for you here?

This is why you shouldn't hide behind text when getting an ex back.

Any guy can hide behind texts by typing a bunch of words and acting more confident and emotionally strong than he actually is.

Women know that.

When a woman is getting texts from her ex, she has no way of being able to see if the confident, cool persona he is presenting to her is actually real or not.

So, no matter how open she is to getting back together with you, it's highly unlikely that it will totally happen via text.

If you want to seduce your ex back into a relationship for real, make sure that you get her on a phone call to spark some of her feelings for you and then get her to meet up with you in person.

In person, she will be able to see for herself that everything she experienced over the phone and via text (e.g. your confidence, charisma, emotional strength) is actually for real.

She then won't be able to stop herself from feeling respect and attraction for the new and improved you.

From there, you need to

3. Build Up the Sexual Tension Between You and Her

If you want to seduce your ex back into a relationship with you, creating sexual tension between you and her is an absolute must.

How do you build sexual tension?

By flirting with her and making her laugh and smile during interactions, while also not trying to convince her to get back into a relationship with you.

Flirting makes a woman feel attracted to you and the fact that you're not desperately trying to

convince her to get back with you creates a build of desire from her side.

She starts to wonder, *“Why am I feeling so drawn to him all of a sudden? Why am I missing him? Why am I feeling this way?”*

That’s what you want.

Unfortunately, a lot of guys make the mistake of thinking that flirting with an ex is wrong.

For example: A guy might say, *“What if I try to flirt with her and she gets angry with me and leaves? If that happens, then I stand the risk of wasting my only chance with her. So, it would probably be better to act like just a friend and then see where things go from there.”*

Then, when he meets up with her, rather than using humor to help her relax and open up, he remains serious and on his best behavior because he thinks that is what she wants.

Yet, seriousness is not attractive to an ex woman because it keeps things distant between you and her.

If she feels awkward, uptight and distant around you, she will naturally focus on all the negative things about you and the relationship.

Yet, when she is laughing, smiling and feeling attracted, she loosens up and starts focusing on the things that she likes about you and the good times that you and her once shared.

So, don’t be serious. Just flirt and make her feel attracted to you again.

She doesn’t want to see you being serious and acting like you need to be on your best behavior to impress her.

She wants you to re-attract her.

For example: If a guy is being very serious at the meet up, she might then take it the wrong way and assume that he is feeling nervous and insecure around her.

She will likely think to herself, *“I see that nothing much has changed with my ex since we broke up. He’s still insecure and is still needs me to love him so he can feel good about himself again. This meet up is really turning into a waste of time. He still doesn’t understand how to be a real man. I should just go.”*

Of course, there is a place and time to be serious in a relationship, but when a guy is trying to seduce his ex back into a relationship, he needs to first get her to relax and feel comfortable around him, so she can drop her guard.

So, don’t be afraid to flirt with your ex and make her laugh when you meet up with her.

You can’t seduce her by being her nice, very serious or platonic friend.

You have to actively make her feel sexually attracted to you and flirting, laughing and smiling is the perfect way to build up the sexual tension between you and her.

When you do that, she starts to feel good and becomes more open to the idea of getting back together again.

4. Release the Sexual Tension With at Least a Hug, But Preferably Also a Kiss

[image: Release the built up tension with a kiss]

If you've been triggering your ex's feelings of sexual attraction during your meet up with her (i.e. using flirting and humor to create sexual tension, being emotionally stronger, making her feel girly and feminine), your ex will be giving you signs that she's feeling open to you.

For example: She might be

- Playing with her hair or necklace.
- Licking her lips.
- Touching you on the arm or leg during conversation.
- Biting her lip while looking at you in the eye.
- Reaching out to touch your hand.

Whatever the case, it's up to you to take the lead and release the sexual tension that has been building up between you, by giving her a hug and possibly even a kiss.

For example: You might say, in an easy-going way, *"It's really great to see that we're not like those ex's who can't talk to each other. We're pretty cool ex's, don't you think? We should hug on that. Come over here and give me a hug."*

She might be a little resistant at first, and may say, *"No, we shouldn't do that,"* but just remain relaxed and say, *"It's just a hug. We're friends now. We can do that. Besides, we're cool ex's. We're not like other people who can't even be normal around each other after breaking up. Come here, bring it in for a hug."*

She will then come closer to you for a hug.

Just pull her close and say something like, *"Mmmm, you smell pretty good for an ex. I like it,"* and then lean in and give her a quick kiss on the lips.

Depending on how she responds, you can either deepen the kiss, or move back and continue building the tension between you and her and try again later if it looks like she's keen.

If she says no to a kiss, just say, *"Hey, it's a goodbye kiss. We can do that"* and she will almost certainly go for it.

If she doesn't, it means that she is either testing your confidence to see if you crumble and become nervous, or you haven't built up enough sexual tension first and she's just not feeling it yet.

5. Get Her to See That it Would Be Fun to Catch Up Again, Even if it's the Last Time Before You and Her Say Goodbye

[image: Get her to see that catching up with you again would be fun]

After you hug and kiss, don't make the mistake of getting too serious and getting into deep discussions about the relationship.

After all the work you've done to get her to relax and open up to you at this point, you don't want to cause her to reconnect with the negative feelings she may still be feeling about her break up with you.

So, just keep things light and relaxed between you and her and simply ask, *"How about we do this again next week?"*

She might respond by saying something like, *â€œIâ€™m not sure thatâ€™s a good idea,â€* or *â€œI donâ€™t know. I need some time to think about it.â€*

Regardless of what she says, donâ€™t get upset or start thinking, *â€œOh no! This isnâ€™t working! I thought she was interested in getting back and now she doesnâ€™t even want to see me again! Ahhh!! What should I do?!!â€*

In most cases, when a woman is reluctant to meet up with you again, it usually has nothing to do with whether she wants to get back together again.

What does it mean?

She simply doesnâ€™t want to make it too easy for you to get her back.

She wants to make sure that youâ€™ve really changed (e.g. youâ€™re not going to start feeling insecure, get upset with her and start begging and pleading after she says an initial no to meeting up again) and that youâ€™re man enough to guide her through the ex back process until you and her are fully back in a relationship again.

So, if sheâ€™s playing a little bit hard to get, simply say, *â€œHey, we had a good time today didnâ€™t we? So, why not do it again? If you feel that youâ€™ve had enough of me after that, we can say goodbye there and then and you never have to see me again. How about it? Letâ€™s catch up in a few days.â€*

She will probably give in and say something along the lines of, *â€œOkay. I can live with that.â€*

Then, just go ahead and make plans with her to hook up when itâ€™s suitable for both of you.

Just remember: The point of hooking up with her again, is to continue building on her feelings of sexual attraction and seducing her back into a relationship with you.

By the wayâ€¦

If possible, try to get to sex after the first meet up.

Sex speeds up the process of reconciling the relationship.

It doesnâ€™t fix everything, but itâ€™s one part of the ex back process that you need to make sure you include along the way, rather than acting like just a friend.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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3 Reasons Why a Woman Will Say No to Dating Her Ex Again

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your ex is currently saying things like, *“I don’t want to start dating you again. It’s over between us,”* you may be thinking, *“Why is she being so stubborn? Why won’t she at least try to work things out with me? I know for sure that I will be a better boyfriend (husband) this time around if she would only give me a chance.”*

So, why is she currently saying no to dating you again?

Here are the 3 most common reasons why a woman will say that to her ex!

1. She Doesn’t Want to Call it *“Dating”* Because That Makes it Sound Like She’s Going to Commit to a Relationship

So, rather than referring to it as a *“date”* or asking her to consider *“dating”* you again, just refer to it as *“meeting up”* or *“catching up.”*

That takes the pressure off her and she can then relax and see what happens when you do meet up in person.

If you will make that simple change to your wording, you will see an immediate shift in how she reacts to your suggestions.

Why?

In approximately 90% of the ex back cases that I’ve worked on over the years, when a guy interacts with his ex woman and sparks some of her feelings again, she immediately or very quickly becomes open to meeting up with him in person and seeing how she feels.

Yet, she doesn’t want him to refer to it as a *“date”* because that makes it feel as though it’s a date and then a relationship.

She first wants to see if he has truly changed and improved the things that caused her to break up with him in the first place (e.g. he wasn’t being enough of a man for her, he had become insecure), or if he’s just been putting on an act to get her back and will soon go back to being the same guy that was turning her off before.

For example: A guy might be clingy and overly protective in a relationship with a woman, so after she breaks up with him, to get her back he might try to be more easy-going and relaxed around her.

[image: Clingy, jealous, insecure boyfriend]

Yet, once she agrees to dating him again, he may then slowly start falling back into his old ways (e.g. getting upset if she tries to do things independently of him, insisting on knowing her every move, looking over her shoulder when she is using her phone, asking about her male coworkers, asking what her girlfriends have been saying about him).

For these reasons, a woman will usually say *“No”* to dating her ex again until she feels confident that he has truly changed the things about himself that turned her off and isn’t just pretending to get her back.

So, in cases like that, a guy just needs to keep showing his ex (via his actions, behavior,

communication style and the way he responds to what she says and does now), that he really has changed.

He needs to do that regardless of whether she is being open and friendly to him or not.

Why?

Many women will act cold or become closed off after a break up, because they don't want to make it easy for their ex (especially an insecure ex) to feel confident as he gets her back.

She wants to see that he is confident with or without her help and reassurance of her feelings.

2. She Currently Doesn't Feel Enough Respect and Attraction For Him

Generally speaking, most women don't just give up on a relationship with a guy for no reason at all.

For a woman to break up with a guy, she will have usually reached a point where she is thinking things like, *"I don't know why I'm with him anymore. I used to enjoy being around him and he used to make me feel good. I used to love it when he touched me and kissed me, but now I don't feel attracted to him anymore. I don't feel like I'm being my real self when I'm around him either because I seem to always be in a bad mood. I want to smile and feel happy with my man, rather than feel like I need to get away from him to breathe and feel normal again."*

In most cases, when a woman reaches a point where she's thinking like that, she may hint about what's bothering her in an attempt to get the guy to change his behavior.

If he doesn't notice or doesn't care to change for her and continues behaving in ways that turn her off, she will gradually lose respect for him.

Without respect, it then becomes very difficult for her to feel sexually attracted to him and without respect and attraction, she will then start to disconnect from her feelings of love and will usually just break up with him if she gets a sense that he just won't change.

So, when a guy comes back after a break up and says something like, *"Please give me another chance! Let's just try and work things out. Why don't we just start dating again and see where things go? I'm okay with taking it slow if you want"* it usually doesn't work.

Most women will think something like, *"Huh? Why would I want to date you again? Based on your recent actions, I don't believe anything about you has truly changed. So, I think I'd prefer to remain broken up rather than get back into the same rut that we were in before."*

She knows that he will be on his best behavior if she says yes to dating him and will likely buy her gifts, take her out to fancy dinners and try to romance her.

Yet, all of that is not him. It's just stuff and things outside of him.

A woman needs to be in a relationship with you, not the things you give her.

She has to be able to feel sexually attracted to you, not what you do for her out of the kindness of your heart.

So, what should you do instead?

Start making her feel attracted to the new you!

A woman will usually say no to dating her ex again, unless he makes a sudden, dramatic change in how he communicates and interacts with her and re-sparks her feelings of respect and attraction for him.

Without re-sparking her feelings first, sheâs just going to keep behaving coldly towards him and saying, *âNo. Iâm not interested in dating you again.â*

Yet, when he makes some adjustment and improvements to his behavior and the way he interacts with her (e.g. heâs more confident and emotionally mature vs. being insecure and needy, heâs more relaxed and can handle her distant attitude vs. getting upset, being emotionally sensitive and taking things too seriously) she will naturally begin to change her opinion about him.

She may start thinking, *âHe is definitely behaving differently now, compared to how he behaved before we broke up. Heâs being so much more mature and emotionally strong now. I could possibly say yes to dating him again if he behaved like this from now on.â*

When she starts to think like that, she drops her guard and becomes open to meeting up or catching up with you to see what happens.

On the other hand, if a guy tries to get his ex back without first re-sparking her feelings for him (i.e. by showing her that heâs now a different man to the one she broke up with) and instead continues to interact with her in ways that turn her off, then sheâs just going to say things like, *âNoâ! Iâm just not interested. Please leave me alone.â*

So, if you want to turn your exâs no into a yes, make sure that you re-spark her feelings of respect and attraction for you first.

Another reason why your ex might say no to dating her ex is thatâ!

3. The Relationship Problems Haven't Been Fixed and She Doesn't Believe He Can Fix Them

In most cases, a relationship doesnât just break up at the first sign of trouble.

When a woman is feeling unhappy in her relationship with a guy, she will usually try different ways to let him know about it (e.g. becoming distant, throwing tantrums, nagging, complaining), in the hopes that he will then take action and fix the problems.

For example: If a woman feels that her guy is whining about his life like a victim (e.g. He might say something like, *âMy boss is always making me work late and he never appreciates what I do!â* or *âIâll never be able to get a good job because I didnât go to universityâ*) she might then start pushing him to make some changes and saying things like, *âWell, why donât you stand up for yourself with your boss? Why do you let him push you around like that?â* or *âIf you want a better job, why donât you do something about it?â*

When that happens, some guys will think, *âYeah, she has a point there,â* and then immediately begin to take action and fix his problems.

The woman then notices that he is taking action to become a better man and her love for him grows even deeper.

That's how a relationship gets stronger over time. The couple is always making progress and it never gets stale.

Yet, in most cases, rather than listen to what as she is trying to tell him, the guy will continue whining even more and he might say something like, *â€œLookâ€ you donâ€™t understand. If I stand up to my boss he will fire me,â€* or *â€œI just donâ€™t have the money to go to university. Canâ€™t you see that? I can't do anything about my situationâ€* and he continues behaving in the same old ways until his woman loses all respect and attraction for him and breaks up with him.

He might then start pleading with her and saying, *â€œPlease give me another chance. I promise you things will be different now,â€* but by that stage the woman doesnâ€™t believe that he can change.

Itâ€™s also likely that he doesnâ€™t even know what she really wants him to change and heâ€™s hoping that she will tell him.

It would be nice if women did that for men, but that's not the role that women want to take on in the life of men.

When in a relationship, a woman does not want to have to take on the role of teacher for her guy and explain to him how to be the real man that she (and every other women) wants and needs.

She wants him to figure things out by himself and then take action like a real man by making the necessary changes to his thinking and behavior.

When he does, she can then look up to him and respect him as her man again.

If he then asks her to get back together again, she will be open to the idea because she can see that heâ€™s at a different level now.

However, if she gets a sense that he hasnâ€™t changed, doesnâ€™t even know how to change and is still the same guy that she broke up with, sheâ€™s just going to be saying, *â€œNo, I donâ€™t want to do that.â€*

So, the first step to getting your exâ€™s respect and attraction back is to fully understand the real reasons why she broke up with you.

In that way, the next time you interact with her (e.g. on a phone call, or in person) you will be able to show her by the way you talk to her (not by telling her) and interact with her, that you truly understand where you went wrong in the relationship and are no longer the same guy that she broke up with.

When she can see for herself that youâ€™re no longer avoiding making changes to yourself and are now a completely different man from the one she remembers, she wonâ€™t be able to hold on to her negative opinion about you for long.

She might initially feel skeptical and may say to herself, *â€œI wonder if heâ€™s really changed or if heâ€™s just putting on a act to try and get me back? Is it possible that he is different now?â€*

Yet, when she interacts with you and sees that no matter what she says or does, you no longer behave, talk or react in the ways she expects you to.

For example:

- She expects you to whine and complain like you used to, but youâ€™re now positive, focused and driven in life.
- She expects you to be nervous and insecure around her, but youâ€™re confident, relaxed and emotionally strong now.
- She expects you to give up and walk away with your tail between your legs when sheâ€™s being cold and distant towards you, but you laugh at her attempts to push you away now.

All of that makes her drop her guard and feel more open and even happy to be interacting with you again.

She starts to feel that you've actually made the effort to see things from her point of view and she begins to feel respect and attraction for you again.

On the other hand, if you try to get her back without fixing the relationship problems first, then she will usually just continue saying no to dating you again.

Don't Try to Get Her to Commit to Getting Back Together Before You Re-Spark Her Feelings For You

It's perfectly fine for a guy to want his ex woman back after a break up.

In fact, I had to make a video on that very topic (see above) because many people say things like, *"Ah, who cares about an ex? Just forget about her and find another woman."*

Obviously those people haven't ever lost someone they really loved and known that they could do so much better in the relationship if they just got another chance.

So, just know that it's totally fine for a man to want his woman back.

Yet, here's the thing...

Just because he is thinking, *"Okay, I get it now. I stuffed up, I have learned my lesson and I'm ready to be a better man for her. I want to give the relationship another shot by starting off just dating again like we did in the beginning,"* it doesn't necessarily mean that a woman feels the same way.

Trying to get your ex to commit to dating or starting again from the beginning, just because you want her to, is usually the fastest way to scare her off.

It's just too much too soon for some women, especially when the guy hasn't really done anything to recreate the spark of sexual attraction between him and her.

He is attracted to her, but she's just not feeling it yet.

So, if he starts saying things like, *"I think we should go out again. We can start at the beginning and work things out. It will be like the first time. We can go on a date and see how we feel,"* she starts to feel that he's coming on too strong.

She feels nervous about saying *"Yes"* because she's afraid that by agreeing to a date, she would be committing to more than just catching up and seeing how she feels.

According to Wikipedia, dating is defined as: *"A stage of romantic and/or sexual relationships in humans whereby two or more people meet socially, possibly as friends or with the aim of each assessing the other's suitability as a partner in a more committed intimate relationship or marriage."*

A woman doesn't want to feel like she's being forced back into a relationship with her ex again, especially when he hasn't made her feel sexually attracted to him first.

So, if you are serious about getting your ex back, don't try to get her to commit to anything right away.

Instead, focus on interacting with her over the phone and mostly in person and making her feel surges

of respect and sexual attraction for you based on how you talk to her and interact with her.

What to Do: Call Her, Get Her Laughing and Feeling Good and Then Suggest a Catch Up, Not a Date

[image: Talking to your ex on the phone]

Before you even get to the discussion having a relationship again, you have to first make her feel attracted by calling her (or talking to her in person), getting her laughing and then suggesting a time to catch up.

When you catch up with her, you need to focus on rebuilding her feelings of respect and attraction for you.

Don't try to talk her into having a relationship with you until you have had sex again. After sex, she will naturally be more open to having a relationship with you again.

So, don't ask her to date you or think about having a relationship again.

You first need to focus on making her feel attracted and feel good around you and a great way to do that is with humor.

When you make a woman laugh and smile, she can't continue to feel nervous or defensive around you for very long.

Even if she tries to act cold or distant towards you initially, eventually she will find herself feeling good and her walls will start to come down.

So, if you want to get your ex back, the best approach is to avoid getting too serious about a relationship too soon and instead focus on making her feel attracted and happy every time she interacts with you.

For example: If a guy calls his ex after a break up and almost immediately says something like, *â€œHey Tania, how are you? I was wonderingâ€¦ how about we go out on a date sometime?â€* there's a very high chance she will say no.

He didn't do anything to bring down her guard and make her feel good around him. Instead, he just went right after what he wants; a date.

Yet, he is forgetting that she needs to be able to feel attracted to him as well. A relationship can't be one sided.

So, if a guy approaches his ex in that way, the woman will think something like, *â€œNo way – we just broke up! I don't want to go on a date with you. You're expecting way too much from me here. I still don't know if I've forgiven you for what happened between us,â€* and she will likely reply with something along the lines of, *â€œNo, I don't think so. It's over between us.â€*

Alternatively, she may give him false hope by saying, *“Maybe sometime in the future, but not now.”*

That's not the reaction you want to get from your ex, which is why you have to make her laugh and smile and then suggest catching up for a coffee, not a date.

Here's how you can do it...

Imagine that you're talking on the phone with your ex right now and she's being a bit cold

and distant towards you and maybe even trying to get off the phone.

She might then say something like, *â€œLook, Iâ€™m really busy. What do you want to talk to me about?â€*

You can then say something along the lines of, *â€œI really need your help.â€*

Most women are nice, so she will instinctively drop her guard a little bit because you are asking for her help and she may say, *â€œWith what? Whatâ€™s wrong?â€*

You can then reply in a joking way, *â€œIâ€™ve just come from the doctorâ€™s office. Apparently he says Iâ€™m severely dehydrated and the only thing that will prevent me from dropping dead is having a cup of coffee from that little coffee shop we used to go to...remember? So, I really need you to help me out and meet me there for a coffeeâ€* | *itâ€™s a matter of life and death!â€*

She will probably then realize that you were joking with her all along and she will likely laugh about getting caught out with your joke.

She may then begin to feel curious about your ability to joke with her in a light-hearted way, even when sheâ€™s being so cold towards you and will naturally feel some respect and attraction for you for having the courage to tease her in that way.

When that happens, she opens herself up to the idea of meeting up with you again, because she doesnâ€™t feel threatened.

You can then go ahead and say something like, *â€œI was only joking, but how about we get that cup of coffee anyway? It will be fun to see each other again and catch up as friends.â€*

That eases her mind even more and she will likely be more open to saying, *â€œYes, why not?â€* rather than feeling threatened and saying, *â€œNo.â€*

When you see her in person, just focus on building on her newfound feelings of respect and attraction and then gently show her that getting back together again will actually be an exciting new adventure for both of you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How to Know How Your Ex Really Feels About You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Most women won't tell you how they really feel if you ask because they either don't want you getting angry, don't know how to explain it, or don't want to give you clues on how to fix the problem and get her back.

Rather than trying to work out how she feels, what you need to do is start to actively make her have feelings for you from now on.

How can you do that?

Firstâ€¦

Understand What She Likes and Doesn't Like About You

Your ex once really wanted to be with you in a relationship, but something happened that caused her to want to break up with you.

In most cases, the things that really turned an ex woman off aren't very obvious.

They are the subtle things that she and other women don't like to admit (e.g. the guy wasn't man enough for her, he cried in front of her and it ruined her feelings of attraction for him, she got tired of feeling like the emotionally stronger one in the relationship).

Here's the thing thoughâ€¦

If you don't know what her real, subtle reasons are, you won't be able to make the correct adjustments or changes to the way you interact and communicate with her from now on.

If she doesn't see the right changes in you, she will continue to conceal how she really feels about you (e.g. by being nice to you one day and then ignoring you, or being distant and cold and then sending you texts like she used to when things were good).

This may leave you wondering, *How do I know how my ex really feels about me?*

To answer that question, you need to get 100% clear on what your ex liked and disliked about you.

For example: Not everything about you in the relationship was attractive to her (e.g. you might have become insecure, needy, immature or jealous).

At the same time, not everything about you was unattractive (e.g. you made her feel feminine and girly in your presence, you were caring and loving, you were supportive of her dreams, you were honest and loyal).

If you're not sure what you need to change, ask yourself the following questions

- When I interact with her these days, do I make her smile, laugh and feel happy to be with me, or does she seem bored, get annoyed with me easily or look for excuses to get off the phone or leave?
- Am I emotionally strong and confident around her, or do I come across as insecure?
- Do I take the lead when we're interacting, thus allowing her to relax and be a feminine woman around me, or does she dominate me with her confident personality?
- Am I an emotionally masculine man that she can look up to and respect, or am I way too soft

and just allow her to push me around?

- Do I have purpose and direction in my life, or am I sitting around feeling lost about who I am and what my life is going to be about now because she broke up with me?
- Was I loving, caring and supportive towards her, or did I take her for granted at times?

Answering those questions in your mind will allow you to get clearer on the real relationship dynamic between your ex, so you can begin to focus on improving the things that really matter to her. When you truly understand what was turning her off in the past, or has been turning her off since the break up (e.g. you became insecure, you don't make her feel feminine and girly when she's around you anymore, she feels more dominant than you), you can take action on improving those things about yourself right away.

Then, the next time you interact with her, you will be able to give her the attraction experience that she really wants from you, because you will naturally be doing more of the things that turn her on, and you will have improved and changed the things that turn her off.

She might not show you how she feels right away, but the more you interact with her and build on her feelings of respect and attraction, the less she will be able to hide her feelings for you.

4 Mistakes to Avoid When Trying to Determine How Your Ex Really Feels About You

An important part of making your ex have feelings for you again, is to avoid saying and doing the types of things that will turn her off even more.

So, make sure that you avoid making the following mistakes!

1. Asking her how she feels about you.

When a guy wants to know how his ex feels about him, it might seem like the logical thing for him to just say to her, *Hey, I know we're broken up but I still care about you and I was wondering how do you feel about me?*

Yet, rather than saying something nice like, *I still like you* or *I don't have feelings for you anymore*, most women will say something like, *I don't know* or *Don't ask me that.*

Why?

After a break up, a woman will rarely be honest with a guy and come out and say exactly what she's feeling because:

- She's afraid that if she tells him she doesn't care about him anymore, he may either start begging and pleading with her for a second chance, or in a worst case scenario, become angry and possibly violent towards her.
- She doesn't want to give him a chance to try and convince her to change her mind (e.g. by telling her that he will change, bringing up all the good times they shared in the past, telling her that he can't live without her).
- She doesn't want to have to explain her feelings to him (e.g. tell him that she doesn't

care about him anymore because heâs too insecure) and then listen as he tells her that heâs fixed those things (even though he really hasnât) just to get her back.

- She doesnât want to make it easy for him to get her back by telling him how she feels. She wants to see if heâs man enough to get her back without her helping him along.
- She doesnât want to teach him how to be the kind of man that she needs him to be.

So, rather than asking your ex how she feels about you, just focus on making her feel respect and attraction for the new you, every time you interact with her from now on.

When you make her feel attracted, she naturally becomes more open to discussing her feelings with you.

[image: I like the new you]

She automatically starts to say things like, *“I like the new you”* or *“Why weren’t you like this before? This is how I wanted you to be.”*

2. Reading way too much into what she says or texts.

There are many different reasons why a woman will say or do something.

For example: Sometimes a woman might be having a bad day and respond to a text from her ex in a cold way by saying something like, *âWhat do you want? Leave me alone,â* or *âIâm busy now. Please stop bothering me!â*

If a guy feels insecure about himself, he might then begin to wonder, *âWhat does that text mean? Does she just want me to stop texting her today, or does she never want to hear from me again? Does this mean itâs really over between us and that she wonât ever consider getting back together again?â*

On the other hand, a woman might be having a particularly good day, and she might then call her ex and say something along the lines of, *âHey, I was just thinking about you and I thought I’d check to see how you are doing. How are you today?â*

He might then start thinking, *âWow, she’s checking up on me. It must mean that she is missing me and wants me back.â*

Yet, neither of her reactions are solid proof that the woman either hates her ex or loves him and wants him back.

Just because a woman is being cold and unfriendly towards her ex, it doesnât mean that she hates him and doesnât ever want to get back together with him.

In the same way, her being sweet and caring towards him doesnât mean that she does.

Here’s the thingâ!

If you spend a lot of time trying to decipher how your ex really feels about you, you will usually end up feeling confused and insecure.

So, don’t waste time wondering how she feels. Just make her feel a renewed sense of respect and attraction when you interact with her.

Why?

A woman will rarely make her feelings clear to her ex (e.g. because she doesnât want to lead him on, she doesnât want to make it easy for him to get her back), so itâs usually best not to

bother trying to figure out how she feels.

Instead, you just need to focus on making her laugh, smile and feel good when you interact with her and then guide her through the ex back process, until she is back in your arms again.

3. Checking her social media profiles for clues.

Sometimes a guy might get so caught up in trying to figure out his ex's feelings for him, that he may spend hours, day after day, looking at all her social media profiles (e.g. on Facebook, Instagram, Twitter) for clues.

For example: He might check her social media to see

- If she still has photos of him and her together up on her profile.
- If she is talking about him with other people and what she might be saying about him.
- If she is going out and having fun, or feeling sad and is avoiding socializing.
- If she is adding any new guy friends.
- If any new guys are commenting or clicking like on her posts.
- If she is posting photos of herself with other guys.

Depending on what he finds, he may think something like, *It looks like she hasn't completely forgotten me. She isn't saying that she hates me either, so maybe she still has feelings for me,* or *What the?! She has moved on without me so fast. She's having fun and hanging out with new guys, so I have no chance now. I guess she doesn't feel anything for me anymore.*

Yet, based on the 100s of ex back cases that I've personally worked on with clients, a woman's social media profile doesn't prove anything.

For example: If there are still photos of you and her on her Facebook profile, it might simply mean that she hasn't bothered to take them down, or it could mean that she still has fond memories of you and her together.

It could also mean that she is trying to mess with your head and show you that you still have a chance, or that she is trying to signal to you that she is still open to getting back with you and is hoping that you make it happen.

There are so many possibilities of what she could really be thinking or what her real reasons might be.

So, don't waste your time trying to decipher some imaginary code that will tell you how your ex really feels about you.

Instead, what you need to do is interact with her on the phone and in person and make her have feelings of respect, attraction and love for you again.

4. Asking her friends or family to help you understand what she is thinking or feeling.

As a last resort, a guy might call up his ex's friends or family and ask them things like, *Does she still talk about me? Does she say that she still has feelings for me? Do you think there's a chance we can get back together again? Is she always like this with ex boyfriends? Do you have any idea how I can get through to her and show her that I've changed? Do you think she is open to giving*

*me another chance?*â□□

In some cases a guy might even ask a friend or family member to â□□put in a good wordâ□□ for him and try to convince his ex to give him another chance.

However, by calling your exâ□□s friends and family, not only are you putting them in an awkward position (i.e. by putting them in the middle of your break up and expecting them to pick sides), you are also running the risk of really annoying your ex.

If she finds out that you've beenÂ bothering her friends and family, she may think, *â□□Why doesnâ□□t he just man up and call me himself if he has anything to ask? Why is he being a coward and hiding behind other people?*â□□ and she will then feel even turned off by you.

Remember: You want your ex to feel good about you, not annoyed, frustrated, or turned off.

If You Want Her Back, Get Her Back

[image: How does my ex really feel about me?]

If you like, you can continue wasting day after day, week after week trying to figure out how to know how your ex really feels about you, or you can just get her back.

Which option do you prefer?

Ignoring her and hoping that she comes running back, or just getting her back now?

If you want to get her back, the quickest way to do it is by actively re-sparking her feelings of respect and attraction for you while interacting with her on a phone call or in person.

This means that you shouldn't sit around ignoring her and hoping she will miraculously send you some sign to let you know that she wants you to contact her.

In 95% of ex back cases that I've worked on, a woman doesn't send her ex a lifeline text like, *"I miss you. I want you back. Call me"* because there is nothing for her to miss anymore.

By the time most men seek real help to get their ex woman back, they've already made many of the classic mistakes (e.g. begging or pleading for another chance, sending her insecure texts about his feelings for her, continuing to turn her off in the subtle ways that made her want to break up with him in the first place).

So, if you want to get your ex back, don't waste anymore time using the wrong approach.

You have to pick up the phone and call her and if possible arrange a time to meet up in person.

You then need to focus on making her laugh, smile and think, *â□□Wow, it's so good to talk to him now. I canâ□□t believe he has changed so much since we broke up. He sounds so much more confident and in control now. Iâ□□m really enjoying talking to him. Why wasn't he like this before? Maybe we should just give this another chance.*â□□

The fact is, the more that you spark her feelings for you, the more open she becomes to getting back with you.

When she opens up, she shows more signs of interest and is happy to meet up with you, hug you, kiss you and have sex with you again.

When that happens, you don't have to sit around wondering how she really feels about you, because she will be in your arms again and saying things like, *â□□I never thought it was possible to feel this*

way about you. I just can't get over how much I love being around you now. I'm so happy we're back together. Why weren't you like this before? If you were like this, we wouldn't have broken up. I really like the new you.

Of course, not all women will be that open with their feelings, but when she is in your arms again and kissing you, it's pretty obvious how she feels.

So, what are you going to do now?

Sit around and hope that she contacts you and guides you through the ex back process, or take action and get her back now?

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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My Ex Said That She Felt Like My Mother, Rather Than My Girlfriend

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

A woman might put up with that type of relationship dynamic in the beginning, but if she secretly wants a real man that she can look up to and respect, she will eventually get tired of feeling like the stronger one in the relationship and dump her guy.

If your ex said that she felt like your mother, rather than your girlfriend, you may have made one or more of the following mistakes:

1. Always Letting Her Decide What to Do

Sometimes a guy might think that he's being a good boyfriend or husband when he lets his woman make all the decisions in the relationship.

He might say to himself, *I really, really love my girlfriend (or wife) and I want her to be happy. Whatever she wants to do is fine by me as long as it makes her happy. I'm just going to sit back and let her make all the decisions so she always gets to do what she wants to do. I'm sure it's what she wants anyway. She will love me for not being selfish like other guys. I will just do whatever she wants and she will be happy because she won't have to do things that I want to do.*

Yet, that's not what women want from a man.

Why?

In a relationship, most women don't want to be emotionally stronger than their man and have to be the one who decides on what to do.

If a woman takes the lead in the relationship and becomes the more dominant one, she will eventually lose respect for her man and she may even start thinking, *What a wimp. What a pushover. He's always hiding behind me and waiting for me to lead the way for us. I wish he would just man up for a change and make some of the decisions around here. I'm tired of feeling like his mother and always having to take care of him.*

[image: She said she feels like my mother]

She may then try to push him to take on a more dominant role in the relationship (e.g. by throwing a tantrum and saying things like, *I don't care what we do today. Why don't you decide? I'm tired of always having to make the decisions around here.*)

If the guy catches on to her hint and starts being more masculine around her from then on, she will naturally feel respect for him as a man and her feelings of respect and attraction will come alive and begin to deepen.

On the other hand, if he responds by saying something along the lines of, *Why are you being like this? You know that I only want to please you. I just want you to be happy. Just tell me what you want me to do and I'll do it. I'm happy with whatever you decide. I don't care what we do, as long as we are together* she will feel even more frustrated and her feelings for him will begin to fade.

The thing is, a woman doesn't want to have to teach a guy how to be the man that she needs.

She wants a man who already understands what it takes to be the man in a relationship or a man who gets help and just starts being that man, rather than having to teach him like his mother or sister.

Note: When I refer to getting help, I can obviously be that help you need. However, be warned! Do not tell her that you are getting help. Do not tell her that you are trying to deal with your problems and issues and man up for her.

She does not want to hear that.

Why? It makes her feel like your mother or big sister!

If you say something like, *"I want you to know that I found someone to help me and I'm learning how to be more of a man for you,"* she will feel as though you're expecting a mother to son response of, *"Good boy. I'm so proud of you."*

She doesn't want to feel that way about you anymore.

So, what should you do instead?

Just get help (i.e. from me) and don't tell her about it. Just learn and start being the man, rather than talking about how you're trying to be the man.

Be the man.

Let her see that come through in how you now talk, behave and react to her.

Don't tell her that you've become more of a man. Just be more of a man and she will see it for herself.

Here's the thing!

In a relationship, a woman wants to be able to rely on her man to confidently lead the way and provide the emotional strength and support that she needs to make her feel safe, protected and taken care of.

It's totally fine if she makes some of the decisions once in a while, or even if she fully takes the lead on occasion, but for the most part, she wants to see that her man is leading the way so she can relax into feeling like a real woman in the relationship (i.e. feminine, girly in comparison to how masculine he talks, behaves and acts), rather than feeling like his mother or big sister.

If a guy can't give her that type of relationship experience, she will likely just break up with him and look for a man who already knows how to be the man she needs him to be.

So, if you want to convince your ex that you're no longer the same guy she broke up with, you need to show her (not tell her) that you now have the ability to be masculine and take the lead in the relationship.

When she sees that she can relax and trust that you really are the man now, she will begin to respect you again and she will start seeing you with different eyes.

If your ex broke up with you and gave that reason that she felt more like your mother than girlfriend, you may have also made this classic mistake!

2. Needing Her Regular or Constant Reassurance That She

Loved You

Sometimes, when a guy feels lucky to be with his woman (i.e. he picked her up by pure luck, she's a lot prettier or cooler than his previous girlfriends), he might find himself feeling insecure in the relationship with her.

For example: He might think about how beautiful she is compared to him and say to himself, *â€œIâ€™m so lucky to have her. Sheâ€™s way too good for me. What will happen when she realizes that? Will she leave me?â€*

[image: When insecure thoughts lead to insecure behavior]

As a result of that kind of insecure thinking, he naturally starts to behave in insecure ways (e.g. he becomes clingy, needy, controlling, possessive or jealous).

To reassure himself that she isn't thinking of breaking up with him, he might regularly ask her things like, *â€œHow much do you love me?â€* or *â€œYou still love me don't you?â€* or *â€œYou would never leave me would you?â€* or, *â€œDo you still find me attractive?â€* or, *â€œWould you ever cheat on me?â€*

Yet, rather than make a woman think, *â€œMy guy is so caring. He must love me so much to constantly be so afraid of losing me! This is so amazing! I have to stay with him forever and ever!â€* she will usually just think, *â€œOhhhh....he is constantly acting like a little boy who needs his mommy to hold his hand and tell him how much she loves him all the time. I don't know for how much longer I can put up with this. Heâ€™s driving me crazy! I need a real man.â€*

Hereâ€™s the thing thoughâ€

If your ex chose to be with you in the first place, it was because she once felt enough respect, love and attraction for you to want to be in a relationship with you.

However, if you doubted your attractiveness and value to her during the relationship and allowed your insecurities to turn you into an insecure, needy, clingy guy, itâ€™s only natural that she would then begin to feel more like your mother than your girlfriend.

A woman doesn't want to feel as though she needs to take care of her guy.

She wants to feel as though he would be 100% happy, confident and forward moving in life with or without her.

She wants to be with an emotionally strong man who believes in himself and in his value to her, rather than a guy who is constantly assessing whether or not he is good enough for her and if she is going to cheat or leave.

If a guy is unable to grow up and become the emotionally strong man that a woman wants and needs, she will almost always lose respect and attraction for him and break up with him.

So, if you want to get your ex back, you have to show her by the way you interact with her from now on, that you are no longer the insecure, needy guy she remembers from the past.

Don't tell her that in an e-mail or text.

You have to let her sense that during a phone conversation or, if possible, an in person interaction.

Women who break up with guys who made them feel like a mother, absolutely hate it when the guy e-mails or texts them big, long messages about his feelings, progress on becoming a man and so on.

Just let her see it and sense it for herself on a phone call or in person.

3. Lacking Purpose in Life Outside of Your Relationship With Her

Although thereâs nothing wrong with being a loving and devoted boyfriend (or husband), it cannot be your main purpose in life if you want your relationship to last.

When a man makes his woman the main reason for his existence and essentially focuses all his attention and energy on her and not much else, itâs only natural that he will begin to behave in a clingy way.

For example: A guy might stop focusing on his interests and hobbies so that he can spend more time with his woman.

He might stop pursuing his goals and think something like, *âThose goals arenât really that important to me. My relationship with her is what really counts. As long as Iâm with her and making her happy, nothing else really matters. I donât even care about my life outside of her anyway. I just want to be with her.â*

In some cases, a guy may even stop hanging out with his friends unless his woman can come along too.

Yet, thatâs not what most women want.

A woman wants to be loved and appreciated, but she doesnât want to be the one providing a guy with his emotional security, sense of identity or reason for living.

Of course, there are some women who like to be with a man who has nothing else going on in his life other than her (usually women who are insecure or unattractive), but the majority of women like to be in a balanced relationship with a man they can look up to and respect.

When a woman respects her man, she will also feel attracted to him and the relationship dynamic will be balanced.

Yet, if a woman feels like she has to mother her man because he is too emotionally weak and insecure to face life head on, she will lose respect and attraction for him and eventually break up with him.

So, if your ex said that she felt more like your mother rather than your girlfriend, to get her back, you need to show her that you have become an emotionally independent man now.

Although you still love her and want her back, she has to be able to see that you donât need her back to be able to live a happy, successful and fulfilling life.

You now have a life purpose that you are striving towards (i.e. a huge long term goal or dream), you have friends and hobbies that youâre busy with and youâre doing the things that youâve always wanted to do, but have been putting off because of your relationship with her.

When you take that step and be a mature, emotionally strong man, you will automatically become more attractive to your ex, because she will see that you are no longer the needy, insecure guy she broke up with.

She will see that you are now a man who knows what he wants and isnât afraid to make it

happen.

You are a man that she can look up to, respect, feel attracted to and feel proud to reintroduce to her family and friends.

4. Not Making Her Feel Girly in Comparison to You

One of the best ways to make your ex stop feeling like your mother and start feeling like your girlfriend, is to make her feel girly and feminine when she interacts with you.

Many guys make the mistake of thinking that a woman will be happier if she makes all the decisions, takes on the leading role and feels like more of the “man” in a relationship.

However, even though modern women are independent and have their own jobs, earn their own money and make their own choices, they are still instinctively attracted to and respect a man who is emotionally more dominant than them in a relationship.

Of course, being emotionally dominant and more masculine than a woman doesn’t mean being controlling, bossing her around, disrespecting her or her opinions and ideas, or making all the decisions all the time.

It simply means that the man is the emotionally stronger one, which then makes a woman feel girly in his presence. Why?

When a guy is more masculine than a woman (by being emotionally stronger than her for example), it makes her feel like a real, feminine woman around him.

She can then relax and be girly, feminine, get emotional and focus on the love that she feels for her man, rather than feeling like she is the more dominant one and needs to take care of him like a mother would take care of a boy.

Some guys just don’t understand that about women, so in a relationship, a guy might fall into the habit of letting his woman make all the decisions, rely on her to take care of him emotionally and essentially tell him what to do.

Yet, when a woman feels emotionally more dominant than her man, she begins to lose respect for him.

Without respect, she cannot feel attraction and she may then start to think, *“This isn’t a relationship anymore. I feel more like his mother than his girlfriend. I’m tired of mothering him. I want a real man who can make me feel girly and feminine in his presence, rather than feeling like I need to take care of him and hold his hand because he can’t cope in his life. I want a man who makes me feel safe, rather than a guy who needs me to make him feel safe and secure in this world.”*

For most women, feeling like a guy’s mother is not a good basis for a strong and long-lasting relationship, so she will just break up with him.

He might then try to get her to change her mind by saying things like, *“Please don’t do this to me. Just tell me what you want me to do and I’ll do it. I’ll do anything! I promise. Just tell me and I will do it. You have my word!”*

What he doesn’t realize is that he’s doing the exact same thing that caused her to break up with him in the first place – he’s asking her to be his mother by leading him and

telling him what to do.

What he needs to understand is that she just wants him to figure it out on his own, so that she can then start to look up to him and respect him as a man from now on.

Confidently Guide Her Back Into a Relationship Like a Real Man

Some guys think that a woman should accept their boyish or immature outlook on life.

Sure, some women will put up with it, but if a woman is beautiful and knows that she can leave her guy any time and easily find a real man, she will usually just leave.

In the past, a woman had to stay in an unhappy or unfulfilling relationship for life, because it was shameful to break up.

However, that's not the case anymore.

These days, if a woman loses too much respect and attraction for a guy, she can choose to leave him any time she wants to, because he doesn't own her and it's no longer shameful to break up or even get divorced.

So, if you want to get another chance with your ex, you need to man up and start being a man that she can look up to and respect.

The good news is that all it usually takes is a spark of respect and attraction.

When she interacts with you and sees that you have become more masculine in your thinking, behavior, feelings, tonality and actions, she will feel a spark of respect and attraction for you again.

She will then begin to open back up to the relationship, even though she may act as though she is still completely closed off and not feeling anything for you.

It's up to you to have the courage to follow through on the ex back process and show her that you now really are the kind of man she can look up to, respect and feel attracted to.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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If Your Ex is Being Nice to You, Does it Mean She Wants You Back?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

It depends.

Not every woman is the same. Sometimes, a woman will be nice to her ex for one or more of the following reasons:

1. She wants to let him down slowly, rather than rudely rejecting him and causing him to become angry or violent

[image: She doesn't want to get stuck at his place while he begs and pleads for another chance]

Even if a guy is a really good guy who would never do anything to hurt his ex, itâs still a womanâs instinct to protect herself from a potentially frightening and possibly even violent situation.

In a situation where a woman is being nice to her ex, rather than it meaning she actually wants him back, it can sometimes just be a case of her wanting to let him down slowly to avoid the possibility of having to deal with him reacting in an overly emotional way (e.g. he becomes angry or even violent, or alternatively, he breaks down and begs her to change her mind and doesn't let her leave his home until she agrees to give him another chance).

So, rather than put herself in that kind of situation, a woman might instead say something like, *âYou really are a great guy and you deserve a great woman. You know that I will always have a place for you in my heart, but right now Iâm just not ready to be the best girlfriend (fianc  or wife) that you deserve. I need some space to sort myself out and maybe sometime in the future, when Iâm not so messed up, we can get back together again.â*

[image: She is afraid to break up with him suddenly, in case he becomes angry or violent]

In this way, sheâs not rejecting the guy directly, so it lessens the chance of him becoming violent or angry.

Instead, he might even be left thinking, *âOkay cool, she just needs a bit of space. Sheâs being nice to me and isn't saying that there is no chance, so it must mean she still cares about me and wants me back, but just needs some time apart. Iâll just wait for her to figure things out and then we can get back together. Then, everything can go back to the way it was before.â*

However, quite often that isn't how it turns out.

A woman doesn't want to be put in the position where she has to defend herself against an angry man, so she usually just tries to get out of the relationship as easily and peacefully as possible â even if that means giving the guy false hope.

2. She wants to lead him on make him think that he has a chance, while she secretly tries to find a replacement guy

[image: Leading her ex on while she secretly tries to find a replacement guy]

Sometimes a woman might want to get revenge on her ex for the pain he caused her, so she pretends to still be interested in him while in reality she is secretly moving on.

She may say to herself, *“He was such a jerk to me. Now is the time to give him a dose of his own medicine and see how he likes it when he gets messed around. I’m going to be extra nice to him and let him think I’m still interested in him and in the meantime, I’m going to find myself another guy who will treat me the way I want to be treated. Then, when I am sure that the other guy likes me and wants to be with me, I will give my ex the news and tell him that I’m happy without him now.”*

Alternatively, a woman might feel a bit worried about getting stuck without a guy in her life, so she may think, *“I’ll just keep my ex around for a while in case I don’t meet another guy. He might not be the guy for me, but having him showing me interest is better than having no guy at all. Then, as soon as I meet someone else to replace him with, he’ll be out of my life for good.”*

She might then pretend to be interested in getting back together again (e.g. texting with him all the time, saying that she sometimes thinks about the good times they had, saying things like, *“I don’t know if I made the right decision about breaking up with you,”* or calling him up to check how he’s doing).

Yet, she’s only leading him on and because the guy usually isn’t actually doing anything to reactivate her feelings of respect and attraction for him, it doesn’t matter to her.

In most cases, guys will just be friendly with their ex woman while texting or talking to her because they don’t actually know how to get the spark back and make her really want to give him another chance.

Either that or the guy will think it’s wrong to act like anything other than a friend. He will think that he should just be patient with her and be a nice friend and hopefully, she will then realize that she wants him and needs him.

The thing is though, a woman doesn’t want to have a serious, romantic that is purely based on friendship.

We all know what happens in those kinds of relationships; no sex.

Sex is an important part of a romantic relationship between a man and a woman and at the very least, there needs to be a strong sexual attraction from both the man and the woman, even if they don’t have sex that regularly.

Without sexual attraction and that all important spark that comes with it, a relationship feels boring and stale.

So, if you want to get your ex back for real, make sure that you are ready and prepared to make her feel attracted to you again.

If you aren’t, she isn’t going to feel very motivated about having a relationship with you purely based on being nice friends.

Another reason why a woman will be nice to her is...

3. She wants him back, but isn't going to make it obvious

Even if your ex still cares for you and wants you back, she won't necessarily make it obvious because she wants to see if you have the confidence to get the relationship back without her help.

So, rather than just saying, *â€œHey, I know that weâ€™re broken up, but I still have feelings for you and if youâ€™re interested, Iâ€™d really like to get back together again,â€* she likely just going to be nice, friendly and wait for you to make the next move.

She wants to know that you have the courage and confidence to make it happen without her help because she doesn't want to be in a relationship with a guy that she has to carry throughout life.

She wants a man who has the confidence, courage and balls to make things happen, without the encouragement of a woman.

Here's the thing though...

So many guys out there make the mistake of thinking that a woman will be happier if she dictates the pace or if she decides how things should play out.

For example: A guy might say to himself, *â€œWell if sheâ€™s being nice to me because she wants me back, I just should wait and let it happen on her terms. After all, I donâ€™t want to come across as being pushy and scare her off. When sheâ€™s ready, she will tell me what she wants and then we can get back together again.â€*

Yet, thatâ€™s not what she wants.

She wants him to be man enough to get her back, without her having to hold his hand and lead him through the ex back process.

If he canâ€™t be a man and do that and instead sits around waiting for her to give him the go ahead, she may get to the point where sheâ€™s thinking, *â€œWell, it looks like I was wrong about my ex. I thought he was a confident, emotionally strong guy who had the balls to go after what he really wants in life, but clearly thatâ€™s not the case. Instead, heâ€™s really just an insecure, nervous guy whoâ€™s probably going to waste his life waiting for things to happen. He isn't a go getter. He is destined to fail at life because he waits for things to be handed to him, rather than taking action and going through the process. I canâ€™t respect a guy like that. Itâ€™s a pity because he really is a nice guy, but if I canâ€™t respect him then I wonâ€™t be able to feel attracted to him either, so there's no point being together. I guess Iâ€™m just going to have to move on without him. Hopefully the next guy will be stronger than him.â€*

Donâ€™t let that happen to you and your woman.

Rescue her before she falls into the arms of another guy who will most likely never love her as much as you do.

Just be the man and make it happen.

Show her that you are now confident and emotionally strong enough to go after what you want in life, including her, regardless of how challenging or difficult it may seem.

Show her that you have the balls to be the kind of man that she needs you to be by interacting with her (on the phone, but preferably in person) and making her feel respect and attraction for the new

you.

The more that you make her smile and laugh while you're interacting with her, the more difficult it becomes for her to stay closed off, especially if she secretly wants you back.

When she experiences your confidence and masculinity (in the way you now talk, behave and react to her), her guard will come down and she will open herself up to saying, "Okay, yes, I want to get back together again. Let's give it a try" when you suggest it.

4. She is a nice, loving person who cares about how others feel

Sometimes a woman is just a nice person.

Even though she might have broken up with her guy and broke his heart in the process, she may still care enough about him to want to ease his pain by being nice to him.

For that reason, a woman might make a point of reaching out to her ex as a way of checking up on him to make sure that he's okay.

In her eyes, she's just being a nice, caring person and is doing her best to make sure that he can heal his broken heart.

Yet, it's understandable that a guy who is still in love with his ex might misinterpret her kindness and mistake as a sign that she fully wants him back right now.

Here's the thing though...

Even if your ex is only being nice to you because she's a loving person and currently isn't interested in getting back together again, it doesn't mean you can't change how she feels about you.

You can.

When you spark her feelings of respect and attraction for you again (e.g. by making her smile and laugh when you interact with her, showing her that you've moved past the level you were at before, making her feel feminine and girly in your presence) she won't be able to stop herself from feeling drawn to you again.

It happens naturally and automatically without you having to try to convince her of anything.

5. She wants to remain friends, but currently isn't interested in anything else with you

Sometimes a woman might say, "I really care about you, but I just don't want to be in a relationship with you. How about we just remain friends? That's all I can offer right now."

A guy might then jump at the idea, because he thinks that by staying friends with her he might eventually cause her to change her mind.

He might say to himself, "That's okay. I can handle being friends with her for a while. Then, if I'm really nice to her and show her that she can rely on me no matter what, she will hopefully realize that I'm the guy for her and she will change her mind about only wanting to be friends."

He might then hang around her and be really nice, helpful and reliable to show her how much he cares about her as a person.

Yet, although being friends with your ex is better than cutting off all communication with her, itâs not enough to just hang around her and hope she will someday miraculously come to the conclusion that she still loves you.

It just doesnât work that way.

The truth is, if your ex is being nice and friendly to you, it doesnât mean she wants you back sexually and romantically.

To make her feel that way, you have to actively make her feel respect, sexual attraction and romantic love for you again when you interact with her.

If you just hang around her being friendly and not actively making her feel respect and sexual attraction for you again, she will likely enjoy having you around a shoulder to cry on when sheâs down, or someone to hang out with when sheâs bored.

Yet, thatâs not going to make her think, *âMy ex is being so nice. Heâs such a great friend. I think I made a mistake in breaking up with him. I want him back now. All I need is a good friendship! Who needs sexual attraction and romantic love? A friendship is more than enough!â*

No, no, no.

Thatâs not how it works.

While you are being her nice friend, she will be trying to move on by finding a replacement guy (she will tell you that she isnât looking), while youâre patiently waiting around in the background for her to give you another chance for being so sweet.

So, what should you do instead?

If she wants to be friends, then yes, be her friend, but donât be her sweet, platonic friend who doesnât ever flirt with her and make her feel sexual attraction and juicy, romantic love.

To get her back, you need to actively make her feel respect and sexual attraction for you again by using every interaction you have with her (e.g. on the phone, or in person) to make her smile, laugh and feel good to be around you.

Donât pretend that youâre not interested in getting her back, or that you donât find her sexually attractive anymore.

If you only focus on making her feel neutral, friendly feelings for you, there wonât be any strong reason for her to want you back sexually and romantically.

So, make sure that you flirt with her and make her feel sexually attracted to you again.

Thereâs nothing wrong with flirting with her.

Thereâs nothing wrong with being a confident, emotionally masculine man who is using every interaction with her to re-spark her feelings of respect, attraction and love for you.

You can do that.

Remember: If youâre not sparking her feelings of respect and sexual attraction, then someone other guy will.

When he does, she will then become fixated on him.

Her hormones will kick in and she will begin to imagine having sex with him and being in love with

him.

She will only see you as a friendly ex who she doesn't have any sexual or romantic interest in anymore, so nothing that you do to be sweet and nice will have any real effect.

You've got to make sure that you are making her experience feelings of respect, sexual attraction and romantic love for you, not just friendship and nice, innocent feelings.

Don't Waste Time Reading Into Her Signals

[image: Don't waste time reading into her signals]

Sometimes, a guy can waste a lot of time debating whether his ex being nice to him is a sign that she wants him back, to the point where she just moves on without him because he takes too much time to go through the ex back process.

What you need to understand is that a woman can behave in different ways and it can mean different things.

Women aren't all the same.

You can't rely on her signals because they could mean something completely different than what you are thinking.

This is why you need to take the lead and get her back, without waiting for her to guide you through the process.

For example: A woman might be nice to her ex and be happy to text with him, but she doesn't want to get back with him and is actively looking for a replacement guy.

Alternatively, another woman may be a total bitch to her ex because she is testing to see if he will be man enough to pursue her and get her back, despite her not making it easy for him.

Sometimes a woman being nice to her ex does mean she wants him back and she's hoping that he picks up on that and gets her back.

The point is, women are complicated and if you wait around trying to be sure what your ex really means by her random signals, you may end up losing her because you didn't act fast enough.

If you want her back, then it's up to you to be emotionally strong enough to take the lead and actively make her have feelings for you again.

Where some guys go wrong, is by getting overly excited at any sign of interest from their ex (e.g. she clicks like on social media, replies to a text or answers the phone) and then reacting in a desperate way that turns her off.

For example: A guy might text his ex to say hi and she responds by texting something like, *â€œHey. How have you been?â€*

He might then start thinking, *â€œShe's not telling me to go away. She initiated the text, so maybe she wants me back.â€*

He may then start bombarding her with endless text messages hoping to "warm her up," until he eventually confesses how much he has missed her and wants her back.

Yet, when a guy overreacts to a signal of interest from his ex woman, she can easily feel turned off by that because she might imagine him being lonely and feel desperate at home without her in his

life.

Even if a woman was initially thinking, *“Hmmm| maybe my ex and I can get back together,”* when he goes overboard and reacts in desperation, she will instinctively pull away from what she perceives as his emotional weakness.

She will feel as though getting back with him would be like doing him a favor because he seems to need her back to feel good about himself again.

She might then think, *“Obviously my ex still wants to get back with me, but he’s really going about it the wrong way. Why is he texting me so much all of a sudden and confessing his feelings for me over an over. His desperation is making me doubt whether I want to settle with a man who doesn’t believe that he can get me back by just being confident and guiding me back into a relationship right now. Instead, he’s just talking about his feelings, being friendly and apologizing for everything that happened. Seems kind of desperate. I don’t like it.”*

Always remember this:

It is confidence, emotional strength and masculinity that women are attracted to in men.

Insecurity, neediness and desperation turns women off, even if they might say that it doesn’t just to be nice.

If you want your ex to really want you back, focus on doing more of the attractive stuff around her (i.e. being confident, masculine, charismatic, determined, charming) and less of the unattractive stuff (e.g. being insecure, needy, emotionally sensitive, desperate).

When you behave in the ways that are naturally attractive to her, you will automatically trigger her feelings of respect and attraction for you again.

She will then start to think, *“Hmmm| I like this new version of him. It feels good to be around him again. I’m actually worried about losing him to some other woman now. I should just give him another chance and see what happens.”*

Making her feel that way is what makes a woman want you back for real.

When you focus on turning her back on to you sexually and romantically, she will want you back, even if she was only initially being nice to you for other reasons.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Do You Want Your Ex Back or Need Her Back?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

For a man to get a woman back, he needs to get to a place where he wants her back, but doesn't need her back to make himself feel emotionally secure and stable again.

It's totally fine for him to still care about her and want her to be part of his life again, but he has to know that he sincerely doesn't need to get her back to feel good about himself and his life.

[image: Convincing her won't work if she doesn't respect you]

If he is just acting like he doesn't need her, she will pick up on it if she interacts with him and it will make her keep her guard up around him.

Rather than make her think, *“That's so sweet. My ex must really love me if he can't get on with his life without me. I think I should give him another chance! After all, he needs me! I just have to do it. It's the right thing to do,”* she will probably be thinking, *“If my ex is falling apart because we broke up, chances are high that he won't be able to cope with other big challenges in his life, like maintaining a happy family, raising children, or paying off a mortgage. Knowing that he can't cope very well under pressure doesn't exactly make me want to run back to him. I now don't feel like I can fully relax with him and know that he's emotionally strong enough to take care of me and our family if we have one. In fact, if we ever got back together again, he would probably turn into the kind of guy who needs to rely on me to take care of him and guide him through life and a relationship. That's not what I want. I want a man I can respect, look up to and feel safe with. A guy who can not only cope on his own, but thrives on his own.”*

When she thinks those kind of thoughts, her guard remains up and she won't open back up to her ex, no matter how nice he is to her, how much he ignores her to pretend that he's over her or how often he texts her to stay in touch.

She won't tell him, but somewhere inside of her she will know that he just isn't ready to handle a woman like her and needs to figure out how to be the kind of man she needs.

So, if you want to show your ex that you care and want her back without seeming needy or desperate, just make sure that you first begin to focus on finding joy and emotional fulfillment in your life without her.

I know that it might be difficult to think of doing anything without her or doing anything else other than trying to get her back, but if you are feeling needy, it's going to turn her off.

When you find yourself thinking things like, *“I really miss my ex. I just don't know what to do now that she's not here anymore. I need her back. Life isn't enjoyable without her. I don't want to do anything until I get her back,”* turn your energy towards other things that you may have neglected in your life as a result of your relationship with her.

For example:

- What are your big goals or dreams for the future? If you're not sure, right now is your chance to find out. Ask yourself, *“What do I wish I was doing with my life?”* and then begin to pursue that, even if you only take one step towards it. Just start making progress in that direction and you will begin to feel less needy for her.

- What have you been putting off doing because of your relationship? Maybe you always wanted to take up a hobby (e.g. hiking, sailing, photography, martial arts, group exercise classes) but you never got around to it. Well now you can and if you do, it will make you feel less needy for your ex.
- Is there somewhere you've always wanted to go? Is there a city or country that has always fascinated you? You can now take that trip you've always thought about, but never felt was possible. If you can, go with some friends or attend expat meet ups (i.e. meet ups for people from your country who are living in that country) or stay at a hostel so you instantly meet lots of new people and have fun with them partying around the city.
- Is there something you've been longing for? Maybe you've secretly wanted to go after a promotion at work, but you were too afraid it would take time away from your relationship. Now you can go for it by putting in extra time at work to land the better role.

When you start doing things that make you happy, you will discover that not only do you become an even greater man than you already are, you also become more attractive to your ex (and other women).

You then become the kind of man that women respect (e.g. confident, masculine, determined, ambitious) and feel attracted to, which makes you feel great about yourself.

Then, when you interact with your ex again, either on a phone call, or in person and she experiences the new, confident, happy you who is getting on with his life without her, she begins to see you differently.

She starts to think, *"I really thought that my ex was going to fall apart when we broke up, but he's being so emotionally strong and mature about it. He's not the same guy I broke up with. In fact, he's actually behaving in the ways that I always hoped he would. I really like this new version of him. I actually want to be around him now. He's fun and interesting and I feel good when we interact. Maybe we can actually get back together again after all. Maybe we should just give it another shot. After all, he has proven himself to me and I feel so differently about him now, so why not?"*

When the Need to Get Her Back Causes You to Make Mistakes

[image: She doesn't want to teach you how to be the man she needs]

Sometimes, a guy will be so desperate to get his ex back, that he will rush head first into trying anything that he can think of to make her change her mind about him (e.g. begging, pleading, buying her gifts, being extra nice to her).

In most cases, these attempts fail and a woman may lose even more respect and attraction for a guy because he is coming across as so desperate and needy now that she has broken up with him.

So, if you want to get your ex back, try to avoid making the following mistakes!

1. Needing her back when she is fine without you

If your ex is doing fine without you, she will be even more turned off if she senses that you need her to feel good about yourself again.

It makes her feel like you need her to be like a mother figure in your life and take care of you,

because you're so lost and confused without her.

Women are fine to take on that role if it's for their son, but not for their boyfriend or husband.

She wants a man who loves her and wants her back, but does not need her to feel good about himself and feel "sane" again.

Sometimes, a guy might spend his time after a break up worrying and thinking things, *â€œIâ€™m so lost without my ex. She was everything to me and now life just feels empty without her. I donâ€™t feel like doing anything if sheâ€™s not in my life to share it.â€*

He may then go around for days, weeks and even months, moping and feeling like he cannot get on with his life without his ex.

Deep down, he might hope that if his ex finds out how much he needs her and that heâ€™s lost without her, she will change her mind about him and want to get back together again.

Yet, thatâ€™s usually not the case.

When a woman doesnâ€™t have feelings for a guy, sheâ€™s not really going to care about his emotional needs in their relationship.

Instead, she will usually avoid him and try to maintain her own happiness, rather than calling him up, making him feel better and telling him exactly what he needs to do to get her back.

Rather than being his savior, she will just think something like, *â€œI know youâ€™re feeling sad and lost without me, but Iâ€™m feeling fine. In fact, Iâ€™m moving on. Grow up and take responsibility for your life. Be a man. Stop relying on me like a boy relies on his mother. Be your own man.â€*

In most cases, she wishes he could hurry up and improve his ability to make her feel respect and attraction so she can give him another chance.

Yet, if he doesn't do that, she simply has to move on rather than trying to help him become the man that she needs.

If a woman feels like he wonâ€™t be able to change and be the kind of man she wants him to be, then she will usually prefer to cut him out of her life completely so that she can get on with finding someone else.

So, if youâ€™re serious about getting your ex back, you need to make her want you back as much as you want her.

How can you do that?

By interacting with her and making her feel respect and attraction for the new you.

When you renew her feelings of respect and attraction for you (e.g. by making her laugh, smile and feel good when she interacts with you, showing her that youâ€™ve moved past the level you were at before), her perception of you changes.

She feels motivated to want to interact with you more, to see if you genuinely donâ€™t need her and are now emotionally independent, or if youâ€™re just putting on an act to get her back.

[image: Get your ex to drop her guard and open back up to you]

If she senses that the changes in you are real, she naturally feels respect and attraction for you and her guard comes down.

The next mistake to avoid is..

2. Trying to get her back without reactivating her feelings first to make her want you back

Guys who can't cope without their woman will often waste time trying to get her back without realizing that they have to reactivate her feelings first.

A guy like that is generally only thinking about his own feelings and how lost and helpless he feels without her.

Heâs not really thinking about how he needs to make her feel at all.

He doesn't clearly understand or accept that getting a woman back is about making her feel a renewed sense of respect and attraction, rather than giving him another chance because he wants it so much.

So, instead of focusing on saying and doing the types of things that will reactivate her feelings of respect and attraction for him, he instead does what he thinks will make her want him back.

For example: A guy mightâ|

- Beg and plead with her to give him another chance.
- Ask her to help him understand what heâs doing wrong so that he can change.
- Tell her how much he needs her in his life.
- Try to convince her by bringing up the past and saying things like, âRemember all the good times we shared together. It wasnât all bad. We can get that back if we try, canât we? After all we've been through, you can't just give up on us like this. Please remember what we used to have. We can have that again. Just give me another chance. I will prove it to you that I've changed. You will see. I might not have changed yet or even know exactly what you want, but I will. I promise. Just give me another chance.â
- Being extra nice to her in the hopes that it will convince her to change her mind.

Yet, hereâs the thingâ|

If a woman has lost respect and attraction for her ex, him behaving in desperate ways around her, isnât going to make her change her mind.

In fact, she may even think, âMy ex is losing it. He just can't stop himself from reacting to everything in his life in a needy, desperate, overly emotional way. I hope he doesnât think that his behavior is actually going to make me change my mind about him. Iâm done taking care of him and being his emotional support system in life. I want a guy who makes me feel as though I don't need to take care of him emotionally. That way, I can be the girl. I can be the emotional and vulnerable one and actually feel like a real woman for a change. I want a guy who is confident and emotionally strong, rather than being so emotionally sensitive and needy. I want someone that I can depend on and feel safe with, rather than a guy that needs me to take care of him.â

In most cases after a serious break up, a woman will only give her ex another chance when he can reactivate her feelings of respect and attraction first.

So, donât waste your time trying to convince your ex to give you another chance by trying any of the desperate methods mentioned above, because you will only be wasting your time.

Instead, make her want you back by reactivating her feelings of respect, attraction and love for you first.

You can do that by making her smile, laugh and feel girly in your presence and by showing her (via the way you talk, think, behave and interact with her) that youâ€”ve moved past the level you were at when she broke up with you.

When you reactivate her feelings for you again, she will be more open to the idea of getting back together with you again.

Yet, if she senses that getting back together with her is mostly about making yourself feel better, she will remain closed off to you.

3. Trying to get her to see how much you care in the hopes that she will then realize that you are the one

Sometimes, a guy might say to himself, *â€”Nothing that I’ve tried has worked to get my ex back so far. Maybe if Iâ€”m extra nice to her and spoil her in different ways, like buying her the things that she really wants but cannot afford, helping her pay her university fees or rent or running errands for her, she will see how much I care for her and she will stop pushing me away and realize that Iâ€”m the one for her. Maybe I just need to be the most helpful ex boyfriend (or husband) possible. Maybe then she will realize that she does need me in her life.*â€”

Yet, when a woman has broken up with a guy because of his neediness, she will perceive his actions as another desperate way of keeping her close to him.

She might think, *â€”Heâ€”s just buying me all these nice things and treating me so well so that he can have an excuse to be around me all the time. He still canâ€”t let go and feel good without me. He needs me to love him to feel good about himself. Sure, itâ€”s nice to get spoiled, but I know what his real motives are...he needs me back. He can’t live without me. He must be losing sleep and worrying all the time. Why can’t he just let go and be happy without me? If he did that, I would at least be able to respect him and lower my guard around him. Yet, he can’t do that. He’s just so needy for me. I donâ€”t want to be his reason for living anymore.*â€”

So, rather than trying to get your ex to see how much you care by being fully available physically, emotionally and financially, focus instead on making her care about you by reactivating her feelings of respect and attraction for you first.

The more you reactivate her feelings of respect and attraction for you, the faster she will become convinced that youâ€”re at a different emotional level now.

She will see that she loves you, respects you and wants you back in her life, even though you’re not doing anything special for her.

Then, when you get her back and do some special things for her, she will appreciate them so much more and feel lucky to have an awesome man like you.

Going From Needing Her Back, to Wanting Her Back, to Getting Her Back

[image: Get your ex back by guiding her into an even better relationship than before]

If you want to get your ex back, you need to actively make her have strong feelings for you again and then guide her back into a relationship.

Don't waste time making the same old mistakes with her (e.g. texting like a friend, apologizing over and over) and expecting that she will suddenly say, *"Wow! You know what? I just realized that I want you back now that you've apologized for the 100th time and sent me yet another friendly text."*

You first need to show her via your actions and behavior that you're not the same insecure, needy guy that she remembers.

You really have changed.

Then, if she tests you (e.g. by pretending to be interested in getting back together again and then pulling away) and you remain relaxed and even turn her behavior into something to laugh about, she will be shocked (in a good way) and she will be drawn to you in a way that feels nice.

She may then start to wonder, *"What happened to my ex who was so needy and insecure? He didn't react at all like I was expecting him to. He's like a completely different man now. A man that I can actually respect and look up to."*

Her feelings of respect and attraction for you will then begin to awaken and she will start to look forward to hearing from you.

She might get back together with you right away, but if she doesn't, don't give up.

Just keep making her feel a renewed sense of respect and attraction for the new and improved you.

Every time you interact with her and she sees that you are still confident and emotionally strong and that you haven't reverted back to the old you, it will melt another bit of her heart until she's totally in love with you again.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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4 Reasons Why Love Becomes Stronger When You Reignite it After a Break Up

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

People break up and get back together all the time, but what a lot of people don't know is that getting back together can be one of the most amazing feelings that a couple can ever experience.

Why?

Here are 4 reasons why love actually becomes stronger when you reignite it after a break up.

1. The Love is More Mature

[image: The love is more mature]

At the beginning of a relationship, everything is usually new and fresh and filled with the euphoria of lust and a new spark of love.

However, once the dust settles and the initial thrill of being with someone completely new wears off, reality sinks in and this is when a lot of couples break up.

For example: A couple might get into a power struggle.

To see if she can gain power over her man, the woman might pull back her interest, throw tantrums or act like she isn't interested in sex to see how he will react.

If the guy responds by becoming desperate and trying to hold on to her even more (e.g. becoming clingy, needy and insecure, asking her what she wants him to do to make her happy), she will gain power over him and begin to lose respect and attraction for him.

If the power gap becomes too wide, she will eventually get tired of having a guy that she feels so much more valuable than, so she might cheat on him or dump him.

In some cases, that is the end of the relationship and the couple never sees each other again because the guy thinks that it's impossible to get her back, or he messes up the ex back process by making classic mistakes (e.g. ignoring her and hoping she comes back, begging and pleading for another chance).

Yet, there are also couples who not only get back together, but also manage to make the love even stronger than it was before.

They become completely intoxicated and overwhelmed by how much they love each other now that they are getting back together and are then back together.

So, why is that? Why does the love become stronger when you reignite it after a break up?

One of the reasons why is that the love is more mature.

When the man improves himself and goes beyond the level that he was at when she broke up with him, it's a much more mature, enjoyable relationship for both him and the woman.

Watch this video for more info.

For example: A guy who was insecure in the relationship and became needy and clingy, can now reach a new level of manhood by becoming more confident and emotionally strong.

Rather than becoming insecure when she tests his confidence (e.g. by acting like she isn't interested, putting him down), he doesn't let it affect him.

He knows that a woman might behave in unpredictable ways to test his confidence, so he remains strong and as a result, she feels a renewed sense of respect and attraction for him.

Another example of a test is where a woman becomes emotional and throws tantrums to see how he will react.

In the past, her tantrums might have caused him to become upset, angry or uncertain about their relationship.

Yet, now he understands that she just needs him to be an emotionally strong, masculine man and not get sucked into the drama that she is creating.

He just remains calm and often even laughs at her dramatic behavior because it's just not something that he takes seriously anymore.

and she really likes that about him now.

[image: She is now getting the attraction experience she wants]

When she realizes that she is now with a confident, emotionally secure man who loves her and wants her in his life, but doesn't need her to be gentle with him because he is so emotionally sensitive, it makes her feel an increased amount of respect, attraction and love for him.

She realizes that his emotional sensitive has been replaced by emotional strength, which is highly attractive to her.

Her love for him is now deeper, more meaningful and interesting than ever before because he is such a better man than now compared to how he was when she broke up with him.

By breaking up and getting back together again at a new level, a woman has seen the worst and now best side of her man.

By loving her enough to change and improve as a man, there is now a deeper maturity and trust in the relationship and they both feel closer and more connected than ever.

There is a great story behind their relationship and it's something worth holding onto because it feels so good to be around each other now.

It's like the man has hit the "reset" button in her mind and she now sees him as a completely new, improved man, rather than looking at his faults and thinking about all the mistakes he made.

She has completely forgiven all of that because he is now the kind of man that she can truly, deeply love for life.

Another reason why the love becomes stronger when you reignite it after a break up is that

2. You're Now Giving Her the Attraction Experience That She Really Wants in a Relationship

A woman rarely breaks up with a man for no good reason at all.

Of course, sometimes a relationship might just fizzle out because neither the man nor the woman really care about each other and are happier just to end it and find someone new.

Yet, in most cases, for a woman to get to the point where she decides to break up with her guy, it will

usually happen after a long time of trying to get him to change and give her the kind of attraction experience she really wants.

For example: A woman might feel that her guy is too timid and doesn't like to take the lead with her or in other areas of his life.

She may then try to encourage him to be more assertive and decisive, by saying things like, *â€œWhy don't you decide where we should invest our savings? Why do you keep worrying all the time? Just fix it!â€* or *â€œYou should stand up to your boss when he makes you work late. You also have other commitments in your life. Don't let him push you around like that,â€* or even *â€œI'm tired of always making the decisions around here! Why don't you decide for a change?â€*

What she wants is for him to be more of a man and have the balls to stand up to her and others in his life.

If the guy doesn't pick up on her hints and just carries on behaving in the same unattractive way around her, she will usually get to the point where she decides to just break up with him.

However, after the break up, if the guy can then make some quick changes and improve his ability to give her the kind of attraction she really wants, she will pay attention and be interested again, even if she doesn't initially want to be.

For example: Some of the ways that a guy might change to give a woman the kind of attraction experience that was lacking in their unique relationship include:

- He makes her feel feminine and girly in his presence, rather than making her feel like a friend or "one of the guys."
- He makes her feel heard and understood, rather than overlooking what she says or feels like he used to.
- He makes her smile, laugh and feel happy to be around him again, rather than getting into stressful arguments and having annoying, deep and meaningful conversations all the time.
- He reacts differently to what she says and does (e.g. he stands up to her if she's being pushy, doesn't get upset when she is being overly emotional).
- He takes the lead in the relationship thus allowing her to relax into being totally feminine around him, rather than expecting her to be 50/50 with him or to take the lead and guide him.
- He maintains and builds on the respect, love and attraction between him and her over time, rather than taking her feelings for him for granted.

She then feels happy and like she can now look up to him and respect him as her man and the love between them becomes stronger than it was before.

3. You Appreciate Each Other So Much More Than Before

[image: She loves the new you even more]

There's a line from an old song in the 1960s that says, *â€œYou don't know what you've got until you lose it.â€*

That's an old school song, but its truth is timeless.

Sometimes, a guy will take his woman for granted and not treat her as well as he did at the start. She then dumps him and he panics and realizes that he's just lost the best thing that ever happened to him.

Yet, she's not lost forever.

You CAN get your woman back, even if you and her went through a messy break up or if she said that she never wants anything to do with you again.

The reason why you can get her back is that feelings CAN and DO change.

If your ex's feelings haven't changed yet and she hasn't come running back, you can MAKE HER have feelings for you again.

Then, when you get back together, both you and her will experience a more mature, exciting and deep love that you will appreciate on a completely new level.

You will appreciate each other and the unique dynamic between you so much more than you ever did.

It will feel like both of you are so lucky to have gotten back together and would have been silly to let each other go and not give it another shot.

For example: Sometimes, when a guy and a woman break up, they might then go out and date other people in an attempt to move on.

Yet, what often happens is that even though a rebound relationship might feel great at the start, the reality eventually begins to appear and their flaws begin to become more obvious.

For example: If she breaks up with you because you weren't treating her well, she will most likely rebound with a guy who treats her like a princess.

Yet, after a while, she will realize that the reason he treats her so well is that he is insecure about his attractiveness and value to her and is secretly doesn't feel like he deserves a woman of her quality.

She then begins to feel turned off by his insecurity and feels like she is in a relationship with a guy who doesn't deserve her.

She then remembers that you were so much more confident than him and begins to think about you in a positive light and wonder why she just doesn't give you another chance.

So, when a man and a woman get back together again (after a man has improved his ability to give her the attraction experience she really wants), the love between them becomes stronger than ever before.

They have both seen what's out there and have come to the realization that the grass isn't greener on the other side and they are actually more suited to each other than they previously imagined.

On the other hand, a couple might not have dated anyone else after the break up, but being apart made them realize that they were meant to be together and that they were willing to put in the effort to resolve the issues in the relationship and make the love stronger.

So, they now appreciate each other more.

For example: Rather than get annoyed with her when she throws a tantrum, it doesn't become a big deal anymore because he doesn't take it so seriously.

The guy now appreciates that it's part of her being an emotional woman and he can be a

masculine man by allowing her to let off steam without making a big deal about it.

She then respects him for being strong enough to handle the random storms she creates (in the form of tantrums) and loves him more than ever before.

As for her, if he doesn't call her or text her every day, she now realizes that it's not because he's taking her for granted, but rather because he's busy and will get around to it when he gets the chance.

Essentially, love becomes stronger and more mature when you reignite it after a break up, because a couple now understands that no-one is perfect and that mistakes, arguments and disagreements will happen, but that isn't a reason give up and walk away.

4. You Have Renewed Faith in Your Love Because it Has Endured a Break Up (or Multiple Break Ups) and is Now Stronger Than Ever

[image: Reigniting the love after a break up]

Surviving a break up (or multiple break ups) is a clear indication that your love is stronger than the problems in the relationship.

Relationships only truly fall apart when the man isn't able to take charge and get things back on track to love, happiness and commitment.

For example: A guy might have become needy and insecure in his relationship with a woman, but rather than make an effort to become confident in the relationship, he instead puts the blame on his ex by saying things like, *It's her fault. If she didn't put her career / friends / family before me, we would still be together. All I ever did was shower her with love and attention. I even gave up my hobbies and friends for her and all she did was complain about feeling smothered. What do women want? They are so hard to please!*

Yet, by not being willing to accept responsibility for the fact that his insecurity and neediness turned her off, the chances of the relationship getting back together again are very slim.

On the other hand, when a guy makes some adjustments and improvements to his behavior (i.e. he becomes more confident and emotionally strong), her love for him will be stronger when they get back together.

His woman will think something like, *He must really love me to have made the effort to change and become a better man so quickly. If we can survive breaking up and getting back together again, it makes me believe that if something bad comes along in the future we will be able to overcome it and stay together. Our love is not only more mature now, but it's getting stronger every day. So, there's no point just turning my back on him. Maybe I owe this to myself to give it a shot. After all, I feel so much for him all of a sudden, so why not?*

This is what you want your ex thinking and feeling.

You need to make her realize that being with you is way better than being without you.

The fact is, when a couple sticks together rather than breaking up, the love, respect and attraction between them grows and deepens over time.

2 Mistakes That Prevent the Love From Coming Back Stronger Than Ever

[image: Trying to get her back without changing what she really wants]

For some couples, the love doesn't come back stronger when they get back together.

Instead, the love fizzles out very quickly because the guy makes one or both of the following mistakes!

1. He tries to get a woman back without changing and improving on the real reasons why she broke up with him.

If a guy doesn't make some adjustments to his thinking, behavior and the way he talks and interacts with his ex woman, then getting her back becomes very difficult for him.

Even if a woman decides to give him another chance, if she then comes back and realizes that he's still at the same level he was at when she broke up with him, she will just break up with him once again.

One of the main reasons why a guy doesn't succeed in making the love stronger after a break up, is because he hasn't figured out the real reasons why his woman broke up with him in the first place (or he decides to be lazy about it and not fix anything, but still want her back).

It's fine to take that, "I don't care approach" to the ex back process if you don't really care about getting her back.

However, if you want her back for real, you have to sincerely care about what she secretly wants from you to be happy and stay with you.

For example:

- Does she want you to be more manly and ballsy with her?
- Does she want you to treat her better, but not go overboard and desperately try to impress her?
- Does she want you to take back the position of power in the relationship, or start allowing her to have a little more power?
- Does she hate it how she can make you feel insecure so easily, or are you way too arrogant and confident around her to the point that she feels inferior to you?

Here's the thing!

Whatever your woman really wants, she probably won't tell you the uncensored version that will really make her happy.

She'll say things like, *"I don't know maybe I just need some space to figure myself out"* or, *"I don't have feelings for you anymore. Maybe I just need to be alone for a while"* or, *"Look, I appreciate how much you love me and care about me, but I just can't do this anymore."*

Yet, that doesn't tell a guy what he needs to do to get her back.

She's just talking in vague terms about herself and isn't telling him what will actually make her change her mind.

As a result, he's usually offering her the wrong things (e.g. being nicer when she wants him to be

ballsier) and then wondering, *â€œWhy isnâ€™t this working? Why isnâ€™t she giving me another chance?â€*

So, if you want to make the love between you and an ex stronger, you need to change what she secretly wants you to change, not what you think she wants you to change.

For example: Some of the things that women are usually too afraid to tell men include:

- He is insecure about his value to her and it makes her feel like she could do better than him.
- He is clingy and needy, which makes her feel like his mother and like he needs to be taken care of.
- He takes her for granted and just expect her to put up with his bad treatment of her.
- He doesnâ€™t know how to make her feel feminine and girly around him, so she ends up feeling neutral or worse, like she is more dominant and powerful than him.
- He is jealous and controlling, which she knows stems from his insecurity about being able to attract high quality women, so she feels like she is doing him a favor by being with him.
- He has no clearÂ purpose and direction in his life and he has made her his main reason for living, which makes her feel unsafe because sheâ€™s with a guy who is afraid of reaching for his true potential in life.
- He is too emotionally sensitive, so she has to be gentle with him otherwise he gets angry or insecure.

Can you relate to any of these possible reasons why your woman might have broken up with you?

If you answered yes, then you now have an idea of what you need to change about yourself to re-spark her feelings of respect and attraction for you and get her back into a relationship that is even better than before.

Another mistake that some guys make, which prevents the love from being stronger when they get back with their woman isâ€

2. He doesnâ€™t know how to deepen the love, so it quickly becomes boring or uninspiring

For a relationship to last, mutual love, respect and appreciation must be deepened over time, rather than just taking those feelings for granted and expecting them to remain.

Sometimes, a guy will be all fun and excitement in the initial stages of his relationship with a woman (e.g. taking her out on dates, putting in effort when having sex with her, being a man she can rely on), but after a while, the sizzle goes out and life becomes dreary, boring and predictable (e.g. going to the movies and dinner every Friday night, visiting family once a week, taking her love and commitment to him for granted as he lazes on the couch watching TV or playing video games most weekends).

If a relationship is only about you and your woman hanging out together and doing the same things over and over again, doing the chores and paying bills, she might begin to feel bored, restless and as though she is with a guy who just expects her to remember how good she felt at the start and stick around for life because of that.

That approach worked 100-150 years ago, but not today.

Today, women can leave a men if they find themselves in a dead or dying relationship, so you need to keep the spark alive.

Don't worry, it's easy to do.

I know that it might sound like a lot of hard work, but it's simple, natural and easy.

I know this because I'm happily married and can tell you from personal experience that it's so easy to keep a woman happy, in love and attracted to you for life.

So, if you want to get your ex back, just know that your relationship with her is going to be better than ever before.

You and her are going to feel such a strong love for each other that it will literally make your heart rush with happiness, contentment and fulfillment.

When you make her feel that way, she is not going to want to break up with you ever again.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How to Make Your Ex Suddenly Show Interest in You Again

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you want to make your ex suddenly show interest in you again, do these 3 things!

1. Interact With Her On a Phone Call, or in Person, to Reactivate Her Feelings

[image: Talking to your ex on the phone]

When a woman is being cold, distant and saying things like, *"I'm just not interested in getting back together with you,"* it might seem like there's nothing you can do to change her mind.

Yet, you can.

When you actively re-spark her feelings of respect and attraction for you, she can't stop herself from dropping her guard and opening herself up to the idea of maybe getting back together again.

No matter how much she tries to fight it, if you're always there (e.g. on the phone, or meeting up with her in person) and are making her smile, laugh and feel nice to be around you, she can't help but see you in a different, more positive light.

Think about it this way!

In most cases, a guy stops interacting with a woman after a break up because he's feeling bad and he doesn't know what to say to her to get her back.

He might think, *"If I give her a bit of space, she will hopefully stop feeling so angry/hurt/annoyed with me and then, when I eventually contact her she will be more open to getting back together again."*

That approach has only work in about 20% of the ex back cases that I've seen.

In other words, it has an 80% failure rate!

Why?

When a woman doesn't have feelings for a guy, not hearing from him or not seeing him for a long time doesn't change how she thinks about him.

Rather than make her think, *"I wonder what my ex is up to? I really miss him so much. Who cares that he turned me off so much near the end! I want him back"* it will usually cause her to dwell on the negative aspects of her relationship with him and make her want to continue moving on without him.

On the other hand, if a guy makes a point of interacting with his ex on a phone call and in person to make her feel a renewed sense of respect and attraction for him, her feelings for him will naturally and automatically being to change.

Why?

Rather than sitting around waiting for her to change her mind about him on her own, he's actively replacing her negative memories with new, happy memories and thoughts about him.

If you want to make your ex suddenly show interest in you again, don't sit around hoping that she does all the work for you.

You have to be the one who takes the lead and reactivates her feelings of respect and attraction for you during interactions.

Get her on a phone call with you right away and focus on making her smile, laugh and feel good to be talking to you again.

Then, get her to meet up with you in person where she can see for herself that you're no longer the same guy she broke up with.

For example: You can do that by!

- Making her feel feminine and girly in your presence, rather than making her feel neutral (like a friend) or worse, masculine (like she is more dominant than you).
- Showing her that you clearly understand her reasons for breaking up with you and have taken steps towards changing those things about yourself (e.g. if you were insecure and needy, you're now emotionally strong, if you lacked purpose and direction in your life, you now have goals and you're working towards achieving them).
- Remaining confident and emotionally masculine around her, even though she's being cold and aloof and is saying things like, *"You're just wasting your time. I'm just not interested in you anymore."*

When you successfully flick her feelings of respect and attraction back on, she won't be able to stop herself from showing interest in you again.

Secretly she may be thinking, *"I can't believe he's really my ex. I know I said that I was never going to get back with him, but I can't help feeling curious about him now. He's so different now. As weird and crazy as it might sound to my friends or family, I can actually see myself being with him again now. Who cares what they think! I want to give him another chance."*

That's what you want to happen.

Yet, it 80% of the ex back cases I've seen and worked on with clients, it ONLY happens if you actively make the woman have feelings for you again.

You have to call her on the phone and then meet up with her in person to properly reactivate her feelings.

Where a lot of guys go wrong is by thinking, *"It's probably better to break the ice with my ex by sending her texts, e-mails or social media messages. That way she won't feel like I'm trying to push her into getting back together again. Then over time, she will hopefully soften up, open up and then I'll call her when she's really interested."*

Yet, a woman will rarely text her ex to say, *"We've been texting back and forth for a while now and I suddenly realized that I miss you. Can we get together for some coffee? I really want to see you. Please call me!!!"*

Why?

Regardless of whether she's dying to see her ex or not, a woman doesn't want to make it too easy for him to get her back.

She instinctively wants to wait to see if he has the confidence and balls to make the ex back process

happen, or if he's too afraid of rejection to risk going through the process.

So, rather than helping him through the ex back process, she will usually just be cold and distant.

[image: Most women don't want to make the ex back process easy for their ex]

He might then react by getting angry, losing confidence in himself, begging her for another chance or just completely ignoring her and hoping that she suddenly calls him and helps him through the ex back process.

For that reason, if you want to make you ex suddenly show interest in you again, you can't just sit around hiding behind texts and hoping she will eventually say, *â€œOkay, Iâ€™m interested now. Letâ€™s meet up!!!â€*

It just doesn't work that way in 80% of the ex back cases that I've seen and worked on.

Why?

When a woman finally dumps a man (after giving him plenty of warnings), she's usually completely turned off by him.

So, unless he reactivates her feelings of respect and sexual attraction for him, she is just going to continue moving on without him.

As the man, it's up to you to take the lead and to guide both you and her back into a relationship.

Don't make the classic ex back mistake of hiding behind texts in the hope that she will do all the work for you.

Just pick up the phone and talk to her in person.

On the phone call, focus on saying and doing the types of things that will spark her feelings for you (rather than saying and doing the types of things that caused her to break up with you) and then get her to meet up with you in person.

When she meets up with you and sees for herself that you're no longer thinking, talking or behaving in the way she remembers, she will naturally and automatically begin to feel interested in you again.

For example:

- She's expecting you to be nervous and insecure but now you are more confident and emotionally strong now.
- She's expecting you to be extra nice and do whatever she says, but now you are more ballsy and you stand up to her
- She's expecting to feel like your mother or sister or like just a friend, but instead she feels feminine and girly in your presence now, which turns her on.

When she has a different experience during interactions with you, her feelings will naturally and automatically change.

You then simply have to continue guiding her through the ex back process and she will be yours once again.

Another example of how to make your ex suddenly show interest in you again, is to

2. Let Her See That You Are Emotionally Independent Now, But Don't Rub it in Her Face

There's nothing wrong with feeling like you miss your ex sometimes and that you want her back. You may even say things like, *I miss having her around. I wish she was here with me now,* or *I hate lying in this big bed by myself. It seems so empty without her. I just want to hug her again, kiss her and have sex with her. Even just going to the movies again would be nice* or *cuddling up on the couch to watch one of our favorite TV shows together. Ahh, I miss her*. Missing her is normal.

Wanting her back is normal.

Yet, feeling like you can't be happy in your life without her is a problem.

Why?

It's a turn off to her. Women hate it when a man is dependent on her for his feelings of happiness, self worth and identity in this world.

On the other hand, women love it when a man cares about her and loves her, but is happy with or without her.

So, rather than sitting around thinking about how bad you're feeling right now, a better way to make yourself more attractive to her, is to become emotionally independent without her.

Basically what that means is that you focus on getting on with your life, even though you would ALSO like to get back together with her.

For example: Rather than wasting a lot of time thinking about how much you miss her, you can channel that energy into making progress on your big goals and dreams in life.

Additionally, you can do some of the things that you've always wanted to do but have been putting off (e.g. go traveling, take up a new hobby, go to university, start a martial arts class).

The more you focus on becoming a more fulfilled and interesting man without her, the more likely it is that when you interact with her she will feel some or a lot of interest in the new, improved you.

Yet, if you just sit around missing her and not caring about your life without her, she will pick up on your neediness when you interact with her and it will turn her off.

For example: Sometimes a guy might say to himself, *I feel terrible without her. Why should I pretend that I'm okay when I'm not? I'm not going to hide my pain. Then, when she sees how badly I'm hurting, she will realize just how much I really love her and she will feel guilty for breaking up with me.*

He might then appear sad, lost or lonely when posting on social media (if he posts at all) by posting up solo photos, quotes about being sad or rants about how much life sucks when you've been dumped.

He might also try to seek pity from others (and hope that she sees it, feels sorry for him and contacts him) by posting things like, *Stuff in traffic after another long, boring day at the office. Just trying to make it home so that I can crash on the couch and watch some TV. I hate my life!* or *Feeling lousy today. Another weekend sitting around at home doing nothing.*

On the other hand, if he doesn't post anything on social media at all, his ex will check his profile

and assume that he's is lonely and is just sitting around miss her.

She may then think, *“Clearly nothing about my ex has changed. He's still the same needy, insecure guy I broke up with. It looks like I made the right decision to break up with him. There's absolutely nothing happening in his life without me.”* I'm so glad I got away from him while I can. What a needy guy! what a mistake it was to be with him and she then tries to move on even faster without him.

So, if you want to make your ex suddenly show interest in you again, it's important that you show her that you've moved beyond the level you were at when she broke up with you, rather than staying the same and hoping she will just feel sorry for you and change her mind.

Remember: Becoming emotionally independent is not something you're doing to impress your ex into getting back together with you.

You are doing it for yourself.

If she asks you, *“Why are you (going for the promotion at work, taking a martial arts class, hanging out with new friends) all of a sudden?”* just say, *“Life moves on. You know that I love you, but I don't see any point sitting around waiting for you if you don't want me back. So, I'm getting on with my life.”*

She will then feel a slight pain of being rejected, mixed in with feeling respect and attraction for the fact that you have the emotional strength to get on with your life even though she isn't a part of it any more.

By the way!

Just make sure that you don't rub your happiness in her face.

If you make the mistake of bragging about how happy and confident you are now or how good your life is without her, it will backfire.

Just be relaxed and easy-going about it. Don't make a big deal out of it.

Remember that you are doing all these new, fun, interesting things because it's the best thing for you to do for YOU.

Don't do it because you hope it will impress her or hurt her.

Just do it because you have realized that it's important to live a balanced life as a man, rather than having all of your attention focused on your relationship with a woman.

[image: Let her see that you are emotionally independent now]

Although women will rarely, if ever, admit it, they actually want a man who is emotionally independent of them and who would be happy with or without them.

So, make sure that you get into that mindset ASAP.

Then, when you interact with your ex and she sees for herself that even though you want her back, you don't need her back to feel happy and fulfilled in your life, she will begin to feel respect and attraction for you again, which will then make her show interest in you.

3. Make Her Laugh, Smile and Feel Good When She's

Interacting With You

One of the best ways to diffuse a tense situation is with laughter.

According to science, laughter decreases stress hormones in the body and triggers the release of endorphins, the body's natural "feel good" chemicals.

When you make your ex laugh and smile during an interaction, it makes it very difficult for her to continue feeling angry or indifferent towards you because she is feeling good.

Smiles and laughter are also a good way to heal the pain, anger and resentment that your ex might be feeling towards you right now.

By making every interaction between you and her a happy experience from now on, you will be actively triggering her feelings of respect and attraction for you and making the negatives of your relationship seem less important to her.

When that happens, she will naturally stop trying to avoid you and instead allows herself to show interest in you again.

So, don't waste your time trying to convince your ex to give you another chance by making some (or all!) of the classic ex back mistakes that guys make.

For example:

- Begging and pleading with her to give him another chance.
- Trying to convince her by telling her how much he cares.
- Being extra nice to her in the hopes that she will change her mind.
- Giving her a long list of reasons why they should be together.
- Promising her that he will change.
- Ignoring her for 30 to 60 days in the hopes that she will miss him and come running back.

Instead, use every interaction you have with her to erase her old, negative, painful memories and replace them with new, happy memories by making her laugh and smile.

For example: Imagine you're talking to your ex on the phone and she asks you something like, *"So what have you been doing since we broke up?"* as a way of testing to see if you've been missing her.

The usual (non-attractive) response would be to say something like, *"Oh, you know! I've been busy with work and hanging out with my friends. What about you?"*

Yet, that reply isn't going to make her laugh or smile and make her want to stay on the phone with you for very long.

So, a better way to respond to her question, *"So what have you been doing since we broke up?"* would be to say in a joking way, *"I've been eating. I ordered all those pizzas you would never let me eat when we were together and I haven't stopped yet for the last week. It's starting to become a bit of a problem though because I can't fit through the front door anymore, so I'm stuck in the house eating takeout pizza. You're going to have to come rescue me and put me on one of your health food diets or else I might explode! The walls will then be covered with pizza and guts as wallpaper."*

She will most likely say something like *"Aaaah! Gross! That sounds terrible,"* and she will

have a laugh with you about it.

When she laughs, it takes her mind off what happened in the past and she starts to see you in a new light.

She then drops her guard and becomes more open to feeling positive emotions such as respect, attraction and love for you again.

Making Her Show Interest in You Again and Then Getting Her Back

[image: Making her show interest and then getting her back]

When you started off wondering how to make your ex suddenly show interest in you again, you were probably thinking, *“If she’s not interested, is it even possible to make her change how she feels?”*

Yet, something you may not have realized is that people change their feelings ALL the time.

Think about a time in your life when you might have disliked someone, yet, when they changed the way they interacted with you, you suddenly found yourself thinking, *“Hey, this person is not so bad after all. I actually like them now!”*

In the same way, when you change the way you interact with your ex and make her feel a renewed sense of respect and attraction for you, it’s only natural that her feelings for you will change too.

Once you make her have feelings for you again, her heart will fill up with new, exciting emotions and she will feel drawn to you.

You then simply need to guide her through the final steps of the ex back process, until she’s back in your arms and feeling happy to be with you again.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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Do You Love Your Ex More Than You Love Yourself?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

When a guy gets broken up with by the woman he loves, he might begin to think, *“My life is over now,”* or *“She means everything to me and without her I am nothing.”*

Here’s the thing!

There’s nothing wrong with feeling sad and even depressed when a break up happens, but if you want to get her back, you have to get past that level of emotional response.

You have to quickly get yourself to the point where you love her, but you love yourself more and you know that you would be fine even if you didn’t get her back.

Why?

A woman wants to be loved, appreciated and wanted, but she doesn’t want to be your sole purpose for living.

Women hate that!

Even though some women might SAY that they want a guy to make them his sole purpose for living, they do not actually want that.

A woman wants a man who loves her, appreciates her and wants her, but she does not want to be your “everything” and without her you are “nothing.”

Women are turned off by guys who think less of themselves compared to her and are turned on by men who have high levels of confidence, self-esteem and self-love.

A woman wants a man who feels worthy of her, not a guy who makes her feel like she’s doing him a favor by staying with him.

If a woman feels like she can’t look up to and respect her man, then no matter what he tries to say to convince her to give him another chance (e.g. *“You’re my everything”* or *“I love you more than I love myself”*), she just won’t listen because she will be turned off by the fact that he thinks less of himself compared to her.

So, don’t try to convince your ex to give you another chance if you don’t know how to love yourself first.

To love yourself, you need to start focusing on your good qualities AND you also need to reestablish your belief in your attractiveness and value to her.

Watch this video for some examples on how to do that!

When you can reach the point in your life where you want her back but don’t need her back in order to be happy, fulfilled and excited about life again, something amazing happens!

You instantly become more attractive to her and she then begins to doubt her decision to break up with you, even if she doesn’t openly admit it to you.

Yet, if you continue to mope around and spend your time thinking things like, *“I hate my life without her,”* or *“I need her. My life is pointless without her,”* she will pick up on your weakness when you interact with her and will just keep saying, *“It’s over between us. Please leave me alone.”*

Your Relationship With Yourself Sets the Tone For Your Life

[image: Your relationship with yourself sets the tone for your life]

Itâs a law of nature that you attract what you give out to the world.

For example: Have you ever woken up in a bad mood only to discover that everything else in your day just kept going wrong (e.g. you missed the bus, you were late for a meeting, you spilled spaghetti sauce on your favorite shirt, your coworkers were extra mean or cold that day)?

Alternatively, have you noticed that when youâre feeling happy and positive, everything seems to go right (e.g. you get an unexpected bonus at work, a friend you havenât seen in a long time invites you out, people are nicer to you)?

Maybe youâve experienced that while on a holiday or vacation and the reason why is that people can pick up on your good mood and expectation that things will go well.

Your good mood rubs off on them and everyone wins.

So, when you give out feelings of love, self-confidence, emotional strength and a passion for life, you will attract more of those things back to you.

On the other hand, if you give out feelings self-doubt, lack of self-worth and desperation, you will attract those things back to you too.

The same people who would have been nice to you, will doubt you, ignore you and overlook you.

In most cases, the only difference between a guy who is confident, successful and enjoys a great relationship with a woman and a guy who is insecure, unsuccessful and alone, is simply a matter of mindset.

For example:

1. Some guys don't have much purpose in life, so they doubt their value to women and the world.

[image: Guys with no purpose lack confidence with women]

When a guy doesnât have much purpose in life (i.e. he doesn't have big dreams, goals and ambitions), he might then make his main focus in life all about his relationship with a woman.

He may tell himself, *âThatâs how a great relationship should be. A guy needs to make his girlfriend/wife the centre of his world and focus all his love, attention and time on her. Nothing else is as important as she is. Who cares about goals and ambitions? All I care about is her!â*

What a lot of guys donât realize is that being emotionally dependant on a woman and making her his purpose in life is the fastest way to lose her respect.

Why?

Although a woman wants to be with a man who is caring, loving and devoted to her, she also wants him to be his own man and have his own purpose in life that is not about her at all.

If a guy focuses all his attention on his woman and cannot function without her, she will begin to think, *âWhy is he being so clingy? Initially I thought it was because he loves me so much, but now I wonder if itâs simply because he has nothing else going on in his life other than me. He never goes out unless we go out together, he has no friends of his own and he doesnât even have*

*any big goals or dreams that he is actively following through on. All he ever does is hang around me and if I ever ask him for some alone time, or go out with my friends, he sulks for days. I really thought he was a loving, caring guy in the beginning, but now I can see that heâs an insecure, needy, immature guy who needs me because he has nothing else going on for him. I donât know if I can stick around for much longer. I need a man, not a boy. He doesnât make me feel safe because he is basically hiding from his potential behind me and the relationship. I am protecting himâit should be the other way around.*â

Then, when she breaks up with him and says that he ruined their relationship with his neediness and insecurity, he might say to himself, *âI gave her my all and it still wasnât enough! What do women want?!!! Even though I loved her more than I loved myself, she still broke up with me. If my love is not enough then I have nothing. Iâm such a loser with women and in life. No woman is ever going to love me like my ex. If I gave her all my love and it was worthless, then it shows that I am doomed to be rejected by her and other women for life. Iâm just not good enough.*â

Hereâs the thing thoughâ!

Itâs natural and normal that a guy might feel down about himself after being dumped by the woman he loves, but saying that he has nothing and that he has no value to women or the world is simply another example of his lack of confidence and self-belief.

So, if your woman has broken up with you and youâre currently feeling down and like life isnât worth living, ask yourself the following questions:

- **What is my purpose in life?**

Do you have a big dream or goal in your life?

If not, now is a good time to think about what you really want in life and then take action to make it happen.

If youâre not sure what you want to do with your life, donât worry, just think about the things that make you happy and that you feel passionate about (other than your ex) and focus on doing something every day that brings you closer to achieving that goal.

For example: You might enjoy practicing a martial art.

If you become a skilled martial artist, you might then discover that you want to be a martial artâs instructor and eventually open your own studio.

Alternatively, you might realize that you only like doing martial arts as exercise, but what you really care about is property investment or your local community or windsurfing or stock trading.

The possibilities are endless.

When you start to focus on the things that excite you and start making progress towards achieving some goals in your life, not only will you realize that youâre not reliant on your ex for your happiness, you will also discover that you have a place in the world and that you are valuable.

- **What are the things that Iâve always wanted to see and do?**

Again, think about all the things you might have always wanted to see or do but pushed it into the background because of your relationship with your ex.

For example: Have you wanted to go traveling or to visit a particular city or country?

Have you wanted to go after a promotion at work but never bothered?

Have you thought about furthering your education but always stopped yourself?

Whatever those things are for you, now is the time to make them happen.

Making progress in your life without your ex will show her that you're not just sitting around sulking, feeling sad and rejected.

You are a man who making progress and moving forward in life, with or without her.

However, be warned: Making progress on your own is not the only thing you need to do to get an ex back.

What is MOST important is your ability to attract her when you interact with her again.

You can't be making the same old mistakes that have turned her off (e.g. letting her push you around, being insecure, sulking, not knowing how to put her in her place when she is out of line) and expect her to want you back.

You have to move beyond the level you were at when she dumped you.

Watch this video for more infoâ€¦!

When your ex gets to experience the new and improved you, she will naturally drop her guard and begin to open up to having real feelings for you again.

It's a natural, automatic process, so don't worry about getting it wrong.

You will get it right as long as you have improved your ability to attract her when you interact with her.

- **Have I been holding myself back from becoming a better man?**

Have you allowed yourself to stagnate and become stuck at a certain level in life?

What could you do that would not only bring you pleasure and take your mind off your ex, but also make you a better man in the process?

For example: You might like to take a cooking or dance class (also a great way to meet new women to make your ex jealous. You don't have to hook up with those women. Just being around them will make her jealous), or you might prefer to join a hiking club, or begin training for a marathon.

Now is the time to do those things.

When you start to love yourself as much as you love your ex, you will automatically become more attractive to her and to women in general, because women are attracted to a man who is confident about his place in the world and who has a big purpose in his life and isn't afraid to go make it happen.

Then, when you interact with your ex and she experiences the new, confident, determined you, she will begin to think, *â€œWow! Now this is the kind of guy I can look up to, respect and feel proud to call my man. Why did I dump him before? I know that I thought I made the right decision before, but now I am second guessing when I said that it was completely over. Maybe it's not completely over. Maybe there is a chance for us yet.â€*

2. Some guys think that women will be flattered and feel special if a guy loves her

more than he loves himself.

[image: She doesn't want a needy guy]

It's possible that you may have seen a movie or TV show where a guy professes his undying love for his woman by saying something like, *"You mean everything to me. You are my reason for living. I love you more than I love myself and if anything had to happen to you, I would rather die than be without you."*

She will then likely burst into tears, fall into his arms and they would live happily ever after, or at least happily up to the end of the movie or TV show.

The same applies for pop songs and music videos.

It's all fantasy and they keep doing it because millions of clueless people (usually teens and young adults) fall for it and dream about that happening to them.

However, in real life, when a guy puts a woman above himself in terms of value (i.e. he loves her more than he loves himself), rather than make her think, *"That's so sweet. This guy is a keeper,"* it usually makes a woman feel more dominant than him, which turns her off.

She then begins to wonder, *"Maybe I am too good for this guy. If he doesn't believe in himself and thinks that I'm better than him, maybe he's right. Maybe I can do better than him. I don't want to be with a guy because I'm the only woman who ever gave him a chance. I want a man who I want to be with, not a guy who needs me because no one else wants him."*

Although some women might initially like the idea that a guy loves her so much that he puts her above himself in terms of value, she will eventually get tired of it and dump him.

For example: A guy might constantly ask his girlfriend or wife, *"Do you still love me? You wouldn't leave me would you? You know I wouldn't be able to live without you? You mean everything to me. Please promise me that you will be faithful to me. I couldn't bare to live without you. It would completely destroy me if you ever cheated on me."*

That kind of thing is nice in a movie, TV show or music video, but not in real life.

In real life, women hate wimpy, needy guys who essentially put their happiness and confidence in her hands.

If a woman has that much power over a guy, she will usually then begin to boss him around, act cold and indifferent towards him and treat him badly to see if he will stand up to her like a real man, or if he will just put up with it because he needs her so much.

If he just takes whatever she dishes out, she will lose respect and attraction for him and she begin to feel very annoyed by his clingy, needy behavior.

She will then either dump him, or cheat on him and then tell him about it and dump him.

3. Some guys make the mistake of thinking that a woman is all his life should be about.

Sometimes, a guy will feel so lucky to be in a relationship with a beautiful woman that he slowly becomes insecure about losing her.

The idea of being without her, or worse yet, having to go out and find another woman all over again, fills him with fear.

He might then begin to tell himself, *â€œI feel so good with her that if Iâ€™m away from her, I just want to finish what Iâ€™m doing and be with her. Everything else in life like work, goals, friends or family are just annoying things that I donâ€™t want to pay attention to. I only want to spend time with her because she makes me feel good when Iâ€™m with her. Screw the world! I donâ€™t care about having goals. I just want to be with her.â€*

He might then slowly give up his hobbies and interests and possibly even stop hanging out with his friends, because being with his woman makes him feel safe, wanted and loved and he doesnâ€™t want to risk losing that.

However, what he doesnâ€™t realize is that rather than make a woman think, *â€œWow, Iâ€™m so lucky to have a guy who lives only for me. Women dream about having a guy who makes her his all and here I am living a fairytale,â€* she is instead thinking, *â€œWhat is he hiding from? Yes, I love that he loves me and is so caring, considerate and appreciative of me, but I really donâ€™t get a sense that heâ€™s going anywhere in his life. It feels like heâ€™s hiding from the world and is using his love for me as an excuse to become a bigger and better man. Heâ€™s afraid to go out and actually have a go at doing something with his life. Do I really want to be stuck with a guy who has no ambitions in his life? What kind of future will we have together? Will I have to mother him and take care of him forever? I donâ€™t want that. I need a real man. A man that I can look up to, respect, depend on and be able to relax into being a feminine woman around him.â€*

Hereâ€™s the thingâ€¦

A woman needs her man to be emotionally strong enough to love her, yet at the same time to have the courage to face his life head on with or without her by his side.

If he can do that, she will respect him, feel attracted to him and love him for life.

On the other hand, if he canâ€™t be the emotionally strong man that she needs, she will feel turned off by him at a deep instinctive level and want to get out of the relationship.

So, donâ€™t try to convince your ex to give you another chance if you havenâ€™t reached the point where you love yourself as much as you love her and are now tackling your life head on.

She wants you to be your own man, with or without her.

She wants you to love her and want her in your life, but to not need her anymore.

When You Love Yourself She Can Look Up to You and Respect You

[image: When you love yourself, she can look up to you and respect you]

What you think about yourself matters.

When you are full of love for yourself and for others (even if they donâ€™t love you back), you automatically become much more attractive, charismatic and appealing.

You will strive to reach your true potential as a man and make your mark in the world, regardless of what anyone else has to say about it.

On the other hand, if you hide behind a woman and allow your fears and insecurities to dominate your life, not only will it be very difficult to get your ex back, but it will also be very difficult to find

another woman.

Don't do that to yourself.

Instead, focus on being a confident man who loves himself and is moving forward in life towards bigger and better success every day, every week and every month.

Every step you take towards achieving your goals is a step closer to unlocking the greatness inside you.

You don't have to have achieved all of your goals to feel like you are good enough for your ex (or any other woman).

Feel as though you are good enough NOW, while also working hard to get to where you want to be in life.

Then, when you interact with your ex and she sees the man you have become, not only will her feelings of respect and attraction come flowing back, she will also start worrying that if she doesn't get back with you, some other lucky woman will snag you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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How to Be Attractive When Speaking to Your Ex in Person or on the Phone

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 things that you can do to be more attractive and appealing when speaking to your ex in person, or on the phone:

1. Let Her See That You Are Emotionally Strong Now

[image: Let her see that you are emotionally strong now]

Women love emotionally strong men.

Emotional strength makes a woman feel safe with a man, which then makes her feel respect and sexual attraction for him.

On the other hand, women hate emotional weakness.

One of the main reasons why a woman breaks up with a guy is because he just isn't emotionally strong enough to handle a girl like her right now.

For example: He becomes insecure when she doesn't show enough interest, he needs her to regularly reassure him that she won't break up with him and he becomes angry when she throws a tantrum because he can't control his emotions.

This often happens to guys who aren't any good at attracting and picking up women and simply rely on luck.

So, when a guy like finally hooks up with an attractive woman, he might say to himself, *"I've gotten lucky here. I'd better hold on to her tightly because there's no way that a guy like me would ever find another beautiful, intelligent woman like her. I have to do whatever it takes to prevent her from liking another guy."*

He might then become insecure in his relationship with her ask things like, *"Do you still love me?"* or *"You wouldn't leave me, would you?"* or, *"Can I trust you to never cheat on me? I've been hurt in the past and I need you to promise that you wouldn't ever do that to me."*

He might also become clingy by ignoring his friends, interests and hobbies to spend all his time with her and might then become jealous and controlling (e.g. by getting upset when she talks to other guys, checking her private e-mails and text messages).

Yet, rather than making her feel loved, appreciated and wanted, she feels smothered and begins to lose respect for him.

She starts to feel as though he needs her more than she needs him, which is a huge turn off for women.

Women want to be loved, wanted and appreciated, but they don't want a needy, insecure guy to cling to them for dear life.

She wants a man who is confident, happy and forward moving in life and doesn't need her to constantly encourage him or give him confidence.

She wants him to be his own man, while also loving, respecting and appreciating her.

So, if one of the main reasons you got dumped was due to emotional weakness or insecurity, you need to show her that you are now a confident, emotionally strong man.

Of course, just standing up to her and being emotionally strong isn't the only way to make a woman feel some attraction for you again.

Here is another way to be attractive when talking to your ex on the phone or in person!

2. Use Humor to Make Her Feel Good and to Get Rid of the Serious Vibe

[image: Use humor to make her feel good and get rid of the serious vibe]

It has been said that laughter is the best medicine.

Essentially what this means is that regardless of how bad things are between a guy and his ex woman, a little bit of humor will usually break the ice and take the bite off the negative feelings she is holding onto about him.

For example: If your sitting at a table (at a café or restaurant) and your ex says, *"Looks, it's over. There's nothing left between us anymore,"* she will be expecting you to back down or get upset at her.

So, what you can do instead?

Be emotionally strong enough to risk making a joke in that moment to calm the tension between you, drop her guard and make her feel a spark with you again.

You might say something like, *"Well that's not entirely true, is it? Technically there's a whole table between us"* and then laugh with her about that for a moment.

Or, if she says, *"Look, it's over. We can't get back together,"* you can laugh and say, *"Yeah, I know it's over. I have a girlfriend now and we got engaged the other night, so of course you and I can't get back together. We're finished!"* and then laugh with her about that.

Or, if she says, *"I just need some more time and space,"* you can laugh and say, *"Okay, how about I give you the next 30 years to think about it. You'll be old and gray by that point, but that's okay. We'll go and have tea or something like a couple of old fogies"* and then laugh with her about that.

Essentially, just be strong enough to joke around and not take her comments so seriously all the time.

When you do that, she won't be able to stop herself from feeling attracted to the new, emotionally stronger version of you who has the balls to joke around in moments that you would previously become unsure of yourself, back down or get annoyed and turn it into a stressful conversation.

When you can just relax, be confident and be more easy-going about things as you talk to her, her guard naturally comes down and she becomes more open to the idea of getting back together again.

For example: A woman might be feeling angry, resentful and bitter towards her ex because of what happened between them.

When he calls her on the phone, or bumps into her somewhere, she might be cold and distant towards him and say something like, *"Forget about it. I'm never going to forgive you for what you*

did to me.â€œ

If he then reacts by getting upset, or giving up, heâ€™s likely going to lose any chance he has of re-sparking her feelings of respect and attraction for him.

On the other hand, if he responds in a way that makes her smile, laugh and feel happy to be interacting with him again, her guard will come down.

So, if she says something like, *â€œForget about it. Iâ€™m never going to forgive you for what you did to me,â€œ* you can respond by saying, *â€œMe too! Iâ€™m never going to forgive you for what you did to me either!â€œ*

She might then look annoyed and say, *â€œWhat do you mean? I never did anything to you,â€œ* and you can reply by saying, *â€œSure you did! You got me addicted to your delicious lasagne and now Iâ€™m having withdrawal symptoms. Itâ€™s pure torture! Iâ€™ve been eating lasagne when out with friends at restaurants, but itâ€™s not the same. Youâ€™ve ruined lasagne for me forever! I can never forgive you for doing that to meâ€œ* and then have a laugh with her about that.

She will most likely laugh along with you and it will then take away the seriousness of what she was saying a moment earlier.

When you use humor and get her smiling and laughing, your ex is going to feel good around you again.

She will start feeling surges of respect and attraction for you again and her guard will come down, making her more open to the idea of getting back together again.

So, donâ€™t be afraid to make her laugh, especially if sheâ€™s being serious, bitchy or mean.

3. Don't Make it All About Your Feelings

Sometimes, a guy might feel so worried to be talking to his ex again after a break up that he ends up babbling on about his feelings and comes across as being too emotionally sensitive.

Some women even see it as being selfish because it seems to be all about him, rather than how she feels and what she wants.

For example: A man might call his ex woman and she might then ask, *â€œWhat do you want?â€œ* or *â€œWhy are you calling me?â€œ* in a cold, mean or rude tone of voice.

Rather than just laugh at her coldness (e.g. *â€œOoh, someone is in a bitchy mood todayâ€œ* or *â€œGee, you sound nice and friendly todayâ€œ*) and focus on making her feel attracted, he starts saying things like, *â€œLook, I know you donâ€™t want to talk to me, but please just listen! Iâ€™m falling apart without you. Donâ€™t you care that I am lost without you? I hate the thought of having hurt you so much that now you donâ€™t even want to talk to me. Being apart from you is killing me. Please just give me a chance to explain. I can make it up to youâ€œ*, *I really can. I care so much for you. You mean everything to me. Iâ€™ve never loved another woman like you and I never will. I canâ€™t concentrate at work and I havenâ€™t been eating or sleeping properly. Please, you mean the world to me. Donâ€™t give up on us now. What we had was so special.â€œ*

Even though he is being sincere and pouring his heart out because he really does love her and truly believes that he would do a better job this time around, she just doesnâ€™t care.

When a woman doesnâ€™t feel respect and attraction for a guy, him telling her all about how badly

heâ□□s feeling isnâ□□t going to matter that much to her.

Instead, she will think something like, *â□□ Why is he sulking to me about how bad he feels? Doesnâ□□t he realize that heâ□□s just putting me off even more by being so emotionally sensitive and needy? Itâ□□s bad enough that he hurt me, but now he is just making things worse by being such a wuss. If he thinks that showing me how sad he's feeling without me, is going to make me change my mind about him, he hasnâ□□t figured out yet that women are turned off by emotional weakness in men. If he wants me to care that he cares for me, heâ□□s going to have figure out how to be a confident, emotionally strong man. Right now though, that looks impossible because he's being such a wimp. He just doesnâ□□t get it. Iâ□□m going to have to go ahead and find myself a real man because clearly he isn't one and doesn't have a clue how to quickly become one.*â□□

Remember: If you want to be attractive when talking to your ex girlfriend on the phone or in person, donâ□□t waste her time or your time letting her know how terrible youâ□□ve been feeling since the break up.

Instead, just focus on re-sparking her feelings of respect, sexual attraction and love for you by showing her that youâ□□ve moved past the level you were at when she broke up with you.

For example: If a woman dumped a guy because he was too insecure and self-doubting, he will need to show her that he has become emotionally stronger since the breakup.

Another example is where a woman broke up with a guy because they were constantly fighting and disagreeing over things and she was tired of always feeling stressed out, irritated or annoyed.

To show her that heâ□□s moved past that level, he needs to react differently to what sheâ□□s saying (e.g. if she says something that would previously cause an argument, he now remains calm and turns it into something to laugh about together).

By showing your ex that youâ□□re not the same guy she broke up with, you will be able to break down some of the walls sheâ□□s put up to keep herself closed off from you.

Even if she tries to stop it, her feelings of respect and attraction will begin to trickle through to her heart and make her feel drawn to you.

Then, as long as you continue saying and doing the type of things that build on her feelings on for you, that initial trickle of respect and attraction will turn into a torrent and she will then be the one saying, *â□□ Maybe we made a mistake. Maybe we should give our relationship another chance*â□|â□□

4. Flirt With Her

A lot of guys make the mistake of thinking that flirting is reserved only for when a guy is trying to attract a woman for the first time, or when a man and a woman are in a relationship together.

So, some of the guys who read this section will think, *â□□ I canâ□□t do that! Itâ□□s not my place to flirt with her anymore, or joke around and make her feel attracted. What if she gets angry and then refuses to talk to me or see me again? I wonâ□□t be able to get her back. If I flirt with her, she might tell me to stop being like that and to just treat her like a friend. That would annoy her, wouldn't it?*â□□

No, it will attract her.

Flirting makes women feel attracted especially when they are your ex.

An ex woman will act as though it's not working on her, but it will be.

Yet, because a guy's confidence has taken a beating after being dumped and he is so worried about annoying his ex girlfriend, he will believe her when she says something like, *"Hey, don't talk to me like that. We're not together anymore"* in response to him flirting with her or even joking around.

So, when talking to his ex on the phone or in person, he will try to please her by acting more like a friend, or worse, acting like he's no longer interested in her.

However, his friendly, nice guy, non-sexual approach will simply make her feel NOTHING for him. She's not going to be thinking, *"Wow! My ex is on his best behavior. He must really still love me. I will reward him by feeling attracted and giving him sex, love and devotion now. It's time to get back together because he's been such a good little boy! Yayy!"*

Instead, she will think something like, *"Why am I not feeling anything for him anymore? I know that I said I was cool about being friends with him, but it's getting annoying now. Maybe the fact that I am not feeling anything for him is a sign that we're not meant to be together. Maybe he isn't the one and I was right for breaking up with him."*

She then opens herself up to meeting new guys, having sex and falling in love to get over and move on from her ex.

So, if you want your ex to respect you and feel attracted for you, don't waste time pretending you just want to be her innocent, non-sexual friend.

Watch this video for more info!

While being her "friend," you have to actively make her feel sexually attracted to you and one of the best ways to start doing that is by flirting with her.

Flirt (verb): Behave as though attracted to or trying to attract someone, but for amusement rather than with serious intentions.

Flirting is fun for both men and women.

When it comes to getting an ex back, flirting breaks down the walls of mistrust and misunderstanding and it allows a woman to feel attracted without worrying that it means she is agreeing to get back with him.

Yet, when she feels attracted, she then wants him back.

The fact is that when you flirt with your ex on the phone or in person, she's going to feel good, and you're going to feel good and she will feel more open to the idea of getting back together again.

5. Have a Positive Attitude, No Matter How Cold or Distant She is Being

[image: Have a positive attitude no matter how cold or distant she is being]

Wouldn't it be nice if you could just call your ex or see her in person and she then says, *"Hey, we both made mistakes. I forgive you for making me feel the way you did. I love you. Let's just get back together again!"*

Yes, that would be nice, but it will rarely happen if the guy doesn't reactivate the woman's feelings first.

If he just expects her to change her mind because they haven't been speaking to each other, he will be disappointed when he sees that she's moving on without him.

To get your ex back, you've got to do something about it.

You've got to become more attractive to her in the way that you now think, talk, feel, behave and act.

For example:

- Are you now very confident and emotionally strong, or are you still fairly insecure and emotionally sensitive?
- Are you now very driven and motivated, or hiding from your true potential as a man?
- Are you now more emotionally dominant than her, or would she still be able to walk all over you by acting cold, bitchy or dominant?

If you want to attract her back for real, she's going to need to see that you have already improved, fixed, adjusted or changed the things that were turning her off about you before.

If she can't see that you have change, a woman will usually remain cold and distant until she it becomes more obvious to her that she's dealing with a new, improved man now.

So, if she is cold and distant towards you, don't take it too seriously and don't let it ruin your positive attitude or confidence about getting her back.

If you maintain a positive attitude, regardless of how she's behaving (e.g. she is unfriendly, keeps bringing up all your past mistakes, flirts with other guys in front of), it will become very difficult for her to keep behaving badly towards you when you're being such a great guy.

Note: Sometimes when a woman is being cold and unresponsive towards her ex, he might attempt to attract her back by bragging, exaggerating or even lying about what he's been up to.

For example: A guy might say to his ex, *I've been having such a great time lately. I've been hanging out with some new friends and we've been invited to some of the most exclusive, VIP clubs in the city. I love my new life.*

Alternatively he might say, *I got a promotion at work. I'm making so much more money now that I'm thinking about getting a new car.*

Secretly, he's hoping that she will be impressed and will then stop being so cold and distant towards him because she wants to be included in on his new, amazing life without her.

Yet, if he's only lying about getting promoted or having fun without her, she will either sense it right away or eventually find out about it and she will be turned off even more.

So, rather than creating additional problems for yourself, just focus on having a positive attitude, remaining confident and actively making her feel respect and attraction for you again.

When she can see that you're not the same guy she broke up with, her guard will come down.

She may act like she's not interested to test if you will become insecure, but just maintain your confident, positive attitude and continue on until you are kissing her, having sex and back in a relationship again.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

How to Get Your Ex Back Without Pressuring Her

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

You need to be assertive to get a woman back, but that doesn't mean you should pressure her to decide right now or rush her decision.

You need to confidently guide her back into a relationship by reactivating her feelings and getting to hug, kiss and if applicable, also have sex to reconnect in a physical way.

She will most-likely be resistant to getting back together (most women are after a break up), but if you know that you and her will be so much happier now that you have improved, as a man you need to be emotionally courageous enough to put up with her sometimes cold, distant or stubborn behavior.

When you bring the love back to life and both you and her are happier than ever before, she will appreciate the fact that you loved her enough to endure the ex back process and get the relationship back together.

Most guys feel like it's too difficult or that it's impossible to get a woman back, but it's actually easy when you follow these 3 steps:

1. Apologize for your mistakes and let her see that you've already changed or improved the things that she broke up with you for (e.g. insecurity, lack of ambition, taking her for granted).
2. Switch your focus to making her have some feelings for you (e.g. making her feel attracted to you by using humor, flirting, making her feel girly and feminine around you, etc).
3. Guide her back into a relationship.

You've already done step 1, right?

Most guys have.

Yet, have you completed steps 2 and 3?

If you are not back with her yet, then you haven't. You've got to keep moving through the ex back process.

By the way, despite what people think

There's Nothing Wrong With Wanting Her Back or Getting Her Back

[image: Renew her feelings and get back together]

Some people think it's wrong or weak or whatever to get a woman back.

Screw them.

You love her and you want her back.

There's absolutely nothing wrong with that.

[image: Be calm and easy-going about the ex back process]

You are allowed to want her back, and you are allowed to do whatever it takes to get her back as long

as you are being a loving man and not trying to hurt her.

If you are trying to get her back because you love her and will make her so much happier this time, you can go through the ex back process without feeling guilty about pressuring her.

At the end of the day, you are doing the right thing if it's for love.

Just make sure that you do it in a confident, relaxed manner, rather than panicking about losing her and forcefully trying to pressure her into giving you another chance.

For example: Some of the things that can make a woman feel pressured by a guy, include:

- Begging and pleading with her to give him another chance.
- Continually promising her that heâll do whatever she wants him to do if they get back together again.
- Telling her that he will hurt or kill himself if she doesn't give him another chance.
- Repeatedly apologizing for his past mistakes in long texts, e-mails, voicemails or social media messages.
- Desperately asking her to tell him what she wants him to change about himself.
- Forcefully trying to convince her by giving her a long list of reasons why they are âperfectâ together.
- Trying to make her feel guilty for putting him through so much emotional pain.
- Turning up at her front door uninvited and trying to get her to change her mind.
- Not giving her even one day of space because he is constantly texting, calling or trying to see her.

Here's the thing..

If you don't want to pressure your ex, just be more relaxed and easy going about the ex back process.

Interact with her and go through the ex back process, but don't be so frantic, urgent or panicked about it.

Regardless of what other people (who don't care about you getting her back) might say, the fact is that you are not doing anything wrong by wanting her back and then being confident enough to re-attract her and guide her back into a relationship.

By approaching it that way, she is going to feel good about getting back with you because she feels attracted and she likes the new you.

She won't feel like she is being pressured to get back with you, even though haven't really changed or improved much about yourself and are just trying to get her back because you feel horrible, lonely and rejected without her.

When she feels good about going through the ex back process with you, her guard comes down and she becomes more open to interacting with you again, meeting up with you in person and getting back together.

Where Some Guys Go Wrong

[image: Be calm and easy-going about the ex back process]

When a woman is resisting any attempts by her ex to restart the relationship (e.g. sheâs being

cold, distant or stubborn), he might then feel that he needs to be extra sensitive of her feelings and listen to everything she says.

He hopes that by becoming sensitive, soft, caring and gentle, she will feel less pressured and then want to get back with him.

Yet, in the process, he will end up turning her off because women just aren't attracted to soft, wimpy guys.

What he needs to do is be confident, relaxed and easy-going, but he also needs to be strong, assertive and push the ex back process along.

He can't just wait for to guide him back into a relationship because if she doesn't have strong feelings for him, she's just going to move on.

For example: A woman might say to a guy, *"I'm really not sure what I want right now. I don't know if this relationship is right for me. Please don't pressure me to make a decision right now, because I can't. Just give me a month of space to think things through and then we can see what happens after that."*

In most cases, a guy will think, *"That's okay. I can deal with that. She's only asking me for a month. Who knows, it might even turn out to be a good thing. She will have time to calm down and then she will realize that what we have together was amazing and is too good to throw away, she will be happy to get back together again."*

He will then give her the space that she's asking for.

[image: Giving her the space to move on]

Yet, when a month and possibly even two months pass by and he doesn't hear from her again, he starts to wonder, *"Why isn't she calling me? She said she wants a month of space and I've already given her a lot more time than that. I didn't put pressure on her during that time, so why hasn't she called me yet?"*

The main reason why giving a woman a month (or more) of space after a break up just doesn't work in most ex back cases.

If a woman doesn't have feelings for a guy, not having to see him, or deal with him trying to get her back for a month is actually a good thing to her.

Most women use the time, space or distance they've asked for to secretly get over him and move on with their life.

This is why I recommend that a guy not give a woman more than 7 days of space before contacting her and continuing on with the ex back process.

Watch this video for more info!

Giving a woman too much space when she doesn't have strong feelings for her ex is usually a recipe for disaster.

She knows that she doesn't want him back (because he hasn't done anything to reactivate her feelings), but she's also feeling sad, hurt and lonely after the break, so what does she do?

Yes, you guessed it.

She either starts flirting with new guys, goes on dates and possibly even has sex with some of them to completely get over her ex.

That's not what you want, right?

You want her back.

If you want her back, don't ever think that you are doing the wrong thing by actively getting her back.

Some people will tell you that it's weak to chase after her and it's tougher to ignore her and not care.

Yet, it's actually weaker to avoid problems than to face them head on.

When you have the confidence, courage and willingness to quickly change and improve yourself and then guide her through the ex back process, you get your ex back.

Yet, if you just sit around hoping that by not contacting her it will lessen the pressure and she will want you back, you're most likely going to be disappointed.

By the wayâ€¦!

Don't get me wrong here.

I'm not saying that you should pressure her back into a relationship with you.

Instead, I'm say that you should quickly improve yourself (within 3 to 7 days) and then contact her, re-attract her and guide her through the ex back process.

Most guys don't realize that it's possible to do that, so they choose to just wait in the background and hope that everything simply works out.

Yet, while heâ€™s waiting around being emotionally sensitive to her needs and trying to get her back without pressuring her, she will usually go out, have fun and possibly even hook up with other guys.

This is why itâ€™s so important to only give your ex a week of space at most, before contacting her again.

Even if she asks you for a month, I recommend that you call her after a week.

The fact is that you have to stay in touch with her if youâ€™re going to successfully re-spark her feelings of respect, attraction and love for you.

You make her have feelings for you by doing nothing, if she currently has a negative perception of you.

Sure, give her a week to cool off and calm down, but don't waste time by hoping that giving her more space will make things even better.

In most cases, the woman will simply move on!

When it comes to getting a woman back, absence doesn't make the heart grow fonder if she doesn't have feelings for you.

If your ex really does love you and want you back, then yes â€¦ ignore her for as long as you like and she will come running back.

Yet, in 80% of the ex back cases that I've worked on, the woman starts out not wanting anything to do with the guy anymore because he has ruined her feelings for him.

The only way to get a woman like back is to reactivate her feelings during interactions.

If the guy simply ignores her, she's just going to move on without him and won't care at all.

So, don't worry about whether or not she might feel that youâ€™re pressuring her back into a

relationship.

You're not pressuring her.

You're just being a confident, relaxed, easy-going and loving man who is creating the opportunity for you and her to give the relationship another shot.

So, get her on a phone call right away.

On the phone call, actively change her feelings for you by making her feel a strong, renewed sense of respect and attraction for you.

Once you've re-sparked some of her feelings for you, get her to agree to meet up with you in person to catch up.

It's much easier to do that than to sit around for weeks or months worrying about her sleeping with other guys.

Get her back!

What if She Says "No" to Your First Request to Catch Up?

Sometimes, a woman will be resistant to the idea of meeting up with her ex because she is afraid of what might happen or what she could feel for him if they talked in person again.

So, she might say something like, *"Look, just give me time. I asked for a month of space and now you're calling me up after only a week. Why can't you just give me more time? I'm not ready to get back together. I need more time to think about it. I don't like you pressuring me in this way."*

No matter what she says, don't get upset or angry and say something like, *"I'm sorry! I don't want you to feel like I'm pressuring you, it's just that I miss you so much. You're not being fair to me. You just want everything your way! What about my feelings?"*

Don't say anything like that!

That is the biggest mistakes that a man can make when trying to get a woman back...

Getting upset, or even worse, angry with her is definitely not going to convince her that she wants to see you again and it's also not going to do anything to re-spark her feelings of respect and attraction for you.

So, if your ex says "No" the first time you ask her to meet up with you and is playing a little bit hard to get, use it as an opportunity to spark her feelings of attraction by making her laugh.

For example: If your ex says, *"Look, just give me time. I asked for a month of space and now you're calling me up after only a week. Why can't you just give me more time? I'm not ready to get back together. I need more time to think about it. I don't like you pressuring me in this way,"* you can respond by laughing and saying in a joking way, *"Oops! Well, I guess I should walk away from your front door then. I'm standing outside with a bunch of helium balloons. I will give them to your neighbor then"* and then have a laugh with her about.

She'll most likely respond by saying, *"What? You're outside my door holding balloons? You're crazy! Why are you here?"*

[image: Use humor to calm the tension]

You can then laugh and say, *“No, I’m only kidding! Of course I wouldn’t do that. You know I wouldn’t be that kind of guy who turns up at your front door and tries to pressure you into getting back with me. All I am asking for is to catch up to say hello as friends. It’s not about us getting back together. We would be simply catching up to say hello. If after the coffee, you decide that you never want to speak to me again, I will honor that wish and never contact you again. So, how about we catch up for a 10 minute coffee this Tuesday or Wednesday evening this week? Or, do I need to turn up at your front door with balloons?”* and then laugh with her about that.

When she notices that you are being easy going and have the confidence to joke around with her, it will actually make her feel a spark of respect and attraction for the new you.

When that happens, she opens herself up to the idea of meeting up with you.

You can then convince her by saying something like, *“Look, there’s no pressure about meeting up for 10 minutes over a cup of coffee to say hello to each other. We can do that. It’s no big deal. It doesn’t mean we’re getting back together. It’s just coffee. So, how about it? I’m free on Tuesday and Wednesday this week. Which of those nights suits you best?”*

In most cases, a woman will respond by saying something like, *“Oh, okay. Maybe just this once, but I’m only staying for 10 minutes”* and she’ll tell you which day she’s available.

Then, when you meet up with her in person, you attract her to the new and improved you and then simply guide her through the rest of the ex back process.

Are You Ready to Get Her Back?

Have you improved on your weaknesses and the things that were turning her off?

Are you ready to impress her in person and attract her to the new you?

Watch this video to understand how it works!

As you can see, you don’t need to pressure a woman to get her back.

You simply need to give her the attraction experience that she really wants and then, getting back together feels like a good thing for her too.

It’s not just about you wanting her back anymore.

She is attracted to the new you and enjoys how she feels around you now.

So, just guide her back into a relationship and enjoy the great times ahead with her!

×

[image]

Almost there! Please complete this quick form to gain instant access.

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Are You Making it Difficult For Your Ex to Love You?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Making your ex love you again is easy.

Yet, if you make any of the following mistakes, it becomes difficult because she feels turned off and can't fully respect you.

So, if you want to make your ex love you again, be sure not to ruin her feelings withâ

1. Needy communication

[image: Needy communication with ex]

When a guy gets broken up with, the reality of what just happened might cause him to panic and react in ways that he normally wouldn't.

He might start thinking, *âShe is mine! I'm not going to let some other guy take her from me. I will do whatever it takes to get her love back.â*

It's fine to want your ex back, but the thing that turns a woman off is when a man starts communicating with her in a desperate, needy way.

For example: He might...

- Send her numerous text messages explaining his feelings for her, apologizing and trying to convince her why she should give him another chance.
- Bombard her with texts so he is on her mind all the time, in the hope that she will eventually realize how much she still loves him.
- Always respond to any communication from her (e.g. a text, social media message, or a phone call) instantly or very quickly.
- Try to make her feel sorry for him by telling her that his life means nothing without her, or that he is sad and can't function at work or university.

Yet, rather than make a woman think, *âWow, he must really love me so much. That must mean that he is the one for me. So, how can I possibly give up on the love we shared? Iâve been too hard on him. Maybe itâs time to get back together again,â* she will think something like, *âWhy doesn't he leave me alone? Does he really think that being needy, clingy and insecure every time he gets in touch with me is going to make me suddenly love him again? Doesn't he realize that neediness and desperation are qualities that women find unattractive in a man? Even if I had my doubts about breaking up with him before, his recent needy behavior has convinced me that heâs simply not man enough for me. I need a man I can look up to and respect, not a needy little boy that I have to take care of. He just doesn't understand how to be a man in this situation, or in many of the situations that we encountered in our relationship.â*

Even though she would happily give him another chance if he approached getting her back correctly, he's messing it up by being needy.

Most guys get stuck at the basic step of apologizing for their mistakes and asking for another chance, but they never really progress past that.

If you want to make your ex love you again, don't make her think that you're a needy, desperate guy who is lost without her and doesn't know what else to do but apologize and ask for another chance.

Instead, focus on saying and doing the types of things that will re-spark her feelings of respect and attraction for you (e.g. being confident and emotionally mature, being more charismatic and charming, making her smile and laugh, making her feel girly in comparison to how masculine you think, talk, feel and behave).

When it feels good to her to be interacting with you again, she will be a lot more motivated to want to meet up with you and see if you and her can rekindle the love that you once shared.

The next thing that makes it difficult for an ex to love you again is

2. Not fixing the things about you that secretly turn her off

When a woman is saying things like, *"Look, it's over between us. We gave it our best shot and now we need to say goodbye and go our separate ways. We're just not compatible with each other. We want different things from a relationship,"* a guy might then start offering to change all sorts of things that she doesn't really care about.

For example: A woman might want her ex to be more of a man around her.

Yet, he might say to her, *"Please don't go. I can change. I promise that if you just give me one more chance I will be the best boyfriend (fiancé or husband) in the world. I'll be more attentive. I'll treat you better than ever before and I'll make sure you get everything your heart desires."*

That's not what she is asking for, so rather than make her change her mind and give him another chance, it just turns her off even more.

He is offering to change things about himself that she doesn't really care about (i.e. he's promising to treat her better, but what she really wants is for him to be more ballsy and more of a man around her).

So, if you want to make your ex love you again, you first need to understand the real reasons why she broke up with you.

Then, when you next interact with her, you can show her that you're no longer turning her off in the ways that you used to.

For example: If a woman broke up with a guy because he lacked confidence and was too insecure and emotionally sensitive, he has to show her that he has become more confident now.

He is emotionally strong and no longer doubts himself around her, becomes emotionally sensitive when she tests his confidence (i.e. by throwing a tantrum, acting like she isn't interested, teasing him).

Another example is if a woman broke up with a guy for being too nice and allowing her to push him around.

To show her that he's not that guy anymore he needs to be more ballsy around her by standing up for himself in an assertive, but loving way.

When a woman can see that you've changed without needing her help or guidance, she will

naturally begin to feel respect and attraction for you and it then becomes a lot easier for her to love you again.

Another mistake that will make it difficult for your ex to love you isâ€¦

3. Asking her to help you understand what you need to say and do to get her back

[image: Just tell me what I need to change and I will do it]

When a guy realizes that he needs to change to get his ex back, he will usually say to her, *â€œJust tell me what you want. Iâ€™ll do anything for you. Please help me understand what I did wrong. Tell me what turned you off about me and I will fix it. Just give me one more chance to show you that things can be different between us.â€*

Heâ€™s likely thinking that by asking her to help him understand what he needs to do to get her back, it will make her happy because it will show her how much he cares.

Yet, thatâ€™s not what a woman wants.

A woman doesnâ€™t want to take on the role of being a guyâ€™s guide or teacher in life and have to teach him how to be attractive to her.

She wants him to figure it out on his own (or with the help of male friends or role models), so that she can look up to him and respect him as a man, rather than look down on him and feel like she has to take care of him like his mother or big sister.

4. Being too emotionally sensitive

When a woman breaks up with a guy, she will usually make it difficult for him to interact with her from then on.

For example: She might refuse to answer his texts, or talk to him on the phone, or she might ignore him on social media.

If she does happen to bump into him (e.g. if they work together, or go to university together, have mutual friends, live in the same apartment building), she might be cold, distant and even a little bit bitchy towards him.

If the guy then becomes emotional and starts asking her, *â€œWhy are you doing this to me? How can you be so cold after everything weâ€™ve been through together? Doesnâ€™t the love that we shared mean anything to you? Is your heart made of stone? I still love you, you know! Why canâ€™t you at least talk to me nicely? Why are you so closed off? Please, just stop ignoring me from now on and give me one more chance to make things up to you. You might have been able to get over me, but I am not over you. I canâ€™t even function properly at work. Please just give us a chance to work things out.â€*

Yet, rather than make her think, *â€œHeâ€™s right. I am being a bitch towards him. After all we did love each other. I owe it to him to give him another chance,â€* she will be thinking something like, *â€œIf he thinks that behaving like a lost boy who needs his mommy is going to make me love him again, heâ€™s got it all wrong.â€*

Although a guy might feel frustrated and hurt that his ex is shutting him out of her life completely, the only way for him to make her stop giving him the cold shoulder and open herself up to loving him again is by rebuilding her feelings of respect and attraction for him.

How can he do that?

By thinking, talking and behaving in some of the ways that are naturally attractive to women (e.g. being confident around her and changing her mood by making her smile and laugh when she is being bitchy and cold).

So, if you really want to convince your ex to try again and not give up on your love, focus on making her feel respect and attraction for you again, rather than expecting her to care that you were once in love with each other.

When she's feeling attracted to the new and improved you, reconnecting with her original feelings of love for you will happen automatically because it now feels good to her.

5. Trying to convince her to give you another chance by having long, drawn out conversations with her

Nothing that you can say to a woman will make her change her mind if she doesn't have feelings for you.

You have to trigger her feelings first before she opens herself up to hear what you have to say.

Watch this video to see what I mean!

Since most guys don't know how to re-attract their ex, they try to use whatever approach they are able to do on their own.

Unfortunately, this often means that a guy tries to convince his ex woman to give him another chance, by having long, drawn out, emotional, tiring conversations with her.

Although she might allow the conversation to happen, it's just not going to make her feel excited to get back with him.

You've got to focus on creating a spark again, rather than trying to convince her with all of your logical reasons why you and her should get back together (e.g. you're a good guy, you will do better this time, you love her).

6. Seeking pity

Sometimes, a guy might try to make his ex woman feel pity for him in the hope that it causes her to feel guilty enough to give him another chance.

Yet, it usually just makes her more determined not to give in to his emotional blackmail and to move on to a more emotionally strong man.

A woman wants to be with a man because it feels right (i.e. she respects him, feels sexually attracted and loves him), not because she's doing him a favor.

7. Being extra nice

When all else fails, a guy will sometimes resort to being extra nice to his ex by doing whatever she wants and being at her beck and call, in the hopes that she will realize what a great guy he is and then get back together with him.

Yet, even though a woman might appreciate that her ex is being so nice to her, niceness isn't enough to make her feel respect and sexual attraction for him again.

Fact: Her Love For You Isn't Dead

A lot of people aren't aware of the fact that love doesn't die.

Love can be brought back to life by reactivating a woman's feelings of respect and attraction for you.

The love that your ex once felt for you is still there, but it has simply been pushed into the background by more negative emotions such as anger, disgust, resentment and disappointment.

You can make her reconnect with the love by guiding her through the ex back process!

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[image]

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3 Ways to Make Your Ex Love You as Much as You Love Her

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your ex is currently saying things like, *“I don’t love you anymore,”* it might feel that getting her to change her mind is an impossible dream.

Yet, making you ex love you as much as you love her isn’t as difficult as it might seem to you right now.

Here are the 3 steps that you need to take to make her reconnect with the love she used to feel for you.

When you do that, she will naturally want to get back with you again.

1. Start Giving Her the Attraction Experience That She Secretly Wants

[image: Start giving her the attraction experience that she secretly wants]

Most women don’t explain the secret, subtle things that they want a man to say and do in every moment to give her the attraction experience they want.

For example: A woman might throw a tantrum and wish her boyfriend (or husband) didn’t take it so seriously.

She wished he would sometimes just laugh at her and the situation, rather than getting sucked into the fake drama she was creating.

Yet, she doesn’t say that to him.

Instead, she just hopes that he “understands her” or “gets her” and is able to read between the lines and realize that, even though she seems really mad because she’s throwing a tantrum, she will actually love him more if he has the balls to guide the interaction back to laughter and love.

If he doesn’t, the tantrum will turn into a heated argument or into him trying to suck up to her to get her to stop.

As a result, she will feel unsatisfied that he isn’t able to give her the attraction experience that she wants in a relationship.

Another example of a man not giving a woman the attraction experience that she wants in a relationship is where he becomes clingy, needy and emotionally sensitive, but she is attracted to emotional strength in men.

She hates it when a guy needs her to be gentle with him, reassure him of her love and essentially mother him, but he just doesn’t know how else to act in a relationship.

She then feels unsatisfied and rather than teaching him how to change, she just falls out of love with him and then breaks up with him.

He is then left feeling lost and wondering how he can make her love him as much as he loves her.

If he then calls her up, crying, begging and saying things like, *“I can’t live without you. How can you do this to us? Why can’t you love me as much as I love you? Can’t you see that I feel*

lost without you? Please don't do this. You mean everything to me. I need you in my life,â€œ it will turn her off even more.

His need for her will simply confirm to her that he still doesn't understand how to be an emotionally strong, emotionally mature man and as a result, she will lose even more respect and attraction for him.

On the other hand, if he can start showing her (by the way he talks, thinks, behaves, interacts with her and responds to what she says) that heâ€œs now more confident and emotionally strong, she will automatically feel more attracted to him and respectful of him.

Another example of not giving a woman the attraction experience she wants, is where a guy had no real purpose and direction in his life, which made her feel unsafe and insecure about her future with him.

She couldn't feel attracted to the man he was and the man he was becoming because he was just stuck and accepted his lot in life.

A woman wants to know that her man is rising through the levels of life by reaching for his true potential as a man, rather than just planning on getting by and never really having a secure future.

A man does not need to have achieved everything before a woman can fully love and respect him again.

Instead, he just has to show her that heâ€œs putting in the effort to become a bigger and better man to ensure a safer future for both of them.

So, the question is: What part of the overall attraction experience of being with a man in a relationship was your ex girlfriend (or wife) missing?

What are your weak points when it comes to relationships and maintaining her attraction for you?

That's what you need to start improving right now.

By showing your ex (by the way you now think, talk, feel, behave and act) that youâ€œve fixed some of things that caused her to break up with you in the first place, she subconsciously allows the walls around her heart to come down and begins to feel more respect and attraction for you as a man.

She starts to say to herself, *â€œThis is what I wanted from him all along. Now itâ€œs actually possible for me to love him again. This is different.â€œ*

2. Reactivate Her Feelings, But Don't Immediately Pressure Her to Get Back Into a Relationship

One of the best ways to make your ex love you as much as you love her is by actively triggering her feelings of respect and sexual attraction for you.

You can only achieve that by interacting with her on phone calls and in person.

Where many guys go wrong is by thinking that a womanâ€œs feelings will change all by themselves and one day she will call him up and say, *â€œIâ€œve come to my senses. I love you now. Letâ€œs get back together again.â€œ*

So, rather than make the effort to interact with her, like calling her on the phone, or meeting up with her in person, a guy might sit back for weeks and sometimes even months, waiting to hear from her.

Yet, it rarely (if ever) happens.

If a woman doesn't have any feelings for her ex, not hearing from him will actually be a relief in most cases.

She will think something like, *"Cool. He's leaving me alone. Now I can move on without him. When we do speak again, I'll make sure that I've hooked up with another guy, so I can rub that in his face."*

Meanwhile, the guy ignoring her is hoping, *"Hopefully by ignoring her, she starts to love me as much as I love her. She will miss me and realize that I am the one for her."*

Yet, here's the thing!

If a woman does happen to contact her ex after not hearing from him for a long time, it's usually to see if he's still missing her (to make herself feel good about herself), but she's not going to get back with him.

A woman will rarely get back with a guy that she doesn't have feelings for.

If you want your ex to have feelings for you, the best way to do that is to interact with her and create a new spark of respect and sexual attraction.

So, don't waste precious time ignoring your ex in the hopes that the time apart will convince her that she loves you as much as you love her.

Instead, just focus on interacting with her over the phone or in person and create a spark with her again.

Then, when she is feeling attracted again, just give her 3 to 7 days of space so she can start to really miss you.

In most cases that I've worked on, the woman will then text or call the man within the 3 to 7 days to say hello.

From there, you just need to continue saying and doing the types of things that will build on her feelings for you (e.g. by making her smile and laugh, being confident and charismatic).

She will then naturally and automatically begin to reconnect with the love that she felt for you before.

3. Be a Man That She Can Now Fully Look Up to and Respect

In a relationship, it's the man's responsibility to maintain and build on the respect, sexual attraction and love that his woman feels for him over time.

If he can't do that for her, a woman will eventually start to ask herself, *"Why am I still with him if I don't love him as much as he loves me? Why am I putting up with second best? I deserve to be with a man that I can look up to and respect, feel attracted to and love. I want a man that I can feel proud of, not someone I have to make excuses for. Maybe him and I have to break up. Maybe he isn't the one."*

If she continues to see that he doesn't make much or any effort to build on her feelings for him (e.g. he falls into the habit of taking her for granted, he uses the relationship with her to hide from his true potential as a man, he stops leading the way and allows her to dominate him), she will eventually just break up with him, rather than stick around hoping he will change one day.

The thing is, when a woman loses respect for a guy (e.g. because he becomes insecure, takes her for granted), it becomes increasingly difficult for her to feel sexually attracted to him and when that

happens, she will also begin to disconnect with her love for him.

She will then become increasingly cold and distant, until one day she tells him that she no longer loves him and doesn't want to be with him.

Classic Mistakes That Guys Make When a Woman Falls Out of Love

It hurts when the woman that you love says something like, *"I don't love you anymore"* and then breaks up with you.

Sometimes, a guy won't know how to handle the situation and will begin pouring his heart out to her, begging for another chance or desperately trying to convince her to stay.

So, if you've made any of the following mistakes, don't worry â you can still fix it.

1. Thinking that explaining how much you love her will make her love you back

[image: Please understand how much I love you]

If a woman doesn't have feelings for her ex anymore, him saying, *"I know we're broken up, but I want you to know that I am still in love with you and want to be with you. I'll always love you no matter what,"* isn't going to make much difference to her.

Why?

If a woman has lost respect and attraction for her ex, it won't matter to her that he still loves her.

She just won't care about his feelings for her because she doesn't have strong feelings for him.

She might a bit feel sorry for him, but that isn't going to make her want to be with him.

A woman doesn't want to have to be with a guy because he wants it because that feels unfair to her and like she is doing him a favor.

Instead, she wants to feel respect, sexual attraction and love for him, which then automatically makes her want to have sex with him and be in a relationship with him.

So, if you want to make your ex love you as much as you love her, you must make her experience the type of feelings she wants to experience when she's with you (e.g. respect, attraction, love), rather than trying to explain to her how much you love her.

If you don't re-spark her feelings for you first, she's just going to keep saying, *"Please accept that it's over,"* because she doesn't care that you love her.

However, when you spark some of her feelings for you first and then build on that, she then starts feeling good about the fact that she loves you and you love her.

It then makes total sense for her to want to get back with you.

Another mistake to avoid isâ

2. Thinking that being a nice, supportive friend will make her love you

When a guy is faced with losing his woman forever, he might think, *"When she sees that I am the one who is always there for her no matter what, she will realize that she still loves me as much as I*

*love her. We can get back together again and forget about what just happened between us. Yes, that's what I will do! I will be the nicest ex boyfriend (or husband) a woman has ever known. I will be so supportive, caring and attentive and she will then fall back in love with me because she will realize that no other guy will treat her as well as I do.*â□□

He might then decide to make himself available to her every beck and call, in the hopes that her feelings for him will change.

Yet, in most cases, a woman will assume that friends means friends and heâ□□ll end up being the one hearing all about the new man in her life.

Here's the thingâ□!

It's totally fine to remain friends with your ex, but you have to make sure that you are actively making her feel sexually attracted to you.

Watch this video for more infoâ□!

If you only focus on making her feel neutral, friendly feelings for you by being a nice, supportive friend, she might keep you around in the background as a friend, but that wonâ□□t stop her from having sex or falling in love with a new guy.

So, donâ□□t put yourself in that position with her.

Be her friend by all means, but make sure your friendship with her is only a stepping stone towards making her feel sexually attracted to you again, so she can then begin to fall in love with you again.

Another mistake to avoid isâ□!

3. Thinking that giving her weeks or months of space will eventually make her fall back in love with you

If youâ□□re considering stepping back for a while and giving your ex some space (e.g. ignoring her for a few weeks or months), I recommend that you watch this videoâ□!

Although itâ□□s fine to give a woman a few days of space after a break up to allow things to calm down between you and her, anything longer than 3 to 7 days usually causes more harm than good.

For example: If a woman doesnâ□□t hear back from her ex for more than a week, she mightâ□!

- Stop feeling sad about the break up and realize that sheâ□□s actually going to be okay without her ex.
- Assume that since he hasnâ□□t contacted her in a long time he doesnâ□□t care about her anymore.
- Start going out and meeting new guys and discover that she likes it.
- See him as emotionally immature for not having the balls to call her.

This is why I recommend that men contact their ex woman within 3 to 7 days.

If she doesn't hear from you after that, she will usually just hook up with a new guy or at least start flirting with new guys to get you out of her mind, so she can begin to properly move on.

Making Your Ex Fall in Love With You All Over Again

Women yearn to be in a relationship with a man who has the emotional strength to guide her into deeper feelings of love over time.

So, if you want to make your ex love you as much as you love her, you need to be the more emotionally courageous one who makes it happen, even if she's currently saying things like, *"Sorry, I'm not interested. Please respect my decision"* or, *"I just don't have feelings for you anymore."*

To get her back, you need to make her reconnect with her feelings of respect and attraction for you again.

When she experiences that, she will naturally start to feel love for you again, except this time it will feel more exciting and worthwhile to her.

She then will realize that her love for you is more powerful than she ever knew.

By going through the ex back process, you will show her what true love really feels like and she will be grateful for it.

Getting back with an ex and experiencing a more powerful, exciting and intoxicating love is an amazing experience for a woman.

Don't deprive her of that.

Let her experience what it's like to fall back in love with an ex who has become a better man and is now capable of giving her the attraction experience that she always wanted.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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How to Show Your Ex That You Care, Without Seeming Needy or Desperate

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

To show your ex that you care without seeming needy or desperate, you need to let her see that you do want her back, but you don't actually need her back to feel emotionally secure again.

You have to get to the point where you honestly feel that you will be happy and fulfilled in your life, even if you never get her back.

It's totally fine to care about her and want her back, but you just have to sincerely know that you don't need her to feel good about yourself.

You can get on with your life without her, find another woman and you would be fine.

Of course, you want her back and that is fine too.

However, you must get yourself to the point emotionally where you are not dependent on her to feel like you're good enough as a man.

She doesn't want to feel as though you need her approval and acceptance to feel like you're worthy and that you're a good man.

If she senses that you are falling apart without her, rather than make her think, *"How sweet. My ex must really love me if he can't get on with his life without me. I think we should get back together again because no other guy will ever feel this way about me,"* she pulls away from what she perceives as your emotional weakness.

Instinctively, a woman knows that if a guy falls apart after a break up, he is going to struggle to handle the challenges of life as the years go on (e.g. paying off a mortgage, raising children, maintaining a happy family, getting ahead in life).

Knowing that he crumbles under pressure doesn't make her feel as though she can relax, feel protected and feel safe in a relationship with him.

[image: Needing your ex back, rather than wanting her back]

Instead, she fears that he might always need her to be the emotionally stronger one who has to take care of him because he just can't cope on his own.

So, if you want to show your ex that you care without seeming needy or desperate, make sure that you focus on genuinely feeling happy, content and emotionally fulfilled without her.

When you do that, you will discover that working on yourself in that way brings out all the positive traits that women respect in a man (e.g. confidence, masculinity, drive and determination, perseverance) and as a result, you automatically become more attractive to her.

Then, when you interact with her again, either on a phone call, or in person and she senses (via your tonality, body language and the way you think, behave and react) that you are confident and happy and getting on with your life without her, she begins to see you differently.

She starts to think, *"Hmm... I thought he was going to fall apart when we broke up, but he's being so emotionally mature all of a sudden. He's actually behaving in the ways that I always hoped he would. I like the new him. I know that I said I didn't want to be with him again, but for some reason I feel different now. I could actually seem myself falling in love again with the man he is*

now. Maybe it is okay to give our relationship another chance. Who cares what my friends think. I have to follow my heartâ€” and she then opens herself up to getting back together again.

3 Mistakes to Avoid When Trying to Not Seem Needy or Desperate

Sometimes, a guy will be so worried about seeming needy or desperate when heâ€™s interacting with his ex that he will end up behaving in ways that make her feel as though he doesn't really want her back.

So, if you want to get your ex back, avoid making these common mistakes that guys make when trying to avoid seeming needy or desperateâ€”!

1. Acting like youâ€™re completely over her when youâ€™re not

Sometimes, a guy might try to hide his feelings by acting like heâ€™s completely over her, even though what he really wants is to get her back.

For example: If she says something like, *â€œI donâ€™t think we can ever be together again. I just donâ€™t have feelings for you anymore,â€* he might then respond by saying something like, *â€œYeah, me too. I hope you donâ€™t think that Iâ€™m sitting around pining for you. Iâ€™m completely over you now too. Itâ€™s great isnâ€™t it? We got through this break up like two mature adults. Well, anyway, I wish you all the best for your future. Bye.â€*

Secretly, heâ€™s hoping that it will shock her into saying, *â€œWait! Wait! I really do love you. I want us to get back together!â€*

Yet, hereâ€™s the thingâ€”!

When a woman doesnâ€™t feel enough respect and attraction for her man and has also disconnected from her feelings of love for him, sheâ€™s not really going to care that they are going their separate ways.

In fact, she might even feel a bit relieved that she wonâ€™t have to keep fighting him off and telling him that itâ€™s over.

Instead, she will seek to quickly start hooking up with new guys to make herself feel better and validate the fact that other guys want her, even though her ex doesn't.

Of course, sometimes if a guy pretends to be over his ex girlfriend (or wife), she might come running back to him out of fear of losing him.

This happens when the woman is very young, is inexperienced with relationships or is unattractive and worries that she won't be able to find a replacement guy before he hooks up with a new woman.

However, most of the time, even if a woman still has feelings for her ex, rather than try to get back with him, she is more likely to say to herself, *â€œIf he doesnâ€™t love you anymore, then forget about him. He obviously isn't the one. Pick yourself up and find another guy who will love you the way that you deserve.â€*

She will then try to move on (or have sex with new guys) as quickly as possible to get over the pain.

So, if you want to show your ex that you care, acting like youâ€™re over her is not the way to go about it in most cases.

Some women will fall for it, but most will simply seek to get revenge by hooking up with guys and moving on.

What should you do instead?

Simply need to focus on reactivating her feelings of respect and attraction for you by behaving in ways that are attractive to her (e.g. making her laugh and smile, being confident and charismatic, being emotionally masculine), every time you interact with her.

When you trigger her feelings in a confident, loving way, not only does she drop her guard and open herself up to the idea of getting back together again, but she also feels intensely attracted to you for being such an emotionally strong man.

2. Lying about having other women interested in you when there are none

Trying not to come across as being needy and desperate by lying about having other women interested when there aren't any, rarely works if your ex doesn't have feelings for you.

Instead, she will likely just shrug it off, be glad that the other women are keeping you away from her and simply move on without you.

Even if she initially feels a twinge of jealousy, she will quickly remember all the negative things about you that she didn't like (e.g. you were too emotionally sensitive, you lacked purpose and direction in your life, you took her for granted) and her jealousy will then be replaced with indifference.

If she doesn't know that you're lying and if she still kind of wants you back, it can make her feel like he is losing you and that she needs to give you another chance.

Yet, if she finds out that you're lying, it makes getting her back all the more challenging.

For example: A guy might be having a conversation with his ex about what he's been up to since they broke up.

He then says something like, *"I've been quite busy actually. I've gone on a few dates and have been enjoying the single life again."*

To test whether he's being honest, she might then respond by saying, *"Really? That's too bad. I was kind of hoping that we could work things out between us, but clearly you're way too busy moving on. Okay, well, I won't bother you again. I've got to go. Bye."*

If he then panics and says, *"Hold on a minute! I'm not moving on. These women mean nothing to me. It's you that I really want. If you want to get back together again, of course I want that,"* she will suspect that he was trying to trick her into getting back with him by pretending that other women are interested.

She will then try to get revenge by actually hooking up with a guy, so she can then rub that in his face the next time that they interact or communicate.

So, if you want to show her that you care without seeming needy or desperate, you just need to focus on becoming more emotionally attractive to her (e.g. by being more confident, making her laugh and smile and feel good when she's interacting with you, making her feel feminine and girly in contrast to your masculine way of thinking, talking, feeling, behaving and acting).

When she can see for herself that you're no longer at the same level you were at before and are now the type of guy that she can look up to, respect, feel attracted to and love, she will naturally

begin to open up to you again.

3. Avoiding contact with her for weeks to show her that youâre not needy

[image: Hopefully avoiding her will show her that I'm not needy]

Sometimes, all it takes is a day or two to get a woman to open up and want to get back together with her ex if he sparks her feelings of respect and attraction first.

Yet, rather than focusing on triggering a womanâs feelings during interactions, some guys worry too much about coming across as being needy, so they go inactive instead of active.

Essentially, what this means is that rather than actively interact with his ex, reactivate her feelings of respect and attraction for him and then guide her back into a relationship with him, a guy decides to become inactive by avoiding contact with her altogether.

This is often referred to as "going no contact," which is based on the commonly known No Contact Rule (ignoring a woman for 30-60 days after a break up).

What a lot of guys don't realize is that the No Contact Rule works bests for women who are trying to get a guy back, not for men who are trying to get a woman back.

Why?

Most men are hopeless at approaching, attracting and picking up women, so when his ex girlfriend (or wife) goes no contact after a break up and he isn't getting any action with new women, what will he usually do?

That's right, he'll reach out to her because he will miss her.

During the No Contact period, he will fail at picking up new women and will eventually think, "*No other women want me like my ex did. Maybe she is the one for me*" and he will then contact her.

Yet, the same doesn't apply to women.

Most women can instantly get laid by going out to a party, bar, nightclub and saying, "*Yes*" to the many guys who want to stick it in her.

[image: It's easy for women to move on after a break up]

She can also get on a dating app or online dating site and instantly have 100s of guys willing to meet her.

So, when a guy ignores his ex after a break up, she usually just moves on without him.

Watch this video for more infoâ!

Most guys don't know this, so they think that the best way to get a woman back is to cut off all communication.

After a break up, a guy might spend weeks and in some cases even months waiting for her to call because he doesn't want to seem needy or desperate.

When she doesn't call and he decides to contact her, he hopes that she thinks something like, *"My ex is so cool. He's not needy or desperate like other guys. He didn't even call me for like a month! That's so amazing! Now I can respect him for not being a needy guy and we can get back together again."*

Reality checkâ!

In real life, the last thing that will cross a woman's mind when a guy is ignoring her is that he's doing it because he's not needy or desperate.

She might wonder why he isn't contacting her, but if she was very turned off by him when she dumped him (e.g. because he'd become too emotionally sensitive, he lacked confidence, his attitude turned her off), she will just try to erase him from her thoughts and move on quickly.

The general rule is that unless a woman really still loves her ex and is secretly hoping that they will get back together again, or if she is struggling to find herself a replacement guy, avoiding contact with her isn't going to matter that much to her at all.

The best way to show your ex that you care without seeming needy or desperate is by giving her 3 to 7 days of space.

Then, you need to interact with her (e.g. on a phone call, or in person) to let her see that you really have changed, matured and are no longer the needy guy she broke up with.

All it takes is one spark of respect and attraction and she will begin to change her perspective of you and start thinking of you in a more positive light.

Her walls come down and she is happy to know that you cared enough for her to become a better man - a man that she can now feel proud of, look up to, respect, desire and love.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

3 Examples of Needy Communication With an Ex

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Everyone says that women are turned off by neediness, but what are some examples of being needy when communicating with an ex?

1. Regularly Texting Her About Your Feelings

[image: Regularly texting her about your feelings]

There's nothing wrong with having feelings for your ex, but if you regularly want to talk about how you feel, how much she means to you and how you are sure that she is *the one*, it will come across as needy.

Being needy means that you need her to feel good about yourself.

You need her approval, her acceptance and her love and attention to feel like life is okay and you are a worthy, attractive man.

There's nothing wrong with wanting that kind of thing from a woman, but when you need it to feel confident, have self esteem or to be happy, that's when it becomes needy and turns women off.

Women want to be with a guy who is confident, happy and forward moving in life with or without her.

The main reason why is that if a guy is like that, she can feel safe with him because he is his own man and doesn't need her *motherly* support to keep his spirits high, remain confident and continue pursuing his goals in life.

She knows that he is emotionally strong enough to stand on his own two feet, without her having to hold him up by repeatedly reminding him that she loves him, supports him and that everything is going to be okay.

So, when a guy is always talking about his feelings all the time, it makes a woman feel as though he really needs her to be able to function and feel good about himself.

He's not his own man and needs her to be the one to make him feel as though everything is okay.

Women hate that.

Women don't want to be the main supporting pillar in a man's life.

Instead, they want him to be the strong one, so she can then lean on him for emotional support.

If he is able to do that for her, she feels a deep respect, attraction and love for him and naturally wants to be with him.

Yet, if he is the emotionally weaker one, she feels like more of the man or like a mother figure to him, which completely turns her off because she's unable to be a feminine, girly woman in the relationship.

So, in terms of being needy via text, a guy will make the mistake of thinking that if he can just fully explain to her how he feels and how much he still cares for her, she will stop being so stubborn and give him another chance.

He might then send her a series of long-winded text messages saying things like, *â□□I need you to*

please listen to what I'm saying here. Yes, I stuffed up, but I still care for you so much. Do you know how much I love you? I love you more than anything else in this world. I feel lost without you and every day that goes by where youâ€¦re not talking to me, I feel like Iâ€¦m dying on the inside. My heart is broken. I canâ€¦t eat and sleep properly because all I do is think about you and how badly I want us to be together again. What we had was special. Please let me make it up to you. Please give me one more chanceâ€¦! Iâ€¦ll do anything to get another chance. I love you more than anything and I hope you can sense my sincerity here. I want nothing else, but to be with you. Love, Peter xoxoxoxâ€¦

Yet, rather than make a woman think, â€œOMG, this is amazing! He must really love me for him to be texting me like this all the time. It must mean that he is the one!!! Iâ€¦d be silly to let him be the one that got away. Clearly he is in love with me, so that is all that matters, right? Maybe I should give him that second chance after all,â€¦ she is going to be turned off by his need for her.

She will then think something like, “Blah! Blah! Blah! Iâ€¦ve heard this from you so many times before, but I just donâ€¦t care how you feel anymore. You donâ€¦t even know for sure why we broke up anyway. You have no idea how to be the kind of man that I want you to be. Youâ€¦re just promising to change but deep down, the desperation to get me back is all about how bad you feel after being dumped and rejected by me. Well, what about how I feel? Do you even realize that I donâ€¦t feel any respect or attraction for you anymore? I want to be with a man I can look up to, respect and who makes me feel like his girly, feminine woman in comparison to how masculine he thinks, talks, behaves, acts and feels. I donâ€¦t feel feminine when Iâ€¦m with you. You made me feel like your mother, or big sister or like the man in the relationship. You don't even know how to change. So, stop texting me these soppy messages and move on. Itâ€¦s over between us, unless you can quickly change and show me that you are now the kind of man that I always wanted you to be.â€¦

Hereâ€¦s the thingâ€¦!

Even though her ex is being a good guy and is trying to do the right thing, she just isn't going to be amazed by his needy, emotional text.

When a woman canâ€¦t see a guyâ€¦s body language, or at least hear the tonality of his voice over the phone, she has to guess at what state of mind he was in when he sent the text.

For example: If a woman broke up with a guy because he was insecure and needy in the relationship, she is going to have that perception of him clear in her mind.

So, when she receives a bunch of text messages telling her all about how heâ€¦s feeling after the break up, is she going to think, â€œThis is such and emotionally strong man. I love the way that he wears his heart on his sleeve. I can definitely look up to him and respect him now,â€¦ or will she think something like, â€œWhy is he still being so emotionally weak and sensitive? Doesn't he understand that I dumped him for that reason? Does he really think that telling me he is falling apart is going to make me feel like I can depend on him and look up to him as a man now? He just doesn't understand me or women in general. He hasn't yet worked out how to be a man.â€¦

Even though he might think that she wants to hear all about his feelings via text, she doesn't.

Women hate it when guys hide behind text messages and don't have the balls to say things on a phone call or in person.

Women also hate it when they dump a guy for being emotionally needy and he then continues being

that way after the break up.

Women also hate it when they don't have feelings for a guy after a break up and he is going on and on about his feelings.

If she doesn't have feelings for you right now, you need to MAKE HER have feelings for you first. Don't talk about your feelings and how much you need her back.

[image: Actively re-attract her and get her back]

Make her feel a renewed sense of respect, sexual attraction and love for you (i.e. make her have feelings) and she will then care about you and how you feel.

Even still, you shouldn't go on and on about your feelings.

Instead, you've just got to be confident and guide her back into a relationship with you.

Leave all the feelings talk until after you've had sex again.

Likewise, don't try to talk about the relationship or your feelings via text.

Instead, only text her as a way of getting her on a phone call, so you can then arrange to see her in person and properly re-attract her.

For example: You can try to call her and if she doesn't answer, just send her a short text saying something like, *â€œHey Linda. I need to ask you something quick over the phone.â€œ*

In most cases, a woman will respond with something like, *â€œOkay,â€œ* or *â€œWhat do you want to ask me?â€œ*

Then, just call her.

Don't text a reply, don't wait for hours until you call her and don't worry about a thing.

Just call her.

On the phone call, focus on making her laugh, smile and feel happy to be communicating with you again.

She will most likely be cold and distant because she doesn't want to make it easy for you, but you have to remain confident.

The more that you spark her feelings of attraction and respect for you by being confident and making her smile and laugh again, the more open she will be to continue talking to you on the phone.

Yet, that's not enough to fully get her back.

You must get her to meet up with you in person where you can show her that you've changed and let her experience the new and improved you.

When she can see for herself (via the way you talk, behave, interact with her and react to what she says) that you're now at a completely different level as a man because you've fixed some of the things that were turning her off (e.g. you were needy and insecure before, but now you're confident and emotionally strong), she won't be able to stop herself from opening up to you again.

She will drop her guard and then getting her back instantly becomes a lot easier because she is feeling receptive and open to it.

On the other hand, if you just tell her about your feelings without sparking her feelings for you first, she's just going to be saying, *â€œNo. It's over between us. There aren't going to be any*

*second chances between us. You need to move on. Accept it. We're finished. I don't feel the same way as you do. Leave me alone.*â□□

Another example of needy communication with an ex isâ□|

2. Instantly Replying to Everything That She Texts

[image: Instantly replying to everything she texts]

When a guy is desperate to get back together with his ex, heâ□□ll likely try to be on his best behavior and not do anything to give her the impression that heâ□□s not interested in her anymore.

When his ex sends him a text, he will feel compelled to respond to her right away.

He may think, *â□□ This is the only chance I have with her. If I donâ□□t reply immediately, she might think Iâ□□m being rude or that Iâ□□m not interested in her anymore. I donâ□□t want to blow it by making her think that I donâ□□t care.*â□□

Yet, rather than make her think that he is instantly replying to everything because he cares, itâ□□s more likely that she will be thinking, *â□□ What is he doing? Is he just sitting around waiting for me to text him? Doesnâ□□t he have a life without me? When does he focus on work, or go out with friends, or do anything else that will prevent him from immediately replying to me?*â□□ and she will feel turned off by what she perceives as his neediness and desperation.

So, no matter how badly you want to instantly or quickly respond to everything she texts you, just don't do it.

If youâ□□re busy (e.g. driving your car, out with friends, at work), just wait for a more suitable time to get back to her.

Of course, donâ□□t make the opposite mistake of ignoring her for hours or days just so that you donâ□□t come across as being needy.

That would be rude and she will likely get annoyed with you for playing mind games with her.

Instead, just take your time to reply when you are genuinely busy and if you are available, reply quickly or fairly soon after she texts.

Sometimes it's okay to reply instantly, but only do that about 20% of the time and for the remaining 80%, just mix things up between replying quickly, soon after, hours later or even the next day if you can't get to her text because you are busy, sleeping or unavailable.

Another example of needy communication with an ex isâ□|

3. Trying to Make Her Feel Pity By Telling Her How Much You Care

[image: I care about you so much. Please give me another chance]

If a guy is trying to get his ex to listen to him and give him another chance and sheâ□□s saying things like, *â□□ No. Iâ□□m just not interested. Itâ□□s over. Forget about me and move on. I don't love you anymore*â□□ he might then try to make her feel sorry for him.

For example: He might say to her, *â□□ I know youâ□□re saying that itâ□□s over, but itâ□□s not*

over for me. I still care about you. I can't just forget about all the things that we shared. Don't you care even a little bit? I thought you were a kind, loving woman, but you are acting like you don't care about that we meant something to each other. You used to be so loving and now it's like you couldn't give a crap about how I feel or how much I love you. Can't you see that I'm sorry for hurting you? Does seeing me in pain like this and missing you so much make you happy? Why can't you just remember the good times we shared? We can make it work. Please just give me one more chance that all I'm asking for is one more chance for the sake of the love we once had for each other.

Even though the guy is being honest about his feelings, trying to seek pity for how bad he feels without her isn't going to make her feel a rush of respect, sexual attraction and love and make her want to give him another chance.

To her, it just seems very selfish on his part.

It's all about him and how he feels.

A woman doesn't like to feel like she's being forced into doing something she doesn't want to do, simply because the guy can't handle the pain of being broken up with.

While he's thinking that she might give him a chance based on how much he cares about her, she's thinking something like, *So, let me get this straight he thinks that being an emotionally weak, needy guy and using emotional blackmail on me is going to make me change my mind? Hmmm I guess he still hasn't figured out that women want a man they can count on to be a man, not an emotional wimp who needs to be taken care of by a mother figure. I can't believe that he's acting like this. I can see now that giving him another chance would be a waste of time because nothing about him has really changed and it's likely that it never will. He just doesn't understand how to be a man yet and I certainly don't want to be stuck with him while he figures it out. If he wants me back, he'd better sort himself out soon or else I will find another guy who is already a man and I will fall in love with him instead.*

Remember: A woman doesn't want to feel like she's doing her ex a favor by being with him.

If a guy gets his ex back by making her feel pity for him, she will only stay for a little while because there just won't be enough respect, attraction and love for her to want to stick around.

On the other hand, if you make your ex feel like she's winning the relationship lottery by getting back together with you (i.e. because you're making her feel more attracted to you than she has ever felt before), she will want to try again because it feels good to her, not because you're forcing her to.

It will then be about her getting you back, rather than her having to give you another chance to make you feel good about yourself again.

Getting Rid of Your Neediness

If you want your ex back in your life and keep her, make sure that you deal with your neediness before you interact with her again.

A great way of doing that is by getting to the source of your neediness and then taking real steps to change those things about yourself.

For example: Ask yourself, *Could I have become needy because*

- I lacked purpose in my life and made her my main reason for living?
- I thought that being emotionally needy and sensitive is what a woman wanted from a man?
- I didn't know how to be emotionally strong around her anymore because I handed all of my power over to her?

What you need to understand is that a woman wants a man that she can look up to, respect and feel attracted to.

Sometimes, a woman will pretend that she doesn't want her man to be like that, but it's just a test to see if he will hand over his power to her.

If he does, it turns her off at a deep, instinctive level and she stops feeling safe with him.

She worries that other people (e.g. bad boys, mean people at work) will take advantage of him, hurt him or hurt her because he is unable to stand up for himself in an assertive, but loving and easy-going way.

Instead, he just buckles under the pressure and fails basic social tests that place him into a lower ranking male position.

A woman doesn't want to get stuck with a guy who can't handle himself in the world and keep himself and her safe for life.

Even though she might not openly talk about that or even be able to explain it if asked, it's what her instincts are hard-wired to find out about a man.

If a woman discovers that she is with a lower ranking male, she automatically begins to feel unsafe and starts wishing she could find herself a more confident, alpha male.

Being an alpha male isn't about being a bad boy, thug, jerk or asshole.

The best alpha males are the good guy alpha males.

Men like this are good men, but they don't get pushed around by women or people.

They maintain their cool, they are good men, but they are also assertive and ensure that they are respected in social situations.

So, if you want to get an ex back after being needy, make sure that you're not thinking, feeling, behaving and acting like a lower ranking male as well.

You need to step up your game and become a more confident, assertive man.

Again, it's not about being a jerk or an asshole.

An example of being a good guy alpha male is being able to get her to stop being cold and bitchy when talking to you by making her smile, laugh and enjoy herself when talking to you.

When she can see that you no longer feel nervous or unsure of yourself when she is being cold, distant, bitchy or domineering, she naturally feels a rush or respect, attraction and love for the new you.

She almost certainly won't make it easy for you to get her back by openly admitting, "*Wow, I feel attracted to you now,*" but she will feel attracted.

She will actually start feeling good being around you, rather than looking for ways to get away from you as fast as possible.

Getting back with you will feel fun and interesting to her because she will be feeling a newfound respect, attraction and love for you.

You just need to maintain your confidence and keep pushing forward until you get her back.

Just don't push forward in a needy way!

Don't make it all about your feelings and needs.

Make it about her getting what she wants.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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How Long Will it Take For Your Ex to Miss You if You Ignore Her Using the No Contact Rule?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The amount of time it takes for an ex to miss you if use the No Contact Rule depends on who she is. Answer the following questions about her to find out if the No Contact Rule will work on her or not...

1. Is She Inexperienced With Relationships and Break Ups?

[image: Is she inexperienced with relationships?]

If this is her first serious relationship, she might not know what to expect from you after the break up. So, when she doesn't hear from you for weeks or even months, she might then start to panic about you finding another woman while she is still trying to cope with the pain of the break up.

She then contacts you to see how you are doing and hopes to find out that you're still missing her and are available to give the relationship another chance.

However, just because she wants you back (to ease her pain), it doesn't mean that everything will be okay between you and her for life now.

In most cases, if a woman gets back with her ex after he used the No Contact Rule to make her miss him and she then sees that nothing about him has really changed (e.g. he's still the same needy, insecure guy, he still doesn't know how to make her feel like a real woman), she will just break up with him again.

This is why I recommend that guys do not use the No Contact Rule for almost all break up scenarios with women.

In most cases, a guy should just give his ex 3 to 7 days of space and then contact her, re-attract her and guide her back into a relationship.

Another question to answer about your relationship and whether or not the No Contact Rule will work on her, is:

2. Can She Easily Find a New Guy?

If a woman is insecure, sees herself as being unattractive and is worried that she will be unable to find a replacement guy before her ex moves on, she might call her ex when he is using the No Contact Rule on her.

That happens sometimes, but in most cases, a woman can easily find a new guy for sex or a relationship.

All she has to do is get on a dating app or site, or go to a bar or nightclub and loads of guys will be happy to have sex with her and date her if she just makes it easy enough for them.

So, if a woman wants to get laid, it's usually just about saying, "Yes" to the many guys who will

happily stick it in.

This is why the No Contact Rule is better for women who are trying to get a guy back, because most guys can't don't have the skills to go out and get laid by lots of women, so they usually come crawling back to women who ignore them after a break up.

Yet, when a woman dumps a guy and he ignores her, she can easily move on without him because most guys will happily have sex with her and even date her if she is open and willing.

Additionally, if a woman has had experience with break ups before, she will know that the pain will eventually fade away, so she can also just ride it out until she feels that she is completely over him.

So, as a man, ignoring your ex isn't the only option and it's not the best option.

You don't have to sit around waiting and hoping that your ex will miss you enough to call you, before some other guy comes along.

For a man, getting an ex back is usually an active process not a passive process.

In other words, like most things in life, if you want her back, you have to go out and put in the effort to get her back before she fully moves on with another guy and gets engaged, married or pregnant.

You have to interact with your ex in whatever way is possible for you (e.g. text her, message her on social media, call her on the phone, or meet up with her in person) and make her feel something for you again.

If she doesn't feel anything for you, it's not going to matter to her whether you're ignoring her or not.

She might contact you to say hi as a way of checking if you still miss her and want her back, but since you haven't re-sparked her feelings for you, she's not going to be missing you and wanting you back.

On the other hand, if you actively spark her feelings of attraction and respect for you, she then becomes intrigued and starts to wonder *â€œWhy am I feeling this way all of a sudden? Is it a sign that we're meant to get back together?â€œ*

Another question to ask yourself isâ€œ|

3. Does She Still Feel a Lot of Respect, Attraction and Love For You?

If a woman still has strong feelings for her ex, not hearing from him for a long time might will make her miss him.

She will text or call him to see why he's ignoring her and if he's found another woman.

However, in most cases, even when a woman still cares for her ex, if he ignores her for too long, rather than call him up, she might start thinking, *â€œWhy isn't he calling me? Can he have moved on so quickly? I guess I was naÃ—ve to sit around hoping that he would call me and get us back together. Well I guess I was a fool for wanting that, so it stops right now. Iâ€™m not waiting a second longer for him to call me. If he can move on, so can I. Itâ€™s about time that I took my girlfriends up on that girl's weekend away. Iâ€™m going to go, have fun and find myself another guy or at least have sex and enjoy myself.â€œ*

She then pushes any positive emotions that she has been feeling for ex into the background and allows herself to feel angry, resentful and indifferent, as a way of getting over him a lot faster.

Here's the thingâ€¦!

As a man, you always stand a much better chance of getting your ex woman back when you actively make her have feelings for you, rather than waiting around hoping she will miss you enough to come back on her own.

She can easily find herself a new guy, or start having sex with new guys to enjoy herself and get over you.

So, rather than wasting a lot of time ignoring her using the No Contact Rule, just focus on using every interaction that you have with her from now on as an opportunity to make her smile, laugh and feel happy to be in contact with you.

The happier that she feels when she's interacting with you, the more likely it will be that she will truly miss you and want you back.

When that happens, her defenses come down and she opens up to the idea of getting back together again.

On the other hand, the less she hears from you, the more time she has to get over you and find herself another guy who is actively making her feel how she wants to feel (i.e. excited, attracted, feminine and girly, in love).

Another important question to ask yourself isâ€¦!

4. Have You Improved and Changed the Things About Yourself That Turned Her Off?

You and her broke up for a reason.

There was something or a number of things about your behavior and attitude that really turned her off and if you want to get her back and keep her, you need to improve, fix or change those things about yourself.

For example: If a guy got broken up with because he was too needy and insecure, he has to show his ex that he's now more emotionally mature and confident in himself.

The best way to show her that is based on how he talks to her on the phone and how he interacts with her in person, so she can fully experience the changes.

It's possible to get some respect and attraction back via text, but it's minimal compared to what you achieve on a phone call and in person.

Another example is where a woman broke up with a guy because he lacked purpose and direction in life.

As a result, she didn't feel safe and protected in the relationship with him.

In a case like that, the guy needs to discover his purpose in life (or decide on his big goals, dreams and ambitions for the future) and actively start working towards it.

When the woman then sees that her ex has been improving himself and is now at a different level than he was before, she will naturally begin to regain some of her respect and attraction for him.

She will then begin to worry that she might be losing a great man and will reach out to contact him in some way.

Yet, if she notices that her ex is the same guy she broke up with, him ignoring her just won't matter much or at all to her.

5. How Much Time Are You Planning on Giving Her?

The problem with ignoring your ex for a long time is that eventually you reach the point where wonder, *â€œHow much time is enough? Should I call her now, or keep ignoring her? What if I've ignored her too long and now she doesn't want to talk to me? What if she has a new boyfriend? What if she forgets about me and the feelings she once had for me? Should I just keep waiting for her to miss me? Maybe I should wait another few weeks or a couple of months.â€*

Don't do that to yourself.

The general rule of thumb is this!

- Don't ignore your ex for longer than 3 to 7 days. Longer than that is just a waste of time.
- Get her on a phone call with you and focus on sparking her feelings of respect and attraction by making her laugh, smile and feel good to be talking to you again.
- Then, once you've done that, step back and give her another 3 to 7 days of space.

Watch this video for more info!

By giving her an extra few days of space, you're letting all the good feelings you created in her over the phone sink in and allow her to miss how good it feels to interact with you again.

She might then text you to say hi, or call you and say something like, *â€œHey, how are you? I had fun chatting to you again the other day, so I thought I'd call to say hi. How was your day?â€*

When she texts you or calls you, just go ahead and make plans with her to meet up in person.

If she doesn't call you, then simply contact her again, and repeat the process until she agrees to meet up with you in person, where you can then continue to spark her feelings for you to the point where she is ready to be your girl again.

When the No Contact Rule Backfires!

Sometimes, a guy might say to himself, *â€œI don't know how to make my ex miss me and want me back. So, if I ignore her using the No Contact Rule, it might shock her into realizing that she will lose me forever. She will then come running back to me.â€*

Yet, while a guy sits around waits for weeks, months and sometimes years waiting for his ex to come back, rather than making her come back, something else happens instead!

- **Waiting around for her slowly destroys his confidence with other women.**

Although a guy might initially feel good about his decision to ignore his ex, as days, weeks and even months go by, his confidence starts to fade.

He begins to wonder, *â€œWhy isn't she calling me? How can she not be missing me by now? I*

*guess sheâ€™s forgotten all about me. Obviously I wasnâ€™t that important to her for her to forget about me so quickly. If she doesn't want me back after I've ignored her like this, it means that I'm not that loveable. So, what chance do I stand with a woman who is a complete stranger and doesnâ€™t even know me? Iâ€™ll never be able to find another woman. Maybe I'm one of those guys who are destined to be alone for life. Maybe she is the one that got away and no other woman will ever make me feel the same way. Maybe other women just won't love me as much as she did in the beginning. Maybe I'm just not good enough.*â€”

Donâ€™t let that happen to you.

Donâ€™t ignore your ex for so long that you eventually start to believe that you're not good enough for her or other women.

If you will just get her back by being active, you will see that you can make her feel respect, attraction and love for you right away or very quickly.

When you see that, you will feel confident in yourself and your attractiveness to her and other women.

Another problem with the No Contact Rule is thatâ€”!

- **It makes him feel unworthy of her.**

Another weird thing that happens when a guy is ignoring his ex for too long, is that he begins to idolize her.

Suddenly, she becomes perfect in his eyes and he forgets all about the things that used to irritate him about her.

He may then start to think, *â€”She was the perfect woman and I ruined everything. I canâ€™t believe I stuffed up so badly. Iâ€™m such a loser. I donâ€™t blame her for breaking up with me and not wanting me back. If I was her, I wouldnâ€™t want me back either. She was always out of my league. I'm not good enough for her. I can't get her back. She's too good for me.*â€”

Yet, what he doesnâ€™t realize is that feeling unworthy of her love only makes him seem less attractive to her and other women.

Why?

A woman likes the idea of being with a man she feels will be the envy of her female friends and acquaintances because he is always confident in himself, no matter what anyone says or does or what he is going through in life.

She wants to be able to feel proud of him, respect him and feel attracted to him.

So, when a guy is being emotionally sensitive and doesnâ€™t believe in himself and his worth to her, it does nothing to spark her feelings for him.

Instead, she thinks, *â€”I need to get away from this guy as quickly as possible and find myself a real man. I need a man who is emotionally strong and can cope with the bumps on the road of life. I need someone that I can look up to and respect, rather than hanging around with a wimpy guy because I feel sorry for him. He doesn't even believe in himself. I will have to carry him for life. I need a real man.*â€”

If feel unworthy of getting her back, she will be able to pick up on that based on your tonality, body language and the way you talk, think, behave and interact with her.

She will then be turned off at a deep instinctive level and it will remind her why she broke up with you in the first place.

So, if you want her back, you have to believe you are good enough for her, otherwise neither will she.

Remember: A woman getting a man back is different to a man getting a woman back.

Women can use different techniques that work on most men, such as the No Contact Rule.

However, men need to be active rather than passive.

Men need to actively make the woman have feelings again, rather than sitting around and hoping that she comes running back.

In the 100s of ex back cases that I've worked on, the No Contact Rule has only gotten positive results about 20% of the time.

In 80% of cases, the woman simply moves on and completely gets over the guy during the No Contact period.

Another problem with the NC rule is thatâ

- **It makes him fear relationships in general.**

When a guy waits around for his ex for a long time and then nothing happens, he might start to get a little bit bitter about women in general.

He may then think something like, *âAll women are bitches. They pretend that they love you and then when they have your heart in their hands, they stomp on it by dumping you. Iâm never going to let a woman do that to me again. I am not getting into another relationship ever again. I'm going to be single for life. Women cannot be trusted!*â

Don't become that confused, bitter guy who doesn't even acknowledge the fact that billions of relationships have remained together for life.

If you only focus on all the couples who break up or divorce, rather than acknowledging that at least 50% or more of marriages or relationships last a lifetime, you will lose out on the thrill of having the kind of love that gets better and better over time.

I know this because I am now married after sleeping with 100s of women over the years.

I accepted my girlfriend's marriage proposal and even though our relationship was amazing then, it has continued to get even better over time.

So, make sure that you don't become one of those guys who are afraid of being in a committed relationship with a woman.

You can make it work with her.

Yes, you made a mistake in the past and your ex broke up with you, but that was then and this is now.

You are at a different level as a man now and you can find love again with your ex, or even with another woman if you want that instead.

However, you will never be able to be happy until you learn to accept that bad things sometimes happen in life.

Itâs up to you to use that as an opportunity to improve and become a better, emotionally stronger man, rather than letting it depress you, make you bitter and stop you from having a happy life.

So, if youâre wondering how long it will take for you ex to miss you if you ignore her using the

No Contact Rule, the answer is thisâ□!

As long as it takes you to start actively re-sparking her feelings of respect and attraction for you.
The longer you wait, the longer it will take.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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What to Do While Your Ex is in a Rebound Relationship

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

While your ex is in a rebound relationship, you should...

1. Start Fixing the Things About You That Turned Her Off

[image: Start fixing the things about you that turned her off]

If your ex has lost respect and attraction for you as a man, regardless of how sorry you are for everything that happened between you and her, it's not going to matter to her unless she can see for herself that things have changed.

Instead, she is likely going to assume the worst about you and think that you're still the same guy and who won't be able to change how she feels.

To make your ex want to leave her new guy and get back with you soon, you need to show her (by the way you now talk, feel, think, act and behave) that you really have changed and improved.

By the way!

I know that it's not easy for many guys to show their ex woman that they've changed because she no longer wants to talk to them.

However, you have to be persistent to get her on a phone call and get her to meet up with you in person.

Don't worry about the new guy. He is with your woman and she belongs to you.

So, just get her on a phone call and get her to meet up with you.

Before you do that though, make sure that you have begun to fix some of the things that caused her to break up with you in the first place.

For example: A guy might have been insecure, needy and self-doubting in the relationship.

To get her to see that he's not that guy anymore, he needs to show her that he has become more confident and emotionally strong now.

When he interacts with his ex (on the phone and in person) and she tests him (e.g. by being cold and distant, giving him mixed signals), he remains confident and doesn't get insecure about his attractiveness to her like an insecure guy would.

Another example is where a woman broke up with a guy because he was too nice and he allowed her to dominate him and order him around.

To show her that he's changed, he needs let her experience for herself (on a phone call or in person) that he is now more masculine and ballsy in a way that makes her feel feminine in comparison to him.

When she tries to dominate him and order him around like she used to, he just laughs it off and doesn't get rattled like he used to.

He looks at her as being a girl, rather than as her being a super powerful woman that he needs to bow down to.

He is a good man and he respect her, but he no longer becomes unsure of himself or wimpy when she starts being bitchy, controlling or domineering.

When she sees this change in him, she naturally feels respect and attraction for him.

She realizes that she can now relax and trust that he is a real man now. He's not the wimpy, insecure or submissive guy that she dumped.

He has become a confident, emotionally masculine man now and she can sincerely respect him.

When your ex can see that you haven't been sitting around feeling sorry for yourself and have instead been working towards becoming an even better man (i.e. by fixing all the things that were turning her off), she will naturally feel respect for you, even if she doesn't openly admit it.

When she feels respect for you, she will naturally become open to feeling attracted to you again as well, even if she tries to fight it.

When that happens, you can then build on her feelings until she's thinking, *â€œIf I don't give him another chance soon, I'm going to lose him to some other woman,â€* and she wants to be back in your arms.

2. Prepare to Give Her the Attraction Experience That She Wanted From You All Along

When a woman breaks up with a guy and quickly gets into a rebound relationship, it's often because she is eager to experience the type of attraction that she felt was lacking in her relationship with her ex.

For example: If a woman's ex was too nice and allowed her to walk all over him with her dominant personality, her new guy will be more emotionally masculine and ballsy and will be able to stand up to her, thus allowing her to feel more feminine and girly around him.

Another example is where a guy took a woman for granted (e.g. expecting her to do everything for him, breaking his promises to her, stopped appreciating her).

In cases like that, her new guy will usually be more attentive towards her, which will make her feel loved and appreciated.

A woman's rebound guy is usually just filling in the emotional gaps that were missing in her relationship with her ex (e.g. the new guy is emotionally strong vs. her ex is emotionally weak and sensitive, the new guy is loving and attentive vs. her ex took her for granted).

Where some guys go wrong when trying to get an ex woman back who is in a rebound, is that they start thinking that the new guy is better than them.

For example: If he is insecure about some aspect of himself (e.g. his appearance, job, financial status), he might then say, *â€œThat's why she's with him. He's better looking than me and he drives a really fancy car. How can I compete with that? I'm just an average Joe. Maybe if I go to the gym and build lots of muscles and get a better job, she will be impressed and leave him. Yet, that would take a long time to do. I want her back now. I don't know what else to do to make her think of me as better than him.â€*

Don't do that to yourself.

Just because your ex is with another guy, it doesn't mean that he is perfect for her and that you

canâ€™t get her back.

Heâ€™s simply giving her the attraction experience she wants right now, but it doesnâ€™t mean that at some point he wonâ€™t have gaps of his own (e.g. he might be emotionally strong, but she may discover that he lacks direction and purpose in life, or he might be loving and attentive, but he will gradually become needy and clingy).

Comparing yourself to another guy only makes you lose confidence in yourself, which makes you less attractive to your ex because she perceives you as being emotionally weaker than him.

Women are naturally attracted to whichever guy is the most confident.

I'm not talking about boastful, loudmouth confidence. I'm talking about relaxed, self-assured confidence.

You've got to believe in your attractiveness to her by focusing on your good qualities and improving on the things about yourself that were turning her off.

No guy is perfect, so donâ€™t dwell on the other guy at all.

Heâ€™s not important.

It doesnâ€™t matter if heâ€™s rich, famous or if he has model good looks.

What matters the most is that you focus on making some adjustments to your thinking and behavior, so that when you interact with your ex, you can give her the attraction experience she really wants and change how she feels about you.

Some of the ways you can do that are by:

- Showing her via your thinking, actions and behavior that youâ€™ve fixed some of the issues that were turning her off before (e.g. if you were insecure, you are now more emotionally strong and confident, or if you were too nice and a pushover before, you are now more ballsy and emotionally masculine).
- Reacting differently to what she says and does, (e.g. if you got jealous when she talked about other guys, you now relax and smile and don't even worry about it. You know that women are attracted to confidence, so by remaining confident, she naturally feels attracted to you even if she doesn't openly admit it).
- Making her feel feminine and girly in your presence to trigger her feelings of sexual attraction for you.
- Making her smile, laugh and feel excited to be around you.

Simply by making some attractive adjustments to your behavior and the way you think, talk and interact with her, talking to you or being around you will suddenly feel good to her.

[image: Woman missing her man]

She then starts to wonder about her decision to break up with you and she might feel confused about her newfound feelings of respect and attraction for you vs. what she is feeling for her new guy.

She wonâ€™t be able to stop herself from feeling drawn to you again.

3. Become Emotionally Independent

It's perfectly okay for a guy to miss his ex and want her back.

Once in a while he might even say things like, *â€œI wish that she was here with me now. I miss her hugs and kisses,â€* or *â€œI miss her the most on Sunday afternoonâ€* when things get quiet around here. *I hate this lonely feeling. I would feel better if she were here.â€*

There's nothing wrong with missing her, but if a guy feels as though he can't function without his ex and has lost his main reason for living, he is actually making himself even more undesirable to her. Why?

What a lot of guys don't realize is that being emotionally dependant on a woman and making her his purpose in life is the fastest way to lose her respect.

A woman does want to be with a guy who is loving, caring and devoted to her, but she also wants him to be his own man, with or without her support.

Where some guys go wrong (and end up being dumped for it), is they think making a woman the center of his world is what she actually wants.

A guy like this might then stop catching up with his friends unless she's invited too.

This is fine if the relationship is amazing, the guy is making progress in life and she looks up to him and respects him, but if he's a needy guy who is emotionally dependent on her, it will gradually turn her off.

Likewise, when a guy gives up his hobbies and interests that don't include her and generally makes her the main focus of his life, a woman eventually starts to feel as though she's got herself a boy who needs his mommy, rather than a man who she can look up to and respect.

She begins to think, *â€œHe's smothering me. I just need a little space to do some things by myself at times. He's driving me crazy by being so stuck to me. Sometimes, I think he's going to even follow me to the bathroom. I can't do anything without him there. I can't take this anymore! It's just too much. I can't breathe.â€*

Then, when she breaks up with him and says that he has ruined their relationship and put her through a really hard time, he might say to himself, *â€œLook at what I did to her. I made her hate me. She's just too good for me. I'm such a terrible boyfriend (fianc  or husband). I don't deserve her. I had the love of my life and I screwed it up. I am a failure as a man. She can do better than me.â€*

It's only natural that a guy will feel pretty down about himself after being dumped by the woman he loves, but a guy feeling unworthy of his ex is actually another form of emotional dependence.

It's like saying, *â€œI need her to make me feel like I'm good enough, even though deep down I believe I don't deserve her. I need her approval. I need her to make me feel confident again. Without her telling me that I'm worthy, I just don't feel it. I'm not good enough.â€*

The thing is, a woman doesn't want to feel like being with a guy is a favor to him.

Instead, she wants to be with a man who is confident in who he is and his attractiveness to her, rather than needing her to make him confident.

Women are attracted to self confidence rather than dependent confidence because it makes them feel safe that the man can handle himself in the world.

So, you need to show her that even though you still care for her and want her back, you are happy, confident and moving forward in life with, or without her.

You have your own important, long term dreams and goals in life and you don't need her to make you feel confident and have self esteem.

You're a great guy and she will be the one winning if she chooses to get back together with you.

To make sure that you give her that impression, you need to begin focusing on becoming an even better man than you already are.

For example:

- If you don't already know, find out what your purpose in life really is and then set yourself some goals and start working towards achieving them.
- If you don't know what your purpose is, just think of what you really would love to do with your life and then come up with huge, long term goals that are based on that. Then, start the journey and don't stop.
- Think about all the things you've wanted to do (e.g. go traveling, learn a new skill, take a martial arts class), but have previously put them off because you were too busy, or because you didn't want to spend any time away from her.
- Challenge yourself to do something different from what you always do as a way of becoming emotionally stronger (e.g. if you're inclined to be more academic and prefer reading and studying, consider going rock climbing, doing martial arts or learning to fly a plane to challenge yourself).
- If you've neglected your friends, now is a good time to get reacquainted with them and even make new ones.

When you get to the point where you have a life purpose, goals, interests and friendships that are separate from your relationship with her and you are happy with or without her, something interesting happens!

She feels attracted to you again. Why?

When you stop needing a woman to give your purpose and direction in life, you suddenly become the kind of man that she can look up to, respect and feel attracted to.

Women love a man who knows who is and what he wants in life, outside of just wanting a woman.

Women do want a man who wants them, loves them and adores them, but they don't want a needy leech to be stuck to them and sucking all the love, attention and affection they can give before they've given enough and need to remove him.

When you're emotionally independent, but still love her and want her in your life, she can see that there is space to breathe in a relationship with you.

Then, rather than feeling like you're smothering her and need her to feel good about yourself, she will feel lucky to be with a man who is going places in life, while also still paying attention to her and loving her in the way that she really wants.

4. Contact Her to Meet Up With You in Person, So You Can Say Hello as Friends

[image: Get her on a phone call]

To get an ex back when she is in a rebound relationship, you have to be active about it.

Don't worry about the new guy. He is with your ex and she belongs with you.

If you want her back, you have to interact with her and make her experience new, positive feelings and emotions about you (e.g. respect, desire, love) so that the negative things she remembers about you (e.g. a lack of confidence, being insecure, being jealous and controlling) no longer seem important to her anymore.

Sometimes, a guy will make the mistake of sitting around waiting for months, or even years for her rebound relationship to end and then, when he realizes that she's not coming back, he might ask himself, *Why isn't she calling me? Why isn't she breaking up with him?*

The reason why is that waiting for an ex to come back without actively doing anything only works 20% of the time.

Even then, the woman will usually come back and see that the guy hasn't improved his ability to give her the attraction experience she wants and she will just break up with him again.

If you want to get your ex back when she's in a rebound relationship, the fastest way to do it is by actively making her have feelings for you again.

One of the best ways to do that is by making her laugh, smile and feel happy when she's interacting with you on a phone call, or in person.

So, don't sit around waiting and hoping your ex will dump her new guy and come running back to you.

Instead, just contact her (the best way is to call her on the phone) and re-spark some of her feelings of respect and attraction by making her laugh and smile and feeling good to be talking to you again.

Then, get her to agree to meet up with you to say hello as friends.

She might be reluctant at first and she might say something like, *I don't know. I'm with someone else now. I don't think it would be right.*

Whatever you do, don't get upset or give up. Simply say, *These days, there's nothing wrong with people meeting up for a cup of coffee after they've broken up. We can do that. We can say hello as friends. If you don't want to meet up with me after the coffee, it's totally fine. I will accept that. I know that you're in a relationship now. This isn't about us getting back together. We are simply meeting up to say hello as friends.*

Tell her that it's not wrong for her to want to catch up with you as a friend to say hi.

Tell her that it's not considered cheating or anything like that.

You're just meeting up as friends to say hello and if she doesn't want to ever talk to again after that, let her know that you will respect her wishes.

5. Let Her Experience the New and Improved You at the Meet Up, But Don't Try to Get Her Back Right Away, Unless She is Really Open to it

When you meet up with your ex, make sure that you continue to trigger her feelings of respect and attraction, make her laugh and smile and get her thinking, *â€œWow, this is actually kind of nice. It feels good to be around him again.â€*

Note: Don't make the mistake of pretending to be a neutral friend who doesn't flirt with her or make her feel attracted.

Watch this video for more info!

To get her back, you need to flirt with her and make her feel attracted even though you said that you were just meeting up as friends.

There's nothing wrong with that.

Just don't pressure her to get back with you right away, unless she really wants to.

Instead, simply focus instead on making her feel so much respect, attraction and love for you again that she asks, *â€œCan we do this again sometime? This was actually fun.â€*

6. Optional: Hook Up With Her Sexually to Disrupt Her New Relationship

At the meet up, continue focusing on making her feel sexual attraction and respect for the new you.

If she seems open and is giving you signs that she's attracted to you (e.g. keeps touching you, licks her lips a lot, plays with a necklace or her hair), lean in and give her a quick kiss.

From there, if she's open, go ahead and proceed to having sex at your place or her place.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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Will Acting as Though You Don't Care About Getting Her Back Make Your Ex Change Her Mind?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Acting as though you don't care about getting your ex back to make her change her mind only works on some women (e.g. if it's her first relationship, if she is unable to find a new guy to replace you, if she still loves you and wants to be with you).

However, almost all other women will simply use the fact that you don't care to move on even faster, so they can get revenge on you (i.e. by hooking up with a new guy and posting up photos on social media of her hanging out with him) for not caring about getting her back.

The best approach to use is to confidently get her back by reactivating her feelings and guiding the relationship back together at a pace that works for the both of you.

Some women will get back with their ex immediately, whereas some take days, others weeks and in really bad cases, it takes more than a month to fully get her back.

So, rather than wasting a lot of time playing mind games with your ex by hoping that acting like you don't care will make her run back to you, just focus on actively re-sparking her feelings of respect and attraction for you every time you interact with her (whether you're texting her, interacting with her on social media, calling her on the phone, or meeting up with her in person).

When you reactivate her feelings of respect, attraction and love for you again, it changes her perception of you (which right now is mostly negative) and she begins to see you in a more positive light.

When that happens, she can't stop herself from wanting to interact with you again, even though she previously thought that she was over you and didn't want anything to do with you anymore.

All of a sudden, she feels drawn to you and from there you can build on that spark of attraction and get her to change her mind about the break up.

However, if you just act as though you don't care about getting her back and don't do anything to activate her feelings of respect and attraction for you again, the chances of making her change her mind are low.

Acting Like You Don't Care Often Makes Things Worse

[image: Acting like you don't care can actually make things worse]

Sometimes, a guy might try to get his ex back by begging and pleading with her, apologizing excessively and promising her that he will change if she gives him another chance.

If that approach doesn't work, a guy might then think, *I've tried everything to make her change her mind. I don't know what else to do now. I'm desperate to get her back. Maybe if I just act like I don't care about getting her back, she will realize her mistake and come running back to me. Yeah! I'll make her feel worried that I don't care anymore and she will then feel the need to contact me to stop feeling that pain. Then, when she contacts me, she will want me back and it will be much easier! I've worked it out! I will act like I don't care!*

Yet, although that can work in some cases (about 20% of ex back cases that I see), in 80% of cases, playing mind games with a woman simply doesn't work.

Here is what can happen when a guy tries to get his ex back by pretending that he doesn't care about her.

1. He wastes time by acting like he doesn't care and she then moves on without him.

It's common knowledge that humans always want what they can't have.

So, when a guy gets broken up with and his ex is saying things like, *"Look, you just have to accept that you and I are broken up now. Stop trying to make me change my mind. It's over,"* it's understandable that he might think, *"Okay then, fine. I'll change her mind by pretending that I don't care if we get back together or not. When she realizes that she has lost me completely, she will panic and will come running back to me for another chance. I'll teach her a lesson by making her feel rejected. She will regret this!"*

Yet, in most cases, it just doesn't work and the woman simply moves on.

Why?

To begin with, when a woman breaks up with a guy, it's usually because she has lost respect and attraction for him over time.

So, when she's sitting at home thinking about her ex relationship, chances are high that she's not remembering the good times.

Instead she's likely saying to herself, *"I can't believe how badly he hurt me. I would never put myself through something like that again. I wasted my time with him because he just doesn't understand what I want or what we women want. He just doesn't get it. I hope he doesn't think there's a chance of us ever getting back together again. Maybe I need to move on to make sure that I can be in a position to tell him that I have a new guy and can't get back with him. Yeah, I'll go out with the girls this weekend and see if I can find a new guy."*

So, when her ex then interacts with her (e.g. on a phone call, or in person) she will likely be cold and distant towards him and she might say something like, *"I hope you don't think there's a chance that we'll ever be together again? You're crazy if you do. We're not getting back together. I've made up my mind."*

To hopefully trick her by acting like he doesn't care, he might then say something like, *"What makes you think I want to get back with you? I'm perfectly fine without you in my life. I'm moving on, so don't worry. I don't want you back."*

Secretly, he's hoping that she'll suddenly start wanting him because he no longer wants her.

He's thinking, *"People want what they can't have, so I am going to show her that she can't have me!"*

Yet, if a woman doesn't have feelings for a guy anymore, him saying that he doesn't want to get back with her will usually come as a relief to her.

She will think, *"Cool. That turned out better than I thought it would. He's leaving me alone and I can now move on and do all the things I've missed out on by being in an unhappy relationship with him, like hanging out with my friends, going clubbing, dancing and hopefully*

*finding the love of my life. This is going to be great!*â€œ

So, if your ex doesn't have much or any feelings for you right now, don't think that acting like you don't care is going to make her want you back.

A woman won't care if you don't care about her, if she doesn't have feelings for you.

Instead she's going to use the *get out of this relationship free* card that you're giving her (i.e. by telling her that you don't care about getting her back) as her reason to put your relationship behind her and move on.

If you genuinely want to make your ex change her mind and get her back, then don't waste time pretending that you don't.

The fastest way to get her back is to be active, rather than inactive.

By active, it means actively triggering her feelings of respect and sexual attraction for you again, so she wants to get back with you.

In a case where a woman is still secretly in love with a guy and is hoping that they can work things out, if he then says, *â€œI'm not interested in getting back together again with you,*â€œ she will most-likely feel hurt and close herself off even more.

She might then say to herself, *â€œI can't keep allowing him to do this to me. He's hurt me enough already. This is where it stops. I'm going to focus on totally erasing him from my mind and my heart and I'm going to move on. I deserve better than this. I'm going to hook up with some new guys asap and get him off my mind completely.*â€œ

So, don't try to trick her if she doesn't feel much or anything for you right now.

The best way to get a woman back is to actively re-attract her and guide her back into a relationship with you.

That doesn't mean you should harass her or bombard her with texts or phone calls.

Instead, just re-attract her and get her back.

For exampleâ€œ

Once you have re-sparked your ex's feelings, it makes getting her back so much easier and more natural.

She wants to get back with you for her own reasons, rather than feeling like she has to get back with you to make you feel better about yourself.

2. He acts like he doesn't care, so she shows interest, pretends to want him back and then punishes him by rejecting him once again.

When a guy puts on an act of pretending like he doesn't want her back, a woman will test him to see if he's being honest with her, or if he's just lying to her to make her run after him.

For example: A guy might say to his ex, *â€œI'm fine without you. I think it's actually a good thing that we're broken up. Let's go our separate ways, meet new people and forget about each other. What do you say?*â€œ

She might then test him to see if he really means what he's saying, or if he's just putting on an act by responding with something like, *â€œOhhâ€œI'm actually sorry to hear you say that. I thought we could try and make things work between us. I still care about you a lot and I miss you at*

times, but since you don't feel the same way about me, then okay. Let's forget about our relationship and move on.

If he then quickly responds by saying something like, "No! No! I didn't say I don't care about you. Of course I care. You're the woman I love. I would be so happy if we got back together," she will know that he was only acting as though he doesn't care about getting her back to make her change her mind.

So, to get revenge, she will then reject him again by saying something like, "Let me think about it. I will get back to you in a few days."

She will then let him wait and will text him something like, "I've realized that I don't really want to get back together. I think you were right, we should move on and meet other people. I hope you're not mad. I will always have a place for you in my heart, but I just don't want to get back together now. I wish you all the best."

Sometimes though, a woman will get back with a guy for a day or a week to make him show her that he really loves her and wants to be with her.

[image: Pulling him in and then dumping him again to get revenge]

When she has fully pulled him back in, she will then dump him once again to get revenge for acting like he didn't care.

She might say something like, "I'm not sure if I'm ready to be in a relationship with you again. Maybe we can get back together in future, but I want to be single now. I hope you can respect that."

It's Better to Be Real

If you want to get her back, it's better to be real, honest and emotionally strong and just guide her back into a relationship, rather than playing games.

Of course, most people won't tell you that.

When a guy wants to get his ex woman back, people will often say things like, "What's the matter with you? Why do you want to chase after a woman who has dumped you? That's weak, man. You should forget about her and move on. Clearly she doesn't want you. Man up and get over her. Just get another woman and forget all about her. Who cares about her?"

Yet, they are wrong.

There's no shame in wanting your ex back.

Watch this quick video that I made on the subject:

Just because your relationship has broken up, it doesn't mean that you have to forget all about it and never want to be with her again.

The choice is yours.

You can choose to walk away and make a clean start with another woman if you want to, or you can choose to get your ex back if you want to.

There's nothing wrong with either option.

In fact, quite often, getting back together after a break up can be an exciting, rewarding process for

both the man and the woman.

When you fully take on the responsibility to maintain and deepen your woman's feelings of love, respect and attraction for you over time, you will make the second time around even better for the both of you.

As long as you don't try to get her back in a needy way (e.g. begging and pleading with her for a second chance, apologizing excessively, asking her to tell you what to do to make her happy), just don't worry about what other people say about you want her back.

If you want to get your ex back, do it.

Getting Her Back Without Acting Like You Don't Care

The fastest way to make your ex change her mind is by actively making her have feelings for you again, rather than acting as though you don't care about getting her back.

You can do that by:

- Making some changes and improvements to the way you are interacting with her (e.g. you're more confident now and no longer react in the insecure, emotionally sensitive ways that you used to).
- Making her smile, laugh and feel excited to be talking to you again.
- No longer letting her trick you into losing your cool if she's being bitchy or cold.
- Making her feel girly and feminine in your presence.
- Showing her, via the way you think, talk, behave and interact with her that you're a new and improved man now.

When you interact with her in ways that trigger her feelings of respect and attraction, you don't have to put on an act to get her to change her mind, because the real you is more than good enough for her to want to change her mind and give the relationship another chance.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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Did Your Ex Say That She Needed to Find Herself or Be Herself Again?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

When a woman says that she needs to find herself, or to be herself again, it's usually because she stopped feeling the way she wants to feel in the relationship.

Somewhere along the way, her feelings of respect and attraction for her man started to fade and eventually she began to think something like, *"Is this it? Is this what our relationship is going to be like from now on? Where is the love and desire? Where is the fun and excitement?"*

Generally, when a woman reaches the point where she begins questioning her feelings for her man, she might then say to him, *"I think we need to take a break from each other. I just don't know who I am, or why I'm here anymore. I need to find myself."*

So, if your ex said something like that to you during the break up, you might be wondering, *"What does she mean? I don't understand what she really wants me to do now. What did I do wrong? How did I make her feel that way?"*

4 Reasons Why a Woman Will Say That She Needs to Find Herself or Be Herself Again

[image: Why women say that they need to find themselves, as an excuse to break up a relationship]
The first possible reason why your ex said that she needed to find herself, or be herself again is

1. She Stopped Feeling Girly and Feminine in Your Presence

In a relationship, it's the man's responsibility to maintain and grow the love and attraction between him and his woman.

One of the most important parts of this is to ensure that you continue making her feel like a real woman.

Essentially, this means that you make her feel girly and feminine in comparison to your masculinity (i.e. the manly way that you think, talk, feel, behave and act).

A mistake that a lot of guys make in a relationship is to stop treating his woman like a feminine woman and start treating her more like a friend, or like one of the guys.

It might feel like fun to hang out like friends or to act like her at times, but she will eventually start to lose interest when she realizes that she's no longer as attracted as she used to be.

Another mistake that some guys make is to think that a woman will be happier if she takes on the more dominant role in the relationship and makes most of the decisions.

What a guy like that doesn't understand, is that even though most modern women are independent and might make a lot of decisions in the work environment, they are still attracted to and respectful of a man who takes on the more dominant, masculine role in a relationship.

Of course, that doesn't mean that a woman wants a domineering man to boss her around, tell her

what to do and not allow her to have her say.

Instead, it simply means that she wants a man who is emotionally stronger than her, so she can look up to him and respect him, which then gives her the opportunity to relax into feeling like a real woman (i.e. feminine and girly).

So, why does it matter if a woman stops feeling like a real woman in the relationship?

Basically, the less feminine and girly that a woman feels around her man, the less sexual attraction she feels for him.

She starts to regard him as more of a friend or roommate, or in the case where she is more emotionally dominant than him; she starts to feel more like his boss or mother.

So, when a woman finds herself in that position in her relationship (i.e. being friends, being emotionally dominant), she starts to lose her feelings of respect and attraction for her guy.

Without attraction, she might then begin to focus more on the things about him that she doesn't like and possibly even get into arguments and disagreements with him.

She will begin to distance herself from him and eventually she will break up with him.

So, if your ex is saying, *"I need to be myself again and I don't feel like I can be who I really want to be in a relationship with you,"* it could be because she hasn't been feeling girly and feminine in the relationship with you anymore.

Thankfully, you can easily change how she feels by making some adjustments to the way you interact with her from this point onwards.

You need to show her (via the way you talk, think, behave and interact with her) that you now have the ability to be masculine in a way that makes her feel girly and feminine.

When you become more masculine in the way you interact with her (e.g. make her smile and laugh when she is being cold and distant or is trying to make you submit to her dominance, take charge and lead the way to allow her to relax into feeling feminine in comparison to you), then her feelings will automatically change.

She will then start to think, *"Something has changed. I really feel good being with my ex again. Talking to him actually makes me feel excited again. It feels good to be around him. Maybe we really can have a second chance together. Why wasn't he like before? I would have never broken up with him if this is who he was. Maybe I have to give him another chance before some other girl finds him and gets to experience his new, more attractive ways."*

She will automatically start to think in that way when you trigger her feelings of respect and attraction for you again.

However, if you continue to make her feel like a neutral friend, or allow her to dominate you, she will just keep saying things like, *"I still don't know what I really want in my life. I need to find myself first before I can commit to a relationship again. Maybe one day we can get back together again when I know who I am and what I want, but I can't do that now. I want to be myself again for a while. Just give me time."*

Yet, here's the thing|

If another guy comes along who is more masculine than you in the way that he thinks, feels, behaves and takes action in life, she is going to feel attracted to him.

She will feel girly and feminine in comparison to his masculinity and will instantly forget all about

“finding herself.”

Instead, she will jump right into having sex and a relationship with him because what she was trying to find all along was the exciting feeling of attraction that only happens when there is a clear difference between the sexual energy of the man and the woman (i.e. masculine and feminine).

It's not something that she can ignore. That is the natural attraction experience that a woman is truly looking for.

So, if you want to get your ex back before some other guy snaps her up, make sure that every time you interact with her from now on, you're triggering her feelings of attraction for you and are making her feel girly and feminine in contrast to your masculine vibe.

2. She Felt Lost About Her Future Because You Didn't Provide Enough Direction

Part of being the man in a relationship with a woman is taking on the role of being the one who is mostly responsible for guiding you and her to a better life in future.

This doesn't mean that you have to make all the decisions, do all the work or earn all the money. Instead, it means that you make sure there a clear plan for your future together and that you both stay on track to get there.

She doesn't have to be as emotionally strong as consistent as you. You have to be the strong, consistent one who is always pushing forward and making progress towards your long-term goals, dreams and ambitions.

If you do that, she will come along with you, support you all the way and love and respect you deeply.

However, if a guy is just going through life randomly without a clear purpose or direction, it will cause his woman to feel insecure about her future.

She will start to feel as though one of them has to step up and start getting serious about their future.

If her man doesn't do it, she will do it and as a result, she will feel less feminine and will feel as though she is the more dominant, sensible and “masculine” one in the relationship, which will make her unhappy and confused.

When she thinks about her future with him, she just won't feel safe and protected.

She won't feel as though she can fully rely on him to be a man and remain strong all the way to victory.

She will feel as though she's going to need to keep lifting him up, encouraging him along and deciding which direction to head and what decisions to make along the way.

For example: A woman might have the idea of wanting to eventually settle down, buy a house and start a family with her man.

Yet, if he's just drifting along in his life without making any effort to reach for his true potential, she will start asking herself, *“Is this really going to work? Do I really want to stick around for years or decades in the hopes that this guy eventually realizes that he needs to do something with his life so we can have a safe future together? What would happen if I suddenly got pregnant? The way that things are now, he would struggle to take care of me and our child. I'm not saying that he has to be super successful for things to work out between us, but he does need to be moving forward, pursuing his goals and providing direction for our future together. I'm not sure if he is capable*

of doing that at all. Right now, he's emotionally immature and hasn't yet grown up and become a real man, which is making me feel lost and confused about what the future might bring.

Essentially, a woman who confidently leads the way and makes her feel protected and safe because he is always emotionally strong no matter what happens.

When a woman can see that her man is emotionally strong and is rising through the levels of life and reaching for his true potential, she will feel safe with him, respectful of him, attracted to him and will fall more in love with him over time.

On the other hand, if a woman realizes that she's constantly encouraging, or even nagging her man to stop hiding from his true potential because of laziness, or a fear of failure, she will eventually lose respect for him and will say something like, *"I need to find myself"* or, *"I need time apart to think about what I want."*

3. She Had to Change Her Personality Too Much to Be With You

At the beginning of a relationship when the love is new and exciting, a woman will usually ignore negative things about her relationship with a guy.

She might even say, *"It's not so bad. I'm sure he will eventually see what he's doing wrong and change."*

Yet, over time, when she realizes the guy's behavior isn't changing at all, she might find herself losing respect for him and reacting in ways that she doesn't like.

For example: A guy might be very emotionally sensitive in the relationship with his woman, to the point where he becomes insecure and needy.

He might constantly ask her, *"Do you still love me? You wouldn't break up with me would you? You know I would just fall apart without you, don't you?"*

She might then find herself reassuring him, taking care of him and avoiding doing anything that might upset him or make him feel insecure.

She doesn't want to have to be that reassuring girlfriend (or wife) and just wants to be a man's woman, where she can look up to him and respect him.

Yet, he constantly needs her reassurance that she loves him, finds him attractive and won't ever leave him.

Over time, she might realize that rather than feeling like his woman, she feels more like his mother who is taking care of his emotional well-being because he hasn't yet grown up and become an emotionally strong, emotionally independent real man.

Another example of a woman having to change her personality too much to suit the relationship is when a guy starts taking her for granted (e.g. he breaks his promises to her over and over again, doesn't pull his weight, criticizes her, expects her to put up with his bad attitude).

In a situation like that, a woman might find herself nagging at him to change his ways and she may then become very angry and bitchy when he ignores her nagging and just keeps doing whatever he wants.

Eventually, she will begin to resent coming across as a nagging, complaining woman who is always angry and looking to start an argument with her man.

She then might begin to think, *"Look at what you have become. Do you really want to be this*

*person for life? Why are you so unhappy these days? Is this who you really are? You used to be so happy, cheerful and easy-going. Why are you so stressed out now? It's because of him!*â□□

When she realizes that he has been causing her personality to change in ways that she doesn't like, she will then break up with him and say that she needs to find herself or be herself again.

At the time, it won't make much sense to the guy being broken up with, but it will make full sense to the woman.

She will feel as though she has to get away from him to begin reconnecting with her old self, which she was much happier as before he began to turn her into a nagging, stressed woman.

4. You and Her Have Grown Apart

One of the most important aspects of a relationship is that the man and woman are both going in the same direction in life.

Whether itâ□□s to have fun, party and travel together, or to settle down, buy a house, pursue a career or have a family together, a couple needs to have a shared, long term vision that they are both happy about.

So, if a woman discovers that she has matured a lot faster than her guy (e.g. sheâ□□s ready to be more serious and focused on achieving her goals, while heâ□□s still sitting around playing video games, living at home with his parents or stuck in a dead-end job), she may start feeling like they are growing apart.

She might say to herself, *â□□We no longer want the same things in life. All the things we had in common (e.g. partying, traveling) that drew us together are now the things that are pulling us apart. I donâ□□t want those things anymore, but I can see that heâ□□s not ready to change. I donâ□□t know if I can stick around in the hopes that it will happen someday soon. Maybe we need a break from each other, so we can figure out what we really want.*â□□

Initially, she might try to stick around and see if he changes, but if he remains emotionally immature in contrast to her growing emotional maturity, she will break up with him and begin to look for a new man who wants the same things as her.

If You Give Her Too Much Time to Find Herself, You Might Lose Her

[image: Don't give her too much space or you will lose her]

The main reason why a woman will break up with a guy is because something about his way of thinking, behavior and attitude has made her lose respect and attraction for him.

For example: He became too insecure, jealous, controlling or over-protective.

If a guy doesn't realize her true reasons for breaking up with him and just gives her time to "find herself," she will simply move on because there is nothing different to come back to.

In her eyes, he is still the same guy who still doesn't understand what she wants and needs, so she will just seek to find it in another man unless her ex changes and guides her through the ex back process to get the relationship back together.

So, if youâ□□re thinking about waiting around in the hopes that your ex will call you up one day and

say something like, *“Hey! I’ve found myself! I now know who I am and what I want in my life and what I want is you! Let’s get back together again,”* you’re almost certainly going to be disappointed when you find out that she “found herself” with another guy.

What should you do instead?

The best thing to do while your ex is finding herself, is use the time wisely by becoming the kind of man she actually wants to come back to.

For example: Some of the things you can do that will re-spark her feelings of respect and attraction for you are:

1. Understand her true reasons for breaking up with you (e.g. Were you making her feel girly and feminine in your presence or was she more of a neutral friend? Did you want the same things in life or were you going in different directions? Were you manly enough for her or did you end up acting a bit like her? Were you confident and emotionally strong, or did you become insecure and emotionally sensitive?).
2. Begin fixing those things about yourself so that when you interact with her (e.g. on a phone call, or in person) she will be able to sense that you’ve changed.
3. Improve your ability to attract her (e.g. make her smile and laugh, make her feel girly and feminine), so she will definitely have some feelings for you again the next time you interact with her.
4. Get to the point where you feel happy with, or without her in your life (e.g. focus on your dreams and goals, have fun going out with friends or other women), so you aren’t emotionally dependent on her.

Once you’ve begun to make some adjustments and improvements to yourself (you don’t have to be perfect, you just need to be at a different level from where you were when she broke up with you), call her up on the phone and let her experience the new you.

On the phone call, get her laughing, smiling and feeling happy to be talking to you again and get her to meet up with you in person.

At the meet up, focus on sparking her feelings of respect and attraction for you via the way you react and respond to what she says now (e.g. you are confident rather than insecure, you are masculine rather than neutral or feminine).

When you interact with her in ways that re-spark her feelings, her perception of you automatically begins to change.

She drops her guard and then the process of getting her back becomes really easy, because she is feeling open to you.

When she’s with you now, she can finally be herself again.

Being herself is about being a feminine woman who is in love with a man.

It’s about her being able to feel happy and free to be who she truly is, without feeling like she needs to look out for how her man is feeling because he’s so emotionally sensitive or emotionally dependent on her.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Get Your Ex Back Super System (Download / Watch Online)

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

[image: Get Your Ex Back: Super System]

[image: Facebook, Phone and Text Message Examples]

[image: Ultimate Make Up Sex]

Get Your Ex Back: Super System

Step by step instructions on how to get your ex back

Get Your Ex Back: Super System guides you and your ex girlfriend, wife or fianc  back into a loving, committed relationship. It makes you more attractive and appealing to her than you were before. She feels new and powerful feelings for you and getting back together becomes her idea. It is a 7 step system and by the 7th step, you are back together in a new, improved and more loving and sexually passionate relationship.

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Presenter: Dan

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- Provides additional tips and reminders surrounding each example, so you can quickly scan it while communicating with her.
- Explains how to get her eagerly WANTING to meet up with you, even if she starts out being challenging or uninterested on the phone.
- Provides examples of what to say to make her HAPPY to be talking to you on the phone.
- Reminds you of key points from the Get Your Ex Back: Super System by providing a quick reference “DO’s and DON’Ts” list regarding communication via Facebook, phone, text and e-mail.
- Includes bonus examples of communicating with her via Facebook, phone, text and e-mail.

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- Explains how to give her the type of sex that will completely change her mind about the break up.
- Teaches you my best, simple ways to make a woman orgasm (my women orgasm about 95% of the time we have sex).
- Gives you alpha male insights on how to touch a woman during sex in a way that makes her feel incredible, deep attraction and lust for you.
- Shows you how to tap into a part of her sexual mind that she has likely hidden from you all along. Once you access this part of her, she will love you deeper than she ever has before and other guys will simply pale in comparison to you when it comes to the sexual experience.
- Includes my personal favorite techniques and “moves” in the bedroom that have left some of my girlfriends crying in absolute joy and pleading with me to never leave them.

[image: Get Your Ex Back: Super System - Plus Bonuses]

You Get it All!

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Getting dumped hurts, especially when you really love her and you really want her back more than anything.

The thought of her being with another guy and being in love with him and leaving you behind just makes you feel sick to your stomach.

She's your woman.

You know that you and her could have such a better relationship this time around but she's not willing to give you a chance.

So, how do you get her back?

Well, when a guy is trying to get his woman back, pretty much everything that he thinks he should do turns out to be the wrong thing to do and just makes it harder for him to get her back.

For example:

- Trying to convince her to give you another chance.

- Promising to change.
- Begging.
- Pleading.
- Buying her gifts
- Taking her on holidays or vacations.
- Being extra nice to her.
- Crying to her.

When those sorts of approaches don't work, a lot of guys think that their situation is hopeless and there's just no chance of getting her back, but they're wrong.

When a guy has been dumped, he's not necessarily behaving like his normal self.

He's feeling hurt, he's being rejected by his woman and his confidence is taking a bit of a heat.

So, he's not thinking straight and he may then start to think, *"Okay, well, what else can I do to make her want me? Well I know, I'll ignore her. I'll stop contacting her, I'll cut off all communication and then she's going to realize how much she needs me and she's going to come running back."*

Well, that sounds great, in theory, but when a woman breaks up with a man that she's turned off by and she doesn't have feelings for anymore, she's not going to come running back to him if he ignores her.

I've been working on ex-back cases for years and the only time that I see the cutting-off-communication, not-contacting-her approach work, is where the woman is inexperienced with relationships and she can't really handle the pain of being broken up with or she can't find a replacement guy and then starts coming back to her ex-guy.

However, when a woman has been through a break-up before or she can handle the pain of a break-up or she can find a replacement guy, she would just use that time that the guy is ignoring her to move on.

When that happens, it becomes even more difficult for the guy to get her back because now there's another man in the picture and he's going to try to get him out of the way.

Of course, he can get her back from the other man but if you're in a situation where your woman hasn't moved on yet, there's no point creating that extra level of difficulty for yourself when getting her back.

So what should you do instead?

What I recommend is that a guy gives a woman space for 3 to 7 days.

During that time, what a guy needs to do is rapidly improve his ability to make her have feelings for him again.

He needs to improve his ability to make her feel respect, attraction and love for him, that is the most important thing that you need to do.

Not suck up to her, not beg for another chance, not ignore her, not send her long emails and text messages pouring your heart out.

That is not what to do.

You've got to rapidly improve your ability to make her feel respect, attraction and love for you because that is what matters to her.

You want her back, you really care about her, you love her, you miss her, you want to have her in

your arms again.

Yet, that is not her concern.

She's not concerned about your feelings right now. She's concerned about her feelings.

If you're going to get her back, you have to focus on her feelings, making her feel something for you, not you saying all the things that you care about her and sucking up to her and sending her messages and buying her gifts or whatever.

If you're at a point where you're trying to get your woman back and nothing that you've been saying or doing has been working, that's where I can help you.

If you're serious about getting her back, I recommend that you watch my program, Get Your Ex Back Super System.

It's a proven step-by-step solution that is easy to use and guarantees that you get another chance with her.

As long as you follow the steps, her guard will come down, she will feel respect for you again, you will then spark her feelings of attraction and love and she will want to give you another chance because she will be feeling strong, exciting and uncontrollable feelings that can only happen when a couple gets back together in this way.

That's another thing that a lot of guys don't understand about the ex-back process...

Getting her back is not only good for you, it's good for her, too.

It feels amazing for a woman when she gets back with a guy who has quickly transformed and he's able to make her feel so much more respect, attraction and love now. That's exciting.

So, if you want to get your ex back, make sure that you're focusing on actively making her have feelings for you again.

Don't take the risk of just ignoring her and hoping that she comes running back because most ex-back cases that I've worked on, a guy has tried to do that and she hasn't come running back.

What I see work day in and day out when I help phone coaching clients is to focus on actively making her feel something again and then guide her through the ex-back process.

The ex-back process is explained in my program, Get Your Ex Back Super System. It's a seven-step process and as long as you follow the seven steps, I guarantee that you'll get another chance with her.

I don't guarantee that you'll get another chance with her if you don't follow the steps, mark my words on that.

I'm not saying just watch the program and you'll get another chance! I'm saying watch the program, follow the steps and you will get another chance with her, I guarantee that!

So, if you're serious about getting her back, I recommend that you start watching Get Your Ex Back Super System right now. I'll guide you through the process and all you've got to do is complete the steps and you'll get her back.

Frequently Asked Questions

Okay, so what I'm going to do now is answer some frequently asked questions about Get Your Ex Back Super System.

Those questions are:

1. What if she's not answering my texts or calls?
2. What if she has moved on?
3. What if she hates me and says there's no chance?
4. What if I've made all the classic ex-back mistakes and turned her off?
5. Is it too late to get her back?
6. Will this work for my situation?
7. How fast can I get her back?

1. What if she's not answering my texts or calls?

With the first question, if she's not answering your text or phone calls at the moment, don't worry. There are techniques in the program that make her unblock you from social media, start answering your text messages and start answering the phone.

I developed Get your Ex Back Super System by actually helping men to successfully get their women back so I know about all the problems that men face when trying to get a woman back.

If you're at a point where your woman isn't answering your text or phone calls, that's pretty standard. The reason why is most guys try to get their ex back on their own first, then they make all the classic ex-back mistakes which turn the woman off.

It's usually only when a guy has made all the classic mistakes or many of the classic mistakes will he then starts thinking, *"Okay, I need some help."*

So, don't worry if she's not answering your text or phone calls, I've got you covered with that. All the examples and techniques of what to do are provided in the program.

2. What if she has moved on?

If she has got a new man, don't worry about him. She's your woman and you're going to get her back.

The examples of what to say are provided in the program. I explain what to say to her so she does meet up with you and then what to say and do at the meet-up so you can re-attract her, get her to forgive you, get her to feel respect for you again and start to open up to the idea of being with you.

If she doesn't want to get back with you because she's moved on, there are techniques in the program to get her to want to leave the new guy and be with you.

3. What if she hates me and says there's no chance?

Well, that's just simply based on how she's feeling at the moment.

You've most likely been turning her off by the way that you've been interacting with her and communicating with her.

That's about to change.

What you're going to do from now on is actively make her feel respect, attraction and love for you. She's going to start to have feelings for you again and she's not going to hate you. Once you reactivate some of her feelings then she starts to open up to the idea of getting back with you.

4. What if I've made all the classic ex-back mistakes and turned her off?

What you need to understand is that most guys make mistakes after a break-up.

It's not just you that has made mistakes.

Pretty much every guy makes the classic ex-back mistakes and break-up mistakes, so don't worry about it.

What matters is how you make her feel from now on.

If you're interacting with her and you're making her feel some respect, attraction and love for you again, then she's going to be more willing to forgive you for the mistakes that you made during the break-up and after the break-up.

However, if you're not doing anything to make her feel respect, attraction and love for you again, then she's not going to be willing to forgive you for the mistakes that you've been making.

If you're continuing to turn her off by the way that you're interacting with her and communication with her, then there's no reason for her to want to forgive you and open back up to you.

What you need to do is use the techniques from Get Your Ex Back Super System to start making her have positive feelings for you from now on.

5. Is it too late to get her back?

No.

It's never too late.

There's always a chance to get her back.

All you've got to do is start making her have feelings for you again. W

hen she has feelings for you such as respect, attraction and love, then she wants to get back with you.

It's not just about you wanting to get back with her. It's about her wanting to be with you because she feels drawn to you. She feels respect, attraction and love and wants to be around you.

6. Will this work for my situation?

Every relationship is different. However, the fundamentals are the same.

Your woman needs to feel respect, attraction and love for you.

It doesn't matter how many break-ups you've been through already. It doesn't matter if you've got kids or if she was your first love at university or you worked together or it's now long distance.

What matters is how you're making her feel from now on.

Are you making her feel respect, attraction and love for you or are you turning her off?

That is what matters.

When you make her have feelings for you again, then she wants to be back with you so the answer is yes, it will work for your situation if you actively make her have feelings for you again.

6. How fast can I get her back?

The speed at which you get her back depends on how quickly you start going through the steps.

Some guys watch the program and are immediately ready to contact their ex and get her back.

Other guys need to give her three to seven days of space and during that time they improve their ability to re-attract her and make her have feelings again.

In other cases, some guys need a couple of weeks before they're fully ready to get her back. It all depends on you and how quickly you can go through the steps.

When you watch Get your Ex Back Super System, you will experience a new found confidence in yourself.

You will feel worthy of her.

You will realize that she is your woman and you can get her back and you are good enough for her.

You will then be able to contact her, meet up with her, re-attract her and get her back into a relationship with you.

All you've got to do is follow the steps and you will get her back.

So, if you're serious about getting her back, start watching Get your Ex Back Super System right now and I'll guide you through the process.

I give you my 100% guarantee that if you follow the steps, you will get her back.

Go ahead and get started now.

[image: Get Your Ex Back: Super System]

[image: Facebook, Phone and Text Message Examples]

[image: Ultimate Make Up Sex]

Step by step instructions on how to get your ex back

Get Your Ex Back: Super System guides you and your ex girlfriend, wife or fianc  back into a loving, committed relationship as soon as possible.

The techniques from Get Your Ex Back Super System make you more attractive and appealing to her than you were before.

When you interact with her on the phone and in person, she experiences a renewed sense of respect and attraction for you. She then becomes open to meeting up with you in person.

When you meet up with her, my powerful attraction techniques ensure that you trigger new and exciting feelings of attraction inside of her.

Her perception of you changes and she becomes open to giving the relationship another shot, or at least having sex with you again to see how she feels.

Get Your Ex Back: Super System is a 7 step system and by the 7th step, you and your ex will be back together in a new, improved and more loving and sexually passionate relationship.

10 hours of video.

Instant download / watch online.

Plays on smartphones, tablets, PCs and MACs.

30 day money back guarantee.

Lifetime access to redownload or watch online.

50% discounts on additional product purchases after you become a customer.

Presenter: Dan

Watch it Now

Free Bonus 1: Facebook, Phone and Text Message Examples

~~\$137~~ **FREE**

- A quick reference guide that ensures you have all the Facebook, phone and text messages examples from the Get Your Ex Back: Super System available when you are communicating with your ex.
- Provides additional tips and reminders surrounding each example, so you can quickly scan it while communicating with her.
- Explains how to get her eagerly WANTING to meet up with you, even if she starts out being challenging or uninterested on the phone.
- Provides examples of what to say to make her HAPPY to be talking to you on the phone.
- Reminds you of key points from the Get Your Ex Back: Super System by providing a quick reference “DO’s and DON’Ts” list regarding communication via Facebook, phone, text and e-mail.
- Includes bonus examples of communicating with her via Facebook, phone, text and e-mail.

Free Bonus 2: Ultimate Make Up Sex

~~\$297~~ **FREE**

- Explains how to give her the type of sex that will completely change her mind about the break up.
- Teaches you my best, simple ways to make a woman orgasm (my women orgasm about 95% of the time we have sex).
- Gives you alpha male insights on how to touch a woman during sex in a way that makes her feel incredible, deep attraction and lust for you.
- Shows you how to tap into a part of her sexual mind that she has likely hidden from you all along. Once you access this part of her, she will love you deeper than she ever has before and other guys will simply pale in comparison to you when it comes to the sexual experience.
- Includes my personal favorite techniques and “moves” in the bedroom that have left some of my girlfriends crying in absolute joy and pleading with me to never leave them.

[image: Get Your Ex Back: Super System - Plus Bonuses]

You Get it All!

- **Get Your Ex Back: Super System:** ~~\$597~~ \$297
- **Facebook, Phone and Text Message Examples:** ~~\$137~~ FREE
- **Ultimate Make Up Sex:** ~~\$297~~ FREE

Total Value: \$1,031

Price: **\$297**

Get Started

Success Stories

Here are just a few of the messages that guys have sent me after following the steps of Get Your Ex Back: Super System to get their woman back...

“It was a lot easier than I thought it would be. She immediately changed her attitude towards me by the time I got to step 3 of the program. We then met up and got back together. Thanks so much for your help! I couldn’t have done it without you! Peter”

“Getting my ex back was a bit more complicated than other guys because of her abused past, but **your system definitely worked for me.**

We were spending 1 day and evening a weekend together recently having deep love making. She then rang tonight saying we were falling into our old pattern and maybe we should break up again, but I changed her mind based on my newfound confidence and understanding of how to really connect with a woman’s mind.

Anyway she ended up saying she loved me multiple times and wants to be with me & address our niggles was the outcome.

In conclusion I wanted to thank you Dan as all your advice including the mistakes that guys make etc. has really helped me a lot. Thank you Dan, you’re making a lot of couples very happy with your programmes.

Kind regards
M.Y”

“**I got my girlfriend back** and I could not be happier right now. I really feel like a lot has changed in me since watching your program. I have grown up a lot after grasping what it really means to be a man for a woman. She is back in love me now so my thanks to you and your program. I bought 3 or 4 other programs before finding you but they were all rubbish and merely told me to use the no contact approach and if she didn’t come back I was to move on. Thank you for your guidance Dan. I could not have done this without you. Jacob”

“Hi Dan

I got your ex back program last week, secured a meet up with her and then did that last night.

She was very hesitant at first but I persisted as you mentioned in the program and she agreed.

We met up for what was supposed to be a quick coffee and that turned into her having feelings for me again and getting worried about it, so I suggested we got for a walk and while walking I suggested we go hang out at my place and she said yes.

We ended up having sex and she said that she didnt know why but she felt differently and **wanted to give us another chance!!!!**

Her and I are taking things slow now but it looks good because she came over to my place yesterday and stayed the night so I am confident that I can continue to spark her feelings more. We even talked about going away for a weekend soon so it is looking very positive.

I canâ€¢t thank you enough Dan. You are saving a lot of men from a lot of messed up pain and problems.

I will certainly recommend you to friends if they go through a break up!

Regards,
Paul”

â€¢Hi dan 5 months after me and my wife broke up **we are now back together and so happy.**

Iâ€¢ll be honest with you I thought after I went through your programmes that they would be of no use to me I couldnâ€¢t have been more wrong , certain parts of the programme i couldnâ€¢t really use but the majority was so helpful because it got me in the right mindset and helped me through the toughest part of the break up and showed me how to be a man that my wife would want.

In all fairness it just felt natural to be this way so many many thanks to you and the team at modern man because without you it would have been impossible for me to get my wife back in my arms so if any of you guys are in Liverpool England any time donâ€¢t hesitate to contact me because I would like to take you guys out for a drink again.

Thank you thank you thank you you donâ€¢t realise how much you have helped me,
Mattyâ€¢

“I was skeptical before trying your program because my ex girlfriend hated me and wanted nothing to do with me. Well I was surprised at how quickly things changed when I started making her feel jealous like you suggest in the program. I was worried to do it because I thought she would get angry and hate me even more but it drew her to me. I guess **she realized that she was losing a great guy and it struck a chord with her.**

We met up for a coffee and I used your methods to get her smiling again and laughing like she used to. She said that I had changed and she liked it and I knew at the moment that I could get her back, so I told her to stand up and for us to give each other a hug. We then kissed and it was magical like it was in the beginning when we first dated.

The relationship has been back together for a week now and everything seems to be going well. Thanks for your advice Dan, it really worked and I am glad to have found your site when I went searching online after she dumped me for the third time! You have a loyal fan

for life now. Victor”

“Hiya Dan

I got my ex back! It was actually a lot easier than I was thinking it would be. Your methods are brilliant!

I was lead to believe by friends that once a girl broke up with you that that was it but now that Iâ€”ve done it I can see what you see about attraction and relationships and love.

Me and my girlfriend are now planning on moving in together and things are really good, so my thanks to you for the brilliant program and advice.

Garyâ€”

â€”Hi Dan

I want to take this opportunity to **thank you for saving my marriage.** It was dead in the water and my wife had already began going on dates with a new guy that she knows from work. But I put your advice into action from the Get Your Ex Back system and boy did it work.

My wife came crawling back to me, crying and apologizing. I am now in the position of power in the relationship and we are more in love than ever before. Your tips on sex where a huge eye opener for me as well. I would rarely get her to orgasm before but now it is happening almost every time we have sex.

You are doing great things for the men of this world Dan and you deserve a lot of credit. Had I known what your program would do for me I would have happily paid double the price.

Byronâ€”

“Dan **I got my girlfriend back.** Thank you!

Nate”

â€”Hi Dan,

I have nearly everyone of your products except the Alpha Male Power and they have utterly changed my life.

My GF broke up with me on December 14th, and lets just say I cried and begged for about 2 weeks then realized it wasnâ€”t going to do anything to get her back.

So I found your series and worked on me and forced myself to interact with women. It wasnâ€”t long before I got numbers, built rapport, and moved forward to kissing and heavy petting, however no sex.

I cut off communication for 3 weeks with the EX, and then I was on a job interview in NYC

about 3 weeks ago and posted on my Facebook I was at a Bar, my ex whom also lives in NYC was coincidentally 2 blocks away and we meet up!

Long story short, we're back together, at one point she asked me if use getting back together was a good idea and if it was a good thing. I just laughed at her and said it was the best thing for us, cause the things you told me I lack (confidence, emotional understanding of women and body language) I've fixed and women now love me (showed her pictures from my phone). man. Dan. she flipped so quickly it wasn't even funny. I told her she needs to behave and do things I like or I'll just walk away and go to one of the other girls. I told her if she does things I like I'll give her a reward, She was like really. I tease her with a reward and then giving her rewards, keeping her on her toes. When she does things I don't like she goes to time-out, but only for 5 seconds, then I tell her to give me a hug and say she's sorry.

I've turned the tides in the relationship, and now she always messaging me, chasing me. I tell her every time I talk to her, "Ok talk to you in a week, I'm busy the next few days" 12 to 18 hours later she messages me wondering what I'm up too. She says I'm different and understanding.

Right now I tell her I'm Version 2.0 with firmware 3.0 coning out soon, you better figure me out quick or you'll be learning how to figure me out all over again. she's like are you for real. I'm like stop being so serious, she's like your mean. I'm like ya so??? O.o she is pushed in the feminine every time.

Your material is spot on, I keep her in the feminine , but sometimes show my feminine then go right back to be a dominant male and she loves it.

Again thanks for your content, I'll keep listening to it over and over again. Maybe sometime when I'm in Melbourne or your in the States, we can meet up!!!

-Trevor.

Hey Dan,

I have been working on everything you have taught me and I think its finally starting to come together.

I have visited my ex a couple times now and **she seems so in love again**. She now compliments me about how much more masculine I am and treats me so much better. I am so happy ,thank you. We are better than ever and I feel like (with your help) I'm learning to keep the dominant role and stay in control of my emotions.

Now that I am more aware my role in the relationship we have a deeper connection and are on the way to an Amazing relationship. Alex

"I just wanted to email you Dan to say thank you for making this program. Without your guidance and examples of would have had to give up and move on without her because she was being so stubborn and wouldn't open up to me. I used your approach and her walls came down and we met up. **There was a spark there like in the beginning** and we have

been back together since that day. If you are ever in New York please get in touch so I can buy you a beer and say thanks! Will”

Here are some screenshots of comments from guys on my Youtube channel:

[image: Ex back success stories - example 1]

[image: Ex back success stories - example 4]

[image: Ex back success stories - example 3]

[image: Ex back success stories - example 2]

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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6 Possible Reasons Why Your Ex Replies to Your Texts in a Cold, Distant Way

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your ex is currently replying to your texts in a cold, distant way, here are 6 possible reasons why!

1. Your texts don't make her feel respect and attraction

Although you can regain some respect and attraction via text, it's just not enough to get a relationship back together.

To make her feel enough respect and attraction for you to feel motivated to want to get back together for real, you've got to get her on a phone call and then meet up with her in person.

If you try to hide behind texts because it feels easier, you waste a lot of time where you and her could have been hooking up and may end up asking yourself, *"Why isn't she responding?"* or *"Why are her replies to my texts so cold and distant?"*

To convince your ex that you're worth a second chance, she needs to see (via the way you talk, behave, interact with her and respond to her) that you now understand the real reasons why she broke up with you and have already made some changes to become a better man as a result.

That's very difficult to achieve via text.

A woman knows that a guy can put on a persona and pretend to be anything he wants via text (e.g. he can pretend to be confident and having a great time without her, while he's really feeling insecure and sitting at home yearning to be with her again).

So, unless a woman can experience the new and improved version of her ex face-to-face, every time she gets a text from him, she's likely just going to be thinking, *"What does he want? Why is he bothering me?"* and she will then begin to reply in a cold, distant way in the hopes that he'll get the message and leave her alone.

To break down her walls, you need to call your ex and say something like, *"Hey Sue! I just wanted to call and say that I'm sorry for what happened between us. I know that I hurt you, but I've had a huge wake up call. I now understand why you broke up with me and I realize if the roles were reversed I would have also broken up with you. I'm not that guy anymore. I don't expect you to believe me and I don't expect you to take me back, but I'd like us to at least try and be friends."*

By saying something like that to her it calms things down.

Watch this video for another example!

Talking to her in that way gives her a chance to determine whether or not he really has become more of a man (i.e. by analyzing what he is saying and how he's responding to her and how he's reacting to her when she's being cold, distant and unfriendly towards him).

If she can see that her ex has genuinely changed and become a better man, her guard will come down and she will automatically start feeling some respect and attraction for him again.

However, if he hasn't changed at all and is still saying and doing the same things that were turning her off before (e.g. being insecure, trying to convince her to give him another chance via text), she's just going to continue being cold and distant and she won't be open to meeting up with him.

2. You text too much

Another possible reason why your ex replies to your texts in a cold, distant way is because you're texting her way too much.

This often happens when a woman doesn't want to talk to her ex on the phone.

He might then decide that the best way to get through to her is via text.

For example: He might say to himself, *"If she doesn't want to talk to me or see me in person, I will just keep texting her. That way, she won't be able to forget about me and our relationship and that will stop her from moving on with some other guy. Hopefully, by texting her every day she'll realize that I won't give up on our love so easily and she will then stop avoiding me. She'll agree to meeting up with me and then I can convince her to try again."*

He might then decide to text her random things throughout the day (e.g. *"How was your day?"* or *"How is work?"* or *"Are you finished exams yet?"*), as a way of staying in touch with her.

Yet, here's the thing!

When texting a woman, if a guy doesn't first trigger her feelings of respect and attraction (e.g. by making her smile and laugh), she's most-likely just going to feel annoyed to constantly be interrupted, regardless of how sincere he is being.

The fact is that nothing you text to your ex will truly convince her that you've changed and that she should give you another chance. Why?

Firstly, it's just a text message, so she can easily misinterpret what you're saying because she can't hear your tonality or see your body language to determine your state of mind while you're texting.

When she reads your text message, she has to guess at how you were feeling when you typed it (e.g. were you feeling confident and self-assured, or were you feeling nervous, insecure and desperate?).

If she currently perceives you in a negative way, she will most likely read your message and think the worst of you.

So, if you want to contact your ex via text after a break up, remember to only do so with the intention of making her feel enough initial respect and attraction for you, to allow her to open up to talking to you on the phone.

Don't waste a lot of time sending her random texts that will potentially annoy her and turn her off even more, in the hopes that she will warm up to you.

On a phone call, it's so much easier to melt her iciness and make her feel respect and attraction for you. How?

By making her smile and laugh and showing her that you're no longer the same guy she broke up with.

For example: You call her up and say, *"Hey ex girlfriend, how you doing?"* rather than saying

something boring like, *“Hey, how are you?”*

Alternatively, you call her up and say, *“Hey, how’s it going. Look, I know that we’re broken up, but my laundry has started to pile up and I need someone to do it for me.”*

She will almost certainly laugh at that and you have then successfully gotten her to open up and feel some respect and attraction for you.

When you make a woman smile and laugh during conversation, it becomes difficult for her to remain cold and distant for long.

She drops her guard, starts to feel good talking to you again and then becomes open to meeting up with you in person.

3. She doesn’t want to make it easy for you to get her back

Even if a woman still has feelings for her ex and wants to get back with him, sheâ€¢s won’t always say so via text.

In most cases, a woman doesnâ€¢t want to text her ex and tell him about her feelings for him, because she doesnâ€¢t want to make it easy too for him.

She wants to know that heâ€¢s man enough to take responsibility of the ex back process and guide both him and her into a relationship.

Why?

Women are instinctively attracted to men who remain confident and go after what they want in life (including an ex that they still love), regardless of what anyone else thinks, says or does.

On the other hand, women are instinctively turned off by guys who need women to encourage them to feel confident and worthy.

So, if youâ€¢re wondering why your ex has been replying to your texts in a cold, distant way, it could be because sheâ€¢s feeling like youâ€¢re hiding behind texts in the hopes that she will make it easy for you by saying something like, *“Hey, call me :)”* or, *“Hey, what’s up? I miss you.”*

It would be nice if she made it that easy, but most women won’t.

So, you just have to make it happen yourself, otherwise she will move on and it will then be even harder to get her back.

Don’t make her get to the point where she starts to believe that you’re hiding behind texts because you’re too afraid to face her.

For example: If a woman keeps getting text messages from her ex, but he never plucks up the courage to call and arrange a time to meet up, she may start thinking, *â€¢Why doesnâ€¢t he just call me? Why is he being so timid? Doesnâ€¢t he know that women are attracted to confident men who take the lead and make things happen? I hope he doesnâ€¢t think that Iâ€¢m going to do all the work and guide us back into a relationship.â€¢*

So, start the ex back process by showing her that you have the balls to be the kind of man that she needs you to be by calling her.

On the phone call, focus on making her smile, laugh and feel happy to be interacting with you again.

The more you make her smile and laugh while youâ€¢re talking to her, the more difficult it becomes

for her to keep being cold and distant towards you.

When she hears the confidence and sincerity in your voice, her guard will come down and she will open herself up to the idea of meeting up with you in person again to see where things go from there.

4. You're being too serious or too emotional via text

Sometimes, a guy will use text messages as a way of telling an ex how much he loves her, how sorry he is about what happened and how he promises to do whatever she wants if she gives him a second chance.

When he's feeling lonely and missing her like crazy, sending those texts might seem like a good idea, but it's not.

He might even think, *"If my ex realizes just how much I care for her, she won't be able to stay cold and distant towards me anymore. She will have to forgive me and agree to talk to me again."*

Yet, when a woman has lost respect and attraction for a guy, him texting her about his feelings isn't really going to matter that much (if at all) to her.

Instead, she's going to feel even more annoyed with him and she may think something like, *"Actions speak louder than words and right now all I'm getting is a bunch of words on a screen from a guy who clearly doesn't have the emotional maturity to deal with a break up like a real man. He's just falling apart like a woman who has been dumped. He's being emotional and expecting me to care, even though he hasn't done anything to make me have feelings for him again. He just doesn't get it. I'm not going to care unless I have feelings for him again."*

Here's the thing!

A woman only appreciates it when a guy expresses his love for her if she has feelings for him too.

If he has turned her off and she currently has negative feelings for him, she's just going to feel annoyed when he's being too serious or emotional via text.

Also, because she can't see his body language, hear the tonality of his voice, or assess his vibe and energy in the moment, she will just think the worst of him, rather than give him the benefit of the doubt and assume he has changed and is a better man now.

What most guys fail to remember is that a woman can't experience the new and improved version of him via text messages.

So remember: Only text your ex as a way of getting her on a phone call with you, where you can actively trigger her feelings of respect and attraction for you by making her laugh, smile and feel good to be interacting with you again, and get her to meet up with you in person.

5. She still hasn't experienced the new and improved you in person, so she feels as though she is replying to the old version of you that she broke up with

[image: She feels like she is replying to the old version of you]

To stop your ex from being cold and distant towards you, you must have the balls to call her and reactivate her feelings for you again by displaying attractive traits (e.g. confidence, humor, masculine mindset, charisma).

If you just keep sending her boring text messages without ever calling her or seeing her in person, she will just keep saying things like, *“I don’t have feelings for you anymore. You need to stop texting me.”*

After all, she’s just getting texts from you. She’s not really interacting with the real you. It’s just words on a screen.

For example: Watch this video of me as I help you understand how to impress your ex.

You will see that it’s much different to watch me and listen to me than it is to just read words on a screen!

Another reason why your ex may be replying to your texts in a cold, distant way is because!

6. She doesn’t want to waste time texting if you aren’t going to be the one for her

If a woman gets a sense that her ex hasn’t changed or won’t be able to change, she will feel like it’s a waste of time for her to remain in contact with him.

If there is no respect or sexual attraction, she will disconnect herself from him and open herself up to meeting new men.

Most women prefer to cut off an ex completely (or just be cold and distant until he leaves her alone), if they feel that he’s not going to be the right guy for her.

For example: A woman will ask herself questions like!

- Can he change and become the man that I need him to be, or will he continue to behave in the ways that turn me off (e.g. being insecure, needy and clingy, jealous and controlling, taking me for granted, lacking drive and ambition)?
- Do I feel good when I’m interacting with him, or do I feel bored, stressed out, or annoyed?
- Does he make me feel sexually attracted, or does he turn me off?
- Is he more masculine than me, allowing me to feel like a real woman around him (i.e. feminine, girly, free to be emotional), or does he make me feel like a friend or one of the guys?
- Do we have the same long term goals, dreams and plans for the future (e.g. to get married, start a family, go traveling), or do we want different things?
- Is he the kind of man that I can look up to and respect for life, or do I look down on him?
- Is he the kind of man I can feel proud of, or do I feel a bit embarrassed to admit that he’s my guy?

If she discovers that there are more no’s than yes’s, then she will naturally become cold and distant towards him because she doesn’t want to give him hope.

So, if you’re serious about getting your ex back, you have to focus on letting her experience the new and improved you.

You can’t do that all through texts though.

Your ex will continue reply to your texts in a cold, distant way until you call her up on the phone and make her feel like she would be losing out if she didn't get back with you right away.

When you trigger her feelings of respect and attraction via the way you think, act, behave and interact with her on a phone call and in person, her iciness melts and she feels motivated to want to see you in person again.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How to Get Your Ex to Open Up to You Again

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

To get your ex to open up to you again, you need to completely stop doing the things that close her off.

For example, some of the things that will cause her to remain closed off to you, include:

1. Being insecure while talking to her

[image: Being insecure while talking to your ex]

All women, including ex's who are closed off to you, respond positively to a man's confidence.

A man's confidence attracts women just like a woman's cleavage attracts us.

We can't help but feel some attraction when we see tits on display like that and women can't help but feel some attraction when a guy is being confident, especially when she is being closed off.

It takes real balls to remain confident and emotionally strong when the woman you love is being closed off to you.

So, when you are confident around her no matter what she says or does, she will naturally feel respect and attraction for you and will start to open up.

She may test to see if your confidence is real by continuing to act closed off, but if you can continue to remain confident and emotionally strong, the effect of attraction will make her open up.

Her opening up may just be that she is open to texting you again, talking on the phone or catching up in person.

You have to see that as a sign that she is open to getting back with you, as long as you have the confidence to keep guiding her back into a relationship.

However, if all you've got for her is a whole bunch of insecurity and self-doubt, she's not going to feel attracted and therefore, will not open up to you again.

Women aren't attracted to insecurity because it makes them feel as though they wouldn't be safe with the guy and would need to protect themselves and be strong to handle the challenges of life.

Women want a confident, emotionally strong man who remains strong no matter what life or a woman throws at him.

It's not about being arrogant and acting tough.

Instead, it's just about remaining confident, relaxed, easy-going and emotionally strong, regardless of what she says or does.

If you can do that, she will absolutely feel some respect and attraction for you, even if she acts like she isn't.

Another thing that will keep her closed off is a

2. Trying to suck up to her

[image: Trying to suck up to your ex]

Sometimes, when a woman is refusing to open up to her ex, he may think, *“I need to be on my best behavior around her. I can’t say or do anything that might upset her, or she will close up even more. She may even not want to talk to me ever again. I can’t afford to annoy her and lose my last chance at getting her back.”*

He might then try to stay on her good side when he’s interacting with her, by behaving in ways that he thinks will please her.

For example: A guy might offer to run errands for her, be a friend that she can talk to and even help her financially.

He might also become very nice, polite, considerate and caring, in the hopes that she will think, *“Oh my, isn’t he so sweet now? I’d be stupid not to get back with him! No other guy would treat me this well.”*

Yet, that’s not how women work.

Instead, she might just take advantage of his generosity and get him to buy her presents, be extra nice to her and make her feel good about herself, while she secretly tries to find a replacement guy to move on with.

Then, soon enough, she says something like, *“Look, there’s something I need to tell you. I’m with someone else now. We’re really happy together and it’s serious, so I want you to respect that and leave me alone.”*

He is then left devastated and she laughs to herself and moves on, feeling good about herself because she is wanted by two men and has left one of them completely heartbroken.

Don’t do that to yourself.

Be a good man, but don’t suck up to her.

Sucking up, groveling, being Mr. Nice Guy or Mr. Fix it who helps her with everything is not the way to make a woman love you again.

You’ve got to start by making her feel respect and attraction for you first.

Once you do that, her guard will come down and she will open back up to you again.

3. Letting her bring up your mistakes over and over again

It’s fine to talk about your mistakes and apologize, but it’s not good to allow that discussion to happen over and over again.

For example: A guy might allow his ex to justify being closed off to him by continually talking about how bad of a boyfriend (or husband) he was.

She might say to him, *“Why are you even bothering talking to me? You stuffed up so many times that I can’t believe that you can actually look me in the eye right now. You should be embarrassed. I was a saint to put up with you for as long as I did. I don’t even know why I’m talking to you again. I should just block you from my phone and choose never see you again after*

what you did. I can't believe how immature you were. You treated me like crap. I didn't deserve to be put through all that. I don't want you back and no other woman is going to want you either. You are the worst of the worst.

Even though the guy might be thinking, *She's right, I did stuff up badly. I deserve this,* if he lets her talk to him like that, it will only make her lose even more respect for him.

What should he do instead?

Watch this video for the answer!

She can forgive you and open up to you again, but that's not going to happen if you let her keep bringing up your mistakes and making a big deal about it.

Get to the point where she realizes that it has been said and there's no need to keep repeating herself, otherwise she just looks silly.

If you let her dominate you and make you listen to her rants over and over again, she won't be able to look up to you and respect you and as a result, she won't be able to feel sexually attracted to you either.

So, if your ex keeps bringing up all your past mistakes and talking to you like you're a naughty little boy who needs to be punished, you need to show her that you're not that guy anymore and that she needs to stop treating you like that.

4. Acting like an innocent friend

If you want your ex to open up to you again, you have to make her feel respect and sexual attraction for you, not nice, friendly emotions.

Sometimes, a guy will try to get his ex girlfriend (or wife) back by pretending that he's only interested in being her neutral friend, which will cause the woman to remain closed up because there's no sexual attraction and respect to make her feel motivated to want to be close to him, kiss him, have sex and open up again emotionally.

So, if you want to get your ex to open up to you again, don't let your insecurities make you act like a friend who isn't allowed to flirt with her and make her feel attracted and don't let her dominate you with her confident personality.

It's totally fine to be her friend, but just don't be an innocent friend who isn't interested in her sexually or romantically.

5. Trying to convince her to give you another chance

When a woman breaks up with a guy, one of his first reactions will usually be to try and convince her to give him another chance.

For example: He might say to her, *Please forgive me. I care about you so much. For the sake of the love we shared, please just give me one more chance to make things right between us.*

If she then responds by saying, *Forget it. Nothing can convince me to get back with you again,* he may get upset and feel like she's being stubborn and just won't open up to him.

Yet, what a guy like that doesn't realize is that the woman isn't being stubborn or closed off

because she is selfish or mean.

Instead, she's just reacting to the lack of respect and sexual attraction she feels for him based on the approach that he's using.

Trying to convince a woman to open up and give you another chance doesn't turn her on make her feel attracted and drawn to you.

6. Expecting her to want to be with you again because the relationship used to feel great

[image: Things used to be great between us. Please remember that!]

When a guy wants a woman to have feelings for him again, he'll often try to get her to focus on all the good times they shared, in the hopes that she realizes how much she will miss being with him.

For example: If a woman keeps pushing a man away and saying things like, *It's over, there's nothing left between us*, he might respond by saying something like, *How can you say that? We used to love each other so much. I admit that our relationship didn't turn out the way we initially intended, but we did love each other before. We managed to stay together through some rough times, like back when I lost my job. No matter what happened, we always had a laugh together. I mean, what about that time we went skinny dipping at the beach that was so much fun. So, why are you only letting yourself focus on the bad stuff? What about the good things we shared? Don't they make up for some of the bad times? I think that if we had to measure the good times we had vs. the bad times, you would see that it was good most of the time.*

Unfortunately, as sensible an argument as that may be, it's usually not enough to make a woman spontaneously change her mind and say, *Oh yes, I remember now! Okay, since we had more good times than bad ones we can get back together now. Thanks for reminding me!*

Instead, by pointing out how good things were at the start, it simply highlights to her how bad things got in the end.

7. Feeling entitled to her love or to a relationship because you're a good man and you really do love her

[image: Feeling entitled to your ex's love]

In some cases, a man simply cannot understand how or why his woman could dump him and not want to be with him anymore.

He feels entitled to her love and a relationship with her, because he hasn't yet realized that people stay together if it feels right and if the future looks promising together, not because it used to feel good.

In the past, a woman would be forced to marry a guy picked out for her by a father or guardian and then she had to stay with him for life, regardless of how unhappy she was.

That's not the way it works anymore.

These days, if a woman loses too much respect and attraction for a guy, she can break up with him

because he doesn't own her, it's no longer shameful to break up and she is allowed to get in and out of relationships until she finds the right man for her.

So, if you want your ex to open up and want you back, you've got to be able to let her see that you really have changed, rather than expecting her to give you another chance because you're a good man and you really do love her and care about her.

8. Not giving her the attraction experience that she really wants

For a woman to remain happy in a relationship, she has to be able to get the attraction experience she wants.

She doesn't have to put up with feeling unhappy, bored, unappreciated, smothered or controlled.

For example, when you talk to your ex these days:

- Do you make her laugh, smile and feel good to be talking to you again, or do you stress her out by always talking about the relationship, your feelings or going over and over your mistakes?
- Do you remain calm and composed when she says or does something that annoys you, or do you get upset and get into an argument with her over it?
- Do you make her feel like a real woman (i.e. feminine and girly) when she's with you, or do you treat her like a neutral friend, or allow her to dominate you emotionally to the point where she feels stronger than you?
- Do you behave like a man who has understood where he went wrong and has fixed some of the issues that were turning her off, or are you just the same guy she broke up with who is making the same mistakes (e.g. taking her for granted, being emotionally sensitive, being insecure)?

Open and Willing to Give You Another Chance

To get your ex to open up to you again and be willing to give you another chance, you need to be able to let her see that you really have moved beyond the level that you were at when she broke up with you.

For example: If a guy got broken up with because he allowed his woman to wear the pants in the relationship and be more dominant than him, to get her back he needs to show her that he's now more masculine in the way he thinks, feels, behaves and takes action in life.

She can now feel like a real woman around him because he is more masculine than her.

Another example is where a woman broke up with a guy because there was constant arguing and fighting in the relationship and she felt stressed out and frustrated.

To show her that he's now at a different level, he needs to let her see that he's learned from his mistakes, has started to change and is reacting differently in difficult or challenging situations.

When your ex realizes that she now feels respect, attraction and love for you whenever she interacts with you, she will naturally and automatically open back up to you again.

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[image]

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My Girlfriend is Worried About What People Will Say if She Gets Back With Me

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your girlfriend said that she is worried about what people will say if she gets back with you, you need to:

1. Let her see that you really have changed, she can be confident to tell people that things are different now

[image: Let her see that things really are different now]

One of the best ways to make your girlfriend feel happy to get back together with you, is by giving her some evidence that you really have changed.

If you can't show her that you have already changed for real, she's going to be thinking, *How am I going to tell my friends and family that I'm back together with him after all the negative things I told them about him? They'll think I'm crazy or stupid to put myself back into a situation like that and I won't blame them. I need to know for sure that things really will be different.*

Watch this video to understand how you can prove to her that you've changed!

For example: If a guy was too jealous and that was one of the main reasons why she broke up with him, he needs to now start showing her that he really is more confident and emotionally mature now.

He is happy, confident and getting on with life regardless of whether or not she is in his life.

If she then decides to get back with him, she can comfortably say to her friends and family, *I know that he used to be very jealous and controlling before, but he's not like that now at all. He's actually put in the effort to change and I respect him for that. We can be happy now.*

Yet, if he hasn't really changed and the opinion of her parents and friends matters to her, she's just not going to feel good about the decision to give him another chance.

Another example is if a guy lacked purpose in life and focused all of his attention on her.

Rather than being a real man and going after his big, goals, dreams and ambitions, while also loving her, he made the classic mistake of making his whole life about her and became clingy, needy and insecure as a result.

To show her that he's learned from his mistakes and he's started to change, he needs to let her see that he now has some big goals and ambitions in life and has started making some progress towards achieving those things.

Of course, he doesn't have to have achieved his goals and ambitions already and he doesn't have to become Superman, but he needs to have started to make progress towards his goals.

She then has proof that he's not stuck and he's not the same guy that she broke up with.

He really has improved, which is going to make it a lot easier for her to say to her friends and family, *It's okay, you don't have to be worried about me now. He really isn't the same guy as*

*before. We can have a real future together now. We can make it work.*â€œ

Another example is where a woman broke up with a guy because he took her for granted in the relationship.

He always seem to break his promises to her, criticize her in private as well as in front of her friends and family and expected her to do whatever he wanted to do.

To let her see that heâ€™s really changed and that heâ€™s not going to treat her in those ways again, he needs to first understand that his behavior was unattractive to her and then make some adjustments to the way he thinks, acts, behaves and interacts with her from now on.

He needs to show her that he is now a loving, supportive guy who will continue being the man, but will be a better, more caring man this time.

If her friends and family can then see that he is now treating her better, is loving, caring and isn't taking her for granted, they will be more open to giving him one last chance and she will then feel better about getting back together with him.

So, if your girlfriend is currently saying that sheâ€™s worried about what people will say if she gets back with you, the best way to alleviate her worries is by letting her know that youâ€™ve learned from your mistakes and have already started to change.

You can tell her that you've changed; you've got to prove it based on your behavior, actions and the progress you have made and will make.

2. Educate her about the fact that most couples get back together and give it one more chance if real changes are made

[image: Help her understand that it's normal for couples to get back together]

Men and women usually get into relationships without knowing how to actually make a relationship last for life.

For example: Some people believe that for a relationship to last, a couple should always be happy, agree on everything and never argue with each other or make mistakes.

They will believe that if a serious mistake is made, the other person can get very angry and treat them badly or walk away from the relationship completely.

Yet, approach a relationship that way isn't how to make it last for life.

Successful couples who stay together for life, understand that no-one is perfect and that arguments, disagreements and mistakes will happen, but that isn't a reason to get very angry or break up and walk away.

As long as a man and a woman love and forgive each other patiently, and as long as the person who makes the mistakes puts in the effort to learn from their mistakes and is becoming a better person as a result, the relationship will last for life.

By sticking with each other when times get tough, the love, respect and attraction between them will also grow and deepen over time.

Of course, patience and forgiveness has its limits and if a woman realizes that her guy keeps making the same mistakes over and over again without even trying to change and improve himself, she will

usually get sick of it and then break up with him.

So, if youâre saying, *âMy girlfriend is worried about what people will say if she gets back with me,â* then itâs likely that you kept making the same mistakes over and over and over again, to the point where people might have started saying to her, *âWhy are you letting him treat you like that? Are you a sucker for punishment? Youâve given him plenty of chances to change but a leopard doesnât change its spots. Heâs not going to change. You need to walk away.â*

That might have been true about you before, but not now.

You are a better man now.

You donât have to keep making the same old mistakes over and over again, because you are capable of learning from your mistakes and doing things right from now on.

Yet, donât make the mistake of thinking that if you say to your girlfriend, *âLook, I know I stuffed up, but everyone makes mistakes. I can learn from my mistakes. You can tell people that Iâm going to change when we get back together again, so thereâs no reason why you shouldnât get back with me again. Everything will be okay,â* sheâll come running back to you.

Saying that youâve made a mistake and that youâre going to change usually isnât enough for most women to want to give the relationship another chance.

To convince her, youâve got to show her that youâve already started to learn from your mistakes and that you really can make her feel differently now.

When she interacts with you and sees that your thinking and behavior is at a completely different level from the one you were at when she broke up with you, she will start to feel respect for you again.

When that happens, she also feels attracted to you and is then a lot more willing to re-connect with the love she felt for you before.

3. Tell her that what her heart wants isn't for anyone else to decide but her

[image: Get her to follow her heart]

You need to explain to your girlfriend that her feelings are for her alone to decide on, without anyone else (including you) telling her how she must feel.

Her heart knows what it wants and no one else has the right to tell her to listen to them instead of her heart.

For example: You might say to her, *âWeâve definitely been through a lot together. We were in love and are now broken up, which means that we've experienced a lot of different emotions. Some of the feelings we experienced were amazing and others were painful. Yet, even though I made some mistakes in the past and turned you off, that isnât the guy that I am now. If I kept being the same guy (e.g. being insecure and needy, or jealous and controlling, taking you for granted), of course you would have a hard time explaining to yourself and to other people why you would want to get back with me. Yet, Iâm not that guy anymore. I donât expect you to believe me just because Iâm*

*saying it, I expect you to believe your own eyes and heart. Your heart knows what you want, even if you are entirely sure if you should give me another chance.*â□□

Of course, saying something like that to her isn't going to automatically make her jump in your arms and say, *â□□Thatâ□□s awesome! I wasnâ□□t sure before but now that you put it like that, letâ□□s get back together again!*â□□

However, it does makes her stop and question herself and she then begins to wonder, *â□□Am I resisting getting back together again because of what happened between us in the past, or because I donâ□□t want people to think I am being naïve? Worrying what others think isn't a good enough reason to stop myself from being happy with my ex if heâ□□s really changed. I should do what I want, not what they want me to do.*â□□

She then feels free to forgive you and give you another chance for her own reasons.

She stops looking at you in a negative way and starts to focus more on who you are right now.

She then stops worrying about what people might say if she got back with you and starts to reconnect with the love in her heart.

Getting Her's Friends and Family to Forgive You

Sometimes, a guy will say whatever he can to convince his girlfriend to give him another chance.

For example: He might say, *â□□I love you. What difference does it make what other people say about us. Itâ□□s you and me that counts.*â□□

Although from his point of view he is right, the fact is that when a woman has a strong support system that has stepped in, taken care of her and helped her deal with the pain of the breakup, she won't want to feel as though she's letting them all down.

So, although a woman does wants to be with a guy because she loves him and because it feels good to be in a relationship with him, she also wants to be able to respect him, look up to him and be able to say to her family and friends, *â□□This is my man. Iâ□□m proud to call myself his girlfriend,*â□□ rather than feel like she has to sneak around and hide her relationship from them.

If a guy hasn't changed much, sheâ□□s naturally going to feel reluctant to get back with him again because her friends and family will be against her decision.

If he doesn't apologize in person to the people who he has wronged (e.g. her parents, her close friends) and tell them that he made some immature mistakes, but that we all live and learn in life, they are still going to think of him being the guy that they once lost faith in.

So, donâ□□t expect your girlfriend to disregard the other people she cares about just to be with you. You can tell her to listen to her heart, but don't tell her not to care about what people who she cares about think.

Instead be emotionally mature enough to face them yourself, apologize and take responsibility for your past actions.

Not only will her friends and family be able to see that you really have changed, but it will also make your girlfriend feel a renewed sense of respect and attraction for you as a man as well.

When you trigger her feelings of respect and attraction again, even if she tries to fight it, she wonâ□□t be able to stop herself from re-connecting with the love in her heart.

From there, itâs up to you to keep building on her feelings for you, until she says, âWho cares what people will say! I love you and thatâs all that matters,â and wants to be back with you again.

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[image]

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The Truth About How to Win Your Ex Girlfriend Back From Another Guy

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

When it comes to process getting you ex back when she's already dating another guy, you will probably hear many different opinions about what you should do.

For example: Some people might say,

- If your ex girlfriend is dating another guy, it's absolutely impossible to get her back. Just forget about it and move on.
- Of course you can get her back. Nothing is impossible when it comes to love and relationships.
- Just give her space and if she comes back, it's meant to be.
- People can't get back together after a break up, especially if one of them has already moved on.
- People can get back together after a break up, even if one of them has already moved on.

As you can see, people have opinions, but that doesn't mean they know what they're talking about.

From my years of experience helped men to get women back, I can tell you with absolute confidence that you can win her back.

I know that because I've already helped 100s of guys to get a woman back after she had already hooked up with or fell in love with a new guy.

Watch this video for an intro on how it works!

Getting her back is possible, so make sure that you remain confident and don't give up just because another guy is in the picture.

The Truth About Winning Her Back

[image: Winning an ex back from another guy]

Here's what you need to know about how to win your ex girlfriend back from another guy!

1. She might be open to leaving him for you right away, but it usually takes a couple of weeks to complete the ex back process in cases like this.

If a woman can't deal with the pain of a break up, she might hook up with a guy that she's not really that attracted to (e.g. a really nice guy who treats her like a princess) in order to make herself feel a little bit better.

She might say to herself, *"Well, my new guy isn't so bad. At least he is really sweet and he treats me well. This way, I have someone to go out with and I don't have to be alone. Even if things don't work out between us, it won't be that big of a deal to me anyway, because he's not the guy I see myself with for life. He's good enough for now because he's keeping my mind off my ex."*

In some of these cases (e.g. if a woman is still in love with her ex and is only dating a new guy to make him jealous), all it usually takes is one phone call and one meet up and she then jumps back

into a relationship with him and leave the new guy (the rebound) behind.

However, in cases where a woman who doesn't have any feelings for her ex anymore (e.g. because he became really insecure during the relationship and turned her off during the break up process), it will usually take a week or two before she opens up to the idea of being back in a relationship with him.

Watch this video to understand how he can change her mind!

It is possible to make your ex girlfriend see you as being a better option than the new guy, even though that might seem difficult or impossible to you right now.

After all, she has probably been saying things to you like, *"Leave me alone. I have a new boyfriend now"* or, *"I'm much happier with him than I was with you."*

Yet, her feelings for him are not set in stone. They can change.

You can make her feelings for him change and cause her to realize that she should be with you instead.

If you want to make her feel that way so you can win her back, the main thing that you need to focus on from now on is using every chance you have to interact with her (even if it's only via text or social media) to trigger her feelings of desire by making her smile, laugh and enjoy the idea of interacting with you again.

Then, get her to meet up with you in person, re-spark her feelings of respect and attraction and get her back into a relationship with you.

Don't worry about the new guy. He is with your girlfriend. Get her back and he will then have to find himself another woman.

2. You need to give her the attraction experience she wanted with you, but never told you about.

In most cases, when a woman breaks up with a guy, her very next boyfriend is going to be someone who is pretty much the opposite of her ex and who is giving her the attraction experience that really she wants.

For example: If a woman's ex was insecure, needy and self-doubting in the relationship with her, her new guy will be confident and self-assured.

He might not be perfect in every way, but she will be happy to finally get to be with a guy who is confident and doesn't need her constant reassurance and encouragement to feel good about himself.

Another example is if a woman's ex was too nice and allowed her walk all over him and treat him like crap. In cases like that, her new guy will usually be a lot more emotionally dominant than her.

Another example is if her ex lacked drive and ambition in his life. Her new guy will be a go-getter who has a purpose and is going places.

So, if your ex girlfriend has a new man in her life, it's very likely that she's attracted to him because he's making her feel attracted in the ways that you were not.

He's giving her a part of the attraction experience that was lacking with you.

Yet, that doesn't mean the new guy is perfect.

It simply means he's not making the exact same mistakes you made in the relationship with her.

He would still be making mistakes though.

Most guys aren't perfect when it comes to dating, attraction and relationships, so over time, she will begin to notice that he is behaving in ways that are unattractive to her.

For example: He might be more confident than you were, but he might then fall into the habit of taking her for granted and not caring about her feelings.

When she realizes that her new guy isn't what she thought he was, she will likely dump him.

This is why you need to be proactive and make sure that you are interacting with your ex, so she can experience the new and improved version of you.

She will then begin comparing you to her new guy and may think, *"Why do I feel so confused all of a sudden? I thought my new guy had the qualities I was looking for in a man, so why do I miss my ex. My ex has really changed. He's no longer the same guy that I broke up with. Maybe I should give him a chance. Maybe I was wrong to end it with him. Maybe I was just being selfish and didn't realize that I had a great man. All he needed was a bit of patience from me and he would have changed. He has changed now and I don't know why, but I am attracted to him again."*

3. If she seems happy with the new guy, it doesn't mean that they will last.

Most relationships start out happy, but end within 1-2 months.

Think about it!

How many of the women that you've been with have you stayed with for life? None.

The same goes for women.

They have many relationships and most of them don't last, because most guys don't really know how to keep a relationship together for life.

So, either he will dump her or she will dump him.

Of course, if your ex girlfriend is sincerely happy with her new guy and is definitely planning on settling down with him, the only other option you have is to get her to hook up with you *one last time* so you can disrupt the relationship between them, before it's too late.

Just get her to meet up with you, make her feel attracted to you again and hook up with her.

If you don't know how to make that happen, watch [Get Your Ex Back Super System](#)

4. Most guys who are good with women (i.e. they can attract and pick up women by choice rather than luck) don't settle down with women easily, so he will likely dump her if she isn't what he really wants.

When a guy knows that he can have pretty much any woman he wants, he's not going to settle down very quickly.

I know this personally because I hooked up with more than 250 women before I accepted my girlfriend's marriage proposal.

Here's what happened!

So, when a guy is good with women, he won't just settle down with any woman he hooks up with.

In many cases, a guy who is good with women will hook up with a new woman every week or two, so it's obviously impossible for him to commit to them all.

Instead, a guy like that is just going to enjoy having sex and hanging out with her and then, when the novelty of the relationship wears off and he becomes bored, or meets another woman that catches his attention, he will just break up with her and move on.

However, regardless of whether your ex girlfriend's new guy is good with women and is only with her for now, or he's the type of guy who wants to be with her for life, your main focus needs to be on fully understanding what caused your ex to break up with you in the first place and fixing those things about yourself.

Then when you interact with her again (e.g. on the phone or in person) she will see that you've changed the things about yourself that she felt turned off by.

She will then start to feel respect and attraction for you again and when that happens, she will be more willing to leave her new guy for you, or at least kiss you and have sex with you again to see how she feels.

5. He is not better than you.

If you think her new man is better than you, you are already unattractive to your ex, because women are turned off when a guy feels inferior to other guys in terms of attractiveness.

Knowing that you are better than him is not about telling her that you're better than him, but letting her sense that you are so confident that you don't even see him as being competition.

Don't worry; I understand that some guys don't have the confidence to think of themselves in that way.

Yet, you can build that confidence in a matter of days if you start thinking in the right way.

You've got to realize that you are a great man in your own right, regardless of what her new guy is like.

Yes, you made some mistakes, but that is who you were before, not now.

When you accept and believe that you are more than good enough to be her man, the idea of her having a new boyfriend won't bother you anymore.

You will realize that you can easily win your ex girlfriend back from another guy based on who you are as a man (e.g. confident, emotionally strong, ambitious, charismatic), rather than on whether you're good looking enough or rich enough, or any other superficial reasons.

Don't sit around thinking about him being better than you.

That is not going to help you win her back.

You've got to be confident and know that you are better than him, regardless of how well she speaks of him.

4 Mistakes to Avoid Making if You Want to Win Her Back

Getting an ex back is actually a lot easier than some guys might think.

However, what causes a lot to guys to say, *"I could never win my ex back from her new guy. I've tried everything she just doesn't want me,"* is trying to get her back and failing after making a whole bunch of rookie mistakes.

For exampleâ€¦!

1. Being her platonic friend who doesn't flirt with her or make her feel attracted.

Sometimes, a guy might say to himself, *â€œI really want to win my ex girlfriend back, but sheâ€™s with another guy. If I stay friends with her and make sure that Iâ€™m there for her when sheâ€™s having a fight with her new boyfriend, or is having a bad day, she will eventually see that Iâ€™m the one she can depend on and she will realize that she still loves me and she will dump him for me. I will show her that Iâ€™m a much more caring man than he could ever be and she will then realize that no guy will treat her as well as I do.â€*

He might then hang around her all the time being a nice, helpful, reliable friend.

Yet, what he doesn't realize is that it's not what is going to cause a woman to suddenly say, *â€œWhat have I done? Why am I with another guy? My ex is just so sweet and dependable all this time, even though I've been enjoying a new relationship. Iâ€™m going to dump my new boyfriend now to get back together with my ex, because I can see now that no one can love me as much as he does.â€*

It would be nice if women worked that way, but they don't.

Women don't reward niceness with love, sex and devotion.

Women only appreciate niceness from men that they respect and feel sexually attracted to, not men who are sucking up to them with the nice guy act.

Rather than rushing back to her ex, a woman will usually just enjoy having a shoulder to cry on when sheâ€™s feeling down or having a bad day, but will continue having fun, kissing and having sex with her new guy.

So, donâ€™t do that to yourself.

You deserve to have her back in your arms. You don't need to be the nice friend in the background.

Be her friend yes, but not a platonic friend.

Watch this to understand the right way to be her friendâ€¦!

If you are going to be her "friend," you need to actively make her feel respect and sexual attraction for you again by using every interaction you have with her to make her smile, laugh and feel good to be around you.

Donâ€™t pretend that you donâ€™t find her sexually attractive anymore, or that youâ€™re not interested in getting her back.

If you only focus on making her feel neutral, friendly feelings for you (e.g. because you donâ€™t want to scare her off, or because you want to show her how much you care about her as a person), she probably wonâ€™t see any reason to break up with her new guy to get back with you.

Always remember: A romantic relationship between a man and a woman has to have a basis of sexual attraction and respect.

If that isn't there, it's just a friendship and that is not a romantic relationship.

So, make sure that you flirt with her and make her feel attracted.

Thereâ€™s nothing wrong with flirting with her.

In fact, thereâ€™s everything right with it.

Youâ€™re simply being a confident, emotionally masculine man who is doing what is required to re-spark a womanâ€™s respect, attraction and love for you.

That’s a good thing.

2. Saying bad things about the new guy.

Itâ€™s only natural that when a guy sees his ex girlfriend in the arms of another guy, he will feel a bit rejected, annoyed, jealous, upset and even angry.

He may think, *â€˜I donâ€™t see what she sees in him. He looks like a loser. I thought she had better taste than that,â€™* or *â€˜I canâ€™t imagine how she would go from being with me, who treated her like a princess by always taking her to the most expensive restaurants in town and buying her all the things she always wanted, to being with that douchebag. Heâ€™s always dressed in denims and t-shirts. He looks cheap.â€™*

Yet, hereâ€™s the thingâ€¦

If you say something like that to your ex, rather than make her say, *â€˜You knowâ€¦ youâ€™re right. My new guy is a loser! Iâ€™m going to dump him now so that I can be with you,â€™* she will likely just assume that youâ€™re being emotionally immature and behaving that wayÂ because you canâ€™t have her anymore.

Unfortunately, emotional immaturity is not a turn on for most women. Confidence and emotional maturity is what turns a woman on.

So, even if her new guy isnâ€™t veryÂ confident or mature or isn’t as cool as you are, don’t start bad mouthing him to her. If you do, he will suddenly seem the better man compared to you because you will appear jealous and he will seem like the “winner” in the situation.

What should you do instead?

Donâ€™t look at him as competition.

Instead, focus on re-sparking your ex girlfriendâ€™s feelings of respect and attraction by behaving in some of the ways that are attractive to women (e.g. confident, charismatic, emotionally strong and mature).

Then, she will be the one making the comparisons and thinking of you as being better than him, rather than looking at you as being the sore loser.

3. Thinking that telling her how much she means to you will change how she feels.

It can be very painful for a guy to see his ex girlfriend happy with another guy.

Yet, him telling her things like, *â€˜I still love you so much. You mean the world to me. I canâ€™t imagine my life without you in it. I know youâ€™re with him now, but that doesnâ€™t change how I feel. I will be here for you no matter how long it takes for you to realize that no one can love you like I do,â€™* wonâ€™t make much difference to her if she doesnâ€™t feel respect and attraction for him.

Instead she will likely think, *â€˜Yeah right! Now heâ€™s telling me he cares, but what about all the times when we were together and he made me feel like crap? Well, good for him if he still loves me. I have a new guy and I donâ€™t care that he cares.â€™*

In most cases, a woman doesnâ€™t care how much she means to her ex, if she doesnâ€™t have

feelings for him anymore.

For her to care about how much he cares about her, the feelings have to be mutual or at least fairly even.

So, if you want to win your ex girlfriend back, don't waste time telling her how much you care for her, because if she's not feeling respect and attraction for you right now, it's just not going to matter to her.

You need to actively trigger her feelings for you first, before you tell her that you care, otherwise it won't make a difference to her and it won't make her want to leave her new relationship for you.

4. Not doing enough to make yourself become emotionally independent of her.

There's no doubt that you really want to win your ex back, otherwise you wouldn't be trying to convince her to get back together even though she has a new guy, right?

It's totally fine, normal and natural for you to want her back|even though some people might tell you that it's "wrong."

Watch this video to see what I mean|

So, don't worry that others might not understand how you feel about her.

You want her back and it's totally normal and natural.

However, sitting around and needing her back so you can feel happy or confident again isn't a good idea.

What you need to do is get to the point where you want her back, but don't need her back.

Needing her back means that you are feeling lost and can't live a normal, healthy life without her.

On the other hand, wanting her back implies that you're getting on with your life, doing all the things that make you a better, more fulfilled and interesting man, but it would also be nice to have her back.

If she gets the sense that you want her back, but don't need her back to feel better about yourself, she will feel some respect and attraction for you because of it, which will make it even easier to win her back from the new guy.

You Can Do it

[image: Get your ex back - reunited couples]

No matter how impossible it might seem to you right now, winning your ex girlfriend back from another guy is actually a lot easier than you might think.

Remember: When you focus on saying and doing the types of things that trigger a woman's feelings of respect and attraction, her guard naturally comes down.

All of that is within your control.

So, are you going to give up on her or get her back?

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Talking to Your Ex On the Phone

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

When talking to your ex on the phone, you need to:

1. Use Humor to Bring Down Her Guard

Just because you and your woman have broken up, it doesn't mean you now have to be serious when talking to her.

In fact, if you are too serious, emotional or "deep and meaningful" when your ex isn't feeling respect and attraction for you, her guard will remain up because she will feel as though you're putting on an act and trying really hard not to say anything "wrong" to avoid screwing up.

On the other hand, making your ex laugh, smile and feel happy when you're talking to her on the phone is the quickest way to make her drop her guard and open herself up to the idea of getting back together again.

A mistake that a lot of guys make is feeling unwelcome to flirt or joke with their ex when talking to her on the phone.

For example: A guy might think, *â€œShe's so closed off and cold towards me when we're talking on the phone. If I try to flirt with her, or make a joke, she might close up even more and say that she never wants to talk to me again. I don't want to lose my chance with her by stepping out of line. So I will just keep things plain and unattractive between us and hopefully she will eventually open up.â€*

Yet, here's the thing!

Making her open up to you will be much easier and will happen a lot faster, if she's feeling good and feeling attracted (women are attracted to guys who can make them laugh, especially when they are being cold and bitchy) every time she interacts with you.

So, don't be afraid to joke around with her.

For example: Imagine that you've just called your ex on the phone and she says something like, *â€œWhy do you keep calling me? Just leave me alone.â€*

The serious, polite answer that won't create any attraction between her and you would be, *â€œSorry, but I really care about you and I want us to work things out between us.â€*

Nothing about that response is going to allow her to experience the new you.

Instead, she's likely just going to keep her guard up and say something like, *â€œIt's over. Just accept it. Leave me alone.â€*

However, if you instead use humor to deflect the seriousness of her comments, it allows her to relax and be more open to talking to you.

So, if your ex says, *â€œWhy do you keep calling me? Just leave me alone,â€* you can respond by joking with her and saying something along the lines of, , *“I'm not going to stop calling until I get the pepperoni pizza I ordered. This is Pizza Hut, right?”* or, *â€œI'm not going to stop calling you until you deliver my Chicken Chow Mien and fried wontons. This is the Chinese Gourmet Food*

Express, isn't it?

At this point, she will probably be laughing and feeling a little self-conscious about being so cold towards you.

You can then say, *No, cancel the pizza. Anyway, I thought I'd give you a call to say hi as a friend. How have you been girl?*

She will most likely laugh at that as well. You could also end that sentence by referring to her as your ex girlfriend, *No, cancel the pizza. Anyway, I thought I'd give you a call to say hi as a friend. How have you been ex girlfriend?* if you and her are cool with joking around with each other like that.

After you bring her guard down with a bit of humor, just have a chat with her and add in some more humor as you and her keep talking, to ensure that she remains relaxed and open while talking to you. By talking to her in this way, she will be able to see that you're no longer thinking, behaving or interacting with her in the same ways you used to before (e.g. insecure, desperate to impress her and not lose her) and she won't be able to stop herself from feeling some respect and attraction for you again.

2. Let Her Sense That You Really Have Changed

[image: Talking to your ex on the phone]

If you call your ex on the phone and end up talking to her and interacting with her in the same old ways (e.g. insecure, giving her too much power, trying to explain your "feelings" to her), she's just not going to be very interested in getting back together with you.

If you want to get her respect back, you need let her sense (via your actions, behavior and the way you respond to her) that you really have changed and are not the same guy that she broke up with.

For example: A guy might have been insecure and timid in his relationship with his ex.

He might then have reacted by allowing her to push him around and always get her own way.

To convince her that he's changed, he now has to react completely differently when she tries to dominate him emotionally.

For instance, if she tries to put him off when he calls her by being cold, bitchy and uncommunicative, rather than react by getting upset and giving up hope of ever getting her back, he needs to remain calm and confidently stand up to her.

So, if she says something like, *I don't want to talk to you,* he needs to just laugh and say in a joking way, *That's okay. You did all the talking when we were together, so how about I take over and talk for a bit just to give you a break? Let me tell you about this great new course I've enrolled in* or, *"Let me tell you about the book I read last week. I'll explain it from cover to cover"* and then have a laugh with her about it, without explaining the book (obviously!)

[image: Talking to your ex girlfriend on the phone]

He can then say, *"Only kidding anyway, so I've been working hard lately. How about you? How has your day been so far?"* to get the conversation moving alone.

By standing up to her, heâs showing her that heâs no longer the emotionally weak guy that she remembers.

Heâs emotionally strong now and he doesn't allow her to push him around or make him do whatever she wants.

This triggers her feelings of respect and attraction and she begins to think things like, *âWhy do I feel different now? Why is he so confident? I wish he were like this before. I wasn't expecting him to improve and change so quickly. He used to let me walk all over him. I always felt so dominant over him. He is so much more confident and sure of himself nowâand I like it. Heâs emotionally strong and masculine now. Why do I feel like I want to see him all of a sudden?â*

Essentially, if every time youâre talking to your ex on the phone, you respond in a confident, mature way, she will see that youâre no longer the same guy she broke up with.

When that happens, she wonât be able to stay closed off towards you for long, no matter how hard she tries.

3. Get Her to Feel a Renewed Sense of Respect and Attraction For the New You

Sometimes, a guy will call his ex and focus his attention on telling her how he feels, in the hope that she realizes how important she is to him and then thinks, *“Hmm, he really does love me. It must mean that we are meant for each other. Okay, I will get back with him.”*

Yet, that's not how it works.

Your ex will want to get back with you when she feels a renewed sense of respect and sexual attraction for you.

It's not about telling her all about how you “feel.”

She doesn't care much (or at all) about your feelings right now. She wants to have feelings for you.

Of course, most guys don't realize that at the time, so they unload their feelings onto their ex and hope that it makes all the difference.

For example: A guy might say to his ex woman, *âI want you to know that even though weâre broken up, youâre still the only one for me. I understand that I stuffed up and thatâs why weâre not together anymore, but I feel that if we can get back together again, things will be different. Iâll never hurt you againâI can promise you that. You mean the world to me and being without you has been the hardest thing Iâve ever had to deal with in my life. Please give me a chance to show you that Iâve changed. I will never love another woman the way I love you. You are the only one for me. All I care about is you. You mean the absolute world to me. What you and I had was so special and I don't want to lose that. I really love you and care about you. Please believe me.â*

Yet, hereâs the thingâ!

Even though a woman might feel slightly flattered to hear that her ex feels so much for her and is unable to move on without her, if she doesnât have feelings for him, itâs not going to make her suddenly think, *âWell okay thenâ! I know I donât feel respect and attraction for him anymore, but since he loves me so much, I guess I should give him another chance.â*

Unfortunately, it doesn't work that way.

For a woman to open herself up to the idea of getting back together with her ex, she needs to be able to look up to, respect and feel attracted to him first.

So, when you're talking to your ex on the phone, don't waste your time talking about your "feelings" with her, unless you've triggered her feelings for you first.

If she's currently saying things like, *"Look, I know you're hurting, but I just don't have feelings for you anymore,"* or *"I'm sorry but it's over between us. Please accept it,"* it's probably because she's just not feeling enough respect and attraction for you in that moment.

She doesn't care that you care so much about her and want her back.

That's about you, not her.

She will see your attempts to get her back as being self-serving and may even accuse you of only wanting her back to make yourself feel better.

However, if you get her to feel a renewed sense of respect and attraction for the new you first, it becomes about her wanting you back too.

She can't stop herself from letting her guard down and thinking, *"Maybe we can work things out between us after all."*

4. Tell Her That When You Look Back at Your Previous Behavior, You Understand Why She Broke Up With You

For example: Imagine that a guy got broken up with because he took his woman for granted.

To prove to her that he understands why she broke up with him, he might say something like, *"Looking back at my behavior, I now understand why you broke up with me. I see now that I took you for granted. I just assumed that because you loved me it was okay to not put much effort into the relationship. I let you down. I put you in second place in my life and made you feel like you didn't matter much to me at all, even though you did. I know that words are not enough to get you to forgive me, but I am sorry that I hurt you. You have always mattered to me, but I just didn't show it to you in the way that you needed. I know that if our roles had been reversed, I would have hated being treated the way I treated you. However, I'm not that guy anymore. I don't expect you to believe me right away. I just want to say that I'm sorry for everything that I put you through. I still care about you and want you back, but I also accept your decision about us breaking up. I'm not asking you to take me back. Instead, I just want you to know that I fully understand why you broke up with me and if it had been the other way around, I would have probably also broken up with you too. So, maybe I can ask you now: Can you forgive me so that we can start over with a clean slate, or can you forgive me so we can at least be friends again?"*

By saying that to her and being confident enough to admit his mistake, he is showing her that he has changed and is no longer the same guy who took her for granted.

When you confidently admit to your ex that you've learned from your past mistakes, you instantly become more attractive to her, even if she doesn't openly admit it.

5. Don't Try to Get Her to Commit to Getting Back Together Over a Phone Call, Unless She is Hinting at it

In some instances, when a guy sparks a woman's feelings over the phone, she might be open to getting back together with him right away.

She may then say something like, *"Hey, I miss you. I thought being broken up was what I wanted but now I'm not so sure,"* or *"I wonder what things would be like between us if we go back together?"* in the hopes that he will then be courageous enough to take the lead and guide then both back into a relationship together.

Yet, that isn't the case most of the time.

Sometimes, a woman will initially be a bit resistant to giving any sign over the phone because she doesn't want to make it easy for him.

She wants to see if he has the confidence and balls to guide her back into a relationship without her having to encourage him along.

This is especially true with cases where the guy was dumped for being insecure, jealous and wasn't man enough for her.

So, in cases like that, a guy needs to keep moving the ex back process forward, regardless of the lack of positive signals she is giving him.

Go From the Phone, to Face-to-Face to Back Together

[image: Actively re-attract her and get her back]

Always remember: Talking to your ex on the phone is a great way of sparking her feelings for you again, but the key is to get her to meet up with you face-to-face.

If your ex isn't very open and is not clearly hinting that she's missing you, you just need to get her to meet up with you in person.

At the meet up, you need to continue making her smile and laugh and making her feel respect and attraction for you again.

When she interacts with you in person and experiences the new and improved you, her walls come down and getting back together again feels good to her.

It becomes about her wanting you back for her own reasons, rather than feeling like she's being pressured to get back together with you to make you feel good about yourself again.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

4 Tips On How to Win Your Ex Back After Being Dumped

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you want to win your ex back after being dumped, here is what you should do!

1. Don't Ignore Her For More Than 7 Days

[image: Don't ignore her for more than 7 days]

In most cases, a guy can reactivate a woman's feelings for him immediately, or within a few days of trying.

So, if you want to win your ex back, don't wait around for longer than 7 days to start the ex back process with her.

Just give her a few days to a week of space to allow things to calm down between you and her and then contact her.

The best approach is to call rather than text her, but if she won't answer your phone calls, you can text to get her attention and then call and she should answer.

On the phone call, you need to actively focus on making her laugh, smile and feel happy to be interacting with you again.

Then, at the point where she's feeling good to be talking to you, get her to agree to seeing you in person to catch up.

At the catch up, you need to continue saying and doing the types of things that will make her feel a renewed sense of respect and attraction for you and cause her to think things like, *"I don't know if I made the right decision about dumping him. At the time, I thought it was impossible for him to change and be able to give me the type of attraction experience I really want in a relationship, but he has changed. I actually like being around him now. It feels good. I think I might have made a mistake."*

When she starts feeling like that, her guard comes down.

It is then up to you to build on her initial feelings of respect and attraction for you, until she's longing to be back in your arms, kissing you and having sex with you again.

Where a lot of guys go wrong when trying to get an ex back is by thinking that if they ignore her for a long time (e.g. 30 or 60 days), she will somehow change her mind about dumping him and come running back.

For example: A guy might say to himself, *"My ex was really angry with me when she dumped me, so if I try to contact her now, she will probably just hang up the phone, or tell me to get lost. Yet, if I give her a month or two apart, hopefully she will calm down and realize that she misses me and then she'll call me up and we can get back together again."*

However, here's the thing!

Generally speaking, the only time a woman will contact her ex when he's ignoring her is if:

- She's still in love with him and can't bear not hearing from him.

- She can't find a replacement guy, so she tells herself, *"My ex will do for now until someone better comes along."*
- She's inexperienced with relationships and can't handle the pain of being broken up.
- She just wants to check if he's still missing her and if so, she will continue moving on without having to be rejected by him.

In almost all other cases, if a woman has reached the point where she has lost respect and attraction for her guy to the point where she dumps him, she's not really going to care that much if he's then ignoring her.

In fact, she'll likely be thinking, *"Phew! I thought my ex was going to make a big deal about the break up and start begging and pleading and making all sorts of promises to change. Fortunately, he seems to have gotten the message that I don't want him in my life anymore and he's leaving me alone completely. Now it's time to find a new guy!"* and she will just move on.

Even if a woman decides to come back after a guy has been ignoring her for a long time (by the way that happens about 20% of the time), when she realizes that he hasn't really changed (e.g. he's still insecure, needy, lacks drive and determination, is too emotionally sensitive), she simply dumps him again.

So, don't bother wasting a lot of time ignoring your ex in the hopes that it will get the relationship back together because it only works (temporarily in most cases) about 20% of the time.

The best approach is to be active and get her back by making her have feelings for you again.

7 days of space is more than enough for even the messiest of break ups.

After giving her the 7 days, just focus on using every interaction you have with her (e.g. via text, on a phone call, on social media and in person) as an opportunity make her feel respect and attraction for you again.

The more she enjoys interacting with you, the more her walls will come down and then the idea of getting back together again will feel good to her.

2. Reactivate Her Feelings During Interactions

[image: Making your ex feel attracted over the phone]

The fastest way to win your ex back after being dumped is by actively re-sparking her feelings of respect and attraction for you.

If a woman has lost respect and attraction for her guy, she will usually avoid him and try to move on, rather than calling him up and telling him what he needs to do to get her back.

So, if you want to get your ex back, don't sit around hoping that she does all the work for you.

You have to be the one who takes the lead and actively triggers her feelings of respect and attraction for you during interactions.

Regardless of whether you're sending her a quick text, messaging her on social media, calling her up on the phone, or meeting her in person, you have to use every opportunity to put a smile on her face, get her giggling again and make her think, *"This is fun. I actually like hearing from my ex again. I feel good with him now."*

Where some guys go wrong is in thinking that the way to win an ex back, is by using every

interaction as an opportunity to explain his feelings to show her how much he cares.

For example: A guy might send a woman a long series of text messages saying things like, *â€œIâ€™m so sorry about what happened between us. I really love you and I canâ€™t live without you. Please forgive me. I know we can work things out. I canâ€™t bear the thought of never seeing you again. Please babyâ€¦ just give me one more chance.â€*

He might also call her on the phone and say something along the lines of, *â€œI miss you so much. I just canâ€™t stand it. I havenâ€™t been able to eat or sleep properly since we broke up. Please give me one more chance to prove to you how good things can be between us. You mean the world to me. I know I stuffed up, but if you will just tell me what I need to change to get another chance I will do it. Iâ€™ve never loved another woman as much as I have loved you. I will do anything to ensure that we have another chance. I donâ€™t care about other women. I just want to be with you. I know that we can make this work. I love you. Please listen to me and understand that I am being sincere.â€*

Heâ€™s hoping that by pouring out his heart to her, she will change her mind and get back together with him.

Yet, hereâ€™s the thingâ€¦

If a woman has lost respect and attraction for her ex, sheâ€™s not going to care that much about his feelings.

In some cases, a woman may even think, *â€œGood! Iâ€™m glad youâ€™re suffering. You put me through hell when we were together, so you deserve the pain that youâ€™re feeling now.â€*

She might also reply to messages with, *“I donâ€™t knowâ€¦I need more time”* or, *“I still care about you a lot, but I just need space right now”* to make him feel as though his messages are working.

Yet, she knows very well that his desperate, pleading approach via message (or e-mail) is a huge turn off.

She knows that she will only give him another chance if he is able to make her feel a renewed sense of respect and attraction on a phone call and in person.

Even though she wonâ€™t ever tell him, texts and messages from him have hardly any effect on her and usually turn her off because she imagines them coming from the weak, desperate version of him, rather than the cool, confident version of him that she liked initially.

So, donâ€™t waste your time trying to get her to give you another chance by explaining your feelings for her via texts, e-mails or social media messages.

Instead, make her care about you again (for real) by reactivating her feelings of respect, attraction and love for you first.

For example: You can do that byâ€¦

- Making her feel feminine and girly in your presence.
- Making her smile and laugh when sheâ€™s interacting with you.
- Showing her that youâ€™ve moved past the level you were at when she broke up with you.
- Being confident and emotionally masculine around her, even when sheâ€™s being cold and is saying things like, *â€œGo away. My feelings for you are dead.â€*

When she starts to feel respect and attraction for you again, she will be more open to the idea of getting back together with you again.

3. Be Persistent About Getting Her to Meet Up With You in Person, But Do So in an Easy-going Manner

[image: Meeting up with ex to reattract her]

Regardless of how often you make your ex laugh via text, e-mail or even on the phone, the relationship isn't going to move beyond that point unless you meet up with her in person, hug, kiss and possibly have sex.

So, make sure you don't waste a lot of time texting, e-mailing or phoning her without getting to the point where you arrange to meet up with her in person.

For example: Imagine you're talking to your ex on the phone right now.

Just keep things light and relaxed between you and make sure you're making her smile and laugh at times.

Then, after you've chatted for a 2-3 minutes, simply say, *"How about we get a cup of coffee or a quick bite to eat sometime this week so we can say hello?"*

She might say *"Yes"* right away, at which point you can arrange a time and place that suits you both, or she might say *"No."*

If she says *"No"* don't worry about it.

A mistake that a guy might make is to take the initial rejection too seriously and start saying things like, *"Why are you being like this? All I'm asking for is a meet up over a cup of coffee! It's not like I'm asking you to marry me or something. Why can't you just be nice this once?"*

Obviously, reacting in this way and getting angry or upset with her is probably not going to make her think, *"Silly me! Why am I being so difficult? Clearly my ex is having a difficult time dealing with our break up. I should meet up with him and see if we can patch things up. I like the way he reacts so immaturely!"*

Instead, she's likely going to be thinking, *"Hmmm! and he wants to get back together again when he's behaving like a spoilt little boy? Well, that's not going to happen now. Even if I had some doubts before, after this performance I know for sure I don't want to be with a man who is as emotionally weak and immature as he is. I need a guy I can look up to and respect, not a guy who needs to be mothered and taken care of."*

So, if she's saying no, or playing a little bit hard to get, don't let it bother you, but also, don't give up.

Just laugh and say in an easy-going manner, *"Look, all I'm asking for is a quick meet up over a cup of coffee. I promise that I'm not going to assume that because you're agreeing to meet up with me it means we're going to get back together again. It's no big deal, it's just coffee. Ex's do that all the time. If, after we see each other, you never want to see me again, I'll respect your wishes and stop contacting you completely. Okay?"*

In most instances, a woman will most-likely relax her guard and say something like, *"Oh, okay. I suppose I can spare 10 minutes,"* or, if she's still really angry with her ex and feels like she wants him out of her life, she might say, *"Sure, if you promise to leave me alone after that."*

Then, just go ahead and make plans to meet her at a time that suits you both.

4. Build On Her Feelings in Person By Giving Her the Attraction Experience She Wants

[image: Bring back the love]

Initially, your ex will likely approach the meet up with some hesitation and skepticism.

She will probably be thinking, *“This is just coffee. It doesn’t mean anything. I know that he was cool over the phone, but he’s probably just going to be the same guy I broke up with. I doubt that he’s changed. I need to keep my guard up and make sure that I don’t feel anything for him.”*

So, to counter that, it’s up to you to build on her initial feelings of respect and attraction for you by giving her the attraction experience she really wants.

For example: If a guy is too emotionally sensitive and insecure and a woman wants a guy who is emotionally stronger and more confident, she’s not going to change her mind about the break up unless he shows her that he has become emotionally stronger and more confident.

Another example is where a guy is too nice and allows the woman to dominate him emotionally in the relationship, and she wants a man who can take the lead, allowing her to relax into thinking, feeling, behaving and taking action like a feminine woman.

To win her back, the guy needs to show her that he is now more masculine in the way he thinks, feels, behaves and takes action in life.

So, if you want to win your ex back after being dumped, focus on showing her that you’ve moved past the level you were at when she broke up with you.

When she experiences your new, attractive behavior in person, she naturally begins to feel more respect and attraction for you as a man.

She then drops her guard, and without even realizing it, she finds herself back in your arms and saying to herself, *“I missed this. I’m so glad he had the courage to go through the ex back process and get me back.”*

Even though you might not be feeling very confident after being dumped by her, you can change that. Confidence is like a muscle; the more you build it, the stronger it gets.

Likewise, insecurity is also like a muscle and if you feed your insecurities with self-doubt, nervousness and anxiety, you’re not going to feel very confident about getting her back.

You can become extremely confident about getting her back and you can do that within a matter of days!

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

I Took Her For Granted. Now I Want Her Back More Than Anything

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Men will often do this with a woman that they weren't initially attracted to, but she grew on him. She liked him way more than he liked her, but he gave her a chance after having sex with her or because he couldn't attract the kind of women that he really wanted.

She then put up with his bad treatment and when the moment was right to get revenge (e.g. he was going through a tough time in life, he wanted her more than she wanted him), she dumped him and got her revenge.

It's a pretty common story.

So, don't feel bad if you took her for granted and now want her back more than anything.

A lot of guys are going through the exact same thing as you and here is how they can get her back!|

As you will learn from the video above, you haven't done the worst thing in the world by taking her for granted.

It was a mistake and you can get her back even though you may have hurt her feelings for a while during the relationship.

Questions to Ask Yourself at This Point

[image: Questions to ask yourself at this point]

Before you begin the exciting process of getting her back, you should be completely honest with yourself about whether you will commit to her for life and never feel the need to cheat on her or leave her for another woman.

To find out if she is truly the right woman for you, answer the following questions as you're reading along:

1. Do I secretly think that I'd cheat on her later on to satisfy my need to be with women?

Sometimes, a guy will lack confidence in his ability to attract the type of women he really wants (e.g. beautiful, intelligent, down to Earth, sexy), so he settles into a relationship with a woman that he perceives as being less attractive.

Deep down, he likely knows that she's probably not the woman he wants to be with for life, but because he doesn't have the confidence to get himself a hot girlfriend, he just remains in a relationship with her.

He might then say to himself, *I don't really need a beautiful woman. My girlfriend is okay. She's a nice person and she really loves me. That's good enough for me.*

However, when a guy settles into a relationship with a woman he doesn't really feel attracted to, eventually his feelings will come through via his actions (e.g. he starts to take his woman for granted

to the point where she breaks up with him).

When that happens, he might say, *“I took her for granted and now I want her back more than anything,”* because the idea of being alone and unwanted is unbearable to him.

He might then try all sorts of ways to convince his ex to take him back.

For example: He might

- Beg and plead with her to forgive him.
- Apologize to her over and over again.
- Promise her that he’ll never take her for granted again if she gives him another chance.
- Be extra nice to her in the hopes that it will make up for the way he treated her before.
- Promise to do whatever she wants.
- Offer to take her on vacations.
- Take her out on expensive dinner dates.
- Buy her gifts.
- Help her pay her rent, bills or expenses.

Although she might take advantage of his generosity to get some revenge on him, it’s not going to make her feel the way that she really wants to feel.

She’s going to assume that he’s just doing that to get another chance with her, but he is still going to break up with her again one day.

Meanwhile, despite his efforts to get her back, he may be secretly thinking, *“What if I can get a woman who is hotter than her? Will I actually stay with her for life? Do I only want her back for now, but I will break up with her later? Who cares? I’ve got to get her back to stop myself from feeling this emotional pain. I need to do this.”*

So, before you do anything else, stop a moment and ask yourself

If another beautiful woman came into your life today and wanted to have sex with you and be your girlfriend, would you still be saying, *“I want my ex back more than anything,”* or would you begin to forget about her and hook up with the new woman instead?

If your answer is, *“Of course I would hook up with the hot woman, who wouldn’t?”* chances are, that you don’t really want your ex back, but just miss being in a relationship.

On the other hand, if you wouldn’t want anything to do with the new woman, then your motivation is pure and you are doing the right thing by getting her back.

Another question to ask yourself is

2. Do I want her back because I can’t be bothered picking up new women, or because I believe that she is the woman I want to spend the rest of my life with?

Sometimes a guy might be saying, *“I took my ex for granted and now I want her back more than anything,”* but secretly he just wants her back because it feels comfortable.

For example: Some of the reasons why a guy will try to get his ex back when he doesn’t really believe she’s the one for him are:

- They share the bills, which makes it easier to survive and be able to still spend money on things

that he enjoys.

- They share the chores, which makes it easier to keep the house clean.
- He doesn't have to go to the movies or restaurants alone, or as the third wheel with a friend and his girlfriend or wife.
- It's easier to stay in a relationship that's mediocre than going out and putting in the effort to attract another woman.

So, before you rush off to get your ex back, ask yourself:

Do I really love her and feel that there is a future for us, or am I just too scared/lazy to go out and find the kind of woman I really want to be with for life?

Am I really willing to put in the effort to change the things about myself that have been turning her off (i.e. taking her for granted), or am I just going to fall back into my old behavior when I get her back?

Am I willing to create a new relationship dynamic between her and myself based on mutual love and respect, or am I just settling for her because I don't believe I can do any better?

If you can honestly say that she's the one for you, then it's very important that when you interact with her from now on (e.g. via text or e-mail, on social media, on a phone call, or in person) you focus on re-sparking her feelings of respect and attraction for you.

You need to show her, by the way you talk, think, behave, interact with her and react to what she's saying and doing, that you're no longer the guy who took her for granted.

You're more mature now.

You are a much better man and you really do deserve another chance with her.

When she can see that you have understood where you went wrong and have already made changes and adjustments to your behavior and the way you treat her (e.g. you're more loving, considerate and appreciative towards her), she will begin to feel some respect for again.

Yet, don't make the classic mistake that many guys make in your situation and go overboard with being extra nice, polite, generous and attentive.

Remain being the cool, confident guy that you are, but just be nicer and more considerate of her feelings.

The next question to ask yourself is:

3. Do I really think that I'd treat her well for life, or am I just trying to convince myself that I would treat her well for life to avoid the current pain of losing her?

Missing her and wanting her back more than anything can make you think that you would be an amazing boyfriend or husband to her for life.

Yet, that's based on how you feel now that it hurts so much without her in your life.

What happens when you get her back? Will you still feel as motivated to treat her well? Would you treat her well for life?

Sometimes, a guy might be holding onto the desire to be with his ex woman because:

- He's afraid that other high quality women just won't be interested in him or put up with his bad behavior for life, so he wants to keep her because he knows that she has a lot of patience.

- Now that she's no longer around, he's idealizing the relationship with his ex, even though it was often filled with fighting, arguments and unhappiness.
- He's emotionally sensitive and cannot deal with the pain of being broken up.

If a guy only wants his ex back because he's afraid of facing the pain of being without her or having to go out and find another woman, he's wasting his potential as a man.

So, don't let that happen to you.

Don't settle for a woman you don't really feel attracted to and love because you don't believe you can do better.

You can.

You can have your pick of women if you want to.

You simply need to have the confidence and self-belief to approach them, attract them and open them up to sex and love.

When you know how to spark a woman's feelings of respect and attraction, you can have your choice of women.

Watch this video to understand how it works!

So, don't settle for a relationship where you become someone that you don't like very much (e.g. selfish, a bully, lazy, bored and disinterested).

It's just not worth it.

If She's Really the One For You, Be Sure to Avoid Making These Mistakes While Getting Her Back

Let's assume that you're 100% sure that even though you took your ex for granted, you really do still love her, know she's the one for you and want her back more than anything.

Cool.

The good news is that it's a lot easier to get her back than you may think.

Yet, there are some mistakes you should avoid making if you want to be successful.

For example:

- **Doing so much to show her you care that you end up seeming desperate, which then turns her off.**

Naturally, when a guy loses his woman because he took her for granted, he may feel upset and even angry at himself for letting it get to that point.

He might think to himself, *"How could you do that to her? You had a beautiful, loving woman and you just went and stuffed everything up! You're such an idiot. How could you treat her the way you did? What got into you man? She deserved better than that and you'll deserve what you get if she decides that she never wants to forgive you or see you again. You screwed up big time. If you want her back, you'd damn well better show her just how much you care for her. Whatever it takes, it's up to you to show her that you care and that you will never do anything to hurt her"*

ever again.â€

He might then decide that the best way to show her that he cares, is he starts to do things for her that he hopes will convince her.

As mentioned earlier in the article, he might do things likeâ€

- Buy her thoughtful gifts, like a piece of jewelry that she always wanted.
- Run errands for her to make her life easier.
- Pay some of her bills or rent.
- Do her grocery shopping for her.
- Help her out with studies or chores around her house.
- Spend all his time calling her, visiting her and doing whatever she wants him to do.
- Writing her poems, love letters and long e-mails explaining how he feels.
- Buying her flowers and other romantic gifts to show how much he cares.

Yet, when a guy goes overboard in that way, rather than convince his ex that heâ€™s changed and that he will treat her well if she gives him another chance, it actually makes her lose even more respect and attraction for him. Why?

Essentially, women are turned off by emotional weakness in men.

They hate it when a guy can't maintain control of his emotions and ends up acting like a lost boy who needs the approval of a woman (like a mother figure) to feel good about himself again.

So, when a guy is following her around like a puppy dog and doing anything that she wants to please her, rather than make her think, *â€My ex really regrets taking me for granted. Look at how well heâ€™s treating me now. Iâ€™m sure that he wonâ€™t make that mistake again. We should get back together again,*â€ she may just think, *â€I know he took me for granted and that wasnâ€™t nice. I donâ€™t ever want to go through that again. However, I also donâ€™t want to be with a guy who isnâ€™t emotionally mature enough to face his problems head on in a confident, calm and controlled manner. He might think that heâ€™s pleasing me by showing me how much he cares, but his desperation is a turn off. I want a man I can look up to, respect and feel attracted to, not one that I feel pity for. I want a real man and my ex is clearly not that guy right now.*â€

By the wayâ€

If youâ€™ve already gone a bit overboard trying to show her how much you care (e.g. buying her gifts, taking care of her expenses, being available to her 24/7), donâ€™t worry about it.

You can fix it by simply making some changes to the way that you interact with her from now on.

For example: Focus on making her laugh, smile and feel the thrill of being around you again, rather than buying her gifts or running around after her trying to convince her that you care.

- **LosingÂ touch with the cool, confident side of yourself that she was attracted to in the first place.**

When a guy loses his woman because he took her for granted, he might then think that he has to become super nice, super agreeable, polite and attentive to convince her that heâ€™s changed.

He might then stop displaying the qualities that attracted her to him in the first place (e.g. the fact that he was a little bit hard to get, didnâ€™t always agree with everything she had to say) and he instead

becomes a *â€œYesâ€* man.

Thatâ€™s not what a woman wants.

Even though a woman doesnâ€™t want a guy who treats her badly and disregards her feelings, she definitely doesnâ€™t want to be with a guy who is an emotional wimp either.

Women are instinctively attracted to guys who are a bit of a challenge.

Women rarely admit it when asked in public, but a guy who is easy to push around and manipulate is a sexual turn off for most women.

So, if you took her for granted and now want her back more than anything, donâ€™t think you have to roll over and become her puppy dog.

Instead, what you need to do is mix in some of your original behavior that attracted her to you in the first place, as well as be kind, loving and treat her well from now on.

You then need to work on getting her to forgive and trust you again.

When you get her to truly forgive you (itâ€™s easy), it then allows her to start looking at the new you, rather than seeing you as the guy she dumped.

Her walls come down and she feels that she can trust you to be the man she wants you to be.

From there, you need to build on her feelings for you and prove to her that the guy who took her for granted is gone forever and in his place is a man she can feel safe with, trust, look up to, respect, feel attracted to and love.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Do Couples Who Break Up and Get Back Together Last?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Many people believe that getting back with an ex is a recipe for disaster, because the chances of it lasting are very low.

Why?

They don't know how to do it and when they've tried in the past, they have failed, so they assume that everyone else will fail too.

They are wrong.

So, if you're wondering, *“Do couples who break up and get back together last?”* the answer is *“Yes!”*

Yes, if the man is able to guide both himself and the woman into deeper feelings of love, respect and attraction.

What a lot of guys don't know is that getting back together again after a break up is an exciting, rewarding process for both the man and the woman.

It feels really good for both of them.

[image: Give her the attraction experience that she wants]

Love is a powerful thing and feels amazing when it gets stronger and more meaningful after a break up turns into a reconciliation and the couples falls back in love with each other.

Many of the men that I've helped to get a woman back have said things like, *“We are so much happier now”* and, *“She said that she can't believe how good things are now. She is just so happy and in love. I can't thank you enough!”*

So, don't feel like you can't get your woman back just because many people out there have no idea how to get an ex back and make the relationship even better.

You can make the relationship even better, but just make sure that you don't make these classic mistakes, otherwise the reconciliation won't last!

1. Not Changing the Attraction Experience to What She Actually Wants

[image: Not changing the attraction experience to what she actually wants]

A woman will rarely wake up one morning and think, *“Hmmm...everything is so great in my relationship! My man is just wonderful, so I think I am going to break up with him now!”*

That would be crazy, right?

For a woman to come to a decision to break up with her man, it will usually be after a long time of trying to get him to change and give her the kind of attraction experience she really wants.

For example: A woman might have been with a guy who was always way too nice to her.

He allowed her to push him around and believed that she would be happier if he just let her get her

way all the time.

She may told him to stop being such a pushover or she might have hinted at that fact that he needed to “*man up*” or “*grow a pair of balls,*” but he just didn’t know how to do it, or he thought that being a pushover was the right thing to do.

By not being ballsy enough to stand up to her and take the lead, rather than make her happy, she then ended up feeling like the more dominant one and as a result, she didn’t feel like a real woman (i.e. feminine, girly, free to be emotional, protected by her man).

She then began to lose respect for him because he just wasn’t man enough for her.

So, to get her back and make the relationship last, the guy needs to show her that he’s no longer the pushover guy that broke up with.

He needs to become more ballsy and stop letting her dominate him with her confident personality.

It’s not about being rude, mean or selfish towards her.

Instead, he just needs to stop putting up with her crap and be a more dominant, loving man, rather than letting her disrespect him and just being a wimpy, loving man.

When he interacts with her again as a dominant, loving man, she will be able to pick up on the new, more attractive way that he now he talks, behaves and responds to her dominant personality.

She will realize that he is now capable of giving her the attraction experience that she really wants in a relationship, rather than him continuing on doing what he thinks is “*the right thing to do,*” but which is actually turning her off completely.

When she sees that he is being a dominant, loving man and leading the way, she can relax into feeling like a real woman around him, which will then trigger her feelings of respect and sexual attraction for him and open her up to the idea of being in a relationship with him again.

Another example is when a guy treated a woman badly (e.g. he took her for granted, broke his promises to her) and then when he realized his mistake, he became way too nice in an effort to suck up to her.

That doesn’t work because a woman doesn’t want to see her man in desperation mode and acting like his whole world depends on her approval and attention.

To get her back he needs to show her (via his actions and behavior) that he is now a balanced, normal man who treats a woman well, but also expects to be treated well in return.

She will then begin to feel a renewed sense of respect and attraction for the new man he has become.

The idea of being in a lasting relationship with him will no longer seem impossible.

He can then get her back for real.

2. Getting Her Back Via Begging and Pleading

[image: Trying to stop a break up by begging]

Sometimes, a guy just can’t handle the emotional pain of breaking up.

It hurts.

You get that horrible pain in your chest, the hot panic all across your body and you can’t eat or sleep properly.

It's not fun.

Yet, women don't want to see that a guy is panicking and is desperate without her.

A woman wants to see that he is handling the situation like a man (i.e. remaining in control of his emotions, making the necessary changes and then getting her back).

Of course, most guys don't do that and get sucked into the painful emotions that course through their body and mind after a break up.

For example: A guy may get stuck thinking things like, *"This is horrible! I'm all alone now. I thought her and I would be together for life and now she's telling me it's over. I can't accept it. She is my life and without her there would be no point continuing on. Other women don't interest me. All I want is her. Everything I ever imagined for my future has her in it! I have to do something before it's too late and I lose her forever."*

Feeling overwhelmed by the pain, he may then start begging and pleading with her and saying things like, *"Please give me one more chance. I will do anything to make things right between us. I know we can work things out if we stick together. Please don't let go of what we have together!"*

In some instances (e.g. when a woman has little or no previous experience with relationships, or she feels sorry for him), a woman might give a guy another chance for a while.

If she gives him a chance, it will only be for a few days or weeks at most because she will realize her mistake soon enough.

She will ask herself, *"Is this the man I want to spend the rest of my life with? He's so emotionally weak and sensitive. Is the pity that I feel for him enough to keep a relationship together for life? Why am I wasting my time with him? He's doesn't even know how to be the strong man that I need"* and will then break up with him once again.

In most cases though, when a guy starts begging and pleading, rather than make a woman change her mind about breaking up with him, it simply convinces her that she's made the right decision. Why?

A woman's attraction to a guy is based mostly on how he makes her feel by the way he talks, interacts with her, his body language, his attitude, the way he responds to the problems in his life and the way he handles himself as a man.

For example:

- Is he confident, emotionally strong and capable of taking care of her and himself in the long term, or is he insecure, self-doubting and emotionally sensitive?
- Does he know how to be a man, or does he need her to guide him and teach him how to be man enough for her?
- Can he handle the challenges in his life, or does he fall apart and crumble under the pressures of life?
- Does he have big dreams, goals and a purpose in his life outside of his relationship with her, or has he made her the center of his world and is unable to function as a man without her?

These are the types of things that draw a woman to a man and keep her attracted and interested in the long run.

So, when a guy is begging and pleading with a woman to take him back because he can't handle

the pain of being broken up, she will usually think something like, *“This isn’t the kind of guy I see myself being with for life. I need a man that I can look up to, respect and feel attracted to, not a boy who needs a mother figure to hold his hand when things get tough in life.”*

Even though he has good intentions and really does want things to work between them, his approach is all wrong.

He’s trying to get her back by displaying traits and behaviors that actually turn women off.

So, if you’ve broken up with your ex and want to get her back into a relationship that will last, make sure that you avoid begging and pleading with her.

Of course, if you’ve already made the mistake of begging your ex to give you a second chance, don’t worry about it.

It’s not the end of the world and it’s not unfixable.

As long as you have learned from your mistake, you can hold your head high knowing that you’ve become and are currently becoming a better man because of what happened.

You’re no longer the same guy who begged and pleaded with her and you’re also not the same guy that she broke up with.

You are a better man now.

So, don’t worry about how you behaved in the past (e.g. begged and pleaded) and simply focus on making your ex feel a renewed sense of respect and attraction for the new you whenever you interact with her (e.g. by being confident and self-assured, making her laugh, staying emotionally strong even when she is being cold and unfriendly towards you).

3. Not Having Any Mutual Goals That You’re Excited to Experience Together in the Long Term

[image: Not having mutual, long term goals that you're both excited about]

There are many reasons why a man and a woman might stay together for life, including:

- Respect and attraction that grows stronger over time.
- Love that becomes deeper and more meaningful over time.
- Compatibility.
- Companionship.
- Great sex.
- Great communication.
- Trust.

However, one very important component of a relationship that lasts is that the man and woman both have the same long term goals and views about life (e.g. getting a house, starting a family, traveling). Couples with real staying power understand the value of having shared long term interests and goals that they look forward to experiencing together.

On the other hand, if the couple doesn’t see eye to eye on the more fundamental aspects of the relationship, it will be difficult for them to connect on a deeper level and feel motivated to stay

together for life.

Eventually, one or the other will feel that they are missing out on what they really want to do in life and a break up will likely happen.

For example: Imagine that a woman is thinking, *“I’m so glad to be in a relationship with such a great man. I can’t wait for us to get a house together. I’ve even applied for a promotion at work so that we can get more money to apply for a mortgage. When that happens, we can get married and start a family together as soon as possible,”* while at the same time the guy is thinking, *“I’m having such a great time partying right now. It’s awesome going to bars and clubs and not having any responsibilities. I would hate getting stuck with a mortgage or kids. I want to go traveling and see the world. I just want to live a life of fun. I don’t want to get tied down.”*

Clearly, they don’t have the same goals in life.

So, even though they might really love each other now, over the long-term, they will most-likely start fighting, arguing and drifting apart unless one of them changes their long term goals.

If neither of them change, they will end up resenting each other because either the man or the woman will feel like they are compromising on their goals and dreams to suit the other person.

That’s not how a happy, successful, long-term relationship works.

For a couple to stay together, having mutual goals that they are excited to experience together in the long term is absolutely essential.

That doesn’t mean a man and a woman should be doing everything together as a couple and have no independent hobbies or interests.

Instead, it simply means they should want the same things in the long-term and be working towards making their mutual goals a reality.

The Second Time Around is Usually Better

[image: Bring her happy, loving smile back]

Falling back in love after a break up is one of the most amazing feelings a couple can experience in life.

There’s just something about the fact that you and her have a history together, you used to feel great together, went through a bad patch, fixed things up and are now happy, more mature, more in love and more connected than ever before.

Women love that feeling and so do men.

It’s a really cool thing to experience and literally millions of couples do it every year.

People break up and get back together all the time.

You can be one of the men who successfully guides your woman back into a relationship.

You’d be surprised at how easy it is when you focus on making her feel a renewed sense of respect and attraction for you and then guiding her back into feelings of love and passion again.

When you spark her feelings for you again and then build on that, all her walls come down and she wants to be back in your arms again.

It feels right.

It feels good.

It's an amazing experience for both the man and the woman.

So, do couples who break up and get back together last?

The answer isâ€¦!

Yes, as long as the man starts by making the woman feel a renewed sense of respect and attraction for him and then guides her back into feelings of love and passion.

In most cases, it happens very quickly, but with really messy break ups, it can sometimes take weeks because the woman needs a little bit of time to process her new feelings and feel enough desire and motivation to give him another chance.

You might be able to get your ex back today, tomorrow or within a few days.

So, if you want her back, go ahead and do it.

Don't listen to people who tell you that it's impossible.

It's not.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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I Begged My Ex Girlfriend to Take Me Back. Now She is Ignoring Me

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Okay, so you begged your ex girlfriend to take you back and now she's ignoring you.

Don't worry; you can recover from that.

You've just got to let her see that you've learned from the experience of begging for another chance and understand that it would have been a real turn off for her to see you behaving like that.

[image: So what...I begged. It was a mistake that I have learned from]

For example: You can say something along the lines of, *"Hey, I know I stuffed up. I got so upset over the idea of losing you that I reacted like an immature child. I get that now. I understand why my behavior would make you feel like you don't want to be around me anymore. I mean who wants to hang out with a wimpy, needy guy, right? However, something I'd like you to understand is that neither one of us is perfect. Yes, I reacted badly, but that's over now. I made a mistake, but I've learned from it and moved on from there. I'm not that guy anymore. We all learn from our mistakes and become better people as a result. I don't expect you to take my word for it and believe that I have fully changed, but if we can just try to be friends for now, I'll prove it to you via my actions. You will see for yourself that I really have changed. I'm not asking you to take me back at all. Instead, I'm just that we stay civil with each other and remain open to saying hello every now and again."*

If she continues to complain about the fact that you begged and how much it turned her off, just use some humor to get her laughing and to get rid of the seriousness of the conversation, *"Oh well, so I begged for another chance. At least I didn't get down on my knees and beg. I was still a respectful beggar. I was a standing beggar. That's much cooler than begging on your knees. I was a pretty damn cool beggar"* and then have a laugh with her about it.

The point of using humor is to get rid of the seriousness of the situation and make her feel attracted to your ability to make her laugh when she is being so closed off to you.

[image: Use humor rather than being an emotional wuss]

Women are naturally attracted to guys who can do that, so a small spark of attraction will be created between you and her at that moment.

Even if she tells herself, *"Don't let him make you laugh and feel good. He's trying to make you change your mind about him and give him another chance,"* she just can't stop herself from beginning to feel some respect for you again for having the balls to admit your mistake and then get her laughing and smiling when she was being cold, bitchy and closed off towards you.

By the way!

Only saying that to your ex girlfriend isn't the magic solution to convincing her to come running back into your arms.

It's simply the first step in showing her that you have realized your mistake and have already begun to change and improve as a man, which then makes it easier for her to reconnect to her feelings of respect and attraction for you.

You essentially open the door to getting back together.

Then, from that point onwards, you need to continue re-sparking her feelings of respect and attraction for you, by displaying some of the traits and behaviors that are naturally attractive to women (e.g. maturity, confidence, emotional strength).

You can make her feel attracted to you again based on how you talk to her, react to her and think, feel, behave and act.

Whether youâre sending her a text, e-mail, messaging her on social media, calling her on the phone, or meeting up with her in person, you have to keep showing her that youâre not longer that guy who begged her to take him back.

You are a more emotionally strong, emotionally mature and emotionally attractive man now and it would be a mistake for her to not give you another chance.

Don't tell her that; show it to her.

Where Guys Go Wrong When Their Ex Girl is Ignoring Them

Sometimes, a guy might ask himself, *âOkay, so I begged my ex girlfriend to take me back and now sheâs ignoring me, so what do I do now? Should I ignore her too? Should I send her texts to remind her of the good times? Should I apologize in a letter or e-mail?â*

There are so many optional ways of trying to get an ex back, but most of them don't work.

You have to do this right.

You have to make sure that you don't make these kinds of mistakes.

If you do, you have to stop making those mistakes and start doing the right things immediately.

The first mistake that a guy might make while his ex girl is ignoring him isâ|

1. Not improving his ability to attract her before he next interacts with her.

[image: Not improving his ability to attract her]

One of the main reasons why a woman breaks up with a guy is because she has lost a lot of respect and attraction for him over time and he eventually becomes too much of a turn off for her to justify remaining in a relationship with him.

For example:

- He becomes emotionally insecure in the relationship with her and starts being clingy and needy (e.g. needing her to reassure him of her love and attraction for him, telling her that he couldn't cope or live without her support).
- He allows her to dominate him with her confident personality and ends up being a wimpy, pushover guy that she just can't feel attracted to anymore.
- He crumbles when faced with challenges in his life.
- He stops making her feel feminine and girly in his presence and treats her more like a neutral friend, or a big sister.
- He stops making her feel safe and protected because he has no real purpose and direction in his life.

Here's the thingâ€¦!

Even when a guy behaves in some of these unattractive ways, most women will stick around in the relationship for a while in the hopes that he will change.

To speed up the process of change, she will begin to drop hints, make suggestions and sometimes even have arguments with him over seemingly insignificant things, as a way of letting him know that sheâ€™s not happy.

If he fails to pick up on her clues, or simply assumes that sheâ€™ll stick with him even if he doesnâ€™t change, she will start thinking, *â€œI have no future with this guy. Heâ€™s stuck in a rut in his life and making the same mistakes over and over again. He doesnâ€™t even know what heâ€™s doing wrong, so he wonâ€™t be able to change. I need to get out of here and find a guy who knows how to be a man. I am sick of waiting for him to be the man that I need.â€*

Then, when she decides to break up with him and he reacts by begging and pleading with her to take him back, she might think, *â€œHhhhâ€¦he still doesnâ€™t get it. Heâ€™s making the same mistakes and hoping that things between us will somehow change by magic. Iâ€™ve made the right decision in breaking up with him because he clearly doesn't get it and isn't even trying to learn and become the man that I need,â€* and she then simply cuts him out of her life and just ignores him.

So, if you want your ex girlfriend to stop ignoring you and open herself up to the idea of taking you back, you have to make sure that youâ€™ve improved your ability to attract her (i.e. by improving on the things that caused her to break up with you in the first place) before you interact with her.

If you attempt to get her to take you back without first giving her what she wants from you, she will simply keep ignoring you and pushing you away.

For example: If a guy got broken up with because he was too insecure, self-doubting and needy in the relationship, he needs to show his ex girlfriend that heâ€™s now more confident and emotionally mature than before.

Another example is if a guy got broken up with because he was too timid in the relationship and allowed his ex to dominate him and push him around.

In that case, he needs to show her, via his actions, behavior and the way he responds to her, that heâ€™s now emotionally strong and can stand up for himself, regardless of how badly he wants her back.

Of course, that doesnâ€™t mean that he must be rude or overly domineering, controlling and bossy.

It simply means that he is now being emotionally strong and takes on the role of leading the way to a better relationship for him and her, rather than being so timid, hesitant and self-doubting.

2. Discussing his “feelings” with her when she has lost respect and attraction for him.

[image: Clingy boyfriend pleading with girlfriend]

When a guy makes the mistake of begging his ex girlfriend to take him back, he might think that if he explains his reasons why and tells her how much she means to him, she will forgive him.

He might then say to her, *â€œI know youâ€™re mad at me for behaving the way I did, but you have to understand that I only reacted that way because I care about you so much. I just couldnâ€™t accept that what we had together is over. Please donâ€™t throw our love away. I canâ€™t stand the*

thought of living without you. Just give me a chance to show you that I can be the guy you want me to be.

Yet, here's the thing!

A woman doesn't care how much a guy cares for her if she has lost respect and attraction for him.

Even though he wants her to see how much he really cares for her, she's usually not going to care that much because she simply doesn't have feelings for him anymore.

It annoys her that he wants to talk about his "feelings" for her when she doesn't even have feelings for him.

She may then say things like, *"You're so selfish"* and, *"All you care about is yourself,"* and that will really confuse him because from his perspective, all he cares about is her and getting her back.

Yet, what he doesn't realize is that she just isn't going to care about what he is feeling, until he can start making her feel what she wants to feel.

Nothing about his actions are showing her that he's changed anything about himself since the break up.

He's just going on and on about his feelings, but he's not triggering her feelings for him.

So, if you want your ex girlfriend to take you back, don't waste time discussing your feelings because if she's not feeling a lot of respect and attraction for you right now, it's just not going to matter to her.

What will change her mind about you is if you re-spark her feelings of respect and attraction for you by making her feel some respect, attraction and love again.

Then, she can't stop herself from feeling drawn to you and wanting to interact with you more and more.

3. Thinking that being extra nice to her will help.

Sometimes, a guy will think that if he's extra nice to his ex girlfriend, it will make her feel so guilty for breaking up with him that she will just have to give him another chance.

He might decide to do whatever she wants him to do, make himself available to her 24/7, help her with her housework (or homework), run errands for her and possibly even pay her bills.

Yet, here's the thing!

Even though a woman might really appreciate that her ex is being so nice and doing all those great things for her, it's not the thing that's going to make her change her mind about him. Why?

Niceness doesn't make a woman feel turned on and aroused.

Women only see niceness as charming and sexy when it's coming from a confident guy who makes her feel respect and attraction in other ways.

If a woman doesn't feel respect and attraction for her ex and he's being super nice to her, she's going to see right through it.

She will know that he's just trying to suck up to her because he has no idea how to make her feel sexually attracted, aroused and respectful towards him.

Rather than thinking, *"Maybe I should just get back together with him seeing as he's being so*

nice, a woman will usually just enjoy being spoiled by him, while at the same time keeping herself open to hooking up with another guy who can give her what she really wants in a relationship. There's nothing wrong with being nice to her, but just make sure that you're not using that as your main strategy to get her back, because it doesn't work.

What does work?

This!

Getting an ex back is mostly about making her feel respect and sexual attraction for you.

That is what counts because those are the "feelings" that matter to her the most.

Feeling nice, supported, appreciated and so on is great, but it doesn't get her wet and horny.

If you want your ex back for real, you have to make her respect you as a man and feel sexually attracted to the way that you now think, talk, feel, behave and act.

4. Thinking that giving her time will change the situation.

[image: Most guys give a woman too much space]

There's an old saying of, "*Time heals all wounds*" and it usually is true.

Yet, when it comes to getting an ex back, it just isn't the best way of thinking.

Watch this to understand why giving her loads of time usually isn't the answer!

Time may heal the "wounds" that she suffered during the relationship (e.g. disappointment, loss of attraction, loss of respect), but it will rarely make her come running back to you.

When a woman is sitting home alone after a break up and thinking about her ex, she's usually feeling a lot of negative emotions such as anger, contempt or indifference.

If she doesn't hear from her ex for a long time, she will usually think something like, *"After all that begging and pleading my ex hasn't even bothered to see how I'm doing. Huh? Clearly I didn't mean that much to him after all. Well, that's it then. That chapter of my life is now closed and I'm moving on."*

Giving an ex too much space usually causes more problems than it solves.

For example:

- She starts going out with her single girlfriends to meet new guys.
- She starts believing that you're over her, so she moves on by having sex with new guys and falling in love to make herself feel better.
- She assumes that you not contacting her means that you don't care about her or the anymore.
- She assumes that you are still the same old immature guy who begged and pleaded and now doesn't even know how to fix the problem and get her back.
- She stops feeling the pain of the break up and realizes that she's perfectly fine without you in her life.
- She gets annoyed with you for not making an effort to contact her and then she becomes more stubborn and closed off towards you if you decide to contact her later on.

Giving a woman space can work in some situations, but in most ex back cases that I've worked on, a

guy just need to actively get the woman back by calling her, meeting up with her and guiding her back into an even better relationship than before.

When She Feels Attracted to You Again, She Won't Be Able to Fully Ignore You

If your ex girlfriend is ignoring you because you begged her to take you back, it might feel like you've lost her forever and that she will never change her mind.

She can and she will.

When she feels respect and attraction for you again, she will naturally and automatically reconnect with her original feelings of love for you.

So, from now on, just use every opportunity you get to interact with her (even if to begin with it's just sending her a text message, or via social media) to re-spark her feelings of respect and attraction for you.

The best way to do that is by making her laugh, smile and feel happy to be hearing from you.

Let her see that you've moved beyond the level that you were at when she broke up with you and that you can now give her the attraction experience she wants.

If she can see that you have already begun to change and that you're no longer the begging, immature guy that she remembers, her feelings for you will automatically change.

She will begin to see you in a more positive light and then ignoring you will seem petty or "wrong" to her.

She will feel the need to text you, talk to you on the phone and see you in person.

If you keep making her feel attracted, she will want to kiss you, hug you and have sex with you again.

So, don't worry about the past; now is all that matters.

You can change how she feels now.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

3 Tips to Attract Your Ex Girlfriend Via Text

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 3 things that you can do right now to attract your ex girlfriend via text!

1. Use Humor

[image: Use humor when texting your ex]

One of the easiest ways to break the ice with an ex and make her feel some attraction is to make her laugh.

When a woman is smiling and laughing, it is very difficult for her to hold on to her negative thoughts and feelings about you.

So, rather than being too serious (or even boring) when you're texting your ex girlfriend and possibly annoying her, make sure that you're making her smile and laugh.

For example: A guy might try to reconnect with his ex via text after a break up, so he might send her a text saying something like, *"Hey. I just wanted to say hi and see how you're doing. Are you okay?"*

However, texting an ex girlfriend like that isn't going to attract her and make her think, *"Oh, it's so nice to hear from my ex again. I missed him so much! I want him soooo bad."*

Instead, she's probably just going to reply by saying something like, *"I'm fine, thanks,"* which effectively closes off the interaction with her.

She will then forget about her ex and go back to whatever she was doing before her phone buzzed to notify her of a new message.

So, if you're going to text your ex girlfriend, make sure that your text messages are mostly light and humorous.

The key is to get her smiling, laughing and thinking, *"What's gotten into him? He sounds so different now. He sounds so relaxed and happy. I wonder what he's up to?"*

[image: Let her see that you have changed]

She will drop her guard and when you call her on the phone to arrange a meet up, she will be more open to the idea because you've already made her feel good to be hearing from you.

What's an example of how to do that?

If she texts you and you remember that it was her birthday recently, you can text her this, *"By the way happy birthday for last month. I bought you a really cool present a box of chocolates but, I ended up eating them myself."*

At this point she is probably going to be smiling and possibly even laughing and will most likely reply with a thanks and an "lol."

Another example is if she texts you and asks something like, *"Hey, how are you?"* and you then reply with, *"Really bad!"*

She will then text something like, *"Why? What's up?"* and you can then jokingly say, *"Just kidding."*

I'm having a great day, lol ð□□□ How about you?"

Another example is if she texts you and says, *"Hey, I just thought I'd say hi"* and you can reply with, *"Who's this?"* as a joke.

She will then smile and laugh and reply with something like, *"It's me, Rebecca!"* and you can reply with, *"Oh, Rebeccaâ□|my hot ex girlfriend. I remember you now. How are you?"*

Making her laugh and feel a little shocked in that way will cause her to feel respect and attraction for you because you have the confidence, balls and emotional strength to text her like that even though you want her back.

[image: Use humor to make her feel good to be texting you]

She will then begin to think about you in a positive way and want to see you.

By using humor in a text to attract your ex girlfriend, youâ□□re making sure that when she sees your Caller I.D. on her phone, she is actually looking forward to hearing from you, rather than thinking, *â□□Ohhhh, noâ□|.what does my ex want now? Why wonâ□□t he just go away and leave me alone?â□□*

2. Keep the Text Length Brief

[image: Keep the text length brief]

Many guys send walls of text, ranting on about their feelings and apologizing over and over again. Women hate that.

Rather than making a woman think, *â□□My ex must really be sorry about what happened between us for him to be so emotional about it. I must also mean that he is the one for me. He is so sure of it, so it must be true. Yeah, this is like a romantic love story. I was wrong to break up with him because I stopped feeling respect, attraction and love for him! He loves me, so that is why we need to be together. I get it now! It's all about him and his feelings. Who cares about how bad he makes me feel? I've got to be with him because he wants to be with me,â□□* she will likely be thinking, *â□□He just doesn't get it."*

Here's the thingâ□|

Women get bored and turned off by a guy who uses text messages as a way of communicating his "feelings" to her, because it shows that he can't gain control of his emotions and handle the situation like a man (i.e. apologize once, change, reactivate her feelings of respect, attraction and love and guide her back into a relationship).

Instead, he just wants to hide behind safe text messages and tell her all about his feelings, his regret and his promises for the future.

Unfortunately, that just doesn't cut it.

Text messages are a new thing, even though we've had them for decades now.

Humans feel most respect and attraction when they talk in person and if that can't happen, the next best thing is a phone call.

Text messages can have an impact when used to make her laugh and feel good, but when it comes to discussing the relationship, text messages are the absolute worst way of communicating.

So, if you want to attract your ex girlfriend via text, make sure that you keep your messages short and to the point.

Your ultimate goal needs to be to get her on a phone call with you as soon as possible so that you can spark her feelings of respect and attraction, get her to meet up with you and have her back in your arms where she belongs.

3. Let Her See That You Have Changed

[image: Let her see that you have changed]

It might be tempting to text your ex girlfriend and say something like, *â€œI know I messed up, but I really can change. Just give me a chance to show you and I will,â€* but I highly recommend that you do not send a message like that.

Don't tell her that you will change.

Instead, just let her see that you've changed based on how you communicate about things via text, on phone calls and in person.

For example: If an ex sends her guy a text along the lines of, *â€œI don't have the same feelings for you anymore,â€* a good way for him to reply would be to say something like, *â€œI know. I was immature in the relationship and made a bunch of silly mistakes. I don't blame you for not feeling the same way.â€*

This shows her that he is being mature, accepts her decision and isn't being a needy, emotionally sensitive guy, so she then feels some respect and attraction for him.

Another example is where a guy has been dumped for being insecure, needy or clingy and she asks, *â€œAre you okay?â€* he can then say, *â€œYes, I'm fine. I miss you sometimes, but I accept that we're broken up.â€*

She can then feel respect for the fact that he has become emotionally stronger and is being mature.

As a result, she will automatically start feeling some attraction for him as well and will feel the desire to see him in person and assess how she feels.

That's what you want.

When you trigger your ex girlfriend's feelings of respect and attraction for the new you, her guard comes down and she starts to reconnect with her original feelings of love for you and she becomes open to meeting up with you in person.

Some Mistakes That Will Turn Her Off Rather Than Attract Her

In this current age where billions of online and phone messages are sent back and forth each day, it's only natural that a guy might want to try to get his ex back by texting her.

So, if you're looking to attract your ex girlfriend via text, here are some mistakes you should avoid making.

- **Only sticking to text rather than getting on a phone call with her.**

Texting an ex when she refuses to talk to you over the phone or see you in person, is a good way to break the ice and get her to open up to you a little bit.

However, sometimes a guy will get to the point where heâs just too afraid to pick up the phone and call his ex girlfriend, in case she doesn't want to talk to him or if she gets angry and blocks him completely.

He might think, *âWhat if I call her up and she hangs up on me? What if she blocks my number? What if she tells me sheâs not interested in getting back together again? Maybe if I just take things slowly with her and just stick to texting for a few weeks, she will eventually relax and open up to the idea of seeing me in person again.â*

He might then spend weeks or even months texting back and forth with his ex, in the hopes that one day she will say, *âHey, enough with all this texting. Letâs meet up! :)â*

Yet, that rarely, if ever, happens.

In most cases, a woman will just get bored of receiving endless messages from her ex boyfriend and will then stop responding to him altogether.

Alternatively, she might carry on texting, but while heâs busy thinking that itâs because sheâs interested in getting back together again, sheâs trying to move on by meeting new guys, having sex and falling in love with someone new.

So, if you want to attract your ex girlfriend back and get her back for real, make sure that donât waste a lot of time texting back and forth.

Youâve got to get her on a phone call with you as quickly as possible, so that you can re-spark her feelings of respect and attraction for you, by making her smile, laugh and feel good to be talking to you again and then arrange a time to meet up in person.

When she meets up with you and realizes that youâre no longer at the same level you were at when she broke up with you (e.g. youâre more confident and emotionally strong now, you have a clear purpose and direction in life, youâre more ballsy and can stand up to her) she will instinctively feel attracted to you again.

- **Sending texts every day to stay on her mind.**

When a guy is unable to see his ex woman every day, he will often worry that she will forget about him if he doesn't stay on her mind with daily texts, e-mails or social media messages.

He may think, *âIf I canât talk to her and I canât see her, what will stop her from meeting another guy and forgetting all about me? I canât let that happen! I have to do something to stay on her mind.â*

He might then begin to text her every day with things like, *“Hey, hope you're having a great day”* or *“Have fun at the concert tonight,”* as a way to staying on her mind and hopefully stopping her from moving on.

Yet, hereâs the thingâ!

His ex is most likely turned off by him (e.g. because he was clingy, needy and insecure in the relationship with her), so when she gets text message after text message, day after day, how do you think she will feel?

Will she be thinking, *âHow sweet of my ex to stay in touch like this. He obviously loves me so*

*much to hang in there, even though Iâve been so hard on him. Maybe I should just give him another chance. After all, he texts me every day. Other guys won't love me or care about me as much as he does. I just have to get back with him!*â or might she be thinking, âWhy is he bothering me with all these pointless texts? What does he want? Why doesn't he just call me and meet up with me? Why is he hiding behind texts like a girl would with a guy? He's clearly not man enough to handle our break up and get me back. Doesn't he realize that even though I've said that I don't want to talk to him on the phone, that's just the woman in me talking? We women say things like that, but it doesn't mean that it's an absolute order and the guy can't break the rule. He just doesn't get it that he can make me feel happy and attracted on a phone call in person. Oh well, I guess I'll just have to find a real man who understands women and will make me feel the way that I really want to feel in a relationship.â

- **Seeking pity via text.**

[image: Don't seek pity via text]

When a guy is texting his ex and she says something like, âSo, how are you?â it might be tempting for him to say something like, âBad. I just canât eat or sleep since we broke up. I haven't been able to concentrate at work. All I think about is you. Do you miss me? Can you give me another chance? My life is a mess without you.â

Secretly, he might be hoping that if she sees how terrible heâs feeling, she will take pity on him and then agree to talk to him on the phone, or see him in person.

Yet, making a woman feel pity or guilt for the emotional pain that you are going through, usually only turns her off even more. Why?

A woman doesnât like to feel like sheâs being manipulated for feeling the way that she feels (i.e. turned off, unhappy), simply because the guy canât cope without her.

In most cases, she just wonât care about what heâs going through and might even say to herself, âGood. He deserves whatâs happening to him. He didnât appreciate me when I was there, but now he wants me to feel sorry for him. Well thatâs not going to happen. I donât care anymore. He can suffer. He deserves it.â

Seeking pity just doesn't work with women.

It may work temporarily on women who have little or no experience with relationships, but most women know that if a guy is seeking her pity, he hasn't yet worked out what it means to be a man.

So, if you want to attract your ex girlfriend via text, be sure to avoid sending âpity meâ texts and instead, just focus on re-sparking her feelings of respect and attraction for you.

- **Discussing the relationship in detail via text.**

Another common mistake that guys make is to bring up the relationship when texting an ex.

For example: A guy who was insecure in his relationship might text his ex girlfriend and say something along the lines of, âI know I stuffed up. Iâm really sorry for being so insecure and self-doubting when we were together. Itâs just that I loved you so much that I was afraid of losing you. Yet, thatâs what happened anyway. Iâm sorry. Can we just talk about this? I have a lot that I want to explain to you. Will you read it if I send it to you?â

Here's the thingâ€¦!

When a guy keeps bringing up the relationship and all his mistakes, it usually only makes his ex girlfriend re-live all the negative emotions she experienced at the time (e.g. anger, annoyance, disillusionment).

Regardless of whether you want to apologize to your ex girlfriend for what happened between you and her, or ask her to tell you what you did wrong, if you want to attract her via text, make sure that you avoid discussing the relationship in detail over text.

Instead, leave the past in the past (both the good times and the bad times) and focus on re-attracting her in a whole new different way.

Show her by the way you think, talk and behave that youâ€™ve moved beyond the level you were at when you were together and make her feel respect, attraction and love for the new you.

What Are You Waiting For? Just Pick Up the Phone and Call Her

Although it is possible to create some attraction in a text message, the most important thing is to get your ex girlfriend on a phone call, where she can hear the tone of your voice and experience your confidence and emotional strength.

When you text her, she will usually just assume youâ€™re the same guy that she broke up with and continue thinking of you in a negative way.

Since she canâ€™t see your body language or hear the tonality of your voice, she will usually just think the worst of you, rather than give you the benefit of the doubt.

So, donâ€™t waste any more time trying to attract your ex girlfriend via text message than you need to.

Text her to get her attention, but then pick up the phone and give her a call.

When she hears the maturity and confidence in your voice and gets a sense of the guy you have become since the break up, her guard will come down and she wonâ€™t be able to stop herself from feeling attracted to you once again.

What are you waiting for?

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

My Ex Girlfriend Said That She Doesn't Feel Attracted to Me

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Don't worry, you can make her feel attracted to you again.

First, you need to get clear on where you have been going wrong, so you know exactly what to fix to make her feel attracted.

1. Did you become insecure of emotionally sensitive?

[image: Did you become emotionally sensitive?]

It's a fact of nature that women are not attracted to emotionally weak, wimpy, insecure men.

Women are attracted to strong men who have the confidence, self-belief and emotional strength needed to make her feel protected and safe in a relationship and in life in general.

Even though women act like they are strong these days, they still feel vulnerable in this world, so they naturally feel attracted to men who are confident and emotionally strong no matter what situation they face in life.

So, when a man becomes insecure, clingy, needy and emotionally sensitive in a relationship with a woman, she instinctively starts to lose respect and attraction for him.

She might not ever think, *"Hmm, I don't feel safe with him,"* but her instincts will kick in and she will think things like, *"Something just isn't right, I don't know what it is, but I just don't feel attracted to him anymore."*

If he doesn't man up and change, she begin to feel more like his mother, or big sister who has to take care of him and reassure him that everything is okay and that he will be safe, looked after and loved by her.

For example: A guy might ask his woman, *"Do you still love me?"* or *"Do you feel attracted to me like you used to?"* or *"You wouldn't leave me would you? You know that I wouldn't be able to cope if you ever broke up with me, right? You are everything to me."*

She then finds herself having to reassure him by saying things like, *"No baby, it's okay. Of course I love you,"* or *"Don't worry. I'll always be your girl."*

Yet, the more she has to reassure him, the less respect and attraction she feels for him and the less safe she feels with him as a man.

Here's what you need to remember!

It's a man's ability to always be the emotionally stronger one in the relationship that allows a woman to relax and be the feminine woman that she wants to be.

She can just be his woman and feel safe that no matter what obstacles or challenges they face, he will always remain strong.

On the other hand, if she has to take on a dominant role and feels like she's taking care of him and protecting him from the big bad world out there, she stops feeling feminine and girly in his

presence and unavoidably, she also stops feeling sexually attracted to him as well.

She feels turned off by his insecurity and emotional weakness and just can't seem to work up the desire to want to fully submit to him anymore.

She might still have sex with him, but she won't be all there and will be wishing that it was over, she was doing it with another guy or that he would change and become a more emotionally strong man.

So, if your ex has been saying things like, "I just don't feel any attraction for you anymore," to you lately, what you need to do is to actively trigger her feelings of respect and attraction for you again.

You need to interact with her and let her experience your emotional strength via the way you talk, behave, interact with her and respond to what she says.

She will then automatically begin to feel some respect and attraction for you again, even if she says that she isn't.

In cases like this, a woman will usually pretend not to be feeling anything for her ex boyfriend as a way of testing if his newfound confidence is real, or if he is still the same old insecure, emotionally sensitive guy that she dumped.

2. Did you make her feel as though she could no longer look up to you and respect you as her man?

[image: Losing her respect by begging]

If a woman can't respect her man, she will feel less and less attraction for him and when that happens, she will gradually begin to fall out of love with him as well.

In a relationship, it's the man's responsibility to maintain and grow the love, respect and attraction that his woman feels for him.

If he behaves in ways that cause her to lose respect for him, she will gradually stop feeling attracted to him and will usually just walk away from the relationship saying things like, *"I don't feel attracted to you anymore."*

[image: Losing her respect for you as a man]

Some of the things that might cause a woman to feel that way, include:

- He belittles her or criticizes her (e.g. is never happy with anything that she does, makes fun of her in front of other people).
- He disregards her opinion about things (e.g. always makes the decisions without ever taking her feelings into consideration).
- He lets her wear the pants in the relationship (e.g. allows her to dominate him and make all the decisions).
- He fails to keep his word to her (e.g. says that he will call her but doesn't, promises to take her out and then doesn't show up).
- He acts tough around her, but is nervous and shy in social situations around other people.
- He expects her to put up with his bad attitude just because they used to be in love and he used to be really nice to her when they were dating.

- He is way too nice to her and spends most of his time sucking up to her and trying to show her how much he cares, rather than just being a normal, good guy and making her feel respect and attraction.

Regardless of how good looking, nice or successful a man is, if a woman cannot look up to and respect him as her man, it will be very difficult for her to feel attracted to him and she will most-likely just break up with him.

So, if you want your ex girlfriend back, make sure that you start the quick ex back process by making her feel respect and attraction for you first.

If you don't do that, getting her back will be a long, drawn out and potentially impossible task.

3. Did you become jealous or controlling?

[image: Becoming jealous or controlling]

When a guy is in a relationship with a beautiful woman, it's only natural that he will be a bit protective over her.

After all, pretty much any guy would love to stick it in her and many of those guys would even have a relationship with her, so it's completely normal to be a little bit protective.

However, if a boyfriend (or husband) goes overboard and becomes jealous and controlling of his woman, she will begin to resent him and her feelings of respect and attraction will fade.

For example: A jealous, controlling guy might say to his girlfriend, *"I forbid you to hang out with your friends anymore. I don't know if some other guy is going to be there and hook up with you, so I won't allow you to hang out with your friends anymore unless I am there."*

He might also call her up at all hours of the day or night to check up on her and find out where she is and with whom.

He may even get into the annoying habit of going through her phone, checking her calls or text messages, or even reading her private e-mails and social media messages.

That's just way too much.

A strong and healthy relationship is built on mutual trust, not on controlling each other in an insecure, overly protective way.

If a man and a woman cannot trust each other, it will eventually stop the flow of respect, attraction and love in the relationship and they will either cheat or break up and move on.

4. Did you give up on your important goals just to spend more and more time with her?

[image: I just want to spend more time with you. Nothing else matters!]

Sometimes, a guy might think to himself, *"I really love my girlfriend so much. I don't want to be away from her even for a second. I want her to know that she's the most important thing in my life, so I will stop pursuing my goals and dreams and just spend as much time as I can with"*

her.â

He might then give up on achieving his big goals, dreams and ambitions to spend every spare moment with her.

Yet, contrary to what many guys think, that isn't what a woman wants.

Although a woman does love and appreciate a man who is caring, loving and devoted to her, most women do not want a guy who has nothing else going on in his life besides her. Why?

A woman needs to be able to look up to, respect and feel proud of the guy she's with.

Imagine if a woman has to introduce her boyfriend to her friends and family and she says, *â*Hi mom, hi dad. This is my new boyfriend Michael. He's really great. He loves me so much that he just sits around at home spending all his time with me. He won't even let me go to the grocery store without him. He's so devoted. He doesn't have any plans for the future, but that's okay because he loves me so much. We just spend all of our time together. Screw the rest of the world â we don't need them. We will just remain stuck at this level of life forever. We don't need to strive to achieve anything because we have each other.â

Will she be feeling proud of her man, or will she be a bit embarrassed that her man is behaving like a young boy who hasn't yet realized what it means to be a man and live a great life and maintain a happy relationship for life?

She may not know that he is making a mistake and might feel as though everyone else is wrong for striving and having goals and dreams, but she will eventually realize that life just gets tougher and tougher the more you avoid stepping up and becoming a mature adult.

When she sees that her sisters, girlfriends and other women that she knows are in a relationship with a man who is making progress in life, she will begin to nag and complain about her boyfriend who spends most of his time hanging out with her, playing video games or working in a job that he doesn't really like or that doesn't offer him any chance of promotion.

If he doesn't step up to the plate and start focusing on making progress towards his big goals, dreams and ambitions, she will start to feel unsafe with him.

She will feel as though she has to take on the role of being the more grown up one and as a result, she will feel less and less feminine around him.

Regardless of how young or old a woman is, she will want a man (now or in the near future) who:

- Is striving to reach his true potential as a man (e.g. pursuing his big goals, dreams and ambitions).
- Has more to his life than just her (e.g. friends outside of the relationship, hobbies, interests).
- Will work hard on achieving his purpose in life, while at the same time giving plenty of time, love and emotional support to her.

A big part of maintaining and developing a woman's feelings of respect and attraction over time, is having a purpose in life outside of the relationship with her.

You don't have to constantly be busy and rushing around doing things, but you do have to have your own goals and dreams that you're working towards, rather than just spending all of your time with her or all of your time procrastinating and avoiding your true potential.

5. Did you take her feelings of attraction for granted?

[image: Taking her feelings of attraction for granted]

A lot of guys fall into the trap of believing that the love between a man and a woman is unconditional and will last for life, as long as it was amazing at the start of a relationship.

Yet, clearly that isn't the case.

Love, respect and attraction grows based on how a man and a woman make each other feel in the relationship together every day.

So, for a relationship to last a lifetime, it's the guy's responsibility to guide himself and his woman into deeper feelings of love, respect and attraction over time, rather than falling into the trap of taking each other for granted.

Many guys are very loving and attentive at the start of a relationship, only to start taking their woman for granted once the initial excitement wears off, or when he feels like she is properly hooked on him and doesn't want to leave.

For example: A guy might begin criticizing his girlfriend, become selfish, expect that she does whatever he wants her to do (e.g. take care of all the cooking and cleaning, only go to the places he likes, wear what he wants her to wear) now that they are in a relationship.

Essentially, a guy like that is assuming that just because his girlfriend cares for him, she'll put up with anything, forever.

Of course, there are some women who will accept being treated in that way for a while and even for years, but eventually, most women will begin to lose so respect and attraction that they will either cheat or leave.

Common Mistakes That Guys Make When Their Ex Girlfriend No Longer Feels Attracted

Some guys mistakenly think they can make an ex girlfriend feel attracted again by:

1. Showing how much they care.

[image: I really care about you. Why can't you just see that?]

If a woman has lost respect and attraction for a guy, hearing him say things like, *"You are the best thing that ever happened to me. I really care about you as a person. You mean everything to me. You're the best woman I've ever met. No other woman is like you. I know I messed up, but I promise I can make it up to you. Just give me one more chance to show you how good it can really be. There's no other guy out there who can love you the way that I do. Please let's try and work things out,"* isn't going to suddenly make her change her mind.

Instead, she's likely just going to be thinking, *"The words sound great, but the actions speak for themselves. I just don't feel anything for him anymore."*

So, don't bother telling your ex girlfriend how much you still care for her because it just won't matter to her if she isn't feeling much (or any) respect and attraction for you right now. You've got to make her feel a renewed sense of respect and attraction for the new you first.

Once you've done that, she will then start to enjoy hearing how much you love her and care about her.

Her guard will come down and she will begin to feel like it's possible for her to respect you and be attracted to you again.

2.Â Buying better clothes.

When a woman says, *â€œI don't feel attracted to you,*â€œ a guy might make the mistake of thinking that it's all about his physical appearance.

He might then decide to change the way he looks by buying better clothes, buying new shoes and possibly even changing his hairstyle, in the hopes that his ex girlfriend will see him and say, *â€œOMG! My ex is looking so great! I love his new look. I feel so attracted to him now. I just have to get him back.*â€œ

Yet, that's not how it works.

Although a woman might appreciate a guy's effort to look good, what he's wearing (or even how big his muscles are) isn't as attractive to her as his ability to attract her emotionally.

Essentially, what matters most to a woman is how a guy makes her feel when she's with him based on how he thinks, feels, talks, behaves and acts.

For example: Does he make her feel sexy and feminine in his presence, or does she feel emotionally dominant because he's too self-doubting and insecure?

Is he emotionally mature and confident and can he make her laugh and feel good in his company even when she tests him, or does he become upset and emotional if she shows some resistance towards him?

Can she look up to him, respect him and feel proud to show him off to her friends and family as her man, or does she feel a little embarrassed to be associated with him?

These are the things that are much more attractive to women than a guy's physical appearance.

Of course, there's nothing wrong with putting in some effort to look good, but it's not as important as how you make her feel emotionally based on how you think, feel, talk, behave and act around her and in life.

So, if you want to make your ex girlfriend feel attracted to you again, focus on making her feel the way she wants to feel when she's with you (i.e. feminine, girly, free to be emotional like a woman, turned on, aroused), rather than trying to impress her with your clothes and other superficial things.

3.Â Taking her out to fun places.

Sometimes, a guy might say to himself, *â€œWell if my ex girlfriend is saying that she doesn't feel attracted to me anymore, it's probably because we stopped doing all the fun things we used to do when we first got together. In the early days we used to go clubbing, eat out at fancy restaurants, go to parties with friends and even camp out on the beach at night. So, maybe if I take her out to some of the fun places we used to love again, it will re-spark her feelings of attraction for me.*â€œ

Yet, what he doesn't realize is that even if a woman feels good about going places, those feelings are only going to be temporary.

If he doesn't do anything to regain his ex girlfriend's respect and attraction for him other

than take her out to fun places, her feelings of happiness won't last for very long.

She will be analyzing how he still thinks, feels, talks, behaves and acts and she will realize that he still doesn't really understand how to make her feel real, lasting attraction.

4.Â Trying to get her to remember the good times that they had at the start.

Wouldn't it be nice if you could make your ex feel attracted again simply by bringing up all the good times you shared together in the past?

Life would be so simple and easy.

A guy could simply say to his ex girlfriend, *âRemember how we couldn't keep our hands off each other when we met? I don't think we ever saw a movie from beginning to end because we were so busy kissing. What about the way we used to dance together? I don't know another woman who can move the way you do,â* and she would then jump back into his arms and everything would go back to the way is used to be.

Unfortunately, that's not how things work.

When a woman has lost touch with her feelings of respect, attraction and love for a guy, being reminded how good things used to be between them will usually only highlight to her how bad things are now.

So, if you want to make your ex girlfriend feel attracted to you again and get her back, you have to actively make her have feelings for you based on who you are now.

Don't bother wasting time rehashing all the good times from the past.

How you make her feel right now and from now on is what really counts.

Attraction Can Be Created

[image: Give her the attraction experience that she wants]

What a lot of guys don't realize is that a woman's attraction can be created or sparked and brought into life based on how the guy thinks, talks, behaves, feels and acts around her.

For example: If a guy is being confident, charismatic and using humor to make her feel good, she will feel attracted to him.

He created that.

He made it happen.

Likewise, if a guy is being nervous, tense and too polite around his ex to suck up to her, she won't feel attracted to him.

He created that.

He made it happen.

You can literally create or destroy a woman's feelings of attraction for you.

So, just because your ex girlfriend said that she doesn't feel attracted to you anymore, it doesn't mean you can't change how she feels.

You can.

You made her feel attracted to you once before, so you can definitely do it again.

From now on, you have to stop saying and doing the things that turn her off and start making her feel a renewed sense of respect and attraction for the new you.

When you interact with her in ways that re-spark her feelings for you, everything changes.

She starts to want you again because she is attracted to you and it feels really good to talk to you, be around you, kiss you and have sex with you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

4 Ways to Make Your Ex Want You Bad

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 4 ways to make your ex want you bad...

1. Interact With Her and Make Her Feel Attracted to the New You

[image: Interact with your ex and make her feel attracted to the new you]

To make your ex want you again badly, you have to be active about it, rather than being inactive.

Essentially what this means, is that youâre actively interacting with her every chance you get (e.g. via text, on social media, over the phone, or meeting up with her in person) and making her feel a renewed sense of respect and attraction for you, rather than waiting around hoping sheâll contact you and say, *âI miss you! Letâs get back together again.*â

Watch this video to see what I meanâ!

By interacting with her, making her feel attracted and then stopping, she then starts to really miss you and want you bad.

Sometimes, a guy might think, *âI want to make my ex want me bad. I want her to regret breaking up and come running back to me. Maybe the best thing to do is to ignore her for a few weeks, or even months, until she realizes how much she misses me. Then, when she's lonely and doesn't have my attention, she will realize the mistake she has made. She will also start worrying about losing me to some other woman and sheâll want to get back together again.*â

He may then spend a lot of time ignoring her, until one day he realizes that sheâs just not coming back.

When that happens, a guy might feel hurt and confused and even say, *âSheâs supposed to be calling me up and telling me how badly she wants me back. Why isnât she doing that? Why isnât she calling me? How can I make her want me as badly as I want her??*â

Here's what he doesn't realizeâ!

When a woman has lost respect and attraction for a guy, then not hearing from him for weeks or even months doesnât really matter to her, and she will likely use that time to move on.

Watch this video for more infoâ!

If you want to make your ex want you bad, the fastest way to do it is by interacting with her (rather than ignoring her) to reawaken her feelings of respect and attraction for you again.

One of the best ways to do that is by making her laugh, smile and feel happy when sheâs interacting with you.

For example: Imagine that youâre talking to your ex on the phone and she says something like, *âLook, you need to accept that itâs over between us. I just donât want you anymore.*â

If you just accept that and say something like, *âI get it. Youâre mad at me right now. What do I have to do to convince you that Iâm sorry? What will it take to make you forgive me and give me*

another chance?â€œ she will likely just keep pushing you away and nothing will change.

Yet, if you use her negativity towards you as a way of making her smile and laugh, she will likely begin to see you in a different, more positive light.

So, when she says, *â€œLook, you need to accept that itâ€™s over between us. I just donâ€™t want you anymore,â€œ* you can respond by saying something like, *â€œThatâ€™s great! I donâ€™t want you anymore either. Letâ€™s be anti boyfriend and girlfriend from now on. We can go around hating each other, and I will send you a poison ivy plant on Valentines Day and buy you broccoli for your birthday.â€œ*

Alternatively, you can jokingly say something like, *“Same here. I don’t want you anymore either. I was so sick of your cooking. I eat well now”* and then laugh.

By responding in that way and being light-hearted about things, youâ€™re getting rid of the seriousness of what sheâ€™s saying.

At the same time, youâ€™re also showing her that youâ€™re an emotionally strong, confident and mature man who remains confident regardless of what sheâ€™s saying or how sheâ€™s behaving.

That is actually attractive to her.

Women can’t help but feel attracted to confidence, even if they pretend that it doesn’t make them feel attracted.

A man’s confidence makes women feel attracted just like a woman’s cleavage makes us feel attracted.

We can’t help but feel attracted and pay attention to it and the same goes for women with our confidence.

Men might pretend that they haven’t noticed a woman’s cleavage, but they do and women might pretend that they aren’t attracted to a guy’s confidence, but they are.

So, when you attract your ex by making her smile or laugh when she is being cold and bitchy towards you, she begins to wonder about the changes in you.

She drops her guard and catches herself thinking, *â€œHmmmâ€¦itâ€™s actually quite fun talking with him now. Heâ€™s really changed. Why do I care about losing him all of a sudden? Why do I want him back in some way? What is happening to me?â€œ*

Simple.

She’s feeling respect and attraction because he’s not being a wimp just because she has broken up with him.

He’s being confident, joking around and making her laugh.

By the wayâ€¦

Do not try to make her feel attracted to with confidence via text. Text is the weakest, least effective way to make a woman feel attractedâ€¦especially an ex.

You have to let her experience your confident attitude on a phone call or in person.

Do not try to get your ex back via text.

Almost every guy that I have ever coached to get an ex back has made the mistake of trying to text his ex back.

The woman doesn’t end up wanting him badly because of some amazing text.

Instead, she gets annoyed that he's trying to act confident, cool, mature or whatever via text.

She wants to experience that on a phone call or in person, otherwise she just doesn't believe that he is really like that now.

If you're going to text her, just do so with the aim of getting her on a phone call, so you can properly attract her.

2. Make Her Feel Feminine and Girly in Your Presence

[image: Make your ex feel feminine and girly]

Making your ex feel like a real woman (i.e. feminine, girly, free to be emotional) when she interacts with you is one of the best ways to make her want you again.

If you want to make her feel that way, make sure that there is a clear difference between how you talk, think, feel, behave and act in comparison to her.

In other words, let her talk, think, feel, behave and act like a woman and you do the complete opposite and be the man.

Women love that and it makes them want a man bad because it's so rare to find a man who doesn't become feminine or neutral around her.

2 common mistakes that guys make, which ruin the opportunity for her to feel like a real woman are:

- **He only focuses on making her feel neutral, friendly feelings for him.**

Sometimes, a guy might think, *"If I pretend that I want to be friends with my ex, I'll have a good excuse to be around her all the time. Then when she sees that I'm the guy who is always there for her through the good times and the bad times, she'll realize how much she still loves me and then she'll want me back. Yeah, I'll just be a nice friend to her. That should work!"*

Here's the thing though!

Staying friends with an ex is an excellent way of getting an ex back if you are actively re-sparking her feelings of respect, attraction and love for you.

If you're just being a nice, neutral friend though, she's going to go to get those feelings.

For example: A guy might make himself available to his ex 24/7, help her out with errands or homework and be her shoulder to cry on when she's having a bad day.

However, instead of using every interaction with her as an opportunity to re-spark her feelings of sexual attraction by making her feel girly, flirting with her and making her smile and laugh, he remains on his best "friend" behavior by being nice, sweet, innocent and non-flirtatious around her.

Yet, hanging out with a nice, platonic friend isn't what makes a woman feel feminine and girly or turned on and aroused.

It doesn't make her think, *"My ex is amazing! He makes me feel so turned on when I'm around him. I want him so bad! I've got to have sex with him again! Wow! He's so nice, neutral and non-sexual! This is what I want!!!"*

Instead, it just makes her want to hook up with a confident, masculine guy even more than ever so she can get to feel like a real woman.

- **He allows her to dominate him.**

If a woman feels more dominant than a guy, it becomes very difficult for her to respect him.

If she can't respect him, she also can't feel real attraction for him.

So, you always must ensure that you maintain the respect of your woman at all costs.

Yet, what often happens after a break up is that a guy feels so bad about losing her and desperately wants to get back with her, that he allows her to walk all over him.

He essentially hands over all his power to her and hopes that if he just shows her how willing he is to submit to everything she wants, she will be amazed and give him another chance.

For example: A guy might allow his ex woman to keep bringing up all of his past mistakes and saying things to him like, *â€œYou stuffed up! You were such a terrible boyfriend (fianc  or husband). Remember all those times you cancelled our plans for your job or friends? What about those jealous fits you had when we went out and some guy showed me some interest or even just looked at me? You can be so childish and immature sometimes. I can't believe I stuck around with you for as long as I did. You're such a jerk!â€*

Of course, it's totally fine for a woman to bring up some of the things that caused her to break up with her man, but it's not okay for him to allow her to keep bringing it up over and over again to put him down.

When a woman is able to dominate her guy in that way, she can't look up to him, respect him and feel attracted to him.

Rather than feel like a sexy, feminine, girly woman in his presence, she starts to feel like a teacher or mother who is always scolding a little boy.

The fact is, a woman doesn't want to be with a guy she can dominate, even if she seems like she enjoys doing it.

She wants to be with a guy who knows how to confidently lead the way, takes charge and allows her to relax into feeling totally feminine and girly around him.

3. Let Her See That You Want Her, But No Longer Need Her

There's a big difference between wanting to get back with your ex and needing her back.

Essentially, wanting her back means that you still love her and would like to experience the true power of love in a relationship with her again.

On the other hand, needing her implies that you're unable to cope with the emotional pain of being without her and you can't move forward with your life because you're lost, confused and lonely without her.

Here's the thing though!

Neediness is a huge turn off for most women because they don't want to have to support a guy emotionally and make him feel worthy, happy and full of self-esteem.

If a woman has to do that, she feels like his mother or big sister. Yet, she wants to feel like his girl.

So, when a guy is calling up his ex and saying things like, *â€œI need you! Can't you see how lost I am without you? Please give me another chance. I can't bear the thought of living without*

you in my life, rather than make her think, My ex is really in pain without me. It must mean that our love is true and he is the one, she's more-likely thinking, Oh boy! What a wimp! Doesn't he realize that he's acting like a child? I don't want to get back with a guy who needs me to take care of him like I am his mother. I want a man I can look up to, respect and feel sexually attracted to. I need a man who will take care of me and make me feel like a real woman.

The more he begs, pleads or tries to convince her to think about his “feelings,” the less respect, attraction and love that she feels for him.

Eventually, the very thought of him makes her feel sick, resentful and regretful that she ever let him be with her.

So, if you want to make your ex want you bad, focus on getting to the point where you truly believe that you don't need her to be happy again.

You can't pretend that you're happy though.

You have to genuinely feel happy, content and emotionally fulfilled without her.

If you try to fake it, she will sense it via your body language, or by what you say and she will keep rejecting you.

On the other hand, if you focus on getting on with other important things in your life, going out with friends, having a good time without her and enjoying the things you've been putting off (e.g. traveling, taking up a new hobby like martial arts, hanging out with new friends), she will sense it and will feel attracted to your confidence and your ability to cope with being broken up with.

She won't be able to stop herself from looking at you with a new, more positive way, because you are now behaving like the kind of confident, forward moving man that she can look up to and respect.

By the way!

Getting on with your life doesn't mean you have to rub it in your ex's face.

For example: Sometimes, a guy will go overboard by posting endless photos of himself with other women on his social media pages and updating his status with all the things he's busy doing.

Although there's nothing wrong with posting photos of yourself with other women on social media, just make sure that if your ex asks you about it, you don't try to make her feel bad.

Just say, “*Oh, they are just friends*” and then talk about other things, rather than telling her that you're hooking up with lots of women and don't need her.

Note: You don't have to post up photos with you and other women to make your ex want you bad.

It is an approach that works, but so does posting up photos with you and new friends having a great time.

I know that most guys who want to get their woman back are not interested in being with other women and just want her back.

So, once again: You don't have to post up photos of you with other women, but it is an approach that works to make a woman feel sad, worried, jealous and regretful about losing you, which then makes her want you back.

Of course, many women will get angry and send a text, e-mail or make a phone call to express their

anger or disappointment in their ex boyfriend or husband.

Yet, that's just her trying to control him and stop him from making her want him as badly as she does now.

So, if your ex does get mad if she sees that you're moving on, just be easy-going about it and say, *"Hey, you and I are broken up. You know that I wanted to get back with you, but I've accepted your decision."*

She will then want you bad and will begin texting you and wanting to see you.

4. Be Happier Than She is, But Try to Make Her Happy When You Interact With Her

Most guys lose a lot of confidence after being dumped, so it can feel difficult to be happy, confident and moving forward without her.

Yet, you need to do it if you want to make your ex want you bad.

How will being happier than your ex make her want you?

Women are naturally attracted to the type of men who have the emotional strength to be happy, confident and forward moving regardless of what life throws at them.

On the other hand, women are turned off by men who crumble when things get difficult and need a woman by their side to support them.

So, the next time that you talk to your ex, you must ensure that she senses your confidence and emotional independence.

If you can't do that, then making your ex want to get back together with you will be difficult, because she will pick up on your neediness and insecurity and feel turned off by you.

A woman doesn't want to feel like she's doing a guy favor by being with him.

She wants to feel like the guy she is with could easily have other women if he wanted to (because he's so confident and she knows that women find that attractive), but he is choosing her.

That makes her feel lucky and special because she is being chosen by a guy who could easily choose to be with other women.

[image: Making your ex want you badly]

Yet, being this doesn't mean you should try to make her feel horrible about herself now that you and her are no longer together.

Instead, let her see, hear, feel and notice that you are happy without her, but also have the emotional maturity and love to actively make her feel good about herself when she's talking to you.

If you do that, she will realize that you are a rare catch of a man who is not only confident and masculine, but is also loving and compassionate.

That's like winning the "Man Lottery" for women.

Getting her to think of you in that way will make her want you badly.

So, the question now is: What have you done so far to get yourself to a point where you are truly happy, confident and forward moving without her?

For example: Have you been doing any of these things since the break up?

- Working towards achieving your big dreams, goals and ambitions in life.
- Pursuing a new hobby of interest that you have been putting off (e.g. hiking, running, sky-diving, martial arts).
- Doing something new that will make you an even better and more successful man than you already are (e.g. taking on a promotion, going back to school to get a better qualification, learning new skills that will get you promoted soon).
- Learning new things that will enhance your life experience (e.g. how to cook).

By focusing on improving yourself and your life, not only do you become a better man and have a happier and more successful life, but you also become more attractive to your ex and to other women.

When you interact with your ex, she will see that you haven't been a lonely, sad and depressed guy who sat around crying over losing her.

As a result, she will naturally begin to feel some respect and attraction for you again.

Then, when you also make her smile, laugh and feel good when she's interacting with you, she will start asking herself, *"How could I let him go? I must have been blind not to see what a catch he really is."*

She will be the one who wants to be back in your arms.

She will want you bad and you will then give her and the relationship another chance.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

My Girlfriend is Leaving Me. What Do I Do?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

So, your girlfriend is leaving you and you don't know what to do.

Here are 5 important tips to follow that will ensure she wants you back now or within a few days!

1. Don't Start Begging

[image: Begging and pleading for forgiveness]

When a woman tells her guy, *"I've had it. I'm leaving you! It's over between us,"* it can come as quite a shock to him.

Not knowing what else to do, he might then start begging her to give him another chance.

For example: He might say something like, *"Please baby, don't do this to me! Don't go! I can change. I'll be whatever you want me to be and I'll do anything you want me to do; just tell me what you want and I promise that I will do it. I love you! If you give me one more chance, I promise you that things will be different between us. I beg you! Please stay!"*

Yet, in most cases, rather than make a woman think, *"Hmmm, this guy must really love me if he's willing to do anything for me,"* his begging and pleading actually pushes her away even more.

She then begins to add, *"Emotionally weak, needy and desperate"* to the list of things that are turning her off about him and her decision to leave feels like the right thing for her to do.

Most women don't want to be in a relationship with the kind of man they can't look up to and respect.

So, when a guy is begging, pleading and coming across as desperate, a woman will likely think, *"I know he's acting this way because he loves me, but if he can't handle a simple break up without falling apart like this, what are the chances that he will be able to handle other, more serious issues in his life? I don't want to be with a guy who is emotionally weak and needs me to support him and hold him up when things get tough. I want a man who is confident, self-assured and emotionally strong enough to take care of me through the difficult times in life."*

By the way!

If you've already tried begging your girlfriend not to leave; don't worry about it.

You can recover from a mistake like that.

Write it off as a lesson learned and focus on being an emotionally strong guy from now on whenever you interact with her.

For example: The next time you're talking to your girlfriend over the phone, or in person, you can laugh and say to her, *"I guess I overreacted there a bit didn't I? Who was that blubbing, begging wimp anyway? I suppose I reacted like that because I still love you and I didn't want you to leave me. However, I now know I should have been more mature about it and I accepted your decision like a man. So, I'm sorry for begging and pleading with you like that. I accept your decision to break up, but I still love you and do wish we could get back together."*

Will saying something like that to your girlfriend make her change her mind?

No, but itâs a good start because she can see that you’re being emotionally mature about it, which will make her feel respect and attraction for you.

To fully stop your girlfriend from leaving you forever, you have to focus on making her feel respect and attraction for the new you, every time you interact with her from now on.

Watch this video for some examples on how to do thatâ!

2. Don’t Ask Her to Tell You What You Need to Change

[image: Why won't my ex tell me how she really feels?]

Another common reaction that guys have when their girlfriend says, *“Iâm leaving you,”* is to ask her what she wants him to do to get her to change her mind.

A guy might say, *“Just tell me what it is that you need me to change and Iâll do it.”*

Yet, asking a woman to tell you what she wants you to change about yourself, is as good as saying to her, *“I have absolutely no idea how to be the man that you need me to be. I need you to teach me how to grow up and become the kind of man you can look up to and respect. Can you do that for me babe? Can you be my teacher and guide in life on how to be a man? I couldn’t learn those lessons from my father, grandfather, brothers or cousins, so I need you, a woman, to teach me. Can you do that for me?”*

Here’s the thingâ!

A woman doesn’t want to be your teacher about how to be a man in a relationship.

She wants you to figure it out on your own, make some changes to yourself, and show her (via your thinking, actions, behavior and conversation style), that you are now the kind of man that she can feel proud of, look up to, respect and feel attracted to.

So, an important question for you now is this: Do you know exactly what is causing your girlfriend to want to break up with you?

If your answer is *“No,”* here are some of the reasons why she might be leaving, but won’t tell you about because she doesn’t want to teach you how to get her back...

- Youâve become too insecure, needy and clingy in the relationship with her.
- Youâre not manly enough for her and she feels more like your friend or sister, rather than your girlfriend.
- Youâre too much of a pushover and you let her get away with bad behavior, so she doesn’t feel safe with you because she can see that you don’t know how to stand up for yourself in an assertive, but loving way.
- Youâve been taking her for granted (e.g. letting her do all the housework or run all the errands, putting her in second or third place in your life, breaking your promises to her).
- Youâre not reaching for your true potential in life (e.g. pursuing your big dreams and goals) and are sitting around wasting your life away (e.g. watching TV, playing video games, remaining stuck in a dead-end job).

Once you understand your girlfriendâs reasons for wanting to leave, you can begin to make some

changes to yourself.

When she can see for herself that you have figured out what has been turning her off and have also taken action to improve those things in yourself, she won't be able to stop herself from feeling a renewed sense of respect and attraction for you as a man.

She won't necessarily want you back just because of that, but it's the right move to make.

To get her back for real, you need to be able to persuade her to give you another chance, which is something that I teach in my program, [Get Your Ex Back Super System](#)

If you're not ready to get her back yet, or if she is really angry and annoyed by you, I recommend that you

3. Give Her 3 to 7 Days of Space

[image: Give her 3-7 days of space]

Right now, you might be feeling panic and possibly even thinking that will never be able to get her back.

Relax.

Most guys can get a second, third and even fourth chance with their ex woman, so you can too.

Some guys are able to get their ex back immediately, but most break ups last for about 3-7 days and then get back together if the guy is able to:

- **Apologize.**

By being confident and mature enough to apologize to his girlfriend for his mistakes, he is showing her that he has learned from them and is taking positive steps to become an even better man than before.

As a result, he automatically re-sparks some of her feelings of respect and attraction for him and she then allows herself to drop her guard and reconsider her decision to leave him.

- **Let her experience the new version of him that is more attractive.**

A good way of letting her experience the new, more attractive version of you is by focusing on making her smile, laugh and feel happy every time that you interact with her.

This is very important for guys who got dumped for becoming too insecure or emotionally sensitive in the relationship or for not being manly enough.

Whichever ways you were turning her off, just make sure that you improve on those areas and, most importantly, believe that what you've done is making a difference to her feelings of attraction.

Why?

Confidence attracts women and insecurity and self-doubt turns women off.

- **Remain confident as he guides her back into a relationship; especially when she is giving him mixed signals.**

Sometimes, a woman will test a guy to see if he has really changed, or if he's just putting on an

act just to stop her from leaving him.

To make sure that the changes are for real, she might give him mixed signals (e.g. pretend that she wants to patch things up between them one minute and then say, *“Forget about it, I’ve changed my mind,”* the next).

If he remains calm and continue to focus on triggering her feelings (of respect, attraction and love) for him, she won’t be able to stop herself from dropping her guard and opening herself up to fixing the relationship.

So, if you want to stop your girlfriend from leaving you, give her 3 to 7 days of space to allow things to cool down between you and her (if necessary).

Then, get in touch with her (preferably on a phone call), actively re-spark some of her feelings of respect and attraction for you and get her to agree to meet up with you in person.

At the meet up, focus on letting her experience the new you and making her feel good to be around you again.

4. Begin to Fix the Things About You That Have Been Turning Her Off

One of the quickest ways to stop your girlfriend from leaving you, is to fix the things about yourself that have caused her to lose respect and attraction for you.

For example: A guy might have gotten into the habit of taking his woman for granted.

He may have:

- Put her in second place to his friends, family, hobbies and interests
- Become selfish and expect her to do all the housework, cooking or runs all the errands, even though he isn’t giving her the attraction experience that she wants when in a relationship.
- Expected her to stick with him for life because they were so in love at the start of the relationship.
- Become rude, mean or angry and expected her to put up with it.
- Focused too much on his work or studies and expected her to just wait in the background and see him from time to time.

So, if he wants to stop her from breaking up with him, the guy has to first understand that his behavior made her feel taken for granted, unloved and unappreciated and then improve his relationship skills to the point where she believes that he’s more loving and mature now.

Another example break up scenario is where a woman wants to leave a guy because she’s sick and tired of all the fighting and arguing in the relationship.

To make her change her mind, the guy needs to show her that he’s learned from his mistakes and that he now responds to things in a more mature way.

For instance, if she does something that would ordinarily upset him and cause him to get annoyed and possibly even start shouting at her, he now just turns it into something they can both smile and laugh about together.

She then can see for herself that she’s no longer stressed out around him and they actually have fun

together now, so it's worth saving the relationship.

You don't have to be perfect to convince your girlfriend to stay, but you do have to show her that you've understood her reasons for wanting to leave and are making the effort to fix those about yourself.

When you do that, she will automatically begin to feel some respect for you again and will naturally change her mind.

5. Meet Up With Her and Get Her Back

[image: Meeting up with an ex for coffee]

Regardless of how negative your girlfriend is being towards you at the moment, you need to get her to agree to meet up with you in person.

For example: If your girlfriend is refusing to meet up with you and is saying things like, *"Just leave me alone. I've had enough and I really don't want to see you anymore,"* you can say to her, *"Look, I know that right now I'm not on the top of your Favorite Person in the World list. However, all I'm asking for is a quick catch up over a cup of coffee. We're not children who have to ignore each other like this. We can catch up for a quick coffee, right? If after the meet up you don't want to see me or talk to me again, I'll respect your wishes and won't contact you again."*

Then, when you meet up with her, you need to keep saying and doing the types of things that will make her see you in a new light and convince her to give you another chance (e.g. be confident, make her smile and laugh, show her that you love and appreciate her).

However, don't push her to decide there and then if you haven't fully re-sparked her feelings of respect and attraction for you first.

If she sees that you're being a confident, emotionally mature guy around her, she won't be able to stop herself from dropping her guard a little bit and allowing herself to imagine you and her being back together again.

From there, it's up to you to open her eyes to the fact that falling back in love with each other will be one of the most amazing feelings she will ever experience in her life.

When she realizes that she will be winning because you are now the man she always wanted you to be and because it's exciting to fall back in love with someone again, she will feel happy about being in a relationship with you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to

gain free, instant access!

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Iâ€¢m a Rich and Successful Man, But My Ex Still Isn't Interested in Being With Me

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If youâ€¢re saying something like, *â€¢Iâ€¢m a rich and successful man, but my ex still isnâ€¢t interested in being with me,â€¢* and wondering why, here is the answer...

A woman needs to be in love with you, not your money.

Money is a bonus in a relationship, but it is not an essential for love.

Some women will date and even marry a guy for his money, but most women are more attracted to how a man makes her feel when sheâ€¢s with him.

Who he is when sheâ€¢s interacting with him is what matters the most to her.

For example: Some of the questions a woman subconsciously asks herself when sheâ€¢s first thinking about hooking up with a man are:

- Do I feel good around him, or does he make me feel bored, or even turned off?
- Can I look up to him and respect him as a man, or do I look down on him a little bit?
- Do I feel like heâ€¢s man enough for me, or do I feel emotionally stronger than him?
- Does he make me feel feminine and girly in his presence, or do I feel neutral around him, or even worse, like a big sister or mother-figure to him?

These are the types of things that really matter to most to a woman in terms of being in love with her man and wanting to stay with him.

A man might be very rich and successful, but if he canâ€¢t make a woman feel the way that she wants to feel when sheâ€¢s with him, itâ€¢s unlikely that she will say, *â€¢Well, okayâ€¢|heâ€¢s really boring to be around, heâ€¢s arrogant and treats me like a child sometimes/or I feel like his big sister, but heâ€¢s rich and successful, so Iâ€¢ll stick with him for life.â€¢*

Thatâ€¢s not how it works in most cases.

A woman needs to feel emotionally attracted to a man to want to stay with him.

So, if you want your ex to be interested in you, here's what you need to doâ€¢!

1. Understand Her Real, Hidden Reasons For Not Being Interested in Getting Back Together With You

[image: Her true, hidden reasons for leaving you]

Sometimes, a woman will break up with a guy and give him an excuse like, *â€¢Look, youâ€¢re a great guy but I need some space to sort myself out,â€¢* or, *â€¢Itâ€¢s not you, itâ€¢s me. Iâ€¢m just not ready to be in a serious relationship right now. Itâ€¢s better that we break up now because I donâ€¢t want to hurt you.â€¢*

Yet, that isn't her real reason for breaking it off with him.

She's just saying that to soften the blow and be nice, so he doesn't get angry.

If you read the examples above again, you will see that she isn't actually telling him what he needs to change to get her back.

She's just saying that she needs space or that it's her fault, but that's not what she is really thinking.

So, the most important thing that you need to do to make your ex feel interested in you again is to show her that you understand her secret reasons for breaking up with you, without her needing to explain them to you.

For example: Some of the secret reasons why a woman might break up with a guy include:

- He assumes that because he's rich and successful she will stick with him regardless of how badly he treats her (e.g. takes her for granted, puts her in second place in his life, belittles her or criticizes her in front of others).
- He wants different things in life to her (e.g. he wants to travel around and live an extravagant lifestyle, while she wants to settle down and have a family).
- He bullies her and disregards her opinions.
- He treats her more like a trophy than like an attractive woman that he feels love and desire for.
- He is jealous and controlling and wants to know her every move.
- He is strong in business, but emotionally weak in relationships.
- She feels like more of a big sister to him.
- She hates how he just wants her to be a woman on his arm and not having any goals or dreams of her own.
- He gets nervous in social situations (e.g. around her friends, family or coworkers).
- He thinks he can buy her love by paying for her rent, bills and buying her expensive gifts, but what she really wants is to feel respect, attraction and love for how he makes her feel when they spend time together.
- He is too serious and tense about things all the time and she can't seem to relax and feel happy around him as a result.
- He fails her confidence tests by becoming insecure or angry when she throws a tantrum, acts uninterested in him or stops being affectionate.
- He lives a boring lifestyle and doesn't do much or anything fun.
- He tries too hard to impress her by doing lots of fun things, but she just doesn't respect him as a man, so it's not fun for her. She likes going to new places and doing new things, but she's not fully in love with him yet, so it always feels a bit awkward.
- The emotional issues he has reminds her of an ex or her abusive father, so she wants to get out before she gets too involved in the relationship.
- He can't seem to get along with her family and friends, who are an important part of her life.
- She thinks that he's just too good for her and is only with her because he can't get other women, but if other women show him interest in future, he may dump her and leave her behind.

Can you relate to any of those possible reasons why she broke up with you?

If you answered yes, then good – you now have an idea of what you need to change about yourself to reawaken her feelings of respect and attraction for you.

Then, when you interact with her (e.g. via text, on social media, on a phone call and especially in person) you can show her via your body language, behavior, the way you talk to her and the way you respond to her, that you are now a very different man from the one she remembers.

She will be able to see for herself that some of the things that were turning her off about you are no longer an issue and you have already improved in the days, or weeks, since she broke up with you. When that happens, she won't be able to stop herself from thinking, *â€œSomething is different about him. He's really changed. Maybe we can work things out between us after all.â€*

On the other hand, if you don't fully understand her reasons for saying, *â€œI'm not interested in being with you anymore,â€* chances are high that you will keep saying and doing the types of things that were turning her off in the past and have been turning her off since the break up. You'll likely keep offering her the type of things that don't really matter to her (e.g. to pay her bills, buy her expensive gifts) and she'll just keep saying, *â€œThanks. You're really sweet, but I'm just not interested in getting back together again.â€*

2. Begin Changing or Adjusting the Things About You That Have Been Turning Her Off

Understanding why your ex isn't interested in being with you is a good start, but that alone is not going to make her change her mind.

Essentially, if your ex has lost respect and attraction for you as a man, to make her want you again, you first have to prove to her (via your actions and behavior) that you're not the same man she broke up with.

You can't tell her that you've figured it all out and that you've changed, because she's probably not going to believe you.

For example: She might say, *â€œYes, yes. I've heard that plenty of times before from you. You're always saying that you've changed, but when I give you another chance, you're just the same emotionally weak/controlling/critical/self-absorbed guy you've always been. Forget it! I'm not interested in being with you anymore. Just leave me alone.â€*

[image: Changing the way that you interact with her]

So, don't try to tell her that you've changed.

Instead, show her.

If you want to make your ex change her mind about you, you need to show her via your behavior, the way you think and act, what you say to her and the way you respond to what she says, that you're now at a different level from when she broke up with you.

For example: Some common mistakes that a rich, successful man might make that will keep turning his ex off include the following:

- **Paying for her rent or expenses to make her feel dependent on him.**

One of the most common mistakes a rich guy will make when trying to get his ex back, is fall into the habit of paying for her expenses, so she feels like she needs to still have him in her life.

He might say to himself, *â€œIf I pay for all her expenses and rent, she will see how lucky she is to have someone in her life that cares for her the way I do. She'll also realize that she actually can't cope without my support and will then want to get back together again.â€*

Yet, paying a woman's expenses rarely makes her change how she feels about a guy.

When a woman has lost respect and attraction for a guy, him paying all her expenses might even annoy her and make her resent him.

She may think, *â€œHow shallow does he think I am? Does he really think that he can buy my love? Doesn't he understand that I need to have feelings for him to want to be with him? Feelings don't come from paying my expenses.â€*

She then may decide to use him financially to get back at him for assuming that her feelings are for sale.

So, if you want to make your ex change her mind about being with you, don't try to make her financially dependent on you in the hopes that it make her realize how much she needs you.

Instead, focus on making her emotionally dependent on you by sparking her feelings of respect and attraction, so she feels like she needs to be around you more to feel good, feel happy and feel in love.

Then, if you also happen to pay for her rent or her expenses (if you want to), she will think, *â€œWow! Iâ€™m the luckiest girl on earth to have such a great man. Iâ€™m going to do whatever it takes to make him happy so that he will never leave me.â€*

- **Buying her an expensive ring to show her that he can take care of her.**

Sometimes, a rich guy may think that the main thing a woman thinks about when choosing a guy, is whether or not he can take care of her financially.

He might then decide to show her that he can take care of her by buying her an expensive ring.

Yet, being financially stable is not the only thing that makes a woman feel taken care of.

Even though a woman likes the idea of being with a man who is financially capable of taking care of her and any children that might come along, she also wants to feel that he is emotionally strong enough to take care of her as well.

For example: A woman can be very emotional and she might even cry or get upset for no reasonâ€”several times per month in some cases!

She might pick an argument with her guy over seemingly insignificant things, or she might say, *â€œIâ€™m fineâ€* and then get angry with him for not realizing that what she's actually saying is, *â€œIâ€™m not fine and I need you to hold me or pay attention to me for a minute to make me feel better.â€*

However, when she's being an emotional woman, getting an expensive ring is unlikely going to make her feel taken care of.

Instead, it just makes her feel like a spoilt brat who is getting what she wants for being a bad girl.

That's not a healthy way to build a relationship.

Your woman should be rewarded for good behavior, not bratty, selfish behavior.

So, what should a man do instead?

Simple.

If she's being a pain in the butt and throwing tantrums for no reason, he just needs to remain emotionally strong, laugh about it and not take her so seriously.

If he does that rather than getting annoyed with her or desperately trying to suck up to her to

hopefully stop her from being such a brat, sheâll know that he is man enough for her and she will feel both taken care of and attracted to him at a deep instinctive level.

The fact is, a guy might be able to take care of a woman financially, but if he crumbles emotionally when she challenges him, she wonât feel taken care of in the way that she really wants.

- **Offering to take her on an expensive vacation.**

[image: Trying to buy her love]

A man who is rich and successful may sometimes think that if he can give his ex something she cannot pay for by herself (e.g. an expensive vacation), sheâll suddenly change her mind about him.

Secretly, heâs hoping that sheâll say to herself, *âWithout him I would never be able to have this kind of luxury in my life. Iâve been such a fool to break up with a rich and successful man like him,â* and she will then become interested again.

However, in most cases, a woman doesnât fall in love with a guy because he can take her on expensive vacations, she falls in love with him because of the way he makes her feel.

There are some women who use men for their money, but that isnât love.

Love happens when a woman respects you, feels attracted to you and is happy about how she feels when around you.

Essentially, if a guy can trigger a womanâs feelings of respect and attraction for him, she will want to stay with him even if all he can afford is to set up a tent in his back yard.

Crazy, I know, but thatâs how most women are.

Women do like men with money, but they like men who make them feel respect, attraction and happiness more than rich men who make them feel bored, uncomfortable and turned off.

So, if a rich man (who has been turning his ex woman off) tries to buy her love by offering to take her to the most expensive resort in the world, she will usually just say something like, *âThanks.*

Thatâs really nice of you, but Iâm not interested.â

By the wayâ!

If you make her feel respect and attraction again and then offer the vacation, then thatâs a different story.

Start with respect and attraction and then everything you do after that will be appreciated by so much more.

Of course, just donât fall into the trap of trying to buy her love. It doesnât work.

You may get some temporary interest, but lasting interest and love is based on real feelings of respect and attraction for who you are and how you make her feel when you interact with her.

- **Being extra nice to her in the hopes that she sees how much he cares.**

Another common mistake that rich guys make when they are trying to get an ex back is to be extra nice to her.

For example: A guy might say, *âIf Iâm really nice to her and make myself available to her every need, she will realize how much I care for her. Then, even though sheâs been saying that*

she isn't interested in being with me, she will change her mind and we can be together again because she will realize that no other man will treat her as well as I do.

Yet, what a guy like that doesn't understand is that when a woman is saying things like, *Look, I know you mean well, but I'm just not interested in being with you,* it's usually because she doesn't feel sexually attracted to him anymore.

This often happens because he's trying to win her over with traits (e.g. niceness, politeness, compassion) that don't even make a woman feel sexually attracted and turned on.

A woman only feels love and sexual attraction for those traits if she feels respect and attraction for a guy first.

Respect and sexual attraction has to come first, not niceness and generosity.

Even though she might appreciate that he's being really nice to her, it's not going to make her change her mind about being with him.

Rather than her thinking, *He's so nice. I just can't resist him. I have to be next to him, kiss him, have sex with him and never let him go* she will usually be thinking, *He's a good guy, but I just don't feel anything with him. I'm lucky to have a nice, sweet friend like him who cares for me, but I don't want a friend, I want a boyfriend or husband.*

She may continue to keep him in her life as a friend, but she will be actively trying to find a new man to replace him as soon as possible.

So, don't waste your time being extra nice to your ex in the hopes that she will realize how much you care for her and decide to get back together with you based on that.

Instead, make her interested again by triggering her feelings of respect and sexual attraction for you.

[image: Get her respect and attraction back at a meet up]

When your ex sees that you no longer think, act and behave in the ways she felt turned off by (e.g. insecurity, jealousy, controlling behavior), she will feel respect for you and begin to feel drawn to you again.

3. Interact With Her Right Away and Let Her Experience the New You

You can sit around saying, *I'm a rich, successful man, but my ex still isn't interested in being with me,* and hope that she will somehow realize that she made a big mistake and call you up, or you can take action to get her back right away.

Naturally, when a woman is saying things like, *Leave me alone. I'm just not interested in being with you anymore,* a guy might feel like he needs to step back for a while and let her come to her senses.

He might then wait around for weeks, or even months, in the hopes that she will call him up and say, *I've realized my mistake. You're a rich, successful man and I would be crazy to let you go. Will you please take me back?*

Yet, unless a woman is still secretly in love with a guy, or is really struggling to find a replacement guy, she will rarely call up her ex if she doesn't hear from him for a long time.

She may contact him just to check that he's still missing her, but if she discovers that he still wants her back and hasn't yet changed the things about himself that secretly turned her off, she's just going to keep moving on.

If she doesn't contact him, she will likely say to herself, *â€œWell if he hasn't made an effort to contact me after all this time, it must mean that he didn't really love me in the way he said he did. He's obviously moved on with his life, so I'm not going to sit around waiting to hear from him anymore. It's over and I'm moving on and will find myself a man who isn't afraid to love me and work through any relationship problems we encounter.â€*

So, don't waste a lot of time waiting around and hoping she'll change her mind all by herself. Actively interact with her and make her feel something for you again.

Even if she's being cold and distant and saying things like, *â€œI don't want to talk to you. I'm just not interested,â€* rather than give up, you can turn it around by making her smile, laugh and feel good when talking to you.

The more you make a woman smile, laugh and feel happy, the less she can hold onto her negative, angry feelings about you.

[image: Reconnect with her]

She will be impressed when she sees for herself that you are no longer at the same level you were at when she broke up with you.

When she's suddenly faced with the kind of man that she can now look up to, respect, feel attracted to and love, it will be difficult for her to keep saying, *â€œNo, I'm not interested in being with you.â€*

Her walls will come down and she'll realize that falling back in love with you is one of the most amazing feelings she has ever experienced in her life.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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What Makes an Ex Feel Attracted to You Again? 6 Examples

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 6 examples of what can make an ex feel attracted to you again.

1. She Sees That You've Changed the Things About You That Were Turning Her Off

A woman doesn't usually wake up one morning and think to herself, *"Today is a lovely day. I think I'm going to break up with my boyfriend (fiancé or husband) now."*

Instead, she will usually think about it for a long time and even try to find reasons to stay, rather than give up on the love and relationship that they have been sharing together.

So, when a woman finally calls it quits, it's usually because she has lost so much respect and attraction for her man that she just can't imagine staying with him any longer.

Yet, what causes a woman to lose respect and attraction for a man to the point where she can't stand being around him anymore?

Some of the causes can be that:

- He became emotionally abusive (e.g. insulting, controlling, threatening).
- He was too clingy (e.g. always needing her to reassure him of her love for him, being too emotionally sensitive, worried that she might one day like another guy and leave him).
- He was insecure (e.g. about life, socializing, the relationship, his future).
- He cheated on her.
- He took her love for granted and expected her to stick around for life, even though he wasn't treating her very well anymore or wasn't making her feel appreciated.
- He lacked purpose and direction in life (e.g. he wasted most of his time watching TV, playing video games, hanging out with his buddies or engaging in fairly pointless hobbies just so he didn't have to make progress in real life by following through on his big dreams and ambitions).
- He stopped trying to get along with her friends and family and maybe even tried to turn her against them.

The list goes on.

You would probably be fairly clear on how you stuffed things up with her now, but did were you aware of it during the relationship?

Maybe you were and if so, you took her love for granted and expected her to stick around and put up with it because things used to be so good between you and her at the start.

Yet, you can keep a relationship together for life simply based on good times at the start.

You've got to keep the love alive, rather than taking it for granted.

Over time, if a guy fails to pick up on his woman's unhappiness and then change his ways, she will gradually lose respect and attraction for him.

When a woman doesn't feel much respect or attraction for a guy, she will then start to disconnect from her feelings of love for him as well and when that happens, she will usually just break up with him and try to move on.

She won't always want to break up with him, but she will feel like she has to because he just isn't listening and he isn't putting in the effort to fix his mistakes and become the man that she needs.

So, if you want to make your ex feel attracted to you again, you must start by fixing the things about yourself that were turning her off.

When she sees that you have changed, she won't be able to stop herself from feeling attracted to you again, even if she tries to hide it or act like she's not impressed.

When she feels a renewed sense of respect and attraction for you, she then starts to wonder, *â€œWhy do I miss him all of a sudden? Why am I thinking about him all the time?â€*

She can't stop herself from feeling that because attraction is an automatic reaction that men and women have to each other when attractive traits are displaying.

From there you can build on that initial spark of attraction by showing her that things really are different now.

Another example of what makes an ex feel attracted to you again isâ€

2. Making Her Laugh and Smile When She Interacts With You

There's a popular saying that goes like this, *â€œLaughter is the best medicineâ€* and in some cases, it's true.

When you make your ex laugh and smile every time that she interacts with you from now on, you are helping to heal the pain, anger and resentment that she has been feeling towards you.

By making every interaction between you and her happy and enjoyable, you are actively sparking her feelings of respect and attraction for you and making the negatives of your relationship seem less important to her.

When that happens, she naturally feels drawn to you in a way that feels good to her.

So, rather than spend a lot of time going over what went wrong in the relationship when you're interacting with your ex (which will only keep reminding her about the things that turned her off in the first place), just use that time to create new, happy memories in her mind by making her laugh and smile.

For example: If she asks you, *â€œWhat have you been up to since we broke up?â€* you can jokingly say, *â€œOh, not much. I took a vow not to shower or bath until you talked to me again. Thank goodness we're talking now. The neighbors have been complaining about the smell for days!â€*

She will most likely have a laugh with you about it. If she doesn't, don't worry; she will still feel respect and attraction for you for having the confidence and social intelligence to make a joke in a potentially tense moment like that.

When she laughs (or just smiles because she is playing hard to get), it takes her mind off the negative parts about her relationship with you and she starts to think of you as you are now, rather than who you were.

She then drops her guard and becomes more open to feeling positive emotions such as respect, attraction and love for you again.

3. She Sees That You Are Now Emotionally Independent, But You Still Love Her and Respect Her

A woman definitely wants to be loved and appreciated by her man, but in most cases, she doesn't want to be his main reason for living or main source of happiness.

Some guys mistakenly think that to make a woman feel loved and appreciated, he has to make everything about her.

For example: A guy might give up all his hobbies and interests and stop hanging out with friends as a way of showing his woman how much she means to him.

He assumes that by showing her just how much he loves and needs her, she will be amazed at his dedication and will be loyal to him for him.

Yet, that's not how it works.

When a man makes his woman his reason for living, he will eventually begin to behave in a clingy, needy, insecure way, especially if she starts becoming less affectionate or attentive (most women do that to test the guy's confidence and to see if he has become clingy).

If the woman notices that he has become clingy and needs her constant love and attention to feel happy and confident, it will cause her to lose respect and attraction for him.

She will feel as though he isn't an emotionally strong man and is only behaving that way because she is supporting him.

A woman wants to be with a man who is happy, confident and forward moving with or without her.

She doesn't want to feel as though she has to keep propping him up, patting him on the back and encouraging him along to keep him happy, confident and forward moving.

So, if a guy became clingy, jealous or very insecure in the relationship and it lead to him being dumped, he has to now show her that he's an emotionally independent, emotionally strong and emotionally masculine man now.

He can't be the same old emotionally sensitive, self-doubting, insecure guy and expect her to want him back.

So, how can he become more emotionally independent?

Some examples are to:

- Start taking real steps towards achieving his big goals and ambitions in life.
- Take up a new hobby that includes other people (e.g. martial arts, dancing, a mixed sports team that plays volleyball, soccer, basketball, tennis, badminton. Alternatively, join a meet up group in his area that catches up once a week to do something together, such as hiking, discussing philosophy, exercise, mountain biking).
- Hang out with old friends again, or make new friends.

When you focus on becoming genuinely happy and independent in your own life, not only are you

helping to take your mind off what happened between you and your ex, but you are also becoming more attractive to your ex and to women in general.

The next time you interact with your ex, she will see that youâ€”re not the same guy she broke up with and have become a more balanced man, rather than being so focused on her.

This will make her begin to feel some respect and attraction for you again.

4. You Make Her Feel Attracted in New Ways

One of the best ways to make an ex feel attracted to you again is to show her you have moved beyond the level that you were at when she broke up with you.

For example: If your ex broke up with you because you weren't ambitious and were procrastinating in life, you need to show her that you are now starting to make progress towards your goals.

You donâ€”t have to achieve everything right away for her to feel attracted to you again; you just need to start making progress in the direction of your big goals and dreams in life.

She will then see that youâ€”re not stuck in a rut like before, which will make her feel respect for you for manning up and having the courage to change and improve.

Another example is if you were insecure and too emotionally sensitive in the relationship.

In that case, you need to be able to show her that you are now more confident than ever.

You are calm, confident and relaxed and you donâ€”t get upset, angry or hurt when she tests you by doing things like pretending to be interested one minute and then ignoring you the next.

You are emotionally strong now and handle things differently to how she remembers you in the past.

5. She Feels Jealous Because Youâ€”re Dating a New Woman

Sometimes, a woman might see her ex out at a club kissing, hugging and having fun with another woman, or she might see pictures of him and his new girlfriend on social media.

She might then say to herself, *â€”Wow, other women like him now. I donâ€”t like seeing him with other women like this because it makes me miss him. I think I made a big mistake by breaking up with him. I've got to get him back.â€”*

Suddenly, the idea of losing a guy that is appealing to other women makes her feel attracted to him again, and she might then text him or call her ex in an attempt to get him back.

Warning: If a guy is only pretending to be having fun and dating other women just to make his ex jealous, he stands a big chance of getting caught out in a lie that can backfire and cause her to lose even more respect and attraction for him.

For example: Over the course of a week, she sees photos of him on social media hanging out with a girl and even hugging her.

She then calls him and says, *“I've been seeing photos of you with your new girl on Facebook. How could you move on so quickly?! I still love you and you already have a new girlfriend? Did you ever love me?”*

If he then says, *“No, she isn't my girlfriend. We're just friends. I don't want any other woman, I just*

want you” she will then know that he was trying to make her jealous to get her back.

She may then decide to get revenge on him by blocking him on social media or by hooking up with a new guy just to make him feel bad.

However, I have heard of many cases when this tactic has worked.

It works best when you are genuinely beginning to move on without her and if she confronts you about it, you just be honest and say, *“Yes, it’s true. I still love you, but you don’t want to be with me, so I’m just moving on.”*

She then realizes that it was her fault for pushing you away.

Even though she is throwing a tantrum and getting angry, she is attracted to you and wants you back.

Women are more attracted to guys who other women want. It’s just how it works.

Of course, if you want to re-attract your ex and not have to date any other women, I teach how to do that in my program, [Get Your Ex Back Super System](#)

6. She’s Dated Other Guys and Discovered That You Are a Better Catch Than They Are

Occasionally, when a couple is young or has little or no experience with relationships, they might fall into a rut and feel like the relationship has to end because it has become a little boring.

For example: They might behave more like friends around each other, or the guy might be too inexperienced to give the woman the attraction experience that she really wants (e.g. she wants him to be more manly, but he’s too emotionally sensitive and is a bit of a pushover with her).

She might then decide to break up with him and choose to date other guys, in the hopes that some other guy can make her feel the way she wants to feel in a relationship.

However, she may then realize that although other guys fill certain emotional gaps that were missing in her relationship with her ex, most of them have issues of their own and that her ex was actually more attractive to her than she initially thought.

If she then interacts with her ex and he stands out by behaving in ways that are attractive to her (e.g. he is more emotionally mature and confident now, he makes her laugh and flirts with her, he’s charming and charismatic), she will naturally regret breaking up with him and will want him back.

Remember: It’s Who You Are as a Man That Matters to Her Most

As you can see from the examples above, there are many different ways to make an ex feel attracted to you again.

However, where some guys go wrong is by trying to attract an ex back with superficial things like clothes, hairstyle, body shape and shoes.

For example: A guy might say to himself, *“I have to re-spark my ex’s feelings of attraction to get her back, but I won’t be able to achieve that if I look like my old self, so I’ll have to get myself a makeover. I need to change update my wardrobe, go to the gym and build some muscles. Then,*

when she sees me again she won't be able to stop herself from feeling attracted to the new me.

Yet, here's the thing!

Although those things can make a nice superficial impression and even make a woman say something like, *"Oh, you're looking good. Have you been working out?"* if how you interact with her doesn't make her feel attracted (e.g. you lack confidence around her, you're still making the same old communication mistakes when talking to her), then the new clothes, shoes and muscles will quickly lose their appeal.

To make and ex feel attracted to you again, you have to turn her on with the deeper traits of confidence, masculinity (how you think, behave, talk) and emotional maturity, rather than hoping to get her back with a new pair of shoes, a nice hair cut, or big biceps and a six-pack.

Essentially, a woman's attraction to a man is mostly based on how he makes her feel.

For example:

- Does she feel feminine and girly in his presence, or does she feel neutral around him or more like his friend or big sister?
- Does she look up to him and respect him, or does she feel like she has to guide him and teach him how to be the man she needs him to be?
- Is he confident and emotionally strong, or is he secretly insecure and still dealing with a lot of emotional issues that he can't seem to shake?

These things are much more important to most women than a guy's physical appearance.

Of course, there are some women who are attracted to the superficial things in men (e.g. his looks, money, status), but most women are more attracted to a man's behavior and inner qualities and how that makes her feel when she's with him.

So, if you're serious about making your ex feel attracted to you again, don't waste a lot of time trying to change your physical appearance.

Naturally, there's nothing wrong with looking the best you can, but your main focus needs to be on making some changes and improvements to the way you are talking to her and interacting with her.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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5 Steps to Make Your Ex Regret Dumping You and Want You Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

To make your ex regret dumping you and want you back, follow these 5 steps:

1. Discover Her True, Hidden Reasons For Leaving You

[image: Her true, hidden reasons for leaving you]

Some guys know exactly what caused their ex to break up with them (e.g. the guy cheated on her, he lied to her, he was abusive towards her).

However, in most cases, a guy isn't fully clear on what caused his ex to dump him and often just accepts the reasons she gave him.

For example: A guy might say, *"My ex broke up with me because she said she needed some space to focus on her career."*

He might then think to himself, *"If I give her some space to focus on her work, she will realize what a great guy I am and she will then regret dumping me and want me back."*

Yet, that's not how it works.

To begin with, most women will rarely come out and say exactly what is turning them off about a guy's behavior.

So, when a woman says things like, *"I need some space,"* or *"I just don't feel the same way about us anymore,"* or *"Things have changed"* or *"I don't know what I want anymore,"* it's usually her way of letting the guy down gently.

She doesn't want to come right out and reveal her true, hidden reasons why she is dumping him because:

- She doesn't want to tell him her secret reasons (e.g. he's not manly enough, he's too emotionally sensitive) because she doesn't want him to quickly start acting like he's fixed those things.
- She's afraid that if she tells him what he's doing wrong, he might become angry or possibly even violent.
- She doesn't want to give him a chance to talk her out of her decision (e.g. by begging and pleading with her, promising her he will change, telling her how much he still loves her).
- She doesn't want to teach him how to be the kind of man she needs in her life.
- She doesn't want him to take her feedback the wrong way (e.g. one of her secret reasons might be that he's too much of a pushover and let's her get away with disrespecting him. She fears that if she tells him that, he might take it too far and become too assertive, controlling and aggressive in an attempt to show her that he's not a pushover anymore).

[image: Hiding her real reasons for the break up]

Rather than telling him how to get her back, a woman will usually just try to cut her losses and move

on in the hope that she can find a man who already has the ability to maintain her respect, attraction and love in a relationship.

So, if you want to make your ex regret dumping you and want you back, you need to be able to show her that you understand her secret reasons for breaking up with you, without her needing to explain them to you.

If you are unsure about what those reasons are for you, check out the list below and see if any of the following apply to you and your relationship.

- Were you both after the same kind of relationship, or did you want different things (e.g. one of you wanted to have fun together, but the other was focused on work or finishing university, or one of you want to get married and start a family, while the other was more focused on career)?
- Were you making her feel feminine and girly in your presence, or did you allow her to take on a more masculine role in the relationship (e.g. by letting her make all the decisions, letting her push you around, becoming the more emotionally sensitive one)?
- Did you make her feel loved and appreciated, or did she feel you were taking her for granted (e.g. you stopped noticing her efforts to look good, stopped telling her how much you loved and appreciated her, you put her in second place to your friends and expected her to put up with it)?
- Were you always respectful towards her, or did you get into a habit of criticizing or belittling her (e.g. making fun of her in front of other people, disregarding her opinions or ideas, making her feel stupid in comparison to how intelligent you are)?
- Did you live a balanced lifestyle that she was a part of, or did you become clingy and needy and mostly focus all of your time and attention on her?

By answering these questions, you will begin to get a better understanding of what caused your ex to dump you in the first place.

Then, when you interact with her (e.g. via text, on social media, on a phone call and especially in person) you can show her via your body language, behavior, the way you talk to her and the way you respond to her, that you have now changed.

She will be able to see that are no longer the guy she dumped and you have already improved in the days or weeks since the break up.

When that happens, she won't be able to stop herself from feeling drawn to you again.

She will then start to regret dumping you and will begin to imagine how good it would feel to be back in your arms again, kissing you, having sex with you and telling you that she loves you.

On the other hand, if you don't fully understand what has been turning her off about you, chances are high that you will keep making the same old mistakes in your communication style, or will keep offering to fix the wrong things that she doesn't even care about (e.g. a guy might say, *"I will treat you so much better, I promise,"* but what she really wants is for him to be more manly and not be such a hopeless romantic).

If you offer her the wrong things, she will just keep saying things like, "Sorry, I'm not interested," or "Just accept that it's over."

2. Begin Fixing Those Things About Yourself

[image: Begin fixing your issues and improving yourself]

Understanding what caused your ex to dump you is a great start, but that alone isn't what will make her want you back.

Neither will texting, e-mailing or calling her up, to say things like, *â€œIâ€™ve really changed. Iâ€™m a different guy now. I promise I wonâ€™t make the same mistakes again if you just come back. Please give me another chance and you can see for yourself that Iâ€™m a changed man.â€*

Remember: Actions speak louder than words.

If your ex has lost respect and attraction for you as a man, regardless of how sincere you might be, she is likely going to assume the worst about you and think that you're still the same guy and won't be able to change how she feels.

To make your ex regret dumping you and want you back, you need to show her via your behavior, the way you think and act, what you say to her and the way you respond to what she says, that youâ€™re now at a different level from when she broke up with you.

For example: Ask yourselfâ€

- **How do I usually react when my ex says that she doesn't want to be with me?**

If she says things like, *â€œMy feelings for you are dead,â€* or *â€œYou mean nothing to me anymore,â€* do you remain and think to yourself, *â€œIt's fine. I accept that she feels that way right now, but I also know that feelings can and do change all the time, so how she feels now is not permanent. I can change how she feels and make her love me againâ€* or do you get upset or angry with her and possibly beg and plead by saying things like, *â€œPlease give me another chance! I canâ€™t live without you! Don't do this to us. We can make it work.â€*

- **How do I react when she talks about other guys?**

Do you lose hope and think, *â€œOh no! She's talking about other guys. This means that she will have sex with them, enjoy it and never want me back,â€* or do you remain confident in yourself and focus instead on making her smile, laugh and feel attracted to you again?

When your ex sees that she can no longer make you react in the ways that you used to when you were together, she will feel respect for you and begin to feel drawn to you again.

You don't need to be perfect to get her back, just better.

Actions speak louder than words, so rather than trying to convince her with words (e.g. "I will change"), convince her by how you now think, feel, talk, behave and act around her and in life.

3. Improve Your Ability to Attract Her During Interactions

[image: Make her love the new you]

When a woman breaks up with a guy, chances are high that sheâ€™s not going to want to interact with him much, or at all after they part ways.

So, to make your ex regret dumping you and want you back, you can't sit around hoping she will somehow wake up one morning and think to herself, *"I miss my ex so much. I think I want to get back together with him. I should call him and ask him to come and see me so we can get back together."*

The chances of her doing that are just way too low.

I've personally helped 100s of men to get women back and the fastest, easiest way to get a woman back is to actively re-attract her.

You need to use every chance you get, whether it's via text, on social media, e-mail, on a phone call, or in person, to show your ex that you've changed and make her feel like she's losing out if she continues to stay broken up with you.

For example: When you interact with her and she's being cold towards you, you need to get her to smile and laugh, and let her experience your newfound confidence based on how you think, feel, talk and behave around her now.

The more that she can see that you're not responding to her like she's expecting you to, the more she will begin wondering, *"What's going on here? Why isn't he getting upset or angry like he used to when we were together? Something is really different about him,"* and she won't be able to stop herself from feeling drawn to you again.

However, if you keep making the same old mistakes in your communication style, she will likely just keep pushing you away like she always has.

So, to avoid turning her off even more, here are some mistakes to avoid making when you're interacting with her.

- **Lying about moving on when you haven't.**

Sometimes a guy will pretend that he's moved on with his life, even though he hasn't, in the hopes that it makes his ex regret dumping him and then want him back.

For example: When a guy interacts with his ex, he might say things like, *"I'm totally fine about us breaking up. I mean, I would never get back together again anyway because I'm so over you now,"* or *"I'm actually glad that we broke up. I've been going out a lot lately and there are so many women interested in dating me, so things have been fun. I would hate to be stuck in a relationship now. Single life is way more fun."*

If that's his honest opinion, then he can go ahead and say that if he wants to be rude and get some revenge by hurting her feelings a little.

However, if a guy wants her back, he shouldn't make up lies about being over her when he isn't.

Why? A woman can easily catch him in a lie by showing interest in him and then pulling back to see how he reacts.

For example: She might say, *"Actually, I was thinking that maybe we should catch up. I've missed you. I don't want to be single anymore. I want you back"* and then when he starts saying, *"Yeah, well maybe we could do that. I've been missing you too"* she might say, *"Hhhh...I don't know...I need time to think about it"* and then string him along to get revenge for lying about being over her.

Lies just don't help in an ex back situation, so whatever you do, just be honest.

In life in general, it's way easier (and less stressful) to just be honest all the time because you then

have nothing to hide.

If you try to lie to her to make her regret losing you and she catches you out in that lie by showing interest and then pulling it away when you show interest back, she's just going to lose respect for you and that will make it harder to get her back.

- **Bragging about what you have achieved since the break up to hopefully make her feel like she's let a great man go.**

Another way that some men try to make their ex woman regret dumping them is by bragging about all the great things they've been doing since the break up.

For example: A guy might say to his ex, *I've been so busy since we broke up. I got promoted at work and I'm now earning so much more money, so I'm planning to tour through Europe next summer. Oh, and did I mention? I've got a brand new car as well. You'd love it!*

Yet, in most cases, a woman will know if he is insecure and is only saying those things to hopefully impress her.

So, rather than making a woman think, *My ex sure has become very successful since we broke up. He's such a great guy. I never realized what a great catch he really is. I wonder, maybe we should get back together again,* she may think, *Lame! I can't believe he's bragging to me about those things. Doesn't he realize that what matters to me is who he is as a man? Like I care how much he earns now or that he has a great car. I'm not going to be in a relationship with those things; I will be in a relationship with him and it is him and his thinking and behavior that turns me off. He still doesn't get it.*

- **Trying to make her feel guilty for how bad she made you feel.**

[image: You promised that we'd be together forever]

It's only natural that when a guy gets dumped, he might feel hurt and betrayed by his woman. After all, she probably once said to him, *"I love you so much. I want to be with you forever"* or something along those lines.

So, if a guy is a man of his word and he said the same thing back to her at the time, it's only natural that he would feel betrayed.

He might then try to make his ex feel guilty for going back on her promise and making him feel so angry, depressed, lost and confused as a result.

For example: A guy might call up his ex and say something like, *How can you do this to me?! How can you be so cold and heartless? After everything we've been through and how much we loved each other, how can you just throw me out like an old pair of shoes? I'm a person you know? I have feelings? Doesn't it matter to you that I love you?*

Secretly, he might be hoping that if she feels guilty enough about hurting him so badly, she might think to herself, *My ex is right! I really have been a heartless bitch towards him. He must really love me if he's feeling so hurt and sad about the break up. I regret making him feel that way, so maybe I should just give him another chance.*

Yet, it rarely works that way.

When a woman sees a man behaving in a desperate, insecure, emotionally weak way, it only turns her off even more.

She begins to wonder, *“If he can’t cope with a break up, what will happen if he has to face other serious problems in life? Will he need me to guide him and protect him like I am his mother?”*

Most women don’t want to take on that role in a relationship with a guy, which is why they are primarily attracted to men who are emotionally strong, confident and able to cope with whatever life throws at them.

Guys who are insecure, self-doubting, needy or too emotionally sensitive feel like more of a burden than a benefit to women, so women usually close up, break up and try not to look back.

☞ Telling her that no other guy will love her as much as you do.

When a woman doesn’t have feelings for her ex, hearing him say, *“You will never find a guy who will love you as much as I do. You mean the world to me. Why can’t you see that I am the right guy for you? I love you so much. No other guy will treat you as good as I do”* isn’t going to matter that much to her.

Why? A woman just won’t care much at all that a guy loves her, if she doesn’t feel respect and attraction for him.

The feelings have to be mutual for her to care.

So, if you want to make your ex regret dumping you and want you back, don’t waste a lot of time telling her how much you love her, because she’s not going to care how much you love her compared to other guys if you don’t re-spark some of her feelings of respect and attraction for you first.

4. Call Her to Let Her Experience the New You

[image: Get her on a phone call]

Some guys believe that texting an ex is a safe, non-threatening way of interacting with her and will ensure that he can slowly get her back without putting too much pressure on her by calling her or talking to her in person.

A guy may think, *“My ex is likely still angry with me, so if I call her up on the phone she will probably just hang up on me or tell me to get lost. If I stick to text messages, she won’t feel pressured and will appreciate that I’m taking things slow. She will gradually see that I’ve changed and will then be more open to the idea of getting together again.”*

Yet, hiding behind texts is usually the worst thing that a guy can do to get an ex woman back.

Why? If she currently perceives him in a negative way (e.g. she’s angry with him, she feels resentment and disappointment about who he became in the relationship and how that made her feel), it’s unlikely that she will perceive anything he texts her in a positive light.

Even if he has really changed and is more confident, mature and emotionally strong than ever before, she can’t really determine that because she isn’t able to see his body language or hear the tone of his voice.

So, anything he says via text will potentially be seen by her in a negative way because she will

imagine that the text is coming from the kind of guy he was when she dumped him.

If you want to regain your ex's respect for you, you have to let her experience the new you in a more substantial way than just text, e-mail or social media message.

The best way to do that is by getting her on a phone call where you can make her laugh, smile and feel your confidence via your tonality.

From there, you need to arrange a meet up with her, where you can continue to actively re-spark her feelings of respect and attraction for you.

5. Meet Up With Her and Allow Her to Experience the New You, But Don't Try to Get Her Back

[image: Meet up to get your ex back after a break up]

When you meet up with your ex, continue saying and doing the types of things that have been turning her on (e.g. be confident, self-assured, make her smile and laugh, flirt with her).

At this point, it might be very tempting to want to push your ex to agree to giving your relationship another chance, especially if she seems to be having fun and is possibly even saying things like, *â€œWow! you've really changed,â€* or *â€œI can't believe that I'm having so much fun with you again like this. Maybe we should do this again sometime?â€*

However, although you might be tempted to say, *â€œYes! Let's get back together again!â€* if you push her to get back into a relationship with you right away, she might change her mind and go back to playing hard to get.

If you want her to fully regret dumping you, the best approach is to say something like, *“Well, let's take it slow and see how we feel”* or, *“Let's agree to catch up in a few days and if we still want to get back together, we will do it then”* so you can build up her desire to want to get back with you.

Just make sure that you aren't the one pushing to get back together with her if you haven't yet fully reactivated her feelings of respect and attraction and made her want to give it another try.

If she's not feeling it and you push to get back together, she may say something like, *â€œYes, I'm enjoying hanging out with you but that doesn't mean I want to be your girlfriend (fianc  or wife) again. You hurt me/disappointed me/really turned me off and I don't know if I can forgive you for that yet.â€*

So, make sure that you play your cards right.

Instead of trying to get her back when you meet up with her, focus instead on reactivating her feelings of respect, attraction and love for you again.

[image: Re-attracting your ex]

You want to get her thinking, *â€œWow! my ex is so different now. I really enjoy his company. I'm having so much fun. Being around him now is even better than it was when we first met. I want us to be back together. I regret breaking up with him now. I want this. I want him back.â€*

Once she is thinking that way, getting her back and keeping her in a relationship will be very easy for you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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3 Signs That My Wife Wants to Reconcile

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Sometimes a wife will be interested in reconciling with her ex husband, but at the same time, she might not want to come across as too easy in case he rejects her.

So, it's unlikely that a wife will come out and directly say, *"I'm interested in getting our marriage back together. Let's do this!"*

Instead, she will usually give some signs that she hopes her husband will pick up and then act on.

Here are 3 signs that your wife might want to reconcile with you:

1. She is Happy to Communicate With You

[image: She is happy to communicate with you]

When a woman separates from her husband, she will often be feeling a lot of negative emotions (e.g. anger, resentment, disappointment) and will want to avoid interacting with him as much as possible to get him out of her mind and start to move on.

The husband may try to contact her via text, e-mail, social media, or by calling her on the phone, but she will ignore him, block his number on her phone and even "unfriend" him on social media.

However, when a wife wants to reconcile with her husband, I've found that she will be more open to communicating with him.

For example: She will respond to his texts or e-mails, click "like" on his social media pages and answer his calls.

If he suggests a meet up, she will respond by saying something like, *"Sure. When would you like to catch up?"*

Alternatively, if she doesn't want to come across as being too eager, she might say, *"I'm not sure. Let me think about it and get back to you,"* or *"I don't have time this week. How about next week?"* or *"Okay. Maybe I can spare 10 minutes during my lunch break."*

Each woman will be different, so don't worry if your wife hasn't been that nice and accommodating when you have contacted her.

Regardless of whether your wife sounds excited by the idea of seeing you again, or if she's simply playing it cool and a little hard to get, it's up to you to take the lead and make things happen between you and her.

Be the more emotionally courageous one of the two of you by remaining emotionally strong as you guide her back into a relationship, even if she is acting disinterested at times.

After helping 100s of men get their wife back, I've found that an ex wife will rarely make the reconciliation feel super easy, even if she's really interested in getting back together again.

So, instead of wasting time waiting for her to give you 100% clear signs that she wants to reconcile, simply pick up the phone and get her to a meet up with you.

Then, when you meet up with her in person, reactivate her feelings of respect and attraction for you. Show her that you are a different man now from the one that she remembers and you are no longer

making the same old mistakes.

For example: If a wife left her husband because he lacked purpose and direction in his life and was hiding behind her from his true potential, she's not going to be enthusiastic about getting the marriage back together if he is still stuck at that level as a man.

To convince her that he's moved beyond that level, he needs to show her that he has set some big, long term goals for himself and is actively working towards achieving them.

He doesn't have to achieve everything, but he does need to be making some progress towards those goals (e.g. the first few steps towards making it happen).

Another example is if a wife left her husband because he was too jealous and controlling in the relationship.

To regain her respect and attraction for him, he needs to show her that he has become an emotionally strong, emotionally independent and emotionally masculine man now.

He's no longer the emotionally sensitive, insecure guy that turned her off for so long.

He really has improved and she can see it how he thinks, talks, feels, behaves and acts now.

When she notices those changes, it makes it a lot easier for her to look up to him, respect him and feel proud to say to her friends and family, *He is my husband. I love him. Things are different now. We are going to give it another try.*

2. She Contacts You First to Say Hello

[image: She contacts you first to say hello]

In most ex back cases where a woman doesn't want anything to do with her man anymore, she will wait for him to make the first move and contact her if he wants her back.

However, sometimes she will take the initiative to contact him and get the ball rolling.

For example: A woman might text her husband and say something like, *Hi. I just wanted to see how you're doing,* or *I was just thinking about you. I hope you're doing okay.*

Essentially, she's giving him an excuse to call her up and invite her to meet up with him.

He just needs to have the confidence to read between the lines like that and make it happen.

If he doesn't get the hint and then sits around asking, *What does it mean when a wife calls you up to say hello? Is it a sign that she wants to reconcile, or is she just being friendly?* or *What if I call her up and she rejects me? What if she doesn't really want to get back together again and I make a fool of myself? What if she is just leading me on? What if she has met another man and just wants me to call so she can tell me that?* precious time is going to be wasted and she will begin to wonder whether they are meant to be together or not.

As you would know, it's unlikely that a woman will wait around forever in the hopes that her man will man up and be courageous enough to get the relationship back together, even if she is being wishy washy about it.

So, if you want to reconcile with your wife, don't wait around for her to make all the moves.

[image: Get her on a phone call]

It's up to you to be emotionally courageous enough to contact her and begin the ex back process, regardless of whether she's giving you clear signs that she's interested, or if she's

playing hard to get.

Remember: A woman is naturally attracted to fundamental qualities in a man such as confidence, determination to success and an ability to overcome obstacles in life no matter how tough they are. The more that you display these qualities to your wife, the more respect she will feel for you and the more attracted she will feel.

When that happens, she then reconnects with her feelings of love for you and getting back together again starts to seem like a sensible idea and the right thing to do.

3. She Brings Up Good Memories That You and Her Shared Together Over the Years

[image: Making your ex feel attracted over the phone]

Another sign that your wife wants to reconcile is when she brings up the good times that you and her have shared over the years.

For example: She might say, *“Remember our honeymoon? We had such a great time snorkeling and taking those long walks on the beach. We were so in love then, weren’t we?”* or *“I was driving to a meeting yesterday and I happened to pass that little Italian restaurant where you proposed to me. Do you remember how everyone started clapping for us and the owners gave us with free deserts? We ate so much that we were sick the next day.”*

That’s a pretty damn obvious signal that she wants to reconcile and I’m sure that you would probably agree.

Here’s the thing!

If a woman doesn’t have any feelings for a man and is trying to move on, she will avoid talking about good times that they shared because she doesn’t want to give him the wrong idea.

Instead, she will push all the good memories to the back of her mind and keep reminding herself how much he hurt her or disappointed her over the years.

So, if your wife brings up some of the good times that you’ve shared, it’s more than likely that she’s open to reconciliation and is hoping that you man up and make it happen.

What Are You Waiting For?

Where some men go wrong is that they wait way too long to get a clear sign from their wife that she wants to reconcile.

A man will sometimes waste weeks, or even months waiting for a sign from his ex, and then possibly say to himself, *“I need to make sure that she wants to get back together again. If I make a move and she’s not interested, not only will I make a fool of myself, I might also end up pushing her away even more. I have to wait for a clear sign from her. I don’t want to seem like I am pressuring her into anything. I treated her badly when we separated because I was clinging onto her for dear life and it really annoyed her. I want to show her that I’m not desperate anymore, so I’m just going to keep ignoring her and hope that she comes back to me.”*

Ignoring a woman who doesn’t want to be with you isn’t the way to get her back.

Men who stop contacting their wife (or trying to get her back) and wait for crystal clear signals that

she is ready to reconcile, often end up losing her to another man.

Don't be afraid to make a move to get your own wife back.

Yes, you stuffed up and she left you, but you're a better man now, right?

Then, get her back!

Based on the 100s of marriage ex cases that I've worked on, it is very rare that the woman will suddenly send a text or call and say, *"I miss you. Can we get together sometime and try work things out?"* if the husband has just been sitting around and waiting for her.

Most women wait for their husband to man up and get the relationship back together and if he doesn't, she usually just moves on.

Right now, the most important thing you need to understand is that it doesn't matter if your wife is giving you loud, obvious signs that she wants to reconcile, or she's ignoring you and pretending she's not interested.

What matters is whether or not you are actively making her have feelings for you again when you interact with her.

The question you need to ask yourself is: *"What am I doing to get my wife back?"*

For example:

- Have you been calling her on the phone and re-attracting her and flirting with her, or have you been hiding behind text/SMS messages because it feels easier to communicate with her in that way?
- Have you been using every interaction you have with her as an opportunity to gain back her trust and spark her feelings of respect and attraction for you, or are you saying and doing some of the things that turn women off (e.g. crying, begging, pleading, promising to change)?
- Have you been making her feel a renewed sense of sexual attraction and respect for you, or have you turned into a really nice, polite, caring ex husband who just wants to be her friend?
- Have you changed the things about you that were turning her off, or are you still pretty much the same guy that she walked out on?

As you can see, getting your wife back involves some action on your part.

So, don't waste another minute waiting for a sign from her.

Instead, call her up right away and focus on making her feel renewed surges of respect and sexual attraction for you and then confidently guide her back into a new, happy marriage with you.

Take the Lead and Guide Her Back into a New, Happy Marriage With You

[image: Take the lead and guide her back into a new, happy marriage with you]

In most cases, a wife is bored of how she felt in the relationship and won't give obvious signs that she wants to get back together.

So, what you need to do is be the more emotionally courageous one who makes it happen, even if she isn't showing very clear signs that she wants to get back together.

To get her back, you need to reactivate her feelings and bring back the love that was there at the start, by reawakening her positive feelings for you (e.g. trust, respect, sexual desire).

Look at it this way!

Women are instinctively more attracted to certain qualities in a man than others.

For example: A woman is more likely going to choose a confident, charismatic, emotionally strong man over an insecure, self-doubting, emotionally weak man.

It's just how her instincts work.

So, when she sees that you are now so much more confident, charismatic, emotionally strong and you can also get her laughing and feeling good around you again, it's only natural that she will become open to giving you another chance.

However, if you try to get her back just by being a nice, friendly, caring ex husband, she's just not going to feel motivated enough to want to be with you again.

She will be saying things like, *"Look, I appreciate all that you've been doing for me. You've been really nice lately, but I don't think we can make it work. I'm just not feeling interested anymore, I don't know why."*

So if you want to get your wife back, start the process by getting her to respect you again while also re-sparking her sexual attraction and desire for you.

When you do that, her walls will come down and the love in her heart will come rushing back.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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3 Things You Should Know About Getting an Ex to Forgive You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Getting an ex to forgive is easy when you know what to say and do.

Here's what to say and do:

1. Let her know that by sincerely forgiving you, it will actually make her feel better about herself.

[image: Forgiving me will make you feel better]

Tell her that if she's carrying a grudge against you, it will make her feel unhappy until she lets go of it.

You can say something along the lines of, *"I understand that right now you don't have much or any positive feelings for me anymore and probably don't ever want to forgive me. However, you forgiving me isn't about making me feel better. Instead, when you can sincerely forgive me it will make you feel better about yourself because you're not carrying around a grudge against me. You are mature enough to know that people sometimes make mistakes and learn from them in life, so you can forgive me for that. It doesn't mean that you and I then get back together, but it means that you walk away feeling lighter. Then, when you go into a future relationship with some other lucky guy, you won't be taking all the baggage from our relationship with you. You can start with a clean slate and then, when you look back at what we had together, instead of feeling angry or bitter about it, you will at least be able to see that if nothing else, we parted like two mature adults."*

Of course, saying something like that to her doesn't mean you're encouraging her to move on and find another guy.

Don't worry, it actually has the opposite effect.

When you give a woman the freedom to go to another relationship baggage-free without you trying to hold her back, it feels easy for her to forgive you.

She stops focusing on all the bad things about your relationship and she starts to look at you in a more positive light.

Her guard comes down and she starts wondering, *"What's going on here? This is new. Being mature and emotionally strong like this is not what I'd expect from my ex. I actually agree with him. I can forgive him. We all do make mistakes and learn from them, so it's not something that I need to hold a grudge against him for now and for the rest of my life. I can be mature and forgive him now. That will save me from having to walk around feeling bitter, resentful and angry towards him and other men for a long time."*

She then forgives you and starts to look at you as you are now, rather than who used to be (i.e. the guy she dumped).

From that point onwards, you've just got to make sure that every time you interact with her, whether it's on a phone call or in person, you're making her feel a renewed sense of respect and attraction for you.

When you do that, she becomes more open to the idea of reconnecting with her love for you.

She's not holding onto bad memories and is looking at you based on who you are now and how you make her feel now.

That's what you want.

That's how you get an ex to forgive you and then use it to get her back naturally.

2. When she forgives you, she will open herself up to see the new you.

[image: Get your ex to open up to the new you]

Important: Make sure you change and improve yourself before asking for forgiveness.

If you ask for her forgiveness, but are still the same guy she broke up with who is making the same old mistakes, she's not going to feel very motivated to forgive you.

Instead, she's likely going to be saying, *"Whatever! We're finished. Stop asking me to forgive you. I don't care what you want. How can you expect me to forgive you when you're still (fill in whatever mistake you made with her e.g. insecure, unmotivated, jealous, controlling, emotionally weak)? Just leave me alone. I don't want to talk to you anymore."*

On the other hand, if you get her to forgive you and she and then make her feel a renewed sense of respect and attraction for the new you, her guard will come down and you can then quickly guide her through the rest of the ex back process.

As long as you focus on showing her via your behavior, way of thinking and the way you interact with her that you're no longer the guy she remembers who hurt her, she won't be able to hold onto her negative feelings for you for much longer.

The more she experiences the new you, the more likely it is that she'll allow herself to fall back in love with you again.

3. Saying sorry to her isn't enough.

[image: Saying sorry isn't enough]

Getting an ex to forgive you usually takes more than just saying, *"Look. I know I stuffed up. I'm sorry! okay? Can you please forgive me?"*

You need to let her see that you have changed, rather than telling her that you have changed, or that you promise to change in future.

If she can't experience the changes in you when she interacts with you, she's just going to be thinking, *"Well you're saying all the right words here, but remember: Actions speak louder than words. How can I believe anything you say when I can see that you haven't really changed at all? You're just stuck doing the same old things over and over again, hoping that if I give you another chance, things will be different somehow. Well it doesn't work like that! I've had enough of this. I am not going to put up with it anymore."*

So, if you want to get your ex back, make sure that you can show her (via how you talk, think, feel, behave and act) that you've learned from your mistakes and have already begun to change.

For example: If a guy got broken up with because he lacked purpose and direction in life, to show her that he's changed, he needs to set some goals and actively start achieving them.

He doesn't have to have completely achieved the goals before she will accept that he's changed, but he just needs to start making progress.

At least take the first or second step in achieving his goals, so she can see that he is for real now and isn't all talk.

Another example is where a guy was jealous and controlling in the relationship.

To get her to see that things really are different now, he needs to now show her that he has quickly become an emotionally strong and secure man.

Another example is where a guy got broken up with because the relationship was ruined by constant fighting and arguing to the point where it became too stressful for her to handle.

So, to show her that he's changed and get her to forgive him, the guy needs to react differently when he interacts with her from now on.

When she says or does something that annoys him, rather than react in his old way (e.g. get angry, shout, sulk, insult her), he instead needs to remain confident, easy-going and light-hearted about things (e.g. make a joke about what she is saying or doing and turn it into something they can both laugh about).

He might tease her and jokingly say, *"I bet you're expecting me to blow up right now aren't you? Okay, here goes! This is me blowing up. Look! I'm mad!"* and playfully pretend to be mad at her and then have a laugh with her about it.

When your ex experiences you in a new way (e.g. you make her smile and laugh, she feels good in your company) she starts to believe your apology and opens up to forgiving you for real.

3 Forgiveness Mistakes to Avoid

You can get your ex to forgive you, but you first have to make her feel respect and attraction for you as a man, otherwise she might say that she forgives you, but she won't really mean it.

Reawakening her feelings of respect and attraction can be done every time you interact with her (e.g. via text message, on social media, on the phone or in person).

Here are some examples of how to do it!

You can get her to feel a renewed sense of respect and attraction for you.

You can do it.

You can then get her to forgive you for real.

Most guys don't learn what you are learning now, so they often make one or more of these classic forgiveness mistakes, which causes the woman to remain closed up.

1. Asking for forgiveness before changing.

If you apologize to your ex before you have fully understood what you need to change, she's going to notice that and it will turn her off even further.

She may think, *"Hmm! how typical! He's just saying all the things that he thinks I want to hear so I will forgive him and he can then feel better about himself because he got me back and is no longer the rejected ex. He's telling me that he's changed, but I'm not seeing any of those"*

changes. So, I have no reason to forgive him or give him another chance.

This is why it's so important to truly understand her real reasons for dumping you, which are often completely different to what she has told you.

For example: Sometimes a woman will break up with a guy by saying something like, *"I just need some time apart,"* or *"It's not you, it's me. I need some space."*

Yet, that's not the real reason why she is breaking up with him.

She may have dumped him because he wasn't manly enough (i.e. in how he thinks, feels, behaves and acts around her), but she will say that she's just not sure whether she wants a relationship at the moment.

Leading up to the break up, a woman will usually give hints in the hope that he understands why she is losing interest.

She might say, *"Why are you so sensitive all the time?"* or *"Why don't you stand up for yourself, rather than letting your coworkers/friends/family pick on you like that?"* or *"Why are you so insecure about this/that? You should be more confident. I hate it when you're not confident."*

Eventually, she will start to nag him, start arguments over seemingly unimportant things and lose interest in having sex to hopefully show him that she's not happy and wants him to start paying attention and change before it's too late.

If he fails to pick up on those hints, or simply brushes over them by saying to himself, *"Ah, she's always nagging me about nothing. It doesn't matter. She still loves me,"* or *"She's being a temperamental woman again. I'm sure she'll get over it."*

Women! she will eventually realize that she's not getting through to him and that a break up needs to happen.

Many guys don't realize that women really are very different to men.

As a man, if you see a problem in a relationship, you have no problem pointing it out, finding a solution and fixing it.

Yet, a woman in a relationship is different.

She doesn't want to be Mrs. Fix it and be a guy's teacher in life about how to be a man.

She wants a man to listen to her hints and take the initiative to fix problems, without needing her leadership.

Why?

She doesn't want to be in the more dominant position. She wants to be your girl.

She doesn't want to feel like she has to guide you through life.

She wants to relax into your masculine direction and know that you are man enough to notice problems, find a solution and fix it rather than taking her love for granted and not changing, or lacking masculinity by expecting her to "be the man" and fix it.

So, the question is: Do you know exactly what your ex wants you to change about yourself before she will truly forgive you and take you back?

Here are some questions that might help you better understand where you went wrong in the relationship with her and what you need to change:

- Did she ever complain that you were wasting too much time watching TV, playing video games

or hanging out with your buddies? This was her way of encouraging you to become more focused and goal driven in your life. She wanted you to get clear on your big plan for your life and start following through on it, rather than thinking like a younger guy who hasn't yet worked out who he is and become a man.

- Did she ever complain about you not noticing something new about her appearance (e.g. a new dress or hairstyle, she lost weight)? This was her way of saying that she was feeling taken for granted and neglected.
- Did she ever encourage you to take up a hobby or sport, or go out more with your friends? This was her way of telling you that you were being too clingy and needy and should have been living a more balanced lifestyle that wasn't completely focused on her.
- Did she ever get mad at you for not making decisions in the relationship? This was her way of telling you that she was wearing the pants in the relationship and she didn't like it.

There are obviously many more reasons why women break up with men (I cover more than 70 of them in my program, Get Your Ex Back Super System), but that should be enough now to get you thinking about where you might have gone wrong with her.

Remember: If you ask for her forgiveness and you still don't know what she really wants (usually different to what she has told you), she's just going to keep saying "No" to your requests to get back with her.

2. Trying to make her feel sorry for you.

Not knowing how else to get a woman to forgive him, a guy will sometimes try to make her feel sorry for him, by saying something like, *"I know I stuffed up badly, but if you don't forgive me I'll never be able to live with myself. Please just say you understand and that we can at least try to be friends. I can't live without you. I have been a complete mess since you left me. I can't focus at work, I can't eat properly and I haven't had a good night sleep since. Please just give me another chance. I am begging you."*

Yet, rather than making her feel like she should forgive him, it usually causes a woman to become more resentful and turned off.

Why?

A woman doesn't want to be emotionally blackmailed (i.e. made to get back with him because she feels so much pity for him).

What a woman really wants is to forgive her ex because he's made the effort to improve himself and become a better man, not because she has to out of pity or guilt.

If she feels sorry for him, she won't be able to respect him or look up to him, which will make it impossible for her to have sexual, romantic feelings for him and as a result, the relationship just won't work.

So, don't waste time seeking her pity because of how sad, depressed, lost or lonely you have felt since the break up.

Getting an ex to forgive you comes from sparking her feelings of respect, attraction and love, not on trying to make her feel guilty.

If you want her back, just focus instead on saying and doing the types of things that will show her

that youâ€”ve moved past the level you were at when she broke up with you.

When she sees that youâ€”ve changed for real, she will be able to forgive you because it feels like the right thing to do, not because she feels sorry for you.

When she forgives you, she will feel a lot of respect and attraction for you and will then begin to reconnect with her original feelings of love for you.

3. Thinking that forgiveness will make her want you back.

When a guy asks his ex to forgive him, she sometimes refuses because sheâ€”s afraid he might take it the wrong way.

She might say to herself, *â€”I know that my ex wants me to forgive him, but I donâ€”t want him to think that everything will then be perfect and we can go back to being a happy couple again. Iâ€”m not ready to do that, and I donâ€”t know if I will ever be ready to take him back. So, Iâ€™m going to tell him that I canâ€™t forgive him yet and need time to think about it. During that time, Iâ€™m going to try to move on without him.*â€”

So, when asking for your exâ€”s forgiveness, you have to make it clear to her that by forgiving you, youâ€”re not expecting her to take you back.

For example: You might say something like, *â€”I hope that you can forgive me so that we can both move on from what happened to us in a more positive way. This doesnâ€”t mean that Iâ€”m expecting you to take me back just because youâ€”re willing to forgive me. I understand that I hurt you and right now getting back together is something you canâ€”t see yourself doing. Thatâ€”s okay. I respect your decision. Being able to forgive me is a new start for both of us as we go our separate ways, or just remain friends.*â€”

Saying something like that to her is like hitting a reset button where both you and her can start over with a clean slate.

[image: Starting off with her on a clean slate]

From there, you need to use every interaction you have with her (via text, social media, on a phone call, and in person) to make her feel a renewed sense of respect and attraction.

Her guard will come down and you can then guide her back into an even better relationship with you than you had with her before.

[image: Lead the way and get her back]

Just make sure that you are prepared to go all the way to get her back.

Donâ€™t start the ex back process and give up because she initially says, “No.” Be confident, re-attract her and turn that “No” into a “Yes!”

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Will My Ex Ever Forgive Me and Realize Her Mistake?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

It depends.

If you genuinely didn't do anything wrong, then yes – she will eventually realize her mistake and regret it, but by then it might be years from now.

If you did do something wrong that you don't know of (e.g. she wanted you to be more manly, but didn't tell you that and broke up with you saying, *"I just don't feel the same way anymore"* and didn't tell you the real reason), then she's not going to regret it.

Instead, she's likely just going to be thinking, *"My life is so much better now. I know that I made the right decision when I broke up with my ex because he had no clue what I really wanted and is most likely still the same."*

To make your ex forgive you and realize her mistake, you've got to understand what truly caused her to break up with you.

For example:

- Did you give her the kind of attraction experience that she secretly wanted in her relationship with you (e.g. she might have wanted you to be more determined and driven, rather than focusing all your attention on her, or she might have wanted you to be more ballsy, rather than being too nice or a pushover)?
- Did you become insecure and turn her off (e.g. regularly asking her to reassure you that she loved you and wouldn't leave you, or feeling very jealous when she did something without you, or even just looked at another guy)?
- Did you guide her into deeper feelings of love over time, or did you let the love fade away?

When you understand where you really went wrong, you can then focus on changing the things that will truly matter to her.

So, if your ex is currently pushing you away and saying things like, *"Look, you've got to face it! I'm not going to change my mind about us. It's over,"* it simply means that the way you're coming across to her now, is still making her feel the same way she felt when she broke up with you.

Basically, nothing about your behavior now is making her feel that you've changed, or even that you know how to change.

So, if you want your ex to forgive you and realize her mistake, you have to show her that you've moved past the level you were at when she broke up with you.

When you make some changes and improvements to the way you are talking to her and interacting with her (e.g. you're more confident, emotionally strong, self-assured and driven now), it sparks her feelings for you again.

[image: Creating a spark via text]

She then begins to feel some respect and attraction for the new you and wonders if she made a mistake by leaving you.

When that thought process begins in her mind, then it becomes possible to get her to forgive you because she is now feeling more open towards you and the possibility of giving the relationship another chance.

However, if you just carry on being the same guy and making the same old mistakes that you made before the break up with her (e.g. being insecure, having no real plan for your life or not following through on your big plans, letting her push you around) she will just keep saying, *â€œSorry, I canâ€™t forgive you. You need to accept that weâ€™re through.â€*

3 Mistakes to Avoid if You Want Her to Forgive You

If you want your ex to forgive you and realize her mistake, you have to actively get her to reconnect with the positive feelings she has for you (e.g. respect, love, attraction, affection), and make her stop thinking of you in a negative way.

You can only do that if youâ€™re saying and doing the types of things that are going to build on her feelings of love, respect and attraction, rather than saying and doing the types of things that were turning her off in the past, or that have been turning her off since she broke up with you.

So, with that in mind, here are 3 common mistakes to avoid making at this point of the ex back process:

1. Remember: Waiting around for a woman for months or even years usually results in a man losing confidence in his attractiveness to women.

[image: Wasting time waiting for ex to shown signs of interest]

Going through a serious break up can really dent a manâ€™s confidence and self-esteem.

Sometimes, a guy might wait around for months or years for his ex to forgive him and realize her mistake, but when she doesnâ€™t come back, or even make an effort to contact him, he may begin to doubt his attractiveness as a man.

For example: He might say to himself, *â€œWhy hasn't she contacted me and asked to get back together? What am I going to do now? Remain single and alone? I will never be able to get myself another beautiful woman like her. If my ex wonâ€™t forgive me and take me back, what are the chances of me starting over with another woman? Most women these days arenâ€™t interested in ordinary guys like me. Theyâ€™re after good-looking guys with big muscles and lots of money. I just canâ€™t compete with that. Iâ€™m going to end up single and lonely for the rest of my life. Maybe I just need to wait a little longerâ€|hopefully she will realize her mistake and contact me.â€*

Yet, hereâ€™s the thingâ€|

In most cases, a guy's looks, muscles or clothes are not as attractive to a woman as his ability to attract her emotionally.

For example:

- Is he emotionally strong, confident and self-assured, or is he insecure, self-doubting and fearful?
- Can she look up to him, respect him and feel proud to call him her man, or does she look down on him and feel embarrassed by him?

- Is he more masculine than her in the way he thinks, feels, behaves and takes action in life, or does she feel like more of “the man” or like a neutral friend around him?
- Can he lead the way and be a dominant man while also being loving and respectful towards her, or does he let her push him around and dominate him?
- Is he a man who is rising through the levels of life and reaching for his true potential, or is he hiding behind her and the relationship?
- Does she feel loved, respected, appreciated and taken care of, or does she feel taken for granted?

These are the kinds of things that a woman looks for and finds most attractive in a man.

So, don’t waste a lot of time sitting around putting yourself down because your ex hasn’t contacted you yet.

You can re-attract her and you can attract other women.

Watch this video for some examples of how to attract your ex!

If you want her back, just make sure that you focus on truly understanding what really turned your ex off about you and then begin fixing those things about yourself.

For example: A woman might have broken up with a guy because he was too insecure and self-doubting.

If he tries to get her back, or tries to get a new woman without fixing that first, he will just keep getting rejected or dumped.

He might then say, *“See! I was right! Women just don’t go for ordinary guys like me. I’m not attractive and that’s why I’m all alone. I am doomed to be single and lonely for the rest of my life. Women are too picky and I’m just not good enough. I’ll never be good enough. There’s nothing I can do about this.”*

On the other hand, if he makes some adjustments to his thinking and behavior (e.g. becomes more confident and emotionally strong), not only will he begin to attract new beautiful women, but he will also become more attractive to his ex.

She will be able to see for herself that he has really changed and is now the type of guy she can look up to and respect.

When that happens, she will naturally want to forgive him.

2. Don’t develop a fear of getting into another relationship because you are worried you’ll just get dumped again.

Right now, the idea of getting into another relationship might fill you with dread, emotional pain and a sick feeling in your stomach.

You might even be thinking, *“Once bitten, twice shy. There’s no way I’m going to let another woman get that close to me, become a huge part of my life and then leave me. I’m not going to put myself through that again.”*

Yet, you will never be truly happy as a man until you can accept that you can improve and life can get better.

Your past mistakes don’t need to define you. Instead, just use them to make you stronger.

Just because you messed up with her in the past, it doesn't mean that you're going to mess up the relationship when you get her back.

You can do better this time.

You have learned from the experience and become a better man, right?

If not, just get started on that.

For example: Imagine that a guy got broken up with by his woman because he lacked purpose and direction in life.

He usually just around watching TV, drinking, hanging out with his buddies or playing video games and avoiding making progress in life in his spare time.

So, his woman eventually got sick and tired of the lack of progress and how unsafe she felt with him when she imagined their future together, so she dumped him.

However, after the break up, he realized his mistake and went about setting some big goals for his life and then started actively working towards achieving them.

He doesn't have to have already achieved the goals to be able to impress his ex, but he does need to at least make some initial progress so she can see that he is for real.

Another example is where a guy got broken up with because he was too insecure and self-doubting. After the break up, he focuses on becoming a more emotionally strong and confident man.

Then, when he interacts with his ex and she tests him (e.g. giving mixed signals, not laughing at his jokes, being distant), he remains confident and doesn't get insecure or nervous like he used to.

She then automatically feels a renewed sense of respect and attraction for the new and improved version of him.

By the way!

If a guy makes those changes to himself after the break up and then interacts with new women, they are going to be interested in him and the relationship is going to be so much better because he's at a different level as a man now.

He's not the insecure or unmotivated guy that he used to be, so a woman isn't going to want to leave him.

Women know how difficult it is to find an emotionally strong, driven guy who is also a good guy, so if he's a good guy, women just aren't going to want to get rid of him.

As you can see, stopping yourself from having another relationship because you're afraid of being hurt, betrayed and dumped again is a waste of time.

When you focus on improving yourself as a man, you will naturally begin to attract women and enjoy your choice of women.

If you want to get your ex back that is fine, but if you don't, just know that it is possible for you to have your choice of women.

3. Don't miss out on opportunities to be with other women because you are worried that she will be mad if she finds out.

[image: Getting used to being the lonely, single guy]

A guy might sometimes decide that he's not going to interact with or date another woman, in

case his ex finds out and believes that he's over her.

This is one of the most common mistakes that I see guys make because they don't realize the way that a woman's attraction works.

Women are more attracted to guys who other women find attractive.

It's just how it works.

Most guys don't realize that and worry that if they date other women while waiting for her, she will explode with anger, feel betrayed and never, ever want to get back together with him again.

Yet, although it's true that many women will get very angry when they find out, it's also true that it makes her feel so much more attracted to her ex because a woman's attraction works differently to a man's.

Guys who don't understand how a woman's attraction works might say to themselves, *"I don't want my ex to realize her mistake and decide to forgive me, only for her to find out that I've been seeing other women while we were apart. She will think that I never loved her and that I'm untrustworthy and then she'll never want to be with me again. Dating other women will just make her mad at me again and this time around she'll never take me back. I know what she's like. She used to hate it when other women showed me interest. I need to show her that she's the one for me, so I'm going to just wait for her even if she sleeps with other guys during that time. When she realizes how much she means to me and that I can't move on because of her, she will realize that I am the one for her, forgive me and take me back."*

Yet, that's not how it works!

Women aren't attracted to guys who are afraid of them and what they might think.

Making a woman your sole purpose for living, being emotionally dependent on her and trying to suck up to her by remaining single and alone is one of the fastest ways to lose her respect and turn her off.

So, don't stop yourself from meeting other women just to impress your ex.

If you are single, lonely and feeling depressed and lost without her, you're actually making yourself less attractive to her.

Women feel attracted to good, loving men who go after what they want in life and don't put up with BS.

If she is currently saying, *"I need more time"* or, *"I'm not sure"* and has been saying that for months, then you can almost guarantee that she will say something like this to you soon, *"Umm...there's something I have to tell you. I've met someone else. Sorry. We're in love, we're moving in together and he has asked me to tell you to stop contacting me. So, please respect our wishes and stop contacting me."*

That kind of message sucks, especially for the kind of honest, good men who wait around being loyal to a woman who just isn't going to be loyal back.

So, if you have been waiting for her to make up her mind for a long time, don't waste anymore time.

Make her feel the pain of losing an amazing man like you by hooking up with some new women.

That doesn't mean you have to go out and date a new woman every night.

Instead, it simply means you should start to move on, so she feels the pain of losing you and then realizes her mistake, forgives you and takes you back.

By the way!

If you don't want to be with any other women, I have an alternative technique that you can use to get her back where you get her back without ever having to hug, kiss or sleep with another woman.

I teach that technique in my program, [Get Your Ex Back Super System](#)

When You Change How She Feels, She Will Want to Forgive You

[image: Make her feel attracted to the new and improved you]

If your ex is currently saying things like, *"Forget it. I can't forgive you. It's over between us,"* it simply means that your current approach has been convincing her that anything about you has really changed.

You're still the same guy that was turning her off and you haven't yet figured out how to make her feel differently about you.

Don't worry you can change that.

If you want her back, you have to start actively make her have feelings for the new and improved you.

When you do that, she will then become open to forgiving your past mistakes and will begin to enjoy how she feels around the new you.

How strong her feelings are for you is pretty much within your control from now on.

It all comes down to what you say and do when you interact with her.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Breaking Up and Getting Back Together: Statistics

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Over the years, there have been many studies conducted on couples who break up and get back together.

According to these studies, the age of the couple and the seriousness of the relationship will be the main determining factor about whether they get back together or not.

For example:

- In 2009 RenÃ© Dailey from the Department of Communication Studies at the University of Texas, found that approximately 65% of U.S. college students had broken up and then gotten back together again.
- A 2012 study conducted by S. Halpern-Meekin, W. D. Manning, P. C. Giordano, M. A. Longmore (Relationship Churning in Emerging Adulthood: On/Off Relationships and Sex With an Ex) published in the Journal of Adolescent Research found that 44% of young adults aged 17 to 24, reported breaking up and getting back together again, with 53% admitting to having sex with an ex.
- According to a 2013 study conducted by Amber Vennum, an assistant professor of Family Studies and Human Services at Kansas State University, about 37% of couples living together, and 23% of married couples have broken up and then gotten back together again.
- Earlier studies on married couples (Kitson, 1985; Wineberg & McCarthy, 1994), found that between 10-17% of married couples separated and then got back together again, and about 40% of separated married couples attempted a reconciliation (Bumpass, Castro Martin, & Sweet, 1991; Wineberg, 1996a).
- Finally, some studies found that couples in less committed relationships were less likely to get back together again after a breakup than couples who were living together or married.
- According to research conducted by Nancy Kalish, Ph.D., professor emeritus of psychology at California State University, Sacramento, married couples that reunite after divorce have a 72% chance of staying together for life.

The Statistics Look Bad Because They Aren't 100% Accurate

[image: Get your ex back - reunited couples]

The statistics show anywhere from 10% to 72% chance of getting back together after a break up, which isn't very encouraging if you want a 100% chance to get your woman back.

However, the good news is that the statistics above do not take into account the fact that men can now seek help online and learn how to get their woman back.

Based on my years of online experience helping men to get women back, I see way better numbers than those listed above.

[image: Successfully getting an ex back]

Most men are able to get another chance with their woman, even if they start the ex back process at a point where she has absolutely no feelings for him anymore.

The fact is, statistics rarely tell the whole story of what is really going on in today's society, which is changing so quickly.

Pretty much all of the studies that have been done on break ups, separations and divorces are usually based on couples who broke up and then didn't know how to get each other back.

The couple may have gone to counselling (e.g. if they were married or in a serious, long term relationship), but counsellors will rarely, if ever, teach a man how to re-attract a woman and will simply tell him to be nicer to her, listen and all the kinds of things that he's already been doing and that hasn't been working.

As a result, many men feel lost, don't know how to get their woman back and end up making rookie mistakes like these:

1. Begging, pleading, asking for another chance even though he hasn't really changed.

[image: Begging and pleading - low success rate]

Not knowing what else to do, a guy will often beg and plead for another chance, even though he hasn't changed or doesn't even know what or how to change to make her happy.

When a guy is begging, pleading and generally putting himself in an emotionally vulnerable position, he actually becomes less attractive to his ex, and his chances of getting her back become diminished. Why?

A woman wants to be in a relationship with a man she can look up to, respect and feel attracted to; in other words, a man who is confident, emotionally strong, focused and determined.

So, when a guy is begging, crying, asking her to give him another chance, he's not making her feel like she can look up to him and respect him.

Instead she's seeing him as someone who is insecure, needy and emotionally weak, which turns her off even more and causes her to think, *"I don't want to get back with him. If he's behaving like this now, what happens when he has to deal with something serious in our relationship (e.g. an illness or death, losing his job)? He will probably expect me to guide him and be the stronger one. I don't want to do that. I want a man I can look up to and rely on, not the other way around."*

Yet, here's the thing|

All of the statistics above don't take into account the fact that I now provide this free video that helps guys understand what to say and do to recover from the mistake of begging and pleading to their woman|

As you can see from the video above, begging and pleading to her and turning her off like that isn't the end of the world.

You can recover from a mistake like that.

Another rookie ex back mistake is|

2. Trying to convince her to give him another chance, rather than changing how she feels so she feels motivated to try again.

[image: Can you convince your ex to give you another chance?]

One of the most common reactions that guys have when they get broken up with is to try to convince their ex to change her mind.

For example: A guy might get into debates or discussions with his ex and say things like, *“After everything we shared, the least we can do is try to make things right between us. Please just give you and me one more chance,”* or *“How can you just let our love die like this? I love you more than anything in the world. Don’t do this to me”* in the hopes that she’ll change her mind.

Yet, a woman will rarely (if ever) change her mind based on explanations.

The only way a woman will get back together again with her ex, is if he triggers her feelings of respect, attraction and love for him.

Watch this video to understand why!

A lot of guys who don’t get their ex woman back try to convince her to give him another chance and when she says, “No” they give up.

Yet, now a guy can visit my site, learn how to re-attract her and get the relationship back together.

So, for a guy who is wondering, *“What are my chances of getting my ex back based on the statistics of couples breaking up and getting back together?”* the studies don’t offer much hope.

However, as mentioned earlier, what the statistics don’t show is that these days help is available online.

5 Tips to Get Your Ex Back ASAP

Men from all over the world are quietly getting their woman back and getting on with enjoying a happy relationship with her by doing the following 5 things:

1. Understand her real reasons for breaking up.

The main reason why a woman will break up with a guy is because something about his behavior, way of thinking and attitude has been really turning her off.

For example:

- He took her for granted (e.g. stopped making her feel loved and appreciated, stopped noticing her efforts to look good for him, stopped being a man of his word, treated her badly and expected her to put up with it).
- He became too insecure and clingy in the relationship (e.g. stopped having a social life outside of his relationship with her, kept needing her to reassure him of her love, didn’t allow her to spend any time away from him because he didn’t trust her or simply needed to be with her for his sense of identity and happiness in life).
- He was too nice and always let her dominate him (e.g. he let her make most or all of the decisions, let her win every argument or disagreement in the hope that it would make her happy).
- He wasn’t following through on his big dreams and ambitions for life (e.g. he spent all of his time sitting at home watching TV or playing video games, drinking or hanging out with his buddies).

- He stopped making her feel girly and feminine around him (e.g. she felt more like a friend or a mother figure rather than his girl).

By figuring out caused your ex's feelings for you to change, you can then begin to turn things around by making some attractive improvements to the way you think, feel, talk, act and behave to show her that you've learned from your mistakes and become a better man since the break up.

You are now a man that respect, look up to and feel sexually attracted to again.

2. Make changes to what is really important to her, which is usually completely different to what she says is important.

[image: Making your ex have feelings for you again]

In most cases, a woman will rarely come out and say to a guy, *"I want you to change these 7 specific things about yourself or else I'm going to break up with you."*

Instead, she will have likely given hints and suggestions in the hopes that he'll figure it out on his own.

For example: A guy might be in the habit of always canceling plans with his girlfriend (fiancée or wife) at the last minute, without giving her much notice or taking her feelings into consideration.

She might then say something like, *"I was really looking forward to that dinner/movie/concert,"* rather than coming out and saying to him directly, *"You let me down again! You're now in the habit of taking me for granted and I don't like it. If you keep doing this, I'm going to break up with you. You need to take my feelings into consideration. If you don't change that, I will end the relationship and when I do, I will say something like 'I just don't feel the same way anymore' rather than reminding you of what you've been doing wrong and what you need to fix to get me back."*

So, why doesn't a woman just come out and say exactly is bothering her and what the guy can do to change?

The main reason is because most women don't want to be a man's teacher or mother in life and have to teach him how to be the kind of man she can look up to, respect and feel attracted to.

A woman doesn't want to do that.

She doesn't want to dominate him and feel like she needs to take care of him like he's a little child.

She wants him to figure out how to be the man that she needs, without her having to help him or guide him.

She also doesn't want to give him the exact instructions on how to get her back, because that would make her begin to become his teacher on how to become a man.

So, rather than getting stuck in that role, she will simply say something like, *"I don't feel the same way anymore"* or *"I need time apart to think things through."*

Here's the thing!

If you don't fully understand what your ex wants you to change about yourself, you might be offering her what she doesn't want.

For example: A woman might want her guy to be more ballsy and stand up to her rather than putting

up with her BS, but he keeps offering to treat her better and spend more time with her instead.

She thinks, *"Hhhhâ€¦he just doesn't get it"* and doesn't tell him, *"Hey, man up. Stop letting me disrespect you like I do. Be loving and respectful to me when you stand up for yourself, but stand up for yourself. Stop being such a pushover!"*

Alternatively, she might want him to be more ambitious and driven in his life, but heâ€¦s apologizing for taking her for granted.

So, itâ€¦s very important that you understand your exâ€¦s real reasons for breaking up.

If you try to get her back by offering to change the wrong things about yourself, she will feel as though you donâ€¦t understand her, which will make her feel even less respect and attraction for you.

3. Reactivate her feelings during 1-3 interactions on the phone and in person.

The fastest way to get an ex back is by actively re-sparking her feelings of respect and attraction for you.

Where many guys go wrong is by thinking that a womanâ€¦s feelings will change all by themselves without any effort on their part.

So, rather than actively making her have feelings for him over the phone and in person, a guy might then sit back and wait for weeks and sometimes even months to hear from his ex.

Then, when she doesn't contact him he assumes that she just doesn't want to be with him anymore and there's nothing he can do about it.

The fact is, if a woman doesnâ€¦t have any feelings for her ex (e.g. because he really turned her off by being very insecure, clingy and controlling), not hearing from him will actually be a relief.

She may think, *â€¦Phew! That was easier than I expected. I thought my ex was going to hound me to give him another chance. Instead, he just went away quietly. Now I can get on with my life without worrying about him anymore. I guess him and I weren't meant to be. I haven't really been bothered about him not being in my life, so I suppose that means I should be with someone else instead. If he was the one, I would be missing him.*â€¦

Yet, here's the thingâ€¦!

In most cases, a woman will only contact her ex (after heâ€¦s been ignoring her for a long time) when sheâ€¦s still in love with him and wants to get back together again, or if sheâ€¦s been struggling to find another guy to replace him.

In almost all other instances, the woman will just close that chapter of her life and move on because her ex hasn't said or done anything to reactivate her feelings.

So, if you want to get back together with your ex, donâ€¦t waste a lot of time avoiding her and hoping she will come back to you on her own.

Instead, get her on a phone call with you right away and begin triggering her feelings of desire by making her smile, laugh and enjoy the thrill of talking to you again.

Then, get her to meet up with you in person.

In most cases, all it takes is 2 to 3 interactions where the guy is sparking her feelings (on the phone and in person), before a really stubborn woman will begin to drop her guard and open herself up to you again.

In easy cases, all it takes is one phone call and one meet up and the couple is back together.

However, with women who don't have any feelings for their ex anymore, it usually takes 2 to 3 interactions to fully get her back.

Even if she tries to fight it, her mind will be telling her, *â€œHeâ€™s not the same guy anymore. Maybe I should give him another chanceâ€* and her resolve to stay mad at him will fade away.

4. Get her to open up to giving the relationship another try.

So, how can you spark a woman's feelings for you and make her open up to giving the relationship another try?

One of the ways is by using humor.

When you focus on making a woman smile, laugh, and feel good to be interacting with you, it makes it very difficult for her to hang on to her angry, negative feelings about you.

For example: If a guy is talking to his ex on the phone and she is being cold and unfriendly towards him, it's easy for him to just give up on trying to talk to her and end the call.

However, if he lets her push him away like that so easily, he will miss out on the opportunity to use her unwillingness to talk to him as a way of sparking her feelings again, and at the same time gain back her respect by handling her bitchiness so well.

How does it work?

Imagine that you're talking to your ex on the phone and she says something like, *â€œWhy are you calling me? Do you think I have nothing else going on in my life just because we're broken up?â€*

A common reaction that a guy might have is to just say something like, *â€œNo, that's not what I'm thinking,â€* but nothing about that is going to spark her feelings and make her feel attracted.

On the other hand, if she says, *â€œWhy are you calling me? Do you think I have nothing else going on in my life just because we're broken up?â€* you can respond by saying something like, *â€œOf course you have things going on in your life. Let me think there's eating, sleeping, washing your hair, reading, watching TV, washing your hairâ€¦â€* *Yep, I'm guessing there's a lot of hair washing going on. I remember that was your favorite pastime when we were together. You used to watch your hair like 5 times a week. That hair of yours keeps you busyâ€* and then have a laugh with her about that.

She will likely laugh, or at least smile how you handled her bitchy attitude in a confident, but loving way.

She will then feel curious about your newfound relaxed, confident attitude towards her, which will naturally spark some of her feelings of respect and attraction for you.

When that happens, her resistance begins to fall away and she opens herself up to the idea of giving the relationship another try.

From there, it's up to you to guide her through the rest of the ex back process.

5. Guide her back into a relationship that feels better than it ever did before.

[image: Guide your woman back into a relationship]

When you spark a woman's feelings for you again and then build on it, all her walls begin to come down and she literally wants to be back in your arms again.

The thought of hugging you, kissing you and even having sex with you all starts to feel so good again.

She wants it.

She might try to fight it at first by telling herself, *"Why am I thinking of him in that way? I broke up with him for a reason. I don't want him back. It's over. Why am I acting like a silly schoolgirl who is in love all over again? Why do I want to have sex with him again?"*

Yet, her heart will be full of new, pleasurable feelings for you that she won't be able to ignore.

What she probably doesn't realize now is that falling back in love with you will be one of the best feelings that she's ever going to experience in life.

Getting back with an ex who has really changed and can now make her feel attracted in new ways is an amazing experience for a woman.

It makes her feel a kind of love, attraction and respect that she just can't experience in any other way.

When you get her back, she will realize that if she had let you go, she would now be missing out on the greatest love of her life.

Remember: The key to getting her back is making her have such strong feelings for you that she feels she can't stop herself from wanting to be around you again.

What a lot of guys don't realize is that the breaking up and getting back together statistics available online rarely show the real picture.

So, while professors and psychologists might focus on the old numbers from outdated studies, today's men are quietly getting help online, getting their women back and then enjoying a happy relationship with her once again.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

2 Examples of What to Say to Convince Her to Take Me Back One More Time

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Important: These examples will only work if you reactivate her feelings of respect and attraction for you first.

If you just say these things to her without making her experience renewed feelings for you first, she won't feel enough for you to say yes, or even consider, taking you back one more time.

To begin with, there are two examples of how you convince your ex to take you back:

1. Make her feel understood and show that you've moved past the level you were at when she broke up with you, by being serious and sincere when you talk to her.

Watch this video to understand how that works!

2. Break the ice with humor and get her smiling, laughing and feeling happy to be talking to you again, so that she drops her guard and opens herself up to the idea of getting back together again.

Watch this video to understand how that works!

If you use either one of those approaches, you should be able to convince her to take you back one more time.

Let's have a look at those examples in more detail!

Example 1: Making her feel understood.

[image: Making your ex feel understood]

Imagine that you're talking to your ex and she is saying things like, *"It's really over between us. There's nothing that will make me take you back one more time."*

You can say something like, *"Hey, I know that right now, you feel like there's nothing good left between us. I get it. I messed up and clearly you've gotten to the point where you can now only focus on the bad stuff between us. All the good things that happened between us doesn't matter to any more. I understand why you feel that way and I don't blame you. If I were you, I would also be saying there's nothing that can convince me to take you back one more time. However, one thing I want you to understand is that neither one of us is perfect. No one is. We both made some mistakes in our relationship, but that doesn't mean we are bad people; it simply means we made some mistakes and learned from that, just like other people do. I accept full responsibility for my past mistakes, but I would appreciate it if you could see me for who I am now, not who I was back then. I'm not that guy anymore. I don't expect you to believe that right away, and I don't expect you to want to get back together again now because you're feeling hurt. That's fine and it's your decision and I respect it. However, all I ask is that you at least let us try and be friends for now. Let's get to know each other again based on who we are now, rather than who we were in the past."*

Naturally, saying something like that to her isn't going to automatically make her think, *"Wow! My ex has changed so much. I love him now. Let's get back together again,"* but

it does calm things down and gets her to be more reasonable.

She begins to see that you have already matured and become a better man since the break up, which makes her feel some respect and attraction for you.

That's what you want.

When you can make her feel some respect for you again, it makes her drop her guard, even if just a little bit.

From that moment, you've got to continue saying and doing the types of things that will build on her feelings of respect and attraction for you, rather than saying and doing the types of things that were turning her off in the past, or that have been turning her off since she broke up with you.

Example 2: Making her smile, laugh and feel happy to be interacting with you.

[image: Tips for contacting an ex via text or phone call after a break up]

Imagine that you're talking to your ex and she says something like, *I don't love you anymore,* or *You mean nothing to me now. It's over,* you need to move on.

Instead of pleading with her, or trying to convince her to change her mind by saying things like, *Please! I'll do anything you want me to do. Just give me one more chance,* or *I love you! What about what we had together – doesn't that count for anything?* you can use humor to get rid of the seriousness of what she is saying.

Using humor to deflect serious comments like that takes away the anger and allows her to be more relaxed and open when talking to you.

So, if your ex says something like, *You mean nothing to me now. It's over,* you need to move on, you can respond by joking with her and saying something along the lines of, *What do you mean I need to move on? I got engaged last week* and then laugh with her about that.

By approaching a potentially serious conversation in a funny way, she's more likely to relax, smile, laugh and be more open to talking to you and agree to catch up and see you in person.

Using humor to get her laughing creates some positive feelings in her, which makes her stop only focusing on the negatives about you.

Even if she tries to fight it, she can't stop herself from beginning to feel respect for you for having the confidence and the social skills to make her laugh and smile in a serious moment like that.

However, once again, that's not the magic solution to convincing a woman to take you back one more time.

It's just a great technique to lower her guard and get her open to going through the ex back process with you.

After you make her smile and laugh, you then need to get serious and show her that you respect her decision.

You might then say to her, *I was just kidding. Seriously though, I understand why you're feeling like that about me now and I accept your decision about the break up. I now understand what I did wrong when we were together, and I'm sorry that I hurt you. I don't expect you to want to get back with me, but I do want you to know that I'm sorry and I still love you, even if you and I never, ever get back together again.*

From then on, every time you interact with her (e.g. via text, on social media, over the phone, or in person), you need to focus on reactivating her feelings of respect and attraction for you, by displaying some of the traits and behaviors that are naturally attractive to women (e.g. confidence, maturity, humor, determination, emotional masculinity).

You need to keep showing her (based on how you talk to her, behave, think and take action) that you're no longer the same guy she broke up with.

That's how to convince her to take you back one more time.

She feels convinced because she feels good, not because you are giving her lots of good reasons to take you back.

She feels attracted, respectful towards you and is enjoying interacting with you, so getting back together seems like a good thing to do.

4 Mistakes to Avoid When Trying to Get Her to Take You Back One More Time

You can get her to take you back one more time, but if you make any or all of these rookie mistakes, it will slow the process down and potentially push her away for good.

The first rookie mistake that guys make is

1. Asking for another chance without improving the things that she is really breaking up with him for.

[image: Please remember the good times]

If you're asking your ex for another chance without improving the things that she is really breaking up with you for (e.g. she wants you to be more manly, but you are trying to get her back by treating her even better than you have before), she's just going to keep pushing you away and saying things like, *"Sorry, you and I aren't a match anymore. It's over between us. I get used to it. You just don't understand what I want or need."*

To reactivate your ex's feelings of respect and attraction for you again, you first need to understand the real reasons why she broke up with you.

Then, when you next interact with her, you can show her that you really have changed in the ways that are important to her.

For example: If a woman dumped a guy because he was insecure and too emotionally sensitive, he has to show her that he's become emotionally stronger since the break up.

A way to show her that he is now an emotionally strong and confident man is by behaving differently to the way she is expecting.

For instance, if she tries to get a reaction out of him by saying things like, *"I hate you,"* or *"I never want to see you again,"* rather than react by getting upset, or begging her to forgive him, he reacts by laughing and making a joke about it.

With the example of a guy getting dumped for not being manly enough, he needs to show her that he has now changed and can stand up for himself, while still continuing to be a loving, respectful man.

If she tries to test him by ordering him around, or telling him what to do, he can stand up for himself in an easy-going manner by joking around and saying something like, *“Wow, you sure are a Miss Bossy Boots now, aren’t you? Ha ha ha, you’re funny”* or, *“Oh, yes Mam! Anything you say! My wish is your command”* and then laugh at her and the situation.

Another example is where a woman dumped a guy because he lacked purpose and direction in life.

In a case like that, the guy needs to show her that he has now fully decided on his big goals and dreams for life and has started to make progress towards them.

When a woman can see that her guy has moved past the level that he was at when she broke up with him (without needing her help), she will naturally begin to feel some respect for him again.

When she feels respect, she can then begin to feel sexually attracted to him again and when that happens, she becomes more open to the idea of reconnecting with her feelings of love for him.

2. Promising her that he will do anything if she will just give him another chance.

[image: All I am asking for is one more chance]

It’s only natural that a guy might feel upset when he gets broken up with, especially when he is still truly in love with his girlfriend (fiancée or wife).

He might even say to himself, *“I don’t want our relationship to end! I still love her. She is the only woman for me. I can’t let her go without a fight! I don’t want any other woman. I have to get her back no matter what!”*

That’s totally fine, but what isn’t fine is when a guy allows that to come through as desperation when talking to his ex, which then turns her off even more.

He may begin begging and pleading with her and saying things like, *“I love you so much! Please forgive me just one more time and I’ll do anything that you want me to do. I’m so sorry! Please give me one more chance. Tell me what you want me to change and I will. You name it and I will do it. You have my word on that.”*

However, the very fact that he’s asking her to tell him what he needs to change about himself to make her happy, only backs up her feeling that he doesn’t yet have a clue as to what really caused her feelings for him to change.

Here’s the thing!

A woman doesn’t want to be the one to tell her guy what he’s been doing wrong, because she doesn’t want to be his teacher in life on how to be a man.

If she has to teach him how to be the man that she needs now, she fears that she will end up feeling like she has to take on that role for the rest of her life, which will make her feel like his mother or big sister.

[image: Just take me back one more time]

So, rather than promising your ex that you will do anything she wants you to do, focus instead on figuring out what happened to cause her feelings for you to change.

For example:

- If you were too emotionally sensitive, start being an emotionally strong, emotionally masculine man.

- If you lacked purpose and direction in life, get clear on your goals and start making progress. You don't have to achieve your goals now, but just get started in the direction of your goals.
- If you let her wear the pants in the relationship and it turned her off, decide that you're not going to be a pushover with her anymore.
- If you were closed up emotionally and didn't properly convey your love for her, start being emotionally fearless, but do not become a hopeless romantic and pour your heart out to her.
- If you stopped making her feel attracted to you, start attracting her in new ways.

Take action to turn things around by making the necessary improvements to yourself that will show her you've learned from your past mistakes and are now a better man.

Be a man that she can look up to, respect and feel attracted to, rather than a man that she feels sorry for, resents or looks down on.

3. Explaining all of his feelings for her in a long letter, e-mail or series of text messages.

Some guys believe that if they fully explain to their ex how they feel and how much they still care for her, she will suddenly change her mind.

In cases like that, a guy might send his ex a long letter, e-mail or a series of text messages to say things like, *I still mean the world to me. Without you I'm lost. I really love you and I will do anything to get you to take me back one more time. I have never loved a woman as much as I love you. You mean so much to me. All the times we spent together are my most cherished memories in life. Do you remember the time when we* and so on.

Yet, in most cases that doesn't work.

Why?

Firstly, when a woman has stopped feeling respect and attraction for a guy, him telling her all about he feels now just isn't going to matter to her.

Instead, a woman will usually think, *Whatever! I've had enough and I'm moving on with my life. I'm not interested in hearing about your feelings for me anymore. I don't have feelings for you now and you still have no idea how to change that. You're trying to get me back to make yourself feel better. I feel fine without you, but you need me. I just don't feel the same way as you do anymore. You've lost me. You don't even know what will make me feel respect, attraction and love for you right now. You are trying to get me back and nothing that you are saying is hitting the mark.*

She just doesn't care because he hasn't done anything to reactivate her feelings for him and is trying to get her back based on what he wants.

Even though he might be a good guy and is trying to do the right thing, she will think of him as being selfish because it's all about him getting what he wants.

Secondly, according to multiple studies, only 7% of communication between two people is based on words, while a whopping 93% is based on body language, vibe and tone of voice.

So, when a woman gets a letter, e-mail or text message, she cannot experience your body language or listen to the tonality of your voice.

She then has to guess at your state of mind, and if she currently has negative feelings towards you, she will probably perceive your words in a less than favorable way.

Instead of thinking, *“That is an amazing letter. I am so moved by it. My ex obviously really cares about me. Maybe I’m being too hard on him,”* she is likely thinking, *“Here we go again! He’s just trying to push me into taking him back,”* or *“How annoying. He thinks telling me that he loves me in a text or e-mail is actually going to change all the bad things he did to me. Think again!”*

So, don’t waste time pouring your heart out to your ex in a letter, e-mail or text message.

Instead, focus on getting her on a phone call where you can reactivate some of her feelings of respect and attraction for you by making her laugh and smile, and then get her to meet up with you in person.

4. Trying to show her how much he cares, rather than making her care by reactivating her feelings of respect and attraction.

Sometimes, a guy may think to himself, *“Maybe if I buy my ex some roses, pay for her rent, and be extra nice and supportive towards her, she will see how much she really means to me and will then take me back one more time.”*

Yet, what he doesn’t realize is that even if a woman accepts his gifts and attention, if he doesn’t do anything else to reactivate her respect and sexual attraction for him as a man, it’s not going to matter that much to her that he is trying to show her how much he still cares.

So, rather than wasting a lot of time trying show your ex that you care by getting her material things, focus instead on making her care by reactivating her feelings of respect and attraction.

You can do that by letting her experience positive emotions such as respect, attraction and happiness, every time that you interact with her from now on.

[image: Making your ex have feelings for you again]

The more that you reactivate her feelings of respect and attraction for you, the faster it makes the negatives of your relationship seem less important to her.

She naturally begins to feel drawn to you in a way that feels good to her, and she can’t stop herself from wanting to interact with you via text, on the phone and in person.

Even though she might have previously been saying, *“I just don’t have feelings for you anymore. I’m over you,”* she will now start to think about taking you back one more time just to see how it goes.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Convincing an Ex to Get Back Together, Even Though She Has a New Guy

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The best way to convince an ex to get back together is to let her experience and feel attracted to the new and improved you in person, so she can see the contrast between you and him.

No doubt he will be making her feel a lot of new, positive emotions because he's a rebound, but you can beat him at that game.

You've got to meet up with her and make her feel attracted and respectful of you in new ways (e.g. attracting her with your emotional strength by getting her laughing and smiling even if she is being cold, bitchy or distant).

[image: Getting her back from her new guy]

Once you've reactivated some of her feelings for you again, she will start to look at you in a more positive light.

If she's very happy with the new guy, she probably won't be thinking about getting back with you right away, but her guard will come down.

She will start to look at you in a more positive light and since you are being so confident, charismatic and emotionally strong, she won't be able to keep thinking of you in a negative way.

To end the catch up, make sure that you get her to hug you when you are parting ways (e.g. "Okay, bring it in for a hug") and if possible, try to have a kiss goodbye as well.

If the kiss goes well, you can then try to get her to hook up with you sexually, but if you can't get the kiss â□□ don't worry.

The main thing that you need to focus on is using every interaction you have with her from now on (e.g. e-mail, text, Facebook, phone calls, in person) as an opportunity to spark her feelings of respect and sexual attraction for you again.

The more that you can make her smile, laugh and feel happy when sheâ□□s interacting with you, the more open she will become to the idea of getting back together again or at least hooking up with you on the side to see how she feels.

Just remember: Your focus has to be on saying and doing the types of things that are going to draw her to you and turn her on, not push her away even more and make her think, *â□□Iâ□□m so glad I broke up with my ex. My new guy is so wonderful compared to him. Iâ□□m so happy now.â□□*

Mistakes to Avoid if You Want to Get Her Back From the New Guy

To ensure that you don't turn her off and make the new guy look like a better man in contrast to you, be sure to avoid making any of these classic mistakes:

1. Saying bad things about her new guy.

[image: I love you more than this new guy]

It's only natural that a guy who loves his ex woman and wants to get back with her is going to feel unhappy when he sees that she has a new man in her life.

He may start comparing himself to the new guy and thinking, *"What does she see in that guy? I don't think he's that good looking. He looks like a nerd,"* or *"I know we had our problems but I treated my ex well, but I always bought her expensive gifts and took her out to all the trendy places in town. The new guy drives an old, beat up car. He looks like such a loser!"* or *"I could beat that guy on the sports field any day of the week. I'm fitter and stronger than him"* or, *"He seems dim witted. I'm intelligent, successful and witty. All he has is a bad boy attitude. What does she see in him?"*

It's fine to think that way, but if you go and say those kinds of things to your ex, she's going to assume that you're being insecure and are trying to get her to look at him in a negative light.

If your ex thinks that you are being insecure, then it will make the new guy look more attractive in comparison to you.

Why?

Women aren't attracted to insecurity.

Confidence is what turns women on and even if the new guy isn't that confident, you will make him appear more confident if you are being insecure (according to her).

So, what should you do instead?

Don't look at him as competition.

He's nothing compared to you.

You are so much better than him that he doesn't even register on your radar.

Even if you don't really believe that you are better than him, it's essential that you begin to believe it.

Why?

Confidence is what attract women, not self doubt or insecurity.

If you look up confidence in the dictionary, the definition is, *"Belief in oneself and one's powers or abilities; self-confidence; self-reliance; assurance."*

When it comes to getting an ex back, you need to have belief in yourself and your attractiveness to her.

Doubt that and the new guy will look more confident in contrast to your insecurity.

By the way!

As you may know, when a woman dates a new guy after a break up, he is usually very different to her ex.

In most cases, the rebound guy is simply filling in whatever emotional gaps were missing in her previous relationship.

For example: If a woman broke up with her ex because he was too clingy, needy and insecure and was using his relationship with her as an excuse to hide from his true potential in life, then the new guy will be independent, self-assured, emotionally strong and will be achieving big goals in his life.

Alternatively, if a woman's ex boyfriend (fiancé or husband) allowed her to wear the pants in the relationship, her new guy will be more dominant than her.

So, how do convince her to come back to you even though she has a new guy?

She will become interested in you again if she can see that you are not the same guy she broke up with, and the things she broke up with you about are no longer an issue.

2. Trying to explain the reasons why she should be with you, rather than making her feel strong surges of respect and attraction for you.

[image: But, I love you and you mean everything to me]

In your mind, you probably have hundreds of great reasons why your ex and you should get back together again even though she has a new guy.

For example: A guy who has been left behind by his woman might say to her, *"We had so many good times together, don't you remember? I know that we can be happy again if only you will just give me another chance. I promise you that I will change this time. It won't be the same as before. We will be so much happier this time around. I love you more than anything in this world, so I know that your new guy will never be able to love you the way I do. Yes, I stuffed up, but can't you see that our love is worth fighting for?"*

[image: Please just remember how you used to love me]

However, if a woman has lost respect and attraction for her ex, she's not going care how good his reasons are.

She may say something like, *"Yes, it's true that we had some good times together, but that was near the beginning. Most of the relationship was me trying to tell you to change and how unhappy you were making me feel. I have a new man in my life now and don't want to go back to the annoying, frustrating life I had with you. Also, if you really loved me the way you say that you do, you wouldn't have hurt me in the first place and we would still be together. You would have listened when I told you to change, but you didn't. You just expected me to stick around and put up with it. Just accept that it's over between us and that I'm happy with my new guy."*

While it might totally suck to hear your woman say something like that, the good news is that her feelings aren't permanent.

You can change the way that she feels about you.

You've got to make sure that every time you interact with her from now on, you are actively making her feel a renewed sense of respect and attraction for you.

Don't waste time trying to convince her.

If she doesn't fully respect you at the moment, your efforts to convince her will be a whole bunch of wasted energy.

Focus on changing how she feels and her mind will then change without you having to convince her.

Don't try to change her mind and expect that she will then change how she feels on her own. You have to start by reactivating her feelings for you and then her mind will follow.

When you get her back into a relationship, you then need to deepen her feelings for you over time, rather than just expecting her to stick around because you managed to attract her back.

In a relationship, itâ€™s the manâ€™s responsibility to maintain and build on the love, respect and attraction between him and his woman.

If he fails to do that by behaving in ways that are unattractive to her (e.g. he becomes clingy and needy, he stops making her feel feminine and girly in comparison to his masculine approach, he takes her for granted), then her positive feelings for him will gradually get pushed into the background and will get replaced by negative emotions such as anger, resentment and disgust.

When that happens, she will break up with him again because sheâ€™s not feeling enough respect, attraction and love for him to feel motivated to want to stay in the relationship.

In terms of getting her back, the only thing that will convince her to leave her new man for you is when you make her feel strong surges of respect and attraction for you, so she can then reconnect with her currently inactive feelings of love for you.

She will then begin to feel that your relationship is worth fighting for and that she will be losing out if she doesnâ€™t give you another chance.

3. Losing confidence in yourself around her.

[image: Losing confidence in yourself around her]

Getting broken up with can sometimes ruin a guyâ€™s confidence in his attractiveness to his ex and to women in general.

He may start thinking, *â€œI had the perfect woman and I ruined it. Iâ€™m such a loser. How could I have messed things up so badly? I donâ€™t deserve a beautiful woman like her. I need to get her back because other women arenâ€™t going to want me either. If she gives me another chance, I will do anything she wants to make sure that she is happy.â€*

Then when he interacts with her (e.g. on a phone call, or in person), rather than focus on showing her that he has understood what caused her to break up with him, and has moved past that level, he keeps putting himself down by going over what he did wrong in the relationship.

For example: When talking to his ex, a guy might say, *â€œI really messed things up between us. Iâ€™m so sorry for hurting you. Youâ€™re so beautiful and you should be treated like a princess, yet all I did was cause you pain. I know I donâ€™t deserve you, but I really want you back in my life. I promise that Iâ€™ll do anything you want me to do to make you happy again. Please just give me another chance! Tell me what you want me to do and I will do it, I promise.â€*

Yet, thatâ€™s not what a woman wants to hear.

A woman wants to see that her man can figure out what went wrong in the relationship, improve himself and then make her feel a renewed sense of respect and attraction for the new and improved version of him.

If he can do that, she will be able to look up to him and respect him again.

Only then, will she be able to drop her guard and open herself up to the possibility of getting back together again.

On the other hand, if she sees that he has no confidence in himself or in his value to her anymore, she will likely think, *â€œWhy should I take him back? I already have a new guy who is confident in himself and is making me happy, so why would I go back to an insecure guy who hasnâ€™t even changed?â€*

Here's the thingâ€¦!

You did make some mistakes with her, but you need to stop beating yourself up over it.

Accept that you made some mistakes in the past, but also accept that it's not who you are right now.

You are a better man now, right?

Focus on that.

That's who you are now.

Every time you interact with your ex from now on, focus on showing her (via the way you think, feel, talk and behave) that youâ€¦ve moved beyond the level that you were at when she broke up with you.

Let her see respect, attraction and love for the man that you are now.

4. Not becoming emotionally independent.

[image: I need my ex back. I can't function without her]

There's no doubt that you really want your ex back, otherwise you wouldn't be trying to convince her to get back together even though she has a new guy, right?

That's totally fine, but there is a big difference between wanting her back and needing her back.

Needing her back implies that you are feeling lost and can't live a normal, healthy life without her.

On the other hand, wanting her implies that you have a great life with enough friends, interests, hobbies and goals of your own, so you're not lost without her.

Instead, you love her, you want her back, you enjoy having her in your life and you want to do the right thing by her this time.

That's different.

So, if you want your ex to see you as being a better option than the new guy she is dating, you need to get to the point where you want her in your life, but you don't need her to feel happy and fulfilled.

If you can feel genuinely content in your life without her, you will automatically become more attractive to her and other women.

Remember: While emotional strength in a man is attractive, insecurity and self-doubt is not.

So, when your ex realizes that you are now a confident, emotionally strong man who is getting on with his life without her, she will automatically feel attracted to youâ€¦ even if she doesn't want to.

Attraction is an automatic reaction that humans have for each other.

If a man sees attractive traits in a woman, he doesn't have to think about whether he feels attracted; it just happens automatically.

Likewise, women automatically feel attracted to men who display attractive trait such as confidence, emotional strength, charisma, determination to succeed, high self esteem.

When you make your ex feel attracted to you, she can't stop herself from wondering, *â€¦ Why is my ex so different now? Why do I like him all of a sudden? What has changed in him? He never used to be like that when we were together. I wonder if I rushed into my new relationship too quickly.*

Maybe I need to get some space from my new guy and think things over, and she then begins to feel drawn to you again in a way that feels good to her.

5. Trying to make her feel sorry for you.

Sometimes, when a guy sees that his ex has a new guy in her life, he might try to make her feel pity for him by letting her know how hurt and lost he is without her.

For example: A guy might call his ex up on the phone and say things like, *How can you have moved on so quickly? Didn't our relationship mean anything to you? I'm still in love with you and you're already dating some other guy? How can you be so cold-hearted? I haven't been able to eat, sleep or function properly since we broke up. I need you in my life. You are the woman for me. I don't care that you have a new guy. I want you back. You are my everything and without you, I am nothing. I'm just not interested in life unless you are in it. I've been very depressed lately. Please just give you and me another chance.*

He's hoping that if she realizes how much pain he is going through being without her, she will break up with her new guy and come rushing back into his arms just like the leading ladies do in romantic Hollywood movies.

Yet, that's not how it works in real life.

In real life, a woman doesn't want to be feeling like she's doing a guy a favor by being with him.

She wants to be with a guy who makes her feel respect, attraction and love, not pity or sorrow.

It's up to her who she decides to be with and in most cases, a woman will decide to be with the guy who can make her feel the most respect, attraction and love—even if the guy isn't perfect.

The new guy won't be a perfect guy, but he will simply be making her feel more respect, attraction and love that you can currently make her feel.

Once your ex feels that (by interacting with you and feeling attracted to the new and improved you), she will begin to feel more attracted to you in contrast to him and her rebound relationship will fall apart.

She will then decide to give you another chance.

An important word there is “decide.”

In the past, a woman had to stay with her man for the sake of the children, because breaking up was considered taboo, even if he treated her badly.

She couldn't decide to leave him because it was forbidden and a woman was essentially seen as a man's property.

Yet these days, a woman can leave a man if she decides that she doesn't want to be with him anymore.

So, don't make the mistake of trying to get your ex to give you another chance based on feelings of pity or guilt.

Get her to decide that she wants to leave the new guy by giving her an improved attraction experience with you.

You can do it.

Getting Her Love Back

Right now, your ex girlfriend might be saying things like, *â€œItâ€™s over between us. Iâ€™m with another guy now, so just accept it and move on.â€*

Yet, even though it might feel like her feelings are set in stone and nothing that you do will change how she feels right now, it's just a temporary feeling for her.

Feelings change all the time.

Think back to when she first fell in love with you.

She really wanted to be with you and even if an ex was trying to get her back, she would have been saying, "No" because she was happy with you.

Yet, after a while, you started saying and doing things that turned her off and her love for you began to get pushed into the background of her mind.

She started focusing on the negative things about you and eventually said something like, *â€œI donâ€™t love you anymore,â€* or *â€œI want to break up with youâ€* or *â€œI don't think we should be together anymoreâ€* or *â€œI need some time apart to think about what I want.â€*

In the same way, when you make some adjustments to the way you think, act, behave and interact with her, she will not be able to stop herself from feeling respect and attraction for you, which will begin to change how she feels about the new guy.

When that happens, she drops her guard and opens herself up to the idea of being with you again.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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How to Persuade My Ex to Meet Up With Me For Coffee

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Getting your ex to meet up with you for a coffee is easy in most cases because if she initially says, “No” you can still change her mind.

Here are 2 options that I’ve taught clients and they have worked pretty much every time:

Option 1: Call her, get her laughing, smiling and feeling good on a friendly phone call with you and then suggest catching up for coffee.

[image: Talking to your ex on the phone]

When you make a woman smile and laugh, she can’t stay mad at you for long even if she initially tries to act cold or distant.

Eventually, her desire to stay mad at you will fade and she will start to enjoy talking to you again.

The more light-hearted and relaxed the interaction between you and her is, the less she will be able to hold on to her negative, angry feelings about you.

For example: A guy calls his ex girlfriend, fiancée or wife with the intention of getting her to meet up with him for coffee.

He might say something along the lines of, *“Hey Samantha, how are you? I’d really like to meet up for coffee sometime, what do you say?”*

Yet, that’s not going to work in most cases.

Why? Nothing about what he is saying will make her think, *“Sure! I’m just going to put all my negative feelings about you away and rush out to have coffee with you ASAP!”*

Instead she’s likely going to say, *“Why would I want to do that? It’s over between us and I don’t want to see you again.”*

That’s not the reaction you want to get from her, which is why you have to make her laugh and smile first before you suggest catching up for a coffee.

Here’s how you can do it!

Imagine that you’re talking to your ex on the phone right now.

You will likely start off by saying something like, *“Hey, how have you been?”*

She will most-likely just say, *“Fine,”* or *“Fine. How are you?”*

You can then respond by saying something like, *“I’m great! I’m meeting this really beautiful woman for coffee tomorrow at that little coffee shop we used to like! do you remember it?”*

She will likely flip out and say, *“What? You’re actually calling me up to tell me about your date with some other woman? You’re nuts!”* at which point you can laugh and say, *“Nuts am I? That’s okay, but you still haven’t told me what time I can pick you up for that coffee”*

tomorrow?â□□

[image: Attracting your ex over the phone]

She will probably then realize that you were joking and begin laugh about getting caught out with your joke, while at the same time feel flattered that youâ□□re still referring to her as beautiful even though sheâ□□s your ex.

She will feel curious about the changes in you (e.g. you're so confident and are willing to joke around, rather than doubting yourself and being on your very best behavior in the hopes of impressing her) and will naturally feel some respect and attraction for you for having the balls to tease her in that way.

When that happens, she then opens herself up to the idea of talking to you again, at which point you can persuade her to meet up with you for that coffee.

For example: *"I was just kidding, but anyway â□□ I think it would be fun to just catch up and say hello. We could grab a quick coffee at that place. I'm going to be busy on Monday and Wednesday, but I have Tuesday and Thursday free at the moment. Which of those days could meet up on?"*

When you see her in person, just focus on building on the newfound respect and attraction that she is feeling for you and then gently guide her back into a relationship with you.

Option 2: Call her, chat in a friendly, easy-going way and then suggest a catch up to say hello, or to say goodbye if she never wants to talk to you after that.

[image: Making your ex feel attracted over the phone]

Just like in the previous example, itâ□□s important to keep things light and relaxed between you and your ex over the phone.

So, donâ□□t get into deep discussions about the relationship and let her bring up all the ways that she feels you stuffed up.

Letting her rant will cause her to connect with her negative emotions about you (e.g. anger, resentment, disillusionment) to come to the surface and she will likely close up and be unwilling to meet up with you for coffee.

Instead, just keep things light and friendly.

Then, once youâ□□ve chatted to her for a few minutes, simply ask, *â□□How about we get together for a cup of coffee sometime this week?â□□*

She might be resistant to the idea at first and say something like, *â□□I donâ□□t think thatâ□□s a good idea,â□□* or *â□□Weâ□□re broken up. Letâ□□s not open up old wounds againâ□□* or, *"Maybe, but I need more time apart."*

Regardless of what she says, donâ□□t get upset or start saying things like, *â□□Please! Why wonâ□□t you just meet up with me? I just want to see you. Why are you being such a bitch about it? Come on, just meet up with me. Please.â□□*

Obviously getting annoyed, upset or angry with her isnâ□□t going to convince her that she wants to

see you again and itâ€™s also not going to re-spark her feelings of respect and attraction for you.

Instead, sheâ€™s probably going to be thinking, *â€œOh boy! I canâ€™t believe heâ€™s losing it like that and he still expects me to meet up with him again. Iâ€™m going to hang up now and block his number so that I donâ€™t have to put up with this type of behavior again.â€*

So, if sheâ€™s saying no, or playing a little bit hard to get, simply say, *â€œLook, itâ€™s just a 10 minute coffee. It doesnâ€™t mean that weâ€™re going to get back together again because weâ€™re having a coffee. These days, itâ€™s no big deal for exâ€™s to catch up and have a chat in person. Weâ€™re mature adults. We can do that. Besides, if we meet up and afterwards you decide that you never want to hear from me, or speak to me again, that will be fine by me. I will respect that and promise to never contact you again. So, how about it? We can at least have a coffee as friends to say hello, or if you want, it can be a goodbye and I wonâ€™t contact you again. Letâ€™s try to catch up in the next day or so.â€*

In most instances, a woman will likely respond by saying something like, *â€œOh, okay. Maybe just this once,â€* or, *if she really hates her ex and wants him out of her life, she will say, â€œOkay, as long as you agree that you wonâ€™t call me again after that.â€*

Then, just go ahead and make plans to meet her at a time that suits you both.

Just remember: When you meet up with her for coffee, youâ€™ve got to continue saying and doing the types of things that will keep turning her feelings back on for you.

When you trigger her feelings of respect and sexual attraction at the meet up, it makes her see you in a different light.

She Might Refuse to Meet Up With You if You Make Any Of These Mistakes

Persuading an ex to meet up with you for coffee isnâ€™t as difficult as some guys might think.

However, there are certain approaches that will spark a womanâ€™s feelings and make her feel happy to be meeting up with her ex, and some that will cause her to think, *â€œIs this guy for real? What makes him think Iâ€™d ever want to see him again? No frikken way I am meeting up with him for coffee!!!â€*

Here are some mistakes to avoid making if you want to successfully persuade your ex to meet up with you for coffee.

1. Trying to persuade her via text.

[image: Trying to persuade an ex via text]

Sometimes, a guy will be too afraid to call his ex in case she responds in a cold or unfriendly way towards him, so he will instead try to break the ice by sending her a nice, friendly text.

However, after helping 100s of guys to get women back, Iâ€™ve found that texting an ex after a break up should only ever be used as a means of getting her to talk to you on the phone, so that you can persuade her to meet up with you in person.

Where many guys go wrong is by texting an ex many random things (e.g. *â€œHow are you?â€* or *â€œWhat have you been up to lately?â€*) in the hopes that she will eventually contact him and let

him know that she wants to meet up or that she misses him.

He hopes that he can then ask her out for coffee without putting himself in a position where she will likely say *â€œNo.â€œ*

Yet, hereâ€™s the thing!

If your ex is currently feeling some anger, resentment or any other negative emotions towards you because of what happened between you and her during the relationship or break up, any text from you can easily be misunderstood or perceived in a negative way.

Numerous studies have proven that up to 90% of communication between two people is non-verbal.

Essentially this means while someone is talking, we are not making our minds up about them only based on what they are saying (10% of the communication), but rather on their body language, their tonality and the way they come across to us (90% of the communication).

So, when a guy texts his ex to try and persuade her to meet up with him for coffee, rather than her saying to herself, *â€œOh, itâ€™s my ex and he wants to meet up for coffee. Cool! He sounds so confident, charming and charismatic now. What an amazing text he just sent me!â€œ* she will likely be thinking, *â€œWhat does he want? What is he up to? Is he trying to get me to meet up with him to get me back? He thinks he can do that via text? No way. He has to grow the balls to get me on the phone and ask me. I don't believe that he has changed and a text message isn't going to change that.â€œ*

When a woman can't see a guy's body language, or hear the tone of his voice, she has to guess his state of mind at the time of sending the text.

Her perception of his texts will be based on how she felt about him during the break up and afterwards because she doesn't have any other reference point, since they aren't talking on the phone or in person.

If he keeps texting to insist on meeting up with her for coffee (e.g. by saying things like, *â€œWhy won't you meet up with me? Whatâ€™s wrong with you? Just one time. Please!â€œ*) she will only feel more turned off by him.

In her mind she will likely be thinking, *â€œWhy is he being like this? Clearly nothing about him has changed. I'd be a fool to meet up with him for coffee. I'll only be prolonging my pain. I don't want to get back into a fight with him. No way am I going to see him again. He's most likely still the same and nothing has changed, so no!â€œ*

Your ex is only going to take you seriously when you can make her feel the type of respect and attraction she feels is necessary for her to consider giving you another chance.

â€¦and you cannot achieve that via text.

So, if your ex isn't answering her phone right now, or if you first want to break the ice, then send her a text like this: *â€œHey Samantha, Dan here. I hope you're well. I want to ask you something quick over the phone, so I'm going to give you a call later today.â€œ*

Then, make sure that you call her and focus on reactivating her feelings of respect and attraction for you, by making her feel good to be talking to you again.

By the way!

The quick thing that you want to ask her is to meet up for coffee.

When she hears the tone of your voice and senses the changes in you as well as smiles and laughs on

the call, she will be a lot more open to the idea of meeting up for coffee because it will feel like a good idea to her.

Yet, if you try to achieve all that via text, you will almost certainly get a “No” from her.

The next mistake that guys make isâ€¦!

2. Trying to make her feel pity for him.

[image: Please just me up with me! Please! I will do anything to see you]

Sometimes, a guy will be so frustrated with his ex because she is being stubborn and refusing to meet up with him for coffee, that he may try to make her feel sorry for him in the hopes that she gives in and says, “Yes” to meeting up.

For example: He might say to her, â€œCome onâ€¦ why are you being like this? Why do you keep punishing me? Canâ€¦t you see how sorry I am for hurting you? Does making me feel like this make you happy? Do you like seeing me suffer? Please babeâ€¦ just one cup of coffee is all Iâ€¦m asking for. I really need to see you one more time. Do it for old timeâ€¦s sake. Please!â€¦

Yet, making a woman feel pity or guilt for the emotional pain that youâ€™re experiencing, usually only turns her off even more. Why?

A woman doesnâ€™t like to feel like sheâ€™s being forced into doing something she doesnâ€™t want to do, simply because the guy canâ€™t take â€œNoâ€¦ for an answer.

If she doesnâ€™t feel enough respect and attraction for him as a man, she simply wonâ€™t care enough to want to see him again.

So, if you want to persuade your ex to meet up with you for coffee, donâ€™t play the pity card on her.

Instead, focus on re-sparking her feelings of respect and attraction for you, so that she will be motivated to want to meet up with you because it feels good to her, not because she feels sorry for you.

3. Taking her initial “No” too seriously.

[image: Taking her initial no too seriously]

Most women don’t want to come across as being too desperate to meet up with their ex, so chances are, your ex might say â€œNoâ€¦ the first time you ask her to meet up with you.

Don’t worry.

Itâ€™s not the end of the world.

As long as you continue making her smile and laugh when youâ€™re interacting with her and making her feel respect and attraction for you again, she will eventually change her mind and catch up with you.

So, rather than get upset and give up if she resists you at first, simply say in light hearted, joking way, â€œHey, it’s just a 10 minute coffee. We can do that. Iâ€™m not asking you for a kidney hereâ€¦ and have a laugh.

Just keep making her laugh and persist (in an easy-going way) until she says yes.

Don’t give up until you get that coffee catch up.

4. Not letting her know that if she doesn't want to talk to you again after that, you will respect her wishes.

Sometimes a woman doesn't want to consider about getting back together with her ex yet, so when he asks her to meet up with him for coffee, she may think, *â€œI don't want to say yes because I don't want him to think that I'm interested in getting back together again. I don't want him to get the wrong idea. If he does, I'll then have to be mean to him to make him leave me alone.â€*

It's up to you not to put her in that position.

So, when you ask her to meet up with you, rather than make her feel like it's a serious thing, you can say something like, *â€œI think it will be good for us to catch up over a cup of coffee now that the dust has settled between us. I'm not expecting us to get back together again just because you've agreed to meet up with me. We're just two friends catching up. After that, if you feel like you want to see me again, then great â€œ I will be open to that too. However, if you decide you never want to talk to me again, I will respect your wishes and leave you alone. In this way, we can both have closure and at least the last thing you remember about me isn't that I stuffed up, but rather that we are able to hang out as friends if we want to. Isn't that better than just ignoring each other and feeling all the hurt of the break up?â€*

Saying something like that to her calms things down and puts her mind at ease.

She begins to wonder, *â€œWhy am I being so stubborn? It's just coffee after all. I don't have to get back together with him if I don't want to, so why not just catch up with him?â€*

Her guard then comes down and she says, "Yes" to catching up.

You Can Do it

[image: Don't give up until she says yes]

Here's the thingâ€œ

You can sit around for the next few days or weeks wondering, *â€œHow can I persuade my ex to meet up with me for coffee?â€* or you can pick up the phone right now and make it happen.

It's actually a lot easier than you might think.

[image: Meeting up with an ex for coffee]

When you trigger her feelings of respect and attraction for you on a phone call, she will stop focusing on how bad you made her feel in the past and start thinking about how good you're making her feel now.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How to Convince My Ex to Try Again, Rather Than Giving Up on Our Love

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

She will completely give up on the love if you can't get her to reconnect with it.

The way to get her to reconnect with her original feelings of love for you is to focus on making her feel surges of respect and attraction for you whenever you interact with her from now on.

For example: Get her laughing and smiling, let her see that you've moved beyond the level that you were at when she broke up with you, give her the attraction experience she wants.

If she can see that you have already begun to change and as a result, her feelings for you are changing from negative to positive, then she will stop thinking that there's no chance for you and her anymore.

You can change how she feels.

You can do it.

Convincing your ex to try again rather than giving up on your love is actually easier than you might think.

Right now, she might be saying, *It's over. I just don't feel like we can make things work anymore,* or *It's time we faced the facts and realized we just aren't meant to be together,* because she's not feeling attracted to you at this point.

She doesn't have feelings (e.g. respect, attraction and love) for you, so it feels easy for her to give up on the love that you have had shared.

Since she doesn't have much or any feelings for you anymore, she just doesn't care; it doesn't matter to her.

However, when you focus on triggering her feelings of respect and attraction for you every time you interact with her, she becomes more open to feeling that love again.

One of the best ways to start triggering her feelings again is by making her smile, laugh and feel happy when she interacts with you.

For example: Imagine you're talking to your ex on the phone and she says something like, *Look. Let's face it, what we had is gone. Our love is dead.*

A common reaction that a guy might have is to get upset and possibly even beg and plead with her.

He might say, *No, don't say that. You know that our love is special. Why can't you see that anymore? Don't you remember how good things used to be between us? Why are you so willing to just give up and forget about everything we had? Sure we've had our problems but we can make this work. Don't give up on our love like this. Please.*

Yet, even though he's trying to reason with her, she's usually going to say something like, *I know you mean well, but it's just too late.*

Essentially what she's saying is that she just doesn't have feelings for him and that he doesn't even know how to make her have feelings for him.

That's why she's not interested.

[image: How can you just give up on our love like this?]

Heâs just begging and pleading and trying to reason with her, going on and on about the same old things, but thatâs not triggering her feelings for him.

It's all about how he feels and what he wants, not about how she feels and what she wants.

He needs her back, but she's just not feeling it.

On the other hand, if you ex says, *âLook. Letâs face itâ| what we had is gone. Our love is dead,*â you can use that as an opportunity to trigger some of her feelings of respect and attraction for you.

So, rather than get upset, you can jokingly say something like, *âOkay, fine. I agree. Our love is dead. We can hate each other now. This will be good because I get to delete you off my birthday list. No more presents for you! That trip to Tahitiâ| gone! Those gold earrings you always wantedâ| gone! Wow! I feel better nowâ| all that love stuff can be exhausting. I feel so much lighter without it. Please, let's not get back together! Please give up on our loveâ* and then have a laugh with her about it.

[image: Please give up on our love]

Saying something like that to her in a joking manner will take the seriousness away from the situation and it will likely make her smile.

She will then relax and be more open because she can see that youâre not pushing her to change her mind in a needy way.

Instead, you're being a confident, emotionally strong, socially intelligent man who has the sense to joke around in a serious moment like that to ease the tension and bring things back to smiling, laughter and feelings of love.

When you do that, her guard comes down and before she realizes it, sheâs feeling some positive emotions for you again.

She starts wondering, *âWhy am I smiling so much? Iâm not supposed to be having so much fun. Weâre broken up now, so I've got to stop smiling and laughing. Why does it feel so good talking to him again? Whatâs happening to me? Is this a sign that we should get back together? Maybe he is the one after all.*â

On the other hand, if you say and do the types of things that turn her off (e.g. *"Please give me another chance! Please don't give up on our love! I need you in my life,"*) she will just say something like, *âNo. Itâs over. Just accept it.*â

3 Mistakes to Avoid if You Want to Keep the Love Alive

Here are some rookie mistakes to avoid making when convincing your ex to try again, rather than give up on your love.

A lot of guys make these mistakes because they don't really know what else to do, so make sure you read through the entire article to ensure that you understand the right way to approach her from now on.

Mistake #1 isâ|

1. Trying to convince her that the love is worth fighting for when she doesn't even feel enough respect and attraction for you yet.

[image: Our love is worth fighting for]

When a woman is saying, *â€œI don't think we can work things out,*â€œ a guy might then try to convince her that their love is worth fighting for by reminding her of what they had together.

For example: He might say, *â€œI know that right now all you can think about is all the fighting and arguing we've been doing lately. I can see how that can make you feel like there's nothing good between us anymore, but that's just not true. Think about all the good things we've shared. Not everything is bad. In fact, I'd say we've had more good times than bad times together. Don't make your decision based on a few fights. We had some great times and we can have more if we try again. Please don't let our love die. We can make this work.*â€œ

Yet, even though what he is saying might be true and is fairly well said, a woman won't feel the same way if she's not feeling much (or any) respect and attraction for him at that point in time.

Instead, she will think something like, *â€œYes, we had some great times together. I'll even go as far as saying they were the best times I ever had with a man. However, those times were mostly all at the beginning of our relationship when I still thought of you as the kind of guy I could look up to and respect. Sadly, you're not that guy anymore. Now, all that I see is a guy who makes me cry and feel sad all the time. Why would I want to go back to that?*â€œ

In most cases, you can't convince an ex not to give up on your love and to try again, simply by bringing up the good times that you shared together in the past.

When a woman doesn't have feelings for a guy, the past really doesn't matter to her anymore.

What matters to her is how he is making her feel now, not how he made her feel a long time ago.

So, if you want to convince your ex to try again, focus on making her feel surges of respect and attraction for you when you interact with her (e.g. via text, on social media, on a phone call, or in person).

She needs to feel attraction and respect for the man you are today, not be reminded of the guy that you used to be a long time ago.

2. Thinking that because you shared an amazing love, it means you are soul mates and have to be together for life.

[image: You promised that we would stay together forever]

As difficult as it may be to accept, the truth is that you cannot convince a woman to try again or to stay with you just because you were once in love.

Even if you and her talked about living happily ever after, it just doesn't matter to a woman when she loses touch with her feelings for who you have become.

That was then and this is now.

If a woman no longer feels the same way, she doesn't have to stay with a guy if she doesn't want to.

In the past, a woman was considered to be her man's property and breaking up or getting a

divorce wasn't even an option for her.

She had to stick by him for life whether she was happy or not.

However, in today's world, a woman won't stay with a man for long if he can't maintain her feelings of respect, attraction and love (e.g. he becomes very insecure, treats her badly, takes her for granted, is controlling, stops trying to make her feel good).

These days, a relationship stays together when both people decide that they want to stay together because they feel good together, not because they used to be in love and said that they be a couple for life.

So, rather than trying to convince your ex to try again, you have to get her to reconnect with her old feelings of love first, by letting her experience surges of respect and attraction for the new and improved version of you.

For example: If a guy is needy and insecure, he needs to show her that he's now confident and emotionally strong.

If he's too nice, he needs to show her that he's got the balls to stand up for himself and be a real man now.

If he's unsure of what he wants from life, he needs to show her that he now has big ambitions, goals and a clear purpose and is starting to make progress.

When you interact with your ex and she experiences the new and improved you, her feelings automatically begin to change.

She starts to feel respect and attraction for you again and her guard comes down.

You don't have to convince her to change her mind.

Instead, you only need to focus on using every interaction you have with her (e.g. on a phone call, or in person) to trigger her feelings of respect and attraction for you, and she will naturally begin to reconnect with the love that she once felt.

When that happens, it's up to you to take the lead and guide her back into a relationship with you.

3. Trying to make her feel guilty rather than focusing on making her feel respect, attraction and love.

[image: Please remember the good times we had]

Not knowing what else to do, a guy might try to make his ex feel guilty for not wanting to try again.

He might say something like, *"How can you be so cold and heartless? Was the love that we shared really so meaningless to you? Were you even in love with me at all? What kind of person are you? After everything we've done together, are just going to walk away? Obviously our love meant more to me than it meant to you. I wish I could be as callous as you, but I can't. I am a man of my word and when I said that I'd love you forever, I meant it. Obviously you were lying or you're just an untrustworthy woman that I've waste all this time with. I hope you're happy now!"*

Although he's likely just lashing out at her because he's experiencing a lot of emotional pain from being rejected, it's not going to help get her back.

Trying to make a woman feel guilty will rarely make her change her mind about breaking up.

[image: How can you do this to me?]

Sometimes a woman will give a guy another chance temporarily, but she just dump him again when she realizes that nothing has changed and she doesn't have to feel guilty anymore.

Yet, in most cases, rather than getting her back, his emotional outburst will cause her to lose even more respect and attraction for him because he is being so emotionally sensitive, unloving and insulting.

The only way that a woman will feel happy to try again is when the guy is able to quickly rebuild her feelings of respect and attraction (e.g. by being emotionally strong, making her laugh and smile, making her feel feminine and girly in his presence).

So, if you really want to convince your ex to try again and not give up on your love, focus on making her feel respect and attraction for you again, rather than playing mind games with her by trying to make her feel guilty for leaving you.

When she's feeling attracted to and respectful of the new and improved you, she will be happy to reconnect with her original feelings of love.

She will want to try again because it will feel good to her, not because she feels like you're forcing her to.

Love Doesn't Die

If you haven't yet been able to convince your ex to try again and not give up on your love, it doesn't mean that her love for you is dead.

Even if she's actually saying, *My love for you is dead*, what she really means is that she doesn't feel like she can love you right now.

It's about how you are making her feel right now. It's not about love. Love doesn't die. It is always there in the background.

Her negative emotions of anger, resentment or betrayal have pushed the love into the background and she's not willing to connect with it right now.

You can change that.

When you trigger her feelings of respect and attraction for you again, it makes the negatives of her past with you seem less important.

She feels drawn to you again in a way that actually feels good, so reconnecting with the love happens naturally whether she likes it or not.

So, don't bother trying to convince your ex to try again by begging, pleading and promising her that you'll change if she gives you another chance, because those things only push the love further into the background.

Instead, focus on making her smile, laugh and feel happy when she's interacting with you.

The happier she feels around you, the more respect and attraction she will feel and the faster the love will come rushing back into her heart.

She won't be able to stop it from happening.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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4 Tips About How to Get Your Ex Back When She Doesn't Want You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you haven't been able to work out how to get your ex back when she doesn't want you, here are 4 important tips to help you start the ex back process:

1. Understand What She Likes and Doesn't Like About You

[image: Understand what she likes and doesn't like about you]

If your ex is saying things like, *"Go away! I don't want you in my life anymore. There's nothing about you that makes me want to be together again,"* it might feel like she hates everything about you.

Yet, that's rarely the case.

Right now, she's only focusing on all the things that she doesn't like about you, but that doesn't mean everything about you is wrong.

For example: Ask yourself:

- Did my ex like that I'm an emotionally strong, confident and independent man, or did she complain about me being clingy, needy and insecure?
- Did she like that I took the lead in the relationship and allowed her to relax into her feminine self, or did she feel that she had to wear the pants and make all the decisions?
- Did she enjoy feeling feminine and girly around me, or did she dislike feeling more dominant than me?
- Did she like that I was an honest, loyal man, or did I let her down and betray her trust?
- Did she enjoy the feeling of being loved, appreciated and taken care of, or did she feel like I was taking her for granted?
- Did she like the idea of me rising up the levels of life and achieving my goals, or did she feel annoyed by my lack of drive and determination?

Those are just a few questions to help you see that do you have strong points that are attractive to your ex, but you may also have some weak points that turned her off.

When you understand what really turned her off about you (e.g. you became insecure), you can take action on improving those things about yourself right now.

Then, the next time you interact with her, you will be able to make her feel understood (e.g. be an emotionally strong man no matter what she says or does and she will see that you understood that your insecurity was turning her off and have already fixed it) to then give her the type of attraction experience that she really wants in a relationship.

When you start fixing some of your issues and improving on your weaknesses, it will spark some of your ex's feelings of respect for you when she interacts with you.

She might act like she's not impressed, but she will be.

She will then start thinking about all the other things that she likes about you (e.g. you're a good man, you're honest, loyal, hardworking, great in bed), rather than thinking about why she doesn't want you anymore.

2. Add to Your Strengths and Fix Your Weaknesses

Once you've figured out the things that your ex doesn't like about you, you have a place to start rebuilding her feelings for you.

For example: If a guy discovers that one of the things his ex doesn't like about him is that he was too insecure and needy in the relationship with her, to get her respect and attraction back, he has to show her that he has fixed that weakness to become a confident, emotionally strong man.

She will need to see that he's not the same insecure guy that she broke up with.

To do that, he needs to use every interaction he has with her (e.g. via text, e-mail, social media, phone and in person) to spark her feelings for him by showing her that he has changed.

Initially, a woman will usually keep pushing her ex away and saying, *I'm not interested. Just leave me alone.*

She may also think, *It does look like he has changed, but how can I be sure? What if I open myself up to him again and then he goes back to being needy, clingy and insecure like before? I wouldn't be able to handle that a second time.*

She might then test him to see if he's only putting on an act to get her back, by being cold and indifferent towards him when he's being nice to her.

Alternatively, she might say something like, *I'm happy being single. I get to have fun with my friends and meet interesting guys. Why would I give all that up to be with a needy, controlling boyfriend again?*

[image: Add to your strengths, fix your weaknesses]

If he then reacts by getting upset, feeling hurt and possibly even saying things like, *How can you say that to me? What has gotten into you. You used to tell me that you loved me. How can you just give up on our love like that? I know that I was too clingy sometimes, but that's because I love you so much. I can't bear the thought of being without you. Why can't you see that? Why is being loved so much by me such a bad thing to you?* she will realize that he's still the same insecure, needy guy she broke up with and she'll keep her heart closed off to him.

Another example is where a woman broke up with a guy because the relationship was filled with constant fighting, arguing and misunderstandings and she eventually got tired of it.

To convince her that he's changed, he needs to show her that the kinds of things that would usually annoy him and set him off (e.g. she says something mean to provoke him, she nags him, she looks at another guy) no longer have the same effect on him.

Instead, he makes a joke about it, and gets her laughing and smiling.

She then thinks, *I didn't expect that! I thought he was going to blow up at me like he used to. Wow! I'm impressed. He really has changed.*

Whatever the case is for you (e.g. you were too insecure, lacked drive and direction in your life, took her for granted), the most important thing now is that you understand what your weaknesses are and

endeavor to fix them.

Then, when you interact with you ex, she will see that youâre no longer the same guy and you no longer make the same old mistakes.

The changes in you will re-spark some of her feelings of respect for you again.

She won't be able to stop herself from wanting to interact with you via text, on the phone and in person, even though she previously told herself, *âI never want to see him again. Ever!â*

Suddenly, she feels drawn to you and from there you can build on that spark of attraction and show her that things really are different now.

3. Interact With Her on a Phone Call or in Person to Let Her Experience the New You

[image: Let her experience the new you]

To get an ex back when she doesn't want you, you have to be active about it, rather than being inactive.

Active means that youâre actively interacting with her (e.g. calling her up on the phone, meeting up with her in person) and triggering her feelings of respect and sexual attraction for you, rather than waiting around hoping that she will contact you.

For example: Some guys will say, *âHow can I get my ex back if she doesn't want me? Maybe the best thing to do is give her space for a month and see what happens. Hopefully over time she will realize how much she misses me and sheâll then change her mind about us getting back together. Who knows? Maybe that's all I can do at this point.â*

A guy might then ignore his ex for weeks, or even months until he realizes that sheâs just not coming back.

He might then ask, *âWhy isn't she coming back? Why isn't she calling me up and telling me that she missed me? I don't get it.â*

The reason why is that when a woman doesn't have any feelings for a guy and is saying things to him like, *âI don't want you,â* or *âIt's over. Deal with it,â* him ignoring her for weeks or a month doesn't really matter to her.

She might be curious to find out if he's moving on and will text or call him, but if she finds out that he's just been sitting around waiting for her, she will lose more respect for him for trying to trick her into wanting him back by ignoring her.

In most ex back cases, a woman won't call and will just start using the time apart to get over him, hook up with new guys and move on with her life.

Based on the 100s of ex back cases I've worked on with clients, I've found that not contacting an ex for a long time only works if sheâs still in love with you and wants you back.

Ignoring her rarely, if ever, works when a woman is saying, *âI don't want you anymore.â*

So, if you want to get your ex back when she doesn't want you, the fastest way is by actively making her have feelings for you again.

One of the best ways to trigger a womanâs feelings for you is by making her laugh, smile and feel

happy when she's interacting with you on a phone call, or in person.

For example: A guy is talking to his ex on the phone and she says something like, *"Look, you stuffed up. It's over. I just don't want you anymore."*

If he just accepts that and hangs up the phone and walks away with his tail between his legs, or starts apologizing to her and putting himself down, it's unlikely that she will feel anything for him other than contempt or indifference.

On the other hand, if he jokes around with her at that point and gets her laughing and smiling, it's going to make her feel some attraction and respect for him.

She then starts enjoying the feeling of interacting with him again and she begins to wonder, *"Is it possible for things to be different between us now? Maybe it is. Things already feel better between us, so why not just meet up with him and see how I feel?"*

From that moment onwards, you just need to continue saying and doing the types of things that will develop her feelings of respect and attraction for you again.

4. Give Her the Attraction Experience She Wants

[image: Give her the attraction experience that she wants]

If a woman doesn't want a guy anymore and he doesn't start giving her the attraction experience she wants from a man, she's not going to suddenly want him.

For example: If a guy is insecure and a woman wants a confident guy, she's not going to change her mind about him if he then continues to be needy, clingy and self-doubting around her.

Instead, she's likely going to be thinking, *"Doesn't he realize that women aren't attracted to emotionally weak, wimpy men? Women are attracted to strong men who are confident, self-assured and have the emotional strength that a woman needs to feel secure in a relationship. His insecurity is just not attractive to me. Why doesn't he understand that? Hhh...well, I'm not going to explain it to him that's for sure. He'll have to work out how to be a man on his own. In the meantime, I'm going to find myself an actual man who understands what a woman really wants."*

Unless he changes and becomes a more confident guy very quickly, she's just not going to want to give him another chance because she's tired of not getting the attraction experience she really wants.

Another example is where a guy is too nice and a woman needs him to have more balls and not put up with her BS so easily.

If he fails to man up and take on a more dominant, but loving role around her, she will continue to feel more dominant than him and it will turn her off.

A woman wants to be with a guy who naturally takes charge and knows how to confidently lead the way, therefore allowing her to relax into feeling totally feminine around him.

Another example is where a guy is unsure of what he wants from life and the woman wants a guy with a clear purpose and big goals and ambitions for the future.

A woman wants to know that her man is rising through the levels of life, and that she can rely on him to guide both himself and her to a better future together.

If he just sits around feeling sorry for himself and continues with his old habits (e.g. watching TV, playing video games, browsing social media) instead of finding a big purpose to follow through on,

she will feel turned off by him at a deep, instinctive level.

Are You Ready to Give Her the Attraction Experience She Wants?

To get your ex back when she doesn't want you, you have to make her feel the way she wants to feel when she's in a relationship.

A woman will often put up with not getting the attraction experience she wants in a relationship, but if there are other problems in the relationship, she will get to a point where she just doesn't see the point in staying together anymore.

So, the question is: Are you ready to give her the attraction experience she wants?

Do you know what has been turning her off and have you already fixed those things about yourself, or are you willing to fix them?

By making some attractive adjustments to your behavior and the way you talk and interact with her, being around you suddenly feels fun for her.

She starts to feel attracted, her guard naturally comes down and she opens up to you again.

You can change how she feels because attraction is an automatic reaction that a woman has for a man when he displays traits that are attractive to her (e.g. confidence, charisma, emotional masculinity).

When you reawaken her feelings of respect and attraction for you, she will reconnect with her original feelings of love for you.

Then, getting back together again will feel like the right thing for her to do.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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I Pushed Her Away. Now I Regret it and Want Her Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Okay, so you've pushed your ex away, you regret it and now want her back.

The good news is that you can fix this and get her back.

If you haven't done so already, be honest and tell her that you made a mistake by pushing her away.

Let her know that you don't expect her to get back with you just because you admit that you made a mistake, but you want her to know that pushing her away was due to you being immature and not being ready to give her the love that she needed.

Then, switch your interactions to always be about fun, laughter and good feelings.

Don't discuss the past over and over again.

Instead, get her laughing, smiling and feeling good and then get her to meet up with you, so you can hug, kiss and get back together.

Yes, you made a mistake by pushing her away, but leave that mistake behind and focus on how you make her feel now.

Understanding the Real Reasons Why You Pushed Her Away

[image: Understanding the real reasons why you pushed her away]

Sometimes, a guy isn't ready to be in a truly committed relationship with a woman, so he shuts himself off from her and pushes her away.

Even though he really loves her, his instincts tell him that he's just not ready to settle down yet, so he doesn't try to take the relationship to the next level (e.g. getting engaged, married, having children, buying a house together).

Not every relationship needs to go to that ultimate level, but there has to be some progress together as a couple (e.g. working towards long terms goals together), otherwise you will eventually get bored of being with each other.

You will have gone to all the tourist attractions, been to plenty of movies together, eaten out at many restaurants and hung out on the couch on many Sundays.

Yet, what next?

If there's nothing else to aim for as a couple, that's usually when either you or her will start pushing each other away.

Of course, there are other reasons.

For example: Some of the other reasons why a guy might push his woman away include:

- He feels insecure about his attractiveness to her so he adopts a *"Dump her before she dumps me"* philosophy.
- His parents got divorced and he has no relationship model to work from, so he doesn't know how to stay in love with a woman and make the relationship better and better over time.
- He has little, or no, relationship experience and simply doesn't know how to be in a loving

and committed relationship with a woman, so he makes classic mistakes (e.g. taking her for granted, treating her badly, being too clingy or controlling) and that pushes her away.

- He may have had a previous relationship where his woman proved to be untrustworthy (e.g. she lied to him, cheated on him, treated him disrespectfully), so he just doesn't want to get too involved in the relationship because he fears being hurt again.
- He's afraid that if he allows a woman to get too close to him, she will gain power over him and turn him into a wimpy boyfriend who does whatever she wants.
- He's afraid that if he opens up to a woman emotionally and really loves her, she will perceive him as being too soft and she will then break up with him.

By understanding what really caused you to push your woman away, you can make some changes to your way of thinking and behavior.

Then, when you interact with her again, you can show her that you've changed the things about you that turned her off and pushed her away.

Of course, if you pushed her away and she was really upset about it around the time of breaking up, it's possible that she's going to try to avoid interacting with you and meeting up with you because she will be worried about getting hurt again.

So, when you call and try to arrange a catch up, she may be cold and closed off to you and say things like, *"Leave me alone! You're the one who pushed me away, so deal with it. It's over! I don't care about you anymore. I am happy without you now."*

When she's saying these things to you, you might start beating yourself up about it and say to yourself, *"Damn it! I pushed her away and now I regret it and want her back, but it's just too late. She doesn't want to see me or talk to me. It's hopeless! I can't do anything about it."*

You can.

When you change how she feels (i.e. by replacing her negative feelings of anger, pain or betrayal with positive feelings of respect, attraction and love) she will not be able to hold on to her anger towards you for long.

So, if you really want to get your ex back after pushing her away, what you need to do is use every interaction you have with her (even if it's only via text message, e-mail or social media to start off with) to spark her feelings of respect and attraction for you.

When you spark her feelings for you, she literally goes from thinking of you in a negative way, to having positive thoughts about you and then dropping her guard.

Initially, she may be hesitant and say, *"I don't know if you treated me like crap. I was a good girlfriend (fiancée or wife) to you and you pushed me away. I don't want to go through all that again. I'm happy now. Please don't ruin that for me."*

However, no matter what she says or does, you just need to stay relaxed and keep focusing on making her laugh, smile and feel good to be interacting with you again.

You've got to reactivate her old feelings for you and get her to lower her guard, so you can guide her back in to a loving, happy relationship with you.

For example: Imagine that you're talking to your ex over the phone and she says something like, *"Look, I'm just not interested anymore. You pushed me away,"* rather than feel guilty

about it and thinking to yourself, *â€œI deserve that. Iâ€™m the one who messed up,â€* you can use it as an opportunity to spark her feelings of attraction.

You can do that by saying something like, *â€œI know I pushed you away, but that was the idiot version of me. I was being a shthead and I know it. Youâ€™re talking to a completely new man now. I flushed the old version of me down the toilet. He was a piece of shitâ€* and then laugh with her about it.

By saying something like this to her, you are first acknowledging that you made a mistake by pushing her away, while also making her smile by turning it around and joking about how you messed up.

When you have the confidence to make a joke when sheâ€™s being cold towards you and pushing you away, you take the sting out of the pain she is feeling over being rejected by you.

The more fun that she has when she interacts with you, the more her guard comes down.

She then begins to wonder, *â€œWhy do I feel like I want to forgive him for pushing me away? Why am I actually happy to be interacting with him again?â€*

Of course, saying something like that and making her laugh once isnâ€™t the magic answer to getting her back, but it is a great start.

From there, you need to focus on making her feel more attraction and respect for you every time you interact with her and then build on that until she is back in your arms.

Donâ€™t Make Any More Classic Ex Back Mistakes

The last thing that you'd want to do now is push your ex even further away, right?

If so, make sure that you donâ€™t make any of these classic ex back mistakesâ€|

1. Pouring your heart out to her in a long-winded letter or e-mail, or in a series of big text messages.

If a guy pushed his girlfriend (fiancÃ© or wife) away, chances are high that right now, sheâ€™s avoiding all contact with him.

He might say to himself, *â€œI pushed her away and now I regret it and want her back, but she wonâ€™t talk to me anymore. I have to get through to her somehow. I have to let her know that Iâ€™m sorry and that I still love her. Maybe a long letter or a whole bunch of text messages where I explain everything will help. I have to try it. It's the only chance I have.â€*

Yet that rarely makes a woman come running back. Why?

When a woman doesnâ€™t have feelings for her ex any more, him pouring his heart out to her simply doesn't matter to her.

Instead, a woman will usually think something like, *â€œYou pushed me away and now Iâ€™ve moved on. I donâ€™t care that you care about me and I donâ€™t care that you regret your actions. Itâ€™s too little too late! You have feelings for me, but I don't have feelings for you. This is all about you, not me. How selfish of you. You haven't changed.â€*

Here's the thingâ€|

When a woman canâ€™t see a guyâ€™s body language, or at least hear the tonality of his voice over

the phone, she has to guess at how he was feeling when he wrote her the letter, e-mail or text.

Even though heâ€™s trying to make her see that heâ€™s a changed man, sheâ€™s usually just going to interpret everything that he is writing based on her perception of him around the time of the break up, during the break up or after it.

So, if she currently sees him as being insecure, emotionally weak and not a guy that she can look up to and respect, him telling her how much he cares about her and how sorry he is for pushing her away, isnâ€™t going to change those feelings inside of her.

Remember: A letter, e-mail or text is just a bunch of words on paper or a screen.

A letter, e-mail or text cannot convey to her your emotions, your state of mind or even show her that youâ€™ve changed.

So, what should you do if you want to make your woman forgive you for pushing her away and change her mind about breaking up with you?

Only text her or drop her a quick note via e-mail as a way to get her on a phone call with you.

You must get to a phone call.

On the phone call, you can then actively start renewing some of her feelings for you by make her laugh, smile and feel happy to be communicating with you again.

Yet, thatâ€™s not enough to fully get her back.

You need to get her to meet up with you in person where you can show her (via the way you talk, behave, interact with her and react to what she says) that youâ€™re a new man now.

When you re-spark some of her feelings of respect and attraction for you, she wonâ€™t be able to stop herself from letting her guard down, even if only a little bit.

She will then start to think, *â€œI know he pushed me away, but everyone makes mistakes in relationships. I see now that heâ€™s much more mature than he used to be when we were together. He really seems to be sorry about it now and I can see that he means it. Maybe if I give him another chance things will be different between us this time.â€*

On the other hand, if you just pour your heart out to her and ask her to forgive you for pushing her away and to give you a second chance, without sparking her feelings for you first, sheâ€™s just going to be saying, *â€œNo. Itâ€™s over between us. Sorry, you messed up and Iâ€™m not giving you any more chances.â€*

2. Treating her so well that you end up coming across as desperate, which turns her off.

[image: Trying to buy her love]

Painful feelings of regret can sometimes make a guy do things that he normally wouldn't and which are totally out of character for him.

For example: If a guy pushed his woman away and now he regrets it and wants her back, he might say to himself, *â€œI have to make it up to her somehow. I have to do whatever it takes to convince her that Iâ€™m desperately sorry for what I did and that I want her back. I need to show her that if she gives me another chance Iâ€™ll never hurt her again. Iâ€™ll be the best boyfriend (or husband) a woman could have.â€*

He might then look for opportunities to show her how much he cares.

For example: He might start sending her big bunches of flowers with notes attached saying things like, *â€œIâ€™m so sorry for pushing you away. I know that I hurt you, but Iâ€™ll do anything you want to show you how much I truly regret what I did. I love you so much and Iâ€™ll do whatever it takes to prove to you that Iâ€™ve changed. Please forgive me! I promise Iâ€™ll never treat you like that again if you give me another chance.â€*

He might also shower her with attention every time he sees her (e.g. if they happen to work together, or go to the same university), while at the same time continually apologizing to her and asking for her forgiveness.

Yet, when a guy runs around after his ex and begs or pleads for her forgiveness, rather than make her think, *â€œAwwwâ€| my ex must really be sorry for what he did. Heâ€™s being so sweet, running around apologizing to me all the time, sending me flowers and treating me like a princess. I guess I should forgive him now and we can then get back together again,â€* she instead feels turned off by his desperation and what she perceives to be his emotionally weak state of mind.

[image: Begging doesn't work on most women]

She thinks, *â€œWhy is he behaving like this? Doesnâ€™t he realize that itâ€™s confidence, determination and strength of character that women look for in a man and not neediness, insecurity and an inability to cope with the bumps in the road of life? He thinks that running around treating me like gold and putting himself at my mercy is going to attract me back, but thatâ€™s not what I want. I want a man I can look up to, respect, feel attracted to and be proud of. He just doesnâ€™t get it! He still hasn't grown up and become the man that I need. He's just not mature enough for me. He doesn't know what I want or what women in general want. He just doesn't get it.â€*

In his mind, he feels like he's doing the right thing by sucking up to her, but women don't want to be with a guy out of pity.

A woman wants to be able to look up to and respect her man and if he can't make her feel that way, the relationship will never last.

So, if you pushed your woman away and now you regret it and want her back, donâ€™t go overboard apologizing, pleading and generally being at her beck and call in the hopes that sheâ€™ll give you another chance because sheâ€™ll likely just perceive you as being desperate and feel even more turned off by you.

Of course, if youâ€™ve already been down that road and made that classic mistake, donâ€™t worry about it.

Just make sure that from now on you adjust your behavior in a way that sparks her feelings of respect and attraction for you.

When you focus on making her feel respect and attraction for you again, the process of getting her back becomes easier because she is more willing to drop her guard and open herself up to the idea of giving the relationship another chance.

Sheâ€™s no longer thinking, *â€œI canâ€™t forgive him for pushing me away,â€* because she is now seeing you in a different (and more positive) light and can think, *“Well, maybe he wasn't so bad after all. People make mistakes. He's different now. I like how he is now. Maybe we should just give it another try and see how it goes.”*

3. Feeling like she could never forgive you because you made such a horrible mistake.

[image: She will never forgive me]

Sometimes, a guy will beat himself up about pushing his woman away.

He might say to himself, *“I’m such an idiot! I had the perfect woman and I ruined it. I destroyed the best thing that has ever happened to me. I pushed her away because of my insecurities and doubts and now I have to live with this horrible feeling of guilt and regret. I can’t see how she would ever be able to forgive me and give me another chance. It’s a hopeless situation. I just have to live with the knowledge that I will never get her back because of the mistakes I made.”*

Yet, it doesn’t have to be that way.

A guy in that position needs to realize that we all live and learn and it’s completely normal for someone to make a mistake, learn from it and become a better person.

That’s life.

It’s completely normal, natural and common.

Making the mistake of pushing her away doesn’t mean that he and her aren’t a great match or couldn’t have an amazing relationship if they got back together.

It was simply a mistake that they are now both aware of.

However, that mistake doesn’t mean that the love is dead.

Instead, the love has just been trampled on a little.

It can be dusted off and brought back to life and be even stronger now, if both him and her are mature enough to let it happen.

So, don’t keep beating yourself up about what happened.

Leave your mistake in the past and start afresh with her based on the man that you are now.

The most important thing is that you move forward and replace the negative feelings that she experienced (e.g. heartbreak, betrayal, anger) with positive feelings of trust, respect and attraction.

When you trigger her feelings of respect and attraction for you, everything changes.

[image: Making your ex have feelings for you again]

Her guard comes down and she opens herself up to getting back together again because being around you feels good to her now.

On the other hand, if the only thing you’re doing is going over what went wrong in the relationship and saying things like, *“I pushed you away and I regret it. Can you ever forgive me?”* you will never be able to move past that mistake and start a new relationship with her on a clean slate.

Remember: Mistakes in relationships happen, but it doesn’t mean that the love is dead.

The love simply buried under anger and emotional pain.

You can bring the love back to life.

Once you make her have feelings for you again, her heart will fill up with new, exciting emotions and she will want to be back in your arms.

What that happens, she too will regret that the relationship ended and will be happy that you had the courage to get it back together.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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6 Tips For Contacting an Ex Via Text or Phone Call After a Break Up

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The main reason why you should text an ex is to get her on a phone call, where you can spark some of her feelings of respect and attraction for you, and get her to meet up with you in person.

Don't try to use text for anything else than, or else you will increase the chances of her losing interest and moving on without you.

Here are 6 tips for contacting an ex via text or phone call after a break up.

1. Don't send too many texts

[image: Don't send too many texts to your ex]

When a guy wants to get back with his ex, but she isn't open to the idea of seeing him in person, he might try to stay in touch with her via text.

For example: He may think, *"I know she doesn't want to see me right now, so texting is all I've got to work with. If I keep texting her every day, I will stay on her mind and she won't hook up with another guy. Hopefully, my texts will eventually make her realize how much I care for her and she'll stop avoiding me. She'll then agree to meet up and I will then convince her to give me another chance."*

Yet, here's the thing!

Constantly texting an ex as a way of staying in touch, stopping her from moving on, or trying to convince her to give him another chance is one of the worst things a guy can do. Why?

Although texts can create a little spark here and there (e.g. when a guy is using humor to attract her), in most cases when a guy has been dumped by his woman, his texts will come across a bit insecure, boring (e.g. *"How was your day?"*) or he will try too hard to impress her.

So, the woman isn't going to be amazed by his texts and thinking, *"Damn, I need to get back with him. Did you see the way he just texted?! That was so cool!"*

[image: Why does he think that he can get me back via text?]

Instead, she is basically being bombarded by endless texts about random things that don't really spark her feelings of respect and attraction for him again, so she thinks, *"Why is he wasting my time with these texts? Why won't he just leave me alone and move on with his life? Does he think he can get me back by texting me every day? I'll show him. I'll hook up with that guy from the office this Friday and then tell him via text. That will shut him up."*

Here's what you always need to remember!

Nothing you text to your ex will convince her that you've changed and that she should now forgive you and give you another chance.

It's just a text message.

It's not you.

When a woman can't see your body language or hear the tone of your voice, she won't be able to experience the new and improved you for real, so she just won't believe that you've changed. With a text message, she has to interpret what you're writing based to how she feels about you and how you behaved near the end of the break up, during it and since.

For example: If a woman feels negative emotions such as resentment, disgust, indifference, anger, or annoyance towards her ex, then anything that he texts her will likely be seen negatively too.

So, if you want to contact your ex via text after a break up, remember to only do so with the intention of getting her on a phone call with you right away.

Don't waste a lot of time (hers and yours) sending her random texts that will potentially annoy her and turn her off even more.

On a phone call, you can re-spark some of her feelings for you by making her smile and laugh and show her that you're no longer the same old guy that she remembered.

Getting her smiling and laughing on a phone call immediately drops her guard and she then becomes more open to meeting up with you.

2. Don't instantly reply to every text

A guy might be tempted to reply instantly to every text he gets from his ex, because he might be thinking, *"If I don't reply right away, she might think that I'm being rude or that I'm not interested in her anymore. She might even suspect that I'm with another woman and then she definitely won't want to get back together with me."*

Yet, rather than make her think, *"How sweet. My ex is so thoughtful and caring, he never lets me wait for a reply for more than a minute,"* she will most-likely be thinking, *"He's just sitting around waiting for me to text him. Doesn't he have a life? He even texts me back right away when he's at work. He obviously doesn't care about his life anymore now that I'm not in it. He has lost it"* and she will feel repelled by what she perceives to be his desperation, lack of maturity and lack of emotional independence.

The fact is, desperation and emotional dependency (otherwise known as neediness) is not an attractive trait in a man, so even if you're really happy that your ex is texting you back, don't make the classic mistake of instantly replying to every text within seconds or minutes.

If you're busy (e.g. driving, out with friends, at work), it's not rude to wait for a more suitable time to reply to her.

Even if you have to force yourself to wait a while to text her back because the only thing you have going on in your life at the moment is sitting at home waiting to hear from her, just do it.

Force yourself to wait 10 minutes sometimes, an hour other times and even a day other times.

It's fine to reply within seconds or minutes sometimes, but make sure that you don't get predictable.

3. Don't waste weeks texting without seeing her in person

It's easy for a guy to fall into the habit of texting his ex without working up the courage to see her in person.

He might think, *“This is okay. At least she’s talking to me even if it is only via text. There’s no point in pushing her. When she’s ready to see me, she’ll tell me and then we can meet up. I want to show her that I respect her.”*

Yet, a woman will rarely text her ex and say, *“I’ve been thinking about you so much lately. I miss you. Why don’t you give me a call? I want to get together,”* because she doesn’t want to make it too easy for him to get her back.

Sometimes women do that, but it’s only if she really loves her ex, misses him and can’t move on without him.

However, those ex back cases are not the ones that guys get online and seek help with.

Those are easy because all you have to do is ignore her and she’ll come running back.

The majority of ex back cases (I’d estimate it about 80% based on my years of experience helping guys get women back) are cases where the woman has lost respect and attraction for her guy and no longer wants anything to do with him.

That’s what guys seek help with because they are unable to fix it on their own.

In cases like that, a guy needs to prepare himself to get his ex to forgive him, feel a renewed sense of respect and attraction for him and then guide her back into a relationship.

That’s what I teach in my program, Get Your Ex Back Super System and it works.

If you want your ex back, you can’t sit around hoping that if you just text her enough, she will eventually say, *“Okay, let’s get back together.”*

It just doesn’t work that way in 80% of cases, so if you use that approach, you’re most likely eventually going to get a text from her saying something like, *“I’ve met a new guy. He wants me to stop talking to you. Please respect that and stop texting me.”*

Here’s the thing!

As the man, it’s your responsibility to guide both you and her back into a relationship.

So, don’t make the classic ex back mistake of hiding behind texts in the hopes that she will make it easy for you.

Even though you and your ex might be texting back and forth in a friendly way, it doesn’t mean she’s sitting around saving herself for you.

If another guy comes along and makes her feel attracted, it’s unlikely that she will say to him, *“No, I can’t. I’m waiting for my ex to pluck up the courage and call me. I’m not sure how long that will take, but I’m going to sit around and reject all other guys because I want to text back and forth with my ex for years, rather than going out on a date, hugging, kissing, having sex and being in love with a guy.”*

Instead, she’s just going to get on with her life when it happens. She’s not going to be loyal to you because you’re texting her.

Regardless of how often you text her, nothing you say in a text message can be powerful enough to convince her that you’re no longer the guy she remembers.

So, if you really want to get your ex back, don’t waste weeks while you’re texting back and forth.

Just pick up the phone and talk to her in person.

On the phone call, focus on sparking her feelings of respect and attraction for you.

When she hears the confidence in your voice, her guard will come down and she will then become open to meeting up with you in person.

4. Get her laughing and smiling when you call her

[image: Talking to your ex on the phone]

Although calling your ex is better than texting, it will be a complete waste of time if you don't use the phone call to spark some of her feelings of attraction and desire for you again.

For example: When you call her up, you can say something like, *Hi Susan. I was wondering would you like to meet up some time just to catch up?*

Yet, that's not going to leave her feeling attracted, and she's likely just going to say something along the lines of, *No, I don't think that's a good idea. Let's leave the past behind us. We should both focus on moving on.*

On the other hand, you can use humor to make her smile, laugh and start thinking to herself, *This is fun. Maybe getting together for a catch up isn't such a bad idea after all.*

Here's how you can do it!

You can say something like, *Hey Susan, how's your day been so far?* She will likely respond by saying, *Fine, how about you?*

You can then say in a joking way, *My day is great so far, but it's just about to get even better! I'm waiting for a cute blonde woman to ask me out to lunch and then my day will be perfect.*

She will likely feel a bit annoyed and say, *Oh, okay. Well, that's nice for you.*

You can then say, *Well, it will be when she asks me out to lunch. By the way...you are the cute blonde. So, where are you taking me to lunch? I feel like Chinese food today, how about you – what do you feel like?* and then laugh.

At this point, she will probably be laughing and feeling a little embarrassed about initially feeling upset with you for talking about another woman, which turned out to be her.

By making her laugh you're breaking the ice between you and her.

You're effectively saying to her (without these words), *Hey, it's okay to laugh together. We can still do that.*

At the same time, she will be impressed to see that you're confident enough to joke around with her, and possibly also feel a little flattered that you're still calling her cute, even though you and her are no longer together.

When you make an ex smile and laugh again when talking to you, she won't be able to stop herself from feeling good.

Even if she tries to resist it, she won't be able to hold on to her negative feelings about you for long because you're replacing her negative memories of you with new, positive feelings.

When that happens, her guard comes down and she becomes open to meeting up with you and seeing where it goes.

5. Use the phone call to let her experience the new and improved you

On a phone call, you can spark her feelings of respect and attraction for you, by letting her experience the improvements that you've made to yourself since the break up.

For example: If one of the reasons why a woman broke up with her man was that he lacked ambition and had no real direction in life, on a phone call he would need to let her experience the new him that is now more ambitious and goal oriented.

However, he can't just come out and say to her, *"You know how you hated the fact that I had no goals in my life? Well now I do. I'm more ambitious now just like you always wanted me to be,"* because she doesn't want him to be ambitious just for her.

She wants him to be a man because he has realized where was going wrong and has grown up, rather than just doing whatever she wants in the hopes that it will get back|even though he doesn't want to do what she wants.

She might even think to herself, *"Nice try buddy! You're just saying that to me because you know that's one of the main reasons I broke up with you."*

So, to convince her that he's changed, he has to let her experience the new, more ambitious and driven version of himself through conversation.

How can he do that?

If she asks, *"So how have you been?"* rather than him responding with a boring, *"Fine,"* which says nothing about him, he can instead tell her about the things he's been up to since the break up to show her that he's changed.

For example: When she asks, *"So how have you been?"* he might say something like, *"I'm great. I've finally gotten around to taking that Spanish language course I was always interested in starting. It's going well and I'm planning a trip to Spain next month to meet with some investors who are interested in that business idea I always had. It's great to be making progress with the things that I had been putting off. I'm excited about the future. Good times ahead."*

By talking to her in that way, he's showing her that he's changed without actually coming out and saying it.

She then begins to feel some respect for him again for being man enough to face up to his issues (e.g. hiding from his dream and goals behind her and the relationship) and make some serious adjustments to his behavior and way of thinking.

If he is also making her smile, laugh and feel good to be talking to him over the phone, she will drop her guard and open herself up to the idea of meeting up with him in person.

Then, when he meets up with her, he simply needs to continue saying and doing the types of things that will reactivate her feelings of respect, attraction and love for him.

6. Arrange a meet up in person

[image: How to get her to meet up with you]

If you want her back, don't waste time hiding behind texts and phone calls.

In ex back cases, nothing significant usually happens until the man and woman meet up in person and the woman gets to feel a renewed sense of respect and attraction for him.

Until that happens, a woman usually won't be feeling enough respect and attraction to feel motivated to give the relationship another chance.

However, when you meet up with her in person and make her feel attracted to you in new and exciting ways (e.g. by being more confident and emotionally mature, by making her laugh, by being charismatic) that is when things will really change between you and her.

[image: Get your ex back - reunited couples]

The bottom line is this!

Contacting your ex via text or phone call after a break up is only a stepping stone to meeting up with her, where you can reactivate her feelings in person and then hug, kiss and make her love for you come rushing back.

So, text to get her on a call and call to get her to meet up with you.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

What is the Success Rate For Getting an Ex Back?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Some studies say that 65% of couples get back together, while others suggest anywhere from 10% to 53%.

In other words, they have no idea.

The studies also don't take into account the fact that men are now getting online to learn how to get an ex back and are succeeding in higher numbers than ever before.

Based on what we see here at The Modern Man by helping men get women back, the majority of guys can at least get another chance with their ex as long as they follow the correct ex back process.

If a guy can't get a second chance immediately, he can usually do so within weeks and we often get e-mails from guys to thank us for the advice and to say how happy they are after getting their woman back in 10-15 days.

We also sometimes hear of guys getting a second chance a month or two later, as long as he continues to follow the process that we provide here.

Guys who fail to get their ex back are usually those who don't make the changes needed by the woman.

Instead, they simply continue to turn her off (e.g. by being insecure, letting her have too much power over him, not making her respect him again, not actively re-attracting her, avoiding her in the hopes that she comes running back).

So, if you want to successfully get your ex back, you first need to understand what she needs, and then go about giving her those things.

Here's what you need to do!

1. Understand what caused her to break up with you

[image: Understand what she really needs you to change about yourself]

In most relationships, the woman doesn't just wake up one day and think to herself, *"Today is a good day to dump my guy. Yeah! I've decided that I want to be single!"*

Instead, she usually makes that decision after a long time of trying to get through to her guy to make him see how unhappy she is with him.

For example: A woman might say to her guy, *"If you don't change, I'm going to leave,"* or *"I'm tired of fighting with you over the same things. You're just not listening to me. I'm not going to put up with this much longer."*

If the guy simply writes it off as her being a temperamental woman, or if he ignores her because he assumes that his love for her is enough to keep her in the relationship for life, her feelings of respect and attraction for him will begin to fade away.

Over time, if he continues to ignore her feedback and carries on saying and doing the types of things that have been turning her off, she will break up with him.

The guy might then ask, *"Huh?! Why are you doing this to me? What have I done wrong? Just*

*tell me what you want me to do and Iâ€¦ will do it. I promise that I will change. Just tell me exactly what I need to change. I will do it.*â€¦

However, by that stage, the woman is likely thinking, *â€¦ Well, it's too little, too late. Iâ€¦ ve already told you hundreds of times before and you didn't care to listen and change.*â€¦

Some women do tell their guy exactly what he needs to change about himself, but most women wonâ€¦ t. Why?

A woman doesnâ€¦ t want to be a guyâ€¦ s teacher in life and have to teach him how to be the kind of man who thinks, talks, acts and behaves in ways that are attractive to her.

She wants a ready-made man or guy who can quickly figure out how to be a man without her help.

So, rather than hang around and take on the role of his teacher or mother, she will simply say something like, *â€¦ Itâ€¦ s not you, itâ€¦ s me. I need some space right now to sort out my life by myself,*â€¦ and she will then leave him behind.

[image: I am attracted to you. Why don't feel attracted to me too?]

What she isn't telling him is, *"Look, you're just not man enough for me. Other guys get how to be a man, but you don't."*

She doesn't want to give him clues on what to work on because she doesnâ€¦ t want him to fake the improvements to get her back.

If he can work it out for himself or get help from a friend, then she will see that has stepped up and is no longer the confused guy that she dumped.

He has become a man now and no matter how turned off she used to feel, she won't be able to stop herself from feeling a renewed sense of respect and attraction for him because of it.

So, how about you?

Do you know the real, more subtle reasons why your ex dumped you and didn't want you back?

If you want to successfully get her back, you need to first understand her real, more subtle reasons (not the vague excuses or reasons she gave you) for breaking up with you.

If you have no idea how to figure that out by yourself, here are some questions you can ask that will help:

- Did you make her feel loved, respected and appreciated, or did you take her for granted (e.g. by no longer noticing her efforts to look attractive for you, failing to help with chores/errands)?
- Were you the man in the relationship, or did you allow her to wear the pants and make most of the decisions for you and her?
- Did she feel feminine and girly in your presence, or did she feel more like a friend, or big sister?
- Was she able to look up to you and respect you as her man, or did she look down on you?
- Weâ€¦ re you emotionally strong and confident around her, or were you insecure, needy and clingy?
- Did you have a purpose outside of your relationship with her, or did you make her your sole reason for living?

Once you fully understand where you really went wrong with her, you will then be able to make the correct changes to your thinking and behavior.

[image: Talking to your ex on the phone]

Then, when you next interact with her again via text, e-mail, on a phone call, or in person, she will be able to see for herself that youâ€¢re not stuck repeating the same mistakes over and over again.

When that happens, she automatically starts to feel some respect and attraction for you again.

Thatâ€¢s when her guard comes down, and she opens herself to the idea of getting back together again.

2. Change how she feels

One of the ways to change how your ex feels about you is to show her that youâ€¢ve moved beyond the level you were at when she broke up with you.

At this point, some guys will ask, *“How can I do that? She isn’t answering my calls or texts. She doesn’t want to see me.”*

If you need help to bring down her walls, get her to unblock you from social media, answering your texts and calls and be willing to meet up with you in person, I recommend that you watch, [Get Your Ex Back: Super System](#)

If you are sincere about getting her back, it’s absolutely essential that you let her see that you’re no longer stuck at the same level you were at when she broke up with you.

For example: A guy got dumped by his woman because he was too needy and insecure in the relationship.

He may have been too emotionally sensitive, constantly needed her to reassure him of her love, or he may have been clingy, jealous and controlling.

Whatever the case, his insecurity caused her to lose respect and attraction for him as a man and she then broke up with him.

So, to change how she feels about him, he needs to allow her to experience the new and improved, confident and self-assured version of himself whenever he interacts with her from now on.

She will see that he is no longer insecure.

Regardless of what she says, how she reacts, or how she tests him (e.g. acting cold and bitchy towards him), he doesn’t lose confidence and even has the emotional strength and social intelligence to be able to get her smiling and laughing in moments like that.

For example: As a way of testing whether her ex has really changed, or is just putting on an act, a woman might say to him, *“I don’t know if there’s a chance for us anymore. Iâ€¢m having such a great time hanging out with my friends and meeting new guys. I think I like being single.”*

If he then reacts by getting upset, sulking and possibly even getting angry with her and saying something like, *“How can you do this to me? Weâ€¢ve only been broken up for a week and youâ€¢re already over me just like that. Didn’t our love mean anything to you? Have you already slept with a new guy?”* she will see that nothing about him has really changed and his new, confident and emotionally strong persona was only an act.

On the other hand, if he remains relaxed, smiles and says something like, *“Thatâ€¢s cool. Being single definitely has its up side, but so does being in a really good relationship. The main thing is that you enjoy yourself no matter where you find yourself; single or in a relationship,”* she will see

that heâs changed for real and her feelings for him will begin to change too.

[image: Making your ex feel attracted over the phone]

If she then tries to test him further by saying, *“Yeah, but I wasn’t enjoying myself in our relationship,”* he can demonstrate emotional strength and social intelligence by saying in a joking manner, *“Yeah, me too. I secretly hated you the whole time”* and then laugh with her about that.

She will then see that he’s not the insecure, emotionally sensitive guy that she broke up with.

He has already changed and become a better man.

The more that she experiences his newfound confidence and emotional strength, the more naturally attracted she feels.

So, if you want to have a high success rate chance of getting your ex back, the main thing to remember is that you need to change how she feels about the old you by letting her experience the new you.

When you change and improve on the things that caused your ex to lose respect and attraction for you, her feelings for you will also change.

It happens naturally and automatically, even if she doesn’t want it to or if she tries to fight it or hide it.

If your ex is currently saying, *“Iâm not interested in getting back together again,”* or *“I just don’t feel the same way about you anymore,”* itâs simply because she is seeing (via the way you talk, act, behave and interact with her), that nothing about you has changed.

On the other hand, when you get her on a phone call, or meet up with her, and she experiences the new and improved version of you, sheâll begin to think, *“This isn’t the guy I remember. Heâs changed so much. It feels silly for me to keep saying “No” to him now. Maybe I should just give him a chance. Who knows? it might be fun. I want to kiss him and hug him all of a sudden for some reason. I guess it’s a sign.”*

When that happens, you are simply a catch up away from getting her back.

You can do this.

3. Contact her and get her to meet up with you in person

One of the best ways to successfully get an ex back is by interacting with her on a phone call and making her laugh, smile and feel good to be talking to you again.

Laughter, smiling and feel good emotions automatically bring her guard down and she naturally begins to feel a renewed sense of respect and attraction for who you have become since the break up.

For example: Imagine that youâre talking to your ex and she says something like, *“Look, I don’t see the point of getting back together again.”*

A boring response that will do nothing to spark her feelings for you would be something along the lines of, *“Oh, but I still love you. Please don’t say that. I really think that we can work things out. Can’t you just give us another chance?”*

[image: Re-attracting your ex over the phone]

On the other hand, a response that will get her smiling, laughing and feeling some level of attraction

for you would be something like, *“Me too. If we got back together, things would be better, we’d stay together and then I’d have to put up with eating your crappy cooking again”* and then laugh. Obviously, you’d only say that if her cooking was really good and both you and her knew that, so she’d know that you’re joking.

However, if you are a confident guy, you could say it if her cooking was bad and then say, *“Only kidding. You did make that one dish really well. Remember when you made that lasagna? That was awesome. You are a good cook, you’re pretty and I love you”* and that’s why I want to get back with you. Also, I need someone to do my laundry” and then laugh with her about that.

[image: Attracting your ex over the phone]

By making a joke in response to her statement of, *“Look, I don’t see the point of getting back together again,”* you instantly take the edge off the seriousness of the situation and bring it back to laughter and love.

She has a laugh with you and then begins to wonder, *“Why isn’t he being emotionally sensitive like he used to? Why is he reacting so differently? He’s so much more confident and emotionally mature”* and I like it for some reason. What’s going on? Could this mean that we are supposed to get back together? Maybe it will be a good idea to give this a try. I can see it going well.

By using humor to get her smiling and laughing on a phone call, she will naturally feel attracted to you, whether she wants to or not.

She will begin to reconnect with her positive feelings for you (e.g. respect, attraction, love) and then when you ask her for a meet up, she will feel excited to see you again, even if she acts like she is only half interested or doesn’t care whether the meet up happens or not.

At the meet up, you can then reinforce her reignited feelings of respect and attraction by letting her experience the new you face-to-face.

Then, you simply guide her through the rest of the ex back process.

Success or Failure It’s Up to You. Which One Do You Choose?

[image: Successfully getting an ex back]

If you’ve bothered to ask, *“What is the success rate for getting an ex back?”* you will have probably discovered that most people don’t think it’s possible to get a relationship back together, even though there are some statistics that suggest more than 50% of relationships get back together (even if only temporarily) after a break up.

Friends, family and coworkers may have even been told, *“Forget about her. It’s over. You need to move on,”* or *“Just stop calling her for a while. If she doesn’t come back, then it wasn’t meant to be. I’ve heard people say that if you let someone go and they come back, it was meant to be, but if they don’t, you have to move on.”*

Yet, they don’t understand what you’re going through right now and they also don’t even know that millions of people get back together every day all over the world.

It is possible to get an ex back, even if she currently hates you or doesn’t have any feelings for you.

I've personally heard from 100s of guys who've used my program, Get Your Ex Back Super System to get their woman back and most of them start out with a woman who despises them and doesn't want anything to do with them anymore.

I don't hear back from every customer though.

[image: Re-attracting your ex]

Most guys just use the program, get their woman back and get on with their life, so I don't know the exact success rate.

However, I can tell you one thing for sure: Trying to guess how to get your ex back without following a proven to work, step by step approach will result in you making loads of classic mistakes that turn her off and potentially ruin your chances of getting her back.

For example: Most guys who don't know how to get an ex woman back will do things like beg, plead, try to convince her or ignore her.

Yet, those approaches have a very low success rate.

I know this because I've personally helped 100s of phone coaching clients to get women back and they've pretty much all used those techniques before getting in touch with me.

When they use my ex back approach (i.e. actively make her have feelings for you again and then guide her back into a relationship), they get their woman back.

So, if you want to get your woman back using the highest success rate approach, don't waste any more time thinking about it.

The time is now.

Get her back before it's too late.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Getting an Ex Back: 5 Success Stories

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Getting an ex back is a lot easier than most guys might think.

To show you how it's done, here are 5 success stories of what men did to get an ex woman back and why it worked.

The following success stories are based on the most common of the 100s of ex back cases that I've personally worked on with clients.

1. He regained her trust by changing, improving and letting her experience it in person. Then, they got back together.

[image: Get her respect and attraction back at a meet up]

A woman's trust in who you are as a man is very important in a relationship.

If she can't trust in you to be a confident, loving, emotionally strong man, her guard starts to go up and she no longer wants to give you all of her love.

So, when a guy behaves in ways that turn a woman off during a relationship (e.g. he is too insecure and clingy, is jealous and controlling, lacks purpose in life outside of the relationship with her, takes her for granted) her feelings of trust, respect, attraction and love for him will decline over time.

Initially, she may try to convince him to change by dropping hints about his behavior or throwing tantrums to show him how upset and unhappy she is with the relationship.

Yet, if the guy doesn't pick up on her hints and takes action to change those things about himself, or if he simply ignores her hints and assumes that because she loves him so much she should put up with anything, she will eventually break up with him.

So, when a guy gets his ex back in cases like those, it's usually because he has changed the things about himself that were turning her off and in the process regained her respect and trust.

For example: A guy got broken up with by his woman because he was jealous and controlling in the relationship with her.

He was clinging to her and acting like a controlling bully by forbidding her to go out with her friends, or accusing her of cheating or wanting to cheat every time she interacted with another guy, (e.g. at work, at university, on Facebook).

So, what is an example ex back success story for a situation like this?

To show her that he had changed and regain her trust, the man called her and invited her to a meet up.

[image: Ex was initially resistant to the idea of meeting up]

Naturally, she wasn't convinced that anything about him would be different, so she was resistant at first, saying things like, *"I don't think that's a good idea,"* or *"You broke my trust and I just don't have feelings for you anymore. I don't think it's a good idea that we meet,"* or, *"I don't think I'm ready to meet up yet. I think I need more time."*

However, rather than get disheartened and give up, the man simply focused on sparking her feelings

of respect and attraction for him by making her smile, laugh and feel happy to be talking to him over the phone.

By triggering some of her feelings, she lowered her guard and then said, “Yes” to meeting up with him.

Yet, just because she agreed to see him again, it didn’t mean that she was 100% ready to get back together with him.

She needed to see for herself the changes she experienced over the phone.

So, at the meet up, she pretended to be interested in getting back together with him one minute, and then acted cold and indifferent the next minute to see how he would react.

Rather than being insecure and emotionally weak like he would of in the past, he remained confident and simply smiled and laughed at her behavior and then continued to interact with her.

She then tried to make him jealous by saying something along the lines of, *“I don’t know if I want to get back together with you. I’m actually having a lot of fun now. I’m going out to clubs with my single friends and I’m meeting many interesting guys.”*

She was testing to see if he would react like his old self by getting jealous, angry or throwing a tantrum at her.

Instead, he just smiled and said something like, *“Good for you. I’m glad you’re enjoying yourself.”*

This really surprised her and she may have begun to wonder, *“Why isn’t he getting jealous? Does he have a new woman who is prettier than me, or has really just changed and become more of a man now? If I had said something like that to him before we broke up he would have gone through the roof. Yet, now he’s smiling and even telling me that it’s a good thing. He’s really changed. I actually like the new him. He’s fun to be around now.”*

The more time that she spent hanging out with him, the more she got to experience the new and improved version of him.

He suddenly seemed more attractive to her than ever before and her feelings of trust and respect for him began to grow.

He then asked her to get back together again and see how it goes and she said, *“Yes.”*

2. He gave her a week of space, used that time to improve his ability to attract her, contacted her, met up for coffee and got the relationship back together

Most guys don’t know what to do when they get broken up with by the woman that they love, so they just give up on the idea of getting their ex back, or ignore her in the hopes that she will eventually come back on her own.

Yet, that rarely works, because the longer a guy spends ignoring a woman, the more time she has to get over him, and potentially hook up with another man.

Giving a woman a week of space is the perfect amount of time because it allows things to cool down after the break up, but doesn’t give her too much time to forget about you and move on.

When a guy contacts his ex woman (e.g. via text message, e-mail, on social media, or on a phone call) to invite her out for coffee after giving her a week of space, he is much more likely to get her back than a guy who has been ignoring his ex for 30 or 60 days.

However, contacting an ex after a week of space isn't the magic answer to getting her back.

A guy who contacts his ex within a week must prepare to attract her on the phone or in person before she will be open to the idea of getting back together again.

For example: A guy meets up with his ex for coffee.

At the meet up, he actively sparks her feelings of attraction by flirting with her and by being confident, charismatic and charming.

He also lets her experience the changes he's made to himself since the break up (e.g. if he was insecure and allowed her to dominate him before, he is now masculine and emotionally strong, if he was lacking in drive and ambition, he is now rising through the levels of life and reaching for his true potential as a man).

She feels respect and attraction for him again, and they get back together again.

I've heard back from many guys who've gotten their woman back in ex back cases like this.

As long as you get some face-to-face time with her and properly re-spark her feelings, she won't be able to stop herself from at least hugging and kissing you at the end of the meet up or during it.

When that happens, the next step is sex and getting the relationship back together.

You'd be surprised at how often that happens.

3. He gave her the attraction experience she was looking for all along and she then cancelled the divorce.

[image: She cancelled the divorce and they stayed together]

A wife will seldom give up on her marriage unless she absolutely has to (e.g. her husband has become very abusive, he is taking her for granted and making her life a living hell by expecting her to do everything for him).

Marriage usually lasts for life, but a husband stops making his wife feel the way that she wants to feel in the relationship (e.g. loved, appreciated, attracted, feminine, safe) she will usually decide to divorce him and have to deal with the stigma that is attached to being a divorcee.

For a man to stop his wife from wanting a divorce, he has to change the way he interacts and communicates with her in ways that triggers her feelings of attraction and respect for him again.

For example: Some of the ways that he can do that include:

- Reacting differently to what she says and does (e.g. if she nags him about not helping with the housework, rather than get upset about it, he understands that she's feeling taken for granted and then focuses on making her feel loved and appreciated. Alternatively, he turns it into something for them both to laugh about, rather than taking it so seriously and he then helps her with some of the housework).
- Focusing on making her smile, laugh and feel happy to be around him, rather than just being neutral and not really caring about making her smile and laugh.

- Making her feel feminine, girly and taken care of in the relationship, rather than making her feel neutral or worse, feel like more of the “man” in the relationship.
- Showing her via his thinking, behavior and actions that heâ€¢s fixed some of the issues that have been turning her off (e.g. heâ€¢s more confident and is no longer being insecure, he now takes the lead in the relationship rather than expecting her to decide on everything).

In response to his new, attractive behavior, she naturally begins to feel more respect and attraction for him as a man and starts to ask herself, *â€¢I still love him and heâ€¢s clearly changed for the better, so do I really want to go through with the divorce?â€¢*

She then drops her guard, opens herself back up to the love in her heart and cancels the divorce.

Once again, I’ve heard back from so many clients and customers who’ve avoided a nasty, expensive divorce just by going through the steps in my program, [Get Your Ex Back Super System](#)

4. He got a new job, started being more mature, met up with her, reactivated her feelings and got the relationship back together.

[image: Make her love the new you]

A woman wants to know that her man is someone she can look up to, respect and rely on for life.

So, if a guy is sitting around and letting his life pass him by, she is likely going to be thinking, *â€¢What am I doing here? Iâ€¢m stuck in a relationship with a guy who is wasting his life away and dragging me along with him. Heâ€¢s so immature. Heâ€¢s just wasting all of his spare time playing video games or watching TV. Heâ€¢s stuck in a dead-end job and has no ambitions or goals for his life. I donâ€¢t want that anymore. I want a man who has a planâ€¢a man who has bigger goals and ambitions and will make it happen, so I can feel safe. Imagine if I got pregnant with himâ€¢what kind of life would be have? He’s not even striving to achieve a better life. He’s just so comfortable now that we’re in a relationship. He has no idea how bad life could get for us if one of us lost our jobs, one of us got sick or if we couldn’t afford to take care of any children we had while paying rent or a mortgage. I’ve just got to leave him before my life gets any worse.â€¢*

Most women like the idea of being with a man who is rising through the levels of life by reaching for his true potential as a man.

So, when a woman realizes that her guy has no plan for his life, she will most-likely break up with him because his lack of purpose is a big turn off for her and makes her feel unsafe.

Of course, that doesnâ€¢t mean she wonâ€¢t be able to feel respect and attraction for him ever again.

When she can see that heâ€¢s no longer the same immature guy that she broke up with, her feelings for him naturally change.

For example: A guy got broken up with because he was immature and lacked drive and direction in his life.

However, rather than sit around feeling sad and depressed about it, he decided to make some improvements to himself.

He then called up his ex and said something like, *“I’ve had a lot of time to think about why you broke up with me, and I now understand that what I did wrong. I was just hanging around waiting for life to happen and wasn’t making any progress. That was childish and immature and I can see why you stopped respecting me as a man. I now understand that that’s not how a real man behaves in life. However, I also want you to know that I’m not that same old guy anymore. I’ve made some real positive changes in my life and things are going well for me now. I have a new job that I love and I have big plans for my future. Thanks to you, I’ve learned from my mistakes and I’m moving forward in my life and becoming a better man. I just wish I didn’t have to hurt you during our relationship to realize that. I’m not asking for you to take me back, but I do want you to know that I love you and I have changed because it was the right thing to do.”*

By saying something like that to his ex, he accomplishes 2 things:

1. He shows her that he’s no longer the same guy that she broke up with and he’s now a new and improved man.
2. He triggers her feelings of respect and attraction for him for being so mature, confident and forward moving, which makes her drop her guard and open up to the idea of getting back together with him again.

After saying that to her, he made a point of meeting up with her in person, so that she could experience the new him face-to-face.

At the meet up, he continued to spark her feelings for him by behaving in some of the ways that are naturally attractive to women (e.g. confident, charismatic, charming) and by showing her his new, mature side.

She may have then begun to wonder, *“What is going on here? This isn’t the childish, immature guy I used to know who lacked purpose and direction in his life. Not only does he now have goals and dreams that he’s working towards, but he’s also so much more confident and self-assured. Wow! I never thought he would change, but here he is, a completely different man from the one I broke up with. I’m so impressed that he took charge of his life in this way. I could definitely see myself in a relationship with him now.”*

She felt a renewed sense of respect and attraction for him, her guard came down and they got back together again.

Of course, admitting your mistakes to your ex doesn’t always make her instantly change her mind about breaking up with you and come running back, but it does soften her negative feelings (e.g. anger, pain, indifference) and allow her to feel some level of respect and attraction for you again.

5. He apologized for his mistakes, got her to forgive him and gave her a week of space. During that time, he improved his ability to attract her and then met up with her, had sex with her and they got back together.

[image: Hooking up with your ex]

Forgiveness is powerful.

When you get a woman to forgive you it makes her drop her guard and stop focusing on the negatives of the relationship.

Forgiveness really changes a woman.

After forgiving her ex, she almost always becomes more open to interacting with him on the phone and in person.

Then, when she can see (by what he says, how he behaves and how he interacts with her) that he's at a different level now from what she remembers, she allows herself to feel respect and attraction for him again.

When she allows herself to feel attracted to him and respectful towards him, that's when she starts to feel drawn to him.

However, to get to the point where his ex is forgiving him, he first has to apologize to her for his mistakes.

For example: He might say to her, *"I know I stuffed up. I can see now why you felt like you had to break up with me. I understand now that at the time, breaking up was the right thing to do for both of us. It definitely allowed me to see the things about myself that needed improving and to have the time to become a better man. I just want you to know that I'm not the same old guy that you broke up with and I'm sorry for the pain I caused you. I'm not asking you to take me back at all, but I am asking you to forgive me. Can you forgive me? If you can, it will make you feel better and allow you to move on easier and it will also make me feel better because I truly am sorry for being such an idiot in our relationship, especially near the end. So, what do you say? Can you forgive me?"*

When she forgives him, he then backs off and gives her a week of space.

During that time, she starts to think about all the changes that she experienced in him during their interaction.

She may then think to herself, *"That's definitely not the guy I broke up with. He's definitely changed. I actually like the man that he's become now. It feels good interacting with him again."*

After a week, he calls her and continues to say and do the types of things that trigger her feelings of respect and attraction for him.

He gets her smiling and laughing over the phone and when he asks her to meet up with him, she doesn't hesitate to say yes.

At the meet up, he makes her feel even more attracted by displaying some of the personality traits and behaviors that are attractive to women, such as confidence, charm, charisma and the ability to make her laugh even when she's being cold and distant.

She feels great and they kiss, have sex and get back together.

Have You Been Using a Failing Ex Back Approach and Expecting Winning Results?

If you want to win your ex back, you can't use a failing strategy (e.g. ignoring her for 30-60 days,

begging for another chance or trying to get her to feel pity for you because you love her so much). To get her back, you've got to give her the kind of attraction experience that she wants and can't get with other guys.

When a guy has tried everything that he knows (e.g. ignoring her, begging, trying to convince her), he may get to a point where he feels like there's no hope of getting his ex back.

He might say, "I've tried everything but nothing is working. I will never be able to convince my ex to give us a second chance."

Yet, what he doesn't realize is that he's not getting her back because he has been saying the same old things and using the same old tricks, rather than focusing on making her feel a renewed sense of respect and sexual attraction for him.

For example: A guy might be calling his ex and begging and pleading with her to take him back.

He may be promising her that he really will change and telling her things like, *"I can't live without you. You mean the world to me. I promise that things will be different this time if you'll just give me a chance"* or *"How can you let our love die? Doesn't what we had together mean anything to you? I still love you and you don't appreciate that, then there's something wrong with you."*

Yet, none of what a guy is saying really matters to a woman if she's lost respect and attraction for him (e.g. because he became very insecure in the relationship).

On the other hand, if he changes the way he communicates and interacts with her in a way that sparks her feelings of respect and attraction for him again, it makes the negatives of the relationship seem less serious to her because she is now seeing him in a more positive light.

So, if your ex is currently saying, *"Forget about it. I don't have feelings for you anymore and I don't want to get back together again,"* it means that the way you have been talking to her and interacting with her hasn't sparking those feelings inside of her.

Yet, that doesn't mean that you can't start to trigger those feelings inside of her.

You can.

When you make some adjustments to the way you talk, behave and interact with her in a way that sparks her feelings, everything changes.

She drops her guard and getting your ex back becomes a matter of when rather than if.

So, when you do want your ex back?

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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How to Ask Your Girlfriend For a Second Chance, Even Though She Isn't Interested

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your girlfriend currently isn't interested in giving you a second chance, you can make her interested by getting her to feel a renewed sense of respect and attraction for you.

For example: If you and her feel more like friends now (rather than lovers or boyfriend and girlfriend), then you need to trigger her feelings of sexual attraction by making her feel girly and feminine when you interact with her.

On the other hand, if she isn't interested because you became insecure in the relationship (e.g. jealous, needy, controlling, too protective), you need to interact with her and let her see that you're now confident and emotionally strong.

Once you create a spark, the door will then be open to rebuild her feelings and guide her back into a relationship.

However, make sure that you don't ask your girlfriend for a second chance until you know that she is attracted again, because she will just keep pushing you away and saying things like, *"I am not interested,"* or *"Just accept that it's over between us. I don't feel the same way about you anymore."*

It can't be about you wanting her back because you love her so much or because you promise that things will be different this time around.

It has to be about you making her feel a renewed sense of respect and attraction for the new and improved you, so she can then believe that things really are different now and a relationship with you would feel good to her.

The truth is, contrary to what some guys might believe, getting a woman to give you a second chance is actually pretty easy when you focus on changing how she feels when she interacts with you.

Watch this video for some examples!

As long as you are actively making her feel some respect and attraction for you, she will begin to feel interested again.

You can make her feel that way.

However, if you make one or more of the following mistakes, she's just going to keep saying that she's not interested!

1. Asking her for another chance before her feelings have been reactivated

[image: My ex isn't interested in getting back together]

One of the most common reactions that guys have when they get broken up with is to quickly try and convince their ex to give them another chance.

For example: A guy might explain what went wrong in the relationship, offer to change whatever she

wants and promise her the world if she changes her mind.

Yet, if he doesn't first spark her feelings of respect, attraction and love for him, she will usually just keep saying, *â€œLook, I know you mean well but Iâ€™m not interested in you anymore. Itâ€™s over between us. You need to let me go and move on with your life.â€*

Essentially, what she's not coming out and saying is, *â€œI know that youâ€™re sorry we broke up, but that doesn't change how I feel. Sorry is about how you feel. You still don't understand what caused me to stop having feelings for you and youâ€™re just hoping that if you apologize Iâ€™m going to forget about all the things that have been turning me off. You're also hoping that we can then go back to the way things used to be. However, Iâ€™m not interested in going back to that, because I don't believe that you can change. You need to accept that itâ€™s over and stop trying to convince me to change my mind. You don't even know how to quickly become the man that I want you to be, so I'm going to just move on unless you can somehow make me feel differently.â€*

Sometimes, a woman will give a guy another chance when he convinces her that things will be different, but if she's given him chances like that before, she will eventually get tired of it.

So, don't waste your time trying to get her to give you another chance based on you promising to change.

Instead, just sparking her feelings of respect, attraction and love by behaving in some of the ways that are attractive to women (e.g. by making her feel feminine and girly when she's interacting with you from now on, making her smile and laugh, showing her that you've moved past the level you were at when she broke up with you, being emotionally masculine).

When you re-spark her feelings of respect and attraction, she will be more open to the idea of getting back together with you again.

On the other hand, if you just keep saying and doing the types of things that were turning her off before and interact with her in a neutral way (rather than an attractive, masculine way), she's going to keep saying, *â€œThanks, but no thanks. Iâ€™m not interested.â€*

2. Trying to make her feel sorry for you

[image: Clingy boyfriend pleading with girlfriend]

Sometimes, it can be difficult for a guy to accept that even though he's still truly in love with his girlfriend, she's not interested in giving him a second chance.

It's heartbreaking.

All those good times, the hugs, kisses, sex and loving moments are all gone now and she no longer feels the same way.

Some guys just can't deal with that kind of rejection, so they try to make the woman feel pity or guilt for making him feel so sad, depressed and rejected.

He might then begin to beg and plead for another chance only for her to keep saying, *â€œNo. Iâ€™m not interested.â€*

Feeling worse than he ever has in his life, he might then say something like, *â€œHow can you do this to me? I love you so much. How can you be so cold-hearted after everything weâ€™ve shared*

together? Donâ€™t you care that youâ€™re breaking my heart? You mean the world to me and youâ€™re acting like I mean nothing to you. Yes, I messed up, but doesnâ€™t everyone deserve a second chance? You might not think so, but I believe that what we had is worth fighting for. Obviously my love for you was real, while you were only pretending to care about me. If you loved me for real, you wouldn't do this to me.

Yet, rather than make her think, *Oh no! My ex must really love me if he is so sad about our break up!* maybe Iâ€™m being too hard on him. Maybe I should just give him another chance and see if things can be different this time, his behavior makes her lose even more respect and attraction for him. Why?

Itâ€™s a womanâ€™s natural instinct to be more attracted to the kind of guy who has the emotional strength to cope with the random problems and challenges that life throws at him.

So, when a guy is looking for pity and is making himself look desperate and emotionally weak in a womanâ€™s eyes, she actually feels turned off by him.

Her instincts tell her, *See, you were right to break up with him. Heâ€™s not emotionally strong enough to be able to cope with his problems and take care of himself. If you give him a second chance, you will probably end up having to take care of him and teach him how to be a man in his life. You need a man, not a boy. Go through with the break up. He's the sort of guy who will lean on you for emotional support and never grow up. Leave now while you can.*

Even if the guy has the ability to be a man and handle the challenges of life, her instincts are going to be telling her otherwise because it's based on his current behavior.

It doesn't matter if a man has been emotionally strong around a woman for a year; if he becomes emotionally weak, that's who he is in the woman's eyes.

Women want to be able to feel safe with a guy who can handle the challenges of life, rather than getting stuck with a guy who needs her to make him feel safe.

A woman wants to be with a man who is confident, self-assured, determined and able to take care of her, not her have to take care of him.

Rather than her taking pity on him, his behavior actually causes her to lose even more respect and attraction for him.

Of course, itâ€™s sometimes possible to make a woman feel enough pity for a guy that she gets back together with him for a few days.

[image: My ex isn't interested in giving me another chance]

However, she will just break up with him again when she realizes that heâ€™s the same as before and that he doesnâ€™t have what it takes to change what she needs him to change.

So, donâ€™t waste a lot of time trying to make your girlfriend feel sorry for you.

Instead, just start saying and doing the types of things that will cause her to stop and think, *Hey, whatâ€™s going on here? This isnâ€™t the way Iâ€™ve been expecting my ex to behave. Heâ€™s so different now. Heâ€™s actually being so mature and emotionally strong. I like the new him. Maybe itâ€™s not too late to give our relationship a second chance.*

When you reactivate your ex girlfriendâ€™s feelings of respect, attraction and love for you again, you wonâ€™t have to resort to making her feel pity for you to get her to give you a second chance. Instead, she will want to give you a second chance because it feels good to her; not because

youâre attempting to manipulate her feelings for you by making her feel sorry for you.

3. Saying that you will wait for her no matter how long it takes

[image: I will wait for you no matter how long it takes]

Often, when a woman is saying things like, *âItâs over between us. Iâm just not interested in getting back together again,*â a guy might decide that the only way to show her that heâs really serious about getting her back, is by making it clear that he will never, ever get over her.

He might say to her, *âEven though you say that youâre not interested in giving me a second chance, I want you to know that Iâll wait for you no matter how long it takes. I donât want any other woman. I want you. Youâre the only woman for me, and eventually youâll see that no other guy will care for you the way I do and that our love is worth saving.*â

He may think that by showing her how committed he still is to her, and that no other woman compares to her, she will feel flattered and open herself back up to giving him another chance.

Yet, hereâs the thingâ!

Although a woman appreciates a man who is totally loving and devoted, she doesnât want to be his purpose for living and she doesnât want to be responsible for taking care of his will to live or happiness in life.

She also doesnât want to feel like he canât attract other women and only wants to be with her because she originally gave him a chance to be with her.

She wants him to be confident enough to move forward and enjoy his life with, or without her.

If a guy sits around waiting for his girlfriend to hopefully one day give him a second chance, it usually means that heâs neglecting other areas of his life.

For example: A guy might decide to avoid going out socially and interacting with any other women, in case his girlfriend finds out and thinks that heâs moved on.

He might neglect his career, or give up on his purpose in life.

Yet, thatâs not attractive to a woman.

Of course, there are some women out there who will enjoy an ego boost when they discover that their ex is waiting around for them and going nowhere in his life.

However, the majority of women like the idea of being with a man who can be happy and fulfilled in his life with, or without her.

So, if you want to ask your girlfriend for a second chance, make sure that itâs because you sincerely love her and because she adds value to your life, not because she is your life and you have nothing else going on without her.

Then, when you interact with her (e.g. on a phone call, or in person) and she gets a sense that you are happy, confident and getting on with your life without her, she will begin to see you in a new light.

You will seem more attractive to her and she will feel drawn to you again.

4. Being extra nice to her to show how much you care

Another common mistake that guys make when they are trying to get a girlfriend to give them a second chance, is to be extra nice to her.

For example: A guy might lavish his ex girlfriend with gifts and tokens of his affection, help her out financially by paying her rent, buying her groceries or paying her bills and make himself available to her 24/7.

He may think, *“If Iâ€™m really nice to her, spoil her and make myself an essential part of her life, she will realize that I really care for her and that she canâ€™t live without me. Then, even though sheâ€™s been saying that she isnâ€™t interested, she will change her mind and give me a second chance.”*

However, what a guy like that doesnâ€™t understand is that when a woman is saying things like, *“Go away. Iâ€™m just not interested in getting back together again,”* itâ€™s because she doesnâ€™t have sexual and romantic feelings for him anymore.

Even though she might appreciate that heâ€™s being extra nice to her, itâ€™s most likely not going to make her think, *“What have I been thinking? This guy is such a gem! I want to kiss him and have sex with him right now! Look at the way heâ€™s spoiling me and doing everything I want. I better give him a second chance before he gets away and some other lucky woman takes him,”* because all heâ€™s doing is being nice to her, without renewing her feelings of respect and sexual attraction for him first.

So, donâ€™t waste your time being nice to your ex girlfriend and then feeling hurt and dejected when she keeps saying *“Thanks, youâ€™re so sweet, but Iâ€™m not interested in being in a relationship with you anymore.”*

Instead, you need to make her interested by getting her to feel a renewed sense of respect and sexual attraction for you.

When you re-spark some of her feelings of respect and attraction (e.g. via the way you think, talk, behave and interact with her), she will naturally drop her guard and appreciate that you care about her.

Then, giving you a second chance will actually feel right to her.

Making Her Go From Not Interested to Very Interested and Then Getting Her Back

When you started off wondering how to ask your girlfriend for a second chance even though she wasn't interested, you may have been thinking, *“If sheâ€™s not interested, nothing that I say is going to make her change her mind, so itâ€™s probably a lost cause. Iâ€™ve lost her forever. I guess I just have to accept that and let her get on with her life without me. I'm just not good enough for her.”*

Yet, hopefully by now youâ€™ve realized that getting her to change her mind is actually a lot easier than you might have thought.

When you re-spark her feelings of respect and attraction for you, something interesting happensâ€¦!

She stops focusing on all the negative things about your relationship and she starts to see you in a new, more positive light.

From there, itâ□□s up to you to continue sparking those positive emotions inside of her (i.e. respect, attraction and love) and guide her back into a loving, sexual relationship with you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

How to Get an Ex Back After Using the No Contact Rule For Too Long

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Okay, so you've been using the No Contact Rule for too long and now you want to get your ex back.

Here's what to do!

Just call her and say hello.

Reactivate her feelings by using some humor.

Say in a joking manner, *"Hey ex girlfriend, how are you? I thought I'd give you a call to say hi,"* and then let her respond.

You can then add in something like, *"Well, I thought that you might get in touch with me one day to say hi or something, but you didn't! Didn't hear a peep out of you!"* and have a laugh with her about that.

You can then say, *"So, I guess you're completely over me then, right?"* and let her answer and have a laugh with her about that.

Of course, don't be serious about what you are saying and how she is answering your questions.

Just relax, be confident and be willing to have a laugh about it.

If you can get her to laugh at what you're saying, you can then say, *"Well, it's good to see that we can still have a laugh isn't it? So, how have you been anyway?"* and have a conversation with her.

During the conversation, let her feel a renewed sense of respect and attraction for the new and improved you and then get her to meet up with you in person.

When you meet up in person, you can re-spark her feelings for you by showing her (via what you say, the way you behave and the way you interact with her) that you're a different guy from the one she remembered.

When you spark her feelings for you again, she will begin to forget all about the fact that you haven't been in touch with her for a long time because she will feel good to be around you.

You can then start getting to know each other all over again with a clean slate, based on who you are as a man now, rather than who you used to be before she broke up with you.

3 Common Reasons Why Guys Don't Get Their Ex Back After Using the No Contact Rule For Too Long

After helping 100s of men to get women back, I've realized something!

It's never too late to get an ex back.

I've literally helped guys to get a woman back after days, weeks, months and even years.

There is always a chance to get her back.

Yet, the guys who fail at getting their woman back after using the NC rule fail for one of the

following reasonsâ€¦!

1. He feels like it's too late to contact her

[image: Is it too late to contact her?]

Sometimes, a guy will cut off all communication with his ex after a break up and think, *â€œIf I give her some time to cool off, not only will she forget about how bad things were between us, but it will also give her a chance to miss me. Then, she will contact me, tell me that she misses me and wants to see me and we will meet up. We will then get back together.â€*

He might then ignore her for 30 to 60 days (in some cases even longer) and then when she doesn't call, he wonders, *â€œHuh? Why isn't she calling me? Did she ever love me? Do I mean nothing to her? I thought using the No Contact Rule worked on women. What do I do now?â€*

The reason why she didn't call is that the NC rule just doesn't work in most cases. Why?

When a woman breaks up with a guy, it's usually because she's reached the stage where her positive feelings of respect, attraction and love for him have been pushed into the background because of his behavior (e.g. he was insecure, treated her badly, took her for granted, was too needy, disappointed her again and again).

At that point, she will allow negative emotions such as anger, resentment, pain and disappointment to come to the front of her mind and fill her heart with a feeling that tells her she must break up with him and never look back.

When her ex stops interacting with her by going no contact, she just hangs on to the negative thoughts and feelings about him and moves on.

So, can he get her back?

Yes.

When he interacts with her and actively reawakens her feelings of respect and attraction, everything begins to change and she suddenly starts to remember why she loved him so much in the beginning.

He can then get her back by confidently guiding her back into a relationship.

Yet, most guys don't realize that, so they just give up and feel like they now have no chance of getting her back because they've been using the NC rule for way too long.

For example: A guy might say to himself, *â€œIt's too late! I've been using the No Contact Rule for months and if I call my ex up she probably won't want to talk to me, or she will have likely moved on. There's nothing I can do now. I've missed my chance with her.â€*

It's not too late.

There is no time limit for getting an ex back. Some guys get their ex back in one day, some in one week, one month, a year or several years later.

You can get her back, but if you want her back, you have to man up and do something about it.

Sitting around wasting more time and saying, *â€œIt's probably too late to contact her now. What if she doesn't want to talk to me?â€* is not going to change the situation.

You have to start interacting with her and making her feel SOMETHING for you again.

Even if all she wants from you at first is a friendship, being friends with her is better than doing

nothing at all.

Why?

By becoming friends with your ex, you can regularly interact with her and use that time to actively reawaken her feelings of respect and attraction for you.

On the other hand, if you do nothing, you might find yourself all alone a year from now still wondering how you can get her back, while she will have likely moved on and possibly even gotten engaged to some other guy.

Important: When you are being “friends” with her, don’t act like a friend. Focus on making her feel sparks of sexual and romantic attraction for you.

Then, she won’t see you as a friend.

Another mistake that guys often make after using the No Contact Rule for too long is...

2. He feels unwelcome to talk to her

In some cases, a guy might eventually work up the courage to contact his ex after ignoring her for a long time, only for her to say something like, *“Why are you calling me now? It’s been ages since we broke up and I’ve moved on. I’m seeing someone else now. What do you want?”*

He might then think too himself, *“Well, that’s it then. I gave it a try and she just isn’t interested in even talking to me anymore. Therefore, I can’t get my ex back and no-one can. I tried the No Contact Rule and it didn’t work.”*

Little does he know that the NC rule only works in about 20% of cases.

In other words, it has an 80% failure rate.

That is why I’ve never recommended it.

Most guys don’t know that it’s possible to actively re-attract their ex, so they just go silent and hope that she comes running back.

Yet, it just doesn’t work in most cases.

Of course, sometimes it does work and sometimes, it doesn’t even matter that a guy has ignored his ex for a long time; he can still get her back.

Why?

There are many reasons why a woman might be unwelcoming when her ex finally calls her after weeks or months of ignoring her.

For example:

- He might have taken her by surprise and she is shocked to hear from him again and she doesn’t know how to react, so she acts cold and distant.
- He might have caught her at a bad time (e.g. she is hanging around a friend who doesn’t like her ex, so she tries to act like she isn’t happy to hear from him).
- She could be feeling hurt that it took him so long to contact her and she doesn’t want to come across as eager to hear from him.
- She might be feeling cautious about showing too much emotion because he might start ignoring her again.
- She could be playing hard to get so she doesn’t come across as being too desperate to see

him again.

Regardless of her reasons for sounding unwelcoming the first time her ex interacts with her, itâ€™s up to him to remain confident and focus on making her laugh and smile.

When a woman is laughing, smiling and having fun talking to her ex, it becomes difficult for her to maintain a cold, distant persona at the same time.

This is why you need to be persistent and make sure that your ex feels good when sheâ€™s interacting with you.

When her feelings of respect and attraction for you are reactivated, it becomes difficult for her to tell you to go away, and she then drops her guard and opens back up to you.

3. He sends her a text rather than calling her

[image: Sending out a feeler text to an ex]

Another reason why a guy might lose out on getting his ex back after using the No Contact Rule for too long, is by sending her a â€™feeler textâ€™ to see if she responds with signs of interest.

For example: A guy might text his ex something like, *â€™Hey Jenny, itâ€™s Peter here. I just wanted to say hi.â€™*

Heâ€™s hoping that by contacting her via text (after ignoring her for 30-60 days) she will be more open to the idea of hearing from him again because itâ€™s easier than a phone call.

He also hopes that she will then respond by texting him something like, *â€™Oh, hi Peter. How have you been? Itâ€™s been such a long time since we chatted! Do you want to get together sometime to catch up?â€™*

Yet, thatâ€™s not usually how it works.

Unless a woman has actually been sitting around desperately missing her ex and hoping that he will contact her, she will most likely just ignore his text and keep moving on with her life.

Even if a woman does respond though, itâ€™s often because she just wants to find out what her ex has been up to, and if heâ€™s moved on and found another girlfriend, or if heâ€™s still missing her and feeling unhappy without her.

So, if you want to get your ex back after using the No Contact Rule for too long, donâ€™t waste any more time randomly texting her in the hopes that sheâ€™ll give you a clear sign that sheâ€™s open to getting back together again.

Youâ€™ve got to her on a phone call with you, where you can actually get her smiling, laughing and feeling good to be talking to you again and then arrange a time to catch up in person.

In person, you will be able to fully reawaken her feelings of respect, attraction and love for you by showing her that youâ€™re now a very different (i.e. more confident, mature, charismatic) man than the one she remembered.

What You Can Do if Your Ex Wonâ€™t Answer Her Phone

[image: Creating a spark via text]

In some cases, a woman might not answer her phone right away when she notices that itâ€™s her ex

calling.

However, that doesn't mean you can't get her to answer your call at all.

Here's what to do if she's not answering your calls.

Just send her a text like, *Hey Jenny, it's Dan here. We haven't spoken in a while and there is something quick that I'd like to ask you over the phone. I guess you're busy at the moment, so I might try call you another time.*

Many women will reply to that and say something like, *Sorry, I was in the shower. You can call me now and you can then make the call, or, "What do you want to ask me?"* and you then just call rather than replying via text.

In some cases, a woman will just call back to find out what her ex wants.

If she doesn't respond though, just call her the next day.

If she still doesn't answer, just wait another day, call and if she still doesn't answer, send her this text, *Hey Jenny trying to get in touch to ask you something quick. I might try calling you again next week then. Have a great week,* and then call her a week from then.

In most cases, her curiosity will get the better of her and she will most-likely answer your call to see what you want, or at least text back to find out (if she texts, call her, don't text your reply).

Once you get her on a phone call, you need to reawaken some of her feelings of respect and attraction for you (e.g. by making her laugh, smile and feel happy).

When she can hear the confidence and sincerity in your voice, her guard will come down and she will then become open to meeting up with you in person again.

At the meet up, you need to show her, via your body language, conversation style, the way you're interacting with her and the way you respond to what she is saying, that you're at a different level now from the one you used to be when she broke up with you.

Initially, she might act like she's not interested and possibly even say something like, *Well it's nice chatting to you again, but what happened between us is over now,* but she won't be able to stop herself from feeling drawn to you again.

Deep down she'll likely be thinking, *He's really different now. It's actually nice talking to him again. It actually feels good. Why am I feeling this way? Should I give him another chance? Maybe it will be fun to kiss him again and have sex like we used to. It might be fun. I heard that make up sex feels great. Yeah, maybe I should do it just to see how I feel.*

How Much Longer Are You Going to Wait Before You Call Her?

[image: Maybe I need to wait a bit longer before I call her]

So, you've been ignoring your ex for weeks, months and possibly even years.

If you want, you can continue on saying, *It's too late. I used the No Contact Rule for way too long. There's no way that she'd want to hear from me* or you can take action right away to start the exciting process of getting her back.

If you begin the ex back process, you will find that it is life changing, confidence boosting, exciting

and enlightening because you become such a better man during the process and you get your girl back.

The break up may have been painful for you, but things are about to get real good for you.

Even if you contact her and she initially says, *â€œGo away! Iâ€™m over you now. Itâ€™s too late,â€* when you reawaken some of her feelings of respect and attraction for you, her resistance will fade and she will open back up to you because she will be feeling drawn to you.

On the other hand, if you just continue ignoring her, it's highly likely that nothing will change.

You will probably still be missing her months or years from now and she will likely have moved on, forgotten all about you and enjoying her life without you.

So, just pick up the phone and call her!

It doesn't really matter if your ex is going to be happy to hear from you again or not.

What matters is whether or not you're actively interacting with her again and sparking her feelings of respect and attraction for you.

Once you've re-sparked her feelings for you, the next step is to confidently guide her back into a relationship.

You can do that.

Guys all over the world get their women back every day and you can do it too, even if you've already wasted loads of time with the No Contact Rule.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

How to Get My Ex Girlfriend Back After She Dumped Me For Being Needy

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

You can get your ex girlfriend back after she dumped you for being needy by following these 3 steps:

1. Become Emotionally Independent

Right now the idea of living a happy, productive and independent life without your girlfriend might seem impossible.

You might even be thinking, *“My girlfriend was my main reason for living and being happy. Without her in my life there’s no point doing anything. Things just don’t seem fun anymore. Why would I even want to do anything without her? What would be the point of living my life without her in it?”*

Yet, thinking like that is just going to prevent you from getting her back.

Until you accept that you can live a happy and fulfilling life without your ex, you will stay stuck in a cycle of neediness that will keep turning your ex girlfriend off.

So, if you want her back, you have to become emotionally independent.

In other words, you can’t be relying on her love and desire for you to make you feel happy, whole and worthy in this life.

At this point, some guys will ask, *“How can I do that when she means so much to me? I miss my ex girlfriend and I want her back. Do I need to pretend that I don’t care about her to convince her that I want her back? Must I play those mind games with her?”*

It’s not about pretending or mind games.

You need to become emotionally independent because if you do, you will become emotionally attractive to her again (i.e. you will be more confident, have higher self-esteem and will be back to your old charismatic, charming, lovable self).

You can’t fake that.

You have to do it for real.

[image: I need my ex back. I can't function without her]

If you don’t get over your neediness for real and instead decide to put on an act of being more confident and emotionally independent without her, she will eventually say or do something that will reveal your insecurities.

For example: She might say something like, *“You know! I’ve been thinking. Maybe we should get back together. I miss you, but since you’re not interested in me anymore, I guess I will have to move on.”*

If the guy then quickly says, *“No! No! Of course I’m interested! It’s what I’ve been hoping for all along. I still love you!”* she will realize that he’s only been pretending not to be needy anymore and she will feel more turned off by him for trying to trick her into taking him back.

So, don't put on an act.

Women are very good at smelling an act of confidence in a guy.

All they have to do is test the guy and if he cracks under pressure (e.g. becomes nervous) or drops his act, the woman knows that it's an act.

What should you do instead?

You must show her that you now have a lot more going on in your life than just her.

You should have your own dreams, goals and plans that you are working towards, regardless of whether you're in a relationship or not.

You don't have to have already achieved those dreams, goals and plans, but you need to be making real progress towards them and because of that, you will be feeling confident, happy and full of self esteem.

[image: Get rid of your neediness and she will notice and feel attracted]

She will notice that and she will believe you that you're no longer the needy guy that she broke up with.

Yes, you still have some neediness deep down, but it's going away fast. You're becoming the man that you know you should have been all along.

The truth is, you have been putting off doing certain things in your life because of your relationship with your ex girlfriend, right?

You have dreams and goals, but you just wanted to spend all of your spare time with her.

You stopped caring about the world and what you always wanted to do and you became a guy who was hiding from his dreams behind the safety and comfort of a relationship with a loving, caring woman.

However, now that you're single, you can finally begin to make your dreams a reality.

Ask yourself!

- **What is my purpose in life?**

What do you dream about doing or becoming? If you're not sure about what you really want to accomplish in your life, now is a good time to find that out and then take action to make it happen.

For example: What's something you always wish you could work on or work as? What area of life are you most passionate about, other than your ex girlfriend? What do you wish you could become in this world or change about the world?

What industry, movement or cause do you wish you could be a part of? What do you love to do most, other than be with your girlfriend?

Answer those questions and you may begin to realize that you do have a purpose in life this and if you make progress in that area, you won't be so reliant on your girlfriend for your sense of identity in this life.

- **What are the things I've always wanted to do and see?**

Have you been putting off some of the things you really want to do because you didn't want to leave your girlfriend behind? Now is the time to decide what those things are (e.g. go traveling,

further your education) and make them happen.

- **Have I been holding myself back from becoming a better man?**

Have you been avoiding accomplishing certain things in your life (e.g. go to university, learn a new skill such as martial arts, computer programming, flying an airplane)? Now is the time to do those things.

- **Have I allowed myself to become a lonely guy?**

Have you neglected your friends because of your relationship with her? You now have the opportunity to make amends with old friends and even make new ones.

By answering the above questions, you will likely realize that being dumped by your ex girlfriend is a great opportunity for you to become an even better man than youâ€¢ve ever been before.

This is your moment.

You are about to step up to the next level of your destiny.

When you take that step like a mature, emotionally strong man, you will automatically become more attractive to your ex and to women in general because women are attracted to a man who knows what he wants and isn't afraid to go make it happen or to go ahead and get it.

Then, when you interact with your ex and she experiences the new you (a man who knows what he wants and is taking the steps to make it happen), she will likely be thinking, *â€¢My ex has really changed. What happened to that needy, insecure, emotionally weak guy who used to turn me off? Heâ€¢s now so confident, driven and emotionally strong now. That is sexy. Hang onâ€¢why do I think he is so sexy all of a sudden? Why am I feeling this way? I guess it's a sign that we should be back together.*â€¢

That's what you want her to be thinking, rather than, *"Hhhhâ€¢here's another text from my needy ex boyfriend. Let me guess â€¢ he's still stuck at the same level of maturity that he was when I dumped him. He still doesn't even know how to make me feel a renewed sense of a respect and attraction for him. Well, I'm not giving him another chance because he hasn't done anything to deserve it."*

If you want to get an ex back after being dumped for being needy, you need to show her that you've changed, rather than promising that you will change or asking for another chance based on the fact that you love her so much.

2. Apologize to Her and Tell Her That You Have Now Realized Your Mistake

[image: Apologize to her over the phone]

Itâ€¢s natural that when a guy gets dumped for being needy, he will most-likely want to apologize to his girlfriend for his mistake.

However, where many guys go wrong is turning an apology into begging and pleading for her forgiveness, as well as making all sorts of promises to change.

Thatâ€¢s not what a woman wants.

She doesn't want a guy who is willing to say anything or do anything she wants, just so she will take him back.

Instead, she wants to see that he has actually understood the real reasons why she broke up with him (e.g. he was needy, insecure, controlling, jealous, still hadn't worked out how to be a real man) and that he's taking steps to quickly change those things about himself.

So, when you apologize to her, don't feel like you have to beg for forgiveness just because you made the mistake of being a needy boyfriend.

A better way of apologizing that will spark her feelings of respect and attraction for you, is to say something like, *"I understand why you dumped me. I was insecure and needy in the relationship with you and I became overbearing. I see that now and I understand how my neediness made you feel like you always had to reassure me of your love. That was silly and immature of me to do that. I wouldn't have liked it if our roles were reversed and you were always nagging me about going out without you, reassuring you that I loved you or getting upset when I made plans with my friends. It wasn't fair on you and I see that now. However, I'm not that guy anymore. I don't expect you to believe me right away, but I just want to say that I'm sorry for everything that I put you through. I still care about you, but I accept your decision about us breaking up. I also want you to know that everyone makes mistakes in a relationship sometimes. I'm not perfect, but then no one else is either. I'm not asking you to take me back, I just want you to forgive me so that we can start over with a clean slate and be friends again."*

By calmly apologizing to your ex girlfriend, while being confident and mature enough to admit your mistake, you're showing her that you're no longer the confused, needy guy she broke up with.

You have learned from the experience and are taking positive steps to become a better, more confident and emotionally strong man than before.

This is attractive to her.

It automatically re-sparks some of her feelings of respect and attraction for you and she then allows herself to forgive you for being needy in the past.

[image: Re-activating her feelings]

She believes you that you have realized your mistake and have already begun to change and improve as a man, which makes it easier for her to truly forgive you.

Forgiveness is a powerful thing because it makes a woman drop her guard and open back up to you, even if she didn't intend to.

All of a sudden, she stops looking at you in a negative light and starts seeing the new, improved version of you.

She accepts that you have changed, forgives you and lets go of the old version of you that she has forgiven.

That's when you can quickly and easily guide her back into a relationship.

3. Let Her Experience Respect and Attraction For the New You

[image: Make her feel attracted to the new and improved you]

Right now, you may, or may not be able to have lots of interactions with your ex girlfriend.

She may have blocked you, stopped answering your texts or told you to leave her alone, or she may be still open to hearing from you.

Whatever the case is for you, the most important thing that you need to do is use every interaction that you have with her as a way of actively sparking her feelings of respect and attraction for you again.

If she has fully blocked you, there are ways to get her to unblock you, which I explain in my program, [Get Your Ex Back Super System](#)

To get her back, you need to actively make her feel something for you again, so her guard comes down and she opens herself up to talking to you in person again.

This means that you can't ignore her for weeks or months, and hope that she will suddenly start thinking, *â€œI haven't heard from my ex in such a long time. Why isn't he calling me, texting me or clicking like on my social media posts? I miss him. I'm going to call him up and tell him I want to get back together again.â€*

Ignoring an ex only works in about 20% of ex back cases if the woman still has strong feelings for her ex, or is struggling to find someone new to replace him.

In a case where a woman has stopped feeling respect and attraction for her ex because he was very needy, then not hearing from him for a long time won't really matter that much to her and she will likely just move on.

Also, even if you do manage to get your ex girlfriend to contact you after giving her a few weeks or months of space, if she interacts with you and discovers that you haven't really changed and are still the needy guy she broke up with, she's likely just going to think, *â€œWell nothing much has changed with my ex. It's time for me to fully move on and forget all about him.â€*

So, to get her back, the most important thing that you need to do is to interact with you ex via text, social media, e-mail and especially over the phone and in person, so you can let her experience respect and attraction for the new you.

How can you do that?

Imagine that right now, you're talking to your ex girlfriend over the phone and she tries to test you to see if you're still needy.

She might say, *â€œHow have you been? I was out shopping the other day and I happened to go past that little Italian restaurant we used to love. It got me thinking about all the good times we had and made me miss you.â€*

If you quickly jump at that and respond with something like, *â€œYou have no idea how miserable I've been without you! Of course I remember our special restaurant! I keep seeing all the things that remind me of you and I haven't been able to eat or sleep properly since the break up. I miss you too!â€* she will see that nothing has really changed.

She is still in the position of power and you are still waiting around, feeling horrible and lonely without her in your life.

On the other hand, if you remain confident and easy-going and say in a joking way, *â€œOh yeah, I was at that restaurant just the other day. I was also thinking about you! I was recalling that time you got spaghetti sauce all over your face. You looked so goofy!â€* she will most likely laugh and

feel a bit self-conscious.

She will then think something like, "What's going on here? That's not the response I was expecting from him. He's changed. He's confident now. In the past, he would just be telling me how much he misses me, but now he's so relaxed and confident and I like it."

When that happens, she just won't be able to stop herself from automatically feeling some respect and attraction for you again.

That's what you want.

When she experiences respect and attraction for the new you, her guard comes down and she starts to reconnect with her original feelings of love for you.

She becomes open to meeting up with you in person.

From there, you just need to continue showing her that you've changed (e.g. by remaining confident and relaxed no matter what she says or does to test you, by being charming and easy-going), and then guide her back into a relationship with you.

You Can Get Her Back, But You Need to Avoid Making These Mistakes

Being dumped by your woman for being needy doesn't mean that your relationship is unfixable.

You can get your ex girlfriend back, but you first have to make her feel respect and attraction for you again.

When you make her feel a renewed sense of respect and attraction for you, the ex back process is easy and straightforward.

However, if you make any of these mistakes, you will cause her to continue feeling turned off by you, which will make the ex back process difficult and challenging:

1. Not getting to the source of your neediness

[image: Fix your neediness first]

If you don't understand what is causing you to be needy, you will most likely just keep experiencing it.

This means that whether you get back together with your ex girlfriend or find a new girlfriend, you will keep getting dumped until you figure out where your neediness really stems from and then take action to fix it.

For example: Some of the reasons why a guy might be needy are:

- **He lacks purpose in life.**

A guy who lacks purpose has no big long term goals or dreams.

He's simply drifting through his life and using his relationship with his girlfriend as an excuse to hide from his true potential as a man.

To change, he needs to find something that he feels truly passionate about and take steps to make his

dreams a reality.

He doesn't have to achieve everything to get her back, but he just needs to show her that he's making progress towards achieving something big in his life that is independent of her.

If she is his purpose, she will feel deeply turned off by him.

Women don't want to be a man's reason for living, even though they may say that they want that in pop songs or romantic movies.

In real life, women want a man who has purpose and will follow through on that with or without her. Being like that causes a woman to feel a deep, ongoing respect and attraction for you.

- **He thinks that a woman should feel flattered by the fact that he needs her so much.**

Initially, a woman might like the idea that her guy is so devoted to her and even seems to need her, but she will become turned off if she realizes that he needs her because he's emotionally insecure.

She will test him by losing interest in him and sex or by pretending to be interested in other guys and if he falls to pieces, she will know that he's only confident and happy because when she loves him.

She will know that he needs her love to be strong and without it, he becomes a weak, insecure, needy guy.

She will then begin to order him around, treat him badly and be cold towards him and if he puts up with it because he needs her, she will lose a tremendous amount of respect and attraction for him.

In his mind, he thinks that being so needy of her will show her how much he loves her, but in her mind, it will show her how much he needs her.

A woman wants a man who wants her, not needs her.

A woman wants to be loved, cherished, respected and appreciated, but she doesn't want to be desperately needed by a guy who can't function without her.

2. Keep turning her off and hope that she will just give you another chance because you care about her so much

To successfully convince your ex girlfriend to give you another chance, you must begin to make her experience the type of feelings that she wants to experience when she's with you (e.g. respect, attraction, love).

If you keep saying and doing the types of things that were turning her off before she dumped you (e.g. being needy and insecure when you interact with her, telling her how terrible your life is without her, telling her how much you still love her) she just will keep saying things like, *It's over*, *or Sorry, I don't have feelings for you anymore*.

Why?

If a woman has lost respect and attraction for her guy, she won't really care that he still cares about her.

It doesn't matter that you and her were in love before.

What matters is how she feels now.

You need to focus on changing the way that she feels now, not trying to remind her of how she used to feel or how good things used to be.

You have to show her (by the way you think, act, behave, interact with her, and react to what she says and does) that you are now a confident and easy-going man.

You're not the tense, needy guy that she dumped.

You're confident, relaxed and you have high self-esteem now, with or without her.

Don't tell her that that you're happy without her, because that would be rude and she will try to use it against you.

Instead, show her that you are confident, happy and full of self-esteem without her by how you think, talk, feel, behave and interact with her.

Once you do that and you see her positive reactions, the idea of getting back together again won't seem that impossible to you or her anymore.

You can do this.

You can get her back.

Yes, you made a mistake by being needy, but you're not that guy anymore, right?

You're confident now.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

3 Steps For Making an Ex Want You Again, Even if She Currently Despises You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Making an ex want you again, even though she currently despises you is actually a lot easier than you might think.

Follow these 3 steps and she will go from despising you, to liking you and then loving you again:

1. Change the Things That She Despises

The fastest way to make your ex stop despising you and want you again, is to actively change the things she despises, and make her have some positive feelings (e.g. respect, attraction, love) for you again.

Make her feel impressed that you've quickly changed those things and are no longer the same guy that she broke up with.

Of course, before you do that, it's important that you take a moment to fully understand exactly what caused her to get to the point where she said something like, *"Go away! I never want to see you again. I despise you now."*

If you try to change things that she doesn't really care about (e.g. you become even nicer to her, when the real thing that she despises is that you are insecure), she's not going to be impressed.

Likewise, if you try to get her to explain what she wants you to change, she's just going to despise you even more.

For example: A guy might say, *"I realize that my ex and I had our problems, but she never really told me what I was doing wrong. Why can't she just say exactly what was bothering her so that I know exactly what to change?"*

He might even go as far as saying to her, *"I know that you despise me right now, but I don't understand why, so please tell me what I did wrong so that I can change. I'll do anything to fix this. Just tell me what you want and I will do it."*

Yet, that's not how the ex back process works.

In most cases, a woman will have likely given her guy multiple hints regarding what she wants him to change about himself, but she won't have told him the real, more subtle reasons why she has lost respect for him as a man.

[image: What do you despise about me?]

So, why doesn't a woman just come out and say what exactly is bothering her and what the guy can do to change?

The main reason is because most women don't want to be a man's teacher or mother and have to teach him how to think, act and behave like a man in his life.

If she has to teach him once how to behave like a man, what is going to stop him from always turning to her to solve all his problems in the future?

A woman doesn't want to be in that position in her romantic relationship.

She doesn't want to feel like she's taking care of him or as though he's her student or child.

She doesn't want to take on that role because it destroys her feelings of sexual attraction and respect for him.

If he wants her back, he needs to work this out himself or get help.

He can't expect her to take care of him, hold his hand and guide him through the process of getting her back.

She's just not going to do that.

So, if you want your ex back, you need to get very clear on what caused her to break up with you and then despise you.

You can then make some adjustments to how you interact with her (e.g. via your behavior, body language, the way you talk to her, the way you interact with her).

She will then see for herself that what she used to despise about you isn't there anymore, so her guard then comes down.

When that happens, her feelings for you begin to change in a positive way very quickly.

For example: If a guy was insecure and needy during the relationship, he needs to show her that he is now a confident, emotionally secure man.

If a guy stopped making her feel feminine and girly, his woman will need to experience his masculine vibe and see for herself that he is now more confident and is an emotionally strong and emotionally masculine man that she can look up to and respect.

Do you know what you need to fix to get her back?

If you don't fully understand what you need to change, you will simply continue saying and doing the things that make her despise you (e.g. being too much of a pushover and letting her walk all over you, feeling insecure and jealous if she mentions other guys, trying to convince her to give you another chance, trying to make her feel guilty for making you feel so sad about the break up).

If you do that, your ex is going to behave coldly towards you (so she doesn't give you the impression that she's warming back up to you) and may say things like, *â€œWhy won't you just leave me alone?â€* or *â€œIt's over between us. I don't want you in my life. Why don't you get that? Leave me alone.â€*

So, make sure that you are prepared to re-attract her whenever you interact with her from now on!

When she experiences the new, more attractive version of you from now on, she won't be able to hold on to her negative feelings about you.

She will then begin to drop her guard and open back up to the idea of being with you again.

2. Become Emotionally Independent

It's only natural that when the woman that a guy loves says something like, *â€œI despise you,â€* or *â€œI hate you,â€* he might feel like his world is crashing down around him.

This is especially true when a guy makes his girlfriend his main reason for living (e.g. he lacks

purpose and ambition outside of the relationship and focuses most or all of his spare attention and energy on her).

When she dumps him, he not only has to live with the reality of losing her, but also that she now despises him.

It's a devastating blow for a guy who lacks purpose and ambition outside of his relationship with his woman.

[image: He became needy, insecure or jealous]

She is his world, so without her, he feels like life isn't worth living.

All of a sudden, the world becomes a cold, mean, horrible place to live in.

He's on his own and people around him keep saying annoying things like, *"Don't worry, there are plenty of fish in the sea"* or, *"Don't worry, you'll find another girl soon."*

Yet, he doesn't want any other girl! He wants her.

Feeling lost and panicked without her, he might then try to change her feelings for him by saying something like, "I love you. Without you there is nothing valuable left in my life. You are my world and I can never be happy without you."

Essentially, he will try to convince her to give him another chance because he needs her.

Yet, that's not what she wants.

A woman wants to be truly loved and appreciated by her man, but she doesn't want to be his reason for living.

So, telling your ex how much you love and need her right now is not going to make her stop despising you, especially if she doesn't currently respect you.

Women only feel attracted to men that they respect and they only remain in love with men that make them feel respect and attraction.

If you want her back, you've got to focus on making her feel respect and attraction for you first.

How?

You have to believe and accept that you don't need her love to be happy and fulfilled.

Sure, you really want her back, but you don't need her back.

[image: Feeling like you can't live without her]

You will not die without her.

You will survive and you will be able to live a happy life without her.

You need to think that way first, so you can stop feeling so emotionally dependent on her.

You will want her back, but you don't need her like your life depends on it.

When you realize that you can have a great life without your girlfriend, your mindset changes and you instantly begin to become more emotionally attractive to her because you're now more confident, emotionally independent and emotionally masculine.

Then, whenever you interact with her (e.g. on a phone call, or in person) and she notices that you are now emotionally strong and happy in your life without her, she begins to see you in a different way.

All of her old positive feelings of respect, attraction and love that she's pushed into the

background suddenly get woken up, and she feels drawn to you again.

Why?

By becoming emotionally independent, you are effectively showing your girlfriend that you've moved past the level you were at when she broke up with you.

You are now presenting her with a version of yourself that clearly has some of the qualities that most women are attracted to. (e.g. confidence, emotional masculinity).

It's just so important that you get to the point where you want her back, but you don't need her.

You can do that within days and you do not need to sleep with any other women to achieve it.

It's simply a mental thing.

You've got to imagine life without her and picture yourself feeling happy, loved and fulfilled with other women or another women in your life.

If you do that and can truly believe it, you will instantly become more emotionally attractive to your ex.

So, make sure that you make this mental change and stop looking at her as the answer to all of your problems in life.

When she can see that you are now an emotionally strong and independent man without her, she will automatically feel attracted to you, even if she doesn't want to and even if she was saying that she despised you.

Why?

Attraction isn't something that a person can prevent from happening.

Attraction is an automatic reaction that men and women have to each other when they notice attractive traits.

So, when you display some of the behaviors and traits that are instinctively attractive to women, your ex girlfriend (fiancée or wife) will automatically feel a new kind of respect and attraction for you, even if she initially tries to deny it.

Once you make her feel that way, you then need to focus on making her feel excited to be in love with you with you again by building on her newfound feelings of respect and attraction for you.

That's the way to get her back.

Don't sit around waiting and hoping that she comes running back by magic.

You've got to do something about this and get her back.

For example: If a guy sits around at home feeling sad and depressed because his girlfriend currently despises him, and he then sends her loads of text messages, e-mails, or calls her on the phone to tell her that he loves her and misses her, it's not going to convince her to give him a second chance.

Why?

Nothing has changed.

He has feelings for her, but she doesn't have feelings for him.

He's trying to get her back even though he hasn't changed anything about himself.

It's just unfair to her and she knows it, which is why she eventually gets to the point where she despises him for being so selfish and unloving.

On the other hand, if a guy gets excited about what is happening in his life and starts becoming a better man that she can feel attracted to, then she is going to be impressed and will immediately begin to think differently about him.

When he interacts with her and says something like, *â€œBy the way, I finally got that promotion at work. Itâ€™s awesome. Theyâ€™re even sending me to our offices in Europe for two weeks to get more training,â€* or *â€œI discovered that I actually love to cook, so Iâ€™ve been attending a professional cooking school on weekends, and Iâ€™m actually planning on opening up my own little bistro,â€* she will see that he is very different from the guy she once despised.

When that happens, she just canâ€™t stop herself from beginning to look at him in a more positive light because he is now behaving like the kind of man she can actually look up to and respect.

3. Interact With Her and Let Her Experience the New You

[image: Change how she feels about you during interactions]

When a woman is saying things like, *â€œStay away from me! I despise you and I never want to see you again,â€* it sometimes becomes difficult for a guy to stay positive about his chances of getting her back.

He might then say to himself, *â€œOkay, well if I give her some space for a month, she might cool off and stop being so angry with me. Then, when she forgets about all the negatives of our relationship or of me, I will be able to make her want me again.â€*

He might then decide to avoid all contact with her for weeks or even months.

Yet, avoiding a woman only works when the woman is still in love with the guy and is secretly hoping that they will get back together again.

If she is still in love with him and really wants him back, she will be happy to be hearing from him again so they can finally get back together again.

However, when a woman despises her ex, giving her weeks of months of time apart will be exactly what she wants.

She will most likely use that time to move on with her life and possibly even get herself another guy.

Here's what you need to get clear onâ€

To make an ex want you again even though she currently despises you, you have to actively interact with her and let her experience the new you, so she can feel a renewed sense of respect and attraction and actually like the new you.

[image: Meet up with your girlfriend]

You have to use every opportunity (e.g. by texting, e-mailing, messaging her on social media, calling her on the phone, or seeing her in person) to change her negative opinion of you.

How can you do that?

Focus on making her smile, laugh and feel happy every time you contact her.

For example: If a guy is talking with his ex girlfriend on the phone and she says, *â€œI hate you! I despise you! Just leave me alone,â€* rather than letting her get under his skin and make him feel like heâ€™s a bad person for having made a mistake, he can turn it into something to laugh about

together.

He can say something like, *â€œWell I guess Iâ€™m the worst ex boyfriend in the world then, right?â€* she will then most likely say, *â€œYes you are,â€* and he can laugh about it and say, *â€œAt least Iâ€™m consistent then. You know that I always like to be the best at everything I do. Iâ€™m doing an awesome job of being the worst ex boyfriend in the world. I think I deserve an award for it or somethingâ€* and then laugh with her about it.

The point of laughing and making light of her comment is to get rid of the seriousness of what she is saying.

At the same time, itâ€™s also a good way to show her that he is now emotionally strong enough to cope with her anger.

He doesn't become insecure and self-doubting and he doesn't become angry.

He remains confident, loving and masculine and that is something that every woman feels attracted to about men.

Humor also takes the edge of a potentially hostile situation and allows her to be more open to interacting with him again.

Essentially, when you make a woman smile, laugh and feel happy, she simply can't hold onto negative, angry feelings about you for long.

Of course, you can't change how she feels about you if you're not actively in contact with her.

So, don't bother wasting time ignoring her.

Give her a few days of space (e.g. 3 to 7 days) to cool off if she needs it and then contact her and re-spark some of her feelings of respect and attraction for you.

By the way!

When I talk about respect and attraction, some guys make the mistake of just focusing on physical attraction, which is actually the least important type of attraction when getting an ex woman back.

For example: A guy might say to himself, *â€œIf I need to re-attract my ex, then Iâ€™m going to get myself a physical makeover. I will build muscle (or lose weight) and update my wardrobe. I'll get a new, stylish haircut and get a tan as well. Then, when she sees me again, she will notice that Iâ€™ve changed and she will like me again.â€*

Yet, although she might appreciate that he's taking better care of himself physically and is putting in effort to look good, if she currently despises him, those things will seem superficial and unimportant to her.

Why?

A woman's attraction to a man is based mostly on how he makes her feel.

It's about who he is when she's interacting with him.

For example: A woman will subconsciously ask herself!

- Do I feel good when I'm around him, or do I feel bored, stressed out, or uncomfortable?
- Does he make me feel turned on and attracted, or does he turn me off?
- Is he the type of man that I can look up to and respect, or do I look down on him and feel like he's not good enough for me?

- Does he make me feel feminine and girly in his presence, or do I feel emotionally stronger than him or neutral around him like a friend?

That's what really matters to woman.

So, if you're serious about making your ex want you again, you have to focus on letting her experience the new and improved you when she interacts with you.

Focus on improving your emotional attractiveness to her (e.g. confidence, emotional masculinity, charisma), rather than wasting time on superficial things like your appearance.

If your ex has been saying that she doesn't have feelings for you now, it means that the way you've been interacting with her hasn't been making her see you in a new light.

However, that doesn't mean that you can't change that.

You can.

When you show her that you've changed the things that she despised about you, she won't be able to stop herself for feeling drawn to you again.

For example:

- If you were insecure in the relationship, you have now become an emotionally strong man.
- If she didn't feel feminine and girly in your presence, you have now become the kind of man who takes the lead, remains in control and never loses confidence around her.

Feelings Can Change and That's Good News For You

Right now, your ex might be saying, *I despise you! I never want to see you again!*

Yet, that doesn't mean her feelings can't change.

Feelings change all the time.

Think about it:

[image: Bring back the love]

There was a time in your relationship where she was probably saying things like, *I love you. You're so wonderful. I want to be with you forever.*

Unfortunately, over time, those positive emotions changed and were replaced by more negative emotions such as anger, pain and distrust.

The good news is that her feelings for you can change again and she can reconnect with her original feelings of respect, attraction and love, as well as feeling even more for you when you get the relationship back together.

When you trigger her feelings of respect and attraction via the way you think, act, behave and interact with her, even if she tries to fight it, she won't be able to stop herself from seeing you in a more positive light again.

From there, it's up to you to keep building on that spark of respect and attraction that she's feeling, until it becomes a raging fire inside of her and she can't stop herself from wanting to be back in your arms again.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How to Make Her Come Running Back to Me: 4 Easy Steps

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are the 4 steps that you need to take to make her come running back to you.

1. Change and Let Her Experience it

[image: Meet up with her and make her feel something for you again]

When a woman breaks up with a guy, she will have usually come to that decision after a long time. She will have given the guy clues about her unhappiness, which have possibly gone on for months and even years until she finally got to the point where she had enough.

For example: Before deciding to break up with her man, she may have been saying things like, *“If you don’t change I’m going to break up with you,”* or *“I can’t live like this anymore. You need to make some changes or else I’m going to be out of here.”*

In some cases, a woman might have even been very specific about what she wanted the guy to change about himself, like saying, *“Your jealousy is driving me crazy! You won’t let me do anything without you. If you don’t stop being so insecure, jealous and clingy all the time I’m going to break up with you,”* or *“The only thing you do all day is sit around watching TV. Why don’t you do something with your life?”*

If the guy then doesn’t pick up on her hints and then change, or if he simply ignores her by assuming that because she loves him she’ll put up with anything he does forever, she will eventually lose respect for him as a man.

Respect is very important.

When a woman doesn’t feel respect for a man, she will find it difficult to feel sexually attracted to him.

If she doesn’t respect him and then also doesn’t feel much sexual attraction for him, she will then begin to allow negative feelings such as anger, resentment and pain to push the love she feels for him into the background, and she will then want to break up with him.

So, if your ex said anything like this when she broke up with you, *“Leave me alone, I never want to see you again,”* or *“It’s over between us. I just don’t have feelings for you anymore,”* it’s because she stopped feeling respect and attraction for you based on your behavior.

If you want to make her come running back to you, you need to:

- Understand what caused her to break up with you in the first place.
- Change or at least improve those things about yourself.
- Let her experience the new improved you every time that you interact with her from now on (e.g. via text, e-mail, on social media, over the phone, and in person).

When she sees for herself that you’re not the same guy she broke up with, she will naturally begin to feel drawn to you again.

Where many guys go wrong is by not changing at all and expecting the woman to come running back because she misses him.

Yet, even if she does get in touch with him because he's not contacting her, it doesn't mean that he's going to get her back.

If she notices that he is still the same and hasn't really changed, she's going to be more determined to keep him out of her life because he obviously doesn't care enough about her to put in the work required to be the kind of man she needs.

For example: A woman might have dumped a guy because he was too jealous, insecure and clingy.

A few weeks after the break up, she might call him up to see what he's been up to, while also trying to find out if he has made any real changes to himself since their breakup.

To test whether he's become emotionally stronger and is no longer the insecure guy she broke up with, she might say something like, *"I'm really enjoying being single. It's fun having my freedom back. I've been meeting lots of new friends. I'm going to a party this weekend with my friend Michael."*

If he reacts by getting jealous and possibly even saying something like, *"How can you call me up and tell me these things? Here I am trying to make things right between us and you're hanging out with your Michael friend, who I'm sure you've already slept with! How can you be such a bitch to me? How can you be so cold? I've always loved you so much and now you've changed"* she will see that he's still emotionally dependent on her, which will turn her off even more.

She may think, *"My ex is such a lost cause. He's never going to stop being insecure, jealous and needy and I just can't be with a guy like that. I guess it's really over between us. I need to move on now I suppose. I will try to find myself a man, rather than being with an insecure guy like. Maybe I will sleep with Michael for a bit of fun too."*

So, don't get jealous, don't worry about her liking other guys and don't doubt your ability to re-attract her.

You can make her have feelings for you again.

Of course, if you've been trying to make your ex come running back to you and nothing has been working so far, you need to try a new approach.

What you need to do is start the ex back process by re-sparking her feelings of respect and attraction for you again.

You can do that by using every interaction you have with her, be it via text, e-mail, on social media, over the phone, or face-to-face, to make her feel something positive for you (e.g. respect, attraction, admiration).

The more she experiences the changes in you, the more difficult it will be for her to stop herself from feeling drawn to you.

From there, you can build on that initial spark of respect and attraction and show her that things really are different now.

2. Give Her 3-7 Days of Space

[image: Making your ex miss you]

In most cases, a guy can make a woman have feelings for him again immediately, or within a few days of trying.

So, if you want to make your ex come running back to you, give her 3 to 7 days of space if she asked you for it during or after the break up.

There's nothing wrong with giving a woman a few days space after a break up to let things calm down.

However, any longer than that is usually a waste of time because it just gives her more time to move on without you or more time to get over you.

After 3 to 7 days of space you need to contact her (preferably by calling her on the phone) and actively re-spark some of her feelings of respect and attraction for you.

Then, you need to get her to agree to a meet up with you in person.

At the meet up, you need to focus on making her smile, laugh and feel happy to be around you again, to the point where she is thinking, *â€œWow! It's really good to be hanging out with my ex again. I'm really enjoying being around him. He's so different from the guy I broke up with. I like him again. This feels good. Maybe we should get back together again.â€*

From there, use every interaction that you have with her to build on her feelings of respect and attraction for you and guide her back into a relationship.

Where a lot of guys go wrong is by making one of these 2 mistakes:

- **Contacting her too often**

[image: Bombarding ex with texts]

Sometimes, a guy will feel so eager to get back together with his ex, that he may think, *â€œIf I give her some time apart, she might forget all about me and find herself another guy. I don't want that to happen, so even if she doesn't want to take my calls or talk to me in person, I'm going to text her as much as possible to make sure that I stay on her mind. Eventually, she'll see that I'm not going to give up on our love so easily. She'll realize how much I still care about her and miss her and she will then give me another chance.â€*

Yet, here's the thing!

Most women aren't going to think something like this if they are being bombarded with texts from an ex, *â€œOMG! It's so amazing that he's texting me like this. This is like a Hollywood movie love story. My ex must really love me to keep in touch the way that he has been. Maybe I've been too hard on him. Maybe we should just forget all about the break up and get back together again.â€*

After all, it's just a text message.

It's not him.

If she is going to believe that he has changed, he needs to prove that to her while talking to her on a phone call or in person, not via little messages or long e-mails.

Likewise, she's not going to be impressed if he sends her pointless texts, e-mails, messages on social media, or even calls her on the phone to ask things like, *â€œHow was your day?â€* or *â€œWhat are you up to?â€*

That type of meaningless contact usually just annoys the woman further because he's obviously

doing it because he misses her, but he's not saying or doing anything to make her miss him.

She might reply to his texts to string him along or to be a nice ex girlfriend (fiancée or wife), but that doesn't mean he is getting her back.

Just because a guy is able to remain in constant contact with his ex, it doesn't mean that she's not secretly moving on without him.

So, if you want to make your ex come running back to you, contacting her too often isn't the approach that you should be using.

When getting an ex back, the best approach is to give her a few days of space, and then get her on a phone call where you can arrange a meet up.

At the meet up, focus on making her feel a strong, renewed sense of respect and attraction for you so she drops her guard and opens back up to you.

- **Cutting off communication with her for too long**

On the opposite side, rather than contact his ex too much, sometimes a guy will think, *â€œOkay, how about this? I just stop contacting her altogether. I go cold. Cut off all communication. That way, the longer I stay out of touch with her, the more she will miss me and want to hear from me. She will then realize that she made a mistake by breaking up with me and it will make her come running back to me.â€*

Yet, it rarely works that way because when most women break up with a guy, they have lost a lot of respect and attraction for him and don't believe that he has the ability to change and become the man they want.

This is why a woman will usually only come running back to her ex if she's still in love with him, is inexperienced with relationships and can't deal with the pain of the break up or if she can't find a replacement guy quick enough.

In almost all other instances, if a guy tries to get his ex back by ignoring her for a long time, she's not going to care that much because she's not even attracted to him anymore.

When a woman doesn't have feelings for a guy and he stops communicating with her, she's will often think, *â€œThanks for giving me this space to get on with my life without you! I've been going out with the girls and getting hit on by guys. I even slept with a guy last weekend, so I'm moving on without you. Bye!â€*

On the other hand, if her ex actively made her have some feelings of respect and attraction for him and THEN didn't contact her for a few days (no more than a week), that's a completely different story.

She's going to start missing him because she does feel some attraction for him.

She thinks, *â€œHuh? What is this feeling? I thought that I was over him. Why is it bothering me so much that he hasn't called me? Why am I missing him all of a sudden? Why am I worried that he might meet someone else?â€* and it then becomes much more likely that she will come running back to him to give the relationship another chance.

So remember: You don't need to use more than 3 to 7 days of space between contacting her.

Give her a little bit of space, contact her and focus on reactivating her feelings of respect, attraction and love for you (over the phone and in person) and then don't try to push her into getting back with

you.

If you do that, it will be her who wants to get back with you.

3. Contact Her to Meet Up With You

As obvious as this may sound, chances are high that you're not going to make your ex come running back if you don't actively make an effort to trigger her feelings for you again.

This means that you have to contact her and get her to agree to meet you in person, so she can experience the new and improved version of you.

When you make her feel the types of feelings she really, secretly wants to feel around a guy, all of her walls come down and she literally wants to be back in your arms again.

However, without sparking her feelings of attraction first, she's just going to be saying, *â€œPlease accept that it's over between us,â€* or *â€œI just don't have feelings for you anymore.â€*

After a break up, many guys go around saying things like, *â€œNo matter what I do, my ex just refuses to give me another chance. I've tried everything and nothing seems to be working. I don't know what else to do.â€*

Yet, in most cases, it turns out that *â€œeverythingâ€* was simply him begging for another chance, trying to convince her via text and waiting around hoping that she will change her mind.

Here's the thing!

Most women will wait to hear from their ex and if he is able to make her feel a renewed sense of respect and attraction on a phone call or in person, she will give him another chance.

Yet, if he doesn't contact her and arrange a meet up, she will just assume that he's not interested in her anymore and will likely move on.

So, as a man, it's up to you to take the initiative and guide both you and her back into a relationship.

Don't wait around hoping that she will give you a sign that she wants you to contact her.

Simply pick up the phone and focus on re-sparking some of her feelings of respect and attraction for you by at least making her smile and laugh at times during the conversation, rather than only talking about the relationship.

Once you've re-sparked some of her feelings for you, get her to agree to meet up with you in person and then get her back.

Face-to-face is where you can really spark her feelings for you and make her want to get back together again.

4. Meet Up With Her, Attract Her, But Don't Try to Get Back With Her

[image: Meet up with your girlfriend]

In most cases, I would advise to get back with the woman at the first meet up, but sometimes you

shouldn't, especially if you want her to come running back to you or if you think she's the kind of woman who will refuse to get back at the first meet up.

However, whatever you do, make sure that you get some face-to-face time with her.

Not Facetime or video Skype calls. I mean face-to-face in person time.

The whole point of interacting with your ex via text, e-mail, on social media and on the phone is to get her to meet up with you in person, where you can make her smile, laugh, feel happy and feel attracted in your presence.

This shows her that you are a different man to the one she remembers and that she really does feel better around you now.

When she sees that you've changed and she starts to feel good when she's around you, her guard naturally comes down.

She becomes more open to interacting with you and she then can't stop herself from allowing all her positive feelings for you (i.e. respect, attraction and love) to come back out.

When that happens, it's up to you to continue saying and doing the types of things that make her feel a lot of respect, attraction and love for you again.

To get her to come running back, the key is to continue triggering her feelings of attraction for you, so that she reaches the point where she really can't bare not being with you.

She then says something like, *"Hey, I think we should get back together again,"* or *"I think I made a mistake when I broke up with you. Please let's start over again. I miss you."*

So, make sure that you use the face-to-face time to make her feel respect, sexual attraction and romantic feelings for you again.

Don't waste the face-to-face time by being really nice, polite, hesitant and acting like a friend.

Behave as though you and her are on a first date and assume that she likes you.

What sometimes happens is a guy makes all the effort to meet up with his ex and then he doesn't reactivate her feelings at the meet up, so she doesn't feel the need to come running back to him.

For example: A guy might say to himself, *"I'm lucky that my ex has agreed to meet up with me, so I better not do anything to push her away. I need to be on my best behavior and not make her feel pressured to get back with me. I will just act like a friend and be nice to her."*

He might then avoid doing any of the things that will actively spark some of her feelings of attraction (e.g. flirting with her, being charming and charismatic, being confident when she is being challenging).

Yet, here's the thing|

If a woman doesn't feel sexual attraction for a guy, she's just going to end up saying something like, *"It's been nice catching up with you again, but I think we're better off just being friends from now on. I don't think we're right for each other. Please don't contact me anymore. I want to try to move on and not get dragged back into a relationship with you. I think we're better off just being friends now."*

Don't put yourself in that position.

If you want to get her back, make sure that you focus on making her feel sexually attracted when she's in your presence.

For example: One way to do that is to make her feel happy when she's around you, especially when she is acting cold or bitchy.

Make her laugh and smile and show her via the way you think, behave, and interact with her that you're a confident, emotionally strong man no matter how she talks or behaves around you.

That will make her feel a renewed sense of respect and attraction for the strong man that you've become since the break up.

She will then feel like she wants to get back with you or at least give you another chance.

[image: Re-activating her feelings]

You can do that at the meet up or, if you want her to come running back to you, just end the meet up and wish her the best.

You will then most likely get a text, call or social media message that day or shortly after where she says that she misses you or wants to see you.

If she's too shy or embarrassed to admit that, she might just send you a message to say hi.

From there, you should get her on a call and get her to meet up with you again.

Then, get her back.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

My Ex Said, "Maybe I Like You, Maybe I Don't"

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your ex is saying, "Maybe I like you, maybe I don't," it's usually because she needs you to confidently guide her back into a relationship by activating her feelings whenever she interacts with you.

The longer you wait for her to come to you, the more likely it is that she will think that you're not interested and then just move on with her life.

For example: A guy might think, "My ex said maybe I like you, maybe I don't. So, if I push her to make a decision about getting back together, she might get annoyed with me and then I'll lose any chance that I have with her."

He might then sit around for days, weeks, months and, in some cases that I've seen, even years waiting for his ex to decide that she wants him back.

[image: I don't want to seem pushy to my ex]

Then, when he finds out that she has moved on with another guy he likely thinks, "So, she didn't want me back after all. I was right not to try to get her back. If I did, I would have made a fool of myself and gotten rejected by her."

Yet, what a guy like that doesn't realize is that to get an ex back, he needs to be a man about it.

As the man, it's up to you to take the lead and not wait around for your ex to tell you that it's 100% okay to get back together again.

Instead, you need to actively focus on re-sparking her feelings of respect and attraction for you every chance that you get from now on (e.g. via text, e-mail, social media message, on a phone call, in person).

Regardless of what she says and does, you need to show her (by the attractive way that you now think, talk, behave when interacting with her) that she will be losing out if she doesn't get back together with you quickly.

For example: When a woman has lost touch with her feelings of respect and attraction for a guy and then breaks up with him, she may think, "I'm not sure if my ex is man enough for me at this point of his life. Sure, he's not all bad and we definitely had some good times together, but I don't know if that's enough to keep us together for life."

She might then say things to him like, "Maybe I like you, maybe I don't," or "I think I want to get back together with you, but I'm just not sure" to test his reaction.

When a woman says something like that, it's up to you as the man to be the more emotionally strong one and show her that you have confidence in yourself and your attractiveness to her.

Where a lot of guys go wrong is to waste time listening to her change her mind all the time and hope that she will wake up one day and think to herself, "Okay! I've made up my mind now. I do like my ex, so I'm going to call him up and tell him that I want to get back together again and everything will be perfect."

Here's the thing!

In almost all ex back cases, for a man to get an ex girlfriend (fiancée or wife) back, he has to be the

emotionally stronger one.

He has to have the courage to follow through on the ex back process, even if his ex is being wishy washy or vague about her feelings.

As a man, itâs also up to you to take the lead by reactivating her feelings of respect and attraction for you whenever you interact with her.

Asking Her What She Means

[image: Why won't my ex tell me how she really feels?]

When a woman is saying things like, *âMaybe I like you, maybe I donât,â* itâs only natural that a guy might then want her to explain exactly what she means.

For example: A guy might ask his ex, *âWhat does that mean? I donât understand. How can you not know whether you like me or not? Either you do or you donât. Why donât you just tell me what you want me to do to make you like me again and get this relationship back together?â*

It seems like the logical thing for a guy to do, right?

Yes, but thatâs not what a woman wants.

A woman wants the guy to understand that what she is really saying is, *âThe door is still open to you getting back together with me, but you need to make it happen.â*

However, being a woman, sheâs not going to come right out and say that to him because she doesn't want to make it too easy for him and she also doesn't want to become the boss or the leader of the relationship.

She wants him to lead the way by being the more emotionally strong, courageous one, rather than expecting her to hold his hand and guide him through the ex back process.

At this point, a lot of guys might be asking, *âWhy doesnât she just say what she means? Why all the mind games? Why can't she just help us get the relationship back together? Why do I have to do everything and lead the way?â*

It's simple.

Men and women are different.

A woman wants to be with a man who doesn't require her to take on the role of his teacher or protector in life.

She wants to just relax into being a man's woman.

So, when she doesn't explain exactly what she means and gives mixed signals, she's hoping to see that her ex will have the self-confidence and emotional courage to get her back, regardless of the possibility that he might initially get rejected.

Women do this to test a guy's confidence because it's an important part of what makes a woman feel safe with a man in this world.

She wants to know that her man will remain emotionally strong and go after what he wants in life, regardless of any challenges or that he might encounter along the way.

So, if you ask your ex to explain what she means when she says, *âMaybe I like you, maybe I donât,â* youâre essentially telling her youâre not man enough to work it out by

yourself.

You're saying to her that you don't know how to be a man and are stuck unless she helps you.

She then thinks, *â Well, if he can't figure out that I want him to take the initiative and get back together with me, then he isn't yet ready to be a man that I can rely on to lead the way now and throughout our life together. If I have to explain it to him now, then chances are high that I will always have to keep teaching him how to be the man that I need. I don't want to do that! I don't want to be his teacher or mother figure in this life. I won't be able to look up to him and respect him as a man, because deep down I'll always be wondering if he would have made an effort to get me back if I hadn't told him how to do it. I don't want to hold his hand and guide him through the process of getting me back together. If he can't work it out on his own or get the help that he needs, I'm just going to move on.â*

Even though some guys might think that it's unfair, the fact is that most women just don't want to play the role of being a guy's teacher in life.

Your ex girlfriend (fiancée or wife) wants to feel as though you are leading the way in the relationship and that she can look up to you, respect you and feel attracted to you.

However, even though she wants that, don't expect her to make it easy for you!

She Will Almost Certainly Play Hard to Get

[image: Ex playing hard to get]

It would be nice if your ex just came out and said, *â Yes, I still like you. Let's get back together again.â*

Yet, it's not that simple.

For her to really want you back, she needs to feel that she is winning or gaining something because you are now the kind of guy that she can feel proud to call her man.

She doesn't expect you to be perfect and become Mr. Wonderful overnight, but you do need to improve on the areas that have been turning her off (e.g. your insecurity).

So, rather than just coming out and saying, *â Yes, I like you and I want to get back together again,â* right away, a woman will usually first play hard to get to see whether or not you've now got what she's looking for in a boyfriend (fiancée or husband).

If you remain calm and relaxed and confidently focus on sparking her feelings of respect and attraction for you every chance that you get, she will begin to feel lucky to be getting back together again with you.

Based on your quick changes and improvement, she can now think, *â Hmmm! he's an emotionally strong man who is confident, determined and willing to go after what he really wants in life now. No matter what obstacles he comes across, he digs deep and keeps pushing forward. I respect him for that and I feel lucky to have a guy like him who loves me so much and can make me feel so safe because he is so emotionally strong. I would be a fool to let him go.â*

On the other hand, if you crumble at her first sign of resistance, she will most-likely perceive you as

being emotionally weak, lacking in self-confidence and unable to cope with the challenges that life throws at you, and she will then think, *“If he can’t even cope with a little resistance from me now, what will happen if things get too difficult in life? Will he expect me to take care of him? I don’t want to do that. I want a man who I can lean on for support. I don’t want to be a mother figure in my guy’s life. I want a man.”*

By the way!

Something to bear in mind is that you can’t fake confidence and pretend to be emotionally strong because your true nature will inevitably come through in subtle and obvious ways when you interact with your ex.

For example: When a guy is talking to his ex and she is saying, *“Maybe I like you, maybe I don’t,”* he might then put on an act of being confident around her by pretending that he doesn’t care what she decides and that he’s totally fine without her.

He might say to her, *“Well, I don’t care if you like me or not. Do whatever you want. I’m happy with whatever you decide.”*

She will then pick up on the fact that he’s only pretending to be confident and pretending that he doesn’t care, so she will then test him.

She will say something like, *“I don’t know what to do. I really can’t make up my mind. There’s another guy who is interested in me and I can’t decide between the two of you. What do you think I should do?”*

If he then gets upset or angry, and maybe says something like, *“How can you do this to me? I love you and want to be with you. How could you move on so quickly like that? Why don’t you give you and me a chance?”* she will see that he really does care and was simply putting on an act.

On the other hand, if he reacts by staying calm and laughing at her about it by saying in a joking way, *“Well, if I was you I’d definitely pick the other guy! I’m way too much of a man for you to handle now, so go for him instead. He’ll be nice and sweet, whereas all I will do is bend you over and bang you if I see you again,”* she will most-likely laugh or smile.

She will then naturally begin to feel respect for him again for being confident enough to make a joke in a moment like that.

So, don’t worry if your ex said that she isn’t sure whether or not she likes you and wants to be with you.

Instead, just focus on remaining confident and actively making her have feelings for you again, by showing her the new and improved version of you when you interact with her (e.g. via text, on the phone, or in person), and then confidently guiding her back into a relationship.

Same Approach Usually Equals the Same Results

[image: Stop using an approach that doesn't work]

Albert Einstein was apparently quoted as saying, *“Insanity is doing the same thing over and over again, and expecting different results.”*

In the same way, a mistake that many guys make is continuing to attempt to get an ex back in the same old ways (e.g. begging, pleading, convincing, ignoring) and then wondering why it doesn’t

work.

If you want to get your ex back, you need to change your approach and do what actually works.

Watch thisâ€¦!

What works is switching your focus to actively making her have strong feelings for you again and then guiding her back into a relationship.

Don't waste time trying to convince her to give you another chance, or ignoring her in the hope that she comes running back one day.

Just get her back now and get on with enjoying a great relationship together again.

Don't waste time making the same old mistakes with her and expecting that you're going to get a different result for some magical reason.

For example: A guy got broken up with by his girlfriend (fianc  or wife) for being too insecure, self-doubting and needy around her.

He may have constantly asked her things like, *   Do you really love me?   * or, *   Are you still attracted to me?   * or *   You wouldn  t break up with me would you? You know that I couldn't live without you,   * or *   You  re so beautiful and amazing, what are you doing with a guy like me? What guarantee do I have that you're not going to leave me one day?   *

He might also have dropped most or all of his hobbies, interests, and even friends that he had before meeting her, so that he could spend every spare moment with her.

In his mind, he feels like he's doing the right thing.

   This is what a good boyfriend (fianc  or husband) should do. I  m showing her that she  s the most important person in my life and that nothing and no one is as important to me as she is.   

Yet, rather than make her feel loved and appreciated, his actions come across to her as needy, clingy and insecure, so she loses respect and attraction for him, falls out of love and then breaks up with him.

If he wants to get her back, he first needs to show her that he   not the same insecure, needy guy that she remembers.

He can  t just come out and say to her, *   Look, I know you hated it when I was clingy and needy around you, but don  t worry I  m over that now. Let  s get back together and you can see for yourself that I  ve changed,   * because she  s probably not going to believe him.

Instead, he has to show her via his actions and behavior that he really has changed.

For example: She might test him by acting interested one minute and then pulling away the next.

She will expect him to react like he used to when they were together (e.g. get upset, tell her how much he still loves her and how he can  t live without her, beg and plead with her for another chance).

Yet, if he reacts by remaining relaxed and even turning her behavior into something to laugh about, she will begin to see him in a more positive light and start to reconnect with her original feelings for him.

All of a sudden, she will experience a renewed sense of respect for him, and it will then become a lot easier for her to reconnect with her feelings of love for him.

Turning a Maybe Into a Yes

[image: Getting your ex to have feelings for you again]

When a guy says, *“My ex said maybe I like you, maybe I don’t, it’s likely that she’s also thinking, ‘If I give her enough time to think about it, she will hopefully make up her mind, finally say and choose me as her man.’”*

Unfortunately, that’s not usually how it works in real life.

These days, all it takes for a woman to get a new man is get on a dating app or online dating site and she will instantly have 100s of guys who want to meet up with her for a date.

If she wants to get laid, she only has to go out to a bar or nightclub and say, “Yes” to the many guys who want to have sex with her that night.

So, when a guy gives his ex a lot of space, she will often hook up with new guys to make herself better about the fact that her ex is ignoring her.

One of those guys could make her feel more respect and attraction than her ex did, so he then gets left behind.

He has no idea how to get her back and is just sitting around, waiting and hoping that her maybe turns into a yes.

If you want your ex to make up her mind, say “Yes” and come back to you, then you’ve got to take the lead and get her back.

How?

By saying and doing the type of things that will make her feel a renewed sense of respect, attraction, and love for you from now on.

Don’t waste any more time doing the type of things that rarely work (e.g. trying to reason with her, begging and pleading, offering to do whatever she wants, giving her lots of space so that she can make up her mind).

Instead, just focus on making her feel good when she interacts with you (e.g. via text, e-mail, on social media, on a phone call, in person).

For example: If you interact with your ex over the phone, or you meet up with her in person, focus on making her smile, laugh and feel happy to be talking to you.

The more she enjoys being around you, the more that her feelings of respect and attraction for you will build.

When that happens, she won’t be able to stop herself from saying something like, *“I know that I’ve been saying maybe I like you, maybe I don’t lately, but that’s not true anymore. I really do like you again and I think we should get back together.”*

That’s how you can make your ex make up her mind about you very quickly.

You’ve got to reactivate her feelings and then confidently guide her back into a relationship with you, rather than giving her time to decide on her own whether she likes you or not.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

What to Do if Your Ex Stops Texting or Talking to You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

What you can do if your ex stops texting or talking to you, is ask her to get on a quick phone call with you.

If your ex currently isn't answering any of your phone calls, simply try to call her and if she doesn't answer, send her a text like this:

â€œHey Lisa. I really want to ask you something over the phone. I tried calling you, but you must be busy at the moment because I couldn't get hold of you. I'll try to call you again some other time.â€

She will most likely respond by asking something like, *â€œWhat do you want to ask me?â€*

When she does, just call her. Don't text a reply, just call.

On the other hand, if she doesn't respond to your message at all, just call her again at another time when you know she isn't busy with work, studies or other things.

Once you get her on a phone call, you can then reactivate some of her feelings of respect and attraction for you.

For example: If your ex calls you up and says something like, *â€œHey Dan, what did you want to ask me over the phone?â€* you can respond by saying something along the lines of, *â€œOh, I'm going to meet up with a really beautiful woman on Sunday and I wanted to ask you, which shirt do you think I should wear, blue or the green?â€*

She will most-likely be shocked and say something like, *â€œWhat? Are you really asking me what shirt you should wear on a date?â€*

You can then reply in a joking manner, *â€œYes, of course. I need to make a good impression. So, which shirt do you want me to wear when you and I catch up on Sunday?â€*

[image: Get her on a phone call]

At this point, she will most likely laugh at having been caught out by your joke, while at the same time feeling drawn to the new and improved version of you.

Then, either get her to meet up with you in person (e.g. by continuing on with the joke), or if she says that she doesn't want to see you in person, just tell her that you might get in contact with her later to just say hello as a friend.

Then, 3-7 days later, contact her, activate her feelings and get her to meet up with you.

Watch this video to understand how that works!

As long as you are activating her feelings for you and giving her a little bit of space to miss you, she's going to want to start texting and talking with you again.

When she meets up with you in person, get her to experience the new and improved version of you and make her laugh, smile and feel good around you.

Always remember: When getting an ex back, the main thing that you need to focus on is reactivating her feelings of respect and attraction for you.

When you trigger her feelings of attraction for you again, it makes all the negative things that she might be thinking about you (e.g. how you hurt her, how you stopped making her feel the way she

wants to feel in a relationship) seem less important to her, because she naturally feels drawn to you in a way that feels good to her now.

Yet, if you don't focus on triggering her feelings of attraction again, she will naturally stop wanting to text you or talk to you because in her mind, you are still giving her the same old unattractive experience that turned her off and lead to the break up.

5 Common Mistakes That Guys Make When Their Ex Woman Stops Texting or Talking to Them

[image: Clingy boyfriend pleading with girlfriend]

When a guy wants to get his ex back, it's only natural that he's going to feel a little bit confused and possibly even hurt if she stops talking to him or texting him.

When that happens, he might make one or more of the following mistakes that will turn her off even further!

1. He starts asking her why

He asks things like, *"Why aren't you responding anymore? Is it something I said? What did I do wrong? Please talk to me."*

Yet, rather than get the desired response from her (i.e. get her to talk to him again), it usually just makes a woman pull away even more. Why?

One of the main reasons why a woman breaks up with a guy is because she has lost respect and attraction for him.

If he then starts to behave in a needy, insecure, desperate way, rather than make her think, *"Oh how sweet. My ex really cares about me. He wants to know what he's doing wrong so that he can improve himself to please me. How sweet. What an amazing guy!"* it only makes her lose more respect for him.

Why?

She wants to know that he is able figure out what he is doing wrong by himself, rather than turning to her for advice or guidance and then take action to make the necessary changes to his thinking and behavior.

Women hate it when they have to take on the role of teacher in a guy's life.

A woman might do it and put up with it early in a relationship, but she will eventually get sick and tired of having to help him become a man.

She will realize that she wants a guy who is already a man, so she can just relax and be his woman.

So, when a guy comes to his ex woman and pleads with her to give him guidance on how he can make her feel attracted to him or love him again, she just gets more annoyed and loses more respect for him.

However, if he can fix his issues and improve himself without needing to ask her to help him, it will regain a lot of her original respect and attraction for him.

Her guard will then come down and she will open herself back up to interacting with him, having

feelings for him and getting back together with him.

So, rather than texting or calling your ex repeatedly and asking her to tell you why she's ignoring you, just focus on using every interaction that you have with her to make her feel a new level of respect and attraction for the new and improved man you have become.

2. He tries to get her to remember the good times

[image: Seeming desperate by pleading with her]

Another mistake that some guys make is to try and get their ex to talk to them again by bringing up all the good times they had together.

For example: A guy might send his ex a text saying things like, *"I just drove past the restaurant we ate at on our first date. Made me think of you,"* or *"Sitting at my desk at work listening to our song play on the radio and thinking of all the good times we had together. Do you remember that night we first danced to our song?"*

Obviously, the guy really cares about her and he wants to let her know how he feels in the hopes that she will respond by saying something like, *"Yes, I remember the good times too. Maybe we can make some new memories together that will make us forget about all the bad stuff that happened between us? I love you. I miss you."*

It would be nice if that was how to get an ex woman back, but it isn't.

In most cases, a woman just rolls her eyes at messages like that because she just doesn't feel the same way as he does anymore.

When a woman has lost touch with her feelings of respect, attraction and love for a guy, him reminding her of the good times they used to have, usually only highlights to her how badly he messed up.

She begins to think, *"Yeah, we had some good times and then you went and ruined everything. Good for you if you're still thinking about me and listening to our song. As far as I'm concerned, the only songs I want to listen to are the ones that don't remind me of you. I don't have feelings for you anymore. Can't you see that?"*

When a woman isn't feeling respect and attraction for her ex, she's just not going to care that he cares about her, or that he's thinking about how good their relationship used to be.

So, unless you actively make your ex have feelings of respect and attraction for you again, she's not going to suddenly start thinking, *"Awww! My ex is being so sweet and romantic via text. Maybe I'm being too hard on him. Who cares if he doesn't understand why we broke up and how to make me feel respect and attraction for him again. At least we had some good times in the beginning, so I'll get back together with him based on that."*

Unfortunately, that's just not how it works.

In today's world, a woman no longer has to stay in a relationship with a man if he's not making her feel the way she wants to feel when she's with him.

In the past, a woman had to stay with a man for life even if she was unhappy.

Women had to wait until marriage to lose their virginity and then stick with the chosen man, even if he treated her badly.

Yet, in today's world, women can leave a relationship if the guy doesn't know how to be the man she

needs and can't make her feel the type of respect, attraction and love that she wants to feel in a relationship.

So, if you want your ex back, don't waste time trying to convince her that you're the right guy for her based on good memories from the past.

How you make her feel right now and from now on is what really counts.

If she has lost touch with her feelings of respect and attraction for you, she's not going to come running back to you if you remind her of how good things used to be.

She needs to feel respect and attraction for you based on who you are right now, not who you used to be.

You've got to start interacting with her and making her feel a strong, renewed sense of respect and attraction for you.

3. He gets angry

Sometimes, when a woman suddenly stops texting or talking to her ex guy, he will angry at her for being so cold, bitchy or uncaring towards him.

For example: He might try to get hold of her by texting things like, *â€œWhy won't you answer me? Why are you being like this? You used to be such a nice girl. What has gotten into you? Please pick up the phone. At least tell me what I've done to make you stop talking to me.â€*

Yet, if she still doesn't respond, he might then become angry with her and start texting her things like, *â€œYou selfish bitch! Why are you doing this to me?â€* or *â€œWhy won't you text me or answer my calls? Is it because you're with another guy? Are you already sleeping with someone new? You whore! Cheap slut!â€* or *â€œIs this another one of your little games? Are you intentionally trying to push my buttons? You manipulative bitch! You'll regret doing this to me!â€*

The fact is, getting angry with an ex and possibly even getting a little bit aggressive with her, is unlikely going to make her think, *â€œAww! my ex is so upset that I've stopped texting and talking to him. How could I do such a terrible thing to him when he clearly still loves me so much? I had better call him up right away and apologize for being so unfair towards him. I'm such a bad woman for not texting or talking with him. I've got to get back with him now because he deserves another chance now that he's gotten angry.â€*

Instead, she'll more than likely be thinking, *â€œThis guy is crazy! I no longer feel safe about the idea of meeting up with him. What if he tries to hurt me to get revenge for breaking up with him and making him angry like this? It's a good thing that I broke up with him when I did, because who knows what would have happened if I ever did something to upset him if we were still together.â€*

What guys who get angry at their woman often don't understand, is that a woman is not a man's property.

A woman doesn't have to stay in a relationship with a man if she doesn't want to, and she doesn't even have to text him or talk to him after she breaks up with him.

So, getting angry with her and demanding that his ex talks to him isn't going to change her mind.

In fact, she will most likely lose even more respect and attraction for him as a man, and that will make getting her back even more difficult.

4. He apologizes excessively

[image: Please...I will do anything!]

Most guys in this world are good guys, so when their ex woman stops texting or talking to them after a break up, a guy will want to apologize for annoying her, causing her pain or doing the wrong thing. Being the good guy that he is, he might then decide to send her an onslaught of text or social media messages, or e-mails, saying things like, *“I’m so sorry. I can’t bear the thought of not hearing from you again and knowing that it’s all my fault for having hurt you so much. Can you at least give me a chance to make it up to you?”*

When she doesn’t reply, he might send her another message saying, *“Why aren’t you replying? I’m telling you that I’m sorry and I mean it. Please just have the decency to reply to me.”*

When she still doesn’t reply, he might add, *“How many times must I say I’m sorry to convince you to forgive me? Please don’t ignore me like this. We need to talk.”*

A guy like that will assume that if he can convince her of how sorry he is for what happened between them, she will forgive him and then open herself up to taking him back.

Although there is nothing wrong with apologizing to a woman after a break up, it’s usually just not enough. Why?

In most cases, a woman will have broken up with a guy for deeper, more complex reasons.

For example: The guy might have lacked purpose and direction in his life and focused all of his attention, energy and time on her, which made her feel smothered.

[image: He became needy, insecure or jealous]

Then, after the break up, she might have hoped that he would grow up and start being more of a man by beginning to rise up through the levels of life and reaching for his true potential as a man.

Yet, as the days, weeks and months went on, she found that nothing about her ex was really changing and he was still stuck at the same level he was at when they broke up.

When that happens, a woman will often think something like, *“Well, I loved him and wanted us to be able to get back together, but nothing is changing. No matter what I’ve said to him, he just not getting the point. He’s stuck at the same place that he was when we broke up. He’s also holding me back from moving on and meeting a new guy who can give me the attraction experience I really want.”*

As a result, she then stops texting and talking to him and tries to move on with another guy, or at least start hooking up with guys to forget all about her ex.

If her ex then starts bombarding her with apologies in the hopes that she will start talking to him again, it makes her feel that he still hasn’t realized there are deeper reasons to why she broke up with him.

She feels as though she’s just not being understood and then begins to think, *“The more time that I waste trying to get through to my ex, the more I’m missing out on finding someone who can actually be the type of man that I really need in my life right now.”*

Then, every time her ex texts her, she starts to feel resentment towards him for wasting her time and trying to get her back even though he hasn’t really changed.

So, if you want your ex back for real and you want her back quickly, don’t waste time

apologizing to her over and over via texts, e-mails, social media messages or letters.

Instead, just focus on understanding the deeper reasons that caused her to break up with you and begin to make some changes, adjustments and improvements in those areas.

Then, when you get her on a phone call, you can grab her attention right away by showing her (via what you say, how you interact with her, and how you respond to what she says) that you've begun to understand and change the things about yourself that caused her to break up with you.

When you do that, it will make her feel a renewed sense of respect and attraction for you.

From there, you just need to continue saying and doing the types of things that will allow her to experience the new and improved version of you.

She will then drop her guard and open herself up to the idea of getting back together with you again.

5. He thinks that not contacting her for a month will fix the problem

When a woman stops contacting her ex, he might decide that if he gives her some space, she'll eventually come around and call him up again.

So, he will cut off communication and hope that she realizes that she needs him or wants him back.

He might think, *"Okay, so she's stopped texting and talking to me. Maybe she just needs some space for a while. I've heard that absence makes the heart grow fonder, so if I just stay away and not contact her for a month or so, she will realize that she misses me. Then, she'll start talking to me again and will not only come back to me, but she'll also be grateful that I was so cool about it and gave her time apart without harassing her."*

He then ignores her for 30 to 60 days and when nothing happens, he asks, *"What's wrong? Why hasn't she called me yet? Why isn't she texting and telling me how much she's missing me? I've heard that not contacting a woman works to get her back. Why isn't it working on her?"*

The reason why is that ignoring a woman for a month or more after a break up just doesn't work in most ex back cases.

Why?

If a woman doesn't have feelings for a guy and has already stopped talking to him, she's not going to feel like it's that big of a deal when he doesn't contact her anymore.

Instead, she will likely be thinking, *"Cool! That was easier than I imagined. I thought my ex was going to make things really difficult for me when I stopped texting and talking to him all of a sudden. I'm so glad he got the message that I don't want anything to do with him and let me go without a fight. Now I can get on with my life without having to worry about how I'm going to get rid of him. Maybe I should go out with the girls this weekend and hook up with a guy. Yes, I'm going to get laid! There's also that cute guy at work who is interested in me. Maybe I will start flirting with him and go out on a date with him."*

She then becomes excited and happy about her life without her ex and starts to move on.

This is why it's so important to only give your ex 3 to 7 days of space before contacting her again.

You have to stay in touch with her so you can re-spark her feelings of respect, attraction and love for you, rather than just sitting around hoping that she comes running back if you don't contact her.

Remember: In most ex back situations, the old saying of, *â€œOut of sight, out of mind,â€* applies. When youâ€™re not actively sparking her feelings of attraction, another guy will. So, donâ€™t waste time ignoring her. Instead, get her to meet up with you as soon as possible and then get her back.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

	WATCH VIDEO (FREE)
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Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Attracting an Ex Girlfriend Back to You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Attracting an ex girlfriend back to you starts by understanding what traits are the most attractive to her.

For example:

1. Masculinity

Do you make her feel feminine and girly in comparison to how masculine you think, behave, feel and take action and in life? Does she feel like the more dominant one or the one who is more grounded and strong?

In a relationship, it's the man's responsibility to maintain and grow the respect, attraction and love that his woman feels for him over time.

He can't expect a woman to want to stick around for life just because things felt good at the start.

He has to deepen the attraction by continuing to display traits that are naturally attractive to women (e.g. emotional masculinity, confidence, humor, determination to succeed).

If a man does that during a relationship, a woman's attraction will grow over time rather than fading away.

However, if he starts behaving in ways that are unattractive to her (e.g. lacking masculinity by being insecure, needy or letting her wear the pants in the relationship), she will slowly begin to lose respect for him.

[image: He became needy, insecure or jealous]

As she loses respect for him, she will also begin to find it difficult to feel attracted to him and when that happens, she will begin to disconnect with the love that she used to feel for him.

She will then begin to pull away and won't be as affectionate or loving as she used to and the guy will be confused as to why she has changed so much all of a sudden.

Not knowing what else to do, he might then try to get the spark back by being really nice to her, helping her with things (e.g. housework, her bills, her life) and hoping that she realizes what a sweet, loving, amazing boyfriend that he is.

To show her how much he loves her, he might get to the point where he devotes loads of time and energy into showing her how much he cares for her.

She might take advantage of that and get him to buy her gifts, take her on expensive holidays or to expensive dinners, get him to clean up her house, pay for her bills and so on.

She might even begin to withdraw interest in having sex and make him do lots of things to impress her before he gets to kiss her or have sex with her again.

In his mind, he might think that he's doing the right thing by showing her that he's willing to do whatever she wants, but women don't respect that kind of submissive behavior from men.

Women don't want a man who lets himself get pushed around or forced into being in a the submissive role in a relationship, because it makes the woman feel lose trust in his ability to "be the

man” in other areas of his life.

A woman wants to be able to trust in a guy’s masculinity, so she can relax and feel safe in knowing that no matter what life throws at him, he will always remain strong and won’t allow himself to be pushed around—especially by a girl.

Being the man in a relationship isn’t about being angry, aggressive or controlling towards a woman. Instead, it’s about establishing mutual respect and then maintaining that throughout the relationship, no matter how many tantrums she throws and no matter what challenges you and her face in life.

To achieve that, you always need to be the type of man who is confident, strong and masculine, while also being loving, kind and gentle when required.

She has to get the sense that you are the man in the relationship and she is the woman, or that you are the more dominant one and she is the more submissive one.

She wants to see that you are always the more emotionally strong one, while she tends to be the emotionally sensitive one who hugs into you to feel safe, strong and grounded.

In other words, you are her man and she is your girl.

Although most women won’t openly admit that they want that kind of relationship, that’s what most women long for with a man.

They want a man who makes them feel like a natural woman.

A woman who is free to be emotional, cry, be irrational, change her mind like the weather, be madly in love and express her femininity in ways that are only possible when she is with a truly masculine man.

Watch the video above for some free examples of how to attract your ex and get the relationship back together.

2. Confidence

Are you insecure? Is she more confident than you are? Have you become too emotionally sensitive when it comes to her?

Sometimes, a guy will feel so lucky to be in a relationship with a beautiful woman that he slowly becomes insecure about losing her.

He worries that she might eventually realize that she is very attractive and he is just an ordinary guy and when that happens, she might want to dump him and find a new man.

With that type of insecurity running through his mind, he might then begin to react by behaving in a clingy and needy way when he’s around her.

For example: He might regularly ask her things like, “Do you still love me?” or “Do you know that I couldn’t live without you? My life would be over. I need you. You mean everything to me. Without you, life would be pointless” or “You wouldn’t ever leave me, would you?”

[image: How do I know if my girlfriend loves me?]

This type of behavior is unattractive to most women because it’s about the guy needing her for support.

He’s not an emotionally strong man on his own and he’s essentially saying, “Hey, I need you to take

care of me. If you dump me, I will be an emotional mess. So, in a sense, you need to take on the role of being my caretaker like my mother did when I was a boy. You have to take care of me."

The clingier and needier a guy becomes in his relationship, the more turned off she feels by him. Why?

Insecurity, clinginess and neediness are not the kind of qualities that women find attractive in men.

So, when a guy is being needy of his girlfriend, rather than saying to herself, *"OMG, I'm so lucky! My guy is so sweet. He cares about me so much that he can't bear the thought of losing me,"* a woman will most-likely be thinking, *"Yes, it's nice that he loves me so much, but he's going overboard. I don't want to be responsible for his emotional security like this. I feel like his mother or big sister. I need a guy who is emotionally strong and confident without me having to hold his hand and reassure him all the time about my feelings for him. I'm in a relationship with a boy! How can I get out of this relationship? He obviously doesn't know how to change and become a man very quickly, so I need to end this and try to move on. He's just not man enough for me at this point of his life."*

Some guys are lucky enough to have male role models in their life (e.g. grandfather, father, uncle, big brother) who teach them what it means to be a confident, masculine man that a woman would never want to leave.

Yet, not all guys get that guidance as they're growing up, so they often get into a relationship and end up stuffing it up by becoming insecure and ruining the woman's feelings for them.

Then, no matter what he tries to say to convince her to give him another chance, she just won't listen because she knows that he isn't aware of how to be the man she needs.

So, don't try to convince her that she should give you another chance if you don't even know how to be the emotionally strong man that she needs.

If you continue to display a lack of confidence around your ex, it just won't matter to her that you still care about her and want her back.

She needs to feel good (e.g. respectful, attracted, hopeful) about the idea of getting back together with you, not like she's doing you a favor because she feels sorry for you.

The only way to make her feel that way is to begin attracting her in ways that you failed to during the relationship or near the end of the relationship.

You've got to get back to being an emotionally attractive man (e.g. confident, determined to succeed, high self esteem).

[image: Understand where you really went wrong]

You can do that.

You are a strong man.

You can do it.

Your relationship with her depends on it, so don't sit around feeling sorry for yourself.

3. Humor

Are you too serious around her now? Can you still make her laugh, smile and feel good around you

like you did at the start? Are you afraid to joke around when you talk to her because you don't want to piss her off?

Just because you and your girlfriend have broken up, it doesn't mean that you have to stop behaving in ways that a new boyfriend and girlfriend would around each other (e.g. flirting, joking around).

After all, how else do you think you can attract your ex girlfriend back to you if you're not actively doing anything to respark her feelings for you?

You've got to feel worthy of her and not hold back from saying and doing the things that actually make a woman feel attracted to a man.

Of course, one of the best ways to do that is to use humor.

[image: Attract her over the phone, rather than trying to convince her]

When you use humor and get her smiling and laughing, she's going to feel good and so are you.

Then, her guard will come down and she will become more open to interacting with you again, meeting up with you in person, and getting back together.

Here's an example of humor:

Just don't be afraid to joke around.

Don't take your interactions with her so seriously. Loosen up and let your confident humor start flowing from you.

Have You Been Trying to Attract Her Back With Things That Don't Actually Create Feelings of Attraction in a Woman?

Some guys feel so lost about how to attract an ex girlfriend back that they end up saying and doing the types of things that turn her off even more.

Then, when nothing works, they feel hopeless and begin to wonder, "Why isn't my approach working? Why can't she see how much I still love her and that I'd do anything to get her back? Why isn't she changing her mind based on all the nice things that I'm doing for her? Why can't she see that I'm serious about her and want this to work?"

What he doesn't realize is that he's been trying to attract her back by using an approach that doesn't create sexual attraction inside of a woman unless she respects the guy.

If a woman respects a guy, she will feel attracted to him if he is being nice to her too.

However, if a woman doesn't respect a guy (i.e. 90% of ex back cases), she's not going to feel attracted to him based on him being nice to her.

So, the question is: Have you been trying to get your ex girlfriend back in any of the following ways, even though you haven't gotten her respect back yet?

1. Being extra nice to her

Sometimes, when a guy gets broken up with he might think, *"If I'm really nice to my ex girlfriend (fiancée or wife) she will see that I'm a great guy and that I really care about her. She will realize that breaking up with me was a big mistake and then she will come running back. No*

*other guy will ever treat her like I do. I love her so much and I would do anything for her. I'm going to show her that by being so damn nice to her that she just has to feel sorry for me and then give me another chance.*â□□

Here's the thingâ□|

Although there is nothing wrong with being a good guy and being nice to a woman, it isn't what makes her decide whether or not she wants to be with a man in a sexually romantic way.

For example: A guy might be extra nice to his ex girlfriend, buy her lots of expensive gifts (e.g. flowers, chocolates, jewelry), pay her bills and generally do whatever she wants in an attempt to show how much he cares.

Yet, if he doesn't make her feel a renewed sense of respect for him as a man first, all of his nice deeds aren't going to matter much to her.

Of course, she might appreciate his thoughtfulness and she may even say things like, *â□□ Thank you. Youâ□□re so sweet. Iâ□□m so lucky to have a great ex boyfriend like you in my life. Thanks for making this so easy for us, rather than being a pain in the ass like other guys would be,*â□□ but that doesnâ□□t mean she wants to get back into a relationship with him.

In fact, she might even take advantage of her ex just to test how desperate he is to get her back.

For example: She might get him to agree to help her in ways that are expensive or time consuming to him, run errands for her or help her pay her bills.

She might also chat to him via text about all of her life problems and get him to be her texting friend who is always there to support her.

All along though, she will be secretly trying to find a new man to replace him and will eventually drop the news, *"Umm, there's something that I need to tell you. I've met someone. We've been seeing each other for the past few weeks and it has become serious now. He doesn't want me communicating with you anymore, so I need you to respect that now by not contacting me anymore."*

Donâ□□t put yourself in that kind of position.

You deserve to get her back, not to be taken advantage of by her and then laughed at as she moves on with another guy while you're in intense emotional pain as you miss her and yearn for her.

Be a good man and be nice to her, but don't become Mr. Nice Guy who hopes to get her back by sucking up to her and doing whatever she wants.

Instead, just focus on actively making her feel respect and attraction for you again every time you interact with her (e.g. via text message, e-mail, on a phone call, or in person), by behaving in some of the ways that are naturally attractive to women (e.g. confident, charismatic, self-assured, emotionally independent).

When you spark her feelings of attraction for you again, it makes the negatives of your relationship seem less important to her, because she naturally feels drawn to you in a way that feels good to her.

2. Being a helpful friend

Another mistake that some guys make is to fall deep into the Friend Zone with their ex woman.

For example: A guy might think, *â□□ If I stay friends with my ex girlfriend, Iâ□□ll have a good excuse to be around her all the time. Then when she sees that Iâ□□m the one that she can turn to when sheâ□□s having a bad day, is sad, or needs any kind of help, she will realize that she still loves*

*me and we can get back together again.*â□□

He might then make himself available to his ex 24/7 and maybe even be her shoulder to cry on when she gets dumped by another guy.

Don't do that to yourself.

If you are going to be her friend, make sure that you are actively making her feel respect and sexual attraction for you again.

Don't be her friend if you're just going to be Mr. Nice Guy or Mr. Helpful towards her.

The fastest way to get her back while being her friend is to focus on making her feel respect and attraction for you again.

If you only focus on making her feel neutral, friendly feelings for you (e.g. because you want to show her how much you care about her as a person), she might keep you around as a friend, but she won't be loyal.

Then, as soon as another guy comes along who makes her feel sexual attraction and is confident enough to make a move on her, she will jump ship, hook up with him and leave you behind.

Some guys don't want to believe that their ex girlfriend would do that and then when she does, they are shocked and feel betrayed and angry at her for taking advantage of them.

Don't put yourself in that position with her.

You can't trust her to be loyal if you're not making her feel the kind of respect, attraction and love that a woman needs to feel to want to stay in a relationship.

3. Texting back and forth about your day or week

Some guys believe that sending regular texts to stay on her mind will mean that she will be less likely to move on because she will be thinking about him the whole time.

He might then start texting her things like, *â□□How was your day?â□□* or *â□□On my way to work and I just wanted to say hi. Have a great day!â□□* or *â□□I've just come out of a boring meeting with my boss. How has your day been?â□□*

However, just because his ex girlfriend might be nice and friendly and respond to his texts, it doesn't mean that she wants him back.

In reality, a woman will often be thinking, *â□□Why is he sending me all this crap? I donâ□□t care about his meeting or that heâ□□s on his way to work. Is this is way of trying to get me back? How pathetic. He doesn't even have the balls to call me and make something happen. He's hiding behind texts. He wasn't enough of a man for me when we were in a relationship and obviously nothing has changed since.*â□□

So, why doesnâ□□t staying in touch with an ex girlfriend make her think, *â□□Wow! Cool! I think I miss my ex. Hearing from him all the time via text has made me realize how much I still care about him*â□□?

The reason why is because talking about his day will not show her that anything about him has changed.

It doesnâ□□t solve any of the core problems that they faced in their relationship, and it doesnâ□□t make her feel a renewed sense of respect and attraction for him.

So, rather than wasting a lot of time texting random things to your ex girlfriend (and possibly

annoying her even more), just try to get her on a phone call where you can actively spark some of her feelings of respect and attraction for you again.

On a phone call, you've got to get her smiling, laughing and feeling good to be talking to you again.

From there, you need to get her to meet up with you in person, make her feel a lot of respect and attraction for you and then guide her back into a relationship with you.

4. Changing your physical appearance by adding a bit more muscle, losing some weight or buying new clothes

When some guys find out that they need to respark a woman's feelings of sexual attraction to get her back, they make the mistake of thinking they have to change their physical appearance.

For example: If a guy remembers his ex girlfriend saying, *"I love guys who wear business suits,"* he might then get himself a suit even though he's more of a jeans and t-shirt kind of guy.

He might then begin to wear suits or really formal clothes and post photos on social media in the hopes that she thinks, *"Wow! He's so sophisticated now. He's wearing suits! I have to get him back."*

Yet, if she broke up with him because he was insecure, emotionally sensitive and wasn't enough of a man for her, she's not going to believe that all that has now changed because he's wearing a suit.

She might be curious to find out if he is changed and may text or call him, but if she talks to him and notices that he's still the same old insecure guy as before, she's going to lose more respect for him and convince herself that she needs to move on quickly because he's trying to trick her into thinking that he has changed and she doesn't want to fall for that trap.

Alternatively, if a guy heard his ex say, *"Guys with big biceps and six-pack abs are soooo hot,"* he might then decide to go to the gym to lose some weight if he needs to, or become more muscular.

Yet, a woman who has dumped her guy isn't going to run back to him because he's lost some weight or put on some muscle weight.

Sure, some women will appreciate an improvement in a guy's physical appearance, but it's not going to attract her back in the most important, fundamental ways (i.e. how his personality and behavior makes her feel).

For example: If a woman broke up with a guy because he was insecure and needy, she will not feel a renewed sense of respect and attraction for him about his physical appearance, because the unattractive things about him are emotional (i.e. he is insecure and needy).

Alternatively, if a guy was too submissive and allowed his ex to dominate him in the relationship, him getting bigger muscles, or new clothes isn't going to disguise the fact that he's still the same emotionally weak guy underneath all the outside changes.

So, rather than wasting a lot of time fixing your physical appearance in the hopes that this will attract your ex girlfriend back to you, ask yourself these questions instead:

- Can you make your ex girlfriend feel feminine and girly in your presence, or does she tend to feel like the more dominant, emotionally stronger one?
- Can she look up to you and respect you as a man, or does she look down on you?

- Can you make her laugh, smile and feel excited to be around you, or does she look for excuses to get away from you now?

These are the fundamental things that matter more to a woman than a guy's looks.

If you are serious about attracting your ex girlfriend back to you, you have to spark her feelings of attraction for you again, by saying and doing the types of things that are going to keep turning her feelings on for you, rather than saying and doing the types of things that were turning her off in the past, or that have been turning her off since your break up.

When you do that, she feels drawn to you and from there you can build on that spark of attraction by showing her that you really are a different man now.

That's how you attract an ex girlfriend back to you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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Does Cutting Off Communication After a Break Up Get a Relationship Back Together?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you're wondering if cutting off communication after a break up will get your relationship back together again, the answer is this!

It's fine to have a cooling off period where you and her don't speak for up to a week, but anything longer than that usually causes problems, such as:

- She moves on.
- She stops feeling the pain of losing you and realizes that she can handle being without you.
- She feels attracted to new guys and likes it.
- She sees the fact that you haven't contacted her as meaning that you don't care.
- She sees it as immature and wonders why you don't just call her.

So, rather than waste a lot of time ignoring your ex in the hopes that she will realize that she misses you and come back, it's usually best to use the time to actively make her feel sparks of respect and attraction for you again.

However, you can't do that if you're avoiding any communication with her for weeks, or even months.

Giving her too much space rarely works.

I've personally worked on 100s of ex back cases with my phone coaching clients and cutting off communication for long periods of time (e.g. 30+ days) usually results in the woman moving on.

The best way to get a woman back is to give her 3-7 days of space and then actively re-attract her and get back into a relationship.

Where Guys Go Wrong

[image: Should you ignore your ex to get her back?]

Sometimes, when trying to get a woman back after a break up, guys will make the mistake of thinking that cutting off communication is a real solution to making any woman go from having no feelings for a guy, to missing him and then wanting him back.

However, in most cases it just doesn't work.

Why?

To begin with, when a woman breaks up with a guy, it's usually because she has lost respect and attraction for him over time.

In her mind, she may be thinking negative things about him like, *"I can't believe how badly he hurt me. I'll never let him put me through that kind of pain again. He can forget about us ever getting back together"* or, *"I can't believe how much time I wasted with him. He was confident when I met him, but his true colors came through later on and he showed me how insecure and emotionally weak he really is. I need a man, not a boy. What a waste of my time!!"*

So, when a guy cuts off communication with her after the break up, rather than think, *â€œI feel all sad and hurt that my ex isnâ€™t calling me up. I miss him so much,â€* she will more than likely be thinking, *â€œItâ€™s such a relief to be out of that relationship. I finally can move on with my life.â€*

Hereâ€™s the thingâ€¦!

Unless a woman is still in love with a guy and is secretly hoping that they will get back together again, or she is struggling to find herself a replacement guy, cutting off communication isnâ€™t going to be that big of a deal for her.

[image: Most women don't come back if you ignore them]

She might wonder why he isn't contacting her, but if she's sure that he can't change and become what she needs (e.g. a confident, emotionally secure, emotionally mature man) right now, she's going to cut her losses and try to move on quickly.

The truth is, most women are perfectly capable of finding a new guy who wants to sleep with her and give a relationship a try.

If she has had experience with break ups before, she will know that the pain of it all will pass very quickly, and each day will get easier until she feels truly happy without him.

This is one of the reasons why cutting off communication isn't the best idea for most ex back cases.

Even if a woman still has some feelings for her ex, him cutting off communication with her actually helps her get over him.

Hereâ€™s whyâ€¦!

Imagine a woman is sitting at home after a break up and missing her ex.

Although she might be feeling some pain, anger and disappointment about no longer being in a relationship with him, deep down she might also have a sense of hope that maybe they can work things out.

Yet, rather than him call her up after a few days and actively work towards sparking some of her feelings of respect and attraction for him again, he cuts off all communication with her for weeks, and maybe even months.

When this happens, she starts to doubt his feelings for her.

She begins to wonder, *â€œWhy isnâ€™t he calling me? Doesnâ€™t he care about me at all? I thought that heâ€™d at least just phone to see if Iâ€™m okay. How silly of me to have been sitting here hoping that he might also want to get our relationship back together again, like I do. Heâ€™s obviously over me and moving on with his life. Maybe he didn't even love me at all. What a jerk. Well, Iâ€™m not going to sit around waiting for him to call me anymore. If he can forget about me so easily, then I can do the same. I'm going out with the girls this weekend and I'm going to get laid.â€*

She then works away at completely switching off her feelings for him (e.g. by getting angry over his lack of communication, actively moving on with or hooking up with another guy).

So, should you cut off all communication with her and wait?

Well, if she doesn't have feelings for you right now, the answer is NO.

If you think that she does want to get back with you and will miss you if you don't contact her, the

answer is MAYBE.

Maybe, because ignoring her still doesn't guarantee that she's not going to hook up with a new guy and fall in love with him.

The best way to get a woman back is to be active about it.

Actively re-attract her and actively guide her back into a relationship with you, before it's too late.

So, rather than waste a lot of time cutting off communication with your ex in the hopes that it will get the relationship back together, focus instead on using every interaction you have with her as an opportunity make her feel sparks of respect and attraction for you again.

Whether you're interacting with her via text, on social media, over the phone, and especially in person, make sure that you are making her smile, laugh and feel happy to be in contact with you again.

The happier that she feels when she's interacting with you, the more her defenses will come down, and the more open she will become to the idea of getting back together again.

On the other hand, the less communication you have with your ex, the more time she has to get over you and find herself another guy who makes her feel exciting lust and new love.

What is Stopping You From Contacting Your Ex Right Now?

[image: I need her back]

Quite often, when a guy is asking, "Does cutting off communication after a break up get the relationship back together?" it's usually due to one of the following reasons:

- He's afraid to call her up because he thinks that she might not want to hear from him.
- He's heard that break ups are permanent and that couples rarely get back together again.
- She told him that she never wants to hear from him again and that she will never give him another chance.
- She's already dating a new guy and he believes that she probably won't want to hear from him now.
- He thinks that giving her time apart will make forget his past mistakes and cause her to really miss him and need him.

None of those ways of thinking above will get her back.

You've got to do something about it, rather than sitting around hoping that it all magically fixes itself due to cutting off communication.

The key to getting a relationship back together is to actively spark the woman's feelings of respect and attraction for you again.

Even if your ex is saying things like, *"I just don't have feelings for you anymore,"* or even, *"I hate you! Don't talk to me ever again,"* or *"I'm in love with someone else, it's over between us,"* when you respark some of her old feelings for you again, she just can't stop herself from wanting to interact with you.

All of a sudden, she feels drawn to you, even though she thought she was completely over you.

From that point, you simply build on the spark of attraction that she's feeling by showing her that

things really can be different between you and her.

Yet, without any communication between you and her to respark her feelings of respect and attraction, she will likely just move on.

The Best Way to Get a Relationship Back Together

[image: Have the balls to make something happen]

The best way to stir up a woman's emotions and make her want to get back together again is to interact with her and actively make her feel sparks of respect and attraction for you.

The main thing is to let her experience for herself the new and improved version of you (e.g. via the way you think, talk, behave and interact with her), so she drops her guard and becomes more open to her feelings of respect, attraction and love for you.

How can you do that?

First of all, you need to show her that you've moved past the level you were at when she broke up with you, and then get her laughing and smiling and feeling good to be talking to you again, whether it's on a phone call or in person.

For example: If you were jealous and insecure in the relationship and that caused her to lose respect and attraction for you as a man, you need to show her that you're now a more emotionally strong and mature man.

Another example is if your ex broke up with you because she felt more dominant than you in the relationship.

In cases like that, you need to show her that you are now the stronger, more masculine and more dominant one by having the courage to contact her, make her feel respect and attraction for you again, and guide her back into a relationship with you.

You don't have to become perfect to get her back, but you do need to move beyond the level that you were at when she broke up with you.

Focus on making her smile, laugh, and feel good to be interacting with you, rather than letting her try to push you into reacting in an insecure way like she has been able to do lately.

For example: Imagine a guy is talking on the phone with his ex, and she is being cold and unfriendly towards him by saying things like, *"I feel nothing for you anymore,"* or *"I'm happy now. I'm meeting new guys and it feels great to be dating again. I like being single. Leave me alone."*

She is likely expecting him to react in the same old ways that he used to do when they were breaking up (e.g. becoming jealous and getting angry at her, getting upset and pleading with her for another chance).

If he lets her get to him like that, she will know that nothing about him has really changed, so she will continue saying things like, *"Just accept that it's over between us."*

On the other hand, rather than reacting in an insecure way, he can use her comments as an opportunity to spark her feelings of respect and attraction for him again.

Here's an example!

Imagine that youâare on a phone call with your ex and she tries to test you by saying something along the lines of, âIâm glad we broke up. Iâm having so much fun without you. Iâve been going clubbing with my girlfriend friends and weâve dancing and having a great time together.â

The way she will be expecting you to react is by getting upset, angry or rushing to get off the phone call with her.

Instead, you can reply by saying something like, âCool! Thatâs awesome to hear. Iâm so glad that youâre finally having fun, but I donât believe that your friends are enjoying going dancing with you as much as you say they are.â

She might then get annoyed and say, âWhat do you mean they donât enjoy going dancing with me? Why shouldnât they?â

At that point you can say in a joking voice, âWell, if I remember correctly, you dance like a headless chicken with one leg. Youâre always bumping into everyone, standing on their toes, falling all over the placeâ!â and then laugh, to make sure that she knows that youâre joking.

She may then laugh about getting caught out with your joke and her guard will come down.

She will then begin to wonder why she is feeling so attracted to your newfound confident and self-assured attitude towards her.

Then, regardless of how badly things ended between you and her, she wonât be able to stop herself from feeling at least some level of respect for you again, which is what you want.

The more respect she feels for you, the more likely it is that she will drop her guard and allow some of her positive feelings about you (e.g. attraction, love) to come back again.

Then, when she is feeling more relaxed and open towards you again, you can say to her, âYou know that I want you to be happy, so Iâll tell you whatâ! How about we meet up for a drink and I can help you with your dance moves. In that way, the next time you go clubbing with your friends you can show off your cool dance moves, rather than dancing like a chicken.â

Or, if you feel like thereâs no way sheâd agree to meet up for a drink and a dance, you can say, âAnyway, you and I should catch up for a coffee as friends. Itâs not about us getting back together. Just a quick catch up to say hi.â

If she says âYes,â just meet up with her and continue saying and doing the types of things that will deepen her feelings of respect and attraction for you, and then guide her back into a relationship with you.

On the other hand, if sheâs not ready to get back together at this time, just say something like, âWell, it was cool chatting to you again,â and then end the phone call.

Then, donât contact her for a few days and repeat the process again until she is willing to get back together.

In Life, if You Snooze, You Usually Lose

Sometimes, itâs good to cut off communication with people (e.g. a friend who has been rude to you) and wait for them to come back and apologize.

Yet, with most other things in life, ignoring a problem (e.g. the fact that she currently doesnât feel

much or any respect and attraction for you and doesn't want to be with you because of that), usually doesn't fix it.

Cutting off communication after a break up to get a relationship back together only works approximately 20% of the time (based on the 100s of cases that I've worked on).

Then, if the woman comes back and sees that the guy hasn't really changed, she just breaks up with him again.

Not only is cutting off contact a huge waste of time in most cases, but it also gives a woman the space that she needs to move on.

So, rather than cut off communication with your ex in the hopes that she will miss you and come running back, just focus on actively sparking her feelings of respect and attraction for you again.

Get her thinking, *â€œHmmmâ€* | *why does it actually feel good to be hearing from my ex again? I enjoy talking him now. He's different. Maybe we can work things out between us after all.*â€

In almost every ex back case (of a man getting a woman back), he should not ignore her for more than 3-7 days.

Any more time than that is usually just a recipe for disaster because the woman gets over the break up, moves on or decides that she will get revenge by sleeping with new guys and then waiting to tell her ex all about it when he finally does call.

If he doesn't, she'll post up photos on social media of herself having fun with new guys and new friends, to show her ex that she's doing totally fine without him.

So, don't waste time cutting off contact.

Actively sparking her feelings of respect and attraction for you again is what counts when getting a woman back after a break up, not cutting off communication and hoping that she comes running back.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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My Ex Said That She Only Has Negative Feelings Towards Me Now

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

You need laugh at her for saying that, rather than taking it so seriously.

For example: Laugh and say, *â€œWell, I guess that I'm the worst ex boyfriend in the world then. Iâm that bad, am I?â€*

She will most likely say, *â€œYes, you are. Youâ€™re the worst.â€*

Yet, even though her saying that might be hurtful to you, rather than get upset about it, just laugh and respond with something like, *â€œOkay, then I'm a horrible ex boyfriend. I guess I win the title of being the worst ex boyfriend in the world, which is a pretty good achievement. I'm very proud of thatâ€* and have a laugh with her about it.

The point of laughing and making light of her comment about only having negative feelings towards you, is to get rid of the seriousness of what she is saying.

Using humor and a light-hearted approach in response to serious comments like that takes away the anger and allows her to be more open and easy-going about it all.

Once you've gotten rid of the seriousness of her comment, you then need to start showing her that you have changed, so she can begin to feel positive emotions whenever she interacts with you from now on.

Here are some doâ€™s and donâ€™t to help you achieve thatâ€™!

Donâ€™t Suck Up to Her to Change Her Negative Feelings Towards You

[image: Don't suck up to your ex]

Sometimes, a guy thinks that to change a womanâ€™s negative feelings for him, he needs to be extra nice to her by sucking up to her and doing whatever she wants.

For example: He might think to himself, *â€œMy ex said that she only has negative feelings towards me now. Thatâ€™s because sheâ€™s only thinking about the bad things I did to her. If I start being really nice to her, treating her like a princess when I see her, buying her those things that I know she really likes, and even helping out with her bills (e.g. pay her rent, buy her groceries), she will stop thinking about my past mistakes and start seeing me in a more positive light. Sheâ€™ll realize that even though I hurt her in the past and recently, Iâm actually a really nice, honest, sincere, loving guy and that she canâ€™t live without me.â€*

[image: Will my girlfriend be happy if I treat her like a princess and buy her lots of expensive things?]

Yet, when a woman currently perceives her ex in a negative way because she has lost respect for him as a man, being extra nice to her will usually just make her even more annoyed with him.

She may think, *â€œDoes he really think that paying my rent/buying me gifts is all it will take to*

*make me forget about what he did to me in the past, even though he still doesn't even know how to make me feel respect and attraction for him anymore?*â€œ

Here's the thingâ€œ

If a woman has lost respect and attraction for her ex, she will find it difficult to allow herself to open back up to him because she just can't trust in who he is as a man.

If he tries to be extra nice to her and suck up to her to be forgiven, she's just going to see right through it.

She might then decide to teach him a lesson, by saying to herself, *â€œOkay fine. Iâ€™ll let him pay for my rent/groceries/run around doing things for me if thatâ€™s what he wants to do for me. He deserves to suffer for how he treated me. I will get him doing everything for me and string him along as though he has a chance. In the meantime, I'll find myself another guy and tell him all about it when I'm ready to truly break his heart and get him back for treating me so badly in the relationship.â€œ*

He might feel like he's making progress by sucking up to her and being Mr. Nice Guy, but he's really only accomplishing 2 things:

1. Making her feel good about herself (e.g. she feels wanted, attractive, in the position of power, not worried about him moving on with another girl) so she can calmly and confidently move on with her life and find another guy.
2. Causing her to lose even more respect and attraction for him as a man because he's trying to suck up to her to get another chance.

Even if a woman really appreciates that her ex is being extra nice to her and spoiling her in different ways (e.g. gifts, dinners, paying her bills), it doesn't mean she's going to suddenly forgive him for his past mistakes.

In most cases, she will simply think, *â€œI know my ex is being really sweet right now, but that doesn't change what happened between us. Heâ€™s still the same guy that I broke up with. Heâ€™s probably just hoping that being nice to me will be enough to make me forget about the past, and overlook the fact that he still hasn't figured out the real reasons why the split between us happened.â€œ*

So, what should you do instead?

To change how your ex currently feels about you, you have to respark her feelings of respect and attractionâ€œand you can't do it by simply being really nice to her.

Of course, there's nothing wrong with being nice to a woman, but if you're letting her treat you badly because you're hoping that she will suddenly realize that you're not such a bad guy after all and then change her mind, you're actually only turning her off even more.

To get your ex to change her negative feelings about you, you have to actively make her feel respect and attraction for you again, by behaving in some of the ways that are naturally attractive to women (e.g. confident, charismatic, self-assured, masculine).

So, don't waste time sucking up to her in the hopes that it will change how she feels.

Instead, focus on being the kind of man that she can look up to and respect whenever you interact with her (i.e. via text, on social media, over the phone or face-to-face).

When your ex begins to feel respect for you again, it becomes difficult for her to hold on to her negative feelings about you, and she then becomes more open to the idea of getting back together again.

Choose to See the Humor in Her Comments, Rather Than Feeling Sad About it

[image: Attract her over the phone, rather than trying to convince her]

It's understandable that a guy might feel sad when he hears his ex saying things like, *"It's over between us. I only have negative feelings towards you now."*

He might then start telling himself, *"I hurt the woman that I love and now she hates me. I deserve to be dumped. We used to be so good together and now the only thing she feels for me is anger, resentment, and disgust. That is all my fault. I messed up so badly and I don't think there's anything that I can say or do that will change her negative feelings towards me."*

The truth is, going through a break up is a pretty horrible experience for most guys.

It hurts.

For many guys, it makes it difficult to eat, sleep and work properly because she's always on his mind.

A guy might get to the point where he feels like he just doesn't deserve her and has to put up with being rejected and lonely now that she only has negative feelings towards him.

Yet, putting yourself down and feeling like you're unworthy of her isn't the way to regain your ex's respect.

You've got to be confident in yourself and the new and improved man that you now are since she dumped you.

The truth is, everyone makes mistakes.

You're not perfect, but neither is your ex.

So, rather than sitting around blaming yourself about what happened and giving yourself the title of, *"Worst Ex Boyfriend in the World,"* what you need to do is focus on making her laugh, smile and feel happy every time that she interacts with you via text, on a phone call or in person.

Seeing the humor in her comments about your is one of the best ways to show your ex that you're not the same guy she broke up with anymore.

For example: A guy is talking to his ex and she says, *"Forget about us. I only have negative feelings towards you now. Nothing is going to make me think of you in a positive way."*

Rather than react in a way that she might be expecting, (e.g. get upset, become angry with her, beg and plead with her), he decides to show her his maturity and confidence by joking about to get her smiling and laughing, which then re-sparks some of her feelings of respect and attraction for him.

When she says, *"Forget about us. I only have negative feelings towards you now. Nothing is going to make me think of you in a positive way,"* he can respond by smiling and saying in a joking way, *"Yeah! I feel the same way too! I hate you now. You deserve to get the title of 'Worst Ex Girlfriend in the World' for breaking my heart. Look what you've done to me. I can't even eat anymore! I'm so sad. I've only had 4 hamburgers, 4 large fries, and 4*

cokes today at McDonald's. I'm starving because I can't eat. Iâ€¢m just fading away hereâ€¢I'm just skin and bones now. I can't eat, I can't sleepâ€¢I'm so sad that the Worst Ex Girlfriend in the World dumped me and now doesn't want anything to do with meâ€¢ and laugh with her about it.

Of course, saying that to her isnâ€¢t the magic secret to wiping away all your past mistakes and suddenly making her fall hopelessly in love with you again.

Itâ€¢s simply something to say in that moment to make her smile, or laugh and take away some of the bitterness that sheâ€¢s currently feeling towards you.

Itâ€¢s also a way to spark some of her feelings of respect, based on the fact that you're not falling apart because of what sheâ€¢s saying.

Remember: How you make your ex feel right now is what counts.

The more you can trigger her feelings of respect and attraction for the man that you've become since the break up (e.g. yesterday, last week, 2 months ago), the more likely it is that she will stop seeing you in a negative light based on who you were in the past.

You are different now.

You've become such a better man since the day she dumped you.

You are not the same guy anymore.

You really have changed and whenever she interacts with you, she feels that and it makes her guard come down and her old feelings for you come rushing back.

Donâ€¢t Turn Her Off Even More By Continuing to Make the Same Old Communication Mistakes That You Always Have With Her

[image: Turning her off with the same old communication mistakes]

When a woman is saying that she only has negative feelings towards her ex now, itâ€¢s usually because she has lost respect and attraction for him based on his behavior and actions.

For example: If a woman broke up with a guy because he was being insecure and needy in the relationship with her, she will feel turned off by him even more if tries to get her back by begging, pleading and saying things like, *â€¢I need you so much. I canâ€¢t live without you.â€¢*

Alternatively, if she broke up with him because he was giving her too much power in the relationship (e.g. being more dominant than him, letting her make all the decisions), saying, *â€¢Please tell me what you want me to do and Iâ€¢ll do it. Just say the word and Iâ€¢ll do anything you want, just give me one more chance,â€¢* will only convince her more that she made the right decision to dump him.

When a guy tries to get an ex back without first making some changes and improvements to his communication style with her (e.g. he becomes needy and insecure when she tells him she doesnâ€¢t have feelings for him, he lets her push him around in the hopes that it will please her and change her mind about him), she will naturally keep pushing him away.

She will behave coldly towards him and may say things like, *â€¢How can you expect me to take you back when nothing about you has changed? Don't you get it? Youâ€¢re still the same guy that I*

*broke up with and I only have negative feelings for you now because of it.*â□□

She will say that if the guy still doesn't understand the real reasons why she dumped him (e.g. he thinks that she dumped him because she doesn't want a relationship right now, but one of her real reasons was that he just wasn't enough of a man for her. He was too insecure, needy, clingy, controlling or feminine in his behavior and expression of feelings).

So, before you do anything that might cause your ex to lose even more respect and attraction for you as a man, try to get clear on what caused her to break up with you in the first place.

Right now, some guys who read this will be very clear about why they got dumped, but many guys will be saying, *â□□I donâ□□t really know why she broke up with me. Iâ□□m not sure what caused her to have such negative feelings for me. I know I stuffed up, but I don't understand how she could go from loving me so much to hating me and not wanting anything to do with me. She used to tell me that she wanted to settle down with me, get married and grow old together. Sure, I stuffed up a bit in the relationship, but how can she turn her back on us like this?*â□□

If youâ□□re one of the many guys who aren't fully sure about what caused your ex to break up with you, here are some questions to ask yourself that will help you figure things outâ□|

- Did you make her feel feminine and girly in your presence, or did she feel more like a friend, one of the guys or a big sister, in the relationship with you?
- Did she feel loved and appreciated by you, or did you take her for granted (e.g. did you fall into the habit of letting her do everything while you watched TV/played video games? Did you put her second to your friends/hobbies/family)?
- Were you rising through the levels of life like a real man, or were you using your relationship as an excuse to hide from your true potential as a man?
- Were you both growing and developing together as a couple, or were you going in separate directions? Did she mature faster than you?
- Were you both working towards achieving the same goals in life (e.g. getting married, having children, buying a house), or did you want different things?

By reading those questions and answering in your mind, you should have a clearer idea about what caused your ex to break up with you.

From here, you will then know what adjustments or changes you need to make when you interact with her again, to respark some of her feelings of respect and attraction for you again.

When you respark her feelings of respect and attraction for you, she will be able to see that you really are different now.

She feels good around you all of a sudden.

When that happens, it becomes very difficult for her to hold onto her negative feelings about you.

She might act like she still hates you, but once she feels a renewed sense of a respect and attraction for you, her guard will come down (whether she admits it or not).

On the other hand, if you donâ□□t understand what was turning her off in your relationship and make adjustments, you will simply keep making the same old mistakes in your communication style, and she will just keep saying, *â□□I only have negative feelings for you now.*â□□

Do Spark Her Feelings of Respect and Attraction For You Again

[image: Meet up with your girlfriend]

Most people have heard the old expression, *âActions speak louder than words.â*

Essentially what this means is that you cannot force your ex girlfriend to be with you again by trying to convince her with words.

Instead, you need to show her that you have changed via your actions, the way you talk, behave, interact with her and the way you respond to what she says and does.

When she can see it for herself (or hear it if you're talking to her on the phone), she will see that you have changed and you won't need to try to convince her of it.

Simply focus on triggering her feelings of respect, attraction and love in every interaction that you have with her from now on (e.g. via text, on social media, on a phone call, or in person) and her guard will come down.

You can make her feel that way by making her smile, laugh and feel happy to be interacting with you again, rather than trying to convince her to see you in a more positive light or to give you another chance because you love her so much.

By making some attractive adjustments to your behavior and to the way that you talk and interact with her (e.g. staying confident despite what she says, seeing the humor in every situation despite how tense it might be), being around you suddenly becomes fun for her, so her guard naturally comes down and she opens up to you again.

She then begins to wonder, *âWhat's going on here? Why am I only feeling positive emotions towards him all of a sudden?â* and she can't stop herself from feeling some level of respect and attraction for you again.

From there, you simply build on that spark of attraction to show her that things really are different now.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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What is the Best Plan of Action to Get an Ex Back?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The best plan of action to get your ex back is to reactivate her feelings and confidently guide her back into a relationship, even if she is being stubborn, playing hard to get or saying that she's not sure.

You can do that by talking to her on the phone or meeting up with her in person to make her feel SOMETHING for you again.

[image: Meet up with her and make her feel something for you again]

Once she sees that you have really changed and she now feels so much more respect, attraction and love when she's around you, she will eventually thank you for being so confident and getting you and her back to that place.

Prior to Today, Have You Been Using the Right Plan of Action to Get Her Back?

There are many different plans of action that you could follow to get your ex back, which won't actually work.

After helping 100s of guys successfully get women back after a serious break up, I've found that the best plan of action is to be active by making her have feelings for you again as you interact with her.

However, you can try other ways of getting her back too.

For example:

1. You could ignore her and hope that she comes back.

[image: Hopefully she will come running back if I ignore her]

When trying to get a woman back after a break up, a lot of guys make the mistake of thinking that by ignoring her she will come back.

A guy may think, *"I've heard that absence makes the heart grow fonder, so if I stay out of her life for a while, she will realize just how much she misses me and then come back on her own."*

Alternatively, he might think, *"She told me that she is tired of me calling her up all the time, so maybe if I ignore her for a month, she will realize that she's unhappy without me and will then give me another chance."*

Yet, here's why that plan of action doesn't usually work to get an ex back:

Ignoring a woman only works when she is still in love with you and regrets breaking up, or if she can't find a replacement guy to move on with.

So, if your ex isn't currently calling you up and saying things like, *"I really miss you,"* or *"I think it was a mistake breaking up with you,"* or *"Let's give our relationship another chance,"* then ignoring her probably isn't going to matter much to her at all.

Think about it like thisâ€¦!

When a woman is feeling negative emotions towards her ex (e.g. sheâ€™s angry, hurt, turned off by him), then not hearing from him for several weeks or months isnâ€™t going to make her think, *â€œOh no! Why is my ex ignoring me? Could it be possible heâ€™s moved on without me? Iâ€™d better call him up before I lose him to some other lucky woman.â€*

Instead, sheâ€™s likely going to be thinking, *â€œWhat a relief! It looks like my ex is finally out of my life now. I can get on with meeting new guys without having to put up with him bothering me all the time. Actually, I might even hook up with a guy this weekend and post up some photos of me and him on social media just to rub it in my exâ€™s face that Iâ€™ve moved on now.â€*

If you donâ€™t want that kind of thing happening to you, donâ€™t bother ignoring your ex for longer than 3 to 7 days.

Waiting longer than a week is usually a waste of time because it gives her the opportunity to move on without you.

In some instances, a woman might call her ex to check if heâ€™s missing her or if heâ€™s moved on, but when she realizes that heâ€™s still stuck at the same level he was when she broke up with him (e.g. heâ€™s still insecure, still doesnâ€™t know how to make her feel attracted in the way she wants), she will likely say something like, *â€œUmm, well, it was nice chatting to you again. I should go now, bye,â€* and she will then try to move on without looking back.

If you are going to ignore your ex for a bit, at least make sure that you are preparing to impress her when you do interact again, otherwise she wonâ€™t feel very motivated to get back with you.

I recommend that you donâ€™t waste any more than a week of giving her space after a break up, before you then commence the full ex back process and get her back.

2. You could get a new woman and make her jealous.

[image: Making an ex jealous to get her back]

Another plan of action to get your ex back is to start dating other women and hopefully make her feel jealous enough to want to get back together again.

However, chances are high that you almost certainly donâ€™t want a new woman now, right?

You want to get your ex back.

So, dating a new woman is probably going to be a waste of your time and may actually backfire. Why?

If your ex doesnâ€™t have any feelings for you at the moment, you getting a new girlfriend probably isnâ€™t going to matter much to her at all.

Even if she initially feels a little bit jealous or hurt that some other woman has taken her place in your life, when she remembers why she broke up with you (e.g. you had become really insecure, clingy, needy, controlling and jealous, or you had taken her for granted, treated her badly and even cheated on her), the jealousy will change to relief as she realizes, *â€œCool. Thatâ€™s great news. My ex has finally moved on, and now so can I. It feels so good to finally be free. Iâ€™m a single woman now. Iâ€™m going to show him how much heâ€™s missing out on now by hooking up with guys and posting up photos on social media of me hanging out with them.â€*

Another reason why dating another woman to make an ex jealous can backfire, is because a woman

can easily find out if he has truly moved on, or if itâs only a ploy to make her jealous.

Basically, all a woman has to do is call her ex back and say something like, *âI just wanted to say that I miss you. Lately, Iâve been thinking if maybe we should get back together again. Itâs a pity youâre dating someone else now though. Oh wellâ!*

If he then quickly responds by saying things like, *âI miss you too! This new woman means nothing to me. Iâll break up with her today if you want me to,* she will know that itâs only been a ploy to get her back.

That can work to get her back in some cases (because women are more attracted to guys who other women find attractive), but it can also backfire.

When a woman realizes that heâs been using the new woman to make her jealous, she may want to reject him to hurt him and then hook up with another guy to make him jealous.

Then, the guy that she hooks up with may turn out to be a great match for her, which then makes the process of getting her back that little bit more difficult.

So, rather than risk turning your ex off even more or losing her to another guy, just focus instead on saying and doing the types of things that will make you more emotionally attractive to her.

That is the most simple, effective and risk-free plan of action to use when getting an ex back.

Donât be afraid to show her that you want her back.

Donât come across as though you need her back. Instead, that you want her back.

Thereâs nothing wrong with that.

For example: Rather than putting on an act of not being interested in her anymore, or dating another woman to hopefully make her jealous, just focus instead on re-sparking her feelings for you.

When she can see for herself that youâre emotionally strong enough to go after her, even when she has been saying *âNo,* her feelings of respect and attraction for you will start to resurface again and she will then begin to open up to you.

From there, you just need to use every interaction you have with her to keep bringing out the positive feelings of respect, attraction and love she has for you, and then guide her back into a relationship.

3. You could beg and plead with her for another chance.

[image: Begging and pleading for forgiveness]

Begging and pleading is one of the most common reactions that guys have when they get broken up with.

A guy might say to himself, *âI donât want to break up! I love her and Iâm going to do whatever it takes to get her back. Whatever she wants me to do, I will do it and hopefully that will make her want me back.*

He might then call her up and say things like, *âPlease donât do this to us! I beg you. How can you let what we had together just die like this? How can you throw away all we have together? I promise that if you give me another chance, Iâll do anything you want. I just canât live without you. Please let me show you that things can be different between us this time.*

Yet, that doesnât work because women are turned off by emotional neediness in men.

So, when a guy begs and pleads with a woman for a second chance, rather than think to herself,

â€œWow, he must really care about me if heâ€™s behaving like this,â€ she will instead perceive him as being emotionally weak, needy and insecure and it will turn her off even more.

The best plan of action to get your ex back is to focus on making her feel respect and attraction for you every time that you interact with her.

That is the secret.

Of course, if youâ€™ve already made the mistake of begging and pleading with your ex to give you a second chance, donâ€™t worry about it.

As long as you now understand why begging and pleading can cause a woman to perceive a man as being emotionally weak and turn her off, you can write it off as being a good lesson learned.

In fact, you can even tell her, â€œI know that I was acting a bit immature there for a while. Now that I think about it, I can see that it was definitely not the manliest of ways to handle things. That was definitely a good lesson learned, but I wish I didn't have to learn it with you. It was my fault though and I take responsibility for it. I should have been a much more mature man about it.â€

In this way, not only are you showing her that you have grown as a man from the experience of begging and pleading with her, you are also sparking her feelings of respect for you by taking responsibility for your actions, which is a good thing.

From then onwards, just continue to focus on creating new, positive feelings inside her (e.g. by being confident, making her laugh, staying strong even when she is being negative or hurtful towards you) and she will soon begin to forgive that you once behaved in a way that was unattractive to her.

4. You could tell her how you feel in a letter.

[image: Love letter to your ex girlfriend]

Sometimes, when a woman is being totally closed off to her ex and is refusing to listen to him, a guy might decide that the only way to get through to her and tell her how he feels, is by writing her a long letter.

For example: He might think, â€œSheâ€™s refusing to listen to anything that I have to say. Even though Iâ€™ve tried to apologize and tell her how much I still love her via text, she just wonâ€™t give me a chance. Maybe if I write her a long, detailed letter, she will read it and understand where I am coming from. She will also see how much I still care about her, that Iâ€™m really sorry for hurting her and maybe then she will give me another chance.â€

Yet, a letter rarely causes a woman to suddenly change her mind about her ex, and here's why....

When a woman has broken up with a guy, and may even be refusing to see him again or even talk to him on the phone, itâ€™s usually a good sign that she doesnâ€™t have feelings for him at the moment.

So, getting a letter from him declaring his undying love for her isnâ€™t going to matter that much to her, because she wonâ€™t care that he cares for her.

In fact, it's more likely going to be annoying to read or even look at because he has feelings for her and she doesn't have feelings for him.

She might even say to him that he is being selfish for writing to her like that, but she won't explain why.

The reason why is that the letter is all about him getting her back.

The only time a woman is going to feel happy to be getting a letter from an ex, is if she is still secretly in love with him and hoping to get back together again.

In most other cases, what he writes in a letter not going to matter to her because she just doesn't have enough feelings for him to feel motivated to get back with him based on a letter.

Another reason why telling a woman how you feel in a letter doesn't work, is because she can't see you and gauge your state of mind by listening to your tone of voice and observing your body language and behavior.

It's just words in an e-mail (or on a piece of paper) to her.

So, rather than reading your letter and thinking, *"Awww! that's so sweet. My ex really sounds like he's sorry now. Maybe I've been too hard on him. He obviously still loves me a lot, so maybe I should give him another chance and stop being so stubborn about this,"* she will likely be thinking, *"Too little too late buddy! You should have thought about how much you love me when we were together. Writing a letter isn't going to change how I feel!"*

One of the main reasons why a woman might perceive your letter in a negative way, is because she can't see and experience the new you with just letters on a screen.

She will most likely still think of you as being the same guy that she broke up with.

For example: If a woman broke up with a guy because he was being too needy and clingy in the relationship, if he then sends her a letter pouring out his feelings for her, how do you think she will perceive it?

Will she be thinking, *"Oh, wow! my ex has changed. I can see now that he's a lot more confident and secure in himself. The way he wrote that sentence was so confident! Wow! I need to catch up with him and get him back before another lucky girl snatches him up"* or will she be thinking, *"Oh, here we go again. I see nothing has really changed! my ex is still being his needy, clingy self. He's going on and on about his feelings! he doesn't get it. I don't have feelings for him now, so what he is feeling doesn't matter to me."*

Naturally, because she cannot see for herself that he's moved past the level he was at when she broke up with him, or experience his confidence and emotional strength, she's just going to assume the worst of him and she won't be open to the idea of giving him another chance.

It's just not the same as talking to him on a phone call or in person where she can experience the changes in him for herself.

So, don't bother writing her a long letter that she may, or may not, even read.

Instead, get her on a phone call so that you can actively make her smile, laugh and feel good to be interacting with you again.

From there, get her to meet up with you in person so that she can see for herself that you really have changed.

Do What Works and You Will Have the Best Chance of Getting Her Back

[image: Get her back by reactivating her feelings]

The best plan of action to get your ex back is to actively trigger some of her feelings again.

Once your ex sees that you are no longer at the same level that you were when she broke up with you (e.g. you're now a confident, emotionally strong man compared to the insecure guy that she broke up with last week), her feelings of respect, attraction and love will naturally begin to surface again.

[image: Do what works and you will have the best chance of getting her back]

When you interact with her in ways that spark her feelings, she will naturally stop pushing her positive feelings for you (e.g. respect, attraction, love) into the background.

When that happens, she will begin to feel new sparks of love for the new and improved you.

Then, as long as you continue to say and do the types of things that trigger those positive feelings in her, she will open herself up to you and may even thank you for being so confident and mature to get you and her back together again.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

I Miss My Ex and I Really Want Her Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Being dumped and left behind by the woman you love is a pretty horrible thing to go through as a man.

Yet, you can get her back.

If you miss your ex and really want her back, what you need to do is reactivate her feelings so that she can begin to miss you and how it feels to be around you.

Even if your ex is currently saying, *â€œIâ€™m not interested in getting back together again,â€* or *â€œI just donâ€™t have feelings for you anymore,â€* when you reactivate some of her feelings for you, her guard naturally comes down and she then begins to open up to you.

You can't just sit around waiting for her to come back and hope that she magically changes her mind. You've got to do something about it and that something is to make her feel a renewed sense of respect attraction for you.

Where Guys Usually Go Wrong During the Ex Back Process

[image: Guys messing up the ex back process]

When a guy doesn't know how to reactivate his ex woman's feelings and get her back, he will often try to get another chance by:

- Begging and pleading with her.
- Promising her that heâ€™ll change.
- Asking her to tell him what she wants him to do.
- Giving her a list of reasons why they should be together.
- Telling her how much he still loves her.
- Giving her space in the hopes that she will realize how much she misses him and then come back on her own.

Yet, what the guy doesn't realize is that unless the woman is still in love with him and is secretly hoping to get back together again; none of these methods really work.

Hereâ€™s whyâ€¦

When a woman breaks up with a guy, itâ€™s usually because she has reached the point where she just doesn't feel enough respect, attraction, and love for him anymore.

When a guy is begging and pleading, making promises to change and saying things like, *â€œIâ€™ll do anything for you. Just tell me what you want me to do and Iâ€™ll do it,â€* heâ€™s only highlighting his emotional weakness and that he has no idea what caused her to break up with him in the first place.

So, in moments like that it simply makes her feel even less attracted to him.

In a case where the guy gives a woman a lot of space (e.g. a few weeks, or even several months) in the hopes that sheâ€™ll realize how much she misses him and come back to him, that approach

usually only works when:

- She is still secretly in love with the guy and is hoping they'll get back together.
- She can't deal with the emotions of the break up.
- She's struggling to find a replacement guy.

Yet, if a woman doesn't have feelings for her ex, then giving her a lot of space isn't going to matter that much to her and she will likely think, *"What a relief not to have to deal with my ex's begging, pleading and promises to change anymore. Maybe it's time I find a new guy"* and she will usually then just move on or at least start dating and having sex with new guys.

So, if you miss your ex and really want her back, don't waste a lot of time doing the things that rarely work (e.g. begging, pleading, promising her you'll change, offering to do whatever she wants, giving her a lot of time apart).

Instead, just focus on making every interaction that you have with her (e.g. via text, e-mail, on social media, on a phone call, in person) count.

[image: Getting an ex back via text]

For example: If you interact with your ex on the phone or in person and you make her smile, laugh and feel happy to be talking to you, she won't be able to hold on to her negative, angry feelings about you.

Even if she's convinced herself that nothing you can say or do is going to make her come back to you, when she finds herself feeling good every time she interacts with you, she may begin to think, *"Hmmm! I'm actually enjoying talking to my ex again. He's fun to talk to now. I miss him when I don't hear from him for a day or two. Why am I feeling like this? What is going on here? Maybe I should give him another chance."*

When that happens, she won't be able to stop herself from feeling drawn to you again.

That's what really works to get an ex back.

You've got to reactivate her feelings and then quickly guide her back into a relationship with you, rather than giving her lots more time to potentially meet and fall in love with a new guy.

Feeling Unworthy of Your Ex

[image: Please...I will do anything!]

Sometimes, when a guy has a beautiful girlfriend (fiancée or wife), he can't stop himself from letting his insecurities make him feel as though he doesn't deserve her.

For example: As the relationship settles down, he might say to himself, *"I got lucky when my girl said yes to going out with me in the first place. She's so beautiful, and I'm just average looking and I have big ears/I'm a bit overweight/have a bald head/aren't very tall. I don't know what she sees in me. I'm sure that she could do so much better than me and just hope that she doesn't wake up one day and realize it."*

He then starts to worry about losing her and becomes clingy and needy around her (e.g. always wanting to be with her, constantly asking for her reassurance that she loves him) and focuses all his attention on her.

For example: A guy like that mightâ€¦!

- Stop hanging out with good friends that he had prior to his relationship with her.
- Give up hobbies and interests that don't involve her.
- Text her, or call her up multiple times a day just to tell her how much he loves her and misses her (or to check up on her).
- Makes himself available to her every beck and call 24/7.

Yet, hereâ€¦s the thingâ€¦!

Even a woman does like the idea of being love and adored by her guy, in most cases, she doesnâ€¦t want to become the centre of his universe to the point where he needs her for his sense of identity and purpose in life.

Women are instinctively attracted to the emotional strength in men and turned off by the emotional weakness, so the more clingy and needy that a guy becomes, the less respect and attraction she feels for him.

She then begins to do the one thing heâ€¦s afraid of â€¦ she starts to pull away from him.

This then causes him to feel even more unworthy of her and he clings to her even more.

Over time, her feelings of respect, attraction and love for him get pushed into the background, and are replaced by more negative emotions such as anger, resentment, disappointment and she breaks up with him.

After the break up, he may try to beg and plead with her to give him another chance, but she doesn't want to because she can see that he hasn't even changed.

He's still the same, insecure guy that she dumped and getting back with him would just mean having to go through a break up all over again.

This is why it's so important for you to become completely confident with or without your ex's approval, reassurance or attention.

You've got to be able to feel worthy of being her man, without her having to give you that approval.

When she sees that kind of confidence in you, she will naturally feel attracted to you and respect you, as long as you don't push the confidence too far and become arrogant about it.

I'm not talking about saying, *"Hey, I'm good enough for you. Give me another chance."*

Instead, I'm talking about letting her experience your confidence based on how you think, talk, behave and take action around her and in life from now on.

Let her see that you are happy with or without her. Don't tell her that; just let her see it based on how you interact with her.

To get that type of confidence, make sure that you're not going around thinking things like, *â€¦I donâ€¦t blame her for dumping me. Sheâ€¦s so beautiful. Iâ€¦m just not good enough for her. Even though I miss her and want her back, I donâ€¦t blame her for not being interested. I'm not good enough. She deserves a better guy than me. I stuffed up and can never be the man she needs. I'm just not good enough.â€¦*

Remember: Women are attracted to the emotional strength in men (e.g. confidence, masculinity, a strong belief in himself and in his value as a man) and turned off by the emotional weakness (e.g. low self esteem, insecurity).

If you interact with your ex (e.g. on a phone call, or in person) and she senses that you believe you're not good enough for her, she will most likely keep feeling turned off by what she perceives as your emotional weakness.

A woman doesn't want to feel like she is with a man out of pity or because she's doing him a favor.

She wants to be with a man she can look up to, respect, feel attracted to and love.

She wants a man who has such confidence in his attractiveness and value to women that he could easily have other women, but he wants her.

He wants her, but he doesn't need her.

Big difference.

He wants to be with her because he loves her and because he knows that a relationship together would now be so much better than ever before.

He has become a better man as a result of the break up and wants to allow her to experience what it would be like, even if they only give it a try for a week to see how they feel.

You've just got to have that kind of confidence in yourself when getting an ex back.

It's so important.

If you put on an act of confidence, she can easily catch you out in that lie and will then lose even more respect and attraction for you as a result.

For example: She might test you by being nice and friendly to you one minute and then suddenly become cold and aloof towards you the next.

She might also say that she's interested in meeting up with you and then change her mind at the last minute.

If you can remain emotionally strong and confident in yourself no matter how cold or rude she is towards you, she will begin to feel a renewed sense of respect and attraction for the emotionally stronger, emotionally mature man that you have become.

She will then find herself thinking, *â€œMaybe Iâ€™ve been too hard on my ex. Heâ€™s not like I thought he was before. This is differentâ€* and her guard will come down.

Her Negative Feelings For You Are Not Set in Stone

[image: Re-activating her feelings]

Right now, if your ex is saying things like, *â€œLeave me alone. Itâ€™s over between us and Iâ€™m not interested in anything you have to say,â€* or *â€œI just donâ€™t have feelings for you anymore. Please forget about us and move on,â€* itâ€™s only natural that you might be thinking that thereâ€™s no hope of ever getting her back.

Yet, even though it might seem that her feelings are unchangeable, the reality is that human emotions change all the time.

Think about it like thisâ€|

When you first met your ex girlfriend (fianc  or wife), she didnâ€™t know you, so her feelings towards you were neutral.

Then, when you interacted with her and sparked feelings of respect and attraction inside of her, she began to like you.

Over time, her feelings changed again and she began to love you.

Yet, by the time she broke up with you, her feelings for you had changed again and she began feeling emotions such as anger, pain and betrayal, rather than respect, attraction and love.

As you can see, human emotions are not static.

They change all the time.

So, just because your ex might be saying she doesn't have feelings for you right now, it doesn't mean that she can never change how she feels.

Her emotions can definitely change.

How fast your ex goes from not wanting to be with you to being open to getting back together, depends on how quickly you reactivate her feelings of respect and attraction for you again.

When you trigger those feelings inside of her, it takes the emphasis off what went wrong in your relationship because she naturally feels drawn to you in a way that feels good to her.

She can't stop herself from wanting to interact with you again (e.g. via text, e-mail, social media, on the phone and in person), even though she might previously have thought her feelings for you were dead.

[image: Be strong and guide her back into a relationship with you]

From there, you can build on that spark of attraction and show her that things really are different now.

However, without reactivating her feelings of respect and attraction again first, a woman will usually just keep saying things like, *"I have no more feelings for you. You need to understand that. I get it that you love me and care about me, but I just don't feel the same way anymore"* or *"Nothing that you can say or do will change how I feel right now."*

You Can Actively Make Her Have Feelings For You Again

When a guy is saying, *"I miss my ex and I really want her back,"* he might also secretly think that there's no chance of getting her back.

Yet, he is wrong (in most cases).

After helping 100s of guys to get women back, I've found that a guy can easily make a woman have feelings for him again if he can regain her respect and attraction for him on a phone call and in person.

One of the ways you can reactivate your ex's feelings of respect and attraction for you, is by showing her that you've moved beyond the level you were at when she broke up with you.

Essentially, if your ex is currently saying things like, *"I'm just not in love with you anymore,"* or *"My feelings for you have changed. I don't feel like I used to when I'm with you now,"* it simply means that the way you are talking to her and the way that you come across as a guy, keeps highlighting to her that you're still stuck at the same level you were at when she broke up with you.

So, if you want to change her perception, you need to make some real adjustments to the way that you interact with her, so she can see that you really are a different guy now.

For example: If a woman broke up with a guy because he was too insecure, needy, clingy and jealous in the relationship, when he interacts with her from now on, he needs to allow her to experience the new and improved version of himself that is no longer needy and insecure.

No matter what she says to him, how cold and unfriendly she is being towards him, or how much she tries to get a reaction out of him (e.g. by saying that she's enjoying single life, or that she is glad that they broke up), he needs to remain emotionally strong and show her that he really is different now.

Alternatively, if a woman broke up with a guy because he lacked purpose and direction in his life, he needs to show her that he's not at that level anymore.

He needs to find what he really wants to achieve in life and start going after it.

He doesn't have to accomplish everything all at once, but he just has to show her that he now has some goals in his life and is making real progress on the road to accomplishing them.

Then, when he interacts with his ex and she can see for herself that he's rising through the levels of life like a man, rather than wasting his true potential, she will naturally feel a renewed sense of respect and attraction for the man he has become.

When Her Feelings Change

When you get her respect and attraction back, everything changes.

She stops closing herself off from you because in a way, interacting with the new you is like meeting you for the first time.

You're a different guy now.

You're more emotionally attractive than you were before.

You're more of a man now, too.

Obviously, your ex isn't going to instantly forget about all of your past mistakes, but the negatives of your past relationship will seem less important because she now feels drawn to you in a way that feels good to her.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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4 Things to Do While Giving an Ex Space to Figure Things Out

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Just because you're giving your ex space to figure things out, it doesn't mean that you have to sit around waiting and doing nothing.

Instead, I recommend that you use the time to understand what really caused her to want to break up with you and then make some changes to improve those things about yourself.

Then, when you when you interact with her again she will see that you're no longer at the same level you were at when she broke up with you.

She then begins to wonder, *"What's going on here? This is not the same guy I broke up with. I wish he was like this before. I like this new version of him. Why do I no longer feel like I need to push him away?"* and she feels drawn to you.

From there, you can build on that spark of attraction and show her that things really are different now.

Preparing to Get Her Back

[image: Getting her back into a relationship]

You can get your ex back after the time you and her spend apart, but to ensure that you succeed, it's best to use this time wisely.

Here are 4 things that you can do while giving your ex space to figure things out, that will re-spark her feelings of respect and attraction for you when you interact with her again.

1. Get Rid of Your Insecurities

[image: Get rid of your insecurities]

As painful as it might be to admit, there has to be a very good reason why your ex is currently taking a break from you, and not in your arms right now hugging you, kissing you and enjoying a great relationship with you.

So, the first thing you need to do while you're giving your ex space to figure things out, is get rid of any insecurities that you might have had during your relationship with her, which were turning her off.

For example: If a guy felt like he "got lucky" when he met his girlfriend and couldn't normally attract and pick up a woman like her, he might eventually begin to feel insecure about his value to her.

As the relationship is beginning, he may think things like, *"Wow, I can't believe my luck! This girl is hot! I can't imagine why a beautiful girl like her is interested in a guy like me. She's too good for me, but I'm going to see if I can make this work."*

Yet, by putting her above himself in terms of attractive value (i.e. by thinking that she's too good for him), he automatically creates feelings of insecurity, which then begin to change his thinking, behavior and actions.

As a result of feeling insecure, he might then become clingy (e.g. by spending all his time with her to

the exclusion of his friends, hobbies or interests), needy (e.g. by asking her repeatedly, *“Do you still love me?”* or *“Have you ever loved anyone else in the same way as me?”* or *“Are you fully over your ex boyfriend?”* or *“Do you think you would ever cheat on me or leave me?”*) and jealous (e.g. by getting upset if she talks to other guys or wants to do something with her girlfriends and doesn't invite him).

Although his intentions might be good, that type of behavior turns a woman off at a deep level. Why? Being clingy, needy or jealous are not things that women find attractive about men.

A woman does want her man to want her and appreciate her in his life, but she doesn't want to get the sense that he needs her for his emotional security and sense of identity in the world.

She wants him to be an emotionally strong man with or without her support or reassurance.

So, when a man is being insecure around her, she feels turned off by what she perceives to be his emotional weakness.

She feels as though without her, he is just a lost, emotionally weak guy who doesn't yet know what it means to be a man.

Some unattractive or manipulative women do like it when men are lost and emotionally weak, because they can control the guy with a threat of a break up and dump him without a thought if they find a better guy.

However, attractive, normal-minded women do not want to get stuck with an emotionally weak or needy guy.

So, if you have been insecure and that is one of the main reasons why your ex dumped you, she will be looking to see if that has changed the next time you interact with her.

No matter what she says to you, how she is treating you (e.g. cold, bitchy, distant), or how much she tries to get you to react in your old ways, you need to remain confident and emotionally strong.

When she can see for herself that things are different and that you are no longer the same guy that she broke up with, she will begin to feel drawn to you again.

Yet, not all guys prepare themselves to succeed like that and end up turning their ex off even further.

For example: Sometimes, a guy will wait weeks for his ex to contact him and when she finally does, she discovers that he's still insecure, still needy and still doesn't know how to be a confident, emotionally strong man that she can look up to and respect.

Even though he might try to hide his insecurity from her by pretending not to be interested in getting back together, all she has to do is say something like, *“I’ve figured things out now! I think I want to get back together again. What do you think? Do you think it’s a good idea?”* to test him.

If he then jumps at the idea and excitedly says something along the lines of, *“Yes! Yes! Yes! My life has been hell without you. I love you so much. I need you. Yes! Let’s get back together again,”* she will know his indifference was just an act and she will close herself off from him even more.

2. Improve Your Ability to Attract Her

[image: Improve your ability to attract your ex]

A mistake that a lot of guys make is only thinking about a woman's attraction to a man in terms

of the physical.

So, when a guy learns that he needs to improve his ability to attract his ex, he may assume that it means he needs to improve on his physical appearance to get her back.

He might then go out and buy new clothes and shoes, or go to the gym and workout, in the hopes that when he interacts with his ex, she will take one look at his new and improved appearance and instantly feel attracted to him again.

Yet, thatâs not how it works.

Although a manâs physical appearance is one aspect of what attracts a woman, it isnât as powerful as her emotional attraction to him (i.e. the way he makes her feel when sheâs with him).

For example:

- Does he make her feel feminine and girly in contrast to his masculine vibe and approach to the interaction, or does she feel more like a friend, or big sister when sheâs with him?
- Is he confident and self-assured, or does he crumble when faced with challenges in life?
- Does he make her feel safe and protected because heâs rising through the levels of life like a real man, or does she feel like she has to take care of him because heâs afraid to live up to his true potential as a man?
- Is he emotionally strong, or is he clingy, needy and insecure?
- Does she look up to him and respect him, or does she look down on him and feel like she has to be his teacher in life on how to be the kind of man that she needs him to be?
- Is he the dominant one in the relationship, or does she wear the pants?

These are the kinds of things that a woman looks for and finds most attractive in a man.

So, when a man isn't able to give her the attraction experience that she wants because he is lacking in those areas, she will usually break up with him and say something along the lines of, *âI donât know how I feel about you anymore. I just need some space to figure things out.â*

A guy might then think that the best way to re-attract her is to redo his wardrobe, add some muscle, get a better haircut and spray on a trendy cologne.

Yet, those things are superficial and a woman know it.

If youâre serious about getting your ex back, you have to improve your ability to attract her based on who you are when you interact with her.

She is much more interested in how you think, feel, talk, behave and act around her than what you're wearing or how you look.

3. Get to a Point Where You Want Her, But Don't Need Her

[image: Get to a point where you are happy with or without her]

Thereâs a big difference between wanting to get your ex back, and needing to get her back.

If you need her and can't seem to function properly without her, she will pick up on that neediness when you next interact and may say something like, *âLook, Iâm not sure about this. I still havenât figured things out. I need more time.â*

Essentially, she's just trying to keep you at a distance so she can move on without you because she

can see that you still don't understand how to be the kind of man she needs.

So, before you do anything else to get your ex back, you first have to get to the point where you feel happy without her in your life.

Of course, you would be excited and happy if she called you up right now and said, *"I want to get back together."*

However, you need to also be okay if she said, *"It's over. I never want to see you again."*

I know that it's not easy, but you need to do get to that point emotionally, otherwise you just won't be very emotionally attractive to her.

Women are not attracted to neediness.

You've got to be able to feel more emotionally independent and be happy, confident and excited about life with or without her.

However, if you need her back and simply cannot handle the thought of being without her, then you're not ready to get her back.

The thing is, even if you try to hide it, women are very perceptive and can sense when a guy is putting on act of pretending to be fine without her.

If you want your ex back, you have to get to the point where you truly believe, *"If my ex wants to get back together with me, it will be great, but if she decides that she doesn't want to do that, I'll still be happy without her."*

When you can feel happy and emotionally fulfilled without her and then let her experience that on a phone call or in person with you, something amazing happens!

Suddenly you seem more attractive to her and she begins to wonder, *"How can this be? He said that he still loves me and wants us to get back together again, but instead of being sad and depressed, he's happy. This is so uncharacteristic of him. I was expecting him to be needy and desperate, but he's not. I think I like this new version of my ex. He's like a real man now. I like this. Why am I feeling this way?"*

A lot of guys make the mistake of trying to show a woman that they are NOT happy without her, because they don't want to give her the impression that they don't need her.

Yet, that is a huge mistake.

A woman's attraction for a man works completely different to a man's attraction for a woman.

Women are attracted to men who can remain emotionally strong under pressure and who are not dependent on a woman for their sense of confidence, identity or happiness in life.

Without having to think about it, a woman instinctively understands that only a guy who is emotionally strong can feel happy without her, which means that all the behaviors that were turning her off about him in the past (e.g. his insecurity, self-doubt, neediness) are no longer a major part of who he is.

He's a different man now and she feels drawn to him because he has the traits and behaviors that she can look up to, respect and feel attracted to.

Naturally, your ex might be initially confused about why she feels attracted to the new new version of you, but she won't be able to stop herself from feeling drawn to you.

4. Get Ready to Guide Her Back Into a Relationship.

As the man, you have to be masculine enough to take the lead and guide her back into a relationship with you, rather than waiting and hoping that she will figure things out and do it for you.

Most of the time, when a guy doesn't get another chance with his ex, it's usually because he's been waiting too long for her to come back on her own, or he fumbles when she gives him a subtle chance to get her back.

For example: A woman might text her ex as way to open up the lines of communication between him and her.

The right thing for him to do then is to text her back and then call her up to get her smiling, laughing and feeling happy to be talking to him.

From there, he needs to then arrange a time to catch up in person, where he can continue to actively trigger her feelings of attraction for him again.

However, where some guys go wrong, is rather than call or text her back, the guy completely ignores her texts as a way of not seeming needy.

He may think, *"If I text back, she's going to think that I have nothing else going on in my life and that I've just been waiting around all this time for her to figure things out."*

Yet, here's the thing!

To get your ex back, you need to be a man about this.

[image: Be strong and guide her back into a relationship with you]

You have to be the one who guides her back into a relationship with you.

You can't sit around playing pointless mind games with her, and then feeling hurt or disappointed when she moves on because you didn't act on her subtle hints that she wants you back.

Some guys might ask, *"Why can't she just tell that she wants to get back together rather than hinting at it?"*

The reason is because you are the man and if you want to get your woman back, you have to be the more emotionally courageous one who guides her back into the relationship.

When getting a girlfriend (fiancée or wife) back, you have to be the stronger one.

If you can do that, your ex will start to look up to you and respect you again.

When a woman respects you, she will be able to connect with her feelings of attraction and when that happens, she will begin to love the new you.

On the other hand, if she doesn't respect you, she won't be able to feel much attraction for you and her heart will remain closed.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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My Ex Said to Just Give Her More Time to Think About it

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

In most ex back cases, a woman will usually move on if a guy just gives her time to think and doesn't actually do anything to reactivate her feelings for him.

Your ex's current perception of you is that you're not giving her the attraction experience she wants (e.g. she might want you to be a very confident guy, but you've become an insecure guy and don't seem to be able to change), so it's unlikely that she will give you another chance if you just give her more time to think.

The fastest way to get your ex back is to actively make her have some feelings for you again.

However, if you give her too much time without any contact from you, chances are that she will move on.

You have to be present in her life if you're going to change how she feels.

Where a guy can go wrong is that when his ex says, *"Just give me more time to think about it,"* he stops all communication with her and literally disappears out of her life for weeks or even months at a time.

He hopes that one day, she will wake up and suddenly feel attracted to him again if she has had enough time to think.

[image: Giving her the space to move on]

Yet, that's not how it works in almost all ex back cases where a woman no longer has feelings for a guy (e.g. because he wasn't giving her the attraction experience that she wanted).

Giving a woman a lot of time to think after a breakup will usually only make her come running back if:

1. She can't find a new guy.
2. She is inexperienced with relationships and can't handle the painful emotions of a break up.
3. She just wants to get back together temporarily until she can find a replacement guy.

However, most women aren't going to suddenly develop feelings for the guy that they dumped if he doesn't interact with her and making her feel a renewed sense of respect and attraction for him.

So, don't waste time being the nice, considerate ex boyfriend who is waiting around hoping she will suddenly realize her mistake and come running back to you.

Use the Time Apart to Fully Understand What She Wants You to Change About Yourself

[image: Understand what she really needs you to change about yourself]

When you understand what caused her to break up with you, and then take action on improving those things about yourself, you will be able to make her feel understood, and then give her a different experience the next time you interact with her.

For example: If a woman broke up with a guy because he was too insecure, needy and clingy in the relationship with her, to get her respect and attraction back, heâs going to have to show her that he has become an emotionally stronger man in the time that sheâs been gone.

However, he canât do that by saying to her, *âIâve changed. Iâm not insecure and needy anymore. Iâm a different man now,â* because itâs unlikely that she will believe him.

Instead, he has to show her that heâs changed via his actions, behavior, way of thinking, the way he talks and interacts with her, and the way he responds when she tests him.

For instance, some of the ways that a woman will test a guy to see if he is still needy and insecure is by:

- Saying something like, *âI donât have feelings for you anymore. I donât think I want to get back together with you.â*
- Being cold and indifferent towards him, especially when he is being really nice to her.
- Telling him, *âIâm having so much fun without you. Iâve been out with friends almost every night this week and itâs great. I canât believe how good it feels to be single.â*
- Trying to make him jealous by mentioning other guys who like her.
- Saying things like, *“I’m happier on my own than I was with you”* or, *“I don’t think I even need a boyfriend to be happy. I’ve been completely fine since the break up. How about you?”*

If he then reacts by getting upset and saying things like, *âHow can you do this to me? You know that I still love you. Please baby, just give us another chance to make this work. I canât live without you. I need you!â* she will know that he is only pretending to have changed and will lose even more respect for him as a result.

On the other hand, if he remains emotionally strong and doesnât lose his composure, sheâs likely going to be wondering, *âWhat just happened here? Isnât my ex supposed to be all insecure and needy? This isnât the way he would have reacted before we broke up. Something has changed about itâI didn’t think it would be possible for him to change so quickly, but he has. Why wasn’t he like this before? I like this new version of him.â*

Another example of impressing and winning over an ex is where a woman dumped a guy because he had no purpose and direction in his life.

The guy had been using his relationship with her as an excuse to hide from his true potential because he had a boyish outlook on life and wasn’t yet willing or ready to step up and be a real man who rises through the levels of life to reach for his true potential.

In a case like that, to get her respect back, the guy needs to show her that heâs no longer afraid to stand up and face life head on like a man.

If when he interacts with her and she asks him, *âSo what have you been doing?â* he says, *âOh, nothing. Missing you mostly,â* she will know that heâs still hiding from life.

On the other hand, if he says something like, *âIâve been really busy actually. You know how Iâve always been interested in photography, right? Well, I signed up for a course and attending the first class last night. This is what I want to do. In a couple of weeks, I’ll be going away for the weekend with my class to take pictures and learn more advanced techniques,â* or *âIâm great! I finally worked up the courage to apply for a promotion at workâand I got it! Iâve also*

decided to go to night school so that I can get even better qualifications because Iâ€™m working myself up to getting a partnership in my firm.â€

It doesnâ€™t matter what heâ€™s doing, as long as she can see that heâ€™s no longer hiding from his true potential as a man, and is starting to make progress towards achieving some goals in his life.

Of course, understanding what your ex wants you to change about yourself isnâ€™t going to automatically make her come back.

However, it definitely will spark some of her feelings of respect for you, which will then make her use the time apart to think about how much youâ€™ve changed for the better, rather than trying to think of why you're not good enough.

Some Rules to Remember When You Contact Her

Giving your ex more time to think is fine, but eventually youâ€™re going to have to call her up and get her back.

When you do call her, you are either going to be saying and doing the types of things that renew her feelings of respect and attraction for you, or saying and doing the types of things that will turn her off and cause her to lose even more respect and attraction for you.

So, when you interact with your ex (e.g. via text message, on social media, on a phone call, or even in person) avoid behaving in any of the following, unattractive ways.

- **Pleading or begging.**

[image: Begging and pleading for forgiveness]

Itâ€™s natural that if a woman is saying things like, *â€I donâ€™t know if I still want to be in a relationship with you. I need more time to think about what I really want,â€* a guy who loves her and wants to be with her is going to want to make her change her mind.

Quite often, this involves the guy begging and pleading with his ex and saying things like, *â€Please donâ€™t do this. Whatever you want me to do Iâ€™ll do it, I promise. You have my word on that. Just give me another chance to show you that things will be different this time.â€*

Yet that approach rarely, if ever, works because women are turned off by men that they perceive as being emotionally weak.

So, when you contact your ex to get her back, make sure that you avoid begging and pleading with her in any way.

Of course, if youâ€™re already done that, donâ€™t beat yourself up about it.

Simply make sure that from now on, you remain emotionally strong, no matter what she says.

If you do, she will feel a renewed sense of respect and attraction to the new and improved you.

- **Using texting as a way to stay in touch with her as a friend.**

When a woman breaks up with a guy, there are usually a lot of negative emotions swimming around in her head.

For example: She might be feeling angry, hurt, betrayed, frustrated or disillusioned all at once.

As a result, any contact that she has from her ex will likely be interpreted in a negative light, unless she can experience the changes in him first hand.

So, when a guy sends his ex multiple text messages in the hopes that he will stay on her mind and she will then decide not to move on, rather than think to herself, *â€œThatâ€™s so sweet! My ex obviously still cares about me because he texts me all the time. Maybe we should get back together again,â€* she will more likely be thinking, *â€œWhy is he harassing me like this? I told him I want more time to think but he just wonâ€™t leave me alone. This just makes me want to get away from him even more. Iâ€™m so glad I went through with the break up.â€*

Remember: If your ex still perceives you in a negative light, a text from you is usually only going to annoy her, because she wonâ€™t be able to see what your intentions are.

Without hearing the tone of your voice on a phone, or seeing your body language and behavior in person, she has to guess at what your state of mind would have been when you texted her, and she will likely be guessing that youâ€™re the same guy she broke up with.

So, I recommend that you only text your ex as a way of getting her on a phone call, where you can spark her feelings for you and get her to agree to meeting you in person.

- **Asking her what she wants you to change.**

For example: A guy might say, *â€œIâ€™ll do whatever it takes. Just tell me what you want me to change and Iâ€™ll do it. Please, tell me what you need me to do. Explain to me exactly what you need and I will do it. I promise.â€*

Yet, a woman doesnâ€™t want to tell her guy what he needs to do, because she doesnâ€™t want to be his teacher in life about how to be a man.

If she has to teach him how to be the man that she needs now, she fears that it will become a recurring pattern, and she will then feel like she has to take care of him for life.

A woman wants her man to figure out how to be a man without her help, rather than him asking her what he needs to do to make her happy.

An Example of How You Can Give Her Time to Think and Spark Her Feelings For You at the Same Time

[image: Attract her over the phone, rather than trying to convince her]

There is a very simple way that you can give your ex the time that she wants to think about things, while at the same time actively re-sparking some of her feelings for you again.

Here is what you can doâ€¦!

Call her up and focus on making her smile, laugh and feel happy to be interacting with you.

For example: If she says, *â€œIâ€™m still not sure what I want. I need more time to think about it,â€* rather than respond by saying, *â€œOh, okay. If thatâ€™s what you want then sure. Iâ€™ll give you more time to thinkâ€* and lose your chance to spark her feelings of attraction, you can use that to make her smile, laugh and enjoy talking to you.

You can do that by saying (in a joking way) something like, *â€œYeah me too! Iâ€™m still thinking*

about whether I want you back. It's a difficult decision for me. After all, every time I ate anything you cooked, I was risking my life because your cooking was horrible. On the other hand, you do wash the dishes pretty well, so this is a hard decision. I think I'm going to need more time to think about it.

By approaching the conversation in this way, she's most likely going to smile, laugh and feel some respect for you for having the confidence to playfully tease her in a moment like that.

Now, here's the most important part!

After you've sparked some of her feelings of respect and attraction for you, go ahead and end the call by saying goodbye and then avoid contacting her for between 3 to 7 days (not longer).

When she doesn't hear from you after having felt so good on that call, she will likely text you or call you and possibly even ask you to meet up with her.

However, that isn't where you stop reactivating her feelings for you.

From that point onwards, you need to use every interaction you have with her to keep growing her feelings of respect and attraction for you, until she can no longer stop the love from flowing back into her heart.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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Should I Wait for My Girlfriend to Come Back, or Just Move On Without Her? 5 Questions to Ask Yourself

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you're wondering whether or not you should wait for your girlfriend to come back or just move on without her, here are 5 questions to ask yourself that will help you decide:

1. Will she be able to quickly find a new guy, or will she struggle to replace you?

[image: Will she be able to find a new guy to replace you?]

If your girlfriend is the type of woman who can easily find a new guy, then waiting for her to come back could prove to be a waste of time, because while you're sitting around waiting, she could be moving on with someone else.

On the other hand, if she's unlikely to meet someone new very quickly, then if you wait for her, she might change her mind and come back.

So, which category does your girlfriend fit into?

Will she move on with another guy if you wait for her to come back? Does she have single girlfriends who are encouraging her to go out and meet guys?

Or, is she sitting around missing you and hoping that you'll call her?

2. Do you think that the relationship is worth working on, or do you think it has run its course?

[image: Is getting her back the right decision?]

Sometimes a guy might stay in a relationship with a woman because it's comfortable (e.g. you and her share the rent or mortgage payments, you get along well as friends) and that feels better than being alone.

Even if the relationship isn't great (i.e. the respect, attraction and love isn't fully mutual), a guy might still enjoy having a woman around to go out with, have sex with and to share the chores and bills.

In the past, a woman would put up with a relationship that she wasn't happy in because it was shameful to break up or divorce.

However, in today's world, women are free and often even encouraged to move on and find a new guy if they aren't happy in a relationship.

So, the questions now are:

Are you really attracted to her in love with her, or do you just want her back because it's easier than finding a new woman?

Do you know what to say and do to create a new relationship dynamic that is based on mutual respect, attraction and love?

Are you hoping to just get a bit more time with her, but don't really know how to keep the relationship together in the long term?

If you want her back and are not sure how you are going to make the relationship work, make sure that you figure out how to properly re-attract her and establish a new, better relationship dynamic.

If you try to get her back, but she can see that you still don't know how to create a more ideal relationship dynamic, she's just not going to be that interested, if at all.

So, make sure that you are prepared to succeed when you next interact with her.

Get her back and make the relationship even better than it was before.

3. Would you be happy to stay with her for life if you and her fell back in love and had a great relationship again?

[image: Waiting for an ex to come back]

Is your girlfriend a woman of good character?

In other words, is she someone that you can rely on and wisely invest all of your lifetime into?

If you're unsure, ask yourself

- Was she trustworthy throughout the relationship, or was she regularly dishonest?
- Was she loving and caring, or did she sometimes do hurtful things (e.g. disrespect you in front of others, forget to call you, or answer your texts)?
- Were you as important to her, as she was to you (e.g. did she put you first in her life above friends, work or hobbies)?
- Did she do things to make you doubt her devotion to you (e.g. she flirted with other guys, hid things from you)?
- Did she respect you and look up to you, or did she put you down?

By answering these questions you'll have a clearer understanding of where you stand with your ex.

If you can only really see positives about her, or if you see the negatives as being your fault, then yes you should get her back and keep the relationship together for life.

However, if you can only see negatives that were her fault (i.e. because she's a woman of bad character), then you might want to get her back for a bit of fun to hook up and feel good about yourself, but she's not a keeper.

4. Do you know how to make her have strong feelings for you again?

[image: Can you fix the relationship when you get her back?]

A guy can spend weeks, months and even years waiting for his ex girlfriend (fiancée or wife) to come back, but if he doesn't actually do something active to trigger her feelings of respect and attraction for him again, he is likely going to be wasting his time.

To get your girlfriend to come back you need to know how to reactivate her feelings for you first, before you even attempt to ask her for another chance.

Without triggering her feelings of attraction first, it will be a case of you having feelings for her and really wanting her back, but her not feeling much or anything for you and not feeling motivated to give the relationship another chance.

5. How will you feel if she hooks up with other guys and comes back to you, even though you haven't been with any new women in the meantime?

Couples get back together again all the time.

It's actually very common these days and the numbers are rising now thanks to guys following the steps in my program, [Get Your Ex Back Super System](#).

I've found that even when a woman is saying things to her ex like, *"I hate you,"* or *"I never want to see you again,"* when he re-activates her feelings of respect and attraction, she can instantly or very quickly change her mind and then get back together with him.

However, if you wait around for your girlfriend to come back to you on her own terms, the chances are higher than she will hook up with another guy (or guys), have sex and begin to enjoy the single lifestyle.

So, the question you need to ask yourself is this:

Will you be okay waiting around, avoiding other women and being the faithful boyfriend who has put his life on hold for her, while she's out there having sex with other guys?

If you get her back and know that she's had sex with other guys, will that bother you?

If you're a very confident guy who can easily pick up other women, you wouldn't care about that.

However, if you're like most guys (i.e. you don't really know how to attract and pick up women and rely on getting lucky every now and then), the thought of a confident guy having sex with her probably makes you feel sick to the stomach.

If You Wait Too Long to Get Her Back, You Might Lose a Lot of Confidence in Your Attractiveness to Women in General

[image: How long are you prepared to wait for her?]

After a break up, some guys make the decision to wait for their girlfriend to come back.

A guy might say, *"I've heard people say that absence makes the heart grow fonder. So, if I give my girlfriend some space to be by herself, she will realize that she misses me and she will then come back. Besides, I don't want to be with any other women. I want her. I also don't want her to*

*think that I'm over her if she sees me with other women. So, I'm going to patiently wait and hopefully that will show her how much I care.*â□□

He might then wait around for 30, 60 (or even more) days in the hope that she contacts him first.

Then when she doesnâ□□t call, he may wonder, *â□□Why isn't she contacting me? Should I give her more time? How long do other guys wait to get a woman back? I've heard online that you're supposed to not contact a woman and if she comes back then it's meant to be, but if she doesn't, then you have to move on.*â□□

Yet, what he doesn't realize is that the main reason why sheâ□□s not coming back is that he isn't doing anything to actively make her have feelings for him again.

He's just waiting in the background and hoping that she changes her mind on her own.

Of course, waiting for a woman to come back does work sometimes (about 20% of the time actually, based on my years of experience helping men get women back) and itâ□□s usually because the woman still has strong feelings for the guy, or because sheâ□□s struggling to find someone else.

However, if a woman doesnâ□□t have feelings for the guy she dumped (80% of cases) and doesn't hear from him for weeks or months, she will likely be too busy moving on with her life to even notice that heâ□□s not around.

When this happens, a guy might begin to lose confidence around other women because he feels unworthy, unattractive and unwanted by his ex.

He may think, *â□□Iâ□□ve been waiting for my ex to come back for months and she hasnâ□□t even called me once just to say hi. Maybe itâ□□s because Iâ□□m not good enough for her. Maybe Iâ□□m just not good looking enough, rich enough or successful enough for her or any woman.*â□□

Then, when he thinks about dating again, he may begin to feel even less sure of himself and his value to women.

*â□□Iâ□□d love to get out and meet a new woman, but I donâ□□t see why a hot woman would want to be with a guy like me. Clearly I'm not a catch or else my girlfriend would have come back to me when I ignored her, so why would another beautiful woman ever be interested in me?*â□□

He then spirals into a cycle of negative, insecure thinking, which eats away at whatever remaining confidence he has in himself.

If he then goes out and tries to meet new women, he will usually get rejected because the women will sense his emotional weakness.

Women are attracted to the emotional strength in men (e.g. confidence, self-belief, determination) and are turned off by the emotional weakness (e.g. self-doubt, insecurity).

So, when a guy is being insecure and self-doubting around a woman, she will instinctively feel turned off by him and will usually reject him.

The guy will then likely say to himself, *â□□See?! Beautiful women are not attracted to me. Iâ□□m just not good enough. Iâ□□m not good looking enough. I just want my ex back. At least she loved me! Maybe I should wait longer and build up my career in the meantime, so I am more appealing to my ex. Maybe I should go to the gym. Hhhh, I don't know what I should do. I want her back!*â□□

He might then start thinking, *â□□Maybe it's all about my appearanceâ□□! Iâ□□ve heard women talking about how hot guys are when they have big muscles and six-pack abs. I need to fix my body and improve on my looks. Maybe I need a new wardrobe and a new hairstyle as well.*â□□

[image: I need her back]

He then starts going to the gym and working out, he spends hundreds and even thousands of dollars buying new clothes and changing his appearance.

Yet, hereâ€¦s the thingâ€¦!

Muscles, clothes, or looks are not as attractive to a woman as a manâ€¦s ability to attract her emotionally.

Essentially, a womanâ€¦s emotional attraction to a guy is based on how he makes her feel by the way he interacts with her (i.e. his body language, his attitude, the way he talks and responds to her, and the way he reacts to what she says and does).

His attractiveness to her is based on who he is when sheâ€¦s interacting with him.

For example: When a woman is interacting with a guy, subconsciously she will be asking herselfâ€¦!

- Am I feeling good in his presence, or is he making me feel uncomfortable, bored or turned off?
- Do I feel like I can look up to him and respect him as a man, or do I look down on him?
- Do I feel feminine and girly in his presence, or do I feel more masculine and dominant than him?
- Is he confident and masculine, or is he insecure and needy?
- Could he attract other women and is choosing me because he really likes me, or is he only interested in me because I'm showing some interest and he's hoping to get lucky?
- Is he the sort of guy that other guys would respect or look down on?
- Would I feel proud to introduce him to my family and friends, or would they pick on him or look down on him?

Those are the things that really matter to a woman.

Women are attracted to confident men who believe in themselves and are turned off by insecure men who doubt themselves.

So, if youâ€¦ve been waiting a long time for your girlfriend to come back and have been losing confidence in the process, you must begin to build your confidence back up by getting rid of your negative beliefs about yourself.

In that way, not only will you be able to attract other beautiful women if you want to, but you will be able to make her your ex feel a renewed sense of respect and attraction for the new and improved you.

Do You Really Want Your Ex Girlfriend Back?

Some guys know they got lucky when they hooked up with their girlfriend, so when they get broken up with, they usually say things like, â€¦I think Iâ€¦ll wait for my girlfriend to come back, rather than move on without her.â€¦

A guy might also say, *â€¦Iâ€¦ll never meet another woman like my girlfriend. She is my soul mate. Iâ€¦ll wait for her to come back no matter how long it takes.â€¦*

Yet, in some cases, the guy might secretly know that sheâ€¦s not the one for him, and heâ€¦s only holding on to her because:

- Heâ□□s afraid of getting rejected by other women.
- He doesnâ□□t want to take the risk of falling in love and getting broken up with again.
- Heâ□□s focusing on all the positives about his ex girlfriend, but is refusing to think about the negatives.
- He doesnâ□□t know how to start dating again after a break up.
- He feels comfortable with his girlfriend, and itâ□□s easier to stick with her than take on the challenge of getting to know a new woman all over again.

Regardless of what your reasons for wanting her back might be, staying with a woman that you donâ□□t really want to be with is a waste of your potential as a man.

The fact is, there are millions of beautiful, sexy, loving women out there looking to meet and hook up with a guy exactly like you.

You simply need to be confident enough to approach them, attract them and open them up to sex and love.

When you know how to trigger a womanâ□□s feelings of attraction, you can have your choice of women.

So, donâ□□t settle for second best when it comes to women (or anything) in your life.

Should You Stay or Should You Go?

Regardless of whether you decide to wait for your girlfriend to come back, or move on without her, the key is to take action quickly.

If you decide to wait for her, you still need to make the effort to interact with her (e.g. via text, on a phone call, and in person), and actively re-activate her feelings of respect and attraction for you.

Don't just sit around waiting for her to change her feelings by herself. Be active and get her back by doing something about it.

On the other hand, if you decide that you want to move on without her, make sure that you actively go out, have fun and meet new women, so you can begin to forget all about her.

The choice is yours.

What are you going to do?

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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My Girlfriend Broke Up With Me For Being Childish and Immature

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

As long as you are willing to start being mature from now on, you can get her to forgive your past mistakes and see your immature behavior as being the old version of you and not who you are now. From this day onwards, make sure that you let her see that you are now a much more mature guy, rather than trying to convince her that you will become mature.

You can show her by the way that you talk, behave and take action and as well as how you react and respond to her.

For example: If you begged and pleaded for another chance when she dumped you, here's how to show her that you're now a lot more matureâ€¦|

Just because you were behaving in what she saw as a childish and immature way, it doesn't mean that you will always be that way.

You are already a better man as a result of the experience, so let her see that from now on.

Changing How She Feels

[image: She said that I am too immature]

Right now, your girlfriend is likely saying things like, *â€œI don't want anything to do with you anymore, you're too childish and immature for meâ€¦and I've had enough of it.â€œ*

She's probably also convinced herself that nothing you can say and do is going to make her change her mind.

However, human emotions change all the time.

When she can see for herself that you're not the childish, immature guy that she broke up with, her feelings for you will naturally change.

However, showing her that you're at a different maturity level now is not a matter of saying, *â€œYou know, I've changed now. I'm different. Please just give me another chance and I'll show you that I'm a new man,â€œ* because she's probably not going to believe you.

You have to show her that you've changed.

Start by letting her know that you now understand that your immature behavior was a big turn off and then explain to her it's okay for a guy to make some mistakes in a relationship and then become a better man as a result.

Show her that no matter what she says or does around you from now on, you don't think, feel, talk, behave and act like the immature guy you used to be.

Just make sure that you don't keep saying and doing the types of things that can cause your girlfriend to think you still haven't changed (e.g. beg and plead with her to forgive you, become emotionally sensitive and needy, be insecure about your value as a man) and she will realize that you really have learned from your mistakes.

For example: The next time you interact with her over the phone or in person, you can say, *“I can see now that what I was doing was wrong and I understand why you broke up with me. Iâ€™m not proud of the way that I behaved when we were together. I accept that I did make that mistake because I was immature at the time. I now know that being an immature or even childish guy isnâ€™t the right way to go about having a happy and successful relationship with a woman like you. However, I want you to know that Iâ€™m not that guy anymore. I donâ€™t expect you to believe me, and thatâ€™s okay. I just wanted to tell you that Iâ€™ve learned from my mistakes, and Iâ€™m now moving forward in my life as a bigger and better man than I ever was before.”*

When you say something like that to your ex girlfriend, it starts to calm things down between you and her.

She begins to wonder, *“What is going on here? This isnâ€™t the boyish guy that I used to know. He used to react in such a childish and immature way whenever we were going through troubles as a couple. Rather than face up to things like a man, he would have run away from his problems, or blamed me. Yet, thatâ€™s not what heâ€™s doing now. Heâ€™s actually being mature about the whole thing and is even accepting responsibility for his actions. Wow! Iâ€™m really surprised. Maybe I have been too quick about my decision to break up with him. Maybe we are supposed to get back together.”*

Of course, admitting your mistakes doesnâ€™t always make a woman change her mind about breaking up with you and come running back, but it will lay a foundation that you can build on.

The key to getting an ex back is that every time you interact with her, you continue saying and doing the types of things that will prove to her that you are no longer the childish and immature guy she remembers.

3 Additional Mistakes That You Should Avoid

[image: She said that I am too childish]

Where many guys go wrong, is by thinking that saying something like that to a woman is all the proof she needs to believe that heâ€™s changed.

Yet, actions speak louder than words, so if you want your girlfriend to believe that youâ€™re now a different guy, you have to back up your words with the right actions.

To succeed at getting her back, try to avoid making any of these newbie mistakesâ€¦

1. Thinking that you have to be together because you were once a great couple.

[image: Sorry, I've had enough of your childishness. Goodbye!]

In the past, a woman was expected to stay with her man, regardless of whether she was happy or not. Essentially, she was considered his property and he could behave any way he wanted to (e.g. cruel, childish, immature, abusive) and she could do nothing about it.

In todayâ€™s world, women are more confident and independent and they can choose to break up with a guy if heâ€™s not making her feel the way that she wants to feel in the relationship with him.

If she starts to lose too much respect and attraction for the guy because of his actions and behavior, she can choose to break up with him because she is an individual and is not his property.

Where some guys go wrong, is thinking that good past experiences together is enough of a reason for her to want to keep the relationship together.

For example: A guy might say, *“Please baby, don’t do this. Think about all the good times we had together. I know that things weren’t that wonderful near the end, but why only remember the bad times when there are so many happy memories to think about? We were great as a couple and we can be again if you give us a chance. â”*

Yet, saying that to a woman isn’t going to make her change her mind, if she’s not getting the attraction experience that she wants from him anymore.

So, even though they might have had some good times together in the past, it’s simply not going to matter to her if he has recently been behaving in ways that have been turning her off (e.g. insecure, childish, immature, self-doubting).

Essentially, when a woman loses respect and attraction for a guy, she’s not going to care that they were a great couple before.

Instead, she’s going to be saying things like, *â” Yes, we had some good times together, but that stopped a long time ago when you started being childish and immature every time something didn’t go your way. So, don’t ask me to think about how great we were as a couple, because that was before I knew who you really are.â”*

If you want to make your girlfriend realize that your relationship is worth fighting for, don’t waste time trying to convince by bringing up the past.

Instead, just focus on making her feel a renewed sense of respect and attraction for you right now in the present, so she can naturally reconnect with her love for you.

Her love for you is still there in the background, but she just won’t be connecting with that now because she has lost touch with her feelings of respect and attraction for you.

When you re-spark her feelings of respect and attraction for you, her guard comes down and then she becomes more willing to love who you are right now, rather than always thinking of you as the childish, immature guy that she broke up with.

2. Not trying out new ways of talking and behaving to show her your newfound maturity.

[image: I can change. Just give me a chance!]

If your girlfriend contacts you and you’re still talking and behaving in the same old ways, she’s not going to be very interested in getting back together with you.

So, if you want to get her respect back, you need to prove to her (via your actions and behavior) that you’ve moved beyond the level you were at when she broke up with you.

For example: A guy might have been jealous in his relationship with his girlfriend, causing him to feel insecure and therefore react in ways that she interpreted as being childish and immature (e.g. trying to control her, forbidding her to hang out with any of her friends, throwing a tantrum every time she talked to another guy, constantly checking her phone or social media to see if she is talking to any other guys).

To convince her that he’s changed, he now has to react completely differently to the same situations.

For instance, if he sees her talking to another guy, rather than react by getting upset, shouting at her or sulking, he needs to remain confident and calm.

If she says that she can't see him because she's meeting up with friends, he needs to say something like, *âThat's great. I hope you enjoy yourself. Have fun!â*

Then, when she tests him (e.g. by saying, *"I think there might be some guys there too. My friends are single and are trying to meet guys"*) to see if he's just pretending to have changed and notices that he doesn't bite, she will start believing that he's not the same immature guy that she broke up with.

It's important to understand that you do not have to become perfect to convince your girlfriend that you are now more emotionally mature.

You just need to be a much more emotionally strong and emotionally mature guy than you've been before.

Essentially, if every time that she expects you to react in a certain way (i.e. childish and immature), you respond in a confident, mature way, she won't be able to hold on to her negative opinions about you for long, no matter how hard she tries.

She will begin to think, *âHmmâ|this is new. What happened to the annoying guy who throws tantrums when things don't go his way? He's not doing that anymore. No matter what I say or do to test him, he's emotionally mature about it now. I'm actually enjoying being around him again and rather than trying to avoid him. Actually, I'm now looking for excuses to talk to him again.â*

When that happens, she will begin to reconnect with the love that she once had for you, which has been waiting there in the background.

3. Letting her dominate you or walk all over you with her confident personality.

Yes, you stuffed up.

You were childish and immature and your girlfriend broke up with you because of that.

Big deal.

Many guys make that mistake, so don't worry about it.

You are a better man now because of it, right?

Just use the experience as a lesson to quickly grow up and become the emotionally strong, emotionally mature man that you are meant to be.

You can do it.

However, that's not going to happen if you allow your girlfriend to walk all over you by continually complaining about all of your past mistakes.

For example: A way that a woman might dominate her ex boyfriend is by constantly bringing up his past mistakes and trying to make him feel bad about it.

[image: Please, just give me one more chance!]

She might say to him, *âRemember that time you were sulking for a whole week because I went away for the weekend with my friends? What about the time you threw a tantrum because I was talking to one of my guy coworkers? I can't believe how childish and immature you were. There*

*was also the time that you accessed my Facebook and read all my messages and even unfriended some guys. You are such a child sometimes you know. You really need to grow up. I can't believe you did that to me. You're such a jerk.*â□□

That's fine if she says that once or twice, but if she brings it up all the time and he keeps apologizing, she's actually losing respect for him for not standing up for himself and saying, *"Hey, that's in the past. You've already brought that up plenty of times and I've apologized. There's no need to keep bringing it up."*

If a guy doesn't stand up to her when she keeps putting him down and he apologizes for the 100th time with something like, *â□□Iâ□□m sorry! Please let me make it up to you. I'm really sorry. How many times must I apologize for that before you forgive me? I know I messed up. What do you want me to do to prove to you that Iâ□□ve changed? Just tell me what you want and Iâ□□ll do it,*â□□ she will be disappointed at his lack of a backbone to stand up to her.

When a woman dominates a guy in this way, she canâ□□t look up to him and respect him.

When she canâ□□t respect him, she doesnâ□□t feel sexually attracted to him and without those two things, thereâ□□s nothing much left to base a happy relationship on.

So, if your ex keeps bringing up all your past mistakes and talking to you like sheâ□□s the grownup and youâ□□re the child, you need to show her that youâ□□re now more mature than sheâ□□s giving you credit for.

For example: You might say to her, *â□□Youâ□□re right, I did do all those things. However, just for a minute, letâ□□s try to imagine something just for fun. Are you in?"*

When she says yes, you can say, *"Let's pretend for a minute that we have amnesia and have completely forgotten about the past. Right now, we have to get to know each other all over again based on who we are right now. So, we can like or dislike each other based on who we are right now, not who we used to be in the old relationship. Obviously, I'm a much more mature guy now, so if you were being honest, you would have to admit that you do like the new meâ□□|even if just a little bit.*â□□

By saying something like that to her, youâ□□re having a bit of fun to lighten the mood and relax her anger.

You're also establishing your role as a mature man, which will likely stop her in her tracks and make her wonder, *â□□What happened here? Who is this new, mature guy? I feel like the woman nowâ□□|I feel like he's actually in controlâ□□|and I like it.*â□□

She will then begin to feel feminine and girly in contrast to your masculine approach to the interaction.

From there, every time that you interact with her (via text message, on social media, on a phone call, and especially in person) focus on showing her via the way that you think, talk and behave that you are now a completely new man.

Initially, she might be a reluctant to accept that youâ□□ve actually changed and she might say, *â□□A leopard doesnâ□□t change its spots. You canâ□□t have changed that much since we broke up. I don't believe you that you are now a different guy.*â□□

Don't worry; her guard will come down when you keep making her feel respect and attraction for you every time that you interact with her.

When her guard comes down, she will allow herself to properly feel attracted to you again and will

truly begin to love the new you.

All you need to do then is confidently guide her back into a relationship.

Taking a Positive Step Forward

So, your girlfriend broke up with you for being childish and immature.

What's done is done.

It's fine because you can get her back. So, don't worry.

Once you re-attract her and get her back, you can build a new, more mature relationship with your girlfriend based on mutual respect, attraction and love.

When she feels more respect for you than she ever has before (because you are now making her feel attracted in new and exciting ways), she will realize that it feels right to open herself up to loving you again.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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My Ex Said That I Have No Chance With Her Anymore

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

There's always a chance to get a woman back, so what she is saying is simply based on how she feels about you now.

She currently doesn't believe that you will be able to change and give her the relationship experience she wants, so she has given up.

You can get her to go from saying that you have no chance with her to saying that there might be a chance, if you can reactivate some of her feelings (i.e. respect, attraction, love) when you interact with her 1 to 3 more times.

Once she opens back up to you a little bit, you then need to rapidly build up her feelings for you by getting her to experience new feelings of respect and attraction for you.

Feelings Change All the Time

[image: Making her fall in love with you all over again]

Hearing a woman say, *â€œYou have no chance with me anymore. It's really over between us, so please just move on,*â€œ can easily make a guy believe that getting her back is a lost cause and that her feelings will never, ever change.

Yet, regardless of how convinced your ex might be right now that she never wants anything else to do with you, when you change how she feels about you, everything WILL change.

Think about it like thisâ€¦

Throughout your life, you might have noticed how a person can go from disliking someone (or even hating them), to liking them, becoming friends and sometimes, even falling in love with them.

It's possible that something like that might have even happened to you throughout your life, possibly multiple times.

For example: Maybe there was a guy at work, or university who really got on your nerves and you just hated him or despised him.

Something about his behavior and the way he communicated with you just got under your skin (e.g. he was too loud and obnoxious, he disregarded your opinions, he was disrespectful) and you found yourself disliking him and even secretly wishing you could punch him in the face.

Then, somewhere along the line, he changed his communication style, became more respectful towards you and generally improved his behavior.

Chances are that when that happened, your feelings towards him changed.

You may have gone from thinking, *â€œWhat an idiot that guy is!*â€œ to *â€œWell, he's actually not so bad after all,*â€œ and you possibly even became friends.

The fact is, feelings can change.

In the case of getting your ex back; she can literally go from firmly believing that she never wants to see you again, to really, really wanting to be with you.

Whether or not you will be successful at getting her back, all depends on the approach that you use

when trying to get her back.

For example: A guy might make some of these mistakes when trying to get an ex back:

- Beg and plead with her to give him another chance.
- Apologize excessively.
- Plead with her to remember the good times.
- Pour his heart out to her and tell her how he can't live without her.
- Give her reasons why they should be together.
- Send her text messages talking about good old memories to hopefully get her to miss him.
- Ignoring her for weeks or months in the hopes that she eventually changes her mind and comes back on her own.
- Lying about having other women interested in him to hopefully make her jealous.

Yet, those approaches rarely work.

Begging and pleading and excessive apologizing doesn't work because it makes a guy come across as being emotionally weak, which is very unattractive to women.

[image: But you promised that we would be together forever]

Women are attracted to the emotional strength in men (e.g. confidence, self-assurance, masculinity, determination), so when a guy begs, pleads or cries to her for another chance, it simply makes her lose even more respect and attraction for him as man.

As for when a guy is pouring his heart out to her and saying things like, *"I love you so much! I can't live without you. Please don't destroy what we had together. I know I messed up but how can you forget about all the good times we shared?"* a woman simply won't care about any of that if she doesn't have feelings for him.

So, if the current way that you've been communicating with your ex has been turning her off, then it's only natural that she will be behaving coldly towards you and saying things like, *"It's really over between us,"* or *"There's nothing that you can say or do that will make me change my mind about you. You have no chance with me anymore, so just leave me alone and move on. We're finished."*

That's how she is feeling based on how you've been interacting with her up until this point.

However, when you make some changes and improvements to the way you are interacting with her and talking to her from now on, her feelings will also change.

When you interact with your ex in ways that build up her feelings of respect and attraction for you, everything changes.

She starts to feel drawn to you again in a way that actually feels good to her.

Then, rather than dwelling on her past negative feelings for you every time she thinks about you, she begins to feel more positive emotions and actually begins to miss not having you around.

3 Important Questions to Answer Right Now

[image: Questions about your ex to answer now]

If you want to change the way that your ex feels about you, here are 3 important questions that you

should answer right nowâ€¦!

1. Do you know how to make her feelings about you change?

Quite often, when a guy gets broken up with, his first instinct is to ask his woman, *â€œWhat have I done? Please tell me what I did wrong. Whatever it is just tell me and Iâ€™ll change.â€*

He may be hoping that by telling him exactly what to change about himself, she will then be happy to give him a chance to do that and change her mind about breaking up with him.

Yet, thatâ€™s not how it works.

A woman doesnâ€™t want to be a guyâ€™s teacher in life and have to teach him how to be the man that she wants.

If she has to start explaining to him what heâ€™s doing wrong, she will feel like sheâ€™s taking on the role of his mother, teacher or big sister.

Whatâ€™s wrong with that?

If a woman takes on the role of being a manâ€™s teacher, she also takes on the more dominant role in the relationship, which then makes her lose respect and, more importantly, feelings of sexual attraction for her guy.

Hereâ€™s what you always need to remember about relationships with womenâ€¦!

Regardless of a womanâ€™s achievements outside of her romantic relationship (e.g. she is a leader in an office workplace, she is a leading student at university, she is respected and looked up to by her family), she will always secretly want to be in a relationship where the man is “the man” and she is his woman.

A woman wants to be able to relax into her feminine self and be a feminine, emotional woman, rather than having to think, feel, behave and act like a man to keep the relationship in order.

When a woman feels more dominant than her man in a romantic relationship, she naturally begins to lose respect for him.

If a woman doesnâ€™t respect her man, her sexual attraction for him will begin to fade.

Then, if she doesnâ€™t feel respect and sexual attraction for him, she will gradually fall out of love with him.

This is why itâ€™s not a good idea to ask a woman what you did wrong and what she wants you to change about yourself.

A woman wants you to figure out how to be the man she needs you to be, without her help, because she doesnâ€™t want to be your teacher and feel like sheâ€™s more dominant than you in the relationship.

You have been dumped and this is a crossroads in your life where you are either going to stand up and become a better man, or remain stuck at the level you’re at right now, which is clearly not attractive to your ex.

2. Will having time apart make her miss you?

[image: Giving her the space to move on]

If a guy tries everything he can think of to make his ex change her mind (e.g. beg, plead, apologize,

tell her that he loves her, promise to change) and nothing works, it only stands to reason that he might then, as a last resort, give her time apart in the hopes that she will eventually miss him and come back by herself.

A lot of guys go around believing that all a woman really needs is some space to suddenly come to the realization that her ex was the one for her.

Yet, thatâs not how it works for most ex back situations. Why?

When a woman is saying that her ex has no chance with her anymore, it usually means that any feelings that she had for him in the past have now been buried under more negative emotions such as anger, hurt, disappointment, resentment or disgust.

If the guy then stops texting her, ignores her on social media and doesnât call her up to say hi and arrange a time catch up in person, itâs unlikely that she will suddenly be thinking, *âHuh??!!! Why is my ex avoiding me? I know I told him that there was no chance between us anymore, but now that heâs completely ignoring me I just canât stop thinking about him! I want him back soooo bad!*â

Instead, itâs more likely that she will be thinking, *âHooray! Iâm rid of him at last. It looks like he finally got the message and heâs leaving me alone. Now I can move on with my life in peace.*â

So, don't waste time giving your ex loads of space and hoping that it magically makes her change her mind about you.

If you want to back off and give your ex a bit of space thatâs perfectly fine, as long as itâs no more than 7 days before you contact her again to attempt to arrange an in person meet up.

Anything longer than 7 days is a waste of time, and it just gives her more time to go out, meet other guys, have sex and possibly even fall in love.

Where a lot of guys go wrong is by cutting off all contact with their ex for up to 30 or even 60 days after a break up.

Then, when she doesnât come running back, and he possibly even hears from someone else that sheâs dating a new guy, he might wonder, *âWhat went wrong? Shouldnât she be missing me and realizing that Iâm the one for her? Why is she moving on with another guy? I thought it was essential that I not contact her for a long time after the break up. I thought that giving her lots of space was the answer.*â

The reason why she didn't come running back is simpleâ

When a woman doesnât have feelings for a guy, sheâs not going to feel like sheâs missing out on much when she stops hearing from him, so sheâll usually just move on.

The fastest way to get your ex to stop saying that you have no chance with her anymore, is by actively make her have some feelings for you again by interacting with her on a phone call and in person.

After helping 100s of guys to get women back, I've found that giving a woman many weeks or even months of time apart only works 20% of the time if:

- She is still in love with the guy.
- She canât handle the emotions of the break up.
- She canât find another guy to take his place.

So, if your ex doesn't want anything to do with you at the moment, don't waste a lot of time ignoring her and hoping that her feelings for you will change all by themselves.

You have to actively build up her feelings for you by getting her to experience new feelings of respect and attraction for you.

When you do that, she will drop her guard and open herself up to the idea of interacting with you again.

From that moment on, you've just got to continue saying and doing the types of things that are going to keep building up her feelings for you, rather than saying and doing the types of things that were turning her off in the past, or that have been turning her off since the break up.

3. Are you trying to get her back even though you haven't improved your ability to attract her in ways that she really cares about?

When a woman is saying things like, *"Forget about me. There is no chance of us getting back together again,"* a guy will often begin to change all sorts of things about himself.

For example: A guy might think, *"Okay, well maybe she needs me to spoil her more than I've been doing so far. If I'm even nicer to her than ever before, tell her how much I care and spoil her with gifts, romantic dinners and special weekends away, she will change her mind and give me another chance. I've got to try to buy her things or help her financially or do something with her to show her how much I care."*

Yet, what he often doesn't realize is that a woman's love cannot be bought.

Sure, some women out there are gold diggers and will stay with a man for a while to get lots of gifts and jewelry and live a luxurious lifestyle, but that isn't love.

She's just using him until she's had enough.

A woman's love cannot be bought.

If you want a woman to love you, the solution is to actively create that love by how you make her feel as you interact with her.

For example: Be confident, charismatic and make her laugh, rather than being insecure and stressing her out when you talk to her.

If your ex doesn't have feelings for you at this point and doesn't want anything to do with you, the next step for you is to start building up her feelings of respect and attraction for you again.

How can you do that?

You need to be offering her what she really wants, not what you think she wants, whenever she interacts with you.

If you're unsure about what she really wants, here are some questions you can ask yourself to help you work things out:

- Did I make her feel loved and appreciated when we were together, or did I take her for granted and put other people and things (e.g. friends, work, hobbies) before her in my life?
- Did I make her my world and become needy and controlling, rather than having a more balanced, mature approach to life where I spent time with her and also spent time with friends and on working towards my biggest goals and ambitions in life?

- Was she able to depend on me as the man, or did I expect her handle the problems in our relationship?
- Could she look up to me and respect me as a man, or did I use my relationship with her as an excuse to hide from my true potential in life?
- Did I make her feel feminine and attractive in my presence, or did she feel more like a friend or big sister to me?
- Did we want the same things in life, or were we going in different directions (e.g. getting married vs. partying and staying single)?

When you fully understand her real, more subtle reasons for breaking up, you can then begin to say and do the types of things that will show her that youâ€¢ve moved past the level you were at when she broke up with you.

For example: If a woman wants to feel girly and feminine in comparison to the guyâ€¢s masculine vibe and presence, the best way for him to show her that heâ€¢s changed is by letting her experience the new him when he talks to her on the phone or in person.

Regardless of what she says to him, how coldly or rudely sheâ€¢s treating him, or how badly sheâ€¢s behaving, she will notice that he now responds in an emotionally strong, masculine way. He remains calm and in control of his emotions rather than becoming nervous, unsure of himself or upset at how she is behaving.

Regardless of what she is saying and doing, he focuses on making her laugh, smile and feel girly in his presence.

Initially, she might say to herself, *â€¢Heâ€¢s just putting on an act to impress me. If I keep pushing him by being cold and bitchy, he will eventually crack and become the emotional, wimpy guy that I broke up with.*â€¢

However, when she realizes that no matter how much she tests him, he remains confident and masculine, she will naturally begin to feel feminine and girly in his presence and that will re-spark her feelings of respect and attraction for him.

So, if youâ€¢re at a point now where youâ€¢ve been trying to get your ex back and she keeps telling you that you have no chance with her anymore, the quickest way to make her drop her guard and open back up to you is by getting her to feel some respect and attraction you again.

[image: Fully re-attracting her in person]

When she experiences these feelings again, her guard will come down, and she will likely agree to meet up with you to see how she feels.

From there, you just need to continue saying and doing the types of things that will prove to her that youâ€¢re not just trying to impress her, but that youâ€¢re now the kind of man she can look up to, respect and feel proud to call her own.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Does Giving an Ex Space Work?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Giving an ex space works only if she fits into one of the following 3 categories:

1. She is still in love with you.
2. She won't be able to handle the pain of a break up.
3. She won't be able to find a new guy to replace you.

If a woman doesn't have feelings for a guy, she will usually be happy that he's not contacting her and will simply move on without him while he waits around giving her space.

If she was completely turned off by him near the end of the relationship and went through a messy break up with him where he tried hard to save the relationship, giving her space may leave her thinking, *â€œWhat a relief! I am now free to move on with my life without having to deal with him trying to get me back.â€*

She will then start to make plans to hook up with friends, go out and meet new guys.

This is why I only recommend that a guy give a woman 3 to 7 days of space before contacting her to initiate the actual ex back process.

If you leave it too long, you run the risk of her moving on without you, or having enough time to get over the pain of the break up to not want to go through all that again.

What Most Guys Don't Know About Getting an Ex Woman Back

[image: Most guys give a woman too much space]

Most guys don't know much space to give an ex, so they just give her lots of space and hope that it eventually makes her come running back.

For example: A guy might think, *â€œShe said that she needs space, so I'll leave her alone for a few weeks or a month. She will then realize that I'm the one for her and she will come back. People say that absence makes the heart grow fonder and that if it's meant to be, she'll come back. So, I guess that the longer I stay away from her, the better. It will give her more time to miss me.â€*

[image: Hopefully she will come running back if I ignore her]

He will then spend weeks or even months avoiding his ex, in the hopes that this will be enough time apart to make her miss him and want to come back.

Yet, that's not how it works for most ex back cases.

If a woman has stopped feeling respect and attraction for a guy (e.g. because he'd become an insecure, controlling or emotionally abusive boyfriend or husband), then not hearing from him for a long time isn't going to bother her much at all.

Think about it like this:

When a woman breaks up with a guy, it's usually because she's stopped feeling the way that

she wants to feel when sheâs in a relationship.

She was likely feeling hurt, angry, disappointed and a whole bunch of other negative emotions that make it difficult to keep a relationship together.

So, when she stops hearing from him, itâs unlikely that she will be thinking, *âOh no! Why isnât he calling me? Why is he ignoring me? What if he leaves me alone and I never see him again? I donât know what Iâd do if he never spoke to me again. I canât live without himâ!* Iâd better go running back to him before itâs too late!

Instead, itâs more likely that she will be thinking, *âYayy! Heâs out of my life forever. Now I can get on with doing all the things that a single woman can do. I can have fun, meet new guys, and enjoy myself for a change.*

This is why giving your ex more than 3 to 7 days of space is actually a waste of time.

The Space to Move on

[image: Giving her the space to move on]

Even if a woman still has some feelings for her ex, if she doesnât hear from him for a long time, she may assume that heâs no longer interested in trying to work things out.

She might conclude, *âOh well, I guess my ex doesnât want to work things out between us after all. Iâm not going to waste any more time waiting around for him, Iâm moving on. Iâm going to hook up with that guy at work who has been flirting with me lately.*

Then, when she hooks up with that guy or another new guy and feels the excitement of new love and new sex, she begins to lose interest in seeing her ex again or even trying to work things out.

Regardless of whether the new guy is a perfect match for her or not, she will likely be seeing him in a more favorable light compared to her (absent) ex.

For example: If a woman felt that her ex boyfriend (fianc  or husband) was taking her for granted (e.g. by not paying too much attention to her anymore, putting her second to his job/friends/hobbies all the time) and the new guy is attentive, flattering and makes her feel feminine and girly in his presence, sheâs going to think heâs better than her ex.

Alternatively, if a womanâs ex was insecure and clingy in the relationship (qualities that are instinctively unattractive to a woman) and the new guy is a bit more confident and self-assured, she will assume that he is more emotionally strong than her ex (especially when her ex is not around to show her that heâs not the insecure guy she used to know anymore).

In the meantime, she may begin to think, *âIâm so glad that my ex has disappeared. If he didnât stay out of my life, I wouldâve never met this great new guy. What a blessing!*

Then, if her ex calls her up out of the blue, after giving her weeks or months of space, sheâs likely going to be saying, *âSorry, youâre too late. Iâve moved on and Iâm happy with my new guy now.*

So, even if the new guy isnât perfect, and even if she eventually breaks up with him (e.g. because heâs just a rebound), right now heâs the only one who is there actively triggering her feelings of attraction in ways that feel good to her.

The way to prevent that horrible outcome from happening to you is to be active about getting your ex

back, rather than passive.

Don't sit around hoping your ex girlfriend (fiancée or wife) will suddenly wake up one day and realize that she's made a big mistake by breaking up with you.

If you've been out of her life for so long that she hardly remembers what you look like, it's less likely that she's going to assume you've changed and come running back to you.

To get her back quickly, you have to be interacting with her (to reactivate her feelings of respect, attraction and love) every chance that you get.

Whether you're texting her something funny to make her smile, calling her up on the phone so that she can experience your emotional strength, or meeting up with her in person and re-sparking her feelings of respect and attraction, you simply can't do that by giving her space.

Giving a woman more than a week of space when she doesn't have feelings for you anymore is usually a recipe for disaster.

It can make some women eventually come back to a guy, but after helping 100s of men get women back, I've found that the highest success rate for getting an ex back happens when a guy actively makes the woman have feelings for him again.

So, rather than wasting weeks waiting for your ex to realize that she misses you, just focus on making her feel attracted to you right now by getting her to laugh, smile and feel good whenever you interact with her (e.g. via text, social media, on a phone call, and in person).

Make Her Smile and Feel Happy to Be Interacting With You Again

[image: Getting an ex back via text]

A common mistake that some guys make is to wait for their ex to give them a 100% clear sign that she's ready to be contacted again.

However, the longer he waits to hear from her, the more time she has to get over him.

So, by all means, give your ex a few days space if she asks for it, but after that time is up, get on with the important business of actively re-sparking her feelings of respect and attraction for you.

Get her on a phone call and start making her smile and laugh again, so that hearing from you is actually something she enjoys now.

On a phone call, you've got to shake her out of her current (negative) state of mind and make her feel curious enough about the changes she's noticing in you, that she actually wants to meet up in person.

You want her to be thinking, *It's actually nice talking to him again. He makes me laugh and I feel good. I suppose meeting up with him for some coffee wouldn't be such a bad thing after all.*

When you make a woman smile and laugh on a phone call or in person, she can't stop herself from enjoying talking to you again.

From there, all of her angry, negative feelings begin to get pushed into the background and are replaced by more positive emotions such as respect and attraction, which is what you want.

Then, when you meet up with her, you just need to continue saying and doing the types of things that are going to keep turning her feelings on for you and make her feel attracted to you again, rather than saying and doing the types of things that were turning her off in the past, or that have been turning her off since the break up.

For example: If a guy was insecure, needy and clingy in the relationship, when he meets up with his ex after giving her space, he needs to show her via the way he talks, the way he interacts with her, and the way he reacts to her, that he is now an emotionally strong man that she can look up to and respect.

So, if she says something like, *âLook, I donât think itâs going to work out between us. I just donât have feelings for you anymore,â* he can respond differently than he would have in the past.

He can react in a confident, emotionally secure way that sheâs not expecting.

For instance, in the past he might have responded byâ

- Begging and pleading with her to reconsider her decision.
- Promising her that he will change if she just gives him one more chance.
- Telling her how much he still loves her and that heâs completely lost without her in his life.
- Asking her to tell him what he needs to change about himself to make her happy.
- Offering to do whatever she wants him to do.
- Apologizing over and over again.

So, rather than reacting in any of those ways, which would make her lose even more respect and attraction for him, he instead responds with confidence.

He turns her negative expectations of him into something that not only makes her smile and laugh, but also shows her that heâs moved past the level he was at when she broke up with him.

Hereâs an example â

When his ex says, *âLook, I donât think itâs going to work out between us. I just donât have feelings for you anymore,â* he can smile, laugh and say in a joking way, *âDamn! Thatâs a shame. I won the lottery last week, so now Iâm going to have to keep your share of the winnings since you donât want to be my girl anymore. For a moment there, I thought you were going to be a millionaire too.â*

She might respond by saying, *âWhat? You won the lottery?â* and he can then laugh and say, *âNo, Iâm only kiddingâbut, I am doing better at work these days and I think Iâm going to get promoted soon, which is cool. It was funny to see your reaction though â I had you there for a secondâ* and then laugh.

She will most likely laugh and smile in that moment, and possibly even be thinking, *âWow, that was unexpected. I thought this was going to be an awkward and unpleasant coffee. He seems a lot cooler now. I wonderâwhat else has changed about him?â*

Of course, saying something funny and making her smile in that moment doesnât mean sheâs going to throw herself in your arms right away and you can then both live happily ever after.

That is only the beginning.

Saying something like that to her to get her laughing and smiling makes her drop her guard and open

herself up to her old feelings of respect, attraction and love for you again.

As the Man, You Need to Lead the Way

[image: Lead the way and get her back]

In a modern relationship, it is still the man's responsibility to lead the way and maintain and grow the love, respect and attraction between him and his woman.

Even though women are now more independent and can make their own decisions about how to live life, when in a romantic relationship, a woman wants a man to lead the way.

If he fails to do that and behaves in ways that cause her to lose respect for him as a man (e.g. he lets her wear the pants in the relationship), she just isn't going to be very excited about staying with him for life.

So, if you want to get your ex back, you need to be the one to make it happen, rather than waiting around by giving her space and hoping she will suddenly realize that your relationship is worth fighting for.

You've got to focus on changing how she feels, rather than hoping that her feelings change without your intervention.

When you interact with her (e.g. via text, on social media, over the phone and in person) and actively trigger her feelings for you again, her guard will come down and she will naturally begin to reconnect with the love she once felt for you.

Remember: Giving an ex space works in most cases, as long as it's not longer than 3 to 7 days, and as long as when you do contact her, you focus on saying and doing the types of things that will renew her feelings of respect and attraction for you.

On the other hand, if you stay out of touch with her for too long, it can make her feel that you don't care and she may just move on and try to forget all about you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Is it Possible to Get Your Ex Back Today, or Even This Week?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Yes, some women will get back with a guy immediately, or after a week of space.

However, some women can take 2 to 4 weeks to fully get back into a relationship depending on how serious the reasons for the break up were (e.g. the guy was very insecure, needy or controlling, or there was cheating involved).

If you want to get your ex back today, this week, or at least very quickly, you must focus on re-sparking some of her feelings for you first.

Without sparking her feelings of respect and attraction again for you before you try to get her back, sheâs just going to be saying, *âSorry, but I just donât have any feelings for you,â* or *âForget it. Iâm not interested in getting back together again,â* because youâre not saying and doing the types of things that are making her have feelings for you.

Here are 4 common mistakes to avoid making if you want to get your ex back quicklyâ!

1. Trying to Get Her Back Immediately By Pleading, Crying or Begging

[image: Please I'm begging you]

One of the most common reactions that guys have when they get broken up with is to beg and plead with a woman to change her mind.

A guy may think, *âI donât want to break up with her. I still love her. I have to do whatever it takes to convince her that Iâm the guy for her. I have to make her change her mind. Iâm going to beg and plead so she knows how much I care.â*

He might then start texting her, sending her e-mails, messaging her on social media, or calling her up and pleading with her to give him another chance.

For example: He might say things like, *âPlease forgive me! Iâm so sorry for what I did. I know I messed up but if you just let me explain, we can make this work. Just tell me what you want me to do and Iâll do it. Please donât give up on us. All Iâm asking for is one more chance to show you that things can be different between us. Please. I donât want to be with any other women. I only want you. Please donât do this to us. We can make this work. Please just give me a chance.â*

If she then responds by saying something like, *âNo, Iâm sorry but itâs over between us,â* he might then even start crying and saying, *âI need you! Pleaseâ I canât live without you in my life. You mean everything to me. You are my whole world. Without you, life isnât worth living.â*

Sometimes a guy behaves in that way because he believes that by getting emotional (and possibly even crying) he is showing her how much she means to him.

He may hope that if she sees the devastating emotional effect that the break up is having on him, she will feel flattered and possibly even think to herself, *âWow, I never realized how much my guy*

loves me. I can't break up with him now. I would never be able to find another guy who could love me as much as he does. It must mean that we're meant to be together.

[image: Begging doesn't work on most women]

Although that might work if a woman is still in love with the guy and is secretly hoping that they will get back together, in most cases it simply turns the woman off even more. Why?

It is a woman's natural instinct to be attracted to the emotional strength in men (e.g. confidence, determination, masculinity, the ability to cope in a crisis), and turned off by the emotional weakness (e.g. insecurity, self-doubt, neediness, desperation, an inability to handle what life throws at him).

So, when a woman breaks up with a guy and he responds by becoming emotional, pleading, begging and possibly even crying, she naturally feels turned off by him, because of what she perceives as his emotional weakness.

A woman wants to be with the type of man who is emotionally strong and that she can look up to, respect and feel a strong attraction for, not a guy who can't handle his problems in life without breaking down.

Of course, if you've already pleaded (or even cried) while trying to convince your ex to give you another chance; don't worry about it.

It's not the end of the world.

Now that you understand how begging, pleading or crying can cause a woman to lose respect and attraction for a man, you have learned a valuable lesson and that is a good thing.

From now on, just focus on re-sparking some of her feelings of respect and attraction for you every time you interact with her (e.g. via text, social media, on the phone, or in person) and she will begin to see you in a more positive light.

For example: The next time you're talking to her on the phone, or in person, you can laugh and say in a joking manner, *I hope you invested in Kleenex shares. With all the crying I did when we broke up, you'd be a rich woman by now if you had Kleenex shares. On a serious note I know that I overreacted and I'm sorry for putting you in a difficult position. It was silly and immature of me to cry (or beg and plead) like that, which I now realize. I should have been a man about it and I know that now.*

Will that make her say, *Oh wow! You're so mature now! let's get back together again!*

No, but it's a start.

From that point onward, you just need to continue saying and doing the types of things that will re-spark her feelings for you.

2. Promising to Change

[image: Promising to change usually doesn't stop a break up]

Another common mistake that guys make when hoping to convince a woman to give him another chance, is to promise her that he will change anything she wants.

For example: A guy might say, *I'm going to change. Whatever you want I'll do it. Just*

*give me a chance to prove it to you.*â€œ

Yet in most cases, rather than make her change her mind, this will likely annoy the woman even more. Why?

Firstly, this is probably not the first time the guy is promising her that he will change.

They will have probably had many arguments and disagreements before she broke up with him and he may have said things like, *â€œI promise to change this time. Please give me one more chance.*â€œ

Yet, clearly that never happened.

The second reason why a woman doesn't want to hear a guy's promises is because, quite often, he doesn't even know what he needs to change.

For example: A guy might be saying, *â€œI promise to take better care of you,*â€œ or *â€œI promise we'll do more things together.*â€œ

Yet, what the woman really wants him to change is his lack of purpose and direction in life, or for him to stop being insecure, clingy and needy in the relationship.

If you keep promising your ex that you will change things about yourself that she doesn't really want (e.g. she wants you to be more manly, but you're promising to treat her better), she's just going to be thinking, *â€œHe still doesn't get it. Obviously nothing has changed,*â€œ and getting her back today, or even this week will become a lot more difficult for you.

Rather than promising your ex that you will change if she gives you another chance, just focus on making her feel differently about you by completely changing the way you interact with her.

When you make some big adjustments to the way you talk to her and she then starts feeling respect, attraction and love for you again, the process of getting her back becomes a lot quicker and easier.

Even though she might not want to initially, she can stop herself from feeling like she wants to open up to you again.

She becomes intrigued and starts to wonder, *â€œWhat's going on here? Why am I feeling this way?*â€œ and suddenly wants to text you, speak with you on the phone, contact you via social media and see you in person.

3. Showing Her How Much You Care

[image: Trying to buy her love]

When a guy finds himself in the position where his girlfriend (fianc  or wife) is telling him that the relationship is over, it's only natural that he might struggle to accept that reality.

All of sudden, the woman that he loves so much doesn't want anything to do with him.

So, how can he change her mind?

Some guys make the mistake of thinking that if they show her how much they care (e.g. by buying her gifts, offering to take her on holidays, helping her financially, doing favors for her), she will change her mind because he's being so nice and helpful.

Yet, being nice and helpful doesn't make a woman feel sexual and romantic feelings for a guy that she doesn't respect.

If you want to get a woman back, you must start the process by making her feel a renewed sense of respect and attraction to the new and improved you, rather than trying to suck up to her by being Mr. Nice Guy or Mr. Generous all of a sudden.

There's nothing wrong with being good to her, but you must get her to look up to you and respect you as a man first before she will actually feel any romantic or sexual feelings in response to how well you are treating her.

If you are just being nice to her to show her how much you care, a woman will usually say something like, *â€œI appreciate that you still care about me, but I can't change how I feel. I just don't feel the same way any more. I'm sorry.â€*

4. Cut Off All Communication With Her

[image: Hopefully she will come running back if I ignore her]

When nothing else works (e.g. pleading, crying, pouring his heart out, promising to change, showing her how much he cares) a guy may then decide to cut off all communication with his ex, in the hopes that it will make her realize her mistake.

For example: A guy might stop replying to his ex's text messages, ignore her on social media, and avoid calling her up on the phone, or hanging out in any of the places that he knows she might be at.

He may think, *â€œWhen she notices that I'm missing completely from her life, she will realize how much she actually misses me. She'll see that she made a big mistake by dumping me and that no other guy can love her and take care of her the way I do. Then, when I call her up, she will be happy to hear from me, rather than telling me she doesn't care about me anymore.â€*

Yet, unless a woman is still in love with her ex, or she can't find another guy to take his place, that approach just isn't going to work. Why?

If a woman doesn't have feelings for a guy (e.g. she lost respect and attraction for him because he'd become an insecure boyfriend, fianc  or husband), suddenly not hearing from him anymore isn't going to break her heart.

In fact, if a guy has been pleading, crying, promising to change, telling her how much he loves her, and generally making a nuisance of himself around her since the break up, a woman may even feel relieved that he's stopped bothering her.

She will think, *â€œWhat a relief! I thought he would never leave me alone. Hopefully this means that he's gone forever and I can now get on with my life without him annoying me any more.â€*

This is why it's usually not a good idea to try and convince your ex how valuable you are to her, by cutting off all communication with her for more than 3 to 7 days.

Anything longer than a week of no contact and you're simply giving her more time to meet someone else and move on.

Another reason why you should act fast to get an ex back is that she might look at your no contact as meaning that you and her aren't meant to be together.

She may think, *â€œOh wellâ€œI was kind of hoping that we could work things out, but it looks like he doesn't care about me anymore. He's obviously moved on, so I'm going to do the*

same. I wonder if that cute guy at the gym still wants to go out on a date with me. I'll talk to him tonight and suggest going for a drink together and she will then try to make herself forget all about you.

So, if you want to get your ex back today, or even this week, ignoring her for a long time isn't the best way to do it.

Instead, you need to use every chance you get to interact with her to make her experience the types of emotions that feel good to her (e.g. respect, attraction, romantic feelings, sexual desire, love).

[image: Attract her over the phone, rather than trying to convince her]

After every interaction with you, she needs to be able to say to, *Wow it was actually fun hearing from my ex again. I would have never imagined that he could make me smile and laugh like that. I'm actually enjoying talking to him now. It feels good. Maybe it means that we are meant to be together. Maybe it's a sign that I should just meet up with him and see what happens.*

When you reactivate her feelings for you again, it makes her think about the negatives of your relationship in a more favorable light, because you're actively replacing her bad memories with new, more positive ones.

The new, positive feelings that she has for you creates an opening for you to then quickly guide her back into a relationship.

So, if you are serious about getting your ex back, focus on making her have feelings for you now, rather than waiting around and hoping that she redevelops feelings for on her own.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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When My Ex Came Back: 5 Real Life Examples

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 real life examples of what men did to get an ex woman back and why it worked.

1. I stopped being insecure and began to be the confident guy that she always wanted me to be. We met up, she felt attracted and then gave me another chance.

[image: Changing and improving to get her back]

Women are instinctively attracted to the emotional strength in men (e.g. confidence, masculinity, self-belief, drive and determination) and turned off by the emotional weakness (e.g. insecurity, neediness, clinginess, self-doubt).

So, when a guy is being insecure in a relationship, this comes across as emotional weakness and it turns the woman off at a deep, instinctive level.

For example: A guy might initially get lucky when he hooks up with his girlfriend (fiancée or wife).

Then, after a while, he might begin to doubt his value to her and start thinking things like, *“She’s just so beautiful. Why is she with a guy like me?”* or *“What if she meets a guy who is better looking/richer/more successful than I am?”* or *“She means everything to me. I just couldn’t live without her.”*

Without realizing it, he is actually creating his own insecurity by thinking in that way.

He’s literally adding fuel to the fire of his insecurity every time he questions his value to her and after a while, it’s a fire that gets out of control and spills out into his relationship with her.

Feeling very insecure, he might begin to focus all his energy on her and make her the centre of his world (e.g. by giving up all his friends, hobbies and other interests to be around her even more).

Some women do like it when a man has nothing else going on in his life besides her, but these women are in the minority.

The majority of women prefer to feel that although her man loves and appreciates her, he has big plans and dreams that he’s working towards in life that are independent of his relationship with her.

So, rather than his complete attention on her making her feel loved and appreciated, it causes her to feel smothered and like the guy is using her as an excuse to hide from his true potential in life.

Over time, his insecurity drives a wedge between them and the thing that he has always feared the most ends up happening; she breaks up with him.

So, how can a guy get a woman back in a case like that?

Firstly, he needs to stop focusing all his energy on how much he needs her and get to the point where he wants her back, but can live a happy and fulfilled life without her.

When a guy does that, something remarkable begins to happen.

His insecurity starts to fade away.

He becomes a more emotionally secure, emotionally mature and emotionally masculine man, which is naturally attractive to women.

Then, when he interacts with his ex again (e.g. on a phone call, or in person) and she gets a sense that he is now a confident and self-assured man (e.g. because he is now focusing on pursuing his dreams in life rather than just focusing on being with her), her feelings of respect and attraction begin to resurface.

He suddenly seems more attractive to her than he has ever before because he has grown up as a man and she feels herself drawn to the new, confident, emotionally strong man that he has become.

It feels good to her to be around him. It feels right.

So, in most cases, she gives him another chance just based on that.

Of course, not all women will give a guy another chance just because he has changed and improved.

Sometimes, a guy needs to use additional attraction and persuasion techniques (taught in my program, [Get Your Ex Back Super System](#)) to get a more stubborn, unwilling, closed off woman to open up and give him another chance.

Here is another example of how a man got his ex woman backâ€¦|

2. â€œI got her to forgive me for taking her for granted, proposed marriage to her, she said yes and we got back together.â€œ

[image: Getting her back into a relationship]

In some ex back cases, a woman has broken up with a guy because she had been waiting too long for him to take their relationship to the next level by getting engaged and then married.

So, after a guy has re-attracted her and gotten her to forgive him for taking her for granted, a woman will sometimes be ready to say, “Yes!” right away to getting engaged.

3. I improved my ability to attract her, met up with her and re-attracted her and we then got back together.

The beginning of a relationship is always the easy part, because the thrill of new love puts a shine on any problems that might be there between the two individuals.

So, even if a couple isnâ€™t fully compatible with each other, they are more likely to think, *â€œAh, weâ€™ll worry about that later,â€* while the excitement of being together is still fresh and fun.

However, if the guy is unable to deepen the love, respect and attraction that a woman feels for him over time, the relationship will almost always break up when the initial thrill of new love wears off.

After the initial buzz and excitement of being with someone new wears off, a woman is less likely to overlook the things about the guy that have been turning her off.

For example: She might begin to ask herselfâ€¦|

- Is the love between us growing stronger and deeper over time, or are we already drifting apart?
- Do I look up to him and respect him as my man, or do I look down on him because he behaves in ways that are unattractive to me (e.g. he is clingy, needy, insecure, lacks ambition, isn't able to dominate me in a loving way)?
- Do I feel loved and appreciated, or is he taking me for granted (e.g. puts me in second place in his life behind work, friends, hobbies)?
- Are we growing together as a couple, or is one of us improving and growing up while the other one is stuck at the same old level in life?
- Do we have the same dreams, goals and plans for the future (e.g. get married, start a family together), or are we going in different directions?

If she realizes that he's not the guy that she really needs him to be for the long term, a woman will gradually lose respect and attraction for him and the relationship will then begin to fall apart.

To get a woman back in a case like that, the guy has to improve his ability to attract her, and re-spark her feelings of respect and attraction for him.

He does that by making some changes and improvements to his communication style with her.

For example:

- He focuses on making her smile, laugh and feel happy to be interacting with him again.
- He reacts differently to what she says and does (e.g. if she is being cold towards him, rather than get upset about it, he remains confident).
- He shows her via his thinking, behavior and actions that he's moved past the level he was at when she broke up with him (e.g. he's more confident, he has big dreams that he's working towards, he has the same goals and plans for the future as she does).

In response to his new, attractive behavior, she naturally begins to feel more respect and attraction for him as a man, and begins to look back at the problems in the relationship from a more forgiving perspective, because he really has changed.

She then drops her guard and opens herself back up to the love in her heart. They get back together again and their love is stronger than ever before.

4. I cut off communication for 5 days, contacted her, met up with her and got the relationship back together.

Although most people have heard that *time heals all wounds*, when it comes to relationships, the longer a guy takes to contact his ex after a break up, the greater the risk is of her moving on and meeting someone else.

Most guys don't know what to do when they get broken up with, so they just give up on their woman, or they ignore her and hope that she eventually comes back.

This is one of the main reasons why some guys will spend weeks, or even months ignoring their ex.

For example: A guy might think, *Things between me and my ex have been too intense lately. She is always angry with me and has said that she never wants to see me again. Maybe if I give her enough time apart, she will eventually realize that she misses me, and then she'll come back to*

me.â□□

Yet this approach only works about 20% of the time, and usually only because the woman is still secretly in love with the guy, or is struggling to get over the pain of the break up, or because she canâ□□t find another guy.

Although some women do want their ex back after being ignored, it simply has not worked in 80% of the ex back cases that I've seen.

For this reason, when a guy cuts off communication with his ex for only 5 days and then contacts her (e.g. via text message, e-mail, on social media, or on a phone call) to arrange an in person meet up, he is a lot more likely to get her back than a guy who has been ignoring his ex for weeks, or even months.

A guy who contacts his woman within 3 to 7 days knows that the fastest way to get his ex back is by actively triggering her feelings of respect and attraction for him on the phone and in person.

He knows that if he just leaves her to move on without him, she will most likely do that and it will then be even harder to get her back.

When a guy actively makes his ex woman have feelings for him again, she then starts to wonder, *â□□ Why am I missing him all of a sudden? Why does it bother me that heâ□□s not calling me enough? Why am I worried about him meeting someone else now?â□□* and she opens back up to the idea of being in a relationship with him.

5. â□□ I made her jealous by having lots of fun with friends and partying, she saw the photos on social media and then contacted me. We met up and got back together.â□□

[image: Woman jealous that her ex is having fun without her]

When a guy gets into a relationship with a beautiful woman that he loves, he might make the mistake of neglecting the other areas in his life to focus all of his attention on her.

For example: He might stop hanging out with all his old friends, give up his hobbies and interests, and even put any career dreams on the backburner in favor of his relationship.

At the back of his mind, he might try to convince himself that heâ□□s doing the right thing by saying, *â□□ Sheâ□□s the one. Spending all my time with her and making her happy is all that matters to me.â□□*

Yet, even if his intentions are in the right place, most women will perceive that type of behavior as needy, clingy and a sign of his emotional weakness.

Although a woman wants to feel loved and appreciated by her man, she also wants to know that he has a bigger purpose in his life outside of his relationship with her.

If she realizes that heâ□□s using her as an excuse to hide from his true potential in life, she will gradually lose respect and attraction for him, and eventually she breaks up with him.

If he then understands where he went wrong, and focuses on becoming emotionally independent without her (e.g. he starts partying and having fun with friends, pursues his interests and hobbies, works towards achieving his goals) she will naturally begin to feel a renewed sense of respect and

attraction for him as a man.

She might then begin thinking, *“He’s changed so much. He’s nothing like the guy that I broke up with. I don’t like the idea of him having so much fun without me, and I definitely don’t want to lose him to some other woman now,”* and she feels herself getting jealous.

She then contacts him and they can get back together again by meeting up, reactivating old feelings, hooking up and getting a relationship started again.

However, it’s important to point out here that making a woman jealous doesn’t work is a guy is only pretending to have fun without her.

It’s very important that you don’t try to make your ex jealous if you’re secretly miserable without her, and are only posing in photos looking happy as a trick to try and get her back. Why?

All it takes for an ex woman to catch a guy out is to show some interest in him again by saying something like, *“I miss you, but it looks like you’re having a lot of fun without me, so I guess you’re over me now, right?”*

If he then admits that he is miserable about her, doesn’t want to be spending time with others and wishes he could be with her, she knows that he’s just putting on an act to get her jealous.

So, to avoid that happening, he needs to say something like, *“Yes, I’m having fun. Life has been good lately. I’d still like to catch up with you as friends though. It would be great to get a coffee and say hi one day.”*

[image: Get her on a phone call]

She will then see that he is happy and is not rushing to try to get her to meet up with him and will almost always say something like, *“Yeah, that would be nice.”*

He then just needs to arrange a meet up by saying something like, *“Well, I’m going to be busy for the next couple of days, but maybe we could arrange a quick coffee to say hi later in the week. What do you say? Maybe Thursday at 7pm or Sunday at 1pm?”*

It’s best to ask her those things on a phone call rather than a text message because when she hears your confident, masculine tone of voice over the phone, it’s much easier to make her feel attracted.

Via text, it’s just too easy for a woman to say, *“Let me think about it,”* whereas on a phone call, she’s under more pressure to just say yes and go along with it.

When You Change How She Feels Getting Her Back Becomes Easy

One thing that all of the ex back examples above have in common is that the guy changed the woman’s feelings for him.

The ex back approach with the highest success rate is where a guy actively makes his woman have feelings for him again, rather than leaving it in her hands and hoping that she misses him enough to come back.

When you trigger her feelings of respect and attraction for you, everything changes.

Her guard comes down and she opens herself up to getting back together again because being around you feels good to her.

On the other hand, if you keep saying and doing the same kinds of things that you used to do before she broke up with you (e.g. insecure questions or comments, emotionally sensitive behavior), sheâs just going to keep saying, *âI just donât have feelings for you anymore,â* and will move on.

These days, women can easily find a new guy by going out to a bar or nightclub, or by using an online dating site or app.

So, if you want your ex back, donât waste a lot of time trying to convince her to change her mind about breaking up with you.

She needs to feel a renewed sense of respect and attraction for you, based on experiencing the new and improved version of who you are right now.

If you havenât improved since the break up, then get to work on that by watching [Get Your Ex Back Super System](#) and then contact her immediately.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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How Long Should I Wait For My Ex to Come Back? 3 Case Studies

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you're wondering how long you should wait for your ex to come back, here is what happened in 3 separate case studies based on my experience helping men to get women back.

1. He waited 7 days, contacted her to meet up and they got back together.

[image: Ex back meet up]

I've heard back from many clients who've gotten a woman back after giving her anywhere from 3 to 7 days of space.

In many cases, it's good to give her the week of space so she can properly down after the break up and begin to miss you.

An example from last week was a couple in the USA. They had been together for 3 years and the woman dumped the guy because he'd become too insecure and clingy.

During the 7 days of space, he got my program ([Get Your Ex Back Super System](#)) and followed the advice and steps to transform himself into an emotionally strong man.

He wasn't perfect when he contacted his ex, but he was a lot better and his newfound confidence, emotional strength and emotional maturity made his ex feel attracted.

They chatted at the meet up and she felt attracted to the new and improved version of him, which then resulted in them hugging, kissing and then hooking up later that evening back at his place.

2. He waited 30 days, contacted her and she'd moved on.

[image: She had moved on]

I've also heard of many examples like this from clients who had heard that it was best to ignore a woman for 30 days after a break up, before contacting her and trying to get her back.

Yet, the problem in these cases is that the woman usually uses that time to move on without the guy.

In some cases, the woman really does want to get back with him, but she isn't going to make it easy for him by calling him and suggesting that they catch up.

Instead, she waits to see if he has what it takes as a man to get a woman back after a break up.

When she doesn't hear from him, she then opens herself up to other guys (e.g. at work, through friends or while out partying), has sex, experiences new love and begins to move on.

This is why I always recommend that guys only give a woman a maximum of 7 days of space.

In most ex back cases, you've got to act quickly otherwise the woman will try to get over the pain by hooking up with a new guy.

Of course, if that has already happened in your case, don't worry â€¢ you still can get her back from the new guy.

You've simply got to follow the 7-step process that I explain in my program, [Get Your Ex Back](#)

Super System and you will get another chance with her.

3. He waited 60 days, contacted her and she was unwilling to catch up.

[image: She was unwilling to meet up]

These cases are less common, but it surprises me that some guys wait that long to contact their ex and begin the ex back process.

Sometimes, a guy will ignore his ex for 60 days because he doesn't want to seem needy or pushy, while other times he will do it because he wants to hopefully teach her a lesson for dumping him.

Yet, in most cases, the woman will have plenty of time to get over the break up and even move on, so she will be less willing to catch up in person.

The guy is then stuck with only being able to text her and if he tries to get her back via text, he will usually fail at that too because she can't experience the new and improved him via text.

To properly impress and re-attract an ex woman, you have to talk to her on a phone call or in person so she can experience the changes in you.

You can't just rely on waiting for her to contact you and guide you and her back into a relationship.

Sometimes a woman does contact a guy if she hasn't heard from him for a long time, but that usually happens because:

- She's still in love with him and is struggling to forget and move on.
- She lacks experience when it comes to relationships and can't handle the pain of being broken up.
- She's struggling to find a new guy and notices (e.g. via social media or by hearing about him through friends) that he is out dating, having fun and moving on with his life without her.

However, in almost all other instances, the woman will just move on and forget all about her ex if she doesn't hear from him pretty soon after the break up.

So, if you want to get your ex back, you have to be active about it rather than being inactive and just waiting around hoping that she comes running back to you.

Waiting a Long Time For a Woman to Come Back Can Really Mess With a Guy's Confidence, Self-esteem and Happiness

[image: Wasting time waiting for ex to shown signs of interest]

Sometimes, going through a break up can really mess a guy up emotionally.

For example: When a guy gets dumped and is sitting around at home feeling lonely and depressed, it's possible that he might be thinking, *"I really must have been a pretty lousy boyfriend (fiancé or husband) for my woman to break up with me like this. What kind of guy am I? Why do women seem to react this way to me when in a relationship? I don't know what to do about this!"* I still love her and I want her back, but she doesn't want anything to do with me. Maybe if I give her some time apart, she will realize that no other guy will ever love her the way that I do and she will come back to me.

He might then spend months, and in some cases even years, waiting for his ex to come back to him. Yet, the more time passes where he doesn't hear from her, the more it eats away his confidence and self-esteem about women and relationships.

On the outside, he might go around pretending that everything is okay with him, but on the inside, not hearing from her makes him doubt himself and his attractiveness as a man.

For example: He might say to himself, *"How long should I wait for my ex to come back? I've been waiting for months now and I still haven't heard anything from her. Why isn't she calling me up? Doesn't she miss me? What's wrong with me? Am I such a terrible guy that a woman who loved me won't even give me another chance? Will she ever come back? Am I doomed to be on my own now? I only want to be with her. I can't deal with the thought of having to find a new woman, date her and go through the whole process of falling in love again. What if that woman ends up dumping me too? I just want my ex back. Yet, she doesn't want me. I've waited so long and she's not coming back. Maybe there's no chance for her and I now."*

What can happen then, is that he completely gives up on ever getting his ex back.

Instead of realizing that his best chance of making his ex come back is to actively spark her feelings of respect, attraction, and love for him when he interacts with her via text, e-mail, on social media, on a phone call and in person, he loses confidence in himself and his attractiveness to women.

What's even worse is that he may also give up on the idea of ever attracting other, beautiful women, because deep down he's likely thinking, *"My ex clearly doesn't want me back, so why would other beautiful woman be interested in me? Obviously I'm not the kind of guy that women feel attracted to. I probably should just stay on my own."*

What he doesn't realize is that women are attracted to confident men who believe in themselves and their attractiveness to women, and are turned off by insecure men who doubt themselves.

If a guy lacks self-confidence, a woman will pick up on that via his body language, the way he talks, behaves and interacts with her, and she will feel turned off by what she perceives as his emotional weakness.

On the other hand, when a guy is being confident, self-assured, determined to succeed and assertive, a woman will instinctively perceive him as being an emotionally strong man and she will naturally feel attracted to him.

Why?

Most women like the idea of being with a man who is able to have his say in the world and who will be able to take care of her, and any children they might have together.

However, when a guy is emotionally weak, he's going to lack the confidence, determination and self-belief to go after what he really wants in life (e.g. getting his ex back, beautiful women, a great career).

The fact is, a woman doesn't want to be with a guy that makes her feel like she's going to have to take care of him and protect him from the world.

For example: When a guy lacks confidence and self-esteem, it's more likely that he's going to rely on his woman for his happiness, confidence, self-esteem and sense of identity in this world.

In a relationship, he might say to her, *"I wouldn't want to live if I didn't have you. You're my everything. If you ever broke up with me, I don't think that I would want to stay alive. You are what I*

live for.

Alternatively, he might continuously ask her, *Do you still love me? You wouldn't ever leave me would you?*

Here's the thing though!

A woman wants to be with the kind of guy who can easily attract other women, but chooses to be with her because he loves her and looks at her as being the woman for him.

She doesn't want to be with him because he can't get anything else and got lucky when she gave him a chance.

When it comes to getting a relationship back together, a woman doesn't want to get back with a guy out of pity or guilt.

To ensure that you don't make her feel that way, you must be confident in your ability to attract your ex and other women if you wanted to.

Being able to attract your ex and other women makes you less dependent on your ex.

You don't feel like you need her any more. You want her, but you don't actually need her.

That is how she wants you to feel about her.

Being confident, happy and emotionally strong with or without your ex actually makes you seem more attractive to her.

So, whenever you interact with her from now, make sure that you let her see, feel and experience your confidence, self-belief and emotional strength.

The more that you do let her experience your emotional strength, the quicker you will reactivate her feelings of respect and attraction for you and the more she will feel drawn to you and want to be with you again.

It Sucks if She's Moving On While You Are Still Waiting Around For Her

[image: Don't wait around hoping that she changes her mind]

Sometimes, when a guy is waiting for his ex to come back, he might start thinking about all the things that she's up to, now that she's no longer with him.

He might then begin to wonder if she's been moving on without him, and he feels horrible about the idea of her having sex and falling in love with a new man, while he is still waiting around for her.

Unless you're saying and doing things to reactivate your ex's feelings for you, it's highly likely that she's going to be moving on without you.

You've got to be active to get her back, rather than taking the risk of waiting and just letting her move on because she doesn't see any reason to come back to you.

Even if your ex is still hoping that you and her will get back together again, if she doesn't hear from you for weeks or months, she may just think, *Oh well! It looks like he wasn't as in love with me as I thought he was. I guess we aren't meant to be together then. He obviously got over me pretty quickly because I haven't heard from him in such a long time. I guess I'm going to have to forget about him and move on with my life.*

When she starts thinking that way, she begins to disconnect from her feelings for you and before long the thing youâve been fearing the most (i.e. her having sex and falling in love with a new man) becomes a reality.

Thatâs not what you want.

You want her back, but you canât count on her coming back on her own without you actually doing anything to reactivate her feelings of respect and attraction for you.

So, donât waste a lot of time torturing yourself with images of her happy and in love with some other guy, while youâre sitting at home alone waiting for her to come back.

Instead, use every opportunity you get to interact with her (e.g. via text, on social media, over the phone, in person) to make her have SOME feelings for you again.

When you focus on making her smile, laugh and feel happy to be interacting with you, itâs much less likely that she is going to want to move on and completely forget about giving you another chance.

The more you renew her feelings of respect and attraction for you, the more she will be thinking, *âWhy am I feeling this way now? I really thought that I was over my ex, but now Iâm not sure. I actually enjoy talking to him now, and if he doesnât call me for a few days I actually miss him too. Why am I suddenly afraid of losing him, even though weâre broken up and he can date anyone else he wants? What should I do?â*

Making her feel that way is the easiest, fastest way to get an ex back.

However, thatâs not going to happen if all youâre doing right now is sitting and waiting for her to come back.

So, stop worrying about what sheâs doing and start interacting with her and making her feel respect and attraction for you again.

When you trigger her feelings of attraction for you again, she stops focusing on how bad things used to be between you and her, and she begins to feel drawn to you in a whole new and exciting way.

She canât stop herself from wanting to interact with you via text, on the phone and in person, even though she might previously have thought that she was ready to move on.

[image: Get her back by reactivating her feelings]

From there, you can build on that spark of attraction and make her want to come back to you.

On the other hand, if you keep waiting for her to come back on her own, itâs highly likely that she will soon be having sex and falling in love with someone else who is actually triggering her feelings of attraction.

Important: If You Havenât Improved Your Ability to Attract Her, Sheâs Not Going to Feel Anything New For You

Quite often, months and even years can pass by in a guyâs life where he is waiting for his ex to come back.

When he eventually interacts with her again (e.g. because he happens to bump into her somewhere, he plucks up the courage to call her) and has a chance to re-attract her, he has to be ready to make it

happen.

If he hasn't improved his ability to attract her (e.g. he just talks to her in a nice, friendly way and doesn't even actively create a spark by flirting with her, being charismatic, being confident and charming), she's not going to feel much or anything for him other than friendly feelings or worse, she might ask him to leave the past in the past.

If you don't want that to happen to you when you next interact with your ex, you need to do 2 things:

1. Contact your ex (e.g. via text, on social media, on a phone call) and get her to meet up with you so that you can re-spark her feelings of respect and attraction for you.
2. Make sure that you develop your ability to attract her, by improving on the things that caused her to break up with you in the first place.

For example: If a guy got dumped because he was too insecure, controlling and jealous in the relationship, he needs to show his ex that he's now confident, emotionally independent, emotionally mature and now fully believes in his value to her.

No matter how much his ex tries to test him (e.g. by being cold and indifferent towards him when they interact, flirting with other guys to get under his skin), he needs to remain calm and relaxed to show her that he really has changed.

Don't Wait Until it's Too Late

To get a woman back, you need to take action now to reactivate her feelings for you, rather than waiting and hoping that she comes back on her own.

So, don't waste another day hoping that she comes back on her own.

Just pick up the phone and call her.

[image: Get her on a phone call]

On a phone call, you need to make her feel respect and attraction for you (e.g. by making her smile, laugh and feel happy) and then arrange a meet up.

From that moment on, you've got to continue saying and doing the types of things that are going to keep turning her feelings on for you (e.g. be confident and self-assured, make her feel feminine and girly in contrast to your masculinity, be charming and charismatic), rather than saying and doing the types of things that were turning her off in the past, or that have been turning her off since the break up (e.g. begging, pleading, promising to change, apologizing excessively).

When you interact with her in ways that spark her feelings, everything changes.

The process of getting your ex back then becomes very easy.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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My Ex is Confused and Doesn't Know if She Wants to Be With Me or Not

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 reasons why your ex might be confused and not know if she wants to be with you or not:

1. She Loves You, But Isn't in Love With You Because You're Not Giving Her the Attraction Experience That She Wants

[image: Not getting the attraction experience that she wants]

To maintain a woman's feelings of attraction and love and to make her feel like a real woman in a relationship, you need to make her feel girly and feminine in comparison to your masculinity.

A mistake that many guys make in a relationship is to treat their woman more like a friend, rather than treating her like a feminine woman that they feel sexually attracted to and aroused by.

When in a relationship, treating a woman like a friend doesn't make her feel like a real woman (i.e. feminine, girly, free to be emotional like a woman).

The less feminine and girly a woman that feels in her man's presence, the more she will disconnect from her feelings of sexual attraction for him, because they will feel more like friends than anything else.

Without attraction, she might then begin to focus on the things that she doesn't like about him and start to nag, pick fights and distance herself from him.

So, even if a woman likes her guy as a friend, if she's not getting the attraction experience she wants from him (i.e. he's not making her feel feminine, girly and sexually attracted), she will eventually break up with him.

Unlike in the past where a woman would stay with a man for life regardless of how bad she felt, in today's world, a woman is free to leave any time she chooses if she isn't feeling the way she wants to feel (i.e. feminine and girly, able to look up to and respect her man, sexually attracted).

If your ex is saying, *"I'm confused. I don't know if I want to be with you or not,"* it could be because she hasn't been feeling the way that she really wants to feel in a relationship.

However, you can change how she feels by making some adjustments to the way you interact with her from this point onwards.

When you change the way you interact with her in a way that makes her feel respect and attraction for you again (e.g. make her smile and laugh, feel feminine and girly), then her feelings will also change.

She then starts to think, *"I feel good when I talk to my ex or spend time with him now. I enjoy his company and I'm starting to hate the idea of him meeting a new woman and moving on. Maybe it's a good idea to get back together again just for a bit to see how it goes."*

However, if you continue to make her feel like a neutral friend in your presence, she will just keep saying things like, *"I don't know what I want. I'm confused. I'm just not that into you"*

*anymore. Maybe we're better off as friends. I don't know. Maybe I need time to think about this.*â□□

2. She Doesn't Like Who She is in Her Relationship With You

[image: She doesn't like who she is when she is with you]

The love between a man and a woman is something that needs to be taken care of, nourished and deepened over time.

However, sometimes a guy can behave in ways that cause a woman to lose respect for him, and make her react in ways that she doesnâ□□t like.

For example: If a guy doesn't follow through on his promises again and again, it might cause his woman to become angry, argumentative and even aggressive towards him.

Naturally, if not following through on his promise is a once off thing, then it wonâ□□t really matter that much to her, but if he is in the habit of letting her down all the time, she will begin to resent coming across as an angry, aggressive woman.

Alternatively, a guy might be very insecure in the relationship with his girlfriend (fiancÃ© or wife) to the point where he becomes overly protective, clingy and suspicious of her, and he might even forbid her to see any of her friends.

She might then react by becoming secretive and having to lie about her whereabouts, which is something that she doesnâ□□t like doing.

Another example is when a guy is using his relationship as an excuse to hide from his true potential in life.

He has dreams and ambitions, but is either too lazy or too afraid (of failure) to follow through on them.

When this happens, a woman might say, *â□□ Why are you always watching TV or playing video games? Why donâ□□t you do something with your life?*â□□ as a way of motivating him.

Yet, over time, she begins to feel like all sheâ□□s doing in the relationship is nagging him and complaining.

It stresses her out and when she sees how happy her friends are with their men, she begins to wonder why she has been trying so hard to make it work with a guy who doesn't even yet know how to be a man.

3. She Doesn't Believe That You Can Change

[image: She doesn't believe that you can change]

Often, when a guy realizes that his girlfriend (fiancÃ© or wife) is feeling unhappy in the relationship, he will then start making promises to stop her from breaking up with him.

For example: A guy might say, *â□□ Please baby, donâ□□t break up with me. I love you. I promise to change. Whatever it is that you want me to do, Iâ□□ll do it. Just give me one more chance. Believe me, I will change this time, I promise.*â□□

Initially, a woman might think to herself, *â□□ Okay, Iâ□□ll give him one more chance. However, he*

better make some drastic changes fast, or else I'm leaving this time.

Then, if he doesn't follow through on his promise to change, she will break up with him.

He might then start his pleading with her all over again (e.g. *I promise this time I'm really going to change, just give me one more chance*), but by that stage the woman probably doesn't believe that he can change.

He's already made promises to her that he hasn't kept, and it's likely that he doesn't even know what she really wants him to change and he's hoping that she will tell him.

However, a woman doesn't want to be a man's teacher in life.

She doesn't want to have to take him by the hand and lead him through the steps of being the man that she needs him to be.

Instead of becoming his life long teacher about manhood, she'll simply break up with him by saying something like, *I just don't feel the same way anymore. I need time apart to figure out if I want to be with you or not.*

So, the first step to getting your ex's respect and attraction back is to fully understand the real, more subtle reasons why she broke up with you.

Then, the next time you interact with her (e.g. on a phone call, or in person) she will be able to notice via the way you interact with her that you truly understand where you went wrong and are no longer the same guy that she broke up with.

When she experiences the new you, it makes her drop her guard and feel more open and even happy to be interacting with you again, because she feels that you've actually made the effort to see things from her point of view.

4. She Thinks That it Might Be More Fun to Be Single Than to Be With You

There are several reasons why a woman will feel that it's better for her to be single than to be in a relationship with a guy.

For example: Some possible reasons could be because

- The relationship has fallen into a rut, and they have gotten into a boring routine as a couple.
- They haven't done anything new and exciting together for a long time.
- He has been taking her for granted and he expects her to stick around just because of what they had in the beginning, even though the relationship hasn't felt good to her for a while.
- He hasn't been able to give her the type of sexual experience she was hoping to have with him.
- He stopped saying and doing the types of things that made her feel attracted to him in the first place.
- She thinks that she's too young to settle down and is jealous of her friends who are enjoying the single life. Yet, if she was happy in a relationship, she wouldn't be worried about that.

Here's what you always need to remember about relationships with women in today's world!
Just because things felt great between you and her at the start of your relationship, it doesn't

mean that she will be willing to stick around for life in a relationship that has lost its spark.

To get her to stop feeling confused about whether she wants to be with you or not, you have to actively spark her feelings of respect and attraction again (e.g. by making her smile, laugh, and feel happy when she's interacting with you).

When she feels more attracted to you than she ever has before, because you are now making her feel attracted in new and exciting ways, she will realize that her love for you is stronger than she ever thought and she will look forward to being your girl once again.

5. You Have Given Her Too Much Power Over You and She No Longer Respects You Enough as Her Man

[image: You have given her too much power]

Sometimes, a guy cares about a woman so much that he mistakenly thinks that if he lets her have whatever she wants, make all the decisions and basically boss him around, she will be happy and will want to stay with him for life.

However, the reality is that although a woman might enjoy wearing the pants for a while, if she feels like she's more dominant than her guy in the relationship, she will eventually lose respect and attraction for him.

She will begin to wonder, "What did I ever see in him? He's always letting me push him around and he never stands up to me, even when I'm intentionally being bitchy to him. He's such a wimp. I need a stronger man than this. I don't feel safe with him. He's too easy to push around. This just doesn't feel right to me any more. I've got to leave him and find a better man."

If a woman doesn't feel like the guy that she is with is an emotionally strong man who she can look up to and respect, she will have no reason to stay with him for long.

A woman will usually give a guy like that plenty of warnings by telling him to man up and stop being so sensitive, but if he doesn't change, she will just cut her losses and leave.

3 Mistakes That Will Make Her Not Want to Get Back With You

If you want your ex to come back, you have to show her (via your actions and behavior) that you are now the sort of man she can look up to, depend on, respect and feel attracted to.

However, you're not going to be able to fully get her respect and attraction back if you make any of these mistakes!

1. Trying to get her to see that the relationship is worth fighting for.

When a woman is telling her ex, *"I don't know if I want to be with you or not,"* he might try to convince her by reminding her of what they had together.

For example: He might say, *"I know that you're feeling confused right now because you keep thinking about the fights we had, but, if you will just focus on all the good times for a minute, you*

will see that things weren't that bad between us. We had some great times, and we can have more if you only give us another chance. Please don't let our love die. We can make this work.

Yet, although what he is saying is true, she's not going to be looking at it in the same way as him if he hasn't even reactivated her feelings (e.g. respect, attraction and love) for him first.

Instead, she will likely be thinking, *'You're right, we did have some great times together. However, that changed a long time ago when we started fighting and arguing all the time. You became a completely different guy than the guy I met and you are still that guy. Why would I want to go back to that?'*

If you want your ex back, don't waste a lot of time trying to convince you're her by bringing up the good times you shared together in the past.

Instead, focus on renewing her feelings of respect and attraction based on who you are right now.

She needs to be able to feel attracted to the man you are today, not to the guy you used to be a long time ago before things went sour between you and her.

2. Giving her random reasons to consider giving the relationship another chance.

Sometimes, a guy will say whatever he can to convince his girlfriend (fiancée or wife) to give him another chance, even if it means trying to make her feel pity or guilt.

For example: A man might say, *'I love you. If you leave me I'll be lost without you. I'll never be able to find another woman like you,'* or *'What about all the plans we made together? We were going to travel the world/buy a house/have a baby? How can you just forget about all that?'*

Although from his point of view, these are all good reasons to stay together, the fact is that most women just don't want to stay with a guy out of a sense of guilt.

A woman wants to be with a guy because she loves him and because it feels good to be in a relationship with him, not because she feels pity or guilt.

If a woman feels like she's doing him a favor by staying with him, she will grow tired very quickly and when she sees that nothing has really changed about him, she will lose even more respect and attraction for him and it will then become more difficult to get her back.

3. Trying too hard to show how much you care to the point of being desperate, which then turns her off.

[image: Please...I will do anything!]

If a woman says to a guy, *'I don't know how I feel about you anymore. I'm not sure if I want us to be together or not,'* he might decide that the only way to convince her that they were meant to be together is by repeatedly telling her how much she means to him.

He might then say to her, *'I know that you're not sure if you want to be with me or not, but that's because you don't understand how much I love you. When you realize that no other guy can love you the way I do, you will change your mind. All I ask is for you to focus on my love for you, and then give me a chance to show you that things can be different between us. If you ever loved me as much as I still love you, you would give us another chance. Please baby, we can fix this. You*

*mean everything to me. There is nothing that I wouldn't do for you. I would die for you. I would do anything. Please, just open your eyes and realize that I am the one for you. I love you more than anything else in the world.*â€œ

Yet, hereâ€™s the thingâ€¦!

The love between a man and a woman has to be mutual, otherwise she won't care how much he cares for her.

If she has pushed her feelings of love, respect and attraction into the background because of how much he has turned her off, sheâ€™s not going to care that much (or at all) that heâ€™s still in love with her.

Instead, sheâ€™s likely going to be saying something like, *â€œLook, I accept that you still love me, but I don't feel the same way about you. Please just give me some space to figure things out. I need to be on my own for a while.*â€œ

If he then starts pleading with her, begging her to reconsider and pressuring her every chance he gets, she will begin to feel even more turned off by his desperation because women are turned off by the emotional weakness (e.g. self-doubt, insecurity, desperation) in men.

Women are attracted to the emotional strength in men (e.g. confidence, determination, self-belief).

So, if you want your ex back, don't waste time pleading and telling her how much you still love her, because if sheâ€™s not feeling a lot of respect and attraction for you right now, itâ€™s just not going to matter to her.

You Can Help Her Decide What She Wants

If your ex is confused and doesn't know if she wants to be with you or not, itâ€™s mainly because haven't sparked her feelings of attraction for you yet.

When you focus on using every interaction that you have with her (e.g. via text, social media, over the phone, or in person) to re-spark her feelings of respect and attraction for you, her confusion will go away and she will be able to see that you and her can be together.

Then, rather than push you away by saying things like, *â€œI'm not sure if I still want to be with you,*â€œ she won't be able to help herself from feeling drawn to you again.

She will begin thinking, *â€œI'm not as happy as I thought I would be without my ex. I think that I'm feeling a lot clearer about what I want now. Well, at least I feel like I should be with him. Maybe we should give our relationship another chance.*â€œ

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to

gain free, instant access!

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Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Giving Your Ex Space When She Asks For it

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your ex asks for space, give her 3 to 7 days where both you and her cut off all communication.

Then, contact her via text or on the phone to create a spark and reactivate her feelings for you again.

When you interact with her, try to get her to meet up with you in person.

If she still says something like, *â€œIt's only been a week. I still need more time to figure things out,â€œ* or *â€œYouâ€™re not giving me enough space,â€œ* tell her that you will call her in a week and try to arrange a time to catch up.

You can say something like, *â€œOkay, no problem if you need more space, I am happy to give that to you. Iâ€™ll call you again in a weekâ€™s time to say hello, or goodbye, if thatâ€™s what you really want.â€œ*

That way, youâ€™re still giving her the space she asked for and are also making it clear to her that youâ€™re not pushing her to make a decision about the relationship right now.

After a week, contact her via a phone call (not text) and get her laughing and smiling when you call.

For example: Rather than call her up and say something like, *â€œHiâ€œ* | *well, I said that Iâ€™d call in a week so here I am. What have you decided about us?â€œ* which will likely only make her respond by saying, *â€œI need more time,â€œ* or give her a chance to tell you that itâ€™s over, focus on making her smile from the get go.

In a joking manner you can say to her, *â€œHeyâ€œ* | *how you are going? Well, we said we would speak for a week, so that has passed. I'm outside your front door and ready to have some coffee.â€œ*

She will most likely respond by sounding quite shocked and she may say, *â€œWhat are you talking about? Why are you here at my house? Iâ€™m not ready to see you yet!â€œ*

[image: Get a woman back via phone]

You can then laugh and say, *â€œNo, Iâ€™m not at your door yet, but Iâ€™ll be arriving in the next 15 minutesâ€œ* | *that way you have enough time to fix your hair and put on some lipstick.â€œ*

Then laugh again and say, *â€œJust kidding. Iâ€™m not on my way. You know that I wouldn't do something like that. We agreed to have some space. Anyway, so how are you?â€œ*

She will then most likely laugh about getting caught out with your joke and begin to wonder about your sudden change in attitude.

She will feel curious about your newfound ability to remain confident and relaxed regardless of the situation (i.e. her asking you for space), and she will naturally begin to feel some respect and attraction for you again.

When experiences a transformation of her perception of you in this way, she then begins to opens up to the idea of meeting up in person to see what else is different about you.

From there, just get her to meet up with you and make her feel a strong, renewed sense of respect and attraction by continuing to say and do the types of things that are attractive to her.

Once you do that, you just need to continue going through the rest of the quick ex back process to fully get her back into a relationship with you.

Don't Let Fear Stop You From Getting Her to Meet Up With You

[image: What if she doesn't want to see me?]

Sometimes, a woman won't instantly agree to a meet up with her ex after a break up, especially if she has asked for space because the guy has been clingy, needy and possessive.

For example: She might say something like, *I'm not ready to see you again,* or *Why should we meet up in person? What's the point when we can say whatever needs to be said over the phone.*

When this happens, a lot of guys lose hope that they won't be able to re-attract their ex in person.

A guy will begin to assume that just because she's not jumping at the idea of getting together, she's likely made her decision to stay broken up.

He might then just stop asking her for a meet up, because he's afraid of coming across as being too pushy or needy.

He may then try to justify his decision to back off by thinking, *Well, at least she's talking to me on the phone. That's not so bad. As long as she's still willing to talk to me, there's still a chance that she will eventually want to see me again when she feels ready.*

Yet, in most cases, the more time that a woman has apart from her ex, the more time she has to get over him and move on with someone else.

So, don't ever think that pushing for a meet up is a bad thing.

It's not needy or wrong to secure a mature, emotionally rational and friendly meet up, as long as you are being loving, light-hearted and good to her on the phone and in person.

What usually makes a woman refuse to meet up with her ex when he asks is because he is behaving in ways that are unattractive to her.

For example: A guy might

- **Demand that she meet up with him.**

Sometimes, when a guy asks his ex for a meet up and she keeps refusing and saying, *I'm just not ready to see you yet. I need more time,* he might respond by getting annoyed.

He may start shouting and saying things like, *How can you say you're not ready to see me yet? I've already given you enough space, how much more time do you need?! Why won't you meet up with me? I'm not going to take no for an answer you know?! You have to meet up with me. You owe me that much. Stop being so stubborn about this. What happened to the loving girl that I used to know? You are better than this. Just have some heart and meet up with me once.*

Usually, the guy is only reacting like that because he's afraid that if she won't agree to seeing him face-to-face now, he will lose her forever.

So, when she's pushing him away and refusing to meet up with him, he may be thinking, *She doesn't want to see me because she doesn't want to get back together again,* or even, *What if she's met someone else? Could that be the reason why she isn't willing to see me?*

However, a guy getting annoyed, or angry and making demands on a woman who has already asked him for space, is not a good idea. Why?

When a woman doesn't feel a lot of respect, attraction and love for a guy after a break up, rather than realize that he's only lashing out at her because of his fear of losing her, she will likely think, *âWell, I see that nothing has really changed about him! He's still the same guy I left trying to push me around and control me, getting angry, demanding and wanting things his way. He still doesn't care about my feelings and what I want. If I hadn't made up my mind about getting back together with him before, this little outburst of his had definitely made things clear to me. I need to keep my distance from him, otherwise I don't know how angry he might get and if I would even be safe around him any more.â*

It's a fact of modern life that a woman is not a man's property.

[image: A woman is not a man's property]

A modern woman can choose whether or not she wants to meet up with her ex or be in a relationship with him.

So, pushing her and making demands is not what's going to make your ex change her mind about meeting up with you.

What you need to do instead is focus on making her feel attracted and happy to be talking to you on the phone, so that she will then be the one asking you for a meet up, because the idea of seeing you again fills her with excitement and enjoyable curiosity.

- **Act needy or desperate.**

Whilst some guys react by becoming demanding and aggressive when a woman says that she doesn't want to meet up, other guys might react in needy or desperate ways.

For example: A needy, desperate guy might say, *âI can't deal with the pain of waiting to see you again. It hurts so much to not see you. Please baby, I need you. I can't live like this much longer. My life is empty without you. I don't see the point in living or doing anything unless I have you. Please, let's just work things out and get back to the way things used to be between us.â*

Yet, rather than melt a woman's heart and make her think, *âWhy am I doing this to him? He's such a sweet guy and he loves me so much. I'm just being cold and heartless here,â* she will likely be thinking, *âThe way that things used to be between us was a horrible experience for me. You might have been happy, but I wasn't. Clearly you don't even know what you've been doing wrong to have turned me off all this time. You're still the same needy, insecure guy, yet you want me to meet up with you and give you another chance. No way!â*

So, in response to his neediness, she will likely just keep pushing him away by saying, *âI just need more time apart. I need space. I will meet up with you later, but not now. I think I need another month to think things through.â*

Yet, secretly, she will be trying to find a confident guy to replace him with, so she can then say, *âSorry, I am in love with someone else now. He doesn't want you contacting me. Please respect that and leave us alone.â*

- **Plead with her to tell him why she won't meet up with him.**

When a guy is trying to meet up with his ex and she keeps saying, *â€œNo, it's natural that he will want to know why.*

He might then start pleading with her and asking, *â€œWhy won't you meet up with me? Please just tell me what you want and I'll do it. I really want to see you. Just tell me why you won't meet up with me. I will fix whatever it is that you want. Just tell me. Give me something to work with here. Please!*

However, in most cases, a woman isn't going to explain her reasons to him. Why?

Basically, if the guy hasn't been doing anything to renew her feelings of respect and attraction again, she's simply not going to want to see him.

He will have feelings for her, but she won't have any feelings for him, so there will be no motivation for her to want to meet up with.

Of course, she's usually not going to tell him that, because a woman doesn't want to be a guy's teacher in life about how to be a man and how to have a successful relationship.

She doesn't want to take him by the hand and guide him through the steps of what it takes to be the kind of man that is attractive to her.

So, by pleading with her to explain why she doesn't want to meet up with him, the guy is essentially telling her that he's unable to work it out how to be a man by himself.

and that is a huge turn off to a woman, especially after a break up.

How to Get Her to Meet Up With You

[image: How to get her to meet up with you]

If you keep giving your ex space and waiting for her to give you the *â€œgo ahead* when she's ready to talk to you again, you could end up waiting forever, while she happily moves on with her life without you.

If you want her back ASAP, it's up to you to make it happen.

So, here is how to get her to agree to a meet up with you!

Call your ex up on the phone.

If you're not sure if she will talk to you, just call her and if she doesn't answer, send her a text saying something like, *â€œHey Lucy – I tried to call you because there's something important that I want to ask you over the phone. Don't worry, it's just a quick question. Anyway, it seems that you're busy at the moment, so I'll try again some other time.*

In most cases, the woman will either call back, or text you back a reply to ask what you want.

Whatever the case, just get her on a phone call.

Then, when you get her on the phone, you've got to make her feel a renewed sense of respect and attraction for you by making her laugh and feel good.

If she still says that she doesn't want to meet up with you, you can say something along the lines of, *â€œI just want to catch up with you for a quick coffee as a friend. All I'm asking for is that we get together for a quick cup of coffee, or a quick bite to eat to say hello as friends. If you don't want to do that, we can get together and say a simple goodbye to each other and then never*

talk to each other again. That's fine with me if that's what you want.

In most cases, a woman will usually agree because she will be able to see it as an opportunity to get closure.

Of course, getting her to agree to a meet up is only the beginning of getting her back.

When you meet up with her in person, you must to get her to experience the new and improved version of you, so she can see that you really have changed.

When you actively make her have some feelings (e.g. respect, attraction and love) for you again, she will start to relax her guard and open back up to you.

Even if her intention to meet up with you was to say goodbye, after a while she will begin to think, *I know that I came here to tell my ex that it's really over between us, but I'm not so sure about that anymore. He really has changed. I feel differently when I'm around him now. I feel happy. It's fun to be talking to him again. Maybe we should see each other again.*

That's what you want her to be thinking and feeling.

So, don't waste another day giving your ex space because she asked for it.

If you've been waiting for longer than 3 to 7 days, you don't have any more time to lose.

Don't waste another day hoping the giving her more space will solve the problems between you.

What you need to do is actively make her have feelings for you again by interacting with her on a phone call and in person.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

My Ex Girlfriend Wants Her Stuff Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

When she asks for her stuff back, you should use the opportunity as a way to create a more positive dynamic between you and her by joking about her stuff.

You can say, *“Your stuff? Sorry, I already sold all of it to a pawn shop and the rest I gave to charity.”* and then let her feel shocked for a couple of seconds and say, *“Only kidding. It’s all here. I’ll help you box it up if you like to make it easier for you.”*

Why joke about her stuff like that?

By not being so serious about the process, it takes the tension away from what could be a very uncomfortable, stressful time.

If you had been needy, insecure or clingy leading up to the break up and during it, using humor also lets your ex girlfriend see that you are not the same old insecure guy that she broke up with.

Remember that your ex might be feeling quite nervous about asking you for her stuff back.

She might be wondering, *“How is he going to react? Is he going to get angry and make a scene when I try to get my stuff out? Are we going to have a huge fight about it? Will I need to get someone to come along with me for protection?”*

So, when you make a light-hearted joke and even offer to help her box up her stuff to make it easier for her, she can then relax and go through with the process without worrying so much.

She will then start to wonder, *“Hmmm, that’s weird. I thought he would go crazy, but he’s being so nice and he’s even making jokes about it. What’s going on? Could he really have changed that fast? I like how he is behaving now.”* I wonder what he will be like in person and her defenses start to come down a little bit.

Even if she tries to convince herself that you’re still the same guy that she broke up with, at the back of her mind she will be wondering why you’re not behaving in the ways she’s expecting you to (e.g. getting angry or upset, begging her to change her mind, trying to stop her from fetching her stuff) and she won’t be able to help herself from feeling drawn to you.

So, just let her have her stuff.

Holding onto it isn’t going to make her change her mind, unless she is still undecided about breaking up with you.

If she is certain that she wants out of the relationship at the moment, then be helpful and let her move her stuff out, rather than trying to hold her back.

Just focus on making her feel attracted to you whenever you interact with her from now on and the relationship will not be over.

You will definitely have a chance to get her back, but don’t try to do that by holding onto her stuff.

Remember: Everything that you say and do from this point onwards is either going to be sparking her feelings of respect and attraction for you, or it’s going to be turning her off and confirming to her that she made the right decision by breaking up with you.

4 Mistakes to Avoid Making at This Crucial Time

Right now, you're probably feeling a bit worried about your ex girlfriend wanting her stuff back. At this point, a guy might think, *"If she takes all her stuff, then whatever we had is truly over because there's nothing binding her to me anymore. She can forget all about me and find another guy" or, "If she takes all her stuff, I won't have any excuses to talk to her anymore. She can then refuse to see me or take my calls and there will be nothing that I can do about it."*

Naturally, it's hard not to panic when your ex girlfriend asks for her stuff back, but you love her and still want to be with her.

However, your actions right now will determine whether the process of getting her back is going to be easy or difficult.

This is why it's important that your words and actions are attracting her to you, and not turning her off.

So, if you're unsure about what types of behaviors will push her away from you even more, here are 4 mistakes to avoid making:

1. Helping her move out, but not using those interactions as a way to spark some feelings of respect and attraction.

[image: Not using the interactions to re-attract her]

Sometimes, when a relationship gets to the point where a woman is asking for her stuff back, a guy might make the mistake of giving up on believing that there's still something he can do to change her mind.

Yet that's where he's wrong.

As long as a guy is still interacting with a woman in person or on phone calls, he can spark her feelings of respect and attraction for him, and make her re-connect with the love that she used to feel for him.

However, if a woman arrives at her ex's house to pick up her stuff, and he just stands around moping and looking depressed, he's not using the interaction to reactivate her feelings for him.

He might even make the mistake of begging and pleading with her, by saying things like, *"I'm so sorry for everything. Please don't take your stuff. I beg you! Let's try to work things out. I promise that I will change. Just tell me what you want me to do and I'll do it. I can't live without you. Please baby! Give me one more chance."*

Yet, that type of emotionally weak, needy behavior is not attractive to women.

Women are instinctively attracted to the emotional strength in men (e.g. confidence, masculinity, the ability to handle stressful situations) and turned off by emotional weakness (e.g. insecurity, neediness, an inability to handle difficulties in his life).

So, when a guy is begging, pleading, pouring out his heart and promising her the world, rather than feel flattered and think, *"Wow, that's so sweet! My ex must really care about me. Maybe I've been too quick to move out and I should stop and give him another chance,"* a woman is likely to feel even more turned off by him and what she perceives as his emotional weakness.

If you want to get your ex girlfriend back, you have to show her that youâre not the guy she broke up with.

You need to use every interaction you have with her (even when helping her pack up her stuff) to create feelings of respect and attraction in her.

You can do that by making her smile, laugh and feel good to be around you.

You can take a difficult situation (i.e. her picking up her stuff) and turn it into an interaction that will stick in her mind (in a positive way) for days after.

When you joke around with her, tease her and make her feel relaxed and happy to be around you, rather than feel happy to have her stuff back, she may begin to wonder, *âDid I make the right decision? Am I being too hasty about ending things with my ex? Maybe I should just wait a while and see what happens. Maybe I should leave a few things here, so I have an excuse to come back and see him again.â*

That is what you want.

So donât worry about your ex girlfriend wanting her stuff back right now.

Instead, just focus on saying and doing the types of things that actively spark her feelings of respect and attraction for you.

That is what is going to make her see you in a more positive light and bring her guard down.

2. Feeling betrayed because you and her used to talk about staying together forever.

[image: But you promised that we would be together forever]

Itâs only natural that a guy might be feeling shocked, hurt and even betrayed if he had always imagined himself and his girlfriend living together happily ever after.

In some cases, a guy might even feel a little bit angry about what he believes his ex girlfriend is doing to him.

So, when she asks him for her stuff back, he might lash out at her by saying something like, *âHow could you do this to me? Where is your loyalty? What about all the good times we shared? Are you just going to throw everything away? After everything Iâve done for you, youâre just going to give up on us just like this? What about all the promises that we made to love each other no matter what? Iâve kept my side of that promise. The least you can do is give me another chance here.â*

Yet, hereâs the thingâ!

Being in a relationship is a choice that two individuals make independently of each other.

A woman is not a manâs property, and he is not her property.

Unlike in the past where a woman had no say in who she could marry, and then had to stay with her husband regardless of how miserable she felt, or how badly he treated her, todayâs women can break up with a guy if he stops making her feel the way that she wants to feel.

So, feeling as though you are entitled to your girlfriend, or that she should stay with you because of what youâve done for her, isnât a good enough reason for her to stay.

A woman will stay with a man because she chooses to stay with him and not because she feels obligated to do so.

If you want to get your ex girlfriend back, you can't force her back by making her feel guilty about the promises she made to you in the past.

You have to actively re-spark her feelings of respect and attraction for you every time you interact with her (e.g. via text messages, e-mail, on social media, on a phone call, or in person) and start building a new relationship with her on a clean slate.

When you re-spark some of her feelings for you, the negative things about your relationship begin to fade into the background and instead of thinking about how much you hurt her, she begins to wonder, "What's going on with my ex? He's so different now! What's changed? I actually enjoy being around him again," and her guard begins to come down.

3. Feeling like holding onto her stuff will somehow change how she feels.

[image: Maybe holding onto her stuff for a bit longer will change how she feels about the break up]

When a guy is feeling desperate to get his ex to listen to him and give him a second chance, he might try to hold on to her stuff as a way of making her change her mind.

For example: He might say something like, *"Why don't you wait for a while before you take your things? Maybe we can work things out between us. I'm not ready to let you go yet. Please just give me another chance. I still love you."*

Sometimes a guy might even refuse to give his ex her things back.

He might say, *"I'm not giving you anything back until you at least give me a chance to explain. I know that we can work things out between us if you'll just listen to me. Just give me a chance to show you that things can be different between us."*

Yet, a guy trying to convince his ex to give him another chance is not going to work if she's disconnected from her feelings of respect, attraction and love for him.

She's just going to see it as yet another thing that she doesn't like about who he has become.

Holding onto her stuff is a tactic that can work if the woman is secretly still in love with the guy and is hoping for a reconciliation, but if she has reached the point where she's saying, *"I want my stuff back! It's over between us,"* trying to force her to change her mind is simply not going to work.

So, rather than potentially destroy more of her feelings for you by refusing to give her back her stuff, use the interaction to rebuild her feelings for you instead.

Like the example mentioned earlier in the article, just focus on making her smile, laugh and feel good to be around you.

When you make a woman feel good in your presence, she can't hold on to her negative feelings about you.

Instead, she starts to relax and then opens herself up to the idea that maybe you're not the bad guy that she's made you out to be after all.

She then becomes more willing to interact with you and see where it leads.

From there, you just need to continue saying and doing the types of things that will break down the walls she has built around her heart, and make her reconnect with the love for you that is still there inside of her.

4. Perceiving her moving her stuff out as meaning that you can never, ever get back together.

[image: Does this mean that we are finished forever?]

Seeing your ex girlfriend move her stuff out might feel like the end, but it doesn't have to be. Rather than think of it like a final ending, think of it in terms of a chance to start the relationship afresh in a new way.

By moving out, you and your ex girlfriend can start a new relationship again with a clean slate (e.g. as friends).

Watch this video to understand how that would work!

When she moves her stuff out, both of you can put all the negative issues from the past behind you and get to know each other in a new and more positive way.

It's not the end.

You can re-attract her and get another chance.

You've got to have confidence in yourself that you can do it.

When a woman is currently saying, *I don't have feelings for you anymore. I just want my stuff back so that I can move on with my life,* some guys tend to lose confidence in themselves and in their ability to attract her back.

For example: A guy might say to himself, *Taking back her stuff seems very final. After this point, there's nothing stopping her from meeting someone else and moving on. I've really messed things up and now it's just too late to make her change her mind. Once she takes her stuff out, we are finished forever.*

Yet, thinking like that isn't going to get her back.

The truth is that couples (all over the world) do get back together all the time.

These days, (thanks to help available online and for guys who use my program, Get Your Ex Back Super System), it's actually very common for a guy to get his woman back after a serious break up.

So, rather than putting yourself down and wasting a lot of time worrying about her wanting her stuff back, focus instead on showing her that you've moved past the level you were at when she broke up with you.

That way, she can see that you are changing and are not just pleading with her to give you a chance even though you don't even know what you need to change or how to change it.

How can you show her that you've moved beyond the level that you were at when she broke up with you?

Start by making some changes to the way you interact with her, the way you talk to her and respond to what she says, and the way you behave in her presence.

For example: If a guy was needy and insecure in his relationship with his ex, he now needs to show her that he's emotionally strong and confident around her.

If she says something like, *Just leave me alone. It's over between us,* rather than react by getting upset, feeling hurt or walking away feeling rejected, the guy needs to remain emotionally strong and confident in himself and respond by making her smile and laugh.

When she sees for herself that heâs no longer the same guy she broke up with and that heâs reacting in a very different way to what sheâs become used to, she will naturally feel a renewed sense of respect and attraction for the strong man he has become.

Her guard will then come down and he can guide her back into a relationship with him.

So, stop worrying about your ex wanting her stuff back.

Her stuff being at your place isnât whatâs going to make her change how she feels.

You are going to change how she feels, by sparking her feelings of respect and attraction for the new and improved you.

Itâs Not Over

Right now your ex girlfriend is probably convinced that itâs over between you and her, which is why she might be asking for her stuff back.

However, just because sheâs feeling like that right now, it doesnât mean she canât change her mind.

When you spark her feelings for you and allow her to experience the new, more mature version of yourself, she will not be able to stop herself from feeling drawn to you.

Suddenly she will be open to seeing you more often, which will give you more chances to build on her feelings.

If you are doing it right, she may even call you up just to talk or send you texts with the secret hope that you might call her, create a spark and arrange a time to catch up in person.

Whatever the case is for you, just make sure that continue sparking her feelings for you as you confidently guide her back into a relationship.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

How to Attract Your Ex Back Via Text

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

You can create a spark of attraction via text, but you won't completely get your ex back just by using text messages.

To get her back for real, you will also need to attract her on a phone call and in person.

[image: Get her on a phone call]

Text should only be used as a way to create a bit of a spark of her feelings for you again, so you can then get her on a phone call and arrange to meet up with her in person.

If your ex is currently answering your phone calls, I recommend that you call her and arrange an in person meet up.

However, if your ex is currently refusing to take your calls or see you in person, or if you're unsure how she'll respond when you call her, you can start the ex back process by sending her a text message that will reactivate some of her feelings for you.

Then, once you have re-sparked some of her feelings for you, her guard will come down and she will likely be more open to talking to you over the phone and meeting up with you in person.

2 Example Texts to Attract Her With Humor

[image: Using text to get her back]

Warning: The following text examples might not apply to your situation. They might even seem a little cheesy if that's not how you and your ex interact.

You just need to read the examples below to get some ideas of what actually works to create some attraction with an ex via text. I've helped 100s of guys get their woman back via my program, [Get Your Ex Back Super System](#), which includes text messages that use other attraction and persuasion techniques (rather than humor) so that they apply to all situations.

When it comes to attracting your ex back via text, make sure you are making her smile and laugh, rather than annoying her with boring, pointless text messages that don't inspire strong emotion in her.

For example: A guy might send a boring text to his ex girlfriend (fiancée or wife) and say something like, *Hey, how are you doing? I just wanted to say hello. How is your day going so far?*

She might then reply by saying something like, *Oh, I'm fine. My day is busy as usual. How about you?*

He might then say, *Oh, I'm okay. Nothing much is happening with me.*

Yet, that type of message is **not** going to attract her back.

Having a boring conversation via text like that is not going to make her smile and laugh and feel happy to be interacting with him again, and it's probably not going to make her want to talk to him on the phone, or see him in person.

So, rather than wasting your time texting your ex back and forth without getting the results that you

want (i.e. meet up with her and get her back in your arms again), here are some examples of what you can text that will get her smiling, laughing and enjoying the text interaction with you.

Using the example above, if your ex says, *â€œOh, Iâ€™m fine. My day is busy as usual. How about you?â€*

You can then say something like, *â€œIâ€™m having a great day, but I donâ€™t know if I should tell you why. Lol...!â€*

She might then reply with, *“What? Why?”* or, *“Tell me”* and you can then say, *“Iâ€™m eating pizza at the moment and I know how much you love pizza, so I didnâ€™t want to distract you from your work day. Hawaiian with extra pineapple. Mmmmâ€¦delicious.”*

She might then reply with, *“Damn, now Iâ€™m feeling hungry. You bastard! Lolâ€¦”*

You can then reply with, *“Mmmâ€¦tastes so good. Anyway, Iâ€™m finishing up eating this now with a coworker and heading back to the office in a few mins. Have a great day. Donâ€™t work too hard!”*

At this point she is probably going to be smiling and thinking about you in a positive way because youâ€™re not trying to get her back and are just being a bit playful via text.

[image: Getting an ex back via text]

Another example of how to attract her with humor is as followsâ€¦

You can start by saying, *â€œHey, how are you doing? I have some big news!”*

She might reply with, *“What?”* or *“Whatâ€™s the big news?”* and you can say, *“I just found out that Iâ€™ve won a million dollars in the Lotto. So, how would you like to meet up and have some coffee with a millionaire? Iâ€™ll pay for the coffees of courseâ€¦lol. I think I can afford \$10 out of a million now.â€*

She will likely respond with something like, *â€œLolâ€¦what? You won a million dollars?â€* or *â€œThatâ€™s awesome. Congratulations!â€* or *“Yeah rightâ€¦as if you won the lotteryâ€¦lol.”*

You can then say, *â€œOkay, so I was only joking about the million dollars! Hahaâ€¦but at least now you canâ€™t say that you wonâ€™t have a coffee with me, because everyone will think you were just after me for the money.â€*

This type of interaction will at least spark her interest, get her smiling and she might even have a bit of a laugh.

She then starts to experience some positive feelings when she sees your Caller I.D. on her phone, rather than feeling dread, resentment or annoyance whenever she sees that youâ€™re calling.

[image: Creating a spark via text]

By the wayâ€¦

I give another text example in this free videoâ€¦

Of course, sending your ex a funny text message isnâ€™t the magic solution to completely get her back.

To properly get a woman back, youâ€™ve got to use every interaction that you have with her from now (whether thatâ€™s via text, on a phone call or in person), to create a spark of attraction in her.

When you spark her feelings of attraction for you again, it pushes the negatives of your relationship

into the background, because she naturally feels drawn to you in a way that feels good to her.

Even though she might have previously been saying, *“I just don’t have feelings for you anymore,”* or *“There’s nothing that’s going to convince me to get back together again,”* she now can’t stop herself from wanting to interact with you because she feels drawn to you.

When she continues to smile and laugh after getting one or two texts from you, a woman will then usually get to the point where she is hoping to hear from you and see you in person.

She might start thinking to herself, *“He’s not that bad anymore. I’ve really been too hard on him. It wouldn’t hurt to talk to him over the phone sometime, or even just meet up for a quick coffee to catch up. I’ll tell him that we’re just meeting up as friends—but, really, I don’t know that I just want to be friends—maybe I want more—I will have to wait and see how I feel when we catch up.”*

Meeting up with her as a “friend” is totally fine, as long as you actively make her feel a renewed sense of respect and sexual and romantic attraction for you at the meet up.

Here are some examples of how to attract her in person!

For more examples of how to attract your ex and the full, step by step process to get her back, watch [Get Your Ex Back Super System](#).

Some Texting Rules to Remember

Your main reason for texting your ex should be to open up the line of communication between you and her, and get her laughing and smiling so that she begins to at least feel something for you again.

From there, you need to get her on a phone call and arrange a meet up where you can fully reactivate her feelings of respect and attraction for you and then guide her back into a relationship.

What you should not use texting for is to...

- Beg and plead for a second chance with her.
- Constantly apologize to her.
- Try and make her feel guilty by telling her how unhappy you are without her.
- Stay on her mind (by constantly texting her) in the hopes that she won’t move on.
- Ask her to tell you what you need to change about yourself.

Why?

Firstly, if a woman doesn’t feel much respect or attraction for her ex, she’s likely going to look at any text she gets from him in a negative light.

She might think to herself, *“Why is my ex texting me so often? What does he want? I can’t believe that after everything he’s done, he’s apologizing to me in a text message and doesn’t have the balls to say it to me over the phone or in person,”* or *“I don’t understand how he still doesn’t have a clue what he did wrong. He still doesn’t get why I ended the relationship. How can he expect me to explain it to him via text?”* and she will feel even more turned off by him.

Also, something else to bear in mind is that a woman can easily misinterpret what her ex is saying via

text because she can't see his body language, or hear the tone of his voice, so she has to guess at his state of mind and interpret his message based on her current feelings for him.

If she is currently feeling angry, resentful, hurt or annoyed, she will usually just assume the worst of him when he texts her.

Another reason why texting an ex and not getting her on a phone call is a bad idea, is that she can string the guy along for months by texting back and forth, giving him false hope that she might be interested in getting back together again, just to make herself feel good.

In the meantime, she might be thinking, *“He is very naïve if he thinks that just because we’re texting each other, I’m going to forget what happened between us. It’s over and he has no idea what he needs to do to get me back. I’m just going to keep moving on because he obviously can’t grow up and become the man I need him to be.”*

Just texting your ex won't make her feel enough respect and attraction to feel like she should forgive you and meet up with you in person.

So, make sure that you transition to a phone call and re-attract her in person when you meet up with her.

Getting Her on a Phone Call is the Quickest Way to Attract Your Ex Back

A common mistake that guys make when trying to attract an ex back via text is getting stuck with texting back and forth with the woman for weeks.

Even though she might be open to it initially, if he doesn't make an effort to arrange a meet up to reactivate her feelings and then hug and potentially kiss her in person, she's going to get bored of the texting very quickly.

When getting an ex back, texts should only be used as a way to get her on a phone call, or to spark a little attraction before you call, rather than the main method of getting her back.

If you leave it too long to re-attract her in person, she will experience stronger in-person feelings with other guys that she meets and your texts will quickly become boring, annoying or out of place.

You might eventually get a text from her say, *“I have something to tell you. I’ve met someone else and we’re in love. My new boyfriend doesn’t like all these texts coming from you. Please respect that by giving me space and not texting me any more.”*

Don't let that happen to you.

Don't get stuck in texting limbo where you hope that if you can just text her long enough, she will eventually say something like, *“I’ve been thinking. Why don’t we get together sometime and catch up?”*

Unless a woman is secretly still in love with her ex and hoping to get back together with him, it's unlikely that she will initiate a meeting with him first.

You need to be the one to confidently guide her back into a relationship with you, rather than waiting for her to make all the moves and lead the way.

So, from now on, I recommend that you only text your ex with the purpose of getting her on the

phone to talk to you.

On a phone call, you can continue sparking her feelings of attraction for you, and then get her to agree to a meet up where she can experience the new and improved version of you face-to-face.

Remember: On a phone call, a woman can sense whether you've changed based on your tonality and how you are now talking to her and reacting to her.

For example: If a guy was insecure in his relationship with a woman and would get clingy, needy and jealous, then his woman would have felt turned off by his behavior.

Over time, she likely lost respect and attraction for him as a man, which eventually led to her breaking up with him.

So, when he now talks to her, he needs to let her see that no matter what she says or does, he is emotionally strong now and doesn't become insecure or self-doubting.

[image: Fully re-attracting her in person]

Displaying confidence and emotional strength is not something a guy can properly show a woman via a text message.

He can't just text her and say, *Hey, I'm not that needy, clingy insecure guy from before. I've really changed now,* because she doesn't have any in-person or on-call evidence to believe him.

Instead, he needs to get his ex on the phone and say something like, *Look, I just wanted to tell you that I'm sorry for what happened between us. I know that I messed up badly. I became a needy, clingy guy and that's just not cool. If I were you, I would have also broken up with me, so I don't blame you for that. The truth is, the break up has been a huge wake up call for me, and I'm no longer the same guy that you broke up with. I'm past all that insecure stuff and I'm a confident, emotionally strong man now. Of course, I don't expect you to believe me right now, and that's okay. I just wanted to let you know that I'm sorry and also that I have changed, but I don't expect my changes to make you want to get back with me.*

By saying something like that to her, he's making her feel heard and understood.

She then begins to feel some respect for him again for being man enough to face his issues and make some adjustments to his way of thinking and to his behavior.

At the same time, if he is also making her feel good on the phone (e.g. by making her smile and laugh at times), she will be able to drop her guard and open herself up to the idea of meeting up with him in person.

Then, when he meets up with her, he needs to continue saying and doing the types of things that will reactivate her feelings of respect and attraction for him.

So, remember: Texting your ex after breaking up should only be a stepping stone to getting her on the phone, so that you can arrange a meet up with her.

Don't hide behind texts and hope that something that you text her will magically get her to forget about why she broke up with you.

You've got to make sure that you are prepared to re-attract her in person by understanding where you went wrong and quickly making some changes, so she can feel attracted to the new and improved you.

[image: Getting her back into a relationship]

When she sees you in person and experiences the new and improved version of you, her guard will come down and she will then allow herself to feel attracted to you again.

From there, she will naturally begin to reconnect with the love that she once felt for you and will look at you in a more positive light.

You then need to complete the ex back process by getting her to give the relationship another chance.

Don't worry, it's easy and each day, countless guys from all over the world get their woman back.

You can be one of those guys who successfully re-attract your ex and get her back, so don't waste another moment.

Start the process of getting her back now.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

My Girlfriend Asked Me For Time Apart

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your girlfriend has asked you for time apart, you might now be wondering:

- Does this mean that our relationship is doomed?
- Will having time apart make her realize that she still loves me and wants to be with me?
- What if she meets another guy while we're apart?
- How much time should I give her?

It's fine to give your girlfriend 3 to 7 days of space, but if you spend any more time apart than that, a woman will usually start to get over you and may even completely move on with another guy.

If you give her 3 to 7 days of space, you must use that time to quickly understand what it was that really turned her off and made her want to break up with you and then begin to improve those things about yourself, so she can experience the new and improved you the next time you interact.

When she sees that you have changed, she will look at you in a more positive light and become open to giving you another chance.

Do You Fully Understand What Has Made Her to Ask For Time Apart?

[image: Why does my girlfriend want time apart?]

Right now, the most important thing that you need to do is understand what has really been turning your girlfriend off to the point where she has now asked for time apart.

Where many guys go wrong at this point of a break up, is to turn to their woman for a full explanation about why she is asking for time apart.

For example: A guy might say, *"Why do you want time apart? What am I doing wrong? You don't have to have time apart for me to change. Just tell me what you want me to fix and I'll do it right now."*

Yet, that's not how to get a relationship back together when a woman is dumping a man.

The reason why is that a woman will rarely tell a guy her exact, more subtle and even private reasons for wanting time apart.

Instead of being brutally honest, a woman will usually just say something like, *"I don't know. I just don't feel the same way about you anymore. I need some time apart to think things through. I still care about you, but I just don't know what I want any more"* or, *"My feelings for you have changed. I need space to figure out if I still want to be in a relationship."*

Why doesn't a woman just come out and say exactly what she wants the guy fix?

Here are 3 main reasons why!

1. A woman doesn't want to hurt the guy's feelings, and possibly even have to deal with him reacting in an overly emotional way (e.g. cry, beg her to stay, get angry or even become

violent).

Even though we now live in a civilized society with police, a supportive government, the court system and the media, some women still get beaten or killed by men as they try to break up with them.

Of course, you are most likely a really good guy and would never do anything to hurt your girlfriend, but women have a natural instinct to protect themselves from being hurt when they are breaking up with a man.

Other than violence, the thing that women worry about is the man breaking down and crying. She then feels sorry for him and if he notices, so he keeps going and ends up begging and pleading with her to give him another chance.

A woman just doesn't want to be put in that position, she usually tries to just get out the relationship with a vague reason like, *"I need some time apart for a while to think things through"* or, *"I need some time apart to find myself and work out what I want. Please respect that."*

2. She doesn't want to give him the opportunity to talk her out of her decision.

[image: Please just give me another chance]

For example: A guy might say, *"Okay, so you want me to be more manly. I can do that. I will start right away. Give me a week to show you that I can be more manly, rather than being the insecure, needy boyfriend that I have become."*

If the couple is married, the man might say something like, *"What about the children? We can't do this to them. Do you not care about the effect this will have on them? They won't have a father figure around and you might end up getting into a relationship with a man who treats them badly. How could you do that to them and to me?"* or *"We've just bought a new house together. What will happen if we split up now? We'll lose everything."*

He might also try to convince to change her mind by promising to change, by saying things like, *"Okay, I accept that I messed up, but I promise that I'm going to change. Doesn't everyone deserve a second chance?"*

He may even say something like, *"Look! I'm a different guy from the guy that I used to be. I've changed now! You just have to stick around long enough to see it for yourself. Give me two weeks and I will show you."*

3. She doesn't want to have to teach him how to be the kind of man who is attractive to her.

[image: My girlfriend wants time apart]

If she has to explain to him what he's doing wrong now, she will feel like she's taking on the role of his mother or teacher and will have to do it again and again throughout life.

Being in the teacher or mother role is not attractive to her, because a woman doesn't want to feel like she has to hold a guy's hand and guide him through life.

If she has to do that, she begins to feel more dominant than him in the relationship, which makes her lose touch with her feelings of sexual attraction for him.

For a relationship to be successful, the man has to maintain the dominant role so that the woman can relax into her feminine self and feel sexually attracted to his masculinity.

So, even if you don't fully understand what it was that really turned your girlfriend off and made

her want to break up with you, it's important that you don't ask her to explain it to you.

You need to figure this out without her help.

If you don't, you will probably be making promises and offering to change things that she's not really bothered about.

For example: You might promise to take her on holidays, clean the house or do the dishes, but what she really cares about is your lack of emotional masculinity and the fact that she can no longer and look up to you and respect you as her man.

How To Figure Out What is Turning Her Off Without Asking Her to Tell You

Some guys know exactly why their woman is asking for time apart and they then get to work on fixing that, so they can impress her by showing her the new and improved version of themselves.

Yet, many guys don't know what they need to change or how to change and fix the problems that they've been creating.

In fact, for some guys it's a complete shock to discover that their girlfriend (fiancée or wife) isn't as happy in the relationship as they are.

So, if you're saying, *I don't understand what I've done wrong, and I don't know how to figure it out by myself*, don't worry, you can do it.

One of the quickest ways to tap into what is turning her off is by thinking back to the times you and your girlfriend had an argument or disagreement about something.

In most cases, she will have likely nagged you about a certain thing, dropped hints, or even started a fight with you over the same thing more than once.

For example: A woman might have repeatedly nagged her guy about not helping out around the house, as a way of letting him know that she was feeling taken for granted and neglected.

Alternatively, she might have hinted to him, *Why don't you hang out with your friends sometime? Don't you miss seeing them once in a while*, as a way of letting him know that he was being too needy and clingy around her, and was possibly even using his relationship with her to hide from his true potential in life.

In another example, a woman might have nagged her boyfriend about how much time he spends watching TV or aimlessly browsing social media, because she wanted him to get focused on a career or follow through on his big ambitions so that he could be a successful guy in the near future.

Whatever the case in your relationship, if you think back, you will likely recall an issue that cropped up more than once between you and your girlfriend.

That is the clue you are looking for, because once you understand what is causing your girlfriend to ask you for time apart, you will be able to improve those things about yourself.

For example: If a woman broke up with a guy because he was being too clingy, needy and dependent on her, he needs to show her that he has become more emotionally independent and has started to focus on goals, dreams, interests and friendships that are separate from his relationship with her.

Then, when he interacts with her (e.g. on the phone, or in person) she will be able to experience for

herself that he is not the same, lost and unmotivated guy that she left behind.

Whatever the case is for you, it's important that you take some action to begin improving or fixing what has really been turning her off.

Once your girlfriend sees that you have understood what caused her to want time apart from you and have also taken action to fix those things, she will begin to feel a renewed sense of respect and attraction for you as a man.

When a woman feels respect and attraction for you, her guard comes down and it becomes a lot easier for her to then reconnect with her feelings of love once more.

Will Giving Her Time Apart Cause Her to Realize Her Mistake?

Not for all women.

Time apart will only work if your girlfriend still truly loves you and feels some respect and attraction for you, if she's unable to deal with the pain of the break up, or if she can't find a new guy to replace you with.

However, if she doesn't feel much (or anything at all) for you, she will almost certainly use the extended time apart to move on and leave you behind.

So, don't waste any more time.

You need to reactivate her feelings by interacting with her (e.g. via text message, e-mail, on social media, on a phone call, or in person) after giving her 3 to 7 days of space.

Where some guys go wrong is in thinking that the more space they give a woman, the more likely she will change her mind.

For example: A guy might think, *â€œI give her 30 days or even 60 days of space, she's more likely to notice how much I mean to her. She'll miss how much I spoiled her and took care of her. She'll then realize that she made a huge mistake and come running back to me.â€*

Yet, that approach only works about 20% of the time.

In the 20% of cases where it does work, it rarely results in the relationship staying back together because the guy hasn't really fixed his issues and has simply been ignoring her.

When the woman comes back and sees he still hasn't figured out what really caused her to leave in the first place, she just breaks up with him again.

So, not only has the guy wasted a lot of time waiting for his girlfriend to come to her senses, he's also given her plenty of time get over him, and possibly meet and fall in love with a new man.

If you want your girlfriend to realize that she wants to be with you and that life just doesn't feel right without you, then you've got to actively renew her feelings of respect, attraction and love for you by interacting with her on a phone call or in person.

Give your girlfriend time apart if she's asked for it, but any longer longer than 3 to 7 days of space is usually just a waste of time.

Making Her Fall in Love With You All Over Again

[image: Making her fall in love with you all over again]

Itâ€™s not the end of the world if your girlfriend has asked you for time apart.

In fact, you can use that time apart to prepare to reactivate her feelings for you and make her fall even deeper in love than she was before.

Hereâ€™s how you can do thatâ€¦!

Once you’ve given her 3 to 7 days of space, you need to use every interaction you have with her (e.g. via text message, e-mail, on social media, on a phone call, or in person) from then on as an opportunity to make her feel a renewed sense of respect and attraction for you.

You can do that by making some adjustments and improvements to the way youâ€™re interacting with her.

You can react differently to what she says.

You can respond differently to her.

For example: If your girlfriend says something like, *â€œI donâ€™t know if I want to be in a relationship with you anymore. My feelings for you have changed. I think itâ€™s better that we break up,â€* rather than get upset and emotional about it, you can use it as an opportunity to make her feel respect and attraction for you instead.

A simple way to do that is by responding in an unexpected way and making her smile and laugh.

For example: You might say something like, *â€œI bet youâ€™re expecting me to get angry or annoyed right now arenâ€™t you? Okay, here goesâ€*!â€ then playfully pretend to sulk or get angry.

You might laugh and say, *“No way! We’re not having time apart. We have to see each other every day, 24/7”* and in a playfully angry tone or, *“Awww, that’s not fair. I want to see you 24/7. please! Let’s see each other at least 3 times a day”* in a playfully sulking tone and then laugh with her about it.

You can then say something like, *â€œSeriously though, I get why you donâ€™t want to be with me anymore. I did (mention to her that what you know you did wrong), but Iâ€™m not that guy anymore. I donâ€™t expect you to believe me right now and thatâ€™s okay. We can have this space and if you don’t want to be with me any more, that is your choice. However, I think it would be good if we could say hello again as friends sometime soon.â€*

In this way, not only are you responding differently to the way sheâ€™s expecting you to, but youâ€™re also making her smile and laugh by making a joke about your past behavior.

At the same time, youâ€™re also acknowledging that you have been behaving in ways that are unattractive to her, while also making her feel heard and understood.

All of this means that you take the pressure off your girlfriend to come back to you right away, and you focus instead on letting her experience for herself the new and improved you at her own pace.

By making some adjustments to the way you talk and interact with her, she naturally begins to look at you in a more positive light, and becomes more open to giving you another chance.

Then, getting back together again becomes easy.

She begins to think to herself, *“This isn’t how he usually behaves. What’s changed? He actually understands what made me to want to break up with him. I feel differently about him now. I don’t hate him as much. I kind of like him again. Why am I feeling this way? Maybe we can make things work between us after all,”* and she then opens herself up to getting back together again.

Remember: When you renew her feelings of respect and attraction for you, her guard comes down and she naturally feels drawn to you in a way that feels good to her.

From there, all you’ve got to do is to continue saying and doing the types of things that attract her while you confidently guide her back into a relationship.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

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Get Your Ex Back Guide: 4 Tips to Start the Process of Getting Her Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The ex back process can be confusing if you try to work it out on your own while feeling so much pain and rejection after the break up.

Follow this starter guide to begin the process of getting her back.

1. Understand Where You Really Went Wrong

[image: Understand where you really went wrong]

To begin with, you have to know the real, true reasons why your ex has broken up with you.

You then need to make quick changes in those areas so she can see that you are no longer the same guy that she dumped.

Watch this video for more info! 

If you are unsure of what you really should be changing, you might end up promising to change things about yourself that she doesn't even care about.

For example: A woman might want her ex to take the lead in the relationship and be more of a masculine, ballsy man around her.

Yet, if he doesn't realize that, he could be saying to her, *"I promise to take better care of you. You can have whatever you want. I will treat you so much better now I promise. Just tell me what you want and I will do it,"* which isn't what she actually wants from him.

[image: Just give me a chance]

So, the first step to getting your ex back is to fully understand where you went wrong in the relationship.

However, don't expect her to tell you exactly what she wants you to change.

A woman will rarely tell a guy the real, more subtle reasons why she's breaking up with him, and will usually just say something like, *"I just don't have feelings for you anymore,"* or *"I need some space to figure out what I want to do with my life,"* or *"I'm not sure I if I want to be in a relationship right now."*

Why?

She doesn't want to be his teacher in life about how to be a man, or have to guide him along to become the type of man that she needs him to be.

If a woman has to explain exactly where he has been going wrong, she will fear that she will need to keep teaching him again and again in the future.

That's not attractive to her, because a woman wants to be with a man she can look up to and respect, not look after like a mother or big sister would a little boy.

When a woman doesn't feel respect for a man, she will find it almost impossible to feel sexually attracted to him.

Without respect and attraction, she will find it difficult to connect with her feelings of love for him and the relationship with fall apart.

So, an important part of getting your ex back is to discover the real reasons why she broke up with you (e.g. you weren't manly enough, you had become too insecure, you lacked purpose and direction in life, you lost touch with how to make her feel sexually attracted to you).

You then need to at least begin to make some improvements in those areas so that when you interact with her (e.g. on a phone call, or in person), she can pick up on how differently you think, talk and behave now.

When that happens, she will feel that you now understand her and she doesn't have to teach you how to be the man she wants and needs, which then brings her guard down and makes her begin to open back up to you.

She then can't help herself from feeling drawn to you again, even though she previously might have thought that she was completely over you and didn't want anything to do with you any more.

2. Improve Your Ability to Attract Her

When some guys hear about needing to improve their ability to attract their ex, they automatically assume this means they have to improve their physical appearance.

Yet, they are wrong.

A guy like that might then think to himself, *"Cool, I can do that. I'll go out and get myself some new clothes and then I'll go to the gym and build some muscles. The next time she sees me, she won't be able to recognize me. I will look so attractive and she'll see that I've changed in a positive way."*

Yet, that's not how a woman's attraction really works.

A man's physical attractiveness is not as important to a woman as his emotional attractiveness (e.g. his confidence, charisma, emotional masculinity, charm).

A guy might change his physical appearance (e.g. get new clothes and shoes, change his hairstyle, lose weight), but if he is still the same insecure guy deep down, his ex is going to be able to pick up on that and it will turn her off.

So, if you want to improve your ability to attract your ex, you need to remember one thing!

A woman's attraction to a man's physical appearance isn't as powerful as her emotional attraction to him.

If you can make her smile, laugh and feel good when she interacts with you, she will instinctively feel more attracted to you.

A good way to check how you are making your ex feel, is to ask yourself the following questions when you are interacting with her while on a phone call or in person.

- Does she feel feminine and girly in my presence, or does she feel emotionally stronger than me?
- Can she look up to me and respect me as a man, or does she look down on me?
- Is she feeling happy to be talking to me, or is she looking for ways to get away quickly?
- Am I making her feel turned on, or is her body language, or the tone of her voice telling me that

she is feeling closed off?

- Am I reactivating her feelings of respect and attraction for me (e.g. via the way I'm talking to her, my body language, my attitude and the way I respond to her), or is she feeling turned off by me?

As long as you focus on displaying traits that make you emotionally attractive, she will begin to warm back up to you and really like the new you.

3. Contact Her and Reactivate Her Feelings of Respect and Attraction

[image: Attract her over the phone, rather than trying to convince her]

If your ex is currently saying things like, *â€œPlease accept that itâ€™s over between us. I just donâ€™t have feelings for you anymore,â€* or *â€œYou need to let me go. Thereâ€™s no way the two of us can get back together again,â€* it simply means that the way you are currently talking to her isnâ€™t making her connect with her feelings of respect, attraction and love for you.

Of course, that doesnâ€™t mean you canâ€™t change that.

You can.

What you need to do is contact her and actively work towards making her feel respect and attraction for you again on a phone call or in person.

Where many guys go wrong, is that when their ex says, *â€œLeave me alone,â€* they quickly back off and give her loads of space.

For example: A guy might think, *â€œShe said she doesnâ€™t want to see me. If I keep pushing her she might get even angrier with me and I might blow my chances to get her back. Maybe if I give her some space, she will realize that she misses me and then she will contact me herself.â€*

He then stops contacting her; sometimes for up to 30 or even 60 days.

Then, when he doesnâ€™t hear back from her, he begins to wonder, *â€œWhy isnâ€™t she calling me? Hasnâ€™t she realized that Iâ€™m the right guy for her yet? Doesn't she miss me? Why isn't she initiating contact and trying to get me back? Was our relationship all for nothing?â€*

What a lot of guys don't realize is that most women are passive when it comes to dating and relationships.

In other words, men lead and women follow along.

Some women do lead at times and some women like to lead all the time, but all women feel respect and attraction for men who have the balls, emotional masculinity and maturity to lead the way.

Here's the thingâ€¦

If youâ€™re not actively present in your exâ€™s life and using every opportunity that you have to interact with her and reactivate her feelings of respect and attraction for you, then youâ€™re only giving her more time to get over you and meet someone else.

So, donâ€™t sit around hoping that by ignoring her she will suddenly realize how much she misses you and then come running back.

That will only happen if your ex is still in love with you, is unable to handle the emotions of the

break up, or canâ€¢t find another guy to replace you.

In almost all other cases, not contacting a woman for anything longer than 3 to 7 days is a total waste of time.

You need to get this done now, before it's too late.

For example: If a guy decides to give his ex 30-60 days of space and wait for a sign from her, itâ€¢s unlikely that sheâ€¢s going to wake up one morning and think to herself, *â€¢Oh, I miss my ex so much! Why hasnâ€¢t he called me?â€¢* if he hasnâ€¢t done anything to renew her feelings for him since the break up.

So, don't waste any more time waiting for her to give you a sign that sheâ€¢s open to talking to you again.

Instead, get her on a phone call and get her smiling and laughing.

Make her feel curious and happy to meet up with you in person, so she can see the changes in you that she is now experiencing over the phone (e.g. your newfound confidence, emotional masculinity, charisma and charm).

4. Meet Up With Her and Build on Her Feelings

[image: Meet up with her and build on her feelings]

When you meet up with your ex, youâ€¢ve got to continue saying and doing the types of things that will build on her feelings of respect and attraction for you.

You can do that by making some adjustments and improvements to the way you are talking to her and interacting with her.

For example: Imagine that youâ€¢re having a cup of coffee with your ex, and she says something like, *â€¢I just donâ€¢t have feelings for you anymore,â€¢* or *â€¢Why canâ€¢t you accept that itâ€¢s over between us?â€¢*

In her mind, she might be testing you to see if you will react to what she is saying in negative way (e.g. by getting angry with her, getting upset, begging her to give you another chance, becoming insecure, looking rejected).

However, rather than reacting in the way that she is expecting, you can remain confident and self-assured instead.

You can respond by saying something like, *â€¢I know you that donâ€¢t want to get back together with me right nowâ€¢and thatâ€¢s okay with me. I know that I canâ€¢t convince you with words that Iâ€¢m a different guy to the one you broke up with, so Iâ€¢m just going let you see for yourself that Iâ€¢ve changed. Maybe you've already noticed it a bit while we've been talking. I don't expect you to want me back because I've changed, but I have changed. I accept that we've broken up. If you don't have feelings for me any more, I accept that too.â€¢*

She will then likely begin thinking, *â€¢Hmmâ€¢thatâ€¢s not what I was expecting. I thought he would react in the same way that he used to when we were together. Why is he behaving this way? What has changed? How has he changed so quickly? I kind of like the new himâ€¢why am I feeling this wayâ€¢* and she wonâ€¢t be able to stop herself from feeling drawn to you.

When she realizes that you really are a different guy to how you were when she broke up with you,

her resolve to stay broken up will begin to weaken.

From there, you just need to continue saying and doing the types of things that will build on the spark of respect and attraction that she is feeling for you until you turn it into a raging fire of love, respect, attraction and desire.

As you are doing that, simply guide her back into a relationship with you by remaining confident, relaxed and in control.

Some Pitfalls to Be Aware Of

As you can see, getting your ex back is not really that difficult as long as you have an idea of how the ex back process works.

Many guys lose their woman by not finding a guide to follow, or by not following through on it completely.

A guy who has been dumped is usually in a lot of emotional pain and often can't stop himself from making some, or all, of the following rookie mistakes.

1. Over texting

Some guys feel that constant texting is a good way stay on her mind, and therefore she will be less likely to move on.

However, if a guy isn't actively reactivating his ex's feelings of respect and attraction on a phone call or in person, then getting random texts from him isn't going to convince her to change her mind about getting back together with him.

Texting an ex is completely fine to do as long as it's used as a way of getting her on a phone call, where she can notice the changes in you by listening to the tone of your voice and experiencing your confidence, charisma and charm.

On the phone call, you need to arrange a meet up with her, where you can then fully reactivate her feelings of respect and attraction for you in person.

2. Pouring his heart out

When a guy gets broken up with, he might feel that his only chance of getting another chance is to convince the woman how much he cares about her.

He might say to her, *"I love you more than anything in the world. I can't imagine a life without you in it. Please don't give up on us. Don't you remember all the good things we shared? Please just give me one more chance to prove to you that I'm the only guy who can make you truly happy."*

Yet, here's the thing!

A woman doesn't care how much a guy cares for her if she doesn't have feelings for him any more.

He has feelings for her, but she doesn't have feelings for him, so his words feel empty and unimportant to her.

If you want to get your ex back, you need to make her have some feelings of respect and attraction

for you first, otherwise sheâs not going to care that you still love her or want to be with her.

3. Promising to change

[image: I promise that I will change]

If a woman is currently saying things like, *âIâve had enough. I just donât want to be in a relationship with you anymore,â* because she doesnât have feelings for a guy, she doesnât want to hear his sincere promises that he will change.

The thing is that in most cases, a guy will usually have already made some promises to her before the break up that he didnât end up keeping.

For example: During a argument with her, a guy might have said, *âOkay, I get it. You want me to stop doing that. I promise I wonât do that again.â*

Yet, after a while he slipped back into the habit of doing whatever he promised to her that he would not do again.

So, when she eventually breaks up with him, a woman is then less likely to believe any of his promises to change and become the type of man that she wanted and needed all along.

If you want to get your ex back, remember that your actions will speak louder than your words.

When you interact with your ex from on, donât waste your time or her time making promises about changing.

Instead, focus on making her feel respect and attraction for you by showing her that you now understand what really went wrong between you, and you that have already taken steps to change those things in yourself.

4. Pleading with her to change her mind

Itâs only natural that a guy will feel upset, betrayed, rejected or hurt when his girlfriend (fianc  or wife) breaks up with him.

When this happens, he might try to plead with her to change her mind by saying things like, *âPlease baby! I still love you! Iâm so sorry for hurting you. Please forgive me! Just one more chance is all Iâm asking for.â*

However, in most cases, rather than make the woman change her mind, his begging and pleading turns her off even more.

Why?

Women are attracted to the emotional strength in men (e.g. confidence, strength of character, masculinity) and turned off by the emotional weakness (e.g. desperation, neediness, clinginess).

So, when a guy pleads with a woman for her to give him a second chance, she will perceive him as being emotionally weak and then want to distance herself from him even more.

Getting Her Back is Easy When You Follow the Right Guide

[image: Getting her back by following the right guide]

In the past, a break up was considered permanent and if a guy asked, *âWhat can I do to get my ex*

back?â€œ the only advice he would get was, â€œForget about her and move on. There are plenty of fish in the sea.â€œ

People used to think that a break up was permanent and there was not way of getting an ex back.

Thankfully, thatâ€™s no longer the case.

In todayâ€™s world, couples get back together all the time.

Couples getting back together after a break up is happening more and more every day thanks to the help that people can now find on the internet (e.g. the proven to work ex back method that I teach in my program, Get Your Ex Back Super System), rather than the unhelpful, “Don’t worry, you’ll find another girl one day” advice that family and friends tend to offer.

The fact is, when you re-spark your exâ€™s feelings of respect and attraction for you, she begins to drop her guard and becomes open to the idea of getting back together again.

From there, you just need to guide her into deeper feelings of love and attraction for you, until she canâ€™t stop herself from wanting to be back in your arms again.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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Is it Possible to Get My Ex Girlfriend to Change Her Mind About Me?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you're asking, *Is it possible to get my ex girlfriend to change her mind about me?* the answer is yes.

However, it's important that you understand that you can't change her mind by talking to her about the relationship, telling her how much you've changed, or trying to make her realize that she will regret it later on.

To get her to change her mind, you've got to change the way you make her feel.

You've got to focus on making her feel desirable emotions (e.g. respect, attraction and love) that will draw her to you, rather than making her feel undesirable emotions (e.g. resentment, disgust, hate).

For example:

- Have you been recently turning her off during conversations by being insecure?
- Does she feel like she is the more dominant one in the relationship and that she can no longer look up to you and respect you?
- Would she be able to get the type of attraction experience that she really wants in a relationship if she got back with you? (e.g. your ex might want you to be a bit more ballsy, but you're just too nice. She might also want you to joke around with her more, but you're too serious and sensitive about things all the time).

If your ex is currently saying things like, *You need to accept that it's really over between us. I'm not going to change my mind about you*, it means that the way you're coming across to her now is still making her feel the same way that she felt when she broke up with you (e.g. a lack of respect and attraction, anger, disappointment).

So, if you want to change your ex girlfriend's mind about getting back together with you, you have to show her that you've moved past the level you were at when she broke up with you.

You can do that simply by making some changes and improvements to the way you are talking to her and interacting with her.

When you interact with her in ways that spark her feelings for you again, it then becomes possible to get your ex girlfriend to change her mind about you because she is now feeling more open towards you.

However, if you continue to behave in the same ways that you did before the break up with her (e.g. being insecure, letting her push you around or dominate you, always trying to discuss the relationship or your feelings) she will just keep saying, *Sorry, but it's over between us. I don't feel the same way as you do*.

4 Things That Won't Change Her Mind

[image: 4 things that won't change her mind]

At this point of the ex back process, your girlfriend has most likely disconnected herself from her feelings of respect, attraction and love for you, so almost anything that you say and do will either be perceived in a negative, or a positive light by her.

Don't worry though; her current negative state of mind is not permanent.

When you actively get her to reconnect with her feelings, she will stop thinking of you in such a negative way.

All of a sudden, she will begin to think, *â€œHmmmâ€|my ex has changed now. This is different. I wonder if things would be different between us if we got back together again?â€*

On the other hand, if you interact with her in ways that turn her off (e.g. always trying to discuss the relationship and your feelings even though you haven't gotten her to reconnect with her feelings first), she will likely keep saying she's not interested.

So, if you want to change your ex girlfriend's mind about you, here are 4 common mistakes to avoid making:

1. Giving her endless reasons why the relationship is worth saving.

[image: Why can't you see that our relationship is worth saving?]

When a guy still loves his ex, he will usually try pretty much anything to get her back, including giving her a list of endless reasons why their relationship is worth saving.

For example: A guy might say something like, *â€œI know I messed up, but we've had so many good times together too, right? How can you forget that now? The bad times don't outnumber the great times we shared,â€* or *â€œI still want to be with you. Doesn't that count for something? If you ever really loved me you would at least give me a chance to make things up to you. Love isn't supposed to be thrown away like thisâ€* or, *“Your family and friends used to really like me. I know I messed up, but I'm still the great guy that they originally liked. Just give me a chance to prove it to you.”*

Yet, although what he is saying is true, when a woman has disconnected from her feelings of respect, attraction and love for a guy, she will usually only focus on the negatives to help herself move on from him.

For example: If a guy (who had become needy, insecure and controlling in the relationship) tries to reason with his ex girlfriend by saying something like, *â€œRemember all those times we locked ourselves in my apartment for the whole weekend watching movies, talking and making love,â€* she can easily twist that around and turn it into a negative.

She might think, *â€œYeah! I should have realized back then how needy and insecure you would really become. The warning signs were there in the beginning when after a year of being together, you'd abandoned all your friends, given up on pursuing your career and just wanted to spend all your time with me. No way! I don't want a guy like that. I want a man who lives a balanced life and rises up to reach for his true potential, rather than hiding from the world behind me and a relationship. If I knew what kind of clingy, needy and controlling boyfriend you would become in the end, I would have saved myself the pain of falling in love with you and having to go through this break up.â€*

He might continue on and say, *“I love you so much. I would do anything for you. Isn't that reason*

enough to give me another chance?"

Yet, what he doesn't realize is that she has seen the needy, insecure and controlling side of him and she knows that he hasn't even changed.

If she gives him another chance based on his reasons, she fears that he would just end up becoming the same old controlling boyfriend he was in the past.

So, if you want to change your girlfriend's mind about you, make sure that you are actively changing her negative perception of you, otherwise she's not going to care about your reasons why you think you and her should stay together.

When you trigger positive, desirable feelings inside of her based on the new way that you now talk to her and interact with her, she will change her mind about you on her own without you having to convince her.

She will then see for herself that the relationship is worth saving, or at least giving a little more of a chance to see how it goes.

2. Telling her how much you care about her and how much she means to you.

[image: But...you are my world!]

Sometimes, a guy makes the mistake of thinking that if he tells his ex girlfriend how much he still loves her, it will make her change her mind about getting back together again.

Although that tends to work in Hollywood movies and TV sitcoms, it doesn't work on most women in real life.

Why?

When a woman has disconnected from her feelings for her ex boyfriend and he says something like, *"I care so much about you. You mean the world to me. I don't want to imagine a future without you in it. Can't you see that we were meant to be together?"* she's not going to care that he cares so much about her.

She might even be thinking, *"So what? Who cares if you still love me? You hurt me. I don't care that you still have feelings for me. I'm moving on."*

If a woman currently perceives her ex in a negative way, she won't be able to reconnect with the love in her heart until he actively makes her feel a renewed sense of respect and attraction for him.

So, rather than waste a lot of time telling your ex girlfriend how much she means to you, focus instead on using every interaction you have with her (e.g. via text message, e-mail, social media, on a phone call or in person) as an opportunity to re-attract her and show her that you've moved past the level you were at when she broke up with you.

For example: If a woman broke up with a guy because he was too insecure and clingy, he needs to remain confident and self-assured when he interacts with her, regardless of how cold her attitude is towards him.

If she tests him by saying things like, *"It's over between us. I'm seeing someone else now,"* or *"It's so much fun being single. I've been partying every weekend with my friends,"* rather than react by getting upset or feeling threatened, the guy needs to remain calm and relaxed.

He might respond by saying, *"That's good to hear. You deserve to have fun, especially after*

all the crap I put you through or *I still care about you, but I'm glad that you are happy.*

When she sees that he's no longer the same insecure, needy guy she broke up with, her defenses immediately begin to come down.

A woman will then realize that he's not desperately trying to get her back and often begin showing signs of interest, to see if he will react and become excited.

If he remains calm and doesn't act like he's just won the lottery now that she's showing interest, her respect and attraction for him grows stronger.

Even though she was previously turned off by him, she now begins to feel respect and attraction for the way he is behaving.

She begins to wonder, *What just happened here? Why do I feel like I like him again all of a sudden? He's changed. I like the new him. Maybe we should hook up one last time to see how I feel.*

Getting her to have feelings for you is what needs to happen to make it possible for your ex girlfriend to change her mind about you.

So, don't bother telling her how much you care about her, because it's not going to make her change her mind.

When you make her reconnect with her feelings of respect and attraction for you, she will find herself opening up to you again, even if she initially tries to fight it or hide it.

3. Thinking that you can win her back by being extra nice to her.

Often, the only way a guy can think of to make his ex realize what she's going to be losing out on if she doesn't change her mind about him, is to be extra nice to her (e.g. he does whatever she wants him to do, pays her bills, buys her expensive gifts, is available to her 24/7).

In his mind, he hopes that she will wake up one morning and think to herself, *I've been such a fool to break up with my ex. Look how wonderful he is to me. I will never be able to find another guy who loves me like he does. He's always taking care of me, spoiling me and doing whatever I want. It must mean that he and I are meant to be together* and then she comes running back into his arms.

Unfortunately, life is not a scripted romantic Hollywood movie, and in the real world, a woman who has lost respect and attraction for a guy will rarely change her mind about him just because he's being extra nice to her.

Naturally, there's nothing wrong with being nice to a woman, but when a guy is being so desperate to please her and she can see it, it might make her feel like she is too good for him.

If a woman feels more valuable than a man, she then can't look up to him and respect him, which makes him seem less attractive and appealing to her.

A woman doesn't want to be with a guy out of pity or guilt.

Instead, she wants to feel like she is lucky to be with him because other women would love to be with him too.

As you may know, nice guys who suck up to women and try to impress them are not in high demand.

The type of guy that women find most attractive is a good guy with balls.

This kind of guy treats women very well, but he doesn't suck up to them by putting on an extra nice guy act.

He is confident, emotionally masculine and can handle the challenges of life, but he's not arrogant or aggressive.

Men like that are very rare and when a woman finds one, she doesn't want to let go.

However, nice guys who suck up to women are the majority because most guys have no idea how to be a confident, emotionally masculine man that women can feel attracted to and look up to and respect.

Most guys in this world simply try to suck up to women to get a chance with them and women hate it. This applies to meeting new women, when in a relationship and when getting an ex back.

So, to get your ex girlfriend to change her mind about you, make sure that you're not being super nice to her to the point where you are sucking up to her.

Be a good guy, but don't let her push you around.

4. Thinking that he can win her back by doing whatever she claims that she needs (e.g. she asks him to give her a month of space because she "needs time," so he does it and hopes that it will work to get her back).

Sometimes, when a guy keeps calling up his ex and trying everything he can think of to get her back (e.g. begging and pleading, promising to change, offering to do whatever she wants him to do), a woman might then ask him for some space as a way of letting him down easy.

She might think to herself, *"If I can just make him go away for a month or so, I will be able to move on with a new guy. In the meantime, hopefully he'll lose interest in getting me back, or he'll meet someone else and I won't have to put up with him hounding me anymore."*

However, when the guy is desperate to get her back, he might take her request for a month of space as a sign that she's open to getting back together again.

He might think, *"Maybe if she misses me during that month, she will change her mind about me and will be happy to have me back when I contact her after 30 days."*

Yet, that's not how it works in almost all ex back cases. Why?

If a woman doesn't have feelings for a guy, having more time apart from him is usually only going to make her forget about him even quicker.

In fact, while her ex is counting down the 30 days on his calendar, she will likely move on with her life and possibly even meet another guy and fall in love with him instead.

So, even if your ex is saying, *"I need time apart to figure things out,"* or *"I need some space to see if I still have feelings for you,"* you must have the confidence to persist and get her to meet up with you, so you can then re-attract her and get her to reconnect with her feelings for you.

The most space that you should give her (before contacting her and arranging a meet up) is 3 to 7 days.

Any more time than that is usually a complete waste of time because it gives her time to move on and forget about you.

To get her back quickly, you need to focus on triggering her feelings of respect and attraction for you

every time you interact with her from now on, (e.g. via text, social media, e-mail, over the phone or in person).

She will then start to wonder, *â€œI know that I said I want some space, but I donâ€™t feel like I need that anymore. In fact, Iâ€™m beginning to miss my ex when I donâ€™t hear from him. Why am I feeling this way? Is it a sign that weâ€™re meant to be together? Maybe I should just catch up with him again and see how I feel.â€*

From that moment on, all youâ€™ve got to do is to continue saying and doing the types of things that will attract her, as you confidently guide her back into a relationship with you.

Recycled Relationships

[image: Recycled relationships]

Unlike in the past, where a break up was considered permanent, these days couples get back together all the time.

In fact, according to an American study, the number of couples who get back together again after a break up is as high as 50%.

Of course, that number would be a lot higher if more guys used my advice, but that statistic should at least show you that it is possible.

You really can change her mind about you and get another chance with her.

So, if youâ€™re asking, *â€œIs it possible to get my ex girlfriend to change her mind about me?â€* the answer is almost certainly, YES.

As long as you focus on making her reconnect with her feelings for you, getting her back becomes easy.

When you make her feel a renewed sense of respect and attraction for you, her guard comes down and she reconnects with some of her old feelings for you.

As the minutes go by while you and her talk, her feelings come back stronger than ever and she feels magnetically attracted to the new and improved you, even if she tries to hide it from you.

When that happens to her, she naturally changes her mind about you and the break up because she now feels good around you again.

To her, getting back together with you suddenly feels like the right thing to do and a good thing to do.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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policy.

I Want My Ex Girl Back, But She Isn't Interested

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The reason why she isn't interested is that you currently don't know how to make her experience the feelings needed to make her interested.

You can change that though.

Watch this video for some examples:

You can make her interested in getting back with you if you focus on re-attracting her, rather than trying to convince her to give you another chance.

If your ex girl is saying things like, *"Please leave me alone, I'm just not interested in getting back together again,"* or *"I just don't have feelings for you anymore,"* or *"You need to accept that it's over between us,"* it simply means that the way you are interacting with her, talking to her, and the way you come across to her isn't triggering any desirable feelings inside of her (e.g. respect, attraction, love).

However, that doesn't mean that you can't start to trigger those feelings.

When you adjust the way that you interact with her from now on, she will naturally become more open the idea of getting back together with you.

For example: A guy might say to his ex girl, *"I still love you. Please let's try and work things out. I really want us to work this out."*

She might then respond by saying something like, *"Forget it! I'm not interested in anything you have to say. It's over between you and I. Please just leave me alone. I don't feel the same way any more. You need to respect that."*

In the past, his natural reaction might have been to get upset about it and make her feel pity for him, or he might have even lost his temper and gotten angry at her.

Yet, those ways of interacting with her is not going to re-spark her feelings of respect, attraction and love for him, and will simply turn her off even more.

So, if his ex girl says, *"Forget it! I'm not interested in anything you have to say. We're finished,"* he can adjust his behavior by responding to her in a calm and relaxed manner, and confidently saying something like, *"Okay, I accept your decision about us breaking up. I understand why you feel this way right now and that is fine. You are entitled to feel however you want and you obviously don't feel good with me any more. I'm not going to push you to get back with me. However, I do want you to know that I still care about you. I know that you probably don't care whether or not I care about you and love you, but I just want you to know that I'm not angry or upset and I accept your decision."*

Basically, by calmly accepting her decision to stay broken up, while being confident enough to admit that he still cares for her, he's breaking the old pattern of communication between them (e.g. where she was rejecting him and he was reacting by getting upset or angry with her).

Based on his new approach, she gets to see him in a different, more positive light, rather than experiencing the same old guy that she broke up with.

He is now interacting with her in a way that shows her he has moved past the level he was at when

she broke up with him.

This is attractive to her.

It triggers her feelings and she begins to feel drawn to him again.

That's what you need to be doing if you want your ex to be interested in getting back together with you again.

If she currently isn't interested, then what you've been saying and doing lately hasn't been making her have desirable feelings for you.

Without making her experience desirable feelings like respect and attraction, getting her back is going to be a difficult, if not impossible process because she's just going to keep on saying, *I am not interested*, until you change the way you think, talk, behave and react to her.

So, if you've tried to get your ex girl back and she keeps saying *No*, it could be because you are making some of the following mistakes:

1. Thinking that if you show her how much she means to you, it will make her change her mind.

[image: But...you are my world!]

If a woman doesn't have feelings for her ex, hearing him say something like, *How can you not see how much I love you? Do you really think you could ever find another guy who will love you as much as I do? You are my world. I would die for you. I would do anything for you. Just give me another chance and I will prove to you that my love for you is unbreakable*, isn't going to matter that much to her.

Basically, if a woman has lost respect and attraction for her guy, she won't really care that he still loves her.

To her, it's just a bunch of words that he is saying and it's not making her feel the kind of respect, attraction and love that would justify giving him another chance.

It might make her feel pity for him, but a relationship can't be based on pity. It has to be based on respect, attraction and love.

As the old saying goes, *Actions speak louder than words*.

So, to successfully convince her to give you another chance, you must make her experience the type of feelings she wants to experience when she's with you (e.g. respect, attraction, love), rather than going on and on about how much you care about her.

[image: Please...I will do anything!]

If you don't make her have feelings for you first, she's just going to keep saying, *I am not interested*, because she's not going to care that you care about her.

It just won't matter to her.

However, when you trigger some of her feelings for you and then build on that, telling her that you care will sound good to her.

Her walls will begin to come down and she will enjoy hearing you tell her that you love her.

It will feel good to her and make her want to be around you again, even though she was previously uninterested in getting back with you.

So, don't worry about telling your ex how much she means to you.

It's fine to tell her that you still love her, but just make sure that you are actively making her have feelings for you, otherwise she's not going to care about your feelings.

From now on, make sure that every time you interact with her, you make her experience the type of desirable feelings that will draw her to you and make her want to give you another chance.

When she feels more drawn to you than she ever has before because you are now making her feel attracted in new and exciting ways, the idea of getting back together again won't seem that impossible to her anymore.

She will feel as though it would be a fun, interesting experience to get back with you, or that her newfound feelings for you might be a sign that you and her are meant to be together.

2. Thinking that because you shared good times together it means that she won't want to lose you.

[image: Why doesn't she care about all the good times we shared?]

Another common mistake that some guys make when trying to convince an ex to get back together, is to try to get her to focus on all the good times they shared, in an attempt to re-spark her feelings of love again.

For example: A guy might say, *"How can it be so easy for you to forget all the good times we had together? Sure we had some rough times, but don't all the good times make up for that? Besides, all couples have problems sometimes. Doesn't the love we shared mean anything to you any more? Was it all for nothing? Did I mean nothing to you all along? I believe that what we had together was special, and even if you say it's over between us, I just can't accept that. If you will just take a moment to remember how good it used to be between us, you will see that I'm right. We can't let our love die! you and I were meant to be together forever. What he had was special and shouldn't just be thrown away like this."*

All of that sounds really nice, but it doesn't work if the woman's feelings for the guy are now disconnected.

A guy needs to first make his woman reconnect with her feelings before he tries to get the relationship back together, rather than telling her to reconnect with her feelings so they can get back together.

When a woman has closed herself off from feelings of love, respect and attraction for her ex and replaced those feelings with negative emotions such as anger, resentment and pain, it's not easy for her to feel good about how things used to be.

For example: She might think to herself, *"Yes, you're right, we did have some good times. That's why it hurts so much now that things between us have gone bad. All I can think about is how badly you messed up, how badly you treated me and how you destroyed our relationship. I'm just over it now. I'm not interested in get back together again. I want space now so I can move on without you. I just don't think that we are meant to be together any more."*

Essentially, by highlighting the good times and asking her to reconnect with her feelings because of that, the guy is also reminding her of how much heâs changed (in a negative way) from the guy she first fell in love with.

While he might have been a great guy in the past, she is unwilling to accept that he is any different now (even if he has changed a little bit) because heâs not doing anything to make her feel attracted to him again.

Unless you actively make your ex girl have feelings for you again, sheâs not going to change her mind based solely on how good things used to be between you and her in the past.

Thatâs just not how it works these days.

In the distant past (e.g. 100 to 200 years ago) a woman would stay with a man for life, regardless of how bad things got between them.

However, in todayâs world a woman can break up with her guy any time she wants to, if heâs not making her experience the types of feelings that she wants to feel in a relationship.

So, if you want your ex girl back, donât waste a lot of time trying to convince her that sheâll lose a good thing if you donât get back together again.

The main thing that will make your ex girl realize that your relationship is worth fighting for, is when you make her feel a renewed sense of respect and attraction for you based on how you now interact with her.

However, without getting to her experience those feelings for you, sheâs likely going to keep on saying, *âYes, what we had in the past was great, but itâs over now and Iâm just not interested in being with you anymore.*

3. Thinking that she has the answers to your problem about not knowing how to attract her.

[image: Why won't you tell me what I need to change?]

When a woman breaks up with a man, he may feel shocked or even surprised about it.

He might then begin to wonder:

- What did I do wrong?
- Why has she suddenly stopped wanting to be my girlfriend (fianc  or wife)?
- Maybe if I ask her to explain what Iâve done to cause her to stop loving me, I can change and then we can get back together again.

Then, when he interacts with his ex girl he might ask her, *âWhat do you want me to do to make you give me another chance? Just tell me what you want me to change and I promise that Iâll do it.*

Yet, rather than convince his ex girl that heâs serious about fixing himself for her, it turns her off even more. Why?

A woman doesnât want to be a guyâs teacher in life about how to be a man.

She doesnât want to teach him how to be the kind of man who is attractive to her and that she can

look up to and respect for life.

If her guy can't figure out what he needs to do to make her feel attracted, she will have to teach him now and possibly again and again in future.

Yet, by being his teacher, it causes her to take on a more dominant role (i.e. of being like his mother, big sister or teacher) in the relationship, which then causes her to lose touch with her feelings of sexual attraction for him.

So, if a guy makes the mistake of expecting his ex girl to give him the answers to how to be the kind of man she wants him to be, he's basically letting her know that he's unable to work it out by himself.

His actions are saying to her, *I don't know how to be the kind of man that you need me to be. I am still trying to work out what it means to be a man, so you have been in a relationship with an immature guy all this time. I don't even know what behaviors of mine are turning you off and how I could change it. Please, just tell me what you want me to say and do and I will begin doing it.*

Although he means well by being willing to grow up and be the man she needs, it's just not something that she wants to get involved in.

She wants him to understand what caused her to break up with him (e.g. he was too clingy, needy or insecure, he took her for granted, he stopped moving through the levels of life like a real man) and fix those things without her having to teach him.

Learning from his mistakes to quickly becoming a better man as a result, is attractive to her because that is what a real man does when he makes mistakes in life.

Lost guys go through life making mistakes and blaming the world for their problems, seeking pity from others or hiding away from the world behind their relationship with a woman.

A woman wants to be with a man who continually learns and grows into the real man that he is destined to be, rather than remaining stuck at a boyish level of maturity for life.

When you quickly transform by learning from your mistakes to become a better man, your ex girl will notice that when she interacts with you.

She will see it in how you talk, how you react to her and how you use your body language.

When that happens, her guard comes down and she becomes interested in getting back together with you.

However, when a lost guy expects a woman to hold his hand and guide him through the steps of being a man, she will likely keep saying to him, *Look, I'm just not interested in getting back together with you. You need to deal with this on your own. You and I are finished. Leave me alone and give me the space I've asked for to move on. I don't feel the same way about you any more and I need you to accept that.*

4. Thinking that you can make a woman want to stay with you by giving her reasons, rather than making her experience feelings.

[image: Why can't you see how much you mean to me?]

Sometimes, when a man doesn't know what else to do to get his woman back, he might try to convince her by giving her every random reason he can think of why they should be together.

For example: He might say to her, *"All of our friends and family say we make such a great couple,"* or *"If you break up with me now, I'll end up failing all my exams and flunking out of university"* or *"If you don't give me another chance, I'm not going to be able to concentrate at work and will probably end up losing my job. Please just stay with me and let's work this out."*

In the case of a married couple, he might say, *"I can't afford to pay the rent/mortgage all by myself,"* or *"What about the children? How can we let them become another statistic of divorce? Why would you want to do that to our family?"*

Yet, regardless of whether his arguments are valid or not, a modern woman doesn't have to stay with a guy out of a sense of duty, or because she feels guilty, or pity for him.

When a guy stops making a modern woman experience the types of feelings that are needed to keep a relationship together and she then decides to break up with him, then the main thing that will make her want to get back together with him is if he re-sparks those feelings in her.

It can't just be all about him getting to be with her because a woman doesn't want to feel like she's doing a guy a favor by being with him.

She wants to be with him because she loves him and because he is the kind of guy she can respect, feel attracted to and depend on.

Feelings Can Change and That is Good News For You

If you're saying, *"I want my ex girl back but she isn't interested,"* you might feel like it's a hopeless situation and she will never have strong feelings for you again.

However, that's not the case all.

When a woman is saying, *"I am not interested,"* it simply means that right now, the way you are talking to her and the way that you're interacting with her isn't triggering her feelings of respect, attraction and love for you.

The good news is that you really can change the way you're talking to her and interacting with her in a way reactivates her feelings and makes her feel interested in being with you again.

When you interact with her in ways that make her experience feelings of respect, attraction and love, everything changes.

Suddenly, she begins to think to herself, *"Something has changed. I actually enjoy talking to my ex now, even though I wasn't interested in him before. It's fun being around him again,"* and she opens herself up to the idea of getting back together again.

From there, you simply need to continue saying and doing the types of things that make her feel attracted to you and confidently guide her back into a relationship with you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

What Can I Do to Make My Ex Want to Get Back Together With Me Now?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you're wondering, *What can I do to make my ex want to get back together with me now?* here is what really works!

Reactivate her feelings by interacting with her and letting her experience the new and improved you. For example: When you interact with her (e.g. via text, e-mail, on social media, on a phone call, or in person) make sure that what you are saying and doing is creating positive feelings of respect and attraction inside her.

If you're not interacting with her in ways that spark positive feelings of respect and attraction, she's most likely going to remain closed off to you and won't be willing to give you another chance.

From now on, ask yourself questions like these:

- Will this text message or e-mail that I'm about to send her make her smile, laugh and feel happy to hear from me, or will she feel annoyed and think something like, *What does my ex want? Why doesn't he just leave me alone?*
- Does she sound happy and excited to be talking to me over the phone, or is she saying things like, *Look, I really have to go now. Please give me space like I asked you to do before* or *I'm really busy, I can't talk right now*
- Does she now feel as though she can look up to me and respect me as a man, or is she feeling turned off because I'm displaying unattractive traits like self-doubt, insecurity, desperation or neediness?

Asking yourself those questions will keep you focused on what matters most, which is that you are actively making her feel respect and attraction for you during every interaction, so she opens herself up to the idea of getting back together again.

However, don't expect her to want to take you back just because you want her to or because you've changed and now feel so much better about yourself.

You have to make her feel like she is gaining something by getting back together with you, not like she is doing you a favor.

For example: She is gaining the experience of seeing what love and a relationship feels like when the problems are fixed and the couple gets to go back to how they felt in the beginning.

She's also gaining a better man who can now make her experience feelings that she couldn't experience with him before.

Impressing your ex to make her want to get back together with you now is not about putting on an act and pretending to be someone that you're not (e.g. suddenly wearing expensive suits or designer fashions, if you are normally a denim and t-shirt kind of guy).

In fact, if she gets the sense that you're hoping to impress her, it will actually make her feel turned off by your insecurity about your attractiveness to her.

To impress her, just relax and confidently allow her to experience the new and improved you when

you interact with her.

Don't force it.

Just be the new, improved man that you now are whenever you interact with her.

This allows her to feel a strong, renewed sense of respect and attraction for you, which reactivates her feelings and makes her guard come down.

Once her feelings are reactivated and her guard is down, she will then become open to forgiving you and giving you another chance.

Changing the Way That You Interact With Her

[image: Changing the way that you interact with her]

Just because your ex is currently saying that she doesn't want to get back together with you, it doesn't mean that her emotions can't ever change.

When you begin to interact with her in a way that makes her feel good (e.g. making her smile, laugh and feel attracted to you again), she will naturally begin to drop her guard and be more willing to reconnect with her feelings of respect, attraction and love for you.

However, if you continue behaving in ways that turn her off (e.g. being insecure, needy, desperate, always wanting to discuss the relationship), then getting her back is going to be very difficult because she's just going to continue saying things like, *"I've already told you that I don't want to get back together with you. When are you going to face the fact that it's over between us? You need to just leave me alone and move on with your life. I don't feel the same way any more. When will you understand that?"*

So, make sure that you change the way that you interact with her to ensure that she experiences a range of positive, desirable emotions (e.g. happiness, attraction, excitement, surprise, respect) when she interacts with you.

Focus on doing that so you can reactivate her feelings and then quickly guide her back into a relationship.

4 Mistakes That Slow the Ex Back Process Down

Here are some of the behaviors that turn a woman off when a guy is trying to get her back, which then slows the ex back process down or even brings it to a complete stop where the guy loses his chance with her.

1. Trying to get her back by promising to do anything that she wants.

[image: Being willing to do whatever she wants]

It's only natural that when a guy is trying to get his ex back, he might be feeling a little bit desperate to get her back before she fully moves on with another guy.

When a guy is in that panicked state, he might make the mistake of showing her that he would be willing to do anything to convince her to give him another chance.

He might say to her, *“I know I messed up and I’m so sorry about it. Please give me another chance and I promise you I’ll do whatever it is you want me to do. I don’t care what it is I will do it. I will do anything you want if you just give me another chance with you. Please don’t leave me like this. I love you and you mean everything to me. Just tell me what you want and I will do it, I promise.”*

In some instances, a guy might even promise to change things about himself that he doesn’t want to change just to please his ex.

For example: During the relationship, a woman might have said to her guy, *“You’re always hanging out with your friends drinking and partying. I’m sick and tired of waiting around for you. If you don’t change, I’m going to break up with you.”*

Then, in a desperate plea to show her how much he cares, he promises to never see his friends again and never party with anyone ever again.

He might say to her, *“I get it! I didn’t listen to you when you told me I was spending too much time with my friends. I promise if you just give me another chance, I’ll spend more time with you. I don’t care about my friends. You are what matters to me. Please just give me another chance.”*

From his point of view, he is giving her what she wanted all along, so he assumes that it should be enough to make her want to get back together.

Yet, that’s not how it works.

For example: If a woman is saying that a guy spends too much time drinking and partying with his friends, it could just be her way of saying that he is wasting his true potential as a man, and that she needs him to man up and be someone she can look up to and feel proud of.

She doesn’t mind that he has friends, but she is disappointed that she’s ended up with a guy who has no real ambition in life and is wasting so much time just hanging out with people who might not even be in his life 5 or 10 years from now.

So, if he promises to change the wrong things about himself (e.g. stop hanging out with his friends), she will feel as though he doesn’t understand what she really wants from him and it will turn her off even more.

Here’s what you need to get clear on!

If you want to make your ex want to get back together with you now, you need to be offering her what she really wants, not what you think she wants.

Rather than make any promises, focus instead on saying the types of things that will reactivate some of her feelings of respect and attraction for you.

For example: You can say something like, *“I know I messed up. I now understand where I went wrong, and I’m truly sorry for hurting you. However, everyone makes mistakes sometimes in life and as long as they learn from those mistakes, they become a better person as a result. I’m not happy with what has happened between us, but I have learned from those mistakes and I’m a better man as a result. I don’t expect you to believe me right now, and that’s okay. I accept that you’ve broken up with me, but I want you to know that I am now making real progress with [insert whatever applies to you here. For example: Your career, a project, a business, an ambition you’ve always had] and am only spending a little bit of time with friends.”*

You’re not asking her to take you back and are simply making her feel understood, which is a

great way to start reactivating her feelings of respect for you again.

2. Asking her to explain her deeper reasons for the break up.

One of the most common reactions that guys have when they get broken up with is to ask for all the reasons why.

For example: A guy might ask his woman something like, *“Why are you doing this to me? How could you break up with me when I love you so much? What is the reason for this?”* or *“Please tell me what I did wrong so that I can change it.”*

In his mind, he is likely thinking, *“I’ve messed things up, but if she tells me exactly what she wants me to fix and I do it, then everything should go back to the way it was and we won’t have to break up.”*

Yet, that’s not how it works.

A woman doesn’t want to explain to a guy what he did wrong, because she doesn’t want to be his teacher in life about how to be a man.

If she has to explain to him what he has to do to make her happy and be the man she needs, it will mean that she needs to on a more dominant role in the relationship (e.g. like a mother to a son, or big sister to little brother), which will then cause her look down on him and lose her feelings of sexual attraction for him.

Think about it in this way!

If a woman takes on the role of being a man’s teacher, mother or big sister, she becomes the leader in the relationship.

She then feels like she has to hold his hand, guide him and even protect him from the difficult things in life, rather than being able to relax into his masculine direction and feel protected by him.

Taking on this dominant role causes her to stop feeling feminine in his presence, which then causes her feelings of sexual attraction to fade.

So, if you ask your ex to tell you what you did wrong and to teach you or explain to you how to be the kind of man she needs you to be, she will withdraw from you even more.

This is the main reason why it is so important for you to figure out what went wrong between you and your ex without seeking her help.

You need to take responsibility for the ex back process with her, rather than expecting her to take care of you and guide you back into a relationship with her.

When you take on the role of the man in the ex back process, she will naturally begin to feel a renewed sense of respect and attraction for you, which will bring her guard down.

She will begin to feel good about getting back with you because she likes the changes that she sees happening in you.

3. Seeming desperate by pleading with her.

[image: Seeming desperate by pleading with her]

When a guy is in love with his girlfriend (fiancée or wife) and she breaks up with him, he might make the mistake of pleading with her for forgiveness, to change her mind or to give him another

chance.

Yet, a man pleading in a desperate way is a huge turn off for women.

It shows a woman that he doesn't have his life in balance and has been placing way too much importance on her, to the point where she has become the main part of his identity and sense of security in this world.

In other words, he's a needy guy. He needs her love and attention to feel good about himself in this world, which is a huge turn off for women.

A woman does want a man who wants her love and attention, but not a guy who needs it for his sense of identity and security.

A typical needy guy will often use every chance that he gets to interact with his ex (e.g. via text message, e-mail, on social media, on a phone call, in person) to plead with her for a second chance.

He might say something like, *â€œPlease don't do this to me! I can't live without you. You mean everything to me. Please forgive me for what I did to you! I beg of you! please. I love you so much. Let me have one more chance. Without you I am nothing. You are my everything.â€*

Sounds like something that should work, right?

After all, doesn't something like that always seem to happen in romantic Hollywood movies and sitcoms?

Of course, but in the real world, pleading and begging with a woman rarely works.

Unlike in the movies, women in the real world are not attracted to the emotional weakness in men (e.g. insecurity, lack of self-confidence, putting the woman in the more dominant position).

Women are instinctively attracted to the emotional strength in men (e.g. confidence, masculinity, being the dominant one in the relationship) and are turned off by the emotional weakness.

So, when a guy pleads and begs with a woman for her to give him another chance, she will naturally perceive him as being emotionally weak and it will turn her off even more.

By the way!

If you've already pleaded with your ex to make her change her mind about getting back together again, don't worry about it.

What happened in the past is over.

As long as you have learned from it, you simply have to now focus on being emotionally strong whenever you interact with your ex, so you can make her feel respect and attraction for you again.

Watch this video for more info!

4. Losing confidence in his ability to make her feel attracted.

When a guy tries everything that he can think of to convince his ex to get back together with him (e.g. begs, pleads, promises to change whatever she wants), and she keeps saying things like, *â€œJust stop! I don't have feelings for you anymore and nothing you say and do is going to change my mind,â€* or *â€œYou're not what I want in a guy anymore. Please move on,â€* he might begin to doubt himself as a man.

For example: A guy might start thinking, *â€œI've tried everything to get her back and she keeps saying no. Maybe I'm just not attractive to her as a man now. Maybe I have to let her go. Maybe*

she has higher standards now that I just can't live up to.

He might then decide that his last hope is to go to the gym and get big muscles like the male models in magazines, or to get himself a new, expensive wardrobe of clothes to impress her and trigger her feelings of attraction for him again.

Yet, here's the thing!

The majority of women are more attracted to a man's ability to attract them emotionally, than they are to big muscles, looks or expensive clothes.

A woman's emotional attraction to a guy is mostly based on how he makes her feel when she's with him, not on the brand of shirt he is wearing or how big his muscles are.

Some women are very impressed by muscles, money and social status, but when it comes to relationships, the majority of women fall in love and stay in love with a guy based on how he makes her feel by the way he talks to her, behaves, thinks and takes action in life and around her.

When a woman is considering breaking up with a guy, she might ask herself questions like this:

- Does he make me feel like a real woman when I'm around him (e.g. feminine, girly, attracted), or does he make me feel emotionally more dominant than him because he is insecure, self-doubting and lacks confidence now?
- Is he someone that I can look up to and respect now and for the rest of my life, or is he someone who needs me to hold his hand and show him how to be a real man?
- Does he have the confidence to make me smile, laugh and enjoy being around him (especially when I test him by being cold and aloof towards him), or does he crumble at the first sign of resistance from me?

If a guy is mostly making her feel negative, undesirable emotions and she's not happy in the relationship, it's only a matter of time before she says, *"I want to break up."*

Likewise, when a guy is trying to get a woman back and is making her feel negative, undesirable emotions, she's going to be saying things like, *"Sorry, I just don't feel the same way about you any more."*

[image: You need to work this out yourself]

She won't explain to him what he needs to fix or how to fix it, so if he doesn't work out how to change and be the man she wants, she will just move on.

So, if your ex is currently saying, *"I don't have feelings for you anymore,"* don't make the mistake of thinking that it's because you don't have big enough muscles, expensive enough clothes or handsome enough looks.

Your ability to attract your ex back is based mainly on how you make her feel when you interact with her.

When you start behaving in the types of ways that actively trigger her feelings of respect and attraction for you again (e.g. by being confident around her, making her smile and laugh, making her feel feminine and sexy in your presence) it makes her defenses come down and she becomes more open to the idea of forgiving you and giving you another chance.

On the other hand, if you lose confidence in your ability to make her feel attracted, and possibly start thinking things like, *"She said she doesn't want to get back together with me now. What if*

it's because she has met a guy who is better looking than I am? What if I'm not man enough for her? you will likely push her away even more because women are turned off by emotional weakness and insecurity.

If you want to make your ex want to get back together with you now, you must be confident.

You must be confident as you guide her back into a relationship with you.

You can do it.

Don't waste any more time doubting yourself. You can make her want you back now.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

4 Examples of How a Guy Got His Girlfriend Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 4 examples of how a guy got his girlfriend back after a break up...

1. He changed, let her experience the new and improved version of him in person and she then gave him another chance.

[image: Changing and improving to get her back]

For example: She broke up with him because he was insecure and was too needy of her attention. He quickly transformed to become emotionally independent and confident and she felt a renewed sense of respect and attraction for him and then gave him another chance.

2. He accepted the break up and then made her jealous by quickly dating a new woman. She then wanted him back.

[image: Making an ex jealous to get her back]

For example: She saw photos of him and the new woman on social media and it made her miss him and realize that she was losing a guy that was attractive and appealing to other women.

She sent him a text and he then got her on a phone call, had a chat, met up in person and got back with her.

Note: Hooking up with new women to make your ex jealous doesn't always work and is risky.

For example: If a woman has lost respect and attraction for her ex, then him dating another woman won't really bother her that much at all.

She usually won't care that he's moved on and will likely even think to herself, *â€œAwesome! Iâ€™m glad that heâ€™s found someone else. Now I can move on with my life without worrying about him trying to get me back.â€*

Another reason why trying to make a woman jealous is risky, is because if she finds out that the guy is only using it as a ploy to get her back, she will lose even more respect and attraction for him.

Then getting her back becomes even more difficult because she wants to get revenge to make him feel the way she did.

The best approach is to get an ex back in almost all situations, is by meeting up with her and making her feel a renewed sense of respect and attraction for you again.

When you do that, her guard comes down, she stops focusing so much on the negatives of your previous relationship together and she starts to look at you in a more positive light.

The next example of how a guy got his girlfriend back isâ€¦!

3. He gave her a week of space, contacted her to meet up, re-attracted her at the meet up and then agreed to take things slow.

[image: Getting her back by taking things slow]

In most cases, you don't have to give your ex any more than 3-7 days of space before you contact her

to arrange a meet up.

When you meet up with her in person, you need to quickly apologize for your mistakes and then begin reactivating her feelings for you.

Some women are a lot easier to get back with right away than others, so if your ex is a more difficult woman to get back, make sure that you don't try to get her to commit to a relationship right away.

Instead, just tell her that you don't expect her to want a relationship with you and if she only wants to be friends, you are fine with that.

Of course, you're not just going to be her friend.

Watch this video to understand what you need to do insteadâ|

Don't just be a friend to her. Be attractive to her. Reactivate her feelings whenever you and her communicate or interact.

The next example of how a guy got his ex woman back isâ|

4. He met up with her, got her to forgive him, reactivated her feelings, hooked up with her sexually and then agreed to see each other again in a couple of days.

Not all ex back situations require you to hook up with the woman at the meet up.

Having sex usually applies to more younger relationships or relationships that didn't last very long.

However, if the couple is a bit more mature or had been engaged or married, a hook up doesn't have to happen at the first meet up.

Whatever applies to your case, you should at least try to get a goodbye hug and kiss when you end the meet up.

Having a hug and kiss breaks the physical barrier between you and her again and brings you back to how you used to behave around each other.

It feels good for both you and her, so don't hesitate to make that happen for the both of you.

Lead the way and guide her back into a relationship with you.

7 Mistakes That Reduce a Guy's Chances of Getting His Ex Back Quickly

[image: Ruining his chances of getting her back]

Some guys don't realize that the quickest and easiest way to get a girlfriend back is by actively making her have feelings for him again in person or at least on a phone call.

Not knowing what else to do, some guys make the following mistakes, which slows down the ex back process and may even cause the woman to completely lose interestâ|

1. Trying to teach her a lesson by not contacting her.

Some guys feel like they need to teach their ex a lesson by not contacting her for a few weeks, or even a few months.

A guy like this is secretly hoping that she really miss him and when she finally gets to hear from him,

she will be excited and eager to get back together again.

Yet, hereâs the thingâ!

If a woman doesnât have feelings for her ex, sheâs not going to feel like itâs a big loss to her that heâs ignoring her, and she will usually just shrug it off and get on with dating other guys and having fun.

Ignoring an ex usually only works on women who are still in love with the guy or who can't find a decent replacement to move on with.

Yet, a lot of guys don't know that and because they also want to teach their woman a lesson for dumping them, they cut off all communication and hope that it makes her come crawling back

Then, after ignoring her for 30 or even 60 days, he calls her up, tries to get her to meet up with him and she says, *âSorry, I have a new boyfriend now. I ask you to respect that and not interfere. You and I had our chance and now we're finished.*"

She might even add in, *"Besides, you didn't even contact me. So, why are you so interested now? Can't find a new girlfriend? Well, that's your bad luck. I'm happy now, so leave me alone."*

Based on all my experience helping guys to actually get a woman back after a serious break up, I've found that ignoring a woman only works if she is still in love with you, is having a hard time getting past the pain of the break up, or sheâs struggling to find a replacement guy.

If your ex is going to be fine without you, don't waste time ignoring her in the hopes that it teaches her a lesson and makes her come crawling back.

If you want to give her some space, 3 to 7 days is more than enough.

If you give her any more time than that, youâre just increasing the chances that she will completely get over you and move on.

So, just wait 3 to 7 days and then contact her so you can reactivate her feelings (e.g. respect, attraction and love) over the phone and in person.

When you reactivate her feelings, she then starts to wonder, *âWhatâs going on here? Why am I suddenly thinking about my ex all the time? Why does the idea of getting back together again sound good to me all of a sudden? Maybe I should meet up with him. I miss him, so maybe this is a sign that we're meant to be together.*â

In most cases, actively making her having feelings for you again works faster than ignoring her and hoping that she misses you.

2. Making her feel guilty for dumping him.

Sometimes, a guy might feel so hurt, betrayed and rejected after being dumped that tries to make his ex feel guilty for making him feel that way.

He might say something like, *âHow could you do this to me? Are you happy with what youâve done to me? I gave you everything I had and you just chewed me up and spat me out like I was nothing to you. How can you be so cold towards me after everything we had together? What we had was special and you're just throwing it awayâand that kills me. I haven't been able to eat or sleep properly since we broke up and I'm stuffing up at work now as well because I can't concentrate.*â

Although he is being honest about his feelings, trying to make her feel guilty for breaking up with

him will rarely work to get her back for real.

It might make her feel some pity for him and communicate with him a little more, but his display of emotional weakness under pressure will make her lose even more respect and attraction for him.

If she does give him another chance because she is feeling guilty or selfish for dumping him, that feeling won't make her stay for long.

When she realizes that nothing about him has changed and he's only putting her on a guilt trip to keep her trapped in an unhappy relationship, she will simply dump him again.

Happy and long-lasting relationships are built on positive emotions such as respect, love, and attraction, which cause the couple to sincerely want to be together.

On the other hand, unhappy, short relationships are built on negative emotions such as guilt, pity and revenge.

So, if you really want to get your girlfriend back and build a happy, loving relationship with her, focus on making her feel happy and excited to be interacting with you again, rather than trying to make her feel guilty for making you feel so bad after the break up.

When you approach the ex back process in that way, getting your girlfriend back will not only be a lot easier, but you will also be giving both her and you an unforgettable gift, by creating a new, happier relationship that has been built on a solid foundation of respect, attraction and love.

3. Acting like he no longer cares about her.

Sometimes, the thought of being without his girlfriend can be so painful for a guy that he might try to hide his feelings by pretending not to care about her anymore.

For example: If he interacts with his ex and she says something like, *âSorry, I don't want to get back together again. I just don't feel the same way any more,â* he might then react by pretending not to care about her or the relationship.

He might say, *âWell, that's fine by meâI don't love you any more either,â* or *âWhat makes you think I want to get back with you? I'm so over you now. My life is better without you in itâ* or *âI've already moved on with my life, so why would you think I want you back? Don't flatter yourself, I don't care about you anymoreâ* or *âWhat gives you the impression that I want you back? I'm doing fine without you. I have plenty of options with other women now, so don't worry about it.â*

In his mind, he is hoping that by rejecting her it will trigger her fears of losing him, and she will then realize that she still loves him and come running back to him.

However, this tactic rarely (if ever) works.

If the woman is still in love with the guy, she will fear losing him and will want to get back together with him if she notices that he doesn't care about losing her.

However, if a woman doesn't have feelings for her ex, she won't care that he doesn't care about her or the relationship any more.

Her ego might feel a bit bruised at the idea that he has moved on from her, but if another guy comes along and triggers her feelings of attraction, she will soon forget all about her ex.

If her ex contacts her, she will then want to get revenge on him for making her feel unwanted and will say something like, *âWhy are you calling me? I have a boyfriend now. You need to respect that. Stop*

contacting me.”

Creating that resentment, anger and motive for revenge isn't necessary when getting an ex back.

If you want to get your girlfriend (fiancée or wife back) you simply have to reactivate her feelings for you by behaving in ways that are attractive to her (e.g. being confident, charismatic, making her laugh) rather than trying to trick her into wanting you back temporarily by pretending that you don't care about her or the relationship any more.

Watch the video below for more info!

4. Crying, begging or pleading for another chance.

[image: Trying to stop a break up by begging]

Some guys can't handle the thought of being without their girlfriend, so they react by crying, begging and pleading with her to change her mind.

For example: A guy might plead with his ex by saying things like, *“You can't let what we had together just die like this. I love you! Don't you get that? You mean everything to me. I'm nothing without you in my life! Please baby, I beg you! Don't do this to us. I'm so sorry for hurting you. Please give me another chance. I need you!”*

Yet, here's the thing!

When a woman has already lost respect for a guy, seeing him cry, plead, beg and be emotionally weak in front of her only makes her look down on him even more.

Why?

Women are instinctively attracted to the emotional strength in men (e.g. confidence, self-belief, high self-esteem, the ability to cope with difficulties in his life), and turned off by the emotional weakness (e.g. lack of confidence, self-doubt, putting himself down, neediness, insecurity, an inability to handle difficult situations).

So, when a guy is crying, begging and pleading around a woman, rather than change her mind about getting back together with him, she will usually pull away even more from what she perceives to be an emotionally weak guy who still hasn't worked out what it means to be a man.

By the way!

If you've already tried begging and pleading with your ex, don't worry about it.

As long as you learn from the experience and focus on letting her see the emotional strength in you from this point onwards, she will be able to forgive your slip up.

Just focus on being an emotionally strong guy from now on whenever you interact with her.

Let her see that you are no longer the begging, pleading, crying guy that lost control of his emotions in a moment of immaturity.

5. Helping her financially.

Real love can't be bought.

Of course, some women will go out with a guy (or even marry him) for his money, but the majority of women are more attracted to a man's inner qualities than anything else he can offer.

For this reason, trying to get an ex girlfriend back by buying her gifts, or helping her financially (e.g.

paying her rent, giving her money for groceries) is usually a bad idea.

Although she might smile and accept these tokens of love from her ex, a woman won't necessarily change her mind about being broken up just because he's being generous with her. Initially, she might even think to herself, *"Well, why shouldn't he help me financially? After all, we used to split the bills 50/50 when we were together,"* or *"He knows he messed up badly, so why not let him pay for a few things for a while to make up for his bad behavior?"* Yet, making her think and feel that way only causes her to lose more respect and attraction for him, which makes her not want to get back with him.

So, rather than trying to help your ex financially in the hopes that it makes her see how much you care, simply focus on making her experience the types of feelings that will regain her respect and attraction for you as a man.

Watch this video for more info!

6. Asking her to help him change.

[image: You need to work this out yourself]

Asking an ex woman to help you change usually doesn't work to get her back, because a woman doesn't want to be a guy's teacher in life about how to be a man.

When a guy says things like, *"Please help me understand where I went wrong so that I can change exactly what you want. I can't give you what you want if I don't know what I'm doing wrong. Just tell me what you want me to change and I will do it. I promise. I will do anything you want, so just tell me what it is that you need me to change,"* he is effectively telling the woman that he has absolutely no idea how to be the man she needs and he will need her to teach him to grow up and become that man.

That's not what a woman wants.

If a woman has to teach her ex guy how to be the man that she needs, she fears that she will end up taking on the role of the man in the relationship (i.e. the dominant role) and he will then take on the role of the woman (i.e. the submissive role).

When the roles in a relationship get switched like that, the woman automatically stops feeling feminine and girly around her man, and she subsequently loses respect and her feelings of sexual attraction for him.

A woman doesn't want to dominate her man, and she doesn't want to feel like she has to take care of him because he can't figure things out by himself.

She wants him to figure out how to be the man that she needs, without her having to help him or guide him.

7. Over-contacting her to the point where he seems desperate.

After a break up, contact with an ex girlfriend can be very limited because she may be feeling angry towards the guy and will be avoiding his phone calls, or avoiding seeing him in person.

This is the main reason why a lot of guys panic about the possibility of losing her forever during this phase of the ex back process.

For example: A guy might begin thinking, *"I know what they say about 'Out of sight, out of*

mind. What if she forgets all about me while I give her space? What if she meets another guy, has sex with him, falls in love with him and then I lose my chance to get her back?

Feeling panicked, he might then begin to repeatedly text her, send her messages on social media or e-mail her as a way to staying on her mind and hopefully stopping her from moving on.

Yet, here's the thing!

Via text, a woman cannot see a man's body language or hear the tone of his voice, so she has to guess at what his state of mind and behavior might be if he were talking to her in person at that moment.

If she is already feeling negatively towards her ex (e.g. because he was insecure, needy or desperate during the break up), how do you think she will react when he continually bombards her with texts, e-mails or messages?

Will she be thinking, *"Aww, wow! how sweet! My ex obviously still cares about me. Maybe I'm being too hard on him. I think I'll give him a call now, say hi and suggest that we meet up because he obviously still cares about me. What a sweetie!"* or might she be thinking, *"Why is he being so needy and desperate like this? He contacts me multiple times a day! what is his problem? Doesn't he realize that we aren't together any more? I didn't know that he was going to be like this. Maybe I need to block him."*

She then blocks him on her phone and social media and hopes that he gets the message.

He then panics and might even decide to turn up at her front door or workplace unannounced, in the hope that he can convince her to unblock him and give him another chance.

Yet, his neediness just turns her off even more because he clearly has feelings for her and he hasn't been doing ANYTHING to reactivate her feelings for him.

He's just bombarding her with messages because he doesn't know what else to do.

Of course, there's nothing wrong with texting, e-mailing or contacting your ex girlfriend via social media or text, as long as it's a quick message to get her on a phone call with you.

On the phone call, you need to actively make her feel a renewed sense of respect and attraction for you and then arrange an in person meet up.

At the meet up, you can continue building on her feelings and then confidently guide her back into a relationship with you.

Getting Her Back Will Be Easier Than You Might Think

These days, most guys can get another chance with their woman within a few days to a few weeks, but they need to make sure that they approach the ex back process correctly.

Regardless of what you decide to do to get your ex back from this moment onwards, the most important thing to remember is that you need to ACTIVELY make her have feelings for you.

Don't expect her to come crawling back to you on her own because that approach only works if she still has a lot of feelings for you, can't find a replacement guy or can't deal with the pain of the break up.

The best way to get an ex back is to be active.

Actively make her have feelings for you when you interact with her and then confidently guide her

back into a relationship with you.

Without reactivating her feelings first, a woman will usually just say, *“Look, I just don’t have feelings for you anymore,”* or *“Please just accept that it’s over between us,”* or *“I don’t feel the same way as you do”* because you’re not saying and doing the type of things that are making her old feelings of respect, attraction and love come back.

Remember: When you reactivate her feelings for you, her defenses come down and being back in your arms begins to sound like a really good idea to her.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

The Best Day of the Week to Get Your Ex Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Is there a best day of the week to get your ex back?

We have heard most success stories from guys based on meeting up with their ex woman on a Sunday.

Other days are fine, but Sundays are usually the day when a woman has the most free time and can meet up with her ex in person, or at least chat on the phone.

Of course, that depends on your woman and her specific schedule.

For instance, if your woman works throughout the weekend, but has a free day every Monday, then she will likely be more open to meeting up with you on that day, rather than when she is the busiest.

The second most popular day that I've heard of guys getting their woman back is on a Thursday.

Friday's tend to be a bad day because the woman doesn't want to seem too available on a day that most single friends catch up to go out and party, or to have a coffee or bite to eat together.

Reactivating Her Feelings is More Important Than Anything Else

[image: Re-activating her feelings]

The day of the week that you attempt to get your ex back isn't the most important piece of the puzzle.

What matters most is that you use every interaction that you have with her as an opportunity to reactivate her feelings of respect, attraction and love for you.

Once you have reactivated some of her feelings for you, her guard will come down and she will be more open to meeting up with you, regardless of the day of the week.

For example: A guy can actively reactivate some of his ex's feelings via e-mail, text message, social media or on the phone, by making her smile, laugh and feel happy to be interacting with him again.

Then, when he suggests a meet up, she will likely be a lot more open to seeing him again, because he has been making her feel good every time he has been in contact with her, rather than being one of those annoying ex's who always wants to discuss the relationship or who is continually seeking pity from her based on how bad he's been feeling since she dumped him.

It's very important that you focus on making her feel good when she interacts with you, so the idea of meeting up with you doesn't feel like it would be stressful or annoying.

If you approach the ex back process in that way, your ex will be less guarded and will be more open to hearing what you have to say and willing to meet up with you.

For example: If a guy invites his ex girlfriend (fiancée or wife) to meet up with him for a quick coffee and it turns out that she's not available on the day he suggests, she will usually say something like, *"That sounds nice, I would like that, but I can't make it on that day. I am*

*free on (whatever day she is free) if you want to meet up then.*â€œ

Most guys don't approach the ex back process in that way though and instead bombard their ex with texts, beg and plead for another chance or constantly ask her to explain her reasons why she broke up with him.

Then, when he asks for a meet up, she will usually make up an excuse like, *â€œI don't think it's a good idea. Maybe we should just stay away from each other for now because I don't feel ready to see you again.*â€œ

In other words, she is saying, "You have feelings for me, but I don't have any feelings for you, so I want to move on" because he hasn't first actively made her have any feelings for him yet.

He's just begging, pleading and trying to convince her to change her mind, which doesn't work on most women.

Watch this video for more infoâ€¦

If you truly want to get your ex back, you must focus on reactivating some of her positive feelings for you (e.g. respect, attraction and love) first, before you try to get her to reconsider her decision about the relationship.

Are You Letting Any of the Following Mistakes Stop You From Getting Her Back?

[image: Classic ex back mistakes]

Although getting an ex back can actually be a quick and easy for most guys, it gets a lot more difficult if a guy makes any of the following mistakesâ€¦

1. Only texting her and not getting on a phone call to arrange an in person meet up.

Many guys who come to me for help to get a woman back will say things like, *"I've tried everything to get my ex back, but she's being stubborn and won't give me another chance."*â€œ

When I ask some initial questions, I almost always find that he has only been texting his ex because he's too afraid of coming across as being pushy by calling her on the phone and asking her for a meet up.

[image: Hiding behind texts rather than calling her]

He has been hoping that by staying on her mind via text, she won't move on and will eventually contact him and let him know that she wants to meet up.

Yet, in most ex back cases, a woman doesn't text her ex and say, "I miss you. Call me. I want to meet up" because she doesn't want to make it easy for him.

As a man, you need to take responsibility for guiding both you and her back into a relationship.

Don't hide behind texts and hope that she makes all the moves.

Just because a woman replies to a text message, and may even sound sweet and friendly, it doesn't mean that she's not sitting at her desk/on her couch/in her car, rolling her eyes and thinking, *â€œHow annoying! he keeps texting me. What does he want? Why does he keep sending me these pointless text messages? I wish he would just get to the point and realize that I'm not*

interested.â€

Here's the thingâ€

When a guy is not doing anything to reactivate her feelings for him, she's just going to be thinking about him based on how she felt when they broke up.

For example: If a guy was insecure, clingy or needy in his relationship with her, these are the exact things about him that she's going to remember and think about when he texts her.

So, if you truly want to get your ex back, don't waste a lot of time texting back and forth.

Simply pick up the phone and focus on reactivating her feelings of respect and attraction for you.

If she's not currently answering your calls (this is common for most ex back situations), just try to call and if she doesn't answer, text her this:

"Hey! I accept that we've broken up, but I just wanted to ask you something quick over the phone. Don't worry, it's not serious. I'll call you in 5 minutes."

Then, try to call her 5 minutes later.

If she doesn't answer, leave it for a day or two and then try to call her again.

If she doesn't answer, text her this:

If your ex is currently not answering your calls, here is an example of what you can text her to get her to talk to you on the phone.

You can say, *"Hey Michelle – I tried calling you yesterday to ask you something quick, but I assume that you must have been busy. No problem. I might try to get hold of you some other time so I can ask you this question."*

She might text you back asking, *"What do you want to ask me?"*

Then, just pick up the phone and call her. Don't text her, just call.

In most cases, a woman will be curious about what you wanted to ask her.

Of course, what you want to ask her is to meet up with you in person, but don't get straight into that.

Start off by using some humor to get her smiling and laughing and enjoying talking to you, so her guard comes down.

For example: *"Oh, you finally answered. Nice! Getting through to you is harder than getting through to the president"* and have a laugh with her about that.

From there, get her to meet up with you in person and reactivate her feelings of respect and attraction for you at the meet up, by showing her that you are now at a different level from where you were at when she broke up with you.

Whatever you do though, don't try to achieve all that via text!

Text does not work to get an ex back unless she has strong feelings for you and still respects you.

If your ex has been turned off by you and doesn't have enough or any feelings for you, then getting texts from you is going to feel very annoying to her and will turn her off even more.

Talking to her on the phone or in person is infinitely more effective than hiding behind texts or trying to show her that you've changed via text.

When she can hear the confidence and sincerity in your voice, her guard will come down and she will then become open to meeting up with you in person again.

The next mistake that guys make isâ€¦!

2. Thinking that if she doesn't want to meet up on a day that he suggests, it means that she doesn't want to meet up at all.

Imagine that a guy is texting his ex for the first time.

He might be feeling a bit anxious and may be wondering, *â€œWhat if she just ignores me?â€œ* or *â€œWhat if she tells me to get lost and leave her alone?â€œ*

Then, something amazing happensâ€¦!

She texts him back.

So, he sends her another text and she responds again.

By this stage he is likely feeling a lot more confident about interacting with her, so calls her up and asks, *â€œSo, how about getting together for a cup of coffee sometime? How does Sunday afternoon sound to you?â€œ*

She might then say, *â€œIâ€™m sorry, but Iâ€™m really busy on Sunday. I just donâ€™t have time to catch up.â€œ*

Yet, rather than him saying something like, *â€œOkay, no problem. Iâ€™m going to be busy on Monday and Tuesday, but I have Wednesday and Thursday free at the moment. Which of those days would suit you better?â€œ* he takes it as a sign that she doesn't want to meet up at all and quickly gives up.

He then goes back to texting her and hoping that she gives him a clear sign that she wants to meet up.

Yet, here's what he fails to realize: There are many reasons why a woman may say that she's not available on a specific day.

For example:

- She could be testing him to see how much he wants to see her. Will he give up at the first sign of resistance?
- She could be testing him to see if he will get angry at her. Will he get angry and accuse her of betraying him, treating him badly or sleeping with other guys and then begin to call her names over the phone? Does she have anything to fear by meet up with him?
- She could genuinely be busy and doesn't have the time for a meet up.
- She could be playing hard to get so she doesn't come across as being too desperate to see him again.
- He might not have sparked her feelings enough during their first conversation, so she's not interested in meeting up with him yet.
- She is going out with her single friends on that day and doesn't want to cancel the outing.
- She's not confident about how she looks lately and doesn't want to arrive at a meet up not looking her best.

Regardless of her reasons for not wanting to meet up with her ex on a particular day, a guy must remember to be flexible on when to meet.

It's not needy or desperate to make himself available at a time that she is, if he can make himself available at that time.

Being needy means that you would say, *“Please meet up with me! I can't deal with life now that*

you're not a part of it for me. I need you. Please say yes and meet up with me. I need to see you."

As long as you're being confident and self-assured when you talk to your ex, being a little bit flexible doesn't have to mean that you're desperate or needy.

For example: When you call up your ex to ask her to meet up with you for a cup of coffee, and she says something like, *"I don't know, I'm really busy at the moment,"* you can say, *"No problem, we both have busy days every week and that's fine. I'm going to be busy on Friday and Saturday, but I have Monday and Tuesday open at the moment. Which of those days would suit you better?"*

She might then suggest another day, and if you're not doing anything important on that day, it's not desperate to say, *"Sure that day suits me as well. I can meet up with you at 7pm. How does that sound?"*

Where many guys go wrong is by saying something like, *"No problem. I have a job interview on that day, but I'll skip it so I can see you."*

A guy like that might be thinking, *"I'd better take whatever chance I have with her now, or she might change her mind about meeting up with me and then I won't be able to get her back because I wasn't available to see her when she asked. Also, when she sees that I'm even willing to cancel my important plans for her, she'll realize how much I really love her and then hopefully she'll be more willing to get back together again."*

Women do want to feel appreciated, wanted and loved, but they don't want a guy to destroy his life just to see her once.

So, if a guy is letting his ex woman push him around and make him cancel plans to see her, she's usually not going to be thinking, *"How sweet! He must really love me if he's so willing to cancel his important plans for me. Maybe I should give him another chance because he obviously cares for me."*

Instead, she will begin remembering all the other times that he behaved in a desperate way in the hopes of impressing her.

Then, rather than reactivate her feelings of respect and attraction for him, his desperation for her turns her off even more.

Here's the thing!

A woman needs to know that the guy she is with is someone she can look up to and respect now and in the long run.

Even though some manipulative women enjoy making insecure guys jump through hoops to see them, it doesn't actually make the woman feel respect and attraction for him.

She just uses his desperation as a way of making herself feel more valuable, so she is then more confident when she interacts with confident guys.

If she strings the insecure guy along, she will only do that until the moment she attracts a more confident guy.

She might be saying to the insecure ex, *"Yes, I want to meet up with you, but not now. Give me a bit more time"* and he might be thinking that he has a chance, but she will usually be actively trying to find a more confident guy to replace him with.

This is why you need to be persistent to get your ex to meet up with you in person (regardless of the day of the week), so you can actively make her have feelings for you again.

When her feelings for you are reactivated, she then loses interest in chasing other guys and wants to see you instead.

3. Thinking he needs to act like he is busy, or play hard to get when she contacts him or wants to meet up.

[image: Playing hard to get with an ex usually backfires]

Sometimes a woman will be ready to meet up with her ex because he has either reactivated her feelings, or she is missing him and wants to see him.

Yet, rather than just meet up with her, spark her feelings of respect and attraction for him some more and then guide her back into a relationship with him, he decides instead to play a bit hard to get.

A guy might do that for two reasons:

1. He wants to punish her a little bit for breaking up with him in the first place, so he re-attracts her and then plays hard to get when she wants to see him.
2. He wants to make himself appear valuable in her eyes so that she will feel very lucky to be getting him back.

However, that approach almost always backfires and he completely misses out on the opportunity to meet up with her and reactivate her feelings.

When a woman opens herself up to meeting her ex again because heâs created some feelings of respect and attraction inside her on a phone call, sheâs basically giving him a chance to show her that heâs moved past the level that he was at when she broke up with him.

If he suddenly begins to play hard to get, she might think, *âIf he thinks that he can mess me around just because I agreed to see him one more time, he can think again. Itâs now really over between us. Heâs just blown any chance he might have had with meâ or, “Oh, really? You want to play hard to get do you? Two can play at that game. I will show him that I don’t need him by going out with my single girlfriends tonight and posting pics all over social media.”*

So, if you truly want to get your ex back and have a happy, loving relationship with her, donât waste time playing games.

Instead, focus on reactivating her feelings of respect and attraction for you on a phone call or in person.

When you approach the ex back process in that way, things tend to flow more smoothly because she is feeling open to you and attracted to you now regardless of what day of the week it is.

If you want to play it safe, meet up with her on a Sunday or Thursday, when most women are more open to meeting up.

However, if you think that your ex would be cool to meet up on any day, go ahead and make that happen now.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How to Contact My Ex to Get Her Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you are feeling stuck because you're unsure how to contact your ex to get her back, here is what you need to know...

Any type of contact like text, e-mail or social media message is fine, but it should be short and to the point.

The aim of sending her a short message is to get her on a phone call (not just chat as a friend), so you can then create a spark of attraction to reactivate some of her feelings for you.

Then, on that phone call, you need to get her to agree to meet up with you in person.

Don't waste time texting back and forth with her if you're not actually getting on a phone call to arrange a meet up.

Texting as a friend or texting about the relationship will not make her feel a renewed sense of respect and attraction for you, so don't do it.

If you want to get her back, you must focus on reactivating her feelings of respect and attraction for you and that is best done on a phone call or in person.

If you don't want to meet up with her right now, then make sure that you only text her in a way that will get her smiling, laughing and feeling good to be interacting with you.

Try to avoid discussing the relationship via text and definitely do not ask for another chance via text because to increase your odds of getting her back, that has to be said in person.

In the meantime, here are the answers to some questions you might be asking right now about contacting your ex to get her back!

1. Should I Ignore Her For a Long Time to Make Her Miss Me?

No.

Some guys believe that by avoiding contact with an ex for a few weeks, and in some cases, even a few months, when they finally do get in touch with her she will be more open to the idea of getting back together again.

For example: A guy might think, *"Right now my ex isn't opening up to me and isn't interested in giving me another chance. It seems that every time I contact her she's always going over my past mistakes and how much I hurt her. Maybe if I just stay away from her for a while, she will stop thinking about the negatives from relationship and will start missing me instead. Then, when I finally do contact her she will be more open to the idea of getting back together again."*

Yet, that only works on women who can't move on or who are secretly hoping to get back with him.

In other words, if a woman can easily attract new guys or can easily move on without her ex, then she's not really going to care about the fact that she's not hearing from him anymore.

Likewise, if she has been saying things like, *"Leave me alone,"* or *"Just accept that it's really over between us,"* or *"Please stop contacting me, I don't want you in my*

life anymore,â€œ then not hearing from him for a few weeks or months is going to seem like a blessing to her.

She will simply move on without him.

Yet, what about the kinds of women who do want their ex back, but need to see if he deserves it based on how much he has changed and how he now makes her feel?

With those types of women, a guy needs to actively get her back rather than ignoring her.

[image: I guess I should move on without him]

If he doesn't contact her, she will likely be thinking, *â€œI guess my ex didn't really love me as much as I thought he did. He's obviously over me, so I guess I need to forget about him and move on with my life,â€œ* and will then begin to disconnect from her feelings for her ex.

When her ex finally contacts her after 30 or 60 days and she tells him that she has a new boyfriend, he will likely ask himself, *â€œI thought ignoring her would make her miss me more! Why didn't it work? Why does she now have a new guy in her life rather than getting back together with me? I read on the internet that ignoring your ex is the best way to get her back. Why didn't it work for me???*â€œ

Here's the thing...

When a woman breaks up with a guy who she no longer feels enough or any respect or attraction for, she will usually move on if he doesn't quickly reactivate her feelings and then confidently guide her back into a relationship.

So, don't waste time ignoring her if what you really want to do is to get her back.

You have to use every opportunity you get to interact with her (e.g. via text, on social media, on a phone call, or in person) to reactivate her feelings for you.

By doing that, you plant a seed of hope in her mind that things really are different now.

She then starts to wonder, *â€œWhy am I no longer feeling so angry with my ex? Why am I thinking about him all the time and even missing him? Something has changed here. I want to be around him more. Why am I feeling differently now? This must be a sign that we are meant to be together.â€œ*

Then, all you need to do is build on her feelings in person and quickly guide her back into a relationship with you.

Don't waste time ignoring her. Get the job done now. Get her back.

2. If I Keep Apologizing, Will it Convince Her to Give Me Another Chance?

No.

Here's the thingâ€¦

It's only natural that if you've done something bad to cause your ex to feel angry or hurt, you are going to want to apologize to her.

There's absolutely nothing wrong with saying, *â€œI'm sorryâ€œ* to your ex if you messed up, but where some guys go wrong is by apologizing over and over again and taking the blame for everything that went wrong in the relationship.

For example: A guy might say, *â€œIâ€™m so sorry for what happened. I know that what I did was inexcusable and I donâ€™t blame you for being mad at me, but please forgive me and give me another chance. I need you to forgive me because I canâ€™t bear the thought of you not loving me anymore. What can I say to make you forgive me and look at me the way you used to do? Please give me another chanceâ€* | *I promise Iâ€™ll make it up to you.*â€œ

A guy like that is hoping that by apologizing repeatedly, she will eventually accept that his remorse is genuine and will then be prepared to give him another chance.

Yet, in most cases this doesnâ€™t work. Why?

In most relationships, the real reason why a woman breaks up with a guy goes deeper than she might let on.

[image: Why is she really breaking up with me?]

For example: A woman might be tired of being with a guy who has no purpose or direction in his life and sits around watching TV or playing video games all day long.

So, when he says, *â€œPlease forgive me, I promise Iâ€™ll stop watching so much TV if you give me another chance,*â€œ heâ€™s simply highlighting to her that he still doesnâ€™t understand what she needs from him.

He doesnâ€™t realize that she didnâ€™t break up with him because of his TV or video playing habits, but rather that his lack of focus in his life made her lose respect and attraction for him as a man.

If he stops watching so much TV, heâ€™s still going to be the same lost guy that she dumped and he will just take up another pointless hobby to fill in time, rather than growing up and being a man of purpose who follows through on his biggest dreams and ambitions in life.

[image: She doesn't believe that he will change]

So, when a guy is apologizing repeatedly and making promises to change things that really donâ€™t matter to her, what heâ€™s actually doing is highlighting to her that he hasnâ€™t fully understood the seriousness of what went wrong between them.

She can see that if she gets back with him, heâ€™ll still be stuck at the same level that he was at when she broke up with him, which wonâ€™t impress her or make her want him back.

If you messed up in your relationship, you can start the process of regaining your exâ€™s respect by apologizing to her for your mistakes.

However, if you want to get her back after the apology, the most important thing you need to do is make her feel that you understand the real reasons that caused her to break up with you and have already begun to fix those things by taking a new direction in life.

Using the example mentioned earlier where a guy is lacking focus and direction in his life, a way for him to apologize that will spark some of her feelings of respect for him, is by saying something like, *â€œIâ€™m sorry about what happened between us. I now see where I went wrong and understand why it was necessary for you to break up with me. I accept that, but I also want you to know that Iâ€™m not the same guy you broke up with any more. Naturally, youâ€™re probably not going to believe me right now and thatâ€™s okay. However, over time you will see for yourself that itâ€™s the truth because Iâ€™ve already started [insert whatever applies to you here e.g. a new course on management, a new job, exercising now that Iâ€™ve quit smoking, making progress with that project I*

*always wanted to work on]. In the meantime, I accept your decision to break up with me and don't expect you to want me back simply because I'm a better man now.*â€¢

From there, you need to use every interaction you have with her to continue building on that initial spark of respect and attraction she felt for you.

3. Should I Keep Texting Her to Stay On Her Mind?

No.

Contacting your ex for the first time via text message is a good way to get in touch with her, especially if she is currently not very open to the idea of talking to you on the phone or seeing you in person.

However, texting should only be used as a way of getting her on a phone call so that you can properly spark her feelings of respect and attraction for you, and then arrange to see her in person.

The main thing to remember is that your goal is to get her back into a relationship with you not to be her new texting buddy while she quietly moves on without you.

A mistake that a lot of guys make is to focus too much on texting back and forth in the hopes that by doing that, they will stay on a woman's mind and she will then be more open to the idea of getting back together again.

For example: A guy like this might think, *â€¢I know that she doesn't want to get back together with me right now, but if I stay in touch with her and text her every day, she will have to realize how much I care for her. She will then want to get back together again because she will see that no guy can love her and care about her in the way that I do.*â€¢

Yet, here's the thing!

When a woman has broken up with a guy, most of her positive feelings about him (e.g. her respect, attraction and love) will be pushed into the background and replaced by more negative emotions (e.g. anger, pain, bitterness) as a way of moving on from the relationship.

So, imagine how a woman who is currently feeling all these negative emotions is going to perceive a text from her ex.

He contacts her with pointless texts like, "Hey, how are you doing today?" or "How was your day at work?" because he's trying to stay on her mind and seem like he is just being a nice, friendly ex who cares about her.

Will she think, *â€¢Oh wow, that's so sweet! My ex still cares about me so much that he wants to know how I'm doing every day. Wow! Maybe I was wrong about him! He's such a great guy!*â€¢ or will she be thinking, *â€¢Why does he keep sending me these pointless text messages all the time? Why can't he just move on with his life and leave me alone?*â€¢

If you guessed that she might perceive his texts in a negative way, you would be right.

Why? Nothing about that type of text will spark her feelings for him.

It's just boring small talk that doesn't make her smile, laugh or feeling attracted to him.

Plus, because she currently doesn't have feelings for him, she will almost always feel annoyed that she has to reply to him.

It will feel like a waste of time for her and she will wonder why he just doesn't leave her alone

because she doesn't have feelings for him now.

In his mind, he will hope that the texts will make her think of him in a positive light because he is being so caring and thoughtful.

Yet, it rarely works that way when texting an ex who doesn't want to give the relationship another chance. Why?

Countless scientific studies have determined that up to 90% of all communication between two people is non-verbal.

Since she can't see your body language, hear the tone of your voice or experience your confidence via text, she will usually just assume you're the same guy that she broke up with.

You might feel confident when sending the text, but if you were insecure and emotionally sensitive near the end of the relationship and when she broke up with you, that is who she will be imagining.

This is why I always recommend that guys call their ex or, if she doesn't answer, use humor in a text or two to create a bit of a spark of attraction and then immediately transition to a phone call where he can then arrange to meet her in person.

What Are You Waiting For?

What is stopping you from contacting your ex right now?

Are you letting negative thoughts like, *"I don't know how to contact my ex to get her back,"* or *"What if I contact my ex and she tells me she's not interested?"* stop you from getting in touch with her today?

Stop worrying about what might go wrong and start feeling excited about what might go right.

It doesn't matter how you initiate contact your ex (e.g. text, social media message, e-mail, in person) as long as you do it as quickly as possible.

Send her a text, a message via social media, or drop her a quick e-mail now so you can get her on a phone call with you as soon as possible.

Then, when you get her on the phone, you must reactivate her feelings of respect and attraction for you and then arrange to meet up in person.

When you meet up with her in person, you simply need to continue saying and doing the types of things that will reactivate her feelings of respect and attraction for you, and then guide her back into a relationship.

Guys from all over the world have done gotten women back after a serious break up and you can do it too.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Signs an Ex is Open to Reconciliation

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your ex is an easy woman to get back (e.g. because she still loves you, she can't deal with the pain of being without you or is unable to move on with someone new) she will give you signs that she's open to reconciliation.

For example: A woman who is open to reconciling might give her ex some of the following signs:

- Contact him without him contacting her, just to say *Hi*, *Hi* or to chat about random things.
- Tell him that she wants to be friends and still see each other.
- Talk about the good times they had together.
- Be willing to get together for a catch up.
- Regularly ask him if he's seeing any other women.
- Tell him that she misses him.
- Tell him that she's not interested in dating anyone else right now because she's still trying to get over the break up.

Of course, not all women are easy to get back, so you might not have been getting those signs from her.

For example: If your ex is an attractive, independent woman who can easily move on without you, she might not give you any signs because she doesn't want to make it easy for you to get her back.

So, what should you do if you aren't seeing any obvious signs that she wants to reconcile?

You need to be emotionally courageous enough to contact her and begin the ex back process now, rather than being weak and ignoring her because you don't want to give her any more power than she already has.

You contacting her doesn't give her power.

Instead, you are simply being a man about it and being the emotionally courageous one out of the two of you who is willing to face potential rejections from her along the way as you get her back into a relationship ASAP.

Wasting Time Looking For Clear Signs From Her

[image: Hopefully she will come running back if I ignore her]

Sometimes, a guy can waste a lot of time waiting for clear, obvious signs from his ex that she's open to reconciliation to the point where she ends up moving on because he gives her way too much space.

What you need to understand is that not all women give clear signals of interest when a guy is trying to get them back.

A woman can be open to the idea of getting back together with her ex, but at the same time, she might not want to seem too easy.

To avoid looking desperate or over-eager, she may even act completely uninterested when he contacts her.

For example: When a guy mentions getting together for a meet up, a woman might say something like, *â€œHmmmâ€*, *I donâ€™t know. Maybe itâ€™s too late for us,* *â€œ* or *â€œIâ€™m not sure if thatâ€™s a good idea,* *â€œ* and then wait to see if he is emotionally strong enough not to give up at the first sign of resistance from her.

Alternatively, if a woman is a little bit more open to the idea of meeting up with her ex, but still doesnâ€™t want to come across as being too eager, she might say something like, *â€œOkay, maybe we can catch upâ€*, *but Iâ€™m too busy this week,* *â€œ* or *â€œMaybe I can catch up sometime later this week, but it will have to be quick. Iâ€™ll give you 10 minutes and then Iâ€™m leaving.* *â€œ*

Regardless of the amount of interest that your ex is currently showing towards you, itâ€™s up to you to be emotionally strong enough to take the lead and reactivate her feelings for you.

If a guy isnâ€™t confident about how to get his ex woman back, he will often try to convince himself to just wait and hope that she contacts him and makes it obvious that she wants to reconcile.

For example: He might be saying, *â€œIf I contact her and sheâ€™s not open to reconciliation, she will reject meâ€*, *and I canâ€™t handle that kind of feeling again. She already destroyed my confidence and happiness by dumping me and I just donâ€™t want to feel that way again,* *â€œ* or *â€œWhy should I bother trying to call my ex if sheâ€™s not even interested in getting back together again? Maybe itâ€™s better to wait for her to give me a sign that sheâ€™s interested and then Iâ€™ll make my move.* *â€œ*

Yet, ignoring a woman and hoping that she does all the work to get the relationship back together rarely works.

Even if a woman is still in love with her ex, she might not make it clear to him and will wait for him to make the first move at reconciliation.

She wants to see what kind of man he is and whether or not he has the balls to get her back, regardless of how cold she is being towards him.

If he lacks the confidence to simply pick up the phone and arrange a meet up with her, itâ€™s unlikely that she will wait around forever in the hope that he grows the balls to make something happen.

If you want to get your ex back, you must be emotionally courageous enough to contact her and begin the ex back process, rather than waiting around for signs from her that itâ€™s okay to be contacting her.

[image: Getting your ex to have feelings for you again]

Remember: Women respond positively to the emotional strength in men (e.g. confidence, determination, going after what he wants without giving up when things get difficult), and feel turned off by the emotional weakness (e.g. insecurity, self doubt, giving up when things get tough).

If You Wait Too Long, She Might Be Gone

Where some guys go wrong is that they wait way too long to get a sign from their ex that she wants to get back together again.

Before he knows it, she's moved on and is happy with someone else, or when he tries to contact her, she is completely over him and enjoying life as a single woman.

From the 100s of ex back cases I've worked on, I've found that some guys will waste weeks or even months waiting for signs that their ex is open to reconciliation.

He just waits and hopes because he doesn't know what else to do.

A guy like that is often hoping that his ex will somehow make it clear that she wants him back (e.g. text him and say, *"I miss you. Want to catch up?"*) so he doesn't have to face the possibility of her rejecting him if he reaches out to her to initiate a reconciliation.

Yet, because he's so worried about being rejected by her and because he feels unworthy of her, he won't see the subtle hints that she is giving him as a sign that she's open to a reconciliation.

For example: A woman might say to her ex man, *"I think we should be friends. We should stay in touch."*

Rather than agree with her about being "friends" and then immediately organize a meet up where he can reactivate some of her feelings for him in person, he instead says, *"Sure, lets be friends. Text me or call me if you want to say hi"* and he then waits for her to contact him.

Even though she has given him an opening so he can actively get her back by being friends and staying in touch, he still waits for her to give him even more signs (e.g. ask him for a meet up, tell him that she still loves him and can't seem to move on) before he can believe that his ex is open to a reconciliation.

Then, when she doesn't hear from him for a long time, she might begin thinking, *"Oh well! I guess he isn't interested in getting back together with me after all. It looks like it's really over between us,"* and will then likely move on and start having sex with other guys.

Here's what you need to get clear on!

It doesn't really matter if your ex is giving you signs that she's open to reconciliation or not.

What matters is whether or not you are actively making her have feelings for you again when you interact with her.

When you interact with her, either on a phone call or in person, you need to have the courage and ability to reactivate her feelings for you via the way you talk, behave and react to her.

Once you've re-sparked her feelings for you, the next step is to confidently guide her back into a relationship.

So! What's Happening?

[image: Can you get your ex girlfriend back via text?]

Another way that guys go wrong is by sending a woman too many "feeler texts" to see if she responds with signs of interest.

For example: A guy texts his ex something like, *"So, what have you been up to? Are you seeing anyone else yet?"* in the hopes that she will respond by saying, *"No I'm not seeing anyone. I still miss you. Want to catch up?"*

Alternatively, he might text, *"Hey! I was thinking about you today because I remembered*

something we did together. Do you remember how we went to Dave's house party this time last year? That was a great night.

He's hoping that by reminding her of the good times they had together, she will realize how much she misses him and then possibly respond by texting him something like, *Yeah I remember that. We really had some good times together as a couple didn't we? Do you think we should get back together again?*

However, a woman will rarely come out and tell a guy that she wants to get back together with him via text unless she is really still desperately in love with him and can't get over the pain of breaking up, or she is unable to attract a better guy to replace him.

Here's what you need to remember about texting your ex!

Even when a woman says that she misses her ex via text, or asks him if he wants to get back together, it doesn't guarantee that it's a sign that she is open to reconciliation.

In some instances, it's simply a woman's way of checking to see how much her ex is missing her, and if he is unhappy without her.

So, don't waste a lot of time randomly texting your ex in the hopes that she'll give you a clear sign that she is open to getting back together again.

The point of sending any text to your ex should be to get her on a phone call, where you can actively reactivate some of her feelings of respect, attraction and love for you.

When talking to her on the phone, you can make her smile, laugh and feel happy to be talking to you again.

From there, you then need to arrange a time to meet up with her where you can continue to reactivate her feelings, by saying and doing the types of things that are going to make her feel respect and attraction for you again.

An Example Of How to Reactivate Her Feelings For You

[image: An example of how to reactivate some of her feelings for you]

Rather than wait to get a sign from your ex to let you know whether she's open to reconciliation, you can pick up the phone and start the ex back process right away.

Imagine that you're calling your ex up to ask her to meet up with you for a cup of coffee to say hello and have a chat in person.

You can either use that phone conversation to spark some feelings of attraction and desire in her, or you can leave her feeling like she had a talk with a friend, a brother or an ex that she no longer has any romantic feelings for.

For example: When you call her up, you can say something like, *Hi Caroline, I just called to see if it would be okay to meet up for some coffee sometime. There's something I want to talk to you about.*

Obviously, that's not going to leave her feeling attracted, feeling happy to be talking to you and feeling excited about the idea of seeing you in person.

On the other hand, you can say something like, *Hey Caroline, I was driving past this little*

Italian pizza place. Today and I instantly thought of you.

She will likely then ask, *“Why?”* and you can reply by saying something like, *“Well, I was just remembering how good you looked that time you ate pizza and had cheese all over your face. You were a total mess that night.”*

At this point, she will probably be laughing and feeling a little self-conscious.

You can then say, *“Anyway, so I thought I’d give you a call to say hi as a friend. How’ve you been?”*

Then, have a bit of a chat with her and add in some more humor to lighten the mood.

By talking to her in that way, she will be impressed to see that you’re confident enough to joke with her, even though you and her are now broken up.

After a bit more laughter and easy-going conversation, just say, *“Anyway, so we should catch up and say hi sometime this week. Of course, it’s just as friends, so it doesn’t have to be anything serious. We can catch up to say hi for a quick coffee, but no pizza though because I don’t want to see a repeat of that Mozzarella moustache you had that night.”*

She will most likely be laughing, smiling and enjoying the conversation with you because she can sense that you’re being easy-going and are not pressuring her to do anything.

She will also notice that there’s a little bit of teasing and flirting going on, which will be exciting to her and make her wonder, *“What’s going on here? I really like talking to my ex now. It’s fun. Maybe it’s not such a bad idea to get together for a bite to eat, or a coffee, and see where things go from there.”*

After helping 100s of guys to get women back, I’ve found that when you make an ex smile and laugh when you’re interacting with her, she won’t be able to stop herself from enjoying talking to you again.

When that happens, most or all of her negative, angry feelings she still has about you begin to fade away.

Her guard comes down and she becomes open to meeting up with you and seeing where it goes.

Make Your Move

[image: Actively re-attract her and get her back]

When a woman wants to reconcile with her ex boyfriend, fiancé, or husband she may or may not give him obvious signs to let him know.

You should not wait around forever hoping that your ex is one of those easy women who give clear signals.

Most women want a guy to have the courage and ability to reactivate her feelings and confidently guide her back into a relationship, regardless of whether she’s being open and obvious about her interest in a reconciliation or not.

If a woman realizes that her ex is too insecure or self-doubting to call her up and start the ex back process, she will likely just move on with a more confident man.

So, if you are serious about getting your ex back, you have to make a move right away rather than

worrying about being rejected by her or failing the ex back process.

Even when an ex is saying, *“Leave me alone. I don’t ever want to see you again,”* it’s almost always still possible for a guy to get her back when he reactivates her feelings of respect, attraction and love for him.

When you reactivate your ex’s feelings for you (e.g. by making some adjustments to your behavior and the way you are talking to her and interacting with her) she will open up to the idea of getting back together again, even if she was previously sure about being broken up with you.

Her feelings of respect, attraction and love become flooding back and she becomes open to reconciliation.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

	WATCH VIDEO (FREE)
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Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

What to Say to Get Her Back After Taking Her For Granted

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you are wondering what to say to get your woman back after taking her for granted, here is what you need to do...

Tell her that you're sorry, that everyone makes mistakes and you regret that she had to be the one to teach you a lesson.

Let her know that you don't expect her to get back with you, but that you still love her.

[image: Getting an ex back after taking her for granted]

Once you've done that, don't waste any more time dwelling on past mistakes (e.g. by constantly putting yourself down, letting your ex get away with complaining about how you treated her) to hopefully gain pity from her.

Instead, just show her that you now understand where you went wrong, while at the same time explaining to her that it's okay for a guy to slip up in a relationship, as long as he learns from it and becomes a better man as a result.

Make sure that you tell her, *"I'm not expecting you to agree with that or take me back because it's okay for a guy to make mistakes and then become a better man. I'm just saying that it happens, that it's common and that I'm sorry that you had to be the one to teach me a harsh lesson by dumping me for taking you for granted."*

Tell Her on a Phone Call or in Person, Not Via Text

[image: Mistakes to avoid when texting your ex after breaking up]

Pretty much every man that I've helped to get a woman back has made the mistake of trying to apologize, explain and reason with his ex woman via text.

Believe me, it doesn't work.

Text is the worst way to explain to her that you're sorry and to let her sense the changes in you.

She has to hear the tone of your voice and how you come across on a phone call or in person to be able to sense the real changes that you have made.

If she currently hates you, despises you or thinks negatively of you and doesn't believe that you have changed, you will not be able to change her mind via text.

She has to hear it on a phone call or see it by talking to you in person.

So, the next time you interact with your ex on a phone call or in person, start by saying something like, *"Hey, I just want you to know that I now understand where I went wrong when we were together. I really did take you for granted and made you feel like you were not very important to me. Of course, you were important to me, but I can now see how my behavior could have made you think that I didn't care about you. I get that now, and even though I can't take back the things I did that caused you pain, I can show you from this point forward that I accept responsibility for my actions and I am a better and stronger man now because of everything that happened between us. I also understand that it's probably difficult for you to believe me right now, and you most likely*

don't even want to consider giving me another chance and that's okay. I accept that.

By saying something like that to her, it takes away her need to continually hold your past mistakes against you.

Basically, what you're telling her is, *Yes, I messed up and I understand that now. I know what I did wrong and I've made the effort to change and become a better man because of it.*

You're not asking her to take you back though.

This is really important.

Don't ask her to reconsider the relationship and give you another chance at this point.

[image: I want her to give the relationship another chance, but she's just not listening to me any more.]

Don't put any pressure on her to change her mind about breaking up with you.

Simply make her feel heard and understood.

From there, every time you interact with her (e.g. via text message, on a phone call or in person) you've got to focus on saying and doing the types of things that will rebuild her feelings of respect and attraction for you again, so that she can begin to trust you and open up to you.

Say What She Needs to Hear, Not What You Think She Might Want to Hear

[image: Please forgive me!]

When a woman breaks up with a guy who took her for granted, she will have usually allowed negative emotions such as anger, resentment, disillusionment and disappointment, to push her positive emotions for him (e.g. respect, attraction and love) into the background.

From her perspective, she once loved him and felt so much for him, but now all she feels are negative emotions that make her want to stay away from him.

Depending on how the guy approaches the ex back process, he will either turn her off even more or, if he does it correctly, actively rebuild her trust and respark her feelings of respect, attraction and love.

[image: I took her for granted and she won't give me another chance!!!]

For example: Some guys feel so desperate to get their ex back that they seem to be willing to say or do almost anything she wants to just get another chance with her.

Yet, while that might get a woman back temporarily, it doesn't work to keep the relationship together because women are not attracted to desperation in men.

3 Common Mistakes That Guys Make When Trying to Get a Woman Back After Taking Her For Granted

If you want to get your ex back after taking her for granted, try to avoid making the following mistakes.

If you've already made these mistakes â€¦ don't worry, you can recover from it by doing the right things from now on.

Here are the 3 mistakes that a lot of guys makeâ€¦

1. He goes overboard to show her how much he cares and ends up behaving in a desperate way.

[image: Trying to win her back with gifts]

Naturally, being broken up with because a guy took his woman for granted is going to leave him feeling upset, rejected and annoyed with himself.

He might even be thinking things like, *â€œYou've ruined the best relationship of your life with the most amazing woman you've ever met! You're such an idiot! How could you let a good woman like her down? What got into you? How could you have treated her so badly. You have to show her that you truly care about her now. Be the absolute best boyfriend (or husband) that ever walked the face of the Earth. Show her how much you care!â€*

He might then go completely overboard (e.g. buying her expensive gifts, showering her with attention, offering to run errands for her or pay for things) and he might even resort to begging and pleading with her, or apologizing excessively, in an attempt to show her how sorry he is and how much he cares for her.

For example: He might buy her an expensive gift and then when he gives it to her, say something like, *â€œI know I took you for granted, but I'm willing to do anything you want me to do to show you how much I regret hurting you, and to prove my love for you. I can't go on without you in my life. I just want you to forgive me and let me show you that I've changed. I promise that I'll never treat you like that again if you give me another chance.â€*

However, when a guy behaves in a desperate way (e.g. runs around after his ex and begs or pleads for forgiveness or attention from her) it actually makes the woman lose even more respect and attraction for him, because women are turned off by emotional weakness in men.

Women are instinctively more attracted to the emotional strength in men (e.g. confidence, determination, the ability to face his problems head on in a confident, calm and controlled manner) and turned off by the emotional weakness (e.g. neediness, handing all his power over to the woman, becoming an emotional wreck when going through challenging times in life).

So, when a guy goes overboard by begging, pleading, apologizing and generally doing whatever his ex wants in order for her to give him a second chance, she will perceive him as being emotionally weak and that will cause her to lose respect and attraction for him even more.

How about you?

Have you been behaving in desperate ways around your ex?

If you have, don't worry about it.

It's not the end of the world. You can fix it by simply changing the way that you interact with her from now on.

When you adjust how you're talking to her in a way that sparks some of her feelings of respect and attraction for you again, everything begins to change.

For example: Rather than buying her lots of expensive gifts that she doesn't really want or need,

or saying that youâll do anything if she gives you another chance, you simply need to think, talk, behave, take action and react to her in an attractive way from now on.

Be confident, funny and charming, rather than being insecure, serious and annoying to her.

Be a man that she can look up to and respect, rather than being someone who needs her approval or is an emotional wreck without her and needs her support.

When you focus on making her feel a renewed sense of respect and attraction for you based on the changes you've made, the process of getting her back becomes easier because she is feeling open to you.

She's no longer thinking, *âI canât forgive him for taking me for granted. I just donât trust him anymore,â* because she is now seeing you in a different (and more positive) light.

The next mistake that guys often make after being dumped for taking a woman for granted is thatâ!

2. He pours his heart out to her.

When a guy loses the woman that he loves because he took her for granted, he might decide that the only way to make her see how sorry he is, and to convince her that he will treat her better if she gives him another chance, is by repeatedly telling her how much she means to him.

For example: He might say things like, *âI want you to know that you mean more to me than anyone else in my life. Without you my life would be meaningless. I know that I messed up before, but I would rather die than hurt you like that again. I just lost my way during our relationship, but if you give me another chance I will treat you like a princess for the rest of my life. You can ask for anything and I will do it for you. Just give me one more chance and Iâll show you that Iâm a changed man. You mean everything to me and I don't care about anything unless I have you.â*

Yet, here's the thingâ!

A woman doesnât care that a guy is pouring his heart out to her if she doesnât have feelings for him anymore.

Even though heâs trying to make her see that heâs a changed man, sheâs usually just going to say something like, *âLook, I trusted you and you let me down. I loved you and I was a good girlfriend (fianc   or wife) and you just took me for granted for way too long. I know that youâre sorry about it now, but itâs just too little too late. Itâs over between us.â*

If you want to get your ex back, donât waste your time pouring your heart out to her before making her feel a renewed sense of respect and attraction for you first.

If sheâs not feeling enough respect and attraction for you right now, pouring your heart out (i.e. talking about your feelings) just isn't going to matter to her.

When you re-spark her feelings of respect and attraction for you, she wonât be able to stop herself from letting her guard down, even just a little bit.

She will start to think, *âI know he took me for granted, but it's trueâeveryone makes mistakes in relationships. He really seems to be sorry about it now and I can see that he means it. Maybe if I give him another chance things will be different between us this time.â*

Important: From all of my experience helping men to get women back, I've found that a woman will only begin to feel that way if the guy actively rebuilds her feelings of respect and attraction first, before asking for a relationship.

If you just pour your heart out to her and ask for another chance, sheâs probably not going to care about your “feelings” because she doesn’t have enough feelings for you.

3. He sends her long texts, e-mails or letters explaining what he has learned and how things would be different if she’d just give him another chance.

The shock of getting dumped after taking their woman for granted is usually motivation enough for most guys to change their behavior for real.

In cases like this, a guy will know that heâs learned his lesson and that things will be different between him and his woman if she just gives him another chance.

He might then send her a long text message, e-mail or letter explaining that heâs figured out where he went wrong and ask her to give him another chance.

For example: He might write something like, *âI know I took you for granted because I didnât spend enough time with you and I didnât help out with the chores around the house. I see that now and Iâve really changed. If you give me one more chance, I promise that things will be different.â*

Yet hereâs the thing thoughâ!

If he has turned her off and ruined her feelings of trust for him, sheâs probably not going to believe him.

She will likely be thinking, *âThatâs what you say now, but you told me you would change many times before we broke up and always went back to behaving in the same ways. Why should I believe that this time things would really be different? I just donât trust you anymore. My heart wants to be with you, but my mind is telling me to leave you.â*

Texting her or e-mailing her your explanations is the worst way to try to get her back, so just don’t do it.

If you’ve already been messaging her and e-mailing her to try to convince her to give you another chance, just stop it now and only communicate with her if it’s on a phone call or in person.

Here’s whyâ!

When a woman canât see a guyâs body language, hear the tonality of his voice, or judge his actions and behavior in person or on a phone, she only has her past experiences with him to judge him on.

He might have sent her a perfectly crafted text that took him a long time to come up with, but the text, social media message or e-mail are just empty words on a screen to her.

She can’t know for sure if he is for real this time.

If the guy often said things like, *âIâve changed. I promise I wonât do that again,â* and then fell back into the habit of doing the same things again, she will expect that it will keep happening.

Even if he has sincerely learned from his mistakes and has now changed, she wonât believe him if he tells her that in a text, e-mail or letter.

As the old saying goes, *âSeeing is believing.â*

This is part of the reason why I have videos on this page, so you can watch and listen to me, rather

than only have words on a screen from a faceless teacher.

By watching my free, helpful videos, you get to see that I am for real.

You can see that I really am here to help you and that I have a lot of knowledge and experience helping men to get women back.

So, if you want to convince your woman that you've really changed, don't waste a lot of time writing to her, texting her or messaging her and hoping that the way you type your words will make all the difference to her.

You have to get her on a phone call and then meet up with her in person, so that she can hear, see and experience the new you for herself.

Only send her a quick text or e-mail, as a way to get her on a phone call, where you can then actively make her laugh, smile and feel good to be interacting with you again.

From there, get her to meet up with you in person and actively work on rebuilding her feelings and trust via the way you talk, think, behave, react to what she says and does.

When she begins to trust you again, her guard will naturally come down and you can then quickly guide her back into a relationship.

Getting Her Back

[image: She doesn't believe that I have changed]

Right now, your ex might be saying things like, *"I can't forgive you for the way you treated me,"* or *"It's just too late. You messed things up and I'm not going to put myself through that again."*

Yet, that doesn't mean her feelings for you will never change.

Think about it this way:

When she first met you, her feelings for you were neutral. In her eyes, you were just another random guy that she had no feelings for.

Then, over time, your actions and behavior made her feel attracted to you and she gradually fell in love with you.

That was the first time her feelings about you changed. She went from nothing and neutral to attracted and in love.

Yet, when your behavior and actions changed during the relationship (e.g. you began to take her for granted), she stopped feeling enough respect, attraction and love for you to want to stay in the relationship.

Her feelings then changed.

A woman can literally go from feeling nothing for you to loving you, to falling out of love with you and then back in love with you again when you trigger the right emotions inside of her.

Remember: Mistakes in relationships do happen.

What you did wasn't good, but it's not something that you should beat yourself up over for life.

You are a better man now because you've learned from your mistakes.

Yes, you took your woman for granted, and yes, she broke up with you because of that.

However, thatâs not what defines you as a man.

The main thing to focus on now is that you have learned from your past mistakes and are now a better man because of it.

In summary, what to say to get her back after taking her for granted is thisâ

1. Apologize for what you did (as mentioned in the example at the start of the article).
2. Begin to rebuild her feelings of trust, respect, attraction, and love over the next 2-3 interactions (via your actions, behavior and thinking) in person or on a phone call.

Her guard will then come down and you can quickly guide her back into a relationship.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

My Ex Girlfriend Feels Pressured to Be With Me Again

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your ex girlfriend is feeling pressured to be with you again, you need to stop trying to convince her to give you another chance, and start making her feel happy and attracted around you.

She will stop feeling pressured if she begins to feel like getting back with you will be a good thing for her, rather than just being a good thing for you.

To make that change happen you need to begin triggering feelings of respect, attraction, and love, rather than trying to get her to understand how much you care, how much you need her, or how it's such a waste to throw away your relationship together.

A Woman Doesn't Want to Feel Forced to Be in a Relationship

[image: Pressuring an ex to get back with you]

The more needy, urgent pressure that a guy applies to a woman to force her to get back together, the less respect and attraction she feels and the more she wants to get away from him.

Women don't want to feel like they are being forced to be in a relationship, but instead they want to follow their heart based on the positive, desirable feelings they experience.

To make her feel positive, desirable emotions, you have to stop saying and doing the types of things that were turning her off in the past, or that have been turning her off since you broke up (e.g. begging and pleading with her for another chance, telling her that your life is over without her, telling her to remember how good you were together as a couple in the early part of the relationship), and start saying and doing the types of things that are going to trigger her feelings of respect, attraction and love for you again.

For example: A guy might be in the habit of texting or calling up his ex and saying things like, *â€œPlease don't be so stubborn. Why won't you give us another chance? What we had before is too special to just throw away like this. You're being unreasonable. I said I was sorry. Why don't you believe me and give me a chance? You know that I can't live without you. Please babe, just give me a chance to show you that I can change.â€*

With that type of approach, she's naturally going to feel that he's pressuring her into being with him again even when she doesn't really want to.

Instead of trying to make your ex girlfriend feel guilty or pressured to be with you again, you need to make her feel like she'll be losing out if she doesn't get back with you.

How do you do that?

Start the ex back process by making sure that every time you interact with her, you trigger her feelings of respect and attraction for you via the way you are talking to her and interacting with her.

For example: If you've been pleading with her, convincing her how special your love is, and generally behaving in a needy and insecure way around her, you need to focus on making her feel understood (i.e. you realize why she broke up with you, have already begun to change those things,

but are not expecting her to get back with you just because you know understand), as well as on making her smile, laugh and feel good to be talking to you.

When you are talking to her on the phone, or in person, and she says something like, *“I’m not sure what I want. Why do you keep pressuring me?”* the old you might want to tell her, *“It’s because I love you so much. I am willing to fight for what we had. What we had was special and I don’t want to lose you. Please just open your eyes and see that. I’m willing to do whatever it takes.”*

However, saying that isn’t going to change how she’s feeling right now and it’s not going to make her smile, laugh or feel happy to be talking to you.

[image: Pressuring an ex to get back with you]

It’s also not going to trigger her feelings of respect and attraction for you.

Every interaction you have with your ex girlfriend from now on needs to be used as an opportunity to make her smile, laugh, feel happy and feel new feelings of respect and attraction.

Don’t keep saying and doing the same old things that have been turning her off.

Change your approach.

When she says, *“I’m not sure what I want. Why do you keep pressuring me?”* a good way to respond would be to say something like, *“I know that I’ve been pressuring you a bit lately and I now understand that it’s not cool to do that. I understand how you feel and I don’t want you to just give me another chance because I’m pressuring you into it. I want you back because you love me and because it now feels good for us to be together.”*

She will then thank you for your understanding and you can then switch to making her smile and laugh by jokingly saying, *“But, the main reason why I’ve been pressuring you to give me another chance is because I’d feel sorry for any other guy who would have to put up with you—especially your horrible cooking.”*

She will then laugh and you can say, *“Only kidding. You are the best cook I know—but, then again, I don’t know many cooks, so you’re probably still pretty bad at it. No, just kidding—your cooking is awesome.”*

Again, she will most likely laugh and you can say, *“Well, I tell you what—if you’re feeling up for it sometime soon, maybe you can cook me one of your delicious lasagnas. No pressure though”* and then laugh with her about that.

In this way, you are making her feel understood and you are also taking the pressure off her to get back together with you again.

Then, by making a small joke about her cooking, you get her smiling and laughing, which makes her enjoy talking to you rather than looking for ways to end the conversation as quickly as possible.

When you interact with her in ways that trigger the positive feelings in her (e.g. respect, attraction, love) everything changes.

She can’t stop herself from actually looking forward to talking to you again.

She might even begin thinking, *“I wonder what quirky thing he’s going to say next,”* and she starts to look forward to interacting with you via text, on the phone and in person, even though she previously felt pressured to do so.

She feels drawn to you in a positive way and wants to interact with you, rather than feeling like you

are forcing her to interact with you.

However, if you don't focus on first triggering her feelings of respect and attraction for you again, she will just keep saying things like, *â€œStop pressuring me to get back with you! Leave me alone.â€œ* or *â€œI just don't feel like I want to be in a relationship with you anymore. Give me space so I can think about it.â€œ*

She Doesn't Have to Stay With You Just Because You Were Once in Love

[image: Pressuring an ex to get back with you]

As difficult as this may be to read, the truth is that you cannot convince, force, or guilt a woman into getting back together again based on the fact that you were once in love with each other.

Why?

A woman is not a man's property.

She is an individual who is free to make her own decisions based on how she feels in a relationship with a guy.

Where some guys go wrong is by trying to pressure a woman to give him another chance because he feels that it's his right as her boyfriend to demand that of her.

He feels like he somehow owns her and that she owes it to him to give their relationship another try, based on his past title of boyfriend, fianc  or husband.

Yet, that's not how a modern relationship works.

A relationship is a decision taken by a man and a woman to be together, for as long as they both feel like they want to be together.

In the distant past, a woman was considered to be her husband's property and she was bound to him for life whether she wanted to be or not.

However, in today's world, a woman won't stick with a man for long if he can't maintain her feelings of respect, attraction and love over time; and society supports that.

If you look at divorce statistics, you will see that nearly 50% of marriages end in divorce, and according to research, women initiate 69% of the splits, compared to 31% by men.

Based on those statistics, you can see that a woman is not obligated to be with a guy if she doesn't really want to and if she isn't happy, she just leaves.

These days, to make a woman want to stay with you for life, you actually need to make sure that you deepen the love, respect and attraction she feels for you over time by being the sort of man she can look up to and respect.

At the start of a relationship, it's very easy to make a woman feel some respect, attraction and love for you because you're both feeling a lot of excitement, lust, and feelings of new love.

However, as the relationship develops, if a guy can't maintain and develop those feelings in his woman, or if he is turning her off with his behavior (e.g. being clingy, needy, and insecure, taking her for granted, being jealous and controlling) then her initial feelings of respect, attraction, and love will begin to fade away.

So, don't expect your ex girlfriend to want to get back together again just because she once said that she loved you.

If you want her back, you've got to actively trigger positive, desirable feelings of respect, attraction and love inside her again, rather than turning her off by pressuring her with begging, pleading, convincing and other unattractive behavior.

Take the Pressure Off By Making Her Smile and Feel Happy to Be Interacting With You Again

There's an old expression that goes like this, *"You can catch more flies with honey than you can with vinegar."*

A loose interpretation of what that means is, *"it is easier to persuade others with a positive, win-win approach, than with negativity or unfair demands."*

In the same way, you cannot force your ex girlfriend to be with you again by pressuring her with a vinegar-like approach.

Instead you need to make her feel that the prospect of being with you will be a sweet proposition for her.

If you focus on trying to pressure her back into a relationship, she will feel like she'd have a miserable relationship with you that is based on her giving you another chance through guilt or feelings of pity for you.

That's not what you want from her, and it's definitely not a good basis for a loving and lasting relationship.

I'm a happily married man and I can tell you with absolute confidence that a real relationship is based on mutual love, respect and attraction, rather than on pity or guilt.

So, don't waste any more time trying to pressure your ex girlfriend to be with you again.

Simply focus on triggering her feelings of respect, attraction and love in every interaction that you have with her from now on.

It's actually easier to do than you might think.

From now on, every time you interact with her, you need to show her that you are at a different level than you were before.

For example: If a guy has been saying to his ex girlfriend, *"We need to get back together again. Can't you see we were meant for each other? Think about the love we shared, we can't let it die. Please just give us a chance,"* it's only natural that she will be feeling pressured to be with him again.

To change how she feels and make her open herself up to the idea of getting back together again, he needs to adjust his communication style and behavior in a way that makes her feel attracted.

He needs to make her smile, laugh, and feel happy to be interacting with him again.

A simple way to do that is by making a joke of the pressure he has been putting on her in the past.

For example: He might say something like, *"Wow! I can't believe you're still talking to me after all the pressuring, begging and pleading I've been putting you through lately. I always*

knew that you couldn't resist me and have a laugh with her about that.

In this way, he is firstly acknowledging that he has been behaving in ways that are unattractive to her, while also making her smile by turning it around and making a joke about his attractiveness and appeal to her.

When you say something like that, you take the pressure off your ex girlfriend to get back together again, and you focus instead on making her feel good in your company.

By making some attractive adjustments to your behavior and the way you talk and interact with her, being around you becomes fun for her, so her guard naturally comes down and she opens up to you again.

She begins to wonder, *What has changed? Why am I feeling this for him all of a sudden?* and may even start to feel confused or shocked at the sudden changes in her desire, but she's not going to be able to stop herself from feeling attracted to you again.

Attraction is an automatic reaction that men and women have to each other when attractive traits are displayed.

By being an emotionally strong, making her feel understood and using humor to get her smiling and laughing, she will naturally feel attracted to you whether she wants to or not.

When you approach the ex back process correctly, she will reconnect with her feelings of love for you and feel like she will burst if she can't be with you again.

There's only so long that she can keep her feelings for you bottled up inside before you get a text like, *"I miss you. Want to catch up tonight?"* or a phone call where she is happy, friendly and willing to meet up with you.

That's how it works.

Most guys can get their ex back (or at least get her to meet up in person) with one or two attractive interactions and you can too.

In difficult cases, it sometimes takes 3 or 4 interactions (on the phone and in person) to get the woman back, but those cases are rare.

Most guys can get it done pretty quickly and have their woman back with simple adjustments to their approach and by following the correct ex back process.

Once you trigger her feelings of respect, attraction and love for you again, her heart will begin filling up with new, exciting emotions and she will feel excited about becoming your girl again rather than feeling like you're pressuring her into it.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

My Ex is Telling Everyone That I'm Crazy

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

That's usually a woman's way of saying that you've been obsessing over her since the break up. For example: You've been texting her and calling her way too much, begging and pleading for another chance and panicking about losing her.

To calm down your feelings of panic and worry, you need to start using a different approach of attracting her back, rather than trying to convince her to give you another chance.

What you need to understand is that when a woman breaks up with a man, it's mainly because she has lost respect and attraction for him over time.

Her feelings of love get pushed into the background and get replaced by negative feelings such as frustration, resentment and disappointment, and she then decides breaks up with him.

This is why the main thing that a guy has to do to get his ex back is to get her to feel a renewed sense of respect and attraction for him.

If you spark her feelings for you again and she begins to reconnect with the love that she used to feel for you, her guard will come down and she will open up to interacting with you again.

However, if you behave in ways that keep turning her off, that's just not going to happen.

Classic "Crazy Ex Boyfriend" Mistakes to Avoid

[image: Crazy ex boyfriend]

Some common mistakes that guys make when they are desperate to get their ex back include the following:

1. Trying to beg her back.

It's natural for a guy to feel upset when he gets broken up with, especially when he is still in love with his girlfriend (fiancée or wife).

He might say to himself, *"I don't want to break up with her! I still love her. She is the only woman that I've loved in this way. She means so much to me. I am not going to let her go without a fight!"*

So, what does he do then?

He tries to beg her back.

[image: Crazy ex boyfriend]

For example: He might use every chance he gets to interact with his ex (e.g. via text messages, on social media, over the phone, or in person), to beg and plead with her to take him back.

He may say things like, *"I'm sorry! Please, just listen to me. Please forgive me! I will do anything you want me to do, just give me another chance. Please don't do this to me. You know how much you mean to me. Please just give me one more chance."*

He might even go as far as to start crying and say, *"I beg you! Please don't do this to me! I*

canâ€™t live without you!

Although this is something that you might see a Hollywood actor saying and doing to get the girl back in a romantic movie, in the real world, this rarely works. Why?

One of the main reasons why begging, pleading, and crying doesn’t work, is because women are not attracted to the emotional weakness in men (e.g. a lack of self confidence, an inability to handle what life throws at him).

Women are attracted to the emotional strength in men (e.g. confidence, determination, the ability to face his problems head on).

So, when a guy begs and pleads with a woman for her to give him a second chance, she will naturally perceive him as being emotionally weak and it will turn her off even more.

He then begins to feel hopeless because nothing that he is saying or doing is working, which then makes him look desperate and lost and it turns her off even more.

[image: Crazy ex boyfriend]

She then begins telling everyone that he is crazy because he’s trying to get her back and is becoming more and more desperate and unattractive.

However, her saying that is not the end of the world.

As long as you change the way you talk to her and interact with her from now on, you can turn it around and use it to spark some feelings of respect and attraction in her.

For example: The next time you interact with her on a phone call, or in person, you can laugh and say to her, *“Wow! I was being a bit of an emotional wimp there for a while, wasn’t I? I guess I overreacted like that because I still love you and I want us to be together. However, I know I should have been more mature about it and I accept your decision.”*

Will saying that fix everything between you and your ex?

No, but it’s a start.

To get your ex to want to get back together again, you have to focus on making her feel respect and attraction for the new version of you, every time you interact with her.

2. Thinking that constantly pouring his heart out to her will change her mind.

If a woman says to a guy, *“It’s over between us, I don’t want to be with you anymore,”* he might decide that the only way to make her change her mind is by repeatedly telling her how much she means to him.

He might say things like, *“I want you to know that I love you more than anything else in life. What we had together was so special and I will treasure it for the rest of my life. I really don’t want us to be over because I believe that we can fix this. I ask you to please think about all the good times we had together, rather than just throwing our relationship in the trash like it meant nothing. One more chance is all I’m asking for and I’ll show you that things can be different between us.”*

Yet, here’s the thing!

A woman doesn’t care how much a guy cares for her if she doesn’t have feelings for him anymore.

Even though heâ€™s trying hard to make her see how much he really cares for her, sheâ€™s usually going to just say something like, *â€œI know you care for me, but I think itâ€™s better for both of us if we go our separate ways.â€*

Essentially, what sheâ€™s saying, is that she just doesnâ€™t feel any respect and attraction for him at the moment, and more importantly, she doesnâ€™t believe that he even knows how to make her have those feelings for him again anyway, so she doesn't see any point in giving him another chance. Heâ€™s just going on and on about how much he cares for her, but thatâ€™s not triggering her feelings for him.

So, if you want your ex to stop telling everyone that youâ€™re crazy, and to get her to start taking you seriously again, you need to make her have some feelings for you first, otherwise sheâ€™s not going to care that you still love her.

3. Thinking that constantly that texting her will keep him on her mind and will stop her from moving on.

[image: Crazy ex boyfriend]

When a woman isnâ€™t open to seeing her ex in person, or even talking to him on a phone call, he will usually try to stay on her mind via text.

For example: He might think, *â€œIf I canâ€™t talk to her, and if sheâ€™s refusing to see me in person, what is going to stop her from meeting another guy and moving on? Iâ€™ve got to do something to stop her! I've got to stay on her mind 24/7 and hopefully something that I text her will make her realize that she misses me and wants to give me another chance.â€*

Yet, hereâ€™s the thingâ€

When a woman is going around telling everyone, *â€œMy ex is crazy,â€* heâ€™s clearly not saying or doing anything that is sparking her feelings of respect and attraction for him as a man.

Sheâ€™s probably even feeling annoyed by him, and all the things heâ€™s already been doing trying to get her to give him another chance (e.g. begging, apologizing, convincing) which means that anything else that he does is likely going to be misinterpreted by her as another desperate attempt to get her back.

Constantly texting her as a way of stopping her from moving on is one of the worst things he could do.

Why?

Firstly, in most cases, the texts are pointless conversations, (e.g. *â€œHow was your day?â€* or *â€œWhat are you up to?â€*), or desperate attempts from the guy to stay in touch with her in whatever way he can.

Yet, those texts usually do nothing more than annoy her further.

Rather than thinking to herself, *â€œWow, how sweet. My ex is so caring. He wants to know how my day was. Awww, what a great guyâ€* she will probably start to ignore him or be rude and tell him to get lost and leave her alone.

Secondly, if his ex is already telling everyone how crazy he is, the next thing will be telling everyone is that he is stalking and harassing her if he keeps up the constant texts.

Lastly and most importantly, this type of texting doesnâ€™t do anything to renew a womanâ€™s

feelings of respect and attraction for a man.

If anything, it convinces her even more that heâs not the mature, alpha male that she is looking for in her life.

So, if you want to get your ex back for real, donât waste a lot of time texting her about random things in the hopes that you will be on her mind and in her heart in a positive way.

When getting an ex back, the only time you should be texting her is to get her on a phone call, so you can then arrange a meet up, where you can make her feel a strong, renewed sense of respect and attraction for you.

4. Having absolutely no idea how to make her feel respect and attraction for him again.

[image: Crazy ex boyfriend]

Right now, your ex is telling everyone that youâre crazy because she has lost all respect and attraction for you based on your recent actions.

So, sheâs not going to start wanting you back unless you make a sudden, dramatic change in how you communicate and interact with her.

Sheâs going to be behaving coldly towards you and sheâs going to be saying things like, *âWhy wonât you just leave me alone?â* or *âYou need to face reality – itâs over between us. Move on.â*

She will be trying to push you away, get away from you, and make it clear that she just doesnât have feelings for you anymore.

However, when you make some changes and improvements to your communication style with her (e.g. remain confident no matter what she says, make her smile and laugh, react differently when sheâs trying to pick a fight) she will naturally begin to change her perspective of you, drop her guard and open back up to you.

On the other hand, if you continue to interact with her in ways that turn her off, then sheâs just going to be saying, *âYouâre crazy! Leave me alone!â* because youâre not moving past the level you were at when she broke up with you.

You are still saying and doing that same kind of things that made her lose respect and attraction for you in the first place.

Changing Her Perception of You

When you interact with your ex from now on, you need to allow her to experience the new and improved version of yourself that is no longer behaving in the ways that were turning her off in the past.

For example: If youâve been obsessing over her, calling her up or texting her all the time or telling her that you canât live without her, you now need to change that.

You need to show her via your actions, behavior, body language and the way you interact and respond to her, that you are now an emotionally strong man that she can look up to and respect.

All it takes is a quick interaction on a phone call, or in person, to make her feel a new spark for you

based on how differently you are now communicating and interacting with her.

During the interaction, she will sense the changes in you and will then test you by playing hard to get, pretending that she doesn't want to listen to you, and by calling you crazy, in the hopes that you will lose it, and prove to her that you're still the same guy that she broke up with.

However, if you can remain composed no matter what she says to you, how she treats you, or how she tests you, and continue to make her feel respect and attraction to the new version of you, she will open back up and be willing to spend time with you.

Initially, she might try to ignore her reactivated feelings of attraction for you, but as long as you keep building on her feelings, she won't be able to stop herself wanting to interact with you.

She will want to keep interacting with you because it now feels good, interesting and enjoyable.

She will also want to interact with you more to see if you have really changed, or if you're only putting on an act to try and get her back.

Once you've reactivated her feelings and shown her that the new you is real, you just need to continue building on her respect and attraction for you, and guide her back into a relationship.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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My Ex is Telling Me to Move On

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

This usually happens when you've continually tried to get a woman back, but have never actually improved your ability to make her feel respect and attraction for you as a man.

She eventually gets to the point where she feels like you just don't understand what she wants, so she tells you to move on.

The good news is that even if things are looking hopeless right now, and even if your ex is saying things like, *"Forget about us getting back together again, it's just not going to happen,"* or *"You need to move on because you have no chance with me ever again,"* when you make some adjustments to the way you are talking to her and interacting with her, her feelings for you will naturally begin to change.

She will begin to open up to you once again because the feelings of respect and attraction will naturally make her drop her guard and look at you with a new perspective.

Even if she tries to fight it, deep down she will likely begin thinking, *"I know I told my ex to move on, but suddenly I don't feel so angry at him anymore. I actually enjoy being around him now. I don't remember why I was so angry and turned off. I just miss him now. What does this mean? Does it mean that we are meant to be together? Is it a sign?"*

To begin the ex back process, you simply need to make her feel small sparks of respect and attraction for you again via the way you talk and interact with her.

You build on her renewed feelings as you guide her back into a relationship with you.

Sometimes, it only takes one or two interactions to get a woman back who is telling you to move on, but in really extreme cases, you might need to have 3 to 4 attractive interactions with her before she fully drops her guard, opens back up to you and gives you another chance.

However, if you don't change your approach from today onwards and instead continue to interact with her in ways that turn her off, then getting her back becomes a very difficult, if not impossible thing to do.

She's just going to be saying, *"Sorry, but you really need to move on. I just don't feel the same way about you as you feel about me. You need to find a new woman,"* because you're not saying and doing the types of things that are making her have feelings for you.

Asking Her if There Will Ever Be a Chance of Getting Back Together

[image: Will there ever be a chance for us?]

When a guy is in a position where the woman that he loves is telling him to move on, it's only natural that he won't want to accept that.

He might then plead with her, *"Do you think that sometime in the future we can get back together again? At least give me some hope to hold on to. I will wait as long as it takes."*

In a way, he's hoping that she will realize how much he cares for her so she then says, "Wow,

you really love me don't you? How silly of me for breaking up with you. No other guy would love me as much as you do. I simply have to give you another chance. I'm sorry for being so blind to the fact that you care so much about me."

It would be nice if a woman's psychology worked that way, but it doesn't.

When a woman doesn't have feelings for a guy, she won't really care that he so cares for her, or if he's not dating other women and getting on with his life.

It doesn't matter to her.

She might say, *"I really appreciate how much you care,"* but she's just saying that to be nice.

What she'd really like to say is, *"You don't know how to make me feel respect and attraction for you any more. You have been turning me off for a while and you're still turning me off. If you don't change, you will never have a chance of getting me back. If you do change, then who knows, I might just open back up to you."*

Yet, she's not going to say that because he will then say, *"Tell me what I need to change and I will do it."*

She would then have to be his teacher in life about how to be the type of man that she and pretty much every other woman on the planet wants and needs (i.e. a real man).

She's not going to put herself in that position. She wants a ready made man who knows how to make her feel deeper respect, attraction and love.

If he doesn't know how to be that man, he needs to learn from his male friends or family members or find a male role model (i.e. me) to help him.

To avoid getting into long discussion with him about if there will ever be a chance of getting back together, a woman will usually just say, *"No"* or she might say, *"Maybe"* if she wants to string him along (to make herself feel better as she moves on because he still wants her) or because she simply doesn't have the courage to say no.

The fact is, asking, begging, or pleading with a woman for a second chance rarely works. Why?

When a guy is asking a woman if there will ever be a chance for him to get her back, he almost always hasn't changed anything about the way he's communicating with her to make her feel like getting back with him will be in her best interests.

He's still being a turn off and doesn't even know what to change to start making her feel respect, attraction and love for him again.

So, because she doesn't have feelings for him at that point and doesn't feel attracted to him, she's not going to be saying *"Yes"* or *"Maybe"* to the idea of getting back with him unless she doesn't have the guts to tell him how she really feels.

Here's what you need to remember!

You do not have to wait around hoping that your ex will hopefully change her mind about wanting you back someday.

You can get her back very quickly.

When you rapidly transform yourself and then interact with her to reactivate her feelings, she will naturally open up to the idea of being with you again.

All it usually takes is to make her feel a small spark of respect and attraction for you again.

You can do that by making some changes and improvements to the way you are behaving, talking to her, and the way you respond to the things she says to you.

For example: When your ex tells you to move on, rather than react in your usual way (e.g. get upset, beg her not to say that, get angry with her, seek pity), you can react in a way that will spark her feelings of respect and attraction for you (e.g. be confident and make her laugh and smile).

When you interact with her in ways that spark her feelings, everything changes.

Will Moving On With Another Woman Make Her Come Running Back?

[image: Maybe if I hook up with a new woman my ex will come back to me]

Trying to make her jealous by going out with another woman rarely works if your ex doesn't have feelings for you, because she's just not going to care about what you're up to.

It might make her feel a bit of pain for a moment, but when she remembers how turned off by you she was, that painful feeling will turn into the pleasurable feeling of relief when she realizes that it probably means that you're over her and won't be trying to get her back.

Imagine thisâ

A woman notices that her ex boyfriend is with a new woman and decides to contact him to see if he has really moved on or is only trying to make her jealous.

She texts him something like, *â I miss you. Lately, Iâve been wondering if we should get back together again, but I see that you've now moved on, so maybe it's too late for us.â*

[image: Woman testing her ex boyfriend]

If he then jumps on the idea and says, *âMe too! This new woman means nothing to me. Itâs you that I really want,â* she will know that he was just doing it to make her jealous, the emotional pain will go away and she will likely lose even more respect and attraction for him as a man.

So, if you are thinking about going out with another woman to make your ex jealous, just remember that if she currently doesn't have strong feelings for you, she's probably not going to care at all.

If you want her back, you need to focus on quickly transforming yourself to become more emotionally attractive to her (i.e. more confident, charismatic, emotionally masculine).

When she can see for herself that you really have changed and are now the type of guy she can look up to and respect, she will naturally begin to open up to you.

All you need to do then is guide her through the rest of the ex back process and she will no longer be your ex.

The Way She Feels

When a woman is telling her ex to move on, itâs usually because her feelings of respect and attraction for him have been replaced by more negative feelings like anger, disappointment and resentment.

She doesn't believe that he has the know how or the willingness to put in the effort to quickly change

and improve himself as a man, so she just tells him to move on and leave her alone.

In her mind, your ex still thinks that you're the same guy who she left behind.

However, if you interact with her and let her see that you really have changed, she won't be able to stop herself from opening up to you again, even if it's just a little bit at the start.

She will naturally feel attracted to you because she will no longer be seeing the things about you that were turning her off.

Basically, when you don't react in the same way as you always used to (e.g. with insecurity), she has nothing to fight against.

All her excuses (e.g. you're so insecure, you don't listen to me) begin to fall away and she starts to allow feelings of respect, attraction and love to come flowing back into her heart and mind again.

An Example of How to Spark Her Feelings For You Again

By now, you've probably realized that the only thing that works in getting your ex back is to reactivate her feelings for you by letting her experience the new and improved version of you.

She needs to see for herself that you really have changed before she will let herself open back up to her feelings of respect, attraction, and love for you again.

So, how can you spark her feelings for you?

In a situation where your ex is being cold and unfriendly towards you, what usually works the best is to focus on making smile, laugh, and feel good to be interacting with you rather than letting her create drama or negative feelings between you and her.

When you make a woman smile and laugh when she is being cold, she will instantly enjoy talking to you again and won't be able to hold on to her negative, angry feelings about you for long.

For example: If a guy is talking to his ex on the phone and she is being cold, giving short answers to his questions, and generally being a bit of a bitch, it's easy for the guy to become upset and give up on trying to talk to her.

However, if he lets her get to him, he will miss out on the chance to spark her feelings again.

So, imagine that you're talking to your ex on the phone and she says something like, *"Look, I want my stuff back. Get it through your head that it's over between us."*

You can reply with something like, *"Okay, sure. When do you want to pick up your stuff?"* but nothing about that will make her smile, laugh, and spark her feelings of attraction.

On the other hand, if she says, *"Look, I want my stuff back. Get it through your head that it's over between us,"* you can respond by saying something like, *"No problem. Of course, it will cost you \$10 per item."*

She might then flip out and say, *"What?"* at which point you can laugh and say, *"Only joking. I'll get everything ready for you so you can pick it up whenever you want. I'll only charge you \$1 per item, plus tax"* and then laugh and say, *"Just kidding. I'll get your stuff ready for you. When you do want to come around to pick it up?"*

She will then most likely laugh about getting caught out with your joke and begin to wonder what has

brought about such a sudden change in you.

She will feel curious about your newfound relaxed and confident attitude towards her, which will naturally make her feel some respect and attraction for you again.

When that happens, she then opens herself up to the idea of talking to you again.

From there, you just need to build on that spark of attraction she is feeling for you, and guide her back into a relationship with you.

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[image]

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I Feel Depressed Because My Girlfriend Dumped Me

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you're feeling depressed because your girlfriend dumped you and doesn't want you back, you need to change your thinking and actions to break free of the negativity and become hopeful and optimistic about getting her back.

When you're feeling depressed and focussing on the negatives, getting her back seems impossible. You keep reminding yourself that she doesn't want anything to do with you and that you're all on your own.

No one in your life seems like they are interested in helping you and are probably just telling you that it's for the best, that there are plenty of fish in the sea and that you'll get over it.

Don't listen to them.

You can get her back, but first you need to address the core reason why you are feeling depressed because women aren't attracted to emotional weakness in men.

To re-attract your girlfriend, you will need to switch off the depression and flick the happiness switch back on.

The fact is that you will continue to feel depressed if you don't do anything to create feelings of hope and optimism.

You have to develop a belief in yourself that you can re-attract her and get her back.

For example: Here are 5 ways that you can make her feel some attraction for you again, so her guard comes down and she opens back up to being with you.

You don't have to be perfectly confident and emotionally strong, just better.

You've got to turn off the depression and turn on the happiness, emotional strength and sense of optimism in your life again.

Getting Stuck in the Negative, Never Ending Cycle of Depression

[image: Stuck in a never ending cycle of depression]

Sometimes, a guy will make the mistake of focusing on all of the negative, painful emotions related to getting dumped by his girlfriend, which naturally leads him to feel depressed.

He creates that ongoing, negative cycle by constantly replaying all the memories of the good old times and focusing on how lost, lonely and depressed he feels now that she's no longer in his life.

He also focuses on where things went wrong and spends all his time wondering about things like, *â€œIf I was only more attentive and loving, maybe she would have stayed with me,â€* or *â€œIf I could have made our lives more fun, maybe we would still be together,â€* or *â€œIf only I would have listened to her warnings and changed, I wouldn't be feeling this way now. I'm a complete screw up of a guyâ€* | *I've ruined the relationship with the love of my life and now she doesn't want anything to do with me.â€*

What he doesn't realize is that the longer he keeps blaming himself, while at the same time creating an unrealistic picture of how perfect his ex girlfriend really was, he will only keep himself stuck in the dark and hopeless place called depression.

You can't really blame a guy for feeling sad and blaming himself, but if you want to stop going through your life saying, *"I feel depressed because my girlfriend dumped me and I don't know what to do,"* you must pull yourself out of the negative cycle of thinking that you are currently in, and find reasons to feel more positive and optimistic about your life and your chances of getting her back.

What you need to remember is that going from feeling depressed, to feeling positive and excited about your life, is a physical and mental action.

In other words, you have to physically pick yourself up and start doing the types of things that will make you feel more positive and happy in your life.

You also need to mentally begin to think in a more positive, optimistic and forward moving way.

For example: You can't

- Feel happy to have learned a lesson that has caused you to become a wiser and stronger man as a result of being dumped. Feel happy about that, feel proud and feel excited that you really have become a better man already and will continue to improve today, tomorrow and this week. When you interact with your girlfriend again, she is going to notice the changes in you and feel attracted to the confidence that you now have about yourself as a man.
- Focus on the positive things you gained from your relationship with your girlfriend, such as the realization that it's a man's role to deepen the love, respect and attraction in a relationship rather than taking his woman for granted and expecting her to just stick around. You won't make that same mistake again with her or (if you decide not to get her back) with another woman.
- Make a choice about what you want to do about being dumped (i.e. are you going to focus on getting your girlfriend back, or are you going to get out there and start dating other, beautiful women). You are a man who has choices in life. You're not stuck; you have choices.
- Focus on the other areas of your life that you may have neglected while feeling depressed (e.g. follow through on your goals and dreams).

As you can see, feeling depressed is a choice that you make or don't make.

You can choose to feel depressed or happy depending on how you think and act from now on.

I understand that it doesn't seem like the right thing to do to feel happy after getting dumped by the woman you love, but believe me it's the exact process you need to follow if you want to be attractive to her the next time you interact with her.

Women are not attracted to the emotional weakness of men (e.g. depression, insecurity, anxiety).

Women are sexually attracted to the emotional strength of men (e.g. confidence, happiness, high self-esteem), so if you want to re-attract your girlfriend and get her back, you must begin the rapid process of becoming emotionally strong and happy again.

When you make an active effort to think and act in a more positive, forward moving way, you will notice that the depression instantly begins to fade away day by day until it's completely gone.

However, if you keep thinking negative thoughts and acting depressed, you will find reasons to hold

on to your negative, which will keep you locked in a negative cycle of depression for a lot longer than is necessary.

[image: Stuck in depressing thoughts]

You can stay stuck in your negative cycle of depression and self-blame if you want, but that's not really going to change anything for the better.

What is going to make things change for the better is if you accept that what has happened between you and your girlfriend is now in the past.

As long as you learn from your past mistakes from this moment onwards, you can move forward and focus on re-attracting your ex girlfriend.

When you make her feel a renewed sense of respect and attraction for you, and you see how differently she reacts (e.g. she smiles, laughs, is happy to be talking to you) compared to how she used to respond to you (e.g. angry, refused to listen to you), you can prove to yourself that there really is hope to get her back.

Guys from all over the world get women back every day and you can do it too.

4 Action Steps to Get Over Your Depression and Get Your Girlfriend Back

You can choose to stay stuck in a low emotional state saying, 'I feel depressed because my girlfriend dumped me,' but that won't change anything.

On the other hand, you can focus on becoming a man that she can look up to and respect, feel attracted to and love again.

You can do that by following these 4 action steps!

1. Recognize the Good and the Bad Things About Your Relationship

The worst thing that you can do to yourself is to keep remembering the good old times and think about how good things used to be with your ex girlfriend, versus how terrible it feels now that she's gone.

Not only does that make you feel depressed (i.e. because it feels like you can't have that with her any more), but it also turns your relationship and your ex into something that was perfect and flawless.

The reality is that if everything was that perfect between you and her, you would not be in the situation you are in right now where you've been dumped.

Here's what you need to recognize!

Even though you might have messed up pretty badly and turned her off, it doesn't mean that she didn't have her own faults or play a part in the break up.

She's not perfect, even though you probably want to think she is.

No one is perfect.

Yes, she is special and you love her so much that you want her back, but don't make her become Miss Perfect in your mind to the point where you feel unworthy of her.

Rather than sit around thinking, 'I'm a failure as a man. My ex was so amazing and beautiful and

I hurt her so much. She will never want me back, â€” make an effort to put her value as a person into perspective.

For example: Ask yourselfâ€”

- What did you and her fight about? Was it always your fault or did she sometimes do things that annoyed you?
- Was she always a good, loving girlfriend, or did she do things that were hurtful towards you (e.g. forget to return your calls, not take your goals and interests seriously)?
- Did she make time for you in her life, or did she make work/friends/hobbies a bigger priority than you?
- Was she loyal, or did she give you reasons to doubt her (e.g. flirted with other guys in front of you, texting other guys without telling you, lied about important things to your face)?
- Did she always treat you with respect?

If you spend some time thinking about it, you will discover that your ex isn't perfect or way more valuable than you are.

Even if you feel as though she was a great woman who was always loving and beautiful and did nothing wrong, there were clearly many things wrong in your relationship, otherwise she wouldn't have dumped you.

However, by refusing to focus on any of the bad things, you are not allowing yourself to move forward in a mature way so you can then build a stronger, better, and more lasting relationship with her.

You need to say to yourself, *â€”I accept that I feel depressed right now because I really loved my ex and I thought we would be together forever. Our relationship wasn't perfect and both her and I could have done things a little better, but we made mistakes. When I make her feel a renewed sense of respect and attraction for me the next time we interact, she will open up and want to get back together again.*â€”

If you can't think and act in that positive, optimistic and forward moving manner, you will remain stuck feeling depressed rather than working towards getting your ex girlfriend back into your life.

2. Feel Genuinely Happy With or Without Her

Right now the idea of feeling genuinely happy without your girlfriend might seem impossible.

However, until you can accept that you can be happy, regardless of whether your ex is in your life or not, you will be unable to make her feel a renewed sense of respect and attraction for you when you next interact.

Remember: Women are attracted to the emotional strength in men (e.g. confidence, the ability to cope with whatever life throws at them) and turned off by the emotional weakness (e.g. low self esteem, unable to pick himself up when something difficult happens).

So, if you interact with your ex (e.g. on a phone call or in person) and she sense how depressed you feel without her, and that you're unable to pick yourself up and get on with your life, she will most likely interpret it as emotional weakness and feel turned off.

Seeing that you are feeling sad and depressed without her, isn't going to make her feel sorry for you and want to get back with you out of pity.

Sometimes a woman will do that for a few hours or a day just to mess with her ex boyfriend's head and make him feel even worse, but most women will just turn and walk away and not look back.

If she senses that you are depressed without her, it will further destroy what little feelings of respect, attraction and love that she still has for you.

If you want her back, you must take action and think in ways that will make you feel positive, optimistic and genuinely happy with or without her.

You've just got to do it if you want her back for real.

Your girlfriend is almost certainly not going to want to get back with you if she thinks that you only want her back because no other quality women are going to want anything to do with you at the moment because of the low emotional state that you're in.

Even though a woman will rarely admit this, she likes the idea of being with a man who can have any woman he wants, but chooses to be with her.

The benefit of being happy without your ex is that, not only does she feel more respect and attraction for you, but that you can also naturally attract other women that you interact with as well.

I know that you probably don't even want to think about other women right now, but remember what women prefer about a guy.

Women want to be with a guy who could easily have other women if he wanted to, but is choosing to be with her.

If your ex senses that you are depressed, she will know that other women won't find that attractive and therefore, she will feel turned off by you even further.

If you don't know how to make yourself feel genuinely happy without her, you might want to try one of the following:

- Work towards achieving your goals and ambitions in life.
- Challenge yourself to learn something new that will make you become an even better man that you are.
- Take up a new hobby (e.g. rock climbing, surfing, cycling).
- Enroll in a class (e.g. martial arts, dancing). I included dancing because it's an easy way to get yourself around other women and feel confident about your attractiveness, which your ex will then notice.

When you focus on taking action to become genuinely happy without her, you are taking your mind off being dumped and improving yourself as a man at the same time.

The next time you interact with your ex, she will see that you're not a lonely, depressed guy who has been sitting at home alone, which will make her begin to feel some respect and attraction for you again.

3. Rapidly Become a Man That She Can Look Up to and Respect, Feel Attracted to and Love

Going through a break up can give your confidence and self-esteem a severe beat down to the point where you might feel that you're unworthy of your ex girlfriend or that she will never, ever change her mind about you.

For example: A guy might say to himself, *“I was such a bad boyfriend. No wonder my girlfriend dumped me. I hurt her so much and I let her down. I don’t deserve to be her boyfriend anymore.”*

Yet, thinking like that isn’t going to get him out of his depression or get her back.

So, rather than putting yourself down and feeling like you don’t deserve to get your girlfriend back, focus instead on making yourself worthy of her, by rapidly becoming a man that she can look up to and respect, feel attracted to and love.

How can you do that?

By making sure that every time you interact with her from now on, you’re showing her via your actions, behavior and the way you talk and respond to her, that you’ve moved beyond the level you were at when she broke up with you.

For example: If a guy got dumped because he was too insecure in his relationship and was too clingy and needy, he needs to show his ex that he’s now confident and emotionally strong.

Even if she is cold or rude when they interact, if he can remain emotionally strong and confident in himself, she will begin to feel a renewed sense of respect for the stronger man that he has become.

Alternatively, if a guy got dumped because he wasn’t going anywhere in life, and was spending a lot of time playing video games, watching TV or passing the time in some other non-productive way, he needs to find what he really wants to achieve in life and start going after it.

He needs to set some goals for himself, actively go after them and make some progress that she will be able to see or believe when he tells her.

Then when he interacts with his ex, she will realize that he is now for his true potential as a man and is no longer the no hoper that she dumped, which will make her feel a renewed sense of respect and attraction for him.

When you are confident and self-assured about your value to your ex girlfriend, she will naturally feel more respect and attraction for you than if you were to doubt yourself and feel unworthy of her love.

Women can’t stop themselves from feeling respect and attraction for a guy who is emotionally strong no matter what life throws at him.

So, as long as you have improved and have risen past the level you were at when she dumped you, she will naturally feel some level of respect and attraction for you again.

She will then realize that you have the potential to become an even better man than before and all you need to do then is guide her through the rest of the ex back process and she will be your girlfriend again.

4. Make Her Feel a Renewed Sense of Respect and Attraction

If your ex girlfriend has been saying, *“I don’t have feelings for you anymore,”* or *“Look, just accept that it’s over between us,”* it simply means that the way you are talking to her and interacting with her now isn’t making her feel a lot of respect and attraction for you.

Yet, that’s just what she is saying now.

When you make some adjustments to the way that you are talking to her, how you respond to what

she says and the way you react when she tries to test you (e.g. by being cold and distant, telling you that there's no hope), she will not be able to stop herself from feeling some respect for you.

That's what you want.

When you get her respect back, everything changes.

She drops her guard, opens herself up to feeling attracted to you again and begins to feel drawn to you.

As long as you are triggering her feelings of attraction, she will want to interact with you more and more.

However, if you're not saying and doing things that are making her have feelings for you, then she's just going to be saying, *"Please stop bothering me. It's over. Why don't you get it? We're finished. Move on."*

She is saying that because you're not actively making her have feelings for you again, so it's only natural that she would react in that way.

If you want to get your girlfriend back, don't waste another moment sitting around feeling depressed because she dumped you.

When you re-spark her feelings of attraction for you again, it will begin to make the negatives about your relationship seem less important to her, because she can see that you are now a completely new and improved man that she suddenly feels something for.

[image: Beat the depression and get her back]

Finally, one important thing that you need to remember is this!

You are going to be doing her a favor by getting her back, because when you renew her feelings of respect and attraction for you, she will feel like she is winning by getting back together.

The feelings that a woman experiences when she falls back in love with a guy that she dumped is unlike anything else in life.

It's such an emotionally rewarding and enlightening experience for both the man and the woman and the new love feels better than any love that they ever shared before.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How to Make a Woman Change Her Mind About Breaking Up

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

To make a woman change her mind about breaking up, you need to change how she feels, rather than trying to change how she thinks.

To change how she feels, you need to actively interact with her and make her laugh, smile and feel good when interacting with you, especially if she is being closed off or distant.

Laughter, smiling and feel good emotions bring her guard down, and when you're able to make her feel that way when she's being cold towards you, she will naturally feel a renewed sense of respect and attraction to the emotionally strong, attractive man that you've now become.

From there, you just need to guide her through the rest of the ex back process.

Without First Changing How She Feels, it Will Be Difficult to Get Her to Change Her Mind

[image: She will change her mind when you change how she feels]

Making a woman change her mind about breaking up is usually very easy when you simply focus on changing how she feels when she interacts with you, rather than trying to convince her with reasoning and logic.

For example: Right now, your woman might be saying things like, *It's too late there's nothing that you can say or do to make me change my mind, or I just don't love you anymore. You're a nice guy and I know that you love me, but I just don't feel like you're the right guy for me any more.*

Hearing that, it sounds like you have no chance, but you do.

When you make adjustments to the way that you talk and interact with her so that you're triggering her feelings of respect, attraction and love, she will naturally open up and be more willing to give you another chance.

All of sudden, her mind will begin to change as she looks at the new, improved you in a more positive light and realizes that she does have feelings for you and was wrong to say that she was over you and didn't want to take you back.

She feels something for you now and no matter how hard she tries to ignore it, those feelings are filling up her heart and mind.

Mistakes to Avoid

[image: She won't care until you reactivate her feelings]

Most guys need help to get an ex back because it's not something that we are taught by parents, teachers or friends.

In fact, most people don't know what they should say or do to successfully get an ex back.

So, out of desperation, some guys will make one or more of the following mistakesâ€¦!

1. Trying to change her mind with gifts.

A guy might think to himself, *â€œShe is saying that I took her for granted, so maybe if I buy her a thoughtful or expensive gift, she will see how much she means to me.â€*

He might then buy her a bunch of red roses, or maybe even a special ring or pendant.

When he gives it to her, she might smile and look happy and thank him for finally putting in some effort to show her that he values her.

Yet, what he doesn't realize is that these feelings are only temporary, and if he doesn't do anything else to regain her respect and attraction for him as a man, she's not going to remain happy for very long.

The fact is, a woman doesn't fall in love with a guy because of what he can buy for her; she falls in love with him because of the way he makes her feel when she's with him.

Yes, some women are gold diggers and only want a man who will buy them lots of pretty things, but those women are the minority.

Additionally, they don't always love the guy who is buying them loads of gifts.

The majority of women fall in love with a guy based on his personality, behavior and inner qualities.

For example: Most will find it easy to fall in love with a confident, charismatic guy compared to an insecure, awkward guy.

It won't matter if either guy doesn't buy gifts. What matters the most is how she feels when she is around him.

Of course, a woman will smile when a guy buys her a gift, but ultimately, she's likely going to be asking herself, *â€œDo I really want to be with a guy who is trying to convince me to give him another chance by buying me gifts, even though he doesn't know how to make me have feelings for him as a person?â€*

So, rather than wasting a lot of time trying to convince your woman to change her mind about breaking up with you by trying to buy her love back, focus instead on making her experience feel good emotions (e.g. respect, attraction, happiness) that will bring her guard down.

2. Being extra nice to her in the hopes that she will suddenly realize what a great guy he is and then change her mind.

Sometimes a guy will think that if he's really, really nice to her (e.g. does everything she wants him to do, is available to her every beck and call, sucks up to her, helps her pay her bills) she will suddenly realize that he's too valuable to lose, and will change her mind.

Some guys might even say things like, *â€œYou will never find another man who can love you as much as I doâ€* or *â€œI would do anything for you. You only have to ask and it's yours.â€*

A woman only appreciates that type of devotion from a man that she looks up to and respects, feels attracted to and in love with.

If she notices that he's acting that way out of desperation, it will turn her off and she will lose respect for him, especially if he keeps trying to suck up to her even though she is treating him badly.

Here's how it worksâ€¦

If a woman has lost respect and attraction for a guy, she will find it difficult to allow herself to feel sexually attracted and romantically interested in him, even when he is being extra nice to her.

A woman doesn't want a guy to tell her how valuable he is as a guy. Instead, she wants to feel it for herself.

She wants to wake up in the morning and feel excited to be talking to him and interacting with him, rather than feeling like she's doing him a favor by being his girlfriend (fianc  or wife).

So, even though there is absolutely nothing wrong with being a good guy and being nice to a woman, it's not what's going to get her to change her mind about breaking up with you.

3. Sending her long letters, e-mails or texts to explain his feelings.

Sometimes, when a guy is trying to tell a woman how much he cares for her and she is refusing to listen to him, he will attempt to get through to her by writing her a long letter, sending her a long e-mail, or sending multiple long text messages to explain his feelings.

However, this rarely causes the woman to change her mind. Why?

Firstly, a guy can pour his heart out to a woman and tell her how much he loves her all day long, but if she doesn't have feelings for him, she won't care how much he cares for her.

It just doesn't matter to her because she doesn't have feelings for him.

A woman only appreciates and loves it when a guy expresses his love for her if she has feelings for him.

If he has turned her off and killed her respect for him, she's going to feel annoyed and even repulsed when he starts pouring his heart out to her.

Secondly, when a woman can't see a guy's body language, hear the tonality of his voice, or assess his vibe and energy in the moment, she then has to guess at how he was feeling when he wrote the letter, e-mail or text.

Rather than reading the message and thinking, *â€œWow! That's so sweet. My guy really loves me. Maybe I'm being too hard on him by wanting to break up. I think I'll give him another chance. He's just so sincere, loving and sweet. He obviously cares about me! How silly of me for not seeing that. I just have to give him another chance now,â€* she will most likely be thinking, *â€œI know that you mean well, but I just don't want to be in a relationship with you anymore. I don't feel the same way as you do.â€*

What most guys fail to remember is that she can't experience the new and improved him via a text, e-mail or letter.

She has broken up with him and hasn't yet experienced the new and improved version of him, so she will read the message and imagine it coming from the exact version of him that she recently dumped.

So what should you do if you want to make your woman change her mind about breaking up with you?

Only text her as a way to get her on a phone call with you, where you can then actively make her laugh, smile and feel good to be interacting with you again.

From there, get her to meet up with you in person and make her feel a renewed sense of respect and

attraction for the new and improved man that you are now.

4. Asking her to give him a chance because he doesn't know what he will do without her.

[image: I can't live without you. I need you]

Some guys make the mistake of thinking that a woman should take pity on them, or give them a chance because they are truly in love with her, are feeling lost without her and will do anything to fix the relationship.

For example: A guy might say something like, *I can't live without you in my life. You are my reason for being,* or *Without you my life is over. You're the only woman for me and without you I'm lost. I'm not interested in other women. I just want you.*

He hopes that it will make her see that she is so important to him and therefore, it must mean that they are meant to be together.

Yet, if he hasn't first reactivated her feelings of respect, attraction and love, she's just not going to care about how much he cares.

If she were to get back with him, it would feel like she's doing him a favor and losing out because he still hasn't worked out how to be the type of man that she wants and needs.

A woman doesn't want to stay in a relationship out of pity, and most women also don't want to be a man's reason for living.

The majority of women are attracted to the emotional strength in men (e.g. his confidence, his ability to rise through the levels of life to achieve his biggest goals and ambitions no matter how difficult things get) and turned off by the emotional weakness (e.g. is self-doubting and insecure, uses his relationship as an excuse to hide from his true potential in life).

So, when a guy is asking, begging and pleading with a woman to give him another chance because he doesn't know what he'll do without her, rather than convince her to stay, he is actually causing her to lose even more respect and attraction for him.

For a woman to want to stay in a relationship with a man, she has to be able to respect her man and look up to him, not feel like she has to take care of him because he needs her for emotional security and for his sense of identity in this world.

5. Thinking that all the good times that they shared should be enough for her to realize that the relationship is worth fighting for.

In the distant past, a woman was considered to be a man's property.

He essentially owned her and could treat her however he wanted.

Yet, today's world is different.

A woman can now decide to be in a relationship or leave a relationship based on how she feels.

In other words, as long as a woman is feeling the way she wants to feel in the relationship, she will choose to stay with her man.

However, if she starts to lose too much respect and attraction for him, she can then choose to break up with him because he doesn't own her and she can do what she pleases.

A common mistake that some guys make is think that all the good times they've shared together in the past should be enough for her to realize that the relationship is worth fighting for now.

Unfortunately, that's not the way that the ex back process works.

Your woman will want to get back with you if you can reactivate her feelings and begin to build on them, rather than trying to convince her that things could be good again if she just gives you another chance.

Here's what you always need to remember about relationships in today's world!

In a modern relationship, it is a man's responsibility to maintain and grow the love, respect and attraction between him and his woman.

If he fails to do that and instead begins to behave in ways that are unattractive to her (e.g. takes her for granted, becomes needy, clingy and insecure, allows her to be the dominant one in the relationship and make all the decisions) she can decide to break up with him if she wants to.

The only thing that will make your woman realize that your relationship is worth fighting for, is when you make her feel a renewed sense of respect and attraction for you, so she can then reconnect with her love for you.

She will then begin to feel that she will be losing out if she breaks up with you and doesn't give you another chance.

That's how it works.

Any other strategy will never work as well as that, no matter how much you try to plead with her or convince her.

Ignoring her, trying to convince her and trying to suck up to her are failing strategies that cause most guy's to lose their ex and have to move on without her.

If you want her back, you've got to focus on changing how she feels.

[image: Focus on changing how she feels]

When you interact with her and actively make her have feelings for you again, her guard will come down and she will naturally begin to change her mind about the break up.

You don't have to convince her to change her mind.

Instead, you simply need to focus on triggering her feelings of respect and attraction and she will naturally begin to reconnect with the love that she once felt for you.

Once that happens, she will be open to giving the relationship another chance and you and her will be back together.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to

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Why Won't My Ex Get Back With Me? What's the Real Reason?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your ex won't give you another chance, it's usually due to one of the following 3 reasons:

1. She doesn't look up to you and respect you as her man.

[image: She doesn't respect you]

The beginning of a relationship is the easy part because both the man and the woman are feeling a lot of lust and excitement, and will pretty much do anything to impress each other.

Even if a couple isn't 100% compatible with each other, they are more likely to turn a blind eye at this time, because the sex and the feeling of new love is so much fun that it makes up for any small problems that might exist.

Yet, when the initial novelty wears off, what often happens is that everything that was overlooked in the beginning stages of the relationship now becomes a bit of a problem and then the fights start.

For example: A woman might start complaining and saying things like, *"You are so selfish, you always expect me to do everything around here,"* or *"Stop being so jealous of me all the time, I'm not your property you know?"* or *"You're always watching TV. Why don't you do something with your life? I didn't think you'd be like this."*

Although this might sound like she's nagging and just being an emotional woman, it's simply a woman's way of letting a guy know that she's not feeling the way she wants to feel in the relationship with him.

When she calls him selfish, what she is trying to tell him is that she feels that he's taking her for granted.

When she tells him that she feels smothered, she's saying that he's being too insecure, clingy and needy, and when she whines about him watching too much TV, what she really wants to say is that he's wasting his life and not reaching for his true potential as a man.

Over time, if nothing changes and the guy continues to behave in those ways, she will begin to lose respect for him.

So, if you're wondering why your ex won't get back with you, one of the real reasons is because she has likely lost too much respect for you and can't see you being able to quickly change and become the man she needs.

Here's how it works:

If a woman loses respect for you as her man, she will then begin to feel less attraction for you and when that happens, the love that she feels for you will begin to fade into the background and get replaced by negative emotions (e.g. anger, resentment, disappointment).

2. She doesn't feel enough attraction for who you've become.

[image: You have become unattractive to her]

One of the most common reasons why a woman will lose respect and attraction for a guy and then want to break up with him, is if she realizes that heâs just not man enough for her at this point of his life.

What that means is that when she interacts with him (e.g. via text message, on a phone call or in person) he is displaying behaviors that are instinctively unattractive to her (e.g. he allows her to boss him around, he is emotionally sensitive around her, she is more dominant than him, she doesnât feel girly and feminine enough around him and feels like more of a friend or like a big sister or mother figure in his life).

Even if the man is doing everything that he thinks will get her to forgive him and take him back (e.g. apologizing, promising to change, offering to do anything she wants), she still wonât get back with him because she can see that he hasnât yet moved past the level he was at when she broke up with him.

If you want to regain your exâs respect and attraction for you, one of the ways to do it is by showing her youâre not at the same level that you were at when she broke up with you.

For example: If a guy got broken up with by a woman because he was being too clingy and needy in his relationship, he needs to show her that he is now confident and is getting on with his life in a positive way, with or without her.

You donât have to change everything and become perfect to get you ex back.

Instead, you simply have to show her that youâve moved beyond the level you were at when she dumped you, so that she can begin to reconnect with her feelings of respect and attraction for you.

3. She doesn't believe that you know how to change.

[image: She doesn't believe that you can change]

If the current way that youâve been communicating with your ex has been turning her off more and more, sheâs not going to be thinking that she wants to get back with you anytime soon.

Instead, she is likely going to be telling you things like, *âYou really need to accept that itâs over between us,â* or *âI just donât feel the same way anymore and nothing is going to change that.â*

Where Most Guys Go Wrong When Trying to Get a Woman Back After a Break Up

It doesn't matter how intelligent or successful a guy is, when he is faced with the horrible, shocking news that the love of his life is leaving him, it's only natural that he might react in one of the following ways:

1. Asking her to explain why.

[image: Just tell me what I need to change and I'll do it]

Pretty much every guy asks his woman what she wants him to change, but he doesn't get the answers that he is hoping for.

For example: A guy might ask his woman:

- How can you just turn your back on me after all we've been through?
- Why are you doing this to me?
- Why won't you tell me what I've done wrong?
- Why won't you tell me what you want me to change?

It seems like a smart thing to do, right?

Yet, it actually annoys the woman more and convinces her to want to go through with the break up. Why? Most women don't decide on the spur of the moment that they want to break up with a guy.

It is usually a decision that has taken her a long time (e.g. weeks, months and sometimes even years) to make, so in her mind, she usually feels that she's given the guy enough information (e.g. by nagging, starting fights, hinting) for him to be able to figure out by himself why she is breaking up with him.

For example: A woman might have continuously nagged her guy about playing TV games all the time, as a way to encourage him to become more focused and goal driven in his life.

Alternatively, she might have complained about him not noticing her new dress/hair style/shoes, as a way of letting him know that she was feeling neglected and taken for granted.

Yet, the guy never really picked up on what she was trying to tell him, and might even have brushed it off as her being unreasonable, or by calling her a nag and telling her to stop being such a pain.

So, when he starts asking her why she's breaking up with him, it only annoys her more because it highlights that he wasn't paying attention to what was going on between them.

A woman doesn't want to be a guy's teacher in life and have to teach him how to be a man, so she will only hint or nag and hope that he gets the message.

If she has to explain to him what he has been doing wrong, she will feel like his mother, or teacher, and like she has to hold his hand and guide him through his life.

She fears that if she leads him now, she will need to lead him again and again in the future.

If that keeps happening time and time again, she will feel like she is the more dominant one in the relationship (like a mother figure or big sister), and then she won't be able to respect him and look up to him as her man.

This is why it's not a good idea to ask a woman why she is breaking up with you.

She wants you to figure out how to be the man she needs you to be, without her help.

When guys learn that truth, they often ask, *"Why do women have to make it so complicated? Why can't they just tell us?"*

Simple: Women do not want to be a guy's teacher in life about how to be a man.

2.Â Thinking that being nicer to her than ever before will change her mind.

Another common mistake guys make when they are trying to get an ex back is to be extra nice to her (e.g. promising to do whatever she wants him to do, lavishing her with gifts and tokens of his affection, being available to her at a moments notice) in the hopes that she will realize how much he

cares for her, and she will then change her mind.

However, what a guy like that doesn't understand is that when a woman is saying things like, *â€œGo away. You need to accept itâ€* really over between us, *â€œ* or *â€œLeave me alone. I don't want anything more to do with you,â€* it's because she doesn't have feelings for him anymore.

So, when he's being extra nice to her, it doesn't make her have sexual and romantic feelings.

She may appreciate that he is being nice, but it's not going to make her think, *“You know what? I should love him and give him a chance. Why am I being so cold, selfish and stubborn? He's being nice, so I should be nice back to him and give him another chance.”*

Unfortunately, that's not how the ex back process works.

In almost all cases, a woman won't give a guy another chance unless he can make her feel a renewed sense of respect and sexual attraction, which will then make her reconnect with the love that she once felt for him.

Making her feel a renewed sense of respect and sexual attraction doesn't come from sucking up to her and being extra nice.

You've got to make her have romantic feelings for you, not friendly feelings or feelings of pity for you.

So, don't waste your time being nice to your ex and then feeling hurt and dejected when she keeps saying *â€œNoâ€* to you.

Instead, you need to focus on making her have some feelings for you first, otherwise she's not going to care that you care so much for her and that she means so much to you.

When you re-spark some of her feelings of respect and attraction (e.g. via the way you talk and behave when you interact with her), she will naturally drop her guard and care that you care, because it will feel right to her to give you another chance.

3. Thinking that she will eventually realize her mistake and come back one day.

When trying to get a woman back after a serious break up, a lot of guys make the mistake of ignoring her and hoping that it will make her realize that she misses him, and she'll then come running back.

Ignoring a woman only works when a woman is really in love with the guy and she regrets breaking up with him.

Then, when he ignores her for a while, she begins to miss him and starts fearing that he will meet someone else and forget her, so she then contacts him.

In most cases though, when a woman doesn't have any feelings of respect and attraction for her ex, not hearing from him for a while (e.g. a few weeks or even months) isn't going to make her think, *“Oh no! The guy who I don't want to be with at all is not contacting me! I need him!!!”*

Instead, she's likely going to be thinking, *â€œGood. I'm glad he's moving on with his life and isn't hassling me to get back together with him. I don't feel anything for him any more,â€* and she will then start dating and having sex with other guys.

This is why ignoring a woman after a break up is usually a bad strategy and doesn't result in her fully coming back.

She might get in contact to check that he's still missing her (so she then feels good about herself), but she's not going to get back with him.

On the other hand, if he was to actively re-spark some of her feelings for him again before ignoring her for a few days to a week, that would definitely get her attention and make her miss him.

For example: He calls her up, makes her feel a renewed sense of respect and attraction over the phone and then ends the phone call and doesn't try to contact her for 3 to 7 days.

In most cases that I've worked on, the woman will then contact the guy within the 3 to 7 days to say hi and he can then arrange to meet up with her in person and get her back.

So, rather than waste a lot of time ignoring your ex in the hopes that she will come back to you, focus instead on using every interaction you have with her as an opportunity to re-spark her feelings of respect and attraction for you.

Whenever you interact with her from now, make sure that you let her see, feel and experience the new and improved you.

The more that you let her experience that, the more she will enjoy interacting with you and the more her defenses will come down.

4. Thinking that because she once loved you, she has to give you another chance.

A lot of romantic movies would like you to believe that the love between a man and a woman is unconditional.

However, it's simply not true.

Love is conditional and is based on how a man and a woman make each other feel in the relationship together.

If a man continues to guide both himself and his woman to deeper levels of respect, attraction and love, the relationship will grow and become stronger over time.

On the other hand, if a guy begins to behave in ways that erode the feelings of respect, attraction and love (e.g. he becomes needy, clingy and insecure, starts taking her for granted, gives up on his goals and ambitions and becomes very negative about life, becomes emotionally weak and lets his woman lead in the relationship), it's only natural that a woman will stop wanting to be around him.

The reality is that a man and a woman are in a relationship together because they choose to be with each other.

It's a decision.

A guy doesn't own a woman (and she doesn't own him), and she doesn't have to stick with him simply because she once loved him.

She can decide to be with him or not be with him.

That's how it works.

A relationship stays together when both people decide that they want stay together, not out of a sense of duty or obligation or because they used to be in love.

In the past, a woman had to stay with her man even if he treated her badly, and even if he was mentally or physically abusive towards her.

Yet these days, a woman can leave a man if she decides that she wants to.

So, don't make the mistake of expecting your ex to give you another chance based on the fact that she loved you before.

If you want to get her love back, you are going to have to re-spark her feelings for you and get her to fall in love with the new you again.

Luckily, it's actually pretty easy to do.

When She Experiences the New and Improved You, Her Feelings Will Change

Right now, your ex might be saying things like, *It's really over between us, just accept it,* *I just don't love you anymore,* but that doesn't mean her love for you is really dead.

It simply means that she's not willing to connect with the love right now.

Basically, she has allowed negative feelings like anger, pain and resentment to block any positive feelings of love that she still has for you.

When you can quickly change the things about yourself that turned her off (e.g. insecurity) and then interact with her to let her experience the new and improved you (e.g. let her experience your confidence, make her smile and laugh, make her feel happy when she interacts with you), she won't be able to stop herself from feeling drawn to you once again.

Even if she fights it at first, something inside her will be saying, *He's different now. He's changed in a good way. I actually like the new him!* I want to see him and her heart will be full of new feelings, which she won't be able to ignore.

So, now that you know the real reason why your ex won't get back with you, and you also know what you need to do to make her love you again – what are you waiting for?

It's time to start getting her back!

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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I Can't Eat or Sleep Properly Since Being Dumped

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

That hot, stinging emotional pain that you are feeling at the moment, will either pass quickly, or slowly, depending on how you approach the ex back process from now on.

If you want the pain to pass quickly so you can feel confident and re-attract your ex, you will need to spend the next 48 hours improving on your weaknesses that led to the break up, and then contact your ex to make her feel a renewed sense of respect and attraction to the new you.

Watch this for examples:

When you see that you are making real improvements to the things about yourself that caused her to lose respect and attraction for you, it gives you boost of confidence and self esteem that helps take some of the pain away.

You suddenly begin to feel hope that you can re-attract her and get her back and all you need to do then is actually do that.

She might not want you back immediately, but you will notice that she will begin to react to you in a more positive, open way from now on as long as you are making her feel a renewed sense of respect and attraction for you when you interact with her.

Of course, if you want the pain to take a long time to go away so you can live in misery for the next 3 months to 3 years of your life, then just don't do anything to improve your attractiveness to her.

Sit around, feel sad and ignore her while she gets on with her life, and you become increasingly unattractive to women as they sense your deep feelings of unworthiness as a man.

You Are Not Doomed For Life Just Because You Got Dumped

[image: You are not doomed for life just because you got dumped]

When you can't eat or sleep properly because you got dumped, the idea of actually getting your ex back may seem like an impossible thing to do.

Right now, it's likely that you can't see any way to get her back, especially if everything that's happened since the break up is confirming that it's really over between you and her.

For example: Your ex could be saying things like, *"I'm never getting back together with you,"* or *"I need you to accept that it's really over between us"* or *"We're finished. I don't want anything to do with you any more."*

That alone is enough to convince most guys that getting her back is a hopeless situation.

Yet, that's just what she's saying now based on her lack of respect and attraction for you.

What she doesn't realize is that you can change how she feels.

The amount of respect, attraction and love that she feels for you is pretty much within your control.

You're either saying and doing things to reactivate her feelings, or you're not.

Another reason why a lot of guys give up on the idea of getting their ex back, is because they think something like, *"I've tried everything and she still doesn't want anything to do with me. If anything, she's now acting like she's turned off even more than before. I have no chance."*

It's over. She doesn't want me.â€œ

At that point, a guy might:

1. Beg, plead, whine or cry to his ex, in the hopes that she will feel sorry for him and will want to get back together again.
2. Try to explain, reason and convince her to give him another chance, even though he doesn't know how to make her have feelings for him again.
3. Offer to do anything she wants him to do.
4. Ask her to explain why she broke up with him.
5. Ask her to tell him what he needs to change about himself to make her happy.
6. Tell her how much he loves her and that no one will care for her the way that he does.
7. Bombard her with text messages or e-mails in the hopes that he will stay in her thoughts.
8. Promise to change things about himself that don't matter to her (e.g. he's offering to spend more time with her, when what she really wants him to have more purpose and ambition in life outside of his relationship with her).
9. Ignore her in the hopes that she'll realize how much she misses him and will then come running back.
10. Tell her that he can't eat or sleep properly since being dumped by her to make her feel guilty, and then hopefully, get back together with him.

These are some of mistakes that guys make in a desperate attempt to get an ex back.

Then, when none of those things seem to work, a guy might start to feel that there's nothing more he can do to get her back.

However, that's not the case at all.

There is a way that works.

Essentially, the main thing you need to understand, is that when you make some changes to the way you talk, behave and interact with your ex, her feelings towards you will change as well.

Even if right now she's saying, *It's over and I don't want anything more to do with you,* when you interact with her in ways that spark her feelings of respect and attraction for you, everything changes in her mind and heart automatically.

She starts thinking, *"Why do I suddenly feel like I want him back? Does this mean that he is the one? Is it a sign that we should be together? Maybe I should just see him and check how I feel because I really do miss him and my heart is telling me to give him another chance."*

That's how it works.

So, from now on, stop thinking that it's impossible to get back and don't worry about any mistakes you might have made either.

Pretty much every guy makes mistakes when trying to get his ex back, but the guys who succeed in getting their woman back are those who remain confident, actively make her have feelings again and guide her back into a relationship.

No Relationship Mistake is Unfixable

[image: Make improvements to prepare for re-attraction]

When some guys hear that the fastest way to get an ex back is by renewing some of her feelings of respect and attraction, they often don't believe it's possible for them because of how bad their break up was and how determined she is to move on.

For example: A guy might say, *"Yeah, maybe it will work for other guys, but I really stuffed things up badly with my ex. I don't think I can fix that with her. My situation is different. She really doesn't want anything to do with me now."*

What he doesn't realize is that pretty much every other guy says the same thing and thinks that his situation is so unique that it can't be fixed.

It can.

All you've got to do is focus on the fundamental secret to getting her back!

Another reason why some men give up hope on ever getting their ex back, is because most of them believe that a break up is permanent.

Yet, that's just not true.

To begin with, according to a recent American study, about 50% of couples break up and get back together again.

So, contrary to popular belief, most guys are able to get their woman back again these days.

The fact is: A break up is not permanent, if you can make your ex feel differently about you.

Even if you messed up quite badly in your relationship with her (e.g. took her for granted, became clingy, became insecure, allowed her to be the dominant one in the relationship), and even if she currently hates you, when you spark some of her feelings again, she won't be able to help herself from opening back up to you.

She might try to resist what she is feeling because she doesn't want to go back on her decision to break up with you, but her heart will be telling her to give you another chance.

She might even try to keep reminding herself that she doesn't love you anymore, but she won't be able to hold on to her negative feelings for long, when you are making her smile, laugh and feel happy every time you interact with her.

So, when your ex is saying, *"You stuffed up. I just don't love you anymore,"* and she's refusing to even listen to you, it doesn't mean that her love for you is dead.

It doesn't mean you can't get her to reconnect with her feelings of love for you and make her want to get back together again.

Feelings are not static; they change all the time.

For example: Have you ever met a person that you didn't like?

Yet, over time when they changed their behavior and communication style, you found yourself liking them, and possibly even became good friends with them?

That was possible because the person stopped behaving in the ways that were unattractive to you (e.g. being critical of others, talking loudly, pushing their opinions on you, being selfish or rude).

In the same way, right now your ex's feelings have changed towards you and she's thinking

of you in a negative way (e.g. sheâs feeling angry, hurt, disappointed, turned off).

Sheâs pushed her love for you into the background and her words and actions confirm that she isnât willing to connect with that love right now.

However, that doesnât mean she will never want to connect with her love for you today, this week or next.

When make her feel a renewed sense of respect and attraction for the new you (e.g. by making her laugh, smile, feel happy to be interacting with you), then she will naturally become more open to reconnecting with her feelings of love for you again.

The process of getting her back then becomes really easy, because she is feeling open to you.

Nobody is Perfect

When a guy is sitting around at home feeling sad and lonely after a break up and thinking to himself, *âI canât eat or sleep properly since being dumped*, â itâs not unusual for him to begin idolizing his ex.

Suddenly, rather than seeing her as a normal person, with normal hang-ups and faults just like everyone else, he begins to focus only on the good things about her, until he starts to see himself as being unworthy, or less than, compared to her.

For example: He might think to himself, *âShe was so beautiful and sexy while Iâm so plain and unattractive. No wonder she broke up with me. Why would a hot woman like her want to be stuck with a guy like me? Sheâs out of my league and I got lucky by getting her in the first placeâ|thereâs no way she would want me back now.*â

However, what he doesnât realize is that attracting women is easy because most women feel more attraction for a guyâs behavior and inner qualities than anything else.

Yes, your behavior (e.g. insecure, needy) might have been a turn off, but you can change that and become confident and emotionally secure.

Yes, your inner qualities (e.g. lack of purpose in life, lack of direction, jealousy) may have turned her off, but you can change that and become a purposeful, forward moving man with loves fearlessly.

You donât have to change who you are and become perfect, just better.

Youâve just got to let her experience the new, improved version of you who has improved the things about yourself that were turning her off.

So, before you start idolizing your ex and putting yourself down for not being as valuable as her, consider the fact that she was obviously attracted to you before, otherwise she wouldnât have gone out with you in the first place.

Realize that she isnât perfect.

For example: Ask yourselfâ|

- Did she ever treat you with disrespect?
- Did she ever make you feel unloved and unappreciated?
- Did she accept you for who you are deep inside or did she try to change you?
- Did you feel supported by her, or did you feel like she was using you at times?

- Were you able to grow together as a couple or did she slow you down at times?
- Did you have fun together as a couple or was she sometimes a little boring?

When you ask yourself these types of questions, you will realize that you are not the only one to blame for your break up, and that she also bears some of the responsibility.

The fact is that nobody is perfect.

Yes, maybe your ex is a great woman, but she has faults just like everyone else does and when you can focus on that, you will stop putting her on a pedestal and stop feeling so bad about the break up. Even if it just helps a little bit, it's better than feeling the full emotional pain that you've been experiencing lately.

You've got to realize that you are a good man.

Yes, you made some mistakes, but that is who you were before, not today.

You've become a better man since and you're becoming a better man now as you read this.

When you accept and believe that you are more than good enough to be her man, the idea of having being dumped by her will no longer have so much power over you.

Suddenly you will realize that you can eat and sleep properly because you feel okay with or without her.

Believe That You Can Get Her Back

[image: Change how she feels and she will change her mind]

When you can't eat or sleep properly because you've been dumped, believing that you can actually get your ex back might seem like some impossible dream.

Yet, it's not a dream.

You can make your ex feel differently about you today or tomorrow, by making her feel a renewed sense of respect and attraction to the new you when you interact with her.

You don't have to sit around wasting time and hoping that things will somehow change by themselves, because changing how she feels is entirely within your control.

You can make the changes happen to her emotions very quickly if you simply interact with her and let her experience the new and improved you.

When you start saying and doing things that actively trigger her feelings of respect and attraction, she won't be able to stop herself from opening up to her feelings of love for you again.

She will begin thinking, *"This feels so good. Maybe I was wrong to break up with him,"* and she won't be able to stop herself from feeling drawn to you again.

So, don't sit around feeling helpless because you got dumped.

Instead, focus on using every chance you get to interact with your ex as an opportunity to renew her feelings of respect and love for you.

Then, simply guide her through the final steps of the ex back process until she's back in your arms again.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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My Girlfriend Still Wants Me in Her Life, But Doesn't Want to Be in a Relationship

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

When your girlfriend still wants you in her life, but doesn't want to be in a relationship, it usually means that she will be actively trying to find a new guy behind your back, while giving you the impression that there's still hope for you.

It's fine to accept the friendship with her, but you must use any interaction you have with her, to make her feel a renewed sense of respect and sexual attraction for you, so that she changes her mind and wants to be with you again.

Watch this video for more info!

The only way to get her to see you as being her boyfriend and lover again, is by actively making her have sexual feelings for you.

Don't try to be an innocent friend who isn't allowed to make her feel sexually attracted, flirt with her or contact her whenever you want.

Be an attractive friend who makes her feel some respect and attraction every time you interact with her.

Telling Her That it's *All or Nothing* is a Bad Move

Many guys make the mistake of saying something like this to their girlfriend, *"Well if I can't be your boyfriend anymore, then forget about being a part of my life."*

He is essentially telling her that it's all or nothing. She is either going to be his girlfriend or break up with him, but he can't deal with being her friend.

The girlfriend then feels turned off by his immature, insecure, sulky approach and feels more determined to completely break up with him, so she says, *"Fine, let's stay out of each other's lives then."*

A guy will then ignore her for weeks or months in the hopes that it make her realize that she made a big mistake.

However, if a woman doesn't have feelings for a guy, she's not going to feel like it's a big deal that he's ignoring her, and she'll usually just shrug it off and move on with her life.

Watch this video for more info!

Ignoring her is only going to work if she has strong feelings for you, can't find a replacement guy or if she sees you hooking up with new, hot women.

If that doesn't apply to your situation, you need to actively get her back by making her feel SOMETHING every time you interact with her.

In most cases, all it takes is one successful, attractive interaction on a phone call and the woman's guard comes down, she opens up and meets up with her ex.

However, with really stubborn women who are determined to stick with the break up, it takes 2-3 attractive interactions before she says yes to meeting up or giving the relationship another chance.

So, if your ex currently doesn't have much feelings for you, I don't recommend that you ignore her and hope that she comes back because it rarely works.

The highest success rate approach is the active ex back process where you actively get her back by having attractive interactions that make her drop her guard and open back up to you.

Not all guys ignore their ex in the hopes of getting her back...

[image: Putting up with bad treatment just to be around her]

Some guys are so determined to stay in their girlfriend's life that they accept bad treatment, bad behavior and unreasonable requests from her as long as they can still be around her.

Don't do that either.

Your girlfriend isn't going to respect you if you let her walk all over you and push you around.

Be good to her, but don't be a pushover.

The Choice You Need to Make

Right now, it might seem that you only have two choices, but you actually have three.

Your first choice might be to simply give up and lose the woman that you love.

Your second choice might be to accept that she doesn't want to be your girlfriend anymore, and simply hang around being her friend while you watch her fall in love with new guy.

Fortunately, you do have a third choice.

You can use her offer to be friends as an opportunity to secretly renew her feelings of respect and attraction for you.

Whenever you talk to her via text, on the phone, or meet up with her in person, make sure that you spark some of her feelings for you (e.g. by making her laugh, smile and feel happy to be around you, turning her on by being confident and charismatic, making her feel feminine and girly).

She will then naturally start reconnecting with her feelings of love.

She won't be able to help herself, because she will be feeling good whenever she is in your company.

Here are some other ways to attract her!

When you re-attract her in many way during interactions, she her guard will naturally come down.

She will then begin to wonder, *"Why do I feel happy when I'm around him, but feel sad when I'm not? Maybe I made a mistake in saying I don't want to be in a relationship with him anymore. Maybe I should just hook up with him again to see how I feel. Why do I miss him so much? Does this mean that we are meant to be together? Is it a sign?"*

That's what you want her thinking.

You want her to reconnect with her original feelings of respect, attraction and love for you, while also making her feel newer, more compelling feelings for you.

What you don't want is for her to slot you into the friend zone and give you false hope that she is almost ready to get back with you, while she moves on with some other guy.

If you want to get your girlfriend back into a relationship with you, make sure that you don't

make these classic ex boyfriend friend zone mistakes:

1. Becomes a nice, helpful friend to her.

A mistake that some guys make is to think, *“My girlfriend still wants me in her life, but doesn’t want to be in a relationship. I’m completely in love with her, but I don’t know how to make her feel the same way. Maybe, if I stick around long enough and be a nice, helpful friend to her, she will eventually see that I’m a good, reliable guy who she can count on, and then she will change her mind and want to be my girlfriend again. I’ve just got to show her how much I care and how willing I am to do what it takes for her to give me another chance.”*

Yet, it rarely works that way.

Although there’s nothing wrong with being a part of your ex girlfriend’s life, or even being a good friend that she can turn to from time to time, the main thing to remember is that you should only be her “friend” as a way to get her back.

Don’t do it as a way to show her how nice, generous and kindhearted you are because that isn’t going to make her feel respect and sexual attraction for you.

She might think that you’re so sweet and kind, but if you’re still turning her off in the ways that caused the break up (e.g. lacking confidence, don’t know how to make her feel feminine and girly in comparison to your masculinity, don’t know how to turn her on during conversation), she’s just going to keep you in the friend zone and hook up with a guy who makes her feel attracted.

When a guy becomes available to his ex girlfriend 24/7, where he is always there when she needs him (e.g. she calls him up when she’s having problems with her latest guy, hangs out with him when she’s got nothing else going on in her life), he is usually hoping that she will realize that he’s the one for her, and begin to regret her decision to break up.

However, being a nice, sweet guy to her is not the same as making her feel sexually attracted to him.

A woman might really love and appreciate that a guy is being so mature about their break up and that he’s now such a great friend, but that’s not going to stop her from dating someone else if a guy comes along who makes her feel attracted.

It might seem like she is betraying her ex by doing that, but she’s simply following her feelings and the feeling of attraction beats all other feelings when it comes to relationships between men and women.

So, by all means be a nice friend to your ex girlfriend, as long as you remember that you are only doing it as a way to renew her feelings of respect and sexual attraction for you.

2. Pretends that he’s not interested in her in a sexual way anymore.

Some guys make the mistake of thinking that just because they’ve broken up with their girlfriend, they now have to pretend that their feelings for her are suddenly gone.

A guy like this avoids doing anything to actively attract her, because deep down he hopes that this will make her change her mind.

He might be thinking, *“If I behave myself around her and show her that I care about her as a person more than anything else, she will see that I respect her and she will then change her mind about us.”*

Yet, thatâs not how it works.

In most cases, a woman doesnât suddenly start feeling sexually attracted to a guy if heâs not actively doing something to make her feel that way.

In fact, she loses even more respect and attraction for him for friend zoning himself and letting her treat him like heâs not attractive.

The reality is that you still love your girlfriend and you still want to be in a relationship with her.

So, pretending that youâre not interested in her sexually is being dishonest, and unfair, to both you and her.

Of course, you donât have to go around saying things like, *âI still love you so much and Iâm going to do whatever it takes to make you see that weâre meant to be together,â* but you do need to continue being a confident, masculine, loving man around her.

How can you do that without scaring her off?

When you interact with your girlfriend, whether by text, on a phone call or in person, make sure that your behavior, the way you talk to her and the way you interact with her is turning her on.

For example: Rather than always being on your best behavior around her and having neutral conversations that she is quickly going to forget, flirt with her, make her laugh and make her feel attracted to you in every chance you get.

Her respect and attraction for you will grow when she sees that you have the confidence to show your desire for her, even though youâre no longer together.

So, donât fall into the trap of being a sweet, platonic friend to her.

Thereâs nothing wrong with flirting with her and making her feel attracted.

Youâre a man and youâre going after what you really want, and thatâs something that all women feel respect and attraction for.

3. Patiently waits around for her even though she is actively looking for another guy.

Many guys who say, *âMy girlfriend still wants me in her life, but doesnât want to be in a relationship,â* will consciously decide to wait around for their ex in the hopes that she will see how much he really cares for her, and will then give him another chance.

For example: A guy like this might stop going out, even with friends, and stay home alone at night or on the weekends in case she calls him.

Alternatively, he might also refuse to date other women, even though his ex is dating other guys.

In his mind, a guy like this is likely thinking, *âIf I show her that Iâm willing to wait for her no matter what, and that nothing else can make me happy besides her, she will see how much I care for her and she will then give me another chance.â*

Yet, in most cases, the opposite is true when it comes to women.

When a woman notices that a guy has no life without her, she begins to wonder, *âDo I really want to be with a guy who has nothing else going in his life, and needs me to give him purpose? Do no other people or women like him? What did I see in him if others donât even want to be around him? Maybe I made a mistake and was with a guy who didnât deserve me.â*

Women love to know that the guy they are with is valuable and that he can have any woman he wants, but he is choosing to be with her.

A woman doesn't want to feel like she's doing him a favor by being with him because no other woman out there wants him.

So, if you want to make your girlfriend feel like she will be losing out by only being friends with you, you need to show her that you're a happy and fulfilled man with or without.

4. Lets her use him.

Sometimes a woman will tell a guy that she doesn't want to be in a relationship with him, but that she still wants him in her life because he is useful to have around.

For example: A guy might let his ex use him to do handyman jobs around her house, help her with bills, or running her errands.

Again, there's nothing wrong with being helpful to an ex, as long as you don't let her walk all over you.

If your ex gets into the habit of calling you up at any time of day or night, and she knows that you will drop everything to rush to her rescue, she will begin to feel like she has power over you.

Some women won't take advantage of that, but many women will.

More importantly, when a woman feels more dominant than a man, she can't feel feminine in contrast to his masculinity, which kills her sexual desire for him.

She also loses respect for him because he lets her push him around, which makes the idea of him being her boyfriend and lover almost impossible because she is just not attracted to that.

Here's the thing though!

You should be helpful to your ex, because if she calls you up and invites you over to help her with some job around her house, it is the perfect opportunity for you to spark some of her feelings of respect and attraction for you.

Just don't be her Mr. Helper and hope that if you suck up to her enough, she will give you another chance.

Be available to help her, but when you do something for her, make sure that she is there so you can interact with her and re-attract her.

For example: If she calls you and asks you to help her with some repairs in her house, you can say something like, "Sure, no problem, but it's going to cost you. I'm not cheap you know."

She will then likely laugh and say, "Oh, okay, how much do you charge?"

You can say, "10 billion," or "A pizza" and then after you get to her house, and help her out, you can say, "Okay, where's my 10 billion?" or "Where's my pizza?"

Again she will be laughing, smiling and enjoying your company.

You can then say, "The next time I help you with something, maybe you can cook me up some dinner or something. I always enjoyed your cooking" and you are then giving her a reason to want to ask you for more help.

If she is missing you and wishing that you could come over, she will text you or call you and ask you

to help her with something.

You can then immediately ask, “*What are you cooking me for dinner?*” before you say anything else or agree to come over.

The main thing to remember is that every interaction you have with your girlfriend should be used a way to flick her feelings back on.

Actively Making Her Have Feelings For You is the Key to Getting Her Back

[image: Actively re-attracting her while being a friend]

A woman’s attraction to a guy is mostly based on how he makes her feel when he interacts with her.

So, even though right now your girlfriend still wants you in her life, but doesn’t want to be in a relationship with you, it doesn’t mean she will be stuck feeling that way forever.

When you make her feel the way she wants to feel when she’s with a man (e.g. she can look up to you and respect you, she feels feminine and girly in your presence, she laughs and enjoys herself when talking to you, she feels like she can be her real self and open up around you), she naturally begins to see you in a different light.

She naturally starts asking herself, *“What’s changed here? Why do I feel so good when I’m with my ex now? Why am I thinking about him all the time? Maybe I should give him another chance who cares what my friends or family think. This is my life and my heart is telling me to give him another chance.”*

She feels drawn to you and from there, you just build on the attraction and let her see that things really are different now.

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[image]

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[image: Dan Bacon]

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Odds of Getting An Ex Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The odds of getting an ex back are high, if you follow the right process.

These days, guys get women back all the time, because there is actually a process you can follow that has been proven to work.

Basically, the fastest way to get an ex back is to actively make her have some feelings of respect, attraction and love for you again.

Once you do that, her guard comes down and you can then guide her through the ex back process.

Where Most Guys Start

[image: Where most guys start]

Most guys start trying to get their woman back when she says something final like, *â€œItâ€™s over between us. I donâ€™t have feelings for you anymore.â€*

In her mind, she is convinced that she no longer has feelings for him, but the reality is that human feelings are not set in stone.

Feelings change all the time.

Just think about how you have gone from hating someone to liking them, or really disliking a person to really liking them.

You might have even done that with an ex girlfriend. Why? Human emotions can change.

You can change the way your ex feels.

Even if sheâ€™s been saying, *â€œThereâ€™s nothing you can say or do that will make me change my mind,â€* she wonâ€™t be able to help herself from feeling drawn to you if you are actively making her feel a strong, renewed sense of respect and attraction for you.

She will want to get back together with you because it feels good to interact with you now.

Thatâ€™s how it works, regardless of how complicated the break up was or how much the guy stuffed up.

Most guys donâ€™t focus on actively making their ex feel respect, attraction and love again and instead go inactive by ignoring their ex in the hopes that she will come running back.

Other guys donâ€™t give her an inch of space and keep talking, behaving and acting in ways that are unattractive to her.

So, if you want the highest odds of getting your ex back, make sure that you approach this by focusing on her feelings, rather than trying to explain to her why she should give you another chance or by wasting time ignoring her and hoping that she comes back.

Absence Makes the Heart Grow Fonder...or Does it?

[image: Ignoring an ex and hoping that she comes back on her own]

Some guys will waste weeks or even months ignoring their ex, in the hopes that she will come running back.

A guy might think, *â€œIâ€™ve heard that absence makes the heart grow fonder. So maybe if I stay out of touch for a while, my ex will forget about all the bad things that happened between us and she will begin to miss me. Then she will either call me up and we can get back together again, or when I call her, she will be happy to hear from me again, rather than tell me she doesnâ€™t want to see me anymore.â€*

Yet, thatâ€™s not how it works in almost all ex back cases. Why?

If a woman doesnâ€™t have feelings for a guy, sheâ€™s not going to feel like sheâ€™s missing out on much if she stops hearing from him, and she will usually just move on.

Look at it this wayâ€¦

Imagine what must be going on in a womanâ€™s head when she has just broken up with a guy. She is likely feeling hurt, angry, disappointed, and a whole host of other negative emotions.

So, if a woman currently feels like she hates her ex, not hearing from him is not going to suddenly make her think, *â€œHmmmâ€¦ I miss my ex so much! Even though I hated him previously, now that I havenâ€™t heard from him in such a long time, I canâ€™t get him out of my mind. I didnâ€™t have feelings for him near the end, but wow â€œ I canâ€™t bear not having him in my life. Not hearing from him has made me realize that I canâ€™t live without him. I need him!â€*

Instead, she is more likely going to be thinking, *â€œGood riddance to that rubbish boyfriendâ€ or â€œI knew he was the wrong guy for me, and now his actions are confirming that. He hasnâ€™t even called me to try and get me back. What an assholeâ€ or â€œThank you for not contacting me! It forced me to go out and meet some guys and I hooked up with a few. Iâ€™m now moving on with my life and forgetting all about you.â€*

This is why I only recommend that a guy give his woman 3 to 7 days of space before contacting her to guide her through the ex back process.

Ignoring her for too long often makes her feel like you donâ€™t even care.

She might be saying to you that sheâ€™s over it and doesnâ€™t want you back, but thatâ€™s just what she is saying.

What she says and what she will respond to are two completely different things, which is why you need to have the confidence and courage to guide her back into a relationship.

When you do get back together, she will thank you for giving her the exciting, exhilarating experience of falling back in love with a guy that she once hoped was the one.

Getting back with an ex is a really enjoyable experience for both the man and the woman, so donâ€™t deprive you and her of that by ignoring her because you think contacting her will make you look needy.

You will only look needy if you are actually needy (i.e. you need her for your emotional security, youâ€™re not happy without her).

If you are happy with or without her and then contact her to get her back, then youâ€™re a confident, loving, masculine man who is doing the right thing and guiding his woman back into a more amazing, loving relationship than before.

Yet, if you donâ€™t call, she may begin to think, *â€œWell obviously I didnâ€™t mean that much to*

him, so Iâ€™m not going to waste any more time crying over what could have been. Iâ€™m going to go out and get laid,â€” or â€”I canâ€™t believe I thought he loved me when that is obviously not true. If he loved me he would have called, so Iâ€™m getting on with my life from now on. Iâ€™m going to let that guy at work take me out on a date to make me feel special. Heâ€™ll treat me nicely and I may just sleep with him at the end of the night.â€”

When she starts thinking that way, she begins to disconnect from her feelings for ex and before she knows it, she feels fine without him.

Thatâ€™s not what you want.

Based on all of my experience helping guys to get women back, the odds of getting an ex back by ignoring her are only 20%, whereas active re-attraction has about an 80% success rate.

Of course, some guys could have gotten her back, but simply didnâ€™t follow the attraction instructions that I provide in my program, Get Your Ex Back Super System.

Active re-attraction, plus the courage and confidence to keep pushing forward as you guide her back into a relationship will give you the highest odds of getting her back.

Donâ€™t waste time ignoring her if you are ready to start re-attracting her.

If you ignore her for a long time and are stuck at pretty much the same level that you were when she broke up with you, sheâ€™s just going to disconnect from you again.

On the other hand, when you actively make your ex have feelings for you again (e.g. by making her feel like a real woman around you, allowing her to look up to you and respect you as a man, making her laugh and smile) the odds of getting her back go way up.

She then starts to wonder, â€”Whatâ€™s going on here? Why do I feel good when Iâ€™m around him and miss him when Iâ€™m not talking to him? Why am I suddenly worried that he might find another girlfriend? What is this feeling? I want to see him.â€”

From that moment on, all youâ€™ve got to do is to continue saying and doing the types of things that attract her while you confidently guide her back into a relationship.

Decreasing the Odds

[image: Decreasing the odds of getting your ex back]

If you are saying and doing the types of things that turn your ex off, your odds of getting her back are going to plummet.

On the other hand, when you make some attractive changes and improvements to the way you are talking to her and interacting with her, your odds go up.

So, what are the types of things that turn a woman off?

1. Trying to convince her to change her mind.

One of the most common reactions that guys have when they get broken up with is to try to convince their ex to change her mind with long explanations, debates, or discussions, rather than triggering her feelings of respect, attraction and love to allow her to naturally change her mind on her own.

What a guy like this doesnâ€™t realize, is that for his woman to come to the decision to break up

with him, she will have probably been thinking about it for a long, long time.

She may even have said something like, *“If you don’t change this thing, I’m going to break up with you,”* or *“I can’t live like this for much longer. If you don’t make some changes I’m going to leave you.”*

He might just write that off as her being emotional and acting like a typical woman, but they are honest warning that a woman will eventually act upon.

Saying things like that is a woman’s way of giving a guy a second (and even in some cases a third or fourth) chance to change and become the man that she needs him to be.

So, by the time she breaks up with him, his explaining, debating, or discussing with her why she should give him another chance usually falls on deaf ears, because she’s likely thinking, *“I’ve given you so many chances and nothing has ever changed. Why should this time be any different?”*

The fact is, a guy cannot convince a woman to change her mind with mere words, if he’s not also getting her to feel real respect and attraction for him again via his actions and behavior.

Without properly re-sparking her feelings of respect and attraction first, she’s usually going to be saying things like, *“I know you mean well, but it’s just not working out between us anymore,”* or *“I know you still care about me, but I just don’t feel the same way about you anymore.”*

Essentially what she’s saying is that his explanations, debates and discussions are not actually triggering any strong feelings for him, and therefore, she’s not seeing any point in giving him another chance.

So, if you want to increase your odds of getting an ex back, the most important thing to focus on is triggering her feelings of respect, attraction and love by behaving in some of the ways that are attractive to women (e.g. by making her feel feminine and girly when she’s in your presence, making her smile and laugh when she’s interacting with you, being charismatic).

By triggering her feelings of respect and attraction, you are allowing her to change her mind on her own, rather than trying to force her to do it by pleading, begging, asking, convincing, and debating with her.

Then, getting back together will feel like the right thing for her to do, not like she is doing you a favor or being forced into giving you another chance out of pity or because you feel like you deserve it.

2. Thinking that improving your physical appearance will increase your odds of getting her back.

When some guys learn that the fastest way to get an ex back is by triggering her feelings of attraction, the mistake they make is thinking about attraction in terms of their physical appearance.

For example: A guy might start going to the gym and working out because he has heard women saying things like, *“Oh! Guys with big muscles are so hot,”* or *“Look at his abs. Wow”* or, he has seen women drooling over the male models in magazines.

He may then think something like, *“If I have to trigger my ex’s feelings of attraction to get her back, then I’ll need an excellent gym physique. Being just an ordinary guy isn’t going to turn her on. I need to look good.”*

Alternatively, some guys will go and buy lots of new clothes and shoes, hoping to attract her back with their new, fashionable look.

Yet, here's the thingâ€¦|

Looks, clothes or muscles are not as attractive to a woman as a manâ€™s ability to attract her emotionally.

Essentially, a womanâ€™s emotional attraction to a guy is based on how he makes her feel when sheâ€™s with him.

For example: Does he make her feel like a real woman around him (feminine, girly, submissive, emotional), or does she feel emotionally stronger than him because he is being needy, clingy or insecure?

Can she look up to him and respect him as a man, or does she look down on him and feel like she has to be his teacher in life on how to be the kind of man she needs him to be?

Is he confident enough to be able to make her laugh and smile (especially when she is being cold towards him), or does he crumble at the first sign of resistance from her?

These are the things that are much more attractive to women than a guy's looks.

Yes, some women are attracted to the more superficial things in men (e.g. muscles, clothes, cars) but the majority of women are more attracted to behaviors and inner qualities about men and how it makes her feel.

So, if youâ€™re serious about getting your ex back, you have to understand one thingâ€¦| her emotional attraction for you is what she refers to as her "feelings."

If, right now, sheâ€™s saying things like, *â€œI don't have feelings for you anymore,â€* or, *â€œMy feelings for you are gone,â€* what sheâ€™s basically saying is that the way you are interacting with her now is not triggering her feelings of attraction for you.

However, that doesn't mean that you can't start to trigger those feelings inside of her. You can.

When You Trigger Her Feelings of Respect, Attraction and Love She Will Naturally Change Her Mind

[image: It's not too late to change how she feels]

If you are serious about getting your ex back, the main thing you need to focus on, is to use every interaction that you have with her (e.g. via text, on social media, on a phone call, in person) to trigger her feelings of respect and attraction for you.

How can you do that?

You can do that byâ€¦|

- Adjusting the way that youâ€™re talking to her.
- Making some changes and improvements to the way you are interacting with her.
- Reacting differently to what she says and does (e.g. not taking her bitchy or cold behavior so seriously and instead turning it into something to laugh about together).

- Making her feel feminine and girly in your presence.
- Making her smile, laugh and feel happy when she's interacting with you.
- Showing her that you've moved beyond the level you were at when you broke up.

When you interact with her in ways that trigger her feelings of respect and attraction, everything changes automatically.

The odds of getting her back go way up, because she is now feeling drawn to you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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How Can I Prove to My Ex That I Am the Right Guy For Her?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you're asking, *How can I prove to my ex that I am the right guy for her?* the simple answer is!

Prove that you are the right guy for her by showing her, rather than trying to explain why.

You need to interact with her on the phone or in person and make her have the type of feelings that naturally make her want to be in a relationship with you.

For example: Does she currently look up to you and respect you as a man?

If not, that's the main thing that you need to fix first, otherwise she will not allow herself to feel attracted to you.

Are you able to make her feel attracted, and laugh, smile and feel good when interacting with you?

If not, that's the second thing you that need to improve.

Once you get some of her respect and attraction back, she will then look at you in a different light.

All it takes is a little spark to begin the process, and you then build on it immediately, or during 2-3 more interactions that bring her guard down and make her want to get back together with you.

Once you have re-sparked your ex's feelings and begun to build on them, she will realize that you really have changed and that she now feels so much better when interacting with you.

In most cases, the woman will then consider giving her ex another chance because things really are different now.

Common Mistakes That Will Make Her Think You Are NOT the Right Guy For Her

When a guy is feeling desperate about getting his ex back, he might begin to make mistakes that turn her off even further and cause her to close up and not even want to discuss the relationship any more.

So, if you're going to prove to your ex that you're the right guy for her, here are 5 mistakes you should avoid making!

1. Apologizing excessively.

[image: Apologizing excessively]

Most guys in the world are good guys.

So, when a woman breaks up with a good guy, it's only natural that he will want to apologize for causing her so much emotional pain and frustration in the relationship.

Although there is nothing wrong with apologizing to a woman after a break up, there is definitely a right way and a wrong way to do it.

The wrong way to do it is by apologizing to her over and over again, and taking the blame for everything that happened between you and her.

For example: A guy might say something like, *I'm so sorry! Please forgive me. I know that*

itâ€™s all my fault. You treated me so nicely, gave me so many chances and I just took it all for granted. I’m sorry. I can’t bear the thought of being the one to cause you so much pain. I can’t say sorry enough times. Can you ever forgive me? Pleaseâ€¦letâ€™s just start over again. I’m sorry.â€

He assumes that if he shows her just how sorry he is for what happened between them, it will change how she feels and she will then open up and take him back.

Yet, thatâ€™s not how it works.

The main reason why excessive apologizing doesn’t work is that in most cases, a woman will have broken up with a guy for deeper, more complex reasons.

So, him simply saying, *â€œIâ€™m sorry,â€* and hoping that everything will then be better again, makes her feel like heâ€™s not really aware of the deeper reasons why she broke up with him.

For example: A guy might have used her as an excuse to hide from his true potential in life.

Initially, she was flattered that he wanted to spend so much time with her, but she eventually realized that he was going nowhere fast and was yet another guy who was afraid to rise up to reach for his true potential as a man.

Instead, he just used her and the relationship as a way to waste time and hide away from following through on his ambitions and dreams.

She may have nagged him to do more with his life, get promoted or start that project he used to tell her about when they first met, but he just didn’t listen to her warnings.

Since they had been so in love at the beginning of the relationship, he assumed that she would just stick around and love him for who he had become.

Yet, that’s not how it works.

Another example is when a guy becomes clingy, needy and insecure and needs his woman to constantly reassure him of her love.

Initially, she might think that it’s sweet how attentive he is, but when it turns into jealous insecurity, controlling clingy behavior and neediness, it quickly begins to turn sour.

These examples (and many more) are the types of deeper, more complex reasons that cause a woman to break up with a guy.

So, when a guy is apologizing, taking the blame for everything and expecting her to just forgive him, heâ€™s not making the woman feel like heâ€™s fully understood the seriousness of what went wrong between them.

Sheâ€™s not feeling heard and understood and feels as though he is saying sorry to get another chance, but doesn’t have a clue how to quickly transform into the type of man that she needs him to be.

So, by all means, go ahead and apologize to your ex, but if you want to prove to her that youâ€™re the right guy for her, the right way to do it, is by showing her that youâ€™ve begun to understand what caused her to break up with you in the first place.

For example: A way to apologize that will get some of her respect and attraction back, is by saying something like, *â€œIâ€™m sorry for what happened between us. I now see what I did wrong and understand why you felt that you needed to break up with me. I accept that, but I do want to tell you that Iâ€™m not the same guy that you broke up with. I understand that you can’t believe me*

right away and that's okay, but I want you to know that I'm sorry and I accept the break up.

From there, make sure that you use every interaction you have with her as an opportunity to spark her feelings of respect and attraction for you even more.

2. Using text or e-mail to write long messages explaining how much you have learned since the break up.

[image: Bombarding ex with texts]

It's only natural that when a woman is saying, "Leave me alone. I don't want to see you or talk to you again. I've realized that you're not the right guy for me," a guy is going to feel completely stuck about how he can go about convincing her that he's really changed.

He might then decide that if she won't talk to him on the phone, or see him in person, the only way he can get through to her is by sending her a text message or an e-mail to explain to her how much he's learned since their break up.

Although this might seem as the only way to get through to her, rather than convince her that he's a different man, in most cases it actually makes her lose even more respect for him as a man. Why?

Look at it this way:

When a woman has broken up with a guy and is currently feeling negative emotions about him (e.g. anger, resentment, a lack of respect), she's likely not going to look at a text message or e-mail from him in a favorable light.

Basically, because she cannot see him, she has to guess at his state of mind.

So, if in her mind she is thinking negative things about him (e.g. "He's clingy," "He has no purpose in his life," "He's emotionally weak") she's not going to give him the benefit of the doubt that he's now a completely changed man and is no longer insecure.

Instead, she is likely going to be thinking, "What does my ex want? He keeps telling me that he's changed, but I don't believe him. Why should I?"

Essentially, most things that he says via text or e-mail, will usually be judged by her in a negative way.

On the other hand, if he talks to her in person, she can notice for herself that he's changed without him having to tell her.

She can experience his confidence, and she can see that he's learned from his past mistakes via the way he talks, behaves and interacts with her.

So, if you want to prove to your ex that you're the right guy for her, then you should only text her as a way to get her on a phone call, where you can then spark some of her feelings of respect and attraction for you by making her smile, laugh and feel happy to be interacting with you again.

From there, you need to get her to agree to see you in person, so that you can continue to build those feelings of respect and attraction in her.

When you spark her feelings for you again, her guard begins to come down and she opens up to being with you again because it now feels good to her.

3. Pleading with her to remember the good times.

[image: Please remember the good times]

A mistake that some guys make is to beg and plead with their ex to remember how good it used to be between them.

For example: A guy might say, *â€œHow can you forget all the good times we had together? Yes, I messed up, but don't all the good times make up for that? What we had can't be found with anyone else! Please give me another chance to show you that I'm the right guy for you. What you and I have is special. I screwed up I know, but please give me another chance. I'm begging you. You are the only woman I've ever truly loved. I don't want anyone else. Please give me another chance! Please!*

Obviously, the guy really loves her, but it's not an approach that works on a woman who has lost touch with her feelings of respect, attraction and love for a guy.

In most cases, when a woman is not feeling attracted to him and not feeling respect for him, she just doesn't care that he cares about her, the relationship or anything else.

His feelings just don't matter to her because she no longer feels respect, attraction and love for him. She has to be cold in that way to disconnect herself from the relationship.

If she cares about his feelings, he will be able to get her back very easily, so she disconnects.

When he tries to reason with her and explain that what they had together was special, she's likely going to say something like, *â€œYes, what we had in the beginning was good, but it hasn't been good for a long time. The fact that you don't even know why I'm breaking up with you, tells me that nothing has really changed. So, there's really no reason to get back together again. You just don't understand me. You're not the right guy for me.*

Essentially what she's saying is that her positive feelings for him (e.g. respect, attraction, love) have been replaced by negative feelings (e.g. anger, resentment, pain), so she no longer feels like he is the guy for her.

Unless he actively makes her have feelings for him again, she's not going to change her mind.

She won't start thinking, *â€œHmmm, hang on a second. He's right! Our relationship was so wonderful in the beginning. We had such great times together. He was so nice to me, so romantic, so sweet. Well, based on that I'm going to stick with him and hopefully one day things will get better. I don't care that he doesn't understand what I want. I'm just going to get back together with him because things used to be good.*

Unfortunately, that's just not how it works.

These days, women no longer have to stay in a relationship that doesn't suit them.

In the past, a woman was expected to stay with her husband until death, regardless of whether she was happy, or even if he was a bad man.

Today, if a woman isn't feeling the way she wants to feel in a relationship, she can break up with her boyfriend (fianc  or husband) and move on.

So, if you want your ex back, don't waste a lot of time pleading and trying to convince your ex that you're the right guy for her based on the past.

She needs to feel respect and attraction for you right now based on experiencing the new and

improved version of you.

How you make her feel now is what counts.

4. Telling her that no other guy will love her like you do.

[image: Begging and pleading for forgiveness]

You know how much you love her.

Yet, that isn't what she is going to care about now that she has disconnected with her feelings for you.

If a woman doesn't have feelings for her ex, hearing something like, *â€œYou will never find a guy who will love you like I do. You are everything to me. Why can't you see that I'm the right guy for you? I love you more than life itselfâ€* isn't going to matter that much to her.

Basically, a woman won't care that a guy loves her, if she doesn't respect him or feel attracted to him.

If there is no respect or attraction, she will disconnect with the love and she won't be able to reconnect with it until he makes her feel a renewed sense of respect and attraction for the new and improved version of him.

If you don't make her have feelings for you first, she's not going to care how much you love her compared to other guys.

If another guy comes along and makes her feel respect and attraction for him in ways that you are currently unable to, she's going to value him more than she does you.

I know, it sucks to even think about that, but that's how human relationships work.

It's a value exchange.

You get a lot of value from her based on the feelings you have for her, but if she doesn't get that same value in return, it's a bad deal and she won't want to be a part of it.

She will seek to find a guy who can give her the value that has been missing and that she feels she deserves.

For example: If a woman broke up with a guy because he was too insecure and clingy, her new guy will usually be more confident and self-assured.

If a woman broke up with a guy because he lacked purpose and direction in life, she will likely choose a guy who is more focused and driven.

Ultimately, it won't matter to a woman how much her ex loves her and cares for her, if he's unable to give her the experience she wants in a relationship.

So, don't worry about telling your ex how much you love her.

She's not going to care about that until you can prove to her that you are the right guy for her by actually being that guy.

Not talking about it with her, but doing it.

When she feels respect and attraction to the new and improved you, she will automatically start to reconnect with the love that she had for you before, even if she doesn't want to or didn't intend to.

Once it feels like more of an even value exchange, she will begin to appreciate that you really love her more than any other guy and she now feels attracted and respectful towards you whenever she

interacts with you.

5. Saying that your life would not be worth living without her in it.

Some guys simply can't deal with the reality of being dumped by a woman that they love.

This is especially true when a guy has made the classic mistake of detaching from everything else in his life (e.g. his friends, interests, hobbies), to focus all of his attention on his girlfriend (fiancée or wife).

When he gets broken up with, he feels like his entire world is coming crashing down around him.

He might also feel betrayed because she would have most likely said that she wanted to grow old with him and stay with him forever.

Now, she wants out of the relationship?

It's a horrible moment for a guy to go through when he realizes that relationships are a decision.

Both people either decide to be together or not and each of them have the individual power to say, "Yes" or "No" to staying or leaving themselves.

A guy then realizes that he doesn't own his woman and that she can leave him for her own reasons, regardless of what he says.

He might say something like, *"How can you do this to me? I've devoted my life to you and now you're leaving me. I can't live without you. There's just no point anymore everything I did was for you and now that you're gone, why should I carry on without you? I don't want to be alive any more. You are what I live for, our relationship that is what I care about."*

Yet, here's the thing!

A woman does want to be appreciated, love and wanted, but she doesn't want to be a guy's reason for living or purpose in life.

So, when a guy tries to prove to his ex that he is the right guy for her by threatening to hurt himself, it usually backfires and turns the woman off even further.

She realizes that he isn't mature enough to keep an adult relationship together and she decides to just leave him and try to find a man who is ready to be what she needs in a relationship.

So, the best way to prove to your ex that you're the right guy for her is by re-sparking some of her feelings of respect and attraction for you, and the way to do that is to show her that you are being an emotionally strong guy who can live with, or without her.

It's not about telling her that you don't want her in your life.

You want her, but you don't need her.

You can show her that you don't need her by making progress in your life without her.

However, if she asks whether or not you still love her or miss her, the answer is, "Yes."

You still love her and miss her, but you accept the break up and are moving on with your life.

That then allows her to relax and feel like you're not trying to force her back into a relationship.

Then, as you build on her feelings of respect and attraction for you, her guard comes down and she opens back up to being in a relationship with you again.

A Break Up Doesn't Have to Be Permanent (Most Aren't)

It's frustrating when you can clearly see that you're the right guy for your ex, but she can't.

It's like she is completely forgetting all the good times you had and only focusing on the negatives. While that might be true, it's nothing to waste any more time worrying about.

What works to get a woman back is to make her feel the types of feelings she wants to feel (e.g. respect, attraction) in a relationship, so that she naturally begins to feel drawn to you again.

So, rather than doing the kind of things that will turn her off even more (e.g. sending her long e-mails or messages, begging, pleading, apologizing excessively, telling her how much you love her, threatening to hurt yourself), just focus on using every interaction that you have with her as an opportunity to re-spark some of her feelings for you.

When you make her smile, laugh and feel happy to be interacting with you, she will naturally drop her guard and be more open to the idea of getting back together again.

Respect and attraction comes first, and then everything else will follow on naturally from there.

You can do this.

You can prove to her that you are the right guy for her, reactivate her feelings and quickly guide her back into a relationship with you.

These days, guys all over the world are able to get their woman back after a break up, because you and other guys are no longer on your own with this.

I'm here to help you get your ex back and make her realize that you are the one for her.

You can leave my site now and try to work out what you need to say and do to get another chance with her, or you can let me help you further.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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Why Doesn't My Ex Girlfriend Care That We've Broken Up?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your ex girlfriend doesn't care that you and her have broken up, it's usually only a temporary phase that she is going through.

Here's how it worksâ€¦!

When a woman loses respect and attraction for a guy (e.g. because he has become too insecure, needy, clingy or controlling), she disconnects from the love that she used to feel.

The love that she has for you is still there in the background, but she is no longer connecting with it because you haven't been able to respark her feelings for you since the break up.

Of course, that doesn't mean that you can't start to respark those feelings now.

You can.

You can make some changes and improvements to the way you are talking to her and interacting with her, so she starts to smile, laugh and feel a renewed sense of respect and attraction for you.

For example: When a guy is interacting with his ex, she might say something like, *â€œI know you still care about me, but I really don't have feelings for you anymore. I'm doing fine on my own. Please just leave me alone,â€* or *â€œIt's over between us. I'm moving on with my life and you should do the same. I'm much happier now without you.â€*

If he reacts by getting upset or continually asking her why she is being so cold, she will want to close up even more because she's just not feeling it with him any more.

If he wants to make her feel some respect and attraction for him, he needs to react by remaining calm, confident and focused on making her smile, laugh and feel good when talking to him.

When he does that, she can't help but begin to look at him in a new, more positive light.

Rather than feeling as though she wants to completely cut him out of her life, she will open back up and be willing to talk to him.

â€¦and that is how he gets her back.

With every interaction that he has with her, he actively makes her feel more respect and attraction for him and she then naturally begins to reconnect with the love.

When you have successfully reactivated her feelings, she then begins to want to spend more time around you or at least talk to you on the phone to see how she feels.

When you and her aren't interacting, she begins to miss you and wonder why she has feelings for you again.

Then, she either says that she wants to get back together, give the relationship another try for a while or at the very least, just meet up in person to say hi so she can see how she feels.

So, if you've been thinking, *â€œIt's hopeless. I don't think my ex will ever have feelings for me again. She currently doesn't even care that we've broken up,â€* you need to stop believing that you can't do anything about it.

You can.

You can respark her feelings and get her to begin caring that you're not around and are probably

going to move on with another girl if she doesn't act soon.

Mistakes That Some Guys Make When Their Ex Doesn't Care About the Break Up

[image: My girlfriend doesn't care that we have broken up]

When a guy realizes that his woman is totally fine with the break up, it can feel like a huge punch in the guts.

It hurts.

When a guy is hurting emotionally, he might sometimes make one or more of the following mistakes, which pushes his ex away even further!

1. Pleading With Her to Change Her Mind

Naturally, getting broken up with sucks, especially if it's with a woman that you truly love, care about and want to be with.

However, privately feeling sad and disappointed that a relationship had ended, is not the same as breaking down and becoming an emotional wreck by begging and pleading to her.

For example: A guy might plead with his ex by saying things like, *â€œYou can't let what we've had together just die. I love you! Don't you care about that? You mean so much to me. Why can't you see that? Just give me another chance and I'll prove to you that things can be different between us. Please!!!* or *â€œI'm so sorry for hurting you. Please! Please! Please! Don't do this to us. Just let me show you that I can change. I'm begging you, please!*

In most cases, the more that a guy pleads, begs, cries to her or carries on behaving in an overly emotional way, the more it annoys and turns the woman off.

Why? Women are not attracted to the emotional weakness in men.

[image: My girlfriend doesn't care that we have broken up]

It's a huge sexual and romantic turn off.

Women are always attracted to the emotional strength in men (e.g. confidence, self-assurance, self-belief, high self-esteem, determination to succeed), and turned off by the emotional weakness (e.g. self-doubt, insecurity, clinginess, neediness).

So, when a guy is falling apart around a woman, rather thinking to herself, *â€œWow, he must really care about me to be such an emotional mess,* she will usually feel repulsed, disgusted and disappointed that he lacks the emotional masculinity of a real man.

If your ex has lost respect and attraction for you and doesn't care that you've broken up, pleading with her to change her mind will only make her further disconnect from the love she used to feel for you.

So, how should you react if your ex is saying things like, *â€œI don't love you anymore,* or *â€œYou mean nothing to me now. It's over* get used to it, instead of pleading with her to change her mind?

A good way to react is by accepting her decision in a confident way without making a big fuss about it.

For example: You might say to her, *“I understand why you’re feeling like that about me now and I accept that. I now understand what I did wrong when we were together, and I accept full responsibility for my actions. I’m sorry that I hurt you.”*

From then on, every time you interact with her, you need to focus on re-sparking her feelings of respect and attraction for you, by displaying some of the traits and behaviors that are naturally attractive to women (e.g. confidence, maturity, self-assurance, determination, charisma, emotional masculinity).

You need to let her experience the new, improved, more attractive version of yourself, based on how you talk to her, behave, think and take action.

All of that is within your control.

You can actively respark her feelings of respect and attraction for you by the way you behave around her, without ever having to plead with her to change her mind.

To get an ex back, you need to change how she feels by interacting with her in an attractive way, rather than trying to change mind by explaining things to her in a logical way.

For example: Rather than saying, *“I think you should give me another chance because of these reasons,”* you simply need to think, talk, behave, feel, take action and react to her in an attractive way and she will change her mind on her own.

It will then become her idea to want to get back together with you.

It will feel right to her because she will feel attracted and drawn to you and won’t feel like you’re trying to force her to get back together with you because you need her for your own emotional security.

2. Pouring Your Heart Out to Her to Show How Much You Care

It’s painful to still be in love with a woman who says she isn’t in love with you.

You feel so much for her, but she is acting like you didn’t ever mean a thing to her or that you no longer mean anything.

It sucks.

Yet, you have to retain control of your emotions and not turning into Mr. Romantic who wants to pour his heart out in texts, e-mails, letters, voicemail messages, social media messages or in person.

Some guys make the mistake of thinking that the only way to get through to her is by letting her know how much he really cares.

For example: A guy might call up his ex girlfriend, text her, or even write her a long love letter or e-mail, telling her how much he cares for her.

He might say things like:

- *“Why don’t you care that we’ve broken up? You mean so much to me. I can’t think, eat, sleep or work properly since the break up. I love you so much. Please don’t be like this. I care about you and I want to work this out.”*
- *“Doesn’t what we had together mean anything to you? How can you turn your back on*

me? What we had was special and it means so much to me. I've never loved another woman the way that I love you. Not even close. Does that even matter to you?â€œ

- â€œI just can't get over you so easily. I'm disappointed to see that you don't even care that we've broken up. It's like I meant nothing to you.â€œ
- â€œYou mean too much to me for me to give up on us being together again.â€œ
- â€œCan't you see that I'm nothing without you?â€œ
- â€œYou're my reason for being. You mean the world to me. My life is not worth living without you.â€œ

The guy is simply being honest and he really does love her, but that isn't what gets a woman back after a break up.

The truth is that a woman doesn't care how much a guy cares for her, if she doesn't have feelings for him.

It has to be mutual.

If he is madly in love with her and she's feeling nothing or not much at all, she is going to feel annoyed or even emotionless when she gets his messages of love.

If he wants her back, he needs to actively make her have some feelings for him first, otherwise she's not going to care that he cares for her.

So, if you want your ex girlfriend back don't waste time telling her how much you care for her, because if she's not feeling a lot of respect and attraction for you right now, it's just not going to matter to her.

She might reply with, *"Thanks, but please respect my decision,"* to be nice, but she'll likely be thinking, *"Whatever! I'm over you and nothing that you say or do is going to make me change my mind."*

Yet, she's wrong.

What will change her mind is if you respark her feelings of respect and attraction for you.

Then, she won't be able to help herself from feeling drawn to you.

She will start to think, *"Why am I missing him all of sudden? Why does it feel good to talk to him now? Why do I want to hug him and kiss him all of a sudden? Could this mean that he is the one? Should I at least give him another chance?"*

She will only think that way if you first reactivate her feelings of respect, attraction and love for you.

However, if you just want to tell her how much you care about her, she's probably going to continue ignoring you and moving on because there's nothing for her to feel drawn to.

She has disconnected with her feelings for you and if you want her back, you need to get those feelings reconnected and charging.

When she's fully charged, she will be fully back in love with you again and will thank you for giving her the exciting experience of falling back in love with the guy that she once felt so much for.

3. Asking Her to Explain Her Reasons For the Break Up So You Can Change

When a woman finally decides to break up with her man, he may feel shocked or even surprised by the sudden news.

He might then ask her questions like, *“But why? What did I do wrong?”* or *“Please tell me what you want me to change and I’ll do it. Just explain to me what the problem is and I promise that I will fix it. I will do anything to fix this. Just tell me what I need to change.”*

Prior to making her decision to break up with him, she would have given him many clues (e.g. by nagging him, complaining and having fights about unimportant things to show him that she was unhappy), so if he hasn’t been able to read between the lines and make the necessary changes, she’s not going to want to spell it out for him now.

Why? A woman doesn’t want to be a guy’s teacher in life about how to be a man.

Life would be a lot easier if women were completely explicit and open about exactly what they want, but that’s not how women work.

Women don’t want to take on a mother, big sister or teacher role in a guy’s life and guide him through a process of understanding what a real man is.

A guy either knows it by learning from male role models as he is growing up, or he learns it by seeking out male role models who can teach him.

However, if he turns to his own woman for advice on how to be a real man, she isn’t going to want to take on that role because it will further destroy her feelings of sexual attraction and respect for him.

He needs to work this out himself or with help from other men.

For example: If a guy was insecure and needy during the relationship, his woman will want him to realize that by himself and then show her that he is now a confident, emotionally secure man.

If a guy lacked purpose and direction in his life, his woman will need to see that he has set some big goals for himself and is working towards accomplishing them.

Just doing that isn’t going to get her back, but it will make her feel a renewed sense of respect and attraction for him and he can then use that feeling to guide her back into a relationship.

However, if a guy can’t even step up to a new level of manhood without her help, then she will feel like he needs her to hold his hand and guide him through the process of becoming a better man.

That’s not attractive to her.

She wants him to figure out how to be a man without her help, rather than him asking her how or what to change to make her happy and give him another chance.

If he can figure out how to be attractive to her by himself, she will then look up to him, respect him and feel a renewed sense of trust in him as a man.

4. Demanding That She Give You Another Chance

[image: My girlfriend doesn't care that we have broken up]

When a guy gets broken up with, he will go through a range of emotions (e.g. shock, pain, depression, disbelief, loneliness, panic).

In some cases, a guy might even begin to feel angry about what he believes his ex girlfriend is doing to him.

He will feel as though she is betraying him, which will cause him to feel anger and want to verbally attack her about that.

For example: He might say to her, *“How could you do this to me? You selfish bitch. I’ve done so*

much for you in this relationship and now you want to turn your back on me? I refuse to accept this. You can't just throw away what we shared. You owe me another chance for all that I've done for you.

Yet, here's the thing!

Feeling as though you are entitled to your girlfriend, or that she is obligated to be with you because of what you've done for her isn't going to make a woman suddenly change how she feels about you.

As much as it sucks to hear this, the truth is that a woman is not your property.

She is an individual, and she can choose to be with you, or choose to break up with you and move on with someone else if she wants to.

I know, that is pretty annoying to think about her being with another guy. It sucks.

However, what you need to understand is that being in a relationship is a decision that can change if either person can't make the other person experience a sufficient amount of feelings to want to stick with the relationship.

For example: If a woman is a complete bitch to her boyfriend, but really loves him, he doesn't have to stay with her.

If he expects to be loved and treated well, it doesn't matter how much she loves him because she has been a complete bitch to him.

So, he will decide to break up with her and replace her with a new woman who will treat him well.

She might then feel betrayed and feel like she is entitled to get another chance because of all the great sex she gave him, but he is an individual and can dump her if she isn't giving him the relationship experience he feels he deserves.

If you want to get your ex girlfriend back, you can't do it by demanding that she give you another chance just because of the love that you shared, how nice you were to her or how much you care.

Just because she was in a relationship with you doesn't mean she owes you anything.

She loved you before and now she has disconnected herself from that love because you weren't making her feel the way that she wanted to feel in a relationship.

Of course, that was then and this is now.

When you respark your ex girlfriend's feelings of respect and attraction for you again, she will begin to wonder all by herself (without you forcing her), *Why am I feeling this way? Why am I even considering giving my ex boyfriend another chance? Why do I miss him now? I'm trying to stop thinking about him, but I can't. I just want to look at our old photos|look at us|we used to be so happy. I want to catch up with him in person and see how I feel.*

Suddenly, the negative things about your relationship seem way less important to her, because she naturally feels drawn to you in a way that feels good to her.

What You Need to Do to Get Her Back

You can waste a lot of time wondering, *Why doesn't my ex girlfriend care that we've broken up?* and wait around hoping that she will somehow realize that she's made a mistake, or you can actively make her want to get back together with you.

How do you do that?

You need to use every interaction that you have with your ex girlfriend (e.g. via text, on a phone call, or in person) to respark her feelings of respect and attraction for you.

When you respark her feelings for you, her guard comes down and you can then build on those feelings and guide her back into a relationship with you.

However, if you continue to interact with her in ways that turn her off (e.g. plead with her, tell her how much you care, ask her to tell you what you need to change, demand that she give you another chance, seek pity from her), then getting her back is going to be a very difficult, if not impossible process for you.

She's just going to be saying, *"Why can't you get it into your head that I just don't have any feelings for you? You need to move on,"* because you're not saying and doing things that are making her have feelings for you.

So, when you interact with her from now on, focus on re-sparking her feelings for you by making her smile, laugh, feel happy, and by showing her that you've moved beyond the level that you were at when she broke up with you.

When you make her feel the way she wants to feel when she's interacting with you, she won't be able to keep her guard up for too long.

Even if she fights her feelings at first, eventually she'll begin to think to herself, *"What's different? What's changed? Why am I feeling drawn to him again?"* and from there you can continue to build on her feelings of respect and attraction for you and guide her back into a relationship with you.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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I Can't Deal With the Thought of My Ex Being Happy With a New Man

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

When you're thinking, *I can't deal with the thought of my ex being happy with a new man*, it might feel like it will be impossible to change how she feels and get her back.

Yet, it is possible and you can get her back.

However, before you can get her back, you need to make sure that you become independently happy without her.

If a woman is trying to get a guy back, she doesn't have to become independently happy without how. However, when a man is trying to get a woman back, he needs to become emotionally independent because that is attractive to women.

If you are sad, lost and lonely without her, she will feel turned off by your emotional weakness. However, if you are happy, forward moving and emotionally fulfilled without her, she will feel attracted to you.

So, if you are serious about getting her back, you must start the process of feeling happy with or without her.

I know, it doesn't seem possible, but you really need to do it if you're going to be able to attract her back when you next interact with her.

You can become independently happy in a matter of days, and then begin the ex back process where you contact her, make her feel a renewed sense of respect and attraction for you, and get her to meet up with you.

Even though she has a new man, you can get her to catch up with you over a cup of coffee and at that meet up, you can get her to feel respect and attraction for the new, improved you.

You can do that.

Once you create that initial spark of attraction for the new and improved you, her perception of you changes and she becomes more open to you.

However, since your ex is currently happy with her new man, she might not want to get back with you right away, but there are ways to get her to change her mind.

What Does She See in Him?

[image: Dealing with the thought of her being happy with a new man]

Even if her new guy isn't a better guy than you, all he has to do is not make the relationship mistakes that you were making and he will seem more appealing.

For example: If a woman felt that her ex was taking her for granted (e.g. treating her badly, showing up late for his dates with her, not returning her calls, letting her do all the housework or run all the errands, expecting too much from her), then all her new man has to do is be more attentive and considerate towards her and she will automatically see him as being a better option than her ex.

Alternatively, if her ex lacked confidence in himself and behaved in a needy and insecure way during

the relationship, she might perceive her new confident, emotionally secure man as being a better option than her ex.

He might not be half the man you are, but he's different in a way that has been missing in your relationship with her.

As she experiences the differences and feels happy about it, she may initially think, *"Wow! I can't get over how sweet and loving my new man is. This is how I deserve to be treated. My ex was always putting me in second place and treating me like dirt,"* or *"It's so great to be with a guy who is so confident and self-assured. I'm glad I don't have to put up with my ex's insecurity any more."*

Of course, that doesn't mean you can't change how she thinks about you.

When you make her feel a renewed sense of respect and attraction for the new, improved you, she will not be able to stop herself from letting go of her negative perceptions about you.

The more respect and attraction she feels for you, the more that the negatives and flaws of her new guy will become visible to her.

However, don't make the mistake of trying to compete with her new man to show your ex that you're better than him!

Competing With Her New Man Turns Her Off Even More

A big mistake that guys make when they see that their ex has moved on with another guy, is to try get her back by making the other guy look bad.

For example: A guy who might go around badmouthing his ex's new man (e.g. by criticizing his sense of dress style, mocking his haircut, by comparing cars/finances/jobs) to friends, coworkers, family members and to her directly.

He might think that by pointing out her new man's faults, his ex will suddenly wake up and realize that she has made a mistake.

Yet, rather than make his ex girlfriend think, *"Hmmm, he has a point. Now that he mentioned it, I can see that my new man is not as great as he was. He is a little bit awkward at times and he doesn't seem as cool as my ex when we're out socializing. Okay, I'm going to dump my new boyfriend and hook back up with my ex."*

Instead, she's likely going to be thinking, *"My ex is just jealous. He so immature and insecure. I'm glad that my new guy isn't like him."*

Here's the thing!

Her new guy would probably act the same way if she left him for another man and she'd think the same thing about him.

Why? Women aren't attracted to a guy when is being insecure by looking at another guy as competition.

You shouldn't look at this new guy as your competition.

He is nothing compared to you.

That is what you need to believe and not doubt for a second.

Don't give her new man any credit.

You are better than him.

So, whatever you do, don't waste time trying to get your ex back by competing with her new man.

[image: Dealing with the thought of her being happy with a new man]

Right now she's probably feeling happy to be with him, so trying to make him look bad in her eyes will only make you look like a sore loser.

You're not a sore loser, so don't be.

You are a winner and you are going to get her back.

Remember: When you spark her feelings of respect and attraction for you again, her walls will begin to come down and she becomes open to seeing you again.

Sometimes it happens right away and a guy gets his ex back, but in cases where she is happy with her new man, it might take a few days for her to become open to meeting up with you in person to see how she feels.

When you respark her feelings for you, the idea of spending time with you feels good to her. It feels right.

She might be confused at first because she thought she was happy with her new guy, but her heart will be filling up with new feelings for you, which she won't be able to ignore.

Don't Expect Her New Guy to Make it Easy For You

Although, the fastest way to get your ex back is to actively make her have some feelings for you again, chances are, her new guy probably doesn't want you interfering.

If this is the case, your ex is probably avoiding you as much as possible, and might not even be answering any of your calls or text messages at this point.

So, how can you get through to her?

Try calling her and if she doesn't answer, send her a text like this:

"Hey Jenny, it's Dan here. There is something quick that I wanted to ask you over the phone. I guess you're busy at the moment. I might try giving you a call another time."

In most cases, your ex will either call you back to find out what you want, or if you call her again in a few days, she will be much more likely to answer her phone.

On the phone call, you need to make her feel a spark for you again (e.g. by making her laugh, smile and feel happy) and then get her to agree to meet up with you.

At the meet up, you need to let her experience the new and improved you, so she can begin to feel differently about you.

She will sense the changes via your body language, conversation style, the way you are talking to her, interacting with her and the way you respond to what she is saying.

When you interact with her in ways that spark her feelings of respect and attraction for you, everything begins to change.

She might try to act like she isn't feeling anything, but she will automatically begin to look at you

differently.

Her perspective of you will begin to change and her guard will come down.

From there, you just need to build on her feelings of respect, attraction and love during the conversation and either get her back at that meet up, or get her to agree to say hello again in a few days or week.

Actions Speak Louder Than Words

[image: Dealing with the thought of her being happy with a new man]

If you are still in love with your ex and want to give the relationship another chance, you must understand and accept that it's completely up to you to take action and get her back.

You can't expect her to be the one who guides you back into a relationship.

You've got to make it happen.

Getting an ex back isn't about convincing her that you've changed. It's about changing, interacting with her and letting her experience new feelings that tell her that things are now different.

Where many guys go wrong is by thinking, *"Maybe if I can explain to her how much I care, apologize and promise to change, she will realize that what me and her had was really special. She will dump her new man for me."*

Yet, that's not how it works.

If she doesn't have feelings for him, she's going to be thinking, *"Good for you. I'm flattered that you care about me, but I really don't care about us any more. I just don't have feelings for you like you have for me. I'm feeling great with my new guy. Besides, why should I believe you're going to change when I already have a guy who is giving me what I want? You don't even seem like you've changed at all. If I got back with you, it would be the same thing over again. You still haven't changed the subtle things about you that were turning me off."*

It doesn't matter how much a guy tries to convince his ex that he will change or has changed.

If she doesn't experience the type of feelings that she wants to feel when interacting with him, she's going to remain closed up.

For example: If one of the reasons why she dumped him was due to his insecurity and she can still sense a lot of insecurity as she talks to him, she won't be able to feel respect, attraction and love for him.

She will feel turned off by his insecurity and it will remind her that he still hasn't even changed.

On the other hand, if she could see that he had become so much more confident and was no longer the insecure guy that she dumped, she would then naturally feel drawn to him.

Suddenly, she will begin to think, *"Maybe there is a chance for us" or "He's so different from what he was like when I broke up with him. Why do I feel differently now? Does this mean that he is the one? Is he going to be the one that got away if I don't get back with him?" or "I really enjoy talking to him again. This feels different. Maybe the break up was good for us and we are even better for each other now. Maybe the new relationship is going to work."*

When that type of thought process happens in her mind, she naturally opens up and wants to spend

more and more time with him.

If you want your ex back, that's how you need to be making her feel from now on.

You need to actively re-spark your ex's feelings of respect and attraction for you every time you interact with her from now on.

If she's currently saying that she doesn't have feelings for you, or that she's happy with her new guy and doesn't want to ruin that, it means that the way you are talking to her and interacting with her isn't sparking those feelings of attraction inside of her.

However, that doesn't mean you can't start to trigger those feelings.

You can.

You can adjust the way that you're talking to her, make some changes and improvements to the way you are interacting with her and react differently to what she says and does.

When you interact with her in ways that spark her feelings, everything begins to change because she feels drawn to you.

She enjoys interacting with you because it now feels good to her.

All you need to do then is guide her through the rest of the quick ex back process and she will be yours again.

If she is happy with her new guy, it might take a few weeks to get her back, but you can do it.

However, if you don't focus on re-sparking her feelings and instead continue to interact with her in ways that turn her off, then getting her back is going to be very difficult.

She's going to be saying things like, *"I'm sorry, but I've moved on. I'm happy with my new man now and I'm not interested getting back together with you"* or *"Just leave me alone. You and I are over now. Move on"* because you're not doing anything significant to make her have feelings for you again.

Are You Ready to Get Her Back?

Statistically, about 65% of rebound relationships will fail within the first six months of getting together.

Right now, the new man in your ex's life might be making her feel happy for a while, but if he lacks the fundamental qualities that women look for in a man (e.g. confidence, drive, determination, a life purpose, someone she can look up to and respect, emotional masculinity), she's gradually going to lose interest in him.

Even if she has told you, *"I'm happy with my new man. It's over between us, so please let it go. I'm not going to change my mind"*, don't let that put you off.

Feelings never stay the same.

Just like your ex's perception of you changed from positive to negative near the end of the relationship, when you make her feel a renewed sense of respect and attraction for you again, her feelings will naturally change back to being positive again.

As long as you focus on making her feel attracted when you interact with her on the phone or in person, the process of getting her back will be a lot easier because she will enjoy interacting with you

and will look at you in a new, positive light.

She might feel confused for a while because she might genuinely believe that she's happy with her new man, but she won't be able to stop herself from feeling drawn to you once again.

Whatever you do though, make sure that you don't see the new guy as your competition.

You are a better man than him.

Believe it.

If you don't think that you are a better man than him, then let me help you quickly develop that type of confidence and show you the final steps that you need to take to get her back.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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My Ex Doesn't Want to See Me Anymore

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your ex doesn't want to see you anymore, it might feel like there's nothing you can do about it and you just have to accept her decision, even if you don't want to.

Thankfully, it doesn't have to be that way.

Guys now get ex women back all the time and you can do it too.

How?

Watch this video!

When you interact with your ex and respark some of her old feelings for you, she will then begin to think about you in a more positive light and be open to talking to you and seeing you more.

Even if she currently thinks that she is 100% certain about not wanting to see you anymore, when you respark those all important feelings in her (i.e. feelings of respect, attraction and love) she won't be able to help herself from feeling drawn to you.

She will want to see you again because you make her feel good.

Where most guys go wrong when an ex doesn't want to see them anymore, is that make even more mistakes that push her away even further.

Watch this video for an example!

If you want her to feel good about seeing you, make sure that from now on, you always think, talk, feel, behave and take action in a way that will make her feel a renewed sense of respect and attraction for you.

While doing that, make sure that you avoid making the following mistakes:

1. Begging her for another chance

Not all guys make this mistake, but a lot of guys do.

Unfortunately, some guys can't handle the emotionally painful thoughts that come rushing to the surface when they are dumped by the woman they love.

Often, this happens when a guy secretly feels as though he got lucky in getting her to be his girlfriend in the first place.

He fears that if she leaves him, he will struggle to find another quality girlfriend like her.

Some guys also give up all their friends and interests when they get into a relationship with a woman, which then causes the guy to become clingy and needy as he focuses all of his attention on her.

So, when she decides that she wants to break up with him, he feels like the biggest, most important part of his life is being taken away from him.

It's a horrible feeling to go through as a guy, but it's a good wake up call that will either force you to quickly become a better man and get her back or hurt you so much that you will hide away from women and relationships for years.

Some guys can't handle that feeling and immediately begin to beg and plead with a woman when she

gives him the final news that she's breaking up with him.

However, in most cases, rather than make a woman change her mind and take him back, the begging, crying and whining usually has the effect of turning her off even more. Why?

It is a woman's natural instinct to be attracted to the emotional strength in men (e.g. confidence, self-assurance, determination, the ability to handle a difficult situation), and turned off by the emotional weakness (e.g. insecurity, neediness, self-doubt, an inability to cope in stressful situations).

So, when a woman says to a guy, *"It's over between us and I really don't want to see you anymore,"* and he responds by becoming emotional, begging, crying and pleading with her, she naturally feels turned off by what she perceives as his emotional weakness.

It's an instinctive reaction that she can't control. It's similar to how we men are instinctively attracted to healthy women.

It might be politically incorrect to say that unhealthy women aren't as attractive as healthy women, but that's how our instincts react.

Likewise, a woman instinctively feels turned off when a guy displays emotional weakness.

It might be politically incorrect to say that emotionally weak guys aren't as attractive as confident guys, but that's how a woman's instincts react.

Not knowing that or accepting it as reality, some guys believe that if they show a woman how emotional and lost they feel without her, she will be flattered that he cares so much, and will then change her mind.

Yet, it doesn't work that way because emotional weakness isn't appealing.

Most women don't want to see their man begging, crying or being emotionally weak.

She might give him a chance for a day or two, or string him along for a little while, but she will have every intention of dumping him again when she feels like she is ready to do so.

A woman wants to be with an emotionally strong, masculine man that she can look up to, respect, and feel a strong attraction for, not a guy who breaks down when he is faced with a challenge in life.

Of course, if you've already made the mistake of begging your ex to give you a second chance, don't worry about it.

It's not the end of the world and it's not unfixable.

Here's how to fix it!

As long as you now understand that begging is the kind of behavior that causes a woman to lose even more respect and attraction for a guy, then you can write it off as a lesson learned.

Don't be ashamed of the mistakes you've made. Instead, be proud of the man you've become and are currently becoming.

You're becoming a better man each and every day. You're not the same guy that she broke up with.

So, instead of worrying about the fact that you begged (if you did, that is), simply move forward from that by focusing on making your ex feel a renewed sense of respect and attraction for the new you whenever you interact with her (e.g. by being confident, making her laugh, staying strong even when she says negative things to you).

Another mistake to avoid is

2. Getting angry with her

The opposite reaction to begging and pleading, is getting angry and demanding that she change her mind.

For example: A guy might try begging and pleading for a while, but if his ex keeps saying, *â€œPlease stop pushing me. Canâ€™t you just accept that I donâ€™t want to see you anymore and that itâ€™s over between us?â€* he might then become angry with her.

He might start shouting at her and saying things like, *â€œWhy are you being such a bitch? How can you do this to me?â€* or *â€œI promise you one thing, you will regret it if you break up with meâ€* | *you will regret it big time,â€* or even *â€œWhy wonâ€™t you give us another chanceâ€* | *Are you seeing someone else? You cheating bitch!â€*

In cases like that, the guy canâ€™t deal with the thought of being without her, so he attempts to use anger to make her fearful about leaving him.

However, this type of reaction will rarely, if ever, have a positive effect. Why?

When a woman doesnâ€™t feel enough respect, attraction and love for a guy, rather than see his anger as him simply getting a little upset, she will likely think to herself, *â€œWell, if I wasnâ€™t sure about moving on before this, but his behavior has convinced me that Iâ€™m making the right decision. I get the feeling that he might be the kind of guy who could hit me or even kill me for leaving him. Iâ€™m going to be better off leaving him as soon as I can.â€*

What guys like that donâ€™t understand is that you never really own a woman.

Getting angry, shouting and even becoming violent in some way isnâ€™t going to make his ex say, *â€œWow, he must really care about me. How silly of me for wanting to leave him.â€*

Instead, sheâ€™s just going to feel the need to get away from him before something worse happens.

Hopefully you havenâ€™t made the mistake of becoming very angry or threatening towards your ex.

If you have, donâ€™t worry, it is recoverable as long as you have sincerely learned a lesson, changed and can be sure that you wonâ€™t ever want to react that way towards her again again.

Regardless of what has happened between you and her since the break up, when you focus on re-sparking her feelings of respect, attraction and love for you (e.g. by being confident and emotionally strong around her), it will be a lot easier for her to begin thinking about you in a more positive light, and she will naturally become more open to talking to you, and seeing you again.

The next mistake to avoid isâ€œ

3. Constantly ask her why

Although some guys are very clear about the reason their girlfriend (fiancÃ© or wife) is breaking up with them, a lot of guys arenâ€™t really sure what is going on and why she suddenly wants to get out of the relationship.

So, when a guy doesnâ€™t know the real reasons why, itâ€™s only natural that heâ€™s going to be asking all sorts of questions like, *â€œWhy are you breaking up with me? What did I do wrong? Why wonâ€™t you explain to me what is going on? Why wonâ€™t you listen me? Why wonâ€™t you tell me what I need to change? What is wrong with you all of a sudden? Why are you acting this way? Donâ€™t*

you remember the good times?â€œ

Hereâ€œs the thing thoughâ€œ

A woman rarely wakes up one morning and thinks, *â€œHmmmâ€œ today looks like a good day to break up with my guy.â€œ*

Most women will have spent a long time making the decision to break up with their guy and usually only after she has given him several hints along the way.

In some cases, a woman won't truly break up with a guy unless she has given him a second or third chance to improve his ways.

So, by the time that a woman reaches the point of breaking up, sheâ€œs usually made up her mind that her guy isnâ€œt listening to her and heâ€œs probably not going to change.

Then, when a guy starts asking her, *â€œWhy are you doing this? Why wonâ€œt you tell me what I did wrong so that I can fix it?â€œ* sheâ€œs likely going to think, *â€œIâ€œve told you so many times before and you havenâ€œt been paying attention to me. Why should I believe you that this time will be different?â€œ* she realizes that he still doesn't get it and she closes up even more.

If you want to get your ex back, you need to work out (or learn from me) all of the real reasons why she broke up with you.

You can't expect her to want to tell you.

Most women don't have the guts to explain the real, more subtle reasons why they feel turned off and want to get out of a relationship.

When you know the real reasons why your ex broke up with you, you can make the correct changes that actually matter to her.

Then, when youâ€œre interacting with her, she will be able to pick up on the new ways that you talk, behave, and interact with her and she will begin to feel understood and happy.

She will begin to feel a renewed sense of respect and attraction for the new you, and she will open up to the idea of seeing you more.

4. Asking her to explain what you need to change

After the initial shock of being broken up with, some guys are able to calm down and say things like, *â€œOkay, I get itâ€œ I stuffed up. So, just tell me what you want me to change and Iâ€œll do it,â€œ* or *â€œI know I messed up badly, but I can change. Tell me what you want me to do and Iâ€œll do it. I promise that things will be different this time.â€œ*

However, rather than get the answer heâ€œs hoping for (e.g. something precise he can apologize for and then fix), a woman will likely give him a vague answer like, *â€œI just donâ€œt feel the same way about you anymore,â€œ* or *â€œI need some space,â€œ* or *â€œThings change. Itâ€œs not you, itâ€œs meâ€œ I donâ€œt want the same things as you do anymore.â€œ*

Why do women not come out and tell a guy what he did wrong and what he has to do to change?

The main reason is because a woman doesnâ€œt want to be a guyâ€œs teacher in life about how to be a man.

If she has to tell him what heâ€œs doing wrong and then have to hold his hand and guide him through the steps he needs to take to change, she will feel like she is his mother, teacher or big sister

in life.

She doesn't want to take on that role.

She doesn't want to teach him how to be the kind of man that will be attractive to her now or in the future.

She wants him to figure it out by himself without her help, so that she can look up to him and respect him as her man, not look down on him as like being a little brother to her.

If she has to teach him how to behave like the kind of man that she needs him to be, she will feel more dominant than him in the relationship, and she won't be able to look up to him and respect him as her man.

So, if you've already asked your ex what you need to change about yourself, don't stress about it.

Just focus on figuring out what really went wrong in your relationship (e.g. Did you take her for granted? Did you become needy, clingy or insecure? Did you stop reaching for your true potential as a man?), and then begin to fix those issues before you try to tell her that you've changed.

You don't have to completely fix everything, but you need to let her see that you know the real reasons why she broke up with you and have already changed and improved.

She will be able to see for herself that things are different by the way you talk, think, behave and respond to her and now and she will naturally begin to think about you in a more positive light.

5. Asking if she will change her mind if you wait for her

When a woman is saying, *â€œGo away. I don't want to see you anymore,*â€œ a guy usually doesn't know what to do other than to accept it, give her space and hope that she changes her mind. Yet, it rarely works.

Here's why!

In most cases, giving a woman more than 3-7 days of space is complete waste of time and increases the chances of her finding a new guy, falling in love and moving on without him.

When a guy gets dumped, he will sometimes think, *â€œOkay, if my ex doesn't want to see me any more, maybe, I should just stay away for a while until she changes her mindâ€œ* or *“Hopefully if I give her space, she will eventually realize that I am a good man and she'll come back to me.*â€œ

He might then decide that if he waits a few weeks, or even a month or two, when he calls her up again, she will have softened towards him.

Yet, it usually doesn't work that way. Why?

If a woman doesn't have feelings for a guy, she's not going to feel like she's missing out on much if he doesn't contact her for a while.

In fact, she will likely be relieved not to have to deal with his constant begging, pleading, convincing, asking, and going on and on about the same old things.

So, unless your ex has strong feelings for you, don't waste time ignoring her because she's not going to come running back.

You've got to actively make her have feelings for you again.

The sooner a guy makes a woman feel a renewed sense of respect and attraction for him, the quicker she will begin to reconsider her decision to break up.

When a woman begins to feel respect and attraction again for her ex, she begins to see him in a new, positive light.

He stops being the same guy that she dumped.

He is different now and she feels differently when she interacts with him.

In most cases, a guy usually just needs to create an initial spark of respect and attraction, and in most cases, the woman will open back up and will be interested in seeing him again or at least talking a bit more to see how she feels.

Some very difficult women will need to experience those feelings of respect 2-3 times on a phone call, or in person, before they will open back up to the relationship.

However, a guy isn't going to respark her feelings for him by ignoring her and cutting off all communication for weeks or months.

Most women don't come running back if they don't have feelings for a guy when they dump him, or if they are fine on their own (e.g. she is attractive, has lots of friends, has many guys interested in her).

So, if you're serious about getting your ex back, don't waste a lot of time giving her space or ignoring her, in the hopes that she'll suddenly want to see you again.

You have to actively respark her feelings of respect and attraction for you when you interact with her.

You Can Change How She Feels

When you're saying, *"My ex doesn't want to see me any more,"* it's easy to feel that you're at her mercy.

It seems like she calls all the shots and unless you suck up to her or obey all of her commands, she will cut you off even more and block you out of her life completely.

Yet, here's the thing!

In reality, she is at your mercy.

When you respark her feelings of respect and attraction for you again and don't desperately try to get her back, she feels interested and intrigued.

You then interact with her more, build on her feelings and her walls then begin to come down.

Before she knows it, she is the one who wants to see you again.

Interacting with you feels good to her.

It feels right.

She might feel confused at first and ask herself, *"What's going on here? I really thought I was over him. I really believed that I didn't want to see him any more,"* but her heart will be full of new feelings for you that she won't be able to ignore.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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How to Get My Ex to Listen to Me, Rather Than Being So Stubborn

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you've been trying to talk to your ex so that you can patch things up with her, but she doesn't want to open up and listen, it's only natural that you'd be feeling annoyed with her right now.

After all, you and her used to have something great together and you still really care about her, so what is her problem?

It's simple.

To get her to listen to you from now on, you must first understand why she hasn't been interested to hear what you have to say.

Essentially, the reason why she is being so stubborn is that she's just not feeling enough respect, attraction and love for you right now; but you can change that.

How?

By making her feel the kind of respect, attraction and love that will make her pay attention to you.

For example: A guy might be calling up his ex and saying things like, *"I need to see you. Just give me a chance to talk to you,"* or *"I'm sorry. Why won't you let me explain?"* or *"Things will be different this time, I promise. Please just hear me out."*

Yet, if she's not feeling much respect and attraction for him, she won't care that he wants to talk to her or apologize.

It doesn't matter to her because her feelings are switched off.

Even though he's trying to explain to her that he still loves her and will change if she gives him another chance, she's usually going to say something like, *"Look, I know you mean well, but you just have to accept that it's over between us,"* or *"Please just stop bothering me, I don't want to talk about it anymore"* or *"Move on. Leave me alone."*

Essentially what she's saying is that she just doesn't have feelings for him, and him trying to force her to listen to his explanations, is only making her lose respect for him even more.

[image: Why are you being so stubborn?]

So, if your ex doesn't want to listen to anything you have to say right now, it means that the way you are talking to her, interacting with her, and coming across to her, isn't making her feel the kind of respect, attraction and love that she needs to feel so that she will start paying attention to you again.

Most guys know that they need to apologize, but what should they do after that?

Ask for another chance? Plead with her? Ignore her?

No.

You've got to actively make her feel respect and attraction for you again when you interact with her. When you do that, she then starts to think about you and look at you in a more positive light and her guard comes down.

You can then guide her through the rest of the ex back process and get her back.

If you go through that process, she will feel like SHE wants you back, rather than feeling like she will be doing you a favor by giving you another chance.

You must understand that...

She Doesn't Have to Be With You if She Doesn't Want to

Some guys feel entitled to their girlfriend.

A guy will feel as though because he's been her boyfriend (fiancé or husband) and has invested his time and energy in loving her, she somehow owes it to him to listen to him, forgive him and stay in a relationship with him.

Yet, here's the thing!

A woman doesn't have to be with a guy if she doesn't want to.

Essentially, when a woman agrees to be in a relationship with a guy, she's not handing over all her rights to him, she's not saying, *"I'm your girlfriend now, so no matter what happens between us, and no matter how bad I feel in the relationship with you, I will never leave you because I initially said yes to being your woman."*

That's not how it works.

The fact is, a man doesn't own his woman and she doesn't own him.

In most relationships, a man and a woman simply choose to be together and therefore, can also choose not to be together.

For a woman to continue wanting to be in a relationship with a guy, she has to feel like she is getting what she wants from him.

She needs to feel that she's with the kind of man she can look up to, respect, feel attracted to and love.

If those feelings begin to fade, she might:

- Begin to withdraw her affection and not be as interested in sex.
- Initiate a break up to hopefully scare him into changing.
- Cheat on him and then dump him, rather than trying to fix the relationship.
- Stick around for a while until she finds a replacement guy.
- Begin to treat him badly to hopefully cause a break up.

Some women will put up with an unhappy relationship for a long time (e.g. to keep a guy around to pay half the rent or mortgage, or because she's afraid of being alone), but most modern women will usually break up with a guy if the feelings just aren't there any more.

If a woman breaks up with her guy and he then behaves in ways that are unattractive to her (e.g. insists that she owes him another chance, begs and pleads with her, accuses her of being stubborn if she doesn't want to listen to him), rather than convince her to come back, he is effectively pushing her further away.

What you need to understand is that if you try to force your ex to listen to what you're saying, you will actually be achieving the exact opposite of getting her back because you will be pushing her away further.

[image: Why won't you listen?]

A woman is an individual and is allowed to make her own decisions regardless of whether you've just met her, are on a date with her or in a relationship with her.

You don't own her and she can choose to be in a relationship with you or ignore you if she wants to.

It may suck to hear that, but it's the reality of modern life. Men don't own their women.

If you want a woman to stay with you for life, you've got to be the sort of man that she actually wants to stay with or at the very least, the sort of man that has the potential to quickly become the type of man that she wants.

So, if you've been asking, *How do I get my ex to listen to me, rather than being so stubborn?* the answer is simple!

She will only want to listen to you and want to be with you, if you make her feel the kind of respect, attraction and love that will make her pay attention again.

When you interact with her in ways that spark her feelings of respect and attraction for you, everything changes.

She stops being so stubborn and it feels good for her to open up and interact with you again.

Different Day, Same Mistakes

One of the main reasons why a woman might be acting stubborn with her ex, is because he's using the same old mistaken approach on her that he's used so many times before.

For example: Before the break up a guy might have been in the habit of begging and pleading with his woman for a second chance, every time she threatened to break up with him.

He might have said things like, *I'm so sorry. Please forgive me. I promise this time I will change, just give me one more chance.*

If she kept giving him chances and he continued to revert back to his old behavior, she would eventually sick of hearing his empty promises.

In his mind, he might think, *Well it worked before, so it should work now as well,* but she's not going to fall for his old tricks over and over again for life.

Now that she has closed up and is being stubborn about not giving him another chance, his old approach isn't going to work.

So, if you are trying to get your ex back by saying and doing the same old things that you've done in the past, it's only natural that she will be acting stubborn and won't be willing to listen to you.

To get her to listen to you, you have to start saying and doing things that actively trigger her feelings of respect, attraction, and love for you.

When you change your communication style to be more attractive and appealing, her guard will come

down and she will naturally open up to you again.

For example: Imagine a guy whose main style of communicating with his ex was begging, pleading, whining or nagging.

If he then happens to bump into her (e.g. while out shopping, at a party) and doesn't beg, but instead focuses on making her smile, laugh and feel good, her feelings for him will automatically change.

Even if her mind is telling her, *"Stop! Remember what he's done to you in the past,"* she won't be able to stop herself from feeling good in those moments.

She might then begin wondering, *"Why do I have feelings for him again all of a sudden?"* and she may start to feel confused, but she's not going to be able to stop herself.

So, if you want your ex back, forget about using the same old approach on her that you've been using all along because it isn't going to work this time.

Instead, focus on making her feel the kind of respect, attraction and love that will make her pay attention to you again and actually want to be around you.

Avoid Making These 3 Mistakes

When a guy is wondering, *"How do I get my ex to listen to me, rather than being so stubborn?"* he's usually willing to say or do anything to get her to pay attention to him.

It's great to be that enthusiastic, but just understand that not every approach that he might come up with will actually work.

For example:

1. Trying to get her back by making her feel pity for him or guilty about leaving.

Sometimes a man will get so frustrated with his ex because she is being stubborn and refuses to hear what he has to say, that he might try to make her feel guilty for leaving him by threatening to hurt (or even kill) himself if she doesn't listen to him.

Alternatively, he might try to get her to feel pity for him by letting her know how lost and miserable he is without her.

He might cry to her over the phone or in person, send her sad texts, tell her friends or family how upset he is or post sad status updates on social media.

Yet, rather than making her think, *"Wow! My ex must really love me if he is so sad about the break up and can't seem to cope without me. Maybe I should give him another chance,"* his desperate, insecure, emotionally weak behavior only makes her lose even more respect and attraction for him. Why?

The majority of women are sexually attracted to the emotional strengths in men and turned off by the emotional weaknesses.

So, when a guy is threatening to hurt himself, seeking pity or trying to get her back by making her feel guilty for putting him through so much emotional pain, a woman will instinctively feel sexually turned off by him.

Her instincts will tell her that he has become or is the type of guy that needs a strong woman to take care of him, because he's not emotionally strong enough to take care of himself.

A woman doesn't like to feel like she's doing a guy a favor by being with him and she also doesn't want to feel like a big sister, mother figure or teacher in his life.

This is not sexual attractive to her.

In fact, it's a direct, instinctive turn off and unless the guy stops acting like that, her instincts will keep making her feel turned off by him.

No matter how much a guy loves his ex, or how desperate he is to get her back, if she doesn't feel enough respect and attraction for him as a man, she simply won't care about any of those things.

The harder he tries to hold on to her by making her feel guilt or pity for him, the more she will pull away and refuse to listen to him.

He will look at her as being stubborn and even betraying the promises they once made to each other (e.g. to grow old together), but he's missing the point.

She's just not feeling it and he's making it worse.

Trying to seek pity or make a woman feel guilty for dumping you is not how to get her back.

It can sometimes work to get a woman back for a day or two, but she will just break up with the guy again when she realizes that he just doesn't get it and won't be able to change what she really cares about, unless she becomes his teacher in life about how to be the type of man that women actually want.

Don't put her in that position with you.

You've got to get clear on what you need to start saying and doing to be the sort of man that she can look up to and respect.

When you begin to trigger your ex's feelings of respect, attraction and love for you again, you won't have to play useless mind games (i.e. making her feel guilt, pity) in the hope of somehow, magically getting her back.

When she's feeling attracted, respectful and reconnecting with her original feelings of love for you, she will want to listen to you because it will feel good to her; not because she feels like she has to.

2. Trying to convince her to change her mind, rather than focussing on changing how she feels.

When a guy is feeling desperate and is all out of ideas on how to get his ex to listen to him and give him a second chance, he might try to convince her to change her mind, by offering to change certain things about himself.

Yet, if he's offering to change the wrong things, she will feel as though he doesn't understand her and it will make her lose even more respect and attraction for him.

For example: A guy might say to his ex, *"Why won't you just listen to me? I promise if you just give me another chance I'll take better care of you. I'll take you out more often, and you can ask for whatever you want and I'll do it for you."*

However, if that's not really what caused her to break up with him, and she is actually turned off by something else entirely (e.g. his lack of purpose and direction in life, his inability to make her feel feminine and girly during interactions), she's going to feel that he hasn't been listening to her all along and she will then refuse to listen to him when he wants to discuss fixing the relationship.

If you don't know what caused your ex to want to break up with you, you're probably going

to be offering to change all the wrong things.

So, rather than try to convince her to change her mind by promising to change all the wrong things, focus on figuring out the real reasons why she broke up with you.

Then, when you interact with her, you will be offering her what she really wants, not what you think she might want, and she will begin to pay attention to you because you are making her feel respect and attraction for you once again.

3. Being extra nice to her in the hopes that she will realize how good of a man he is.

Another common mistake guys make when their ex is being stubborn and won't listen to them, is to be extra nice to her (e.g. let her get away with being rude or unfriendly behavior towards him, acting like a really good friend who just wants to help her and see her happy, buying her gifts, paying for her rent or bills) in the hopes that she sees how much he cares and then changes her mind.

However, a woman doesn't care how much a guy cares for her if she doesn't have sexual and romantic feelings for him.

If you allow your ex to treat you badly, or let her think of you as her doormat that she can walk all over, you are simply helping her to feel good about herself while she finds herself a new guy.

She will realize that even though she's treating you like dirt, you're willing to put up with it because you desperately want another chance with her.

This won't make her feel sorry for you to the point where she thinks, "Wow, he's such a great guy. Why have I been so bitchy towards him? I've got to be nicer and return the favor to him. He's being nice to me, so I should be nice to him."

That's not how it works.

When a woman feels way more valuable than a man, she can't look up to him and respect him, which then makes him seem less attractive in her eyes.

There's nothing wrong with being nice to a woman, but if you're letting your ex treat you badly because you're desperate to get her back, you are actually pushing her further away from you.

To get your ex to listen to you rather than being so stubborn, you have to actively make her feel respect and attraction for you by behaving in the ways that are naturally attractive to women (e.g. confident, self-assured, masculine, determined, charismatic).

If your main approach to get her back is to suck up to her and try to show her how much you care, I can guarantee you that she will lose more and more respect for you every time she interacts with you. Don't put yourself in that position.

Be the type of man that she can naturally look up to and respect, feel attracted to and fall back in love with.

Getting Her to Listen to You Again is Easier Than You Might Think

If you want your ex to listen to you rather than being so stubborn, you need to interact with her in

ways that make her feel respect and attraction for you again.

When you adjust the way that you're interacting with her right now by making some changes and improvements to the way you are talking to her, and responding to what she says, she will begin to see you in a different light.

Even if she has recently been saying, *â€œLeave me alone. It's over and I don't want anything more to do with you,â€* she won't be able to stop herself from feeling drawn to you when you interact with her in a way that sparks her feelings of respect, attraction and love for you.

She might try to fight it at first, but something inside of her will switch back on and she will begin to wonder why she suddenly feels drawn to you.

Then, all you need to do is guide her through the rest of the ex back process and she will be yours once again.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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My Ex Said That Our Relationship is Unfixable

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

So, your ex said that your relationship is unfixable, and youâre probably wondering, *âIs it true? Will her and I never be able to get back together?â*

No.

Essentially, her saying that the relationship is unfixable is only based on how she's feeling right now because she doesn't believe that you can change.

If you waste time trying to convince her that you've changed, she will close up and you won't get much more opportunity to interact with her.

So, what should you do instead?

You need to use any interactions that you're having with her (e.g. via text message, social media, on the phone, in person) to let her experience the new and improved version of you, without sucking up to her to the point where you seem desperate or are giving her too much power.

Women are turned off when a guy goes into desperation mode and tries to get her back in a frantic, pleading or "pity me" kind of way.

The main thing to remember is that women are attracted to the emotional strength in men (e.g. confidence, masculinity, determination and focus) and turned off by the emotional weakness (e.g. insecurity, desperation, neediness).

If she senses emotional weakness when you interact with her (e.g. if you beg her for another chance, promise to do whatever she wants you to do, tell her you can't live without her), she will lose even more respect and attraction for you as a man, and she will continue to keep herself closed off from the idea of getting back together again.

Understand What She Really Wants You to Change About Yourself

[image: Understand what she really needs you to change about yourself]

Understanding the things that caused your ex to break up with you, is the first step to getting her to open back up to you again.

If you don't know what your ex really wants you to change about yourself (usually completely different to what she is admitting to your face), you will keep behaving in the same ways that were turning her off, and she will then keep on telling you that your relationship is unfixable.

For example: A guy might have fallen into a habit of letting his woman be the more dominant one and left all the important decision making up to her.

Over time, this caused his woman to stop feeling girly and feminine in his presence, and her feelings of respect and attraction for him began to fade because she had to take on the masculine role in the relationship.

She wants to be with a guy who makes her feel feminine because he thinks, talks, behaves and takes action in a more masculine way than she does.

Yet, most women don't want to admit that to a guy's face, so they will often say things like, *"Sorry, I just don't feel the same way anymore"* or, *"You just don't understand me. I don't know what it is, but I don't love you anymore."*

A guy who doesn't understand the real problem might then begin trying to suck up to her by being extra nice, understanding, respectful and generous (e.g. paying her bills, buying her gifts).

Yet, he's not giving her what she really wants, which is to feel feminine and girly around him.

and she's not going to tell him that either.

So, in order for a guy like that to convince his ex that he's changed, he must think, talk and behave in a more dominant and masculine way around her from now on.

It's not about being overly assertive or domineering (i.e. bossing her around), but being lovingly assertive and dominant (i.e. leading the way).

Most guys who are being dumped for not being enough of a man for their woman don't actually want to be more dominant.

In the guy's mind, he wants to be sweet, gentle and extra caring because that's what he believes is the right thing to do with a woman.

Yet, what he doesn't understand is that a woman only appreciates a sweet, gentle and caring approach from a guy that she can look up to and respect.

In other words, a guy who is more dominant and masculine than her, but who also treats her nicely.

Of course, she's not going to tell him that though because a woman doesn't want to be a guy's teacher about how to be a man.

[image: Just give me a chance]

So, if he continues being emotionally weak around her (e.g. tries to suck up to her, tells her how lost he is without her, begs, plead and cries), her respect and attraction will fade away and she will say that the relationship is unfixable.

On the other hand, when you clearly know the real reasons (usually different to what she is telling you) that caused your ex to say that your relationship is unfixable, you can show her how wrong she is, by instantly changing those things about yourself, and by actively making her feel positive emotions of respect, attraction and love for you again.

Right now, you probably know some of the reasons that caused your relationship to break up, but there could be some that you might be missing.

Here are some questions to help you figure out any other possible reasons you might have missed!

- Did you start taking her for granted in the relationship (e.g. stopped making her feel loved and appreciated, put her in second place to your job/friends/other interests)?
- Did you become emotionally weak in the relationship (e.g. insecure, jealous, unsure of your value to her)?
- Did you have a life purpose that you were working towards outside of the relationship, or did you use the relationship as an excuse to hide from your true potential as a man?
- Did you stop making her feel feminine and girly in your presence (e.g. started to treat her like a friend, allowed her to be the more dominant one)?
- Did you stop trying to make her feel attracted to you?

- Did you say or do things that caused her to lose respect for you as a man (e.g. broke your promises to her, too controlling and bossy, cried to her)?

By understanding the reasons that apply to you and her, you can then make the right changes that will actively make her feel more respect and attraction for you.

Be warned though!

If you try to get her back without first changing anything about yourself, she is just going to keep telling you that your relationship is unfixable.

You've obviously pushed your relationship to the point where she is sick and tired of giving you chances.

Now is not the time to take a lazy approach to getting her back. You've got to do this right and do it without her help.

Don't Expect Her to Tell You What You Need to Change

[image: No idea what to change for her]

When a guy doesn't really know why his ex is so convinced that their relationship is unfixable, it's only natural that he'd want to ask her what he did wrong so he can change and improve the things that are important to her.

However, asking a woman to tell you what you need to change about yourself so that she will feel attracted to you again doesn't work.

A woman doesn't want to be a guy's teacher in life about how to be a man.

She doesn't want to have to show him how to think, act and behave to make her feel the way she wants to feel in the relationship with him.

If she has to teach him how to be the man that she needs him to be, she will feel like she has to take care of him like his mother or big sister would, which is a huge sexual turn off.

She wants him to figure out how to be the kind of man she needs him to be without her help, rather than him asking her what he needs to change to make her happy.

You Are Either Attracting Her or Turning Her Off

If your ex is telling you that your relationship is unfixable and you want her back, it's only natural that this will make you feel upset, and maybe even a little bit disheartened.

However, just because she is saying *â€œNoâ€* to you right now, it doesn't mean her feelings are set in stone and can never change.

Feelings change all the time (e.g. think about someone you didn't like and then when they changed their communication style towards you, you started liking them) and when they do, a person's perspective changes too.

When you first met her, your ex went from seeing you as a stranger, to liking you, and then loving you as her boyfriend (fianc  or husband), to finally feeling like she didn't want to be with you anymore.

Her feelings for you literally changed four times.

So, nothing is stopping you from getting her feelings for you to change again, as long as you use every interaction you have with her from now on as an opportunity for her to experience the new you.

Remember: You are either attracting her, or turning her off by what you are saying and doing.

If you are saying and doing things that turn her off, you can't expect her to want to open up and give you a chance.

However, if you are saying and doing things that make her feel a renewed sense of respect and attraction for you, her perspective of you and the relationship will change.

She will begin to see that it is fixable because it's already begun to change and feel better.

Here's what you need to rememberâ€¦!

1. What your ex says she wants and what she will actually respond to are often two completely different things.

Based on her memories of you and your relationship together, your ex has now made up her mind that she doesn't really believe you can change, and therefore, she has decided that she doesn't want to get back with you.

However, when you change your communication style with her in a way that actively makes her feel the positive emotions of respect, attraction and love for you, she will naturally become more open towards you even though right now she is saying things like, *â€œGo away! Our relationship is unfixable. Leave me alone.â€*

A common mistake that guys make is thinking that by leaving her alone for a few weeks or months, she will change her mind about him and come running back.

However, the reality is that if a woman doesn't have feelings for a guy when she breaks up with him and is thinking, *â€œThis relationship is over. It's unfixable. He doesn't get it,â€* she's not going to feel like she's missing out on much if she suddenly doesn't hear from him for a while.

In fact, she will likely feel relieved and will usually find another boyfriend very quickly and move on with her life in other ways as well.

So, regardless of what your ex is saying to you right now, and despite how hopeless the situation might look to you, you need to understand that what she says she wants, and what she will actually respond to, are often two completely different things altogether.

A woman might be saying to her ex that she wants time apart and for him to respect that.

In her mind she is still likely remembering all the problems in their relationship together (e.g. he was insecure, he was emotionally weak and she had to be the dominant one) and therefore, she feels happy about the idea of not seeing or hearing from him.

It makes total sense for her to be telling him to leave her alone and that there's no chance to get her back.

Yet, her perspective of him will change if he actively interacts with her and gets her laughing, smiling and feeling attracted to him.

For example: If he calls her up and she says something like, *â€œI told you to leave me alone.*

It's over between us,â€ rather than him reacting like he would have in the past (e.g. get upset,

beg her to listen to him) he instead reacts in a calm, relaxed way that displays his masculinity and emotional control.

When this happens, it's only natural that she will stop in her tracks and begin wondering, *What's going on here? This isn't the way my ex usually reacts? Why is he behaving so differently? What's changed about him?* and she won't be able to stop her guard from coming down a little bit.

He can then build up some attraction and make her feel good by using some humor to get her laughing and smiling.

Then, her guard comes down even more and before she knows it, she's saying, "Yes" to meeting up with him for a chat or a meet up to just say hi as friends.

Then, at the meet up, he makes her feel a strong, renewed sense of respect and attraction for him and her guard comes down, she opens up and he's able to get her back.

So, if you're saying, *My ex said that our relationship is unfixable and I must leave her alone*, and you're considering giving her lots of space so she will hopefully change her mind on her own, think again.

In most ex back cases, a guy doesn't need to give his woman more than a few days of space.

Giving her a week of space is usually the maximum that I would ever recommend because any longer than that is simply a waste of time and it also increases the chances of her moving on with another guy.

The best approach to use to get your ex back is to do it quickly by interacting with her and actively making her have some feelings for you again.

By actively making her have feelings for you again when you interact with her (e.g. by making her laugh, smile, feel attracted, feel respectful of you again) you are much more likely to get her back, than if you spend a lot of time ignoring her hoping she'll change her mind all by herself.

2. The more he panics, the less respect and attraction she feels.

Sometimes, when a guy is faced with the reality of losing his woman due to a break up, he starts to panic.

Rather than doing the things that will attract her and make her re-think her decision to stay broken up, he begins to behave in ways that make her lose even more respect, attraction and love for him.

For example: A guy might start begging and pleading with her and saying, *Please! Please! Please! Don't do this to us. I know we can work things out. I will do anything to make you happy. Just tell me what you want from me and I'll do it! I promise. I will change anything you want. Just please give me another chance.*

Yet, that actually makes her lose more respect for him because she sees him being desperate.

Women simply aren't attracted to desperation in men.

By the way!

If you did beg and plead, here's how to recover from it!

Just don't look at the fact that you begged and pleaded with her as a big deal, because it really isn't. You're a better man because of any mistake that you've ever made and learned from.

Be proud of the man you have become, rather than feeling ashamed of the mistakes that taught you valuable lessons in life.

Most guys don't ever get told what you just read there.

We're made to feel ashamed of the fact that we are human and need to learn a few things along the way.

Don't beat yourself up for the mistakes you've made in the past. Be proud of how the great man that you've become and are becoming.

3. The more he tries hard to work things out with her, the more stressed and overwhelmed she feels.

Another common reaction that guys have when an ex refuses to give them a second chance, is try to work things out with her by constantly texting her things like, *â€œI'm deeply sorry for what I did. How many times must I tell you that Iâ€™m sorry for you to believe me?â€œ* or *â€œI miss you. Please donâ€™t ignore me,â€œ* or *â€œI need you to let me explain my point of view. I believe we can fix this,â€œ* or even, *â€œAt least let us be friends if you donâ€™t want to be together anymore.â€œ*

Yet the only thing this accomplishes, is to make her feel even more stressed out and overwhelmed. Why?

Essentially, nothing about this type of communication is addressing the core problems that led to their breakup, and nothing about it is indicating to her that she has been heard and understood.

He's just the same guy with the same mistaken mindset, trying to get her to give him another chance for his own reasons.

She doesn't see the benefit to her because she can see that he still doesn't understand how to make her feel the type of respect and attraction that she wants to feel for a man in a relationship.

Eventually, she gets to the point where she says that the relationship is unfixable and asks to be left alone, because she doesn't want to help him get her back and have to teach him so many lessons about how to be the man that she wants and needs.

So, if the only means of communication that you have with your ex is via text messages, donâ€™t waste that opportunity by saying and doing things that will make her close herself off from you even more.

Instead, use texting as a way to make her laugh and smile, so her guard comes down.

Then, get her on a phone call where you can actively start making her feel respect and attraction for you again, so her guard comes down even more.

From there, you need to get her to meet up with you in person.

When you meet up with her in person, focus on making her feel the important positive emotions that she needs to feel (e.g. respect, attraction, love) to make her open up to giving the idea of giving the relationship another chance.

All Relationship Problems Are Fixable

[image: Get her back by reactivating her feelings]

Every relationship problem (e.g. jealousy, lack of attraction, trust issues) have a quick and easy solution that millions of other couples use to keep their relationship happy and problem free.

It's not her role to fix the problems in your relationship though.

As a man, you have to take responsibility as the leader of the relationship to provide solutions to relationship problems and lead the way.

If you don't know how to fix the problems between you and her, you need to quickly learn that rather than expecting her to want you back even though nothing will actually change.

You don't have to be perfect, just better.

Just do a better job at communicating with her and interacting with her from now on and her guard will come down, she will open up to you and you can then quickly guide her back into a relationship.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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How to Stop My Wife From Leaving

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

To stop your wife from leaving, you need to make a sudden change in how you communicate with her and interact with her, to let her see that you really have changed.

For example: If one of the reasons why she is tired of the marriage is that there is no romantic spark anymore, you need to actively create a spark by getting her laughing, smiling and feeling good around you from now on.

If another reason why she wants to leave is that she doesn't respect you anymore, you need to begin thinking, talking, behaving and taking action in a way that makes her feel a renewed sense of respect for you.

In other words, the main thing you need to focus on is changing her feelings right away.

Don't try to convince her with logic and reasoning.

Focus on changing her feelings by using a different approach to your interactions.

That is what really matters and what works to stop a wife from leaving and to get her back if she does decide to leave.

What Happened to the "Until Death Us Do Part" Promise?

[image: What happened to until death do us part?]

A sad, but important truth about marriage is that it's not bulletproof.

Even when a couple makes a vow to stay together for life on their wedding day, the reality is that they will usually only stay together for as long as they are both happy, and want to stay together.

Unlike in the past, where marriage was for life and a wife had to stick with her husband regardless of whether she wanted to or not, in today's world, thinking that a woman will stay married just because she once said, *"I do"* is unrealistic.

A modern woman can leave her husband if she decides to do so, because she is not his property.

If a woman feels that her husband is treating her badly (e.g. being mentally or physically abusive), or he is turning her off (e.g. by being insecure, taking her for granted, being controlling, not being a man of his word), and her feelings of respect and attraction for him fade away, she lives in a society that says it's okay to leave.

She might stick around for a while, but if she gets sick and tired of being in an unhappy marriage while her friends or other family members are in happy marriages, she will eventually want to leave.

These days, a woman doesn't stick around just because a relationship felt good at the start.

As a husband, you've got to be able to build on her feelings of respect, attraction and love for you over time, and not just rely on the wedding vows that she made in the beginning or on the idea that marriages are supposed to last a lifetime.

If you want your wife to stay with you for life, you've actually got to be the sort of man that she

wants to stay with for life.

A Renewed Sense of Respect and Attraction Will Change Her Perspective

[image: Make your wife feel a renewed sense of respect and attraction]

When you actively spark her feelings of respect and attraction for you again, it suddenly makes the negatives of your relationship seem less important to her.

For example: Depending on her reasons for wanting to leave, she might begin to change how she feels about leaving you.

She might think, *“I know that life has gotten pretty boring and we’ve fallen into bit of a rut, but lately he really has changed. He’s making an effort to make me feel like the sexy woman I was at the beginning of our relationship. It feels good. Maybe we can still work things out, or Wow! My husband has really changed in his thinking and behavior. He seems so much more lovable and attractive. Maybe I’ve been too hard on him. Maybe I should give us more of a chance here.”*

Regardless of the troubles you and her have been through, she suddenly begins to feel drawn to you in a way that feels good to her, and she can’t stop herself from wanting to stick around a bit longer.

On the other hand, if you continue talking, doing, and behaving in ways that turn her off, she’s going to be saying *“I know you want to save our marriage, but I don’t feel like there’s anything more we can do. I just don’t love you anymore. I don’t the way that I used to. I’m sorry.”*

Desperate Times Call For Desperate Measures

Most husbands are good men, so when a wife says that she doesn’t want to be married anymore it’s only normal for a good husband to think, *“How do I stop my wife from leaving? I’ll do anything. I love her so much. I am willing to change whatever she wants to keep her happy.”*

Unfortunately, that is where many men go wrong because they begin saying and doing things that make their wife feel even more determined to leave.

Some examples of the desperate measures a guy might resort to, include the following:

1. Begging her to stay.

[image: Sucking up to her with flowers]

When a wife tells husband that she’s leaving, it’s completely natural that he might feel shocked by her change of heart and how it will now impact his life.

In his panic, he may then lose control of himself and start begging her to stay, *“Please darling! I love you so much. We can work this out. I beg you, don’t do this to us. Please don’t throw away what we have together. I am begging you to give me another chance. I would be lost without*

you. I need you. Please!!! ❑ ❑

Yet, falling to pieces in front of his wife and begging, pleading or even crying, in the hopes that she will change her mind, usually makes her pull away even more.

Why?

Women are instinctively attracted to the emotional strength in men (e.g. self-respect, his ability to cope with stressful situations) and turned off by the emotional weakness (e.g. lack of self confidence, falling to pieces when things get difficult), so when a man begs and pleads because he doesn't know how to handle a difficult situation, it's a huge turn off for a woman.

This is especially true in a marriage because one of the main reasons a woman gets married is to have a man who will make her feel safe and protected for life, not an emotionally weak guy that she has to take care of like a mother would take care of her son.

So, when a man resorts to begging his wife to stay, a few things happen in her head:

1. She loses even more respect and attraction for him because he is being emotionally weak in front of her.
2. She feels that he's not really facing the deeper issues in their relationship and he's just hoping that by begging and pleading, she'll stop wanting to leave and will give him yet another chance.
3. She feels like she has to console him like a mother would for a child and that only makes her lose more attraction for him.

More than anything else, a wife needs to know that her husband is someone she can look up to, respect, and rely on to guide both of them through the difficult times.

She doesn't want to feel that he can't really cope without her and she will have to stay without him out of pity.

However, don't worry if you've already begged your wife to stay.

Here's how you can fix it!

You can still change how she feels about you by being emotionally strong from now on, and by focusing on making her feel a renewed sense of respect, sexual attraction and love.

Another mistake that husbands often make when a wife wants to leave is!

2. Promising her the world.

[image: Promising her the world]

When a man realizes that his wife is on the verge of leaving him, he might start promising her all sorts of things in an attempt to make her change her mind.

For example:

- I will start taking you on holidays. Where do you want to go?
- I'll give you more of my paycheck so you can have extra spending money. How much do you want?
- I'll work longer hours to earn more money.
- I'll do anything you want me to do.

- I'll clean up around the house. You don't have to do anything anymore.
- You can call all the shots now. I will listen to anything that you say and do anything you want.

While a wife might be flattered at how much her husband cares, him becoming her slave isn't going to make her feel more respect and attraction for him.

In fact, the more he tries to suck up to her, the less she feels for him.

Watch this video for more info! [\[link\]](#)

What a wife wants to see is that her husband understands the problems and is already making changes because he wants to do it.

She doesn't want to see her husband frantically promising her the world in the hope of keeping her happy because it then means that he is just her puppet.

She wants a man who is his own man and does the right thing because he enjoys doing it, wants to do it and is happy to do it.

Not because he is feeling desperate, is trying to suck up to her and is willing to hand over all of his power to her to make her stay.

In most cases, a husband will begin to promise things to his wife that she doesn't even really care about deep down.

For example: He might suddenly remember that his wife has been nagging him about watching too much TV and not going out enough.

He might then promise her that he will stop watching TV at nights and will plan a romantic dinners or "date nights" for the two of them often.

What he doesn't realize is that when a woman nags about a man's TV habits, it's usually because she doesn't like the idea of being married to a guy who has no drive and ambition in life.

He thinks that he's offering her what she wants by suggesting date nights and no TV at night time, but he's failing to see the deeper problem behind her nagging, which is the fact that he's either stuck in a dead end job or has no desire to make their life better by rising higher in his career.

Almost all women want to be with a man who has a bigger purpose in life that drives him.

She wants to feel proud of her man when they attend family gatherings and when she introduces him to new friends and coworkers.

So, when a husband with mediocre or no ambition starts promising to do extra nice things for his wife, it doesn't hit the mark with her.

It only highlights to her that he's still clueless about the real problems in the marriage, and that even if she gives him another chance, the same problems will probably continue.

So, rather than promising your wife that you will do anything she wants you to do, focus instead on changing the real things about you that have been turning her off.

Maybe you are a man of purpose and have achieved great things in life, so for you it might be about the fact that you've taken her for granted lately instead.

Whatever the case is for you, when your wife sees that your thinking, talking, behavior and the way you take action is different from what has been turning her off, she will begin to feel a renewed sense of respect for you.

That is a lot more effective and long lasting than making promises about things that she doesn't

really care about or want anyway.

3. Trying to use the children or a mortgage as the main reason to stay together.

[image: Focus on what makes her feel respect and attraction]

Sometimes, a man will do whatever he can to stop his wife from leaving, even if it means trying to make her feel guilty.

For example: A man might say to his wife, *“What about the children? Do you really want to be the one responsible for scarring them for life and ruining their ability to keep a marriage together? We should try to make our marriage work for their sake. They need good role models. If you leave me, you will be a horrible role model for our children”* or *“We’ve just bought a new house. We’ll both lose a lot of money if we get divorced. Do you really want to do that to yourself?”*

Although they are good arguments, the fact is that a modern woman doesn’t want to be forced to stay with a man out of a sense of guilt or pity.

She wants to be with him because she loves him and because he is someone she can look up to, rely on and respect.

Even if a wife decides to stay out of feelings of guilt, if nothing about him really changes she will be even more determined to leave the next time.

4. Not focusing on making her feel a renewed sense of respect, sexual attraction and love.

[image: No sexual spark anymore]

Albert Einstein apparently once said, *“Insanity is doing the same thing over and over again and expecting different results.”*

In the same way, if you are saying and doing things that are turning your wife off, you can’t expect to get different results to the ones you’ve been getting (i.e. your wife wanting to leave).

So, if you want to stop your wife from leaving, you’ve got to start saying and doing things that will make her feel a renewed sense of respect, attraction, and love for you from now on.

When you do that, her guard will slowly come down and she will naturally feel her resolve slipping away.

A wife seldom wants to give up on her marriage if she doesn’t absolutely have to, so she will usually try to look for ways to make things better.

However, if her husband never steps up to the plate, she has to start the process of leaving to scare him into changing or to move on and try starting a new chapter of her life without him.

You can stop that from happening before it’s too late.

How?

When you change the way you communicate and interact with your wife in a way that sparks her feelings of respect and attraction for you again, it makes the negatives of your relationship seem less important to her, because she naturally begins to see you in a different light.

In the back of her mind, she may begin to wonder, *“Maybe it’s not too late to save our*

marriage. Maybe I should stick around for a while longer and see if we can work things out. I feel differently now. I'm not as determined to leave. Things seem okay now. It will be so much hassle trying to start again on my own. Iâll stick it out for another year and see how it goes.â

That's what happens when you focus on making her feel a renewed sense of respect and attraction for you.

Husbands who try to skip that step and focus only on trying to convince her to stay are the ones who lose their wife.

For example: If a man tries to reason with his wife and explain to her that he can change, sheâs usually going to say something like, âLook, I think we need to accept that this isnât working out between us. I just donât feel the same way anymore.â

Essentially, what sheâs saying is that she just doesnât have feelings for him and that he doesnât even know how to make her have enough feelings for him to warrant sticking with the marriage.

5. Getting into arguments and debates rather than focusing on making her laugh, smile and feel good.

[image: Arguments are not the answer]

When a marriage reaches the point where the wife is getting ready to leave, itâs not unusual for the couple to catch themselves getting into crazy arguments and verbally attacking each other.

However, arguing and debating about the same things over and over again, only keeps the situation at the same level, where both the husband and wife feel hurt, misunderstood and betrayed.

So, rather than getting into endless arguments and debates with your wife, focus instead on making her laugh and feeling good again.

Instead of talking about how good things used to be in the beginning of your relationship, which will only remind her how bad things have really gotten now, focus on replacing her negative feelings with positive ones.

For example: If your wife gets upset with you about something, rather than react in the usual way by defending yourself, or blaming her, turn it into something you can laugh about together.

Itâs not about cracking jokes in a disrespectful way, but about finding the positive in every situation.

When she can relax, smile, laugh and be her feminine self in your presence once again, it will be difficult for her to hold on to her decision to leave.

She will feel good around you, she will be smiling and the negatives of your marriage will begin to feel less important to her.

So, if you want to stop your wife from leaving make sure that you focus on making her experience a renewed sense of respect and attraction for you.

Don't try to convince her to stay with endless logic and reason.

Make her want to stay by making her feel a renewed sense of respect and attraction to the new and improved you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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4 Tips to Get Her Back After Being Needy

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 4 tips to get your ex back after being needy.

1. Want Her Back, But Don't Need Her Back

[image: Want her back, don't need her back]

There's a big difference between wanting to get her back and needing to get her back.

If you focus all your energy on how much you need her back to stop the emotional pain that you've been experiencing since the break up, you will remain stuck in a cycle of neediness, which is what made her break up with you in the first place.

Before you try to do anything else to get your ex back, you first have to believe and know that you don't need her in your life to be happy again.

Sure, you want her back, but you don't need her back.

If you need her back because you are in emotional pain without her, then you're not ready to start re-attracting her.

[image: Neediness will turn her off further]

She will sense your neediness and it will turn her off.

It doesn't matter if you try to hide it by acting like you're totally fine without her. She will sense it based on the subtle differences in your body language, conversation, vibe, attitude and reactions to her.

If you want an ex back after getting dumped for being needy, you really have to start being less reliant on her for your sense of emotional well being and happiness.

When you allow yourself to feel happy, content and emotionally fulfilled without her, the idea of not being with her in a relationship starts to feel okay and your neediness begins to go away.

Neediness can't have a place in your mind when you are busy getting on with other important things in your life, having a good time with friends, enjoying the things that you've been putting off and even meeting new women who are attracted to you and want to be with you.

Here's the really cool part...

When you get to the point where you still want your ex back, but you sincerely, honestly feel good about yourself even if you don't, something strange happens!

You suddenly become more attractive to her.

When you interact with her (e.g. on a phone call, or in person) and she gets a sense that you are confident and happy and getting on with your life without her, she begins to see you in a new light.

You seem more attractive, appealing and likeable now. She feels drawn to you in a way that she hasn't in a long time, or probably hasn't ever.

Why?

Women are naturally attracted to the emotional strengths in men (e.g. confidence, self-belief, the

ability to cope with difficult situations in life, drive and determination) and repelled by the emotional weaknesses (e.g. insecurity, self-doubt, neediness, inability to handle what life throws at him).

So, when your ex realizes that youâ€”re now an emotionally strong man without her, she automatically feels attracted to youâ€”even if she doesn't want to.

Attraction is an automatic reaction that humans have to each other. A person either displays attractive traits or they don't.

If a guy displays attractive traits to his ex girlfriend, fianc  or wife, she can't help but feel attracted.

It happens automatically.

She can't also stop herself from beginning to look at you with a new, more positive perspective because you are now behaving like the kind of man that she can actually look up to and respect.

2. Become More Emotionally Independent

[image: Become more emotionally independent]

When an insecure guy happens to get lucky and attract a hot woman into a relationship by luck, he will often make the mistake of focusing way too much attention on her and might stop caring about other important parts of his life.

For example: A guy might stop hanging out with all his old friends because he wants to spend all his time with his new girlfriend.

After a while, he might also give up any hobbies and interests that he had before he met her.

He might have a big dream or passion that he wanted to pursue throughout his life, but he will hide from it behind the safety of being in a relationship with her.

At the back of his mind, he might try to convince himself that heâ€”s doing the right thing by saying, *â€”My ambitions aren't important to me anymore. Sheâ€”s the one. Without her, my life would have no meaning. I just want to do whatever it takes to keep her happy and show her that nothing else matters to me as much as she does. She is what my life is about now.â€”*

Yet, even though he might seem to be behaving the way that a good boyfriend (fianc  or husband) should behave, becoming emotionally dependent on a woman is the fastest way to lose her respect. Although a woman loves to be in a relationship with a guy who is loving, attentive and devoted to her, most women understand that a real man is someone who can love her, without needing her to be his main purpose in life.

So, if your neediness caused your ex to break up with you and not want you back, you must show her that you are now man enough to have your own dreams and goals in life, which are completely independent of your relationship with her.

How can you do that?

By focusing on doing all the things youâ€”ve been putting off because of your relationship.

If youâ€”re unsure about what those things are for you, now is a good time to find out.

Answer the following questions:

- **What is your purpose in life?** Do you have a big dream that you want to accomplish, and what

are you doing about making it happen? If you don't have a big dream or ambition, now is a good time to find one, and then take the necessary action to make it a reality.

- **What have you always wanted to do/see?** Think about the things you've always wanted to do in your life that you've been putting off (e.g. go traveling, challenge yourself by trying something that you really want to do) and start doing it now.
- **What are the things you've been avoiding in your life?** If you've always wanted to go to university, do it now. If you've always wanted to learn something new (e.g. how to cook, fly an airplane, sail a boat, rock climb) start learning now.
- **Have you neglected your friends because of your relationship?** Now is a good time to rekindle old friendships, or make new ones.

Once you've answered the above questions, you might realize that you've been letting a lot of good things pass you by in your life due to being so focused on her.

When you have a life purpose, ambitions, goals, dreams, interests and friendships that are separate from your relationship with a woman, it is less likely that you will ever feel needy, because your relationship is not who you are; it does not define you.

I know this because my purpose in life is The Modern Man and even though I have a hot, young wife (she was 20 when I met her and I was 35), nothing that she says or does ever makes me feel needy or lost.

She knows that she is the most important person in my life, but the most important thing to me is The Modern Man.

She knows that I would never let anyone, not even her, get in the way of the work that I want to get done here at The Modern Man to help guys succeed with women.

As a result of that, she has always respected me and looked up to me. She also respects and admires the hard work that I put into help men succeed with women and is proud that she has a man who is doing his best in this world.

She also loves the fact that she is loved, wanted, respected and cared about, but that I would never, ever let anyone take my focus away from following through on my purpose in life. Nothing that anyone could ever say or do would stop me from working on The Modern Man and following through on my purpose to help men succeed with women.

When you stay focused on your biggest, most important goals and ambitions in life that are separate to your relationship with a woman, you are the kind of man that a woman can continually look up to and respect.

In your case, you are the type of man that your ex can look up to, respect and feel attracted to.

Rather than her feeling like you're smothering her with your neediness and that she has to mother you because you're a lost boy in this world, she will feel lucky to be with a man who has so much going for him in his life, yet still has time to be a loving and devoted boyfriend (fiancé or husband) to her.

3. Show Her That You're No Longer the Needy Guy She Broke

Up With

[image: Show her that you're not the same guy that she dumped]

Actions speak louder than words.

So, rather than tell your ex, *â€œIâ€™ve changed. Iâ€™m really not needy anymore,â€* which sheâ€™s not going to believe, you need to show her that youâ€™re not the same guy that she broke up with.

How do you do that?

You show her via your behavior, what you say, how you think and the way you respond to what she says.

Most guys can overcome their neediness in days with help, but if a guy doesn't get help, he will try to mask it by acting like he's no longer needy.

Yet, when a guy is only trying to mask his neediness, rather than quickly fixing it before he contacts his ex, it continues to come through in subtle ways when he communicates with her.

For example: When a guy interacts with his ex, he might put on an act of being confident around her and pretend that he doesn't want to get back together with her.

However, in most cases, a woman will pick up on the act and she will then test him by showing interest and then pulling back to see how he reacts.

She might say something like, *â€œHmmmâ€*, *you seem different now. I was wonderingâ€*, *maybe we can get back together again. I don't knowâ€*.

If he then jumps at the idea and says something along the lines of, *â€œYes! Thatâ€™s what Iâ€™ve been wanting all along! You know you mean everything to me. I want us to get back together again more than anything else in my life! I've been trying to hold back from saying it, but it hasn't been easyâ€* she will know that his confidence and emotional independence has only been an act.

Another way she might test him is by telling him about how great her life has been without him, to see if it hurts him.

For example: She might say something like, *â€œI know that I probably be saying that I've missed you, but that would be a lie. Iâ€™ve been having such a great time being single. I'm sorry to be honest, but I just feel so much better as a single woman. My girlfriends and I have been clubbing all the time. Itâ€™s just so much fun!â€*

If he then looks hurt, gets upset or angry, she will instantly see that he hasn't really changed anything about himself and that heâ€™s still at the same level he was when she broke up with him.

The best way to show your ex that youâ€™ve moved to a different level from the one you were at before your break up, is to show her via the way you talk and interact with her.

For example: How do you currently react to what your ex says to you? How do you behave when she ignores you, talks to other guys, pretends sheâ€™s not interested in getting back?

When she sees for herself that things are different, she will begin to feel drawn to you again.

She will enjoy talking to you and interacting with you because it feels good to her.

4. Stop Discussing the Relationship and Start Having Fun Together

If you really want to get your ex back after being needy, what you need to do is use every interaction that you have with her (e.g. via text, on a phone call, or in person) to spark her feelings of respect and attraction for you.

However, if every time you interact with your ex, the only thing you're doing is going over what was wrong in the relationship, you will never be able to move past that and start a new relationship with her with a clean slate.

For example: When on a call with his ex, a guy might say, *"I really messed up. I'm so sorry I was so needy. I know that I made things really difficult for you, but I can change. What do you think I should have done differently? Just tell me and I promise that I'll do anything you want. I will change whatever you want me to change. I promise!"*

Yet, that's not what a woman wants to hear.

In fact, begging, pleading, apologizing and asking her what he needs to do only turns her off even more. Why?

A woman doesn't want to be a guy's teacher in life and have to teach him how to think and behave like the man that she needs him to be.

If she tells him what he needs to do to be considered a real man, it will put her in the position of being a mother or big sister figure to him, which will completely turn her off.

A better way to get your ex back would be to forget about what went wrong in the relationship, and focus instead on having fun, and getting to know each other in a whole new different way.

For example: You might say to your ex on the phone, *"Just for a minute, let's pretend we've only just met and that there's no bad history between us. We can then get to know each other all over again without all the negative stuff. That way, you can like me or dislike me based on who I am now, rather than us constantly focusing on my past mistakes."*

From there, every time you interact with her (via text message, on social media, on a phone call, and especially in person) focus on making her smile, laugh and feel happy to be with you.

Show her via the way you think, talk and behave that you've moved beyond the level you were at when you were together, and make her feel respect, attraction and love for you all over again.

[image: Getting her back after being needy]

Initially she might be a bit hesitant and she might say, *"I don't know! I'm not sure I can forget about the way that you used to be when we were together."*

However, no matter what she says or does, you need to stay relaxed and keep guiding her into deeper feelings of respect and attraction for you.

As long as you keep making her feel respect and attraction, her guard will come down and she will open up to being with you again or will actively try to get you back herself.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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How to Undo a Break Up

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The fastest way to undo a break up is to apologize to your ex and make her have strong feelings for you from now on whenever you interact with her (e.g. via e-mail, text message, social media, on the phone or in person).

Once you have re-sparked some of her feelings for you, it's only natural that her guard will come down and she will open up to you.

Even if she tries to fight the change in her feelings, if you have started to regain her respect and attraction for you, she won't be able to resist feeling drawn to you again.

She will find herself thinking about you, missing you and wondering why she isn't giving you another chance.

All you need to do then is meet up with her and guide her back into a relationship.

So, if you are serious about wanting to know how to undo a break up, here are five mistakes that you should avoid making:

1. Begging and Pleading For Her Forgiveness

[image: Begging and pleading for forgiveness]

There's absolutely nothing wrong with apologizing to a woman for past mistakes.

In fact, getting her to forgive you is an important step to making her have strong (positive) feelings for you again.

However, where many guys go wrong, is that instead of apologizing to their ex in a mature and emotionally strong way that will attract her, they resort to begging and pleading with her, in the hopes that she will forgive him and change her mind about not wanting to be together anymore.

For example: A guy who is desperate to undo a break up with his ex might text her, or call her up, and say something like, *I'm so sorry for what I did to you. I can't bear the thought of having hurt you so much. Please forgive me. I'll do anything to get you back.*

Yet, rather than soften her up and make her feel more open to the idea of taking him back, begging and pleading actually turns her off even more. Why?

The main reason is because men and women are different.

To better understand these differences, first look at it from a man's point of view:

When a guy breaks up with a woman, and she reacts by begging and pleading with him for a second chance, a lot of guys will actually respond to her emotional weakness in a positive way.

A guy might even feel more attracted to woman when she begs and pleads with him, because he might choose to interpret her needy behavior as a sign of how much she loves him, and that she's willing to do anything to keep him.

Since a guy might think, *If I broke up with her, I would most likely give her a second chance if she was begging me to do it, so she will hopefully do that for me.*

Yet, thatâs not how it works for women.

From a womanâs point of view, begging and pleading brings up negative emotions in her because women are sexually turned off by emotional weakness (e.g. insecurity, neediness, low self esteem) in men.

In most cases, rather than making a woman think, *âAwww, how sweet! He really does love me. I think Iâm going to give him another chance now,*â sheâs likely going to be thinking, *âOkay! This is not how I want my man to be behaving. I feel disgusted and disappointed at how weak he is acting right now. I think Iâve made the right decision here to break up with him.*â

When a guy is begging and pleading with a woman for forgiveness, she will usually interpret it as a sign of emotional weakness and will then feel even less respect and attraction for him as a man.

Of course, some women will give a guy another chance for a day or two if he begs and pleads with her, but when she realizes that nothing about him has changed (e.g. his still promising to change things about himself that she doesnât really care about, heâs still asking her to explain to him what he did wrong), she will likely break up with him again.

So, one of the main steps to undoing a break up is to stay emotionally strong, so that you can re-spark your exâs feelings of respect and attraction for you again.

However, if youâve already begged and pleaded with her, donât worry about it. Itâs not the end of the world.

Just make sure that from this moment onwards, every time you interact with her, you are behaving in ways that will make her start having strong feelings for you again.

2. Ignoring Her in the Hopes That She Comes Running Back

[image: Hopefully she will come running back if I ignore her]

Some guys will spend weeks, or even months ignoring their ex, in the hopes that she will realize that she canât live without him, and then come running back.

However, if a woman doesnât have feelings for a guy, sheâs not going to feel like sheâs missing out on much, and she will usually just start dating or having sex with new guys.

In some cases, she might even feel relieved not to have to deal with her ex begging and pleading with her for a second chance and will be glad that heâs giving her so much space to move on.

So, if youâre considering ignoring your ex as a way to undo your break up, youâre likely just going to waste a lot of time.

The fastest way to get her back is by actively making her have strong feelings for you, whenever you interact with her.

If youâre ignoring your ex, sheâs not interacting with you and will almost certainly hold onto her negative opinions about you, which caused her to break up with you in the first place.

Since youâre not interacting with her, she canât feel drawn to those things about you that are attractive to her (e.g. your confidence, masculinity, sense of humor, charisma, charm).

If she doesnât hear from you for a long time, she may begin to think, *âOkay, so my ex is clearly over me now, so Iâm not going to wait around for him anymore. Iâm going to go out and meet new guys and have a great time without him. Iâm going to have a lot of sex and really enjoy*

*myself to get over the pain that I feel due to him not contacting me. I'm not going to let him make me feel this way. I'm going to get laid and then let him find out about it on social media or through friends.*â□□

This is why ignoring a woman after a break up is usually a bad idea. It's very easy for a woman to go out and get laid.

Based on advice found online about the so called No Contact Rule (ignoring your ex for 30-60 days) a lot of guys will waste 30, 60, or even more days ignoring their ex in the hope that it makes her come running back.

Yet, it rarely works for men who want a woman back because the woman has usually lost most or all of her feelings of respect and attraction for him.

Rather than chasing a guy that she no longer respects or feels attracted to, she just lets a new guy have sex with her and begins to enjoy herself and move on.

Then, when her ex contacts her one day and she tells him that sheâ□□s dating another guy, he thinks to himself, *â□□Why didnâ□□t ignoring her work? Why isnâ□□t she coming back to me? Isnâ□□t she supposed to have missed me so much that she comes running back to me? I thought that all I needed to do was ignore her and I could get my ex back.*â□□

Based on my vast experience successfully helping men to get women back, I've found that ignoring a woman only works about 20% of the time.

If she does come back and notices that the guy hasnâ□□t really changed, she simply breaks up with him again.

So, not only has the guy lost a lot of time ignoring her, but he has also given her the space she needs to move on, get over the pain of the break up and forget all about him.

To undo a break up quickly, you need to actively make your ex have strong feelings for you again whenever you interact with her via text, on the phone, on social media and in person.

She then starts to wonder, *â□□Whatâ□□s going on here? Why am I always thinking about him now? Why am I feeling jealous about the idea of him meeting another woman? Why do I want to at least have sex with him again? What does this mean? Do I want him back? OMG, I want him back.*â□□

If you want to undo a break up, donâ□□t waste time ignoring her and hoping that time apart will bring her back.

Instead, use every interaction with her (e.g. via text message or e-mail, on social media, over the phone, in person) as an opportunity to make her feel strong feelings of respect and attraction for you.

The more she feels attracted to you, the more open she becomes to the idea of being with you again.

3. Promising to Change Whatever She Wants

[image: I will change whatever you want me to change. Just tell me and I will do it.]

When nothing seems to be working to change her mind, a man will often say something like, *â□□I love you so much! Just tell me what you want me to do. I will change for you. I will be whatever you want me to be. Just give me one more chance. Please just tell me what you want and Iâ□□ll do it.*â□□

Yet, that doesn't work either.

By saying these sorts of things to a woman, a guy is only confirming to her that he doesn't really know, or understand, what he has been doing wrong, or why she has broken up with him.

Why is this important?

If a guy doesn't know what caused a woman to break up with him, then it means that she has to explain it to him.

She has to take on the role of being his teacher about how to be the kind of real man who is attractive to her and pretty much all other women.

A woman doesn't want to be a guy's teacher and have to instruct him on how to be a real man.

After a break up, a woman wants her man to work that stuff out on his own and then come back to her and show her that he has truly improved and changed himself.

Watch this video for more info!

So, rather than make promises to your ex that she's not going to really care about, ask yourself, "What are the real reasons she broke up with me?" and "Do I need help to improve and change, or have I already made improvements and changes that she is going to find attractive?"

For example: Ask yourself!

- Did I take her for granted in any way? If so, do I now know how to not take her for granted?
- Was I the emotionally strong man she needed me to be, or did I become clingy, insecure and needy? If I was emotionally weak, am I now emotionally strong?
- Was I the dominant one in the relationship, or did I allow her to wear the pants? If I wasn't dominant enough, do I know what to do to be a loving, dominant man whenever I interact with her from now on?
- Did I have a life purpose outside of my relationship with her, or did I make everything about her?

When you understand the real reasons why your ex broke up with you, you can begin to offer her what she really wants, not what you think she wants.

4. Over Texting Her

[image: Over texting an ex]

While some guys will completely ignore their ex hoping that it will make her come running back, other guys do the complete opposite and don't give her a minute of space.

Some guys mistakenly think that the best way to undo a break up is to keep in constant contact, so he is always on her mind.

A guy like this might think, *"If I keep in touch with my ex, she won't be able to forget about me. She will gradually realize that she misses me, that I really love her and that she means more to me than anything else in the world. We can then get back together again,"* or *"My ex says she doesn't want to see me. So, if I text her in a friendly way, it will hopefully appear as though I'm not pushing her to get back together and she will then talk to me and gradually decide to get*

back with me."

He then starts to text his ex every day or even several times a day.

Although it might seem tempting to use texting as a way to contact your ex in a casual, non-threatening way, it usually does more harm than good.

Generally speaking, you should only text an ex as a way of getting her to talk to you on the phone, or in person or to create a bit of a spark of attraction to bring her guard down so she will talk to you on the phone.

To use texting as anything more (e.g. to apologize in long messages, to ask for a second chance or to tell her how much you miss her) will usually be taken the wrong way.

Why?

When a woman looks at a text message, she has to guess at what state of mind the guy is in, where heâs coming from and why heâs texting her.

For example: If a woman currently feels anger, resentment, or any other negative emotions towards her ex, even a seemingly innocent, *âHey, how are you doing? I hope you doing okay,â* can make her wonder, *âWhat does my ex want now? Why is he asking if Iâm okay? Does he think Iâm going to tell him I canât live without him? Yeah right. I'll let him see how happy I am and that will hurt him."*

She might then reply with, *"I'm doing great. I am so much happier now that I'm single. Please leave me alone."*

That isnât because sheâs being a cold-hearted bitch, but because he hasn't reactivated her feelings of respect, attraction and love and he is expecting her to reply in a positive, friendly way.

She doesn't want to give him the idea that she wants him back, because he hasn't even said or done anything to make her want him back.

She is basing her opinion of him on past experiences of him behaving in ways that were emotionally weak and unattractive to her.

She cannot see his body language, experience his conversation style or hear the tonality of his voice via text messages, so she will simply judge his texts based on how she felt about him leading up to, and during, the break up.

Even if the guy has completely changed and is now more confident, interesting, ambitious, someone she can look up to and respect, than he was when they broke up, she just canât experience that in a text message.

So, rather than send your ex a lot of pointless text messages that might actually annoy her, focus only on texting her with the intention of getting her on a phone call so that you can reactivate her feelings on a phone call and then arrange an in person meet up.

On the phone, she will be able to hear the tone of your voice and sense whether you are more confident and emotionally strong than you were when she broke up with you.

From there, you can apologize, get her smiling and laughing and make her open up to the idea of meeting with you in person.

Then, when you meet up in person, you can make her feel strong feelings for you again and she will naturally become open to giving you another chance or at least hooking up one last time to see how she feels.

5. Showing Emotional Weakness

Most women like the idea of being with a man they can look up to and respect, feel attracted to and feel proud to show off to their family and friends.

So, when a man becomes an emotional mess during, or after, a break up, a woman feels turned off by him at a deep instinctive level.

Some examples of emotionally weak things that guys do are:

- Crying to her in the hope that she feels pity and gives him yet another chance.
- Taking the blame for everything that happened in the relationship, without fully understanding her reasons for wanting to break up.
- Threatening to hurt himself (e.g. by saying something like, *I can't live without you. I'm going to kill myself* or *If I can't have you, there's no point on living anymore.*)
- Begging family and friends to put in a good word for him, to make her change her mind.
- Being extra nice to her, even though she treats him badly, in the hopes that she sees how much he cares and then changes her mind.

In most cases, if a guy shows his emotional weakness in any of these ways, rather than undo the break up, he will convince his ex even more that she is better off without him.

The truth is, a woman doesn't care how much a guy cares for her, how badly he's hurting, or even that he's thinking of killing himself, if she doesn't have feelings for him.

He needs to make her have some feelings for him first, otherwise she's not going to care about any of the things he's saying or doing to get her back.

Undoing a Break Up is Easier Than You Might Think

[image: Undoing a break up at a meet up]

Before you arrived at my site, you might have been thinking that it seemed almost impossible to undo a break up, especially if your ex has been saying things like, *Leave me alone*, *I never want to see you again*, or even, *I hate you and I'll never forgive you.*

However, no matter how determined she is about staying broken up with you, what she doesn't realize is that feelings can and do change.

When you make her have strong feelings of respect and attraction every time you interact with her from now, she won't be able to stop herself from changing how she feels about you.

It happens naturally and automatically whether she wants it to or not.

Think about it!

How can she carry on hating you or ignoring her when she is feeling so much attraction and respect for you as a man now?

How can she hate interacting with you if she always smiles, laughs and feels good when she talks to you?

She can't.

She can fake it and pretend like she's not interested, but you will see her smiling, laughing and opening up to you again.

You will notice that she texts you or calls you and is open to seeing you again and again.

You might get her back the first time that you meet up with her, or if your break up was pretty bad, it might take a couple of meet ups.

Yet, it's going to happen.

You are going to undo this break up and get her back.

That is, as long as you focus on reactivating her feelings whenever you interact with her!

If you're trying to undo a break up without trying to make your ex have feelings for you again, then it's going to be a really difficult, drawn out process for you.

She's just not going to be interested.

She's not going to care how much you care until you make her have feelings for you again.

When you focus on making her have feelings for you again and build on that, all her walls come down and she literally wants to be back in your arms again.

The idea of being held by you feels good. It feels right.

That is how you undo a break up!

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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My Girlfriend Dumped Me For Being Clingy

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you are saying, *“My girlfriend dumped me for being clingy,”* it’s understandable if you are feeling hurt, alone and lost right now without her.

She was your girlfriend and you used to be in love, but now she’s on her own and possibly thinking about being with other guys.

If you want her back, the first that thing you need to get clear on, is that clingy behavior can be forgiven.

Watch this for an example of how to recover from begging and pleading for another chance!

To get her to see that you’ve learned from the experience, all you need to do is laugh at how you were behaving, apologize and let her see that you are now a better man.

You were clingy a clingy boyfriend before, not now.

Being clingy is not something you have to be stuck with.

It is something you can change.

When you understand what causes a guy to become clingy in his relationship, you will also see that it’s possible and often easy to quickly change and get rid of clinginess.

Here are some of the main reasons why a guy might become clingy in his relationship:

1. He Lacks Purpose and Direction Outside of the Relationship

[image: He lacks purpose and direction outside of the relationship]

Although being in a relationship is great, and is something that most people strive for, it cannot be a man’s main purpose in life.

When a man makes his woman the main reason for his existence and really only cares about her and not much else, it’s only natural that he will begin to behave in a clingy way.

She is his main reason for living, so worries that if he loses her he will then have nothing valuable left in his life.

He will try to explain to her that she means everything to him and that his life would not be worth living without her, but she will be thinking, *“That’s not what I want.”*

A woman wants to be loved and appreciated, but not needed for a man’s emotional security, sense of identity or reason for living.

Some guys mistakenly think that clingy, insecure and over-protective behavior is a sign that they are being loving and supportive towards their woman.

He assumes that the more that he shows her how much he loves, cares and needs her, the more she will love him, care about him and need him.

Yet, that’s not how it works.

For example: A clingy, insecure and overprotective guy might

- Stop pursuing his goals, and focus most or all of his attention on supporting his woman and trying to make her happy.
- Give up all his friends and other interests so that he can spend every spare minute he has with her.
- Do whatever she wants him to do, as long as she stays with him.
- Need her to reassure him of her love and devotion all the time (e.g. ask her *“Do you still love me? You know I would die without you don’t you? You wouldn’t leave me would you?”*).
- Constantly text or call her to see what she is doing.
- Repeatedly tell her things like, *“I love you so much. I would be so lost without you. You are my everything. You are my reason for living.”*
- Help her out with everything (e.g. pick her up and drop her off wherever and whenever she needs him to, run errands for her, cook and do the housework for her).

On the other hand, a real man who is loving and supportive will:

- Have a life purpose that he is striving towards outside of his relationship with her (i.e. a big, long term ambition that is extremely important to him).
- Have some friends and hobbies out of his relationship with her.
- Strive to reach his true potential as a man.
- Work hard on the things that are important to him (e.g. his purpose, career) while at the same time be emotionally supportive and loving towards her.
- Lead the way as the man, while also taking her opinions, needs, wants and desires into account.
- Maintain her respect and attraction by being confident, masculine, driven, focused and self-sufficient.

There’s nothing wrong with texting or calling your woman, but a real man doesn’t waste his time worrying about whether or not she is still interested.

He knows that she is still interested, attracted and in love with him because he’s a real man.

A clingy guy needs to constantly be shown that he is loved by her, otherwise his whole world begins to come crumbling down because she is what his life is about.

As you can see, there is a clear difference between being the kind of man a woman can look up to, respect, feel attracted to and love, and being a clingy guy she feels smothered by.

[image: Get tired of her clingy boyfriend]

Most women understand that a real man is someone who can be 100% devoted and loving towards her, while also working hard at achieving his own dreams and goals in life that are independent of their relationship.

Naturally, there are some women who like to be with a man who has nothing else going on in his life other than her (usually unattractive women or women who plan on cheating on or leaving the guy eventually), but the majority of women like to be in a balanced relationship with a man they can look up to and respect.

When a woman feels respect for her man, she will also feel attracted to him, and her love will grow and expand.

On the other hand, if a woman feels like she can’t look up to her man and can’t feel proud to be

his girl because he is too emotionally weak to stand on his own two feet in life, she will lose respect for him, and her feelings of attraction and love will soon begin to fade.

If your girlfriend is no longer impressed by the man that you have become, that is something that you can change today.

Watch this...

Another reason why a man might become clingy in a relationship is that...

2. He Feels Unworthy of Her

[image: He feels unworthy of her]

Some guys go through life always comparing themselves to other guys.

Even when a guy has a really beautiful girlfriend (fiancée or wife), and even if she's always telling him how much she loves him, often, it doesn't help settle his insecurities, because deep down he doesn't believe he deserves her.

For example: When a guy feels insecure about himself in some way (e.g. because he is overweight, bald or has a modest income) and then sees his woman talking to a guy who has six-pack abs, a full head of hair and a flashy sports car, he might start thinking, *"Why is she talking to him? It must be because he's so much better looking and richer than me. I knew my luck wouldn't last forever! she finally decided she can do better than me."*

In his mind, he is creating a problem that isn't really there, because deep down he simply doesn't believe he is worthy of his woman.

He doesn't know how to be an attractive, real man for her, so he panics and feels like pretty much any other guy is a threat and might be able to steal her from him.

He then starts to become clingy and needy around his girlfriend because he is afraid of losing her and wants to hold on as tight as he can, in the hopes that it will make her realize how important she is to him.

Here's the thing!

If your girlfriend chose to date you, it was because she initially found in you the types of behaviors and personality traits that are naturally attractive to women (e.g. confidence, masculinity, determination, humor, charm, charisma).

However, if you have doubted your attractiveness and value to her during the relationship and allowed your insecurities to overshadow those great qualities in you, it's only natural that she would then begin to feel turned off and eventually dump you.

Women want to be with an emotionally strong man and if a guy is unable to grow up and become that man, a woman will almost always lose interest and dump him.

Another reason why a guy might become clingy in a relationship is that!

3. He Didn't Get Enough Love As a Child

[image: He didn't get enough love as a child]

Unfortunately, not every guy grows up in a loving and nurturing environment.

For example: A guy might be raised by a single parent, and then goes through life feeling like he missed out on the love from his absent mother or father.

Alternatively, a guy might grow up in a home where his parents are emotionally closed off from him (e.g. don't give him a lot of attention, are critical and judgmental, miss all the important events in his life), or they seem to love one of his brothers or sisters more than him.

There are also guys who struggle to make friends in school and grow up feeling left out and lonely.

Whatever the case, if a guy grows up feeling like it is difficult for him to be loved by others, it's only natural that when he finds a woman who wants to be his girlfriend, he might cling to her like she's his love lifesaver.

Yet, no matter how much she reassures the clingy guy that she really loves him and wants to be with him, if he is going through life believing he's not loveable, nothing that she can say to him will convince him that he is truly loved and will not be dumped by her.

He tries to take more and more of her love in the form of compliments, reassurance that she loves him, affection and attention.

However, no matter how much of her love that he takes and stores up inside his mind, it's never enough to fully put his insecurities at ease.

He can't stop himself from being clingy because, deep down, he knows that he needs her love to feel good about himself and stop being so affected by the painful memories of his childhood.

Yet, the more that he clings to her, the more that she will want to pull away from him.

Think of it this way:

Have you ever been in an elevator where people kept coming in at every level and no one ever got off?

It became jam-packed and you could hardly breathe without feeling a bit nauseous.

What did it feel like to be crammed in a tight space with so many people?

Did you feel relaxed and calm, or did you begin to feel smothered and even a little bit panicky?

If you're like most people, the idea of feeling trapped and not able to ease the stress probably doesn't appeal to you.

In the same way, a woman who feels trapped in a relationship can't feel happy for very long.

Love is something that has to flow freely between a man and woman in order for it to grow and expand.

You can't force a woman to love you.

You have to create the love based on how you think, talk, feel, behave and take action around her and in life.

If you are displaying traits that make a woman feel respect, attraction and love (e.g. confidence, masculine mindset, charisma, charm, calm under pressure), she will naturally love you and want to be with you.

However, if you're displaying traits that turn a woman off (e.g. clinginess, insecurity, neediness, stressed under pressure), a woman will be unable to maintain her feelings for you for very long.

The good news is that you can turn it around.

You can get her to have feelings for you again. Here's how!

You can get her to stop looking at you as the clingy, insecure guy that she dumped.

You are different now.

You are a better man and you are now able to make her feel respect, attraction and love for you once again.

Another reason why a guy might become clingy in a relationship is that!

4. He is Insecure About His Ability to Attract Another Quality Woman

Some guys know that they got lucky when they hooked up with their girlfriend, so the idea of having to go out and find someone else if she breaks up with him is very scary.

If a guy has been going through life believing that it's very difficult to attract a new, beautiful woman for sex or a relationship, he will have that insecurity in the back of his mind when in a relationship.

He may think, *"I got lucky with my girlfriend, I'd better hold on tight to my girl, because I don't believe it's possible for me to get this lucky again. In fact, it will probably be even more difficult than it was before because I've been out of the dating game for so long."*

He might then react by becoming clingy and getting jealous if his girlfriend happens to go somewhere without him, or talks to other guys at work or through friends.

If she happens to comment about his clingy behavior and tell him to relax and trust her, he might then say, *"I'm acting this way because you mean so much to me. I don't want to lose you. I know what these other guys are like. They just want to have sex with you."*

Here's the thing though!

Although initially a woman might think he's being sweet, and that it's cute that her guy is so possessive over her, she will eventually begin to feel that he doesn't trust her and his insecurity and self-doubt will start to annoy her.

If his insecurity becomes an ongoing issue in the relationship, a woman will slowly start to lose respect for him as a man, and then her attraction will also begin to fade.

The truth is, without respect and attraction, a long-lasting love cannot be maintained over time.

A woman needs to be able to look up to her man and feel like she is lucky to have him, not like she's doing him a favor by being his girlfriend, because he believes he can't get anyone else other than her.

You've got to be able to maintain her respect for you.

If you've lost her respect, you can get it back. Here's how!

When your girlfriend sees that you really have changed and are not just saying that you will change, she will naturally feel a renewed sense of respect and attraction for you.

5. He Doesn't Know That Women Are Disgusted By Clingy Behavior

It's a fact of nature that women are attracted to the emotional strength in men (e.g. confidence, determination, high self esteem) and turned off by emotional weakness (e.g. insecurity, clinginess, self-doubt).

This is why, when a man becomes clingy in his relationship with a woman, she instinctively starts to pull away, because she is sensing his emotional weakness and that is very unattractive to her.

For a woman to maintain sexual attraction for her man, she has to feel as though he is the man.

If she begins to feel like she has to be his mother, or big sister, who has to keep saying to him, *It's okay sweetie, I still love you*, or *Don't worry babe, I won't leave you*, or *I'll be here for you honey. I won't let you go*, she will begin feeling like she's the emotionally stronger one in the relationship.

Essentially, it is a man's ability to be the more emotionally dominant one in the relationship that makes her feel feminine around him.

She can relax into being an emotional, vulnerable woman rather than having to be strong and take care of him and her.

If a woman feels like she has to hold her boyfriend's hand and guide him as though he is a lost little boy, she will not only feel turned off, but she will usually feel disgusted by who he has become.

6. He Doesn't Know That Love is Meant to Be Shared Not Taken

[image: Taking her love, rather than sharing love together]

A relationship stays together when both the man and woman continually decide that they want to be together.

Each day, they feel happy to be in a relationship together because there is mutual respect, attraction and love.

The man makes her feel loved and appreciated and the woman makes the man feel loved and appreciated.

It's the perfect balance that keeps a relationship happy, healthy and forward moving.

However, if it's only the woman who is giving love, being supportive and caring about her man's feelings, the relationship will begin to fall apart.

For example: If the man gets to a point where he feels like he is entitled to her love and demands that she gives it to him, a woman will wonder why the relationship feels like so much work all of a sudden.

She might not know why she is feeling stressed around him or what he needs to do to fix the relationship, but she will know that it doesn't feel right.

She will then try to break up with her guy and he will become clingy or possibly even angry at her for

wanting to break up with him.

Hereâs the thing thoughâ

A man canât convince a woman to stick with him just because he loves her, any more than she can convince him.

For example: A guy might think, *âShe knows how much I love her, and Iâve given her my all. She owes it to me to give me another chance. After all, isnât that what love is all about? Isn't it about sticking together through both the good and the bad times?â*

Yes, only if the love is equally shared.

Some guys ruin a relationship by constantly taking love and emotional energy from a woman and not giving enough back to her, which leaves her feeling exhausted and empty.

She then doesn't feel like he deserves any more effort from her because she's already given him so much, only to end up with an emotionally weak (i.e. clingy) boyfriend, which is naturally unattractive to women.

Modern Relationships

[image: Modern relationships - she can walk away if she wants to]

In the distant past, a woman was considered to be her husbandâs property and she was forced to stay in a marriage for life, regardless of how miserable she felt.

Yet, that just isn't the case anymore.

In todayâs world, women are free to leave a relationship if they aren't feeling the way that they want to feel (i.e. loved by an emotionally strong man, respectful of her man, feminine and girly, protected, happy).

If a woman does feel like she is with an emotionally strong man who she can look up to and respect, she has no reason to want to leave him or cheat on him.

Couples like that are the reason why approximately 50% marriages and relationships last an entire lifetime.

However, the emotional weakness of men is one of the main reasons why couples split up, even if the relationship was great at the start.

If a woman doesn't feel like she can respect her man, she begins to feel unsafe and like she might be better off just leaving him and trying to find a new guy who is more of a man.

If you want a woman to stay with you, then you have to be the sort of man that she wants to stay with, and that means someone she can look up to, depend on, respect and feel attracted to, and love, over time.

Being Clingy is Not Something You Have to Be Stuck With For Life

Right now, it might be true that your girlfriend dumped you for being a clingy boyfriend, but thatâs what happened in the past.

You don't have to get stuck with the label of being her clingy ex.

People change all the time, and by understanding what caused you to behave in a clingy way in your relationship, you can change too.

When you meet up with her your ex and let her see that you have changed, she will let go of the label of you being her clingy ex and she will see you as a man that she can now respect and feel positive emotions towards.

Start Making Her Feel Attracted and She Will Open Back Up to You

[image: Getting her to open back up to you]

If you are serious about getting your ex back, you have to understand one thing: Her emotional attraction for you is based on how she feels when she's interacting with you.

In other words, she is either feeling attracted while talking to you, or she's feeling turned off and saying things like, *"It's over between us. Please leave me alone,"* or *"I just don't believe you can change"* or *"I don't have feelings for you anymore."*

However, that doesn't mean you can't change how she feels.

You can.

The reason why she doesn't have feelings is that you haven't been making her feel respect and attraction for you.

When you begin to make her feel respect and attraction during interactions, her feelings will come back quickly and naturally.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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I Got Dumped For Being Too Nice

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you got dumped for being too nice in your relationship, you might now be feeling confused about what women really want in a man.

You may have asked yourself, *“Do I have to treat a woman mean to keep her interested in me? Is that what she wants?”*

Luckily, the answer is *“No.”*

You don't have to be a mean guy to your woman to make her want to stay with you.

In fact, being nice to a woman in a relationship is essential, but it's not enough on its own to keep the relationship together for life.

[image: Being nice is not enough]

To keep a relationship together, a woman has to be able to look up to you and respect you as her man, rather than feeling as though she can treat you badly, never do anything nice for you and you will still continue to be super nice and generous to her all the time.

If she senses that you are just putting up with her bad behavior to stay with her, she will lose respect for you and begin to feel like she needs to find a guy with more of a backbone.

Be Nice, But Don't Be a Pushover

[image: Be nice, but don't be a pushover]

If you're wondering, *“I really don't understand why I got dumped for being too nice,”* it could be because you believe that *“niceness”* is the main thing that women need from a man, to be happy in a relationship.

The truth is, there is nothing wrong with being nice to your woman.

Nothing at all.

However, being nice is not the main thing that's going to maintain her feelings of respect, sexual attraction and love over time.

For example: When a man is too nice in his relationship, he might eventually fall into a habit of allowing his woman to get away with treating him badly (e.g. she always gets her way, she treats him disrespectfully, she expects him to do everything for her).

If she continues to get away with her bad behavior, the dynamic between him and her will go out of sync, and she will become the more dominant one in the relationship.

A woman who feels more dominant than her man might eventually resort to treating him worse and worse (e.g. disregard his opinions, treat him disrespectfully, expect him to do everything/pay for everything, ignore him), so that she can see how far she can push him, and whether he will be man enough to stand up to her.

If he simply takes her bad behavior and continues to be extra nice and sweet to her, she will perceive him as being emotionally weak and she will likely begin to lose respect and attraction for him as a

man.

Eventually, if a guy continues to be nice to her regardless of how badly she behaves, she will stop feeling like she wants to stay with him and she will dump him. Why?

Itâs a womanâs natural instinct to be attracted to the emotional strength in men (e.g. confidence, masculinity, determination) and turned off by the emotional weakness (e.g. insecurity, self-doubt, letting her push him around).

The truth is, you donât have to be a jerk to a woman to keep her in a relationship with you, and you also donât have to be a super nice guy who gets pushed around.

As long as you can maintain a relationship dynamic between you and her where she feels like sheâs the lucky one to be with a great guy like you, rather than you are lucky to have her, she will be able to look up to you and respect you as a man.

When a woman respects her man, she also feels attracted to him and her love for him grows stronger over time.

You Donât Have to Be Mean to Her Get Her Back

[image: You don't have to be mean to her to get her back]

After being dumped for being too nice, some guys mistakenly think that the best way to get their ex back is by making a point of being mean towards her.

For example: A guy might behave arrogantly, sarcastically and by putting down his ex when he gets the chance to interact with her.

In his mind he is likely thinking, *âIf she dumped me for being too nice, then it makes sense that if I treat her badly, she will want to get back together again.â*

However, thatâs not how it works.

If you stop being as nice to her as you used to, she will accuse you of being mean to test whether or not youâll go back to being Mr. Nice Guy.

For example: A woman who is testing her ex might say something like, *âHow can you be so cruel to me? You know I still love you and Iâve been thinking about getting back together again, but youâre just a bully!â*

Then, if he crumbles and says something like, *âIâm so sorry! I didnât mean any of it. I will do anything for you. You know that I can never be horrible to you. I love you so much,â* she will be able to see that nothing about him has really changed, and she will not be very interested in getting back together again.

On the other hand, if he continues to treat her badly and stays stuck in being mean towards her, she will feel hurt and turned off by his lack of respect for her, and she wonât want to get back together with him.

To get your ex back, you need to have a more balanced approach with her from now on, where you treat her well, but you also make her feel respect for you.

When she feels like she can look up to you and respect you as a man, she naturally feels drawn to you, because you are giving her what she has been looking for in a man all along.

You Can Get Her Back, But Avoid Making These Mistakes

[image: You can get her back, but avoid making these mistakes]

Being dumped for being too nice isn't a death sentence for your relationship.

You can get your ex back, but you first have to make her feel respect and attraction for you as a man.

Growing her feelings of respect for you happens every time you interact with her (e.g. via text message, on social media, on the phone or in person).

However, that's not going to happen if you make any of these mistakes:

1. Asking her what she wants you to do differently.

It's only normal that when a guy gets dumped for being too nice, he's going to be wondering why.

He's going to be asking, *What happened here? Why did I get dumped for being too nice? Why don't women like nice guys?*

Yet, where some guys go wrong, is by turning to their ex hoping that she will spell it out for them.

For example: When a guy is being dumped, in desperation he might say to his ex, *Okay, so what should I do? Just tell me how you want me to be and I'll be that way. I can change. I can be whatever you want me to be. Just give me a chance to show you that I can be different. Just tell me how you want me to be and I'll do it.*

In his mind he might be thinking that if she can tell him what to do and he does it, she will be happy and then everything can go back to being the way it was before.

Yet, by saying that sort of thing to her, he is simply confirming to her that he will bend to her will and change for her, just to keep her. She will most-likely see that as him just being extra nice to her as usual.

Although some women might respond to a guy who is willing to do anything to keep her, the majority of women won't. Why?

A woman doesn't want to take on the responsibility of teaching a man how to grow up and be the type of man she needs. She doesn't want to be his teacher in life and then have to teach him how to be the kind of man that will be attractive to her.

She wants him to be able to figure out by himself what he's doing wrong and then take action, without her telling him what to do or how to behave.

If he can't figure out for himself what she wants him to do differently, it means that she has to teach him.

Yet, most women don't want to be man's teacher in a relationship. If she has to take on the role of being his teacher or mother, the relationship dynamic will change.

She will become more dominant and this will make her feel less feminine and girly in his presence, and that's not how she wants to feel when she's with her man.

If a woman cannot feel feminine around her guy and be able to look up to him and respect him, there will be no point to sticking with him.

These days, women don't put up with that type of situation and simply dump the guy and move on.

However, if you've already asked your ex to tell you what she wants you to do differently, don't worry about it.

It is fixable.

As long as you change what you are saying and doing when you interact with her, from this point onwards.

Remember: The best way to change her mind is to change how she feels.

You can do that by making sure that you are saying and doing the sort of things that make her see you as being emotionally strong (e.g. being confident, being nice but assertive, not letting her push you around or get away with bad behavior) when you interact with her.

By having a more balanced approach towards her when you interact with her, you can re-spark her feelings of respect, attraction and love for you.

2. Pleading with her to give you another chance.

Another normal reaction that some guys have when they get dumped, is to beg and plead with their ex for a second chance.

For example: A guy might be thinking that if his girlfriend (fiancée or wife) sees how much he really loves her, she will change her mind.

He might then say something like, *"Please give me another chance. I love you so much. I know we can work things out if you stay,"* or even, *"I can't live without you. How can you do this to me? All I want is to make you happy; why won't you let me do that?"*

Yet most of the time, begging and pleading doesn't work.

One of the reasons why pleading with a woman doesn't work, is that women aren't attracted to the emotional weakness in men (e.g. insecurity, emotional neediness, low self-esteem).

Women are instinctively drawn to the emotional strength in men (e.g. confidence, emotional independence, high self esteem), so when a guy is pleading with a woman and behaving in other emotionally weak ways (e.g. crying, begging, threatening to harm himself), she's not going to feel attracted.

Her instincts will be telling her, *"This guy is not emotionally strong enough to hold his own in life. He won't be able to take care of me if life gets challenging for him. He needs me to protect him like a mother or big sister"* and she feels turned off by him.

The fact is, no matter how strong and independent women have become in the modern world, that majority of women still like to feel taken care of and protected by their man.

However, unlike in the past where protection meant a man with big muscles and a club in one hand, in today's world, protection means that a guy is emotionally strong enough to stand up for himself and to go after what he really wants in life without fear.

So, when a man is pleading or begging, it usually doesn't make a woman think, *"That's so sweet. He loves me so much that he'll even plead with me to stay. Maybe he's the one for me after all"*

To get an ex back after being dumped for being too nice, you have to behave in the ways that make her see you as the emotionally strong man she really wants.

She has to be able to look up to you and respect you as her man, rather than feeling like she has to

give you another chance because she feels sorry for you.

3. Thinking that you need to start treating her badly.

You don't have to suddenly become a bad guy and start treating your ex badly (e.g. ignore her, say hurtful things to her in front of other people) in the hopes that she'll be convinced that you're not too nice anymore, and she'll then come back to you.

In any case, this approach doesn't work most of the time, for several reasons!

1. If a woman tests a guy (e.g. by accusing him of being mean, acts hurt and breaks down and cries in front of him) and he then crumbles and reverts back to being his nice, sweet self, she will realize that it was all only an act to try and get her back, and she will feel even more turned off by him.
2. If she was having second thoughts about breaking up with him and he treats her badly, she might then make up her mind that he's not really the right guy for her, and then he will have to work twice as hard to make her feel respect for him again.
3. If he tries to get her back by ignoring her (e.g. taking weeks and even months to contact her, not answering her calls/text messages) she's not really going to care that much about it, if she doesn't respect him and isn't attracted to him. If she doesn't have feelings for him she's going to be thinking, *"This is great. He's making it so much easier for me to move on."*

However, if instead of wasting time ignoring your ex, or treating her badly in other ways, you were to take a more balanced approach with her from now on, where you treat her well, but you also make her feel respect for you (i.e. via the way you interact with her, e.g. by remaining confident even when she tries to test you, you don't agree with everything she says and does), she'll begin to feel drawn back to you out of her own free will.

She will message you on social media, call you up to say *"Hi, I click like on something, show up where you like to hang out, or find some other way to get in touch with you."*

From there you just need to continue to say and do that things that will keep making her look up to you and respect you as a man.

4. Feeling afraid to be more confident and assertive around her.

Probably one of the most attractive qualities that women look for in a man is self confidence and the ability to stand up to her when necessary.

Most women will test a guy, whether they have only just met him, or are in a relationship with him for a long time, as a way of testing his confidence and to see if he's man enough to handle her.

Regardless of how good a relationship is, a woman will always test her man's confidence. Why? No, it's not because some women are mean and like to be hurtful.

It's simply a woman's way of checking to see that her man has, or still has, the emotional strength to handle her.

She feels that if he can handle her when she's behaving in a challenging way towards him (e.g. throwing a tantrum, being sulky, being demanding and petty), then it is also likely that he will be able to handle other challenging people and situations in life.

This makes her feel safe and like she's with a man she can truly look up to, feel proud of, and

respect.

Yet, some guys feel that if they say no to their woman, stand up to her and refuse to accept her bad behavior, she will stop loving them and she will want to break up with them.

In fact, the opposite is true.

The more confident and assertive you can be around your woman, the more she will be able to look up to you, respect you and feel attracted to you.

She will then want to get back together again because it will feel like it's the right thing for her.

Nice Guys Can Attract Women

There's nothing wrong with being nice to a woman, but it's not what makes her feel sexually attracted to you.

If you want to stop saying, *"I got dumped for being too nice,"* and convince your ex to want to get back together, you have to focus on making her feel so much respect and attraction for you as a man, that she cannot help herself from wanting to be with you.

You don't have to be a bad boy, or treat her in a mean way to get her to see you differently.

When you trigger her feelings of attraction and respect for you again, it makes her see you in a new light.

She feels drawn to you because you are making her feel the way she wants to feel when she's with you. She can look up to you and respect you, and that feels good to her.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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My Ex Girlfriend Has Lost All Respect For Me

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your ex girlfriend has lost all respect for you at this point, you need to get clear on the real reasons why and then show her that you've changed.

Don't plead with her to take your word for it and believe that you've changed, just show her by how differently you think, talk, behave, feel and take action from now on.

Remember: Actions speak louder than words and if you can show her that you're not the same guy she remembers (e.g. a guy who was unreliable, a guy who didn't keep his word), she will slowly stop feeling so closed up and defensive towards you.

You need to be able to show her that you've moved beyond the level that you were at when she broke up with you, and then actively make her have feelings for you again.

Here's how you can start doing that!

1. Identify What Caused Her to Lose All Respect For You

[image: What caused her to lose respect for you?]

Some guys are very clear about what caused their girlfriend to lose respect for them, but there are also some guys who will be saying, *"My ex girlfriend has lost all respect for me and I don't know why. I know that things weren't perfect between us, but I just don't understand why she stopped respecting me or how I can change the way that she sees me now."*

If you're feeling unsure about what caused your ex girlfriend to lose all respect for you, don't beat yourself up about it.

You can turn this around and get her to respect you again.

The first thing you need to understand is that most women will rarely come out and say exactly what is bothering them about a guy's behavior.

A woman might hint, or even make suggestions to him about changing certain things about himself, but she usually won't tell him the real, more subtle reasons why she has lost respect.

For example: A guy might be in the habit of always complaining to his girlfriend about his job.

Every day when he gets home from work, he might say to her, *"I hate my job! My boss is such a pain! He's always on my case about something. My co-workers are just as bad! Most of the time they don't do what they're supposed to do and I end up having to pick up their slack! I'm really tired of working there, but I have no other options. I'm stuck in a dead end job. I hate my life."*

Yet, he never does anything to change his situation (e.g. by asking for a transfer to another department, finding a new job).

[image: Losing her respect]

Instead he prefers to whine about his situation like a victim, rather than making the effort to face the problem head on and fix it.

If a woman sees that her guy isn't facing his problems she might then say things like, *"You*

can't let them treat you like that; you deserve better. Why don't you find another job?â or â You can't keep telling me about this every day without doing anything about it. If you're feeling unhappy at work, then you need to do something to change it.â

Alternatively, she might listen to him complaining, and then the next time she gets the newspaper or browses online for available jobs, she might let him know about the great job opportunities that are out there.

Essentially, she is trying to tell him that she needs him to stop the whining and get on with fixing his problem.

If he can do that, her respect and attraction for him will grow, and she will feel good about being in a relationship with him.

She will feel proud to be with a man who faces a challenge in life, takes action to overcome that challenge and then lives a better, happier and more fulfilling life as a result.

Yet, if a guy continues to complain and act like a victim in his life, no matter how many hints or suggestions his woman throws his way, in most cases, she will lose respect for him, and eventually her attraction and love will also fade, and she will break up with him.

[image: Losing her respect]

Sometimes a woman will tell her man that she needs him to change and she will tell him exactly what is bothering her.

However, most women won't explain it directly by saying something like, *â You're being whiny and you're not facing your problems head on like a real man. Your behavior is making me lose respect for you. If you don't stop doing that, I'm going to break up with you because I cannot be with an emotionally weak man who doesn't have the courage to stand up for himself and succeed at life when things get a little tough.â*

Instead, she might just say, *"Stop whining about it. Do something about it"* or *"I'm so stressed in this relationship. I don't know how much longer I can do this."*

Why doesn't she just come out and say what the exact problem is and how he can fix it?

The main reason is because most women don't want to be a man's mother, teacher or big sister in life and have to teach him how to think, behave and face the problems in his life.

She doesn't want to have to show him how to be the kind of man she needs him to be.

If she has to teach him once how to behave like a man, what is going to stop him from acting like a victim again and again in the future?

Will she then have to keep on holding his hand and teaching him how to be a man in his life?

She doesn't want to do that.

She doesn't want to feel like she's taking care of him like he's a little child.

[image: Making the same mistakes over and over again]

That is the main reason why a woman won't come out directly and tell a guy why she is losing respect for him.

So, if you want to make your ex girlfriend have feelings for you again, you need to be able to show her that you've moved beyond the level that you were at when she broke up with you.

If you're unclear about why your ex girlfriend has lost all respect for you, start by asking

yourself, *â€œDid I do any of these things in my relationship with her?â€*

- Did you take her for granted (e.g. stopped being a man of your word, stopped letting her know how much you love and appreciate her)?
- Were you too insecure and clingy (e.g. stopped having interests and friends outside of your relationship with her, felt jealous when she made plans that didnâ€™t include you, or talked to other guys)?
- Did you have goals and a life purpose (e.g. something big you were working towards achieving vs. sitting at home watching TV or playing video games)?
- Did you criticize or belittle her in any way (e.g. make fun of her in front of others, disregard her opinions or ideas)?
- Did you allow her to be the more dominant one in the relationship (e.g. let her make all the decisions, let her win every argument or disagreement)?

Basically, by understanding what caused your ex girlfriend to lose respect for you, you can make some adjustments to how you interact with her (e.g. via your behavior, body language, the way you talk to her, the way you respond to her).

She will then be able to see for herself that youâ€™re not the way she remembers you any more, and her feelings for you will begin to change in a positive way.

However, if you donâ€™t fully understand what you need to change, when you get the opportunity to interact with her (which right now is probably not often), you will simply keep making the same old mistakes in your communication style, or be offering to fix the wrong things about yourself, and she will close up even more.

For example: A woman might lose all respect for a guy, because he is insecure and allows her to wear the pants in the relationship.

If he doesnâ€™t fully understand that, he might then be telling her things like, *â€œIâ€™ll do anything you want me to do. Just tell me what it is and Iâ€™ll do it, as long as you can forgive me,â€* when he interacts with her.

Yet thatâ€™s not what she wants.

By trying to get her back with the wrong reasoning, a woman will feel as though the guy doesnâ€™t really understand her and it will make her feel even less respect and attraction for him.

2. Make the Most of Every Interaction You Have With Her

When a woman has lost respect for her ex, chances are sheâ€™s not going to want to interact with him much, if at all.

If youâ€™re going to make your ex girlfriend see that youâ€™re no longer the same guy you used to be when she broke up with you, you have to make sure that every chance you get to interact with her (e.g. via text message, on social media, on a phone call or in person), youâ€™re showing her that youâ€™ve changed.

By showing her that youâ€™re now at a completely different level than before (via your thinking and how you talk, behave, feel and take action) and then focusing on actively making her have feelings for you again, it will make the negatives of your relationship seem less important to her because she

will naturally be feeling drawn to you in a way that feels good to her.

Remember: If you keep making the same old mistakes in your communication style, she will end up losing even more respect for you, and then it will make it even more difficult to get her to drop her guard.

So, to avoid doing that, here are some do's and don'ts to bear in mind when you're interacting with her.

- **Don't plead, beg, whine or try to convince her with words that you've changed.**

Consider that, right now, everything your ex girlfriend thinks about you is negative.

If you then get an opportunity to communicate with her, and you overwhelm her with begging, pleading, whining and trying to convince her that you're different now, she's naturally going to shut you out even more.

Why?

Women respect the emotional strength in men (e.g. confidence, self-belief, determination) and feel turned off by the emotional weakness (e.g. insecurity, neediness, wimpiness).

When she sees that you are displaying the types of behaviors that turn her off (e.g. begging, pleading, crying, giving her power over you), her lack of respect for you is naturally not going to change because she will be perceiving you as being emotionally weak.

The main thing to remember when you are interacting with her is that you need to use that time wisely.

Focus on actively changing her feelings for you by letting her see how different you are from when she broke up with you via the way you talk, think, behave and take action.

- **Do apologize in a sincere, yet confident way for past mistakes.**

One of the quickest ways to start proving to your ex girlfriend that you've moved beyond the level that you were at when she broke up with you, is by showing her that you are more mature and emotionally stronger than you were when in a relationship with her.

By giving her a sincere apology for past mistakes (without whining, pleading or begging), she can see for herself that you have started to change and she will slowly start to open up.

For example: A way for a guy to apologize to a woman who has lost all respect, is to say to her, *âI know that right now you don't have much or any respect for me as a man and I accept that. After having taken a good look at myself and my actions in the past, I don't blame you for feeling that way. I just want to say I'm sorry for how I behaved. I now see that my behavior was wrong. I just want to apologize to you so that we can both move forward on our own in a more positive way.â*

She might respond by saying something like, *âI don't know. I don't believe that you've really changed,â* and he might then say, *âI know you don't believe me right now and that's okay. I know that I was a fool to behave like I did before, but I just didn't know how to express myself in a better, more mature way. That's just not how I am anymore.â*

Then, by also showing her that he is really different (e.g. via his body language, behavior, and the

way he talks and he reacts to her) the walls she has built around her heart will begin to break away. Of course, you need to bear in mind that each guy's apology will be different and has to be relevant to him and what caused his ex girlfriend to lose all respect for him.

- **Don't bombard her on social media or with endless text messages.**

Desperately trying to get her attention by bombarding her with messages on social media or via text, is not the best way to go about re-gaining her respect for you.

Remember: If a woman is currently not feeling any respect or attraction for her ex, she's not going to be happy to be hearing from him all the time. In fact, the more pressure he puts on her to talk to him, the more she will want to avoid him.

Think of it this way: When a woman cannot see the guy or hear his voice, she cannot pick up on his emotional state.

So, even if he's really changed and is being a confident, mature and emotionally strong guy, because she cannot experience that through the tonality of his voice or by seeing his actions and body language, even a simple, *"Hey, how are you? Just let me know that you're doing okay,"* will potentially be seen by her in a negative light.

So, although his intentions might be good, her interpretation will likely be more negative.

For example: Rather than think, *"That's sweet. How nice of my ex to be concerned about me,"* she will likely be interpreting his message as saying, *"Hey, where are you? I'm so lost without you. I need you. Please talk to me,"* and she's going to switch off from him even more.

If you want to show your ex girlfriend that you've moved beyond the level that you were at when she broke up with you, regain her respect for you, and then actively make her have feelings for you again, then the best way to do that is by getting her on a phone call so that she can experience the new you first hand (e.g. via your tonality, by making her laugh, by being positive and confident).

Then you need to arrange a meet up where you can continue to actively change her feelings for you.

People Can Change the Way They Feel About Someone

[image: It's not too late to change how she feels]

Feelings change all the time.

Consider that when you first met her, your ex girlfriend was just a stranger to you and your feelings towards her were neutral.

Yet, over time as you got to know her a bit better, your feelings began to change from neutral, to like, to love.

In the same way, your ex girlfriend's feelings also went from neutral, to like, to love, but then they changed again.

Right now she might be saying, *"Go away! I have lost all respect with you and I don't want you in my life anymore,"* but that doesn't mean she has to stay stuck feeling that way.

Just like she didn't stay stuck feeling neutral towards you in the beginning, but grew to love you,

when you actively change the way she feels, her feelings for you will change too.

By identifying the reasons why she has lost respect for you, and showing her that you've changed (e.g. via the way you talk to her, behave, take action), you can actually make her feel differently right away.

You don't have to keep sitting around wasting time and thinking, *"My ex girlfriend has lost all respect for me and there's nothing I can do to change that,"* because you can actively change how she feels. It's really up to you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

How to Make My Ex Feel Guilty For Leaving Me

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Making an ex feel guilty for breaking up with you sometimes works to get her back for a day or two, but it doesn't last, because a woman doesn't want to stay with a man out of pity.

She wants to be able to respect you and look up to you as her man, not feel as though she is obligated to be with you because you're hurting now that she's gone.

If a guy can get his ex back through guilt, he has to then wonder, *â€œHow long will her guilt last for? What happens if she stops feeling guilty? Will she leave me again?â€œ* or *â€œEven though sheâ€™s with me now, Iâ€™m not sure if itâ€™s because she really loves me or if itâ€™s just out of pity. How long can I keep making her feel guilty for breaking up with me?â€œ*

Building a relationship on guilt and pity is never a good idea, because these are negative emotions. Lasting and committed love cannot grow and flourish from negative emotions.

If you really want to get your ex back and at the same time build a relationship that is strong, long-lasting, healthy and loving, then you need to focus on making her feel the positive emotions that she needs to feel, so that she can start to look up to you, respect you, feel attracted to you and feel love in her heart for you again.

If she comes back to you because she feels a renewed sense of respect and attraction for you as a man, then you can be sure that her love for you will be genuine and deep.

On the other hand, if she comes back to you out of pity or guilt, she will slowly begin to resent you, and eventually, the love in her heart will go cold.

A Woman Doesn't Have to Be With a Guy if She Doesn't Want to

[image: She doesn't have to stay if she doesn't want to]

Sometimes, a guy can make his ex feel guilty for leaving him by:

- Begging and pleading with her.
- Showing her how lost he is without her.
- Pretending to be dating, or having sex, with other women to try and make her feel jealous.

Yet, she won't remain stuck on a feeling of guilt for long, because she will eventually realize that you don't own her and that she doesn't have to be with you if she doesn't want to.

A relationship stays together when both people in it are happy and want to stay together; not because one person wants it and is forcing the other person to want it too.

So, when a guy is trying to convince a woman to be in a relationship with him by making her feel guilty, regretful, or any other negative emotions, he is behaving as though it is his right to stay in a relationship with her.

He is assuming that because he has been her boyfriend (fianc  or husband), she owes it to him to

come back.

However, that's not how a healthy, strong and happy relationship works.

A man doesn't own a woman, and a woman doesn't own a man. They are a couple because it is something that they both want, and because it feels good to both of them to be together.

In the past, men had authority over their woman and could treat her any way they wanted, without her being able to leave, but in today's world things are very different.

Modern women are a lot more independent, can make their own money and can take care of themselves.

They don't have to stay stuck in a bad relationship out of feelings of guilt; especially when there are so many other guys out there for them to choose from.

If you want a woman to stay with you, you've got to be the sort of man that she desperately wants to stay with and is afraid of losing.

If you focus on getting your ex back through guilt and other negative emotions, you are not giving her the opportunity to experience the amazing feeling of falling back in love with you because of who you are as a man.

Ultimately, the best way to get an ex back is to make her feel the positive emotions that she needs to feel to look up to you and respect you, feel attracted to you and feel the warmth of real love in her heart.

That is the power of actively making her have feelings for you again, rather than wasting time and energy trying to convince her to give you another chance by making her feel guilty for leaving you.

Love is More Powerful Than Guilt

Making an ex feel guilty by begging and pleading with her, and telling her things like, *"How could you do this to me?"* or *"I'm broken without you. Are you happy with what you've done to me?"* usually doesn't work, because women are turned off by emotionally weak men.

Women are attracted to the emotional strength in men and turned off by the emotional weakness.

So, in moments like that it simply makes a woman look at the guy, and feel like he's behaving more like a child that she has to take care of, rather than a man she can look up to and respect.

Even if she does feel some level of guilt (e.g. if she was harsh and unkind during the break up, or she said some hurtful things to him), she will likely still be thinking to herself, *"If I go back, he's probably going to be the same guy he was before I broke up with him. Nothing has really changed. He hasn't done anything about fixing the things that were a problem in the relationship,"* and that's not very attractive to her.

As for trying to make her feel guilty in other ways, for example:

- By pretending to be dating other, attractive women.
- By working out in the gym and improving his physical appearance.
- By posting lonely, *look what you've done to me* photos on Facebook and other social media sites.

That doesn't work either, because if a woman doesn't have feelings for a guy, she's going to be thinking, *â€œGood for you buddy. I'm feeling great, and I'm getting on with my life. Bye!â€*

On the other hand, if he actively makes her feel positive emotions of attraction and respect again, then she's naturally going to start thinking, *â€œHmmm, he seems so different now. What's changed? Why do I suddenly miss him so much? Why am I worried about losing him all of a sudden?â€*

Sounds better than making her feel guilty, doesn't it?

So here are 2 simple steps you can take, that will make your ex want to get back together, without forcing her to do it out of feelings of guilt or pity.

1. Understand what really went wrong with the relationship.

[image: Understand where you really went wrong]

The only way you're going to make your ex feel the positive emotions she needs to feel (e.g. look up to you and respect you, feel attracted to you) to want to get back together again, is by facing up to what really went wrong in your relationship.

For example: When a woman decides to break up with a guy, she usually has a very good reason.

However, in most cases, she's not just going to come out and say what's bothering her, because it's in a woman's instincts to let a guy down gently.

So, rather than come out and tell him what went wrong, she will give him some kind of excuse like, *â€œI just don't feel the same way anymore,â€* or *â€œMy feelings have changed. You're just not the guy I fell in love with.â€*

For some guys this can be confusing. They might even say, *â€œWhy doesn't she just tell me? Why does she have to be so vague? At least if she told me what went wrong between us, I would know what I have to fix.â€*

However, that's not how it works.

A woman doesn't want to have to be a man's teacher.

She doesn't want to have to spell things out for him and teach him how to be the kind of man she needs him to be.

Also, in her mind she usually feels like she's given him enough clues along the way.

For example: In the relationship a guy might have become clingy, needy and insecure.

Yet, rather than tell him directly, his woman might say to him, *â€œYou know I love you, but you have to trust me. I need to do my own things once in a while,â€* or *â€œWhy don't you go out and see some of your old friends? It's been ages since you had a boys night out.â€*

She's hoping he will get the message and change his clingy behavior.

If a woman dumps a guy because he is being insecure, needy and clingy in their relationship, she's naturally going to interpret any attempts by him to try and make her feel guilty, or to push her to get back together because he's hurting, as another sign of his insecurity and neediness.

She's going to assume that nothing about him has really changed, and she's not going to want to get caught up in his drama again.

Yet, if instead of trying to make his ex feel guilty for leaving him, a guy focuses on understanding the

reasons why she left him, he would then be able to change the way her interacts with her (i.e. when talking on the phone with her, at meet ups).

By making her feel the types of positive emotions she needs to experience, she can look up to him, respect him, feel attracted to him, and once again feel love in her heart for him.

When he makes her feel this way, wanting to get back together will feel good to her.

So, if you want to get back with your ex, don't waste time trying to make her feel guilty.

Let her see that you really have changed and allow her to experience what it feels like to interact with the new and improved you. Her perception of you will then automatically change, whether she wants it to or not.

It's so much easier to get a woman back when you understand what really caused her to leave you, because you then focus on making her feel understood when you interact with her (e.g. via your tonality, body language, attitude, conversation style and how you react to what she says or does) by letting her see that you have changed the things about you that mattered most to her.

If you don't have a clear idea about why your ex really broke up with you, ask yourself these questions:

- Did you make her feel loved, appreciated and taken care of, or did she feel like you were taking her for granted?
- Did you have goals and a purpose in your life outside of your relationship with her, or did you make her the focus of your life?
- Were you confident in yourself and in your value to her, or did you feel like you got lucky when you hooked up with her?
- Were you emotionally strong in the relationship, or did you become clingy, needy, insecure and jealous?
- Did you focus on maintaining and growing the attraction between you and her, or did you stop making her feel feminine and girly in your presence?

These and many other reasons are what cause a woman to break up with a guy.

When you fully understand the reasons applicable to you and your ex, you can then interact with her in ways that make her feel the types of positive emotions she wants to feel.

She begins to feel heard and understood and these positive feelings cause her to feel drawn to you.

2. Stop saying and doing things that are turning her off when you interact with her.

[image: Stop turning your ex off]

When a guy gets broken up with, it's only normal that he will experience many different emotions (e.g. hurt, anger, confusion, sadness).

So, when he is going through these different emotions, what may happen is that he responds by saying and doing things that, rather than convince his ex to give him another chance, actually continue to turn her off.

For example: A guy might use every interaction he has with his ex to beg and plead with her to give him another chance.

He might tell her things like, *"I promise to change if you give me one more chance,"* or *"Please don't do this. I can't live without you. You mean everything to me,"* or

â€œLet me explain. I can change, if only youâ€™ll give me another chance to prove it to you.â€

However, begging, pleading or being made to feel guilty usually doesnâ€™t work, because women are not attracted to the emotional weakness in men.

Women are attracted to the emotional strength in men and turned off by their emotional weakness.

So, in moments like that, it simply makes any negative feelings she is having about him become even stronger.

Also, a woman wants to be able to respect and look up to her man, not feel as though she is obligated to be with him because he is hurting and canâ€™t cope in his life without her.

Another way guys go wrong after they break up with their woman, is by spending weeks and even months ignoring her, in the hopes that she will come back.

However, if a woman doesnâ€™t have feelings for a guy, sheâ€™s not going to feel like itâ€™s that much of a big deal that sheâ€™s not hearing from him.

She might even feel relieved to be free of him, and sheâ€™ll usually just move on.

The fastest way to get an ex back is by actively making her feel the positive emotions that she needs to feel so that she will want to be with you again.

Yes, in some cases a woman might get back with her ex after heâ€™s been ignoring her for 30 and even up to 60 days, but usually, if a woman comes back and sees that the guy hasnâ€™t really changed, she will break up with him again.

So, not only has the guy wasted a lot of time ignoring her, by doing that heâ€™s also given her more time to move on.

Then, if he somehow does get another chance with her, she will usually break up with him when she sees that he really hasnâ€™t changed, and that heâ€™s still unable to make her feel the way she wants to feel when sheâ€™s with him.

The main thing you need to remember, is that after a break up, you will likely not be interacting with your ex as regularly as you did before.

This is why itâ€™s very important that when you do interact with her, you are saying and doing things that are attracting her to you, not turning her off.

Rather than wasting a lot of time begging, pleading, convincing, asking, or trying to make her feel guilty for leaving you, focus instead on making her feel good around you every time she interacts with you.

When you actively make your ex feel positive feelings of respect, attraction and love for you again, she then starts to wonder, *â€œWhy am I missing him? Why am I always thinking about him and wondering about who heâ€™s with and what heâ€™s doing?â€*

She is feeling like this because you have triggered her feelings of attraction for you again in a positive way.

From that moment on youâ€™ve got to continue saying and doing the types of things that are going to keep turning her positive feelings on for you, rather than saying and doing the types of thing that were turning her off in the past, or that have been turning her off since the break up.

Make Her Reconnect With Her Positive Feelings For You

[image: Make her reconnect with her positive feelings for you]

Right now you might be feeling hurt and angry because your woman broke up with you, so it's only natural that you might think, *"I want to know how to make my ex feel guilty for leaving me. I want her to see how badly she hurt me."*

However, trying to get an ex back through negative feelings of guilt or pity is not how you're going to build a long-lasting and loving relationship with her.

Think of it this way...

Would you want to be forced into being in a relationship with a woman who keeps doing things to upset you and turn you off, simply out of some misguided feeling of obligation, pity or guilt?

No, you probably wouldn't, because that would suck, and you would likely be waking up every morning thinking, *"I hate being here. I hate being stuck with this woman when everything about her is turning me off, and I can see that nothing is ever going to change."*

So, don't waste time trying to make your ex feel guilty for leaving you, and focus on making her feel all the positive emotions she needs to feel so that she can look up to you, respect you and feel attracted to you again.

Once she feels that she can respect you again, she will automatically feel drawn to you.

She will begin to realize that her love for you is more powerful than she ever knew, and she will choose to be with you again because it will feel good to her.

[image: Changing how she feels to get her back]

Getting back together will feel like the right thing to do for her. She will feel drawn to you and want to experience it.

That is the power of love vs. getting her back via feelings of guilt or pity.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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How to Stop a Break Up and Make Her Stay

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The quickest way to stop your girlfriend, fiancée or wife from breaking up with you, is to get her to forgive your mistakes and make her feel a sudden and renewed sense of respect and attraction for you.

Right now she is probably feeling certain that she wants to break up with you, and she's probably thinking that nothing you can say or do is going to change her mind.

This is why it's important to get her to agree to see how you and her feel together for just a few more days, before she makes a final decision.

She may initially be resistant to the idea, but if you remain calm and say to her, *"I know you're fed up with me, but all I'm asking is for you to give me a few more days before you make your final decision about us,"* most women will agree, because deep down she could still be hoping that you can convince her that things can be different between you and her.

Then, no matter what she says or does, you need to remain calm and be emotionally strong, so that she doesn't lose respect for you during this time.

If you behave in a desperate way (e.g. beg and plead for her to stay, tell her that she's ruining your life, shout and lose control of yourself), it will make her want to break up with you even more.

Attracting Her vs. Turning Her Off

It's difficult to not panic and feel worried if she's talking about breaking up with you, but the most important thing to remember right now, is that everything you are saying and doing is either persuading her to want to stay together, or convincing her to break up with you.

This is why it's important that your words and actions are attracting her to you, and not turning her off.

So, if you're unclear about what types of behaviors will push her away even more, here are a few examples to help you.

1. If you beg and plead with her, she will lose respect and attraction for you.

[image: Trying to stop a break up by begging]

What most guys do when they realize that their woman wants to break up with them, is immediately try to convince her to give them another chance by begging and pleading with her.

However, in most cases, rather than make her change her mind, a woman feels even more repelled by him and by what she perceives as his emotional weakness.

In fact, the more a guy begs and pleads, the more respect and attraction a woman loses for him as a man, because he is behaving like a little boy in her eyes.

Essentially, women are attracted to the emotional strength in men (e.g. confidence, masculinity, determination) and turned off by the emotional weakness (e.g. insecurity, neediness, desperation).

So, when a guy is going around crying, begging, pleading and saying things like *"I'm sorry. Please forgive me. If you give me one more chance I promise I'll change,"* or *"I'm sorry."*

*canâ€™t live without you. You mean everything to me. Just give me a chance to show you that I can change,*â€” rather than convince her to stay, it turns her off even more.

Yes, sometimes this tactic might work, especially if itâ€™s the first time a woman is considering breaking up with her guy and she still has some feelings for him, but eventually, if he doesnâ€™t do anything to change and be the guy she needs him to be, she will reach the same point again.

Then, because he hasnâ€™t actually done anything to gain back her respect and attraction, when he tries to beg and plead with her again, she wonâ€™t fall for it a second time.

Even though, in his mind, he might be trying to reason with her and explain to her that he can change, sheâ€™s usually not going to believe him because her feelings of respect, attraction and love are not there anymore.

Instead, she going to be saying things like, *â€œI know you mean well, but I just donâ€™t feel the same way about you anymore,*â€” or *â€œMy feelings for you have changed,*â€” or *â€œI need some time apart to think about what I really want in my life,*â€” or *â€œI just donâ€™t want to be in a relationship anymore.*â€”

Essentially what sheâ€™s saying is that she just doesnâ€™t have feelings for him and that he doesnâ€™t even know how to make her have feelings for him. Heâ€™s just begging, pleading, crying and going on and on about the same old things, but thatâ€™s not triggering her positive feelings for him.

So, if begging and pleading is a bad idea, then what should you do to stop the break up from happening?

When you understand that a womanâ€™s attraction to a man is based on how he makes her feel when sheâ€™s with him, you will then focus more on triggering her feelings of attraction for you, and less on trying to change her mind by begging, pleading or trying to convince her.

For example: Every time youâ€™re interacting with her from now on, ask yourself things likeâ€”|

- Am I making her feel good to be interacting with me, or is she feeling upset, annoyed or uninterested?
- Is she feeling turned on, or is she turned off?
- Does she feel like she can look up to me and respect me as a man (i.e. because youâ€™re portraying the types of personality traits and behaviors that are naturally attractive to women, e.g. confidence, masculinity, determination), or is she feeling turned off (i.e. because youâ€™re portraying the types of personality traits and behaviors that naturally turn women off, e.g. insecurity, self-doubt, clinginess, neediness).
- Am I the dominant one in the relationship, or does she feel like sheâ€™s emotionally stronger than me?

By asking yourself these questions every time you interact with her, you will automatically begin to make some changes and improvements to the way you are talking to her and interacting with her.

For example: If every time you interact with your woman from now on, you make a point of asking yourself, *â€œAm I making her feel good during this interaction with me, or is she feeling upset or annoyed?*â€” and you notice that she is feeling upset, you can then adjust the way that youâ€™re talking to her.

You can react differently to what she says.

You can respond differently, and you can behave in ways that will make her stop and think to herself, *What is going on here? This isn't how my boyfriend usually reacts. He's being so grown up. He's changed,* and she won't be able to stop herself from feeling a sudden and renewed sense of respect and attraction for you.

2. She doesn't want to hear you promise that you will do anything, or change anything, for her.

[image: Promising to change usually doesn't stop a break up]

It's only normal, that when a guy is faced with the possibility of a break up, to want to say and do anything to stop that from happening.

So, what often happens, is that he rushes into saying the things that he thinks his girlfriend wants to hear, in the hopes that she will then change her mind about breaking up with him.

For example: A guy might say to his girlfriend, *I know it's not your fault that you want to break up with me. I deserve it, but please don't do it! Just hang in there a little bit longer! I'll do anything. I'll change whatever you want me to change if you just give me another chance.*

However, that's not what she wants.

She wants him to change because he wants to, and because he's suddenly grown up and realized that he should have changed all along.

If she has to tell him to change, or if he doesn't fully understand what he needs to change by himself, then she will end up feeling like he hasn't really understood why she wants to break up with him.

When a man desperately promises to change for a woman, she loses respect for him because she doesn't want to be the director of his life.

She doesn't want to tell him what to do and be his boss.

If she has to take on the more dominant role in the relationship, she will stop feeling feminine and girly in his presence, and that will kill her attraction for him.

Without respect and attraction, it's very difficult for a woman to maintain her feelings of love for her man, causing her to focus more and more on the negative things about him (e.g. he is too clingy and insecure, he has no motivation to better himself in life, he takes her for granted).

Eventually, if a woman finds herself in a relationship with a guy that she cannot look up to, respect and feel attracted to, she will see no other choice but to break up with him.

If you want to stop the break up from happening, you need to understand what is causing her to want to leave, and then change those things about yourself.

You don't have to put yourself in a position of weakness, or promise her the world, to convince her to stay.

It's only by understanding her reasons for wanting to break up with you, that you can then make the right changes that will show her that you have grown up, and that you understand what she's been needing you to change.

If you try to get her to stay by making promises and offering things that don't even matter to her, she is just going to keep saying, *No. I can't do this anymore.*

3. She doesn't want you to ask her what you should change about yourself, because she wants you to figure that out on your own.

[image: She doesn't want to teach you how to be a man]

It's a natural reaction for a guy who is about to be dumped to be saying to his girlfriend (fiancée or wife), *Please don't break up with me. Just tell me what you want me to change and I'll do it.*

In his mind he's probably thinking, *If she tells me what to change, then I will know what she wants, and then everything will be okay between us.*

However, that's not how it works.

A woman doesn't want to be a man's teacher in life and have to teach him how to be a better man.

She wants him to be able to figure out for himself what he is doing wrong (e.g. by talking to friends or getting help) and then start being the type of man she wants, and needs, him to be.

If he can't figure out what's causing her to want to break up with him on his own, it means that she has to teach him, and in most cases a woman doesn't want to take on the role of being a guy's teacher or mother.

When a woman has to take on the role of being a man's teacher the relationship dynamic goes out of sync, and she stops feeling feminine and girly around him.

She stops feeling feminine in his presence, and eventually her feelings of attraction begin to fade.

If you try to get your woman to teach you how to be the kind of man she needs you to be, she will close up even more.

This is the main reason why it is so important that you figure things out by yourself.

When you can do that, she will be able to see for herself that you are the kind of guy she wants you to be, and she won't be able to stop herself from feeling a sudden and renewed sense of respect and attraction for you.

It's Not Too Late to Make Her Change Her Mind

[image: Change how she feels and she will change her mind]

Right now, she probably believes that it's in her best interests to break up with you.

She might have even thought up a big list of reasons why it's the best possible solution to her unhappiness.

However, just because she is feeling like that now, it doesn't mean that if you present her with a better, more grown up version of yourself, she won't want to change her mind.

In fact, when she sees that not only have you taken her concerns seriously, but have also taken the necessary steps to change, she will not be able to stop herself from feeling more attracted to you than she ever has before.

She will begin to see you with new eyes and she will begin to feel attracted in new and exciting ways.

So, don't waste any more time thinking, *I don't know how to stop her from breaking up with me.*

When you get her to forgive your mistakes and make her feel a sudden and renewed sense of respect and attraction for you via the way you behave, talk and interact with her, she will be the one who is holding on to you, in case you decide to break up with her.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

	WATCH VIDEO (FREE)
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What Works Better? Using the No Contact Rule or Remaining Friends With Your Ex?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

What should you do to get your ex back. Should you:

1. Ignore her in the hope that she'll come running back, or;
2. Agree to remain friends with her and see what happens from there.

Remaining friends with her always works better, because you get a chance to actively re-attract her.

Ignoring a woman with the No Contact Rule (i.e. not contacting her for 30-60 days) usually leads to her moving on, or making her feel like you don't care, so she then hooks up with another guy to make herself feel better.

Don't Waste Time Ignoring Your Ex

[image: Don't waste time ignoring your ex]

Ignoring an ex doesn't work in most cases, but it can work for some guys when the woman still loves him and wants to be with him.

She will feel the pain of losing him and will miss him when he doesn't contact her.

However, if she doesn't have feelings for him anymore or is very turned off by him (about 95% of ex back cases), she will just use the time that he ignores her to move on.

Watch this video for more info!

Your ex will only feel tremendous pain if you ignore her and she still has strong feelings for you.

Is that the case in your situation, or is your ex turned off by you and currently doesn't even want you back?

If she is turned off and doesn't want you back, what you need to do is actively re-spark and rebuild her feelings for you.

You can choose to ignore her and risk never getting her back if you want, but I don't recommend it.

I recommend that you actively get her back.

Deep, Strong, Unforgettable Feelings

[image: Deep, strong, unforgettable feelings]

In a relationship, it is the man's responsibility to guide both himself and his woman to deeper feelings of respect, attraction and love over time (i.e. by being the kind of man she can look up to and respect, feel attracted to and feel grateful to be in love with).

If he fails to do that, a woman will slowly start to lose respect for him and she will eventually break up with him or cheat on him and then break up with him.

Now imagine thisâ€¦!

A woman has broken up with her boyfriend who had ruined her feelings of respect, love and attraction for him and she feels relieved to be out of the relationship.

She doesn't want him back at all and he then tries to get her back by ignoring her for 30-60 days.

Will she be thinking, *â€œIt's been so long since I heard from my ex. Why isn't he calling me? What is he doing? I miss him so much. I just can't live without him!!! I need him!â€* and want to get back together with him, or might she be thinking, *â€œIt looks like my ex has moved on. Good, I can now get on with dating and having sex with other guys who can make me feel the way I want to feel in a relationship.â€*

Naturally, if a woman doesn't have feelings for her ex anymore, she's not going to feel like she's missing out on much when he doesn't contact her, so she'll usually just move on.

Alternatively, if a woman is having second thoughts about breaking up with her man and he then ignores her for weeks or months, she might think, *â€œWell, I guess didn't mean that much to him if he isn't even calling me to say hi or see how I'm doing, so I will find someone else who does appreciate me.â€*

She will usually then hook up with a nice, caring guy who treats her well so that she can feel better about herself.

So, if you're considering trying out the No Contact Rule on your ex, here are 3 main reasons why you're better off remaining friends with her instead.

1. Ignoring her doesn't change how she's feeling right now

Some guys ignore their ex for 30-60 days and then contact her and don't get a response, so they give up.

He might then begin to wonder, *â€œWhat's going on here? Why isn't it working? Isn't she supposed to be missing me and wanting to come back to me by now?â€*

However, ignoring her just doesn't work in most cases because he has done absolutely nothing for weeks, and even months, to actively re-attract her and regain her respect for him.

He has done nothing to change and he's still stuck at the same level he was when she broke up with him.

He is still the same guy.

So, not only has the guy lost a lot of time while ignoring her and giving her space to get over him and move on with her life, he's also done nothing active to change how she feels about him.

In most cases, he doesn't even know what he could do to re-attract her.

If you don't know how to re-attract your ex, here are 5 examplesâ€¦!

It's only when you actively re-attract your ex that she will actually begin to care, miss you and want you back.

If your ex doesn't see you or hear from you for a long time, there is nothing stopping her from moving on.

There is nothing attracting her back to you.

When a woman breaks up with a guy, most of her positive feelings of love, respect and attraction get

pushed into the background and replaced by negative feelings such as anger, disrespect, annoyance and indifference.

If a guy then actively makes an effort to re-attract her and re-spark her feelings of respect, attraction and love (e.g. by making her smile, laugh and feel happy when she interacts with him, showing her that heâs moved beyond the level that he was at when she broke up with him), she will begin to feel good about being around him again.

Her negative feelings will start being replaced by the positive feelings of love, respect and attraction again and her guard will come down.

On the other hand, if he ignores her, she will usually just continue to focus on her negative feelings for him, and in some cases, a woman might get even angrier the longer she doesnât hear from her ex.

Then, if he calls her up after 30-60 days, sheâs usually not going to be happy to hear from him and will speak to him rudely or in a cold, distant way.

She may think, *âIf you really wanted me back, you should have done something about it long ago. Iâm over you now and Iâve moved on, so leave me alone now!â*

If you want to get your ex back, the best approach to take is to actively make her have feelings for you again. You canât wait around hoping that if she misses you enough sheâll want you back. Donât wait around hoping her negative feelings will change on their own. You have to be the one to actively do that for her if you want her back now or in the next few weeks.

[image: Ignoring a woman rarely gets her back]

If you want to wait years for her to hopefully think positively about you, then go ahead and waste all that time.

However, if you want her back now, youâve got to actively do something about it.

You have to make her feel so good to be interacting with you that she then starts to wonder, *âWhy am I missing him all of a sudden? Why am I worried he might meet another woman?â*

Remember: In most cases, a guy cannot re-attract a woman if heâs not even talking to her.

If you remain friends with your ex, you can regularly interact with her and then use that time to actively regain her respect and attraction for you.

Another reason why you should avoid ignoring your ex is thatâ

2. She gets more time to meet and hook up with a new guy

Some guys hope that by ignoring their ex, she will somehow change her mind, but if she is an independent woman or can easily attract a new guy, she will usually just move on and start to forget about her ex.

Youâve probably heard the old saying, *âOut of sight, out of mind,â* right?

If her new guy is emotionally stronger than her ex (e.g. her ex was jealous and insecure while her new guy is confident, or her ex was clingy and needy while her new guy is driven and full of purpose) then not hearing from her ex for 30 or 60 days isnât going to be too much of a problem to her.

She will be too busy getting on with having sex, going out and enjoying her life with the new guy or with new men and usually wonât even give her ex a second thought.

Of course, the No Contact Rule works in some cases.

For example: If a woman lacks relationship experience, is insecure about her attractiveness to men and is worried about finding another guy, or she's struggling to find a replacement guy and she's afraid her ex will hook up with someone else before she does, then she will likely call him up if he's been ignoring her.

However, if she decides to come back to the ex who has been ignoring her (this happens in about 5% of cases. 95% of women just move on), it is almost always just a temporary thing, and as soon as she finds another guy, or becomes confident enough to be without him, she will break up with him again. The only proven, high success rate way to get an ex back is to actively re-attract her during any interactions that you have with her.

One of the best ways to achieve that is to accept a friendship with her that allows you to interact with her.

3. Her calling you doesn't mean that she wants to get back with you.

Sometimes, a woman will call up her ex after he has been ignoring her for a while, but that doesn't mean she wants him back.

For example: A woman might call her ex because

- She wants to gloat about getting on with her life without him (e.g. she has been dating and having fun, while he has been grieving and hiding away pining for her and not going out much).
- She wants to find out how much he misses her, or to see if he's still trying to figure out how to get her back.
- Her ex was once a big part of her life and she simply wants to know how he is doing.

Of course, her contacting him might also mean that she's been missing him or that her feelings of anger or hurt are no longer as intense as they used to be.

However, until your ex is back in your arms, kissing you, loving you and telling you how grateful she is to have you back in her life, you have not gotten her back.

Even if she is the one who is contacting you, she will feel turned off if she senses that you're still the same guy and haven't yet changed or improved enough to meet her standards or make her happy.

For example: You still feel insecure, she has too much power over you or you're not happy and emotionally strong with or without her.

If she senses that nothing has really changed, she will instantly reconnect with her negative feelings about you and the relationship and think that it was a bad idea to get in touch with you again.

If you want to get your ex back, you have to actively make a point of re-attracting her every single time you're interacting with her and you can't do that if you're ignoring her.

Being Friends is a Great Way of Making Your Ex Feel

Attracted to You Again

[image: Flirting with ex]

If you show her by the way you talk, your behavior, actions, attitude, body language and the way you respond and react to her, that you are at a different level from the one you were at when she broke up with you, she will naturally feel drawn to you as more than just a friend.

Watch this video for more info! |

As long as you let her experience the new and improved you, she will begin to think and feel differently about you.

She will begin thinking, *“I don’t know what’s happening to me now, but I feel so good when I talk to him now. I thought that I just wanted to be friends with him, but now I’m worried that he might meet another woman and I’ll probably lose him forever. Maybe I should just get back with him for a bit and see how I feel.”*

Remember: A woman’s attraction to a guy is based on how he makes her feel when he interacts with her.

That’s what is most important to women.

When you trigger enjoyable feelings of attraction for you every time you’re interacting with her, it makes the negatives of your relationship seem less important to her, because she now feels drawn to you in a way that feels good to her.

[image: Using the friendship angle to get her back]

She can’t stop herself from wanting to interact with you more and more, even if she had told herself, friends or family that she was not going to give you another chance.

You’ve brought her guard down by making her feel like it would be a good idea to get back, rather than trying to get her to give you another chance because you need her or love her so much.

It’s about her and her feelings and she feels about that.

[image: Using the friendship angle to get her back]

From there, you just need to build on that spark of attraction and show her that things really are different now.

However, don’t make the mistake of falling into the friend zone.

Mistakes to Avoid When Being Friends With Your Ex

If you want to get her back into a committed, sexual relationship with you, make sure you don’t make these classic ex back friend zone mistakes:

1. Being too neutral around her.

Some guys make the mistake of thinking that they have to be on their best behavior around their ex in order for her to give him another chance.

A guy like this will avoid doing the things that actively attract women (e.g. flirting, making her feel attracted via his personality and behavior), and will instead play it safe by staying neutral (i.e. by

never saying or doing anything to suggest that he finds her attractive and wants to be more than friends again) in the hopes that she will realize all by herself that she still has feelings for him, and will then suggest to him that they get back together again.

However, that's not how it works.

If you're not actively re-attracting her by making her feel respect, sexual attraction and love for you, then some other guy will.

She needs to be flirted with and to feel sexual attraction, so rather than making her feel like she needs to get that elsewhere, let her experience it with you.

Don't be afraid to flirt with her, make her laugh and make her feel attracted every chance you get.

Don't look at her as being your ex.

Look at her as being your girlfriend (or fiancée or wife or whatever applies to you) and feel welcome to flirt with her and make her feel attracted.

She will actually feel respect and attraction for you based on having the confidence to interact with her in that way even though you're currently broken up.

2. Being her shoulder to cry on.

The trap that a lot of guys fall into while being friends with their ex, is making themselves available to her as the person that she can rely on and call when she's feeling upset.

A guy will hope that if he's there for her when she's feeling vulnerable, or has been hurt emotionally by another man, she will suddenly realize that he's dependable and reliable and that she can count on him no matter what.

She will then want to get back with him.

It sounds like such a sweet Hollywood movie, but that's not how life works in the real world.

In the real world, if a guy doesn't actively make his ex woman feel attracted to him (e.g. via his behavior, communication style), she might appreciate him for being a good friend to her, but she will easily hook up with another guy if he comes along and makes her feel sexually attracted.

3. Being at her beck and call.

Being available to your ex 24/7 is not a good idea, because it can make her begin to disrespect your time and expect you to be ready to help her at a moment's notice.

If she a woman feels that she can call her ex up at any time and he will drop whatever he's doing to rush over to her, she feels like more dominant and powerful than he is.

She will then lose respect for him and as a result, she will find it difficult or impossible to feel any sexual attraction and desire for him.

Women are instinctively attracted to the emotional strength in men (e.g. confidence, masculinity, determination) and repelled by emotional weakness (e.g. self-doubt, insecurity, neediness, clinginess, being a pushover).

So, if her ex is always available to her and she feels she can make him do whatever she wants, she won't feel much or any respect for him.

The main reason for being friends with your ex is so that you can use interactions to attract her back and a good way to do that is to make it a little bit difficult for her to get your attention.

Don't push it too far where you ignore her texts and phone calls, but simply take your time replying sometimes and don't always be willing to do whatever she wants when she calls.

Turning a Friendship Back Into a Relationship

Based on the 100s of ex back cases I've worked on, remaining friends with your ex almost works better than using the No Contact Rule in 95% of cases.

Almost every guy who comes to me for help to get his woman back has already made the mistake of ignoring her and it hasn't worked.

I rarely hear from a guy who says, *"I got my ex back using the No Contact Rule."*

I've probably heard that 5 or so times, but the guy then explains that he lost her again because he still hadn't changed or improved in the ways that were important to her.

For example: He was still insecure, didn't know how to attract her in the ways that she wanted, made the same old communication mistakes and wasn't able to get her to respect him.

He then needs to learn how to do that to get her back.

So, if you want your ex back in the quickest, easiest, least painful way possible, don't waste time ignoring her and thinking that it will change and fix everything.

It won't.

What you need to do is start re-attracting your ex to the new and improved you in every interaction that you have with her as a "friend."

She will begin to think, *"Something has changed. Even though I thought it was over him, I don't like the idea of being without him in my life anymore. I at least want to give it one more try. Who cares what anyone else thinks. I want to be with him again."*

Based on the changes you have made, your ex will begin to feel good when she interacts with you, and will naturally become open to giving your relationship another chance or at least just having sex with you again to see how she feels afterwards.

That is how to approach getting your ex back.

Don't make the classic mistake of wasting loads of precious time ignoring her and hoping she will decide all by herself that she wants you back.

If you want her back and are deciding between accepting a friendship or ignoring her, go with the friendship and then use the interactions you have with her to re-attract her and get her back.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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My Ex Girlfriend is Happy With Her New Guy: How to Get Her Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your ex girlfriend seems to be happy with her new guy, that doesn't mean you cannot get her to re-connect with her original feelings of love for you.

What you need to do is stay in touch with her by any means possible (e.g. via text messages, social media, talking to her on the phone, or seeing her in person), so you can use the interactions you have to re-spark and rebuild her feelings for you.

Watch this video for more info!

When getting an ex back from a new guy that she is happy with, her new guy might not care if you contact her or he might be very worried about you contacting her and taking her back.

Sometimes the guy is going to be insecure and will try to block your ex from talking to you and other times, he's not really going to be that into your ex and won't care if she goes back to you.

He might be telling her that he cares about her and wants to stay with her, but most rebound relationships break up and most relationships in general go through a break up.

So, while it might seem like they are perfect for each other because she is happy with him, don't forget that your ex girlfriend used to be happy with you too.

If you want her your ex girlfriend back, you've got to make the most of any contact you have with her.

Watch this video for more info!

Essentially, the main thing you need to focus on is getting her to feel a renewed sense of respect and attraction for you, every time you interact with her, while also making her new guy seem less attractive compared to the new you.

If you can do that, she will change the way that she thinks about you and when that happens, she will begin to feel differently about you.

[image: She will open back up to you]

Once you achieve that, your ex girlfriend will become open to communicating with you, meeting up with you and getting back with you again.

The Main Reason Why She Feels Attracted to Her New Guy

[image: Why is she so happy with the new guy?]

Right now, if your ex girlfriend feels like she is happy with her new guy, it's usually because he is very different from you, and he is filling in the emotional gaps that were missing in your relationship with her.

For example: If a woman felt that her ex boyfriend was taking her for granted (e.g. by not paying too much attention to her once the relationship got past the early stages of excitement, he put her second to his job/friends/family all the time), then her new guy will be someone who makes her feel like a

princess (e.g. always tells her how beautiful she looks, puts her first in his life).

If you took your ex girlfriend for granted, watch this video on how to recover from that and get her starting to forgive youâ€¦!

If a womanâ€™s ex boyfriend was insecure and clingy in the relationship (qualities that are instinctively unattractive to women), then her new guy will usually be someone who is confident and comes across as being emotionally strong.

The new guy only has to be a little bit more confident in subtle ways and it will usually be enough for the woman to feel like she's getting a better experience with him, compared to her insecure ex.

So, what is making your ex girlfriend feel happy with her new guy right now, is that she is comparing the negative things about her relationship with you to the positive things she is experiencing with her new guy.

Sheâ€™s not really noticing the negative things about him yet, because sheâ€™s only focusing on how he is making her feel in comparison to how she was feeling when she was with you.

For example: If a woman was feeling taken for granted with her ex, and now sheâ€™s feeling loved, appreciated, and is enjoying being treated like a princess; she will focus on that.

She will tell her girlfriends, *"It's so nice to be taken care of for once. My ex was such a selfish asshole. I deserve the nice treatment that I am getting now."*

Even if her new guy is lacking in other areas of the relationship (e.g. heâ€™s not moving through the levels of life like a man, he has no big plans for his life), sheâ€™s not noticing those things about him yet, because of how happy he is making her feel in comparison to her ex.

Right now, your ex girlfriend is simply focusing on the one thing about her new guy that is different from her relationship with you, and it is making her feel good.

So, the way for you to stand out as being more attractive than him, is to be the more emotionally strong and mature one whenever you interact with her.

You should also focus on making her feel attracted to you by getting her to laugh, smile and feel good whenever you interact with her.

Let her see that she still has a good relationship with you (i.e. as a friend), rather than telling her that she would have a good relationship with you if she came back.

She will become interested in you again if she can see that you do make her feel good in different ways.

After all, that's most of what a woman wants in a relationship. She just wants to feel respect for you, feel attracted to you, love you and see that you feel the same way about her.

You can make your ex girlfriend look at you in that way again if you are willing to do what it takes to improve on your weaknesses and strengthen your strengths.

You can be even more attractive to her that you've ever been before.

You really can.

You haven't reached your true potential as a man yet. You are better than who you've been so far in life.

You are now at a crossroads in your life where your either going to become a better man, or feed sad and depressed and become an insecure man who thinks that he's not good enough to keep a woman

happy in a relationship.

You are.

You can do that with your ex, who will then become your girlfriend again.

You can then make the relationship even better than it was before by being a new, improved man that she can look up to and respect as well as feel attracted and happy around.

When you do that (even just a little better than you did before), she will start to reconnect with her original feelings for you.

How to Make Your Ex Girlfriend Want to Come Back to You

The way to get your ex girlfriend to want to dump her current boyfriend and want to come back to you, begins by understanding and starting to truly change the things about you that didn't make her happy.

At this point of the ex back process, some guys might wonder, *â€œI don't know what to change about myself to get her back, so where do I even start?â€* or *â€œMy ex girlfriend never told me what was wrong before she broke up with me. How can I know what she wants me to change?â€*

The first thing you need to be clear on, is that a woman will almost never come out and tell a guy directly what he's doing wrong in the relationship. Why?

A woman doesn't want to be a guy's teacher in life about how to be a man.

If she has to teach him how to be the man that she needs him to be, she fears that she will need to teach him again and again in the future.

If that keeps happening, she will end up feeling like she has to take care of him like a mother, big sister or teacher, and that's not attractive to her.

A woman wants her man to figure out how to be a man without her help, which is why she will give him hints (e.g. throwing tantrums, arguing with him, changing her behavior), in the hopes that he will notice and then make the necessary changes.

So, if you want your ex girlfriend to see you as being better than her new guy, you have to begin to fix the things that were a problem in her relationship with you, but are great in her relationship with her new guy.

Here's the really cool part!

Once you change the things about you that made your her unhappy and you begin to make her feel respect, attraction, love and happiness when she interacts with you, she will start noticing the problems with her new guy, because you will now be giving her what she really wants in a relationship.

So, if you're still unsure about what caused your ex to become unhappy in your relationship, here are some questions to get you thinking about what you might:

1. Were you clingy?

[image: Being needy, clingy or insecure]

A guy who is clingy and needy in a relationship is a big turn off for most women, because it is a sign

of emotional weakness.

Some insecure, dominating women like a clingy guy, because he is easy to control and can make her feel good about herself, but most feminine women prefer to be with a guy who is emotionally strong with or without her.

When a guy is clingy, a woman will subtly try to let him know that she doesn't like it so that he can then change (e.g. by showing less affection, changing her behavior).

For example: A woman might say something like, *“Why don't you call up your friends? You haven't seen anyone for weeks now; don't you think it would be nice for us to hook up with them for some drinks or coffee?”*

A clingy guy might then say, *“I'd rather be with you than with anyone else. Who cares about my old friends? I love being with you. That is what makes me happy. I want to spend every waking moment with you.”*

In his mind, he thinks that she might be impressed by how much he loves her by rejecting the idea of spending time with friends.

Yet, what she's trying to tell him is, *“You're smothering me by being so clingy and needy all the time. If you don't start having some interests outside of our relationship, I'm probably going to ask for time apart or break up with you because I don't want to be with a guy who hides from life behind me.”*

Another example of being clingy is just needing her to tell you that she loved you all the time, or needing her hugs to feel better about yourself.

There's nothing wrong with enjoying your woman saying, “I love you” or enjoying her hugs, but needing them to feel emotionally secure means that a guy is needy.

So, in your relationship with your ex girlfriend, did you become clingy? Did you stop having serious interests outside of your relationship with her?

2. Did you take her for granted?

A common reason why a woman will break up with her boyfriend is if he takes her love, attraction, respect and commitment for granted.

For example: At the beginning of the relationship, a guy might be attentive, charming and romantic towards his new girlfriend.

He might take her out to romantic dinners, compliment her about her appearance (e.g. *“You're so beautiful,”* or *“I love the way you always look so sexy. Even when you're wearing an old tracksuit you look sexy to me.”*) always return her calls, never cancel plans at the last minute and generally be a loving, caring boyfriend.

Yet, what often happens is that when the relationship gets more comfortable, a guy falls into a habit of taking her commitment to him for granted.

For example: He no longer compliments her about her looks, because in his mind he's thinking, *“I've already told her so many times. She knows that I think she's sexy. Why should I tell her over and over again?”*

If they start living together, he might then stop taking her out to romantic dinners, because in his view, her cooking is so much better than takeout or restaurant food.

However, in her eyes, she starts to feel like the cook and that heâs just taking advantage of her without ever putting any effort into romance.

If a woman stops feeling loved and appreciated in her relationship, she will naturally start to feel unhappy.

Then, if a really nice guy comes along who makes her feel loved, appreciated and special, she will naturally feel drawn to him and consider herself to be happier with him, because he is filling in the emotional gaps that were missing with her ex.

3. Does she feel as though you're not emotionally tough enough for a girl like her?

Women are instinctively attracted to the emotional toughness in men (e.g. confidence, determination, purpose in life, high self-esteem) and turned off by the emotional weakness (e.g. insecurity, self-doubt, lack of ambition and direction in life).

If a woman is stuck with a guy that she perceives as being emotionally weak, she will naturally begin to lose respect and attraction for him.

Here are some examples of emotional weakness:

- He lacks confidence in himself around her and other people.
- He feels unworthy of her because he places her above himself in terms of attractive value.
- He believes that he got lucky with her and that he wouldn't be able to attract other quality women if she left him.
- He hides from his true potential in life because heâs afraid of failure or being embarrassed if people make fun of him for losing.
- He is shy, submissive or nervous around confident men.
- He often whines about life and complains that it's all too difficult.
- He lets his girlfriend get away with treating him badly (e.g. not calling him when she says she will, flirting with other guys when they go out together).

Some guys feel as though their girlfriend should put up with that kind of emotional weakness because he loves her so much.

Yet, a woman doesn't want to be a guy's mother or big sister figure in life. She wants to be a man's woman or man's girl.

4. Does she feel like she wears the pants in her relationship with you?

Regardless of whether a woman is a doctor, a lawyer, or even the president of her country, when she is with her man, she wants to know that he is the man, and that she can then relax into being a feminine woman around him.

If a woman gets a sense that she is the more dominant one in the relationship, no matter how much she might initially enjoy having so much power over him, eventually sheâs going to lose all respect for him because heâs taken on the role of being the submissive woman and she then has to behave like the man.

Some women are more masculine and enjoy being in a relationship where the male/female dynamic is reversed, but most women prefer to be with a man who is the man all the time.

If your ex girlfriend is a feminine woman, she doesn't want to be able to dominate you. She wants to be your girl, not your friend, your big sister, teacher or mother figure in this life.

5. Did you make her feel stressed out when she was around you?

One of the biggest things that cause a woman to feel unhappy in her relationship with a guy, is when the guy makes her feel unsafe and stressed out.

For example: He's always annoying her to get her attention, he's too clingy, he starts arguments for the heck of it or puts too much pressure on her to follow strict relationship rules.

Another example is where he isn't making enough of an effort to become successful in life and as a result, he's often struggling to pay bills or getting into trouble at work or falling behind at university.

[image: Make her see you as being emotionally stronger than him]

If a woman wants a man who is emotionally strong enough to rise up through the levels of life, she's going to feel stressed out when she feels like she is the more responsible one of the two of them.

A woman might then say to her boyfriend, *"Why are you always hanging around watching TV? You're so lazy; you'll never get anywhere in your life with your attitude and approach to things."*

Even though she can earn her own money and succeed in a career on her own, a woman just doesn't want to get stuck with a man who is going to struggle to put food on the table, or will be unable to take care of her and any children they might have in the future.

It's a very competitive world these days and if a guy is going to do well, he has to be emotionally strong, mature and consistent, otherwise other guys are just going to overtake him and he will be left behind.

If a woman feels like she is with a potential loser, she's will often say things like, *"I need time apart to find myself"* or *"I want to be alone for a while to focus on what I want."*

What she is essentially saying is, *"You aren't making me feel safe. You have forced me to have to think like a man and focus on my own success in life. I can't relax and be your girl. I have to be more of a goal-focused, driven, determined, strong woman with you and because of that, I now feel like you are more of a burden than a benefit to me in this life, so I want out."*

Most women want to know that their man is in control of his life and is the kind of man she can look up to, respect and depend on through challenging times.

She doesn't want feel like she's living on the edge and that their whole life could come crashing down at any moment.

So, if you want to get your ex girlfriend back from this new guy, you've first got to clear on what caused your ex girlfriend to break up with you, so you can then impress her with the changes you've made.

When she sees that you understand where you were going wrong and have already changed or begun to change, she will naturally feel a renewed sense of respect and attraction for you.

You Can Get Her Back By Using Every Interaction With Her as an Opportunity to Rebuild Her Feelings For You

[image: Make her fall back in love with you]

If your ex girlfriend is happy with her new guy, you have to remember one thing:

Regardless of how you're communicating with her (e.g. via text message, on social media, on the telephone, or in person) you have to make sure that every time you're interacting with her you're making her feel a renewed sense of attraction and respect for you.

You can do that by making her smile and laugh, and by showing her via your body language and the way you talk, behave and communicate with her, that you've changed and that you're no longer the same guy that she broke up with.

[image: Take her back from this new guy]

When you trigger a your ex's feelings of attraction for you in this way, it makes the negative aspects of your relationship seem less important to her now, because she is naturally feeling drawn to you in a way that feels good to her.

If she constantly experiences you as being a new man who is very different from the ex that she remembers, she won't be able to stop herself from wanting to be around you again, even though she previously might have thought that she was over you and was happy with her new guy.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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How to Get Your Ex Back After Taking Her For Granted

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

How can you get your ex-girlfriend or fianc  or wife back after taking her for granted?

What you need to do first is apologize. Of course, you've most likely done that already. You've probably apologized to her many times at this point.

So what else do you do?

You've got to start being nice to her, but don't suck up to her.

A lot of guys make the mistake of really going overboard in trying to suck up to their woman and really show her how much they've changed (e.g. a guy might start buying her gifts, paying for things, taking her on holidays, and just going overboard to show her how much he cares).

What you need to do start being nice to her, but don't suck up to her. If you suck up to her in a desperate way, it'll actually turn her off because women are turned off by emotional weakness and desperation in men.

You also need to mix in some of your original behavior that attracted her to you in the first place.

[image: Remember what attracted her to you in the first place]

Go back to being the confident, cool guy that you were at the start of the relationship. She is attracted to that about you, but in the relationship she just needed you to treat her better, and make her feel more appreciated while being like that.

Don't let her see you taking her for granted as the worst thing in the world.

[image: Making her forgive your mistakes]

Everyone makes mistakes, but what makes a man a great man is when he learns from his mistakes and becomes a better man as a result.

You can say to her, *"Look, I've learned from my mistakes, and you probably don't care, but you should at least be able to see that, rather than continually telling me how bad I was before. I know that I've made some mistakes, and I don't expect you to take me back now, but you could at least acknowledge that I'm not like that anymore."*

Laugh off her attempts to continually complain about how you treated her before.

For example: If she's going on and on about things that you used to do, you can laugh, and in an easy-going kind of way, you can say to her, *"Okay. Well, look, that's the second time you're bringing this up on the call. I don't blame you for wanting to talk about it, but look, it's the second time you've brought it up, so let's try to just say it this one last time."*

Then if she brings it up again later in the call, you say to her, *"Look, alright, now that's the third time that you're bringing it up. Let's see if we can get to 5 or maybe even 10 by the end of this call."*

Make light of it rather than continually apologizing over and over again for the same things when she just keeps bringing it up.

Let her see the funny side of things, let her laugh. Let her relax. Let her not be so serious about what she's talking about.

Yes, you've made some mistakes before.

Yes, you didn't treat her perfectly, but there's no need to keep going on and on about that.

If she keeps going on and on about it, just turn it into something funny. Turn it into something to laugh about, rather than be so serious about.

Finally, make her feel respect and attraction for you in new and exciting ways.

[image: Bring back the love]

In some cases, it's not enough just to go back to how you were at the start and begin to attract her in those ways.

In the cases where I've helped guys get a woman back after taking her for granted, he often has to start making her feel respect and attraction in new and exciting ways.

By the way, how to make her feel respect and attraction for you in new and exciting ways is explained in my program, *Get Your Ex Back: Super System*.

The Main Mistake Guys Make When Trying to Get a Woman Back After Taking Her For Granted

When it comes to getting a woman back after taking her for granted, the main mistake that guys make is that they forget that she used to feel attracted to the fact that he wasn't so attentive and such a great boyfriend, fiancé, or husband before.

She used to like that he was a little bit hard to get, a little bit hard to please.

So a guy will make the mistake of becoming super attentive, and nice, and supportive, and polite, and respectful, and everything is just really nice, and he's trying to show her how much he cares, how much he loves her, but the thing is that isn't the right approach to take.

You need to approach it in a more balanced way (i.e. be nice to her, but be sure to mix in some of your original confident behavior that attracted her to you in the first place).

When I've helped guys to get a woman back in a situation like this, there are many different examples and reasons why he was taking her for granted (e.g. he was too distant, he was emotionally unavailable, he wasn't willing to commit, he was a bit of an asshole to her, he was a bit too controlling, and he just expected her to put up with his bad treatment).

So to get her back, it's not about continuing to be a bad boyfriend, fiancé, or husband, and treating her badly, etc., being controlling.

Instead, it's about understanding that if she put up with that for a long time and she liked it and enjoyed it at the start, and maybe for a couple of months or a couple of years into the relationship, then it means that she's the sort of woman who does like a guy who is a bit more of a challenge.

What you need to do is mix in some of your original behavior that attracted her to you in the first place, as well as be nice and treat her well from now on. You then need to work on getting some of her trust back.

A great way to do that is to put a percentage on it.

So, say for example, you talk to her and you say, *"Hey, look. I know I took you for granted. I was a bit of an asshole. I did this, or I did that (briefly mention whatever you did to take her for granted). What's it going to take for you to trust me again?"*

If she says she doesn't know because she can't really trust you, what you can ask her is, *"Okay. Well, how much do you trust me now as a percentage? Do you trust me 50%, 30%, 60%, 80%, or maybe 100%?"*

Have a little bit of a laugh with her about it. That questions isn't designed to be serious and formal, and you don't need to get an accurate answer from her, like, *"What percentage do you trust me now? Like 63.2?"* sort of thing.

Be more light-hearted about it, but get her to answer the question so you've got a definite starting point.

If she says that she trusts you 50%, you can then ask her, *"Okay, so what's it going to take to get to 70%?"*

Don't Ask Her to Help You Understand What You Need to Improve or Change

In most cases, when a man asks what he needs to improve or change, a woman is usually going to say, *"I don't know."*

The reason why a woman says, *"I don't know,"* is that she doesn't want to teach her guy how to be the type of man that she wants him to be.

A woman doesn't want to be in a situation where she's with a guy that she constantly has to teach, and mother, and be like a big sister to throughout life. She wants him to understand how to be the type of man that she needs with or without her encouragement, reassurance, teaching, advice, etc. She just wants him to figure it out and get on with being the sort of man that she needs.

[image: Get her to see the new you]

However, if your ex is the sort of woman who will openly explain things, she might say to you, *"Oh, well, I'm going to need to see that this is consistent. I'm going to see that you really have changed. I'm going to need time. I'm going to need time to assess this. I'm going to see how I feel."*

So what you need to do then is continue to show her that you really have changed, but don't get desperate about it (i.e. don't start sucking up to her by being extra nice).

Women don't like to see a guy in desperation mode where he's lowering himself and is going overboard trying to show her how much he's changed, to hopefully impress her.

What she wants to see is that you're changing because you want to change, and you are becoming a better man. You're learning from the mistakes that you've made, and you're becoming a better man as a result.

Taking a Woman For Granted is Common

One final point that I want to make about taking a woman for granted in a relationship is that it's a very common that men make.

It's not a fatal mistake; you're not a failure as a man for doing it. You're not a bad man for doing that.

Yes, you did make a mistake.

Yes, you could have treated her better, but you've learned that now.

As we go through life, we live and learn, and what separates the great men from the not-so-great men are the men who learn from their mistakes and become a better man as a result.

You learning from the mistake of taking her for granted and becoming a better man as a result, that's a good thing.

That's something to be proud of. That's something to lift your chest up about, to keep your chin up about. Not to look back on it and think, *"Oh, I'm such a failure. I'm such a bad boyfriend, or fianc  , or husband. I'm such a bad man. I'm such a horrible relationship partner."*

No.

You HAVE learned from your mistake.

You ARE becoming a better man.

Everyone makes mistakes throughout life, but what separates you as being a great man compared to not-so-great men is if you actually learn from this experience, and you do become a better man as a result.

Yet, don't expect her to jump up and down, and be excited because you've learned from the experience.

When a guy is trying to get a woman back, he often makes the mistake of learning from the experience, and then trying to tell her, *"Hey, I've learned from the experience. I'm a better man now. I'm sorry. Things are different now!"*

But that rarely works because it's more about talking to her and trying to convince her rather than actually making her have feelings.

What you need to do if you want your woman back is you need to actively make her have feelings for you again rather than trying to explain to her that you've changed.

If she doesn't have strong enough feelings of respect, attraction, and love for you, she's not going to care enough that you've learned from the experience to want to get back with you.

What really matters to her is how she feels, and what you can do, if you approach the Ex Back process correctly is you can actively make her have feelings for you again.

[image: Laugh off her attempts to keep complaining about the past]

You can actively start to trigger her feelings of respect, attraction, and love, and you can also get her to forgive the mistakes that you've made in the relationship.

Part of getting her to forgive the mistakes that you've made is to let her know that everyone makes mistakes in life, but don't put too much emphasis on that and think that she's going to forgive you, and forget everything and rush back into a relationship with you just because she now understands that everyone makes mistakes in life, and it's possible for a person to learn and grow and become a better person as a result.

That isn't what really matters to her.

What matters the most is how you make her feel when you interact with her now, whether you are able to actually make her connect with the love again, whether you are able to make her feel respect and attraction for you again.

That is what really matters.

Get Her to Fall in Love With You Again

Okay, so I hope you've enjoyed this post and it has been helpful for you.

If you want a step-by-step solution to follow, I recommend that you watch my program, Get Your Ex Back: Super System.

It's 10 hours of video that you can begin watching right now or you can download it, you can watch it later, you can go into your Modern Man account and watch it online.

By the end of watching the 10 hours of video, you will be ready to contact her, get her to meet up with you, get her to respect you, and forgive you, and feel attracted to you again; reconnect with the love and give the relationship another chance.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

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How to Get Your Ex Back After Begging and Pleading

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

How can you get your ex back if you've made the classic mistake of begging and pleading with her? It's pretty simple.

You've got to laugh it off.

You've got to see it as not being a serious mistake because the truth is we all make mistakes in life.

We all live and learn, and sometimes when a person is going through an emotional situation, a challenging situation, sometimes they will make mistakes in their communication and behavior and they might even learn from that.

If a guy is a great man, if he's becoming a better man over time in life, then he's going to learn from his mistakes. He's not going to continue making the same mistakes over and over and over again.

Just because he made a mistake, it doesn't mean that he's a failure. It doesn't mean that he's a bad man, a hopeless man, an unattractive man, a no-hoper.

No way.

Instead, it's simply a learning opportunity. It's a mistake that he has made and he has learned from it.

What to Say to Your Ex About How You Begged Her For Another Chance

When you talk to you ex about the fact that you were begging and pleading, you can laugh and say that we all make mistakes in life.

"Yes, I was being silly. You've probably said or done silly things in the past, too," and then just laugh it off. Tell her, *"I get it now. I was being a bit silly and I now look back and laugh at how I reacted. I care about you, but that was just an immature way to react, as you'd probably agree."*

From then on, you just need to be a confident, masculine man in every interaction that you have with her, and she will then begin to respect you again.

She'll begin to forget about the mistakes that you've made because, hey, you're able to look at it and laugh at it and say, *"Yeah, I was being a bit silly there. We all make mistakes in life. I'm sure you've made some mistakes at times. When I look back at it now, I think that was pretty silly of me to react like that, but, hey, we all live and learn."*

From then on, just be the confident, masculine, mature man that you have now become.

Don't let her continue to bring that stuff up or don't let it continue to make you feel bad and feel like you've made a fatal mistake, a horrible mistake, that you're hopeless, that you're a horrible man for doing that.

No.

You're not hopeless for doing something like that.

It's simply something that has caused you to learn and become a better man.

You have learned from it.

You have grown from it.

There's nothing wrong with that. We all make mistakes in life.

Everyone makes mistakes, but what sets a man apart and makes him a great man is when he learns from his mistakes and becomes a better man as a result.

Getting Her Back

Some guys reading along now will now say, *"Oh, thanks, Dan. That's awesome. I'm going to use that advice to get my ex back"* and he will then contact his ex, have a chat with her, meet up with her and get the relationship back together.

Whereas other guys might say, *"Well, that's great. It's awesome, but I still feel emotionally weak. I feel like I'm not going to be able to be that strong around her. So what should I do?"*

That's where my program comes in.

If you do need help, if you're not feeling emotionally strong, if you don't know what to say or do around to her to make her feel respect, attraction and love for you, that's when I recommend you should watch my program, Get Your Ex Back: Super System.

It's 10 hours of video, and by the end of it, you will feel emotionally strong. You will be confident when you interact with her, and you will know how to get her to feel respect, attraction, and love for you again.

Getting Past Your Mistake

If you have made the mistake of begging and pleading to your woman after she broke up with you, just don't worry about it.

Seriously, it's not that big of a deal.

People make mistakes all the time.

You are a great man if you learned from that mistake and become a better man as a result. You're not a failure for doing that.

There is nothing wrong with you for doing that.

You've simply learned something in life, and have become a better man as a result.

That is something to feel proud of, to feel confident about and to be happy about.

So, make sure that you let your ex see that you are confident in yourself now and are already way past learning a lesson from that experience.

You now know that begging and pleading is a silly, immature reaction and you are confident, wise and mature enough to be able to laugh at it and see it as a lesson learned.

When she notices that you have that kind of confident, forward-moving, mature mindset, she won't be able to stop herself from respecting you for it.

However, regardless of how she reacts, you need to be confident and guide her through the reconciliation process.

You can't ever expect her to say, "Wow! You learned a lesson! Okay, let's get back together."

Letting her see that you've learned a lesson is simply about allowing her to relax and see that you're not the same guy who was begging and pleading with her.

You've matured, become stronger and become wiser and are now a more appealing option to her than you were before.

From there, you need to have the confidence to guide her back into a relationship with you.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How to Make Your Ex Miss You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The secret of how to make your ex miss you seems like a pretty obvious answer, but it isn't.

Most people will tell you, *"If you want her to miss you, then just don't contact her. Ignore her, and then she's going to miss you. Absence makes the heart grow fonder,"* blah, blah, blah, all that sort of stuff.

Yet, the reality is if a woman doesn't have feelings for her ex-boyfriend, fianc  or husband anymore and he starts ignoring her, it might make her miss him a little, bit but in a lot of cases, it just gives her time to move on and forget all about him.

So, if you are one of the many guys who have made the mistake of ignoring your ex in the hopes that it will make her come running back to you, what should you do instead?

Here's what you need to do:

1. Interact with her.
2. Actively make her have some feelings for you when you interact with her.
3. Step back (give her space) for a few days.

For example: Interact with her via text, on a phone call, or in person if you can.

Make her feel a renewed sense of respect and attraction for you when you're interacting with her, and then step back for a few days. Give her space for a few days so she can actually miss how good it feels to interact with you these days.

Then contact her again, and repeat the process until you get her back.

[image: Making your ex miss you]

By interacting with her and making her feel something for you (e.g. feelings of respect, attraction, and love) and then stepping away to give her space for a few days, it allows her to miss you a bit.

The first time a guy tries it, it's not going to necessarily get his ex back in every situation.

Sometimes it will in the easy cases, but in the difficult cases where the woman doesn't want anything to do with her ex-boyfriend, fianc , or husband, if he interacts with her, actively makes her have feelings for him and then ignores her, she might miss him, but she's not necessarily going to come running back to him saying, *"Oh, I want to be back with you. Please, let's get back together. Let's catch up!"*

In really difficult cases, sometimes a guy has to repeat that 3-step process three or four times and then the woman really wants to get back together with him.

However, he shouldn't just keep repeating the process of interacting with her, stepping away, and not doing anything about it.

What he needs to do is make sure that he's stepping up the significance of the interactions.

For example: If he starts out by actively making her have some feelings for him via text (e.g. getting her laughing and smiling, making her feel good). Then, the next time he contacts her, he must get her on a phone call, and he must make her have some feelings for him on the phone call.

Then, the next time he contacts her (if he's not able to arrange this when he calls her the first time),

he needs to get her to meet up with him in person so he can then make her have some feelings for him in person.

A lot of guys are able to get their woman back at that point, but if you aren't able to get her back at that point, don't worry about it.

You can actively make her have feelings for you in other ways when you're not even interacting with her.

You can start to plant seeds in her mind where she starts to miss you and wants to be with you, she forgives you and she starts to reconnect with the love. All of that is possible.

I'm going to continue helping you throughout this post, but I just want to point out before I continue on that if you do need a lot of help (i.e. you don't know what to say or do to make her have feelings for you, miss you, want to be with you, forgive you, etc) all of that is explained in my step-by-step program, *Get Your Ex Back: Super System*.

It's 10 hours of video that you can begin watching immediately.

When you finish watching the video, you will be ready to start interacting with her and making her have feelings for you again, getting her to forgive you, getting her to hook up with you again, and want to be in a relationship with you again.

Making Your Ex Miss You

[image: How to get your ex girlfriend to miss you]

By actively interacting with your ex and making her have some feelings for you again and then stepping back, she then starts to think of you in a positive light, and begins to forget about the bad times.

She begins to think, *"Why am I having feelings for him all of a sudden? Why do I miss him? Why am I feeling good about him now? Why am I not so concerned about how bad the relationship was near the end? Why do I feel differently now?"*

The reason why she feels differently about you is that you have been actively making her have feelings for you again.

You've been actively triggering feelings like respect, attraction, and love. You've been doing that while interacting with her.

That's why the old saying of, *"Absence makes the heart grow fonder"* isn't always correct.

That saying is about when someone is absent that you respect and love and feel attracted to, then the heart grows fonder.

Yet, if a woman is broken up with you, and she doesn't want anything to do with you, she doesn't have feelings for you and then you ignore her and hope that it makes her miss you, then the absence, the space and the time apart isn't going to necessarily make her want to come back and be with you.

It might make her miss you a bit and think, *"Oh, I don't have him in my life anymore,"* but it really doesn't work on a lot of women because the woman usually just moves on, or she keeps focusing on the negatives of the relationship and she then finds a guy who has different qualities about him that the ex was missing, she feels happy in the new relationship and she just moves on.

So, that's why I don't recommend guys waste time ignoring their ex and hoping that if they just

ignore her for long enough, then she'll realize how much she misses him and she'll come running back.

It's just not an effective approach to use to get a woman back in most cases.

It does work in a very small percentage of cases (e.g. where the woman doesn't have much experience with relationships and breakups, and she can't deal with the pain of the breakup and she then comes running back, or she can't find a new guy, etc) but in most cases, the woman just uses the time when a guy is ignoring her to move on, to find a new guy and forget all about him.

So if you want your ex to miss you, you've got to be active. You've got to actively interact with her and make her feel something for you.

What if She Has Blocked You From Everything or Won't Answer Your Calls or Texts?

Of course, not every guy can actively interact with his ex because sometimes a guy is in a situation where his ex has blocked him on social media, she won't answer his calls, she won't reply to his texts and she just won't see him at all.

So, how is he going to actively make her have some feelings for him again?

What a guy needs to do is use whatever communication method is available to him with his ex (e.g. e-mail) to get a message through to her so he can then get her on a phone call.

For example: A worst case scenario where a guy has only got access to his ex via e-mail. She's blocked him on her phone. She's blocked him on social media, and he can only send her an e-mail.

What he needs to do is send her an e-mail saying something like this, *"Hey Jenny. I know that we're broken up and I accept that, but there's something quick that I wanted to ask you over the phone. So, if you can just unblock me for a day or answer the phone tomorrow, I'm going to call you up and have a quick conversation with you. If you don't ever want to talk to me after that, that's totally fine. I will accept it."*

What he needs to do then is get her on a phone call and use that interaction as an opportunity to make her feel SOMETHING for him.

He needs to create a spark of attraction again. He needs to get her laughing and smiling. He needs to allow her to see that he has changed.

He's talking differently, and he's reacting to her differently. It's not the same old version of him.

Another example is where a guy has got access via phone so he can actually call her up.

If he calls her up and she doesn't answer, he can send her a text message saying, *"Hey Jenny. It's Dan here – there's just something quick I wanted to ask you over the phone. I guess you're busy at the moment. I might try to call you another time."*

In most cases, the woman will then text back, and then the guy can call her up and get her on a phone call. On the phone call, he needs to spark her feelings of respect and attraction for him.

So, if a guy is being blocked or his ex is ignoring him, essentially what he needs to do is get to the point where he can have an interaction with her on a phone call or in person.

The reason for that is when you interact with your ex on the phone and in person, she can experience

the new and improved version of you much better than just via text.

For example: If a guy had an interaction with her on the phone and he got her laughing and smiling and she was feeling good, he then needs to give her some space for a few days to let her miss him. On the second phone call, a guy can usually then get his woman to meet up with him.

From Missing You to Kissing You

[image: From missing you to kissing you]

By the way...

If you need help getting your ex back and you don't know what to say or do at each step of the process, you don't know what to text her, you don't know what to say on the phone to get her to meet up with you, you don't know what to say in person to get her to forgive you and give you another chance, all of that is explained in my program, Get Your Ex Back: Super System.

You'll learn how to make her go from missing you to kissing you and then telling you that she loves you and is sorry for how she treated you when she broke up with you. 100s of other guys have already done it and you can too.

So, if you're serious about getting your woman back, don't make the classic mistake of ignoring her and wasting a lot of time sitting around hoping that if you just ignore her, then she will miss you, and her life will be sad and lonely without you.

It's really an ineffective strategy, and it usually causes a woman to feel like she needs to move on and find another guy either to get emotional revenge on her ex-boyfriend, fianc  or husband for ignoring her, or just to make herself feel better and get a new relationship so she's not feeling sad, lonely, rejected and confused about why her ex isn't contacting her.

Of course, when I say to contact your ex and interact with her, I'm not talking about contacting her in a needy way, in an insecure way, trying to convince her to give you another chance, promising that things will be different, begging, pleading, etc.

What I'm talking about is interacting with her and when you interact with her, you use that as an opportunity to make her feel something for you.

You've got to make her have some type of feelings for you again. Feelings like respect, attraction, and love, you've got to be triggering that.

When you do that, a woman's guard naturally comes down and she opens up to you.

She starts to look at you differently, think about you differently, and she becomes open to texting with you, talking to you on the phone, meeting up with you in person, getting intimate again, and giving the relationship another chance.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How to Re-Attract Your Ex (5 Examples)

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

In this post, I'm going to provide you with five different examples of how you can re-attract your ex-girlfriend (or if she's your ex-fiancée, or ex-wife, the same rules apply).

This is how to re-attract an ex-woman who has broken up with you, and currently doesn't want anything to do with you.

She doesn't want to get back with you. You want to get back together with her, but she's just not feeling it.

So, how can you make her feel attracted? How can you re-attract your ex?

1. Be emotionally stronger than her

[image: Be emotionally stronger than her]

Women are naturally attracted to the emotional strength in men (e.g. confidence, self-esteem, self-assurance, assertiveness, determination to succeed, etc). Those types of emotional strengths and more are naturally attractive to women.

On the other hand, women are naturally turned off by emotional weakness (e.g. insecurity, self-doubt, low self-esteem, passiveness, lack of determination to succeed).

So, when you're interacting with your ex, what you need to do is just remain confident no matter what she says or does to test you or throw you off or mess with you.

What you need to understand is that if you can remain confident no matter what she says or does, she will feel naturally attracted to you, whether she likes it or not.

Attraction is an automatic response that people have to each other.

When you see a woman that you find attractive, the attraction that you feel is automatic; you don't have to think about it.

Likewise, when you're interacting with a woman, and you're displaying traits that women naturally find attractive, they feel attracted automatically without having to think about it.

Your ex might hate you at the moment and she might not want anything to do with you, so when you make her feel attracted, she might start to close up a little bit and try to fight it on the inside, but she cannot stop it.

Attraction is an automatic thing that happens, and it cannot be turned off.

Of course, just being emotionally stronger than her isn't the secret magic cure to get a woman back. It's just one way of making her feel some attraction for you again.

If your ex doesn't feel any attraction for you, then don't even worry about trying to get her back, because it's not going to happen. She's just going to keep saying, "No, no, no, no."

What you need to do if you want to get your woman back is you need to actively be making her feel attracted to you, and one great way to do that is to be emotionally stronger than her.

2. Show her that you've moved beyond the level that you were at when she broke up with you

[image: Re-attracting your ex]

For example: If a guy was insecure, he needs to now show her that he's emotionally strong.

If a guy lacked ambition, he needs to now show her that he has big goals, and he's starting to make progress towards his big goals in life.

If he took her for granted, he needs to let her know that everyone makes mistakes, and that it's possible for a guy to change. Then he needs to make her feel appreciated, but not in a desperate way.

The next example of how to re-attract your ex is...

3. Use humor to make her smile, laugh, and feel happy to be interacting with you

[image: Use humor to make her feel good around you]

For example: If she asks you, *"What have you been up to?"* you can jokingly say, *"Oh, nothing. I've just been sitting here by the phone for the past four days waiting for you to call. I haven't eaten or slept."* Then just laugh.

She's then going to most likely laugh, and she's going to know that you're joking, and you can add in, *"I've also grown a beard while I've been waiting for you to call. I can finally shave it now that you've called me. It was getting pretty long."*

The point of talking to her like that is when you use humor to make a woman laugh, and smile, and feel good when interacting with you, it gets rid of her focus on the negatives.

The negatives of the relationship don't seem as important anymore because she is feeling good around you.

When she interacts with you now, she can laugh, and smile, and feel good, and she's not feeling tense or awkward or weird around you. It just feels comfortable, and happy, and positive.

Focus on using humor, but don't go overboard with it. Just add it in to your interactions with her.

Get her laughing and smiling because it just relaxes the vibe between you and her, where she is feeling attracted to you, and is open to interacting with you.

4. Get her to forgive your past mistakes, so she will allow herself to feel attracted to the new you

[image: Get her to forgive your past mistakes]

When a guy is trying to get his woman back, he will often ask, *"Can you forgive me?"* sort of thing.

Sometimes a woman will just say it for the sake of saying it, *"Yeah, I forgive you,"* but she won't really forgive him. She's just saying it.

To allow her to feel attracted to the new version of you, you have to get her to forgive you for real. How? Get her to forgive you for her own benefit.

Tell her that if she forgives you, it's going to make her feel better about herself. (This is actually true).

It's going to make her have less baggage or no baggage when she goes into a future relationship, and it's going to allow her to look back in a positive way on the relationship that you and her had rather than focusing on the negatives, and feeling bad about it.

Once you've told her that, ask her, *"Can you forgive me? Are you able to forgive me and let that go, so you can feel better about it, I can feel better about it, and we can be mature about this, rather than being immature and holding onto grudges, and holding onto negativity, and going over problems and issues from the past again and again?"*

If you can get her to that point where she really does forgive you, it then allows her to start looking at the new you, because she's drawn a line in the sand with the forgiveness, and the old you is the guy that made all those mistakes.

The new you is the guy who is no longer like that, and she can start to look at you as being the new version of you.

When you are saying and doing things to actively make her feel attracted, she's no longer holding onto the old version of you as much as she used to. That then allows her to have more feelings for you, such as respect, attraction, and love.

5. Don't look at other guys as being competition for her

Whether guys like this fact of nature or not, it is true, and that is women are more attracted to alpha males than any other type of guy.

To make your ex see you as being alpha, you must not look at any other guy as being competition to you.

This isn't about being a bad boy, a jerk, an asshole, an arrogant guy, and walking around saying, *"Oh, I'm so good. Every other guy is crap. No one's like me,"* sort of thing, and really going on and on about it.

It's just a very simple alpha male mindset, and you don't have to be a bad guy or a bad boy to have that mindset.

The good guy alpha male approach to life is to see yourself as the best guy out there, while also being respectful and considerate of others.

The bad boy alpha male approach to life is to be selfish, mean, hurtful, and look down on others. Yet, you don't need to be like that to have an alpha male mindset.

You can still be the good guy that you are, so don't look at other guys as being competition for her. See yourself as the alpha male.

See yourself as being the best guy out there, but also be respectful and considerate towards others. Continue to be the good guy that you are, but just believe in yourself and your attractiveness to her and other women.

Note: When you believe in yourself and your attractiveness to women, it naturally and automatically makes women feel attracted to you because women are naturally attracted to confidence and alpha male thinking in men.

When your ex picks up on your calm, relaxed alpha male mindset, she will naturally feel respect and attraction for you.

She won't be able to stop it. It's an automatic reaction that women have. It's a natural attraction, and women cannot turn it off. Women naturally feel respect and attraction for alpha males.

Getting Her Back

[image: Getting her back]

Okay, so I hope you've enjoyed this post, and learned something from it.

If you're looking for a step-by-step solution to get your ex back, then I recommend that you watch my program, *Get Your Ex Back: Super System*.

When you use the techniques from *Get Your Ex Back: Super System*, not only will you be able to get her respect and attraction back, but you'll get her to fall back in love with you again.

Re-attracting your ex is actually a very easy thing to do when you know what to do. If you don't know what to say or do to make her feel attracted to you again, then getting her back is a very difficult thing to do.

Some guys try to get their woman back by begging, and pleading, and trying to explain to her that things will be different now, and trying to convince her that he really has changed, but that really doesn't matter to her.

What works to get a woman back is when you actively make her have feelings for you again (e.g. feelings such as respect, attraction, and love). That is what matters.

If you're not actively making her have feelings for you again, then she's not going to care about what you've got to say about how the relationship could be or how you've changed.

If you want to get her back for real, you've got to actively make her have feelings for you again.

Don't waste time ignoring her.

Don't waste energy trying to convince her.

Just start actively triggering her feelings of respect, attraction, and love.

It's very easy to do, and it's an automatic reaction that she will have once you start doing it.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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7 Simple Rules For Getting Your Ex Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

When a guy is trying to get a woman back, he will often make a lot of mistakes that make the whole ex back process frustrating, disheartening and annoying.

It's really sad when you're trying to get back the woman that you love, you really care about her, you really know you can do it differently this time and make the relationship better.

You're trying to let her see that and you're trying to explain it to her, but she is not opening up to you.

She is remaining closed off, she is ignoring you and she just doesn't care.

If you are at that point with her and she just isn't interested in having a relationship with you again, here are seven simple rules that you need to follow to get her back.

1. Actively re-attract her rather than ignoring her

[image: Hopefully she will come running back if I ignore her]

When trying to get an ex back, a lot of guys make the mistake of ignoring her, hoping that it will make her miss him, and she'll come running back.

She'll forget all about the problems in the relationship, and she'll just want to get back with him.

She'll forgive him because she misses him so much, but the problem with that is that it rarely works.

It only works when a woman really loves the guy and she does feel attracted to him, she does respect him, and when he stops contacting her after they break up, she then feels the pain of not having him in her life.

However, if a woman breaks up with a guy and she doesn't have feelings for him, she's at the point where she resents him, she doesn't feel much respect for him, etc., then she's not really going to worry so much when he doesn't contact her.

She's not going to really feel much pain of not having a guy in her life that she doesn't have much feelings for.

She might get a bit curious at some point and contact him to see if he's still missing her. If he is, then she realizes that he is using that no-contact rule that people talk about on the Internet, and then she loses even more respect for him as a result.

So what you need to do if you want to get her back is you need to actively re-attract her.

You can actively re-attract her via text, on phone calls, and in person.

For example: A guy got dumped by a woman because he was too insecure in a relationship. Maybe he was jealous, he was emotionally sensitive, he was clingy, he was controlling, etc.

When he interacts with her from now on, he needs to allow her to experience the new and improved version of himself that is no longer insecure. He's emotionally strong now.

Whatever she says to him, how she is treating him, how she is testing him, how she is behaving, she will notice that he now always responds in an emotionally strong way. He is not the insecure guy that

he used to be.

That is one way of actively re-attracting her. It is not the only way to re-attract her, but for a lot of guys that example really does apply because most guys who get dumped, did get to a point where they were insecure with her.

As you may now know after getting dumped by your woman, insecurity is a real turn off for women. Women are naturally attracted to the emotional strength of men, and turned off by the emotional weakness.

If a man is emotionally strong, he is going to have confidence, high self-esteem, he is going to be self-assured, he is going to be determined to succeed, he is going to be assertive, etc.

If a man is emotionally weak, he is going to be insecure, he is going to be self-doubting, he is going to have low self-esteem, he is going to lack determination to succeed, and he might even be a bit passive.

Whenever you interact with your ex from now, make sure that you let her see, feel and experience your emotional strength. The more you do that, the more naturally attracted to you she will feel.

2. Don't beg, plead or try to convince her to give you another chance

[image: Begging for another chance]

This is a very common mistake that guys make, so if you have made this mistake, don't worry about it.

It's not the end of the world.

It's not a fatal mistake that you can't recover from.

The way to look at it is to understand that we all make mistakes in life, and what separates great men from not so great men is when a man can learn from his experiences, and become a better man as a result.

If you begged and pleaded when she was breaking up with you, and you can now look back at that and think, *"Well, that was pretty silly. I was a little bit of a wimp there. I shouldn't have done that,"* then you are a better man now.

You've learned from your experience.

So don't be ashamed of it, don't be embraced about it, and don't keep apologizing for it. It is what it is. You made a mistake, but you're a better man now, you're a stronger man now, you're a wiser man now.

3. Don't ask for forgiveness if you haven't changed anything yet or if you don't even know how to change

[image: Please I'm begging you]

Some guys make the mistake of asking their woman for forgiveness before they've changed anything.

“Please, forgive me. Just give me another chance. I promise I won’t be doing that stuff anymore. I really care about you. Please just forgive me. Give me another chance.”

Yet, if a woman can see that he doesn’t even know what he needs him to change, she’s not going to believe him. She’s not going to really forgive him.

Likewise, if she can see then that he hasn’t already changed, then she can see that it’s an empty promise that he’s making. He’s saying that things are going to be different, but she’s not seeing any of those changes and usually won’t be willing to believe that he will change.

If you want her to forgive you for real, you need to understand some of her real reasons for breaking up with you.

For example: Sometimes a woman will break up with a guy, and she will say, *“I need space. I need time for myself. I need to find myself. I don’t want to be in a relationship anymore,”* etc., but that is not the real reason why she is breaking up with him.

One of the real reasons why a woman will lose respect and attraction for a guy and fall out of love with him, and then want to break up with him, is that she will see that he’s just not enough of a man for her at this point of his life.

What that means is that when she interacts with him, when she is around him, she is able to potentially push him around, he is emotionally sensitive around her, he isn’t dominant enough, she doesn’t feel girly and feminine enough around him, etc.

So, if a guy has made that mistake and he’s asking for forgiveness and he doesn’t even know what the problem is, she is not going to give him the forgiveness.

She’s not going to forgive him and take him back because she can see that he doesn’t even understand what her real reason for breaking up with him is.

By the way, before I continue on with the rest of this video, I just want to point out that in my program, *Get Your Ex Back: Super System*, I explain more than 70 of the real reasons why a woman will break up with a guy.

It’s only when you understand the reasons that apply to you, that you can then make the right changes that actually matter to her. If you try to get her back offering things that don’t even matter to her, she is just going to keep saying no to you.

4. Only text her to get on a phone call or to spark some attraction

[image: Mistakes to avoid when texting your ex after breaking up]

A classic mistake that guys make these days when they get broken up with by a woman is to text the crap out of her, just texting her about all sorts of stuff, *“I am sorry”* or *“I miss you so much. Please reply to me!”* or *“Please understand where I am coming from,”* as he tries to explain himself to her.

When all of that is not working, a guy will then sometimes pretend to be a friend and just say, *“Hey, how was your day?”* and talk about her life, talk about his life, but it just doesn’t go anywhere.

The reason why it doesn’t go anywhere is that it doesn’t solve any of the core problems in the relationship. It doesn’t make her feel a renewed sense of respect and attraction for him.

So what I advise when guys are getting women back is that you should only text her if the point of the text is to get her on an actual phone call or if you are going to spark some attraction.

An example of sparking attraction via text is to get her laughing and smiling. Joke around with her a little bit rather than being serious, and get her to laugh and smile, and enjoy texting with you.

However, don't do that for too long.

There is only so much laughing and smiling that can go on before she starts to realize that she is feeling attracted to you, and then she starts to close up.

You've got to get to the point where you get her on a phone call and you get her to meet up with you.

Then, when you meet up with her in person, you really make her feel a lot of respect and attraction for you, and you get the relationship back together.

5. Don't be afraid of telling her that you love her or miss her

When I recommend that you don't be afraid to tell her that you love her or miss her, I'm not suggesting that you say that in a needy, desperate, insecure type of way.

It's not about saying, *"I love you, I miss you. My life is hopeless without you. Please, please,"* that sort of stuff.

If she asks you, *"Do you miss me or do you love me,"* you say in a masculine, matter-of-fact way, *"Yeah, of course I love you. Of course I miss you."*

You own it, you are not afraid of it.

That masculine way of approaching her (i.e. you own what you feel and don't feel afraid to admit it, but also don't get all soppy and wimpy about it) gets respect and attraction from a woman.

Yet, when a guy "ums" and "ahs" when a woman asks him, *"Do you still love me? Do you miss me?"* and he then starts saying, *"I don't know. Maybe, I'm not sure. Don't ask me that. It will hurt me to talk about these sort of things,"* it doesn't make a woman to feel respect and attraction for him.

If you want her to feel some respect and attraction for you, just own who you are, own how you're feeling, but don't be a wimp about it.

I am not saying, *"I love you!!! I miss you!!! I think about you all the time!!!"* It's just a matter-of-fact, masculine type of way. *"Yeah, of course I love you. Of course I miss you."*

One of the reasons why it's important to do that in addition to making her feel respect and attraction is that if you do lie about it, she can catch you out in a lie very easily.

For example: If a woman asks her ex-boyfriend, fianc  or husband, *"Do you still love me? Do you still miss me?"* and he says, *"No,"* she can then test him and she can catch him out in a lie by saying, *"Oh...well, I miss you. I think I still love you."*

Then she sees that he jumps all over it, and he's excited, and he says, *"I miss you too. I love you too,"* sort of thing. She realizes, *"Okay, he was lying to me,"* and she loses even more respect and attraction for him as a result.

6. Don't feel as though you're not allowed to make her feel attracted to you anymore

A lot of the guys that I help to get a woman back, they are often at a point where they don't feel it's their place to flirt with her anymore, joke around or make her feel attracted.

Instead, a guy will act like more of a friend or acts really innocent and platonic around her.

If you want her to respect you and her to feel natural attraction for you, don't be afraid of actively making her feel attracted to you.

It is your place.

You are allowed to do that.

There is nothing wrong about it at all.

You are not doing anything wrong by being a confident, loving man, and making her feel some attraction in a moment when you interact with her.

There is nothing wrong with that.

In fact, there is everything right with that.

She is going to feel good, and you're going to feel good.

That then is going to bring her guard down and make her more open to interacting with you again, meeting up with you in person, getting intimate with you again, and getting back together.

7. Stop saying and doing things that are turning her off

When I help guys to get their women back via my phone coaching service, for example, I often hear examples of what a guy has been saying and doing.

After the break up, there is the begging and pleading, the endless convincing and trying to explain to her that things will be different, being insecure around her, being afraid to flirt with her, being hesitant, being wimpy, being closed up emotionally, etc.

If you are saying and doing things that are turning her off, you can't expect her to feel like she wants to get back with you.

If you want to get her back, you've got to start saying and doing things that actively trigger her feelings of respect, attraction, and love for you.

When you do that, her guard will naturally come down, and she will naturally feel attracted to you.

Attraction is a natural, automatic reaction that humans have to each other.

When a woman displays traits that we feel attracted to, we don't have to think about it. We just feel attracted to her.

Likewise, when you display traits that are naturally attractive to women, they don't have to think about it. It just happens automatically.

With your ex, when she is feeling attracted to you, she might close up a little bit and try to stop herself from having feelings for you again, but she won't be able to turn it off.

She might begin wondering, *"Why am I feeling this for him all of a sudden?"* and she may start to

feel confused, but she's not going to be able to stop it.

Attraction is an automatic reaction, and you can make your ex feel respect, attraction and love for you again regardless of how turned off you she is today.

You can begin triggering her feelings of respect, attraction and love you and then confidently guide her back into a relationship.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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How to Get Back Together With an Ex Girlfriend

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The secret of how to get back together with your ex basically comes down to the following three things.

1. Apologize for your mistakes and let her see that you've already changed or improved the things that she broke up with you for (e.g. insecurity, lack of ambition, taking her for granted).
2. Switch your focus to making her have some feelings for you (e.g. making her feel attracted to you by using humor, flirting, making her feel girly and feminine around you, etc).
3. Guide her back into a relationship.

Of course, if you're looking for advice on how to get back together with your ex, you've most likely already apologized to her, but have you done the following two steps above?

Have you actually showed her that you've improved and changed? Have you switched your focus to begin making her have feelings for you, feelings like respect, attraction and love? Have you actually been doing that?

[image: Will my ex ever want me back?]

A lot of guys who are trying to get their woman back are at a point where they're saying, *"She's not opening up to me. She's not listening to what I've got to say. I'm trying to get her to see that things will be different,"* but that isn't what works when getting a woman back.

You've got to actively make her have some feelings for you again.

You've got to make her feel respect, attraction and love for you again, otherwise, she just doesn't care about what you're saying or how you're promising that things will be different this time.

She doesn't care that you really love her and you really care about her because from her perspective, she doesn't have strong enough feelings for you.

So, if you want her back, you must switch your focus to actively make her have feelings for you again.

Reactivating Her Dead Feelings

[image: Getting back with your ex girlfriend]

When I help guys to get back together with their ex-girlfriend, fiancée or wife, a guy will often be at the point where he's saying that his ex doesn't have feelings for him anymore.

Your woman might have even said to you that she doesn't have feelings for you anymore, it's over, it's too late, she can't change how she feels, etc.

So, at this point where you're trying to get back together with your ex, you've most likely already tried to make her have feelings for you again, but if you are making the mistake that most guys make, you'll be trying to achieve that by telling her how much you care, apologizing over and over again, being extra nice to her, etc.

Yet, that isn't what makes a woman have feelings for her ex guy again.

What is going to make her have feelings for you again is when you stop saying and doing the types of things that have been turning her off, the types of things that have led to the breakup, and that have caused her to feel less respect, attraction, and love for you after the breakup.

For example: Leading up the break up, some guys will be turning their woman off by being insecure, taking her for granted, smothering her emotionally, etc.

After the breakup, a guy might start being needy, desperate, begging, pleading, apologizing and some guys might even go as far as to cry to their woman.

As you may know by now, none of those things will make a woman think, *"Wow, I want to get back with him!"*

So, what is an example of something that will make her have a renewed sense of respect and attraction for a guy?

One example is where a guy has been insecure in a relationship. Maybe he was clingy, jealous, controlling, he was emotionally sensitive, etc.

When he then interacts with his ex via text, on a phone call, and in person from now on, he needs to be able to show her that he's no longer like that anymore.

It's not about telling her, *"Hey, I've changed. I used to be emotionally weak and needy, and now I've changed."* She's just going to be thinking, *"Yeah. Well, good for you."*

The only thing that matters is her feelings, and the only way to get her to care is to actively make her have feelings for you when you interact with her.

When you're interacting with her via text, on a phone call, and in person, you can then show her by the way that you're talking, feeling, thinking, behaving, moving, responding to her, etc., that real changes have been made.

Of course, just showing her that doesn't get the relationship back together; it just allows her to have a renewed sense of respect and attraction for you.

When she feels a renewed sense of respect and attraction for you, she automatically starts to look at you differently.

She starts to feel differently about the relationship and the possibility of getting back together.

However, if you don't actively make her feel a renewed sense of respect and attraction for you, then don't even worry about trying to get her back because she's just going to keep saying no to you.

If your overall approach to getting her back is all about you loving her, wanting her and needing her, she just not going to care.

It's got to be about her having some feelings for you.

To get back together with an ex girlfriend, you've got to be able to make her feel SOMETHING when she interacts with you from now on.

What matters is that you're able to make her feel differently. You're able to make her feel the type of respect, attraction, and love that will make her want to consider getting back with you again.

When you make her feel that way, a woman doesn't necessarily immediately say, *"Oh, I want to get back with you,"* because sometimes she's a little bit confused or thinks, *"What will other people think? I told him that I wanted to break up with him, and now having feelings for him. What should I do?"*

That's why you need to be confident as you guide her back into a relationship. You need to know what to do at each step, rather than messing up and losing confidence as you go through the ex back process.

If you are currently going through the process of trying to get back together with your ex girlfriend and you're confused about what to do, I recommend that you watch my program.

It's called Get Your Ex Back: Super System.

It's 10 hours of video, and by the end of watching the 10 hours of video, you'll be ready to contact her; get her to forgive you; get her to feel a renewed sense of respect and attraction for you; meet up with you in person; feel even more respect, attraction, and love for you again; and then follow your lead as you guide her back into an intimate relationship with you.

She Isn't Going to Help You

Another thing to point out about how to get back together with your ex is that you can't expect her to help you by telling you what you need to do.

A lot of guys that I help to get back together with their ex girlfriend (fiance or wife) have made the mistake of continually asking her things like, *"What do you need me to do? What do you want me to do? What should I change? What is the problem? Please tell me. Please explain how can I make you happy? What am I doing wrong?"*

They are all very valid questions and are very important questions that you need the answer to, but she doesn't want to give you that answer because a woman does not want to take on the role as a guy's teacher in life about how to be a man.

She doesn't want to be in a relationship with a guy where he needs her to be his teacher or to take care of him like a mother would take care of a boy or a big sister would look after her little brother. She doesn't want to be in that position.

She wants to be able to look up to you, and respect you as her man. The only way for you to be able to do that is for you to figure it out on your own or to get someone like me to help you.

If you don't have other men in your life who are willing, and able, and capable of teaching you how to be the type of man that she needs you to be, then I'll recommend that you watch my program.

I don't recommend that you ask her questions and seek her help to explain what you need to say, do or change to get her back. If you try that approach with her, she's just going to get pissed off and annoyed and get even more turned off by you.

Women do not want to be a guy's teacher in life about how to be a man. They want a ready made man or a man who has the ability to improve, change and grow quickly.

Getting Back Together With Her

[image: Making your ex girlfriend have feelings for you again]

To close up here, I want to make it clear that the only real way to make her want to get back together with you is to actively make her have some feelings for you again.

It's got to be about her having feelings for you rather than you telling her how much feelings you

have for her, and how important this is to you, and how much you care, and how things will be different this time.

What makes a difference is when you create that spark in her again, when you trigger her feelings for you again; feelings like respect, attraction, and love.

When that starts to happen, she starts to look at you differently.

She starts to think differently.

She starts to talk to you differently.

She starts to make different decisions.

She becomes open to meeting up with you.

She becomes open to hugging you, kissing you, having sex with you, and starting the relationship again.

So my question to you now is, *“Are you ready to get her back? Do you know what you need to say and do to get her back at each step of the process?”*

If you don’t know what to do, you can either continue watching my free videos which have loads of helpful advice or you can get right into it and follow a step-by-step program by watching Get Your Ex Back: Super System.

Guys get back together with women every day all over the world, and you can do it, too.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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What to Say When Your Girlfriend Says She Misses You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

What to say when your girlfriend says she misses you depends on why she is saying it.

Sometimes women say it and don't mean it, whereas other times it has a very specific meaning.

For example: Here are 4 common reasons why a girlfriend might say that she misses you:

1. You've recently broken up and she's regretting it. She wants to get back together and it's her way of letting you know that she's open to meeting up with you to see if you can hook up again.
2. You've just started dating and she's really crazy about you. She thinks you're an awesome guy and she wants to make it clear to you that she's interested in you and likes getting attention from you (e.g. when you're texting her, calling her, seeing her on a regular basis).
3. She's feeling insecure in the relationship because she's not getting to spend enough time with you (e.g. you have a long distance relationship, your schedules don't coincide so you can't see each other very often), and she wants to check whether you miss her too.
4. She feels that you're drifting apart in the relationship and it's her way of trying to let you know that she's not feeling happy about it.

Note: An ex saying that she misses you is sometimes what is known as a "breadcrumb," where she is trying to get you back

Watch this for more info...

So, here's what to say when your girlfriend says she misses you, depending on which reason rings true for you...

1. You've Recently Broken Up

[image: What to say when your girlfriend says that she misses you]

If you and your girlfriend have recently broken up and she says she misses you, this could be her way of letting you know that she's willing to give the relationship another chance.

Of course, she could also just be testing to see how much you're missing her so that she can feel better about herself.

As a man, the best approach to take relationships is to be fearless with love and not be afraid to say, "I miss you too" if you do.

Just remember: You don't lose any power in a relationship unless you think you do.

If you think that saying, "*I miss you too*" doesn't make you lose any power, then it won't.

Why? Your girlfriend will sense that you are confident and don't feel like you need to lie to gain any power over her.

She will sense that you already feel empowered and don't need to put on an act (e.g. pretend that you don't miss her) to hopefully gain some power in the situation.

On the other hand, if you think that saying, *"I miss you too"* will make you seem weak, desperate or unattractive, then it will.

Why? She will be able to pick up on your insecurity as she talks to you further. She will sense that you're worried about saying that you miss her because it might make you look weak.

So, what will she do?

Well, if she's like most women, she will try to get emotional revenge on you (for not saying that you miss her too), by talking about other guys who like her or saying that she likes a new guy.

In other words, she will play games with you because you are playing games with her.

If you want to be a man in this life, you should always speak directly in relationships by being fearless with love.

By the wayâ€¦

Being fearless with love doesn't mean that you start acting like an emotional wussy and saying things like, *"Oh, I miss you tooâ€¦my life is worthless without youâ€¦you mean everything to meâ€¦I love you more than I love myself. I think about you 24/7."*

That's not what women want.

A woman wants you to love her, want her and miss her, but not NEED her.

Big difference.

There's nothing wrong with loving a woman, wanting her and missing her, but the moment you start needing her for your emotional security and stability is the moment she will lose attraction and respect for you.

A woman doesn't want to be responsible for your emotional strength.

She wants you to be a strong man with or without her approval, love, support or reassurance.

After you tell her that you miss her too, you also need to make her feel some respect and attraction for you for other reasons (e.g. get her laughing and smiling while talking to you, turn a cold, distant conversation into a warm, connected one).

Her guard will then come down and she will open herself up to feeling love for you again.

From there, you need to get her to agree to a meet up.

When you see her in person, you have to make her feel a renewed sense of respect and sexual attraction for you.

Of course, if you don't want to get back together with your girlfriend, it's pointless worrying about what to say to your girlfriend when she says she misses you.

You don't need to be cruel or unkind towards her, but you also shouldn't fall into the trap of saying, *"I miss you too,"* and giving her false hope, just because you're trying to be kind and not hurt her feelings.

If you don't want her back, just let her go and get on with meeting and having sex with other beautiful women.

If you do want her back, then admit that you miss her (but in a confident, relaxed manner) and then meet up with her in person to get the relationship back together.

2. You've Just Started Dating

If you and your girlfriend have only been dating for a short time and she says she misses you, it's usually her way of telling you that she likes you and wants to see more of you.

For example: She's hoping that by saying she misses you, you will pick up on how much she likes you and make an effort to call her and see her more often.

She's basically making sure that you know that she's interested in you and would like to see where the relationship can go in the long-term.

In a situation like this, it's up to you to maintain and grow the respect and attraction she is clearly feeling for you, by continuing to display the types of personality traits and behaviors that are naturally attractive to women (e.g. confidence, charisma, sense of humor, making her feel feminine and girly in contrast to your masculine vibe).

As long as you keep making her feel the way she wants to feel, your relationship will only get stronger and better over time.

Watch this video to understand how it works!

A woman's attraction for you is something that needs to be taken care of and built on over time.

For example: Just because a woman says that she misses you now, it doesn't mean that she will continue feeling that way if you start saying and doing unattractive things.

When a guy's new girlfriend says that she misses him, he will often make the mistake of taking that as a sign that he should see her or contact her everyday to prevent her from missing him.

So, he stops paying attention to his hobbies, ignores his friends and essentially puts his entire focus on her.

Yet, what he doesn't realize is that many women like having a new boyfriend who is a bit of a challenge to keep interested.

Why? Watch this video for more info!

To be successful at keeping a relationship together, you have to understand what type of attraction experience your girlfriend wants.

For example: Some women will like having to chase their boyfriend's attention sometimes, rather than him always giving it to her without her having to do anything to impress him.

Yet, if the boyfriend goes too far and ignores her too much or treats her badly, she will then stop feeling the need to chase him and will want to make herself feel good by getting other guys interested in her.

As you can see, keeping a woman happy in a relationship is not as simple as ignoring her or being difficult to impress.

You've got to get the balance right by understanding the kind of attraction experience that makes your girlfriend truly happy to be with you.

Another reason why a girlfriend might say that she misses you is that!

3. Your Schedules Clash

When you have a busy schedule (e.g. you're studying really hard, working in a different city or town from your girlfriend, working shifts that don't coincide with hers), it's only natural that your girlfriend will feel as though she's not spending enough time with you.

When your girlfriend says she misses you under these circumstances, it could simply be because she's feeling insecure about your feelings for her.

It could be her way of trying to find out if you miss her too and still value your relationship with her, or if you've met other women and are losing interest in her.

If your schedule and lifestyle has been keeping you apart from your girlfriend, a good way to respond when she says she misses you is by saying something like, *"I really miss you too. I know things have been really hectic lately, but I hope to see you soon so that we can spend some quality time together. I'll chat to you again in the next couple of days and make arrangements so that we can meet up."*

In this way, you are letting her know that you care for her, and no matter how busy you are with other things, making time to see her is also important to you.

As long as you keep building on her respect and attraction for you, her feelings for you will grow.

She will be supportive of your busy schedule because she will see that you are a man who is not afraid to move through the levels of life and make things happen.

Women instinctively know that it's best to stick with a man who makes progress in life and achieves his goals, rather than hanging around with a guy who only wants to spend time with them.

4. You're Drifting Apart

If a woman is saying, *"I miss you"* to her boyfriend and they are seeing each other every day, or even living together, this is a sign of deeper problems in the relationship.

Somewhere along the way, her boyfriend may have become neglectful of her needs, and telling him she misses him is her way of letting him know that she's not feeling connected to him like she used to.

So, if your girlfriend is telling you she misses you and there are no external reasons why this could be happening (e.g. any of the reasons mentioned above), then she is feeling neglected, unloved and unappreciated by you.

If you don't identify the real reasons why she is feeling like that, she will eventually begin to lose respect and attraction for you and she will then want to break up with you.

If you don't want that to happen, you have to identify the real reasons for her unhappiness.

For example, ask yourself these questions:

- Have I been taking her for granted (e.g. expecting her to do everything in the home, expecting her to run errands for me)?
- Have I broken my promises to her too many times (e.g. canceled dates at the last minute, not going with her to a party / wedding after you said I would)?

- Have I stopped reaching for my true potential as a man (e.g. being stuck in a dead-end job, playing video games and not doing anything else)?
- Have I become too clingy and needy in the relationship (e.g. feeling jealous when she does something without me, giving up my friends and interests to spend all of my time with her)?
- Have I allowed her to wear the pants in the relationship (e.g. allow her to make all the decisions, let her have her way in everything)?

If any of the above reasons ring true for you, your girlfriend might be saying that she misses you now, but if you don't make some adjustments to your behavior, her feelings of respect, attraction and love will slowly begin to fade.

Actions Speak Louder Than Words

No matter what your situation, you can begin to make your girlfriend feel a lot of respect, attraction and love for you as a man today, or you can make her feel insecure and unloved.

The choice really is yours.

So, if you want to be in a relationship with her, simply focus on building her on her feelings for you and she will naturally want to be with you.

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[image]

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The Fastest Way to Get Your Ex Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The fastest way to get your ex back is to actively make her have some feelings for you again.

Three examples of feelings are attraction, respect and love.

In most cases, a guy can make his ex-woman have feelings for him again immediately, or within a few days of trying.

How can he do that? He can actively re-spark *some* of her feelings by email, text, social media, on a phone call, or in person.

Once you have re-sparked your ex's feelings for you, she will then relax her guard and begin to feel drawn to you.

She suddenly has feelings for you again and no matter how hard she tries to fight it, she can't ignore the fact that she is feeling drawn to you now. She wants to be around you, she wants to see you, she wants to be in your arms again.

At that point you simply need to guide her through the rest of the ex back process and she will be yours once again.

Where most guys go wrong, is that they either go inactive and they ignore her in the hopes that she comes running back, or the guy continues to talk to her in ways that are unattractive to her.

[image: Hopefully she will come running back if I ignore her]

For example: If a woman says to a guy, *"I don't want to be with you anymore,"* a guy will usually then beg and plead with her and say things like, *"Please give me another chance,"* or he'll try to ask her why, *"Please tell me why you're breaking up with me. Tell me what I need to do, I'll do anything, I'll change anything."*

But the thing is, neither of those approaches work.

Begging and pleading doesn't work because women aren't attracted to the emotional weakness of men.

Women are attracted to the emotional strength of men and turned off by emotional weakness, so in moments like that, it simply makes her have even less feelings for him.

[image: Why won't you tell me what to do? I'll do anything you want]

As for asking her why she's breaking up with you, that doesn't help either because a woman doesn't want to be a guy's teacher in life about how to be a man.

If she teaches her guy how to be the man that she needs now, she fears that he will need her to teach him again in the future.

If that keeps happening time and time again, she will feel like she has to take care of him, or as though she is his big sister, mother, or teacher in life.

She wants him to figure out how to be a man without her help, rather than asking her to tell him what he needs to change to make her happy.

This is why some guys will waste months trying to ask a woman for another chance, when she just isn't interested because he doesn't know how to make her have feelings for him anymore.

Likewise, some guys will waste weeks or months ignoring their ex in the hope that she comes back, but if she doesn't have feelings for him, she's not going to feel like she's missing out on much, so she'll usually just move on.

Actively Make Her Have Feelings For You Again

[image: Actively re-attract her and get her back]

The fastest way to get her back is to be active, rather than inactive.

By active I mean that you're actively making her have feelings for you again, rather than ignoring her and hoping that it does the trick.

A lot of guys come to me for advice on how to get their ex back, after they'd been ignoring their woman for 30 or 60 days and they come to me and ask, "*Why isn't it working, Dan? Why isn't my woman running back to me?*" and the reason why is that ignoring a woman just doesn't work in most cases.

I've only seen that approach work in about 20% of cases, and when it does work, the woman comes back temporarily, and then she sees that the guy hasn't changed, and she breaks up with him again.

So, not only has the guy lost a lot of time where he's been ignoring her and she's been moving on without him, but if he does get another chance with her, she breaks up with him because she sees that he really just hasn't changed.

[image: A woman who has had enough of her boyfriend, fiancé or husband]

He's still stuck at the same level that he was at when she broke up with him, and he's just not able to make her have the type of feelings that she wants to feel.

On the other hand, when you actively make your ex have feelings for you again, she then starts to wonder, "*Why do I miss him all of a sudden? Why am I worried about losing him now?*" because you have successfully flicked her feelings back on, you flicked that switch, you've re-sparked her feelings.

From that moment onwards, you just need to continue saying and doing the types of things that are going to make her have feelings for you again rather than continuing to say and do the types of things that were turning her off in the past, or that have been turning her off since the breakup.

Stop Turning Her Off and Start Turning Her On

During or after a break up, some guys turn their woman off further by:

1. Trying to convince her to give him another chance even though he doesn't know how to make her have feelings for him again.
2. Begging or pleading for another chance in the hope that she takes pity on him.
3. Displaying emotional weakness or being insecure.
4. Asking her to tell him what he needs to change to make her happy.
5. Being extra nice to her in the hope that she sees how much he cares and then changes her mind.
A woman doesn't really care how much a guy cares if she doesn't have feelings for him. He needs to make her have some feelings for him first, otherwise she's just not going to care

how much he cares).

6. Constantly texting or messaging her about his feelings.
7. Apologizing about things that she doesn't really care about (e.g. a guy is apologizing for not treating her better during the relationship when what she really cares about is that he doesn't make her feel feminine enough around him. She feels more like a friend, she feels neutral, rather than feeling like his girl. So, when he apologizes about not treating her better, she doesn't really care about that and she's not going to tell him what she really wants him to do).
8. Showering her with gifts.
9. Being afraid to flirt with her or joke around with her during conversations and instead just being neutral, polite, cautious and hesitant about what he says or does.
10. Lacking confidence around her.

None of those things make her have feelings for you again because they're not the type of things that turn a woman on and make a woman want to get back with a guy.

However, when you create a spark of attraction, she then starts to feel intrigued.

She starts to wonder, *"Why am I feeling this way?"* and she wants to text you, she wants to speak to you on the phone, she wants to look at you on social media, and she wants to see you in person.

When you trigger her feelings of attraction for you again, it makes the negatives of your relationship seem less important, because she naturally feels drawn to you, in a way that feels good to her.

She can't stop herself from wanting to interact with you via text, on the phone and in person, even though she previously thought that she was over you. She feels drawn to you, and from there you can build on that spark of attraction and show her that things really are different now.

Without sparking her feelings of attraction for you again, it's going to be very difficult for you to get her back no matter what you try to do.

For example: If a guy tries to ignore his ex in the hope that she comes running back, she's not going to care if he's ignoring her if she doesn't feel attracted to him or doesn't have feelings for him.

She's going to be thinking, *"Yeah, good for you...you're ignoring me...I'm moving on, I'm feeling great. Bye!"*

Yet, if he was to spark her feelings of attraction and actively make her have some feelings for him again, and then he didn't contact her for a couple of days, that's a different story. Then she's going to start to miss him.

Don't Ignore Her For More Than 7 Days

When I've helped guys to successfully get their woman back, what I found is that a guy doesn't need to use any more than 3-7 days of space.

Anything more than that and it's usually a huge waste of time.

As long as you are sparking her feelings for you again, even just a day or two without her hearing from you will often result in a message, either on social media, on your phone, or she'll call you, she'll click 'like' on something, she'll send you an email, she'll suddenly show up where you are, etc.

Actively making her have feelings for you again is so important.

When a guy is trying to beg and plead with his ex and say, *"Please give me another chance,"* or he's

asking her, *“Please tell me why,”* and she’s not feeling attracted to him, she doesn’t have feelings for him at that point, she not going to care.

It just doesn’t matter to her because she doesn’t have feelings for him.

If he’s trying really hard to reason with her and explain to her that he really can change, she’s usually just going to say something like, *“Look, I know that you mean well but I’m sorry, I just don’t feel attracted to you anymore,”* or *“I don’t feel the same way anymore,”* or *“I need time apart,”* or *“I just don’t want to be in a relationship anymore.”*

Essentially, what she’s saying is that she just doesn’t have feelings for him, and **he doesn’t even know how to make her have feelings for him.**

He’s just begging, pleading, convincing, asking, going on and on about the same old things, but it’s not triggering her feelings for him.

By the way, when I talk about attraction and making her have feelings for you again, a mistake that a lot of guys make is thinking about attraction in terms of the physical.

Guys will go and buy lots of new clothes and shoes and work out at the gym, and really work hard to add an extra centimeter to their biceps and maybe a little bit more definition on their abs or whatever, or lose a bit of weight, put on a bit of weight, etc.

However, if you are one of the guys who understands how a woman’s attraction really works, you will know that a woman’s attraction to a man’s physical appearance isn’t as powerful as her emotional attraction to him.

A woman’s emotional attraction to a guy is based on how he makes her feel by the way he talks, interacts with her, his body language, his attitude, the way he responds to her and reacts to her, etc.

It’s about who he is.

When she’s interacting with him, is she feeling good? Is she feeling turned on? Is she feeling like she can look up to him and respect him?

Or is she feeling turned off? Does she feel like she can’t really look up to him and respect him? Does she look down on him?

Does she feel like she’s emotionally stronger than him? Does she feel turned off in all those sorts of ways?

That is what really matters.

Emotional Attraction

If you are serious about getting your woman back, you must understand one thing...

Her emotional attraction for you is what she calls her feelings.

If she’s saying to you that she doesn’t have feelings for you right now, it means that the way that you’re talking to her, the way that you’re interacting with her, the way that you come across to her, doesn’t trigger those feelings (emotional attraction) inside of her.

Of course, that doesn’t mean that you can’t start to trigger those feelings (e.g. respect, attraction, love).

You can.

You can adjust the way that you're talking to her, you can make some changes and improvements to the way that you talk to her and interact with her. You can react differently to what she says and you can respond differently.

You can do that.

When you interact with her in ways that spark her feelings for you, everything changes.

The process of getting her back becomes really easy, because she is feeling open to you, she's feeling drawn to you, she likes interacting with you, she enjoys it, she feels good when she's interacting with you.

However, if you continue to interact with her in ways that turn her off, then getting her back is going to be a very difficult, if not impossible process for you.

She's just going to be saying to you, *"Sorry, I don't have any feelings for you,"* because you're not saying and doing things that are making her have feelings for you.

If you don't know what to start saying and doing when you interact with her, then all of that information is provided in my program, [Get Your Ex Back: Super System](#).

All of the examples of what to text her, what to email her, what to say to her on the phone, what to say to her in person, how to behave, how to pass her tests, how to get her to bring her guard down, how to get her to feel respect, attraction and love for you again, are included in the program.

By the way...

If your ex isn't currently talking to you, and won't respond to your texts, emails, or phone calls, don't worry about that. There are techniques that you can use prior to that point to get her to bring her guard down. All of that is explained in the [Get Your Ex Back: Super System](#) program.

I developed the program by helping more than 100 phone-coaching clients to get their woman back, so I know about all the problems that guys experience when trying to get a girlfriend, fiancé or wife back.

I know that most guys who are starting out are at a point where their woman doesn't want anything to do with them. It's not as simple as calling her up and saying, *"Hey! Let's catch up,"* and then he re-attracts her.

Guys who are looking for help to get their woman back are usually at the point where they've screwed things up and the woman is saying, *"Get away from me,"* or she's no longer responding to what he's saying or doing.

So, just know that I've got you covered there. I've got all those techniques for you.

My program has all of my best, proven to work examples of what to do to get her to bring her guard down, get her to text with you, get her to answer phone calls, get her to meet up with you, get her to bring her guard down, get her to forgive you, get her to feel respect and attraction for you, get her to fall in love with you again.

The Best Gift You Will Ever Give to Her

One final point that I want to make for you, is that you are actually going to be giving her a gift by getting her back, because the love, respect and attraction that she will feel for you will be beyond anything that she's experienced before.

You will open her eyes to the fact that falling back in love after a breakup is one of the most amazing feelings that she will ever experience in life.

When she feels more attracted to you than she ever has before, because you are now making her feel attracted in new and exciting ways, she will realize that her love for you is more powerful than she ever knew.

You will show her what true love really feels like.

When I hear back from guys who have used my techniques to get their ex back, I'm often told that the woman cried with joy when their relationship got back together, because she was so overwhelmed with how good she was feeling.

That is the power of actively making her have feelings for you again rather than wasting time ignoring her, or wasting energy to convince her to give you another chance by telling her how much you care.

When you spark her feelings for you again and then build on that, all of her walls come down and she literally wants to be back in your arms again.

Being held by you feels good.

It feels right.

She might be confused at first because she was certain that she wanted to break up with you, but her heart will be full of new feelings for you that she won't be able to ignore.

What she probably doesn't realize now is that falling back in love in you will be one of the best feelings that she's ever going to experience in life.

Of course, it's going to feel great for you too, but you are going to be giving her an unforgettable gift by getting her to fall back in love with you and allowing her to experience the true power of love.

You are going to make her have such strong feelings for you that she not only wants to get back together, but she doesn't want the relationship to break up again.

As you begin to make her have feelings for you again, her heart will start to fill up with new, exciting emotions and she will feel compelled to be around you.

You then simply need to guide her through the final steps of the process until she is back in your arms and feeling so happy to be with you again.

What a lot of guys don't know, is that getting a woman back after a breakup is an exciting, rewarding and fulfilling process for the man and the woman.

It feels good for both of them.

However, I just want to remind you though, that is only when you're making her have feelings for you again, when you're re-sparking her feelings and you're building on it.

If you are trying to get your ex back without even making her have feelings for you again, then it's going to be a really difficult process for you. It's going to be drawn out and it will be highly unlikely that you get her back.

On the other hand, when you focus on making her have feelings for you again and building on that, it becomes very easy and things just start to fall into place.

You guide her from one step to the next until she's back in your arms, telling you that she loves you again and she's feeling happy to be back together with you.

Are You Serious About Getting Her Back?

So, what are you going to do about your woman?

Are you going to just ignore her and hope that she comes running back?

Are you going to continue to try to convince her to give you another chance, even though you are not re-sparking her feelings for you?

Are you going to continue to ask her why? Are you going to try to be really nice to her in the hope that she takes pity on you, or are you actually going to make her have feelings for you again?

Are you going to re-spark her feelings and make her feel new and exciting emotions when she's interacting with you?

Are you going to give her the gift of seeing the true power of love (i.e. having the experience of falling back in love with a guy that she broke up with, he improved, he made her feel even more amazing than he's ever made her feel before, and she then gets to experience the true power of love)?

Other guys have done it, and you can do it too, so the question is, what are you going to do?

What are you going to do about her?

Are you going to ignore her? Are you going to hope that she comes running back by some magical reason?

Are you going to try to convince her, or are you going to actively make her have feelings for you again and give her the gift of falling back in love with the guy that she should be with?

Okay, so I hope this post has been helpful for you, and if you want to follow a simple, step-by-step process to get her back, go ahead and watch my program, [Get Your Ex Back: Super System](#)

It's 10 hours of video, and by the end of watching 10 hours of video, you will be ready to contact her, make her have feelings for you again, get the relationship back together and enjoy an even better relationship than you had before.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

What to Text to Your Ex After a Break Up

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you're wondering what to text your ex after a break up because you're hoping that if you say the right thing she'll give your relationship another chance, you're most-likely approaching the ex back process in the wrong way.

To get your ex to forgive you and be willing to take you back, you have to focus on making her feel a renewed sense of respect and attraction for you as a man when she interacts with you on a phone call and in person.

You can get a little bit of respect and attraction back via text, but the most powerful moments happen when you talk to her on the phone and interact with her in person.

Of course, if you are looking for some examples of what to text your ex after a break up, here's what I recommend:

1. **Directly after the break up:** *"I just want to let you know that I accept the break. I love you and of course I'd be happy if we were together, but I will accept the break up and move on."*
2. **A week later:** Try to call her and if she doesn't answer, send her this text, *"Hey Jenny – I was just calling because I have something quick I wanted to ask you over the phone. I guess you are busy at the moment. I might try to call you another time."* The quick thing that you wanted to ask her was to catch up in person. The full wording of how to get a meet up with your ex is provided in my program, *Get Your Ex Back: Super System*
3. **A month later (if you haven't met up with her to get her back):** *"Love you."*

With the third text message example above, you are simply saying, *"Love you"* because if she is missing you by then, she will text back.

Of course, if she isn't missing you, then you haven't been approaching the ex back process correctly.

If you want to get your ex back, you have to re-spark her feelings for you rather than just ignoring her and hoping that she misses you and wants you back.

Why? Watch this video!

As you will discover from the video above, ignoring your ex isn't going to achieve much if she doesn't currently have feelings for you.

It will sometimes cause an insecure woman to come running back, but if your ex doesn't want anything to do with you, she's not going to care if you ignore her and she's also not going to feel much when you text her.

Why You Shouldn't Use Text as Your Main Weapon to Get Her Back

Right now, your ex is most likely thinking of you in a negative way.

So, getting a text message from you will usually just reinforce all the negative thoughts and memories she's already having about you and your failed relationship.

For example: If a guy was behaving in a needy, clingy, insecure or jealous way during the relationship and then sends her a simple text like, *â€œHi Cindy. I just wanted to ask how you are doing? Are you okay?â€* how do you think she will perceive it?

Will she be thinking, *â€œOh, how sweet. My ex is being so nice and caring. I miss him so much, I just wish we could get back together again,â€* or might she instead think something like, *â€œHere we go again! So annoying. Even now that weâ€™re broken up heâ€™s being needy and insecure. He cares about my feelingsâ€¦big deal. I bet heâ€™s only texting me to find out what Iâ€™m doing and who Iâ€™m with because heâ€™s a mess without me. I wish he would just leave me alone.â€*

From his point of view, he is just being a friendly ex who is just checking to make sure sheâ€™s okay.

However, in her mind, she will assume that heâ€™s just up to his usual needy, insecure tricks and will then feel turned off by him.

Hereâ€™s the thingâ€¦!

In a text message, your ex has to guess at what tonality you are using and at your state of mind (e.g. are you feeling confident and positive, or are you being a needy, hurting guy).

In most cases, she is going to think in a negative light, which is why you shouldnâ€™t try using text as your main way of getting her back.

What should you do instead?

Get Her On a Phone Call and Let Her Hear and Experience Your Confidence Coming Through

[image: Attract her over the phone, rather than trying to convince her]

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

So, if you want to get your ex to feel a renewed sense of respect and attraction for you, the best way to do that (apart from meeting up with her in person) is to get her on a phone call so that you can shock her (in a positive way) out of the way she is thinking about you right now.

For example: If right now sheâ€™s thinking, *â€œIâ€™m so glad heâ€™s out of my life,â€* you want her to feel attracted to you over the phone and begin thinking, *â€œI think I made a mistake, I really miss him. I wonder if he would like to get back together again?â€*

So, just pick up the phone and give her a call, get her to experience your confidence and make her laugh and feel good to be talking to you.

Then get her to agree to a meet up with you just one last time (donâ€™t worry, it wonâ€™t be if you use my attraction and persuasion techniques on her), where you can continue to regain her respect and attraction for you.

What should you do if your ex isnâ€™t answering your calls?

If you were calling her non-stop after the break up and sheâ€™s no longer answering your calls, make sure that you avoid the following mistakes:

1. Calling her when itâ€™s not convenient for her (e.g. during work or class, too early in the

morning or late at night).

2. Calling her over and over again throughout the day (e.g. every 10 minutes or half an hour).
3. Texting her and asking her why she's not picking up the phone.

As mentioned earlier in this post, what you can do instead is:

1. Call when she's available.
2. Only call once and if she doesn't answer send her a quick text message saying something like, *"Hey Kate. I just tried to give you a call because there's something I need to ask you. It looks like you're busy right now. I might try getting in touch some other time."*
3. She will either call you back, or she will text you to ask what you want.
4. If she calls you back, go ahead and say and do the things that will get her feeling respect and attraction for you again (e.g. make her laugh, apologize for what happened between you) and then arrange a time to meet up with her.
5. If she sends you a text, don't text back, just call her again.
6. If she doesn't answer, leave it a few minutes and call again.
7. If she still doesn't answer, just send the emoticon with the tongue sticking out ☺ on its own.
8. If she doesn't reply to that, wait for a couple of days and try to call her again.
9. If she doesn't answer, send her this text, *"Hey Kate, as mentioned above there's something quick I wanted to ask you over the phone. Can you chat for a minute now?"*

Eventually she'll be so curious to find out what you want to ask her that she will answer your call. Then go ahead and do what you would do in step #4 (see above).

4 Mistakes to Avoid When You Text Your Ex After a Break Up

When texting your ex after a break up, make sure that you avoid these common mistakes!

1. Constantly apologizing to her via text message.

It's only natural for a guy to want to apologize to his ex for whatever happened to cause the break up.

However, apologies are best done face-to-face.

The second best way to do it is on a phone call, but it's nowhere near as powerful as looking her in the eyes and giving her a confident, relaxed, mature apology.

Nothing about a text message can convince your ex that you mean what you're saying if she can't see your face, read your body language and hear the sincerity in your voice.

It doesn't matter how many texts you send to her, nothing is as powerful as saying sorry in person.

If a guy (who was insecure in the relationship) apologizes to his ex girlfriend (fiancée or wife) via text, it's possible that she may think, *"What a wimp. He doesn't even have the balls to face me and say that in person. He has to hide behind a text message rather than face me like a man."*

If you need to apologize, make sure you do it face-to-face when you meet up with her.

However, when you do apologize, say it in a confident, mature, sincere and relaxed manner. Don't

apologize like you are groveling or sucking up to her or seeking pity.

Just relax, admit your mistakes like a man and say sorry for it.

Saying sorry to her isn't the way to get her back, but at least by saying it right, you will make her feel SOME respect and attraction for you again.

Regardless of how much you hurt your ex, she doesn't want you to turn into an emotional wuss who apologizes over and over again and tries to suck up to her.

She wants you to be a good, loving, respectful man, but she doesn't want you to get down on your knees and beg for forgiveness.

2. Lying about being with other women.

Sometimes a guy feels that if he lets his ex know how well he is doing without her (e.g. he's going out a lot, is dating other women), she will get jealous and want to get back together with him.

However, if a woman is not feeling a lot of respect and attraction for her ex, this plan will more than likely backfire.

Sure, she might be curious to find out what he's up to, but she won't just come back to him because she's feeling jealous. In fact, if she's still feeling hurt and angry about the break up, she will likely be thinking, *â€œGood riddance!â€*

3. Constantly contacting her.

Sending your ex loads of pointless texts just to stay in touch with her will usually do nothing but annoy her further.

If you want to get your ex back, you must meet up with her in person and make her feel a renewed sense of respect and attraction for you face-to-face.

4. Asking her to explain what you did wrong and how to fix it.

A big mistake that guys make, is send their ex a text asking her what went wrong and what he can do to make her forgive him.

He might text her something like, *â€œJust tell me what I did. I promise you, whatever it is you want me to change, I'll do it, just tell me what you want me to do,â€* thinking that it's what she wants hear.

However, a woman doesn't want to have to be a guy's teacher, or worse, his mother and have to teach him how to be more of a man. If she has to do that, it will only destroy her feelings of respect, attraction and love for him even more.

So, if you're serious about getting your ex back, you have to figure this stuff out for yourself. Then, when you meet her in person, you can show her that you've understood her and made the necessary adjustments that will make her respond to you more positively.

Did You Know That Approximately 50% of Couples Get Back Together Again After a Break Up?

Getting back with your ex is no longer a mysterious process that you will never know anything about.

I've cracked the code to getting women back and 100s of guys from all over the world have already used my system to get their ex girlfriend, fianc  or wife back.

You can do it too.

Not only is it possible, but it's actually pretty easy when you know how to do it.

As one of my happy customers said to me, *"It's scary how quickly it worked. She hated me and now we're back together."*

It's true.

The way that love can come flooding back into a woman's heart can seem a little scary and confusing for guys, but that's just how nature works.

When you flick the right switch in a woman's mind, she can't stop herself from wanting to give the relationship another chance.

So, rather than worrying too much about what to text to your ex after a break up, just pick up the phone and call her to arrange a meet up.

At the meet up, you can then make her feel respect for you again (e.g. by showing her that you've changed, making her feel understood) and begin triggering her feelings of attraction.

As you do that, she will naturally begin to reconnect with the love and (if you're using my techniques) she will have stronger feelings for you than she's ever had before.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

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Why Did Me and My Girlfriend Break Up? I Still Love Her and I Want Her Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you're wondering, *Why did me and my girlfriend break up?* here are 5 possible reasons why.

1. Did you take her for granted?

[image: My girlfriend broke up with me. How do I get her back?]

In the beginning stages of a relationship, everything seems perfect and it's difficult to imagine not thinking your girlfriend is the most amazing woman in the world, and wanting to spend as much of your time with her as possible.

Yet, over time, life happens and other things (e.g. work, studies, bills, friends) begin to take up more of your attention than the relationship. It's not intentional, but it's also probably one of the main reasons why a woman will break up with a man.

No guy sets out to take his woman for granted. In fact, most guys would probably say, *I would do anything for my girlfriend (fiancée or wife),* or *I would rather die than hurt my girlfriend.*

However, when a guy lacks relationship experience and doesn't fully understand that it's his responsibility as the man to maintain and grow the respect, attraction and love between him and his girlfriend, he might make the mistake of thinking that the love will take care of itself, and he gets comfortable with the idea that his girlfriend belongs to him and nothing will ever change that.

For example: A guy might fall into the trap of thinking that, because he says *I love you* to his girlfriend, it is enough to keep her feeling loved and appreciated.

Yet, if his actions don't support his words, for instance, if he says, *I love you* and then spends a lot of time hanging out with friends playing TV games and ignoring her, she's not going to feel like he really means it.

Alternatively, if he tells her that he loves her, but fails to notice her when she makes an effort to look good for him (e.g. wears something sexy, gets a new hairstyle), she will feel unappreciated.

The truth is, the majority of guys don't even know that they're doing it.

If right now you're asking, *Why did me and my girlfriend break up? I just don't know what went wrong,* it could be because you allowed yourself to slip into a comfort zone, where you assumed that she would continue to feel loved and appreciated simply because you were together.

However, if a guy doesn't actively work on growing the respect, attraction and love between himself and his woman over time, she will not stick around.

In the past, a woman had to stay married for life, even if she was miserably unhappy.

In today's world women can do whatever they want, and if her guy takes her for granted and stops actively making her feel the respect, attraction and love she needs to feel fulfilled in the

relationship, she will break up with him.

2. Did you become clingy or needy?

If you don't have a clear understanding of what being clingy or needy is, it's very easy to write it off as something that would not apply to you and your relationship with your girlfriend. So, the dictionary definition is:

Clingy (*adjective*): Too emotionally dependent.

Needy (*adjective*): Constantly needing emotional support; insecure.

In other words, when a guy gets to the point in his relationship where he feels that he cannot live without constant contact with his girlfriend, he is being clingy, and when he needs her to constantly confirm that she loves him, he is being needy.

No, being an attentive boyfriend who likes to spend time with his girlfriend, takes care of her needs and shows her genuine affection, attention and love is not being clingy or needy.

However, the mistake that some guys make, is they use their relationship with a woman as an excuse to hide away from life.

For example: A guy might stop hanging out with his friends, give up his interests and even stop following through on his dreams because according to him, *"My girlfriend is the most important thing in my life. Apart from her nothing else matters. My friends feel boring to me and nothing I do without her is much fun anymore."*

Then, when he is with her, he will say things like, *"Do you really love me? You know that I wouldn't be able to live without you, right? You are my whole world. You're not going to dump me, are you?"*

What a guy like this doesn't realize is that even though a woman likes to feel that she's special and important to her man, she doesn't want to feel like she's his only purpose in life, or like she's doing him a favor by being with him.

A woman wants to feel that even though her man has so many other things going for him (e.g. his pick of beautiful women), he has picked her.

That makes her feel lucky to be with him, and her respect, attraction and love for him will grow.

Naturally, there are women who enjoy having a man who has nothing else going on in his life other than being at her beck and call, but these are usually domineering or insecure women who are afraid of losing him if he realizes there's something better out there for him.

However, the majority of women respect and appreciate a man who has more going on in his life than her, has goals and dreams and is reaching for his true potential as a man, is socially active, and yet at the same time is loving, supportive and someone she can look up to and respect.

If you and your girlfriend broke up, could it be that you slipped into the habit of putting her above yourself in the relationship?

3. Did you let her become the leader or boss of the relationship?

Have you ever heard guys saying, *“I have to check with the boss first,”* or *“I don’t know if my girlfriend will let me do that,”* or *“She wouldn’t allow me to do that. I’d get into trouble with her”* over something very simple or innocent?

This happens when a guy makes the mistake of believing that, by allowing his girlfriend (fiancée or wife) to wear the pants in the relationship, it will keep the peace between them and she will be happy.

However, the strange thing is that, even if a woman enjoys bossing her man around for a while, when the relationship dynamic goes out of balance (i.e. she takes on the masculine role and he takes on the feminine role), she will start to become angry, resentful and even bitchy towards him.

Rather than keep the peace, by allowing her to wear the pants in the relationship, she eventually loses so much respect and attraction for him that she breaks up with him.

Right now you might not fully understand why a woman would break up with you if you are giving her what she wants (e.g. to make all the decisions, be in control).

Yet, when you realize that women are instinctively drawn to the strength in men (e.g. confidence, masculinity, purpose, determination) and turned off by the weakness (e.g. insecurity, self-doubt, letting her be the boss and push you around), you will see that by handing your power over to her, you only managed to get her to lose respect for you as a man.

When a woman doesn’t respect her man, her attraction for him will fade, and the sex will likely slow down or dry up altogether.

Eventually she will break up with him because she simply cannot relax and be a feminine woman in contrast to his masculine strength while she still has to lead in the relationship.

4. Did she stop feeling sexy around you?

At the beginning of a relationship, when you can barely keep your hands off each other, telling a woman how beautiful she is and making her feel sexy is easy.

However, eventually the initial lust and romance settles down, and it’s easy for a guy to begin taking his woman’s sexiness for granted.

What most guys don’t realize is that women are a lot more insecure than they let on.

For example: A woman might walk around behaving like she’s the sexiest woman on Earth, dress in sexy clothes and have hundreds of guys trying to hook up with her, yet deep down she is thinking, *“I just hate my thighs; they look so big,”* or *“If only my ears didn’t stick out so much, I’d look so much better than I do right now.”*

In a relationship, this insecurity can become even worse if her man unknowingly points out her flaws (e.g. *“Those jeans look too tight. Have you put on even more weight?”* or *“You should wear more makeup to hide those spots on your face. I don’t like how you look anymore.”*).

In his opinion, he might feel that he’s encouraging her to improve herself, however, from her point of view he is saying, *“You’re ugly. I don’t think you look sexy anymore.”*

When a woman feels that she has lost her attractiveness to her man, she will lose confidence in

herself and the relationship will quickly begin to go downhill from there.

5. Did you stop reaching for your true potential as a man?

During the early part of a relationship, when the main focus is on the sex and romance, a man and a woman won't usually discuss their goals and ambitions in life in too much detail.

To a woman, as long as the guy looks like he's got goals and has purpose and direction in his life, she will feel more attracted to him and she will be happy to be his girlfriend.

However, even if a guy manages to hook up with a woman by attracting her in other ways, if when they are in a relationship together she realizes that he's actually a slacker, is stuck in a comfort zone (e.g. stuck in a boring job, living at home with his parents), and he's not interested in making anything of himself, her respect and attraction for him will fade.

Women like the idea of being with a man who is rising through the levels of life and reaching for his true potential.

That doesn't mean a guy has to be famous or rich for a woman to feel attracted to him and love him, but it does mean he should have purpose and be moving forward in his life.

If a woman realizes that her man is stuck in his life and isn't even interested in getting himself unstuck, she will begin to fall out of love with him and eventually break up with him.

You Can Get Your Girlfriend Back

The great news is that if you're asking, *Why did me and my girlfriend break up?* you're the kind of man who is willing to learn from his mistakes and change.

So, if you want to get back together with your girlfriend, the main thing you need to focus on is renewing her feelings of respect and attraction for you as a man, and her love for you will begin to flow again.

Even if, right now, she is saying things like, *I never want to see you again*, or *I don't love you anymore*, you have to understand that her love for you is not dead. It simply means that she doesn't feel like she wants to be in love with you right now.

However, when you make her feel differently (e.g. by showing her that you understand the reasons she broke up with you, make her feel understood), she will not be able to stop herself from feeling respect and attraction for you again.

When that happens, her guard will come down and, whether she wants it to or not, the love she felt for you will begin to flow back into her heart.

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How to Get Your Wife Back Even if it Seems Hopeless

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The first thing that I want to tell you about how to get your wife back is that it is possible.

Even if your situation seems hopeless, there is always hope because it is possible to re-spark your wife's feelings for you.

Personally speaking, I know that men from all over the world are able to get a wife back with my help (I hear back from happy customers all the time).

However, if you look at the statistics that are available for how many husbands get their wife back, it's pretty depressing, but that is as a result of men going to psychologists and family therapists, counseling and things like that and hoping to find the solution there.

However, what they find is either a female or male psychologist or therapist who is not an attraction expert.

When getting a marriage back together, a big part of it is about being able to make your wife feel attracted to you again.

Of course, her feeling attracted is not the be all and end all – there's more to getting a marriage back together and keeping it back together than that.

I know because I am married, I'm happily married now, and I've also helped hundreds of men to get their wife back.

I've personally helped more than a hundred men via my phone coaching service to get their wife back, and I've helped hundreds of men via my program, Get Your Ex Back: Super System:

So, if you are serious about getting your wife back, here's what you need to do:

1. Understand what really went wrong with the relationship.
2. Start fixing some of your issues and improving on your weaknesses.
3. Understand and use the power of love to get her back.

The first part is understanding what really went wrong.

No doubt you're already aware of some of the problems that you and your wife had, but there're also going to be other things that she most likely didn't talk about or doesn't want to talk about or discuss with you.

So you're no doubt aware of some of the reasons why she left you, but here are some questions to help you think about some other possible reasons as well:

- Did you let her wear the pants in the marriage for too long? In other words, did you let her take control and lead the way and boss you around essentially?
- Did you make her responsible for a lot of the decision making and the direction that your life was taking together?
- Did you stop making her feel feminine and girly in your presence? (e.g. Did you make you feel like more of a friend, or worse, did you make her feel like she was more dominant and masculine than you?)
- Were you too controlling and bossy?

- Did you stop trying to make her feel attracted to you?
- Did you become emotionally weak, for example jealous, secure, emotionally sensitive?
- Did you say and do one too many things to cause her to lose respect for you as a man?

When I've helped phone coaching clients to get their wife back, I often find that the man has been able to maintain a good marriage and relationship with his wife and have been able to stay together for many years, but it's gotten to the point where she just isn't happy with the attraction and love experience that she's having in the marriage.

For example, sometimes a wife will be happy for many years to go through the standard levels of getting a house, paying it off together, having children, raising the children up, getting them off to school, etc.

There's a lot of things to focus on, and there are also a lot of times to be happy and have fun together. Yet when those things lose their novelty and are no longer as challenging and exciting anymore, what I've found is that the wife then starts to focus her attention on her husband and wants to feel some excitement and love and attraction for him. She wants to feel something with him.

What often happens is that the husband has become very comfortable in the marriage, and it's not his fault.

You get into a marriage and you've got your wife there and you love each other, you're committed to each other, you do anything for each other, and you feel like you're going to be together for life. But unfortunately, life isn't always as easy and smooth sailing as that.

As you would know, life always seems to throw you a curveball when you least expect it. In this case, it's your wife falling out of love with you and you now wondering how you can get her back.

You can get her back, but you have to be willing to make some improvements and changes. You need to do is start fixing some of your issues and improving on your weaknesses.

Some of the issues can include insecurity, jealousy, controlling behavior, etc. Some of the improvements that men can make are in their ability to make their wife feel attracted.

A lot of guys, they make the mistake of turning their wife into more of a friend over the years, where they're partners and they're neutral friends together in life.

Women do put up with that for quite a while if they're happy in a relationship or a marriage, but if a woman gets to the point where she isn't really feeling excited and happy about her marriage anymore, and then she notices that she's really not feeling much attraction for her man, it starts to make her feel unhappy.

Another improvement that a husband can make is in his goals and ambitions in life.

Some of the men that I've helped to get a wife back, they fall into that category where they've gotten to a point in their life where they're comfortable and they're not really aiming for much more at all.

They might have got a mortgage and they're happily paying that off and they don't feel like they need to be really striving for anything anymore.

However, as a result of not really striving for much, what happens for the guy is that he often just spends a lot of time watching T.V. or surfing the internet or really not doing much at all.

The wife then starts to nag him and say, *"Get off the couch, do something. Life is boring. Life is going nowhere,"* etc, because she's reacting to the lack of masculine direction that he's just not

providing.

Compare that to a man who has bigger goals.

When he gets to a certain level in life, he then thinks, *“Okay, how can I expand this? How can I do better now? How can I take this to another level?”*

He’s always got something that he’s aiming for, and therefore she can be proud of him. She can look up to him. She can speak well of him to her family and friends and coworkers.

The other thing that you need to do is understand and use the power of love to get her back.

One of the great things about love is that it doesn’t die.

Your wife may have said to you that she doesn’t love you anymore, she doesn’t feel the same way, and she doesn’t want to be with you, but that doesn’t mean that the love is dead. It just means that she doesn’t feel the same way anymore.

She doesn’t feel respect, she doesn’t feel attraction, and therefore she cannot connect with the love in the way that she used to.

Yet, love doesn’t die.

It simply gets pushed into the background and covered over with more negative emotions where she feels resentment, a lack of respect. She feels annoyed, she feels agitated, she doesn’t feel proud and she is unhappy with how the marriage makes her feel.

Yet that’s got nothing to do with love.

Love is always there in the background, and you can bring the love back to the foreground again and make her love you again, by first focusing on making her feel respect for you as a man (e.g. fixing your emotional issues), allowing her to look up to you and respect you as a man, and also, then making her feel attracted to you again.

When a woman doesn’t feel respect for a man, she will find it difficult to feel attracted to him.

If she doesn’t respect him, and she doesn’t feel much attraction for him, then she will naturally start to fall out of love with him.

She will find it difficult to connect with the love. The love will be pushed into the background. She won’t be connecting with it.

However, when you are able to make your wife feel a renewed sense of respect and attraction for you again, she naturally and automatically starts to reconnect with the love.

One of the most important things that I tell my clients when I’m helping them get their wife back is to be confident in your ability to make her have feelings for you again.

What you need to understand is that human emotions are not set in stone. Human emotions can change.

Just because she’s feeling negative emotions now, it doesn’t mean that she’s stuck on those emotions for all of eternity, and you can never get her to feel positive emotions for you again.

What I’ve seen is that a wife can literally go from hating her ex-husband and despising him, resenting him, to liking him, respecting him, feeling attracted to him, and loving him again.

However, if you continue to make the same old communication mistakes that you’ve been making with her, and you continue to turn her off, then she’s not going to feel that renewed sense of respect and attraction for you.

Likewise, if you become an emasculated, self-doubting ex-husband who doesn't feel worthy of his ex-wife, then she's not going to feel respect and attraction for you.

You need to be confident. You need to believe in yourself and your ability to make her feel something for you again. You can make her feel something for you again. You can get that spark back, and you can build on it.

Alright, so I hope you find this video helpful.

If you want specific instructions of what to say and do to get your wife back, I have an amazing program called Get Your Ex Back: Super System that you can begin watching right now (you will get instant access to download it or watch it online in your Modern Man customer account).

Get Your Ex Back: Super System is 10 hours of video training, and it will guide you through the process of getting your wife back into your arms again.

Hundreds of guys from all over the world have already used it to get their wife back, and you can do it too.

By the way...

Now that I'm married, I know how important marriage is.

I know how important it is to you to have your wife back.

I couldn't imagine what life will be like without my wife. I have a very happy life with her, and that is as a result of the type of relationship dynamic that I teach in my program, Get Your Ex Back: Super System.

The style of relationship that I maintain with my wife is one where she looks up to me and respects me, but she also feels respected as well.

Making her look up to you and respect you isn't about putting her down, making her lower than you or anything like that.

It's simply about being the man that she can look up to and respect, the man that she can feel attracted to, and the man that she's happy to be in love with, proud to be in love with, and excited to be in love with.

You CAN make your wife feel that way again, even if your situation currently seems hopeless, or if she currently hates you.

You simply need to begin making her feel SOME respect, attraction and love for you again...

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How to Get Your Fiancée Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

So, how can you get your fiancée back?

Well, the first thing you need to realize is that if you got that far into a relationship with her, she obviously loved you a lot at one point, or at least saw a lot of potential in you as her future husband. If you're watching this video now, you're most-likely at a point where she has said that she doesn't want to be engaged to you anymore, she doesn't want to get married, and she's turned her back on you.

So, how can you get her back?

Start By Understanding Where You Went Wrong

The best way to start understanding how to get her back is to look at where you went wrong, so you can fix the things that really matter to her.

Some of the common reasons why a woman will walk away from her fiancée:

1. He lacked purpose and direction.
2. He gave her too much power in the relationship.
3. He was too insecure.
4. He wasn't enough of a man for her.
5. He wasn't able to give her the attraction experience that she really wanted.
6. She wasn't proud of him.
7. He kept making the same old mistakes over and over again.

With the first example of lacking purpose and direction, what happens there is that some guys get into a relationship with a woman and they place way too much importance on her.

The guy's life becomes about her, and everything that he is and that he's doing is about her and for her.

Here's the thing though...

A woman does want to feel loved, respected, appreciated and wanted, but she doesn't want to feel like her man's reason for living is her.

She doesn't want to feel like if she pulls back some of her interest and affection, he's going to become insecure, his world is going to come crashing down.

She wants to see that he is a man with or without her and that he has purpose and direction in life that includes her, but is not all about her.

So, if a woman feels like her fiancée is hiding from his true potential as a man behind the safety and comfort of a relationship with her, then it doesn't make her feel safe about the future.

It makes her feel as though she is the leader in the relationship, and without her reassurance that she loves him and without her commitment to him, he would crumble and his life would fall to pieces.

That's not to say that a woman can't have purpose and ambition in life, and it's just got to all be the

man (i.e. he's got to be doing all the work and the woman just has to relax).

It's not about that at all.

What a woman wants to see is that her man is willing to take on that role; that he is capable of taking on that role.

If, for example, she falls pregnant and she wants to be a mother, and stay at home and raise children, she knows that her man is going to keep pushing forward and be a success in life with or without her reassurance.

He doesn't need her to keep propping him up and patting him on the back, and emotionally reassuring him during challenging times. She wants to be able to look up to him as her man.

The next example is about giving her too much power in the relationship.

This is a fairly common relationship problem these days, because a lot of men are confused about the role that they should be taking on in a relationship.

If you watch a lot of TV and movies, you'll be told that it's a woman's world these days and men have got to bow down to women, and give all their power over to women.

Or you might be told that it's all about being 50/50 and sharing responsibilities and dominance in the relationship.

Both of those ideas are wrong, and they lead to divorce or very unhappy relationships. What works is when a man is in the power position.

However, that's not about putting a woman down. It's not about making her feel unimportant. It's not about disrespecting her. It's not about overlooking her opinion. It's not about pushing her to the side.

It's not about doing any of that at all.

It's simply about being the one who takes on the responsibility of being the leader in the relationship.

Of course, some guys don't want to do that and they prefer to be in a relationship where the woman just does everything and leads the way and he just cruises and goes about his life, and doesn't really care.

Some women are okay with it being that way and will put up with it if the rest of the relationship is really happy, and everything else is good.

However, if there are a lot of problems in the relationship (e.g. the guy is also insecure, he doesn't have much purpose, he doesn't know how to really make her feel attracted anymore), then his lack of leadership is going to become a glaring problem to her.

It's going to be something that annoys her.

The next example is about being too insecure.

Some women will put up with a bit of insecurity in a relationship if the rest of the relationship is good, and she's happy for other reasons with him.

However, if a guy is very insecure, for example he is emotionally sensitive, he's jealous, he's controlling, he's possessive, he has low self-esteem, etc, then a woman is going to feel very turned off by him.

It doesn't matter that the guy has bought her a ring and spent a lot of money on the engagement ring. That stuff really doesn't mean anything to a woman if she doesn't respect her guy.

Without respect, it's hard for her to feel attracted. Without respect and attraction, it's very difficult

for a woman to remain in love with a guy.

The next example is about not being enough of a man for her.

Some guys don't realize that regardless of how happy a relationship is and how much a woman loves her guy, she will always continue to test his confidence.

If a woman is in a relationship with a guy and she teases him, or tests his confidence, she pulls back some affection, she takes on a lot of power, she tests the waters in those ways and he just crumbles time after time, then she realizes that he's not enough of a man for her at this point in his life.

That doesn't mean he can't get her back though.

When getting a fianc   back, or any woman back, it's always about showing her that you really have changed and improved.

It's not about going and telling a woman that you've changed and improved. It's about letting her experience that when she interacts with you.

When you interact with her and her usual tests and bitchy, or cold, or challenging behavior no longer makes you crumble under pressure, she realizes that, okay, you have become enough of a man for her now.

The next example is about not being able to give her the attraction experience that she really wants.

So if you're able to get your woman to the point where she was your fianc  , then no doubt you were able to make her feel some attraction at the start of the relationship.

You might have even kept that attraction building over time, and things might have been great between you and her.

However, if she's no longer willing to be your fianc  , then one of the common reasons why a woman will walk away at that point is that she's just not getting the type of attraction experience that she wants.

So what do I mean by that?

Well, sometimes it feels nice to a woman to be in a relationship with a guy who dotes on her and treats her like a princess, buys her lots of things, and essentially just kisses her butt.

He's just that perfect boyfriend who does everything for her and treats her like she's the best thing in the world.

That's great, but where it becomes a problem is when the woman tests the guy, and sees if he will continue to treat her that way even if she doesn't respect him and treat him well.

So, sometimes a woman will get all that and she'll be loving it, and she'll think that the guy is the best guy for her.

Then, her instincts will kick in and she'll start testing him by being a bit of a bitch, being cold, being distant, taking him for granted, and not treating him how he wants to be treated.

If he puts up with that and starts treating her even nicer and better in the hopes that she takes pity on him, then she realizes that, *"Okay, this guy doesn't have much of a backbone. He allows me to push him around and do whatever I want, even though I'm being a bitch to him."*

At that point, she loses respect for him, and then she finds it difficult to feel attraction.

What she would've been hoping to see is that when she started to treat him badly he let her know about it, and if she continued he stopped treating her so well.

He instead started to push her away and said to her, *“Unless you start to change, you’re not going to be in my life.”*

If the guy had the backbone, the balls, the confidence to do that, then she would’ve respected him. She would’ve felt like she has a complete man.

She doesn’t just have a guy that’s kissing her butt and treating her like a princess, but he’s only doing that because he’s afraid of losing her.

He’s thinking that he’s just got to make her so happy by being so good to her, and that’s what’s going to keep her.

Yet, he’s mistaken.

He doesn’t know that a woman needs to be able to look up to him and respect him, and without that she’s not getting the attraction experience that she really wants.

The next example is about not being proud of him.

In cases like this, where a woman walks away from her fianc  because she’s not proud of him, some of the examples are that when interacting with other people she notices that they put him down and he doesn’t really stand up for himself.

She might also notice that he is confident around her at home, but if he starts interacting with other guys like alpha males, confident guys, he lowers himself and starts being a bit submissive, a bit passive, and letting these other guys just push him around or lead him around. Another example is around family and friends, where he’s not able to get her family and friends to look up to him and respect him as a man.

The final example is about keeping on making the same old mistakes over and over again.

So, some of those mistakes might include arguing, being insecure or being irritable, whining about life, being negative, controlling, jealous, etc.

Sometimes a woman will have enough relationship experience to know that most guys just don’t change.

Most guys don’t ever seek the help that they need, and then start to learn and change. They just keep making the same mistakes over and over, and over again.

So, if she’s experienced that in her previous relationships and finds herself in the same situation again, a woman will often just walk away and try to cut her losses, and hope that she finds a guy next time who doesn’t make those mistakes.

However, you can be the exception.

It is possible to learn from your mistakes and become a better man as a result.

No doubt you are already a good man.

You know that you’re a good man.

You know that you can do better this time with her, but what you need to be able to do is show her when you interact with her that you have made some changes.

It’s not about telling her that you’ve made those changes. It’s about letting her experience it when she interacts with you.

Love Doesn't Die

One final point I want to make for you is that when getting a fianc  back you've got to understand something about love, and that is love doesn't die.

Your fianc  might be saying to you at this point, *"I don't love you anymore. I don't feel the same way anymore."*

However, that doesn't mean that the love between you and her is dead.

Love doesn't die.

It simply gets pushed into the background and covered over with negative emotions.

You can bring that love back to the foreground again by making her feel a renewed sense of respect and attraction for you.

When she starts to feel respect and attraction for you again, she will naturally and automatically start to reconnect with the love.

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How to Get Your Ex Girlfriend Back (8 Examples)

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

In this post, I will be teaching you how to get your ex-girlfriend back.

One thing I want to point out right up-front is that each situation is different, so you shouldn't just use extreme techniques like the no contact rule (i.e. ignore your ex for 30-60 days) on every ex-girlfriend situation that you encounter.

Sometimes, you need to use more subtle techniques, and sometimes you need to take action very quickly to get the woman back.

So, in this post, I am going to cover 8 different break-up scenarios and explain what approach the guy should use to get his ex-girlfriend back:

1. He was dumped after one date.
2. He was dumped after less than a month of dating.
3. He was dumped after being together for one to five years.
4. He was dumped after being together for more than five years.
5. He was dumped for cheating on her.
6. He was dumped for being insecure, clingy or jealous.
7. He was dumped for taking her for granted.
8. He was dumped for not knowing how to give her the kind of attraction experience that she really wants.

1. He was dumped after one date

When a woman dumps a guy after one date and says *"I just want to be friends,"* or *"I don't think it's going to work out,"* what he actually needs to do is call her up, and not worry that he stuffed up the first date.

He needs to be confident enough and get on a call and re-attract her on the phone.

In most cases, the woman would then agree to meet up with him in person and when she meets up with him in person, he can then make her feel more respect and attraction for him, and hook up with her again.

2. He was dumped after less than a month of dating

If a guy was dumped after less than a month of dating, the relationship could have fizzled out due to a lack of attraction.

The woman would have been interested in him initially, she would have saw potential, but as she got to know him she realized that he was possibly too nervous and insecure and self-doubting and that he just wasn't enough a man for her at this point in his life.

Of course, that doesn't mean that it's over and he can never get her back and he can never get another chance with her now that he's stuffed things up.

To get another chance with her, what he needs to do is call her, get her to meet up with him, and then

hook-up with her at the meet-up.

If she doesn't want to hook up with him right away, that's not a problem either. He just needs to continue to build up on her respect and attraction to him when he texts her, when he talks to her on the phone, and when he meets up with her in person again.

3. He was dumped after being together for one to five years

In cases like this, the woman has a fair idea of who the guy is and what his usual tricks are to get her back together with him.

For example: He might have been out to get her back in the past by begging and pleading, convincing her to give him another chance, etc, but it's gotten to the point where she just doesn't see that he is changing and then she's broken up with him and moved on.

Alternatively, the attraction may have fizzled out and she end up liking another guy and maybe cheating on him and leaving him because of that.

So, if a guy is in that situation, what does he need to do to get his ex-girlfriend back?

What he needs to do is call her, meet up with her, get her to forgive his mistakes, make her feel a renewed sense of respect and attraction for him, then hook-up at the meet-up or arrange another time to meet up.

Of course, a lot of guys in this situation are at the point where their ex-girlfriend won't even talk to them. She won't even answer their texts.

So, how is he going to call her and get her to meet up with him?

Well, that's another story altogether.

Guys who are in that situation where they are blocked out of a woman's life, the need to use other techniques to bring down her guard so she then open herself up to texting with him and getting on a phone call with him.

All the really tough situations that guys are going through, and what to do, what to say, how to get a girlfriend back are covered in my program Get Your Ex Back Super System.

4. He was dumped after being together for more than five years

This is pretty similar to the previous one, except in these cases what I have found is that the attraction, the respect, and love, has really faded away.

The relationship may have been great in the beginning but over time, the man made some mistakes that caused her to lose respect, attraction, and love for him.

So, getting your girlfriend back in a case like this is not as simple as clicking your fingers and saying, *"Yes, I've sent her a text and now we're back together. Everything is magically fixed."*

In a case like this, what a guy need to do is call her, meet up with her in person, get her to forgive his mistakes, explain to her that he doesn't expect her to forgive him right away, make her feel a renewed sense of attraction and respect for him, hookup with her or arrange another time to meet up.

With relationships like this, what I have found is that the woman isn't always willing to catch up again very soon.

She's often at the point where she is sick and tired of her guy, and she doesn't want to be around him, she wants to try and move on, etc.

If she is unwilling to agree to catch up again, what a guy needs to do is, at least, get her to agree to keep the lines of communication open.

Keeping the lines of communication open means he is able to text her and get her on a phone call, he is able to have her on Facebook or social media, and the point of that is so he can have interactions with her that cause her to feel a renewed sense of respect and attraction for him.

The more that he makes her feel a renewed sense of respect and attraction for him, the more her guard comes down and she becomes open to interacting with him in person and giving the relationship another chance.

I will point out also that in cases like this, a guy often has to use more advanced techniques that I only teach in my program, *Get Your Ex Back Super System*.

Those techniques are about attraction, persuasion, and getting her to feel a mix of painful and positive emotions so she feel compelled to meet up with him and give the relationship another chance.

5. He was dumped for cheating on her

What he needs to do is call her, get her to forgive him over the phone for her benefit, tell her that he knows she won't be able to trust him right away and he respects that.

Get her to meet-up with him, make her feel a renewed sense of respect and attraction at the meet-up, and then hook-up or arrange another time to catch up.

By the way, when I'm giving this examples, I'm starting off with "call her" and I know that a lot of guys are in a situation where if they call their ex, she won't answer the phone.

I'm very much aware of that because I help phone coaching clients every day to get women back.

So, if you are in a situation where your woman isn't answering your phone calls, there is a text message that you can send to her to get her to answer your phone call.

Simply try to call her and if she doesn't answer, send the message of, *"Hey Jenny – it's Dan here. I was just calling because I have something quick I wanted to ask you over the phone. I guess you are busy at the moment. I might try to call you another time."*

That message lets her see that you're not being crazy and needy and desperate, and it's not a serious thing that you are trying to talk to her about. It's something quick.

You wanted to get her on the phone to ask her something, and what is that thing that you wanted to ask her?

To get her to meet-up with you.

If you don't think that she is going to agree to catch up with you, or she doesn't want to see you, doesn't want to be around you, don't worry.

If you're interested in learning from me, in my program, *Get Your Ex Back Super System*, I provide all the examples of what to say and do.

The examples of what to say have been tested with my phone coaching clients, and they use the psychology of persuasion to get her to agree to catch up with you.

The way that you will explain the meet up to her, and why she should spend more time around you, is something that she won't be able to say no to.

I've never had a client who could not get his woman to meet-up with him.

You can do that.

You can get her to interact with you in person, and when you are interacting with her in person you can make her feel a renewed sense of respect and attraction for you.

You can bring her guard down.

You can make her open up emotionally to the relationship again.

You can do that.

6. He was dumped for being insecure, clingy or jealous

What he needs to do is call her, get her to forgive him over the phone for her benefit, tell her that he knows she probably doesn't care if he's changed, and also let her know that he is not asking her to care about that.

Get her to meet-up with him, make her feel a new sense of respect and attraction at the meetup, then hook up with her at the meet-up or arrange another time to catch up.

7. He was dumped for taking her for granted

Call her, tell her that you know she won't be able to trust you immediately and that you respect that.

Get her to meet up with you, make her feel a renewed sense of respect and attraction at the meet-up, get her to forgive you for her own benefit. Hook up with her or arrange another time to catch up.

8. He was dumped for not knowing how to give her the kind of attraction experience that she really wants

A lot of the guys who fall into this category aren't even aware that this is one of the main reasons why their girlfriend broke up with them.

When a woman says, *"I don't feel the same way anymore,"* or, *"I don't want to be in a relationship anymore. I need time for myself. I don't know what I want anymore,"* and so on, it often because she's not getting the type of attraction experience that she wants.

A woman will also say things like, *"You're really nice and I really care about you, but I don't think that we should be in a relationship,"* or, *"You deserve someone better than me,"* or, *"It's not you, it's me."*

Essentially what it all comes down to is that she's just not getting the attraction experience that she wants.

An example of a woman not getting the attraction experience that she wants is when she's in a relationship with a guy who is too clingy and is suffocating her with how much attention he gives her and he is just all over her.

But really what she wants to experience at times, not always, is a guy who isn't so available and attentive to her. She wants to have a boyfriend where she feels like she needs to impress him a bit. On the other end of the scale, sometimes a woman is not getting the type of attraction experience that she wants because the guy is taking her for granted and is pushing her too far.

For example: A guy might get into a relationship with a girl who really likes him, she adores him, she looks up to him, she thinks the world of him.

He then starts to take her for granted and he pushes her away and she enjoys the chase at the start but after a while, it becomes a little bit insulting and lonely and unfulfilling.

That's not to say that she doesn't like it when her boyfriend pushes her away a little bit and is a bit hard to get, but she doesn't like it when he is only like that.

She wants him to have more of a balance where she does feel loved and appreciated.

How about your relationship?

Where you giving your ex-girlfriend the attraction experience that she really wanted?

Do you even know what type of attraction experience she really wants?

If you don't know what to offer a woman in a relationship to make her happy with the attraction experience, all of that is explained in my program, Get Your Ex Back Super System.

Get Your Ex Back Super System is a simple, 7 step system that gets your ex-girlfriend back faster than any other method available online.

It's 10 hours of video training, and by the end of watching it, you will be ready to contact your ex-girlfriend and make this happen.

You do not have to ignore her and waste time hoping that she runs back to you.

The Get Your Ex Back Super System approach is about taking action and making it happen.

When you go through the seven steps of the system, your girlfriend will want to be back together in a relationship just as much as you do.

The relationship will feel better than it did before because you won't be making the same old mistakes that were turning her off, and you will be able to bring out a side of her that has been missing when she's been around you.

She will start to respect you again and let you lead the way in the relationship because she will look up to you and trust you as the only man that she needs.

Your Relationship is Unique, So Be Careful When UsingÂ Extreme Ex Back Techniques

[image: Extreme ex back techniques like the no contact rule]

I hope this post has been helpful for you and you've learned more about what you need to do to get your ex-girlfriend back.

Before I finish up, I just want to remind you to be careful.

Don't go and use extreme techniques like the no contact rule on just any woman you break up.

[image: Avoiding her with the No Contact Rule]

Sometimes the no contact rule (ignoring a woman for 30-60 days) can work to get a woman to run back to her guy and say that she's sorry and she misses him and she wants to be with him.

However, the majority of guys who are trying to get an ex-girlfriend back are at the point where their girlfriend doesn't want anything to do with them.

She's had enough and when he tries to convince her to give him another chance, she says things like, *"Get away from me, I don't have any feelings for you, you don't have a chance with me. It's too late, no thank you."*

So, when a guy ignores a woman like that, she will often just use that time to move on.

Of course, sometimes she will contact him, though, just to check, *"Is he still missing me?"* and if she contacts him and sees that he's still missing her, he still wants to be with her, but he hasn't contacted her for 30-60 days or whatever it is, she then realizes that he's probably been using that no contact rule that everyone talks about on the internet.

She thinks, *"He's wanted to get back with me all this time, my life has been great without him, and he's just been sitting around licking his wounds, feeling sad about himself, missing me, feeling pitiful"* and she then she loses more respect and attraction for him as a result of using a manipulative tactic like the no contact rule.

Balls, Balls, Balls

[image: Have the balls to make something happen]

What I've found is that most women respond positively to an ex boyfriend who has the balls to make something happen, rather than ignoring her and hoping that she magically runs back to him.

So, don't be afraid of getting in contact with your ex-girlfriend, getting her to meet-up with you, and getting her back into your arms again.

If you want to get an ex-girlfriend back, what I've found is that the best method is to be a man about it and make it happen.

Get her back into your arms again by doing something about it.

Don't waste time ignoring her if she doesn't want anything to do with you.

If you want her back into your arms again, what you need to do is to start actively making her feel some respect, attraction, and love for you again.

You can do that in every interaction that you have with her, whether that is via text, on a phone call, or in person.

Make sure that in every interaction that you have with your ex-girlfriend, you use it as an opportunity to make her feel something for you.

Make her feel SOMETHING for you and then her guard begins to come down.

She then becomes open to interacting with you again in person and giving the relationship another chance.

This is something that you can do today. You don't have to sit around wasting time and hoping that she comes running back to you.

You can get your ex girlfriend back by doing something about it right now.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How to Get Your Ex Back When She Doesn't Have Feelings For You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

So, how can you get your ex back if she doesn't have any feelings for you at the moment and doesn't want anything to do with you?

What you need to do is actively CREATE some feelings again.

Sometimes, a guy will become inactive and waste a lot of time ignoring his ex in the hope that if he just stays out of her life, she might start to miss him and then contact him and want him back.

Yet, in most of the ex-back cases that I see, the woman doesn't have feelings for the guy anymore or she's really turned off by him and when he starts ignoring her, she just uses that time to move on.

Sometimes, a woman will contact her ex if he's been ignoring her just to check, *"Is he still missing me?"* and if he is, she then realizes that he's been using that no contact rule that everyone talks about on the internet, and she loses even more respect and attraction for him as a result.

So, if your ex doesn't have feelings for you right now, what I recommend is that you get active.

Actively start interacting with her (via text, phone call and in person interactions) and make her feel SOMETHING for you.

You're not going to immediately be able to make her fall madly in love with you by just sending her one text message, or saying one thing on the phone and talking to her for 10 seconds. It's not going to be like that.

What you need to do is start to create SOME feelings and then build on that in every interaction.

If you are texting back and forth with her, rather than just texting in a boring way, get her laughing and smiling so she feels something.

For example: If a woman sends her ex-boyfriend, fianc   or husband a text and says, *"Hey, what are you up to today?"* and he then replies, *"Nothing, how about you?"* that isn't going to make her laugh and smile and have some feelings for him.

Some examples of what might make her smile and laugh are, *"I just finished a 20km marathon (or 20 mile marathon) and now I'm trying to eat four pizzas in one sitting. How about you, what are you up to?"* or, *"Nothing much. I got run over by a car today, but besides that I'm fine. How about you?"*

In the second example there, she's most likely going to be thinking, *"What? He got run over by a car?"* and she's probably going to ask, *"What happened?"* and he's going to be able to reply with, *"Just kidding,"* or *"lol...just kidding        I had a great day with no car accidents at all. Haha...how about you? Have a great day today?"*

She's then going to at least be able to have some sort of smile and maybe even a laugh. She then starts to have some feelings when she interacts with you.

Of course, sending her that one text message isn't the magic solution to get your ex back.

To properly get a woman back, what you've got to get clear on is this, you've got to use every interaction that you have with her, whether that's via text, on a phone call or in person, to make her feel SOMETHING for you.

You've got to get her to feel SOME level of respect and attraction for you.

When you make her have some feelings for you again, she starts to relax her guard. She doesn't have to be so guarded when she's interacting with you because there's nothing really to worry about.

When she interacts with you, she smiles, she laughs, she feels good, so she doesn't need to be so bitchy towards you. If she is initially cold and bitchy and distant, she's only going to be able to keep that act up for so long.

After a while, when she continues to smile and laugh when she talks to you on the phone, interacts with you in person or texts back and forth with you, she's going to get to the point she thinks, *"Well, why am I being such a bitch to him? Why am I being cold? Every time I interact with him I feel good, so why don't I just meet up with him?"* or, *"Why don't I give this another chance?"*

If this woman is really important to you and you want to get the relationship back together, then just make sure that you understand that you've got to be active about creating some feelings again.

If she really loves you, misses you and can't deal with living her life without you, then she's going to come running back if you just ignore her and you don't do anything.

However, if your ex doesn't have feelings for you right now, you've got to get active.

You've got to make this happen by actively making her feel SOMETHING for you.

You've got to get her on a phone call and you've got to meet up with her, and when she meets up with you, you've got to allow her to experience the new and improved version of you.

You don't have to be perfect.

You don't have to be super amazing and have achieved so many things since the breakup to make her have some feelings for you again.

You've just got to be better.

For example: If a guy was emotionally insecure in his relationship with his girl and would get emotionally sensitive and jealous and he was controlling and all those sorts of things, then his girlfriend (fiance or wife) would have been turned off.

Insecurity, emotional sensitivity, jealousy and controlling behavior is a huge turnoff for women and you most likely already know that.

So, what is going to get her to have some feelings for a guy like that again is when she interacts with him and she can see that no matter what she says or does, he is now emotionally strong.

He is no longer the same old insecure, needy guy.

He's gone up a level, or even a couple of levels in terms of his emotional strength and emotional maturity.

He doesn't have to be perfect though.

He just has to be able to show her that he's improved since the breakup.

[image: Getting your ex to have feelings for you again]

Showing her that he has improved since the breakup is not about telling her and trying to sell himself to her and saying, *"Hey, I'm not needy now. I'm no longer insecure. I'm strong now."*

Instead, it's about letting her experience the new and improved version of him and letting her notice it on her own as she listens to him talk, notices his body language and picks up on his vibe.

For example: A guy meets up with his ex-girlfriend, fianc  or wife, and he's interacting with her

and she's being cold and distant as a test to see how he's going to react.

If the guy then looks nervous and is doubting himself and seems uncomfortable, she knows that, *"Okay...he is not emotionally strong. He still hasn't become the sort of man that I need. He's still weak. He still needs to improve and he's still stuck at the same level that he was at when I broke up with him. Therefore, there's no point in getting back with him."*

She knows that if she gets back with him, it's just going to be the same thing over and over and over again. She also doesn't want to have to take on the role of teaching him how to be the sort of man that she needs.

Some guys will ask their ex-woman, *"Please just tell me what I need to do. I'll do anything. I'll change anything. Just tell me what you need. Tell me what I need to change,"* but a woman doesn't want to be a guy's teacher in life about how to be a man.

If she teaches him one lesson, then she's most likely going to have to teach him another lesson, and another lesson, and another lesson, and the next thing she knows, she's in a relationship where it's sort of like a teacher-student relationship or a mom teaching her son, or a big sister helping out her little brother.

That is not the type of relationship that a woman wants to be in.

She wants to be in a relationship where she can look up to her man and respect him.

She doesn't want to have to teach him, keep lifting him up and encouraging him to be confident or have to keep patting him on the back and saying, *"It'll be okay. Don't worry."*

She wants him to be a strong man on his own, with or without her reassurance.

So, if your ex doesn't have feelings for you at the moment, what you need to do is work out where you've been going wrong and start to make some improvements on that.

You don't have to be perfect. You don't have to fix everything and become a super amazing man.

You just need to start making some improvements so she can experience that when she interacts with you. When she experiences that, she can then start to feel a renewed sense of respect and attraction for you.

She doesn't have to keep looking down on you as a guy who isn't ready to be the sort of man that she needs. She can see that you're one of the rare men who make a mistake in life, learn from it and become a better man as a result.

You're not like other guys who keep making the same mistake over and over and over again.

You are different.

You are a man who learns from his mistakes and becomes a better man as a result.

Need More Help?

If you've enjoyed this post and you need some more help to get your woman back, I have an amazing step by step system that you can use called, *Get Your Ex Back: Super System*.

I tested this system out with many phone coaching clients before I recorded it into a program. It's the only a proven step by step system to get a woman back.

You will learn exactly what to say and do to make her feel a renewed sense of respect and attraction

for you, forgive you, open back up to you and give the relationship another chance.

So, if you ex doesn't currently have feelings for you, don't worry about that, it's not the end of the world.

You can CREATE feelings of respect, attraction and love inside of her again.

You can do that.

You can actively make her feel something for you and then you can build on that and make her have stronger feelings for you the more she interacts with you.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Should You Ignore Your Ex to Get Her Back?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Should you ignore your ex-girlfriend, fianc  , or wife if you want her back?

This has to be one of the most common questions that I get, and it's also one of the most common approaches that guys use to try to get a woman back, but the problem is that it doesn't always work.

Ignoring a woman after a breakup will usually only make her come running back to you:

- If she really loves you and still has feelings for you and cannot move on after the breakup.
- If she's inexperienced with relationships and can't deal with the pain of a breakup.
- If she sees that you are moving on with your life and having a great time without her and she still hasn't been able to find a replacement guy.

However, in pretty much all other cases, ignoring her by using the No Contact Rule (i.e.   not contacting her for 30-60 days) just doesn't work.

For example: If a woman breaks up with a guy and she's had enough of him (e.g. he has been too needy, insecure, clingy and controlling) and then she walks away and he ignores her, in most cases she's just going   use that space to move on without him.

In some cases, the woman will contact the guy just to check if he's still missing her.

If she calls him up and he's still missing her and he's trying to get her back, then she realizes, *"Oh, okay, he's been using that no-contact rule that everyone talks about on the internet,"* and then she loses even more respect for him because he's trying to use manipulative tricks to get her back.

This is why I always tell guys that **your best chance to get your ex back is to actively spark her feelings of respect, attraction, and love for you when you interact with her.**

[image: Ignoring an ex for too long is usually a bad move]

Rather than ignoring a woman and hoping that it causes her to have feelings for you, I recommend being active and making her have feelings for you.

So, say for example you're talking to your ex on the phone.

How can you actively spark some feelings?

Here's an example...

You're talking to her, and she asks you, *"Do you miss me?"* You say to her, *"I'm dying here, I can't sleep, I can't eat, I've lost 20 pounds/kilos. No, I'm only kidding, I'm fine. How are you? You missing me yet?"*

She says, *"No,"* and you say, *"Yeah, right, you miss me big time."*

She then says, *"No. I don't miss you,"* and you can then jokingly say, *"Well, regardless of how much you hate me, I love you and I'll be sitting by the phone waiting for the next 40 years in the hope that the one that got away calls me and says 'Hey, I'm an old hag now, but I want you back.'"*

By approaching the conversation in that way she's most likely going to   smile and laugh.

What does smiling and laughing do?

It creates some feelings.

She respects that you have the confidence and the social skills to make her laugh and smile in a moment like that.

Compare that to a guy who's on a phone call with his ex and she says, *"Do you miss me?"* and he replies, *"Yes, I miss you. Do you miss me?"* She says, *"No,"* and then he says, *"Well, do you there's ever going to be a chance for us getting back together?"*

She says, *"No,"* and then he says, *"Well, I still miss you...I haven't moved on. Are you happy? Do you think there will ever be a chance for you and me?"*

By talking to her in that way, he's not actually doing anything to spark her feelings for him again.

She has broken up with him and doesn't have much feelings for him at that point, but he's not doing anything to reignite her feelings. He's just showing her that he needs her back and is lost without her, which isn't attractive to women.

Rather than making her feel respect and attraction by having the confidence to joke around, he is showing her that he's not emotionally strong without her and that he doesn't have the confidence and social skills to turn a question like that into something that both of them can smile and laugh about.

Instead, he's just going down the "pity me" route, where he's trying to make her feel guilty in the hopes that she will give him another chance as a result.

Yet, that's not how it works.

Of course, some women will respond to that and enjoy the fact that her ex is still in a lot of pain without her. She'll want to meet up with him and get him feeling like he has a chance, and then break his heart even more.

There are some mean women out there who want to put their ex through a lot of pain and heartache in that way, but the majority of women are just going to be thinking, *"Well, he hasn't even changed; he's still stuck at the same level. He was that when we broke up. My life has been great since and he's just been sitting around licking his wounds. He's just been feeling sad and missing me all the time."*

That's not attractive to a woman.

A woman does want to see that a guy has missed her and he still loves her, but she doesn't want to see that his life is a complete mess without her, that he's an emotional wreck without her. She wants to see that he's happy, he's confident and he's forward-moving.

So, if your ex really loves you, has feelings for you, won't be able to handle the pain of the breakup, or if you're already dating lots of women and having a great time, and you think that's going to make her feel jealous and come running back to you, then it's okay to ignore her if you want to use that approach.

However, if you're not feeling good right now, you're hurting as a result of the breakup and you don't really feel confident about re-attracting your ex when you interact with her, then ignoring her isn't the solution.

[image: Most women don't come back if you ignore them]

Most women don't come back if you ignore them, so you need to quickly start to improve on the areas where you are lacking.

Don't waste time ignoring her if you're not doing anything to improve your ability to make her feel

respect and attraction for you.

[image: Actively re-attract her rather than ignoring her]

If she contacts you and you still give her the same old experience that turns her off, she isn't going to feel excited to get back with you.

If you want to get some level of respect and attraction back, you've at least got to go beyond the level that you were at when she broke up with you.

For example: If you were insecure in the relationship and that was one of the major reasons why she broke up with you, you're going to need to start becoming emotionally strong.

You don't have to become perfect, but you do need to move beyond the level that you were at when she broke up with you, so that when you interact with her on the phone and in person, she will be able to sense it and notice it.

She's going to be able to say, *"Hmm...he's not insecure any more. Anything that I say to him, any way I challenge him and test him, he's emotionally strong. He's strong now and, matter of fact, I'm smiling and laughing; I'm enjoying talking to him."*

When you approach it in that way, a woman then drops her guard and becomes open to meeting up with you, and when you meet up with her you can get the relationship back together.

At the meet up, you get her to forgive you, you get her to feel the renewed sense of respect and attraction for you, and then you get her to open up to giving the relationship another chance.

Guys do it all the time, all over the world; they get their women back, and you can do it too.

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[image]

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Should You Tell Your Ex That You Still Love Her?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Should you tell your ex-girlfriend, fianc  or wife that you still love her?

Yes.

Don't be afraid to say things like that to her. There is absolutely nothing wrong with loving a woman. Women don't respect guys who have to use tricks to hide their insecurities.

Some guys that I have coached over the years, when they have asked me this question, I have said, *"Yes, go ahead and tell her that you love her. There is nothing wrong with that."*

Sometimes, a guy will then ask me, *"Well, isn't that going to make me lose power? Isn't that going to make me seem needy? Isn't that going to make me seem desperate?"*

Not at all.

If you are not desperate and you are not needy, then saying that is not desperate or needy.

However, if a guy is desperate and he's going crazy without his woman, then when he tells her that he loves her and he misses her and things like that, he is mostly likely going to say it in a way that isn't going to sound good to her.

On the other hand, if a guy is emotionally strong and is happy with or without his ex, then he's going to be able to answer in a confident masculine way if she ever asks him, *"Do you still love me or do you miss me?"*

So, if she asks him, *"Do you still love me?"* He can then say in a relaxed, confident, easy-going, but assertive tone of voice, *"Yeah, of course, I do. You are the woman that I love the most in the world. You know, you and I have broken up. I accept that, but of course, I love you."*

When you answer in this way, she can't help but respect you because you are confident. You believe in yourself, and you are fearless when it comes to love. You don't feel like you going to lose any power by saying that.

However, when an insecure guy tries to hide his love for his ex-girlfriend, fianc  or wife and she asks him, *"Do you still love me?"* and he says, *"I'm not sure. I don't know. Don't ask me those questions,"* or even says, *"No,"* when she knows that he does love her, it's going to make her lose respect for him.

She's going to lose respect for the fact that he cannot stand up and be who he really is. He's trying to protect his fragile heart, and he doesn't want to get hurt by saying that he loves her and then her saying, *"Well, I don't love you."* Then that destroys him.

A woman doesn't want to be the one who's in control of how you feel. She wants you to be happy, confident, and forward moving in life with or without her.

Of course, that doesn't mean that you say something like that to her and say, *"Oh, I'm happy with or without you. I don't need you."*

You don't need to say that to a woman. She needs to feel that when she's interacting with you. She can feel that and notice it when you talk to her in that honest, masculine, fearlessly loving way. You've got nothing to fear and know that you're not going to lose any power because you are the man.

In life, you don't lose any power by saying something unless you just decide that you lose power. If you think about some social interactions that people have, they're afraid to say some things to other people because they feel like they're going to lose power.

Those people are insecure and often pushed into the background, and ignored, and made fun of whereas someone who's not afraid to say what they really feel is usually respected.

Of course, I'm not talking about obnoxious people that say crazy things. I'm talking about the person who believes in themselves and isn't afraid to say what they really feel in a respectful manner.

When it comes to relationships, if a guy is insecure and he's afraid to express his love or show his love, then he's going to ruin pretty much every relationship that he gets into with a woman.

She's going to feel turned off by his insecurity regarding love, and she's never going to get to experience what it feels like to be in a relationship with a man who's fearless when it comes to love.

Now, of course, when I talk about being fearless with love, I'm not talking about a guy saying to a woman, *"You know, you mean everything to me. I love you so much. You're everything. My life is crap without you. I'm going to kill myself if you don't get back with me."*

That's not fearless with love. That is desperate, clingy, and needy type of love. That's not the type of love that women are attracted to.

Women are attracted to a man who is not afraid to say that he loves a woman, but at the same time, he's not saying, *"Hey, I need you for my emotional support here. I need you for my emotional stability. If you don't say that you love me back, then I'm going to crumble into a thousand pieces."*

She doesn't want to experience that.

She wants to experience a man who's not afraid to tell her he loves her, and after he says that he loves her, he's not expecting anything back.

If she doesn't say anything or if she says something bad, he's still going to be just as confident and happy with himself.

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[image]

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How to Impress Your Ex and Make Her Want You Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

So how can you impress your ex-girlfriend, fianc ©, or wife and show her that you really have changed and improved?

Essentially, you need to show her that you've moved beyond the level that you were at when she broke up with you.

If you try to get her back at the level you were at when she broke up with you, you're most likely going to fail because it's not going to satisfy her. She's had enough of the guy who is stuck at your level.

Her guard will start to come down when she sees that you have begun to change in the ways that are important to her.

For example: If a man was dumped by a woman because he was too emotionally sensitive and insecure (e.g. he became very jealous, he was clingy, he needed her constant reassurance that she felt attracted to him and loved him, etc), she isn't going to want him back if he still hasn't worked out how to be emotionally strong and emotionally mature.

Most women will put up with that a guy's insecurity for a while, but if it keeps going on and on and on, a woman will lose respect for the guy.

She will then start to lose attraction for him, because a woman really can't maintain her feelings of attraction for a guy that she doesn't respect.

So, if a guy like that wants his ex-girlfriend, fianc © or wife to drop her guard and become open to interacting with him in person, talking about the relationship and giving him another chance, he needs to show her that he really has moved beyond that level as a man.

She's not going to feel happy taking a guy back who's still stuck at the same level that he was at when she broke up with him. She wants to see that he has become a better man as a result of the break up.

[image: Show her that you have improved and changed]

A lot of women go through life saying, *"A leopard can't change its spots"* or *"If a man makes a mistake once, he'll never be able to change. They're all the same, they can never change. If he stuffs up, just dump him and move on."*

Women will have those sort of mindsets because they come across guys who don't change.

Yet, you can be the exception.

You can be one of the rare men who actually do change as a result of a breakup, by going beyond the level that you were at when she broke up with you.

Another example of is where a guy has been broken up with because he took his woman for granted. How can he move beyond the level of taking her for granted (e.g. treating her like crap or not being willing to commit)?

The obvious answer sounds like, *"Okay well, he must start showing her lots of appreciation and attention. He must tell her that he wants to commit to her. He must really go above and beyond to show her how committed he is to her."*

No, that's not it at all.

When I've helped phone-coaching clients to get their women back, the guys who have taken their women for granted are intelligent enough to have already tried that.

The woman says, *"You treated me like crap"* or *"You weren't willing to commit to me,"* and the guy then starts treating her really, really well, proposing to her or being willing to basically do anything for her. So he's already tried that, and it's not working. Why? Because that is not the next level.

The next level in a case like that is to simply show her that he now understands and to get her to understand that it's okay for a guy to make mistakes in a relationship and then become a better man as a result.

The next level is a mutual understanding that mistakes do happen and it doesn't mean the end of a relationship.

For example: A guy has taken his woman for granted because he didn't see her very often. She wanted to see him and he was always too busy doing other things, and he just thought, *"Well she'll stick around, she's my girlfriend or fiancée or wife. She'll put up with it because we're in love."*

She then eventually gets to the point where she says, *"Look, I'm sick of this. I don't want to be in a relationship anymore. You take me for granted,"* etc.

If he then starts showing her loads of affection and pleading with her and saying, *"I'm sorry! I'll do anything to make you happy! Please! Please! Please!"* that actually makes her lose some respect for him because she sees him in desperation mode.

Women don't want to see a man in desperation mode.

Women want to see a man who is in control of his emotions and he's able to use these bumps in the road in a relationship to actually deepen the respect, attraction, and love that they both feel for each other.

So rather than going into desperation mode, what a guy needs to do is show her that he knows that he's made a mistake, but then guide the conversation towards a mutual understanding that it's okay to make mistakes in a relationship and it's not the end of a relationship.

He needs to get her to understand that for a couple to stay together for life, they both need to love each other patiently. They need to constantly forgive each other for these minor mistakes that really can be fixed.

A guy taking his woman for granted is not the end of the world.

If they both loved each other and they had a great relationship, but there was the problem of him taking her for granted, that's not the end of the world, that's not the end of the story, that's not unfixable.

It's simply an example of him learning a lesson of how to have a happy, successful relationship. Everyone makes mistakes in relationships, even her.

So, at that point, he can say to her, *"Hey, I get it. I've been taking you for granted. You're always wanting to catch up and things, and I've been too busy with work. I've been too focused on that. Clearly, you've gotten to the point now where you're just sick of that. I get it. One thing I want you to understand, though, is that we both have made some mistakes in this relationship. You remember the time you did that and you did this? Well, it turns out that I've done this. I've taken you for granted, and that isn't the right way to go about having a happy, successful relationship. I get that now, but I*

also get that you are probably at the point where you've had enough. You don't even want to consider giving me another chance right now. That, I understand, because you're hurt right now and you've gotten to the point where you've had enough of it."

After saying that to her, it then calms things down.

He's not asking her to take him back; he's simply stating that he understands where he went wrong, and also helping her understand how relationships actually work.

When faced with problems in a relationship, the immature thing to do is to run from those problems. Yet, the mature thing to do is to work on those problems and use them as an opportunity to deepen the respect, attraction and love that you feel for each other.

Of course, when a woman is at the point where she's breaking up with a guy, she usually doesn't want to talk about deepening any feelings.

She wants to get away from him because she's had enough, but by having that type of conversation with her, it calms things down and he can then go through the rest of the process of getting a woman back, which is to rebuild her feelings of respect, attraction and love for him.

In every interaction that he has with her from then on, he has to use it as an opportunity to rebuild her feelings of respect, attraction and love for him again.

He can get some of that back via text, but the biggest impacts happen when you talk to your ex on the phone and when you interact with her in person.

It's in those moments that she can really hear and see that you have changed; you have gone beyond the level that you were at when she broke up with you.

Next Level Respect and Attraction

To recap, here are the two examples of next level of respect and attraction.

The first example was if a guy was insecure and emotionally sensitive. What he needs to do is show her that he's become confident and emotionally strong when he interacts with her. He can then start to rebuild her feelings.

In the other example where a guy has taken his woman for granted, he needs to give her a relationship reality check to let her know that everyone makes mistakes in a relationship and a mistake like that isn't something that's unfixable.

People can learn from mistakes and a guy can become a better man as a result of learning from his mistakes in a relationship. It is then possible for the relationship to get better from then on and be better than it ever was before.

After the relationship reality check, he needs to then start rebuilding her feelings.

He also needs to make her feel appreciated, loved, and wanted, but not in a desperate way.

When a guy gets dumped for taking a woman for granted, he often makes the mistake of just going straight for making her feel really appreciated, loved, and wanted, and he comes across as desperate.

For example: He starts buying her gifts, offering to take her on holidays, proposing marriage to her, and basically treating her like a princess. There's nothing wrong with treating a woman really well, but if you don't go through the other steps first, it just doesn't have the same impact.

In some cases, it will also be good to give the woman anywhere from 3-7 days of space where you're not contacting her or hassling her. However, it's not always necessary to do that and in many cases that I see, a guy is able to get his woman on the phone right away, sort things out, meet up with her, and start rebuilding her feelings for him.

So, in most cases, rather than ignoring the woman, what a guy really needs to do is let her experience respect and attraction for the new and improved version of him, and then guide her back into a relationship with him.

If you don't know exactly what to say or do to get your woman back, and you need help with that, I do have an amazing program called Get Your Ex Back Super System.

It's a step-by-step system; it's 10 hours of video training and by the end of the 10 hours, you'll be ready to contact your ex, get her to meet up with you, bring her guard down, start rebuilding her feelings for you, and guide her back into a relationship with you.

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How to Get Your Ex to Forgive You in 3 Simple Steps

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

How can you get your ex-girlfriend, fianc  or wife to forgive your mistakes and give you another chance?

Essentially you need to go through these three steps.

1. Show her that you've learnt from your mistakes and have already changed.
2. Educate her on the reality of relationships.
3. Get her to forgive you for her own benefit.

1. Show her that you've learnt from your mistakes and have already changed

[image: Show her that you have already changed]

The first part of getting her to forgive you is giving her some evidence that you really have changed, because if you can't show her that, everything else that you're saying to her really isn't going to sound that authentic and believable.

She's going to be thinking, *"Well yeah, you're saying all these nice things but how can I believe you? You haven't even changed. You're still the same guy that I broke up with. You're still stuck at the same level that you were at when I broke up with you."*

Some quick examples of how to show your ex that you've learnt from your mistakes are, if a guy was insecure and that was one of the main reasons why she broke up with him, he needs to now start showing her that he's emotionally secure. He's emotionally strong.

Another example is where a guy lacked purpose in life and because he lacked goals and ambitions in life, he focused way too much on her. He made his whole life about her and was clingy and needy and controlling, jealous etc.

To show her that he's learned from his mistakes and he's started to change, he needs to let her see that he now has some big goals and ambitions in life and he's starting to make some progress towards that.

He doesn't have to have achieved his goals and ambitions already, but he needs to have started to make progress towards that.

Another example is where a woman broke up with a guy because there was always constant arguing and fighting and misunderstandings and she was just sick of it. Their relationship was just too stressful, too annoying, too frustrating, too irritating, and she just turned her back on her guy, and then she left him.

So, to let her see that he's learned from his mistakes and he's started to change, what needs to happen is when he interacts with her from now on, he needs to be able to create some smiling and laughter and good vibes when they're talking to each other.

When she says things that would normally piss him off or irritate him and make him want to argue and get angry, he instead laughs and turns it into something to laugh about together, to joke about

together and they end up smiling and laughing and feeling good.

He doesn't have to do that with everything that she says, but he needs to show her that he's started to make some changes and that it's no longer so stressful to be talking to him. When she talks to him now she's smiling and laughing. It feels good to be interacting with him.

2. Educate her on the reality of relationships

[image: Give her an education on the reality of relationships]

The second part of getting your woman to forgive your mistakes is to educate her on the reality of relationships.

What I mean by the "reality of relationships" is that a lot of people go through life with a mistaken idea of how relationships should work, rather than how they actually work in reality.

For example: some people think that if they're in a relationship and there are mistakes that have been made, there's a loss of respect and attraction and love, it means that the other person isn't the one and have to turn their back, walk away and never look back again.

Yet that isn't how real relationships work.

Successful couples who stay together for life, they love each other patiently, they forgive each other constantly, as long as the other person in the relationship is always trying to become better and is learning from their mistakes and becoming a better person as a result.

Of course, if you've been broken up with by a woman, then you most likely made mistakes and kept making those mistakes over and over and over again, and she's at the point now where she's sick of that.

Yet, that was you before, not now.

You can learn from your mistakes and become a better man as a result.

You don't have to keep making the same mistakes over and over and over and over again.

You are capable of learning from your mistakes and starting to do things right from now on.

Now when you're explaining that to your woman, it's important that you're not using that as the main reason why she should get back with you.

For example: You shouldn't be saying to her, *"Hey, everyone makes mistakes and I can learn from my mistakes, so we should be back together. We don't need to turn our backs on each other and walk away."*

That isn't enough for most women to want to give the relationship another chance. You've also got to show her that you've changed, you've started to learn from your mistakes and that you really can make her feel differently now.

When she interacts with you she laughs, she smiles, she feels good. She feels respect for you, she feels attracted to you and she's starting to feel love for you again.

When that happens, she starts to pay more attention and place more value on what you've said. She starts to understand the hang on.

The way that some people think about relationships where they say that if there are mistakes and there's a breakup, you have to turn away and walk away and never look back, that's actually wrong.

It's actually possible to fall out of love with someone or to feel turned off by them, and for them then to change and become a better person, and for the feelings to then come flooding back.

It's also possible for the relationship to be even better than it was before, because the guy's not making the rookie mistakes that he used to make in the past.

You need to be able to explain to her that we all start out at a rookie level, at a beginner level when it comes to relationships.

Some guys learn a bit faster than others and some women learn a bit faster than others, but what makes a relationship last for life is when both people become better for each other over time.

Obviously if you been broken up with, you didn't become better for her over time, but that was you before, not now.

3. Get her to forgive you for her own benefit

[image: Get her to forgive you for your own benefit]

The final part of getting her to forgive you is to get her to forgive you for her own benefit.

What you need to explain to her is that if she doesn't forgive you, and she goes into another relationship, she's going to be carrying unnecessary baggage into her next relationship and it's going to cause problems for her.

Let her know that the mature way to handle a breakup is to actually forgive each other, rather than holding onto grudges and having unnecessary baggage as a result. Let her know that she's going to feel lighter, she's going to feel better if she can just accept the fact that you did make mistakes.

You weren't perfect at everything that you said and did in the relationship. You did make some mistakes, but you know what? It's nothing that she needs to hold against you for life.

You and her had some great times.

You did feel good with each other.

You then stuffed things up, but that doesn't mean she needs to hold that against you for life and feel negative and angry and resentful towards you for life, because that's just not going to be good for her.

Now of course, some guys watching this might be thinking, *"Huh? Moving on to her next relationship, no baggage? Does that mean that I'm telling her to move on?"*

No.

This is one of the really cool things about getting your woman to forgive you.

When you give her that freedom to not have baggage in her future relationship and she forgives you as a result of that, she stops looking at you in a negative way. She stops thinking about the mistakes that you made in a bad way.

She stops looking at you with that resentment.

She starts to look at you in a more positive light.

Her guard starts to come down, and when her guard comes down and she's more open to you, you can then start making her feel a renewed sense of respect and attraction for you, and when you do that, she'll start to reconnect with the love.

[image: Change how she feels about you during interactions]

When you get to that point of the reconciliation process, you've got to be confident and guide her back into a relationship with you. Don't give up, don't feel like it's impossible. You can do it. Guys all over the world get their women back every day, and you can do it too.

In some cases the woman remains cold and distant and doesn't make it easy for her guy to get back with her, but it can be done as long as you focus on making her feel respect and attraction for you again.

Every interaction that you have with her from now on, use it as an opportunity to make her feel something for you. Make her feel some respect and attraction. When you do that, she'll start to reconnect with the love again and you can then guide her back into a relationship with you.

By the way, if you need more help getting your woman back and you'd like to follow a proven step-by-step system, I recommend that you watch my amazing program, Get Your Ex Back Super System. Guys all over the world have been using it to get women back, and you can do it to.

You Can Get Her to Forgive You Now, Not Months or Years From Now

I don't recommend that you waste time ignoring your ex and feeling like it's gonna take a lot of time for her to forgive you.

You can get a woman to forgive you very quickly.

If she's being sensitive about it and she's being a pain in the butt and saying, *"I don't know if I can forgive you,"* you need to turn that into a bit of a joke. You need to turn it into something to laugh about.

So for example, if she's saying, *"I don't know if I'm ready to forgive you,"* you should laugh and say, *"Ha! When are you going to be ready, in 100 years? Is it going to take you another 50 years? You're maybe going to have to have gray hairs first before you can forgive me? Come on, you're stronger than that. You're capable of forgiving. You can continue holding on to resentment and not having that emotional strength to forgive me, but it's not going to help you now or in the long run. You're a strong girl, you can forgive me, people forgive each other after breakups, you can do it. It's going to make you feel better, so there's no point delaying it and feeling miserable as a result. There's no point harboring a grudge against me because I made some mistakes in a relationship...we all make mistakes."*

You need to let her see that holding onto the resentment is an immature thing to do, and it's also an ineffective thing to do.

It's not going to help her to continue holding any resentment or negative feelings towards you, it's actually going to make her feel better to forgive you. When she forgives you, her guard naturally comes down.

That's the beautiful thing about the psychology of forgiveness.

When she forgives you, her guard comes down and she becomes open to looking at you in a positive light and having some feelings for you.

As long as you're using every interaction that you have with her to make her feel something for you,

then you're going to be rebuilding her feelings and you're going be able to guide her back into a relationship with you.

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[image]

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Can you Convince Your Ex to Give You Another Chance?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Can you convince your ex to give you another chance?

Yes, but not in the way that most guys do it.

Most guys try to convince their woman to give them another chance by begging and pleading, and explaining all the reasons why she should give him another chance.

That works sometimes when the woman still has some feelings for the guy and she wants to give him another chance, but when a woman has got to the point where she's had enough of her guy, the begging, pleading and reasoning just stops working.

He can say whatever he wants to her and it's just not going to work because at the end of the day, she just doesn't feel enough respect, attraction, and love for him anymore.

So, what should you do if you are in that situation (i.e. your ex doesn't have feelings for you, and she's not responding to your attempts to convince her to give you another chance)?

In these situations, what I found works the best is when you interact with her, just focus on making smile, laugh, and feel happy. When you make a woman smile, laugh, and feel happy, she can't hold on to negative, angry feelings about you.

Her negative feelings just start to fade away. She starts to relax her guard, and she opens herself up to interact with you even more and more.

For example: If a guy is talking with his ex-woman on the phone and she asks, *"Are you seeing anyone yet?"* and he responds, *"No, I am not seeing anyone yet. How about you?"* then, there is nothing that is going to make her smile or laugh or feel happy.

Yet, he does have an opportunity to make her smile, laugh, and feel happy.

Every interaction that you have with her there is opportunities there to make it happen.

So, if she asks you, *"Are you seeing anyone yet?"* You can reply in a joking manner. You don't have to take it seriously. You can say, *"Yeah, of course. I've got five new girlfriends already. I'm seeing loads of women. Is that okay? I wasn't sure if it was okay to bring it up."*

[image: Attract her over the phone, rather than trying to convince her]

Turn it into something to laugh about. You don't need to take it so seriously.

Another example reply to her question, *"Are you seeing anyone yet?"* is to say something like, *"Yeah, I am seeing a new woman. She's four foot tall and she is a midget. Is that okay?"*

Note: *I know some people are going to find that rude to talk about a midget or whatever, but the point is you making light of her question.*

You are turning it into something to laugh about. You are making fun of her asking you that question. You are not thrown off by it and you are not panicking. You are not worrying. You're not thinking *"What if I say this and then she thinks that?"*

You're just saying whatever you feel like and you are not taking it so seriously.

As a result, she is most likely going to smile, maybe have a little bit of a laugh, and she is going to feel happy when she is interacting with you.

By the way, if the woman responded and said, *“That is rude,”* a guy still can make it into something to laugh about. He can make fun of her for being so emotionally sensitive. It doesn’t have to be pushed around by that sort of politically correct response from her.

So if she says, *“That’s rude to say that,”* he can say to her, *“You are so emotionally sensitive. Everything’s got to be super polite and politically correct. Geez, I’d hate to see the comedy shows that you go to. Imagine the jokes they’ll be telling there. ‘The chicken crossed the road and he got to the other side.’”*

Basically you are turning it into something to laugh about. You’re making fun of her and you are making fun of the response, but you are not being an asshole about it. You are still being fun, easy-going, loving guy.

The whole point of making her smile, laugh, and feel happy is that then you don’t have to do much convincing to get her back, because she starts to have feelings for you again.

She starts to feel good when she is interacting with you and her guard comes down.

When an ex’s guard comes down and she is open to interacting with you and having feelings for you, you can then really turn it on and make her feel a lot of respect, attraction, and love to you again.

How can you do that?

Making Her Feel Respect, Attraction and Love For You Again

[image: Attract her in person, rather than trying to convince her with logic]

One of the ways to do regain her respect is to show her you have moved beyond the level that you were at when she broke up with you.

For example: A guy got broken up with by a woman because he lacked purpose and direction in life. He was just clinging on to her and he really didn’t have much purpose in life other than just being in a relationship with her.

To show her that he has moved beyond the level that he was at when she broke up with him, he is going to need to show her that he now has some big goals, dreams, and ambitions, and he’s starting to make progress towards them.

He doesn’t have to have achieved all these big goals, dreams, and ambitions and he doesn’t have to become this super amazing man. Instead, he just needs to start making progress. She can then see that he’s not stuck, and he’s not the same guy that she broke up with.

He really has improved, which is going to make it a lot easier for her to say to her friends and family, *“No, no. He’s not the same guy anymore. Things are really different now. I feel good. I feel like we are in love again. I feel like this can work.”*

A Sad, But Important to Know Truth About Relationships

Something else that is really important to understand in terms of trying to convince a woman to give you another chance is to understand that you don’t own her.

It is one of those sad truths about relationships where a woman was an individual before the relationship, she was individual while she was in the relationship, and she’s individual now that is out

of the relationship.

Relationship is a decision to be together and either the man or the woman, or both of them can decide not to be together.

A relationship stays together when both people are happy to decide that they want stay together.

So, when a guy is trying to convince a woman to give him another chance, he often feels like he owns her and he's got the right to stay in a relationship with her because he is her boyfriend or fiancé, or husband, but really – he doesn't have any ownership over her.

Of course, in the distant past, a man would own his woman and he could treat her badly, and she would have to stick with him for life because it was shameful to get divorced. In the past, there wasn't any dating scene and there wasn't any premarital sex.

It was a case of a woman remaining virgin until marriage. When she was ready to get married, she chose a man, got married to him, lost her virginity, and had to stick with him for life even if he made her feel unhappy and treated her badly.

However, in today's world, a woman can leave a man if she decides to do so.

Society around her supports her, pop singers support her with their lyrics, movies, TV shows, talk show hosts, they all say, *"Hey, girl, if he is not treating you well, leave him. Hey girl, if you are unhappy, go find another man who is right for you."*

So, a mistake that some guys make when they are trying to convince their woman to give them another chance is that he will expect her to give him another chance just because he has been her boyfriend, fiancé or husband.

Unfortunately, that's just not the way that the world works anymore.

If you want a woman to stay with you, you've actually got to be the sort of man that a woman wants to stay with and that really involves deepening the respect, attraction, and love over time.

At the start of a relationship, it's very easy to make a woman feel some respect, attraction, and love for you because it's all very exciting, and she is feeling a lot of lust, and it is all new and novel.

However, when the relationship continues on, if a guy is treating his woman badly or he is turning her off by being insecure, taking her for granted, being controlling, jealous, etc., that initial respect, attraction, and love starts to fade away.

These days a woman doesn't stick around just because a relationship felt good at the start. You've got to be able to build on her feelings for you over time.

What You Need to Do to Get Her Back

[image: Re-attracting her rather than trying to convince her]

If you are serious about getting her back, what you need to do is use every interaction that you have with her via text, on a phone call, or in person to make her feel a renewed sense of respect and attraction for you.

When you make her feel a renewed sense of respect and attraction for you, her guard comes down and you can then build on her feelings for you and guide her back into a relationship.

Two ways that you can start doing that are to:

1. Make her smile, laugh, and feeling happy when she interacts with you.
2. Show her that you've moved beyond the level that you were at when she broke up with you.

She will then begin to convince herself that she wants to give you another chance.

That is the way to do it.

You've got to make her have enough feelings for you where she starts to convince herself that she wants to be with you and that life just doesn't feel right without you.

Okay, I hope you've enjoyed this post. If you need more help, I just want to let you know that I have an amazing, proven to work, step by step system for getting a woman back, called Get Your Ex Back Super System.

It's 10 hours of video, and by the end of it, you will know exactly what to say and do to get her to give you another chance.

I don't recommend that you waste time on endless phone calls trying to convince her to give you another chance by saying, *"Hey, I've changed. I promise. I will do anything. I am a great guy now. I will do whatever you want. I will treat you so well. I am not the same as I used to be."*

That approach only works sometimes when a woman is going through some initial breakups, she still loves the guy, she still wants to be with him and she gives him another chance.

However, if your girl has gotten to the point where she's had enough and doesn't want to be with you, she is not going to listen to your attempts to convince her to give you another chance.

You've got to make her have some feelings for you, so she starts open herself up to getting back with you and you can then guide her back into a relationship.

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Why Some Guys Fail to Get Their Ex Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The main reason why some guys fail to get their woman back is that they don't know how to make her feel attracted in the ways that she really wants.

Some guys feel as though it would be wrong to attempt to attract her in the ways that I'm going to explain in this post.

For example: If a guy is talking to his ex girlfriend, fianc  , or wife on the phone and she's going on and on about things, ranting on and on telling him how bad of a guy he is and how annoyed she is, how pissed off she is, etc, a lot of guys will just sit there and take it.

There are times when the guy needs to just sit there and listen and say, *"Okay, yeah you're right. I was wrong there. That was my mistake. I'm sorry."*

Yet, if a guy's all ready done that, he doesn't need to keep taking that verbal punishment over and over and over again. What's going to make her feel attracted in a moment like that is a man who stands up for himself, but still continues to be a loving man.

When you stand up for yourself, it's not about putting her down. It's about standing up for yourself, showing her that you are the man, but also bringing the interaction back to love.

For example: A guy is talking to his ex girlfriend and she's going on and on complaining about how he treated her in the relationship and saying the thing that she said over and over and over again before (e.g. that he never did the dishes).

What he can say at that point is, *"Okay, so you want to talk to me about how I didn't do the dishes. Tell me all about it, but let me just say this – you've already said it about five times, so let's just say this one last time and then I'll say yes, I understand and say that I'm sorry and then we don't need to bring it up again."*

She then continues on, says the thing about the dishes and then a few minutes later in the conversation she brings it up again.

At that point he can say, *"Oh right, here we go again. So, now we're at number six...let's see if we can make it to number 10 before the end of this phone call. If you mention it 10 times by the end of this phone call you win a prize."*

Talking to her in that way brings the conversation back to laughter and smiling, while still being a loving man.

It shows her that, *"Hey, I'm in charge here. I'm in control. I'm the man. You don't push me around,"* but at the same time, *"When I take power and control I don't do it in a mean way. I don't do it in an unloving way. I'm still being that loving man."*

When you come from a place of love, you are always in the higher position. You cannot lose when you're coming from a place of love.

When you are also being a masculine man who stands up for himself, that is the sort of thing that deepens a woman's respect, attraction, and love for you when in a relationship.

Another example is where a woman will text her ex boyfriend, fianc  , or husband and ask, *"Do you miss me?"* Some guys will reply with, *"Yes, I miss you. Do you miss me?"*

There's nothing wrong with replying like that, but there's also nothing there that's going to get her smiling and laughing and thinking that it's fun to interact with him, especially if during the breakup he was clingy and needy and insecure and didn't take the breakup very well.

Another example reply to the question of, *"Do you miss me?"* is when a guy will try to go in the opposite direction and say, *"No, I'm fine. I've moved on. Life is good."*

Now if that is true, then there's nothing wrong with a guy saying it. However, if he's only putting on an act and he really does want to get her back and he really does miss her, then there's no point in lying to her like that.

Of course, sometimes lying to a woman like that will cause an insecure woman to think, *"Huh? He doesn't like me?! He doesn't care about me anymore. He doesn't miss me. I'm going to start flirting with him now and see if I can get him to like me again and miss me and then I'm going to break up with him again and really make him hurt this time."*

However, there's no need for all those games.

What I recommend that you do is text her in a way where she can't help but smile when she gets a text from you.

For example: You can reply and say, *"Yes, I've been missing you so much that I've lost 20 pounds (20 kilos). I can't sleep, I can't eat. I'm dying here! Lol...just kidding. Of course I do miss you at times, but I'm fine. How about you? Are you missing me yet?"*

The point of sending her a text like that is to show her that you're not an emotional mess without her, but you're also being honest and telling her that you do miss her at times.

This helps to bring her guard down when she's texting back and forth with you because she can see that it's really not a big drama to be texting with you.

You're not being needy, you're not being insecure. You're not lying or trying to use tricks on her.

You're just being cool and being confident and joking around and you're not really trying to get anything from her.

You also have the confidence to say, *"How about you? Are you missing me yet?"* Which is actually a confident flirtatious thing to say.

If she comes back and says, *"No I'm not missing you,"* you can reply with, *"Yeah right ;)"* and add in, *"I know you're missing me like crazy."*

After that, the best thing to do is to get her on a phone call.

Get her smiling and laughing while she's having a chat with you on the phone call. When you do that, she will then become more open to talking with you and meeting up with you in person. Her guard will come down and she will begin to open herself up to having feelings for you again.

The most important thing about getting her smiling and laughing is that it brings down her guard.

She realizes that she doesn't need to be so cold and distant and tough when interacting with you. She doesn't have to act like she doesn't like interacting with you because when she interacts with you, she smiles and laughs and she feels good.

Don't Waste Time Trying to Convince Her

Some guys fail to get their ex back because they don't focus on making her feel a renewed sense of respect and attraction for them.

Instead, a guy will sometimes waste a lot of time and energy trying to convince his woman why she should give him another chance. For example: He will tell her that he has changed, that they had a great relationship before, he is sorry, she means everything to him, etc.

Some guys will also try to get a woman back by buying gifts for her, paying for her rent, or helping her out financially. Yet, that isn't what makes a woman feel respect and attraction for a man and want to be back with him in a relationship.

She might take the money and support that he's offering her, but it's not going to make her fall back in love with him.

A woman only appreciates gifts and support when it comes from a man that she respects, feels attracted to and loves. So, when a guy is trying to buy his woman back or impress her back in those ways it just doesn't work.

When a guy feels like he's done his best to show the woman that he's changed, that he really loves her and that he's willing to do anything and it's not working, he will then often think that he needs to start ignoring her and hope that she comes running back to him.

Yet, walking away usually only gets a woman back if she is still in love with the guy. If a woman doesn't have feelings for a guy, there is nothing for her to come running back to if he walks away.

She will almost always just use the time that he is ignoring her to move on with another guy, or to get over him and open herself up to dating.

What actually works to get a woman back is when you actively rebuild her feelings of respect, attraction, and love for you during interactions (i.e. via text, on the phone and in person).

To get your ex girlfriend, fiancé or wife back, you need to be able to get her to respect you during conversations and then begin to trigger her feelings of attraction by making her smile, laugh, and enjoy interacting with you.

When you do that to a woman, she will automatically begin to drop her guard and become open to forgiving you, accepting your apology, and meeting up with you in person.

When you meet up with her in person, you can then make her feel respect, attraction and love for you in new and exciting ways. You have to be willing though to change the way that you've been talking to her and interacting with her.

I'll give you a quote here from Albert Einstein to really illustrate my point, "*We cannot solve our problems with the same thinking we used when we created them.*"

In other words, if what you've tried so far hasn't been working you shouldn't keep trying the same thing over and over again.

For example: If you've been ignoring her and she's not running back to you, then you've got to stop ignoring her. If you've been trying to convince her to give you another chance by pointing out the reasons why she should give you another chance and that's not working, you should stop doing that too.

What I want you to know is that you can actively flick her attraction switch back on, but you have to

be willing to start talking to her and interacting with her in new ways that are going to make her smile and laugh when she's interacting with you.

If you want to greatly improve the chances of getting your ex back, you must be willing to stop saying and doing the things that have been turning her off.

You also have to be willing to interact with her in ways that are going to make her look up to you and respect you as the man. It's not about putting her down and making her feel like she's lower than you and she's nothing compared to you, or that you are the boss and she has to listen to everything that you say.

Instead, it's about being the man in a loving way.

When I coach guys via my phone coaching service I often come across guys and men who are very good guys. They are usually intelligent, successful in their career or if they are still at university, they are doing well and heading towards a great career.

Despite their intelligence, these men still make some classic mistakes when trying to get a woman back that pretty much every other guy makes. He isn't failing at getting his ex back because he is silly or lacks IQ, but simply because he is using the wrong approach.

For example: Many guys try to reason with an ex girlfriend, fiancée, or wife by saying, *"Why are you being like this? I'm a good guy. I've changed. I've apologized. Why can't you see that we had a great loving relationship before? Why can't you see that? Just give me another chance."*

Yet, the problem with that is when a woman doesn't fully respect a guy as a man, all those things that he's saying are just annoying and irritating to her. It doesn't mean anything to her. It's like, *"Who is this guy trying to tell me what to do when I don't even respect him?"*

If you think about someone in your life who you don't respect and look up to and they're trying to tell you what to do and reason with you and get you to think the way that they want you to think, it just doesn't wash with you.

You're look at them and think, *"Yeah, well who are you? I don't even respect you."*

Yet, if you respect someone and look up to them and trust them, you are then more willing to listen to them and what they have to say.

This is why getting your ex to respect you again is the most important thing that you have to do when you begin trying to get her back. Once she respects you again and starts to feel attracted to you, then she starts to reconnect with the love that she used to have for you.

As long as you're making her feel respect and attraction for you in new and exciting ways while you're interacting with her, she's going to be happy to reconnect with that love.

It's going to feel good to interact with you in person. It's going to be good to hear your voice over the phone. It's going to feel good to be embraced by you.

You Can Re-Spark Her Feelings For You Again

The main point that I want you to understand here is that you can re-spark her feelings for you. Re-sparking her feelings is something that you can actively do while you interact with her via text, on the phone, in person and in the bedroom with her.

If you are saying and doing the types of things that are making her reconnect with her feelings for

you and experience new and exciting feelings for you, then she is naturally going to drop her guard and become more open to you.

She might act as though it's not really having an effect on her, but that act can only last so long.

Once she smiles and laughs a few times, there's just no point in acting anymore.

She's enjoying interacting with you and that's what counts. Then, when you meet up with her, there are specific things that you need to say and do to get her to give you another chance and start the relationship again.

If you want to learn exactly what to say and do at each step of the process to get your ex back, I recommend that you watch my 10 hour video program called, [Get Your Ex Back Super System](#)

It also comes with two bonus programs. One of them is about getting her on the phone, texting her, contacting her via Facebook or social media, and the other program is about having ultimate makeup sex where you make her feel attracted in new ways in the bedroom.

You Are Allowed to Make Her Have Feelings For You Again

One final point I want to make for you is that she is currently your ex, but that doesn't mean you're not allowed to make her feel attracted to you again.

Some of the guys that I coach have said to me, *"Well I don't really feel like it's my place to joke around with her anymore or flirt with her because we've broken up"* or, *"She has a new guy"* or, *"She said that she hates me."*

Doubting yourself and being insecure like that is not the way to get a woman back.

You need to be stronger than that.

You need to believe in yourself. You need to know there's nothing wrong with being a loving man. There's nothing wrong with guiding an interaction towards love, smiling and laughter. There's nothing wrong with that.

You are allowed to make her smile and laugh and feel love.

She might not make that obvious to you, she might not tell you, *"Hey make me smile, make me laugh, make me fall in love with you again,"* but what she's going to respond to is when you are strong enough and skilled enough to make that happen.

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[image]

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[image: Dan Bacon]

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17 Signs That Your Ex Might Want You Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

In this post, I'm going to explain 17 signs that your ex might want you back.

It's important to understand that any one of these signs could also just be a trick by the woman, where she's trying to keep the guy around for a while to move on, or she's trying to get him to show more interest in her so she then feels good about herself, etc.

So, none of these signs here are absolute 100% guarantees that your ex wants you back.

However, here is the really important part...

When getting a woman back you must look at these signs in a positive light. The more confident you are when getting a woman back, the easier it is to get her back.

If a guy isn't confident, what's he going to be doing? He's going to be hesitating to text his ex. He's going to be hesitating to call her up on the phone.

He's going to worry about her saying no if he asks her to meet up with him, and he's also not going to be very confident when he talks to her on the phone, and when he interacts with her in person.

You must be confident when getting a woman back, because women are not attracted to the emotional weakness of men.

If you're being insecure and self-doubting when you're trying to get a woman back, she will feel turned off and it will be much more difficult to get her back.

Yet, when you are confident, you then have that confidence to text her, get her on a phone call, make her laugh and smile when you're talking to her on the phone, make her feel attracted to you and respect you when you interact with her in person and confidently make a move when the time is right to get her to hug you, kiss you, or have sex with you again.

Okay, so now I'm going to explain these 17 signs that your ex might want you back...

1. She contacts you without you contacting her

This is a classic example of where a guy could be insecure if he wanted to, or he could be confident if he wanted to.

If a guy is trying to get his woman back, and she contacts him and he's insecure, he might be thinking things like, *"Oh, well this doesn't mean that she likes me. She's just trying to contact me to see if I'm still missing her, or maybe she just wants to find something out, or maybe she's just contacting me because she wants to be friendly, or because she feels sorry for me."*

Having those sort of insecure, self-doubting mindsets isn't going to help a guy get his ex back. What a guy needs to do when getting a woman back is be confident. Very confident. You've got to believe in yourself no matter what.

So, when you see that she contacts you without you contacting her, you've got to smile and say, *"Ha. She wants to get in touch with me because she misses me."* That then allows you to talk, think, feel, behave, and act in a more confident way, which is much more productive when getting a woman back than being insecure.

2. She likes your posts on social media

Once again, she could just be clicking “Like” for the heck of it, or she might want to just mess with you.

You can think in that insecure way if you want to, but I don’t recommend it. If you want to get a woman back, you’ve got to be confident.

When you see her clicking “Like” on your posts, look at it in a positive light and say, *“Ah, right. She wants me to contact her. She wants me to meet up with her. She’s missing me. She’s trying to show me that she’s still thinking about me, or that she’s still open to us interacting. If she didn’t want to interact with me, she wouldn’t click “Like.” She would just ignore me altogether.”*

Look at it in a positive light and feel confident as a result.

3. She wants to meet up or is open to meeting up

[image: She wants to meet up]

When a woman wants to meet up with her ex-boyfriend, fiancé, or husband to talk about the relationship, that’s a pretty obvious sign that she might want him back.

However, not all women are that easy when a guy is trying to get them back. Some women are just a little bit open to meeting up, so the woman might be saying things like, *“Yeah...we can catch up, but I’ll have to think about it”* or, *“Yeah, maybe I can catch up with you next week”* or, *“Maybe I can catch up with you for a coffee in two days’ time, but I can only stay for like 10, 15 minutes.”*

Regardless of the amount of interest that your woman is showing you, you’ve got to look at any type of sign that she’s either willing to meet up or she wants to meet up as her being open to getting back together with you.

When you meet up with her in person, what you’ve got to do is make her feel a renewed sense of respect and attraction for you.

She’s will then see that you’ve started to change and are no longer making the same old mistakes that you used to make when in a relationship with her.

For example: If a guy got dumped because he was emotionally insecure, emotionally sensitive and just wasn’t enough of a man for her, when he interacts with her he’s going to need to show her by the way that he thinks, talks, behaves and acts, that he’s now an emotionally strong man.

By doing that, she starts to feel a renewed sense of respect and attraction for him and her guard comes down, and then the guy can guide her back into a relationship.

4. She wants to be friends with you

[image: She wants to be friends with you]

Of course, sometimes when a woman wants to be friends with her ex, she just wants to do that to keep him around so she feels good about herself.

She can then say, *“Oh, I’ve got a new boyfriend. I’m so happy”* and put her ex-boyfriend, fiancé, or

husband through a bad time and get emotional revenge on him for how he made her feel in the relationship.

Yet, if you're trying to get a woman back, there's no benefit in thinking about the negatives like that and thinking about it in an insecure way.

You have to be confident and look at it in a positive light.

So her saying that she wants to remain friends, you've got to see that as, *"Okay, she wants to have me around because it hurts her to have me out of her life."*

What you need to do then is use the so-called friendship as a way to continue to interact with her.

When you interact with her via text, on the phone, or in person, you continue to make her feel a renewed sense of respect and attraction for you and her guard comes down. You can then guide her back into a relationship with you.

5. She is talking about you and your relationship in a positive way

This might seem like a pretty obvious one, where the woman is continuing to talk about her ex-boyfriend, fiancé, or husband in a good way. Yet, not all guys see it like that.

I help guys via my phone coaching service every day now, and I often hear examples where the woman is saying positive things about my client and she's talking about the good times.

Then, my client asks me things like, *"Well, does that mean that she still has some feelings for me? Does that mean that I still have a chance to get her back?"*

Here's the thing though...

There is no guarantee that her talking about him or the relationship in a positive way means that she wants him back, but there's also no point in thinking about it in an insecure way.

A guy can think in an insecure way if he wants to, but it just doesn't help in life and with women. So, when a guy hears that his ex-woman is talking about their relationship in a positive light, he must be confident about it.

He must think, *"Ha! She's missing me. Cool. I've still got a chance here. I've got to get her to meet up with me in person and I'm then going to make her feel a renewed sense of respect and attraction for me. I'm then going to guide her back into a relationship."*

6. She talks about good times that you and her shared

If you happen to be talking to your ex on the phone or in person and she brings up good times that you and her shared before, that is a sign that she's still emotionally open to you.

When a woman is trying to block a guy out of her life and she doesn't have any feelings for him at a particular point, she won't want to bring up those good memories because she won't want to give him any hope, unless she wants to be mean and get emotional revenge on him by giving him hope and then continuing to reject him.

Yet, in most cases, when a woman brings up the good times and she's open to talking about that and

open to feeling good about the memories, it means that a guy has a chance to make her feel more respect and attraction for him, and get her reconnecting with the love that she once felt for him, and then guide her back into a relationship.

7. She replies to your texts, e-mails, or social media comments

Of course, some women do that just to mess with a guy, but there's no point thinking like that.

If you want to get a woman back, you've got to be confident and look at her actions as a sign that she wants you back. Having confidence allows you to take action and make a move when you know that it's the right time to do it, rather than sitting around worrying that you might fail or she might reject you.

So, if you see that your ex is replying to your texts, e-mails and social media comments or messages, you've got to think about it in a positive light.

You've got to be confident about it.

You've got to believe in yourself that you really do have a chance of getting her to meet up with you, getting her to feel a renewed sense of respect and attraction for you, getting her to reconnect with the love, and then guiding her back into a relationship.

If you don't have that confidence, getting a woman back is very difficult.

8. She keeps asking if you are dating or in a relationship

Of course, a woman could just be asking this because she's just fairly interested or she doesn't really care and just wants to ask. Yet, once again, there's no point thinking like that.

If your ex-girlfriend, fiancé or wife is asking you if you're dating and in a relationship, just look at that as her wanting to find out whether you're moving on. If you are moving on, it means that she's losing a guy that she still cares about.

You can decide to think that she doesn't care about you or that she doesn't have feelings for you if you want to, but that isn't going to help you get a woman back.

9. She is sad and lonely without you

[image: She is sad and lonely without you]

When guys are trying to get women back, they're often in a situation where the woman is happy without them. She starts moving on, or she acts as though she's happy without him.

This sign that an ex wants her guy back isn't a very common one, but I have come across this example at times where a woman is sad and lonely without her guy around.

She'll post things up on social media about how much life sucks, and how bad it hurts to go through a breakup, etc.

So, if you do notice that your ex isn't very happy without you, look at that in a positive light. Look at it as a sign that she might actually want to get back with you, because she's just not that happy without you.

10. She drunk texts you or calls you by accident

Some guys get that accidental phone call from their ex and she says, *“Oh, I meant to call someone else. Or I meant to text someone else.”*

A guy can look at that in an insecure way if we wants to and can say, *“Oh, well maybe she did make a mistake by calling me. Maybe she did intend to text someone else. Damn it. I thought she might have liked me.”*

Yet, that type of insecure thinking is not going to help a guy get his woman back.

The best way to look at it is, *“Ha! She likes me. She’s trying to get in contact with me. She misses me. She wants to get some sort of interaction going on between me and her, because she misses me. She wants to get back with me.”*

Just think in a confident way, and then as a result of that confidence get her on a phone call, get her to meet up with you, get her to feel a renewed sense of respect and attraction for you at the meet up, and guide her back into a relationship.

11. She tries to look her best when she meets you

Women know that the most attractive thing about them to men is their physical appearance.

So, if a woman meets up with a guy and she’s dressed herself up really well and is looking sexy and beautiful, a guy can look at that as, *“Oh, she’s trying to make me feel bad and rub it in my face that I’m not with her anymore.”*

He can think like that if he wants to, but it’s not going to help. The best way to think about it is, *“She still cares enough to want to look good for me. If she didn’t care what I thought, she wouldn’t even go to any effort to look good.”*

12. She doesn’t start dating anyone else for a month or more

Sometimes when a guy breaks up with a girl or she breaks up with him, she won’t go out there and start dating for a while.

This may be because they had a long-term relationship and she’s just not ready for dating, or it could also be that she just doesn’t want to move on yet without him. She is not that sure.

So when a guy is in a situation where his ex doesn’t move on quickly, I always recommend that the guy looks at that in a positive light.

The reason for looking at it in a positive light is that it then allows a guy to be confident and get her on a phone call, get her to meet up with him, and get her back into a relationship.

In a situation like this, some guys waste a lot of time. They see that their ex isn’t moving on, and what does the guy do? He ignores her!

He thinks, *“All right. Well, I just won’t contact her then, and she’s going to come running back to me”* and it then doesn’t work out like he hoped.

She eventually starts dating a guy because she realizes that her relationship isn’t getting back together, or she gets to the point where she’s ready to start dating again.

So, if you're going through a breakup with your woman and she's not moving on very quickly, or she didn't move on very quickly, look at it as a positive sign that she might want you back, and then get her back.

By the way, I understand that some guys reading this are already way past that point of the break up process, where they've broken up with a woman, she waited for a while, and then she started dating or she moved on very quickly.

If you're at either of those points, what really matters is you getting her to feel a renewed sense of respect and attraction for you when you interact with her via text, on the phone, and in person.

Don't worry about what has happened since the breakup.

No doubt, you will have made some mistakes. Pretty much every guy makes a handful of mistakes when he's trying to get a woman back.

Don't worry about the mistakes.

What matters is you getting her to feel something for you again, getting her to meet up with you, and getting the relationship back together.

Another sign that your ex might want you back is...

13. She doesn't want to tell you about any dates that she has been on

This is a classic example of where a woman doesn't want to push her guy too far away by shoving it in his face that she's dating other guys.

She wants to keep it secret or quiet for a while so she can figure out what she's going to do.

Sometimes she wants to keep it quiet for a while because she doesn't want her guy to move on before she does.

In other times, she doesn't want to tell him because there are just a few guys who are interested in her and she's opening herself up to dating, but she's not really sure whether she wants to hook up with those guys or be in a committed relationship with them, so she decides not to tell her guy about that, just in case it makes things worse.

Of course, sometimes a woman doesn't want to tell her ex-man about dates she's been on, because she's really annoyed by him.

He may have been a real pain in the butt through the breakup process and been very clingy, and begging her for another chance, pleading, hassling her, and things like that. She just doesn't want to have any substantial communication with him at that point.

If a guy is in that situation, it doesn't mean that he's completely lost his chance to get his woman back. There are ways for him to make her feel a renewed sense of respect and attraction for him and I explain that in my program *Get Your Ex Back Super System*.

14. She hugs or kisses you in a warm way

[image: She gives you a warm hug]

If a woman doesn't have any feelings for a guy, she's going to try to avoid physical contact with him, or if she hugs him, she's going to hug him in a cold way.

Of course, there are some women who like to mess with guys' minds, and sometimes a woman will give her ex a warm hug, so he then thinks he's got a chance, and she then leads him on and uses all of his attention, and pleading and begging to make herself feel better about herself.

Yet, being insecure and thinking that she is just playing a trick on him by giving him a warm hug is not going to help a guy get his ex back.

If your woman gives you a warm hug, or she is at least open to hugging you and holding you when you meet up with her, you've got to look at that as a sign that she wants you back.

[image: She gives you a warm hug]

Be confident about it and then guide her back into a relationship with you.

15. She asks about women in your social media posts or women at work

When a woman is asking her ex-man about women that she's seen in his social media posts or women that he knows at work, it can mean that she is feeling a bit jealous and a bit worried that he's going to move on with one of those women.

Of course, it can also mean that she's simply asking because she's hoping that he's then going to say, *"Oh, no, no. Those women don't mean anything to me. I want you"* and then she feels better about herself.

However, thinking in that negative, insecure way isn't going to help a guy get his woman back. So, if your ex asks you about any women in your life, just look at it as a positive.

Look at it as her feeling threatened, as her feeling less than compared to these women, and her feeling worried that you're going to move on and be with a better woman than her, and then she's going to regret it.

Use her questioning and her interest in you to feel confident about yourself.

When you are confident, you will then start thinking, talking, behaving, feeling, and acting in the right way. You're going to have the confidence to guide her back into a relationship with you.

16. She says, "Maybe" to getting back together

Sometimes when I'm helping guys get their ex back, there are examples where a woman says, *"We'll see"* about getting back together, or *"Maybe"* or, *"The door is not fully closed, but I can't say yes right now."*

She'll give out those sort of *"maybe,"* 50/50, *"I'm not sure"* statements because she simply doesn't want to lead him back into a relationship. If he is going to get her back, he is going to need to make it happen.

What you've got to do is look for her "maybe signs" as her still having some feelings for you. If she isn't giving you strong signals, you're probably just not making her feel enough yet to cause her to really

want to be back with you.

If you want her to have a lot of feelings for you and want to get back with you, you've got to use every interaction that you have with her as an opportunity to make her feel some respect, attraction, and love for you again.

Every interaction (i.e. when you're texting her, when you're on the phone, and when you're in person and even when she's looking at what you're up to on social media) has to be used as an opportunity to make her feel something for you.

You've got to start rebuilding her feeling for you, rather than sitting around hoping that she leads the way.

17. She says that she misses you

Of course, she might just be tricking the guy by saying that she misses him.

She might just be saying that to give him hope and then make him show lots of interest so she feels good about herself.

Yet, as you would know by now, that isn't going to help a guy get his ex back.

If a woman says to you that she misses you, you've got to be confident about it. You've got to see it as a positive. You've got to look at it as a sign that she wants you back.

What to Do if Your Ex Isn't Giving You Strong Signals That She Wants You Back

[image: What to do if she's not giving you any signs]

If your ex is not giving you any of the signs mentioned above, or she's not really giving you strong signals, what you need to do is start to be active about the way that you make her feel respect, attraction, and love for you again.

A lot of the guys that I help to get their ex back have wasted a lot of time ignoring their ex. They've also wasted a lot of time trying to convince the woman to give them another chance.

Yet, that doesn't work in most cases.

Ignoring a woman usually only works when she still has feelings for the guy, she can't move on without him because it's hard for her to find a replacement guy or she doesn't have much experience with relationships and can't handle the pain of the breakup.

She will then contact her guy and want to get back with him.

Yet, in most of the cases that I see, the woman has had enough. She doesn't have feelings for the guy at the point of the breakup, and when he starts to ignore her she just uses that time to move on without him.

Other than ignoring an ex, the other classic example is where a guy wastes a lot of time trying to convince a woman to give him another chance.

That approach usually only works a few times (sometimes several times in certain relationships) where the woman has lost a bit of respect and attraction for her guy, and he's trying to convince her

that he's going to change, and then she gives him another chance.

However, when a woman is at the point where she's had enough, all of the reasoning and explanations, begging and pleading just doesn't work anymore.

What needs to happen is a change.

You need to change the way that you're interacting with her, and that means change the way that you're talking to her, responding to what she's saying, behaving around her, feeling and taking action.

If you need help with that, I have an amazing step by step program called Get Your Ex Back: Super System that will guide you through the process of getting a woman back.

Going through this step-by-step process transforms you into a better man than you are right now.

You might be a great guy, but you can be better.

You might be able to make her feel some level of respect and attraction for you, but you can do better.

If you want to get a woman back who doesn't want you back right now, you're going to need to do better.

My program will explain for you exactly what you need to say and do to make her feel a renewed sense of respect and attraction for you, reconnect with the love and give the relationship another chance.

×

[image]

Almost there! Please complete this quick form to gain instant access.

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How Much Space Should You Give Your Ex Before Contacting Her?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

So, how much space should you give an ex before you contact her and attempt to get her back?

The answer is that it really depends on you, her, the break up reasons and how much she still loves you and wants to be with you.

In most cases, when a guy is going through a breakup with a woman, he should get her on a phone call right away and meet up with her and get the relationship back together.

However, if they've had many breakups and she's really annoyed with him at this point, there's nothing wrong with giving her a couple of days of space.

In really extreme cases, the most amount of space that I've ever recommended a guy give is a week, because anything more than that and really you're just wasting time.

Why? The most important thing that you need to do to get a woman back is start interacting with her and making her feel some level of respect, attraction and love for you again.

For example: If a guy was dumped by a woman because he was too emotionally sensitive (e.g. he would get jealous, and clingy and insecure at various stages in the relationship and she could really push him around, and control him and make him feel insecure and emotionally sensitive), he can make her feel some respect and attraction for him again if he talks to her on the phone and allows her to experience the new and improved version of him where he is emotionally stronger.

Of course, there are some situations where ignoring an ex for a long period of time will make her miss him. She'll start to feel a bit nostalgic, she'll start to think about the good old times and she'll then want to contact him and get back with him.

[image: Ignoring an ex and hoping that she comes back on her own]

However, what I've found is that a woman getting nostalgic and missing a man that she had no feelings for is a very small percentage of ex-back situations that guys go through.

In most cases, the girl has had enough.

[image: A woman who has had enough of her boyfriend, fiance or husband]

The guy has destroyed her respect and attraction for him. He's just pushed it way too far.

So, when she looks back on some of the good memories, she thinks, *"Well, okay, it was good at the start, but near the end there, he just lost it. He did this and he did that and he did that. You know what? I don't really think he's changed."*

Yet, if he just gets her on a phone call and has a chat with her, he can then show her that he's changed.

It will come through in how he's talking to her.

[image: Get a woman back via phone]

He's not going to be the same guy that she broke up with. He's going to be a new and improved version and she's going to start to smile.

She's going to start to think, *"Hang on. He's different now. This is different"* and then after that

phone call, if she doesn't agree to meet up with him right away, she's going to look back at the good memories and she's going to start thinking, *"Well, hang on, we had a good time in the past. I'm feeling good when I talk to him now. Why don't I just say yes to meeting up with him?"*

So that's why I don't recommend giving a woman too much space because you can actually make her feel a renewed sense of respect and attraction for you when you talk to her on the phone.

Even when you text her, you can get a bit of respect and attraction back, but the bigger impacts happen when you talk to her on the phone and when you meet up with her in person.

If you need help to get your ex back because you don't know what to say or do at each step of the process, I recommend that you watch my program, *Get Your Ex Back: Super System*.

Okay, so to close up here, I just want you to understand that you have a lot of control over how much respect and attraction she feels for you.

You can actively make her feel some level of respect and attraction for you again.

When you do that, she'll naturally start to reconnect with her feelings for you and it will be much easier to get her to meet up with you and get her to give you another chance.

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[image]

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Should You Allow Your Ex to Contact You?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

What should you do if you're breaking up with your girlfriend, fianc  or wife and she asks you the question, *"Do you want to stay in touch? Is it still cool to contact you from time to time?"*

How should you answer that?

If you want her back, you should definitely let her contact you.

The reason why I recommend that you let her contact you is that every time she contacts you and you have an interaction with her, it's going to be an opportunity for you to make her feel some level of respect, attraction and love for you again.

You are going to be able to rebuild her feelings by being in contact with her.

Of course, sometimes it's fine to say, *"No, don't contact me,"* and that's when you really want to break up with a woman and you just don't want anything to do with her, or if she's breaking up with you and being silly about not wanting to commit and creating all sorts of drama and you just don't want to have to deal with that anymore, so you say, *"Don't contact me."*

You might also want to tell her not to contact you if you feel as though not being able to contact you is going to give you power in the situation and make her come running back to you, because you know that she's going to feel lonely and miss you and want to be with you.

However, in the majority of ex-back situations, the guy has ruined the woman's feelings of respect, attraction and love for him, so if he tells her not to contact him, she still isn't going to care or miss him.

For example: When she first began to break up with him, he might have been begging and pleading with her for another chance and trying to convince her that he would change.

Yet, she was saying, *"Leave me alone. I don't want to be with you"* and didn't want to give him another chance because she could see that nothing has really changed about him.

She knows that if she gets back with him, it's most likely just going to be the same thing again.

In cases like that, a guy shouldn't try to cut off all communication with her and say, *"No, don't contact me. I never want to hear from you again,"* or, *"I can't stay in contact with someone who I love,"* or, *"If you don't want to be with me, don't contact me. It'll hurt me,"* etc. That's not the right move to make.

When a guy is in a situation where he's being broken up with and he really wants her back, he should allow the channels of communication to remain open, because after the breakup, he needs to quickly work out where he was going wrong and what he was doing to cause her to lose respect and attraction for him.

He then needs to start making some improvements in those areas, or at least know exactly where he was going wrong so when he talks to her, he can bring that up and say, *"Hey, I get it now. I wasn't being enough of a man for you,"* or, *"I get it now. I was doing this, I was doing that."*

She can then relax and think, *"Okay, he is making some progress. He does understand now. Things are changing."*

She can feel respect for the fact that he's not stuck at the same level that he was at when she broke up

with him. He's already gone up a level in his understanding of how to be a man and how to have a successful relationship.

So if your woman says, *"Is it still cool that we stay in touch? Can I contact you from time to time?"* just say to her, *"Yeah, contact me whenever you want. No problem,"* and just show her that you're fine with the situation.

Let her see that you're not an emotional mess because of the breakup. You still believe in yourself, you still love yourself and you still love and respect her. There is no big problem. Just relax and say, *"Yeah, contact me whenever you want."*

Alternatively, you might want to use her question there as an opportunity to create some laughter and get rid of some of the awkward tension between you.

For example: When she asks, *"Is it still cool to contact you from time to time?"* you can smile and say, *"No way. Don't ever contact me again. If you call me, I'm hanging up right away,"* and have a little laugh with her to let her see that, once again, you're not thrown off by the situation.

You are emotionally strong. You still love yourself. You still believe in yourself. You still love her. You still respect her. Everything is fine.

The point of showing her your emotional strength is that it makes her feel respect and attraction for you. The most important part of getting an ex back is making her feel some respect and attraction for you and then building on that.

[image: Ex reconnecting with her feelings]

When a woman feels respect and attraction for you, she then starts to reconnect with her feelings.

It's easier to love you. It's easier to think about giving you another chance. It's easier to reply to a text. It's easier to pick up the phone. It's easier to say, "Yes" to meeting up with you in person.

So to finish up here, I just want to point that you can do whatever you want. If you want to tell your ex that you don't ever want to hear from her again, then go ahead.

If you want to tell your ex, *"Don't contact me,"* because your gut instinct is telling you that she's going to get lonely, she's going to miss you and come running back to you, then by all means, tell her not to contact you anymore.

However, if you're in a situation where your ex doesn't have feelings for you at this point and you're not going to have an opportunity to re-attract her and get her respect back, then I recommend that you don't cut off the channels of communication.

I recommend that you allow her to contact you whenever she wants, because when she contacts you, you're then going to have an opportunity to make her feel something for you, to put a smile on her face and to bring her guard down.

When the texts are going back and forth, you're going to be able to pick up the phone, give her a call, have a chat, have a laugh and get her to meet up with you in person.

If you want specific instructions on what to say and do at each step of the process of getting a woman back, I recommend that you watch my program, *Get Your Ex Back: Super System*.

It's 10 hours of video, and it details the 7 steps that you need to go through to get a woman back.

By the 7th step, you will be back in a relationship with her and the relationship will be better than the one that you had with her before.

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[image]

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What to Do When Your Ex Contacts You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your ex contacts you after a break up, the best thing to do is to assume that it means that she wants to get back with you.

One of the reasons for that is you need to be confident when getting a woman back.

The more confident you are in yourself and the more confidence you have in your attractiveness to her, the easier it will be to get her back.

Why is that? Women are naturally attracted to the emotional strength of men and turned off by the emotional weakness.

If a man is doubting himself and feeling insecure when his ex contacts him, he might think, *“Well, I don’t know if it means that she likes me. Maybe she’s just contacting me. Maybe I need to ignore her a little bit more or not even reply to her text.”*

[image: What if she is only calling me to make me feel bad?]

In his weak emotional state, he’s naturally going to be a turn-off to her if he talks to her on the phone and interacts with her in person because she’s going to sense his emotional weakness and insecurity.

However, if a guy assumes that every time his ex contacts him it means that she wants to see him or get back together with him, he’s going to be able to confidently smile and feel good about his chances of getting her back.

He’s going to be able to think to himself, *“Yeah, she wants me. She likes me.”*

When she calls him, he’s going to be able to confidently ask, *“Hey, what’s going on with you? How are you doing?”* rather than, *“Oh, hey. Oh, hey, how are you doing? Having a good day?”* and trying to suck up to her by being really nice, innocent and polite.

So, if your ex is clicking like on your social media posts, messaging you on the phone or WhatsApp, e-mailing you or calling you, you’ve got to assume that she does want to get back with you.

It doesn’t actually mean that she wants to get back with you, but it’s better to assume that it means she wants to get back with you, because if you’re confident, you’re going to be much more attractive to her.

Don’t Worry if She Plays Hard to Get About Meeting Up With You

[image: Phone call with ex]

When it comes to getting a woman back after a serious break up, she will often play a little bit hard to get when you’re trying to arrange a meetup.

So say for example a guy has noticed that his ex-girlfriend, or fiancée or wife has been clicking likes on his social media posts and she seems to be interested and he’s thinking, *“Okay, cool. I’ll give her a call.”*

He then calls her and he tries to arrange a meetup and she says no.

What should he do then?

What he should do is make sure that he uses it as an opportunity to get her to feel some respect for him as a man, for her to look up to him and for her to feel some level of attraction for him as well.

For example, if he says, *“Hey, we should catch up and say hello in person,”* and she says no, what he can say is, *“Oh, really? Okay. Well, I’ll tell you what. Stop contacting me then! ☐☐☐ What’s with all these text messages and emails lately? If you contact me again, you’re going to have to pay for the bill when we catch up for a drink or lunch or whatever.”*

Saying that type of thing to her shows her that he is not getting thrown off by this. He’s not worried that she has said “No” to his first request to get her to meet up with him.

He still believes in himself. He’s confident and he is not going to get pushed around by her. He is the man. He is in control, but at the same time, he’s not being an asshole. He’s still joking around with her and being easy-going about it.

He’s not saying something like, *“Oh, well, don’t contact me again! You’re clicking like on my Facebook posts and you sent me texts. That means you want to get back together with me. Don’t contact me again!!!”* He’s not being crazy like that.

He’s smiling, remaining relaxed and just saying (in an easy-going manner), *“Alright, well, if you don’t want to catch up, no worries...but I’ll tell you what, stop contacting me then. If you send me another one of those text messages or emails, the next time that you and I catch up for a drink or lunch or whatever, you’re going to be paying for the bill to make it up to me.”*

He’s just joking around and as a result of him joking around, she’s going to be able to smile and laugh, but she’s also going to be able to respect him as a man, which is very important when getting a woman back.

Sometimes when I coach guys to get their woman back, I hear examples where the woman is playing a lot of mind games and saying yes or no and giving mixed messages about whether she likes him or not.

So if a woman is playing mind games with a guy and she’s interested one minute and not interested the next, he needs to just laugh and show her that he isn’t being thrown off by it.

He’s not feeling insecure. He’s not panicking. He continues to believe in himself and continues to love her and respect her. He’s not going to become angry or defensive and he’s not going to become insecure either.

He might laugh and say, *“Okay, all right. Well, yesterday it was no and today it’s yes. Let’s see if it’s maybe tomorrow. How about Friday we’ll see if we get a yes on Friday and then a no on Saturday”* and turn it into something to laugh about together.

When a guy approaches the interactions with his woman in that way, she’ll realize that there’s no point being silly and playing mind games with him because she’s dealing with a man. Nothing that she says is going to throw him off and she’s just going to end up looking silly as a result.

Of course, one thing you need to realize though is that women love it when a guy talks to them like that and makes them feel girly and laugh in situations like that.

So, don’t be surprised if she continues to do it just so she can experience your confidence and masculinity in response. For example: She might also ask you if you miss her and if you say “Yes” and then ask her if she misses you, she might say “No.”

If she asks, *“Do you miss me?”* and you say, *“Yeah, I miss you. How about you? Do you miss me?”* and she says *“No,”* then you can smile and say, *“Yeah, right, as if you don’t miss me. I know you’re missing me like crazy. I know you cry yourself to sleep at night.”*

Something along those sort of lines. You don’t have to say the “cry yourself to sleep at night” thing but you can at least say, *“Yeah, right, I know that you miss me.”* If she says, *“I don’t,”* you can then smile and say (in a tone that indicates you don’t believe her), *“Yeah, okay, all right. No worries.”*

Where that confidence is coming from is the assumption that when she contacts you, it means that she wants to get back with you.

If you maintain that kind of confidence in yourself, you will naturally be more confident and masculine and she will then respect that and feel attracted to it.

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[image]

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[image: Dan Bacon]

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Guiding Your Ex Back Into a Relationship

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

To get your ex back, it's really important that you understand what she wants you to do to get her back.

For example: She might want you to be confident and guide her back into a relationship regardless of how cold she is being towards you.

She might want you to give her space for a few days and then contact her, meet up with her, show her that you've changed and then guide her back into a relationship.

In some ex-back situations, the woman absolutely hates her ex-boyfriend, fianc  or husband and she doesn't want anything to do with him.

Regardless of what he tries to say or do, she doesn't want anything to do with him.

In other cases, the woman still does have feelings for her ex, but she's not going to make that really obvious and make the process of getting her back very easy.

To be successful at getting a woman back after a break up, you have to get clear on what is really applicable in your situation.

For example: If your ex hates you and doesn't want anything to do with you, then what you're going to need to do is different than a guy who his ex still loves him, and has feelings for him and wants him to get her back.

If your ex hates you, you're going to have to start using every interaction that you have with her from now on, whether that's via text, phone call, in-person, whether she sees you on social media or you email her.

[image: Guide ex back into a relationship]

Every single interaction that you have with her (e.g. via text, on a phone call, in person) has to be an opportunity for you to make her feel some level of respect, attraction and love for you again.

On the other hand, if your ex still has feelings for you and she hopes that the relationship does get back together, what she needs from you is your masculine direction.

She doesn't want you to ignore her, and just play that trick on her and expect her to call you, arrange a meetup and get the relationship back together.

You have to be masculine by taking the lead and making the reconciliation process happen rather than waiting around and hoping that she does it or that ignoring her will make her come running back.

What a woman really wants is a man who knows what he wants, and has the skill and confidence to make it happen.

[image: Ignoring an ex and hoping that she comes back on her own]

In most of the cases that I've helped a guy or a man get his woman back, the guy has been waiting way too long to attempt to get his ex back.

There's an opportunity for him to text her to get on a phone call, or just call her up directly, arrange a meetup, meet up with her in person, get her respect and attraction back, get her to forgive him, and

get her guard to start coming down and her to open up to him.

Some of the reasons that guys have given me for ignoring their ex:

- “I’m afraid to call her, because she might not want to hear from me.”
- “She’s already seeing a new guy, so she probably doesn’t want to meet up with me, and she probably won’t want to get back with me.”
- “She said that she no longer feels the same way about me.”
- “I’m going to ignore her and see if she comes running back to me.”

Here’s the thing though...

To get a woman back, you need to be a man about this.

You have to be the masculine one.

You have to guide her back into having feelings for you.

You can’t just sit around waiting, hoping that it changes on its own, and you also shouldn’t expect her to be the one who fixes the relationship and gets it back together.

When getting a woman back, you need to be the stronger one.

You need to have more courage.

You need to take more emotional risks.

[image: Attracting and guiding an ex back into a relationship]

That’s why when guys ask me, “*Should I tell my ex that I miss her?*” I say yes. “*Should I be friends with my ex?*” I say yes.

What are the reasons for that?

Saying yes when she asks whether you miss her is an example of emotional strength.

You are courageous.

You are fearless when it comes to love.

Nothing that you say is going to make you lose any power, because you are the man.

You are the stronger one.

You’re always in the power position, because you are the man.

However, telling her that you miss her has to be done in a strong way.

It’s not, “*Oh, yeah. I miss you. I just sit around thinking about you all the time. My life is crap without you and I can’t focus on work. I’m lost and I need you,*” and things like that.

That’s not how to tell a woman that you miss her.

Telling a woman that you miss her in a masculine way with strength is, “*Yeah, of course I miss you. Life goes on. I’m working hard on _____ (e.g. your work or study) and continuing to focus on _____ (e.g. your big goals in life). I’m focused on those areas, but of course I miss you. You’re the girl that I love the most, and there’s no doubt at all that I miss you.*”

It’s just that raw, honest masculinity where you are fearless with love.

Women respect that kind of confident, non-needy honesty from a man who is continuing to move forward in life no matter what happens around him.

Women don't respect guys who are wimpy and needy, and insecure and lost without them.

A woman wants you to love her, and want her, and miss her and appreciate her, but she doesn't want your whole world to crumble because she's not in it.

In terms of staying friends with your ex, a lot of guys ask me, *"Should I stay friends with her?"* And the answer is yes.

The reason why I say yes is that when you interact with a woman, you can actively make her feel attracted to you.

[image: Guide your woman back into a relationship]

Being in contact with your ex as a friend is not about acting like a friend who doubts his attractiveness to her.

It's also not about being a nice, sweet, polite friend to her and hoping that she takes pity on you.

It's about using the opportunity that you have to interact with her to make her feel some respect, attraction and love for you again.

When you make her feel respect, attraction and love for you again, she starts to have feelings for you again. Her guard comes down and she becomes open to meeting up with you.

Of course, if a woman hates her ex and currently doesn't want to be with him, she will act as though anything that he's saying or doing isn't having a positive effect on her.

However, if you are making her feel respect for you (e.g. you're being emotionally strong, you're being a man, you're fearless with love and you're making her feel attracted to you in different ways that I explain in my program, Get Your Ex Back Super System), then she is going to have feelings for you whether she shows it or openly admits it.

When you spark her feelings for you, she literally goes from thinking of you in a negative way to having positive thoughts about you and laughing when she's talking to you on the phone, laughing and smiling when she's interacting with you in person.

When that happens, she can't stop herself from being more open.

If she continues to be cold, bitchy, mean and closed off to you, it just won't make sense to her to behave in that way for long.

She'll be thinking, *"Why am I being so mean to him? I feel good around him now. I'm smiling,"* and she then relaxes.

She Needs Your Masculine Direction

[image: Guide her back into a relationship]

If you want to get your woman back, you have to be the one who provides the direction towards the reconciliation.

You've got to provide her with your masculine direction by remaining emotionally strong no matter what tests she throws at you.

Guide her back into having feelings for you again by believing that you can make her feel SOME level of respect, attraction and love every time you interact with her, rather than doubting your ability to make her have feelings for you again.

When getting a girlfriend, fiancé or wife back, you have to be the more courageous one.

You have to be the stronger one.

If you can do that, she will start to respect you.

When a woman respects you, she can then feel attracted to you much more easily.

If a woman doesn't respect a guy (e.g. she looks down on him, doesn't really think much of him) and he then tries to do things to make her feel attracted (e.g. getting her laughing and smiling while he's talking to her), she's not going to really buy it.

She's going to be thinking, *"Well, I don't really respect you. Nice try getting me to laugh, but it's not working"* because she doesn't actually look up to him.

She doesn't see him as the man.

She looks down on him.

You can make her look up to you and respect you again, you can make her feel attracted to you again, and you can make her reconnect with the love that she once had for you.

If you don't know how to do that, I explain the whole thing in [Get Your Ex Back Super System](#).

It's a 7-step system that you follow and if you go through the 7 steps, you'll be back in a relationship with her and it will be better than the relationship that you had before.

Be the Man and Make This Happen

When it comes to guiding your ex back into a relationship, you need to be a man and make it happen.

If your ex is still madly in love with you and she's going to miss you, then she'll come running back to you without you having to be a confident man and guide her back into a relationship.

However, if your ex doesn't have feelings for you at this point and doesn't want to be with you, the next step for you is to start guiding her back into a relationship with you.

The way to do that is to begin making her feel some level of respect, attraction and love for you whenever she interacts with you.

For example: If a woman dumped a guy because he was too insecure, he's going to need to show her that he's become emotionally stronger since the breakup.

The best way to show her that is how he talks to her on the phone and how he interacts with her in person. He can also show her a little bit of that via social media, but the biggest impact will happen when he talks to her on the phone, and in person, and she sees that he really has changed and become a stronger man.

Another example is where a woman has dumped a guy because he lacked purpose and direction in life. As a result, he was too clingy and just wanted to spend all of his time with her.

In that case, to get her respect back, the guy needs to show her that he has decided on his goals and ambitions for life, and he's started to make progress towards them.

He's no longer hiding from his true potential as a man, and he's starting to make progress towards achieving his biggest goals and dreams in life.

Of course, doing either of those things doesn't automatically get an ex back.

It's simply a way to make her feel some level of respect for you again.

When a woman feels respect for you, she can then feel attracted to you.

When she feels respect and attraction, she'll start to reconnect with the love that she had for you before.

So if you're at a point now where you've been trying to get your ex back and nothing has been working, what I recommend that you do is start the process by getting her to respect you again.

This can be achieved on a phone call and by meeting up with her in person.

You can also start to get a bit of respect back via text messages and via social media.

Just make sure that you use every interaction to make her feel something for you and then use your confidence and masculinity to guide her back into a relationship with you, regardless of how cold or distant she is being.

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[image]

Almost there! Please complete this quick form to gain instant access.

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Should You Accept a Friendship With Your Ex?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

So, should you accept a friendship with your ex?

The answer is a big, fat YES.

However, I'm not talking being her nice, innocent non-flirtatious friend who's just in the friend zone. What I'm talking about is being her friend because it gives you an opportunity to interact with her because when you interact with her, you can make her feel respect and attraction for you again and she will then start reconnecting with the love.

If you have an opportunity to remain friends with your ex (e.g. you can talk to her via text, you can talk to her on the phone, you still see her in person, maybe you see her at work or you see her at university or you have children together etc), then YES, accept the friendship.

[image: Re-attracting ex while friends]

Just know that it's not going to be a friendship, because you're going to make her feel respect and attraction for you.

You're not going to just act like a friend and wait in the friend zone and hope that she gives you another chance.

You're going to actively make her feel attracted to you again.

An Example of Making Her Feel Attracted When She Suggests Being Friends

What is an example of making her feel attracted to you again regarding the suggestion of being friend?

If a woman says to a guy, *"I don't want to be with you in a relationship, but we can still be friends...are you cool with that?"* what the guy can say is, "Sure! We'll be best friends. We'll go shopping on Sundays, we'll gossip on Mondays and we'll text like crazy on the phone during the week about random stuff. We'll best friends forever. We can even have a knitting night where we knit some socks and scarves or whatever or I need a new jumper. You should knit me a jumper."

Turn her suggestion of being non-sexual friends into something to laugh about.

Show her that you're not going to be disrespected and put in the friend zone and treated like you don't even make her feel any attraction. Show her that you find it funny that she's suggesting that you're not even worthy of being her boyfriend (fiance or husband) or lover.

Show her that you know you are worthy and you're going to make her realize that you're worthy by making her respect you as a man and making her feel attracted to you rather than accepting a friendship in a way where you're in the friend zone.

You simply make fun of the idea of you being friend zoned by talking about being her shopping buddy, gossiping on the phone, etc.

You then say to her, *"Sure, we can be friends."*

From that moment onwards, you need to make sure that every chance that you have to interact with her is used as an opportunity to re-spark her feelings of respect, attraction and love for you again. With every interaction that you have with her, she will experience some level of respect, attraction and love for you.

As a result, she will stop looking at you as just a friend or as her ex who she doesn't have any feelings for.

She will feel good when she interacts with you and will become more open to giving the relationship another chance or just sleeping with you again to see how she feels afterwards.

[image: Getting your ex back while being friends]

That is how to approach a friendship with your ex.

Don't make the mistake of being her friend and then acting like a friend who isn't allowed to flirt with her or make her feel attracted.

You are allowed to flirt with her and make her feel attracted, because there's nothing wrong with that. You're a good man. You're a confident, masculine, loving man and you're simply doing what is required to rebuild a woman's respect, attraction and love for you.

Where a lot of guys go wrong when they're offered a friendship with their ex-girlfriend, fianc  or wife is that they don't understand that they still have an opportunity to make her feel attracted rather than using the opportunity to be her friend as a way to re-attract her.

Some men will say to a woman, *"Look, I don't wanna be friends. I want to be your boyfriend (fiance or husband) or nothing at all."* He will then turn his back and walk away and he'll think to himself, *"If she really wants me, she'll come back."* You know that old saying, *"If it's meant to be, the woman will come running back"*

The only time that walking away and not looking back will get the woman coming and running back to you is when she really does love you and wants to be with you.

In that case, the woman will regret breaking up with the guy and she'll begin to miss him. She may then change her mind about only wanting to be friends and ask him for another chance.

Since she loves him so much and wants to be with him, she might even be willing to beg him for another chance.

Yet, if a woman doesn't respect you, she doesn't feel attracted to you and she's fallen out of love with you, she's not going to come running back if you walk away because there's just nothing for her to run back to.

So, if you are in a situation with your ex where she doesn't have feelings for you at this point, turning your back on her and saying, *"No, I don't wanna be friends,"* is not a good strategy.

If a guy is in a situation where his woman doesn't have feelings for him, he needs to make sure that he keeps the channels of communication open so he can re-build her feelings for him.

Texting Her as a Friend

If your ex does want to be friends with you and you've got the opportunity to text her, what should you be texting her about?

Well, you should not be texting her about random crap. You should not be saying, *“Hey, how are you doing? How was your day?”* because that is not going to make her feel respect and attraction for you.

What you need to do is text her to get her on a phone call with you. When she’s on a phone call with you, you then need to arrange to meet up with her in person. If you can’t meet up with her at this point, the text that you replied to her need to make her laugh and smile at times.

For example: If she texts you and says, *“Hey, how was your day today?”* you can jokingly reply with something like this, *“Really bad. I got run over by a car.”*

She’s going to say, *“What? What happened?”* and you can reply with, *“No, only kidding. I’m fine. I had a great day. How about you?”*

Then she’s going to smile and laugh, and she’s going to realize that interacting with you feels good. She might begin to think, *“Why am I being such a bitch to him? Why am I being so cold? Why am I closing him off? Every time I interact with him, I’m smiling and laughing.”*

Next thing you know, she wants to get on the phone. Next thing you know, she wants to meet up with you in person. Next thing you know, you’re in bed with her. Next thing you know, you’re back together.

Transitioning From Friends to Being in a Relationship Once Again

If you want to go from being friends with your ex to being back in a sexual, romantic relationship, you’ve got to start making her feel respect, attraction and love for you again.

If you need specific instructions on how to do that throughout each step of the process, I do have an amazing, proven-to-work program that’s called *Get Your Ex Back: Super System*. It’s 10 hours of video training and by the end of it, you’ll be ready to contact your ex and get her back.

Don’t Waste Any More Time Ignoring Your Ex

Being friends with your ex is better than ignoring her, because if you’re interacting with her, you will then have an opportunity to make her feel respect, attraction and love for you again.

What you need to understand is that you have a lot of control over how much respect, attraction and love that she feels for you.

If you’re saying and doing things that are turning her off and making her lose even more respect for you as a man, then there’s no point being her friend.

However, if you are saying and doing things that are making her feel some level of respect, attraction and love for you again, then being her friend is going to work out very well for you. She’s going to start having feelings for you again, her guard is going to come down and she’s going to open herself back up to being in a relationship with you.

Just make sure that you don’t make the classic mistake of acting like a friend when you’re being her friend, for example, not flirting with her, not making her feel attracted, being afraid to joke around, get her smiling and laughing, etc.

You’ve got to use every interaction that you have with her as an opportunity to make her feel some

level of respect, attraction and love for you again.

If your girlfriend, fianc  or wife says that she just wants to be friends for now or that she's willing to stay in touch as friends, take that opportunity and then use every interaction that you have with her as an opportunity to rebuild her feelings for you.

All it really takes in most cases is a phone call to get her laughing and smiling, and then the woman becomes open to meeting up in person. The guy can then rebuild her feelings of respect, attraction and love for him in person.

This is why I recommend that guys say YES when a woman wants to be friends, because keeping the channels of communication open allows you to interact with her.

When you interact with her, you need to make her feel something.

For example: Get her laughing and smiling when talking to you. Show her that she can't push you around. Show her that you're a man that she can look up to and respect. Let her see that you are emotionally strong with or without her. Make her feel good when she interacts with you.

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[image]

Almost there! Please complete this quick form to gain instant access.

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The Secret to Getting Your Ex Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The secret to getting your ex back is to make her feel a renewed sense of respect and attraction for you.

In most cases, a woman is not going to give a guy another chance just because he's explaining the reasons why she should give him another chance and saying, *"Hey, I've changed. Please forgive me. Give me another chance. Remember the love that we had before. How can you turn your back on me and how can you turn your back on us? We had such a great relationship before."*

[image: A woman who has had enough of her boyfriend, fiancé or husband]

None of that really matters to a woman at the point where she's had enough.

When a woman hasn't had enough yet and she's just losing respect and attraction for her guy, she will usually give him a number of chances, but when she gets to the point where she's had enough, all the usual reasoning and excuses (e.g. *"Please give me a chance, I will change"* or *"We can work this out"*) just doesn't work on her anymore.

What a guy needs to do is he needs to make her feel a renewed sense of respect and attraction for him.

For example: Some of the reasons why a woman will lose respect for guy is due to him becoming insecure, emotionally sensitive, letting her push him around or pushing her around, etc.

So say for example a man has become emotionally sensitive and insecure. To get some respect back, to make her feel something for him, to make her feel some level of respect for him again, he needs to interact with her on the phone or in person and let her experience the new and improved, emotionally stronger version of himself.

[image: Get a woman back via phone]

You can also get a little bit of your ex's respect back via text, but the biggest impacts happen on the phone and in person. He needs to interact with her and let her experience the emotionally stronger version of himself now.

When he's talking to her, his emotional strength is going to come through in how he talks, how he responds to her, the tone of his voice, his attitude, how he feels about things, how he reacts to the conversation and where he lets the conversation go.

Once you get some level of respect back when you interact with your ex, she'll then start to drop her guard and she will allow herself to feel some attraction for you.

So say for example you're talking to her on the phone or in person and you've gotten some respect back and then you start making her laugh and smile on the phone.

Now that she is feeling some respect for you, she will naturally drop her guard a little and allow herself to feel good about what is happening (i.e. She's smiling and laughing when she's interacting with you).

However if a woman is talking to her ex-boyfriend, fiancé or husband and he's trying to make her laugh and smile but she doesn't respect him, it's just not going to work on her.

She's going to be thinking, *"Yeah, yeah. Nice try but it's not going to work on me because, look,*

frankly I don't respect you."

That sort of attitude where it's just like, *"Don't even bother trying to get me smiling and laughing because it's not going to work on me. Sorry, I don't respect you."*

You've got to get a woman's respect back first, otherwise she just won't allow herself to feel much or anything for you when you try to rebuild her feelings.

Have You Been Ignoring Her and Hoping She Will Come Running Back to You?

[image: Ignoring an ex and hoping that she comes back on her own]

When I help guys via my phone coaching service to get their women back, I'm often being told by guys that they've ignored their ex for two weeks to two months or even more sometimes and they ask me, *"Why isn't she running back? Why isn't it working?"*

Here's the thing...

If a woman breaks up with a guy and she still loves him, she still wants to be him, she doesn't want to move on and then he stops contacting her, she will most likely contact him and want to get back with him.

Yet, if a woman is at a point where she's had enough and she breaks up with the guy and then he doesn't contact her, she might contact him to check on him to see why he isn't contacting her.

When she contacts him and says, *"Okay, he's still the same guy. Nothing has changed," she then thinks, "Okay, I'll just keep moving on."*

So that's one of the reasons why ignoring a woman doesn't really work.

What you need to do is be active.

You need to actively make her feel something for you and the best way to do that is on the phone and in person.

You can also get her to feel something for you via text and via social media, but the most important moments of getting a woman back happen when you talk to her on the phone and when you interact with her in person.

Are You Confident in Your Ability to Re-Attract Your Ex?

[image: Are you confident about re-attracting your ex via text, phone and in person?]

Another very important part of getting a woman back is to be confident in your ability to make her feel attracted to you.

When a guy is trying to get a woman back and he's doubting himself thinking, *"Oh, I don't really know if she likes me and she said she doesn't have feelings for me. I don't know if she's going to respond well,"* and he hesitantly talks to her, he doubts himself when he talks to her, he comes across as soft and insecure and things; the woman isn't going to feel attracted to him.

She's not going to respect that weakness and insecurity.

Women feel naturally attracted to the emotional strength in men.

For example: Confidence, assertiveness, self-esteem and determination and they feel turned off by emotional weakness. For example: Insecurity, nervousness, hesitation, self-doubt.

So when you're getting a woman back, you must be confident in your ability to make her feel attracted to you.

[image: Attract your ex in person]

The more confident you are in your ability to make her feel attracted to you, the easier it will be to get her back because you will begin saying and doing the right things. You'll be behaving, feeling, thinking and talking in a confident way, and women are naturally attracted to confidence.

I hope this video has helped you. If you need more help to get your ex back and you want a step by step solution, I have an amazing program called Get Your Ex Back: Super System

It's a 7-step system, and by the seventh step, you'll be back in a relationship with your ex. It will be better than before because she will respect you more, she will feel more attracted to you and the love will feel more exciting than it did before.

If you're serious about getting your woman back, don't waste anymore time ignoring her and don't try to convince her to give you another chance with reasoning and logic, and trying to explain to her that you're a great guy and that you've changed.

What makes a difference is when you can make her feel something. When you make her feel respect and attraction for you, her guard then comes down and she opens back up to you.

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[image]

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[image: Dan Bacon]

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Is it Wrong For a Guy to Want to Get His Ex-Girlfriend, Fiance or Wife Back?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Due to the fact that I help guys to pick up women or get their ex back, I sometimes get guys contacting me saying things like, *“Hey Dan, why do you waste time trying to help guys get their ex back? An ex is an ex for a reason. The guy should just be moving on. It’s weak to want to get a woman back.”*

Yet, here’s the thing...

It’s not weak.

There is nothing wrong with a man loving a woman.

There’s also nothing wrong with a man making some mistakes in a relationship, learning from those mistakes, becoming a better man as a result and then getting the woman back and having a better relationship with her than he had before.

If a relationship breaks up, it doesn’t mean that a guy should just walk away and never want to be with the woman again.

A guy can walk away if he wants to (e.g. if he knows he doesn’t love her or knows that she isn’t the right girl for him), but if the love that he shared with his woman is something that he cherishes, thinks is special and wants to build on, there’s nothing wrong with getting her back to make that happen.

A guy is allow to do whatever he wants with his love life with women.

He doesn’t have to walk away and never look back if he doesn’t want to. He can decide to give the relationship another chance and do a better job at deepening the woman’s respect, attraction and love for him this time around, so the relationship gets better and better over time rather than ending up in a painful break up.

There’s Nothing Wrong With Becoming a Better Man and Giving a Relationship Another Chance

I hope that this short post has been a little bit enlightening and helped some guys understand that there’s nothing wrong with becoming a better man and getting a woman back.

It’s not weak, wimpy or needy.

Instead, getting a woman back is actually a process that transforms a guy into a better man than he was before.

Throughout life, each of us has to live and learn from our mistakes.

We all make mistakes and there’s nothing wrong with a guy learning from his mistakes in a relationship, becoming a better man and then getting his woman back to have an even better relationship with her than he had before.

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How to Get a Woman Back After a Break Up (3 Examples)

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The most important thing that you need to do to get a woman back is to use any interaction that you have with her as an opportunity to make her feel respect, attraction and love for you again.

That is what counts.

When you're triggering her feelings of respect for you, of attraction and of love once again, that is when she starts to have feelings for you and the idea of getting back together becomes her idea.

[image: Get your ex back after she dumped you]

So, how do you do that?

How do you spark her feelings of respect and attraction and get her to reconnect with her old feelings of love for you?

The three examples I'm going to give you are via text, on a phone call, and in person.

1. Via Text

[image: Texting to get your ex girlfriend, fiancé or wife back after a break up]

Via a text message, you can make her laugh and smile rather than feeling annoyed by you, or feeling suspicious of you because you're pretending that you just want to be friends.

How do you make her laugh?

If your ex sends you a text message, for example, and she says, *"Do you miss me?"* How can you make her laugh in that moment? What can you say? What most guys would say in that moment is, *"Yes. I miss you. Do you miss me too?"* or he might try to lie and pretend and say that he doesn't miss her.

Yet, you don't need to lie to her or be boring and straightforward all the time.

You've got to remember that you have to use every interaction that you have with her as an opportunity to re-spark her feelings for you.

The way that I recommend you reply is something like this: She asks, *"Do you miss me?"* and you reply with, *"Oh, I'm dying here. I can't sleep. I can't eat. I've lost 20 pounds. No. Only kidding. I'm fine. How are you? Missing me yet?"*

Alternatively, if she asks, *"Hey. How are you doing?"* You can reply with, *"Really bad. Lost 20 pounds. Can't eat. Can't sleep. LOL. Just kidding. I'm doing well. How are you? Missing me yet?"*

Can you see how that works?

Essentially what's happening is that you're making her feel attracted to you and happy to be interacting with you.

How are you making her feel attracted? You're displaying confidence, you're displaying emotional strength because you're not being an emotional wuss and trying to seek pity from her and things like that and you have the social skills to be able to make her laugh in a moment like that.

In other words, you're a man who has masculinity and you remain a masculine, confident man, even

when you're being challenged. You're not the sort of guy who, when he's challenged becomes afraid to say anything.

When trying to get a woman back, some guys are afraid to say anything that their ex-girlfriend might not like.

"Oh, what if she doesn't like that? What if she gets angry?" Well, if a guy's thinking like that, she is going to get angry. She is going to get annoyed. She is going to feel turned off by him because women aren't attracted to wimpy, wussy behavior from men. It's just not attractive.

One of the main things that women are attracted to about men is emotional strength. For example: High self-esteem, confidence and especially confidence when challenged or when in a difficult situation. You remain confident no matter what.

On the other hand, women are turned off by the emotional weakness in men. When a guy is emotionally weak and insecure, he will hesitate, doubt himself and won't feel like a strong man to a woman.

When he's being challenged by woman, he might feel afraid and thinks, *"Okay. I've got to let her take control here. She's got to be the one who's in the dominant position."*

Yet, women don't want that. Women don't want a guy's weakness and they don't want to be in charge.

It may seem like if you try to take on any position of power, she's going to shut you down and say, *"Hey, never talk to me again,"* but that's just what she's saying at the front.

What's really going on behind the scenes, in a woman's mind, is that she wants to be a man's woman.

She doesn't want to be a man's boss, a man's dominant woman, a man's leader. She doesn't want to be kicking you in the butt and pushing you around. She wants you to be able to stand up and be a man no matter what.

Being a man is not about being a man in an asshole type of way where you're being rude to her or you're being mean to her or anything like that. You simply have the balls to be confident, be funny, be loving and be flirtatious in moments where other guys would be afraid to say anything.

You have the confidence, the balls to actually make something happen between you and her.

You're not hesitating and thinking, *"I can't say anything because she might get turned off. She might get angry. She might tell me to never contact her again. I've got to suck up to her and then she will give me another chance."*

If a guy has that type of thought process, his behavior, conversation and actions will turn his ex off because women aren't attracted to insecurity and self-doubt in men. A woman wants you to believe in yourself and your attractiveness to her no matter what.

It's not about believing in yourself in an arrogant way, but instead being a loving, confident man who guides you and her back into a relationship.

2. On the Phone

[image: Get a woman back via phone]

The next example is when you talk to her on the phone.

I understand that many guys who are trying to get their ex back can't talk to their ex-girlfriend, fiancé or wife on the phone because she's blocked them, or she's no longer answering their calls.

So, before I go on and give you the example of what to say on the phone, I'll just point out that if you are in that position where your ex is no longer answering your phone calls or text messages and has blocked you, I provide all the techniques on how to get an ex back no matter what the situation is in my program, Get Your Ex Back Super System.

It includes how to get her to unblock you from social media, to respond to a text message, to get on a phone call with you, and to meet up with you in person.

Okay, so now on to the example of when you do talk to her on the phone, what you can actually say.

I was talking to a phone coaching client recently and while we were talking, he said to me that he used to call up his girlfriend and say, *"Hey, girlfriend"* and she used to smile and laugh about that.

However, now that they'd broken up, she was being cold towards him on the phone, wasn't really laughing or smiling or anything like that and was just being a bit distant and cold and uninterested.

So, I said, *"Hey, hang on. You used to say, 'Hey, girlfriend' to her,"* so now you've got the perfect opportunity to make her smile and laugh and to ease the tension between you and her and make things a little bit more lighthearted.

In his case, I recommended that he call her up and say, *"Hey, ex-girlfriend. What's going on?"* And that is going to get her to smile, maybe laugh, but at least she's going to have a bit of a smile on her face.

What a smile and a laugh does is that it gets rid of negative tension and makes things a little bit more lighthearted, where don't actually have to be so serious and deep and meaningful and careful when you talk to your ex-girlfriend or your fiancé or wife.

Instead you can simply be confident and let your natural charisma come through. Be the man. Be the man who guides you and her back into feelings of love.

Don't be the scared guy who is afraid to say something because he thinks it might piss her off. He thinks that she might say, *"Hey, you can't say that to me,"* or whatever. You've got to be the stronger one when you're getting a woman back.

3. In Person

[image: Meet up to get your ex back after a break up]

The next example is when you meet up with your woman in person.

A common situation that happens when a guy meets up with his girl in person and he's trying to get her back is that if he touches her, or if he goes to hug her, or if he gives her a compliment about her looks or whatever, she will say something like, *"Oh, you know you can't say that because we're not together anymore,"* or *"You shouldn't be sitting this close to me because we're not together anymore."*

Something along those sorts of lines where she'll put out some sort of rule where because they have broken up, they can't laugh and smile together anymore, they can't flirt with each other, he can't touch her, they can't hug, etc.

In a situation like that, what I recommend guys do is turn into something that both of you can laugh about so her random rules don't get in the way of you getting back with her.

For example: If your ex is arriving to meet up and you say to her, *"Look at you. You're looking good today. Looking very sexy. I like the dress"* and she says, *"You can't say that sort of thing. We're broken up. Don't say that sort of stuff to me."*

You can then turn that into something to laugh about together, but you can also use it as an opportunity to make her feel respect for you because you are the man, and you're not going to crumble under her initial bit of pressure there. You're stronger than that.

So say, for example, you've given her that compliment and she says, *"You can't be saying those sort of things. We're broken up."*

What you can say in that moment is, *"Oh, really? Okay. Well, hang on. I didn't see the ex's rule book. Okay, when an ex-girlfriend and ex-boyfriend interact with each other, there are no compliments...it's just a coldhearted approach to each other. I've got to be a complete asshole to you. You've got to be a complete bitch to me. All right. Okay. I didn't see that rule book. Give me a look at it. Have you got the book here? I want to read it. Let me see these rules about no niceness to be shown to each other. You can't be giving compliments, especially about looks. It's going to be just cold and distant. Yeah, alright...okay, give me a look at this book."*

Turn into a bit of a joke, something to laugh about, but also show her that, hey, you're not going to be pushed around with that sort of crap. You're a loving, confident man...and there's nothing wrong with being a loving, confident, masculine man.

[image: Attract your ex in person]

If you do want to get your ex back and there is a chance for you to get her back, regardless of what she's saying at the front (e.g. *"I just want to be friends"* or *"It's too late"*), what she's going to respond to is you being the man and guiding both you and her back into feelings of love.

She isn't going to get back into a relationship with you if you're too afraid to say anything or do anything because it might come across the wrong way, or she might say something negative towards you, or it might be uncomfortable. You've got to be stronger than that.

When it comes to getting a woman back, a man needs to be stronger than the woman.

It's not about being stronger in an asshole type of way where you're saying, *"Hey, I can do whatever I want"* sort of thing. It's about being strong in a loving way. You're being a confident, loving, masculine man...and that is something that all women respond positively to.

Your ex might put on an act that she's not responding positively to anything that you're doing, but if you just show her a little bit of that loving masculinity where you're just fearless with it, she is going to drop her guard.

She's naturally going to start to feel respect and attraction for you and when you make your ex feel a lot of respect and attraction for you, she naturally starts to reconnect with the love that she used to have for you. Loving feelings come back. It feels good to be around you.

That's what really counts when getting a woman back.

The Most Important Part of Getting a Woman Back

[image: Getting a woman back]

So to finish up here, I want to point out something very important for you.

What you really need to understand when you're trying to get your ex back is that every time you interact with her, it has to be a positive.

You've got to be making her feel some level of respect and attraction for you. When that happens, she starts to reconnect with the love that she has for you.

She may say that she doesn't love you anymore, but that's not how love works. Love doesn't actually die.

What happens with love is it just gets pushed into the background, but love can be reconnected with. But you can't just go straight for love. It's got to be respect and attraction and then she will start to reconnect with the love.

So what you need to do is make sure that every time you interact with her from now on, you use it as an opportunity to make her feel some level of respect and attraction for you. She will then naturally start to reconnect with the love.

However, if you continue on from this day forward, and you're saying and doing things that make her lose respect for you, not feel attracted to you and feel turned off by you, then she's not going to be wanting to get back with you.

She's going to be feeling turned off and the love you shared is just going to be pushed into the background even further, and she won't want anything to do with it, because she's not attracted and drawn to you as a person at that point.

If you want to get your ex back, I recommend that you don't waste anymore time ignoring her or waste anymore energy trying to convince her to take you back.

The way to get an ex back is to use any interaction that you have with her as an opportunity to make her feel some level of respect, attraction and love for you again. When you start to approach her in that way, you will see that she drops her guard, becomes open to interacting with you, and starts to have feelings for you again.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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What to Do When Your Girlfriend Stops Talking to You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

When a girlfriend stops talking to her boyfriend, it is usually because:

1. She wants to break up with him, but doesn't have the courage to tell him.

[image: She doesn't have the courage to break up with him]

Most women don't like to directly tell a man that they want to break up and will either hint at it or simply stop talking to him for a while in the hope that he gets the hint that she wants to get out of the relationship.

This is why a lot of women will say things like, *"I need some space,"* or *"It's not you, it's me. I just need to figure out what I really want in my life,"* or *"I just need a break from being in a relationship, but maybe we can get back together sometime in the future,"* rather than have to face him and tell him it's over.

A big reason why women do this is because instinctively they feel they need to physically protect themselves.

Even if a guy is really nice and sweet, a woman still fears that he might become angry or violent if she breaks up with him.

Another reason why women try to avoid directly break up with a guy is that she doesn't want to be talked out of her decision, or worse, have to get into a whole explanation where she has to spell things out for him and tell him what he did wrong.

[image: She doesn't want to be talked out of her decision to break up with him]

Having to explain where he is going wrong is unappealing to a woman because it makes her feel as though she has to mother him and teach him how to be a man in the relationship.

So, what should you do now that your girlfriend has stopped talking to you?

Regardless of whether your girlfriend is just temporarily angry at you or really does want to break up with you, the action you need to take is the same.

You have to make your girlfriend feel so much respect, attraction and love for you as a man that she cannot help herself from wanting to be with you.

Watch this video to understand how a woman's attraction for a man really works!

At the start of your relationship, you were clearly able to make her feel enough attraction to want to be with you, but if she has lost interest and isn't talking to you, it usually means that she's lost respect and attraction for you somewhere along the way.

You can change how she feels, but you have to be willing to make some changes to the way you interact with her.

For example: If you have become insecure, you need to start becoming emotionally stronger, otherwise she will lose even more interest in you.

Why? Women are attracted the emotional strength of men (e.g. confidence, self-esteem, determination to succeed) and turned off by the emotional weakness (e.g. insecurity, self-doubt, fear of failure).

You have to make sure that from now on, you focus on rebuilding her feelings of respect and attraction for you whenever you interact with her.

If you don't do that, she will most likely break up with you and then it will be a whole different ball game where you will need to go through a process to get her back.

In case she does break up with you, make sure that you watch this video to understand some of the classic mistakes that guys make when a girlfriend breaks up with them and what you should do instead.

It used to be very difficult for a guy to get a girlfriend back, but thanks to the internet, men like me can help you through the process of fixing your problems with her, getting her respect and attraction back and keep the relationship together.

If you think that your situation is really bad, it's probably nowhere near as bad as some of the marriages and long term relationships that I have helped get back together.

If those men can get their woman back (after decades of an unhappy relationship), believe me – you can easily get your girlfriend to talk to you again and want to stay with you in a relationship!

Another reason why a girlfriend will stop talking to her boyfriend is that

2. They had a really bad fight and she's still mad at him about it

[image: She's still angry about the argument]

Fights happen in every relationship, but sometimes things can really get out of hand and become nasty.

When a fight like that happens, a guy might get kicked out of the bedroom or be asked to sleep on the couch for a few days until everything gets ironed out.

Sometimes though, especially if the couple isn't living together, a girlfriend might stop talking to him for a while because she doesn't want to have to interact with him again and be made to feel angry, irritated or annoyed.

Naturally, if this type of fight happens regularly in a relationship, it may be a sign that there are deeper problems in the relationship (e.g. one person is a lot more mature than the other, she has too much power over him) and that she is beginning to lose respect and attraction for him as a man.

So, if you're wondering what to do when your girlfriend stops talking to you in a situation like this, the answer is pretty clear: Start making an effort to fix the root causes of the problems in your relationship.

[image: What to do if your girlfriend stops talking to you all of a sudden]

For example: If she is annoyed with you because you lack purpose in direction in life and only want to spend time with her, then you need to start focusing on your biggest goals and ambitions in life and making progress on them.

If she has stopped talking to you because you and her always fight, you need to force yourself to be more light-hearted about things and try to add more smiling and laughter into conversations with her. If she isn't talking to you because you have broken her trust, you need to apologize for that, tell her that it is possible for a guy to learn from a mistake and become a better man and then start showing her that you really have changed.

Another reason why a girlfriend might stop talking to her boyfriend isâ€¦

3. She's testing to see how he will react if she's not always available

Sometimes a woman might stop talking to her boyfriend to see how much power she can gain over him (e.g. will he start saying and doing whatever she wants in the hopes of getting to see her more?), or to see if he really cares about her (e.g. is he just with her for sex and a casual relationship, or is he truly committed to her?).

In most cases though, a woman will stop talking to her guy as a way to test his confidence in himself. If she tests him and notices that instead of just remaining confident and relaxed about it, he becomes insecure, clingy and needy, she will then begin to question whether he is really the man she thought he was.

She will begin to feel worried that she is getting further involved with a man who lacks emotional maturity and needs her for his sense of identity and happiness in this world.

Guys like that usually lack purpose and direction in life and women instinctively know that a guy lacks that quality, he will almost always become clingy, insecure, protective and controlling later on in a relationship.

Women don't always know that they want a guy who has purpose in life because most women don't even know what their purpose is.

However, all women know that they don't like it when a man becomes insecure in response to her pulling back some affection and interest.

For example: If a woman stops talking to her boyfriend and he panics and starts calling, texting and instant messaging her non stop, she might briefly feel pleased that she got him to fall all over himself for her, but when her smugness wears off, she will realize that she's not as excited about having so power over him as she thought she would be.

In her mind, she will begin to see him as being a weak, confused guy and she will start to lose respect and attraction for him.

When that happens, she might decide to stop talking to him and spend more time with her friends or focusing on her work or studies because she doesn't feel like being his girlfriend anymore.

Some Do's and Don'ts to Get Your Girlfriend to Feel Respect and Attraction For You Again

In most cases, if a girlfriend stops talking to her boyfriend, it's a simple case of her not feeling

enough respect and attraction for him to want to stay in contact.

You can change how she feels about you by following these essential DOs and DON'Ts!

1. Don't ask her why she's not talking to you

A woman doesn't want to be in a relationship where she has to teach a guy how to be a man that she can look up to, respect and feel excited to be in love with.

If you don't already know what caused your girlfriend to stop talking to you, you have to figure it out before you contact her, otherwise she will feel as though you just aren't ready to be in a relationship with a girl like her.

Rather than asking her to help you become the kind of man she needs, you need to work out where you've been going wrong and then start making changes to your behavior, conversation style and the way you treat her.

If you're not sure where you've been going wrong, watch this video that I made for guys who've already been dumped by a woman!

Fixing your emotional issues (e.g. insecurity) and become a better man doesn't mean that you have to become 100% perfect, but you at least need to show her that you really are changing.

If your girlfriend senses that you are either unwilling to change or are clueless about what she needs to you change, she's not going to feel excited about talking to you again.

She just won't want to continue investing time into a guy who hasn't yet worked out how to be the man she (or any other woman) needs in a relationship.

2. Don't bombard her with calls and text messages

[image: Bombarding girlfriend with texts]

When a girlfriend stops talking to her guy, it's only natural that he might try to get in touch with her via text or a phone call and ask why.

However, bombarding her with phone calls, text messages and other forms of communication (e.g. Facebook messages, Whatsapp, e-mails, letters, etc) to ask her why she's ignoring him usually only accomplishes two things:

1. It tells her he still doesn't have a clue what he has done wrong to make her stop talking to him.
2. It makes her feel even less attracted to him because he is behaving in a needy way by sending so many messages.

No matter how desperate you are feeling right now, bombarding your girlfriend with unwanted attention will usually only result in her wanting to distance herself from you even more.

3. Don't ignore her completely either

Although you shouldn't bombard your girlfriend with calls and texts that are asking her to talk to you or to tell you what you did wrong, you shouldn't completely ignore her either.

If you do ignore her (e.g. using the No Contact Rule), you will most-likely just give her the space to

decide that sheâs better off without you.

She might even go out with her girlfriends to party and meet and have sex with another guy and then start a new relationship with him instead of trying to fix her relationship with you.

So, rather than bombard her with needy, insecure communication, you need to simply call her up and shock her (in a good way) out of her current state of mind.

How?

First you need to apologize for your recent mistakes and explain that you have learnt from the experience and are making positive changes every day.

Next you need to get her laughing, smiling and enjoying the conversation with you, rather than sticking with a deep and meaningful conversation.

When she hears your apology and then begins to feel good talking to you over the phone (or in person), she will then start to believe that maybe you are changing and maybe it is possible for you and her to go back to the good old days when your relationship was amazing.

4. Do get on with your life in the meantime

If your girlfriend currently feels like she doesnât respect you as a man, she will be actively looking for signs that support how she is thinking and feeling about you.

For example: If a woman breaks up with a guy because he lacks purpose in life and is afraid of reaching his true potential, she isnât going to be impressed if she sees that heâs still stuck in the same old routine.

She will want to see that he is starting to set goals and make progress in life, so she can feel hopeful that he isnât a loser in life and is instead a man that she can rely on now and in the long run to lead both himself and her to a better life over time.

Likewise, if a woman stops talking to a guy because sheâs sick of how insecure and jealous he is, sheâs not going to be impressed if that insecurity and jealousy keeps coming through in how he talks to her, treats her and behaves around her.

She will want to see that he has become more emotionally mature and secure and isnât the same old needy, insecure guy that she was feeling turned off by.

So, rather than sitting at home feeling sad and desperate, make sure that you get on with doing the things that you really enjoy doing in life.

Use her silent treatment as an opportunity to do some of the things that you couldnât do when your girlfriend was around.

For example: Go on a road trip with your buddies, join that martial arts club youâve been thinking about attending, hang out with your friends and go partying and enjoy yourself or get started on that important project that youâve been putting off for a long time.

When she realizes that youâre lost and lonely without her (e.g. when she stops by your social media profile and checks you out), she will be the one contacting you.

5. Do fix your emotional issues and improve yourself

Remaining confident in your girlfriendâs attraction and commitment to you is an essential part of keeping a relationship together because without it, you will naturally become insecure over time and

turn her off as a result.

When a guy lacks confidence in his girlfriend's attraction for him, it will often lead to him developing a fear of her finding other guy's attractive, which will cause him to become insecure, jealous or clingy.

He might realize that his insecurity is uncalled for and is ruining the relationship, but unless he starts believing in his attractiveness to her, he will find it difficult to hide his insecurity, especially when his girlfriend tests him by not calling or talking to him for a few days.

So, if your girlfriend has stopped talking to you, this is the perfect time for you to work on becoming truly confident in yourself, so that when you interact with your girlfriend again, she will notice that you've changed in a positive way and her respect and attraction for you will come flooding back.

You don't have to fix everything or be perfect to get your girlfriend to want to talk to you again, but she does need to see that you've taken her silence seriously and have been making a sincere effort to improve yourself.

6. Do make her feel more attracted to by being more confident, charismatic and masculine

When you first hooked up with your girlfriend, there must have been certain qualities that made her feel attracted to you enough to want to be in a relationship with you.

To get her talking to you again, you have to bring out and intensify those qualities even more, (e.g. be the confident, charismatic, masculine guy that she needs you to be).

When you make her feel respect and attraction for you in ways that she hasn't experienced in a long time or has never experienced with you before, that is when she will be keen to talk to you and be around you.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How to Make Your Girlfriend Love You Again: 5 Steps

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your girlfriend has fallen out of love with you and no longer feels the same way, it is possible and usually very easy to get her to fall back in love with you again.

Here are the 5 steps that you need to follow to make it happenâ€¦!

1. Understand what really caused her to fall out of love with you

[image: Understand what really caused her to fall out of love with you]

A big part of how to make your girlfriend love you again, is to understand what has really caused her to fall out of love with you.

For example: Some of the reasons why a woman will fall out of love with a guy include:

- He started off nice when the relationship began, but he eventually became controlling, mean and began to treat her badly.
- He started off confident, but eventually became insecure, clingy and jealous.
- He started off telling her about his big dreams and ambitions in life, but he eventually stopped pursuing his dreams and only wanted to spend time with her.
- He made her feel attracted at the start, but gradually began to take her for granted by not putting the effort to continue being attractive to her. Essentially, he became more of a turn off than a turn on over time.

There are many different reasons why a woman will fall out of love with a man in a relationship, but it all really comes down to the guy's inability to deepen her feelings of respect, attraction and love over time.

When a relationship begins, it's very easy to experience feelings of love because the lust and excitement of being with someone new makes both of you feel like you're in love.

However, to keep a relationship together for a lifetime, a man needs to be able to deepen his woman's feelings of respect, attraction and love over time.

So, if you are serious about getting your girlfriend to fall in love with you again, the most important thing for you to is truly understand what has really caused her to fall out of love with you.

Some guys make the mistake of assuming that it's because he isn't buying her enough gifts, doesn't have big enough muscles or other superficial things like that.

However, the real reasons why a woman will fall out of love with a guy have more to do with who he is as a man and how that makes her feel.

2. Make the right changes to your behavior, communication style and attitude

[image: Make the right changes to your behavior, attitude and communication style]

When a guy is trying to make his girlfriend fall in love with him again, he will sometimes make the mistake of offering things that have no real value to her.

For example: He might become even nicer to his girlfriend (even though he is already a good guy), give her all the power in the relationship, do favors for her, buy lots of things for her, wear more expensive clothes, working out at the gym more and taking her on expensive holidays and vacations.

While all those things can be attractive to a woman, if the fundamental respect and attraction isn't there on her part, then she's not going to really value any of those superficial things.

After all, she's not in a relationship with his clothes, his muscles or a vacation. She's in a relationship with him and she needs to be in love with him, not other things that come along with the relationship.

So, if you want your girlfriend to fall in love with you again, you must be making the type of changes that will make her feel like you finally understand her and know what she really wants from you.

For example: If you're a guy who lacks purpose and direction in life, you need to get clear on your biggest goals, dreams and ambitions in life and start making progress towards that, rather than spending all of your time with her so you can hide from the world and your potential behind the relationship.

If you have become insecure, you need to focus on becoming emotionally strong as a man.

If you have become controlling and too protective, you need to relax and start to trust in her attraction for you and commitment to you.

If you've become annoying or are constantly arguing with her, you need to start focusing on being more light-hearted and creating a relationship dynamic that includes a lot of laughter and smiling.

3. Start building on her respect and attraction for you

[image: Happy couples]

Once you have begun to make changes that appeal to her, you then need to build on her renewed sense of respect and attraction for you.

This will happen when she can see that all of the most of the little things that have been annoyed her about you are gradually beginning to change.

When she spends time with you, she will be smiling, laughing and feeling good rather than feeling turned off, annoyed or agitated around you.

If you don't know how a woman's attraction for a man really works, watch this video! 

You have a lot of direct control over how much or little respect, attraction and love that you make your girlfriend feel.

If you are talking to her, behaving and taking action in ways that make her feel respect and attraction for you, her love for you will naturally build and become stronger over time.

4. Add more variety to the emotional experience of being with you

[image: Add some more variety to the emotional experience of being with you]

One of the reasons why a woman will fall out of love with a man is when the emotional experience of being with him becomes too predictable and boring.

Many guys make the mistake of thinking that a woman will be happy to stick with him for life because the relationship felt great at the start and they had a lot of great sex.

However, just because the relationship was fun and exciting at the start, it doesn't mean that a woman will hold onto that old memory and be happy with it for the rest of her life.

[image: Happy couple in love]

What makes a woman feel truly happy and excited to be in love with a guy is when the emotional experience is interesting and varied.

For example: If a guy has fallen into a routine of just hanging out with his girlfriend all weekend to watch TV, browse the internet, look at social media and eat, then it will be fun initially, but it will also become boring if it is on repeat for a long time.

To mix things up, he needs to think of fun and interesting activities to do with his girlfriend (e.g. go for a relaxing hike, a drive down to the beach for sunset, go to a winery, catch up with friends, have a house party, hold a dinner party, go on a holiday, learn something new together, go to weekend markets and maybe even get a pet).

Personally speaking, when my girlfriend and I (who is now my wife) got two kittens, it added to the enjoyable emotional experience of our relationship by bringing so much more happiness, joy and relaxation to our lives.

She is the one who cleans up after the cats and feeds them and we have a lot of fun playing with them, watching them and talking about them from time to time.

It has added an extra element to the enjoyable emotional experience of being together as a couple.

If we didn't have those two cats, things would be a little bit quieter around the house at times.

Likewise, if we didn't have friends, we wouldn't have to do on weekends.

If I wasn't dominant enough as a man, I would have listened to her initial "No" and wouldn't have lead the way for us to get into the habit of going for a relaxing walk at a nearby mountain.

Yet, I was persistent and during the first walk she said, "*This is so relaxing*" which was completely different to the, "*No way! I hate walking*" when I first suggested it.

So, to make things right with your girlfriend, you need to work out where you and her are lacking in the emotional experience of being together and start adding it into your relationship.

5. Continue to become an even better man over time

[image: Continue to become a bigger and better man over time]

One of the main things that makes a woman fall more deeply in love with a man over time is when

she can see that he is a consistently great man.

He consistently becomes a bigger and better man over time by continuing to reach for his goals in life, while also being a good, loving man towards her and giving her the time and attention she needs.

He doesn't give up on achieving his goals when it gets too challenging and he doesn't seek her pity when he is down. He remains strong and keeps pushing forward on his way to achieving his true potential as a man.

This allows her to relax into his masculine direction in life, rather than feeling as though she needs to be the more mature and responsible one and work hard to create a better future for the both of them.

He is someone that she can look up to and respect, which makes her feel proud and excited to be in love with.

You don't have to become Mr. Perfect, save the world or achieve humungous success in life, but you just need to become a bigger and better man than who you are right now.

You've got to keep pushing forward to reach your true potential as a man, rather than hiding from it behind the relationship with her.

She doesn't want to feel as though she has to protect you from the big bad world out there.

She wants to be able to trust in you to be the man and lead the way to a better life for the both of you over time, while also being loving and respect towards her.

If you can do that for her, she will naturally remain in love with you and will be happy to stick with you for life.

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[image]

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[image: Dan Bacon]

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How Do I Get Her Back? 4 Case Studies

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you've been dumped by your woman and nothing that you've tried so far has worked to get her back, you might be at the point where you're wondering, *"How do I get her back?"*

So, in this post, I will share 4 case studies where a guy has ruined the relationship and been dumped for a specific reason and then what he needs to do to get her back.

Case study 1: Insecurity

[image: Dumped for being insecure]

Why his insecurity ruined the relationship

In this example, a man and a woman were in a relationship that started off well and the man was completely confident about her attraction for him and his commitment to him.

Yet, over time, he started to become insecure, jealous and too protective of her because she stopped showing him as much affection, love and attention as she did when the relationship began.

He then stopped feeling confident about her attraction and commitment to him and started to worry that she was losing interest.

This is a very common scenario for guys because many guys don't realize that all women will test a man's confidence in a relationship by pulling back some of their affection, interest and attention to see how he reacts.

When a relationship first begins, a woman will usually make a guy feel like he's the only man in the world for her and she will give him plenty of attention, affection and love.

However, to make sure that she is with a confident, emotionally secure guy who has the emotional strength to keep her protected and safe in the long run, she will instinctively begin to test his confidence by showing less interest and affection.

It's at that point in the relationship that a man will either deepen her feelings of respect, love and attraction for him by remaining confident, or he will begin to ruin her feelings by becoming insecure.

What a woman wants to see during this testing phase is that her man continues to push forward in life by reaching for his biggest goals, dreams and ambitions while also remaining completely confident that she is attracted to him and committed to him.

She doesn't want to make it easy for him though because, instinctively, women test men like this to make sure that they aren't settling down with a guy who lacks the emotional strength and toughness of a real man.

For a woman to feel deeper respect, love and attraction over time, her guy has to continue thinking, feeling, behaving and taking action like a man with or without her reassurance.

If her man remains strong no matter what, she will lessen the testing and begin to show him more affection, love and attention, but she will never stop testing his emotional strength.

Here's the thingâ□|

100-200 years ago, men didn't have to worry about deepening a woman's feelings because the woman had to stay with him for life even if she was unhappy.

Back then, a woman had to remain a virgin until marriage and then stick with her man for life, otherwise she would be shunned by society and even family for attempting to divorce him (back then the divorce rate was less than 10% in the developed world).

Yet, in today's day and age, a man actually needs to be able to deepen his woman's feelings for him over time and being emotionally strong (rather than insecure) is an essential part of that.

Women are naturally attracted to the emotional strength of men (e.g. confidence, self-esteem, determination to succeed) and turned off by the weakness (e.g. insecurity, low self-esteem, fear of success).

What he needs to do to get her back

If a guy has been dumped for being too insecure in the relationship (e.g. clingy, needy, too protective, controlling, being emotionally sensitive, etc), he needs to first begin fixing his insecurity and become an emotionally strong man.

He doesn't need to become Mr. Perfect and have everything 100% fixed, but he does need to get to the core reasons of his insecurity with women (or just her) in relationships and start to fix that.

When he interacts with her again (over the phone or in person. Not via text), she will notice and feel his emotional strength and emotional maturity in the way he talks, thinks, feels, moves and behaves.

However, that's not going to be enough to get most women back.

There are other steps to the process of properly getting a woman back, including getting her to understand that everyone learns and grows throughout life and it is possible for a guy to make some mistakes, learn from it and then become a better man as a result.

It's important to get her to realize that because if she believes crappy sayings like, "*A leopard never changes its spots*" or "*Men never change*" then she won't allow herself to believe that you really have changed.

To get a woman back after being dumped due to insecurity, you must ensure that you approach the process correctly.

For example: If you try to get her to give you another chance after telling her that you've changed, almost all women are going to say no.

To get her back properly, you have to include a few more steps prior to asking for another chance, otherwise her guard will still be up.

Watch this video to understand some of the classic mistakes that guys make when trying to get a woman backâ◻'

As you will discover from the video above, she's not going to take you seriously unless you are able to make her feel respect and attraction for you based on the way you now interact with her.

If you talk to her and still make her feel the same old emotions (e.g. annoyed, misunderstood, agitated, unhappy, etc), then she's not going to come rushing back to you.

To get her back for real, you've got to start making her feel respect and attraction for you based on the changes you've made since the break up.

She will feel respect and attraction when she notices the difference in how you think, talk, feel,

behave, take action and respond and react to her.

That is what really counts.

If you aren't doing that, then almost anything else you try simply won't work and you will be left wondering, "*How do I get her back?*" once again.

Case study 2: Lack of attraction

[image: Dumped due to a lack of attraction]

Why his inability to make her feel attracted ruined the relationship

In this example, the woman decided to leave him because she no longer felt attracted to who he had become and how that made her feel.

He was able to attract her in the beginning of the relationship, but he either stopped putting in the effort or lost his way somewhere and began to think, behave and act in unattractive ways around her. Here's the thing...

If a woman gets into a relationship with a guy, she will usually have a sufficient amount of respect and attraction for him to want to be in the relationship in the first place.

Yet, if the attraction dwindles away and she feels as though she would be happier without him rather than with him, a woman will often start the break up process and try to get away from a man.

Some guys feel betrayed by a woman at this point because they remember all the nice things she used to say (e.g. "*I love you and want to be with you forever*" or "*I want us to grow old together*") but those promises mean nothing to a woman who no longer feels attracted to a guy.

When a woman promises to stay with a guy for life, she is making that promise based on how she feels in that moment.

She will only stick with that promise if her man is able to deepen her feelings of respect, love and attraction over time.

If he can't do that and instead ruins her attraction for him, then she is not obliged to have to stay with him for life.

It's not like life back in the late 1800s to early 1900s where a woman had to stay with one man for life or else she would be shunned by society.

Today's women are essentially told by society, "*If you're not happy, leave him and find a better man. You deserve to be happy!*" whereas women in the past were told, "*Choose one man and stick with him for life no matter what.*"

What he needs to do to get her back

If a guy has been dumped by a woman because she no longer felt attracted to him, he needs to be reminded about what really makes a woman feel attracted to a man.

Watch this video to understand how a woman's attraction worksâ◻|

Some examples of how a man can deepen his woman's feelings of attraction, respect and love over time in a relationship are to:

- Be a man of his word.
- Be emotionally stronger than her.
- Reach for his true potential as a man by striving to achieve his biggest goals, dreams and ambitions in life.
- Make her feel feminine and girly in comparison to how masculine he is (i.e. how he thinks, feels, talks, behaves, takes action), rather than making her feel like a neutral friend, or worse â€” making her feel more masculine or dominant than him.
- Create a relationship dynamic that has a lot of laughter, smiling and positivity, rather than arguments, tension and negativity.

There are many different ways that a man can deepen his woman's feelings over time and to be successful in a relationship in today's world, a man needs to be able to do some or most of them to keep his woman happy for life.

A mistake that a lot of modern men make is to assume that a woman will stick around for life just because the relationship felt good at the start.

If you want a woman to stick with you for life, you must know what actually makes a woman fall more deeply in love over time and feel increasingly respectful of you and attracted to you.

If you don't have that skill, then you're setting yourself up to fail with her and with any other woman if you decide not to get her back.

Do you have the skill of being able to deepen a woman's feelings of respect, attraction and love for you over time?

To help you answer that important question, I will explain the situation in this wayâ€”

Sometimes when a guy is seeking help on how to get his ex back, he falls into either one of these two categories:

1. He got lucky when he met her and doesn't really know how to make her feel a lot of respect and attraction for him.
2. He did a great job of attracting her initially, but overtime he made a bunch of relationship mistakes and lost confidence in his ability to make her feel attracted. He now doesn't know how to get himself back to the confident, cool, attractive guy that he used to be.

Which of the two guys above describes you best in terms of your relationship with her?

Either way, you must ensure that you are capable of resparking her attraction and respect for you when you next interact with her on a phone call or in person.

For example: If you call her up on the phone and you're able to get her smiling and laughing even though she was initially be cold towards you on the phone call, she is going to feel respect and attraction for you because of that.

Likewise, if you meet up with her in person and are able to make her feel attracted to you in new ways during the conversation, she will naturally begin to open back up to being with you.

However, if you're still making her feel the same old emotions because you don't even know how to attract her during an in-person interaction, then you can't expect her to change how she feels about the break up.

Case study 3: Not enough of a man for her

[image: Dumped for not being enough of a man for her]

Why not being enough of a man for her ruined the relationship

In this example, the woman decided to leave her guy because he just wasn't enough of a man for her. Out of the 100s of ex back cases that I have personally dealt with via my phone coaching service, I've found that this is one of the most common reasons why a woman will dump a boyfriend, fianc   or husband.

Although a woman may put up with a guy (who lacks the ability to be a real man for her) during the initial part of a relationship, most women will get sick and tired of being with a guy who isn't becoming more mature and more masculine over time (in how he thinks, feels, behaves, takes action). A woman wants to be able to look up to and respect her man, feel proud to be his woman, feel excited to be in love with him and feel safe that he will guide both himself and her to a better future over time.

So, if a guy is wondering, "*How do I get her back?*" and he has been dumped for not being enough of a man for her, it will usually be due to one or more of the following things:

- He lacks purpose in life and is making her the center of his self-identity and reason for happiness. A real man will love and cherish his woman, but he will spend most of his time and energy following through on his purpose in life (i.e. his biggest goals, dreams and ambitions).
- He lacks the ability to make her feel girly and feminine in comparison to his masculinity. He might only make her feel neutral around him like a friend or make her feel as though she is more dominant and masculine than he is.
- He is too emotionally sensitive and lacks the emotional strength and maturity for her to be able to look up to him and respect him as her strong man.

If a guy lacks the ability to be a man, a woman will feel stuck because no woman wants to have to take on the role of being a guy's teacher in life on how to be a man.

A woman wants a man who is ready now to be her man, rather than a lost, confused guy who needs her to mother him, be a big sister figure in his life or be his teacher.

If a woman has to take on that role, it destroys her feelings of sexual attraction and respect for him and unless he changes, she will simply try to get out of the relationship.

What he needs to do to get her back:

If a guy has been dumped for not being enough of a man for a woman, he needs to stop for a moment and learn what it really means to be a man in a relationship.

For example, being a relationship means:

- Being emotionally stronger than her.
- Guiding both you and her to a better life over time.
- Being a man of purpose.
- Being a man of your word.

- Taking on the majority of the important decision-making, so she can relax into being your girl/woman.
- Being the more mature and responsible one.

Case study 4: Lack of trust

[image: Dumped due to a lack of trust]

Why her lack of trust in him ruined the relationship

In this example, the woman decided to dump her guy because she just couldn't trust in him to be honest, faithful or consistent as a man.

She may have given him plenty of chances in the past and eventually got to the point where she was sick and tired of being lied to or taken for granted by him, so she ended the relationship.

If a woman is very attracted to her man, she will often put up with lies, cheating and deceit for a long time because she doesn't want to give up on the guy that she feels so much attraction for.

However, if a woman doesn't feel much attraction for her man and she also doesn't trust him, then she's not going to have much of a reason to want to stick with the relationship.

What he needs to do to get her back:

If a woman doesn't trust her ex boyfriend (fiancé or husband), he needs to tell her that he completely understand why she wouldn't trust him right now.

However, if he sincerely has changed and is now a completely trustworthy man, he needs to also tell her that it is possible for a guy to grow up, learn from an experience and become a better man as a result.

He then needs to give her an apology and tell her that he doesn't expect her to believe anything, but he only asks her to witness the real changes that he has made and then answer his question, *"Do you think it is possible for a guy to learn from his mistakes, grow up like I have and become a better man as a result?"*

Once she admits that it is possible, it then automatically opens her mind up to notice the changes you have made and she then begins to see that you are different and that she is right to think that a man can change.

So, if you've been dumped for breaking a woman's trust in you, it's important that not only you realize that it's possible for you to become a better man, but to make her realize that.

A lot of people mistakenly go through life thinking that if they make a mistake, then that is who they are and they will always be like that.

No way.

That is not how life works.

If you are open to change, then you will change and you will become a bigger and better man every day in your life from now on.

Your identity and way of thinking, behaving and feeling is not set in stone. You can become an even more amazing version of you who are right now.

In fact, simply by reading my post, you have already made improvements to how you think as a man,

which will make you more attractive and appealing to her from now on.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

6 Mistakes to Avoid if You Want to Get Your Ex Back Fast

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Some relationships take a bit longer to get back than others, but most of the cases that I've dealt with, a guy has been able to get his woman back within a few days to a couple of weeks.

Of course, some cases do take a little bit longer (e.g. the woman has already moved on, if he was abusive, if they'd broken up multiple times before then), so depending on the severity of your break up, you can expect to get your ex back within the next 24 hours, the next week, a couple of weeks or in extreme cases, a couple of months.

How quickly you get her back really depends on how willing you are to stop making all the classic mistakes that other guys make and start doing what actually works.

So, if you want to get your ex back fast, here are 6 mistakes to avoid!

1. Don't use the No Contact rule

[image: Don't use the No Contact Rule if you want to get her back fast]

If you around the internet, most people will suggest that you don't contact your ex for anywhere from 20-60 days after a break up.

They will also suggest that if your ex doesn't come running back, then it wasn't meant to be and you should just move on.

Some people will also tell you to wait another 30 days before contacting her again and if she's not interested, just move on.

Crazy, right?

Well, that's what happens when anyone can have a voice on the internet.

The No Contact rule is one of the most misunderstood pieces of advice that you will find online when it comes to getting an ex back, so I'm now going to clear it up for you.

The No Contact can sometimes work on a woman who really loves her man and just needs a little bit of time apart from him to realize that.

If he doesn't contact her, she will feel lonely without him and worry that he will move on with another woman, so she will contact him and be interested in getting back.

Not contacting a woman for along time after a break up can also work on young women who can't deal with the pain of a break up, or unattractive women who worry that they won't be able to find replacement man before their ex moves on.

However, the majority of women (I'd say about 90% based on all my experience helping guys to get women back) simply use the no contact period to move on from their ex.

Why?

It's very easy for most women to get laid and find a new guy. All a woman has to do is go out to a bar and say, "Yes" to the many guys who will be interested in having sex with her.

[image: Most women can get laid much easier than men]

She can also just get on Tinder or use online dating and have 100s of guys ready to date her immediately.

So, if her ex doesn't contact her, she will usually just use that time to start seeing other guys or having girl's nights out with her girlfriend, which will often end up with a one night stand or her giving out her number to several guys in one night.

Yet, the same doesn't apply for most guys after a break up.

Most guys are not skilled at attracting and picking up women, so it's not as easy for them to find a replacement woman.

So, if a guy breaks up with a woman and she then doesn't contact him for 30 days, he is going to be feeling pretty crappy about himself if he hasn't been able to find a replacement woman.

He will then want to contact his ex-girlfriend (fiancée or wife) to check that she still misses him and wants to be with him and she will then have a chance to get him back.

In other words, the No Contact Rule usually works for women who want to get a man back, but if you are a man who wants to get a woman back, it will almost certainly be a very bad move on your part.

Watch this video to understand why most guys should not use the No Contact Rule to get a woman back.

If you want to get your ex back fast, don't allow your ex to move on without you during a long no contact period.

To get a woman back, you need to be a man about this and fix your issues (e.g. insecurity), improve your ability to make her feel attracted to you and get her to meet up with you in person so she can experience the new and improved you.

2. Don't beg or plead for another chance

[image: Begging for another chance]

When a guy is being dumped by the woman he loves, it can feel as though his entire world is coming crashing down around him and he is being left with nothing to live for anymore.

The woman that he loves, cherishes, cares about and wants to spend the rest of his life with is saying that she doesn't want anything to do with him anymore and is asking him to leave her alone.

[image: Feeling like you can't live without her]

It's a horrible experience for a guy to go through and because of how painful the experience is, many guys make the mistake of begging and pleading for another chance.

Yet, begging and pleading only turns a woman off even more because women are attracted to the emotional strength of men (e.g. confidence, high-self esteem, emotional independence) and turned off by the weakness (e.g. insecurity, low self-esteem, emotional neediness).

Don't worry if you've already made the mistake of pleading, because it is something that a woman can forgive.

I know that it can be forgiven because I've personally helped 100s of phone coaching clients to get a woman back and most women are able to look at it as a silly mistake that he made in response to her

decision to end the relationship.

While getting broken up with, begging and pleading might feel like the fastest way to get a woman to give you another chance, but it's actually the fastest way to turn her off further in that moment.

What a guy should really do during a break up is to accept her reasons for breaking up with him and then leave (or get her to leave) and just go away for a few days to fix and improve himself before he contacts her.

Not being in contact with her for 2-3 days so you can fix your issues and improve yourself, shows a woman that you respect her and appreciate her, but more importantly $\hat{\square}\square$ that you have the capacity as a man to learn from mistakes and then improve and grow.

You're not the sort of guy who makes the same mistakes over and over again, doesn't ever listen to what a woman says and just expects her to want to be with you because you're a nice guy.

You know that a woman's respect and attraction for a man is something that needs to be maintained and built on over time.

You are one of the rare, intelligent men in this world who have the capacity to learn and grow from your mistakes so that you can become a bigger and better man over time.

When your ex realizes that you really have listened and you really have changed, she will then begin to lower her guard and take you seriously.

However, if you aren't willing to make any changes to how you think, feel, behave and act around her and in life, you can't expect her to want you back fast or ever at all.

3. Don't say that you can't live without her

One of the mistakes that guys make when trying to get a woman back, is to tell her that without her, his life means nothing and is not worth living.

Women hate to hear that because a woman doesn't want to be a man's purpose and reason for living life.

Women are naturally attracted to men who have purpose and ambitions in life that are in addition to a relationship with a woman.

If a man's main purpose and ambition in life is just to have his girlfriend (fianc  or wife) in his life, he will almost always become insecure, jealous, clingy, needy or controlling after the initial stage of a relationship.

During the initial stage of a relationship, a woman will be showing her man a lot of attention, affection and love and he will feel wanted, respected, needed and happy as a result.

Yet, almost all women will test their man's confidence after a few weeks or a few months of a relationship by pulling back their interest, affection and interest to see how he reacts.

A woman instinctively does this to ensure that she is in a relationship with a man who is going to continue to rise up through the levels of life and reach for his true potential as a man, regardless of whether or not she is giving him a lot of affection or attention.

If he fails the test by becoming insecure, needy and clingy, she will lose respect and attraction for him.

However, if he passes the test by maintaining 100% belief in his attractiveness to her and then simply

continuing to make progress towards his biggest goals, dreams and ambitions in life, her respect and attraction for him will deepen.

[image: Getting your ex back fast]

She will feel as though she is with a man who loves her and wants to be with her, but doesn't need her to constantly prop him up emotionally.

She has herself a man who is strong with or without her, which then allows her to relax into the exciting role of being his woman.

Yet, if he crumbles and becomes insecure when she pulls back her interest, then she starts to resent him for not allowing her to relax into being his woman.

If she wants to stay with him, she's going to have to keep boosting his confidence by reassuring him that she loves him and wants to be with him.

The more she has to do that, the more she feels like a mother who needs to take care of a little boy or a big sister who is trying to make her little brother grow up to be a confident guy.

That's not what a woman wants when in a relationship with a man.

Your ex wants you to be a ready-made man who does not need her to constantly boost your confidence or reassure you that everything is going to be okay.

She wants you to know that she will feel a deep, lifetime attraction for you if you can just be a real man and let her relax into the exciting role of being your woman.

So, when a guy makes the mistake of telling a woman that he can't live without her or that his life is meaningless without her in it, she doesn't feel amazed and excited to be in love with him.

Instead, she feels like he is more of a burden than a benefit to her and as a result, she tries to get herself out of or away from the relationship.

If you want to get your ex back fast, you have to understand that a woman doesn't want to be your purpose in life or your reason for living.

She wants to be a part of your life and a part of your purpose, but she doesn't want to be responsible for your happiness and sense of identity in this world.

She wants you to be a confident, happy, forward moving man with or without her.

4. Don't lie about being with other women

[image: Lying about being with other women to hopefully make her jealous]

When a woman isn't responding to the basic tricks (e.g. pleading, promising to change, saying that he can't live without her, using the No Contact Rule), a guy will sometimes think that he can trick his ex into wanting him back by saying that he is dating or having sex with other women.

This is a trick that almost always backfires. Why?

If the guy is lying and is only doing it to make his ex jealous, all she has to say to ruin his plan is to say something like, *"Okay fine. Enjoy your life with those women. Don't ever contact me again."*

If he then comes groveling back to her, apologizing and asking for another chance, she will assume that he was only saying that to make her jealous and trick her into giving him another chance.

As a result, she will lose even more respect and attraction for him.

She will then likely want to get emotional revenge on him by going out and having sex with new guys, dating new guys or allowing herself to fall in love with a new guy.

If you want to get your ex back fast, it's okay to hook up with other women to make your ex jealous, but it's not actually necessary to get a woman back.

In my program, [Get Your Ex Back: Super System](#), I explain how to get a woman back without having to hook up with another woman at all.

You can hook up with other women if you want to, but it's not actually necessary to get a woman back.

5. Don't keep saying and doing the things that are turning her off

A woman's attraction to a man is mostly based on how his personality, behavior and inner qualities make her feel.

For example: If a guy is interacting with a woman and he is being insecure, self-doubting, needy and emotionally sensitive, a woman is naturally going to feel turned off by him.

However, if a guy is interacting with a woman and he is being confident, displaying high self-esteem and he is emotionally strong, a woman is naturally going to feel attracted to him.

When getting your ex back, it's important that you understand how a woman's attraction for a man really works.

If you don't understand how attraction really works, it's highly likely that you will continue to make subtle and maybe even obvious mistakes that further ruin her feelings of respect and attraction for you.

If you want to get your ex back fast, it's critically important that from now on (in every interaction you have with her) you only make her feel respect and attraction for you, rather than continuing to make the same old mistakes that originally caused her to lose respect and attraction for you.

6. Don't try to be her friend via text

A common mistake that guys make when trying to get an ex back is to stay in contact with her via text, in the hopes that it will keep him on her mind and she will then want to get back with him.

However, based on all the ex back cases that I've dealt with, I've found that staying in regular contact with a woman via text after a break up almost never results in her feeling a renewed sense of respect and attraction for her ex.

Instead, she loses more respect and attraction for him because she still thinks about him as being the exact guy that she broke up with and can't really SEE any changes in him by looking at a text message.

He might be trying to act cool, confident or funny via text, but she still looks at him as being the same old guy that she broke up with (e.g. insecure, controlling, needy, lacking purpose, etc).

So, here is what I advise you to do if you want to get your ex back fastâ€¦!

Do not give your ex the privilege of being able to text you like a friend, while she moves on with her life without you.

The only time you should send her a text message or reply to one of her texts is to get her on an actual phone call, so you can then get her to agree to meet up with you in person.

When you meet up with her in person, you can then get her to forgive you and make her feel a renewed sense of respect and attraction for you, which will then bring down her guard and open her back up to being with you again.

None of those things can be achieved by texting her. You have to get her on a phone call and then meet up with her in person, so you can show her that you really have changed.

However, be warned: The most important thing to your ex is not that you have changed and improved as a man.

What is important to her?

That SHE feels differently around you (e.g. she feels respect, attraction and love again) based on the changes you have made.

When getting an ex back, you must remember that it needs to be about her getting what SHE wants, not what you getting what you want.

You will only get what you want (i.e. get her back) if you can give her the respect and attraction experience that will bring down her guard and allow her to naturally open herself back up to you again.

Getting Your Ex Back Fast

From now on, you need to start making your ex feel a renewed sense of attraction and respect for you when you interact with her.

For example: When you call her up on the phone, you need to be able to get her smiling, laughing and enjoying talking to you, especially if she starts off being cold and distant.

When you get her smiling and laughing and are not fazed by her coldness, she won't be able to stop herself from feeling respect and attraction for you for having the balls and skills to be able to make her feel that way.

You can also make her feel respect and attraction by allowing her to experience your renewed confidence and emotional strength while you talk to her.

However, just don't make the mistake of trying to make her feel bad by acting like you are so happy and confident without her.

You have to be emotionally strong, but also be loving, kind and considerate. If not, she will put her guard up and want to get emotional revenge on you for attempting to make her feel bad.

The Best Way to Get Your Ex Back Fast is to Follow a Step-by-

Step Plan

Getting an ex back is a very easy, exciting and life-changing process if you follow the right steps. Yet, most guys don't ever get the training they need and simply make mistake after mistake, which pushes the woman even further away.

If you want to get your ex back fast, I recommend that you don't waste anymore time and just start watching the 10 hours of video training in my program, [Get Your Ex Back: Super System](#)

After watching the training, you will be ready to get in contact with her your ex and get her to meet up with you again.

When you meet up with her, you will be able to make her forgive you, trigger her feelings of romantic and sexual attraction for you and get her feel happy about giving the relationship another chance.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Will My Ex Girlfriend Ever Want Me Back?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you're wondering, *Will my ex girlfriend ever want me back?* the answer is yes, you can actually make her want you back.

You have to do it properly though.

Some women are much easier to get back than others, so if your girlfriend hated you when she dumped you, it's important that you follow the right steps to get her to forgive you and become open to having feelings for you again.

Right now, she might not have any feelings for you, but that will be due to you not regaining her respect and attraction, so she can have feelings for you once again.

When you begin saying and doing things that will re-spark her feelings of respect and attraction for you, she will naturally begin to feel differently about you and she will open herself up to the idea of being with you again.

Watch this video to see what I mean!

As you will discover from the video above, feelings can and do change.

However, you can't expect your ex girlfriend to want to give you another chance if you haven't even been doing anything to make her feel attraction and respect for you again.

If you want her back, you have to start the process by sparking her feelings of respect and attraction first, otherwise she will stick to her old perception of you, which she had when she broke up with you.

So, if you want to make your ex girlfriend want you back, here's what you need to do:

1. Don't Sit Around Waiting For Her to Contact You

[image: Will my ex ever want me back?]

Regardless of what happened to cause your ex girlfriend to break up with you, you can't sit around wondering, *Will my ex girlfriend ever want me back?* and hoping that by some miracle she'll change her mind about how she feels about you, and then pick up the phone and call you.

If you want her back then it's you who has to call her; and the sooner the better.

If you wait too long to contact her, you run the risk of her meeting someone else and having sex and falling in love with him.

Besides, when you understand that you can get your ex girlfriend to instantly feel respect for you again simply by the way you talk to her, why would you want to wait?

If you call her up and apologize to her (without being weak or groveling) for what happened, and make her feel that you really understand why she had to break up with you, she won't be able to stay closed off towards you.

On the phone call stay confident and work towards making her laugh and feel attracted to your charm, masculinity, etc. You have to make her feel curious about what has changed about you since

your break up, and then get her to agree to one last (don't worry it won't be) meet up.

At the meet up is where you will be able to fully show her that you've changed and make her feel respect and attraction for you again.

By displaying the personality traits and behaviors that are attractive to women (e.g. confidence, charisma, making her laugh, making her feel girly in contrast to your masculine vibe, etc.) she will naturally see you in a new light, and her feelings of respect and attraction for you will begin to grow inside her again.

2. Try to Understand Her Real Reasons For Breaking Up With You

Watch this video to understand some of the reasons why a woman will break up with a guy!

When a woman breaks up with a guy, her natural instinct is usually to let him down as softly as possible to protect herself from getting hurt if they get into a big argument about it.

Rather than tell him all the hurtful reasons why she is breaking up with him (e.g. he isn't enough of a man for her at this point), she'll say something like, *"I don't feel the same way about you anymore. It's not you, it's me,"* or *"I need some space to figure out what I really want in my life."*

Yet, in her mind she has a list of real reasons why she's breaking up with him.

For example: She might be thinking, *"You're so needy and insecure. I feel so smothered. I just can't wait to get out of here and be with a guy who is emotionally secure" or, "You have no personal goals and ambitions for your life. I just can't imagine myself being stuck with a guy like you for the rest of my life. I want a guy who is moving up through the levels of life by reaching for his true potential as a man, and that's definitely not you! You are scared of your own potential and use your relationship with me to hide from following through on your biggest goals and ambitions in life."*

She's not going to say that to him because it will then put her into the position of being his teacher in life on how to be a man.

She doesn't want that role. She wants to be his girl, his woman. She wants to look up to him and respect him as her man, not look down on him as being a lost guy who hasn't yet worked out what it really means to be a man.

Rather than teach him, she will simply break up with him and then look for another guy that she can respect and look up to.

So, to get your ex girlfriend back, you need to understand the real reasons why she broke up with you (not the fake ones she gave you like, *"I need time to find myself"* or *"I don't think I want to be in a relationship right now"*) and then make the correct changes to the way you think, act, behave and how you treat her.

By fully understanding the reasons why she ended the relationship, you will then be able to prove to her (via your conversation style, behavior and attitude) that you are not the same guy that she broke up with.

You will be offering her what she really wants and this will make her feel understood and happy to be

interacting with you again.

It won't make every woman want her ex-boyfriend back immediately, but it does open her up to feeling respect and attraction for him, which then allows her to have feelings for him again.

As long as he can build on her feelings of attraction and respect, she will be open to kissing him again, sleeping with him or just catching up again to hang out and see how she feels.

On the other hand, if you meet up with your ex-girlfriend and nothing has really changed about, or you keep promising her to change things that aren't very important to her, then she's going to lose even more respect for you and she's going to want to get as far away from you as possible.

For example: A woman might want her ex to do something more important with his life (e.g. because he hates his job, spends too much time playing video games, doesn't have a job, etc).

When he meets up with her, he promises to be more romantic and take her out to more dinners, but that's not what she wants from him.

She wants him to start following through on his real purpose in life, rather than wasting time because he is either too lazy or afraid to attempt to achieve his real ambitions and goals in life.

You have to be offering your ex-girlfriend what she really wants, not what you think she wants to hear.

This is why it's so important that you fully understand what caused her to break up with you in the first place and then actively change those things about yourself.

3. Fix Your Emotional Issues and Show Her That You've Improved and Changed

One of the worst things to do when attempting to get your ex girlfriend back is to promise her that you will change if she gives you another chance.

Women hate that, because it's so easy to say, *"I will change. I promise!"* but it takes a lot more effort to actually make those changes.

After all, most humans take anywhere from 21 to 60 days to develop a new habit, so if a guy is in the habit of being insecure, she will have to put up with him for another 1-2 months and hope that he really is getting over his insecurities.

Yet, she has no guarantee of that because he is simply saying to her, *"I promise that I will change if you give me another chance. Please believe me! You mean everything to me."*

It sounds very convincing, but it's one thing to promise to change and another to actually follow through on it for real.

This is why most women hate it when guys promise to change and only women who lack experience with relationships or are worried that they won't be able to find another guy, will give their boyfriend repeated chances if he promises to change.

However, after a while, even those women will grow tired of giving him chances and will want to move on and find a man who is more capable of making her feel how she really wants to feel when in a relationship.

So, when you meet up with your ex-girlfriend, you should already have made some changes so that

she can see that you are serious about improving and becoming a better version of the guy she broke up with.

You don't have to be perfect to get her back, but you do need to start working on any emotional issues you might have and actually make some real progress.

For example: If being too needy and insecure was an issue in your relationship, you need to work on building your confidence and self-worth.

If you were lacking a clear direction in life, you need to set yourself some goals and work towards achieving them.

Not only will this make you seem more attractive in your ex girlfriend's eyes, you will also like who you are becoming as well.

You will realize that when you are confident and emotionally strong, all the other relationships in your life (e.g. at work, your friendships, family) improve too and that everyone around you is now looking up to you and respecting you for the man that you are becoming.

On the other hand, if you try to get your ex girlfriend back without changing anything, not only will she not feel motivated to trust you on that (because you've probably promised to change before), but you will also be losing out on the opportunity to become an even better man than you are right now.

Getting dumped by a woman is a great wake up call for a man.

You can either use it to become a better man, or let it weaken you and destroy you for years while you miss her and wish you could get her back, but you never really put in the effort to become the type of guy that she would want back.

When You Renew Her Feelings of Respect and Attraction For You, She Will Become Open to Getting Back Together

[image: Renew her feelings and get back together]

The main thing that a woman wants before she considers getting back with an ex is to be able to respect him.

If you talk to her on the phone or meet up with her in person and are still making her feel the same kinds of emotions that turned her off you in the first place, it's not going to re-spark her feelings of respect and attraction for you.

If you want your ex to want you back, you've got to be willing to do what it takes to become and be the sort of guy that she would want back.

How long will that take?

It depends on how many things you need to improve.

However, after hearing back from 100s of guys who've used my program, [Get Your Ex Back: Super System](#) to get a woman back, most guys were able to call their ex after watching the 10 hours of video training.

They then moved to a meet up, got her forgiveness in person, made her feel a renewed sense of respect and attraction and either got back together right away or began to rekindle the relationship

slowly.

So, don't waste another day feeling hopeless and wondering, *Will my ex girlfriend ever want me back?* because it will only happen if you take action to improve who you are.

Are you willing to do what it takes to make your ex-girlfriend want you back?

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Why Did My Girlfriend Leave Me?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you're asking the question, *Why did my girlfriend leave me?* the answer is simple: Somewhere along the line, you stopped making her feel the kind of respect and attraction that she felt for you at the beginning of your relationship.

That may have been because you became insecure, ruined her trust in you, turned her off with your communication style, stopped making her feel appreciated, started treating her badly, lacked purpose in life or became too jealous and controlling.

When a woman loses respect for you, her attraction for you will also then start to fade.

When her respect and attraction for you fades, she will then begin to fall out of love of you, until she reaches the point where she will decide to leave the relationship.

Getting Her Back

[image: Getting her back after she has left you]

Right now, you might be feeling hurt and possibly even betrayed by your girlfriend because you still love her, but she doesn't want anything to do with you anymore.

The good news is if you really want to get back together with her, you can.

Watch this video to understand how and why!

Even if your girlfriend is currently saying that she is over you and won't give you another chance, it doesn't mean that her emotional state is set in stone.

Emotions always changed and when you begin saying and doing things that make her feel respect and attraction for you, she will naturally open herself up to the idea of loving you again.

She might not show that right away though, which is why you need to get her to meet up with you in person to experience the new and improved version of you.

Get her to feel respect and attraction for you in person, ask her to forgive you (not to take you back, just forgive you) and then get her laughing, smiling and enjoying spending time with you.

If you do that, she will naturally begin to think of you in a more positive way and will begin to allow herself to have feelings for you again.

However, before you contact your girlfriend and get her to meet up, you first have to understand what caused her to lose her respect, attraction and love for you in the first place.

You then need to forgive yourself for making those mistakes. How?

Understand that everyone makes mistakes, but what makes a man a great man is when he has the capacity to learn and grow from those mistakes, rather than making the same old mistakes over and over again for life.

If you really have improved and become a better man as a result of the break up, that is something you should be proud of, rather than feeling ashamed about mistakes that you made in the past.

Don't Make Things Worse By Asking Her to Tell You Why

A woman will usually take a long time to decide to break up with her man.

Before she makes the big decision to end a relationship, she will usually try to give him as many hints about what is bothering her so that he will change and improve himself.

If he doesn't get the message, she will eventually break up with him.

Unfortunately, the worst part is that even after she's left, a lot of guys still don't understand the reasons why and they are stuck wondering, *Why did my girlfriend leave me? I thought we were so happy together.*

Yet, until a guy can fully understand the real reasons why his girlfriend broke up with him (e.g. he doesn't make her feel feminine enough in comparison to his masculinity, he lacks purpose in life, she feels more valuable than him), he won't be able to make the changes she needs, which means she won't be interested in getting back together with him until he does.

3 Reasons Why a Woman Will Leave Her Man

If you don't know why your girlfriend left you, here are some of the most common reasons why a woman will break up with her boyfriend.

1. He took her for granted.

[image: Taking his girlfriend for granted]

When a relationship begins, it's very easy for most guys to treat a woman well and make her feel special, because he is getting laid and experiencing new love.

Yet, once the dust has settled and the excitement of getting to know each other has worn off, a guy begin to get caught up in everyday things (e.g. work, studies) and begin to take his girlfriend's love, respect and commitment for granted.

For example: A guy might be very committed to his career and is working hard towards getting a promotion. Although this is something his girlfriend will respect and admire him for, if he fails to maintain a proper balance between his career and her, she will begin to feel neglected.

When this happens, a woman might put in the extra effort to make him notice her by making herself look even prettier, cooking him nice dinners, or planning some quiet time for them to relax together.

If he then regularly cancel plans on her at the last minute with excuses like, *I have a project that I need to devote all my time to,* or *I'm really behind on at work. I promise to make it up to you some other time,* she's going to start feeling like he's taking her for granted.

Naturally plans change from time to time, and working towards his goals is not something a good woman would hold against her boyfriend, but if a guy constantly keeps putting her second in his life, she will eventually begin to feel like he's taking her for granted.

There's nothing wrong with working hard and working towards achieving goals in life, but when a guy is in a relationship with a woman, it's his responsibility to maintain and grow the love, respect and attraction she feels for him.

If he becomes too focused on other things and she begins to feel unloved, unappreciated and taken for

granted, she will begin to lose respect for him and eventually she will leave.

2. He was clingy, needy and insecure.

[image: Being needy, clingy or insecure]

When a man is afraid of reaching his true potential in life, it's not uncommon for him to use his love for his woman, as an excuse to hide from following through on his dreams and ambitions.

In his mind he is saying, *"I love my girlfriend. She means everything to me. Nothing else in this world matters but her. I don't care if I am unsuccessful in life, I have her and that is all that matters."*

A guy like that will often assume that this is what his girlfriend wants (because she loves spending time with him) and that it will make her happier than if he were to give less of his time to her and start focusing on trying to achieve his ambitions and goals in life.

Although, most women love it when their man is loving and devoted and gives them a lot of attention, it doesn't mean they want to be the centre of his world.

Women instinctively know that life is going to get hard in future if a guy spends most of his time just hanging around with her, rather than rising up through the levels of his true potential to get promoted or do better in his career.

Initially, a woman will enjoy all the attention she is getting, but eventually her instincts will kick in and she will begin saying things like, *"Why don't you do something with your life?"* or *"Why you do stay in that job if you hate it?"* or *"I need time to find myself"* or *"I need time to work out what I want to do with my life"* because she is reacting to the lack of purpose and direction that he should be providing as the man.

There are some women (e.g. insecure, domineering, unattractive) who prefer it when a guy has nothing else going on in his life besides her, but most women don't. Why?

When a man uses his relationship as an excuse to avoid facing life head on, he comes across as being emotionally weak because he is afraid to stand up and be the man he knows he should be.

Women are naturally attracted to the emotional strength in men and repelled by the weakness, so if a woman begins to feel that her man is actually emotionally weaker than her, she will begin to lose respect for him and eventually her attraction and love will also fade.

When that happens, she will either leave him, cheat on him or string him along (e.g. *"I just need some time apart"*) until she finds a replacement guy.

There's nothing wrong with a boyfriend and girlfriend spending a lot of time together, but to make a relationship successful, a guy must maintain a balance being devoted to her with being his own man by striving to achieve his biggest goals and ambitions in life.

3. He put her in charge.

[image: Putting his girlfriend in charge]

Where many guys go wrong is in believing that a woman will be happiest if she gets to wear the pants make all the decisions in the relationship.

Many guys make the mistake of thinking, *"I don't want to argue with her over things, so why not just let her make the decisions? At least then she will be happy and I will be happy as well because there won't be any fighting. I don't care if she leads. It's easier for me anyway."*

Although a woman might argue and act like she wants to be making all the decisions, in reality she wants her boyfriend to man up and take the lead in the relationship so that she can relax fully into being the woman.

Being the woman means that she gets to feel feminine, be girly, be emotional, focus on love and not have to worry about leading the relationship, making decisions and maintaining order.

A woman still wants to have her say and to be heard, but ultimately she wants her man to lead the way and take on the responsibility leading them both to a better life.

To maintain the sexual attraction in a relationship between a man and a woman, a boyfriend has to be the man and allow his girlfriend to be a feminine woman.

It's Not Too Late to Get Your Girlfriend Back

[image: Getting her back after she has left you]

Whether you're asking, *Why did my girlfriend leave me?* because you want to get her back, or because you simply want to understand where you went wrong so that you don't make the same mistakes in your next relationship, you are in a position where you can do great things right now.

By fully understanding what you did wrong in the relationship with your girlfriend, you can make changes to any emotional issues that you might (e.g. insecurity, jealous, commitment issues) and become a better guy than you already are.

If then you decide you want your girlfriend back, she will be able to sense the changes in you by the way you talk, act and behave when interacting with her.

She will begin to wonder what is different about you and, without even realizing that she's doing it, she will begin to feel respect and attraction for you once again.

You can make her feel even more attracted to you by being more confident, masculine and charismatic and by showing her that you now fully understood where you went wrong in your relationship with her.

When she feels heard and also notices that the things about you, which had been putting her off are no longer an issue, she will naturally open herself up to the idea of being with you again.

On the other hand, if you don't want to get back together with her, you won't have wasted your time by improving yourself, because the next time you find yourself in a relationship, you will be the kind of man that almost every woman wishes they could find.

You will be a man in demand.

Either way...you win.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Get Your Ex Back Quickly

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Thanks to the internet, getting your ex back quickly is something that guys from all over the world are now able to do.

I've already helped 100s of guys to get women back immediately, within days or in difficult cases within weeks and I can help you too.

Here is what you have to do to get your ex back quicklyâ€¦!

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

[image: Don't use no contact if you want her back quickly]

If you really want to get your ex back quickly, then you should avoid using the No Contact Rule (e.g. waiting anywhere from 20-60 days to call your ex).

The No Contact Rule is a common piece of advice that you will find online when you look for free tips on how to get your ex back quickly. Yet, it isn't going to help you with what you want.

Watch this video to understand what you need to do instead of ignoring your exâ€¦!

Have you heard the expression â€œOut of sight out of mind,â€ which means that when something that isn't necessary to us is out of sight, we usually forget about it?

In many cases, this is what happens when a guy uses the No Contact Rule as a way to try and get an ex back who no longer wants to be with him.

While he is sitting at home alone and putting himself through hell by forcing himself not to contact his ex even though he really wants to, rather than make her miss him, he is actually giving her the opportunity to get over him and move on with her life, meet new guys, have sex and even fall in love.

Yet, if he got her on a phone call, apologized for his mistakes and got her to meet up with him in person, he could then make her feel a renewed sense of respect and attraction for him and get her back.

Watch this video for more infoâ€¦!

Another reason why the No Contact Rule can fail is because itâ€™s not really getting to the core of what caused the break up between you and your ex in the first place.

For example: A guy might have been needy, clingy and insecure throughout the relationship, which isn't going to change if he simply stops contacting her.

[image: Wasting time by using no contact]

He may have also been using the relationship as an excuse to hide from his true potential as a man, by spending loads of time with his girlfriend and not following through on his passions, dreams or ambitions in life.

He may have taken her for granted and expected her to stick around no matter how badly he treated her, or maybe he allowed her to â€œwear the pantsâ€ in the relationship.

Whatever the case, if he doesn't take steps to change those things in himself, his ex won't be

interested in getting back with him, even if she has missed him a bit since the break up.

Of course, not contacting her does get some women to call, but her calling you doesn't actually mean that she wants to get back with you.

Quite often, when a woman doesn't hear from her ex for a while, she becomes curious about what he's up to so she calls him to find out if he's moved on and found another girlfriend, or if he's missing her and if he's still desperately hoping to get back together with her.

However, when she calls, what often happens is the guy gets so excited to be hearing from her that he pours his heart out to her, telling her how happy he is to hear from her and how he wants her back.

As she talks to him, she notices that he still doesn't even understand the real reasons why she broke up with him.

Watch this video for more info!

When she notices that he still doesn't understand the real reasons why she broke up with him, it just convinces her that nothing has changed and it then allows her to move on from him more easily.

So, if you want to get your ex back quickly, don't waste time with the No Contact Rule in the hope that everything will magically fix itself.

Instead, you've got to get your ex on the phone so you can apologize to her for what happened, while also letting her hear the confidence in your voice and the changes in how you communicate with her, which will surprise her and make her want to find out what has really changed in you.

2. Get Her On a Call and Make Her Feel a Renewed Sense of Respect and Attraction For You

[image: Get her on a call]

When getting an ex back, you need to get her talking to you on the phone as quickly as possible, rather than hiding behind text.

Guys will often make the mistake of sending a woman a text like, *How are you?* *I just wanted to say hi,* or *I hope you're okay* to test whether or not his ex is interested.

[image: Girl annoyed by text]

He is hoping that by keeping in touch with her via text, she will eventually soften up and start texting him back, which will then eventually lead to her agreeing to getting back together again.

Yet, it doesn't work that way.

Text is a modern invention and it does not make a woman feel respect and attraction in the same way that she will on a phone call or in person, because it's simply text on her phone.

If some of the last things your ex said to you when she broke up with you were, *Leave me alone,* *I never want to see you again,* or even *I hate you,* how do you think she will judge your text?

Will she be thinking, *How sweet! My ex really cares about how I'm doing. He must really be sorry for what happened. I think I want to get back together with him!* or will she be thinking, *Why is he still bugging me? Can't he get the message that it's over? He is being so needy and desperate. I'm so glad I broke up with him.*

If a woman can't hear your confident, emotionally secure tone of voice (which will trigger her feelings of sexual attraction for you), and if she doesn't get a sense that you're not falling to pieces without her, she will naturally be imagining you in a very negative light when she gets a text from you.

This is why; to get your ex back quickly, you have to get her on a call right away so that you can start regaining her respect and attraction for you.

You have to let her experience the new and improved you.

When you get her on the phone, apologize to her for what happened and let her know that you now understand her point of view and why she needed to break up with you.

Don't ask her to give you another chance over the phone.

Instead, spend some time just letting her experience your relaxed confidence and your improved ability to make her feel attracted to you and respectful of you over the phone.

Rather than getting emotional and serious while talking to her, focus on getting her smiling and laughing, which will naturally make her feel attracted and happy to be talking to you again.

3. Get Her to Agree to Meet Up With You Just One Last Time to Say Goodbye

Although talking to your ex on the phone is the first step to getting her back, it is not what the main thing that will convince her to give your relationship another chance.

This is why you have to get her to agree to a meet up as quickly as possible.

By showing her a confident, charming, masculine side to yourself (on the phone) that she probably stopped noticing when things got bad in your relationship, you will have shocked her (in a good way) out of her current negative beliefs about you and made her feel curious about what has happened to you to make you change in such a positive way.

At this point, ask her to meet up with you one last time just to say goodbye. Don't worry; it won't be the last time, it's just a way to get her to agree to a meet up with you.

By changing your communication style with her in a way that makes her feel attracted to you, she will naturally begin to think and behave differently towards you, and she will become more open to agreeing to meet up with you one last time.

For example: If a guy was using the relationship as an excuse to hide from his true potential in life and wasn't becoming a bigger and better man, he can tell her about all the things he has done since the break up to show her he's changed.

It's not about him lying, putting on an act or pretending to be someone he's not, but rather about having a mature, easy-going conversation with her where he then happens to mention that he has, for example, taken up night classes so that he can get a better job, or is working his way towards a promotion.

By making her see that he's moved on from being the insecure, unmotivated guy she used to know, she will naturally feel curious to meet up with him in person to see for herself whether he has really changed, or if he is just lying to her to get her back.

In the same way, you can use whatever was the cause of your break up with your ex as an opportunity

to show her that youâve grown and changed as a man, and make her feel interested to find out more.

4. Get Her to Forgive You at the Meet Up and Then Her Guard Will Come Down

When you meet up with your ex, you have to continue renewing her feelings of respect and attraction for you.

To do that, you first have to apologize to her and get her to forgive you.

For example: You can say something like, “I’m not asking for us to get back together, but I am just asking for you to sincerely forgive me so we can both feel better about what happened between us. Yes, I made some mistakes, but so does almost every couple. I am sorry for my mistakes and all I ask is for you to forgive me for that, not to take me back.”

If she does forgive you, she will then begin to drop her guard around you, which will then make it 10x easier for you to make her feel a renewed sense of respect and attraction when you interact with her.

Apologizing and asking for forgiveness is not about groveling or begging. Some guys make the mistake of begging for her forgiveness and doing whatever she wants them to do in order for her to forgive them.

Yet, that kind of behavior is unattractive to women, so rather than making her drop her guard and feel respect for him, she feels turned off by him at a deep level because he is begging, groveling and lowering himself way too much.

To get your ex to forgive you, you have to do it from a position of strength so that she can respect you.

You can make her want to forgive you by letting her know that you now fully understand what really caused her to break up with you, and showing her (via your confidence, behavior, body language, conversation style) that youâve made the correct changes to yourself.

In this way, she will feel understood and she will feel respect for you because, in her eyes, you will have become the man she always wanted you to be when in a relationship, so she will then be willing to forgive you.

Once you do get her to forgive you, she will naturally drop her guard and become more open to you, and the more open to you she becomes, the more she will allow herself to feel attracted and respectful towards you.

Forgiveness is what allows her to open herself back up to you, and if then you can build on her feelings of respect and attraction for you, she will naturally open herself up to the idea of being in a relationship with you again.

5. Make Her Feel an Increasing Amount of Respect and

Attraction For You

Respect and attraction comes first if you want to get your ex back quickly.

If your ex cannot feel respect for you as a man (e.g. because you are still insecure, give her too much power), she will not feel attracted to you and she will then not open herself up to loving you again.

Where a lot of guys go wrong is they try to convince their ex that they will change if she gives them another chance.

Telling her that you will change isn't going to make her feel attraction and respect for you.

You actually have to make the changes first and then let her see and experience those changes when she interacts with you in person.

For example: A guy who was needy, clingy and insecure in his relationship can show his ex that he's changed by being confident and relaxed when interacting with her.

When she tries to test him (possibly by ignoring him or going cold towards him, or by flirting with another guy) to see if he has really changed or if he's only putting on an act to impress her, if he becomes upset about it and loses his cool, she will know that nothing has really changed about him and she will lose even more respect for him for trying to trick her.

On the other hand, if he just laughs off her attempts to unsettle him and stays relaxed, not only will she be convinced that he has changed deep down inside, she also won't be able to help herself from feeling a renewed sense of respect and attraction for him as a man.

6. Get Her Back at That Meet Up or the Next, Depending on How She Reacts

Sometimes a woman needs more than one meet up to fully forgive a guy for his past mistakes and open herself up to the idea of getting back together again.

A mistake that guys make is to push a woman into making a decision about the relationship before she is ready to do it.

If a woman hasn't fully experienced the changes in her ex, forgiven him for past mistakes and begun to feel a lot of renewed respect and attraction for him, she will not be ready to get back into a relationship with him again.

When you meet up with your ex in person, instead of trying to get her back, focus on making her feel a lot of attraction for you.

Focus on making her laugh and letting her fully absorb and experience the new and improved version of you.

By showing her that you have not only improved and changed, but that you're also okay with or without her, she will begin to feel good about having you in her life again because you are attractive, but you don't need her.

She will feel like she's losing out on a great thing if she remains stuck to her idea of not wanting you as her man, so getting back together will actually make her feel good about herself.

If you want to get your ex back quickly, you need to focus on making her feel the way that she really

wants to feel during this time.

If you push the right buttons, you will get her back.

I've already helped 100s of guys to get women back quickly and I can help you too.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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How to Get Your Ex to Forgive You and Take You Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Getting your ex to forgive you is an essential part of getting her back, because forgiveness brings down her guard and makes her become open to feeling respect and attraction for you once again.

Just because your ex has broken up with you, it doesn't mean that you can't get her back—even if she's saying, *â€œI don't want to see you again,â€* or even, *â€œI will never forgive you. We are finished!â€*

Essentially, you need to ask her to forgive you by saying something like, *â€œI'm not asking for you to take me back. I just want you to be able to forgive me, so that both of us can feel better about what happened between us and about the break up from now on.â€*

If she says no, just tell her that forgiving you will make her feel better about the break up and will ensure that both of you don't carry any unnecessary baggage into your next relationship.

Also tell her that forgiving each other is what mature people do when they break up, because it's the easiest way to get over someone and move on.

Wait a Minute!

Does that mean your ex will get over you and move on?

No.

It's a technique that I learnt from studying psychology, which will actually make her become open to taking you back again.

How?

When she sincerely forgives you (don't let her just say that she forgives you, but not actually forgive you), she will begin to let go of the hate, anger, resentment and disappointment she felt for you.

When she does that (don't worry â€œ it happens naturally when a person forgives another person), she will then become open to feeling a renewed sense of respect and attraction for you.

After she forgives you, all you need to do is begin showing her the new and improved you when you talk to her on the phone and interact with her in person.

Don't try to show her the new you via text â€œ it doesn't work.

If you want to get your ex to forgive you and become open to taking you back, you must go through that process by talking to her on the phone and meeting her in person.

You cannot accomplish it via text, so don't even waste your time sending her long-winded messages or sending her texts about the good old times that you and her once shared together.

Your ex is only going to take you seriously when you are able to make her feel a renewed sense of respect and attraction for you when she interacts with you on the phone and in person.

Getting Her Back

[image: Getting your ex to forgive you and take you back]

When your ex begins to feel a renewed sense of respect for you as a man, she will also naturally start to feel attraction for you and this will then lead to her opening up to loving you again.

If you want to know how to get your ex to forgive you and take you back, here is what you have to do:

1. Understand Her Real Reasons for Breaking Up With You

When a woman breaks up with a guy, she will rarely tell him the real reasons she is doing it. Why?

Itâs a womanâs natural instinct to protect herself, so when she breaks up with a guy, she is going to take the safest way out possible to protect herself from the possibility of him physically hurting her if things get out of hand.

For example: A woman would rather say, *âI just need some space,â* or *âRight now things arenât working out between us but maybe sometime in the future we can give it another go,â* rather than just come out and say that sheâs lost respect and attraction for him because he isn't enough of a man for her.

So, if you want to get your ex to forgive you and take you back, your first step is to understand her real reasons for breaking up with you (not the sweet excuses she used when she broke up with you).

Watch this video for some examplesâ!

When you fully understand the real reasons why your ex broke up with you, you will then be able to make the correct changes to your behavior, conversation style and how you treat her, which will then make her see you in a new, more favorable light.

She will feel more at ease and open when she interacts with you again, because she will notice that you have been making the changes that she really wanted you to make all along.

When she likes what she sees and begins to feel understood, her respect and attraction for you as a man will naturally begin to return.

On the other hand, if you donât fully understand what caused her to ask for a break up, you will most likely end up trying to change the wrong things about yourself.

For example: A woman might have felt that her man was being too clingy and insecure in the relationship, but he is saying, *âI love you and Iâll do anything for you. I promise that no one will ever come between us. I will always put you first.â*

Although he might believe that he is making her feel loved and secure, if she already perceives him as being clingy and needy, saying those things will only make her feel even more smothered and she will be even less interested in taking him back.

If you want to get your ex back, youâve got to be offering her what she really wants, not what you think she might want.

If you are trying to get her back by offering her the wrong things, she will feel misunderstood and the lack of respect and attraction she feels towards you will only increase.

2. Begin to Truly Improve and Fix Those Things About Yourself

Understanding what caused your ex to break up with you is one thing, but if you don't actually make the effort to improve and fix those things about yourself, it's unlikely that she will want to take you back.

To get your ex to forgive you and take you back, you have to make her feel respect and attraction for you again as a man.

If she interacts with you and doesn't feel a spark, she will not be open to the idea of getting back together with you again because it will feel as though she's doing you a favor.

To want to take you back, she will need to see that you have made an effort to fix the emotional issues (e.g. insecurity, clinginess, commitment issues, jealousy) that were turning her off.

For example: A common reason for a break up is when a woman feels as though her guy doesn't have much direction in life and is lacking drive and ambition.

By setting some long-term goals for himself, working towards getting a promotion at work, or enrolling in a university to improve his level of education, he can show her that he has truly changed and improved.

When she sees that he has genuinely made an effort to improve himself in the ways that really matter to her, her guard will naturally come down.

As long as you start working on and improving any emotional issues you might have, not only will that make her feel a renewed sense of respect and attraction for you as a man, but you will also be making yourself an even better man than you are right now.

Going through the process of getting an ex back is a life-changing experience for a man, so you should see this as a double opportunity to improve your life and get her to take you back.

You have a choice right now to either continue feeling sad, rejected and lonely or stand up and become an even better man than you are right now so that your ex feels respect and attraction for you and so that the rest of your life improves as well.

3. Apologize for Your Mistakes

Apologizing to your ex for making mistakes in the relationship is not only a nice gesture, it is also a way of letting her feel heard and understood.

However, some common mistakes guys make include:

- **Rushing into an apology before he has fully understood what he did wrong.**

If you apologize to your ex before you have fully understood what went wrong in the relationship, it will only make your ex feel like you're not listening to her once again.

Apologies are important to start the forgiveness process in the relationship, but again, only if you're offering her what she really wants, not just saying what you think she wants to hear so that she will forget about what happened and give you a second chance.

- **Taking the blame for everything in the relationship and therefore putting himself at her mercy.**

Putting her in a position of power over you simply makes her look down on you and feel even less respect for you as a man.

You should show her respect, but you also have to make sure that she can feel respect for you too. Women don't respect guys who beg, plead and hand over their power in the hope of gaining pity from a woman.

Relationships are never one sided and your apology should never put you in a position of weakness. She would have made some mistakes in the relationship too, so remind her that she isn't perfect either.

Tell her that all people learn and grow throughout life and it's completely normal for a couple to experience some problems and then forgive each other after a break up.

- **Making promises that he will do anything she wants him to do if she will forgive him.**

Making promises that are difficult or impossible for you to keep may get you your ex back in the short-term, but sooner or later she will realize that nothing about you has really changed and she will break up with you once again.

- **Apologizing via text message and not in person (or at least over the phone).**

If your ex currently hates you, or at least has negative feelings towards you, getting a text message from you â€œ even if itâ€œs an apology â€œ will not be perceived in a positive light.

A text message cannot convey to her your sincerity, love, confidence, charm, sense of humor or any of the positive changes you have made to yourself since the break up.

So naturally she will fill in the blanks by guessing that youâ€œre just sending her a text to attempt to get on her good side in the hopes that she will forgive you.

If you plan on texting your ex, do so only to arrange a suitable time to get her on the phone, where you can then make her feel respect and attraction for you by apologizing for your past mistakes and then allowing her to hear and to experience your confidence through your emotionally secure tone of voice (which will attract her).

4. Ask Her if She is Willing to Forgive You

Without forgiveness, your ex will remain emotionally closed off from you.

Once you have apologized to her for your mistakes, it is important to ask her to forgive you.

When asking her if she is willing to forgive you, do not position it as though you expect her to then take you back after forgiving you.

For example, say: *â€œIâ€œm not asking for you to take me back. I just want you to be able to forgive me, so that both of us can feel better about what happened between us and about the break up from now on.*â€œ

Once a woman forgives you, she then begins to lower her guard and open back up to you, especially if you are now able to make her feel much more respect and attraction for you when you interact with her.

Reminder: Do not ask for forgiveness via text. It does not work. You have to get your ex back by

talking to her on the phone and in person, not via text.

If your ex currently doesn't feel much or any attraction, love or respect for you, a text will never, ever fix that. Only when she hears the sincerity in your voice and can sense that you really have changed, will she then begin to bring down her guard and be more open with you.

5. Get Her to Agree to One Final Meet Up

Once you have apologized and gotten her to forgive you, ask her for one final (don't worry it won't be) meet up.

At this point, your new attitude and conversation style will have shocked her (in a good way) out of her current state of mind and beliefs about you, and she will be feeling curious to meet up with you to see what else has changed about you.

When you see her in person, you have to keep building on her feelings by showing her that you're the kind of man she can genuinely respect and look up to.

6. Make Her Feel a Renewed Sense of Respect and Attraction for You in Person

[image: Get her to forgive you and take you back]

The key to getting your ex to forgive you and take you back is regaining her attraction and respect for you in person.

When you meet up with her in person, regaining her respect and attraction is the main thing you have to focus on. If you do that, her feelings for you will begin to come back and she will relax and open up.

When you see her in person, display the confidence, charm and humor that first attracted her to you. Be positive, talk confidently and allow her to experience the new and improved version of you.

By presenting yourself in a way that makes her feel differently, she will naturally begin thinking differently about you, and the more her respect and attraction for you grows, the more her guard will drop, and the more open to getting back together with you again she will become.

Love Doesn't Die

As you may have realized by now, it is possible to get your ex to forgive you and take you back.

If you and your ex experienced love together in the past, it is still there in the background.

If you really have changed, you will be able to renew her feelings of respect and attraction for you and she begin to reconnect with the love she used to feel for you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

What to Do if Your Wife Leaves You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your wife leaves you, you basically have 2 choices:

1. Fix your issues (e.g. insecurity, inability to make her feel attracted to you), improve yourself and then get your wife back.
2. Move on by meeting new women so you can make a fresh start without her.

Ultimately, the choice is up to you and how you feel about your wife and your marriage together.

Are you ready to let her go, or do you want to get her back into a relationship that is more loving, understanding and respectful than it ever was before?

If you want to get her back, watch this video to understand how and why it is possible to get a wife back!|

Your wife may currently feel as though she doesn't want anything to do with you, but you can change how she feels.

It's Not Too Late to Make Your Wife Reconsider Her Decision

[image: It's not too late to make her reconsider her decision to leave you]

As a result of your wife leaving you, it's only natural that you'd been going through a lot of different emotions and not knowing when you will be able to feel happy and secure about your life like you used to.

You might be asking yourself, *How did this happen to us? I thought we were so in love. Where did we go wrong?*

When a couple decides to get married, most of them will feel as though they can last a lifetime. Yet, statistically speaking, about 50% of them will end up parting ways.

Although we always tend to hear about the terrible divorce statistics these days, very rarely do we hear the fact that approximately 50% of couples who break up do get back together again.

So, if you're wondering what to do if your wife leaves you because the situation looks hopeless to you, the truth is that your marriage doesn't have to be over if you don't want it to be.

I've already helped more than 100 men to get a wife back via my phone coaching service and 100s more have used my program, Get Your Ex Back: Super System to achieve the same thing.

In other words, you're not alone here. Unless she absolutely hates you and will never ever talk to you again, you can get her back and give the marriage another chance.

What you need to realize is that when you make your wife feel a renewed sense of respect and attraction for you as a man, she will naturally feel more willing to reconnect with her old feelings of love for you.

Watch this video to understand how a woman's attraction for a man works!|

As you will discover from the video above, you have a lot of control over how much or little attraction your wife feels for you.

Even if your wife is currently saying, *“Leave me alone. There is nothing you can say or do that will make me change my mind. It’s just too late,”* you have to realize that she’s only saying those things because in her current state of mind, she’s not allowing herself to feel attracted to you.

As a result of losing respect for you and then losing touch with her feelings of attraction, she is currently unwilling to open herself up to your attempts to get her back.

She most likely feels as though you don’t have the ability to change or improve in the ways she needs you to.

However, when you do change the way you approach your interactions with her and begin to make her feel differently about you as a result, her negative feelings towards you will automatically begin to change.

No matter how bad things might look right now, your wife’s feelings are not set in stone.

Feelings can, and do, change all the time and when you get her respect back and make her feel attracted to you again, she should be very willing and happy to re-connect with her feelings of love for you.

3 Important Steps You Need to Take to Get Your Wife Back

As a husband, it is your responsibility to take care of the love in your relationship and to guide your wife into deeper feelings of respect, attraction and love for you.

If you don’t do that, things will naturally fall apart over time.

If you want to stop your wife from leaving you, your primary goal has to be to regain her feelings of respect and attraction for you, and to do that you have to say and do the right things.

You have to

1. Understand what she really wants you to change about yourself

[image: Understand the real reasons why your wife left you]

For a lot of men, a break up usually comes as a big surprise to them.

They will often say things like, *“I know we had our problems, but I never thought my wife would leave me,”* or, *“Sure we had some ups and downs, but my wife never told me what I was doing wrong.”*

The truth is, most women don’t come out and tell a guy directly what he has been doing wrong.

Some women might spell it out for their man, but most women won’t do that because they don’t want to take on the role of being a guy’s teacher in life on how to be a man.

Most women will hint at the problems in their relationship, but won’t come out and say what they mean directly.

For example: A woman might say, *“You have so much potential, why are you wasting your life in that job where no one appreciates you?”* rather than come out directly and say, *“You lack purpose and you are not rising through the levels of life like a man should. I don’t like that and if*

you don't change I will leave you.

Another example might be: *You spend so much time at the office. Why don't you take the weekend off and we can do something nice together for a change?* rather than saying, *I feel that your job is more important to you than I am. I feel unloved, taken for granted and neglected. If you don't change your ways I will leave you.*

Of course it would be great if women just came out and said what they really mean, but a woman won't do that because she doesn't want to be the one to teach her husband how to be a man. She doesn't want to mother him and guide him through manhood, because firstly, it's not her job, and secondly, if she has to do that she will naturally lose respect for him and end up looking down on him.

So, to get your wife back, you need to fully understand the real reasons why she left you and then make the correct changes to your behavior, conversation style and how you treat her.

Watch this video to understand some of the reasons why a woman will leave a man:

By fully understanding your wife's real reasons for leaving you, you can then make the correct changes rather than offering her the wrong things and making her feel even more misunderstood.

By offering her what she really wants you will begin to regain her respect for you and once she respects you again, her attraction for you will also begin to build.

2. Don't promise her that you will change

[image: Don't promise to change. You need to actually change if you want her to take you seriously]

When a relationship breaks down, it doesn't happen overnight, which means along the way many fights and disagreements will have happened, and it's likely that the guy will have said, *I promise to change*, many times before.

If you've promised your wife to change sometime in the past, and haven't, how do you think she will perceive your promises to her now?

Will she be thinking, *I'm sure this time will be different*, or will she be thinking, *He's promised me he will change hundreds of times before now, why should I believe him? I've had enough of his empty promises.*

To get your wife back, you can't promise her that you will change if she gives your marriage another chance.

You actually have to make the changes and then let her see and experience those changes for herself when you interact with her on the phone and in person (not via text, e-mail or letter).

You don't have to fully fix everything and become a perfect husband to get her back, but she needs to see that you're not just saying you're going to change.

She will need to see that you are working on your emotional issues and making an effort to become more of the man she needs you to be.

Don't ask her to take pity on you or to give you a chance.

Just focus your energy on making significant improvements to yourself (e.g. become emotionally stronger, improve your ability to spark her feelings of attraction for you) and she will then begin to take you seriously.

3. Don't wait around hoping she will change her mind and come back to you on her own

[image: Don't wait around hoping that she changes her mind]

Right now you might be thinking that if you give your wife enough space, she might realize how much she loves and misses you and she will then come back.

However, in most cases, the opposite tends to happen.

A woman realizes that she feels free from the relationship and she quickly begins to work towards getting over her ex husband.

Of course, that means she will be going out and getting drunk, partying, meeting new guys and possibly even having sex and falling in love again.

If you want to get back together with your wife, not contacting her is a waste of time.

Random people online will tell you to “go no contact” and avoid contacting her for 30 days or more, but that is crappy advice from immature young guys who don’t even know how to keep a relationship together.

If you want your wife back, now is not the time to be playing games with her.

You need to be mature about this by fixing your issues and improving yourself and then meeting up with her to allow her to experience the new and improved you.

If you waste time ignoring her, she will almost certainly use that time to begin moving on without you.

These days, it’s very easy for women to get online and sign up for online dating or use an app like Tinder and they will have 100s of guys interested overnight.

While you are sitting at home waiting for her to call you and feeling lonely, you are not busy fixing your issues, improving yourself and making her feel a renewed sense of respect and attraction for you.

So, don’t wait for your marriage to fix itself. Be the man that your wife needs you to be by taking action to fix your issues (e.g. insecurity, inability to make her feel attracted) and improve yourself.

Pick up the phone and call her.

On the phone call, you need to shake her out of her current negative state of mind by letting her experience the positive changes you have made to yourself while she is talking to you.

For example: If a wife complained about her husband’s lack of ambition and direction in life, now is his opportunity to work towards a promotion at work, or for him to enroll at a university to get better qualifications.

Make yourself a list of things you would like to do and achieve and go about accomplishing each one of those things, or at least starting on the path to achieving them.

Then, when you are talking to her on the phone, if she asks you, *“So what have you been up to?”* you can casually say, *“Oh, I’ve enrolled in some classes now because there’s a great new opening in my company that I’m working at getting, or I’ve been taking some skiing lessons because I’ve always wanted to ski in the Swiss Alps and I’ve booked myself a vacation for next year to do just that.”*

Not only does this show her that you haven’t been sitting at home pining for her, she can also see that you have really changed and are improving yourself by being the kind of man who takes action and makes things happen in his life.

She will then begin to feel a renewed sense of respect and attraction for you and as a result, she will become open to meeting up with you and seeing what happens.

Are You Going to Get Her Back or Are You Going to Move On and Find a New Woman?

[image: Are you going to get your wife back or find a new woman?]

Another benefit to fixing your issues and improving yourself to get your wife back is that you are also improving yourself for you.

If you decide that you don't want to get back together with your wife, you will already be a whole different, more confident, charismatic, interesting, emotionally strong man, which will make the process of getting beautiful, quality women to fall in love with you much easier.

No matter what you decide; whether it is to get your wife back, or get yourself another woman, the main thing that you have to remember is that when you interact with your wife, you have to say and do the things that will trigger her feelings of respect, attraction and love for you.

You can't expect her to take you seriously if you are unable to make her feel a renewed sense of respect and attraction for you when she interacts with you.

You have to be able to make her feel that as a bare minimum, while also letting her know that you have learnt from the experience and are sorry for making her feel the way she did.

This morning you might have been thinking about what to do when your wife leaves you and feeling helpless about the situation, but as you can see, that is definitely not the case.

You can change the way that your wife is feeling right now, by changing how you approach your interactions and communication with her from now on.

When she feels enough respect and attraction for you again, she will naturally allow herself to become open to forgiving your past mistakes and she will then begin reconnecting with the love that she felt for you the day you got married.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

How Fast Can You Get Your Ex Back?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

I've personally dealt with more than 100 ex back cases via my phone coaching service.

Some clients get their ex back immediately (i.e. within 24-48 hours by meeting up with her and using my attraction and persuasion techniques to get another chance), while others need to put in a week to two months of effort to fully get their ex back into a relationship.

The speed at which you get your ex back will depend on which of the following categories she falls into...

1. If she really does love you and will give you another chance if you change

[image: Happy couples]

If your relationship was great in the beginning, but fell apart in the end because of a few mistakes on your part (e.g. you became too insecure, you took her for granted or became clingy), then it's usually fairly easy to an ex back right away.

You simply need to call her up, apologize for your mistakes, get her to meet up with you, show her the new and improved version of you at the meet up and tell her that you've learned from the experience and want to give the relationship another shot.

As long as a guy makes his ex girlfriend (fiance or wife) a renewed sense of respect and attraction for him at the meet up and she can see that he has already changed or is in the process of changing, a woman will almost always give her ex another chance.

In cases like that, you can get your ex back immediately and then begin a relationship.

She will feel a deeper respect, attraction and love for you because you will have shown her that you are a rare type of man who has the capacity to change by learning from experiences, rather than making the same mistakes over and over again throughout life.

If she doesn't recognize the fact that you are one of the rare men who actually has the capacity to change and has already changed, simply remind her that everyone makes mistakes in relationships, but not all men or women are able to learn from their mistakes and become a better person as a result.

Some people make the same mistakes their entire life, while others learn, change and grow and become better people.

You have been able to do that, so you should be proud of yourself for it.

She should also respect it and feel safe and secure in her decision to give your love another chance to grow and become even more meaningful and powerful than ever before.

2. If she hates you, doesn't want anything to do with you and

says that she won't give you another chance no matter what

[image: If she currently hates you or has no feelings for you]

These type of break ups take a little bit more work before you can get your back, so the time it takes for you to get her back really depends on how committed you are to doing what it takes to get her to forgive you and feel a renewed sense of respect and attraction for you.

If you want to quickly get your ex back in a situation like this (i.e. she currently hates you, doesn't want anything to do with you anymore), but you're not willing to put in any effort to improve yourself, then she's almost always not going to be willing to give you another chance.

Watch this video to understand why...

A lot of the cases that I deal with via [my phone coaching service](#) fall into the category where the woman is absolutely saying, "No!" to her ex's request to get back together.

Additionally, most of the guys who use my program, [Get Your Ex Back: Super System](#) and then come back to post up success stories also fall into the category of trying to get an ex back who hates them or no longer has feelings for them.

The reason why guys are able to get a woman back in cases like that is because it actually is possible to change how a woman feels.

When a guy is trying to get back an ex who hates him or no longer has any feelings for him, he needs to take a few days to a week to really understand why his girlfriend (fiancée or wife) broke up with him.

For example: A woman might say, *"I don't want to be with you anymore because I no longer have feelings for you,"* but she won't always add in, *"The reason why I don't have feelings for you is because you are too insecure, you don't make me feel feminine around you"* *"I feel like more of a friend to you, a sister or a mother figure"* *"you're just not enough of a man for me."*

Some women do go into that kind of detail, but most women try to avoid it because she doesn't want to teach him how to be the man she needs.

If she teaches him now, she will have to teach him more later, which will make her feel like more of a big sister, mother figure or teacher in his life.

Women want a ready-made man, not a guy who needs a woman to teach him how to be the man she really needs.

So, if you are in the situation where you have been dumped and your ex currently doesn't want you back, you really need to spend a few days to a week learning about why women REALLY break up with men.

In my program, [Get Your Ex Back: Super System](#), I explain more than 70 subtle and obvious reasons why women will break up with men.

When I hear back from guys who've watch my program, they often tell me that they were making 20 or more of those mistakes during the relationship and they were only aware of 5 or 6 of them.

Here's the thing

If you are trying to get your ex back and you don't even know what she REALLY wants you to change about yourself, she's just going to keep saying no to your requests to take you back.

Until she can see that you really have changed and now understand what she really wants from you, she's not going to take you seriously and will simply continue to move on without you.

For example: If a guy was insecure in the relationship, he needs to become emotionally strong and let her feel that when she talks to her and interacts with her in person.

If he was taking her for granted, he needs to show her that he now has the capacity to feel loved, wanted and appreciated.

If he cheated on her, he needs to be able to show her that she will feel safe and secure when in a relationship with him from now on, because he's no longer the immature guy who made that mistake. He needs to tell her that everyone makes mistakes, but what separates the men from the boys is the capacity to learn from mistakes and become a better man as a result.

Here's the thing thoughâ€¦!

If your ex currently hates you and doesn't want to get back together, she is almost certainly going to say, *"I don't careâ€¦ that's too little, too late"* or *"You should have done that before. You missed your chance. We're finished now."*

If you are serious about getting your ex back, you need to understand that a woman isn't going to instantly forgive a guy and want him back simply because he has made some changes.

When a woman is reluctant to give her ex another chance, he will need to use additional techniques to make her feel a mix of painful and positive emotions that will cause her to have feelings for him.

In cases like this, a guy will need to put in a week to two months of effort to properly get her back. Sometimes it happens sooner than that, but my estimate is based on personally dealing with more than 100 cases via my phone coaching service.

3. If she has already moved on

[image: If she has moved on]

If your ex has already moved on and is happy in a new relationship, it's not always going to be possible to get her back right now.

In most of the cases that I've dealt with, a guy will need to invest 1 week to 2 months to get an ex back who has moved on.

He will go through a process of improving himself (e.g. getting rid of insecurities, becoming a more emotionally attractive man, improving his ability to make her feel respect and attraction for him when he talks to her on the phone) and he will also need to use persuasive conversation techniques to get her to agree to meet up with him.

In some cases where a woman has moved on, a man will be able to get her back by getting her to agree to sleep with him once last time, after making her feel a renewed sense of respect and attraction for him at the meet up.

Getting an ex back is not always about sex because in most cases, women place more importance on the love and relationship experience that they share with a guy.

In younger relationships (18-35) sex is usually a important part of the relationship, but in more mature relationships (35+), a woman is usually more concerned about how the man will make her

feel in the long run and what type of life they will be able to share together.

Regardless of a woman's age, she will always want to see that her ex has fixed his issues (e.g. insecurity) and is now capable of giving her the love experience that she wants and needs in a relationship.

So, the approach that you use to get your ex back now really depends on you, your woman, how old both of you are, how bad the break up was and whether or not she has moved on.

If you want to follow a structured plan that is proven to work to get a woman back, I recommend that you begin watching my program, Get Your Ex Back: Super System right now.

After watching the 10 hours of video, you will be ready to contact your ex, apologize for your mistakes, get her to forgive and get her to meet up with you.

At the meet up, you will be able to make your ex feel a strong, renewed sense of respect and attraction for you and when that happens, her guard will come down and she will naturally begin to open herself back up to you and the relationship.

How fast can you get an ex back in cases like that?

In most of the cases that I've dealt with, the couple will get back together right away, but in some cases, a woman will say that she wants to take it slow and she will then be open to seeing him once a week for a few weeks to see how she feels.

If he continues to build on her respect and attraction by using the techniques in my program, they will then get into a relationship that feels even better than it did when they were initially together.

So, if you want to get your ex back now, I recommend that you begin watching my program and I'll guide you through the exciting process of getting her back in your arms once again.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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How Do I Get My Girlfriend Back? 6 Essential Tips

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you've been dumped by your girlfriend and are now wondering, "*How do I get my girlfriend back?*" here is what you need to do...

1. Fix your deeper issues, rather than focusing on superficial things

[image: How do I get my girlfriend back after she dumped me?]

Your girlfriend didn't break up with you simply based on one argument or one little thing you did. She might be pointing out one or two things that you did throughout the relationship turn her off or ruin the respect, love and attraction that she felt for you, but there will other, more fundamental things that really caused her to want to break up with you.

For example: A woman will often break up with a boyfriend if she feels as though he is not enough of a man for her at this point (e.g. he might be too insecure, she might feel like she is more mature than he is, he might lack purpose in life and be focusing way too much time and energy on her as a result, she may feel as though he isn't masculine enough in the way he thinks, feels and behaves around her to make her feel like the feminine woman that she wants to be, etc).

Watch this video to understand some of the fundamental reasons why a woman will break up with a guy

To show her that you have improved, you need to begin closing the gap between the man you are today and the man you want to become.

Right now, you might be a great guy, but you know that you can do better. No doubt, your girlfriend also knows that you can be a better man.

However, you can expect your girlfriend to sit you down and teach you where you've been going wrong and what she wants you to change.

That's not a role that a girlfriend wants to take on for her boyfriend, because it puts her in a position where she feels like more of a big sister, mother figure or teacher.

The position she really wants to be in is to feel as though she is your woman, your girl.

She wants to be able to look up to you and respect you as her man, who is capable of taking the lead and being the man she needs.

She doesn't want to feel as though she needs to lift you up and carry you throughout life, constantly teaching you how to be the man that she needs.

She wants you to fix the deeper issues that really caused her to break up with you in the first place.

If you don't start to fix those things, nothing that you say to her will change how she feels about the break up, because she will see that you are still the same old guy who doesn't yet know how to be the man she needs.

You don't have to become perfect and fix everything, but you do need to start making progress in

those areas to show her that you really have changed.

As a result of making progress in those areas (e.g. becoming emotionally stronger, more emotionally mature, having more purpose in life, making her feel more feminine around you) she will naturally feel differently about you and her guard will begin to drop.

When her guard drops, she will then become open to feeling more respect and attraction for you and when that happens, she will naturally begin to reconnect with the love that she once felt for you.

2. Don't try to text her back

These days, most guys make the mistake of texting their girlfriend as a way to explain themselves, convince her or simply stay in her life like a friend.

However, my recommendation to you is that you should only ever text your girlfriend to get her on a phone call and you should only ever be on a phone call with her to get her to meet up with you.

It will be on the phone call that she will be able to hear the changes in how you speaking, thinking and feeling and it's in person that she can observe and experience the new and improved you.

She's not going to be able to see or experience that via text.

In fact, if your girlfriend currently has a negative perception of you, she's most-likely going to read your texts in a negative light and assume that you're the same old guy who hasn't changed at all.

3. Make her feel differently about you, rather than trying to convince her with logical reasoning

[image: Make her feel differently about you]

You are most-likely a good guy and you have good intentions with your girlfriend.

For example: You want to get her back because you love her, you've learnt from your mistakes and you know that you are capable of having a better relationship with her this time.

Yet, trying to explain all that to girlfriend is not going to make her want to get back with you.

A woman will rarely get back with a guy simply based on his logical reason and explanations of why she should give him another chance.

If she does and then realizes that he hasn't actually changed, she will simply break up with him once again.

So, what you actually need to do is start to trigger her feelings of respect and attraction for you as a man to make her feel differently, rather than explaining why she should give you another chance in the hope that you can get her to think differently.

When you focus on making her feel a strong, renewed sense of respect and attraction for you, she will then naturally begin to open herself up back to you.

4. Refresh your understanding of how to actually make a woman feel attracted to you

When in a relationship, many guys lose their ability to attract and charm their girlfriend and other women.

Some people refer to this as losing their mojo, getting rusty around women or losing their game.

A more traditional way of looking at it is that a guy simply loses touch with his ability to make his girlfriend and other women feel attracted to him.

He feels safe in the relationship and believes that his girlfriend would never leave him, so he doesn't feel as though it's necessary to worry about being attractive to his girlfriend or other women.

Yet, it is.

To keep a woman in a relationship, you must continue to be the sort of guy that is attractive to her as well as other women.

Your girlfriend needs to feel lucky to have a guy like you, because you could easily have other women, but you are choosing her because you love her and she is special.

If you need a refresher on how a woman's attraction for a man actually works, watch this video and I will explain it for youâ|

As you will discover from the video above, much of a woman's attraction for a man comes down to how he makes her feel when she interacts with him.

For example: If you continually display personality traits, behaviors and inner qualities that naturally attract women (e.g. confidence, charisma, emotional masculinity, the ability to make her laugh and smile, etc), then your girlfriend's attraction for you will deepen over time, rather than fading away.

5. Stop chasing her and start attracting her instead

If you're wondering, "*How do I get my girlfriend back?*" because you've tried everything and nothing is working, here is what you need to ask yourselfâ|

Have you actually been making her feel attracted to you lately, or have you simply been chasing her and trying to get her back because you are attracted to her and need her in your life?

Are you trying to get her to want you back by explaining how you feel about her and why she should give you another chance? Do you keep trying to convince her no matter how many times she rejects you?

If so, what you need to understand is that most women really don't care about their ex-boyfriend's feelings after they have broken up with him.

It is about her and how she feels, not about you and how you feel or what you need.

A woman will rarely get back with a guy because he feels lost without her, loves her so much or because he is promising to change.

So, what does get her back?

It's pretty simple.

A woman will begin to open herself back up to you when you are able to make her experience renewed feelings for you.

It's about her and how she feels; that is what really matters.

For example: If a woman dumped a guy because he was too clingy and didn't have much purpose in life, she's going to feel respect and attraction for him if he starts making real progress towards achieving his biggest dreams and ambitions in life (i.e. he starts living with purpose).

She is going to see that he is moving forward in life with or without her, rather than sitting around and waiting for her to hopefully take him back and give his life some meaning again.

6. Meet up with her and let her experience the new and improved you

[image: Meet up with your girlfriend]

The most important part of getting your girlfriend back is when you actually meet up with her in person.

You will need to have truly made progress and grown as a man emotionally, to be capable of making her feel enough respect and attraction for you at the meet up.

Don't meet up with her if you haven't improved on the fundamental reasons why she really broke up with you.

A woman isn't going to care if you're wearing nicer clothes, have a better haircut or have been going to the gym since the break up.

That's not what really matters to her.

The most important thing to your girlfriend is the emotional state that you are in now and how that makes her feel as a result.

For example: If you meet up with her and you are confident, self-assured and are able to get her smiling and laughing, then she is going to feel happy, attracted and respectful of you.

On the other hand, if you meet up with her and you are being insecure, doubting yourself, letting her control the dynamic of the interaction to be more cold and emotionally distant, then she's not going to be feeling a lot of respect, attraction and love for you.

Instead, she will be happy that she did break up with you and will want to move on even faster because she will be reminded that you don't make her feel the way that she really wants to feel.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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My Girlfriend Wants to Take a Break

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your girlfriend wants to take a break and you're feeling confused about what that really means, this post will clear it up for you.

The first thing that you need to understand is this...

1. A temporary break is usually a woman's way of softening the blow of an actual break up

[image: Softening the blow before breaking up]

If a woman feels as though she can easily break up with her boyfriend and he won't really care, she will usually just come out and ask for a break up directly.

For example: She might say, *"Okay, I want this relationship to be over. You and I aren't a good match. Let's break up and just be friends"* and the guy will then accept it and they will part as friends.

However, if a woman feels as though her boyfriend isn't going to take the news well and is going to cling to her, bug her and stay in her life regardless of her request for a break up, she will try to work out other ways that she can gradually get out of the relationship.

Additionally, some women also have a fear that their boyfriend might become angry or violent when he hears the news that she doesn't want to be with him anymore.

So, a lot of women tend to soften the blow on an actual by saying that they want a break for a while (or they need some space) to help keep the guy calm and ensure that she remains safe and unharmed during the process.

If you have found yourself in the unfortunate situation where you're saying, *"My girlfriend wants to take a break"* there's about a 95% chance (based on all my experience helping guys to get women back) that she is simply trying to break up with you.

There are some cases (approximately 5%) where it's not about breaking up (e.g. she is very busy with work or studies, is having health issues, her boyfriend is being too clingy and she needs some time for herself, etc), but in most cases a "break" is simply a gentle way to build up to an actual break up.

So, what should you do about it?

What you need to do is ensure that you're not saying or doing things around her that will turn her off even further (e.g. being insecure, getting emotional, begging, crying, pleading, etc).

You need to ensure that you start to build on her feelings of love, respect and attraction for you at this point, rather than further destroying her feelings.

For example: If a boyfriend suddenly begins to beg, plead or cry to his girlfriend when she tries to break up with him, she will lose even more respect and attraction for him.

Why? Women are naturally attracted to the emotional strength in men (e.g. confidence, high self-esteem, emotional toughness) and turned off by the emotional weakness (e.g. insecurity, low self-esteem, emotional sensitivity, etc).

If she says that she wants to be friends, I recommend that you take her up on that offer, but don't actually act like a friend.

Watch this video for more info...

Just use the so called "friendship" to ensure that you and her remain in communication, so you can make her feel a renewed sense of respect and attraction for you and her back.

However, don't tell her that!

Just accept the friendship and agree that you and her can still stay in touch as friends during the break.

2. This is actually an opportunity for you to make her realize that you are the man for her

[image: Make your girlfriend realize that you are the one for her]

If your girlfriend says that she wants to take a break, the best approach is to let her explain herself and then accept the break.

Tell her that you love her and that you care about her, but if that's what she wants, then you are happy to give her that time.

By taking that approach with her, she will see that you are an emotionally mature guy who isn't going to get crazy, angry, violent or turn into a stalker if she breaks up with you.

You are mature and you can handle a situation like that, which will actually make her feel more respect and attraction for you as a man.

3. You should give her space for a few days, but don't wait too long

After you've accepted her request to take a break, give her that space for a few days, but don't wait around too long hoping that if you just ignore her (e.g. using the No Contact Rule), she will come running back to you.

The only time when the No Contact Rule really works is when a woman really loves the guy and wants to be with him, but just needs a little bit of time apart because they are experiencing relationship problems (e.g. constant arguing, too much jealousy, etc).

In cases like that, the woman will remember all the good times, miss her boyfriend, text or call him and meet up so they can get back together.

However, if your girlfriend is sick and tired of how you've been making her feel and sincerely wants to break up with you, she will simply try to move on during the No Contact phase.

So, don't leave it for too long.

I've personally dealt with many cases (via my phone coaching service) where a guy has stopped contacting his girlfriend for 30 days and she moved on because she thought he didn't care about her, or assumed he was doing it because he was moving on.

Don't play games with her like that.

Simply give her some space for a few days, reach out to her with a text like, *"Hey ☐☐ how you are doing? Just thought I'd tell you that I miss you and I love you."*

Regardless of how she replies to your text, you then need to get her on a phone call by either calling her (if you think she will answer) or texting her first with something like, *"Hey ☐☐ I know that we're taking time apart, but I will give you a quick call to say hello for a minute."*

When you call her, you need to make sure that you are making her feel respect and attraction for you over the phone, by being emotionally strong, emotionally mature and not the same old communication mistakes that you would make when talking to her in the past.

You then need to meet up with her and let her experience the new and improved you, so she can feel differently around you and change her mind about the break up.

[image: Change her mind about the break up]

If you want to know exactly what to say to get your girlfriend to meet up with you and then what to say and do to get the relationship back together, I recommend that you watch my program, [Get Your Ex Back: Super System](#)

4. She could have another guy lined up

[image: She could have another guy lined up]

If your girlfriend wants to take a break, it can also mean that she has another guy lined up (e.g. a co-worker, a fellow student at university, an ex-boyfriend, a friend, etc) to replace you during the break period.

Her asking to take a break from you or the relationship could actually mean that she wants to feel less guilty as she explores a possible relationship with him.

Based on all my experience helping guys to get women back, I've found that a lot of the times when a woman says that she wants to take a break from her boyfriend, she will also add in that she isn't going to be seeing anyone during that time and she doesn't want him to date new women either.

Essentially, she is asking him to remain faithful to her as though they are together, but they are technically broken up.

Yet, a woman will often say that to ensure that her boyfriend doesn't move on before she does, because she doesn't want to feel the pain of being left behind by him.

She wants to be put herself in the position where she can say, *"Ummm, there's something I need to tell you. Don't get angry, but during our time apart, I met someone else."*

That way, she gets out of the relationship cleanly (e.g. she doesn't feel the pain of her boyfriend moving on with a woman before she finds a guy, she has a new boyfriend so she can use that as a way to refuse to meet up with her now ex-boyfriend).

If you ask her something like, *"Are you asking to take a break because you want to see another guy?"* she will almost certainly say, *"No"* because women have a fear of their boyfriend becoming angry or violent and she most-likely won't want to create a drama between you and the other guy.

So, if your gut instinct is telling you that your girlfriend is the type of woman who will start seeing

another guy during the break period, then you need to proceed to the meet up as soon as possible so you can get her back before she hooks up with him.

On the other hand, if you feel as though you don't want to get a woman like her back, then you need to cut off all communication with her and start hooking up with other women as soon as possible.

If you don't do that (in either case), she will most-likely lead you on (i.e. give you hope that you and her will get back together) until she eventually says, *"There's something that I need to tell you."*

She will then proceed to tell you that she is happy with the new guy, they are boyfriend and girlfriend and she doesn't want anything to do with you.

It's a harsh, horrible experience to go through as a guy, so I would recommend that you fix things with her before it gets to that point.

Fixing things between you and her essentially comes down to you stopping saying and doing the kinds of things that have been turning her off and starting to make her feel respect, attraction and love for you in new and exciting ways.

For example: If a girlfriend is attempting to dump her boyfriend because she is turned off at how insecure he is, she will feel a renewed sense of respect and attraction for him if he suddenly becomes a very confident guy.

If he previously gave her too much power in the relationship and let her push him around, she will feel a renewed sense of respect and attraction for him if he suddenly takes on the role of being an assertive, but loving boyfriend who leads the way and doesn't let himself get pushed around.

If she lost interest in him because he didn't really make her feel much attraction anymore, she will be excited to see that she now feels differently around him and she will become open to giving the relationship another chance.

5. Texting her will not fix the problem

These days, pretty much everyone has a smartphone or tablet device and is connected to the internet all the time, so it's very easy for a boyfriend to send messages to his girlfriend via social media, text or e-mail her.

Yet, it's usually the worst approach to use when trying to get a girlfriend back after a break up or during a break period.

Why? If your girlfriend has asked for a break because she is sick and tired of the mistakes you've been making (e.g. being insecure, clingy, controlling, taking her for granted, etc), then she's not going to believe that you've changed based on how you text her.

She's going to have to hear the changes in how you talk to her (i.e. your tonality, how you express yourself, how you react to her during conversation, etc) and observe you in person to truly believe that you've learnt your lesson and really have changed.

Even if you have changed, a girlfriend isn't automatically going to be willing to take you back. What matters most is not that you've changed, but that she feels differently when she is around you.

This comes down to your ability to trigger her feelings of respect, attraction and love while you interact with her in person or on the phone. It's not something that can ever be achieved by text though because the text isn't you.

So don't ever think that texting her is going to fix the real problems between you and her.

In most cases, texting makes things worse because the guy comes across as being desperate when he tries to explain himself via long text messages, which turn his girlfriend off and give her too much power in the situation.

Pouring your heart out to your girlfriend via text, social media messages, e-mails or letters is not the way to get her back.

None of those forms of communication have the same type of instant impact like a phone call or in-person meet up, where your girlfriend can actually experience the new and improved you.

If you are planning on getting your girlfriend back after the short break, you will need to get her on a phone call and meet up with her in person.

Whatever you do, just don't hide behind text and don't waste time trying to explain yourself via text, e-mail or other messages.

Based on all my experience helping guys to get women back, texting is usually just a waste of time and ends up pushing the woman away further.

If you don't know exactly what to say on the phone or what to do to get her back when you meet up with her in person, all of that is explained in [Get Your Ex Back: Super System](#)

6. Sometimes a break is needed because the guy is being too clingy or needy

If your girlfriend does want to be with you, but simply wants to take a break because she feels smothered in the relationship, it will be pretty easy to get her back.

As long as you have been a great boyfriend and she respects you, feels attracted to you and is still in love with you, the space will simply make her miss you and want to be around you.

When you do get back together, you need to establish a new, mutual understanding of how you are both going to approach the relationship so neither of you feels smothered or neglected.

If you have been clingy, you need to show her that you now have a much more balanced approach to life and your relationship with her.

For example: You are now striving to achieve your biggest goals and ambitions in life, rather than being so focused on her all the time.

You still spend time with her, love her, respect her and want her, but you are now rising through the levels of life to reach for your true potential as a man at the same time.

When your girlfriend sees that you now realize how to be a more balanced man in a relationship, she will relax and won't have to worry about you becoming clingy or needy.

She will know that you want her in your life, but you don't need her for a sense of identity like you did in the past, because you are now forming a stronger sense of identity by living a life with more purpose (i.e. following through to achieve your biggest goals and ambitions in life).

It may take you 10, 20 or even 40 years to achieve your biggest goals in life, but the point is that you are now doing that. You're not a confused, lost guy who still doesn't understand that he needs to stand up and be a man that she can be proud to be with in the long run.

7. You can get her back

[image: You can get her back after a temporary break up]

Right now, you might be feeling a bit sad, angry or even betrayed by your girlfriend for asking to take a break from you and the relationship.

You might also feel confused about how you are going to fix the problem and get her back.

The good news is that it's actually very easy to get a woman back, as long as you follow the right process.

Essentially, what you need to do is make your girlfriend feel a strong, renewed sense of respect and attraction for you, apologize for your mistakes and show her that you really have changed as a man.

She might not accept you back immediately, but if you want her back, you are going to need to believe in yourself and in the love that you and her once shared.

When you maintain belief in yourself and follow the right process, the relationship will naturally get back together on the first or second meet up.

If want to follow a step-by-step plan to get her back, I recommend that you watch my revolutionary program, Get Your Ex Back: Super System

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

	WATCH VIDEO (FREE)
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Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

How to Get Your Ex-Wife Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

It's well documented that around half of all marriages end in divorce, but something that isn't well documented is the number of divorced couples who get back together and remarry each other. According to some studies in the USA, it is estimated that approximately 6% of divorced couples remarry each other and an additional 3% get back together and remain together for life, but don't go to the trouble of remarrying.

That brings us to a total of approximately 9%, but that is not taking into account the more than 100 men I've already helped to successfully get a wife back (after a separation or divorce) via my recently released program, [Get Your Ex Back: Super System](#)

Traditionally, men have not had the help of an attraction expert via the internet who is dedicated to helping men to successfully get an ex wife back.

That's where I come in...

I'm hoping to push the re-marriage and reconciliation statistics upwards by reaching as many men as possible via this site.

I really can help you get your ex-wife back, so if you are unsure what you need to do to begin the exciting process of getting her back, start by watching this video

As you will discover from the video above, you have a lot of control over how much or little respect and attraction your ex wife feels for you from now on.

When you get her to meet up with you in person and are a new and improved man who is able to make her feel respect and attraction for you in new ways, she will naturally begin to lower her guard and open herself back up to the possibility of being with you.

Getting your ex wife back comes down to how committed you are to learning from the mistakes you've made and using what you learn right now to become the type of man that your ex-wife wants to have back in her life.

What Have You Learned From the Divorce?

[image: What have you learned from the divorce?]

There's no one-size-fits-all reason for a marriage breakdown, but to be able to resolve a problem and prevent it from becoming a problem again, you need to know exactly what the problem was in the first place.

For example: Watch this video to understand some of the reasons why a woman will decide to break up with, separate from or divorce her man

To get your ex wife back, you will need to show her that you really have learned from the mistakes you made and have taken action to become a better man as a result.

How you will show her that?

She will hear it in the way you talk to her (e.g. your tone of voice, the way you express yourself), see

it in your body language and feel it in your vibe.

If you can only talk to her over the phone to begin with, you need to make sure that you come across as an emotionally strong, emotionally mature man who has already learnt from his mistakes.

You need to apologize to her for those mistakes and ask her, *“Do you think it is possible for a man to learn from his mistakes?”* and *“Do you agree that people live and learn throughout life?”* to help her begin to think in a more open-minded way.

If you really have changed, then she will feel silly and immature if she simply shuts you down and says that she doesn't want anything to do with you anymore.

If you find yourself up against a brick wall like that, then you will need to use the advanced techniques from my program, Get Your Ex Back: Super System to make her bring down her wall and become open to having feelings for you again.

Watch this video to understand why it is possible for you to get your ex wife back! 

As you will discover from the video above, the love that your ex-wife once felt for you is not dead.

It has simply been pushed into the background and covered over with negative, painful feelings.

You can bring the happy, smiling feelings of love back to the forefront when you begin to interact with her in ways that respark her feelings of respect, attraction and love for you.

Do You Know How to Re-Attract Her?

[image: Do you know how to re-attract her?]

When you got married, your wife obviously saw qualities in you that made her decision that you were the man she wanted to spend the rest of her life with, so what happened?

What changed in your relationship to cause her feelings for you to fade away? More importantly, do you know what you need to say and do to re-attract her?

Watch this video to understand how a woman's attraction for a man works and how you can use it to re-attract your ex-wife! 

As you will discover from the video above, you can actively make your wife experience feelings of respect and attraction for you when you interact with her.

For example: If a husband had been insecure and was lacking purpose in life, his ex-wife is naturally going to feel respect and attraction for him if she sense that he is now an emotionally strong man and is making progress towards the achievement of his biggest goals and ambitions in life (i.e. his life purpose).

However, if a woman interacts with her ex-husband and senses that he's still pretty much the same man that she divorced, there isn't going to be much or anything to make her feel attracted to him or to the idea of being with him again.

[image: What changed in the marriage?]

You really have to be willing to learn, improve and grow as a man if you want her to take you seriously.

If you do make changes and she then feels differently around you, she will naturally begin to consider

getting back with you, even if you both agree to take things slow and see how it goes.

Do You Make Her Feel Feminine Around You?

[image: Do you know how to make her feel feminine around you anymore?]

Some husbands make the mistake of treating their wife like more of a friend or worse, expecting her to think, feel and behave like more of a man (i.e. stop being so emotional, be more logical, get to the point, follow through on goals, etc).

When a husband takes that approach with his wife, he gradually eats away at her femininity and forces her to take on a more masculine approach to life, which is deeply unsatisfying for a woman.

A woman is perfectly capable of doing pretty much anything that a man can do (e.g. leading a workforce, fighting in the UFC, leading a country, etc), but in her private relationship or marriage, she wants to feel feminine and girly around her man.

Of course, almost all women in Western societies are embarrassed to admit this because they are so confused about how they should be acting these days.

Many women act like men and are afraid to be girly and feminine, because they want to be taken seriously in the workforce. Not knowing how to separate work life from their personal life, many women carry that attitude into relationships and marriages and end up acting like men.

Yet, regardless of how much a woman behaves like a man, what she really wants to be is a woman. A girly, feminine woman.

She wants to be taken seriously and respected, but deep down, she wants to feel free to be girly and feminine around her man (e.g. be emotionally, change her mind about things all the time, giggle, be silly, dance around the house, put on make up and make herself look more sexually appealing, joke around, etc).

If you don't allow a woman to feel feminine around you (e.g. you say things like, "*Stop being so emotional*" or "*Be sensible*" or "*Follow through on your goals*") she will actually resent you for it.

A woman is perfectly capable of following through on goals, being sensible and being emotionally strong, but in her private relationship or marriage, she wants to be free to be feminine and emotional.

Another common mistake that husbands make in this area is to let their wife wear the pants or rule the roost.

Unfortunately, these men think that the best way to keep a woman happy is to let her feel like she's in charge of everything, so they give up their power and let her make all the decisions.

That is not what women want.

A modern woman does want to have a say, be respect and be taken seriously, but what she ultimately wants from her man is for him to take the lead.

A man doesn't have to make all the decisions, but he needs to be the one who takes charges and leads the way.

The more that a husband makes his wife lead the way, the less feminine she feels and the less feminine a woman feels, the less she wants to be around a man.

How to Get Your Ex Wife Back as Soon as Possible

[image: How to get your ex wife back in love with you]

The fact that you're referring to her as your ex-wife, suggests to me that she's probably already moved on with another man or is at least dating.

If that is the case, you're probably not going to be able to get her back tomorrow.

Based on the more than 100 cases that I have personally dealt with (via [my phone coaching service](#)), getting an ex-wife back will usually take between 1 week to 2 months, depending on how quickly the man can change.

If you are serious about getting her back, you need to get clear on what really caused her to become your ex-wife in the first place and then commit to becoming the type of man that she will happily give another chance to.

Initially, she will most-likely try to brush you off or reject you, but all you need to do is get her to meet up with you and experience the new and improved you.

When that happens, her perception of you will change and she will naturally become open to having feelings for you again.

If you want to follow a proven to work, step-by-step system for getting a woman back in today's world, I recommend that you watch my revolutionary program, [Get Your Ex Back: Super System](#)

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

10 Tips to Get Your Ex Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Getting your ex back requires you to plan that will actually work for your particular situation.

All relationships are different, so you shouldn't blindly follow random tips to get your ex back that you find online.

From this moment onwards, you need to make sure that you only use techniques that will work for you and your woman, rather than expecting her to fall for random tricks that you find online, which are only designed for a very small percentage of women.

From my years of experiencing helping guys to get women back, here is what works for almost all situations...

1. Stop saying and doing things that will further destroy her remaining feelings of respect, love and attraction for you.

[image: Stop turning her off even further]

When I help guys to get a woman back, one of the most common ways that a guy will be turning off his ex girlfriend, fiancée or wife is by showing signs of emotional weakness.

His ex will be able to pick up on his emotional weakness by looking at the way he texts her, listening to how he talks to her and observing how he interacts with her in person. She will also stop by his social media profiles (if she has blocked him, she will temporarily unblock him to have a look) and see if he appears to be emotionally strong or weak without her.

Emotional strength is an extremely important part of getting an ex back, because women are naturally attracted to the emotional strength in men (e.g. confidence, high-self esteem, happiness regardless of life's challenges) and turned off by the weakness (e.g. insecurity, low self-esteem, depressed or demotivated when life gets challenging).

If you are serious about getting your ex back, you must ensure that you are no longer showing any signs of emotional weakness or insecurity (e.g. neediness, clinginess, feeling lost without her, accusing her of ruining your life, complaining that life is too hard, etc).

If you can show her an emotionally stronger version of yourself from now on, she will naturally feel more respect and attraction for you with each interaction. However, if you show emotional weakness, you will simply be pushing her further away.

Questions for you:

- Are you aware of the subtle or obvious ways that you've been turning your ex off over the past couple of weeks or months?
- Have you been needy or clingy when you interact with her in person, text her or talk to her on the phone?
- Have you come across as being insecure?
- Have you been bugging her via text in the hopes that you might be able to convince her to take

you back?

- Have you been complaining about life and relationships when you make posts on social media?
- Have you displayed signs of low self-esteem when you interact with her in person?

From now onwards, it's extremely important that you stop doing the things that will turn her off further and only display traits, behaviors and inner qualities that are going to make her feel respect and attraction for you (e.g. confidence, high self-esteem, charisma, fearless love, happiness, emotional strength, etc).

If you are not actively making your ex feel respect and attraction for you, she's not going to be missing you and imagining that she would feel good to be back with you. Instead, she will be continually reminded why she broke it off with you in the first place and that will simply help her to move on with more certainty.

Watch this video to understand 5 classic mistakes that guys make when trying to get an ex back, which further destroy her feelings of love, respect and attractionâ!

As you will discover from the video above, your ex is only going to start to take you seriously if you actually improve your ability to make her feel the type of respect and attraction that she wants to feel when around a man.

If a guy is unwilling to do that, a woman will rarely be willing to give him another chance.

2. Start fixing the subtle issues that she probably won't ever tell you about

[image: Fix the subtle issues]

When a woman breaks up with a guy, she will often say things like, *"I need time to myself for a while"* or *"I don't feel the same way anymore"* or *"I don't want to be in a relationship right now."* Some women will also add in some details about why they are breaking up with a guy (e.g. he was too needy, too controlling, took her for granted, etc), but outside of that, a woman will tend to keep things pretty vague.

Why? One of the main, subtle reasons why a woman will break up with a guy is that he simply hasn't been enough of a man for her and she doesn't believe he has the ability to do that right now.

What does it mean when a woman thinks that a guy isn't enough of a man for her?

Essentially, it's about him

- Not being emotionally strong enough.
- Lacking emotional maturity.
- Not having much purpose in life outside of the relationship and therefore putting way too much focus on her and then becoming needy, clingy or insecure as a result.
- Lacking masculinity in how he thinks and behaves around her, which then doesn't allow her to feel like a feminine girl around him.
- Making her feel like more of a friend to him or as though she is more powerful and dominant than he is.

Women usually don't explain these things because she doesn't want to take on the role of teaching her guy how to be a man.

[image: What have I done wrong? Tell me! Teach me how to be the man you need.]

She doesn't want to find herself in a relationship that requires her to continually teach a guy how to be a man throughout life, because that makes her feel like more of a big sister, mother or teacher figure.

She wants to feel like she is your girl, your woman and be able to look up to you and respect you as her man.

She doesn't want to feel as though she needs to take on a teaching role or a more dominant, leadership role to guide you on your path to be a man.

It doesn't matter what age you are right now, there is always a next level of maturity to step up to and if you are a few steps or more behind her in terms of emotional maturity, she's going to feel like you're not enough of a man for her.

As you will discover from the video above, your ex is going to need to see that you are capable of being the man she needs before she will allow herself to feel respect for you again.

You can get her respect back with a simple conversation, which I explain in my program, [Get Your Ex Back: Super System](#)

3. Don't try to get her back with pity or by pouring your heart out to her

You can't really blame a guy for pouring his heart out (e.g. *"I love you so much. I will do anything. Please don't do this to me. My life wouldn't be worth living without you in it"*) if the woman he loves is breaking up with him and doesn't want to get back with him.

Yet, pouring your heart out and seeking the pity of a woman isn't what will get her back.

Why? Women are attracted to the emotional strength of men (e.g. confident, happy and forward moving with or without her) and turned off by the weakness (e.g. emotionally destroyed now that she isn't there to make him feel safe).

When a guy shows emotional weakness during a break up, it makes a woman lose more respect for him and as a result, she loses even more attraction for him.

If you have made the classic mistake of trying to get her back with pity, don't worry â◻◻ there is something very simple that you can say to your ex to get her to forgive your behavior, which I explain in my program, [Get Your Ex Back: Super System](#)

4. Become emotionally stronger than you have ever been before

As a man, one of the most important, long lasting gifts that you can ever offer a woman is your emotional strength.

A woman wants to be able to feel safe with her man by knowing that he will remain strong no matter how challenging life gets, or how many tests she puts him through (e.g. by throwing tantrums,

showing less affection at times, etc).

She doesn't want to feel as though she has to carry him throughout life and always be the one who needs to lift up his spirits, pat him on the back and tell him to keep his chin high and stay strong.

That's the role of a mother or big sister, not a girlfriend, fianc  or wife.

When in a relationship, a woman wants a ready-made man who becomes emotionally stronger as the years go on. When her man is consistently emotionally strong, it allows her to feel more feminine in comparison to him (i.e. because she won't be as emotionally strong and resilient as he is during challenging times in life), which then makes her feel a deeper sexual attraction for him.

When a woman is able to feel deep sexual attraction based on the vast difference of masculinity and femininity between herself and her man, she knows that she has found a real man. When she realizes that, she will never want to break up with him because she will know how difficult it would be to find another man like him again.

If you have never been taught how to be an emotionally strong man, that is not your fault. These days, many guys grow up under a father who is incapable of teaching him how to be a strong man, or they don't have a father figure around at all.

The ideal type of father will instill emotional strength and emotional masculinity into his sons and they will then go out into the world with a strength that not only attracts women, but makes other men respect and admire them.

It's not your fault if you didn't get that type of upbringing, but from this day onwards, it will be your fault if you don't step up and start becoming a stronger man than you already are today.

When your ex can see that you are becoming more emotionally strong every time she interacts with you or observes you on social media, it will make her feel a renewed sense of a respect and attraction for you in a way that she won't be able to control.

She won't be able to switch it off and ignore the fact that she is noticing how much stronger you are now and how much better it makes her feel. She will begin to wonder why she was so harsh on you and why everyone says that a man can never change, because clearly you have changed.

5. Improve your ability to make her feel respect, attraction and love for you when you interact with her

Just because your ex doesn't have a lot of feelings for you right now and may have even told you to *"Get away from me"* or *"I never want to see you again,"* it doesn't mean that she can't feel respect, attraction and love for you once again.

So, how can you get her to have feelings for you again?

You must start by getting her respect back, which includes you becoming emotionally stronger and being able to apologize to her in a mature, confident manner on the phone and in person.

Getting her to have feelings for you again then involves you being able to actively trigger her feelings of attraction when you interact with her on a phone call and in person, but not via text.

You cannot get her to feel a renewed sense of respect, love and attraction for you via text because she's not going to believe that you have changed until she can hear it in your voice and see it in your body language and behavior when she interacts with you in person.

Texts can be easily misinterpreted and if your ex doesn't yet trust the fact that you have changed, she will most-likely read your messages in a negative light (e.g. assume you are still insecure, assume you are using tricks to try to get her back, etc).

If you are serious about getting your ex back, you have to get her on the phone and you have to get her to meet up with you in person to be able to make her feel real respect and attraction for you again. When she feels those emotions, she will naturally begin to reconnect with her old feelings of love with you.

Watch this video to understand how a woman's attraction for a man really works and how you can use it to get her your ex back!|

As you will discover from the video above, you have a lot of direct control over how much or little attraction your ex will feel for you.

If you only interact with her in ways that make her feel respect and attraction for you, she will naturally begin to lower guard and reconnect with her old feelings for you.

If you are attracting her in ways that you never have before, she will also feel intrigued and compelled to explore her new feelings of attraction for you, which will result in her texting you, calling you and/or being willing to meet up with you again.

6. Don't waste time with the No Contact Rule

The only time that a guy should use the No Contact Rule is when his ex really does love him and wants to get back together, but she simply needs a few days to a week apart to calm down after an argument or to realize that she doesn't want to lose her opportunity to be with him.

In a case like that, the No Contact period will cause her to miss him. She will then contact him, want to meet up with him and want get him back before another woman takes him.

However, if your ex has dumped you and doesn't want to get back with you because her feelings for you are currently destroyed, then the No Contact Rule will rarely change anything and will simply allow her to move on without you.

As you will discover from the video above, the No Contact Rule is usually a bad idea and simply allows an ex to move on.

7. Don't act like you don't care about her

A female friend of mine once said, *"If a guy is still playing games with women, he is not ready for an adult, grown up relationship."*

I agree with her 100%. Women don't always give the best dating and relationship advice, but in this case, she is spot on.

If you are serious about getting your ex back, now is not the time to be playing games with her.

Here is a recent example to show you what I mean!|

I was coaching a guy via [my phone coaching service](#) and he had unfortunately come across some bad advice online, which told him to be very short and emotionally distant with his ex if she ever reached out to him.

After a week, she reached out to him via text with, “Hey â□□ how are you doing?” and he replied with a short, emotionally distant text message of, “*Taking time off for the holidays*” and then left it at that.

He then sat around hoping that she would reply or call, but she didn’t. Nothing for an entire week.

He was advised not to call her or ask any questions and to just be short with her, because according to the person who was advising him, sending a text like that to his ex would make him look really cool, tough or attractive.

Horrible advice.

I really felt sorry for my client because he was a good guy who was simply trying to get the love of his life back, but he had come across some bad advice that was based on emotional weakness rather than strength.

If you use advice that is based on emotional weakness, you will turn your ex off even further. It’s as simple as that. You need to be strong. Acting like you don’t care about your ex is not the way to get her back.

A real man who is emotionally strong would simply reply to a text of, “*Hey – how are you doing?*” with something like, “*Hey â□□ I’m doing well. Nice to hear from you. I’ll give you call in a minute to say a quick hello.*”

An emotionally strong man would perceive her message as meaning that she wanted to interact with him because she missed him, or she wanted to check how she would feel if she interacted with him on a phone call because she wasn’t 100% if she’d made the right decision to break up with him.

He would then call her, make her feel respect and attraction for him and then arrange a time to meet up.

On the other hand, an insecure man would think that she was only sending a message like, “*Hey â□□ how are you doing?*” because she wanted to make him feel bad or check that he’s still the insecure guy that she broke up with. Based on his insecurity, he would try to act emotionally distant to make her think that he was fine without her.

A real man doesn’t waste time with games like that because he knows that he is naturally attractive to women based on his emotional strength and maturity. So, rather than sending her a short text like, “*Taking time off for the holidays*” he could have replied in a positive way and then simply called her.

If the woman’s ex had really changed the way that he talked to her (e.g. he now comes across as being more emotionally masculine and mature), she will enjoy hearing the difference in him and it will bring her guard down.

I know this because I’ve personally helped many guys through situations like this and I also heard back from my phone coaching client after I instructed him to call his ex and (as I said it to him) “*cut the bullshit and just be real with her. Remember that you are a good guy and you have good intentions. There’s nothing weak about a man who loves a woman and is simply trying to fix the problems between them.*”

He called her, got the meet up and (to quote part of his e-mail to me), she said, “*You’ve changed. Why weren’t you like this before?*” which essentially means that she feels more respect and attraction for him now.

She can’t stop herself from feeling the difference now that he has changed. It’s an automatic reaction

that a woman has, even if she previously hated her ex.

It took him another meet up with her to get her back into a relationship, but he did it and that is what counts. Sometimes a relationship gets back together at the first meet up, whereas other times it takes 2-3 meet ups to properly get the relationship back together.

If you want to know exactly what to say to get your ex to meet up with you and feel a renewed sense of respect and attraction for you, all of that is explained in my program, [Get Your Ex Back: Super System](#)

8. Only text her to get her on a phone call with you

One of the worst tips to get your ex back is to send her loads of text messages in the hope that she will remember the good old times (e.g. lame texts called Green Eyed Monster texts), or waste time hoping that one of your texts will magically fix everything.

Text is the worst way to try to get an ex back, because if she currently has a negative perception of you, she's not going to be amazed by your texts. Instead, she will most-likely look at them as being yet another annoying, unattractive thing coming from you.

So, don't hassle her with texts and don't try to be her friend via text in the hope that she will eventually want to be with you. Text is a horrible way to stay in touch with your ex and almost always makes things worse.

The only time you should be texting your ex is to get her on a phone call.

On a phone call, you can then properly attract her by being confident, using her and making her feel girly in comparison to your masculine conversation style and approach.

Then...

< h2>9. Get her to meet up with you

[image: Meet up with her and get the old spark back]

The purpose of getting her to meet up with you is to get her to experience the new and improved you. Of course, you should not tell her that though! If you tell her that the purpose of the meet up is to get her to experience the new and improved you, she will most-likely reject you and say that she doesn't want to get back together with you.

When you get her to meet up with you in person, you need to display personality traits, behaviors and inner qualities that are naturally attractive to women and that make women feel respect and admiration for a man (e.g. Confidence, the ability to charm her and make her laugh despite her potentially being cold or closed off initially, emotional strength, emotional maturity, etc).

There are many different ways that you can make your ex feel respect and attraction for you on a phone call and at an in-person meet up, which I explain in my program, [Get Your Ex Back: Super System](#)

When you do make her feel respect and attraction for you, her guard will automatically begin to come down and she will look at you in a more positive light.

10. Get her to forgive you

One of the best tips to get your ex back is to get her to forgive you.

How can you do that?

Essentially, you need to tell her the truth that she will feel better and it will help her with future relationships if she sincerely forgives you for your mistakes. If she doesn't forgive you, she will carry that baggage into her future relationships and it may cause unnecessary problems for her.

Yet, what she almost certainly won't know about the psychology of forgiveness is this (don't tell her this by the way!)...

When she sincerely forgives you, it will actually make her look at your past mistakes as being no big deal.

The negative emotions that she has been carrying around associated to you and the break up will fade away and she will automatically feel more willing to allow herself to feel a stronger, renewed sense of respect and attraction for you.

From that day onwards, she will think about you and look at you in a more positive light and she will be grateful for the weight that you have lifted off her shoulders by getting her to forgive you.

She will then be more willing to meet up with you in person and she will be emotionally open (rather than having her guard up), which will allow her to feel more respect and attraction for the new and improved you.

Forgiveness is an important part of getting an ex back, so make sure that you don't skip that part. It really helps to get a woman's guard down, so you can then make her feel a much stronger sense of respect and attraction for you when she talks to you on the phone and interacts with you in person.

Are You Willing to Do What it Takes to Get Her Back?

If you've enjoyed my introductory tips to get your ex back and you want to learn more, I recommend that you watch my proven to work system called, [Get Your Ex Back: Super System](#)

It's a 7-step system, it is very easy to use and by the 7th step, you will be back with your ex in a new and improved relationship. The 7 steps may take you a couple of days, a couple of weeks and in extreme cases a couple of months, but the most important thing is that you actually get her back.

So, are you willing to give this a try? Are you prepared to do what it really takes to get your ex back?

If you are ready to do what it takes to get her back, don't waste another moment thinking about it. Start now. After watching the 10 hours of video from my program, you will be ready to call her and get her to meet up with you.

If she isn't answering your calls, I provide tested text message examples that are proven to work to get an ex on a phone call.

At the meet up, you will be able to get her to forgive you and feel a renewed sense of respect and attraction for you.

In difficult cases, it might take a couple of meet ups to get her back, but I constantly hear back from happy customers who tell me that they were able to get their ex back at the first meet up.

You can do this.

If you are serious about getting your ex back, get started now and I'll show you the way.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

My Ex Has Moved On

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you're at a point now where you are saying, "*My ex has moved on*" you will no doubt be feeling sad and confused about what you should do from here.

So, I'm going to clear things up for you by explaining the 3 choices that you have right now to either get her back or move on with out her.

[image: 3 choices]

Which of the following options sounds like it would be best for you at this point?

1. Get her back.
2. Start having sex with lots of high quality women.
3. Get a new, high quality woman and have a committed relationship with her instead.

Whichever choice suits you the best, here is what you need to do to succeed...

1. Get her back.

[image: Go through the exciting, life changing process of getting her back]

If your ex has moved on with another guy, then it does make the process of getting her back a bit more difficult, but it still is possible.

Most new relationships do not last a lifetime because most guys have no idea how to keep a modern woman happy and committed in a relationship, so her new guy will probably fall into that category.

Just think about the approximate 50% divorce rate and the 50% couple break up rate for non-marriage relationships and you will realize that there is no guarantee that her new guy will know how to keep her happy.

If you want to get your ex back now that she has moved on, the first thing that you need to do is truly understand the subtle and obvious reasons why she broke up with youâ€¦!

After understanding what she really broke up with you for (e.g. not being enough of a man for her, being insecure, making her purpose in life, etc), you then need to get her to meet up with you in person.

Don't worry, I know what you're probably thinking, "She won't want to meet up with me" or "How can I get her to meet up with me if she has a boyfriend?" or "How can I get her to meet up with me if she doesn't even respond to my texts, calls or social media messages?"

I get it.

I understand the situation you are in and have already helped 100s of guys in your situation to successfully get an ex back who has moved on with another guy.

In my program, Get Your Ex Back: Super System, I provide proven to work techniques for getting her to unblock you and re-add you to Facebook and social media and then answer your texts and phone calls and agree to meet up with you in person.

Meeting up in person is the most important part of the process of getting another chance with her, but

if you are in a situation where you are saying “*My ex has moved on*” I know that it’s not always going to be easy to get her to agree to a meet up right away.

That is why when you talk to her on the phone, you must start out by getting her respect back (i.e. by apologizing for your mistakes on the basis that you’re not trying to get her back, but simply want to apologize and let her know that you understand why she broke up with you and accept it) to get her to bring her guard down when talking to you.

When she drops her guard on the phone, you can then begin to respark her feelings of attraction and other positive feelings towards you to get her smiling, laughing and actually enjoying the phone call with you.

When that happens, you can then ask her to catch up with you in person. Exactly what to say and do at that point is explained in my program.

So, if you feel like you’d rather get your ex back than move on without her, I recommend that you begin watching [Get Your Ex Back: Super System](#) now and I will guide you through the exciting, life changing process of getting an ex back.

2. Start having sex with lots of high quality women.

[image: Start having sex with lots of new, high quality women]

When a guy has been dumped by a woman and then finds out that she has moved on, it can sometimes make him spiral into a state of depression about life and relationships.

He might also get to the point where he feels unworthy of high quality women and believes that if his ex wasn’t willing to stay with him, then other high quality women won’t be either.

In his depressed state of mind, it just seems too difficult to have to go out there and talk to other women, get them attracted and then move towards sex and dating.

However, if you are at a point where you are thinking that you might not want to get your ex back, the fastest way to get your mojo back, build up your confidence and feel happy again is to start having sex with other high quality women.

So, how can you do that?

The main thing that you need to do is reignite your ability to trigger feelings of sexual attraction inside of a woman when you meet her.

Watch this video to understand how it worksâ€¦!

These days, most women are open to having sex on the first night or first date, so it’s actually quite easy to get women to have sex with you.

For example:

- Singles in America Survey found that 55% of singles have sex on the first date.
- A European study found that 70% of women had experienced a one-night stand.
- Student Beans survey in the UK found that 51% of men and women admitted to having experienced a one-night stand.
- The National Survey on Sexual Attitudes and Lifestyles found that the average amount of men that a woman had sex with before marriage has almost doubled in the last 10 years from an

average of 3.7 to now 7.7.

- Personally speaking, Iâ€¦ve had sex with more than 250 women and about 100 of those women have come from one night stands where I met the woman at a bar, club or during the day.

As you can see by the statistics above, there is actually a lot of sex going on immediately or shortly after a man and woman meet.

All you need to do to get some sex with new, high quality women is know how to attract them (it's actually a lot easier than most guys realize), keep a conversation going and then move to a kiss and sex that night or on the first date.

[image: Start having sex with lots of new, high quality women]

These days, if you go out to a party, nightclub or bar and have the ability to attract women, you will be able to pull a woman back for sex each time you go out to do so.

Other guys are doing it right now, I did it for 10 years (having sex with more than 250 women) before settling down with my sexy wife and you can do it too.

One of the reasons why it's so easy to get laid these days is that women no longer have to save themselves for marriage and are no longer looked down on for having multiple "relationships" before settling down.

The truth is that millions of women have regular, secret sex that they don't tell anyone about and they keep doing that until they find their perfect guy.

3. Get a new, high quality woman and have a committed relationship with her instead.

[image: Find a new, high quality woman to have a relationship with]

If you are feeling emotionally bruised and beaten up after getting dumped by your ex and seeing her move on, you may not be feeling very hopeful about finding another high quality woman and making the relationship last this time.

So, here's how you need to look at itâ€¦!

Realize that there is a positive and negative side to the approximately 50% divorce and break up rate for marriages and relationships.

If you look at it on the negative side, you will see that 50% of marriages and relationships break up, but if you look at it on the positive side, you will see that 50% of marriages and relationships stay together for life.

Back when I got dumped by my ex-girlfriend, it was during the time where the internet didnâ€¦t have people online helping other people with their relationship problems, so I was lost, on my own and had no idea how to get her back.

I made many of the classic mistakes of begging and pleading and I even got very angry at her, which of course didn't help and simply pushed her away even further.

I then spent many lonely years on my own, single and unable to attract a new, high quality woman to replace her.

Eventually, I decided that I was no longer going to put up with being alone and that I would somehow work out how to have sex with lots of new high quality women at will.

Once I worked that out, I then began having casual relationships with many high quality women and went onto sleep with more than 250 women.

After 10 years of enjoying my choice of women, I chose my perfect girl who is now my wife. She was 20 when I met her and I was 35. I'm now 38 and she's 23 and we're planning on starting a family.

Our relationship gets better and better over time, so I definitely see her and I being on the positive side of the 50% marriage statistic.

You can have that type of success with women too.

It is possible for you fall in love with many other women and have women truly love you from the deepest part of their being, to the point where your heart and mind is full of joy, excitement and pleasure at the love you are experiencing together.

[image: Find a new, high quality woman to have a relationship with]

What you will find if you do decide to open yourself to experiencing love with other women is that each experience of love will be different with each woman.

There is always a unique style of love that you share with each woman.

The love that you shared with your ex is not going to be the same as the love you share with new women, but depending on the woman, the new love you find might be even more powerful and suited to who you really are as a man.

When I look back on the love that I had with my ex all those years ago, I know that her and I could have lasted the distance if I knew what I know now.

Yet, I was younger and less mature back then and I simply wasn't ready for a girl like her.

If the internet was like it was today and there was a site like The Modern Man to help me, I truly believe I would have gotten her back and been able to keep that relationship together.

However, that's not how my life played out. My break up happened before I could be helped, which eventually lead me to work my ass off to create The Modern Man so I could help you and guys like you.

So, that brings us to the following questions:

1. Are you going to go through the exciting, life-changing process of getting her back?
2. Are you going to start having sex with lots of new high quality women?
3. Are you going to find yourself a new, high quality woman to have a committed relationship with?

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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My Girlfriend Dumped Me: How to Get Her Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you've been dumped by the woman you love, it's only natural that you might be feeling hurt by her decision and confused about how you can get her back.

So, in this post I am going to explain what you need to do to get her respect back, respark her attraction for you and get her to reconnect with her old feelings of love with you.

When you approach it in that way, you will almost certainly be able to win her back and get another chance with her.

Here's what you need to do...

1. Give Her Space For 1-3 Days

[image: Give her space for 1-3 days]

The first thing that you need to do after being dumped by your girlfriend, is to avoid many of the classic mistakes that other guys make, which turn the woman off even more.

For example: Rather than begging and pleading for another chance with her, the best thing to do is to temporarily accept the break up, so she feels as though she doesn't have to put her guard up around you or block you out of her life.

This may mean giving her space for 1-3 days before you contact her again.

When you do contact her, you need to apologize for your mistakes, explain to her that you now understand why she wanted to break up with you and that you have already begun to change and improved those things about yourself.

Tell her that you're not saying that to get back with her, but merely just to let her know out of respect for her and the relationship you once shared.

Talking about the relationship in past tense helps to keep her guard down because she doesn't have to worry about you pressuring her to take you back.

Once you give her that feeling, you need to get her to meet up with you in person to have a friendly chat to say goodbye. At the meet up, you can then get her to feel a strong, renewed sense of respect and attraction for you and get another chance with her.

If you don't know what to say or do to get her to agree to a meet up and then what to say and do at the meet up, I provide all of my best, tested examples in my program, [Get Your Ex Back: Super System](#)

Meeting up with her after giving her a little bit of space (anywhere from 1-3 days) is the best way to quickly get her to change her mind and give you another chance.

Of course, sometimes a guy's girlfriend will absolutely hate him and will refuse to meet up with him that quickly. In that case, he will need to use additional techniques to get her to lower her guard and feel comfortable to meet up with him within 1-2 weeks of the break up.

If you look around online for advice on how to get your girlfriend back, random people and websites will tell you to ignore her for anywhere from 21-60 days.

How do they come up with that number? Think about it. They have not tested it, are simply coming up with a number and don't actually care about your relationship with her.

If you want to get your girlfriend back, you should not waste time following a random piece of advice that tells you to wait for long periods of time before contacting her.

Why? Every relationship is different.

If you wait too long to contact your girlfriend to apologize and arrange a meet up, she will either use that time to move on or she will feel as though you don't care about her and will try to hook up with new guys to feel good about herself.

As you will discover from the video above, it is sometimes a good idea to completely ignore your girlfriend if she has dumped you, but in most cases – you should get in contact with her quickly and arrange a meet up.

A lot of people suggest the No Contact Rule because it usually makes a woman want to call her ex boyfriend to see how he is doing (i.e. is he still missing her?). Yet, just because your girlfriend might call you to check how you are doing, it doesn't mean that you're going to get her back.

To get her back for real, you will need to understand her real reasons for breaking up with you (usually different to what she is saying), get her respect back and then begin reattracting her.

Sometimes, a younger woman or a woman who doesn't have much experience with relationships will accept a boyfriend back even if he doesn't make any changes, but she will simply dump him again when she realizes that nothing has changed.

Use the 1-3 Days to Learn, Fix and Improve

[image: Learn, fix and improve]

The purpose of temporarily accepting the break up is so that you can learn where you've been going wrong with her, fix those things about yourself (e.g. insecurities) and begin to improve the man that you are today.

This shows her that you are taking the break up seriously and putting in the effort to truly understand what she really needs from you.

For example: When a girlfriend breaks up with her boyfriend, she will often give him vague reasons such as, *"I need time for myself"* or *"I don't think that it's working out anymore"* or *"I don't think I want to be in a relationship with anyone right now."*

Yet, that doesn't explain what the real problem is or what her boyfriend needs to fix in order to get her back.

In many cases, one of the secret reasons why a girlfriend will dump her boyfriend is that he hasn't been enough of a man for her (e.g. he is too insecure, she feels emotionally stronger than him, etc).

Watch this video to understand some of the real reasons why a woman will dump her boyfriend...

Do any of the relationship mistakes in the video apply to you?

As you will discover from the video above, your girlfriend would have first lost respect for you in the relationship and after that, she would have found it difficult to feel enough attraction for you.

If the lack of respect and attraction continued on for long enough, she would have then begun to fall

out of love with you.

Now that you are at a point where you are saying, “*My girlfriend dumped me*” it’s important to realize that to get her back, you will need to start by getting her respect back (i.e. apologize, show her that you’ve learnt from your mistakes and are changing) and she will then become open to feeling some attraction for you.

Getting her respect and attraction back has to be done on a phone call and in person, not via text.

Pretty much every guy that I help to get a woman back has been making the mistake of trying to get his ex back via text, but it doesn’t work.

The only way for her to really sense that you have changed is to hear how you speak to her over the phone and how you think, feel, talk and behave when you interact with her in person.

As you will discover from the video above, your girlfriend is only going to take you seriously if you can fix your issues and improve your ability to make her feel respect and attraction for you.

3. Get Her to Meet Up With You as Soon as Possible

The purpose of meeting up with your girlfriend is to get her to see that you really do understand her reasons for dumping you and have already begun to fix and improve those things about yourself.

It’s also about sincerely apologizing for your mistakes and asking her to forgive you, so both of you can let go of the bad memories and be free to feel more positive and hopeful about the future together or apart.

Of course, you probably don’t want to be apart from her, but you simply have to say that to ensure that she isn’t feeling suffocated or pressured into getting back with you.

As long as you are making her feel enough respect and attraction for you at the meet up, she will gradually lower her guard and begin to reconnect with her old, positive and loving feelings for you.

She may not be able to forgive you and give you another chance immediately, but from all the cases I’ve dealt with over the years, most guys have been able to get another chance with their woman on the first or second meet up.

If you don’t know what to say or do to get her respect back and properly reattract her at the meet up, all of that is explained in my program, [Get Your Ex Back: Super System](#)

For now, let’s have a deeper look into why the relationship ended up with you getting dumped and what you can do about to fix that!

Was the Break Up Your Fault?

A relationship will rarely end in a dumping for no reason at all.

Chances are high that your girlfriend gave you plenty of warnings about the way she was feeling before finally making the decision to end it.

Can you remember some of the things she was complaining about? Are you already aware of the mistakes you were making?

For example: Here are some of the reasons why a girlfriend will dump her boyfriend!

1. Taking Her For Granted

[image: Taking her for granted in the relationship]

To keep a relationship together in today's world, you have to deepen your girlfriend's feelings of love, respect and attraction for you over time.

You can't just expect her to stick around with you for life because you're such a good guy, because the sex is great or because she was so in love with you at the start of the relationship.

A relationship that lasts a lifetime is about actually giving a crap about each for a lifetime. You actually have to care about her and want her in your life, otherwise she will eventually feel as though you're just taking her commitment to you for granted.

Unlike women in the past who would stay with a man for life even if they were unhappy because it was seen as shameful to get divorced, today's women can date, have sex with and enjoy relationships with as many guys as they want—and they don't even have to marry any of them.

If a modern woman wants to break up with a guy, the society around her won't look down on her. Instead, they will praise her for following her heart and not putting up with an unsatisfactory man.

The guy who has been dumped might feel betrayed by her (after all, she used to tell him how much she loved him and wanted to stay with him forever), but he will soon realize that a woman's love for a man is not unconditional.

To keep a woman in a relationship for life in today's world, you actually have to be able to deepen her feelings for you over time, rather than expecting her to stick around because things used to be good between you.

So, what can a guy do to fix a break up that was based on him taking his girlfriend for granted?

He needs to get her to reconnect with her old feelings of love for him. One of the best things about love is that it doesn't die.

The love that a woman feels for you is conditional (i.e. she will only allow herself to feel it if the conditions are right), but that doesn't mean that the love dies when the conditions aren't right.

What happens with love that has been taken for granted is that it gets pushed into the background and a woman doesn't allow herself to connect with it anymore. It's not dead, but simply in the background.

To make the love come back to the foreground and make her want to reconnect with it again, you have to start by making her feel respect for you as a man and then beginning to reattract her.

You can't ask her to remember the love, care about what you and her once had or give you a chance because you really need it.

None of that works.

You have to start by getting her respect back and then beginning to reattract her. Only then will she naturally and willingly begin to reconnect with her old feelings of love for you.

2. Being Clingy or Overly-Possessive

[image: Being clingy or overly-possessive]

Guys who become clingy and overly-possessive of their girlfriend, often make the mistake of ignoring all outside interests and being completely focused on her.

This is a mistake that young and old men make, especially when they don't really have a strong sense

of purpose in life (i.e. big dreams and ambitions that they are working hard to achieve) outside of the relationship.

From the guy's perspective, he has gotten himself a girlfriend and loves the feeling of being with her, so he feels entitled to spend all of his time with her and essentially base his life and personal happiness on his relationship with her.

He will often feel as though the rest of life is too difficult or is unimportant compared to how good he feels around his girlfriend.

So, rather than having a balanced life where he continues to rise up to reach for his true potential as a man and maintain friendships, a clingy guy will want to spend most of his time and energy on his girlfriend.

He will call and text her every day and worry that she might meet a new guy if he isn't around. He will make sure that she knows that she is the most important thing to him in his life and that without her, his life wouldn't be worth living.

In his mind, he feels as though he is giving a woman what she wants (i.e. a man who truly loves her), but to her, he is simply being too clingy and possessive of her and needs to relax.

Here's the thing...

Women feel the most amount of attraction for confident men who have a strong sense of purpose in life, so the less you have going on in your life outside of your relationship, the less attractive you become as a man.

So, what should a guy do if he has been dumped for being too clingy and possessive?

He needs to start making progress towards his biggest dreams and ambitions in life, while also continuing to show some interest in his girlfriend.

He has to show her that he does love her and want her in his life, but he doesn't need her.

If you don't know exactly what to say or do to show your girlfriend that you want her in your life, but don't need her, all of my best, tested examples are provided in my program, *Get Your Ex Back: Super System*

3. Being Emotional Weak

[image: Being emotionally weak]

This is one of the most common reasons why a woman will lose respect for her boyfriend, stop feeling attracted to him and then begin to fall out of love with him.

For example: A guy will become too insecure to the point where he is emotionally sensitive, whines and complains or even cries to her.

Some guys will expect their girlfriend to want to comfort them and guide them to a more emotionally strong place, but that's not the role that a woman wants to take on for her boyfriend.

Women want to feel as though they are with a ready-made man, rather than feeling as though they are stuck with a guy who still doesn't yet know how to be the emotionally strong man they need.

Women are naturally attracted to the emotional strength of men (e.g. confidence, high self-esteem, determination to succeed) and turned off by the weakness (e.g. insecurity, low self-esteem, fear of failure, etc).

So, if you have made the classic mistake of becoming emotionally weak in the relationship with your

girlfriend, you have to put in the effort to fix your insecurities and become a stronger man.

Your girlfriend isn't going to want to teach you that, so don't bother asking her for help or advice.

A woman doesn't want to have to take on the role of her boyfriend's teacher on how to be a man because it ruins the sexual dynamic and makes her feel like more of a mother figure, big sister or teacher.

When the relationship dynamic is out of balance, the sexual dynamic is also out of balance and that lack of sexual attraction will inevitably lead to the end of the relationship.

Was the Break Up Her Fault?

When a guy contacts me for help saying, *“My girlfriend dumped me,”* he will sometimes feel as though he's done nothing wrong, especially when his girlfriend says things like:

- You're a really great guy, but I just don't want to be in a relationship right now.
- You mean the world to me, but I think we should spend time apart.
- You've been so good to me and haven't done anything wrong. I think you deserve better than me.
- I really care about you, but I just don't love you the same way anymore.

And so on.

Yet, here's the thing...

Regardless of whether you were a good or bad boyfriend or whether or not your girlfriend has been crystal clear about her reasons for dumping you, the same process of getting her back applies.

You have to make the changes in yourself that will cause her to feel a renewed sense of respect and attraction for you.

You then need to meet up with her, bring down her guard, get her to forgive you and then begin to respark her feelings of attraction and love for you.

Are you ready to do that now, or do you need some help? If you're ready to do it, then go ahead and call her and arrange the meet up.

On the other hand, if you need help and guidance to fix your issues (e.g. insecurity) and know exactly what you're going to say and do to get her back, then I recommend that you watch my program, [Get Your Ex Back: Super System](#)

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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Get Your Ex Wife Back After a Divorce: 3 Things You Need to Do

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

It's a sad fact that around half of all marriages end in divorce these days, but thanks to the internet and sites like mine it is now possible to get your ex wife back.

Here's what you need to do:

1. Understand where you really went wrong with her

[image: Where did you go wrong in the marriage?]

No doubt you are aware of some of the mistakes that you made throughout the marriage, which eventually lead to her asking for a separation or divorce.

For example: Some men make the mistake of becoming insecure, clingy, controlling or taking their wife's love, respect and attraction for granted, while other men slowly destroy a relationship by letting it go stale and not putting in enough effort to keep the spark alive.

Watch this video to understand the 3 step process that your ex wife probably went through before she wanted out of the marriage...

As you will discover from the video above, your wife can only feel proper attraction for you if she first respects you as a man.

This is only going to happen if you truly understand where you went wrong with her and have already made significant changes in those areas.

If that feels like too much work or effort for you, then you should move on without her by finding yourself a new woman.

However, if you are prepared to do what it takes to get your ex wife back after the divorce, then you are a man who is wise enough to adapt the modern relationship environment.

What do I mean by that?

In the past, a woman would stay with her husband for life even if she was unhappy, because it was shameful to get divorced. Back then, a man could treat his wife like crap and she'd still stick around.

However, in today's world, most women will up and leave if they are unhappy in a marriage or relationship because she can usually get support from the government, will be making enough money to support herself or will find a new man who is willing to take on a single mother or a childless woman who has just gone through a divorce.

To successfully keep a marriage together for life in today's world, a man needs to be willing and able to adapt to the relationship by improving himself and fixing any issues or problems that arise over time.

To keep a wife happy, a man also needs to know what his wife really needs from him as her man, which is usually different to what she will actually admit.

For example: A woman will often go around saying that she just wants a nice man who loves her and

can take care of her, but that isn't the complete story.

She will also want a man that she can look up to and respect, a man who doesn't crumble under the pressure of her tantrums or tests of his confidence, a man that makes her feel girly and feminine in comparison to his masculinity and a man that remains emotionally strong no matter what challenges come his way in life.

A man might be a good husband to his wife, but that isn't going to count for much if he destroys her respect and attraction for him overtime by becoming insecure or emotionally weak and expecting her to continually comfort him.

For example: Some husbands take their wife's respect and attraction for granted and end up becoming insecure, emotionally weak and even crying to her during challenging times in life and expecting her to comfort him like a mother would for a child.

In the past, a woman would put up a man's weakness and even if she lost respect for him as a result of him being insecure or emotionally weak, she would have to stick by him for life because it was shameful to get divorced.

However, today's women grow up in a society that says that a woman can do whatever she wants and if she isn't happy in a marriage or relationship, she is free to move on and find herself a better man.

You can be that better man and get your ex wife back after a divorce, but you have to be willing to fix your emotional issues and become the sort of man that she can look up to and respect.

2. Improve your ability to make her feel respect and attraction for you as a man

No doubt you were able to make your ex wife feel attracted to you in the past, because you got her to marry you after all.

However, a lot of men lose touch with their ability to attract their wife or women in general when they get too comfortable in a marriage.

Essentially, they stop caring about triggering her feelings of attraction or they start doing things that turn her off (e.g. being insecure, controlling, selfish, angry, etc).

What a lot of modern men don't understand is that, in order to keep a relationship or marriage together for life in today's world, you have to be able to deepen a woman's feelings of respect and attraction for you over time.

If you don't know how to do that or you don't care to make her feel that way, she will become restless and either start cheating, ask for a separation or go for a full divorce.

It sucks, but that's the way that modern relationships work. If a woman isn't feeling the way she wants to feel, there's nothing really stopping her from moving on.

These days, many husbands are shocked when they hear the words, "I want a separation" or "I want a divorce" because in their mind, the vows that they made on the wedding day were supposed to glue them together for life.

Yet, it just doesn't work that way anymore.

For example: If a man gets into a relationship with a woman and he is initially very confident in himself, very loving and supportive of her, things will go well during those times.

However, if then becomes insecure, emotionally weak and begins to make her feel as though she needs to support him, she will lose respect and attraction for him and the relationship will begin to experience problems.

Some men feel as though this isn't fair and wonder why a woman can't just put up with that and be loving and supportive of a man. Yet, that isn't how the world works.

It's not a woman's role to teach a guy how to be the emotionally strong man she needs.

If a man is unable to be a confident, emotionally strong and forward-moving man that she can look up to, respect and rely on, then she will begin to nag, throw tantrums, create arguments and complain in the hope that he gets the message and begins to put in the effort to improve and grow as a man.

If he doesn't pay attention to the signals she is giving him, she won't give up on being a woman and become the man or the teacher in the relationship.

Instead, she will become increasingly frustrated that she is stuck in a relationship with a guy who doesn't yet know how to be the real man that she needs.

If that continues on for long enough, the marriage will eventually begin to fall apart and if she isn't embarrassed about getting divorced, she will begin the process, leave her husband and try to find herself a new man.

How about you?

Do you need a bit of a refresher on how you can make your ex-wife feel attracted to you? If so, watch this video...

As you will discover from the video above, it is possible for a wife to love her husband, feel attracted to him and respect him for life.

You've got to get it right though, because a woman is not going to remain in love with a man who doesn't maintain and build on her respect and attraction for him.

Without respect, a woman cannot feel fully attracted to a man and if that goes on for long enough in a marriage, a wife will begin to fall out of love with her husband.

The great about love though is that it doesn't ever die. The love that your ex-wife once had for you still exists, but it is simply being pushed into the background because she no longer feels enough respect and attraction for you as a man.

When you are able to make your ex-wife feel a strong, renewed sense of respect and attraction for you, she will naturally begin to reconnect with the love that has always been there in the background.

Watch this video for more info on how that works...

As you will discover from the video above, human feelings really can change.

It is possible for your ex-wife to go from hating you and having no respect for you, to her feeling a renewed sense of respect and attraction for you. .

3. Get her to meet up with you to have a friendly chat and let her experience the new and improved you

A big part of how to get your ex back is to meet up with her in person to have a friendly chat, so you can then let her experience the new and improved you.

When a man asks me for help to get his ex wife back after a divorce, it usually means that she has already moved on and has a new man, so I will assume that it might be the case for you too.

If she does have a new man or is actively trying to find a new man so she can move on, you need to pitch the meet up as just being a friendly chat between you and her to catch up and say hi, rather than it being about getting back together.

When she does meet up with you, it's important that you apologize for your mistakes and show her the new and better man that you have become since.

Rebuilding Your Confidence

[image: Rebuilding your confidence]

A marriage breakdown can understandably knock a man's confidence to the ground.

If his ex-wife then moves on to another relationship and he is unable to find solace in a new woman, his confidence can hit rock bottom and he may begin to question whether he is destined to live alone and whether he'll ever get over the pain of his wife leaving him.

Feeling at an all-time low can keep him trapped in a vicious cycle of negative, depressing thoughts, which then makes it difficult to change the way his ex-wife sees him and feels about him.

Why?

Women are naturally attracted to the emotional strength in men (e.g. confidence, high self-esteem) and turned off by the weakness (e.g. insecure, anxiety, low self-esteem, self-doubt, etc).

So, if a man interacts with his ex-wife and she can sense that he is in an emotionally weak and vulnerable place, it's not going to draw her to him at all. She will feel turned off at her core and will want to move on even more.

Whatever the cause of your marriage breakdown, turning things around and getting your ex-wife back comes down to showing her that you really have changed and you now have the qualities she wants in a man and a husband.

I've heard back from men who have rekindle a broken marriage during separations, after a divorce and after years of being apart from their ex-wife.

It is possible because love doesn't die; it simply gets pushed into the background when there isn't enough respect and attraction to support it.

If you want to begin the exciting process of getting your ex-wife back, I recommend that you watch my revolutionary program, [Get Your Ex Back: Super System](#)

Are You Ready to Get Your Ex Wife Back?

Getting your ex-wife back means recognizing the mistakes that you made in your marriage and then learning from those mistakes to become an even better man than you are right now.

It's only by sincerely improving who you are as a man that you can then change the way your ex-wife feels about you. If you are prepared to do what it takes, then you have a very high chance of getting her back.

I know this because I've personally helped a lot of men via my phone coaching service and I've also

heard back from many men who've used my program, [Get Your Ex Back: Super System](#) to get an ex-wife back.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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What to Do When Your Girlfriend Breaks Up With You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you're looking for options on what to do when your girlfriend breaks up with you, here they are:

1. Get her back and then make the relationship better than it was before.
2. Make her so jealous that she tries to get you back.
3. Move on without her by having sex with new women or finding yourself a new girlfriend.

So, what do you want to do?

Do you want to get her back or move on?

Do You Want to Get Her Back?

[image: Do you want her back?]

If you want to get your girlfriend back after a break up, make sure that you avoid the following common mistakesâ

If your girlfriend has decided to break up with you and you want her to change her mind and take you back, the first thing you need to do is figure out why she chose to break up with you.

Watch this video for some examples of why a woman will break up with her boyfriendâ

Until you know what really made her feelings for you change, you won't be able to fix what she really wants you to fix, improve or change about yourself.

Whatever you do, make sure that you don't promise to her that you can change or that things will be different if you have not figured out what it is that needs to change.

Younger women, women who don't have much experience with relationships or unattractive women will often accept a guy back if he promises to change, but they won't keep accepting him back and over and over again for life.

Every woman reaches a point in her life or relationship experience where she realizes that she needs a ready-made man, rather than guy who is still working out how to be the man in a relationship.

A classic mistake a lot of guys make is begging and pleading to be given a second chance along with promises such as, *âI can change,â* or requests like, *âPlease! Just tell me what it is you want me to do and Iâll do it. I'll do whatever you want to make you happy. Please give me a chance!â*

This is a mistake on two different levels.

1. Most women don't believe a guy when he says that he can change

Firstly, promising that you can change (when you don't even know what she really wants you to change) is seen as an empty promise because she has no way of knowing if you are capable of improving, adapting, fixing or changing things about yourself to be the man she really wants.

You're just saying that you can change, but if she's been in relationships before, she will know that most guys say that and then don't even know how to change or what she really wants them to change.

For example: A lot of women will break up with a guy when she realizes that he's not enough of a

man for her. Yet, what does that mean? How do you be “enough of a man” for a woman?

Essentially, you need to:

- Make her feel feminine in comparison to your masculinity (i.e. how you think, feel, behave, take action in life), rather than making her feel neutral like a friend or making her feel more dominant and masculine than you are.
- Rise up and reach for your true potential as a man, rather than hiding from life behind her and the relationship.
- Love and appreciate her for who she really is deep down, rather than always trying to change her or get her to be more like you.
- Make her feel proud to be your girlfriend when you are around other people together, rather than making her feel embarrassed by the way you behave or by the way you let other people treat you.

The list goes on and on and it’s something that a guy either knows or he doesn’t. If you don’t know what it takes to be seen as a real man when in a relationship with a woman, all of that is explained in my program, [Get Your Ex Back: Super System](#)

2. Begging and pleading are not attractive traits in a man.

Women are attracted to the emotional strength of men (e.g. confidence, high-self esteem) and turned off by the weakness (e.g. insecurity, neediness, clinginess, desperation, etc).

Sometimes, a guy hopes that by begging and pleading, it will show his girlfriend how much he cares and how much she means to him.

Yet, when a woman is breaking up with a guy, she’s usually at a point where she doesn’t care how much she means to him. It’s not about his feelings anymore; it’s about how she feels and she’s no longer feeling enough respect, attraction and love for him to be in a relationship.

If a guy wants his girlfriend to care about how he feels, he needs to stop focussing on what he wants (i.e. to get her back, get another chance) and focus on what she wants (i.e. to see him change and become the sort of guy that she would be willing to forgive and then feel respect, attraction and love for again).

It’s actually pretty easy and quick to get done.

Break ups are very common and according to certain studies, it has been found that approximately 50% of couples break up and get back together again.

That percentage is growing higher and higher every day thanks to the internet and people like me who are dedicated to helping guys to get a woman back.

Over the past 4 years, I’ve helped more than 1,000 guys to successfully get a girlfriend, fiancÃ© or wife back (via my program [Get Your Ex Back: Super System](#) or [my phone coaching service](#)), even when the woman starts out saying that she hates him and never wants anything to do with him again.

How is it possible to turn situations like that around? Watch this video to find out...

From this moment onward, start being the type of guy that she would want to forgive and take back.

Promising to change or pleading for another chance is not being the sort of guy that she will be excited to take back.

In most cases, a woman will need to hear her boyfriend apologize for his mistakes, explain how he

understands why she really broke up with him and ask for her to forgive him.

When she does forgive him, she will then naturally open herself back up to feeling respect and attraction for him again and when she does that, she will automatically begin to reconnect with her loving feelings for him.

If you're not sure what to say or do to get your girlfriend to forgive you and give you another chance, all of my proven to work examples are provided in, *Get Your Ex Back: Super System*

Do You Want to Move On Without Her?

Sometimes a relationship will end and both the man and woman will feel like it's best to just move on and find someone new.

If that's how you're feeling about your girlfriend right now, what you need to do is get yourself ready to attract other women.

Watch this video to understand how a woman's attraction for a man works and how you can use it to attract other women and even attract your girlfriend when you interact with her again!|

As you will discover from the video above, you have a lot of direct control over how much or little attraction women feel for you.

For example: If you interact with a woman and come across as nervous, insecure and unsure of yourself, she will naturally feel turned off by you.

However, if you interact with a woman and come across as relaxed, confident and sure of yourself, she will naturally feel attracted to you.

So, now that you know more about how a woman's attraction for a man works, what do you want to do about your girlfriend?

If you want to move on without your girlfriend now that she has broken up with you, it's important that you start trying to learn from the experience so you can become a better man for your next relationship.

These days, a lot of guys get dumped by many women throughout their life because they never really learn how to be the kind of man that women really want.

This is something that is happening to modern men, but it wasn't so hard for men in the past.

For example: In the past, women were completely dependant on men for money, shelter, food and protection. Women couldn't work and earn their own money and it was also highly shameful to get divorced.

So, even if a woman was unhappy when she got married (most people didn't date and lost their virginity when they got married), she had to stick with her man for life.

Of course, that's not the way today's world works.

Women are now free to get in and out of relationships as often as they like, until they find a man who makes them feel the way that they really want to feel when in a relationship.

Right now, the most important thing for you to do is to ensure that you are capable of being the kind of man that women feel intensely attracted to and want to stick with for life.

If you're not that guy, you will experience break up after break up. I know this because I've been

helping guys to get women back for years and even if a woman marries a guy, it doesn't mean that she will stick with him for life.

The couples that you see who are still happy, madly in love and excited to be together are those who have been able to deepen the love, respect and attraction over time in the relationship.

That's what you need to do these days to be able to keep a relationship together. You can't just take a woman for granted anymore, like men in the past could.

Men in the past could treat a woman badly for life and she'd still have to stick around and put up with it.

Not anymore.

In today's world, you've actually got to be the sort of man that a woman wants to stay with and if you're not, she simply won't stick around.

Should You Avoid All Contact With Your Girlfriend From Now On?

One of the most common pieces of advice that you will hear if you're attempting to get your girlfriend back or to move on is to avoid all contact with her.

Yet, you have to be careful with that piece of advice because it only applies to some situations.

If you want to move on, then it makes sense not to contact her at all. Just meet some new women and get to a place where you are happy without her and then it's fine to contact her if you want to at that point.

However, if you want to get her back, you should get in contact with her and arrange a time to meet up in person so you can apologize to her, explain how you now understand why she broke up with you and ask her to forgive you.

It's fine to wait a couple of days before reaching out to her to ask for the meet up, but if you leave it too long, most women will simply use that time to move on without you.

Additionally, if she feels as though you're not contacting her because you're playing games with her and trying to make her contact you, she will usually go out and party with some girlfriends, get drunk and hook up with a guy.

Either that, or she will flirt with other guys at work or university and start dating and having sex.

I know this because I deal with new ex back cases every day and in most cases, the guy has gone way too far with the No Contact Rule.

Watch this video to understand why the No Contact Rule is usually a bad idea! 

As you will discover from the video above, not contacting your girlfriend may work in some cases, but a lot of women will simply use that space and time to begin moving on without you.

Should You Rekindle the Love With Her or Find Love With a

New Woman?

One of the great things about love is that it is everywhere.

There is no shortage of love to be experienced with women. There are literally millions of women who would be perfect for you.

However, only you can decide if you want to experience love with a new women or rekindle the love with your girlfriend.

If you feel as though the love that you've been experiencing with your girlfriend is what you want for life, then you should go through the process of getting her back, which I explain in my program, [Get Your Ex Back: Super System](#)

On the other hand, if you feel as though the love and relationship wasn't good enough and you know you deserve better, then you should start guiding women through the simple pick up process that I call, [The Flow](#)

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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My Ex-Girlfriend Hates Me: How Do I Get Her Back?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The best thing about hate is that it can't last forever.

If a person gets stuck in the emotion of hate, they will turn into a psycho and do pretty bad things. Yet, when it comes to break ups between boyfriends and girlfriends, a woman doesn't hold on to hate for very long at all.

In fact, you can make her stop hating you by getting her to feel a renewed sense of respect and attraction for you.

Watch this video to understand how...

Of course, if your ex girlfriend hates you, she's probably blocked you from social media, isn't answering your calls and no longer responds to your messages, right?

Well, that doesn't mean you can't change how she feels.

In my program, Get Your Ex Back: Super System, I provide examples of what to text an ex to get her on a phone call (even if she hates you), what to say on the phone to get her to agree to meet up with you (or at least re-friend you on social media for now) and then what to say and do at the meet up to get her to forgive you and open herself back up to at least liking you again.

When she does that at the meet up, she will naturally open herself up to feel attracted to you and it is at that point where you use my powerful attraction techniques to make her feel a renewed sense of respect and attraction for you.

5 Reasons Why She Might Hate You Today

[image: My ex girlfriend hates me but I still love her]

There are many reasons why a guy might find himself saying, "*My ex girlfriend hates me*" and wondering how he can turn the situation around and get her back.

The fact that there are MANY reasons why a woman might hate her ex boyfriend means that you are not alone.

It's not only YOU who has made a mistake (or a few mistakes) that have now caused your ex-girlfriend to hate.

I tell you that because I want you to understand that it is okay that you've made some mistakes with her. In fact, it's actually very normal for a couple to have some arguments and for one or both of them to temporarily hate each other.

When the issue is fixed and arguments are resolved, they can then go back to having positive feelings for each other.

Of course, in your case, your girlfriend hates you and is now your ex girlfriend, so she probably isn't interested in resolving any arguments or problems between you right now.

So, how can you get her to become interested in fixing the issues in your relationship and opening herself up to having positive feelings for you again?

Here are some of the reasons why a girlfriend will hate her ex-boyfriend and what you can do to

begin turning things aroundâ|

1. You promised her that you would change, but never did or couldn't work out how

If you made some mistakes in the relationship, it's important for you to realize that it is NORMAL. However, if you made mistakes and never truly fixed them or improved, then it's also normal that a woman would want to break up with you or get some space for a while.

In a relationship, a couple will always grow and learn together over time. You're not expected to know everything all at once in a relationship and never have to learn or improve anything else as the relationship continues.

Everyone makes mistakes in their communication style and behavior when in a relationship.

What makes a man worth sticking by for a woman is when she can see that he is capable of learning and growing from his mistakes.

So, if you are in a situation now where you're saying, *"My ex-girlfriend hates me. How do I get her back?"* it's possible that you were making mistakes in the relationship (e.g. being insecure, clingy, controlling, emotionally sensitive, taking her for granted, etc) and when she threatened to break up with her in the past, you promised her that you would change.

Yet, you either didn't change because you thought she'd just keep putting up with it, or you didn't change because you couldn't work out how to.

Part of getting your ex girlfriend to stop hating you, is to make some real progress with fixing the problems and issues that you were bringing into the relationship.

When she can see that you've made some significant improvements already, she will naturally begin to lower her guard around you and open herself up to having some feelings for you again.

Of course, if your ex girlfriend, you're probably wondering, *"How am I going to show her that I've changed if she won't answer my calls or see me in person?"* and the answer to that is: You need to show her via your posts on social media, by getting her on a phone call (to apologize for your mistakes and let her experience the new and improved you) and then getting her to meet up with you in person.

If you don't know what to text your ex-girlfriend to get her on a phone call, what to say on the phone to get her to agree to meet up with you, all of the tested, proven to work examples are provided in my program, [Get Your Ex Back: Super System](#)

2. You have been bombarding her with messages, calls or emails

[image: Bombarding ex with texts]

When a guy gets broken up with by a woman that he truly loves, he will often find it difficult to stop himself from constantly texting, calling or messaging her.

In the past, we didn't have a smartphone with us everywhere we went, so when a guy was apart from a woman, all he could really do was send her a written letter via post or ride his horse to go and visit her at her parent's place, or something old fashioned like that.

However, in today's world, we have immediate access to contact people and when it comes to break ups, it just feels so easy and natural for guys to constantly contact a woman who has broken up with them.

Yet, here's the thing...

Repeatedly contacting an ex usually just makes things even worse, because the guy is in an emotionally insecure place, which turns the woman off even further.

Why? Women are attracted to the emotional strength of men (e.g. confidence, high-self esteem) and turned off by the weakness (e.g. insecurity, low self-esteem).

When a man is constantly contacting his ex-girlfriend, she is constantly being turned off by any insecurity and emotional weakness that is coming through via his texts, e-mails or the way he is talking to her over the phone.

So, what should you do instead?

You need to get yourself to an emotionally strong place (this is attractive to women, even when they hate you).

Being emotionally strong during a break up means that you are confident, you feel happy and emotionally secure with or without her, before you get on a phone call to arrange a meet up.

How long will that take?

Usually 24-48 hours.

In my program, Get Your Ex Back: Super System, I provide 10 hours of video training that rebuilds your emotional strength and gets you ready to reattract your ex on the phone and in person.

Most guys are ready to call their ex girlfriend by the time they've finished the training, while some guys need to wait 2-3 days.

So, if you are still feeling insecure after the break up with your girlfriend, now is not the time to be calling her, texting her, messaging her or e-mailing her to ask for another chance.

You need to put in a little bit of time to quickly fix your emotional insecurities and become emotionally strong (i.e. attractive) before you contact her again.

Then, when you do contact her, you will naturally come across in a more confident, emotionally secure way, which will make her feel respect and attraction for you.

Once she feels that way about you, she will be much more open to communicating with you, re-friending you on social media and meeting up with you in person.

3. You became very insecure at the end of the relationship

When some guys get broken up with by a woman, they accept it and go away to work on themselves for a couple of days or a week.

The guy then gets in contact with his ex, apologizes over the phone and arranges to meet up with her. He then gets her back at the meet up, or at least secures another opportunity to meet up with her again soon.

That's how an emotionally secure man does it. He's the sort of guy who will probably never stumble across this article online.

However, the majority of guys don't handle a break up that way because they're just not emotionally strong enough or lack the relationship experience to know how to deal with a situation like that.

So, if you became insecure at the end of your relationship with her (e.g. crying, begging, pleading, being emotionally sensitive, etc), then not only will your ex-girlfriend hate you at the moment, but she will probably be feeling a bit repulsed by you at this point as well, because emotional weakness is very unattractive to women.

What you need to do is thisâ€¦!

Tell her that you've realized that you were being silly and immature near the end of the break up (labeling it as "silly" and "immature" makes it easier to forgive you compared to saying that you were being crazy, needy, etc) and apologize to her for that.

From there, you need to transition the conversation to getting her to agree to meet up with you in person. If you don't know what to say to her to get her to agree to a meet up, all of my best tested examples are included in, [Get Your Ex Back: Super System](#)

4. You broke her trust

Without trust, a relationship simply cannot stay together for life.

For example: If a guy breaks a woman's trust by cheating on her, hiding an addiction (e.g. alcohol, pain killers, smoking, marijuana, etc) or not following through on many promises, it makes her lose hope in the future of the relationship.

For a relationship to stay together for life, it needs to be able to get better and better over time, rather than becoming more and more problematic as the months and years go on.

So, if a woman feels like she can't trust or rely on her man anymore, she will naturally begin to question how the relationship could get better and better over time.

If you have broken your ex-girlfriend's trust, you don't need to worry so much about it and think that you've done the worst thing in the world.

You haven't.

Yes, you made a mistake, but you know that now and can learn from it.

[image: My ex girlfriend hates me - how do I get her back?]

Remember: Everyone makes mistakes in relationships, but what marks a man out as a real man is when he can learn and grow from mistakes, rather than continuing to do the same thing over and over again.

Everyone grows and learns throughout life, including your ex-girlfriend. Yes, you broke her trust, but she wasn't 100% perfect at all times either, right?

Yes, you may have made a lot more mistakes in the relationship than her, but that doesn't mean you can learn and grow from that.

You need to tell her that it's normal for people to grow and learn as they go through life.

She needs to understand that you're not the worst guy in the world because you made a mistake or broke her trust.

People make mistakes in their communication, behavior and actions throughout life and they learn and grow from it.

If you have grown from the experience and are no longer the guy that was breaking her trust, then you need to let her know that you are sorry for doing it, but that you are also proud that you are one of the exceptional men who have the capacity to learn and grow from past mistakes.

She's not going to want you back as a result of simply saying that to her, but she will become more open to meeting up with you in person and when you meet up with her in person, that is when the real magic happens.

Meeting up with an ex-girlfriend in person (even if she hates you) is the ideal way of making her feel

a renewed sense of respect and attraction for the new and improved you.

You cannot do that via text, e-mail or any other message. You have to get her to forgive your past mistakes and experience the new and improved you in person.

At the meet up, you can get her laughing, smiling and feeling good around you, get her to forgive your past mistakes and open herself back up to having positive feelings for you again.

5. She's sick of giving you chances and no longer believes that you can change

Sometimes, when a guy finds himself in a situation where he is saying, *"My ex girlfriend hates me, but I still love her. How do I get her back?"* it's because she has gotten to the point where she is sick and tired of giving him chances.

She may have been sticking up for him for months or years by telling her friends, coworkers and family that she believed he would change, but it's now at the point where she simply can't keep making excuses for him anymore.

At that point, a woman will begin to hate her ex-boyfriend for making her look like an idiot, appear naïve or seem weak because she put up with him for so long.

So, if a guy finds himself in a situation like that with his ex-girlfriend, he needs to tell her that he's sorry for putting her in a position where she looked silly in front of other people for believing in him for so long.

He then needs to explain to her that he understands why she might not feel like she could ever believe him again, but he still wants to let her know anyway that he has changed because he's learnt from the experience and is no longer the immature guy she broke up with.

At that point, there are many things that he can say and do (via text, on social media, on a phone call and in person) to make her feel a renewed sense of respect and attraction for him, which I explain in my program, [Get Your Ex Back: Super System](#)

How to Get Her to Forgive You and Respark Her Feelings For You

Forgiveness is an essential part of the process of getting an ex back.

Why? Forgiveness is an emotional state that immediately begins to get rid of feelings of hate, bitterness, anger and resentment.

Right now, the emotional state between your ex-girlfriend hating you and beginning to like you again is forgiveness.

How can you get her to forgive you?

Make it of benefit to her.

Let her know that her forgiving you is about her feeling better about herself and being able to let go of negative feelings or "baggage" that might ruin her next relationship.

Tell her that it's the mature way to approach a break up, so both of you can move on and not hold grudges.

Of course, your aim is not to get her to move on!

You simply want her to forgive you, so she can then begin to feel more positive feelings when she

thinks about you or interacts with you.

When a woman sincerely forgives a guy, what happens is that she naturally begins to let go of the hate, anger and resentment towards her ex.

Based on letting go of those negative emotions, she is then free to feel more positive emotions about her ex-boyfriend, rather than only thinking about him in a negative way.

When she goes through that emotional transformation, she becomes open to feeling respectful of the new and improved version of you and when she does that, she then becomes open to feeling attracted to you again.

That's how it has to work if your ex-girlfriend currently hates you.

You need to get her to forgive you, feel respect for the new and improved version of you and she will then begin to feel somewhat attracted to who you are now.

At that point, she will become open to meeting up with you to discuss the relationship and have a friendly chat on good terms.

If you want to learn how to go through that process with her from start to finish, I recommend that you want my revolutionary program, [Get Your Ex Back: Super System](#)

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[image]

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[image: Dan Bacon]

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What to Say to Get Your Ex Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you are a guy who wants to get a woman back, you will no doubt be hoping that there is something you can say to her to get her back.

Well, you're in luck!

In my recent post called, [What to Say to Your Ex to Get Her Back](#), I provide 4 examples of what you can say to get your ex back.

However, as I explain in the post, while it is important to say the right things to her, the most important thing that you need to do is fix or improve the things about you that caused her to break up with you in the first place.

Since you're looking for examples of what to say to get your ex back, here is a video that I've recorded on the topic...

Saying the right things to your ex does begin the process of getting her back, but it's not all you need to do.

The most important part of getting an ex back is meeting up with her and getting her to feel a renewed sense of respect and attraction to the new and improved version of you.

If you are unsure what to say to get her to meet up with you or how to make her feel a lot of respect and attraction for you at the meet up, I recommend that you watch my program, [Get Your Ex Back: Super System](#)

When Getting an Ex Back, Actions Speak Louder Than Words

[image: What to say and do to get your ex back]

Instead of only thinking in terms of what to say to get your ex back, you also need to begin thinking in terms of what to do to get your ex back.

There's a lot of truth in the old saying, *actions speak louder than words* and it when it comes to getting an ex back, your words will be much more meaningful to her if she can actually see that you've already improved and changed significantly since she broke up with you.

Many guys make the mistake of hounding an ex with phone or text messages in a desperate attempt to get back with her, but there's nothing a guy can say that will completely change how she's feeling about him 100%.

Whatever it was that caused her to fall out of love with him or to feel less attracted to him is still there and words alone can't change all of that, but actions can.

For example: A guy might resort to begging and pleading on the phone by saying, *I can change just give me another chance and I'll prove to you that I can change.*

Yet, what a woman wants to see is that her ex has already realized where he was going wrong and has already significantly changed and improved. She doesn't want to just hear that he will change; she wants to sense that he already has changed.

The prior actions that he took to already change prior to calling her will speak much louder than any

of the words he is saying. She will feel as though she can trust him a bit more and begin to let down her guard.

However, when a guy refuses to fix or improve anything about himself (e.g. his insecurities) and resorts to pleading with her to be given another chance, it's not going to make her change her mind. In fact, it's likely to turn her off completely and any lingering attraction she felt for him will be further diminished.

If a guy begs and pleads by saying things like, *"My life is not worth living without you,"* or, *"No other woman could ever take your place,"* he's going to make the situation even worse. Why? Women feel the most respect, attraction and love for men who are emotionally strong and happy with or without her in his life.

A woman wants to see that you love her and want her in your life, but she doesn't want to get the sense that your life would fall apart if she weren't in it.

She doesn't want to live with that type of responsibility for your emotional state. She wants you to be your own man, with or without her.

Back Up What You're Saying With Actual Changes

Okay, so let's assume you're prepared to take action to improve yourself and fix the issues that caused the break up.

The first and most important action that you need to take now is to start being the sort of man that she can look up to and respect. When she sees those changes in you, it will seem possible to her that she could once again feel proud to be in a relationship with you.

You've got to show her that you have the capacity to change and improve, by actually changing and improving. You don't have to become Mr. Perfect, but you have to become an even better man than you are right now.

When the things that you're saying to your ex are backed up by what you've actually been doing in your life since the break up, it demonstrates to her that you are the kind of man who can change.

You're not all talk.

When she realizes that, she will be much more willing to give you another chance or at least meet up with you to see how she feels.

Getting Her to Open Back Up to Being With You

Not all relationships will get back together simply because a guy has changed.

Sometimes, a woman will feel as though the relationship has run its course and there's no point in trying anymore.

However, that's how she will think if her ex isn't saying or doing enough to respark her attraction and feelings for respect for him.

Here's the way that it works...

When you want to get a woman back, what you actually need to do is get her to feel a renewed sense

of respect and attraction for you on a phone call (not via text).

You can get her respect back by truly understanding where you messed up in the relationship, making some real changes and then apologizing for the mistakes that you've made.

After giving the apology, you can then ask her to forgive you for the mistakes that you've made, simply so both of you can feel better about the break up and what happened between you from then on.

You have to make sure that you tell her that her forgiving you is not about getting back together. It's just so she can get closure on what happened between you and for both of you to handle the break up in a more mature way.

Yet, that's not what is REALLY going on when you get her to forgive you.

By getting her to forgive you, it's actually a secret technique of persuasion that plays a trick on a woman's mind and makes her become more open to having positive, loving feelings for you again.

Essentially, when you get her to forgive you, what happens is that her perspective of you and the break up changes and as a result, her feelings towards you instantly begin to change.

Rather than thinking about you and feeling emotions like hate, disgust and disappointment, the act of forgiving you will naturally begin to dissolve the negative emotions and allow her to feel more positive emotions towards you.

She then realizes that things did go wrong between you and her, but you have already fixed and improved yourself so much since the break up, so there's no need to waste any more energy holding a grudge against you.

She will then begin to open herself back up to having some sort of feelings for you again, even if it begins with her feeling sorry for you because you were the guy who changed and improved too late to stop a break up from happening.

At that point, which can take anywhere from a couple of hours to a couple of days, she will then become more open to meeting up with you in person to have a chat and say a final goodbye to each other in person.

Again, this is a secret technique that you will be using on her.

Saying that the meet up is the "last time" you and her will meet up doesn't actually mean that it will really be the last time. You are just saying what you need to say to get her to feel willing to meet up with you in person.

At the meet up, you can then make her feel a strong, renewed sense of respect and attraction for you based on how much you have already changed and improved.

Since her guard will already be down after forgiving you over the phone, she will allow herself to feel respect and attraction for you in person.

When she does that, her old feelings for you will begin to come back and she will naturally become more open to the idea of giving the relationship another chance.

So, if you want to know exactly what to say and do each step of the way, I recommend that you watch my program, [Get Your Ex Back: Super System](#)

In the 10 hours of video training, I explain exactly what you need to say and do to get her back and then keep her in a relationship once you're back together.

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My Wife Left Me For Another Man

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Itâ€™s more than likely that when you proposed to your wife, you hoped that you’d never find yourself in the unfortunate position of saying, *“My wife left me for another man.”*

Right now you probably feel like your world has come crashing down around you. Naturally, all the plans and dreams for your future with your wife are going to change (even if she comes back to you).

While it is normal to feel down and depressed, remaining stuck with those emotions isn’t going to change what has already happened. Ultimately, you are at a crossroads in your life and in your relationship with your wife, and you have some decisions to make.

The question you have to ask yourself is: *“Now that my wife left me for another man, what do I want to do about it? Do I want to get her back, or do I want to move on and find another, even better, more trustworthy and attractive woman than her?”*

If you want to get her back, we recommend that you begin by watching this important video by [Dan Bacon](#) (founder of The Modern Man) about where many men slip up when trying to get a woman back...

As you will discover from the video above, it is possible to get your wife back if you want to. If she is happy with the new man, it might take 2-3 meet ups to fully get her back, but it is possible.

So, what do you want to do at this point?

Deciding What You Really Want

Even though it may not feel like it right now, you are the one with all the power.

Basically, itâ€™s up to you whether you want to forgive your wife, get her back and make a success of your marriage with her, or you can decide to cut your loses with her and make a fresh start with a woman who deserves to be with a great guy like you.

If you don’t feel confident about the idea of attracting a new woman, or even attracting your wife back, watch this video to understand how a woman’s attraction for a man really works...

As you will discover from the video above, you can actively make new women or your wife feel attracted to you based on what you say and do when you interact with them.

For example: If a man interacts with a woman and he comes across as nervous, self-doubting and is putting on an act of being an even nicer guy than he really is, women will feel turned off by him.

However, if a man interacts with a woman and comes across as confident, self-assured and authentic, most women will instantly feel a natural attraction to his personality, behavior and inner qualities as a man.

So, before you can do anything, you have to really know what you want and then do what is required to make that happen.

Why Did Your Wife Leave You For Another Man?

As much as it hurts to admit it right now, your wife left you for another man for a reason.

Ask yourself...

Was it her fault?

If your wife started having an affair while still married to you, it could mean that she is a woman of bad character, and someone who isn't too serious about her wedding vows.

For example, some women will get married to a guy and enjoy the benefits of being taken care of by him, or enjoy his money or status, but at the back of her mind she is not averse to the idea of getting divorced if she happens to meet another guy who can give her more than her husband can.

If you suspect that this is the case with your wife, yet you still want to get her back, you need to ask yourself why you're prepared to settle for a woman of bad character. Ask yourself:

- Do I believe that my wife is the best I can do when it comes to women?
- Do I fear going out and meeting new women?
- Do I lack confidence and belief in myself?
- Do I feel that I got lucky in scoring with my wife and do I doubt that I can do it again?
- Do I believe that beautiful women would never be interested in a guy like me?

If you've answered yes to any of the above questions, it is quite clear that your confidence and self-esteem have taken a dent. Maybe it's a result of being dumped by your wife for another man; however, maybe this is something that has been a problem for you throughout your life.

Whatever the case for you, settling for a woman of bad character isn't going to make you feel better about yourself. In fact, if you somehow convince your wife to come back to you without changing how you feel about yourself deep inside, you're only setting yourself up to be cheated on again.

Rather than get back with a woman who isn't loyal or trustworthy, you first need to build your confidence and self-esteem, while also building on your understanding of women and relationships, along with your understanding of who you are as a man.

Women are instinctively attracted to confident, masculine men, so the key to attracting quality women into your life is to develop the qualities that will make the type of women you really want to be with, see you as a real man.

If you don't build yourself up first and instead try to get back out there in a low emotional state, you will find it difficult to attract quality women. When this happens you may decide to settle for getting your wife back even though you know she is not trustworthy and clearly doesn't deserve a good guy like you, or you will end up dating and maybe even marrying another woman of bad character, and you will find yourself saying, *"My wife left me for another man,"* for a second time.

Was it your fault?

On the other hand, if your wife is the type of woman who really believes in marriage and has been loyal to you all the way, then her decision to leave you for another man may come down to your lack of ability to deepen her feelings of love, respect and attraction for you over time.

Contrary to what many guys believe, a wife doesn't wake up one morning and decide she wants to leave her husband for another man. In fact, she probably went through a long and difficult process, while also trying to get through to him to let him know how unhappy she was feeling, before she came to that decision.

So, if you're going to make your wife change her mind and make her want to re-commit to you and your marriage, you need to make her reconnect with her feelings of respect, attraction and love for you; not just in the short-term, but for the rest of your lives together.

3 Vital Steps to Getting Your Wife Back

Even if right now your wife is saying, *"It's over between us. I don't love you anymore, I love someone else now,"* you don't have to sit around on the sidelines and hope she'll miraculously change her mind and come back to you.

When you make her feel a renewed sense of respect and attraction for you as a man, she will naturally begin to reconnect with her feelings of love and open back up to the possibility of being married to you.

However, to make your wife change how she feels right now, you have to do 3 things:

1. Fully understand what she really wants you to change about yourself.

Every relationship is different; however, there are certain behaviors that most often result in a guy being broken up with or being divorced. To get your wife to see you as a better option to the other man, you have to fully understand what caused her to break up with you.

For example:

- Did you take her for granted?
- Did you let her wear the pants in the relationship?
- Did you fail to move up the levels of life like a real man?
- Were you needy, clingy or jealous?

When you know the real reasons why your wife left you for another man, you can make the correct changes to your thinking and behavior that will make her feel understood and happy to be interacting with you again.

On the other hand, if you don't fully understand what caused her to see the other man as a better option to you, you will most likely be offering to change things about yourself that don't really matter to her.

For example, you might be telling her, *"I promise I'll do whatever it takes to get us that new house you really want,"* but in reality, what she really wants is for you to stop working such long hours and spend more quality time with her. Alternatively, maybe she wants a baby and you've been putting it off because the timing hasn't been right.

Whatever the case, you need to be sure you're giving her what she really wants, not what you think she wants.

If you don't fully understand what she wants, she will perceive the other guy as being a better choice to you even if he's not really her ideal man because for the time being, he fills

in the gaps she feels are not being filled by you.

2. Avoid making common mistakes.

It's natural for a guy who wants to get his wife back to do whatever he thinks she wants to get her back. Unfortunately, most of the relationship advice that guys get is from what they've picked up from watching TV or what they've heard from random people they know.

To get your wife to leave the other guy and come back to you, you need to avoid making these mistakes that guys make.

- Don't try to put the other guy down: Trying to convince a woman that the other guy isn't rich/smart/nice/good looking or will love her like he does, only makes a guy look desperate, childish and immature; qualities that are unattractive to women and she will be even more turned off by him.
- Don't make up lies about what you've been doing to hopefully make her jealous: Unless an ex-husband has really going out, dating and having sex with other women, lying about it to make his wife jealous will backfire. When she finds he has been lying to her and is only trying to make her jealous, she will think he's pathetic and she'll be even more convinced that the new guy is a better option to him.
- Don't beg, plead and promise her that you will change: Women are attracted to the strength in men and repelled by weakness. Begging and pleading only makes a guy look weak in her eyes and she will be turned off by him at a deep level. Also, promising to change simply highlights to her that he is still the same guy she left and she won't be interested in coming back in the hopes that he will change if she does.

3. Fix your issues and improve yourself.

By fixing any emotional issues you have that were turning her off (like being clingy, jealous, insecure, mentally and emotionally weak, etc.) and improving and changing yourself, when you interact with her she will be able to pick it up.

She will sense it by looking at the changes in your behavior and she will naturally feel renewed respect and attraction for you as a man. From there you can build on those feelings and make her fall in love with you all over again.

You don't have to fully fix everything and become perfect to get your wife back, but you do need to start working on any emotional issues properly.

It's Not Too Late

Even though, right now, this is probably one of the lowest points in your life, you can look at it as an opportunity to improve both your life and yourself as a man.

You can sit around feeling hurt and betrayed and saying, *"My wife left me for another man,"* or, you can make changes to yourself that will not only make your wife want to come back to you, but will also improve your life as a whole.

When you feel good about yourself, not only will your wife see this and be attracted to you, you will be attractive to other women as well. Then, the choice will be yours; you can take your wife back or you can move on.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Texting Your Ex Girlfriend

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

There are several reasons why you would be texting your ex girlfriend, but the most likely reason is usually because you still have feelings for her and you want to get back together with her.

Other reasons may include:

- You want to find out if she's missing you and if she's miserable without you.
- You want to find out if she's met someone else and if she's dating and having sex with other guys since you broke up.
- You want to ask for something of yours that she still has, or you want to remind her to fetch something of hers from your place.
- You're feeling lonely and unhappy and you're missing being in a relationship (not necessarily with her).

However, the main reason will usually be because you want her back, and you're not sure how to go about contacting her to see if she'll be willing to give you another chance.

Getting Your Ex Girlfriend Back is Easier Than You Think

Although right now it might seem impossible to get your ex girlfriend back, especially if your break up was really ugly and she's saying things like, *"Leave me alone," "I don't want to see you again,"* or even, *"I hate you and I never want to see you again,"* it's actually not as difficult as you might think.

Think about it this way!

Has there ever been a time in the past where you hated a person and felt that you would never want to be friends with them? Yet, when they changed their behavior and communication style towards you, you discovered that your feelings towards them also changed and you ended up becoming friends.

This is actually quite natural and it happens to a lot of people at some point in their life.

In the same way, when you change the way you've been communicating with your ex, and you begin saying and doing things that make her feel respect and attraction for you again, she will naturally start feeling differently too.

At the moment, your ex girlfriend may not feel like she wants to be with you, but her emotions definitely can change.

However, how quickly that is going to happen depends on how quickly you can make her feel renewed respect and attraction for you as a man, and that all depends on how you go about approaching her and making her feel open to the idea of being with you again.

What Texting Your Ex Girlfriend Can and Cannot Do

[image: Can you get your ex girlfriend back via text?]

If you're considering texting your ex girlfriend, don't do anything until you're clear on what texting can and cannot do for you.

Here are some questions you might be asking:

Can I text my ex girlfriend to get her back?

The simple answer is *â€œNo.â€œ*

Why?

One of the main reasons is because she can't see you or hear your voice, so, she has to guess at the reason why you're really texting her and the emotional state you're really in.

For example: Supposing one of the reasons that caused a man and a woman to break up was because he was being clingy and needy in the relationship, if then he sends her a text message, how do you think she will react?

She's naturally going to assume that he's just being clingy and needy all over again.

Even if all he's saying in his message is, *â€œHi. I just wanted to see how you're doing.â€œ* because she can't see his behavior and body language, and because she can't hear the tonality of his voice, in most cases, she's likely going to be thinking, *â€œOh! Here we go again. My ex is just being his clingy, needy self. Why can't he just leave me alone?â€œ*

The fact is, a text message cannot bring across to her that he has changed, and that she will actually be doing herself a favor by getting back together with him.

When reading a text message, your ex girlfriend cannot see what emotional state you're in. So, depending on how badly things ended between you and her, she will be thinking a range of things ranging from a neutral, *â€œOh, it's my ex. I wonder what he wants?â€œ* to a more negative, *â€œOh, it's him! I wish he'd leave me alone,â€œ* or *â€œWhy does he keep texting me, can't he just get the message that it's over between us and just move on with his life?â€œ*

In the same way, texting your ex girlfriend will do nothing to change the way she perceived you and felt about you when the two of you broke up, because she'll just assume that you're simply saying what you think she wants you to say.

She'll conclude that, because she can't see you, you can say anything, because she will not be able to determine whether you're actually being sincere or if you're just putting on an act to get her back.

So, if you want to text your ex girlfriend, do it only as a way of getting her to talk to you on the phone.

When talking to her on the phone, not only can you make her feel understood by apologizing for your part in the break up, she'll also have the opportunity to hear your confidence and experience the changes you've made to yourself since the break up, in the way that you're talking to her.

By making her feel good when you're talking to her on the phone, for example, by making her laugh, or by making her feel understood, she will then open herself up to the idea of meeting with you in person.

Should I use the â€œNo Contact Rule?â€œ

Just because you can't text an ex girlfriend back, it doesn't mean ignoring her is a better option.

Although you might have read somewhere that using the No Contact Rule is a good way to make an

ex girlfriend realize that she simply can't live without you in her life, in most cases, this plan backfires.

Why?

When a woman has broken up with a guy and then doesn't hear from him for a long period of time, rather than sit around pining for him, she has the opportunity to get on with her life.

In many cases, a woman who has been "ignored" by her ex is usually dating and having sex with other guys by the time he gets around to contacting her again to see if she wants to get back together with him.

Of course, the "No Contact Rule" does work sometimes. However, if a woman does contact her ex and discovers that he still has the same issues and problems that lead to their break up in the first place, then she isn't going to be interested in getting back together with him.

In most cases, when a woman calls an ex after he's been ignoring her for a long time, it's because she wants to check if he's moved on, or if he's still missing her and lonely without her.

If, when she calls he then says something like, *"Oh, I'm so glad you called. I've been missing you so much! Can we please work things out? Can you give me another chance?"* she'll know that his silence was all an act, and she will feel good about having moved on with her life.

What you need to know, is that you don't have to use "tricks" to get your ex girlfriend back. You can actively make her feel differently about being with you again right away.

Should I apologize to her via text?

No.

The truth is, an apology is always best when you are face-to-face with the other person.

Typing, *"I'm sorry. I'll change, I promise. Just give me another chance,"* is easy, but it doesn't mean you mean it, and for the same reasons mentioned above, because she cannot see your body language or hear your tonality, chances are she simply won't believe you're being sincere.

Additionally, most relationships don't break up because of something only one person did. So, unless a guy cheated, apologizing over and over again without fully understanding what caused his ex girlfriend to break up with him, only puts him in a weakened position with her; which most women find unattractive.

If your ex girlfriend cannot respect you and look up to you, she won't be able to feel sexually attracted to you, and without respect and attraction she won't be interested in getting back together again.

Only Text Her to Arrange a Meet Up

As tempting as the idea might sound to you, texting your ex girlfriend to resolve the issues in your relationship is not the best way to go about making her feel a renewed sense of respect and attraction for you.

Rather than waste time texting back and forth and still end up getting nowhere, just get her on the

phone where you can re-spark her feelings of attraction for you and get her to agree to a meet up. Until your ex girlfriend can feel respect and attraction for you as a man, she will be happy staying in the realm of "ex."

On the other hand, if when you talk to her she can sense that you have changed (because she can hear it in your voice), she will be willing to meet up with you to see for herself if her instincts about you are right.

Then when you meet in person, you can make her feel attracted to you in new and exciting ways, like by being more confident and charming, by making her laugh, by showing her that you've got focus and direction in your life, etc.

When she sees for herself that you have the qualities she is looking for in a man, she will naturally feel drawn to you and that's where things will change between you and her for the better.

So, if you're still thinking that the best way you can get your ex girlfriend back is via text; stop doing that. Just pick up the phone and call her.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Winning Back Your Ex: What You Need to Say and Do

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Winning back your ex is no different to winning at anything else in life.

To be a winner, you need to beat the competition. Right now, she is looking at other guys as being a better option than you, but you can change how she feels about that.

How?

She will reconnect with her feelings for you and begin to see you as being other guys if you can...

1. Get her respect back

The most important part of winning back your ex begins with getting her to feel respect for you again.

For example: If a woman dumped a guy because he was too insecure, she's not going to take him seriously anymore unless he can show her (i.e. by talking to her on a phone call and meeting up with her in person) that he really has changed.

It's not enough for a guy to say, *"I promise that I will change if you just give me a chance."* Those are just mere words and when a relationship has broken up, most women aren't willing to just accept that and get back together.

Some women do initially accept it (e.g. if she is inexperienced with relationships or still really loves her guy and wants to make it work), but most women know that if a guy says that he will change, it's not the same as him actually changing, improving and truly fixing his issues.

So, how would a guy convey that he is no longer insecure when he talks to his ex over the phone or in person?

On the phone, it will come through via his tonality, attitude, conversation style and how he reacts to what she says or does on the call.

In person, it will come through via his tonality, attitude, conversation style, body language, vibe, behavior and how he reacts and responds to what she says and does.

[image: Winning back your ex after a break up]

If you're unsure how to handle yourself on a phone call or at an in-person meet up with your ex to get her respect back, all of the examples of what to say and do are provided in my program, [Get Your Ex Back: Super System](#)

2. Get her to feel attracted to you again

Once your ex feels that she can respect you again, she will automatically become open to feeling attracted to you again.

For example: If you are being confident and getting her smiling and laughing, she will feel attracted to you because of that.

Watch this video to understand how a woman's attraction for a man works and how you can use the

power of attraction to win back your ex...

As you will discover from the video above, you have a lot of direct control over how much attraction your ex feels for you.

For example: If a guy meets up with his ex girlfriend, fianc  or wife and he is feeling nervous, insecure and unsure of himself, he will naturally be turning her off.

Why? Women are naturally attracted to the emotional strength in men (e.g. confidence, high self-esteem) and turned off by the weakness (e.g. insecurity, low self-esteem).

If you don't feel like you will be confident enough to reattract your ex, I recommend that you go through the emotional transformation process provided in my program, [Get Your Ex Back: Super System](#)

After going through the full 10 hours of video from the program, most guys are ready to contact their ex, get her respect back on the phone, begin reattracting her and secure a meet up.

Some guys need to give themselves a couple more days to get to a place of emotional strength, but most guys are ready to meet up with their ex and get her to feel a renewed sense of respect and attraction for them.

3. Get her to reconnect with her love for you

If a woman doesn't respect a guy, she won't be able to feel proper attraction for him and when in a relationship, she will then begin to fall out of love with him.

So, when you get your ex to feel a strong, renewed sense of respect and attraction for you, she will naturally and automatically begin to reconnect with her old feelings of love for you.

[image: Winning your ex back with mutual respect, attraction and love]

When that happens, she will be able to look back at the problems in the relationship with a more light-hearted, forgiving perspective where it's no longer such a big deal because you really have changed.

What to Say to Begin Winning Back Your Ex

[image: What to say when winning back your ex]

The fact that she's now your ex suggests that you've already won her love in the past, but have now lost it.

So, part of the process involved in winning her back is to understand what really went wrong and what caused her to fall out of love with you and choose to end the relationship.

If you are trying to win her back, but you don't really, truly know what she wants, then most of your efforts will be ignored and she might even see it as annoying that you're still trying to get her back even though you don't even understand what she really needs you to change.

For example: Sometimes a guy will get dumped by a woman because his approach to love is too insecure (e.g. he needs her to continually reassure him of her love and devotion, he is too protective, etc).

If he tries to win her back by declaring his undying love for her and saying that he will do anything to make her happy, she might appreciate it, but she's going to feel annoyed and turned off by the fact that he's not directly addressing her main problems with him.

She would be much more impressed and respectful of him if he could relax, smile and say in a light-hearted way, *"I get it now. I was being too insecure with you. It was silly. I look back on it now and I laugh at how immature I was being, but I'm happy that the insecurity is now a thing of the past. I'm obviously not like that anymore, but I get it that you probably don't want to believe me right now. You probably think I still haven't changed, right?"*

Then, let her explain herself and take it from there.

For example, if she said, *"I don't know"* then he can say, *"Well, I know. I know that I was being silly before. That's what often happens when a guy loves a woman so much, but just didn't know how else to express it. I know now that I should have just relaxed and let us love each other, rather than being such an insecure idiot."*

She will then be able to see that he does get it and that he really has begun to change, or already has changed.

Of course, the conversation that you have when winning your ex back will need to be tailored to you and your relationship problems with her.

In my program, [Get Your Ex Back: Super System](#), I provide examples of what to say that get any woman to relax, begin to forgive her ex and open back up to him. So, if you need that kind of help, I recommend that you begin watching my program right away and follow the steps until win her back.

Being a Man That She Can Look Up to and Respect

A very important part of winning back your ex is allowing her to see that you are now the sort of guy that she can look up to and respect.

To help you understand more about getting a woman to look up to you and respect you when in a relationship, here are some examples...

1. Leading the Way

Many guys make the mistake of thinking that a woman will be happier if she gets to wear the pants or lead the way in a relationship.

Modern women may be independent and may even go around saying that they can do anything that a man can, but they are still instinctively attracted to and respect of a man who takes on the alpha role in a relationship.

Taking on the alpha role doesn't mean being overly domineering, controlling her, bossing her around, making all the decisions all the time or anything like that. It's simply about being the emotionally stronger one who takes on the role of leading the way to a better life for you and her.

It's fine if she makes decisions at times or even takes the lead, but for the most part, she wants to see that you are leading the way and there is an opportunity for her to relax into feeling like a real woman.

Regardless of what the unhappy, feminist women on TV shows like *The View* say, what makes a woman feel like a real woman around a man is when he is more masculine than her.

When a man is more masculine in the way he thinks, feels, behaves and takes action in life, it allows a woman to relax into thinking, feeling, behaving and taking action like a feminine woman.

In other words, she has the opportunity to be girly, get emotional, focus on the love she feels for you, put time and effort into looking pretty and so on.

This doesn't mean that she can't follow through on her career dreams or anything like that. It just means that she can feel girly and feminine while she is doing it, which is what women really want to feel like.

Some guys just don't understand that about women, so in a relationship, a guy will essentially let the woman take control, boss him around or make decisions about most things.

When she breaks up with him, he will continue to put her in control by saying things like, *“Just tell me what you want me to do, I’ll do anything, just give me another chance,”* not knowing that he is turning her off in the exact same way that caused her to want to break up with him in the first place.

She doesn't want to have to teach him how to be the man she needs. She wants a ready-made man who already understands what it takes to be the man in a relationship, rather than having to guide him and teach him.

If she has to teach him, she won't feel like a feminine, girly woman in comparison to him. Instead, she will like a mother figure, big sister, friend or teacher.

To win back your ex, you need to show her that you now have the ability to be masculine in a way that makes her feel feminine. She needs to be able to see that she can relax and trust that you really are the man now.

When she sees that, she will begin to respect you again and when that happens, she will become open to feeling attracted to you again. When that happens, she will naturally begin to reconnect with her old feelings of love for you.

2. Appreciating her

For a relationship to last a lifetime, mutual love and appreciation must be deepened over time, rather than falling into the trap of taking each other for granted.

Some guys are excellent at showing a woman how much they care during the dating phase of the relationship, but after the first year or so, many guys begin to take their woman's love and devotion for granted.

For example: He might begin to pick on her privately or in front of other people, he might become mean and selfish or he might come to expect that she has to serve him and do whatever he wants now that they are in a relationship.

Some women will put up with that type of treatment for a while, but when she has had enough of being treated like crap, she will eventually begin to open herself up to meeting other guys or developing feelings for nice, sweet guys (e.g. at work or university) who treat her well and give her lots of compliments.

To win an ex back in cases like this, a guy needs to be able to fully understand where he messed up with her, improve his relationship skills (or relationship intelligence) and then communicate to her with his new, more mature and loving perspective.

For example, he might say, *“I now know that I didn't love you the way that you deserved. I was too*

selfish and cared too much about what I needed, rather than giving you the appreciation you deserved. Of course, we are broken up now, but I do want you to know that I am sorry for being such an asshole. Although you might not care because you hate me right now, I just want you to know that I'm no longer that immature guy who wasn't man enough to love you the way you wanted and needed. I'm sorry for that."

In most cases, that will begin to get a woman's respect back. It's not the only thing that needs to be done though.

As explained earlier, you need to get a woman's respect back and then she will begin to allow herself to feel attracted to you again. When that happens, she will begin to reconnect with her feelings of love and will be much more willing to give the relationship another chance, or at least meet up with you and see how she feels.

What is Your Plan to Win Back Your Ex?

The process of winning back an ex is confusing for most men.

I've literally spoken to successful businessman, pilots, lawyers, doctors and other very intelligent, successful men who had no idea what to say or do to get their ex girlfriend, fiancÃ© or wife back.

So, if you are unsure about how to go about winning back your ex, don't feel as though it's only you who is feeling lost about what you should do. Most guys have no idea what to do and it's so easy to make classic mistakes that push your ex away even further.

If you are serious about getting her back, I recommend that you use my proven to work system, [Get Your Ex Back: Super System](#) and I'll guide you through the exciting process of winning her back.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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7 Ways to Get Your Girlfriend Back After a Break Up

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

In this post, I'm going to discuss 7 different ways that a guy can get his girlfriend back after a break up.

The exact approach that you need to use to get your girlfriend back will depend on what stage of the break up process you are in and how bad the break up was.

For example: If you've just broken up, it's usually very easy to get another chance with a girlfriend by giving her a sincere apology, understanding where she is coming from and then showing her that you've already begun making improvements to the things that she is breaking up with you about.

She will then feel a renewed sense of respect and attraction for you and will be willing to forgive your past mistakes, give the relationship another chance and continue on for now.

[image: Ways to get a girlfriend back after a break up]

However, if you and her have already broken up many times before, have broken up months ago, you've cheated on her or she is moving on with another guy, you will need to add in a few more steps to the process of getting her back.

If you're currently dealing with a difficult break up and haven't been able to get your girlfriend back so far, you will need to follow a tested, proven to work plan that ensures you will get another chance with her.

All the examples of what to say and do at each step of the process are provided in my program, [Get Your Ex Back: Super System](#)

For now though, let's have a look at some of the different ways to get your girlfriend back after a break up...

1. Meet up with her in person and get her to feel a renewed sense of respect and attraction for you, forgive you and become open to being with you again.

When getting a girlfriend back after a break up, the most important thing that you need to do is meet up with her in person.

It's only in person that she will be able to clearly see that you already have changed the way that you think, feel and behave around her. You cannot show that to her via a text message and you can only half get that across to her on a phone call.

Phone calls are good, but the most effective and efficient way to get a girlfriend back after a break up is to get her to feel a renewed sense of respect and attraction for you in person.

[image: Best ways to get a girlfriend back]

It might take you a couple of days to fix your issues (e.g. insecure, not knowing how to make her feel attracted to you anymore, etc) or it might take you a couple of weeks, but no matter how long it takes you, the best way to show her that is in person, not via text, email, written letter or any other type of

message.

Due to the popularity of smartphones and how much people tend to text these days, a lot of guys now make the mistake of hoping to get their girlfriend back via text.

However, using text as a way to get a girlfriend back after a break up is usually the worst approach to take.

The best way to get your girlfriend to notice real changes in you is to get her on a phone call and then meet up with her in person.

If she isn't currently answering your texts or phone calls, my program, [Get Your Ex Back: Super System](#) provides tested examples of what to text her to get her on a phone call and then what to say on the call to get her to meet up with you.

2. Redefine the relationship and start again.

[image: Best ways to get a girlfriend back after breaking up]

Sometimes a relationship will break up because the man and woman simply don't know how to make each other feel how they really want to feel when in a relationship.

This may happen if a guy is inexperienced with relationships, if he takes his woman for granted or if he just wasn't ready to be the type of man that she really needs.

In cases like this, a guy needs to tell his girlfriend that he believes the relationship is worth investing a bit more time in because all relationships go through ups and downs.

He needs to tell her that what makes a relationship last is when they can grow and learn together in a relationship and become closer, happier and more fulfilled as a result.

Couples that are still happy and in love after decades give each other that time to grow and learn together and become better at loving each other, making each other happy and having the type of experiences that they want when in a relationship.

He then needs to say something like, *"If you want to break up, I will accept that, but just answer this question for me: Hypothetically speaking, if we did decide to give our relationship one last chance, what are two or three things that you would need from me to make this relationship work? After you answer that, I will tell you what I would want from you."*

When talking to a woman about these sorts of things, you need to make sure that you aren't coming from a place where you are begging or being desperate for her to give you another chance.

Why? Women are attracted to the emotional strength of men (e.g. belief in yourself, confidence, high self-esteem, etc) and are turned off by the weakness (e.g. insecure, neediness, low self-esteem, etc).

You must have the emotional strength to come across as being confident in your attractive and value to her, rather than giving her the impression that you're unsure about yourself or worried that you won't be able to attract another woman like her if she leaves you.

When you can sincerely be confident and emotionally secure when you talk to her, she will be able to look up to you and respect you as well as feel attracted to you, which will make her want to reconsider her decision.

3. Make her feel jealous by enjoying your life without her.

Making a woman feel jealous isn't the only thing that you need to do to get her back, but it's something that helps bring down her guard and make her feel compelled to stay in contact with you.

If a guy is just sitting around his home feeling lonely and depressed, posting up sad photos on social media and ranting on about how love isn't fair, then his girlfriend isn't going to be feeling jealous of his emotional state.

On the other hand, if she sees him having a great time without her (whether he tells her in person, over the phone or she sees it on social media), it can help to remind her that she is losing a great guy who has the emotional strength to get on with life regardless of the pain of the break up.

In my program, Get Your Ex Back: Super System, I talk about how to make a woman feel all sorts of painful and positive emotions that combine together to make her want to get back with you or at least meet up with you as soon as possible.

Getting a girlfriend back is not all about making her feel the painful emotions of jealous and loss when she sees you enjoying yourself without her.

To get a girlfriend back after a break up, it's also very important that you make her feel a range of positive emotions when she talks to you on the phone, interacts with you in person or even just stops by to check you out on social media.

A lot of women will block their ex boyfriend on Facebook and other social media sites after a break up, but they always tend to stop by every now and then to have a quick look at how he is doing.

So, in cases where the girlfriend hates her ex boyfriend and is not willing to meet up with him, he at least needs to ensure that the way he is being represented on social media is making her feel a combination of painful and positive emotions, which will cause her to either unblock him, get in contact with him or finally answer her phone when he calls.

4. Get her to have sex with you one last time.

A great way to get your girlfriend back after a break up is to get her to agree to have sex one last time.

If you have also improved and fixed some of the issues that caused the break up (e.g. insecurity) and you are able to make her feel a renewed sense of respect and attraction for you when you meet up with her, the sex will be the enjoyable icing on top of the cake.

She will be feeling all sorts of new and exciting emotions now that you've changed and as a result, the sex will be much more enjoyable and will make her feel as though it's a good idea to give the relationship another chance.

Of course, not all women will readily agree to have sex one last time, so what a guy needs to do in cases like that is meet up with her in person and get her laughing and smiling and feeling a renewed sense of respect and attraction for him before he suggests it.

If you don't know what to say or do to get your girlfriend to agree to have sex with you one last time, I provide tested examples of what to say and do in my program, Get Your Ex Back: Super System

5. Start dating other women who are as attractive as her or even more attractive.

When a guy wants to get a girlfriend back, he will rarely want to start dating other women because he will simply want to get his ex back.

I understand that.

However, one of the ways to get a girlfriend after a break up is to start dating other women who are as attractive as her or even more attractive than her.

This approach helps when a woman has broken up with a guy because she feels as though he's not good enough for her. Then, when she sees him with other women, she starts to realize that maybe she has made a mistake and is now losing a great guy.

6. Stop texting her and only be available via phone call or meet up.

A lot of guys delay the process of getting a woman back by allowing her to access to text him back and forth whenever she feels like it.

If you want to make her feel some loss and be willing to talk to you on the phone, you've got to cut off her access to text communication with you.

By continuing to text her whenever she feels like it, she will be able to calm any painful feelings by texting you something like, "*Hey, how are you doing?*" and seeing by your replies that you're still missing her and hoping to get her back.

The reason why you should only talk to her on a phone call and in person is so she can feel a renewed sense of respect and attraction for you, based on the changes and improvements you've made to how you think, feel, talk to her and behave.

Trying to show a girlfriend how much you've changed by texting her is nearly impossible because without her being able to see your body language, hear the way you are expressing yourself and assessing how you are behaving, she has to guess what state of mind you are really in when sending her those texts.

If your girlfriend currently has a negative perception of you, she's most likely going to look at your texts in a negative light.

However, if you speak to her on the phone and get her smiling and laughing, she will be more open to listening to you, talking to you and respecting how much you've already changed and improved as a man.

If you don't know what to say or do to get your girlfriend on the phone, laughing and smiling and being willing to meet up with you in person, I recommend that you watch my program, [Get Your Ex Back: Super System](#)

7. Only display traits that will attract her and make her feel respectful of you.

Some guys make the mistake of thinking that they might be able to get another chance with their ex girlfriend by making her feel guilty or making her feel pity for him.

For example: He will slip into begging, pleading, promising her the world if she gives him another chance, declaring his undying love for her, threatening to kill himself, saying that he is nothing without her and so on.

However, none of that makes a woman attracted or compelled to give a guy another chance. Why?

Women are naturally turned off by the emotional weakness of men (e.g. insecurity, nervousness, neediness, etc) and attracted to the emotional strength (e.g. confidence, high-self esteem, etc).

So, from now on, you need to make sure that you're only displaying the personality traits and behaviors that are naturally attractive to women (e.g. confidence, charisma, emotional strength, the ability to make her laugh, etc).

She's not going to be interested in cute, romantic or sweet gestures until you get her to feel respect for you first and then begin to reattract her by displaying the personality traits and behaviors that are naturally attractive to women.

For example: When you call her up, you need to be able to let her feel your confidence and emotional strength by talking to her in a confident, masculine and mature way.

However, you should also be confident enough to make her smile and get her laughing by adding in some humor, rather than being afraid to do that because you're worried that she might not like it.

Women are attracted to confident men who aren't afraid to be attractive during interactions.

Even if you your girlfriend said, *"I hate you!"* or *"I don't have feelings for you anymore!"* during the break up, the best way to begin getting her back is to make her have feelings for you again by displaying the personality traits and behaviors that are naturally attractive to women.

Don't shut yourself down and become neutral, too friendly or too nice now that she has broken up with you. You must get her respect back, get her to feel attracted to you again and when that happens, she will naturally begin to have feelings for you again.

If you need help on what to say and do to get her respect and attraction back, I recommend that you watch my program, [Get Your Ex Back: Super System](#)

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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policy.

Texting Your Ex After Breaking Up

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Texting your ex after breaking up is usually the worst approach you can take to getting her back. Why?

If a woman breaks up with a guy because he was being insecure, needy and clingy during the relationship, she isn't going to believe him if he promises that he has changed via text.

If you've been dumped a woman, the only way that she will believe that you have changed is to interaction with you on a phone call and in person.

[image: Get your ex on a phone call]

On a phone, she will be able to tell by the tone of your voice, how you speak and how you react and respond to her whether or not you really have changed.

In person, she will be able to tell by your body language, style of conversation, attitude, vibe and behavior whether or not you have changed.

Yet, that is not going to happen via text.

Of the 100s of phone coaching clients I've helped over the past few years, about 95% of them have been stuck texting back and forth with their ex for weeks or months, before she eventually stops responding altogether.

So, if you want to get your ex back for real, please do not waste time texting her.

Texting usually results in the woman playing hard to get or getting annoyed with her ex because she misunderstands him and what he is trying to say.

The only time you should really be texting your ex is to get her on a phone call, so you can then arrange to meet up with her in person.

If you don't get your ex to meet up with you in person, you won't have a chance to make her feel a renewed sense of respect and attraction for the new, improved version of you.

That is what really counts when getting an ex back.

If you're not willing to do that, you can look forward to a lot of emotional pain, frustration and heartache as she drifts further away from you the more you text her.

These Days, Most Couples Do Get Back Together and That Number is Increasing

[image: Reattracting your ex when you meet up]

Unlike in the past where the most common break up advice was, *"Forget about her" or "move on" or "there are plenty of fish in the sea"*, people are now starting to realize that with the right approach, relationships can actually be rekindled.

In fact, according to an American research journal, nearly 50% of couples do get back together after a break up.

Of course, a lot of those relationships break up again because (in cases where the guy is getting a

woman back), the guy doesn't fix the problems that turned the woman off and she ends up breaking up with him again.

That's where I come in.

In my program, Get Your Ex Back: Super System, I explain exactly what to say and do to get a woman back and then exactly what to say and do to ensure that you keep the relationship back together once you rekindle.

As a result of this training, men are now getting women back in increasing numbers. I get sent new e-mails from guys every day now who contact me to say thanks and let me know that they've successfully gotten their woman back.

In the past, it was difficult for a guy to get a woman back because he usually didn't have any other guys in his life who could teach him how to get her respect and attraction back. People have pretty much always said things like, *"If you let her go and she comes back, it was meant to be"* or *"Be patient...you'll find another woman one day."*

Thankfully, modern men don't have to put up with that crappy advice any longer. It's now possible to get an ex back and in many cases, it's fairly easy to do and happens within a couple of days to a week.

3 Mistakes to Avoid When Texting Your Ex After Breaking Up

[image: Mistakes to avoid when texting your ex after breaking up]

If getting your ex back into a relationship is what you really want, here are 3 classic mistakes that you need to avoid...

1. Don't text her unless you want to arrange a meet up.

It's very tempting to use texting as a way of breaking the ice or staying in touch with an ex.

However, texting your ex after breaking up with her should only ever be used as a stepping stone to getting her to talk to you on the phone, or in person.

Why?

Although many guys assume texting an ex is a safer way to communicate with her because it makes him appear non-threatening to her so she will be much more open to talking to him again (especially if the break up was messy), this usually isn't the case.

In fact, texting can actually send the wrong message to an ex because she has to guess the guy's state of mind, where he's coming from and why he's texting her, etc.

For example: If a woman currently feels anger, resentment or any other negative emotions towards her ex, even a simple, "Hi, how are you? I hope you're having a good day" can make her feel annoyed.

Countless psychological studies have proven that up to 90% of all communication between two people is non-verbal and is comprised of body language and tonality.

So, when you text your ex after a break up, there is no body language or tonality for her to see and experience. Her perception of your texts will be based on how she felt about you during the break up and afterwards.

If she is missing you like crazy, then okay â€œ she will love the text. However, if she dumped you and is currently trying to move on because you are still unable to make her feel enough respect and attraction, then she's not going to enjoy getting texts from you.

Even if you are now much more confident, self-assured, ambitious, interesting, etc., than you were when she broke up with you, and even if youâ€™ve fixed all your issues and improved yourself, she will have no way of experiencing that via a text message.

So, when it comes to texting your ex after breaking up, the Golden Rule is this: Texting should **only** be used to get her on a phone call so that you can arrange to meet her in person.

On the phone, she will be able to hear the tone of your voice and she will sense whether you are confident and emotionally secure without her (which will attract her and get her to lower her guard slightly) and she will be a lot more open to the idea of meeting with you in person to see for herself what is different about you.

Then, when you meet up in person, you can make her feel a renewed sense of respect and sexual attraction for you, so that she will want to get back together again.

Naturally, if youâ€™re not feeling emotionally strong without her right now, itâ€™s something you will have to work on before you contact her.

By going through the 10 hours of video training in my program, Get Your Ex Back: Super System, I can guarantee that you will be ready to call her and make her feel a renewed sense of respect and attraction for you over the phone and in person.

Of course, I know that many guys are in a situation where their ex girlfriend, fianc  or wife is no longer answering their calls.

No problem.

In my program, I provide tested, text messages examples that you can send to her that make her answer the phone when you call.

2. Donâ€™t promise to change via text.

It might seem like a good idea and you may even believe that itâ€™s what sheâ€™ll want to hear before she will be interested in seeing you again, but texting your ex after breaking up to apologize for whatever happened between you and promising her youâ€™ll change, is not going to make her feel a strong enough sense of respect and attraction for you.

Think about itâ€¦!

Anyone can type, *â€œIâ€™m really sorry about what happened between us,â€œ* or, *â€œIf you give us another chance I promise Iâ€™ll change,â€œ* but that is just a bunch of words on a screen and to a pissed off woman who has dumped a guy, they are usually going to be very annoying words on a screen to her.

Without seeing you face-to-face, a woman has no way of knowing if youâ€™re being genuinely sincere, or if youâ€™re just using the apology as a ploy to get her to forgive you.

Additionally, saying *â€œIâ€™m sorryâ€œ* doesnâ€™t really get to the root of the problems that existed in your relationship anyway.

For example: A guy can be saying, *â€œIâ€™m sorry that I didnâ€™t spend enough time with you like you wanted. I promise that if you come back I will make sure I donâ€™t work as hard / spend as much time with my friends,â€œ* but, that's not the real reason she broke up with him.

She may have really broken up with him because he currently isn't enough of a man for her in the way that he thinks, feels, behaves and takes action in life.

She ended up feeling like more of a friend to him and felt as though she was emotionally stronger than him, so his promises to spend more time with her are missing the point.

If he sends that sort of apology to her via text, she's just going to roll her eyes and feel like she made the right decision to break up with him because he clearly doesn't understand her and what she really wants.

Essentially, apologies should be done in person and only after you know the real reasons why your relationship ended. You've got to be offering her what she really wants, not what you think she might want.

Watch this video for some examples of why women really break up with men. Do any of the break up reasons apply to you?

As you will discover from the video above, it's critically important for you to understand the real reasons why she broke up with you.

Most women don't explain all of the real subtle reasons why and unless you are aware of those and fix them, she will feel as though you just don't understand her.

This is why I explain more than 70 different break up reasons in my program, Get Your Ex Back: Super System as well as provide advice on how to quickly fix those issues and get her to forgive you.

3. Don't use texting as an excuse to remain in constant contact with her.

[image: Don't stay in constant contact via text]

Most people have heard the old phrase *out of sight out of mind*, so when a guy gets dumped by the woman he loves, he will often want to stay in touch with her to hopefully stay on her mind.

Yet, in most cases, staying in contact via text will simply annoy her and turn her off even further.

Why?

I've seen countless examples of the texts that guys send to their ex. My phone coaching clients often send me screenshots from their smartphone to show me examples of what they've been texting their ex.

In most cases, the texts are pointless conversations that don't need to be had or attempts from the guy to be friendly with her to stay in touch.

Yet, time and time again, those texts have done nothing other than annoy the woman and push her further away.

The guys who successfully get a girl back are those who meet up with their ex in person and make her feel a renewed sense of respect and attraction.

When that happens, she naturally begins to lower her protective emotional guard and becomes open to having feelings for him again. Some guys get their ex back immediately, whereas others need 2-3 meet ups before the relationship reconciles completely.

Yet, I can tell you that from all of my experience helping guys to get their ex back, I have never heard of a case where texting got the woman back.

In every example I've seen, the woman has simply been a pain in the ass (e.g. not replying to some texts, getting annoyed, being rude or cold, etc) or she has lead the guy on (i.e. giving him hope) while

she secretly moved on with another guy in the background.

So, if you want to get your ex back for real, don't waste time texting her. You've got to get her on a phone call and then meet up with in person so you can make her feel a renewed sense of respect and attraction for you.

You Can Get Her Back

Texting your ex after breaking up should only be to get her on the phone.

On the phone you can re-spark her feelings of respect for you by making her feel understood and by apologizing for your past mistakes.

You can make her feel attracted by being confident and getting her smiling and laughing as she talks to you on the phone.

You then need to get her to agree to meet up you in person (exact wording provided in my program, Get Your Ex Back: Super System) where you can then make her feel more respect and attraction for you by showing her that you really have changed and are now a better man.

When she sees you in person and notices that you really have changed, she will then begin to drop her guard, allow herself to feel attracted to you and she will then begin to reconnect with the love that once felt for you.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How to Make a Girl Want You Back: 10 Examples

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The secret of how to make a girl want you back is to make her feel a renewed sense of respect and attraction for you.

However, the exact approach that you use to make her want you back will depend on the reasons for the break up.

For example:

1. If she lost respect for you (e.g. because you were insecure, treated her badly, etc) and has now closed off her feelings for you so she doesn't feel any attraction or love for you anymore.

When a girl loses respect for a guy, she will then find it nearly impossible to feel attraction for him anymore. Without respect and attraction, she will then begin to fall out of love with him or stop having “feelings” for him.

So, how to make a girl want you back in a situation like that is to first get her respect back.

Talk to her on the phone (not text) or in person to apologize for mistakes that you've made and let her know that you don't expect her to want to get back with you because you're apologizing, but you still want to give her that apology because you know that it's the right thing to do.

From there, you then need to do the most important thing of all and that is to let her see that you really have changed.

For example: If a guy was too insecure when he was in a relationship with his girlfriend, then she will be used to being to pick up on his insecurities in the way that he talks, what he says and how he behaves.

So, when she notices a real difference in the way that he now talks, thinks, feels and behaves, she will start to accept that maybe he really has changed.

[image: Getting a girl to want you back when you meet up with her in person]

If he meets up with her in person, she will then be able to see that, even if she interacts with him for 30 minutes or an hour, his old insecurities just don't appear anymore. He really has changed.

When a girl realizes that, she will then drop her protective emotional guard, feel respect for the guy and then allow herself to begin feeling attracted to him again (e.g. feel attracted to his confidence, how he makes her laugh and smile, his charisma, masculine vibe, etc).

Letting her experience the new, improved version of yourself is the most important part of making a girl want you back. Without that, she will usually just remember the bad parts of your relationship or the things she didn't like about you (e.g. insecurity).

Now that people have their smartphone with them all of the time or most of the time, a lot of guys make the mistake of trying to make a girl want them back by text.

Simply texting a girl isn't going to show her that you really have changed.

Anyone can send a text and appear confident or happy, but it's how you come across on a phone call and in person that really counts.

As you may have noticed, texting can actually your ex to feel even more turned off and repelled when she misunderstands what you are trying to say.

By the way...

When I help guys to get girls back via my phone coaching service, I always hear (95% of the time) that he has been texting the girl for weeks or even months at a time without even meeting up with her.

Texting her is usually just a waste of time. If you want to make a girl want you back, you've got to get her to experience a renewed sense of respect and attraction for you on a phone call or in person.

If you're not sure how to get her to feel that way, I explain exactly what you need to say and do in my program, [Get Your Ex Back: Super System](#)

2. If you've been in a relationship for more than 5 years that has lost its spark and become boring.

Relationships between men and women no longer work in the exact same way as they did 50 or 100 years ago.

In 1900 for example, a woman would usually be a virgin when she got married and she would have to stay with her man for life even if she was unhappy.

Back then, it was shameful to get divorced.

However, in today's world, girls are allowed to get in and out of relationships as often as they want until they feel like they've found the right guy who is capable of making her feel the type of respect, attraction and love that she wants to feel when in a relationship.

So, in ex back cases like this, what a guy needs to do is to first get the girl's respect back and then make her feel attracted in fun, exciting ways.

For example: Rather than having serious, deep and meaningful conversations with her, he needs to be get her smiling and laughing when she talks to him. When she opens up to that, he needs to begin flirting with her to get the spark back between them.

One of the great things about the attraction that a girl feels for a guy is that it can be CREATED and RECREATED.

If a girl currently doesn't feel much (or any) attraction for you, it's possible for you to begin actively making her feel attracted to you by displaying some of the personality traits and behaviors that naturally attract girls to guys (e.g. confidence, charisma, masculine vibe, humor, etc).

Watch this video to understand how a girl's attraction for a guy works...

As you will discover from the video above, you actually have a lot of direct control over how much or little attraction this girl will feel for you.

For example: If a guy is trying to make a girl want him back and he is being insecure, needy or clingy, then she's not going to be feeling attracted to him.

However, if he gets her on a phone call or meets up her in person and is being confident, charismatic, funny and charming, she will naturally begin to feel attracted to him again.

3. If you cheated on her and she is now unsure whether she should steer clear of you, have sex with a new guy to get revenge or trust you and give you another chance.

If you cheated on a girl and she really loves you, respects you and feels attracted to you, then it's usually very easy to get her to accept your apology and take you back again. After all, she doesn't want to lose an awesome guy like you.

However, if you cheated on a girl who doesn't respect you for several other reasons in addition to the cheating betrayal (e.g. you were insecure, you treated her badly, you got very angry or aggressive at times, etc), then you're going to need to through the standard, 3-step process to get her to open back up to considering giving the relationship another chance.

The 3-step process is that you get her respect back first, start to make her feel attracted to you again and she will then begin to reconnect with her feelings of love for you.

Watch this video to understand how it works...

As you will discover from the video above, it's important that you first work on getting the girl's respect back before you attempt to make her feel attracted to you again.

If a girl doesn't respect a guy, she will close herself off and won't allow herself to feel attracted to things that she would normally feel attracted to (e.g. your confidence, humor, charisma, masculine vibe, etc).

4. If she broke up with you because you were too clingy and she now feels like she needs to have some space for a few days or a week to breathe and allow herself to miss you.

In cases like this, it's fine to give a girl some space for up to a week and half at the most.

However, I recommend that you don't leave it for too long because I've heard from 100s of guys who have all overused the No Contact Rule (i.e. ignore a girl for 30 days) and the girl has then used that time to hook up with a new guy and move on, or just sleep with a new guy to help herself get over her ex.

So, while it's fine to give her a little bit of space in an ex back case like this, you shouldn't get to the point where you are ignoring her and hoping that it will magically fix everything between you.

If she hasn't contacted you within a week and a half, you need to get her on a phone call, apologize for your mistakes and then get her to meet up with you in person.

At the meet up, you then need to let her see that you really have changed and have become so much more emotionally mature and independent during that time.

[image: Make a girl want you again]

From there, you need to establish a new relationship dynamic where you are in the position of power and she wants to be with you just as much or even more than you want to be with her.

If you don't know how to regain the position of power between you and your ex girl, simply follow

the instructions (of what to say and do) that are provided in my program, [Get Your Ex Back: Super System](#)

5. If you are both fairly young (18-30) and she broke up with you because you don't know how to be the man she really needs (i.e. you became insecure, jealous, clingy, etc)

Some guys are naturally good with women (20%), but most guys will screw up their first couple of relationships with a girl because they just don't know how to handle themselves in the more advanced stages of a relationship.

For example: At the start of a relationship, a girl will usually be very loving, affectionate, attentive, kind and considerate so she can get the guy to fall in love with her and commit to her.

Then, after a few months or a year, she will begin to withdraw some of her interest, affection and attention and will even begin to throw tantrums, tease him and put him down during conversations.

She does this instinctively because she wants to be able to see how emotionally strong and mature her guy is. Girls instinctively don't want to be paired up with a guy who can only be emotionally strong and secure if she gentle with him.

Why? For most of human history and even to this day, it hasn't been easy to survive, thrive and prosper in the world, especially when times get tough (e.g. an economic recession, a drought, flooding, natural disasters, etc).

Girls are hard-wired to ensure that their guy is capable of remaining strong and secure no matter how much he is challenged or how tough life gets, so they will naturally test his emotional strength at various points in time.

Another reason why girls change when in a relationship and occasionally stop being so affectionate or loving, is to test how safe she is with her guy.

Will he become angry or violent or begin to treat her in a mean way if she doesn't constantly reassure him of her love? Will he become so insecure that he starts to control her and not allow her to hang out with friends or do things without him?

What sort of guy is he really? Is he only loving, calm and caring if she constantly makes him feel loved, wanted and needed?

Essentially, a girl wants to be able to relax when in a relationship, with the knowledge that her guy is emotionally strong and secure and won't crumble under the pressures of life or become wildly insecure if she occasionally tests him by being less affectionate or loving, or if she wants to take up a hobby that doesn't include him.

So, to make a girl want you back in a case like this, a guy needs to show his ex girl that he has rapidly grown up and matured within a couple of days or a couple of weeks.

A girl will rarely believe a guy who tells her that he is now mature and that he understands he made certain mistakes in a relationship, which he won't ever make again.

In most cases, the girl will only believe that he is now capable of being the real man she needs, when she is able to interact with him on the phone and in person and see that, no matter how challenging she gets during the conversation, he remains emotionally strong is much more mature than he ever was before.

6. If she broke up with you because you are clueless on how to make her feel the type of respect, attraction and love that she really wants to feel when in a relationship.

I've personally helped 100s of guys via [my phone coaching service](#) to successfully get a girl back and in about 60% of the cases, a guy has pretty much no idea how to make his ex feel the type of respect, attraction and love that she really wants.

One of the main reasons why is that many guys don't even know how to properly attract women when they first meet them, so the guy simply tries to get lucky and is sometimes able to fumble his way into a relationship.

So, when the girl eventually gets bored of not feeling enough respect, attraction and love and decides that she wants to leave the relationship, the guy has no idea how to fix it.

If you are one of the many guys who are unsure how to actively make a woman feel attracted to you, watch this video to understand how it works...

As you will discover from the video above, a girl can remain madly in love and devoted to a guy who isn't a male model, rich, tall or powerful in society.

As long as a guy is able to make her feel attracted to him in other ways (e.g. he is confident, he makes her laugh and smile, he is determined to succeed in life and never gives up, he has a masculine vibe, she can relax into being girly around him because he is an emotionally masculine man, etc), then she will be more than happy to stick with him for life.

If your ex girl currently doesn't feel that way about you, then you need to begin actively making her feel attracted to you again.

In most cases, you won't be able to get her back by promising to change or telling her that you need her. That might work once or twice, but it won't work forever.

The secret of how to make a girl want you back is to get her to feel what she really wants to feel around you (i.e. she respects you and looks up to you, she feels attracted to you, she feels girly in comparison to your masculinity, she loves you, etc) and she will then begin to open back up to being with you.

You don't have to be perfect in every way to pull that off. You just need to be better than you had been when you were in a relationship with her.

7. If she broke up with you because you lack purpose and direction in life, whereas she is aiming to achieve big things and is constantly growing as a person.

Regardless of how successful, independent and intelligent a girl is, she will always want to have a man that she can look up to and respect.

A girl doesn't want to find herself in a situation where she is a high achiever in life (i.e. she is constantly growing and developing as a person, getting promoted, learning new things, etc) and her boyfriend is stuck in a dead end job or he wastes most of his time playing video games and hanging

out with his buddies and going nowhere in life.

Ultimately, most girls will get to a point in their life where they feel the urge to become a mother, so girls have an instinctive need to pair up with a guy who will be capable of taking over and supporting himself, her and the offspring.

Even if a girl says, *"I never want to have kids!"* she will still have the natural instinct to make sure that she has a guy who is capable of supporting her if it does happen (e.g. an accidental pregnancy or if she changes her mind and wants to become a mother).

When she reaches her 20s or 30s, a girl will usually get to a point where she feels unsatisfied with life because it's all about career and work and she will get the urge to become a mother.

When that happens, she's going to want to know that she has a guy who is capable of taking on the role of provider.

This doesn't mean that you have to be successful in life right now, but she has to be able to see that you are making progress towards success and you are trying to create a better life for you and her in future.

[image: Making a girl want you back]

It might take you 10, 20 or even 30 years to achieve your biggest goals and ambitions in life, but a girl wants to see that you're on the way and that you're not just sitting around wasting your life away and expecting that she's going to support you and keep you safe in the long run.

8. If she feels as though you are only with her or trying to be with her again because you're afraid that won't be able to attract other quality women like her.

Girls hate it when they have this realization about a guy that they're with.

When a girl suddenly realizes that a guy only really wants to be with her because he's afraid that other girls won't be interested, she will feel turned off by how much he clings to her and how he seems to base his emotional security and sense of identity in this world on her and his relationship with her.

So, how can a guy fix a situation like this?

He needs to make his girl see that he could easily attract other girls, but he is choosing her because he sincerely loves her and can see a great future together with her.

This is very important because a girl doesn't ever want to feel as though she is doing a guy a favor by being with him.

A girl wants to feel lucky that she has scored herself an awesome guy like you, who could easily attract other girls, but you are committed to her because you sincerely love her for who she is.

Girls do know when a guy has the ability to attract other girls. It's very obvious because he will be confident, charismatic, he will know how to flirt and he will be able to charm girls just by talking to them for 10-30 seconds.

If your girl sees that you don't even have that ability as a guy, then she knows that you're not going to be very good at attracting other girls now that she has left you.

9. If she feels as though you are rushing her into marriage too early, or the opposite â□□ you aren't ready for the type of serious, committed relationship that she wants.

This is often referred to as bad timing.

A girl will say something like, *"I love you and I care about you, but we've met each other at the wrong time. You want something that I don't" or "I want something that you don't."*

So, to make a girl want you back in a situation like this, you can't rush to her and say that you're willing to do what she wants to do, just so you can be with her.

Instead, you need to say something like, *"We all learn and grow throughout life. Sometimes it takes certain events in life to trigger a change in a person's attitude. Just because I wasn't ready to commit to a relationship when you were, it doesn't mean that I'm not capable of having a sincere change in attitude and perspective that you can now trust in."*

Everyone goes through stages in life at different times, so people don't always have to realize the same things or be ready for something at exactly the same time. Sometimes, there is a bit of a difference in when people are ready to open themselves up to certain things.

Right now, I can say that I am now ready to sincerely open myself up to a truly committed relationship. I want us to get engaged and if we are still really happy together after 6 months to a year, we can then think about setting a date and advancing onto the next levels of life together like starting a family, getting a house together and building a lifetime of fun, happy, loving memories."

When you are telling a girl that sort of thing, you have to make sure that you're not saying it in a begging, pleading or needy manner.

To ensure that she feels respect and attraction for you, it has to come across in a confident, relaxed, emotionally secure way.

Girls feel turned off when a guy gets desperate and begins to beg, plead and try too hard to convince them to feel a certain way. A girl wants to be able to see that you are confident, relaxed and emotionally mature enough to speak like a man that she can look up to, respect and trust.

10. If she feels as though she can't trust you to truly change and not fall back into your old ways again.

In some break up cases, a girl will have given a guy many chances over a period of months or years. He might have been able to change a few things or change temporarily, but he will have eventually slipped back into making her lose respect for him and turning her off once again.

So, a girl will end up feeling as though he doesn't even really know how to fix his problems (e.g. insecure, lack of purpose in life, etc) or is hoping that she will stop worrying about those things and just love him for who he is.

In these cases, a guy needs to make some real improvements in the areas that have been making her lose respect for him (e.g. insecurity, being too bossy and controlling, letting her boss him around, etc) and turning her off.

He needs to let her experience the new and improved version of him on a phone call and in person. Once again, you cannot get a girl to feel a renewed sense of respect and attraction for you via text, e-mail or social media messaging.

You have to get her on a phone call and you have to meet up with her in person.

If you don't know what to say or do to get your girl to answer your calls again and agree to meet up with you in person, simply follow the instructions (of what to say and do) in my program, [Get Your Ex Back: Super System](#)

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

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Is My Ex Thinking About Me?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you've found yourself wondering, "*Is my ex thinking about me?*" you might be starting to fall into the trap of waiting around and hoping that she makes it obvious that she misses you or wants to get back together with you.

Waiting around like that can waste weeks, months or even years of your life and there's no guarantee that she will actually miss you, contact you and ask to see you again.

So, what should you do instead?

If you want to get your ex back for real, what you need to do is actively get her to have feelings for you again.

For example: If a woman broke up with a guy because he was insecure and wasn't enough of a man for her, she will usually get right into a rebound relationship with a confident guy who is more capable of being the man she needs.

She might think about her ex from time to time, but her last impression of him will be fairly negative based on the fact that he was insecure and incapable of being the emotionally strong man she wants and needs, so while she might be 'thinking' about him at times, it doesn't mean that she will be missing him.

To get her back, what a guy like that actually needs to do is get her on a phone call, apologize for his mistakes, switch the conversation to a more light-hearted vibe (i.e. by joking around, getting her smiling and laughing, etc) and then get her to agree to meet up with him in person.

[image: Meeting up with ex to reattract her]

At the meet up, he can then get her to experience the new and improved version of himself (i.e. he is confident, emotionally secure, more masculine in how he thinks, feels and behaves, etc) and talk about getting the relationship back together.

Don't Waste Time Waiting For Things to Happen

[image: Wasting time waiting for ex to shown signs of interest]

Anything that you do prior to meeting up with your ex offers no guarantee that you will get her back. The only real way to change how she feels is to get her to experience the new and improved you in person.

So, don't waste time with 'what ifs,' maybes and speculations like, "*Is my ex thinking about me?*"

If you want your ex to think about you and begin having feelings for you again, then get her on a phone call and make her feel a renewed sense of respect and attraction for you.

When you get her to feel that way, she will then begin to think about you in a more positive light, compared to her current perception of you.

If you're not sure what to say to get her to agree to meet up with you in person, I explain all of that in my program, [Get Your Ex Back: Super System](#)

I provide tested examples of what to text to get her on a phone call if she's currently not answering

your calls, what to say on the phone to get her to agree to a meet up and what to say and do at the meet up to get her to experience a renewed sense of respect and attraction for you.

Your Ex Isn't the Same as Every Other Woman

Not all women approach a break up in exactly the same way.

For example: Some women will break up with a guy and stay in contact with him (e.g. text, click like or comment on his social media posts) to keep the lines of communication open for a while for different reasons.

She might do stay in contact because she wants to make sure that her ex is still interested and hoping to get back together with her, while she quietly begins to move on with her life (e.g. dating other men, testing out new relationships).

Sometimes, a woman will do that to get emotional revenge on her ex for how badly he made her feel during the relationship.

Alternatively, sometimes a woman will stay in contact with her because she's still not sure if she wants to fully let him go.

Rather than moving on with another guy, she is hoping that a spark may relight between them and they will then get back together in a relationship that is much better than it ever was before.

Whatever the case is with you and your unique ex, one of the worst thing that you can ever do is text back and forth like a friend with your ex, just to "stay in contact."

When I help guys via my phone coaching service who are struggling to get their ex back, it's almost always the case that the guy has been making the mistake of texting back and forth repeatedly with her about the relationship or about day-to-day life, (e.g. *"How was your day?"* or *"Are you watching ____ on TV? It's a great show"* and that sort of thing).

In his mind, he hopes that if he just stays in touch with her like that, she will be thinking about him and therefore will more likely to want to get back together with him.

Yet, it doesn't work.

I know this because I help new guys every day and I always hear of examples where texts and social media messages have been going back and forth for weeks and months at a time.

So, what I advise my clients and what I will advise you now is this...

What you actually need to do is respark her feelings for you on a phone call and in person. There's no other way to get an ex back who currently doesn't want to be with you.

It's different if the woman really loves her ex, respects him and feels attracted to him, but has been hurt by something he did (e.g. cheated on her, didn't commit, treated her badly at times, etc) and simply needs some time apart to heal.

In cases like that, it's fine to text her or even give her space in cases like that, but those cases are very rare.

In 95% of the ex back cases that I deal with, a guy wants a woman back, but she currently doesn't have enough feelings for him to justify giving the relationship another chance, or she literally hates him and doesn't even want to talk to him or see him at all.

When a woman doesn't want a guy back, he can't get her back by texting with her like a friend or

ignoring her with the No Contact Rule. He's got to actively get her to have feelings for him by talking to her on the phone and meeting up with her in person.

Getting her to have feelings for you again is a 3-step process.

The first step is about getting her respect back.

A guy can do that by apologizing for his mistakes and showing her that he really has improved and changed a lot since the break up.

He might be able to show her that he has changed within days or it might take a couple of weeks. It really depends on him and what the issues were between him and her (e.g. he was too insecure, jealous or protective).

The second step is to get her to feel attracted again.

When a woman feels respect for you, her protective guard will begin to come down and she will allow herself to experience attraction to you again.

At that point, you need to get your ex to laugh and smile when she's talking to you, by flirting with her, being light-hearted and cracking jokes, rather than having very serious, deep and meaningful conversations about the relationship.

The third step is to get her to reconnect with the love.

Once a woman feels respect and attraction for you, she will then naturally begin to reconnect with the love that she used to feel.

When a guy is able to guide a woman through that process over the phone and at a meet up, some women will get back together immediately, whereas other women will take one or two more meet ups before they feel enough respect, attraction and love to justify giving the relationship another chance.

It really depends on how bad the break up was and how much you are able to improve and change prior to talking to her on the phone and interacting with her in person.

If you watch my advanced training program, Get Your Ex Back: Super System, I will guide you through the process of rapidly fixing any emotional issues you have (e.g. insecurity) and becoming a better man than you already.

After watching the 10 hours of video from the program, most guys are ready to contact their ex immediately and arrange a meet up, but some guys need an extra few days or a week to do some of the activities that I recommend in my program, which are designed to rebuild a guy's confidence and make him emotionally stronger and more attractive to his ex.

Meeting Up With Your Ex

Regardless of how much your ex has rejected you up to this point, one of the most important things that she needs to see is that you are confident in yourself and know that you are more than good enough for her.

Don't need to rub that in her face by saying, *"Hey, I'm confident and I know that I'm more than good enough for you."* Simply let her see that you feel that way by being confident and feeling welcome to flirt with her, get her laughing and make her feel attracted to you again.

When you make your ex feel a renewed sense of respect and attraction for you on the phone and in person, she will naturally begin to think about you in a more positive light.

Of course, your ex might be a really hard case, so it may take 1-3 meet ups before you can get her to relax, open up, trust you and give the relationship another chance, but the important thing to know that it is possible for you to change how she feels.

Watch this video to understand why...

As you will discover from the video above, it is possible for you to begin to change the way that your ex feels about you and thinks about you.

I've personally helped 100s of guys via my phone coaching service to successfully get an ex back, so I know that it's possible (even when the woman is initially saying, "I hate you. Leave me alone" or "*I don't have feelings for you*" and that relationships get back together all the time.

If you want your ex to begin thinking about you in a positive way and wanting to meet up with you and possibly get back together with you, the questions that you really need to be asking yourself are:

- Have I fixed the issues that caused the break up?
- Have I become a more emotionally attractive man, or do I still have the same old insecurities?
- Am I willing to fix my insecurities and become more emotionally attractive, so I can change how she feels and get her back when I meet up with her?
- Do I know how to make her fully respect me again when I talk to her on the phone and in person?
- Do I know how to make her feel attracted to me and feel excited to be around me like she was when we first started dating?
- Do I know how to get the spark back?
- Do I know what to say to get her to forgive me and connect with her new, positive feelings towards me?

If you don't feel as though you are fully ready to call your ex or meet up with her in person yet, then I recommend that you watch my program, [Get Your Ex Back: Super System](#), so I can guide you through the process of rapidly rebuilding your confidence around her and arming you with attraction techniques that will get the spark back between you and her when you meet up.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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Getting My Ex Back: 9 Classic Mistakes to Avoid

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

For years now, I have been getting several requests per day from guys who need help getting an ex back.

Today, a man contacted me and asked, “*Dan â€¦ I need help getting my ex back. It’s been two months since the break up. Is it too late to get her back?*”

Three hours later, another guy contacted me to say, “*I’m serious about getting my ex back, but I’m afraid that I’ve destroyed her feelings for me because I was begging and pleading for another chance when she broke up with me.*”

Luckily, I do have the perfect solution to get a woman back, which has already worked for countless guys before you arrived at the site today.

So, to help you begin the exciting process of getting your ex back, I’m going to point out some of the classic mistakes that you need to avoid when getting an ex back.

9 Classic Mistakes to Avoid When Getting Your Ex Back

The following mistakes will slow down the process of getting her back and will make it more difficult for you, so make sure that you stop making these mistakes now or avoid making them from now on while you attempt to get her back...

1. Completely ignoring her by using the No Contact Rule.

[image: Getting my ex back - no contact rule]

Pretty much everywhere that you look online, people will tell you that if a woman breaks up with you, the first thing you need to do is stop contacting her for a minimum of 30 days.

Here’s the thing though...

Most of those random people online (a lot of them are just kids) simply don’t understand that the No Contact Rule doesn’t work on every woman, because not all break up reasons are the same.

The only time that the No Contact rule will work is if the woman still really loves the guy, feels attracted to him and respects him. If he then ignores her after the break up, she will miss him, contact him and they can then arrange a meet up and get back together.

The No Contact Rule can also work (sometimes) if the woman is unattractive and can’t find a replacement guy after the break up, or if she is young and inexperienced with relationships and doesn’t know how to deal with the emotional pain of a break up.

Yet, in all other relationships (I’ve personally helped 100s of guys to get a woman back via my phone coaching service, so my opinion is based on a lot of real world experience), the woman will simply use the no contact period to move on with another guy, or to go out and sleep with random guys to get over her ex.

If you want to get your ex back for real, what you need to do is get her on a phone call, apologize for your mistakes and then get her to meet up with you in person.

When you meet up with her in person, what you need to do then is make her feel a renewed sense of

respect and attraction for you. It's only when a woman experiences that renewed sense of respect and attraction that her protective guard then begins to come down.

After a break up, there's nothing wrong with leaving a few days in between contacting an ex, but following the silly 30 day No Contact rule that you will find online is usually a recipe for disaster.

2. Trying to get her to give you another chance, even though you haven't really changed.

[image: Trying to get an ex back without changing anything]

For most women, it's not enough to hear that a guy will change if she gives him another chance. She wants to see that he already has changed, otherwise it just won't feel right to give him another chance.

When you think about it, you will realize that a relationship between a man and a woman is a mutual decision that both parties continually make.

If a woman is unhappy in her relationship, she can make a decision to want to get out of that relationship.

[image: Having trouble getting my ex back]

Unlike in the distant past when a woman had to remain a virgin until married and then stick with her husband for life even if she was unhappy, in today's world women are free to get in and out of relationships if they aren't satisfied with the man they've got.

Just because you and her experienced some great times before, maybe had amazing sex and shared a loving relationship together, it doesn't mean that she has stick with you for life.

The only way to get a modern woman to stick with you for life is to deepen her feelings of respect, attraction and love over time. You can't take her for granted and expect her to put up with you, even though you aren't prepared to put in the effort to make real changes and improvements to the flaws you currently have.

You don't have to be perfect to get her back, but you do have to be able to show her that you already have made some significant changes to the things that caused her to break up with you in the first place.

For example: If a woman broke up with a guy because he was insecure and wasn't enough of a man for her, she will need to see that he is now emotionally strong and confident and is also much more capable of being the man she really needs.

If he tries to convince her to give him another chance without making any real changes or improvements to himself, she knows that she doesn't have to give in to his request.

She knows that she can simply continue on with her decision to break up with him and find herself a guy who isn't insecure and is enough of a man for her.

3. Lying to her about being over her when you're not.

Most people are able to detect when someone is lying them to.

For example: Have you ever been talking to someone who was trying to appear as though he/she was being truthful and sincere, but you could tell that they were lying?

Of course you have. We all experience that at some points in our life and most of us are good at spotting liars from honest, sincere people.

The same applies to your ex.

If you lie to your ex by telling her you're over her and that you're absolutely fine without her, she will be able to pick on that via your body language, tone of voice, behavior and how you are expressing yourself.

If she can't detect the lie, she has a very simple way to find out.

She can suddenly start to show you interest and see how you react (e.g. She might say, *"I don't know anymore"* | *I miss you* | *I'm confused* | *I love you* | *do you miss me?*") and see how you react.

If you react by jumping all over her signs of interest and then declare that you've been missing her, are still in love with her and want her back, then she knows that you were lying to her.

When she discovers that, she will then lose more respect for you and may even want to get emotional revenge on you (e.g. have sex with a random guy she meets and then tell you that she met someone, send you random text messages to keep your hopes up, say that she wants to stay friends and see you every now and then, etc).

So, unlike the silly advice that you might find online that will tell you to lie to your ex about and pretend that you're over her, what you really need to do is be honest and fearless when it comes to love.

You need to tell her that you do love her and you do miss her, but at the same time, you need to show her that you are doing well without her and that you are okay emotionally.

If she can see that you are emotionally strong, secure and happy without her, but you do still love her and are not afraid to say that, it will be something that makes her feel respect for you as a man.

However, if she feels as though you are an emotional mess without her and you then tell her that you love her and miss her, it's not going to make her feel respect or attraction for you.

4. Bombarding her with texts, emails or social media messages.

[image: Bombarding ex with texts]

This is probably the most common mistake that I see guys make when they are trying to get their ex back.

When I speak to guys via my phone coaching service, the main excuse they use for all the text messages to their ex is that she prefers text or messages.

My response is always the same, *"Bad luck for her if she likes that. What you need to do is get her on a phone call and then meet up with her in person, because that is going to be your best chance to get her to feel a renewed sense of respect and attraction for you."*

Hiding behind texts is the worst thing that you can ever do when you're trying to get an ex back.

Why?

If your ex currently has a negative perception of you, she is most-likely going to look at your text messages through that negative filter of perception.

For example: If a woman broke up with a guy because he was insecure and clingy, she isn't going to be fooled if he tries to act confident via text. She will roll her eyes and simply keep moving on without him.

The easiest, most effective way to get your ex to feel respect and attraction for you again is to get her on a phone call and meet up with her in person.

Only then can you use your body language, vibe, attitude, behavior and conversation style to show

her that you really have changed and are now the sort of guy that she can look up to and respect, as well as feel attracted to.

5. Assuming that you are not allowed to flirt with her or make her feel attracted to you anymore.

A lot of the guys that I've coached have been making this mistake, where they feel as though it's not their place anymore to be able to flirt with her, make her feel attracted or even say that they find her sexy or beautiful.

There is nothing wrong with you still being attracted to your ex, finding her sexy, flirting with her and making her feel attracted to you.

You are allowed to take on that position if you want to.

She might tell you that it's not appropriate to be flirting or joking around anymore when you talk to her, but all you need to do is simply laugh at her for being so silly and serious about things.

Don't let her push you around like that.

If you let a woman push you around into being a neutral ex who feels unworthy of her, she will actually lose respect for you and when she loses respect for you, she won't be able to feel attracted to you.

Women respect balls, so don't let her cut your pair off like that. Just smile at laugh at how silly, immature or overly serious she is being and then continue on being the type of a confident, charismatic, masculine guy that she and other women will naturally find attractive.

If you haven't gotten her respect back first, she will probably deny feeling any attraction for you and will probably remind you that she's not interested, so make sure that you follow the process correctly.

You need to get her respect back and only then will she begin to allow herself to feel attracted to you again.

When she allows herself to feel attracted to you, she will then begin to have some feelings for you again and will become open to meeting up again, hooking up sexually or giving the relationship another chance.

6. Showing signs of emotional weakness.

This is also a very common when attempting to get an ex back.

Of course, when the woman you love dumps you, it's only natural that you will be feeling a bit hurt emotionally. You won't necessarily be feeling the strongest and most confident that you've ever felt in your life.

However, you need to make sure that you don't display signs of signs of emotional weakness to her. Why?

Women are naturally attracted to the emotional strength of men (e.g. confidence, high-self esteem, etc) and turned off by the weakness (e.g. insecurity, low self-esteem, clinginess, etc).

7. Not continuing to move forward in life in other ways.

When a guy gets dumped by a woman, he will sometimes fall into a downward spiral and not fully focus on his work or studies anymore.

Some of the guys that I've coached via my phone coaching service have told me that, as a result of the break up and the state of depression they are now in, they've recently gotten fired from work, are

in trouble with their boss (e.g. coming in late, calling sick, etc), have stopped exercising or eating healthy food, stopped hanging out with friends and basically stopped making any more progress in life.

One of the things that a woman can feel attracted to about a man is his emotional strength to keep pushing forward in life, no matter how challenging life gets.

So, if your ex notices that you're not really making much progress in life anymore because the break up has destroyed you, it's going to cause her to lose even more respect and attraction for you.

8. Allowing her to treat you badly or disrespect you during conversations.

A couple of weeks ago, I was coaching a man and he said something like, *"Getting my ex back hasn't been easy because every time I talk to her, she seems to shoot me down or disrespect me during the conversation. What should I do to get her to take me seriously?"*

In cases like this, a guy needs to apologize for his mistakes and show her that he has changed the things about himself that caused the break up.

For example: If she broke up with him because he lacked balls and she was sick of being able to push him around in the relationship, he needs to be able to talk to her in a more confident, assertive way, while also still being the loving, good guy that he is.

So, if he is talking to her and she disrespects him on the phone, he can demonstrate confidence and emotional strength by not getting angry, flustered or nervous in response.

Instead, he needs to smile and laugh at her in a relaxed, easy-going manner and say something like, *"Hey, there's no need to be rude to me like that. I deserve more respect than that and I know that you're capable of being more mature, so just go easy on the cold bitchy stuff."*

If she does it again on the call or in person, or does it again when he meets her days or weeks later, he needs to smile and laugh again and say, *"Hey, ease up on the cold bitchy stuff. I deserve more respect than that. I know that you're more than capable of being mature, so how about a little smile and a bit of respect?"*

She will get the picture that her bitchy attitude is her fault and that he's only being a good, loving man. Since he is being confident, assertive, but also loving and easy-going, she will feel foolish to continue talking rudely to him.

Then, based on that, she will begin to respect him more and when that happens, she will begin to open herself up to feeling attracted to him again, forgiving him and meeting up with him in person more regularly.

9. Showering her with gifts.

[image: Showering ex with gifts]

Sometimes a guy will feel as though he can win his ex back by paying her rent, buying her the engagement ring he always promised, buying her gifts or offering to take her on expensive holidays. In some cases, it is a good move, but in 95% of the cases I've dealt with, it has been a bad idea to shower the ex with gifts or financial assistance.

Here's the thing...

If a woman doesn't respect her ex (e.g. he has been really insecure and still hasn't changed, he allows her to push him around, etc) then she's not going to feel attracted to him.

When a woman doesn't feel respect or attraction, then she's not going to really value the gifts that he

gives her.

She might take them (most women do, based on what I've heard from clients) if she is selfish or if she wants to get some revenge for how he treated her during the relationship, but it's not going to get the relationship back together.

Of course, there's nothing wrong with buying something for a girlfriend, fianc  or wife if you're in a happy relationship, but in an ex back situation, it's not a strategy that works to make a woman think, *"WOW! I made a mistake dumping this guy. I need to be with him because he's so generous with money and always buys me things."*

What you really need to do is get her respect back (i.e. give her an apology, have already significantly improved the things about yourself that helped cause the break up) and then make her feel attracted to you again when you talk to her on the phone or meet her in person.

Note: I said, *"When you talk to her on the phone or meet up with her in person."* I didn't say, *"When you text her."*

When getting an ex back, text is the worst thing you can ever use because if she has a negative perception of you (e.g. she thinks you are insecure), she will read your texts through that perception filter and will feel suspicious if you try to act confident and emotionally secure without her.

So, in terms of buying her things as a way of getting her back, just hold off on that for now.  Only buy things for her or give her any financial assistance if you are actually back in a relationship.

Buying her things will not get her respect back or make her feel attracted to you. The things you buy her or what you help her pay for are not you. She needs to want you, not things.

She's going to be in a relationship with you (not the things you buy her), so you need to get her to respect you, feel attracted to you and want you.

What you need to do is focus on getting her on a phone call where you will get her respect back and begin to respark some of her feelings of attraction.

Then, you need to get her to meet up with you in person and further regain her respect and get her to feel attracted to you. When that happens, her protective emotional guard will begin to come down and she will open herself up to having feelings for you again.

It will happen naturally and automatically, as long as you start by getting her respect back, followed by making her feel attracted to you.

If you don't know how to do that, I explain what to say and do at each step of the way in my program, [Get Your Ex Back: Super System](#)

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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What to Say to Your Ex to Get Her Back: 4 Examples

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

In this post, I'm going to provide 4 different examples of what to say to your ex to get her back.

Firstly, I want to point out that these examples are to be said on a phone call or in person, not via text. Anything you that will ever say to your ex via text will always be less effective than if you were to say it on the phone or in person.

If she currently isn't answering your calls, you need to text her to get her on a phone call with you only. The only goal of a text to an ex should be to get her on a phone call, so you can then arrange to meet her in person.

Why? On the phone call or in person, she will be able to feel a renewed sense of respect and attraction for you when she notices that you are confident and in an emotionally strong place.

On a phone call or in person, you will also be able to get her laughing, smiling and feeling good when talking to you, but via text there is no guarantee that you will get that reaction.

Text is usually the worst method of getting an ex back, because if your ex currently has a negative perception of you, she will read your text messages through a filter of that negative perception.

For example: If a woman broke up with a guy because he was insecure, she is going to look at his texts as coming from a place of insecurity.

On the other hand, if the guy was to get her on a phone call or talk to her in person and he is a new and improved version of himself, her perception of him will become more positive and her protective guard will go down.

What to Say to Your Ex Girlfriend, Fiance or Wife to Get Her Back

Here are 4 different examples of things that a guy can say to his ex girlfriend, fianc  or wife to begin the process of getting her back...

1. If she has broken up with you because you weren't enough of a man for her (e.g. insecure, needy, clingy, not much purpose in life, etc).

On a phone call or in person, what you need to say to her is something along the lines of, *"Hey look I just wanted to point out that I now understand why you broke up with me and I accept that. I understand that I wasn't enough of a man for you and I look back on that now and I laugh at how silly I was being, but I also feel bad for what I put you through. So, I just want to take this opportunity to apologize for that. I'm not expecting us to get back together or anything like that, but I just wanted to be able to give you that apology and that I understand why you felt it was right to break up with me."*

After giving her that kind of apology, the next step is always to try to get her to meet up with you in person, where you can then make her feel a renewed sense of respect and attraction for you.

[image: What to say when you meet up with an ex]

If you don't know how to ask for the meet up, or are unsure what to say or how to behave at the meet

up to get her to agree to give the relationship another chance, I provide all that advice in my program, [Get Your Ex Back: Super System](#)

2. If she has broken up with you because you cheated.

Cheating hurts, especially when the person who was cheated on was fully devoted and committed to the relationship.

Not all cheating break ups can be recovered, but based on the 100s of cases that I've dealt with over the years (20% of those being cheating break ups where the guy cheated on his woman), about 80% of these situations can be recovered and the woman will agree to give the relationship another chance.

So, what you need to say to her on a phone call or in person, is something along the lines of, *"Look â□□ it's up to you whether you feel as though you could ever forgive me. I know that we're broken up now and that you probably don't ever want to forgive me or trust me or anything like thatâ□|I'm not asking for that from you, but what I do want to tell you is that what I did to you was a silly mistake based on my immaturity. I understand that it would have hurt youâ□|you probably don't care much now, but I just want you to know that the other woman (or women) didn't mean anything to me emotionally. It was just me being silly and immature and not yet being grown up enough to handle a committed, adult relationship. I donâ□□t expect you to want to get back together with me, but I just want to be able to let you know that I am sorry for what I did."*

After that, you need to get her to meet up with you and make her feel a renewed sense of respect and attraction for you at the meet up.

[image: Reattracting your ex when you meet up]

If you want to know exactly how to get her to meet up with you and then reattract her at the meet up, check out my program, [Get Your Ex Back: Super System](#)

3. If she has broken up with you because you wouldn't commit.

In most cases, this happens when a guy gets into a relationship with a woman that he's not fully attracted to (e.g. she initially pursued him, she grew on him over time, etc).

Although he might stay with the woman for a year or many years, he won't ever feel as though he wants to fully commit to her. Then, when she pulls the plug by breaking up with him, he realizes that she was more than good enough for him and he wants to get her back, rather than having to start from scratch with a new woman.

Yet, if he gets in contact with her, apologizes and ask for another chance, she won't always be willing to give it, especially if she has other guys interested in her.

Often, when I deal with ex back cases where a guy hasn't committed to a woman, she has given him several chances in the past to commit (e.g. move in together, get engaged, start a family, etc), but he never really changed.

So, in cases like this, what a guy needs to say to get her back is something along the lines of, *"I don't expect us to get back together at all because I clearly did the wrong thing by you when we were in a relationship. You are almost certainly over me, hate my guts and never want to see the likes of me again, but I do want to be able to take this opportunity to tell you something that you deserve to hear. I want to tell you that I understand that I wasn't being mature in my approach to the relationship and back then, I wasn't fully ready for a grown up relationship and was behaving like a silly young man. Of course, I have now grown up and am no longer like that, but I know that from your perspective it's too lateâ□|and I accept that, but I just want to tell you that I do love you and that if you ever found a*

place in your heart to give our relationship another chance, you know that you've got a guaranteed option in me."

From there, the woman will feel as though he really has changed and gets it now.

In cases like this, the woman won't always be willing to immediately meet up with him and get back together, but there are specific tactics that a guy can use to speed up the process and make her feel as though she really is losing the love of her life.

If you want to learn how to make an ex feel that way, I recommend that you watch my program, [Get Your Ex Back: Super System](#)

4. If she has broken up with you and is now with another guy.

This is probably the most common of the ex back situations I deal with, where the woman is able to move on quite quickly after a break up or she already had a replacement guy ready to go in the background.

In cases like this, the woman usually finds a new guy that gives her the kind of emotional experience that she wasn't getting in her previous relationship.

For example: If her previous boyfriend (or husband) was needy, insecure or clingy, then she will be attracted to guys who are more emotionally confident and secure than he was.

Another example is when a woman was in a relationship with a guy who wouldn't commit. In cases like that, she will usually find a guy who not only make her feel attracted and happy, but is more than willing to commit to her.

So, in situations where the woman has moved on, what a guy needs to do is improve his ability to make his ex feel attracted and respectful towards him on the phone and in person.

When he talks to her on the phone or in person, he needs to get her laughing, smiling and feeling attracted to his confidence and emotional strength and security as a man, rather than talking to her from a low emotional state or trying to suck up to her by being extra nice and courteous.

What a guy can say in a situation like this is something like, *"I know that you've know moved on and I accept that. I know that we're not getting back together, but I do want to take this opportunity to tell you that I now do understand why you felt it was right to break up with me. It was a huge wake up call for me and I want to say sorry for the way I made you feel. I wish it could have worked things out, but obviously we couldn't and you've moved on now."*

From there, the guy needs to be able to get her to meet up with him in person so he can get her to feel a renewed sense of respect and attraction for the new and improved version of himself.

Prior to the meet up, he also needs to ensure that he is using other techniques (that I only ever reveal in my program, [Get Your Ex Back: Super System](#)) to bring down her protective guard and make her feel more willing to meet up with him in person.

At the meet up, he needs to make her feel as though she can relax and respect him again. Once that happens, she will then drop her guard and allow herself to open up and feel attracted to him again, even if just slightly to begin with.

When she begins to feel attracted to him again, her feelings will naturally begin to change and she will look at him in a more positive light. She will also find it much easier to forgive him and begin to forget the mistakes he made in the past, because he is clearly a much better man now.

In cases like this, relationships can get back together right away, but they usually take anywhere from

2 weeks to 2 months to fully rekindle.

As long as he makes his ex girlfriend (fianc  or wife) feel a strong, renewed sense of respect and attraction for him, she will naturally begin to change her perspective of him and the gates to a rekindled relationship will begin to open.

For example: If she hated him during the break up and was turned off by how he handled himself afterwards, she will potentially have a negative perception of him.

However, if she meets up with him and he is now the sort of guy that she can look up to and respect (i.e. he is more emotionally mature and secure in himself as a man) and he is also able to make her feel attracted, laugh and smile during the interaction, she will begin to form a more positive perspective of him and her protective guard will start to come down.

[image: Changing how your ex feels]

There are also other techniques that you can use prior to the meet up to make your ex feel as though she really is losing the love of her life, which I outline in detail in my program, [Get Your Ex Back: Super System](#)

Okay, I hope these 4 examples of what to say to your ex to get her back have helped you understand the approach you need to take with the initial conversation.

If you need any further help, I recommend that you watch my step-by-step system for getting a woman back and begin the exciting process of getting her back.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Giving Space in a Relationship: 6 Mistakes to Avoid

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Regardless of how close a couple feels or how in love they are, a relationship between a man and a woman consists of two individuals who have decided to be together.

It's a decision to be together and that decision can change if it no longer feels right to be in a relationship (i.e. if the woman feels smothered by the guy or feels as though he is too controlling).

Although you and her have made a decision to be together in a relationship, it doesn't mean that you always have to be around each other 24/7, 365 days a year for the relationship to stay alive.

Some relationships can function perfectly if the man and woman live together, work together and spend pretty much all of their time together, but that type of relationship isn't for everyone.

In some relationships, it's often necessary for the couple to only see each other 1-2 times a week or twice a month, because they are too busy with work or study and aren't yet ready to be in a fully committed, lifetime relationship.

So, when giving space in a relationship with a woman, the main thing that you need to be sure of is that you're giving the type of space that is applicable to the unique dynamic between you and her.

6 Mistakes to Avoid

Here are 6 mistakes to avoid when giving space in a relationship...

1. Giving her too much space to the point where she feels as though you don't care enough anymore

[image: Giving a lot of space because you don't really care anymore]

Sometimes a woman will say that she doesn't really care how often she sees her boyfriend and will be perfectly happy working hard on her career or focusing on her studies.

If she sees him once a week, twice a month or even less than that, she might say that she is fine with it because she really doesn't care so much about the relationship and is more focused on making progress in her career.

Yet, just because a woman says that kind of thing initially, it doesn't mean that she is always going to be happy with that type of arrangement.

A mistake that some guys make is giving their woman too much space for too long, to the point where she begins to feel as though he doesn't really care and is taking her love and commitment to him for granted.

When a woman feels as though her boyfriend is taking her for granted, she will often become open to flirting with other guys so she can feel wanted, loved, appreciated and attractive once again.

Initially, she might not have any intentions of cheating on her man, but if she opens herself up like that, it is possible that she could meet another guy who makes her feel excited to be in love and wants to spend loads of time with her.

Even though she was originally happy with not spending much time with her boyfriend, It doesn't mean that she can't ever get to a point where feels bored of her studies or work and wants to focus

more on love.

So, when giving space in a relationship with a woman, you must make sure that you don't follow her lead based on what she used to say. Why? A woman's word is not something that you can rely on as being an iron-clad agreement.

Generally speaking, men are expected to stick by their word no matter what because we are expected to make decisions based on logic, reasoning and emotional rationality. However, women are generally allowed to make decisions based on how they feel and as a result, they can change their mind later if they feel differently.

This is why women initiate most divorces and why if you ever get married, you must ensure that you get her to sign a prenuptial agreement.

She might be saying, *"I promise to stick by you forever. We'll grow old together and never, ever break up"* today, but that doesn't mean she will stick by that promise for life.

Likewise, your woman might be happy to be in a relationship with lots of space today, but that doesn't mean she won't feel differently about it tomorrow, next week or next month.

When it comes to relationships with women, you can't base your decisions on a woman's emotional promises or pledges in the moment. You have to be more rational and realistic and decide what you think will help both you and her to develop deeper feelings of respect, attraction and love for each over time.

Regardless of what a woman says, almost all women yearn to be a man's woman. She wants to relax into being a feminine woman, while her man takes on the majority of the responsibility for guiding both himself and her to a better life in the future.

2. Not giving enough space to the point where you begin taking away her individual freedom

[image: Taking away her individual freedom]

Some guys make the mistake of becoming too controlling of their woman's life.

He gradually forgets that prior to the relationship, she was an individual who was living her life perfectly fine without him and that she could leave him and be able to survive, thrive and prosper on her own or with a new man.

In other words, she doesn't necessarily need him, but as an individual, she is choosing to be with him. If she is unhappy, she can easily choose to not be with him in a relationship if he isn't able to make her feel the way that she wants to feel around a man.

Even when in a long-term relationship or marriage, a man and a woman are still just two individuals who have decided to be together.

They may do a lot together, have a great history together and be so close that they can finish each other's sentences, but at the end of the day, they are still two individuals in separate bodies.

The relationship will only stay together if both the man and the woman continually decide to remain together. These days, a relationship or even a marriage isn't a definite, iron-clad contract that cannot be broken.

If a woman is unhappy, she is free to leave.

It wasn't always that way though.

In the distant past, women were completely dependent on men. A woman had to remain as a virgin

until marriage, lose her virginity on the wedding night, bear children for the man, cook and clean and stick by him until the end—|even if she was unhappy.

Back in the old days, it was seen as shameful or blasphemous to get divorced, so hardly anyone did it (e.g. in the USA, the divorce rate was less than 10% in 1900).

In today's world, women know that they have the freedom to break up with a guy if they feel like it. She can find herself a new man who makes her happier and she won't be branded as being slutty because is no longer a virgin.

So, to keep a relationship together, what a modern man needs to do is spend enough time with his woman to show her that he cares, but at the same time, still allow her the freedom to do what she wants to do.

For example: If she wants to take up dance classes, a modern man needs to allow his woman the freedom to explore that desire or dream, rather than being insecure about her potentially meeting another guy there.

If it's possible for him to join in (e.g. salsa, ballroom dancing) and he has the time available, then might want to go along and give it a try just for fun.

She might get bored of it after a couple of weeks, but because he did stop her and prevent her from experiencing individual freedom, she will feel a deeper sense of respect, attraction and love for him.

On the other hand, if she stopped her from going to dance classes based on his insecurity about her potentially meeting another guy, she will feel resentment towards him because he is preventing her from being who she wants to be.

Back in the old days, a man could get away with that type of selfish, insecure and controlling behavior, but not anymore.

A woman in today's world will simply lose respect and attraction for her man and begin to fall out of love with him. If that goes on for long enough, she will eventually begin to want to get out of the relationship and find herself another man.

Here's the thing though...

While it's important to allow your woman to have individual freedom, you shouldn't go too far with it to the point where you just let her do whatever she wants and never care about what might happen.

A woman still wants to see that you care, but she just doesn't want you to get insecure about it.

For example: If a woman said that she wanted to regularly go out dancing at nightclubs on the weekends with her single girlfriends and not invite you to come along, then it is perfectly fine to object to that.

Essentially, you would need to tell her that she should do things with her girlfriends who are in relationships or married, rather than going out with her single girlfriends and getting drunk in nightclubs where men actively hit on women.

If she refused and wanted to do it, I would break up with her on the spot because it would be clear that she's not even committed to the relationship. It's completely unacceptable behavior in a committed relationship or marriage.

If a woman is committed to her man and wants to be with him for life, she will have a completely different mindset compared to a single woman. She will want to do things that always involve her man and if he isn't there, she won't want to put herself in a position where drunk guys will be hitting

on her.

3. Copying how another couple gives each other space, even though it doesn't match your relationship

Every relationship is different.

Some couples are very busy with their career and don't live together, so they only get to see each other once a week or twice a month. If they are truly in love, a truly compatible match and are emotionally secure in their commitment to each other, they can make it work.

However, that amount of space in a relationship doesn't work for every couple. Some couples function better when they are together all time. They want to live together, get engaged, get married, start a family and practically do everything in life together as a couple.

So, there is no exact answer on how space you should give a woman in terms of hours or days per week. It really depends on the unique dynamic between you and her and the lifestyle you and her live.

For example: When I was dating multiple women at once, I would only see a woman once a week or twice a month because I had plenty of other women coming around to see me. Yet, seeing a woman once a week isn't a golden rule that needs to be followed for all relationships.

When I met my wife (we've been together for 3 years at the time of writing this article), her and I immediately got into a fully committed, exclusive relationship. I got rid of all my other girls and went exclusive with her.

She actually left her apartment and moved in with me 5 days after we met. I would never allow another girl to that, but this was different.

To this day we live together, both of us work from home (she has a cosmetics company) and we always prefer to be together, even when visiting friends. How? Rather than having single friends, we now only hang out with people who are in committed relationships or marriages.

If we catch up with some of our single friends, it's usually at a party with other people, or some of the single friends join in on a dinner party full of couples.

Personally speaking, my wife and I hate being apart from each other. There's just something about our relationship that makes life much happier, brighter and more enjoyable. We're perfectly confident, happy, emotionally stable people on our own, but together, it's life on a completely different level.

So, if you ever hear people telling you that you should only see your girlfriend, fiancée or wife a couple of times per week because they are able to do it, you shouldn't blindly follow them. That kind of space works for their relationship, but it's not a golden rule for all relationships.

To be successful at keeping a relationship together, you need to **adjust the amount of space to suit the unique dynamic between you and her**. Don't do what you've always done with other women and expect that it will work with her.

Every relationship that you have with a woman will be slightly different, so you need to adapt and do what will work for you and her specifically.

For example: If you are sensing that your girlfriend is feeling smothered and would be much happier if you pushed her to spend one night a week hanging out with her girlfriends who are in happy relationships, then try to make that happen.

She might only want to do it a couple of times, but she will thank you by feeling more respect, attraction and love for you than if you were to selfishly ignore her unhappiness and keep her all to yourself.

Ironically, the more respect, attraction and love you make her feel, the less time she will want to spend away from you. She might even ask her girlfriends to come over to your place, so she doesn't have to be apart from you and can allow you to feel a part of that part of her life too.

Personally speaking, my wife even misses me when I go to the supermarket for 30 minutes to an hour. (Awww, how sweet).

I usually get a hug and a kiss when I get back and she will smiling and sometimes even say that she missed me.

Here's the thing though...

I wouldn't be getting that sort of reaction if I was emotionally selfish and didn't ever care about making her happy in the relationship.

I only get that reaction because I've adapted to the unique dynamic between her and I, while also continuing to deepen her feelings of love, respect and attraction for me over time.

So, don't copy how another couple gives each other space or spends loads of time together. To be successful at keeping your relationship together, you need to adapt to the unique dynamic between you and your woman.

You also need to be prepared to grow with the relationship at a pace that is right for you.

For example: Some women are ready to get engaged, get married and settle down for life right away, whereas other women don't ever want to think about those kinds of things and just want to have fun for a while.

Yet, just make sure that you remain awake and aware to the changes in your woman.

She might start out just wanting to have sex with you for a while and even say that she hates the idea of family or moving in with a guy, but that doesn't mean she can't change her mind next month or next year when she realizes that you are the one for her.

4. Growing apart while you give each other space

[image: Growing apart while giving each other space]

A mistake that some guys make is to give their woman a lot of space and while they are apart, she makes a lot of progress in her career and life and he is stagnating and going nowhere fast.

Generally speaking, women want to be with a man who is courageous and masculine enough to stand up and go after his biggest dreams and ambitions in life.

A woman doesn't want to be the leader, the pillar of strength, the breadwinner or the type of woman who has to carry a man throughout life because he is too lazy, scared or incompetent to make something of his life.

She wants a man who can support himself or both of them on his own if he has to. This is important to a woman because most women secretly want to be able to stop working and relax into being a feminine woman (i.e. a man's woman, girly, free to be emotional, caretaker of the home, mother, housewife, etc).

So, if a couple is spending a lot of time apart and the woman notices that she keeps making huge

advancements in her career, emotional intelligence and wisdom about life, while her man is falling behind, she will begin to feel as though they are no longer a match.

If you are giving space when in a relationship, make sure that you are continually moving forward in life, especially if you are her have recently broken up.

When your girlfriend, fiancé, wife or even ex can see that you are continually moving forward in life without needing her encouragement, it allows her to feel proud to be your woman, which helps to maintain her feelings of respect, attraction and love for you.

5. Not giving her emotional space due to neediness

One of the most important things that a man has to do to be successful in a relationship with a woman, is to consistently be an emotionally strong man.

You need to be emotionally strong, happy and secure in yourself with or without her by your side. As a man, your emotional strength and security cannot be reliant on a woman's reassurance of her love, affection and commitment to you.

You need to be self-sufficient in terms of your happiness, confidence and emotional security.

Women dream of being in a relationship with a man who doesn't need constant reassurance that she loves him and is committed to him. Instead, he trusts in her love and commitment to him and knows that he is naturally attractive to her because of his confidence and emotional masculinity.

When a woman is around a man with that type of masculine wisdom, it allows her to relax into being the feminine one in the relationship.

She knows that her man is emotionally masculine and will remain emotionally strong no matter what happens, which then allows her to relax into simply being his woman.

6. Giving her space in the hope that it will fix your relationship problems

Sometimes when a guy is looking for information on giving space in a relationship, it's because his woman has asked for space because she needs time to decide whether or not she wants to be in a relationship.

In most cases, when a woman asks a man for space from a relationship, it means that she wants to end the relationship, but doesn't have the courage to just come out and say, *It's over.*

Instead, she may say something along the lines of, *I just need some space to find myself again,* or, *I just need a little space to think things over for a while,* suggesting that she's not intending to break up with him, but she wants to create a little more distance between them for a while so that she can find herself or think about what she really wants out of life.

While giving space can sometimes help a couple to realize that they really do love each other and that a life together is what they really want, in most cases, it will lead to a definite break up.

The only way to stop the break up is to understand what you've been saying and doing to cause her to lose respect and attraction for you. Then, once you know that, you need to begin saying and doing the types of things that will make her feel a renewed sense of respect and attraction for you.

Watch this video to understand the 3-step process that a woman goes through before breaking up with a guy...

Note: The video above is for guys who've already been dumped by their woman.

I hope the advice contained in the video will help you prevent a break up from happening. If she does

decide to break up with you, here's how to get her back...

As you will discover from the video above, the way to get a woman back is to make sure that you stop turning her off and start saying and doing the types of things that will make her feel a renewed sense of respect and attraction for you.

When a woman can see that her man really has changed and she now feels differently when she interacts with him, she will naturally begin to feel drawn to the idea of being with him in a relationship once again.

The Right Amount of Space to Give in a Relationship

Every relationship is different, so the amount of space and time that you and your woman will need to spend apart will differ from other people.

Space isn't always about spending time apart though. It can also be defined as:

Emotional space to have "me time" even when you're living together.

Space to spend time with friends and family, without always having to include the other person.

Space to work on projects and hobbies without being pestered by the other person all the time.

Some people spend their whole lives together and share as many moments as possible, because their lifestyle allows for it and because they prefer to live that way, while others spend a lot of time apart and still manage to make their relationship work.

To keep your relationship happy, harmonious and passionate, you need to get clear on the right space dynamic that will apply to you and your woman. What works for you and her today might not work in two years time, so you also need to be ready to adapt and change together as your perspective on life changes over time.

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[image]

Almost there! Please complete this quick form to gain instant access.

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How to Get Your Ex-Girlfriend Back When She Has Moved On: 7 Tips

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your ex-girlfriend has moved on, it doesn't mean that she won't ever be able to feel respect, attraction and love for you once again.

Right now, she might feel as though her life is great with the new guy, but it doesn't mean that her feelings for him will remain the same for longâ€”especially when you start to use some of my attraction techniques and methods.

7 Important Tips For Getting an Ex-Girlfriend Back When She Has Moved On

To get an ex girlfriend back who has moved on, you need to stop making mistakes that will turn her off and start doing things that will attract her to you and cause her to want to leave the new guy.

Here are 7 tips to help you do that...

1. Don't let her treat you like "just a friend" via text.

[image: Don't chat to your ex via text]

If your ex-girlfriend has moved on with another guy, don't give her the privilege of chatting to you as a friend via text.

It's fine to text her as long as you use every text as an opportunity to make her feel some respect and attraction for you (e.g. showing emotional strength will make her respect you, making her laugh and smile will make her feel some attraction for you).

If you allow your ex to chat with you in a non-sexual, non-romantic, non-boyfriend/girlfriend way via text whenever she wants, you are simply helping her to feel good about herself as she moves on with the new guy.

She will realize that despite hooking up with a new guy, you are still keen to text back and forth whenever she wants to, even though there is nothing sexual, romantic or boyfriend/girlfriend about the texts.

This will then cause her to some lose respect for you (i.e. because you're eager to chat to her and give her what she wants, even though she isn't giving what you want), which will then make you seem less attractive in her eyes.

If you are texting back and forth with her, make sure that you actively make her feel attracted and respectful of you, rather than just acting like an innocent friend or an ex-boyfriend who doesn't deserve her.

If you act like you don't deserve her, she simply won't be able to respect you.

When a woman doesn't fully respect a guy, she will always find it very difficult to maintain any feelings of attraction for him. So, first and foremost, you must think, behave and take action in ways

that make her feel respect for you.

In some ex back cases where a woman hates her ex boyfriend, the only time he should be texting her is to get her on a phone call, so he can then make her feel a renewed sense of respect and attraction and get her to agree to meet up with him in person.

If you don't meet up with your ex-girlfriend in person, she's not going to be able to properly experience the new and improved version of you, so she won't feel enough respect and attraction for you to want to seriously reconsider her decision.

2. Make her new guy seem less attractive and appealing compared to you.

Making the new guy seem less attractive and appealing compared to you can be done on the phone, in person or via social media.

When you talk to her on the phone, you need to get her laughing and smiling as she experiences the new, more confident and charismatic version of yourself.

In person, you should apologize for your mistakes, get her to forgive you and respect you again and then switch into making her feel attracted to you (e.g. getting her laughing, making her feel attracted to your newfound confidence and charisma, etc).

On social media, you can show her that you're now living a much more interesting lifestyle than you were before by posting up photos of you having a great time without her.

Some guys live a really interesting lifestyle already, but they never get around to taking photos and posting them on social media.

Other guys don't live a very interesting lifestyle, so they need to break out of their usual routine to do some new and interesting things that will capture the attention of their ex-girlfriend.

Of course, in many ex back cases, an ex-girlfriend will have blocked or unfriended her boyfriend on Facebook and other social media sites, but there are easy ways to fix that.

In my program, [Get Your Ex Back: Super System](#) I provide tested examples of what to text an ex, send via e-mail or say on the phone to get her to unblock you from social media and begin communicating with you again.

Whether you talk to her on the phone, see her in person or can only get her to look at you and your life via social media, the main thing that you need to is begin to trigger her feelings of respect and attraction for you.

If her new guy gets the sense that she is thinking positively about you, it may cause him to become a bit insecure (e.g. he might try to stop her from talking to you or seeing you), which will then make you seem more attractive. Why?

Women are naturally attracted to the emotional strength of men and turned off by the weakness. So, if your ex-girlfriend notices that now seem much emotionally stronger than her new guy, she will naturally begin to feel attracted to you again.

She won't be able to stop herself from feeling that way, even if she really hates you at the moment. When you trigger a woman's feelings of respect and attraction for you, she naturally begins to change how she feels, even if it's only slightly to begin with.

3. Don't try to change her mind with logic.

A mistake that some guys make when trying to get an ex-girlfriend back, is to attempt to convince her that things have really changed now and the relationship would be so much better if she would just change her mind and decide to give it another chance.

From a guy's perspective, what he is saying makes logical sense when he sincerely explains to his ex-girlfriend that he has changed and would be able to make her feel so much happier than before. It makes logical sense, but it isn't what actually works to get an ex-girlfriend back, especially if she has already moved on.

To get her back for real, you have to make her feel a combination of painful and positive emotions that will cause her to want to change her mind on her own.

When you trigger the right mix of emotions (e.g. respect, attraction, regret, envy, etc. — there are many other enticing emotions that you can trigger inside of her), she will naturally begin to feel drawn to you and will then begin to reconsider her decision.

You can make her feel the combination of painful and positive emotions on the phone or at a meet up, but you can't do it via text and you can't do it by having logical discussions with her about how convinced you are that you could make the relationship work this time.

4. Don't cause more damage to her feelings for you by being an insecure ex.

[image: Woman getting texts from an insecure ex]

Getting broken up with by the woman that you love really sucks.

However, despite how much pain you might be in, you've got to make sure that you're not making things worse by being insecure when you interact with her via text, on the phone, online and in person.

Sometimes, a guy will make the mistake of drowning himself in all the negative, painful emotions related to his ex-girlfriend dumping him and then moving on with another guy.

He's been left behind and is now feeling hurt, lost and vulnerable in the world without her. When he was with her, it was so much easier to feel confident and happy, but now he feels like a part of him is missing.

You can't blame a guy for feeling that way, but if you are serious about getting your ex-girlfriend back, you must get yourself out of that weak emotional state and into a strong emotional state.

As you know by reading through this article so far, women are attracted to the emotional strength of men and turned off by the weakness. So, any interaction that a woman has with her ex-boyfriend where he displays type of insecurity, is simply going to make her new guy seem more attractive and appealing in contrast to him.

5. Get to the point where you feel sorry for her because she's missing out on being with you.

One of the secrets of how to get an ex girlfriend back when she is moved on is to get to the point where you genuinely feel sorry for her because she's not with you.

Ironically, this is actually how a woman wants you to think and feel about yourself anyway. She

wants you to have that type of confidence in your attractiveness and appeal to her.

She might not ever admit that to you, but a guy having unquestioned confidence in his attractiveness and appeal is a massive turn on for women.

As explained earlier, women are attracted to the emotional strength of men and turned off by the weakness.

So, if you are confident and self-assured about your value, attractiveness and appeal to her, she will naturally find you more attractive and appealing than if you were to doubt yourself and feel unworthy of her love, attention and affection.

Even if you don't fix or improve anything about yourself other than believing in your attractiveness and appealing, your ex-girlfriend will feel much more respect and attraction for you as a result.

She might test your confidence in yourself by saying harsh things like, *"I feel nothing for you anymore"* but you have to remain strong and believe in yourself.

Your ex-girlfriend is not going to want to feel as though she is doing you a favor by getting back with you, especially if she's moved on with a new guy.

She's going to need to see that the other guy doesn't make you feel insecure. In fact, you don't even waste a single moment thinking about him. He is nothing compared to you.

You are better than him and you don't even need to do anything to prove it, other than believe in yourself and know that no matter what, you are the man.

If you don't know how to have a high level of confidence in your value, attractiveness and appeal to your ex-girlfriend, it is one of the many things that I will give you when you go through my advanced training program, [Get Your Ex Back: Super System](#)

This is such an important point that I am going to talk about it more in the next section, just to make sure you get it really clear in your head...

6. Don't look at the new guy as being better than you.

[image: Her new guy is not better than you]

Here's the thing...

Right now, your ex-girlfriend might be saying that she is happy now and that he is treating her well, but in most cases, the new guy will usually just be filling in the emotional gaps that you left open.

For example: If a woman breaks up with a guy who is insecure, she is usually going to feel much happier with a guy who is less insecure than her ex. Makes sense, right?

Yet, it doesn't mean that the new guy has bulletproof confidence and will be able to maintain her attraction for life, but in contrast to how her ex-boyfriend made her feel near the end of the relationship, the new guy currently seems like a better option.

Don't worry about him though.

He's nothing compared to you.

You know that you're a good guy and that you have grown, matured and become an even more amazing guy as a result of this break up.

True?

As for him, he has no guarantee that your girlfriend is going to stay with him.

For example: According to various studies and government statistics in Western countries, here are some approximate statistics.

- Approximately 50% of marriages will end in divorce.
- Approximately 85% of dating relationships will break up.
- Approximately 65% of rebound relationships (the relationship your ex-girlfriend is now in) will end within 6 months.

So, while it is possible that she may stay with her new guy for life (that would suck), it's also possible that she won't.

After successfully helping 100s of guys to get an ex-girlfriend, fianc  or wife back, I've found that it's usually possible to get an ex-girlfriend to leave her new guy within a couple of weeks to a couple of months.

Sometimes it happens earlier, but based on all of my vast experience, I've found that approximately 20% of guys are able to get their ex-girlfriend to leave the new guy within 2 weeks and 80% of guys are able to get it done within 2 weeks to 2 months.

In other words, you might get her back immediately or it might take a couple of months, but the chances are very if you are willing to do what is required.

What is required?

You've got to learn from your mistakes and bounce back with an improved ability to make her feel respect, attraction and love for you.

The better you are at making her feel a renewed sense of respect and attraction for you when you interact with her, the faster she will reconnect with her feelings of love for you and reconsider getting back together again.

7. Realize that her feelings for you can change.

Luckily for you, human emotional states are not permanent.

Your ex-girlfriend might hate you right now, but that doesn't mean you can't change how she feels this week or next.

For example: Have you ever hated or disliked a person, but when they changed how they spoke to you and interacted with you, your feelings towards them changed fairly quickly?

You might have gone from hating that person to liking them, or from disliking them to being best friends with them.

You might have also had a similar situation with a woman that you initially didn't like or feel attracted to, but she then grew on you over time and you ended up really liking her or even loving her.

That's how human emotions work.

Human emotions are flexible and open to change.

When you present your ex-girlfriend with a more attractive and appealing version of yourself while talking to her on the phone and in person, she will naturally change the way that she feels about you.

I've already helped 100s of guys to successfully get an ex-girlfriend, fianc  or wife back and I

would love to help you too.

If you want follow a step-by-step system that will make her leave the new guy and come back to you, I recommend that you watch my advanced training program, [Get Your Ex Back: Super System](#)

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Proven Ways to Get Your Ex Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you're looking for proven ways to get your ex back, you're going to come across a lot of different opinions.

For example: Some people will say, *"Forget about it. Just cut your losses and find another woman. Once a relationship breaks up, there's no going back."*

Other people will say, *"Sure you can get an ex back, but it's going to take a long, long time before it happens. You will have to give in to all of her demands like giving her space, apologize over and over again and be patient while you hope that she changes her mind one day."*

[image: What is a proven way to get an ex back?]

Others will say, *"Ignore her by using the No Contact Rule and wait for her to come running back. If she doesn't, it wasn't meant to be."*

[image: Avoiding her with the No Contact Rule]

In other words, most people have no idea what to do and are simply giving their random opinion based on very little experience or knowledge on the topic.

99% of people who give advice on this topic have not personally helped 100s of guys to successfully get a woman back, so from their perspective, it's either impossible or too complicated to deal with.

Yet, here's the thing...

[image: Ways to get an ex back that are proven to work]

Statistically speak, almost 50% of couples who break up get back together again. So, not only is it possible to get an ex back, it's also very common.

Watch this video to understand why it's possible to get an ex back and how you should approach it from this point onwards...

As you will discover from the video above, you can get your ex back if you start to make her feel the kind of love, respect and attraction for you that will make her want to give the relationship another chance.

If the current way that you are interacting with your ex is turning her off, then you need to change that. You need to start interacting with her in a way that makes her feel a renewed sense of respect and attraction for you.

That is what counts.

Based on the 100s of cases that I have personally helped guys with, I've found that even an angry woman who is saying, *"Leave me alone! I never want to see you again"* can calm down and become more open to at least talking to her ex within a few days, or after a couple of weeks.

Depending on how badly he has messed up, a guy can usually get an ex to agree to a meet up with him right away or within a week.

[image: Meet up with her and get the old spark back]

Then, at the meet up, he can get her to feel a renewed sense of respect and attraction for him.

So, if you're looking for proven ways to get your ex back, you need to understand that to get her

back for real, you have to be able to make her feel renewed respect and attraction for you as a man. When you get her to feel that way (on a phone call or in person), she will then be more willing to open herself up to loving you again.

So, how can you get her to feel that way? You have to approach it step by step...

Step 1. Understand What Really Caused Her to Break Up With You

Your ex is now your ex for a reason (or for a number of reasons).

Certain things happened in your relationship to cause her to stop feeling enough respect, attraction and love for you to justify staying together.

To re-spark her old feelings for you, the first thing you need to do is truly understand what caused her to disconnect with those feelings.

Watch this video to understand the 3-step process that a woman usually goes through before breaking up with a guy

As you will discover from the video above, there are many reasons why a woman can lose respect and attraction for her man.

Can you relate to any of the mistakes that are mentioned in the video? If so, then you need to make sure that you fix those things about yourself, before attempting to fully get her back.

If your ex notices (via your body language, conversation style, attitude, actions, vibe and behavior) that you actually haven't changed much at all, she's not going to be excited and eager to get back with you anytime soon.

Of course, not everything that goes wrong in a relationship is always the guy's fault, so unless he did very specific things that caused her to lose respect for him (e.g. cheated on her, belittled and criticized her, abused her, etc), he may not be sure what caused her to want to break up with him.

Although some women will tell a guy exactly why they want to break up, most women (not all) would rather give him a vague excuse like, *"I think we need some time apart,"* or *"I just don't feel the same way about you anymore,"* rather than say exactly what has caused them to stop wanting to be in a relationship with him.

Why do women do that?

Women don't want to be a man's teacher and be responsible for constantly teaching him how to understand her and be the kind of man she needs him to be.

In most cases, a woman will feel that she's already given him many signs along the way (e.g. being distant, throwing tantrums, telling him that she is tired of how he treats her or turned off by how he is acting lately, etc), to let him know that certain of his attitudes and behaviors have been making her lose respect and attraction for him.

Unfortunately, in most cases, guys either miss the signs completely, or they end up writing it off to her just being a moody woman.

To get your ex back, you need to go through a process with her of quickly rebuilding her respect, attraction and love for you...and the only way you can truly do that is to fully understand what

caused her to break up with you in the first place.

For example: Here are some classic mistakes that guys make in relationships.

1. Taking her for granted

What often happens in relationships is that once the initial thrill of the being with someone new wears off, a couple ends up settling into a boring routine.

For example: Where previously a guy would compliment his woman often on her sexiness, he now begins to take it for granted. He will assume that he's told her enough times, so she doesn't need to hear it anymore.

If his woman once commented on how romantic it was to spend the night at home cuddling on the couch, he now takes it for granted that she wants to do that all the time (or that it's enough to keep her happy) and stops taking her out.

2. Giving her too much power in the relationship

Often, guys who feel they got lucky in scoring with their girlfriend (fiancée or wife), will secretly fear losing her if she realizes that she's settled for a guy who probably doesn't deserve her.

With that kind of insecure mindset, a guy will often let his woman have her way all the time. He will hope that by allowing her to have all the control in the relationship it will make her happy and if she's happy, she won't break up with him.

When she eventually does break up with him, a guy like this can't understand what has happened. He has been so good to her all along, but she now wants to leave him because she's unhappy.

What he doesn't understand is that women are attracted to men who are strong enough to take the lead in the relationship, no matter how much she tries to challenge his power and dominance.

If a woman has to become the man in a relationship, it means that she cannot truly relax and be the feminine, girly woman that she wants to be.

Step 2. Fix Your Emotional Issues Now, Not Later

[image: Fix your emotional issues now, not later]

To get an ex back, a guy usually can't just keep saying that he WILL change and improve if she gives him another chance.

Some women will accept that once or twice, but after a while, she will get sick of putting up with a guy who isn't yet capable of being the type of emotionally strong man that she needs, so she will dump him and try to move on.

He might plead with her and say that he is serious this time and will change, but unless she can see that he actually knows what to change and how to do it, she's usually going to be at the point where she is unwilling to give him another chance right away.

[image: I promise that I will change]

To get an ex back for real, you usually have to first make the changes to your behavior and attitude that have been turning her off and then let her experience these changes, either in person, over the phone, or via your online presence on social media sites like Facebook, Instagram, etc.

She needs to be able to see for herself that you have fixed the emotional issues you have that were turning her off (e.g. insecurity, emotional sensitivity, etc) and that you really have improved and changed.

You don't have to fully fix everything and become 100% perfect to get an ex back, but you do need to start working on your emotional issues, so that the next time she interacts with you she will sense that something really has changed.

She will hear it in your voice and she'll pick it up in your body language and she will begin thinking, *"I don't know what it is, but something about him is really different...and I like it."*

If you try to get an ex back without actually fixing or improving anything about yourself, and are just looking for those "easy" proven ways to get your ex back that don't involve any work on your part (e.g. buying her flowers and expensive presents, writing her long love letters and making promises that things will be different this time, using the No Contact Rule, etc), then you might get some attention from her, but it won't fix the real problems between you and her.

When the ex that nothing has really changed and that the same behaviors and attitudes that were turning her off are still there, she isn't going to want to stick around for long.

She might string her ex along for a while, but she will be actively trying to find herself a replacement guy, so she can make a cleaner break this time.

You Can Get Your Ex Back

[image: You can get your ex back]

If you're looking for proven ways to get your ex back, one of the most important things to understand is that human emotions can and do change.

If your ex felt love, respect and attraction for you in the past, then she can feel these emotions again today or tomorrow.

Just because, she may be saying, *"I just don't love you anymore"* right now, it doesn't mean she won't be able to reconnect with that love when you change the way that you make her feel when you interact with her.

When you present your ex with an improved version of yourself (i.e. emotionally stronger, more able to make her feel respect and attraction for you, etc), she will naturally begin to think and feel differently about you.

If you really want to get your ex back, you have to understand that you can make her feel differently about you.

How?

You need to start talking to her (on the phone or in person) in ways that get her to feel a renewed sense of respect and attraction for you.

For example: If a guy is talking to his ex girlfriend (fiancée or wife) and is being insecure, emotionally sensitive and clingy, then she isn't going to be feeling respect or attraction for him.

However, if he can get her on a phone call or meet up with her in person and get her laughing and feeling good around him, she is going to relax and open up to feeling attracted to other traits that he is

also displaying (e.g. confidence, charisma, emotional masculinity, etc).

So, if you're looking for proven ways to get your ex back, make sure that you don't waste time trying to with lame tricks like the No Contact Rule or by hiding behind endless text messages.

The real, proven way to get your ex back is to make her feel a renewed sense of respect and attraction for you on the phone and in person.

When she sees that you are capable of making her feel that way, she will naturally begin to open herself back up to being with you.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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My Girlfriend Said She Wants to Be Single

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

When a guy says, *“My girlfriend said she wants to be single,”* he’s usually reached a point where he feels like he’s just not going to be able to change her mind.

The relationship really seems like it’s over and it appears as though there is no way to change the way that she feels.

There is.

Watch this video to understand how to change her mind and stop her from breaking up with you...

Changing How She Feels

[image: Changing how your girlfriend feels]

If your girlfriend is currently saying things like, *“I just don’t want to be in a relationship with anyone right now. It’s not you, it’s me, I just want to be single,”* it simply means that (right now) she doesn’t feel good about the idea of being in a relationship with you.

However, that doesn’t make her feelings are set in stone.

No one is ever stuck on one feeling forever.

Feelings always change and sooner or later her current negative feelings towards you will change as well.

If you want to change her negative feelings to positive feelings, you need to make sure that you are making her feel the type of attraction, respect and love for you that will cause her to want to stick with the relationship.

For example: If a boyfriend is being clingy, jealous and insecure around his girlfriend, then she will naturally feel turned off by him and if that goes on for too long, she might break up with him or cheat on him.

On the other hand, if a boyfriend is emotionally strong and is able to make his girlfriend feel attracted by being a confident, masculine guy who makes her feel feminine and excited to be in love, then she’s not going to be saying that she wants to be single.

She’s going to want to stick with him, rather than risk getting out into the dating scene and having to put up with guys who can’t make her feel the way her boyfriend does.

So, if your girlfriend is saying she wants to be single, it’s pretty clear that, right now, she isn’t feeling enough attraction for you and isn’t excited about the idea of being in a relationship with you.

However, if you change your approach to the relationship, you can easily make her feel a renewed sense of respect and attraction for you again.

When you do that, her feelings of love will naturally come flowing back, because essentially, if there was real love between you and her in the past, then it is not dead.

Love doesn’t die. It can get buried under hurt feelings, resentments or misunderstandings, but ultimately the love will still be there in the background waiting to be re-awakened.

Love is something that can be brought back to life under the right conditions, so you just need to make sure you create and maintain those conditions, and your girlfriend will naturally change her mind about wanting to be single.

What are those conditions?

You need to make sure that the way that you think, behave, feel and take action around her and in life is deepening her feelings of respect, love and attraction for you over time, rather than destroying those feelings.

A lot of guys are great at getting relationships started, but once the initial buzz has worn off, the woman will start to feel restless if the guy is incapable of deepening her feelings and taking the relationship to the next stages.

If you have made your girlfriend feel that way, you need to start being attractive from now.

When you make your girlfriend see you as being more attractive, appealing and desirable than other guys, she will then change her mind about wanting to be single and will instead want to remain in a relationship with you.

Why Did Your Girlfriend Decide That She Wants to Be Single?

[image: Why did your girlfriend decide that she wants to be single?]

When a woman is in a relationship where she feels loved, valued and appreciated by her man, sheâ€™s not going to suddenly wake up one morning and decide, *â€œI want to be single againâ€* | *all of this exciting, heart warming love and attraction is boring and Iâ€™d rather alone.*

Of course, some women are crazy psycho bitches and will do that, but the majority of women won't make a snap decision like that for no good reason.

So, if your girlfriend is a normal woman and is suddenly saying to you that she wants to be single, then something that you've done or been doing has made her think that being single would be better for her than sticking with you.

If you want to stop saying, *â€œMy girlfriend said she wants to be single,* and start saying, *â€œMy girlfriend said she can't live without me,* you have to show her that the problems she has been noticing in your relationship are now fixed and won't happen again.

If you've tried to ask her what the problem is, she might have told you that she just doesn't feel the same way anymore, isn't ready for a committed relationship or wants some time to find herself.

Any of those kind of reasons are vague and don't actually tell you what the REAL problem is.

For example: If the real reason why a girlfriend is breaking up with her boyfriend is that he doesn't have the kind of masculine confidence that will make her feel girly around him, she will rarely tell him that.

Instead, she will say, *â€œI really care about you, but I just don't know if we are right for each other right now.*”

Why won't she be honest and say what the real problems are?

Simple.

She doesn't want to be her boyfriend's teacher on how to be a man. She wants a ready-made man, rather than changing the relationship dynamic to a teacher > student or big sister > little brother dynamic.

She wants to be able to relax into being her boyfriend's woman (or girl), rather than having to be an authority figure or teacher to him. She wants to look up to him and respect him as her man, rather than have to pity him and guide him through life.

So, rather than telling him exactly what the problem is, she will come out with something like, *"I think I want to be single for a while to find out what I want"* or *"I don't want to be in a serious relationship right now because I want to focus on my work/studies"* or *"I think we will be able to be with each other again in future, but right now I need to find myself."*

Ignoring the Early Signs

Rather than coming out directly and telling a boyfriend exactly what he needs to change, a woman will usually begin by nagging, throwing a tantrum and getting emotional.

A lot of guys will write it off as her being silly or it being that time of the month again, but it's really a woman's way of letting you know that something is wrong and that she's not feeling the way she wants to feel.

She doesn't want to be a man about it and be clear, direct and to the point all the time. She wants to be emotional like a woman and hope that her guy senses that something is not quite right between them.

If her man picks up on her concerns and makes an effort to fix his behavior and improve himself, she will feel even more respect and attraction for him and will fall even deeper in love with him than ever before.

On the other hand, if he ignores her and avoids addressing the issue, she will gradually begin to lose respect for him and eventually her attraction and love for him will get pushed into the background.

Unable to connect with her feelings of love, respect and attraction for him, she will begin to interact with him from the basis of feelings like resentment, disappointment, frustration and repulsion.

If that goes on for long enough, she might eventually get to the point where she is tired of feeling that way and either breaks up with her boyfriend, cheats on him or gets the conversation started by saying that she wants to be single right now.

Questions to Ask Yourself at This Point

If you truly want to fix the problems between you and your girlfriend, you will need to first understand which of your attitudes and behaviors are causing her to want to exit the relationship.

Ask yourself these questions:

1. Have you been taking her for granted?

Throughout the relationship, have you made your girlfriend feel truly loved and valued? Not just as the start of the relationship (that's the easy part), but later on after the initial buzz of being with someone new had worn off.

2. Have you been making her feel like a real woman?

To make a woman feel like a real woman, you need to use your masculinity to make her feel feminine and girly in contrast to you.

So, does your girlfriend feel feminine and girly in contrast to your masculinity, or have you made her feel like more of a neutral friend or buddy?

Have you let go of your masculinity and possibly been a bit feminine in your behavior, attitude and thinking around her?

3. Have you been too clingy and needy at times?

Did you make the mistake of smothering her with your insecurity (e.g. regularly needing her reassurance that she loved you and found you attractive)?

Did you feel jealous when she talked to other guys and feared losing her?

4. Do you believe that you got lucky when she agreed to be your girlfriend?

Have you secretly felt like she is too good for you? If so, she would have picked up on that and it would have turned her off.

A woman wants to be with a guy who makes her feel lucky to be with him. He can easily attract other women if he wants to, but is deciding to be with her because she is beautiful, has great character (e.g. loyal, caring, etc) and treats him well.

Do you secretly believe that you will find it difficult to get another quality woman like her if she decides to leave you?

5. Do you have big goals and ambitions for your life, or have you been making her your main goal?

Have you been rising up through the levels of life like a man should, or have you been taking life â□□ day by dayâ□□ and not making any massive plans for your future together?

The above questions highlight a few of the reasons that can cause a girlfriend to lose interest in being in a relationship with her boyfriend.

When you identify the real reasons why your girlfriend wants to be single, you can then make the right changes to get her to feel the type of love, respect and attraction that cause her to want to stick with the relationship.

Fix Your Issues and Improve Yourself Now, Not Later

[image: I promise that I will change]

Right now, your girlfriend doesnâ□□t want to hear that you WILL change. She doesn't want you to promise that if she gives you another chance, you really will change this time.

She wants to know that you have already changed by assessing your body language, conversation style, vibe, attitude and actions.

You donâ□□t have to become perfect or change everything to get her to want to be with you again. However, when you fix any of your issues (e.g. a lack of confidence, insecurity, fear, lack of ambition, etc), you will see that it not only makes your girlfriend feel differently about you, but it also begins to have a positive effect on other areas of your life too.

Making Her Want to Stay in a Committed Relationship With You

[image: Making her want to stay]

When your girlfriend sees the changes in you and feels differently around you as a result, she will then feel as though her life wouldn't feel right without you in it.

She will find herself feeling unhappy if she remains stuck to her idea of wanting to be single. In fact, getting back together will actually make her feel good about herself again.

So, if you want to stop saying, *“My girlfriend said she wants to be single,”* and start saying, *“My girlfriend loves me and never wants to leave me”* you've got to make sure that you make some real changes to how you approach the relationship.

If the current way that you are thinking, feeling, behaving and taking action around her and in life is turning her off, you need to change that.

You can't expect a modern woman to stick with a guy for life just because the relationship felt good at the start.

Today's women are allowed to break up with guys and get in and out of relationships until they find the guy who makes them feel the way that they really want to feel when in a relationship.

You can make your girlfriend feel as though you are still the one, but you have to be willing to make some changes to the way you think, feel, behave and act around her.

Three Options: Which One is Best For You?

[image: Three options to choose from]

At this point, you really have three options to choose from.

1. Dump her and begin seeing other women immediately, to make her feel the pain of losing you and making such a silly decision about her relationship with you.
2. Change your approach to the relationship to make her feel a renewed sense of respect, love and attraction for you. Then, build on that from there to make the relationship better than it ever was before.
3. Don't do anything and just let the whole thing slowly fall apart.

If you want to go with Option 1 and get some new women, I recommend that you read my book [The Flow](#)

If you want to go for Option 2 and get the spark back in your relationship, I recommend that you watch my video program, [Make Her Love You For Life](#)

If you want to go for Option 3 and let the relationship fall apart, then be prepared for a lot of emotional pain and heartache as she potentially cheats on you or strings you along while she finds a replacement guy.

Which option do you want to go with?

Most guys are able to pull off Option 2 and get the relationship back on track, but if you think she is a

lost cause, then get onto Option 1 before she does that to you.

By the way...

If you and her are already broken up, you can also get her back. Watch [Get Your Ex Back Super System](#) for instructions on how to get your girlfriend back.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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How to Make Up With Your Ex Girlfriend

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

To make up with your ex girlfriend, you need to apologize for your mistakes and let her see that you really have changed and become a better man now.

You can't simply promise an ex-girlfriend that you will change. In most cases, a woman will need to see that her ex-boyfriend has already learnt from his mistakes and made a serious effort to make some real changes.

For example: If a guy got dumped by his ex-girlfriend because he was too insecure, needy, clingy or controlling, she isn't going to be excited to take him back because he is saying that he won't do that anymore.

Instead, she is going to need to see that he really has changed and to find that out, she will need to first talk to him on the phone to hear the change in how he thinks, talks and communicates with her. She will then need to meet up with him in person to assess his body language, vibe, attitude, communication style and behavior to see if the changes are real.

If she suspects that he hasn't changed anything and is just putting on an act to hopefully make up with her and get the relationship back together, she will put her guard up and reject him.

Think about it this way...

Have you ever been talking to someone who was acting like they were being truthful or like they were being nice to you, but you could sense that something wasn't right?

Your ex-girlfriend has the same human sense, so don't try to trick her into getting back with you by acting like you have changed. She will pick up on that and it will turn her off the idea of giving you another chance.

Watch this video to understand where guys go wrong when trying to make up with an ex girlfriend and what you should do instead to be successfulâ|

As you will discover from the video above, your ex-girlfriend is probably not going to take you seriously until you can make her feel the type of respect and attraction that she needs to feel to justify giving you another chance.

Some women are easier to get back with than others, but if you feel as though your ex-girlfriend is a bit more difficult than other women, make sure that you do this right.

If you want to make up with her and get the relationship back together, start by respecting her needs and actually making some changes to how you think, feel, behave and act around her.

Let her see that you really do care about how badly you were making her feel and have put in the effort to learn about where you were going wrong and what you need to do to fix it.

5 Things to Avoid When Trying to Get an Ex Back

Some guys can't stop themselves from going into panic mode when an ex-girlfriend decides that she wants to end the relationship.

All of a sudden, his life goes from comfortable to sickening. He can't eat, sleep or think properly and

it feels as though he is losing her and can't really do anything about it.

He can fix the problem and make up with his ex girlfriend, but making the following mistakes will slow down the process and potentially make her feel like she needs to quickly fall in love with another guy to get her current boyfriend out of her mind and life!

1. Begging, pleading and groveling for forgiveness

[image: Please give me another chance]

As much as this might initially seem like a good idea (i.e. because it shows how much you care), calling up an ex girlfriend and begging her for forgiveness is not going to change her mind.

She may listen and hear you out, but once she's had the satisfaction of knowing that you still want her and that you can't live without her, she will reject you. Why?

A guy who begs, pleads or grovels is a big turn off for a woman because women are instinctively attracted to men who are emotionally strong with or without a woman.

What a woman wants to see that her ex-boyfriend wants her in his life and he loves her, but he doesn't NEED her for his emotional security and strength.

2. Ignoring her by using the No Contact Rule

[image: Avoiding her with the No Contact Rule]

A common piece of advice that you'll read about on the internet is to use the No Contact Rule to lure your ex girlfriend back.

In most cases (not all), the No Contact Rule is a really bad idea and here is why!

Yes, by ignoring your ex-girlfriend, she may contact you or call you at some point, but that is not the same as her wanting to make up with you and give the relationship another chance.

In most cases, a woman will respond to the No Contact Rule by contacting her ex-boyfriend (fiancé or husband) to check that he is still hoping to get her back.

Once she realizes that he hasn't moved on and was just playing a trick on her, she will lose more respect for him and feel even more determined to move on without him.

3. Making promises to change, rather than actually changing

A woman will rarely just break up with a guy for reason at all, unless she is a crazy psycho.

Almost all women break up with a guy because he has been making mistake after mistake in the relationship, which has caused her to lose respect for him, then lose attraction for him and then fall out of love with him.

Watch this video to understand the process that your ex-girlfriend most-likely went through before breaking up with you...

As you will discover from the video above, it usually takes a lot of mistakes to add up to a woman eventually wanting to break up with her man.

When a woman voices her frustrations, demands that he change or even threatens to leave, a guy will sometimes promise to change. He will apologize for his mistakes and promise that he will change.

Yet, if the relationship ends in a break up, it means that he failed to change enough or at all.

In cases like that, the woman has heard all the promises before, so why should this time be any different? Should she believe him this time, or just cut her losses and move on before she wastes

more of her life with a guy who isn't willing to improve and change himself for the betterment of the relationship?

If she suspects that he is trying to get her back with empty promises, she will feel as though he's not taking her and the problems in their relationship seriously and it will make her feel even more repelled and turned off than before.

4. Texting her repeatedly

[image: Repeatedly texting an ex]

It's natural for you to really miss your ex and to want to stay in touch with her as much as possible, but texting her too often is a really bad idea.

Based on my years of experience helping guys to get women back, I have found that the ONLY time you should text an ex is to arrange a phone call so you can then arrange an in-person meet up.

Then, at the meet up, you need to apologize for your mistakes and get her to feel a renewed sense of respect and attraction for you.

Once that has been established, her guard will come down, she will smile more and will become open to feel attracted to you while you interact with her (e.g. if you make her laugh, flirt with her, etc).

Pretty much every guy I've ever helped to get an ex back has made the mistake of texting the crap out of his ex.

In other words, he tries to get her back by texting and texting and texting.

Here's the thing though...

If you hide behind text, your ex can lead you on for weeks or months, making it look like you have a chance, while she moves on with another guy.

If you want to make up with your ex-girlfriend for real, you've got to stop wasting time with text and start making her feel attracted to you over the phone and in person.

Text is also a really bad idea because if your ex is currently mad at you and perceives you as desperate or insecure, how do you think she'll judge what you're saying to her via text?

Do you think that she'll think, *"WOW! That was a cool text! He must be so confident, charismatic and attractive right now. I just HAVE to meet up with him ASAP!!"*?

Of course not.

Text is crap when trying to get an ex back.

Without seeing you face to face, she has to judge what you're saying via text based on her current perception of you. Via text, she can't see that you've changed and she can't feel sexual attraction for you as a man.

This is why texting her for any other reason, other than to arrange a phone call or a meet up, will usually turn her off even more and make her want to distance herself from you even more.

5. Letting her take control of the situation

When I help phone coaching clients to get their ex back, I pretty much always find that the guy has been letting the woman push him around, play mind games and essentially hide behind text.

If you want to make up with your ex girlfriend, you need to take control of the situation, rather than hoping that she somehow starts being nice and helps you get the relationship back together.

The same principle applies to picking up women or dating women. You have to lead the way and take

charge, otherwise the woman won't be able to respect you as a man. If she can't respect you, then she's not going to be able to feel attracted to you.

Doing It Right

To make up with an ex girlfriend quickly, you need to show her that you've learned from the experience of being dumped and that you've taken action to become a better man.

You can't do that via text and you can't do that by using the No Contact Rule.

You have to get yourself a meeting with her where you can show her that you've already improved yourself (e.g. you're no longer insecure, you now know how to make her feel the way she wants to feel, you understand the reasons why she broke up with you and have already fixed those things about yourself, etc) and she will then open back up to feeling love, attraction and respect for you again.

If you're interested in learning how to get her to agree to an in-person meet up, what to send via text to get her on a phone call and what to say on the phone, then I recommend that you watch my video training program [Get Your Ex Back: Super System](#)

Why wait another day when you could be on the phone with her in the next couple of hours arranging a time to meet up?

All you need to do is watch my training and then follow the steps (that I developed by helping more than 100 phone coaching clients to get a woman back) and you will be meeting up with her, re-attracting her and getting her to want another chance.

Ready to take the first step to get her back for real?

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How Do I Know if My Ex Wants Me Back?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Your ex is either going to make it really obvious that she wants you back, or she is going to act as though she doesn't even though she's secretly hoping that there still might be a chance for you and her.

An obvious sign that your ex wants you back is that she is contacting you because she wants to meet up with you in person and is regularly saying that she misses you and loves you.

However, if your ex is only contacting you via text and social media, it doesn't necessarily mean that she wants you back.

In most cases, an ex will do that simply to keep you around and give you the impression that there is still a chance to get back together, while she actively tries to find a replacement guy at the same time.

In the 100s of cases that I've personally helped guys through, I've found that about 95% of guys get stuck texting their ex back and forth for weeks while she secretly moves on without him.

When She Wants You Back, But is Waiting to See if You Can Make it Happen

[image: Waiting for her ex to reattract her]

One of the reasons why you shouldn't waste time wondering, "*How do I know if my ex wants me back?*" is that women don't always make it completely obvious.

In many cases that I've dealt with, the woman wasn't making any real attempt to get the relationship back together and was simply waiting to see if her ex boyfriend (fiancÃ© or husband) had the ability to make her feel a renewed sense of respect and attraction for him to give her a reason to reconsider the relationship.

If you are serious about getting your ex back, you need to get clear on how to make her feel a renewed sense of respect and attraction when you speak to her on the phone or see her in person.

You cannot achieve it via text, so do not hide behind text messages and social media comments.

You have to get her on the phone or meet her in person to make her feel a strong, renewed sense of respect and attraction for you. Once you do that, she will naturally and automatically reconnect with her old feelings of love for you.

Watch this video to understand where guys go wrong when trying to get an ex to want them back and what you should do instead if you want to be successful...

As you will discover from the video above, your ex is only going to begin feeling like she wants you back if you can make her feel enough respect and attraction for you to justify giving the relationship another chance.

Some women who lack experience with relationships or who can't find a replacement guy, will get in contact with their ex and give him another chance even though he isn't making her feel much respect and attraction, but the relationship won't last.

When she realizes that he still doesn't have the ability to make her feel the way she wants to feel in a

relationship, she will simply dump him again.

Why Did She Break Up With You?

[image: Why did she break up with you?]

A woman falls in love with a guy who makes her feel the way that she wants to feel in a relationship.

So, you did something right in the beginning.

You got her into a relationship, things were going well and then something screwed it up.

Watch this video to understand the process that a woman goes through before breaking up with a guy to see if you made any of the mistakes mentioned...

As you will discover by watching the video above, if you've destroyed her feelings of respect and attraction for you and she has now fallen out of love with you, the first step is to get her respect back.

If you want to know what to say and do on the phone and when you meet her in person to make her feel a renewed sense of respect and attraction for you, I recommend that you watch my advanced training program, [Get Your Ex Back: Super System](#)

Did You Make Any of the Following Mistakes in Your Relationship With Her?

The start of a relationship is usually fairly easy for most couples, because there is a lot of lust and new, exciting feelings that make everything feel good.

When a guy is skilled at deepening a woman's love, respect and attraction for him over time, the relationship will just get better and better the longer they stay together.

However, if a guy lacks essential knowledge on how to keep a woman happy in a relationship, he might end up making one of the following mistakes, which then begins to ruin her respect and attraction for him...

1. Taking her for granted

[image: Did you make any of these mistakes in the relationship?]

To keep a relationship happy, both the man and the woman need to appreciate each other and really want to be with one another.

If a man slips into a pattern of behavior where he takes a woman's interest in him for granted, she might put up with it for a while (even for a couple of years if she really loves him), but she won't put up with it forever.

For example: He cancels plans with her often, he doesn't reply to her texts or calls, he isn't affectionate enough with her, he doesn't appreciate the efforts she puts in to look good for him, he expects her to essentially be like a slave for him (e.g. run his errands, cook, clean, etc), he is too bossy and controlling and expects her to just put up with it, etc.

There's only so much of that treatment that a woman can put up with. She is living in a time where it's no longer shameful to break up and find a new guy and she knows that she only has to get on Tinder or online dating, or go to her local bar and she'll be able to find a new guy quite easily.

If she doesn't actively try to find a new guy, she might innocently meet a guy one day (e.g. at work, at university, at a party, at a bar, etc) who gives her a lot of attention and makes her feel special. She will then begin wonder why she is continuing to put up with her current man who doesn't even care about her.

When she breaks up with her current man, he will usually accept it initially because he's used to her attempts to try to get him to care and assumes that she will coming running back to him.

Yet, when he sees that she is happily moving on without him and he is feeling lonely without her, he will be the one who comes running back to her. He will realize that he had a great woman who loved him and cared about him and he was simply taking her love, respect and attraction for him for granted.

He might then beg and plead for another chance, buy her gifts and try to get her to see that he is serious about her and wants her back.

Yet, the more desperate he becomes, the less attracted to him she feels and the whole situation spirals out of control.

Obviously, to avoid that happening in the first place, a man needs to love and respect his woman and make sure that she loves and respect him back. It has to be a two-way thing.

What can a guy do if he's already made that mistake?

Simple: He needs to meet up with her in person, apologize for his mistakes and then get right on with making her feel a renewed sense of respect and attraction for him.

He has to put all the previous drama behind them and focus on making her feel enough respect and attraction for him to justify giving the relationship another chance and leaving the new guy, if she has one already.

2. Giving her too much power in the relationship

[image: Did you give her too much power in the relationship?]

In a relationship between a man and a woman, the needs to make sure that the woman knows her place.

If a woman puts a woman into the position of having more power over him and being able to control him and push him around, she loses respect for him. After a while, she stops feeling attracted to him and then begins to fall out of love with him.

Putting a woman doesn't mean being disrespectful towards her, putting her down, making her feel stupid or ordering her around like some sort of slave housewife from the 1940s.

What putting a woman in her place means is that she understands who the man is and who the woman is in your relationship.

You are the man, the more dominant and you are responsible for taking the lead to guide both you and her into deeper feelings of love, respect and attraction for each other over time.

You are also responsible for making sure that you and her are always heading towards a better life and future together, rather than hoping that she takes on the lead and guides you.

She is the woman and is not more dominant than you. However, she should also have equal say and can contribute as much as she wants to guiding both of you into deeper feelings of love, respect and attraction and also guiding both of you to a better life in future.

A lot of guys who get dumped by a woman, have made the mistake of giving her way too much

power in the relationship in the hope that it keeps her happy.

Initially, some women will enjoy having a lot of power over a guy and being able to order him around and control him. Yet, that is not what makes a woman feel deeper respect, love and attraction for a guy over time.

The more he allows her to push him around, the less respect she has for him. Instinctively, she knows that if he can't even stand up to her, he's not going to be very good at standing up for himself at work in or life at general and will likely get pushed around or taken advantage of by mean, selfish people.

Women are naturally attracted to men with alpha male characteristics and one of those characteristics is that you can stand up for yourself when interacting with her and in your day to day life.

This type of alpha male characteristic helps ensure that a guy is more successful in life. It doesn't guarantee it, but it's a signal to a woman that this man is strong and capable of facing the challenges of life and being able to achieve success no matter what.

3. Being insecure or emotionally sensitive

Women are naturally attracted to the emotional strength in men and turned off by the weakness.

When a guy initially gets into a relationship with a woman, he will usually find it easy to feel confident and emotionally secure because she's showing him a lot of interest and affection.

However, all women naturally test their man's emotional strength at random times in a relationship. One of the most common tests is where the woman will pull back her attention, interest and affection to see how the guy reacts.

If he reacts by becoming insecure, jealous, controlling or angry with her, she knows that he lacks emotional strength. However, if he remains confident in his attractiveness to her and continues on as per normal, her respect and attraction for him will deepen.

Women instinctively know that they are most-likely going to live a better, safer, happier life with a guy who is emotionally strong with or without a woman.

So, when a guy becomes insecure and emotionally sensitive when in a relationship with a woman, she feels turned off by him and pulls back her affection and interest even more.

When he notices that she is losing more interest, he will usually become even more insecure and emotionally sensitive, which will cause her to lose more respect and attraction for him. At that point, the relationship will begin spiralling out of control and heading for a break up.

Making Her Want You Back

Some ex's automatically want to give you another chance because they miss you, are attracted to you and are still in love with you.

However, if your ex isn't desperately trying to meet up with you to rekindle the relationship, then you need to make something happen.

You need to actively begin triggering her feelings of respect and attraction for you. When you make her feel that way, she will naturally begin to reconnect with her feelings of love for you and will begin to want you back.

So, rather than wondering, *"How do I know if my ex wants me back?"* I recommend that you start asking yourself, *"How can I make my ex want me back?"*

If you want to follow an easy, step-by-step system to get your ex back, I recommend that you watch my program, [Get Your Ex Back: Super System](#)

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Texting Your Ex: Mistakes to Avoid

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The worst thing that you can do when trying to get an ex girlfriend (fianc  or wife) back is to excessively text her for the following reasons:

- To explain where you went wrong.
- To ask her for another chance.
- To just stay in touch.
- To try to have a conversation with her.

Why?

[image: Texting your ex girlfriend]

- If she doesn't feel much respect or attraction for you right now, she's not going to really care about what you're saying via text.
- She can easily misinterpret what you're saying (i.e. since she can't hear your tonality and how you're expressing what you are texting, she has to GUESS at how you'd be saying it and if she's not happy with you, she will usually guess in a negative way).
- She can string you along for months just to make herself feel good that you still need her.
- Texting doesn't make a woman feel enough respect and attraction to feel like she should forgive you and meet up with you in person.

The fact is, you won't be able to have the same impact while texting your ex as you would if you just picked up the phone and called her.

I know, you're probably thinking that she doesn't want to talk and that she prefers texting, but I don't care what she prefers    I care about what is going to work to get her back for you.

Texting doesn't work.

It's a waste of time and energy.

You've got to get her on an actual phone call.

If she is not answering your phone calls, then do this:

1. Try to call her at a time when you know that she'll be available to answer.
2. If she doesn't answer, send her this text, *"Hey Michelle    I was just trying to call because I have something quick that I wanted to ask you on the phone. I guess you're busy at the moment. I might try to call another time."*
3. She will probably reply with something like, *"Sorry I missed your call    I was busy"* or *"What did you want to ask me?"*
4. Whatever her response is, just call her.
5. If she still doesn't answer, simply try to call her in a couple of days. She will be curious to answer and see what you wanted to ask her.

Then, when you get her on the phone, you've got to make her feel a renewed sense of respect and attraction for you.

[image: Texting an ex vs. calling her]

Getting her laughing and feeling good, have a chat, apologize for your mistakes and get her to agree to meet up with you in person for a quick chat.

When you meet up with her in person, you need to build on the attraction and respect and get her to forgive your past mistakes.

If you want to know exactly what to do at each step of the process when getting your ex back, I recommend that you watch my awesome, proven to work program, [Get Your Ex Back: Super System](#)

When going through the process of getting an ex back, guys have all sorts of questions and make all kinds of mistakes. So, if you're confused about how to get your ex back and you are interested in having someone help you through the process, I'm here for you.

Trying to Text an Ex Back is Only One of the Classic Mistakes Guys Make

Texting your ex as a means to get her back is a big mistake to make, but there are other classic mistakes that guys make as well.

Watch this video to understand where guys go wrong when trying to get a woman back and what you need to do instead to succeed...

As you will discover from the video above, your ex is really only going to take you seriously when you are able to make her feel the type of respect and attraction that she feels is necessary to consider giving you another chance.

...and you cannot achieve that via text.

You've got to get her on the phone and then meet up with her in person. If you try to hide behind text, you will simply drive yourself crazy thinking about what her reply might mean.

It's a waste of time and energy.

There is absolutely nothing that you can send to your ex via text that will make her feel a truckload of respect and attraction for you.

She needs to see that you understand the real reasons why she broke up with you and have already made changes to become a better man as a result.

Watch this video to understand some of the possible reasons why your ex broke up with you and what you need to do to get her back...

Texting your ex will do nothing to change the way that she perceived you and felt about you when she chose to dump you.

Women aren't stupid.

They know that it's very easy to say things via text, but it's another thing to be able to do those things in person.

For example: If a woman broke up with a guy because he wasn't enough of a man for her (e.g. he was insecure, needy, clingy, didn't have much purpose in life), then what is a text going to achieve?

That's rightâ€”nothing.

A guy like that needs to get his ex on the phone and explain that he understands why she broke up

with him, apologize for putting her through that and then let her know that the break up has been a huge wake up call for him.

Throughout the call, his ex will be analyzing what he is saying and how he is responding and reacting to her to determine whether or not he really has become more of a man.

If he hasn't, she's not going to be interested in meeting up with him, but if he has and is also making her feel good on the phone as well (e.g. getting her laughing, etc), then she will be much more willing to meet up with him in person.

Asking Her to Tell You What She Wants You to Do Via Text

[image: Texting your ex woman]

Women hate it when guys ask for instructions on how to be the man they want.

Why?

If a woman has to take on that role, it destroys the sexually attractive dynamic that exists when a woman is with a man that she can look up to and respect.

Instead, she feels like she has to take care of him like a mother would a child, or guide him like a teacher would a student.

If she has to teach him how to be a man this time, what will happen next time? Will he keep stuffing up and then expecting her to guide him?

What women want is a ready made man who is able to make her feel the type of respect, attraction and love that she wants to feel when in a relationship.

A woman doesn't want to have to teach a confused guy how to be more of a man and then destroy her feelings of respect, attraction and love for him in the process.

She wants him to figure that stuff out on his own and then just be a ready made man that she can enjoy the rest of her life with.

A big mistake that I see guys making is when they text their ex with something like, "I promise I can change. Whatever it is you want me to change I'll do it, just tell me what you want."

The woman just shakes her head in disappointment and then feels regret about getting into a relationship with him in the first place.

She might not be able to explain why it turns her off so much, but she will instinctively feel repulsed by that sort of behavior from a guy.

A woman will often explain her disgust in way where she is annoyed at how emotionally uncommitted he is to the relationship to not even care about what she wants and needs.

This is because most women just expect men to "get it" and if he doesn't, she feels turned off and annoyed by him.

A woman also wants a guy who can lead the way in a relationship, which then allows her to relax into being a feminine woman (i.e. feeling girly, emotional, etc).

The Real Way to Get Your Ex Back

The real way to get your ex back is to stop playing games with her (e.g. like the silly No Contact Rule).

Just get her on the phone and respark her feelings of respect and attraction for you, apologize for your mistakes and then get her to agree to meet up with you in person.

Nothing happens until you get the meet up because until your ex feels respect and attraction for you in person, she usually won't be feeling enough to want to give the relationship another chance.

When you meet up with her in person and make her feel attracted to you in new and exciting ways (e.g. by being more confident and charismatic, by making her laugh, by passing her tests, etc) that is when things will really change between you and her.

I've lost count of the amount of phone coaching clients that I've helped who had been hiding behind texts for weeks or months with their ex and when I pushed them to make the phone call and use my attraction techniques at the meet up, they then got another chance with their ex.

You can't get her back via text, so don't waste anymore time doing that.

What really matters is whether or not you understand the real reasons why she broke up with you and have already made changes, as well as whether or not you can now make her feel a good enough level of respect and attraction to justify giving the relationship another chance.

When you use the techniques from my program, Get Your Ex Back: Super System, you will be able to make her feel a truckload of attraction and respect for you to the point where getting back together actually becomes her idea.

That may sound like a difficult thing to achieve at this point because your ex is probably being cold to you, but it is possible to change how someone feels.

Are you ready to do what it really takes to get an ex back?

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

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How to Get a Woman Back: 6 Dangerous Mistakes to Avoid

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

In this post, I'm going to explain how to get a woman back after a break up, as well as provide you with 6 dangerous mistakes to avoid.

While these mistakes are dangerous to make (because they turn a woman off and cause her to lose respect for you), it is possible to recover from those mistakes and get her to see you in a positive light again.

6 Dangerous Mistakes to Avoid When Attempting to Get a Woman Back

Getting a woman back requires that you take the approach that will make her feel the most amount of respect and attraction for you as possible.

Making any of these mistakes will ruin her feelings of respect and attraction, but as you will discover ☐ ☐ you can get her to forgive you and reconnect with her positive, loving feelings for you.

1. Losing control of his emotions when she breaks up with him (i.e. crying, sulking, getting angry)

[image: Losing control of emotions]

Not all guys make this mistake, but based on my years of experiencing helping guys to get women back, I've found that about 80% of guys do.

For example: If a guy is very masculine in how he thinks, feels, behaves and takes action in life, then he's not going to be emotionally dependant on a woman, so he will be less likely to lose control emotionally if she says that she wants to break up.

He's going to be his own man with or without her. He will love her and want her in his life, but if she chooses to get out of it, he will be fine without her.

On the other hand, if a guy isn't very masculine in how he thinks, feels, behaves and takes action in life (i.e. he's a bit of an emotional wimp, insecure, isn't rising through the levels of life to achieve his biggest goals and ambitions), then he's going to feel fairly dependant on a woman emotionally.

She will feel like his "everything" and without her, his life won't feel like it's worth living.

The second type of guy is usually the one who will become very emotional and will essentially try to guilt trip his woman into wanting to stay with him.

This is a dangerous mistake to make because women are sexually attracted to the emotional strength of men and turned off by the weakness.

Additionally, for a woman to want to stay in a relationship with a man, she has to be able to respect him and look up to him, not look down on him as being a lost, confused guy that she needs to take care of.

Watch this video to understand what happens when a woman loses respect for her man...

As you will discover from the video above, a woman will usually go through a 3-step process before

breaking up with a man.

To get a woman back, you first need to get her respect back and she will then begin to allow herself to feel attracted to you again. When you make her feel a lot attraction for you, she will then begin to reconnect with the love.

So, while getting very emotional might be a dangerous mistake to make during a break up, it's not something that cannot be recovered from.

Pretty much every mistake can be forgiven, as long as you have truly changed and are not just putting on an act to trick her into giving you another chance.

2. Threatening to hurt himself or her

[image: Threatening to hurt himself or her]

Following on from the first mistake, when a guy notices that his emotional outburst isn't working, he might decide to "level up" by threatening to hurt himself or her.

Threatening to hurt himself, he might say something like, *"I don't want to live anymore if you leave me. I will kill myself"* or *"If you leave me, I don't know what I'll do. I have a gun here and maybe I'll just kill myself and you'll have to live with that on your conscious for the rest of your life."*

Threatening to hurt her, he might say something like, *"You think you can leave me? Huh? I'll f**ken kill you bitch"* or *"If I find out that you've got another guy, I'll come and kill both of you in your sleep."*

Pretty serious stuff, hey?

Well, some guys can't deal with the possibility of being left by a woman that they love. It feels like the ultimate betrayal, especially when he's put so much into the relationship and truly loves her.

Yet, here's the thing...

You never really own a woman. As much as it might suck for some guys to read what I'm about to say now, it's true.

That is, she's not your property.

A woman is an individual before she gets into a relationship, while she is in a relationship and when she is out of a relationship...and so are you.

A relationship between a man and a woman (two individuals) only stays together if both of them decide to stay together.

In other words, a relationship is two individuals choosing to be together. However, they both have the right to choose not to be as well.

There's no law saying that if a man and a woman get into a relationship, they must remain together for all of eternity no matter what.

That type of commitment between a man and a woman only happens if both of them are getting what they want from the relationship.

For example: If a woman is in a relationship with an emotionally abusive or unloving man, it's not going to matter if he buys her lots of gifts or is great at sex.

Eventually, she's going to lose so much respect for him that her attraction will begin to fade and when that happens, she will begin to fall out of love with him.

How can a guy recover from the mistake of threatening to hurt himself or his woman?

Simple.

He needs to tell her that he never did hurt himself or her after the break up and was just being stupid. Since he was feeling so emotional about losing the woman he loved, he said some stupid things.

Who hasn't said some stupid things at some point in their life?

Everyone has.

It's not the end of the world that a guy made a mistake by saying something stupid like, *"I will kill myself"* or *"I will kill you and your new man in your sleep."*

It's immature yes, but it's not the end of the world.

All he did was say it; he didn't actually do it. So, what he needs to do is tell her that he is sorry for saying stupid things and remind her that everyone has said something silly during an emotional time in their life.

He then needs to make sure that he is making her feel a renewed sense of respect and attraction for him in other ways.

Watch this video to understand why a guy needs to do that to get a woman back for real...

As you will discover from the video above, a woman will usually only begin to take an ex seriously if he has actually changed and is now capable of making her feel the way that she wants to feel when interacting with him.

If he is still talking to her and interacting with her in ways that cause her to lose respect for him or turn her off, then she's not going to be excited about the idea of getting back with him, unless she is lonely and just wants to use him for a while.

3. Begging for another chance

Men and women are different.

If a man is breaking up with a woman and she begs him for another chance, it can actually make him feel more attracted to her. After all, she's so devoted to him that she is willing to beg for another chance and look like a desperate woman.

Yet, the same doesn't apply when a woman is dumping up a man.

Women are attracted to the emotional strength in men and turned off by the weakness, so when a guy begs and pleads for another chance with a woman out of emotional desperation, she isn't turned on by that.

The more he begs, the less attraction and respect she feels for him.

This is a dangerous mistake to make, but it can be recovered from.

How?

He needs to laugh at himself for being such an emotional wimp when she broke up with him and tell her that he reacted in that way because he loves her so much, but he now knows he should have been mature about it and simply accepted her decision.

Will saying that fix everything between a man and a woman and get them back together?

No, but it's a start.

It allows the woman to see that the man has changed and now become a lot more emotional mature and aware of how a real man is supposed to think, feel, behave and act around a woman.

To get a woman back after a break up, you've got to be able to show her that you really have changed

and that you really have taken action to develop the qualities that she wants in a man.

Some women will give a guy another chance for a day or two if he begs her back, but when she realizes that nothing has changed (i.e. he still doesn't understand why she really broke with him, so he doesn't even know what he needs to change), she will simply break up with him again.

4. Promising to do whatever she wants

When a guy is feeling desperate and is all out of ideas on how to get a woman back, he might slip into making the mistake of promising to do whatever she wants.

For example: If a woman dumps a guy because he spends too much time playing video games, he might promise her that he will never play video games again and will devote all of his time to her. Yet, what he doesn't realize is that when a woman is pissed off by a guy who plays video games too much, it usually means that she's sick and tired of being with a guy who is hiding behind hobbies and isn't reaching for his true potential in life as a man.

The type of man that a woman feels proud to be with is one who rises through the levels of life and reaches for his true potential. There's nothing wrong with a guy playing video games, but if he's not making much of himself in the real world, a woman feels instinctively turned off by him.

After all, the virtual world that he is trying to succeed in (e.g. by completing levels of a game) isn't going to make their life in the real world any better unless he becomes a professional gamer who makes money from it.

So, when he promises to give up playing games and spend all his time with her, he's missing the point.

A woman will put up with a guy playing video games, as long as he is striving to achieve big things in the world that will actually have an impact on their life together. If he's just killing characters on a screen, that isn't going to pay off a mortgage or allow her to feel proud of the man he is in this world. So, rather than promising a woman that you will do whatever she wants, decide to become a better all round man than you are today.

Be the man that she can rely on to lead the way to a better life for you and her. That's what matters to most women.

However, your woman is not going to care that you're offering her that until you first get her respect back and make her feel attracted to you again.

Don't attempt to get a woman back by promising her that you will take care of her and guide both you and her to a better life. You have to get her to want to be back with you first before she will open herself to the idea of being with you for life.

5. Pretending that he doesn't love her or want her in his life

When trying to get a woman back, some guys make the mistake of acting like they don't even care about the woman they're trying to get back.

He might even say something like, *"I don't careâ€¦I don't love you anywayâ€¦you mean nothing to me"* or if she asks him if he's missed her, he will lie and say something like, *"Noâ€¦why would I miss you? We're finishedâ€¦I'm over it."*

While that approach might work temporarily with young or insecure women, it's not a permanent way to get a woman back. When a woman gets back with a guy because she feels the emotional pain of him rejecting her by saying that he doesn't love her, she will soon find out that it was a lie.

All she has to do is get back with him, make him feel safe that she's going to stick with him and then say that she's changed her mind or wants space. When she sees that he then becomes emotional, needy or desperate to get her back, she knows that he was lying about not loving her.

So, don't play games and don't be afraid of love.

As a man, you need to be fearless when it comes to love.

A man who loves fearlessly is extremely attractive to women, as long as he does it from a place of emotional strength rather than weakness.

Loving fearlessly from a place of emotional strength means that you want a woman, but don't need her. You are fearless in giving your love to her and are not afraid if she doesn't love you back, because you don't need that from her to feel emotionally secure or like you're worthy.

Loving fearlessly from a place of emotional weakness, means that a guy gives all of his love to women (and people) in the hope that someone (anyone!) will love him back so he can then feel good about himself.

6. Lying about just wanting to be friends

[image: Lying about just wanting to be friends with her]

When a guy has used up all of his ideas on how to get a woman back, he will sometimes make the mistake of accepting a friendship with his ex.

Even though he wants to be back in a relationship with her, he will lie and act like he is fine with just being friends.

When she then talks about other guys who are interested in her, she will notice that he is feeling insecure, jealous or worried that she is going to fully leave him behind.

She will then feel turned off by his emotional weakness and lack of confidence in himself and she will also lose respect for him because he lied about just wanting to be friends.

So, what should a man do when a woman says that she just wants to be friends after a break up?

It depends.

If he is going to start dating new, beautiful women and doesn't care if he gets her back or not, then he will be emotionally strong enough to handle a "just friends" situation.

However, if he's not going to date other woman and just wants her back, then he should deny her request, but do so in a way that is attractive to her.

The right way to say it is to laugh at her suggestion and light-heartedly make fun of it by saying something like, *"Yeah, okayâ€¦we can be friends. We'll go out shopping togetherâ€¦and maybe even knit scarves together, sip tea and gossip. We'll be the bestest of friends in the whole world. No frikken wayâ€¦I'm not going to be your friend unless it's a friends with benefits situation, where you cook me dinner and then pleasure me with dessert afterwards."*

As long as the guy says that with a smile and in a confident, light-hearted manner, she will then laugh and feel attracted to his confidence and emotional strength. Why?

Talking to her like that demonstrates that he is happy with or without her. It also shows that even though she has said that she only wants to be friends, he is still willing to be loving and positive towards her. He is fearless when it comes to love.

He also knows that he still has the right to talk to her like that because he has confidence in his

attractiveness to her and to other women, which is going to make her feel respect and attraction for him.

The wrong way to say is to become emotionally weak or sensitive by saying something like, *“I can’t just be a friend because that would be too painful for me. If you’re not willing to be with me in a relationship, then I’m not willing to be your friend.”*

A guy like that will be trying to make his ex feel guilty or feel sad for him, in the hope that it makes her change her mind.

Yet, what he doesn’t realize is that a man can’t attract a woman back with weakness. If you want to get a woman back, you’ve got to attract her back with your emotional strength.

Are You Currently the Kind of Man That She Will Want Back?

If you don’t feel as though you’re good enough to get her back today, then she’s going to feel turned off by that.

A big part of getting a woman back is not only knowing that you’re good enough for her, but making her feel that too.

How?

You’ve got to make her feel a renewed sense of respect and attraction for you on a phone call and when you meet up with her in person.

If she’s currently not answering your calls, you need to send her a text to tell her that there’s something quick you wanted to talk to her about and then get her on a call.

When on the phone call, you’ve got to get her to feel that all-important renewed sense of respect and attraction for you. You then need to get her feeling good and get her to agree to meet up with you in person.

How?

What should you text her? What should you say on the phone? What should you say to her at the meet up? How can you get her to forgive your mistakes? How can you make her feel attracted to you again?

There are literally 100s of questions that guys have when they are going through the process of getting a woman back, which is why I created my revolutionary program, [Get Your Ex Back: Super System](#)

If you want to be guided through the process of getting a woman back in the quickest, easiest manner possible, then I recommend that you watch my program.

Trying to work everything out on your own may lead to more dangerous and avoidable mistakes that push her away even further.

If you want to get this woman back now and don’t want to waste anymore time, then follow the steps in my simple, proven to work system and she will be back in your arms before you know it.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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I Can't Get Over My Ex-Girlfriend. You Can't or You Won't?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you're struggling to get over your ex-girlfriend and move on with your life without her in it, you essentially have 4 choices:

1. Continue to feel sorry for yourself and feel like you will never be able to find another girl like her.
2. Get her back and give the relationship another try.
3. Have sex with lots of new, hot women and enjoy the single life for a while.
4. Get yourself a new, beautiful girlfriend who makes you feel even more love and attraction than your ex-girlfriend ever did.

So, what do you want to do at this point? If you want to get a new woman, watch this video...

If you want to get your ex-girlfriend back, watch this video...

Decide now what you want and take action to begin making it happen. Don't waste time sitting around feeling sorry for yourself. The longer you wait, the more of your life that you will waste.

When a guy says to me, *"I can't get over my ex-girlfriend,"* I ask him whether he wants to get over her, and if he does, what he has actually done about it.

[image: I want to get over her, but I can't]

A lot of guys get stuck in and focus a lot of their energy into feeling sorry for themselves, complaining to friends that love hurts and reminding themselves of the pain rather than actively looking for ways to move on from the experience.

In some cases, when a guy says, *"I can't get over my ex-girlfriend,"* he's actually saying, *"I don't want to get over my ex-girlfriend because I don't want to move on and risk being hurt again. I want to hold onto the idea of her and I being together, rather than having to face another break up in future."*

So, how about you?

Do you want to move on and get over her?

Is it That Can't Get Over Her or That You Won't Allow Yourself to?

There can be no denying that getting dumped by the girl you love really hurts.

If you have been left devastated by your ex's decision to end the relationship, it's only natural that you might want to crawl off into a corner and hide away feeling sorry for yourself.

However, the longer you stay there, the longer you will hold on to the hurt and the more it will ruin your confidence and begin to eat away at your natural sex appeal to other women.

A broken heart takes time to heal, but the harsh reality is that the more you focus on how bad

youâre feeling and how difficult it is for you to get over her, the worse youâre going to feel and the longer youâre going to feel that way.

For most guys, the only way to get over an ex-girlfriend who dumped them is to get out there and start having sex with other women.

Of course, if your confidence has taken a beating from the break up, the idea of approaching women and picking them up to have sex may seem like an impossible dream, right?

If so, watch this video and you will learn how to begin building up the confidence to approach women that you find attractive and then make something happen between you and her...

As you will discover from the video above, the only thing thatâs holding you back from approaching and picking up new women is you. Likewise, you are the reason why you haven't yet been able to get over your ex.

What you need to do is become willing to learn from the experience of being dumped and become a better man as a result.

If you don't do that, then it's not a case of you being unable to get over your ex, but it's simply a case of you being unwilling to do what it takes to move on and get over her.

Do You Really Want to Get Over Her?

[image: I can't get over my girlfriend and move on]

Mattâs story (his name and some details have been changed for privacy) is a good example.

After being dumped by his girlfriend, Matt went off into a corner to lick his wounds by staying at home and playing video games, jerking off to porn and drinking beer while he watched sports and movies all weekend long.

Almost six months later, he was still hiding away from the world at his home on the weekends and had begun to feel really depressed. His friends kept telling him that he needed to âget back in the saddleâ and they really tried to encourage him to go out with them and to start socializing again.

Matt chose to stay where he was though. As he saw it, there was no point in going out to meet other women as no woman could ever match up to his ex. No girl that he met since getting dumped made him feel anything close to what his ex-girlfriend made him feel.

The longer he hid away from the world, the more he continued to idealize his ex in his mind by only focusing on the positives about her. Over time, he convinced himself that she was the only one for him and that heâd never find love like that again.

[image: Trying to get over my ex but I can't]

What he didn't realize back then was that every woman and every relationship is different. By hiding himself away, Matt was preventing himself from discovering that love is abundant, everywhere and comes in all different flavors and forms.

He didn't know that it was not only possible, but very easy, to have an intense, loving connection with another woman if he was just willing to open his heart to it. Of course, it was difficult for Matt to see that as a possibility because his confidence had taken a beating, which then turned women off.

So, the only women that seemed interested in him were unattractive women that didn't make him feel

the same way as his ex did. The hot girls that he would have easily fell in love with simply weren't interested in him because he lacked the all-important confidence and fearlessness about love that women look for in a guy.

Luckily for Matt, after almost a year of wallowing in self-pity, he found The Modern Man after searching around online for ways to approach and pick up women.

By learning from our programs and a phone coaching session with me, Matt rebuilt his confidence and now enjoys the kind of success with women that most guys think is impossible.

When I talked to Matt, he said that a big part of his reluctance to get over his ex-girlfriend was his lack of confidence in himself as a man and the belief that a beautiful would be interested in him because of it.

He was right.

Insecurity in a man is a huge turn off for women, so his lack of confidence was always going to be a barrier to attracting new women into his life.

I hear back from Matt again 3 weeks after we talked and he'd already gotten laid with two different women and was dating a hot girl who was sure to be his next girlfriend. About 6 months later, Matt sent me another e-mail and informed me that he'd gotten promoted at work, had a bunch of new friends and he and the hot girl were in a relationship.

One of the most important things that I taught Matt and that he learnt by going through some of our programs here at The Modern Man, was the ability to trigger feelings of sexual attraction inside of a woman when he met her.

Watch this video to understand how it works...

As you will discover from the video, it is possible to make a woman feel attracted to you in ways other than just looks, money or social status.

Most women are much more flexible about what they find attractive in a guy than most men realize, which is a huge opportunity for you if you want to get over your ex-girlfriend or re-attract her back into a relationship with you.

So, what do you want to achieve today? Develop the skill of being able to attract hot women so you can find a great replacement for your ex, or go through my proven process for getting an ex back?

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[image]

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[image: Dan Bacon]

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Things to Say to Get a Girl Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you want to get a girl back, you will need more than just a few things to say.

However, to help you with what to say, I've made this video and provided a number of examples to deal with different types of break ups...

As you will discover from watching the video above, you can have a positive impact on the respect that your girl feels for you by saying the right things to her. However, if you want to get her back for real, you have to focus on genuinely making some improvements to your overall attractiveness to her.

For example: If she broke up with you because you were too insecure and weren't enough of a man for her, then you need to work on becoming confident and being more masculine in how you think, behave and take action in life.

If she broke up with you because you took her for granted or weren't ready to commit at the time, you need to work on learning how to make a woman feel loved, respected and wanted in a relationship.

However, as I explain in the video below, she's not going to really care how serious you are about making things better between you and her until you first make her feel respect and attraction for you again...

As you discover from the video above, it's critically important that every time you interact with her on the phone or in person, you make her feel attracted and drawn to you.

If your current way of thinking, behaving, feeling and taking action is turning her off, then nothing that you say to her is going to make much of a difference.

Why Should Your Girl Take You Back?

Thinking that getting her back is all about finding the right words to say is a huge mistake that you must avoid.

It really is a waste of time to focus on trying to say the right thing to her, rather than focusing on making her feel respect and attraction for you again.

For example: If your current communication style with your girl is essentially you being an ass-kissing ex-boyfriend, being really nice, seeking her pity and grovelling for another chance, she isn't going to feel attracted to that.

On the other hand, if your communication style focused on getting her laughing, flirting with her, making her feel excited to be talking to you and making her feel girly in response to your masculinity, then she is going to begin feeling attracted to you again.

She's not necessarily going to decide to get back with you based on that though. To get a girl back for real, you've got to meet up with her, have a certain discussion with her that gets her to respect you again and forgive you (I explain what to say in my program, [Get Your Ex Back: Super System](#)) and then make her feel attracted to you in new and exciting ways.

When she is at that point, she will then be much more likely to say, "Yes" to getting back together or

at least giving things a try again and taking it slow for a while.

So, instead of thinking too much about things to say to get a girl back, you need to think about things how to get her to reconnect with her feelings for you and begin experiencing new and exciting feelings when she interacts with you.

You need to get yourself ready to show her through your actions, behavior, and attitude that youâve learned from the experience and have made changes for the better to become a better man â a man she will want to take back.

Getting her back is about showing her who you now are and letting her experience that, not who you say youâre going to be in the future. You have to be able to show her that you have already changed, rather than expecting her to take you back even though you probably have no clue how to transform into the type of man she really needs you to be.

Something about you attracted her when she first became your girlfriend, so something about you must have changed to cause her to become your ex-girlfriend. You need to figure out what changed and then make the changes and improvements needed to get her to see you in a more positive light once again.

Where Did You Go Wrong With Her?

There are many reasons why a woman will break up with a guy (some subtle and some very obvious) and I explain more than 70 of them in my program, [Get Your Ex Back: Super System](#)

For now, I will ask you...

1. Did you become needy?

[image: Did you become needy?]

There is nothing wrong with wanting to be around your girlfriend, wanting to experience her love and wanting to get some sex and affection from her.

However, when a guy gets to a point where he needs his girlfriend's love, affection and attention to feel emotionally secure and stable, it becomes a huge turn off for her.

Women are attracted to confident men who have purpose and important, independent interests outside of the relationship that mean he doesn't need to cling to his girlfriend to feel like he is a worthwhile human being.

The type of guy that women remain attracted to, respectful of and in love with doesn't feel jealous of the time she spends doing things that don't involve him. He loves her, trusts her and wants her in his life, but she knows that he would be happy without her too.

He wouldn't crumble and curl up into a ball if she left him and would instead simply get another woman and keep moving forward in his life. Ironically, this makes a woman stick by his side because she doesn't want another woman to get to be with him. She wants him all for herself.

So, if your insecurities led to you behaving in a clingy, overly possessive way around your girl, then your neediness will have led to her feeling suffocated by you and turned off on a deep, instinctive level.

Why instinctive? Women are hard-wired to align themselves with a man who isn't hiding from his true potential behind her and a relationship. We live in a challenging world and it takes a lot of

confidence, drive, determination and social and emotional intelligence to succeed in most fields of modern life.

If a woman gets the sense that her man is emotionally weak and immature, she instinctively feels turned off because it feels like he is going to be a burden that she has to carry throughout life.

She can't relax into being his girl and feeling safe that he has a plan and is moving forward in life with confidence and determination. Instead, she's got herself a scared, insecure, needy guy who is clinging to her for emotional security and a sense of identity.

If you were insecure around your girl, she's not going to believe that you've fixed that simply by saying a couple of quick lines to her. She's going to need to see it by analysing your vibe, body language, attitude and how you've been taking action in life since the split.

2. Did you take her for granted?

Some guys make the mistake of taking a girl for granted once they're in a steady relationship. They assume that once they've picked up a girl, had sex with her and heard her say, "*I love you*" then she's pretty much his and she ain't going anywhere.

Yet, that's not how it works in today's world.

In the past, a woman had to choose only one man, marry him, lose her virginity to him and then stick by him for life even if she wasn't happy. In today's world, a woman can break up or divorce any guy she wants.

If you want to be successful at keeping a relationship together with a girl in today's world, you've got to be able to deepen her love, respect and attraction for you over time. If you don't know how to do that, you need to learn from someone who does.

If you've taken your girl for granted, she's probably heard you say many things before that have resulted in her giving you another chance and at this point, she's probably sick and tired of empty promises.

Why should she believe you this time?

[image: Why should she believe you this time?]

Until you can show her that you are genuinely sorry for the way you behaved and that you are now a better man, words alone are going to be meaningless.

When you next interact with her, if she can tell that you really haven't changed that much at all, she's not going to believe you when you say that you understand where you've gone wrong and have now changed.

You need to be able to let her see significant changes to the way that you think, feel, behave and take action in life and around her.

3. Did you stop making her feel attracted to you?

These days, most guys grow up around a male role model who has the ability to teach them how to attract modern women.

As a result, a lot of guys seek to learn what it means to be a man by watching movies, listening to the latest lyrics of popular songs or watching TV shows.

If they can't find the answers there, they attempt to seek advice from friends who usually aren't very successful with women and simply get lucky with women, or worse - they try to get answers

from women.

Yet, no matter where you turn, hardly anyone is ever going to explain how a woman's attraction for a man really works. If you want to know, watch this video and I will explain it for you...

As you will discover from the video above, you actually have a lot of direct control over how a girl feels about you.

If you are actively saying and doing things around her that make her feel attracted to you, then she is naturally and automatically going to feel attracted to you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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Steps to Get Your Ex Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

There are 7 basic steps that you need to go through to get your ex back:

1. Understand the real reasons why she broke up with you.

In my program, [Get Your Ex Back: Super System](#), I explain the more than 70 possible reasons why a woman will break up with a guy.

If you are trying to get your ex back and you don't know the real, subtle reasons why she has broken up with you, then you're not going to be able to offer her what she really wants.

2. Fix your issues and improve yourself.

When a guy is trying to get an ex back, he usually needs to fix emotional issues (e.g. insecurity, commitment issues, neediness, clinginess, etc) and improve himself (e.g. be able to make his ex feel attracted to him in new and exciting ways that get her attention).

If you need help with that, I will guide you through the emotional transformation that will fix your issues and get you to a place where you are much more emotionally attractive to your ex. All of that advice, training and insight is provided in my program.

There is a total of 7 steps involved in properly getting your ex back and the remaining 5 steps are revealed in my program, [Get Your Ex Back: Super System](#).

I can't reveal all the 7 steps here because that would be cheating me out of all the hard work that I've put in to developing my system over the past few years.

However, I can teach you the 3 step process that your ex would have gone through before breaking up with you and the 3 step process you need to guide her through on your way to getting her back...

I will also help you by explaining how to avoid some of the classic mistakes that guys make when trying to get an ex back...

Where Guys Go Wrong

I've helped more than 200 phone coaching clients to get an ex back, so I have heard all the stories and I know where guys mess up.

Here are some classic mistakes to avoid...

Texting the crap out of her

[image: Bombarding ex with texts]

You can't get an ex back via text. Why?

If your ex currently has a negative perception of you, she's usually going to look at your texts in a negative light or see them as annoying.

She's not going to look at your carefully crafted text messages and say, *"WOW! I need to get back with him ASAP!"*

In most cases that I've dealt with, the guy has texted the absolute crap out of his ex, asking for

forgiveness, trying to get her to remember the good old times and saying how much he misses her. Some guys even try to be “friends” with their ex and text her like a friend would, in the hope that one day, if he just texts long enough, he will hit the mark and make her realize that he’s such a great guy. Yet, it rarely, if ever, works. I’ve never had a client tell me that texting did anything other than make things worse.

Why?

A woman will almost always play a little bit harder to get than usual after a break up, especially if she knows that she’s in the power position because her ex really wants her back.

So, when she is being cold and distant via text, her ex will often make the mistake of trying harder to impress her, being desperate or losing confidence, all of which turns her off even more.

To avoid all the mind games, you’ve got to get to a phone call and then meet up with her in person, so you can attract her for real.

Using the No Contact Rule

A real man isn’t afraid to tell a woman that he loves her and wants her back. He doesn’t need to play games and go silent in the hope that she stops moving on and comes running back to him.

Instead, he simply says to her that he wants to catch up with her in person and when he does, he apologizes for his mistakes, tells her that he loves her and then makes her feel a renewed sense of respect and attraction for him.

[image: Steps to get ex girlfriend back]

He knows that no matter what he says or does, he is still the man. He knows that he is more than good enough for her and if she doesn’t see that, he almost feels sorry for her.

Yet, you won’t get taught that if you cruise around online reading articles or watching videos about how to get an ex back.

99% of people giving advice will tell you to use the No Contact Rule and if she doesn’t come back, it wasn’t meant to be.

So frikken lame.

Yes, the No Contact Rule can sometimes work to get a lonely woman back, or a girl who doesn’t have much experience with relationships or a woman who hasn’t been able to find herself a good replacement.

However, for the remainder of women, they simply move on when their ex goes silent with the No Contact Rule.

As you will discover from the video above, it takes more than going silent to get an ex back. If you are serious about getting your ex back, you have to be prepared to go through real steps to get her back.

Hiding away and hoping that your “absences makes the heart grow fonder” is simply wishful, immature thinking.

If you want to get your ex back like a real man does, then call her up and get her to meet up with you in person.

[image: Steps to get my ex back]

At the meet up, make her feel a renewed sense of respect and attraction for you and get her to forgive your past mistakes. Get her to feel like she's never felt in your presence before. That is how it's done.

Trying to Get Her Back With Pity

Not knowing what else to do, some guys resort to begging, pleading, confessing their undying love and essentially saying to their ex that life is not worth living without her.

While that may work temporarily with very young women or unattractive women, most women just don't fall for it. Why?

Women are naturally attracted to the emotional strength in men and turned off by the weakness.

When your ex sees that you're emotional weak, lost and confused without her, it doesn't make her feel more respect and attraction for you.

Instead, it has the opposite effect and she ends up feeling as though if she gave you another chance, she would really be doing it for you, rather than for her.

To get an ex back, you have to make her feel as though it is a good thing for her, rather than a favor for you.

As you will discover from the video above, a big part of getting your ex back is making her feel the type of respect and attraction that will justify a decision to give you another chance.

If you don't know how to make her have feelings for you again, you can't expect to get her back.

Without a strong, renewed sense of respect and attraction for you, any steps you try to take to get her back will be greeted with a "No."

If you want her saying, "Yes" to meeting up with you and "Yes" to giving the relationship another chance, you've got to be able to trigger her feelings of respect and attraction for you on the phone (not via a text) and in person at a meet up. That is what counts.

Getting Her Back For Real

The best steps to get your ex back have a lot to do with you becoming an even better man than you are right now.

This means identifying your mistakes (e.g. insecurity, commitment issues, lack of purpose in life, lack of ability to keep the spark alive between you, etc) and taking appropriate action to ensure you that won't make those mistakes around her or in life again.

[image: Steps to get an ex girlfriend back]

You've got to be prepared to go through a rapid transformation process that will make you a stronger, more attractive, charismatic and appealing version of yourself than you are right now.

If you aren't prepared to do that, any steps that you take to get your ex back will usually result in rejection. I know this because I've personally helped more than 200 guys via my phone coaching service and I've found that women only respond positively when a guy has already been able to change.

[image: Steps that actually get an ex back]

When you change the way that she feels about you, she then changes the way that she thinks about

the relationship and break up.

When you then make her feel respect and attraction for you in new and exciting ways, she is much more likely to say, “Yes” to giving the relationship another chance.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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My Ex is Already Dating Someone Else

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your ex girlfriend (fiancée or wife) is already dating someone else after right breaking up with you, it doesn't mean that you can't get her back.

It may take some time for your ex to lose interest in the guy if you don't do anything about it because 65% of rebound relationships (a rebound relationship is the relationship a person has immediately after breaking up another long term relationship) end within 6 months.

He might just be using her and will break up with her in a couple of months, or he might end up turning her off and getting dumped.

If you don't want to wait that long, you need to get stuck into fixing your issues (i.e. insecurity) and improving the things about you that caused her to lose respect, attraction and love for you.

Watch this video to understand the process that your ex likely went through before breaking up with you and the process you need to guide her through to get her back!

If she is already dating someone else, she usually won't just drop everything with him and come running back to you on her own. So, what you need to do is get yourself ready to get on a phone call with her, get her to agree to meet up with you in person and then re-attract her at the meet up.

Watch this video to understand why a lot of guys fail when trying to get an ex back and what you need to do instead to ensure that you succeed in getting another chance with her!

As you will discover from the video above, your ex is only going to care that you want her back when you can make her feel the type of respect and attraction that she will need to feel to justify breaking it off with him and giving you another shot.

It is possible to do (I've heard back from 100s of guys with success stories in this type of situation), but you have to be prepared to put in some effort to improve your ability to make her feel the type of respect and attraction that she wants to experience with you.

The Shock of Finding Out That She is Moving On

What can be shocking for a guy after a break up is to realize that even before the dust has settled, his ex is already dating someone else. This can be upsetting to a guy for several reasons.

He is:

- Still in love with her and is hoping for a chance to get her back before she falls in love with the new guy and loses interest in the love that they once shared together.
- Wondering if she was already cheating on him or flirting with that guy before she broke up with him. If so, he feels betrayed by her and worried that he won't be able to keep her or another woman faithful in a relationship.
- He is finding it difficult to meet a new woman because other women just don't make him feel the same way as his ex does.

Whatever you are feeling about your ex right now, the fact is that you are at a crossroads in your life.

You can either:

1. Sit around moping and feeling unworthy of the love of women (including your ex).
2. Move on from her by hooking up with new, beautiful women.
3. Do what is required to get her back and then make the relationship even better than it was before.

Getting dumped by a woman can be one of the best opportunities for you to ride that wave of motivation to get her back and use it to fuel your desire to become an even better man than you are right now.

If you are serious about getting another chance with her, use that desire to focus on rapidly transforming yourself into the type of guy that not only she will feel attracted to, but most other women will too.

Attracting women is a skill that can be learned. If a guy lacks the ability to make a woman feel a lot of attraction for his personality, confidence and vibe when he interacts with her, he will always struggle to pick up new women or keep a woman feel attracted when in a relationship.

Watch this video to understand how a woman's attraction for a man worksâ[link](#)!

As you will discover from the video above, you can actually make yourself appear more attractive than the new guy that your ex is now dating.

When you talk to her on the phone or meet up with her in person, she is going to feel more attracted to you if you are more charismatic, masculine and confident than he is in terms of how you think, behave and act around her.

She will contrast you against him and if you suddenly seem more appealing, she will more open to hooking up with you again and giving the relationship another chance. At the very least, she will become more open to seeing you again and taking it slow.

Decide What You Really Want With Her

The first question that you really have to ask yourself is, âWhy do I care that my ex is already dating someone else?â

Is it because your confidence with women has taken a hit and youâre feeling a hurt that she has been able to get over you so quickly? Do you really think that she is the girl for you, or are you just trying to get some emotional revenge by getting her back and then dumping her when you are ready?

You can do whatever you want, but have a think about why you're ready doing it.

If you don't care about her and are secretly intending to move on once you get her back, you might find it easier to just begin hooking up with new, beautiful women (who you find more attractive than her) and that will automatically fix your confidence issues with women.

On the other hand, if you care that your ex is dating someone else because you are still in love with her and want to give the relationship another chance, then you should take action to get her back.

The new guy she is dating might make her feel excited and happy for a while, but if he lacks the fundamental attractive qualities that women look for in a long term companion, she's going to gradually lose interest in him.

Right now, she might seem to be really happy with the new guy and may have even said that. However, don't let that put you off.

As long as you are making her feel attracted when you interact with her on the phone or in person, she will feel more attraction for you if she sees that you are confident and unashamed in going after what you want.

She will be impressed that you have the balls to say, *"I'm glad you're happy with the new guy, but I'm not going to hide the fact that I want you back. I love you and I hope that we can have another chance to be together one day."*

Important: She will only be impressed by that if you've already gotten her respect back and have been making her feel attracted to you by the way that you come across over the phone and in person.

If your ex feels nothing for you at the moment and you say something like that to her, she's not going to say, *"Wow! He loves me so much â€œ I should go back to him!"*

However, if you've been making her feel attracted to you and you say that, she will then think, *"Hmmmâ€œI guess I do feel differently about him nowâ€œI'm not sure what to do."*

At that point, she will more likely to say, "Yes" when you ask her to catch up with you in person for a quick meet up to say hi. At the meet up, you can then get her respect back, make her feel more attraction and move towards a hug, kiss, sex and then begin seeing each other again.

If you want to learn what to say and do at each step of that process, I recommend that you watch my awesome, proven to work program, [Get Your Ex Back: Super System](#)

Getting Her Back

Although getting her back might seem impossible to you right now because she is already dating someone else, if you are prepared to do what it takes, it is entirely possible to get her to dump her new boyfriend and come back to you.

If that is what you want to achieve, here are 3 important things you should do as soon as possible:

1. Understand what caused her to break up with you.

In most cases, a woman will only break up with her man when he stops making her feel the way she wants to feel.

She might put up with feeling horrible for a while, but if it goes on for too long and he ignores her hints that she's feeling unhappy, she will eventually pull the pin and break up with him.

For example: If a man continues to neglect his woman or place her needs last or close to last, she will eventually get tired of being treated that way. Some women will put up with that if a guy is very attractive and appealing in other ways, but most women can't stand being treated like that forever.

Likewise, if a man becomes too clingy and jealous and tries to control or suppress her, she will naturally lose attraction and respect for him and she will look for ways to let him know.

However, despite the seemingly obvious problems with the relationship, a woman will rarely come out and say what's really bothering her.

Instead, she might begin to nag and complain by saying things like, *â€œYou're so lazy, you never help around the house,â€œ* or *â€œYou're always hanging out with your friends playing those stupid video games! Why don't you grow up?â€œ* etc.

This is her way of saying *“I feel like you’re taking me for granted”* or *“You’re neglecting me and you’re making me feel like I have to be the one who has to take the lead and be the grown up in the relationship.”*

Alternatively, she may start opening herself up to meeting and hooking up with a new guy who can make her feel the way she wants to feel. She might feel like it’s not worth the effort to nag and complain because her man clearly doesn’t have much of an idea on how to make her feel the way she really wants to feel.

So, before you can get your ex back you have to understand the real reasons that caused her to lose love and attraction for you. By understanding the true cause of her unhappiness, you can then change those exact things and become the type of man she really wishes you would be.

When you contact her and see her in person, she will be able to pick up on the fact that you really have changed in the ways that are the most important to her.

2. Fix your issues and improve yourself.

A common mistake that guys make is when they realize what they did wrong in a relationship, they then rush to get in touch with their ex and make promises to change if she comes back.

Saying, *“I now know what I did wrong. If you come back to me I promise to change”* is only going to push her closer to the guy she is now dating.

By telling her you WILL change you’re showing her that you still haven’t fully understood her needs and now that she’s already got a new man who is, at least for the moment, giving her what she needs, why should she give up the *“sure thing”* for a promise that might never be kept?

If, on the other hand, you put in some effort to fix your issues (e.g. insecurity, commitment issues, neediness, etc) before you contact her, you will be making it easier for her to connect with the old feelings of love and respect that she once had for you.

By seeing a new and improved version of you, it’s only natural that her negative emotions towards you will change and she will open up to the idea of being with you again.

3. Get her on the phone to arrange a meet up.

These days, a lot of guys waste too much time and energy hiding behind text messages to women. This applies to guys who are trying to get dates with new women and guys who are trying to get an ex back.

When a woman has broken up with you and has told you she hates you or not to bother her, it’s because she perceives you as being needy and desperate. So, if you text her for any other reason than to get her on the phone to arrange a meet up, she will simply assume you’re still being needy and annoying and she will ignore you. Why?

According to many studies conducted by social scientists and psychologists, most of the communication between two humans is comprised of body language and tonality.

So, when you send a text to your ex, because she can’t see your body language or hear your tonality, she has to guess at how you’re really feeling when you’re texting her.

If she has a low opinion of you at the moment, she will usually guess that you’re being an insecure, needy guy who can’t deal with the fact that she’s already dating someone else|and she will then feel even more repelled by you.

So, don't waste time texting your ex! The only time you should text her is to get her on the phone so that you can make her feel a renewed sense of respect and attraction for you.

When you make her feel that (which is 100x times easier to do on a phone call than via text), she will then more likely to say, "Yes" to meeting up with you in person.

Dealing With the Pain of Losing Her

It can really hurt a guy's self-esteem and feelings of self-worth when he finds out that the woman he loves is already dating someone else.

Part of the reason it hurts so much is that it can make you feel insecure about yourself as a man and your ability to attract new, quality women.

For example, a guy may ask himself:

- How could she move on so quickly after we broke up?
- Did she ever truly love me?
- Was that real love or was she just with me because it was convenient for a while?
- What if other women don't feel attracted to me after the initial buzz of a new relationship wears off? Will they break up with me too?
- Will I get rejected when I approach new women and how will that make me feel? Will I feel even worse and end up avoid women for years while I try to get over my ex?
- What if my ex thinks that I'm a loser and laughs at me because I can't get another woman while she's already found another guy?

These types of questions (and more) can be going through a guy's mind if his confidence has taken a dent after being dumped by his girl.

How about you? How are you feeling about not having your ex in your life? Do you feel like you are good enough for her or other hot women?

Here's the thing!

A big part of getting your ex back and attracting new women is having confidence in your sex appeal. You've got to know that you're more than good enough for your ex and other hot women and if you don't have that type of confidence, you need to begin building it up.

Are You Ready to Take the Next Step in Your Journey?

Whether you decide to get your ex back or find yourself a better, hotter woman; building up your confidence and improving your ability to attract women is the key.

This is a great opportunity for you to become the type of man that you've always wanted to be around women and your ex.

Rather than saying, *"My ex is already dating someone else"* and feeling like all hope is lost, decide to get motivated and start taking the action required to begin your new and improved life as a man.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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How to Get Your Woman Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you're looking for tips on how to get your woman back, you may have already tried everything you could think of, but it hasn't worked.

No matter what you've tried to say to her or what you've done, she just doesn't seem interested in getting back together.

Now, you've decided to look online and see if anyone can teach you exactly what you need to do to get her back.

If that sounds like you, then start by watching this video...

As you will discover from the video above, your woman will only become interested in getting back with you when you begin to trigger feelings of respect and attraction for you as a man.

To get your woman back, you have to make her feel what she wants to feel, rather than trying to convince her to understand where you are coming from or that you are truly sorry and will now do better.

Making Her Your Woman Again

[image: Making her your woman again]

You can't ever own a woman and say that she is completely yours. You don't own her and she has the right to leave you if she wants to.

However, what you CAN do is make her feel the kind of love, respect and attraction that will make her want to be with you and want to stay with you.

Before you are able to do that, you can't expect her to want to get back with you unless she becomes lonely and is unable to find a replacement guy. A woman is only ever "your woman" in the sense that she's in a relationship with you...and that is her choice, not yours.

When you look at it this way, the answer to the question of how to get your woman back is quite simple: It has to be her choice to come back and be your woman.

The woman you want back has always been her own woman. She was an individual before she met you, an individual during her relationship with you, and she's still an individual now that the relationship has ended. To get her back, you need her to want to get back with you and that's her decision to make as her own woman.

Watch this video to understand the process that she likely went through before breaking up with you and what you need to do to get her back...

As you will discover from watching the video above, you can get her to become open to coming back when you guide her through the 3-step process once again, but this time in reverse.

First get her respect back (you can learn how to do that on a phone call, by watching my program [Get Your Ex Back: Super System](#)), get her attraction back (on the phone call and in person) and then get her to fall back in love with you again (when she lowers her guard after feeling a strong, renewed sense of respect and attraction for you).

Mistakes Guys Make When Trying to Get a Woman Back

There are a lot of classic mistakes to avoid when trying to get a woman back, but a very common one is when a guy begs and pleads with his woman to be given a second chance.

1. Begging and pleading with her

Some guys mistakenly think that by showing her how devastated he is, she will sorry for him and get back together with him. He will essentially grovel, plead and beg for just one more chance to prove himself.

This sometimes works with young women, women who haven't had much relationship experience or unattractive women who know that it will be difficult for them to find another guy, but even still, the relationship will break up again shortly afterwards when she realizes that he still hasn't changed.

For most women, a man begging and pleading for another chance further eats away at her feelings of respect and attraction for him. She goes from feeling upset about having to break up with him to feeling disgusted, disappointed and repelled by his lack of emotional masculinity.

There's nothing wrong with asking a woman for another chance, but you have to do it in an emotionally balanced and strong way. She has to see that you love her and want her in your life, but you don't need her for your emotional stability.

2. Saying that you will change

When a woman finally makes a decision to break up with a guy, she usually isn't impressed if he says that he WILL change. To get her to give the relationship another chance, he has to actually show her that he HAS made some serious changes.

For example: If a woman is breaking up with a man because he has been insecure in the relationship and unable to control his jealousy, she will need to see that he understands where he went wrong and has already made serious changes.

How can she see that? It will come through in his body language, conversation style, reactions to her tests of him during conversations, his vibe, his attitude, etc.

Just like you can sense when another person is insecure or jealous, your woman can sense that sort of thing too.

If a guy says to a woman, *â€œI promise that I can change. I can do whatever it is you want, just tell me what you want me to do,â€* he's actually making things worse by highlighting the fact that he doesn't know what the problem really is or what needs to be changed.

Not knowing what the problem is shows her that he's not mentally and emotionally tuned in enough to be able to pick up on her body language and to understand what she wants without her having to spell it out. This then leads to her feeling that he isn't enough of a man for her and therefore, isn't someone that she can maintain feelings of respect and attraction for.

Women don't want to have to put into a position where they become a guy's teacher on how to be a man. A woman wants you to know that already or seek help to get it figured out, rather than asking her to guide you.

When a woman is put in a position where she has to teach a guy or "mother" him through relationship issues, she loses respect and attraction for him. She's unable to look up to him and respect him as her man and instead looks at him like a little brother or friend that needs her help in life.

3. Lacking masculinity around her

Women are naturally attracted to and respectful of guys who have the type of mental masculinity that makes a woman feel girly in his presence.

When you're interacting with your woman, she wants to be able to relax into being a feminine woman around you. It doesn't matter if you and her are currently broken up â□□ you can still make her feel that way when you interact with her.

Don't hold back on being your confident, masculine self around her. Let her feel your strength (mental and emotional strength) coming through when she talks to you on the phone and interacts with you in person.

If you suppress your masculinity around her and instead come across as being neutral like a friend, you will be missing out on creating that all important sexual spark between you and her.

In order for a sexual spark to exist, either the man or the woman has to be on one end of the masculine/feminine spectrum. Being neutral cancels out the spark and you end up just feeling like friends.

How to Get Your Woman Back From Another Man

If another man has taken your woman, it doesn't mean that she is his for life now.

He is possibly a "rebound guy," which means that the relationship has a 65% chance of ending within the next 6 months. When a woman gets into a rebound relationship (the relationship she has immediately after breaking up with her ex), she is usually attracted to the new guy because he is offering her what her ex couldn't.

For example: If her ex took her for granted, refused to commit to her and treated her like crap, she will usually go for a sweet, nice guy who treats her like a princess. Yet, after a while, she will begin to feel turned off by the fact that the nice guy lacks balls and she has too much control over him and the relationship.

If you want to get your woman back from another man, what you still need to do is get her to meet up with you in person. At the meet up, she will see that you are now a much better man than you ever were when you and her were together.

She will almost certainly test you by saying that she's enjoying herself with the new guy. Your response (by way of your body language, vibe, conversation style, attitude) needs to show her that you are not threatened by the comment and do not see him as being better than you.

Smile and tell her that you're happy for her, but you'd be much happier if she were with you. Don't be afraid to say that – it will not give her any power over you, unless you decide it does.

Simply be fearless in telling her that you love her and miss her, but make sure that it is couple with you triggering her feelings of respect and attraction for you.

Most women will not get back with a guy simply because he wants it. You have to focus on making her feel the type of respect and attraction that would make her feel like seeing you again in person would be a good thing.

If you need help on how to do that, I will teach you and provide you with examples of what to say and do via my program, [Get Your Ex Back: Super System](#)

Getting Her to Want You Back

The bottom line is that knowing how to get your woman back comes down to knowing how to make her feel sexually attracted to you again.

Words alone won't completely change her feelings, but showing her that you have taken action to resolve the issues that led to the break up and have made improvements to yourself as a man in the process will change the way that she sees you and the way she feels about you as a result.

You can only expect to truly get her back if you are willing to make some improvements, changes or adjustments to how you've been coming across to her. When you interact with her and she feels differently about you, she will then begin to think differently about you and the relationship.

She will begin to wonder why she has been so cold and uninterested in being with you and why she suddenly feels like getting back with you seems like a good idea. You then simply need to lead things forward to a hug, kiss and sex and the relationship will naturally rekindle.

Some guys are able to get their woman back in 30 days or less, but some other guys need to be a bit more patient. If you use my proven to work methods in Get Your Ex Back: Super System, what I can guarantee for you is that she will agree to meet up with you and you will have an opportunity to make her feel a renewed sense of respect and attraction for you in person.

You will also know what to say and do to get past all of the typical resistance that women put up when a guy is trying to get her back, so you can convince her to give the relationship another shot.

In most cases, guys are able to convince the woman to give the relationship another shot and they then go onto rekindle their relationship and are happier than ever. However, in other cases, guys need to take it a bit slower and begin seeing their woman once a week because she wants to see how it feels first.

With my program, Get Your Ex Back: Super System, you will know exactly what to say and do during the reconciliation process to ensure that you are making her feel the type of love, respect and attraction that she needs to feel to want to be back with you for real.

Are you ready to give this a shot and get your woman back for real?

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Message to Send to Your Ex to Get Her Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The best message to send to your ex is one that gets her on a phone call with you.

You can't get an ex back entirely via text (most women won't agree to meet up with an ex just via text), so you need to go through the following steps to get her on an actual phone call.

1. First try to call her.
2. If she answers, reattract her on the phone call, arrange a time to meet up in person and get her to feel a renewed sense of respect and attraction for you in person.
3. If she doesn't answer, send her this text message (e.g. if her name is Belinda), *"Hey Belinda â□□ was just trying to get in touch because I have something quick that I wanted to ask you on the phone. I guess you're busy at the moment. I might try to call another time."*

She will then either reply with something like, *"Sorry I missed your call â□□ I was busy. You can call me back now"* or *"What did you want to ask me?"*

Whatever her response is (it will differ depending on how much your ex is trying to avoid you), just call her.

If she didn't reply to your attempt to call and the follow up text, just try to call her in a couple of days.

Why You Must Get Her on a Phone Call

[image: Text messaging an ex]

If you want to get your ex back, you will rarely make any progress by texting back and forth with her. At the time of writing this article, I've now helped more than 200 phone coaching clients to get their ex girlfriend (fiancÃ© or wife) to meet up with them in person and then talk about giving the relationship another shot.

Prior to talking to me, almost all of my phone coaching clients had been making the mistake of texting the crap out of their ex to the point where she just stopped replying.

Hiding behind texts just doesn't work in most cases.

The woman has to be able to talk to you on a phone call or in person to feel proper attraction for you. So, be clear about that.

Getting your ex back for real is not about having the perfect message to send to her.

Getting a woman back involves you being able to make her feel a renewed sense of respect and attraction for you when she speaks to you on the phone and sees you in person.

That is what really counts.

A message can easily be ignored or misinterpreted, so make sure that you don't hide behind texts. Get her on the phone and get her back before she loses interest and moves on.

The Text Back Fantasy

Some guys make the mistake of believing that all they have to do is send their ex the right message and she'll automatically think, *â€œOMG! I can't believe I broke up with him! I want him back!â€*

I'd love to tell you that there's a perfect message to send to your ex, which will make her come running back to you, but I would be lying to you. So, rather than feeding you a bunch of bullshit, I'm telling you the truth.

That is, sending your ex a message is not the answer to getting her back. You've got to make her feel respect and attraction for you on a phone call and in person.

[image: Non-verbal communication examples]

According to many studies conducted in prestigious universities around the world, body language and the tone of a person's voice makes up almost 90% of communication when talking in person.

Why is this important? When you send a message to your ex, she cannot see your body language and she cannot hear the tone of your voice, so everything boils down to how she interprets your message.

If a woman is annoyed with her ex-boyfriend and perceives him to be a needy guy who doesn't understand how to be the man she needs him to be, how do you think she'll react to his message?

She is most-likely going to look at anything that he sends to her in a negative light, which is why he needs to focus on getting her on a phone call so she can experience his confidence, charisma and charm by listening to the tone of his voice and how he is saying what he is saying.

As the old saying goes, *"It's now what you say, but how you say it that counts."*

Sending her cute or romantic messages or messages that are intended to make her jealous or remember the good old days, is not going to work. If she currently doesn't feel much respect or attraction for you, she is most likely going to read the messages through the filter of her current negative perception of you.

Where Guys Go Wrong

Okay, so let's assume that a guy wants to send a message to his ex girlfriend (fianc  or wife) to tell her how sorry he is and that he wants her back.

Sometimes, a guy will make the mistake of texting something like, *â€œI've been missing you so much. I'm sorry for how I treated you. Can you please consider giving me another chance? I can't live without you.â€*

Apart from saying, *"I can't live without you"* there is nothing really bad about the message he sent, but it's still not going to work.

Why? A message like that isn't going to make her feel a lot of respect and attraction. She might get the message when she is feeling happy without her boyfriend and when she reads it, she will feel as though she doesn't need him to feel happy.

However, if he had said that to her on the phone while also getting her laughing and enjoying the call with him (this makes her feel attracted and at ease), she would associate some of her feelings of happiness in that moment with him.

She would then be much more likely to say, “Yes” if he asked to meet up with her in person.

Yet, if he hides behinds messages and tries to get her back with text on a screen, she might have one of the following reactions to the message:

1. She looks at the message, rolls her eyes and thinks, *â€œHhhhâ€not my ex again! I wish heâ€d get the message that itâ€s over and leave me alone. He thinks he can get me back with a message? Yeah rightâ€Iâ€™m ignoring this and getting on with my day.â€*

2. She reads the message and she thinks, *â€œHow pathetic. Iâ€m glad you miss me you jerk, because you didnâ€t appreciate me when you had me. Now you think Iâ€m going to come back and experience the same old crap with you just because you said youâ€re sorry? No way.â€*

She then phones her best friend and tells her all about how insecure, needy and desperate he is being because heâ€™s resorted to sending her pathetic messages begging her to take him back. They laugh and make fun of him.

She loses even more respect for him as a man and she feels comfortable moving on with her life without him being in it.

Why has this happened?

Firstly, the above message might seem like he is showing her how much she means to him, how sorry he is and how desperately he wants to make it up to her, but without seeing his body language and hearing the tone of his voice, all she is seeing is a guy who is trying to make her feel guilty about how bad heâ€s feeling without her and hoping that she takes pity on him.

This doesnâ€t work because not only donâ€t women like being manipulated, a deeper reason is that a sexual, romantic relationship between a man and a woman cannot be based on pity.

Yes, some women may feel pity and get with a guy for a while because they are kindhearted, but it never lasts and when she realizes that heâ€s still the â€œsame old guyâ€ she dumped before, she will simply dump him again.

Secondly, telling her that he canâ€t live without her is usually a great reason for her to want to move on. Women donâ€™t want to feel like they are a manâ€™s reason for living.Â Women want to be with a guy who is rising through the levels of life and reaching for his true potential, not hiding from his potential behind her and the safety of their relationship.

Thirdly, sending his ex a message before he has dealt with the reasons for the break up and before heâ€™s fixed his issues is as good as saying to her, *â€œNothingâ€s really changed, but I still want you back.â€*

Can you see why that isnâ€t going to be appealing to her? Before you message your ex, you have to show her that youâ€re serious about getting her back by changing, improving or fixing the things that caused her to break up with you in the first place.

Then, when you contact her, she will be able to see that youâ€ve made the effort, and she will feel understood and will be happy to interact with you again.

Thereâ€s Only One Message You Should Ever Send to Your

Ex

Even if you do manage to send your ex the best message ever written in the history of smartphones, chances are high that she will misinterpret it or not respond to it in the way you were hoping.

Without her being able to see your body language and hear the tone of your voice, she will simply assume that you're only sending her a message because you're needy and desperate without her, which will turn her off even more.

The ONLY message that you should send to your ex is one where you get her on a PHONE CALL, so you can get her to feel respect and attraction for you on the call and then arrange a meet up.

Sending your ex any other type of message will usually cause her to pull even further away from you. She will play games with you via text, ignore important messages that you send her and misinterpret what you're trying to get her to understand and feel.

So, make sure that you only send a message to your ex to get her on the phone. When your ex talks to you and she hears in your voice how confident and emotionally secure you now are without her, she will usually be intrigued enough to want to see you in person.

If she's not, you need to amp up her feelings of attraction by getting her laughing and enjoying talking to you on the phone. She will then become more open to meeting with you in person because she won't be worried about feeling awkward around you.

Meeting up with her in person has to be your number one goal right now. At the meet up, she will be able to see that you are now a much better man than you were when you and her were together.

She will also feel a renewed sense of respect and attraction for you and begin to open herself up to the possibility of being in a relationship with you again.

So, don't waste anymore time trying to find messages to send to your ex. Send the message I provided at the start of this article and then reattract her on the phone, before getting her to agree to meet up with you in person.

If you're not sure what to say on the phone when you talk to her, don't worry, I will give examples of all that in my program [Get Your Ex Back: Super System](#)

Imagine this!

You call her up tomorrow, get her laughing and enjoying talking to you, get her respect back and get her to agree to meet up with you in person.

At the meet up, you make her feel respect and attraction for you in new and exciting ways. She enjoys how she is feeling and opens up to getting back with you.

Hours, days or weeks later, she is in your arms and saying that she loves again.

Do you want to make that happen with her?

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

My Girlfriend Said She Misses Me

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If the relationship has broken up and your girlfriend says that she misses you, it either means:

1. She really does miss you and is hoping that you have the confidence to get her to meet up with you in person.

[image: Meeting up with a girlfriend who has been missing you]

At the meet up, she is then hoping that you make her feel a renewed sense of respect and attraction for you and the relationship naturally rekindles and begins again.

[image: Getting a girlfriend back who misses you]

If you want to get an ex girlfriend back, [watch this video](#) to understand what you need to do to make that happen.

2. She misses you because she hasn't yet been able to properly move on, but she still wants to move on.

If that's the case, then she's just saying that she misses you to put it out there, but she doesn't really want to get back together. For example: She might have just said it because you were texting her or messaging her and she had nothing much else to say.

3. She doesn't miss you and is just saying that to get your hopes up.

When she sees that you're still desperately missing her and hoping to get back with her, she will use that to make herself feel better and continue moving on without you.

[image: Girlfriend messing with ex boyfriend or new boyfriend that she intends on dumping]

She might even add in things like, "I'm confused... I miss you, but I'm not sure if we should be together" to hopefully get you to reply and try to convince her to give the relationship another shot.

[image: Getting too keen about signs of interest]

When she finds out that you're not trying to meet other girls and are just waiting around for her, it may help her relax in knowing that she will be able to find a replacement before you do.

4. She doesn't miss you much at all, but was just saying that to be nice.

She might still care about you and your feelings, so to make you feel better and lift your spirits, she said that she missed you. She still intends to move on without you, but she wanted to do something nice for you by saying that she missed you. She knew that it would make you feel better.

If you are still together and your girlfriend says that she misses you, it either means:

5. She is trying to tell you that she likes you and wants to see you more.

For example: You've just started dating and she wants you to know that she hopes you continue to pursue her. She doesn't want you to feel as though she's not interested.

She hopes that when you read her message saying that she misses you or when you hear her say that on the phone, it then causes you to contact her, arrange a date, have sex with her and deepen the connection that you and her share.

6. She is just testing to see how you will react.

Will you act like you don't care, tell her that you miss her too (in a relaxed, easy-going way) or admit that you've been missing her like crazy and haven't been able to eat or sleep properly when she doesn't call you?

Sometimes, a boyfriend will become too obsessed with his girlfriend too quickly. If a woman has had relationship experience with guys who become obsessed too easily and quickly, she might want to steer clear of another relationship like that because those guys are usually become needy, clingy, too jealous, etc.

7. She is checking to see if you miss her too.

She is hoping to find out if you've been seeing other women or completely forgetting about her when she's not around because you're busy with your career or studies.

If you've been really busy, but you tell her, *"Hey – great to hear from you. I've been really busy this week. I miss you too and I hope to see you soon. I will give you a call in a couple of days"* she then knows that she's still important to you and she can then feel excited about potentially meeting up with you soon.

Women Don't Always Say What They Really Mean

If women tend to confuse you, don't worry – you're not alone.

Most guys go through much or all of their life never really understanding what women want and what they really mean when they say things.

To get you up to speed, I've made this free video that explains 7 things about women that seem strange, weird and even annoying to guys who don't understand where women are coming from when they do it...

As a man, you have to understand that women aren't men. Women think, behave and act differently to men for very good reasons.

For example: Has your girlfriend ever starting acting weird by being quiet or or becoming irritable all of a sudden? Then, when you asked her, *"What's wrong? Are you okay?"* she said, *"Nothing. I'm fine!"* even though she really wanted to say, *"No, I'm definitely NOT fine."*

Why doesn't she just tell you that she's not fine when you ask her?

Another example is if you ask her if it's okay to go out partying with your friends without her. She might say, *"Of course it's okay with me if you go out with your friends tonight without me there. Have fun! Bye!"*

Yet, what she REALLY wants to say is, *"If you loved me, you would realize that I'm NOT okay with you going out without me tonight. If you actually cared about me and were proud to have me as your girlfriend, you wouldn't even consider asking me if this was okay. You would invite me and we'd party with your friends as a couple."*

Why doesn't she just say that?

Most Women Talk to Men in a Code

Some women are straight up and tell guys exactly what they mean, but most women don't.

Rather than telling a guy what they really mean, they speak in a "code" that you need to understand if you want to be successful at picking up women and keeping a relationship together. If you don't ever fully understand women speak in code, you will probably end up feeling resentful and irritable towards your girlfriend and getting into regular, unnecessary arguments.

At this point, some guys reading along might be thinking, *Why do women have to play these stupid games? Why can't she just be straight with me?*

The answer is simple: Women are not men.

Although most men will usually say exactly what's on their mind, many women won't. Here are three of the main reasons why:

1. To avoid emotional or physical abuse

In the past (and in many countries around the world today), women were emotionally abused and even beaten if they voiced their opinions to their man. So, a woman will often say, *It's fine*, even when it isn't, rather than put herself in a position where she can be potentially hurt by her man for disagreeing with him.

That doesn't mean that you're the type of guy who will want to beat her up for stepping out of line in a conversation, but it does mean that she has an in-built instinct to avoid confrontations with a man that she is in a relationship with.

2. To avoid giving him a way to excuse his behavior

Sometimes, a girlfriend doesn't want her boyfriend to brush over or ignore her feelings by trying to reason with her or come up with excuses for his unattractive, disrespectful or unloving behavior.

For example: If a girlfriend says *No, I don't want you to go out with your friends tonight. Stay home with me please? I'll make you some of that cake you like* it's easy for her man to then say, *Look, I promise to spend time with you tomorrow night. I love you, okay? Don't worry* and then brush off her feelings like that.

If she then says "No" again and asks that he stays home with her, she'll end up sounding like the controlling, nagging girlfriend and she doesn't want to come across as that.

However, to her, saying "No" about him going out isn't her way of trying to reschedule another evening together, but rather about a deeper problem, which he is clearly failing to notice when he brushes over her concerns like that.

The deeper problem is that if he were proud to have her as his girlfriend, then he wouldn't mind her coming out to party with him. Likewise, if he were seeing her as his potential wife in future, he wouldn't want to go out flirting with other women and potentially end up cheating on her if he got drunk and met a cute girl.

Instead, he would want to build up months of fun, partying memories with her before they made the transition to be a more committed couple (i.e. they got engaged) and then started doing things that committed couples tend to do (e.g. hanging out with other couples, moving into together, getting a pet together, going on holidays together or with family, spending time with each other's family, etc).

If she sees that he isn't on the same wavelength as her and is treating her like a casual dating

relationship, but she wants something more serious, she might start out saying things like, *"I miss you...we hardly spend time together"* to see if he picks up on what she really means.

Sometimes, a woman will come right out and say, *"Hey, I want you and I to spend time together and when we're bored of partying, we then settle down, get married and start a family"* but most times she won't.

Instead, she will just say things like, *"I miss you. Do you miss me?"* and ask things like, *"Where do you see our relationship going? Do you think we'll be together two years from now?"* or *"What do you think of marriage?"*

If her guy doesn't pick up on her cues, she will stick around and wait if he's the type of guy who is worth waiting for, but if she's already been losing a lot of respect and attraction for him throughout the relationship, she will start to question whether or not she should be with him.

The more respect and attraction she loses for him, the more open she will become to flirting with other guys and potentially dumping him and moving on.

3. To avoid teaching him how to be a man

By having to â□□spell things outâ□□ for her boyfriend, a woman can end up feeling like sheâ□□s his teacher, or worse, his mother and this then kills any respect and attraction she may have for him.

Why does it kill the respect and attraction? Women want to be with a guy that they can look up to and respect, not a guy that they have to lift up, teach and carry around.

When a woman loses respect for a guy (e.g. she feels stronger than him, can't rely on him to be a man, has to mother him, etc) she then loses touch with her feelings of attraction for him. If that goes on for long enough, she will eventually fall out of love with him.

Missing You When You're Still in a Relationship With Her

In a relationship, it is the manâ□□s responsibility to maintain and build on the respect, attraction and love between himself and his woman.

If a guy becomes neglectful of this responsibility, his girlfriend will gradually begin to feel unhappy in the relationship and start feeling that something is just â□□not right.â□□

Eventually, this will lead to her lose respect and attraction for him as her man and may even cause her to break up with him.

So, rather than sitting around saying, *â□□My girlfriend said she misses meâ□□* and hoping that doesn't decide to find herself a new guy, ask yourself, *â□□Which part of my attitude, behavior or actions that Iâ□□ve been displaying lately are making her feel this way?â□□*

Her missing you may be a good thing (e.g. you're a cool, confident guy who is rising through the levels of life and reaching for your true potential as a man. She is trying to spend more time with you and is enjoying the challenge. She will stick by you and hope that you reward her with more of your time if she's good to you) or it could be a bad thing.

If it's a bad thing, she is missing you because you're not spending enough time with her and you've also been saying and doing things that have been causing her to lose respect and attraction for you.

In that case, she might miss you for a while, but if she doesn't start feeling the type of love, respect and attraction for you that she needs to justify being faithful to you, then she might decide to break up

with you or begin seeing other guys behind your back and then break it off with you.

If her saying that she misses you is setting off alarm bells in your mind and you're now worried that you're not paying her enough attention, consider the followingâ| Consider thisâ|

1. Have you been taking her for granted?

One of the biggest relationship mistakes that guys make in a relationship is to slip into taking their girlfriend (fianc  or wife) for granted.

Often, this is not something a guy will do intentionally, but the pressures of everyday life can make him become neglectful of her needs by behaving in certain ways that, although to him is nothing big, to her itâ is a sign that heâ is no longer willing to make her feel loved, appreciated and valued in the relationship.

In her mind, she will be thinking, *"Does he even care about me?"* which is fine if you're the type of guy that makes her feel intense attraction, respect and love. However, if you don't really know how to make her feel a lot of attraction for you and your relationship is going through a bit of a rough patch, she might instead think, *"Is he the guy for me?"*

A classic example of taking a woman for granted is when a guy changes plans that heâ made with her, often and at the last minute, or worse still, lies about how busy he is to get out of doing something with her that she wants but heâ is not particularly crazy about (like visiting her parents, or going shopping, going to the movies, going to her friend's party, etc).

Although plans can and do change at the last minute, if this is a common scenario in your relationship, it can become a problem. To your girlfriend, she will begin to see your cancellation of plans as meaning that you're really saying, *"Youâ are not that important to me. I'm going to treat you this way and you're going to stick around because you're my girlfriend. Deal with it."*

If she sees your behavior and having that type of meaning, sheâ is naturally going to feel unimportant in your life and begin feeling like you're taking for granted.

If that goes on for long enough, she might try to fill up the emotional gap that you've left wide open and decide to flirt and even have sex with other guys behind your back.

However, if sheâ is a good woman who clearly loves you, rather than fight about it, cheat on you or dump you, sheâ will instead say something, *"I miss you"* in the hopes that she is starting to feel neglected. She the hopes that you will start to honor your commitments to her more often (e.g. keeping your dates with her, doing things with her that youâ d prefer to get out of, etc).

When you can show her that you're putting in that extra effort, she will feel that, not only do her feelings matter to you, but she is also able to sometimes get your undivided attention, which will then make her feel loved, valued and will put an end to her desperate cry for attention.

Also, you have to be aware that just being with her in person is not enough to make her feel like you care about her, love her, find her sexy and appreciate her.

Just because a boyfriend might see his girlfriend daily, sitting in silence in front of the TV together is not the same as spending quality time with her. They might be sitting next to each other watching TV, but that isn't going to make her feel that sheâ is actually getting his undivided attention.

Spending quality time together is about connecting mentally (e.g. talking about life), sharing experiences that make you connect (i.e. doing fun, interesting or challenging things together) and connecting physically (e.g. hugging, kissing, having sex, etc).

When your girlfriend says she misses you, she needs you to give her the type of quality time that will bring you closer together and deepen your love and attraction for each other.

2. Are there external circumstances that are keeping you apart?

Sometimes there are external circumstances that keep a boyfriend and girlfriend apart, which is why she ends up saying that she misses him.

If this is the case for you, there is always something that you can do to make her feel loved, even when you can't physically spend as much time with her as you both would like.

For example: Do any of the following situations apply to you and your relationship with your girlfriend? If so, there are some simple solutions below that you can implement immediately to make her feel that you are "there" for her!

1. Do you live far apart from each other? Is your relationship with your girlfriend a long distance relationship?

The Solution:

Long distance relationships can work as long as you are willing to change up your approach a little to adapt to the situation of being apart.

It might feel like a pain in the butt to have to do this, but you should try to schedule some quality time on the phone, on Skype or using another video chat service (e.g. Facetime, Facebook video chat, etc) with her.

Spend time "connecting" with her as often as possible (e.g. talk about things in a positive way, get her feeling good about talking to you and connecting about life, the challenges she is facing, what you're up to, etc).

Then, make a point of planning times to meet up in person. Set up definite times and dates that suit you both and make sure you stick to those dates no matter what.

2. Are you both very busy with important things in your lives like exams, a big work assignment or running a booming business?

The Solution:

Temporary projects at work, exams or busy business schedules don't have to cost you your relationship. Being busy is no excuse for not taking out some time to have a more balanced approach to life.

You might not be able to meet up all the time like a normal couple, but try to make time to talk to her and spend even a few minutes of quality time together (every few days if necessary).

When you do talk to her or meet up with her, if your mind always seems to be on other things, she will feel as though you're not really with her. You might be there in person, but you're not being present enough with her to show her that you actually care about her and love her.

When you can be present enough to give her your undivided attention (even briefly), she will feel connected, appreciate the quality time and she then won't bug you about missing you as often.

3. Are there reasons why you and your girlfriend can't see each other often enough? For example: You work different shifts, your relationship is secret, etc.

The Solution:

Working night shifts or being unable to see each other often because other people can't find out about

your relationship can be challenging, but it doesn't have to be a problem.

Find a way to fit in short, but quality dates together. Rather than plan one long dinner date every once in a while and then not see each other for the rest of the time, try to fit in short dates regularly.

For example: Meet for a sandwich in the park during a lunch break as often as possible, or have one coffee or one drink together twice a week. Grab a motel for an hour and have some fun or cuddle and kiss on the beach after work or somewhere else that people you know won't be able to see.

You Can Make Your Girlfriend Feel the Way That She Really Wants to Feel in a Relationship

Sometimes, saying, *"My girlfriend said she misses me,"* and feeling helpless can simply be because you are overlooking the obvious in your relationship with her.

Ultimately, all your girlfriend really wants to know is that she's loved and appreciated by you. When you make a woman feel what she really wants to feel when around you, the times apart will be easier to bear because she will feel loved.

Rather than thinking, *"What more does she want from me? Why isn't the time we spend together enough? Must I give up all my other interests just to please her?"* try instead to find an answer that will benefit you, her and the relationship.

At the end of the day, it's not the overall amount of time you spend together that matters to most women; it's how *"together"* and connected you both are in the time that you share.

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[image]

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My Ex Doesn't Want Me Back: What Do I Do Now?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

In most cases, when a guy contacts me to say, *My ex doesn't want me back*, he has already made many of the classic mistakes that cause a woman to lose interest in getting back with a guy.

For example: Watch the video below to understand 5 classic mistakes that guys make and what you need to do instead to begin changing the way your ex feels about getting back with you...

You can get your ex to want you back by beginning to create the types of magnetic feelings that have been missing from her interactions with you.

For example: If one of the reasons why she broke up with you was due to your emotional insecurity, you need to get on the phone with her (not send her a text) or have an interaction in person and let her experience the new, improved version of you who is now more emotionally strong than ever.

Another example is if she broke up with you because her feelings of respect and attraction died. In that case, you need to actively start saying and doing things that are going to trigger her feelings of respect and attraction for you.

Watch this video to understand how it works...

As you will discover from the video above, your ex will only truly become open to taking you back if you can guide her through that 3 step, emotional process.

Where Guys Go Wrong

For many guys, the realization that their ex is no longer even open to the idea of reconciliation or that she has moved on and is with another guy can be emotionally devastating.

This can then lead to desperate patterns of behavior, which then turn the ex off even more. Why? Women are attracted to the emotional strength of men and turned off by the weaknesses.

If you want your ex to feel a natural attraction for you, it is critical that she gets to see that you are so much more emotionally strong, appealing and attractive. Emotional attraction is much more important than physical attraction when getting a woman back and luckily, this is something that you can fix and improve very quickly.

So, if you're a guy who is saying, *My ex doesn't want me back*, and you're desperate to get her to change her mind, make sure that you avoid the following mistakes...

1. Don't Beg or Plead With Her

Many guys feel so much love, desire and need for their woman that when she finally decides to break up the relationship, he goes into a state of emotional panic and desperation.

In his mind, he hopes that if he can just show her how much he cares, she will feel pity for him or feel guilty for wanting to break it off and will give him another chance.

Sometimes it does work for a short while and a woman says that she will agree to see him every now and then and assess how she feels. Yet, if the guy doesn't fix the core reasons why she was breaking up with him in the first place, the woman simply moves to the next stage and breaks off the

relationship completely.

The thing is, your ex actually chose to become your ex for a reason. So, if you launch in to hounding her with calls and text messages effectively begging to be given another chance, you're wasting your time and you're making it even less likely that she'll ever change her mind.

To get your ex to reconsider her decision, you need to figure out what happened to cause her to dump you in the first place.

The exact reasons for a relationship break up are going to be different in each case, but the bottom line every time is that a woman breaks up with a guy when she has fallen out of love with him, and a woman falls out of love when she has lost respect and sexual attraction for a guy.

So, if your ex has lost respect and sexual attraction for you, which part of begging and pleading do you think is going to change things? Exactly - it won't. Desperation is not an attractive trait in a man and begging and pleading are a complete turn off.

If you're feeling devastated by the realization that your ex doesn't want you back, do not make the mistake of begging and pleading with her to be given a second chance.

Instead, figure out what happened to cause her feelings for you to change and then take action to turn things around by making the improvements to yourself you need to make to show her that you've learned from your mistakes and you've become a better man - a man she can respect and feel sexually attracted to again.

2. Don't Promise Her the World

When a guy finds that his woman isn't willing to give him another chance, he often slips into the trap of promising her the world in a desperate attempt to get her to rethink her decision.

For example: He buys her an engagement ring and promises to marry her, he promises to take her away on an expensive vacation, he promises to move to her town or city, etc.

Whether it's promising to buy her something she's always wanted or promising her that you can change, none of it actually changes anything because none of it addresses the real reasons why she chose to end the relationship.

What about your thinking, behavior, attitude, vibe, actions and your approach to life and the relationship have caused her to lose so much respect and attraction for you? What are those things and what have you already done to fix them?

Most women aren't willing to give a guy another chance if he promises that he will fix his problems. Instead, she wants to see that he has already fixed them or is making really serious efforts to fix them and has already made good progress.

Until you take action to make improvements and become a better man, the promises that you make to your ex are often going to be seen as meaningless because she has lost respect and sexual attraction for you and likely doesn't believe you at this point that you will actually change.

Words alone can't change the way your ex feels about you. You have to begin developing the qualities that make you a more sexually attractive man who has the ability to make her feel the way that she really wants to feel in a relationship.

In a relationship, a woman wants to be able to relax into being a feminine, emotional sensitive woman who is being protected by her masculine, emotionally strong man. If your attitude or behaviour during the relationship led to her seeing you as a weak, wimpy guy, any promises of

change that you make are worthless until you can show her that youâ€”ve made those changes.

If youâ€”re anxious to get your ex to want you back, you must avoid saying things to her like, *â€”I promise I can change; tell me what you want and Iâ€”ll do itâ€”* because by doing so youâ€”re simply highlighting the fact that you don't actually know how to be the type of man that she needs.

A woman doesn't want to be stuck with the responsibility of teaching her how to be the type of guy that she needs in a relationship. Instead, she expects that a guy either knows it naturally or seeks help to learn how to be the man she needs.

However, she doesn't want to be the one who has to teach a guy how to be a man, because it makes her feel like she's a mother figure, a big sister or a teacher to the guy, which then ruins her feelings of respect and sexual attraction for him.

A woman wants to be with a man that she can look up to and respect. A man that she can rely on to always "be the man" and know how to make her feel the way that she needs to feel when in a relationship.

3. Donâ€”t Brag About Other Women Liking You

Some guys make the mistake of bragging to his ex about having other women interested or about dating other women.

The thought is that by letting his ex know that he has been with other women, it will make her feel jealous and keen to have him back. Yes, that does work sometimes, but not for all situations.

For example: If a woman broke up with a guy because he wasn't able to make her feel the type of attraction that she was looking for in a relationship, she usually won't become interested in him again until she can see that he now has the ability to attract other women.

However, if a woman broke up with a guy who cheated on her or who took her for granted and wasn't willing to commit (until she broke up with him), then she's not going to be impressed by him hooking up with other women. In many cases, she will just use that as motivation for her to hook up with guys and find a new guy who loves her and appreciates her.

What does work for all situations is when a guy learns from the experience of being dumped and takes action to become a better man in the way that will appeal to his ex. Rather than bragging about being with other women, he focuses on developing and displaying the types of qualities that make him irresistibly attractive to women.

When his ex sees photos of him on social media looking confident, masculine and more charismatic around other people, she is going to be intrigued by the changes in how he is coming across.

When he talks to her on the phone and makes her feel attracted in new and exciting ways by what he is saying and how he is saying it, she is going to be even more intrigued by the way that he is now making her feel.

Then, when he gets her to meet up with him in person and uses techniques to get her respect back and re-attract her, she is going to be blown away by the way that he is now able to make her feel. She will realize that he understands what he was depriving her of and is able to effortlessly give that to her now.

That is when an ex begins to want you back. She feels differently and when she feels differently, she begins to think differently.

Watch this video to understand how it works...

As you will discover from the video above, when you change the way that you talk to and interact with your ex, she will change the way that she thinks and feels about you.

The more you can trigger her feelings of respect and attraction for you as a man, the more she will begin to reconnect with her feelings of love for you.

So, rather than trying to tell your ex that other women are interested in you in the hopes that it will make her jealous, simply focus on quickly becoming the type of guy who is naturally attractive to women. She will pick up on that when she observes you or interacts with you and it will immediately begin to make her question her decision.

Getting Your Ex to Want You Back

You can get your ex to want you back (even if she has moved on) by taking action to become an irresistibly attractive man who has the qualities she's looking for and wants in a man.

She is not going to come running back to you when that happens. Instead, you need to get her on a phone call, get her to agree to meet up with you in person and then re-attract her at the meet up.

If she has blocked you on social media or is no longer answering your texts or calls, it doesn't mean that you can't turn that around.

In my program, Get Your Ex Back: Super System, I provide text messages that ensure your ex will reply back and agree to talk on the phone. Then, on the phone, you will know exactly what to say and do to get her to agree to meet up with you.

At the meet up, you will be armed to the teeth with my persuasive attraction techniques that she will literally be helpless to resist. Women cannot stop themselves from feeling attracted to certain traits in men and I'm going to explain exactly how you can trigger those feelings in her.

Ready to begin?

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The Best Way to Get Your Ex-Girlfriend Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The best way to get your ex girlfriend back is to:

1. First understand the real reasons for the break up. (See video below).
2. Begin fixing your emotional issues (e.g. insecurity, neediness, commitment issues, etc) to get to a better, stronger place emotionally.
3. Get your ex-girlfriend on the phone and arrange to meet up with her in person.
4. Make her feel a renewed sense of respect and attraction for you at the meet up.

[image: Meet up with ex girlfriend]

Your ex girlfriend is only going to begin to care about your desire to get back with her if you begin to make her feel the type of respect, attraction and love that she wants to feel for you.

Getting her back can't all be about you getting what you want. You have to trigger the types of thoughts and emotions in her that make her feel drawn to you and open to giving the relationship another chance.

Watch this video to understand where guys go wrong when trying to get an ex-girlfriend back and what you need to do instead if you want to succeed...

Until a guy knows what really caused his girlfriend to break up with him (this is often different to what she is saying the reason is), he can't take any kind of meaningful action to fix the problems or make the improvements needed to get her to change her mind.

Without knowing the real causes of her decision to dump him, any effort to get her back will usually be wasted time and energy and won't get him the end result he wants.

For example: A guy might be trying to get his ex-girlfriend back by showing her how much he really cares about her, but that isn't the reason why she broke up with him. She knows how much he cares, but because he doesn't have the ability to trigger her feelings of respect and attraction for him, she doesn't see why she should give him a chance.

If he just started to focus on triggering those feelings, she would start to laugh, smile and be open when talking to him, but if he's trying to get her back by showing her how much she cares, she will feel even more turned off by the fact that he still doesn't understand how to give her what she really needs.

Mistakes to Avoid

The best way to get your ex girlfriend back is to make her feel the type of respect and attraction that a woman needs to feel to justify being in a committed relationship with a guy.

She's not going to be feeling that way if you are...

1. Begging or pleading with her to give you another chance

Some guys make the mistake of begging and pleading with their girlfriend to change her mind about the break up. A guy will think that by letting her know how devastated he is by her decision and how desperate he is to get her back, she'll somehow be flattered into wanting to give the relationship

another try.

Yet, it almost never works because women are naturally attracted to the emotional strength in men and turned off by the weakness. When a man begs and pleads with a woman, she instantly realizes that he needs her more than she needs him.

...and that is not what a woman wants to feel like in a relationship with a man.

What a woman wants to feel is that you love her and want her in your life, but you do not need her for your emotional security. You are confident, have high self-esteem and are happy with or without her.

That's what she wants to see, so desperation and neediness to be with her is never going to be attractive. You can show her that you love her, appreciate her and want her, but don't come across as though you need her.

When a guy is begging and pleading to be given a second chance by saying things like, *â□□Iâ□□ll do anything...! Just tell me what it is you want and Iâ□□ll do itâ□□* it only reinforces her view of him as being unattractive to her.

She realizes that he doesnâ□□t have what it takes to lead the way in the relationship and figure out for himself what needs to be fixed. In other words, he needs her to teach him how to be an attractive man in a relationship.

If she goes along with that and teaches him how to be the man that a woman wants to be with, it will most-likely become a repeating pattern in their relationship. For example: He will stuff up and turn her off and then ask her to teach him what to do instead.

Yet, that isn't what a woman wants because it puts her into the position of teacher, or like a mother or big sister figure to him. When a woman is put into that type of position with her man, it immediately begins to eat away at her feelings of respect and attraction for him.

When a man is asking his girlfriend to tell him what the problem is, he is putting her in the position of leading the way and that is not what she wants.

The same applies if a guy says something like, *â□□I can change. Whatever it is you want me to do differently, I promise I can change.â□□* By asking her for â□□cluesâ□□ about what needs to change, heâ□□s showing her that he doesnâ□□t actually have a clue himself therefore his promises are most-likely going to be hard to fulfil.

For example: If she does tell him, *"I need you to be more of a man"* he probably won't know what that means. He may look up a couple of articles online and come across politically correct, wimpy advice that will tell him to clean up the house, buy her gifts and basically kiss her ass.

Yet, that isn't what a woman means by "be more of a man." What she really means is that she needs him to begin thinking, behaving, feeling and acting in a more masculine way, therefore making her feel more girly and feminine in his presence. She doesn't need him to be an even nicer, more generous and kind guy than he probably already is.

Women only appreciate niceness and kindness from a man when they actually respect him and feel sexually attracted to him. If a girlfriend has lost touch with her feelings of respect and attraction for her boyfriend, she's not going to care that he bought her a new gift or is promising to take her away on an expensive vacation.

She might take the gift and go on the vacation, but it isn't going to change the fundamental problems in the relationship that are causing her to want to break up with him. Gifts and nice behavior are not

what women need most from a man. What she really needs is to be able to respect you as a man (i.e. look up to you), feel sexually attracted to you and love you.

Anything else that is added on top of that (e.g. a gift, wining and dining her, taking her away for the weekend, etc) is simply a bonus thing that she gets to experience every now and then, but it's not the fundamental requirement for keeping her happy for life.

So, begging and pleading with a woman isn't going to change what she is really feeling. Your ex-girlfriend will only change how she feels about you when you change how you think, behave, talk and action when interacting with her.

The next time you interact with your ex-girlfriend on the phone or in person, you are either going to be making her feel a renewed sense of respect and attraction for you...or you're not.

If you want to get her back for real, you must focus on making her feel the type of respect and attraction for you that will get her to become open to meeting up with you in person again and talking about giving the relationship one more chance.

That is the best way to get your ex-girlfriend back.

A woman doesn't want a needy guy promising her the world or saying that he is unable to imagine life without her. Quite simply, she just wants to be with a guy she feels sexually attracted to and respects. If you can make her feel that, she will naturally begin to reconnect with her feelings of love for you.

2. Trying to reattract her by changing your look

A really bad piece of advice that guys are commonly given is to get themselves a makeover, so that their ex will see his "new look" and instantly change her mind. This is not only ineffective advice, but it is really bad advice.

Yes, changing a look to become more physically appealing and sexy will work for women who are trying to get an ex-boyfriend back, but it rarely has much of an effect for guys who are looking to get a woman back.

Why? Most women place much less importance on a guy's looks than they admit, which is why you will see beautiful women with all different types of guys (e.g. overweight guys, bald guys, shorter guys, etc).

A woman will gladly stay in a relationship for life and be completely happy with her man if he is able to deepen her love, respect and attraction for reasons other than how he looks. Looks might be a way for some guys to initially get some attention from women, but how you look really isn't the most important thing to a woman.

The truth is, changing how you look physically is not going to have much of an effect on your ex-girlfriend unless you are also making her feel attracted in other ways.

For example: If you meet up with your ex-girlfriend and you are being much more charismatic, charming, confident, masculine and fun to be around than usual, then she is going to appreciate the fact that you also look a bit more presentable physically.

She's going to be feeling attracted to your confident, charismatic approach and she will then look at your physical appearance in a more positive light.

However, if you meet up with your ex-girlfriend and you appear tense, insecure and emotionally needy, she is going to feel turned off by the fact that you've put so much effort into trying to look

physically appealing.

She will likely perceive your attempts to be physically appealing as your way of hopefully covering up the fact that you still don't know how to be emotionally appealing and attractive to her.

Rather than appreciating the effort you've put in to look more physically appealing, she will feel turned off by the fact that you still don't know what women really want in a guy emotionally.

For most women, it's not how a guy looks on the outside that makes him a truly, sexually attractive man, but who he is on the inside. If you waste a lot of time and money on kitting yourself out with some new designer outfits, a new hairstyle, and maybe a gym membership to begin building up your biceps, you're totally missing the point.

Your ex-girlfriend's reasons for breaking up with you are almost certainly going to be about your thinking, behaviour and attitude in the relationship and how that made her feel. She's not really going to care about your new hairstyle or what brand of shirt or jeans you now wear.

For example: Let's say that a guy's ex-girlfriend broke up with him because he behaved in a way that led to her feeling taken for granted (e.g. didn't care about her feelings, wasn't interested in listening to what she had to say, treated her badly, rejected her desire to take the relationship to the next level and get engaged, etc).

Is styling his hair differently going to now make her feel as though she truly loves and appreciates her? Of course not.

In almost every ex back case for guys, it's not how he looks on the outside that really matters to his girlfriend, but who he is on the inside.

The Best Way to Get Her Back

If you want to know the truly best way to get your ex-girlfriend back, you must begin by improving your ability to reignite her feelings of respect and attraction for you as a man.

Without that, she simply won't care about what you want because she won't be feeling what she needs to justify giving the relationship another chance.

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My Wife and I Are Separated

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you and your wife are separated, it will only be a matter of time before she follows through with a divorce request.

However, you can stop that from happening.

Essentially what you need to do is understand where she is coming from (watch the video below for ideas) and then focus on making her feel a renewed sense of respect and attraction for you as a man.

Without respect, a woman can't feel truly attracted to a guy and without attraction, she cannot stay connected to her feelings of romantic love.

Watch this video to understand the process that a woman goes through before breaking up with a man and what you need to do to get your wife to reconsider the separation.

As you will see from the video above, it is possible to get her to feel differently about you. You have to guide her through the process of feeling respect for you again (she will feel this when you truly understand where she is coming from and make changes to the way you think, behave and act around her) and she will then allow herself to feel attracted to you again.

Watch this video to understand how a woman's attraction for a man works and you can use that to get your wife back!

As you will discover from the video above, you are pretty much in complete control over how you make your wife feel.

Today, you may have started out the day feeling like all hope is lost with your marriage, but it's not. Here are 7 reasons why a man and wife can get back together after a separation!

According to Science Daily, almost 50% of couples break up and get back together again. This means that 50% of all couples resolve their issues and end up being in happy, lasting relationships with their ex.

Right now, you're in the lucky position of not having lost your wife completely.

Yes, you and your wife are separated and yes, she may even be saying things like, *"Leave me alone. I need some space to figure out if I want to be married to you,"* or *"I don't love you anymore. My feelings for you are gone."*

Yet, what you need to understand is that your wife can change how she feels about you. Even though she currently doesn't want to be with you, it does not mean that she has to feel that way forever; her emotions can definitely change.

However, how quickly your wife is going to go from not wanting to be with you, to being open to being with you, depends on the approach that you use.

If you attempt to get her back by trying to convince her that you will change, you will almost certainly fail. To get her back for real, you have to actually make changes to the way that you interact with her.

Essentially, the way that you talk to and interact with your wife is either going to make her feel a renewed sense of respect and attraction for you, or it's not.

If you do this properly and focus your attention on making her feel respect and attraction for you, she

will naturally begin to reconnect with her feelings of love for you becauseâ€¦!

Love Doesn't Die

Love is a much more powerful thing than most people realize. Think about where love actually comes from and you will know what I mean.

Even if your wife is saying, *â€œI don't love you anymore,*â€¦ it doesn't mean that the love she felt for you is dead forever. It also doesn't mean you can't reconnect with that love or even make that love stronger than it was before. It simply means that, for now, she doesn't feel like she can be in love with you.

If you and your wife experienced love together, that love will absolutely still be there in the background and she will become open to reconnecting with that love when you make her feel a renewed sense of respect and attraction for you.

When you get her respect back, you then must focus heavily on making her feel attracted to you (e.g. bring back your old charisma and charm, be masculine in a way that makes her feel feminine in your presence, be confident, be forward moving in life as a man, be funny and positive, etc).

When your wife begins to feel respect and attraction, she will naturally begin to reconnect with the love and when that happens, she will more willing to forgive your past mistakes.

Women love the idea of being in love and, right now, your wife would love to be in love with you again if you were the man she imagined you to be when she said *â€œI do.*â€¦

You can make her feel that way again.

You just have to make sure you're giving her what she needs, and at the same time avoid making the same old mistakes that have been turning her off.

3 Common Mistakes to Avoid

While attempting to get a wife back after a separation, common mistakes that husbands tend to make include the followingâ€¦!

1. â€œWhy are you doing this?!â€¦

Relationships, marriages included, rarely fall apart â€œout of the blue.â€¦

Yet, when a woman finally breaks up with a relationship after putting up with it for long enough, most guys are shocked by the news and will desperately ask her, *â€œWhy are you doing this?!â€¦* or *â€œHow can you just walk out of our marriage so suddenly without even telling me what's wrong?!â€¦*

The fact is, a woman doesn't just wake up one morning and think to herself, *â€œI'm bored with my marriage; I think I'd prefer to be separated.*â€¦ The truth is, she went through a lot of emotional turmoil and tried many times to let her husband know that she was unhappy with certain things in the relationship.

She probably wasn't always completely clear and direct about what was bothering her, but that's just the way most women are. Most women don't want to have to take on the role of teacher in a man's life and teach him what he needs to know about being a great husband.

If a wife does that once, she will have to do it twice and before long, teaching her husband to be more of a man will gradually begin to eat away at her feelings of respect, attraction and love for him.

Some men are lucky and have a wife who is more direct and brutally honest about what she wants, but a lot of husbands make the mistake of choosing to ignore the problem or write it off as her simply being a moody woman.

Then, when she eventually asks for a separation, her husband feels shocked by how sudden it all is and he demands to know *“WHY!?”* she is so unhappy that she actually wants to leave the marriage and go back on the promise of *“Till death do us part”* that she made on the wedding day.

When a husband panics and wants his wife to explain why she is leaving him, it simply confirms to her that he hasn't been paying attention to her all along.

To get your wife back, you need to discover the real reasons why she has separated from you (without her having to tell you), and then take action to make changes to your behavior, conversation style and how you treat her.

Rather than expecting her to explain everything and teach you what you will need to do to get her back, you have to man up and figure that stuff out yourself.

You are already taking that step by reading this article and watching the videos on the page, so if you are serious about getting your wife back, read on!

2. Please forgive me. I promise you I will change if you come back.

Most husbands are good men who sincerely love their wife and only want the best for her. For this reason, a husband will quite naturally want to apologize to his wife for how he's made her feel.

He might also want to say whatever he thinks she wants to hear, for her to change her mind and come back. However, even though his apology may be 100% sincere and from the heart, it won't change how she feels.

Why? A woman doesn't want an apology or promises that he will change because she's most likely heard it all before. Every time they had an argument or fight, he probably said, *“I am sorry! I will change. Just give me another chance.”*

And she did!

Yet, because he never fully understood what the real reasons were for her unhappiness, he kept offering to fix the wrong things.

For example: A woman might want her husband to be more ambitious and be able to climb through the levels of life like a real man, but he is promising her, *“I will start doing the dishes more and helping you around the house to show you how much I care”* which isn't actually what she wants from him.

If you want your wife to come back, you've got to be offering her what she really wants, not what you think she might want. If you are trying to get her back by apologizing or offering your promise to change, she will feel as though you haven't heard a word she's been saying and she won't be interested in a repeat performance.

What she wants to see is that you truly understand the things that have caused her to lose respect and attraction for you and more importantly, you've already begun to fix those things about yourself.

You do not have to become perfect and fix everything 100% before she will appreciate it, but you do

have to begin to make real progress in those areas. Your wife likely knows you well enough to see when you are serious about something or not.

3. â□□How are you? Whatâ□□s been happening? Iâ□□ve been thinking about you? Are you okay?â□□

Itâ□□s normal for a husband to want to check up on his wife when theyâ□□re separated, but if he overuses text and e-mail, it almost always creates problems and drives her away further.

Even though he might feel as though he's just being friendly by staying in touch and checking up with her about her well-being, to her it may be seen as annoying or needy (possibly something that was already an issue in their marriage).

Via text or e-mail, your wife cannot see what state of mind you are really in, she can't hear your tonality, see your body language or assess your real mood via text as she could on the phone or in person.

So, what does she do?

She does what you are forcing her to do because you are texting and e-mailing her: She guesses.

Not being able to hear you over the phone or see you in person means that she has to guess at what state of mind you are really in and how you'd be coming across if you said that to her in person. In most cases, sheâ□□ll be guessing in a negative light.

For example: She could be thinking, *â□□Why is he being such a pest? He knows I need some time to think things throughâ□□| does he think by being such a nuisance he is making things better?â□□*

If you and your wife are separated, the only time you should be texting is to get her on the phone, so you can then arrange a meet up in person. Then, when you see her in person, you have to show her that you now fully understand what caused the two of you to become separated and have already been making a serious effort to effort to fix your issues and improve yourself.

This is how you will make her feel a renewed sense of respect and sexual attraction for you so that sheâ□□ll become open to the idea of coming back to you.

So, don't waste time or potentially annoy her with pointless text messages or e-mails that explain your feelings. Get yourself ready to meet up with her (i.e. learn the real reasons why the marriage fell apart, make improvements and changes to yourself, get yourself into a confident emotional state and get ready to make an apology and ask her to forgive you) and then meet up with her.

However, just remember that an apology will not get her back unless you first focus on making her feel respect for you and then begin to make her feel attracted to you when you are talking to her on the phone or in person.

Your wife will only really care about what you have to say when her feelings of respect and attraction for you have been triggered. Anything you say prior to that will pretty go in one ear and out the other.

You Donâ□□t Have to Be Perfect to Get Your Wife Back

Getting your wife back is not about you having to become and be the â□□perfectâ□□ husband overnight, or changing who you are deep down as a man. Itâ□□s simply about adding to who you are and becoming a stronger, more well-rounded and more attractive version of yourself as a result.

You might have started out today thinking, *â□□My wife and I are separated, and I feel like Iâ□□m*

about to lose her forever,â€ but it doesnâ€™t have to be that way.

When you present yourself in a way that makes her feel differently, she will naturally start thinking and behaving differently and she will become more open to the idea of fixing your marriage.

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[image]

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How to Get Your Ex Girl Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Thereâs a very simple answer to the question of how to get your ex girl back and that is...

Display the types of traits and behaviors that make you an irresistibly attractive guy that she will want to get back with.

How do you do that? You first learn from the mistakes that led to your ex becoming your ex and you then make changes, rather than promising her that you will change if she just gives you another chance.

Watch this video to understand the emotional process that your ex girl went through before ending the relationship and the process you need to guide her through get her back...

Of course, if your confidence has taken a real beating after being dumped, the idea of becoming an irresistibly attractive man in your ex-girl's eyes might seem like an impossible dream, right? No doubt.

It's difficult to feel confident and know that you're more than good enough for her, if she had said things like, *"I don't feel anything for you anymore"* or *"I never want to see you again"* when breaking up with you.

However, regardless of what went down during the break up process, it is up to you to pick yourself back up and become more emotionally attractive to your ex girl.

She will find you more emotionally attractive when she can see that you've not only learnt from the mistakes you made, but you also now know to trigger her feelings of love, respect and attraction for you.

One of the most important things to realize is that the more you sit around feeling down and out, the more unattractive you become to her as a man and that's not going to help you get her back, is it?

If you are serious about figuring out how to get your ex girl back, you have to take action to improve yourself. You may already be a great man, but if she doesn't want you back right now, she most likely doesn't think you're good enough.

You may know that you're good enough, but you've got to be able to get her to realize that by triggering her feelings of love, respect and attraction for you again.

Where Guys Go Wrong

When a guy is feeling heartbroken over a relationship break up, it's all too easy for him to slip into patterns of behavior that effectively ruin his chances of ever getting his ex-girlfriend back.

For example: Some guys try to get their ex to change her mind by hiding themselves away from the world and making sure that the message gets to her that he's devastated by the break up and unable to function without her.

He hopes that when she learns about how bad he's feeling, she'll feel so sorry for him that she'll be compelled to give him another chance. Yet, in most cases, she won't.

Stuff like that might happen in the movies, on TV drama shows and in music videos, but itâ€™s rarely going to happen in real life. Why? Women don't feel respect and attraction for a guy who is lost without them.

Women are naturally attracted to guys who are happy, confident and emotionally secure with or without them. So, wallowing in self-pity is not attractive and neither is begging or pleading to be given a second chance.

Sometimes, guys resort to hounding an ex with calls, SMS messages and messages on social media in a desperate attempt to get her to take him back.

Yet, the more that a guy contacts his ex girl and tries to convince her to take him back without even focusing on making her feel the type of respect and attraction for him that she needs to feel, the more she will feel like she's made the right decision to break up with him.

Will it Be Possible For You to Get Your Ex Girl Back?

Not all relationships can be rekindle, but by using the right approach to getting an ex girl back, most guys can at least get another chance with a woman.

Here's why...

Being dumped or going through a bad relationship break up can really knock a guy's confidence and leave him feeling like he's not good enough for his ex or for other women.

While feeling down and out, he may begin to believe that he won't be able to get his ex girl back, he won't be able to get over her and he'll never get himself another girlfriend. Everything just seems so hopeless when he's feeling down and lacking confidence in his attractiveness and value to his ex and to other beautiful women.

The more he tries and fails to get his ex-girl back, the more her lack of interest convinces him that he's destined to be lonely for the rest of his life. Of course, his lack of confidence might even lead to him resigning himself to loneliness and not making any attempt to get her back at all.

He might choose to attempt to dull his sexual desire a couple of times per week by masturbating to porn, but the desire for love, companionship and acceptance from his ex girl or from other women he likes, never seems to go away for long. It's always there in the background.

He wants to get his ex girl back, but he simply isn't prepared to do what it takes. Instead of building himself back up, fixing any emotional issues he has (e.g. neediness, insecurity, commitment issues, etc), he chooses to hide away feel down and out about everything.

Don't do that.

If you are serious about getting your ex girl back, you need to focus on getting yourself into the right frame of mind.

The frame of mind that you need to be in is as follows:

- You know that it's possible to get an ex girl to feel a renewed sense of respect and attraction for you.
- You are willing to begin fixing any emotional issues or weaknesses you have to become a stronger man that you are right now.
- You are prepared to get her on the phone, meet up with her in person, apologize for your

mistakes and let her experience the new, improved version of you.

- You know that you might get her back immediately or it might take a couple of meet ups, but you are prepared to do what it takes to have her back in your arms saying, *"I love you."*

Becoming the Type of Guy That She Would Want to Take Back

When a guy takes steps to learn develop and then display the qualities that women are looking for in a man, he becomes a better man as a result.

A better man is a more confident and more masculine version of the man you are now. You may be a good guy and have great intentions with your ex girl, but unless you can make her feel like you are a changed man, she isn't going to be very interested in giving the relationship another chance.

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[image]

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My Girlfriend Said She Wants to Be Alone

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

At the beginning of a relationship, a couple usually wants to spend as much time together as possible. However, if the relationship doesn't progress to the next stages and the woman begins to lose touch with her feelings of respect and attraction for her man, she may end up wanting to be alone so can figure out whether or not the relationship is something worth sticking with.

Watch this video for more info...

So, if you're saying, *"My girlfriend said she wants to be alone,"* it has been something that she has been thinking about for a while.

When in a relationship, a woman will give her guy ample warnings, by way of arguing with him over those "little" things, that she's not happy about in the relationship.

However, most guys assume that these fights are "normal" and that she's just being a woman.

In reality, fighting over "little" things is a woman's way of saying, *"These are the things in our relationship that I don't like and I need you to pay attention and make some changes."* She may even be more specific and say things like, *"I don't like it when you do that,"* or even, *"If you don't change those things / that behavior, I'm going to break up with you."*

So, if your girlfriend has broken up with you and now just wants to be alone, you need to start going through the ex back process to get her back.

Watch this...

To get her to not want to be alone anymore, you need to focus on re-attracting her as you guide her through the ex back process.

If you don't re-attract her and try to convince her to give you another chance, she will most likely reject you because she just won't feel motivated to want to be in a relationship without attraction.

For a man and a woman to want to stay together, there has to be mutual attraction.

If it's only you who feels attracted to her, then she's going to start feeling attracted to other guys and may then give an excuse like, *"I just want to be alone,"* or *"I need time by myself to think"* or, *"I need space to figure out what I want in life."*

All of that is code for, *"I'm breaking up with you, but doing it slowly."*

So, if your girlfriend has said that she wants to be alone, don't panic and beg her to stay with you.

Instead, focus on re-attracting her and then guide her back into a relationship with you.

Even though it might feel like you and her are still in a relationship, she feels like it's over and is slowly trying to distance herself from you so she can fully break up with you.

In her mind, she is out and is going to move on now unless you re-attract her.

We Need to Talk

Many guys are taken completely by surprise when she gives him the, *“We need to talk,”* speech. They will often say, *“I never saw it coming,”* and *“This was so out of the blue; I just don’t understand where this is coming from.”*

Telling them that she already gave them many hints before she reached the point where she is at right now doesn’t make sense to them.

When we men are unhappy about something, it’s natural for us to come out and tell it like it is.

Mistakenly, some guys assume that their woman will do the same thing and speak up like a man, if she feels that something in the relationship is bothering her.

Why Didn’t She Tell Me How She Was Feeling?

As nice as it would be for most guys if their girlfriend (or fiancée or wife) simply gave them a nice, neat list of complaints and asked them to fix those things, the reality is, a woman won’t do that.

Why? Basically, a woman wants her man to lead in the relationship and to figure out what the problem is by himself.

She wants him to realize that she’s not *“just being a woman”* but that she’s actually unhappy about certain things in their relationship, and then she wants him to take some sort of action to fix those things.

She doesn’t want to have to break down the problem for him and spell it out like she’s his teacher or his mother.

There is a specific dynamic that occurs between a man and a woman that allows the sexual attraction between them to exist.

If she has to *“mother”* him and teach him how to be the man in the relationship, the dynamic between them goes out of balance and the attraction she feels for him dies, eventually leading to the end of the relationship.

Is it Too Late to Change How She Feels About Me?

[image: Let her experience the changes in you for herself]

No, it’s never too late to make your girlfriend feel respect, attraction and love for you again.

Right now, her message to you is not encouraging, but even if a woman is saying, *“I want to be alone,”* it doesn’t mean she’ll be stuck feeling like that forever. Feelings change all the time.

As you may already know, most women can be pretty emotional and dramatic, especially when they’re feeling angry or hurt.

This is why, although a woman might say something in the heat of the moment and even make it sound like she’ll never change her mind about it, a little while later she will be over it and even act surprised if you happen to bring up her earlier behavior.

What you need to understand is this...

Even though right now youâre saying, *âMy girlfriend said she wants to be alone,â* this isnât something that cannot easily be changed.

There are many things you can do immediatelyÂ to get her to feel differently about you and get her to feel respect for you again, BUT first you have to be willing to change some things about yourself.

Itâs not about becoming perfect or changing who you are inside; you simply have to become a better, more complete and well-rounded version of who you are right now.Â

When you make her feel differently about you and get her to see you in a new light, she will automatically begin to reconsider her decision to be alone.

How can you do that?

Here are 3 important steps to get you startedâ|

1. Donât try to talk her out of it.

Itâs natural for a guy to want to convince his girlfriend to give him another chance.

However, the more you say to her, *âI know I messed up but we can work this out. Just tell me what you want me to do and Iâll do itâ* or, *âYou canât let what we have just disappear. I still love you and if you let me make it up to you, I know you can love me again too,â* the more youâre highlighting to her that you have absolutely no idea why sheâs telling you she wants to be alone.

The more you try to convince her to change her mind, the more misunderstood youâre making her feel and the more determined she becomes to walk away from you.

If your girlfriend is currently confused about her feelings for you, or perceives you to be needy, weak or desperate, how do you think sheâll view your behavior?

Will she assume that you are being a strong, confident guy who simply wants to get his relationship with her back on track, or will she see you as weak, needy, loser who would do anything to hold on to her?

The truth is, you canât talk her out of her decision.

However, when you change the way you communicate with her so that she can begin to feel respect and attraction for you again, she will naturally begin to think and behave differently.

She will become more open to being with you or at least to meeting up with you to have a chat.

2. Donât waste too much time with the âNo Contactâ rule.

Another common reaction that guys have when faced with a girlfriend who said she wants to be alone is to ignore her and hope sheâll change her mind.

However, the No Contact rule (ignoring your ex for 30 to 60 days) rarely works because while youâre sitting at home moping and counting the minutes off the clock, sheâs out there meeting new guys, having sex and even falling in love again.

Here's a video I made for guys who've already been dumped and are now trying to get their girlfriend back:

In most case, not contacting her just doesn't work if she doesn't have feelings for you anymore.

Of course, some women might call when they donât hear from their ex boyfriend for a while, but this is mostly to see if heâs missing her.

If, when she calls him he admits how lonely he's been without her and that he's so glad she called, she'll feel relieved that she broke up with him.

Why? Women are attracted to the strength in men and repelled by weakness.

When she discovers that his not contacting her was all an act to get her to call HIM, she will feel even more turned off by him and will be more able to move on with her life without regrets.

3. Don't promise her that you will change if she will just give you a chance.

If you try to get your girlfriend back without really fixing or improving anything about yourself and are just saying that you will change, it's not going to be enough for her.

Yes, it's true that some women (e.g. women who are inexperienced with relationships, or women who haven't been able to find another guy) will agree to give their ex boyfriend a second chance if he says that he will change, but, she will break up with him again as soon as she realizes that he has no intention of actually changing once she's back.

However, if when you contact her you have already begun to fix your issues and improve yourself, she will be able to see that when she interacts with you.

By showing her that you've taken her concerns seriously she will feel understood and she will begin to trust you again.

Changing Her Mind is Easier Than You Think

Yes, you can sit around feeling hopeless and saying, *"My girlfriend said she wants to be alone,"* or you can take action right now to become an even better guy than she first fell in love with, giving her a reason to feel a renewed sense of respect, attraction and love for you.

When you learn from your mistakes, overcome any insecurities that are holding you back and become a better man, you will not only have what it takes to win back her love, but you will also have the skills to make her fall even more passionately in love with you than she did before.

A big part of what you need to do is focus on making her feel respect and attraction for you as a man. When you re-spark her feelings for you, she will naturally start to miss you and want to get back with you...

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[image]

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My Girlfriend Wants to Be Friends

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your girlfriend wants to be friends, it means that she is about to break up with you.

If your girlfriend has already broken up with you, it could mean that she is giving you “breadcrumbs” and either still wants to be with you or is just stringing you along.

How you react to her request to just be friends is what will determine whether you can keep her as your girlfriend.

To avoid getting placed in the friend zone and losing her forever, you need to focus on re-attracting her back into a sexual, committed relationship with you.

The same rules apply if you are still in a relationship or have been broken up with.

What matters is how you are making her feel now.

When you interact with her, do you make her feel attracted, turned off or just neutral?

If you want her to stop wanting to just be friends with you, it’s essential that you focus on making her feel sexually and romantically attracted to you from this moment onwards.

As you do that day after day, her feelings will deepen and she will just want to be with you.

Deepen Her Feelings For You

In many cases, when a girlfriend says that she just wants to be friends with her boyfriend now, she really means it.

It’s her way of creating some distance between you and her, so she can privately move on with her life without you and then one day, she will say something like, *“I have something to tell you”* and will then tell you that she’s met another guy and is now in love with him.

So, if you want to avoid losing her, you’ve got to start making her have strong feelings for you again.

It’s a man’s responsibility to maintain and deepen the attraction, love and respect that his woman feels for him.

It’s his job to build, and keep building, the sexual chemistry between them and to make her feel the way she really wants to feel in the relationship.

If he’s unable to do that, the woman will gradually stop feeling attraction for him as a man, and she’ll look for an “easy” way to break up with him.

If you’re saying, *“My girlfriend wants to be friends,”* you’re clearly on the receiving end of one of those classic break up lines that women use when they want to break up with a guy without causing a scene.

Women will naturally avoid telling a guy the REAL reasons they are breaking up with him. This is partly because they’re instinctively programmed to avoid situations that could potentially put them in danger, i.e. if the guy gets aggressive or violent.

Women also keep things vague by saying things like, *“Maybe we can just be friends”* because when a woman has made up her mind about breaking up, she doesn’t want to give the guy reasons to talk her out of it.

Most importantly though, a woman doesn't want to have to teach her boyfriend how to be the man that she wants him to be. She will have already given her boyfriend enough "hints" about the problems in their relationship and if he wasn't able to figure it out by himself, she doesn't want to teach him.

So, even though right now you're probably feeling hurt and even confused, you can get her back if you use the right approach.

The right approach is to focus on re-attracting her.

If your girlfriend is only wanting to be friends at this point, the main reason why will be that you simply haven't been making her feel the type of attraction and respect for you that she feels is necessary.

You might be a great guy and have the best intentions with her, but if you're triggering her feelings of sexual attraction and if she doesn't really respect you as a man, then she's going to find it difficult to look past that.

You have to really focus on improving your ability to make her feel what she really wants to feel.

3 Common Mistakes to Avoid Making Now That's She Has Given You the "Let's Be Friends" Speech

Most guys who lack experience with women, or who got lucky when they hooked up with their girlfriend, fall prey to making mistakes that make their girlfriend feel turned off throughout the relationship.

Here are 3 classic examples...

1. Thinking that if he bombards her with text messages he'll stay on her mind and this will change her feelings towards him.

[image: Over texting girlfriend to hopefully stay on her mind]

Guys who say, *"My girlfriend wants to be friends,"* often believe that she's just going through a "phase" and that if they make an effort to stay on her mind by texting her multiple times a day she will eventually change her mind about how she really feels about them.

The reality is that a woman who gets bombarded by text after text from her ex is more likely to think, *"I wish he'd just go away! He's driving me crazy!"* rather than, *"Oh, he's so sweet and romantic! I'm such a fool for wanting to only be friends with him. What was I thinking?"*

Also, because a woman in this situation is trying to break off her connection with him in an amicable way, she's more likely to text back in a nice, friendly way. To him this often feels like a sign that she hasn't really stopped loving him and that if he keeps it up she'll eventually come back to him.

Yet, just because a woman texts back, it doesn't mean that she is feeling anything more than a polite, friendly interest in someone she used to date.

Nothing that you can say to your ex girlfriend via text will convince her that you've actually figured out the real reasons why she's broken up with you and have made an effort to fix those

things and improve yourself.

In your text you can say whatever you think she wants to hear, but actions speak louder than words. If you genuinely want to get her to feel respect and attraction for you again as a man, you have to let her experience your confidence over the phone, and then she has to see those changes in person when you meet up. That's the only way you will be able to convince her that you have changed and make her feelings towards you change too.

2. Thinking that if he uses the "No Contact Rule" she'll come running back to him.

The opposite of bombarding a woman with too many text messages, is when guys try to use the No Contact Rule (stop contacting her for 30 to 60 days) to make her miss him and come running back.

Yet, this can easily backfire because it simply allows her more time to get over him.

Watch this video for more info...

While he's busy sitting at home missing her, she can be out there meeting other guys, going on dates and having sex.

By the time he gets in touch with her again, she may even have another boyfriend or even be engaged or getting married.

Yes, not contacting her does get some women to call, but a call from her doesn't mean that she's interested in being back in a relationship with him.

When she doesn't hear from her ex, especially if she's told him she wants to be friends, a woman will usually call to investigate whether he is missing her and harboring thoughts of them getting back together again.

If she sees that he is, she'll actually find it easier to move on with her life.

Why? Women are attracted to the strength in men and repelled by weakness.

If, when she calls him, he breaks down and tells her how lonely he's been without her, how much he misses her and even asks her for another chance, she will use his desperation and pain to feel even more turned off by him and more able to move on.

Rather than wasting time with the amateur "No Contact Rule," you've got to get her on the phone right away and make her feel happy and curious about the idea of seeing you again. From there you can make her feel renewed respect and attraction for you and then her feelings for you will change naturally because you'll be giving her what she REALLY wants from a man.

3. Trying to get her back without changing anything about himself.

Probably the worst mistake guys make is assuming that all it's going to take to change how their girlfriend feels is to say, *"I know we can work things out. Just give me another chance and you'll see things will be different between us."*

Fact: If you're saying, *"My girlfriend wants to be friends,"* the attraction and love between you has fizzled out.

This is due to the fact that certain behaviors and attitudes in the relationship slowly eroded the feelings she had for you and nothing you SAY is going to rekindle those feelings.

If you want your girlfriend to take you seriously and come back to you again, you will need to take the things that caused her to break up with you seriously.

For example: Taking her for granted, being needy and insecure, not being able to control your

jealousy, allowing her to wear the pants in the relationship, being mentally and emotionally weaker than her, etc.

If you want her to take you seriously, you need to show her that she matters enough for you to actually put in the effort to change.

You don't have to become perfect to get her back, but if you aren't willing to fix any emotional issues that you have and improve yourself, then she will feel as though you're disrespecting her and the relationship and she won't be interested in a repeat performance.

You Can Change How She Feels About You Right Now

Just because right now you're saying, *"My girlfriend wants to be friends,"* it doesn't mean you have to roll over and accept that.

If you want to get her back, you CAN. And if you want to move on and find yourself another, better even more attractive woman than her, then you can do that too!

A big part of knowing how to get your girlfriend back and keeping her interested and attracted all boils down to being able to relax into being your best self; all the time.

When you improve yourself by removing any insecurities that may be holding you back in relationships and in life, you become a better man.

Not only will this make you more attractive to your girlfriend and make her feel more attraction, respect and love for you than ever before, you will also become more successful in other areas of your life too.

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[image]

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Winning Your Wife Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

When it comes to winning your wife back, you need to use an approach that is not only going to help you win back her love, but also develop a stronger, happier and more loving relationship than ever before.

A wife will rarely leave a husband for small, petty reasons, so if your wife has left you, it's probably over some pretty serious issues (i.e. taking her for granted, cheating, lack of attraction, lack of respect, financial issues, etc).

If you want to win your wife back for real, you've got to take the process seriously. First, you need to understand why she really left you and what you're going to need to make her feel to win her back.

Watch this video by to understand the process she went through before leaving you and what you'll need to do to begin winning your wife back...

As you will discover from the video above, it is possible to get her to feel differently about you. You've got to focus on getting her respect back, then her attraction and when that happens, she will naturally begin to reconnect with her feelings of love for you.

Being the Husband That She Wishes You Could Be

[image: Winning your wife back]

The bottom line is that winning your wife back is all about becoming a man she wants to be won back by, meaning that you need to show her that you've become a better man than the one you were when she made the decision to leave you.

You don't have to spend a lot of time doing building yourself up, but you at least need to let her see that you really have made some changes to the way you think, behave and take action in life.

Watch this video to understand how it works...

Until you at least begin to genuinely fix the things about yourself that led to your wife falling out of love with you in the first place, nothing that you say or do is going to get her to fall back in love with you.

Winning a wife back comes down to truly understand what she really needs and then letting her see that you have that. When she can see that, she will much more open to meeting up with you, saying "Yes" when you ask her to forgive you for your past mistakes.

When she forgives you, she will then naturally begin to drop her guard and become more open to the idea of being with you again. As long as she can see that you truly are the man that you are now claiming to be, her respect and attraction for you will become stronger and more compelling.

Common Mistakes to Avoid

If you are serious about getting your wife back, you need to have a plan and follow it through properly. Otherwise, you may make one of the following classic mistakes...

1. Promising to do whatever she wants, if she will just give you another chance

Itâ€™s not unusual for a man to say that his wifeâ€™s decision to leave came as a complete shock and seemed like a “bolt out of the blue.”

Yet, the reality is that she will have been sending out plenty of signals about the way she was feeling for quite some time and it will have been her husbandâ€™s inability or unwillingness to pick up on those signals and take action on them that led to her finally making the decision to leave him.

With this in mind, attempting to win her back by promising her the world and saying things such as, *“I promise I can change; whatever it is you need, I can do it”* or *“I will do anything you want...I will take us on a holiday...I will buy you a new car!”* or *“I will do the dishes...I will clean the house...I will do anything”* will only add to her belief that heâ€™s not in tune with her or with the marriage.

A wife (and any woman for that matter) doesn’t want to have to be a man’s teacher in life. She doesn’t want to have to teach you what you should know about how to be an attractive man in a relationship. She wants you to figure that out on your own, rather than her having to feel like a mother, friend or teacher to you.

Promising to change is meaningless if you have to ask her what changes you need to make. Winning your wife back is all about winning back her love and respect, and that means showing her that youâ€™ve learned from the mistakes you made and youâ€™ve made improvements as a result.

If you don’t know what those mistakes are, you can’t learn from them and you can’t make changes for the better.

For example: A mistake that some husbands make is to stop making their wife feel like a real woman (i.e. feminine, girly, focused on love). Instead, the husband expects her to think, behave and feel like more a man. He wants her to be sensible, logical and rational like he is, but when he forces her to be that way, she stops feeling like a real woman.

2. Getting a new look

Another trap guys fall into is in believing that hitting the gym or getting themselves a new haircut is the key to winning their wife back. The theory is that making improvements to your outer appearance will lead to your wife seeing you differently and falling in love again with what she sees.

Why will you hear that advice a lot? Simple. Most men do not understand how a woman’s attraction for a man really works and almost all women will never, ever say what they really find attractive about men. Instead, they will just say superficial things about liking tall, handsome men.

Watch this video to understand how a woman’s attraction for a man really works and how you can use that to win your wife back...

A woman falls in love with a man because of who he is on the inside, not just how he appears on the outside. As you would know, your wife left you for a reason that runs deeper than an out-of-date hairstyle. A woman’s attraction for a man is much deeper than looks.

Winning your wife back is all about winning back her love and respect, and that means showing her that youâ€™ve made improvements to who you are as a man in terms of how you think and act, not just how you look.

Your thinking, behavior, attitude and how you now take action in life is either going to be making her feel respect and attraction for you, or it’s not. It’s as simple as that.

3. Putting her on a pedestal

Some husbands make the mistake of thinking that letting her know just how important she is and how desperate he is to have her back in his life, will cause her to take pity on him and give things another try.

Saying things like, *“There’s no one else who could take your place”* or, *“I can’t live without you”* or, *“You’re my whole reason for living and without you I’m nothing”* will rarely lead to her changing her mind for good.

Yes, it may work once, but if the same problems still exist (i.e. the husbands thinking, behavior, attitude, actions and vibe still causes the wife to feel a lack of respect and attraction), she isn’t going to stick around for long.

Winning Your Wife Back From Another Man

If your wife now has a new man, you need to make him pale in comparison to you.

According to various studies, approximately 65% of rebound relationships (i.e. the relationship someone immediately has after getting out of a long term relationship) fail within 6 months.

So, your wife may not necessarily break up with him right now, but if you can focus on improving yourself and making her feel the type of painful and positive emotions that will cause her to become open to seeing you again, you will be well on your way to winning your wife back.

Watch this video to understand why it’s important to make her feel a combination of painful and positive emotions...

Winning Your Wife Back After a Separation

If you’ve separated from your wife, you need to focus on fixing your issues (i.e. insecurity) and improving yourself (i.e. becoming more attractive to her).

You then need to arrange to meet up with her as soon as possible to talk. At the meet up, you need to apologize for your mistakes and let her experience the new version of you.

You need to get her to feel a renewed sense of respect and attraction for you and ask her what it would take to give the marriage another chance, or at least begin to see each other once a week.

Winning Your Wife Back After an Affair

It’s always a bit more difficult when an affair is the reason for a split.

If you had an affair, you need to let her know that it was a mistake, you don’t feel any emotional connection with that woman and you’ve only ever loved your wife.

You need to ask her what it would take for her to forgive you and explain that many marriages have bumps along the way, but as long as the couple is committed and willing to stick together, they can reach a point where the love and connection is more powerful than ever before.

You also need to make sure that you’re overall behavior, conversation style, vibe and attitude is attractive to her. If the way that you’re interacting with her is turning her off, she’s not going to be

very interesting in forgiving you and giving the marriage another chance.

If she was the one who had an affair, you need to make a decision about whether you want to have sex with another woman before getting back with her, so you are both even. If you don't do that, you probably won't be able to let go of the feeling of betrayal and it may cause you to become insecure about her desire for you and commitment to you.

Winning Her Back Before it's Too Late

Couples get back together after days apart, weeks, months and even years, so it pretty much never too late to get your wife back.

Here is why you can get her back, even if you currently feel like it might be too late...

As you will discover from the video above, love doesn't die and simply gets pushed into the background. Love is a much more powerful force than many people realize.

If you can begin to trigger your wife's feelings of respect and attraction for you, she will naturally begin to drop her guard and reconnect with her feelings of love for you.

Are You Now a Better Man Than You Were When She Left You?

Your answer to that is most-likely "Yes" and if so, you have the right mindset for success. You've got to believe in yourself and know that the possibility of your wife getting back with you is a good thing for her and for you.

However, don't waste time with things that aren't going to really get her to feel what she wants to feel. In other words, making empty promises, building bigger muscles, changing your hairstyle, or begging her to come back will not show her what she really wants to see from you, in order to feel the way she really wants to feel.

Until you can demonstrate that you have learned from the mistakes and have taken real action to fix the issues that led to her leaving you in the first place, you are not in a position to get her to truly change her mind.

When you take action to rapidly develop and then display the qualities that transform you into the type of man that she will want to come back to, it will show her that you've now got what it takes to be the husband she needs.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How to Make My Ex-Girlfriend Miss Me Like Crazy

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

All it usually takes to get an ex-girlfriend to begin missing her ex boyfriend is to feel a strong spark of respect, attraction and love for him again.

If a guy can actively interact with his ex girlfriend, create a spark and then give her space for a few days, she will naturally begin to miss how good it feels to interact with him.

She will want to contact him or see him in person to get more of the good feeling and less of the pain that she is now feeling that he's not her boyfriend anymore.

Using Jealousy to Make Her Miss You

Sometimes, a quick and easy way to make an ex-girlfriend miss you and temporarily get her back is to focus on making her feel jealous.

For example: When she discovers that other women are showing a lot of interest in her ex-boyfriend, she might feel like she is losing a great guy and she will need to act fast before he falls in love with another woman.

[image: Girlfriend missing her boyfriend like crazy]

If her boyfriend doesn't want to get back with her right away and she notices that he's moving on without her, she might also begin to miss him like crazy and reach out to him in the hope that he will want to meet up with her and talk.

Of course, she may only want him back for selfish reasons (i.e. so she can keep him close by while she secretly tries to find a replacement guy behind his back), but in some cases, making your ex-girlfriend feel jealous is enough to show her that you're a valuable guy and that she should take you more seriously.

However, a word of warning...

If you're looking to make your ex-girlfriend miss you like crazy and want you back, make sure that you don't slip into pretending to have the interest of other women, or only focus on making her feel the emotion of jealousy. If you want her to miss you and want you back for real, you need to make her feel a range of positive and painful emotions.

Watch this video by Dan Bacon (founder of The Modern Man and creator of [Get Your Ex Back: Super System](#)) to learn the right way to make your ex girlfriend begin missing you like crazy...

4 Tips For Getting Her to Miss You and Want You Back

There are many ways to make your ex-girlfriend miss you, which are explained in [Get Your Ex Back: Super System](#).

For now, here are 4 of the many ways that you successfully get her to miss you and want you back...

1. Focus on improving yourself and fixing any emotional issues that you may have.

If you want to get your ex-girlfriend back for real, then you will need to put in a bit of real effort to

improve yourself and fix any issues that you were bringing into the relationship (e.g. jealousy, neediness, clingy behavior, etc).

When you begin to truly improve yourself and fix your issues, your ex-girlfriend will be able to hear that if you can get her on a phone call, see it in your body language and vibe if you can meet her in person and notice it in how you appear in photos on social media.

For example: If a girlfriend dumped a guy because he wasn't enough of a man for her (e.g. he was a bit of a wimp, emotionally needy, lacked confidence around people, etc) then she will be looking to see if he is coming across as a more confident, masculine guy.

If he is still the same old guy that she lost respect and attraction for, she isn't going to start missing him like crazy. Instead, she's going to realize that he still hasn't changed and she probably made the right decision to end the relationship.

2. Avoid lying to her about anything.

Some guys who are feeling desperate to make their ex-girlfriend miss them will resort to lying about being with other women. In reality, they've just been moping around at home missing their ex and the only action they've been getting is masturbating to porn.

You don't have to pick up or have sex with any new women to get an ex-girlfriend to want you back, but if you are going to tell her that you've been seeing other women, make sure that it's the truth.

Why? She can easily catch you out in a lie by either saying something like, "I was thinking of getting back with you, but now that you've been with other women, I've changed my mind" and then push that point until she gets you to admit that you were lying. When she finds that out, she will lose even more respect and attraction for you.

She could also ask you a lot of personal questions about the woman (e.g. "*Where does she live? How old is she? What's her last name? Where did you meet?*" etc.) to see if you fumble on your words or come across as though you're lying.

3. Don't pretend to be over her if you're not.

There is absolutely nothing wrong with you continuing to love your ex-girlfriend and want her back in your life after a break up. You do not have to hide the fact that you love her and want her in your life. Never, ever be apologetic about that or worried about showing her that. You do not lose any power if you love a woman unapologetically.

The problems occur when you **need** her back because you're an emotional wreck without her.

That's when it's not cool.

A woman doesn't want to get the impression that you're weak, broken and lost without her, but she will respect and appreciate if you are continuing to love and want her as a part of your life.

So, whatever you do, don't pretend to be over her if you're not. She can easily catch you out in that lie by mentioning that she's missing you, just to see how you react. If you fall for it and tell her how you're really feeling, she's going to feel good about herself in her position of power over you and then she'll get straight back to moving on and leaving you behind.

4. Let her experience the new and improved version of you.

Nothing will make your ex-girlfriend miss you like crazy more than her getting to experience the new and improved version of you, who still loves her and wants her, but isn't desperately trying to get her back.

If she can see that other guys simply don't compare to the new you, then she will always be thinking about you. Then, if you are making sure that you're focussing on making her feel painful emotions like jealousy and a number of other emotions (instructions provided in [Get Your Ex Back: Super System](#)), she will naturally begin to really miss you and want you back.

If you're asking yourself, *How can I make my girlfriend miss me like crazy and want me back?* try asking this instead, *Have I actually got what women are looking for in a guy?* and then take action to make sure you get it.

Making your ex miss you is about quickly becoming and being the type of guy that almost all women want to be with. If you're sitting around at home licking your wounds and feeling sorry for yourself, then you're doing nothing to change yourself or make the improvements to yourself that will make your ex feel differently about you.

[image: Missing ex-girlfriend like crazy]

Unless you're prepared to fix the things about yourself that led to your ex-girlfriend breaking up with you in the first place, you are not on the right path.

You need to quickly improve yourself and then get in contact with her to let her experience the new and improved version of you, even if that is only via a phone call to begin with. Let her experience your confidence, charisma and coolness coming through the phone in a loving, non-needy way.

On the call, you can ask her for an in-person catch up, or you can end the phone call and let her sit there with the newfound feeling of respect and attraction that she will now be feeling for you.

When she begins to think about you in a more positive light, she will naturally start to remember all the good times that you had in the relationship, which will cause her to miss you.

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My Girlfriend Left Me. How Can I Get Her to Come Back?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Relationships can last a lifetime, but if the love, respect and attraction is taken care of, they usually don't.

In the past, a woman had to stay with one man for life, so if you're saying, "*My girlfriend left me,*" you might have suddenly realized that her commitment to you isn't guaranteed.

These days, a woman can break up with a guy if she isn't happy and then move on. The people around her and society in general will encourage her to do what is best for her, whereas in the past, women were practically forced by society and the people around them to stick by their man for life. The good news is that you can actually get your girlfriend to come back. She may have left you, but that doesn't mean you can't change the way she feels.

Watch this video to understand how to get her to come back to you and give the relationship another chance...

Where Did Things Go Wrong Between You?

[image: Where did things go wrong between you?]

There are many reasons why a girlfriend will leave her boyfriend, but here are some of the most common ones.

See if you answer, "Yes" to any of these questions....

1. Did You Become Too Clingy, Possessive or Jealous?

One of the most common relationship mistakes guys make is becoming too clingy, possessive or jealous in their relationship.

When a guy gets to the point where he is wanting to spend every available moment with his girlfriend and then gets jealous of her friends if she wants to do something with them that doesn't include him, his actions can be a real turn-off.

He mistakenly think that being "joined at the hip" makes them more together as a couple, but that sort of clingy, overly-possessive behaviour is much more likely to drive a wedge between them than bring them closer together. Clinginess is a sign of insecurity, and an insecure man is not an attractive man in a woman's eyes.

2. Did You Take Her For Granted?

Taking your girlfriend for granted is essentially the opposite of the above.

A guy who slips into changing plans at the last minute or letting his girlfriend down on a regular basis because "something important" came up, is a guy she can no longer rely on. She's going to question his commitment to her and their relationship and begin to wonder if he is the one or just another guy she will forget when she meets the one.

A guy might think that going out for an impromptu after-work drink with some office colleagues is no big deal because he was only going to have a quiet night in watching a movie together with his girlfriend anyway, but it is a big deal to her because his ability to "drop" her when something

else comes up gives her reason to question his emotional involvement.

Does he actually see her as his lifetime woman? Does he respect her? Is he at all concerned with her level of happiness, her experience of love in the relationship and her sense of belonging?

If your girlfriend feels that she's expected to hang around for you and to be available whenever it suits you - irrespective of how often you change plans - she may begin to look around for someone who appreciates her more than you do.

3. Did She Lose Respect For You?

Being too clingy and taking her for granted are opposites in terms of behavior, but they will both have the same negative effect on a relationship.

Behaving in a jealous and insecure way will cause her to lose respect for you, and taking her for granted will do the same. When respect is lost, sexual attraction is also lost as a consequence and when this happens, the relationship will begin to drift and inevitably fall apart.

Watch this video to understand how that process works...

Women are attracted to confident men who know who they are, know what they stand for in life and know what they've got to offer in a relationship as a result. Genuine confidence and true masculinity make a guy someone who naturally earns the respect of other men, and this in turn, makes him irresistibly attractive to women.

Any pattern of behaviour that demonstrates a lack of confidence or a lack of strength in character (i.e. crying in front of her, being nervous around confident guys, not following through on your biggest ambitions in life, etc) will lead to a woman losing respect for her man.

Essentially, a woman wants to be able to look up to you and respect you, while also feeling as though you respect her as well. It's not about being 50/50 equals where neither of you are the man or the woman, but where you are clearly the man and you also respect your woman.

These days, a lot of guys get caught up in the false beliefs banded about by the media, especially the commonly given advice that women want men share every aspect of a relationship equally...right down to sharing every household chore. Yet, this is not what modern women want at all.

In terms of housework for example, women may say that they want a guy to do all or most of the housework, but real life studies have found that divorce is 50% higher among couples who share household duties, compared to couples where the traditional masculine and feminine roles are maintained.

So, don't fall into the trap of thinking that you need to kiss up to your girlfriend by promising to do more around the house or something lame like that. What really matters is how you make her feel when you interact with her.

You are either making her feel girly in response to your masculinity, or you're not. When you talk to her, you are either triggering her feelings of respect and attraction for you, or you're not. It's as simple as that.

Can You Get Her Back?

Yes, you can get her back if you're prepared to learn from the mistakes you made and become a better man as a result. If you're saying, *"My girlfriend left me,"* and you're also

asking, *How can I get her back?* you need to focus on being the type of man that she would naturally want to get back with.

Getting her back is making real improvements to the way that your conversation style, body language, vibe and behavior makes her feel. Hounding her with text messages or pleading with her via phone, email or any other method of communication to be given a second chance is not going to change how she's feeling about you.

Actions really do speak louder than words and when you show her that you've learned from the experience and become a more attractive, well-rounded man as a result, she's going to rethink her decision to leave.

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[image]

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Get Back With Your Ex-Girlfriend: The Right Way to Do it

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you want to know how to get back with your ex-girlfriend, you may be struggling to move on after the breakup of a relationship or you might want her back because you know that she's the right girl for you.

Whatever the case, make sure that you go through the process of getting your ex back in the right way.

The right way to do it is to focus on making her feel a renewed sense of respect and attraction for you as a man. When she feels that, she will then become more open to forgiving you, hearing what you have to say and giving the relationship another chance.

Did She Break Up With With You, or Was it Your Decision to End it?

Relationships break up for different reasons (i.e. cheating, lack of attraction, emotional abuse, the love died out, etc), but whether you broke up with her, or she broke up with you, the fact is that you are now serious about wanting to get her back.

Soon after the break up, you may have begun to realize that it wasn't going to be easy for you to find a new, beautiful woman to take her place. You may have met other girls, but they just haven't made you feel the same way as your ex-girlfriend does.

[image: I want my ex back, not a new woman]

With this being the case, you're not alone. At The Modern Man, we get contacted every month by hundreds of guys who ask things like, *"What's the best way to get back with your ex-girlfriend?"* or "How can I get my ex back before she moves on with another guy?" or "How can I get my ex back, even though she now has a new boyfriend?"

It's a horrible place to be in for a guy because you are likely feeling lost, lonely and even a bit depressed without her in your life. Without her, you don't feel right. It's almost as though you need her to feel emotionally stable and secure.

However, the way you and all those other guys are feeling provides a big clue as to the mistake you made to cause your ex to become your ex in the first place — you put her on a pedestal and made your whole life revolve around her.

So why should this be a mistake? Well, women are attracted to confident, masculine, secure guys who know who they are and have a sense of purpose in life. A woman will often get into a relationship with a guy who bases his entire life, happiness and sense of identity on her, but she will eventually get bored of it.

Why? A woman doesn't want to be a man's purpose in life. She doesn't want him to hide from his true potential as a man behind her and a relationship. She wants to be loved, not hidden behind.

Your need to get back with your ex-girlfriend may be a good indicator that your lack of purpose as a man led to you becoming clingy and overly possessive and behaving in a jealous way when your

girlfriend did her own thing outside of the relationship.

If this is resonating with you, getting back together with your ex will come down to showing her through your attitude and behavior that youâve learned from the mistakes you made and youâve become a better man as a result.

Mistakes to Avoid

If you want to get back with your ex-girlfriend, you first of all need to figure out what happened to cause your relationship to end in the first place. After all, if you donât know what caused your ex-girlfriend to feel differently about you, you canât take any kind of action to make the improvements needed to turn things around.

Second of all, you need to question whether your reasons for wanting her back are that genuinely believe that if you give it another chance it will last, or that you are afraid to get back out there and meet new women.

Either way, getting her back is going to mean making changes for the better and taking action to become a better man than the one she chose to dump. With the above in mind, the following commonly made mistakes are mistakes that must be avoided.

1. Hounding her with phone, text, and every other kind of messages

[image: Hounding ex with texts and calls]

If you slip into taking this approach, you probably believe that âhoundingâ her in this way is a good way to keep thoughts of you in her mind so that sheâll realize what sheâs missing.

Well, letâs just say that this approach will remind her of you, but not in the way you want. The things sheâll be reminded of are the things that caused her to want to break up with you, and the more you hound her, the more sheâs going to be convinced she made the right decision.

2. Begging and pleading to be given a second chance

Along with hounding her with messages often comes begging and pleading. Believe me, this does nothing to help change a womanâs mind. Behaving this way makes you look weak, wimpy, and desperate â and these are not attractive traits!

The bottom line is that thereâs nothing you can say that will make her feel any differently about you, if you are not able to trigger the feelings of sexual attraction and respect that she wants to experience around a man.

No amount of begging or pleading will change her feelings, but showing her that youâve learned from the experience and taken action to become a better man will give her reason to rethink her decision.

3. Getting her friends involved

When begging and pleading arenât working, thereâs a real temptation to recruit the help of her friends to try to get her to change her mind.

If this is something youâve considered, youâll be intent on accidentally-on-purpose bumping into some of her friends and making sure they get the message about how heartbroken and devastated you are and how desperate you are to be given a second chance.

This is a big mistake on many levels but not least because making yourself a guy who uses other

people and seeks the pity of other people in this way makes you a weak, wimpy guy that no woman is going to be interested in. Taking this approach will only embarrass your ex-girlfriend, it will do nothing to change the way she feels about you.

Get Back With Your Ex-Girlfriend the Right Way

To get back with your ex-girlfriend in the right way, you need to begin showing her (through your actions and attitude) that you have learned from the mistakes you made and have taken action to develop the qualities that make you a better man than you were when she chose to end the relationship.

Thereâs nothing you can say that will make her feel differently before you actually make the effort to trigger a renewed sense of respect and attraction for you as man.

DisplayingÂ the alpha qualities that all women are instinctively attracted to in a man, will show her that youâve now got what it takes to make her feel exactly the way she wants to feel in a relationship (i.e. she feels girly in response to your masculinity, she feels like you can lead the way to a better life for you and her, she feels like you now understand her and what she really wants from you as a man, etc).

Are you prepared to do what it takes to get back with your ex-girlfriend?

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[image]

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I Broke Up With My Girlfriend and I Want Her Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you're saying, "*I broke up with my girlfriend and I want her back*," you may fall into one of the following categories:

1. You broke up with her to teach her a lesson, but it end up backfiring.

For example: You thought that she was beginning to lose interest in you and was maybe thinking of cheating on you, so you broke up with her in the hope that it would make her come crawling back. She may have asked to get back with you initially, but you kept pushing her away and she eventually stopped chasing.

Now she has a new boyfriend or at least has other guys interested in her and you want her back.

2. You accepted an incompatible woman as your girlfriend, broke up with her after a while and now want her back because you can't find a replacement.

Sometimes, a guy will meet a girl (e.g. a coworker, a fellow student at university, a friend of a friend, etc) that he isn't very attracted to initially. After spending a lot of time with her, she eventually begins to grow on him.

He starts to really like her as a person and they either hook up after having a few drinks one night, or she tricks him into feeling the urgency to hook up with her by telling him that she's met another guy who is interested in her.

He then begins a sexual relationship with her and it feels good for a while, but when the initial attraction buzz wears off, he realizes that she's not good enough for him. So, he breaks up with her and then happily begins to move on with his life.

To his shock and disappointment, she is easily able to find a replacement guy and actually seems happier with the new guy than she ever was with him. Meanwhile, he is unable to attract a beautiful woman to replace her and feel good about the situation, so he then begins to want her back to make himself feel better.

3. She was perfect for you and you have now realized that you made a mistake by breaking up with her.

Maybe you are the type of guy who can easily attract and pick up beautiful women, so the reason why you want your ex back is not because you feel desperate and lost without her. You know that you could easily pick up another beautiful woman, but your ex girlfriend is special.

You now know that she's the one for you and you're willing to do whatever it takes to get her back.

4. You were never willing to commit to her, so broke it off and now you're regretting it.

Many guys who are looking to get an ex girlfriend back fit into this category, where they simply weren't ready or willing to commit. Maybe you still felt like you wanted to play the field, perhaps you didn't see the point in taking the relationship to the next level because it was fine the way it was or maybe you didn't think she deserved the commitment.

Whatever the case, you now feel like you would commit to her and possibly even marry her if she would just say "Yes" and give you another chance.

5. You wanted some time to work on yourself, but she eventually got tired of waiting

Sometimes, a guy will assume that his woman is his woman, no matter what.

Yet, the reality is that both the man and the woman entered into the relationship as individuals and always remain that.

What keeps the relationship together is respect, attraction, love and a decision to commit to each other.

If one person leaves and expects the other to wait around, they can begin to reconnect with their individual self and focus on what they want.

Additionally, in a case where a woman has been left behind, she can begin to worry that her man will start seeing other women.

As a result, she will open herself up to new men.

Before she knows it, she likes another guy and starts a relationship with him.

Of course, you can still get a girl back in a situation like that.

Watch this...

Mistakes to Avoid When Trying to Get Her Back

[image: Mistakes to avoid when trying to get her back]

As Dan Bacon (founder of The Modern Man and creator of Get Your Ex Back: Super System) explains in this video, it doesn't how much you want her back. What matters is how much of a renewed sense of respect and attraction you can make her feel when you next interact with her.

When your girlfriend feels differently about you, she will begin to think differently as well. However, that cannot be achieved through begging, pleading or trying to convince her via text. She has to be able to experience you on the phone and in person to feel a strong, renewed sense of respect and attraction for you.

Why Do You Want Her Back?

Before any action can be taken to get an ex-girlfriend back, you need to consider your reasons for wanting her back. After all, it was you who made the decision to end your relationship with her, so what has now changed to cause your change of heart?

1. Have you realized that you're very good at attracting women when you meet them or keeping them interested in a relationship?

Some of the guys who say, *"I broke up with my girlfriend and I want her back"* are saying so because they've realized that the process of finding themselves a new girlfriend is not as easy as they thought.

At the time of breaking up, they believed that they could do better than their current girlfriend and that replacing her would be a simple process of making themselves available to other women again.

The fact that they'd attracted their current girlfriend led to them believing that they'd easily attract another girlfriend, but the reality turned out to be not quite so straightforward.

Being back on the dating scene and not attracting women in the way they anticipated highlighted the

need to make improvements and to learn how to be the kind of guy that all women find irresistibly attractive.

If this resonates with you, you need to question whether your motivation for getting your ex back is one of realizing that you made a mistake when you ended your relationship and wanting to put things right, or whether you're now seeing it as an easier option than having to make the effort to improve yourself in order to attract a new girlfriend.

2. Have you realized that you're anxious about approaching new women?

Realizing you're not actually that good with women and that you're not getting the results you want on the dating scene is one thing, but realizing that you're actually anxious about approaching other women and fearful of rejection is another.

For some guys, having a girlfriend and being in a relationship can provide a sense of confidence and security but being single again and facing rejection can really give that confidence a knock and make a guy feel insecure and unsure of himself.

If this resonates with you, you need to take action to develop genuine self-confidence and to become secure in who you are and what you've got to offer.

All women are attracted to confidence in a man and insecurity of any sort is a complete turn off. Wanting to get your ex-girlfriend back may be motivated by wanting to return to the feeling of confidence and security your old relationship provided but if you're demonstrating insecurity in your actions, your ex-girlfriend may not see you as a guy she wants to get back with.

3. Have you realized that the break up was mostly based on your mistakes, not hers?

Of course, your reason for wanting to get back with your ex-girlfriend may be that you've realized the relationship breakdown was mostly your fault and the result of treating her badly.

Sometimes it takes a step away from a situation to get a clearer picture of how things really are and this is often the case when a guy says, *"I broke up with my girlfriend and I want her back."*

It could be that your treatment of her led to her behaving in a way that made you want to end the relationship but you've now realized that all it would have taken to get your relationship back on track at the time was a change for the better in your attitude.

With this being the case, showing your ex-girlfriend that you've realized your mistake and you've made changes for the better will be key in getting her back. Even though it was your decision to end the relationship and not hers, the decision over whether to get back together again or not is ultimately hers.

You know you want her back, but do you know if she wants you back? Are you willing to change the way you approach your conversations and interactions with her, so you can make her feel differently about you and become open to giving the relationship another chance?

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[image]

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How to Get Your Ex to Talk to You Again

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Getting your ex to talk to you again is about beginning to say and do the types of things that will make her feel respectful towards you and attracted to you.

However, before you're going to be able to do that properly, you first need to understand why she really broke up with you in the first place.

Watch this video by Dan Bacon (founder of The Modern Man and creator of [Get Your Ex Back: Super System](#)) to understand the process that your ex went through before breaking up with you and what you need to begin doing to get her to want to talk to you again...

Now that you know the process she went through before breaking up with you, are you aware of why she might have decided to stop answering your calls, replying to your texts or speaking to you in person?

For example...

1. Did You Hound Her to the Point Where She Has Stopped Answering Your Calls or Texts?

[image: Hounding ex with texts and calls]

One of the biggest mistakes guys make when they're hoping to get an ex-girlfriend to change her mind and reconsider her decision to end the relationship is to hound her with calls, messages, [e-mails](#) and [love letters](#).

When they do this, they think that maintaining contact in this way will keep thoughts of them and all the good times they shared at the forefront of her mind and she'll come to realize that she's missing them.

Sure, this it might be how things work out in the movies, but it's not how things are going to work out in real life. Your ex became your ex for a reason and the more you hound her with calls and messages, the more likely it is that the only things you'll be reminding her of are the bad times and the times she'd rather forget.

Think about it; if your ex no longer wants to talk to you, she's sending out a fairly clear message that she no longer wants to talk about the things you want to talk about - she's moving on because you currently aren't making her feel the type of respect and attraction that she wants to feel.

If you go down the route of continually hounding her with calls and messages, you are potentially sending out the message that you're still the same guy she broke up with. Remember, she became your ex for a reason and if you're continuing to hound her in this way, you're continuing to convince her that she made the right decision when she dumped you.

You can get her back, but you have to do it in a mature way and in a way that is focused on making her feel respect and attraction for you. In her mind, it's clear that you want her back, but that isn't enough for most women to want to give her ex another chance.

It's only when she can see that you've fixed the things (e.g. insecurity, lack of commitment, over-

commitment to her, etc) and are now able to make her feel the type of respect and attraction that she needs to feel for a man if she is going to be happy in a relationship with him.

If you want your ex to talk to you again, you need to give her reason to want to talk to you again, meaning you need to show her that you've changed and you're no longer the guy you were when the relationship ended. You are now a better guy than you ever have been before.

Some younger women or women with little experience when it comes to relationships may give their ex another chance without him changing anything at all, but it won't last. If you want to get back with her for real, you've really got to be prepared to grow and mature as a man.

You may already be a great, mature guy in some areas of life, but you can always improve. When it comes to getting an ex back, you have to improve.

2. Did You Make Empty Promises to Her?

It's not unusual for guys to resort to promising an ex the world in an attempt to get her to change her mind, but words alone cannot fully change her lack of respect and attraction.

Saying things like, *"I can change; tell me what you want me to do and I'll do it"* means nothing to a woman if you don't know what changes you need to make.

Unless you can show your ex through your actions and behavior that you've learned from the experience of being dumped and you've taken action to make the improvements needed to become a better man, she has no reason to consider the words you're saying to be anything more than empty promises.

With this being the case, choosing not to talk to you is simply her way of letting you know that she has no interest in listening to what you have to say any more. She's heard it all before.

Most women don't ever want to feel as though they are their man's mother, big sister or teacher in life. A woman wants you to work out how to be a real man yourself, rather than looking to her to guide you. If you don't care enough about her to work that stuff out, why should she want to give you another chance or talk to you again?

Right now, you have an opportunity to become an even greater man that you already are. No doubt, you've learnt some harsh lessons by getting dumped by your ex and you are now serious about becoming a better man, but make sure that you're not all talk and no action.

You've got to put in a little bit of work to actively make some changes to the way that you make her feel when you interact with her.

Getting Her to Talk to You Again

[image: Getting your ex to talk to you again]

Whether or not your ex is going to be interested in talking to you again is going to depend on what happened to cause her to stop talking to you in the first place.

For example: Some guys have gone to the extreme of cheating on their girlfriend (fiancée or wife) several times, as well as being physically violent or emotionally abusive towards her.

In those cases (about 15% of cases), a guy has to do a bit more work to get his woman to forgive him.

It's possible to get her forgiveness, but he has to be willing to be patient and go through a reconciliation process with her.

In other cases, most guys are usually able to get their ex to get on a phone call and agree to meet up with them pretty much straight away. As long as a guy is prepared and knows what to say, his ex will have little reason not to want to meet up with him for a catch up over coffee.

Is She Still Sexually Attracted to You?

Relationships break up for a variety of reasons, but when a woman falls out of love with a guy, it's usually because she no longer feels sexually attracted to him.

This can happen when a guy ruins a woman's respect for him as a man by being too jealous, clingy, insecure or controlling, or on the other end of the scale, he is too careless, won't commit and basically doesn't care about her.

It's possible to get those feelings back though and make her want to give the relationship another chance, as Dan explains in this video...

A woman will fall in love with a guy because of who he is as a man and how he makes her feel. Likewise, a woman will fall out of love with a guy when he no longer makes her feel the same way because he drastically changes the way he approaches her and the relationship.

When you can change your line of thinking from, *"How to get your ex to talk to you again"* to, *"How can I develop the type of qualities that make me the guy that almost all women want to talk to?"* you're making it much more likely that your ex is going to want to talk to you again.

What you really need to do is focus on making her feel a renewed sense of respect and attraction for you, while also making her feel understood (i.e. that you actually understand why she broke it off with you).

Making Her Feel the Way That She Used to Feel With You

[image: Getting an ex to be open to talking again]

When your ex-girlfriend originally became your girlfriend, she must have felt the way she wanted to feel in a relationship when she was with you, but something about you or your attitude must have changed to cause her feelings for you to change.

Instead of hounding her with calls and hanging around in the hope that she might change her mind, decide to take action like a man and develop the qualities that will get the spark back between you the next time you interact with her.

The bottom line is that knowing how to get your ex to talk to you again comes down to knowing how to make yourself a man she wants to talk to again. Once you feel like you're ready to get in touch with her, you need to get her on a call and get her to agree to meet up with you in person.

How can you get your ex on a phone call when she's not talking to you anymore? It's simple and it's all explained in Dan Bacon's proven to work ex back program called, [Get Your Ex Back: Super System](#)

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[image]

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My Girlfriend Said She Just Wants to Be Friends

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your girlfriend said that she just wants to be friends, don't worry – you can change her mind.

You've got to start reactivating her feelings of respect and sexual attraction for you.

When you do that, she will naturally begin to reconnect with her old feelings of love for you.

Don't try to get her back by begging, pleading or trying to convince her that you will change. You just need to start making her feel attracted to the new and improved version of you that is not making the same old communication mistakes as before.

A relationship between a man and a woman will vary slightly from couple to couple, but the successful relationships all have one thing in common: You can clearly see the sexual attraction between him and her.

There is a spark between them that never seems to die.

When a guy finds himself in the position where he's saying, *"My girlfriend said she just wants to be friends,"* he automatically assumes that she's just lost interest in being in a relationship.

Yet, what is almost always going on is that she has simply lost touch with her feelings of respect and attraction for her boyfriend.

Your girlfriend may have discussed or hinted at some of those things during the relationship, but if she is breaking up with you by saying that she just wants to be friends, it means that she's trying to avoid having to explain what she really needs and wants from you.

A woman will rarely come out and say the REAL reason why she's breaking up with a guy because she doesn't want to be his teacher about what it means to be a man.

Rather than tell him the truth and risk, either getting into a big fight with him, or having him try to talk her out of it by saying that he will follow her advice, she will simply say something like, *"I need some space to figure things out in my life, but I still want to be friends with you."*

This type of statement leads guys into a false sense of security. They believe that if they back off and just hang around being her nice, sweet *"friend"*, she'll eventually *"snap out of it"* and she'll want to date him again.

In most cases, she won't. Why? If a woman doesn't feel sexually attracted to you, she won't want to be your girlfriend. It's as simple as that.

Yes, she'll want to be your friend, but without the sexual spark between you, she will never *"snap out of it"* and suddenly change her mind. What is more likely to happen is that while you're sitting around being her *"good friend"* she's going to be out there kissing, having sex, and dating other men – men who make her feel a strong sexual desire and attraction for them.

Right now your girlfriend might like you as a person, but she doesn't want to be in a sexual relationship with you.

If you want that to change, and if you want her to desperately want to be your girlfriend, you are going to have to make her see you as a sexually attractive man, rather than a sweet old friend.

How do you do that?

1. Stop Being Mr. Nice Guy to Her

There is nothing wrong with being a good guy, treating a woman well and always having her best interests at heart.

That is a good thing, but it's not enough for most women to remain happy in a long term relationship. Why? Niceness isn't what maintains a woman's sexual attraction for you in a relationship.

It's nice, but it's not enough.

Guys who use the nice guy approach are usually hoping that being nice to a woman and doing whatever she wants will make her want to go out with him if he's single, or stay in a relationship with him if he's gotten lucky enough to be in a relationship with her.

The truth is, when a guy finds himself saying, *"My girlfriend said she just wants to be friends,"* he is usually in that position because deep down he knows he DID get lucky when she agreed to go out with him.

His girlfriend either had no, or little, experience with men and relationships so she got into a relationship with him because it was nice to have a guy interested in her, or he was able to hide his insecurities behind a front of confidence and convince her to go out with him.

However, no matter how inexperienced a woman is, she will eventually wake up to the fact that she's not feeling the way that she wants to feel when she's with him.

She realizes that her feelings for him are more like those of a sister for her brother, rather than the burning sexual desire that she really wants to feel in a relationship with a man.

When she has this realization, she will say something like, *"I just want to be friends"* because she doesn't want to hurt his feelings and she doesn't want to have to teach him how to be the man she really needs.

Behind the scenes, she will secretly begin make herself available to meet a guy who can trigger more powerful feelings of sexual attraction inside her (e.g. she will use Tinder, online dating, go out partying with her girlfriends, etc).

When she finds a replacement guy, she will then have the courage to tell him that it's over and that she doesn't think it's a good idea that they remain friends.

It's tough for a nice, sweet, good intentioned guy to deal with, but that's life.

If you think about how we're raised as children, most of us are taught by our parents or teachers that we have to be nice if we're going to make friends and be liked.

Many guys are told by their mothers, *"If you want to get a nice girl to like you, you first have to be a nice boy."*

What then happens is that a lot of guys end up confusing the advice they got as a child by applying it to their adult life.

In today's world, being Mr. Nice Guy is not enough. Of course, you don't have to become an asshole to make a woman feel attracted to you, but in a relationship you have to display the personality traits and behaviors that are going to make her see you as MORE than her friend.

If you want your girlfriend to desire you more than just a friend, you are going to have to re-awaken

the passion inside of her and then focus on deepening the respect, love and attraction that she feels for you over time.

If you are unable to do that, then she doesn't have to stay with you. It's unfortunate that the world now works that way, but that's how it goes.

In the past, men didn't have to worry about being attractive to their woman after they got her into a relationship because people saved their virginity for marriage, got married and then stayed together for life, even if they were unhappy.

Not anymore. In today's world, a guy has to be able to attract a woman when he meets her so he can have his choice with women, rather than accepting an incompatible woman and then trying to make it work with her.

He also needs to be able to deepen his woman's feelings of love, respect and attraction as the relationship goes through each stage on the way to blissful love.

When you get your relationship to the stage of blissful love, both you and her will never just feel like "friends."

You will be sexually attracted to her and she will be sexually attracted to you and that will never change.

2. Stop Trying to Make Her Like You and Start Making Her Feel Lucky to Be With You

This is a classic mistake that many guys who lack experience with women make.

When a guy doesn't know how to make his girlfriend feel sexually attracted to him, he instead focuses all his energy on being the likeable, reliable shoulder she can lean on.

What he doesn't realize is that this how a good friend would behave, but that's not what a woman wants from her boyfriend.

Not that she doesn't want him to be reliable or "there" for her when she needs him, but those are not the qualities that draw her to him and make her feel sexually attracted and turned on.

A woman will like most of the guys she meets as a person or as a friend, but she's not going to feel sexually turned on by them.

However, the guy who can make her feel a deep sexual desire, and can then maintain and grow that desire over time, is the one who's going to be in a long and lasting relationship with her.

If she's telling you that she "just wants to be friends" it's because you're not making her feel lucky to have been "chosen" by you.

You have to make her feel so much desire for you as a man, that SHE is the one who is constantly afraid of being dumped by YOU.

3. Get Rid of Your Insecurities

Right now, your girlfriend has demoted you from "boyfriend" to "just friend/."

However, you don't have to get stuck there.

There are many things you can say and do right NOW that will change the way she sees you and make her want to be in a relationship with you again.

If the current way that youâ€™ve been communicating with her has been turning her off, then chances are sheâ€™s going to avoid you or cut you off when you try to talk her into giving you another chance.

Sheâ€™s going to behave coldly towards you and sheâ€™s going to say things like, *â€œStop. I told you I just want to be friends right now.â€*

However, when you change your communication style with her in a way that makes her feel attracted to you, she will naturally begin to think and behave differently.

She will become more open to being with you and the idea of being back in a relationship with you wonâ€™t seem like such a bad thing to her.

When you begin to fix your issues and improve yourself mentally and emotionally as a man, she will naturally become more open to the idea of being more than â€œjust friendsâ€ with you.

By getting rid of any insecurities, like a lack of self confidence, jealousy, clinginess, etc., you will become a better man than you are right now and she will see that.

She will begin to doubt her decision to break up with you and she will want to experience the new you for herself.

Itâ€™s Not Too Late to Change How She Feels

As Dan Bacon explains in the video below, the love between a man and a woman doesn't die; it simply gets pushed into the background.

You can almost always get a woman to reconnect with the love she felt for you, as long as you approach it by focussing on triggering her feelings of respect and attraction for you as a man.

People change how they feel about things and people all the time.

Just like she once fell in love with you and then lost touch with her feelings, she can also fall back in love with you again when you trigger her feelings of sexual attraction and respect for you as a man.

Don't waste time by allowing her to get a lot of space from you with the whole "friends" idea.

She doesn't want to be your friend and is simply saying that to get distance from you because she doesn't feel enough respect and attraction for you to want you as her boyfriend. You need to change that, not be her friend.

IfÂ you wait too long to change how she feels about you, you run the risk of her meeting someone else who is going to make her feel the way she wants to feel.

Rather than wasting time saying, *â€œMy girlfriend said she just wants to be friends,â€* youâ€™ve got to contact her right away and shock her (in a good way) out of her current state of mind by triggering her feelings of sexual attraction and respect for you in a way that she probably hasn't felt in quite a while.

Your girlfriend wants to feel sexual attraction (not friendly affection) for you.

She wants to be with a guy who knows how to build up the sexual tension, so that when sheâ€™s with him everything feels exciting and exhilarating.

Are you able to be that guy around her these days? If not, are you willing to do what it takes to become and be that guy for her?

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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What to Say to Your Ex-Girlfriend to Get Her Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your ex-girlfriend currently doesn't feel much or any respect, attraction and love for, then she's not really going to care about what you say.

To get an ex-girlfriend back, you have to start by making her feel a renewed sense of respect and attraction for you. This will happen when you can show her that you have already fixed at least made improvements to your issues and personal problems that contributed to the break up.

For example: If a guy was too needy, clingy, jealous or protective, he needs to be able to show her that he has realized why he was thinking and feeling that way, as well as let her see that he really has changed.

[image: What to say to get an ex girlfriend back]

What he can say at that point is, *"Rebecca, I get it. I mistakenly thought that I had to be that protective to ensure that I didn't lose you. I've realized now that it was the opposite of what I needed to do. All I needed to do was love you and trust you, but I wasn't able to do that back then. Now that has changed because I realize that in a relationship, you have to each other your full trust, rather than loving, but not trusting. I'm sorry for that. Can you forgive me?"*

If she isn't interested in forgiving you, it means that your behavior, body language, vibe and overall approach to her has been unattractive. Unless you are making your ex-girlfriend feel a renewed sense of respect and attraction for you, then much of what you say will go in one ear and out the other. In other words, she won't listen and she won't care.

Watch this video by Dan Bacon (founder of The Modern Man and creator of [Get Your Ex Back: Super System](#)) to understand what you need to do get your ex-girlfriend to listen to you, feel respect and attraction for you and want to give the relationship another chance...

Your ex became your ex for a reason and at the time of breaking up with you, her feelings for you had changed and she no longer wanted to be in a relationship with you. Getting her back means getting her to change her mind, and that means getting her to feel differently about you again, but words alone will not change the way she's feeling.

You have to focus on triggering her feelings of respect and attraction for you as a guy. If you're not doing that, then she's not going to care what you have to say.

What Not to Say

If you're looking for advice on what to say to your ex-girlfriend to get her back, you may already have fallen into the trap of saying what you think she wants to hear, but if your efforts have so far failed to get you the results you want, maybe it's time to accept that what you thought she wanted to hear was wrong, right?

1. Don't beg or plead

Something many guys do when they desperately want an ex to change her mind is to beg and plead with her to be given a second chance. They'll hound her with telephone calls, text messages, emails, and they may even show up at her work, and all because they're desperate to talk to her

and to get her to listen to them as they beg her to change her mind.

This is a mistake on many levels, but not least because resorting to begging and pleading is not an attractive trait in a man.

Your ex became your ex for a reason and if that reason is connected to a change in your attitude or behavior in the relationship which led to you becoming clingy, overly possessive, or needy, hounding her in this way will do nothing to change her feelings for you.

Women are not flattered by a guy begging in this way; they are completely turned off by weak, wimpy behavior and insecurity of any sort in a man.

2. Don't promise her the world

A big part of begging and pleading is often to make every kind of imaginable promise in an effort to get a second chance.

Guys will often say things like, "I promise I can change. I can be whatever it is you want me to be. Just tell me what you want and I'll do it," but the problem with this is that it only highlights the fact they obviously don't know what it is they need to change to fix things.

You can't take any kind of effective action to fix things if you don't actually know what needs to be fixed.

A woman does not want to have to spell out what needs to be fixed, she wants a guy to be tuned-in enough to her body language to be able to figure it out for himself.

She not only wants him to be able to recognize the problem, she wants him to take the lead in doing something about it, and showing her through the improvements he makes that he has learned from the mistakes he made and become a better man as a result.

If your words are not backed up by actions, you're simply making empty promises and she has no reason to feel any differently about you.

3. Don't blame it all on her

Another trap many guys fall into when trying to get an ex to change her mind is to blame her for their mistakes. For example: She might say that his clinginess and jealous behavior led to her choosing to dump him, but he'll attempt to make it her fault by saying that some aspect of her behavior led to him behaving the way he did.

Unless a guy is able to recognize and admit to the mistakes he made, he's not in a position to learn from them and take effective action to become a better man as a result.

An ex-girlfriend becomes an ex for a reason and getting her back comes down to demonstrating that real improvements and changes have been made. Attempting to pass the blame achieves none of this, giving her absolutely no reason to change her mind.

Are You Making Her Feel Enough Respect and Attraction For You as a Man?

Focusing your attention on what to say to your ex-girlfriend to get her back is missing the point. Instead of thinking about things to say to get your ex-girlfriend back, you need to think about things to do that make her feel a renewed sense of respect and attraction for you as a man.

You need to demonstrate through the way you behave and your attitude that you've learned from the experience and you've made changes for the better to become a better man, and, more importantly, a man with attractive qualities that will make her want to take you back (e.g. you're more confident, charismatic, masculine, charming, etc).

Empty promises are not enough to change the way she is feeling, and getting her back is all about showing her that you mean what you say and you're making changes for the better.

To get her to want you back, you need to show her that you have what it takes to make her feel the way she wants to feel in a relationship, and that means developing the qualities that make you a sexually attractive man she'll find hard to resist.

When your ex became your girlfriend, you must have had qualities that turned her on. When she then became your ex, something about you must have changed to cause her to feel turned off, so what changed?

The process of getting her back begins with figuring out what changes happened and, from there, you then need to take action to make the changes and improvements needed to fix things.

Change your focus away from what to say to your ex-girlfriend to get her back and place it on what to do to get your ex-girlfriend to see you differently and feel differently about you again.

When you are able to admit that you made mistakes and you are able to accept the break-up, you are in a strong position to begin the process of getting her back.

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[image]

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My Girlfriend Said it's Over

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you're in the position where you're saying, *"My girlfriend said it's over,"* then you're probably feeling hurt and confused right now.

You might even be saying to yourself, *"How could this happen?"* or *"I didn't see it coming."*

You might be thinking that this came out of the blue and that she's made a snap decision to end it.

Yet, generally speaking, a woman doesn't just wake up one morning and decide, *"Oh, I think I'm going to break up with my boyfriend today."*

In most cases, she will have given her guy many hints about her feelings.

[image: My girlfriend has told me that it's over]

So, if your girlfriend is now saying that it's over, you need to make sure that you start making her have positive feelings (e.g. attraction, respect, love) for you from now on.

Even though you might think of her as your GIRLFRIEND, the reality is that she is now your EX GIRLFRIEND if she has broken up with you.

In her mind, *"It's over"* means that you are no longer her boyfriend and she is going to try to move on without you.

So, if you want her back as your girlfriend, you need to start re-attracting her...

When you start to reactivate her feelings of attraction for you, she will naturally begin to change her mind about wanting to break up with you.

Understand What Caused Her to Break Up With You

[image: Should I break up with him?]

Why did she break up with you?

Do you know exactly where you went wrong?

If you are going to get her back and keep her, it's important that you understand what caused your girlfriend to say, *"It's over."*

A woman will rarely say why she's breaking up with a man, so it's often difficult for a guy to figure out what he really did wrong.

She will say things like, *"I just don't feel the same way anymore"* or, *"I need to be alone for a while"* or, *"I don't want to be in a relationship with anyone right now"* as a way of softening the blow of the break up.

This is why so many guys repeat the same mistakes over and over again in their relationships; they never really, truly understand what it is about them and their behavior that is turning women off.

Women don't want to explain how to re-attract them because they don't want to feel like you're faking it.

A woman wants to feel naturally attracted and drawn to who you are, without her having to give you

instructions on how to be that way.

Some women will help, but they will resent a guy for it.

Women just want a guy who understands how to be the sort of man that a woman wants to stay with, rather than needing women to teach him and guide him along.

So, ask yourself, *What attitudes and behaviors caused my girlfriend's feelings for me to change?*

Here are some classic examples of why a woman will break up with a guy...

1. Taking her for granted.

[image: Taking her for granted]

Most guys are nice guys, so they would never intentionally take their girlfriend for granted.

However, everyday life can sometimes get in the way and a good guy can end up being a bit of an asshole to his woman and not really know how to change back to being a good boyfriend to her.

He might be aware that he is going about the relationship incorrectly and ruining things, but he is just so annoyed with life, frustrated with work or unhappy about certain things about himself that he takes it out on her.

Since she loves him, she will put up with it for a while, but eventually she will grow tired of being made to feel that way.

A guy might even get to the point where he just takes his girlfriend's efforts to look for him for granted.

For example: When was the last time you really noticed your girlfriend and said, *"Wow, babe...you look sexy"* or something like that?

In many cases, a guy will mistakenly slip into giving her automatic compliments without actually paying attention to her. *"Yeah, yeah – you look great."*

When a woman makes an effort to look good for her man, she wants him to notice it and to make her feel loved, appreciated and valued.

If, when she buys a new dress or changes her hair all she gets from her guys is, *That's nice,* she naturally ends up feeling that he's not really valuing her.

Why?

Women know that the most attractive part to them is their physical appearance.

It is what attracts men to women like glue.

So, if her own man doesn't really feel attracted to how she looks, she starts to feel devalued and may then start flirting with other guys to make herself feel better.

Another example is when a guy constantly makes plans with her and then cancels these plans at the last minute.

Of course plans change, but if this is a regular habit, she will feel that he is taking her for granted and that she's not important enough for him to keep his word with her.

[image: old-style-of-courtship]

Unlike in the past where women would just grin and bear it and stick with a man for life because it was shameful to break up or get divorced, today's woman will quickly break up with a guy

for not making her feel how she wants to feel in the relationship.

[image: Taking girlfriend for granted]

She won't feel ashamed to break up with him because all she has to do is turn on the TV and her favorite pop idols are either singing about breaking up with unsatisfactory guys, talking about on talk shows, living it out in reality shows or acting it out in movies.

[image: Modern women]

Today's women is free to do whatever she wants. If her boyfriend is deepening the love, respect and attraction between them in the relationship, she doesn't have to stick around. She is free to try and find happiness with someone else.

2. Being clingy or a needy.

[image: How to stop being clingy]

The opposite of being taken for granted is having a guy who uses his relationship to hide from his true potential in life.

Although a woman likes to have her man's undivided attention, she doesn't want to have it ALL the time. She wants to be the one who pines over, and misses him; not the other way around.

As romantic as it may seem to want to do everything together, a relationship needs balance.

This is why it's important that a man has hobbies, friends and interests outside of the relationship.

If he doesn't he will inevitably become clingy and needy, especially if she does something that doesn't include him.

Essentially, women are attracted to strong men who know what they want in life and aren't afraid to go out and get it.

A man who uses his relationship to hide from life because he's afraid is a big turn off and he's usually the one who finds himself saying, *"My girlfriend said it's over"* and wondering what he did wrong.

3. Letting her wear the pants in the relationship.

Many guys who have little experience with women and feel that they got lucky in getting their girlfriend, will end up doing whatever she wants so that she won't stop loving them.

These guys hand over all the decision making to her hoping this will make her happy.

However, regardless of how independent and strong she is, a woman still wants to know that the man she's with really is a man.

She doesn't want to feel as though she has to be the *"man"* in the relationship and make all the decisions for him.

If he isn't mentally and emotionally strong enough to handle taking the lead, she can't actually relax and be a feminine woman because she always has to be *"on duty"* doing his job for him.

When this happens, she will eventually end up resenting him and she won't enjoy being around him.

Some women may seem to like being in charge and even put up with a relationship like that for a few

years, but they will eventually get tired of not being able to feel like a feminine woman around their boyfriend.

The only way to truly make a woman happy in a relationship is for you to be the man and let her be your feminine, girly woman. She might be strong and successful with her career, but around you, she wants to feel feminine and girly.

She might not ever tell you that, but it's what she wants and if you don't give her that experience, she will eventually feel like she needs to end the relationship with you and find it with another man.

Actions Speak Louder Than Words

When a guy has a little experience with fixing a dying relationship, he will often resort to quick fix gimmicks in the hopes of getting his girlfriend to change her mind, rather than actually fixing his personal issues and improve himself to show her that he is serious about getting her love, respect and attraction back.

Some of the quick fix gimmicks that guys try to use include:

- Begging and pleading for her to give him a second chance.
- Promising to change if she changes her mind.
- Buying her flowers, chocolates and other expensive gifts to hopefully show her that he loves and appreciates her.
- Telling her that his life is over without her.
- Ignoring her for weeks or months and hoping that it will magically fix everything.
- Etc.

If you want to get your girlfriend back, you can't hope to trick her back.

This might work on a woman who has little experience in relationships, but if she comes back to you and realizes that nothing has really changed, she will simply break up with you again.

If you want her to change her mind and give you another chance, you have to show her that you really are the man that she should be with and that you are doing what it takes to fill in any gaps that she feels existed in your relationship.

From there, you need to get her to forgive you, forget the mistakes that you made in the past and fall in love with you again.

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My Girlfriend Said She Feels Nothing For Me Anymore

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

When a woman says, *“I don’t feel anything for you anymore”* a guy will usually believe that it’s the end of the road for the relationship and there’s nothing he can do about it.

Yet, people’s feelings change all the time and couples all over the world get back together every day after breaking up temporarily.

So, if you are now in the position where you’re saying, *“My girlfriend said she feels nothing for me anymore,”* what you need to realize is that your situation is very common and much more easily fixable than you might think.

If she has already broken up with you, this is what you need to do...

Let her see that you really have changed and when she interacts with you now, she feels different.

She feels respectful of you, attracted to you and is beginning to love you again.

If you use that approach, you can and will turn the situation around and get her back.

However, if you try to convince her to have feelings for you and give you another chance, you will almost certainly fail.

Watch this video for more info...

What she wants to experience is a renewed sense of respect and sexual attraction for you.

If you can make her feel that way, her feelings will naturally begin flooding back and she will feel sparks of love for you again.

The Pain of Losing Your Girlfriend

Getting dumped hurts.

So, if your girlfriend has already broken up with you, or is in the process of breaking up with you, I recommend that you fix the situation before it gets any worse.

Some guys take years to fully recover from being dumped by a woman they love, so if you really love her, don’t sit around doing nothing to improve your ability to attract her.

Get her back into a committed relationship with you and then decide what to do from there (e.g. if you want to break up with her when you get her back, at least you will be in the position of power and won’t hurt after the break up).

Love Doesn’t Die

Women don’t push away true love when it really is there.

So, if your girlfriend (or ex girlfriend depending on the situation) really used to love you, then it is still there in the background.

She has simply disconnected from that love and is trying to remain disconnected so she doesn’t get drawn back into a relationship with you.

If she is doing that, then you haven't been re-attracting her and have been continuing to turn her off, so she knows that she has to move on.

Yet, don't worry – you can get the relationship back on track and make her truly love you again.

Love is something that can be brought back to life under the right conditions.

If your girlfriend went from not loving you (when you met), to loving you (when you started dating), to not loving you again (when she told you she feels nothing for you anymore), then she can easily change how she feels again and go back to loving you if you just approach things correctly.

[image: My girlfriend said she feels nothing for me now]

To get her feelings for you to change again, you have to regain her respect and attraction for you.

Once this happens, she will naturally open herself up to loving you again.

She will then feel sparks of love and you can get on with enjoying a better relationship than before, where she falls more and more in love with you over time.

Failing to Notice the Signs Before it's Too Late

[image: Failing to notice the signs before it was too late]

Most guys who say, *"My girlfriend said she feels nothing for me anymore,"* feel completely shocked by what happened.

More often than not they'll say, *"I can't believe this has happened all of a sudden"* or *"I never saw this coming; it was so out of the blue."* However, this is where they're usually wrong.

When a woman begins to consider breaking up with her man, she will wrestle with the idea for a long time before she gets to the point of breaking up with him.

Along the way she will try everything she can to get him to change before it's too late.

She will give him numerous hints about why she's not happy in the relationship and she may even say things like, *"If you don't change that, I'm going to break up with you."*

Of course, we don't get taught this stuff in school or by the people around us, so we are often left to fend for ourselves once we get a woman into a relationship.

Most men simply don't know how to behave in another way other than how they've already been behaving in the relationship, so they usually fail to change before it's too late.

When a guy notices that his girlfriend (fiancée or wife) is losing interest in the relationship, he will often then make things worse by making some of these mistakes:

1. Asking her to explain what's wrong.

[image: Asking her to explain what is wrong]

It's only natural that when a guy notices his girlfriend acting differently, being cold and aloof and generally pulling away from him, for him to want to ask her what's wrong.

However, rather than solve the problem, this only makes her feel even more turned off and determined to get away from him.

Why?

A woman doesn't want to teach her man how to be a man.

She doesn't want to be his teacher, or even worse, his mother, who has to teach him how to be the sort of man that will be attractive to her.

By having to tell you what she needs from you in the relationship, the relationship dynamic goes out of balance and she ends up feeling like she's the man in the relationship.

When this happens she naturally begins to lose respect and attraction for you.

A woman wants to feel like you're in the lead in the relationship allowing her to relax and feel feminine in your presence, not have to mother you and guide you through the problems of life and relationships.

2. Promising to change.

Chances are that you and your girlfriend have had several fights leading up to this point and chances are high that, during those fights, you probably said something like, *I'm sorry. I just give me another chance and I'll change.*

The truth is, you can't say to her that you WILL change.

You have to identify the real reasons that her feelings for you have changed and then make changes, improvements and adjustments.

Anything prior to that is just mere words to her and your girlfriend is probably at a point where she's lost in your ability to fix your issues and improve yourself.

You don't have to fix everything and be a perfect man for her to be open to the idea of being with you again, but you do have to show her that you're at least fixing some of the things that have been causing her to feel turned off by you.

For example: Here are some common reasons why a woman's feelings can change and cause her to break up with a man...

- Taking her for granted.
- Being unable to control his feelings of jealousy.
- Putting her in the position of power.
- Failing to rise through the levels of life like a man.
- Lacking self confidence.
- Using the relationship as an excuse to hide from his true potential in life.
- Being too emotionally sensitive.
- Not being enough of a man for her.

Have you been making any of those mistakes in your relationship?

Don't worry – you can fix it.

When your girlfriend sees that you are making an effort to truly understand what went wrong between you and then change, she will naturally drop her guard and she will feel more open and even happy to be interacting with you again.

Just make sure that you don't panic and say, *"I promise to change all these things about myself if you give me another chance."*

Women don't want to be promised that a guy will change and they don't want a guy to become desperate and willing to do whatever she wants to keep her.

What she wants is for you to change and just get on with being the sort of man that she can look up to, respect, feel attracted to and love.

Another mistake to avoid is...

3. Becoming needy and clingy.

What often happens when a guy who has little or no experience with women notices his girlfriend pulling away from him emotionally, is that he becomes even more needy for her affection.

The more she pulls away from him, the more desperate he becomes to make her happy and get her approval.

When she doesn't show him the love he wants, he becomes even more needy and clingy.

However, his neediness, insecurity and desperation turns her off even more.

Her respect, attraction and love for him begins to diminish even more rapidly than before, eventually leading up to the dreaded talk where she says, *"I don't feel anything for you anymore"* and *"I think we should give each other some space for a while."*

Getting Her Love Back

Now, there's no getting away from the fact that your girlfriend's feelings for you have changed.

She may even be saying things like, *"I'm over you"* and *"I don't love you anymore."* Don't worry.

Pretty much every guy who has successfully gotten an ex girlfriend back was dealing with a woman who no longer felt the same way about him.

Yet, he managed to change the way she felt by changing the way he approached conversations, interactions and arguments with her.

Instead of further destroying her remaining feelings of love, respect and attraction, guys who successfully get their ex back switch to only saying and doing the types of things that will make their girlfriend feel attracted.

You can do that too.

You can make your girlfriend go from feeling nothing to feeling something and to then falling madly in love with you again.

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[image]

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[image: Dan Bacon]

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How to Make My Ex-Girlfriend Want Me Back: Big Mistakes to Avoid

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you've been dumped by your girlfriend and you can't see yourself moving on without her, it's only natural that you may begin to wonder, *"How to make my ex-girlfriend want me back."*

So what is the solution? Is it possible to make an ex-girlfriend want to take you back and if so, what is the quickest and best way to go about it?

Watch this video by Dan Bacon (founder of The Modern Man and creator of [Get Your Ex Back: Super System](#)) to understand exactly what you need to do make your ex-girlfriend want you back as soon as possible...

Preparing Yourself to Get Her Back

Some guys are able to get their ex girlfriend back very quickly, whilst others need to work at it for a couple of weeks or even a couple of months to get the woman back. It all depends on how quickly you can get yourself into an emotionally attractive state and how good you are at making your ex girlfriend feel respect and attraction for you.

So, the first thing that you need to accept is that making an ex want you back may not necessarily going to be a "quick fix" process.

However, the good news is that when you approach the process of getting your ex girlfriend back correctly, it's not only possible to get her back, but you can also make her feel even more passionately and deeply in love with you than ever before.

Watch this video by Dan Bacon to understand the process that your ex-girlfriend went through before breaking up with you and what you need to do to get her back...

Why Should She Want You Back?

Your girlfriend became your ex for a reason, so unless you can give her a reason to see things differently, why should she want you back?

A woman doesn't just dump a guy and end a relationship for no reason; something about you or your attitude and behavior in the relationship must have changed to cause her feelings for you to change. So what happened?

Every relationship is different and relationships end for different reasons, but the bottom line is that a woman breaks up with a guy because she is no longer in love with him. A woman falls out of love with a guy when she loses respect for him and then loses all feelings of sexual attraction as a result. So what happened to cause your ex to feel differently about you?

Women are instinctively attracted on a deep level to guys who have alpha male characteristics. When your ex initially became your girlfriend, she must have seen some of those qualities in you.

Some of the alpha qualities that women love in a man include confidence, masculinity and social

intelligence, so anything about your attitude or behavior that suggested you were lacking in those areas would have caused her to lose respect and attraction for you as a man.

Your girlfriend became your ex because you behaved in a way that led to her feeling less sexually attracted to you, so if you want her to want you back, you need to show her that you've made changes for the better and you are now a man with the attractive qualities that she's looking for.

Are You Able to Make Your Ex-Girlfriend Feel a Lot of Sexual Attraction For You?

Most guys go through life never really knowing how to make women feel intense attraction for them. Instead, they try their best to impress women when they meet them and then hope to get lucky.

Sometimes, guys do get lucky and score themselves a girlfriend, but that doesn't mean they will be able to keep her happy in a relationship. Once the initial buzz wears off and a woman begins to lose respect and attraction for a guy, it's pretty much game over unless he is able to make her feel a renewed sense of respect and attraction for him.

Watch this video by Dan Bacon to understand how a woman's attraction for a man really works and how you can use it to make your ex want you back...

To re-attract your ex, you can display attractive traits such as...

1. Self-confidence

Some guys initially put on an act of being truly confident around women, but they can't keep that up for long when in a relationship because women always test guys.

For example: One of the classic tests that a woman will put a guy through to test his confidence is to first get him to fall in love with her and then pull back her interest. She wants to see if he will become insecure, desperate, clingy or controlling. If he does, she will lose respect and attraction for him and the relationship will begin to fall apart.

However, if he reacts by laughing off her attempt to get him chasing her, she will realize that she has met her match. Unlike an insecure guy, a confident guy will remain confident in his sex appeal to his girlfriend no matter what she says.

When a girlfriend notices that no matter what she says or does, her boyfriend remains confident in his value and attractiveness to her, it makes her feel a deep respect and attraction for him that she will rarely, if ever, get to experience with other guys.

2. Masculinity

Masculinity isn't all about having bulging muscles or being tall.

The type of masculinity that is attractive to a woman over the long run is based on your mental and emotional strength as a man (e.g. you are confident, you don't get insecure when she tests you, you remain strong when life gets tough, you don't feel intimidated by people, you take the lead in your relationship with her, etc).

If a woman feels like she is mentally and emotionally stronger than you and that you need her assurance to feel secure, she will naturally find it difficult to maintain her feelings of respect and attraction for you. On the other hand, if you are the sort of guy that she can look up to and respect, she will naturally feel respect and attraction for you.

Another important way of attracting a woman with your masculinity is by making her feel girly and feminine in response to your masculine vibe, thinking, behavior and actions. If you lack the ability to make her feel girly, then you lack the type of masculinity that will keep a woman attracted for life.

3. Social intelligence

A guy with social intelligence has what it takes to get along with all types of people (including alpha males, beautiful women, the cool crowd, etc) in a social setting. His communication skills and effortless charismatic charm give him a likeability factor that makes him someone who is socially cool and fun to be around.

4. Life purpose

Having purpose in life shows a woman that you are a man who knows who he is and what really matters to him. This is a very attractive quality to women because it makes you stand out as a man who is not afraid to go after what he wants and is prepared to go the extra mile to keep on pursuing his true potential in life.

Compare that to a guy who hides from his true potential in life behind a relationship with a woman. Women don't want to have to shield a scared, confused guy from the world. Instead, they want to be with a man that they can look up to and respect; a guy that they brag about to their friends because he is confident, fearless and determined to succeed at achieving his biggest dreams in life.

Big Mistakes to Avoid When Trying to Get Your Ex-Girlfriend Back

With all of the above in mind, showing your ex-girlfriend that you have made improvements and that you have the sexually attractive qualities she's looking for, also means avoiding the following commonly made mistakes...

1. Calling, texting, emailing and generally hounding her

[image: Huh? Why is he texting me this insecure crap?]

If your ex-girlfriend is like most women on this planet, she wants a confident, masculine, socially cool guy who has important things going on in his life other than just a relationship her.

Which part of hounding her with calls shows you to be that guy? It doesn't, right? Behaving in that way suggests that you are desperate to be with her and desperation is not an attractive trait in a man.

2. Begging for a second chance

Begging and pleading with her to be given a second chance is also not attractive. In the same way that hounding her with calls suggests that you might be an emotionally desperate guy, begging suggests that you are now a weak, wimpy guy who feels like he is nothing without her.

3. Writing a letter and proclaiming undying love

Nothing you can say in words, whether you're leaving phone and text messages or writing a letter, can change the way that your ex really feels about you.

To regain the respect and attraction of your ex, you have to show her that you really have changed, rather than telling her how much you need her, miss her, etc. Writing a love letter to an ex-

girlfriend might work in teen sitcoms, romantic comedy movies or TV drama shows,Â but itâs not going to work in real life.

Making Her Want You Back

If you want your ex to want you back, you have to let her experience the new and improved version of you. When you speak to her on the phone or get her to agree to meet you in person, the most important thing that you need to do is trigger her feelings of respect and attraction for you.

If you are able to do that, she will naturally begin to feel like she wants you back or is at least now open to giving the relationship another chance and seeing what happens.

If you are serious about getting your ex-girlfriend back, you need to change your thought process from, *âHow to make my ex-girlfriend to want me backâ* to, *âHow can I make myself irresistibly attractive to my ex-girlfriend so she can't stop herself from giving me another chance.â*

Ready to begin?

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[image]

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Win Your Girlfriend Back: Where Guys Go Wrong

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you want to know how to win your girlfriend back, you first of all need to understand what led to losing her in the first place.

Something about you in terms of your attitude and behavior must have changed to cause your girlfriend's feelings for you to change and until you can figure out what those changes were, you can't make changes for the better to turn things around and win her back.

Watch this video by Dan Bacon (founder of The Modern Man and creator of [Get Your Ex Back: Super System](#)) to understand where things likely went wrong for you and her and what you need to do to win her back...

If you approach the process of winning your girlfriend back properly, you will get her back and you will make her feel a renewed sense of respect and attraction for you. However, none of that will happen if you make all the classic mistakes that other guys do when trying to win a girlfriend back.

Where Guys Go Wrong

The biggest mistake most guys make when trying to get an ex-girlfriend to change her mind is to look for a quick fix solution.

The problem with this approach is that these solutions fail to help a guy figure out the real reasons why his girlfriend broke up with him, so any action he takes is unlikely to be effective or bring him the lasting results he wants.

1. Trying to win her back by improving his appearance

[image: Maybe if I look better she will take me back]

One of the most popular quick fixes is to make improvements to your appearance in some way, whether it's heading down to the gym to begin building a more muscular physique, kitting yourself out in some new designer clothing, or getting yourself a new haircut.

The problem with this approach is that none of the changes it brings about actually matter. A woman falls in love with a guy because of who he is on the inside, not because of how he looks on the outside, so she doesn't fall out of love with a guy because of how he looks either.

If you want to win your girlfriend back, you need to show her that you have developed the inner qualities she's looking for and that the changes you have made have led to you becoming a better man.

Watch this video by Dan Bacon to understand how a woman's attraction for a man really works and how you can use it to your advantage to win your girlfriend back...

2. Trying to convince her with only words

Another commonly suggested quick fix solution is to say all the things that you think your ex wants to hear in an attempt to sweet-talk her into changing her mind.

This is a mistake on many levels but the main problem with this approach is that words alone won't change the way a woman is feeling. At the time of breaking up with you, your ex-girlfriend

had fallen out of love with you and thereâs nothing you can say alone that will change that.

To change her feelings and to get her to fall in love with you again, you need to show her through your attitude and actions that you have made changes for the better in terms of who you are as a man.

For example: If you plead with her to be given a second chance by saying something along the lines of, *âI promise I can change; whatever it is you want me to do differently, I can do it, just tell me what you want,â* your words will do nothing to change her mind because they will only highlight the fact that you don't know how to be the man she needs.

If you want to win your girlfriend back, you need to show her that you know what mistakes you made and that youâve learned from them to become a better man as a result. Women don't want to be a man's teacher in life and have to take on the role of mother or big sister.

Your girlfriend wants to be your woman and look up to you with respect, rather than look down on you with pity.

3.Â Trying to win her back by giving her all the power

[image: Giving her all the power]

In the same way that a woman does not want to hear empty promises, she does not want a guy to throw himself at her feet and put her in the position of leading the way in the relationship.

Sure, the relationships in TV sitcoms and romantic comedy movies appear to revolve around a woman being happy to âwear the pantsâ and the man being happy to go along with whatever his woman says with an âanything for a quiet lifeâ sort of attitude, but this is not what real women living in the real world want.

Real women want to feel like a feminine woman in their relationship with a man. In other words, they want to be with a man who knows how to confidently take the lead, make them feel girly and feminine and be the sort of guy/man that they can look up to and respect.

Why Should She Want You Back?

Winning your girlfriend back comes down to showing her through your actions and behavior that you are now a better man than the one she dumped. You also need to make her realize that you are a much better man than any of the other guys around that she may be interested in.

To win your girlfriend back, you need to quickly develop the qualities that not only make you a sexually attractive man, but also a man who makes other guys pale in comparison. Unless she sees the qualities in you that sheâs looking for in a man and unless she feels the way she wants to feel in your company, she will have no obvious reason to want you back.

To win your girlfriend back, you need to give her good reason to want you back and that means making the improvements needed to demonstrate to her that youâve learned from the mistakes you made and you have become a better man as a result.

Are you ready to begin the exciting, rapid journey of winning her back? Are you ready to become an even better man than you are right now? Are you serious about following through and doing whatever it takes to win her back?

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Get Your Wife Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

At one time, you and your wife really were in love.

Your relationship seemed like it would last a lifetime, so you made the decision to get married. After the wedding, you likely headed off for a fun, loving and enjoyable honeymoon. Things were great for a while, but they eventually fell apart. Now, you're looking for advice on how to get your wife back.

So, what happened? Where did you go wrong? When attempting to get your wife back, you must understand where it all went wrong before you can make things right.

After helping men get their wife back for years, it became very clear to Dan Bacon (founder of The Modern Man and creator of [Get Your Ex Back: Super System](#)) that women go through a 3-stage process before deciding to leave their husband...

The 3-stage process doesn't happen overnight and it is usually not a selfish, mindless decision by a woman. In most cases, the woman puts up with a bad relationship for a long time before finally deciding to call it quits.

Can you relate to any of the problems outlined in the video above? If so, the good news is that those problems can be fixed. As long as your wife can see that you really have changed, fixed your issues and improved yourself, she will become open to the idea of being with you again.

Here's why...

You don't have to become a perfect man to get your wife back, but you simply need to let her see that you really have changed. It's not enough to promise that you will change because you've probably promised her that many times before and haven't been able to follow through.

A wife will usually give her husband many chances before eventually pulling the trigger to ask for a separation or divorce. So, if you are serious about getting your wife back, you will need to be serious about making some real changes to the way you think, behave and act around her and in life.

Why Did Your Marriage Fall Apart?

The reasons for a marriage falling apart are varied and complex. However, did any of the following apply to you and your wife?

1. Did you let her wear the pants?

One of the most common traps guys fall into in a marriage is thinking that TV marriages offer an insight into what it takes to make a real world marriage work. This is a mistake on many levels, not least because real life is not like life as we see it on TV.

In the majority of popular TV sitcoms, the wife wears the pants and the husband usually adopts an "anything for a quiet life" attitude to keeping the peace in the marriage. On TV this seems to make for a happy marriage but in reality it won't work out that way because contrary to the popular portrayal, women don't want to be in charge.

The bottom line is that modern women are still instinctively looking for a provider and a protector in the same way that their hunter-gatherer ancestors did.

The world may have changed beyond recognition, but on a deep and primal level, a woman still wants to be with a man who has what it takes to make her feel like a real woman. In other words, a man who makes her feel girly at times, makes her feel pretty and sexy, while also respecting her and allowing her be her true self.

If you fell into the trap of believing that a woman wants to wear the pants in a relationship, chances are you slipped into putting your wife in charge of making all of the decisions in your marriage.

You probably thought this was the easiest way to keep things running smoothly and to avoid any arguments over domestic matters, but in reality it will have resulted in your wife feeling less and less like a woman with each passing day.

Remember: A woman wants to feel like a woman in a relationship but to be able to relax into a truly feminine role she needs to be with a man who can confidently take the masculine role.

With this in mind, any attempt to get your wife back by asking her to tell you what it is she wants will not bring you the results you want. By asking her to tell you, youâ€¢re demonstrating that you donâ€¢t know what the problem is and that you donâ€¢t have the masculine qualities needed to be able to naturally take the lead in a relationship.

This means that saying something along the lines of, *â€¢I can change, just tell me what it is you want me to do differently and Iâ€¢ll do it*,â€¢ will change nothing because words are just empty promises without actions to back them up.

If you donâ€¢t know what it is that needs to change and youâ€¢re asking her to spell it out for you, youâ€¢re asking her to take the lead and this does not allow her to relax into the feminine role she wants to be in.

2. Did you take her for granted?

Another common mistake made by married men is slipping into patterns of behavior that lead a wife into feeling she is being taken for granted. A good example would be making a habit of changing your plans at the last moment.

This might be calling her from work to say youâ€¢re going to be late because youâ€¢re going for a celebratory drink with a work colleague who has just been promoted, even when you know sheâ€¢s at home cooking you a special meal, or choosing not to have a quiet night in to watch a movie as planned because â€¢something came upâ€¢ and youâ€¢re going out instead.

If you adopt an attitude of, *â€¢We can do it some other time*,â€¢ and you change plans frequently without giving her a second thought, sheâ€¢s very quickly going to feel taken for granted in the relationship.

With this being the case, any attempt to get your wife back by saying youâ€¢ll pay her more attention or youâ€¢ll put her needs first will fail unless you can show her that you mean what you say.

Guys often say that their wife left without any warning and it came as a complete shock that she was unhappy, but this will not be the reality.

She will have been sending out plenty of warning signals and she will have been communicating her feelings through her body language, and his inability to pick up on those signals or respond in any way only adds to her feelings of being way down on the list of priorities in his life.

Whatever her reason for leaving, to get your wife back you need to show her through your actions and behaviors that you have learned from the experience and you have taken steps to become a better

man.

At the time of leaving you, she felt she had fallen out of love with you, so getting her to consider coming back is all about getting her to feel differently about you and to fall in love with you again.

Here at The Modern Man, we teach men how to develop the qualities that women love and need from a man and we show guys how to use those qualities to create the ideal relationship dynamic.

When you take steps to become an even better man than you are right now, you not only become a man your wife wants to come back to, but also a man she falls so deeply in love with that your relationship grows stronger, happier, and more loving than ever before.

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[image]

Almost there! Please complete this quick form to gain instant access.

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I Need My Ex-Girlfriend Back: How Can I Get Her to Want Me Back?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Relationship break ups are never easy and someone is always going to get hurt in the process.

When guys get hurt after being dumped by a girlfriend they love, it can be a real blow to their confidence. Feeling down and out, a guy may end up thinking that he will never manage to attract another quality woman into his life or that no other woman will ever be able to take the place of his ex-girlfriend.

Feeling that their confidence is at rock bottom is what leads many guys to contact The Modern Man for advice by saying, *"I need my ex-girlfriend back,"* and asking, "How can I make her want me back?"

As Dan Bacon (founder of The Modern Man and creator of [Get Your Ex Back: Super System](#)) explains in the video below, it won't matter to her that you want her back or need her back. She will only begin to care when you make her feel a renewed sense of respect and attraction for you...

Why Do You Need Her Back?

If you were in the type of relationship where your entire world revolved around your girlfriend and you had no important interests outside of the relationship, it's understandable that not having her in your life anymore will make you feel that you need her back.

However, your neediness may well be the reason why your girlfriend chose to end the relationship in the first place. Women are naturally attracted to confident men who have purpose in life, meaning they have lots going on other than their relationship and they pursue their own interests as well as doing things together as a couple.

If a guy makes his girlfriend his main purpose in life, she will almost always eventually say things like, *"I need time to find myself"* or *"I need space and time to think about what I want,"* because he has put her into the position of leader.

She senses that she is responsible for his emotional security and sense of identity, rather than him being a real man who has big goals in life and is going after them with passion, confidence and determination, rather than hiding behind her and the relationship.

[image: Being insecure]

When a girlfriend begins to pull back her interest in a boyfriend who has no real purpose in life, he will usually react by feeling needy, insecure or getting to the point where he is unable to control his jealousy.

Acting in a needy, jealous or overly-protective manner is a complete turn off for women. Some guys make the mistake of thinking that if they show their girlfriend how concerned they are about losing her, it will get her to realize how strong his love is for her.

Yet, that's not how it works.

Women don't want to get caught up in a relationship that is based on needy, insecure love. They want

a guy who loves them and wants them, but who doesn't need them for his emotional security.

If you're saying, *I need my ex-girlfriend back*, you may be one of the guys who have made the mistake of making your girlfriend your purpose in life. A woman wants to be an important part of a man's life, but she doesn't want to be his "everything."

What Have You Tried So Far?

Saying, *I need my ex-girlfriend back* is one thing, but doing something about it to get her back is another. So what have you tried?

Neediness very often results in desperate acts, but desperation is another trait that is not attractive in a man. For example, a guy who is feeling insecure and desperate to get his ex-girlfriend back might try the following:

1. Begging and Pleading

[image: Pleading for another chance]

It's not unusual for a guy who is desperate to get an ex to change her mind to resort to begging and pleading with her to be given a second chance. Begging and pleading is not attractive and will only convince her that her decision to dump him was the right one.

Women don't think, *He's really desperate; he must really love me so maybe I should give him another chance.* Instead, they usually think, *He's really desperate; what a loser, I need to move on and not look back.*

2. Leaning On Her Friends

Another mistake guys make is thinking that they can recruit the help of her friends to get her to change her mind.

They try to accidentally-on-purpose bump into their ex's friends and then they make sure the message gets across about how devastated he is by the break up and how desperate he is to be given a second chance if she would only just talk to him if she would just reconsider, etc.

Yet, that is an approach that will usually backfire. Not only is it embarrassing for her and for her friends, it shows you to be a guy who doesn't have what it takes to stand on his own two feet and work things out for himself.

If you really need your ex-girlfriend back, you need to show her through your thinking and actions that you've taken steps to become a better man than the man she dumped. Looking for the sympathy of her friends does not show you to be that man.

3. Threatening Self-Harm

When some guys feel that their life is not worth living without their ex-girlfriend in it, they very often choose to hide away from the world and wallow in self-pity for a while. They stop going out or meeting up with friends and they sit alone at home licking their wounds, and probably not taking very good care of themselves in general.

This can lead to losing weight or becoming ill in some way and any attempt made by friends to improve things will be shunned with comments such as, *There's no point to anything without her in my life*, or, *I'll never be happy again* or, *"If I can't get my ex back, I will commit suicide."*

If any of this resonates with you, you need to ask yourself, *“Which part of wallowing in self-pity and threatening self-harm is showing my ex-girlfriend that I’m a guy she should want to have back in her life?”* The answer is none of it – exactly!

If you’re making or have already made any of the above mistakes, you’re making it extremely unlikely that your ex-girlfriend will even consider the idea of taking you back. If you need your ex-girlfriend back, you need to make her feel that she needs you back.

You need to show her that you’ve figured out the mistakes you made that led to her losing attraction for you and falling out of love with you and you’ve learned from them.

You need to show her through your attitude and behavior that you’ve taken action to make improvements and you’ve become a better, much more sexually attractive man as a result – a man she feels she needs to have back in her life.

Making Her Feel Like She Needs You Back

Only when you make your ex-girlfriend feel a renewed sense of respect and attraction for you, will she then become interested in you again. If you also approach things correctly and cause her to feel jealous that you’re so happy and confident without her, she will then begin to feel like she is losing you.

From there, you need to make sure that you make her feel like her life would be so much better off with you in it. How do you do that? It’s all explained in Dan Bacon’s Get Your Ex Back: Super System program, which has already helped 100s of guys to successfully get a girlfriend, fiancée or wife back.

Are you ready to begin making her feel like she needs to have you back?

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[image]

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Does My Ex-Girlfriend Miss Me?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you are wondering, *“Does my ex-girlfriend miss me?”* you’re really wondering if she’s missing you enough to want to give you another chance, right?

Whether she dumped you or if it was a mutual decision to take a break for a while, the fact that you’re now wondering whether or not she’s missing you suggests that you are missing her.

To find the answer you’re looking for, you need to put, *“Does my ex-girlfriend miss me?”* to one side for a moment and begin by asking, *“Why did my ex become my ex?”*

You need to figure out what caused her feelings for you to change and what caused your relationship to break up in the first place before you can answer the question of whether or not she might be missing you.

Not all women miss their ex. Whether or not your ex is missing you will depend on how she felt about you when your relationship ended. Chances are, the way she felt back then is the way she still feels now.

Regardless of how negatively she feels about you right now, you can make her feel positively and begin to want to see you in person again.

How?

Interact with her via text, on a phone call or in person and actively make her feel a spark of attraction for you again. Then, give her space for a few days, so she can think about you and begin to miss you.

Watch this video to understand how it works...

What Ex-Girlfriends Don’t Miss About Their Ex-Boyfriends...

To figure out what your ex-girlfriend might be missing about you, it’s important to look at what she might not be missing.

For example: Throughout the relationship or near the end of the relationship...

1. Did you become a clingy, insecure or needy?

[image: Needy boyfriend]

Women are attracted to men with alpha male characteristics. When she became your girlfriend, she must have seen some alpha male qualities in you. So what changed?

Alpha males are confident, masculine men who are secure in themselves and secure in what they’ve got to offer in a relationship as a result. They aren’t insecure about their attractiveness to women and remain strong (emotionally) no matter what happens.

If you became overly-possessive in your relationship and needy or clingy in your behavior as a result, your lack of confidence and your insecurity will have led to her seeing you as a weak, needy man and your desperation to cling on to her will have become a total turn off.

[image: Insecure boyfriend]

When a woman realizes that you don’t have the emotional strength of an alpha male, she naturally

loses touch with her feelings of respect and attraction for you. If you keep making her feel that way, she will eventually fall out of love with you.

However, you can respark those feelings by showing her a new and improved version of yourself that naturally triggers her attraction for alpha males. When she sees, feels and experiences the changes in you, it's only natural that she will begin to look at you in a more positive light.

2. Did you take her for granted?

Women do not want to be put on a pedestal and they do not want men to throw themselves at their feet, but they don't want to be taken for granted either. If your behavior in the relationship led to her feeling that you no longer appreciated her, she will not miss your attitude, especially if she has moved on to a guy who does make her feel appreciated.

[image: Taking girlfriend for granted]

For example: Guys often make the mistake of thinking that a girlfriend's plans to have a quiet night in together and watch a movie are effectively plans to do nothing, so it will be okay to change them at the last minute.

Quiet time together is important to her so if you get into a habit of changing plans and letting her down because "something came up" and you adopt an attitude of, *"We'll do it some other time babe,"* she's going to feel that you're taking her for granted and expecting her to just be there for whenever it happens to suit you. This is not the way she wants to feel in a relationship.

3. Did you let her become the leader of the relationship?

One of the biggest mistakes guys make in a relationship is slipping into the false belief that the way to keep a woman happy is to let her feel she's in charge and effectively in the driving seat: this is not the way women want to feel.

Taking a back seat and relying on your girlfriend to make decisions and to tell you what she wants from you in the relationship will not make her feel happy, it will make her feel that you're a weak, wimpy man who does not have what it takes to make her feel like a woman.

She wants to feel like a woman and this is ultimately what it takes to keep her happy. A man with alpha male qualities has what it takes to naturally lead the way in a relationship and he knows how to make her feel the way she wants to feel because he knows what a woman wants.

Does She Miss You?

By answering the above questions, you'll find the answer to the question of whether your ex might be missing you or not. Instead of asking, "Does my ex-girlfriend miss me?" ask yourself whether the man you were when your relationship broke up had any qualities she might be missing.

If you changed in your relationship and became less of a man in her eyes, the only way to make her miss you is to redevelop the qualities that first attracted her to you and to show her through your behavior and attitude that you have learned from your mistakes and made changes for the better to become a better man as a result.

The qualities that women find irresistibly attractive in a man include confidence, masculinity, and

social intelligence. These are qualities that make you stand out as a man who knows who he is and knows where he's going in life, and a man who has a genuine likeability factor that makes him fun to be around.

When you learn how to bring the qualities that make you a sexually attractive man to the forefront, you redevelop the qualities that first attracted your ex to you and you rekindle the feelings she first had for you in the process.

She sees you as the man she first fell in love with, she's going to feel the way she did when you first got together, and it's those feelings that will make her miss you.

If she then sees that you've taken action to become a better man and you're attracting the attention of other women as a result, she's going to question whether she made the right decision and her rekindled feelings for you will not only make her miss you, they will make her open to the idea of getting back together again.

If you want to know more about becoming an irresistibly attractive man with qualities that will make your ex-girlfriend think again about what she's missing, check out Get Your Ex Back: Super System and begin applying the techniques right away.Â

The techniques in the program have been tested by 100s of guys before you and are proven to make an ex-girlfriend miss her boyfriend.

You can make your ex miss you and want you back, but you have to be willing to actively make her feel a spark (of respect, attraction and love) for you again.

If you're willing to do that, she will begin to think about you differently and will start to miss how good it feels to interact with you.

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[image]

Almost there! Please complete this quick form to gain instant access.

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How to Win a Girl Back After Being Dumped

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you want to win a girl back after being dumped, you have to switch your focus from what you want to what she wants.

It can't be about you wanting her back because you need her, love her, are sorry, etc. Instead, it has to be about you making her feel what she wants to feel.

How can you do that? You've got to stop displaying the personality traits and behaviors that have been turning her off or making her feel a lack of respect for you and start displaying the traits that will trigger her feelings of attraction and respect.

When she feels a renewed sense of respect and attraction for you, her guard will come down and she will open back up to the idea of being with you. Let's have a look at some of the classic personality traits that will make a girl feel respect and attraction for a guy...

Displaying the Right Traits When You Interact With Her

The most important part of winning a girl back happens when you talk to her on the phone and in person.

If you're trying to win a girl back via text, you will almost always run into problems. Why? She can't really experience the new and improved version of you via text. She needs to experience you on a phone call and in person to truly want you back.

If you want to get this girl back for real, you must make sure that you do it on the phone and in person. Here are some of the traits that will automatically make a girl feel respect and attraction for a guyâ€¦

1. Confidence

Women are attracted to men who have the type of confidence that allows them to handle whatever life throws at them.

It's not enough for a man to just be confident at work, with his studies or around his friends. What women are looking for when they seek confidence in a guy, is confidence in all situations.

Why? We live in a challenging world and it's not always easy to survive, thrive and prosper. Women instinctively know that they will be better off with a guy who has the ability to be confident and keep moving forward towards success no matter what life throws at him.

2. Strength of character

Men who have strength of character know who they are, what they want and go after it with confidence and clarity of mind. This type of mental and emotional strength is deeply attractive to women.

These days, many guys waste a lot of time and energy building muscles in the gym, in the hope that their physical strength will be enough to maintain a woman's attraction. Yet, although muscles and physical strength can make a woman feel attracted, it means nothing if the guy lacks mental and emotional strength.

If you want to win her back quickly, don't waste time on trying to be physically stronger, unless you already a very strong man emotionally. The most important strength that women look for in a man comes from the inside.

When she feels your emotional strength coming through by the way that you talk to her, behave around her, approach your everyday life and interact with others, it will have 100x more impact on her than you adding a few centimetres to your biceps would.

3. Masculinity

Again, this isn't about muscles.

Muscles can briefly attract a woman initially and if a guy is very confident, it is something that can make her feel attraction in the long run.

However, the type of masculinity that is instantly accessible to all guys is in the way that we think, behave and take action in life.

If a guy lacks masculinity is how he thinks (e.g. thinks like a bit of a woman at times), how he behaves (e.g. sometimes behaves like a bit of a woman or has subtly feminine body language at times) and how he takes action (e.g. scared to take a step forward because he is worried about rejection), then it won't matter that he has muscles.

If you're looking to win this girl back, you have to make sure that she experiences your masculinity when she talks to you on the phone and interacts with you in person. The more you are able to trigger her natural attraction to masculinity, the more she will want to give you another chance.

4. The ability to make her laugh

You've probably heard many times that girls love a guy who can make them. However, being funny to a woman doesn't mean that a guy needs to be constantly cracking jokes. Instead, it means having a sense of humor and being able to see the funny side of life. Women are quite simply attracted to men who are fun to be around.

For example: If you're eating at a restaurant (caf   or cafeteria) with this girl you like, you can make her laugh by pointing out that she has food on many different parts of her face.

You: Hey, you have some food on the side of your mouth there.

Her: [Attempts to wipe it off with her fingers or a napkin].

You: Yep, you got it. Actually, there's some on your chin as well. [Point to her chin].

Her: [Most-likely starting to smile, feel embarrassed or concerned. Attempts to wipe it off].

You: There's some on your ear as well. [Point to her ear and then begin to smile and laugh].

She will then smile and laugh and realize that you were joking. This will make her feel attracted to you because you have the confidence and masculinity (i.e. balls) to playfully dominate her like that. You're not worried about being rejected and are confident enough in yourself to mess with the situation like that for a laugh.

You don't have to do things like that all the time, but once in a while, if you do those types of things, girls will love how you're able to mess with them like that. It makes girls feel like the more submissive one around you, which makes them feel attracted to your masculinity.

It's much easier, quicker and requires much less effort than spending years in the gym to build up muscle. Your mind is much more powerful and attractive to women, so make sure that you use it.

Do You Know Why She Really Broke Up With You?

In many cases, a girl will only give vague reasons like, *“I need space”* or *“I’m not ready for a relationship right now”* or *“I need some time to find myself.”* Yet, those aren’t the real reasons why she has broken up with the guy.

Watch this video to understand the process that a girl usually goes through before breaking up with a guy and what you need to do to win her back...

Why did this girl break up with you or begin ignoring you? What caused her to feel that way? It could be that certain events (e.g. lying to her, cheating on her, being insecure or nervous around her, etc) led this girl to see you differently, so let’s look at some examples of what might have happened to make her feel less attracted to you...

1. A lack of confidence in her love, commitment and attraction for you

As your relationship developed, did you begin to feel threatened by her relationships with other people outside of your relationship? As your love for her grew, did you begin to need more and more reassurance from her that she felt the same way about you?

Behaving in that way not only demonstrates a lack of confidence, but it also often manifests into needy, possessive behaviour which then turns the girl off even more. When a girl sees that you no longer feel like she wants you, she rapidly begins to lose touch with her feelings of sexual attraction for you.

As a guy, it is critical for you to maintain your confidence throughout the entire relationship. Even if she tests you by pulling back her interest, you have to maintain your belief in your sex appeal to her. If you don’t, she will sense it and her sexual desire for you will begin to fade away.

2. Not knowing how to make her feel the way she really wants to feel

Girls don’t want to have to teach guys how to make them feel the way that they really want to feel.

If a girl has to do that, it forces her into the role of “mother” or “big sister” and when that happens, it immediately begins to erode away at her feelings of sexual attraction and respect for the guy.

When a guy is able to make a girl feel the way that she really wants to feel in a relationship, it allows her to fall deeper in love with him. However, if he doesn’t allow her to go there and the love doesn’t come close to reaching it’s highest potential, she will begin to question whether or not he is “the one” for her.

3. A lack of trust in your ability to be an emotionally strong man

To feel good about the idea of committing to a guy for the long term or for life, a woman needs to know that she can rely on him to be the man she needs. Some guys ruin that trust by putting on an act of being a really nice, easy-going guy during the dating process, but then becoming a controlling, jealous and insecure guy in the relationship.

A girl then has to question whether or not she can trust him to fix his issues and become an emotionally strong guy. She will wonder if he will get worse over time and whether she will end up regretting it one day.

Without trust, a relationship will always fall apart eventually. Getting a girl’s trust back is 10% about telling her that you’ve changed and 90% about showing her that you’ve changed.

4. Boredom

A lot of the guys who I've helped to get an ex back have admitted that they got too comfortable with their girl and things eventually became boring and stale.

For example: Doing the same thing every week and weekend, spending hours in front of the TV and rarely talking to each other in a fun, interesting or deep way.

Being fun to be around in a relationship comes down to how you talk to her, behave around her, treat her and what you do with her. Did you talk to her like a friend, like "one of the guys" or did you make her feel girly in your presence? Did she feel feminine and sexy around you, or did she feel more like a neutral friend?

Were you masculine enough during the relationship, or did you tend to behave a little too cute or lovey-dovey to the point where she may have begun to perceive you as being a bit feminine? Did you treat her too well, to the point where you made her feel like she was your "everything" in life, or did you take a more balanced approach?

Can You Win Her Back?

Yes, as long as you are willing to change your approach.

If the approach that you've been using with this girl isn't working, you have to be willing to consider that you might be missing a few, key pieces to the puzzle.

The right approach to use with her is to focus on triggering her feelings of respect and attraction for you, rather than trying to convince her to take you back based on what you're saying (e.g. you will change, you love her, you miss her, you're sorry, etc).

Are you willing to do what it takes to win this girl back?

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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My Girlfriend Said She Loves Me, But Broke Up With Me

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

When a guy is saying, *“My girlfriend said she loves me, but broke up with me,”* it doesn’t actually mean that the relationship is over.

If you are in a situation like that, what you need to do is work out why she has really broken up with you and then switch gears to begin making her feel a renewed sense of respect and attraction for you. Here’s a video by Dan Bacon (founder of The Modern Man) that explains what you need to do and why...

Women Rarely Say What They Mean

It would be nice to think that when a woman says *“I love you”* and then breaks up with her boyfriend; it’s simply because she’s feeling confused, or worse, because she’s a cruel liar. In reality, she knows exactly what’s going on with her and has spent a long time sending off warning shots to let her guy know that she’s not happy in the relationship.

In most cases, during an argument where she is clearly trying to let her guy know that she’s unhappy about his attitude or behavior, a guy will latch on to a positive statement like, *“I love you”* rather than pay attention to the real issue at hand.

For example, a woman might say, *“I love you, but if you don’t stop watching TV all the time and go out and do something with your life I’m going to leave you”* or *“I love you, but your insecurity and clinginess is driving me crazy!”*

While she is trying to let him know that he needs to fix certain things in their relationship, he’s avoiding the issue with a false sense of security. Then, when she breaks up with him, he feels surprised and even betrayed. He’ll say, *“My girlfriend said she loves me, but broke up with me. I didn’t even see it coming. Why didn’t she TELL me she was unhappy?”*

The truth is: She did tell him.

But a woman isn’t going to spell it out for you. She’s going to give you hints and then she expects you to be man enough to figure the rest out for yourself. If you don’t get the message she will eventually break up with you.

Again, she’s not going to say, *“I’m breaking up with you because”* and give you a long list of reasons. She’s going to let you down as easily as possible, by saying things like, *“I just need some space to sort my life out”* or *“It’s not you, it’s me”* or, *“I really love you but I just can’t be with you right now.”*

Why does she do that? For 3 reasons:

1. She doesn’t want to put herself in a position where he might become aggressive or violent.
2. She doesn’t want to give him the opportunity to talk her out of her decision, by promising to change if she gives him another chance.
3. She doesn’t want to mother him and have to teach him how to be the man that she needs him to be in the relationship.

If you want to get your girlfriend back and make her feel respect, love and attraction for you as a man, you're going to have to dig deep and find the REAL reasons why she broke up with you.

Did You Know There Are 70+ Reasons Why a Woman Will Break Up With a Man?

In The Modern Man's program, Get Your Ex Back: Super System, Dan Bacon explains what these 70+ reasons are. It's too much to explain here, but here are some classic example reasons why a woman will break up with a guy:

- Being clingy, needy and insecure.
- Being jealous and possessive.
- Taking her for granted.
- Not having a clear direction and purpose in life.
- Letting her wear the pants in the relationship and allowing her to make all the decisions.
- Not making her feel the way she wants to feel in a relationship.
- Failing to maintain and grow the respect, love and attraction between him and her over time.

Luckily though, it doesn't matter how bad you think you messed up, most things you can fix pretty quickly or even immediately, but it's not going to happen by itself. You have to be willing to put in a bit of work.

If you aren't willing to do anything or change anything about the way you interact with her, don't bother trying to get her back because she'll keep saying, *"I love you but I can't be with you right now,"* until she meets another guy who'll give her what she really wants in a relationship.

If you want to get her respect, love and attraction back, you need to figure out the real reasons she broke up with you, so that when you speak to her again you can let her know that you truly understand where you went wrong.

When she realizes that she doesn't have to mother you anymore and that you're actually manning up, she will naturally drop her guard and feel more open to interacting with you, because you've made the effort to figure out what went wrong in the relationship by yourself.

Actions Speak Louder Than Words

Of course, figuring out where you went wrong is not going to be enough. She has to see that you've fixed your issues and improved yourself. I'm not saying you have to fix everything and become perfect but no one is perfect but you do have to become a stronger, more well-rounded version of who you are right now.

The best part is that fixing issues like insecurity, a lack of self-confidence, a lack of purpose, etc., is going to benefit you in all areas of your life. Not only will your girlfriend feel more respect, attraction and love for you as a man, but friends, family and colleagues will react differently (in a positive way)

to you too.

However, you can't approach your girlfriend and say, *"I know where I went wrong in our relationship. If you come back I promise to change those things."* She doesn't want to know that you WILL change; she wants to know that you're already working on those things.

Her love for you is still there in the background; when you change the way she feels about you, she will become open to reconnecting with that love.

You Can Get Her Back if You Really Want To

You can sit around feeling hurt and saying, *"My girlfriend said she loves me, but broke up with me,"* or you can do the many things Dan Bacon teaches in our revolutionary program [Get Your Ex Back: Super System](#), which will make her feel differently.

When you make her feel differently about you and get her to see you in a new (more positive) light, she will automatically begin to feel more open to the idea of being your girlfriend again.

It really is possible to get another chance with your ex girlfriend. Yes, you still have to do the work, and yes, some of the things you need to do to get her back will be easy, while others will require a bit of effort.

Either way, when she's back in your arms looking at you with renewed respect and attraction and is telling you, *"I love you,"* this time you'll know she means it and that she'll be with you as long as you want her.

Isn't that a worthy goal? Are you willing to do what it takes to get her back?

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[image]

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How to Make My Ex-Girlfriend Miss Me

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you've been wondering, "*How to make my ex-girlfriend miss me*" the first thing that you need to know is that it possible.

She may not be missing you now, but if you can actively create a spark (of respect, attraction and love again) and then give her space for a few days, she will naturally begin to miss how good she feels whenever she interacts with you these days.

A classic mistake that guys make these days is to ignore their ex (e.g. using the No Contact Rule) and hope that she will miss him.

Yet, if a woman doesn't have much or any feelings for a guy and he then ignores her, she's not going to miss having him in her life because he didn't give her good feelings.

If your ex girlfriend currently doesn't have much or any feelings for you, it's essential that you actively create a spark between you and her again.

A Mix of Painful and Positive Emotions

To make an ex girlfriend miss you and want you back, you can also focus on making her feel a combination of positive and painful emotions whenever you interact with her or even when she checks you out on social media.

Here's a great video by Dan Bacon (founder of The Modern Man), which explains how to make her feel one of the painful emotions; jealousy.

As long as you are prepared to do what it takes to make your ex girlfriend miss you, it's very possible that she will be back in your arms very soon.

Mistakes to Avoid When Trying to Make Her Miss You

Thinking that improving your appearance will do the trick

How many times have you seen the heartbroken guy in a Hollywood movie decide to get himself a "makeover" to rekindle the interest of his ex-girlfriend, and how many times has the new, improved look made his ex fall madly in love with him again and instantly want him back? Yes, plenty of times, but here's the thing; real life is not like the movies.

The harsh reality is that your ex became your ex for a reason and unless you've taken action to fix the things about yourself that led to her breaking up with you, she's not going to miss having you in her life.

For example, let's say she broke up with you because your attitude in the relationship led to her feeling that she was being taken for granted.

Getting yourself down to the gym to build up your muscles or down to the shopping mall to kit yourself out with some new designer outfits will do nothing to change the way she was feeling about you at the time of ending the relationship and the way she still feels now.

Itâ€™s not an improvement in your outer appearance she needs to see, but an improvement in the person you are on the inside.

Thinking that you just have to text her the right thing and she'll come running back

A change in your outer appearance is not going to change the way your ex feels about you and until she sees something in you that makes her feel differently about you, sheâ€™s not going to miss you.

In the same way that real life is not like the movies, itâ€™s not like sappy love-song lyrics either. Time and again, we get asked for advice on what to text an ex-girlfriend to get her change her mind or what to write in a letter to an ex girlfriend to get her to give the guy a second chance, but the bottom line is that thereâ€™s nothing a guy can say that will change the way a woman feels.

To get a woman to miss you, you need to generate all of the emotions in her that will lead to her missing you, and words alone canâ€™t stir those emotions.

Sure, the guys in the romantic â€œmissing youâ€ love songs seem to find just the right words to melt a womanâ€™s heart and have her take them back with open arms but words alone wonâ€™t get you the results you want in the real world, and they might even make things worse.

Letâ€™s say your ex became your ex because she felt suffocated by your needy, insecure, and overly possessive behavior in the relationship.

If you then say things along the lines of, *â€œThereâ€™s no other woman that could compare to you; my life is meaningless without you; I canâ€™t go on without you; my world is empty without youâ€* sheâ€™s not going to think, *â€œWow! This guy really loves me and I really miss him,â€*

Instead, she may think, *â€œGross...He is weak, wimpy, and desperate...I donâ€™t miss his needy, insecure behavior at all...I'm so glad to be distancing myself from it.â€*

Your words will only remind her of her reasons for breaking up with you in the first place.

Are You Giving Her Any Decent Reasons to Miss You or Want You Back?

Showing her through your attitude and behavior that you have not changed at all since she broke up with you will not make her miss you. Getting her to miss you means showing her that youâ€™ve learned from the experience and have made changes for the better, which have led to you becoming the guy she fell in love with â€œ and more.

To get an ex girlfriend back for real, you've got to stop saying and doing the types of things that will turn her off and start saying and doing the types of things that will attract her to you.

For example: Were you needy, clingy or insecure in the relationship? If so, you need to focus on becoming more confident and emotionally secure.

If you took her for granted and stopped making her feel loved and appreciated, you need to apologize for that, explain that you know what you did wrong and then switch gears to focus on making her feel a renewed sense of respect and attraction for you.

Always Look at Any Sign You Get From Her in a Positive Way

When getting an ex woman back, it's extremely important that you remain confident in your ability to re-attract her.

If you doubt your ability to re-attract her and cause her to have feelings for you again, you will most-likely turn her off when she interacts with you because you will come across as self-doubting and insecure.

Women are naturally attracted to confidence in men and turned off by emotional weakness, so if you want your ex to miss you and want you back, you must get yourself to feel as confident as possible and then actively start interacting with her again via text, on phone calls and in person.

Watch this video for examples of signs that your ex might miss you and want you back...

As you will discover from the video above, it's just as possible to think in an insecure way about her signs as it is to think in a confident way.

When getting a woman back, it's always better to focus on the positives and use that to feel confident, rather than focussing on the negatives and using that to feel insecure.

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[image]

Almost there! Please complete this quick form to gain instant access.

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My Ex Girlfriend Won't Talk to Me

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your ex girlfriend won't talk to you, what you need to do is take a step back and think about the ways you might be turning her off.

In most cases, when a guy says, "*My ex girlfriend won't talk to me,*" I can usually guess what he's been doing wrong.

For example: Here are three classic mistakes that lead to an ex girlfriend not wanting to talk to her former boyfriend!

Mistake 1: Sending way too many emotional texts or messages

[image: Sending emotional text messages to ex girlfriend]

When a break up happens, it's normal for a woman to want to put some distance between herself and her ex boyfriend.

She wants to try to get him off her mind and calm her feelings so she can think straight and work out whether or not she wants to be with him at all. She will try her best to avoid calling him, texting him or seeing him in person as much as possible.

For her, having that space helps her begin to move on with her life, go out to party with friends and maybe even flirt with some new guys to make herself feel better.

Yet, for the guy who has been dumped, not being able to be in contact with his ex girlfriend feels horrible. He worries about her kissing, having sex with and falling in love with another guy. He wants to stay on her mind, not out of her mind, so he texts and messages her as often as he can. Yet, the more he texts and messages her, the more she begins to ignore him.

When that happens, his messages often become more desperate...

- "Why won't you talk to me?"
- "Why are you doing this? Don't you remember the good times? I said that I would change. Just give me a chance to talk to you."
- "Please forgive me, I didn't mean to hurt you."
- "Are you getting my messages?"
- "I said I'm sorry. Please don't ignore me!"
- "I can't live without you."
- "I don't know what I'm going to do if you are not in my life. I don't want to live anymore. Please answer the phone and talk to me!"

Unfortunately, those types of messages simply push an ex girlfriend away even further. Why? Women are attracted to the emotional strength of men and turned off by the weakness.

Emotional text messages never make an ex girlfriend feel more attraction and respect for a guy. Instead, they just make her feel like her ex-boyfriend needs her for his emotional security and stability, which is something that women are instinctively turned off by.

Another reason why sending emotional text messages to an ex-girlfriend is a problem is that she has

to GUESS at what emotional state he is when he sends the message.

She can't see his body language, listen to his tone of voice and assess his overall attitude and vibe via text, so she has to guess how he would be thinking, behaving and acting if he said something like that to her in person.

During a break up, a woman will almost always assume that her ex-boyfriend is being insecure, desperate and needy, rather than guessing that he is feeling confident and emotionally secure at the time of sending the message.

If you want to get your ex girlfriend to talk to you again, the only text message that you should be sending her is one that arranges to get her talking to you on the phone.

When she's talking to you on the phone, she can hear your confident, emotionally secure tone of voice and ask questions if she doesn't understand what you mean.

If you want to go from saying, *"My ex girlfriend won't talk to me"* to *"I'm meeting up with my girlfriend tomorrow,"* then don't waste time sending messages that are only going to make her even more irritated with you. Get her on the PHONE and arrange a meet up where you can regain her respect and attraction for you by showing her that you've changed.

Mistake 2: Not understanding the real reason why she broke up with him

Your girlfriend would have given you some reasons why she broke up with you, but a woman will rarely tell you the real reasons.

After providing a guy with some subtle reasons, a woman is more likely to say something like, *"I need some space,"* *"I just don't feel the same way about you anymore,"* or *"I just don't want to be in a relationship anymore."*

She approaches it that way because she doesn't want to have to deal with how a guy would react if she said something like, *"You're just not enough of a man for me"* or *"You behave like a woman at times"* or *"You don't make me feel girly, sexy and turned on. I feel like more of a friend to you because you're so neutral around me."*

She also doesn't want to teach her boyfriend how to be the man she needs. Instead, she wants him to know what to do, because unless he figures out what went wrong by himself, he will just carry on making the same mistakes over and over again and she'll have to be his teacher (or "mother figure") for life.

A guy can make all kinds of promises to his ex, but unless he can work out how to make her feel the way that she really wants to feel when in a relationship, she won't be interested in anything he has to say.

In her mind, he just won't understand what she really needs and she won't want to have to teach him. If he can't work it out on his own, most women would rather cut their losses and try to find another man who understands.

Feeling confused and not knowing what else to do, some guys contact their ex girlfriend and say things like, *"Please tell me what I did wrong and I promise that I change"* or *"I will do anything you want me to. Just tell me what to do and I'll do it."*

In the guy's mind, he is just trying to do the right thing. He loves his ex-girlfriend and is willing to do whatever it takes, but she simply isn't willing to teach him. He will wonder why his ex girlfriend suddenly stops wanting to talk to him and just won't make any sense.

So, before you do anything else, it's important to understand why she broke up with you so that you can fix those things before you contact her.

Think back to all of the fights that you and her had and think about the specific things she said to you. For example: If she said, *"You never pay attention to me,"* she was telling you that she was feeling neglected. If she said, *"I'm always the one doing the dishes while you play your video games,"* she was telling you that you were taking her for granted.

Ultimately, when you know the real reasons why your ex broke up with you, you can make the right changes. Then, when you get her on the phone, you will be able to explain to that you fully understand why she felt the way she did and she will feel happy that you're taking her concerns seriously.

Mistake 3: Expecting her to take him seriously before he has fixed his issues

Many guys assume that by saying, *"I promise to change if you give me another chance,"* they are giving their girlfriend what she wants (i.e. an attentive, caring man who is willing to do whatever she wants or needs).

Yet, in most cases, promising to change isn't enough to make a woman give her boyfriend another chance. Why? When a relationship gets to the point where it has broken up, a woman has usually already given a guy plenty of chances to improve before that point. Each time it has happened, he has promised to change, but he just keeps falling back into his old ways.

After a while, a woman gets to a point where she feels like nothing will ever change and she just wants to feel the pain of a break up and move on, rather than having to continually go through the same cycle with him for life.

If that applies to your situation, what you need to do is begin to fix your issues (e.g. insecurity, neediness, clinginess, fear of commitment, etc.) and improve yourself both mentally and emotionally.

Remember: Your ex girlfriend broke up with you because you stopped making her feel the way she wants to feel in the relationship. By fixing your issues, you will automatically begin to feel more appealing to your ex girlfriend when she next interacts with you.

Even though you are saying, *"My ex girlfriend won't talk to me,"* what you need to realize is that the negative emotions she feels for you right now are not set in stone.

[image: Changing how she feels]

The emotional state of a human being changes all the time. A woman can be angry at a guy one day and crying about missing him the next. It all comes down to what you say and do to influence how she feels. If you're currently making her feel turned off and causing her to not want to talk to you, then you're going about things in the wrong way.

Are You Willing to Do What it Takes to Get Her Back?

If you are serious about getting your ex-girlfriend back, what you need to do is figure out exactly where you are going wrong and what you need to do instead.

You need to focus on triggering her feelings of love, respect and attraction for you, rather than triggering feelings of anger, disgust, disappointment and apathy.

Are you willing to do what it takes to get your ex-girlfriend back?

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[image]

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How to Get My Wife Back After a Separation

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you want to get your wife back, the first step is to truly understand the deeper reasons why she feels turned off by you and then drastically change or improve those areas.

You are most likely aware of some of the mistakes you made during the marriage, but have you been able to change or improve those things? For example:

1. Were you clingy, needy or insecure?
2. Were you too controlling or bossy?
3. Did you take her for granted?
4. Did you stop trying to make her feel attracted to you?
5. Did you say and do one too many things that caused her to lose respect for you?

Whatever you did that has turned your wife off, the good news is that you can turn it around.

As long as you are prepared to invest a little bit of time and energy into improving yourself, you will have a high chance of making her feel differently the next time you interact with her.

You can make her feel differently, but you have to be prepared to try a new approach with her.

You can't just keep saying and doing the same old things that you have been doing in the past.

You've got to approach her and the relationship in a new way, otherwise she will feel as though it's just the same old marriage that she lost interest in.

Marriage Has Changed

[image: Marriage has changed]

In the past, a woman had to choose one man, marry him and then stay with him for life.

Even if he eventually began to treat her badly, caused her to feel unhappy or cheated on her, she would have to stick by the vows of "*Until death do us part.*"

Divorce was something that people once saw as shameful and even sacrilegious, so they avoided it at all costs.

Yet, that isn't the case anymore.

[image: Husband and wife separating]

Today's women are surrounded by a culture that encourages them to dump or divorce men who are unable to make them feel the way that they want to feel.

If a woman is unhappy, she only has to turn on MTV or listen to the latest pop songs and female singers will be singing about how they dumped guys who weren't good enough.

If she watches TV talk shows, she will hear about how great women feel after divorcing a man and if she watches the latest TV drama shows filled with steamy affairs and storylines of women divorcing men and then starting anew with a better man, she will begin to wonder why she is sticking with her unhappy marriage.

So, what's a man to do?

In today's world, a man has to know how to deepen a woman's feelings of love, respect and attraction for him over time. Unlike men of the past who could take their woman for granted, a modern man needs to be able to make his woman feel the way she really wants to feel in a relationship or marriage.

If he is unable to do that and instead makes her feel unhappy, depressed, unwanted, unappreciated or smothered, she has every right to get up and leave.

Today's women can earn their own money in high paying careers and if they are unable to do that, the government usually has a decent assistance program to help them.

Most women now only stay with men who make them feel the way they really want to feel.

You've got to be able to deepen her love, respect and attraction for you. You can't just expect that because things felt great early on or because you are married, she will stick around for life.

Unfortunately, that's just not the way it works anymore.

Did Both of You Want to Separate, or Did She End it?

[image: Did you both want to separate?]

When a separation is a mutual decision, it usually seems like a good idea at the time.

Additionally, the wife usually makes it sound like there is a good chance that they will get back together soon.

She will say things like, *"I just need some time alone to figure this out"* or *"I want some time to find myself"* or *"I want to see how I feel without you"* or *"I'm not sure that I love you anymore, so this separation will allow me the time to think about it."*

The wife will also often assure her husband that she has no intention of meeting other men.

Yet, that rarely lasts very long because many women now use online dating and apps like Tinder to quickly get a lot of men interested in them, go out on dates and see how they feel.

According to a study carried out at Ohio State University in the USA, approximately 80% of trial separations eventually end in divorce.

Another study found that 90% of marriage separations ended in divorce.

In other words, separating from your wife is not a good idea.

So, what should you do instead?

You've got to focus on making her feel a renewed sense of respect and attraction for you.

You have to make her feel respect and attraction in ways that she probably hasn't ever felt for you, or hasn't felt in a long time.

Watch this video to understand how it works...

Did You Grow Apart?

[image: Growing apart in a marriage]

One of the key elements to keeping a relationship together for life is developing and growing together as a couple.

Of course, this didn't apply to marriages 100 years ago because people just stayed together anyway. However, in today's world, if a couple grow apart for long enough, they may eventually feel like there isn't much reason to stay together.

Here are two examples that I often see when I help guys to get their wife back...

1. The wife becomes more emotionally intelligent and mature, but the husband stays the same or becomes immature

Most women want to be with a man who they feel is more emotionally mature and stable than they are.

They don't want to feel as though they are in a relationship or marriage with a guy who they have to "mother" and protect emotionally.

Sometimes, a couple will get married when they are both at the same level of emotional maturity.

However, the wife will then grow as a person and take on a bigger role at work that forces her to develop, evolve and become even more emotionally intelligent and mature than she ever was.

She may then begin to become friends with different types of people than she used to enjoy hanging around with.

If her husband is unable to be respected by those people because his lack of emotional intelligence or maturity, she will begin to lose some respect and attraction for him.

She might lash out at him and complain that she has grown up, but he hasn't or that he embarrasses her in front of her friends or co-workers.

At this point, a husband may become angry that his wife is choosing a career over their marriage and tell her to get her priorities straight. However, if her career is important enough to her, it might eventually get to a point where she feels like he is holding her back or destroying her chances of being promoted further.

2. The husband hides from his true potential as a man behind the safety of the marriage

This is a fairly common problem and it is when the husband stops going after his true potential in life and begins to spend more time lazing in front of the TV or engaging in fairly useless hobbies that don't amount to any real benefit to his wife or children.

Meanwhile, bills are piling up, the couple is hardly able to afford to take a holiday and their sex life is drying up.

The wife begins to feel increasingly disappointed that her husband isn't becoming a bigger and better man.

It's like he has just settled for a mediocre life and doesn't feel as though he needs to achieve anything else for the rest of his life. He's got a wife and he's set for life.

The wife will then begin to nag and complain to her husband by telling him that he needs to do something with his life, rather than wasting it watching TV, engaging in hobbies or whatever else he does that doesn't amount to any real benefit to her or the children.

She will ask him to be the man that he promised to be back when they got married; the man she fell in love with.

Not knowing what else to do, many husbands think that the solution must be to help her around the house by doing the housework, making dinner and making life easier for her.

Yet, that isn't what she wants.

[image: Sucking up to her by doing housework won't last]

A woman doesn't forget the fact that she can't respect and feel attracted to her husband and suddenly love him again because he cleans up the house.

Sucking up to her by doing housework, taking her out to nice dinners or buying her things is not the answer.

A wife wants her husband to become a bigger and better man by rising through the levels of his true potential as a man.

She wants him to act on his biggest dreams in life, rather than just letting his life waste away.

She wants to feel proud of him and feel safe because he is doing his very best to make their life better.

Not just for her though.

Don't get me wrong.

Women hate it when a man looks to her for leadership on how he should live his life and who he should become.

She doesn't want to be his life guide, coach or mentor and help him grow into the man he knows he can be.

She also doesn't want him coming to her and essentially saying, *"Okay, I am working harder now. I am becoming a better man. Now do you want me back?"*

She doesn't want him looking to her for a decision.

She wants him to actively make her feel respect and sexual and romantic attraction for him again.

When he does that, she will automatically begin to want him back and won't want to go through with the divorce.

Okay, so those are just two examples of out 100s that I have come across when helping men to get their wife back.

There are many different things that you can improve or change to get your wife to want to get back with you and end the separation.

However, despite all the differences between the problems that couples experience, one thing remains the same every time...

The man has to stop saying and doing the types of things that turn his wife off and start saying and doing the types of things that will make her feel a renewed sense of respect and attraction for him.

It is that simple.

It is not a complicated process.

The husband needs to make his wife have feelings for him again by being the sort of man that she can now look up to and feel attracted to.

A man can want it to be more complicated than that if he wants to, but it isn't.

Focusing on making her have feeling is what works.

In addition to that, a husband also has to be able to apologize for his mistakes and explain himself in a way that shows he truly understands the real reasons why she wanted to end the marriage.

When she can see that he truly understands where he went wrong and has already begun to change, she then drops her guard.

She also feels understood and relieved that her ex-husband (the man she fell in love with and married) is back and better than ever.

She then becomes more open to communicating with him in person and considering giving the marriage another shot.

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[image]

Almost there! Please complete this quick form to gain instant access.

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How to Win Back Your Ex-Girlfriend: Don't Make These Mistakes

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The secret of how to win back your ex-girlfriend is to focus on making her feel a renewed sense of respect and attraction for you.

If she is feeling turned off by you right now and you're trying to get her back, but aren't saying or doing anything to make her feel respect and attraction for you, then you're not going to win her back.

More Classic Mistakes to Avoid

Getting a girlfriend back can become unnecessarily difficult when a guy makes one or more of the following mistakes...

1. Bombarding her with text messages so he is never out of her mind

[image: Huh? Why is he texting me this insecure crap?]

I get a lot of emails from guys who tell me that they've tried everything they can think of to try to win back an ex-girlfriend. When I ask them to tell me what they've tried, it very often comes down to one thing - texting.

Not just a few texts...a LOT of texts. Most guys text the crap out of ex girlfriends because it feels like it is working.

Yet, in most cases, texting an ex-girlfriend simply turns her off even further because she looks at the texts and assumes that you are still the same guy she broke up with and haven't really changed.

Some guys feel as though staying on her mind with regular texts means that she will be less likely to move on because she will be thinking about him. If she texts back, it can feel like she is maintaining a line of communication because she is interested.

Yet, just because woman texts back in a nice, friendly way, it doesn't mean that she is actually rolling her eyes and thinking, "*Hhh...why is he sending me this crap?*"

Nothing that you can say to your ex girlfriend via text will convince her that you are going to think, act and behave differently from now on. It's easy to write something in a text, but actions speak louder than words.

If she can hear your sincerity on a phone call and then see the changes in you when you meet up with her in person, that is what will convince her that you have changed.

2. Pleading with her for another chance, even though he hasn't changed

[image: Breaking up]

A woman will often give her boyfriend one or two chances when she is ready to break up with him, especially if she still has hope for the relationship. However, if he never seems to change and ends up making her feeling the same way after she has given him a chance, she will become colder and more able to completely break up with him.

When a woman gets to that point, she will often say cold things like, "*I feel nothing for you now*" or

"I don't love you anymore" to really get the message across that she has lost all hope for the relationship and has disconnected herself from the love that she used to feel for him.

It doesn't mean that the love is dead, but that she has simply closed herself off to it.

At this point, most guys don't know how to react. The correct way to react is to accept her decision and then leave. After that, you need to quickly begin fixing any issues (e.g. insecurity) and improving yourself (e.g. becoming more masculine in your thinking, behavior and actions).

After doing that, you then need to contact her and arrange to see her in person. When you see her in person, you need to let her experience the new, improved version of you so that she can feel a renewed sense of respect and attraction for you.

Unfortunately, most guys don't focus on fixing their issues and improving themselves and often make the mistake of pleading with their girlfriend and trying to convince her to give him another chance.

[image: Pleading for another chance]

When a guy pleads with a woman or even begs her to give him another chance (even though he doesn't know how to change, fix his issues and improve himself to be more attractive to her), she realizes that he is clinging onto a relationship that he doesn't know how to handle.

She feels as though he just isn't emotionally mature enough or experienced enough as a man to be the boyfriend that she needs. Instead of giving him yet another chance and having to go through another break up in a few days, weeks or months time, she just ends it.

The more he pleads with her, the more respect and attraction she loses for him because she realizes that he is lost, confused and doesn't know what he needs to do to fix the situation.

3. Writing her a love letter to let her know how he feels

Some guys find it difficult to express how they feel in person, so they pour their heart out in a letter, e-mail, Facebook message or a series of texts instead.

In cases like that, a guy feels like it's important to make sure that his girlfriend understands just how much she means to him and how much he wants her back. He assumes that if the break up was a result of him not being open enough with his emotions, she'll get a chance to see what he's really feeling but was unable to express...and that might make her rethink her decision.

Yet, it almost always turns a woman off. Words on a screen are nothing compared to watching you say that in person. According to most studies, non verbal communication (e.g. body language, tone of your voice, vibe, etc) makes up 93% of communication when two people are talking in person.

This means that only 7% of what is really being communicated between people is based on the words. Everything else is about who they are, how they are behaving and what their vibe and attitude is like.

When your girlfriend cannot see you in person and assess your non-verbal communication, she has to GUESS what you would be acting like if you said that type of thing to her in person.

If your girlfriend currently sees you in a negative light and she then gets a long letter where you are pouring your heart out in a soppy, romantic or sensitive way, she is going to imagine negative things about you (e.g. you were feeling insecure when you wrote it, you rewrote certain sections over and over again, you are a wimp for not saying that to her in person before, etc).

However, when you say those things in person and she can see that you're confident, relaxed, masculine and emotionally secure, she will actually feel a lot of respect and attraction for you.

Without a real emotional connection in a relationship, a woman will feel uneasy about connecting physically (i.e. sex, kissing, hugging, etc). It just won't feel right to her. If you can't connect with your girlfriend in person, she will always remain partially or fully closed off to you no matter what you try to do to win her back.

4. Calling her friends and/or relatives and asking them to help him change her mind

Sometimes, when a guy realizes that his own efforts aren't going to win his girlfriend back, he will try calling on her friends or family to help him convince her that he is serious and is willing to do whatever it takes to make the relationship work.

For example: If she is ignoring his text messages and not answering his calls, he may then try to get friends or family to pass on a message for him. He may ask her friends or family to add in that he is a "mess" without her and are really desperate to talk to her and sort out the problems between them.

Calling her friends is a bad idea because women aren't attracted to guys who behave like a boy would by getting other people (e.g. parents, adults, etc) to stand up for him.

The moment that a guy runs to her friends for help, all respect for him as a man is lost. Without respect, there can be no sexual spark and the very fact that he put her in an embarrassing situation with her friends will make her want him to get out of her life completely.

5. Avoiding other women to show her that he only has eyes for her

[image: Avoiding women to show how devoted he is to his ex girlfriend]

Many of the guys who ask me for advice on how to win back an ex girlfriend tell me that they've deliberately avoided social situations or avoided being seen with any other women because they don't want their ex-girlfriend to think that they are "over her" when all they really want is to win her back.

The thinking behind this approach is that by showing her that he is totally unhappy without her and not interested in anyone but her, she will be willing to give him a second chance because he has proved how much she means to him.

However, avoiding other women is a bad idea because all women (even if they don't admit it to your face) want to be with the type of man that other women want. Women yearn to be with what they refer to as a "real man" and they know that when they finally find him, they're going to have to fight other women for him.

Women love the thrill of the chase and competing with other women to win a man's affection is all part of the chase. If your ex-girlfriend gets the sense that other women don't even like you and aren't interested in you, she is going to be quite happy to let you be the one that got away.

You don't have to go out and pick up other women to make her feel that way. You simply have to start being the type of guy that she KNOWS other women would want to be with...

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[image]

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How to Get Your Ex Back: 5 Common Mistakes to Avoid

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

In this post, I'm going to teach you how to get your ex back.

Essentially, what you need to do is to stop saying and doing the things that are going to turn her off and start doing things that are going to draw her to you.

Three Important Questions For You

Before I get into explaining some of the mistakes that guys make when trying to get a woman back and then explain what to do instead, I'm going to ask you these three important questions:

1. When you talk to her, are you making her feel drawn to you or repelled by you?
2. When you text her, are you making her feel drawn to you or repelled by you?
3. When you interact with her, are you behaving in a way that makes her feel drawn to you or repelled by you?

[image: Stop turning your ex off]

That's what really counts.

It doesn't matter that you want to get back with her, that you're sincere and that you're promising to change.

It doesn't matter that you experienced good times together in the past or that she used to feel attracted to you, used to respect you or used to really love you.

Those things really don't matter at the point where a woman has broken up with a guy and is thinking about moving on or has already moved on.

The only way to make your ex care enough to want to get back with you, is to start saying and doing the things that are going to make her forgive your mistakes, feel respect for you and feel attracted to you again.

[image: Start turning your ex on]

When that happens, she automatically opens herself back up to the love. She automatically reconnects with her old feelings.

[image: Ex reconnecting with the love]

5 Common Mistakes to Avoid When Getting an Ex Back

Some of the classic mistakes that guys make when trying to get an ex back are...

1. Asking her to explain why

[image: Asking ex to explain why]

When a guy gets broken up with, it's only natural that he's going to be asking why. *"Why are you breaking up with me? What's going on? What I have done? What can I change? Why are you feeling*

this way?" etc.

So, don't worry if you've already done it.

It's only natural that you're going to ask her questions like that, but the point here is this: A woman doesn't want to be a man's teacher in life.

[image: Women don't want to teach men how to be men]

She doesn't want to teach you how to be a man. She doesn't want to teach you how to be the sort of man that will be attractive to her. She wants you to be able to work that stuff out yourself and start being the type of man that she actually wants you to be.

If you can't do that on your own, it means that she has to teach you.

Most women do not want to play the role of being a guy's mother, big sister or teacher in life.

Women don't want to take on that role because it doesn't make them feel feminine, it doesn't make them feel girly and it doesn't make them feel like a real woman.

She wants to feel feminine in your presence. She wants to feel like you're a man that she can look up to and respect, not a man that she has to guide, take care of or be gentle with.

2. Rushed apologies

[image: Rushed apologies to ex]

Once again and quite naturally, when a good man gets broken up with by his woman, he will want to apologize and say sorry for how he has made her feel. He assumes that if she gives her a sincere enough apology, it will change how she feels.

Yet, it doesn't.

Why a rushed apology doesn't work in almost all cases when getting a woman back is that she will have broken up with him for deep, complex reasons.

[image: Insecure boyfriend]

For example: He might have been clingy, needy or insecure or on the opposite end of the scale, he might have taken her for granted and not really given a shit about her.

[image: Taking girlfriend for granted]

During the relationship, he didn't really care about her, took her for granted and may have even broken up with her a few times. Eventually, she had enough and decided that she wanted out.

Rushed apologies don't work because women instinctively know that it's going to take you a couple of days or a couple of weeks to fix any emotional issues that you have and improve on the mistakes that you were making.

It's going to take a bit of time for you to think about it, maybe do some learning and then start to behave, think and talk differently around her.

3. Begging or crying

[image: Crying to her and begging for another chance]

Not all guys make this mistake, but it is a pretty common one.

I've helped more than 100 phone coaching clients to successfully get their ex back and some of the

times when I talk to guys, they are confident, masculine men who are successful in their career, whereas other times, they are guys who don't really yet know how to be a man.

In some cases, a guy was a confident, masculine man prior to meeting his woman and was able to maintain that for the initial part of the relationship. Yet, over time, he lost his way and became a bit insecure, needy or clingy of his girlfriend, fiancé or wife.

He lost touch with what it means to be a man, so when she broke up with him, he reacted by crying, begging or pleading for another chance.

One of the reasons why begging, crying or pleading doesn't work is that women aren't attracted to the weakness in men. Women are attracted and drawn to strength in men, so when you present a woman with emotional weakness, it doesn't draw her to you or turn her on.

It doesn't make her think, *"Wow! Cool! This guy wants me so much that he's begging and pleading. That must mean that he's 'the one' ...it must mean that we're meant to be together."* All it does is turn her off.

4. Over-texting

When I help guys to get their ex back, one of the first things that I advise is to stop texting.

The only time you should be texting your ex is to get her on the phone, so you can then arrange a meet up.

The reason why is that if you think about what a text actually is, you will realize that it's just words on a screen.

When you send her a text, she doesn't know what state of mind you're in at that point, so she has to GUESS.

...and in most cases, she guesses in a negative light.

[image: Ex turned off by text]

She'll be thinking things like, *"Hhh...he's just trying to get me back. He's trying all sorts of text tricks to get me back"* or *"Ohh...that text that he just sent me there was supposed to make me jealous or make me miss him. I get it...I see right through it...it's not working!"*

What I always advise for guys and what I provide in my program for getting an ex back, are texts that actually get her on the phone.

To get an ex back, you've got to get her on the phone and you've got to meet up with her in person. The most efficient and effective way to make a woman feel attracted to you, to respect you and to forgive you is to talk to her in person.

You have to push to get a meet up with your ex. You can't just be hiding behind text because most texts are actually going to turn her off.

5. Trying to be her friend

Some guys make the mistake of thinking that the path to getting an ex back is being her friend.

A guy may think, *"Okay...I'm going to be a really good friend to her. I will pay her rent, buy her gifts, talk to her, be there for her in any way I can....and hopefully that will make her realize that I really do love her, that I'm serious about wanting to get back with her and that I'm serious about doing the right things this time."*

Yet, it doesn't work because being a woman's friend doesn't make her feel sexually attracted to you.

It doesn't make her feel like she wants to be with you in a romantic, sexual relationship. In most cases, it just makes her experience friendly types of emotions towards her ex where she likes him as a person, but doesn't feel attracted to him in a sexual way.

This is especially true if the guy is acting like he doesn't deserve her, can't get her back and is only good enough as a friend. Behaving like that turns women off because they aren't attracted to emotional weakness and self-doubt in men, especially after they've broken up with him.

Getting Her Back For Real

When getting an ex back, you actually need to have a plan.

There are way too many mistakes that guys make because they don't have a plan or the right advice to follow. It's way too easy to mess up the process of getting an ex back if you don't know what you're doing or learn the right way to do it.

Some guys have friends in their life, or brothers, cousins or a father who they can turn to who will help them out and teach them what to do. Those guys are great with women and can provide advice to him to follow to get his ex back.

However, after being dumped, what a lot of guys find is that most people around them say, *"Just move on...there's plenty of fish in the sea"* or *"Leave her alone and if she comes back to you, it's meant to be"* and other bits of unhelpful advice that don't actually help him get her back.

[image: Get help to get your ex back if you need it]

So, if you don't have people in your life that are willing to help you out or are capable of helping you out, then that's what I'm here for.

No-One Was Available to Help Me Get My Ex Back...So I Lost Her

I don't know if you know my story already, but basically what happened to me is that I got lucky with a girl that I met at a party when I was 19 years old.

Her and I got into a relationship and then a year and half later, I had become needy, insecure, over-protective and she cheated on me and then dumped me.

I was destroyed.

I didn't know what to say or do to get her to forgive me, to get her to give me another chance or to feel respect and attraction for me once again.

Pretty much everything that I was saying and doing around her (including cussing at her and calling her all sorts of nasty names for cheating on me), was turning her off and pushing her away.

I didn't know what to do, so I was lost.

I only had one friend who was basically telling me that all women are bitches and can't be trusted, so I should just move on. Obviously, that "advice" didn't help.

So, basically I was on my own because back when I got dumped, there was no internet with people online helping each other out.

Pretty much everyone in my life was just saying, “*Get over it*” or “*Move on*” and all those sorts of unhelpful statements that you’ve probably heard from people in your life too.

As the years went on, I lost a lot of confidence in myself around women and I eventually got to the point where I had to move on. I had to work out how to attract women.

So, one day, I made a decision and said (something like), “*Okay, I’m going to go out and approach women every weekend until I work out how to attract women, have my choice with women and not have this (being dumped and alone for years) happen to me again.*”

After a bit of initial effort, I worked out how to attract women. I worked out what to say and do to make women feel attracted to me and want to be with me. I worked out how to kiss women within minutes of meeting them, how to take women home for sex and I enjoyed that lifestyle for about 10 years.

I then met my sexy, 20-year old girlfriend when I was 35 years old and recently we got engaged (at age 22 and 37) and are going down the path of marriage.

So, in other words, I know how to attract women, I know how to pick them up and I know how to keep a relationship together.

Yet, that doesn’t make me an expert at getting an ex back.

What has made me an expert at getting an ex back, is helping more than 100 phone coaching clients to successfully get a woman back.

After completing that, then I recorded my program, Get Your Ex Back: Super System. This program is a 7 step system that a man needs to follow to get a woman back.

To get a woman back, you’ve got to be prepared to do what it takes. If you’re not prepared to say and do the things that are going to make her feel respect and attraction for you, then you’re most-likely not going to get her back.

The steps that I provide in my system have been developed by helping more than 100 phone coaching clients to get their ex back.

Not all cases are the same...

Some guys that I’ve helped out are good with women and have no problem at picking up new women, but they lost their way with their current woman and simply don’t know what to say or do to get her back.

Some guys are okay at picking up new women and kind of got lucky with their current woman when they met her. She has now dumped him and he doesn’t know what to do to get her back.

Some guys are completely hopeless at picking up women and don’t know how they even picked up their ex or what to do to get her back.

Regardless of a guy’s skill level with women, what remains the same every time is that you’ve got to say and do the things that are going to draw her to you and make her feel like she’s losing a great man.

When you do that, she starts feeling like it’s okay to forgive you. She starts feeling respect for you again, she starts feeling attracted to you again and she starts opening herself up to the love.

Are You Going to Get Her Back or Find a New Woman?

How do you feel about other women at this point?

If you're like most guys who are trying to get their ex back, other women don't really seem that appealing to you right now. You might have tried to meet other girls, but they just don't make you feel the same way as your ex does. In fact, they probably just make you miss her more.

You really want to get back with your ex, but guess what?

That doesn't actually matter to her. In most cases where I've helped a guy get his ex back, the woman doesn't care about what the guy wants.

When you're talking to her, when you're texting to her and when you're interacting with her in person, it can't be about you trying to get her back and your reasons for wanting her back. What you need to do is trigger feelings inside of her that make her want to get back with you.

So, if you are serious about getting her back, [begin watching Get Your Ex Back: Super System now](#) and I'll guide you through the step by step process to make that happen.

Don't get started though if you're not prepared to do what it takes to get her back.

You've got to be prepared to make changes to how you're talking to her, texting her and behaving around her. You've got to make changes and I can explain exactly what you need to change right now to get her on the phone and be willing to meet up with you in person.

Then, at the meet up, you need to say and do things that trigger her feelings of respect, attraction and love for you again.

So, my question for you right now is...

Are you prepared to do what it takes to get her back?

If your answer is "Yes" then [get started now](#) and I will guide you through the process of getting her back. If your answer is "No" then maybe you need to start thinking about meeting new women, in which case, I recommend that you [watch this video](#)...

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

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My Ex Refuses to See Me or Answer My Calls

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your ex refuses to see you or answer your calls, it means that (right now) she doesn't feel good about the idea of interacting with you.

However, no one is ever stuck on one feeling forever. Feelings always change. Your ex's currently negative feelings towards you WILL change.

How quickly you can make her negative feelings for you go away depends on how you interact with her from now on. If your ex is refusing to see you or answer your calls, then it's pretty clear that you aren't making her feel drawn to you or attracted to you.

The approach that you've been using so far has been repelling her and you need to change that.

You need to start making her have SOME feelings for you and she will then open up.

Your ex might be stubborn and try to stick to her decision not to be with you, but as long as you can create a spark of her old feelings for you again, her guard will come down a little whether she wants it or not.

Once her guard is down, you can then guide her back into a relationship with you.

How Long Will it Take For Her to Feel Good About Seeing You or at Least Talking to You Again?

[image: How long will it take for her to open back up to you?]

Based on my experience of helping hundreds of guys to get back with their ex girlfriend, fiancée or wife, I know that an angry woman can calm down and become more open immediately, within a few days or after a couple of weeks.

In most cases, a guy will be able to get his ex girlfriend to agree to meet up with him in person after the first or second phone call. Sometimes, he is able to get her on the phone right away and other times it takes a few days and a couple of specifically worded text messages.

Yet, sometimes a guy has really messed things up with his woman and it can take up to 2-3 months before she feels okay about answering him back. That is rare though. Most guys are able to get their ex on the phone pretty quickly.

As long as you can show her that you have changed rather than trying to tell her that you have, she will naturally start to look at you in a different light and will become more open to you.

When a woman is presented with a new and improved version of her ex, it's only natural for her feelings towards him to change. It's only natural that she will drop her guard and open herself back up to talking to him again.

"But..." you might ask, "What about when my ex refuses to see me or answer my calls? How can I get her back if she won't even talk to me? How can I get her to agree to meet me if she doesn't even answer my texts or phone calls?"

Simple.

You have to change what you are saying when you text her.

Iâve dealt with more than 100 cases where it initially seems like a completely hopeless cause to try to get the girl back, but when the guy follows the advice from my program, Get Your Ex Back: Super System he not only gets her back into a relationship, but she becomes more loving and devoted to him than ever before.

I know, it might sound hard to believe

âand it is.

Getting an ex back seems like it's almost an impossible thing to do.

I understand that.

When a woman is saying to you, "*Never call me again!*" it sounds final, but in most cases, it isn't. I've literally helped guys get an ex back when their ex girlfriend or wife has refused to talk to them for weeks prior to using my approach.

Just because she is saying, "*Leave me alone!*" now, it doesn't mean you can't get her to open back up to you again. As you may know, most women are pretty emotional and dramatic, especially when it comes to break ups. An emotional woman might say something in the heat of the moment and then completely change her mind an hour later.

What you need to understand is thisâ

You can change the way that she feels about you, BUT you have to willing to change some things about yourself first or at least give her the impression that you've changed.

How can you do that? Let's start by looking at how you might be turning her off when you are attempting to contact herâ

Are You Making Any of These Mistakes When Contacting Your Ex?

[image: Huh? Why is he texting me this insecure crap?]

1. Repelling her rather than attracting her.

When she is telling you things like, "*Leave me alone,*" "*Give me my space,*" or "*Canât you understand I donât want to be with you anymore?*" it's only natural that you might feel annoyed, frustrated or even betrayed by her.

After all, she most likely once told you she loved you and wanted to stay with you for life, or at least gave you that impression. So, how could she be so cold now and turn her back on you?

Yet, that's the last thing you need to be thinking about right now.

No amount of complaining, whining, pleading, begging or arguing is going to get her back. You can't convince her to have feelings for you. You have to make her feel respect, love and attraction for you by the way that you interact with her.

Watch this video to understand how a woman's attraction for a man really worksâ

As you will learn from the video above, you need to make her feel attracted and drawn to you by the way that you interact with her.

Unfortunately, most guys never get taught how to attract women as they are growing up and end up

getting into relationships that fall apart after the initial lust has faded away.

As a man, you will either go through your life never truly knowing how to make a woman feel attracted to you, or you will learn this stuff and begin enjoying much easier, consistent and natural success with women.

[image: Are you making her feel enough attraction for you?]

When it comes to getting an ex back, many guys further ruin their ex's attraction by sending her endless texts, messages on social media sites or calling her to try and reason with her and find out why she won't talk to them or see them.

I understand why a guy would do that because it sucks to have a girl break up with you, but what you need to realize is that it will never, ever help you to behave in that way.

Women are attracted to the strength in men (e.g. confidence, masculinity in the way you think, behave and take action in life, etc) and turned off by the weakness (e.g. insecurity, neediness, clingy behavior, etc).

You must stop doing the things that repel and only do things that attract her to you. Doing anything that doesn't attract her is a complete waste of time and energy.

[image: Girlfriend on an annoying call with her long distance boyfriend]

For example, a guy might say, *"Please just talk to me. There's unfinished things between us that we need to talk about, I really need to see you so I can explain, I'm sorry, please forgive me and give me another chance"* *"Why won't you just give me chance to apologize, or"* *"I love you with all my heart. You are everything to me. Have you forgotten the time you told me that you'd always love me?"* etc.

That doesn't make her feel attracted.

If your ex currently hates you, getting endless messages and calls from you will only make her feelings of dislike for you more intense. She will perceive you as being needy, desperate and smothering and she will feel repelled by what she perceives to be your weak state of mind.

The only way she is going to feel open to talking to you and seeing you again is if you make her feel attracted and drawn to you. One of the ways you can do that is by the way you talk to her on the phone.

I know, she is refusing to talk to you on the phone.

That can be fixed though.

In my program, Get Your Ex Back: Super System, I provide tested examples of what to text her so she does get on a phone call with you. If your texts aren't working, then try mine. Mine have been tested and proven to work.

On a phone call, your ex will be able to hear the tone of your voice and hear your confidence and emotional strength (which will attract her to you) and if you suggest it correctly (what to say is provided in my program), she will be curious enough to want to see you in person.

Then, when she sees you in person and suddenly begins to notice qualities and features about yourself that are now way more attractive to her, she will naturally begin to feel more respect for you as a man and she will feel drawn to you.

Yet, that isn't the only weapon you have.

At the meet up, I explain how to use reverse psychology on her to the point where she feels like it would be stupid to fully break up with you and not give the relationship another chance.

Again, I've tested these techniques, so if you want something that is going to work for you when you meet up with her, make sure that you use my approach. If you've made a lot of mistakes with her so far to the point where she refuses to answer your calls or see you, then it's pretty clear that you'll mess up the meet up conversations as well.

I'm here to help you, so get started with my program now if you are ready to take immediate action to get her back.

2. Never truly knowing what really caused her to break up with you.

You have to know the real, true reasons why she has broken up with you. If you don't, you will be promising to change things that she secretly doesn't even care about.

A woman will rarely tell a guy the real reason why she's breaking up with him, because:

1. She doesn't want to hurt his feelings because she knows that a guy may become aggressive or violent.
2. She doesn't want to give a guy too much information to the point where he can talk her out of her decision by promising to change those things or by pretending to have already changed those things.
3. She doesn't want to be his teacher about how to be a man. She wants him to know how to be a man without her guidance or teaching. She doesn't want to take on the role of mother or big sister and give him the education about being a man that he seems to be missing.

For this reason, a woman will usually let a guy down gently by saying things like, *"It's not you, it's me," "I just need some space to figure things out by myself," "I think we need time apart, but we may get back together in future" or "I don't feel like I want to be in a relationship right now."*

In my program, Get Your Ex Back: Super System, I explain 70+ reasons why a woman will break up with a man. When you watch that section of the program, you will be shocked when you realize some of the hidden reasons why she may have broken up with you.

Luckily though, most things you can fix pretty quickly or even immediately, BUT you have to be willing to put in a bit of work to make some of them happen. If you aren't willing to do anything or change anything about the way you interact with her, don't bother getting my program.

Get Your Ex Back: Super System is an opportunity for you to rapidly transform and improve yourself as a man. If you aren't willing to do anything to improve yourself and fix any emotional issues you have, then my program isn't for you.

Additionally, if you aren't willing to find out what she really needs you to change (she most-likely hasn't told you the deeper, more fundamental reasons), then she probably won't be willing to give you a chance.

To become back open to talking to you and even seeing you in person, your ex may want you to change certain things about how you communicate with her, interact with her and even how you live your life.

In almost every case that I've dealt with over the years, the woman will never tell her man everything that she wants him to change. She will tell him some things like, *"You don't treat me the way I want you to" or "I don't love you the same way anymore,"* but that doesn't actually tell you what you need

to change.

When a guy doesn't know what to really change, he will most-likely annoy her further by promising to change things about himself that she doesn't even care about. When that happens, the woman realizes that he doesn't understand her and probably won't unless she teaches him.

Yet, as mentioned already, a woman doesn't want to do that for her man. She doesn't want to be your teacher in life. She wants you to know how to be a man without her guidance.

She also wants to feel understood by you. She wants you to understand how to be the man she really needs you to be.

To get your ex's love, attraction and respect back, you need to learn the REAL reasons why she broke up with you so that when you next speak to her, you can let her know that you truly understand where you went wrong.

When she hears you talk about those things, it makes her drop her guard and feel more open and even happy to be interacting with you again because you've actually made the effort to see things from her point of view.

3. Promising her that you will change.

When a woman doesn't have much experience with relationships or will find it difficult to find a replacement guy, she will usually accept a guy's promises to change and give him another chance.

However, if your ex won't have much difficulty attracting a new guy or if she's had a bit of experience with relationships, she will know that when a guy promises to change, he rarely even knows how to do so.

If your ex is refusing to see you or answer your calls, this is not the time to be making promises to her. For most women, promises aren't what she needs to hear from you.

What she needs is for you to make her feel differently about you by actually changing the way you interact with her. You've got to be able to make her feel respect and attraction for you on the phone, not pity.

When you contact your ex, you have to be ready to show her that you've fixed your emotional issues (e.g. being clingy, needy, jealous, taking her for granted or neglecting her, etc.) and that you've transformed into the type of man she wished you were all along.

You don't have to fully fix everything and become perfect to get her back. As long as she can see that you've already improved yourself and fixed at least some of the issues that were causing her to feel turned off by you, it will make her drop her guard and become more open to talking to you.

Once you've made the changes, you will be ready to contact her and arrange a meet up. It doesn't matter if she's not taking your calls right now; you can still contact her via a text message or via e-mail to get her to agree to a phone call.

I provide tested examples of how to do that in my program, [Get Your Ex Back: Super System](#). So, if you're saying, *"My ex refuses to see me or answer my calls"* it's because you're sending her the wrong type of message.

Your messages aren't making her think, *"Hmmm...I should talk to him"* or *"Hmmm...I wonder why he said that? I will answer his next phone call."* Instead, your messages are mostly likely making her roll her eyes and wish you'd get out of her life once and for all.

People Can Change How They Feel

Emotions are not set in stone.

Think about it!

Have you ever had a person in your life (e.g. a friend, family member, coworker, friend at university, etc.) that you once didn't like, but then they changed their behavior, communication style and attitude towards you and then you really liked them?

Getting an ex back works in a similar way.

You've got to make your ex feel differently about you by communicating with her in a new way. When you get her to feel differently, she will automatically change how she speaks to you, treats you and behaves around you.

Think about how you made her feel when you first got into a relationship!

In the beginning of your relationship, she may have fallen in love with you, but over time, you might have said or done things that gradually made her lose touch with her feelings of respect, love and attraction for you.

The spark died, your relationship began to fall apart and she might have even said, *"I don't love you anymore."*

Yet, love doesn't die.

Just because she can't connect with her feelings of love right now, it doesn't mean she can't reconnect with those feelings for you when you change the way she feels.

When she is presented with an improved version of you, she will naturally begin to think and feel differently about you.

If you are serious about getting her back, you have to understand that you can make her feel differently about you. You don't have to waste time sitting around and thinking, *"What am I going to do? My ex refuses to see me or answer my calls"* and hoping she magically changes her mind about you.

If you want to change how she feels about you right now, you have to be the one who actively makes her go through that transformation. You have to be the one who makes her feel a renewed sense of love, respect and attraction for you.

If you're interested in learning how to do that and how to get her back before it's too late, I recommend that you watch my proven-to-work program called, [Get Your Ex Back: Super System](#)

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Ignoring an Ex Girlfriend to Get Her Back: Does it Work?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

It's pretty obvious what ignoring an ex girlfriend **might** to do...

She *might* miss you and call you, or she might be curious about why you're not contacting her and call or text you to check that you're still missing her.

On the other hand, she *might* be glad that you're not contacting her and will simply get on with her life!

Ignoring your ex girlfriend is not a solution to get her back. It might get her to contact you, but it doesn't actually get her back.

To get her back, you've got to be able to make her feel a renewed sense of respect and attraction for you when you next interact with her on a phone call or in person.

[image: Get her on a phone call]

If she contacts you after you've been using the No Contact Rule (ignore your ex for 30-60 days) and you turn her off in the same old ways as you used to, or if she realizes that you've been ignoring her as a trick to get her to contact you, it will actually help her feel better about herself and move on easier.

She will realize that you are trying to use tricks to hopefully get her to change her mind, because you still have no idea how to make her feel a renewed sense of respect and attraction for you as a man.

The way to get a woman back is to actively make her feel respect and attraction for you the next time you interact with her. How?

Watch this video for some examples...

If you talk to your ex on the phone or interact with her in person, you just need to make sure that you are displaying the type of personality traits, behaviors and inner qualities that are naturally attractive to women.

For example: Confidence, high self-esteem, the ability to make her laugh and smile (especially if she is being cold with you), emotional maturity, masculine vibe, charisma, etc.

If you can do that, she will naturally begin to feel a renewed sense of respect and attraction for you because you clearly have changed and improved.

Yet, don't expect her to make her interest in you very obvious right away. She will almost certainly test your confidence by playing a little hard to get, giving you mixed messages and being indecisive to see how you handle yourself.

As long as you remain confident, relaxed and continue to believe that you are making her feel a renewed sense of respect and attraction for you, she will be impressed and won't be able to stop herself from feeling attracted to your emotional strength and maturity.

She will feel as though you deserve to be respected again because you're not the guy that she broke up with. You really have changed and improved a lot since she broke up with you days or weeks ago.

[image: Let her see the changes for herself]

As long as you remain confident in your ability to attract her during interactions, she will relax and

allow herself to have feelings for you again.

However, if you attempt to get your ex back without changing or improving anything, then you're most likely going to turn her off in the same old ways and she's just going to keep rejecting you and moving on.

Using the No Contact Rule

[image: Using no contact to hopefully make her jealous]

Sometimes, ignoring an ex girlfriend to get her back is referred to as the No Contact Rule, where you ignore her for 30-60 days and hope that she comes back.

Sometimes, it is a good idea not to contact your ex and wait for her to contact you, but in almost every case that I've dealt with to help a guy get his ex back, he actually needed to contact her right away because she didn't have enough feelings for him to care that he was ignoring her.

My approach to getting an ex back is about rapidly fixing your issues (e.g. insecurity) and improving yourself (e.g. becoming more confident and emotionally attractive to her) and then getting her to meet up with you.

It is at the meet up that the most important part of getting her back happens. You have to know what to say and do at the meet up to get her to feel a renewed sense of respect and attraction for you.

You also need to ensure that you can build on those feelings of respect and attraction, to the point where her desire for you becomes sudden and intense. She feels like she needs to be with you.

That is what needs to happen.

Yes, sometimes a guy can ignore a girl and it will make her feel that way, but in almost all ex back cases, the woman is happy to be given the space and she then uses that time to move on with the guy.

She Didn't Decide to Break Up With You Overnight

For a woman to reach the point where she says *"Iâ€ve had enough and I want out of this relationship,"* she usually goes through a series of stages.

1. She mentally prepares herself for the break up.

When a woman realizes that sheâ€™s no longer feeling the way she wants to feel in her relationship, she begins to show her man that she's unhappy.

If she sends out signals to her guy and he fails to notice and make changes to re-spark the attraction between himself and her, she will begin to prepare herself mentally for a break up by imagining her life without him in it.

She will begin to imagine all of the fun things that she could do without him in her life.

She thinks what it will be like getting back out into the dating game and meeting new men who make her feel more respect and attraction than her current man does.

This allows her to convince herself that a break up is not going to be all bad and may even be fun.

2. She emotionally prepares herself for the break up.

Once she can picture herself dating other guys, she prepares herself emotionally by switching off any residual feelings of love, respect and attraction she still has for her current man.

This allows her to opening herself up to meeting and feeling attraction for other men.

3. She physically prepares herself for the break up

For a woman, her ability to attract a man depends a lot on her appearance, so prior to a break up (if she doesn't already have a replacement guy ready), a woman will work hard to improve her physical appearance.

For example: If she is usually the casual type and who likes to wear jeans and T-shirts with little makeup and then suddenly starts dieting, going to the gym more often and wearing little sexy dresses with high heels and lots of makeup, then she's getting herself ready to look attractive for other men.

She might also become more open in her body language (e.g. smiling at random men, holding eye contact with a smile when talking to a man, flirting, etc) to send out a message to other guys that says, that says, *"Hey, I'm open to flirting with you and seeing where it goes."*

So, if your ex has already gone through those 3 steps before breaking up with you, do you really think ignoring her will fix the problems in your relationship and get her back?

Probably not, right?

Sure, sometimes making a woman feel the pain of losing you by ignoring her will get her back temporarily, but if she does come back to you, she will just as quickly break up with you again when she feels emotionally ready to do so (e.g. she finds a replacement man).

If she notices that you still haven't fixed your issues and improved yourself, it will remind her of the real reasons why she broke up with you.

She will know that she has no intention of staying with you unless you can quickly change and start giving her the attraction experience she wants in a relationship.

She will then begin to say things like, *"I need more time"* or *"Let's take a break"* or *"Maybe we could get back together in future, but for now, I need time to find myself."*

In other words, she is saying, *"Wait around on your own so I can find another guy and then break up with you for real, rather than having to worry about you finding a new woman before I find a new guy."*

[image: Ignoring ex girlfriend to get her back]

In most cases, by ignoring your ex girlfriend for a long period of time, you are simply giving her more time to move on with her life and have sexual and romantic experiences with new men.

By the time you decide to contact her, she may have had enough time to meet a new guy, have sex and even fall in love with him.

This only makes YOUR task to get her back more difficult because you now must ensure that you don't talk, behave or act in an insecure way about the new guy.

Why? Being insecure about him will actually make him appear more confident and appealing than you. She will see that you feel threatened by him and will look at him as being more of an alpha male than you, which will naturally and automatically make her feel more attracted to him.

What I recommend is that you contact her immediately and arrange a meet up, or if you think that she

needs a little bit of space, the maximum amount of time you should give her is 3 to 7 days.

After giving her some space, you need to meet up with her in person so she can experience the new and improved you and feel a renewed sense of respect and attraction for you.

When that happens, her guard will naturally come down and she will either get back with you right away or will become open to seeing you again and making a decision then.

Are You Ready to Re-Attract Her?

After helping 100s of guys to get an ex girlfriend, fiancé or wife back, I've found that there are common issues that guys need help with before they are ready to re-attract their ex.

For example:

- Do you make her feel like you need her more than she needs you?
- Have you based too much of your life on her, rather than having serious, important interests outside of the relationship?
- Have you not given her enough love and attention, or have you given her too much and ended up making her feel smothered?
- Were you able to make her feel like a real woman in your presence (i.e. feminine, girly and emotional), or did you make her feel like more of a friend?
- Who wore the pants in the relationship? Was she the boss or did you lead the way?
- Did you become too controlling, or did you not even care enough about her to worry about what she did?
- Were you insecure about your attractiveness to her?
- Were you able to deepen the love, respect and attraction during the relationship, or did you make the mistake of taking her for granted and assuming that she would just stay with you because she loved you?
- Did she start to lose interest after the initial spark died out, but you didn't know how to get it back, so you then became insecure about the relationship and possessive of her?

There are so many different reasons why a relationship will break up.

To get an ex back, you must be able to begin fixing the problems between you and her, rather than expecting her to give you another chance because things used to be good between you and her.

You have to let her feel like there is hope because you really have changed and some of the old problems that you and her had just don't happen anymore. For example: You don't get insecure anymore, you now make her feel like more of a real woman around you.

Here's what you need to remember when getting your ex back...

Ignoring her does not fix your personal issues or insecurities and it doesn't fix the problems between you. If you want to get your ex girlfriend back for real, you have to be prepared to do what it takes to improve so you can properly re-attract her.

Watch this video to understand how you can impress her when you talk to her on the phone and in person...

All it usually takes is a spark of respect and attraction and your ex will begin to think, feel, talk and behave differently when she interacts with you.

From there, you just need to build on her attraction and guide her back into a relationship.

Getting Ready to Contact Her

Before contacting your ex girlfriend, you have to make sure that you are prepared.

Here's what you need to do:

1. Find out exactly what caused her to break up with you and begin fixing those things.

You don't have to become perfect, but before you call her, make sure that you know what caused her to break up with you and have begun to fix those things about yourself.

For example:

- Did you become too insecure? If so, have you fixed that or are you just pretending to not be insecure now?
- Did you lack purpose in life and spend too much time with her? If so, have you begun to make progress towards your big goals and ambitions in life, or are you still hoping to just spend time with her and not worry about your purpose in life?
- Did you take her for granted in the relationship? If so, are you ready to treat her better without sucking up to her with extra nice behavior?

If you are saying to her, *"Just give me another chance and I promise that if you tell me what I did wrong, I'll change"* it will only make her lose even more love and respect for you.

She will feel like you don't understand her and don't even know what she needs you to do to make her happy.

A girlfriend doesn't want to be her boyfriend's teacher about life. She wants him to know how to be a man on his own, not with her guidance.

If a guy says to his girlfriend, *"Tell me what I did wrong and I promise I'll change. I'll do whatever you want me to do. Just tell me and I will do it,"* he's not only saying, *"I don't actually know what I've been doing wrong,"* what she hears is, *"I need you to teach me how to be a man."*

She then realizes that he isn't ready to be the man she needs, so she decides to leave him and hope to find a guy who is ready to be the man she needs.

2. Get professional help.

Most guys make all sorts of mistakes while trying to get their woman back, which turns her off even more and makes the process more difficult.

If you want to take the quick and easy road to get your ex back this week or next, I am ready to help you right now.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

I Love My Ex Girlfriend, But She Has a Boyfriend

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your ex girlfriend is in a relationship with the first guy she hooked up with after breaking up with you, it means that she is probably in what is commonly referred to as a “rebound relationship.”

According to most studies, anywhere from 60-90% of rebound relationships will fail within the first year, so if you love your ex girlfriend, but she has a boyfriend, it doesn't mean that it's the end of the road for you and her.

The question that you need to ask yourself is: What do you want to do about it? Do you want to get her back or are you going to focus on getting yourself a new girlfriend, or at least sleeping with some new women to help yourself get over your ex girlfriend.

The choice is yours and luckily, you are living in the age of the Internet where experts like me are ready to help you get your ex back or show you how attract and have sex or a relationship with new women.

Decide What You Really Want

[image: What are you going to do about it? Get her back or get a new girl?]

Before you can do anything, you have to know what it is that you really want and then do what is required to make that happen. If you want your ex girlfriend to dump her new boyfriend and come back to you, then you will need to:

- Change the things that caused her to break up with you in the first place (e.g. neediness, insecurity, lack of commitment, being unable to make her feel like a real woman, etc).
- Become the kind of man that she really wishes you could have been all along.
- Show her that you're a better man and that no other guy (not even her new boyfriend) can make her feel the way that you can.

Are you willing to do that? If yes, then you are ready to begin the exciting, life-changing process of getting an ex girlfriend. It really is possible to get an ex girlfriend back, even if she has moved on. Going through the process of getting her back turns you into an even greater guy than you already are right now.

There are many things that you can do immediately to get her to feel differently and there are also many things that you can do, which take a bit more effort. However, one thing is clear: You CAN make your ex feel differently about you. When you make her feel differently about you and get her to see you in a new light, she automatically begins to reconsider being with you.

Some of things that you need to do to get your ex back are easy some require a bit of effort, but the reward of getting her back is more than worth it. It really is possible to get another chance with your ex girlfriend. Watch the video below to understand how and why you can get another chance with her...

Common Mistakes to Avoid When Trying to Get Her to Leave Her Boyfriend For You

It sucks to be in the position you are in. You love your ex girlfriend, but she has a boyfriend and you may feel like you have to sit around on the sidelines waiting and hoping for another chance with her. The good news is that getting her to leave him and come back to you is not as impossible as it may seem to you right now. IF you do the right things. So, if you want to successfully get your ex back, the first step is to avoid making any of these mistakes:

1. Don't compete with her new boyfriend.

He's in; you're out (for the time being). Don't badmouth him. Don't try to beat him on the football field. Don't hang out where he does if it's not your scene. Trying to convince your ex girlfriend that he's not as good looking/rich/smart/nice/athletic or popular as you is only going to make you look desperate, childish and immature; qualities that women find UN-attractive in a man and you'll only convince her that she made the right decision by breaking up with you.

You must develop the mindset and belief that you ARE better than him. See him as NOTHING compared to you, but don't try to convince her of it. Just let her sense it in the way that you talk, behave, use your body language, etc. Let her see that you are NOT threatened by him, but don't say it to her. Let her sense it.

Women are very good at reading a guy's body language to determine whether or not he feels insecure. Your ex probably knows you better than any other woman in your life, so she will be especially good at reading your body language, listening to how you use your tonality when you speak and assessing your vibe and behavior.

If you have the belief that you really are better than him, then you will have NOTHING to worry about because he is nothing compared to you. He doesn't even come close to how great of a guy you are. Believe it.

If you think that he is better than you, it will come across in your body language, conversation, vibe, etc and your ex girlfriend will pick up on it. She will then feel more attracted to him. Why? Women are attracted to guys who believe in themselves and don't see other guys as being more attractive than them.

2. Don't lie about being with other women if you haven't been.

What guys often do is try to make their ex jealous by pretending to be dating or having sex with other women. In reality, if you're not really dating or having sex with other women, don't lie about it to your ex girlfriend. If she finds out that it's all a lie, she will be convinced that she made the right decision by breaking up with you.

If you are actually dating and having sex with other women, then tell her that if she asks you, but don't proactively say it. Only tell her if she asks. You don't need to brag or try to make her jealous because you know that you are ALREADY good enough and you are a much better guy than her current boyfriend.

3. Don't try to get her back without changing anything about yourself.

Probably the worst mistake guys make who want to get their ex back when she has a boyfriend, is to assume that if they say, *"I'm so sorry baby. Please give me another chance and I promise that I'll change"* then she will dump her new guy and come running back. Fact: If you want

your ex girlfriend to take you seriously and come back to you, then you are going to have to take the things that caused her to break up with you seriously and show her that she matters enough for you to change.

If you aren't willing to fix any emotional issues that you have and improve the things that caused her to break up with you in the first place, then she will feel as though you are disrespecting her and the relationship. Show her that you not only respect yourself, but you respect her and the relationship.

How to Make Your Ex Girlfriend Dump Her New Boyfriend and Come Back to You

When in a relationship with a guy, a woman wants to feel:

- Loved.
- Valued.
- Appreciated.
- Attractive to you.
- Taken care of.
- Like she's with a man who knows what he wants in life and goes after it.
- Proud of you because you are such a great guy.

If a woman doesn't feel much or any of that in a relationship, she will become unhappy and will start looking for another guy who can give her that kind of emotional experience.

To get your ex girlfriend to dump her new boyfriend and come back to you, it's very important that you make her feel the emotions that she wanted to feel with you when you were in a relationship.

Everything that you and your ex ever fought about is a direct clue about what you need to change and improve to make her feel what she really wanted to feel with you all along.

For example:

If she ever said to you, *"You never notice anything that I do for you,"* she was telling you that she was feeling unloved and unappreciated. If she said, *"You spend more time with your friends than with me,"* she was telling you that she was feeling under-valued.

If she ever said, *"You're so lazy; you'll never get anywhere in life,"* she was telling you she didn't feel taken care of or like you had a plan for your future together. She wanted you to become a bigger and better man, instead of hiding from your true potential as a man behind her and the relationship.

What you need to do is begin making serious changes and then let her see that. If she has currently blocked you out of her life, I provide tested examples of what to say via text, phone or Facebook to get her on a phone call with you and then get her to agree to meet up with you in person, in my program [Get Your Ex Back: Super System](#).

How can you show her that you've changed? If she believed that you had no plans for your life, then make plans. Big plans. Find something you feel passionate about and begin to pursue it. You don't have to achieve anything big or do something amazing right now, but you need to get started on the path.

Instead of hanging around your house moping and saying *“I love my ex girlfriend, but she has a boyfriend, my life is ruined...”* start setting serious goals for yourself and then go out and BEGIN to make them real. Nothing is more attractive to a woman than a man who knows what he wants from life and actually goes out and gets it.

If she sees you in person or speaks to you on the telephone, instead of looking or sounding sad and telling her how terrible your life has been without her, tell her how her dumping you helped you to see your life in a better light and how you’re now pursuing your goals. Thank her for breaking up with you and say it was one of the best wake up calls you’ve ever had in life.

This will get her attention and may cause her want to see if you’ve really changed or if you’re just putting on a act to impress her. If you can show her that the changes are real she will become more interested in finding out what else you’ve changed.

Getting What You Really Want

Even though your ex girlfriend has a boyfriend, a new boyfriend still needs to *“prove”* himself to her. On the other hand she already knows what she likes about you. She knows all of your good points. Yes, she also knows the bad points, but she can and will begin to feel differently about you when show her that the things that caused her to break up with you have now dramatically changed.

You can do this.

Stop saying, *“I love my ex girlfriend but she has a boyfriend”* and start sating, *“I love my ex girlfriend and I am going to get her back this month.”* You can get her back into your life if you really want to and I know this because I’ve heard back from so many guys who have used my system to get an ex girlfriend, fianc  or wife back.

Don’t spend another minute blaming yourself for what happened in the past, or comparing yourself to another guy. If you want to get your ex girlfriend back, I welcome you to watch my video program called, Get Your Ex Back: Super System and put it into action today.

You can make her see you in a new light. You can make her begin to see her current boyfriend as less attractive and appealing compared to you. Are you willing to give it a shot? If so, try my system today.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

7 Reasons Why You Can Get Your Ex Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

When a guy is trying to get his ex girlfriend, fianc  or wife back, it can seem like an impossible thing to do.

She's saying things like, *"Get away from me"* or *"Give me space"* or *"I don't want to be with you anymore."* Anything along those sorts of lines means that he is experiencing direct emotional rejection from her. She is saying *"No!"* to the idea of being with him and isn't open to giving it another shot.

If you're reading this post now and are trying to get your ex back, then you've most-likely already tried to reason with her and explain to her that you will change and that she should give the relationship another chance. You may have also made the mistake of begging or pleading with her for another chance. From here on, don't worry about what mistakes you have made and instead just focus on the correct things that you need to say and do to get her back.

If you are serious about getting her back and you want to learn what you need to do, make sure that you read this entire post. I'm going to explain 7 reasons why you CAN get her back and I'm going to explain these reasons from my all of my vast experience with helping guys to get their ex back.

I've seen all sorts of cases where it initially seems like a hopeless case, but the guy then gets her back into a relationship by using my tested, proven to work approach. I've seen cases where a man has been married to his wife for 20 years and she says, *"Leave me alone. I never want to be with you again. There are too many painful memories"* and then he gets her back.

I've dealt with cases where, for example, a 20 year old guy has had his first girlfriend at university and then stuffed it up by being clingy and needy. Yet, when he went through the process that I'm going to provide for you if you get my program, he gets her back.

It really is an awesome job to have and I am really keen to help you out if you are serious about getting your ex back. In this post, I'm going to explain why you CAN get her back and why it's possible for YOU to do it. As you will discover, when getting an ex back, you actually NEED to have the belief that you CAN get her back. Without it, you end up communicating and behaving in ways that actually turn your ex off.

The first reason why you can get your ex back is that...

1. People can change the way that they feel about someone

[image: People can change the way that they feel about someone]

As you may have noticed throughout your life, a person can literally go from hating someone to then forgiving them, liking them and even loving them. You may have seen that with other people or you may have experienced it yourself where, for example, someone at work annoyed you and you hated them for it. They then changed their behavior, communication style and attitude towards you and then you liked them.

You literally went from hating them to liking them, which shows you that it is possible to change how you feel about someone. Use the experience that you've had in life to see that people can change

the way that they feel about someone. A person can literally go from not liking someone to really liking someone, or from hating someone, to forgiving them and then liking them and even loving them.

In the case of getting an ex back; an ex girlfriend can literally go from not wanting to be with a guy, to really wanting to be with him and it all depends on the approach that the guy uses when trying to get her back.

Your ex can change the way she feels about you. At the moment, she may not feel like she wants to be with you, but her emotions definitely can change. How quickly your ex is going to go from not wanting to be with you to being open to being with you, depends on the approach that you use.

If you look online, most people will tell you, “*Get out of her life*” and use the No Contact Rule where you don’t contact her for a long period of time and then hopefully she misses you and everything magically fixes itself. Yet, that isn’t a good solution because it usually just allows the woman to move on.

[image: Waiting around using the no contact rule]

Of course, sometimes the No Contact Rule does work and makes the woman to contact her ex, but if she contacts him and discovers that he still has the same issues that lead to the break up in the first place, then she isn’t going to want to get back with him for real. She’s just calling up to see if he is still missing her and what is happening in his love life, so she can feel good about continuing to move on and leave him behind.

So, what you need to know is that you can actually make her feel differently right away. You don’t have to sit around wasting time and hoping that things change themselves because you can actively make the changes to her emotions happen very quickly.

2. When you make her feel differently, her thinking and behavior changes

[image: When you change the way she feels, she begins to think and behave differently]

If the current way that you’ve been communicating with your ex has been turning her off, then she’s not going to be thinking that she wants to get back with you. She’s going to be behaving coldly towards you and she’s going to be saying that she doesn’t want to be with you. She will be trying to push you away, get away from you and make it clear that she just doesn’t feel the same way about you anymore.

However, when you change your communication style with her in a way that makes her feel attracted to you, she will naturally begin to think and behave differently. She will become more open to being with you or at least meeting up with you to have a chat.

Right now, you might be able to make your ex feel attraction and respect for you in many different ways or, maybe you are the sort of guy who doesn’t know how to make his ex feel attracted and respectful towards him anymore. Maybe you feel like you seem to have lost your way with her.

Whatever the case is for you, what you need to understand is that you can do better. You might be a great guy already, but you can do better. You can communicate with her in a different way on the phone, in person and via text or social media. You can use different body language when you’re

around her, you can have a different attitude towards her, you can have a different vibe and you can display a different level of confidence.

Those are qualities that will allow you to attract her and make her feel differently about you. If you understand what attraction is, you will know what I am talking about here. The dictionary definition of attraction is:

Attraction (*noun*): A quality or feature of someone that evokes feelings of interest, liking or desire.

A bit part of making your ex feel differently so she wants to get back with you is being able to make her feel attracted to you and respectful towards you. If the majority of your behavior, communication and attitude or vibe is turning her off, then she's not going to feel drawn to you.

There may be some things that that your ex finds attractive about you at the moment, but if she feels like she doesn't want to be with you right now, it means that the things that are turning her off are outweighing the things that are drawing her to you.

You've got to be able to present qualities and features about yourself that are attractive to her, that are going to draw her to you. It's actually very easy to make your ex feel differently once you know what you're doing. There are things that you can say to her via text, on the phone and in person that will make her feel differently right away.

You don't have to sit around wasting time and hoping that if you just stay out of her life, something will magically happen. What you need to do is make her feel differently and a big part of that is being able to make her feel attracted to you when you interact with her, whether that is on the phone, via text, on social media or in person.

3. Forgiveness makes her drop her guard and open back up to you

[image: Forgiveness makes your ex drop her guard and open back up to you]

If your ex doesn't forgive for making mistakes in the relationship and is going forward without you, with her guard up saying, *"No! You stuffed up. It's over...I cannot forgive you"* it will make the process of getting her back a lot more difficult.

So, you do actually need to get her forgiveness. How do you do that? Getting her to forgive you is something that I explain in detail in my program, [Get Your Ex Back: Super System](#). There are specific conversations that you need to have with your ex to get her to forgive you and understand that you did make mistakes in the past, but that isn't going to happen anymore.

Once you do get her forgiveness, she drops her guard and becomes more open to you and when she becomes more open to you, she doesn't stop herself from feeling attracted to you or feeling respectful towards you. When she allows herself to feel attracted to you and respectful towards you, that's when she starts to feel drawn to you.

Forgiveness allows her to open herself back up to you and when she does open herself up to you, you need to make sure that you're able to make her feel enough respect and attraction for her to actually want to be with you in a relationship again.

If you need help with making her feel enough respect and attraction for you, that is one of the many things that you will learn in my program. You will learn exactly what to say when talking to her, you will learn the the process to go through to get her back and also how to make her feel respect and attraction for you once again. There is a lot to it and if you are serious about getting her back, then I welcome you to try my program.

4. You can fix any of your emotional issues and show her that you've improved and changed

[image: You can fix any emotional issues that you have and show her that you've changed]

When getting an ex back, she needs to be able to see that you have fixed any emotional issues you have that were turning her off and that you've improved and changed. Emotional issues such as: Being clingy, taking her for granted, being needy or insecure. Those are emotional issues that turn women off and they don't want to be in a relationship with a guy who can't be stronger and get over those sorts of things.

You don't have to fully fix everything and become perfect to get her back, but what you need to do is start working on those emotional issues properly. You need to get expert advice on how to fix the emotional issues that you have, which I can provide you with in my program.

If you have begun to fix your issues and improve yourself emotionally as a man, she will be able to pick up that when you interact with her. She will sense it by looking at your body language, she will hear it in your tonality and in what you say to her and she also will notice it by looking at the changes in your behavior. She will be able to see that you really have improved and changed.

If you try to get an ex back and you haven't really fixed or improved anything and are just saying that you "will" change, it's not enough for most women. Some women (e.g. women who are inexperienced with relationships or women who haven't been able to find a replacement guy), will give their ex another chance if he says that he will change. However, the relationship will break up again if he continues to turn her off by having the same old issues.

5. You can make her see you as a better option than other guys

[image: You can make your ex see you as a better option than other guys]

Your ex may have already moved on with another guy or she may be at a point now where she feels like she wants to get out there and "find herself" and have a good time. Whatever the case is for you, what you need to understand is that you can make her see you as a better option than other guys.

Unfortunately, when a lot of guys get broken up with by their woman, they start to behave in ways that are unattractive to the woman; they become insecure, they feel like they're not good enough and they essentially make the woman feel like she would be doing them a favor by giving the relationship another chance.

Your ex doesn't want to feel like she is doing you a favor by getting back with you. She wants to feel like you ARE a better option than other guys and you CAN make her feel that way. To get her to feel

that way is a lot easier than most guys think. There are things that you can say to her right now and there things that you can say and do when you meet up with her that will make her feel differently about you.

When you use the techniques that I provide in my program, your ex sees you in a new light. She feels differently about you, she has a new perspective of you and it draws her to you.

6. Love doesn't die

[image: Love doesn't die]

If your ex doesn't want to get back with you, it doesn't mean that the love is dead.

It may feel like it is dead and she may have even said, *"I don't love you anymore,"* but, what that really means is that she doesn't feel like she can be in love with you right now. It doesn't mean that you can't reconnect with the love and make her want to be in love with you once again. It also doesn't mean that you can't make the love stronger than it ever was before. You can and I know that from helping so many guys to get their ex girlfriend, ex fiancée or ex wife back.

The love is there in the background; it's just that she is not willing to connect with it right now. She doesn't feel like she wants to be in love with you right now, but you can change the way that she feels about you.

When a woman feels differently about a guy, when she feels enough respect and attraction for him and she also forgives him for his past mistakes, then she becomes more open to reconnecting with the love.

Before I devoted my life to helping guys get their ex back, I didn't know that about love. I thought that if a man and a woman broke up and the woman said, *"I don't love you anymore,"* it meant that the love was completely dead and it was unrecoverable. However, that isn't the case at all; love doesn't die.

If you and your ex did experience love together, it is still there in the background and she will become open to reconnecting with that love when you change the way that she feels about you. Additionally, if you and your ex never experienced true love, it doesn't mean that you can't create that connection between you and her now.

To get her to feel differently about you, you've got to be able to get in contact with her and in my program, Get Your Ex Back: Super System I provide you with tested examples of text messages, phone calls, what to say at the meet up, what to do at the meet up, etc. When you text her, when you call her up and when you meet her in person, you're going to know exactly what to say and do to get her to want to give the relationship another chance.

When getting an ex back, you need to be confident in the process that you're going through. You need to believe in yourself that you can actually get another chance with her and that you can make her feel differently about you. Some guys get their ex back immediately and for other guys it takes a couple of days, weeks or a couple of months. It really depends on how bad the relationship became and how you treated her during the break up process.

I've seen so many examples of relationships getting back together within hours, within days, within weeks and there are also examples where it takes a little longer than that. However, what you need to

do is believe in yourself and keep pushing forward, knowing that you can change the way that she feels about you.

Ironically, just having that belief in yourself makes you more attractive to your ex. Women are attracted to guys who are emotionally strong, so if you are insecure and don't think that you're good enough for her, it's actually unattractive to her and it will turn her off.

One of the things that you need to do when getting an ex back is believe in yourself and belief in yourself is one of things that you're going to get from my program, Get Your Ex Back: Super System

7. There is a proven, step-by-step system for you to follow

[image: Get Your Ex Back: Super System]

When getting an ex back, it's so easy to make mistakes.

There are many mistakes that guys make along the way that turn their ex girlfriend, fiancée wife off and make the process of getting her back much more difficult. It isn't just 5 or 10 mistakes that a guy needs to avoid. There are a lot of mistakes that you need to avoid making and if you don't know what they are, you will most-likely make the mistake, turn your ex off and make the process of getting her back more difficult than it needs to be.

So, if you want a plan to follow, then I welcome you to try my program. It comes with a 30 day money back guarantee and if you're going to get my program, promise me one thing: You will go through the entire program and you then put the advice into action. If you do that, you will be amazed at how your ex responds to you.

"Hi dan 5 months after me and my wife broke up we are now back together and so happy , I'll be honest with you I thought after I went through your programmes that they would be of no use to me I couldn't have been more wrong , certain parts of the programme i couldn't really use but the majority was so helpful , it got me in the right mindset and helped me through the toughest part of the break up and showed me how to be a man that my wife would want and in all fairness it just felt natural to be this way so many many thanks to you and the team at modern man because without you it would have been impossible for me to get my wife back in my arms so if any of you guys are in liverpool England any time don't hesitate to contact me because I would like to take you guys out for a drink again thank you thank you thank you you don't realise how much you have helped me I am eternally grateful thanks again from the happiest man in Liverpool Matty PS thank you again"

"Dan, my girlfriend and I are now back together. Thank you!! Pete"

"Hi Dan

I got my girlfriend back!! She had become jealous due to [Edited: Customer revealed important technique from Get Your Ex Back: Super System] so she messaged me on Fb and on my phone. We met at a coffee shop close by my home and kissed afterward. Following that she announced that she regretted breaking up and wanted to give it another chance.

Props to you bro!!

H”

“I want to take this opportunity to thank you for saving my marriage. It was dead in the water and my wife had already began going on dates with a new guy that she knows from work. But I put your advice into action from the Get Your Ex Back system and boy did it work.

My wife came crawling back to me, crying and apologising. I am now in the position of power in the relationship and we are more in love than ever before. Your tips on sex were a huge eye opener for me as well. I would rarely get her to orgasm before but now it is happening more often every time we have sex.

You are doing great things for the men of this world Dan and you deserve a lot of credit. Had I known what your program would do for me I would have happily paid double the price.

I’ll be a loyal fan of yours for life.

Best regards, Bryon”

Some guys even get their ex back AND get new women hitting on them now that they are more attractive to women:

“Hi Dan

I got your Ex Back program and have used it to get my ex back. All that is fine now (thank you!) but there is a new problem that I’m confused about.

There’s a girl at work who is asking me to break up with my girlfriend to be with her. She’s very beautiful so I don’t know what to do. I’m at a crossroads in my life and wondering whether I should keep my girlfriend or have this new girl. I will admit that I even kissed her after work at a function we had. I’m not sure what to do. My girlfriend and I are very happy now but I am feeling very confused about this. Any advice?”

I also provide two bonus programs, [Ultimate Make Up Sex](#) and [Facebook, Phone and Text Message Examples](#).

[image: Ultimate Make Up Sex bonus]

Ultimate Make Up Sex is about connecting with her sexually in a way that you probably haven’t done before. If you are already good at sex and have enjoyed a great sex life with her, this program will give you some additional insights that will make the sex even better than it has been already.

[image: Facebook, Phone and Text Message Examples bonus]

Facebook, Phone and Text Message Examples is a quick reference guide that includes all the Facebook, phone and text message examples from [Get Your Ex Back: Super System](#). You will always know what to say when communicating with your ex and will be able to quickly find the examples from the program to use when you are contacting her.

If you want a proven system to follow, I welcome you to try my program. One thing I really want to point out for you is that you actually can get another chance with your ex, even if you’ve already had six chances with her.

I’ve seen all sorts of cases and it’s always surprising to see that when you make a woman feel

differently, she begins to think and behave differently and open herself back up to the relationship. That is natural psychology at work.

When you can present yourself in a way that makes her feel differently, she will start thinking differently, talking differently, behaving differently and she will then naturally feel more open to meeting up with you. For the meet up, I provide all sorts of techniques that you need to use to get her to feel more attracted to you, more respectful towards you, to get her to forgive you, to get her to drop her guard and become more open to having feelings for you again.

It's all provided in the program and if you go through the process, you're going to be amazed at how it works for you.

In Closing

I hope you've enjoyed this post and gained some valuable knowledge about how to get your ex back. If you have a question, feel free to ask it below.

If you're interested in getting your ex back and you want a step-by-step system to follow that has been highly-tested and is proven to work, then I welcome you to try my program [Get Your Ex Back: Super System](#)

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

How to Make My Ex-Girlfriend Jealous: 7 Mistakes That Guys Make and What to Do Instead

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Making your ex girlfriend feel jealous is actually a fairly easy thing to do.

However, if you look around online at the available advice about making an ex girlfriend jealous, they will usually talk about things that are not easy to do. They will suggest things that are not only unnecessary, but also very time consuming and costly for you and don't guarantee that you're going to make her jealous or get her back.

Many people will tell you to go to the gym, get a makeover, buy lots of clothes or date other women to get her jealous and make her feel like she's losing a great guy.

[image: Buying clothes in the hope that it will make his ex girlfriend feel jealous]

Yet, you most likely don't want to have to date other women to get your ex girlfriend jealous, right? You may also not want to have to waste money on a bunch of new clothes and spend months working out at the gym to add another couple of centimetres to your biceps.

You want to make her jealous NOW, not next year.

So, how can you do that? How can you make her jealous without dating other women, working out in the gym or spending weeks or months improving your physical appearance?

It's actually quite simple.

What I'm going to talk about in this article are 7 common mistakes that guys make when trying to make their ex girlfriend jealous and what you should do instead. The first mistake is...

1. Pretending to be happy without her, when he is miserable

[image: Pretending to be happy when he is miserable without her]

If your ex girlfriend can see that you're happy without her, you're having a great time, your life is looking good and you are smiling and feeling great without her, then it will definitely make her feel jealous on some level.

Now, to be clear here, let's look at the dictionary definitions...

Happy (*adjective*): Delighted, pleased or glad.

Jealous (*adjective*): Suspicious fears or envious resentment. Anxious about maintaining or guarding something or someone.

It's very important that you don't pretend to be happy without her, if you are secretly miserable without her. Why? All it takes for an ex girlfriend to catch a guy out in a lie like that is to show some interest in him again and then quickly pull the interest back to see how happy he really is without her.

She may text him, call him or talk to him in person to say that she has been missing him and is been thinking about getting back together with him. She may ask if he misses her and if he wants to get back together to find out how he is really feeling.

Is he really happy without her, or is he just putting on an act to make her feel jealous?

If she catches you out in a lie where you are pretending to be happy when you're not, what an ex girlfriend will usually do is rush to find another guy to have sex with or least start dating a new guy, so she can then protect herself against being hurt by your mind games again.

So, what should you do instead of pretending to be happy without her?

Start using techniques that allow you to feel happy without her right now. Happiness is a choice and it is something that you can project based on how you choose to think at the time.

For example: If you meet your ex girlfriend in person and you want to project happiness, what you need to be thinking to yourself (if you're not happy prior to that moment) is, *"What am I happy about in this moment? What am I happy about with my life that doesn't include her?"*

Just focus on the answers that you come up with and let yourself feel the happiness that comes with along with it. Let the happiness resonate with your energy and come through in how you talk to her, look at her and behave around her.

If you're not able to show her that in person and all she can see about you is your online social profile, then projecting happiness has to come through in how you are captured in the photo.

If you are captured in your profile photo looking bored, lonely, nervous or in any other unattractive emotional state, it isn't going to make her feel jealous. You need to be projecting the glad, pleased and delighted type of happiness that is described in the dictionary definition.

To trigger a feeling of jealousy, she's got to see that you're very happy (not mildly happy or just feeling okay) without her. Appearing happy is not the only way to make your ex girlfriend feel jealous, but it's a way to trigger some sort of jealousy right now without having to buy new clothes, date other women or spend months working out in a gym.

2. Listening to people who tell him to get a style makeover

[image: Trying to make an ex girlfriend jealous by buying clothes]

Most of the advice that you'll find online about getting an ex back is about getting a guy or a girl back. It's all jumbled up together into a big confused mess of random ideas.

People will suggest that you should lose 10 pounds or 5 kilos, get a new outfit, buy a whole bunch of new outfits to completely redo your wardrobe, get a haircut and whiten your teeth. Yet, that is not required to get a woman back.

Why?

The attraction that a man feels for a woman is mostly based on her physical appearance, so he will often dump a woman simply based on her looks. However, the attraction that woman feels for a man is mostly based on who he is as a guy (e.g. his emotional strength, the way that his personality makes her feel, his confidence, his masculinity, etc).

So, the advice for a woman getting a man back is pretty easy. Lose some weight, make yourself look more physically appealing and then he might be interested in giving you another chance.

The advice for a guy is completely different.

A guy needs to focus on making his ex girlfriend feel respect and attraction for him...and that doesn't come from a hair cut, a shirt or adding a couple of extra centimetres to his biceps. Those things are

not what causes a woman to feel intense respect and attraction for guy.

If a guy is a total slob, has the worst hair cut in the world and wears the worst clothes in the world, then okay – fixing himself up a little bit may have a slight effect on her, but...

She most likely didn't break up with him because of his shirt.

She most likely broke up with him because he was clingy, insecure, jealous, over-protective, an asshole to her, didn't commit or wasn't able to deep the love that she felt for him.

Those are the things that are causing the break up and to get her respect and attraction back, it's not going to come from him wearing a new shirt or getting a stylish hair cut.

So, what should you do instead?

The next time you interact with her, you need to use attraction techniques that make her feel attracted to you in ways that she hasn't felt before. (If you don't know how to do that, all of the techniques are provided in [Get Your Ex Back: Super System](#)).

Making her feel that way instantly triggers the realization in her mind that you are going to be able to attract other women very easily. You are going to be able to attract hot women, sexy women and women that are maybe more attractive than her.

That is what will trigger a strong feeling of jealousy in her.

Jealous (*adjective*): Suspicious fears or envious resentment. Anxious about maintaining or guarding something or someone.

On the other hand, if you interact with your ex girlfriend and you're not able to make her feel attraction for you in new ways, it will simply remind her of why she broke up with you. If you all you have to offer is a new haircut, better clothes and slightly bigger muscles, then she will know that you still don't understand what women really want from men.

She will realize that you don't understand that women are attracted to different things about men, than men are attracted to about women. Men are mostly attracted to how a woman looks and women are mostly attracted to how a man's personality makes them feel.

3. Posing in photos alone

[image: Posing in photos thinking that if he looks good, it will make his ex jealous]

One of the biggest mistakes that I see guys make when they're trying to get their ex back is posing in photos alone. The guy assumes that if he looks good in the photo, it will make his ex feel jealous and she will begin to worry that other women are going to like him because he looks good.

Yet, his ex girlfriend is most-likely going to feel turned off by his lonely, poser photo. Why? She most-likely hasn't dumped him because of his looks; she has dumped him because of how his personality and behavior makes her feel.

The majority of guys in this world don't understand how to attract women with their personality, conversation style and body language. Most guys think that women select men based on how they look, not even knowing that women choose guys based on how they make them feel.

So, what should you do instead of posting up lonely selfies or photos of you trying to look your best?

Your ex girlfriend is going to feel some jealousy if she sees you in photos where you are around other

people and genuinely having fun. You don't need to date other women, you don't need post a photo up of you kissing a woman, on a date with a woman or anything else like that.

Just being around other people (rather than being alone) and being very happy is enough to trigger a feeling of jealousy in your ex girlfriend, especially if she sees the photo when she's not feeling very good about herself.

For some guys, their ex girlfriend has unfriended them from Facebook, unfollowed them from social media and is basically avoiding them. So, how can a guy like that show his ex girlfriend that is he not alone or feeling lonely without her?

He needs to make sure that the public version of his profile photo has a very happy photo of him with other people. If she stops by her ex boyfriend's profile on social media and sees him alone, looking sad, left out or not in a confident, happy state of mind, his photo is not going to make her feel jealous and it won't make her feel respect and attraction for him.

4. Jumping all over any signs of interest from her

[image: Jumping all over any signs of interest from her]

Some ex girlfriends will get to the point where they miss their ex boyfriend, even if the break up felt like it was a good idea at the time.

She may be having troubling finding a new guy, she may have already hooked up with another guy and isn't feeling very good about it, or is simply interested to see how her boyfriend will react if she reaches out to him.

[image: Ex girlfriend trying to mess with ex boyfriend's head]

Is he still sitting around missing her day and night? Is she happy and moving on without her?

The ex girlfriend will initiate some sort of contact with her ex boyfriend to test his reaction (e.g. click like on a Facebook photo or status update, comment on something that he's posted to social media, text him, walk over and say hello to him if they work together or attend the same university, etc).

To the guy, it may seem like she is showing interest and is hinting that she wants to get back together. So, what a lot of guys make the mistake of doing at that point is jumping all over her sign of interest, instead of using it as an opportunity to make her feel jealous.

How can you make your ex girlfriend jealous when she shows a sign of interest?

If an ex girlfriend walked over to talk to her ex boyfriend and he wanted to make her feel jealous, he would simply need to convey to her (via his body language, vibe and conversation style) that he is happy without her and is fine to just talk to her briefly. She would need to get the sense that it doesn't matter to him if she talks to him for 10 seconds or 10 minutes; he is fine with or without her.

In an ex girlfriend showed interest in him via social media, he needs to ensure that he doesn't get too excited about it. For example: He posts up a photo where he is having some fun with other people and she clicks like and says, "*Great photo!*" Many guys will then ruin the opportunity to make her feel jealous by replying instantly or by trying to initiate a conversation in the reply to her comment, or by immediately sending her a private message.

To make your ex girlfriend feel jealous, you just need to click like on her comment or reply with something simple like, "*Thanks.*"

At that point, she's going to be feeling a bit empty. She may begin to wonder why you just said thanks and didn't send any messages after that.

What will she do then?

If she is feeling enough jealousy, she is going to contact you. She is going to want to get some sort of signal of interest back from you to make herself feel better.

BTW: If you need help when you are in contact with your ex, my program [Get Your Ex Back: Super System](#) includes all the things that you need to say to her via text and on the phone, how to get her to meet up with you (even if she currently hates you), what to do at the meet up to get her respect and attraction back and how to make her fall in love with you again.

When you get her to respect you and feel attraction for you again (don't worry – that's the easy part), you then need to make your ex girlfriend open herself back up to the love (fairly easy to do) and connect with it again. The love has been there all along, but it has just been pushed into the background.

That is one thing that a lot of guys don't realize about love...

Love doesn't die.

If you and your ex girlfriend did love each other, that love is still there, but it has just been pushed into the background. What's in the foreground are the negative emotions, the painful memories and the negative feelings she experiences when she thinks about you.

Yet, the really cool thing about love and human emotion is that you can actually get her to forgive that, wipe the slate clean and then begin to focus on the respect and attraction that she now feels for you. It really comes down to what you say to her and how you react to her tests when you are attempting to get her back. Once again, all of that is covered in my program.

When your ex girlfriend begins to focus on the respect and attraction that you're making her feel, she then begins to connect to the love that has been there in the background all along. When you use the techniques from my program [Get Your Ex Back: Super System](#) you can actually make the love stronger than it was before.

5. Trying to stay in contact with her (and make her jealous) via text, e-mail or chat

[image: Trying to make his ex feel jealous via text, e-mail or chat]

When you're attempting to get your ex girlfriend back, the only time that you should be contacting her is when you are trying to arrange a meet up.

Any other contact via text, e-mail or any other text based social media platform is potentially detrimental to your chances of getting her back. Why?

According to many studies conducted by psychologists and social scientists, anywhere from 70-93% of communication between two human beings is body language, tonality and other non-spoken forms of communication (e.g. vibe, behavior). So, if you are texting your ex, all she has from you is the text.

She can't see your body language, she can't hear your tonality and she can't look at you to assess your vibe and energy in the moment. All she has is the text...even if you are adding in smiley faces,

emojicons or stickers in an attempt to make yourself appear happy, confident and loving.

So, what does she do?

Well, she does what she has to do and that is to GUESS.

She has to guess at what sort of body language and tonality you'd be using and how you'd be behaving if you were saying that sort of thing to her in person.

In most cases, where a guy is trying to make his ex girlfriend feel jealous, it's because she currently doesn't see him in a positive light. She most-likely perceives him to be insecure, clingy, desperate, an asshole, untrustworthy or in some other negative way.

When she gets a message from her ex boyfriend, she has to guess what state of mind he was in when he sent it. What is behind the text that you are sending her? How are you really feeling?

You may be including a smiley face or pretending to be happy by texting her in a relaxed, easy-going and positive way, but what's really going on in your mind? What are your real motives for sending her the message? Are you just trying to make her feel jealous that you're happy without her, or are you trying to stay in contact with her in the hopes that she changes her mind?

What should you do instead of trying to make her jealous via text or e-mail?

Only contact your ex if you are attempting to set up a meet up. It's at the meet up that you can get her to feel and experience you in person. You can get her to feel respect and attraction for you in ways that she's never felt before.

6. Using the No Contact Rule to completely avoid contact

[image: Using no contact to hopefully make her jealous]

Sometimes, when a guy doesn't contact his ex girlfriend, she will start to feel a bit worried and confused about why he isn't contacting her. That may then cause her to feel a bit jealous as she wonders why he has been able to move on so easily, while she is still sitting around thinking about him. So, she then may decide to call him or contact him in some way.

However, if she calls him up and experiences the same old guy with the same type of insecurities and underlying issues that caused her to break up with him in the first place, it's not going to make her want to get back with him. Instead, it will simply why she broke up with him in the first place and she may then want to take drastic action (e.g. hook up with another guy) to help herself get over her ex boyfriend even faster.

[image: Waiting around using the no contact rule]

What a lot of guys don't realize is that they can make their ex girlfriend feel jealousy by calling her up and having a simple phone call right now. Yet, it's not only jealousy that he can make her feel. He can also make her feel respect and attraction for him, as well as a whole host of other compelling emotions that cause her to feel like she wants to see him in person as soon as possible.

What I teach my clients (and this is what works to get an ex back fast) is to not sit around waiting and hoping that, by not contacting her, everything is going to fixed. Why? A lot of times, the woman simply begins to think, *"Okay, he's moving on without me...I've got to quickly hook up with another guy to make him feel jealous or to help ease the pain that I'm feeling."*

Pushing her into the arms of another man doesn't solve your problem.

You may have made her feel a bit jealous, but you don't have your ex back.

So, what should you do instead?

After watching my program, Get Your Ex Back: Super System (10 hours of video that you can watch online in your Modern Man customer account right now or download to a PC, Mac, phone or tablet), you are going to be ready to call her up and make her feel jealous, make her feel respect for you and make her feel attraction for you.

You will also be able to attempt a meet up. Based on hearing back from customers since releasing my program, most guys are able to get their ex girlfriend to meet up with them after the first phone call. Some ex girlfriends need a bit more convincing and it takes another phone call to get the meet up, but it usually happens on the first phone call.

Why? I tested out so many different things to say to ex girlfriends while helping my phone coaching clients. What is now included in my program is the result of a lot of testing with many different women in many different situations (i.e. the ex girlfriend hates him, doesn't trust him, is afraid of him, doesn't care about him, etc).

Using the phone conversation examples from my program will ensure that you can get her to meet up with you. Then, at the meet up, you will be able to make her feel respect, attraction and a whole host of other compelling emotions that make her feel like her life just doesn't feel right without you in it. You don't need to sit around for 30 days or 60 days hoping that she feels enough jealousy to want to meet up with you; you can make that happen right now.

Note: Not all guys are ready to call their ex girlfriend after watching the 10 hours of video from my program. Some guys need a couple of extra days to let all the advice, mindsets and insights sink in before they feel fully ready to call her up and make it happen.

Whether you decide to call your ex immediately or after a few days is up to you, but you don't have to sit around wasting time with the No Contact Rule.

7. Lying about being with other women

[image: Lying about being with other women to hopefully make her jealous]

Being with other women is definitely a way to make your ex girlfriend feel jealous, but you don't actually need to do that to get your ex girlfriend back. You also don't need to lie about having other women interested in you, dating other women or already having had sex with other women.

What sometimes happens is that a guy will try to use the "other woman" lie on his ex girlfriend to make her jealous, but it almost always backfires on him.

He may say to her, *"Fine...if you don't want to get back with me, I've already got other women interested. I've been seeing a new girl recently is she's awesome...she's hotter than you"* or something along those sorts of lines or in that type of context. Essentially, he's making a last ditch effort to make her feel jealous by suggesting that she will regret it now that he's seeing other women.

An ex girlfriend has a pretty simple and easy response to catch him out in a lie and ruin that little scheme. All she needs to do is say, *"Fine...enjoy your life with her then. Never contact me again. Go get stuffed..."*

If he then turns around and says that he will dump the girl, reject the other women and declares that he just wants to be with her, she knows that he was just lying to make her feel jealous. At that point, she will lose even more respect and attraction for him as a man.

Then, what the ex girlfriend will often do is quickly hook up with another guy to make sure her ex boyfriend can't make her feel that way again.

So, what should you do instead?

What you need to do is not only focus on making her feel jealous.

Making her feel jealous is definitely something that helps to get an ex back, but it's not the only emotion that you should focus on making your ex feel.

There are many different painful and positive emotions that you can make your ex girlfriend feel that will draw her back to you. If you're only focusing on making her feel jealous and really rubbing her face in it, it can sometimes backfire. She may build up a lot of resentment towards you and want to get back at you by hooking up with a guy, conveying that she's really happy without you or by allowing herself to fall in love with a new guy.

So, you shouldn't try to make her feel that way towards you.

You should focus on making her feel some jealousy, but there are other, very important painful and positive that you need to make her feel. You've got to do it in more of a wholesome, well rounded way, so that she comes to feel that her life just doesn't feel right without you in it.

Suddenly, she's feeling a whole bunch of conflicting emotions all at once. She's feeling painful emotions, she's feeling drawn towards you in a positive way and what happens then (if you use the techniques from my program, Get Your Ex Back: Super System) is that she actually gets to the point where she feels like her life just doesn't feel right without you in it. She feels like she needs to have your love in her life.

She starts to feel like if you are not in her life, it just doesn't feel right. It's really cool how it works.

I Welcome You to Try My Proven System For Getting an Ex Back

[image: Make your ex girlfriend jealous and get her back]

If you want a proven system that is going to work for you, then I welcome you to try my program.

This system has been professionally developed by helping hundreds of phone coaching clients to get a girlfriend, fiancé or wife back.

Only after getting consistent, successful results with clients for about 1.5 years, did I then decide to put all the time and effort into preparing, recording, editing and producing the 10 hour video program called, Get Your Ex Back: Super System

I hope you've enjoyed this article. Make sure that you don't focus on using tacky or "rub it in her face" methods of trying to make your ex jealous.

You can actually make your ex girlfriend feel jealous in very subtle ways; in ways that cause her to feel painful and positive emotions towards you.

You can also make her feel more love, more respect and more attraction for you during the process of

getting her back.

That way, when she is back with you, she wants to be in a relationship with you even more than she did when she was first in a relationship with you, because the feelings are so much stronger now.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

How Can I Get My Girlfriend Back?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

When a guy asks me, *“How can I get my girlfriend back?”* he usually feels like it is going to be a long and difficult road to get another chance with her.

Yet, from all my experience, most guys get back with their ex girlfriend fairly quickly and easily. How do they do it?

1. They identify the real reasons for the break up

Most women won't give you the real reasons why they are breaking up with you and will instead say vague things like, *“I think we need time apart”* or *“I need space”* or *“I just don't feel the same way anymore.”*

Women don't want to give you all the real, more deeper reasons why they are breaking with you because they don't want to teach you how to be a man. A woman wants a “ready made” man that she can respect, feel attracted to and love.

She doesn't want to have to train you to become the man she wants or have to wait for years in the hope that you change and become a better man than you are now. So, she will simply say that it's over and try to move on.

Guys who are able to get their girlfriend back start by identifying the real reasons for the break up. When he knows the real reasons (the woman will rarely, if ever share those reasons), he is then able to make the correct changes to his behavior and how he treats her. When she notices that happening, she naturally begins to open herself up to being with him again or at least meeting up with him in person to catch up.

2. They fix their issues and improve themselves

When a guy has been insecure, needy or desperate with his girlfriend, she will be repulsed and turned off by that. Why? Women are attracted to the strength in men and turned off by the weakness.

If a woman's ex boyfriend still hasn't fixed his issues (e.g. neediness, insecurity, lack of purpose in life, anger issues, jealousy, etc), then it won't feel right to get back with him. If she lacks experience with relationships or has been finding it difficult to get a new guy, she may get back with her ex temporarily, but will then dump him once again when she is ready.

If you're wondering, *“How can I get my girlfriend back?”* you have to start wondering, *“How can I fix my issues and improve myself so that my girlfriend actually wants me back?”*

There are 5 more steps that guys take to get their girlfriend back, which I explain and provide the solutions for in my 7-step program called, [Get Your Ex Back: Super System](#). If you're serious about wanting to get your girlfriend back, I recommend that you watch the program.

As long as you go through my program and begin to fix your issues and emotionally improve yourself, you will feel ten times better to your girlfriend when she next interacts with you.

Her negative emotions towards you right now are not fixed into place permanently. Emotions change all the time and when she is presented with a new and improved version of you, it's only natural that she will feel differently. From there, you need to make her feel understood by acknowledging where you went wrong in the relationship. If you want to learn exactly how to have that conversation with her, I recommend that you watch [Get Your Ex: Back Super System](#).

For now, let's have a look at some common reasons why relationships break up in the first place...

Common Reasons for Break Ups

There are many reasons why a woman will break up with a guy (I explain more than 70 of them in my program, *Get Your Ex Back: Super System*), so finding the real reasons that apply to your girlfriend is critical if you want to get her back.

Many of the reasons (not all) come down to the fact that women no longer feels attraction and respect for him and because of that, she has fallen out of love with him. Watch this video for more info:

Here are three common reasons for break ups. Do any of these apply to your break up?

1. Taking her for granted

[image: Taking her for granted]

The love, respect and attraction that you and your girlfriend feel for each other is something that needs to be taken care of, nourished and built over time.

Some guys are taught that lesson by their male role models as they grow up and become a man. Yet, most guys don't get that type of wisdom passed onto them and are left to try to figure women out on their own. Without that knowledge, a guy may assume that once he gets a woman into a relationship, he basically owns her and she has to stay with him.

Yet, as you have experienced, your girlfriend can and will leave if she isn't satisfied with how you've been treating her or behaving around her and in life. To keep a woman in a relationship with you, it is essential that you deepen the love, respect and attraction between you rather than taking it for granted and thinking that she won't ever leave.

2. Being needy or clingy

[image: Being needy or clingy]

On the opposite side of taking a woman for granted, some guys get too invested in their woman and become needy or clingy.

Examples of this can include:

- Constantly calling or texting her.
- Regularly needing her to reassure you that she loves you and wants to stay with you.
- Constantly avoiding hanging out with friends or working on your life goals just so you can spend time with her.
- Feeling as though you need her to feel good about yourself. When she isn't around, you feel sad, lonely or lost.

Why do those behaviors turn a woman off?

Women feel respect and attraction for men who want them, but don't need them 24/7. If you always need to be around her, it makes her feel like she has to take care of you emotionally, which is a huge turn off for women.

Additionally, she wants to be the one who is always thinking about you, calling you and wanting to be around you. Being in that position allows her to become consumed by her love and emotions for

you, while you stand up strong and become a bigger and better man each and every day of your life.

3. Putting her in the position of power

[image: Putting her in the position of power]

Contrary to what TV sitcoms, TV drama shows, music videos and Hollywood movies would have you believe, a woman doesn't want to "wear the pants" in a relationship. Regardless of how intelligent, strong and amazing a woman is, she still wants a man to be a man.

She doesn't want to feel as though she has to lead you around or take on the role as "mother" or "big sister" for you. She wants you to be stronger than her (mentally and emotionally) so she can sometimes relax into being a feminine woman. If you force her to take on the masculine role, she won't feel like a real woman and will not enjoy being around you.

Are You Serious About Getting Your Girlfriend Back?

[image: I welcome you to try my ex back program]

If you're prepared to learn why your girlfriend really ended the relationship, then you have the right type of attitude that will ensure you get another chance with her. Guys who are just looking for a quick thing to say to their ex girlfriend to get her back don't succeed because getting her back requires that you truly understand where you've been going wrong.

Only when you know the real reasons why she broke up with you will you then be able to make the right changes that will make her feel understood, respect and open to being with you again.

When you meet up with her in person (don't worry "I will teach you what to say to get her to meet up with you"), you will be able to demonstrate to her that you not only understand where she was coming from when she broke up with you, but that you've actually fixed those issues and improved yourself.

When she sees that and hears what you say next (the conversation examples I provide in my program), she will suddenly feel like her life doesn't feel right without your love in it. She will feel immature if she remains stuck to her idea of wanting to be broken up. Getting back together will actually make her feel GOOD about herself and that is how you need to make her feel if you truly want to get her back.

I Welcome You to Try My Program

I've developed my program for getting an ex back by personally helping 100s of phone coaching clients to successfully get their ex back. Initially, when I first began helping guys to get their ex back I didn't have all the answers, but I eventually worked it out.

You don't have to spend years trying to figure this stuff out on your own. If you've been wondering, "*How can I get my girlfriend back?*" then you have finally found the answer and solution for you.

If you're serious about getting her back, I welcome you to try my proven to work system for getting an ex back called, [Get Your Ex Back: Super System](#)

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Love Letter to Your Ex Girlfriend: Mistakes to Avoid

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your girlfriend has broken up with you and you're having trouble getting her back, you may be considering sending her a love letter or e-mail to hopefully convince her to give you another chance. Yet, is it actually a good idea to send her a letter or will it reduce your chances of getting her back? To answer that question for you and more, here is what I'm going to cover in this article:

1. The only time when you should ever send your ex girlfriend a love letter or e-mail.
2. Why a love letter to your ex girlfriend is usually a bad idea.
3. Mistakes to avoid when sending your ex girlfriend a love letter or love e-mail.
4. An example of a love letter that will turn an ex girlfriend off.

1. The Only Time You Should Ever Send Your Ex Girlfriend a Love Letter or E-mail

[image: Love letter to your ex girlfriend]

If your ex girlfriend has stopped answering your phone calls and text messages, has unfriended you from Facebook, unfollowed you from Instagram, Twitter or other social media accounts and won't see you in person, then sometimes, your only remaining option is to send her a written letter or e-mail.

If that is the case for you, then it is okay to send her a letter or e-mail. However, you should only send her a letter or e-mail as a last resort. Sending her a love letter is usually a bad idea and should not be used as your main way of trying to get her back.

Here's why...

2. Why a Love Letter to Your Ex Girlfriend is Usually a Bad Idea

According to most studies conducted by psychologists and social scientists, body language and tonality can make up anywhere from 70-93% of communication between two human beings.

What does that mean?

When you send a love letter to your ex girlfriend, she has to **guess** the state of mind that you were in when you wrote it. She has to interpret what sort of vibe you'd be giving off if you were saying that type of thing to her in person. She can't hear your tonality and she can't see your body language, so she has to guess.

In most cases, a guy's ex girlfriend is going to be thinking about him in a negative light. She will have a perception of him as being needy, insecure or desperate, rather than happy, confident and independent.

So, when she reads his love letter, it will almost always make her feel turned off because she will

assume that he's being needy, insecure and desperate.

Think about it...

What does your ex girlfriend currently think about you? Does she think of you as being a confident, masculine, emotionally secure guy who could have other beautiful women if he wanted to, but wants her back because he loves her? Or does she perceive you as an insecure, emotionally weak guy who **needs** her back because he feels lost or lonely without her?

When a woman receives a love letter from her ex boyfriend, she usually isn't going to be thinking, *"Wow! This is coming from my confident, masculine, emotionally strong ex boyfriend! I feel so turned on."*

Instead, she is likely going to be rolling her eyes and thinking, *"Hhhhâ€¦|he's such a wussâ€¦|this letter is so corny. Why is he being so sensitive and romantic? We're not even together. I told him that I don't feel that way about him anymore."*

Making her think about you in a negative like that is not going to help you get her back. It simply makes her want to distance herself from you further.

Additionally, when getting an ex back, the cold, harsh truth is that your feelings don't really matter so much to her.

What matters is how she feels, not you.

You need to focus on making her feel respect and attraction for you, rather than making her feel annoyed that you are potentially being selfish by focussing on your own emotions.

How can you make her feel respect and attraction for you? One easy way is to let her see that you've moved beyond the level that you were at when she broke up with you.

Watch this video for some examples of what I mean...

Of course, sometimes, sending a love letter to your ex girlfriend is your only available option because she won't answer your calls, texts or see you in person.

So, let's have a look at some mistakes to avoid when sending her an e-mail or letter...

3. Mistakes to Avoid When Sending Your Ex Girlfriend a Love Letter or Love E-mail

1. Trying to convince her to give you another chance

[image: Love letter to your ex girlfriend]

You can't convince a woman to take you back via a love letter, e-mail or text message. It just doesn't work.

To get her back, she needs to be able to feel understood by you, feel respect for you and feel attraction for you...and that is mostly going to happen when she talks to you on the phone or in person.

There's only a certain amount of respect and attraction that she can feel for you via a letter or e-mail, but it's very minimal compared to what she will experience when talking to you on the phone or when talking to you in person.

Why? On the phone for example, you can use your confident, easy-going and masculine tonality and

vibe to make her feel attraction.

She doesn't have to guess as what type of mood you are in because she can hear it. She can hear your confidence and love coming through the phone via your tonality and how you're using your words.

This is why I also don't recommend that guys try to text their ex back.

Texts are great if you are using humor to bring her guard down and then get her on a call, but if you're texting back and forth like a friend or worse, trying to convince her to give you another chance – it's just not going to work.

So, if you absolutely have to send a love letter to your ex girlfriend, simply aim to get her on "one last phone call" (don't worry, it won't be the last. It's just the way to get her on the phone).

Then, when she is on the phone, make her feel understood and make her feel respect and attraction for you. When you are able to do that, your ex girlfriend will then be open to meeting up with you in person.

At the meet up, you can then make her feel intense respect and attraction for you when she sees how much you've changed.

2. Being needy and protective

If an ex girlfriend isn't answering his phone calls or responding to his texts and has completely blocked him from social media, a guy will sometimes get into a needy state of mind.

He will e-mail her, message her or send a letter asking why she is ignoring or avoiding him.

Yet, asking her those sorts of questions are pointless because they do not make her feel any respect and attraction for him. Accusations or questions about why she is avoiding you should never be included in a love letter, e-mail or text.

Accusations or needy questions do not provide you with any benefit in terms of getting your ex girlfriend back. They simply drive her further away from you.

Why? Women are attracted to the strength in men and turned off by the weakness. So, when you show any sign of emotional weakness to your ex, it actually makes her lose respect and attraction for you.

3. Pleading and begging for another chance

[image: Love letter to your ex girlfriend]

When it comes to picking up a woman for the first time, a woman doesn't want to feel like she's doing a guy a favor by giving him her phone number or hooking up with him.

When it comes to getting an ex back, this is even more important. To get an ex girlfriend back, you have to make her feel respect and attraction for you and use certain techniques to make her feel like her life doesn't feel right without you in it.

You can't permanently get an ex girlfriend back by getting her to take pity on you because you feel sad or lost without her.

Some women who lack experience with relationships or who have been having trouble finding a new guy, will sometimes get back with a begging ex boyfriend temporarily, but she will then break up with him when she feels emotionally strong enough or finds a replacement guy.

To get an ex girlfriend back for real, you have to make her feel like she wants it, rather than making her feel like she is doing it as a favor to you or to make you feel better.

You have to use the break up and getting back together as a chance to cement you and her together as a strong, loving couple, rather than trying to get a temporary chance with her due to begging and pleading.

If you have made the mistake of begging and pleading for another chance, don't worry.

Just laugh it off and focus on showing her the new, improved version of you who isn't as emotionally insecure or needy. Let her see that you have rapidly matured after the break up and are way past the level you were at when she broke up with you.

In most cases, a woman won't run back into a guy's arms when he shows her that, but she will drop her guard and become more open to interacting with him again.

So, the more you interact with your ex girlfriend, the more chances you will have to rapidly rebuild her feelings for you.

Right now, your ex girlfriend is likely in an emotional state of mind where she feels as though she doesn't need or want your love in her life.

Yet, what you need to understand is that you really can actually get her to change how she feels about you.

Humans change their emotional states all the time.

A human can go from HATING someone to really LIKING them and LOVING them, if they change their behavior and how they make you feel.

You may have experienced it in your life with a person (e.g. at university or work) who started out as someone you hated, but they then changed their behavior and how they spoke to you and you instantly began to really like them.

It is completely normal and natural for humans to go through different emotional states. If your ex girlfriend currently hates you right now or doesn't want to see you again, that doesn't mean you can't change how she feels.

The reason why is that love never dies.

When you and your girlfriend broke up, she may have felt like she didn't love you anymore, but what really happened is that the love (which never dies) simply got pushed into the background of her mind.

Instead of being in a state of love with you, the way you treated her or behaved in the relationship caused her to be in a state of resentment, dislike or distrust around you.

Yet, that doesn't mean she will be permanently in that state of mind. You can get her to forgive you and give you another chance.

When a woman begins to feel respect, attraction and trust for you again, she naturally begins to connect with the love that was in the background.

The love comes to the foreground of her mind and she begins to be in that state of mind around you.

It's actually really cool how it works.

4. An Example of a Love Letter That Will Turn an Ex

Girlfriend Off

Hi Debbie

It's Saturday night and I am alone yet again.

I can't stop thinking about you. The days are long and lonely without you in them.

Why are you answering my calls? Why can't I get through to you? Why won't you give me another chance?

You once told me that you loved me and wanted to be with me forever. Where is that Debbie? Why did you lie to me? I still love you with all my heart and my heart is aching with every breath I take.

Paul

Even though the love letter is short and isn't a long-winded "pity me" rant, it is full of things that will turn an ex girlfriend off.

Essentially, he is demonstrating his emotional weakness without her, which is unattractive. Why? Women are attracted to the strength in men and turned off by the weakness. Showing emotional weakness to an ex girlfriend or a woman you're trying to pick up for the first time ensures that she will feel less respect and attraction for you. You've got to be strong.

The letter is also an example of an ex boyfriend needing his ex girlfriend, rather than making her feel like she needs him. He is basically asking her to do him a favor and take pity on him because he is feeling sad, lost and lonely without her.

That is not how to get an ex girlfriend back.

If you want to get her back, you've got to actively start making her feel something for you when you interact with her via text, on the phone or in person.

If you only have access to e-mail her or send her a letter, then you need to make sure that you also ask her to answer one last phone call from you (don't worry – it won't be the last), so you can then make her feel a renewed sense of respect and attraction for you on the phone call.

You can then get her to meet up with you in person, get her to forgive you, get her to begin having strong feelings for you again and guide her through the reconciliation process.

Guys do that every day all over the world and you can do it too.

Don't hide behind a letter and hope that she will say, "*Wow! That was so sweet. I've got to take him back*" or "*Wow! I can see how much he cares. I've got to take him back!*"

If you want her back, you have to actively spark her feelings for you so getting back together with you feels good.

You can do that.

Other guys are doing it to get their ex girlfriend back right now and you can too.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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4 Reasons Why the No Contact Rule is a Bad Idea

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The No Contact Rule (ignoring a woman for 30-60 days) can work sometimes (e.g. if a woman is unable to find a replacement guy, is inexperienced with love and relationships, etc), but in most of the cases I see, it simply allows the woman time to move on without her ex.

Watch this video to understand why it's usually a bad idea to use the so called "No Contact Rule" and why you should actively begin to re-attract her instead...

If your ex currently doesn't have any feelings for you, not contacting her usually won't reactivate her feelings.

She might get curious and wonder why you are contacting her, but if you haven't changed and don't even know how to re-attract her if she contacts you, she will feel turned off and then continue moving on without you.

Of course, that's not what you will hear if you search around online. A lot of people will suggest that you should use the No Contact Rule for 30-60 days because they have no idea how to actively re-attract a woman.

I do and that is why I don't recommend that guys waste time sitting around and hoping that their woman comes running back.

If you want to re-attract her, here is some free advice to help you get the process started:

Re-attracting a woman works better than ignoring her because most women who break up with a guy no longer have feelings for him.

If the guy ignores her, she doesn't care and simply moves on without him, while he sits around feeling sick to the stomach at the idea of her having sex with another guy and moving on without him.

The No Contact Rule is all based on the hope that your ex might miss you, contact you and then want you back.

Yet, it doesn't work on most women and I know this because I've literally helped 100s of guys to get a woman back and most guys start out telling me that they've been ignoring their woman and it hasn't been working.

What I've found is that, in most cases, a guy should contact his ex girlfriend (wife or fiancé) immediately and then meet up with her in person to re-attract her, rather than letting her move on with her life.

Here are the four main reasons why the No Contact Rule is a (very) bad idea...

1. It allows her to get on with her life, fall in love with a new guy, have sex, etc

Maybe your ex has already met another guy, is in love with another guy or is simply opening herself up to the possibility of being with other men. If you allow her to have that space and she falls into the arms of another guy, that is not speeding up the process of getting her back by using the so-called

“No Contact Rule.” Giving her that space just causes more problems for the both of you.

If the new guy makes her feel great emotions, then not contacting her for 30 or 60 days is going to be a bit of a favor to her. Instead of getting her back, you are simply helping her get on with her life and forget about you.

2. It doesn't solve the problems between you and her

The reasons why you and your ex have broken up aren't going to be solved by not contacting her.

For example: If she broke up with you because you were too insecure in the relationship, you weren't enough of a man for her or you weren't committing her and she got sick of that, or you were committing too much to her and needed her way more than she needed you. Not contacting her isn't going to fix those issues that you have.

The core problems between you and her have to be fixed first.

That starts with you really improving yourself and fixing your issues and that isn't something that you need to do over 30 or 60 days using the No Contact Rule. You can quickly (within hours or a few days) fix those issues enough to get her respect and attraction back.

Instead of wasting time with the No Contact Rule, to get an ex back now, you have to contact her and get her to feel respect and attraction for you again.

You've got to make her feel understood and happy to be interacting with you (don't worry – it's easy).

You also need to allow her to get the sense that the real reasons why she has broken up with you have been fixed. If she sees that you still haven't changed or have no clue what to change to get her respect, attraction and love back, then she's just going to move on without you.

When a woman provides her guy with the reasons why she is breaking up with him, she will usually try to keep things very simple and vague. Why?

One of the main reasons is that a woman doesn't want to be a man's teacher in life. She wants him to know how to be a man without her having to teach him.

Additionally, for most of human history and still to this day, a woman could be hurt or even killed by a guy during a break up. So, most women try to give vague or soft reasons (e.g. “I need time to find myself” or “I don't feel the same way anymore. Give me space and we'll see what happens”) to not hurt the guy's feelings too much in case he becomes angry or violent.

3. If she eventually calls you and you turn her off, it will help her get over you even faster

In some cases, the woman will just want to reach out to her ex and contact him.

She may get to a point where she misses him or she may just be curious to see if he is moving on faster than she is. Some women call just to check that the guy is still sitting around missing her and feeling horrible and lonely without her.

If you use the No Contact Rule and your ex eventually does call, you need to make her feel respect

and attraction for you on that phone call.

If you turn her off by being insecure or needy, it will turn her off even more and make getting over you even easier. Likewise, if you pretend that you don't care about her and that you haven't been missing you, it will be easy for her to find out if that is true.

How?

Simple.

She just has to show interest in you again or say that she misses you and when you get excited about it, she knows that you were lying about not missing her.

If you haven't fixed your issues and improved yourself, she will pick up on it. If she gets the sense that you still have the same old mindsets and insecurities that caused her to break up with you in the first place, then it simply reminds her that she has made the right decision to break up with you.

So, make sure you don't make your ex feel that way. That is the opposite of what you need to do to get an ex back.

Sitting around and hoping that not contacting her will fix things is a bad idea. To get an ex back for real, you've actually got to prepare yourself for when you call her or for when she contact you. When you get in contact, it is critical that you make her feel respect and attraction for you at that point. If you don't, it will simply help her move on even faster.

4. Getting a call from her doesn't mean that she wants to get back with you

Getting back with her means that she's back in your arms, you're kissing her, you're having sex with her again and she's telling you that she loves you and wants to be with you.

However, using an amateur technique that people talk about on the Internet called the "No Contact Rule" to get her to call you, is not actually how to get an ex back.

To get an ex back, you've got to get her respect back, get her attraction back and then you've got to meet up with her in person.

At the meet up, you've got to re-attract her and then escalate to kissing, sex and the relationship.

While all that is happening, you also have to turn the tables/change the dynamic between you so that she gets out of the old emotional state that she's been in where she has been thinking that she doesn't need you, she doesn't want to be with you and she doesn't want your love.

You have to get her into a new emotional state where she feels like she does need you, she does want your love and that her life just doesn't feel right without you in it.

So, don't think that the No Contact Rule is going to solve all or any problems that you have with getting your ex back.

It may cause your ex to call you, text you or send you a message on Facebook, but if your reply or response gives her the sense that nothing about you has really changed and she is still feeling the same old feelings that caused her to break up with you before, then you won't be getting her back.

Is There Any Time When the No Contact Rule is Helpful?

Yes.

Don't get me wrong.

I'm not saying that the No Contact Rule is absolutely crap and that there's no value in it at all, because sometimes it can help.

For example: If a girl doesn't have much experience with relationships or she doesn't feel as though she's very pretty and is worried that she will find it difficult to get another guy, or if she actually has been finding it difficult to get herself a replacement guy.

In those cases where the woman is feeling worried, insecure and regretful about the break up and is panicking that her ex will move on faster than her and it will make her feel even worse than she does now, then she will reach out to the guy.

Sometimes, that will result in them getting back together, but it's almost always just a temporary thing that she is doing to keep him close while she tries to find another guy or become confident enough to be without him.

When a woman gets back with a guy because she is worried that he will move on faster than her, she will usually reel him back in by saying that she's made a mistake, loves him and wants to be with him forever. He will then relax and feel like everything is back to normal again. When she sees that he's back with her fully, she will say that she feels confused or will create a fight between them that leads to a break up.

She will say that she's dumping him and never wants to see him again, to which most guys will respond to by being needy, insecure and desperate.

What will happen then? Well, given the fact that women are sexually attracted to a man's emotional strength and turned off by his weakness, his response to her will allow her to feel turned off by him and move on with less worry and regret.

This is why it is so important to fix your emotional issues (e.g. insecurity, neediness, fear of commitment, fear of true love, etc) before you get in contact with your ex.

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[image]

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Why You Shouldn't Try to Text an Ex Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

There's a fair bit of advice online about "texting your ex back" where you just have to send her some sort of magical text message and she will come running back to you.

Yet, it isn't true.

One of the reasons why it isn't true is that according to many scientific and psychological studies, body language and tonality makes up anywhere from 70-90% of communication between two human beings. One study concluded that words only make up 7% of communication, with body language being 55% and tonality contributing 38% to the communication.

So, when you send a text message to your ex girlfriend, fiancé or wife, she actually has to guess the state of mind that you're in. She has to try to interpret what sort of vibe you'd be giving off if you were saying that to her in person. She can't hear your tonality and she can't see your body language, so she has to guess.

In most cases, when it comes to getting an ex back, the woman is going to be thinking about the guy in a negative light. She will be thinking about him as being needy, insecure or desperate, rather than happy, confident and independent. Based on her current negative perception of her ex, the woman will almost always feel negative emotions towards her ex when he texts.

So, most of the time that she gets a text it will turn her off because she will have an automatic assumption that you are coming from a place of emotional weakness. Women are attracted to the strength in men and turned off by the weakness, so if she gets the sense that you're feeling insecure, desperate or needy in any way, it actually pushes her further away from you.

The Texting Rule

What I teach is a proven way of getting an ex back that I have developed by helping hundreds of [phone coaching](#) clients over the years. When it comes to texting, I have one simple rule that you must follow:

You should only text your ex if the purpose of the text is to get her on the phone to talk to you.

You actually have to get her on a phone call with you so that she can hear your emotional strength via your tonality and how you are talking to her. Women are attracted to the strength in men and turned off by the weakness, so when you get her on the phone, she has to hear and feel your confidence coming through the phone. She has to feel and experience your emotional strength.

On the other hand, if she is picking up insecurity, neediness, desperation or any other emotional weakness that is going to turn her off and push her away from you. So, the process of getting an ex back is really about fixing your issues (e.g. neediness, insecurity, fear of commitment, fear of true love, etc) and improving yourself first before you actually get in contact with her.

Fixing your issues enough to impress her and get her respect and attraction back doesn't take long at all. On the Internet, you will find a lot of amateur advice suggesting that you shouldn't contact her for 30 days or 60 days and during that time, try to recover. It's really crappy advice because that gives

her plenty of time to move on, start having sex with other guys and fall in love.

If she's already got a new guy, it simply allows her time to get deeper into that relationship and move on without you. What I advise you to do is go through my 10 hour video program (that you can watch online or download after purchase) called Get Your Ex Back: Super System. During the 10 hours of video, I will help you fix your issues and improve yourself right away.

When you finish watching my system, you should be ready to contact her and begin the rapid process of getting her back. Not every guy is ready to contact his ex girlfriend (fiance or wife) by the end of the system. Some guys are extremely needy, extremely desperate and extremely insecure and they may need a couple of days or a bit more time before they are ready to contact her. However, the majority of guys that I've helped have been able to contact their ex right away.

The advice that I will provide you with includes text messages that have the sole purpose of getting her on a phone call. It doesn't matter if she's currently not answering your text or phone calls. The text message examples that I provide have been tested to ensure that whatever the problem is being you and your ex, no matter how much she hates you or even if she has said to you, *"Don't ever contact me again!"* – she will get on that phone call that I suggest you and her have.

Then, on the phone call, you can get her respect and attraction back by using my techniques and conversation examples. There are certain things that you need to say to get her to begin lowering her guard and opening herself up to you and being in love with you again. Then what you need to do is meet up with her in person and get her to feel even more respect and attraction for you (don't worry – it's easy).

At the meet up, you also need to make her feel sexually attracted to you again by the way you use your body language, the way you behave and the way you talk to her and look at her. Don't worry – it's easy and I will show you exactly how to do it. Without sexual attraction, there is no reason for a woman to want to be in a romantic relationship with a guy. Sexual attraction must be at the foundation of your relationship with her and you really can spark that up again.

Get Your Ex Back: Super System

If you are looking to use a proven process to get your ex back for real, I welcome you to try my program, Get Your Ex Back: Super System

I help new guys to successfully get their ex back every day and I hope to helping you today also.

No matter what time or day of night it is for you, simply purchase my program now and you will have instant access to watch it online or download it to your computer, tablet or phone.

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[image]

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5 Things That Every Guy Must Do When Getting an Ex Girlfriend, Fiancée or Wife Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Just because she has broken up with you now, it doesn't mean you can't get her back...even if you've already broken up several times before.

I've lost count of the number of guys I've helped to get an ex back, even when the woman has HATED the guy. Human emotions can and do change and when you use the correct approach while getting her back, she will naturally begin to feel the types of emotions that will make her WANT to get back with you right away.

If you want to get your ex girlfriend, fiancée or wife back quickly, here's what you need to do:

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

[image: Using no contact to hopefully make her jealous]

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

You can also get her to meet up with you "one last time" (don't worry, it won't be the last!) and then re-attract her at the meet up.

The "one last meet up" technique has worked for almost all of my clients on the first phone call. Other clients have needed to ask for it two or three times before she eventually agreed.

So, do not waste any more time with the No Contact Rule.

Sure, not contacting does get some women to call, but a call from her does not mean that you're getting her back.

When she doesn't hear from her ex, a woman will usually call to check that he is still desperately hoping to be with her, which then allows her to continue moving on with the break up more easily.

Why? Women aren't attracted to neediness and desperation in men. She will use the guy's desperation and pain to feel even more turned off by him and more able to move on.

[image: Don't waste time with the no contact rule]

If you wait too long to contact her, you run the risk of her having sex with another guy or falling in love with the new man she is already with.

Rather than wasting time with the amateur "No Contact Rule," you've got to get her on the phone right away (don't worry ââ I will teach you how to get her on the phone, even if she currently hates you or has asked that you don't contact her).

On the phone call, you've got to shock her (in a positive way) out of the current state of mind that she is in and make her feel happy and curious to meet up with you "one last time."

Don't worry ââ it won't be the last meet up ââ that's just way to get her to the meet up. You then need to get her respect and attraction back at the meet up, which I will also teach you how to do

if you are interested to learn.

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

[image: Only text if you're attempting to get her on a phone call]

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

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

If your ex currently hates you or perceives you to be needy and desperate, how do you think she'll judge your text?

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

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

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

Only send her a text if the purpose is to get her on the phone to TALK to you, so you can make her feel respect and attraction for you and then arrange a meet up.

On a phone call, your ex will be able to hear your confident, emotionally secure tone of voice (which will attract her) and get a sense of how emotionally strong you are without her.

If you aren't feeling emotionally strong without her right now, I can help you with that today.

My 10 hour video program called, Get Your Ex Back: Super System devotes 2-3 hours of video training to make sure that you are 100% confident and emotionally strong, so that when you do call or see your ex, she feels attracted to you and respects you, rather than feeling repelled by you.

Her renewed attraction and respect for you is so important.

If you call or meet up with your ex and she feels turned OFF by you, rather than feeling attracted and a little bit turned on, then you are pushing her away.

You have got to draw her into you and make her WANT to see you in person. When you see her in person, you have to make her feel a renewed sense of respect and sexual attraction for you.

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

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

Women have a natural instinct to let a guy down as softly as possible and give him a feeling of hope that if he just keeps his distance, she may change her mind.

For example, she might say, *“I need space for a while”* or *“Maybe we will get back together again in future”* or *“Give me a chance to think about it. Don’t contact me for a month. We’ll talk again then.”*

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

To get an ex back, you need to discover the real reasons why she has broken up with you and then make the correct changes to your behavior, conversation style and how you treat her.

If you are interested to learn exactly how to make those changes right now, I recommend that you watch [Get Your Ex Back: Super System](#). When you watch my program, you will learn exactly what you need to say and do to prove to her that you’ve changed.

When you know the real reasons why your ex broke up with you, you can make the correct changes that will then make her feel understood and happy to be interacting with you again.

On the other hand, if you don’t know exactly what she really wants to change, you will most likely be offering the wrong things to her during conversation.

For example: A woman might want her ex to be more of a man around her, but he is saying, *“I promise that I will treat you better. I will do anything”* which isn’t what she actually wants from him.

You’ve got to be offering her what she really wants, not what you think she might want.

If you are trying to get her back with the wrong reasoning, she will feel as though you don’t understand her and it will make her feel even more repelled by you.

4. Fix Your Issues and Improve Yourself

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

It doesn’t matter if she’s blocked you from Facebook or if either or you don’t use social media; simply get in contact with her either via e-mail or text message using the examples I provide.

If she isn’t responding to you now, it’s because you are sending the wrong type of messages to her. You’ve got to send her a message that makes her feel understood and gives her the impression that you’ve already changed the things about yourself that she broke up with you for.

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

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

5. Don't See Any Other Guys as Competition

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

Women are attracted to confidence and turned off by insecurity. You have to know that you are better than any other guy she could meet.

Your ex then has to see that or hear it in your voice when you talk to her. She has to get the sense that other guys do not make you feel insecure. They are nothing compared to you.

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

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[image]

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Get Your Ex Back: The 3 Stages She Went Through Before Breaking Up With You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

One of the secrets to getting your ex back is to understand the process that she went through, before breaking up with you.

She went through three, basic stages:

1. She lost respect for you as a man

A woman will lose respect for a man if, for example, he is very bossy around her at home, but then when he's around other people he changes his behavior.

All of a sudden, he is Mr. Innocent and is nice, he is respectful and possibly even submissive around her (i.e. he lets her boss him around a bit) or others, especially alpha males.

When she notices that he is submissive or nice and respectful in front of others, but bossy or domineering at home, she will begin to lose respect for him.

Another reason why a woman will lose respect for a man is when he regularly whines or complains about life and seeks pity from her.

Instead of being a man about it and accepting that life comes with the good and bad, the easy and the difficult, he becomes emotional when life gets a bit challenging.

The woman then ends up feeling stronger than him, mentally and emotionally.

She may even feel like more of the 'man' in the situation, or like a mother figure to him, which is not what women want.

She will then lose respect for him because he's not really a man in her eyes.

It doesn't matter if he is 18 or 58, if he has the mind of a boy (i.e. seeks pity and help from mommy when life gets tough), then he isn't a man in a woman's eyes.

He might be in a man's body, but he still has the mind of a boy, which is not what makes a woman feel respect for a guy.

Another time that a woman will lose respect for a man is when he hides from his true potential in life, especially behind her and the relationship.

For example: He doesn't have much purpose in life.

He has dreams about what he really wants to do, but he's not really going after it because he's afraid of failure, rejection or challenge.

He then hides behind her and the relationship instead of taking on bigger things in life and becoming a bigger and better man.

If you flip that around, this is one of reasons why a woman will maintain her respect for a man.

For example: If you're the sort of guy who has purpose in life and you're rising through the levels of life to reach for your true potential as a man, it is very admirable and will gain and maintain the respect of women and other people.

As a man, you've got to go after what you really want in life with determination, passion and unrelenting confidence in yourself.

Another example of a woman losing respect for her man is where a man doesn't follow through on his promises.

As a man, you can stick by your word for three years, but that won't mean anything to a woman if during those three years, you failed to stick by your word on a few occasions.

If you haven't followed through on your promises because of emotional or mental weakness, it causes a woman to lose respect for you as a man.

Of course, there are times when you make a promise to a woman where it's impossible to follow through because of unforeseen circumstances and that's okay.

However, when it is possible to follow through on your promise, but you don't because of laziness, fear or weakness, a woman will lose respect for you.

Essentially, women respect men who are strong enough to stick by their word, even when things get challenging.

If you crumble when life gets tough, it doesn't make a woman feel safe to be around you.

2. She lost attraction for you

In the first stage, she lost respect for you and when that happens, a woman will begin to pull back her love and affection to test how the man will respond.

When a woman begins to withdraw her affection and interest and instead became a bit bitchy, annoying or cold towards you, how you respond to that will either cause her to lose more respect and attraction for you or rekindle it and get the spark back.

In most cases, a guy won't understand the woman's sudden change in behavior and will instead respond in ways that cause her to lose attraction for him. Such as:

- Being insecure, jealous or protective.
- Showing signs of self-doubt.
- Accusing her of wanting to leave you, being interested in other guys, etc.
- Losing touch with your masculinity (e.g. becoming very emotional, storming out of a room in a huff, throwing a tantrum, etc).
- Trying to please her in anyway you can, in the hope that she won't leave you.

When a woman begins to sense that desperation and a lack of confidence in her man, she then loses attraction for him.

Why?

Confidence is fundamental to a woman's sexual attraction for a man.

When you're out there meeting women for the first time or 10 years into a relationship, it's the same thing – women feel attraction to the man's confidence.

Confidence is the most important thing that you need to have as a man, if you want to be successful with women.

You need to be confident when you first meet women, you need to be confident on a date, you need

to be confident during sex and you need to be confident in a relationship.

It's always essential and absolutely necessary to maintaining a woman's feelings of attraction for you.

Women don't feel attraction to a man's insecurity.

Insecurity doesn't turn women on or give them the feeling of safety that they get when with a confident man.

A man's insecurity doesn't make a woman feel like being feminine; it makes them feel like they have to be masculine and take care of the guy.

A man's lack of confidence makes a woman feel like she is stronger than him, which is not attractive to women at a fundamental level.

3. She then started to fall out of love with you

When a woman gets to a point where she doesn't respect her guy, she doesn't feel much attraction for him, she then starts to wonder, *"Hang on...what am I doing in a relationship with him? Is this love? Is this what it's supposed to feel like?"*

When she begins to question her feelings for him and realizes that she doesn't respect him and doesn't feel attraction for him, her commitment to the idea of being with him starts to fade away.

She then begins to open herself up to either her career/studies or to other men.

She wants to get the feeling of love, happiness and fulfilment from other areas of life.

Emotionally, she begins to disconnect from him because she realizes that she can't get what she's looking for (emotionally) with him.

To get your ex back, you've actually got to get her to go through that process again.

You begin by getting her respect back, getting her attraction back and then getting her to fall back in love with you.

Thankfully, when you follow that process properly, it's only natural that the woman will want to give the relationship another chance.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Advice to Get Your Ex Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The best advice to to get your ex back is to focus on triggering her feelings of respect and attraction for you again.

When that happens, she will naturally begin to reconnect with her old feelings of love for you. I've already helped hundreds of guys to successfully get an ex-girlfriend, fiancé or wife back and I am ready to help you right now.

Watch this video to understand where guys go wrong when trying to get an ex back and what you can do instead to be successful...

As you will discover from the video above, your ex is really only going to take you seriously when you are able to make her feel the type of respect and attraction for you that she feels will justify giving you another chance.

For example: If a woman broke up with a guy because he wasn't enough of a man for her (e.g. he was insecure, needy, lacked purpose in life, etc), she's going to need to feel as though that has now changed.

[image: Advice for talking to ex on the phone]

She will pick up on how much he has changed by listening to what he says, how he says it and how he responds to what she says and does.

Respect, Attraction and Then Love

[image: Respect, attraction and then love]

To get your ex back, you need to go through a process with her of rebuilding her respect, attraction and love for you.

Using my techniques, you can get respect back on a phone call and then get her respect and attraction back when you meet up with her.

[image: Meet up advice to get your ex back]

When she experiences those renewed feelings of respect and attraction for you, she will then open herself up to loving you fully again. When that happens, it's pretty much guaranteed that you will get back together.

Watch this video to understand how it works...

One of the best pieces of advice to get your ex back is to not waste time with the No Contact Rule. If you look around online, most people will tell you to ignore her and move on and then hope that she comes running back.

However, that only works for about 10% of cases. 90% of guys need to get in contact with their ex and make her feel a renewed sense of respect and attraction over the phone, rather than waiting around and hoping that she doesn't move on.

Why Did She Break Up With You?

[image: Clingy boyfriend]

Something about your behavior, attitude, way of thinking or actions must have changed to cause your ex to fall out of love with you.

Relationships end for many different reasons (I explain the 70 reasons in my program [Get Your Ex Back: Super System](#)), but a woman falls out of love with a guy after she loses respect for him and then loses her feelings of sexual attraction for him.

It's a standard process that happens, no matter what the very specific cause is for the break up.

So, the question is: What did you do to make her lose respect and attraction for you?

1. Did You Become Needy or Clingy?

When a guy becomes insecure and behaves in a needy, jealous or overly possessive way around his girlfriend, his insecurity and clingy behavior becomes a complete turn off. Why? Women are sexually attracted and turned on by the emotional strength in men and turned off by the weakness.

If you make your girlfriend the center of your world and abandon your own dreams and ambitions as a result, you become less sexually attractive to her because she senses that you're hiding from your true potential as a man.

When she notices that other men are pushing forward in life and making their woman proud, she will look at you and wonder why you are still in pretty much the same position in life as when she met you. She may not know why she is feeling turned off, but she will feel turned off.

Instinctively, a woman knows that she should be with a guy who loves her, respects her and wants her in his life, but doesn't NEED her.

If a woman gets the sense that a guy needs her for his emotional security and sense of identity, she begins to feel like more of a mother figure to him, which is a sexual turn off.

A woman wants to be able to feel as though she is with a man that she can look up to and respect, not look down on with pity or disgust because of how emotionally weak he is.

Did you Take Her For Granted?

At the opposite end of the scale, it's not unusual for guys to slip into taking their girlfriend for granted in a relationship.

This might mean slipping into patterns of behavior that lead to her feeling that her contribution to the relationship isn't valued.

For example: Making a habit of changing plans at the last minute or adopting an attitude of, *"We can do that some other time."*

If you the plans she makes with you aren't important to you, it makes her feel as though you're expecting her to just hang around until it's convenient for you to fit her in. A woman doesn't want you to devote 100% of your time to her, but she also doesn't want to feel as though you don't like spending time with her at all.

Taking her for granted can also include:

- Putting her down (e.g. constantly teasing her about her weight) or picking on her and then expecting her to just put up with that bad treatment.
- No longer looking at her as being your sexy girlfriend and spending more time masturbating to porn, rather than saving up your sexual energy for her.
- Thinking that she will stick by you for life just because things felt good at the start between you.
- Expecting her to cook, clean and take care of you, even though you don't give her much love, attention and respect.

Did You Put Her in Charge?

A woman still wants to have her say and to be heard, but she wants her man to lead the way to a better life for the both of them.

She wants you to make her feel safe and protected by having a plan for your life and then following through on it with unrelenting determination.

She wants to be able to see that no matter how challenging life gets or how hard it is to achieve your ambitions and goals, you keep pushing forward as the strong one in the relationship.

This allows her to relax into being your woman, instead of being your “partner” who has to behave like a half-man, half-woman around you.

On TV, you will often see people referring to their spouse as their “partner” and if you hear that term often enough, you will think that it's the right way to talk about a woman that you're in a relationship with.

It's not.

She's not your “partner,” she's your woman.

To maintain the sexual attraction in a relationship between a man and a woman, you have to be masculine and allow her to be feminine.

If you get her to behave like one of your male buddies, to think like a man and essentially hang out with you in a neutral way like a “partner” in life, then the sexual attraction between you and her will be cancelled out.

It's just how nature works.

Just like there needs to be a positive and negative for magnets to be attracted to each other, there has to be a masculine and feminine for humans to be attracted to each other.

If you want to keep a relationship together with a woman, you have to be a masculine man and allow her to be a feminine woman (e.g. girly, free to be emotional and irrational at times, etc).

You can't expect to be half a man and for her to remain excited and happy to be with you as your friendly “partner” in life. In the past, a woman would put up with an unhappy relationship for life because divorce and breakups were seen as shameful, but not in today's world.

Regardless of the BS that random people say on TV, the truth is that a woman wants to feel like her man is the one in charge.

That does not mean you need to boss her around, decide on everything and do all the work.

It's easier than that.

All you've got to do is be the one who is responsible for the direction you and her are heading and the

one who protects her when life gets challenging. If you do that for a woman, she will be 100% more loving, affection and devoted to you than if you forced her to be half a man for you instead.

Getting Her Back For Real

If you're looking for the best advice on how to get your ex back, I am ready to guide you through the process right now.

If you learn from me, I will guide you through my 7 step system for getting an ex back. By the 7th step, you and her will be back in a loving relationship and she will feel more respect and attraction for you than she ever has before.

You are about to learn how to make your ex feel respect and attraction for you in new and exciting ways. The process that you're about to go through will transform you as a man and make you more confident, happy and emotionally strong than you ever been before.

I guarantee it.

Are you ready to begin the exciting process of getting your ex back?

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Things to Say to Get Your Ex Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

What to actually say to get your ex back depends on the stage of the break up that you're going through.

For example: What to say when she's breaking up with you, what to say to her the next day, a couple of weeks after a break up, a couple of months after or what to say if you and her have already broken up many times before.

So, what I'm going to do now is give you examples of what to say in each of those situations.

1. When she is breaking up with you

[image: What to say when a woman is breaking up with you]

When she is breaking up with you and says, *"I don't want to be with you any more. It's over"* what can you say to her?

In that situation, the best way to handle it is to not beg, plead or try to convince her to give you another chance. Instead, you should just accept it.

For example: *"Okay, I accept your decision. If that's what you want, then that is what we'll do."*

Of course, if you're one of the guys who have already broken up with your woman many times before, you've probably already played that card. You've probably already accepted the break up during a previous split with her.

[image: What to say when she is breaking up with you]

The technique of accepting the break up will usually work once or twice, but it's not something that can be relied on to always work every time you and her break up. The first or second time you try it, a woman will usually miss you and send you a text or call you and say that she misses you.

Yet, what if you've already played that card with your ex, or you can't do that because you and her have been broken up with for a while? Let's look at the example of things to say to get your ex back...

2. If you speak to her the next day

[image: Speaking to an ex the day after a break up]

If you speak to her the next day on the phone or in person, the best thing to say is, *"Hey, we've broken up now, but at least we can be friends"* and let her see that you're not chasing after her or begging for another chance.

A better way to approach the conversation with a woman after a break up is to talk about the mistakes you've made and apologize for it, without asking her for another chance.

For example: A guy was dumped by a woman because he was insecure, too protective, too jealous, needy and clingy.

So, what he can say is talk to her in a way where he's not trying to get back with her, but he is just going to show her that he understands where he went wrong and the reasons why she has broken up with him.

[Smile and say in an easy-going manner] *"Look...I think the break up yesterday was totally necessary. I mean, I understand where you're coming from...I don't know what I was thinking...I was being overly-protective of you....I really haven't had much balance in life and I was too focused on our relationship and was clinging on to you, instead of going after what I want in life in terms of my career and ambitions, which would have allowed me to lead a more balanced life."*

As long as he says something along those sorts of lines, the woman will see that he has ALREADY changed the way he thinks. You should never try to get an ex back by saying that you WILL change or that you're going to change if she gives you time or gives you another chance, because most women simply won't accept that.

Some women (usually young women or women who don't have much relationship experience) will give a guy another chance on the basis that he is promising to change, but most women won't.

When a break up happens, most women will have gotten to the point where they've had enough.

She will have tried to be patient with her guy, but he wasn't able to change and understand what she really needed from him to feel happy and excited to be in the relationship, so she will just say "No" when he asks for another chance based on his promise to change.

What a woman wants to see is that you already have changed and she isn't going to have to be patient with you, or take on the role of teaching you how to be the kind of man she wants. Instead, you've worked it out yourself and are now being the type of man that she can respect.

Of course, it's next to impossible for a guy to fix his insecurities overnight. However, you need to at least give her the impression that you understand why she broke up with you (i.e. because of your insecurity), which will allow her to feel as though you are changing already.

You're not trying to just get her back with a promise of changing and instead, are already aware of the real reasons why she has broken up with you. Based on your more enlightened awareness of the real problems in your relationship with her, you are already going through a stage of transition and growth as a man.

She will be able to see that if you truly do understand where she went wrong. Watch this video for more info...

As you will discover from the video above, there are many subtle and obvious mistakes that a guy can make, which will gradually turn a woman off the idea of being in a relationship with him.

However, if you can stop making the same old mistakes and instead interact with her in a way that makes her feel respect and attraction for you, she will naturally begin to reconnect with her feelings of love for you.

3. If you speak to her 1-4 weeks after the break up

What you will say to her if you speak to her within 1-4 weeks, really depends on the break up reason.

Some guys get broken up with by a woman because they've taken her for granted and really haven't shown her enough love, care and appreciation. Other guys (e.g. insecure guys) get broken up with by a woman because they're not enough of a man for her.

If you took your ex for granted and you see her within 1-4 weeks after the break up, then you tell her about the fact that you now understand that you took her for granted. You don't have to dwell on that subject for too long, but it's important to briefly tell her that you understand that she broke up with you for that reason.

You need to remind her that you accept the break up and then apologize for putting her through what she had to go through. However, the apology should be said in a confident, matter of fact, easy-going manner where you simply apologize for your wrong doing and leave it at that.

Some guys make the mistake of apologizing in a way where they are looking for pity from their ex. For example: *"I'm really sorry about what I did...and hopefully I can get another chance with you."*

Saying it in that way will make her raise her guard up and not trust your apology. She will assume that you're just saying sorry to make her feel guilty and believe that you have now changed, but you're really just trying to get another chance with her.

You don't care that you hurt her, you haven't learned from the experience and are just saying whatever to get her to give you another chance.

The right way to do it is to be very matter of fact about it, *"Look...I just wanted to apologize. For the record – the way I treated you was wrong. You and I used to have something great and I just took you for granted...and for that, I'm sorry. I just want to tell you that. I'm not asking for us to get back together, but I just wanted to tell you that I'm sorry."*

What happens then is that she's thinking, *"Okay, well...he's not desperately trying to get me back"* and she doesn't feel like you're putting any pressure on her, so she will then open herself up to you and the potential of getting back together.

So, that is what a guy who took his girlfriend for granted would say.

How about an insecure guy who got dumped for not being enough of a man for his woman?

He would say (in a confident, matter of fact and easy-going manner), *"Hey, I understand the reasons for the break up...I just wasn't enough of a man for you and I understand that. I just want to say for the record that I'm sorry...you deserved a lot better from me...you and I had something great, but I don't know what the heck I was doing. Of course, I understand now why you broke up with me and I accept that. I'm not asking for us to get back together or anything like that, but I just wanted to say sorry. I want to at least give you that because we had something great and what did I do? I became overly-protective, clingy and jealous...I was pathetic...but, you go through life and you live and learn...I stuffed things up with you and I, but hey – that's life."*

By saying that sort of thing to her, she will see that you've grown from the experience and are not the same old, insecure guy who is begging her for another chance.

4. After many break ups

Many guys who are trying to get a woman back have already gone through several break ups with her.

In cases like that, a guy needs to really put in some effort to fix his issues and improve himself, because she will have already given him many chances before and she's most-likely at a point where anything he says to her is going to sound like bullshit.

If he says that he understands the reasons for the break up, she's usually going to say something like,

“Well, good for you, but I’m over it” and she won’t care that he’s now worked out where he is going wrong.

[image: Do I still want to be with him?]

She’s only going to really care if he is able to interact with her in a way that makes her feel a strong, renewed sense of respect and attraction for him. He can still tell her that he now understands where he was messing up with her, but she is only going to take him seriously if she can see that, whenever she interacts with him, he is able to make her feel differently.

If she interacts with him and he gets her smiling, laughing and enjoying herself around him, then she will know that he has changed.

However, if the same old negative tension always seems to exist between them whenever they interact, she will know that he’s still the same old guy and doesn’t yet understand how to get her feeling the way that she really wants to feel when in a relationship.

Watch this video for more info...

When a woman has broken up with a guy many times before, she will often be at a point where her friends and family are telling her to move on.

So, to give her the confidence to say to her friends and family, *“No, he has changed...it’s different this time”* he needs to really make an effort to improve himself and fix the issues (e.g. insecurity, commitment issues, lack of purpose in life, etc) that have been causing problems in their relationship all along.

Becoming a Better Man to Get Her Back

[image: Becoming a better man to get her back]

Whatever your ex’s reasons were for ending the relationship with you, taking steps to learn from your mistakes and become a better man is the right way to get her to see you differently and feel differently about you again.

It’s easy to do when you get the right advice, but if you try to take shortcuts by using amateur tricks that you can easily find online (e.g. avoiding her by using the No Contact Rule), you run the risk of turning her off even more and destroying the remaining love, respect and attraction she has for you.

I’ve already helped hundreds of guys to successfully get back with an ex girlfriend, fiancée or wife and I can help you too. In my popular program called, Get Your Ex Back: Super System I explain exactly what you need to do and say during each step of the process of getting your ex back.

Before we get to those sections in the program, I go through the most important part of the process, which is all about fixing your issues (e.g. insecurities, jealousy, over-protectiveness, commitment issues, etc) and improving who you are as a man (e.g. making you more confident, getting you clear on your purpose in life, making you more masculine, improving your ability to make her feel lucky to have a guy like you, etc).

Getting your ex back is an exciting process that really pushes you to grow as a man.

Many of the guys that I’ve helped have told me that they’ve not only got their ex back, but got promoted at work or made a bunch of great new friends because of their new approach to life. Y

Are you ready to take the next step and finally get her back in your arms?

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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Getting Back Together With Your Ex

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Getting back together with your ex is essentially a process of:

1. Figuring out what really went wrong between you and her.
2. Fixing any issues you have (e.g. insecurities, jealousy).
3. Becoming more emotionally attractive to her.
4. Meeting up with her in person to let her experience the new you.

In total, there are a total of 7 steps that you need to go through to properly get back with your ex, which I will guide you through if you watch, [Get Your Ex Back: Super System](#)

For now, let's have a look at the first point on the list above and help you figure out where things really went wrong between you and her.

As you will discover from the video above, your ex went through 3 very distinct stages before she broke up with you.

To get her back, you will need to guide her through those stages in reverse (i.e. get her respect back, get her to feel attracted to you again and she will then begin to reconnect with the love).

Getting Back Together With Her For Real

[image: Getting back with her for real]

It is completely possible for you to get back together with your ex, but you have to do it right.

Watch this video to understand where guys mess up when trying to get back together with an ex...

As you will discover from the video above, your ex will only begin to take you seriously if you begin saying and doing the types of things that will make her feel a renewed sense of respect and attraction for you.

When you do meet up with her and get her to forgive you and experience a renewed sense of respect and attraction for you, that is when she will become open to giving the relationship another chance.

[image: Getting back together with an ex woman]

Anything prior to that (e.g. text messaging, phone calls, etc) are no guarantee that you're actually going to get her back. The real reconciliation happens when you meet her in person and get her to feel the type of respect and attraction that will make her feel like it is right to give the relationship another chance.

Making the Relationship Better Than it Was Before

[image: Making the relationship better than it was before]

To get an ex back, you have to make her feel attracted and respectful of you in new ways. Then, when you get the relationship back together, you need to make it BETTER than it was at its best point.

It's easy to do, as long as you don't try to get her back before learning how to attract her in new ways.

For example: If a woman dumped a guy because he wasn't enough of a man for her (e.g. he was too emotionally sensitive, didn't have much purpose in life, she felt stronger than him emotionally, etc), then she isn't going to be excited if he tries to get her back by offering to take her on an expensive vacation, or promises to treat her better.

To get a woman like that back, he needs to fix his issues and learn how to become more of an emotionally masculine man (i.e. emotionally strong, driven, tough, etc). He can't expect her to want to get back together with him even though he still doesn't know how to make her feel the type of attraction and respect that she wants and needs in a relationship with a guy.

Here's the thing...

The start of a relationship is the easy part because a woman will often overlook a guy's flaws (e.g. he's a bit insecure, doesn't really make her feel the type of attraction she wants, etc), but after the initial buzz wears off, she will start to feel like he's not the guy for her.

To keep a relationship together with a woman, you've got to be able to deepen her feelings of love, respect and attraction for you over time, rather than expecting her to stick with you for life because things felt good at the start.

That was how it worked 100-200 years ago when it was shameful for a woman to divorce a man, but not anymore.

In today's world, women are allowed to break up with a guy, hook up with a new guy and repeat that process until they find the right guy for them.

You can be the right guy for your ex, but you have to be prepared to improve in the areas that you are lacking in terms of your ability to attract her.

Watch this video to understand how a woman's attraction for a man really works and how you can use it to make your ex feel that you are still the guy for her...

When you and your ex started the relationship, it was most likely a lot fun and you probably also had a lot of great sex.

However, as time went on, you may have let your insecurities get in the way (e.g. you became jealous, clingy or controlling, etc) and may not have treated her in the way she deserved to be treated. After a while, the relationship probably started to feel a bit stale, right?

Here's the thing...

You may now feel as though the love between you and her is DEAD and there is no way to bring it back to life. Yet, as you will discover by watching the video below, love does NOT die...

Your ex can become your girlfriend again, but you have to be willing to try a new approach to getting her to feel respect and attraction for you again.

At this point, you've most-likely already tried everything you can think of, including using the No Contact Rule, but nothing has worked for you.

If you want to get her back for real, you have to be willing to do this properly. You've got to make her feel the type of respect and attraction for you that will justify her giving you another chance. Anything less than that and she almost certainly keep rejecting your attempts to get back together with her.

Are You Making Empty Promises to Her Via text?

[image: Making empty promises to an ex via text]

The most common mistake that I see guys make is texting the absolute crap out of their ex.

He will send endless texts and try to keep in contact with her, convince her to take him back, try to make her jealous, remember the good old times or promise to change if she will just give him another chance.

This rarely works because a woman doesn't want to hear that you might change if she gives you a chance. Instead, she wants to see that you have **ALREADY** changed by fixing your issues and improving yourself.

If you attempt to speed up the reconciliation process by making all sorts of promises and saying whatever it is you think she wants to hear, without taking any steps to figure out what really went wrong in the relationship, then you're setting yourself up for failure.

You might get her to take pity on you and get back with you for a few hours or a couple of days, but she will eventually see that you're simply offering her empty promises and are still the same guy she had broken up with.

Every promise that you make and break (through failing to understand what it is she really wants from you) will delay the reconciliation process and make it less likely that she'll ever want to get back with you again.

If you're serious about getting back together with your ex, make sure you do it properly. Lazy attempts at getting her back will get you crappy results and you may even ruin your chances with her completely.

Have You Become a Better Man as a Result of the Break Up?

Most guys will answer, "Yes!" to that because they feel as though they've been taught a lesson by the break up and have become a bit better as a result.

However, becoming a little bit better as a man is usually not enough to get an ex back. If you want to get back with her for real, you need to be a LOT better than you were when you and her were at your happiest in the relationship.

Unfortunately, a lot of guys make the mistake of thinking that becoming a better man means giving themselves a bit of a "make-over" in an attempt to boost their physical attractiveness.

Yet, this does NOT work because an ex-girlfriend (fiance or wife) is not going to feel intensely attracted to the way a guy presents himself on the outside. Instead, she will only be truly impressed and attracted if he improves who he is on the inside.

Your ex will only appreciate how good you look if you have gotten her respect back and made her feel attracted to who you are on the inside.

For example: A guy can wear expensive clothes, but his behavior, attitude and way of thinking turns his ex off like it always had. She isn't going to say, "*WOW! I need to get back with him because he is now so fashionable*" and will instead just realize that he's still the same old, confused guy who doesn't even know what she really wants from him.

Ask yourself, *“How can I respark the sexual attraction that my ex once felt for me? How can I get her to fall in love with me again?”* ☐ ☐

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How to Get Your Ex-Girlfriend to Want You Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The secret of how to get your ex-girlfriend to want you back is to trigger both painful and positive emotions within her.

Painful emotions include jealousy, loss and regret, while positive emotions include respect, attraction and love.

Before your ex-girlfriend broke up with you, she would have lost respect for you, stopped feeling attracted to you and then fallen out of love with you.

So, to get her to want you back, you need to guide her through the respect, attraction and love process in reverse. While doing that, you also need to be making her feel the painful emotions that will cause her to come running back to you, or at least become open to seeing you again.

First, watch this video to understand the respect, attraction and love process in more detail...

Second, watch this video to understand where guys mess up when trying to make an ex-girlfriend jealous...

Third, watch this video to learn 5 classic mistakes that guys make when trying to get an ex-girlfriend back and what you should do instead if you want to be successful...

As you will discover by watching the videos above, to get your ex girlfriend to want you back, you will need to change the way she currently perceives you.

Just like you might have hated someone in the past (e.g. a person you worked with or went to school with) and then really liked that person later on when they changed their behavior or the way they communicated with you, the same applies to getting an ex-girlfriend to want you back. At the moment, she will have a negative perception about who you are and how you make her feel, but those perceptions about you are not permanent.

You can change the way she feels about you by changing the way that you think about you in her mind. It's basic human psychology and any guy can do it, as long as he has been taught how.

Going Through the Process of Getting Her Back

Changing her perception of you and making her want you back is a step-by-step process that you can go through, which I teach in my program [Get Your Ex Back: Super System](#)

First, you need to discover exactly why she broke up with you (most women don't share the real reasons for the break up, so in my program, I explain 70+ subtle and obvious reasons why women break up with guys) and then make the exact changes that she *really* wants you to make.

For example: Some women will have broken up with a guy because he wasn't being enough of a man for her. Yet, the guy doesn't know that and is saying the wrong thing to her, *"I'll do anything. I'll change. I'll treat you better. I'll take you on a vacation. I'll do anything – just tell me what you want."*

That's not what she wants to hear though. Telling your ex girlfriend that you will change is not enough; you actually have to fix the precise things that she really broke up with you because of, as

well as improve your ability to make her feel the type of love, respect and attraction that she needs to feel to justify being in a relationship.

Top 3 Pitfalls to Avoid

Here are three common mistakes that guys make when they've been dumped and are desperately trying to get their ex-girlfriend to want them back:

1. Being Clingy or Too Possessive

[image: My girlfriend said she needs space]

Ironically, the more desperate you are to get an ex-girlfriend to want you back, the less likely it is that she's going to want you back.

In the movies, the desperate "loveable loser" character will beg and plead and then do something really nice for the girl and get another chance. However, in real life, desperation is not an attractive trait in a man and any hint of desperation in your thoughts or actions will completely turn her off.

In fact, it could be that your relationship became an ex relationship because of "desperate" patterns of behavior such as clinginess or over-possessiveness and unless you can demonstrate that you've changed your ways, she's not going to be open to taking you back.

2. Begging, Crying or Pleading

[image: A relationship falling apart]

Many guys who are desperate to get an ex-girlfriend back, often make the mistake of crying and showing emotional weakness, which is a huge turn off for women.

When this is the case, a guy might try to win her back by sending her a sweet love letter, texting the crap out of her, filling up her Facebook inbox with messages, crying to her on the phone or pouring his heart out in long-winded voicemail messages.

He might even whimper or cry again and say things like, *"I'm nothing without you. I feel lost in the world. I need you"* not knowing that such weakness and lack of direction is not attractive to women.

To a guy who is behaving like that, he may think that he's doing the right thing by demonstrating how important she is to him, yet it simply makes things worse.

Women are turned on by guys who make them feel like a real woman (i.e. she feels feminine, girly and free to be emotional) and are turned off by guys who make them feel as like a big sister or mother figure.

Essentially, whether a woman admits to your face or not, she wants you to make HER feel girly as a result of how masculine you are.

So, if you're wondering how to get your ex-girlfriend to want you back, you now have part of the answer: Become more of a man than you already are right now. The more emotional masculinity and maturity you can display when you interact with her, the more she will feel respect and attraction for you.

Of course, a lot of the guys who are trying to get an ex-girlfriend back have been blocked by her on social media and she is no longer answering his calls or replying to his texts.

[image: Bombarding girlfriend with texts]

If you're in that situation with your ex, I recommend that you use the techniques from my program, [Get Your Ex Back: Super System](#)

Using my approach, she will get on a phone call with you (I guarantee it) and she will agree to meet up with you in person.

3. Trying to Make Her Feel Pity

[image: Giving all of his power away in the hope that she will take pity on him]

Women want to be in a relationship with a man whom they can look up to and respect. Sometimes, a guy who has been dumped by a woman he loves will make the mistake of behaving as though he's going to be lost, destroyed and hopeless without her in his life.

Using that approach, he might be able to make her feel guilty for a few hours or days, but she will eventually realize her mistake and break up with him for good.

Women are attracted to strong men who have the emotional strength required to make a woman feel protected and safe in a relationship. Being able to do that makes a man stand out as a real man amongst other guys and gives him a presence that women feel sexually attracted to and respectful of.

If you want your ex-girlfriend to respect you, it's important that you show her that you're happy, confident and moving forward in life with or without her. However, when you do talk to her in person, you also need to have the emotional strength and courage to also tell her that you love her and still want her in your life.

Don't put on an act of being happy, confident and moving forward in life without her if that isn't true for you. It has to be genuine or else she will see right through it.

If she's unable to determine whether you are putting on an act or being truthful, all she has to do to find out is show some interest in you, say she is thinking of giving the relationship another chance and then when you are excited, she will pull back her interest and say that she changed her mind.

If you were truly happy, confident and moving forward in life with or without her, you would see that as her loss and keep moving on without her. However, if it was an act, you would become desperate and insecure again and try to get her to change her mind.

Getting Her Back For Good

[image: Getting her back for good]

Taking all of the above into consideration, knowing how to get your ex-girlfriend to want you back comes down to showing her (not telling her) that you understand the real reasons for the break up and have already changed.

If you have changed in the ways that she needs you to, then she will naturally begin feeling respect and attraction for you again. If you do that right, she will also begin to reconnect with her feelings of

love for you.

If you're not sure how a woman's attraction for a man really works, watch this video for the full explanation...

As you will discover from the video above, you have a lot of direct control and influence over how much or little attraction your ex-girlfriend will feel for you.

If you display the personality traits and behaviors that naturally make a woman feel respect and attraction for a guy, she will feel the attraction and begin to feel like she wants you back or at least wants to meet up with you again to see how she feels when interacting with you in person.

Here are 3 examples of personality traits that naturally attract women...

1. Confidence

Women are instinctively attracted to confident men because this world that we live in is challenging and life isn't always easy and without challenges.

When a guy is trying to get his ex-girlfriend back, he usually displays a lot more insecurity than confidence, which turns his ex off even more.

2. Masculinity

To be able to make a woman feel like a real woman (i.e. feminine, girly, free to be emotional), you need to think, behave, feel and take action in a masculine way around her.

When a guy is trying to get his ex-girlfriend back, he often displays a lack of masculinity by being emotionally sensitive and weak, which turns his ex off even more.

3. Social Intelligence

Social intelligence is essentially your ability to get along effectively with other people.

For most of human history, resources like food have been hard to hunt and gather, so women developed an instinctive attraction for guys who have the social intelligence to make friends with others and be respected by others, especially alpha males.

When times get tough, it's the guys who have the most social alliances who are able to survive the easiest, whereas guys who are outsiders often have a harder time getting by.

Now that we live in a modern society with supermarkets and grocery stores, a woman's instinctive attraction for social intelligence has not disappeared.

Social intelligence is now an important trait that allows a guy to get promoted at work or to succeed in business by being effective at building positive relationships with other people.

When your ex-girlfriend notices that you have become more socially intelligent than you used to be, she will automatically realize that other women would love to be with the new you and she will begin to look at you in a more positive light.

Those are just three of many different ways that I will teach you to help you re-attract your ex girlfriend.

To get your ex-girlfriend to change her current negative perception of you and begin to want you back, she has to experience a renewed sense of attraction and respect for you first. That is something that I can teach right now.

It is very simple, natural and automatic and once you know how to do it, you have that power over her (and other women) for life.

Are you ready to begin the exciting process of making your ex-girlfriend want you back?

Can you imagine how good it will feel when she's finally back in your arms and saying that she loves you?

Can you imagine how proud you will feel of yourself for accomplishing that?

It's an awesome feeling to get an ex back and if you're serious about getting her back, I'm ready to show you the way right now...

×

[image]

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I Want My Wife Back: Where Do I Start?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

When a guy says to me, *“Dan, I want my wife back. What can you do to help?”* he is usually at the point where he has tried everything he can think of and realized that if he doesn't get some professional help, he may lose his wife forever.

You can get your wife back, but you have to make sure that you don't make the classic mistakes that husbands make, which turn their wife off even more.

Watch this video to understand where a lot of men go wrong and what you should do to get this done right...

As you will discover by watching the video above, if you have truly changed and are now able to make your wife feel the type of love, respect and attraction that she wants in the marriage, she will naturally begin to become open to giving it another shot.

However, if you expect her to come back to you because you want it or because you think she should stick to the vows she made on the wedding day, she's most-likely going to keep saying no.

If you want to get your wife back for real, you'll most-likely need to make some real changes about yourself and get an up-to-date education on modern relationships, being a man and making a woman happy.

In the past, men didn't have to learn about this sort of thing.

A woman had to get married and then stick by her man for life, even if she was unhappy.

Obviously, that is no longer the case in our modern society. To keep a marriage together for life, a man now needs to know how to deepen his wife's feelings of love, respect and attraction over time, rather than taking her for granted.

Personally speaking, I recently got married to my sexy, 22 year old girlfriend (she's 15 years younger than me) after living a playboy lifestyle for about 12 years.

Now that I'm married, I have a tremendous appreciation for how important it is to keep a marriage together for life. The sense of peace, security and happiness that you get from a truly loving marriage is like nothing else.

If you do want to get some professional help to get your wife back, I hope that you decide to learn from me here at The Modern Man.

Why Did She Leave You?

[image: Why did she leave you?]

The first step in the process of getting your wife back is to understand the real reasons (not the vague ones she probably gave you like, *“I don't love you anymore”* or *“I don't know if I want to be married”* or *“I need time to figure out what I want”*) why she left the marriage.

Only when you know the real reasons for the split, will you be able to make accurate changes that get her attention and make her feel a renewed sense of respect and attraction for you.

Watch this video for more info...

As you will discover from the video above, you can guide your wife back into the marriage by taking her through the 3-step process in reverse.

First, you need to get her respect back, then get her to feel attracted to you again and when that happens, she will naturally begin to reconnect with the love.

Here's an example...

Let me tell you a story about Steve (Not his real name. I've changed his name for privacy reasons), who was a phone coaching client of mine.

When Steve came to me, he felt as though the situation with his wife was hopeless because she walked out on him saying, *"I want to spend some time alone to think about where my life is headed. I don't feel the same way anymore and I don't even know if I want to be married."*

At that point, Steve and his wife had been married for three years and although they'd had their fair share of ups and downs, Steve had no idea why she was so deeply unhappy in their marriage.

In his words, her decision to walk away was like *"a bolt out of the blue"* and it came as a complete shock to him.

He tried calling her to get her to explain herself further, but even though he left several messages every day for the first week, she didn't return any of his calls. Eventually, she left a message on his cell phone saying she would call when she was ready to talk.

[image: Wife no longer answering texts from husband]

Steve was angry because this was HIS wife. He felt a certain level of ownership over her because they'd been together so long and had vowed to stay together for life on their wedding day.

Understandably, Steve was in shock and couldn't eat or sleep properly for more than a week following his wife's message. Making some of the same classic *"break up mistakes"* as most guys make, Steve then continued to leave messages on her phone begging her to come back.

He pleaded with her by saying, *"I can change, just tell me what it is you want me to do and I'll do it,"* but without realizing it he was actually delaying her call by turning her off even further. Why? The more he called and the more he begged and pleaded, the more attraction and respect she lost for him as a man.

The bottom line is that Steve's wife needed time to think about her feelings for him.

At the time of walking away, she felt as though she had fallen out of love with him, so the more he called and behaved in a desperate and needy way, the less attracted she felt and the more she wanted to distance herself from the negative feelings she experienced whenever he contacted her.

Saying to his, *"I can change"* was seen nothing more than an empty promise in her eyes. Why? She knew that he didn't yet understand what she wanted him to change and was simply saying that he would change. Yet, what would he change?

Women don't want a man to say, *"I will change, just tell me what you want me to do"* because she doesn't want to have guide and lead a man through life, like a mother would do for her young son.

Whether a woman is honest enough to admit it or not, she dreams of being in a relationship with a man with confidence, masculinity and the ability to take the lead and let her relax into being a feminine, girly woman.

What Steve needed to do to get his wife back was to rediscover and redevelop the qualities that she loved about him when they first met. He needed to show that he was not only the man she fell in love with, but was now a better man.

Getting a woman back is about changing and actually letting her experience the new, improved version of you. You can't just expect her to take you back when it's going to be the same old thing as before.

Steve was a bit resistant with some of my methods at first (because it really pushes you outside your comfort zone and gets you to grow and transform very rapidly), but he put his trust in me, followed the steps of my system and he then got another chance with his wife.

The last I heard from Steve, he and his wife were happily back together and had planned a weekend away together.

This is a typical type of success story from my clients because the truth is that it is possible to get a woman back. Watch this video to understand why...

As you will discover from the video above, the love that your wife has for you is now simply in the background.

She will only want to reconnect with that love if you can start making her feel the type of respect and attraction she sees as necessary for a marriage to be healthy, happy and relevant.

Missing the Signs

Relationships, marriages included, rarely fall apart out of the blue.

In Steve's case, he thought that his wife had dropped a bomb on him all of sudden by just changing her feelings overnight. However, it turns out that she had given him plenty of warnings verbally, with her behaviour, with her body language and through her actions to try and tell him how unhappy she was.

She wasn't always completely clear and direct about it because women tend to avoid being a man's teacher and will usually just give hints and hope that he changes. It didn't really matter what she said or did, because Steve would completely miss her signs, not worry about them or misinterpret them as her just being a moody woman.

In his mind, she was his wife and she would stick around for life because that's what married people do.

Yet, what he didn't realize is that it's no longer 1905 where a woman felt ashamed to get a divorce or separate from her husband. Unfortunately, in today's world, separations, affairs and divorce are often glamorized by TV shows, music videos and Hollywood movies.

If you want your marriage to last for life, you've got to be able to deepen your wife's feelings of love, respect and attraction for you.

A big part of that is being the type of man that she can look up to and respect, rather than you taking a backseat in the marriage and expecting her to lead the way and be the strong one for both of you.

It doesn't matter how independent, confident or successful (in her career) that a woman may be, she will always yearn to be with a man who has what it takes to make her feel like a real woman (i.e. girly, feminine and free to be emotional).

A woman doesn't want to have to take on the lead and guide a man through life. Instead, she wants to relax into being feminine and not have to worry about taking care of her man as though he's a lost, insecure man who needs her to protect him.

[image: Husband doing housework]

More often than not, the women in TV marriages are the ones wearing the pants and taking charge of everyday life. The henpecked husbands just go along with everything the wife wants because that's what makes her happy or so he thinks and when she's happy, he's happy. This is not what makes women happy.

The more a woman is put in the position of taking charge the less feminine she feels. The less feminine she feels, the less sexual attraction she feels for her man.

When the natural masculine/feminine balance becomes lost in a relationship, the all-important sexual spark also begins to die and then neither party feels truly happy, satisfied and balanced.

Getting Your Wife Back For Real

If you're saying to yourself, *I want my wife back*, just know this...

You can begin the process of getting your wife back by changing your statement from *I want my wife back* to, *I want to become an irresistibly attractive man that my wife will want back.*

The qualities that you will need to get her back can be learned and I can teach you right now.

Are you prepared to do whatever it takes to get your wife back?

×

[image]

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Why Do Most Rebound Relationships Fail?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Rebound relationship: The relationship that you have immediately after breaking up with your long-term girlfriend or wife.

Rebound relationships can work, but according to a number of studies, approximately 65% will fail within 6 months.

In most cases, this happens because the new person (the rebound) is simply filling in the gaps that the ex left wide open. However, just because the rebound is filling in those gaps, it doesn't mean that they are a perfect match.

After spending years of my life helping guys to get a woman back after a break up, I've found that a lot of guys get into a relationship by getting lucky and scoring with a woman as the rebound, but when the initial fun and excitement of the relationship wears off, they find themselves dumped.

[image: The spark dying out in a rebound relationship]

Breaking up with a woman you truly love can be one of the toughest experiences to go through in life.

In a serious relationship, you will usually invest a lot of your time, energy and emotions trying to make it work.

Eventually, much of your life may revolve around her and big decisions that you used to make on your own when you were single, are now often made with her buy-in or with her interests in mind.

No matter what happened during the relationship, no matter how good or bad you were together and no matter what caused the breakup; when it is all over, you are usually left feeling battered and bruised.

[image: Woman losing interest in her rebound guy]

If you're like 65% of guys out there, the next relationship you get into (the rebound relationship) will fail unless you put in some time and effort to learn from your mistakes in the relationship and become a better man.

[image: Why did she dump me and move on so quickly?]

If you don't learn from your mistakes, you'll probably meet a girl and she'll seem like she's great for you initially, but it just won't work because she will eventually lose respect and attraction for you (like your ex did) and then fall out of love with you.

If you're interested in learning from your mistakes after being dumped by a woman, watch this video...

As you will discover from the video above, a woman will usually go through 3 stages before breaking with a guy, whether he is a rebound or a man that she naturally fell in love with.

If you want your relationship with a woman to last a lifetime, you have to actively guide both you and her into deeper feelings of love, respect and attraction for each other.

It's not a woman's role to do that for you and if you don't take on that role, most women (not all) will get sick and tired of being unhappy in the relationship and they will leave.

Two Reasons Why Most Rebound Relationships Fail

1. You and your new girlfriend were attracted to each other for the wrong reasons

[image: Rebound relationship failing]

If you are feeling insecure or emotionally weak after a break up, you will naturally attract women who feel comfortable around guys like that.

Women who accept insecure, emotionally weak men usually have low self-esteem and only feel safe being in a relationship with an emotionally weak man who needs her more than she needs him.

Trying to avoid the pain of being dumped by a man she really loves and wants, she will accept a man that she knows isn't good enough for her at the time.

She figures, *"If we break up, it won't be a big deal because I'll never truly love him anyway"* and if he eventually dumps her, she won't be too concerned because she was never truly attracted to him anyway.

The only way he will be able to get her back is to become emotionally strong and improve his ability to make her respect him as a man and feel attracted to him. If he tries to get her back from a place of emotional weakness, it just won't work and here is why...

As you will discover from the video above, a woman will only be interested in taking you back if you can make her feel a renewed sense of respect and attraction for you.

If you were dumped for a rebound guy, read this: [How to Get Your Ex Back When She Has Moved On](#)

2. You're not ready to go from one serious relationship to another

[image: Why rebound relationships fail]

Going from one serious relationship to another is usually a big mistake because you need to learn from the previous experience.

If you have given yourself a chance to fix your issues (that caused or significantly contributed to the break up) and improve yourself (to be even more attractive to women and to be able to keep a relationship together), you will naturally bring all that baggage with you into the new relationship.

This will definitely lead to problems and once again, the relationship will fail within weeks, months or years.

Give Yourself a Chance to Heal, Learn and Grow From the Experience

Most rebound relationships are destined for failure because the guy is still going through the break up process mentally and emotionally.

He will either not be truly himself emotionally (usually to protect himself from getting hurt) or he will be a mess of emotions and turn the woman off. If he doesn't give himself a chance to heal, learn and grow from the experience and instead jumps into a new relationship, he will most-likely fail in that relationship too.

To successfully keep a relationship together, you need to be the type of man that a woman wants to

stay with and you also need to choose the type of woman that you will want to stay with, even when she starts getting older.

[image: The healing process]

The healing process consists of several stages, which include the following:

Denial

He can't admit that it's over and keeps calling her trying to keep it together or get another chance, even though he knows that it's over, or he is the one who broke up with her and still can't believe she did whatever she did to make him break up with her.

He may think that all women are like her and that it's all too difficult. Guys like this will swear to never want a woman or sex again and will say things like, *I don't care. I'll just stay alone. Women are all bitches and can't be trusted.*

Anger

He feels angry about the break up and feels anger at his ex for leaving him or making him leave her. He could also be angry at whatever it was that caused the break up (her mother, friends, the guy she cheated with, etc.)

Bargaining

After the anger stage he may start to plead with her and promise that he will do whatever it takes to change; *I can change.* Alternatively he may bargain with himself *I will never date a woman like that again.*

Depression

Next he may feel that nothing will ever change for him and that he will be single and alone, forever. If he thinks like that on a regular basis, he will naturally begin to feel depressed.

Acceptance

He accepts that the relationship is over and that he will be okay. He is now ready to move on with his life and to move on to new and better relationships.

Fixing Yourself First

Grieving and taking some time to process what happened, where you went wrong and what you need to improve about yourself (to avoid it happening with the next woman) is a natural part of healing after a relationship break up.

After you fix your issues and improve yourself, it is important that you get out there and start having some fun with new women.

If you've done it (fixing your issues and improving yourself) correctly, then you will be going out there with confidence and belief in yourself, which will naturally make women feel attraction for you.

However, if you go out there will a bunch of insecurities running through your head as you speak to women, the quality women will naturally be turned off by your emotional weakness.

Getting Your Mojo Back

When you and your woman finally part ways and you realize that you're on your own, you may begin to feel a bit worried that she will be able to move on a lot quicker than you and you may not be able to find a woman like her ever again.

You may begin to doubt yourself and wonder if you have what it takes to approach and attract women out there in the dating scene.

The fastest way to get your mojo and confidence with women back is a two-step process:

1. Fix your issues and improve yourself.
2. Have sex with women who are hotter than your ex.

However, if you just want to get your ex back without having to hook up with new women, then I recommend that you watch and follow the steps from my program, [Get Your Ex Back: Super System](#)

×

[image]

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[image: Dan Bacon]

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Get Your Ex Back Now

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you want to get your ex back now, you need to show her that you are the guy that she really wants to be with.

How can you do that? You need to begin sparking her feelings of respect and attraction for you.

For example:

To make her feel attracted to you again, you can focus on being confident and making her laugh and feel light-hearted whenever she interacts with you.

[image: Making your ex feel attracted again]

A lot of guys make the mistake of being too serious, concerned or nice when interacting with an ex. You've got to make sure that you're triggering her feelings of attraction and using humor to make the dynamic between you feel more enjoyable and positive, is one of the ways that you can achieve that.

Don't take what she says so seriously. Try to put a positive spin on things, make her laugh by making light of what she is saying and get her to see the brighter side of life. When she is smiling and feeling good, she is feeling attracted to you.

To make her feel respect for you again, you need to begin to truly change the things about you that really caused her to break up with you.

Often, a guy will get dumped by a woman because he hasn't been enough of a man for her, so he needs to show her (via his body language, actions, vibe, conversation style and attitude) that he has already changed and become more of a man.

Watch this video for more info...

As you will discover from the video above, if your want to get your ex back now, you need to focus on making her feel the type of respect and attraction that she needs to feel to justify giving you another chance.

Are You and Her Now Finished Forever?

[image: Are you and her now finished forever?]

When a woman initially dumps a guy, it feels so permanent, but it isn't.

Human emotions change all the time and you can actually make her change the way she feels by changing how you talk to her and how she perceives you. I've already helped hundreds of guys get back with their ex-girlfriend, fiancé or wife...it's actually pretty easy.

You can get your ex back now as well, but you have to do it right and the right way to do it is to make her feel the *emotions* that will cause her to suddenly want to see you and be with you. That is something that I am ready to help you with right now.

Stop Using Lame Techniques That Don't Work

Unfortunately, the majority of guys who ask me for advice on how to get an ex back have already tried and failed because they are either:

1. Using crappy advice from amateur sites online (e.g. the No Contact Rule where a guy stops contacting his ex and hopes that it makes her miss him and forgive all of his mistakes).
2. Listening to random people on forums, who are just as emotional and confused as they are about how to get an ex back.
3. Reacting badly to the break up (e.g. begging, pleading, trying to convince her to take him back) and makingÂ turning her off even more.

Whatever the case for you, just make sure that from this moment onwards, you do it right.

If you keep ruining her feelings for you and driving her further away, it will make it difficult for you to get her back later. Not impossible, but difficult.

Remember: There is always a chance to get your ex back, if you do it right. One of the quickest ways to learn how to do it right is to learn from the mistakes made by those who do it wrong.

Don't Beg and Plead With Her to Give You Another Chance

[image: Begging and pleading with ex]

A common reaction from guys is to beg and plead to a woman to give them another chance.

A guy will promise her the world, tell her that he will âdo anythingâ to get her back, change her mind or get another chance. As you may know now (possibly after begging and pleading to your ex), women do not find begging and pleading to be an attractive trait in a man and any kind of desperate behavior is a complete turn off.

Desperation makes a guy appear weak and insecure and that state of being in a man is unattractive to a woman. She literally stops feeling sexual attraction for the guy and the more he does it, the more respect she begins to lose for him. Eventually, she closes off the side of her that loved him and makes it unavailable to him.

A woman wants to feel like her man loves her and wants her in his life, but he would be happy with or without her.

A guy like that will accept the break up, go and fix his issues (e.g. insecurity) and improve himself (i.e. improve his ability to make her feel attracted to him) and then arrange to meet up with her so she can feel a renewed sense of respect and attraction for him.

However, when a guy falls into the trap of begging by saying things like, *âI'll do anything. Just tell me what it is you want and I'll do it. I promise I can change,â* then he's not only making himself out to be an emotional wimp in his ex's eyes, he's also highlighting the fact that he doesn't know what mistakes he made.

Why is this important? A woman doesn't want to have to teach you how to be a man. She wants you to know what to do, instead of her feeling as though she has to âmother youâ or âbaby

youâ€” through the process.

She knows that unless *you* know what went wrong in your relationship, you'll likely just keep making the same mistakes and annoying her even further.

You can promise her the world to her, but it won't mean anything to her because she doesn't want to share her world with you if you don't understand her and how to be the man she needs.

To get your ex back now, you need to be an emotionally and mentally strong man who is secure in who you are and what you've got to offer her. You need to be a man who knows what women want, without them having to spell it out for you.

Women don't want to be your leader, your boss or your guide in life. If you need help and mentoring from other men, then get it, but don't ever ask a woman to be your mentor. She does not want to take on that role.

Donâ€”t Put Her On a Pedestal

Some guys get so caught up in the painful emotions of being rejected and broken up with that they begin to glorify the woman breaking up with them. A guy will say, *â€”Thereâ€”s no other woman that can compare to youâ€”* or, *â€”Without you in my life, life is not worth living.â€”*

Guys who do this make the mistake of thinking that proclaiming undying love for her and putting her on a pedestal will somehow flatter her into wanting him back. It won't! In fact, it will have the opposite effect. Why?

Women do not want to be your purpose in life and they do not want to be told that without them, your life is worth nothing. That is what actors say in the movies for entertainment purposes, but in real life, women do not want men who are hopeless without them.

Women are not flattered when you glorify them by putting them on a pedestal above you. Using that approach will effectively throw a bucket of cold water over any residual feelings she had for you because it shows you to be a completely weak, insecure and desperate guy who has nothing going for him.

If your life is so empty and meaningless without her, youâ€”re not the confident, masculine man she wants. She wants to be with a man who knows how to make her feel like a woman; being insecure and needy will not make her feel the way she wants to feel.

To get your ex back now, you need to use attraction techniques to make her feel sexually attracted to you again. When you use those techniques on her, she will know that you can make other women feel that way and she will worry about another girl taking her from you.

However, if she gets the impression that you want to get her back because you can't attract other women, it will make her want to be away from you even more.

Women (especially those in a position of breaking up with a guy), do not want to feel as though they are doing the guy a favor by being with him. A woman wants to be in a relationship with a man who makes her feel attraction and whom she respects.

You've got to make her feel that way about you.

It's the only real, proven way to get an ex back and I've already helped hundreds of guys to get their ex back that way via my program, [Get Your Ex Back: Super System](#)

Don't Brag and Try to Make Her Jealous

Intentionally bragging about being with other women (or having other women interested in you) in a deliberate attempt to make your ex jealous is an approach that's going to backfire, if you've actually been sitting alone at home feeling sorry for yourself.

Putting on any kind of act and pretending to be something you're not is never a good move because women are experts at reading body language and she's going to know you're faking it. If she can't tell by your body language, she will ask you to show text messages from the woman or might even say, *â€œFine. Be with her!â€* and then stick to that to see what you do.

One of the golden rules that we teach here at The Modern Man, is that you never need to lie to a woman. There is so much power in honesty and so much potential weakness in lying to someone.

Of course, if you really have been out socializing with other women and other women are showing an interest in you, she's certainly going to begin questioning whether she made a mistake when she let you go.

It has to be real though. You can't lie about hooking up with other women and think that it will get her back. If she finds out that you were lying, she will break up with you for good.

Doing it Right

To get your ex back now, you need to show her that you've learned from the experience of being dumped and that you've already taken action to become a better man. Telling her that you will change usually isn't enough for most women. Instead, they want to see that you already have changed.

Are you willing to do whatever it takes to get your ex back now?

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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How to Win Back the Love of Your Life

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you want to win back the love of your life, you need to:

1. Understand why she really broke up with you, which is often going to be different to the reasons she gave you.
2. Fix your issues (e.g. insecurity) and improve yourself (i.e. become more emotionally attractive to her).

There are 5 more steps that you need to follow after that, which I explain in my program, [Get Your Ex Back: Super System](#)

For now, I will help you with the first one on the list above...

As you will discover from the video above, winning back the love of your life is possible when you get her respect back and make her feel attracted to you again.

It Felt So Good While it Lasted

[image: It felt so good while it lasted]

Finding the love of your life and enjoying the relationship is one of the most incredible and rewarding experiences you can ever have.

Most people struggle through relationships for many years before they find their great love, while others lose the love of their life before they've had a chance to develop their relationship skills.

Whatever the case is for you, if you've lost your special woman and want to know how to win her back, then you've have find the right place.

The secret to winning back the love of your life is this: You have to make her feel as though you are the love of *her* life and that she will be winning by getting back with you. If it's about you winning and getting something from her, it won't happen.

The way to begin making her feel that way is to get her to feel a renewed sense of respect and attraction for you as a man. When you get her to feel that, she naturally begins to reconnect with the love.

Watch this video for more info...

As you will discover from the video above, you've got to make her feel what she wants to feel. It can't be about you wanting to get her back so you get something from her.

Guys often want to win a woman back so that they can get something (e.g. stop feeling so sad and lonely, have sex with her one last time before breaking up with her, avoid having to get out there and meet a new woman, etc).

However, after helping 1,000s of guys win back the love of their life, I know that women only get back with a guy if they feel as though they are benefiting from the situation. In other words, she feels lucky to be with him.

Reflecting on Where You Went Wrong With Her

[image: Reflecting on where you went wrong with her]

There is almost always a perfectly good reason why a relationship broke up and in many cases, there are more than one reason why it happened.

Before you contact your ex and begin the process of winning her back, it is important to take a good, hard and honest look at yourself and where you went wrong with her.

For example: Did you make any of these mistakes in the relationship?

1. Did you stop being the man that she originally fell in love with?

Did you behave in an insecure or jealous way too often? Did you lose your self esteem? Did you stop being charming and romantic?

2. Did you start taking her for granted and not giving her the level of love, attention and affection she required?

Did you spend enough time with her? Were you there when she needed you? Did you let work, family or friends come between you and her? Did others become more important in the relationship than your woman? Were you distracted with your career, studies or hobby and not paying enough attention to her?

3. Did you continue to connect with her emotionally and physically or did you start to disconnect from her and expect that she'd put up with it?

Did you support her during the tough times? Did you have sex often enough to keep that physical connection there?

4. Did you make her feel like a real woman (i.e. feminine, girly, free to be emotional) when she was with you?

Did you make her feel girly because you were so manly, or did you make her feel like a friend or worse, like your mother?

5. Did you cheat on her?

If so, why? Often, a guy will cheat because he fears that the woman will eventually cheat, so he wants to do it first.

Other times, it's because he's not that attracted to his woman and is looking for a replacement woman before breaking up with her, or because he isn't happy within himself and is looking for happiness in the love and attention from other women.

If you cheated, what was the reason and have you been able to fix that or get over it?

Once you have acknowledged your part in the causes of the breakup, you should then take a look at the relationship as a whole.

Look at the relationship and ask yourself what went wrong...

6. Did you and her simply drift apart?

Were both of you going in the same, ultimate direction in life? Did one person in the relationship grow and become a bigger and better person, while the other got left behind? Did you want the same things? Did one of you want marriage or babies while the other one didn't?

7. Were other people interfering?

Did someone come between you and her; a family member or a friend? Was someone trying to break you up? Was work or studies getting in the way of the relationship?

8. Was there still enough passion in the relationship?

Did you still have sex regularly? Did you let it become too predictable, or hold back from really connecting with her during sex?

Answering all of these questions in your mind right now will help you get a good picture as to what really went wrong between you and her.

Before you really begin to understand how to win back the love of your life, there is another, more important step that you have to take. You have to look at your ex and ask yourself, is she really the love of your life?

- Do you see her as the love of your life because you're both perfect for each other, or because of how bad you feel without her?
- Did she want you to change into someone you didn't want to be?
- Was she someone you could imagine spending the rest of your life with and not getting divorced by eventually? Would she really stick by you?
- Does she have the same long term goals and interests as you?
- Was she spending more time with her friends than with you?
- Did she nag and fight with you a lot?
- Did she cheat on you?

Finally ask yourself this question: *If you had 3, beautiful women who were into you and wanted to be your girlfriend, would you still want her back?*

If you answered YES then the next question is: *What improvements have you made to yourself since she left you?*

Trying to get her back because you can't live without her is not going to work. You have to quickly transform yourself into the type of guy that she can't live without. If you want me to guide you through that process, I recommend that you watch my program, [Get Your Ex Back: Super System](#)

You've got to be prepared to go through a rapid transformation and improve yourself. If you are unwilling to improve yourself, she is probably going to be unwilling to give you another chance.

On the other hand, when you make her feel a renewed sense of respect and attraction for you when you meet up with her or talk to her on the phone, she will naturally open back up to wanting to be with you.

Are You Ready To Win Back the Love of Your Life?

Getting an ex back requires that you have a plan that is certain to work for you.

A lot of guys try to guess their way through the process and end up making many of the classic mistakes that ensure she won't want to get back with him.

If you want to use a highly tested, proven to work strategy for winning a woman back, then I

recommend that you watch Get Your Ex Back: Super System right now, rather than wasting another day of your life without her in it.

×

[image]

Almost there! Please complete this quick form to gain instant access.

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How to Get My Wife Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Marriages or relationships rarely end out of the blue or for no reason, so if you've reached the point of wondering, *How to get my wife back*, here's what you need to do:

1. Understand what really went wrong between you and her.

[image: What really went wrong between you and her?]

In what ways did you cause her to lose respect and attraction for you and then fall out of love with you? You might be able to immediately think of some ways, but do any of the examples in the video below apply to your situation as well?

2. Fix your issues and improve yourself.

You might be a great man with good intentions when it comes to your wife, but there are going to be things about you that she won't be willing to put up with again.

For example: Some of the issues that can drive a woman away include a man's insecurity, inability to create feelings of love and lack of a deepening connection over time.

Some of the things that a man needs to improve include to get his wife back often include his ability to trigger her feelings of sexual attraction, his attitude and behavior. Essentially, he needs to start being the type of man that his wife feels attracted and drawn to.

Here's how it works...

As you will discover from the video above, it is possible for you to begin interacting with your wife in a way that triggers her old feelings of attraction for you and gets her to experience new and more exciting feelings of attraction.

Finding the answers you need to get your wife back comes down to changing your thought process from, *How to get my wife back*, to, *How do I become the type of man that my wife will want back?*

It's not enough to just fix your issues and apologize to your wife. To get a woman back for real, you have to make her see that you've quickly become an even better man than you were before.

After you've worked out where things really went wrong and made an effort to educate yourself on how to be a better man, then you are ready to take the next step and contact your wife to get her to meet up with you.

As long as you follow that basic process, you will have a better chance of getting her to respect you again and then become open to allowing herself to feel attracted and drawn to you again. When that happens, she will naturally begin to reconnect with the love.

Watch this video to understand where men go wrong when trying to get a woman back and what you should do instead if you want to be successful...

As long as you are willing to put in some effort to truly understand where you went wrong and then actually make improvements and changes to your thinking, behavior, attitude and approach to the relationship, your wife will then become more open to forgiving you and reconnecting with her feelings.

Is Divorce the New Norm?

[image: Is divorce the new norm?]

No.

Divorce is definitely happening a lot more than it did in the past, but I believe that marriage is still alive and well and can be an amazing, lifelong experience of love, commitment, personal growth and enlightening, strengthening life experiences.

Personally speaking, I'm now married after living a playboy lifestyle for 10 years.

I believe that marriage still has a place in the modern world and according to most statistics, around 50% of people are able to keep their marriages together for life. However, unlike in the past, today's wives don't put up with an unhappy marriage for life because most people feel as though it's no longer embarrassing or shameful to divorce.

I'm not one of those people.

I believe that if you get married and commit to the vows you have made, then it's for life, unless the other person does something really bad that cannot be forgiven. Apart from that, there is always a chance to talk things through, forgive, make up and get back into loving each other and enjoying the commitment and companionship.

Rather than running away from problems, I believe that love gets stronger and deeper when a couple grows, matures and develops together in a relationship.

Of course, if your wife doesn't believe that you can mature, develop or grow out of the issues you've been bringing into the relationship, then she's not going to be willing to entertain that way of thinking.

The only way to get her to take you seriously at this point is to educate yourself on why relationships break up (I explain 70+ reasons in my ex back program) and then make the specific that are relevant to your marriage and relationship with her.

If you are trying to get her back based on ideas that you think are important to her, you may be right, but you could also be completely missing the point.

For example: A husband trying to get his wife back on the basis that he will listen more, care and take her on vacations.

Yet, what she really cares about is the fact that she has lost respect for him (e.g. because he has been holding back from rising up to his true potential as a man, hasn't followed through on one too many promises, doesn't know how to make her feel loved, etc) and that he simply doesn't know how to get the old spark back between them.

Sure, a vacation may be fun, but if she still doesn't respect him, she isn't going to be able to feel much or any sexual attraction for him. Instinctively, she is going to be turned off by the idea of being with him because he still doesn't know how to be the man she needs.

Why Did Your Wife Leave You?

[image: Regretting the decision to split]

If the burning question in your mind is, *â€œHow can I get my wife back?â€* then the chances are high that it was her who made the decision to leave you.

When a wife leaves her husband, heâ€™ll often say it came as â€œa bolt out of the blueâ€ or â€œout of nowhereâ€ and that he didnâ€™t see it coming. Yet, she would have been firing off warning shots for a long time and he either didnâ€™t see them or chose to ignore them because he looked at the vows as being an iron clad agreement.

Either way, itâ€™s unlikely that his wife just woke up one morning and decided to say, *â€œIâ€™m leaving youâ€* without first sending out plenty of signals to let him know how unhappy she was with the relationship.

Now that your wife has left you, itâ€™s important that you now become clear on what those signals were and how your response (or lack of response) led to her feeling that you were no longer the man she fell in love with.

[image: Husband leaving his wife]

Of course, sometimes the decision to split is a mutual one and having a trial separation can seem like a step towards figuring out whether thereâ€™s any chance of working things out and getting back together again.

In principle, this seems like a good idea to a couple at the time, but trial separations rarely help to get a relationship back on track.

According to a study carried out at Ohio State University in the US, around 80% of trial separations eventually end in divorce. This figure is backed up by the published findings of several other related studies, with only around 10% of couples entering a trial separation actually getting back together.

Interestingly, research indicates that the couples who do get back together again after a trial separation, generally do so within the first year or so of living separately.

Any trial separation stretching beyond two years is unlikely to lead to reconciliation, because one or both the parties will usually have begun seeing new people already.

With this in mind, the question you must now ask yourself is, *â€œWas her decision to leave me something that could have been avoided?â€* and, *â€œAm I prepared make changes in myself and my approach to her to successfully get her back into my life?â€*

As a man, it is your responsibility to guide both yourself and your woman into deeper feelings of love, respect and attraction. If you leave that task in the hands of your wife, she may try to do it for a while, but eventually it just wonâ€™t feel right to her that she has to mother you and help you to lead the relationship.

She will begin saying, *â€œThis just isnâ€™t working. We donâ€™t get along anymoreâ€* or *â€œI just donâ€™t feel the same way as I used toâ€* or, *â€œI need time to find myself. I donâ€™t know if I want to be married anymore.â€*

Yet, other couples are still madly in love 30 years into their marriage, because the man has been able to guide both of them into deeper feelings of love, respect and attraction for each other.

Getting Her Back

When making the decision to become your wife, the woman you married must have seen that you had

the qualities she wanted in a man, right?

So, what happened to those qualities and what changed in you to cause her to feel differently about you?

In other words, what happened to you and to the relationship to make her want to walk away? Did you:

- Allow her to take charge and “wear the pants” in the relationship?
- Stop trying to make her feel girly around you?
- Become weak, mentally and emotionally? (Examples: Insecure, jealous, overly-sensitive, etc).
- Stop trying to be attractive to her?
- Take her for granted?
- Consistently behave in annoying ways around her?
- Forget to make her feel loved and wanted?

There are many ways in which a husband can cause his wife to lose interest and eventually want out of the relationship. In fact, in my program, Get Your Ex Back: Super System, I identify and explain the 70 different reasons why a woman will break up with a man. I then teach you what you need to do to get your ex back for good.

How to Get My Wife Back: Is it Possible?

Yes.

Couples separate and get back together all the time. Humans constantly change their emotional state/feelings throughout life.

A human can literally go from HATING and resenting someone to loving and needing them. It really is possible to accomplish that with your wife and if you'd like to make that happen, I am here to help you.

Watch this video for more info...

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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I Can't Live Without My Ex Girlfriend

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you're at a point where you're thinking, "*I can't live without my ex girlfriend*" then today is going to be a great day for you.

Watch this video to understand what you need to begin doing to truly get her back and give the relationship another chance...

As you will discover from the video above, it is possible to get her to feel respect and attraction for you again. When she experiences that, she will naturally begin to reconnect or at least allow herself to experience the love that she used to feel for you.

From there, you need to get her on the phone and get her to meet up with you in person so you can get her to forgive you, experience a renewed sense of respect and attraction for you and then open herself up to giving you another chance.

The Horrible Feeling of Being Dumped By the Woman You Love

[image: Can't go on without my ex]

There's almost nothing worse in the world than the feelings experienced after a break up; when your heart feels like it's been ripped apart, there's a tight knot in the pit of your stomach and you keep telling yourself over and over again, *I can't live without my ex girlfriend. I want her back. I will do anything to get her back.*

When people start saying the cliché lines of, *Don't worry, you'll find another girl one day* or *There's plenty of fish in the sea*, it makes you angry because they just don't understand.

[image: Can't live without my ex]

You just know that she is the one for you and you want her back no matter what you have to sacrifice to achieve it.

Be Careful of Following Someone's Best Guess on How to Get Her Back

[image: I can't live without my ex girlfriend]

When you are in a situation where you are going around saying to yourself, *I can't live without my ex girlfriend* and are reaching out for people to help you get her back, you will come across all sorts of random opinions and guesses about how to do it.

Friends, colleagues and well meaning relatives are not going to be experts on the subject of how to get an ex girlfriend back, so they will just guess and give you their opinion.

For example: A common piece of incorrect advice is to use the No Contact Rule. Yes, this can cause

a woman to want to contact you in some situations, but not all. Even if she does contact you, that doesn't mean you are getting her back.

If she discovers that you're still making the same mistakes you made that caused her to break up with you in the first place, she's not going to be interested in getting back together.

Why Won't She Get Back With You?

[image: I can't live without my ex girlfriend]

It's all good and well to say I can't live without my ex girlfriend, but a break up signifies that there were some pretty serious problems in the relationship.

Before you can move forward with this; whether that means getting over her or trying to get back together with your ex girlfriend, you must be clear about why the break up happened in the first place. Looking honestly at yourself, at your ex girlfriend and at your relationship is the best way to heal and make the changes needed to move forward.

Consider the following:

Were the two of you really compatible? Sometimes two people are attracted to each other initially, but after a while they realize that they are not really compatible in a long term relationship.

Were your goals the same? Often two people in a relationship start off wanting the same things, but they slowly begin going in different directions. For instance, you might have wanted to get married, buy a house, have a baby, move to another country or state, etc, but she didn't. When the goals in a relationship start to be very different, a break up becomes inevitable.

Were you behaving like a real man? Some guys make all the right moves to get the girl, but once they have her they revert back to old behaviors and simply stop trying to keep her attracted or interested.

They might even become submissive and allow her to dominate and control the relationship, which although she might find cute and flattering initially (if she doesn't have much relationship experience), she will eventually realize that she wants a real man.

Were you behaving in any of the following unattractive ways in the relationship?

1. Being insecure

Some guys begin to doubt their good fortune when they find themselves in a relationship with a beautiful woman. They know that they scored her by getting lucky and begin to worry that she'll soon realize her mistake and leave him. His insecurity becomes a self-fulfilling prophecy and she does end up deciding to leave him.

2. Being unable to control your jealousy

This is simply another way to express insecurity. A guy who isn't secure in himself and in his abilities to attract and keep a woman will always feel threatened (jealous) that another guy will take away what he's got.

He'll get jealous if she looks at a guy, talks to a guy or spends time with friends where guys are present. He just can't help thinking that she will probably like the other guys more than him.

Does any of the following apply to you and your ex girlfriend?

1. Were there serious problems in the relationship that you tried to overlook, ignore or avoid?

Issues such as abuse (physical or mental), when not addressed can lead to serious problems in a relationship. Issues of substance abuse, such as drugs, alcohol or even over the counter medications can also cause serious problems in a relationship.

If your break up was caused because these sorts of things, then even considering a reconciliation with your girlfriend before you've addressed and resolved these problems is a bad idea. You've got to fix your issues first. An ex girlfriend will rarely get back with a guy who hasn't fixed his issues, unless she too has the same problems.

2. Did one of you cheat?

Infidelity, whether yours or hers, signifies a deeper underlying problem between the two of you. When someone cheats in a relationship, it means that they are not getting what they need from their partner.

It wasn't an "accident" or a "mistake," it was a sign that the person is insecure about being able to keep the other in a relationship, or that they are simply more attracted to other people and want out of the relationship.

3. Did you stop fulfilling each others needs?

A successful, committed relationship requires a lot of give and take. Each person always needs to feel as though they are getting something valuable (e.g. love, attention, support, etc) from the other person and they also need to give of themselves in return.

If one person stops fulfilling the other's needs, then the purpose of being in the relationship in the first place disappears along with the relationship.

4. Did you stop feeling sexual attraction for each other?

[image: No more attraction in the relationship]

If a man and a woman stop feeling attraction for each other, the relationship turns into a friendship and despite what the politically correct guests on talk shows would like to have you believe, that won't keep a relationship together.

In the modern world, you have to maintain your sexual attraction and respect for each other or else it simply falls apart. It's not the early 1900s where women felt ashamed to break up with a guy. Now, if they aren't feeling it, they usually just decide to leave and get on with their life.

Getting Her Back For Real

Knowing why you broke up is a good place to start. It means that you are being honest with yourself. It also means that you are willing to make the necessary changes to get your girlfriend back. If you are prepared to do whatever it takes to get her back, then let me be the one to help you.

Hundreds of guys have already used [Get Your Ex Back: Super System](#) to get their ex girlfriend back and you can too.

Ready to begin?

×

[image]

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How to Get My Girlfriend to Give Me a Second Chance

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Can you get your girlfriend to give you a second chance? Yes, but how quickly she decides to give you that chance will depend on the severity of the mistakes you've made, which have led to her breaking up with you.

Essentially, you need to at least begin to change the things about yourself that caused her to lose respect, attraction and love for you. If you want a second chance, but are still the same guy making the same mistakes, then she just won't be interested.

Most women give their boyfriend a second chance to get back together, but if he is still the same old guy and hasn't sincerely begun to significantly fix his issues and improve himself, she will usually just break up with him again and close herself off to him.

She'll then try to get on with her life, but that doesn't mean it's completely over. You always have a chance to get your ex back â□□ that's a fact of love and relationships. Why?

Love does not die. When a woman falls out of love with a guy, the love just goes into the background, but it is still there.

To get her to reconnect the love again, you've got to start by getting her respect back and then making her feel attracted to you.

Watch this video to understand how it works...

When you do get a second chance with your girlfriend, make sure that you are mentally and emotionally ready to grab it with both hands and make the best of the opportunity you have been given.

Essentially, you've got to get yourself to a place (mentally and emotionally) where you are much more attractive to her and you're now the type of guy that she can look up to and respect. When you make her feel that, she will naturally begin to reconnect with the love that was pushed into the background.

How Badly Did You Stuff Up?

[image: How badly did you stuff up?]

To begin with, if you have been wondering to yourself, *â□□How to get my girlfriend to give me a second chanceâ□□* you should first take a moment to consider the severity of the mistakes you made during the relationship that led to her breaking up with you.

This is a time of introspection and honest self-analysis that will help you understand what you really need to change, fix or improve about yourself to be worthy of regaining her full respect.

If you have already realized where you've gone wrong, have you now truly fixed those things about yourself? Are you asking your girlfriend to give you a second chance, even though you haven't yet changed or improved?

Are you willing to fix any issues you have (e.g. insecurity) and improve yourself (e.g. improve your ability to make her feel attracted to you when she interacts with you, improve your understanding of

how to deepen a woman's feelings of love, respect and attraction for you), or do you want to get her to give you another chance without you having to improve anything?

When confronted with the reality of what it takes to get their girlfriend back, guys tend to react in a number of different ways. Can you relate to any of these or has your reaction to the situation been different?

Guy #1: Tries to make her feel guilty for breaking up with him

[image: Trying to guilt trip her into giving him another chance]

Guy #1 thinks that he can buy, beg or even âguilt tripâ his girlfriend back into his life. He will shower her with gifts, text her repeatedly, tell her how awful his life is without her, threaten to hurt himself and behave in all manner of unappealing, unmanly ways.

He will of course not make any effort to truly change or improve himself or correct any of the mistakes that he made when they were together. As expected; his ex girlfriend takes one look at him and decides that sheâs very happy with her new title of âex girlfriend.â

He continues to send her texts and love letters in the hope that something gets through to her. He talks about how much life sucks without her, how much he misses her and how much he loves her.

[image: Bombarding girlfriend with texts]

He hopes that if he can just tell her how deeply he loves her and how much she means to him, she will give him another chance.

Yet, what he doesn't realize is that without first regaining her respect, she's not going to allow herself to feel any attraction for him and as a result, she will remain disconnected from any feelings of love that she once had for him.

Guy #2: Gets her back, but doesn't really change anything about himself

[image: Getting her back, but not changing anything]

Guy #2 realizes that he doesnât want to change who he just to get another chance with her. He canât really be bothered to address any of the problems that led to their break up and heâs happy being the same guy heâs always been.

He tries to call her and possibly even gets her to agree to a meeting. Yet, as soon as she realizes that heâs still the same guy she left, she leaves him again.

Guy #3: Improves himself to hopefully get her back, but suddenly becomes more attractive to other women and decides to move on

[image: Improves himself and then moves on without his ex]

Guy #3 realizes that he has to make some drastic changes about himself to prove to his girlfriend how serious he really is about the two of them getting back together.

He stops being insecure (for example), becomes more confident and charismatic and suddenly notices that many other women are interested in him. Rather than getting back with his girlfriend, he hooks up with some new women, finds himself a new girlfriend and begins to forget about his ex.

Guy #4: Asks random people for advice and ends up feeling lost and confused because of the many different opinions on what to do

Guy #4 will be thinking to himself, “how to get my girlfriend to give me a second chance” and will assume that random people in his life (who haven’t ever helped a guy get an ex-girlfriend back) are going to have the right answer.

Feeling desperate to quickly make a move to get her back before she moves on, he will basically ask anyone who will listen to him, including his friends, bartenders, the waitress at the diner and ask for their advice on ways to get his girlfriend back and give the relationship another go.

Unfortunately, he gets a bunch of inaccurate, guesswork advice (e.g. “*Tell her how much she means to you. If she’s the girl for you, she will come back*” or “*Don’t call her and if she gets in touch with you, then she’s the girl for you*”) and proceeds to follow it; with disastrous results.

Why does this happen so often? Simple. Most people simply do not know how to get an ex girlfriend back and while they can provide you with an “opinion” on the topic, they will not have tested out their advice while helping 100s of guys to get a woman back

I’ve spent a lot of time and energy working out the correct way to get a woman back by coaching guys over the phone (via [my phone coaching service](#)), listening to all of their problems and working out solutions.

That is why my [Get Your Ex Back: Super System](#) isn’t cheap like the millions of ex back ebooks that you will find online.

My systematic approach to getting a girlfriend back has been heavily tested and is proven to work, even in extreme cases where the woman was completely over her ex-boyfriend when she broke up with him.

Rather than messing up your opportunity to get another chance with your girlfriend, consider learning from me. If you do, I will guide you through the simple, step-by-step process of getting her back.

Guy #5: Decides to avoid contacting her and hope that she comes running back to him

[image: Wasting time with the no contact rule]

Guy #5 decides to follow the “No Contact” rule, which was made up by amateur dating experts who are just dishing out the most obvious bits of advice you can find online.

Watch the video below to understand why the No Contact Rule is usually a bad idea. Sure, the No Contact Rule might get her to CALL you to check and see if you’re still missing her, but it almost always does not get the relationship back together.

Unless you make your girlfriend feel the type of respect and attraction that she wants to feel when she calls you, she usually isn’t going to be interested in giving you a second chance.

You might get lucky and get a second chance because she is inexperienced at relationships, but she’ll simply dump you again if you haven’t changed and can’t make her feel what she wants to feel.

Guy #6: Improves himself to hopefully get her back, meets up with her and she is

impressed and gives him another chance

[image: Getting a second chance with your girlfriend]

Guy #6 realizes that the mistakes he made during the relationship were pretty bad and he will need to make some serious changes to really show his girlfriend that he respects her and is capable of being the man she was always hoping he would be.

He then gets to work on quickly changing the things about himself that caused her to lose respect, attraction and love for him during the relationship. He makes many positive changes within himself and his life starts to change for the better. Suddenly, his future looks brighter and full of promise.

He then gets together with his ex girlfriend for a simple *How are things going with you?* chat or catch up and she is totally impressed with what she sees.

He really has changed and she likes the changes in him. SHE wants to get back with him. Success! He is the guy who has managed to succeed where all the others failed.

Getting a Second Chance With a Girlfriend in Real Life vs. the Movies

Not knowing where else to turn for advice or ideas on what to say to their girlfriend to get a second chance, some guys watch Hollywood movies, TV drama shows and even listen to the lyrics of songs hoping to get some useable advice.

You know the type of movies, music videos and TV drama shows that I'm referring to, right?

For example: The guy standing on his ex girlfriend's front lawn at night and playing her favorite song on a guitar or a portable music box, while asking her to come back to him. In the movie, she will see it as romantic, smile and then say yes.

Another one is where the guy throws a pebble up at the girl's bedroom window and she initially seems annoyed, but he then sweet talks her into coming out to talk to him. He then does something really romantic and she says that she will give him another chance.

It happens in the movies, so it HAS to work in real life too, right?

No.

It's simply a movie, music video or TV show designed to entertain an audience by showing life playing out in a weird, unusual way.

In real life, your girlfriend needs to interact with you and see that you really have changed, that you've matured and are now a much more well-rounded man than ever before. When she interacts with you, the level of respect and attraction that you make her feel will tell her whether or not she should agree to give the relationship a second chance.

For her to be sure about saying yes to you, she will usually need to see that you have ALREADY changed the things about you that caused her to lose respect, attraction and love for you in the first place.

Don't tell her that you WILL change and hope she will give you a second chance. You actually have to change first, otherwise most women will simply say no and if she does agree with it, she will just break up with you again anyway when she realizes that nothing has really change.

If you want a second chance with your girlfriend, but are still the same guy, making the same old mistakes, most women just won't be interested.

Unlike a movie, in real life you don't have to be Mr. Perfect and say a whole bunch of perfect, smooth lines to a woman to make her feel respect and attraction for you. It's actually a lot more simple and easy than that and if you don't know how to get her to feel respect and attraction for you again, then I'm here to help you and guide you through the process.

If you've been wondering what the answer to how to get my girlfriend to give me a second chance is going to be for your unique situation, then let me help you.

My proven to work techniques will make her eager to see you again and to give the relationship a second, third or even 10th chance. Yes, I've even helped guys get their ex back in cases where the girl is saying, *Go away! I hate you! Never call me again!*

If you want to find out how to finally turn your situation around and get a second chance with her, go ahead and watch my program [Get Your Ex Back: Super System](#)

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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Get Your Ex-Girlfriend Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Guys get their ex girlfriends back all the time. It's totally possible and fairly simple when you approach it correctly.

So, if you've decided that you want to get your ex-girlfriend back and are serious about making it happen, there are a few essential rules that you need to know about first.

- **Rule 1:** She won't want you back for real unless you first make her feel a renewed sense of sexual attraction and respect for you.
- **Rule 2:** You shouldn't try to get her back before adhering to Rule 1.

Her feelings are what make all the difference when getting her back.

If she doesn't feel attracted to you, then she's not going to feel motivated to want to get back with you.

It won't matter what you say to her, she just isn't going to be willing to listen and care as much as you do because the feelings aren't mutual.

So, if you are serious about getting her back, you must focus on attraction first...

Once your ex girlfriend feels attracted to you again, it is then so much easier to guide her back into a relationship because she has a reason (i.e. she wants to be around you, hug you, kiss you and have sex with you again) to get back with you.

If you're trying to get her back for your reasons (e.g. *"I care about you so much"* or *"I promise to do better. Please believe me and give me a chance"*) then she's not going to want to listen.

It has to be about her feelings.

When you focus on her feelings, she likes the new you and how you now make her feel.

She then feels like there is still something between you and her that isn't finished.

However, if you don't focus on attraction and hope to get her back by ignoring her, begging and pleading, texting like a friend and so on, then you will be disappointed.

I've personally worked on 100s of ex back cases and the #1 mistake that guys make is forgetting to focus on making her feel attracted again before attempting to get her back.

Opinions You Will Find Online

Since most advice you will find online is not written by experts who have actually helped guys to get an ex girlfriend back, you have to be careful about which approach you decided to try on your ex girlfriend.

I get a lot of e-mails from guys wanting to know how to get their ex back and most of them have already made a whole bunch of classic mistakes that they've learned online, which have pushed their ex-girlfriend further away.

For example: Some websites will say that you must use the No Contact Rule (ignore her for 30 to 60 days), while others will promise you that you can simply text your ex back with a magical text

message.

People will tell you to ignore her for 30 or 60 days like that will be a magical number of days that fixes all relationship problems, makes her forgive you and come crawling back.

It doesn't.

So, how much space is enough to give her before you get her back? Watch this video for the answer...

If you give her 3 to 7 days of space, it is more than enough.

Why?

It proves the point that you're not being needy and desperate. She doesn't have to put her guard up and tell you to go away and stop pestering her.

After giving her a week of space, you then need to contact her, re-attract her and guide her through the ex back process.

Is a Break Up the End of Your Relationship With Her?

Many guys who've lost their girlfriend don't realize that most relationships have mini break ups at some stage, but manage to get back together.

It's not unusual and you could say it's almost normal, so a break up is not necessarily the end of a relationship.

Whether or not a break up is the end of your relationship with her really comes down to why you broke up. In most cases, a guy can get his girlfriend to forgive him and give him another chance very quickly. In other cases, it may take some time.

The truth is, you will always have a relationship with her in some form or another.

It's never truly broken up completely because, just by having a history together and having been together in a 1-on-1 relationship, you still have a relationship with each other.

Also, just because she's mad at you right now or turned off by how you behaved, it doesn't mean she won't lighten up to you over the next few days, weeks or months.

When you change how you make her feel (I can teach you how to do that), she will change how she feels about it. It's a natural, normal and automatic response from a human being.

[image: Getting your ex to have feelings for you again]

For example: If someone that you didn't like suddenly changed the things about themselves that you didn't like and instead, they started behaving in ways that you liked, then you would begin to like them!

You've probably had that experience many times in your life already. The same applies to an ex-girlfriend, except it's easier because you are a man and she is a woman and by activating her feelings of sexual attraction and love for you again, she will begin to follow her instincts and want to give it another chance.

Why Did Your Girlfriend Break Up With You?

[image: No feelings after breaking up]

Was it because you took her for granted and you failed to notice the warning signs she gave you, before it was too late? Did you cheat on her or did she cheat on you?

Did you become too needy or too possessive and she ended up feeling as though she needed âsome spaceâ from you?

Whatever the reason, a lot of guys tell me that the break up caught them completely by surprise; that they didnât see it coming and as far as they were concerned everything was fairly okay between them.

Clearly things were not fine and the truth is, most break ups donât âsneak upâ without warning. It might seem like a bolt out of the blue, but only because the guy failed to pick up on the warning signals that she was not happy.

Letâs say your girlfriend broke up with you because you took her for granted. Sheâs going to have fired plenty of âwarning shotsâ to give you a heads-up, but if you failed to notice them, you need to question whether you were as emotionally involved or connected as you should have been.

Letâs say the break up was the result of an infidelity. There can be no denying that being cheated on in a relationship ruins the trust and kills most relationships.

If you were the one who did the cheating, you need to question whether you did enough to repair the damage done by cheating and whether she knows that genuinely donât ever want to cheat on her again.

If she was the one who cheated on you, you need to question whether you were really able to forgive her and move on, or did you struggle to trust her and question her every move after it happened? Without trust, a relationship is destined to fail eventually.

On the subject of trust, if your insecurities âperhaps fueled by her infidelity or your suspicions of her wanting to cheat â lead to you behaving in a clingy, over-possessive way, then itâs only a matter of time before she feels suffocated by the relationship and wants some breathing space.

The more you cling to her in desperation to keep her all to yourself, the more you push her away.

Get Your Ex Girlfriend Back: What Not to Do

[image: Trying to stop a break up by begging]

If your relationship has broken up and you want to get your ex-girlfriend back, you need to be a man that she wants to get back with.

Remember, she was attracted to you when you got together, but due to your behavior she lost respect and attraction for you.

You need to figure out exactly why she lost that attraction. In my program, [Get Your Ex Back: Super System](#) I explain the 70 reasons why a woman will break up with a man.

Once you know what you need to fix, you can then go about fixing that and you can have a

conversation with her to get her to overlook what happened in the past and start afresh with you.

During your relationship with her, chances are that something happened to make her question whether you were the man she thought you were. Perhaps something changed in your behavior or your attitude towards her that made her begin to feel less attracted to you.

This is something that can happen in any relationship from time to time and the questions can lead to mini break ups or almost break ups while the person with the questions looks for some answers.

When relationships manage to get back together, it's because the ex with the questions finds the right answers.

With this in mind, if you want to get your ex-girlfriend back, you need to find the right answers to the questions about why she really broke up with you and what it will take to get her back ASAP.

The guy she fell in love with and wanted to be in a relationship with was a man who "swept her off her feet" and made her feel like a woman.

You were once that man, but did you stop making her feel that way? Did you become less of a man for her, or more of a man than you were when she first met you?

If you've been doing any of the following, then she will have been losing faith that you can be the man in your relationship with her...

1. Begging or Pleading

One of the most common mistakes guys make when they realize their girlfriend wants to break up with them is to plead with words to the effect of, *"Whatever it is you want me to do, I'll do it"* or, *"I can change"* or, *"Just tell me what it is I did wrong and I'll fix it."*

Yet, this is not giving her the answer she's looking for. She wants to see that you understand and change without her having to teach you.

She doesn't want to feel as though she has to take care of you in that way.

She wants to be with a man who makes her feel like a woman, a man who knows how to take the lead in a relationship.

If you're asking her to tell you what you should do, you're telling her that you're not that man. She wants you to know what to do.

Why?

Women are not the men. They don't want to lead us. When you make a woman lead you, it ruins the sexual dynamic between you.

2. Hounding Her With Phone Calls or Messages

If she has decided that she needs some space to find answers, you need to give her that space.

She wants a man who is mentally and emotionally strong, so if you hound her with phone calls, text messages or letters, you are not showing yourself to be that man.

She'll respect you for giving her that space, but any respect she still had for you will quickly disappear if you hound her with phone calls, Facebook messages, Skype calls, text messages, e-mails and so on.

Your desperation to get her to change her mind will only reinforce her doubts over whether you are

the man she wants to be with.

She wants a real man who stands on his own two feet in life and who is happy with or without her, so hounding her and pleading with her will only make her see you as weak.

3. Hiding Away From Your Normal Lifestyle

[image: I feel depressed because my girlfriend dumped me]

This is another common mistake that a lot of guys make. Some guys mistakenly think that if they shut themselves off from the world and effectively hide away to lick their wounds, he is demonstrating to her that his life is not complete without her.

A guy like this will think that by not going out and socializing, not talking to other woman and not being happy in general, they will prove to her that she's the only woman for them and they want her back.

Guys, this is a BIG mistake on so many levels! In fact, it is the opposite of what you should be doing to get her back.

If you want to learn my 7 step system for getting an ex girlfriend back, I recommend that you watch Get Your Ex Back: Super System.

This is the only program of its kind in the world.

I tested the methods and techniques with phone coaching clients for a long time before making it available in a program because I wanted to make sure that I provided a solution that is guaranteed to work.

Now that the program is ready, you can watch it right now and start getting your ex girlfriend back immediately.

In most cases, guys are able to get their ex girlfriend back within days or a couple of weeks if it's a really difficult case.

So, don't wait any longer.

Get her back while you still have a chance!

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[image]

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How Can I Get My Ex Back?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you're wondering to yourself, *How can I get my ex back?* the first thing you need to know is that it is possible (and often very easy) to get an ex back.

As long as you begin saying and doing the types of things that will make her feel a renewed sense of respect and attraction for you, she will become more open to the idea of getting back together and giving the relationship another chance.

Where Did the Relationship Go Wrong?

[image: Where did the relationship go wrong?]

Relationships can break up for many different reasons, but here are some classic ones that you might identify with.

Did You Take Her For Granted?

One of the biggest relationship mistakes guys make is to slip into taking their girlfriend (wife or fiancé) for granted. Many times, this is not something the guy does intentionally, but the pressures of everyday life can lead to him forgetting to pay her the attention she needs to feel loved and valued in the relationship.

A classic example of this is failing to take a genuine interest in the efforts she makes to look good for you. She perhaps asks for your opinion on which outfit she should wear, and while this might seem unimportant to you, it means a lot to her because women know that their appearance is what we men are attracted to the most.

Giving her a stock standard reply each time like, *Yeah, looks good honey* may seem fine to you because you may not care too much about fashion or looking good, but it means a lot to her. Chances are you think she looks beautiful in everything, but not taking the time to pay attention to things that matter to her will cause her question whether you actually care at all.

Another example is letting her down or changing your plans at the last minute. Let's say you were planning a quiet night in together watching a movie – an activity that she really enjoys because it's quality time together – but you then change your plans at the last minute because you and some friends decide to hang out at a cafe or restaurant until late into the night.

You might not see it as a big deal because you and her can watch a movie at home some other time, but it is a big deal to her because you're choosing to put other people before her.

Obviously, plans do need to change at the last minute from time to time, but if you've slipped into breaking your promises on a regular basis, you've slipped into taking her for granted and expecting her to just be there whenever it's convenient for you.

Unlike in the past where women would just put up with a bad husband (they rarely had boyfriends back then), these days women will break up with a guy for not making her feel how she wants to feel in a relationship. Women get a lot of influence from pop singers, TV, movies and even the government who support single mothers.

The message that women get these days is not the same as it was 100 years ago. They're not necessarily being told to stick by their man through thick and thin. In most cases, they're being told to leave a guy if he isn't up to scratch.

2. Did You Become Clingy and Possessive?

Clearly, not paying her enough attention will lead to her feeling taken for granted and potentially ending the relationship as a result, but paying her too much attention can actually be just as damaging. A lot of guys who contact me for advice and ask, "Dan, how can I get my ex back?" often then explain how they can't understand what happened because they worshipped the ground she walked on.

One guy who wrote to me (I later helped him get his ex back via my [phone coaching service](#)) said:

"Dan, we did everything together. She said that we were soul mates. She would say I love you every day, but then all of sudden she just said that she no longer felt the same way. I couldn't stand to be apart from her for more than a few hours when we together, so being broken up now is killing me. Please help!"

To help this particular guy, one of the first things I explained to him was that women don't want a clingy guy. He asked me why and I explained that women are attracted to guys who go after their true potential in life and do not hide from the world behind a relationship.

He admitted that he'd stopped focussing on his career and hadn't been seeing his friends much at all. He was basically just seeing her everyday, for the duration of their two year relationship.

To keep a relationship together, you need to keep a balanced life going for yourself and for her. It can't all be about seeing each other. Living in each-other's pockets and avoiding the rest of what life has to offer can lead to clingy, overly-possessive behavior.

For example, if you don't have any serious hobbies or interests outside of the relationship, or you don't spend enough time in the company of your friends without her, there's a danger that you will begin to feel jealous of any friends she chooses to spend time with or feel resentful of any time she spends taking part in activities that don't include you.

Clinging to her in this way and being "needy" in terms of wanting to spend every waking moment with her is not the romantic turn on you might have been led to believe through watching romantic comedy movies. In the real world, most women just want a real man and they will keep dumping guys until they find one.

She Needs to See That You Have Already Fixed Your Issues and Improved Yourself

Okay, so having figured out where you might have gone wrong in your relationship, you're still going to be asking, "How can I get my ex back?" right? The simple answer to your problem is to become the type of guy that she wants back. How are you going to do that?

Well, you're going to have to show her that the problems or issues she had with you in the relationship no longer exist. It's not good enough for you to say that you are improving and behave in the ways you did before; you actually have to have already changed.

She needs to see by interacting with you in person, on the phone, via text or FacebookÂ that you have already learned from the mistakes you made in the relationship and you have become a better man as a result.

When she sees that, she will become open to the idea of getting back together because it will be good for her too. From there, you need to say and do very specific things to get yourself another chance and then keep the relationship together.

She Wants You to Be More of a Man Than You Were Before

When a woman gets back with a guy, she doesnâ□□t want a guy who takes her for granted, she just wants a guy who genuinely pays attention to her and takes a sincere interest in the things that are important to her. However, this doesnâ□□t mean being a guy who focusses all of his energy on her and hangs on her every word.

Being clingy and overly-possessive suffocates a relationship and it makes you a needy, desperate guy in her eyes â□□ a guy she can no longer respect and a guy she no longer feels sexually attracted to.

So what kind of guy does she want? She wants a man who knows how to make her feel like a woman; she wants a man who naturally leads the way in a relationship by creating the ideal relationship dynamic, allowing her to feel protected, cared for and totally feminine.

She wants a man with strong alpha male traits; a confident man with true masculinity, because that makes him a man she can feel a deep, instinctive and lasting sexual attraction for.

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[image]

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The secret of how to get your ex-girlfriend back is to make her feel a renewed sense of respect and attraction for you.

Before she feels that, she won't care that you really miss her and want her back. An ex-girlfriend will only feel a strong urge to get back with a guy if he starts making her feel respect and attraction for him again.

Watch this video to understand the process that your ex went through before breaking up with you and what you need to do to get her back...

Can You Really Get Her Back?

When I first started helping guys to get an ex girlfriend back, I didn't even know that it would be possible.

A break up seems so final.

The woman almost always says that it's over forever and there's no chance if getting her back. Yet, time after time, I see guys getting their ex back...and it's actually a lot easier than most people think.

Here's why you can get her back...

Can you see how it works? If you are serious about getting your ex-girlfriend back, then let me help you. I've lost count of the amount of guys who've contacted me to say that they've gotten their ex girlfriend, fiance or wife back.

When you use the right approach, she feels differently and opens up to the idea of being with you again. All you need to do then is meet up with her (I provide instructions on how to get her to meet up with you) and then use my techniques at the meet up to make her feel attracted to you and respectful towards you once again.

After that, there are specific things that you need to say and do to properly reconcile the relationship and all of that is explained in my program. If you are willing to do what it takes to get your ex girlfriend back, then don't waste anymore time.

Are You in the Right Emotional State to Attempt Getting Her Back?

[image: Are you emotionally ready to get her back?]

One of the most important things that you need to do to get yourself ready to get an ex-girlfriend back is improve your emotional state of mind. You need to get to a point where you are happy and confident without your ex because that is what will make her feel attracted to you and feel respect for the fact that you're so emotionally strong and mature.

If you are currently feeling like crap without her, that isn't going to be attractive to her. If you talk to her on the phone or meet up with her in person, she will pick up on the fact that you're not happy

without her and need her in your life.

There's nothing wrong with wanting a woman in your life and feeling happy when is in it, but if you need her in your life and you're unhappy without her, it is a turn off. Women are attracted the emotional strength of men and turned off by the weakness.

When a woman breaks up with a guy, she isn't going to feel compelled to get back with him because he feels lonely, lost or depressed without her. If she did that, it would mean she was doing him a favor by being with him.

If you want your ex-girlfriend to truly want you back, you have to start saying and doing the types of things that are going to make her feel a renewed sense of respect and attraction for you.

From now on, as long as you keep saying and doing the types of things that will make your ex-girlfriend feel attracted to you, she will begin to change how she looks at you.

She will begin to look at you in a more positive light and be more open to accepting your apology, forgiving you and giving the relationship another chance...

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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I Want My Girlfriend Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you want your girlfriend back, you first need to get her respect back.

When she feels a renewed sense of respect for you as a man, she will then open herself back up to feeling attracted to you. Then, when she begins feeling attracted to you again, she will open herself to loving you.

Here's how it works...

Do You Want Her Back or Need Her Back?

[image: I want my ex girlfriend back]

If you're thinking to yourself, *â"¢I want my girlfriend back,â"¢* the first thing you need to ask yourself is whether you *want* her back or whether you *need* her back. There's a huge difference between those two emotional states.

Wanting her back suggests that you are prepared to do whatever it takes to become the type of guy that she would want back. However, if you are in a state of needing her back because you feel lost or unhappy without her, then your girlfriend isn't going to feel very excited by the idea of coming back to you.

If you feel like you need her back, it usually means that whatever caused the break up (e.g. you being insecure, being needy, not having much purpose in life without her, not truly loving her, etc) is likely still there.

You might have tried to meet other women, but they just aren't making you feel the same way as she does, so you feel like you need her back.

Yet, she doesn't care if you need her back. The only way to make her care is to get her respect back and then make her feel attracted to you again. When that happens, she will naturally open herself back up the idea of loving you and being with you.

Make Her Need You Back

[image: Ex reconnecting with the love]

Sitting around and hoping that your girlfriend will magically change her mind and want you back is obviously a big mistake. The more you focus on how much you miss her and need her in your life, the more you behave like the type of guy she doesn't want back.

Your girlfriend will feel attracted to you when she sees that you're confident and happy without her. This applies when you see her in person, talk to her on the phone and when she analyses you via social media.

A classic mistake that some guys make is posting up lonely photos of themselves, where they try to look "handsome" in the pic. They hope that if they just look good enough, their girl will think that she is looking a great guy and will contact him.

[image: Posing in photos thinking that if he looks good, it will make his ex jealous]

Yet, that's not how a woman's attraction for a man really works. Women are mostly attracted to what a guy says and does when he INTERACTS with her in person or on the phone.

Watch this video to understand how a woman's attraction for a man works and how you can use it to get your girlfriend back...

Why Did Your Relationship End?

If you've been thinking to yourself, *"I want my girlfriend back"* one of the most important things that you need to do is determine exactly why your relationship ended...

Did you become clingy or possessive?

[image: Insecure boyfriend]

One of the main reasons a woman will break up with a man is that he has become too clingy, possessive or insecure.

Some guys rely on their girlfriend to feel emotionally secure, confident and happy. If she doesn't show enough affection or goes a bit cold all of sudden, the guy may become suspicious, protective and possessive of her. He might worry that she's losing interest in him and starting to feel the desire to be with other guys.

When he starts thinking like that, he will begin to behave in a way that is unattractive to women. Women are attracted to the confidence of men and turned off by any insecurities, so the more insecurity he shows, the more she loses interest.

Did you take her for granted?

[image: Taking a woman for granted]

Not paying a woman enough attention and making her feel unappreciated in a relationship is just as bad as being clingy.

While a woman doesn't want a guy who throws himself at her feet and threatens to kill himself every time she happens to glance in the direction of another man, she also doesn't want a guy who neglects to notice the effort that she puts into make herself look attractive for him.

To keep a woman happy in a relationship, you have to build on her love, respect and attraction for you over time. You can't expect that she will stick by you just because things felt good at the start.

In the past, a man could take a woman for granted because women had to stay with a man for life. It was shameful to divorce, so if a woman was unhappy, she still had to stick by her man or suffer the shame of being a divorcee.

[image: Marriages around the year 1900]

In 1900 for example, the divorce rate was less than 10% in the developed world, whereas it's now an approximate average of about 50%.

In today's world, a man needs to be able to build on a woman's love, respect and attraction for him over time. He can't just take her for granted and expect that she will stick around even she is

unhappy.

[image: Modern women]

Today's women can earn their own money and have the freedom to break up with a guy whenever they feel like it.

[image: Modern women]

It's no longer seen as shameful for a woman to have sex or relationships with plenty of guys before settling down. She doesn't even have to settle down if she doesn't want to! It's a completely different world now and if you want a relationship to stay together for life, you have to deepen her feelings for you over time, rather than taking her for granted.

Did you miss the warning signs?

[image: Breaking up]

Break ups rarely happen "out of the blue" for no reason at all.

Your girlfriend would have given you plenty of warning signs to let you know how she was feeling. If you missed those signs or chose to ignore them, she would have felt as though you weren't emotionally intelligent enough to make a relationship work with her.

If she felt as though you didn't understand where you were going wrong with her, it would have been a serious emotional and intellectual disconnection. She felt disconnected emotionally because you didn't understand how to make her feel happy and intellectually because she probably felt smarter than you when it came to love and relationships.

Getting Her Back

[image: 7 reasons why you can get your ex back]

To get your girlfriend back, you will need to stop saying and doing the types of things that turn her off and start saying and doing the types of things that will attract her to you.

Anything other than that is a waste of time. If you want her back for real, you have to be prepared to do this properly. Are you prepared to do what it takes to get her back?

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How to Get Back Together With Your Ex

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The secret to getting back together with your ex is to first make her feel a renewed sense of respect and attraction for you.

This usually happens when a guy sincerely apologizes to his ex and then switches his focus to making her feel attracted to him (e.g. by using humor, flirting, etc).

From there, a guy needs to arrange to meet up with his ex in person and then make her feel even more respect and attraction for him in person.

Have you been approaching the ex back process in that way, or have you been ignoring her, begging and pleading or trying to explain to her that things will be different?

In most cases, those approaches won't make a woman want to get back with you after she seriously breaks up with you. The only real way to get her back is to actively create a spark of feelings (e.g. attraction, respect and love) and then confidently (and persistently in some cases) guide her back into a relationship.

Watch this video to understand the 3-step process that your ex went through before breaking up with you and what you need to do to get her back...

She Still Has Feelings For You, Even if She Says She Doesn't

[image: Ex reconnecting with the love]

In most cases, when a woman decides to end the relationship, her feelings for her ex don't completely vanish, they just change.

When you follow the simple steps of how to get back together with your ex (i.e. apologize, switch to actively making her having feelings for you again, confidently guide her back into a relationship), you will see that it's actually quite easy to get her interested in you again and make her become open to giving the relationship another chance.

I get a lot of e-mails from guys who say that their girlfriend's decision to end the relationship happened all of a sudden and he just didn't see it coming.

Yet, the truth of the matter is that her feelings would have been changing for some time.

Unless she has serious commitment issues, a woman won't decide to break up with a man overnight. It's a gradual process that she goes through of losing respect, then attraction and then falling out of love.

For whatever reason (e.g. you were too insecure, took her for granted), your girlfriend (fiance or wife) would have realized that she was falling out of love with you and you didn't seem like you had the capacity to change.

When she continually felt that way around you, she would have then stopped showing a lot of affection and interest in the hope that you'd get the hint and begin to change, improve and grow as a man.

If she noticed that you weren't changing or didn't seem to have the capacity to change, she would

have gradually closed herself off to you sexually and emotionally until she eventually said something like, *"I can't do this anymore"* and then broke up with you.

Are You Now the Type of Guy That Your Ex Would Want Back?

If you want to get back together with your ex, it's not enough promise that things will be different and show her how much you care.

To get back together with your ex for real, you have to make improvements and changes to the things that caused her to break up with you in the first place and begin to make her feel something for you whenever you interact with her.

In other words, you need to become more attractive and appealing to her.

It's only at that point that she will begin to care. However, if you don't genuinely change and don't actively make her feel something for you when you interact with her, she's almost certainly just going to try to forget about you and move on.

By the way...

Do you know how to make her (or other women) feel attracted to you when they interact with you?

Watch this video to understand how a woman's attraction for a man works and how you can use it to your advantage to make your ex want to get back with you...

In addition to re-attracting her, you also need to go through the reconciliation process properly.

For example: Asking her to give the relationship another chance after you've only made her feel mild feelings of respect and attraction for you will usually result in a "No."

She's just not going to see much point getting back with you if she's going to experience the same old type of emotions that turned her off before. She has to be able to interact with you and know that things really would be different now.

You really have changed, improved and grown from the experience. So much so that when you interact with her now, she can't help but feel a tremendous amount of respect, attraction and love for you.

She might try to stop herself from feeling that way by telling herself, *"No, no...you have to stay broken up. Don't get back with him"* but as the old saying goes, *"The heart wants what it wants."*

If her heart is buzzing with respect, attraction and love when she interacts with you, her mind won't stand a chance of convincing her to not hug you, kiss you or hook up with you again.

So, whatever you do, don't waste time ignoring her and hoping that she might miss you one day and contact you.

Do something about it.

To get her back for real, you have to actively make her feel a renewed sense respect and attraction for you, so that it makes emotional sense for her to give the relationship another chance.

Let her be the one who feels like it's a good idea to get back together, rather than feeling like you are forcing her to get back together because you need her.

She Doesn't Want to Teach You What You Need to Learn

[image: She doesn't want to teach you what you need to learn]

A woman doesn't want to be a guy's teacher on how to be a man. She wants him to work that stuff out on his own and then come back to her and show her that he has truly improved and changed himself.

Why did your ex break up with you? Do you know all of her true reasons, or just the superficial reasons that she gave you (e.g. *"I need space"* or *"I don't want to be in a relationship right now"*)?

If you know the real reasons why she broke up with you, have you fixed those things or at least made dramatic improvements in those areas?

Not knowing what else to do, some guys make the mistake of begging and pleading with a woman to be given a second chance. *â€œJust tell me what you want me to do...I can change...I can be whatever you want me to be...just give me one more chance...tell me what you want and I'll do itâ€*

Yet, by saying that sort of thing to her, he is simply confirming she will be responsible for teaching him how to grow up and be the type of man she needs. These days, women don't put up with that type of situation and simply dump the guy and move on.

Changing Her Mind

The only way to truly change her mind is to change how she feels.

You've got to stop saying and doing the sorts of things that turn her off and start saying and doing the sorts of things that will attract her to you.

Some women will give a guy another chance because they are bored or haven't been able to find a replacement guy, but the relationship will break up again if he truly hasn't changed the things that caused her to dump him before.

[image: Breaking up]

She will eventually say something like, *â€œI can't do this anymore. I need space. I think we need time apartâ€* because she wants some time to get over him and begin moving on. She knows that he hasn't changed and probably won't change, so she just wants to get out of the relationship before things become even more complicated.

To get back together with your ex, you have to present a new and improved version of yourself. You cannot present the same old version of you and tell her that you WILL change.

For example: If you were insecure in the relationship, you need to become truly confident in yourself and feel happy with or without her. If you took her for granted in the relationship, you need to show her that you can be happy without her, but that you are at your happiest when with her.

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[image]

Almost there! Please complete this quick form to gain instant access.

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I Miss My Ex-Girlfriend: Can I Get Her Back?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your girlfriend dumped you and you really do love her, it's only natural that you're going to find yourself thinking, *"I miss my ex-girlfriend"* and wanting to get her back.

You might have tried to meet other girls and maybe even slept with a few new ones since the break up, but none of them make you feel the same way she does. You and her had a connection that you simply haven't been able to find with any other woman.

So, how can you get her back?

Simple.

You have to make her feel respect and attraction for you again. You've got to let her see that you're not lonely, unhappy or insecure without her. You've got to show her that she has lost a great man.

Watch this video to understand how a woman's attraction for a man **really** works and how you can use it to make your ex-girlfriend feel differently about you the next time you interact with her...

Have You Been Showing Her What She's Lost?

You've already realised what you've lost in her, but has she realized the mistake that she has made by turning her back on you?

You are great, right? Yet, does she feel that way?

Chances are, her perception of you and the relationship isn't quite as *"rosy"* as the memories you have in your mind. Unless you are actively making her feel a renewed sense of respect and attraction for you, she will mostly remember the bad times and the things that caused her to break up with you.

That isn't good for your chances of getting her back.

To increase the chances of getting your ex-girlfriend back, you have to focus on making her feel the type of emotions that will draw her to you, such as respect, attraction and even jealousy.

Watch this video for examples of how to make an ex-girlfriend jealous...

When your ex-girlfriend begins to feel a renewed sense of respect and attraction for you, she will begin to miss the good times that you shared. She will think about you in a more positive way and wonder why she just doesn't contact you to say hi.

Regardless of whether you contact her first and you wait for her to contact you, the most important thing that you need to do when you next talk to her is make her feel respect and attraction for you during the phone call.

Then, when the moment is right, get her to agree to meet up with you in person. At the meet up, you need to say and do the types of things that will make her feel a renewed sense of respect and attraction for you.

If you want specific instructions and examples of how to do all that, I recommend that you watch my program, [Get Your Ex Back: Super System](#)

Let Her See That You're Moving On

One of the fastest ways to get her respect and attention is to show her that you're moving on. That doesn't mean you have to be with new women, but you need to show her that you've moved on from where you were when your relationship ended.

It means you need to show her that you're an even better man now; a man that lots of other women are naturally becoming interested in.

Some guys, especially those who can't think of a life without their ex-girlfriend may think, *“But, I miss my ex-girlfriend, so why would I want her to think that I’ve moved on and forgotten about her?”*

Simple.

That's what is going to make her feel the type of painful emotions that will cause her to contact you or at least answer her phone if you call. She's going to want to get rid of the painful feeling by playing hard to get with you on the phone.

If you remain calm, confident and happy on the phone regardless of what she says or does, she won't be able to get rid of the painful feeling. She will be thinking, *“Why am I feeling sad now and he is so happy?”*

She will then become more open to meeting up with you in person, possibly just to show interest in you and then pull it back and make you chase her. Yet, when she sees that you still don't chase and are happy and confident without her, the painful emotions will still be with her.

[image: Ex reconnecting with the love]

After a while, she will begin to reconsider her decision to break up with you. She will think, *“If I miss him like this and don't feel good without him, why don't I just give the relationship another chance?”*

The Fear of Losing You to Another Woman

When your ex-girlfriend sees that you are now thinking, behaving and taking action in a way that is attractive to women, she will begin to worry that you will find a better woman than her and completely lose interest in her.

This works if she is still single or is only dating and hasn't been able to find a suitable replacement for you. However, if your ex-girlfriend is in a new relationship, what you need to do is make her new boyfriend look like a less appealing option compared to you.

If you want to make her feel that way, you need to truly become “the one who got away.” If you want to learn how to do that right now, watch my program [Get Your Ex Back: Super System](#) and I'll show you how to get your ex-girlfriend back for real.

×

[image]

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How to Get Her Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you want to get her back, you need to **stop** saying and doing the types of things that will turn her off and **start** saying and doing the types of things that will attract her to you.

When a girl has already dumped you, anything that you say to turn her off will simply push her away further from you, so you have to be careful about how you approach things.

If you approach this correctly from now on and only say and do things that will make her feel attracted to you, then you will have a very high chance of getting her back. I know this because I've already helped hundreds of guys to successfully get a woman back.

It's Not Entirely Your Fault That You've Been Dumped

[image: It's not entirely your fault that she dumped you]

Growing up, most of us don't get taught how to be happy in a relationship with a woman by our school teachers or parents.

We are essentially left on our own to work it all out, so it's no surprise that many guys end up dumped (or divorced) by the woman they love after making the same old classic mistakes (e.g. being insecure, needy, clingy, controlling, taking her for granted, etc) in a relationship.

So, make sure that you're not going around thinking that it's only YOU who has messed up with a woman and now needs help. Many guys go through what you're going through now.

Personally speaking, back when I got dumped there wasn't anyone online helping guys to get a woman back. So, I was completely on my own with it. I made a lot of classic mistakes, which pretty much every other guy makes too.

To help ensure that you avoid the classic mistakes that will drive her away, here are 5 important questions for you...

1. Do you know what you need to do to get her back?

This will be slightly different for every guy, but there are some common things that need to be improved, adjusted or changed.

Watch this video to understand the process she went through before breaking up with you and what you need to do to show her that you've changed...

After you've put in some effort to fix or improve on your issues (you can do that by going through my 10 hour video program called Get Your Ex Back: Super System), you need to get her on the phone and arrange to meet up with her in person.

At the meet up, you need to allow her to experience a renewed feeling of respect and attraction for you. This will happen automatically if you have truly fixed or improved on any issues that you have (e.g. insecurity or taking her for granted).

Making her feel respect and attraction for you again won't fix everything, but it will open the door to

her heart once again. She will begin to drop her guard and open her mind up to the possibility of being with you again.

2. Have you promised her that you will change, rather than actually changing

Saying sorry and promising her that you will change isn't enough for most women.

In most cases, a woman will want to see that you have already changed and have at least started to become the type of man she wanted you to be all along.

Your ex probably doesn't want to give you another chance, only to discover that two months later you still have the same insecurities and have simply been putting on an act. She wants you to truly change.

3. Have you been taking all the blame?

While it is essential to acknowledge your part in the breakup and strive toward making changes, it is a mistake to put all of the blame on yourself. Why?

1. She will likely assume that you're just trying to make her feel guilty for not taking any blame. This will make her lose more respect and attraction for you.
2. She might use it against you (e.g. keep threatening to break up with you unless you obey all of her demands). If you put up with her bad behavior, she will lose more respect and attraction for you.

Instead of taking all of the blame for the demise of your relationship, you simply need to own up to the mistakes you have made and ask her what mistakes she made. Then, you need to switch the conversation to something more positive and light-hearted.

If you spend too much time apologizing or getting her to admit her mistakes, she may turn around and say, *"I don't care...we are broken up...I don't want to talk about this anymore."*

4. Have you been too emotional or sensitive about the break up?

There's nothing wrong with acknowledging how sad you are about the breakup, but it's a huge mistake to become overly-emotional to the point where you make her feel like she has to be gentle with you because you're so emotionally sensitive.

Not knowing what else to do, some guys react by whining, begging or even crying to a woman in the hope that it will make her change her mind. Yet, women aren't attracted to the emotional weakness of men.

If you want to get her back, you have to say and do the types of things that will make her feel respect and attraction for you, which means being a confident, happy, emotionally strong man with or without her.

6. Have you tried using tricks like the No Contact Rule?

In an attempt to win her back, some guys will use whatever tricks they can to make their ex jealous and get her back. However, after coaching 100s of guys through break ups and helping them quickly get back with their ex, I have found that lies, tricks and deception will backfire in most cases. For example: Some guys use the commonly known No Contact Rule and avoid contacting their ex for 30-60 days.

In some cases, it does cause the woman to miss him, contact him and they then get back together. If he hasn't changed the things that caused her to break up with him in the first place, she simply dumps him again and moves on.

[image: Waiting around using the no contact rule]

However, in most cases, the woman will simply enjoy the fact that her ex boyfriend (fiance or husband) isn't contacting her and will use that time to move on without him.

Another common trick that a guy will use is to pretend that he's not interested in getting back with her. He'll say he understands her reasons for the break up and is happy to just be friends. He will then try to stay in her life, hoping that she develops feelings for him for being such a good friend.

Yet, that rarely works because most women see through it. Instead of telling him to go away, a woman will often allow him to act like a friend and think that he has a chance to get her back, while she secretly tries to find a replacement guy.

Then, one day she tells him that she has met someone else, is in love and no longer wants him hanging around as a friend because it might ruin her new relationship.

Whatever the situation is between you and your woman, make sure that you don't waste time and ruin your opportunity by using tricks or lies.

What you need to do is begin to fix and improve yourself and then get her to meet up with you in person to experience the new you. At the meet up, you also need to apologize and get her to forgive you.

She will then begin to look at you in a more positive light and you simply need to keep pushing forward to get her to give the relationship another chance.

If you would like me to guide you through that process right now, get started by watching [Get Your Ex Back: Super System](#)

All the examples and instructions are provided in the program. Simply follow the steps and you will be on your way to getting her back in your life and in your arms...

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[image]

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How to Know if Your Ex Wants You Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

How can you know for sure if your ex wants you back?

You can't know for sure, but you should use any signal that she gives to then feel confident enough to text her and then call her to and arrange a time to catch up.

If your ex isn't giving you any signals, don't waste time hoping that she suddenly shows interest.

Instead, focus on making her want you back by beginning to say and do the types of things that will make her experience a renewed sense of respect and attraction for you.

Watch this video for more info...

A woman won't always make it obvious when she wants her ex guy back, especially when she's unsure whether or not she should move on and find another guy.

In most cases, a woman will simply wait to see if her ex can do what it takes to get her to forgive him and want to be with him again.

In some cases, a woman will come right out and say that she wants to get back together. However, that obviously hasn't happened for you otherwise you wouldn't be reading this article right now.

Regardless of how bad you may think your break up was and how difficult it might seem to get her back, I want to know a very important fact about modern relationships...

In Today's World, it is Normal For Couples to Get Back Together After a Break Up

In the 1800s and early 1900s, it was shameful for a couple to break up or divorce. In 1900 for example, the divorce rate was less than 10% in most of the developed world, but it is more than 50% in most countries today.

Based on many changes that have occurred to our society in the last 30 years, it has become normal for couples to get back together after a break up or series of break ups.

A lot of this has to do with the ease of communication (e.g. via phone, text, e-mail, Facebook, etc) and that it's no longer shameful to have many relationships throughout life, before settling down.

A lot of guys who seek help for getting an ex back feel as though they have truly messed up and will never be able to get their ex back.

Yet, the fact is that relationships get back together all the time all over the world. It's so common in today's world that about 80% of couples will go through a break up of some sort throughout their relationship.

Some couples will break up and get back together several times, before eventually deciding to call it quits. However, if the guy just knew what he should say and do, he would get another chance with her.

You can make your ex want you back even if she has currently moved on or is thinking about moving on. You just need to start making her feel SOME attraction for you again.

Getting another chance usually begins with a few simple sparks of attraction and I know this from

successfully helping 100s of guys to get their ex back.

Mistakes That Will Make Her Not Want to Get Back With You

Have you made any of these mistakes so far in your attempts to know if your ex wants you back?

1. Writing a letter or long e-mail to proclaim your undying love

When leaving phone messages doesn't prompt his ex to call back, a guy will sometimes decide to pour his heart out via e-mail or letter. He wants her to realize how much he misses her and how much he wants her to take him back.

At the time, it seems like the right thing to do because he feels as though if she only knew how much he cared, she would want to give it another go. Yet, that isn't how love and relationships work.

The long e-mail or letter doesn't change the fact that she broke up with you for many reasons.

She knows that no matter what you say, the issues that caused her to end the relationship are still there. If you haven't fixed those issues and shown her that you've truly changed, then a letter proclaiming your undying won't have much or any effect.

When getting an ex back, saying that you WILL change is never enough. You actually have to fix your issues, improve yourself and actually make the necessary changes. In some cases, a woman will take a guy back before he's made any changes, but she will then dump him again when she realizes her mistake.

To get her back, she has to be able to look at your behavior and listen to how you communicate with her and see that you really have changed.

Anything less than that will result in a poor success rate at getting an ex back. To ensure that you get another chance, you must fix any issues you have (e.g. insecurity, lack of purpose in life, jealousy, etc) and really improve yourself.

When a guy sends a big letter to an ex, he will often say that his life isn't worth living without her. At the time, he feels as though it is a good move because she will feel guilty and take pity on him. Yet, it doesn't work. Why?

A sexual, romantic relationship between a man and a woman cannot be run on pity. Some women may take pity for a little while, but it will not last for long and she will dump him again when she realizes that he hasn't even changed.

Additionally, telling her that you are nothing without her is usually a great reason for a woman to want to move on. Women want to be with a guy who is rising through the levels of life and reaching for his true potential, not sitting around wasting time and hiding from his potential behind the safety blanket of their relationship.

2. Sending her loads of text messages, e-mails or Facebook messages

It's understandable that most guys react to being broken up with by constantly contacting their ex girlfriend (wife or fiancé).

All of sudden, he loses the woman he loves and he has access to reach out and tell her how he feels. In some cases, the woman is the mother of his children or they own a house together.

So, don't feel bad if you've made the mistake (yes, it's a big mistake) of constantly contacting her and asking for a second chance. It's fine to contact her, but it's how you do it that counts.

The point of sending any text to your ex girlfriend, wife or fiancé should be to get her ON THE PHONE. Do not engage in back and forth texts with an ex and expect that it will get her back. Why? Texts can be easily ignored and can also be perceived in the wrong way.

When talking to you on the phone, she can hear your tone of voice and ask questions if she doesn't understand what you mean.

However, via text, she will have to guess at what tone of voice you have (she will usually look at it in a negative way, especially if she currently doesn't like you very much) and guess at what you really mean.

So, don't waste your time or her time sending loads of messages. The only purpose of sending any message to an ex should be to get her on the phone. From there, you need to arrange a time to meet up with her.

If you want specific instructions on what to send to her via text, what to say on the phone and what to do at the meet up to get another chance, I recommend that you watch [Get Your Ex Back: Super System](#).

3. Asking her friends

Asking her friends if they know if your ex wants you back is okay if you all have a great relationship. However, if you aren't close with her friends or if her friends were happy that you and your ex broke up, then it will usually be a bad idea.

If she has spoken about you in a bad light to her friends, it will be just another reason for her to roll her eyes and say, *"See...that's why I broke up with him. He's sneaky and tries to get me to call him by bugging you guys."*

When getting an ex back, most of it comes down to what you say and do around her. If you can get that right, getting her back will be a smooth process. However, if you attempt to wing it and just say whatever comes to mind, you will likely stuff it up.

I say that with confidence because I've helped all sorts of men (doctors, lawyers, university students, builders, office workers, pilots, university students, etc) to get their ex back.

It doesn't matter how intelligent or "cool" a guy is; when it comes to getting an ex back, he will usually make most or all of the classic mistakes and end up pushing her further away.

4. Waiting too long to make a move

If your ex gives you ANY signs that she wants you back, I strongly recommend that you take action and get her back.

You have to contact her, meet up with her and reconcile the relationship.

Don't sit around wasting time and wondering whether or not she really wants you back, or is just messing with you.

Make her want you back by interacting with her and making her feel SOMETHING for you again.

All it usually takes is a small spark of attraction or a smile and laugh and woman will drop her guard and become open to interacting with her ex again. The guy then needs to have the confidence to call

her and get her to meet up with him.

The Truth About How to Know if Your Ex Wants You Back

If your ex wanted you back right now, she might not have the confidence to contact you and tell you. Sometimes, a woman will feel as though she might look weak for wanting you back, so she will simply move on unless you do something to get the relationship back together.

If you want to get your ex back, you have to start making her feel SOMETHING for you whenever you interact with her via text, on the phone or in person. You then need to be confident to lead the way, even if she doesn't seem very keen to meet up with you or get back together.

Women like the man to be the leader of a sexual courtship and relationship and if you don't have the confidence or knowledge to lead her back into a relationship, most women will simply move on.

Are you willing to do what it takes to get her back? Do you know how to spark her attraction for you again?

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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My Wife Left Me: How Do I Get Her Back?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your wife has left you and you want to get her back, the main thing you need to focus on is making her feel a renewed sense of respect and attraction for you as a man.

It's not enough to want her back and be promising her the world if she gives you another chance. What you need to make her feel is respect and attraction for who you are as a man. When she notices that she is feeling respect and attraction for you in new ways, it grabs her attention and she becomes open to the idea of getting back with you.

The Vows Have Been Broken

[image: My wife left me]

You and your wife once promised to stick by each other for life.

Yet, those vows now seem to have meant nothing to her because she's left you. Maybe you have left the home or she has, but either way, she is now opening herself to the possibility of being with a new man.

Being left by your wife is a tough thing to deal with. Seeing your wife leave you can leave you feeling bitterly betrayed, but also confused about life, relationships and what women actually want. It's also probably one of the most embarrassing, humiliating and lonely experience to go through in life.

While it is normal to feel down, remaining stuck with those emotions will only drive her away faster. Why? Women are attracted to the strength of men and repulsed by the weakness. Whenever your wife interacts with you, she has to feel your emotional strength, not weakness.

If you allow the act of her leaving you to send you into a downward spiral, she will become even more turned off the idea of coming back.

The 3 Stages She Went Through Before Deciding to Leave You

Before you can get your wife back for good, you will need to understand her real reasons for leaving you and then get her to forgive you for any mistakes or shortcomings. Don't worry – that's actually pretty easy to do because the love that you and your wife shared is not DEAD.

Love never dies.

It just gets pushed into the background while people focus on or feel overwhelmed by negative, painful emotions. When you can get your wife to feel positive, loving emotions towards you, she will naturally begin to open herself back up to the idea of being with you again.

In my program, [Get Your Ex Back: Super System](#), I provide you with the exact wording of the conversation you need to have with your wife to get her to forgive you and open herself up to giving the marriage another chance.

Why Did Your Wife Leave You?

Some of the men who contact me tell me that they didn't see it coming, *â€œDan...my wife left me...and it happened all of a sudden. One day she was saying she loves me and the next she was saying she wants a divorce! How can this be happening?â€œ* However, in all my years being focused on success with women, dating and relationships in the modern world, I've rarely come across examples where a woman just makes a snap decision to leave a man.

In pretty much every case I've dealt with or heard about, the woman had been giving the man hints, warnings and suggestions for a long time before the break up. She will say things like, *â€œIf things don't change, I don't know if I will want to stay togetherâ€œ* or *â€œThis isn't the way I want my relationship with my man to beâ€œ* or *â€œIf you don't change, I will leave you.â€œ* However, most men see those statements as idle threats that don't need to be taken that seriously.

This is especially true for men who've married their woman. They feel as though they've *â€œgot her for life nowâ€œ* and it would be too difficult or embarrassing for her to get a divorce, so he won't ever do it and he can continue treating her however he wants.

So, why did your wife leave you? If you're one of the unfortunate men who are sitting here today thinking, *â€œMy wife left me...what do I do?â€œ* then let's get to the bottom of the problem and start working towards a solution for you.

Did You Become Less of a Man?

If you watch enough TV sitcoms (which are designed to entertain an audience rather than educate them about real life), watch enough movies or listen to enough politically correct TV talk show hosts, you might start to think that relationships should be 50/50 and men should no longer *â€œwear the pantsâ€œ* in a relationship.

However, that couldn't be further from the truth. Regardless of what changes have gone on in society and how *â€œmasculineâ€œ* modern men tend to behave, they still want you to be the man. Ultimately, what a woman wants is to feel like a woman, and the more she feels she has to *â€œtake charge,â€œ* the less like a woman she feels.

It's tough for a guy to admit, *â€œMy wife left me because I wasn't enough of a man for her,â€œ* but from my years of experience helping men from all over the world, it's actually the most common reason for a wife leaving a husband.

Unlike women of past generations, today's wives don't just *â€œput up withâ€œ* a *â€œbad husbandâ€œ* for life. The TV sitcoms and celebrities they see getting divorced (and then talking about how great of a decision it was on a TV talk show) are often way too influential for a woman. Many modern women find it difficult to uphold traditional values because they see 1,000s of women on TV who seem to be happy that they've gotten a divorce.

The government then tells them, *â€œIt's okay. We will support you as a single mother. We will make sure your husband gives you money every month and gives you 50% of what he owns.â€œ* If your wife turns on the radio, she constantly hears women singing about how they aren't reliant on men anymore or how they dumped their man and are now happier than ever and moving on.

In today's world, you actually have to be what women refer to as a real man in order for them to want

to stay with you. Unlike the women they see on TV who are having problems with their man, your woman can look at you and realize how lucky she is. Your wife being able to feel that way is extremely important.

Did You Take Her For Granted?

If your wife left because she felt taken for granted, she will have sent out plenty of warning signals about the way she felt before finally making the decision to leave. If you feel her decision to leave came from nowhere without warning, you simply didn't pick up on the signals.

There's no one-size-fits-all type of attitude or behavior that makes every woman feel taken for granted, but if you slipped into a habit of expecting certain things from your wife without showing any appreciation for her efforts, then most women will feel under-appreciated.

Most women want to be with a man who values and appreciates what they bring to the relationship, not a man who continues to take without giving back. It's not about random bunches of flowers or boxes of expensive chocolates, it's about being emotionally attached enough to notice the signals she sends out and then having enough love to give that you actually take the lead in resolving any relationship issues.

Did You Cheat on Her?

If you cheated on your wife, then her decision to leave would come as no real surprise. Whether or not she can forgive you for cheating on her is going to be her decision alone to make, but to help her along you will need to re-discuss what it means to be married.

Part of the vows you would have made before saying "I do" was to stick by each other, through good times and bad, until death do us part. Your love and commitment to each other should be able to push the mistake you made (cheating) to the side and see it as something outside of your marriage.

It's not something that needs to be a part of your marriage. You can both decide to let it go and not let it interfere with your marriage any longer. You and your wife are committed to each other. Many women won't be ready to do that because the husband has been behaving in a way that is causing her to lose more attraction and respect for him and thus fall further out of love with him.

If you want her to become open to letting the cheating incident go and focusing instead on the commitment of your marriage and the vows you both made, you need to start making her feel sexual attraction and respect for you again. This is exactly what I will teach you how to do in my program [Get Your Ex Back: Super System](#).

A common mistake that guys make in this situation is to try to shift the blame away from themselves and onto their wife. For instance, he would say something along the lines of, "Well you drove me to it; we haven't had sex in months and you've been acting all cold and unapproachable lately," as a way of trying to make it her fault that he strayed.

Women want to be with the type of man who would think about why they've not had sex in months and then take the lead in resolving the situation.

A woman doesn't want to be married to a man who is so emotionally detached from her and the

marriage that he fails to take any responsibility and chooses to satisfy his own needs elsewhere.

Did You Put Her on a Pedestal?

Sometimes, a woman will leave a marriage because sheâs feeling suffocated by it. This is effectively the opposite of taking the wife for granted in that she feels put up on a pedestal, even though she hasn't been behaving nicely towards her husband.

Some guys might be thinking, *âWhatâs wrong with that? You've got to treat your wife like a princess no matter what. My wife left me...maybe I wasn't doing enough!â* Unfortunately, these men don't realize that women aren't attracted to men they can push around.

While the average TV sitcom might have you believe that women love the idea of having a man throw himself at her feet, they don't love it in the real world. The TV sitcom is designed to entertain the audience.

In the real world, a man who puts a woman on a pedestal and showers her with gifts and tokens of affection, even though she isn't behaving nicely in return, is not a man that she can respect. If she can't respect him, then she's not going to feel attraction for him and if she can't feel attraction for him, she will begin falling out of love with him.

Getting Her Back is Possible

Just like it is possible to get a girlfriend back, it is also possible to get a wife to come back. When a man e-mails me or posts up a comment on this site and says, *âMy wife left meâ* I instantly feel sorry for him, but I also know that I can definitely help him, so I am glad that he reached out to me for help.

These days, it is fairly common for a marriage to break up temporarily and then get back together, so make sure that you don't give up and think that you've ruined things forever.

As long as the husband can begin to resolve any issues he has, change the unattractive behaviors that he has been displaying and get his wife to start respecting him and feeling attraction for him again, she will automatically begin to reconnect with the the love that she used to feel.

You can get her to feel differently about you and if you are willing to do what it takes to get your wife back, then I am ready to show you the way. I've already helped hundreds of men to get a wife back and I would love to help you too.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How to Get Your Ex Back Fast

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The most obvious way to get an ex back fast is to hook up with a beautiful woman and make her jealous.

Yet, not every guy wants to do that or has the ability to attract and pick up new, beautiful women. So, if don't want to sleep with another woman or if you are unable to attract women at the moment (e.g. because you lack confidence after being broken up with, have lost your mojo, etc), what should you do instead?

Stuff That Doesn't Work...and What to Do Instead

[image: Getting an ex back fast - stuff that doesn't work]

1. Begging her to give another chance

Sure, sometimes a woman will give another guy a chance if he begs her for long enough, but most won't. If you're looking for advice on how to get your ex back fast, you've probably already tried begging her and it hasn't fixed the problems between you and her.

Instead of begging, what you need to do is accept the break up and then leave the house or end the phone call. Completely turn your back on her for a few hours and see what happens. If she doesn't call by the next day, you need to call her up, apologize for your mistakes (that caused the break up) and then focus on making her feel attracted to you again.

2. Bombarding her with text messages

[image: Huh? Why is he texting me this insecure crap?]

Most guys bombard their ex with text messages or phone calls in the hope that if he just stays on her mind, she won't forget him and move on.

Yet, it doesn't work because she has broken up with you due to how you've been thinking, behaving and acting around her. A text is just a text. It's not you in person, saying and doing the right things and then hugging her, making her feel like she wants to forgive you and then kissing her. It's just a text.

Unless you fix or at least improve your issues and problems that are turning her off, she isn't going to feel much or anything from a text message. Additionally, if you bombard her with texts and are coming across in an emotional, needy way it will only turn her off even more.

You've got to fix or at least improve your issues and problems and then call her up, meet up with her in person and let her experience the new you. That is the only fast way to get an ex back for real.

3. Telling her how much you love her and need her in your life

Most guys make this mistake.

They love their girl so much that it seems to make sense to tell her that while she is breaking up with him. Yet, in most cases, she isn't breaking up with him because he doesn't love her enough. She is breaking up with him because she lost her feeling of respect, attraction and love for him.

Watch this video to understand what a woman will usually go through before breaking up with a

guy...

Look at it From a Different Perspective

Let's say you were the one who broke up with your girlfriend (or fiancée or wife). What would she need to do to get you back...and fast?

For example: Imagine that you broke up with her because she was always trying to create problems between you and your friends. She resented the time you spent with them instead of her and would often complain when you wanted to spend time with them.

After the break up, she begins to send you text messages several times a day and leaves messages on your phone at home, desperately trying to stay in your life. She says she misses you and wants to be with you.

Yet, none of that changes the fact that she can't handle it when you spend time with your friends. You broke up with her because of her attitude to your friends and nothing she says can change that about her, unless she comes out and says, *"Hey, I messed up..."* and then explains why she was wrong to treat your friends badly.

If she apologized and said that she would now accept you spending time with your friends, would you give her another chance? You might be saying, "Yes" but that's only because you're probably thinking of your ex that you want back.

Think of it this way...

Imagine that she is a woman that you're not attracted to and no longer respect. Would you still want her back? Now you might be answering, "No."

...and that's the point.

Unless you make your ex girlfriend (fiance or wife) feel respect and attraction for you again, your apologies and promises to do better will not have much effect. You have to start by making her feel a renewed sense of respect and attraction for you and she will then begin to reconsider her feelings for you.

Are you ready to do what it takes to get her back? If you are, I am ready to help you right now...

×

[image]

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My Girlfriend Broke Up With Me: What Should I Do?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

When guys email me to say, *“My girlfriend broke up with me,”* they often tell me that the break up came as a complete surprise to them.

The guy didn’t really see it coming and doesn’t have much of an idea why she broke up with him.

If you are unsure why she has really broken up with you and what you’ll need to do to get her back, watch this video...

Generally speaking, a relationship break up doesn’t just happen out of the blue and a woman will have given plenty of hints to the guy and even given him warnings, such as, *“If you don’t change, then I don’t know if we can be together”* or *“I won’t put up with this forever you know?”*

Women Usually Don’t Say Why They Are Really Breaking Up With You

[image: My girlfriend broke up with me]

Generally speaking, when interacting with her man, a woman won’t just come out and say what’s on their mind.

Instead, she will fire “warning shots” through her body language and hint about whatever she sees as the problem, rather than coming straight out with it.

Why? A woman wants her man to notice that she’s unhappy and take some sort of action to figure out what the problem is for himself.

She doesn’t want to have to lead him through the situation and feel like his mother or like the “man.” This, of course, makes absolutely no sense to most men who prefer to “tell it how it is” and keep life simple.

Guys often ask me, *“Dan – Why do women have play games? Why can’t they just get right to the point like I do? Why all the games and wishy washy answers? Why can’t they just say what they mean?”*

Yet, what these guys don’t realize is that they are sexually attracted to the feminine behavior of women and getting her to behave like a man will make her less attractive to him.

There is a specific dynamic that needs to occur between a man and a woman in order for sexual attraction to exist.

[image: Please I'm begging you]

Killing that dynamic will eventually lead to the death of your relationship. However, the good news is that it can be brought back to life.

You just have to give the relationship what it has been lacking and it will naturally begin coming back to life.

My Girlfriend Broke Up With Me: Can I Get Her Back?

[image: My girlfriend broke up with me]

Yes, you can get your ex back, but only if you can show her that the “problem” as she saw it is now fixed and won’t happen again. For example:

Did you take her for granted?

You may not feel that you took her for granted, but if she felt taken for granted, you’re going to have to show her that you now exactly what caused her to feel that way.

She is going to have to see, by analyzing your behavior and conversation that you really do understand how to make her feel appreciated, loved and respected.

If you can tell her what she needs to hear and behave in the way she has been wishing you would all along, she will naturally open back up to you and the relationship.

Did you “smother” her with over-protectiveness or clingy behavior?

[image: My girlfriend broke up with me]

You may believe that you did nothing more than lavish her with all the attention she deserves, but putting her on a pedestal, proclaiming your undying love for her and needing to see her all the time may have turned her right off you and relationship.

As hard as it may be to believe, most women want to be in a relationship with a man whom other women want to be with.

If you’re the sort of guy who doesn’t have his pick of women (or usually can’t get any women) and you smother your girlfriend, she will begin to feel as though she is lot more valuable than you.

As a result, she will feel like she’s doing you a favor by being with you. However, a woman wants to feel lucky to be with her man.

If she doesn’t feel that, you’re need to be around her will turn her off and make her want out of the relationship. If a woman feels smothered, the sexual spark will begin to die because it just won’t feel right to be with you in that way anymore.

Did you become needy?

[image: I will change whatever you want me to change. Just tell me and I will do it.]

Frequently asking for her reassurance that she loves you, wants to stay with you and isn’t interested in other guys is no way to show your love and devotion to her.

While a woman might be somewhat happy to see that her man loves her so much as to worry a little, it doesn’t make her look up to him as a strong, confident man who believes in himself.

Personally speaking, I never, ever worry about stuff like that. Why? I’ve developed myself into what women refer to as a real man.

When you are that type of guy, you don’t have the insecurities that other guys have and it is your woman who will do the worrying about losing you.

If you really want to understand why she broke up with you and you want to know how to win her

back, you need to improve your understanding of women.

You need to understand how women really think and you need to understand what their body language, actions behavior is really telling you.

Personally speaking, when my girlfriend broke up with me many years ago, I didn't know what to do to get her back.

I lost my chance to get my girlfriend back because no-one was there to help. It happened before the internet had people online helping each other, so I was on my own.

Now, since developing The Modern Man, I have helped 100s of guys get their ex girlfriend back and I can help you too.

These days, I hear from multiple guys per day who've been able to get their ex back. You really can do this.

Are you willing to give it a try? Don't leave it too late.

Get her back before she fully moves on without you...

×

[image]

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Does My Ex Still Love Me?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your ex doesn't love you now, it doesn't mean that you can't get her to love you again.

The love between a man and a woman is something that needs to be taken care of. If it's not nourished and looked after properly, it will fade away into the background. However, it doesn't die.

With the right words and the right actions, you can rekindle her love again and bring it into the foreground of her mind. Men from all over the world having been using my techniques to get their ex back into a relationship and make the love even more powerful than it was before.

You can do it too.

It's Only Natural to Still Want Her Love

[image: Does my ex still love me?]

When the love of a woman is taken away from a man, it can feel like he is losing a huge part of himself and his life.

This is especially true if he sees her as the one for him and is willing to do whatever it takes to be the man she wants. In cases like that, it's only natural that a man would wonder, *Does my ex still love me?* as he sits around missing her and wishing that she was still in his life.

No matter how many times your friends tell you that there's *plenty more fish in the sea* or that you need to *get back out there in the dating scene* and find yourself a new woman, you can't help wondering if your ex might still love you and if there's a chance she might change her mind and get back with you. So, is there?

Well, look at it this way...

If you were the one who chose to break up the relationship with her, would you still love her? Sure. You could still love her in a way, but not necessarily in the way where you'd want her back. It would be more of a friendly love rather than a sexual, romantic love.

While you might still care about her, that isn't the same as being madly in love with her and having sexual desire for her. Chances are, if your ex broke up with you, she has different feelings for you now. She has a friendly, but more distant kind of love for you.

[image: Dying love]

She will still have some form of loving feeling towards you, but unless you are able to say and do the things that reignite her feelings of sexual attraction and respect for you, her romantic love for you will remain extinguished.

The 3 Stages She Went Through Before Breaking Up With You

Rekindling Attraction

Try to imagine that an ex-girlfriend that you dumped is asking, *“Does my ex still love me?”* but you no longer feel sexual attraction for her because she isn’t as physically attractive as she once was.

What would it take for her to be able to rekindle your love for her? All things considered, the bottom line is that she would need to make herself look pretty and sexy for you again, right? In fact, she would need to become so attractive to you (more than when you first met her) that you wouldn’t be able to help yourself from at least giving the relationship another chance.

That there is the answer...

If you want your ex to love you again, you need to become more attractive to her than you ever have before. Watch the video below to understand how a woman’s attraction for a man really works and how you can use that to reignite your ex’s feelings for you...

Women are mostly attracted to things about men that can’t be seen with the naked eye (e.g. confidence, masculine vibe, charisma, etc), whereas men are mostly attracted to things about women that can be seen (i.e. a woman’s physical appearance).

Maintaining the Attraction

Your ex loved you at some point in the relationship, it means that something about you attracted her to you in the first place and something made her develop those feelings. She became your ex, so it’s pretty clear that the initial attraction didn’t last.

If you want to get that attraction back, I can teach you exactly what you need to say and do when you next interact with her. All you need to do is change your question from, *“Does my ex still love me?”* to, *“What can I do to make her feel respect and attraction for me again?”*

When your ex feels a renewed sense of respect and attraction for you again, she will naturally begin to reconnect with her romantic love for you.

×

[image]

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How to Get Your Girlfriend Back: 6 Things You Should Never Say

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

When it comes to the very important topic of how to get your girlfriend back, there are many things that you need to avoid saying to her.

Getting an ex back is a fairly simple and easy process, but many guys (including me before I worked out how to do it) get it wrong.

So, don't worry, I am here to help you get your girlfriend back for real. I've already helped hundreds of guys to successfully get an ex girlfriend back and I am ready to help you right now.

First off, I'm going to give you some examples of things you shouldn't say to your girlfriend when trying to get her back...

1. "I will change!"

[image: I will change]

In an effort to win her back, some men will promise to change, but the problem is that they don't really know **how** or **what** to change. Women rarely say more than, *"I need time to myself"* or *"It's not you, it's me"* or *"I don't feel the same way anymore."* They don't explain the real, deeper reasons why the guy has turned her off and what he needs to do to fix that.

Without understanding what you actually need to change to make her feel the way she wants to feel, promising to change is pointless. Why? You end up offering to change things about yourself that she isn't even concerned about and then she feels like you don't understand her and can't be the guy she really wants.

2. "Is there someone else? Have you cheated on me?"

[image: Who have you been sleeping with?]

When a woman breaks up with a guy, it usually comes as a bit of a surprise to him.

He thought everything was fine and that she would continue putting up with their problems or with his unattractive behavior, but it wasn't. Maybe he missed the clues she was giving him or maybe he ignored them, but now that she's said "it's over between you and me" he is shocked.

For many guys who aren't very secure emotionally, they will react by accusing the woman of cheating or sleeping around behind his back.

Why isn't this a good thing to say when trying to get an ex girlfriend back?

It puts you into a state of mind where you feel, appear and behave in a desperate and insecure way. Women are attracted to the emotional strength of men and turned off by the weakness. If she HAS cheated, it has already been done, so no amount of sulking, getting angry or calling her names will undo it.

However, if you can keep the cheating accusations out of the discussion and avoid attacking her

character like that, it will help retain her respect and attraction for you as a man. If she has cheated, she will eventually reveal that or you will see it by looking at what happens with her social media accounts.

Accusing her of cheating never provides you with any benefit in terms of getting her back. Instead, it just pushes her further away from you because the insecure, desperate and angry behavior makes her lose respect and attraction for you.

3. **â□□ Youâ□□ ll regret this!â□□**

[image: You will regret this]

If a woman has lost respect and attraction for a guy, she will find it difficult to allow herself to feel any love for him.

If that has gone on for a while, she will get to the point where she thinks that it will be a relief to break up with him and move on. If she breaks up with him and he is then able to regain her respect and attraction right away (that's what I teach in my program, Get Your Ex Back: Super System) then she WILL feel regret and want to get back with him.

However, if he is only using the classic, "*You'll regret this*" line to hopefully scare her into staying, it will rarely, if ever, have a positive effect. Why? She knows that she doesn't feel respect and attraction for him and isn't feeling much or any love for him, so it seems like a GOOD IDEA to move on.

Some guys will say things like, "*You will never find another man who loves you as much as I do*" or "*We are meant to be together. You are making a huge mistake and will regret this*" or "*If you leave me and I find a new woman, you will regret this.*" He may also tell her that what they have is too good to give up and she wonâ□□t find it again.

That isn't how to get your girlfriend back.

You've got to get her back by making her feel respect for you again, then attraction and then love. If you don't know how to do that with your girlfriend, I recommend that you watch my program. Hundreds of guys have already used it to successfully get their ex girlfriend back and it can work for you too.

4. **â□□ If I can't be with you, I am going to kill myselfâ□□**

[image: I will kill myself if I can't be with you]

Trying to make his ex feel guilty, a guy will sometimes threaten to hurt or kill himself if she doesnâ□□t take him back and will tell her that if something happens to him, it will be her fault.

That type of behavior is not going to make her desire him. Women want to be with a man they can look up to, respect and admire...not a guy they look down on, disrespect and dislike. Almost every woman will be turned off by a man who would hurt himself in a pointless attempt to win back her love. The only thing that he will gain is her pity for being such a weak man.

Trying to seek pity or make her feel guilt is not how to get your girlfriend back. A sexual relationship between a man and a woman cannot be run on pity for too long. If the relationship has already ended,

it can't run on pity for more than a few hours or days.

5. **Did you get my messages?**

[image: Why you can't text your ex back]

Trying to get your ex girlfriend back via text or e-mail is a bad idea. Why?

If a woman doesn't feel respect and attraction for you, sending her text messages, e-mails or Facebook messages isn't going to help you.

She will get the message and assume that you are still the same guy who is unable to make her feel sufficient levels of respect and attraction to be in a relationship.

6. **Please tell her that I love her.**

[image: Please tell her that I love her]

When his girlfriend hasn't been responding to his attempts to communicate with her, many guys will make the mistake of trying to get friends and family involved.

Getting other people to pass on messages to your girlfriend rarely, if ever, has any positive effects. In most cases, your girlfriend will resent that you involved her friends and family by putting them in an awkward position between you both.

If you want to know how to get your girlfriend back ASAP, I recommend that you try my program, Get Your Ex Back: Super System). I've already helped hundreds of guys to get their ex back and I would be honored to help you too.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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I Want to Get My Ex Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

I get a lot of emails from guys who ask me, *â€œDan, can you help me get my ex back quickly? Is it possible?â€œ* and the answer is finally, “YES!”

I say finally, because it has taken me many years of hard work and testing (with my phone coaching clients) to work out a quick and simple solution for guys to use that really does work.

Getting an ex back used to be something that most people thought was pretty much close to impossible, but it’s now one of the easiest things to do for a guy who wants a second chance with his woman. So, if it’s so easy...

Why Have You Failed to Get Her Back So Far?

Most of the guys I’ve helped over the years have been intelligent guys who are excellent at their job, or their field of study or at doing certain things in life. Yet, when it comes to getting their ex back, they are often clueless.

Why is that? Why is getting an ex back such a difficult thing to deal with so many guys?

Simple.

When a man is broken up with, he almost always begins to think, behave and act in ways that cause the woman to lose even more respect, attraction and love for him. Watch the video below for 5 classic mistakes that most guys make when trying to get an ex back...

You Are No Longer Alone With This

[image: You are no longer alone with this]

I am here to help you.

I know that when you are missing your ex and everyone around you is saying things like, “*Move on...there are plenty of fish in the sea,*” it can be a very lonely, frustrating and isolating experience.

It’s not painful because you’re weak and you can’t deal it; it’s painful because it’s an automatic human reaction to being dumped or rejected. In fact, it has been scientifically proven that missing someone after a relationship break up can generate the same level of hurt as grieving the loss of a loved one who has died.

Yet, no one would dare say, *â€œHey, there are plenty more fish in the sea. Don’t worry, get over itâ€œ* to a grieving man, would they? Of course not, but somehow well-meaning friends and relatives seem to think that telling you, *â€œIt’s her lossâ€œ* or, *â€œYou can do better than her and she didn’t deserve you anywayâ€œ* is going to make you feel better. It doesn’t!

Guys sometimes tell me that since their relationship broke up, the only time they ever feel happy is the first few seconds of every morning after waking up because that’s the only time they momentarily forget that they no longer have their ex in their lives.

The good news is that you CAN get her back. It’s not impossible. If you are willing to make some

quick changes to how you are communicating with her and interacting with her, you WILL be able to make her feel differently about you and then agree to meet up with you in person.

At the meet up, you will be able to get her to feel a renewed sense of respect and attraction for you.

What Most Guys Don't Realize About Getting an Ex Back

Most guys don't realize that they need to make the process of getting back together a benefit to her, not a benefit to him.

When a guy is more focused on getting a woman back because he needs her for his emotional security, it pushes the woman faster away because she feels like would be doing him a favor by getting back with him. If she has already broken up with him, she's almost certainly not going to be in the mood to her ex a favor.

So, the first question you really need to ask yourself is, *â€œWhy do I want her back?â€* I know, I know, you want her back because you miss her and don't want another guy taking her, but you need to delve a little deeper than that to get a real answer.

Do you want to get her back because you miss her and everything about her? Do you want her back because you miss the way you felt when you were in a relationship? Do you want her back because you miss the way you felt when someone loved you?

In other words, is it all about you?

This is a question that you might be reluctant to allow your mind to truly answer right now, so take a moment to think about it if you need to. Is getting back together more about you getting what you want? Is she going to feel like she's doing you a favor by giving you another chance?

If she is going to feel that way, then you won't be getting her back anytime soon. If she hasn't been responding to your attempts to get her back, it may be that you're making it all about you.

For example: Have you tried pleading with her to give you another chance?

Getting dumped by a woman you love is an emotionally difficult thing to deal with, so it's only natural that some guys make the mistake of begging and pleading for another chance.

He will promise her the world and promise to do whatever she wants, as long as she gives him one more chance. That might work the first time, but if a woman is breaking up with a guy for the second, third or fourth time, then she has probably gotten to a point where she is unwilling to give him any more time to fix his issues and improve himself.

Some guys will hound their ex text messages and leave countless messages on her answer machine at home and sometimes even at her work. They'll plead with her for another chance and say things like, *â€œI can't live without you; I can't eat; I can't sleep, I can't get you out of my head.â€*

Unfortunately for guys like that (I was one of them. I did the same types of things when I got dumped many years ago), they mistakenly think that pouring their heart in a text message, letter, e-mail or voice mail will somehow win her back.

Yet, begging and pouting your heart out usually has the opposite effect because all she's hearing is you talking about how you feel and what you need.

Make it All About Her

If you're thinking, "*I want to get my ex back*" the first thing you must get clear on is this: You have to make getting back together with you feel like a GOOD thing for her.

You have to begin say and doing the things that will reignite her feelings of respect, attraction and love for you...

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How to Win a Girl Back: Will She Want You Back?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you want to know how to win a girl back, you first need to know why she really broke up with you in the first place.

Once you know the real reasons why she broke up with you, your next move is to begin fixing or improving those things about yourself. When you've done that, you then need to call her up, get her to meet up with you and allow her to experience a renewed sense of respect and attraction for you.

When you do that, she naturally open herself up to being with you again. It may take some convincing, but most guys are able to get a woman to give them another chance if they make her feel enough respect and attraction at the meet up.

Potential Reasons Why She May Have Broken Up With You

A woman can lose interest in a guy and break up with him for many reasons, but here are some common ones that might relate to:

1. Insecurity

[image: Being insecure]

Women are attracted to a man's confidence because this is a challenging world and she needs to be able to rely on a guy to be emotionally strong, no matter what life throws at him.

When a girl finds herself in a relationship with a guy who is insecure (e.g. clingy, needy, lacking confidence in social situations, lack of belief in himself at work, etc), she will begin to feel turned off by him on a fundamental level.

Even if she once loved him and said that she was going to marry him, she can instantly begin to lose attraction, respect and interest in him if he becomes insecure.

Insecurity is something that women want to steer clear of. They don't want to have to carry an emotionally weak man throughout life and they also don't want to open up sexually to be penetrated by an insecure guy...it's just not a turn on for women at all.

2. Trust issues

To keep a relationship alive, you must give a woman your full trust. She has to feel that you are confident in yourself without her and that she is responsible for maintaining your trust in her.

She wants to see that you're not worried about whether or not you can trust her. Instead, you give her your trust and let her take care of it. You don't worry about it. You focus on more important things in life like your career, friends, family, health and finances and just trust that she loves you, wants you and will stick by you.

If you can't give a woman that, she will eventually lose interest in you. When a guy sees that a woman is losing interest in him, he will often make the mistake of beginning to lose trust in her desire for him.

[image: How to win a girl back]

He may begin to question where she is going, who she is talking to or why she likes certain things all

of a sudden. He will wonder if she is starting to think that she should find a new guy. His lack of trust in her will be seen as an insecurity, which will turn her off at a deep level.

3. A lack of fun and excitement

When a relationship first begins, most guys find it easy to be fun, go on interesting dates, make women laugh and generally have a good time together.

Yet, after he gets laid and the initial buzz wears off after a year or so, a guy will often begin to take his woman's love for granted. He might even begin to feel bored with how they just hang out all the time and complain that it's becoming boring.

What a guy like that doesn't understand is that as a man, it is your responsibility to keep the love, happiness, excitement, passion and adventure alive in the relationship. That may sound unfair, but it's just how things work.

In the past, a woman had to stay with a guy for life, even if she was unhappy because it was shameful to divorce.

[image: The old days...]

Not anymore.

[image: Modern women]

In today's relationship environment, society encourages women to find perfect love and happiness with a man. For a modern man to be successful at keeping a relationship together in today's world, he needs to know how to:

1. Attract women when he meets them, so he can have options with women and then choose the right woman for him rather than accepting a woman who isn't truly compatible with him.
2. Deepen a woman's love, respect and attraction for him over time in a relationship.

If you don't have those skills, you find it incredibly difficult to attract a high quality, compatible woman and you will almost certainly end up being dumped or divorced later on in your relationship or marriage.

Can You Win a Girl Back?

Yes.

I've helped 100s of guys win girls back with the secrets contained in my revolutionary program [Get Your Ex Back: Super System](#)

If you are willing to do what it takes to win her back, I am ready to show you how...

×

[image]

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Text Your Ex Back: 7 Common Mistakes Guys Make

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

You and your girlfriend (fiance or wife) broke up, but you think the relationship is still worth saving and you want to get her back.

You can definitely get her back, because relationships get back together all the time if the reconciliation process (getting back together) is handled correctly.

If you are wondering whether you can simply text your ex back, the answer is a definite “No.”

A text doesn’t change the reasons why she broke up with you.

It doesn’t improve you as a man and it doesn’t make her feel as though she would be benefiting by getting back together with you.

To get your ex back, you have to make her feel as though you have improved and become an even better man than before.

A text message simply cannot achieve that.

If she feels as though you’re trying to get her back before you’ve even changed, then no amount of texts or no special, “magical” text will make a difference.

In this current age where billions of online and phone messages are sent around each day, it’s only natural that you might want to try to send messages in an attempt to get her back.

If you only want to try to get her back via text, make sure you avoid these common mistakes...

Mistake 1: Sending Your Apologies

Apologies are always best said in person.

Anyone can type, *“I’m sorry”* (see I just did it) and not have to really show that they mean it at all.

So, texting apologies won’t get you the response you really want from her.

Additionally, problems in relationships are rarely one-sided and by taking on all of the blame for the end of your relationship will only make you appear weak.

If you think the reason that you and your ex broke up was because of something only you did, but you’re not sure what it was, repeatedly texting her about how sorry you are and want her forgiveness is another tact that won’t work.

Mistake 2: Sending Guilt Texts

Sending texts in the hopes of making your ex feel guilty so she will take you back is a “trick” that rarely works. If it does get her feeling guilty, it will usually only last for a short while (from seconds to days) before she realizes what you’re up to and decides to close herself off to you even more.

Women are fairly sympathetic by nature, but they are also smart and after the guilt trip wears off, she’ll be upset that you played on her feelings.

For instance, if youâ€™re apart and you send her a text reminding her that your relationshipâ€™s anniversary date is coming up and youâ€™re depressed because youâ€™re not together to celebrate it, thatâ€™s a guilt text.

If you text about how you have lost weight because you haven't been eating, you canâ€™t sleep or are having trouble concentrating, it only shows your weakness. Women are attracted to the strength in men, not the weakness.

Mistake 3: Bringing Up Old Problems or Arguments

If youâ€™re trying to use the text your ex back approach (which doesn't work anyway), you should remember that itâ€™s always best to leave what happened in the pastâ€”in the past.

This is particularly true if you had an argument that preceded the breakup. Guys who bring up past difficulties are only opening up old wounds.

You want your ex feeling good to talk to you, not annoyed or frustrated.

Thereâ€™s a saying that, “*Time heals all wounds*,” but if you start texting about a past problem, whether youâ€™re apologizing or making an excuse for your behavior, you are simply making the healing take longer.

She gets frustrated by your texts, closes up and it then becomes even more difficult to get her back.

When you just use text, weeks and even months can pass by without you making any real progress with her.

You've got to get her on a phone call and meet up with her in person, so you can get her back NOW.

That's what my [Get Your Ex Back: Super System](#) will allow you to do.

When you use the techniques from my program, she WILL want to meet up with you and person and you WILL have a chance to say what you need to say to her (don't worry, I explain exactly what to say in my program) to get that second chance.

Mistake 4: Texting Like a Little Girl

When texting became popular it became the â€œin thingâ€”to do by young girls and boys who started using slang or â€œcuteâ€”abbreviations when sending notes to each other.

Sending texts like *â€œIDK how 2 say i m sry 4gv me plsâ€”* or *â€œi ms u. wen cn i c u?â€”* is writing like a childish little girl.

You would never text a client or your boss with that style of juvenile writing so don't try to text your ex back with a similar style of texting.

If your goal is to show your ex that you are a masculine, intelligent adult, donâ€™t send texts like a little girl would.

Mistake 5: Sending Too Many Texts

In a panic to try to revive their relationship, some guys will bombard their ex with what seems like (to her) to be non-stop text messages.

Without giving your ex time to miss you, lick her wounds or otherwise have a chance to think further about your relationship and the possibility of getting back together, youâre making a big mistake. Occasional texting will allow her to know your intentions and desires and may let her consider a reunion with you, but smothering her with your texts will make her want to back off even further or block your messages altogether.

However, I personally don't recommend the silly âNo Contact Rule.â From my testing with phone coaching clients for more than 3 years, I've found that many guys should call their ex immediately, talk to her on the phone and then meet up with her and get the relationship back together.

Watch this video for more info:

Mistake 6: Texting Her Friends

Some guys will attempt to get her friends, family or coworkers involved, hoping that it will make her feel selfish for breaking up with him.

By doing this youâre putting her friend in an awkward position that will only anger your ex because youâve now put her friend in the middle of your breakup. Remember: You want your ex feeling good about you, not annoyed, frustrated, etc.

Mistake 7: Sending âExcuseâ Texts

Some guys will use any excuse to contact their ex.

For instance, he may ask, *âWhen are you going to come and pick up your stuff at my place?â* or *âDo you want me to bring your clothes, boxes, etc over?â*

If she wants whatever is there, sheâll ask you for it. Let her contact you about that sort of thing. Using excuses to contact her is not going to get her back.

If you want to know how to get her back for real, then let me help you.

If you use the techniques from my [Get Your Ex Back: Super System](#) video program, SHE will start contacting you.

If she doesn't contact you (that sometimes happens when the ex really hates a guy), you simply need to contact her using my tested, proven to work text message, Facebook and phone call examples.

She will then agree to meet up with you in person...

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Can't Get Over My Ex: Should I Move On?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you can't get over your ex, it usually means one of the following.

1. She is truly the one for you and your gut instinct is telling you that you must get her back.
2. You have met other women, but they just don't make you feel the same way as she does.
3. You don't know how to attract women when you meet them, so most of the beautiful women you meet aren't interested in you.
4. You haven't been approaching and meeting other women in person, so you don't feel like you have many (or any) other options with women other than your ex.
5. The only women who are interested in you right now are not your type.

If she is truly the one for you, then I highly recommend that you do what it takes to get her back. To get your ex back, you need to work out why she really broke up with you and then begin fixing or improving the things about you that turned her off.

Do you know why she really broke up with you? Did you make any of the mistakes outlined in the video below?

When you know where you've gone wrong and have either fixed those things or made improvements, you then need to get in contact with her. The purpose of contacting her is to arrange to meet up with her in person so you can get her to experience the new, improved version of you.

At the meet up, you need to focus on saying and doing the things that are going to make her feel attracted to you. Watch this video to understand how a woman's attraction for a man works...

Do You Want to Move On?

[image: I can't get over my ex]

Can you imagine yourself with another woman? Is your ex the only girl for you? If you picture your life in 10 years time, does it include your ex?

If you feel like you want to move on and be with some new women, you should take that step rather than trying to cling to your ex because it feels easier and safer. However, if you feel like no other woman is going to come close to your ex, then you decide to do whatever it takes to get her back.

You are at a point in your life now where you have a huge opportunity to grow and become a better man than you already are. You can do that by doing what it takes to get an ex back, or you can use this opportunity to develop the ability to effortlessly attract women when you meet them.

Wanting to Move On

Let's assume that you want to get over your ex and move on from her, even though you haven't been able to get over her yet.

What have you tried so far to help you get over her? Are you mostly sitting around wishing you could get her back, or are you actively having sex with new women and experiencing different types of love

and connection?

Have you tried any of the following?

1. Meeting new women

If you can't get over your ex, the idea of meeting new women probably doesn't sound appealing. You might have even tried talking to new girls, but they just don't make you feel like she did.

Why? In most cases, it's because you're not in the right emotional state to attract women. They can sense your insecurity about falling in love again and they can be turned off by your lack of desire for them.

When meeting new women, they wanted to feel attracted to you and they also want you to feel attracted to them. It's not enough just to show your attraction to a woman though! You also have to make her feel attracted to you.

If you're not making women feel a lot of attraction for you, or if you're holding back from showing desire or interest because you're worried about getting rejected or hurt, most women won't get very involved in the interaction with you. They will feel like something is missing and they won't open up to show you their true personality.

2. Approaching new women

The fastest way to get over an ex is to begin having sex with other women that you see as being more attractive than your ex.

You can't achieve that with online dating unless you are a male model with loads of money. Why? Women judge men based on money and looks on online dating because they have so many options (often 1,000s) to choose from and have to select guys based on superficial traits.

This is why you need to be able to approach women in person, so it's just you and her. When you approach in person, you can make her feel attracted to who you are, rather than what you look like or how much money you make.

If you don't have the confidence to approach new women and attract them in person, watch this video...

3. Improving your ability to attract women

Whether you want to attract your ex back or attract new women, you can't do that if you don't actually know how to attract women.

Most guys never get taught what women are really attracted to in men, so they end up wasting time on things that aren't very important to women (e.g. being really nice, wearing expensive clothes and shoes, building extra muscle at the gym, etc).

How about you? Do you actually know how to trigger feelings of sexual attraction inside of a woman based on what you say and do around her? Watch this video to find out...

What is Your Next Move Going to Be?

Right now, your ex isn't in your life. You probably also don't have a high quality, attractive woman who really loves you. So, what do you want to do about it?

Are you going to let more of your precious life slip away without your ex, or are you going to do

what it takes to get her back?

Are you going to remain alone and hope that you get lucky, or are you going to figure out how you can attract other beautiful women, so that you can then move on and get over your ex?

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[image]

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How to Get Your Ex Back When She Has Moved On

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Losing the woman you love is a painful experience to go through, but if your ex has already moved on, it can make the experience even worse.

Even though she once really loved you, none of that seems to matter to her now. She has opened herself up sexually and emotionally with another guy.

...and you're on your own.

Not anymore.

I'm here to help you. So, if you are serious about learning how to get your ex back when she has moved on, today is going to be a VERY good day for you. You will remember this day forever because this is the day when everything will begin to change.

Why Did She Break Up With You?

[image: Why did she break up with you?]

The first thing I want to share with you is a lesson about the process she went through before breaking up with you.

Watch the video below to discover some of the possible reasons why she broke up with you, to begin understanding what you might need to improve before attempting to get her back...

Make Her Reconsider Her Decision

There's no getting away from the fact that your ex is your ex for a reason.

Something happened to cause your relationship to break down and, assuming it was her decision to end the relationship, you may or may not have been given a straight answer to the question of why she broke up with you.

Women quite often give vague reasons for wanting to make the split, such as, *It's not you, it's me*, or *I just need some space*.

This can make it difficult to know for sure what made her feelings for you change, but when you become the type of man that women describe as a *real man*, it won't matter what reason she thought she had for dumping you, because the new you will become enough of a reason for her to reconsider her decision.

Getting her to reconsider her decision involves two important elements. You need to:

1. Improve yourself and become more attractive to her than you were before.
2. Get her on the phone and get her to forgive you and want to see you again.

Watch this video for more info...

You can make your ex feel a renewed sense of respect and attraction for you.

At the moment, she might feel like it's not worth getting back with you, but that's based on her

current feelings.

You can change how she feels by actively making her feel a renewed sense of respect and attraction for you. Other guys have done it and you can do it too.

Statistically Speaking, She Will Dump Her New Guy Pretty Soon

Most rebound relationships fail (at least 65% within a few months) because the woman usually accepts a guy who is not her ideal man, but just who happens to fill the gaps that existed in her previous relationship.

Although your ex has moved on, she may only have moved on with a guy who fills the gaps she felt you left open in her relationship with you, not a guy who actually offers her everything she's looking for in a man.

For example: If you were needy, insecure and lacked confidence in the last half of your relationship with her, she will go for a guy who is very confident to make up for that. If you were careless, took her for granted and were selfish, she will often go for a nice guy who treats her like a princess.

Most of the guys who attract rebound women are usually just "getting lucky" with a woman who is looking for a quick replacement, so they are often the type of guy who makes loads of relationship mistakes that quickly ruins the attraction she felt towards him or eventually tears the relationship apart.

Make Her See You as More Attractive Than Her New Guy

We men are lucky because women are able to feel sexually attracted to us for MANY different reasons.

Without changing ANYTHING about your physical appearance, you begin attracting your ex in more than 100 different ways. Here are two of those ways...

1. Confidence

Women are naturally attracted to confident guys.

The more that your ex feels that you are confident and emotionally secure without her, the more attracted she will be. If she has already moved on, you need to be able to display that confidence via social media, by calling her up on the phone and by meeting her in person.

If her current perception of you is that you're not feeling very confident in yourself without her, she will naturally feel turned off by you.

2. Masculinity

When helping guys to get their ex back, I often have to look through a client's Facebook profile to see what sort of image he is projecting to his ex.

Almost every time, a guy is making the classic mistake of posting selfies where he is trying to look good physically.

[image: Posing in photos thinking that if he looks good, it will make his ex jealous]

He's hoping that if he just looks good enough, his ex will think, "*Oooh, he looks good...maybe another girl will like him soon if I don't get back with him!*" Yet, that's not how a woman's attraction for a man works.

When a woman sees that a guy is posting up lonely selfies, or has been getting a friend to take photos of him on his own where he's trying to look physically appealing, she knows that he lacks masculinity.

How so? Real men know that women are more attracted to a guy's masculine vibe, thinking, behavior and actions than anything else. Real men also know that they can look shabby and not have even "done their hair" and women will feel a primal attraction to their masculinity.

A masculine man knows that the human mating dance doesn't involve a man trying to look all pretty for a woman.

[image: Peacock mating dance]

In the peacock bird species, the female is plain looking and the male is colorful and vibrant. The more colorful and pretty his plumage is, the more attractive he will be to the female.

Yet, that's not how it works with humans.

Human women feel attracted to a man's masculinity, which is more about his vibe, thinking, behavior and actions.

How can you get your ex to see that when she has moved on? Once again, it's about showing that via social media, letting her feel it come through on a phone call and then letting her experience when you meet up with her in person.

Actions Speak Louder Than Words

Whatever it was that caused your ex to become your ex, she will begin to reconsider her decision when you begin triggering her feelings of sexual attraction for you.

Are you ready to do what it takes to get her back?

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Getting Your Ex Back: 5 Common Mistakes to Avoid

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Your woman broke up with you and you're either feeling devastated, frustrated or just sad about not having her in your life anymore.

You want her back more than anything, but if you don't know the right way to go about getting your ex back, chances are she'll be gone for good.

This is why MOST songs on the radio are about people who miss their ex. Most people do NOT know how to get an ex back and when it comes to guys trying to get their ex back, the mistakes are common and global. Here are 5 common mistakes that guys make...

Mistake #1: Why? Why? Why?

When a woman breaks up with a man, most guys are shocked by the news and will repeatedly ask her why she's leaving him. The fact is that she likely gave the guy clues for a long time and he never picked up on them, so when he starts asking her why she's doing it, it only annoys her more.

She figures that if he wasn't paying attention to the hints she was trying to get across to him in the past, why should she bother to tell him now.

She also thinks that if he doesn't understand what he needs to do, then she doesn't want to have to be the one teaching him. Women just don't want to take on that role for a guy when it comes to a relationship.

From all my years of research into relationships, I've found that a woman doesn't simply wake up one morning and suddenly decide to break up with her man. When she does break the news, it's likely the result of something she's been thinking about for a long time.

Before she decided to break up with her man, she would have dropped many clues about her unhappiness for months and in some cases years.

If her man doesn't recognize her hints and act upon them early, when the end comes, she surely isn't going to spell it out for him. She figures if he didn't get the message long before the breakup, then she wants no part of discussing her unhappiness with him now.

On the other hand, some women won't even know exactly why things have stopped working in her relationship. She just knows that she feels a loss of attraction for him and she probably can't even explain the specific behavior he exhibited (or didn't exhibit) that was turning her off.

For her, it was just a feeling of discontentment, so asking her why she wants to break up is pointless. She probably won't be able to verbalize her exact feelings anyway.

Mistake #2: Rushed Apologies

When a breakup takes place, the unfortunate guy will often rush into apologizing and promising to change. The problem is that if he doesn't understand why the woman dropped him, the apology will be full of words and statements that mean nothing to her.

Also, by taking the blame, especially without understanding her reason and her need to call it quits,

the man will only put himself into a weakened position with her, which is extremely unattractive to a woman. A woman can't stay with a man out of pity for very long.

She wants a man whom she can respect, look up to and be attracted to. She doesn't want a guy who is willing to say anything, including taking exclusive blame for something he doesn't even understand he did or didn't do, just to win her back. If this example rings true for you, it's very likely you do need to make some changes before you can go about getting your ex back.

It's not your fault by the way. Most of us don't grow up around male role models who have a successful, loving and passionate relationship with their woman. Instead, most of us grow up looking at TV and movies and hoping that we can learn that way.

However, what most of us don't realize is that the writers of TV shows and movies inject LOADS of drama and relationship problems into the show to make us feel entertained.

Writers also play out stories where the "nice guy" gets the girl by being super nice to her, saying lots of sweet things and helping her out in a time of need. Yet, in the real world, women don't feel attraction for those guys. They make like those guys as a friend, but not as a sexual lover they want to submit to.

Likewise, when we see TV shows and movies depicting long-term relationships, they usually have huge problems, affairs, deception, etc. Rarely does a TV show or movie show a happily loving couple without any problems apart from the occasional disagreement, which they then discuss and become closer over as a result.

Yet, in real life, we often see happy couples who are still madly in love after decades. THAT is possible and it is REAL. You just have to know how to do it.

Mistake #3: Whining, Begging or Crying

When the breakup happens, many guys become very emotional. Some will cry. Some will beg. Some will whine. Some will do all three and more.

The worst thing is that they couldn't be displaying that behavior at a WORSE time. Women are extremely turned off by emotional weakness in a man. Whenever a guy gets emotional in that manner, it's a major turnoff for any woman.

That type of emotion is not what women want.

They want a masculine man that they have a strong attraction for and not a guy who shows his emotions in such a weak way, or who breaks down and cries when he is challenged.

Likewise, the opposite emotion is also going to be an instant and permanent turn-off. I'm talking about guys who become hostile, angry or worse...violent. Obviously, that type of behavior isn't cool, but hey "I'll be the first to admit, I did it once."

I got so angry at my ex for cheating on me and dumping me that I swore at her and threatened to hurt her (I didn't hurt her though). I was really angry and felt bitterly betrayed. I called my mother up and cried, telling her, *"She cheated on me and now she wants to break up! What do I do?"* and even my mother was a bit taken aback by my weakness.

It took me MANY years to learn what it means to be a man and to be the sort of guy who doesn't lash out in anger, become emotional or have any weak points or insecurities. It also took me many years

to learn that real men don't cry when life gets tough.

Instead, they do what they need to do to fix a situation and achieve the goal they want. These days, I am emotionally bullet-proof and because of that, women feel a deep, lasting and intense attraction for me.

It's a double bonus type of situation because I feel good and my women (now woman because I'm in a committed relationship) to do. If only I had someone like me to help me out back when I got dumped many years ago, I would have been able to turn the situation around and get her back. On that note...

When getting your ex back, it's important that you do it like a man and not like a wimp. Any wimpy, whiny, sulky behavior will not win you ANY points with her. Also, if you're one of the MANY guys who became overly emotional during the break up, don't worry.

You can turn it around, get her forgiveness and get another chance with her. In my program [Get Your Ex Back: Super System](#), I explain exactly what to say to her so she forgives the crying, whining or begging and gives you another chance. What you will say to her has been tested by 100s of my phone coaching clients who have been able to get their ex back successfully.

Mistake #4: Not Giving Her Space

Even if the decision to break up the relationship was hers, it doesn't mean that she's going to just move on right away without needing any time to lick her own wounds and heal. She needs space to sort out her emotions. She likely loved you and thought you and her would be together for life and now she has to work out how she feels about that, while on her own.

If the guy begins bombarding her with phone calls, cards, texts, love letters, e-mail messages or other forms of communication telling her over and over how much he loves her and wants her back, her need for distance, space and time to heal and get her head together is going to become even greater.

If she feels overwhelmed by the unwanted attention from her ex, she likely will want to break off all communication with him.

The good news for guys who have made that mistake is that you CAN recover from it. In my program [Get Your Ex Back: Super System](#), I provide you with TESTED contact examples to use via Facebook, phone and text so she opens back up to you and wants to see you in person.

Mistake #5: Using Trickery

Another common mistake that guys will use in trying to get their ex back is trickery. This can take place in a number of ways.

There's the "let's be friends" ploy. What usually happens is that the man will attempt to coax his ex into believing that he'll be satisfied with just being friends. He usually believes that if he can get her to keep talking to him and spending time with him, she'll eventually realize that he's a great guy and will want him back.

When he suggests that type of arrangement, she, on the other hand, will recognize what he's doing and will quickly turn down his proposal of friendship or will continually make up excuses as to why she can't see him or talk to him.

Guys in that situation will often feel as though they still have a chance and will be behaving in ways that actually push the woman away, rather than draw her back into a relationship. Whatever form of trickery a guy employs will usually make getting his ex back less likely.

Did you make any of those mistakes when your ex broke up with you? Whatever you did before, don't worry about that. You CAN fix the situation, get her forgiveness and get another chance. If you want to do that, I recommend that you watch [Get Your Ex Back: Super System](#).

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Can You Be Friends With Your Ex?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

When a guy asks me, *“Can you be friends with your ex?”* the answer is that it depends on what he wants from the friendship.

For example: If he wants to be friends with her so he can get her back, he has to focus on making her feel sexually and romantically attracted to him again while they are “friends.”

If he just acts like a neutral, non sexual friend, then she’s not going to be feeling much or any attraction for him.

She may also lose respect for him for acting like just a friend, when what he really wants in a relationship.

So, how can you remain friends with her and get her back, without losing her respect or scaring her off?

Watch this video for the answer...

If you accept the friendship with her, but don’t actually act like a friend (i.e. you make her feel sexually attracted to you again), then it won’t be a friendship, so don’t worry.

She will be feeling attracted to you and drawn to you. She won’t be able to stop herself from having romantic and sexual feelings about you.

All you need to do then is guide her back into a relationship.

Do You Already Have a New Girlfriend?

Sometimes guys ask me, *“Can you remain friends with an ex?”* because they really just want to be friends with her.

So, if you have moved on and you’re now with another woman, then yes – it’s possible to be just friends with an ex, but take a moment to consider how your new girlfriend might be feeling about it too.

Sometimes, you need to distance yourself from ex’s to allow your new woman to fully trust you and open her heart to you.

If your new girlfriend sees that you’ve still got a thing for your ex, it may cause her to never truly open her heart up to you.

She will always have “one foot out the door” and will be more emotionally ready to break up with you or accept that you’re drifting away.

Some women can handle their guy being friends with an ex girlfriend, but most can’t.

I know that my wife would hate it if I talked to my ex girlfriends because she knows that they still want me.

I just avoid my ex’s because it would cause problems in my marriage.

It would be nice to be able to be friends with some of them, but my wife is way more important than any of my ex’s, so it just doesn’t matter much to me.

Partying With Mutual Friends

[image: Can you be friends with your ex?]

It's not unusual for couples in a relationship to have mutual friends and this can mean that even after a break-up, there's a good chance of bumping into one another at social events.

Being acquaintances in this way and being able to see each other without awkwardness at parties or social gatherings where you have mutual friends is a good thing.

Yet, outside of those times, it's really not necessary to stay in each other's lives (unless you want to get her back) because it will only cause problems in the new relationships that you and your ex move on to.

If you want to stay in her life as a friend because you want her back, then you need to focus on doing that rather than just being a nice, innocent, non-sexual, friendly ex.

Watch this video to understand how to get her back by attracting her...

Focus on re-attracting your ex and she will naturally want to be with you again.

Can You Be Friends With Your Ex? Questions to Ask Yourself...

Here are some questions to ask yourself before you decide to be friends with your ex...

Why do you want to remain friends with your ex?

What are your reasons for wanting to stay friends with your ex?

Unless you have some sort of joint business interest or have to see each other because you have children together, there's usually not much reason for wanting to stay friends.

Of course, if you and her broke up on mutual terms and you're both happy to move on, then it's fine to be friends because your feelings aren't going to get in the way.

However, if you want her back, just make sure that you don't waste time acting like a friend and turning her off in the process.

Focus on making her have sexual and romantic feelings for you again and guide her back into a relationship.

Are you secretly hoping to get her back?

[image: Can you be friends with your ex?]

If you're secretly hoping to get her back, pretending otherwise is a mistake because your body language and the way you act around her will let her know what you're really thinking, regardless of what you are saying, (e.g. *"I just want to be friends"* or, *"I care about you as a person. That's all."*)

If she senses that you're trying to get her back, it may cause her to avoid you completely rather than experience awkward moments in your company or get drawn back into a relationship that isn't based

on mutual attraction.

Do you need her friendship?

If you're asking the question, *Can you be friends with your ex?* because the break up of your relationship has left you sitting at home alone and without any social life, you need to question whether you want to remain friends for old-times sake or whether you need to remain friends because you don't have much else going on in your life.

If you're trying to keep her in your life as a friend, is it because you're unwilling or unable to move on?

This can often be the case for guys who've been dumped and if it describes your situation, it may have been your clinginess and general lack of purpose in life that led to your ex ending the relationship in the first place.

What Do You Really Want?

You've got to be clear about whether or not you want her back or just want to be her friend.

If you want her back, focus on re-attracting her rather than trying to be a nice, friendly, innocent ex.

I hear back from men every day who have used my methods to get their ex woman back immediately, within days and in extreme cases, within a week or two.

You can do it too.

If you want her back, focus on re-attracting her and guiding her back into a relationship.

You can do it.

Get her back!

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

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Facebook, Phone and Text Message Examples

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Facebook, Phone and Text Message Examples is a free, quick reference guide that includes all of the Facebook, phone and text message examples from the [Get Your Ex Back: Super System](#). It is a 23 page ebook that you can open and read on any PC, Mac, smartphone or tablet for quick reference when talking to your ex.

Facebook, Phone and Text Message Examples:

- Ensures you know exactly what to say when communicating with your ex via text, on social media and on the phone.
- Gets her to unblock your phone, re-add you as a friend on social media and be open to communicating with you again.
- Explains how to get her eagerly wanting to meet up with you, even if she starts out being distant or uninterested on the phone.
- Provides examples of what to say to make her HAPPY to be talking to you on the phone.
- Reminds you of key points (about communicating with your ex) from the Get Your Ex Back: Super System by providing an important “DO’s and DON’Ts” list regarding communication via Facebook, phone, text and e-mail.
- Includes bonus examples of communicating with her via Facebook, phone, text and e-mail that are not included in Get Your Ex Back Super System.
- Provides additional tips and reminders surrounding each communication example, so you can quickly scan it while communicating with her .

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Ultimate Make Up Sex

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Ultimate Make Up Sex (2 hours, 47 minutes of video) is your **free bonus gift** when you purchase [Get Your Ex Back: Super System](#)

Ultimate Make Up Sex:

- Explains how to give her the type of sex that will completely change her mind about the break up.
- Gives you life-changing insights on how to touch women during sex.
- Takes your sexual skills and ability to the mastery level, where you will easily satisfy her on a deep level.
- Teaches you the easiest ways to make her orgasm.
- Shows you how to tap into a part of her that she has likely hidden from you. Once you access this part of her, she will love you deeper than she ever has before.
- Includes my personal favorite techniques and “moves” in the bedroom that have left some of my girlfriends crying in absolute joy.

×

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Get Your Ex Back: Super System

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

[image: Get Your Ex Back: Super System]

[image: Facebook, Phone and Text Message Examples]

[image: Ultimate Make Up Sex]

Step by step instructions on how to get your ex back

Get Your Ex Back: Super System guides you and your ex girlfriend, wife or fianc  back into a loving, committed relationship as soon as possible.

The techniques from Get Your Ex Back Super System make you more attractive and appealing to her than you were before.

When you interact with her on the phone and in person, she experiences a renewed sense of respect and attraction for you. She then becomes open to meeting up with you in person.

When you meet up with her, my powerful attraction techniques ensure that you trigger new and exciting feelings of attraction inside of her.

Her perception of you changes and she becomes open to giving the relationship another shot, or at least having sex with you again to see how she feels.

Get Your Ex Back: Super System is a 7 step system and by the 7th step, you and your ex will be back together in a new, improved and more loving and sexually passionate relationship.

10 hours of video.

Instant download / watch online.

Plays on smartphones, tablets, PCs and MACs.

30 day money back guarantee.

Lifetime access to redownload or watch online.

50% discounts on additional product purchases after you become a customer.

Presenter: Dan

[Watch it Now](#)

Free Bonus 1: Facebook, Phone and Text Message Examples

\$137 **FREE**

- A quick reference guide that ensures you have all the Facebook, phone and text messages examples from the Get Your Ex Back: Super System available when you are communicating with your ex.
- Provides additional tips and reminders surrounding each example, so you can quickly scan it while communicating with her.
- Explains how to get her eagerly WANTING to meet up with you, even if she starts out being challenging or uninterested on the phone.
- Provides examples of what to say to make her HAPPY to be talking to you on the phone.

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- Includes bonus examples of communicating with her via Facebook, phone, text and e-mail.

Free Bonus 2: Ultimate Make Up Sex

~~\$297~~ **FREE**

- Explains how to give her the type of sex that will completely change her mind about the break up.
- Teaches you my best, simple ways to make a woman orgasm (my women orgasm about 95% of the time we have sex).
- Gives you alpha male insights on how to touch a woman during sex in a way that makes her feel incredible, deep attraction and lust for you.
- Shows you how to tap into a part of her sexual mind that she has likely hidden from you all along. Once you access this part of her, she will love you deeper than she ever has before and other guys will simply pale in comparison to you when it comes to the sexual experience.
- Includes my personal favorite techniques and “moves” in the bedroom that have left some of my girlfriends crying in absolute joy and pleading with me to never leave them.

[image: Get Your Ex Back: Super System - Plus Bonuses]

You Get it All!

- **Get Your Ex Back: Super System:** ~~\$597~~ \$297
- **Facebook, Phone and Text Message Examples:** ~~\$137~~ FREE
- **Ultimate Make Up Sex:** ~~\$297~~ FREE

Total Value: \$1,031

Price: **\$297**

[Get Started](#)

Need Help to Get Her Back?

[image: I am ready to help you now]

Right now, you’re probably wondering whether or not you actually have a chance of getting her back, right?

It might seem impossible now, but when you begin to use the right approach (i.e. start by making her feel a renewed sense of respect and attraction for you and then confidently guide her back into a relationship), you will see that she opens back up to you and changes how she feels.

You really can make her change how she feels and change her mind about the break up.

Of course, don’t expect anyone else to tell you that.

Most people don't know that it's possible to get an ex back, so they simply tell you to move on.

They say things like, *"There are plenty of fish in the sea. You will find another girl"* or *"Ignore her and she will miss you and come back,"* or *"Find a new hobby to distract yourself and you will eventually forget about her."*

It's so damn annoying for a guy who wants his woman back because most people have no idea how to help him. It's like no one cares and they just expect you to get over her.

That's where I come in...

I care about you and your situation and I sincerely want to help you get her back. I know how important she is to you and I understand the horrible pain you are feeling right now as you miss her and want her back.

The first thing that I want you to know is that you CAN get another chance with your ex.

You really can.

I know this for sure because I've already helped 100s of guys to get a woman back.

[image: Get Your Ex Back: Super System]

Here are just a few of the messages that guys have sent me after following the steps of Get Your Ex Back: Super System to get their woman back...

"It was a lot easier than I thought it would be. She immediately changed her attitude towards me by the time I got to step 3 of the program. We then met up and got back together. Thanks so much for your help! I couldn't have done it without you! Peter"

"Getting my ex back was a bit more complicated than other guys because of her abused past, but **your system definitely worked for me.**

We were spending 1 day and evening a weekend together recently having deep love making. She then rang tonight saying we were falling into our old pattern and maybe we should break up again, but I changed her mind based on my newfound confidence and understanding of how to really connect with a woman's mind.

Anyway she ended up saying she loved me multiple times and wants to be with me & address our niggles was the outcome.

In conclusion I wanted to thank you Dan as all your advice including the mistakes that guys make etc. has really helped me a lot. Thank you Dan, you're making a lot of couples very happy with your programmes.

Kind regards
M.Y"

"**I got my girlfriend back** and I could not be happier right now. I really feel like a lot has changed in me since watching your program. I have grown up a lot after grasping what it really means to be a man for a woman. She is back in love me now so my thanks to you and

your program. I bought 3 or 4 other programs before finding you but they were all rubbish and merely told me to use the no contact approach and if she didn't come back I was to move on. Thank you for your guidance Dan. I could not have done this without you. Jacob"

"Hi Dan

I got your ex back program last week, secured a meet up with her and then did that last night.

She was very hesitant at first but I persisted as you mentioned in the program and she agreed.

We met up for what was supposed to be a quick coffee and that turned into her having feelings for me again and getting worried about it, so I suggested we got for a walk and while walking I suggested we go hang out at my place and she said yes.

We ended up having sex and she said that she didnt know why but she felt differently and **wanted to give us another chance!!!!**

Her and I are taking things slow now but it looks good because she came over to my place yesterday and stayed the night so I am confident that I can continue to spark her feelings more. We even talked about going away for a weekend soon so it is looking very positive.

I can't thank you enough Dan. You are saving a lot of men from a lot of messed up pain and problems.

I will certainly recommend you to friends if they go through a break up!

Regards,
Paul"

"Hi dan 5 months after me and my wife broke up **we are now back together and so happy.**

I'll be honest with you I thought after I went through your programmes that they would be of no use to me I couldn't have been more wrong , certain parts of the programme i couldn't really use but the majority was so helpful because it got me in the right mindset and helped me through the toughest part of the break up and showed me how to be a man that my wife would want.

In all fairness it just felt natural to be this way so many many thanks to you and the team at modern man because without you it would have been impossible for me to get my wife back in my arms so if any of you guys are in Liverpool England any time don't hesitate to contact me because I would like to take you guys out for a drink again.

Thank you thank you thank you you don't realise how much you have helped me,
Matty"

"I was skeptical before trying your program because my ex girlfriend hated me and wanted nothing to do with me. Well I was surprised at how quickly things changed when I started

making her feel jealous like you suggest in the program. I was worried to do it because I thought she would get angry and hate me even more but it drew her to me. I guess **she realized that she was losing a great guy and it struck a chord with her.**

We met up for a coffee and I used your methods to get her smiling again and laughing like she used to. She said that I had changed and she liked it and I knew at the moment that I could get her back, so I told her to stand up and for us to give each other a hug. We then kissed and it was magical like it was in the beginning when we first dated.

The relationship has been back together for a week now and everything seems to be going well. Thanks for your advice Dan, it really worked and I am glad to have found your site when I went searching online after she dumped me for the third time! You have a loyal fan for life now. Victor”

“Hiya Dan

I got my ex back! It was actually a lot easier than I was thinking it would be. Your methods are brilliant!

I was lead to believe by friends that once a girl broke up with you that that was it but now that Iâ€”ve done it I can see what you see about attraction and relationships and love.

Me and my girlfriend are now planning on moving in together and things are really good, so my thanks to you for the brilliant program and advice.

Garyâ€”

â€”Hi Dan

I want to take this opportunity to **thank you for saving my marriage.** It was dead in the water and my wife had already began going on dates with a new guy that she knows from work. But I put your advice into action from the Get Your Ex Back system and boy did it work.

My wife came crawling back to me, crying and apologizing. I am now in the position of power in the relationship and we are more in love than ever before. Your tips on sex where a huge eye opener for me as well. I would rarely get her to orgasm before but now it is happening almost every time we have sex.

You are doing great things for the men of this world Dan and you deserve a lot of credit. Had I known what your program would do for me I would have happily paid double the price.

Byronâ€”

“Dan **I got my girlfriend back.** Thank you!

Nate”

Hi Dan,

I have nearly everyone of your products except the Alpha Male Power and they have utterly changed my life.

My GF broke up with me on December 14th, and lets just say I cried and begged for about 2 weeks then realized it wasn't going to do anything to get her back.

So I found your series and worked on me and forced myself to interact with women. It wasn't long before I got numbers, built rapport, and moved forward to kissing and heavy petting, however no sex.

I cut off communication for 3 weeks with the EX, and then I was on a job interview in NYC about 3 weeks ago and posted on my Facebook I was at a Bar, my ex whom also lives in NYC was coincidentally 2 blocks away and we meet up!

Long story short, we're back together, at one point she asked me if use getting back together was a good idea and if it was a good thing. I just laughed at her and said it was the best thing for us, cause the things you told me I lack (confidence, emotional understanding of women and body language) I've fixed and women now love me (showed her pictures from my phone). Dan she flipped so quickly it wasn't even funny! I told her she needs to behave and do things I like or I'll just walk away and go to one of the other girls. I told her if she does things I like I'll give her a reward, She was like really. I tease her with a reward and then giving her rewards, keeping her on her toes. When she does things I don't like she goes to time-out, but only for 5 seconds, then I tell her to give me a hug and say she's sorry.

I've turned the tides in the relationship, and now she always messaging me, chasing me. I tell her every time I talk to her, Ok talk to you in a week, I'm busy the next few days. 12 to 18 hours later she messages me wondering what I'm up too! She says I'm different and understanding.

Right now I tell her I'm Version 2.0 with firmware 3.0 coning out soon, you better figure me out quick or you'll be learning how to figure me out all over again. she's like are you for real. I'm like stop being so serious, she's like your mean. I'm like ya so??? O.o she is pushed in the feminine every time.

Your material is spot on, I keep her in the feminine , but sometimes show my feminine then go right back to be a dominant male and she loves it.

Again thanks for your content, I'll keep listening to it over and over again. Maybe sometime when I'm in Melbourne or your in the States, we can meet up!!!

-Trevor.

Hey Dan,

I have been working on everything you have taught me and I think its finally starting to come together.

I have visited my ex a couple times now and **she seems so in love again**. She now

compliments me about how much more masculine I am and treats me so much better. I am so happy ,thank you. We are better than ever and I feel like (with your help) Iâ€™m learning to keep the dominant role and stay in control of my emotions.

Now that I am more aware my role in the relationship we have a deeper connection and are on the way to an Amazing relationship. Alexâ€”

“I just wanted to email you Dan to say thank you for making this program. Without your guidance and examples of would have had to give up and move on without her because she was being so stubborn and wouldn’t open up to me. I used your approach and her walls came down and we met up. **There was a spark there like in the beginning** and we have been back together since that day. If you are ever in New York please get in touch so I can buy you a beer and say thanks! Will”

Here are some screenshots of comments from guys on my Youtube channel:

[image: Ex back success stories - example 1]

[image: Ex back success stories - example 4]

[image: Ex back success stories - example 3]

[image: Ex back success stories - example 2]

My proven to work system for getting an ex-woman back has been developed by helping men from all over the world to get their woman back.

It wasn’t easy to work this stuff out (if it was, everyone would know how to get an ex back), but I have created the perfect solution that even works on the most stubborn of women.

When you use my attraction and persuasion techniques, she will say “Yes” to meeting up with you and she will feel attracted to the new you.

You are not on your own with this anymore.

I am going to help you.

All of the questions that you need answers to are in my program, Get Your Ex Back: Super System
Get Started

Get Your Ex Back Super System is a 7-step system and by the 7th step you and herÂ will beÂ back in a loving relationship once again.

Simply follow the steps of my system and she willÂ reach out to YOU and wantÂ to see you. If she doesn’t reach out to you, don’t worry – I provide all the Facebook, text message and phone call examples to get her interested in chatting to you and seeing you again in person.

As long as you follow the step-by-step process, she will feel a strong, renewed sense of respect and attraction for you, forgive you and want to give the relationship another chance.

100s of other guys have done it and so can you.

[image: Get Your Ex Back: Super System - Plus Bonuses]

Get Your Ex Back: Super System is 10 hours of professional video training.

When you watch Get Your Ex Back Super System, you will be getting 10 hours of non-stop advice for a fraction of the price of learning from me over the phone.

If you were to purchase 10 hours of phone coaching with me (**\$497 per hour**), it would cost a total of **\$4,997**.

Yet, Get Your Ex Back Super System is only \$297.

In addition to Get Your Ex Back: Super System, you will also get 2 hours and 47 minutes of video in the bonus program Ultimate Make Up Sex, plus a 23 page ebook that contains all of the Facebook, Phone and Text Message examples from the Get Your Ex Back: Super System.

I have kept the price of the system as cheap as possible because I truly want to help you.

I know the pain that you're going through without her in your life and I'm here to help you get her back ASAP.

So, if you are serious about getting her back, then get started now.

The faster you get started, the quicker you will have her back in your arms.

Get Started

Enjoy your rekindled relationship with her and the great times ahead!

Cheers

Dan Bacon

P.S. My system **will** get you a second chance with your ex.

She will suddenly realize that she wants to get back with you one more time, or at least meet up with you in person again to see how she feels when she interacts with the new and improved you.

When you meet up with her in person, you will use my powerful, easy-to-use attraction and persuasion techniques to get the relationship back together and keep it together.

As long as you follow the steps provided in my system, she will be unable to say no to meeting up with you again because she will start to feel like she wants it just as much as you do.

Ready to begin the rapid process of getting her back in your arms again? **Get started now!**

Get Your Ex Back: Super System

- Guides you through my proven process for getting an ex back into a loving, committed relationship.
- Provides you with examples of what to text her and what to say on the phone to ensure that she agrees to meet up with you in person.
- Explains exactly what to say and do to make her feel a renewed sense of respect and attraction for you on the phone and at the meet up.
- Gives her many reasons to forgive you and want to start over again.
- Brings out the very best in you and makes you even more attractive to her than you were when you first met her.
- Makes the idea of getting back together become her idea, or at least feel like a fun thing to do for her to see how she feels.
- Ensures that you keep the relationship together once you are back together.

Get Started

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Is She Still In Love with You?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Love never dies...

It simply gets pushed into the background when a woman doesn't feel enough respect or attraction for her man.

If you focus on making her feel a renewed sense of respect and attraction for you from now, she will naturally and automatically begin to reconnect with the love that she once felt for you.

She will then begin to open up to the idea of being with you again, or at least communicating with you and meeting up with you.

Relationships Have Changed

In the past, a woman had to choose one man, marry him and then stick with him until the end. It was shameful to get divorced, so even if she wasn't happy in the marriage, she had to put up with it.

[image: old-style-of-courtship]

Not anymore.

In today's world, a man has to be able to deepen a woman's love, respect and attraction for him over time.

[image: Why are you being like this?]

If he fails to do that, the woman will gradually fall out of love with him and will then either break up with him, cheat on him or ask for space to be alone so she can then find a replacement guy and move on.

Before breaking up with a guy, a woman will go through three, distinct stages.

1. She loses respect for you (e.g. because you became insecure, treated her badly).
2. She stops feeling attracted to you because you don't change and keep making the same mistakes.
3. She falls out of love with you.

To get her back, you've got to focus on making her feel respect for you again.

Watch this video for more info...

When she respects you again, she will then allow herself to feel attracted and will then open back up to having real feelings for you again.

When you get her back, she will fall back in love with you and it will be better than it was before because you will be a new, improved man who can now make her feel attracted in ways that you previously couldn't.

A Classic Break Up Scenario

Couples break up for all sorts of reasons (e.g. cheating, bored of being in a long distance relationship, trust issues, etc), but no matter what the specific reason is, the core problem is always about a loss of

respect, attraction and love.

In terms of respect, some guys ruin a woman's respect by being needy, while other guys ruin it by not needing her or caring about her at all. There are many different ways that it can happen, but when it happens, things change and a guy needs to know how to handle it or else he will make the problem worse.

Here is a classic break up scenario that explains what often happens when a woman changes how she feels and starts to pull back her interest...

[image: Does she still love you?]

When "John" and "Wendy" first began their relationship, everything felt blissful, exciting and hopeful.

They spent as much time as possible together, their sex life was amazing and John felt as though he'd finally met the woman of his dreams. She even said to him on a few occasions that she wanted to be his wife one day, start a family and grow old together.

Wendy really loved him and the feelings they were experiencing together were exciting and made life worth living. Everything seemed perfect and John didn't think that Wendy could ever change how she felt.

Yet, she did...

[image: Does she still love you?]

All of a sudden, she became distant and was no longer interested in hugging, kissing or having sex like they used to. Not knowing what else to do, John reacted by becoming clingy and protective, which turned her off even more.

Instead of being the confident, easy-going guy that she first got into a relationship with, John was now an insecure, tense guy that needed her to tell him that she wouldn't leave him. He would ask her things like, *"Do you love me or not?"* and try his best to be the nicest, most considerate, loving boyfriend he could.

Yet, it didn't work.

He asked her why she was being so cold and demanded that she hug him, kiss him and show him affection like she used to. *"What's wrong with you? Why are you acting like this?"* John would ask.

No matter what he said or did, Wendy only grew more distant and seemed even less interested in being with him. The more he tried to fix the problem, the worse it became.. She just wasn't the same Wendy anymore. She was like a completely different woman now.

He reminded her that she used to tell him that she wanted to marry him, have a family and grow old together. *"How can you forget how you felt before?"* John would ask, *"Have you forgotten all the good times we had? Do they count for nothing?"*

Wendy looked down at the floor and remained silent. She looked up and said, *"Well...no, it does count. We had good times before, but it's just not the same anymore. I don't feel the same way as I used to."*

John and Wendy had experienced some bad times in their relationship before, but this time it was different. John knew that something was seriously wrong, but didn't know what to say or do to fix it.

[image: Does she still love you?]

He asked her to explain what was wrong, but she just said, *"Nothing...I don't know...I don't want to talk about it."* John thought that if he just left her to think on her own, she would get over it and things would go back to normal in a few days.

Yet, nothing changed.

A few days later, Wendy called him up and said, *"We need to talk. I've been thinking a lot and I just don't feel like we should be together anymore."*

John was shocked.

This is was the woman who'd said she would marry him and grow old with him. How could she change her mind so quickly? Their relationship was so good before, so surely it could be fixed. John asked her what he could do to change her mind and she said, *"I don't know."*

Not having the courage to break up with him right then and there, Wendy said, *"I think I just need space for a while. I need time to think and find myself. Maybe we just need a break for a while."*

John gave her space for three weeks and then called her. When could tell that he was hurting and lost without her.

She asked him, *"So...how have you been? Are you okay?"* and John then admitted that he hadn't been able to sleep or eat properly since the break up, had been getting into trouble at work and basically staying at home waiting for her call.

Wendy realized that he was still the same insecure, needy John that she broke up with. John didn't realize that behaving in that way isn't attractive to women and he simply turned her off even more by saying that.

Did You Know That She Was Going to Break Up With You?

[image: Did you know that she was going to break up with you?]

Before breaking up with a guy, a woman will usually give him plenty of warning and a lot of signs that she is rapidly losing interest in the relationship.

Here are some classic signs that a woman is beginning to think of breaking up with a guy...

1. She is rarely available to see him

Unless something else in her life (e.g. work, study) is taking up all of her free time, a woman will alwaysÂ make herself available for the man she loves. Women thrive on having love flowing throughÂ their life and when a woman is with a man that she loves,Â she will make time for him no matter what.

2. She avoids communication with him

Most women stay in close contact with the man they love. If she is avoiding his calls and taking a long time to reply to his texts or messages, it's a clear sign that she isn't interested.Â The bestÂ way to test a woman's interest level is to stop all communication for a 7 days. If she loves you and wants to be with you, she will contact you within that time.

If she doesn't, it's pretty clear that she has fallen out of love with you, is cheating on you with another guy or just isn't interested in being in a relationship with you.

3. She flirts with other men in his presence

It is fine for a woman to be social and friendly with other men in a group setting, but when she OPENLY and OBVIOUSLY starts FLIRTING in a sexual way with a man (or men) in front of her boyfriend (fiance or husband) it means that she's not his girl, she's anyone's girl.

4. She goes out partying without him on a regular basis

Some guys get lucky when they meet their girlfriend or wife. They don't really know how to attract women properly and simply met a girl who gave them a chance.

In cases like that, many women will keep their "lucky boyfriend" around until they find another guy to replace him. If she going out to party with her friends without him on a regular basis, it means that she is opening herself up to meeting and hooking up with new men.

If a woman loves you, respects you and wants to be with you, she would want you to come along to the party or she would have little interest in going out to party on a regular basis.

5. She avoids sex or affection as much as possible

If a woman is attracted to her man, respects him and is in love with him, she will naturally have the urge to hug, kiss and have sex with him.

However, when a woman (who was previously into hugging, kissing and having sex with her man) suddenly becomes turned off by it and doesn't change, it means that she is turned off by what her man has been saying and doing around her.

She has lost respect and attraction for him and if he doesn't know what to say or do to get that back, she will continue to move on. The only way that he can change how she feels is to change his approach to her.

For example: Be loving rather than desperate or needy, be confident rather than insecure and make her laugh rather than making her feel annoyed.

Only when he is able to say and do the things that make her feel respect and attraction for him, will she then begin to change how she feels. If a woman feels respect, love and attraction for a guy, she will naturally have the urge to hug him, kiss him and have sex with him.

6. She doesn't care about her appearance anymore

There are always going to be times when both of you aren't looking your best (e.g. hungover in the morning, feeling sick with the flu, etc), but women in a happy relationship will always make a huge effort to look attractive for her man.

If she no longer cares about what her man thinks of her physical appearance and puts little or no effort into making herself look appealing, it means that she no longer cares about him.

7. She no longer gets jealous about other women, at all

In the past, if he mentioned another woman during conversation and talked about her attractiveness in a positive way, she would become jealous and possibly even get upset about it. Now, he can talk about other women all day and she doesn't care one bit.

She may even go as far as encouraging him to start hooking up with other women and tell him that

she doesn't mind.

If a woman ever says that, you can be 100% sure that she has now opened herself to the idea of hooking up with other guys. She no longer sees you as the guy that she wants to spend the rest of your life with.

If another guy (who knows how to make her feel sexual attraction) meets her and kisses her, she will most-likely cheat on you and then break up with you. I hear about cases like that all time where a guy suddenly gets dumped because his woman kisses a random guy or starts having sex with a guy from work, university, etc.

What Do You Want to Do About it?

[image: What do you want to do about it?]

If you're reading this post, you've mostly been broken up with by a woman or you are currently in a relationship with a girl who doesn't seem that interested in you anymore.

So, what do you want to do about it?

Here are your three options:

1. Get the spark back in your existing relationship before it breaks up.
2. Get a new woman.
3. Get her back and give the relationship another shot.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Coping With a Break Up After Being Dumped...

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Getting dumped by a girl that he truly loves isn't something that any guy wants to experience.

It's a horrible feeling that I experienced many years ago, which forced me to learn what I now teach here at The Modern Man.

Destroying the “One True Love” Myth

You might have heard some people claim that there can only be a one woman who can be a soul mate for you in this life.

It isn't true.

The “one true love” myth was spread by people who assumed that the person they were in love with was the only person they could ever love. In most cases, it was their first love or the first time they had experienced love, so they assumed that it meant they were soul mates.

The myth has also been spread by people miss the one who “got away” and now feel as though that person was their soulmate.

For men, looking at an ex-girlfriend as “the only one for me” usually happens when isn't very good at attracting women, so he doesn't have many options to choose from. Since he doesn't have access to the types of very attractive women that he really wants, new women just don't make him feel the same way as his ex did.

You Now Have Access to Millions of Women Who Would Be Perfect For You

[image: Millions of women to choose from]

For most of human history, men didn't have an abundance choice of women to choose from.

There were no cars, planes, phones or internet so men had to choose from the small amount of women in their local area. Nowadays, we live in larger towns and cities with millions of people and we have access to women from all over the world.

New women fly into your country every day for a holiday and even come to live their with family. In today's world, there are millions of women who would be perfect for you. All you really need to do is have the confidence to approach them and the skills to make them feel attracted to you.

When you can do that, you have your choice of women...

There are millions of women who would truly love you, cherish you and stay with you for life.

If you believe the “one true love” myth that was created in earlier times of human history (when men and women had to choose from a small pool of options) and made popular by Hollywood movies, your belief in it will ruin your ability to experience true love with other women after a break up.

For example: If you've had a loving relationship with a woman that you think was the “the one” for

you, it may cause you to avoid looking for love again because the “one” has already gotten away. There will always be naïve people who continue to push the one true love myth as fact, but it’s just not true and the majority of today’s women have already realized it. A survey carried out by Dr. Shauna Springer, a relationship psychologist, revealed that 81% of the 1200+ women she questioned completely rejected the “soul mate philosophy” and stated instead that they believed it was possible to find love more than once in a lifetime. Of course it is. Love is everywhere.

A Fear of Love Will Ruin Your Entire Life

If a guy puts his heart and soul into a relationship, believing he has found his one and only true “soul mate” and she then ends the relationship, it can be hard for him to commit to the idea of loving another woman for two main reasons.

1. He’s stuck in the belief that you only get one shot at “true love” and that if you mess it up, you will never experience true love ever again.
2. He’s afraid of fully loving another woman because that would leave him wide open to the potential for “losing” her love too.

You have to understand and know that love is everywhere. You can experience amazing, mind-blowing with many different women. I know that because I’ve experienced it myself and I also know it because I’ve seen it happen to other people all my life.

You have to open yourself up to feeling, experiencing and living true love with another woman. Don’t close yourself off in fear because love isn’t something to be afraid of. If you know how to deepen a woman’s love, respect and attraction for you over time, she WILL want to stay with you. The love will feel deeper, more meaningful and more pleasurable as the years go on. That is what’s possible when you approach relationships in the right way with a woman that you’re truly attracted to and sincerely want to be with.

However, a fear of love can ruin a man and cause him to completely shut himself away from the world of love, connection and intimacy. I recommend that you become fearless when it comes to love; go into a loving relationship with an open heart and don’t worry about whether or not it might end one day. Just love and love well.

When you can walk through the world with an open heart and true, deep confidence in yourself as a fearlessly loving man, you will be surprised at how easily women fall in love with you.

I’m not just talking about when you get into a relationship “I’m referring the instant feelings of love that you’ve probably seen some women have for some guys. Personally speaking, I’m at a point where I can get a woman to fall in love with me every time I go out to meet women.

They become “love struck” and can’t help themselves from wanting to be with me. It’s a nice power to have over women, especially when you use it with good intentions. Update: I did use it for good intentions after recently accepting the marriage proposal of my girlfriend and then marrying her.

The Clickbait Line of, 'There's Plenty More Fish in the Sea' is Actually TRUE

[image: Getting a new girl is a lot easier than you might think. If you aim for women who are just "out of your league" it will be an amazing experience and you will cherish the love you experience with her.]

Getting a new girl is a lot easier than you might think. As long as you approach and interact with women in the right way, you will have a new girlfriend or lover after talking to only a few new girls.

If you've ever been dumped or are in the process of coping with a break up right now, you will no doubt have had a well-meaning friend or relative tell you that *'there's plenty more fish in the sea!'*

Of course, when your heart is broken and the pain of facing life without the one is still raw, it's unimaginable that you could ever find love again, no matter how many fish there are in the sea. However, there's no getting away from the fact that your potential to find love again comes down to your openness to it.

If you stick with the 'one true love' myth or avoid opening yourself to love again because you fear losing it, your life will pass you by as you experience years of unnecessary emptiness and sadness.

Maybe the love you lost really was true love from your point of view, but things change and people change. Maybe when you met and got together it felt like a pre-destined perfect match, but two people in a relationship are not destined to develop with relationship in the same way or at the same rate.

Maybe you were good together initially, but unless you're both looking for the same things in life at the same time and shooting for the same goal in your relationship, it's naive to believe that destiny is going to hold you together.

No matter how in love you are, you and her are still two individuals and if your core values don't match or you are no longer compatible, it's going to begin pushing you apart unless changes are made.

Relationships stay together because both parties are prepared to roll with the changes and do what it takes to work towards a common goal.

It's not about finding your one and only soul mate that allows you to do that, it's about finding love and then having the relationship intelligence (i.e. like social intelligence, emotional intelligence, academic intelligence) to go through the phases of the relationship properly and deepen the love, attraction and respect you feel for each other.

If it doesn't work out and you or her realize years later that you want to break up, it doesn't mean that you will never find love again. In fact, you will find it the next day if you wanted to and if you were open to it.

Of course, it's only natural to want to go through a short grieving process if you've been dumped, but the truth is, if you're the type of guy that women desperately want to be with, you won't be getting dumped anymore.

Personally speaking, no woman has broken up with me since I discovered what I now teach her at The Modern Man. I've only been getting marriage proposals and ex-girlfriends who desperately try to

get me back, year after year.

Believe me, it's a much better life to be living that one where you are being dumped or are afraid of being dumped.

The Love is Always Different With Every Woman

[image: Different flavors of love]

The thing is, with each woman that you have a loving relationship with, you will experience a completely different type of love. It is never the same and cannot be because each woman is a different person and the subtle nuances and differences in your relationship will create a new type of love.

Personally speaking, I really loved my ex-girlfriend (who I broke up with because she wanted to get married and start a family with me, but I didn't want to do that with her) and we had an amazing relationship for one and a half years. Yet, I now love my wife so much more than I ever loved my ex-girlfriend.

A few months after my wife and I got into a relationship, I told her that I used to say, *â€œI love youâ€* to my ex-girlfriend, but with her I always seem to say, *â€œI love you so much.â€*

She asked me why and I jokingly said it was because of her skills when using her mouth, if you know what I mean. She playfully hit me and I said, *â€œNo, it's because you're so beautiful...and you make me coffee all the timeâ€* and she playfully hit me again.

The thing is, I could have easily married my ex-girlfriend and some of the many other loving girlfriends that I've had over the years who wanted to settle down with me.

Yet, I knew that it is possible to experience love with many different women and I also knew, deep down, that I shouldn't settle down with any of them because, despite being beautiful, they weren't 100% perfect for me.

[image: Love is sweet]

Me (Dan Bacon) and the woman who finally got me to say yes to marriage

If you are wondering how you can cope with your break up, you should understand that the love you experienced with your ex-girlfriend was a special type of love that you and her shared together.

However, it is NOT the only love that is available to you.

You WILL experience love again if you are willing to...

Open Yourself Up to Love

[image: Open yourself up to love]

Love is abundant in our world.

You will realize that if you open yourself up to it and allow yourself to see it. If you want to live an amazing life and experience true love with one or many more women, don't close yourself off to it.

Fearlessly open yourself up to love, knowing that no matter what happens, you can always find love with another woman if it doesn't work out.

When a woman senses that you are a man who is fearless when it comes to love, you will be surprised at how easily she opens up to you. You will see that women look at you in a different way. They are excited because you are the sort of guy who can make them feel a deep and truly fearless love that most people only ever get to experience once in a lifetime.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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Can You Get Your Ex-Girlfriend Back?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Yes, you can.

Getting an ex-girlfriend back is definitely possible.

How? Watch this...

Think about it this way...

Have you ever hated someone and then really liked them later on when they changed the way that they communicated or behaved around you?

Of course, it happens to everyone.

Additionally, has there ever been a time when you didn't want to be with a particular woman, but you then changed your mind and really wanted to be with her?

Of course, it's natural and it happens to most guys.

You definitely can get an ex girlfriend back because it is possible to change the way she feels about you.

Not only is it possible to change how your ex girlfriend feels about you, but it's a very common thing that guys from all over the world do to get their ex back.

When you begin saying and doing things that make her feel respect and attraction for you, she will naturally begin to feel differently about you.

When an ex-girlfriend feels enough renewed respect and attraction for the guy she once dumped, she will almost always open herself back up to being with him.

It's just simple psychology and when you know how to do it, you will kick yourself for not learning this stuff earlier.

A Break Up is Not Permanent if You Can Make Her Feel Differently About You

[image: Change how she feels about you]

Right now, your ex might not have much or any feelings for you to want to get back into a relationship.

However, that doesn't mean that you can't change how she feels. In most cases, all it usually takes is a spark of attraction and woman immediately becomes more open to communicating with her ex and even meeting up with him in person.

Once you have reactivated your ex-girlfriend's feelings for you again, all you need to do is have the confidence and know how to guide back into a relationship with you.

It might seem like a difficult thing to do right now, but that's because you've probably been turning her off and haven't yet reactivated her feelings for you, so she's most-likely being closed off to you and not giving you any signs that she wants to get back together.

You can change that though.

You have a lot of direct control over how much or little attraction your ex feels for you.

As long as you are interacting with her and sparking her feelings of respect and attraction for you, her guard will come down and you can then guide her back into a relationship and get her back for good.

Why Did You and Your Girlfriend Decide to Break Up?

[image: Why did your ex girlfriend break up with you?]

Most breakups don't happen out of the blue.

There are usually plenty of warning signs that a guy will either ignore or be too inexperienced with relationship to notice.

Many of the guys I've helped to get an ex back have said that they were shocked when she wanted to break up, because she'd often talked about marriage, starting a family and how much she loved him.

Yet, just because a woman says that she wants to be with you for life one day, it doesn't mean she will continue holding onto that thought if you no longer make her feel the same way.

Love is something that needs to be taken care of.

If you want to be keep a relationship together for life, you have to deepen the woman's feelings of love, respect and attraction for you, rather than taking her for granted and expecting that she will stick around.

In the past, a woman would stay with a man for life even if she was unhappy because it was shameful to get divorced.

In today's world, women break up with guys all the time and don't even worry about it. In fact, society and even a woman's family and friends will encourage her to break up with a guy who isn't right for her.

It's just not like it used to be.

These days, you actually have to know how to attract a woman and then maintain her attraction for you. Otherwise, she can and often will leave if she gets bored of not feeling the way she really wants to feel.

This is why guys usually fail to get their woman back after a break up, because they have no idea how to make her feel attracted in the ways that really matter to her.

For example:

- A woman breaks up with a guy because he was too nice and he then tries to get her back by being even nicer and more romantic. What she really wants is for him to be more ballsy and confident around her, but he just doesn't understand that, so she moves on.
- A woman breaks up with a guy because he has become insecure, so he then tries to show her that he is fine without her by ignoring her for 30-60 days. Then, when he finally interacts with her again, she tests his confidence and notices that he's still insecure, so she continues moving on without him.

If you want to get your ex-girlfriend back, you've got to understand and accept the type of attraction experience she wants and needs.

You've got to give her the type of attraction she wants, otherwise you just can't expect her to want to be with you anymore.

She's not going to care if things used to be good between you and her because that was the past and this is now.

You've got to make now feel good for her and then she will open back up to you.

Some Do's and Don'ts Now That You've Broken Up

There are many classic mistakes that guys make when a woman breaks up with them and they're trying to get her back, but here are some common ones to avoid:

1. Don't plead, beg, whine or otherwise put yourself into a position where you are saying that you will do anything to please her.

Women are mostly attracted to men who are mentally and emotionally strong, so showing emotional weakness like that turns a woman off.

If you have already begged and pleaded or have been a bit of an emotional wuss, don't worry – you can recover from that.

Just start being a confident, emotionally strong man from now on and she will pick up on when she interacts with women.

Women are naturally wired to pick up on the subtle cues that men give off to display confidence via their conversation style, vibe, body language, behavior and actions.

If you have honestly learned how to be more confident than you were before, it WILL come across when she interacts with you and it WILL make her feel a renewed sense of respect and attraction for you.

She might not openly admit it, but she will feel it.

Another mistake to avoid is...

2. Don't hound her with calls, letters and text messages.

The more pressure you put on her, the more she will want to distance herself from you.

You and her were individuals before you met each other, you were individuals while you were in a relationship (despite how close you both felt) and you are both individuals right now.

She is an individual and can do whatever she wants with her individual life, just like you can. If you make her feel as though she doesn't have the freedom of choice as an individual human being, it will make her want to get further away from you.

There's nothing wrong with being persistent or assertive while getting her back, but just make sure that you don't give her the impression that she doesn't have a choice in the matter.

3. Don't call her friends or family and ask for their help.

Her friends and family will usually take her side and if they don't, she will quickly convince them to. She will then feel resentment towards you for getting her family or friends involved in the break up.

4. Do demonstrate that you are happy with or without her.

Talk confidently, do fun things, catch up with friends, go out to party and enjoy yourself and let her see that happening in your life via your social media account(s). If

Even if she has unfriended you or blocked you, she will still stop by your social media accounts from time to time (and unblock you temporarily) to see what you've been up to.

If she can see that you are happy without her, she will be much more open to communicating with you and meeting up with you because she won't be worried about you desperately trying to get her back.

One of the most common mistakes that guys make is posting up lonely photos of themselves on social media.

Some guys don't even post anything on social media and when their ex girlfriend stops by to have a look, she sees the same old profile photo and status updates and assumes that he's just sitting around missing her.

Even though that might not be true, she's still going to think that way.

So, if you have a social media account (e.g. Facebook, Instagram) make sure that you don't appear lonely. Let her see that things are happening in your life and you seem happy without her.

5. Do display the charm and confidence that originally attracted her to you.

Be positive, fun and happy to talk to, rather than serious or depressing.

Women are naturally attracted to the emotional strength in men and turned off by the emotional weakness. So, whenever you interact with her, make sure that you display emotional strength by being confident, having high self esteem and being positive about your life and where it's going.

Don't try too hard to seem super happy and confident without her. Just relax and let her see that you're strong and have been doing fine since the break up.

6. Do begin to fix any insecurities that you have regarding your ex (e.g. jealousy, feeling like you're not good enough for her, clinginess, etc) before you meet up with her in person to attempt a reconciliation.

You don't have to become perfect before you meet her, just better.

When your ex girlfriend sees that you've become a more emotionally strong man, she won't be able to stop herself from feeling a renewed sense of respect and attraction for you.

Often, that's all it takes for some guys to get their ex girlfriend back, but if your ex is playing hard to get, you just need to make her feel attracted in other ways (e.g. flirt with her, make her feel girly and feminine in comparison to how masculine you think, talk, feel, behave and take action).

Will You Get Her Back?

[image: How to know if your ex wants you back]

After helping hundreds of guys to successfully get their ex back, I can say with confidence that you have a VERY HIGH chance of getting your ex girlfriend back.

The very least that I can promise you is that she will agree to meet up with you in person.

At the meet up, you can then use my advanced attraction techniques and persuasive conversation techniques to get her to want to give the relationship another chance. The techniques that I provide make her feel differently about you, which is the most important thing.

If you meet up with your ex and make her feel the same old types of emotions that turned her off you

in the first place, she isn't going to very interested in giving the relationship another shot.

However, when you make her feel respect and attraction for you in ways that she's never experienced before, that is when things begin to change in her mind.

Getting back together actually begins to become HER idea.

She starts to feels as though her life just doesn't feel right with you and your love in it. She feels confused that all of a sudden, she's feeling so attracted to you and she begins to rationalize that as being a sign that she should give you another chance.

Once the relationship is back together, you then deepen the love, respect and attraction that she feels for you and she won't want to break up again.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Having Sex With Your Ex

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Having sex with your ex is a great way to rekindle her feelings for you, but it only really works if you've been able to recapture her respect for you first.

For example: If a woman breaks up with a guy because he was insecure and too clingy, she might have sex with him one last time to finalize the relationship, but if he hasn't really fixed his insecurities, she's not going to be rushing to get back with him.

This is why the most important part of getting an ex back is to ensure that you've fixed and improved the things about you that caused the break up in the first place. If you do that, your ex will also be more willing to have sex with you one last time (or a few times) as well.

Will Having Sex With Your Ex Get the Relationship Back Together?

It depends on what type of relationship you had and how strong her reasons are for breaking up with you.

For example...

1. Was it just a casual fling?

Why did you break up in the first place? Did you and her have a great time in the bedroom but didn't click on a relationship level, so you decided to part ways?

If that's the case, you can use sex to keep things alive, but you must ensure that you are also establishing the foundations for a healthy, connected relationship from then on.

2. Did you break up with her?

If you broke it off with her, what are your reasons for now wanting her back? Have you realized that she is the right woman for you?

A lot of guys find themselves in this situation where they break up with a woman, but then realize that other women aren't much better than her after all. Plus, what he had with her felt good, so why throw it away?

In cases like this, you need to meet up with your ex, apologize for not being ready to be on the same level as her in the relationship and tell her that you want to give things another try. If she refuses, just tell her that you're happy to hang out a couple more times as friends to give her the chance to see how she feels about it.

Of course, she's not going to really need to hang out a few more times before she makes the decision. A woman will usually do that at the end of the first meet up, or she will open herself up sexually and emotionally the second or third time you meet up.

3. Did she break up with you?

If she broke up with you, she's probably going to have a whole list of reasons why she won't want to get back together with you or have sex with you again.

So, you need to begin by getting her respect back (i.e. apologizing and letting her see that you've

changed and improved) and she will then be willing to allow herself to feel attracted to you again. Watch this video to understand how a woman's attraction for a man works and how you can use it to make your ex want to have sex with you again...

As you will discover from the video above, most women will only be willing to take your efforts to get back with them seriously, if they can see that you've already changed and improved.

She will know that by how much respect and attraction she naturally begins to feel for you again when you talk to her on the phone and meet up with her in person.

×

[image]

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Should I Text My Ex About the Good Times We Had to Make Her Remember?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Not necessarily.

Here are 6 possible reactions from a woman if her ex boyfriend texts her about the good times he and her shared:

1. She knows that heâs trying to manipulate her into missing him

Even though what heâs saying might be true (i.e. they had a lot of really good times together), a woman wonât necessarily see it that way when reminded of it.

Instead, she will assume that heâs most likely trying to manipulate her into feeling like she is missing out on a chance to experience more of that and therefore, open up and give him another chance.

As a result, she then puts up her guard and is wary of everything he texts her.

She may also become resistant to interacting with him (e.g. stop responding to his texts, or answering his calls), because she feels angry, resentful, guarded and suspicious.

It then becomes a lot more difficult for him to re-attract her and get her back.

This is why, texting your ex about the good times you and her shared, is usually a cheesy, obviously manipulative technique to use.

A better approach is to let her remember all by herself.

How?

When you interact with her, make her feel good to be talking to you again (i.e. sheâs smiling, laughing and enjoying herself, feeling attracted), then the happy memories of you and her together will automatically come flooding back.

She will then realize that she misses you and if she opened up to giving you another chance, or at least hooking up with you for a while, it would feel good to her.

Another possible reaction to a guy sending a good memory text to his ex girlfriendâ

2. She feels turned off that she has been feeling happy without him since the break up, but heâs still needy for her

[image: She feels turned off that she has been feeling happy without him since the break up, but heâs still needy for her]

[image: She feels turned off that she has been feeling happy without him since the break up, but heâs still needy for her]

As a result of his âgood memory text,â she assumes that heâs still just sitting around and hoping to get her back, rather than moving on like she has been.

She may also assume that heâs needy, lost, desperate and lonely without her, which then turns her off.

Essentially, she assumes that he still needs her love and attention to feel happy, confident and make progress in life.

Thatâs unattractive to her because women arenât attracted to the emotional weakness in men; especially to men that theyâve dumped.

So, she just she loses even more respect for him and feels relieved that she broke up with him.

What should you do instead?

Have the courage to show her that youâre confident, happy and enjoying without her, so she feels a renewed sense of respect and attraction for you, due to you being emotionally strong enough to get back on your own two feet after the break up and move on.

You can do that by posting photos on social media of yourself having fun and set those photos to âpublicâ so she can see them.

If you donât use social media, now is the time to start.

If she doesnât follow you, or isnât your friend on social media, just post it as public so she can see it without having to add you as a friend, or follow you.

Then, send her a text saying something like, *âHey, Iâm on Instagram nowâjust thought Iâd let you know.â*

If you already use social media and she doesnât follow you, or isnât your friend on the app/site, just text her something like, *âHey, we should be friends on social media. Hereâs my profileâ* and add in a link.

Important: Donât text her to verbally explain the fun youâve been having (i.e. texts without any photos) because that can easily come across as being fake (i.e. youâre trying to impress her and make her feel jealous or worried about losing you).

Likewise, donât send her pics of you having fun out of nowhere.

Post it to social media.

Posting on social media (even if you donât normally do a lot of that) is easily seen as normal and understandable by an ex, rather than suspicious because you can post about your life if you want to; it has nothing to do with her.

When your ex sees that youâre enjoying life without her, her guard will come down and she will naturally feel more drawn to you because it signals to her that youâre emotionally strong without her.

She may then try to contact you in some way (e.g. click âlikeâ on your photos, send a private message to say âHiâ) and see what happens from there.

However, if she doesnât contact you, donât wait for weeks to contact her.

Be a man about it and give her a call, or text her to get her attention and then get her on a phone call, or video call.

At the very least, go from typed texts to voice texts, so she can hear your confidence and sense that youâre not desperate, needy and lost without her.

When she senses that, her guard comes down and she feels a renewed sense of respect and attraction for you.

Another possible reaction of sending an ex a text about good memoriesâ!

3. She remembers that the good times didn't last long and most of the relationship wasn't what she wanted

So, sending the good memory text has the opposite effect.

Rather than make her miss you, it reminds her of all the reasons why she decided to break up with you in the first place (e.g. you weren't confident enough to go for what you want in life, or weren't confident enough around her, you were too soft and emotional for her, you took her for granted and made her feel like your roommate instead of your girl).

As a result, she then feels even more determined to move on with someone else, rather than giving you another chance.

On the other hand, if you just call her and begin re-attracting her in new and interesting ways, she won't be able to stop herself from seeing you in a more positive light (i.e. because you have already replaced the parts of the relationship she didn't want with fresh, exciting feelings she does want).

For example: You can't

- Use light-hearted humor to keep the interaction fun and filled with smiles and laughter, rather than talking about the relationship (e.g. discussing the problems or talking about the good times) and stressing her out. This is especially important if she is being cold, distant or moody when you try to talk to her. Don't get sucked into her mood. Break her out of it with a light-hearted approach.
- Not being afraid to flirt with her. Some guys worry that it's not their place anymore to flirt with her, or that she'll get annoyed and hang up or block him. You need to have the balls to create some sexual tension between you with flirting, so she actually wants to meet up with you in person.
- Show her your new and improved level of confidence based on the way you now talk to her and respond to what she says or does (e.g. you remain calm and even laugh in a good natured way when she's acting as though she is over you, or you remain confident no matter what she does to try to make you feel insecure).
- Let her sense that you're very happy and satisfied with your life without her and even though you want her back, you don't need her back to feel good about yourself. Don't tell her that though. Let her sense it. Big difference. As long as you've made her feel attracted again, she will feel like she is losing you when you make her sense that and it will cause her to open up. She won't want to be living with regret for not giving you another chance, now that she has realized her feelings for you aren't dead.

When you begin to offer her the attraction experience she always wanted, but didn't get from you, she will naturally begin to realize that a relationship with you would feel so much better than it did in the past.

Doing that is what works, rather than sending a cheesy, good memory text.

Another possible reaction to a guy texting his ex girlfriend about good memories!

4. She blocks him

She might decide to do that because:

She doesn't care about him anymore, so doesn't want to be reminded of the good times they had. From her perspective, it's over because she no longer has enough feelings for him. Yet, it seems that he is still hanging on because he has feelings for her. He doesn't know how to make her have feelings, so he's trying to hopefully make her miss him by bringing up good memories. It's painful, annoying and frustrating for her to remember how happy they used to be at the start and then how unhappy she eventually became. She assumes that he probably still has no idea how to attract her in the ways she really wants. So, she doesn't see any point of reopening that wound and being unhappy again.

She feels angry that she invested so much of her time with him, only for things not to work out. She then had to start over with someone else, is kind of happy now and doesn't want to ruin it.

5. She pretends to be interested in the text, but secretly rolls her eyes at it

For example: She might send him a positive emoji of some kind (e.g. a smiley face), reply and say that she misses those times, or say that they sure did have good times and so on.

Yet, she's only being polite (e.g. out of reflex because she's a nice person, or she's hoping that will be the end of it and he'll leave her alone after that, or she wants to mess with his head and pretend to be interested).

In reality though, she hasn't forgotten why she broke up with him, so she doesn't care how good things used to be in the past.

He made a bunch of mistakes (e.g. became too insecure, stopped being manly), which led to the break up and that's what she remembers the most.

As a result, she doesn't feel motivated to talk to him on the phone, or see him in person, which then makes it harder for him to re-attract her and get her back.

From his perspective, his good memory text worked, but from her perspective, he probably still has no clue on how to attract her in the ways she wants.

He can only change her perspective on that by interacting with her and letting her experience the new and improved him.

Finally, another possible reaction is the ideal one, which most guys are hoping for!

6. She remembers those times, misses him and then wants him back

Sometimes, reminding an ex woman about the good times you had does make her miss you.

She's sitting at home alone and feeling lonely, or having a bad day at work, or not having luck meeting new guys and all of a sudden, she hears from you and is reminded of a happy time in her life.

She then thinks, *âHe's right. What we shared was special. I was happy with him back then. Yes, it all went wrong in the end, but maybe we should have tried harder to fix the relationship rather than break up. I wonder if it's too late now?â*

Yet, here's the thing!

Even if she thinks that way, she might actually be too scared to do anything about it (e.g. in case you're just texting her to be friendly, but don't want her back. So, she doesn't want to seem desperate and give you the impression that she's open to you and her getting back together).

As a result, she might just reply in a polite way, click like on the text or wait a while to respond and

try not to show much interest.

This is why, as a man, you need to take the lead in the ex back process, rather than hoping that your ex has the courage to guide you and her back together.

The sooner you get her on a phone or video call and make her feel new sparks of respect and attraction for you, the sooner she will want to see you in person.

You can then meet up with her and build on her feelings.

Before you know it, you will be hugging, kissing, having sex and getting right back in a relationship again.

3 Mistakes Guys Often Make When Trying to Get an Ex Girlfriend to Remember the Good Times They Shared

[image: 3 Mistakes Guys Often Make When Trying to Get an Ex Girlfriend to Remember the Good Times They Shared]

[image: 3 Mistakes Guys Often Make When Trying to Get an Ex Girlfriend to Remember the Good Times They Shared]

1. Focusing too much on trying to get her to feel good via text

It's almost impossible to tell how a woman is really feeling via text.

For example: She can't

- Easily misinterpret the meaning of your words and become annoyed or turned off, but not say anything about it.
- Become upset and even cry, but just reply in a normal, neutral way.
- Feel bored and unimpressed, but reply with happy emojis or lols.
- Feel angry that you're trying to remind her of good memories to trick her into missing you, but not say anything about it.
- Roll her eyes at what she sees as a cheesy, good memory text, but then reply and agree that you and her did have some good times.

As a result, some guys will end up putting in loads of effort trying to make an ex girlfriend (fiancée or wife) feel good via text, but not be having the effect they actually want (i.e. making her feel attracted, making her miss him).

Instead, she can be feeling increasingly annoyed at all the texts, turned off by what she perceives to be insecure, desperate texts and get to the point where she wonders why she is even replying to him at all.

So, if you want to get her back for real, understand that will need to hear your voice and observe your body language (e.g. to see if you're being confident or not) and experience the changes in you (i.e. have you leveled up in some of the ways that matter to her) to make a real decision about whether or not to give you another chance.

If you only focus on text, she simply won't be able to assess that and will most likely assume

negative things about you.

It's fine to use text initially, but you've got to get past that level if you want her back for real. Another texting mistake!

2. Being too emotional about the good times, when she isn't emotionally invested in him or the relationship anymore

When a woman has lost touch with her feelings for an ex, she's unlikely to be impressed by emotional reminders of how happy they used to be as a couple.

He's still in love with her, but she doesn't feel it, so the memory doesn't feel as important or significant to her.

It may have felt important back then, but she knows why she broke up with him and a good memory doesn't change that.

So, if a guy seems to be focused on the emotional, or romantic part of the relationship when she doesn't feel the same way, it will cause her to want to keep her distance from him.

After all, she doesn't want to get into a relationship where the feelings aren't mutual, or give him another chance out of pity.

She wants to get into a relationship based on her feeling attracted to and drawn to him.

Those feelings will rarely, if ever, be created by good memory texts.

3. Thinking that his only option to re-attract her is via text

It doesn't matter if you and her used to only text, or mostly texted rather than talking on a phone call or video call.

What matters is what works.

What works is when she can hear the confidence in your voice via voice text, a phone call, or video call.

She can also see how you now react and respond to her in real time (i.e. you're so much more confident now, more masculine in your behavior, conversation style and energy, able to flirt with her now to create sexual tension and so on).

When she's faced with the man you have become since the break up, she will automatically feel a renewed sense of respect and attraction for you.

It is then so much easier for you to build on her feelings and make her want you back, because she's open to it and is beginning to really want it.

On the other hand, if you only stick to text, she can easily misinterpret what you're saying, get bored of texting you or assume that you haven't really changed.

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[image]

[image]

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[image: Dan Bacon]

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My Girlfriend Said She Feels Terrible for Breaking Up With Me, But it Had to Be Done

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 6 common reasons why a woman will say that to her ex boyfriend, plus what you can do to get her back:

1. She broke up with you when you were at a weak point in your life

For example: You might have

- Been struggling to find a job or were in financial trouble for quite a while, which caused you to become stressed, insecure or begin to behave in ways that made her lose respect and attraction.
- Been going through personal problems (e.g. fighting with your parents, siblings, friends or coworkers), which resulted in you being irritable or easily annoyed with her.
- Experienced a personal loss (e.g. the death of a close family member or friend), which caused you to do a lot of crying, or withdraw from life and turn to her for emotional support.
- Been ill and were undergoing treatment, which caused you to lose the vigor you once had and begin worrying that she wouldn't find you attractive anymore. This resulted in her feeling turned off by your insecurity.
- Lost your job, or got evicted from your home, which made you feel insecure about your ability to provide for her, or due to her having a home and a job and being better off than you.
- Been struggling with, or had just failed your exams, or screwed up a project at work and been in trouble with your boss.
- Lost money in a bad investment, which resulted in you becoming very stressed and her worrying that you might keep doing the same thing in future (i.e. failing at getting ahead).

Yet, rather than be a caring, reassuring girlfriend to you while you tried to cope with the difficult situation, she chose that particular moment to break up with you.

She just couldn't get over the fact that your reaction to the problem or issue you encountered, had ruined her feelings of respect for you and therefore, caused her to stop feeling attracted to you the way she used to.

As a result, she began to fall out of love and decided to just go ahead with the break up, rather than supporting you or giving you another chance.

Now, the thing is, if your girlfriend is like most women, then she would feel guilty for letting you down during a time when you needed her the most.

So, it's only normal that she will say that she feels terrible about breaking up with you, but had to do it.

Yet, terrible is not the only emotion she'd be experiencing.

She might also feel very relieved to have gone through with the break up, rather than continuing on in a relationship that she wasn't secretly happy with.

Alternatively, she might also feel confused in addition to feeling terrible for breaking up with you, because she still has some residual feelings for you.

You would know which one of those is true for your situation.

2. She broke up with you to pursue another guy, but might not completely admit that to you (ever)

[image: She broke up with you to pursue another guy, but might not completely admit that to you]

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If the spark dies in a relationship (e.g. because a guy ends up treating his girlfriend more like a friend than his lover, the sex becomes boring and predictable, or even stops altogether, or the guy becomes insecure, needy or clingy and turns her off), it's only natural that a woman will begin to feel attracted to other men.

Of course, that doesn't mean she's going to immediately be unfaithful with a random guy who flirts with her and makes her feel good, just because the relationship with her boyfriend has become a bit dull.

However, being flirted with by a guy who makes her feel attracted (e.g. because he is more confident than her boyfriend, knows how to flirt, is more masculine in his energy and therefore makes her feel more feminine again), can highlight to her what is missing in her relationship.

A woman will rarely cheat based on that, but if the relationship is dull for too long, but she can't come up with a good enough reason to break up with her boyfriend (i.e. because he is a good guy and is treating her fairly well, or very well), then a woman will often cheat as a way of pushing herself to go through with a break up following it.

Yet, she will rarely tell her boyfriend that her cheating and experiencing a new guy was the reason she is breaking up with him because she either doesn't want to hurt his feelings, doesn't want to explain why, is worried he might get angry and become aggressive, or wants to seem like the innocent one in the relationship and make him feel as though the break up is all his fault.

As a result, a woman will often just say something like, "I feel terrible for breaking up with you, but it has to be done" or, "I feel bad for breaking up with you, but this is what needs to be done. It's the best decision for both of us" to hopefully let him down easy and avoid any trouble.

Here's the thing:

Although it sucks to be dumped by a woman like in that way, you can still get her back if you want to.

The key to getting her back, is to interact with her and suddenly give her the kind of attraction experience that she can't resist.

When you do that, all of her old feelings of love will come rushing back and she will also feel a new, exciting and unforgettable type of love for you.

This then causes her to stop looking at other guys as being better than you or more appealing than you, because she knows that what you and her have is unique.

She also knows that if she doesn't give you a chance, it's almost certainly going to be her who will be the one living with regret from now on.

So, she opens back up to you.

You can do that, but you've got to be willing to level up your ability to attract her, rather than

trying to offer her the same old version of you.

You have a chance now to level up and get her back, or go into your shell and end up feeling sad, rejected and left behind for many months of years from now.

Another reason why your girlfriend may have told you that she felt terrible for ending the relationship, but it had to be done isâ€¦

3. You didn't really do anything wrong other than being too nice

Some guys are confused why being too nice to a woman is a problem when it comes to initially attracting a woman, going on a date or being in a relationship or marriage with her.

It doesn't really seem to make sense, until you understand this:

Almost every woman wants to be in a relationship with a good man who treats her well, but she doesn't want a guy to be so nice to her that she ends up feeling as though she doesn't have to be a good woman and treat him well in return.

If she gets that sense, then her respect for him decreases and as a result, she finds it difficult to look up to him and feel proud to be his girlfriend.

When that happens, she stops feeling attracted to him and if she was ever in love with him, begins to fall out of love.

It's not that being nice is a bad thing.

Instead, it's just when a guy is too nice, she doesn't ever get to feel accountable to him, or motivated to treat him well and remain attractive.

She feels as though he's just going to put up with anything to be with her, which makes her doubt his ability to stand up for himself and be respected in other situations (e.g. at work, if they encounter bad people or a challenging situation, etc).

What a woman really wants is to feel is that, if she doesn't treat her man well enough, maintain her attractiveness and make him happy too, then he might leave her and she'd then miss out on being with him.

In other words, a man who is more of a challenge for her.

Of course, women will rarely admit that because they don't want nice guys thinking, *â€œOh, so you want a challenge huh? Okay, I will be really challenging nowâ€* just like a nice guy goes from being nice, to being really nice to hopefully impress a woman.

That is why women remain quiet about it and just go for men who make them feel the way they really want to feel.

Likewise, women usually dump (or cheat on and then dump) men who are just too nice to them.

So, if you made the mistake of being too nice to your ex girlfriend and it resulted in her breaking up with you, then you need to change your approach with her from now on (e.g. don't suck up to her anymore, be more of a challenge, make her feel the need to impress you).

Of course, you should also continue to treat her well and be the good man that you are, but also allow her to experience the exciting, irresistible feelings that come with needing to use her charm to maintain your interest.

When she realizes that you now have the ability to make her feel that way, you suddenly become the

man she doesn't want to lose.

Why?

Women know how difficult it is to find a good man, who also can be a challenge and make her feel the need to impress him.

It's a very rare thing and women refer to men like that as a "real man" or a "catch" or a "sexy."

When a woman finds one of those men, she knows that it will be a long time, or possibly never, until she meets another one.

So, when you make your girlfriend feel that way, she is going to open back up to you.

You will get another chance with her.

Another reason why your girlfriend may have felt terrible about leaving you!

4. She once promised she'd stick with you no matter what

Although your girlfriend probably meant it when she said it, a woman will rarely honor and stick to a promise like that, if she finds herself losing more and more respect, attraction and love for her boyfriend over time.

It felt right when she said it, but eventually, it felt wrong and she wanted out.

So, in a case like that, a woman will usually just break up with her boyfriend and move on, rather than continuing to waste time in a relationship that most likely isn't going to work out, or will end up feeling miserable because the guy is unable to maintain her respect, attraction and love.

A woman not wanting to "waste time" has a lot to do with a woman's natural instincts of wanting to find one man, get him to fall in love with her and then build a future together (e.g. get married, start a family).

Even though many young women will say that they don't care about kids, marriage or a lifetime relationship, they secretly do.

It's just how women are.

Deep down, pretty much every woman feels the instinctive need to find one man, get him to fall in love with her and then build a real future with him.

As a result, most women feel terrible when leaving a guy that they once loved, because it goes against the instinct of settling down and making the relationship work and last for life.

Yet, women also have a heart and intuition, which helps them make more difficult decisions that go against their primal instincts.

As a result, she can still end up feeling terrible, guilty or even selfish about the break up.

No matter what though, she will bounce back because at the end of the day, her wants and needs are far more important to her than anything else.

Deep down, she also knows that she has once chance at getting her life right and can't allow it to be messed up, just because she's temporarily feeling terrible about something.

So, she goes through with the break up, regardless of how it might hurt her boyfriend.

5. She feels you deserved better treatment from her, due to how much you did for her

If that applies to your girlfriend, then it means you were a great guy to her (e.g. treated her well, took care of her, were generous, put her needs ahead of your own to hopefully make her feel happy, safe, supported and secure).

As a result, you're not a bad boyfriend that she had to get away from; you're not the villain. You are the innocent one, which causes her to feel bad about having to break up with you.

Despite all that, the reality is that a woman doesn't have to remain in a relationship with a guy because of how much he does for her.

A romantic relationship with a woman is not about how much you give to her, or do for her, although those things are a nice bonus.

Instead, it's about how you make her feel.

Being really nice, generous and caring towards her will make her feel safe, supported and secure, but it won't give her the other feelings she craves in a relationship (e.g. feeling the need to impress you too, wanting to be a good girl for you, worrying that you might lose interest in her, worrying that another woman might try to take you from her).

That's not something a woman will ever tell a nice guy (because she doesn't want him to then say, *â€œOkay, I will do that. Just give me a chance. I will changeâ€*), but it's the reality.

Unfortunately, a lot of guys just don't know how to make a woman want to stick with a relationship for life, so they spend most of the relationship doing things for their woman (e.g. running errands, helping her out financially, driving her around to meetings/interviews/classes, cooking/cleaning for her, getting out of her way, doing whatever she wants to do) to show her how much they love her and hopefully be loved in return.

Yet, even though a woman truly appreciates that level of niceness from a man, it's not enough to make her want to stick with him romantically.

What makes a woman stick with a man in a romantic relationship, are the other feelings she gets with him, which a guy who is too nice simply cannot offer unless he changes.

Another reason why your girlfriend may have felt terrible about leaving you's

6. She knew it would break your heart, but not hers

Sometimes, a woman will realize that her guy is a lot more in love with her than she is with him.

As a result, she knows that breaking up with him won't be a big loss to her and she may even feel a bit relieved by it.

On the other hand, it's obvious to her it would break his heart and he might even struggle to move on, if she were to end the relationship.

That can cause her to feel a bit guilty, selfish or cruel, which is why she said that she felt terrible for breaking up with him.

However, even though she's sorry about hurting him, in her mind, the break up was necessary because she was never able to open up and give him her full love and devotion.

How about your girlfriend?

If she broke up with you for that reason, do you think it's impossible or possible to get her back now?

After helping countless men to get an ex girlfriend, fiancée or wife back, I can tell you that you can make her fall in love with the new you and get her back.

How?

It's all about giving her the attraction experience she always wanted from you but never got (e.g. you being a lot more confident, rather than continuing to be insecure or needy, being more challenging, rather than being so nice and agreeable) and then letting her want more of that, rather than immediately pushing or hinting at getting back together into a relationship.

When she realizes that you're not being needy by pushing for a relationship, but she is feeling attracted and drawn to you, she will also realize that she wants you back.

Then, getting her back becomes so much easier for you because she wants it too.

4 Mistakes a Guy Will Often Make When His Girlfriend Leaves Him, But Says She Feels Terrible About it

[image: 4 Mistakes a Guy Will Often Make When His Girlfriend Leaves Him, But Says She Feels Terrible About it]

[image: 4 Mistakes a Guy Will Often Make When His Girlfriend Leaves Him, But Says She Feels Terrible About it]

1. Pleads with her and seeks pity

Although a woman might feel sorry for her ex and feel bad about hurting him, she will rarely allow those feelings to force her back into a relationship.

She may do it temporarily (e.g. for a couple of hours, days or weeks), but it won't last.

When she realizes that he's keeping her around due to the pity she feels for him, it will cause her to lose even more respect and attraction.

That's the opposite of what he needs to make her feel if he wants her back for real.

So, don't bother trying to make your ex girlfriend feel pity for you by begging, pleading with her or seeking pity.

Instead, focus on creating new sexual and romantic feelings inside of her, so she naturally feels drawn to you and becomes open to giving you another chance for her own reasons (i.e. because she wants you and doesn't want to lose you now).

2. Asks her to explain the reasons why, so he can change for her or not make the same mistake with another woman

A woman usually doesn't want to admit the subtle reasons why she broke up with a guy (e.g. he's not confident enough in the bedroom, he makes her feel like she has too much power over him, he doesn't understand what really makes a woman feel primally attracted to a man, he is unwilling to be anything other than a nice guy and thinks that being a challenge is playing mind

games, or is disrespecting a woman, rather than it simply being a playful, attractive dynamic between a man and a woman).

So, when a nice guy asks his girlfriend to explain what he did wrong, it puts her on the spot and makes her feel tense and uncomfortable.

She realizes that if she tells him what he has done wrong, it could hurt his feelings further, enrage him and cause him to have an emotional outburst, cause him to try to convince her that she is damaged/has issues/needs to see a therapist if she wants a guy who isn't as nice as him, or result in him saying something like, *"Okay, I will do that. Just give me a chance to show you. I promise I will change,"* which will then cause her to feel obligated to give him another chance.

3. Assuming that she must be messed up and incapable of committing to a relationship

In almost all cases, a woman is capable of committing to a relationship, but it has to feel right for her. So, when a guy assumes that his girlfriend is messed up in the head and it was her issues that caused the break up, he will usually then have to watch on in utter disappointment as she moves on with a new boyfriend, or eventually gets engaged and happily settles down.

Here's the thing:

Unless a woman is crazy, she won't leave a relationship with a guy if she's happy and getting the kind of attraction experience she really wants (e.g. he's enough of a challenge for her, while also treating her well).

Instead, she will do everything she can to make him feel loved, appreciated and valued, so he won't leave her.

Yet, if a guy can't make his girlfriend feel the ways she wants to feel in the relationship with him, then she will almost always dump him and start over, or go through with a marriage and eventually divorce him after years of unhappiness.

So, don't assume that your girlfriend is incapable of sticking with a relationship.

You can have a relationship with her that last for life, but you have to understand what you weren't offering her and begin offering that (i.e. the kind of attraction experience she really wants).

If you don't, then you'll have to watch on as she moves on without you.

4. Assuming that she will come back to him, if he hurts her by not contacting her

In most cases, a woman doesn't care if her ex isn't contacting her because she doesn't have enough feelings for him anymore to truly care.

She's not in love with him and doesn't feel attracted to him, so she plans on moving on and finding a new man, rather than worrying about an ex that she doesn't really care about anymore.

As a result, his plan of not contacting her backfires because by the time he does contact her, she will usually be in a new relationship and no longer interested, or will be enjoying the freedom of single life (e.g. going on dates, kissing new guys, having sex).

He then has to put in double the effort to reactivate her feelings for him and get her back.

So, don't let that happen to you.

If you want your girlfriend back, get it done now, while you still can.

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[image]

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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11 Best Tips From a Get Your Ex Back Coach

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Getting your ex back can be a simple, straightforward and successful experience if you follow the right approach.

Yet, if you end up making classic ex back mistakes, or use a technique that doesn't fit your situation, you might completely miss out on the chance to get her ex back.

So, here are 11 of my best tips as a get your ex back coach, which I recommend if you honestly want her back:

1. Don't use the No Contact Rule on her if she doesn't feel much or any attraction for you anymore

The main reason why is that if she doesn't have much or any feelings for you right now, then she's probably not going to miss you and wish she could be talking to you again.

Instead, she's probably not going to care at all and you will be out of sight, out of mind for her.

She may also feel relieved about being able to move on and begin going out and meeting new guys, without you attracting her back into a relationship.

So, when she meets a new guy who makes her feel attracted, she may just decide to open up to him (i.e. kiss him, go on a date with him, have sex with him, begin to fall in love with him).

Then, by the time you do get in touch with her again after several weeks or even months (i.e. because the No Contact Rule states not to contact an ex for 30 to 60 days, or even longer), she will probably already be in a new relationship and will have gotten over you completely.

As a result, it then becomes more difficult for you to get her back (e.g. because she may have blocked your number or unfriended you, be reluctant to interact with you in case it interferes with her new relationship, be angry with you for ignoring her, or decide to want to ignore you back to get revenge for ignoring her and not even trying to contact her after the break up).

By the way!

If your ex does still have some feelings for you (i.e. she still feels a bit in love with you, misses being around you, feels attracted to certain things about you), using No Contact on her can still backfire because she can take it as a sign that you're no longer interested in her.

That can make her feel rejected, or insulted and she might then just hook up with another man to make herself feel better.

Alternatively, she may push herself to get into a relationship, fall in love and be happy without you, rather than keeping her heart guarded and remaining single, or just casually dating for many months or years after the break up.

This is why, the best approach is always a direct one (i.e. interact with her, re-attract her and get her back into a relationship).

When you interact with your ex and make her feel sparks of attraction again, it makes it a lot more

difficult for her to move on and forget about you.

She feels attracted and drawn to you again, which makes her want to give the relationship another chance, or at least hook up to see how she feels, rather than risk walking away and deeply regretting it later on.

2. Understand that it's not needy to calmly and confidently re-attract a woman

[image: Understand that it's not needy to calmly and confidently re-attract a woman]

[image: Understand that it's not needy to calmly and confidently re-attract a woman]

Some guys worry that contacting their ex woman will make them seem needy or desperate.

It won't, as long as you approach it correctly.

For example: Here are some examples of contacting an ex woman in a needy way vs. being attractive and appealing:

- **Needy:** Sending her loads of texts to explain your feelings for her, apologize and try to convince her to give you another chance.
- **Attractive:** Text her to get her attention, then confidently get her on a phone call and use humor to bring down her guard and make her feel open and interested to see you in person. When you have made her feel that way, suggest catching up to say hi as friends. That's a lot different to a guy calling or texting about his feelings and desperately trying to get her to agree to talk to him in person.
- **Needy:** Being very nice and sweet to her all the time, regardless of how cold or even bitchy she is towards you.
- **Attractive:** Laughing and putting her back in her place (in a loving way) when she treats you with disrespect and showing her that even though you want her back, you're not going to just put up her bad behavior to make it happen. Instead, you have the balls to stand your ground, while still being a good, loving man.
- **Needy:** Desperately chasing after her and begging and pleading for another chance, while you ignore your other goals in life and focus on feeling sorry for yourself.
- **Attractive:** Focusing on your own goals and interests and having fun in your life without her, while also interacting with her and making her feel attracted to you again.
- **Needy:** Sucking up to her and giving her the impression that she's in control of the ex back process (i.e. she gets to decide whether or not you will get another chance).
- **Attractive:** Treating her well and making her feel loved and appreciated, but also being enough of a challenge so she feels motivated to use her charms to win you over. You then gain more control over the ex back process and are literally letting her get another chance with you.

As you may have realized by reading through those examples, it's not needy to pursue your ex in a calm, confident manner.

So, don't hide away from her and worry that she might think this or that if you contact her.

Just get on with re-attracting her and getting her back.

You can do it.

3. Know that a woman can change her mind, if you change how she feels

A common mistake that guys make when trying to get an ex woman back, is to attempt to â€œreasonâ€œ with her.

For example: A guy will come up with reasons why she shouldnâ€™t walk away from him or the relationship, tell her why she means so much with him and try to explain how things could be different if sheâ€™d just give him another chance.

Yet, that rarely works because it doesnâ€™t make a woman suddenly develop feelings again (i.e. feel attracted, feel in love) and instead, it can make her look at the guy as being selfish because he wants her back, even though she doesnâ€™t feel the same kind of way about him.

So, in her mind, it would be a one-sided relationship where he loves her and feels attracted to her, but she feels turned off and doesnâ€™t feel the desire to be close with him anymore.

Thatâ€™s not appealing for a woman, which is why a woman will usually reject it when it is offered to her.

The best way to get a woman to change her mind, is to change how she feels (i.e. interact with her and actively make her feel new sparks of sexual and romantic attraction for you, based on how you now talk to her, behave around her and get her to behave around you).

When she feels differently about you, her thoughts, behavior and actions will automatically change (e.g. she will become more open to texting you, talking on the phone, seeing you in person, hugging you, kissing, having sex and so on).

4. Donâ€™t give up if she doesnâ€™t immediately come running back into your arms

[image: Donâ€™t give up if she doesnâ€™t immediately come running back into your arms]

[image: Donâ€™t give up if she doesnâ€™t immediately come running back into your arms]

Here are some reasons why a woman wonâ€™t always instantly run back into her exâ€™s arms:

- She doesnâ€™t want to seem desperate and risk giving him the impression that what he did wasnâ€™t that bad after all. If he thinks that, he may assume that the break up was just her attempt to make him chase her. As a result, he wonâ€™t feel like he made much of a mistake and potentially might do it again in future.
- She wants to punish him a little bit for what happened, by making him wait longer or try harder.
- Sheâ€™s afraid that he might hurt her again if she gets back with him, so she doesnâ€™t want to rush into it and regret it later on.
- She wants to see if her ex will lose confidence in himself and give up, or if he really is the strong, confident man heâ€™s been claiming to be (or suggesting her will become) since the

break up.

- She wants to interact with him further to assess how she feels (e.g. Does she feel enough attraction to get back with him? Does he really understand what secretly turned her off and has changed enough to avoid doing it again in future?).

This is why you need to remain confident throughout the ex back process.

You might get her back in 24 hours, a few days, or a few weeks, but whatever the case is for you, just ensure that you remain confident no matter how she is behaving.

Don't become insecure, or feel that it's all too difficult, or she could never change her mind.

Understand the reasons I've listed above to know that sometimes, a woman needs to wait a little and assess how you will react, or how she will feel as she continues to interact with you.

5. Understand that she isn't going to care about your desire for a relationship, until you make her want it first

Many guys lose their ex woman by pushing for a relationship when she doesn't want it yet.

For example: He feels 100% attracted and in love with her, but she only feels 20% attraction and love for him.

So, to her, the idea of being in a relationship with him again just seems very unappealing.

Additionally, if she feels as though he is trying to pressure her into it, she may become defensive or stubborn because she wants to be able to make up her own mind for her own reasons, rather than getting bullied into it by her ex.

She might also perceive him as being selfish because he seems to be only thinking about what he wants.

He wants her back and doesn't really care about the fact that the feelings aren't mutual, or even close to mutual.

As long as he gets her back, all is good.

Yet, she just doesn't see it the same way as he does.

It's not all good for her.

It's potentially going to be a repeat of the relationship she just broke up, or worse (e.g. he becomes more insecure, more confused about how to make her happy), which will then result in her having to go through yet another break up with him.

This is why, the best way to approach getting your ex back is to use interactions with her to build on her feelings of respect, attraction and love for you, without trying to get her to commit to a relationship again.

Just let her start to want to be back with you, without any prompting from you.

When you allow her to truly feel the excitement of wanting to be back with you, she will naturally begin to fall back in love with you, or at least develop a new kind of lust with you.

Either way, it will lead you back into each other's arms and it will feel amazing for both of you.

6. Make sure that you quickly level up in the ways that count, rather than the ones she won't value

In other words, if one of her reasons for breaking up with you was because you became too needy in the relationship, promising to be more romantic isn't going to make her want you back.

Alternatively, if she wants a guy who is more of a challenge (i.e. wants a guy who makes her feel the need to impress him and maintain his interest, rather than a guy who is solely trying to impress her and maintain her interest), then telling her that you'll do anything she wants for another chance will just turn her off even more.

So, to successfully re-attract your ex and get her back, you first need to understand her real reasons for breaking up with you (e.g. you weren't manly enough in your behavior, became too emotionally sensitive, or she felt too much like your sister or buddy, rather than your woman).

When you understand what actually counts to her and level up in those specific ways, she then feels understood, surprised and curious to explore her new feelings of attraction and desire for you.

7. Be willing to give her up to a week of space if she needs it, but don't wait longer than that

A week is enough time to allow for things to calm down between you and make her begin to miss you a little bit.

A week also proves the point that you're not being needy or desperate.

Yet, waiting any longer than a week almost always has the opposite effect that men hope it will have.

For example: If a woman doesn't hear from her ex guy for more than a week, she will usually:

- Start focusing on the things she hates about him (e.g. he was too insecure and needy, he made her feel unappreciated, he didn't know how to handle her tantrums and would throw a tantrum in return, he was vindictive, spiteful or selfish), rather than on missing the things she loves (e.g. his sense of humor, his focus and determination, his kindness, his sexual confidence).
- Get over any residual feelings she might still have for him.
- Go out, have a good time and hook up with other men.
- Get into a new relationship with another man who actively sparks her feelings for him, rather than wanting the ex that she dumped.

This is why, you shouldn't spend weeks, or even months, ignoring her in the hope that she will miss you even more.

In almost all cases, it simply does not work to do that.

Important: The No Contact Rule can work very well for a woman who wants to get a man back who dumped her.

One of the main reasons why is that if a man dumps a woman and she just accepts it and never contacts him again, he will usually feel rejected and want to get her back to see that he can.

Alternatively, he may struggle to get laid or find a replacement girlfriend and then contact her so he can have someone to have sex with.

Yet, when a man gets dumped by a woman who no longer feels attracted to him and he then doesn't contact her, she doesn't feel rejected.

She usually feels relieved and then easily moves on and starts sleeping with a new guy right away, or fairly soon after the break up.

8. Don't refuse her offer of friendship

[image: Don't refuse her offer of friendship]

[image: Don't refuse her offer of friendship]

Staying friends with an ex is actually a great opportunity to get her back.

Unfortunately, some guys don't realize that and end up pushing their ex woman away and missing out on getting her back.

For example: When she says, *Hey, let's stay friends*, a guy might respond with, *No, that's not enough for me. I want a relationship with you or nothing* or, *No, I couldn't handle just being your friend. It would be too difficult for me, so it's best that we just don't talk to each other anymore*.

He then loses his chance to stay in contact, re-attract her and get her back because he played the all or nothing card or the pity me card when she offered a friendship.

Here's the thing!

An offer of friendship is like a woman saying, *It's okay for us to text, call and possibly even meet up again, if it feels right to me*.

Why on Earth would you reject that and then struggle to find an excuse to get in touch with her?

It doesn't make sense, right?

So, just understand that being friends with an ex is an ideal way to get her back because it allows you to stay in contact and re-attract her, without coming across as needy, pushy or desperate.

Simply use any and every interaction that you have with her from now on, to reactivate her sexual and romantic feelings (e.g. by using playfully challenging humor, flirting and by showing her that you're now at a new level as a man).

The more attracted she feels to your confident, appealing approach during interactions, the more she will start missing you, wanting you and seeing you as more than just a friend to her.

You can then hook up with her sexually and get her back.

9. Don't ignore her hints that she is open to getting back with you

Some guys pick up on hints from an ex woman and get the sense that she is open to him, but don't act on it because they're waiting for her to make it very obvious.

Yet, most women won't give very clear signs and will simply move on if a guy doesn't have

the confidence or interest in her to make a move.

Some of the reasons why women usually don't give crystal clear signs, include:

- She doesn't want to get rejected by him if he isn't interested in her anymore.
- She doesn't want to come across as desperate and risk him thinking that she's willing to accept him, regardless of whether he's changed and improved any of the things that turned her off before.
- She wants to test his confidence and ensure that he's man enough to go after what he wants (i.e. her), even though it's not easy or obvious.
- She is testing the waters to see how she feels when showing some interest in him (i.e. does she feel more attracted or less attracted based on how he replies or reacts?).
- So, if a guy hesitates for too long because he doesn't have the confidence to act on her subtle hints, she may take it is a sign that he's not man enough for her, or isn't interested enough to make a move.
- She will then begin to close herself off from him and may even act cold, bitchy or rude if he tries to contact her, which will make it more difficult for him to get her back.

So, make sure that you don't take too long to make your move if she is giving you subtle hints.

Be a man and go after what you want.

10. Only show emotional strength and emotional independence

Some guys worry that by seeming to be happy without her, a woman will feel insulted (i.e. because he's doing well without her, rather than falling apart), or will want to hook up with another guy to make herself feel better.

Yet, in most cases, the effect that it has on a woman is that she can't stop thinking about him in positive ways because he is now behaving like the kind of man she can actually look up to and respect.

She feels impressed by his ability to be confident, happy and forward moving in life, regardless of whether she's with him or not.

As a result, she begins to feel drawn to him in a way that feels good to her and she then becomes open to the idea of giving him another chance.

Important: Even if a woman does feel attracted to her ex guy now that he seems happy without her, she will rarely, if ever admit that to him.

Instead, most women will pretend to be annoyed or insulted to see if the guy then says something like, "No, but I'm not happy. That's what you don't understand. I'm just trying to move on, but I've been missing you like crazy."

She then realizes that she still has power over him, he's been putting on an act and as a result, doesn't deserve the respect and attraction she was feeling for him.

So, don't panic if she pretends to be upset, annoyed or insulted due to you seeming confident, happy and enjoying life without her.

Women feel attracted to that because they are attracted to the emotional strength in men, not the

weakness.

11. Don't try to get her back just via text

Texting is totally fine as a way of opening up the lines of communication with an ex, or to say some brief things here and there.

Yet, if a guy tries to discuss his way back into a relationship with an ex woman, or tries to attract her during long text conversations, it can be exhausting and stressful for her and will almost always lead to misunderstandings of what the other person actually meant by certain texts.

All that effort can then end up making things worse, rather than better (i.e. she suddenly feels annoyed about having to put in so much effort, in order to interact with a guy she no longer has strong feelings for. As a result, she stops responding or responds on a cold, bitchy or careless way to annoy him, turn him off or make him give up).

So, if you want to get your ex back, it's fine to initially use text, but you need to get to a call at some point (video or audio call), rather than just sticking to text.

A call cuts through all the misunderstandings and allows you to instantly begin re-attracting her based on your confidence, masculinity, humor, flirting and so on.

She then naturally wants to meet up in person, so she can experience the new you in person, which makes it so much easier for you to get her back.

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[image]

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Almost there! Please complete this quick form to gain instant access.

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My Girlfriend Broke Up With Me for Her Ex Who Didn't Treat Her Well: 6 Reasons Why

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 6 common reasons why a woman will do that and how you can get her back:

1. She thought she wanted a nice guy like you, but she just didn't feel right about it

Initially, the idea of being with a nice guy who is the opposite of her ex in many ways, may have appealed to her because she was tired of being treated so badly.

Yet, eventually when the pain of the break up started to fade away and she felt more optimistic about her life, she began to realize that even though you're a really good guy who treats her well, something just wasn't right.

In many cases, it will be due to the fact that she has so much power over you (e.g. she can treat you badly and you will put up with it because you're such a nice guy, or because you don't want to screw up your chances with her, or because you don't care and just want to get to spend time with her).

Alternatively, you have tried to stand up for yourself when she wasn't treating you well, but she easily shot you down because of her confident, assertive personality, or because you felt like you just had to accept it because she is an attractive woman.

As a result, she felt drawn to her ex because even though he didn't treat her well, he was at least emotionally more dominant than her and didn't allow her to walk all over him.

She knew that he could dump her at any moment, which motivated her to be a good girl to him and try to impress him.

Of course, that doesn't mean you have to become a jerk and treat her badly like her ex did, in order to get her back.

Instead, you simply need to show her that you're now a much more confident, ballsy and assertive guy, while still being good to her.

In other words, be a good guy with balls, or a good guy who is confident, masculine (in your energy, behavior and actions) and unafraid of how she might react (e.g. with tantrums).

If you can't man up like that even a little, she simply won't feel the kind of attraction for you that will make her want you more than her ex.

However, if you are willing to man up and let her experience it, then she will immediately begin to think and feel differently about you.

She will also realize that you are a better option than her ex, because you are also a good man, which is what a woman really wants.

It's just that a woman doesn't want a good man who is wimpy, or bows down to her assertive personality.

She wants a good man with a backbone, who she can genuinely rely on to be the strong one now and in the long run in their life together.

If a man is unable to provide a woman like her with that kind of feeling, she just won't want to be with him.

2. Due to the attraction she feels for her ex, she doesn't care that he treated her badly

[image: Due to the attraction she feels for her ex, she doesn't care that he treated her badly]

[image: Due to the attraction she feels for her ex, she doesn't care that he treated her badly]

When a guy can make a woman feel primal sexual and romantic attraction for him (i.e. due to his masculine way of being, which in turn makes her feel feminine), she will struggle to let him go or forget about him, especially if she only meets men who are afraid to be masculine around her and instead, end up behaving more like a friend, or worse, very similar to her (e.g. giggly like a girl, emotional like a woman, unable to make clear decisions under pressure, cry when life gets tough).

So, if her bad guy ex wants her back, she will usually give him a chance and hope to change him, or hope that he has changed and will now treat her the way he should have all along.

Sometimes that result in a couple having a happy, loving, lifelong relationship with each other from then on.

However, in most cases, the bad guy doesn't change (i.e. because he doesn't know how to, doesn't really care enough about the woman to be bothered to try, is a bad person at his core, has deep issues that he isn't willing to or mature enough to address or overcome).

As a result, they will almost certainly break up again.

Yet, that doesn't mean you should sit around waiting for your girlfriend to break up with him and hope that she comes running back to you.

Instead, the best and most manly way to approach it is to interact with her and focus on sparking her feelings of attraction for you (e.g. by being confident, but also a bit of a challenge to her so she feels like she has to try to keep you interested or to impress you, being playful and fun to be around rather than being too serious), so she naturally feels drawn to you and wants you back.

In a case like yours, she might not come back on day one, but she will be thinking about you and missing you.

I've heard back from hundreds of guys in your situation and they usually get their ex woman back, or at least sleep with her again within a week or two.

So, don't sit around waiting for her to hopefully break up with him and magically want you back.

Instead, be man enough to interact with her, attract her and get her to meet up with you as soon as you can.

If you are prepared and ready to attract her in new ways (e.g. being more of a challenge, flirting in a more attractive way, being a lot more confident than you used to be), then she will naturally see you as the better option compared to her ex who didn't treat her well.

3. You were her rebound

In a case like that, your girlfriend was simply using you to make herself feel better after having her self-esteem crushed by her ex.

It sucks to hear that, but many women do it and so do men.

A woman will get with some random guy (usually a nice guy), to make herself feel better and hopefully regain some of her self-esteem (i.e. due to his compliments, nice treatment of her, devotion to her, etc).

Yet, when a woman like that starts to feel good about herself again because of all the nice treatment, she usually then realizes that she doesn't feel enough sexual and romantic attraction to want to continue on with the relationship.

Here's the thing!

A rebound relationship can last for life.

Throughout history, hundreds of millions of those relationships have worked and remained together for life.

It's not impossible.

A rebound can be turned into a lifetime relationship, but only if the attraction is strong enough.

If the attraction (especially on her side) is weak, or barely there, then she just won't be able to pretend for very long and as a result, a break up will happen at some point.

So, if your girlfriend broke up with you for an ex who didn't treat her well, it almost certainly means the attraction she felt for you wasn't as strong as the attraction she felt for him.

That doesn't mean you can't get her back though.

You can.

When you interact with her and make her feel attracted to you in ways she never felt before, she won't be able to stop herself from feeling drawn to you.

Even though she may have previously thought of you as a rebound, she will suddenly start imagining what it would be like to give you another chance.

If she doesn't give you that chance right away, the attraction will remain with her and she will begin to worry that you are the one and she is going to regret losing you for the rest of her life.

As a result, she will contact you, or show that she is open to meeting up with you.

You can then get her back and make the relationship work this time around.

4. She wasn't really ever over him and when she had a chance to get back with him, she took it

That often happens if the woman got dumped by her when she was still in love with him and as a result, she never fully committed to her boyfriend.

Instead, she just accepted him, even though she believed he wasn't ideal for her, because it felt safe to be in a relationship without the highs and lows she experienced with her ex (e.g. they were very much in love and happy together, but he then treated her badly, which led to a lot of arguments, tears, stress and unhappiness).

She wasn't totally in love with her new boyfriend, but it felt better than having to go through all the stress she did with her ex.

So, she just went along with it, while secretly missing her ex and wondering why he remained on her mind.

In other cases, a woman will get with a new guy to hopefully make her ex jealous.

She will think something like, *“Maybe the shock of losing me to another man will force my ex to realize how much he loves me and what he’s losing. Maybe he will then change and try to get me back. If he does, I will give him another chance.”*

Then, when her ex reacts in the way she was secretly hoping her would (i.e. he seems to have changed and wants her back), she doesn’t hesitate to get back with him because that was her intention all along.

Of course, if her new boyfriend (who has just been dumped) knows how to attract her in ways that he previously couldn’t (e.g. being more of a challenge, making her feel girly in comparison to his masculine approach to her) or wouldn’t (i.e. because he thought it was wrong to treat a woman in that way), she will view him as being better than her ex who didn’t treat her well.

5. She didn’t like where the relationship was headed with you

[image: She didn’t like where the relationship was headed with you]

[image: She didn’t like where the relationship was headed with you]

For example: Here are some red flags in a relationship that can cause a woman to want to break up with a guy:

- She felt as though she had too much power over him (e.g. she called all the shots and he followed her lead like a puppy dog). That made her feel more like a mother figure to him, or a big sister, rather than feeling like his girl and being able to look up to him and feel safe and protected.
She didn’t feel much of a need to impress him (e.g. because she knew he was so in love with her that he would accept anything, even bad behavior, just to spend time with her).
- She never really felt his confidence during sex, so she worried that it would eventually become boring or even fizzle out.
- She was already beginning to lose interest based on his approach to the relationship (e.g. he was too needy and clingy, he tried to control her too much, he always seemed to need emotional support from her, he didn’t know how to handle her moods or tantrums and would become emotionally sensitive, confused or irritable. Alternatively, he would suck up to her and treat her even more nicely, in the hope that she would take pity on him and treat him better. Yet, pity does not create attraction in a woman and instead, makes a woman grow resentful and angry towards a man, regardless of how nice he is being to her).

So, if your girlfriend noticed red flags in the relationship, she may have decided that it just wouldn’t work out in the long run, unless you were truly able to change and level up as a man.

If she felt as though you weren’t able to change, or had no idea what to change, she will have naturally begun to feel drawn to her ex who made her feel more attracted due to not making the red flag mistakes that you did.

Of course, he’s not perfect and she knows that.

It’s just that attraction is what brings men and women together and if your approach made her feel a lot less attracted than he did, then she will naturally want to be back with him instead.

6. She never planned on being loyal to you, even though she acted like she did

Some of a woman will do that:

- She's the kind of girl doesn't feel bad about using guys to give herself an ego boost.
- She was using you to make her ex jealous and want her back.
- She doesn't like being single so will often accept a guy that she's not fully attracted or compatible with, until she can find someone else who is, or until she can get back with her ex.
- She knew you were lovestruck by her and would treat her better if you thought she felt the same way, or would be willing to commit to you further if you continued to treat her well. Yet, she never planned on committing all the way with you because she wants to be lovestruck for a guy and hoping to get him to commit.

So, she always secretly planned on breaking up with you, even though she acted like she was happy, or as though you were doing a good job of winning her over.

It might hurt to realize that, but the good news is that, even if your ex never intended to be loyal to you in past, it doesn't mean that you can't make her want to be loyal and commit to you now.

You just need to give her the right motivation (i.e. the right kind of attraction that she truly seeks when around a man).

When you make her feel that way, sticking with her ex who doesn't treat her well will automatically seem like a bad decision and a waste of her time.

Additionally, she will fear that if another quality woman meets you and experiences the kind of attraction you can now offer, she will immediately try to get with you and secure you into a relationship.

As a result, your ex feels the urgency needed to want to get back with you quickly.

2 Mistakes Guys Often Make When Their Girlfriend Leaves Them for a Previous Ex Boyfriend

1. Not using the power of the Contrast Principle

The Contrast Principle is essentially a way of making someone see one option as being more favorable and desirable, when compared with a worse option (e.g. a rotten apple vs. a clean, fresh, ripe apple)

The Contrast Principle something that people encounter all day, every day, in all kinds of situations in life.

In this case (i.e. with your girlfriend), when a woman has the choice between two men, she will automatically compare and contrast you and him against each other.

She won't be contrasting you and him against every other man on the planet, but against each other.

If you seem like the better option to her, then he will seem like a worse option and she will therefore feel more drawn to you.

In most cases, the man that a woman wants will have qualities such as confidence, charm, emotional

masculinity and will be a bit of a challenge (i.e. he won't always say yes to whatever she wants, he will playfully mess with her at times, rather than always giving her a straightforward answer, he will make her feel the need to impress him).

So, if you have the courage to interact with your girlfriend and display qualities that will make him seem less attraction in comparison to you, she will naturally begin to feel more drawn to you.

However, if you make the mistake of cutting off contact and just waiting and hoping for her to want you back, then you'll most likely end up disappointed.

Why?

Almost all women do not go back to a guy they dumped due to a lack of attraction.

A lack of attraction is what lead to the break up and an activation of new attraction is what will lead her back to you.

So, don't make the mistake of avoiding using the Contrast Principle to your advantage.

2. Feeling like it would be needy to contact her and re-attract her back

It's not needy to calmly and confidently go after what you want in life, including her.

What is needy is if a guy contacts his ex girlfriend and begs, pleads or tells her that he can't live without her, or asks how she could leave him and go back to the guy who didn't treat her well.

Likewise, it's also needy if a guy constantly texts or calls his ex girlfriend and tries to convince her to give him another chance, or make her feel sorry for him based on how sad, lost or upset he is about the break up.

That's needy because the guy needs her emotional support or acceptance to feel okay about himself again.

Yet, what isn't needy is when a man is confident, brave and emotionally strong enough to contact his ex girlfriend, focus on re-attracting her and then get her to want to meet up with him in person.

Then, in person, he builds on her attraction and makes her feel like she wants (and even needs) him back.

That's how real men get their ex women back.

So, don't think you'll be seen as needy for taking control of the situation like a man.

Be a man and get her back while you still can.

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[image]

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Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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My Ex is Keeping in Touch With People Close to Me: 7 Reasons Why

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 7 common reasons why a woman will stay in touch with people close to her ex:

1. She is trying to make herself feel less lonely as she deals with losing you and the relationship

Breaking up with someone often means that you lose the person, as well as the friendships you had with their family and friends.

That can be difficult for some women to handle, especially in cases where a woman doesn't have many friends (e.g. she is shy and struggles to make friends, has a small social circle, isn't very close with her own friends), or isn't completely happy with her family relationship (e.g. she's an orphan and doesn't like her adoptive parents, isn't very close with her biological family, hates her biological parents).

In a case like that, a woman might keep in touch with people close to her ex because she needs the emotional connection while she tries to deal with losing him and the relationship.

Yet, once she begins to heal from the pain of the break up and also possibly starts making new friends and/or dating again, she will almost certainly stop keeping in touch with people close to her ex.

She may keep them on social media and have rare interactions with them, but they will have served their purpose (i.e. made her feel less alone as she worked on getting over the relationship) and now she is focused on her new boyfriend and the new friend and family relationships that come with him.

2. She is simply contacting them out of habit

[image: She is simply contacting them out of habit]

[image: She is simply contacting them out of habit]

In some cases, (e.g. when a relationship was close/serious and lasted for a long time), a man's family and friends will become an important part of a woman's life as well.

She will develop the habit of including them in group texts (e.g. when she forwards a funny meme or message via Whatsapp), or check their social media posts regularly and click "like" or comment.

She may even be the kind of person who likes to talk over the phone a lot and randomly calls friends to chat about her day.

In a case like that, a woman can be in the habit of occasionally calling or texting some of the people who are close to her ex.

It's not about him though.

It's about her.

She likes doing that, so she's doing it.

In her mind, she may be thinking, *“I broke up with him and not everyone else,”* so she doesn’t see a problem with it.

3. She is staying in touch to be nice, but it won’t last for long

Basically, she’s a good person and doesn’t want to give them (people close to her ex) the impression that she was being nice to them simply because of her relationship with him.

However, when she gets a new boyfriend and moves on, she will feel less and less motivated to stay in touch with people who are close to her ex.

She will be involved with a new group of people and as a result, she will focus more on spending time getting to know them and building relationships with them, rather than on keeping in touch with the people close to him.

Alternatively, she may eventually want to avoid giving her new boyfriend any reason to feel jealous or uncomfortable, so she will gradually stop contacting anyone associated with her ex.

Of course, if your ex is one of those women, you can use that to your advantage so you can reactivate her feelings for you and get her back.

How?

Get her on a call and reawaken her sexual and romantic feelings and then get her to agree to catch up with you as friends.

Being a nice person, she will almost certainly agree to that request, especially due to the fact that she is feeling sparks for you again.

Then, at the meet up, make sure that you continue building on her feelings for you and then hook up with her sexually to make her feel more open to giving you and the relationship another chance.

4. She is trying to let you know that she isn’t completely shutting you out of her life yet

When a woman hates her ex, she will usually cut him and anyone associated with him completely out of her life.

Basically, she wants to make it clear to him that it’s over and there’s absolutely no chance of them getting back together again.

So, if a woman keeps in touch with people close to her ex, it can often be her way of keeping the door open between them for a little while.

She may be secretly hoping that he will do something to change her mind (i.e. contact her and attract her in the ways she really wants) and let her realize that they really can work things out after all.

Alternatively, she might just be letting him know that they can still be friends, even though they’re no longer together.

Whatever the case is for you though, it’s essential that you don’t sit around wondering, *“Why is my ex keeping in touch with people close to me? What does it mean?”* and then not doing anything about it.

Instead, have the confidence to contact her and re-attract her.

Use every interaction you have with her to reawaken some of her feelings and make her feel open up

to the idea of giving the relationship another try.

You can do that byâ€¦|

- Being cool and confident no matter how she responds to you, so she remembers what attracted her to you in the first place (if you were a confident guy, but then lost confidence), or so she feels as though you really have changed (if you were an insecure guy, but have now become confident).
- Being playful and fun to talk to, rather than making the conversation feel tense or stressful.
- Not being afraid to joke around and tease her (in a loving, attractive way), rather than trying to be on your best behavior to hopefully get her to take pity on you. Women donâ€™t want to be with a guy out of pity. Women want to be with a guy due to feelings of attraction. Attraction can be sparked in a woman via humor and playfully challenging behavior.
- Adding in some flirting, so she realizes that that sexual spark between you isnâ€™t dead, rather than just being neutral like a friend and making her think that there isnâ€™t enough of a spark for you and her to get back together, or at least hook up again.

The more attracted and happy she feels when interacting with you, the more her defenses come down. She realizes that thereâ€™s no point trying to remain broken up with you because she misses you and feels drawn to you.

As a result, she opens up to hooking up with you, or getting back into a relationship.

5. She is just trying to mess with you

[image: She is just trying to mess with you]

[image: She is just trying to mess with you]

If your ex feels angry or resentful over the break up and what led up to it, she may want to hurt you to get revenge.

As a result, she might choose to keep in touch with people close to you as a way of sowing seeds of doubt in your mind.

For example: She hopes you will think, *â€œDoes this mean she still has feelings for me? Is it still possible for us to work things out now? Is she trying to signal to me to contact her?â€*

If you then wait around (e.g. for weeks or months) for her to give you a clearer sign that she wants you back, she will almost certainly just move on without you.

Then when you find out that she has moved on, not only will you have wasted a lot of time waiting for her, but you will also likely feel rejected/dumped once again.

She will then have gotten her revenge.

Donâ€™t let that happen to you.

Realize that even when a woman has lost respect, attraction and love for a man to the point where she wants to mess with his head to hurt him after breaking up with him, it doesnâ€™t mean he canâ€™t make her change how she feels and get her back.

He can because feelings change all the time.

All it takes is a real spark of attraction to make it difficult for her to carry on with her plan (i.e.

because it's almost impossible to continually push away someone who you feel sexually and romantically attracted to and don't want to lose).

She begins to wonder what it would feel like to be around the new and improved you, what it would feel like to be in your arms or to have sex with you again.

When that happens, she will struggle to stop herself from getting in touch with you and hinting at wanting to see you in person, even though she previously thought that she was over you.

6. They've been contacting her out of habit and she's been replying

This can be because she's part of their social media group and they just can't be bothered to go and unfriend her from their account, or block her on their phone.

Alternatively, some people simply aren't as attuned to what goes on around them and won't even know that you've broken up.

In other cases, they don't feel like they need to be loyal to you and stop contacting her just because the relationship has ended.

In other cases still, because the woman is a generally nice and polite person, she doesn't have the heart to tell them that she doesn't want them to keep in touch with her due to the break up.

So, the interactions continue back and forth out of habit, or politeness.

Of course, eventually the interactions will likely fade away as life moves on and other people or things become more important (e.g. she gets a new boyfriend and stops responding to them, they begin to forget about her because they don't see her anymore) and your ex will fully be out of your life at that stage.

If you don't want that to happen, then take action now while you're still on her mind (even if it's via the people close to you) by reactivating her feelings for you and getting her back.

7. She likes a guy you know and is trying to remain on his radar

She is hoping that if she sticks around and he knows that you and her have broken up, he will eventually make a move and ask her out.

Yet, if he doesn't make a move (e.g. because he doesn't like her in the way she likes him, he's loyal to you and doesn't want to cause problems between you, he doesn't realize she has feelings for him, he's insecure and doubts that a woman like her would like him), she may eventually get tired of waiting and stop keeping in touch with everyone so she can move on and make a fresh start with someone new.

3 Mistakes Men Often Make When an Ex Woman Stays in Touch With People Close to Him

1. Assuming that if he just waits long enough, she will contact him too

Although that is a possibility in some cases, a woman usually won't get in touch with an ex that she's broken up with.

Some of the reasons why:

Although she likes his friends and family and wants to keep them in her life, she doesn't like him/feel attracted to him anymore, so she doesn't see any point to staying in touch.

She doesn't want to encourage him to try and get her back.

She doesn't want to risk being rejected by him if he decides to ignore her.

She doesn't want to make it easy for him. Instead, she wants to see if he's man enough to take the lead, re-attract her and get her back without any encouragement from her.

That is why, it's always best to take action and pursue a woman in a calm, confident, masculine manner, rather than to waiting around to 'see what happens,' or hoping that she takes on the manly role and has the courage to ask you out, or try to get back with you.

If you don't take action while you still can, she will almost certainly move on with someone else and you may end up missing out on your chance to get her back.

2. Over-analyzing comments she makes on friend's social media posts, or things he hears about her from friends

If you sit around overanalyzing everything your ex says to friends, or comments or posts online to understand her state of mind and her intentions, you will end up driving yourself crazy.

Why?

Women usually aren't very direct and honest regarding romance and will be vague, say contradictory things, say something emotional just for the heck of it and say the opposite of what they actually mean or truly think.

It's just how women are.

Women aren't like men.

So, don't over analyze what she has been posting, commenting or saying to people you know.

Instead, understand that when it comes to getting a woman back, you need to focus on what you're doing, not on what she's doing.

That's what a real man does.

A real man doesn't get caught up in what the woman is saying or doing, to hopefully follow her.

He leads, he is the courageous one and he goes after what he wants in a calm, confident and masculine manner.

In other words, he doesn't get all emotional like a woman, sit around worrying or losing sleep and driving himself crazy.

He gets clear on what he wants, figures out the best plan of action to get her back and then follows through on in a confident manner.

3. Waiting too long to make a move and then regretting it for the rest of his life

The guys who don't ever work up the courage to re-attract their ex woman, will usually end up missing out on their chance to get her back and then regret it for the rest of their life.

I've literally heard from men who still miss an ex girlfriend from 20, 30 or even 40 years ago.

They didn't know what to do to get her back, or didn't have the courage to go after what they wanted and get her back.

Don't let yourself be one of those men.

If you want her back, be courageous enough to take the lead and make it happen while you still can.

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Break Up Because of Age Difference: 10 Common Reasons Why

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 10 common reasons why a couple will break up due to age differences:

1. Even though the man was older, the woman felt as though he wasn't emotionally mature enough

In some cases, a woman will get into a relationship with an older man because she believes that he's at a maturity level most guys her age haven't reached yet.

For example: She might assume he's

- Is over his partying days and is more ready to settle down and start a family.
- Has decided what he wants out of life and is already making progress on achieving that (i.e. has clear goals, dreams and a purpose in life, rather than drifting along, hanging out with friends and just wasting time like many younger guys do, or feeling uncertain and unsure of what he wants to do).
- Is financially better off, or at least knows how to invest for the future.
- Will be able to take care of her.
- Is more responsible.
- Is more confident and emotionally strong.
- Is more comforting and supportive.

Yet, age doesn't necessarily ensure that a person is more mature emotionally.

So, a younger woman may end up feeling shocked to discover that the older man she fell for, isn't living up to her expectations (e.g. he behaves a lot like the younger guys she's dated, doesn't have a clear purpose in life, has failed at his attempts to become successful, or has become successful and thinks that he doesn't have to put in much effort into a relationship now because he's valuable).

As a result, she may decide to break up with him and look to find a man who is more emotionally mature in the ways that are important to her.

2. The man used his older age as an excuse to act like a controlling, bossy father figure

[image: The man used his older age as an excuse to act like a controlling, bossy father figure]

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For example: He might

- Tell her what she can and cannot wear.

- Restrict who she's allowed to hang out with and when.
- Tell her what she should do with her life.
- Scold, or even punish her (e.g. stop talking to her, no longer support her, get very angry at her, cancel something he'd promised her, or treat her badly) if she makes a mistake, or doesn't do what she's told.
- Expect her to always do what he says, even though she doesn't want to, because it's *for her own good* and because, *he knows better than her*.

Of course, some women (e.g. a woman who has daddy issues and is looking for a father figure in her life), will accept that kind of relationship and stick with a man like that.

However, the majority of women will eventually get fed up with a guy who is controlling, tells her what to do, or treats her like an irresponsible child.

One of the reasons why is that most women will act like they need a man to take care of them, but in reality, they are perfectly capable of taking care of themselves.

Women do that because it creates an enjoyable sexual and romantic dynamic for a relationship, where the man is protecting her and keeping her safe from the big bad world out there, which makes him feel strong, proud and important and makes her feel safe, attracted and loved.

Yet, it doesn't mean that the woman can't take care of herself, or is stupid.

So, if a woman gets into a relationship with an older man who is too controlling, or treats her like a naive, stupid child, she will lose respect for him for taking the dynamic way too far.

She will usually then choose to break up with him because she's an individual, she's not stupid and is not his property.

The man who gets dumped in a situation like that will often then beg, plead, cry to her or will become angry at her and try to control her further.

Yet, both of those approaches will just push her away further.

What works in a situation like that is when a man has the maturity to laugh at himself, apologize to her and let her know that he was silly to behave like that.

Then, let her know that he accepts the break up, is sorry for treating her that way and wishes her all the best.

As a result, she realizes that he understands his mistake, is being mature about it and deserves her respect.

When she feels respect for him again, her attraction comes back and she begins to fall in love with him again.

When that happens, she realizes that it would be a mistake to walk away from him because he's clearly a confident, mature man who simply made a mistake.

Another reason for a break up due to age difference is

3. The older man couldn't keep up with the younger woman's desire to have fun and enjoy life

Some younger women are happy to have a calm, laid-back relationship (e.g. stay home most of the

time, go out to restaurants for dinner sometimes, occasionally hang out with friends who are married or in a relationship) with an older man.

However, in some cases, a younger woman may want her and her older man to keep up with younger couples that she knows (e.g. her friends or coworkers).

For example: She might want toâ

- Go partying and get wasted drunk sometimes.
- Stay up very late even though they have to go to work the next day.
- Have sex for hours, or experiment with challenging positions just for the fun of it.
- Be a bit irresponsible (e.g. pack up and go away on vacation in the spur of the moment, skip work, eat fattening foods, drive a little too fast sometimes, be impolite to people sometimes) without worrying about the consequences.
- Participate in physically challenging activities like skydiving, surfing, rock climbing, physical sports, etc.
- Act a little silly or crazy sometimes just for the fun of it (e.g. joke around a little too much, throw a tantrum, drink a little too much).

If she notices that her older guy canâ have fun and enjoy life in the way that she wants, she may eventually decide to break up with him and look for a younger man who can hopefully keep up with her.

4. The older man never really wanted to settle down with her

Many older men whoâve been through a divorce, or who have had a lot of relationships break up in the past, will often develop a distrust of women in relationships.

As a result, they will lean towards being a player, or giving a younger woman the impression that they are in love with her and want to build a life with her.

That will last as long as she doesnâ push him for a serious commitment.

If she starts talking about marriage or children, a man like that will quickly pull away and focus on finding himself a replacement woman who just wants a casual relationship.

5. The woman thought she wanted an older guy, but couldnâ stop feeling more attracted to men her own age

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Some reasons why:

- She now feels that she has more in common with guys her own age.
- She perceives the relationship with him as being like that of a parent/child rather than a

boyfriend/girlfriend, which she now knows is a turn off to her.

- She finds him mentally attractive, but is more physically attracted to younger men.
- She finds him physically attractive, but is more emotionally attracted to younger men (e.g. younger men seem a bit more adventurous, open minded and daring compared to her older man who is settled in his ways, doesn't want to take any risks and lives by a fairly strict routine).
- There isn't much of a sexual spark between them and she sees him as being her friend rather than her lover.

So, rather than stick around in the relationship and feel like she's missing out, or potentially end up cheating, she breaks up with him instead.

6. The relationship became boring

In some cases, a relationship starts off feeling fun and exciting, but the romantic and sexual spark gradually fizzles out and being together feel dull, boring and predictable.

Alternatively, a couple falls in love and has a great romance, but then ends up feeling more like friends.

So, if a guy gets dumped in a situation like that, he may end up assuming that the break up was mainly because of the age difference.

Yet, boredom, or ending up feeling more like friends can cause a break up regardless of whether a couple is the same age, or many years or a decade or more apart.

So, ask yourself: Is it possible that the relationship with your ex lost the all important spark of sexual and romantic attraction, which is the real reason why she broke up with you?

Is it possible that you treated her like your girlfriend initially, but ended up treating her more like a friend later on?

The good news is that, regardless of your answer, you can do something about it and get her back. How?

When you reactivate her feelings of respect and sexual attraction for you during interactions, she will feel drawn to you again, regardless of the age difference.

Why?

Attraction is what brings men and women together.

Without it, there's no reason to be together in a relationship.

So, if you suspect that the spark of attraction died in the relationship with your ex, some of the ways to bring it back are:

Using humor to make her smile, laugh and feel like she's having fun every time she interacts with you from now on, rather than trying to have serious, deep discussions about what went wrong in the relationship.

Flirting with her to create sexual tension, rather than being too nice, neutral or on your best behavior in the hope of impressing her, or getting her to take pity on you.

Being a good man to her, but also being more of a challenge (i.e. you don't always say or do things to please her, you have the balls to playfully say no to some things she asks of you), so she

feels attracted, excited, awakened and motivated to put in some effort to impress you to maintain your interest.

The more you make her feel attracted in new and interesting ways, the more she will open up become to giving you another chance, or at least to hooking up to see if things feel different now.

7. The younger guy wasn't able to mature fast enough to keep up with the older woman

Some young guys can be pretty mature for their age, or are the kind who mature quickly (or grow up fast) when in a relationship with an older woman.

Yet, some guys struggle to get to the same maturity level as their older woman fast enough to maintain her interest.

As a result, she begins to doubt whether he is the right man for her long term.

The thing is, for a relationship to last, there has to be more than just a superficial attraction between the man and woman.

In other words, although a couple might be physically attracted to each other and enjoy each other's company initially, that simply won't be enough to keep the relationship together for life.

For example: For an older woman to want to stick with a younger guy, she needs him to be able to keep up with her level of maturity, so she doesn't feel embarrassed or ashamed to seen with him, or spend time with him around friends or family.

In some cases, an older woman will notice that she's more established in her career, while her younger man seems to be drifting along without knowing what he wants to do.

Initially she might be totally fine with that, but eventually, she starts to feel as though she has to take care of him (i.e. like his mother would) due to his lack of purpose and direction in life.

Additionally, he might even talk to her as though she is like a mentor, or mother figure to him, which will gradually turn her off.

In other cases, an older might be looking for a man to settle down with and if she already has children with someone else, for him to take on the role of a father figure to them.

Yet, her younger man just wants to have fun, party, drink with her and enjoy the sex, without the added responsibilities of getting serious with an older woman.

She usually won't break up with him right away because of that, but if he doesn't begin to mature and be the kind of man that can take on the additional responsibilities of being with her, it will eventually feel wrong for her to stick with him.

8. She thought an older man would understand how to keep a relationship together better than a younger guy, but he

wasnâ€™t able to

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Just because a guy is older, it doesnâ€™t mean he knows how to maintain and build on a womanâ€™s feelings of love, respect and attraction in a relationship.

Some younger women donâ€™t realize that and end up feeling bitterly disappointed when they date an older guy and he ruins the relationship dynamic with his insecurity, or ineffective approach (e.g. being too needy, expecting too much or too little of her, losing control of his emotions too often, being vindictive).

Hereâ€™s the thingâ€¦

A guy can be young (e.g. 18-25) and truly know what it takes to make a woman want to stick with him for life, treat him well and do everything she can to maintain his interest in her (e.g. he believes in his value to her, heâ€™s emotionally independent while also making her feel loved and appreciated, he maintains his confidence regardless of any drama she might be creating to make him feel insecure, he occasionally behaves in a playfully challenging way, which makes her want to impress him and also makes her feel excited and awake when around him).

On the other hand, a guy can be much older (e.g. 40+) and go through one failed relationship to the next, because he hasnâ€™t really leveled up his understanding of what makes a woman feel loved and want to commit to a man for life.

For example: He may just assume that because heâ€™s paid off his house, has a nice car and is able to take her on holidays or vacations, then she should be happy and want to stick with him for life.

Yet, he fails to realize that most men in this world arenâ€™t financially successful, struggle to pay bills, have to save for years to take a holiday, but are still able to have a happy, loving relationship with a woman that lasts for life.

Why?

The majority of what keeps a woman happy, committed and in love is how she feels when she is around her man, rather than what he has achieved or paid off.

Why?

She is in a relationship with him, not with his achievements or possessions.

9. The younger guy wasnâ€™t able to attract women his own age and accepted an older woman

If a woman senses that a younger guy is only with her because he canâ€™t attract women his own age, she will secretly feel turned off.

She may accept his attention and affection initially, but she will privately struggle to feel proud to

have attracted to him because women his own age just aren't interested in him.

Here's the thing:

A woman wants to feel that her guy is liked and wanted by women (i.e. he can have his choice of women), but has chosen her.

That makes her feel lucky, special and attracted to him.

Yet, if she senses that he can't attract other women, so he has lowered his standards to accept an older woman, just so he can get laid or get some loving attention, she will gradually begin to feel like she's doing him a favor.

Women don't like to feel like that, even if they secretly see themselves as being unattractive, or not as attractive as they used to be.

Essentially, when a man makes a woman feel that way, he gives her a false sense of superiority over him, which makes her feel like she's too good for him, even though she really isn't.

10. Her family and friends really didn't approve, which eventually became too much for her to handle

Some women put a lot of value into what their family or friends think of her boyfriend.

So, if a woman's family or friends don't approve of her (younger or older) guy, she will eventually break up with him rather than continuing to upset her family and friends, or risk losing their love and support.

Of course, if she's truly attracted and in love with her guy, it won't matter what her family thinks of him, or if they approve.

Instead, she will follow her heart, because she understands that he's a catch (i.e. a real man) and she may end up regretting it for the rest of her life if she lets him go.

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10 Best Tips on How to Make Up With Your Girlfriend After You Hurt Her

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Most guys who want to get a girlfriend back have hurt her in some way or another, but are still able to get her back.

For example: If a guy hurts his girlfriend, it will usually be a case of him doing something that shows he didn't truly love her, or wasn't truly committed to her.

It's pretty common and it can be fixed.

So, if you want to make up with your girlfriend, here are the best 10 tips on how to do it:

1. Know that her level of attraction for you will determine how willing she is to forgive you

In other words, if your girlfriend doesn't feel attracted to you anymore, then she won't have much desire to forgive you and give the relationship another chance.

However, if you interact with her and make her experience new feelings of sexual and romantic attraction for you, then it will be in her best interests to forgive you so the relationship can get back together.

Why?

Since she is feeling attracted and drawn to you again, it means that her feelings for you aren't dead.

If she doesn't give you another chance now, then she is going to be missing you and wanting you back.

If she waits too long to give you another chance and you then move on with another woman and are happy, she will end up feeling like the one who got left behind, rejected or dumped.

She doesn't want to feel that kind of pain (i.e. the kind that you've been feeling since she dumped you).

As a result, she opens up to forgiving your mistake(s) to give the relationship another chance while she still can.

This is why, if you want to make up with your girlfriend after hurting her, it's absolutely essential that you focus on making her feel attracted to you during interactions, so she realizes that her feelings for you, are still way too strong to continue going through with a break up.

Some of the ways you can make her feel attracted are by:

Being confident and believing in your value to her, rather than feeling unsure of yourself and filling your head with negative thoughts like, *"I've really stuffed things up so badly"* or, *"What if she never forgives me?"*

Flirting with her (e.g. playfully teasing her) to create so much sexual tension between you that she wants to release it with hugging, kissing and sex.

Not being afraid to use humor when talking to her (even if she is in a bad mood, or is being cold), so she can't help but feel happier when talking to you.

Remaining calm and easy-going when she acts cold or aloof towards you.

The more you make her feel attracted again, the more willing she will be to forgive you.

Yet, if you just talk to her in a nice, friendly way or over-apologize for hurting her and end up seeming desperate, then she won't be feel much or any attraction.

Therefore, she will be much less likely to forgive you and give the relationship another chance.

2. Be aware that sometimes a woman will act like she is unwilling to forgive her boyfriend, even when she is

[image: Be aware that sometimes a woman will act like she is unwilling to forgive her boyfriend, even when she is]

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Some of the reasons why a woman might act that way are:

- She wants to temporarily punish him for the pain he put her through.
- She's afraid he will hurt her again if she gets back with him.
- She doesn't want to give in too quickly and give him the impression that what he did wasn't very serious after all. If he thinks that, he may then assume she was just putting on an act about being upset and hurt to make him chase her. Therefore, he won't feel like he made much of a mistake and potentially might do it again and again in future.
- She worries that he only wants her to forgive him so he can feel better about behaving like such a jerk, rather than actually being genuinely sorry for what he did.
- She wants to test him (by initially being unwilling to give him another chance) to see if he has changed and improved some of the things that caused her to dump him, or if he's just pretending to have changed so he can get another chance for now.
- She wants to hopefully gain some more power in the relationship, by making him try hard to get her back.
- She is trying to impress her girlfriends by seeming like a confident, independent woman who doesn't put up with bad treatment from a man. Secretly, she misses her boyfriend and wants him back, but wants to act tough or carefree about it all now, to gain some respect and admiration from her friends.
- She wants to see if her boyfriend will become insecure and begin begging and pleading, or if he'll maintain the type of confidence and masculinity that caused her to fall in love with him in the first place.

So, if your girlfriend doesn't seem willing to forgive you, it doesn't mean you're doomed and can't get another chance with her.

If you remain confident and focus on re-attracting her, she will feel motivated to give in and forgive you to get the relationship back together.

However, if you panic, feel insecure and begin pleading with her, she can literally begin to change

her mind and become unwilling to forgive you (i.e. because she is turned off by your approach to get her back).

This is why, it's essential that you remain confident no matter what and focus on making her feel a renewed sense of attraction for you.

3. Do apologize to her, but don't grovel, suck up to her or become desperate

When a guy grovels and becomes desperate, his apology will usually be full of rushed excuses (e.g. *â€œIâ€™m sorry. I did it because I love you so muchâ€*) or big promises (e.g. *â€œIâ€™m sorry. I promise Iâ€™ll never do it again. I will do anything you want. Please just give me a chanceâ€*), which isn't what a woman really wants to hear.

A woman wants to see her boyfriend remaining calm, confident and in control, while also being sincere about what he is saying to her.

So, the best approach when apologizing is to:

- Remain calm and confident.
- Keep the apology brief.
- Be sincere.
- Accept what you did as being a silly mistake that you've now learned from.
- Don't immediately ask her for another chance.
- Don't ramble on about your feelings for her.
- Focus on turning the conversation back to laughter and feel good emotions as soon as possible.

By apologizing to your girlfriend like that, you will let her see that you've already changed and become more of a man than you were before.

You have learned your lesson and aren't making the additional mistake of groveling, pleading or begging her to forgive you.

Instead, you're being a man about it and that is attractive to her.

Approaching it in that way automatically sparks new feelings of respect and attraction for you, which then causes her to stop focusing on how badly you hurt her.

Instead, she begins focusing on her love and desire for you, which makes it easier for her to forgive you, so the relationship can get back together.

4. Understand that if you cut off contact, she may see that as another betrayal or insult to her

Some guys use the No Contact Rule (i.e. not contacting a woman for 30 days after a break up) to hopefully make their girlfriend come running back.

Yet, in case where a woman dumped a guy for hurting her, using the No Contact Rule after a break up can make it seem as though he doesn't even care enough to try and get her back, or at least

contact her and apologize.

As a result, his ex girlfriend may then decide to get revenge by finding herself another man as quickly as possible and then posting photos of him and her looking happy and in love on social media, to rub it in his face.

Alternatively, if he does finally contact her (e.g. after a few weeks or months), she might ignore his messages and refuse to answer his calls, which then makes it more difficult for him to re-attract her and get the relationship back together.

So, if you want your girlfriend to forgive you and give you another chance after hurting her, you stand a much better chance of that happening by staying in her life and re-attracting her compared to just ignoring her.

5. Level up your understanding of what makes a woman feel loved and want to commit to a man for life

Then, let her experience your new and improved approach the next time you interact with her.

For example: Some of the things that make a woman feel loved and want to commit to a man for life, include:

- He is loving, caring and attentive towards her, but is also enough of a challenge to motivate her to put in the effort to be a good woman and treat him well, or else he will lose interest in her. That is the ideal balance that women want, but many men don't do it because they can't be bothered (i.e. he just wants to be neutral with her like a friend), or because he fears that she won't like it if he's anything other than nice and agreeable.
- He lets her have her way sometimes, but doesn't tolerate bad behavior or her being disrespectful towards him (i.e. he lets her know if she has stepped over the line and is now being disrespectful).
- He maintains his confidence when she tries to make him feel insecure by teasing him, being distant or creating drama.
- He doesn't lose control of his emotions and get upset when she's moody or throws a tantrum.
- He makes her feel sexy, wanted and desired, rather than taking her for granted or treating her like a friend or buddy.
- He believes in himself and in his value to her, rather than losing confidence in the relationship and becoming clingy and needy as a result.

These are just a few of the things that make a woman feel loved and want to stick with a man in a relationship.

So, make sure that you prepare yourself to let her sense that you now get all of that.

If she senses that you even get half of it, then she'll feel enough attraction to want to forgive you.

If you get more of it and are able to let her sense it based on how you now talk to her, react to her and behave in general, she will see you as the one and know that it would be a mistake to leave you.

6. Show sincere care about her feelings, but don't let her make it out to be worse than it was

[image: Show sincere care about her feelings, but don't let her make it out to be worse than it was]

[image: Show sincere care about her feelings, but don't let her make it out to be worse than it was]

Some women make a mistake that a guy made out to be way worse than it actually is.

A woman might do this to gain power over a guy, test his confidence and masculinity and see how he will react when under that kind of pressure.

How you react will directly affect her level of attraction, respect and love for you.

So, calmly acknowledge that some aspects of your actions, behavior and the way you treated her caused her pain and then gently turn the conversation back to laughter and smiling as soon as possibly.

By doing approach it in that way, it shows her that you're not going to allow her create unnecessary drama over what happened.

Instead, you've admitted your mistake, learned from the experience and have already taken steps to become a better, more emotionally mature man.

As a result, she won't be able to stop herself from naturally feeling respect for you again.

When she respects you, she then feels more attracted to you and becomes open to forgiving your mistakes and giving the relationship another chance.

7. Understand that if she truly loves you, she will miss being around you

That's why it's best to apologize, show her that you care, re-attract her and then give her a few days of space to miss you.

During those 3 or so days, she will have a chance to stop focusing on all the ways you stuffed up and begin to miss the things she likes about you (e.g. the way you make her feel protected and safe when she's with you, how you're so ambitious and hard-working, that you were always kind and respectful towards her friends and family, that you're a really good guy, the way you always know how to make her laugh and smile when she's having a bad day, how she feels when having sex with you, your scent, your smile, the intelligent, interesting or fun conversations you and her used to have).

By giving her time to realize that she does miss you and that you're not all bad, she becomes more open to forgiving you.

It then becomes easy for you to re-attract her and make her want you sexually and romantically again.

Important: Don't make the mistake of thinking that if 3 days will make her miss you, then waiting even longer will definitely make her miss you more.

Sometimes that will work, but in most cases, a woman will feel resentful, annoyed and revengeful if

her ex doesn't try to get her back after more than a week.

She will usually then put in the effort to get over him and move on (i.e. date other men), rather than waiting around and risk getting hurt again.

She may also just start dating or sleeping with a guy who is interested in her, to ensure that when her ex does contact her, she has something to hurt him with and protect herself with.

So, while it's fine to give her a little bit of space, don't go overboard with it.

Additionally, don't give her space if you haven't re-attracted her yet, or if you feel as though she isn't attracted to you anymore.

How much attraction she feels for you will determine how much she misses you.

8. Tell her that you love her, but will accept the break up if she can't forgive you

By saying that to her, you're letting her know that even though you do love her, miss her and want her back, you're not going to beg and plead if she isn't interested.

As a result:

- She automatically feels respect and attraction for you again, for being an emotionally strong and mature about the situation, rather than being needy and desperate.
- She feels a little rejected and sad that you would just walk away from her without a fight and makes her question whether what happened (i.e. how you hurt her) is worth losing you over forever.
- She imagines what it will be like for her to go out and find another man like you, invest a lot of her time in a relationship and then potentially find out that he's not right for her after all.
- She worries that she won't ever find another man who can mature, level up and become an even better man as quickly as you have.

As a result, her defenses come down and she becomes open to forgiving you and working things out.

9. Don't see yourself as being a horrible man if you simply made a mistake

For example: A guy may have been angry and said something hurtful to his girlfriend, put her down in front of family or friends or lied to her about something that he couldn't work up the courage to be truthful about.

Instead of seeing yourself as a horrible boyfriend, you need to understand that everyone makes mistakes in a relationship sometimes.

However, what turns a guy into a great man is when he learns from his mistakes and becomes an even better man as a result.

So, instead of beating yourself up over what happened, use it as motivation to help you quickly (i.e. within the next week at the most) become the kind of man that your girlfriend wants to forgive.

10. Don't lose touch with the cool confident side of yourself that she was attracted to in the first place

When a guy gets dumped because he hurt his girlfriend, he might decide that the only way to convince her that he's truly sorry, is by being super nice, agreeable and polite from now on.

Yet, by acting like that, he stops displaying the qualities that attracted her to him in the first place (e.g. he was a bit of a challenge, he didn't always agree with everything she had to say, he stood up to her when she was out of line, he had a rugged, manly type of confidence, he knew she wanted him).

As a result, she doesn't feel attracted to him in the way she used to and begins to realize that if she got back with him, he would be unattractive to her now.

Here's the thing!

Even though a woman doesn't want to be with a guy who treats her badly, she also doesn't want to be with a guy who is an emotional wuss.

So, don't think you have to suck up to her and be on your best behavior to get another chance.

That will further ruin her feelings for you.

Instead, what you need to do is mix in some of your original behavior that attracted her to you in the first place, as well as being treating her better and being more loving and kind from now on.

When you do that, her walls naturally come down and she feels that she can trust you to be the man she can depend on from now on.

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Was the Break Up My Fault or Hers? 14 Clues to Look For

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Sometimes a break up is the fault of one person, who has either broken the trust or ruined the feelings of the other person.

Yet, in most cases, even though one person is more to blame, both will have played a part in the breakdown of the relationship.

So, if you want to know whether it was your fault, her fault or the fault of both of you, here are 14 questions to ask yourself:

1. Did you take her love for granted?

Sometimes, a guy doesn't put enough effort into his relationship with a woman (e.g. he doesn't contribute enough to their progress as a couple, he takes more love than he gives, he stops being as nice as he was in the beginning, he expects her to put up with his annoying or unattractive behavior), which can then cause a woman to feel taken for granted and like he doesn't appreciate her, or what she does for him.

That can eventually lead to her breaking up with him, rather than sticking with a relationship that makes her feel unloved and unappreciated.

If you can relate to taking her for granted and you feel like she kept being good to you, then the break up was likely more your fault than hers.

The good news though, is that the mistake you made isn't unforgivable.

Most guys can get another chance with an ex woman after taking her for granted, but you have to approach it correctly to make it work.

For example: Don't go from being a bit of an asshole, to being super nice and sucking up to her because that will just turn her off more.

Women aren't attracted to desperation in men, so you have to interact with her again and be good to her, but don't go overboard with it.

The most important thing to focus on is making her feel sparks of sexual and romantic attraction, by displaying traits that naturally attract women (e.g. confidence, being a playful challenge at time, using humor and flirting, being masculine in the way you talk, behave and take action).

When your ex notices that you've learned from your mistakes and have become an even better man as a result, she won't be able to stop herself from dropping her guard a bit, which then makes it possible for you to get her back.

2. Did you make her feel secure enough in your commitment to her?

[image: Did you make her feel secure enough in your commitment to her?]

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When a woman complains to her guy that he isn't committed, a guy might say, *â€œIâ€™m with you, arenâ€™t I? That should be enough proof that Iâ€™m committed. We basically do everything together. I love you. That should be enough.â€*

Yet, for most women that isn't enough.

She doesn't want to just be boyfriend and girlfriend forever, or for as long as he doesn't lose interest in her.

She may say that she's fine with that, but women say that to keep a guy happy initially; always hoping he'll warm up to a more serious commitment down the line.

If that doesn't happen, she will begin to worry that she's wasting her youthful attractiveness on a guy who isn't ever going to give her the kind of loving, dedicated commitment that she seeks.

That can lead to her threatening to break up with him, breaking up with him, or cheating on him (to hurt him) and then breaking up with him.

Important: If anything like that happened with your ex, don't make the mistake of rushing and desperately offering to marry her or get engaged for now, to prove your commitment to her.

Women are completely turned off by desperation in men, so that approach will likely backfire on you.

Likewise, if she feels as though your proposal is just to get her back for now, or to stop the pain you're feeling after being dumped, then it won't be romantic for her.

Instead, it will feel as though she's doing you a favor, which isn't the feeling a woman wants when she says, *â€œYes!â€* to getting engaged or married.

3. Did you become needy for her love, or put up with bad treatment just to spend time with her?

Sometimes a guy feels insecure about his value and attractiveness to his woman (i.e. he sees her as being more attractive or valuable than he is).

That can lead to him feeling lucky to have her and at the same time, begin to really worry about losing her.

Unfortunately, thinking in that way can cause him to start reacting to her in clingy, needy, desperate ways, which will then turn her off and make her realize that she may actually be too good for him.

For example: He might

- Constantly bombard her with texts throughout the day to stay on her mind.
- Regularly ask things like, *â€œDo you still love me?â€* or, *â€œDo you still feel attracted to me?â€* or, *â€œYou do know how much I love you and couldn't live without you, right? You're not going to cheat on me one day, are you? I couldn't handle that. So, please just tell me – are you happy with me? If not, what can I do to make you happy? I don't want us to end.â€*
- Look for excuses to call her and see her, if she has made plans with other people.

Accept her being unloving, closed off and even disrespectful towards him, because he's too

afraid to stand up to her, or get her to respect him and treat him the way he wishes she would.

Check her phone when she isn't looking, or ask to look through her messages to see if she's been texting any guys.

Get jealous or become angry or controlling if she looks at another man for too long when in his presence.

Accuse her of wanting to cheat, or of potentially already having cheated on him behind his back.

Worry that she might develop feelings for one of his male friends, or one of her male friends, so he tries to keep her away from them at all times.

Need to be around her to feel okay about himself. When not with her, he sends her sad, lonely texts or seems insecure and unsure of himself.

Although he may tell himself that he's just being a loving, attentive boyfriend, she won't see it that way.

She also won't find it attractive, at all.

Why?

Insecurity, clinginess and neediness are traits that are deeply unattractive to women because it causes her to feel unsafe with the guy.

Not in terms of him hurting her (although that could happen), but in terms of his ability to handle challenges in life or challenging people they come across and be able to keep her safe and protected.

If he's needy for her love and can't cope without her, it makes her feel like she is helping make him feel safe.

Deep down, a woman doesn't want that.

Not because she's selfish, but because the sexual dynamic between a man and a woman isn't based on a woman being the stronger one.

Likewise, if he puts up with her bad treatment of him and isn't willing to put her back in her place (in a loving, but dominant way), or isn't capable of getting her to respect him, then she will doubt that he could get other challenging people to respect him in life.

As a result, she just doesn't feel safe with him.

She will then decide to break up with him and try to find a man who can give her the kind of feeling she seeks in a relationship.

Of course, her ex still can get her back, but he has to man up and start being what she wants.

When he does, she will sense it, realize her feelings for him are coming back and will want to open up to giving him another chance.

4. Did you stop caring about her enough that she sought love and attention from elsewhere?

If a guy stops giving a woman the emotional and physical love she craves in a relationship (e.g. he spends more time at work, hanging out with his friends and family, or playing video games than with her, he doesn't put in the effort to do things together anymore and just expects her to be happy for life), then she may begin feeling neglected.

If she then interacts with other men who are attentive towards her, give her compliments and make her feel beautiful and valued, she may start feeling drawn to them instead.

In some cases, a woman might even cheat on her guy to get the love and attention she feels heâs not giving her anymore.

She will then confess her cheating, break up with him and start seeing the new guy, or begin enjoying single life.

Itâs not because sheâs a disloyal woman.

Instead, itâs because she is an individual and has to take care of her own feelings, needs and wants if her boyfriend/husband isnât doing that for her.

Men also cheat on women when situations like that are reversed.

Itâs just how it works.

If you want a relationship to last for life, you have to be willing to maintain a balance (i.e. where you still do things you enjoy that donât include her, but you also focus on doing things with her that bring you closer together, or at least make life more enjoyable together).

5. Did you maturely handle the arguments you and her had, or did you use an ineffective, selfish or vindictive style of communication?

For example: The mature way to handle an argument is to be as calm as possible (because you love her and donât have any need to hurt her) as you talk through the problem.

You also aim to add in some humor, be light-hearted or look for something positive to laugh about together in a stressful moment like that, rather than getting sucked into the negative feelings, arguing aggressively and then feeling more disconnected from each other as a result.

An immature way to handle an argument is by sulking, shouting at her and insulting her, walking away and refusing to talk about it, throwing her past mistakes in her face to make her feel as though sheâs the main reason the relationship is problematic, or putting her down and making her feel like sheâs incompetent or stupid.

Of course, she could have been the one who used an ineffective, selfish, vindictive style of communication during an argument or fight.

Alternatively, maybe the both of you tended to âlose itâ and get to angry or insulting during arguments.

You will know the answer to that and it will help you understand whether or not the break up was your fault, hers or due to the both of you.

Regardless of what you realize, just know this: Itâs totally fine and normal to make mistakes in relationships.

However, what sets successful couples apart from those who break up, is that a successful couple will learn from the argument and approach situations like it better in future.

They wonât be perfect right away, but they will get better and better over time, which will bring them closer together.

It also makes them both realize that if they were to break up, theyâ€¦d potentially end up getting into a relationship with someone else who isnâ€¦t as mature as they are and therefore, theyâ€¦d be back to square one.

So, rather than wasting time with a new person and having to go through years of stressful arguments again, they just keep getting better and better as a couple.

Eventually, they are one of the happy, in love, successful couples that others look at and wonder, *â€œHow do they do it? Why donâ€¦t I have what they have? What am I missing?â€¦*

5. Was she ever truly committed to you?

Some women get into a relationship with a guy for reasons that have nothing to do with him being her ideal match.

Instead, a woman will sometimes date a guy because:

- She is using him as a rebound to get over an ex she still has strong feelings for.
- She hates being the only one of her friends or family who is still single.
- Her family is pressuring her to settle down, so she just gets with a guy to shut them up.
- Sheâ€¦s getting older and is afraid that she might run out of time to start a family.
- They were friends and drifted into a relationship, even though she doesnâ€¦t really feel much of a sexual spark with him.
- He chased her for so long that she eventually gave in and agreed to go out with him.
- They knew each other for a long time and he sort of grew on her.

She just wanted casual sex, but he saw her as the love of his life and pushed to make the relationship official.

In cases like those, a woman will rarely commit, or will reluctantly commit and then break up with, or divorce him later on.

Of course, that doesnâ€¦t mean she doesnâ€¦t care for him at all, or that he doesnâ€¦t have a chance to make the relationship work.

She does care for him and he can make the relationship work, but he has to use a different approach to attraction with her.

If he continues using the same old approach to attraction that heâ€¦s been using (e.g. being the nice guy, letting her get her way all the time just so he can spend time with her, treating her like a friend rather than treating her like his sexy girlfriend), she will eventually get bored and dump him.

From his perspective, it will be devastating because he loves her so much, but from her perspective, she wonâ€¦t really be losing much because he never understood what makes a woman like her feel deep, committed attraction.

6. Was she still too immature to have a serious, committed relationship that lasted for life?

Sometimes, a woman is really young and inexperienced and canâ€¦t handle the pressure of a mature

relationship.

As a result, the relationship will feel too stressful, boring or like too much responsibility for her. She may even begin to envy the freedom and excitement that her single girlfriends are experiencing (e.g. going out to parties and clubs, hooking up with different guys, not having to take someone else's feelings into consideration, free to do whatever they want, whenever they want).

When that happens, she may just decide to break up with her guy and focus on living a fun, carefree life without him.

Women like that only stop and get back with a guy if he can make her feel as though she is losing him.

If he tries to get her back with a "pity me" kind of approach, or by pleading with her, a woman like that will rarely give up her newfound freedom to get back into a committed relationship again.

7. Did your approach to the relationship cause you and her to grow apart?

[image: Did your approach to the relationship cause you and her to grow apart?]

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For example: A man initially treated his woman very well when they first got together and maybe even for the first couple of years.

Yet, eventually, he began to behave differently and treated her in a way that pushed them apart.

He may have:

- Become insecure about her attraction for him and therefore, began to behave in a jealous, controlling way.
- Become less willing to be nice to her and instead, wanted to hurt her emotionally (e.g. by putting her down, acting like he didn't care about her anymore, ruining her friendships, turning her against her family, making her feel unattractive in his eyes, ignoring her and so on).
- Started spending more and more time with friends, working or playing video games and expected her to just wait around in the background of his life. Yet, she then started to feel drawn to hanging out with friends, which led her to start feeling attracted to the idea of being single, or possibility cheating on him.
- Not been willing to rise up through the levels of a relationship with her (e.g. move in together, get engaged, get married, start a family) and expected her to just stay with him anyway.
- Become quite aggressive, insulting or demeaning when they had arguments, rather than being loving, supportive and easygoing.
- Used mistakes she made in the relationship, or anything negatively she said or did to him, to make her feel guilty so he could hopefully control her more.
- Expected a lot from her (e.g. to show him love, be respectful, be kind), but didn't do the same in return.
- Started hanging out with different kinds of people and looking down on her for not being able to fit in.

- Been unwilling to spend time with her or her family due to his anti-social attitude.
- Stopped being the confident, cool guy that she fell in love with and started being an insecure, awkward guy that she kept having to make excuses for.
- Tried to stop her from pursuing her dreams because he feared it would lead her to cheat on him.
- Wanted her to just be happy with hanging out at home, getting by and not striving for success in life.
- Spent too much time working, trying to succeed and pursuing his dreams and not enough time with her (i.e. he didn't achieve the right balance and made her feel like she wasn't important in his life).

As a result of one or more of the above, a couple can easily begin to grow apart and no longer feel compatible.

If a woman feels that for long enough, she will usually decide to just break up with her guy and try to find a new man who will give her the kind of relationship experience she really wants.

8. Did she give you enough of a chance to fix the relationship, or change your ways?

Most women won't just walk out of a relationship without giving a guy a few chances to change and improve first.

If a guy takes the hint and starts giving her more of the attraction experience she wants in the relationship with him (e.g. he stops being so clingy and focuses on his goals and interests outside of the relationship to lead a more balanced life, he stops being a pushover with her and takes more of the lead, or he creates the kind of dynamic that motivates her to treat him well and impress him) things will settle down.

She will feel a renewed sense of respect and attraction for him for being man enough to understand the problem and then care enough to fix it.

Yet, if he fails to get the message and continues making the same mistakes and turning her off the way he has been, a woman will usually just break up with him and try to move on.

9. Did you start off treating her really well, but then change over time?

A guy will do this sometimes if he thinks that his woman will stick with him forever, just because she said that she loves him early on, or because she is so in love with him at the time.

Yet, what he doesn't realize, is that in today's world, a woman doesn't have to stay with a guy if he's no longer giving her the relationship experience she wants (e.g. he makes her feel loved, respected, taken care of, attracted).

Instead, her willingness and desire to stay with him is based on how she feels with him.

She is not required by law to stay with him no matter what, even if they get married or have a family. So, the way that it works is this: If a man makes her feel loved and feel the way she really wants to in

a relationship (i.e. she wants to impress him, treat him well, win more of his love over time and build a future together, but at the same time, she is secure in his love for her), she will want to stick with him and be a good, loving woman to him in return.

On the other hand, if a man makes a woman lose a lot of respect and attraction for him due to his actions and behavior (e.g. being insecure, controlling, clingy, lacking purpose in life, not making her feel important), she can choose to break up with him because sheâs an individual and not his property.

Itâs just not like the way it was back in the 1800s, or early 1900s.

Things have changed and to keep a relationship together in todayâs world, you need to know what youâre doing.

If you donât ever figure that out, you will experience break up after break up, or will end up in an unhappy, loveless marriage or relationship.

So, you should use the break up that you had with her as a chance to finally get this area of your life sorted out.

Donât make the same mistake again.

If you want to get her back, you can do that and you should do it while you still can.

If you want to make your next relationship work with a new woman, you can do that, but not if you end up making the same old mistakes, or new ones that youâre not yet aware of.

You have to get it right, or you will be back in the same place again and again throughout life (i.e. heartbroken, feeling left behind, wondering why you canât find a good woman, or make a relationship work).

10. Did you make her lose touch with her sense of freedom and individuality in the relationship by being too controlling, needy or protective?

[image: Did you make her lose touch with her sense of freedom and individuality in the relationship?]

[image: Did you make her lose touch with her sense of freedom and individuality in the relationship?]

For example: A guy can make a woman feel that way by:

- Texting or calling her multiple times a day to check up on her.
- Going through her messages to see who sheâs talking to.
- Refusing to let her hang out with her friends if heâs not with her.
- Demanding, or expecting that she spend all of her free time with him (e.g. evenings, weekends, holidays).
- Getting upset or accusing her of being unfaithful to him when sheâs nice to other guys, or say something nice about another guy (e.g. she clicks âlikeâ on a guyâs post, smiles at a waiter, praises a male coworker in his presence, talks about a guy at work who is funny or who she thinks is cool).

Behavior like that will eventually make a woman feel like the relationship is too stressful (i.e.

because she always has to go out of her way to reassure him and make him feel loved, wanted and secure. He can't be secure without that because he is needy).

The opposite of being needy is being independently confident.

Independent confidence means that you feel confident no matter what a woman says or does.

Dependent confidence (i.e. neediness) means that you can only feel confident if a woman behaves in a certain way, or reassures you based on the way she talks to you or touches you.

So, if a woman finds herself with a guy who is needy, she can end up feeling suffocated and trapped. Eventually, she may break up with him as a way of reclaiming her sense of freedom.

11. Who was the more emotionally unstable one?

When a guy is emotionally unstable in a relationship with a woman (e.g. easily irritated, unable to remain confident, moody, extremely jealous at times), he will usually end up saying or doing things that drive her away.

Of course, women are usually very moody and irritable in relationships, but unlike men, they don't need to be totally confident, secure and stable in order to be attractive.

Why?

Women are attracted to a man's confidence and emotional stability because it makes them feel protected, safe and girly when around him.

A man doesn't need a woman to make him feel safe, protected and girly because she's so strong.

Instead, a big part of the sexual attraction between a man and a woman is the woman feeling girly around the man and him being the one who she can cuddle into and feel protected by.

If a man is emotionally unstable, a woman can't rely on him to be her "rock" in this world and instead, will feel as though she needs to be more like a man to make him feel okay.

A woman doesn't want that.

She wants to be free to be feminine, which does include her being moody, irrational and even unreasonable at times around her man.

It doesn't mean that a man has to give into what she wants when she is being moody though.

Instead, it just means that a man has to be able to let a woman be a woman and at the same time, be a man for her.

If a man is unable to do that because he's emotionally unstable (i.e. taking on the woman's role in the relationship), then she's not going to feel the desire to cuddle into him to feel safe and feel girly.

As a result, the sexual attraction will die out, arguments will happen often and they will grow apart. Eventually, she will decide to break up with him and try to move on.

So, if you were the one who was being emotionally unstable in the relationship, it's best to briefly (not a long winded, emotional apology) apologize to your ex for pushing her away and then show her (not tell her) that you're not like that anymore.

You can show her based on how you now behave, react to her, talk and approach interactions with

her.

When she senses that you've gotten control of your emotions, she will be able to drop her guard and interact with you more to see how things go from there.

Even if she doesn't initially want to give you another chance, you will be on her mind and she will be missing you and wondering what it would feel like to get back together.

Soon enough, she will realize that if she doesn't give you another chance, she's probably going to end up regretting it and wanting you back.

As a result, she opens up to getting back with you and the relationship is better than before because you're now more emotionally stable like a real man should be.

12. Did she expect too much from you?

Sometimes a woman has unrealistic expectations of a man (e.g. she wants him to take care of her and pay for everything, expects him to have all the answers, wants him to have a successful career and still come home and do most of the housework even though she's home most of the day).

Not only does this put a lot of unnecessary pressure on a man, but it also leads to arguments and fights when the woman feels that her expectations aren't being met.

Eventually the relationship becomes too stressful and they break up.

The only kind of man that a woman like that will respect and appreciate, is a man who doesn't try to jump through all the hoops she holds up in a relationship.

Instead, he is a challenge and makes her feel like she needs to impress him and maintain his interest, while still being good to her and treating her well.

Anything other than that and a woman like her will complain, nag and argue all the way to a break up.

13. Was she secretly insecure about things she didn't tell you about, or you didn't pick up on?

For example: Did she feel as though you were too good for her (e.g. because your family is wealthier than hers, you got a better education than she did, you were rising through the levels in your career, while she was stuck in a dead end job)?

Did she secretly believe you could get yourself a much more attractive woman than her (i.e. because you're very good looking and she's more average looking)?

As a result, did she feel as though you were just settling for her and might cheat on her if you got the chance?

If she experienced those kinds of doubts or worries, she may have felt that you were better off without her, or she could avoid the pain and heartbreak of being dumped if she left you first.

If you want her back, you have to be prepared for her to always feel a bit insecure, regardless of what you say and do to reassure her.

Just don't make the mistake of sucking up to her, over complimenting her and pouring your heart

out to her in an attempt to get her back.

Always remember: Women aren't attracted to desperation in men and they don't want to be in a relationship with a desperate man.

So, approach her, interact with her and re-attract her, but don't go overboard with the expressions of love and interest.

14. Did she give you a lot of reasons not to trust her, or were you too insecure to fully trust her?

Sometimes, a woman is an untrustworthy person who tells lies, cheats or behaves in ways (e.g. openly flirts with other guys, talks about an ex that she is still in love with) that gradually erode a man's trust in her.

In other cases, a man has trust issues (e.g. because he got lied to or cheated on by a previous girlfriend, his mother left his father when he was very young to be with another man, he doesn't believe in himself and in his value to her, so he's always expecting her to cheat on him one day), which can lead to him destroying a relationship with a perfectly good woman.

If he had just remained confident in her love for him and not let his insecurities change his behavior, then she would have been loyal to him for life.

Yet, he couldn't stop himself from becoming insecure, which then lead to her breaking up with him.

Alternatively, she was untrustworthy and despite him being a good guy, she dumped him or cheated on him anyway.

How about you?

After reading through the points in this article, do you think the break up was more your fault or hers?

Were you both at fault?

Regardless of who was to blame for the breakdown of the relationship, the question now is: Do you want another chance with her while you still can?

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Does My Ex Want Me to Get Her Back, or Leave Her Be? 11 Signs to Look Out for

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Some women will make it obvious that they don't want to get back with an ex boyfriend, whereas others will only give subtle clues.

Likewise, sometimes a woman will secretly be missing her ex boyfriend and be hoping to get back with him, but will not make it obvious.

So, here are signs to look out for that suggest she either wants you to get her back, or to leave her alone:

1. If she wants you back, she will usually be open to talking to you

In many cases, a woman won't show a lot of interest in an ex (that she secretly wants back) because:

- She doesn't want to seem too desperate for pursuing him after she broke up with him.
- She doesn't want to give him the impression that it's easy to get her back, so he then thinks he doesn't have to change or improve anything about himself.
- She doesn't want to get rejected by him if he's not interested in her anymore. If that happens, she will end up feeling hurt and like the one who got dumped, so she plays it cool.
- She wants to see if he's got the confidence to do what needs to be done to get her back, or if he will be unsure of himself and wait for her to lead him. Women respond to confidence, so if she senses that he's insecure and unsure of himself, she will question whether or not it's a good idea to continue being open to him.

So, if you want to get your ex back while you still have a chance, don't waste time wondering whether or not she wants it as well.

If she has contacted you, take it as a sign that she does want you back.

Then, interact with her (on the phone and in person), create additional sparks of attraction inside of her (e.g. by being confident, using playfully challenging humor, flirting with her) and get her back.

2. If she truly wants you to leave her alone for now, a woman will usually say that and then block you

So, a woman will say something like, *"Just leave me alone. It's over. You need to move on"* and then block your number.

She might also unfriend you on social media and possibly even stop hanging out at any of the places that she might run into you.

If you do want her back, don't assume it's impossible to make it happen now that she's

blocked you.

The truth is, feelings change all the time.

Right now, your ex might be saying she wants you to leave her alone.

Yet, when you spark some of her sexual and romantic feelings for you, sheâs naturally going to change her mind (i.e. because sheâs feeling positive emotions such as respect, attraction and excitement again).

She then becomes more open to talking to you again.

How can you get in touch with her to spark her feelings if sheâs blocked you?

Send her an email, ask a friend to text her for you, or even show up at her place of work or home (at a suitable time of course) so you can talk to her in person.

If you are worried about using those approaches, use a more subtle approach that works, which is to post photos to social media of yourself having fun and looking confident around other people.

Be sure to post the photos as âpublicâ so she can see them without having to follow you.

Whatever approach you decide to take, the most important thing to do is to focus on re-attracting her (i.e. posting photos of yourself looking happy and confident around others, rather than posting photos of yourself alone, or making posts that suggest you are on your own, feeling lonely or lost without her).

Another sign to look out for isâ!

3. If she wants you to get her back, a woman will often like and comment on your social media posts

A woman who has lost a lot of respect and attraction for a guy and no longer wants to be with him, will usually avoid being nice to him (e.g. liking his posts, commenting in a nice way).

Rather than being nice and potentially giving him the wrong idea, she will try to cut off all contact, make a clean break and move on without him.

So, if your ex has been clicking âlikeâ on most, or all of your social media posts or even leaving comments, it can be her subtle way of letting you know that sheâs still interested.

Essentially, sheâs giving you an excuse to message or call her and open up the lines of communication between you again.

If you want her back, you must build up the confidence to make a move while you still can (i.e. before she meets another guy that she finds more attractive and appealing).

4. If she wants you to leave her alone, a woman will often be very cold, rude and distant if you try to contact her

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[image: If she wants you to leave her alone, a woman will often be very cold, rude and distant if you

try to contact her]

That kind of behavior from a woman can often be a clear sign that she wants you to leave you alone. Yet, not always.

For example: Sometimes a woman will be cold, rude and distant to test her ex's confidence (e.g. if he was insecure in the relationship).

It's her way of checking to see if he's changed and leveled up as a man, or if he's still stuck at the same level.

So, if your ex has been cold, rude, distant or mean towards you since the break up, it might have left you feeling confused about whether or not she wants you back, or wants you to leave her alone.

It really can be either.

However, the most important thing to understand about break ups, is that all it usually takes is a spark of respect and attraction inside of a woman, for her to begin to drop her guard and open up to the possibility of getting back with you.

She suddenly realizes that her feelings for you aren't dead, which then makes her begin to worry about regretting it if she doesn't give you another chance before you move on without her.

This is why, if you want her back, you shouldn't just give up based on her initial treatment of you.

As long as you focus on saying and doing the types of things that create a spark inside of her (e.g. maintaining your confidence with her regardless of how cold, distant or bitchy she's being, using humor to break down her defenses and make her feel good around you again, showing her via your attitude, actions and behavior that you've changed and improved some of the things that turned her off during the relationship), she won't be able to stop herself from feeling drawn to you again.

That's how millions of men get women back, every day, all across the world.

It's the best and most natural way to get a woman back and it works.

5. If she wants you back, a woman will find excuses to randomly contact you

For example: She might congratulate you on something you achieved or experienced recently, wish you a happy birthday, ask how a friend or family member is doing and so on.

Whatever her reason is doesn't really matter.

If your ex is contacting you, then you have an opportunity to re-attract her during your interactions with her.

For example:

- Don't make the mistake of remaining neutral, or just acting friendly with her when she contacts you. Instead, be playful and flirtatious to create sexual tension between you. Sexual tension (i.e. when you feel the desire to have sex, but can't because there is an obstacle in between you and her) will make more open to hanging out with you in person, so she can release the tension with touching, kissing and sex.

- Don't suck up to her with a nice guy act. For example: You might be tempted to be extra polite, nice and be on your best behavior to show how serious you are about getting her back. Yet, being a bit playfully challenging to make her laugh, feel excited and feel attracted around you is infinitely more effective.
- Don't apologize too much for what you did. It's fine to give her one sincere apology, but repeatedly apologizing will make you look desperate and will create the wrong power dynamic in the new relationship (i.e. it will be about her allowing you another chance, rather than you both wanting to give each other another chance).
- Don't be stick to just texting her if she reaches out via text. It's fine to reply via text, but get to a phone call shortly after, or at the very least, send her some voice texts, so she can hear your confidence and sense that you're not being needy, desperate or too keen.

The more attracted you make her feel when she interacts with you, the more she will truly believe that getting back with you will be the right thing for her to do.

Then, it's just a matter of catching up and you and her will be back together.

6. If she wants you to leave her alone, she might get into a new, serious relationship with a guy

Many women quickly do that to hopefully turn their ex off, or make him feel insecure.

Yet, if you maintain your confidence and have the courage to interact with her and create new feeling of attraction inside of her, she won't be able to stop herself from feeling drawn to you again.

Why?

Just like pretty much every woman on the planet, your ex will secretly want to be with a confident man who believes in himself and maintains his belief no matter what she says or does.

That is like being a 10/10 in a woman eyes, because it's so difficult to find and when a woman does find it, she feels a deep, primal attraction for him because it also makes her feel safe.

On the other hand, if a woman is with a guy who is insecure and can't maintain his confidence, then she can't rely on him to protect her and keep her safe throughout life, so she feels instinctively and primally turned off.

So, make sure that you maintain your confidence no matter what she says or does to try to make you feel insecure.

When she senses your unwavering confidence, she will automatically feel a new sense of respect and attraction for you.

You can then build on her attraction and hook up with her again, so she feels unsure about her feelings for the other guy.

7. If she wants you to get her back, she might act like she is over you, but then show interest again the next day

[image: If she wants you to get her back, she might act like she is over you, but then show interest

again the next day]

[image: If she wants you to get her back, she might act like she is over you, but then show interest again the next day]

A guy might experience that kind of behavior from his ex and think, *â€œI donâ€™t know if she wants me to get her back or leave her be. It feels like sheâ€™s playing mind games with me. Maybe she is over me, but is just messing with my headâ€* or *maybe she wants me back. I donâ€™t know!*

It can be very confusing for a guy.

So, let me clear it up for you.

A woman can have different (and often very valid) reasons for pretending that sheâ€™s over her ex one day and then showing interest the next.

For example:

- Sheâ€™s testing his confidence level (e.g. does he have the balls to get her back even though sheâ€™s not making it easy for him? Does he still lack the kind of confidence she looks for in a man?).
- Sheâ€™s testing to see how interested in getting her back he really is (e.g. does he want her back because he cares for her, or is it mostly about his ego being hurt when she dumped him?).
- She feels attracted sometimes, but then feels turned off other times (e.g. sheâ€™s attracted when heâ€™s being confident, self-assured, flirts with her and makes her feel desirable. Yet, she feels turned off when heâ€™s being unsure of himself, sucks up to her and lets her call all the shots).
- She is trying to keep the possibility of you and her getting back together open, so she can have a little more time to make her final decision.

This is why, the best response is for you to remain calm, relaxed and confident no matter how she behaves.

That way, you are behaving in a way that will be attractive to her, which will make it difficult for her to get over you and move on.

Regardless of how attracted you make her feel, donâ€™t just sit around waiting for her to make it 100% clear that she wants you to get her back.

In many ex back cases, a guy needs to have the courage to make a move (i.e. arrange a catch up and then hook up with her), otherwise the attraction she has will fade away, or be replaced by her attraction to a new guy she meets.

8. If she wants you to leave her alone, she might ask you to never contact her again

In a case like that, the best approach is to tell her that you accept her decision, agree that you and her wonâ€™t ever get back together and then get her to agree to meet up with you one last time to say goodbye as friends.

If she says no, just tell her that if she never wants to hear from you after catching up as friends, you

will never contact her again.

This gives you an opportunity to re-attract her in person and her an opportunity to close off the relationship.

Yet, when you re-attract her in person, she then feels confused and begins to regret saying that she never wants to speak to you again.

She realizes that if she doesn't ever speak to you again, or see you, then she's going to miss you because she does have feelings for you.

Her feelings for you have only just been reawakened, but they're there.

She can feel the pain of losing you now.

When she's feeling that kind of emotional pain, she naturally wants to stop it by trying to keep things open between you and her, rather than closing you off completely.

This means that she'll be much more likely to be open to texting and potentially catching up in person again, or to you suggesting a goodbye hug at the end up the catch up, which can then lead to a kiss and to sex.

9. If she wants you to get her back, she will actively flirt with you

A woman will almost never risk getting rejected by an ex guy if she thinks he's not interested in her anymore.

So, if your ex has flirted with you lately, or the last time you interacted, don't sit around waiting for more obvious signs that she wants you back.

What are some flirting examples?

Her being cute in text messages, her being sexually suggestive in text messages, her using pet names or nicknames that you and her used in the relationship, her smiling and looking at you in a cute way when talking to you in person, her touching you more than she needs to and so on.

If she's done anything like that, you've got to believe in yourself and understand that she's still willing to flirt with you, which clearly suggests she still has those kind of feelings for you.

If a woman doesn't have those feelings, she will rarely, if ever, flirt with an ex.

Instead, she will be cold, distant and talk to him only like a friend, rather than potentially giving him the wrong idea.

So, if your ex has been flirting, then have the courage to build up the sexual tension between you and her and then blissfully release it together with kissing and sex.

Don't just let the sexual tension build and then not do anything with it.

If she's feeling horny and you're not fulfilling her needs, she will naturally begin to feel open to sleeping with other men.

So, if she's feel attracted, make a move while you still can.

Sex speeds up the process of reconciling a relationship, stops a lot of the mind games or uncertainty between a man and a woman and helps get things back on track.

10. If she wants you to leave her alone, she won't care if you ignore her or move on

In cases like those, the best way to make her care is to use any interactions you have with her (e.g. via text, social media, over the phone or in person), to re-spark her sexual and romantic feelings you.

The more you make her feel attracted, smile, feel desirable and feel good when talking to you, the more that the idea of losing you for real will begin to worry her.

She then naturally wants to talk to you more and hang out to see how she feels.

On the other hand, if she's lost touch with her feelings of respect and sexual attraction for you and broke up with you because of it, then you ignoring her for a few weeks or even months isn't going to bother her.

Instead, she's going to use the time to move on and find a new man.

11. If she wants you to get her back, she might not admit it to you and will just wait

In a case like that, she will be secretly be hoping that you have the courage to make a move.

Of course, she won't wait forever.

If she notices that you're not doing anything to get her back after a couple of weeks, she may force herself to get over you and move on (usually by hooking up with another man).

Don't let that happen to you.

If you want your ex back, you've got to be man enough to take control of the situation, rather than expecting her to be the strong one who gets you and her back together.

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[image]

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Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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3 Mistakes to Avoid if You're Unsure About Messaging Your Ex

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Sometimes a guy will completely miss out on getting his ex girlfriend or wife back, due to one or more of the following mistakes:

1. Waiting for a week, not hearing from her and then waiting an additional week

The longer you wait to message her, the more time you're giving her to get over you and find a replacement man.

That doesn't mean you have to contact her immediately after a break up, although some men do and get their woman back.

Instead, it's totally fine to wait a few days, or a week to let things cool down, give her a chance to miss you and let her see that you're not being desperate, needy and chasing her down.

Yet, if you wait longer than that (e.g. use the [No Contact Rule](#), which was originally designed by therapists to help couples move on), then she's almost certainly going to begin moving on without you.

So, make a move while you still can, rather than waiting for a week (or more) and then waiting even longer, in the hope that she mans up and messages you.

You need to man up and message her.

You're the man, so take control of the situation and begin guiding her through the [ex back process](#).

2. Not realizing that most women can easily be re-attracted into a relationship, or at least into hooking up again

[image: Not realizing that most women can easily be re-attracted into a relationship, or at least into hooking up again]

[image: Not realizing that most women can easily be re-attracted into a relationship, or at least into hooking up again]

Most women don't want to have to start over with a new guy, spend years with him, fall in love and eventually find out that he's not compatible with her, or be disappointed when he changes and is no longer the guy he used to be (e.g. He used to be nice, but turns into an asshole. He used to be confident, but becomes more and more insecure, jealous and emotionally sensitive over time).

This is why, [a woman will often allow herself to be seduced by her ex](#), if he's able to make her feel new feelings of attraction that excite her.

To her, he's familiar, she trusts him sexually and it's usually something she can do without

anyone finding out right away.

Alternatively, she does it because she enjoys the drama of it all, she likes the anticipation or she wants to test herself to see how she will react after hooking up with her ex.

So, if you get in touch with your ex quickly and begin re-attracting her, you can have her back in your arms sooner, rather than later.

Yet, if you think that the answer to getting her back is to just wait, then you will likely be waiting for a long time, or may soon find out that she has moved on without you.

3. Texting her in a friendly way, but hoping she feels a romantic or sexual spark

If you want your ex to feel a sexual and romantic spark with you, so she wants to get back together, you have to focus on creating and building that spark.

You can do that via flirting, being more confident than you used to be, being a bit playfully challenging and so on.

It's better to show that new, more attractive side of yourself via a video call, on a phone call or at the very least, via voice texts.

If you only send her typed texts and are suddenly acting a lot more confidently, ballsy or assertive, she can easily read it the wrong way.

So, if you want her back for real, just prepare yourself to do it in a way that works (i.e. in an attractive way, rather than a boring, neutral or unattractive way).

For example: A guy will want his ex girlfriend or wife back, but he'll just text in a basic way, as though he's having a conversation with a buddy.

Yet, by texting her in that way, she begins to think that there is no longer enough of a spark between them to warrant having a sexual relationship.

It feels more like a friendship to her, than something romantic.

As a result, she puts him in the friend zone and focuses on meeting new men who make her feel sexually and romantically attracted.

Alternatively, a guy tries to be extra nice to his ex woman, to hopefully get her to take pity on him, or hopefully make her see that he's not angry about the break up.

Yet, it backfires because his approach doesn't make her feel sexually and romantically attracted. She just feels neutral towards him, or feels turned off by the fact that he's become nicer, softer and wimpier (in her eyes).

This is why, if you want your ex back, you have to prepare yourself to actively spark her feelings of sexual and romantic attraction when you next interact.

When you do that, her guard will come down and she'll become open to meeting up in person.

In person, you can then build on her feelings and get to a hug, kiss, sex and back into a relationship.

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Do I Message My Ex First, or Wait Until She Sends Me a Message?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

It depends on the following:

- **If you are a man or a woman**

Men need to take control of the situation and go through an ex back process to get a woman back, rather than being passive (i.e. waiting) like a woman would be.

In almost all cases where a woman has dumped a guy, she will rarely try to get him back via text.

Instead, she will usually sit back and wait to see if he is emotionally strong enough to send her a message first and then make her feel attracted and drawn to him again.

If he doesn't have the courage to do that, she will lose respect for him for fearing rejection, or she will want to move on without him because she will assume that he's not interested enough to pursue her and get her back.

Whether or not you should message your ex first also depends on this:

- **If she is still attracted to you or not**

If your ex isn't attracted to you anymore, she's probably not going to send you a message.

Some women do message an ex to simply check if he's still interested, which she can tell by how he replies to her.

Yet, in most cases, a woman will focus on moving on and finding a new man to have sex and a relationship with.

- **How easy it will be for her to move on**

In today's world, it's very easy for a woman to find a new man.

For example:

She can use one of the many dating apps available to find guys to date (e.g. Tinder, OkCupid, Coffee Meets Bagel, Match, Hinge, Bumble and so on).

Overnight, she can have hundreds of guys interested and trying to message her.

Alternatively, if she's attractive, guys will hit on her when she goes out to clubs, bars or parties with her friends.

Additionally, she can open up to guys she knows and have been waiting for a chance with her (e.g. a coworker, friend, ex boyfriend, friend of a friend).

10 Things That Might Happen if You Wait For Her to Message,

or You Message Her First

What happens really depends on the relationship you and her had, what kind of girl she is and how you go about texting her.

For example:

1. If you wait for her to message you, she might never contact you again

[image: If you wait for her to message you, she might never contact you again]

[image: If you wait for her to message you, she might never contact you again]

That can be because she's not attracted to you anymore and doesn't care if you don't contact her.

Alternatively, she might take it as a sign that you're not interested in her anymore.

As a result, she fears getting rejected by you if she messages you first, so she never does.

That's why, it's always best for you to make the first move and get the ex back process started.

In other words, be a man and guide her through the ex back process, so you can actually get her back.

Don't sit around waiting for her to man up and message you.

Take control of the situation, re-attract her and get her back while you still can.

2. If you wait for her to message you, she might text you out of curiosity, but not want you back

Sometimes a woman will wonder, *"Why isn't he contacting me? What is he up to?"* and will then make the first move to get in touch with her ex.

Yet, she doesn't actually want to get him back.

Instead, she's just curious to see if he replies, if he's still interested and if he has been missing her.

Regardless of how he replies, she plans on continuing to move on without him.

So, while he might think, *"Yes! It worked! My ex messaged me!"* she will be thinking, *"I'll just confirm that he's still missing me and then I'll continue moving on without him."*

A woman will often do that to make herself feel better and have peace of mind that her ex still wants her back, while she moves on.

Getting a message from an ex woman like that doesn't mean you've gotten her back.

It's just a message, or a series of texts and nothing more.

3. If you wait for her to text you, she might feel annoyed and want to get revenge by getting herself a new guy

She might feel that you never really loved or cared about her or the relationship, which is why you're now not trying to get her back, or at least message her to reopen communication between

you and her.

As a result, she decides to show you that she doesn't need you in her life by finding a new man as quickly as possible.

You then end up being the one who loses out, because she was hoping to hear from you all along and you never made a move.

Don't let that happen to you.

If you want to give her a bit of space before messaging her, then you only need to do that for a few days or up to a week at most.

That allows things to cool down between you and her, gives her a chance to miss you and also proves that you're not being needy or desperation.

After a days or up to a week, just go ahead and message her.

Make her smile and feel happy to be hearing from you and then get to an in person meet up, so you can get her back for real.

4. If you wait for her to text you, she might see it as you being intimidated by the situation

She might assume that you're afraid and don't have the balls to send her a text, email or social media message, let alone get her on a phone call.

That can lead to her to decide you're not man enough for her.

If she feels that way, she will naturally feel attracted to other men who display more confidence, self-belief and ballsiness than you have been or did in the relationship with her.

She will push herself to interact with those sort of men, in the hope that she doesn't end up with another guy that doesn't have the level of confidence she really wants.

This is why, you've got to be courageous when getting an ex back (i.e. because it displays confidence), while also using an approach that causes her to feel a renewed sense of respect, attraction and love for you (e.g. attracting her in new ways as you talk to her, letting her sense that you've leveled up as a man. Don't tell her that – let her sense it).

5. If you text her first, she might not reply

That can mean she isn't interest, or she might have another reason (or reasons) for ignoring your message.

For example:

- She doesn't want to seem too eager to hear from you, so she ignores you to see what you will do next (i.e. Will you try again, or will you give up just because she didn't reply?)
- She wonders if you were just testing the waters to see if she was missing you, so you could feel good about yourself.
- She's angry with you for taking so long to message her after the break up.
- She's confused about the meaning of your text (i.e. Are you just saying hi as a friend, or are you interested in getting her back?).

There are many reasons why a woman won't reply to her ex right away, which don't actually

prevent him from getting her back..

So, don't give up right away if your ex doesn't reply.

In all ex back cases, the best option is always to remain confident no matter what and focus on making her feel a renewed sense of respect, attraction and love for you.

That is what works on women.

6. If you text her first, she might reply in a cold way, but be secretly interested

[image: If you text her first, she might reply in a cold way, but be secretly interested]

[image: If you text her first, she might reply in a cold way, but be secretly interested]

This can be because she wants to test your confidence, which is why your response is so important.

The best approach is to show her that you're not worried, or aren't taking her cold response so seriously.

Instead, you feel confident about yourself, regardless of how cold she's being, or how she's trying to put you off and make you feel uncertain about your chances with her.

Remember: Women are naturally attracted to the confidence in men, so when you project a confident, self-assured energy, she will naturally look at you in a more positive light, even if she pretends not to.

Don't be afraid to show her that you're not intimidated by her cold, unfriendly attitude.

Likewise, don't rely on her sending you nice, sweet, friendly texts to hopefully make you feel confident enough.

You have to have independent confidence, rather than relying on her to help you.

The more she notices that you're not negatively affected by her coldness, the quicker she will begin to feel a renewed sense of respect and attraction for you.

When she feels that, she will realize that her feelings for you aren't dead and if she doesn't give you another chance, she might end up regretting it and missing you for the rest of her life.

7. If you text her first, she might be excited to hear from you, but then lose interest based on what you say next

For example: You're too serious, nice or polite, she doesn't feel a spark with you.

As a result, she loses interest and decides that you and her are no longer compatible, or she has changed and no longer feels attracted to guys like you.

Alternatively, you start messaging her random things and she gets bored of texting with you (e.g. you text her about your day, how busy you were at work, how you got stuck in traffic, the problems you're experiencing in life, what you're having for lunch).

If you don't make those mistakes, you might make the mistake of seeming to be pushing for a relationship, even though she's not attracted to you yet.

As a result, she loses interest because she just doesn't feel the same way you do.

8. If you text her first, she might be open to a bit of texting initially, but will want you to progress to a phone call or meet up

[image: If you text her first, she might be open to a bit of texting initially, but will want you to progress to a phone call or meet up]

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If you don't take things to the next level and just stick to texting her, a woman will almost always get bored and lose interest.

In some cases, a woman will text her ex, but will secretly begin dating and sleeping with a new man, or hooking up with new guys and will eventually say, *â€œIâ€™ve got something to tell you. Iâ€™ve met someone and Iâ€™m very happy with himâ€* and then ask her ex to stop texting her. He will then get dumped and heartbroken for a second time.

He thought he had a chance, he thought she was interested, but all he did was text.

9. If you text her first, she might want to play hard to get to see how you react

For example:

- Will you lose confidence in yourself and your chances of getting her back, if she isn't being nice, sweet and friendly via text?
- Will you lose control of your emotions and get angry at her, or become desperate for her to show you the love you want?
- Will you lose interest and just move on with a new woman?

Depending on how you react, she will either start ignoring you and focus on moving on, or open herself up to being guided back into a relationship with you.

10. If you don't text her first, she might decide to block you and focus on moving on

She takes it (you not messaging her) as a sign that you're not interested in her.

So, she then blocks your number and begins moving on, rather than wasting more time waiting and feeling disappointed when she doesn't hear from you.

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[image]

[image]

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policy.

5 Mistakes to Avoid if Your Ex Won't Give You Closure

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

When a guy wants to get closure from his ex girlfriend (or wife), he will often make one or more of the following 5 mistakes, which push her away even further.

1. Not realizing that getting an ex back is about re-attracting her sexually and romantically

When a woman feels sexually and romantically attracted to her ex again (even if just a little bit), she begins to look at him in a more positive light.

She starts to realize that her feelings for him aren't dead and that, if she doesn't give him another chance, she may end up regretting it when he moves on and is happy without her.

As a result, she has a reason to get back with him, or at least hook up with him again to see how she feels.

Can you see the pattern here?

It's about her feelings, not yours.

Getting closure is about you trying to take care of your feelings, not hers.

Understand?

Additionally, you need to understand the reality of closure: It doesn't necessarily give you closure.

For example: Imagine she said, *"Okay, I'll tell you more about why I broke up with you and how I felt leading up to the break up."*

She then tells you that she began to lose feelings for you when you did a certain insecure thing, or reacted in a particular way, which really turned her off.

Then, she realized that she couldn't be with you.

Would that really give you closure?

Think about it.

You and her likely experience so many great moments together and she probably told you that she loved you.

So, why on Earth would she just fall out of love with you and dump you over a silly mistake you made?

There has to be more to it.

As a result, you don't have the closure that you've been seeking.

You still wonder if she was telling the truth, or if there was another, more secret reason (e.g. she met someone else) why she left you.

So, not only will seeking closure possibly lead you to having more questions, it's not actually the way to get a woman back anyway.

To get her back, you need to focus on making her have new feelings for you, rather than trying to

take of your own feelings.

When you approach the ex back process in that way, she will naturally drop her guard and open up the idea of getting back to you.

Why?

She now has new feelings for you and worries that if she doesn't give you a chance, she's going to regret it when you move on and are no longer interested in her.

That is what works.

Another mistake to avoid making is

2. Pleading with her

[image: Pleading with her]

[image: Pleading with her]

Women aren't attracted to desperation in men, so if you plead with her to hopefully tell you what you need to know, it's just going to turn her off.

It can also lead to a woman blocking her ex, or feeling more motivated to move on without him, so she at least has another guy to put in the way of her ex trying to get her back.

So, while you might feel like you need to know how she feels, why she did what she did, or what you did wrong, it's not something to be seeking from her.

You need to figure out where you went wrong (e.g. Were you too insecure, emotionally sensitive, clingy or controlling? Did you lose the confidence in yourself that initially attracted her to you? Did you give her too much power in the relationship? Did you stop being manly?) and then quickly prepare yourself to interact with her and let her see that you have changed.

Don't tell her that you've changed all those things and ask her another chance based on it though.

A woman doesn't want a guy trying to sell himself to her.

Instead, what a woman wants is to naturally feel attracted to you based on who you are and how that makes her feel – without you having to explain it all to her, or ask for reassurance that you're doing it right.

So, don't go seeking closure, or reassurance from her.

Instead, focus on making her feel a renewed sense of respect and attraction for the man you've become since the break up.

Then, go through the remaining steps of the ex back process to actually get her back.

You can do it, but you've got to stop focusing on taking care of your feeling (i.e. seeking closure, clarification or reassurance from her).

3. Assuming that she will care if you cut off contact and ignore

her from now on

If a woman doesn't have feelings for her ex anymore and she can easily move on, she's not going to care if he's not contacting her anymore.

So, don't try that trick on her and waste months waiting and hoping that she comes back.

If you want her back, you need to take control of the situation and actively begin re-attracting her, so she has a reason to get back with you now.

4. Writing a long email or message to express how you feel

Women hate it when a guy sends a huge wall of text explaining or expressing his feelings and being overly soppy about it.

It doesn't matter if she's in love with him, or if she's dumped him – women just don't like it when men become too emotionally sensitive.

Women love it when a man feels emotions and is emotionally available (at times), but they don't like a guy who takes on the role of a woman and makes everything about his feelings.

Women do not want to take care of your feelings, or have your feelings be what everything is about.

Instead, women want to react to you with feelings of attraction and then follow their feelings (i.e. kiss you, date you, have sex with you, get into a relationship with you).

If you feel the need to unload a mega sized email or message, or send her a series of texts expressing your feelings, you're not going to get closure; you're almost certainly just going to get rejected.

So, if you want her back, you have to approach this like a man.

While it's fine to feel feelings, it's not fine to make everything about your feelings.

Focus on making her have feelings for the new and improved you and then have the balls to follow through to a hug, kiss, sex and back into a relationship.

5. Developing a fear of relationships because you didn't get the closure you needed

Many guys won't ever make the search that you did to arrive at this article.

Instead, a guy will feel sad, sorry for himself and upset about not getting closure from his ex.

He may end up feeling as though women are selfish, impossible to keep happy and that he will never be able to maintain a relationship with a quality woman.

As a result, he then begins to develop a fear of relationships and insecurities around women because he doesn't understand them.

Additionally, he may end up getting into another relationship and making the same or similar mistakes (i.e. mistakes based on his insecurities) that result in yet another break up for him.

For a lot of men, that cycle continues throughout their life until they eventually feel like it's just

all too difficult and believe that they are doomed when it comes to women and relationships.

I feel sorry for those men because they don't know what you've learned in this article.

They just don't get it, so they are destined for a life of suffering.

Not you though.

You've found the answers in this article and you know that you're at the right place now.

The question is: Are you going to continue to learn and quickly improve yourself over the next couple of days, or will you go back into your shell and hide away from this opportunity to be with her again?

You're at a crossroads moment in your life right now.

Turn left and you go down a path of confusion, regret and sadness as you watch her move on without you and never want you back.

Turn right and you enter a new world of confidence, clarity and manliness that naturally attracts your ex back to you and makes her never want to leave you again.

The right turn is to continue learning right here, right now.

Don't leave until you find more answers.

All of the answers you seek are here.

×

[image]

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

[image: Dan Bacon]

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Why Won't My Ex Give Me Closure? (6 Reasons)

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

6 possible reasons why:

1. She doesn't feel like she has to

Sometimes, a woman will walk away from a relationship feeling confident that she has made the right decision.

From her perspective, it's over and there's nothing left to talk about.

Of course, the guy she just dumped might not see it that way.

Instead, he may be struggling to come to terms with what happened and from his point of view, there are so many questions he wants answers to before he can even think about letting go or moving on.

As a result, it can cause him to behave in unattractive ways, which only push her away even more.

For example: He might

- Constantly text, call or message her on social media and ask that she give him some closure.
- Show up unexpectedly at her place of work or home, to try to talk to her about what happened.
- Beg and plead with her to give him some answers.
- Write her a long email, or series of messages to convey how he feels, ask her a bunch of questions and request that she stops being so selfish or cold towards him.

In most cases, it then causes the woman to pull away from him even more.

He might then ask himself, *Why won't my ex give me closure? What is her problem? What is she hiding? Why won't she do it for me? What is going on?*

From her perspective, the answer to the question of why she won't give him closure is pretty simple: She doesn't have to.

She's already made her decision, broken up with him and is now focused on moving on without him.

Additionally, she feels as though she's not actually responsible for her ex's emotional well-being.

She is single now and he is not her responsibility, so if he can't deal with life, then it's his problem, not hers.

That may sound cruel, but it's the reality.

You were an individual living your own life before you met her, she was doing the same with her life and when you got together, you were two individuals in a relationship with each other.

[image: She doesn't feel like she has to give you any closure, other than the break up itself]

[image: She doesn't feel like she has to give you any closure, other than the break up itself]

A relationship isn't a contract that requires either of you to take care of the other person for life.

A relationship is just a term for the situation where (in this case), a man and a woman are

â□□togetherâ□□ as boyfriend and girlfriend.

In other words, you never really own your girlfriend, or your wife for that matter.

Itâ□□s just you and her â□□togetherâ□□ and that will remain, unless you, her or the both of you changes your mind.

If you, her or the both of you change your mind and no longer want to be â□□together,â□□ then the relationship can end and neither of you owe the other person anything.

Of course, thereâ□□s a terms called decency (Decency (*noun*): Behavior that conforms to accepted standards of morality or respectability) and from your perspective, she should have the decency to show you the respect to give you some closure.

After all, you and her went through a lot and you probably treated her really well, did a lot for her and so on.

Well, from your perspective, it seems right that she should give you some closure and I personally understand how you feel.

However, in reality, she doesnâ□□t owe you that at all and doesnâ□□t have to give you it if she doesnâ□□t want to.

Itâ□□s important for your maturity as a man to accept that.

Itâ□□s also important for her level of respect and attraction for you, because women are turned off by men who â□□needâ□□ to be taken care of emotionally by a woman.

Women are attracted to men who are emotionally independent and donâ□□t need a womanâ□□s words or actions to be a certain way, before he can feel confident, worthy and good about himself.

So, if youâ□□re currently waiting and relying on your exâ□□s words or behavior to make you feel better, youâ□□re going about it all wrong.

You need to say to yourself, *â□□I donâ□□t need closure from her. Iâ□□ve gotten closure already based on the fact that she broke up with me. If I want her back, Iâ□□ve got to now focus on re-attracting her.â□□*

Itâ□□s as simple as that.

Youâ□□ve got to focus on what is actually going to work.

If you do what works (i.e. re-attract her and seduce her back into a relationship), then you get her back.

If you donâ□□t (e.g. just text her and hope that something happens, ask for closure, seem sad or lost without her, talk about your feelings, try to get her to pity you), then you simply push her away further.

Another possible reason why your ex wonâ□□t give you closure isâ□□!

2. She worries that if she talks to you again, she will be seduced back into a relationship

Sometimes a woman will break up with a guy, but still have some feelings for him.

Yet, she also knows that he currently isnâ□□t capable of being the sort of man she really wants and needs (e.g. heâ□□s too immature for her, too emotionally sensitive or not manly enough).

So, rather than settle down into a relationship that doesn't make her happy, she decides to break up with him and try to move on.

Despite all that, she can still worry that if she opens up to talking to him, he might be able to change her mind and she will then be seduced back into a relationship with him again.

As a result, she cuts him off and refuses to talk to him and give him the closure he wants.

If you feel as though your ex falls into that category, then getting her back should be pretty easy for you.

Rather than pestering her about closure, you can begin getting her back by focusing on re-attracting her (i.e. displaying the kind of attitude, confidence and behavior she will feel attracted to).

By the way!

If she's currently not answering your calls, text her this:

Hey – I know you probably don't want to talk to me because I've been pestering you about giving me closure, but I'm over that now. Sorry about being so silly about all that. I know now that it wasn't necessary because we have broken up. I accept that we've broken up. However, I do want to ask you something quick over the phone. Don't worry, it's not serious. I'll call you in 5 minutes.

Then, call her 5 minutes later.

If she doesn't answer, leave it for a day or two and call her again.

If she doesn't answer, text her this:

Hey, I tried calling. Maybe you're busy. No probs. I do want to ask you this quick question. I'll try calling you again tonight at 6. Again – it's nothing serious.

By that stage, she will be curious about what you want to ask her so she may text something along the lines of, *Okay, fine* or, *What do you want to ask me? Just tell me now.*

Regardless of how she responds, don't text her back.

You must talk to her over the phone, so you can display confidence to spark some attraction and use humor to break down her defenses.

When she feels sparks of attraction and relaxes her guard, she will then begin feeling drawn to you again, which will make her so much more likely to agree to catch up in person and say hi as friends.

Then, when you meet up with her and she notices that you've used the time apart from her to truly level up as a man (e.g. you're so much more confident now, you're more emotionally masculine, you don't react in an insecure or emotionally sensitive way anymore), she will automatically start to feel a new kind of respect and attraction for you again, even if she initially tries to stop herself from feeling it.

She will begin to look at you and think something like, *Wow, he's not like he used to be. I like him a lot more now. It's actually kind of sexy to see him so confident now. Maybe I should sleep with him and see how I feel afterwards.*

Before you know it, the catch up will lead to a hug and then a kiss and into the bedroom.

So, rather than trying to get closure from her, just do what you need to do to get to a meet up and then re-attract her and get her back.

Nothing else matters (if you want her back).

Another possible reason why your ex won't give you closure is!

3. She knows that nothing about you has really changed, so she doesn't feel motivated to discuss anything with you

[image: She knows that nothing about you has really changed, so she doesn't feel motivated to discuss anything with you]

[image: She knows that nothing about you has really changed, so she doesn't feel motivated to discuss anything with you]

To get a woman back, you need to make her feel differently about you, based on the changes you make to yourself (e.g. you become more confident, you no longer react to her in an emotionally sensitive or insecure way).

Unfortunately, a lot of guys don't realize that, or they don't seek the help to quickly improve themselves emotionally, so they can then re-attract the woman and get her back.

For example:

If a guy was emotionally unavailable in the relationship and he then pretends that he doesn't care that she has dumped him (e.g. he uses the No Contact Rule and doesn't contact her for 30 days), she can take that as a sign that he's still as emotionally closed off, or emotionally immature as he was before.

If a guy was wimpy and needy in the relationship and he then begs and pleads and behaves in other desperate ways, she will know for sure that he hasn't changed. If she were to get back with him, it would just be more of the same.

If a guy was too giving, too generous and let her walk all over him in the relationship and then says, *"Just tell me what you want me to do and I'll do it"* or, *"I'll change. Just tell me what I need to change and I'll do it"*, she will know that he still doesn't get what she really wants (i.e. for him to stop being such a pushover).

When he then fails at getting her back, he might reach out to her for closure, which isn't going to change anything because she knows he'd still make her feel the same way (e.g. turned off, annoyed, unfulfilled).

When she rejects his requests for closure, the guy may end up feeling confused, frustrated and maybe even a little angry at her.

He may think, *"Why is she being so stubborn?"* or, *"Why is she being so selfish?"* *"Why won't she at least give me some closure so that I can understand what I did wrong?"*

Yet, what a guy like that doesn't realize is that he's trying to get her back while offering her the same kind of attraction experience that turned her off and led to the break up.

Nothing has really changed and she knows it.

As a result, she doesn't feel motivated to help him emotionally by giving him closure; especially since it could possibly lead to him convincing her to give him another chance and her giving into that.

Another possible reason why your ex won't give you closure is!

4. She sees a guy needing closure as being needy, which turns her off even more

Although a guy may feel as though getting closure is justified or the right thing to do, his ex woman will usually see it as needy and desperate.

As a result, she distances herself from him even more.

Why?

Women are instinctively attracted to the emotional strength in men and turned off by the emotional weakness.

In other wordsâ€¦!

If a man is emotionally strong, heâ€™s going to be confident, have high self-esteem, believe in himself and his value as a man and be able to handle whatever life throws at him without flinching (e.g. if he gets broken up with, heâ€™s going to either take action to get his ex back, or get over her, move on and find himself a new woman).

Heâ€™s not going to break down, cry, beg, plead or seek pity from his ex woman, to hopefully give him closure.

So, if a man is emotionally weak, heâ€™s going to be insecure, doubt himself and his value to his ex and other women and as a result, heâ€™s going to feel like he really needs her back, or really needs her reassurance (via closure) to make himself feel better again.

Itâ€™s not a nice thing to go through for a guy who is emotionally weak, but if he wants his ex woman back, he needs to man up.

He also needs to focus on what is going to work: Re-attraction.

When she feels attracted to him again, she then has a reason to get back with him (i.e. she doesnâ€™t want to regret losing him now).

Women get back with men based on their own reasons.

Itâ€™s not because women are selfish.

Instead, itâ€™s because a relationship is about two individuals deciding to be together for their own reasons.

If she doesnâ€™t have any reason to get back with you, then sheâ€™s not going to.

So, give her a reason by reawakening her feelings of respect, attraction and love for you.

In almost all cases, a guy wonâ€™t achieve that by asking for closure, or by having a closure conversation.

Instead, he will achieve it by interacting with his ex woman and making her feel attracted to the new and improved version of himself (e.g. heâ€™s so much more confident now, more manly in his behavior, he doesnâ€™t react in an emotionally sensitive or insecure way anymore, heâ€™s able to properly flirt with her now to create sexual tension).

Another possible reason why your ex wonâ€™t give you closure isâ€¦!

5. She doesn't want to explain where you went wrong and why she decided to break up with you because she fears that you will promise to change those things if she gives you another chance

Maybe that's not your intention, but a woman does worry about it happening.

Maybe you want closure so you can move on and not make the same mistakes again with another woman, but how can she really be sure of that?

No matter what a guy promises a woman, she knows that he might also have ulterior motives, or use what she says to get her back.

As a result, most women who've had some experience with relationships, or who have good instincts when it comes to relationships, will choose not to give an ex closure and just want to continue moving on without him.

Her ex might become frustrated with that approach and say something like *"Please tell me why you have broken up with me. After everything we've been through together, I at least deserve an explanation? Just give me something to help me understand what I did wrong. Everything was fine and all of a sudden, you just didn't want to be with me anymore. Please just tell me what happened, or what I did."*

In his mind, he sees it as completely normal and natural to be asking for an explanation.

Yet, in her mind, she can be thinking things like, *"Yeah, whatever. I bet if I tell him what he did wrong, he's going to start making promises to change and then expect me to give him another chance. What he doesn't realize is how that would make me feel. I would end up feeling like I've got a man who is following my instructions so I don't dump him. I don't want that kind of relationship. Alternatively, I will be with a guy who doesn't really want to be doing the things I'm asking of him, but he does it to stay with me a little longer. Maybe he'll then end up dumping me when he's ready. I don't want to risk that."*

So, when her ex keeps asking her for closure to help him understand what he did wrong, or how he could have made her happy, she remains guarded, closed up and possibly even gets to the point where she rejects him, cuts off contact and possibly blocks his number.

Many women do that so they can have a chance to move on and find a new guy, before their ex gets them back.

Another possible reason why your ex won't give you closure is that

6. She did something that she feels guilty about and doesn't want to have to admit it to you

In some cases, a woman will begin moving on from one relationship before ending the other (e.g. she hooked up sexually with someone else, she fell in love with another guy, she kissed a guy).

As a result, she doesn't want to hurt her ex, or even worse, risk him getting angry and possibly

becoming violent towards her by telling him her real reason for the break up.

Alternatively, she doesn't want him to have an opportunity to call her a slut, a whore or other names and make her feel guilty for cheating on him.

At this point, she doesn't feel guilty because she has excused herself for cheating prior to the break up, by saying to herself that *it just happened* or, *"it was a drunken mistake"* or, that she was *no longer in love* with her ex, so she wasn't committed anymore.

Of course, those aren't valid reasons for cheating, but if she wants to feel like the good one and maintain her positive self-image, she will hold onto those notions.

If she were to admit what she did to her ex, he could use it against her and cause her to question her self-image and feel bad about her betrayal.

So, rather than putting herself in that position, she refuses to answer his questions and hopes that he eventually gives up and leaves her alone.

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[image]

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

[image: Dan Bacon]

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4 Mistakes to Avoid When Holding a Grudge Against an Ex

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

It's fine to initially hold a bit of a grudge against your ex, but you should aim to get over that as soon as possible.

If you don't, it can end up causing all sorts of additional problems for you emotionally and personally, which will result in more break ups and heartache for you throughout life.

For example:

1. Assuming that all women will eventually treat you the same way your ex did

Sometimes a guy will allow a negative experience with one woman, cause him to feel suspicious and guarded towards all women.

He will fear that if he opens himself up to loving a new woman, he could eventually end up getting dumped, cheated on or hurt once again.

He will forget about the fact that all across the world, billions of couples have been able to be happy together, loyal and remain in love for life.

Those couples are just as common as the billions who broke up, or the millions of couples who get back together each year.

Yet, he only focuses on the negative.

As a result, women sense his fear, insecurity and emotional immaturity and it turns them off.

Some women like guys who are afraid like that, but it's usually only unattractive women who want to find an insecure guy who they can control.

The way unattractive women do it, is they initially act very nice towards the insecure guy, be sweet, give him lots of sex and get him to fall in love, or feel like he needs her in his life (e.g. paying rent together, gets him to ditch his friends and focus only on her).

Then, once he's hooked, she changes and starts to control him with the threat of a break up.

Before he knows it, he is being controlled by a woman that he wasn't even that attracted to initially.

He's doing whatever she wants, putting up with her bad behavior and letting her control him emotionally, just so he doesn't have to experience the pain of being dumped again.

Yet, eventually, she dumps him anyway.

Then, he's right back where he started after being dumped by his ex, except this time, he's just wasted 1-5 years with an unattractive woman who made him become even more insecure than before.

From there, a guy like that will often go into his shell and avoid relationships again, or fall for the same trick from a woman that he's not even that attracted to.

Alternatively, he will avoid relationships and focus on building up his career and becoming

successful, in the hope that he can get a more attractive woman.

Yet, if he happens to become very successful and make a lot of money, he will almost always only attract gold digger women who can see that heâs trying to sell himself to her and be chosen based on his money.

Women like that also control men, but they arenât so nice initially.

Instead, they are only nice and affectionate if the guy is buying her things or spending lots of money to impress her.

So, itâs a no-win situation for a guy like that.

Itâs a negative cycle that only leads to more pain.

How can he escape the negative cycle?

Simple.

He needs to stop being insecure about women, stop holding grudges, stop being afraid and start being a confident man who isnât afraid of love and doesnât feel the need to sell himself to a woman to hopefully get a chance with her.

Instead, he knows that he is a great catch and that a woman would be lucky to get a chance with him.

As a result, women sense his confidence and feel attracted to it and he then gives women a chance to be with him.

The relationship starts off on his terms and remains on his terms.

He doesnât allow himself to be controlled or walked all over by a woman.

Instead, he creates a dynamic where he treats the woman well, but he also makes her feel the need to treat him well at the same time.

She knows that heâs a great guy and that if she doesnât continue to treat him well, he could lose interest in her.

She doesnât want that to happen, so she continues to treat him well and they remain happy, in love and together for life.

Thatâs how to escape the negative cycle and enter the positive cycle of love and happiness in a relationship with a woman.

If you donât do that, then your fear of women will continually be proven true to you throughout life (i.e. you will be dumped or cheated on by women).

Another mistake to avoid making isâ

2. Letting the grudge negatively affect your behavior in future relationships

[image: Letting the grudge negatively affect your behavior in future relationships]

[image: Letting the grudge negatively affect your behavior in future relationships]

For example: If a guy holds a grudge against his ex because she cheated on him, he might end up distrusting every other woman he gets into a relationship with from then on.

He may become emotionally sensitive if he suspects something, even if itâs not true (e.g. a guy

friend texts her, she looks at another man while theyâre out together, her ex texts her to say hi). As a result, he might explode with anger, or over-react in a very jealous, controlling way. Naturally, that kind of behavior will lead to her losing respect, attraction and love for him. If it continues, she may eventually decide to break up with him.

If he had treated her well (apart from his outbursts) and done a lot for her, he might then hold a grudge against her for dumping him in that way.

He may feel betrayed and believe that women canât be trusted, or a relationship is impossible to keep together these days.

Obviously that isnât true as billions of couples of have remained together for life, without cheating on each other or breaking.

It is possible to remain happy, in love and together for life, but you have to know what attracts women and how to maintain a loving relationship dynamic.

If you donât know those things, the relationship will become stale and she will fall out of love. Itâs just how it works.

So, for the sake of your happiness today and in future, let go of the grudge youâve been holding against your ex.

If you donât, you may find yourself ruining relationship after relationship until you eventually do let go of the grudge.

Another mistake to avoid making isâ

3. Never really accepting that romantic relationships are conditional

[image: Never really accepting that romantic relationships are conditional]

[image: Never really accepting that romantic relationships are conditional]

Sometimes, itâs difficult for a guy to accept that just because a woman loved him and maybe even promised to be with him forever, it doesnât mean she actually has to stick to it.

The reality is that if a woman no longer feels the same way she did when she promised to be his girl forever, she doesnât have to stay with him if she doesnât want to.

Why?

Romantic relationships are conditional (i.e. they remain together if the couple remains in love, is happy together).

If a guy canât accept that, he may end up holding a grudge against his ex for lying to him, betraying him or going back on the promises she made to him.

He may not realize that promises she made when she was falling in love, or in love were only words. It wasnât a watertight, legal contract that couldnât be broken.

It was just a bunch of âin love promisesâ that rolled off her tongue when things were good. Itâs not nice that she broke that promise, but the world and life isnât always nice.

Sometimes, bad things happen to make us realize that we need to be better as a person, or become stronger as a person, or become stronger as a society.

It's just how it works.

If you want her back, you first need to let go of the grudge and then focus on preparing yourself to interact with your ex and re-attract her.

When you re-attract your ex, her original feelings for you will come flooding back and as a result, the conditions will change.

She will begin to see you as her ex that she still loves or has feelings for, which then makes her open up to getting back with you.

When you approach it that way, there's no need for a grudge because you simply just get her back.

Yet, when you weight yourself down with self-pity, anger and the disgust of being betrayed by her, then you're not going anywhere.

You'll be stuck there and it will negatively affect your future relationships.

Another mistake to avoid making is!

4. Wanting her back, but not trying and then regretting it for the rest of your life

If you let your feelings of anger and betrayal cause you to do nothing to get your ex back, you may end up regretting it months, or years from now.

One day, you'll wake up and realize that you had a chance to contact her, re-attract her and get her back, but you didn't.

You let too many months or years pass by, while you privately held onto a grudge against her, or weighed yourself down by focusing on her betrayal or unfair treatment of you.

Don't put yourself through that pain.

If you still have feelings for your ex and want her back, there's no better time to make it happen than right now.

Don't wait until it's too late.

Get her back.

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[image]

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

[image: Dan Bacon]

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How to Stop Holding a Grudge Against an Ex

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

4 things you can do right now:

1. Accept your part in the break up

When a couple breaks up, it's rarely the case that one person was 100% to blame for everything. No one is perfect, so mistakes will have been made in the relationship by both the woman and the man.

Of course, if you've been holding a grudge against your ex, you might feel as though she is to blame for a lot of what went wrong, or for how badly you've been feeling since the break up.

So, how can you stop holding a grudge now?

The first thing you need to do is clearly and honestly acknowledge that you also made mistakes in the relationship that led to her acting and behaving the way she did.

In fact, when you really think about it, you might be able to realize that she probably would have continued to treat you well, be faithful and stick with you if you hadn't changed so much (e.g. become insecure) and turned her off.

For example: Imagine her in a relationship with the ideal version of yourself that you sometimes think about.

The version of you that is truly confident, manly, capable and who doesn't react in an insecure way to her or anything else in life.

Imagine how she would have felt with that version of you, compared to who you became in the relationship.

By doing that, you can begin to take some responsibility for how you changed her.

[image: Letting go of your grudge doesn't mean she is innocent and didn't do anything wrong]

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Of course, that doesn't mean that you are 100% to blame and she's an innocent little angel.

Instead, it simply means you're emotionally mature enough to see that you do have an effect on people and it's not always positive.

Think about it this way!

Imagine a woman is in a relationship with a man because he is confident, loving, kind and an all around good guy.

He also makes her feel sexy, desirable and like she's the most beautiful woman in the world, in his eyes.

Yet, despite all that, he's not a pushover type of guy.

She still gets the sense that she needs to continue to look good to impress him, continue to treat him well and be good to him, otherwise he could lose interest in her.

This motivates her to be a good woman to him, treat him well, be loving and faithful, while at the

same time, also put in the effort to look good for him to keep him happy and attracted to her.

That kind of relationship brings out the best in a woman.

Yet, the same man can bring out the worst in a woman simply by changing his approach to her and the relationship.

For example: Imagine that although he continues to be nice and loving towards her, as time goes by, he stops making her feel like a desirable woman and starts treating her more like a neutral friend.

He starts to lose confidence and become insecure, jealous and a little controlling or needy.

This gives her the sense that he's no longer the confident guy she fell in love with and he's turned into a typical, insecure guy that is scared of losing her.

As a result, her feelings for him begin to change, along with her behavior towards him.

Although she might still care for him as a person, she begins to feel unhappy, disappointed, irritated and restless.

She begins to get angry at him, throw tantrums and no longer shows him the respect she once did.

Eventually, she begins feeling drawn to other men and possibly cheats, or lines up a new guy to replace him with after the break up.

She then breaks up with him and naturally, he feels betrayed by her.

As a result, he can end up holding a grudge against her and blaming her for the break up, or for how badly he has felt since the break up.

Now, the thing is, she isn't an innocent angel in all of this.

She cheated, lined up a new guy or she became bitchy and treated her ex badly leading up to the break up.

So, she is partly to blame for the break down of the relationship.

However, if her ex can accept his part in the break up (i.e. he stopped making her feel the way she wanted to feel in a relationship, which caused her to pull away or change as a person), then he will see that he shouldn't be holding a grudge.

As for you, it's important that you start with accepting your part in the break up, or your part in changing her and bringing out the bad side of her that you ended up seeing or experiencing.

If you're able to accept that, you will then realize that you could have kept the relationship together and happy, but more importantly, you can also get her back now if you really want to.

How?

By making some adjustments and changes to how you approach interactions with women, so you can naturally attract your ex the next time you interact with her.

How? What needs to be changed or adjusted?

It depends on the guy, but some examples of a guy changing and becoming attractive to an ex woman include him being so much more confident than before, no longer reacting to her in an insecure way, being more manly in his behavior or conversation style, being able to flirt with her to create sexual tension and so on.

There are so many ways to attract an ex woman.

If you focus on doing that when you interact with her next, you won't be holding a grudge

against her.

Instead, you will be holding her against your body.

She will be back with you, looking you in the eyes, kissing you the way she used to and feeling attracted and excited about the man you've become and how you now make her feel.

That might sound impossible to you now, especially after all you and her went through and how bad the break up was.

Yet, every day, millions of couples get back together, even though their break up was bad, bad things were said and grudges were held.

What changes everything is attraction.

When you make her feel attracted to the new and improved you when you interact with her, her perception of you changes.

She begins to realize that her feelings for you aren't dead, so she then opens back up and you can get her back.

Another way to stop holding a grudge against your ex is to

2. Put yourself in her shoes and imagine how you would have reacted

Up until recently, you've probably only been focusing on seeing things from your point of view, rather than putting yourself in her shoes and feeling what she would have felt.

As a result, you may have been mostly only remembering the negative ways your ex acted and behaved leading up to and immediately after the break up.

For example: Leading up to the break up she might have

- Lied to you and said that everything was *â€œFine,â€œ* even though she was secretly getting ready to leave you.
- Stopped being the loving, attentive woman that you fell in love with.
- Acted cold and distant towards you.
- Withheld sex or affection from you.
- Gotten into arguments with you about seemingly irrelevant or trivial things that she wouldn't have gotten upset about in the past.
- Called you names and accused you of being a bad boyfriend/husband.
- Been secretive and suspicious in her behavior.
- Been increasingly selfish towards you, or unfair in her treatment of you.

Then, after the break up, she may have

- Acted bitchy towards you and refused to listen to anything you had to say, as you tried to get her back, or get her to admit what she'd done wrong.
- Hooked up with, or started dating another guy immediately after she left you.
- Talked badly about you to mutual friends, or to her family.
- Blocked your number, unfriended you on social media and refused to see you again.

- Sent you cold or rude texts.
- Became a completely different person, where she seemed to just forget about or not care about all the things you and her had been through.

Naturally, that kind of behavior from her can cause you to feel hard done by, betrayed or disrespected.

It can also lead you to think that she is the one who is being unreasonable, unfair, selfish and cold, which can then result in you holding a grudge against her.

Yet, just for a moment, try to see things from her perspective and decide if it's possible that you would've reacted in the same way that she did (or in a similar way) if you were in her place.

If you can't imagine being in your ex's shoes, imagine a random woman who was feeling unhappy in her relationship with a boyfriend.

Somewhere along the line, he stopped being the confident, emotional strong man that she fell in love with.

Instead, he ended up becoming very needy and insecure instead, which began to reduce her feelings of respect and attraction for him.

Initially, she tried to overlook his insecurity and reassured him that she loved him and would never leave him.

Yet, he continued to be clingy and insecure, which resulted in him becoming very jealous and controlling..

Over time, his behavior became too much for her to put up with any longer, so she started switching off her feelings and preparing (emotionally) to break up with him.

As a result, from his perspective, she suddenly seemed to be acting very cold and distant, which then caused him to become more insecure, jealous and controlling.

He accused her of wanting to cheat, or liking a guy from work, texting with an ex, looking at other men when they were walking together and so on.

Of course, this then led to arguments and disagreements between them, which pushed her away even further.

Eventually, she lost all respect and attraction for him and realized that there was no point sticking with the relationship anymore.

The guy she fell in love with had changed and become very unattractive, so she decided to cut her losses now, break up with him and try to move on.

After the break up, her ex behaved in all sorts of unattractive ways as he attempted to change her mind and get another chance.

For example:

- He begged and pleaded with her to give him another chance.
- He promised her he would do whatever she wanted.
- He sent her flowers and gifts.
- He sent her long text messages and emails pouring his heart out to her.
- He got angry and accused her of being a terrible girlfriend/wife to him.
- He cried to her.

- He threatened to hurt himself, or end his life.
- He said he was lost and depressed without her.
- He reached out to her friends or family for help.
- He posted sad updates on social media.
- He pleaded with her to explain what he did wrong, so he could fix it.

Unfortunately for him, his “lost guy” behavior only convinced her that she made the right decision by breaking up with him after all.

Why?

Women don’t want to be with a guy that they have to teach and mentor into becoming a man.

A woman wants a man who understands it, or learns it from other men and then gets on with being it, rather than looking to her to mother him, or guide him.

So, when he displayed confusion, insecurity, emotional weakness and pleaded with her to help him, it only turned her off even more.

As a result, she then began to move on without him by dating new men, or getting into a new relationship right away, or shortly after the break up.

This resulted in him feeling like she’d stabbed in the back, or betrayed him and essentially thrown him out like a piece of garbage that she didn’t care about.

After all he did for her, after all they’d been through, after all the loving words they’d said to each other; it all meant nothing to her.

Naturally, he then began to hold a grudge against her.

What he probably didn’t realize and won’t realize for a long time, is that he brought that bad side of her out by becoming unattractive to her.

If the situation were reversed and he’d gotten into a relationship with a hot girl who treated him well, but she then turned into an unattractive woman who treated him badly, he probably would have changed how he treated her too.

That’s how relationships work.

If you want a relationship to last, you have to bring out the right side of a person and keep it that way. Happy couples who remain in love for life do that.

Those who don’t, end up fighting and breaking up.

So, try to see things from her perspective and realize that she isn’t an evil, selfish bitch.

Instead, she’s the girl you initially met, but she changed based on how you made her feel in the relationship.

That might be a tough pill to swallow, but it’s the truth.

Another thing that can help you stop holding a grudge against your ex is to

3. Understand that loyalty in a romantic relationship is conditional, rather than a given

[image: Understand that loyalty in a romantic relationship is conditional, rather than a given]

[image: Understand that loyalty in a romantic relationship is conditional, rather than a given]

It would be nice if a couple could get together and then be loyal to each other for life, no matter what happened.

Yet, that's just not how it works.

Why?

For the following reasons:

People mature differently

For example: If a woman begins to mature a lot faster than her guy, she will naturally begin to feel drawn to other people who are more in sync with her more mature way of thinking.

Even though she may initially have said things like, *"I want us to be together forever,"* or *"You are the love of my life and I can't imagine my future without you in it,"* it simply won't apply anymore because she's no longer the same person and either is he.

She's different now (i.e. more mature), so she now wants other things from her guy (e.g. initially she was happy to party with him and live paycheck to paycheck, but now she wants him to settle down and plan for the future. She initially agreed that they were too young to have children, but now she's ready to start a family and she wants him to be ready too. She used to hate family gatherings, but now sees the importance of family and wants to stop being so anti-social towards them. She used to like to gossip and waste time, but now she wants to get things done and make progress in life).

If he can't give her what she wants, she will naturally start to lose touch with her original feelings for him and open herself up to meeting someone else who is at the same emotional level as her, regardless of what she promised to him in the past when they were falling in love.

It sucks that a woman (or a man) would go back on their loving promise, but it's just the way romantic relationships are.

It's not like a business contract, or legal promise.

It's just words said when falling in love, or newly in love.

Those words only remain true if the couple matures together, goes after goals together and makes progress, while remaining in love.

Without that, it's just going to end.

People make mistakes

For example: A woman might get into a relationship with a guy that she initially believes is her ideal guy, only to realize that he's not who she thought he was (e.g. he was loving and attentive at first but over time he became selfish, self-absorbed and started taking her for granted).

As a result, she no longer feels the need to be loyal to him and a break up, or cheating and then a break up happens.

Only some people know how to keep a relationship happy, in love and together for life. It's not a skill or knowledge that people are born with. It's something that you learn or figure out over time.

So, initially, a woman might say to her boyfriend, *"I love you and want to be with you for life,"* but then the relationship becomes stale, they fall out of love and she no longer feels the

need to be loyal and stick to her in love promise.

In some cases, a guy will learn and improve his ability to keep his girlfriend or wife feeling attracted, or to fall back in love with him so they can stay together and not have to break up.

Yet, in most cases, a guy will remain clueless about what to do and she will end up leaving.

As a result, he might end up holding a grudge against her because she didn't give him enough of a chance.

However, the reality is that love between a man and a woman is conditional (i.e. a man and a woman will remain in love if the conditions of the relationship make them feel that way).

If you don't know how to keep the love alive, you will almost certainly experience another break up in your next relationship because romantic love between a man and a woman is conditional.

It's not something to hold a grudge against your ex or against women in general about.

Instead, it's something for you to learn and master in your life, so you don't have to get dumped again.

Another thing that can help you stop holding a grudge against your ex is to

4. Make her become less important in your mind (if you want to move on from her)

If you don't want her back, you need to get to the point where she doesn't pop into your mind every day, or regularly enough to make you feel sad, rejected, betrayed, angry and so on.

In other words, stop thinking things like, *I can't believe she did that to me!* or, *How could she treat me that way after everything I did for her?* or, *I thought she loved me and this is how she repays me* or, *How could she be so selfish?*

How?

Remind yourself that whatever happened between you and your ex is now in the past.

You are no longer the same guy she dumped (you've leveled up) and she's likely not the same woman either.

You've almost certainly grown from the experience and have become a much better man as a result (e.g. more emotionally strong, better able to cope with difficult situations in life, more assertive and able to stand up for yourself, understand what makes a woman remain in love with a man for life).

As a result, you can now move on, find yourself another woman and have a happy, lifelong relationship with her based on the lessons your ex forced you to learn by dumping you.

Yet, what if you want to get her back?

Keep learning right here, right now.

I'll show you how to get her back fast, so you can have another chance with her, feel better about yourself and decide what to do from there (e.g. stick with her for life, or dump her and move on).

Regain your power.

Regain your confidence.

Take control of the situation while you still can.

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[image]

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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3 Mistakes to Avoid When Using the Law of Attraction to Get Your Ex Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The Law of Attraction definitely does work.

Iâve experienced it multiple times in the past for my biggest dreams, which have come true and continue to experience it to this day.

I know it will continue to work as the years and decades go on.

In my opinion, the Law of Attraction is something that you can totally rely on, if you are willing to truly believe in it.

If you only half believe that it will work, then you will get half the results.

If you doubt it, then you will get negative results that reinforce your doubt of this fundamental law of the universe.

So, if you are serious about getting your ex back by using the Law of Attraction, I recommend that you avoid the following mistakes:

1. Visualizing getting her back, but then not taking enough or any action to get her back

Put it this wayâ

You can sit at home, every day for the rest of your life and imagine yourself winning the lottery, but if you donât buy a lottery ticket, itâs just not going to happen.

In the same way, you can imagine getting back with her all you want, but you still have to take the action of contacting her, meeting up with her and getting her back.

So, while itâs important to visualize yourself getting what youâve asked the universe to deliver to you, itâs just as important to then take steps to get in back, with full belief that you will succeed.

You might encounter a little resistance from her initially (e.g. she seems unsure, or even initially says, *âNoâ* to your request to catch up), but if you honestly believe you can do it and, just as importantly, are willing to prepare yourself to succeed when you communicate with her, then you will get what you want.

Preparing yourself to communicate with her means that you donât just text her and ask her to catch up with you, or call her and seem sad, lost and lonely without her and then ask to catch up. Those approaches will almost certainly fail.

To succeed, you need to interact with her and create sparks of attraction inside of her, so she then becomes open to catching up.

Once youâve re-attracted her on a phone call, video call or via a series of voice texts back and forth, then arrange a meet up and re-attract her in person.

When she feels attracted to you in person and realizes that her feelings arenât dead, then you are

just a hug or kiss away from getting her back.

So, make sure that you don't just sit around hoping that she'll come back, or visualizing you and her back together and expecting the universe to do all the work for you.

The Law of Attraction doesn't work that way.

You have to take effective action (not ineffective action, such as just texting her, or seeming sad and lost without her and then asking to see her), with the full belief that you will succeed and get what you want.

Another mistake to avoid making is

2. Asking the universe to get your ex woman back, but secretly believing that it's not possible

[image: Asking the universe to get your ex woman back, but secretly believing that it's not possible]

Here's the thing

The Law of Attraction responds to your private emotions and series of actions that correspond with those emotions.

So, if a guy asks the universe to help him get his ex woman back, but secretly believes it won't work, then he will get inconsistent results.

The universe will respond directly to the inconsistent energy he is projecting.

Why?

The way the LOA works is that the universe essentially says, *âOkay* or, *âYes* to everything you say, feel or send out.

It is responding to who you really are, what you really feel and the actions you take as a result.

For example: Have you ever had to give a presentation (e.g. at work, university or school) and before you presented it, you kept telling yourself things like, *âYou can do this,â* or *âYou'll be fine,â* only to have negative thoughts slip in and make you think something along the lines of, *âDon't mess up,â* or *âDon't forget your linesâ*?

Chances are high that you got through the presentation, but you also forgot some of your lines, messed up some of the things you were saying, or did something else to embarrass yourself along the way.

Why did you get inconsistent results?

Your emotions were inconsistent prior to the presentation and likely throughout it as well.

On the one hand, you tried to convince yourself that things would go well, but on the other hand, you kept thinking of all the ways it could go wrong.

As a result, you were sending the universe mixed messages and the universe said, *âOkay* and allowed you to experience the chaos you seemed to want.

The universe doesn't get in your way and make things perfect for you.

It waits for you to be strong enough to imagine getting what you want, believing you will and then

taking effective action to make it happen.

Even if you encounter an obstacle, you still believe and you still continue to take effective action and you succeed.

Before you know it, youâve become so much more successful than other people around you and your success continues to grow.

Thatâs how it works if you use the LOA correctly.

It is success for life.

The same rule applies with getting your ex back.

If you donât actually get to the point in your mind where you 100% believe that itâs to get her back using the Law of Attraction, then you will almost certainly get inconsistent results.

For example: You might get all the way to a meet up with your ex, but because youâre secretly doubting that sheâs going to want you back, she ends up saying something along the lines of, *âLook, itâs been nice to see you again, but Iâm not interested in us getting back together. Maybe we can be friends from now on instead. Iâm sure you will find a great girl who is right for you, but itâs not me.â*

If you honestly want her back, then donât let that outcome happen to you.

Take control of the situation by using the Law of Attraction correctly and the universe will deliver the outcome you really want.

3. Waiting and waiting and waiting for something to happen

Sometimes a guy will assume that he can just wait and eventually, the Law of Attraction will bring his ex woman backâone day.

Yet, months and then years pass and she moves on and is happy without him, or she gets older and he no longer feels as attracted to her as he used to.

Instead, he just likes the idea of getting her back so he doesnât have to feel rejected by her anymore, but doesnât actually want her back for real.

So, the universe says, *âOkayâ* and goes along with what he wants.

She remains out of his reach because he doesnât take action and she doesnât come back, because he doesnât really want her back anyway.

This is why, if you honestly do want your ex back, the time to take action is now.

Donât wait around and hope that the universe will do all the work for you and deliver her back to you.

It just doesnât work that way.

You need to ask, believe, take effective action (not ineffective action, such as just texting her, or contacting her and coming across in a way that isnât attractive to her) and then you will receive.

The Law of Attraction does work, but you have to use it correctly.

Most people never truly use it correctly, but those who do experience an amazing, successful life where their dreams continually come true.

If you want to experience that kind of flow in your life, youâve got to believe and youâve got

to take effective action.

If you do, the universe will say, *â€œOkayâ€œ* and give you exactly what you want.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How I Got My Ex Back Using the Law of Attraction

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you want to be one of the many men who can say, *â€œI got my ex back using the Law of Attractionâ€* then here are my 5 best tips for you:

1. Be absolutely clear on how the Law of Attraction works

The Law of Attraction steps are as follows:

- **Ask for what you want**

For example: You might say something along the lines of, *â€œI want to get back with my ex. I want it to be easy and effortless. I want us both to fall back in love with each other and to be happy in a relationship together that only gets better and better over time.â€*

- **Believe that you will receive it**

You canâ€™t kind of believe that you will receive what youâ€™re asking for.

You really do have to believe it, through and through, deep down.

If youâ€™re struggling with that, start by getting rid of negative thoughts like these:

- The Law of Attraction canâ€™t really help me get my ex back, can it? Maybe itâ€™s just fake. Maybe it doesnâ€™t work. Maybe itâ€™s a scam.
- She hates me too much for this to work. No amount of believing or a Law of Attraction can change that. She just doesnâ€™t want me anymore.
- Our break up was really bad and I canâ€™t believe sheâ€™d forgive me and want me enough again to give me another chance.
- What if she meets someone else while Iâ€™m trying to get her back using the so-called â€œLaw of Attractionâ€ that I donâ€™t even know for sure works?
- What if Iâ€™m just wasting my time?
- She said that sheâ€™d never change her mind no matter what. Sheâ€™s a very strong willed woman. She doesnâ€™t change her mind easily. I donâ€™t really have a chance.
- She said she doesnâ€™t love me anymore. What is the Law of Attraction going to do about that?

Replace negative thoughts with positive thoughts like these, to begin the process of believing that you will receive what youâ€™re asking for:

- I can get her back.
- It is absolutely possible to re-attract her and make her want to give our relationship another chance.
- I can make her feel differently about me. I know I can. I can do this.
- I believe that our love is still there in the background waiting to be reawaken. When the love comes flooding back, her and I are going to be so happy together. Iâ€™m looking forward to

that moment and I know I can make it happen.

- I know Iâm the right man for her now that Iâve changed and realized so many things about myself, relationships and love.
- I believe we can make our relationship work this time around.
- I believe that I can use the natural laws of reality to bend things to my will. I can cause shifts in the complex patterns of the universe that make her miss me, fall back in love with me and get back with me.
- Other men have used the Law of Attraction to get an ex woman back and I can do it too.
- The Law of Attraction has been proven to work by millions of people. It takes courage to truly believe and I have that courage. I will use this powerful law of nature to help me get her back. It will work. I can feel it.

The key is to get to the point where you absolutely believe that itâs totally possible to get her back.

Thereâs not a doubt in your mind.

You know for sure that the universe is saying, *âYes. Your wish is granted. Iâm in the process of making it come true now,â* when you ask for something.

You know that, you believe it and as a result, you donât have any doubt in your mind.

- **Imagine having already received it**

[image: Imagine having already received it]

[image: Imagine having already received it]

Imagine you and her catching up, feeling attracted to each other and getting back together.

Then, imagine hugging, followed by her kissing you and looking into your eyes with love.

Imagine her on the sofa next to you, or in bed next to you.

Close your eyes and imagine her there, looking so happy to be with you.

Really feel it and see it as already being achieved for sure.

Make it totally real in your mind.

- **Feel the emotions associated with having received it**

While imagining having already received what youâve asked for, itâs critically important that you feel the positive emotions associated with it.

For example: Donât imagine you and her back together and be feeling doubt, worry, uncertainty or any other negative emotion.

Instead, feel happy, relieved, proud of yourself for doing it, loved, wanted and blessed.

If you canât honestly feel those emotions and instead, are feeling negative, uncertain emotions, then youâre not using the Law of Attraction properly.

The Law of Attraction responds to your deep, private emotions, which is why you need to honestly believe that you will receive it, then imagine having already received it and then feel the positive emotions associated with having gotten what you wanted.

This next part is just as importantâ€¦!

- **Take action to receive it and then you will receive it**

Many people skip over, or try to avoid the all important action step of the Law of Attraction.

Then, when they donâ€™t receive what they asked for, they end up saying things like, *â€œThe Law of Attraction doesnâ€™t workâ€* or, *â€œPeople who say that the Law of Attraction can help you get anything you want are liars and frauds. Itâ€™s a scam – it didnâ€™t work for me. Itâ€™s just a bunch of wishful thinking. Donâ€™t fall for it. Nothing works. You just have to accept your fate. You can't change anything. You have no control over anythingâ€* and so on.

Yet, the truth is, millions of people around the world (including me, by the way) have made their biggest dreams come true using the Law of Attraction.

Why has it worked for those people and not others?

They didnâ€™t skip over the most important step of all to make their dream a reality: Taking action. Skipping that step would be like me saying that I wanted to be the worldâ€™s best ex back expert to help men get their ex back, imagining it happening, but then never writing any articles, never making any videos or never making a step by step program that guys could follow along and use to get their ex woman back.

Of course, I didnâ€™t skip over that stuff and Iâ€™ve already done it.

In fact, Iâ€™ve already written more than 1,000 articles on how to get an ex woman back and I will be writing another 2,000 or so over the coming years.

Many of the articles are 2,000 and up to 6,000 words, or in some cases 10 A4 pages long.

That's a lot of work, but I'm willing to do it because I have the answers and am willing to take the action required to share those answers.

In terms of getting your ex back using the Law of Attraction: You donâ€™t have to spend many years working on it like Iâ€™ve done to become the worldâ€™s best ex back expert.

Instead, you can do it within the next 1-3 weeks if you are willing to follow the steps correctly.

The first step or bit of *â€œactionâ€* that you need to take, is to prepare yourself to re-attract your ex during interactions (i.e. get ready to attract her in the ways that she really wants).

For example: If you have lost confidence in your value to her and no longer feel worthy of her, then sheâ€™s going to sense that insecurity when you talk to her and it will turn her off.

So, you need to begin understanding how to be truly confident in yourself and not show signs of insecurity when interacting with your ex.

If you try to skip over that part and just wish and hope that she comes back because youâ€™ve asked the universe to deliver that to you, then youâ€™re not using the Law of Attraction properly.

The universe will do its side of the bargain, but you have to do your part of it as well.

Itâ€™s not a one-sided deal.

The same with what I do: No-one would know the knowledge I have about getting ex women back if I didnâ€™t put in the years of non-stop work that it has taken to write all the articles, make all the videos and create the step by step program.

Yet, I did that and the universe has delivered its side of the bargain because men from all over the

world flood to my website every day and Iâ€™m able to help them.

Check out some of the [success stories here](#) (countless more have been posted in comments under videos on my Youtube channel by random guys whoâ€™ve gotten my program, followed the steps and gotten their ex woman back).

BTW: Once youâ€™ve prepared yourself to re-attract her, you then need to take the next step of action, which is to interact with her over the phone or in person and begin reawakening her feelings for you.

While doing that, continue to believe that what you are doing is working and is going to work.

Note: That will only be true if youâ€™ve properly prepared yourself to re-attract her, are doing it right and know what to say and do next to get her back.

It doesnâ€™t work if you just do whatever and say to yourself, *â€œIt will work.â€*

That would be like me writing anything in my articles and saying, *â€œYes, this is the best ex back advice online.â€*

No.

Itâ€™s only the best if you do it properly, which is what I do with my advice and what you should do when re-attracting your ex to get her back.

So, now that you are aware of how the Law of Attraction actually works, letâ€™s go into detail on what you should do (i.e. more â€œactionsâ€ you can take)â€

2. Imagine you and her back together and feel great about it

For the next few days, spend at least 10-15 minutes each day just imagining you and her back together and really feel the positive emotions associated with it.

For example: Imagine you and her happily sitting at home eating dinner together at the dining table, or in the lounge room if you prefer.

Make it extra real by envisioning what you and her are wearing, what youâ€™re eating, what music is playing in the background (if any) and other little details that might be important to you.

Imagine how she will be smiling and looking at you adoringly, as she eats and is so happy to be back with you.

Imagine her getting a bit of sauce on her lip and you leaning over and wiping it off with your napkin or finger, or even saying, *â€œCome hereâ€* and then leaning in to lick it off and then kiss her.

Notice how she laughs, smiles and things feel good between you and her again.

Feel how it would feel to experience that with her.

Imagine how she smells; her unique, soft, beautiful scent that you find so attractive.

Imagine how her skin feels when you touch, caress or hug her.

Imagine the kiss, to the point where you can literally feel the softness of her lips on yours and the beautiful taste her mouth.

In some cases, a guy will need to do that for 1-2 days before he is fully in alignment with getting his ex back using the Law of Attraction, whereas others will need 3-4 days or a week.

I recommend that you get it done as quickly as possible and then begin taking action to move forward

through the ex back process right away, rather than backing away out of fear.

To build your confidence that you will succeed in getting her back, an important action step is to

3. Improve your ability to make her feel sexually attracted to you

You can wish and hope that she'll come back all you want, but you still need to be able to attract her when she does.

If you're not ready for that part, then you haven't fulfilled your end of the bargain, so the universe can't give you what you really want.

So, don't skip over this step.

It's very important.

Here are some examples of how a guy can change, improve or adjust his approach in a way that attracts his ex when she comes back, or when he interacts with her again:

- He's so much confident and self-assured now, which means that he doesn't feel the need to control her out of jealousy, or get reassurance from her that he's attractive, worthy, lovable or good enough for her. He knows it and she likes that about him now.
- He's a bit more of a playful challenge for her now (e.g. playfully says no to some things, playfully makes fun of her if she's being unreasonable, doesn't always give her a straightforward answer and instead is a bit more playful), rather than always being so predictable or nice. By being playful I don't mean silly or acting childish or acting like a girl. Instead, it's about being manly, but not being so straightforward about everything all the time. Surprise her at times by saying, *No* with a smile, or saying, *Okay, I'll help you with that, as long as you cook me dinner* or saying, *Maybe* as an answer (with a smile), rather than always giving her a yes/no answer.
- He is now able to create a relationship dynamic that causes her to want to be good to him, treat him well and be affectionate and loving towards him. At the same time, he also treats her well and makes her feel loved and appreciated. She can sense that now by talking to him and seeing how he reacts to things, what he says, how he behaves and how it makes her feel. She can now see that he's the sort of guy that women want to be with. He's changed, he's leveled up and she likes it.
- He makes her feel like a sexy, desirable woman and she feels a spark again, rather than feeling as though she's one of his buddies or a roommate (i.e. there to share the chores, hang out and watch TV together, split the bills). He takes the lead more often now, rather than assuming that she wants to decide on everything, get her way and for him to just follow along. He now understands that a woman wants to relax into her natural, feminine nature, which is to follow a man, rather than lead a man.
- He now has a definite purpose and direction in life that he's actively working towards, rather than drifting along and accepting whatever comes his way in life, or failing at project after project and blaming external things for it (e.g. blaming the government, the Law of Attraction, his upbringing, etc). Due to him leveling up and taking real responsibility for his

life, she naturally feels that a future with him will be much safer. That alone won't necessarily get her back, but it's an attractive feeling for a woman, as long the guy doesn't use it to try to sell himself to her (e.g. *â€œIâ€™m applying for a new job. Iâ€™m really trying now. Will you give me another chance?â€*). Women don't want to give a guy a chance out of pity. Women get with men due to attraction. Make her feel attracted and she'll want you back.

- He's more emotionally mature now, which means that he doesn't seek her pity, create unnecessary arguments, drag her down with his insecurities, or let her walk all over him with her confident, independent personality.

When a woman experiences a new kind of attraction for her ex, she naturally drops her guard and opens up to the idea of being in a relationship with him again.

So, if you want your ex back for real, don't just rely on wishing and hoping via the Law of Attraction.

You've got to make sure that you take the action step of leveling up your ability to attract her. Then, when you are ready (most guys are within 3-7 days)â€¦

4. Interact with her and re-attract her

Once you feel ready (e.g. after a few days, or up to a week of preparing yourself to re-attract your ex), go ahead and contact her.

A phone call is usually best, because she can more easily sense the changes in you via your tonality and the way you express yourself.

You can text her first if you want to, but just don't stick to typed texts because if she has a negative perception of you (e.g. thinks you're needy, desperate or insecure), she will read your texts with that in mind.

Make sure that you at least transition to voice texts, or to a phone call or video call as soon as possible, so she can really get a sense for how much you've changed and then feel attracted to that.

Once you've made her feel attracted to you on the phone and began to connect with her a little more, arrange to catch up in person to say hi.

Important: Don't ask her for that via text.

Guys who do that almost always fail at getting their ex back.

You've got to have the courage to at least use voice texts, or get to a phone call or video call.

So, do that and get the meet up.

Then, using the Law of Attraction, imagine things going really well when you and her meet up.

For example: Imagine yourself walking into the coffee shop or restaurant where you and her are meeting and imagine feeling more confident and self-assured than you ever have before.

Imagine what clothes you're wearing and how, no matter what you've chosen to wear that day, you look handsome, confident and manly and she loves it.

Feel the confidence oozing out of you and how great it is to be sitting there with her again.

Imagine her looking at you and trying to hide her feelings of attraction for you, but you being able to see it.

She smiles and shyly looks down and then bites her bottom lip.

Sheâs feeling it.

From there, see both you and her laughing, smiling and feeling good in each otherâs company.

She then eventually says something like, *âTo be honest, I really didnât want to come to this meet up, but Iâm glad that I did. Youâve changed a lot. I really like the new you. Why werenât you like this before?â*

Imagine her saying something like that and believe she will.

She feels so attracted to you that she canât stop herself from saying it.

At the end of the meet up, imagine yourself giving her a goodbye hug, which then turns into kiss that makes her heart fill up with love.

Then, imagine the two of you going to your place or hers and having mind-blowing sex.

Anything you do to her makes her feel aroused.

She loves it so much because of who you are now.

Your touch feels so much better than it ever has before.

She knows that itâs not over between you and her now and she definitely wants you back.

Make that as real as possible in your mind.

From thereâ|

5. Get back with her and continue using the Law of Attraction to create an amazing future together as a couple

Once you and her have had sex, reconnected and she is happy to be back with you, it will only get better from there.

This will be so because you will continue doing the types of things that maintain and increase her attraction for you (e.g. being confident, self-assured, charming, emotionally independent, making her laugh and smile, making her feel sexy and desirable in your presence, having purpose in life, being a man of your word, no longer feeling insecure).

She will look up to you, respect you and know that she is so lucky to be with you.

As a result, she will be loyal to you and youâll enjoy an amazing life together as a happy, in love couple.

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[image]

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Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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5 Mistakes to Avoid When Planning a Gift For Your Ex Girlfriend

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Getting your ex girlfriend a gift can sometimes be a way to reopen communication between you and her.

Yet, in most cases, regardless of how amazing your gift is, she just won't open back up to you.

So, here are 5 mistakes to avoid when trying to come up with the best gift idea to hopefully win your ex back:

1. Assuming that buying her something will make her want you back

When no longer feels attracted or in love with an ex boyfriend, she will rarely be won over and want him back because he paid for some object or thing and gave it to her.

She might appreciate his gesture and even say something like, *â€œOh, that's nice of you, thanksâ€* if he gives it to her in person, but she might also react badly and say, *â€œWhy are you giving me this? We're broken up. I don't want anything from you.â€*

Alternatively, if he sends it to her, she might suspect that he's trying to make her feel guilty for leaving him, so she then contacts him and is nice to him.

That way (he hopes), he can then get another chance with her.

Yet, if she suspects that he's trying to make her feel guilty or selfish, so she contacts him, a woman will usually just feel resentful towards him and want to avoid him even more.

So, what should a guy do instead?

Interact with her in person, or at the very least on a phone call, video call or series of voice texts, so she can get a sense of the new and improved him (i.e. more confident, more able to flirt with her and create a spark).

It is him who she will be getting back into a relationship with, not a gift, which is why it's so important that he interacts with her and makes her feel a renewed sense of respect and attraction for him.

When your ex feels attracted and drawn to who you are now, then she knows she'll miss out on experiencing those feelings if she doesn't give you another chance.

That is what makes a woman want to get back with a guy; not a gift that he buys for her when she's not even attracted to him.

So, if a guy just gives his ex girlfriend a gift, or sends her one and hopes that she will open back up to being with him, he will almost always end up feeling disappointed when she rejects him (e.g. *â€œWhy are you giving me a gift? I don't want anything from you. It's over, okay? Just leave me aloneâ€*), or says something like, *â€œThanks for the present. I hope you're well. Take careâ€* to push him away.

You donâ€™t need to spend money on buying something for her.

What you need to do is improve your ability to attract her as you interact with her.

Without that, sheâ€™s just not going to feel much or anything for you and therefore, wonâ€™t be interested in a relationship with you, regardless of what youâ€™ve bought for her.

The next mistake to avoid isâ€¦!

2. Buying something romantic when she doesnâ€™t have romantic feelings

[image: Buying something romantic when she doesnâ€™t have romantic feelings]

[image: Buying something romantic when she doesnâ€™t have romantic feelings]

Sometimes, a guy assumes that buying a romantic gift (e.g. a teddy bear with a red heart on it saying *â€œI miss you,*â€ a heart shaped pendant or bracelet, a personalized box of chocolates, her favorite perfume or body lotion) will make his ex think, *â€œWow! He loves me so much. He is the one! Iâ€™ve got to give him another chance!*â€

Yet, it just doesnâ€™t work that way.

Why?

When a woman breaks up with a guy, itâ€™s normally because she has disconnected from her feelings of love, respect and attraction for him.

So, when a guy is being charming and buying her romantic gifts, although she might appreciate the attention, sheâ€™s still not going to want to be in a relationship because she doesnâ€™t have feelings for him anymore.

For a woman to want to get back into a relationship with an ex, the feelings have to be mutual, or at least close to mutual again.

It canâ€™t just be about him loving her and wanting her back for his own reasons and then trying to buy her feelings for him with romantic gifts.

Why?

Romance is only enjoyable to a woman if she has feelings for a man (i.e. she respects him, feels attracted to him and is either falling in love with him or is in love with him).

If a guy offers romantic gestures to a woman when she isnâ€™t attracted, she will feel uncomfortable, annoyed, pressured and will reject him or close up and make it difficult for him to interact with her.

Essentially, she is reacting to her lack of attraction for him and trying to let him know that.

A woman will rarely say that to a man directly though (e.g. *â€œI donâ€™t appreciate or want your romantic gestures because Iâ€™m not attracted to youâ€*) because she doesnâ€™t want to make the guy angry, or teach him what he needs to do to make her want him.

She wants a man who understands how to attract a woman and then lets her experience that, rather than a hopeless romantic type of guy who is essentially throwing darts in the dark (or blindly trying anything he can think of) and hoping that he hits the mark.

Women know what hits the mark and itâs the unmistakeable feeling of sexual attraction.

If you donât know how to make her feel that for you anymore, then sheâs simply not going to be interested, regardless of what gift you buy for her.

The next mistake to avoid isâ!

3. Assuming that women are easily tricked by romantic gestures

[image: Assuming that women are easily tricked by romantic gestures]

[image: Assuming that women are easily tricked by romantic gestures]

Women arenât stupid.

Well, almost all women, but you know what I mean.

Most women have a brain and instantly know when a man is trying to buy their affection with gifts, or win them over with promises to do whatever she wants, if sheâll just give him a chance.

Unfortunately, some guys forget that and assume that women are blind to the obvious tricks that men try to use.

As a result, a guy will assume that if he buys a special gift for his ex girlfriend (e.g. a ring, a puppy, a car, a new computer, a phone, etc), she will stop caring about the fact that she doesnât feel attracted to him, or isnât in love with him and will want to be with him anyway.

Of course, some selfish women will initially show some interest if the gift is significant enough, so they can secure the gift and then dump the guy.

Yet, in most cases, a woman will simply reject her exâs attempts at buying her.

In some cases, a woman will even become annoyed and lose more respect for her ex for trying to buy her back.

For example: She may think something like, *âI canât believe heâs trying to buy back my love with gifts. After all the crap he put me through, he thinks he can just buy me a gift and shut me up. How dumb does he think I am? I know why I broke up with him and unless he can fix those things and show me that heâs changed what really matters to me (i.e. his thinking, attitude and behavior), Iâm not going to fall for his cheap trick.â*

She then closes herself off from him, which makes it more difficult for him to get her back.

Another mistake to avoid making isâ!

4. Buying an expensive gift to hopefully show her how much you care

When a guy doesnât know how to get his ex girlfriend back, he will often assume that the solution must be to show her how much he cares.

He thinks something like, *âIf I show her how much I care, she will see that Iâm serious about fixing things. She will see that I am willing to do whatever it takes. Then, she will give me another*

chance.â€œ

So he begins to shower her with expensive gifts, or gives her one, very special, amazing gift and hopes with all of his heart that it works.

He hopes she will think something like, *â€œWow, Iâ€™m impressed! What an amazing gift. It must mean that he really loves me if heâ€™s willing to spend so much money on me. Iâ€™d be a fool to let him get away. After all, what if I never find another man who will show me as much love as he does? Heâ€™s so generous now as well. So, maybe I would regret letting him go. I think I should just get back with him again.â€œ*

Yet, he doesnâ€™t realize is that almost all women (apart from gold diggers, or manipulative, selfish women who intend on using a guy and then breaking up with him when they are ready) donâ€™t choose to be with a guy based on what he can buy for her.

Instead, a woman chooses to be with a man based on how he makes her feel when sheâ€™s with him (e.g. attracted, in love, wanting to impress him and maintain his interest, excited about their future as a couple, happy when around him, feminine in comparison to his masculine approach to her and to life, desirable in his eyes).

So, rather than getting an expensive gift for your ex and potentially wasting your time and your money, just focus on reactivating her sexual and romantic feelings for you during an interaction (i.e. in person, on a phone or video call, or via a series of voice texts).

Donâ€™t try to hide behind typed texts because youâ€™re afraid to step up to a phone call, video call or voice texts.

She has to be able to hear your tonality to get a sense of your confidence.

If you just text her, she will assume your level of confidence and if she currently has a negative perception of you (e.g. sees you as being desperate for her, needy, insecure), she will read your texts in a negative way.

So, if you begin texting her, make sure that you quickly transition to voice texts or a phone or video call as soon as you feel the courage to do so.

If you wait too long to transition away from just typed texts, she will almost certainly lose interest, play hard to get or reject you.

I know this because Iâ€™ve successfully helped countless men from all over the world to get an ex woman back fast.

Donâ€™t make the classic mistakes that so many other guys make.

On that note, hereâ€™s another mistake to avoid when it comes to getting an ex girlfriend a gift!

5. Acting like you donâ€™t expect anything (i.e. a relationship, her feeling guilty) in return for the gift and are just doing it because youâ€™re such a nice guy

As I mentioned earlier, women arenâ€™t stupid.

They know what guys do to try to get a chance with them.

So, if a guy gives his ex girlfriend a gift and says something like, *â€œI just wanted to give you*

something nice to say thank you for being a great girlfriend and to wish you the best for your future without me,â€œ sheâ€™s going to be suspicious.

What should he do instead?

Simple: Donâ€™t try to use a gift to get her back.

Just contact her and re-attract her, so she naturally wants to get back with him.

Always remember: For her to want to get back with you, she needs to have feelings for you.

If itâ€™s only you who has feelings and youâ€™re trying to get her back by buying her a gift, then she might appreciate the attempt, but itâ€™s not going to change her feelings.

You can change her feelings today or tomorrow if you are willing to focus on natural attraction.

In other words, interact with her and display the traits and behaviors that naturally cause a woman to feel attracted and interested in her ex again.

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Almost there! Please complete this quick form to gain instant access.

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Gift Ideas Ex Girlfriend (Give Her This!)

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

I will explain the ultimate gift to give to your ex girlfriend in this article.

However, I first have to tell you something very important: Getting an ex girlfriend a physical gift (e.g. a teddy, a ring, chocolates, flowers, something she really wants, but can't afford to buy herself) is **not** the best way to get her back.

Why?

Women only enjoy romantic gestures from a man that they are attracted to.

If a man is offering a woman romantic gestures when she isn't attracted, she will close up and become difficult to interact with, or she will outright reject him and ask him to leave her alone.

So, if you are set on giving your ex girlfriend a gift, this is what you really need to do to be successful and get her back:

1. Reawaken her sexual feelings for you based on the new way you talk to her and interact with her

[image: Reawaken her sexual feelings for you based on the new way you talk to her and interact with her]

[image: Reawaken her sexual feelings for you based on the new way you talk to her and interact with her]

If you want your ex girlfriend to really sit up and pay attention to you again (i.e. want you back for real), then you need to use an approach that will actually work.

That means, even though buying her a nice, expensive or meaningful gift may cause her to think something along the lines of, "That was nice of him," it's not necessarily going to make her want you back.

After all, she can easily think something like, "Huh? Why has he given me a gift? Does he think I'll get back with him because of a gift?"

If you think about it: A gift isn't you.

It's just something you buy for her, it's an object or a thing.

That isn't you.

If she's going to want to get back with you, then she needs to feel something for you as a person, based on how you make her feel when you interact with her.

So, you need to do that first, before even getting the optional step of giving her a gift (i.e. a gift is not necessary).

How?

Begin attracting her in new and exciting ways, so she can start feeling respect and attraction for you again.

Some of the ways you can do that are by

- Being more ballsy and assertive, while still being a good guy to her, rather than being too nice and always letting things slide with her to avoid a confrontation, or to avoid annoying her. BTW: Women often pretend to be annoyed to see if a guy will cower, become hesitant and insecure around her. If he does, she loses respect and attraction for him. Sheâll never explain that to him, because she doesnât want to be his teacher on how to attract a woman. A guy either understands this stuff, or the woman loses interest. Itâs as simple as that and it applies all the way throughout life. You either understand women, or you struggle with women.
- Being emotionally strong and taking the lead during interactions, rather than allowing her to walk all over you with her confident, independent personality.
- Being confident and self-assured around her, rather than feeling nervous, insecure or not good enough for her, regardless of what she says, how she behaves or how she treats you.
- Making her feel feminine and girly when sheâs with you by using ballsy humor or having a masculine attitude, rather than making her feel neutral, or even a little bit turned off, because you just talk to her gently and treat her like a friend.
- Using humor to break down her defenses and make her feel happy and relaxed to be around you again, rather than being too serious with her and making her feel tense and stressed out as a result.

The more you naturally attract your ex girlfriend in ways that she wasnât expecting from you, the less she will be able to keep her defenses up.

She will realize that her feelings for you are real and if she doesnât give you another chance, she may end up regretting you as the one that got away.

So, focus on making her feel sexually attracted to you before you even attempt to buy her a gift.

The next step you need to take isâ|

2. Make her want you back, but donât try to get a relationship

When a guy is searching for help on how to get an ex girlfriend back, itâs usually a case of him being ready to get back into a relationship with her right now, but her being unsure or not wanting it at all.

In many cases, heâll make the mistake of pushing for a relationship and letting her see that his #1 goal is for them to be a couple asap.

As a result, he might say or text things like, *âLetâs give our relationship another try. I promise you, this time things will be different. I love you more than anything and Iâm willing to do whatever it takes.â*

Yet, rather than getting her back with that approach, he just pushes her away further.

Why?

Getting an ex woman back is about making her want you back so much that she is the one hoping you and her become a couple again.

One of the best ways to do that is to focus on re-attracting her, but also let her sense that youâre not pushing for a relationship.

She then feels as though if she doesn't turn on her charms and seduce you, then you might lose interest and she might end up feeling rejected and left behind.

So, she opens up to getting back with you and says it, or turns on her charms and seduces you sexually, in the hope that things will get back together from there.

Making her feel that way about you is 100x more enjoyable, rewarding, fulfilling and meaningful to her than her getting a gift from you when she has little to no feelings for you and suspects you might be trying to buy her back with a gift.

So, instead, make her want you back, but don't try to secure a relationship.

Then continue to

3. Build on her attraction to the point where she is trying to get you to commit again

[image: Build on her attraction to the point where she is trying to get you to commit again]

[image: Build on her attraction to the point where she is trying to get you to commit again]

Build up her feelings of attraction for you to the point where she feels that if she doesn't get you back, she might regret it for the rest of her life.

One of the ways you can do that is by building up the sexual tension between you and her.

How?

By flirting with her and making her feel sexually attracted to you during a conversation (e.g. by being more assertive, while still being a good guy to her. By being more masculine, so she feels girly in comparison to you), but then just go back to interacting with her in a normal, friendly manner as though you're not trying to flirt with her.

That leaves her thinking, *What just happened? I thought we were flirting again. I thought it was on. I must have taken his intentions the wrong way.*

Then, flirt with her again and make her feel even more attracted, excited and drawn to you.

Then, relax back into ordinary conversation once again.

By doing that, sexual tension will build up between you and her and she'll want to release the tension with kissing and sex.

Yet, to get to the point where you and her have sex, she'll need to turn on her charm, start making some moves (i.e. touching you more, being more open), so you know that she is feeling it.

When she's feeling and behaving in that way, it's just a matter of you making a simple move like moving on for a hug and then kiss and it will be on.

Before you know it, you and her will be having sex and she'll be enjoying the exciting, unforgettable gift of make up sex with an ex that she has become attracted to again.

BTW: It's fine if you and her only kiss and fool around a little (i.e. touching, rubbing, etc).

As long as she's feeling enough sexual attraction for you to become sexual or fool around a little with you, then it's back on.

At that point, a woman will often say something like, *Maybe we made a mistake with breaking*

upâ□□ or, â□□I like the new you. Why werenâ□□t you like this before?â□□ or, â□□Maybe we should give us another shot.â□□

When that happens, you can thenâ□□!

4. Allow her to have a relationship with you again

Allowing her to be your girlfriend again means that you take on the position of power in the relationship, which is what a woman really wants a man to do anyway.

When you are essentially letting her be with you (without saying that to her BTW. Saying it to her would be rude and will backfire) by agreeing with what she is proposing, or going along with her desire to be back with you, then youâ□□re giving her the greatest gift of all.

Women yearn to be with a man who makes her feel lucky to be with him, while also treating her well. When she has a man like that, she feels proud to be with him and tries harder to keep the relationship together and to keep him happy.

That really is **the ultimate gift you can give to your ex girlfriend.**

Nothing else compares to that.

On the other hand, when a woman reluctantly gives a guy a chance and opens up to dating him, or reluctantly gives an ex boyfriend another chance even though she's not feeling attracted, itâ□□s not a gift to her; itâ□□s a burden.

She finds herself in the uncomfortable situation of being with a guy who is totally into her, but she doesn't feel the same way at all.

That always leads to a rejection or a break up.

So, how can you give your ex girlfriend the ultimate gift of getting to be your girlfriend again?

When she starts pushing you to get back together again, rather than responding too eagerly and saying something like, *â□□Yes! Thatâ□□s what Iâ□□ve been waiting to hear from you all along. Iâ□□ve been so lost without you. I have been trying so hard to convince you that Iâ□□ve changed, so you will give me another chanceâ□□* and making her perceive you as desperate, just maintain your composure and make her feel like sheâ□□s winning (or getting a gift) by getting back with you. Just let her sense (donâ□□t say it!) that you donâ□□t need her back, but that you do love her and are happy to let her get back with you.

She will get that sense based on your body language, behavior and how you react to what she is proposing, hinting at or trying to get to happen.

When she senses that you do love her, but donâ□□t need her and are willing to give it a try because of her approach to you now, not only does she want you even more, but she also feels lucky to have you.

Then, once you get her back into a relationship, you canâ□□!

5. Give her the gift of going for a weekend away with you

somewhere

After youâve made her fall back in love with you and have gotten her back, you can then give her a gift that she will love and appreciate â a weekend away with you.

This allows you and her to begin a renewed relationship with new, happy and exciting memories.

Itâs a fresh start for you both, with the added bonus of having the break up and the lessons you learned from it, push you to be a better man for her.

Just donât try to offer her a weekend away with you before you re-attract her and get her back.

When it comes to getting an ex woman back, you have to do things in the right order, otherwise she will either reject you or become difficult to interact with.

Always start by re-attracting her first and then everything will flow so much more smoothly between you and her from there.

BTW: It doesnât take long to re-attract her.

You can literally do it tomorrow, if you are willing to learn.

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5 Tips for Successfully Reuniting With Your Ex Girlfriend

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you want to reunite with your ex girlfriend, be sure to apply these tips to ensure that your attempt is successful and results in you and her getting back into a committed, loving relationship that lasts.

1. Level up your ability to attract her emotionally

Emotional attraction is very important to women when it comes to relationships.

So, if a woman is with a man who she can't truly feel attracted to emotionally (e.g. she's more emotionally independent, whereas he tends to be clingy and needy, she's focused on making progress on her goals as soon as possible, whereas he is still happy to drifting through life, she believes in herself and her value to him, while he feels insecure about his value to her, she feels comfortable around confident people, whereas he feels intimidated), then relationship just won't feel right to her.

Some women put up with that, but if a woman is attractive and knows she doesn't have to settle for it, she will usually want to go through with a break up and try to find a more emotionally attractive man.

This is why, if you want to successfully reunite with your ex, you need to level up your ability to make her feel emotionally attracted, so she can sense that things would really be better with you now.

Here are some examples of what a woman might want to see from her ex boyfriend when she interacts with him again:

- He treats her well and is loving and attentive, but he now also makes her feel motivated to be good to him and impress him. She senses that and realizes that if she doesn't treat him well and impress him, he might lose interest in her. It's no longer a one-sided, âhe wants her, but she doesn't want himâ kind of relationship. There is mutual attraction and desire to impress each other now.
- He remains calm, confident and in control regardless of what she says or does to test him (e.g. not giving straight answers, acting like she doesn't care, insulting him, putting him down) or how emotional she gets. This shows her that he is a much stronger man now, but is still loving and respectful. He's manned up.
- He makes her feel turned on and aroused by way of his flirting and manly behavior, rather than making her feel neutral, non-sexual feelings by acting like a nice friend, or like an unworthy ex who is insecure around her now.
- He makes her feel special and loved, but he doesn't need to spend every minute with her to feel secure. Instead, he now has his own goals, interests and ambitions outside of the relationship, which naturally prevent him from being clingy, needy, controlling or jealous.

When a man is able to make changes like those, his ex girlfriend will automatically begin to feel more emotionally attracted to him and as a result, it will be so much easier to reunite and get back together, because she will want it too.

2. Reach out to her and set up a meet up while you still can

[image: Reach out to her and set up a meet up while you still can]

[image: Reach out to her and set up a meet up while you still can]

She's not going to wait around, or be single and available forever.

So, if you're not in contact with her right now, go ahead reach out to her via text or social media to reopen the lines of communication.

Once you've done that, it's important that you get her on a call (phone call or video call), so you can properly reactivate some of her feelings for you and make her want to see you in person.

Every day, all across the world, millions guys successfully reunite with an ex girlfriend right away, simply by just having the courage to hit a call on their phone and talk to her, rather than hiding behind texts or messages for weeks or months.

Hiding behind texts results in so many guys losing out on getting an ex girlfriend back, because she gets bored with the endless and pointless texting (or messaging) back and forth, or she decides to play hard to get to hopefully encourage him to call, or get to the point where he arranges a meet up.

She then either stops responding to him, or she places him in the friend zone and moves on with another guy instead.

That's why you need to call her and use some playfully challenging humor to make her feel attracted and think, "He sounds so different now. Maybe it would be fun to see him in person."

For example: Imagine you're on a call with her and she says, *"I just can't decide if it's a good idea to see each other again."*

You then laugh and say, *"You always had a problem with decisions, so let's not decide. Let's just catch up,"* which is actually a decision of course, because you're deciding for the both of you that you should catch up.

Alternatively, you could laugh and say, *"Well, if you can't decide, I'll decide for us. We'll catch up and have a coffee this Wednesday at 7pm. Meet you at Cafe Modern at 7pm on Wednesday."*

Alternatively, you can laugh and say, *"It's not a good idea. It's a great idea. We'll catch up, have a coffee, have a laugh and say goodbye. There's no problem with that, so it's not a big decision to make. See you at 7pm on Wednesday at Cafe Modern?"*

Alternatively, you can laugh and say, *"You're so funny. Always struggling to make decisions. Let's just have a coffee. No big deal. See you at Cafe Modern at 7pm on Wednesday for an innocent catch up between exes. You're paying for the coffee of course"* and then pause, let her feel shocked or ask, *"Huh?"* and then say, *"Just kidding. The coffee is on me. Let's catch up, have a laugh and a chat. No strings attached."*

If you have the courage to playfully mess with her, it will create sparks of attraction inside of her because women are attracted to confident, ballsiness and daring from men, as long as you are still being a good, respectful man.

As a result of feeling attracted, she will naturally want to meet up with you to experience more of this new, exciting and interesting side of you.

3. Surprise her with new, exciting feelings of attraction at the meet up

At the meet up, make sure that you continue to reawaken her feelings by saying and doing the types of things that will make her look at you in a more positive light.

For example:

- Rather than being nervous and unsure of yourself around her, surprise her with your new, more confident and relaxed attitude.
- Rather than being too nice, polite and on your best behavior, shock her (in a good way) by flirting with her, using some playfully challenging humor and allowing the sexual sparks to fly between you and her again.
- Rather than pretending that you only see her as a neutral friend now, make it clear to her via the way you talk and interact with her that you still find her sexy and desirable.
- Rather than let her control the dynamic of the conversation or interaction, stand up to her in a loving, but assertive way so she can see you've manned up and are now able to handle her confident, independent personality.

The more you do that, the more she will realize that you aren't the same guy she broke up with. As a result, her walls will come down and she will begin to imagine what reuniting with you (sexually and romantically) would feel like.

4. Let her be the one who is hinting at or suggesting that you and her get back together

Many guys make the mistake of meeting up with an ex girlfriend and then pushing and trying hard to get her to agree to having a relationship again.

Yet, that approach almost always backfires because a woman doesn't want to feel trapped, or like she's being forced into something she's not sure about.

This is why it's important that you focus on making her feel very attracted to you at the meet up (i.e. by being challenging, flirting with her, remaining confident no matter what she says or does to make you doubt yourself), so she's the one who starts hinting at getting back together again.

For example: She might say, *"Seeing you again has made me wonder if we made a mistake by breaking up. What do you think? Do you think there's a chance we can work things out after all?"*

Alternatively, rather than saying something, she might give you signs that she's open to hooking up with you sexually (e.g. touching you more often than she needs to, playing with her throat or hair while talking to you), because she knows that sex speeds up the reconciliation process.

You can then just lead the way and guide her to a hug, kissing, sex and then back into a relationship.

5. Allow her to have another chance with you

Once you've re-attracted her and made her want to be back with you, mentally put yourself in the position where it is you who is deciding whether or not she gets a chance with you.

Not only is that a better dynamic for you, but it's also what a woman really wants anyway.

Women want a guy who makes them feel lucky to be with him, rather than reluctantly accepting a

guy that theyâ€”re not really that into.

When you make that mental shift to see yourself as being in the position of power, she will begin to sense it based on your body language, what youâ€”re saying, how youâ€”re behaving and how youâ€”re reacting to her.

As a result, she will begin to feel as though sheâ€”s the one who has to impress you to ensure that you and her get back together.

This makes her begin to turn on her charm to try to fully win you over.

You then allow her to have another chance with you.

5 Mistakes to Avoid When Attempting to Reunite With an Ex Girlfriend

1. Coming on too strong about wanting a relationship when she doesnâ€”t feel the same way

Women rarely respond well when a man is desperate for a relationship.

Itâ€”s just not attractive.

So, if you come on too strong about wanting a relationship, your ex girlfriend is likely going to feel uncomfortable, pressured and as though she is being forced into something that sheâ€”s not ready for, or doesnâ€”t want anymore.

She might then begin to close herself off from you, cut off contact or ask that you and her donâ€”t speak to each other for a while (i.e. she will ask for space, so she can start dating other men and move on).

This is why, if you want to successfully reunite with your ex girlfriend, focus on building up her sexual and romantic feelings for you during interactions, rather than trying to secure a relationship when she doesnâ€”t even feel like being in one with you.

After youâ€”ve had sex with her again, you and her will naturally begin to get back together if youâ€”ve changed and she likes the new you.

Prior to that, donâ€”t try to secure a relationship because she will almost certainly push you away, play hard to get or ask for space.

2. Not adjusting your approach to make her feel a new kind of attraction for you

If a guy tries to get his ex girlfriend back by using the same approach that he used before (e.g. being really nice and sweet to her, treating her like a friend, letting her call all the shots), she usually wonâ€”t be interested and will simply reject him.

This is why, to make your ex want you back, you need to start creating new feelings of sexual and romantic attraction inside of her (i.e. by being more of a challenge, being more manly in how you talk to her, behave around her and react to her).

When you make her feel attracted in new and exciting ways, she then feels compelled to give you another chance, because itâ€”s interesting, appealing and arousing for her.

3. Being tense and anxious around her, rather than confident and lighthearted

Women are naturally attracted to confident, emotionally strong men.

So, if you're being too tense and anxious during interactions with your ex, she will naturally feel turned off (i.e. her instincts tell her that a guy that can't relax and be confident is emotionally weak or unstable).

As a result, she will instinctively decide that you're not the right guy for her and push you away.

4. Asking her if she wants to get back into a relationship with you

It seems like an innocent, practical question to ask, *âSo, do you want to get back together?â* or, *âDo you think there's a chance we could work things out?â* but when you ask an ex woman something like that, she will usually give you an answer that is counter-productive (e.g. she's not sure, she needs space to think about it).

Alternatively, she will reject your offer to avoid seeming too easy.

This is why, the best approach is for you to just interact with her and focus on sparking her sexual and romantic feelings for you.

When you make her feel attracted, respectful and excited around you, then reuniting with her will naturally begin to happen because she will want it too.

5. Waiting too long to initiate the reconciliation

The longer you wait to begin the ex back process, the more chances you're giving her to get over you and find a new man to fall in love with.

If you don't want that to happen, you have to make sure that you don't spend the next few weeks, or even months, ignoring her and hoping that she can't replace you.

The best approach is to just call her and actively make her have feelings for you again.

Then, hook up with her sexually and guide her back into a relationship.

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[image]

[image]

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Will She Come Back if I Give Her Space? 7 Possible Outcomes

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Not necessarily.

Here are 7 possible outcomes of you giving her space and waiting for her to come back.

1. She feels sad, so she decides to make herself feel better by dating new men

Almost all women have men in their life who secretly like her and are just waiting for a chance to date her.

For example: A coworker, a neighbor, a friend of a friend, or an ex who she still feels something for.

It's also very easy for women to line up a bunch of dates via dating apps and sites (e.g. Tinder, OkCupid, Coffee Meets Bagel, Hinge, Bumble).

Additionally, if she's attractive and she goes to bars or clubs with her friends (they will usually drag her out for a girl's night out to make her feel better), the chances of her getting hit on by guys there are pretty high.

If she wants to (or gets drunk and goes with the flow), she can easily hook up with a guy she meets there and even end up dating and then getting into a relationship with him.

So, if you give her too much space and she feels hurt because of it, don't assume she will come running back to you to get you back.

Instead, she might decide to open herself up to dating a new guy to give herself a confidence boost and make herself feel better that way instead.

Then, by the time you do contact her (possibly after 30 or even 60 days), she will likely already be with a new man, or have experienced fun, exciting sex and want more of it.

Then, convincing her to leave her new relationship, or give up on an enjoyable single life to give you another chance becomes a lot more difficult for you.

This is why, if you do give your ex space, 3 to 7 days is long enough to allow for things to calm down and for her to start missing you.

3 to 7 days proves the point that you're not being needy or desperate, while also showing her that you haven't just given up and don't care enough to attempt to get her back.

So, when you wait too long, it can often motivate a woman to want to forget about you and move on, rather than risk contacting you to find out that you're not interested.

The next reason why she won't necessarily come back just because you gave her space is that

2. She doesn't care because she's not planning on getting back with you

[image: She doesn't care because she's not planning on getting back with you]

[image: She doesn't care because she's not planning on getting back with you]

When a woman breaks up with a man, it will usually be a move that she works up to making over the course of weeks or months.

First, she will usually give her man chances to improve himself or change the dynamic of the

relationship, but if he doesn't, she will begin to switch off her feelings for him.

Additionally, she will usually prepare herself mentally to move on and make a fresh start without him in it (i.e. tell some of her girlfriends and get them ready to want to go out and party with her, or start flirting and opening up to guys who are interested in her, so she has a new guy to date pretty much right away).

Then, she will get herself to the point where she doesn't care if she loses him.

At that point, she will dump him.

Then, if he doesn't contact her, she simply won't care much at all and will get on with enjoying life without him.

So, when a woman doesn't hear from a man she has dumped, rather than feeling upset about it and running back to him, she just doesn't care.

It's actually not something she spends a lot of time thinking or worrying about, because she's usually busy getting on with her life.

This is why, you stand a much better chance of getting your ex back by giving her a little bit of space (i.e. up to a week) and then interact with her again to re-attract her and get her back.

3. She feels happier without you, which makes her glad that you're not contacting her

In most cases, the days, weeks and even months leading up to a break up are filled with more bad days than good ones.

The couple will usually have arguments and feel like they are drifting apart, or as though only one of them wants to hold onto the relationship.

During this time, a woman might find herself often crying and wondering why she's even bothering sticking around with a guy who makes her feel so miserable.

Initially, she might feel a bit afraid to break up with him because she worries that she'll miss him and feel unhappy without him in her life.

Yet, if she doesn't feel happy with him, she will force herself to go through with the break up.

Then, rather than feeling lost and sad without him, she actually feels happy and free.

It feels like a weight has been lifted off of her shoulders and she can now get on with enjoying life, rather than being stuck in a relationship that was making her unhappy.

4. She feels rejected that you're not contacting her, worries about losing you and then contacts you

Sometimes giving a woman space and not contacting her can work.

She can worry that she's losing you and contact you to open communication back up between you.

Of course, there's no guarantee you will get her back if she contacts you under those circumstances (i.e. if she senses that you haven't changed, she can and usually will lose interest. Alternatively, she may just contact you to check that you still want her back, so she can feel good about herself as she moves on without you).

5. She doesn't worry because she has plenty of experience with break ups and knows that the pain will pass

If a woman has been through a few break ups in her life, she will know that no matter how sad, lonely and dejected she might be feeling because an ex isn't contacting her, those feelings will eventually fade away.

So, rather than letting his silence bother her, a woman will usually focus on doing the things that will help her get over him (e.g. spend more time going out with her single friends and flirting with guys, focus on her work or hobbies, go on dates, have sex with someone new).

6. She feels disappointed that you don't care enough to contact her and fix things

Regardless of how convinced a woman is that she wants to be broken up, it doesn't mean she is 100% against giving her ex another chance if he contacts her and re-attracts her.

This is one of the reasons why so many couples break up and get back together more than once.

Women pretty much always give a guy another chance, if he is able to re-attract her.

Important: Re-attracting her is different to trying to convince her to give you another chance.

Re-attracting her is about interacting with her and letting her experience the changes in you, rather than telling her that you've changed or will change if she gives you another chance.

So, if you give your ex too much space and don't contact her for weeks or months, you can end up killing any hope she has of giving you another chance.

As a result, she may think something like, *"Well, maybe he never loved me at all! If he did, he'd be calling me instead of ignoring me. I guess I was a fool to believe that he really loved me."*

A woman will usually then begin dating and hooking up with another guy to make herself feel better.

7. She falls in love with a new guy and stops caring about potentially getting back with you

When a woman has lost touch with her feelings for a guy enough to dump him and leave him, she will rarely wait around for him to come back to her.

Instead, she will focus on moving on as quickly as possible, even if that means dating guys who aren't her ideal match, until she finds the right one.

Then, by the time her ex does contact her again, she might be in love with someone else and not interested in trying to fix a broken relationship.

If he'd contacted her earlier, it would have been easier for him to get her to meet up.

Yet, now he's made it unnecessarily difficult for himself by having to attract her on a call and persuade her to meet up, despite being with a new guy.

This is why, if you want your ex back, you need to be the guy who makes her feel respect, attraction and love again so she wants to be with you, rather than with anyone else.

If you let another guy get a hold of her heart, you're going to have to battle to convince her that you're her ideal match and he isn't.

4 Mistakes Men Often Make When Giving a Woman Space After a Break Up

1. Assuming that the more space he gives her, the more she will want him back

A little bit space (i.e. 3 to 7 days) is best when getting an ex woman back.

The reason why is because it gives her some time to cool off and begin missing you, while also proving that you're not needy and desperate, but do still care about her.

Giving her more than a week can result in her believing that you don't care anymore, so she is free to move on without you.

2. Assuming that giving space works in all break up situations

Giving a lot of space works in some, but not most break up situations.

For example: If a woman is still very much in love with her guy, she may go back to him if he ignores her for weeks because she doesn't want to risk losing him.

Of course, she might also feel rejected and decide to move on without him.

Another example of when giving space works, is if a woman struggles to find a replacement man.

She may then go back to her ex because she wants to stop feeling like a reject, or stop feeling lonely and left behind.

However, in cases like that, she will usually be looking for another guy in the background and when she finds one she will dump her ex again and move on.

On the other hand, in cases where a woman has lost touch with her feelings for a guy enough to dump him, giving her space is actually something she is grateful for, because she can move on in peace.

So, if your ex stopped loving you, feeling attracted to you and respecting you near the end of the relationship, don't assume that she will want that back.

A woman wants to feel in love and be in a relationship with a man that she respects and feels attracted to.

If you want her back, contact her, interact with her and let her experience those kind of feelings for you.

3. Assuming that she will want to come back to him, even though she's not attracted or in love with him anymore

Think about it!

It doesn't make sense to assume that a woman who no longer has feelings for a guy, is suddenly going to change her mind the longer he ignores her, right?

She doesn't want him, so why would she want him if he lets her have space?

It will only work if she can't find a suitable replacement man, or if she really does want him and only dumped him due to a silly argument or problem they experienced.

If your ex dumped you due to no longer having enough feelings to want to be with you, then she's almost certainly not going to run back to that if you give her space.

This is why, just giving a woman space is not the answer to getting her back.

What is the answer? Attraction.

The more attraction you can make her feel when you interact with her, the more she will realize that her feelings for you aren't dead and that getting back with you would actually be exciting, interesting and enjoyable for her now.

4. Underestimating her ability to attract and date new men and move on without him

Most women are attractive enough to easily find a new man to start dating, sleeping with or having a relationship with.

So, when a woman's ex ignores her after the break up, she will won't struggle to be able to meet new men.

To make herself feel better, she may decide to hook up with one of them, rather than chasing after an ex that she assumes is no longer interested in her (i.e. because he's not contacting her).

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[image]

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5 Tips for Getting an Ex Back After Months of No Contact

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The No Contact Rule doesn't work for most ex back cases where a guy has been dumped by a woman who no longer feels enough attraction or love to be with him.

However, there is still always a chance to contact your ex, make her feel attracted and get something going again.

All hope is not lost.

You can still get her back.

So, here are 5 tips for you, if you're serious about getting her back after months of using the No Contact Rule on her:

1. Understand that she will might experience some good feelings to hear from you after this long

After all, you are a man that she used to really like or love and there is a chance that she may have been missing you for a while.

Even though she dumped you, she may not have been 100% over you when the relationship ended.

In a case like that, it can cause a woman to wonder why he isn't contacting her anymore (e.g. Has he met a new girl? Does he not care about her all of a sudden? Is it him who is rejecting her now?).

Despite that, most women don't reach out to an ex who is using No Contact and instead, decide to begin moving on by meeting new men (e.g. going to bars and clubs, joining an online dating site or using an app like Tinder, joining a meet up group in her area, opening up to dating one or more of her male friends who have had a crush on her).

In most cases, the woman will move on and forget about her ex.

Yet, if she is unable to properly move on (e.g. because she has only been meeting low quality guys, no one is asking her out on a date, she didn't feel enough of a spark with her male friends), she may find herself thinking about her ex more and more.

Rather than remembering all the negative things about him that used to turn her off (e.g. she felt more like his friend than his lover, he wasn't enough of a challenge to her, so she never felt motivated to treat him well and be a good woman to him, he was too insecure and ended up being clingy and needy), she instead starts thinking about him in a more positive way.

Then, if he contacts her out of the blue after ignoring her for months, there is a chance she will be happy to hear from him and be willing to reply.

Of course, if she interacts with him and notices that he hasn't changed and is still making the same attraction mistakes as before (e.g. still seems a bit insecure, still lacks the manliness she craves, still gives her too much power), she will lose interest and become more determined to meet new men to move on without him.

So, if you do contact your ex after months of No Contact, make sure that you're ready to re-attract her in new and interesting ways, rather than just reaching out and talking to her like a friend, or letting her sense that you still have some or all of the same kind of issues that turned her off about

you.

2. Understand that she will probably suspect that you want her back and that isn't a problem

[image: Understand that she will probably suspect that you want her back and that isn't a problem]

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If you contact her, she will have to wonder why.

If she suspects that you're contacting her due to wanting her back, it's not a problem.

Yet, just don't go right into letting her sense that you want her back, unless she shows that to you.

If she is just talking like a friend, then add in flirting and arrange a catch up in person as soon as possible, without giving her the impression that it's about starting the relationship again and nothing else.

Let her sense that it's a casual catch up.

3. Understand that she might have gotten over you by this point and will need to experience a new spark to feel drawn to you again

A romantic, sexual spark is what changes a man and a woman from just being friends, to being lovers, boyfriend-girlfriend or husband-wife.

It's the fundamental thing that makes a woman want more than just a friendship, or nothing at all.

Your ex would have felt a spark with you in the past, which led to her wanting to have a sexual relationship with you.

Yet, somewhere along the line, the spark died and she began to lose interest.

If you want to get her back now, after months of No Contact, the best approach to use it to create a new kind of spark with her, so she becomes interested and curious.

If you tried to rekindle the relationship by using the approach you used with her in the past, her guard will go up and she may feel as though you're trying to get her to want what she used to like about you when things were good.

For example: If a guy initially attracted his girlfriend by talking about certain topics that she was interested in, or texting her late at night and having deep and meaningful conversations, he might try that approach again.

Yet, that's old news to her.

It's an approach that she previously fell for, which resulted in a relationship that she ended up disliking so much she ended it.

So, to avoid her putting her guard up, you need to be willing to create a new kind of spark with her, which will then cause her to see you in a new light.

For example: Some of the ways you can do that are by

- Taking control in an emotionally masculine manner and leading the way during interactions with her, rather than letting her call the shots or cause you to behave in a timid way, due to her confident, independent personality.
- Avoiding being too serious around her and instead using humor to make her laugh, smile and feel happy to be around you again.
- Being confident and believing in your value to her, rather than feeling unworthy of her now due to being dumped.
- Being a good guy to her, but also flirting with her and building up sexual tension between you and her, so that she wants to release the exciting tension with hugging, kissing and sex.
- Remaining calm, confident and easy-going rather than getting upset, regardless of what she says or does to test you.

When you use a new approach to her, she will feel a new spark with you.

Then, she will realize that if she doesn't give you a chance, she may end up missing you and regretting it.

As a result, she opens up to giving you another chance, or at least meeting up with you in person to see what happens.

4. A confident voice text with a bit of humor works better than just a standard text

The best approach is a phone call, or video call.

However, if you can't do that or don't feel confident enough to do so, then sending her a confident voice text and adding in some humor, or light flirting will spark her attraction and curiosity and make her want to respond to you.

You can then banter back and forth a few times after that via voice text, but eventually, have the courage to get on a phone call with her to give yourself the best chance to re-attract her and get her to meet up with you in person.

Whatever you do though, make sure that you don't just stick to typed texts.

Using voice texts (at the very least), or talking to your ex on a call will get you much quicker results than just typing up texts.

Why?

On a phone call, she can sense whether or not you've changed based on the tonality of your voice and how you are now talking to her, responding to her and reacting to what she says.

As a result, when you suggest a meet up, she is more likely to accept and agree because she will want to experience the new, confident version of you face to face.

She is also much less likely to reject you on a phone call vs. a text.

Based on what I've seen from thousands of text examples Modern Man customers and website visitors have sent me, as well as from guys I've coached in the past, women are at least 10x more likely to reject a request for a meet up when it's sent via text vs. asked for on a phone call.

Voice texts increase the chances of getting a yes, but they aren't as effective as a live phone call or video call.

So, make sure not to try and achieve everything with your ex via typed texts.

At the very least, use voice texts to then transition to a phone call (i.e. because she's heard your

voice, sensed that youâre not being needy, sensed your confidence and becomes curious to talk to you on a call).

5. Make sure that your social profile shows that youâve been having fun around other people

When you contact her, she will almost certainly go to your social profiles first to see what youâve been up to.

If she sees that your profile hasnât been updated in months, or you made posts that suggest you are alone, or doing things on your own, then it can cause her to think something like, *âWhy is he contacting me? Is he lonely and desperate without me/ It looks like heâs been sitting around all this time and doing nothing. Maybe heâs just contacting me because he canât find another woman to be with.â*

She then doesnât feel motivated to talk to you or see you.

So, before reaching out to your ex, make sure that your social media profiles are updated with photos of you having fun with other people.

Important: It must be with other people and not of you alone (regardless or how good you think you look in a particular photo), of your pet, the sunset on the beach or the great meal you had at your favorite restaurantâalone.

Women arenât attracted to loneliness or emotional weakness (i.e. a guy who is unable to be around other people after being dumped because heâs suffering emotionally).

Women are attracted to emotional strength, which you can display to her by having fun with other people and posting it on social media.

Even just seeing a few photos of you enjoying your life without her, is enough for most women to drop their guard and open up to interacting with you some more to see where things go.

Iâve heard back from thousands of men whoâve experienced this, even with the most stubborn, uninterested ex girlfriend or wife.

You have to do what works.

On that note, here are some examples of what doesnât workâ!

5 Mistakes Men Often Make When Trying to Get an Ex Woman Back After Months of No Contact

1. Sending a vague text, not getting a response and then giving up

For example: A guy might text something like, *âHey, thereâs a new space travel movie coming out. Just thought Iâd let you know because I remembered you liked movies like that,â* or just a simple, *âHey.â*

She might not know what his intentions are, a woman will usually ignore a text like that and wait for more.

If he doesnât send anything else, she will leave it and continue moving on without him.

So, if you do text your ex, make sure you use some humor to spark her feelings of curiosity about

you, or at least have the courage to text her again the next day if she doesn't reply, or send her a voice message with some humor or flirting.

Essentially, don't give up so easily and don't hide behind typed texts, hoping that she will do all the work to get you back.

If she hasn't heard from you in months, she might be a bit hesitant to start communicating with you (e.g. she might worry that you're just reaching out to text her, get her replying and then let her know that you've met another girl and are happy).

There are all sorts of reasons why a guy will text his ex girlfriend, which can make her feel unsure and hesitant about reply.

So be strong, contact her again if necessary and move things forward to a phone call and meet up.

2. Waiting additional weeks or months without contacting her and she then completely moves on

The longer a woman goes without hearing from her ex, the more time she has to get over him.

Additionally, the more likely it is that she will meet a man who makes her feel attracted.

So, stop waiting for "the right moment" to contact her and get her on a call with you right away.

The sooner you begin re-sparking her feelings again, the sooner she will be back in your arms and loving it.

3. Not preparing himself to create a new spark with her

A mistake that many guys make is to sit around for weeks or months of No Contact, just thinking about how much they miss their ex and how they want her back.

Yet, what they should be doing is preparing themselves to attract her in new and interesting ways, so she actually has a reason to give him another chance (i.e. she has new feelings for him and worries that she will regret not giving him another chance).

As a result, a guy will wait months to contact his ex girlfriend and she will sense that he's still trying to offer her the same kind of attraction experience that she lost interest in (e.g. he's still too nice, too insecure, gives her too much power, doesn't know how to be a challenge, doesn't understand how to flirt with her and create sexual tension).

She then doesn't feel motivated to give him another chance, so she rejects him or cuts off contact.

4. Showing interest in a relationship before she does

If you want to make your ex feel interested in getting back together again, focus on building up her sexual and romantic feelings for you during interactions (e.g. by using playful humor, being flirtatious, being more confident than you were before, being a bit of a challenge, making her feel girly in comparison to your more manly approach), rather than pushing for a relationship with her right away.

Then, the more attracted and happy she feels when she's with you, the more her defenses will begin to come down.

As a result, she will naturally become open to the possibility of being with you again in a sexual and

romantic way, because she feels drawn to you.

However, if you push for a relationship before youâve reactivated her feelings of attraction, sheâs just going to keep saying, âNo. Iâm not interestedâ because itâs youâre asking for a one-sided relationship.

The feelings have to be mutual, or at least close to mutual for her to want to give you another chance.

If itâs just about you wanting her back because you love her, miss her and are promising to do better, then sheâs not going to be interested.

You have to focus on making her have feelings for you.

When you do that, she will then open up to more, but not before.

5. Acting like he only sees her as a friend, which then results in her feeling as though thereâs no spark between them

A friendship is different to a boyfriend-girlfriend relationship.

The main difference is the sexual spark.

So, donât make the mistake of just talking to her like a friend and hoping that sheâll want you back.

By all means be friendly, but make sure that you use flirting and other natural attraction methods to make her feel sexually attracted to you as well.

That way, she knows what your intentions are without you having to say it and she also feels a spark with you, which then creates sexual tension that she wants to release with hugging, kissing and sex.

When you approach it that way, she becomes open and is excited to explore her new feelings for you.

However, if you just act like a friend, her guard will go up, she will be suspicious of your intentions and will almost certainly play mind games with you (e.g. acting like sheâs not interested when she is) to avoid herself being rejected.

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Almost there! Please complete this quick form to gain instant access.

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5 Tips on How to Get a Woman Back Who Was Never Really Into You to Begin With

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 things you can do:

1. Understand what parts of the attraction experience were missing in her relationship with you

After getting dumped, many guys are left wondering, *“Why did she end it? I thought what we had was great, but somehow, it just wasn’t enough for her. What was missing?”*

It can be very confusing and frustrating, especially if you really did like her, love her and want things to work out.

So, if you’re not sure where to start to get her back, here are some questions that will help you better understand what was missing in the relationship:

- Did she like that you were an emotionally strong, confident and independent man, or did she complain about you being clingy, needy, insecure, not manly enough too emotionally sensitive?
- Did she feel motivated to treat you well and be a good, loving woman to you to avoid losing you, or did she treat you badly because she knew that you would put up with it just to be with her?
- Did she like that you took the lead in the relationship and allowed her to relax into thinking, feeling and behaving like a feminine woman around you, or did she feel that she had to be the strong one, make important decisions for the both of you and essentially take care of you?
- Did she feel sexy and desirable with you, or did she end up feeling more like your non-sexual friend or housemate?
- Did she feel proud to be standing next to at parties, social events or around friends and family, or did she feel embarrassed due to you feeling nervous, insecure or intimidated by confident people?
- Did she feel she lucky to be with you, or did you give her the impression that you felt lucky to be with her?

When you understand what really turned your ex off about you, you can then take action to improve those things about yourself right now.

That way, the next time you interact with her, you will be able to give her the attraction experience she really wants from a man.

She will then realize that you how she feels around you now is different, interesting and appealing, so if she doesn’t give you another chance, she may end up regretting it if she can’t find a guy who makes her feel that way.

2. Accept that you will need to adjust your approach to her if you want her back

[image: Accept that you will need to adjust your approach to her if you want her back]

[image: Accept that you will need to adjust your approach to her if you want her back]

If you keep using the same approach with your ex that you've been using up to this point (e.g. being really nice, letting her call all the shots, being too easy, feeling intimidated by her, trying to get on her good side by sucking up to her), she's almost certainly going to continue moving on without you.

Here's the thing|

To make your ex really want you this time around, you need to start creating new feelings of sexual and romantic attraction inside of her.

That requires you to adjust your approach with her, rather than only doing things that you have been doing and not being willing to step outside of your comfort zone.

What are some examples?

- Being more ballsy and using humor when you're around her, rather than always being nice and polite. That doesn't mean to be disrespectful or to be an asshole. Instead, it's about manning up and letting her experience your confidence, masculinity and balls, while also making her laugh at the humor you're using. It's an approach that pretty much every woman on the planet instantly feels attracted to. Yes, even your ex. Don't assume she doesn't. If she met a guy who had more balls than you in terms of how he interacted with her and he made her laugh, don't assume she wouldn't feel attracted. What makes women feel attracted to men is different to what makes men feel attracted to women (i.e. we don't need women to be ballsy. Most men like nice, friendly women).
- Taking control and being the man during interactions with her, rather than giving her too much power.
- Treating her like a hot, sexy woman, rather than as though she is angelic, pure or uninterested in sex or feeling turned on. She wants to feel turned on and if you don't make her feel that way, another guy will and she will then focus on him.
- Being more emotionally independent and enjoying your life without her, rather than making everything about her and devoting all your time to her and the relationship.

When you adjust your approach, her feelings will automatically start to change as well, without her even realizing it.

If you know what you're doing (i.e. you understand how to attract women on purpose and aren't just doing whatever and hoping for the best), you can then build on those feelings and make her fall deeply in love with you this time around.

3. Don't try to push for a relationship before you've hooked up with her again sexually

If your ex currently feels like you're not her ideal man, then she's not going to react well to you pushing for a relationship.

So, don't pressure her for a relationship.

Instead, simply make interactions with you feel fun, easygoing and commitment free.

At the same time, focus on building her sexual feelings for you, so she at least wants to kiss and have

sex, even though she may not want to get back into a relationship right away.

Let her see that if she kissed you or had sex with you, it wouldn't result in you pleading with her to give you another chance.

Let her sense that you love her, want her and respect her, but you're not pushing for anything. Just focus on attracting her, building up sexual tension and then initiate kissing and sex.

Sex is important because it speeds up the process of getting a woman back by letting her experience a new and improved you.

When she does, she realizes that you're no longer the same man and things really would be different with you this time around.

As a result, she then drops her guard and becomes more open to seeing where things go from there. Of course, sex won't fix your relationship problems with her, but it definitely does help to get things back on track.

The more you make her realize that you are the man she wants to be with in the long term (e.g. emotionally strong, ballsy, dependable, charming, a challenge for her to win over, ambitious, funny), the more she will want to take the next step and commit to being with you.

Don't tell her that you are that man now; let her experience it.

She has to be able to sense it and see it for herself, rather than you trying to sell yourself to her.

Get her feeling attracted to you again and then guide her to a hug, kiss, sex and then back into a relationship.

If she asks, *"So, does this mean we're back together?"* or, *"So, does this mean you want us to be back together?"* you can simply say, *"Let's just see how things go. Neither of us need to commit to a relationship. Let's just hang out and see what happens."*

4. Let her be the one who wants a relationship with you now

You can do that by being a challenge, which is what a woman like her is going to really want from a guy.

What does being a challenge to a woman mean?

It means, you need to make her feel like she has to be good to you, treat you well and work hard to impress you, or else you won't be interested in her.

Think about it!

Most women make men feel that way.

So, there is nothing wrong with you taking on that role and being the challenge, rather than being the one who is working hard to impress her and hope she doesn't leave you.

Unfortunately, a lot of men either don't know about this, or they think it's wrong or disrespectful to be a challenge, even though it's how women get men wrapped around their little finger.

It's not wrong to have a woman be totally in love with you and wanting to impress you.

In fact, women want to be in that position.

A lot of men don't understand that or know about it and as a result, a guy will end up chasing

after a woman in a relationship and sucking up to her, in the hope that she won't leave him.

Yet, that gives a woman power over a man that she simply doesn't want because it's not a fulfilling experience for her.

She might pretend that she likes being in the position of power and enjoys it when a guy is very nice, sweet and agreeable, but in reality, she's not going to respect him if he does whatever she wants just so he can spend time with her.

Remember: A woman wants to feel that her man is a catch, not like she's doing him a favor by being with him.

If she feels that way, she is happy.

If she doesn't, she is bored, unhappy and will be restless.

This is why, if you want to get your ex to genuinely feel respect, attraction and love for you this time around, avoid always being on your best behavior around her and never saying or doing anything to challenge her, even in a playful way.

You will be surprised to see how effective a bit of resistance from you can be.

Of course, be prepared for her to pretend to be upset about it though.

That's just her testing to see if you really have grown a pair of balls with her, or if you're just putting on an act and hoping she falls for it without checking to see if you are for real.

If you want her to respect you, it's important that you level up for real.

How?

Keep reading!

5. Make her feel like she is losing a much better version of you

If you interact with your ex over the phone and in person and she notices that you're now talking, thinking, acting and behaving in ways that she always wanted from you but never got, she's naturally going to start feeling like she's losing out by not being with you anymore.

For example: She may notice that

- Even though you're still loving, caring and attentive towards her, you no longer allow her to push you around and get away with creating unnecessary drama and being disrespectful towards you. You don't sulk and complain about it. Instead, you calmly, assertively and confidently disagree, or let her know that she's being disrespectful or unreasonable. You're happy and forward moving in your life without her. You want her back, you don't need her back to feel good about yourself. As a result, you don't act in needy, clingy or insecure ways anymore.
- You maintain your confidence no matter what she says or does (e.g. she tries to make you feel insecure by pretending that she doesn't have feelings for you).
- You're not afraid to use humor to change her mood from cold or bitchy to open and happy, rather than getting dragged into her fake drama, being timid in response her mood or losing control of your emotions and getting angry at her.

When she notices these kinds of changes in you, she's going to feel that if she doesn't at least give you another chance, she may be the one who regrets it later on.

As a result, she then wants to hang out with you more to see where things go.

4 Mistakes to Avoid When Trying to Get an Ex Woman Back Who Was Never Really Into You

1. Thinking that cutting off contact will make her care so much that she tries to get you back

It won't.

If she was never really into you, why would she change her mind now that you're not even around to spark any feelings for you?

Instead, she's not going to care and will get on with finding another man who she can fall in love with (e.g. she will join an online dating site or use an app like Tinder, Bumble or Hinge, accept dates from guys in her life who are interested and have been waiting for her to become single, go out to clubs and parties to meet and flirt with men).

Eventually, she's likely to meet a guy who can give her the kind of attraction experience she really wants (e.g. the guy is more of a challenge, he's not insecure, he makes her want to impress him), which may cause her to open up and begin falling in love with him.

Then, by the time you notice that she's not coming back to you, she will have been sleeping with the new guy and moving on.

Is that what you want?

If not, forget about ignoring her to hopefully make her want you.

Cutting off contact only works if a woman is still in love with her ex guy.

In pretty much every other case, the woman simply moves on.

2. Writing to her to tell her how much she means to you

That's a bad idea for several reasons.

For example:

- She doesn't have to read what you write to her and can just ignore you. As a result, it won't make any difference to how she feels.
- If she doesn't have feelings for you, hearing about your feelings for her isn't going to change that. Instead, she's likely going to see you as being selfish and too focused on your own wants, needs and feelings.
- If one of the things about you that prevented her from falling deeply in love with you was that you're too emotionally sensitive, a letter telling her how much she means to you will further highlight that side of you to her and turn her off even more.
- When she can't hear the tonality of your voice or see your body language, she may assume that you're still the same guy she broke up with (e.g. insecure, needy, too nice, not masculine enough for her). She then doesn't feel motivated to give you another chance.

Women only want and appreciate romantic gestures from men that they have feelings for. From all

other men, romance is not wanted or welcomed.

So, don't bother writing to her about your feelings.

What matters now are her feelings.

You have to interact with her, make her have some new feelings for you and then take it from there.

You can't do that by hiding behind letters, texts, emails and so on.

You've got to interact with her in person, or at the very least on a phone or video call.

Don't shy away from that.

3. Hoping that she will care if you build up your muscles, or wear better clothes

If you look better, she might compliment you and say you look good.

Yet, that doesn't mean she will want you back.

Why?

What matters most to a woman is how a guy makes her feel when she's interacting with him.

If he looks good, but she feels turned off by his insecurity, then she's going to start looking at him and his appearance in a negative light.

She will then look at his shirt or muscles and he will look like he's trying too hard, or as though it doesn't suit him.

That all happens based on whether his behavior is making her feel attracted or not.

So, make sure that the number one thing you focus on is how to make her feel attracted to you when you talk to her and interact with her.

Without that, you've got nothing to offer her in terms of how she would feel with you if the relationship started again.

4. Hoping that her new relationships fail and she eventually comes back to you

Her new relationships might fail.

After all, she has a 100% failure rate so far when it comes to relationships.

Despite that, in almost all cases, a woman will keep moving forward (i.e. look for a new man) rather than go back to a relationship that left her feeling sexually and romantically unfulfilled.

So, if you want your ex back, don't hope that she comes back to you due to having no other options.

Interact with her and let her sense that you are the best option for her, by attracting her in new and interesting ways that she wasn't expecting from you.

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Almost there! Please complete this quick form to gain instant access.

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My Girlfriend Broke Up With Me Before Her Birthday – 4 Reasons Why

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 4 of the most common reasons why a woman will do that to her boyfriend:

1. She didn't want him to do something romantic for her because she was no longer in love with him

Romance is only appreciated and enjoyable for a woman, if she has feelings of respect, attraction and love for a guy.

When a woman is in love with a man, it feels great for her to be cared about him, given something nice or treated to something on her birthday, or any other day.

Yet, if those feelings aren't there, she doesn't want romantic gestures and isn't going to like it when he's showing her love and expecting her to show him love in return.

As a result, the idea of pretending to be impressed and excited by his romantic gestures on her birthday will feel stressful and even annoying to her.

She doesn't want to have to act like she's in love with him when she's not and have to kiss him, hug him and seem very appreciative of whatever he gives her or does for her.

It will be all too fake for her and she just doesn't want to feel that way on her birthday, when she could be feeling happy and being her real self around friends or family.

So, rather than waiting to break up with him at a later date, a woman will often just go through with it before her birthday to save herself all the unnecessary stress and unease.

However, that doesn't mean all hope is lost for her ex boyfriend.

Feelings change all the time.

Think about it!

Your girlfriend went from not knowing you or caring about you before you met, to feeling attracted to you and beginning to like you when you met and then to falling in love with you.

She then went through a phase where she began to fall out of love, which resulted in her going through with a break up.

As you can see, her feelings have changed multiple times in the past and they can easily be changed again.

Women can and do fall back in love with an ex boyfriend.

Every day, it happens millions of times all over the world.

You can do it.

You can be one of the men who get their ex girlfriend back.

Another reason why a woman will break up with a boyfriend before her birthday is!

2. She didn't want to have to fake being happy with him in front her friends

and family

[image: She didn't want to have to fake being happy with him in front her friends and family]

[image: She didn't want to have to fake being happy with him in front her friends and family]

In most cases, when a woman is in love with a guy, she will be happy to let her friends and family see her together with her boyfriend.

She will feel proud of having a relationship that is working, with a man that she looks up to and respect.

She will feel complete and not have to worry about being seen as a lonely, single girl, or a girl who still hasn't figured out how to make a relationship work.

So, her birthday is a happy, special and proud time for her, if she has a boyfriend that she loves.

On her birthday, a woman's friends might ask, *What did he get you?* or, *Is he doing something special for you later tonight?*

She then can show off her special gift from him or talk about his romantic plans for her.

Yet, when she's lost touch with her feelings for boyfriend and is no longer in love, a woman will usually want to avoid putting on an act and looking happy and excited when she's not.

Additionally, in most cases, a woman doesn't want to lie to her family and friends about how happy and in love she is with him, only to then have to explain herself to them when she dumps him a few days or a week later.

She wants to keep her family and friends on her side, trusting in her and seeing her as a reliable, honest person.

One of the many reasons why, is that even though she will be breaking up with him, it's not as if she's not going to experience some emotional pain and feelings of loss.

Many women do struggle emotionally after a break up, even if they are sure about ending the relationship.

So, when a woman breaks up with him before her birthday, she wants to know that her family and friends will be there to support her and help her enjoy her birthday as a single woman.

As a result, she can have fun and enjoy herself with family and friends rather than pretending to be in love or happy with her boyfriend (when she's not), or feeling upset and lonely because her friends and family don't really want to support her through it and think that she needs to learn a lesson about being honest about her feelings.

That said, it doesn't mean that her ex boyfriend no longer has a chance with her.

Remember: Feelings can and do change.

You can re-attract her and get another chance with her, if you are willing to approach the ex back process in a mature manner (i.e. don't make the mistake of cutting off contact and expecting her to come running back to you. That rarely, if ever works and is an immature, naive approach. The mature, effective approach is to quickly fix your issues/improve yourself over the next week and then have the courage to call her, arrange a catch up and then re-attract her and get her back).

Another reason why!

3. She was interested in another guy and wanted to hopefully hook up with him at her party

Sometimes, a woman will already have her eye on another guy that she's secretly hoping to get into a relationship with.

So, inviting him to her party and making sure that she's single can be a way of her hopefully getting what she wants.

If she's single, she is then free to go crazy, flirt with her crush as much as possible on the night and if things work out, hook up with him sexually.

This is why, if you want your girlfriend back, you shouldn't sit around hoping she will change her mind on her own.

If you wait too long to begin re-attracting her and making her feel sexually and romantically attracted to you again, it can make the process of getting her back more difficult for you (i.e. because she's already hooked up with her crush and they're now in a relationship).

You can still get her back of course, but there's no need to make it more difficult by waiting to begin the re-attraction step of the ex back process.

So, take control of the situation today and begin making her feel the kind of emotions that she wants to feel with a guy (e.g. attracted, attracted, excited, turned on, aroused), so she won't be able to stop herself from feeling drawn to you again.

When she experiences that, she will realize that her feelings for you aren't dead and that it would actually be interesting and exciting to give you another chance.

Yet, if you just wait and hope that she remains single and comes running back, you might end up feeling disappointed and heartbroken when you hear that she has been moving on without you.

4. She had been planning on breaking up with him for a while and her upcoming birthday gave her extra motivation to do it

Some people like to make New Year's resolutions and start the new year with a clean slate.

However, others tend to use their birthday as a day that inspires them to feel motivated to follow through on goals, or go after what they really want in the coming year.

So, if a woman has been feeling unhappy in a relationship with her boyfriend, she might decide that she doesn't want to begin the next year of her life with old baggage dragging her down.

As a result, she decides to just break up with him before her birthday.

It sucks that she did that to you, but don't worry.

You can turn things around.

How?

By changing your approach to attraction with her from now on, so she starts to feel drawn to you again in a new and good way.

Some of the ways you can do that are by

- Becoming more confident and self-assured, rather than feeling insecure and unsure of yourself.
- Improving your ability to make her feel like a hot, sexy woman in your presence (by flirting

with her, by being manly so she can feel girly in comparison to you), rather than turning her off by treating her like your buddy or friend. It takes courage to do that, but it works. Pretty much every you need to do in terms of re-attracting her will feel outside of your comfort zone initially. Yet, that's just the point. You need to level up and attract her in new and interesting ways. You have to have the courage to do that.

- Using humor when she is being uptight and tense, rather than worrying that she will get angry at you for it. Don't follow her mood and become timid in response to her negativity, tenseness or anger. Be confident, bold, strong and loving enough to get her to crack a smile and laugh, so she switches out of being in a bad mood, to feeling happier, more open and more attracted to you. Always remember that women are attracted to emotional strength in men. As long as you are being a good man to her, you're not doing anything wrong by getting her to smile, laugh and get out of bad mood. She might say you are to stop you from being attractive to her, but you're not doing anything wrong.
- Adding to your strengths and improving your weaknesses, rather than remaining the same and expecting her to just accept it.
- Creating a new relationship dynamic between you and her, where you treat her well and make her feel loved and appreciated, but also make her feel motivated to impress you and keep you happy, or else you will lose interest in her.
- Being more emotionally masculine in how you think, behave, talk and act, rather than being too nice and soft with her and allowing her to dominate you with her confident personality.

When you start making her feel sexually attracted to you again, it then becomes a lot harder for her to walk away from you for real because she risks regretting it later on.

As a result, she opens back up to talking to you over the phone and seeing you in person to see if you and her can work things out after all.

4 Mistakes to Avoid if You Want to Get Her Back

1. Buying her a great gift to hopefully make her feel guilty, or to warm back up to you

Your ex girlfriend may appreciate the gift, but it's almost certainly not going to make her suddenly have feelings for you and want to get back together.

Why?

She may see the gift as a desperate attempt to "buy" back her love as a form of manipulation (i.e. trying to make her feel bad for breaking up with such a nice, honorable and generous guy).

If she senses that's your motive (even if she's wrong), she will feel even more determined to remain broken up with you, because she doesn't want to fall for your mind games.

Alternatively, she might see it as nice that you bought her a gift, but she knows the reality of the situation as well (i.e. she's not going to be getting back into a relationship with a gift. It's just an object or thing. You are the person she broke up with and no gift changes who you are, or how you make her feel when you interact with her).

This is why, the most important thing to focus on is your ability to attract her during interactions.

Nothing else really matters because the most important thing to her now is how she feels.

If she feels attracted to you, she will feel open to getting back with you.

If she feels turned off and you give her a gift, sheâs almost certainly going to remain feeling turned off.

The gift is just an object or a thing. Itâs not you.

Another mistake to avoid isâ|

2. Asking her why

Even though you might feel like you deserve to know why she broke up with you before her birthday, itâs not something she will want to honestly share with you.

Why?

She doesnât want to give you clues on how to get her back, or potentially reveal her disloyal act that led to the break up (i.e. liking another guy and leaving you so she could date him, inviting her crush to the party and hooking up with him).

If you ask her, she may give you a response, but in almost all cases, a woman wonât be honest about her reasons why.

So, when a guy is asking, *âHow couldâ you do this to me? Why did you leave me like that?â* in an emotional way where he clearly seems confused and hurt, it just highlights to her that he doesnât know how to be the man that she wants without her guidance, input and direction. Instead, he needs her help to help him become the kind of man that he should be to effectively attract her.

That makes her lose even more respect for him because it makes her look at him as a confused guy, who doesnât understand women and what they want.

Women donât want to take on the role of being a mentor to a guy, especially an ex.

As a result, she then doesnât want anything more to do with him, because from her point of view, sheâs just wasting her time with a guy who might never be the kind of man she wants and needs him to be.

So, donât ask her why she left you.

Figure it out by continuing to learn from me here at this site.

I will teach you that and how to re-attract her, but you have to be willing to learn and do this right, otherwise you will almost certainly lose her.

Another mistake to avoidâ|

3. Sending her a romantic card expressing your love (if she is currently not in love with you)

Sending a romantic card, love letter or note might work in romantic movies or books (fake reality), but in the real world, when a woman has lost touch with her feelings for a guy, him being romantic and pouring his heart out to her doesnât change her mind about being broken up.

Remember: Romance is only enjoyable to a woman if she has feelings for a man (i.e. she respects him, feels attracted to him and is either falling in love with him, or is in love with him).

Romance outside of that is not welcomed by women.

So, for your ex to want to get back together, the feelings have to be mutual or at least close to mutual between you and her.

It can't just be about you loving her and wanting her back for your reasons.

Instead, she has to feel like she will be missing out on a great thing if she doesn't get back with you.

That's what motivates a woman to want to get back with a man and it does not come from being romantic.

It comes from reactivating her feelings by attracting her in new and interesting ways.

So, forget about the soppy cards and love letters because it won't work.

4. Waiting around for her to change her mind and she then moves on without you

You might feel hurt that she left you and want to teach her a lesson, by not contacting her.

Yet, here's the thing!

If your ex has disconnected with her feelings of respect, attraction and love for you, she's not going to care if you don't contact her.

She will simply move on.

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[image]

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Almost there! Please complete this quick form to gain instant access.

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5 Pros and Cons of Telling Your Ex Girlfriend That You've Slept With Another Woman Since the Break Up

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Telling your ex that you've slept with a woman can sometimes help get her back, but there are pros and cons to be aware of.

For example:

1. If you were needy in the relationship, she may feel as though you'd be less needy now that you've slept with a new woman

She might see it as a sign that even though you love her and want her back, you no longer need her back to be able to feel good about yourself and get on with your life without her.

You are able to attract other women and get to sex, so you're not a lonely, desperate, needy guy. That is attractive to her.

As a result, she feels more open to interacting with you than she would if she believed you were still the same needy guy you were before, or if you had been all alone, missing her and needing her back. Why?

Unlike men (who don't require a woman not to be needy of them. In fact, men often like it when a woman is dependent on them), a woman doesn't want to get stuck with a guy who can't handle himself in the world and needs her to keep propping him up, patting him on the back and encouraging him along to keep him happy, confident and forward moving.

Even though she might not openly admit that to you, or even be able to explain it if asked, it's what her instincts are hard-wired to want in a man.

This is why, if you were needy in the relationship with your ex girlfriend and you then tell her that you've slept with another woman since the break up, it can make her look at you as being more emotionally independent than you were before.

In her eyes, you've become a man who isn't clinging on to her because that's all he can get.

Instead, you want her back because you love her, have changed and know that you and her would be happier this time around.

That takes a lot of pressure off her shoulders because it's not about her giving a chance to an ex who needs her, but rather a non-needy ex who loves her and who could make her happier than before.

2. If the other woman is attractive, or a lot more attractive than her (in her eyes), she might look at you as being more attractive and valuable to women

[image: If the other woman is attractive, or a lot more attractive than her (in her eyes), she might look at you as being more attractive and valuable to women]

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Women don't want to feel like they're doing a guy favor by being with him.

A woman wants to feel like she is at least getting an even deal (i.e. the guy is attractive or valuable and she is attractive or valuable), or ideally, the guy is a catch and she's lucky that he has chosen her, even though he could easily get other quality women.

So, when you tell your ex girlfriend that you've slept with another woman since the break up, she will immediately wonder what the woman looks like.

She might ask you for a photo, ask her name, or search your social media to see what she looks like.

If she perceives her as being attractive, or more attractive than her, she will start seeing you as more valuable.

Of course, she will almost certainly not admit that to you.

In many cases, a woman will make a negative comment about the other woman (e.g. *She has horrible hair* or, *She's ugly* or, *She's plain looking* or, *That's what you replaced me with? Lol, okay, as long as you are happy*), or pretend to reject her ex (e.g. *Fine – go and be with her, I don't care. I hope you two are happy. Don't ever call me again*).

Don't fall for those kind of manipulative reactions from her.

Just know that if the woman you have slept with is at least fairly attractive, your ex will see you in a more positive light.

Women feel more attracted to men that other women want.

It's not something that women like to admit, but it's how their attraction for men really works.

This is why women will complain about a guy being a player, or bad boy, but will still sleep with him anyway.

The woman is turned on by the fact that so many other women want him.

3. If she has slept with another guy since the break up, she might feel as though getting back with you wouldn't be a problem now

If she was the only one who slept with someone new since the break up, a woman may worry that her ex will be insecure about it if they got back together.

He might worry that the other guy was better than him in bed, or had a bigger penis and then lose confidence, or seek to get revenge on her by reeling her back in and then dumping her when he's ready.

Yet, if he's also slept with another woman, then they're even and it's less likely that he will become jealous and seek revenge.

Of course, if you do tell your ex girlfriend that you've slept with someone else, you do need to be prepared for her to say that she has too.

Don't make the mistake that some guys make and get upset or angry with her and accuse her of being a slut, if she admits to having slept with a guy since the break up.

That's only going to make her lose respect for you and see you as being two faced.

It will then become a lot more difficult for you to reactivate her feelings for you and get her back.

So, prepare for yourself for the news that she may give you and be ready to be totally fine about it, forget about it and get on with getting back with her.

4. She might find it sexy that you have experienced sex with a new woman since her

According to research, many women fantasize about watching their man having sex with someone else.

In most cases, it is simply a daydream that a woman has about her husband or boyfriend and she wouldn't want that fantasy to ever become a reality.

However, there are also women who report that after they split up with their husband or boyfriend and he began sleeping with another woman, they suddenly started feeling attracted to him again.

Sometimes, it even resulted in post-break up sex with him.

So, a guy telling his ex girlfriend that he's slept with another woman since the break up, can turn her on when she then imagines him having sex with another woman.

She may also feel attracted simply based on the idea of another woman being turned on by him and wanting to have sex with him (i.e. he's not an unattractive guy that no woman wants).

She might also begin perceiving him as being a bit of a bad boy (bad boys are sexy to women) to have moved on so easily.

Finally, she can also feel respect and attraction based on the fact that he hasn't been sitting around at home, lonely and falling apart without her.

Instead, he quickly become emotionally stronger and more capable of attracting women and then did just that.

That is a turn on to her, because him being more experienced with women now implies that he could be better at being able to please her sexually if they ever have sex again.

So, she then becomes curious about how she'd feel if they had sex and becomes open to meeting up with him and seeing where things go.

5. She might feel jealous that another woman has been getting to experience your sexual love

If you were great in bed and that is one of the things your ex girlfriend really loved about you, she may feel jealous that another woman got to experience that with you.

Even though you and her are broken up, she may still feel possessive over you and the sexual connection you and her shared.

Additionally, she might also feel insecure about her sexual skills and wonder if the other woman was better in bed than her.

As a result, she may then open up to hooking up with you again one more time, so she can experience the sexual chemistry you and her shared and try her best to please you in bed, so you forget about the other girl.

Note: When you and her sex, be sure to blow her mind by being more attractive during the sex (i.e. more confident, more manly), so she then realizes that her feelings for you are back and stronger than ever.

If you need help with that, you can watch [Ultimate Make Up Sex](#), which is a bonus program that

comes with Get Your Ex Back Super System.

So, the above 5 points were the positives about telling her that youâ€¦ve slept with another woman. Here areâ€¦

5 Cons of Telling Your Ex Girlfriend That Youâ€¦ve Slept With Another Woman Since the Break Up

1. If she hasnâ€¦t slept with anyone else since the break up, you telling her about your sex life might compel her to do the same

She might think, *â€œWhat? Heâ€¦s already moved on? How silly of me for thinking that I mattered enough to him and he cared enough to not move on so quickly. Well, I guess he showed me. So, I donâ€¦t have to sit around anymore being faithful to a guy who has already moved on. There are plenty of guys who are interested in me. Iâ€¦m going to open myself up to sleeping with one of them.â€œ*

She then proceeds to date and sleep with another man.

Then, if you happen to interact with her and try to get her back, she might say something like, *â€œSorry, but itâ€¦s too late for us. I thought we had a chance, but you moved on and slept with another woman. That showed me you didnâ€¦t care. So, Iâ€¦m with someone else now and Iâ€¦m happy. Just accept that itâ€¦s over for us. Goodbyeâ€œ* to reject you and hurt you.

2. If she doesnâ€¦t really trust you anymore, she might assume youâ€¦re saying that just to make her jealous and want you back

Sometimes a guy will try all sorts of tricks and ways to get his ex back after a break up.

For example: He might start off by begging and pleading with her to change her mind and make promises to change.

If that doesnâ€¦t work, he may send her flowers or gifts to hopefully impress her and make her want him back.

Again, if she says *â€œNo,â€œ* he might get angry with her and accuse her of being selfish and unreasonable.

Alternatively, he might try to put a guilt trip on her by telling her that she has destroyed him by leaving him behind.

So naturally, by the time he gets to the part where he tells her that heâ€¦s slept with another woman since the break up, rather than just accept it, she might think that itâ€¦s just another ploy to manipulate her into getting back together again.

As a result, she wonâ€¦t believe him, or will give him a, *â€œWhatever, I donâ€¦t careâ€œ* kind of response or reaction.

3. If she doesnâ€¦t think the woman is as attractive as her, she will feel as though she made the right decision to leave you

In a womanâ€¦s eyes, if a guy is unable to attract another high quality woman after a break up, it is

a sign that he lacks confidence and belief in himself (i.e. because quality women tend to avoid insecure men and only want confident men).

So, if her ex sleeps with a woman who is less attractive than her, she will look at her ex as having lost value, not gained it.

She then feels relieved that theyâre broken up and she no longer has to waste time on him.

4. She might worry that youâd cheat on her with that woman, or another woman, if she got back with you

Sometimes, finding out that her ex is sleeping with other women makes a woman feel insecure.

She may then think, *âIf I give him another chance, he might get back with me, but continue to meet and sleep with new women behind my back. After all, if heâs enjoying himself sleeping with random women, why would he want to stop? He might cheat on me after I have fallen back in love with him. I refuse to put myself through that kind of pain. I have to remain broken up with him.â*

She then closes herself off and tries to move on with someone else, rather than risk putting herself in the position of getting cheated on and heartbroken.

Additionally, if sheâs been cheated on before by an ex boyfriend, itâs something that she may secretly worry about, even when in a happy, stable relationship.

5. She might pretend to be upset at you and not want to talk to you anymore

This is actually the most common reaction, so be prepared for it.

Donât react like many guys do, where a guy will say, *âNo please, wait! She meant nothing to me! Youâre the only woman I really want. I promise it will never happen again. Please just give me one more chance!â*

She will then have a kind of power and control over you that she doesnât want.

She doesnât want to feel turned off by your lack of balls, if you turn into a total âyes manâ for her and are willing to do whatever she says, to hopefully get another chance with her.

She wants you to be respectful towards her, but not turn into a whimpering, apologizing, desperate guy.

So, be prepared for her to test you (by pretending to be upset) if and when you tell her that youâve slept with another woman since the break up.

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5 Reasons Why You Need to Stop Talking About the Relationship With Your Ex

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Some guys try to get an ex woman back by talking about the relationship and â€œtrying to work things out.â€œ

It rarely works.

Why?

1. A woman usually isn't going to be interested in getting back into a relationship, unless she feels a different kind of attraction for you

If your ex feels as though you're essentially going to be offering her that same kind of attraction experience that she dumped you and left you because of, then she's not going to feel very motivated to get back with you.

The attraction experience you are offering her has to feel new and interesting (e.g. if a guy wasn't confident enough, he needs to start showing her and letting her experience his new level of confidence. If a guy wasn't manly enough, he needs to stop doing the sensitive, overly sweet, insecure, unmanly things that turned her off and start behaving in a more manly way).

She has to be able to sense that things really will be different and more importantly, that she will feel differently (in a good way) if she gets back with him.

This is where a lot of guys go wrong.

A guy will behave and treat her the same way he did when they first met, or when they were in an established relationship and hope that she will want him back based on the reasons he's providing her (e.g. because of all they've been through together, how much he loves her, etc).

In some cases, a woman will reluctantly give a guy another chance based on him providing reasons and seeming to be sincere about doing better, changing and so on.

Yet, in almost all cases, a woman simply isn't going to be interested in starting up a relationship again if she isn't feeling a new kind of attraction for him.

So, in terms of your situation: Do you know what you need to change, adjust or improve to begin making her feel attracted in new ways, so she actually has an interest in getting back with you?

Ask yourself:

- What is it about me that turned her off?
- Did I start off being a confident guy that she fell in love with, but ended up being clingy and needy?
- What do I think was missing from the relationship?
- Was there still a spark between me and her, or did we end up feeling more like friends?
- Did she want me to behave in a way that I wasn't aware of (e.g. more assertive and manly rather than being so nice, sweet and compliant)?
- Was I trying to get her to accept things about me that she didn't and won't ever find attractive (e.g. being emotionally dependent on her, being insecure, crying, acting like a victim

in life)?

- Do I even know how to actively attract a woman when interacting with her (i.e. by being confident, being a playful challenge, using flirting), or was I simply just doing whatever and hoping she would stick with me because I love her so much?
- Was I a man that she could always look up to and respect, or did I ruin her respect for me on many occasions (e.g. by crying, giving up and not following through on goals, losing my temper, becoming overly jealous or possessive, feeling insecure about other men that she interacted with, needing too much of her emotional support to the point where she felt like a mother, big sister or mentor to me)?

When you understand where you went wrong with her, you can then begin to focus on what specific changes, adjustments or improvements you need to make.

Don't take a long time to do that though.

You need to learn and improve in the next few days to a week and then interact with her, re-attract her and get her back.

If you don't, then she will almost certainly begin to move on without you.

2. Discussing the relationship isn't the solution to getting a woman back

[image: Discussing the relationship isn't the solution to getting a woman back]

[image: Discussing the relationship isn't the solution to getting a woman back]

Re-attracting her sexually and romantically is the solution.

When she feels a renewed sense of sexual and romantic attraction for you, she then worries about losing you, missing you and regretting it.

Yet, if her feelings for you are pretty much dead, she simply isn't going to care, no matter how much you talk about the relationship to hopefully "work things out."

If you want to awaken her feelings of sexual and romantic attraction, understand that a woman looks for the following things in a man:

- Does he confidently lead the way in a relationship, thereby allowing her to feel feminine and girly around him, or is he too emotionally weak and insecure, which then forces her to take on a more dominant role in the relationship?
- Is he enough of a challenge to her, thereby making her feel motivated to treat him well and be a good woman to him or else risk losing him, or does she feel like she can walk all over him and he'll just put up with it so he can be with her?
- Does he treat her like a sexy, desirable woman, or does he treat her more like a buddy or roommate that he no longer sees as being sexy or desirable?
- Does he believe in himself and in his value to her, or does he feel like she's out of his league, which then results in him becoming needy, clingy, controlling or jealous?
- Does he have a clear purpose and direction in life that he's working towards achieving, or is he irresponsible and simply drifting through life, or the kind of guy who blames everyone else for his failures and thinks it's too difficult for him to achieve his big goals?
- Does he remain calm, confident and in control when she occasionally isn't being nice, easy and straightforward with him during a conversation, or does he become insecure, agitated,

nervous or unsure of himself?

If you interact with her in a way that naturally decreases her feelings of attraction, she just isn't going to care about what you've got to say about the relationship.

Getting her back is about her feelings for you, not about your feelings for her (she already knows that you have feelings for her).

Make her have feelings again and she will want you back.

3. Discussing the relationship usually pushes women away further because of how stressful, time consuming and energy sapping it can be

Even though a guy's intentions are good when he's talking about the relationship and trying to work things out, it usually just ends up reminding her of the reasons why she broke up with him.

So, rather than feeling happy and impressed with him for being so motivated to fix things with her, she feels tense and stressed out (e.g. because she's always having to respond to his long-winded messages, she gets interrupted at work, or when she's trying to relax or have fun with her friends, he's always showing up unexpectedly at her house or workplace so they can talk, he wants to have long phone calls with her, or long in person discussions).

As a result, she ends up pushing him away and wanting space.

So, what should you do instead?

Understand that it's totally fine to briefly brush over a few relationship problems if your ex brings them up during a conversation, but you shouldn't stick with the topic.

Instead, after acknowledging her concern or making her feel understood (very briefly), steer the conversation back to humor and feel good emotions, so she can feel good around you and realize that things aren't so bad between you and her after all.

When you approach it that way, she then naturally feels open to interacting with you more over the phone and in person, to see where things go.

Yet, if you stick with certain topics and end up having exhausting, deep and meaningful conversations in person, or worse, sending her long, detailed text messages, then she's almost certainly going to want to push you away, or ask for space.

4. She can easily just say, 'I've had enough. I don't want to talk to you about this anymore. Please just leave me alone.'

If you keep trying to discuss the relationship and work things out, she can easily decide to cut you out of her life completely.

For example: She might

- Block your number.
- Unfriend you and block you on social media.
- Stop hanging out at any of the places that she might run into you.
- Refuse to meet up with you in person.
- Tell you to stop texting her.
- Tell you that it's over and she never wants to hear from you again.

- Ask you for weeks or a month of space.

It then comesÂ difficult for you to get through to her and re-attract her.

For example: It usually takes a bit of effort to get unblocked (e.g. posting up photos on social media of you having fun with other people, so she can see that youâre not desperately and lonely, or asking a mutual friend to put in a good word for you, showing up at her place of work to talk to her in person, emailing her, sending her a message on social media to apologize, etc), so you can then interact with her, re-spark her feelings for you and begin getting her back.

This is why, the best approach is to keep conversations with your ex light, relaxed and filled with humor.

Of course, itâs not about constantly cracking pointless jokes and not being serious about anything.

Instead, itâs about using a little bit of humor to take the edge off negative feelings she is holding onto, which then causes her to open up enough so you can begin to re-attract her and get her back.

So, donât be afraid to joke with her to diffuse the tension between you and make her feel happy to be interacting with you again, rather than dreading it.

5. Talking about the relationship can make her feel like you really want something that she doesnât want

Right now, you might feel like you want to get back together again with your ex for sure, 100%.

Yet, if you havenât reactivated her feelings for you, chances are high that sheâs not going to be feeling the same way about you.

So, every time you talk about the relationship with her, rather than feeling motivated to work things out with you, sheâs going to feel like you are pressuring her into something she doesnât want right now.

Always remember: To get an ex woman back, the only thing that matters is how you make her feel.

Your feelings, wants and desires are pretty much irrelevant and unimportant to her at this point.

She cares about herself (not because sheâs selfish, but because she has to now) and what she wants now.

She will only start to care about you and what you want, if you first reactivate her feelings of sexual and romantic attraction, so she actually has a reason to want to get back with you (i.e. to not regret losing you later, now that she is feeling attracted and missing being with you).

Additionally, when youâre talking about the relationship and trying to work things out, it can actually make her feel as though youâre being selfish and only thinking about yourself.

Of course, youâre not being selfish.

Youâre just trying to get her back because you love her and know that you will do better this time.

Yet, she doesnât see it that way because at the moment, itâs a one-sided attraction.

You want her, but she doesnât feel the same way, so to her; itâs all about you getting what you want.

4 Mistakes to Avoid When Talking to Your Ex About Anything From Now on

1. Being too nice or neutral

When a woman feels sexually attracted and in love with a man, she will usually appreciate it when he is nice to her, or does something nice for her.

Yet, if a woman doesn't have those kind of feelings for an ex that she has dumped, then him being nice doesn't turn her on and make her want him back.

Instead, she can perceive his nice gestures (e.g. being extra considerate of her feelings, being generous, being overly caring) as an attempt to manipulate her.

She can assume that he's being very nice to her, so she feels guilty for dumping him and then feels obligated to give him another chance.

If she gets that sense, her guard will go up and she will become suspicious of anything nice her ex says to her, or does for her.

Additionally, if a woman has broken up with a guy, she isn't going to feel attracted, turned on and in love with him again if he's just being neutral with her (e.g. just talking to her like a friend, not including any flirting in conversations and letting her sense that there is no romantic spark between them).

If she gets a sense that the romantic spark just isn't there anymore, she will feel as though she made the right decision to break up with him and will continue moving on.

2. Being too serious and intense

One of the biggest mistakes that guys make when trying to get an ex back, is being too serious when interacting with her (e.g. he constantly talks about the relationship in a serious manner and what they can do to fix it).

He hopes that if she notices how sincere he is, she will then want to open back up to him and give him another chance.

Unfortunately though, women don't respond to a guy's seriousness by then wanting him sexually and romantically.

It's not how it works.

A woman might appreciate his dedication, but it's not what makes her want to give him another chance and it's not what makes her feel sexually and romantically attracted again.

So, if your intention is to get your ex back, focus on making her smile and laugh when you talk to her by using humor and flirting, rather than being too serious and only trying to discuss the relationship with her to work things out.

When she feels good while talking to you, she will then feel more motivated to bring her emotional walls down and open up to getting back with you.

3. Feeling unworthy of flirting with her, or feeling like it's wrong to

flirt with her

Sometimes a guy is worried that if he steps out of line with his ex (i.e. flirts with her), she will get angry and heâll then lose any chance he might have had of getting her back.

Yet, the opposite is actually true.

If you donât make your ex feel sexually attracted to you again (which you can do by flirting with her), then sheâs not going to feel much, or any, motivation to want to give you another chance at a sexual, romantic relationship with her.

So, donât be afraid to flirt with her and create sexual tension between you.

When you do, she naturally starts to want to release that sexual tension with hugging, kissing and sex. As a result, it makes it so much easier for you to get her back.

4. Not following the ex back process in the order it is supposed to go

What is the right order?

Attraction first and everything else after that.

Talking about the relationship in detail should be done after youâve kissed, had sex and made up.

If she brings up the relationship before then, you can listen and talk a little, but always lean towards adding in humor and flirting to make things feel light and feel good between you in the moment.

Your main focus always needs to be on making her feel sexual and romantic attraction for you again. Focus on that and you will easily get her back.

Focus on discussing the relationship to âwork things outâ and she will almost certainly push you away, ask for space or make a final statement of, *âItâs over. I donât want to discuss the relationship with you anymore. Leave me alone.â*

So, the next time you interact with her, what are you going to do?

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What if She Forgets About Me During No Contact?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Many women do forget about their ex and move on when he uses No Contact.

Here are the 5 main reasons why:

1. She feels excited to be single and meeting new men who she finds attractive

If the sexual spark died with her ex and she ended up feeling more like his friend or roommate, a woman will usually feel excited about being looked at with desire by another man, flirted with and seen as sexy, desirable woman once again.

Additionally, because she didn't feel that way near the end of the relationship, she doesn't really have much to hold on to, remember or miss when he's ignoring her for 30 or 60 days.

So, rather than sitting around missing him and wondering why he's not calling her, a woman will simply begin exploring her new-found freedom.

In other words, she might:

Stay out late and party with her single friends.

Flirt with random guys that she meets at bars, clubs, parties, the gym and so on.

Hook up with any guy she wants to, just for the fun of it.

Not have to compromise on what she wants to do.

Hang out with whomever she wants, whenever she wants, wherever she wants and do anything she wants without the burden of responsibility that comes with being a guy's girlfriend.

Get on dating apps, line up a bunch of dates and start seeing guys that she likes.

As a result, she had fun, begins to forget about her ex during No Contact and just gets on with enjoying life without him.

If he then calls her after a few weeks or months to try and get her back, she usually won't be excited to hear from him.

Instead, she may feel as though he's finally built up the courage to talk to her, or hasn't been able to get laid or find a replacement girlfriend, so is trying to get her back now to stop feeling so lonely and rejected.

As a result, she might say something like, *"Look, I haven't heard from you in ages and to be honest, I've realized now that I prefer being single. I'm having so much fun again and I'm not going to give that up. I'm sorry, but you need to accept that what we had is over. I wish you all the best. I'm sure you will find someone special who loves you. Goodbye."*

He then realizes that he wasted 30 to 60 days sitting around, hoping that she would miss him and come running back to him and lost her in the end as a result.

Don't let that guy be you.

Know right now that the No Contact Rule rarely works to get a woman back.

In almost all cases, the woman simply moves on.

Another reason why a woman will forget about her ex during the No Contact period is that

2. She develops an exciting crush on a guy, or falls in love with a guy and gets into a relationship with him

Even if a woman does still have feelings for her ex and is secretly hoping theyâll work things out, she wonât wait around forever for him to re-attract her and get her back.

So, if her ex uses No Contact and goes silent for weeks or months, she will almost certainly start to focus on getting over him, by hooking up with and dating other men.

Then, somewhere along the line, she may meet a guy who gives her the kind of attraction experience that causes her fall in love with him (e.g. he makes her feel like a desirable woman, heâs confident and self-assured, heâs enough of a challenge to her, so she feels motivated to impress him to keep his interest).

When that happens, she will begin to forget about her ex and focus instead on making things work with the new guy.

So, if you want your ex back, using No Contact on her is a risk you probably shouldnât take; especially when thereâs another better, more effective way.

What way?

Confidently, calmly contacting her right away (even if youâre not 100% sure if she still has feelings for you or not) to make her laugh, smile and feel good to be talking to you.

Not just via text though.

Women canât really sense how confident you are via text, so you need to have the balls to call her and have a conversation, get to a video call or at the very least, send her voice texts, so she can sense your confidence.

Let her feel attracted to how youâre coming across (i.e. confident rather than nervous, funny rather than boring, flirtatious rather than neutral, daring rather than hesitant, masculine rather than submissive, timid or feminine).

Then, once youâve made her smile, laugh and feel attracted, get her to meet up with you in person.

Meet up with her, re-attract her, hug, kiss and then have sex with her again.

When you get to that point, you will naturally get back together.

On the other hand, if you sit around waiting for weeks and months using the No Contact Rule, she will probably just get seduced by another man and fall in love with him instead, or at least have sex with him for a while and open herself up to dating other guys.

Another reason why the NC rule can make a woman forget about her ex and move onâ!

3. She never really loved her ex that much, so she doesnât really care about the break up

[image: She never really loved her ex that much, so she doesnât really care about the break up]

[image: She never really loved her ex that much, so she doesnât really care about the break up]

In some cases, a woman will get into a relationship with a guy sheâs not 100% attracted to, or compatible with.

Some of her reasons might beâ€¦!

- He is a rebound (i.e. sheâ€™s using him to get over her ex).
- Sheâ€™s tired of seeing all her friends, family and coworkers in happy relationships, so she decides to give him a chance rather than being the only single one.
- He pursued her so much and showered her with attention, compliments and even flowers and gifts, that she eventually gave in and agreed to date him, even though she never really felt romantically drawn to him.
- She was going through a lonely phase and wanted some company for a while, but he ended up falling for her and not wanting to break up.

Of course, that doesnâ€™t mean she didnâ€™t care about him at all while in the relationship.

Secretly, she may have been hoping that he would eventually be able to create a relationship dynamic that caused her to fall deeply in love, want to treat him well and be a good, loving woman to him.

Yet, when that didnâ€™t happen, she realized that she was never really able to open up and give him her full devotion and love.

So, when they broke up, it wasnâ€™t a huge loss to her.

In fact, she may have even felt a bit relieved to be out of the relationship.

As a result, if her ex then uses No Contact on her as a way to hopefully make her miss him and want him back, it actually ends up having the opposite effect.

The No Contact period simply gives her the time and space she needs to move on without him.

Hereâ€™s the thing thoughâ€¦!

Even if your ex never fully loved you before, it doesnâ€™t mean you canâ€™t make her feel that way about you now.

You can.

If you stay in her life (not in a needy way, but in a calm, confident manner where you are being attractive to her) and begin giving her the attraction experience she always wanted from you (e.g. maintain your confidence regardless of how cold or even bitchy sheâ€™s being, be ballsy and emotionally masculine with her, be more of a challenge to her, rather than being too nice and sucking up to her), she wonâ€™t be able to stop herself from experiencing feelings for you that she never felt before.

When that happens, getting her back becomes easier for you, because she wants it too.

Yet, if you just cut off contact and wait, sheâ€™s almost certainly going to move on and not care about having lost you.

After all, if the attraction isnâ€™t there, itâ€™s not a boyfriend-girlfriend relationship, so there is nothing for her to want back.

4. Sheâ€™s used to dealing with break ups and knows that itâ€™s best to keep her ex off her mind and move on

If a woman is experienced with break ups, she knows that no matter how sad and hurt she might be feeling initially, those feelings will eventually fade away because she broke up with him.

It's different if a woman gets dumped vs. if she was the dumper.

As the dumper, she is in the position of power and is the one who rejected him.

She may initially feel a bit sad, hurt, lonely, lost and unhappy, but she knows that it will fade away and she will move on.

So, if an ex is using radio silence to hopefully make her miss him and want her back, it simply won't work on her.

Rather than running back to him, she will focus on doing the types of things that will help her get over and forget about him (e.g. go on dates with guys who like her and have been waiting for a chance to be with her, put her attention into her work or studies, take up a fun hobby, join a meet up group in her area so she can meet interesting people, go out more with her single friends).

Then, if her ex contacts her after 30 or 60 days, she's will most likely already be completely over him and not interested in getting back together.

5. Her life feels better without him, so she doesn't feel like she is missing out on anything

Sometimes after a break up, a woman will suddenly realize how much calmer and happier she feels without her ex.

She will feel free, happy and optimistic about her future without him.

This might be because the relationship became too stressful for her (e.g. the guy had so many issues, insecurities or problems, but never fixed them or leveled up, so they were always arguing and fighting).

Alternatively, she may have realized that her ex caused her personality to change in ways that she didn't like (e.g. she became a nag, she cried all the time, she told lies to avoid getting into arguments with him, she had to dull down her appearance because he was insecure of other guys looking at her), so she's now enjoying the feeling of being herself again.

So, while her ex is missing her like crazy and hoping that No Contact will work on her, she moves on and enjoys her life without him.

3 Mistakes to Avoid if You're using No Contact to Hopefully Get Your Ex Back

1. Not realizing that No Contact doesn't work as well for men as it does for women

If a woman uses NC on a guy after he dumps her, it can have the following effects on him:

- He feels rejected that she doesn't seem to care about being dumped by him, so he reaches out to her to assess whether she is still interested.
- He feels like he has lost the power he had over her because she isn't trying to get him back, so he gets back with her to prove to himself that he is still in the position of power.
- He worries that she must have a new guy and is moving on faster than him, so he reaches out to her to check that she is still interested.

In cases like that, the woman can then get him back (temporarily) by agreeing to catch up with him.

Yet, the same thing doesn't apply to a woman who dumps a guy.

When a guy uses No Contact after getting dumped by a woman who doesn't feel attracted to him anymore, she will usually use the time to get over him and move on with another man.

Since she isn't attracted to him anymore, or doesn't have enough feelings to justify giving him another chance, she isn't going to care if he isn't contacting her.

She doesn't need to get him back to prove to herself that she can.

Women rarely do that and in almost all cases, they avoid it because it's usually a lot more difficult for a woman to get out of a relationship, than it is for a man (i.e. many ex boyfriends will beg, plead and almost not let a woman break up with them).

So, when a woman has gotten out of a relationship with a man she doesn't want to be with, she will rarely run back to it just because he isn't contacting her.

What makes a woman want a man back, is when he interacts with her and attracts her in new and interesting ways.

When a man does that, a woman then has a reason to get back with him (i.e. she feels attracted, intrigued and is worried that she will miss him and regret not giving him a chance).

2. Worrying about what your ex might be thinking, doing or feeling for months, but never doing what it takes to get her back

The longer you sit around doing nothing to get her back, the more chances you're giving some other guy to seduce her and take her from you.

You need to man up and get her back while you still can.

3. Not realizing how easy it is to attract and seduce a woman back into a relationship

Re-attracting a woman seems like a difficult thing to do, until you try it.

The fact is, even if a woman seems closed off and uninterested right now, it doesn't mean she will feel the same way a few days from now, after you have reactivated her feelings of respect and sexual attraction.

Unfortunately, so many guys don't understand that and think that their only option is to just cut off contact and hope that she magically wants him back.

Guys like that lose their ex and end up regretting it, often for years, decades and for some, their entire life.

Don't let that happen to you.

If you don't want your ex to forget you, forget about the wimpy approach of using No Contact.

Instead, take control of the ex back process by actively re-attracting her, so you can get her back within days or the next week or so.

Take your chance while you still can.

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Ex Wife Doesn't Want Me Back – 5 Tips to Get Her Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Even if your ex wife said that she doesn't want you back and is happy with a new man, the reality is that you do still have a chance with her.

Likewise, if she says that she just wants to be alone, or focus on the kids and doesn't want you back, it still doesn't mean you have no chance.

There is always a chance to get an ex back.

Here's why:

1. Decisions change when feelings change

A common reaction that some men have in a situation like this, is to take whatever their ex wife says to heart.

For example: If she says, *"Look. Please accept that I don't want to get back with you. It's over and I won't change my mind. You need to move on, a man might misinterpret that to mean, 'Nothing you can say or do will make me change my mind. So give up right now and go away. We will never, ever be a couple again and my decision is set in stone.'"*

Yet, here's the thing!

Feelings change all the time and when they do, decisions also change.

So, even though your ex wife may have currently decided that she doesn't want you back because she no longer feels enough respect, attraction and love for you to justify being together anymore, it doesn't mean she will feel the same way a week from now, after you have reactivated some of her feelings.

Get it?

You can literally change how she feels and as a result, change her decision making process regarding you.

How?

Well, you've already done it many times before.

Do you remember how when you first met her and she didn't have feelings for you at all?

You were just some guy who was hitting on her and she may have even decided in that moment that she wasn't 100% interested in you.

Yet, after talking to you further, she may have begun thinking, *"Hmmm... she's not so bad after all. In fact, she's kind of cute and sexy in a way."*

In that moment, she decided to give you a chance.

From there, you likely got her to go on a date with you and then be your girlfriend, even though she may not have initially been very interested.

You then made her fall in love with you, which resulted in her deciding that she wanted to be your wife and spend the rest of her life with you.

You did that.

You did it by building positive feelings of love, respect and attraction inside of her as you began dating her.

Unfortunately, over time, you also made some mistakes that decreased and maybe even killed some of her feelings, which resulted in her feeling a lot of anger, disappointment or resentment towards you.

Then, she decided that she didn't want to stick with you for life anymore.

Now, you can literally make her want you back again, because her feelings for you really can change like they have in the past.

So, if you want your wife back, don't give up yet.

The solution is to re-attract her so she wants to get back with you.

You can do that by interacting with her and actively creating new sparks of attraction inside of her, by displaying traits that are going to be attractive to her at this time (i.e. emotional strength, emotional independence, confidence, the ability to flirt with her and create sexual tension).

When she feels new sparks, her thought process about you changes, which leads to her being more open to getting back with you.

2. Forgiveness usually happens when the other person feels motivated to forgive for their own reasons

[image: Forgiveness usually happens when the other person feels motivated to forgive for their own reasons]

[image: Forgiveness usually happens when the other person feels motivated to forgive for their own reasons]

Maybe you've already tried to get your ex wife to forgive you and she said, *"No. You had your chance. You hurt me too much and I will never be able to forget it. I can't forgive you for what you did."*

The reason why is because she may feel that you were asking her to forgive you so you can feel better about what happened, or to get her back, rather than having to live with the shame of ruining your marriage for the rest of your life.

So, letting you off the hook by taking away the guilt you feel regarding your mistakes didn't seem like it was beneficial to her.

Instead, she might have wanted to make you suffer for a while, for putting her through the pain she went through.

If that's the response you've been creating inside of her, then she naturally won't want you back.

This is why, you need to get her to understand that forgiving you is for her own benefit.

Explain to her that if she doesn't forgive you, she will go through life feeling bitter and angry about your failed marriage and it will cause problems with future relationships for her.

She has an opportunity to do the mature thing now by forgiving you, which will then get rid of any emotional baggage she has about relationships (i.e. secretly believing they can't work, worrying that she will experience it again with someone else).

That way, she has a reason to want to genuinely forgive you.

Of course, when she does forgive you for her own benefit, it also benefits you because it automatically causes her stop looking at you in a negative way.

She recognizes that who you are now and who you were when she divorced you, are two completely different people.

You really have changed as a man by learning from the experience of the divorce (or separation).

Her being able to see that, instantly makes you more emotionally attractive to her, whether she wants to admit it or not.

When she sees you as being attractive again, it stops her from feeling as though it would be impossible to give you another chance.

After all, her feelings for you aren't dead and in fact, are coming back in new and interesting ways.

3. Almost all new relationships fail, so the chances of her finding a perfect man are slim

Most statistics don't look favorably on new relationships.

For example:

Experts indicate that 90% of rebound relationships (the relationship a man or woman has right after breaking up a significant relationship) fail within the first 3 months.

Likewise, in terms of dating relationships, 60% of unmarried relationships break up within 2 months and 70% end within 1 year, according to Social Science Data Collection at Stanford University, California.

So, when a woman starts dating a new guy after her divorce or separation, the chances of them making it past 3 months is pretty slim.

The reason why, is because she's almost certainly dating a guy who is the opposite, or as close to the opposite of her ex (e.g. if her ex was too serious and focused on his career and the future, she will date a guy who is carefree and easygoing. If her ex was insecure, she will be attracted to a confident guy).

Yet, that doesn't mean he is her ideal match and within 3 months, a woman will usually realize it and the relationship will begin to end.

However, in a case where a woman makes it past the first 3 months of a rebound relationship, the chances of the relationship lasting longer than a year is only 30%.

So, even if your ex wife doesn't want you back because she's dating a new guy (or has her eye on a new guy), the chances of things working aren't very high for her.

If you want to speed up the process of her losing interest in dating and just wanting to be back with you, then you need to interact with her and attract her in new ways.

If you just avoid her and hope she wants you back, she might worry that you've lost interest and she will be then be afraid to show interest, in case you reject her.

So, don't play games with her.

Just begin re-attracting her and get her back.

4. When you are able to make her feel a new kind of attraction and love, she realizes that her feelings for you aren't dead

This is so important for you to grasp and begin to put into action.

It's the solution for you to get her back.

The reality is that when your wife realizes that her feelings for you aren't dead and in fact, are back in new and interesting ways, she becomes curious about exploring her new feelings for you.

She feels as though it would be interesting to get back with you, because it wouldn't be the same as it was before.

You have changed and are now able to make her feel attracted in ways she wished you would in the past.

It's a new start for you and her, rather than having to continue along the path of throwing away all that you and have her have built and been through together.

This is why, you must focus on giving her an upgraded attraction experience every time you interact with her from now.

Remember: If you think, talk, act, behave and treat her the same way you did before, she's not going to see the point of getting back with you because it will feel the same.

It has to feel different to her now.

For example: From now on!

Rather than always getting into long discussions about the marriage, the divorce and what you did wrong, focus on making her laugh and smile when she's with you, so the idea of losing you (and the happiness she experiences with you) starts to worry her.

Make flirtatious banter a main feature of all of your interactions with her, rather than just talking to her in a neutral way like a friend, or a bored, sexually uninteresting or uninterested ex husband. When you use flirting, it builds sexual tension, which means that you're on her mind whenever she starts to feel horny.

If she creates drama and tries to blame you for the divorce, use laughter and playful teasing to stand up to her, rather than caving in, getting defensive, arguing or being emotionless.

The more you awaken her feelings of respect and attraction for you in new ways, the more open she will become to giving you another chance.

5. Sometimes, married couples split up, grow as individuals, get back together and are then happier than before

According to research conducted by Nancy Kalish, Ph.D., professor emeritus of psychology at California State University, Sacramento, married couples that reunite after divorce have a 72% chance of staying together for life.

One of the main reasons why is because having a history together, falling in love, then going through a rough patch, working things out and then getting back together again, is one of the most amazing feelings a couple can experience in life.

It's a deep, bonding experience and millions of couples do it every year.

You can be one of the men who successfully guides your wife back into a relationship with you,

rather than just giving up due to the split, separation or divorce.

You will be surprised at how easy it is when you focus on making her feel a renewed sense of respect and attraction for you and then guiding her back into feelings of love and passion again.

It really does work.

You will only know that though if you try it.

If you give up, or think that you can't because of things she's said (e.g. *â€œIâ€™ll never change my mindâ€*) then you won't get her back.

You have to be strong and get this done for your sake and hers.

4 Mistakes Men Often Make When Their Ex Wife Doesn't Want Them Back

1. Hoping that if he just gives her more space, she will eventually come back

Yet, years then pass and she ends up fully getting over him and moves on with a new man, often after dating and sleeping with a number of new men first.

He then ends up regretting his decision when she's happily married again to her next husband, or in love with another man and living a good life without him.

Honestly ask yourself: Is that how you want things to turn out with her?

Do you really want to be the sad, ex husband looking on and missing her, regretting not making a move while you still had a chance?

If you don't want to be in that position, then let me make one thing very clear: Giving her more space is not the answer.

What is?

Using every interaction you have with her from now on, to actively re-spark her sexual and romantic feelings for you.

That is what works.

Rather than ignoring her and hoping she comes back on her own, you have to be bold enough to flirt with her, be playful with her and make her feel like a sexy, desirable woman in your presence.

If you don't do that, she will begin to consider that what you and her had is totally and completely dead now.

She will then try to find romantic happiness, lust, sex and desire with another man.

2. Never truly understanding the power of attraction and how it changes a woman's mind

Some men simply don't know how much power and control they have over how much attraction a woman feels for them.

Women literally feel attracted to you in reaction to the personality traits and behaviors you display or don't display (e.g. confidence vs. insecurity, emotional strength vs. insecurity, masculinity vs. timidity, flirtatiousness vs. neutrality).

How much attraction your wife feels is based on how you approach interactions with her.

When you interact with your wife and make her feel attracted, she begins to look at you in a positive light.

She realizes that you aren't so bad after all and her feelings for you aren't dead.

This then causes her to rethink her decision about leaving you.

She feels as though if she doesn't give you another chance, she is going to miss you and regret it.

As a result, she feels compelled to open up, give you a chance and see how it goes.

So, regardless of what your ex is saying now (e.g. she doesn't want you back), you need to understand that she won't want to stick to that decision when she's feeling attracted to you again.

It's almost impossible, because it would mean going against what feels good and right to her.

That's why, it's so important for you to focus on making her feel attracted to you during interactions.

The more you change how she feels, the more she can't resist giving you another chance.

However, if you keep talking about how you want her back but don't do anything to make her feel sexually and romantically attracted again, she's going to continue not being interested.

3. Trying to win her back by being a nice, helpful or generous ex husband

Although a woman might appreciate it when her ex is being sweet and generous, it's not what will change her feelings for him or make her want him back, especially if she senses that he's doing it to suck up to her and make her feel pity for him.

Women don't feel attracted to a guy out of pity.

Attraction is a reaction to a man's strength (i.e. confidence, emotional strength), not weakness (i.e. insecurity, emotional weakness).

4. Feeling unworthy to guide her through the ex back process and get back into a relationship with her

When a man doesn't feel worthy of his ex wife anymore, she will sense it and feel turned off.

She will pick up on his self-doubt via his attitude, body language and the way he talks and behaves around her, which will then result in her feeling as though she could do better than him (even if that's not true).

So, if you want your ex back, you must begin to absolutely believe that you are good enough for her and then take action to re-attract her and get her back.

If you don't feel worthy, she will look for a new man who does.

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Should I Tell My Ex That the Break Up Has Made Me Feel Suicidal?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Absolutely not.

Here are 5 reasons why:

1. Women hate it when a man tries to manipulate her into giving him another chance based on how unstable he now is

Sometimes, a break up can be really devastating for a guy.

He may even end up thinking things like, *â€œI can't live without her! She was everything to me and now the pain is so unbearable that I would rather end it all than spend another minute missing her the way I do and knowing that she doesn't want to be with me.â€*

While feeling that way, the guy might then decide to tell his ex that the break up has made him consider suicide.

Secretly, he's likely hoping that she will feel flattered that he loves her so much that he's willing to end his own life rather than face a future without her.

She might then begin thinking things like, *â€œWow! I never realized how powerful his love is for me. I know I broke up with him, but seeing how he's willing to die rather than live without me, it makes me wonder if I made a mistake. After all, will I ever be able to find another guy who will love me that much again? Probably not. This is a once in a lifetime love and if I walk away now, I may end up regretting it for the rest of my life.â€*

She may then give him another chance with her.

Yet, it almost never works out that way.

Instead, a guy telling a woman that he's feeling suicidal after their break up usually only makes her feel as though he's trying to manipulate her into getting back with him.

So, rather than feel flattered, she's likely thinking things like, *â€œThat's such a dirty trick! Not only is he proving to me that breaking up with him was the right decision after all seeing as he's now proven to me how unstable he really is, he's also trying to make me feel afraid that if I don't take him back he's going to kill himself and that it will all be my fault! That sucks!â€*

She then usually makes more of an effort to distance herself from him and not get caught up in his drama (e.g. she ignores his texts or calls, avoids him if she happens to bump into him at the mall/university).

Here's the main reason why!

A woman doesn't want to be emotionally blackmailed and made to feel guilty for breaking up with a guy and then forced to give him another chance, simply because she's afraid that he's so unstable that he may end up killing himself.

Not only is that stressful to her and makes her feel trapped and like she can't be her true self anymore (i.e. because she's afraid if she says or does something wrong he will go through with

the suicide), she also cannot feel respect, attraction and love for a guy she perceives as being emotional weak and unstable.

Without respect, attraction and love, there's nothing to base a relationship on.

So, regardless of how distraught you feel about losing her, your ex is not going to thank you for telling her that it's making you feel suicidal.

On the other hand, if you take positive steps to reactivate her feelings of respect and attraction for you (e.g. interact with her over the phone and in person and make her laugh, smile and feel good to be talking to you again), not only will she feel drawn to you again in a way that feels right to her, it will also help you snap out of the dark place you're currently stuck in.

Basically, when you can see for yourself that there is a good chance you can get her back, you will no longer feel the need to kill yourself.

As a result, your confidence and self-belief will begin to resurface and then getting your ex woman back becomes easier for you, because a confident, emotionally strong man is so much more attractive to a woman than an unstable one.

Another reason why you shouldn't tell your ex that the break up has made you feel suicidal is that

2. Being emotionally unstable is unattractive to women

Something that a lot of guys don't realize is that a woman's attraction to a man is a very instinctive thing.

Basically, she's instinctively programmed to go for the strongest, toughest, most powerful man available to her, so that he can protect her and take care of her and any children they might have in the future together.

Of course, unlike in the past where the strength and toughness of a man had to be physical (i.e. because a woman needed to be protected from predators and/or enemies set on raping or kidnapping her), in today's world a woman needs a man who is emotionally strong and mentally tough.

She needs to know that if he's faced with problems in life (e.g. he loses his job, he's faced with a serious illness or the death of a family member, he has money problems, he gets broken up with), he will be able to cope.

That then makes her feel safe, which in turn sparks her feelings of respect, attraction and love for him.

She can see that he's the kind of man she can depend on to be a man no matter what happens and that is attractive to her.

So, when a guy can't cope with the bumps in the road in his life (e.g. he becomes suicidal when he gets broken up with, he falls apart when something important doesn't go right), her instincts kick in and she feels turned off by him at a deep level.

Subconsciously she knows that he's not a good match for her and that she won't be safe if she sticks with him.

As a result, she pulls away from him even more and puts in the effort to find herself a new, more emotionally strong man than him.

This is why, if you don't want to turn your ex off even more, you shouldn't tell her that the break up has made you feel suicidal.

Remember: Women are attracted to emotional strength in men, not weakness.

So, rather than make her feel drawn to you because you're so lost without her, chances are high that she's going to feel as though she's better off without an emotionally weak, unstable guy like you in her life instead.

On the other hand, if you want to reactivate your ex's respect, attraction and love and get her back, it's very important that you regain control of your emotions first and then prepare to re-attract her, before you interact with her.

Get rid of any feelings of hopelessness and desperation by knowing that you can re-attract her and get her back.

As a result, you don't need to panic, worry or feel lost without her in any way.

You can relax and confidently get her back over the next few days to a week.

Another reason why you shouldn't tell your ex that the break up has made you feel suicidal is

3. Pretty much everyone has had suicidal thoughts at one point in their life

For most people in the world, life can sometimes be very challenging and quite often, when a person hits rock bottom, they may think things like, *It just isn't worth it anymore. Maybe I'm better off dead than having to live with this pain.*

However, in almost all cases where a person contemplates suicide, it's not really what they want to do.

Instead, they're feeling stuck and like there's no hope in that moment, yet, over time, things naturally begin to change and improve and those feelings naturally fade away.

For example: A guy might get fired from his job, leaving him without an income to support himself and his family.

He may then begin to feel suicidal and like it's the only way out for him and his family (e.g. they will get his life insurance money and be better off).

Yet, all it takes is for him to realize that his family really do need him and depend on him, not just financially but also emotionally, to change his mind.

That can then lead to him feeling more motivated and determined to find another job and keep his family together and happy.

Then, because he's feeling more confident and sure of himself, opportunities begin to present themselves and before long, he may find himself in an even better job than the one he lost.

As you can likely see, thinking about killing yourself is actually not that amazing or odd.

Yes, right now you probably feel that you have nothing worth living for and that you've hit rock bottom.

However, it's more than likely that those feelings won't last forever, especially if you take the time to think about all the opportunities lying ahead of you right now.

For example: You have the chance to

- Re-attract your ex and get her back if you want to.
- Find yourself another, equally beautiful woman to her.
- Spend more time focusing on your big goals and dreams in life.

- Do some of the things you always wanted to do but kept putting off because of your relationship (e.g. go traveling, go back to school and get a degree, start your own business).

The opportunities are limitless, as long as you're open to seeing them.

So, go ahead and feel sad if you need to feel that way.

There's nothing wrong with experiencing the loss of your past relationship with your ex.

However, make sure that you also remind yourself that there are so many better options than suicide for you to take.

Focus on that and before long, not only will those feelings naturally start to fade away, you'll likely also start to feel more positive about your chances of getting your ex back.

You can then interact with her, re-attract her (i.e. because you will no longer be giving off a "poor little me" vibe) and get her back.

When you do, you will likely realize that you never really intended to go through with killing yourself.

It was just something you were feeling in that moment and then you got through it and are now an emotionally stronger man than before because of it.

Another reason why you shouldn't tell your ex that the break up has made you feel suicidal is

4. It can make her feel worried about what else you might be capable of

For you, telling your ex that the break up has made you feel suicidal might simply be your way of expressing to her how much she meant to you and how you really miss her.

However, for her, it can raise concerns about your mental stability and what you might be capable of doing as a result.

For example: Many men have killed their ex woman and then committed suicide when they thought things like, "If I can't have her, then nobody can."

Of course, you're probably not going to do that, but your ex can't know that for sure.

The truth is, a woman doesn't want to be put in the position where she has to defend herself against an angry, potentially unstable man, so she usually just tries to get away from him as quickly as possible even if that means cutting him completely out of her life, or finding herself a new man to protect her.

So, by telling your ex that you feel suicidal, rather than make her want to be nice to you and help you through this difficult time (e.g. by talking to you over the phone, spending time with you even though you're no longer a couple), which is what you may be hoping for, she may instead pull away from you even more (e.g. block your number on her phone, unfriend you on social media, refuse to see you in person).

She might also hook up with a new guy as quickly as possible for added protection and to give her an added reason why she can't help you cope.

She can then cut you out of her life by saying something along the lines of, "Look, I know you're struggling with our break up, but maybe you should go for counseling or something. I think that would be best. I really can't help you through this; I'm with someone else now."

This then, not only has the opposite effect of what youâre likely hoping for (i.e. to get her to stick around in your life and possibly even give you another chance), it can make those suicidal feelings even worse.

So, donât let that happen to you.

If what you really want is to get your ex back, the best approach to making that happen is from a position of emotional strength, not weakness.

Sheâs so much more likely to feel respect and attraction for you for handling the pain of the break up well, than she is if you tell her youâre suicidal.

This is why itâs so important that you get control of your emotions right now.

Itâs the most important thing you can do, if you want to successfully get your ex back.

Another reason why you shouldnât tell your ex that the break up has made you feel suicidal isâ

5. Pity isnât what drives a woman to want to get back with her ex

Sometimes, a guy might feel at a loss of how to go about getting his ex back after a break up.

This is especially true if the woman said things like, *âItâs so over between us! Iâm done with you this time, so donât try to stop me, because nothing you say or do will ever make me change my mind,â* when she broke up with him.

So, in desperation, he might decide to tell her that heâs feeling suicidal, as a way of making her feel bad.

Essentially, he may be hoping that by putting her on a guilt trip, she will change her mind about breaking up with him.

Even if she doesnât, she may at least start being nice to him again, giving him a chance to try and win back her love.

Yet, in most cases, rather than make a woman feel pity or guilt for the pain that heâs experiencing and try to stop him from going through with the suicide by getting back into a relationship with him, it usually only turns her off even more.

In fact, in some instances, a woman will even get angry with her ex for telling her that and she then doubles her efforts to move on from him. Why?

A woman doesnât want to be responsible for a manâs emotional wellbeing.

Additionally, she doesnât want to be forced into a relationship that doesnât make her happy, just because the guy is too emotionally weak to cope with being dumped.

That is unattractive to her and rather than allow herself to be emotionally blackmailed by him, she will just use it as another reason to cut him out of her life completely and move on.

Hereâs the thingâ

You will have a lot more success in getting your ex to open back up to being a couple again when you portray some of the qualities and personality traits that are naturally attractive to women (e.g. emotional strength, manliness, confidence, the ability to cope with whatever life throws at you without falling apart), rather than by trying to make her feel sorry for you.

So, if youâre tempted to adopt a 'poor me' attitude by telling her that the break up has made you feel suicidal, donât do it.

You will get much better results (i.e. a chance to get her back for real) if you simply focus on re-sparking her feelings of respect and attraction for the confident, emotionally strong you.

When you approach getting your ex back from a position of strength rather than weakness, she feels drawn to you again in a good way and she then automatically wants to be around you more.

That makes getting her back easy for you, because she wants it too.

3 Mistakes to Avoid if You're Feeling Suicidal and You Want Her Back

You can dwell on your negative feelings and continue to feel suicidal, or you can take steps to get your ex back.

Almost certainly, getting her back is the better choice, so focus on that.

However, for that to happen, make sure you avoid the following mistakes:

1. Appearing to be sad and lost on social media

Sometimes, a guy will use social media as a way of letting his ex woman know how devastated he has been feeling since the break up (e.g. by posting photos of himself looking sad and lonely).

Secretly, he's likely hoping that when she sees that he's falling apart without her, she will feel flattered by the depth of his love and devotion for her and that will then make her come running back to him.

Yet, that almost never happens.

Instead, seeing him looking so desperate and lost without her makes a woman feel turned off by him even more. Why?

Emotional neediness and an inability to handle what life throws at him are not attractive traits in a man, so when she sees him looking like he's falling apart, it simply confirms to her that she made the right decision to break up with him, because he's not man enough for her.

Additionally, when a woman sees that her ex is posting sad photos of himself online, she may take it as a sign that he's trying to manipulate her into feeling sorry for him so that she can give him another chance.

That is annoying to her and in many cases, it has the opposite effect (i.e. it makes the woman even more determined to move on and find herself another man).

Finally and most importantly, when a woman has disconnected from her feelings of respect, attraction and love for her ex, him feeling sad and lonely without her doesn't really matter to her anymore.

Instead, she will focus on her own feelings and her own life, rather than waste time and energy trying to make her ex, who she no longer has feelings for, feel better (e.g. by being extra nice to him when she interacts with him, telling him that she might consider giving him another chance, try to talk him into getting therapy).

So, if your intention is to make your ex want you back, going the pity route is not the best approach.

What is?

Showing her that you are happy and forward moving in your life, with or without her (e.g. by posting photos of you having fun with other people).

When she can see that you're coping with the break up like a real man, it will go a long way in reactivating her feelings of respect and attraction for you.

She then becomes more open to interacting with you to see where things go from there.

Another mistake to avoid making isâ€¦!

2. Hoping to get mutual friends to tell her that you are sad, lost and distraught without her

Sometimes, a guy might talk about his suicidal feelings to mutual friends, so that they can tell his ex and make her feel bad.

That, however, is a bad idea for two main reasons.

Firstly, putting friends in the middle of your break up is not a nice thing to do.

Not only are you forcing them to take sides, having to deal with a guy who is having suicidal thoughts is not the kind of responsibility that most people want.

Secondly, and most importantly, even if they do put in a good word for you to your ex, rather than make her want to get back with you, she will almost certainly resent you for trying to manipulate her via your friends.

Additionally, she will feel turned off even more, because she doesn't want to be responsible for your emotional wellbeing.

So, if you're tempted to get friends involved in your break up, just forget about it and focus instead on re-sparking your ex's feelings of respect and attraction for the confident, emotionally strong you instead.

That will almost certainly have better results than if you try to get her back through feelings of guilt and manipulation.

Additionally, your friends will thank you for not pulling them into your personal drama.

Another mistake to avoid making isâ€¦!

3. Not realizing that re-attracting an ex is a simple, straightforward and easy thing to do

Maybe you're having suicidal thoughts right now because you believe that it's impossible for you to get your ex back.

Maybe you've even convinced yourself that there's no other way to reach out to her and let her know that you still have feelings for her.

Yet, here's the thingâ€¦!

There is another way.

The fact is, you really can change how she feels and get her back, if you want to.

You can take control of the ex back process by focusing on actively re-attracting her during interactions with you, rather than giving up and letting your negative thoughts and emotions suck you into a downward spiral of hopelessness and despair.

When your ex sees for herself that youâre the kind of man she always wanted you to be (e.g. confident, emotionally strong, emotionally masculine, able to handle the bumps in the road of life), her walls will naturally start to crumble.

Then getting back together with you becomes something she wants too.

So, stop focusing on the bad and start focusing on the good.

You can get her back.

Itâs easier than you might think.

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How to Apologize to Your Ex Girlfriend For Hurting Her Feelings

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 4 tips on how to apologize to your ex girlfriend and get her back:

1. Tell her that you're sorry, explain why you did it and let her know that you don't expect her to take you back

For example: You might say something along the lines of, *"I just want you to know that I truly regret hurting you. I know that doesn't excuse my behavior and the way I treated you, but at the time I wasn't thinking clearly. I was upset about how our relationship had degenerated and that we were no longer happy and in love like we used to be at the beginning of our relationship and as a result, I behaved in a very childish, immature and inappropriate way. For that I am genuinely sorry. I know that apologizing to you isn't going to suddenly make what happened go away and I want to make it clear to you, I'm not saying this so that you can give me another chance. Instead, I just want to take responsibility for my actions and hopefully get you to forgive me, so that we can both move on."*

By apologizing to her in this way and also taking responsibility for your part in the break up, it allows her to calm down.

She stops focusing on how badly you hurt her feelings and starts to feel some respect for you again for being mature enough to admit your mistake.

When she begins to respect you, she no longer feels as closed off towards you, which in turn allows her to stop looking at you in such a negative way.

As a result, her defenses begin to come down and it then becomes possible for her to forgive you.

When that happens, it opens the door for you to be able to interact with her more often (e.g. via text, social media, over the phone and in person) and reactivate her sexual and romantic feelings for you so that you can get her back.

As you can see, with the right approach, anything becomes possible.

Another effective way to apologize to your ex girlfriend for hurting her feelings is:

2. Tell her that you're sorry because she didn't deserve to be treated like that, after all she did for you

[image: Tell her that you're sorry because she didn't deserve to be treated like that, after all she did for you]

[image: Tell her that you're sorry because she didn't deserve to be treated like that, after all she did for you]

For example: You can say something like, *"Hey, I just wanted to tell you how sorry I am for hurting you. It was an extremely stupid thing for me to do and I really regret it, especially after everything you've done for me. You've only been a good person and treated me well and sadly, I didn't do the same for you. I behaved like a jerk and I truly regret that. If I could turn*

back the clock and go back to that time, I would definitely behave 100% better, but unfortunately I can't do that. However, what I can do, is be a better man from this point onwards towards you and that starts with this apology. Of course, I don't expect you to forget the past. I just hope you will be able to judge me based on who I am now, rather than who I was then from now on. Then, maybe sometime in the future, you will be able to forgive me and we can at least be friends again.

By calmly apologizing to your ex girlfriend in that way, while being confident and mature enough to admit your mistake, you're showing her that you're no longer the same guy who hurt her feelings.

You've learned from the experience and have already taken some positive steps to become a better, more emotionally mature man than before.

It also makes her feel appreciated and that everything she did for you wasn't taken for granted, even though your behavior may have implied that to her at the time.

This automatically re-sparks some of her feelings of respect and attraction for you and she then allows herself to begin forgiving you for hurting her in the past.

She believes you that you really do regret how you behaved and have already begun to change and improve as a man, which makes it easier for her to truly forgive you.

The great thing about that, is that forgiveness makes a woman drop her guard and open back up to you, even if she didn't want to or intend to.

She stops looking at you in a negative light and starts seeing the new, improved version of you.

That's when you can quickly and easily reactivate her sexual and romantic feelings for you and guide her back into a relationship.

Another effective way to apologize to your ex girlfriend for hurting her feelings is

3. Apologize and then use humor to lighten the mood

For example: Imagine you're on a call with your ex girlfriend.

You can say something along the lines of, *Hey, I just wanted to say that I'm truly sorry for hurting you the way I did. I know that right now, apologizing probably seems a bit lame to you and you may even be thinking something along the lines of, An apology can't wipe away the pain and make me feel better, but it really is the only thing I can do to prove to you that I regret my actions and behavior.*

By saying something like that to her, she will likely feel a bit better, even if it's because she's happy that you're accepting responsibility for your actions.

She may then say something like, *Okay, I accept your apology, but don't think I'm going to forgive you that easily* or, *Fine. Whatever.*

Regardless of her response, the next thing you need to do is use some humor to lighten the mood and make her relax her guard a little bit.

You can do that by saying in a joking tone of voice, something along the lines of, *Hey, I really am sorry. You have no idea how many times I've punched myself in the arm as punishment for hurting you. You probably wouldn't recognize me anymore if you saw me! I'm black and blue with a little bit of green thrown in from all the bruises,* and have a laugh with her about

that.

Essentially, just be strong enough to make a joke and not continue to beat yourself up about what happened before.

Humor is a very effective way to make a woman stop putting up walls around you.

When she is laughing and smiling, it becomes a lot more difficult for her to continue holding a grudge against you for hurting her feelings.

So, don't be afraid to use humor to diffuse the tension between you and her and make her look forward to interacting with you again.

You can then use those interactions to re-spark her feelings for you and get her back.

Another effective way to apologize to your ex girlfriend for hurting her feelings isâ€¦

4. Apologize on a phone call, re-attract her and then suggest catching up as friends to say hi or to say goodbye in a nice way

For example: Start off the conversation with her by saying something along the lines of, *â€œI know that nothing I say can fully make up for the pain I caused you, but nevertheless, I really am sorry for hurting your feelings. Regardless of why I did it, you definitely deserved better. So, if you can find it in your heart to forgive me, I would truly appreciate it.â€*

Then, rather than going on and on about how you stuffed up, use humor to ease the tension between you and make her feel more relaxed to be talking to you again.

Keep the conversation light and easy going and then when she sounds like she's relaxed her guard and is feeling drawn to you again, rather than feeling closed off and angry, get her to agree to a meet up.

For example: You might say something like, *â€œHey, I'm glad I got a chance to clear the air between us. Why don't we take it one step further and catch up sometime this week to say hello as friends. Of course, it's not about us getting back together. It's just getting a quick cup of coffee to say hi, or if you really never want to see me again, to at least say goodbye and end things in a nice way, rather than how it happened before. We're mature enough to do that, don't you agree?â€*

If you've created enough feelings of respect and attraction inside of her during the phone call (i.e. by being confident, using humor), she will likely agree to meet up with you.

However, don't give up if she doesn't agree right away.

There are many reasons why she might not want to instantly say yes.

For example: She mightâ€¦

- Not want to come across as being too easy.
- Be afraid of getting hurt again.
- Worry that you might try to pressure her into giving you another chance even though she doesn't feel ready for that yet.

Whatever the case, just maintain your confidence and say something along the lines of, *â€œHey, it's just a quick cup of coffee between two friends. No strings attached and I give you my word that if you decide that you never want to see me again after the meet up, I will respect your wishes and completely leave you alone and never contact you again. So, how about it? I'm free on*

*Tuesday or Thursday. Which of those days suits you best?*â€œ

She will then probably agree and you can go ahead and make plans to meet at a time that's convenient for you both.

Then, when you meet up with her, make sure you're prepared to make her feel sexually and romantically attracted to you again.

Don't get there and act all insecure and unsure of yourself.

Also, don't meet up with her and just have a nice, friendly chat.

You've got to be ready, willing and able to turn on the charm and make her feel so attracted to you again that she's willing to forgive you right there and then for hurting her feelings and open up to seeing more of you from then on.

You can then build on her feelings, make her fall back in love with you and get her back into a relationship that's even better than before.

What to Avoid When Apologizing to Your Ex Girlfriend if You Want Her Back

When you use the right approach, your path will automatically be smooth and getting your ex back will happen naturally and easily.

However, if you use the wrong approach, you will likely end up struggling more than you need to.

So, begin getting your ex girlfriend to forgive you for hurting her feelings by avoiding the following mistakes:

1. Writing a long apology letter

It's only natural that if a guy's ex is currently refusing to have anything to do with him and possibly saying things like, *â€œI don't want to talk to you,â€œ* or *â€œForget it. I'm not interested in your apologies,â€œ* he might be feeling stuck.

He may even be wondering something along the lines of, *â€œIf she won't talk to me, how can I apologize to her for hurting her feelings? Additionally, how will I ever be able to get her to forgive me and possibly open back up to giving me one more chance?â€œ*

He might then come to the conclusion that the only way to get through to her is by writing her a long apology letter.

Yet, rather than make his ex contact him and say, *â€œHey, I got your letter. I see now that you really are sorry about what happened, so I forgive you. Everything is okay between us now and I'm even willing to see if we can work things out and get back together again,â€œ* she instead feels even more turned off by what she perceives as his lack of balls.

She then feels even more turned off by him for not having the courage to look her in the eye when he made his apology to her.

Additionally, because she can't hear the tonality of his voice, or see his body language, she doesn't know if he's really being sincere or just saying what he thinks she wants to hear so she will give him another chance.

For this reason, rather than give him the benefit of the doubt (i.e. that heâs genuinely sorry for hurting her feelings), she usually just assumes that heâs faking it and is just trying to say whatever he can think of to get another chance with her.

As a result, she doesnât even bother to respond or acknowledge his letter, thereby leaving him feeling unsure of whether she even read it, or what he can do next to get her attention.

This is why, if you want your ex to believe that youâre sorry for hurting her feelings and open back up to giving you another chance, you need to apologize to her face-to-face, or at least on a phone call.

In that way, not only will she be able to see and hear the sincerity in your voice and body language and feel more motivated to forgive you, it will also be easier for you to spark her feelings of respect and attraction.

When that happens, getting her back becomes easier, because sheâs open to the idea, rather than putting up walls and avoiding you.

Another mistake to avoid isâ!

2. Apologizing via text and expecting her to be able to sense your sincerity

In todayâs modern world, the majority of communication between people is done digitally.

In fact, according to Portio Research, 23 billionÂ text messages are sent daily around the world, or almost 16 million per minute.

So, itâs only natural that a guy might feel as though itâs okay to apologize to his girlfriend for hurting her feelings via text message too.

Yet, hereâs the thingâ!

Although texting is a perfectly acceptable and normal way of communicating with friends and loved ones, when it comes to apologizing for doing something wrong, itâs not really the best approach.

Hereâs whyâ!

When sending a text to a friend or loved one, their perception of you is a positive one, so whatever you say is almost guaranteed to be taken in a positive way.

On the other hand, a text to an ex woman who currently harbors negative feelings towards you, is almost certainly going to be misunderstood and judged in cynical way.

So, rather than give you the benefit of the doubt and assume your apology is genuine and sincere, sheâs likely going to think youâre just saying what you need to say for her to let you off the hook (i.e. forgive you).

In fact, in her mind, rather than picture a man who genuinely regrets hurting her feelings, sheâs likely imagining you laughing and snickering at her and thinking things like, *âI bet sheâs going to fall for my apology and forgive me. Haha! What a gullible little fool.â*

Of course thatâs not the truth at all, but because you hurt her before and she doesnât have any evidence to prove that you really have changed, sheâs usually just going to assume the worst of you.

This is why, if you intend to apologize to your ex girlfriend, make sure you do it over the phone or in person.

Yes, sheâs probably not going to make it easy for you (e.g. she may refuse to answer your call or

to meet up with you), but you need to man up and figure out how to pass that test of your confidence and resolve.

When you do and you then sincerely apologize to her, she won't be able to stop herself from feeling some respect for you for being man enough to come clean to her and take responsibility for your actions.

When she respects you, she will also begin to feel attracted to you again and then opening back up to you doesn't seem so far fetched to her anymore.

You can then use interactions with her to fully reactivate her feelings for you and get her back.

Another mistake to avoid is

3. Wanting her back, apologizing via text, not hearing from her and then giving up on getting her back

Sometimes a guy will go ahead and send his ex a big apology via text.

He will then wait and wait for her to hopefully respond with something like, *â" Okay, I forgive you,â" thereby giving him the opening he wants to try and get her back.*

Yet, here's the thing

There are a number of reasons why a woman won't respond to an apology text from an ex guy.

For example: Some of those reasons might be

- She doesn't want to forgive him right away and wants him to suffer a bit more before she accepts his apology.
- She doesn't want to make it easy for him to get her back, so she plays a bit hard to get to see how he responds.
- She wants to see if he will remain confident enough to keep trying to get her to forgive him.
- She wants him to call her instead of texting.

So, if you decide to apologize to your ex girlfriend via text and she doesn't respond, don't just give up.

Instead, get her on a phone call where she can hear the sincerity in your voice and gauge from the way you interact with her that you really have leveled up as a man.

You can also make her laugh and smile and feel good to be talking to you again.

When that happens, her defenses naturally come down and she opens back up to meeting up with you in person to see where things go from there.

However, if you give up at the first sign of resistance from her, you may lose out on the opportunity of getting her back and end up regretting it for the rest of your life.

So, don't let that happen to you.

Another mistake to avoid is

4. Feeling unworthy of getting her back because of how much you hurt her feelings

When a guy blames himself for hurting his ex girlfriend's feelings, he might fall into the trap of putting himself down compared to her.

He may then begin thinking things like, *â" I can't believe how I treated her. She was nothing*

but amazing and I was a jerk compared to her. Even if she wanted me back now, which Iâ€™m sure she doesnâ€™t, the truth is, I donâ€™t deserve a woman like her. Sheâ€™s just too good for me.

Yet, what he doesnâ€™t realize is that feeling unworthy of his ex girlfriendâ€™s love, respect and attraction only makes him seem less attractive to her (and to other women as well).

Why?

A woman likes the idea of being in a relationship with a guy who is always confident and believes in himself and his value as a man, regardless of what happens (even if heâ€™s behaved badly and ruined her feelings for him).

The more emotionally strong he is, the more she is able to respect him, feel attracted to him and love him.

So, when a guy is putting himself down and feeling unworthy of her love, rather than make her feel happy that heâ€™s getting what he deserves for hurting her feelings (i.e. suffering), she instead feels turned off by his lack of confidence.

As a result, she feels even more convinced that breaking up with him was the right decision for her.

Yet, hereâ€™s the thing!

Everyone makes mistakes, even her.

So, even though you stuffed up, that doesnâ€™t make you a bad person and it doesnâ€™t make you unworthy of her love and respect.

As long as youâ€™ve leveled up as a man now, then the past is the past and thereâ€™s no reason for it to ruin the present.

So, forget what happened and focus on what you can do right now to reactivate your ex girlfriendâ€™s feelings for you and get her back.

Another mistake to avoid is!

5. Not realizing that reunited love feels amazing for the woman, especially when the guy hurt her feelings

What a lot of guys donâ€™t know is that getting a woman back after a break up is an exciting, rewarding process for her (and for him too).

This is especially true if heâ€™s hurt her feelings, because then the idea of having a better, more loving and caring relationship with him instinctively appeals to her.

Why?

A womanâ€™s natural instinct is to try to stick in a relationship with one guy for life.

This has a lot to do with her primal breeding instincts.

So, even if she doesnâ€™t have children, or doesnâ€™t even want to have children, her instincts still encourage her to find and keep a good man, who will stick with her and protect, provide and support her if they decide to have children sometime in the future.

This is one of the biggest reasons why a lot of women will take a long time to decide to break up with a guy, even if theyâ€™re not 100% happy in the relationship with him.

Her instincts tell her that itâ€™s necessary for her to make it work.

So if you can honestly level up as a man and then let your ex experience the new you, her instincts will naturally kick in again and she will likely begin thinking things like, *“He’s really not the same guy who hurt my feelings anymore. That means, if I give him another chance, the possibility that our relationship will be even better than before and last for a lifetime is so much higher. Additionally, even though he stuffed up, he’s still a good guy deep down. I think I should give him another chance. I think this time we could make it work.”*

Then, when you also spark her sexual and romantic feelings for you again and then build on that, all her walls come down and she literally wants to be back in your arms again.

Being held by you feels good.

It feels right.

Her heart fills up with new, exciting emotions and she feels compelled to give you another chance, because the thought of losing you for real feels stressful and wrong.

You then simply need to guide her through the final steps of the ex back process, until she’s back in your arms and feeling happier than she ever did before.

×

[image]

[image]

Almost there! Please complete this quick form to gain instant access.

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5 Reasons Why Your Ex Hates it When You Try to Understand Her Feelings, Moment By Moment

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The best approach with a woman is to respect her freedom to experience feelings, but not focus on her randomly changing feelings or moods.

If you follow along with a woman's change in mood or feelings moment by moment, hour by hour or even day by day, it will cause all sorts of problems between you and her.

For example:

1. It stops the love from flowing naturally in the relationship

Sometimes, when a guy wants to get his ex back after a break up, he will constantly look for cues from her to guide him along the process.

That means, every time he notices something about her attitude, behavior or actions that seems off to him, he will instantly try to understand it.

For example: If he calls her on the phone and she sounds a bit distant while talking to him, he may take that as a sign that there's something bothering her.

He may then say something along the lines of, *"What's wrong? What are you feeling right now? I can tell that you're not 100% yourself. Tell me what is bothering you so that we can work through it. The more we discuss things the more likely it is that we can work things out between us. Don't hold back. I can take whatever you throw at me. I want to be here for you."*

Although the guy is being sincere, saying those kind of things to an ex woman is usually a turn off. Why?

Firstly, it puts a lot of pressure on her to analyze every detail of how she's feeling.

Yet, a woman doesn't always want to do that.

In some instances that might be because she's not ready to discuss her feelings with her ex in that moment and other times she's just had a bad day and is tired, but she doesn't want to talk to him about it.

Additionally, explaining her feelings moment by moment doesn't allow her to actually feel them.

Instead, it's essentially a stop-start process the whole time.

For example: Just as she starts to relax and begins to feel some surges of respect and attraction for him again, he stops the flow of their interaction to ask how she's feeling.

She then has to stop experiencing her feelings and begin to think about them instead.

That constant on/off process is stressful and exhausting for a woman.

As a result, she becomes closed off and uncooperative, mainly because she can't handle the strain of having to think about how she's feeling every moment she interacts with him.

So, if you want your ex to open up to you, you're going to have to do it by focusing on making her feel respect and sexual attraction for you again.

You can do that by behaving and talking in ways that display confidence, emotional strength, masculinity, charisma and wit.

Donâ€¢t try to force her into it by constantly trying to understand her feelings moment by moment.

In most cases, when a guy does that, itâ€¢s usually because heâ€¢s been dumped for being too emotionally sensitive (i.e. liked to talk about his feelings like a woman) to begin with.

So, donâ€¢t become even softer and turn her off even more as a result.

Instead, build on her sexual and romantic feelings for you and then you wonâ€¢t have to worry about what sheâ€¢s feelings, because she will be showing it to you via her body language and the way she touches and responds to you.

Another reason why your ex hates it when you try to understand her feelings moment by moment isâ€¢!

2. She knows that a man who understands what women really want, doesnâ€¢t waste time trying to discuss his way into their heart

[image: She knows that a man who understands what women really want, doesnâ€¢t waste time trying to discuss his way into their heart]

[image: She knows that a man who understands what women really want, doesnâ€¢t waste time trying to discuss his way into their heart]

Sometimes a guy will make the mistake of thinking that the path to reconciliation with his ex can only happen if he gets into her mind and starts to monitor her feelings every inch of the way.

He assumes that if he can pinpoint how sheâ€¢s feeling moment by moment, he can then adjust his behavior and actions accordingly to make her feel heard and understood.

She will then see that heâ€¢s putting in the effort to make things right between them and that will hopefully make her want him back.

However, even though his intentions are good, discussing a womanâ€¢s feelings in detail, only causes her to look at getting the relationship back together again as being too much hard work (i.e. because heâ€¢s not man enough to figure it out on his own).

Instead, he needs her to guide him and explain to him what does and does not make her feel attracted.

Yet, if she has to tell him how to be the man she needs, she will lose even more respect for him, because heâ€¢s not his own man.

He is simply following her instructions, which takes the romance out of it.

Hereâ€¢s the thingâ€¢!

For a woman to want to be in a relationship, she has to feel respect and sexual and romantic attraction for a guy based on how makes her feel when sheâ€¢s with him (e.g. happy, attracted, excited or stressed, annoyed, turned off).

This is why, your approach to getting your ex back needs to be about how you make her feel when you talk to her on the phone or in person, not ask her how she feels.

You canâ€¢t just talk a woman into having feelings for you.

You have to make her experience them.

For example: Some of the ways you can spark her feelings for you during interactions and make her

feel drawn to you again in a way that feels good to her are byâ€¦!

- Flirting with her to create sexual tension, rather than acting like her therapist and causing her to close herself off from you instead.
- Making her smile and laugh and feel relaxed to be around you again, rather than trying to get into her mind by asking her how sheâ€™s feeling moment by moment.
- Maintaining your confidence with her when she tries to make you doubt yourself around her.
- Being a good man who cares about her and how she feels, but not being so emotionally sensitive all the time (i.e. behaving like a woman or a girl would and always talking about feelings) that she perceives you as being emotionally weak or wimpy.
- Believing in yourself and in your value to her, rather than doubting yourself, which then makes you try to suck up to her (e.g. by trying to understand her feelings moment by moment) and turning her off as a result.
- Not giving her too much power over you (e.g. by being too nice and understanding all the time) and instead, letting her see that you are now even more masculine in the way you think, talk, behave and react when interacting with her.
- This allows her to feel a renewed sense of respect and attraction for you for being your own man, rather than feeling as though she has to help you become the man you should be, which then makes it hard for her to relax and just be a feminine woman around you.

She then becomes open to talking to you, hanging out with you and seeing where things go from there.

On the other hand, if you continue talking about her feelings rather than focus on making her have feelings, she will likely close herself off from you even more and then getting her back will become a lot more difficult for you.

Another reason why your ex hates it when you try to understand her feelings moment by moment isâ€¦!

3. Instinctively, it just feels weird and annoying to her

For most women, talking about their feelings all the time is something they prefer to do with their girlfriends, not their ex guy.

So, when a guy is constantly asking things like, *â€œHow are you feeling now?â€* or, *â€œAre you okay? What is bothering you?â€* or, *â€œIs something Iâ€™m doing upsetting you right now?â€* rather than make her think, *â€œThis is so sweet. Heâ€™s really trying to get into my head and understand how Iâ€™m feeling. Heâ€™s putting in so much effort to make things right. I love that heâ€™s so emotionally sensitive. Itâ€™s so attractive to me. It actually makes me want to give him another chance,â€* it makes her feel annoyed instead.

She may then think something along the lines of, *â€œWhy is he trying to be my therapist? Thatâ€™s just so weird. I donâ€™t want to discuss my feelings with him. Heâ€™s my ex after all! This is just so creepy.â€*

She will then likely shut him out of her life, rather than have to deal with him anymore.

Although the guy might feel frustrated and hurt by this, the only way for him to make her stop giving him the cold shoulder and open herself up to loving him again is by rebuilding her feelings of respect

and attraction for him.

How can he do that?

By thinking, talking and behaving in some of the ways that are naturally attractive to women (e.g. being confident around her and making her smile and laugh when they're together rather than trying to psychoanalyze her).

So, if you really want your ex to open back up to you, focus on sparking her sexual and romantic feelings for you again.

When she's feeling attracted to you again, reconnecting with her original feelings of love for you will happen automatically because it now feels good to her.

Another reason why your ex hates it when you try to understand her feelings moment by moment is!

4. She wants a guy who is more of a challenge

The internet, TV, women's magazines and relationship books have really played a big part in confusing guys on how women like to be treated by their men.

As a result, after a break up a guy might find himself thinking something along the lines of, *"According to what I've seen on TV and I've overheard women saying; a man being sensitive to a woman's feelings is what's required of me to make her feel as though I'm taking this break up seriously and that she's being heard and understood. She will then want to give me another chance because of my dedication to make things right with her."*

Yet, what he doesn't realize is that although a woman does like it when a man is considerate of her feelings and puts in the effort to improve himself after a break up, she doesn't want to feel like he's sucking up to her and being an emotional wimp, just to get another chance with her.

Instead, she wants him to be more of a challenge, so that she can be the one who spends a lot of time thinking about him and trying to understand what he is thinking and feeling.

Likewise, there is a big difference between what women say makes them feel attracted to a man and what actually does.

Warning: The above video might be a bit shocking if you're a guy who is used to sucking up to women and hoping they'll like you for it.

Unfortunately, some guys assume that being a challenge to a woman is disrespectful, or is playing unnecessary mind games.

A guy like that might think, *"Why should I waste time doing that and possibly risk her feeling as though I'm messing with her? Then she may decide not to give me another chance and I will have lost her forever. I believe it's much better to be open and show her that I'm willing to do what it takes to understand how she's feeling so we can fix things and get back together again."*

Yet, that's not how a woman thinks.

Additionally, he has been using the nice guy/suck up guy approach with her for a long time and it has NOT been working.

It's not going to suddenly start working.

What works is what makes women feel attracted.

If a guy is unwilling to do that, he will struggle with women for his ENTIRE life.

So, here's the thing...

Although a woman does want a man to make her feel loved, appreciated and heard, she also wants to feel as though she needs to understand him and then do what it takes to impress him, otherwise he will lose interest in her.

If a guy can't make her feel attracted in that way, she will get bored of always feeling like she's the more valuable one in the relationship.

This is why, if your intention is to get your ex back, you need to stop trying to understand her feelings moment by moment and begin acting like the emotionally strong, emotionally masculine man she wants you to be.

In other words, be a good man to her, but also don't make her feel as though she has you wrapped around her little finger.

Instead, be a bit more of a challenge to her during interactions, rather than being a good little boy who's always talking about her feelings (e.g. laugh at her in a loving way if she complains about how you hurt her in the relationship, rather than being submissive and ask her to talk about her feelings).

You may be pleasantly surprised to see how effective standing up to a woman can be in making her reconnect to her feelings of respect, attraction and love for you again.

Another reason why your ex hates it when you try to understand her feelings moment by moment is that

5. It seems very needy to her

When a guy constantly tries to understand his ex's feelings moment by moment, he automatically makes her feel as though he needs her reassurance and her guidance to be able to handle the break up.

As a result, she begins to perceive him as being a needy, emotionally weak guy who doesn't know how to cope with a break up and instead needs his woman to navigate him through the entire process and help him get her back.

She then instinctively feels turned off by him and rather than think, *"It's so sweet how he's trying to understand my feelings,"* she instead thinks something along the lines of, *"I can't do anything without him getting on my case about it and asking me how I'm feeling and what's bothering me. I wish he would stop being so needy and clingy all the time. It's driving me crazy! I can't handle this. He's smothering me! Maybe I should just cut him off so that I don't have to deal with this anymore."*

Here's the thing!

Women are attracted to men who are confident, self-assured and can remain calm and composed under pressure (e.g. can handle a break up without falling apart or needing her guidance and support to cope and get her back).

As a result, neediness and desperation are not attractive qualities and will simply turn a woman off when displayed.

This is why, if you want to get your ex back, you can't make her feel as though you need her to

explain her feelings to you and be open all the time so that you can feel confident again.

In other words, you can't make her feel that you're being needy.

How can you do that?

A man who isn't needy doesn't need to know what a woman is thinking or feeling from moment by moment, hour to hour, day to day.

His confidence in his value and attractiveness to her results in him being able to be happy and content in his life, without it being dependent on her emotional state.

In other words, even if she's angry, sad, hysterical, blaming him for the break up or upset, he remains calm and confident and continues to believe in himself and in his value as a man.

He doesn't take it personally and starts thinking things like, *What did I do wrong now? What can I do to fix this? How can I make her feel better if I don't understand why she's feeling this way?*

He understands that she's an emotional woman and sometimes she's happy and open and other times she's not and he just needs to remain emotionally strong, laugh about it and not take her so seriously.

If he does that, rather than becoming needy and desperately trying to suck up to her as a way of getting her approval, she'll know that he is man enough for her and she will feel a renewed sense of respect and attraction for him as a man.

When that happens, her guard comes down and she becomes more open to interacting with him over the phone and in person to see if they can work things out and get back together again.

2 Common Mistakes to Avoid With an Emotional Ex Girlfriend

Re-attracting your ex is not as difficult as it might seem.

However, you do have to use the right approach if you want her to open back up to you again.

That means, you should avoid making the following mistakes which will only end up turning her off instead.

1. Assuming that she should be impressed and grateful for how concerned you are about her emotional state

Sometimes a guy will try to understand his ex's feelings moment by moment, solely for the purpose of impressing her enough to give him another chance.

Essentially, he's likely hoping that she will think something along the lines of, *Wow! He's really being so caring and sensitive towards me. I'm so flattered that he loves me enough to be so concerned about my emotional health. So, based on his commitment and support for my wellbeing, I'm willing to give him another chance right away.*

Yet, in most cases, that approach usually leads to the woman losing respect for the guy, because she can see that he's not being his real self.

Instead, he's being extra nice, supportive and concerned for her as a way of sucking up to her.

Thatâs not what makes a woman feel respect for a guy.

She wants to see that he is being a good man, but heâs not desperately falling all over himself to show his concern for her in the hope that she will be impressed and give him another chance.

She wants to know that the man she is with is someone she can respect, look up to and feel proud of, rather than being a guy who is emotionally wimpy and lacks a backbone.

So, rather than putting all your energy into trying to understand your exâs feelings moment by moment, focus instead on making her feel surges of respect and attraction for you by making her laugh and smile and feel good to be around you.

When you do that, it doesnât matter what she feels every moment of every day, as long as her underlying feeling is that she feels drawn to you again and wants you back.

The next mistake to avoid making isâ!

2. Spending a lot of time expressing your feelings to her, rather than just re-attracting her

Sometimes a guy assumes that if he talks about his feelings to his ex, she will relax and open up about her feelings too.

They can then clear the air (i.e. discuss their problems) and that will lead to them getting back together again.

Yet, it doesnât actually work that way and hereâs whyâ!

If a woman has disconnected from her feelings of respect, sexual attraction and love for a man, then him telling her about his feelings isnât going to make her suddenly want to talk about her feelings too.

Additionally, she may even feel put off, because heâs basically putting her under pressure to say that she feels the same way he does when she doesnât.

So, if you want your ex to tell you how she feels and want you back, donât waste time expressing your feelings to her.

Instead, focus on making her feel respect and sexual attraction for the new, improved version of you, so that opening up to you happens because it feels like the right thing to do for her.

When you approach it that way, you donât have to try to force emotions out of her that she doesnât want to share.

Instead, you allow her to go with how she feels and that she feels drawn to you again.

As a result, getting her back becomes easy for you, because she wants it too.

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[image]

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Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

[image: Dan Bacon]

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Grass is Greener Syndrome Ex Girlfriend

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 of the most common reasons why a woman will develop a Grass is Greener Syndrome and then leave her man:

1. She didn't feel attracted to him in the way she secretly wanted to

At the beginning of a relationship everything always seems perfect (i.e. the spark of attraction is strong).

The woman might even begin thinking things like, *"I think he could be the one. He just seems to know how to make me feel happy when I'm sad, calm me down when I'm angry and generally make me feel good when I'm around him. I love how it feels to be in his arms. I'm just so happy and nothing is going to change that."*

Unfortunately though, over time, she may begin to notice that even though her guy is a good guy in many ways, he just can't seem to make her feel attracted in the ways that she really wants.

For example: He's nice and sweet and gentle with her and treats her like she's precious.

However, what she secretly wants is for him to be a bit more of a challenge so she feels as though she needs to put in some effort to impress him too, rather than feeling like she can say and do anything (e.g. throw tantrums over nothing, blame him for how she's feeling, disrespect him) and he will always let her get away with it.

Alternatively, he treats her like she's his best friend and one of his buddies (e.g. he likes to hang out and play video games with her or watch football/baseball games on TV, go to the park and kick a ball around, spends most weekends fixing his car and expects her to stick around and get her hands dirty with him).

Yet, what she really wants is for him to make her feel like a sexy, desirable woman.

She wants to feel attractive and like he can't wait to get her naked and in bed with him, rather than greasy and under the hood of a car, or sweaty and working out in the yard.

[image: She didn't feel attracted to him in the way she secretly wanted to]

[image: She didn't feel attracted to him in the way she secretly wanted to]

Another example is when a guy thinks that in order to make his woman happy, he needs to take a back seat and let her call all the shots and make all the decisions in the relationship.

Unfortunately though, she hated being the more dominant one in the relationship, because it stopped her from being able to relax into thinking, acting and behaving like a feminine woman.

Instead, she has to wear the pants and be the man for the both of them.

Naturally, this causes her to lose respect for him.

She may then begin to think things like, *"Why am I putting up with this? I don't want to be with a guy who can't make me feel the way I want to feel when I'm with him, even if he is a good guy. Right now, all I feel is angry and resentful towards him, because I feel as though I'm compromising on my wants and desires just to stick with him. I don't want that anymore. I deserve better and so does he. I don't think this is working out after all."*

Then, while thinking and feeling this way, she may find herself interacting with another guy who begins to spark her feelings in the ways that she feels have been lacking in her relationship with her guy (e.g. heâs more challenging, emotionally masculine, makes her feel feminine and girly in his presence).

This naturally causes her to begin thinking that the grass is greener on the other side.

She may then decide to break up with her guy to explore her feelings for the new man.

Yet, hereâs the thingâ!

Even though a woman might initially be drawn to another guy because heâs giving her the kind of attraction experience that she felt was missing in her relationship, it doesnât mean heâs perfect or wonât turn her off in other ways (e.g. heâs more emotionally masculine, but he is lazy and has no purpose in life, he makes her feel sexy and desirable, but heâs also got a wandering eye).

So, if your ex girlfriend is currently suffering from Grass is Greener Syndrome, donât let it get to you and cause you to give up on getting her back.

Instead, focus on understanding what was missing in your relationship with her, so that when you interact with her from now on, you can start making her feel attracted in the ways that are important to her.

The more drawn to you she feels in a way that feels good to her, the more respect and sexual attraction for you she will begin to feel again.

From there, reconnecting with her original feelings of love for you is something that happens naturally, because it feels like the right thing for her to do.

Then, dumping her new guy (if she hasnât done that already) and getting back with you will happen very quickly and easily.

Another reason why a woman will develop the so-called, âGrass is Greener Syndromeâ isâ!

2. The guy was initially attractive and appealing to her, but he changed and became too neutral, soft or insecure

Sometimes, a woman gets into a relationship with a guy because he initially displays the kinds of behaviors and characteristics that are attractive to her.

For example: He mightâ!

- Seem confident and self-assured, without being arrogant or overbearing.
- Treat her like a feminine girly woman when interacting with her, thereby making her feel attractive and desirable.
- Exude emotional masculinity and inner strength.
- Make her laugh and smile and feel good about herself in his presence.

However, after a while, she began to notice that some of the things that drew her to him in the first place were beginning to fade away.

For example: Rather than being the confident, emotionally strong man she fell in love with, he began to feel insecure about himself around her.

He started to ask things like, *âYou wouldnât ever leave me would you?â* or, *âYou still*

love me, don't you?

He also became jealous of her relationships with other men (e.g. the guys she talked to at university/work/her neighbors, her male friends, guys on social media) and as a result, became clingy and needy.

Alternatively, he went from being an emotionally masculine, passionate man, to behaving like a neutral friend or roommate with her (i.e. he stopped creating attraction between them so she felt more like his buddy than his girl).

Another example is where a guy stopped being emotionally strong and suddenly became overly emotional like a woman or a girl (e.g. when they had an argument or disagreement he would cry or sulk, he would whine to his woman about every little problem or issue in his life, rather than deal with it like a man).

As a result, she began to lose respect for him as a man.

When that happened, she noticed that her feelings of attraction for him began to fade away as well.

This made other guys seem so much more attractive to her.

She then began to think things like, "I really misjudged him. I thought he was so confident and emotionally strong and I felt that we had something special going, but it turns out he's nothing like I imagined him to be. He's just insecure and needy and a wuss and I no longer want to be stuck in a relationship with him. I'm sure I can do so much better for myself than this."

This led to her breaking up with him and finding herself a new guy who really is what he appears to be (e.g. confident, charismatic, emotionally strong and masculine).

If this sounds like something that might have caused your ex girlfriend to develop Grass is Greener Syndrome, then don't worry about it.

You can still change how she feels and get her back.

All it takes is a new approach to attraction.

When you make her feel a renewed sense of respect and attraction for the man you are now (e.g. by making her laugh and smile and feel good during interactions, showing her via your actions, behavior and conversation style that you've leveled up as a man, making her feel feminine and girly in contrast to your masculine vibe), she won't be able to stop herself from feeling drawn to you again.

When that happens, her walls come down and she becomes confused about her feelings for the other guy.

Then all it takes is for you to fully switch her sexual and romantic feelings for you back on and get her back.

Another reason why a woman will develop the so-called, "Grass is Greener Syndrome" is

3. The relationship dynamic was boring and predictable

[image: The relationship dynamic was boring and predictable]

[image: The relationship dynamic was boring and predictable]

For a relationship to last, the dynamic between the man and the woman needs to be in balance.

Essentially, what that means is that the guy is a good guy, who also makes his woman feel excited to

be around him, causing her to respond to that by being a loving, devoted, loyal woman to him.

However, if the guy can't maintain that dynamic, his woman will begin to lose too much respect and attraction for him and she may then begin to feel that the grass is greener elsewhere.

Unfortunately, a lot of guys don't understand relationship dynamics, so they make the mistake of thinking that doing whatever their woman wants is what will keep her happy and want to stay with him.

However, some guys tend to go overboard with that (usually because they don't really understand how a woman's attraction to a man works) and as a result, turn their woman off instead.

For example: A guy like that might

Shower her with attention, gifts and other displays of his affection.

Always be nice and sweet to his girl, regardless of how she behaves or the way she treats him (e.g. she disrespects him, is closed off towards him, isn't supportive of his dreams in life even though he always encourages her to achieve her biggest goals, she lies to him).

Take a back seat and allow her to make most or all the decisions for the both of them (e.g. she decides when, where and with whom they will go out, chooses the restaurant or movie, tells him when he can and cannot see his friends).

Always agrees with her regardless of how unreasonable she's being because he's afraid she might dump him if he stands up to her.

In his mind, he's being the perfect boyfriend.

Yet, what he doesn't realize is that even though his woman might appreciate that he's a good guy to her, being able to say and do anything and get away with it is actually pretty boring to her.

As a result, she doesn't feel motivated to be a good woman back to him in return and instead ends up taking him for granted.

In other words, she's the sort of woman who wants a guy who is more of a challenge, so she feels like she has to do her best to keep him happy and interested in her, rather than feeling as though she doesn't have to put in any effort in the relationship because he will accept anything she throws at him as long as he can be with her.

Of course, if he can't offer her the challenge she secretly wants in her relationship with him, she might mentally begin to compare him to other men (e.g. guys at work or university that have shown interest in her in the past).

If she then also happens to interact with a guy who gives her the feelings that she's craving (i.e. he's more of a challenge so she feels excited and turned on), she may then decide to dump her guy for the new man.

So, if something like that has happened to you, to get your ex girlfriend back, you need to focus on approaching her in a completely new way that is going to be more attractive and appealing to her.

This new way involves you creating a relationship dynamic where you're good to her and treat her with love and respect, but you also make her feel motivated to be good to you, treat you well, be loyal to you and make you feel loved and appreciated.

When she begins to realize that the grass is not greener on the other side (i.e. because most guys don't really know how to maintain a balanced relationship dynamic), she will start to feel that losing you will be something she will end up regretting.

As a result, she will naturally open back up to being your girl again, or at least hooking up with you sexually to see how she feels afterwards.

Another reason why a woman will develop the so-called, "Grass is Greener Syndrome" is!

4. The guy made her feel as though she was more valuable than him

In some cases, a guy will get into a relationship with a woman who is a lot more beautiful, engaging, funny and smart than any other woman he has ever dated.

As a result, he may begin thinking things like, *"She's so amazing. I can't believe how lucky I am that a woman like her would even consider being with a guy like me. I just hope that I will be enough for her and that she doesn't realize that she can do so much better than me."*

He might then treat her like gold, do whatever she wants without argument regardless of how unreasonable she's being, allow her to treat him badly or disrespect him and generally fawn over her.

This naturally makes the woman feel as though she's more valuable than him and she may begin to think things like, *"Why am I sticking with him? I'm sure I can do so much better for myself. He's just so wimpy and insecure. I need a real man who can make me feel like a real woman, not an insecure guy who doesn't believe in himself and who lets me push him around and disrespect him so easily."*

If she then also happens to interact with other guys who come across as being more of a challenge to her than her guy (i.e. they make her feel that she needs to put in the effort to impress them, otherwise they will lose interest in her vs. her guy who will accept whatever she dishes out to him without ever standing up to her), she will quickly begin to lose interest in him.

She may then decide that the grass is definitely greener on the other side and break up with him.

Of course, being dumped by his woman only reinforces to him what he believed all along (i.e. that she's out of his league).

Yet, that's not really true.

He is good enough for her, but his approach to attraction gave her the impression that she was too good for him and that he was lucky to be with her, which gave her a false sense of superiority over him.

In other words, she could have stayed with him for life, but he made her feel like she was trading down by being with him (even though she wasn't), so she decided to leave him and find herself another man who felt he deserved to be with her.

This is why, if you want to get your ex back, you have to get to the point where you believe in yourself and your value to her.

You can then sincerely project the kind of confidence that will re-attract her and make her want to be your girl again.

Then interact with her, reawaken her sexual and romantic feelings for you and get her back.

You can do it, but you have to believe that you can.

If you don't truly believe in yourself and feel as though your ex will be the lucky one to have a great guy like you in her life, the grass will continue to seem greener elsewhere and you will struggle to get her back.

Another reason why a woman will develop the so-called, "Grass is Greener Syndrome" is

5. She was too mature for him

Sometimes a guy matures faster than his woman and sometimes a woman matures faster than her man.

However, if a woman does grow up before her guy does, it can lead to her feeling as though the relationship no longer suits her.

For example: She might notice that

- She doesn't want to party as much as she did before and instead prefers to focus on her studies or career. However, her guy is still stuck partying, hanging out with his friends, being irresponsible and not being able to hold down a steady job.
- She is more serious about the relationship and sees herself settling down and potentially having a family together. On the other hand, he's content to just drift along as boyfriend and girlfriend without a purpose or direction.
- She has big dreams and goals that she's working towards achieving in her life, while he has made her his purpose in life and just follows what she does.
- Her friends and family are moving on to new levels in their relationships, while she is stuck at the same level with her guy, without any hope that things will change.

As a result, she may begin feeling dissatisfied in her relationship with her guy.

She might then begin looking to find herself someone else who is in sync with her way of thinking, talking and behaving.

So, if your ex broke up with you because she felt that you and her were at different stages in life (i.e. she was more mature than you) don't worry about it.

When you change your approach to attraction she will quickly be able to see for herself that you've leveled up as a man.

Then, as long as you use interactions with her to make her feel sparks of sexual and romantic attraction for you, her feelings will naturally begin to change.

She will start to realize that you really are the guy for her after all.

When that happens, her defenses come down and she opens back up to hanging out with you more and more to see where things go from there.

3 Mistakes You Should Avoid if You Want to Re-attract an Ex Girlfriend Who is Affected By Grass is Greener Syndrome

Regardless of whether your ex left you for greener pastures (i.e. another guy) or not, you can get her back if you want to.

It all depends on the approach you use from now on.

When you reactivate her feelings for you, she will see for herself that you really are the right guy for her after all and want you back.

However, if you turn her off, she will feel that she's better off without you.

So make sure you don't make any of the following mistakes:

1. Assuming that she has psychological problems and needs help, when it's mostly just about a lack of attraction

Sometimes a guy doesn't want to admit that he may be partly to blame for the break up with his ex (i.e. he didn't give her the attraction experience she wanted so she left him), or he simply doesn't understand how important attraction is to romantic love between a man and a woman.

As a result, he might justify what happened by accusing her of being mentally messed up.

He may even think to himself, *"She's got issues, that's why she broke up with me. She needs to get help. Then, she will realize that she made a mistake and that the grass isn't greener somewhere else and she will come back to me."*

Yet, here's the thing!

Just because a woman leaves a guy because of "Grass is Greener Syndrome" it doesn't mean she has psychological problems.

Instead, in most cases, it simply means that her guy wasn't making her feel the way she wanted to feel in the relationship with him (i.e. attracted, in love, excited to be around him, happy).

So, don't make that mistake with your ex.

If you want her back, get her back by re-attracting her, rather than making excuses for her and blaming everything on her state of mind.

The more respect and attraction you make her feel for you again, the more interested she will be in the idea of getting back together again.

So focus on that.

Another mistake to avoid is

2. Getting into long discussions with her in an attempt to fix her

If you insist on having long, drawn out discussions with your ex about why she did this to you and then try to "fix" her as though she is somehow broken, you may end up losing her for real.

Here's the thing!

A woman doesn't want to be made to feel like she can't choose what she wants, even if that means breaking up with her guy to explore other options.

So, if you want to get your ex back, don't try to do it by discussing what you think is wrong with her, because she's almost certainly not going to listen to you.

She may even dig in her heels and refuse to interact with you, rather than deal with you always trying to fix her.

So, what should you do instead?

Focus on interacting with her and using humor and flirting to reawaken her sexual and romantic feelings for you and make her realize, on her own, that losing you is something she doesn't want to do.

When she gets to that point by herself, everything changes naturally and easily.

She wants to get back with you again because it feels good to her, not because she was forced into it

by being made to believe that she has a problem.

Another mistake to avoid isâ€¦|

3. Not understanding the very subtle parts of your behavior and approach to the relationship that turn her off

When a woman leaves a guy because of â€œGrass is Greener Syndromeâ€œ what he may not realize is that he contributed to her feelings of dissatisfaction in the relationship.

As a result, he doesnâ€™t change anything about himself (i.e. because he failed to understand what aspects of his thinking and behavior turned her off).

So, when he then interacts with his ex after the break up and she sees that heâ€™s still the same and if she got back with him, the relationship dynamic would be what it was before, she sticks to her decision to move on.

Hereâ€™s the thingâ€¦|

If you want to get your ex back, you need to be able to give her the attraction experience she really wants from you.

That means, you need to understand her subtle reasons for breaking up with you in the first place (e.g. you started off being confident and self-assured but ended up being needy and insecure, initially you made her feel sexy and desirable but over time you started making her feel like one of your buddies or a roommate).

Then, when you interact with her, she will be able to pick up (via your attitude, conversation style, actions and behavior) that you really have leveled up as a man.

That will automatically spark her feelings of respect and attraction for you.

Her guard then comes down and the idea of being your girl again starts to feel good to her.

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Why Does My Ex Girlfriend Want to Be Friends?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

5 possible reasons why:

1. She doesn't want to admit that she wants you back, so she pretends to just want to be friends

Sometimes, a woman might break up with a guy, only to realize that she really misses him.

She may then begin to think things like, "I really thought that this was the right decision for me, but now I'm not so sure anymore. In fact, I'm almost certain I made a mistake. Not only do I miss him, I can see now that other guys out there don't compare to him at all. I really stuffed up and now I don't know what to do. I want him back, but I'm afraid that if I say that to him, he will reject me to get back at me for breaking up with him. What should I do?"

This kind of thinking can lead to her deciding to be friends with her ex as a way of keeping him in her life.

It also gives her a good excuse to be able to text, call or see him in person as often as she wants to. She then hopes he will be bold enough to make a move, so that they can get back into a relationship together.

Unfortunately though, it doesn't always work out that way.

Why?

Firstly, some guys make the mistake of rejecting a friendship with their ex.

A guy like that might say something along the lines of, "Sorry, but I can't just be friends with you. It's all or nothing."

Essentially, he may be hoping that his ex will say something like, *"Okay, then. Well, if we can't be friends, let's be together then"* and make it easy for him to get her back.

Unfortunately, the woman usually says something like, *"Fine. If that's how you feel, then I guess it's over"* and walks away, even though she might still be secretly open to being with him.

He has put her on the spot and forced her to either agree to get back with him or nothing, so she rejects him and walks away.

By saying something like that, he's also ruining his ability to stay in touch with her so he can then reactivate her feelings and get her back.

So, don't make that mistake with your ex girlfriend.

If she wants to be friends, be happy about it, because it means you can easily get her back.

Note: Just make sure you don't agree to be friends with your ex and then act like a nice, neutral friend who isn't attracted to her anymore.

That would be a mistake.

Yes, be her friend, but also use interactions to spark her sexual and romantic feelings for you.

Before you know it, you and her will be hugging, kissing, having sex and be in a relationship again,

because it's something you both want.

Another possible reason why your ex girlfriend wants to be friends is

2. She wants to keep things amicable between you and her to avoid anything nasty happening

[image: She wants to keep things amicable between you and her to avoid anything nasty happening]

[image: She wants to keep things amicable between you and her to avoid anything nasty happening]

Most men are good guys who would never do anything to hurt a woman, even one who is breaking up with them.

However, a woman's natural instincts to protect herself, won't want to take that chance and risk getting hurt physically, or having to deal with a boyfriend who threatens her and wants to get revenge.

So, rather than just breaking up with him by saying, *â€œHey, it's over between us and I think we should move on and not see each other anymore,â€* and then end up having to deal with him reacting in a way that makes her feel stressed, threatened or uncomfortable (e.g. he gets angry, becomes verbally or physically abusive, loses control of his emotions and breaks down crying, begs and pleads with her to change her mind, refuses to leave/let her go until she agrees to give him one more chance), she instead says something along the lines of, *â€œI know this isn't ideal right now, but let's be friends.â€*

She's hoping by saying that to him, it will lessen the chance of him taking the break too badly (e.g. because he will still have contact with her and be able to see her or talk to her over the phone) and she will be safe.

Then, while he's hanging around being her nice, sweet friend that she can always rely on to be there for her when she needs him, she can focus on finding herself a replacement man to move on with.

If her ex then decides to try and get her back after being friends with her for a while, she will be able to tell him that she's in a new relationship.

She can then cut him out of her life if she wants to, without worrying about the consequences, because she will have a new man to protect her.

Another possible reason why your ex girlfriend wants to be friends is

3. She likes to do that with ex boyfriends, so she can spy on their life via social media now and in the future

Some women are naturally curious and want to keep tabs on a guy even if he's an ex and a good way to do that is by remaining friends with him.

She can then satisfy her curiosity by checking up on him from time to time via social media, or even on a phone call or at a meet up.

Alternatively, a woman might be in the habit of staying friends with an ex, as a way of keeping an eye on him, to make sure that she moves on first before he's had a chance to find a replacement to her.

She can then feel better about herself knowing that she's desirable and attractive to other men,

while heâ€™s struggling to move on without her.

In some cases, a woman might even use a so-called friendship with her ex as a way of keeping him hanging on and thinking that maybe he still has a chance of getting her back.

Itâ€™s her way of getting revenge on him for how he treated her in the relationship, or for the break up.

She then moves on feeling good about herself, knowing that heâ€™s suffering.

However, it doesnâ€™t have to be that way.

So, if your ex is in the habit of staying friends with her exâ€™s as a way of giving them false hope about their chances of getting her back, itâ€™s very important that you donâ€™t allow her to do that to you.

In fact, you can turn things around and not only not give her the satisfaction of seeing you hurting and staying stuck in your life without her, you can even reactivate her feelings for you and get her back, if you want to.

How can you do that?

By showing her that even though you still care about her and want her back, you donâ€™t actually need her back.

Of course, you donâ€™t tell her that.

Instead, you show it to her by living your life to the fullest, having fun without her and beginning to pursue your big goals and dreams in life with a more focused passion and determination.

Let her see during interactions with you that you are happy, confident and moving forward in life now and you donâ€™t need her to feel happy and emotionally fulfilled.

When she sees for herself that her plan is backfiring and that instead of feeling good about herself for stringing you along, sheâ€™s actually feeling as though sheâ€™s missing out and like she made a mistake by breaking up with you, she wonâ€™t be able to stop thinking about you in a more positive light.

All of a sudden, she feels drawn to you in a way that feels good to her and she then wants to be your girl again.

Itâ€™s then up to you to take her back if you want to and enjoy a relationship with her thatâ€™s so much better than before.

Another possible reason why your ex girlfriend wants to be friends isâ€¦

4. Itâ€™s her way of saying that she doesnâ€™t want a relationship, but is okay about being friends

In some cases, a woman might get to a point in a relationship where she really does care for her guy, but she no longer feels sexually and romantically attracted to him.

She may then decide to break up with him, but she doesnâ€™t want to lose him completely by cutting him out of her life.

As a result, she may say something along the lines of, *â€œEven though weâ€™re not a couple anymore, I really want us to be friends.â€*

The good news is that staying friends with an ex is one of the best ways to get her back quickly.

So, if your ex girlfriend said that she wants to be friends with you, say *â€œYesâ€* right away.

Then, you need to actively make her feel respect and sexual attraction for you again by using every interaction you have with her, especially on the phone and in person, to make her smile, laugh and feel good about keeping you in her life.

Donâ€™t pretend that youâ€™re not interested in getting her back, or that you donâ€™t find her sexually attractive anymore.

If you only focus on making her feel neutral, friendly feelings for you, she will almost certainly put you in the Friend Zone and then nothing will stop her from moving on with another man.

So, make sure that you flirt with her and make her feel sexually attracted to you again.

Then, getting back with you will happen naturally, because she will realize that being in a relationship with you is actually the one thing that makes her feel the happiest and the most content.

Another possible reason why your ex girlfriend wants to be friends isâ€¦

5. To string you along, so you can feel emotional pain as you see her move on and be happy with a new man

There are times when a woman resents her ex for what happened in the relationship (i.e. he didnâ€™t live up to her expectations and give her the attraction experience she wanted from him).

So naturally, she might feel betrayed by him and like she wants to get revenge on him for causing her so much pain.

As a result, she may suggest that they stay friends.

Secretly, she could even be hoping that he will take her suggestion as a sign that sheâ€™s still open to the idea of them getting back together again some day.

He might then wait around for her.

In the meantime, she will focus on quickly finding herself a new man to move on with.

Then, when sheâ€™s safely involved with another guy, she can say to her ex, *â€œHey, I have something I want to tell you. Iâ€™m in love with someone else. Iâ€™m so happy again! Donâ€™t you think thatâ€™s great?â€* and get her revenge by seeing the pain her news is causing him.

So, donâ€™t let that happen to you.

If you want to get your ex girlfriend back, make sure that when you agree to be friends with her, you also actively take steps to re-attract her and get her back.

You canâ€™t just sit around and hope that being a nice, sweet, reliable friend to her is going to cut it.

If you donâ€™t level up as a man and then let her experience the new you during interactions, you wonâ€™t be able to regain her respect and attraction for you.

On the other hand, when your ex girlfriend can see for herself that you are a new and improved man already and that if she gets back with you, youâ€™re not going to go back to making the same attraction mistakes as before, she will naturally start to feel drawn to you again.

When that happens, her defenses will come down and she will open back up to talking to you and hanging out with you again to see where things go from there.

4 Pitfalls to Avoid When Being Friends With an Ex if You Want Her Back

Generally speaking, staying friends with an ex is a good thing, because it gives you the opportunity to stay in her life and as a result, be able to re-attract her and get her back.

However, there are also pitfalls that you need to be aware of, so you don't make the kinds of mistakes that will ruin, or at least diminish, your chances of getting her back.

For example: 4 of these pitfalls are!

1. Saying that you can't just be friends with her because you wouldn't be able to deal with that

Some guys make the very big mistake of rejecting an ex woman's offer to stay friends after their break up.

A guy like that might say something along the lines of, *"I'm sorry, but I can't do that. I still have so many feelings for you, that the idea of talking to you or seeing you and not being able to hold you and love you would destroy me. I just can't deal with that pain. As far as I'm concerned it's all or nothing. Either you're my girl, or we just go our separate ways."*

Unfortunately though, in most cases, the woman will usually reply with something like, *"Well, then it's going to have to be nothing. The only thing I can offer you is a friendship, so if you don't want to accept that, then I'm going to have to say goodbye to you forever."*

He then loses out on getting her back because he's cut off all his lines of communication with her (e.g. if he tries to text her or call her she will likely respond by saying something like, *"Look, you said that you don't want to be friends so it's better if you don't contact me at all."*)

So, don't make that mistake with your ex girlfriend.

If she's offering to stay friends, be grateful for the opportunity to stay in touch with her.

You can then use the friendship to reactivate her sexual and romantic feelings for you and get her back.

Another pitfall to avoid is!

2. Accepting her friendship and then acting like a friend

Another common mistake that guys make is agreeing to be friends with an ex woman and then acting like a nice friend every time they interact with her.

Yet, here's the thing!

If you act friendly or neutral around your ex, she will probably only ever have friendly, neutral, non-sexual feelings for you.

Even worse, she might even start turning to you (i.e. her nice, neutral friend) for advice about her relationships with other guys, or ask for your opinion on how to make herself more attractive for a new guy that she's interested in.

That's definitely not a position you want to find yourself in.

So, if you agree to stay friends with your ex girlfriend, make sure that you don't pretend that you

just want to be her innocent, neutral friend and that youâre not interested in getting her back.

Of course, itâs totally fine to be friendly with her, as long as youâre also sparking her feelings for you during interactions.

Make her want you again sexually and romantically and when you do, the relationship will naturally get back together right away, or very quickly.

On the other hand, pretend to only be her friend and watch her move on with a new guy.

The choice is yours.

Another pitfall to avoid isâ

3. Hoping that if youâre a good enough friend to her, she will eventually realize that youâre the most loyal, honest, kindhearted man sheâs ever met and she will then want you back

Under the guise of being a good friend, a guy might sometimes lavish his ex girlfriend with gifts and tokens of his affection, help her out financially by paying her rent or taking care of some of her bills and generally making himself available to her 24/7.

At the back of his mind he might be thinking things like, *âIf Iâm really nice to her, spoil her and make myself an essential part of her life, she will realize that even though weâre broken up, Iâm still the one person who really cares for her and is always there when she needs me. She will see that no other guy can take care of her the way I do and she will then naturally change her mind and want to get back into a relationship with me.â*

Unfortunately though, it doesnât really work that way.

So, even if a woman really appreciates the attention, loyalty and kindness given to her by her ex, itâs not what makes her want to be in a sexual and romantic relationship with him.

Why?

Mainly because all heâs doing is being nice to her.

Yet, what he should be doing is actively reawakening her feelings of respect and sexual attraction for him.

So, donât waste your time being kind, loyal and sweet to your ex girlfriend and then feeling hurt and rejected when she moves on with some other guy (usually someone you will perceive as being not as nice as you are).

If you want her back, you need to get her interested by making her feel a renewed sense of respect and sexual attraction for you.

When you re-spark some of her feelings of respect and attraction (e.g. via the way you think, talk, behave and interact with her), she will naturally start to feel drawn to you again.

Then, she will also appreciate the fact that you care about her and are a good guy to her.

As a result, giving you another chance will actually feel right to her.

The next pitfall to avoid isâ

4. Only being her friend via text

Being friends with your ex girlfriend has to be more than just texting back and forth with her from

time to time.

If you don't also talk to her over the phone and meet up with her in person, eventually, the texts will stop coming and she will move on.

Why?

If you don't actively spark her sexual and romantic feelings for you, she's usually going to find someone else who will.

So, while you're out of sight (i.e. all she gets from you is a few words on a screen), she could be meeting new guys who are making her feel sexually attracted.

This is why, if your goal is to get back into a sexual and romantic relationship with your ex girlfriend, then don't make the mistake of texting her as a friend and assume that it will happen from there.

It won't.

You have to spark some of her feelings of attraction for you first (e.g. by flirting with her to create some sexual tension between you, making her laugh and smile and feel good to be around you, showing her during interactions that you've leveled up as a man, making her feel girly and feminine in contrast to your masculine vibe).

However, you can't do all that via text.

You have to get her on a phone call with you and then meet up with her in person so she can experience it via the tonality of your voice, your body language and the way you respond to what she says and does.

She then naturally begins to feel surges of respect and attraction for you again.

When that happens, her defenses come crashing down and then being "just friends" doesn't feel right to her any longer.

She wants more.

She wants to be your girl.

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Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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7 Tips For Restoring a Broken Marriage

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Hereâs what we recommend you do:

1. Let her feel a NEW type of attraction for you that will reawaken her sexual and romantic interest

In most cases, a woman wonât consider divorcing her husband unless she feels that she can no longer look up to him, respect him, feel sexually attracted to him and love him as her man.

So, if you want to restore your broken marriage, you first need to get clear on what caused your wife to disconnect from her feelings for you.

You then need to quickly prepare yourself to offer her a *new* and exciting attraction experience that will reawaken the desire and romance inside of her and make her want to be with you again.

An example of a new attraction experience is starting to be more of a playful challenge (i.e. playfully refusing to do things she asks, sometimes not answering her questions in a straightforward manner), rather than being a yes man, or a neutral man who just goes along with everything she wants like a friend.

Watch this for more insights...

BTW: If you and her have separated or divorced, we recommend that you watch [Get Your Ex Back Super System](#).

If you are still together, but having problems and she isn't yet wanting to separate or divorce, we recommend that you watch [Make Her Love You For Life](#).

So, in terms of re-attracting her in a new, refreshing way, here are some questions to ask yourself that will help you begin figuring out where you've gone wrong and what you need to do now to re-attract her:

- Did you continue to display the behaviors and personality traits that first attracted your wife to you, or did all that change after you and her got married (e.g. were you initially confident, emotionally strong and someone she could always depend on, but after a while, you became insecure, unsure of yourself and unreliable)?
- Did you stick to making her feel like a beautiful, desirable woman throughout the marriage, or did you gradually start treating her more like a buddy or roommate?
- Did you make her feel loved, appreciated and valued in the relationship with you, or did you take her for granted and made her feel like she was in last place in your life after your work, hobbies, friends or interests?
- Were you and her actively working towards the same goals for your future together as a couple, or were you each pursuing different things?
- Did you take the lead in the relationship thereby allowing your wife to relax into thinking, feeling, acting and behaving like a feminine woman around you, or did she have to be the emotionally stronger one in the relationship and carry the burden of all the responsibilities in the marriage?
- Did you continue to reach for your true potential as a man and make progress on your goals in

life (e.g. finish your studies, work towards a promotion, start your own business), or did you become lazy and un-ambitious once you and her got married?

The better your understanding you have of what caused your marriage to break down, the faster you can change your approach to how you interact with your wife from now on.

When you begin to think, behave, act and respond to her in ways that reawaken her sexual and romantic feelings for you, she won't be able to stop herself from feeling drawn to you again.

When that happens, her defenses begin to come down and she feels more open to the idea of fixing your broken marriage.

On the other hand, if you don't re-spark some of her feelings for you first, she's not going to feel motivated to give you another chance.

She will then likely go through with the divorce if she hasn't already, or if you and her are currently divorced, she will focus even more on fully getting over you and finding herself a new man.

Another tip for restoring a broken marriage is

2. Stop setting off negative chain reactions while you still can

What is a negative chain reaction?

Basically, it's a bad habit or behavior that gets built up over time to become a major issue in a relationship.

In the same way, a positive chain reaction is a good habit or behavior that gets repeated over time to the point where it becomes an unbreakable link in the relationship.

For example: A negative chain reactions is

A guy becomes unsure of himself and his value to his woman.

This then has the effect of making him worry about losing her and he begins to think things like, *What if she meets another guy who makes her feel more attracted? What if she decides to leave me for him?*

Those insecure feelings then lead to him feeling jealous of any relationships she has with other men (e.g. at work or university, online, at the gym).

From there, he might begin spying on her (e.g. checking her phone to see who she's texting, checking her social media posts, listening in on her phone conversations).

As a result, he becomes more and more controlling.

This causes her to feel smothered by him and she naturally starts to lose respect for him as a man.

When she stops respecting him, she also ceases to feel attraction for him.

Their sex life then starts to suffer as well, because she no longer wants to sleep with a man she doesn't feel attracted to.

Inevitably, her love for him also begins to fade away and by this point, it's only a matter of time before the relationship breaks down completely and she walks out on him.

As you can likely see, the whole process was a chain reaction of negative events.

Now, the opposite of a negative chain reaction is a positive chain reaction.

An example of that is where a guy is confident and self-assured.

No matter what his woman says or does to make him feel insecure about himself around her (e.g. she teases him, throws tantrums, disagrees with him just to get a reaction out of him), he just remains emotionally strong.

He also uses humor to ease any tension between them and then he assertively, yet lovingly, puts her back in her place.

As a result, she feels a strong surge of renewed respect and attraction for him for being a ballsy, emotionally masculine man with her.

This then makes her put in even more effort to be a good, loving devoted woman to him.

In return he treats her well and makes her feel loved and appreciated.

The marriage then naturally grows stronger and neither of them ever feel the need to break up, because being in a committed relationship with each other is where they feel the happiest and most fulfilled.

So, as you can see, your actions and behavior will either build on your marriage and make it stronger, or erode it until itâ€™s left in pieces.

This is why, if you want to restore your broken marriage and get back to the point where you and your wife are happy, in love and want to stay together for life, you have to stop setting off negative chain reactions and begin creating positive ones instead.

In other words, you need to get in the habit of doing the right things from now on.

That means, when it comes to building your wifeâ€™s feelings of respect, attraction and love for you, you need to make sure that you say and do the types of things that spark those feelings inside of her over and over again (e.g. by being confident, emotionally masculine, ballsy, more of a challenge, you make her feel feminine and girly), rather than turning her off (e.g. by being insecure, jealous, controlling, emotionally sensitive, clingy, needy, wimpy, treating her like a neutral friend).

The more you can replace negative chain reactions with positive ones, the more open your wife will become to giving you another chance.

Then, not only can you restore your broken marriage, you will also be able to make it last a lifetime.

Another tip for restoring a broken marriage isâ€¦

3. Use a new approach to communication that makes both you and her really enjoy talking to each other again

A common mistake that guys make when trying to fix their marriage is using interactions with their wife to talk about all the issues and problems in the relationship.

In cases like that, a guy might repeatedly go on and on about what he thinks their problems are, how sorry he is for his mistakes and how he believes they can fix things, in the hope that this will convince her not to walk away for good.

Yet, rather than making her think, *â€œHe really seems to be motivated to fix our marriage. I guess, after everything weâ€™ve been through together I owe it to him to at least try. Besides, heâ€™s being so sweetâ€* she instead feels stressed out by the constant reminder of how bad things really are between them.

She then closes up and possibly even walks away, leaving the guy thinking things like, *â€œWhat just happened? What did I do? I was making the effort to try and fix our marriage and she just got up*

and left. What is her problem?â

Her problem is that his approach to communication wasnât making her feel like she wanted to be around him.

Instead, she felt so tense and annoyed that she just wanted to get as far away from him as possible.

Of course, that doesnât mean you should avoid talking about the problems in your marriage completely.

Itâs just better to first focus on making conversations with your wife more enjoyable, rather than always dwelling on the negative.

The more you use humor to lighten the mood between you and make her feel relaxed and happy to be around you, the more likely it is that she will want to discuss ways to fix the marriage.

On the other hand, if you make the communication between you and her all about what went wrong and what you both have to do to restore your marriage, she may remain closed off.

By the way, making her laugh and smile doesnât mean you have to crack jokes all the time and not be serious, it simply means you take the pressure off the both of you to get back together again, so that things arenât so tense and strained all the time.

When you get your wife laughing and feeling good, she stops focusing so much on the negatives about you and the relationship.

From there, reconnecting with her feelings of respect and attraction for you becomes a lot more possible.

So, just get her laughing and smiling to help her relax enough to drop her guard and open herself up to the idea of working on fixing your marriage.

Another tip for restoring a broken marriage isâ

4. Take the blame for your mistakes without expecting anything back from her

Everyone makes mistakes in a relationship sometimes.

That doesnât make you a bad person, it just makes you human.

So, donât be afraid to go ahead and take the blame for your mistakes.

For example: You might say something along the lines of, âHey, I just want you to know that I accept responsibility for my mistakes. I know I stuffed up and there were times where I let you down by being too needy/irresponsible/closed off/immature. For that I am truly sorry and even though I know you probably wonât believe me right now, I want you to know that Iâm not that man anymore. Iâve made a point of learning from my mistakes, because I never want to hurt you again.â

Of course, donât say that to your wife expecting her to say something like, âYeah, I made mistakes too. Iâm sorry. Letâs forget about everything and get back together again,â because she probably wonât do that.

However, if she loves you, she will naturally begin to admit her mistakes.

That might happen right after youâve admitted your mistakes to her first, or it might take some time for her to process everything before sheâs ready to do that.

On the other hand, if sheâs worried about you using her mistakes against her, she might not say

anything.

However, itâ€™s important for you to lead the way by being emotionally brave.

Even if your wife doesnâ€™t admit to her mistakes, she will almost certainly feel respect for you for having the balls to do it.

When she respects you, she naturally starts to feel attracted to you again and with those two emotions in place, reconnecting with her feelings of love becomes something sheâ€™s more willing to do than she was before.

You and her can then work on restoring your marriage.

Note: Donâ€™t make the mistake of taking the blame for everything and making her out to be perfect.

By doing that youâ€™re not only rewarding your wife for her bad behavior, youâ€™re also causing her to lose more respect for you for sucking up to her when you know that she was partly to blame.

So, just say what you need to say and then focus on using the rest of your interaction with her to build on her sexual and romantic feelings for you by behaving in ways that are naturally attractive to her (e.g. confident, charismatic, ballsy).

The more you do that, the more you will be able to rebuild the trust, respect and love between you and her and fix your marriage.

Another tip for restoring a broken marriage isâ€¦

5. Donâ€™t become neutral towards her

Itâ€™s understandable that when a marriage is broken, a guy might feel that in order to convince his wife to give the relationship another chance, he has to be on his best behavior around her.

As a result, he might stick to always being nice and polite and friendly with her and pretend that heâ€™s no longer interested in her in a sexual and romantic way.

In his mind he might even justify his behavior by thinking things like, *â€œI want her to feel comfortable around me rather than like Iâ€™m trying to pressure her into giving our marriage another chance. When she sees that Iâ€™m not pushing her into anything, she will relax around me and that might open her up to the idea of getting back together again. However, if I come on too strong (i.e. give her the impression that I want her back), she might clam up and then I will lose her for real.â€*

Yet, hereâ€™s the thingâ€¦

If your wife has left you, itâ€™s only a matter of time before other men will start hitting on her and making her feel sexy.

So, while youâ€™re being nice and neutral towards her, sheâ€™s likely going to think something like, *â€œItâ€™s quite obvious that my marriage is over and my husband has lost interest in me, so why should I stay faithful to him when there are other guys out there who still find me attractive. I deserve to be made to feel desirable and since itâ€™s clear heâ€™s not going to make me feel that way anymore, Iâ€™m going to open myself to finding someone who will.â€*

So, if you donâ€™t want that to happen, make sure that you actively spark her feelings for you during interactions, rather than being too neutral and giving her the impression that youâ€™ve lost interest in her.

Don't pretend that you only want to be her friend and that you're not interested in being her husband and lover again and expect her to remain loyal to you.

You have to make her want you again sexually and romantically and when you do, the relationship will naturally get back together again.

On the other hand, stick around being neutral and she'll almost certainly find someone else who can spark her feelings.

Another tip for restoring a broken marriage is

6. Don't go to counseling

[image: Due to political correctness, men are usually blamed for most things at couple's counseling]

[image: Due to political correctness, men are usually blamed for most things at couple's counseling]

When a guy feels stuck and like nothing he's tried so far to convince his wife to give their marriage another chance has worked (e.g. he's had long discussions with her about what he needs to change to make her happy again, bought her flowers and gifts, promised her he will do whatever she wants if she gives him one more chance) he may then start thinking that counseling is the only way to restore their broken marriage.

Yet, even though the media has led couples to believe that counseling is the solution to all their problems, it's not.

In fact, counseling can even cause a relationship to become unfixable, rather than restore it.

Why?

Counselors usually make it out to be the man's fault and, due to political correctness, essentially tell him to be the opposite of what is attractive to a woman (i.e. be even nicer, listen more, do the housework for her).

However, that only leads to more problems in the marriage, because when a woman gets the sense that her man is too submissive and wimpy and afraid to assert his will with her, she stops respecting him.

When she doesn't respect him, she also can't feel attracted to him and then the motivation to fix their relationship disappears.

So, if you want to restore your broken marriage, but can't see a way to do it other than to go to counseling, there is.

When you actively make your wife have some positive feelings for you again (i.e. respect, attraction, love), the idea of fixing your relationship begins to feel like something she would like to do.

By the way

Here are 5 simple steps to reactivating your wife's feelings for you again:

Show her via your attitude, conversation style, actions and behavior that you've fully understood her real, hidden reasons for breaking up with you.

If you haven't already done so, apologize to her for your mistakes. (Just make sure you don't grovel or take all the blame for everything that happened.)

Show her that you've begun to level up as a man (e.g. you're more confident, you're more emotionally independent, you're more emotionally mature).

Use every interaction you have with her from now on, whether over the phone, or in person, as an opportunity to make her smile, laugh, feel attracted, feel feminine and girly and feel good to be interacting with you again.

Then, gently guide her back into a relationship with you.

When she experiences the new you, she will naturally start to feel a renewed sense of respect and attraction for you.

That then opens her up to restoring your marriage, because losing you no longer appeals to her.

Another tip for restoring a broken marriage isâ€¦!

7. Be careful about asking her for advice on what you should change

For many guys, asking their wife for advice on how they can change and improve makes perfect sense.

After all, sheâ€™s the one who is unhappy in the marriage, so if she asks for what she wants and then gets it, she will be happy and the marriage will be restored, right?

Wrong.

Hereâ€™s the thingâ€¦!

Even though some women wonâ€™t take advantage of a moment like that, some will.

These women will use a guyâ€™s vulnerability in that moment to gain power over him (e.g. she might make unreasonable requests to see how far she can push him).

Yet, the funny thing is, that when a woman like that gets power over her man, it doesnâ€™t necessarily make her want to be with him.

Why?

In a relationship, if a guy hands his power over to a woman, she wonâ€™t be able to respect him anymore.

If she canâ€™t respect him, she wonâ€™t be able to feel sexually attracted to him and without those two things in place, restoring the marriage doesnâ€™t feel like the right thing for her to do.

On the other hand, a woman who doesnâ€™t want to get power over her husband will also lose respect for him if he asks her for advice on what he needs to change. Why?

Hereâ€™s the thingâ€¦!

A woman wants to know that her man is able to figure out what he has been doing wrong by himself and then take action to make the necessary changes to his thinking and behavior.

What she doesnâ€™t want is for him to force her into the role of being his teacher and telling him how he needs to think, act and behave to maintain her respect, attraction and love.

Basically, she wants a guy who is already a man, so she can just relax and love him.

So, if you want to restore your broken marriage, you need to show your wife that you can give her what she wants, without needing to ask her to help you figure it out.

When you can do that, you will instantly regain a lot of her original respect and attraction for you.

Her guard will then come down and then making your marriage work again will be something she wants to do.

3 Mistakes to Avoid When Restoring a Broken Marriage

When your approach is right, regaining your wife's respect, attraction and love is actually pretty easy to do.

However, when your approach is wrong, you end up turning her off even more.

This is why, you need to make sure you don't make any of the following mistakes:

1. Hoping that showing her how sad and lonely you are, will make her want you back

That can work if your wife is still in love with you and attracted to you.

However, if she has disconnected from her sexual and romantic feelings for you, she may feel turned off by what she perceives as your emotional weakness and your inability to cope with a stressful situation like a real man.

She may then decide that you're not the kind of guy she wants to be married to anymore and rather than try to restore your broken marriage, she will focus on getting over you and moving on.

So, if you want your wife to feel motivated to get back with you, make sure that you show her that even though you still love her and want to be married to her, you're not falling apart without her.

When she can see that you're confident, happy and emotionally fulfilled even though the marriage is in disarray, she will naturally and automatically feel respect and attraction for you.

You can then build on her feelings and make her want to be your wife again.

Another mistake to avoid making is

2. Getting into long, drawn out and exhausting discussions with her, rather than just re-attracting her

Nothing that you can say to a woman will make her change her mind if she has lost touch with her feelings for you.

So you having long, drawn out, emotional, tiring conversations with her is not going to have the effect on her that you're likely hoping for (i.e. that she feels motivated to work on the relationship).

A better approach is if you simply focus on creating a spark inside of her again, rather than trying to convince her with all of your logical reasons why you and her should restore your broken marriage (e.g. for the sake of the children, you will do better this time, you love her).

When she's feeling respect and attraction for you again, she will naturally want to make things work for her own reasons (e.g. she doesn't want to regret it later on if she leaves you, she realizes she still loves you).

Another mistake to avoid making is

3. Becoming her texting buddy while she secretly begins moving on behind your back

If you settle for just being your wife's texting buddy and not ever talking to her over the phone or

seeing her in person, don't be surprised if the relationship breaks down completely and she moves on with someone else.

Here's the thing!

If you want to restore your broken marriage, you have to take action and lead the way.

That means, it's up to you to reactivate your wife's sexual and romantic feelings for you, so that she wants your marriage to work as much as you do.

That's not going to happen if you stick to nice or neutral texting.

Remember: Texting is fine when a woman is in love with you and perceives you in a positive light.

However, when she has disconnected from her feelings for you, anything you say via text, no matter how sincere, can easily be misinterpreted (e.g. you might say that you love her and rather than feel flattered, she may assume you're just being selfish and thinking only about your feelings and what you want).

So, to avoid that from happening and to speed up the process of getting her back, make sure you talk to her over the phone and then meet up with her in person.

When you meet up with her, focus on making her laugh and smile and feel good to be around you again.

The more respect and attraction she feels when she interacts with you in person, the more she starts to believe that you're not going to suddenly revert back to being the same guy you were before.

It then becomes difficult for her to say no to the idea of restoring your broken marriage, because she's feeling good around you now and she doesn't want to lose you.

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[image]

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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My Girlfriend Cheated On Me and Then She Got Dumped. Should I Get Her Back?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

It depends on whether or not you really do love her, miss her and want to make something work with her.

Here are 4 options for you.

Option 1: Re-attract her, hook up with her sexually and then walk away

Sometimes, a guy just wants to know that he can get a cheating ex back if he wants to.

However, deep down, he might not really want to be in a relationship with her, because he knows that if she cheated on him once, nothing will really stop her from doing it again.

In a case like that, re-attracting her, hooking up with her and walking away is all he needs, to be able to move on without having hang-ups about what happened.

So, if you feel that you want to prove a point to yourself by re-attracting your ex, hooking up with her sexually and then walking away, go ahead and make it happen.

Start by calling her on the phone and using some humor to make her smile, laugh and feel at ease when talking to you again.

Additionally, throw in a bit of flirting, so that you create some sexual tension between you.

The more attracted you make her feel on the call, the more open she will become to meeting up with you in person.

Then when you see her in person, continue to say and do the types of things that will make her feel attracted to you.

[image: Re-attract her, hook up with her sexually and then walk away]

[image: Re-attract her, hook up with her sexually and then walk away]

Build up the sexual tension between you so she wants to kiss and have sex with you again.

For example: Imagine that you and her are sitting together having coffee at a local café and she's drinking a latte.

To flirt with her and thereby create sexual tension between you, you can say something along the lines of, "You look so cute with that foam mustache on your top lip."

Then add, "Let me get that for you," and then lean over, hold her chin gently with one hand and wipe her mouth with your napkin with the other.

Do that while looking into her eyes and then back to her lips, giving her the impression that what you really want to do is kiss her.

She will likely blush and feel a bit self-conscious, while at the same time also feeling attracted to you and possibly even begin thinking things like, "I wish it was more than that napkin touching my lips. I can't believe I'm thinking this but I wish he would just kiss me."

At that point, lean back and continue talking normally as if nothing happened.

Then, once you sense things have calmed down between you, flirt with her again (e.g. lean in closer

to her and say, "Mmmm!" you smell good, or "That lipstick you're wearing looks totally kissable," alternatively, touch her hand in passing or lean forward and gently move her hair out of her face) and then relax back into ordinary conversation once more.

By this stage, she will likely be more than willing to release some of the sexual desire in her with at least a hug.

Then, once you have her in your arms, slowly and confidently lean in and give her a kiss as well.

From there, if she seems willing suggest going back to your place or hers and hook up with her sexually.

Then, when she seems relaxed and possibly even hinting about you and her getting back together again, you can say something along the lines of, "Sorry, but I don't want to be in a relationship with a woman who has a habit of cheating. I deserve better. Thanks for the catch up, but I think it's better if we go our separate ways," and just walk away, knowing that you ended things on your terms, not hers.

Alternatively, you can go with

Option 2: Re-attract her, hook up with her sexually, enjoy a new relationship and make her fall back in love with you, then break up with her when you're ready

[image: Re-attract her, hook up with her sexually, enjoy a new relationship and make her fall back in love with you, then break up with her when you're ready]

[image: Re-attract her, hook up with her sexually, enjoy a new relationship and make her fall back in love with you, then break up with her when you're ready]

In some cases, a guy might feel that he wants to teach his ex girlfriend a lesson for cheating on him.

So, rather than just move on after she got dumped, he might decide to re-attract her, get her back and then when she is vulnerable and in love with him again, dump her to get his revenge.

So, if you feel that you want to hurt your ex for cheating on you, this may be the option you want to take.

That means, you really have to think, act and behave in ways that will re-spark her sexual and romantic feelings for you and make her want to be your girl again.

For example: You need to be

- More confident and self-assured than ever before, so that nothing she says or does can get to you.
- More of a challenge than you used to be (e.g. don't agree with everything she says or wants you to do, don't reply to her calls or text messages right away, don't always make yourself available to her when she wants you), so she feels as though she has to now work hard to impress you.
- Charming and charismatic during interactions so her guard naturally comes down.
- More emotionally masculine than in the past so that you make her feel feminine and girly in your presence, rather than being too nice or gentle and not creating enough of a masculine/feminine dynamic between you which results in her perceiving you only as a friend.

The more you make her feel attracted in new and exciting ways, the more she will want to get back

into a relationship with you.

Then, hook up with her sexually and blow her mind in ways that you never have before (e.g. take longer with foreplay and build up the sexual tension by kissing, touching and teasing, try something that youâve never tried before such as a different position or by building her up and then pulling away just before she climaxes and then starting all over again).

Make her want you both physically and emotionally more than she ever did before.

Then, once she has fallen back in love with you and feels as though you and her might have a future together, you can dump her to get your revenge on her for cheating on you.

For example: You can wait for a special occasion like her birthday and then say something like, âI have something important I want to say to you.â

She will then likely begin thinking things like, âI wonder what he wants to tell me? Is it possible that heâs going to ask me to move in with him/marry him? I feel so excited!â

Then, when sheâs all eager and happy, you can say something along the lines of, âThis has been a long time coming, but I think today itâs time for me to make it official. Iâm breaking up with you. Youâre a disloyal, cheating bitch and I definitely donât intend to waste my life with you. Maybe some other sucker will fall for your conniving ways, but that guy is not me. Itâs over. Bye,â and leave her feeling broken, knowing that you have gotten your revenge on her.

Alternatively, you can chooseâ

Option 3: Re-attract her, hook up with her sexually, enjoy a new relationship and make her fall back in love with you, then stay together

If you truly believe that your ex is the love of your life and that you can genuinely forgive her for cheating on you without throwing it in her face every time you have a fight, then one of the best decisions you will ever make is to focus on getting her back for another chance at the relationship.

You can easily do that if you want to by using a different approach to attraction than before, so you can regain her respect, attraction and love.

When you re-spark her sexual and romantic feelings for you, she will naturally open herself up to the idea of you and her being together as a couple again.

So, how do you go about reactivating her feelings for you?

That depends on what turned her off before to cause her to cheat on you with another guy and what she really needs to experience with you to feel a renewed sense of respect, attraction and love.

For example: Here are some of the changes that your ex might want to see in you, so she can feel attracted to you again.

- You now maintain your confidence around her at all times, rather than letting what she says or does affect how you feel (e.g. you become insecure and unsure of yourself, you feel jealous, you feel hurt by her words or actions).
- You no longer allow her to push you around and get away with disrespecting you or behaving badly (e.g. throwing tantrums, sulking) like you used to. Instead, you can now see her for what she is (i.e. an emotional woman) and you can laugh at her in a loving way when sheâs being a brat, rather than get upset or feel annoyed by her behavior.
- Rather than just having the same, comfortable sex you and her have been having all along,

- youâ€™re now bolder with her, making it an experience that she canâ€™t stop thinking about.
- Youâ€™re more emotionally dominant than her now, rather than letting her wear the pants in the relationship.
- You now truly believe in yourself and in your value to her, rather than feeling like sheâ€™s doing you a favor by being with you.
- Youâ€™re now more of a challenge to her and you make her feel as though she has to work hard to impress you and hold on to you, rather than like she doesnâ€™t have to put in any effort at all.
- You now make her feel so sexy and desirable when sheâ€™s with you, that no other guy can make her feel the way you do.

By making some simple adjustments to your approach to attraction, you can then easily re-attract your ex and get her back.

From there, you need to focus on creating the kind of relationship dynamic where youâ€™re good to her, make her feel loved, appreciated and desirable, while at the same time she feels motivated to be a good, loyal, loving woman to you.

When that happens, you can be assured that not only that the relationship will last, your ex will also never be tempted to cheat on you again, because she wonâ€™t ever want to lose you.

Alternatively, you might decide to go withâ€¦!

Option 4: Attract new women and forget about her

Another decision you can make is to forget all about your cheating ex and move on without her.

Yes, maybe you still have feelings for her and maybe you want her back, but you donâ€™t need her back to feel happy and fulfilled in your life.

So, rather than sitting around asking things like, â€œMy girlfriend cheated on me and she then got dumped. Should I get her back?â€ you can instead focus on getting out, attracting new, beautiful women, hooking up with them sexually and forgetting all about her.

The more fun you begin to have without your ex in your life, the more you might come to realize that youâ€™re actually better off without her.

You may begin noticing that there are many equally beautiful women out there who find you attractive and you can have your pick of them.

So why settle for a woman who is disloyal and has already broken your trust once before?

Eventually, you might even find another woman that you perceive as being perfect for you, fall in love with her and move on with her, ensuring that the only thing that remains of your ex is just a distant memory.

By the wayâ€¦!

Some of the ways you can get over your ex, begin meeting new women and move on areâ€¦!

- Going out to clubs, bars and parties with your single friends to meet, attract and hook up with new women.
- Asking women that youâ€™ve always been attracted to out on dates (e.g. someone at university or work, a woman in your neighborhood or apartment building, a friend of a friend).

- Joining a group activity where you are likely to meet new women (e.g. cooking, dancing or yoga classes).
- Volunteering for something that you feel strongly about (e.g. at an animal shelter, a community fundraiser, a political event, a religious event).

The more you put yourself out there, the more chances you will have to meet and hook up with new women.

Of course, it's important that you know how to attract them and make them want to be with you. Sometimes, a guy makes the mistake of interacting with other women and spending most of the time talking about his ex and how she cheated on him and how broken he feels about it.

That's not going to help you move on.

This is why, you need to be sure that you are ready to let her go and move on with another woman. If you're not ready to do it, you might find yourself drifting from woman to woman for months and even years without ever being happy or content.

Instead, you always seem to find yourself thinking things like, "I wish things had turned out differently. I really miss my ex and I think she was the one for me."

Don't let that happen to you.

If you decide to move on, be certain that it's the right thing for you to do, so that you never have any regrets about it later on.

On the other hand, if you don't feel like it's the right decision for you, then don't do it. Do what feels right.

That's the only way you will be happy and content in your life.

The choice is yours.

Where Some Guys Go Wrong When Considering Getting Back With an Ex Who Cheated

If you decide that you want to get back with your ex, then you need to use the kind of approach that will quickly reactivate her sexual and romantic feelings for you and make her want you back too.

This is why it's very important that you don't make the kind of attraction mistakes that will end up turning her off even more.

She then doesn't want to get back together again and prefers to move on with another man who isn't you.

For example: Some of the mistakes to avoid that guys make in a similar situation to yours are:

1. Waiting too long to make a move and she then moves on with a new guy to make herself get over being dumped

[image: Waiting too long to make a move and she then moves on with a new guy to make herself get over being dumped]

[image: Waiting too long to make a move and she then moves on with a new guy to make herself get

over being dumped]

In some cases, a guy spends a lot of time being afraid to make a move to re-attract an ex girlfriend who cheated on him and then got dumped.

In his mind he might be thinking things like, "What if she doesn't want me anymore? Then not only will I be a fool for being cheated on, I will also be labeled desperate for chasing after her and being rejected. Maybe I should just wait for her to give me some kind of sign that she's open to getting back together again and then I'll make a move and at least I won't embarrass myself."

He might then wait and wait for a sign that never comes.

In the meantime, his ex could be thinking things like, "I really stuffed everything up. I had a great guy and then I went and cheated on him with a jerk and now I got dumped. Unfortunately, I can't go back because it looks like my ex isn't interested in me anymore, and I don't blame him after what I put him through. I guess it's time to accept that what I had in the past is over and move on and find another guy, and hopefully this time I won't mess everything up."

She may then just move on and find herself a new man to help her get over being dumped and her ex misses out on getting her back, because he didn't have the courage to make a move sooner.

So, don't let that happen to you.

If you are willing to forgive your ex for cheating on you and get back into a relationship with her, don't sit around waiting for her to come back to you, because you will likely lose her for a second time.

Take action now.

Call her on the phone or meet up with her in person, reactivate her sexual and romantic feelings for you and get her back into a relationship with you that's so much better than it was before.

Another mistake that guys make in a situation similar to yours is that

2. Not knowing that it will feel good for her to get back with him now that she has been dumped

Sometimes, a woman will resist getting back with a guy she cheated on, because she feels bad about having sex with someone else and hurting him, while he didn't do anything wrong.

Additionally, a woman might worry that if she does give him another chance, he will continually throw her mistake in her face and use it against her to control her with guilt in the relationship.

So, if you can genuinely forgive your ex woman for what happened and then also reactivate her feelings of respect and attraction for you, she will feel like she won the guy lottery.

She will realize that she's got the kind of guy that she needs to hold on to and cherish.

As a result, she will then put in the effort to be a good woman to you, treat you well, love you, respect you and most of all be loyal to you.

Then, when you're a good guy to her too and you don't punish her emotionally for her mistake, you will be able to build a happy and long lasting relationship together.

So, don't be afraid to make a move.

She will likely be so grateful to you that you did.

Another mistake that guys make in a situation similar to yours isâ€¦!

3. Not preparing himself to be more attractive emotionally and in the bedroom

Getting back an ex who cheated is not just about saying, â€œI forgive you. Letâ€¦s get back together again.â€¦

Instead, a guy needs to be able to give her a new and improved attraction experience, both emotionally and sexually.

For example:

If emotionally he was needy and clingy before, he now needs to be more of a challenge to her so she feels as though she now has to put in the effort to impress him and keep him interested in her.

On the other hand, if he was sexually too boring and predictable (e.g. sex twice a week in the missionary position), he now prepares to blow her mind by being a different, more considerate, more exciting lover than before.

If he doesnâ€¦t change and then tries to get her back, she will usually just reject him and say things like, â€œLook, itâ€¦s over between us. Please accept that and move on.â€¦

Alternatively, if she does give him another chance and then notices that heâ€¦s still the same guy as before, she will either break up with him and move on, or cheat on him again.

This is why itâ€¦s so important that you prepare to re-attract your ex in the ways that are important to her.

When she sees that youâ€¦ve really put in the effort to become a better man, she will naturally feel a renewed sense of respect and attraction for you.

It then becomes easy for you to fully reactivate her feelings, get her back and keep her in a happy relationship with you.

Another mistake that guys make in a situation similar to yours isâ€¦!

4. Walking away from an opportunity to get her back and then regretting it for the rest of his life

Itâ€¦s quite possible that your ex has learned her lesson and truly regrets cheating on you.

However, you will never know unless you take the chance of getting her back.

If you donâ€¦t, you might always wonder, â€œWhat ifâ€¦â€¦ at the back of your mind.

Donâ€¦t let that happen.

Call her on the phone or meet up with her in person, reactivate her feelings for you andÂ give yourself a chance to be back with her.

×

[image]

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

My Girlfriend Broke Up With Me While I Was Deployed

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 6 common reasons why a woman will do that and how to get her back:

1. She didn't want to live with the idea that you might never come home

For some women, the stress and uncertainty of living with the thought that the man they love could die any minute can become unbearable.

For example: A woman like that might find herself worrying all the time and being on edge for no obvious reason.

She may also start to experience problems with her health (e.g. she becomes clinically depressed and needs medication to cope, or experiences stress-related ailments such as migraines/heart related problems/stomach issues/eating disorders).

So, for her own mental, physical and emotional well-being, she may decide to break up with her guy.

That doesn't necessarily mean that she doesn't love him anymore, it simply means that she can't handle the stress of the relationship, or the fear of losing him.

In the same way, it's very possible that your girlfriend broke up with you while you were deployed as a last resort, because her health was taking a battering from all the stress she was experiencing.

That means, she may still have feelings for you, even though she broke up with you and that's good news.

Of course, that doesn't mean you should rush off and call her and say things like, "I know why you did this. You're just feeling stressed, but it's okay. I promise I won't get killed. You just need to hang in there and everything will be all right," because it will likely only make her feel defensive and close herself off from you even more.

Instead, a better approach is to convince her that you can at least be friends now, with no strings attached.

That will likely take off some of the pressure she's feeling about losing you.

It also gives you an excuse to stay in contact with her.

This is especially a good idea if you're still deployed and don't know when you'll be back.

You can then use the "friendship" to continue building on her feelings of respect and attraction for you, so she doesn't want to get over you and move on.

Then, when you finally get back home, you can fully reactivate her feelings for you in person (e.g. by making her smile and laugh and feel good to have you back in her life, flirting with her to create sexual tension between you, being emotionally masculine when she's being a sensitive, emotional girl around you) and get her back.

Just remember: Don't make the mistake of being a nice, neutral friend who pretends that he's no longer attracted to her in a sexual or romantic way.

If you do that, she will almost certainly focus on getting over you and moving on.

So focus on making her feel attracted during interactions with you (e.g. via text, Skype, social media, over the phone and in person).

The more you do that, the more she will start seeing you as more than just a friend.

You can then hook up with her sexually and get her back.

Another common reason why a woman will break up with her guy while he is deployed isâ€¦!

2. She becameÂ jealous of her girlfriends whoÂ were enjoying single life, or relationships where the man is always with her

Imagine a woman is sitting at home alone with only photos of her man as company.

In the meantime, all around her, her girlfriends are busy going out, having fun with their boyfriends and husbands, or if theyâ€re single, hooking up with guys and enjoying themselves.

Itâ€s only natural that she may begin to feel a bit jealous and like sheâ€s missing out.

She might then begin to think things like, â€Iâ€m the only one stuck here alone. Everyone else is having fun and enjoying their life while theyâ€re still young. How long do I have to wait before I can have a bit of fun too? Itâ€s not that I donâ€t care for my boyfriend, but this long distance relationship just isnâ€t working for me. I know itâ€s not his fault, but I donâ€t want to miss out on the best years of my life. Maybe Iâ€m better off breaking up with him and enjoy being single for a while. Then I might even be able to find myself a new man who will stick around and do some of the fun things I want to do, rather than me having to sit around by myself waiting for a guy who may or may not come back to me sometime in the future.â€

This can lead to her breaking up with her boyfriend.

Yet, hereâ€s the thingâ€!

A woman who is happy in her relationship with her man would never get tired of waiting for him, even if he is far away and even if she sees that all her friends are having so much fun without her.

Yes, she may miss him and wish he was with her.

Additionally, she may envy her friends who are in relationships and who get to enjoy their men every day.

However, itâ€s unlikely that she will feel as though sheâ€s better off breaking up with her guy and moving on.

Instead, she will likely feel even more motivated to wait for him, because she knows that what they have is special.

Not only do they love and care for each other, they have also endured the test of being apart under difficult circumstances (i.e. he is at risk of getting hurt or even dying) and that only makes the relationship stronger.

So, when a woman breaks up with her boyfriend while he is deployed, because she feels like sheâ€s missing out, chances are high that there are underlying problems in the relationship that are being ignored.

For example: Some of the reasons why a woman will feel that itâ€s better for her to break up and even be single for a while than to stick in a relationship with a guy areâ€!

The relationship has fallen into a rut and is boring, predictable and unexciting when theyâ€re

together.

She feels taken for granted and like her man expects her to stick around just because of what they had in the beginning, even though the relationship hasn't felt good to her for a while.

He's stopped saying and doing the types of things that made her feel attracted to him in the first place.

She feels more like his friend than his woman (i.e. because he treats her like one of his buddies, rather than like a sexy and desirable woman).

Here's the thing!

Just because things felt great between you and your girlfriend at the start of your relationship, it doesn't mean that she's going to want to stick around for life in a relationship that has lost its spark.

So, if you want to get her back, it's very important that you actively spark her feelings of respect and attraction for you again (e.g. by making her laugh, smile and feel happy when she's interacting with you).

When she feels more attracted to you than she ever has before, because you are now making her feel attracted in new and exciting ways, she will realize that she has nothing to feel jealous about.

In fact, what she has with you is something other's will envy, because it's based on mutual love, attraction and respect that grows stronger and deeper every day.

As a result, she will regret her decision to break up with you and will want to be your girl again.

Another common reason why a woman will break up with her guy while he is deployed is!

3. She always planned on breaking up with you, but didn't want to do it while you were home

Sometimes, a woman will want to breakup with a guy, but because she's worried about how he might react if she does, she keeps putting it off.

For example: She may fear that he will!

- Get upset and lose control of his emotions (e.g. beg and plead with her to change her mind) and she doesn't want to have to deal with that
- Get angry with her and possibly become violent or aggressive.
- Try to talk her out of her decision (e.g. by trying to make her feel guilty for breaking up with him just before he gets deployed).

So, rather than come out and do it to his face, she instead waits for him to get deployed before she goes through with it.

Essentially, she's likely hoping that he will have enough time to get over her by the time he comes back, so that she won't have to endure the stress of having to give him reasons and explanations about why she doesn't want to be his girl anymore.

Additionally, by breaking up with him while he's deployed, it gives her more time to fully get over him and find herself a replacement man.

Then, by the time her ex gets back and tries to convince her to give him another chance, she will be able to say something along the lines of, 'I'm sorry but it's just too late. I've moved

on already and I have a new boyfriend now. Please accept that what we had is over and try to move on too.â

If this is the case between you and your ex, the important thing for you to do from now on is not to give up.

If you accept her decision and walk away now, you may end up regretting it later on.

So, what should you do instead?

Make sure that you stay in her life.

Not as a clingy, needy ex boyfriend, or as a friend, but as the guy who makes her feel so attracted during interactions, that she begins to regret her decision and starts to want to be your girl again.

Another common reason why a woman will break up with her guy while he is deployed isâ

4. She started to feel lonely and horny, so she broke up with you to pursue another guy

What a lot of guys don't realize is that women have sexual needs too.

So, unlike in the past where a woman had to suppress those needs if she was single, or only have sex at the request of her husband if she was in a relationship, today's woman is free to be as sexually active as she wants to be.

If she is single, she can have casual sex as often as she wants, with as many guys as she wants and it's perfectly okay.

If she is in a relationship, her and her guy can be as wild and sexually active as they choose to be.

However, in a case where a woman is in a long distance relationship with a guy (e.g. because they live in different cities or countries, he is deployed), it's only natural that even though he's away, her sexual needs won't diminish.

In fact, thinking about him and all the good times they shared together, both emotionally and sexually, can make her hornier than ever.

Yet, that doesn't mean she's going to go around sleeping with any guy she can find to satisfy her sexual needs, just because her man isn't around.

Of course, there are some women of bad character who will do whatever they want (i.e. cheat on their guy) if they feel like it, without it bothering them in the least that they are being unfaithful.

However, most women will resist their sexual needs, because they love and respect their man.

A woman like that will literally count down the days until she will see him again.

She will patiently and faithfully wait for him to come home, so that she can hug him, kiss him, and have mind blowing sex with him, because she feels so happy to be back in his arms again.

That is what is possible when a relationship has the right dynamic and the guy makes his woman feel increasing amounts of love, respect and attraction for him over time.

On the other hand, it doesn't matter if a guy is deployed or right there with his woman, if he fails to make her feel sexually and emotionally attracted to him.

She will feel dissatisfied and then if another guy comes along and sparks her sexual and romantic feelings for him, she won't be able to resist him.

If your girlfriend broke up with you while you were deployed, it could be because another guy

sparked her feelings more than you did.

She then felt that she was better off breaking up with you to be with him.

Hereâs the thing thoughâ!

Although it sucks to be dumped like that, you can still get her back if you want to.

The key is to give her the kind of attraction experience she wonât be able to resist.

When you make her feel more respect and attraction than ever before, all her old feelings of love for you will come rushing back.

She then stops looking at other guys as being better than you, because she knows that no one else can make her feel as attracted and in love as you do.

She then naturally remains loyal and waits for you to come back to her, because she feels lucky to have you.

Another common reason why a woman will break up with her guy while he is deployed isâ!

5. She was stressed with how time consuming and energy sapping the regular video calls, texts or emails had become

Being in a long distance relationship can be exhausting for a woman and it gets even worse when a guy is deployed, because interactions with him are so unpredictable and even stressful.

She might then find herself always being on edge, waiting to hear from him and fearing that something might happen to him.

Then, when she does get a chance to talk to him (e.g. via video call), she has to put on her best face.

In other words, she always has to be positive on the calls or in her e-mails, to cheer her guy up and not let him worry about her.

So, unlike when a woman can come home after a bad day and tell her man what happened to her at work or university, or about the argument she had with her friend or sister, with her deployed boyfriend she has to keep all that in.

Initially, that can be okay, but after a while she might begin feeling like maintaining the relationship is just too much hard work for her.

She might then decide to breakup with him, rather than have to deal with the stress of being a military girlfriend.

Another common reason why a woman will break up with her guy while he is deployed isâ!

6. While spending time away from you, she realized that she didnât really miss you as much as she thought she should

[image: While spending time away from you, she realized that she didnât really miss you as much as she thought she should]

[image: While spending time away from you, she realized that she didnât really miss you as much as she thought she should]

In some cases, a woman might realize that sheâs actually having a lot of fun without her guy around.

So, rather than sit around missing him, she ends up going out with friends and enjoying her life.

This can cause her to take it as a sign that maybe her guy is not the one for her.

Then, rather than stay in a relationship that she doesn't feel is going to last, she may decide to end it (even though her guy is still deployed) and get on with finding herself the man she intends to spend the rest of her life with.

Although finding out that your girlfriend doesn't miss you and doesn't believe you're the one for her can be hurtful, it doesn't have to signal the end of your relationship.

You can change how she feels.

You can make her miss you more so that the idea of losing you becomes worrying to her.

In other words, you can control how you make her feel.

So, to start off with, get her to agree to stay friends.

Then, use every interaction you have with her from now on to spark some of her feelings for you.

That may be with an email, it may be with a phone call, it may be with a video call or it may be via social media, or a combination of all those things.

If you're going to be successful at getting her back, your focus needs to be on how you're making her feel during every single interaction.

In other words, if you're making her feel friendly or neutral feelings, or nothing at all, you're not going to get the results you want.

On the other hand, if you're making her feel sexually and romantically attracted, you're closer to getting her back.

She's going to start feeling drawn to you again.

She's going to miss you more than ever before and she's going to wish that your deployment will end quickly, so that you can be together again.

Avoid These 3 Mistakes

Although you might feel helpless right now and like there's nothing you can do to get your girlfriend back, the truth is, there's a lot you can do — even when you're far away.

You can re-attract her and get her back.

It all depends on the approach you use from now on.

In other words, are you going to do things that are attractive to her, or are you going to make mistakes that will push her away even more?

For example: 3 mistakes to avoid making are:

1. Trying to get her back by making her feel guilty about what she has done

[image: Trying to get her back by making her feel guilty about what she has done]

[image: Trying to get her back by making her feel guilty about what she has done]

There's no denying that being dumped while on deployment is not a nice thing.

However, rubbing that in your ex's face and making her out to be a terrible person because of it,

isn't going to make her feel like she wants to give you another chance.

Here's the thing:

A woman doesn't want to be with a man out of feelings of guilt for breaking up with him while he was deployed.

She also doesn't want to be made to feel like she's a bad person for putting her own wants and needs first.

So, don't bother trying to make her guilty.

Not only is that not an attractive quality in you (i.e. it makes you seem heartless, inconsiderate and manipulative), it will also likely just make her feel even more convinced that you're not the right guy for her.

A better approach is to accept the break up and then use interactions with her to make her laugh and smile and feel good to be talking to you, so she regrets her decision.

Another mistake to avoid making is:

2. Trying to have in depth conversations with her about the break up while still deployed

Long, drawn out conversations are difficult enough when done in person.

However, having such a conversation while being thousands of miles apart, is almost impossible.

Why?

When a woman has lost touch with her feelings for a guy, she will usually be closed off and not very receptive to what he has to say.

Then, because time is limited (i.e. because he's far away and can't sit on a call or video chat for hours), he can't spark some of her feelings for him first to make her more open to what he has to say.

Instead, he has to get to the heart of the matter right away and because she doesn't have feelings for him, she usually just refuses to listen.

That makes it a frustrating experience for both him and her and can even lead to arguments and disagreements, which defeats the purpose of having the discussion in the first place (i.e. to convince her to give him another chance).

So, if you want to talk about the relationship with your girlfriend, you need to wait until you can do it in person and then, only after you've re-sparked some of her feelings for you.

Only then will she open back up to you and at least listen to what you have to say.

Another mistake to avoid making is:

3. Not waiting until you get back home to get her back

In almost all other ex back cases, a guy shouldn't cut off contact and wait to get his ex back.

Yet, when deployed and in a position where it's impossible to meet up with her, re-attract her and get her back, a guy does need to give her that space.

During that time, he has to prepare himself to re-attract her by becoming more emotionally attractive to her (e.g. more confident, less unsure of himself and his value to her, more of a challenge).

Then, when he meets up with her and makes her feel attracted in new and exciting ways, she won't be able to resist being around him.

He can then build up her feelings for him and get her back into a relationship that is so much stronger than before, because it withstood the test of separation and won.

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[image]

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Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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My Ex Girlfriend Has Made Me Become Insecure Around Women

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 7 of the most common reasons why that will happen to a guy after being dumped by an ex girlfriend he really loved and wanted to be with:

1. The way she dumped him made him begin to doubt that he could ever keep a quality woman happy in a relationship

Sometimes, a woman who has been really sweet, loving and gentle throughout the course of her relationship with a guy might change drastically when she breaks up with him.

For example: She might become bitchy and say really hurtful things to hurt him (e.g. she tells him that heâs terrible in bed, says that she never really loved him, mocks him about certain aspects of his physical appearance).

Essentially, sheâs lashing out at him and trying to make him feel as bad as sheâs currently feeling.

However, deep down, she doesnât really mean what sheâs saying and itâs likely that when things calm down, she will regret behaving in that way.

Unfortunately though, in some cases, the guy doesnât see it that way.

Instead, he takes everything she says to heart and begins to doubt himself and his value to women.

He may even start thinking things like, *âI guess Iâm a loser when it comes to women. If my ex hates me so much after she said that she loves me, I must really suck as a boyfriend. That probably means I will never be able to find another woman who will accept all my faults and be attracted to me.â*

Yet, thinking that way only causes him to spiral into a pit of hopelessness and despair, which then comes through every time he interacts with other women.

He then gets rejected by them (i.e. because heâs displaying the types of characteristics that are instinctively unattractive to women).

That only confirms to him what he now believes about himself (i.e. that heâs not good enough, heâs unattractive), which then results in him falling even deeper into his spiral of despair.

So, if this sounds like something youâre currently putting yourself through, you need to stop right away.

You need to change the way you think about yourself and the break up with your ex girlfriend.

When you begin to think differently (i.e. in a more positive way), you will also begin feeling better.

Then you will likely be surprised to see that women respond to you differently too.

All of a sudden you become more desirable and fun to be around.

It has nothing to do with your appearance, or anything that your ex might have said to get to you.

Instead, itâs about how you feel about yourself.

The more confident and self-assured you feel, the more it comes through in your actions and behavior

and the more attractive you are to women in general and even to your ex.

Even if she doesn't admit it, seeing you handle what she threw at you in such an emotionally strong and mature way makes her automatically see you in a new light.

She then starts to wonder if she made the right decision by breaking up with you after all.

So start changing your negative thoughts to positive ones right now.

For example: Instead of thinking, *"My ex girlfriend has made me become insecure around women,"* replace that with something along the lines of, *"I feel confident around women because I know my true value as a man. I believe in myself and in my worth to my ex and to other women and I will continue to feel that way when I interact with them, even if they're being cold, dismissive or bitchy towards me."*

Then, when you interact with women (and your ex) from now on, rather than projecting an image of a guy who feels insecure and unsure of himself, your confidence and self-belief will come through instead (e.g. in the tonality of your voice, your body language and in the way you behave and respond to them).

You will then automatically be more attractive.

Additionally, when your ex girlfriend experiences the new, more emotionally strong, confident you, she will naturally start to feel a surge of respect and attraction for you again.

You can then build on that and get her back if you want to, or move on and find yourself an even better woman than her.

Another common reason why a guy will become insecure around women after a break up is

2. She was the hottest or one of the hottest women he's ever been in a relationship with

[image: She was the hottest or one of the hottest women he's ever been in a relationship with]

[image: She was the hottest or one of the hottest women he's ever been in a relationship with]

Sometimes, a guy manages to get into a relationship with a woman who he considers to be way more beautiful than anyone else he's ever dated before.

This can cause him to think things like, *"I'm so lucky that a girl as gorgeous as her wants to be with a guy like me. I don't know what I did to deserve her, but I know for sure that she's one of a kind and I'll never find another woman like her again."*

As a result of thinking that way about her, he puts her on a pedestal and begins to suck up to her (e.g. by always being nice and sweet to her regardless of how badly she treats him, spoiling her with gifts and romantic gestures), because deep down he doesn't believe that he's got what it takes to attract another beautiful woman like her.

Essentially, he's hoping that by making the effort to be the perfect boyfriend to her, she won't break up with him, even though he believes she can do better than him if she wants to.

So, naturally when she does break up with him, not only is he devastated about losing her, he also panics about his chances of ever finding another woman to replace her in his life, because he doesn't feel good enough.

This causes him to talk, act and behave in an insecure way when he interacts with other women.

Then, when he gets rejected by them, it only affirms to him what heâs secretly believed all along (i.e. that heâs not worthy of a beautiful woman).

Yet, what he doesnât realize is that lacking confidence in himself and feeling unworthy of a beautiful womanâs love actually turns women off.

Why?

A woman likes the idea of being with a man that she feels will be the envy of her friends, family and other women, because he is always confident in himself and believes in his attractiveness and value to her.

No matter what heâs going through in life, or what other people say or do to make him feel unsure of himself and his value, it doesnât affect him.

Instead, he always feels confident about himself and knows that he is worthy of any woman he chooses and of anything else he wants in life.

So, when a guy interacts with women and gives off a, *âIâm not good enough for youâ* kind of vibe, it naturally turns them off.

This is why, if you want to find yourself another beautiful woman, or even get your ex back, you have to absolutely believe that you are more than good enough.

If you donât believe in your value and attractiveness as a man, a woman will pick up on it, feel turned off and it will then become more difficult for you to get another girlfriend, or your ex back if thatâs what you want to do.

Another common reason why a guy will become insecure around women after a break up isâ

3. She made him feel like he was a horrible boyfriend when she broke up with him

For example: A woman might say things like, *âIâll never be able to understand what made me agree to be your girl in the first place. I should have seen this coming. You were a terrible boyfriend and I must have been crazy to stick around with you as long as I did. Itâs all your fault weâre broken up! Youâre the one who stuffed everything up, not me.â*

Of course, if a guy is emotionally strong, heâs not going to let this get to him and destroy his confidence.

Instead, heâs going to see what sheâs saying for what it is â her trying to hurt him to make herself feel better about the break up.

Even if everything sheâs saying about him is true, rather than make him feel insecure and like heâs no longer good enough for her or other women, he will usually take it as constructive criticism and then focus on becoming an even better man than before.

Unfortunately though, not all men are that emotionally strong.

So, when a woman blames him for the break up, he takes it to heart and starts believing that he sucks as a boyfriend.

Naturally, thinking that way makes him feel insecure around women, because at the back of his mind heâs usually thinking things like, *âWhat if Iâm not good enough to get another quality woman like her?â*

His insecurity and self-doubt then comes through during interactions via his actions, behavior and conversation style and he gets rejected, thereby confirming to himself that what heâs thinking is

true and that no other woman will want to be his girl again.

Hereâs the thing though â

Everyone makes mistakes in relationships, not just you.

How you now recover from the mistakes you made is what really counts.

So, are you going to sit around letting your exâs words poison your mind into believing that everything is your fault, or are you going to accept responsibility for your actions, learn from your slip up and become a better, more emotionally strong man as a result?

If you donât, then getting a new woman, or your ex back if you want her, becomes really difficult.

Another common reason why a guy will become insecure around women after a break up isâ

4. He knows that he doesnât really understand what women find attractive and how to keep one happy in a relationship

Sometimes after a break up, a guy might start thinking things like, *âWomen are so difficult to understand. They never say what they really want and quite often theyâll say one thing and mean another. I just donât know how to handle that. I always feel that no matter what I do Iâm in the wrong. Iâll never be able to hold on to a woman because Iâll never truly understand what she wants. Itâs hopeless!â*

This may then lead to him feeling insecure and unsure of himself around women and that will naturally contribute to him struggling to find someone new and move on (or get his ex back if he wants to).

Hereâs the thingâ

A woman will almost never tell a guy what she wants from him.

Instead, she will either give him subtle hints, or say nothing at all and just expect him to figure it out on his own and be the man she wants him to be.

If he can do that, she will respect him, look up to him, feel attracted to him and be loyal to him.

However, if she has to explain to him how to be a man, she will automatically start feeling attracted to other men who donât need her to explain it.

He will start to look like a confused guy who still hasnât fully grown up and become a man and she will close herself off from him.

If sheâs just getting to know him, she will pull away and focus on finding another man who is already what she wants him to be and if sheâs in a relationship with him, she will usually just break up with him and move on.

This is why, it is very important for you to understand what women want from a guy, so that you can easily attract them and keep them happy in a relationship with you.

By the wayâ

Here are some examples of what the majority of women find attractive in a man:

He is confident and emotionally strong regardless of what is happening in his life (e.g. his woman dumps him, he loses out on a promotion heâs been hoping for, his investments fall through).

He stands up to her and puts her back in her place in a loving, but assertive manner when sheâs

behaving badly, rather than submit to her and let her walk all over him.

He is loving, attentive and considerate towards her, but he also makes her feel like she needs to be a good woman back to him in order for him to stick with her.

He makes her feel sexy and desirable when she's with him, rather than making her feel neutral emotions or worse, turned off by him.

He has a definite purpose in life that he's working towards, so he doesn't end up being clingy or needy. Instead, he's an emotionally independent man and that is attractive to her.

He is stronger than her emotionally, so it feels right to her to submit to him sexually.

She's submitting to a force that is more powerful than her.

He believes in himself and in his value to her and he passes her confidence tests easily.

As a result, she feels like she's lucky that he's with her, rather than like she's doing him a favor because she's better than him.

These are just a few of the things that a woman looks out for in her relationship with a man.

So, the question that you should ask yourself is, *Am I that kind of guy?*

If the answer is *No*, then it's very important that you focus on improving those things in you.

Then, when you interact with women, or your ex, from now on, you will easily be able to attract them, because you are now the kind of man that women instinctively feel drawn to.

You can then get your ex back if you want to, or find yourself another, high quality woman to move on with.

The choice is yours.

Another common reason why a guy will become insecure around women after a break up is

5. He placed way too much importance on her and made her become the main purpose of his life at the time

Some guys mistakenly think that to make a woman feel loved and appreciated in a relationship with him, he has to make her the centre of his world.

As a result, a guy like that might give up all his interests and hobbies, put his personal goals and dreams on hold and even stop hanging out with his friends, just so that he can spend all of his time with her.

Eventually, she becomes his comfort zone and he can no longer make a decision without her approval and guidance.

In other words, he becomes dependent on her for almost everything in his life.

So, when she's loving and supportive, he feels confident, self-assured, valuable and like he can accomplish anything he wants in his life.

On the other hand, when she's angry, closed off or unsupportive, he feels insecure, unsure of himself and like he's worthless.

Unfortunately, this dependency stays with him after he gets broken up with.

As a result, he then can't move on and find another woman, because his support system (i.e. his

ex) is no loner around guiding him, supporting him, encouraging him and making him feel worthy.

Hereâs the thing thoughâ

When a guy makes a woman the most important thing in his life, it actually turns her off and makes her feel smothered.

She will then gradually begin to lose respect and attraction for him for not being an emotionally strong, independent man.

Eventually, she will also disconnect from her feelings of love for him as well and this usually leads to her breaking up with him.

What you may not realize is that even though a woman wants to be loved, appreciated and made to feel as though sheâs the most important person in her manâs life, she doesnât want to be the most important thing.

She wants to be with a man who is happy, confident and forward moving in his life, with or without her support, approval or attention.

She doesnât want to feel as though he will fall apart without her guidance and support.

In the same way, if you want to stop feeling insecure around other women so that you can find yourself a new girlfriend (or re-attract your ex if you want to), you need to become more emotionally independent.

In other words, you need to get to the point in your life where you make your own decisions and feel good about them, regardless of what other people think.

For example: Some of the ways you can do that are byâ

- Focusing on achieving some of your big goals, dreams and ambitions in life, regardless or whether other people approve or not.
- Doing something new that youâve always avoided because your ex (or your friends and family) didnât approve of it (e.g. a take up a martial art, join a travel club and go to exotic, interesting or even dangerous places, join a dance club, join a mixed sports team with both male and female players).
- Reconnecting with old friends that you stopped seeing because your ex didnât like them and also focusing on making new ones.

When you focus on becoming genuinely happy and content in your own life, not only does that stop you from feeling nervous and insecure around women, but you also become more attractive to your ex as well.

You can then decide if you want to get her back, or move on with a new woman.

The choice is yours.

Another common reason why a guy will become insecure around women after a break up isâ

6. She cheated on him or got with a new guy shortly after their break up

Itâs only natural that if a woman cheats on her guy, or moves on really quickly after she breaks up with him, it can make him doubt his attractiveness to her.

He may even begin wondering things like, *âWas I bad in bed?*â or, *âDid she feel turned*

off by my physical appearance? Wasn't I good looking enough for her?'

Naturally, this can lead to him feeling insecure when he's around other women, because at the back of his mind he's always wondering if they find him unattractive.

He might then focus on changing his physical appearance by giving himself a makeover or by going to the gym and losing some weight or building some muscle.

Yet, here's the thing!

What a guy like that doesn't realize is that a man's emotional attractiveness is much more important to a woman than his physical attractiveness.

In other words, an average guy who is confident, self-assured, emotionally strong, ballsy and emotionally masculine is a hundred times more attractive to women than a really handsome guy who is insecure, unsure of himself, timid and emotionally sensitive.

This is why, if you want to find yourself a new woman, or even better, get your ex girlfriend back, you need to focus on improving your emotional attractiveness.

Then, when you interact with women, they will be able to pick up on it and they will automatically feel attracted to you.

Remember: A woman needs to be able to look up to her man and feel like she is lucky to have him, not like she's doing him a favor by being his girlfriend, because he believes he can't get anyone else other than her.

So, regardless of what happened with your ex, you have to get to the point where you believe in yourself and in your value and attractiveness as a man.

If you don't, you will end up staying stuck in relationship limbo where you can't attract a new woman and you also can't re-attract your ex.

Don't make that mistake.

Believe in yourself and then get the woman you really want (e.g. a new woman or your ex girlfriend back).

You can do it!

Another common reason why a guy will become insecure around women after a break up is

7. She made him feel like he really needed her

[image: She made him feel like he really needed her]

[image: She made him feel like he really needed her]

Some women love the idea of having a man wrapped around their little finger.

It gives them a sense of power knowing that their guy is totally dependent on her and cannot function without her.

For example: A woman like that will constantly belittle her guy and say things like, *'You're so lucky to have me. You know that if I wasn't your girl you would never have passed your exams/gotten that promotion at work/found that job. You need me.'*

This wears at the guy's sense of self worth and before long he truly believes that he really needs his woman and can't do without her.

Unfortunately though, when a woman like that dumps her guy, he feels totally lost and insecure

without her.

This then leads to him being unable to move on and find himself a new woman, because he doesn't believe he's capable of doing things on his own.

This is why, if something like this has happened to you, you have to focus on rebuilding your feelings of value and self worth.

You need to pick yourself up and start moving forward with confidence, knowing that you can re-attract your ex, or other quality women if you choose to do so.

Another way of saying that is, if you want to find a new woman to date and fall in love with, or get your ex back, you need to believe that you can.

Believing that you can starts filling you up with the kind of confidence that causes you to think, talk, behave and act in ways that are naturally attractive to the majority of women (i.e. you have high self-esteem, you don't doubt your value and attractiveness as a man regardless of what happened with your ex, you're comfortable flirting with women and making them want you sexually).

So, go ahead and believe in yourself and in your value to women and your ex and let them sense that as you interact with them.

You will then be able to re-attract your ex girlfriend back, or attract a new woman if you prefer to do that instead.

It's all up to you.

4 Mistakes That Can Cause a Guy to Remain Insecure After a Break Up and Prevent Him From Getting His Ex Back

By the way!

If you don't want to stay stuck in a place where your negative emotions prevent you from moving forward and either re-attracting your ex, or finding yourself a new woman, you need to avoid the following mistakes:

1. Not using the break up as a wake up call to become better at attracting women

You can look at your break up as a terrible thing and allow it to erode your feelings of self worth, or you can use it as an opportunity to become a better, more emotionally strong, confident man.

It's actually a choice you can make for yourself.

On the one hand you can wallow in misery and pain and keep telling yourself that your ex girlfriend has made you become insecure around women.

On the other hand, you can regain control of your emotions.

Then, focus on replacing feelings of insecurity and desperation with feelings of confidence, emotional strength and emotional masculinity.

The more you embrace your true self (e.g. the confident, emotionally strong version of you) vs. the man you think your ex created (i.e. the insecure guy who doubts himself and his value to women), the more attractive you will become to your ex and to other women.

Then decide what you want (i.e. to get your ex back or move on) and make it happen.

Another mistake to avoid making isâ€¦!

2. Not realizing that he can actually level up and re-attract her quite quickly

If you truly believe that your ex is the one for you, then just focus on getting her back for another chance at the relationship.

You can do that by leveling up as a man and using a different approach to attraction with her than you did before, so you can reactivate her sexual and romantic feelings for you.

When she feels a renewed sense of respect, attraction and love for you during interactions, she will naturally open herself up to the possibility of you and her being together as a couple, or at least hooking up again to see how she feels.

So, donâ€™t waste any more time feeling despondent and like you have to stay stuck in a place where you canâ€™t move forward.

If you want to get your ex back, just do it.

Itâ€™s actually a lot easier than you might think.

Another mistake to avoid making isâ€¦!

3. Assuming that he will never be able to gain control over this area of his life

Sometimes a guy can waste a lot of time feeling like he just doesnâ€™t have what it takes to attract quality women.

A guy like that may end up staying single, becoming bitter and jaded about love and go around saying things like, *“Women donâ€™t want guys like me so, whatâ€™s the point of even bothering with love?”*

Alternatively, he might get into relationships with women he doesnâ€™t really want (e.g. unattractive or insecure women), because thatâ€™s the best he can do.

This is why, if you want to get your ex back, or to find yourself another high quality woman, itâ€™s absolutely essential that you improve your ability to make women feel attracted to you.

The more you think, act and behave in attractive ways (e.g. being confident. Charming, charismatic, using humor to make women feel good to be around you), the easier it becomes for you to attract any woman you want, including re-attracting your ex.

On the other hand, if you keep telling yourself that your ex girlfriend has made you become insecure around women, you may end up alone and bitter and regret it for the rest of your life.

Another mistake to avoid making isâ€¦!

4. Not realizing that many guys are now using break ups with women to transform themselves into more attractive men and then getting their ex woman back just for fun

Know that from now on, you are going to be in control of how you feel about yourself and youâ€™re not going to let anyone else affect that.

What matters is how you feel about yourself.

The more you believe in yourself and in your value as a man, the more your attitude, actions,

behavior and conversation style will portray that.

You will then automatically seem more attractive to women, because you are displaying the traits that women instinctively feel attracted to in men,

You can then have your choice of woman, or get your ex back if you want to.

Thousands of other guys have done it and you can do it too.

You just have to believe that you can and then start taking the necessary steps towards getting her back.

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Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

[image: Dan Bacon]

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Should I Thank My Ex For Breaking Up With Me?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

It depends on how bad the break up was, if the woman still feels attracted to you and what the thank you is for.

For example: Here are 5 possible reactions from a woman when her ex man thanks her for the relationship, for teaching him valuable lessons or for being a great girlfriend to him:

1. She doesn't care because she's no longer attracted to him or in love with him

Although you might be 100% sincere when thanking your ex girlfriend for breaking up with you, if she no longer has feelings for you, she's likely not going to care that much about it.

Instead, she's probably just going to roll her eyes and think something along the lines of, *â€œBlah! Blah! Blah! Why is he wasting my time?â€*

It might not sound like a very nice response to you, but think about it this wayâ€

If you've ever been contacted by a woman that you were no longer attracted to, you will know how little you felt when reading her words.

[image: She doesn't care because she's no longer attracted to him or in love with him]

[image: She doesn't care because she's no longer attracted to him or in love with him]

Rather than make you feel drawn to her and think things like, *â€œShe seems so nice. Maybe I should give her another chance with me,â€* you more likely thought something like, *â€œWhy won't she just leave me alone? What do I have to do to get through to her? I don't want to be mean to her, but right now I feel that's the only way to make it clear that I'm not interested in her anymore in the way that she wants.â€*

Well, that's how your ex might feel when you thank her.

So, what should you do instead?

If you don't want her back, you should just accept the break up, move on and find yourself another woman to be with who loves and appreciates you in the way that you deserve.

On the other hand, if you want her back, a better approach than thanking her for breaking up with you, is to interact with her and make her feel attracted to you again.

In other words, forget about being overly emotional with her in the hope that she will be impressed with you for being so nice to her and give you another chance and focus on doing the types of things that will spark her feelings for you.

For example: Use interactions with her toâ€

- Make her laugh and smile and feel good to be talking to you again.
- Flirt with her to create sexual tension between you and her so she feels motivated to hug, kiss and have sex with you again.
- Show her that you've leveled up as a man and no longer turn her off in the ways you did before.
- Give her an upgraded attraction experience and make her feel drawn to you in new and exiting

ways.

- The more you reactivate her sexual and romantic feelings for you, the more interested she will become in giving you another chance.

On the other hand, if all you do is thank her for breaking up with you and then hope this will make her want you back, you may end up being very disappointed when she says something like, "Cool, thanks," and then walks away and finds herself a new man.

Another possible reaction a woman might have when her ex thanks her is!

2. She does care and appreciates the fact that her ex has had the courage to thank her for being such a great girlfriend to him

Quite often a woman will break up with a guy, because she feels as though he's taking her for granted.

In other words, his actions, behavior and attitude makes her feel unloved, unappreciated and undervalued.

So, if after the break up he takes the time to thank her for everything she did for him in the relationship, it will likely go a long way in making her forgive him.

Of course, just because your ex might appreciate your gesture, it doesn't mean she's going to just open up and want to be your girl again.

For that to happen, you're going to have to reactivate her feelings of respect and attraction for you first.

You're also going to have to show her via your attitude, actions, behavior and conversation style that you're a new man now and that if she gives you another chance, you're not going to go back to making the same old attraction mistakes as before.

Some examples of how to do that are:

Maintaining your confidence when talking to her, regardless of what she says or does to make you feel uncertain of yourself (e.g. she's cold or sarcastic towards you and says things like, "Well you've thanked me now, so what do you want from me, a pat on the back?").

Not trying to get her back into a relationship right away and instead, just focusing on building up sexual tension between you by flirting with her.

Making her laugh, smile and feel good when she interacts with you so that she wants to be around you more and more.

Showing her that you've changed and matured since you and her broke up and are now a new and improved man.

Not sucking up to her by being extra nice or accommodating (because you're afraid that if you don't do whatever she wants she won't forgive you and give you another chance) and start being more emotionally masculine and ballsy around her (e.g. be a good guy, but don't be a pushover, stand up to her when she's out of line, laugh at her in a loving way when she's behaving like a brat).

Making her feel like a sexy desirable woman in your presence, rather than being neutral or friendly towards her.

The more you reactivate her feelings for you during interactions, the more she will begin to allow herself to relax, smile, laugh and feel good to be around you again.

She then becomes open to forgiving your mistakes and giving you another chance.

Another possible reaction a woman might have when her ex thanks her isâ□|

3. She rolls her eyes when he says it or sends it to her via text, social media message or email

If one of the reasons why a woman broke up with her guy was because she perceived him as being too emotionally weak and wimpy, then itâ□□s very likely that him thanking her for breaking up with him is going to be perceived as another sign of his wussyness.

Then, rather than her taking it as a compliment, or as a sign that heâ□□s being a gentleman about the break up (which may be what heâ□□s aiming for), she will instead roll her eyes at him or at the text/message he sent her.

Of course, he might feel hurt by her reaction (especially if she does it to his face) and he may wonder why sheâ□□s being such a bitch to him and not being appreciative of his gracious gesture to her, but hereâ□□s the thingâ□|

If a woman has disconnected from her feelings of love, respect and attraction for a guy because he was emotionally weak in the relationship and he then thanks her for the break up, sheâ□□s not going to care that heâ□□s being so civil and courteous to her.

Instead, she will likely be thinking something along the lines of, *â□□Really? Even now that Iâ□□ve dumped him, heâ□□s still being such a wimp! Instead of manning up and getting a backbone, heâ□□s thanking me for breaking up with him. What real man does that? This just makes it so much easier for me to move on and find someone else. I donâ□□t deny that heâ□□s a nice guy, but heâ□□s really not man enough for me.â□□*

So, if you thank your ex for breaking up with you, make sure sheâ□□s not going to take that as a sign of emotional weakness.

If she does, she will inevitably feel that youâ□□re not man enough for her and will then just keep rejecting you.

On the other hand, if you remain in control of your emotions and then confidently focus on using interactions with her (e.g. over the phone and in person) to spark her sexual and romantic feelings for you again, she will automatically begin to see you with different eyes.

Then, she will also appreciate the fact that youâ□□re a gentleman, as long as youâ□□re being an emotionally strong, dominant one.

She will then want to be around you again, because youâ□□re now offering a dream scenario for a woman that is so rare (i.e. being confident and emotionally strong, while also being a good man to her).

So, when your ex senses that youâ□□ve suddenly developed that ability and are not being needy or wimpy, she will naturally feel drawn to you, even if she initially thought that what you and her had together was over for good.

It then becomes easy for you to get her back, because she wants it too.

Another possible reaction a woman might have when her ex thanks her isâ□|

4. She asks why he is thanking her and his reasons seem selfish to her

[image: She asks why he is thanking her and his reasons seem selfish to her]

[image: She asks why he is thanking her and his reasons seem selfish to her]

For example: A guy might respond to her question by saying things like, *â€œIâ€™m thanking you because I feel that youâ€™re an amazing woman and even though you no longer want to be my girl, Iâ€™m such a better man because of you. You helped me become the best version of myself and Iâ€™m truly grateful to you for that and thatâ€™s why Iâ€™m thanking you. I just want you to know that I appreciate everything you did for me in the relationship and I will never forget you.â€*

Yet, rather than make a woman feel good about herself for playing such an important part in his life, she may actually feel annoyed that heâ€™s gained so much from her, while sheâ€™s left worse off by the relationship.

She might even say to him something along the lines of, *â€œWell, Iâ€™m glad that you feel so good about the relationship. It seems that you got all the benefits, while I got all the crap. It makes me feel as though I was the only one putting in any effort and you were just taking and taking. I see now how selfish you really are. Even now that weâ€™re broken up, all you can think about is yourself and how great everything turned out for you. Well, what about me? What did I get out of this relationship? Oh yeah, I remember nowâ€¦ a self-serving, self-absorbed boyfriend and a broken heart. Well thanks for your gratitude, but you can keep it. You selfish jerk!â€*

Of course, thatâ€™s likely not what the guy was intending at all.

He was probably trying to be a good guy and show her how valuable she was to him.

Yet, when a woman has lost touch with her feelings of respect, attraction and love for him and possibly feels that he wasnâ€™t a good man to her, hearing him praise her and say how great things were because of her, usually only highlights to her that she came off worst from the relationship.

She then feels even more determined to move on and find a man who will make her feel as though she is gaining from the relationship with him, not just him gaining from her.

So, if your motivation to thank your ex for breaking up with you is to impress her so that she will want to give you another chance, be aware that itâ€™s possible that she will take it the wrong way.

If that happens, it becomes more difficult for you to get her back, because sheâ€™s closed off towards you.

On the other hand, a better approach is to just use interactions with her to make her smile and laugh and feel good to be around you.

Then, she will feel as though sheâ€™s losing by letting go of you.

That then makes her drop her guard around you and open up to seeing if you and her can work things out so that you can get back together again.

Another possible reaction a woman might have when her ex thanks her isâ€™!

5. She assumes that heâ€™s trying to manipulate her

In most cases, when a guy thanks a woman for breaking up with him, rather than think something like, *â€œThatâ€™s so sweet of him. I feel so flattered that he values me so much, even though weâ€™ve broken up,â€* a woman will usually take it as a sign that heâ€™s sucking up to her as a

way of getting her to give him another chance.

She will then likely end up thinking things like, *“I can’t believe he’s trying to manipulate me! Does he honestly think that thanking me is going to make me feel sorry for him and change my mind about the break up? That’s so immature!”*

She might then pull away from him even more.

Here’s the thing!

Even though the guy might be a good guy and probably has good intentions when he thanks her for breaking up with him (e.g. he wants to let her know that he doesn’t have any hard feelings, he wants to show her how much he valued her), a woman usually won’t see it that way. Why?

A woman doesn’t want to be made to feel guilty over her decisions.

If she wants to break up with a guy, she wants to be able to do it without him trying to rub it in her face that he’s so wonderful and loving (i.e. by thanking her), while she’s a bitch for walking away from him.

So, don’t bother thanking your ex woman for breaking up with you if it’s just a ploy to make her feel pity for you as your way of getting her back, because it will most-likely backfire.

Instead, just focus on reawakening her feelings of respect and attraction, so she naturally feels drawn to you and becomes open to giving you another chance.

Avoid These Mistakes if You Decide to Thank Her For Breaking Up With You

If you really feel strongly about thanking your ex, then go ahead and do it.

Just make sure that you do it right.

For example: 3 mistakes to avoid making are!

1. Coming across as cheesy when thanking her

There’s a manly, emotionally strong way to thank an ex woman for breaking up with you and then there’s a cheesy, soppy way of doing it.

If you want to spark some of her feelings of respect and attraction for you again, you need to go for the manly, emotionally strong approach.

On the other hand, if you want to turn her off even more and convince her that she made the right decision by breaking up with you, go ahead and be cheesy (e.g. being too sweet, nice and emotional and making it sound like she was perfect in every way).

Here’s the thing!

If you want to reactivate your ex’s feelings for you again and get her back, you need to show her that you’ve leveled up as a man and are now the kind of guy she always wanted you to be (e.g. confident, emotionally strong, ballsy, sure of yourself and your value to her).

That means maintaining your confidence with her regardless of what she says or does, or how she responds when you thank her.

Then use humor to break down her defenses, reactivate her feelings for you and make her feel as

though she will end up regretting it if she doesn't give you another chance.

The next mistake to avoid making is!

2. Leaving her with a feeling of resentment based on how you thank her

For example: A guy might say things like, *I just wanted to say how much I appreciate the time we had together. You're a wonderful woman and I'm a better man because I had you in my life. You were always so kind and patient with me, even when I didn't pull my weight around the house and forgot to take out the garbage, or pick up after myself, or invited my friends over without telling you and then leaving you to clean up after they left. Not only that, you've also taught me so much. I can now even cook a few nice meals because of you. You also encouraged me to complete my studies which helped me get a promotion at work. So, for all that and so much more, I want to thank you and say that I only wish you the best from now on. I hope you will always be happy.*

Yet, even though he's being sincere, she may not see it that way.

Instead, she might actually resent him for getting the better end of the deal.

So while he's going on about everything he gained, she will likely be thinking things like, *What did I get out of this relationship? Oh yeah! I remember now a lot of cooking, cleaning and a boyfriend who never contributed to my well being. Now that I see how much I gave and what I got in return, it makes me feel even angrier than I was before! I feel used!*

She might then respond in a bitchy way and tell him to get lost and leave her alone.

The guy will then likely feel confused and hurt by her response to his genuine compliment to her.

Yet, here's the thing!

No matter how much you value your ex and what she did for you, she's likely not going to appreciate it when you point it out to her if she feels hard done by you.

The next mistake to avoid making is!

3. Thanking her because you don't know how else to show her that you're fine without her

Sometimes, a guy might decide to thank his ex as a way of showing her that he's not sitting around feeling sad and lost without her.

He might then say things like, *Thank you for breaking up with me. I'm actually rediscovering what fun it is to be single again. I'm finally getting to do a lot of things I had put off because of our relationship. It's great!*

Yet, here's the thing!

Although being genuinely happy in your life without your ex can impress her (because women love the idea of being with a man who wants her, but doesn't need her to be happy and content), making it sound like you're grateful to her for breaking up with you because your life is so much better without her, isn't a good idea.

Why?

Rather than be impressed by your newfound emotional independence, your ex will likely assume you're patronizing her for breaking up with you.

She will then almost certainly perceive you as being arrogant and full of yourself and she may then

decide to cut you out of her life completely (e.g. by blocking your number on her phone, unfriending you on social media, refusing to see you in person).

You will then struggle to interact with her (because she's avoiding you) and then getting her back becomes more difficult for you.

So, if you want your ex to see that even though you want her back, you don't need her back in order for you to feel good about yourself, there are better ways of letting her know, other than thanking her for breaking up with you (e.g. by posting photos of yourself on social media having fun with other people, letting mutual friends talk about you and what you're doing through casual conversation with her).

When she notices that you really are happy in your life without her, she won't be able stop thinking about you in a more positive way, because you're now behaving like the kind of man she can actually look up to and respect.

All of a sudden, she feels drawn to you in a way that feels good to her and she then naturally and easily becomes open to the idea of getting back together again.

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How to Play Hard to Get With an Ex After Being Clingy

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

1. Attract her and make her really want you back, then tell her that you think it's best to not speak for a couple of weeks

If your main reason for wanting to play hard to get with an ex after being clingy is to get her back, then your interactions with her from now on need to be about you re-sparking some of her feelings of respect, attraction and love for you instead.

For example: Some of the ways you can do that are by:

- Using humor to ease the tension and awkwardness between you and her and make her feel good to be interacting with you again, rather than feeling tense and like she wants nothing to do with you anymore.
- Making sure that you believe in yourself and in your value to her, rather than beating yourself up about being clingy and feeling as though you don't deserve her back as a result, which she will pick up on and feel turned off about.
- Being aware that she's going to test you to see if you're still the same clingy guy you were before (e.g. by being cold and aloof towards you, pretending that she doesn't want to give you another chance), so make sure that you maintain your confidence with her, rather than becoming upset or giving up on getting her back.
- Being bold enough to flirt with her and create some sexual tension between you, rather acting like just a friend, or worse, like you're not interested in her in a sexual and romantic way anymore.
- Showing her via your actions, behavior and conversation style that you really are different now (i.e. you're more emotionally independent).

Then, once you've reawakened her sexual and romantic feelings for you again and she starts showing signs of wanting to get back together again (e.g. she talks about you and her as though you're a couple again, she wants to see you more often, she hints at the idea of getting back together), pull away a little bit.

For example: You can say something along the lines of, *"I think it's better if we don't talk or see each other for a couple of weeks so we can figure out how we both feel. I don't want to rush into something and then end up making the same mistakes as before."*

She will likely be a bit confused when you say that to her (i.e. because you've made her feel attracted and she wants you back), but she will also feel a surge of respect and attraction for you for not trying to rush her back into a relationship with you like your old clingy self would have done.

Then, if she reaches out during those two weeks, show some interest, but make sure that you're relaxed and calm about it, rather than being overly excited that she's reaching out to you first.

From there, arrange a meet up and get her back for real this time.

Another way you can play hard to get with an ex after being clingy is to:

2. Playfully mess with her when you talk with her, rather than being neutral or too nice

A lot of guys really beat themselves up about being clingy in a relationship with a woman.

So, after they get broken up with, interacting with their ex becomes difficult for them, because they don't know how to act and behave around her so that she doesn't perceive them as still being clingy.

As a result, a guy like that will be neutral, or nice and polite during interactions with his ex, to avoid giving her the impression that he misses her.

Yet, behaving in that way doesn't help a guy get his ex back and it usually doesn't fool her into believing he's no longer clingy either.

Instead, it likely makes her think that he's being neutral or nice and polite as a way of hiding his clinginess from her.

So, a better way to interact with your ex to make her see you differently, is by being a bit cheeky and messing with her head.

For example: If she asks if you miss her, playfully say something like, *â€œOf course I miss you! You know I can't cook a thing. I haven't had a decent meal in weeks. What's not to miss?â€* or, *â€œI suppose I did miss you for about 5 minutes and then I realized I get control of the TV remote again and the feeling went away after that.â€*

By interacting with her in that way she's most likely going to smile and laugh.

What does smiling and laughing do?

It creates some feelings.

She respects that you have the confidence and the social skills to make her laugh and smile in a moment like that.

She also begins to see you in a different light.

Rather than continue seeing you as her clingy ex, she starts to see another more attractive and emotionally independent side to you.

She then naturally becomes more open to giving you another chance.

Then, getting back together again becomes easy.

Another way you can play hard to get with an ex after being clingy is to

3. Be a challenge to impress

Being more of a challenge means you're not always at your ex's disposal like you used to be before.

For example: If in the past you were always available to her every beck and call and dropped everything you were doing, no matter how important to run around for her, make sure that you now put yourself first from time to time.

So, if your ex asks you for a favor, rather than saying *â€œYes,â€* to her every time, you can occasionally say something along the lines of, *â€œSorry, but I'm busy and won't be able to help you out this time.â€*

Alternatively, if she asks you if you're seeing someone else, rather than quickly deny it like you

would have in the past, you can just shrug and brush her off by saying, *â€œMaybe,â€* and then changing the subject.

That will almost certainly leave her feeling curious and possibly even a bit wound up that youâ€™re not coming clean to her.

Essentially, by being more of a challenge to your ex, rather than always saying what she expects and doing whatever she wants, she starts to feel attracted to you again in a way that feels good to her.

As a result her defenses come down and she becomes open to interacting with you more and more to see where things go from there.

By the wayâ€¦!

Donâ€™t go too far with being a challenge.

You have to still show some interest because some women can become insecure and assume that youâ€™re not interested anymore.

The way to think about it is that being a challenge is very attractive to women, being way too challenging is exhausting and not being a challenge is boring.

Another way you can play hard to get with an ex after being clingy is toâ€¦!

4. Do fun things with other people and really enjoy it

One thing that definitely says, *â€œIâ€™m no longer that clingy guy you used to know,â€* to a woman is when he gets on with his life after their break up.

So, instead of sitting at home alone and feeling sad and dejected, you need to let her see that you donâ€™t need her to be happy.

Donâ€™t tell her that you donâ€™t need her to be happy though.

Let her see it and sense it.

Show her by living your life and having fun with other people, without her needing to be there too.

Let her see that you are happy, confident and moving forward in life now and you donâ€™t need her in order to feel content and emotionally fulfilled.

However, make sure that you also let her see that you do still love her.

By becoming emotionally independent, you are showing your ex that youâ€™re no longer the clingy guy she broke up with.

When she notices that, she wonâ€™t be able to stop herself from feeling respect for you again, because you are now behaving like the kind of man she always wanted you to be.

When she respects you, she also starts to feel attracted to you again and then opening back up to the idea of being with you starts to feel good to her.

From there you can seduce her into kissing you, having sex with you and getting into a relationship with you again.

5 Ways Not to Behave With an Ex Woman After Being Clingy

(if You Want Her Back)

[image: 5 Ways Not to Behave With an Ex Woman After Being Clingy]

[image: 5 Ways Not to Behave With an Ex Woman After Being Clingy]

Being clingy is a mistake that many guys make with a woman.

So, stop beating yourself up about it.

It happened, but it's over now.

You've learned from your mistake and you've leveled up as a man.

The important thing from now on is to think, act and behave like the new and improved man that you are and part of that is to make sure you don't make any of the following mistakes:

1. Cutting off contact for a month to hopefully show her that you don't care anymore

Ignoring an ex woman for a month or more after a break up can make her miss her ex and want him back, if she secretly still has feelings for him.

In a case like that, she will likely think something along the lines of, *"Why isn't he contacting me? Why doesn't he care about me anymore? I miss him. Maybe I should send him a text/call him on the phone to say hi and see what happens from there."*

However, even then, a woman will usually avoid making the first move with an ex guy, because she doesn't want to be rejected by him if he really has lost interest in her.

On the other hand, that tactic almost never works when a woman has lost touch with her feelings of respect, attraction and love for a guy and has broken up with him because he turned her off by being clingy.

Instead, she will almost certainly use the time apart to get over him and move on, usually by hooking up with and dating other men.

Additionally, if she suspects that he's just playing mind games with her to try and get her back, she will feel even more turned off by him and then she will probably double her efforts to find a replacement guy.

This is why, if you want to prove to your ex that you're no longer clingy and get her back, don't play mind games with her that can backfire on you.

A better way to approach the situation is by giving her a week of space to allow for things to calm down between you and make her miss you a little bit.

Then call her on the phone and make her laugh, smile and feel good to be hearing from you again and arrange to see her in person.

Then, when you meet up with her, continue showing her via your attitude, conversation style, actions, behavior and the way you respond to her that you're no longer the clingy guy she broke up with.

When she experiences the new, more emotionally independent version of you, she will naturally drop her guard around you.

She then becomes open to giving you another chance, because she can see that you really are different now.

However, if you stick to playing mind games with her, you may end up losing her for real.

Another mistake to avoid making isâ□|

2. Playing too hard to get when responding to her texts

A guy might decide to take a long time in responding to any texts that his ex might send him as a way of showing her that heâ□□s changed.

Yet, rather than make a woman see that as a sign that heâ□□s no longer clingy and needy, she will usually just assume that heâ□□s still the same as before and is just â□□playing it coolâ□□ to trick her into giving him another chance.

So, rather than think, *“Why isnâ□□t he texting me back? Could it be possible that heâ□□s already found another girl? Heâ□□s always taking so long to reply to me and sometimes he doesnâ□□t even respond. Maybe heâ□□s really over me!”* she will be thinking something like, *“I bet heâ□□s sitting at home looking at the phone all the time and when he hears from me, he acts like heâ□□s busy and ignores me or takes forever to respond. He probably thinks I wonâ□□t realize that heâ□□s playing hard to get with me as a way of convincing me that heâ□□s changed his clingy ways. Even now, he doesnâ□□t know how to act like a real man. Instead, he thinks he can play mind games with me and I will fall for it and get back with him. Thatâ□□s just so sad.”*

She may then just stop texting him and even block his number on her phone, making it really difficult for him to interact with her and reactivate her feelings for him.

So, if you truly want to convince your ex that youâ□□re no longer a clingy guy, donâ□□t act like an immature boy.

A real man wouldnâ□□t play games with a woman he wants.

Instead, he would take action to reactivate her sexual and romantic feelings for him and get her back.

That doesnâ□□t mean you should respond to her texts right away and then end up giving her the impression that youâ□□re sitting by the phone waiting for her to contact you.

Instead, just take your time to reply when you are genuinely busy and if you are available, reply quickly or fairly soon after she texts.

Sometimes itâ□□s okay to reply instantly, but only do that about 20% of the time.

For the remaining 80%, just mix things up between replying quickly, soon after, an hour or two later or even later in the day or the next day if youâ□□re unavailable (e.g. she texts you late at night when youâ□□re about to fall asleep, so rather than respond right away, wait until the next day).

The more you behave like an emotionally mature man, the more likely it is that she will begin to feel respect for you again.

When she respects you, she will also start to feel attracted to you and then getting her back becomes easy for you because sheâ□□s open to it.

Another mistake to avoid making isâ□|

3. Lying about dating other women or having women interested in you

Sometimes a guy will try to make his ex regret breaking up with him by showing her that heâ□□s fine without her and already moving on.

Heâ□□s hoping that she will see how valuable he is and come running back to him.

Yet, lying about dating other women is something that can backfire pretty badly.

Hereâ□□s the thingâ□|

If your ex catches you out in a lie (which is pretty easy for most women to do), she will likely think youâ□□re a loser or emotionally immature for trying to trick her and she will then lose even more respect and attraction for you.

On the other hand, if she does feel jealous and decides to give you another chance with her, if she then discovers that nothing about you has really changed and youâ□□re still the same clingy, needy guy she broke up with, she will almost certainly break up with you again.

Except this time, she may force herself to move on quickly by hooking up sexually with another man to get back at you.

So, rather than trying to trick your ex woman back into your life and stand the chance of losing her again for real this time, just use an approach that is going to work.

What is that approach?

Interact with her and make her feel sexually and romantically attracted to the new and improved version of you.

When she experiences you in a new way (i.e. you now respond and react differently to the way you did before), she will naturally start to feel open to you again.

You can then guide her back into a new relationship with you.

Another mistake to avoid making isâ□|

4. Rubbing your newfound confidence and happiness in her face, rather than being cool and easygoing about it

Bouncing back from a break up and coming back better than you were before is something you should be proud of.

So, donâ□□t be afraid to show your new confident, happy self to your ex.

In actual fact, itâ□□s something that will automatically make you more attractive and desirable to her, because women are instinctively attracted to confident, emotionally strong men who are able to grow and become better versions of themselves after a challenging situation (e.g. a break up).

However, if you try to rub it in her face (e.g. brag to her about how great your life is now), you could risk turning her off instead of re-attracting her.

Rather than take your newfound confidence and happiness as a sign that youâ□□ve become an emotionally independent man who can now be happy with or without her, she will likely just assume that youâ□□re putting on an act to impress her and she will feel turned off by your childishness.

She may then just cut you off and focus on moving on without you.

This is why you need to make sure that when you interact with your ex, you let her experience your newfound confidence through your attitude, conversation style and the way you act and respond to her.

Be relaxed and easygoing and let your actions speak for themselves.

When she senses that youâ□□re genuinely happy without her and moving on without feeling the

need to brag, she will feel attracted to you again.

The next mistake to avoid isâ€¦!

5. Hoping that if you act the opposite of clingy (i.e. completely disinterested), it will make her chase you and want you back

Most women arenâ€¦t stupid.

So, when a guy goes from being clingy and needy to not interested in her in a matter of days or weeks, she will almost certainly assume that heâ€¦s putting on a act to trick her into giving him another chance.

As a result, she will lose even more respect for him for resorting to games, rather than actually putting in the effort to level up and become a better man.

At the same time, because she has disconnected from her feelings for him, rather than care that heâ€¦s no longer interested in her, she will usually just shrug it off and focus on moving on herself (usually with a new man).

Hereâ€¦s the thingâ€¦!

If you want your girl back, donâ€¦t play games with her.

Instead, quickly change your approach to attraction with her so that you can reactivate her feelings for you.

Then, when sheâ€¦s feeling drawn to you again in a way that feels good to her, hug, kiss, have sex and get back together again.

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My Ex Slept With Someone Else and Now Won't Speak to Me

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

4 common reasons why a woman will do that and how to get her back:

1. She feels slutty and knows that if she talks to you, she will feel guilty

Some women have no problem moving on after a break up by hooking up sexually with different guys.

In fact, those women actually enjoy the feeling of hooking up with different guys and it makes them feel more confident and attractive.

However, there are also women who don't feel comfortable sleeping with a guy, unless they are in a relationship with him.

Your ex might be one of these women.

So, if she actually did sleep with someone else when it's not really in her nature to do so, she might be feeling really bad about it.

She may even be putting herself down and thinking things like, *"I can't believe I behaved like such a slut! What will people think of me? What will my ex say when he finds out? He will probably accuse me of being shallow and cheap and I wouldn't blame him. After what we had together, I don't know how I could do this. I won't be able to look him in the eyes again."*

Additionally, she may feel worried that if she interacts with you, her feelings of guilt might push her into giving you another chance, even though she doesn't necessarily feel like she wants to, just to clear her conscience.

So, to avoid that from happening, she could have simply decided to stop speaking to you.

Here's the thing though!

If you want her back, you need to make sure that you go about it in the right way.

To begin with, it's very important that you don't play on her feelings of guilt and make her give you another chance based on that.

Sure, you might get her back, but it's almost 100% guaranteed that the relationship won't last, because guilt is not the basis of a strong, long-lasting relationship.

What is?

Feelings of mutual love, respect, and sexual attraction.

This is why, if you want to get her back, you need to make sure that your approach builds those types of feelings inside of her, rather than hoping her guilt will be enough.

Then, not only will she respect you for not rubbing her sleeping with someone else in her face and then using it to manipulate her, she will also begin to feel attracted to you as well.

You can then build on those feelings during interactions and get her back.

By the way!

If she's currently refusing to speak to you over the phone, to get past that hurdle, do this:

- Try to call her at a time when you know that sheâll be available to take your call.
- If she doesnât answer, send her a text like, âHey (insert her name here), I was just trying to call you because thereâs something quick that I want to ask you on the phone. I guess youâre busy at the moment, so I might try to call you again some other time.â
- She will probably reply with something like, âWhatâs going on?â or, âWhat do you want to ask me?â
- Whatever her response is, just call her back.
- If she still doesnât answer, simply try to call her again in a few days time. She will almost certainly be curious about what you want to ask her so chances are high that she will answer.

Then, when you get her on the phone, youâve got to make her feel a renewed sense of respect and attraction for you (e.g. by making her laugh and smile and feel good to actually be talking to you again).

Then, get her to agree to meet up with you in person for a quick chat.

When you meet up with her in person, you need to build on those initial feelings of attraction and respect and get her to drop her guard and open back up to talking to you and interacting with you.

It then becomes easy for you to get her back, because youâve built up her real feelings for you (i.e. respect, attraction, love), rather than manipulating her through feelings of guilt to give you one more chance.

Another possible reason why your ex has stopped speaking to you after sleeping with someone else isâ!

2. At the moment, she feels more attracted to him than she does to you

Sometimes, a woman will sleep with someone else after a break up as a way of getting over her ex. However, that can make her realize that the new guy makes her feel attracted in ways that her ex never did.

For example: If her ex was a bit shy and introverted and as a result, he preferred to stay home most of the time just hanging out, listening to music, reading or watching TV and playing video games, her new man might be more fun loving and enjoy going out and trying new and exciting things.

This is attractive to her because itâs different to what she was used to before.

Alternatively, if her ex had fallen into the habit of treating her more like a friend and in contrast, her new guy makes her feel sexy and desirable, sheâs naturally going to feel more drawn to him.

As a result, she wonât feel like she should be keeping the door open for her ex to get her back.

Instead, she will choose to explore her feelings for her new guy first and see what that leads to.

If he manages to continue building on her feelings of respect, attraction and love for him over time, she will quickly forget about her ex and move on with him.

On the other hand, if she realizes that the spark she initially felt with her new man wasnât long-lasting, she may begin talking to her ex again.

Yet, hereâs the thingâ!

Even if your ex is currently feeling more attracted to the guy she slept with and that is why she isnât speaking to you anymore, it doesnât mean heâs perfect for her.

It also doesn't mean you can't get her back.

How can you do that?

A good way to get her to start speaking to you again, so you can begin reactivating her feelings for you, is by getting her to agree to just be friends from now on.

For example: You might get her on a call with you (use the method mentioned in the first point) and say something along the lines of, *"Hey, I just want you to know that I accept that we're broken up and I'm not going to pressure you into doing anything you don't want. However, I believe we're both mature enough to at least be able to be friends from now on. So, let's just agree to say hi as friends once in a while, rather than ignoring each other and being immature about this break up."*

In all likelihood, she won't want to come across as being immature and she will agree.

You can then use the friendship to re-spark her feelings for you and get her back.

Important: The aim of being friends with your ex is to allow her not to feel pressured into getting back into a relationship with you.

However, it's not actually about being a nice, neutral friend to her.

Don't make that mistake, because it will only push her more into the arms of her new man, or another man who knows how to spark her sexual and romantic feelings for him.

You have to use the so called "friendship" as a way for you to interact with her and make her feel attracted to you in a sexual and romantic way, not a friendly way.

So, make sure that when you interact with her, you're sparking her feelings for you, so she begins to see you as a better option to her new man.

Be a confident, emotionally masculine man who is doing what he needs to do to get back the woman he loves.

That is a good thing for you and her, so don't feel bad about it.

Just reactivate her feelings and get her back.

She will be happy you did when she's happily back in your arms and having the kind of relationship with you that she always wanted.

Another possible reason why your ex has stopped speaking to you after sleeping with someone else is

3. She used that guy to help herself get over you

Quite often, a guy will hook up with another woman (or women) after a break up to speed up the process of getting over his ex.

In many ways, it's what is expected of him (e.g. his buddies will pressure him to get out there and move on).

However, in the modern world, many women do it too.

So, rather than sit at home alone feeling sad and remembering all the good times she had with her ex, a woman's friends will usually encourage her to get out and start meeting new guys right away.

As a result, a woman is more likely to hook up with another guy after a break up than to remain faithful to her ex in case they get back together again.

Of course, sleeping with someone else doesn't necessarily mean she loves him or feels the same way she did for her ex when things were good.

However, having sex with him can help her get over her ex and move on.

When that happens, she will likely cut off contact with her ex to prevent herself from falling for him again.

The question you need to answer for yourself is this: Are you going to let her walk away without doing anything to get her back, or are you going to be man enough to go after her (even though she currently seems to not be interested in you anymore) and make her yours again?

If you intend to get her back, then don't sit around feeling sorry for yourself and saying, *"My ex slept with someone else and now won't speak to me,"* and do something.

What should you do?

Re-attract her on a call, or better yet in person, so that the idea of moving on and forgetting about you makes her feel anxious and like she's making a big mistake.

She will then not only start speaking to you again, she will likely also apologize to you for sleeping with someone else and beg you to give her one more chance.

It's then up to you to take her back if you want to.

Another possible reason why your ex has stopped speaking to you after sleeping with someone else is

4. She wants to avoid talking to you because she still misses you

In most cases, a woman will do whatever she can to get over her ex and move on and in some cases, that may include sleeping with another guy.

However, just because that happens, it doesn't mean her feelings for her ex suddenly switch off.

In fact, she might realize that hooking up with other guys doesn't take away the fact that she misses her ex and what they had together.

As a result, she might then decide to stop talking to him to see if that will help her get over him.

So, while in his mind he's likely thinking that the reason she stopped speaking to him was because she slept with someone else, the reality might be she did it because she could no longer bear the pain of interacting with him knowing that what they had is over.

This is why, if you want her back, you can't give up just because your ex suddenly stopped talking to you.

If you do, she will lose even more respect and attraction for you for not believing in yourself and in your value to her and she will then force herself to get over you for real.

On the other hand, if you are man enough to get her back, despite the obstacles (i.e. she's not speaking to you), she will automatically feel a renewed sense of respect and attraction for you.

When that happens, her defenses come down and she opens back up to texting you, messaging on social media, talking on the phone and even meeting up in person.

You can then easily reactivate her feelings for you and make her your girl once again.

5 Mistakes You Should Avoid Making Now if You Want Her Back

[image: 5 Mistakes You Should Avoid Making Now if You Want Her Back]

[image: 5 Mistakes You Should Avoid Making Now if You Want Her Back]

When you use the right approach, you can easily get your ex to speak to you again and even want to be your girl again.

So, if that's what you're hoping for, make sure you don't make any of the following mistakes and end up decreasing your chances of getting her back.

1. Getting angry at her for being so selfish all of a sudden

It's only natural that a guy might feel a bit annoyed that his ex has stopped speaking to him after sleeping with someone else.

In his mind he may even be thinking things like, *"I should be the one ignoring her, not the other way around. I don't get why she won't speak to me now. After all, she's the one who slept with another guy and if I'm willing to still interact with her, she should be grateful, not treat me like dirt! I can't believe how selfish she's being."*

Yet here's the thing!

Getting angry with your ex and accusing her of being selfish for not wanting to speak to you anymore is the worst thing you can do if you want her back.

Why?

Firstly, it makes her feel defensive and annoyed and she then begins thinking things like, *"How dare he call me selfish? He doesn't own me and we're not even a couple anymore, so I can do whatever I want. He doesn't have a say in it anymore and I don't owe him anything just because we were a couple once. It's over now and I am free to make whatever decisions please me without needing to take his feelings into consideration."*

She then closes herself off even more and even if she was open to speaking to you again, she now becomes stubborn about it and refuses to give you the satisfaction.

This makes it so much more difficult for you to then reactivate her feelings for you and get her back. Additionally, reacting in that way only highlights to her that you're too emotionally immature for her.

She then feels even more motivated to move on, either with the guy she slept with, or with someone else.

So, if you don't want to push your ex further away, make sure you don't lose your temper with her and accuse her of being selfish for not speaking to you.

Remember: A woman doesn't like to be emotionally blackmailed into a relationship.

A much better approach is to get her on a phone call with you and then to make her laugh and smile and feel so good to be talking to you again, that she can't resist staying in touch with you.

You can then easily reactivate her sexual and romantic feelings for you and get her back.

Another mistake to avoid making if you want to get her back isâ€¦|

2. Trying to get her back via pity

Sometimes a guy might sulk, whine and generally try to make his ex feel sorry for him for the pain he is experiencing because she is refusing to speak to him.

For example: He might text her a series of long messages saying things like, *â€œHow can you do this to me? First you break up with me, then you slept with someone else right after that and now you wonâ€™t speak to me. How can you discard me like I donâ€™t even matter to you? Doesnâ€™t anything we had together even matter to you? Donâ€™t I even deserve to be treated with a little bit of kindness? Donâ€™t you even care that I love you and that I have given up everything up for you? Nothing is more important to me than you. Of course, now I see that the same doesnâ€™t apply for you. Not only donâ€™t you give a damn about how Iâ€™m feeling, by your treatment of me makes me think that you never really cared for me. If you did, you would at least show some compassion towards me now that weâ€™ve broken up. Instead, all I get is a cold shoulder. Why? What did I do to you to deserve this? Why are you being so cruel to me?â€*

Yet, rather than make a woman think, *â€œDamn, he has a point. I really am being unfair to him. He doesnâ€™t deserve to be treated this way after all the love and care he has given me,â€* she will instead feel annoyed that he is trying to make her feel bad about putting herself and her desires first.

As a result, she will lose even more respect for him and she may then go to extreme measures to cut him out of her life completely (e.g. block his number on her phone, avoid going to places where she knows she might run into him, unfriend him on social media if she hasnâ€™t already done that).

So, if you really want to get your ex woman back, donâ€™t bother trying to make her feel pity for you.

Instead, focus on getting her on a phone call or to a meet up with you, so that you can reawaken her feelings of respect and sexual attraction for you.

When you do that, she will naturally feel drawn to you again.

She will then want to interact with you more to see where things go from there.

Another mistake to avoid making if you want to get her back isâ€¦|

3. Losing confidence in your ability to attract and keep a woman

When a guyâ€™s ex sleeps with someone else and then wonâ€™t speak to him, it can easily ruin his confidence in his attractiveness to his ex and to women in general.

He might then start thinking things like, *â€œI must really be a loser if she wonâ€™t even talk to me anymore. Not only did she quickly hook up with another guy, now she doesnâ€™t even want to acknowledge me. Itâ€™s like I donâ€™t exist to her. Sheâ€™s moved on and she wants nothing to do with me. Iâ€™m nothing in her eyes. Maybe sheâ€™s right though. Maybe Iâ€™m not the kind of guy that makes women love him and stay loyal to him. Maybe I am worthless after all.â€*

Yet, hereâ€™s the thingâ€¦|

Allowing your exâ€™s behavior destroy your confidence and make you feel unworthy of your value as a man will also decrease your chances of finding yourself a new woman and moving on, or getting her back.

The fact is, women are not attracted to men who are insecure and consider themselves below them in terms of value.

So, if you interact with another woman and she picks up on your feelings of self-doubt and unworthiness and she will feel turned off at a deep instinctive level.

The same applies to your ex.

She will feel turned off by your lack of belief in yourself and will then be glad that she decided to break up with you when she did.

So, if you want to find yourself another beautiful, high quality woman, or get your ex back, you have to absolutely believe that you are more than good enough.

If you don't believe in yourself and in your value as a man, it will come through in your attitude, conversation style, actions and behavior and it will turn women off.

It will then become more difficult for you to get a new woman, or your ex back.

Another mistake to avoid making if you want to get her back is a|

4. Going into your shell and being alone for months and then years

Sometimes a guy like that might think something along the lines of, *“If my ex won't speak to me, there's nothing I can really do about it. I can't exactly force her, so I have to accept that she doesn't want anything to do with me anymore and try to move on, even though I don't want to.”*

He might then close himself off and stop going out with friends, doing interesting things or dating other women altogether and ends up living a sad and lonely life for months, that then stretch into years.

Yet, he never quite gets over his ex and at the back of his mind he's always wondering things like, *“I wonder how she's doing?”* or, *“If only I hadn't given up. Could I have gotten her back?”*

So, don't let this happen to you.

If you decide to accept that your ex no longer wants to speak to you and move on, make sure that it's because you want to, not because you feel that you have to, based on her behavior towards you.

Remember: Just because your ex is avoiding you right now, it doesn't mean she will continue to feel that way a week from now when you re-attract her and make her feel strong surges of respect and sexual attraction for you again.

So, don't give up if what you really want is to get your ex back and then find yourself wasting years of your life pining over her and wishing you hadn't given up on getting her back.

Get her back now.

You can do it.

Another mistake to avoid making if you want to get her back is a|

5. Missing out on getting her back and being able to break up with her on your own

terms

If you don't do what needs to be done to get your ex back right now, you may end up regretting it for the rest of your life.

Here's the thing!

Maybe your ex is not the right woman for you and maybe she is.

However, you'll never know for sure unless you get her back.

Then, you can decide how you feel about her, not from a desperate, *"I miss her so much and I can't stand that she is refusing to speak to me,"* point of view, but rather from a, *"I have re-attracted her and we now have a new relationship based on mutual trust, love, respect and attraction and I'm glad that I didn't give up,"* perspective.

Alternatively, you might decide to get her back and then realize that she's not good enough for you.

You can then dump her on your own terms and move on and find another, high quality woman who is worthy of you.

The point is, it has to be because it's what you want, not because you're settling for what has been thrown at you.

So, stop accepting your ex's silence towards you and take action to get her back now.

You can then decide to keep her or dump her.

The choice is yours.

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[image]

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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A Secret Insecurity That Most Women Have...

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

On the surface, it might seem like women are over validated and it might seem like they are so confident and sure of themselves.

All a woman has to do these days is post a selfie on Facebook and her friends and family are going to like that and say that she's beautiful, or she can post in on Instagram and loads of random guys are going to be saying, *"Wow, you're so beautiful. Can I take you out sometime? You are my dream girl,"* and so on.

Yet, if you are one of the men who has slept with attractive women, you know that pretty much all of them have insecurities about their appearance in some way or another.

For example: A girl might be insecure about her forehead being so big in comparison to other women.

Another girl might be insecure about how big her boobs are because one of the guys that she was with or she really liked commented on the fact that he liked smaller boobs.

[image: She thinks she has a plain Jane appearance, but many guys think she is stunningly beautiful]

A woman might feel like she has a bit of a plain Jane type of appearance in comparison to some of the other women that she's seen out there.

She doesn't feel like she has a striking appearance and isn't really anything that special.

Another girl might be insecure about her curly hair and a guy that she really liked may have commented on the fact that he likes straight hair, so she might be worried that if she meets a guy that he won't like her curly hair, yet on the surface she will seem like she's got it all together.

She will seem confident and sure about herself and as though she would never have any insecurities.

Another girl might be insecure about her red hair.

She might have been called a ginger at school and a guy might have broken up with her and told her that he doesn't really like her red hair and so on.

She might have also noticed that her friends who are blonde or brunette get more attention from the type of guys that she is really attracted to.

Another girl might be insecure about her nose and think that it's too big.

She might have a friend who has a smaller nose and always seems to get more attention from guys than she does.

She might have also been teased at school about her big nose.

Another girl might be insecure about her skin.

She might have met a guy that she really liked who preferred women who had much darker skin than her, so she might have an insecurity about not being dark enough or she might have an insecurity about her lips not being big enough or being too big.

Another girl might be insecure about her blonde hair.

She might think that people look at her as a bit of a blonde bimbo.

She might then try to act like she's really sophisticated and intelligent and has got her stuff together,

when she really doesn't want to have to act like that.

She just wants to be able to relax and be easy-going, but she ends acting like she's this sophisticated, modern woman who has got it all together.

So, a mistake that a lot of guys make is that they see a woman that they find attractive and then they assume that she must think she is perfect.

She must think she is so attractive and she must be hard to get because he is feeling so much attraction for her.

She must get so much attention from men.

She must know that she is the hottest girl around and he's going to have to try really hard to impress her and hopefully get a chance with her.

Yet, when a guy comes across in that way to a woman, she then starts to think, *"Well, yeah, maybe I am perfect. Maybe I am really hard to get. Maybe I do need to make this guy really impress me first before I decide to give him my phone number."*

She then starts playing hard to get because the guy has given her too much credit for her attractiveness.

The amount of attraction that he is feeling for her has caused him to think, *"She's really special. She's really beautiful. I'm going to have really hard to get somewhere with her."*

The thing is though, if the guy were to use a different approach with her where he didn't give her so much credit for her attractiveness and instead saw her as being an equal to him, then she wouldn't have that big head, that big ego where she was thinking, *"Yeah, I'm so much better than this guy."*

He's actually feeding her ego.

He's making her play hard to get.

Unfortunately, most guys don't ever realize that and instead they fall for the act that women put on.

Women put on a great act.

They go through life and act as though they don't need a man and they essentially give the impression that says, *"I'm a modern, independent woman. I'm fearless. I'm strong. I don't need a man. I'm fine on my own."*

Then she goes home and cries herself to sleep because she's single and lonely.

She then wakes up the next day and it's the same act once again, *"I'm a modern independent woman. I don't need a man. I'm powerful. I'm strong. I'm fearless."*

[image: Why can't I get a boyfriend? What is wrong with me?]

Then she goes home and she's single. She's lonely.

She looks at herself in the mirror and she says, *"It's my nose, isn't it? I wish I didn't have such a big nose. It's my boobs. They're too big or they're too small. It's my thighs. Guys don't like my thighs or it's my butt. I need to do more squats. I need to have a more rounded butt then guys are going to like me."*

Then she goes to sleep, wakes up in the morning and it's the same act again.

She walks through life acting as though she's got it all together.

She doesn't need a man.

She doesn't care and most guys believe her.

They look at her, feel attracted to her, see her not being interested in guys or not even trying to get anywhere with guys and they think, *"Wow, she's really special. I'd have to try really hard to get a chance with her."*

What those guys don't know is that in the majority of cases, for the majority of women, they are easy to attract and pick up.

This is why you'll see many women getting in and out of relationships until they're in their 30s and they still will not have found the right guy for them.

It's because attracting and picking up women is actually a very simple, basic thing to do in most cases, with most women.

All you've got to do is create a spark of attraction when you start talking to her and then have the courage and the know-how to get to a phone number or get to a kiss and set up a date.

There are some women out there who are picky and are hard to get.

That is true, but the majority of women are easy to attract and pick up.

They put on a great act of pretending that they don't need a man and pretending that they are high value, when in fact most of them are insecure and if you are a man who has slept with attractive women, you know that.

You will know that with your attractive ex girlfriend, or an attractive woman that you were sleeping with for a while, she had insecurities about her appearance.

She didn't think that she was perfect.

She was insecure about certain things about her appearance and she wanted to have features that were like other women.

She compared herself to other women and said, *"I wish I had that type of nose. I wish I had that type of butt. I wish I had hips like her. I wish I had hair like her. I wish I had eyes like that,"* and so on.

She did not feel as though she was the most beautiful woman in the world.

Yet, if you look at the way that women act, they act as though they've got it all together.

They act as though they think they are the most beautiful woman in the world and you would be so lucky to get a chance with them, when in fact most of them are easy to attract and pick up.

You will see that when you see other guys with attractive women and the guy doesn't even look that good and you might think to yourself, *"What is she doing with him? She is way more attractive than him."*

One of the reasons why that is true is that for the majority of women, you can attract them for reasons other than looks.

It doesn't have to be about your looks.

There are some women out there who will only accept a really good-looking guy or a rich guy.

That's true, but the majority of women including women that you look at as being pretty and beautiful and, in some cases, maybe even perfect, they will accept a guy who isn't as good looking as them.

They will accept a guy who is confident when he talks to her.

He's able to make her laugh.

He's a bit charming and charismatic as he talks to her and as a result, he creates a spark of attraction inside of her and builds on that as he talks to her.

Then, he has the courage and the know-how to get to a phone number, kiss, sex, date and into a relationship.

So, don't give women so much credit for their looks to the point where you think that you're not good enough.

Women don't give themselves that much credit for their looks and you shouldn't either.

You should feel worthy of the types of women that you find attractive.

You should then interact with them, make them feel attracted to you and get to a phone number, kiss, sex, date and into a relationship if you want that as well.

Learn More?

Okay, I hope you've enjoyed this video and learned something from it.

If you'd like to learn more, I recommend that you read my eBook, [The Flow](#), or listen to the audiobook version, [The Flow on Audio](#).

When you read or listen to The Flow, you will learn exactly what to say and do to start conversations with women, make them feel attracted to you, build on that attraction very quickly and easily and then get to a phone number, kiss, sex, date and into a relationship if you want that as well.

Don't Give Women So Much Credit For Their Looks

One final point that I want to make for you in this video, is to point out another reason why you should not give women so much credit for their looks.

If you give women too much credit for their looks and you think that they are more attractive than you, then it's going to come across even if you try to hide it.

The thing is, what you think and feel on the inside, comes out on the outside via your body language, your behavior, your vibe and your conversation style.

What you'll notice from now on, is that the guys who don't give women so much credit for their looks are the guys who are confident and relaxed around women.

They also tend to be the guys that women try to impress and gain validation from.

They want to hopefully be seen as attractive in that guy's eyes.

On the other hand, the guys who give women loads of credit for their looks, are the guys who end up feeling nervous and unsure of themselves around women.

A guy like that will end up acting like a completely different version of himself based on his insecurity and self-doubt.

He'll then go home later on and think, *"Why was I being like that? Why didn't I just relax? Why did I say those sort of things to try to impress her? I ended up looking like an idiot"* and so on.

He'll be kicking himself because he gives women too much credit for their attractiveness.

He thinks that women are better than him when he feels attracted to them.

He feels like he's not good enough, when in fact he is.

If he wants some proof of that, all he's got to do is look at the types of guys that he sees with attractive women.

Sometimes, sure, the guy with an attractive woman is going to be good looking, he's going to be rich and so on, but for the most part, most of the guys that you see with attractive women are just normal guys.

They're nothing special.

The thing is, you're probably a better guy than most of those guys who have an attractive woman, if not all of them.

So, stop giving women so much credit.

Stop thinking that you're not good enough.

You are good enough.

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[image]

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[image: Dan Bacon]

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96.2% of Single Women Want You to Know This...

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

96.2% of single women want you to know this secret.

Why is it such an exact number? Why is it 96.2%?

I'll tell you that in a second. First, let me tell you what they want you to know.

What 96.2% of single women want single men to know is that sometimes you'll meet a woman, she will like you and she'll feel a spark, but she won't actually have the courage to show you too much interest in the conversation, in case you reject her.

Even though some women seem like they wouldn't really care if a guy rejected them, women are human too.

If you've ever experienced rejection from a woman that you felt attracted to and had an interest in, then you know that it's not a nice feeling to experience.

Women have also experienced rejection.

Many times throughout her single life, a woman will experience situations where she meets a guy, feels attracted to him, is interested in him and then he loses interest in talking to her or in pursuing her for some reason.

In some cases, that happens because the guy didn't feel enough attraction for her.

In other cases, the guy loses interest because she isn't giving him obvious signs of interest and he thinks that there's no spark there, so he stops pursuing.

In some cases, some guys just enjoy making women feel attracted to them and have no intention of pursuing most of the women that they interact with and make feel attracted to them.

By the way, about the 96.2% of women...

Why is it that exact number?

Well, according to a Gallup poll in the USA, 3.8% of women identify themselves as being lesbians.

So, the lesbians out there don't want a single guy to think that if he's talking to her and she's not showing obvious interest, it means that she's scared of rejection.

[image: Single women who love men]

In this video, I'm talking about the approximate 96.2% of women out there who like to have a man's middle leg go inside there and maybe even in there at times, if she's feeling a little bit naughty.

Okay, jokes aside, though...

The serious lesson that you can take away from this video is that many times, when you interact with a woman, she often won't want to show too much obvious interest, in case you lose interest in her as you talk to her.

Alternatively, she might be worried that you're just going to make her feel attracted and make her want you and then you're not going to pursue her.

That's going to leave her feeling like she got rejected by you, that she wasn't good enough for you and so on.

So, when you meet a woman and you're making her feel attracted by being confident, using some

ballsy humor or playfully teasing her during conversation, being charismatic and so on, then you have to understand that she is going to feel some sparks of attraction for that.

Depending on the woman, she might show you obvious signs of interest and make it really obvious that she wants something to happen, or she might be afraid to show you too much interest, in case you reject her.

Alternatively, she might be the sort of woman who doesn't want to show too much interest during the first 5 to 10 minutes of a conversation to see what type of confidence level you have.

In most cases, those type of women are going to be the really hot women that only want a confident guy because they know that if they get into a relationship with a guy who doesn't feel worthy of them and isn't truly confident, then he will almost certainly become needy, clingy and potentially controlling in the relationship.

So, if you meet a woman and you're doing what it takes to make a woman feel naturally attracted to you, such as being confident, being charismatic, using certain types of humor and so on, then make sure that you believe in yourself.

Make sure that you don't over-analyze how the woman is behaving.

Make sure that you don't look at a woman's insecure or fearful behavior about being rejected as meaning that you're not good enough for her or that she isn't feeling attracted to you.

Of course, it's not possible to attract every single woman in the world.

However, if you are displaying personality traits and behaviors that naturally attract women, such as being confident, charismatic, being emotionally masculine and so on, then the majority of women that you meet are going to feel attracted to you.

Some women will feel a little bit of attraction, some women will feel a lot of attraction and some women will feel intense attraction.

Yet, what you have to understand is that when you display personality traits and behaviors that naturally attract women, they will naturally feel attracted to you.

The thing is, though, you'll probably find it really difficult to hear a woman admit what I've just told you in this video.

Most women don't like to admit that they want a man.

Many modern women go through life acting as though they don't need a man, they're not afraid of rejection, they don't need anything, but the reality is that women are human, too.

They really do feel the pain of rejection and they really do want to avoid that painful feeling.

So, just make sure that you don't doubt yourself and feel like you're not good enough if a woman isn't showing you obvious signs of interest.

Learn More

Okay, I hope you've enjoyed this video and learned something from it.

If you'd like to learn more, I recommend that you read my eBook [The Flow](#) or listen to the audiobook version, [The Flow on Audio](#).

The Flow is the easiest way to get laid and get a girlfriend.

It's a step-by-step process that you use to attract women, connect with them and take things to the next level.

It's easy to use and it works.

One final point that I want to make for you in this video is that throughout your life, you have most likely met a number of attractive women who were interested in you and were open to something happening between you and them, but you misread her signals.

You saw her lack of obvious interest as meaning that you weren't good enough for her, when in fact, you were good enough for her.

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[image]

Almost there! Please complete this quick form to gain instant access.

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2 Funny Things About the Friend Zone

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

To be clear here, the Friend Zone is when you have a sexual interest in a woman and you want to have a sexual romantic relationship with her, but she only sees you as a friend.

So, the first funny thing about the Friend Zone is...

1. It's usually the guy who places himself in the Friend Zone

Some women place guys in the Friend Zone because they have absolutely no interest in the guy and would never date a guy like him, but in most situations when a guy is in the Friend Zone, he has actually placed himself there.

The woman would hook up with him sexually and get into a relationship with him, but he has placed himself in the Friend Zone because he doesn't think that he is good enough for her.

[image: He is good enough for her and she is waiting for him to realize that]

He's trying too hard to get her to like him, he's trying too hard to get to know her and is hoping that eventually, she's going to show him some strong sign that she wants more than just a friendship.

In the meantime though, he doesn't feel like he's good enough yet.

He is talking to her and trying to hang out with her and build up some sort of relationship so something happens.

Yet, as you may have seen in your life, when a guy uses that approach with a woman, all it usually takes for him to be pushed to the sidelines is for another guy to come along and make her feel attracted.

[image: Most men place themselves in the friend zone]

The new guy isn't necessarily any more better looking than him, but the one difference about this new guy is that he does believe that he is good enough for her.

He doesn't interact with her in a way where he's just trying to be friends with her.

He's not trying to build up some sort of relationship by really getting to know her over time.

Instead, he's focusing on making her feel sexually attracted and turned on by him.

When that happens, the guy who was in the Friend Zone is then left thinking, *"What? Why did she do that? We were getting along so well. We have so many things in common. We hang out. We talk. She laughs. She was even touching me on my arm and my leg and everything seemed to be going fine. I thought I was getting great signals from her."*

Yes, she was giving some signals, but at the end of the day, she doesn't actually want to have a friendship.

She wants to have a sexual, romantic, relationship.

So, when a guy comes along who shortcuts the process and just makes her feel sexually attracted and turned on, she then has a sexual interest in him.

He will do that by being very confident around her and using humor, being charming and

charismatic, but more importantly, he will do it by not giving her the impression that he is hoping to get a chance with her.

The guys who place themselves in the Friend Zone tend to give a woman the impression that they are hoping to be liked by her.

The woman, if she has any experience with dating, can see that.

She can see that he doesn't really believe in himself and is trying to hopefully grow on her over time.

In some cases, that slow, friends first approach can actually work.

For example, in the case of two coworkers working together for a couple of years.

If the woman is spending a lot of time with the guy and he's able to grow on her over time, he **might** be able to get a chance with her.

Yet, if another guy comes along into the workplace and makes her feel attracted right away, then she's not really going to be focusing on the guy who's just making her feel friendly emotions.

She's going to be focusing on the guy who is making her feel sexually attracted.

The guy who was using the friends first approach then gets left behind.

Now, it's important to point out that she didn't actually place the guy in the Friend Zone.

He placed himself there by using a friends first approach.

He was trying to get to know her and slowly build up a relationship over time, whereas the other guy focused on making her feel sexually attracted and turned on pretty much right away.

That's how he avoided the friend zone and got her sexual and romantic interest right away.

Now, in the workplace, some guys might be wondering, *"How can he do that without getting himself into trouble?"*

It really comes down to the way that you come across when you're interacting with a woman.

A guy who is confident with women and knows how to make them feel sexually attracted will do it in subtle ways.

For example, if he is making a woman feel attracted to him by being confident and being charismatic and he notices that, he will begin to show her that he is noticing that she finds him attractive and he will also begin to show her that he finds her sexually attractive.

He'll do it in a very subtle way, though.

He'll be talking to her, for example and give her a look up and down. He will show her that he finds her attractive, but he will do it in a subtle way like hat.

Subtle signals like that that show her that he is aware about the sexual tension building up between him and her.

She can then flirt back with him by touching him, playfully hitting him at times, biting her lip when talking to him (when no one else is looking) and looking him up and down in a subtly, sexual way.

On the other hand, the guy in the Friend Zone is just being nice and neutral around her and not creating a sexual spark.

He's saying, *"Hey, how are you today? How's work going? How's things? Yeah, I'm working on this project,"* and is being Mr. Neutral and being Mr. Friendly.

He has placed himself in the Friend Zone based on his approach to her.

The second funny thing about the Friend Zone is that...

2. Most guys aren't even aware that they are doing it

The next time that you're at a bar, a party or a social event, notice how most guys interact with women that they find attractive.

Most guys use the friends first approach and are trying to get to know the woman and build up some sort of friendship and relationship, so they can eventually get a chance with her.

Most guys doubt themselves around attractive women and feel like they're not good enough for the women.

Now, the thing is, most of those guys ARE good enough for the woman.

They are more than good enough for her, but it's the guy's insecure, self-doubting thinking that is causing him to behave like that.

He thinks that he needs to slowly build up a connection with her, build up some sort of relationship and hopefully, she's going to like him.

Alternatively, he's thinking that a woman like her wouldn't want a guy like him.

So, he's thinking, *"Alright. I'm going to try to be nice to her, try to talk to her and get along and hopefully we build up some sort of connection and she likes me for that."*

[image: Most men aren't even aware that they are placing themselves in the friend zone]

Then you see another guy come along and talk to her and he uses what I call the attraction first approach.

He focuses on making her feel sexually attracted and turned on by him.

Now, he's not being sleazy about it and he's not saying, *"Hey girl. What's going on? Let me see that butt. Oh, yeah. I like yours. You show me your tits."*

It's not a sleazy first approach.

I'm not talking about that.

I'm talking about attraction.

You make her feel sexually attracted and turned on by you in subtle ways.

For example, a guy who's being confident and making a woman feel attracted to him based on his confidence and the humor that he's using and the charisma that he's displaying.

He's talking to her and she asks him, *"So, what are you doing later on?"*

A guy who is not going to make her feel attracted at that point will answer in a logical manner.

He will answer her question and miss out on the opportunity to create a sexual understanding between them.

However, a guy who uses the attraction-first approach and is focused on making the woman feel attracted will hear her question and answer it in a much better way.

She asks him, *"So, what are you doing later on?"* and he looks at her and says, *"Gee, you move fast. We've only been talking for a couple of minutes. Geez, just take it easy. You're going to need to take me on some dates first and wine and dine me and maybe after a few dates, I'll let you hold my hand."*

Pretty much every girl you say that to will laugh at that.

She will then try to tell you that she wasn't saying that and it's you who needs to take her on dates and so on.

However, as a result of talking to her in that way, you are letting her know that there is something going on between you and her.

It's not just a friendship.

You're not trying to get to know her and find out all about her interests and, *"Oh, really? You like hiking. Oh, that's nice. Oh, you're an accountant. How long you been doing that? Oh, that's great. Where did you study? Oh, really. Okay, what else can I ask you that is going to bore you to tears?"*

Now, there's nothing wrong with asking women questions about those things and there is nothing wrong with discussing those things.

However, if a guy is using the friends first approach with a woman where he's trying to be her friend and build up some sort of connection and isn't focused on making her feel sexually attracted and turned on, then he is almost certainly going to end up in the Friend Zone.

If he talks to her for an hour and they seem to be getting along and then he asks for her phone number, she's almost certainly going to say no.

She might say something like, *"Well, you're nice and it's been great chatting to you, but I'm sorry I don't give out my number at bars,"* or, *"I'm sorry, I'm not looking for a boyfriend right now,"* or, *"I'm sorry, I'm too busy at the moment,"* or, *"I don't have a phone number,"* which some women will say as well.

The reason why she will do that is because she's not feeling sexually attracted to him.

She might get along with him in a friendly way, but she's not actually looking for a friendship.

She's looking for a sexual, romantic relationship.

She will then start talking to another guy and if he is making her feel sexually attracted and turned on, she's either going to give him her phone number or they're going to end up kissing and having sex that night.

Now, it doesn't mean that the guy who got Friend Zoned wasn't good enough for her.

He was almost certainly good enough for her, but he made the mistake of using too much of a friendly approach.

There wasn't enough of a sexual spark there.

There's nothing wrong with being friendly while talking to a woman, but you also must ensure that she's feeling sexually attracted and turned on.

At the end of the day, that's what's going to be the difference between a friendship and a sexual relationship.

Learn more?

Okay, I hope you've enjoyed this video and learned something from it.

If you'd like to learn more, I recommend that you read my ebook, [The Flow](#), or listen to the audiobook version, [The Flow on Audio](#).

When you read The Flow or listen to the audio version, you will learn exactly what to say and do to attract women and get to sex and relationships.

It's actually a very easy thing to do.

Most women are way easier to pick up than they make themselves out to be.

You just need to make sure that you're using an approach that causes them to feel attracted to you and then know what to say and do to get to a phone number, kiss, sex and into a relationship.

So, from now on, you will notice that most guys actually place themselves in the Friend Zone with women that they like and they're not even aware of it.

This presents an amazing opportunity for you.

When you are one of the rare guys who use the attraction-first approach, you will see how easy most women are to pick up. Most women will act as though they are difficult and hard to get when guys use the friends first approach.

However, when a guy uses the attraction first approach and makes her feel sexually attracted and turned on, she doesn't want to play games with him and mess it up.

She might test his confidence by playing a bit hard-to-get at times, but she's going to be interested in a sexual, romantic experience with him.

She's not going to look at him as just a friend.

She's going to have a sexual and romantic interest.

He can then move things forward to a phone number, a kiss, sex or a relationship if he wants that as well after sex.

He has that choice.

The woman has a sexual interest in him.

He can go forward and enjoy that and then whatever happens after then is up to the two of them.

Meanwhile, the guy in the Friend Zone, who doesn't understand what you've just learned, is thinking, *"What is wrong with women? I was so nice to her. We were getting along and now she goes and hooks up with another guy."*

As you now know, the answer is simple.

You have to focus on making her feel attracted and you have to feel that you are worthy of her.

Don't place yourself in the Friend Zone by thinking that you're not good enough and that you have to build up a friendship and slowly get her to like you.

You can make her feel sexually attracted and turned on by you right away and you can then build on that.

The next thing you know, you and her are kissing, having sex and enjoying a relationship.

That's how easy it should be and that's how easy it is when you use the attraction first approach.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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3 Beginner Mistakes That Guys Make With Women

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If a man has been finding it difficult to get laid or get a girlfriend, he may eventually start to figure out where he has been going wrong and he may then make some changes and start getting results with women.

Unfortunately though, some guys end up making beginner-level mistakes with women their entire single life and as a result, they don't ever get to access the pretty women that they want, or they end up getting rejected by girls who were actually interested in them, but the interaction just became awkward and the girl lost interest.

For some guys, if that happens to them long enough, they may eventually start to believe that it's their fate (i.e. they are doomed with women).

Thankfully though, for most men, all that is standing in between them and being able to hook up or get into relationships with women that they find attractive, is just to understand where they've been going wrong and to simply adjust their approach so they can have interactions that flow smoothly, where the woman wants to hook up with them sexually or be his girlfriend.

So, here are 3 beginner mistakes that so many guys make, which end up causing them to get rejected or friend-zoned by women who they could have actually hooked up with.

1. Trying to get a woman to like him as a person, rather than making her feel sparks of sexual attraction for him

[image: Trying to get a woman to like him as a person, rather than making her feel sparks of sexual attraction for him]

When a guy is a beginner at getting laid or getting a girlfriend, or if he's been doing it for a while and just hasn't figured this particular thing out, he will interact with a woman that he finds attractive and his focus will be on making her feel comfortable around him, having a good conversation with her, getting to know her and hoping that she sees that he's a good guy.

He hopes that she will like him because of that and want to be with him sexually and romantically.

Yet, when he uses that approach, in almost all cases, women that he meets will just feel friendly type of vibes with him.

The woman won't be feeling excited and turned on.

She won't be feeling like she wants to jump on him and start kissing him and having sex with him.

Instead she will feel more like just a friend.

Additionally, when a guy uses the approach where he just wants to make a woman feel comfortable and get to know her, what will often happen to him is that if he's talking to a woman or a couple of women and is having a comfortable conversation with them, getting along with them and then another guy comes along and starts using flirting and humor, they will instantly lose interest in talking to the guy who just wants to have a friendly conversation and will focus on the guy who's flirting with them to create a sexual vibe.

The other guy is using flirt and humor to energize the conversation, so they become focused on him.

Meanwhile, the guy who's using the approach of just trying to make the girls feel comfortable and get along with them is sitting there thinking, *"What's going on here? The girls are focused on this guy now, they like him, they want to talk to him"* and the girls start flirting with that guy.

Before he knows it, he feels like a third wheel, or if he's with a group, he starts to feel like the awkward one in the group because everyone else is connecting on a different level and he feels left out of it.

To avoid that happening to you, what you need to understand is that you can make a woman feel attracted to you right away (without having to get to know her first).

You can energize the conversation right away by using flirting, humor or adding in other attractive traits (e.g. your masculine vibe).

You can create a sexual vibe between you and her right away.

Of course, you don't need to be constantly flirting with a woman to create a sexual vibe or constantly using humor, but you need to be able to add that stuff in, so the woman is feeling attracted to you.

She's seeing that you don't want to just have a friendly conversation with her.

There's a spark between you and her.

She feels that energy between you and her where it could become sexual and romantic.

So, if you're talking to a couple of women and the conversation goes to what they do for a living, you can use their answers to that question to energize the conversation, to flirt with them and use some humor to get them experiencing sexual feelings for you.

When you do that, the women are feeling attracted to you, they're feeling drawn to you, they want to interact with you and they can sense that you're not just looking at them as a couple of friends.

You're looking at them as women that you find attractive and therefore you're motivated enough to flirt with them.

They're not just girls that you want to have a friendly conversation with.

You actually find them attractive.

Flirting is a language that women understand and that they prefer to use, to discreetly show their interest in you.

The dictionary definition of flirting is:

Flirt (*verb*): To behave as though you're attracted to or trying to attract someone, but for amusement, rather than with serious intentions.

In other words, flirting is when you playfully show interest and make a woman feel attracted to you.

For example: By being confident, playfully challenging, assertive, using some humor, etc, but just for the fun of it.

When you make a woman feel attracted to you based on your behavior and you also flirt to show some interest, she will then flirt back with you and due to the mutual attraction and mutual displays of interest between you and her, both you and her can skip over trying to get to know each other and

just start interacting as though you and her are already a couple or are becoming a couple.

This is why you'll see some guys create sparks of attraction inside of a woman within 10 to 15 seconds of talking to her, whereas other guys who make the mistake of trying to get a woman to like him enough as a person to give him a chance, will often talk to a woman for hours and hours and if he then asks for her number, he will get the old, *"Sorry, but I'm not looking for a boyfriend"* or, *"You're nice, but I think we'd be better off as friends."*

As a beginner to attracting women, he doesn't understand the discreet language of flirting that cuts through all the 'getting to know you' phase and gets right into mutual, playful displays of sexual attraction and interest.

Back to the example...

For example: You're talking to two girls and you ask them what they do for a living.

One girl says that she works as a nurse and the other as a teacher.

To the teacher, you could say something like this, *"A teacher? You look like you'd be a mean teacher. You have that angry face about you...that stern look. Before I came over and talked to you girls, I was standing across the bar and I noticed you and you just had like an angry face on you."*

Pause for a moment, smile and say, *"I'm just kidding, you look like a sweetie. What's it like being a teacher?"*

To the nurse, you can say something like this, *"And you – a nurse. Well, that suits you because you have very caring eyes...but I can see there's a bit of a wild side in there as well."*

Now the thing is, many women want to be able to seem like they're approachable when they're out at a bar or a party.

They don't want to seem like a mean type of woman, a bitchy type of woman who's got that resting bitch face and so on.

Instead they want to seem approachable.

So, when you say something, like she had a mean look on her face, a scowl on her face, a sort of angry-looking face, a woman is going to be shocked.

She's going to be curious and is going to want to find out why you thought that about her.

Since you're only joking and then you say, *"Just kidding, you look like a sweetie,"* women who do want to be approached so they can meet a guy and hopefully find themselves a boyfriend, will laugh at that and feel relieved that they don't seem bitchy and unapproachable and instead are giving off a softer, warmer and more open vibe.

That makes her feel attracted to you because you have the confidence to say something like that to her and the ability to make her laugh, the ability to make her feel girly and put on the spot, the social intelligence to create a moment like that and so on.

With the other example of the woman being a nurse: Saying that she has very caring eyes, but you can see a wild side in there as well is also attractive.

Women love that because once again, they do want to come across as having that femininity to them, that softness, that warmth, but they want a guy to know that they also have a bit of a wild side, a bit of a naughty side.

When you say something like that, it creates a private connection between you and the woman where she knows that you 'get it,' (i.e. she knows that you understand that there's a bit of a naughty side in

the background as well, a bit of a wild side).

Therefore, the conversation that you and her have doesn't have to be all politeness and formalities.

It can be a little bit edgy (i.e. sexual undertones, naughtiness, cheekiness), which is then going to be a lot more fun for you and her.

Now compare that to just trying to make the women feel comfortable.

"Oh, so what do you do? Oh, you're a teacher and you're a nurse, oh, cool. How long have you been working there? Cool. Interesting. What hospital do you work at? Oh, wow. How long have you been working there and do you enjoy what you do? I mean it must be very hard working as a nurse."

A totally different experience for the man and the woman.

It's just a neutral conversation.

There's no flirting going back and forth.

It's a conversation that can easily be disrupted by one of her friends, or by someone else coming into the conversation.

She isn't feeling enough attraction for the guy (who is just being friendly) to want to focus on him (because she wants to find a boyfriend or lover, not a male friend).

On the other hand, if you have a conversation with her where you're flirting with her and she's feeling energized and someone comes in to interrupt the conversation, she's going to want to bring her focus back on you because you are a guy who is making her feel attracted.

There's a connection between you and her.

There are sparks between you and her.

She's feeling drawn to you.

There's that energy between you and her where it's not just about having a friendly, neutral conversation.

She's feeling something for you.

She's feeling attracted to you.

She's feeling drawn to you.

As I said though, you don't have to do that all the time.

It's not a 100% of the time thing.

Instead, flirting is simply 20% of the time.

80% of the time you can have a normal everyday conversation, but you at least need to be able to add in some flirting, a little bit of humor, a little bit of challenging humor and so forth 20% of the time.

So, always remember to add in flirt 20% of the time, if you want to have an energized, attracted conversation where the woman is drawn to you and she wants something to happen between you and her.

The thing is though, some guys might feel like that's just too difficult for them.

A guy might think, *"I don't want to have fun when I'm talking to a woman like that, I don't want put in any effort to challenge her in a playful way. I just want to talk to her and be the good guy that I am and I want her to like me for that."*

Yet it's important to understand that a woman's attraction for a man is largely based on how his

personality and behavior makes her feel.

If a guy is interacting with a woman and he's just being neutral and friendly, then she's not going to be very attracted to him, but if that same guy starts being a little bit playfully challenging while he's talking to her, flirting with her a bit, then she is going to feel sparks of attraction him.

It's the difference between getting laid and getting a girlfriend, or going home and doing what most guys do when they go home alone.

The second beginner mistake is...

2. Assuming that he is being rejected if the woman isn't showing lots of interest

[image: Assuming he is being rejected if she isn't showing lots of interest]

So many guys miss out on being with women that are attracted to them due to making this mistake.

A guy will be interacting with a woman who is feeling attracted and interested, but like a typical woman, she isn't showing loads of interest in him right away for various reasons.

[image: Assuming rejection if she isn't making her interest obvious]

For example: Some of the reasons why a woman will do that are:

- To see if a guy will remain confident even though she's not showing him loads of interest.
- To see if a guy will remain interested in her, even though she's not showing him loads of interest.
- To avoid looking like an easy girl. She wants to show him that she's the sort of girl who can control herself. She isn't a slutty type of woman. She doesn't easily just hook up with guys. She is the sort of woman who controls herself.

A guy needs to understand that about women.

Most women don't want to look slutty, they don't want to look like an easy girl, so they'll usually remain quite reserved.

At times, it may even seem that she isn't interested and that can sometimes be due to her insecurities.

For example: Sometimes she could be talking to a guy, feeling attracted to him and feeling like she's coming on too strong too soon or worry that she looks too keen.

She will worry that he's going to think that she's desperate, so she then starts playing with her phone or acting like she's not that interested to 'play it cool' and so on.

So, if a guy doesn't understand that all these sorts of things can go on when he's talking to a woman, he may lose confidence.

He may think that he's being rejected by a woman who is actually interested in him.

Now the thing is, some guys will say, *"Oh, women are stupid, why do they play games like that? Why don't they just say that they like me so we can get on with kissing, having sex and having a relationship?"*

Yet, guys do the same thing to women.

A guy will like a woman and he will be 'playing it cool.'

He won't have the confidence to tell her that he likes her.

Instead, he'll just keep talking to her and that's what a lot of women do; they just keep talking to you. Continuing to talk to you is often a signal that a woman is interested in you.

If she stays there talking to you, you've got to see that as a sign that she's interested in you because if she wasn't, she would most likely leave.

So, if you're talking to a woman, she isn't running away from you and is continuing to talk to you, then just get on with making her feel attracted, connecting with her and taking things to the next level.

Get to a kiss or get her phone number and get things moving along, rather than making the beginner mistake of thinking that if a woman doesn't show you loads of interest, then she's not interested.

As I just explained a few moments ago, there can be all sorts of reasons why she isn't showing loads of obvious interest, just like a guy will do when he's interacting with a woman and he is feeling unsure of himself.

For example: He starts talking to her as a friend, even though he really likes her and is hoping to become her boyfriend.

On the outside, he seems like he just wants to be her friend and has no interest in a relationship. Yet, inside he's thinking, *"Wow, I really like this girl! She's so amazing,"* but he just talks to her like a friend.

He asks things like, *"So, what have you been up to lately? Oh, yeah. Cool, that's interesting"* and doesn't use her answers to flirt with her or challenge her.

He's just talking to her like a friend and is afraid to start flirting with her.

He's afraid to show some obvious interest.

He's afraid to make a move.

So, it's important to understand that both men and women often find themselves feeling that fear, or feeling insecure around something they like.

As a result, their behavior can change and with a woman for example, it can seem like she isn't interested, when she actually is.

So, when you're talking to a woman, don't expect her to be showing loads of obvious signs of interest to let that she likes you.

Many times, you'll be talking to an attractive woman and she will like you, but she won't make it super obvious.

You don't need to tell her that you want to be her boyfriend, or ask her for a relationship.

Instead, you just need to get on with making her feel some more attraction, connecting with her and moving things forward (i.e. getting to a hug, kiss and then sex).

If you do that, then a relationship will naturally start.

Yet, if you give up because you're expecting her to make it 100% obvious that she wants you, then you and her will probably end up going your separate ways and she will end up feeling disappointed that she didn't get to be with you.

You may also end up feeling disappointed that it didn't work out.

You thought she was interested initially, but she didn't seem to be very interested.

Little did you know, she was.

Yet, she was nervous, unsure of herself, didn't want to look too easy, or was waiting to see if you would remain confident or interested in her if she wasn't making it obvious that she wanted you.

So, stick in there, keep going and move things forward to a hug, kiss, sex and then into a relationship.

The third beginner mistake that a lot of guys make is...

3. Not allowing her to experience the fun of trying to win him over

[image: She wants to be able to win him over, but he is making it obvious that is already won over by her]

For example: A guy will meet a woman and feel instantly attracted to her because she's pretty.

He will then become overwhelmed by his attraction to the point where he shows her that he's totally won over by her.

He will give her the sense that she doesn't have to do anything to impress him because he's totally into her and he wants to be her boyfriend.

Yet, if the woman is attractive, then she will have experienced that reaction from 99.9% of the guys that she's met throughout her life since she became a woman.

[image: Not allowing her to experience the fun of trying to win him over]

What women like that want to experience is the fun, the thrill and the excitement of trying to win a guy over, of trying to use their charm and trying to use their beauty to win him over.

So, when a pretty woman is talking to a guy who is making her feel sparks of attraction for him based on how he's approaching the conversation and she then notices that he's not totally sold on her (i.e. he's not showing signs that he wants to be her boyfriend, he is just interacting with her, making her feel attracted and there's that sense there that she still needs to impress him to win him over), she becomes excited by that.

In the process of trying to win him over and trying to use her charm to make him like her more, it makes her like him more.

She starts thinking things like, *"I really like this guy. I want to be with this guy. I want to win him over. This guy is making me feel so attracted, so excited, I want to be with him."*

When you use that approach, the pickup becomes so much easier because it becomes about you allowing her to be with you.

Whereas what most guys do with this beginner mistake, is instantly feel totally won over by a woman based on his attraction for her.

He is impressed by her.

He wants to be with her and might then start asking if she's looking for a boyfriend, or what she looks for in a boyfriend and so on.

She will sense that he is already won over and there's nothing for her to do.

She doesn't have to impress him in any way because he's already totally won over by her and is hoping to become her boyfriend.

So, what you need to do is just calm down a little bit.

Focus on making her feel attracted.

Give her that sense that she needs to impress you, to win you over and allow her to start using her charm to try to do that and in the process of doing that, she's going to like you so much more.

She's going to want to be with you.

Then, when you allow her to be with you, she feels special, she feels excited to be with you because she won you over.

It wasn't the typical thing that she has experienced since she became a woman.

It wasn't you trying hard to hopefully get with her.

She felt that excitement of trying to win you over and you can continue that throughout an entire relationship.

You can keep that type of dynamic alive while still making her feel loved, still committing to her and so on.

You can always make her feel that sense that she needs to keep impressing you and winning more of your love.

Once again, it's a totally different experience for a man to be in that position, rather than trying hard to hopefully get a chance for the girl.

So, if you have been making some beginner mistakes with women and mistakes that you're most likely not aware of and you want to learn the easy way to go from hello to sex with a woman that you find attractive, then I recommend that you read my eBook, [The Flow](#), or listen to the audio book version, [The Flow on Audio](#).

Simply follow the steps of The Flow and you and a woman that you find attractive, will flow from one step to the next.

It's the easiest way to get laid or get a girlfriend.

Have You Missed Your Chance to Be Successful With Women?

One final point that I want to make for you in this video, is that it's never too late to get started and enjoy success with women.

Instantly attracting women is something that you can easily learn to do.

You simply need to adjust your approach when you're interacting with women that you find attractive and you will see a completely different response and reaction from them.

They will feel attracted to you.

They will feel energized.

They'll light up, they'll be interested in you and they'll be drawn to you.

It's such an amazing thing to experience as a man and I hope that you don't miss out on experiencing it for yourself because you think that you can't do it, when you can.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

A Playful Way to Initiate a First Kiss With a Woman

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you're ever talking to a woman that you find attractive, notice that she's feeling attracted to you and can sense that it's the time to move in and kiss her, but you're not quite sure how to make that move, you can have a bit of fun with it and use a playful technique called Count the Shoulders.

So, if you're sitting next to a woman, or even if you're standing next to a woman and you're talking and 'that vibe' is there where she's attracted to you, you've been flirting with her, you feel like it's the time to kiss her, but you don't really know how to initiate, just say something like this to her.

"Hey, so do you wanna play count the shoulders?"

Then she may say "Yes," but she'll most likely be confused by the question.

That doesn't matter.

Simply start counting the shoulders, one, two, three, four.

Then, if you notice that she's smiling and she's totally cool with you having your arm around her like that, simply draw in a little bit closer, lean in, start kissing, done.

An alternative way of playing Count the Shoulders is to say, *"Hey, do you know how to play Count the Shoulders?"* and if she says, "No" (which she most likely will), you can then say, *"Okay, cool. I'll show you."*

Then, simply start counting your shoulders as shown in the video above.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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5 BIG Secrets Single Women Hide From Men

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

A very small percentage of men know about the secrets that I'm going to share with you now, regarding single women and as a result, they feel confident around attractive women.

They know their secrets.

Yet, the vast majority of men do not know the secrets that I'm going to share with you now and as a result, they lack confidence around single women.

[image: Does she like me? Is she interested?]

The man just doesn't know where he stands with her.

Does she like me?

Is she interested in sex?

Is she interested in a relationship?

[image: She isn't making it obvious that she wants sex or a relationship]

She's not making it obvious and as a result, he doesn't feel confident about his chances of getting her out in a date, for example.

So, let's begin with the first secret that single women hide from men.

1. Most act like they're hard to get, but are secretly easy

A great example of this is the study that was done at Florida State University.

What happened is that the researchers got a bunch of students to approach other students, one at a time and the physical attractiveness of the male and female approachers ranged from slightly unattractive, to moderately attractive.

So, in other words, the students doing the approaching weren't really good-looking; they were just average looking or slightly below average looking.

Here's what the approachers said, whether there were a man or a woman.

"I've been noticing you around campus. I find you to be very attractive..."

Then, the approacher asked one of the following questions.

- "Would you go out with me tonight?"
- "Would you come over to my apartment tonight?" or;
- "Would you go to bed with me tonight?"

So in other words, *"I've been noticing you around campus. I find you to be very attractive. Would you come over to my apartment tonight?"*

Here are the results of the study.

[image: Florida State University study]

56% of the women said yes when the guy asked *"Would you go out with me tonight?"*

Now, she didn't know anything else about him other than him saying, *"I've been noticing you around*

campus. I find you to be very attractive. Would you go out with me tonight?"

56% of the women said yes, whereas 50% of the men said yes to the same question when asked by a woman.

With the other question, *"Would you come over to my apartment tonight?"* 6% of women said yes and 69% of men said yes.

Finally, *"Would you go to bed with me tonight?"*

None of the women said yes, whereas 75% of the men said yes.

In other words, women don't want to immediately say yes to sex, but more than half will immediately say yes to going on a date, even though they don't know anything about the guy.

That's a good example because if guys saw those girls walking around on their own, the girls would almost certainly be displaying body language that suggested they didn't want to be approached, or that there would be hard to get.

Yet, 56% of them immediately said yes to going out on a date with a guy who said *"I've been noticing you around campus. I find you to be very attractive. Would you go out with me tonight?"*

They said yes.

The thing is though, the results of that study don't necessarily mean that a guy should go into a shopping mall and walk up to a woman shopping and say, *"Hey, I've been noticing around the shopping mall. I think you're very attractive. Would you go out with me tonight?"* because that's a different environment.

In a university environment, for example, there is a certain level of safety for the woman because the guy is a fellow student.

If he asked for her number, or if she goes out in a date with him, there is protection because they're part of the same University.

Yet, in a shopping mall, pretty much everyone there is a stranger.

She doesn't know who the man is, who has said that he's been noticing her around the shopping mall. Does that mean that he's a stalker? What has he been doing? Has he been following her around and so on?

So, when a man is in different social environments such as a bar, club, house party, a shopping mall, a restaurant and so on, he needs to use a different approach.

It's not going to be, *"Hey, I've been noticing you around. I think you're very attractive. Would you go out with me tonight?"*

Obviously, that line isn't going to work in a bar because she's already out that night.

So, that particular line would need to be slightly modified in order to make it work in a bar environment.

For example: He could say, *"Hey, I noticed you from across the bar. You look very attractive, so I thought I'd come over and say hi."*

By saying it that way, he's not asking her out right away, which wouldn't make any sense, of course. Instead, he's starting the conversation in a charming way and can then make her feel sparks of attraction for him by flirting with her.

He can then connect with her and when the time is right, he can take things to the next level such as

getting her phone number, kissing her and maybe having sex that night, or if it's just a phone number, he can set up a date when he calls her.

Then, they can kiss and maybe have sex on the first, second or third date and a dating relationship or even a boyfriend/girlfriend relationship will most likely begin from there.

So, each situation that you meet women in is going to be slightly different.

Yet, despite the differences in the approach that you need to take, the key lesson here is that many women will act as though they're hard to get when they're not.

The same thing applies to women in bars.

Many women will sit around or stand around and they will seem like they are hard to get and there are many reasons for that.

One of which I'll discuss in secret number 4, but before we get to that, one of the reasons is that in a bar environment, a woman doesn't want to make herself seem too approachable to guys who are drunk.

She doesn't want the drunk guys who are building up their courage by drinking lots of alcohol, to see that she's open and friendly and they can come over and talk to her.

Instead, she wants a guy who has the confidence to come over and talk to her even though she's not making it obvious that she wants a guy to come over and talk to her.

Additionally, another reason is that if she looks too open and eager and she wants guys to approach her, she may get guys approaching her who don't actually really like her and will only want to have sex with her once, or may just want to make her feel attracted, build up their confidence and then go talk to another woman.

So, many women will act as though they're hard to get when secretly, they're easy to get or fairly easy to get, if a guy just gives himself the chance (i.e. if he gets over there, has an interaction with her, creates a spark and gets something going between him and her).

2. Most have a fantasy list of requirements for a man, but don't actually stick to it in real life

[image: Most women have a fantasy list of requirements for a man, but don't actually stick to it in real life]

One thing that I want to make 100% clear, is that I'm not talking about dating apps like Tinder or Bumble.

On dating apps like those, a woman usually has all the power.

For example: With Tinder, if she's in a big city, tens of thousands of guys are swiping right on her, hoping to get a match and all she has to do is go through the app and swipe on guys that are her ideal type, or her fantasy type (i.e. who meet her fantasy list of requirements) and she's almost certainly going to get matches.

Then, if she wants to, she can chat with that guy and if the guy knows how to get her out in a date, he can organize a date with her.

[image: Most Tinder users have never gotten a date from the app]

Yet, the reality is that most of the women who have used Tinder have never actually gone on a date

as a result of the app.

I actually got a comment recently from a guy who ran a bit of a test on a dating app, where he put himself down as a CEO and said that he liked to buy lots of cars and he was into collecting cars and some other thing that identified him as being a rich guy.

He said that he got loads of likes on that compared to his exact same profile with the exact same photos and him saying that he was a manager in sales.

That's the reality with dating apps because a woman usually has all the power.

She can just select from the tens of thousands of guys who are hoping to get a chance with her.

Yet, although many women definitely do use dating apps to go on dates, most don't.

[image: USA Tinder users - early 2020]

Additionally, most of the users of Tinder are men, so a woman usually has so many options that guys who would be able to get a chance with her in person aren't ever seen, or aren't ever selected.

Now, compare that to talking to a woman in person and a guy has a much higher chance of getting an instant yes, compared to waiting around and hoping that he'll be selected out of tens of thousands of guys who are swiping on a woman on a dating app.

So, in this age of dating apps, a lot of guys feel insecure around single women.

They feel as though every single woman is using Tinder and Bumble to go on loads of dates and she can select from all these top, amazing men who are totally successful and have got all these traits that she's looking for.

Yet, the reality is that (even though she could select top tier men from dating apps), most women don't go on dates via dating apps and number 2, most women don't actually feel confident about being with a guy who is so successful, or so attractive with all these top-tier qualities.

Of course, some pretty women are very confident and they go for tall, successful, handsome and rich men, but some pretty women go for normal everyday guys.

The reality is that some pretty women feel so much more at home and confident with a normal, everyday guy compared to a very handsome or successful man because she worries that the very handsome successful man might not be faithful to her, or that he will be faithful and she'll fall in love with him, but he will then get bored of her and dump her because she's not pretty enough to maintain his interest.

Not every pretty woman has that insecurity, of course, but quite a lot of them do, which is why many of them happily get into relationships with and even marry normal, everyday guys.

Additionally, some pretty women even date guys who others may see as being scruffy, but she will love him based on his personality and how he makes her feel.

Some pretty women also go for men who are overweight or bald, even though the guy isn't very successful in life.

Not all pretty women do that, but some do.

The reason why, is that so many women feel so much more comfortable and at home with a normal, everyday guy who makes her feel attracted for reasons other than these top tier totally high status qualities, like he's the CEO of this, he is the owner of all these yachts, he does this, he does that and so on.

Most women just don't feel confident in their ability to hold a guy like that down.

Additionally, they don't see themselves as being the sort of woman who will live that type of lifestyle.

She is just a normal everyday girl.

Yes, she is pretty, but like most pretty women she ends up with guys who are just normal guys.

Her and a guy paying rent and living together, her and a guy's saving up for a deposit on their home and eventually getting a house together, or eventual getting married and then having children and so on.

Some pretty girls are just normal, everyday girls and will happily hook up with, get into a relationship with and even marry a normal, everyday guy.

Of course, don't get me wrong, there are some pretty girls and beautiful women who have extremely high standards in real life and they will stick to those standards no matter what.

The guy has to be what she sees as very good-looking or very good-looking and rich, otherwise she won't be interested at all.

If she sees a guy as being ugly, below average looking or even just average looking, then she won't be interested.

Likewise, with some women like that, if the guy is not rich or very successful in life, then she just won't be interested.

Those women definitely do exist, so don't get me wrong.

I'm not saying that every pretty woman and every beautiful woman will go for a normal, everyday guy because they won't.

For example: You may have seen some of the reality shows called WAGS (Wives and Girlfriends of Sports Stars and Athletes), or the rich wives of this place and that place.

There are some women who have really high standards when it comes to men, but the reality is that some of those WAGS women definitely are attractive, but many of them really aren't super amazing, attractive girls especially when they take off their makeup.

Instead, most women like that have very specific standards when it comes to men and only want to be with a successful athlete.

So, they go out of their way to be around those men and try to get one to marry them.

That's their thing.

Yet, the majority of pretty girls out there don't see themselves as being one of the 0.001% of women who end up with a high status sports star, a celebrity, a CEO and so on.

The girl might sometimes fantasize about that, just like a guy might sometimes fantasize about being with a certain model or whatever, but it doesn't mean that she's going to stick to that in real life.

It doesn't mean that a guy has to be high status in society, be some big shot in order to get a chance with her.

The reality, is that some pretty girls go for guys like that, but some pretty girls go for normal everyday guys.

So, what happens for a lot of single guys these days is that they see the way that women behave on dating apps, or they look at the results that they haven't been getting on dating apps and then they

think, *“Well, if I can’t even get a match out of all these thousands of girls, how is a girl in real life going to react to me?”*

He may think, *“Do I have to approach a thousand girls before I can get myself a girlfriend? No girl is going to like me because I don’t get any likes on Tinder. I don’t get any girls contacting me on Bumble. Why should they want to talk to me in person? They obviously don’t find me attractive.”*

Yet, a small percentage of men know the secret that I’m going to tell you now, whereas the vast majority of men do not know it and many of those men go their entire life never knowing it.

This secret of female to male attraction, which applies to the majority of women out there, including most beautiful and pretty women, is that in many cases, you can make a woman feel intense attraction for you as you talk to her, even if you’re not her usual type or the sort of guy that she assumed she would go for.

You can do this as you talk to her by displaying personality traits and behaviors that are naturally attractive to women, such as confidence, charisma, charm, being a bit of a challenge, being emotionally masculine, flirting with her to create a sexual vibe and so on.

Of course, it’s not possible for a guy to pick up every woman in the world, but he can attract and pick up many women, including beautiful and pretty women.

One of the reasons why this is possible and why it happens all over the world, is that although many women do have a fantasy list of requirements for a man, they don’t always stick to it in real life.

So many guys don’t ever discover this secret about attracting women.

As a result, they go through their life believing that they’re not good enough for pretty women, even though other guys who look like them, who look similar to them or who don’t even look as good as them, are able to get themselves a pretty girlfriend or wife.

The way that it works, is that when you make a woman feel sparks of attraction for you in person, she starts looking at you with attraction in her eyes.

Her perception of you changes.

She starts looking at you and thinking, *“There’s something about this guy. I like him. He’s cute. He’s sexy. I don’t normally go for guys like him, but there’s something about him. I really like him.”*

A similar thing can happen to guys, but it usually takes a little bit longer than it takes for girls.

For example: A guy may meet a girl that he’s not initially attracted to, but when he spends time with her, she grows on him.

Then, he really starts to find her attractive he looks at her and thinks, *“I really like this girl. I really want to be with her,”* and falls in love with her.

He has a relationship with her even though initially, he wasn’t that attracted to her.

She grew on him.

Now, as I said, it usually takes a lot longer for a guy to experience that compared to a woman.

When you’re talking to a woman, that can happen within the first one to two minutes.

With most women, all it usually takes is one to two minutes of conversation where you display personality traits and behaviors that are naturally attractive to women and she feels sparks of attraction for you.

This is where so many single guys get confused because they hear that women don’t place as much

importance on a man's physical appearance as men place on a woman's physical appearance, but that doesn't seem to make sense because women say, *"That guy's good-looking. He's sexy, he's handsome."*

So what's going on?

Well, what's going on is that when a man can make a woman feel attracted to him for reasons other than his physical appearance, such as him being confident, emotionally masculine, flirting with her, being charming or charismatic, she starts looking at his physical appearance in a positive light.

She starts thinking, *"Well, I don't normally go for bald guys, but I find this guy attractive. I don't normally go for guys who look like this or that, but there's something about him I really like him."*

So, for the single guys watching this video and even for the guys who are in a relationship with a woman and she isn't feeling attracted to him the way that she used to, just understand that you can make women feel attracted to you as you talk to them and interact with them.

When you do that, a woman looks at you as being attractive, appealing and desirable.

Additionally, this is a feeling and a perception of you that can continue throughout an entire lifetime relationship or marriage.

Finally, one other thing about this secret is that you may have heard some women say about their boyfriend or their husband, *"I wasn't initially attracted to him, but once we started talking, I felt attracted to him. I really liked him. We started dating, we got into a relationship, we fell in love and we've been happy ever since."*

In other words, in many cases (not in all cases, but in many cases), a guy does not have to look like a woman's usual type in order to attract her, hook up with her, get into a relationship with her and even marry her.

Now, some guys will say, *"Yeah, it's money. The guy must be rich,"* but the majority of people aren't rich.

The majority of couples pay rent together, they save up to buy a house together, they pay bills together, they work and they're just normal everyday people.

Don't write it off as it's looks, or it's money.

Yes, money can attract women, looks can attract women, but you know what else can attract women?

When you interact with them and display personality traits and behaviors that are naturally attractive to women, such as confidence, charisma, emotional, masculinity, flirting, humor and so on.

That doesn't mean that a guy can pick up every woman in the world, but it does mean that a guy can access beautiful pretty women who go for normal everyday guys if he's a normal everyday guy.

If he's more than that, then great, but if he's a normal everyday guy like most guys who end up with a pretty woman, then he can make her feel attracted to him as he talks to her because although she may have a fantasy list of requirements for a man, she doesn't actually stick to it in real life.

Instead, like many women, she goes with how she feels.

So, if a normal, everyday guy makes her feel attracted to him in person, she opens up to potentially going on a date with him, having sex with him or having a relationship with him.

3. Most really like it when they feel the need to impress a guy to be accepted by him

[image: Most women prefer it when they feel the need to impress a guy and be accepted by him]

What usually happens with women and the dating process?

It's usually guys trying to hopefully impress the woman to get a chance with her.

The guy is on his best behavior.

He's being extra nice, extra polite.

He is offering her things.

He is trying really hard to hopefully be accepted by her.

Yet, what a small percentage of men know, is that most single women really like it when they feel the need to impress a guy to be accepted by him and that even continues into a relationship.

Now, don't get me wrong.

It's not about treating a woman like crap, treating her badly or taking her for granted in a relationship.

It's not about telling a woman that you don't care about her in the dating process, ignoring her saying, "*I don't give a crap about you,*" and so on.

It's not about that.

Instead, just think about what happens with a woman, when a man feels the need to impress her and hopefully be accepted by her.

Is she treating him like crap, or is she just giving him the sense that he needs to impress her to be accepted by her?

Who made up that rule?

Who said that she was the one who could do that?

Well, the man allowed it to happen by him not taking on that role; not taking on the role of the one who is selecting and allowing.

He is taking on the role of the one who is hoping and trying.

Yet, most single women love it when a guy is a good guy and treats her well, but makes her feel like she needs to impress him to be accepted by him.

That usually results in a woman trying harder to impress the guy by being nicer, doing nice things for him, being cuter, being more feminine and so on.

[image: When she wins him over, she feels like the chosen one]

[image: When she wins him over, she feels like the chosen one]

Then, when the guy accepts her for her and allows her to be his girlfriend, she feels lucky, she feels special, she feels like the chosen one.

Just like a guy feels when he gets accepted by a girl that he's been trying to impress.

Yet, what happens is that when a guy puts himself in the position where he's trying to impress a girl to hopefully get a chance with her and then she reluctantly gives him a chance and he then tries harder and harder to impress her and maintain her interest, she loses respect and attraction for him and the relationship falls apart.

Whereas when it's the other way around, where the girl is trying hard to impress the guy, being a

good girl, being more feminine, being more fun and nice and the guy is treating her well, then the relationship feels amazing for both of them.

4. Most love sex, but have to act like they don't, for various reasons

[image: Most love sex, but have to act like they don't, for various reasons]

One of the main reasons why, is that most guys don't feel as though they can trust a woman who is really into sex and is chasing it.

If a woman shows a lot of interest in sex and openly talks about it, a guy might think that she is slutty and untrustworthy.

On the other hand, if she holds out too long during the dating phase or seems uninterested in sex, a guy may stop pursuing her and find another woman.

[image: Most women don't want to seem too interested in sex, because men find women like that untrustworthy]

So, if she openly talks about sex, seems really into it and is chasing it, most guys will look at her as being a slut.

If she holds back and doesn't have sex, most guys will look at her as being a prude.

[image: She doesn't show a lot of interest in sex because she wants a guy to know that she can control her urges and is therefore, is more trustworthy than an openly sexual woman]

As a result, the sweet spot for a woman is to not seem like she's really into sex, not seem like she would love to have sex, but instead to show a guy that she can control herself.

If he has a relationship with her, he can rely on her to control herself, to not be one of those women who go around openly talking about sex, chasing it and acting horny all the time.

So, what happens for a lot of single guys who don't understand this particular secret well, is that they'll see that women don't react to them in the same way that they react to women.

A guy will look at a woman, immediately feel attracted to her and immediately say yes or no in his mind about whether or not he would have sex with her.

He will look at her when she's walking along the street, or wherever she may be.

He'll be feeling attracted and will want something to happen.

Yet, women walk through the world as though they don't even see guys.

They're just walking along.

She goes to a cafe.

She orders her coffee.

She sits down.

She's not sitting down and looking at a guy's butt as he walks past, like a guy will do when a woman walks past.

She's just sitting there, playing with her phone or doing whatever she's doing, keeping to herself and not looking around as though she's hoping to get some sex.

So, a small percentage of men know that.

They go through life not expecting women to react to them in the same way that they react to women. They understand why women have to behave in that way.

A woman can't show that she really likes sex, otherwise most guys would feel as though they couldn't trust her if they got into a relationship with her and that's how she behaved out in public.

5. Most act like they are happy to be single, even though many of them are secretly miserable about it

[image: Many single women tend to keep to themselves and seem uninterested in men, even though they are secretly desperate to find a boyfriend]

Once again, women do this to not seem low value, cheap and easy.

She doesn't want to go through her everyday life interacting with guys showing that she's really keen and trying to get herself a boyfriend.

If a girl is behaving like that, most guys will look at her as being low value, or they'll look at her as being weird because most girls don't behave like that, especially the girls that he really likes.

The attractive girls who are used to men making the mistake of trying hard to hopefully impress her to get a chance with her, don't behave as though they're hoping to get a boyfriend.

They don't go around looking at guys and talking to them and hoping that a guy will like them.

Instead, the majority of single women will behave as though they're totally fine without a guy and couldn't care less.

Yet, the reality is that when she goes home and she's alone in her bed, or if she catches up with a friend who is happy in a relationship, she feels left out.

She wants to have a boyfriend, but she's struggling to get one.

The thing is though, if a guy looked at her when she was waiting in a line at Starbucks, or if she was sitting alone in a cafe, or if she was at a bar with friends, she wouldn't necessarily look like a girl who is hoping and is desperate to get herself a boyfriend.

She will almost certainly just display body language that suggests she can't even see the men in the room.

She doesn't even care about the men when in fact, she's hoping to get herself a boyfriend.

She's hoping that a normal guy will come over and say hello to her, there'll be a spark between him and her and they can start dating and have a relationship.

So, what happens for a lot of single guys, is that they go through their life and they see women that they find attractive, but because the woman isn't displaying open interested body language right away before he has approached her, he will assume that she must have a boyfriend, or that she wouldn't want him to come over and say hello.

Yet, the reality is, as you saw from the study near the start of the video, a little more than half of the women said yes when a guy immediately asked them out, even though they didn't know anything about him.

In other environments where you can meet women, if you want to get the same or better result, then what you need to do is have a bit of an interaction with a woman first where you make her feel attracted to you by displaying personality traits and behaviors that are naturally attractive to women.

With most women, you only need to do that for one to two minutes.

Some women require longer, that's for sure, but with most women, all it requires is a one to two-minute conversation where you make her feel a spark for you and she will feel attracted to you.

She will open up to the interaction and she will say yes when you ask for her phone number.

By the way, if you're one of the guys who finds it difficult to walk up and talk to women, or if you don't know what to say to make women feel attracted to you and how to connect with them immediately and make them want to give you their phone number or kiss you, go out and a date with you and so on, then I recommend that you read my eBook, [The Flow](#), or listen to the audiobook version, [The Flow on Audio](#).

When you read The Flow or listen to The Flow on Audio, you will learn my best ever conversation starters, ways to make women feel immediately attracted to you, ways to make women feel increasingly attracted to you as you talk to them, how to connect with women, how to make women want to contribute to the conversation and get to know you, how to initiate touch in a way that she wants and welcomes, how to get her phone number, how to initiate a first kiss, how to initiate sex on the first night or how to get her out on a date with you and initiate a kiss and sex on the first date or if you want to wait longer than that, second, third, fourth date; it's totally up to you.

All you have to do, is follow the simple steps of The Flow and you and a woman will flow smoothly from one step to the next.

It's the easiest way to get laid or get a girlfriend.

One final point that I want to make for you in this video, is that many times throughout your single life you will meet an attractive girl/a pretty woman who is interested in you.

Yet, if you're not able to pick up on the subtle signs that she's attracted, or if you don't have the confidence to move things forward from a conversation to a phone number, date and so on, then you will miss out on so many opportunities with pretty women, beautiful women who really were interested in you.

So, it's important to understand why women behave in the ways that they do, so you don't have to feel insecure around them.

Instead, you can feel confident knowing that they're behaving in a certain way because they have to.

You don't need to lose confidence because of that instead, you can feel more confident knowing that you're one of the small percentage of men who actually understands what's going on.

You can then start making moves.

You can ask a girl out, you can ask for her phone number, you can move things forward and before you know it you'll be having sex or a relationship with a woman of your choosing.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

How to Get a Girlfriend if You Have No Friends to Go Out and Meet Women With

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Sometimes a guy will find himself in a situation where all of his friends have settled down (i.e. they've got a girlfriend or a wife), or he just doesn't have friends to go out and meet women with.

[image: How to get a girlfriend when you have no friends]

So, what is he going to do?

How can he get himself a girlfriend?

[image: How to meet girls when you have no friends]

That's what I'm going to teach you in this video.

The three main points of this video are:

1. Prepare yourself to create a sexual spark with the women that you're about to meet.
2. Go to places where you can make friends, meet women and get a girlfriend all at the same time, or;
3. Go to places where you can meet women and get a girlfriend without having to make new friends.

Additionally, I'm also going to give you some bonus tips somewhere in this video.

The first bonus tip is how I made a whole bunch of female friends and got some of them competing with each other to hook up with me, or be my girlfriend.

Some of these women are still my female friends to this day, even though I have settled down and am in a committed relationship.

The other bonus tip is the secret to overcoming your potential initial resistance to meeting new women, if you haven't done it for a while, or if you're just not used to meeting and talking to women that you don't know.

So, let's start with the first point in the video.

1. Prepare yourself to create a sexual spark with the women that you're about to meet

[image: Prepare yourself to create a sexual spark with the women you are about to meet]

Where a lot of guys get stuck when they don't have friends to go out and meet women with, is that they eventually get to the point where they're like, *"Alright, I'm going to go out and try to meet women."*

He might go to a shopping mall and hope that he's going to have the confidence just to talk to a woman, but he goes there and he doesn't really know what to say.

He doesn't really know how to make her feel attracted as soon as he starts talking to her, so he doesn't do it.

He walks around the shopping mall and he's in his normal mode of being which is to be inward. He's just keeping to himself, like pretty much everyone else at the shopping mall. He doesn't know how to break out of that and just talk to a woman that he finds attractive. Alternatively, he may talk to a pretty waitress and find her attractive and want to get something going between him and her, but he just has a friendly conversation with her. She comes over, takes his order, he's asking her if she's having a nice day or whatever and he orders his food, she gives it to him and he says thanks and she walks away. He didn't do anything to create a sexual spark inside of her. He didn't do anything to differentiate himself from all the other customers that she will have met that day or that week. He's just being a standard customer having a transactional interaction with her, when what he needs to do is to create a sexual spark with her by flirting with her, or by displaying personality traits and behaviors that are naturally attractive to women. So, imagine an example of a guy who goes to a salsa dancing class. He's going to be dancing with different women all night, so it's going to be physical contact, the women are going to be right there in his face and he's got an opportunity to attract them. Yet, he doesn't really know how to attract women when he interacts with them. So, when he's paired up with his female dancing partners, he ends up displaying traits that aren't attractive to women, such as being a little bit too tense and nervous when dancing with the woman, or instantly falling for her and wanting to have her as his girlfriend and as a result, being too intense by constantly making eye contact with her, holding it and waiting for her to look him in the eyes to hopefully show him that she likes him too. However, she doesn't want to seem too easy and hasn't even got to know him yet, so she avoids that kind of eye contact. On the other hand, a guy might be afraid to make any eye contact because he's nervous when it comes to looking women in the eyes, or he's worried about coming on too strong. Alternatively, a guy might be afraid to get close with her physically because he worries that she might think he's enjoying touching her and he's getting a kick out of it. So, he keeps his distance, even though other dancers are very close physically, they're touching each other and it's not a problem at all. Now, the thing is he could display traits that attract her, but he either doesn't know how to attract her, or he forgets the fact that women want to experience a guy's confidence. They want to experience a guy's masculine presence. That makes a woman feel attracted. The guy either doesn't know that, or he forgets that and he ends up displaying nervousness, fear, anxiety and so on which doesn't turn a woman on. So, he's paired up with his first female dance partner and he says (in a very nervous way), *"Oh, I've never done this before. I'm actually quite nervous. What do I do? Okay, yep, oh, there we go yeah."* That's a bit of an over-exaggeration, but hopefully, you get the point. Now, imagine he interacted with that woman in a different way.

He says, in a confident, easy-going way, *“Hey, how are you doing? Well, this is the first time I’ve ever done this. I have no idea what I’m doing. I’ve been told I’ve got two left feet. How about you? Are you a good dancer? Oh, great, well, I’ll learn from you then. Come on, let’s do this.”*

If a guy speaks to a girl in that way, she’s going to see him as a confident, charming guy and she’s going to be rooting for him.

She’s going to want him to do well.

He isn’t going in there acting like he knows everything, being Mr. Perfect and he isn’t going in there being Mr. Nervous.

Instead, he’s there to have some fun and she’s feeling good interacting with him, so she wants to see him do well.

On the other hand, imagine the nervous guy.

He’s interacting with different women throughout the night and he’s being awkward.

He’s apologizing for his mistakes all the time.

He’s being awkward about it.

He’s dancing with the girls and saying (in a nervous, awkward way) things like, *“Oh, sorry, yeah, I still don’t know what I’m doing. Oh, I just stepped on your toe, sorry, about that.”*

Again, a bit of an over-exaggeration, but to hopefully make you get the point.

Now, imagine the confident guy who’s being easygoing.

“Well, isn’t this fun? About 20 minutes ago, I had no idea what I was doing, but I’m getting the hang of it, this is cool. Come here, do a twirl.”

He’s there being confident, having some fun, showing some masculine direction and being a bit charming towards girls.

For example: If he’s dancing with a girl and wants to make her feel a bit charmed, he can say something like this (in a confident, easy-going, playful way), *“Wow, you’re a really good dancer. You’ve got really good rhythm. I can’t say the same for myself though, I’m all over the place.”*

She will then almost certainly say, *“No, no you’re doing great,”* and so forth.

He can then say something like this to her, *“Oh, you’re too nice, you’re too nice”* in a way where he is accepting the compliment and being a charming guy.

By the way, if you’ve seen some of my other videos, you’ll know that I often give examples of using playfully challenging humor to attract women (i.e. being a challenging guy).

Yet, in this case, I’m giving an example of being confident, charming, humble and even a bit gentlemanly (i.e. overall, being a charming type of guy).

The reason why, is that each situation that you meet women in, requires you to slightly adjust your approach to successfully create a spark, connect with the woman and have her wanting to take things too the next level with you, such as giving you her phone number, going out in a date with you, kissing you, having sex with you and starting a relationship with you.

In terms of a salsa dancing environment, for example, you can use playfully challenging humor, but it’s best to tone that down initially and focus on being more charming so the woman relaxes, opens up and feels confident when dancing with you.

This is where a lot of guys get stuck when it comes to attracting and picking up women.

There will occasionally be opportunities in front of him, but he won't know what to say or do, so he will either avoid interacting with the women, or he'll just have a friendly, neutral interaction and then go on about his day.

So, if you want to be able to get yourself a girlfriend as you go through your everyday life and meet random women, or if you want to meet women in social environments, then make sure that you know what approach to use in that environment to be successful so you can get the result right away.

2. Go to places where you can make friends, meet women and get a girlfriend all at the same time

[image: Go to places where you can make friends, meet women and get a girlfriend all at the same time]

For example: If you join a mixed sports team like indoor soccer, or volleyball that men and women play together.

Alternatively, you might want to go to an adult learning class once a week at night (e.g. bread making class).

There are so many different topics and categories of interests that you can learn from, where both men and women are going to be there and you can end up making friends together.

If you want to find what's available in your area just search your town or city name plus the words 'night course or adult learning (e.g. Los Angeles adult learning, London night courses, Montreal adult learning classes) and you will find what is available in your area.

Some examples of courses that may be available include:

- Bread baking
- Beer-making.
- Improv.
- Photography.
- Clay and sculpture making.
- Painting.
- Property investing.
- Massage classes.
- Salsa dancing.
- Pizza making.
- Yoga.

Alternatively, you might want to join in on a bus tour to tourist attractions in your state or neighboring state.

So, it may be a day trip to a winery, to waterfalls whatever it maybe whatever is available in your state or neighboring states.

That might sound like a bit of a weird one, but when you're on a bus with a bunch of people and you're all going to the same places together, you tend to start talking.

So, you can end up making friends with someone who's sitting next to you, or if you're getting off at certain stops and you're all talking and so forth, you can end up getting to know some people, making

friends and potentially getting yourself a girlfriend.

Alternatively, you might want to attend some meetup groups in your area.

Now, the website for that is [meetup.com](https://www.meetup.com) and they're not a sponsor of this video.

I don't allow any sponsorship or anything like that on my videos.

It's just to help you.

It's one of the biggest sites in the world, you go there and it shows you what sort of meetup groups are available in your area.

One thing about meetup groups, is that pretty much everyone attends on their own, so you're not the odd one out going to a meetup group on your own.

Pretty much everyone attends meetup groups on their own and gets to know the people there.

BTW: One of the bonus tips I promised you is about female friends.

What I did (back when I made one new friend who was willing to go out with me and approach women), is that I gradually figured out how to attract and pick up women in person (at bars, clubs, shopping malls, cafes and so on).

So, I was kissing and having sex with new women all the time.

Yet, my friend and I would occasionally meet women who felt really attracted to us and really liked us, but we weren't sure if we wanted to date them.

That's when we started turning women like that into female friends, rather than dating them all.

So, we'd get their phone numbers on Friday and Saturday nights and on Tuesdays and Wednesdays, we'd say, *"Alright, time to make some phone calls."*

I'd start calling girls and my friend would start calling girls.

We'd create a spark with them on the phone, we'd connect a little bit more and we'd invite them out to come and party with us on Friday night.

If we had a reason for the party, such as it was my birthday or my friend's birthday, then that was pretty obvious, but we also went for the start of summer party, the end of winter party, the start of winter party and so on.

Whatever it may be, we would refer to it as a label, but if there was no label, we would just say, *"Come out and party with us on Friday night. We're going to be at this bar, it's going to be a fun night. You guys should come along. Let's party, we'll see you there."*

Now, not every girl came, but when you have loads of numbers from girls that you've been meeting and you're inviting them all out and some of them come, then you've got six, seven, eight girls arriving to hang out with you on a Friday or Saturday night.

What happens then, is that they see that other girls are interested in you.

It becomes like a competition.

They see that these girls are your female friends.

They like you.

They can sense that the girl feels attracted to you as well.

So, it becomes this competitive environment where the girls are trying to make you like them the most.

I remember on my 30th birthday, I'm 42 now, but I remember on my 30th birthday, back when I was still living the single life, I invited so many people and there was just women everywhere.

The place was packed and I was looking around just thinking, *"Look at this. I came from nothing, having no women, no female friends, being scared to approach women and I've got all these women jam-packed at my party. I've got all these new friends."*

It was a good time.

Of course, now, I've settled down and I'm with my perfect girl, but if you are single and you want to get yourself a girlfriend, then you can use that female friend technique where you get their numbers and you're not trying to set up dates with them.

Instead, you get them out to party with you.

Partying with you doesn't need to be anything amazing, other than just going to a cool bar or a cool lounge bar, a cool club, whatever it may be, hanging out and having a great time.

By the way, what happens as a result of you inviting them out and then feeling attracted to you, enjoying hanging around you and so on is that they start inviting you to things.

So, you get invited to parties at bars, to house parties.

You get invited out to lunch on Sunday and so forth.

These women are interested in hanging around you.

So, if you meet women and create a spark of sexual attraction inside of them and as a result, they like you, but you're not quite sure if you want to date them, then turn them into a female friend for now.

Invite them out if you're going out to a party, or if you'd been invited to a party and you can bring friends (i.e. you can invite girls) and before you know it, what you'll find is that you'll have a bunch of female friends who are attracted to you and are secretly competing to try to become your girlfriend.

At that point, it's very easy to hook up with them.

You just allow them to be with you.

It's very easy.

Okay, so now if you don't want to make new friends and you just want to get yourself a girlfriend, number 3...

3. Go to places where you can meet women and get a girlfriend without having to make new friends

[image: Go to places where you can meet women and get a girlfriend without having to make new friends]

This approach is essentially about making the most of the opportunities that you have throughout your everyday life, without having to go out and meet women in bars and clubs and so forth, but you still have to be ready to talk to women.

You have to be prepared to create a spark.

Some examples: A waitress at a cafe, diner or restaurant, receptionists, women at the gym, women at the bookstore, women on public transport.

Now, that (women on public transport) might seem like a bit of an awkward one and it is.

It's awkward to talk to people on public transport.

Pretty much everyone is in their head.

Everyone keeps to themselves.

There's often some weirdos on public transport and people don't really want to interact with anyone, but when you sit next to a girl and you start talking to her and she sees that you're a cool easy-going guy and you make her laugh a little bit, you and her enter a private world.

It's about you and her.

You're having a conversation, you get along and it stops feeling awkward.

So, for guys who are on planes, trains, or buses, you can talk to some women in those environments and get yourself a girlfriend.

It's not the number 1 place that you want to go around approaching women, but if you find yourself sitting next to a pretty girl, will you know what to say?

Will you know how to create a spark with her?

Will you have the confidence to do it?

Will you be prepared to make the most of the opportunity that you have?

Another place that you can meet women and get a girlfriend without having to go with friends is at a traditional or cultural events in your town or city.

Next one, at a shopping mall so women walking around shopping alone or with friends.

Another one at the shopping mall (women shopping), or women working in stores.

You can get a girlfriend in each of those situations without having to make new friends.

You just need to know what to say and do in each particular situation to attract her, connect with her and get her number.

By the way, if you're not aware, I have an eBook, [The Flow](#), which is also available on audio ([The Flow on Audio](#)).

The Flow teaches you what to say and do to start conversations, make women feel instantly attracted to you, make women feel increasingly attracted to you the more they talk to you, make women want to contribute to the conversation and get to know you.

The Flow also gives you my best, tested, proven-to-work examples of how to initiate physical touch in a way that a woman wants and welcomes, how to get her phone number, how to initiate a kiss, how to get her on a date and how to initiate sex.

Additionally, if you want to learn extra examples for meeting women in all sorts of environments, then you may also be interested in [The Flow Booster Pack](#).

The Flow Booster Pack includes 21 Great Ways To Get A Girlfriend, which is on audio and presented by myself, Ben and Stu who are the other coaches at The Modern Man.

Throughout the 7 hours of audio, we explain how we've gotten a girlfriend in 21 different situations such as a waitress at a cafe, diner, or restaurant, a receptionist, a woman at the gym, a woman at the bookstore, a woman on public transport, women at traditional or cultural events that are open to the public, a woman shopping at a shopping mall, a woman working at a shopping mall and so on.

21 Great Ways To Get A Girlfriend is a booster program.

It's an optional program that some guys get to boost the results that they're already getting from The

Flow.

So, to summarize and make everything 100% clear about my programs, The Flow is my proven, simple, easy-to-use, step-by-step system for approaching, attracting and picking up women that you find attractive.

If you want to get additional examples of what to say and do in many different environments, then you may also be interested in The Flow Booster Pack.

Okay, so the other bonus tip is about getting over any resistance that you may have to meeting women, if you haven't done it for a while, or if you think that you may be nervous or lack confidence when you go out to meet women.

One of the best ways to explain it is that it's sort of like if you haven't exercised for a while.

If you haven't exercised for a while, you will feel a bit tired, a bit lethargic and you will probably feel like you can't be bothered going and doing some exercising, but if you go and do it, you feel recharged, revitalized.

You feel energized.

The same thing applies to going out there and meeting women.

Initially, you might feel like, *"I can't be bothered talking to some girls. What if I go out there and I get bad reactions? What if I don't know what to say? What if this and that. I'll just stay at home and watch TV. I'll just play video games. I'll just play with my phone"* and so forth.

Yet, when you are in front of a pretty woman that is smiling and talking to you, you feel energized.

You feel revitalized.

You wake up.

You're standing in front of a pretty woman who is looking at you smiling, interacting with you and you have a chance to pick her up.

That wakes you up.

When you know what to say and do to pick her up and you get the result, then you feel amazing.

You can then say goodbye to that lonely single life, or to feeling left out when you're in social situations where you see couples and they're together and you're the single guy.

You want to have a girlfriend, but you can't seem to find one, even though you do see some women every now and again throughout your everyday life that you find attractive, but are you talking to them?

The girl that you see at a cafe, the pretty woman working in a clothing store; are you willing to walk over and talk to any of those women?

If not, the next time you're interacting with a female barista or a woman working in a clothing store, are you going to be ready to make her feel a spark of attraction for you?

Are you going to be ready to do that?

If you prepare yourself to do it and then you do it, you will see that you're able to make women feel sparks of attraction for you and you can then follow through and get yourself a girlfriend.

So, what path are you going to go down to get yourself a girlfriend?

Are you going to get out there meet some new friends and get a girlfriend at the same time?

Or are you going to make the most of everyday situations where you see women that you find

attractive and you're going to talk to those women, make them feel attracted to you, get some phone numbers and get yourself a girlfriend?

Commit to taking some action to getting this area of your life moving forward, to getting this area of your life sorted.

Write it down in a note on your phone, or record a voice recording of yourself on your phone saying what you are going to do.

Say what you're going to do below, then follow through on it.

Before you know it, you will have achieved it.

You will have gotten yourself a pretty girlfriend who loves you, feels attracted to you and wants to be with you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

5 Reasons Why Most Women You Like Already Have a Boyfriend

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

There are so many guys out there who would love to get themselves a girlfriend, but they often find that the girls they really like are already taken.

[image: Why does every girl I like already have a boyfriend?]

Why does that happen and more importantly, how do you fix it so you can actually get yourself a girlfriend that you find attractive, you really like and you actually want to be with?

To help you understand that, I'll first explain the 5 most common reasons why a guy may feel as though all the good women are taken.

Then, I'll give you the solution and give you an example of something that you can say to a woman that you don't know, in a random situation to get something going between you and her.

So, let's begin with reason number one about why a guy may feel as though all the good women are taken, or all the girls he really likes already have a boyfriend.

1. He has been very unlucky up until this point

[image: Every girl I like has a boyfriend]

In this case, every woman that he has ever met, that he has really liked already had a boyfriend or a husband.

He has really bad luck when it comes to finding single attractive women.

Yet, he can change that.

I'll explain how and why as we go through this video.

2. Lately, he hasn't been meeting many new, single women that he finds attractive

[image: Lately, he hasn't been meeting many new, single women that he finds attractive]

Imagine this...

A guy wants to be able to get himself a girlfriend.

He works in an office and he goes to work on Monday to Friday.

On Friday nights, he sometimes goes for after-work drinks with coworkers and he usually just sticks within his group or talks to his coworkers.

He doesn't really venture out to talk to other women at the bar.

Then on the weekends, he may sometimes catch up with his friends who already have a girlfriend and he may not like any of the remaining single women in his social circle.

They may not be attractive to him.

He may like his friend's girlfriend, or he may like a girl at work and find her very attractive, but she's already engaged, got a boyfriend or is married.

So, as he goes through that cycle of his everyday life and week-to-week life, he doesn't meet many

new, single women and get to know them enough to know that he really likes them.

The reason I say that is that, in many cases, when a guy feels as though all the good women are taken, he has gotten to know some women via his social circle or work who already have a boyfriend or husband.

He likes those women.

Those women even like him.

They get along.

He's able to talk to those women.

He feels comfortable around those women.

He likes those women.

He feels attracted to them.

Yet, with the women that he sees in his everyday life, or that he sees when he's out at a bar and he doesn't walk over and talk to, he doesn't actually know that he doesn't like them.

He may like a lot of those women that he finds attractive.

He may have a conversation with them and feel as though he really likes her.

Yet, how many new women is he actually meeting per month?

For many guys, it's going to be zero.

For some guys, it's going to be one or two women every month.

For some guys, though, they may have been trying to meet new women.

They may be meeting up to 10 new women a month and they're still unable to meet a single woman who they're attracted to and who feels attracted to them in return.

Why is that?

It will usually come down to reason number 3...

3. He has been meeting some attractive women who are single, but he doesn't really know how to attract them and pick them up

[image: He has been meeting single, attractive women, but doesn't really know how to attract them and pick them up]

As a result, single women that he likes may like him as a person or see him as a nice guy, but they won't really be interested in anything sexual, or in being his girlfriend.

So, if he talks to a woman like that and asks for her phone number, she might say something like, *"Sorry, I have a boyfriend."*

Many women will say something like that to hopefully let a guy down gently.

She doesn't want to say, *"No, I am not interested in you. I wouldn't want to be with you. I'm not attracted to you,"* and so on.

Instead, she uses the excuse of, *"Sorry, I have a boyfriend."*

If that happens to a guy on a number of occasions, he may start to believe that all of the women he really likes already have a boyfriend.

In almost all cases, though, what he is missing is the ability to attract women as he talks to them. When you know how to attract women as you talk to them and those women are single, that's when you stop hearing, "*Sorry, I have a boyfriend*" as an excuse to end the interaction, or to let you down gently.

Suddenly, many of the single women you meet like you in a sexual and romantic way and you begin to enjoy your choice of women or you get yourself a girlfriend and settle down.

As mentioned, I'll give you an example of what to say to attract a woman as you talk to her later in the video.

For now, another common reason why a guy might feel as though all the women he likes already have a boyfriend is that...

4. He goes through his everyday life assuming that all pretty women must already have a boyfriend

[image: He goes through his everyday life assuming that all pretty women must already have a boyfriend]

"60% of unmarried relationships break up within 2 months and 70% end within 1 year."

Source: Social Science Data Collection. Stanford University, California

The reality is that most new relationships don't work.

They don't last, which results in men becoming single again and women becoming single again.

When you go into a cafe to order a coffee or some food, the barista may be single.

When you're walking through the park and you see a woman with her dog, she may be single.

When you're at a bar, most of the women there are going to be single.

Yet, in today's world, a lot of guys tend to think about dating apps and how that is interfering with their dating life and reducing their chances with women.

To put it into perspective for you, imagine a woman using a dating app in a big city, for example.

Tens of thousands of guys have swiped on her hoping to get a match.

Imagine now that she matches up with a hundred of those guys and they start texting her day and night.

Most guys who a woman will match up with on a dating app, will start texting her and texting her and texting her and it becomes way too much to manage.

So, what happens for a lot of women, is that they just use dating apps as a source of validation.

They see that all these guys are liking them.

They match up with some guys.

Some messages come through and she doesn't answer.

She doesn't get into text conversations with 50, 100 or 200 men at once.

She just doesn't do it.

In fact, according to a study of thousands of users of Tinder, 44.4% of people were using it to procrastinate (waste time) and hopefully boost their confidence.

I say ‘hopefully boost their confidence’ because in many cases, a dating app like Tinder doesn’t boost a guy’s confidence and instead kills his confidence.

He finds that he’s not getting any matches, or he’s only matching up with women that he’s not attracted to.

Additionally, in another study, only 29.2% of users said that they had met up with someone for a date via the app, whereas 70.8% hadn’t ever followed through and actually gone on a date with someone that they met via Tinder.

Of course, some women do use it for dates, but what you’ll find is that the majority of women who use it for dates aren’t very attractive and they’re swiping on guys that are better looking than them hoping that the good looking guy is going to accept her.

In some cases, the good looking guy will do that.

He’ll end up accepting a girl that he wasn’t initially very attracted to, but she grew on him and he thought, *“Why not? I’ll just be with her.”*

Yet, that same guy will go through his everyday life and see women that he is really attracted to: the girl working in a clothing store, the waitress, the girl behind the counter at a cafe, the receptionist, whatever it may be or at a bar.

He be thinking, *“Wow, I like that girl,”* but how many of them will he approach?

How many of them will he properly meet, where he has a conversation with them, attracts them and then picks them up?

That will usually be ZERO for most guys because most guys look at pretty women and assume that they must be taken.

She must have a boyfriend, or she must have hundreds of guys texting her on dating apps and she’s meeting up with them all the time.

Yet, in reality, although there are some pretty crazy women who go on dates with new guys every night of the week to get their dinner paid for, those women are the minority.

Most women aren’t engaging in ongoing text conversations with guys on Tinder and then following through and having loads of dates with all these different guys.

So, as you go through your everyday life, don’t just assume that every girl that you find attractive is taken.

Don’t go killing your confidences and your chances of being with her by assuming, *“She is pretty, has to have a boyfriend. She’s beautiful, has to have a husband. All taken, all the good ones are taken.”*

In reality, some of those women will be taken and some will be single.

Yet, almost all guys will look at her and think things like, *“She must be taken”* or, *“She must have a long list of guys on a dating app who are trying to get a date with her. She must be going on dates with all those guys all the time”* or, *“She would have so many options that she wouldn’t give me the time of day.”*

Yet, the reality is that when you talk to a woman in person and you make her feel attracted, it’s just you and her (not you, her and tens of thousands of guys on a dating app).

In that moment (in person), you and her are talking.

She is focused on you.

If you know how to make her feel attracted to you as you talk to her, she opens up to the interaction. It becomes about you and her.

It's a private connection between you and her.

It's a private world.

She's feeling attracted to you.

She's not thinking about all the hundreds of guys, or thousands of guys who have sent her messages on dating apps. *"Hey, beautiful. You've got beautiful eyes. Can I take you out sometime?"*

She's not thinking about that in that moment.

She's focused on you.

Now, of course, there are some women out there who have very high standards in men.

That's true, but those women are the minority.

The majority of women have what I call an open type, which means that they're open to being with different types of guys, as long as the guy knows how to make her feel attracted, create a bit of a connection and then get something going between him and her.

The fifth reason why a guy may feel as though all the good women are taken is that...

5. He only feels comfortable being himself around women who are taken

[image: He only feels comfortable being himself around women who are already taken]

So, if he's talking to his friend's girlfriend or wife, then he can feel comfortable because there's no pressure on him.

He's not trying to hit on her.

He's just hanging out, being himself and talking to her.

There's no intention there to pick her up, so he behaves like himself.

He's being himself around her.

He's being the cool, interesting guy that he is.

Yet, when he's around an attractive girl, an attractive woman that he really likes, then, oh, things suddenly change.

Suddenly he becomes more polite, more nice, more reserved, more hesitant than he is or wants to be.

The cool, interesting side of him is hidden.

It's suppressed.

He doesn't want to say the wrong thing and stuff things up.

He is worried that she might not like him.

He thinks that he needs to really try hard to impress her, so he puts on a bit of a character (i.e. he starts being nicer than he normally is, more polite and so on, more reserved).

As a result, single women that he finds attractive aren't finding him attractive because he's being too nice, or being too neutral, or he seems a bit awkward.

Yet, he does have a cool side to himself.

He has a confident side to himself as well.

He has an interesting side to himself, but it doesn't come out around girls that he feels very attracted to.

He suddenly feels a lot of pressure, like he needs to impress her and that causes his behavior and conversation style to change and become unattractive and unappealing to the woman.

So, what's the solution?

The solution is that you need to prepare yourself to get the result that you want.

In other words, you've got to get yourself ready to start a conversation with a woman that you find attractive, keep the conversation going, attract her, get her phone number, or kiss her, depending on where you meet her.

You've got to know what to say and do to make that happen so you can get the result.

For example: Would you know what to say if you saw this girl in a supermarket or a grocery store right now?

Would you know how to start a conversation with her, keep the conversation going, keep it interesting, make her feel attracted, connect with her and get her number?

Would you know how to do that?

How about this girl working in a clothing store?

Would you know how to attract her and get her number?

How about if you went to a bar and saw this girl, would you know what to say and do to attract her and pick her up?

Finally, this girl in the park with her dog.

Would you know what to say to start a conversation, make her feel attracted, keep the conversation going, keep it interesting and eventually get her number?

The thing is, most single guys who see a woman in the park with her dog and find her attractive, will assume that she must be taken, or that worry that other people at the park will think he's a sleaze, he's harassing women and so on.

Yet, here's the reality...

If you saw a normal guy walk over and talk to a woman in the park and they were getting along, having a conversation, having a laugh, what would you think?

People aren't going to come running from all directions towards a man and the woman who are talking, having a laugh and getting along and say, *"Stop talking to each other. You two are getting along. You seem like you like each other. Stop talking to each other."*

Instead, most people are just going to go on about their business and not even notice, but the people who do notice will think, *"Oh, those two people like each other. They're having a nice conversation."*

Or, if it's a single guy or a single woman, they may look on and think, *"Why doesn't that happen to me? I walk my dog and no one comes over and talks to me."*

It's not harassment or sleazy behavior to have a friendly conversation and create a spark with a woman.

[image: Approaching and flirting with a woman in a park with her dog]

So, if you saw a woman in the park with her dog and you found her attractive and she was sitting down with her dog, or she was walking slowly, or just hanging out in the park with her dog, you can walk over and say something like this to her.

“Hey, cute dog. It’s even cuter than its owner.”

Pause, smile and add, *“Just kidding. It’s only a little bit cuter than it’s owner. Hey, I’m Dan, by the way. I was just walking past and I saw you with your dog and I thought, oh cool dog. I’ll come over and say hello. What’s your dog’s name? Maxine. How are you doing little lady? How about you? What’s your name? Jenny. Hello, nice to meet you. Can your dog do any tricks? What? You haven’t taught her any tricks? Come on. She’s got to be able to do backflips and things like that.”*

You simply keep a conversation going with her.

[image: Approaching a girl at the park]

You make her laugh, you be confident, you connect with her and you flirt with her.

If both of you are off work that day or if it’s a weekend, you might walk together and get a coffee or get a juice.

If not, you just get her number.

You get her number, call her up, set up a date and then on the date, you’ll most likely kiss her and you might have sex.

If it doesn’t happen on the first date, it may happen on the second or third date and then you and her become a couple.

You’ll be walking along the street and a guy who feels as though all the good women are taken, looks on at you and thinks, *“All the good women are taken. See, I like her. Why can’t I get a girl like that? Every girl that I know has already got a boyfriend or a husband. All the good women are taken.”*

Yet, how many women is he properly meeting and does he know how to attract those women as he talks to them?

Does he know how to create a connection and then get her number?

Is he actually doing that, or is he meeting the same women over and over again through his friend group or at work?

Is he really venturing out?

If he does venture out and talk to new women, does he know how to attract them?

What’s important to understand is that all these other guys that you see with a girlfriend aren’t going to be better than you.

It’s not as if you’re not an interesting guy.

It’s not as if you can’t make a woman feel attracted as you talk to her, if you know how to do that.

These guys aren’t super amazing guys.

They’re just normal everyday guys in most cases and they’re able to get themselves a pretty girlfriend.

If you think that you can’t do that, then you need to think again.

You can do it.

By the way...

If you're serious about learning how to do this, then I recommend that you read my eBook, [The Flow](#), or listen to the audiobook version, [The Flow on Audio](#).

It includes my best ever conversation starters, ways to make women feel instantly attracted to you as soon as you start talking to them, how to build up a woman's attraction as you talk to her, how to keep conversations going and keep them interesting, how to make a woman want to contribute to the conversation and want to get to know you, how to initiate touch in a way that she wants and welcomes, how to get her phone number or how to kiss her or have sex with her on the first night that you meet her.

Alternatively, you can get a phone number, set up a date, kiss her on the first date and have sex on the first, second or third date or whenever you want to do it.

All you have to do is follow the steps of The Flow and you and a woman will flow smoothly from one step to the next.

It's the easiest way to get laid or get a girlfriend.

So, Why Does Every Girl YOU Like Already Have a Boyfriend?

[image: All the good women are taken, or are they?]

After reading the points above in this article, what has been the case for you?

Has it been that you've just been very unlucky with meeting women (i.e. every woman that you've ever liked has already had a boyfriend)?

Has it been that you haven't been meeting many new women properly? You haven't really been expanding your options.

Has it been that you've been meeting new women, but you haven't been making them feel attracted? You've just been having friendly, neutral, or nice conversations with them.

Have you been assuming that all the pretty women you see are already taken, or assuming that there are no single women in your area?

Has it been that you only really feel comfortable around women that you're not trying to pick up, that are already taken and that's when you can be yourself? You haven't yet worked out how to be comfortable and confident around women that you find attractive.

Well, the solution for that, is to prepare yourself to get the result (i.e. get a girlfriend), by understanding how to attract women as you talk to them.

What happens, when you know how to attract a woman as you talk to her and you do that and you see that she's attracted, is that you then feel more confident.

You then know that if you talk to another woman, there's a high chance that you're going to be able to make her feel attracted.

If you talk to her and you make her feel attracted, your confidence increases even more.

You're like, *"Okay. I've got this now."*

Yet, if you just look at women that you find attractive and you don't talk to them, or if you talk to

women that you find attractive and you just have friendly, neutral, or nice interactions with them and therefore don't create a spark inside of the woman, then you may end up going through your life thinking that all the good women are taken.

You may end up assuming that there's no quality women left for you, when in fact there are.

The reality is that you can make women feel attracted to as you talk to them.

It's not possible to attract and pick up every single woman in the world, but it is possible to attract and pick up many single women, including women that you see as being pretty and beautiful.

Other guys have done it.

Don't go through your life thinking that those guys are better than you and that you can't do it.

You need to start thinking differently about yourself.

You need to start giving yourself more credit.

You need to start believing in yourself.

You need to start understanding that it's not difficult.

You CAN make women feel attracted to you as you talk to them.

When you do that, you will then realize that you could have been enjoying your choice with women all this time.

Yet, at least you're doing it now; at least you're not going through more years or a decade or more of your life thinking that there are no pretty women for you.

At least you're not wasting more of your life believing that you can't get a girlfriend, you can't get laid and you can't fix it.

Other guys can do it, but you can't.

Come on, you CAN do it.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

How to Get the Pretty Girl You're Dating to Chase You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Dating a pretty girl and trying to get into a relationship with her, versus dating a pretty girl and having her try to get you into a relationship, is a completely different experience.

Likewise, you can have a long-term relationship with a woman where you and her are kind of 50/50, or you can have a dynamic where you are trying to impress her all the time and hopefully get her to love you as much as you want to be loved, or you can have a relationship experience where she wants to impress you.

She wants to maintain your interest and she appreciates the fact that you love her and want to be with her.

She feels lucky that you have chosen her.

You can literally experience that all the way into a long-term and lifetime relationship with a woman.

For now though, let's start at the beginning...

How can you get a pretty girl that you're dating to chase you, really want to be with you and hope that she gets to be your girlfriend?

1. Let her feel like she is getting to be with you, rather than you are getting to be with her

[image: Make a girl chase by making her feel like she is getting to be with you, rather than you are getting to be with her]

In most cases, if a guy gets to the point where he has sex with a pretty woman that he finds really attractive, then he will immediately begin trying to secure an exclusive, boyfriend-girlfriend relationship with her.

So, she will be in the position where she gets to say, "Yes" or, "No" to an exclusive relationship and he needs to ensure that he impresses her enough to the point where she hopefully says, "Yes."

In other cases, if a guy is simply dating a pretty woman and they haven't had sex yet, he will usually be giving her the impression that he's hoping to be chosen by her.

He's hoping that she will *let him* be her boyfriend.

[image: How to get the girl you are dating to chase you]

For example: If a guy goes on a date with a pretty girl that seems to have gone well, he will often go home feeling excited about her becoming his girlfriend.

He will then start texting her sweet messages, asking if he can see her again and essentially, behaving like a guy who is falling madly in love with her and is hoping to become her boyfriend.

In many cases, the guy will text and text and text until she eventually friend zones him, even though he could have gotten her into a relationship if he used a different approach.

In his mind, he thought that he was using the right approach by showing her how excited he was and how much he was hoping to get into a relationship with her.

Now, there's nothing wrong with a guy doing that if he wants to.

A guy can do whatever he wants.

Yet, if he's dealing with a pretty woman, an attractive woman who is highly desired, then she is going to be used to the fact that most guys instantly fall in love with her and really want to have a relationship with her.

She's going to be used to that and it's not the type of experience she is really looking for, when it comes to a relationship.

What she is really looking for, is to feel like she would be lucky to be with the guy (i.e. that she needs to make sure that she impresses him, that she maintains his interest, so she can get him into a relationship).

When that type of dynamic is established, the woman feels more excited to be with the guy.

It's an excited type of love, rather than a reluctant type of love.

What a lot of guys make attractive women feel is a reluctant type of love.

[image: She is bored of feeling a reluctant type of love for guys and wants to experience an exciting type of love, where she feels very lucky to be with a guy. It's usually the guys who feel very lucky to be with her. She wants to feel like the lucky one for once.]

It's a reluctant type of relationship, where she is essentially giving the guy a chance.

He's getting to hang around her.

He's getting to have sex with her.

He's getting to be in a relationship with her and she is allowing that.

For her, it's like, "*Alright, fine*" and she will go along with it, but that isn't an exciting experience for an attractive woman.

It's so typical where the guy is hoping and trying really hard to be able to get her into a relationship with him.

Yet, what she really wants is to have that feeling where *she* is getting to be with the guy.

She's going to have to make sure that *she* impresses him and that *she* maintains his interest, otherwise, she is not going to get to have a relationship with him.

The thing is, a lot of guys are able to do that when it comes to women that they're not attracted to.

A woman that they're not attracted to is showing lots of interest and he eventually just gives her a chance. He thinks, "*Alright, I'll have sex with her for a while*" or, "*I'll hang out with her for a while. Why not? I'll give her a chance.*"

She then feels that pressure where she needs to impress him, maintain his interest, build on his interest and make sure that she doesn't stuff things up.

Now, when it comes to an attractive woman, most guys aren't willing to do that to her.

They see it as being too risky.

"What if I stop showing a lot of interest in her and she then loses interest in me? What if I don't text her a lot and she stops texting me and then start seeing another guy? Then I've lost her. What if I suddenly stops trying to arrange dates and she then goes completely cold on me? What am I going to do then?"

Well, the way that it works, is that prior to getting to sex with an attractive woman, you should

pursue her and make something happen between you and her.

Arrange a date, get to the date, attract her, kiss her, have sex with her on the first, second, or third date, whatever it is and get that to happen.

You've got to get to the point where you and her have had sex.

After that, you can then take the foot off the gas pedal/the accelerator.

You can let her text to you.

You can let her call you.

In most cases, if you've done a good job making her feel attracted and she enjoyed having sex with you, then she's going to want more, so she will then usually text you or call you.

Now, if she doesn't call you after three or four days, or doesn't text you after three or four days, it's totally fine to send her a text and say, "*Hey beautiful, how are you doing?*"

That is a totally different experience for a pretty girl, or a beautiful woman compared to what usually happens.

Usually, if she gets to the point where she has sex with a guy, the guy will almost always start saying that he really likes or loves her, or wants to have a relationship with her and then he blows her phone up with texts,

"Good morning." *"Good night."* *"How is your day going?"* Blah, blah, blah.

He's texting her all the time.

He wants to see her everyday and so on.

Now, the thing is, you can date a pretty woman, have sex with her and then immediately begin to push for a relationship and get that, in some cases.

You can do that, but it would be a totally different experience.

It will be her letting you have a relationship with her.

It will be her accepting that you're getting to be with her.

It's a completely different dynamic compared to this:

You make her feel very attracted when you're on a first date and on the second date.

She really likes hanging out with you.

You have sex.

She's totally into it.

She enjoys it with you and then after sex, you're not blowing her phone up with texts or in person.

You're not saying things like, "*I love you. I want to have a relationship with you. You're the girl that I've been waiting for all this time*" and so on.

You're chilled out about it all.

She is feeling attracted to you and she also feels like she wants to have a relationship with you.

The words "*I love you*" are on the tip of her tongue, but she doesn't want to say it.

She is hoping that when you and her part ways, you will text or call her so she can see you again.

Then, she checks her phone on the way home: No messages.

She wakes up in the morning: There's no good morning text.

She goes to work for the day:Â No text thenÂ either.

She gets home, she's watching Netflix, she's all alone, she's chilling out: No text from you.

What's going on?

Well, what's going on is that she's missing you.

She's going to be thinking about you.

You made her feel attracted on the date.

You connected with her.

You had sex.

She really enjoyed her time with you, but now, you're not chasing her and trying to get her to commit to a relationship with you.

So, then she starts wanting to have a relationship with you.

She starts feeling like *she* wants to *get to have* a relationship with you.

You're beginning to create that dynamic.

2. Let her be the one trying to get you to commit to a relationship and then eventually, allow her that privilege

As you continue to date her, have sex with her and hang out with her, she'll be waiting to hear that you want to be her boyfriend and you want an exclusive relationship, but when you don't say it, it will be on her mind.

She will get to the point where she will eventually say, "*Well, where is this heading? What does that relationship mean? What are we?Â Just friends with benefits, or do you want something more?*"

She might say that she really likes you and she wants to be your girlfriend.

She wants a committed relationship.

She doesn't want you seeing other girls.

She just wants to be with you.

To give her the relationship experience that pretty much every beautiful woman wishes she could have, then just take it easy at that point.

Don't immediately say, "*Yes, alright, I'll commit to you.*"

Let her really want it.

Let her feel lucky to be getting you into a relationship.

So, at that point, you can say something like, "*Well, I enjoy hanging out with you. You're pretty. You're cool. Let's just see how it goes.*"

Now, think about it.

In almost all cases, it's the pretty woman saying that to a guy.

The guy is totally smitten with her.

She's beautiful.

She's sweet.

She is friendly.

She is exactly what he wants in a pretty girl.

He's got the girl that he wants and he's trying to get her to commit to a relationship with him, like pretty much every other guy does when they meet a pretty girl, or a beautiful woman and they get a chance with her.

Yet, in this case, the tables have turned.

She is hinting at wanting a relationship or directly asking for it and the guy is (half playfully, but also half seriously) saying something like, *"Well, let's just see how it goes. I enjoy hanging out with you. You're pretty, you're cool, but I haven't seen much of your cooking yet. Let's see how good of a cook you are."*

[image: Woman cooking to impress a guy that she wants to commit to her]

In almost all cases, if you've been doing a great job of making her feel attracted to you and she's enjoying having sex with you, then she is going to want to step up to the plate there and cook something for you to impress you.

She is going to want to make sure that she is maintaining your interest and building up your interest to the point where she gets you into a relationship and eventually, you then say to her, *"Alright, you and me are boyfriend and girlfriend"* or, *"Alright, we're exclusive, it's you and me."*

She's excited to be with you.

She feels lucky to have gotten you into a relationship.

Now, with number 3 here, this is if you want to have a long-term relationship or marriage with her.

3. Maintain that dynamic while also showing your love and commitment to her

There's a line in a relationship.

There's a sweet spot, where things work really well and it makes for a happy relationship for life.

[image: Relationship sweet spot]

On one side of the line (the 'line' is the sweet spot in the middle of the image shown above), the guy is making the mistake of trying to always impress his woman.

He's trying to do everything for her.

He's trying to be the best man that he could possibly be to hopefully get her to truly love him, to love him in the way that he wants to be loved, to appreciate him in the way that he wants to be appreciated, to respect him and so on.

He's going to try and try and try and hopefully one day, she will give him that love, respect and appreciation.

That's a crappy type of relationship to be in for the guy.

It's not fun and really, it's not that much fun for the woman either because she isn't truly in love with the guy.

She doesn't truly feel attracted to him and she doesn't truly respect him.

Now, on the other side of the line (e.g. to the right of the sweet spot in the image above) is where the guy takes his woman for granted.

He just doesn't give a crap.

"If she wants to be with me, good for her. I don't have to do anything."

That approach can work for a while—when a woman is trying really hard to hopefully, one day get to the point where the guy loves her, respects her and appreciates her the way that she wants to be loved, respected and appreciated, but almost all women tire of that.

What usually happens is that the woman will eventually dump the guy and it's often at a point where he is feeling emotionally weak.

He's going through a difficult time in his life, becomes emotionally weak (i.e. he becomes needy of her, insecure about her devotion to him) and then, she dumps him and leaves him behind.

On either side of the line, a good relationship doesn't happen.

The guy who is sucking up to his woman all the time often gets cheated on, or he ends up getting really angry at her and cheating on her to make himself feel better.

It's not a good relationship dynamic, but the sweet spot, now, that's where it's at.

[image: Maintaining a relationship with a pretty girl]

It's a very particular type of relationship.

It's where the woman feels lucky to be with her man.

She wants to impress him.

[image: How to build a relationship with a pretty girl]

She wants to maintain his interest, but the guy also shows his love and commitment towards her.

He also respects her and appreciates her and she feels that, but she also feels as though she is lucky to be with him.

She also feels that he could lose interest if she doesn't continue to impress him.

He doesn't threaten her with that, but she gets the sense based on the type of man he is.

By the way...

If you enjoyed today's video and you're serious about mastering this area of your life, then I have two recommendations for you.

The first recommendation is for the single men watching this video, who want to easily attract women so they can get laid or get a girlfriend.

My best ever techniques for that are in my eBook, [The Flow](#), which is also available on audio ([The Flow on Audio](#)).

The Flow is the easiest way to get laid or get a girlfriend.

It includes my best ever conversation starters, ways to keep conversations going and keep them interesting, how to make women instantly feel attracted to you as soon as you start talking to them, how to build up their attraction, how to make a woman want to contribute to the conversation and get something going between you and her, how to initiate physical touch in a way that she wants and welcomes, how to get her phone number, how to initiate a first kiss, how to initiate sex and so on.

The Flow is everything that you need to know, to go from hello to sex with a woman that you find attractive.

The second recommendation is for men who are in a relationship with a woman, or men who want to prepare themselves to have the type of relationship experience I was talking about in this video.

The techniques in Make Her Love You For Life cause a woman to want to treat you well, to impress you, to maintain your interest, to build on your interest, to respect you and show you the appreciation that you deserve.

Of course, it's not all one-sided, though.

You will also learn how to make a woman feel loved and appreciated, so she only wants to be with you.

It's up to you how you want to approach your dating life and relationship life with women, but I recommend that you put yourself in the position where women that you want to date respect you, appreciate you and want to be with you and the woman that you decide to have a relationship with will respect you, appreciate you and only want to be with you.

That is a completely different life experience as a man, compared to trying to hopefully get a girl to like you enough to give you a chance, or trying to get your girlfriend or wife to hopefully show you the respect and appreciation that you deserve, if you put loads of effort into the relationship.

That's a completely different life experience.

You don't have to experience that.

You can create a dynamic with women from the start and throughout an entire relationship where they respect you, appreciate you and feel lucky to be with you.

To help you understand why, just think about what an attractive woman usually experiences.

It's usually the guy who feels lucky to be with her.

He's usually trying his hardest to hopefully not stuff things up, so he doesn't get rejected or doesn't get dumped.

Yet, you don't have to put yourself in that position and what's more, is that an attractive woman or a pretty girl doesn't want you to be in the position where you feel like you have to suck up to her and hopefully get a chance with her or in a relationship, do loads and loads of things for her to hopefully be respected and appreciated.

She doesn't want you to be in that position.

She actually wants to be in the position where she feels lucky to be with you, where she feels that natural desire to impress you, maintain your interest and build on your interest.

She wants to be in the position where she doesn't ever want to stuff things up with you, because she loves you so much and feels lucky to be with you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I

promise!)

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Why Do Women Seem So Unapproachable?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Have a look at these women and decide whether or not you would feel as though the woman is approachable or unapproachable.

Would you approach her?

[image: Does she seem unapproachable to you?]

How about this woman, does she seem approachable?

[image: Does she seem unapproachable to you?]

How about this woman, does she seem approachable? Would you approach that woman, or does she seem a bit unapproachable?

[image: Would you approach her, or does she seem unapproachable?]

Over the years, many guys have contacted me and essentially said something along the lines of, *“I really want to approach and talk to women that I find attractive, but they just don’t seem like they want a guy to come over and talk to them. They seem like they want to be left alone, like I would be interrupting them and they wouldn’t like that. They wouldn’t like it if I came over and said hello.”*

So, even though the woman that he really likes is right there, he avoids her and remains alone.

In many cases, if he knew how to talk to her and make her feel attracted, she would like him.

He could then get her phone number and set up a date.

Before he knows it, he would be kissing her and having sex with her and enjoying a relationship with her.

So, the question is: Is it true that most single women are unapproachable, or is it just the guy imagining things?

What is the truth here? What is really going on?

Well, as you’ll discover from the following list, the answer isn’t black and white.

There are a lot of shades of gray when it comes to women.

However, the solution is very simple.

So, let’s go through the list.

1. Sometimes a woman is single and would love to be approached, but she seems like she doesn’t want to be approached because of her body language

[image: She is single and wants to be approached, but seems like she doesn't want to be approached because of her body language]

She seems a bit closed off like she’s in her own world and doesn’t want to be disturbed, but secretly, she is lonely and wants to have a boyfriend.

She doesn’t understand why it’s not happening for her.

She knows that other women haven’t had to approach men to get themselves a boyfriend, so she wonders why she is still single and alone.

Why doesn't a guy who likes her just come up and say hello?

2. Sometimes a woman doesn't want to be approached, but her body language seems the same as other women who do want to be approached

[image: Sometimes a woman does want to be approached, but her body language seems the same as other women who do want to be approached]

She also seems kind of closed off and in her own world, but in this case, she doesn't want to be approached.

3. Sometimes a woman is out with her girlfriends and acts like she just wants to have fun and doesn't want to be approached by men, when she is secretly hoping that a guy will come over and talk to her

[image: She secretly wants to meet a man, but acts like she just wants to have fun with her girlfriends]

If anyone would have asked her why she has gone out that night, she will say something like, *"Oh, I just want to dance. I just want to have fun."*

Yet, in reality, she is single and is secretly hoping to find herself a boyfriend.

4. Sometimes a woman would love to be approached, but is afraid of showing interest in being approached and then feeling like a reject when no guys talk to her

5. Sometimes a woman would love to be approached, but doesn't want to seem too easy or keen because she knows that many guys place less value on women like that

In almost all cases, a guy wants to get himself a girl who doesn't seem like she would go flirting with other guys if he wasn't around.

She is the sort of a woman who controls herself, who keeps to herself rather than going around flirting with loads of men in random situations.

6. Sometimes a woman would love to be approached, but displays closed body language to avoid being approached by weird guys, or old people who are walking around the streets and looking to have a conversation with any stranger who will show some interest

[image: She wants to be approached by men, but displays closed body language to avoid being approached by weirdos on the street]

So, her body language is closed and she keeps to herself rather than looking like she is openly inviting anyone to come and talk to her.

7. Sometimes a woman would love to be approached, but it doesn't like like that because she isn't reacting to men in the same way that they react to her

This reason, which is based on a scientific discovery, is that the sexual pursuit area of a human brain is 2.5 times larger in a man compared to a woman.

[image:]

This specific difference in the brain has a noticeable effect on how men and women pursue sex.

Men are physically wired to 'be on the look out' and to try find themselves a woman to have sex with, whereas women are physically wired to be more passive when it comes to dating or the pursuit of sex.

This is why almost all women simply wait to be approached by a man.

[image: She wants to be approached, but it doesn't seem that way because she doesn't react to men in the same way they react to her]

So, sometimes a woman would love to be approached, but it doesn't look like that because she isn't reacting to men in the same way that they react to her.

She is in her natural state of being passive, rather than going around approach men to find herself a boyfriend.

Of course, sometimes a woman will get so desperate that she will force herself to approach a man to see what might happen.

Yet, in my cases, it won't work out well for her.

For example: I get thousands of comments every month from all over the world and about every 3 to 4 months, a guy will comment saying that he got approached by a woman.

Some of the comments I've received have gone something along the lines of this...

A guy was at the gym.

A girl came over and approached him and was interested right away.

He didn't want to talk to her or continue the conversation because he felt it was too easy.

[image: She tried approaching, but got rejected]

He felt as though she was too keen.

There had to be something wrong there.

So, he rejected her.

He didn't keep the conversation going.

Another guy was approached by a woman, he didn't mention where, but a woman came over and talked to him and seemed interested.

She was pretty and the type of woman that he was looking for.

Yet, he felt he wasn't ready for a relationship at that point because he wanted to improve his career, or something like that.

So, he didn't keep the conversation going with her.

She had worked up the courage to come and talk to him and show interest and he had rejected her.

She may have walked away thinking that she wasn't pretty enough, or that she may have seemed desperate and therefore low value, but in reality, the guy said that she was pretty and he liked her, but he didn't feel like he was ready to have a girlfriend because of his career.

He needed to improve himself more first before he had a girlfriend.

Finally, another example: A guy commented saying that a woman approached him and he felt

intimidated by the situation.

He felt like there was a lot of pressure on him to suddenly talk to her and keep the conversation going and he didn't know what to do with it.

Now, she probably felt a little bit rejected at that point.

She had worked up the courage to talk to a guy who ended up not seeming interested.

He didn't seem like he wanted to have a conversation with her.

The conversation dried up very quickly.

He seemed like she was making him feel awkward.

He seemed uncomfortable, so she ended up walking away.

On the flip side now, sometimes a guy will walk up to a woman and she will like him, but she'll feel intimidated by the situation.

She won't know what to say or she'll worry that if the guy got to know her, he wouldn't really like her and therefore, a relationship wouldn't work.

Her relationships in the past haven't worked.

She doesn't really feel like she can keep a guy in a relationship.

She wants to.

She sees her friends or family in happy relationships, but as for her, she continues to remain single.

Her relationships don't work out.

She wants to have a happy relationship.

She wants to get herself a boyfriend and have a relationship that works, but she hasn't been able to find that.

As a result, she may begin to worry that she is the problem.

So, what's a woman to do?

Likewise, what's a man to do?

Well, my channel is for men.

It's not for women and my advice here is for men.

If you want to get a girl, take a chance to advance your situation by talking to her, rather than waiting around and hoping that pretty women will come over and talk to you.

[image: Take a chance to advance your situation, by approaching and talking to women you find attractive]

It's always best to take control of the situation yourself by talking to a woman that you find attractive and knowing what you need to say and do to pick her up.

Personally speaking, I used to take guys out to approach and pick up women and I did that every weekend for about 4 years.

Guys would initially say that women seemed unapproachable and they didn't want to be interrupted, but when they actually approached, they found that almost all women were immediately open and friendly.

Additionally, I ran seminars for many years and guys have always been concerned with the same sort

of things.

Women seeming unapproachable, like they don't want to be interrupted and so on.

[image: 80% of women are immediately friendly and open when you walk over and talk to them]

Yet, what I've always found from my personal experience and from teaching other men is that about 80% of women are immediately friendly and open when you walk over and talk to them.

About 10% of women are closed, but they then warm up if they see that you're a confident, easygoing guy, or a cool, easygoing guy, or a cool, easygoing guy.

The remaining 10% are very cold and many of them will remain that way for at least 5 to 10 minutes into the interaction.

Those type of women want to see that you're truly confident and you truly believe that you deserve to have a woman like her.

You're not just putting on an act of being confident.

You are truly confident in yourself, regardless of how women behave around you.

So, if you want to put the odds in your favor as a man, you have to build up the courage to talk to women in person.

From my experience teaching men, hearing from men all over the world who have used my techniques and from my own experience meeting women, you have an 8 out of 10 chance that a woman will react in an open and friendly way when you approach in person.

Compare that to dating apps where you are trying to compete with tens of thousands of other guys for her attention and it's pretty obvious that talking to women in person is where you have the advantage as a man.

Additionally, compare approaching a woman in person, making her feel attracted to you, getting her phone number, setting up a date and getting something going between you and her, versus a guy who waits and hopes that if he can just become successful enough in life, then one day, maybe 5, 10, or 20 years from now, women will eventually approach him and chase him.

They'll want to be with him because he's so successful and so on.

Yet, if a man does become very successful, then he's going to have another problem on his hands.

That is, he'll most likely worry that a woman will only like him for his money and success.

What then?

Well, he has just spent many years or decades working his butt off, in the hope that one day women will like him because of that.

Meanwhile, other guys have been getting girlfriends regardless of what stage of life they're at.

Other guys haven't needed to become successful in life to get a girl.

They just had to speak to her, make her feel some attraction and get things moving along between themselves and her.

So, the solution as a man is to put the odds in your favor by approaching and talking to women that you find attractive.

You have an approximate 80% chance that a woman will be friendly and open if you talk to her in person.

If you can deal with those odds, then you can have direct access to pretty women, without waiting around to hopefully be chosen out of tens of thousands of other guys on a dating app.

Just say hello to her in person.

That is where a man is in the position of power for many reasons, one of which is that almost all men are too afraid to approach, so there's hardly any competition.

If you have the confidence to approach and you know how to make a woman feel attracted to you as soon as you start talking to her, then you can attract and pick up many of the women that you meet.

Of course, it's not possible to pick up every pretty woman in the world, but you can attract and pick up many of the pretty women that you meet.

Best of all, these women actually want to be picked up, so they can get themselves a boyfriend.

Yet, they don't make it obvious, which is why they seem so unapproachable to the majority of men.

By the way, if you want to get this area of your life sorted now, rather than waiting around for women to hopefully come rushing after you and approaching you 10 or 20 years from now, then I recommend that you read my eBook, [The Flow](#), or listen to the audiobook version [The Flow on Audio](#).

When you read or listen to The Flow, you will unlock a type of confidence in yourself that will completely change your life with women from now on.

This confidence comes from knowing exactly what to say and do to start conversations with women, how to make them feel immediately attracted to you as soon as you start talking to them, how to keep conversations going and keep them interesting, how to make a woman want to contribute to the conversation and hopefully get something going between you and her, then how to initiate touch in a way that she wants and welcomes, how to initiate a first kiss, how to get her phone number, how to have sex on the first day or night that you meet her, or how to initiate a kiss and sex on the first, second, or third date; the choice is yours.

When you follow the simple steps of The Flow, you and a woman will smoothly flow from one step to the next.

It's the easiest way to get laid or get a girlfriend.

No One Cares About You Talking to Women, Just Like You Don't Care About Other Guys Talking to Women

One final point that I want to make for you in this video, is that many guys don't approach women because they're worried about what other people may think.

What will people think if he walks over and talks to a woman?

Well, I'll ask you.

What have you thought when you saw a cool, easy-going guy talk to a pretty woman and the guy and the girl were immediately getting along with each other?

They were talking and laughing together.

They seemed like they were connecting with each other and so on.

Did you think, *"That guy is a loser! That guy is doing something wrong! Everyone! Everyone,*

look at him! The guy is talking to a pretty woman. They're getting along. We need to stop this!'?"

It goes without saying that people don't react in that way.

In almost all cases, people look on and they actually feel a bit jealous.

They actually feel a bit left out.

Many people look on and think, *"Why isn't my life like that? I want a girl like her? What does that guy have that I don't?"*

Or, if it's a single girl, *"Why doesn't a guy come over and talk to me like that? Why am I single? Why am I not being approached? What's wrong with me?"*

Of course, if you were to look at that woman, she wouldn't necessarily seem like a woman who wants to be approached.

She wouldn't necessarily be sitting there looking around the room and hoping that some guy makes eye contact with her and comes over and approaches her.

She's most likely going to be playing with her phone, or drinking her coffee, or eating her food and minding her own business.

She's going to be sitting there and if she's single and she does feel a bit depressed and left out, then she's going to be feeling that.

She's going to be thinking, *"Why can't I get a boyfriend? What's wrong with me?"* and so forth.

Yet, from a guy's perspective, he may look at her and think, *"Wow. She's pretty, but she doesn't seem like she wants to be approached. If I go over her, I'm going to be interrupting her. That's not cool. I can't do that."*

[image: Take a chance and talk to her]

So, a pretty girl that he really likes is right there, but he doesn't do anything about it.

She goes this way and he goes that way and he almost certainly never sees her again.

The reality is that if you're in a big city, you will rarely see the same girl again.

If you're in a small town, you may see her again, but by the time that you work up the courage to talk to her, she may already have a boyfriend.

So, if you see a girl that you find attractive, take a chance.

Walk up and say hello.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

When Your Politeness is Mistaken For Nice Guy Behavior

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Many guys grow up being taught to have good manners, or at least to be polite and that's a good thing.

It makes for a civilized society.

Yet, what many guys don't get taught when they're young, or when they've grown up and are living their adult life, is that in order to attract women on purpose, you have to be able to *switch into another mode of interacting*, rather than just defaulting to having polite, superficial, well mannered conversations with women.

[image: You need to create a spark of attraction with her by flirting, rather than just being polite]

So, this is how it works...

A guy will see a woman that he instantly finds attractive, but if he doesn't create a spark of attraction inside of her based on how he talks to her and instead, just has a polite, well mannered interaction with her, then she will almost always not feel a spark of attraction for him.

Instead, she will just look at him as being a typical, *nice guy* even though he may not be a typical nice guy.

He might actually be a cool guy.

He might be quite tough.

He might be the sort of guy who would stand up for himself if he needed to.

He might be respected amongst friends or family, but when he interacts with a woman that he finds attractive, he defaults into just having a polite, well-mannered interaction.

As a result, most of the women that he meets just see him as being a *nice guy*.

They mistake him for that.

Then, there's another type of guy; a guy who makes a woman feel sexually attracted to him by creating a spark as he talks to her.

This particular guy also treats women well as he talks to them and shows some manners, or nice behavior at times.

Women refer to him as a *charming guy*.

Charming guys universally attractive to women, whereas nice guys are seen as just a friend, or a last resort option.

So, if you don't want women to mistake you as a nice guy and therefore overlook you as a sexual or romantic option, then you've got to be willing to *switch into another mode of interacting* rather than just defaulting to polite, well mannered conversations.

When you switch into this mode of interacting that I'm going to give you an example of now, women see you as a charming guy and immediately begin to feel sexually attracted to you.

[image: Missing out on an opportunity to flirt with a woman at Starbucks because he just defaults into polite interactions with women]

For example: A guy may go into a Starbucks, order himself a coffee and wait over in the waiting area

to collect his coffee.

While he's waiting, he may see a pretty woman walk in.

Physically, she is his ideal type of woman.

She's the right type of age, she has the right type of look and so on.

She orders her coffee and then comes over to the waiting area.

While she's standing there playing with her phone, she accidentally bumps into him.

She then says something like, *"Oh, sorry, I didn't see you there, sorry about that."*

The guy, who isn't a soft, wimpy, nice guy and may actually be a cool guy, just defaults into having a polite, well-mannered interaction with her.

He has an opportunity to create a spark with her, but he just defaults into polite, well-mannered interactions.

For example: She bumps into him apologizes and then he says, *"Oh, no, that's right. You're fine, never mind."*

Nothing, but a friendly, polite, superficial and forgettable interaction.

On the other hand, if a charming guy is bumped into by a woman that he finds attractive and she then says something like, *"Oh, sorry, I didn't see you there, sorry about that."*

He will say something like this (in a playful way and with a smile), *"So rude, bumping into people at Starbucks like that. Shocking, very bad manners."*

Almost every woman on the planet will understand that the guy is joking and they'll have a bit of a laugh.

He can then say something like this, *"No, I'm just kidding, you're alright. I'm Dan, what's your name?"* and she then answers (e.g. *"Jenny"*).

He can then continue the conversation with her, make her feel more attracted to him, connect with her a little bit and get her number.

He can then call her, set up a date and start having a relationship with her.

That can be the path he goes down with that particular woman, compared to just having a polite interaction with her when she bumped into him and saying, *"Oh, no, that's right, never mind, you're fine,"* and then nothing.

It's just an interaction that ends.

So, what's important to understand is that there is a different mode of interacting with a woman if you want to make her feel attracted to you.

It's called *flirting*.

The dictionary describes flirting as follows,

Flirt (*verb*): To behave as though you're attracted to or trying to attract someone, but for amusement rather than with serious intentions. To court triflingly or to act amorously without serious intentions.

Another way to describe flirting, is that it's where you feel enough attraction for a particular woman that you're motivated and willing to have more than just a polite well-mannered interaction.

You're not talking to her as though she's just some random woman that you don't have any attraction

for.

You feel attracted to her and as a result, you can be bothered creating a more fun, interesting interaction, rather than just having a polite, well mannered, forgettable interaction.

You're willing to use your intelligence to create a bit of a joke and you're willing to be present in the moment, rather than being distant.

You're willing to playfully tease her.

You're willing to put in a little bit more effort into the interaction, because you find her attractive and you're interested in her.

The reason why I explain it in that way, is that it's important to understand and remember that many women are insecure and don't always know when a man likes them.

So, if they bump into a guy at a cafe, or whatever it may be and the guy just gives her a polite response or reaction, she doesn't necessarily know that the guy is a cool guy, or that he wants to have sex with her, he'd love to have a relationship with her and that they'd have a fun relationship together and so on.

He's just reacting to her in a polite way, so many women will assume that he doesn't like them, he may have a girlfriend already, he isn't interested in talking to her or just wants to have a polite interaction and so on.

Yet, when a guy starts to flirt with her, in other words, he feels enough attraction for her that he feels motivated and he's willing to play with her a little bit in a conversation to see what might happen, then that's a completely different story altogether.

It helps a woman to stop feeling insecure.

She feels as though the guy is interested in her.

She starts to wake up to the interaction and flirt back with him.

So, what happens for a lot of guys is that they're aware of the fact that nice guys finish last, or that women don't find nice guys very attractive and so on.

The guy understands that and may say to himself, *"Alright, I'm not going to be a nice guy. I'm not going to be one of those wimpy nice guys. When I talk to a woman, I'm not going to behave in a very polite way. I'm going to show her that I'm cool, that I don't care, that I'm all good and I'm not some needy nice guy."*

Yet, guys like that end up interacting with women in a neutral way.

For example: If the woman bumped into him and said, *"Oh, sorry about that, I didn't see you there,"* the guy, who is used to being neutral with women might say something like this, *"Oh, no you're alright."*

Then he just stands there, Mr. cool, Mr. Indifferent, I don't care. I'm not a needy, nice guy, I'm not trying to suck up to women.

Yet, by approaching his interactions with women in that way, he's not getting results.

He may feel better than a nice guy who's sucking up to women, but he's still not getting the results that he wants, which is having sex or relationship with attractive women.

He's not getting that.

So, an important thing to remember, is that if you want to be able to enjoy your choice of women,

then you've got to avoid defaulting into just polite, or neutral conversations with women that you find attractive.

You got to be ready to be able to *switch into flirting with her*.

Let her see you're feeling enough attraction for her that you're willing to play with her and see what happens.

When you do that, you will see that women do wake up in interactions with you.

They light up, they feel attracted and they start to flirt back.

When that happens, women immediately begin to look at you in a sexual and romantic way.

You can then begin to enjoy your choice of women.

As you may have seen while going through your everyday life, other guys are able to do it.

They're able to turn on the charm and get the girl.

You can do it too.

It's simply a matter of you being able to *switch into another mode of interacting* with a woman and then knowing how to move things forward from there.

By the way, if you enjoyed this video and you're serious about getting this area of your life sorted, then I recommend that you read my eBook, [The Flow](#), or listen to the audiobook version, [The Flow on Audio](#).

Amongst many other things, such as how to be confident when you're talking to women, how to make women feel instantly attracted to you, how to connect with women, how to take things to the next level, such as getting a phone number, kiss, sex or date, you will also learn my best ever examples of a particular type of humor that I use, which automatically creates a flirtatious vibe between you and a woman.

The examples make her laugh, make her feel attracted, make her flirt with you and cause her to open up to the interaction and want more.

All you have to do is follow the simple steps of The Flow and you get the girl.

The Flow is the easiest way to get laid or get a girlfriend.

You Don't Need to Become a BadÂ Boy, or Ditch Your Manners to Attract Women

One final point that I want to make for you in this video, is that if you do see yourself as a good guy, if you feel as though you are a good guy and you like being a good guy, then you don't have to change that.

You don't have to become a bad guy to attract women.

It's true that women can feel attracted to bad guys, bad boys, thugs and so on, but you don't actually have to go down that route if you don't want to.

You can be the good guy that you are, if that's who you are, but you have to be able to switch into another mode of interacting (i.e. flirting) when you're interacting with women, so they see you as a charming guy and have a sexual and romantic interest in you.

It doesn't require you to treat women badly, or stop having manners.

It also doesn't require you to become a bad guy.

You just have to be willing to flirt with women to create a spark and when you're willing to do that and you know how to do it, you will see that you're able to make many of the women that you meet feel attracted to you, including pretty and beautiful women.

You can literally enjoy your choice of women.

One of the reasons why, is that most guys out there don't understand what flirting is.

They simply don't know how to do it, or they're worried about having anything other than a polite, or neutral interaction with a woman.

Yet, the guys who get laid and get a girlfriend easily are the ones who switch into another mode of interacting when they meet a woman that they find attractive.

You can switch into that mode of interacting and when you do, you will see that women feel a spark with you.

They see you as a charming guy.

They have a sexual and romantic interest in you.

You can then enjoy your choice of women.

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[image]

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[image: Dan Bacon]

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(Motivational Video For Men): Your Remaining Life With Women

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

I recently took some time away from city life to be by the ocean, to be by the beach with my woman and two others, who you will see later in the video.

While I was there watching the waves roll in, I had a realization about life that I want to share with you.

I was looking at the waves and thinking about time.

How time is always pushing forward; it doesn't wait for anyone.

[image: Decades of your life are like waves passing by at the beach]

You can look at the waves as being decades in your life; your teens, 20s 30s, 40s, 50s and beyond.

Essentially, with a wave, it exists and then it's gone.

With your time in life, once you have lived that particular decade, it's gone.

You can't go back and live it again.

Whatever you missed out on during that time, you missed out on.

The question is though, what are you going to do with the remaining waves of your life?

Is it going to be the same old story for you, missing out on what you really want to experience with women?

To put all this into perspective for you, I'll show you some comments now that guys left under a video of mine, where I talked about a mistake that guys make, which prevents them from getting a girlfriend.

That mistake is, *thinking that they're not good enough...yet.*

In the video, I explained that many guys do that (think that they're not good enough for women...yet) to themselves for years and even a decade or more in their life and they end up missing out on getting what they want with women.

Wave after wave of their life passes them by, with a mindset where they're thinking that they're not good enough for women yet.

Here's the first comment.

“When I was 20 years old, I told myself – don't worry, when 25 you'll get a beard, look more manly and handsome, a job and a car. Guess what, 26 now I am losing my hair, patchy beard and I am doing a PhD abroad. So no car, no job and I am getting fat. If I continue to live with this mindset of waiting for the better version of myself, I will never have a girlfriend believe me. Yes, I've never had one.”

Next comment.

“I'm 32, but I've been saying that first point since I was in my early teens. I always thought I needed a better job or better clothes or better anything before I deserved a girl and lo and behold, I have struggled to meet a girl up to this day. I wouldn't wish that kind of mentality

on anyone. It's a toxic life-destroying mentality."

Very true.

Next comment.

"I can't believe I'm 37 years old and I still don't got a freaking woman. Not even a hello. Lol. That's bull crap, I'm bitter about that. Watching other guys get the babes while I sit and get nothing, just watch and feel torment inside my soul, but anyway, thanks, man."

Next comment.

"Like many of the guys comments here, your first mistake sums me up. I've been telling myself I am not ready because of this and that and it's been over 20 years now that I'm single and well into my 50s. I can't take it anymore."

"I'm 38, I will be 39 in December. I just didn't feel ready before, but every day I feel I'm getting there. I've had chances over the years, but didn't realize it at the time due to my inexperience until months, even years later."

"I have always stopped myself from approaching women thinking I am not ready, thinking I would approach her after I built a better body or have better clothes or something or the other."

With one of those comments, the guy was saying that he hasn't had any women, not even a single hello.

Waves of his life are passing by and he's waiting around hoping that someday, for some reason, women are going to start saying hello to him (i.e. maybe because he's a good man or something).

That's not how it works.

If you want a girl, you've got to take the chance to talk to her.

Sometimes, girls will talk to you.

Great.

That's called getting lucky.

Yet, if you haven't been getting lucky with the types of women that you really want, then you need to be able to talk to them.

[image: Take a chance to talk to women you like during this wave of your life, otherwise it will pass by, never to be seen again]

You have to take a chance to talk to them during this wave of your life, otherwise, the wave passes by.

Then, for some guys, they end up in their 40s and 50s and their hormones start to drop, their testosterone starts to drop and as a result, their interest in women starts to decrease and they end up leaving comments like this.

"Do you know what, I appreciate everyone's thoughts on here, but I'm almost 50 and I just don't care anymore. The novelty of women has worn off, at least for me. Good luck to those who still wish to persevere with the juvenile game. Of course, if I were to meet my ideal woman, whoever that bloody is, that would erase everything I've just said, What are the

chances?”

So, what's really going on there?

Well, he has either experienced a drop in testosterone and as a result, he doesn't have the same type of sexual urges anymore (i.e. hHe doesn't wake up with a boner and have that urge to want to stick it in a woman and as a result, his thinking begins to change. He doesn't look at women the way that he used to and the novelty starts to wear off. He doesn't really care about women anymore because his hormones have changed).

Alternatively, he hasn't been able to make a relationship work.

He has experienced failed relationships (all throughout his life) and is tired of it.

As a result, the novelty of women has worn off for him.

Yet, he's saying that if he meets his perfect woman, then he'll change his thoughts about that, he'll be with her and be happy.

The question is though, will a man like that, or even a younger guy who is 21, for example, be ready and prepared and confident enough to walk over and talk to an attractive woman that he sees?

[image: Will he have the confidence to talk to an attractive woman that he sees, or will he let the opportunity slip through his fingers like he always has in previous waves of his life?]

So, many guys end up missing out on what they really want with women because they either fear failure, or success.

If a guy fears failure, he fears being rejected and fears not being able to keep a conversation going long enough to be able to pick her up.

He's worried about getting rejected and stuffing it up, so he doesn't do it.

Alternatively, if a guy fears success, he worries that if he gets himself an attractive girl, he won't be able to keep her.

He worries that he won't be able to handle it.

She'll be too much for him.

She'll be too good for him.

She'll end up dumping him and going for some other guy.

The thing is, if you want to be happy with yourself when it comes to your life with women, get over your fear of talking to the types of women that you find attractive.

Learn how to talk to them and make them feel attracted to you and you will see that you can attract, pick up and get into relationships with those type of women.

Then, choose your ideal type of woman; choose a woman who is perfect for you.

Don't accept anything less than what you really want in a woman.

When you find her, don't be afraid to commit to the relationship, to make it a relationship that lasts for life.

The thing is, I used to be personally against having children and getting married (for me, not for everyone else).

For me, I didn't want to have children, I didn't want to get married.

[image: Dan Bacon - before meeting my wife]

All I wanted to do during a certain wave of my life, during my 20s and 30s, was to enjoy my choice of women.

I wanted to enjoy the power that I discovered of being able to attract women as I talked to them.

So, I did that.

I enjoyed it and it was awesome.

Yet, eventually, I wanted something else and I opened up to having a serious relationship.

I met my wife when she was 20 and I was 35 and we've been together for over seven years now.

[image: Dan Bacon - wife]

[image: Dan Bacon with wife]

By the way...

I said that there would be two others later in the video and they are the two additions that have come into our life; our twin baby girls.

So, Dan is now a dad.

[image: Dan Bacon - wife and twin girls]

On that note, I want to say that I don't think having a family is for every man.

I don't think that every man has to get a woman pregnant, have children and have a family.

That's not the only way that you can expand your relationship with a woman.

However, for the men who find their ideal woman and they want to have a family and expand the love that they're experiencing together as a couple into a family, then I say go for it.

Don't be afraid to experience and expand your life as the decades go on.

If you don't go after what you really want with women when you're single and you end up missing out on the type of experiences with women that you wish you could have, then you'll almost certainly end up looking back on previous waves of your life with regret.

You'll think to yourself, why didn't I talk to the type of girls that I really wanted?

Why did I think that I wasn't good enough for women, when other guys who had the same type of looks as me and had the same type of level of success and progress in their life as me were enjoying beautiful women, enjoying pretty women?

Why did I think that I wasn't good enough?

Why did I do that to myself?

Likewise, if you have a relationship with a woman that you truly love and you're afraid to commit and she then ends up dumping you, then you're almost certainly going to end up regretting that.

So, don't be afraid to go after what you want in life and to let your life grow and expand.

Don't be afraid of failure or success.

You can do it.

You CAN experience the type of life that you really want to experience with women.

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How to Be Confident With Women

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

For a lot of men, confidence remains a complete mystery to them for their entire life.

They never truly get to understand how to be confident around women that they find attractive and as a result, it negatively affects their interactions and relationships with women for their entire life.

So, if confidence has been a mystery for you up until this point, then it's not going to be anymore.

I'm going to explain what confidence is, how a man can be confident with women and a mistake that some guys make, which causes them to lose more and more confidence with women as they go through life.

What is Confidence?

What comes to mind for you when you hear the word confidence?

What is it?

Maybe not for you, but for other men, they will say things like, *"You either have it or you don't"* or, *"it's this thing that you can't really explain. It's a sort of feeling, it's not something that you can put into words"* and so on.

Yet, thankfully, those men are wrong.

The definition of confidence is crystal clear.

Now, the thing is though, there are many different definitions of confidence if you look them up in the dictionary, but you can boil it all down to one simple definition.

Belief in yourself and your abilities.

Now, the belief in yourself part of confidence is pretty easy to understand.

You have confidence because you believe in yourself.

Yet, how about the abilities?

What abilities do you need to have to be confident with women?

To be completely confident with an attractive woman from start to finish, you need to have the ability to:

1. Start conversations.
2. Keep conversations going and keep them interesting.
3. Attract her as you talk to her.
4. Move in for a kiss.
5. Get a phone number.
6. Set up a date.
7. Initiate sex.
8. Start a relationship.
9. Keep the relationship together.
10. Keep the sexual spark alive between you and her.

11. Remain in love for life.

For some guys, if they see a start to finish list like that, they may feel a bit overwhelmed and feel as though it's too difficult.

Yet another way to look at it is when you pass certain challenges in order to get to the next level in a video game.

If you are confident when playing video games, then you're usually just going to cruise through levels and enjoy yourself.

Yet, if someone wasn't very good at playing video games and they kept getting killed in the game, then they would probably see it as being too difficult for them.

In reality, the game isn't too difficult.

You simply need to know what you're doing and then do it.

Another example is if a man is putting a recipe together to create a tasty meal.

If he has never cooked it before and he looks at the ingredients, it might seem difficult.

There are a number of ingredients and a number of steps involved, but if he follows the steps and puts the ingredients together, the outcome will then be a tasty meal that he can enjoy.

It's not too difficult; it's just a matter of knowing what to do and then doing it.

So, following on with the recipe/cooking example and talking about confidence with women now...

How can a man build confidence with women?

What are the ingredients and what does he need to do, to get to the point where he can enjoy a tasty meal?

Well, the thing is, some men are aware of how to do certain things along the way with a woman.

For example: A man may have 8 out of 10 level confidence when it comes to starting conversations with women, but 3 out of 10 confidence when it comes to keeping conversations going and keeping them interesting.

So, in order for him to feel confident to talk to women, he's going to need to fix that particular area.

When he improves his ability to keep conversations going and keep them interesting when talking to women and he does that, then he'll go from a 3 out of 10 confidence, to maybe 8 out of 10, or maybe even 10 out of 10 because he will really get it.

Yet, the recipe isn't complete, simply being able to talk to women.

For example, some guys are fine with starting to talk to women and keeping conversations going.

Then, when it comes to making a move (r.g. moving in for a kiss or asking for a phone number), that's where they get stuck.

So, if a guy doesn't have the type of confidence that he wants with women, then he first needs to identify the areas where he is lacking in ability.

He then simply needs to improve those areas, interact with women, see that he can now do it and *then* he will have increased belief in his abilities.

Increased belief in his abilities equals increased confidence.

If you remember the definition of confidence, it's about believing in yourself and your abilities.

To believe in yourself and your abilities with women, you need to be able to handle the different *ingredients* involved in attracting, picking up and being in a relationship with a woman.

If a man is confident in all of those areas, then he will be truly confident with women.

If a man lacks confidence in his abilities in some of those areas, then he won't be truly confident with women.

So, now that we've talked about what confidence is and how to build it, here is a mistake that some guys make, which causes them to lose more and more confidence with women as they go through life.

The Missing Ingredient in Confidence

A lot of the men who don't ever truly achieve confidence, will look at other men who are confident around women, or confident in life and they'll assume that those men have a special quality that they can't have

Yet, the reality is that confidence is about belief in your abilities.

Truly confident men believe in their ability to effectively handle each situation that they find themselves in with an attractive woman.

As a result, their body language changes, their behavior changes, their vibe changes and the way that they talk changes.

They emanate a different energy than a guy who doubts his abilities because he either doesn't have the abilities, or he makes this mistake that I'm going to tell you now.

That is, he encounters certain situations with women, is unable to handle it, is unable to remain confident and then he goes away thinking that he can't be that confident with women, he can't be as confident with women as other guys are.

Maybe it's just his fate, maybe it's just who he is, he can't be that confident.

He will start to convince himself that he isn't capable of fixing the problem that he has been experiencing with women, whether that be with pickup or relationships.

Yet, what he doesn't realize (and this is the missing ingredient) is that he's just a few areas away, or a few insights away from being able to handle the situation and then believe in his ability to handle the situation and as a result, be confident in that particular situation.

I'll give you a couple of examples to help you understand how it works.

The first example is with picking up women and the second example is in a relationship or a marriage.

So, with the pickup example, a guy might feel fairly confident around an average looking girl.

He may believe in his ability to attract her and get something going.

Yet, if he talks to a very pretty girl or a very attractive woman, he doubts his ability to make her feel attracted enough to want to be with him.

Additionally, if he encounters a situation where she's not contributing much to the conversation initially, he may do what most guys do in that situation.

He may assume that he's being rejected or assume that she doesn't like him enough to want to talk to him.

He doesn't have the awareness that I'm going to give you now, which is that many attractive girls will do that (not contribute much to the conversation initially) for the first few minutes to test a guy's confidence.

Most attractive girls don't want to get with a guy who feels like he's not good enough for her and is hoping to get lucky.

He is hoping that she's going to be nice to him, she's going to contribute lots to the conversation, she's going to laugh at all of his jokes.

As a result, he is then going to feel confident enough to ask for her phone number and so on.

Most attractive girls want a guy who can remain confident, *regardless* of how she is behaving initially.

So, if a guy doesn't have that awareness and awareness of other things involved in keeping a conversation going and keeping it interesting when talking to an attractive woman, he may assume that it's not possible for him to attract pretty women because it never seems to go anywhere when he tries.

Yet, he is simply unaware of how to handle that type of recipe, the recipe of an attractive woman, a pretty girl.

He is unaware of what to do to get her to drop her guard, open up and show him her friendly, easy-going side that she doesn't show to other guys.

If he improved his ability of how to instantly make a pretty woman feel attracted to him and how to keep a conversation going, then he would see that he can now do that and as a result, he would become a lot more confident with pretty women.

Yet, if he doesn't gain that ability or doesn't find out that pretty women often don't contribute a lot to the conversation initially to test a guy's confidence, then he may walk away thinking that he's not good enough for an attractive woman.

Whereas, another guy will believe that he is good enough and he will know that he can pick her up because he knows what to do.

So, he will just go ahead and do it.

He will then have himself a pretty girlfriend or pretty wife.

Meanwhile, the guy who lacks confidence with women will look on at other guys and wonder, "*Why can they get a pretty girlfriend when I can't? What is wrong with me?*"

What he doesn't understand is that there's nothing wrong with him.

He can have a pretty girlfriend or pretty wife (like other guys have done. Guys who look like him, look similar to him or don't even look as good as him).

He simply needs to have the ability to handle certain situations with an attractive woman.

He needs to know how to put the recipe together, so to speak.

It's not difficult.

Other guys can do it and he can do it too.

He simply needs to improve the areas that he is lacking in ability.

He doesn't need to go through his life believing that he's not good enough for attractive women.

As a result, never feeling confident around attractive women.

He doesn't need to do that to himself.

Okay, so the next example of how men make this particular mistake is in a relationship.

In a relationship, if a woman throws new ingredients into the mix, such as not being as affectionate as she used to be to see if he becomes insecure, throwing tantrums to see if he gives her more power in the relationship, or not treating him as well as she used to to see if he puts up with it, a man needs to know how to handle that and keep his woman in line so she treats him well.

He needs to know how to ensure that she is loving and respectful towards him.

If a man doesn't know how to handle the different ingredients that a woman will throw into the mix when in a relationship, it can cause him to lose confidence in his ability to keep the relationship together.

Additionally, it can cause him to start to doubt whether she actually feels attracted to him, or whether she's actually in love with him or not.

That can cause some guys to go into their shell and just become numb in a relationship, where they put up with being treated like that

Alternatively, a guy may become insecure, jealous and controlling.

Alternatively, a guy might start to treat her badly in return for how she is treating him.

None of those approaches are a recipe for success.

Those approaches (i.e. going into his shell, becoming jealous and controlling, treating her badly to get revenge on her for how she has been making him feel) are a recipe for disaster.

What a guy needs in a situation like that, is more awareness of why a woman behaves in a certain way, so he doesn't have to take it personally and instead can use it to strengthen the love, respect and attraction that they feel for each other in the relationship.

For example: A lot of men aren't aware of the fact that one of the main roles of a woman in a man's life in a relationship is to make him stronger, emotionally.

Women do this because they want to feel safe and protected with a man who can handle himself in the world.

He's not a man who crumbles and becomes insecure if people are being nice to him and supportive all the time.

Instead, he is able to remain confident and believe in himself *regardless* of how people are behaving around him.

So, in terms of a woman pulling back some affection and throwing some tantrums to see if the guy is going to give her more power in the relationship to shut her up; that there is an instinctive behavior from women, where they try to make the man more emotionally strong.

They try to make him take on the dominant role in the relationship and not be dominated by her.

If he can get to the point where he doesn't allow himself to take her tantrums seriously, or lose confidence if she's pulling back some affection, then he's the sort of man who can remain confident and believe in himself *regardless* of how people are behaving around him.

As a result, when a woman can see that a man can handle that, her respect for him increases, her

behavior towards him becomes more loving, caring, affectionate and so on.

She looks up to him and respects him as her strong, confident man that she can feel safe with in this world.

So, in terms of a relationship, a lot of guys end up losing confidence in their ability to make that girlfriend or wife feel attracted because of the way that she has been behaving.

She seems to have lost interest.

He can't seem to get her to treat him the way that she used to.

Yet, he's just missing bits of awareness and knowledge.

For example: He may not be aware of the fact that regardless of what has happened between him and her in the past, he always has *the moment*.

In the moment, when he's interacting with this woman, he can make her feel new sparks of respect, attraction and love for him.

Additionally, if she has been throwing tantrums, being disrespectful towards him, not being affectionate and so on, he can start using a different approach that will bring out better behavior in her.

A different approach that will get her to feel motivated to treat him better and start being more respectful, loving and affectionate in the relationship.

For example: Rather than wasting time and energy trying to be more romantic to hopefully make her happy and bring the spark back, a man can simply start having more balls in the relationship.

Having more balls results in a woman treating you better, wanting you more sexually and showing you the respect that you deserve.

There are many simple, easy and practically effortless things that a man can do to change the dynamic of the relationship and as a result, cause a woman to begin to treat him better and to feel attracted and in love with him again.

He doesn't have to waste time trying to be romantic, doing household chores, or putting up with being treated badly.

He can simply change the relationship dynamic and bring out the best in his woman, so she treats him the way that he wants to be treated.

The thing is, a lot of guys aren't aware of how much influence they can have over the dynamic of the relationship by changing their approach to how they react to their woman, or how they approach their woman.

So, the guy ends up thinking that she just doesn't love him the way that she is used to and she can't anymore.

She doesn't feel attracted to him the way that she used to and she can't feel that level of attraction for him anymore and so on.

He then loses confidence in how much his woman loves him, feels attracted to him and wants to be with him.

Additionally, he can also lose confidence in his ability to keep the relationship together, he doesn't have that feeling of security that his woman really wants to be with him.

That feeling a man gets when he knows that she doesn't want to be with any other guy.

To her, getting with another guy would be a total mistake, it would be her loss.

Unfortunately, so many men don't have the kind of confidence in their relationship with a woman. Instead, he has self-doubt.

Additionally, he doesn't believe in his ability to make her feel attracted to him, to feel in love with him and to treat him the way that he deserves to be treated.

Yet, in almost all cases, the guy is just a few areas away or a few insights away from understanding how to create a new relationship dynamic where his woman is respectful towards him, she feels attracted to him and she loves him the way that she did at the start, that spark comes back and it stays for life.

Now some guys don't think that keeping the spark alive for life is possible, because they ignore the reality out there that millions of couples are happy and remain in love for life.

It is possible.

Of course, it's also possible to be unhappy in a relationship for life, to be miserable and to have a woman who isn't treating you the way that you deserve to be treated.

So, whether you are single or in a relationship and you don't have the type of confidence in your abilities that you want to have, just understand that you CAN change that.

You can be totally confident in every area that is involved in successfully picking up a woman, or having a successful happy, loving relationship that lasts for life.

Want to Learn More?

Okay, I hope you enjoyed this video and learned something from it.

If you're one of the guys who doesn't have the type of confidence you want when it comes to picking up women, so you can get laid or get a girlfriend, or if you've lost confidence in your relationship or marriage with a woman, then I have two recommendations for you.

The first program is my eBook [The Flow](#) which is also available on [audio](#).

The Flow is everything that you need to know to go from hello to sex with a woman that you find attractive.

You will never get stuck at a certain point again with a woman that you find attractive.

You will always know what to say and do at each step of the way and because of that, you will feel confident in your ability to start conversations, keep conversations going make women feel attracted to you connect with women, initiate a kiss, get a phone number, set up a date, initiate sex on the date and so on.

The second program is [Make Her Love You For Life](#) and that is available on video or audio.

In that program, you will learn the ultimate relationship dynamic that causes your woman to feel increasingly respectful, attracted and in love with you over time.

She feels motivated to impress you and maintain your interest, to look our best for you and to treat you the way that you want to be treated in a relationship for life.

The techniques in Make Her Love You For Life ensure that you and a woman will remain happy together, feel sexually attracted to each other and be in love for life.

Confidence is Also a Choice

One final point that I want to make for you in this video, is that every man has a choice to make when it comes to his confidence and success with women.

Some men choose to believe that they can never be truly confident with women and as a result, it negatively affects their interactions and relationships with women their entire life (e.g. get friend zoned by girls they like, end up accepting women they're not truly attracted to because they doubt their ability to get the women they really want, relationships go stale, their woman never feels the kind of respect, attraction and love she would feel for a truly confident man).

The reality is that you can choose to believe that you CAN be truly confident with women from start to finish.

You CAN experience total success with women from start to finish.

You CAN believe in your ability to do that.

Additionally, if you are lacking in particular areas of ability, you CAN improve those areas and then you CAN have justified belief in your abilities.

You CAN successfully attract a woman that you want and go all the way to enjoying an amazing, loving, happy relationship for life.

It really is a choice and how you decide to shape your life with women from today onwards, is totally up to you.

So, while confidence is about belief in yourself, it's also a choice that you are responsible for making.

You can choose to believe that you can never be truly confident and as a result, you can avoid improving the areas that you struggle with when it comes to women.

Alternatively, you can choose to believe that you can be truly confident and as a result, you can improve on the remaining areas of skill and ability that you need to truly succeed with women.

Both options are available to you.

One option leads to a life of insecurity and unsatisfying experiences with women and the other leads to a life of confidence, self-esteem and amazing experiences with women.

The choice is yours.

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Why Women Play Hard to Get When They Like You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

What would you do if you met your perfect girl, or at least a woman that you found very attractive?

You looked at her and physically, you felt very attracted to her.

As you started to interact with her, you also liked her personality.

You and her clicked.

You were getting along, but then she started playing hard to get.

What's your next move?

What are you going to do at that point?

Well, for some guys, they will say, *"Stuff that. I'm not going to put up with that type of behavior. If a woman likes me, she needs to show it to me and that's it. Otherwise, I'm out of there."*

Yet, what about if you actually want to get the girl and you don't want to have to just walk away?

How can you get to the point where you kiss her, have sex with her and start a relationship with her, without having to be needy and desperately chase her?

How can you make her feel more attracted to you, stop playing hard to get and want to be with you?

That's what I will explain for you in this video.

First though, you need to understand why a woman will play hard to get when she likes you.

Some of the reasons that I'm going to give you now will make you think that some women must be crazy, they're nutty.

Why are they behaving like that?

Other reasons will make you think, *"Okay. I can understand why she will do that. It makes sense."*

Then, when you have all that knowledge, you'll understand *why* the solution that I'll provide for you works on all types of women and gets rid of the games.

It stops her from playing hard to get and makes her want to be with you.

So, let's begin with the first common reason why a woman will play hard to get when she likes you.

She's feeling insecure around you and trying to make herself feel more confident by playing hard to get.

She does that so she can feel valuable by seeing that you're still interested, even though she isn't showing much interest.

Some women need to do that to feel confident around guys.

It's just the way that they approach it.

The next common reason; to see how interested in her you really are.

Are you honestly attracted to her and do you really want to be with her, or are you just looking at her as another girl that you want to sleep with for a while, or maybe have a couple of month relationship with, or even a couple of years with?

How serious are you about her?

Do you really like her?

Is she really the type of girl that you want?

For this reason, a woman will play hard to get when she likes you because she wants to see if you will lose interest if she suddenly stops showing interest in you.

Will you stick around?

Will you stick with the interaction?

Will you want to keep interacting with her and making something happen between you and her?

Another common reason is to find out what kind of guy you are apart from the approach that you're using with her.

For example: A guy will be interacting with a woman and he'll be using a nice guy approach, a bad boy approach or he'll just be coming across as a typical good guy.

Now, for the nice guy example, a woman may want to see how nice he really is.

Is he putting on an act of being nicer than he is?

Is he going to continue being nice if she stops showing interest, or if she starts to be a little bit difficult or feisty?

She wants to see his true colors.

How is he going to behave if she isn't showing him interest all the time?

Likewise with the bad boy example, a guy might be coming across as though he's this cool, tough, bad boy type, but is he going to be able to hold that persona?

Is that who he really is?

If she starts being a little bit difficult, if she starts putting him down during the conversation, is he going to be able to hold his frame, or is it just a front?

How much of a bad boy is he really?

The next example; to see what a relationship with you might be like.

Will you be chasing her?

Will she be chasing you, or will it be a more balanced relationship dynamic where you both really like each other and want to be together?

Next, she wants to see how you handle yourself as a man.

Women can feel turned on by men who can remain calm and confident under pressure.

So, she wants to see, are you the sort of guy who can only handle an easy girl, a girl who's being easy with you, who's being straightforward?

Can you handle a girl who is going to be a little bit feisty at times, who's going to be a little bit challenging at times while also being sweet, nice and supportive?

Can you handle her different moods, her different types of behavior, or do you need her to be straightforward with you all the time?

Another reason why a woman will play hard to get when she likes you is to hopefully make you feel more appreciative of being with her or getting with her.

Essentially, she wants you to really like her and really want to be with her.

She wants you to have a vested interest in getting with her and getting a relationship started and keeping the relationship going because you see her as a special girl.

She is different to other girls.

You really like her.

You're feeling a lot of attraction for her, you're feeling a lot of desire for her and you really want to get with her.

You and her have a connection, but she's playing hard to get and she hopes that it will make you appreciate getting with her so much more.

The next common reason a woman will do it, is to show you that she isn't an easy girl to hook up with.

She's not the sort of girl who can't control her emotions and will just hook up with a guy because she's feeling attracted to him.

Instead, she's one of the girls who can be trusted to control herself and be loyal.

Another common reason, is that she is awkward when it comes to expressing her feelings for a guy.

When interacting with a guy, she doesn't know what else to do other than play it cool and act as though she could take him or leave him.

She has been using that approach ever since she was young and although it hasn't resulted in her having a lasting relationship, she keeps doing it because it tends to make guys chase her and pursue her.

Another reason why a woman will play hard to get when she likes you is that she doesn't want a guy who gives up on something at the first sign of an obstacle. She wants a guy who knows what he wants and doesn't lose confidence if faced with an obstacle.

Another reason is she has just gotten out of a relationship where she had no power and was ignored and taken for granted in the relationship. She ended up chasing the guy's affection and losing a lot of self-esteem and now wants to put herself in a position of power to rebuild her self-esteem and remind herself that she is valuable and worthy of love and attention from a guy.

Next, she's not looking for a committed relationship right now and you seem to be wanting one so she's trying to let you know that she doesn't want anything serious.

Alternatively, she does want a committed relationship and really likes you, but is afraid of showing interest in that in case you think she is too keen. So, she ends up playing it cool.

Another reason why a woman will play hard to get when she likes you is that it's her version of flirting. She likes to create some tension between her and a guy that she likes so when they eventually kiss, it will feel amazing for the both of them.

Finally, she has had some bad experiences where a guy has lost interest in her if she showed interest too quickly, so she's trying to avoid that happening with you.

As you can see, there are many different reasons why it can happen.

You can meet a girl and she can really like you and you and her may click, but she then may begin to play hard to get.

So, what do you do if you're interacting with a girl that you like and suddenly she stops showing interest in you?

Suddenly she stops contributing as much to the conversation, or seems to be ignoring you a little bit and so on.

What do you do?

Well, what you do is what you always need to do whether you're meeting a woman for the first time, you're on a date with her, you're kissing her, you're having sex with her or you're in a relationship with her.

That is, you have *Independent Confidence* rather than *Dependent Confidence*.

So, what does that mean?

Independent confidence is where you feel confident *regardless* of how a woman behaves around you.

Dependent confidence is where you feel confident *depending* on how a woman behaves around you.

So, with dependent confidence, if a woman is showing you signs of interest, then you're going to feel confident around her, but if she starts to play hard to get and show signs that she's losing interest, then you're going to start losing confidence around her.

Independent confidence is the ultimate type of confidence.

It's a level of confidence where you no longer have to rely on a woman giving you signs that she finds you attractive in order to feel confident around her.

Of course, if you are currently at a level of confidence where you lose confidence if a woman is playing hard to get or giving you mixed signals, then you can start having more independent confidence from now on.

For example: Say that a guy met a girl and initially, they connected and she seemed like she was attracted to him, but is now playing hard to get and he then sees her again.

Should he lose confidence now by beginning to doubt himself and focusing on her mixed messages, or should he have independent confidence and say, *"I'm in control of my confidence, I'm going to talk to her if I want to talk to her. I'm not going to be focusing on her mixed message behavior."*

Having independent confidence, he will think something like, *"I'm not going to be focusing on the fact that sometimes she seems like she isn't interested. We talked, she was interested in me. I'm going to talk to her again. I'm going to do what I can with what I've got right now. I'm going to work with what I've got. I'm going to take control of the situation,"* rather than having dependent confidence and thinking, *"Well, I need her to show me a lot of interest, I need her to call me over, I need her to approach me, I need her to smile and wave and then I'll go over."*

No.

You don't need her to smile first or approach you.

Why?

In most cases, most women aren't going to have the confidence to do that and in other cases, they're not going to want to do that (approach you) because they want to see that you're interested in them, that you have the balls to go over and talk to them, even though they're giving you mixed messages.

How interested in her are you really?

Additionally, are you aware of the possibility that she has just gotten out of a relationship with the guy who lost interest in her, or are you aware of the possibility that she could be insecure about showing too much interest because when she's done that with guys that she's liked, they have lost interest in her?

They felt like they conquered the situation.

The guy thought, *“Yes, she likes me. I don’t need to pursue her now. She can come to me.”*

Then she didn’t and they ended up going their separate ways.

Alternatively, she has interacted with guys who just wanted to make her feel attracted, see that she was attracted and then the guy didn’t do anything about it.

She is trying to get herself a boyfriend, or at least trying to get herself a lover who likes her and actually wants to be with her.

So, to make sure that you understand independent confidence and how to use it to get what you want with women, here are a couple of extra examples.

The first example is where a guy is texting a girl and she’s giving him mixed messages.

She’s playing a bit hard to get via text.

If he has independent confidence, then he’s going to think something along the lines of this. *“I don’t need her to give me crystal clear signs that she likes me all the time. I’m a confident guy, so I’m going to call her and set up a date.”*

The next example is when a man is on a date with a woman and she’s giving him mixed messages, or playing a bit hard to get.

With independent confidence, he’ll think something like this, *“She’s on a date with me so she likes me. I’m not going to get put off by her giving me mixed messages or playing hard to get. I understand that some women do that to make themselves feel more confident on a date and so on. I don’t need to lose confidence because she’s not giving me 100% signals of interest all the time. I’m a confident man, she can see that and she likes that about me, even if she’s not fully showing it.”*

So, if you meet a girl that you like and she’s giving you mixed signals or playing hard to get, you can obviously just walk away and not want anything to do with her anymore, but if you want to get the girl, then it’s important to understand that when a woman plays hard to get, it’s not always because she’s rejecting you.

Instead, in most cases, she’s just trying to find out whether or not you and her are a great emotional match, so you can have a relationship that actually works.

If you want to be able to handle a woman who is playing a bit hard to get, then you need to have independent confidence.

That is where you feel confident regardless of how a woman behaves around you.

That way, she can feel attracted to your confidence and see that you can handle yourself around a woman like her.

Other guys will feel as though they are being rejected when she plays hard to get, but you don’t.

You have independent confidence, so you don’t lose confidence when a woman gives you mixed signals or plays a little hard to get to test your confidence or interest level.

You remain confident because you’re not relying on her to make you feel confident.

Want to Learn More?

Okay, I hope you enjoyed this video and learned something from it.

If you are one of the guys who hasn’t been getting the type of results that you want with women and

you would like to learn the easiest way to get laid or get a girlfriend, then I recommend that you read my eBook, [The Flow](#) or listen to the audiobook version, [The Flow on Audio](#).

The Flow gives you your choice of women because when you use The Flow techniques, women feel instantly attracted to you, feel connected with you and want to take things to the next level with you (i.e. phone number, kiss, date, sex, relationship).

The Flow includes all of my best conversation starters, ways to make women feel instantly attracted to you, ways to make women feel increasingly attracted to you as they talk to you, how to make a woman want to contribute to the conversation, how to keep a conversation going and keep it interesting, how to initiate touch in a way that she wants and welcomes, how to initiate a first kiss, how to get a phone number, how to set up a date, how to make sure that she wants to come to the date, how to kiss her on the first date, how to initiate sex on the first date and so on.

The Flow is everything that you need to know to easily go from hello to sex, with a woman that you find attractive.

Your New Level of Confidence

One final point that I want to make for you in this video is that, from now on, whenever you interact with a woman, just notice whether or not you are basing your confidence in that moment on her behavior, or if you have independent confidence.

In other words, if you feel confident, *regardless* of how she is behaving.

The more independent your confidence is, the more attractive you are to women.

They can sense that you're not reliant on them to feel good about yourself, to feel confident, to feel worthy.

You believe in yourself.

You're one of the rare guys who doesn't need a woman to pat you on the back, be nice to you and make everything easy for you.

You remain confident *regardless* of how a woman behaves.

What you find when you can do that, is that women treat you better.

They want to be good to you, they want to show you their sweet feminine side so they can attract you.

They know that it makes guys feel attracted and they don't want to stuff up their chances with you.

Of course, some women are still going to play hard to get though and that's why you always need to have independent confidence.

Don't rely on a woman to be consistent with her behavior from moment to moment (i.e. she's got to be showing you interest all the time and be nice and sweet and supportive in order for you to feel confident. No. Don't do that to yourself).

When you can get rid of your reliance on a woman's behavior in order for you to feel confident, then you have independent confidence and you'll see that you're able to feel good, feel confident around women no matter what.

Additionally, what you'll find when you build more and more independent confidence, is that you're

able to handle and attract women that other guys see as too difficult.

To you, they're easy, they're simple.

They're so easy to attract and pick up, but other guys doubt themselves around those types of women.

They can't handle it when a woman isn't being easy and straightforward all the time.

Yet, you see right through that behavior from women.

You know that you don't need to rely on a woman to be consistent in her behavior, in order for you to feel confident.

You have independent confidence and she really likes that about you.

×

[image]

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10 Hidden Signs a Shy Girl Likes You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

A shy girl or a shy woman will often end up missing out on being with the guy that she really likes because the way that she shows interest can be confusing for some guys.

For example: At least 5 out of the 10 signs that I'm going to explain for you in this video, leave some guys feeling that the girl isn't interested in them, when she actually is.

It's important to understand these hidden signs that a shy girl likes you, so you can be aware of why she is behaving in a certain way around you and not take it as though it means she doesn't like you.

Instead, be able to see that she is trying to show you interest.

Let's begin with an easy positive sign of interest that still is a hidden sign of interest because she's not directly saying, *"Hey, I like you, let's start dating."*

The first hidden sign of interest is that...

1. She can't seem to stop herself from smiling when she interacts with you

The thing is, if you're interacting with a confident girl, rather than a shy girl and the confident girl wants to find herself a very confident boyfriend, she will usually control her smile.

She won't want to make it too easy for the guy because she wants to find herself a guy who can remain confident around her regardless of how she is behaving.

She doesn't want to help him along too much.

She wants to be a little bit difficult, seem a little bit indifferent and if the guy can remain confident, then she will drop her guard and show him her friendly, more easy-going and down to Earth side that she doesn't show to other guys.

On the other hand, if you're interacting with a shy girl, then she usually doesn't need her boyfriend to be ultra-confident.

Instead, in most cases, a shy girl just needs her boyfriend to be a bit more confident than her.

As a result, she doesn't need to control her smile and try to find herself an ultra-confident boyfriend.

Instead, she can freely smile and show interest.

When doing so, she hopes that the guy she's interacting with, will see that she is interested and have the confidence and courage to then make a move.

Of course, not every woman is the same, so you will meet confident women who smile a lot as you start talking to them and they will then test your confidence in a different way.

They will test your confidence by playfully teasing you as you talk to them, or pretending to lose interest as you begin talking to them and so on.

Now, in terms of playfully teasing you, when you talk to them, do you think that that's something that a shy girl will do if she's interested in you?

Well, sometimes she does and that's why it's one of those confusing signs of interest that can cause a

guy to feel as though he's being rejected by the shy girl.

So, let's talk about the second hidden sign that a shy girl likes you.

2. She playfully teases you during a conversation

Just because a girl is shy and is a little bit more timid, or hesitant compared to a confident girl, it doesn't mean that she's going to be sweet, nice and friendly all the time when she's talking to a guy. Instead, she will still do what pretty much every woman does and that is to playfully challenge a guy as she's talking to him (most women see that as flirting and do it to create more of a spark, or to show interest in a guy).

She will try to engage the guy in some playful banter, so there's a bit more of a spark between him and her rather than them just having friendly, polite, reserved conversations all the time.

For example: A guy is talking to a shy girl and they're getting along and are having a friendly conversation.

Yet, she's worried that there isn't enough of a spark between him and her.

It seems kind of boring.

She likes him, but she's not feeling it.

So, she playfully teases him during the conversation to hopefully create a bit more of a playful spark between him and her and liven up the boring, neutral, polite and reserved conversation that they've been having.

She asks him, *"So, what do you like to get up to on the weekends?"*

He says, *"Oh, nothing much. I just like to chill out."*

She then says (in a half-serious, half-playful way), *"Well, that sounds kind of boring. I thought you were cool."*

At that point and at any other point with a woman, a man basically has two choices.

1. Be insecure, or;
2. Be confident.

An insecure choice will be to quickly try to tell her some cool things that he does on the weekends, because he's worried that she will lose interest in him.

Yet, if he panics and she senses that he isn't confident in who he is, then she will lose interest in him if she's looking for a boyfriend who is at least a bit more confident than her.

So, the other choice that a man always has with a woman, is to be confident.

For example: If a man is talking to a shy woman and she asks him what he likes to get up to on the weekends, he says that he just likes to chill out and she then playfully teases him by saying that it's boring, he can then (playfully) say something like this, *"It sounds boring? Well, what do you like to get up to on the weekends?"*

If, for example, she then says that she gets up to exciting things on the weekends or interesting things on the weekends, you can then say something like this, *"Well, aren't you a little Miss Exciting? That sounds like fun. You should invite me along next time. I'll go."*

It's in moments like those (crossroad moments), that a shy girl and a guy can start dating, having sex

and enjoying a relationship, or the guy can become insecure and think that she now thinks that he's boring.

She used to think that he was cool.

She doesn't think that anymore.

He's stuffed up.

He's ruined his chances with her now.

No.

You have to be aware that sometimes, even a shy sweet girl will playfully tease you to spark things up between you and her, rather than just having polite, nice conversations all the time.

She doesn't want the interaction or date to end with you and her only feeling like friends due to the conversation being too nice, neutral or polite.

Instead, she wants to feel that boyfriend-girlfriend vibe with you, where you and her feel free to joke around with each other and sometimes even playfully tease each other about things.

Additionally, she will sometimes want to see if you believe in yourself, so she can feel safe and protected being with a boyfriend who is at least a bit more confident than her.

3. She laughs at your jokes and uses it as an excuse to touch you

If you're interacting with a shy girl who normally isn't very touchy-feely and is kind of hesitant and timid around people, but she then feels so much attraction and interest for you that she occasionally touches you on the leg, on the arm or the chest when you're cracking jokes, then you have to be able to see that as a sign that she's finding you attractive.

She likes you and she's trying to let you know via that sign.

The thing is though, some guys will be interacting with a shy girl and she'll be laughing at his jokes and touching him on the leg, on the arm or the chest and he'll just assume that she must be like that with other guys, or she's only doing that to be friendly.

The thing is, he could be right.

She could be like that with other guys and she could only be doing it to be friendly.

So, if you want to be certain, you've got to make sure that you look for *other* signs in combination.

For example: While we're talking about touching, an interesting sign to be aware of when you're talking to a girl and suspect that she likes you is when she uses her phone as an excuse to get close to you and touch you

A shy girl will often do that to hopefully let you see that she is cool with being that close to you.

If you notice that sign in combination with other signs, then you will know that she likes you and it's time to move things forward to kissing, sex and a relationship.

Okay, so now, let's look at the 4th hidden sign of interest from a shy girl...

4. She's lost for words around you

This can happen when she doesn't want to say something that may make you look at her as being uncool, or awkward.

So, she ends up overthinking what she's going to say and as a result, she runs out of things to say. In cases like that, she needs you to help her along in the conversation, but she won't always make that completely obvious to you.

Instead, you need to be able to look out for those signs.

For example: You're interacting with a shy girl and she doesn't leave the interaction, but she isn't saying much.

Now, that can be that she is lost for words during the conversation, or it can also be that she keeps going to the safety of her phone.

She doesn't know what to say, so she starts looking through her phone, clicking things and so forth, going to the safety of her phone, but she's still there with you.

She hasn't walked away.

She doesn't know what to say.

She is feeling shy and doesn't know what to do.

In many cases, a shy girl will stick around like that to hopefully keep the interaction going, so she doesn't have to walk away and miss out on talking to you further.

She hopes that you will be able to get her talking and get her to open up more so you and her can then connect, possibly get to a kiss or go on a date and see what happens from there.

In addition to delaying, stalling and trying to give you some extra time by hanging around and playing with her phone, a weird thing that a shy girl will sometimes do, is to pretend that she has a cough or needs to clear her throat.

That fake little cough, or clearing of the throat that some people do when they are feeling nervous and trying to fill up what they see as an awkward silence in a conversation.

Alternatively, she might pretend to have a sore shoulder or a sore back and will start stretching, so she doesn't have to leave the interaction right away.

Essentially, she doesn't know what to say, is feeling a bit shy, but doesn't want to leave the interaction just yet.

She is trying to stall, delay and give you some extra time to ask her something or say something to keep the conversation going.

So, if you're talking to a shy girl and she's not saying much during the conversation, don't assume it's because she doesn't like you.

In many cases, especially if you're seeing other signs of interest, it's because her shyness is causing her to be lost for words around you.

She needs you to help her along in the conversation until she gets to the point where she feels confident enough to express herself more freely and openly when talking to you.

5. You often catch her looking at you and she then nervously looks away, or acts as though she is busy doing something else

The thing is, sometimes a girl will be looking at a guy that she *doesn't* like and if he notices, she will then look away nervously because she doesn't want to make him think that she likes him.

Yet, if there is a shy girl that you suspect *likes you* and you often catch her looking at you and she then nervously looks away, or acts as though she is busy doing something else, then it's a hidden sign that she likes you.

The thing is, there are a lot of shy girls out there, but it doesn't always seem obvious that the girl is shy.

For example: According to the Association of Anxiety and Depression in America, women experience anxiety disorders such as social anxiety and shyness at twice the rate of men.

Double the rate.

It doesn't seem like it though, right?

It seems like men are more anxious.

Nope.

Twice as many women suffer from anxiety, compared to men.

Additionally, researchers at Pittsburgh University discovered that approximately 15% of shy women are visibly shy, whereas the remaining 85% are privately shy.

In other words, most shy women do a really good job of *hiding* their shyness.

They may just go into their shell.

They may be a bit quiet and not say much, but on the surface, they may seem like everything is cool.

Yet, underneath that, she is still feeling the pain, the isolation, the loneliness, the confusion and the annoyance of her shyness.

On the surface, it just won't seem like that though.

She'll seem like a normal girl.

Now, with those women who are visibly shy and even privately shy, if you catch them looking at you, they usually won't have the confidence to smile back at you, or maintain eye contact and wave or try to show you that they're interested.

Instead, the shy woman will be in her head.

She'll be worrying.

She'll be thinking, "*Oh no, I'm coming across as too keen. He might think this/that*" or, she'll just have that worrying feeling, that closed-up feeling; that cagey feeling that she feels because of her shyness.

She won't be able to just remain calm, maintain eye contact with you, smile and let you know that she likes you (even though she really, truly does and is hoping that something happens between you and her).

6. She seems very interested in you via social media or chat apps, but not in person

If a girl is shy and she's showing you interest via social media chat apps or text, but not in person, then she will hope that you can understand how difficult it is for her to show you that interest in person versus online.

In person, she is a shy girl.

She doesn't have the confidence of a confident girl.

She tends to go into her shell and doubt herself around a guy that she likes.

She tends to close up.

She finds it difficult to step outside of her comfort zone and start being more assertive to make things happen between her and a guy that she likes.

So, if you want to get yourself a shy girl who isn't coming over to you and saying, *"I like you, let's start dating"* and instead is showing you hidden signs of interest, then you need to be the more courageous one.

You need to be able to see the signs of interest and then have the courage and confidence to make a move.

If you don't, then what often happens is that all it takes to be replaced, is for another guy to come along, make her feel some attraction, notice the signs and then have the confidence to make a move.

Now, the reality is that you and her could have been a better match.

She could have liked you and loved you so much more.

Yet, if you don't make a move with the shy girl, she will usually not get to the point where she builds up the courage to come and ask you out.

Instead, she will remain shy.

She will remain in her shell and will hope that you have the courage to make a move.

7. She takes an interest in your life or hobbies and regularly asks you about it

Not knowing how else to show her interest in you, a shy girl will often try to get to know you and find out things about you so she can then show you that she is interested in who you are.

In many cases, a shy girl will be afraid to show direct interest in a sexual or romantic relationship with you.

She will try to hint at her interest by being very interested in you and your life.

So, if you are seeing other signs of interests from her in combination to this sign, then take it as one of those hidden signs that she likes you and is interested in being more than just a friend to you.

8. She tries hard to be chatty and fun around you

If she is quiet and reserved around others, but suddenly lights up when you start talking to her, it's usually a sign that she's trying to seem fun and interesting so you like her.

She doesn't want you to see her as a boring girl and then lose interest in her.

Of course, most guys don't care if the girl is a little bit boring.

If she's pretty and she's nice and friendly and the guy likes her, he's going to want to be with her.

Yet, many girls, especially shy girls, don't realize that and it's one of the reasons why women experience anxiety disorders at twice the rate of men.

Women tend to overthink things, but on the surface, it can seem like she is totally fine, she's got it all together, she's just this happy, fun, chatty girl.

She likes talking to you, but underneath that, she's worried that you're going to think she's boring and then lose interest in her.

9. She sometimes hides her face with her hands, clothes or hair when talking to you

Sometimes when a girl *doesn't* like a guy, she will hide her face behind her t-shirt, or behind her hand and she'll be thinking that the guy's weird and trying to show him that she doesn't like him.

Yet, if you're interacting with a shy girl and she's showing you signs of interest, she's smiling and she occasionally covers her face with her hands, clothes or hair, then it's important to understand why she will do that when she likes you.

The psychology behind that type of body language is that she is trying to conceal how she feels.

She's feeling attracted to you.

She's feeling excited around you and she's trying to hide her face to hopefully conceal how she feels.

She is shy and embarrassed about showing you that she likes you.

Another reason for it, which is a bit of an instinctive reaction, is to try to cover any blushing that she's experiencing on her cheeks.

Now, of course not all shy girls blush and some shy girls will be wearing makeup, so the blushing won't be really evident, but the instinctive reaction to cover her face will still be there.

She will be blushing, or she'll feel that heat in her body when she's worrying that you're going to see that she likes you and she might seem too keen and so forth.

So, she tries to cover her face to conceal how she feels.

10. She spends a lot of time with you or at least tries to spend a lot of time with you

This actually happened to me when I was first starting to get good with women.

I was out with a friend of mine and we met three girls who became our female friends.

They were inviting us to parties, we're inviting them to things and I was hooking up with other girls in the meantime.

Yet, there was a girl in the group that I liked who referred to me as "*buddy*" and "*pal*" when she was talking to me.

She talked to me as though her and I were only friends, but I could see through it.

I could see that she was feeling attracted to me.

One night, my friend and I went out with her and one of her girlfriends for some dinner and afterwards, we went back to my apartment and her and I ended up out on the balcony.

We were talking and there was a bit of flirting and laughing and after a couple of minutes, I squared up with her (i.e. faced her directly, so we were face-to-face as we were standing there together).

I looked at her up and down, put my arm around her lower back and just gently started to draw her to me.

She willingly came and within seconds, we were kissing.

That night, we ended up having sex and then started seeing each other for a while.

Now, the thing is, that wouldn't have happened if I didn't make a move.

If I wasn't aware that she was feeling attracted and didn't have the confidence to then make a move.

She was a privately shy girl.

She wasn't very visibly shy.

She seemed just kind of normal, happy-go-lucky type of girl.

Yet, I later found out that she had a huge crush on me from the start, but was afraid to get rejected and she was calling me buddy and pal to not seem keen and not seem desperate and things like that.

She was overthinking it.

I liked her.

I found her attractive.

I found her interesting.

She liked me, but she was playing all these games, buddy, pal and so forth and, "*Hey, let's go to this party and let's just hang out as friends.*"

So, when you can see through that type of behavior from women and you can see that they like you, then you have the confidence to make a move.

You know that women like you and when you make a move and they like you, then you start kissing, have sex and start a relationship.

Best of all, the woman is keen and excited to be getting to kiss you, have sex with you and hopefully have a relationship with you.

Want to Learn More?

Okay, I hope you enjoyed this video and learned something from it.

If you are one of the guys who finds it difficult to make women feel attracted to you as you talk to them, or if you tend to get stuck at certain points along the way, such as moving in for a kiss, getting

a phone number or getting a girl to go out on a date with you and so on, then, I recommend that you read my eBook, [The Flow](#) or listen to the audiobook version, [The Flow on Audio](#).

The Flow is my proven-to-work, step-by-step process for immediately attracting a woman, connecting with her and then taking things to the next level such as a phone number, kiss and then sex or a phone number, date, kiss and then sex.

It's the easiest way to get laid or get a girlfriend.

You can use The Flow on new women that you meet and you can also use it on girls that you already know.

It's a simple step-by-step process that works.

Most Women Are Passive, So You Need to Be Active and Get Things Moving Along

One final point that I want to make few in this video, is that when it comes to dating, most women are passive.

They aren't assertive and they don't chase after a guy and say, *"I like you, I want to be with you. Take me out on a date."*

Some women do that, but most women are passive.

What they do, is they wait for a guy who has the courage and confidence to ask them out.

That's usually the reason why you'll see a guy with a pretty girl and wonder, *"What is she doing with him?"*

Well, he had the confidence to ask her out.

He had the confidence to make a move.

You may be cooler than him, you may be better than him in so many ways, but he made a move.

So, whether you're interacting with a confident girl or a shy girl, if she is showing you many signs of interest, then make a move.

Don't wait for her to say, *"Hey, I like you. Take me out on a date, kiss me"* and so forth.

If she's showing you that she likes you, then she's going to want you to have the confidence to make a move.

In many cases, if the woman is insecure, like most women out there, then she's going to want to see that you have enough interest in her to make a move, that you're not just talking to her.

You've got to understand that most women out there overthink things.

They worry that a guy will reject them, or that a guy is only partially interested in them and so forth.

So, if you're interacting with a woman, she's feeling attracted to you, she's showing that to you, then make a move.

Get something real happening between you and her, before another guy comes along and has the courage and confidence to make a move.

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What to Say if She Asks Your Age (11 Examples)

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Sometimes a guy will be talking to a beautiful woman and the conversation will be going well, up until the point where she asks the question, *"How old are you?"*

At that point, a woman's interest in a guy is either going to increase or decrease based on how he answers the question because, in most cases, the woman is asking the question to see if the guy is going to become insecure about his age.

Is his age going to be an issue between him and her, or is it going to be yet another thing that she finds attractive and fascinating about him?

So, if you're talking to a woman and she asks you your age, you can of course just answer in a confident, self-assured manner and say your age, "22" or "42."

Yet, what are you going to say then if she says that you're too young for her or too old for her?

This is why, if you think that there's going to be an issue about the age or she's testing your confidence, or she is worried that you might be a bit too old for her or young for her, it's best to answer the question in a way that's going to increase her attraction and interest in you and make her see that the difference in age is not a big deal between you and her.

Between you and her, the age difference doesn't matter because you and her feel attracted to each other and there's a unique connection between you and her that she doesn't want to lose.

So, here are some examples that help take the seriousness out of the question, *"How old are you?"* and let a woman sense that between you and her the age difference doesn't have to be a big deal.

I'll start off with examples of what an older man can say to a younger woman when he is 42 and she's 27, for example.

Then, I'll give you examples of what a younger guy could say when he's talking to an older woman at a time when he is 22 and the woman is 26.

Let's begin with the older man talking to the younger woman.

They're getting along and she then asks him, *"How old are you?"*

He can then reply with something like this:

- *"Way too old for you, sorry, we can't be together."*
- *"Older than you, but you like older guys so it's fine."*
- *"The perfect age for a man."*
- *"I stopped counting my age when I reached 60."*

After letting her see that the age question doesn't have to be so serious between him and her, he can of course then tell her his age.

If he has been making her feel attracted and drawn to him, then she's going to want to not care about the age difference so she can get a chance to be with him.

Now here are some examples for a guy who is 22 and he's talking to a woman who is 26.

- *"I'm old enough."*

- *"I'm 22 which is perfect for you because you're starting to have a thing for younger guys."*
- *"Why? Do you need someone old enough to buy you a beer? You forgot your ID, didn't you?"*
- *"My age? It's the same number as your IQ score, 22."*
- *"Somewhere between 0 and 100. You have three guesses."*
- *"Doesn't matter, you and me wouldn't work out anyway. It'd be a fun fling, but we'd break up after a couple of weeks or something. It wouldn't work out."*
- *"Way too young for you, but that's okay. You're into younger guys. Otherwise, you wouldn't be hitting on me."*

Now compare those confident responses to her question to some insecure ones:

1. *"I'm only 22."*
2. *"I'm 22, is that okay?"*
3. *"I'm 22, but most people say I look older."*
4. *"I'm 42, but I still look young. I work out, I keep myself in shape, I take care of myself."*
5. *"I'm 42, but most people say I look like I'm in my 30s."*

With the 5 examples above, you are most likely able to sense the insecurity and if you can sense it, you can bet that a woman can sense it.

Women look out for these things.

Women don't want to get themselves into a relationship with the guy who is going to become insecure.

They don't want to get into that type of relationship where the guy is going to have an issue about his age, or he's going to have an issue about her beauty or attractiveness and he's going to feel like he's not good enough and so on.

So, the way that it works is that many women do want to stick within a certain age bracket and they don't want to go below that or above that, but there are also women who are open to dating younger guys or dating older guys.

What matters most to women who are open to dating younger guys or older guys is how she feels with YOU in particular.

With you specifically, does she feel like age doesn't really matter?

You and her feel so attracted to each other, she feels drawn to you, she likes being around you and you share a unique connection that she doesn't want to miss out on.

She really likes you and wants to be with you.

By the way...

If you know my story, you know that I speak from experience in that about 90% of the women that I hooked up with over the course of 10 years (when I was enjoying my choice of women) were younger than me.

For example: When I was 26, I was with women who were 20, 21.

When I was 30, I was also with women who were 20, 21, 22 and up.

I also hooked up with many women who were between 26 and 33.

Then, after 10 years of enjoying all of that, I met my perfect girl when she was 20 and I was 35.

We settled down and we've been together for nearly 7 years now.

So, when it comes to your age, in most cases, what really matters is how she feels about you in particular.

When she is interacting with you, does she feel like the difference in age is going to be an issue in a relationship or does she feel like it doesn't matter because she feels so attracted to you?

She feels so comfortable around you, she feels so drawn to you and there's a unique connection between you and her that she doesn't want to miss out on.

Want to Learn More?

Okay, I hope you enjoyed this video and learned something from it.

If you are one of the guys who finds it difficult to attract women as you talk to them, or to flow smoothly from a conversation to a kiss and then sex or a conversation, a phone number exchange, calling her on the phone, setting up a date and getting her to arrive at the date and then kiss, have sex and start a relationship with you, then I recommend that you read my eBook, [The Flow](#) or listen to the audiobook version, [The Flow on Audio](#).

The Flow is everything that you need to know to go from hello to sex with a woman that you find attractive.

Give Yourself the Chance

One final point that I want to make for you in this video, is to not automatically count yourself out if there's an age difference between you and a woman that you're talking to.

Many women don't have an issue with dating guys who are a bit older than them and in some cases, dating guys who are a bit younger than them.

So, if you're interacting with a woman and you're 23 and she's 27, or you are 35 and she's 25, then don't automatically count yourself out because of the age difference.

She may not have an issue with it.

She may be one of the women who are totally fine with it.

So, interact with her, attract her and then move things forward to kissing and sex.

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[image]

Almost there! Please complete this quick form to gain instant access.

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How to Not Be Awkward Around Girls You Like

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Have you ever found that when you're around girls that you're not attracted to, or you're not trying to pick up, that you can relax and be yourself?

You're at ease and you're not worrying about whether or not the girl likes you because you're not trying to get her to like you.

Yet, if you're around a girl that you really like and you want to attract her so you can hook up with her sexually, or have her as your girlfriend, then suddenly you start behaving like a nervous or awkward version of yourself.

You know that you could be a lot cooler, more confident and relaxed around her, but you can't seem to do it.

You feel tense and doubt that she would like you for you.

So, you might then start being nicer than you normally are, or more polite than you normally are or want to be, which ends up making you come across as awkward to her.

Something just doesn't feel right, so her guard goes up.

Why does this tend to happen the most around girls that you really like?

One of the main reasons why it happens is when a guy suppresses his emotions and expressions around the girl that he likes.

This means that a guy will suppress or hide how he feels about things and as a result, his body language, behavior and conversation will feel awkward to him and to the girl.

She will sense that he is hiding how he feels about things and trying to behave in a way that he hopes she will like.

Yet, it just won't feel right for either of them.

As a result, they will find it difficult to connect with each other or to have an interaction that flows naturally and leads to kissing, sex and a relationship.

So essentially if you want to stop being awkward around girls that you really like, then you have to *let your real mood flow* rather than hiding it, rather than suppressing your emotion.

What are some examples of suppressing emotions or hiding feelings when talking to a girl?

1. Feeling nervous and then trying to hide it by being quiet or unexpressive

If a guy is talking to a girl that he really likes and he is feeling nervous, he might go into a shell and not be as talkative or as expressive as he normally would be around friends for example.

As a result, the conversation won't flow smoothly and the interaction will start to feel a bit awkward and forced.

They won't be connecting as well as they could be.

An insecure girl might then wonder if the guy finds her attractive or not, or if he actually has a real

interest in her.

She may assume that he doesn't feel enough attraction for her and as a result, he just can't really get into the conversation.

He doesn't feel motivated because there isn't enough of a spark between them.

Yet, for the most part, girls will notice that the guy is being awkward and they'll then put two and two together to realize that he's probably feeling nervous and unsure of himself and that's going to turn the girl off.

Most attractive girls don't want to be with a guy who is intimidated by them and is going to be really nervous when kissing them, having sex with them or meeting their friends and family and so on.

Most attractive girls want to be able to get themselves a confident guy.

So, what can a guy do instead of being quiet and starting to be unexpressive when he feels nervous around a girl that he likes?

Well, what you need to understand is that you're going to look more confident to her and you're going to be more attractive and appealing as a result, if you just go with the flow of the conversation while feeling a bit of nervousness on the inside, versus you trying to hide your nervousness around her by becoming quiet and unexpressive.

When you allow yourself to just go with the flow of the conversation when talking to a girl that you like, while feeling a bit nervous on the inside, you'll notice that girls feel more attracted to you.

They're more interested and conversations continue.

As a result, you'll start to believe in yourself and your ability to go with the flow of a conversation and as a result, that nervousness that you used to feel on the inside that then caused you to behave in awkward ways will start to wither away.

You'll start to be able to talk to girls in a confident manner.

You'll be able to express who you really are and you won't feel nervousness on the inside.

The next example of hiding how you feel or suppressing your emotions is...

2. Only saying what you think she wants to hear, rather than saying what you really want to say

For example: A guy is talking to a girl that he likes and she asks him the question, "*So, have you seen any good movies lately?*"

Now, he hasn't seen any good movies lately.

In fact, he has gone to some movies with a friend and he's been quite disappointed with the movies that he's seen.

He usually loves movies, but he hasn't seen any good ones lately.

Yet, when she asks him the question, "*So, have you seen any good movies lately?*" he doesn't want to give a negative response.

He just wants to appear as though he's happy and positive about everything.

He doesn't want to seem like a negative type of guy.

Yet, what he doesn't realize is that girls and people, in general, prefer people who are REAL.

It's not about being negative all the time or positive all the time, but it's about being real.

So, rather than being real and saying something like this, *"No, I haven't seen any good ones lately. You know, I usually love movies, but lately they've been kind of boring. What movies have you seen?"* he says something like this, *"Um, yeah, yeah. I've seen a few movies. Yeah, they've been quite good."*

Then the girl asks him which movie he saw.

He then tells her and she said that movie sucked.

He then says something like this, *"Oh yeah, yeah. I mean it wasn't that good. It was alright."*

She then feels turned off by the fact that he isn't being real with her and he is changing his opinion on the fly based on what she is saying.

He doesn't have the confidence to just tell her for real that he hasn't seen any good movies lately.

He thinks that he needs to put on an act for her and pretend to be this super positive guy all the time.

Everything's great in his life.

He goes and sees a movie, they're all great.

He goes here or there, that's great.

No, some places are great, some places suck, some places are okay.

Some movies are great, some movies suck, some are okay.

That's reality and you have to *let your real mood flow* if you want to avoid being awkward around girls that you like.

The same rule applies if a girl asks you whether or not you've seen any good movies lately and you have.

The thing is, sometimes a guy will have seen a great movie, but he won't want to answer with too much emotion or enthusiasm because he thinks that it may make him seem uncool, like he's so into a particular movie and maybe the girl will think that he doesn't have much going on in his life and that's why he's so enthusiastic about a movie, but that is overthinking it.

You just need to express some emotion and be real.

For example: If you had seen a great movie lately, you can say something like this, *"Yeah, you know what, I have. Last week, I went to see a movie with a friend and it was one of those movies that is so intense and draws you in that when you leave the cinema afterwards, you walk out and you're like, 'Oh, I forgot that the world was like this.' You know? You get so drawn into that particular movie that it pretty much changes your perception during that time. It was pretty intense."*

Another example is to say something like this: *"Yeah, I saw a really good movie last week, one of the best I've seen in ages."*

In both of those examples, the girl is almost certainly going to ask you what the movie was and you can then tell her.

It doesn't need to be an overly enthusiastic and serious conversation about the movie, but it can be if you want to.

What is your real mood about the movie?

What do you really feel about it?

Did you really like the movie?

Do you want to talk about a particular scene, or a particular plot twist or whatever?

Then talk about that.

Say what you really want to say, rather than just saying what you think she wants to hear.

The third example of hiding emotions or suppressing feelings when talking to a girl that you like is...

3. Not reacting to her with genuine emotion

For example: A guy is talking to a girl that he likes and she is in a bit of a silly mood.

She's saying silly things and behaving in silly ways, but he doesn't say anything about it.

He doesn't really react to it.

He stays pretty much unexpressive and he sort of acts like it's not happening.

He doesn't really know *how to* deal with it and he doesn't really *want to* deal with it because he is worried that if he says something about it or if he reacts to it, she might decide not to hang out with him.

Then he won't get to spend any time with her.

So, he just remains fairly unexpressive.

Yet, the girl knows that if she was around a confident guy who believed in himself and wasn't on his best behavior trying to impress her, then he would say something about it, or at least react to her silly behavior with his body language.

Additionally, he might even playfully say something like this to her (in a confident, but playful way), *"Look at you. You can't sit still for a second. How many Red Bulls have you had, huh? Calm down for a second, girl."*

Or something like this, *"Well, someone's a little ball of energy today, aren't they? You're full of energy. I like it."*

Essentially, what you have to understand is that when you're around a girl that you like, you don't have to be perfect.

You can be positive about things.

You can be neutral about things.

You can be negative about some things and so on.

Of course, you don't want to focus on the negative and be a downer around a girl that you like, but you have to feel free to be your real self around her.

If you try to hide how you really feel about something, then you're not going to be happy with yourself.

You're not going to feel good about yourself and she is going to sense that you're not being your real self around her.

She's not getting to know the real you and as a result, it's difficult to connect with you.

The thing is you're most likely a cool, interesting guy deep down, but you have to let that come to the

surface and then let that flow from you.

Yes, you might make some mistakes when you start to be more real around girls that you like, but as you do it, you will find your real self and you'll be able to express your real self not only when you're interacting with girls that you really like, but with people in general.

What you'll find is that people like you so much more, they're so much more attracted to you and drawn to you because they can see and they can sense that they're interacting with the real version of you.

Want to Learn More?

Okay, I hope you enjoyed this video and learned something from it.

If you are one of the guys who find it difficult to be confident around girls that you like, make them feel attracted, keep conversations going and take things to the next level such as kissing and sex, then I recommend that you read my eBook, [The Flow](#), or listen to the audiobook version, [The Flow on Audio](#).

When you use The Flow techniques, your interactions with girls quickly flow from one step to the next.

The Flow is the easiest way to get laid or get a girlfriend.

Women Want the Real You

One final point that I want to make for you in this video, is that if a girl feels like she is responsible for you feeling nervous and tense around her, she will usually want to end the interaction rather than continuing to make you feel that way.

The thing is, you and her could have been a great match and a relationship between you and her could have been amazing, but if you cause yourself to feel awkward around her by suppressing your emotions and not letting your real mood flow, then it's going to be difficult for you and her to truly connect with each other.

It's also going to be difficult for her to feel enough attraction for you because most girls just don't want to be with a guy who is very nervous and unsure of himself around her.

When you feel free to express positive, neutral and negative emotions when interacting with a girl that you like, not only do you feel better because you're being your real self, but you also feel happy about the fact that she likes you for you.

She also feels great that she's connecting with the real you.

She can sense that you're being real with her.

You have the confidence to be your real self around her and who you really are is interesting and appealing to her.

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How to Get Yourself a High Quality Woman

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

How can you find yourself a high quality woman who not only has the type of look that you want physically, but she also has the qualities, personality and values that you like in a woman?

How can you make sure that you don't end up settling for a woman who doesn't really have the type of look that you want, or doesn't really have the type of personality, the qualities, or the values that you like to see in a woman?

How can you make sure that you get yourself a high quality woman who is perfect for you?

Essentially, it comes down to three main things and when you do these three main things, you get yourself a high quality woman.

Let's begin with number 1...

1. Be very clear on what a high-quality woman means to you

For some guys, a high quality woman is going to mean that she is:

- Beautiful.
- Intelligent.
- Down to earth.
- Easy going.
- Has a good sense of humor.
- Traditional/non-traditional.

Now, the thing is, many guys DO have an idea of what a high quality woman means to them.

Yet, they tend to put that to the side if they get a chance with a woman who doesn't actually meet their criteria, or they tend to forget about that when they're meeting women and they get into the mode where they're trying to get a chance with girls that they talk to, they're trying to pick up, they're trying to get lucky.

As a result, they'll end up getting into relationships with women who really aren't their IDEAL type of woman, who they don't really see as being a high quality woman.

So it's essential that you become clear on what a high quality woman means to you and then, don't deviate from that.

Don't accept less than that.

Say to yourself that you won't accept anything less than what you see as a high quality woman.

For example: Some guys really like badass girls with attitude and see that as being high quality, whereas other guys like sweet, girl-next-door types.

Some guys like women who are skinny, slim or slender, whereas other guys like women who have thick bodies with some meat on them or tight bodies with plenty of booty.

Some guys like girls who put a lot of effort into their appearance, whereas other guys like girls who don't wear makeup and have a more natural look.

Some guys like classy women, other guys like indie women, others like sporty women, others like introverted women who like to keep to themselves and just spend time with their boyfriend.

Some guys prefer women who have upper-class manners and have come from a well-to-do family, whereas other guys prefer women who have a more relaxed attitude to manners and the guy also doesn't really care what kind of family or upbringing she has had.

He just wants her to be a beautiful, loving girlfriend or wife.

Some guys really like blondes, others like brunettes, some like redheads and others like women with black hair or dark features.

Some guys like women who are from the same race as them, some like to go interracial, some like women from mixed races and other guys just love all women.

Some guys prefer women who love to cook, clean and take care of their man as a great girlfriend or wife, whereas other guys aren't really concerned about that and are more interested in finding themselves a woman who is career-driven and is interested in achieving big things outside of the home.

The list goes on.

Essentially, you need to be very clear about what a high quality woman means to you, so you don't end up accepting a woman who doesn't meet your criteria.

2. Know how to attract her and connect with her when you meet her

The thing is, some guys can make women feel attracted to them, but they then struggle with creating the type of connection with a woman that causes her to want to get to know him more, to want to give her phone number to him, to want to go on a date with him, to want to kiss him, to want to have sex with him and start a relationship with him.

On the other hand, some guys don't know how to make women feel attracted to them as they talk to them and only talk to women in a friendly, neutral or nice way.

As a result, there's no spark between himself and the high quality women that he meets.

The thing is, if a guy wants to get a low quality woman, then he doesn't really need to do much.

He just needs to show a bit of interest in her and she's going to be happy that a guy is interested in her.

Yet, if a guy wants to get a high quality woman, then he needs to know how to create a spark of sexual attraction inside of her and how to create the type of connection that causes her to want to get to know him more and take things to the next level with him.

3. Give yourself the chance to meet a high quality woman

For some guys, they'll go through their everyday life and find women attractive in random places and situations, but they won't do anything about it.

For example: A guy will be walking through a shopping mall and he'll look into a store, see a girl

that he finds attractive and just keep walking.

A guy will be sitting in a cafe or a restaurant and there'll be a waitress there who he finds pretty and he thinks, *"Wow, I'd love to have her as a girlfriend,"* but he doesn't do anything about it.

He just sits there, has his coffee, or has his meal and then leaves.

The same thing applies with bars, nightclubs and parties.

Many guys will go to a bar or nightclub or party, but they won't approach women that they see as being high quality.

Instead, they'll either not approach women at all, or just approach women that they see as being average or low quality because they seem like easy targets.

Yet, by doing that, a guy will often end up getting with women that he's not really attracted to and that he doesn't really want to be with.

Now, the thing is not every high quality woman is single, but the reality is that not every relationship lasts.

"60% of unmarried relationships break up within 2 months and 70% end within 1 year."

Source: Social Science Data Collection. Stanford University, California

Many relationships end in a breakup, which results in many women becoming single again and trying to find themselves a boyfriend.

So, whether it's a case of you going through your everyday life and seeing women that you find attractive during the day, or it's you going out to bars or parties, you have to **give yourself the chance** to meet the high quality woman.

If you don't give yourself the chance, then you can't get her.

The reality is that 99.999999% of the high quality women that you find attractive don't even know that you exist.

How are you going to get that high quality woman if she doesn't even know that you exist?

The only way to let her see that you exist is to have an interaction with her.

You've got to be able to talk to her and create a spark, create a connection with her and take things to the next level.

The thing is, you could meet the type of high quality woman that you want the first time you try, but it might take you 5 tries.

It might take you 10 tries, but if you don't give yourself the chance to meet her, then she's almost certainly not going to know that you exist.

As a result, you might end up thinking that all the good women are taken, or that it's not possible for you to get a high quality woman because the only women who seem to be interested in you, are the ones that you don't see as being high quality.

Yet, the reality is that you're probably not giving yourself enough of a chance to meet high quality women in person.

The thing is, in most cases, guys that you see who've been able to get themselves a pretty girlfriend and settle down are simply the ones who gave themselves a chance with her.

The guy talked to her so he could then attract her, connect with her and start a relationship.

Want to Learn More?

Okay, I hope you enjoyed this video and learned something from it.

If you're one of the guys who finds it difficult to attract women when you talk to them, or if you find it difficult to connect with women or take things to the next level, then I recommend that you read my eBook, [The Flow](#) or listen to the audiobook version, [The Flow on Audio](#).

The Flow is everything that you need to know to go from hello to sex with a woman that you find attractive.

You will learn exactly what to say and do to attract women, connect with them and take things to the next level.

When you follow the steps of The Flow, you and a woman will flow effortlessly from one step to the next.

It's the easiest way to get laid or get a girlfriend.

Not All Pretty Women Are Confident

One final point that I want to make for you in this video is this...

Don't assume that a high quality woman is more confident than you.

Have a look at this comment from a guy on one of my videos recently...

[image: Comment from a man about a hot woman's nervousness while on a date with him]

He went on a date with a girl that he saw as being a solid 10 out of 10.

She was acting nervous and a bit weird on the date because of how attracted she felt to him.

He actually thought that she was out of his league, but he decided to just give it a try and continue moving the interaction forward and in the end, she became his girlfriend.

What's important to understand and remember as a man, is that many women are insecure and anxious, but usually put on a great act of seeming like they are fine.

Likewise, some women will act weird and nervous when interacting with a guy for the first time or on a date and a guy will often think that it means she doesn't like him, when in fact, she is just feeling nervous and unsure of herself around him.

This also applies to a high number of the women that you see as being high quality.

Don't assume that because you feel attracted to her that she must be ultra-confident and she must think that you would love to get a chance with her.

In many cases, women that you see as being pretty, beautiful and high quality are actually insecure.

They feel insecure about certain parts of their body, about certain facial features that they have, about their tits and so on.

For example: She might think that our tits are too big, too small, or she might not like the shape of them.

She might not like her nose, her hips, her butt, her thighs and so on.

The reality is that many women are insecure and in many cases, it is women that YOU look at as

being high quality.

So don't count yourself out.

If you want a woman that you see as being high quality, then at least give yourself a chance.

Talk to her, make her feel attracted, connect with her and start a relationship.

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This Mistake That DESTROYS Your Success With Women

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Women really like balls, both in the physical sense and the emotional sense.

Physically, women like to play with balls, suck balls and have balls banging against them as they cop it, doggy style.

Emotionally, women like to interact with a guy who has relaxed confidence and relaxed courage.

He has what I call *Relaxed, Ballsy Confidence*.

Unfortunately, a lot of guys have the capacity to have and display that type of confidence around women, but they're unable to due to a tiny little mistake that completely destroys their success with women.

This tiny mistake destroys a guy's success with women from pick up, to dating, to sex and being in a relationship.

The tiny mistake is where a guy will fear a woman's reaction to what he wants to say to her, or how he wants to behave around her.

When a guy fears a woman's reaction, his confidence is going to be stifled.

It's going to be suppressed.

He's not going to be able to express his true personality around her.

He's not going to be able to express his true masculinity around her and as a result, she's going to feel like she isn't interacting with the real version of him.

She's going to sense that he isn't comfortable around her and he isn't being completely real with her.

As a result, she can't really trust him.

She can't really let her guard down around him and feel attracted to who he is, because who he is is being hidden.

Yet, when a guy has Relaxed, Ballsy Confidence, a woman senses that she is interacting with the real version of him and what's more, is that she feels deeply, primally attracted to his masculinity and confidence.

Instinctively, she knows that if a guy has the confidence to be his real self around her, then he is going to be confident around other people and in life.

People are going to be able to respect him because he's not living in fear.

He's not fearing the reactions of other people.

Yet, at the same time, he's not being one of those loud, over-the-top, macho type of guys.

It's not about that.

It's about relaxed confidence, relaxed courage and having the balls to say and do what you want, while also being a good guy; being a good man.

So, I'm going to give you some examples here of how this tiny mistake destroys a man's success with women all the way from pick up to being in a relationship.

Let's start with the first one.

1. Pick up

A guy will talk to a woman that he finds attractive, wants to pick up and have sex or have a relationship with, but because he fears the woman's reactions to what he may say or do, he holds back.

He hesitates and as a result, his conversation doesn't flow.

He runs out of things to say and topics that he does bring up become boring very quickly because he is worried about saying the wrong thing.

So, he doesn't say much and just asks another question, or brings up another topic.

Yet, the interaction then starts to feel a bit awkward and forced and there's no spark between him and the woman, or the women that he's trying to pick up.

The interaction ends and he then goes home.

He's thinking later on about what he *could have* said or what he *could have* done and then he thinks, *"Damn it. Why didn't I just say that? She said this, I could have said that. Why didn't I say it?"*

The reason why he didn't say it is that he was fearing her reaction.

He was thinking, *"If I say that, she might think that I'm not cool or she might think that I'm needy or she might think that I'm this or that."*

The thing is he could be right about that.

He could've said something and it wouldn't have gone well as a result.

Yet, he would have learned from that experience.

He would have gained in his understanding of how to talk to women rather than just having superficial conversations all the time like, *"What do you do for a living? How long you've been working there? Do you have any brothers and sisters? Where you're from? Where did you go to school and so forth."*

He could've said the thing that he wanted to say, expanded a topic in a certain way, or made a joke at a certain point in time, but he was fearing the woman's reaction.

He thought, *"She may not like it. She may not think that it's funny. She may think that I'm boring and so forth."*

As a result, the interaction felt awkward and forced and it ended.

The next example is with dating...

2. Dating

Here's a comment from a woman on one of my videos recently.

She said, *"As a woman, I think these videos are absolutely spot on. I met a guy recently and I was flirting with him the whole night, but he didn't seem to notice."*

At the end of the date, I was waiting for him to ask for my number and he wasn't going to, so I said, "You're not even going to ask for my number?" and he went, "Oh, what? I get to have your number?" He put himself in the friend zone right there and he thought I was out of his league, when in reality he is handsome."

The thing is if a woman goes on a date with a guy, then, she is interested in him.

She is open to something potentially happening.

It's not a guarantee that she wants to kiss, have sex and start a relationship, but she is open to it.

She wouldn't go to the date otherwise.

Now, in this particular case, a woman went on a date with a guy and was flirting with him the whole night and he still was worried about her potential reaction to him taking things to the next level.

For example: Him saying something like this to her, *"Alright, well look, let's finish up here and I'll walk into your car"* or, something like this, *"Hey, so, let's continue this. Let's go back to my place and hang out for a bit. We'll chill out."*

In many cases, a woman will say yes to that because she wants the date to continue, or she wants to get to a kiss or sex, or she just wants to get to know the guy more.

So, she'll go along with it.

Yet, in some cases, a woman won't want to go to a guy's place on the first date and that's fine.

A guy hasn't ruined it by suggesting that they hang out.

He hasn't ruined the situation.

Additionally, some women will initially say no to hanging out or chilling out at your place or you going back to her place because they don't want to seem too keen, eager and interested.

They're playing it cool.

Alternatively, she just doesn't want to seem too easy, so she will initially say no, but if a guy then says something like this, (in a relaxed, easy-going, but assertive way) *"Oh, come on, let's just go and hang out for a little bit. I'll show you my place. We can get to know each other a little bit more. We'll hang out for like half an hour or something. Come on"* she can now say yes on the grounds of not being so boring, or being a little bit more adventurous and just going with the flow.

So, she has a reason now to say, *"Alright, cool. Well, let's go and hang out."*

On the other hand, if a woman says no, that she doesn't want to go back to the guy's place, it's totally fine.

He doesn't need to suggest that again and he hasn't stuffed up the situation.

He can simply suggest catching up another time and it's no problem.

He hasn't ruined the situation.

So, in this particular case, the guy missed out on being with a woman who really liked him and thought that he was handsome.

His looks didn't get the job done because he made that tiny mistake, that little tiny mistake that completely destroys a guy's success with women all the way from pick up, to dating, having sex and being in a relationship and that is fearing the woman's reaction.

The next example is with sex...

3. Sex

In this example, the man is having sex with a woman and he wants to bend her over and pound her

from behind.

Yet, rather than just changing the position, turning her around, bending her over and giving it to her, he asks her if she wants to change positions.

He asks her if she wants to do doggy style.

Does she like that? Does she want to do doggy style?

He fears her reaction to his moves in the bedroom.

The thing is, most women aren't going to complain about that (a guy asking if she wants to change positions).

A woman usually won't complain and say that she doesn't like it when a guy is asking her what position she wants to do, or asking her to change positions because it ruins the natural flow of the sex.

It ruins the mood.

Most women won't say it, but they will feel the difference between a guy who is always asking her if she wants to change positions, or asking her what position she wants to do, versus a man who occasionally asks if she wants to do a particular position, but for the most part, he doesn't stop and start talking and discussing during sex.

He just does what he wants.

He turns her around, he bends her over, he gets on top of her, he starts giving it to her missionary style.

Essentially, he does whatever position he wants and as a result, they get lost in the enjoyment of the sex.

So, when it comes to sex and a woman has her legs spread and is receiving it, she wants to be able to see that the man she is having sex with doesn't fear her potential reactions to how he's going to move, how he looks at her, how he touches her and so on.

He has that Relaxed, Ballsy Confidence that allows them to get lost in the enjoyment of the sex.

The final example is with a relationship...

4. Relationship

If a man is in a long-term relationship or a marriage with a woman, then, over the years, he will have experienced her tantrums and even rejections at times.

She will have thrown a tantrum about something, or when he tried to make a move on her or he said something, she will have rejected him in some way.

For some men, that is like water off a duck's back.

It doesn't matter.

The man knows that women will be women; they get emotional and sometimes, they will reject and you don't need to take it personally.

For some men though, they take it very personally and as a result, it begins to change the dynamic of the relationship.

For example: Rather than having Relaxed, Ballsy Confidence around his girlfriend or wife, a guy will start to become neutral around her.

He'll start to be more like a friend.
He'll want to just get along with her.
He doesn't want to experience a potential tantrum.
He doesn't want to display too much confidence around her because she might reject him.
She might test his confidence by saying no at times, by not kissing him when he wants to kiss, by not saying yes to one of his requests, like, "*Go make me a coffee*".
She might say no to his reject.
She may reject him in a moment like that.
So, for some guys, the fear of their woman's potential reaction to what they may say or do, can cause them to hide their balls.
Their balls become hidden.
The guy becomes a neutral, hesitant, even in some cases, soft guy around her.
Now, he may see himself as being a masculine guy.
He may see himself as being tough, but around his woman, he has been tamed beyond tame.
He has become domesticated.
He has become neutralized and he doesn't have that Relaxed, Ballsy Confidence that he knows he can have and that he may have had in the past, or that he has around his friends.
Around his woman, he just doesn't have it.
As a result, the attraction between him and his woman isn't there.
It feels neutral.
They don't really feel that draw to each other because his balls are hidden.
He fears her reaction to how he may touch her, how he may talk to her, how he may behave around her and the actions that he may take.
So, he just plays it safe, becomes neutral and tries to get along with her.
Yet, even though relationships like that can last for years and even decades, they aren't as enjoyable for the man and the woman as a relationship where the man's balls are out.
He is living balls out around his woman.
He is still being a good man.
He is still treating her well, but he's able to interact with her with that Relaxed, Ballsy Confidence where he doesn't fear her potential reactions to what he's going to say or do.

Want to Learn More?

Okay, I hope you enjoyed this video and learned something from it.
If you'd like to learn more, I have two recommendations for you.
The first recommendation is for the men who are single and looking to get laid or get a girlfriend.
The second recommendation is for the men who are in a long term relationship or a marriage that doesn't feel the way it used to.

The love, respect and attraction just isn't there anymore.

The woman isn't respecting him the way that she used to.

She doesn't love him the way that she used to and she doesn't feel attracted to him the way that she used to.

The first recommendation (for the single guys) is The Flow and it's the easiest way to get laid or get a girlfriend.

It's everything that you need to know to go from hello to sex with a woman that you find attractive.

The second recommendation (for the men in a relationship or marriage with a woman) is Make Her Love You For Life.

With this program, you will learn how to create the type of relationship dynamic that causes your woman to feel increasingly respectful, attracted and in love with you over time.

You will also learn how to communicate in a relationship with a woman in a way that causes you and her to feel closer and closer over time, to avoid unnecessary arguments and to truly understand and appreciate each other.

Make Her Love You For Life makes a relationship easy, happy, enjoyable and fulfilling for the both of you.

You literally feel so much love for each other that you don't want anyone else.

You just want to be together for life.

Remember This Rhyme

One final point that I want to make for you in this video is that **if you fear a woman's reaction, she won't feel attraction.**

Women are attracted to balls.

Women are attracted to that Relaxed, Ballsy Confidence in a man.

When a woman senses that a man is panicking, he is worried, he is nervous, he is unsure, he is uncertain, it doesn't turn her on.

It doesn't make her feel attracted.

Yet, when a woman senses that a man is confident, courageous, at ease and isn't worried, she feels turned on.

As you interact with her, she can literally start to become wet about the idea of having sex with you, about kissing you, about being bent over by you.

So, let women sense your balls, play with your balls, suck your balls and have your balls banging against them when you give it to them doggy style.

Finally, always remember: If you fear a woman's reaction, she won't feel attraction.

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How to Tell a Girl You Like Her (4 Examples!)

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

In some cases, if a guy tells a girl that he likes her, it will go well.

She will suddenly relax and won't be as afraid of being rejected by him because he has let her know that he likes her.

So she can now start showing lots of interest in him and not have to worry so much about being rejected.

Cases like that are ideal scenarios.

All the guy has to do is say, "*Hey, I like you*" then the girl says, "*I like you too*" or she shows lots of interest and then they start kissing, or they go on a date and then they kiss, they have sex and they start a relationship.

Yet, in pretty much every other case if a guy says that he likes a girl in the wrong way or at the wrong time, she will play hard to get or even reject him.

So, what I'm going to do in this video is give you 4 examples of how to tell a girl that you like her in a way that causes her interest in you to increase and allows her to feel comfortable to show interest back in you.

The 4 examples will be the first time you meet her, on a first date, after you've known her for a while and if she prefers a guy who is a bit of a challenge.

The last one there is very important when it comes to certain attractive girls who don't necessarily like it when a guy admits his feelings for her prior to kissing her or having sex with her.

Many attractive girls like to enjoy the thrill of the chase.

They like to feel as though they need to do something to impress you before you actually want to have sex or relationship with them.

You're not immediately smitten and 100% interested in her just because of how she looks.

This often happens with attractive girls who, for most of their life, have been instantly liked by guys.

Guys immediately like her, immediately have feelings for her and in many cases, say that they like her and they want to have a relationship with her and so on.

Sometimes an attractive girl will go for that, but in many cases, she will want to find herself the type of relationship where she needs to impress the guy, she needs to make sure that she maintains his interest.

So, we'll get to that example later in the video.

For now, here's the first example of how to tell a girl that you like her when you first meet her.

1. How to tell a girl that you like her when you first meet her

So, say for example: You meet a girl at a party after work, at a bar or if you're still at university you meet her at university.

You and her talking, you're getting along, you're having a laugh together and a few minutes into the conversation, you say something like this to her, "*You're cute, I like you*" or, "*I like you, you're*

cute.”

By giving her a bit of a smile, looking her up and down and saying that she’s cute and you like her, it lets her know that you’re not just looking at her as a friend.

Yet, you’re also not being too serious about it and saying that you want to be her boyfriend, you want to take her out on a date or asking her if she’s looking for a boyfriend or something like that.

You’re just letting her know that you’re interacting with her, you’re finding her attractive and are not seeing her as just a friend.

Where a lot of guys go wrong is that when they’re interacting with a girl that they like and they’re getting along and having a laugh, they will then say something that confuses the girl and makes her think that he only sees her as a friend.

For example: A guy will be talking to a girl that he likes, they’ll be getting along and having a laugh and he’ll then say something like this, *“You know? You’re really interesting to talk to you, I feel like we can really connect.”*

Yet, when a guy says to a girl that she’s interesting to talk to and he feels like he can connect with her she doesn’t necessarily know that means he likes her in a sexual and romantic way.

Many girls are insecure and tend to overthink things when they’re talking to a guy that they like.

If he just says something like she’s interesting to talk to and he feels like he can connect with her, she may then begin to have insecure thoughts.

She may begin to think, *“Well, what does he mean? Does it mean that I’m interesting to talk to, but I’m not pretty? Does he actually find me attractive? He said that we connect, does that mean that he feels we connect well as friends?”*

That can cause her to worry about being rejected if she shows interest in him.

As a result, she may then begin to play hard to get or try to show him that she doesn’t see him as anything other than a friend.

If a guy then starts getting those signals from a woman, he may then think that she doesn’t like him and he’s going to get rejected if he shows any interest. So, the interaction can then become pretty awkward.

That’s why if you’re talking to a girl that you like for the first time and you want to let her know that you like her, it’s best to let her know that you like her in a way that is sexual.

It’s not about being sleazy and over the top about it where you say to her, *“Oh, look at you, look at those tits, I’d like to bang you.”*

Of course with some girls that can work, but with the majority of girls you need to be a bit more subtle about it, while also letting her know that you see her in a sexual way (i.e. you find her sexually attractive).

You’re not just talking to her as a friend, saying that you having a nice conversation with her and you’re getting along and you feel like you and her can connect and she’s interesting to talk to.

Instead, you’re saying something like this, *“You’re cute, I like you.”* (Watch video at the top of this page for the example of how I say it).

Saying it like that is almost as though you’re giving her your nod of approval.

You’re the sort of guy who could easily attract other girls.

You're confident in yourself, you're a cool guy and you're saying to her that she's cute and you like her.

She has gotten the nod of approval from a cool confident guy, which is a lot different than if a guy would say something like this, *"Hey, you know, I wanted to tell you, I think you're cute and I like you."*

That's not coming from a cool confident guy, that's coming from a guy who doubts himself, is nervous and is worried about what he's about to say.

Whereas the guy who says something like this, *"You're cute, I like you"* is giving her his nod of approval and she's going to be much more excited and happy about finding out that a guy like that likes her.

The second example of how to tell a girl that you like is if you're on a first date with her.

2. How to tell a girl that you like is if you're on a first date with her

Imagine that you go on a first date with a girl that you really like.

When she arrives, you look at her and think, *"Wow, she looks really pretty, she looks sexy, she looks beautiful."*

You're looking at her and feeling very attracted to her in that moment.

Where a lot of guys go wrong is that they'll say, *"Oh, you look nice today. Oh, that's a nice dress, where did you get the dress from? I like the color,"* or *"Your hair looks nice."*

Nice, nice, nice, whatever.

What's actually going to go on between a man and a woman whether they have a casual sex, boyfriend and girlfriend or even husband and wife relationship is that there's going to be sex involved.

It's either going to be a sexual relationship or a sexual, romantic, committed relationship.

It's not just going to be a nice non-sexual friendship. *"Oh, that looks nice, where'd you get the dress from? That's a nice color, that suits you."*

No, no, no.

She's coming on a date with you and if she's like most girls she's insecure about her appearance and she also wants to be with the guy who genuinely looks at her as being physically attractive.

He really likes her and if they get into a relationship he's not going to lose interest in her quickly.

He really does find her attractive.

So, if you go on a date with a girl that you like and she arrives looking sexy, you can let her know that you are finding her attractive by saying something like this.

"Wow, look at you. How am I going to be concentrating on the food and the conversation now when you're in a dress like that? I'm not going to be able to concentrate, you look amazing." (Say it with a smile, in a charming way. See video at the top of this page for example of how to say it).

Or something like this, *"Wow, look at you, someone's looking sexy today."*

Since most girls are insecure about their appearance and when they go to a date, have put in hours of

effort to look good, hearing a flirtatious compliment from the guy that they like is such a relief.

It helps her to stop thinking that she needs to put on an act as though she doesn't like him and try to play hard to get to make him show interest in her.

He's already showing the type of interest that she wants him to have in her.

She's not there to start a friendship, she's there to start a sexual relationship whether that be casual sex, boyfriend and girlfriend or the type of relationship that eventually leads to a husband and wife relationship.

So, with any of those three relationship scenarios, she wants to know that the guy that she's going to have sex with really does find her attractive.

The next example of how to tell a girl that you like is after you've known her for a while.

3. How to tell a girl that you like is after you've known her for a while

Where a lot of guys go wrong in a situation like that is to suddenly admit that they've had feelings for her all along.

In cases like that a girl then usually finds it difficult to trust the guy.

She begins to question his behavior and wonders why he hasn't been truthful with her all along; why he's just been acting like a friend and wanting to spend lots of time with her when in fact, he had a sexual and romantic interest in her.

Alternatively, a guy will say that he has feelings for her by sending her a card, a letter, a long text message or a message on social media.

If a girl really likes a guy and is hoping that he has feelings for her, that can work, but if a girl just sees a guy as a friend or doesn't feel much attraction for him and he's totally in love with her, then she'll most likely tell him that they're better off just being friends.

Alternatively, a guy might say that he doesn't want to just be her friend anymore and wants to be her boyfriend.

Yet, if she isn't sure that she wants to have a serious relationship with him at that point, she will most likely reject him or tell him that they're better off being friends.

So, if you've known a girl for a while and you want to tell her that you like her, it's best to tell her in a more relaxed and easygoing way, rather than how some guys do it, where they drop a bomb on her all of a sudden.

They suddenly admit that they have strong feelings for her and they've loved her all along.

They've imagined being her boyfriend and haven't been able to stop thinking about her and ever since the first moment they met her.

They have had strong feelings for her, but they're being too afraid to show it and all that sort of stuff.

That is way too dramatic, serious and even weird for some girls.

So, an example of telling her that you like her in a relaxed, easygoing way that isn't going to make things awkward between you and her is when you've been talking, getting along and having a laugh together.

When you and her having a good laugh together, you can pause and say something like this to her, *"You look cute when you laugh."*

She'll most likely smile, feel flirty and assume that you're just being nice and sweet with her.

You can then pull the rug out from under her and make her laugh and feel more attracted to you by adding in this, *"Actually you look cute when you laugh, but you have a bit of a dorky smile."*

She will then almost certainly laugh and you can then say something like this, *"Just kidding, your smile is cute too, but you're still a dork."*

Since you're being confident, being a bit of a challenge, making her laugh and making her feel girly in comparison to your masculinity by saying something like that, then she is going to feel attracted to you.

As a result, she's going to be happy to hear that you like things about her because she's feeling attracted to you in that moment and you're telling her that she has a cute laugh or a cute smile and so on.

You're telling her, in a subtle way, that you find her attractive.

Then, with a girl like that you've known for a while, you need to get things moving along between you and her.

So, don't just stop at letting her know that you like something about her because she may feel insecure and worried that you just like her smile, or her laugh and you're not actually interested in getting anything going between you and her.

After all, you've known her for a while and you haven't asked her out, you haven't made any moves on her, so what else is she to think?

Some girls who are confident will assume that you like them, but many girls are insecure.

So, you need to make sure that when you make her feel attracted in a moment like that (and she's sensing that you do like her), you then get things moving along between you and her.

For example: If you and her are at a party, at a bar around other people that you know (e.g. coworkers), or at university around other people that you know, then you can say something like this to get things moving along between you and her, *"Hey, by the way, we should catch up for a coffee, just you and me."*

Then, arrange to catch up with her the next day or a couple of days later and get an actual catch up going where it's just you and her, so you can then initiate physical touch, kiss her and start an actual relationship.

Of course, if you and her are alone and you've made her feel attracted to you and let her know that you like something about her, then the next step is to start making some moves.

Initiate physical touch, initiate a kiss, have sex and start an actual relationship with her.

4. How to tell a girl that you like her if she prefers a guy who is a bit of a challenge

Say for example you're talking to an attractive girl who is confident and likes a guy who is a bit of a challenge.

She doesn't want a guy who is a pushover and immediately likes her, tries to impress her and hopes to get a chance with her.

Instead, she wants to be with the sort of guy who makes her feel the need to impress him.

She wants to feel like he keeps her on her toes around him just to impress him and make him like her, if she's going to be able to get a chance with him.

So, if you're talking to a girl like that and you ask her a question like, *"So, who's your favorite pop singer at the moment?"* or, *"What music are you into at the moment?"* and she then answers, you can playfully challenge her in that moment by saying something like this.

"You didn't just say that, did you? I liked you up until that point, you disappoint me girl." (Said playfully).

Or something like this, *"What? Who likes that music, lame."* (Said playfully).

You and her can then have a laugh together and of course, at some point you can tell her that you're only joking, her taste in music is fine and maybe you and her can get together one day and listen to her crappy taste in music.

So, that sort of approach works well with girls who like a guy who is more of a challenge compared to a guy who meets her and immediately starts to say, *"Oh, you know, I really like you, you're different from other girls. You looking for a boyfriend? You want to go out sometime?"* and so forth.

Many attractive girls want a guy who can make them feel like she needs to impress him, she needs to maintain his interest and that is exciting for her.

Whatever type of girl you're interacting with though, just make sure that you keep things moving along between you and her.

Don't just stop at making her feel attracted or letting her know that you like her.

You've got to at least get to a first kiss if you want to start an actual relationship with her.

Want to Learn More?

If you are one of the guys who finds it difficult to attract girls as you talk to them, or if you get stuck at certain points along the way with girls that you like, then I recommend that you read my eBook, [The Flow](#) or listen to the audiobook version, [The Flow on Audio](#).

The Flow is everything that you need to know to go from hello to sex with a woman that you find attractive.

When you read The Flow or listen to The Flow on Audio, you will learn my best ever techniques for making women feel attracted to you as you talk to them.

You will also learn how to create an unforgettable connection between you and a woman, how to initiate physical touch in a way that she wants and welcomes and how to initiate a first kiss and sex.

When you follow the simple steps of The Flow, you and a woman flow smoothly from one step to the next.

It's the easiest way to get laid or get a girlfriend.

Knowing When You Should and Shouldn't Say, "I Like You"

One final point that I want to make for you in this video, is that you don't always have to tell a girl that you like her in order to get to a kiss, a date, sex or relationship.

It really depends on the kind of girl that she is.

Sometimes a girl does need to hear that a guy likes her or finds her attractive, before she feels comfortable enough to show her interest in him and begin to touch him and so on.

So, if you get the sense that the girl that you like needs to hear that you like her or find her attractive, before she will really open up and show interest in you, then go ahead and tell her that you like her, but just make sure that you do it in a way that makes her feel attracted to you.

Alternatively, make sure that you make her feel attracted to you prior to saying, "*You're cute. I like you*" by being a bit of a challenge, making her laugh, flirting with her and so on.

Make sure that she's feeling attracted to you so when you do tell her that you like her, she feels happy about that.

She feels excited that you and her feel the same way and she then wants something to happen between you and her.

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What to Do if a Girl Loses Interest

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Imagine this.

You meet a girl that you really like and initially, she seems interested and is even kind of pursuing you, but she then loses interest,

Or does she?

That's what you need to determine.

Whether or not she has actually lost interest in you, or if she has just changed her approach with you.

For example: Sometimes a woman will stop pursuing a guy that she is interested in because she doesn't want to seem too keen and eager, so she plays it cool and acts like she could take him or leave him.

The thing is, some men play that game with women, too.

They play it cool.

They act as though they could take her or leave her and sometimes that works, but in many cases it doesn't work because some women are insecure and doubt their attractiveness to a guy.

They don't want to show a lot of interest and pursue a guy only to then be rejected by him.

As I said, sometimes it can work to do that, but in many cases, it doesn't.

So, what I'm going to teach you later on in the video is the easy way to do it, to get rid of all the mind games and just get the result that you want.

Whether that be to have a relationship with her, or have casual sex with her, whatever result you're aiming to get, you'll get that by using the approach that I'll tell you in a minute.

For now, I'll explain a little bit more about why a woman will stop pursuing a guy that she is interested in.

She wants to see if he'll lose confidence and give up if she stops helping him by giving him such clear signals that she is interested.

Alternatively, even though she's been showing lots of interest in him, he hasn't made a move to kiss her yet.

As a result, she then begins to think that maybe there isn't enough of a spark between him and her for a kiss to happen. Maybe they'd be better off as friends.

Another example is that he just keeps texting back and forth with her and it's going nowhere. He hasn't called her up to say hi and get her to catch up with him in person.

As a result, she may begin to think that he's just playing her and keeping her warm while he sees other girls that he feels more attracted to.

So, rather than continuing to feel like she's just an option for him, she decides to stop showing interest or stop pursuing him.

Finally, another reason why a girl might stop showing interest or stop pursuing a guy even though she likes him, is that she wants to see if he will lose interest in her if she stops pursuing him.

Many girls do that as a way to hopefully find out how much a guy actually likes them.

Will he continue to try to get something going between him and her, or will he simply lose interest in her if she stops pursuing him?

Of course, another reason can be that she has genuinely lost interest in a guy and doesn't want to be with him anymore.

In that case, how do you get her to feel interested again?

Some guys think, *"Well, I'll just lose interest back in her. If she has lost interest in me when we were getting along, then I'll give her a taste of her own medicine. I'll lose interest in her. I'll show her that I don't care."*

That can cause a woman to begin pursuing a man, but in many cases it causes one of the following reactions instead.

She fears getting rejected if she shows interest in him and he has genuinely lost interest in her.

So, rather than risk getting rejected, she just gets on with her life without him.

Or, she goes out on a date with another guy to make him feel jealous, but she then likes the new guy and gets into a relationship with him instead.

Alternatively, she tries to get back at him for losing interest in her and seeming to reject her. She begins to talk to him again, but refers to him as her *friend* or her *buddy* to hopefully make him feel rejected.

So, how do you avoid all the mind games and just get the girl that you want?

How do you fix the problem and get the girl who has seemingly lost interest in you?

What you need to do is very simple.

Attraction followed by action.

In other words, first, you need to make sure that she is feeling attracted to you and then you need to take action to get things moving along between you and her.

For example: If a guy was a pushover with a woman where he was too nice to her and she didn't feel any need to impress him, then he can make her feel attracted by now being a bit of a challenge for her to acquire.

Another example is where a guy was just being neutral around a woman and talking to her in a friendly way as though there was no sexual attraction from his side.

To get rid of the neutral dynamic between him and her, he can start behaving in a more masculine way around her to make her feel girly in comparison to him.

That way it's not neutral.

She will see him as being the more dominant one and she'll feel feminine and turned on as a result.

So, how does the guy actually display those traits?

Well, I'll give you two examples now of how you can display both of those traits at once simply based on how you're talking to her.

A guy is talking to a girl that he likes and she asks him, *"So how was your day?"*

If a guy is just being neutral and he's being a bit of a pushover, he is not making her feel any need to impress him and he's just being that neutral friend, he may reply with something like, *"Oh, it's good. How about you?"*

Now, there's nothing wrong with a guy talking to a girl in that way.

It's totally fine to have a neutral conversation with a girl that you like.

However, if you want to make her feel attracted to you, what you need to do is display some of the personality traits and behaviors that are naturally attractive to women.

When you display these personality traits and behaviors, women literally begin to feel attracted to you, drawn to you and even turned on by you.

I'm not talking about a woman being turned on to the point where she drops to her knees and says, *"Unbuckle your belt. Let's get this thing going,"* but I'm talking about her beginning to feel turned on by you, feeling excited around you, imagining having sex with you, liking what she's imagining and wanting to interact with you more as a result.

So, if a guy is talking to a girl that he likes and she asks him, *"So, how was your day?"* he can say something like this to be a bit more of a challenge and make her feel girly and feminine in comparison to his masculinity or his balls, his rawness, his manliness and so on.

"How was my day? Well, it was going great until you arrived...just kidding. I've been having a good day and now it's even better because you're here and you're going to buy me a coffee and a cake. Such a great girl. Always buying me things." (Watch the video on this page to hear the tonality I'm using).

By the way...

Of course, it doesn't matter if the girl takes care of the bill and buys the guy a coffee or a cake, or if they split the bill, or if the guy wants to get her a coffee and a cake.

That stuff doesn't matter.

What matters and makes her feel attracted is that he has the balls to be a bit challenging as he talks to her.

He also makes her feel girly and feminine in comparison to his masculine presence in the interaction and that turns her on.

Another example is where a guy is talking to a girl that he likes and she takes a selfie of herself and then asks his opinion, does the selfie look good, what does he think and so on.

A guy who is being a pushover or is always neutral around the girl that he likes might say something like, *"Oh, it looks good. Very nice."*

Now, there's nothing wrong with a guy saying something like that, but if a guy is in a situation where the girl that he likes is losing interest in him because he has been too neutral around her or has been a bit of a pushover, he can use things that she says or does to make her feel sparks of sexual attraction for him.

He can do that by displaying some of the personality traits and behaviors that are naturally attractive to women.

So, if a guy is talking to a girl that he likes and she takes a selfie of herself and then asks him, *"Does it look good?"* he can say something like this.

"Wow, that is the...worst selfie I've ever seen."

She will most likely know that he's joking and they'll have a laugh together, but if she does ask him, *"No, what do you think? Do you really think that? Does it look bad?"* and so forth, he can continue

the joke a little bit more by saying something like this.

“No, just kidding. I think you look cute, but next time try to pout a little bit more. Do those selfie duck lips. I think that will really suit you. That will look cool.”

Once again, she is almost certainly going to know that he’s joking and they can have a laugh together about that.

She is going to feel attracted to the fact that he isn’t being as neutral as he usually is around her and he isn’t being as much of a pushover.

He’s being a bit of a challenge.

He’s making her feel a bit girly in comparison to his masculine presence in the interaction.

She doesn’t feel like the more dominant one anymore and as a result she feels attracted and turned on by him.

Another similar response that a guy can give to a girl he likes who is asking him a question, *“So what do you think of this selfie? What do you think of this photo? Does this photo of me look good? What do you think?”* and so on is to say something like this.

“Give me a look. Horrible. Absolutely horrible.” (Said in a joking way. Watch the video on this page to hear the tonality).

She is almost certainly then going to laugh.

Yet, she may also ask if he’s being serious and she may even begin to feel a bit insecure in that moment if she feels as though he is being serious.

Many women are insecure about their appearance and they thrive on getting compliments from men.

So, when a man has the balls to playfully say that one of her photos isn’t very attractive, a woman will pay attention to that and a guy can then put her insecure mind at ease by saying something like this. *“Just kidding. I think you look cute.”*

She is then going to appreciate his compliments so much more because the guy that she is feeling attracted to in that moment, in that interaction thinks that she is cute too.

Yet, he doesn’t just give her compliments like that easily.

She has to work for it.

She has to impress him.

She has to maintain his interest.

As a result, she is coming at him.

She wants to be with him.

It’s going to be about him allowing her to have a chance with him.

However, an important thing to point out here though is that if you want to get the girl you like, you shouldn’t stop at just making her feel **attracted** to you.

In almost all cases, you have to take some **action** to get things moving along between you and her.

Here’s why...

If a guy makes a woman feel girly in comparison to his masculinity and is being a bit of a challenge, she will feel attracted.

Yet, if he is too much of a challenge and doesn’t give her any indication that he likes her, she can

become insecure.

If she becomes insecure, she may begin to play mind games and play hard to get.

So, you have to make sure that when she feels attracted, you then take action to keep things moving along between you and her.

For example: A guy who takes action when a girl is feeling attracted to him will then hug her, kiss her, invite her back to his place, have sex with her or make plans to hang out or catch up again.

Unfortunately, a lot of guys end up missing out on being with the girl that they really want to be with because they don't take action and instead they become passive.

Here are some examples of a guy being passive with a girl that he likes versus taking action.

Being passive: Guy likes a girl, she seems to have lost interest, so he waits for her to make a move.

Sometimes that can work if the girl really likes him and builds up her courage to ask him out or flirt with him and then move in for a first kiss.

Yet, if that isn't happening after weeks of waiting, a guy needs to take some action to get things moving along between him and her.

Taking action: Guy likes a girl. She seems to have lost interest.

He makes sure that she's feeling attracted to him again, then he asks for her phone number, invites her out for a coffee or a bite to eat and then they can get to a first kiss.

After that, they'll most likely begin seeing each other casually or they'll become boyfriend and girlfriend right away.

Another example of being passive versus taking action.

Being passive: Guy likes a girl. She seems to have lost interest. He ignores her in the hope that it will make her want him more.

She notices that he seems to have lost interest.

She doesn't want to show interest in him and then get rejected if he really has lost interest in her.

If those sort of mind games go on for long enough, a woman will usually just meet another guy and get into a relationship with him instead.

Taking action: Guy likes a girl. She seems to have lost interest.

He makes sure that she's feeling attracted to him again, then he invites her over to his place to hang out, invites her out to have something to eat or drink and then they can get to a kiss, sex and start an actual relationship.

Being passive: Guy likes a girl. She seems to have lost interest, so he just hopes that something will happen all by itself.

He hopes that somehow she'll begin to like him in a romantic and sexual way.

Somehow they'll go out on a date and somehow a kiss will happen.

Yet, when he takes that approach with her, she fears being rejected or assumes that he isn't interested in her anymore, so she ends up meeting a new guy instead.

Taking action: Guy likes a girl. She seems to have lost interest.

He makes sure that she's feeling attracted to him, then he gets her number and arranges for them to catch up for a coffee, a bite to eat or to hang out at his place.

In other words, rather than approaching his dating life in a passive way, he pursues the girls that he wants and gets the girls that he wants.

Where a lot of guys get stuck is that they think that pursuing a woman is needy.

It's not.

If a guy pursues a woman in a desperate way where he's hoping to get a chance with her and he's sucking up to her and he's trying really hard, then yes, that is needy.

Yet, what real men do is go after what they want in life and there's nothing wrong with that.

Women actually respect it.

They appreciate it.

They like it when a guy has so much interest in them that he is willing to pursue them.

He is willing to get something going between him and her.

He's not doing it in a desperate way though.

He's just going after what he wants.

He's getting something going between him and her.

Want to Learn More?

Okay, I hope you enjoyed this video and learned something from it.

If you are one of the guys who get stuck at certain points along the way with girls that you like, then I recommend that you read my eBook, [The Flow](#), or listen to the audiobook version, [The Flow on Audio](#).

The Flow is everything that you need to know to go from hello to sex with a woman that you find attractive.

For a guy who wants to get a girl that he already knows, he simply needs to use the attraction techniques from The Flow to make sure that she is definitely feeling attracted to him.

He can then take things to the next level with her by using the techniques from The Flow to initiate physical touch in a way that she wants and welcomes.

He can then use the flow techniques to get to a first kiss and sex.

For a guy who wants to attract and pick up new women, you simply need to go through the steps of The Flow.

When you follow The Flow, you and a woman immediately flow from one step to the next with each other.

It's the easiest way to get laid or get a girlfriend.

Most Guys Doubt Themselves. Be the Exception

One final point that I want to make for you in this video is that so many guys miss out on being with the girl that they really want because they overthink it.

"What if I get rejected? What if the conversation doesn't go too well? What if I ask her out for a

coffee and she says, 'No'? What if I talk to her and I run out of things to say? What if it's a little bit awkward?"

Get rid of the what-ifs and just get the job done.

Do what you need to do to get the girl that you want.

Otherwise, you'll most likely end up accepting a girl that you don't want and that's no way to live as a man.

To live with that nagging feeling of regret that you *could have* gotten with the girl that you really wanted to be with, but you were overthinking it, "*She could reject me. The conversation might not go very well. She might initially say no to going out for coffee.*"

The thing is, if you want to make sure that you're going to get the girl that you really like, then you need to make sure that you are aware of how to attract her as you talk to her and you actually do that and then you don't stop at that point.

You actually get things moving along between you and her (i.e. you take action).

When you approach your dating life in that way, you will see that it's very easy to date women.

It's very easy to enjoy your choice of women because most guys don't talk to the girls that they really like and if they do, most of them don't really know how to make her feel attracted, so nothing ever happens.

Additionally, if the girl is feeling attracted, many guys stop at that point.

They fear being rejected, so they don't ask her out.

They doubt themselves.

So, when you are a guy who cuts through all the games and just makes women feel attracted to you and then takes action, you will see that there's hardly any competition.

Women will go on a date with you and you can then kiss, have sex and start a relationship if you want to.

When it comes to your dating life with women, I recommend that you pursue rather than being passive.

Get the girl you want.

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[image]

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How Nerds Get a Girlfriend (SHOCKING)

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Some guys might feel a little bit shocked by what you're about to see and learn, until I begin to explain why it happens and how it happens.

How a nerd or a nerdy-looking guy gets himself a girlfriend.

The thing is, 89% of guys who watch my videos don't see themselves as being a nerd.

Yet, there is a powerful lesson to learn when you understand how nerds get themselves a girlfriend.

What is the nerd's SECRET to getting a girlfriend if he isn't confident around the type of girls that he likes?

How does he get himself a girlfriend?

Here are 4 ways that it happens.

1. Some women see themselves as a bit of a nerd, even though they may not look like it

The thing is a woman may be sweet, nice and fun to be around, but she may secretly enjoy just hanging out with her boyfriend and doing things that other people may see as being nerdy.

As a result of that, she feels like she can relate to him.

She feels like they understand each other.

Additionally, going to the more extreme end of the nerd spectrum, so the ultra nerds, some women like the fantasy version of reality that some guys seem to live in, where they dress up and fantasize about being a certain character, or living in a certain type of world.

The two of them will get up to little adventures together and they'll feel like they're saving the planet, or they'll feel like superheroes or like they're making a difference in the world.

To other people, they may seem strange, but to each other, they will feel cool.

They will feel like they are looking at a version of reality that other people don't see and it's fun for them and everyone else is missing out.

2. If a nerd lacks confidence around a girl that he likes, he will use another quality of his that will often allow him to get the job done

Some guys who other people will label as being nerdy, or who will label themselves as being nerdy will be confident about themselves.

They won't be an insecure, shy type of nerd.

They will be a confident nerd.

That type of nerd will have the confidence to talk to girls he likes, attract them and get something

going between him and her.

Yet, what about the nerds who lack confidence around girls that they like?

How did they get a girlfriend?

The main quality that will help a nerd who lacks confidence to get himself a girlfriend is *determination*.

He will see a girl that he likes and he will feel *determined* to talk to her, he will feel *determined* to keep talking to her, he will feel *determined* to ask her out, to ask for her phone number, to get something going between him and her.

All the while, he won't be feeling confident about it.

He may feel anxious around the girl, he will worry about getting rejected, but because he likes her so much he will feel determined to continue talking to her and get something going between him and her.

3. Some women only feel comfortable in a relationship with a guy who seems like he doesn't have other options

This can be due to a woman getting her heart broken in previous relationships, thinking that she is not beautiful enough to hold a confident guy down in a relationship and so on.

She hopes that she will be able to have a stable relationship that lasts for life if she doesn't go for a player type of guy, or a very confident guy.

Now, of course, there is no guarantee for her that the relationship is going to last any longer than it would if she was with a confident guy, or with a player who settled down and decided to be with her, but that is her strategy.

She has decided that she's going to go for a guy who seems like he doesn't have other options and as a result, she hopes that he will see her as being valuable.

She hopes that he will appreciate the fact that he's got himself a good girlfriend and as a result, he'll want to treat her well, make the relationship work and stay with her for life.

4. Like most women, she is easy to get if a guy is able to get things moving along with her

Most guys who meet a girl that they like, stop after having a brief conversation with her, or get the woman feeling some attraction and then give up because they fear being rejected.

If a nerd has the confidence to get something going between him and a girl that he likes, or if he has the determination to push himself to talk to her, keep talking to her, ask for her number, ask her out and get something going between him and her, then it will be possible for him to get himself a girlfriend.

The thing is, not every girl out there will accept a nerdy-looking guy or a guy who is into nerdy things.

That is true.

Yet, many girls will.

Millions of nerds across the world are able to get themselves a girlfriend because many girls will accept a nerdy-looking guy, or a geeky-looking guy if he's able to get something going between him and the girl.

Regardless of the type of guy that you are, it's very important for you to understand that it is possible for you to get yourself a girlfriend, or even enjoy your choice of women for a while before you decide to settle down.

Many guys count themselves out with women because they think that they're not good enough...yet. Some guys assume that they have to build up a lot of muscle and then women will accept him, or move into a better apartment and then women will like them, or get promoted at work and then women will like them.

Meanwhile, guys who don't even go to the gym are able to get themselves a girlfriend, guys who don't live in a fancy apartment are able to get themselves a girlfriend and guys who haven't got promoted at work are able to get themselves a girlfriend.

They're just normal, everyday guys who had the confidence to talk to girls that they like, or had the determination to talk to a girl that they like and get something going between him and her.

Want to Learn More?

I hope you enjoyed this video and learned something from it.

If you're one of the guys who lacks the confidence to approach and talk to women that you find attractive, or you get stuck at certain points along the way because you don't have the determination to keep going, or if you just don't know what to say or do to get to the next level with a woman, then I recommend that you read my eBook [The Flow](#) or listen to the audiobook version, [The Flow on Audio](#).

The Flow is everything that you need to know to go from hello to sex with a woman that you find attractive.

When you read The Flow or listen to The Flow on Audio, you will learn my best ever conversation starters, best ways to instantly make a woman feel attracted to you as soon as you start talking to her, how to keep a conversation going and keep it interesting, how to create an unforgettable connection between you and a woman, how to get her phone number, how to get her out on a date with you, how to initiate a first kiss and how to initiate sex.

When you know The Flow, you won't get stuck at a certain point with a woman that you like.

Instead, you will flow from one step to the next with her.

It's very easy to do.

How You Make Her Feel

One final point that I want to make for you in this video, is that when a man is talking to a woman in person, she's not necessarily remembering all of the male models that she's seen in magazines, or all of the photos of guys that she's seen on Tinder.

Instead, she is assessing how the guy makes her feel in that moment.

Is he making her feel attracted and turned on, even in the slightest?

Is she feeling drawn to him in some way?

Is there something about him that she likes?

If a woman is feeling some attraction and feeling drawn to a guy, she will usually go along with what the guy is creating with her (e.g. she will usually give her phone number or go on a date with him).

She will go along with it, rather than rejecting him based on all of her possible options (i.e. the possible options that she may have on an app like Tinder).

If she is interacting with the guy in person, she's feeling something and he has the confidence or the determination to get things moving along with her, she will usually go along with it.

The thing is, there are women out there who have very strict standards and will not go for a nerdy type of guy, but many women will go for a guy who others may see as being nerdy or who sees himself as being a nerd.

If you see yourself as being a cool guy, a player, a bad boy, a nice guy, a good guy, a normal guy, a nerd, this or that, what you need to understand is that you can get yourself a girlfriend.

Most women are easy to pick up if you have the confidence to approach them and talk to them, or at least the determination to push yourself to actually talk to them, keep a conversation going and then get something going between you and her.

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4 Reasons Why Good Looking Guys Rarely Get the Girl They Want

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Some good looking men have absolutely no problem getting themselves a beautiful girlfriend or a wife.

Yet, the reality is that a very high percentage of men who are labeled as being good looking, or who have been told that they're handsome their entire life, have a secret that most people aren't aware of.

That is, he rarely gets the girl that he really wants.

Additionally, when he sees his ideal type of girl and she has a boyfriend or a husband, he will sometimes find that the guy isn't as good looking as he is.

He will wonder, why can't I get a girl like that?

That's the type of girl that I want and she's with a guy who looks like that.

Why haven't I been able to get a girl like that?

Additionally, his friends who may also be good looking, have been able to attract their ideal type of woman and they're enjoying a relationship with her.

Yet, he can't seem to attract his ideal type of girl and doesn't know why it's happening to him.

After all, throughout his entire life, people have been saying to him that he's handsome and he's good looking, but that hasn't resulted in him being able to attract the kinds of girls that he really wants.

So why does that happen and more importantly, what does it mean for you and your success with women if you rate yourself as being an average looking guy, a below-average looking guy, a good looking guy and so on?

How does it affect you and your success with women?

Let's begin with number 1.

The first reason why a good looking guy won't get the type of girl he really wants is that...

1. He gets a lot of attention from women, but is usually only pursued by women who aren't as attractive as the ones he really wants

So what happens for a lot of good looking men, is that they get a lot of interest and attention and are often even get pursued by women that they may rate as being 6 or 7 out of 10.

At times, the good looking guy will accept some of those women who pursue him and in the process of dating her, having sex with her, hanging out with her, he will sometimes end up falling for that girl.

Yet, in relationships like that, what often happens is that the guy knows that he is more attractive than the girl and in some cases, he ends up taking her for granted as a result.

For example: If he was with a woman that he found very attractive and he really appreciated her,

valued her and wanted her in his life, then he would try not to take her for granted.

He would try to make sure that she feels appreciated and that the relationship works.

Yet, if he is with a woman that he doesn't find very attractive and he only got with her because she pursued him and she kind of grew on him, then he may find it difficult to genuinely make her feel like she is appreciated and wanted in his life and instead he may begin to take her presence in his life for granted.

Then, as a way to try to secure the good looking guy further into a relationship with her, the less attractive woman will often begin to threaten him with a breakup.

She'll start to say that he isn't treating her well and that she's sick of it and in some cases, the guy will end up going from one extreme to the other and it will get him dumped by the less attractive woman.

One extreme was where he was taking her for granted and wasn't treating her well.

Then, she complained and threatened to break up with him and he felt like he needed her in his life and didn't want to lose that, so he went to the other extreme and started being really nice and putting in loads of effort.

Yet, that caused her to lose respect and attraction for him because he became desperate in her eyes and wasn't the cool, confident guy that she fell in love with.

Then, when he's at his weakest point emotionally, she dumps him and he is devastated emotionally.

He is miserable, unhappy and he feels like he needs her back, but she wasn't even the type of girl that he really wanted in the first place.

She grew on him.

She wasn't the type of girl that he's really attracted to.

Yet, he got caught up in all of that and ended up falling for a woman that he didn't even really want to be with in the beginning.

Meanwhile, he may notice that his friends have been able to attract and settle down with beautiful women that they love and really want to be with, whereas the women that he really wants always seem out of reach for him.

He has the good looks, so it makes sense to him that he should be able to get women like that, but they always seem out of reach for him.

So he wonders, why is it happening to me?

Why can other guys who aren't even successful in life get themselves a pretty girl?

What do I need to adjust about my approach to pretty girls?

What am I doing wrong?

Why can't I get the girls that I really want?

In some cases, it's because of this second reason...

2. He is confused about why beautiful women look at him and

seem to find him attractive, but don't seem interested when he starts talking to them

If a good looking guy meets a woman who isn't as attractive as him physically, she will often make it easy for him.

Not in all cases, but in many cases, the less attractive woman will make it easy for him to talk to her. She will try to keep the conversation going and she'll try to make it easy for him to get something going between him and her.

A good looking guy likes that.

It's nice and easy.

He just has to talk about anything and the girl is interested. She laughs at his jokes. She's interested no matter what. Easy.

Yet, when he meets a woman who is his ideal type physically, she will rarely behave in that way.

Instead, she will usually test his confidence and test his interest in her by being difficult during the first 1-5 minutes.

In almost all cases, it's not because she is a bitch and doesn't have a friendly, easy-going side to her. Instead, it's because pretty much every guy who sees her or meets her would love to be her boyfriend or at least have sex with her once.

So she has to initially be a bit difficult by not contributing much to a conversation, to screen out the guys who lack confidence and don't truly believe that they deserve to be with a girl of her quality.

She doesn't want to give a chance to a nervous guy who is hoping to get lucky.

Instead, she wants to find herself a truly confident boyfriend who knows that he is good enough for a woman like her and wants to have a relationship based on real love that will last for life.

This is why a beautiful woman may look at a good looking guy (and seem interested), but then seem as though she is uninterested when he starts talking to her.

Most good looking guys who experience that type of reaction from women that they're attracted to assume that it means the woman isn't attracted to them.

In some cases, that is true.

Yet, in almost all cases the woman is just trying to find out how confident the guy really is.

Can he remain confident during the first 1-5 minutes where she is testing his confidence, or is he the sort of guy who can only feel confident if a woman is making things easier for him?

How strong is his confidence?

Is it a superficial type of confidence that he feels because people give him compliments all the time and make things easy for him, or does he have that deep belief and knowing that he is good enough to the point where he doesn't flinch and become nervous if people aren't behaving in a really nice way around him, or if people aren't being supportive and making things easy for him?

Additionally, how interested in her is he?

Does he have a *real* interest in her or is he just interested in making her feel attracted and proving to himself that another girl likes him?

Is he just interested in maybe having sex and that's it? Maybe having a fling for a while?

Maybe having a 2-3 year relationship and then breaking up with her?

Or, is he looking at her and finding her incredibly attractive and thinking, "*I want that woman*," then making her his woman, getting into a committed relationship and building a future together?

The thing is, the majority of beautiful women out there are looking to find themselves a boyfriend.

You will sometimes meet beautiful women who just want to have sex and don't want any strings attached; it's just sex, don't fall in love with her, bang her and leave. That's what she wants.

Yet, the majority of women out there, whether they are beautiful, average looking, below-average looking and so on, want to find themselves a boyfriend, want to find themselves a man that they can get into a real relationship with, that they can build a future with, a relationship based on real love that is going to last and is going to feel amazing for the both of them.

So, whether you are a very good looking guy, a good looking guy, an average looking guy or a below-average looking guy, you've got to understand that when you start talking to a woman, she isn't always going to make it really easy for you initially.

In many cases, it's not because she isn't interested, instead she's just testing to see what type of guy you really are.

Can you handle that initial bit of pressure to let her see that you are a man that she can look up to and respect?

You are a man that can make her feel protected and safe.

You're not an emotionally weak man who needs people to be patting him on the back all the time, giving him compliments all the time, making everything easy for him in order to feel confident.

You have independent confidence; you are confident no matter what people say or do around you.

That makes women feel more attracted to a guy than his looks and it's often the reason why a good looking guy ends up getting to the point where he accepts women that he's not very attracted to.

He can't handle the heat, he can't handle the pressure.

He can't handle those initial 1-5 minutes and in some cases, 1-10 minutes where a woman is testing his confidence by being a bit short during the conversation, not giving him too much to work with and seeing how he handles it.

The thing is, once you are aware that women do that, you can then stop taking it personally.

You can stop thinking that you're getting rejected because a woman isn't jumping all over you during the first 1-5 minutes and instead, you can see it as an opportunity to make her feel deeply attracted to you by being one of the rare guys who can actually handle the pressure.

When you're able to remain confident and continue talking to the woman without thinking that you're being rejected, what you'll see is that beautiful women then show you their friendly, easy-going, down to earth side that they don't show to other guys.

In most cases, they then open up and make it easy for you to hook up with them because you are one of the rare guys who can handle the initial pressure.

You are able to remain confident around her no matter what because you believe that you are more than good enough for a girl like her.

The third reason why a good looking guy won't get the type of girl that he really wants is that...

3. He doesn't want to ruin the illusion that his friends have of him

A good looking guy's friends will pretty much always notice that he gets more attention from women than they do.

In some cases, he will get average looking women approaching him and in other cases, he'll even get hot girls approaching him.

To his friends, he is a stud, he's the man.

Girls want to be with him and his friends think, "If only I could look like him, then I would get all the girls."

Yet, the good looking guy has a secret.

That is, he's not getting the type of girls that he really wants and in many cases it's because he doesn't want to approach women that he finds attractive, get rejected and then ruin the illusion that his friends have of him (i.e. that he is the ultimate ladies man and can get any woman he wants).

In other cases though, a good looking guy isn't really worried about what his friends may think, but is instead worried about how it may affect him.

If he walks over and approaches a woman that he finds attractive and she rejects him, then it may ruin the illusion for him.

In his mind, he is a cool, handsome man that should be able to get any woman he wants and the girls that he really wants often look at him.

They look at him and they seem to be attracted to him, but they don't run over and approach him like the other girls do, or they don't make it easy for him when he starts talking to them.

In his mind, he should be able to get those ideal type of women that he wants, but it's not happening.

So, when he goes out with his friends, he will rarely, if ever, be the one who approaches a group of girls first.

He will usually be the one who comes over afterwards or gets introduced.

That's safety for him.

He doesn't have to get rejected.

He can just come in as the handsome guy and get attention from some women in the group and his friends will look at him and think that he's the stud, he's the man and so on.

Yet, although that can be fun for a good looking guy, as the years go on, it can start to be a bit of a drain where he ends up sleeping with women that he's not sincerely attracted to.

They're not the ideal type of women that he really wants.

Additionally, as time goes on, he may notice that some of his friends who aren't as good looking as him end up settling down with a pretty girl and he is then left thinking, "*What's going on here? Why aren't I getting that? Why can't I get the type of girl that I really want?*"

Finally, another reason why a good looking guy won't get the girl that he really wants is that...

3. He uses Tinder or online dating rather than approaching women that he finds attractive in real life

Due to the fact that an attractive woman will get contacted by hundreds of guys, she rarely answers messages.

Most attractive women just use Tinder or online dating to look at messages and use it as a self-esteem boost.

If an attractive woman does start replying to messages just to see what happens, she can have 10, 20, 30, 40, 50 guys messaging her at the same time.

As a result, a good looking guy can become 1 of 10, 20, 30 good looking guys trying to get her attention and hopefully keep a conversation going.

In some cases, a good looking guy will then begin to accept the women who are actually replying to him and seem interested.

Yet, she's usually not going to be the type of girl he really wants.

In most cases, a guy won't stick with that type of woman.

He might have sex with her a few times or even for a few months, but he will also keep other women on the side, or he will dump her as soon as he finds something better.

Yet, in some cases, he will actually settle for that type of woman.

He'll get to the point where he thinks, *"Well, she's good enough. She isn't my ideal type of woman, but who cares? We get along, we have a good relationship, let's just settle down."*

That's all very well and good initially, but what usually happens around the 2-3 year point of the relationship (and in some cases even earlier), is that the guy's eyes start to wander.

He starts looking at other women, finding them more attractive and thinking, *"Why don't I have a girl like that? I want to be with that type of woman, but I've ended up with this type of woman, what am I doing?"*

Regardless of that realization, he may end up staying with the woman he doesn't mind for many years, before the relationship eventually ends in a breakup or divorce.

Meanwhile, he will have spent many years of his life feeling disappointed with himself that he never did get the kind of girls that he really wanted, even though he had the looks.

In some cases, that can cause a man to fall into depression as he looks back on his life with regret.

In other cases, it can cause a man to become angry and bitter towards women and society.

Yet, in other cases, a man realizes that if other guys who aren't as good looking as him can get themselves a beautiful girlfriend or wife, then he can too.

For example: No doubt you've seen guys with pretty women and thought, *"What is she doing with him? I'm better looking than him, why don't I have a girl like that?"*

The thing is, it's very easy to make women feel attracted to you and guys like that are clear evidence of it.

It's not a difficult thing to do.

When you know how to make women feel attracted to you (as you talk to her in person) and you're

willing to do that, then you can have access to all sorts of beautiful women.

The reality is that some pretty women don't contribute much to a conversation for the first 5-10 minutes and are a little bit more challenging to talk to.

However, the vast majority of beautiful women out there drop their guard and open up to you after only 1-2 minutes of conversation.

If you're able to remain confident and spark her attraction by displaying personality traits and behaviors that are naturally attractive to women, traits and behaviors such as charm, confidence, emotional masculinity and the ability to make her laugh as you talk to her, you will see that pretty woman open up to you and you can then connect with them and take things to the next level (e.g. phone number, kiss, date, sex, relationship).

Okay, I hope you enjoyed this video and learned something from it.

If you are one of the guys who find it difficult to attract women as you talk to them, or if you don't have the confidence to walk up and talk to a woman that you find attractive, then I recommend that you read my eBook [The Flow](#) or listen to the audiobook version, [The Flow on Audio](#).

The Flow is everything that you need to know to go from hello to sex with a woman that you find attractive.

It includes my best techniques for starting conversations, keeping conversations going and keeping them interesting, making women feel instantly attracted to you and increasingly attracted to you the more they talk to you, creating an unforgettable connection between you and a woman, getting a phone number, getting a kiss, having sex on the first night or getting a phone number, setting up a date and then having sex on the first, second or third date, whatever works for you.

The Flow is the easiest way to get laid or get a girlfriend.

It gives you your choice of women.

By the way...

If you don't know my story, I used to struggle to try to get myself a girlfriend or even get laid.

I went through many years of my life wondering why women weren't finding me attractive, even though I was working in a good office job, I wore nice clothes and I was a good person.

It just didn't make any sense to me, so I eventually got to the point where I decided that I was going to go out every weekend and approach women until I worked out how I could actually attract women.

Initially, I got rejected as per normal because I didn't know how to make women feel attracted to me as I talked to them.

Yet, when I figured out how to make women feel naturally attracted to me and turned on by me as I talked to them, the floodgates opened.

I was sleeping with new women every week, I had 3 to 4 girlfriends at once and I enjoyed that playboy lifestyle for over 10 years.

Then, I met my perfect girl when she was 20 and I was 35, we settled down and we've been together ever since.

We've been together for nearly 7 years now and our relationship just gets better and better over time.

Getting Attention vs. Getting Results

One final point that I want to make for you in this video, is that there's a big difference between getting attention from women and getting results with women.

A lot of guys waste many years of their life noticing that women LOOK at them.

Women check them out, but nothing happens.

The guy thinks, *"Well, I will have to go to the gym more. I will have to get even better clothes. I'll have to get a better haircut"* and he goes and does that and in some cases, he then gets more attention from women.

They look at him, they check him out, but nothing happens.

He's still on his own.

His friends, his family members (e.g. cousins or brothers) and his coworkers have got a girlfriend or wife.

They are enjoying themselves.

Yet, he doesn't have anything, or he can only get women who are throwing themselves at him, which in most cases aren't the type of women that he really wants.

The attractive girls that sometimes check him out, or the attractive girls that he sometimes notices, but doesn't have the confidence to approach, never enter his life.

They always remain out of reach for him because he gets stuck at the stage of attention.

He's getting attention from women, but he's not doing anything with it.

So, whether you are a good looking guy, an average looking guy or a below-average looking guy, what you have to understand is that as a man in most cases, if you want to get the type of girl that you really want, you need to talk to her and make her feel attracted to you.

When you make her feel attracted to you as you talk to her, you can then connect with her and take things to the next level (e.g. phone number, kiss, date, sex, relationship).

It's very easy to do.

×

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3 Things NOT to Say to a Girl You Like

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The way that you talk to a girl directly shapes the type of relationship that you're going to have with her.

If you talk to her in one way, she'll play hard to get.

If you talk to her in another way, she won't be hard to get and she won't be easy to get. She'll be kind of neutral.

If you talk to her in another way, she'll be attracted and interested in you.

If you talk to her in another way, she'll be very attracted and interested in you and will even begin to pursue you.

She'll be trying to make something happen between you and her.

Unfortunately, for a lot of guys out there, they simply aren't aware of how to talk to a girl in a way that makes her really want to be with him to the point where she begins to pursue him and tries to get something going between them.

Instead, a lot of guys unknowingly say things that make girls play hard to get.

If the guy then tries harder to impress her and tries to get a chance with her, she'll play even harder to get and in most cases, he'll end up getting friend-zoned or rejected.

In this video, I'm going to give you 3 examples of things that you shouldn't say to a girl you like because those things cause her to play hard to get.

I'm also going to tell you what you should say instead to make her feel very attracted to you and really want to be with you, to the point where she feels like she should pursue you.

So the first thing that you shouldn't say to a girl that you like is...

1. "I need to tell you something. I really like you and I want to take our friendship to the next level."

Imagine this scenario...

A guy meets a girl and he really likes her.

Not only is she beautiful to him physically, but as he talks to her, he discovers that she's intelligent, down-to-earth and easygoing.

She's exactly the type of girl that he's been looking for.

He has met her at work, at university, or through mutual friends and has an opportunity to talk to her on a fairly regular basis, if not a daily basis.

Even though they only talk to each other as friends, he secretly has feelings for her and often daydreams about them being together.

He hopes that one day, she will develop feelings for him and then they will kiss and start a relationship.

Yet, as he talks to her over the course of weeks or months, nothing happens.

So he ends up saying to her, *“There is something that I want to tell you. I really like you more than just a friend. I want to take our friendship to the next level.”*

He’s hoping that she will then say that she has feelings for him too and then they can start kissing, have sex and get into a relationship.

Instead, she says something like, *“I don’t want to ruin our friendship. Besides, I don’t think I see you in that way. We’re just friends”* or, *“That would be too weird. Let’s just remain friends”* or, *“Don’t be silly. We’re just friends”* or, *“I’m not sure. I think we’re better off as friends.”*

Some of the reasons why a girl will play hard to get in a case like that, is that she doesn’t want to seem too easy.

Alternatively, she feels pressured to make a decision about having what seems to be a boyfriend/girlfriend relationship with him. He is putting her on the spot.

She may also play hard to get because he’s handing over the power to her and she is now playing with that power by acting uninterested or even rejecting him.

Yet in most cases, it’s because she wants things to happen naturally where they go on some sort of date, or they catch up and then they kiss.

If there’s a spark there, then they can begin a relationship.

They can have sex, they can start being boyfriend and girlfriend.

So saying to a girl that you like her and you want to take your friendship with her to the next level isn’t the best thing to say if you actually want to take things to the next level, because it will almost always result in the girl playing hard to get or, in a worst-case scenario, the girl rejecting you and then the friendship between you and her being awkward from then on.

Something that you can say instead that makes the woman feel very attracted to you and makes her want to get something going between you and her, is to make a play on those type of words (i.e. *“There’s something I want to tell you”*).

Those types of words that you hear in TV shows and movies usually play out in a very typical way.

- There’s something that I’ve been meaning to tell you.
- I’ve been wanting to tell you this for quite some time. I want to get this off my chest.
- There’s something I want to tell you.

Then, the male character goes and admits his feelings for the woman.

The woman knows that.

So, if you start off saying what you’re going to say by using those type of words, you can then say something completely unexpected and make her laugh, feel attracted to your confidence and feel excited about something happening between you and her.

Here’s an example...

“Hey, by the way, there’s something that I’ve been meaning to tell you. It’s been running through my mind a lot. When we hang out, I think about it and I can’t seem to get it off my mind. So, I’m just going to be honest and tell you.”

While she is listening to you say that, she will begin to worry that you’re going to be all soppy and romantic like a TV character and say, *“I have feelings for you and want to take our friendship to the*

next level.”

Yet, you don’t.

You continue on and *playfully* say, “*That is, we’ve been friends for what? Three months now? You haven’t even invited me over to your place to cook me dinner. What sort of friend are you?*”

You and her are then going to have a laugh together.

In most cases, what you’ll find is that the girl then says something like that you need to cook her dinner. The man needs to do that these days. The world has changed, or whatever.

If that’s the case and you can invite her over to your apartment or house to cook some dinner, sure, get her to come over there.

She’s going to come over to your place.

You’re going to end up cooking up something together.

Then, you’re going to kiss and have sex and so on.

Yet, in most cases, what you’ll find is that the girl happily offers to do that (cook you dinner) and you then say, “*Cool. I’ll bring some wine over,*” and it turns into a date where you and her are hanging out having fun in the kitchen.

You end up kissing, having sex and getting a relationship started.

By the way...

If you’re worried about suggesting that she cooks something for you, which most girls love and they happily do, or she come over to your place and you cook something up for her or you cook something together, which girls also love, you can instead say that she hasn’t yet invited you out for ice cream.

So, you’re talking to her and hanging out as friends.

You can then tell her that there’s something that you’ve been meaning to tell her and you want to get it off your chest.

Then, have a bit of a smile on your face as you tell her that you’ve been hanging out for the last three weeks or so, or three months or whatever it is and she hasn’t even invited you out for ice cream.

What sort of friend is she? Tell her that she’s a horrible friend.

Playfully say that.

Playfully add in something like, “*What sort of friend doesn’t even invite another friend out for ice cream? Let’s go out for an ice cream now,*” or, “*Let’s go out for an ice-cream tomorrow night,*” or the next night, or Saturday night, or Sunday afternoon, whatever you think will be appropriate for you and her and the schedule that you and her are on.

If you go down that path, end up having some ice cream together and are laughing and hanging having a good time, you can then say something like this to her, “*Okay. So now you’ve leveled up as a friend. You’ve gone up one level. The next level is to make me dinner. When are you going to cook for me?*”

Essentially, you need to get things moving along towards you and her getting to a kiss, having sex and starting a relationship.

Of course, sometimes you’ll meet a girl at a bar or a party or somewhere and you’ll kiss her immediately, or you’ll have sex with her on the first night, or you’ll meet, you’ll get her number, you’ll call her, you’ll text her, you set up a date, you’ll catch up, you’ll kiss, you’ll have sex and

things will begin.

Yet, if you meet a girl that you really like and things aren't moving along, even though you and her get along nicely as friends, then you need to use a different approach.

You need to make her feel like she wants something to happen between you and her, so she becomes open to being alone with you at her place or going out for ice cream with you or whatever it may be.

The next thing not to say to a girl that you like is...

2. “What do you think about people who date their friends?” or, “Would you ever date a friend?”

When a guy isn't confident about moving in for a first kiss, getting a woman to come home and have sex with him or just getting things moving along towards kissing and sex by having a date at her place or his place or whatever, then he will usually try to *discuss* his way into a relationship with a woman.

He'll start saying things like, *“So what do you look for in a guy?”* or, *“Are you looking for a boyfriend?”*

In this case, with the example of what not to say to a girl, a guy will say something like, *“Would you ever date a friend?”* or, *“What do you think about people who date their friends?”*

He's hoping she then says that she is cool with it and, *“Hey, you and I could date. We get along well. So why don't we go on a date?”*

Everything just happened so easily for him.

She gives him approval to start dating her and they begin dating.

Yayy!

Back to reality now.

What usually happens is that most girls aren't dumb.

There are some dummies out there who don't get it, but most girls get it right away that the guy is trying to suggest that maybe him and her could date and they could be an item.

Yet, he doesn't have the confidence to make that happen, so he's trying to discuss his way into maybe getting a chance with her.

So, what a girl will usually do at that point is play hard to get.

The guy will ask her a question like, *“So would you ever date a friend?”* and she will then say something like, *“No, I don't think so. I think friends should just be friends.”*

Alternatively, he might ask her, *“So what do you think of people who date their friends?”* and she may then say that she doesn't know, she doesn't care, or she might say that she thinks it's lame and that people should be more social and meet other people rather than try and date their friends because when you date friends, it ends up causing problems and ruins friendships and so on.

He doesn't get that scenario that he's been fantasizing in his mind about, where he asks her a question like that and she then says that she thinks it's a great idea and by the way, she has feelings for him and she has always been thinking about maybe they could be an item and, *“Hey, let's go on a date. Let's kiss. Let's have sex. Let's start this thing!”*

So, what a guy should say to a girl instead, is something that doesn't cause her to play hard to get like that and instead makes her feel like she wants something to happen between him and her.

Something that makes her feel like she is the one pursuing it.

A very easy way to do that with the example that I was talking about earlier about her cooking for you, or you cooking up something for her, or you and her going out for ice cream is to say what you're going to say, but then follow it up by saying something like this, *"But only as friends though. Don't get any ideas. You're coming over to my place. We're going to cook something up, but don't try to make moves on me in the kitchen or anything like that. I'm not that easy."*

Or something like this, *"Don't get any funny ideas though. I'm coming over. You're going to cook me up some dinner. We're just having dinner as friends. No funny ideas. No funny stuff."*

Or, if you're going out for some ice cream, *"It's just ice cream though. Don't get any funny ideas. It's not a sweet date where you get to kiss me at the end of it. We're just going to have ice cream as friends."*

In almost all cases, the girl will then laugh and try to quickly prove that she wasn't thinking like that and she was only thinking of catching up as friends.

You can then laugh and say, *"Yeah, sure. No worries. I believe you."*

Make a joke out of it.

Make her feel like you can see through her secret private thoughts and fantasies where she has been imagining kissing you and having sex with you.

She didn't know that you're aware of that, but you're talking to her in a way that makes her feel like you are aware of the fact that she is attracted to you and she wants something to happen between you.

That's exciting for a girl, especially if she's attractive because pretty much every guy that she meets does not have the balls nor the social skills to make her feel like that.

He doesn't know what to say.

Instead, he says things like, *"There's something that I've been meaning to tell you. I like you more than just a friend. I want to take our friendship to the next level. What do you think??"*

He tries to discuss his way into a relationship or he asks her, *"So, what do you look for in a guy?"* and then he tries to be like that guy.

The girl then knows exactly what he's up to and she then plays play hard to get, friend-zones him or rejects him.

The final thing not to say to a girl that you like is...

3. "Yeah, I agree," about everything that she says

There's nothing wrong with agreeing with a girl as you talk to her.

You and her can agree on many things together.

Yet, it's when a guy is too agreeable to the point where he is faking it.

He is trying to seem like he and the girl have so much in common that he ends up coming across in a way where he's trying too hard and the girl can sense that.

If a girl senses that a guy is agreeing with whatever she says, or seems interested in whatever she is

talking about because he's hoping that it will make her like him, then she's going to play hard to get. She is going to clue on to what he's up to.

Most girls can sense when a guy is doing that because he has no idea how to make her feel attracted to him.

So, what you need to do is be willing to be real when you're talking to a girl, but also make sure that you say it in a way that is going to make her feel attracted.

You're not going to disagree with her in a way that causes disconnections between you and her and makes her feel unhappy and awkward as she's talking to you.

Instead, you want to make her feel like you and her still get along even though you disagree.

For example: The topic of the UFC, the Ultimate Fighting Championship comes up and she says something like, *"I hate the UFC. It's too violent."*

What most guys will say, even though they may like the UFC and may think that it's not too violent, is agree with her by saying something like, *"Yeah there's so much blood. It's very violent, isn't it?"*

The guy will talk to her in a way that he hopes will impress her.

Yet, if the girl has half a brain as she talks to him and sees that he's doing that with pretty much everything that she talks about, she will clue on to the fact that he's trying to impress her to get access inside of her panties by being a good little boy and agreeing with whatever she says.

So if, for example, you happen to like the UFC or love the UFC and a girl says that she hates the UFC and thinks it's too violent, you can then playfully say something like this to her, *"Yeah? You're such a wimp."*

Or something like this, *"Oh, you sissy, it's too violent. I thought you were a strong independent woman. Turns out you're a wimp."*

Now, of course, you're not personally attacking her in a serious way and seriously saying that she's a wimp and she's a sissy.

Instead, you're just playfully messing with her.

As a result, you and her still get along.

She laughs, she tries to playfully defend herself and say that she's not a sissy and then you can tell her to show you her muscles.

Then, you can have a squeeze and say, *"No, I still think you're a sissy,"* and have a laugh with her about that.

Now, compare that with a guy who is talking to a girl that he likes and she's talking about something and he says, *"Yeah, I agree. Yeah, yeah. I'm the same. Yeah, yeah. That's what I think. Yeah. I mean, yeah, it's very violent, isn't it? Maybe they should wear bigger gloves or something. Yeah."*

That's a completely different interaction.

As I said at the start of the video, the way that you talk to a girl will shape the type of relationship that you have with her.

The way that you talk to her can make her play hard to get, be neutral, be attracted, or be very attracted to the point where she feels like she really wants something to happen between you and her.

Now, what makes a girl feel like she wants to have something happen between you and her as a result of you disagreeing with her?

Well, it makes her feel challenged in the moment.

She feels attracted to the fact that you're confident enough to talk to her like that.

You're not like other guys who are trying to suck up to her.

You also have the social intelligence to make her laugh and be able to create moments like that.

You're also not trying to discuss your way into a relationship with her.

Instead, you're making her feel exciting emotions, desirable emotions.

As a result, she naturally feels drawn to you.

She wants more of you.

She wants something to happen between you and her.

Learn More?

I hope you enjoyed this video and learned something from it.

If you are one of the guys who find it difficult to attract girls as you talk to them and make them want you in a sexual and romantic way, then I recommend that you read my eBook [The Flow](#) or listen to the audiobook version [The Flow on Audio](#).

When you read The Flow or listen to The Flow on Audio, you will learn how to feel confident enough to start conversations with girls that you find attractive.

You will learn what to say, how to keep conversations going and keep them interesting, how to make girls feel instantly attracted to you and increasingly attracted to you as you talk to them.

How to create an unforgettable connection between you and a girl.

How to get a phone number.

How to get a kiss on the first day or night that you meet a girl.

How to get to sex on the first day or night that you meet a girl.

Alternatively, what to do to set up a date with her so you can then kiss her and have sex with her on the first date, second date or third date, whatever you prefer.

The Flow is everything that you need to know to go from hello to sex with a woman that you find attractive.

The Secret to Getting High Quality Girls Easily

One final point that I want to make for you in this video, is that talking to girls and making them feel attracted to you and want to be with you is a very easy thing to do when you know what you're doing.

When you know how to talk to girls in a way that causes them to feel so attracted to you that they feel like they really want something to happen between you and them, you don't have to settle for whatever you can get.

You see a woman that you find attractive, you then make her feel attracted to you and make her really want something to happen between you and her.

You then allow her to have that chance with you.

She is the lucky girl that gets to be with you and you get yourself a girl that you really like.

That is the best ever way to approach it and it works.

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3 Ways to Avoid Being Friendzoned By Girls You Like

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Imagine that you're in a social setting right now and you meet a pretty girl.

How are you going to get her to want you sexually and romantically, rather than just seeing you as a friend?

What are you going to say and do to avoid the friend zone and instead end up with her jumping up on top of you and bouncing away a few hours later or maybe on the first, second or third date?

What are you going to do to make that happen rather than her saying, "*Sorry. I just see you as a friend*"?

Well, I'm going to help you with that in this video.

Let's begin with tip number 1...

1. Flip the script

So many guys make this mistake when they meet a woman that they want to have sex or a relationship with.

The guy hands over the power to her.

It's up to her.

He's got to try to get her to like him.

He's got to hopefully make her see that he's good enough for her and then, he might be able to get a chance with her.

That is the worst way to go about things, especially with attractive women.

If you do that, you'll usually end up in the friend zone because she'll see you as another guy who was hoping to be accepted by her.

So, to avoid getting friendzoned or rejected, you should *flip the script* as early on in the conversation with a woman as you can.

In other words, rather than trying hard to be hopefully accepted by her and liked by her, you should make her feel the need to be accepted and liked by you.

One of the easiest ways to do that, is to *playfully judge her as you talk to her*.

What you will notice when I give you the example in a second, is that women do this to men and most men don't know how to handle it.

So, when you have the balls to flip the script and take on the role as the one who is doing the judging and you do it in a playful way, women love it.

They love it that they've finally met a guy who isn't on the back foot and trying his hardest to say all the right things to be accepted and liked by her.

Instead, you have the confidence and social intelligence to flip the script, by playfully judging her and as a result, suddenly making her feel the need to be accepted and liked by you.

So, for example: Imagine that you're talking to a pretty woman in a social event and you get to a

point in the conversation where you ask her, *“Do you have any brothers and sisters?”*

She says, *“Yes. I have an older brother and an older sister.”*

What are you going to say there?

What most guys will do at that point is ask a neutral friendly type of question like, *“Oh, so do you have a close family?”* or a guy will simply change the conversation and he'll ask her another question and another question and he'll be trying to get to know her.

Those type of conversations can go on for hours and hours and lead to nowhere.

Yet, when you flip the script by occasionally judging a woman in a playful way, she feels sparks of attraction for you and she feels the need to be accepted and liked by you.

So, you asked her, *“Do you have any brothers and sisters?”* and she said, *“Yes. I have an older brother and an older sister.”*

At that point, to flip the script, you can then say something like this. *“Ah, it all makes sense now.”*

She then asks, *“Why?”* and you *playfully* say, *“You seem to have that bratty little sister vibe about you. You were a little brat when you were young, weren't you?”* or something like this, *“The youngest? Right. The little bratty sister. That was you, wasn't it?”* or something like this, *“Ah, the bratty little sister. It all makes sense now.”*

When you say that sort of thing to a woman, you will almost certainly get a laugh and at the very least, the woman will smile and feel attracted to the fact that you have the confidence to say that to her.

By the way, if it turns out that she was the eldest child, you can say something like this. *“Ah, the boring older sister. Yeah. That makes sense now”* or something like this. *“Ah, the boring older sister. Always the goody two-shoes. Right?”*

She will then almost certainly smile or have a bit of a laugh and explain herself.

If she was a bit of a goody two-shoes, she will say that and you can then playfully say that she is boring and that you are thinking that she might have been a boring older sister and now she has just confirmed it.

It's all out in the open now. Her embarrassing secret (of being the boring older sister) has been revealed.

Alternatively, if she's the middle child, you can say something like this. *“Ah, the rebellious middle child. Was that you, or were you the straight laced goody two-shoes type of middle child? Which one are you?”*

If she says that she was a rebellious child, *“The rebel? What sort of trouble did you get up to?”*

If she said that she was the goody two-shoes type, *“Little Miss Goody Two-Shoes. Never takes any risks, never does anything fun, she's always straight laced doing the right thing. Come on. You need to lighten up a bit. Enjoy yourself, girl. Come on.”*

So, you're taking something that could be a boring detail of a conversation and turning it into something that makes her feel like she's under the spotlight.

You're not talking to her in a way where you're hopefully trying to get her acceptance, or where you're trying to jump through all of her hoops and get a pass from her, or where you're hoping that she likes you because you're being really nice to her.

Instead, you're so confident and non-needy that you can say things like that to her and what you'll find when you do, is that women love it.

Most guys do not have the balls to say something like that to a woman.

They also don't have the awareness that saying something like that to a woman makes her feel attracted.

So, they don't do it.

Yet, the guys who are aware of this sort of thing do it and they make women feel attracted to them.

They don't end up in the friend zone.

They don't end up in a 1-hour or a 2-hour conversation about, *"Oh, where did you grow up? What school did you go to? What did you study? Do you have any brothers and sisters? Oh, do you have a close family? Yeah. Family's important, isn't it?"* Blah, blah, blah, blah, blah.

They get along for 1 or 2 hours and then the guy asks for her phone number and she says, *"Sorry. I don't see you in that way,"* or, *"Sorry. I'm not looking for a boyfriend,"* or, *"Sorry. I only see you as a friend."*

He's friendzoned because he's only talking to her in a friendly way and trying to get along with her, when what he actually needs to do is make her feel a spark of attraction for him.

By the way...

How does playfully judging a woman make her feel a spark of attraction for you?

Well, she feels attracted to your confidence because you have the balls to say something like that to her.

She feels attracted to your social intelligence because you are aware of the dynamic that exists between men and women.

The dynamic is that almost all men out there do not flip the script.

Instead, they interact with a woman and allow her to be the one who is judging.

The woman makes judging statements or asks judgemental type of questions and the guy feels like he needs to explain himself to her, he needs to say the correct answer, otherwise she's going to lose interest.

Yet, when a guy behaves like that, it doesn't attract the woman.

What attracts the woman is when a man has the balls to flip the script and judge her.

Not in a serious way, but in a playful way.

Doing it in a playful way makes it fun and having the confidence to actually do it and the social intelligence and awareness to do it makes it attractive to her.

She looks at you as one of the rare guys who isn't desperate, who isn't trying to be accepted by a woman, who isn't quickly trying to explain himself when a woman makes a judging type of statement or asks a judgemental type of question.

Instead, you have the confidence to playfully judge her, to put her under the spotlight.

For example: You ask her what she does for a living and she says that she works as an accountant.

You can then say something like this. *"An accountant. Ah, that makes sense now. You did seem kind of nerdy...where's your calculator?"*

So, what's important to understand, is that when you're interacting with a woman that you find attractive, it's either going to be you or her who is the one doing the judging, who is in the position of power, who is the selector.

You can put yourself in that position if you want to and if you do, women will find you attractive for it.

Yet, if you allow the woman to be in that position where she is judging you and making you feel like you need to explain yourself and impress her and get accepted by her, then you're almost certainly going to end up in the friend zone if you try to explain yourself and hopefully try to impress her and be accepted by her.

She's going to feel turned off by that.

Of course, unattractive women do like that because they like it when a guy is unsure of himself and doesn't know his own value, but attractive women want to be with a guy who feels like he is good enough for her, or ideally is more than good enough for her.

One of the ways to communicate that to her is to have the balls to playfully judge her as you're talking to her.

You're not afraid to say that sort of thing when you're interacting with her and you have the confidence to take on the position as the selector, as the one who is doing the judging.

For the majority of guys out there, if they witness an interaction between a man and a woman where the man said that she was the bratty little sister, the boring older sister or the rebellious middle child and she then felt attracted to him, the guy watching on would think, *"What the heck? What is going on there?"*

Well, what is going on is that women feel attracted when you display certain personality traits and behaviors that are naturally attractive to women.

In that example that I gave you, she's also going to feel a spark of attraction for the fact that you can make her laugh.

She's also going to feel a spark of attraction for you making her feel girly in comparison to your masculinity.

You have the masculinity to put her under the spotlight.

"Ah, the bratty little sister. That makes sense now."

Rather than just talking to her in a friendly neutral way.

"Oh, so you have an older brother and older sister. Oh, that's cool. Yeah. I've got an older brother, an older sister and a younger sister. Yeah. Oh, big family. Yeah."

Big difference.

One approach makes the woman feel sparks of attraction, the other makes her feel like the guy is just a friend.

The guy gets friendzoned.

So, with this tip here, remember to flip the script as early on in the conversation as you can so the woman feels those sparks of attraction and she wants to impress you, she wants to be accepted by you.

When you approach it in that way, you're not going to be in the friend zone. She's going to want

something sexual and romantic to happen between you and her.

1. Don't act like the guy who is trying to save her from all the bad men out there

An example of this is when a guy meets a girl and she complains and says that she keeps meeting all the wrong guys.

She just wants a nice guy, but she keeps meeting all these horrible guys out there.

They're all jerks, they're all assholes.

So, the guy who gets himself friendzoned says something like this, *"Yeah, but I'm not like that. If I had a girlfriend, I would treat her nicely. I was raised to treat women with the utmost respect. You should stop going for the type of guys that you've been going for. You deserve to be treated better. There are so many nice guys out there. I'm one of them. If I was your boyfriend, I would treat you with the respect that you deserve."*

He then gets friendzoned because the woman sees that he is trying to establish a relationship with her based on an offer to treat her nicer than other guys have.

Yet, that's not how it works.

If it did, men would have to compete with each other over who could treat the woman nicer.

The way that it actually works is very simple and easy for the man.

To make a woman have a sexual and romantic interest, a man doesn't have to offer anything other than making her feel sparks of sexual attraction for him as he interacts with her.

You will have seen that all the time when a guy starts interacting with a woman and makes sparks fly between him and her right away, she is then interested in him in a sexual way and he can connect with her and then take things to the next level with her.

It's simple, easy and straightforward.

However, if a guy doesn't create a spark of attraction and is instead trying to communicate to her that he can save her from all the bad men out there, he might be able to get a chance with a woman if she's on the rebound after a breakup so she can feel better about herself.

Yet, once she realizes that the relationship has no spark, she'll break up with him.

If a woman has had some experience with that type of relationship, then she'll begin to friendzone guys who seem like they would be very similar.

She will know that the majority of guys who portray themselves as being nicer than other guys are usually doing that because they don't know what else to offer a woman.

After all, she is saying that she wants a nice guy, so the guy takes her literally.

She said that she just wants a nice guy, but keeps meeting horrible guys who are jerks and assholes.

So, he figures that she will like him if he can just show her how nice he is and how he would treat her so well in a relationship.

Yet, offering to be nicer than other guys isn't the way to get a woman to want to be with you sexually and romantically.

What works is when you create a spark of sexual attraction as you talk to her so she actually sees you

in a sexual way and begins to have romantic feelings for you.

So, if a guy wants to avoid the friend zone, he needs to make sure that he doesn't try to act like he's going to be a woman's savior from all the bad men out there.

Instead, let the spark that you create make her really want to be with you.

If you're a good man who will treat her well and you are the type of man who will make her want to treat you well in return, then she is going to be happy that she has finally met a good man who she feels a real spark for and can build a real relationship with that will last for life.

3. Get to a kiss as soon as possible

A mistake that a guy will often make in this particular area, is that he'll make a woman feel attracted to him and then he'll connect with her for 30 minutes or for hours and he won't make any moves to kiss her.

Alternatively, a guy might use the approach where he tries to get to know a woman over weeks and months and nothing ever develops.

He doesn't make any moves and they don't end up kissing and having sex.

So, she doesn't really know where she stands with him.

She may come to the conclusion that he isn't confident enough to make a move, or she may be a bit insecure and not know that he does really want her in that way.

So, what she may do in that situation is start to play hard to get to see if she can get him chasing her; to see if she can get him worried that he's losing his chance with her.

Yet, if he then starts to panic and worry that he's losing his chance with her and starts trying really hard to make sure that she doesn't lose interest, then he comes across as desperate, he comes across as insecure and she does lose interest.

She ends up placing him in the friend zone.

So, what you need to understand about today's dating scene, is that the first kiss usually happens on the first night, first date, second date or at the latest, third date.

Most women are happy to kiss very early on to see how they feel with you.

Is there a real spark between you and her and is the spark strong enough to begin an actual relationship?

So, if you're talking to a woman, she's feeling attracted to you and she's feeling connected with you, then start to make a move.

Initiate the first kiss.

Make it happen.

Once you've kissed, then you're out of the friend zone and the next step is sex, which usually happens right away.

If it doesn't happen right away, the next date or the next.

No problem, but don't avoid the first kiss.

The first kiss is the first step to a sexual, romantic relationship and if a woman is feeling attracted to you and connected with you, then she's going to want the first kiss to happen.

So, go ahead and enjoy yourself.

Learn More?

Okay, I hope you enjoyed this video and learned something from it.

If you are one of the guys who find it difficult to attract women so you can get laid or get yourself a quality girlfriend, or you find it difficult to smoothly transition from a conversation to touching and then kissing and sex, then I recommend that you read my eBook, [The Flow](#), or listen to the audiobook version, [The Flow on Audio](#).

The Flow is everything that you need to know to go from hello to sex with a woman that you find attractive.

It includes exactly what to say to start conversations with women, make them feel attracted to you immediately, build on the attraction, keep the conversation going and keep it interesting, make the woman feel invested and want to contribute to the conversation with you, make her want the first kiss to happen, initiate touch with her in a way that she wants and welcomes.

How to get to the first kiss, get a number, set up a date and have sex on the date.

Alternatively, kiss and have sex on the first night that you meet her.

You can wait to the first, second or third date if you want to.

The choice is yours.

When you use The Flow, everything flows from one step to the next with women that you find attractive.

Most Guys Will Never Know This

One final point that I want to make for you in this video, is to remind you to flip the script when you're talking to women that you find attractive and you want to have a sexual relationship with.

Remember: It's either going to be you or her who is going to take on the position as the one who is doing the judging.

As long as you do it in a playful way, women love it.

Most guys will never know that and as a result, their interactions with women will require a lot of work, sucking up, listening, getting to know the woman and then, maybe, she might give him a chance if he's lucky.

That's a horrible way to approach your dating life with women.

It's much more fun and effective for you to take on the role of the one who is doing the judging and have her feel attracted and enjoy the interaction with you, than it is to have her take on the role as the one who is judging and then you've got to try to jump through all of her hoops, impress her and hopefully get her to like you as a person.

So, don't put yourself in the position where you're hoping to be accepted by a woman.

Instead, make her feel sparks of attraction for you when you're interacting with her and make her feel like she needs to be accepted and liked by you.

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[image]

Almost there! Please complete this quick form to gain instant access.

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3 Mistakes That Prevent You From Getting a Girlfriend

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

For some guys, even though they're an average looking guy, or just an average everyday type of guy, they find it incredibly easy to get themselves a girlfriend.

Whereas other guys find the process or task of getting a girlfriend to be an almost impossible thing.

Many guys out there who want to have a girlfriend, will end up going months or years without a girlfriend and the guy won't really know why it's happening to him.

So, if you are single and you want to get yourself a girlfriend, but it's not happening, then it's almost certainly because of one of the following three mistakes that prevent you from getting a girlfriend.

1. Thinking that you're not good enough...yet

So many guys make this mistake and often do so for decades of their life.

A guy will be in school at university, working at his first casual or part time job, working in a full time job, but all the while, he'll be saying to himself, *"I'll start to approach women or I'll start to try to attract my ideal type of women when I've achieved this or that."*

Yet, he fails to realize that all around him, the whole time, guys who are at the same level as him had been hooking up with women, getting a girlfriend and for some of them, settling down with a pretty girl and marrying her.

When a guy falls into that pattern of thinking where he believes that he's not good enough yet, then what often happens is that when he achieves the thing that he was aiming to achieve to be good enough for the types of women that he wants, he then thinks, *"Well, I've got to achieve this as well. I've moved into an apartment here, but I've got to get better furniture, or I've got a car now, but I need to save up and get a better car. Then I'll start interacting with the types of women that I find attractive. Until then I'm not good enough."*

Meanwhile, guys who have that type of car, a worse type of car or don't even have a car, have a girlfriend and a pretty girlfriend at that.

The thing is, there are always going to be pretty women in your area who don't expect much of a guy and are ripe for the taking.

You can go and attract them and pick them up.

I'll give you an example of that when we discuss mistake number 2.

Mistake number 2 that is preventing you from getting a girlfriend is...

2. Expecting a spark to happen all by itself with your ideal type of woman

Now, the thing is that (a spark happening all by itself without you doing anything) does happen when you get lucky, but it may happen with 1 out of 100 ideal women that you properly meet.

In the last year, how many ideal women have you properly met where you had a real opportunity to

attract her during a conversation?

For many guys, it'll be less than 10 women and for other guys, it'll be less than 5.

Most guys don't actually get a lot of opportunities to meet their ideal type of women and have a conversation with them.

So, you need to be ready to be able to create a spark rather than just relying on hoping to get lucky because that isn't going to happen very often.

I'd estimate 1 in a 100 times (with your ideal, pretty woman when you have an actual conversation with her), so you need to be ready to create a spark between you and her, rather than just hoping to get lucky in 20 or 30 years time.

Now, I said I'd give you an example of women who are single and ripe for the taking and *ripe* is a little bit of a pun because we're going to talk about getting a juice from a fruit juice store.

Imagine this...

You're walking through a shopping mall or some sort of shopping area and there's a fruit juice store. They make fresh fruit juice and you can go up and order all sorts of fruit juices.

There's a pretty girl behind the counter and she just so happens to be your ideal type of woman.

You're looking at her and thinking, *"She's beautiful. I like her."*

Now, what are you going to say and do to create a spark between you and her?

You're about to order some juice just like every other customer does.

How are you going to be able to create a spark with her?

What are you going to say and do?

Well, almost every single guy who finds her attractive (and would secretly like to be with her) won't do anything about it.

He'll just talk to her in a friendly, neutral way.

He'll order his juice, he'll pay the money, he'll wait over there to collect his juice and he'll head off.

Nothing will happen.

Yet, a guy who finds it incredibly easy to get himself a girlfriend will create a spark in a moment like that.

He will say and do something that creates the spark.

He won't wait and hope that it happens all by itself.

He'll make it happen.

So, for example...

You walk up to order a juice and she says, *"Hi, how can I help you? What would you like?"*

Rather than just ordering a juice and saying, *"I'll get a Tropical Delight, thanks,"* and then saying small, medium or large, giving your money and standing over there to wait and collect the juice, say something unexpected that is going to wake her up out of her robotic customer service state of mind and into a flirtatious interaction with you, where you and her immediately start to get along as people, rather than as customer and customer service agent.

It's a man and a woman.

You're having a flirtatious interaction.

You're creating a spark.

So, when you walk up and she says, *"Hi, can I help you? What would you like?"* you can say something like this, "Hey, how are you doing? Hey look, I'm not quite sure which juice I should get. So what's your favorite one on the menu?"

She then tells you and you playfully say, *"Well, that doesn't sound too good. What's your second favorite one?"*

She then tells you and you then playfully say, *"Well, that sounds even worse. I think I'll just get a water"* and have a bit of a laugh with her.

Then say, *"No, no, just kidding. The second one sounded good. Let's go with that."*

As a result of talking to her in that way, you're going to make her laugh and she's going to feel a spark of attraction for your confidence.

Pretty much every guy who walks up to order a juice is only going to talk to her in a friendly, neutral type of way.

For example: A guy might talk to her like this, *"Oh, hi. How are you doing? I'll get a Berry Sensation. Thanks. Medium. \$6.50? There you go. Thank you. My name? Dan."*

He's just going to be another forgettable customer for her on that day.

She's almost certainly NOT going to feel a spark for him.

If he liked her and secretly wanted to be with her, he didn't do anything about it (like 99.999% of male customers she meets).

By the way...

With the example I gave you earlier, you can also build on that and make the woman look forward to seeing you the next time.

So, say for example you've ordered her second favorite choice, have paid the money and are waiting over on the other side of the counter to collect your juice.

You can then say something like this (in a playful way) when she comes over to give you the juice, or when you have a chance to talk to her again before you head off, *"Hey, by the way, if this one is good, I might come back and try your first favorite choice, but if it's no good, you're never ever going to see me again. This will be the last time I ever come back here and it'll be all your fault."*

Of course, you're only joking with her and she's going to get that.

She's going to feel attracted to your confidence and you and her are going to share a private connection.

So when you come back to the store, maybe the next day or the day after and she sees you, you can then say something like this, *"Oh, you again, the girl who recommends the worst juices in the whole store. No, just kidding. The juice the other day was really good. So, let's go with your second recommendation today. What is the best juice on the menu? What you got? Tropical Delight. Alright, let's give it a go. I'm counting on you though. This better be some damn good juice."*

If there aren't any other customers around or if she's available to chat for 30 seconds to a minute, you can continue the conversation, build up her attraction, create a bit of a connection with her and then get her number.

So, with this example, something important to understand is that you're going to be talking to her *anyway* if you order a juice.

If you look at her, find her attractive and she's one of your ideal type of women, then why not create a spark with her because you're going to talk to her anyway?

Initially, for some guys, it will feel scary to do that or it might feel a bit awkward for them to talk to women in that way, but when guys see that it works and that most women are incredibly easy to pick up, then they're happy doing it.

They're happy talking to women, creating a spark, getting a number, getting a date, having sex and enjoying a relationship.

Now for some guys, they see it as being unfair that a man has to do something to create a spark with a woman because women don't really have to do anything.

If a woman is pretty, most guys are going to feel a spark for her.

They're going to feel that attraction and if she is friendly and nice, down to Earth and intelligent, many guys are going to want to have a relationship with her as well, so she doesn't really have to do anything.

Yet, what's important to understand as a man is that generally speaking, women don't react to men in the same way that men react to women.

That's why you'll see men looking at women and feeling instant attraction, continuing to look at the woman and wanting to have sex with her or wanting a relationship with her simply based on her existing and looking the way that she does.

Yet, for women, generally speaking, they're not wired to look at a man and follow him as he walks along and then feel the urge to walk up to him, talk to him and try to get his number to hopefully have sex with him or have a relationship with him.

Some women do do that, but it's a very small percentage.

It's a very small minority.

To attract and pick up the majority of women, you've got to be able to create a spark with her and if you do that, you are going to be in a very small percentage of guys who actually know how to do that.

Most guys just talk to women in a friendly way, in a neutral way and they hope that the spark happens for some reason.

They're hoping to get lucky.

Don't do that.

If you want your choice of your ideal type of women, you've got to be able to create a spark with them when you talk to them.

When you start doing it, you will realize how easy it is and how ridiculously easy most women are to attract and pickup.

It's ridiculous how easy it is.

The third mistake that is preventing you from getting a girlfriend is...

3. Not taking things to the next level with women who like you

A lot of guys make this mistake where women seem interested in him and they're open, but he doesn't do anything with it.

He can sometimes make women feel attracted to him and there is a bit of a spark, but he stops at that. He doesn't want to get rejected if he tries to make a move.

He doesn't want to ask for a phone number and hear, "No" or hear, "I've got a boyfriend" or, "Why you asking me for my phone number?"

He doesn't want to experience any of those potentially emotionally painful moments.

As a result, he is stuck in a sort of limbo where women seem interested in him at times, but nothing is happening.

He may look at his friends, co-workers, or cousins who are getting girlfriends and think, "Well, what are they doing that I'm not? What am I missing? What's so special about them? Why are they able to get a girlfriend? What is wrong with me?"

The thing is, when a guy is in a situation like that, there's nothing wrong with him.

He can easily get a girlfriend just like other guys can easily get a girlfriend, but he has to be willing to go to the next level with a woman, to connect with her and get her phone number or move in for a kiss or set up a date and follow through to sex and a relationship.

Once you understand how to create a spark with a woman and you know how to take things to the next level without rejection, it's so easy to get laid and get a girlfriend.

So, if you're one of the guys who find it difficult to attract women or you aren't quite sure how to smoothly transition from a conversation to kissing and then sex, then I recommend that you read my eBook, [The Flow](#), or listen to the audiobook version, [The Flow on Audio](#).

The Flow is everything that you need to know to go from hello to sex with a woman that you find attractive.

It includes my best ever conversation starters, how to instantly attract a woman so she wants to contribute to the conversation, ways to keep the conversation going and keep it interesting, how to create an unforgettable connection so she can't stop thinking about you and wants to see you again.

How to get a phone number, how to get a kiss and sex on the first night that you meet her or if you want to take things slower, how to get to a kiss and sex on the first, second or third date.

With The Flow, you'll never get stuck at a certain point again with a woman that you find attractive.

You will know exactly how to attract her so she wants to be with you and really wants the first kiss to happen.

Once you have this skill, things smoothly flow from one step to the next with women that you find attractive.

It's very easy to do.

So, if you've been thinking that you're not good enough for women yet, or if you've been interacting with women and hoping that a spark happens all by itself or you've been interacting with women and some of them seem interested, but you're not doing anything about it, then now is the time to change that.

If you want to get yourself a girlfriend, just understand that it's an incredibly easy thing to do.

Don't look at it as an impossible task.

Just use attraction techniques when you're interacting with women so you can see that women feel attracted to you.

Then, connect with them and take it to the next level.

Most women are so damn easy to take things to the next level with.

Most women are hungry for love.

They're looking for a boyfriend.

They want to have some sex.

They want to have good times, but when you meet your ideal type of woman, you've got to be able to create a spark with her, if there is no spark there automatically.

You've got to know how to create that spark and then connect with her and take it to the next level.

If you can do that, then you can enjoy your choice of women.

It's very easy to do.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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This is Why Girls You Really Like Reject You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Have you ever had the experience where you meet a pretty girl and she is interested in you and open initially, but as you start to talk to her, her interest level rapidly begins to decline?

It's something that you said.

It's the way that you reacted to something she said.

It's the way that you're approaching the interaction and so on.

She was initially open, she was initially interested, but then, she lost interest.

So, the question is, why does that tend to happen with the girls that you're the most attracted to, the ones that you really like, the ones that you really want to be with, the pretty girls that you think, *"Wow, this girl is special. I like her. I really want to be with her"*?

[image: The Halo Effect: Treating attractive women better than less attractive women]

Essentially, what happens is that for most guys, when they meet a pretty girl or an attractive woman, they are influenced by what is known as the halo effect.

The halo effect is essentially when a person looks at another person who is attractive, or very likable for some reason and they assume that that person is a good person and deserves a lot of respect and better treatment than other people.

[image: Feeling like you need to treat her better because she is pretty]

So, what happens for a pretty girl or an attractive woman, is that most guys who meet her automatically feel the need to treat her better than they treat other people and other women.

"She's special. She's different. She's a pretty girl. She's an attractive woman. She needs to be treated really well."

Yet, when a guy reacts like pretty much every other guy that she has met in her life who felt the need to treat her really well just because of how she looks, then she will assume that he isn't on the same level as her socially.

He doesn't feel like he is good enough as is and he feels as though he needs to treat her really well in order to be accepted by her, in order to be liked by her.

So, if you want to easily attract pretty women, you've got to be able to communicate with her in a way that makes her feel as though you and her are on the same level in terms of value or ideally, you are a much cooler, more valuable person than her.

Now, a lot of guys automatically think, *"Yeah, to do that, you need to be rich."*

Yet, the fact is that most guys aren't rich.

Most guys are just getting by.

However, they're still able to attract pretty girls and attractive women for sex and relationships.

So, you don't need to be rich and successful in order to convey equal value or higher value than a woman.

Rich and successful men are attractive to women, that is true, but if guys who weren't rich and successful couldn't make women feel attracted to them by conveying equal or higher value, then

pretty much no guy out there would be able to get laid or get a girlfriend.

No guy in school.

No guy in university.

No guy just starting out in a job.

No guy working at a coffee shop, working as a tradesman and so on.

What you've got to understand is that you can actually attract pretty girls and attractive women as you talk to them.

It's about how you come across when you're talking to her.

It's not possible to attract and pick up every pretty girl and every attractive woman in the world.

There are some pretty girls out there and attractive women that will only accept a celebrity or a very rich and successful guy, that is true, but the majority of pretty women out there happily hook up with, get into relationships with and even marry normal, everyday guys who are just getting by in life.

So, if you want to easily attract pretty girls and attractive women, you need to be able to convey at least equal status with her or ideally higher status, higher value than her.

You can do that based on how you talk to her.

[image: She is pretty, so she has to be treated better]

For example: Imagine that you're talking to a pretty girl that you like, or an attractive woman.

You really like her and you're being influenced by the halo effect.

You're looking at her and thinking, *"This girl is special. She's pretty. She's different. I've got to treat her better."*

[image: Don't be stunned by the halo effect]

Come to your senses in that moment and realize that pretty much every other guy that she has met has felt that way.

He's felt the need to treat her better because she's higher value than him.

She's a pretty girl, so in order to be able to get her, he needs to suck up to her.

No, no, no, don't do that!

Convey at least equal value with her like you're on her level, you've got equal status to her, or better still, convey higher status than her (based on how you talk to her).

For example: You're talking to her and she starts talking about music and you then ask her what her favorite pop singer is.

She mentions some female singer that you may like or not like.

How can you make her feel attracted to you based on how you respond to that?

How can you convey equal status or better still, if you really want to attract her, make her sense that you are actually higher value than her?

You're a high-status guy. So, what are you going to say?

Well, most guys are just going to try to get along with her and be nice to her.

They want to show her that they're a good guy and that they've got something in common with her.

She says that she likes a certain female singer and the guy says, *"Oh, that's really cool. Yeah, she's*

got great music. What's your favorite song?"

He's being influenced by the halo effect.

He feels like he needs to treat her better because she's attractive.

No, don't do that.

The kind of response that is going to make her see you as a high-value guy is where you have the balls to *playfully* reject her based on her choice of music, or *playfully* mess with her about it.

You're not afraid to playfully mess with her or playfully reject her about things like that.

You're not on your best behavior.

You're not worried that the attractive girl isn't going to like you.

You know that she likes you because you're a high value guy.

Of course, she likes you.

So, if you have that type of confidence, you're going to be able to say something like this, *"Really, you like that singer? You dork. I thought you were cool up into that point. You disappoint me girl,"* or something like this, *"Oh, right, I get it now. You're a cool girl, but you've got lame taste in music."*

[image: Playfully tease her to show equal status]

Of course, you're **only** joking with her.

You're playfully rejecting her about that and you're playfully messing with her.

You don't need to actually be serious when you say to her that she's got lame choice in music.

It's not a serious thing.

Instead, you have so much confidence in yourself that a girl like her would like you that you're not trying to suck up to her.

You're not thinking, *"I need to treat her better because she's pretty. She's special. She's different."*

No.

You're a cool guy, you're a valuable guy, you're at least on her level, but in reality, you're actually higher value than her.

As a result, you have the confidence to be able to say things like that to her and not worry that she's going to lose interest in you.

[image: Convey equal or higher status when talking to pretty girls]

Best of all, she's not going to lose interest in you because of that, due to the fact that pretty girls and attractive women **love it** when a guy has the confidence to playfully mess with them.

It makes her feel like the guy is at least on her level or in many cases, that he is higher value than her.

You've got to think about her experience as she's been going through her life.

Ever since she became a woman and started getting the attention of men, men have been reacting to the halo effect.

They've been looking at her and thinking, *"She's pretty. She's beautiful. She's nice. I need to treat her better than other women."*

That is simply the halo effect in action.

It doesn't mean that the guy is needy or desperate though.

Instead, it simply means that he is being influenced by the halo effect and reacting to it like pretty much every other guy reacts to it when he meets her.

“She’s pretty, she’s special. This girl is amazing. I really like her. She’s different to other girls. I’ve got to treat her really well and hopefully she’ll like me because of that.”

By the way, according to science, an interesting thing about the halo effect is that it’s **not** just about physical appearance.

It essentially comes down to characteristics about a person that make you like them, or make you see them in a favorable light.

For example: According to the Encyclopedia of Educational Psychology, in the classroom, teachers are subject to the halo effect rating error when evaluating their students:

“A teacher who sees a well-behaved student might tend to assume this student is also bright, diligent and engaged before that teacher has objectively evaluated the student’s capacity in these areas. When these type of halo effects occur, they can affect students’ approval ratings in certain areas of functioning and can even affect student grades.”

Another example from Applied Social Psychology, in the work setting, the halo effect is most likely to show up in a supervisor’s appraisal of a subordinate’s job performance:

“The supervisor may give prominence to a single characteristic of the employee, such as enthusiasm and allow the entire evaluation to be colored by how he judges the employee on that one characteristic. Even though the employee may lack the requisite knowledge or ability to perform the job successfully, if the employee’s work shows enthusiasm, the supervisor may very well give him or her a higher performance rating than is justified by knowledge or ability.”

The same thing happens with pretty girls and attractive women.

For most guys out there, they are immediately influenced by the halo effect and they look at a pretty girl or an attractive woman and think, *“She’s nice. She’s a good person. She’s not like other girls. She’s special. She deserves to be treated really well.”*

Then the guy talks to her and he tries to show her that he’s a good guy, not realizing that pretty much every guy that she has met in her life has done the same freakin’ thing.

He’s been influenced by the halo effect and even talks to her in a nice way.

He tries to show her that he’s a good guy, so he can hopefully get a chance with her.

He gives her special treatment.

He makes her feel extra comfortable.

He’s extra generous.

He’s extra considerate towards her.

Yet, by doing that, he reminds her of pretty much every other guy who has tried to get a chance with her by being really nice to her and trying to get along with her in the hope that she will like him because of that.

The guys who stand out and make her feel attracted are the ones who don’t look at her as being a higher value than themselves simply because she’s pretty.

Instead, those guys believe in themselves as being a valuable man and they communicate that based on how they talk to her and interact with her.

Now, as I said, it's not possible for an average, everyday guy to attract every pretty girl and every attractive woman in the world.

Some pretty girls and some attractive women have very high standards, that is true, but the vast majority of attractive women out there will happily hook up with and get into a relationship with a normal, everyday guy and in many cases, with a guy who isn't even on the same level as her in terms of looks.

For a lot of attractive women, as long as the guy is able to attract her with his confidence and let her sense that he is on the same level as her in terms of value, then she'll be open and interested.

If he can convey that he has higher value than her based on how he talks to her and interacts with her, then it will be even easier for him.

So, from now on, when you meet a pretty woman, don't be stunned by the halo effect.

Don't look at her and think that she is better than you because you see her as being attractive or pretty.

Additionally, don't assume that you have to treat her nicer than other women due to the fact that she is pretty.

Instead, it's totally fine to treat her well and be a good man, but make sure that when you interact with her, you communicate in a way that makes her realize that you see yourself as being at least on the same level as her in terms of value, but ideally, you see yourself as being higher value than her.

Based on you having that type of confidence in yourself, she will then naturally feel attracted to you because women are naturally attracted to men who display high status behavior.

When you have that type of confidence, she'll at least feel as though she's met a guy who is on her level, but if you do it right, she will feel as though you're actually a bit cooler than her.

She knows that most women would find your level of confidence attractive and as a result, she then naturally feels as though she would be lucky to get a chance with you.

Learn More?

Okay, I hope you enjoyed this video and learned something from it.

If you are one of the guys who find it difficult to attract women so you can get laid or get yourself a quality girlfriend, then I recommend that you read my eBook, [The Flow](#), or listen to the audiobook version, [The Flow on Audio](#).

The Flow is everything that you need to know to go from hello to sex with a woman that you find attractive.

It includes my best conversation starters, attraction techniques, connection techniques and techniques for getting to the next level with a woman.

Getting to the next level includes initiating touch in a way that she wants and welcomes, getting her number, getting a first kiss, arranging a date and then having sex on the first date or second date.

The Flow also includes techniques for getting a kiss and sex on the first night that you meet a woman.

If you prefer to take things slower though, you can use the techniques to have sex on the first, second, or third date.

It's totally up to you.

The Flow is very easy to use.

Once you use it once, you will never ever get stuck at a certain point with a woman again.

You will always know what to say and do to go from hello to sex with a woman that you find attractive.

Notice How You React to Attractive Women From Now on

[image: Don't let your attraction for her make you feel the need to treat her nicer than other girls or people in general]

One final point that I want to make for you in this video is this...

Be aware from now on when you're out and about in social situations, or you're out in a public situation of how you react when you see a pretty girl or an attractive woman.

Think about how you look at her in terms of other women and how you feel like you should treat her in comparison to other women.

What you'll realize is that you're also being influenced by the halo effect.

If you talk to her and you treat her better than you treat other women and you feel like she deserves more respect and better treatment, then you're going to be like pretty much every other guy that she's met in her life who is trying to get a chance with the high-value girl.

To attract her and make her want to be with you, you should at least convey equal value and equal status to be on her level.

Ideally, though, you should convey higher status or higher value than her based on how you talk to her and interact with her.

That is what works to attract the vast majority of pretty girls out there.

Try it and you'll see.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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9 Body Language Signs She's Attracted to You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Most women who feel attracted to you when you interact with them, won't actually say something like, *"Hey, I like you, do you want to start a relationship?"*

Instead, the woman will show you via her body language that she's feeling attracted to you.

She'll hope that you notice it and then have the confidence to act on it and get something going between you and her.

So, understanding a woman's body language is absolutely essential to your success with women.

You will often meet women, they'll be feeling attracted to you and if you aren't able to pick up on the signals and then act on it, you will usually miss out on your opportunity to be with that woman.

She will either assume that you're not interested, or that you don't have the confidence to make a move even though she's giving you those signals.

So, the 9 body language attraction signals that I'm going to give you in this video are based on the scenario of you talking to a woman.

You're making her feel attracted and she starts giving you signals to show you that she's attracted and interested in something happening between you and her.

Let's begin with number 1. The first body language expression of attraction is where...

1. She combs her hair over her ear while smiling in a cute way

[image: She combs her hair over her ear while smiling in a cute way]

So, imagine the scenario.

You're talking to a woman that you like, you're being confident and you're making her laugh.

She then shows you that 'cute girl' type of body language where she smiles at you and combs her hair over her ear with her finger or her fingers.

Some women do that as a natural reaction to the attraction that they're feeling in the moment, but other women do it on purpose.

A woman will purposely do it to try to look cuter in your eyes.

She knows that if she looks cute and girly then a guy is going to find her more feminine and attractive.

What's important to understand is that there's a big difference between a woman combing her hair over her ear with a serious expression on her face, compared to a woman combing her hair over her ear with a cute smile, a cute look on her face in a moment where you're making her feel attracted.

What you'll find is that when you interact with women and you come across in a masculine way via how you're talking, how you're using your body and the vibe that you're giving off, you will see women express their attraction for you by doing cute things like that, or one of the other expressions that you'll see throughout this video.

So, let's look at number 2.

2. She puts her fingers to the side of her cheek or face, while looking at you in a cute way

[image: She puts her fingers to the side of her cheek or face, while looking at you in a cute way]

That's a pretty obvious one to look out for.

If you see a woman showing you that type of body language, don't doubt that she feels attracted to you.

She is feeling feminine and girly in comparison to your masculinity.

She's feeling the spark.

3. She smiles and bites her tongue at the same time

[image: She smiles and bites her tongue at the same time]

This is another example of her trying to look cute and it's showing her femininity, it's showing her sexual submissiveness and so on.

She's trying to show you that she feels feminine and girly in comparison to your masculine approach to the interaction.

The next one.

4. She smiles as she dips her chin submissively

[image: She smiles as she dips her chin submissively]

Sometimes a woman will smile and dip her chin like that because she is embarrassed about the attraction she is feeling for you.

She is instinctively trying to hide her attraction, so, her body follows her thoughts and she starts dipping her chin and trying to look away or trying to hide what is going on inside of her mind.

For example: If you're talking to a woman and she's feeling girly and feminine in comparison to your masculine approach, or your masculine vibe, then she's naturally going to feel less dominant in comparison to you.

As a result, submissive body language will begin to be displayed.

She will smile and dip her chin, or she will smile, dip her chin and while her chin is down, she'll look up at you with the cute girl type of look.

She's showing you how she's feeling via her body language.

5. She keeps looking at you when you're not looking

With this particular body language expression of attraction, it's best not to look for this one on its own.

It's best to look for this one in addition to other signals that you're seeing from her.

For example: If you're talking to a woman, she's not showing you any body language signs of attraction, you're talking amongst a group and you notice out of the corner of your eye that she keeps looking at you, it doesn't necessarily mean that she's attracted to you.

It could just mean that she's listening to what you're saying, focusing on the people in the group and trying to keep up with the conversation.

However, if you've been interacting with her and she's showing you one of the signals that you've seen so far, or one of the other ones that you'll see in the rest of this video, then it's a good sign that she is attracted to you.

If you look at the photos here, sometimes it will be very obvious when the woman is attracted and has a crush on the guy, whereas other times, it could just be her looking at the guy and following along with the conversation.

[image: She keeps looking at you when you're not looking]

In some cases, a woman will make it very obvious and in other cases, it will be subtle.

So, if a woman isn't being that obvious and you want to be more confident about her attraction for you before you make a move, you can also look for the following signal.

That is where...

6. She engages in unusually long eye contact and it's almost as though she is in love with you already, or she is falling in love with you

[image: She engages in unusually long eye contact with you]

So, if you're talking to a woman, making her feel attracted to you as you talk to her, she is giving you that unusually long eye contact and she's looking in your eyes as though she's falling in love with you, or as though she's already in love with you, then you've got to be confident about that.

For example: Some guys remain in the friend zone with a woman because they don't look at signals like that and other signals and know that the woman is trying to say, *"Hey, I'm feeling attracted to you. I like you. Let's get something going between us."*

Rather than taking things to the next level with her, the guy keeps talking and talking and hanging out and never makes a move.

She then begins to lose interest because she thinks, *"Well, maybe there isn't a spark between us,"* or maybe he doesn't see her in that way, or maybe he's afraid of getting rejected and he's not confident enough to make a move.

The next body language sign that she is attracted is that...

7. She remains physically close with you when talking to you for long periods of time

[image: She remains physically close to you when talking to you for long periods of time]

The best way to understand this is to think about a woman interacting with the guy that she's not attracted to and doesn't want to show signs of interest to.

She's going to be very neutral, closed up and won't want to be very close to him for long periods of time.

So, if you're interacting with a woman and she's sitting right next to you and talking for a long time, then she's trying to show you that she likes you.

It doesn't always mean that if a woman sits right next to a guy that she wants to kiss him and have sex with him, but if you've been interacting with a woman and making her feel attracted and she comes and sits right next to you and you're talking for quite a while and she doesn't want to move away, then she's trying to show you that she's cool with you and being that physically close.

If she wasn't, she wouldn't sit right next to you.

Another thing to point out about this (and this is something that makes women very difficult to understand for some guys) is that sometimes a woman doesn't want to seem too keen or easy and as a result, she won't want to be too close to you physically.

She won't want to sit next to you, even though she's attracted to you.

That's the sort of thing that drives some guys nuts.

They think, *"Well, why are women so difficult to understand? Why can't you just say to a woman, 'I like you' and then she says, 'I like you' and then you get on with having sex and a relationship?"*

Well, one way to understand it is to think about what men do.

When a man likes a woman, does he always show her that he is sexually attracted to her and romantically interested in her, or does he sometimes just act like a friend?

Does he sometimes just talk to her in a neutral way, even though on the inside, he's thinking, *"Wow, this girl is amazing. I want to be with her, I want to have sex with her, I want her to be my girlfriend"* and so on?

It's not just women who are sometimes hard for men to understand.

Sometimes women have a difficult time understanding men too.

Sometimes a woman will like a man and she'll be showing him signs of interest and he won't even be aware of those signs of interest, or he won't have the confidence to make a move when she's showing them.

[image: Take things to the next level when she's showing you these signs of attraction]

So, if you want to reduce the chance of ever being rejected and you want your dating life to be easy, then make sure that you're able to notice these signals and be confident enough to then make a move and take things to the next level with the woman who is clearly attracted to you.

8. She smiles, bites her bottom lip and looks at you in a curious way

[image: She smiles, bites her bottom lip and looks at you in a curious way]

If you've been interacting with the woman, making her feel attracted to you as you talk to her and

then you notice that she starts biting her bottom lip and looking at you with a curious look, what's going on in her mind is that she is imagining having sex with you.

She is imagining kissing you.

She is feeling attracted to you in that moment and all sorts of sexual thoughts are going through her mind.

9. She twirls her hair with her finger while looking at you in a cute way

[image: She twirls her hair with her finger, while looking at you in a cute way]

There are different reasons why a woman will do that when she's interacting with a man that she feels attracted to.

For example: Sometimes she's trying to look cute so you will feel more confident and manly around her.

Sometimes she's trying to draw attention to her hair because she feels confident that it's an attractive feature of hers.

[image: She twirls her hair with her finger while looking at you in a cute way]

Other times, she's feeling feminine in your presence and other times, it's actually her way of flirting.

The last one, being her way of flirting, is actually a very common reason why a woman will do it.

She'll start twirling her hair and looking at you in a cute way to show you that she's feeling attracted to you.

She's trying to say, *"Hey, I'm feeling attracted,"* but she doesn't want to come out and say, *"Hey, I'm feeling attracted, want to hook up, want to start a relationship? Let's do this."*

Instead, she just wants to show you that she's feeling attracted and she hopes that you have the awareness to notice those type of attraction signals and then the confidence to act on that and get something going between you and her.

Learn More?

Okay, I hope you enjoyed this video and learned something from it.

If you are one of the guys who find it difficult to attract women, so, you can get laid or find yourself a quality girlfriend, then I recommend that you read my eBook, [The Flow](#), or listen to the audiobook version, [The Flow on Audio](#).

The Flow is the easiest way to get laid or get a girlfriend.

It includes exactly what you need to say and do to go from hello to sex with a woman that you find attractive.

Women Open the Door. You Walk Through it

One final point that I want to make for you in this video, is that once you begin to notice these type of signals from women, you'll realize that a lot of women actually feel attracted to you and are opening the door for something to happen between you and them.

What you'll also notice is that most guys out there aren't aware of the body language signals that women express when they're attracted, or the guy doesn't have the confidence to believe that a woman will actually feel attracted to him.

For example: If he's talking to a woman and she's twirling her hair, he may just think, *"Well, that's her personality. She likes to twirl her hair all the time."*

Yet, if he's being confident, making her laugh and she's feeling attracted to him, that is usually going to be her way of trying to tell him that she's feeling girly in comparison to him, she's feeling attracted and she hopes that he then has the confidence to make a move and get something going between them.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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The First 3 Things Women Notice About Men

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The first 3 things that women notice about men, other than looks, are the reason why good-looking guys and guys who put a lot of effort into their appearance, are still unable to get themselves a girlfriend.

They may get noticed by women, but women just don't feel enough attraction for them to be interested in anything other than just looking and noticing that he has a nice shirt, or as a nice haircut and so on.

[image: Women will rarely approach a guy, even if he is dressed well]

These 3 things are also one of the main reasons why guys who are average looking, or would be rated as potentially being below average looking and maybe rated as being a guy who doesn't put much effort into his appearance, are still able to attract pretty women for sex and relationships.

So what's going on out there?

[image: How to make girls feel attracted to you right away]

What are women noticing about other men that is causing the woman to feel attracted and want to be with the man and more importantly, how can **you** do what those men are doing so you can easily attract women, get laid and get yourself a girlfriend?

Let's start with number 1.

The first thing that women notice about a man is...

1. How confident he is in the environment or situation

Without even having to think about it, a woman gets a sense of a guy's confidence level based on his body language and behavior.

For example: A guy who has relaxed confidence and is comfortable in the environment or situation, versus a guy who is insecure, unsure of himself, anxious and isn't comfortable in the environment or situation.

Now, that was a bit of an exaggerated version of a guy looking unsure of himself (*watch video above for examples*), but hopefully you get the point.

It's about the subtleties of your body language and behavior.

[image: I look good. Why doesn't she show me interest and then approach me?]

This is why, when a guy puts a lot of effort into his physical appearance, is wearing great clothes and has been working out at the gym, STILL finds that he can't get a girlfriend, even though he has done a great job of presenting himself well physically and looking good.

What really matters to a woman is how she feels instinctively in response to a guy's behavior, body language and approach to social interactions and interactions with her.

For example: Most guys watching this video will have a friend or know of a guy who doesn't put a lot of effort into his appearance, but women still find him attractive.

[image: Why are girls attracted to scruffy looking men?]

Girls say that he's cute, he's sexy, he's hot and so on.

Now, that doesn't mean that it's wrong for a guy to take care of his appearance, or to try to look good.

A guy can do that if he wants to.

Yet, what men need to realize is that for most women, what is more important to them is how confident you are in the situation or environment.

[image: What she really cares about is how confident you are around her and people in general]

That's what she's really looking at and noticing.

Another thing that women first notice about men is...

2. Whether he is looking up to other people, looking down on them or seeing himself as an equal

This is known as social status.

The way that you come across in a social situation, the way you move, the way you talk to people and the way you behave will make people look at you and make a snap judgment.

Are you equal status, lowest status, higher status?

Are you somewhere in between and so on?

Really nice guys who are trying to please everyone that they meet, insecure guys and guys who are lacking in confidence tend to display *lower* status, which then turns off women, even though that guy could have attracted them if he conveyed equal status or slightly higher status.

At the very least, you should always convey equal status with the people around you.

You should see them as an equal.

Yet, if you want to make women feel attracted to you when they notice you, then you should convey slightly higher status than the people around you.

That doesn't mean that you go around making people feel bad about themselves.

It also doesn't mean that you look down on other people.

Instead, it means that you walk through the world, you interact with people with a sense of belief in yourself.

You see yourself as being more than good enough.

You don't have to go around seeking the approval of people hoping that they will accept you, hoping that they will see you as being good enough.

Instead, you move through the world knowing that you are good enough and that comes across in your body language and behavior.

When women notice that, they feel attracted to you.

They look at you and think, "*Hmm, there's something about that guy.*"

They find you attractive because women are instinctively looking for a guy who is confident and

doesn't place himself below other people in social situations.

Another thing that women first notice about a man is...

3. How he reacts when he sees her

A lot of guys make the mistake of feeling like they've been busted if they get caught looking at a woman.

She looks his way and then he looks away thinking that, *"Oh, no, I've been caught looking at her. That might look desperate. It might look needy. I might seem like a stalker or something like that. I've got to look away and act like I'm not interested."*

[image: Remain confident when she looks at you and give her a smile]

Yet, if a woman is feeling attracted to you in the moment and she looks at you, it's a perfect opportunity for you to build on the attraction and create an enjoyable moment between you and her that can then lead to you and her talking, exchanging numbers, going on a date, hooking up and so on.

Essentially, when a woman looks at you, if you show no desire or interest, it can make her feel insecure or rejected.

Many women assume that if a guy looks at them with absolutely no desire, then it means that he isn't attracted to them.

On the other hand, if a guy shows too much desire, he may come across as a bit sleazy or a bit hungry for sex and that will make the woman close up.

The right amount of desire to show is casual, confident, calm interest in her.

When she looks his way, he is confident enough to look at her, give her a bit of a smile and then get on with what he was doing.

In moments like that, if you then look back at the woman and she's still interested, she's giving you a smile and you then walk over and say hello to her, she is going to feel a rush of attraction and excitement.

You and her just had a moment that happened naturally and you now have the confidence to come over and talk to her.

That's amazing and exciting for a woman to experience.

So, in addition to feeling excited, she's going to be feeling attracted to your confidence in that moment.

[image: Attract her with your confidence and then build on the attraction]

You can then build on that attraction by displaying other personality traits and behaviors that are naturally attractive to women (e.g. charisma, charm, ability to make her laugh, emotional masculinity).

Learn More?

Okay, I hope you enjoyed this video and learn something from it.

If you're one of the guys who have been struggling to get laid or find yourself a quality girlfriend, then I recommend that you read my eBook, [The Flow](#), or listen to the audiobook version, [The Flow on Audio](#).

The Flow is the easiest way to get laid or get a girlfriend.

When you read The Flow eBook or listen to The Flow on Audio, you will learn exactly what to say and do to go from hello to sex with a woman that you find attractive.

Looks Get a Guy Noticed, But...

One final point that I want to make for you in this video is that of course it's true that women notice a guy's looks and his clothes when they first look at him.

That is true.

It's also true that there are women out there who will only accept a really good-looking guy who wears designer clothes.

That is true.

[image: Your body language, behavior and approach to the conversation matters the most]

Yet, what is also true is that the majority of women out there, place way more importance on how a guy's body language, behavior and approach to the conversation makes them feel.

As you may have noticed in your life, a guy might be wearing a great shirt and have a nice hairstyle, but a woman will feel attracted to an average looking guy who is just wearing a basic t-shirt and doesn't even have a great hairstyle because the other guy isn't conveying lower status when he interacts with her.

At the very least, the guy sees himself as an equal, but ideally the guy is going to see himself as being more than good enough for the woman.

That is going to come across in his body language, his behavior and how he's talking to her.

That is what will make her feel attracted.

So, I hope that helps you understand why other guys have been attracting the kinds of girls that you want and more importantly, what you can do to start attracting the type of girls that you want and enjoy your choice of women.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Will This Stop Working if Women Find Out About it?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Over the years, quite a number of guys have asked me a question that goes something like this.

“If women find out about this stuff will it stop working?”

What the guy is essentially asking is that if women find out that guys are using attraction techniques, will it stop working?

Will it start becoming less effective?

The answer to that is, “No” and the example I will give you to explain why is a woman’s cleavage.

[image: A woman getting her tits out works even if we know she is doing it to be attractive]

Even though women get their tits out on display like that as a way to attract men, it doesn’t stop it from working.

Even if we men know that they’re doing it to attract us, we just don’t care because in the moment, when you see those tits, you feel attracted.

[image: Both men and women use attraction techniques and we both enjoy it]

It’s an automatic reaction.

The same applies to a woman’s attraction for a man.

When you display certain personality traits and behaviors that are naturally attractive to women, she feels attracted to you in that moment.

It doesn’t matter if you are using techniques and you have learned about it.

All that matters to her in that moment is that she is feeling attracted to you.

She likes you and she wants something to happen between you and her.

The thing is women don’t have to use a lot of brainpower to attract men.

It’s pretty simple.

A woman has to look good, be nice and friendly and most guys are going to be willing to have sex with her and some guys will be interested in a relationship with her.

However for a man, it requires a certain type of intelligence.

He has to understand how to display the personality traits and behaviors that are naturally attractive to women.

If he is able to do that while he’s interacting with women, then they’re going to feel attracted to him.

It’s not about him revealing skin around his chest area or showing off his legs to attract the attention of women.

Instead he attracts the attention of women with his intelligence.

When a man is able to interact with a woman and display the type of personality traits and behaviors that are naturally attractive to women, then they feel attracted.

That’s how it works.

For example: Women from all over the world are attracted to guys who are confident, emotionally

masculine, funny, unpredictable, charming, sexual, charismatic and socially intelligent.

Now of course, women can also feel attracted to men for reasons such as the man being rich, famous, very tall and good-looking and so on.

Yet, I'm not talking about that.

What I'm talking about here is how men can make women feel attracted to them by using attraction techniques, using what I call playfully arrogant humor, using flirting, being emotionally masculine as you're talking to a woman so she can feel feminine and girly in comparison to you.

Also being a challenge for her to acquire, so it becomes about her trying to pick you up or if you're in a relationship, her trying to get sex from you.

What's important to understand about this is that it's very easy to do.

When a guy has used attraction techniques a couple of times during interactions with women and seeing that it works, he then has that power.

He knows how to make women feel attracted to him as he talks to them and interacts with them.

He can use that ability when picking up women, when on dates and when in a relationship.

Also another question I get from guys is should I tell a woman that I'm learning this stuff?

Should I tell her that I've been learning attraction techniques and so on?

The answer to that is also no.

You may have noticed that women don't say, *"Hey I've got my tits out to hopefully make you feel attracted to me."*

Instead she gets her tits out on display makes you feel attracted to her and then gets on with having a relationship with you.

Okay, I hope you enjoyed the quick insight.

If you'd like to keep learning, watch one of these videos now.

- [A Secret Insecurity That Most Women Have](#)
- [Avoid These 3 Mistakes to Get the Woman You Want](#)
- [How to Make a Woman Want to Treat You Well and Take Care of You in a Relationship](#)

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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Relationship Survey Results: 58% of Men Want This From a Woman...

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

58% of men want to marry a woman and stay with her for life.

Are they wrong?

[image: Relationship survey results: 58% of men want to marry a woman and stay with her for life]

Additionally, in the poll that I've got running on [the Community section of my YouTube channel](#), 18% of men want to have relationships with many women throughout life.

Are they wrong?

If not, how about the 9% of guys who want to stay with one woman for life without getting married?

Finally, the 15% of guys who still aren't sure about their relationship goal with women.

So, who is right and who is wrong?

Well, as it turns out, there are no right ways to live life.

Instead there are expected ways to live life.

Expectations on how to live life change from country to country, city to city and family to family.

In a small city, for example, there may be hundreds, if not thousands, of different ways that people believe life should be lived.

Additionally, in a family that has four, five, or six children, they may grow up to live their life in different ways to each other.

They may not all follow the same path.

The siblings in the family may look at each other and think that the other person is doing it wrong and they're doing it right.

For example: A woman may think that she's doing it right by settling down and getting married early, whereas her sister may think that she's doing it wrong and that she should enjoy her life and travel and do lots of things before she eventually settles down.

One of the brothers may think that it's best to get into a relationship with a woman, but never get married, whereas another brother may think that he doesn't want to have relationships and he just wants to enjoy himself for life.

Now, in terms of a man, what should he do in today's world?

The world is changing so much.

The dating scene has changed, new medicinal technologies are coming along that are extending human lifespan and may extend human lifespan even more.

The way that we work and live is going to change based on artificial intelligence becoming smarter and smarter and so on.

How is all of that going to affect relationships when people are living longer and they don't have to do the same type of work, or work in same type of way as they did before?

What I think is that there are going to be so many changes over the next 20 to 30 years, but at the end

of the day, men and women are still going to want to have long relationships with each other.

So, in terms of men, who is right and who is wrong?

What should a man do in today's world?

Let's have a look at some of the comments from the poll in the Community section of this channel.

One guy says, *"I know I'm capable of being with multiple women, but personally, it's better to have one for life. Besides, I prefer not to use condoms."*

Another guy says, *"Divorced one and a half years ago after 17 years of marriage, I'm 49, in great shape, small business owner, living in the San Francisco Bay Area, just going to enjoy spinning plates for a while."*

In other words, he's going to enjoy his choice of women for a while.

Another guy says, *"Getting married is a waste of time. Been there, done that."*

Another guy says that he wants to have relationships with many women throughout life and his reason is, *"Sadly, because, so far, 99% of women are completely psychotic. I have six sisters to back up my theory."*

Another guy says, *"Have relationships with several women then later, marry one woman for life."*

Finally, another comment here from a man who wants to marry a woman and stay with her for life, *"Interested in real-life experience, sharing family, friends, travel, the good times and the not so good."*

With the last comment there, it may seem that that man is right.

The only way to get real-life experience is to get married, have a family, travel, have friends and so on.

Yet, that is correct based on what he wants and the way that he expects life to play out.

Another guy can get real-life experience in the way that he wants to live life by not getting married and not having a family.

He may want to travel a lot, he may want to have many relationships with women throughout life and never settle down, just live life based on what he wants to do, work on his projects or whatever he's doing and enjoy the company of women who will come in and out of his life as the years go on.

An important thing to point out here is that when a guy says that he never wants to get into a serious relationship with a woman or that he only wants to have temporary relationships throughout his life, then he may stick to that for life or he may change his mind at some point in time.

He hasn't stuffed up his life by changing what he wants to do later on.

You're allowed to go with what you want to do and then change your mind if you feel like changing your mind later on.

Personally, that's what happened to me.

I changed my mind about what I wanted and I used to be very anti-marriage and anti-children and now I'm married and my wife recently gave birth to our twin girls.

So, my relationship goal with women completely changed over time and I don't feel like I've done anything wrong by doing that.

I did what I wanted to do without worrying what others around me may expect of me and what they were doing in their lives.

For example: I have a friend who saw his other friends settling down and getting married and, even though he didn't want to do it, he went ahead and married the next girl that he got into a relationship with.

Then, about five years later, they got divorced.

He learned from that experience and realized that he shouldn't be living his life based on what everyone else around him is doing or expects of him.

He should go with what he wants and when the time is right, if he wants to change his mind and do something else, then he should go ahead and do that, but he shouldn't feel pressured into doing it because his friend is doing it, or his brother or sister has done it.

He should do it if he wants to do it and if it really is the best decision for him.

So, some guys watching this video will know my back story, but for those who don't, I'll just explain now what eventually led me to accept my girlfriend's marriage proposal and now, get to the point where we've had children and I'm a dad and I'm enjoying that side of life as well.

Essentially, what happened to me is that, like most guys, I didn't know how to attract women.

I didn't know that you could actually make women feel attracted to you based on your behavior, how you talk to them and so on.

I didn't know that.

As a result, I didn't have my choice of women.

One day, I went to a house party and there was a backyard lawn area where everyone was drinking and there was music playing and, after a few drinks, I somehow got myself on the "dance floor" and there was a girl there.

She was a bit tipsy and I was a bit tipsy.

We started dancing.

One thing led to another somehow and we started kissing.

Then, we got into a relationship and it was okay at the start, but I eventually became clingy, insecure, controlling, jealous and so on.

She really got sick of that and eventually, cheated on me and then dumped me and I was destroyed.

I had no idea how to attract women.

I had gotten her by pure luck and now I was on my own.

Back then, there was no one online helping guys out about how to be successful with women.

I was on my own.

I didn't have any advice, anyone to turn to and as a result, I couldn't get her back.

I was lost.

I lost a lot of confidence in myself, my insecurities deepened over time and I felt unworthy of attractive women.

When I talked to attractive women, they just didn't find me attractive.

The spark wasn't there because I didn't know how to make them feel a spark.

I just talked to them in a friendly, nice, neutral way and I hoped that they liked me for some reason.

Yet, I didn't understand that you actually have to be able to create a sexual spark with a woman.

Sometimes, you'll meet a woman where a sexual spark will happen without you having to do anything and that is called *getting lucky*.

Yet, if you want to have your choice with women, you need to know how to create a spark of sexual attraction inside of a woman, as soon as you start talking to her.

You need to know how to do that and you need to know how to build on that as you're talking to her. Back then, I didn't know that, but I knew that I had to do something about it.

So, I decided to go out every weekend and approach women until I worked out how to have my choice of women.

I went out approaching with a new friend of mine and I kept getting rejected.

I walked up to women that I found attractive, but they didn't find me attractive.

They weren't interested in me in that kind of way.

Some women were nice and friendly and I was able to have a conversation with them, but it didn't go anywhere because I didn't know how to make them feel sexually attracted as I talked to them.

Yet, because I was persistent and I knew that there was something that I was missing, I eventually figured it out.

I eventually figured out what to say and do to make women feel sexually attracted to me as soon as I started talking to them and increasingly attracted to me the more we talked.

As a result, I enjoyed my choice of women and I was able to have sex with women on the first night, have multiple women in my life at once and I enjoyed that life for over 10 years.

Then, I met my perfect girl when I was 35 and she was 20.

We settled down, we got into a relationship and we've been together ever since.

Now, when I met the woman who is now my wife, she quickly found out that I wasn't interested in marriage and I didn't want anything to do with having children.

She was okay about that and she accepted it.

She just wanted to be with me and she didn't put any pressure on me to get married or start a family, but our relationship just got better and better over time.

The love grew, the respect grew, the attraction grew and when she eventually started asking if we can get engaged, I was still apprehensive about that.

I was still like, *"I don't want to go down that path. Why do we have to do that? What's the point?"*

Yet, eventually, I started to open up to her because I started to look into the more positive side of the shocking divorce statistic.

When you see divorce statistics like 50%, for example, it means that 50% of marriages actually stay together.

Not all those marriages are happy, but within that 50%, there are so many couples who have a relationship where the love, respect and attraction grows over time.

Personally, I felt like I could do that.

I felt confident in my ability to do that.

So, I thought, *"Why not?"*

I went ahead with it and it's been one of the best decisions that I've ever made in my life.

So, essentially, for me, I got married at 37.

We eventually got to a position where we could get a house and stop renting when I was 39.

Now I'm 41 and I've become a dad.

Yet, I know that for some guys watching this video, they may have the thought of, *"Well, what if it all goes awry? What if you have some problems with her? What if the marriage breaks down? What if you end up getting a divorce? What if you can't keep the relationship together?"*

Well, the way that I think about the answer to that is it's sort of like saying, *"Don't drive a car because you could get into an accident. There are so many accidents that happen and you could be one of the people who have an accident and die so don't drive."*

Yet, if you don't drive, then you don't get to experience all the fun and freedom that can come with driving.

Of course, there are all sorts of negatives that can happen with driving, but there are all sorts of positives that can happen as well and you only get to experience that if you do it.

So, does that mean that every man should just get married to a woman and stay with her for life?

Absolutely not.

What every man should do is what he wants to do, with the understanding that what he wants to do may change over time.

He may be at a point in his life where he thinks that he just wants to have sex with lots of women.

I personally went through that for 10 years, but I eventually changed.

I eventually changed and wanted a relationship.

Then, I eventually changed and accepted a marriage and opened up to having children.

Now I've got twin daughters.

Have I done the right thing or have I made a mistake?

I've done the right thing based on what I want from women.

I wanted to enjoy my choice of women and I did that.

Then, I wanted to have a relationship and I did that and it got better and better and better.

Then, I opened up to the next levels of that relationship and now I'm getting to experience that.

So, here is one of the important lessons to take away from this video...

A man can be accomplished and happy without a family, or with one and a man can be sad and lonely with a family, or without one.

There are pros and cons to each choice you make, but I recommend focusing on the good things that you want in life and then moving in that direction knowing that it's possible and common for people to experience the good things that you want from that particular area of life.

For example: If a guy wants to have sex with lots of women and never settle down, he can focus on the fact that there are men out there who live their life that way and it's okay.

He's not wrong by doing that.

Some people may say that he's wrong, they may criticize him, they may expect him to do something else, but he's not doing anything wrong.

He's just living life in the way that he wants to live it.

Likewise, if a man wants to settle down with a woman and never marry her, he's not doing anything wrong.

If he wants to go down that path in life, he can do that.

Other people may say that he is wrong, they may criticize him, they may expect him to do something else, but he is allowed to live that life if he wants to.

He should also know that he may change his mind in future.

He may change and think that he doesn't want to remain settled down with that woman and wants to go back to being single, or he may change and think that he wants to marry her, commit to her, have a family, build a family life together and enjoy lifelong experiences together.

He's allowed to do that.

Likewise, if a man wants to marry a woman and stay with her for life, he may get criticized by some people.

Some people may think that he is wrong, but if he goes down that path and he really wants to enjoy that path and go through the levels of that path, such as having a family, raising the children, having lifelong experiences together and so on, then he's allowed to do that.

So, I hope this video helps you understand that you're not doing it wrong.

Instead, you're just doing it in the way that you want to do it.

You're allowed to live your life in the way that you want to live your life.

Just know though that you may change your mind next week, next year, five years from now or so on.

You may decide that you want something else and that's okay.

Learn More?

I hope you enjoyed this video and learned something from it.

If you'd like to learn more, I have two recommendations for you.

The first recommendation is for the single men watching this video and the second recommendation is for the men who are in a relationship or a marriage with a woman or men who want to get into a relationship with a woman and make it work.

The first recommendation is [The Flow](#).

This is my eBook which is also available on audio.

It's the easiest way to get laid or get a girlfriend.

It's everything that you need to know to go from a hello to sex with a woman that you find attractive.

The second recommendation is [Make Her Love You For Life](#).

This is my relationship program and it will teach you how to make a woman respect you, feel sexually attracted to you and be totally in love with you for life.

When you use the approach that I teach in Make Her Love You For Life, her respect, attraction and love increases over time.

It doesn't fade away.

Each to Their Own

One final point that I want to make for you in this video is that, from now on, you may notice people unnecessarily fighting with each other based on their view of how life should be lived.

You'll see people saying that this person is wrong because they want to live their life that way and that person is wrong because they want to live their life that way.

Yet, what I think is that people should just let other people live life the way that they want to live it.

There will always be a certain amount of people who agree and disagree with your goal with women.

You may want to live your life with women in this way and they may think that you should live it in that way.

Yet, there is no one way to live life.

Instead there are common expectations that people have, so you should just live the life that you want to live with women.

You know what you want.

So, go after it and enjoy it.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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How to Get Some Sex if You're Single

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

How can you get some sex if you're single?

Some guys might be thinking, *"Well, just go pay a hooker. Give her some money, have sex with her and leave. Done."*

Yet, how about having sex with a woman who really does want to have sex with you and doesn't require you to pay her to have sex with her?

How about a woman who wants to have sex with you because she really likes you and really feels attracted to you?

Well, there are many ways to get some sex if you're single.

In this video, I'm going to explain 3 ways that you can get some sex.

1. Go to speed dating events prepared to make women feel sexually attracted to you

Before I give you some examples of what you can say to make women sexually attracted to you at a speed dating event, I just want to point out that the women you meet at a speed dating event usually won't be the most physically attractive women in your city or town.

In most cases, women who look like this won't be attending the speed dating event.

Instead in most cases, it will be women who are average looking or below average looking and sometimes you will get some pretty women there as well.

If you want to have sex with more attractive women, then make sure that you stick around for the other two tips that I'm going to give you in this video on how to get some sex if you're single.

In those two tips, I'm going to be talking about how to make a woman want you sexually when you have approached her randomly because you found her attractive.

For now, let's look at tip number 1. Go to speed dating events prepared to make women feel sexually attracted to you.

If you want to get some sex, I don't recommend going to speed dating events and then just trying your luck, or going to speed dating events and having a nice conversation with women, trying to get to know them and so on.

If you want to get some sex from speed dating events where all the women there are going to be single and either looking for a boyfriend or a lover, then focus on making the women feel sexually attracted to you as you talk to them.

Don't just sit down, have friendly conversations, ask her what she does for a living and try to get to know her in a neutral, friendly way.

Instead, in addition to having normal conversations, make sure that you add in things that will create a spark of sexual attraction between you and the woman.

Then, build on her feelings of sexual attraction and make her want you sexually.

So, with speed dating, you have to go from table to table and sit down and talk with each woman for about 5 to 10 minutes, depending on the organization, the way that they arrange things.

Rather than just going to every table, sitting down and introducing yourself in a typical way like every other guy is going to do, introduce yourself in a unique way that is going to make the woman laugh and feel attracted to your confidence.

For example: You've just finished up the first 5 or 10 minutes talking to the first woman and then you're going to go to the next table.

When everyone is changing tables, you walk over to sit at the with the next woman and then you (smile and) say something like this (in a joking manner), *"Hey, oh, actually, I think I might just skip this table and go to the next one."*

She's going to find that funny so you and her can have a laugh together and start the interaction off in a positive, easy-going way.

You're not going to sit down and put on an act like other guys are of being nicer than you normally are, more polite than you normally are, more restrained and reserved than you normally are.

Instead, you have the confidence to joke around with a woman that you haven't even met yet.

You have the confidence to joke around and have a laugh with her, rather than trying to be on your best behavior to hopefully impress her in that way.

Then, as you continue talking to her, build up her sexual attraction by making her feel attracted in other ways such as you being confident, being emotionally masculine, making her laugh, being charismatic and so on.

By the way...

For the guys who don't know how speed dating works, at the end the quick date, you and the woman then tick "Yes" or, "No" about whether you want to exchange contact details with each other.

If both you and her tick yes, then the organization, the company will give you her contact details, you can contact her, set up a date and then... have sex with her.

So, back to the speed dating.

When you finish up the date with a woman and you're going to go to the next table, if she can hear what you're going to say to the next woman, you can say something like this, *"Oh, finally, I get to talk to you. I had to talk to that boring girl for five minutes, so boring. How are you? I'm Dan, what's your name?"*

The girl that you just had a quick date with that was attracted to you and was laughing, is going to continue laughing and she's going to feel even more attracted to you in that moment.

She's going to know that you were joking because you and her were getting along really well and laughing, so don't worry about her being offended or anything like that.

Women get it.

They know when a man is joking, especially if they've just been flirting and laughing with him for 5-10 minutes.

So, just have the confidence to be a bit more relaxed with your humor.

Don't worry about being Mr. Polite because that doesn't work.

Mr. Polite gets forgotten and Mr. Confident, Funny, Good Guy gets remembered...and gets sex.

By the way...

If the next table that you're going to go to is too far away, or it's too loud in there and the previous woman won't hear you, you can say something like this instead.

"Oh, it's the girl in the black dress. I noticed you earlier. You were standing out from the crowd. I'm Dan, what's your name?"

It's important to be able to give women compliments like that at times and be a bit charming, because when around other women who have done themselves up, many women feel insecure about their attractiveness in comparison to the other women.

So, if you're able to say to a woman that you noticed her and she was standing out from the crowd and you are able to say that in a confident genuine way, then she's going to really appreciate that comment and like that about you.

She's going to be happy that you really do find her attractive and you're not just sitting down for a random date with a girl that you're not attracted to.

You've let her know that she has stood out from the crowd, but you're not going overboard with it.

You're not saying to her, *"Oh, wow, I noticed you before! You were really standing out from the crowd! I've been looking forward to talking to you!"* and going overboard with it.

You're not putting her on a pedestal like that, worshiping her and saying, *"Wow, you know, you're so beautiful, you stand out from the crowd."*

Instead, you're being confident, relaxed and charming about it, *"Oh, it's the girl in the black dress, I noticed you earlier. You were standing out from the crowd. I'm Dan, what's your name?"*

From there, build on her feelings of sexual attraction for you as you talk to her. so she is really hoping that you end up ticking "Yes" on the piece of paper or whatever you're using with the speed dating event to match you and her up.

Then, with all the phone numbers that you get from speed dating event, make some phone calls, set up dates and enjoy some sex.

2. Get to a first kiss with a woman who is attracted to you

Prior to kissing a woman, you haven't really secured anything yet.

You may have made a woman feel attracted to you, but sex isn't just going to happen based on her feeling attracted to you and enjoying a conversation with you.

You have to have the confidence to get to a first kiss because after the first kiss, the dynamic changes from being flirtatious and showing interest in each other to being physically intimate with each other.

After that, the next step is to have sex and that may happen on the first night you meet a woman, the first date, second date, third date or whatever.

How fast you get there is up to you and her, but if you want to get to sex, make sure that you're not avoiding the first kiss.

It's essential that you have the confidence to make a move and initiate a first kiss when a woman is attracted to you and showing you signals of interest.

This is where a lot of guys go wrong.

They go out to meet women and they talk to women, make them feel attracted and then don't do anything about it.

In many cases, the woman goes away feeling rejected and disappointed.

There was clearly a spark between her and the guy, but nothing happened.

He was talking to her, they were getting along, they were attracted to each other, they were flirting, it was an enjoyable interaction and she was showing him signs of interest, but he didn't do anything about it.

He ended up walking away and nothing happened.

So, if a woman is attracted to you and she is showing you signs of sexual interest, then have the confidence to make a move and initiate the first kiss.

After the first kiss, there will then be a sexual dynamic between you and her and it will either lead to you having sex on the first night, on the first date or second date or whatever.

You and her will be both be feeling sexually tuned based on the kiss and you'll want something to happen.

So, if you're talking to a woman who's attracted to you and she's showing you signs of sexual interest, then make sure that you have the confidence to initiate a first kiss so you and her can then take things to the next level after that.

3. Help a woman to bring out her sexual side around you

Say for example you are at a bar, a nightclub or a party and a song comes on and the woman says, *"Oh, I love this song."*

How can you bring out her sexual side so she starts to show you that side of herself and want to be more sexual with you?

When she says, *"Oh, I love this song,"* you can say something like this, *"Cool, I like this song as well. Let's dance. Come here, show me your moves."*

If you had been making the woman laugh, relax, open up and show you her easy-going side prior to that, then she's going to be happy to have a dance with you in that moment.

If she hesitates, you can just say something like this, *"Come here, don't be shy. Let's enjoy it, this is a great song."*

Of course, with most women, you won't have to add that in.

She said that she loved the song, which is usually followed by the woman wanting to dance to that song.

You know what women are like, so capitalize on the moment and get her to dance with you.

Tell her to show you her moves, which in most cases is going to bring out a woman's sexual side.

She's going to want to show you that she can be sexy and she's going to want to enjoy herself and let her hair down in that moment, while dancing to a song that she really loves.

Now, once you start dancing with her, you don't need to pull off any amazing moves.

Most guys out there aren't great dancers.

You may be a great dancer; I'm not.

Yet, that never stopped me from having a ‘dance’ with a woman at a bar, party, nightclub or an even with a dance floor.

All you have to do is basically stand there and move with the woman, just have a bit of rhythm.

Before you know it (if you and her are body to body, enjoying each other’s company and she’s feeling attracted to you), then you and her are going to start kissing...and what happens after kissing?

It usually leads to sex that night.

So, go ahead and enjoy yourself!

She’ll love it.

Learn More?

Okay, those were some quick tips on 3 ways that you can get you’re self some sex.

If you want in depth tips and you’d like to know everything that you need to say and do to ensure that a woman is attracted to you, wants to kiss you and have sex with you on the first night or the first date, then I recommend that you read my eBook, [The Flow](#), or listen to the audiobook version, [The Flow on Audio](#).

The Flow is everything that you need to know to go from hello to sex with a woman that you find attractive.

When you read The Flow, or listen to The Flow on Audio, you will learn my best-ever conversation starters, ways to keep conversations going and to keep them interesting, ways to make to make women feel instantly attracted to you and increasingly attracted to you the more you talk to them, how to create an unforgettable connection between you and a woman and how to get on all the next level moments with a woman.

The 10 next level moments that I go to detail on in The Flow are:

1. Touch her.
2. Get alone with her.
3. Get her phone number, or get her to add you to Facebook.
4. Text her right after getting her phone number.
5. Kiss her the first time that you meet her.
6. Have sex with her on the first day or night that you meet her.
7. Call her to arrange a date.
8. Kiss her on the first date.
9. Have sex on the first date.
10. Text her or call her to arrange a second date.

Examples of each are included, along with instructions on how to do it right.

By the way...

You don’t have to complete all of the next level moments to get some sex with a woman.

However, you do need to know how to handle all of those next level moments to make sure that you are successful when going through a pick up with a woman.

So, when you read The Flow or listen to The Flow on Audio, you will always know what to say and

do at each step of the way with a woman that you find attractive.

Simply follow the steps of The Flow and before you know it, you and her will be in bed having sex and enjoying yourselves.

Women Really Do Want Sex, But They Don't Always Make it Obvious

[image: How to get sex]

One final point that I want to make for you in this video, is that in many cases, it may seem like women aren't even interested in sex.

However, they really do want to get to kissing and sex just as much as men do.

The thing is though, in most cases, women have to approach the process of getting to sex differently than men.

For example: When a woman meets a man and is hoping to get herself a boyfriend, she wants to be able to show him that she's not that easy.

She's not a woman that goes around trying to get sex.

She's a woman who can control herself and if he would get into a relationship with her, he would be able to trust her because she's a woman who doesn't go around trying to get sex.

Some guys go through life never really understanding why women behave in the ways that they behave, but once you understand it, it's all very simple and easy.

Women do want to have sex, they want to get to a kiss, they want to have sex, they want to fall in love, they want to have a relationship, but they go about it in a different way to men.

So, as long as you understand how the process works, you simply have to walk up to women that you feel attracted to, make them feel attracted to you, connect with them and then take things to the next level.

When you approach it in that way, you'll find that getting sex when you're single is very easy because women want it too.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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How to Impress a Girl You Like

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

How do you impress a girl that you like?

Well, there's an easy way to do it and a difficult way to do it.

The easy way that I'm going to teach you ends up with her trying to impress you, so you then allow her to have a chance with you, rather than you hoping and trying really hard to get a chance with her.

The difficult way to do it is the way that most guys out there do it, which ends up causing them to get rejected, or to be placed in the friend zone and another guy to come along and take the girl that he likes.

So, the difficult way to impress a girl that you like is to try really hard to hopefully try to get her to like you for you being such a good guy to her, for you being on your best behavior around her.

Many guys mistakenly think that trying really hard to impress a girl is the way to impress her.

[image: Feeling like all the pressure to impress is on him]

As a result, he might feel as though all the pressure is on him.

He has to make sure that he lives up to her expectations to hopefully get a chance with her.

Treat her nicer than he would treat other girls because he wants to show her how special she is to him and how good of a guy he is.

Try to improve his value in her eyes by talking about his past achievements or his future goals in life.

Show serious romantic interest in her, before she even feels that way about him.

He really likes her and wants her to see that.

Yet, he doesn't realize that because of her beauty, guys react that way to her all the time.

It's not exciting for her.

It's predictable, boring and it doesn't make her want to be with a guy.

Next, he might feel intimidated by her beauty and attractiveness and as a result, see himself as being less valuable than her.

Finally, he might come across as though he would be so lucky and so appreciative if she would just give him a chance to be with her.

Yet here's the thing...

If a girl is attractive, what she wants to get is a feeling where she would be lucky to get a chance with you.

She wants to be able to look at you as the prize.

When you have the ability to make an attractive girl feel that way about you, it is very impressive to her.

Pretty much every guy that she meets feels attracted to her and he's hoping to be able to impress her to get a chance with her.

[image: Making her feel like she needs to impress you to get a chance with you]

She rarely comes across a guy who she feels like she needs to impress him to be able to get a chance

with him.

So, what's an example of how you can make her feel that way?

There are so many examples I can give you of things that you can say and do to make a girl feel that way about you.

One easy example is this: *Don't take conversations with her so seriously.*

Pretty much every guy who meets an attractive girl will suddenly change his behavior around her.

He'll be nicer than he normally is.

He'll treat her better than he treats unattractive girls.

He will give her special treatment.

He'll be on his best behavior.

She's bored of that.

Pretty much every guy behaves like that around her because they're trying to get something from her.

Guys hope that if they're on their best behavior around her, she's then going to think, *"Alright, you've been a good boy, you get a chance to stick it in now."*

Yet, that's not what she's looking for.

She's not looking for another opportunity out of the tens of thousands she's had in her life already, to just say, *"Okay you, you get to stick it in."*

What she's hoping to experience is a feeling that is very difficult for an attractive girl to find because most guys that she meets either behave in a really nice way around her, or they behave in a neutral way around her.

The guys who are being extra nice to her are sucking up to her to hopefully get her to see that they're a good guy and they deserve a chance with her.

Guys who are being neutral around her are too afraid to show any interest in her, or flirt with her to create a sexual spark between them.

They don't want to get rejected by her.

They just want to be able to talk to her and hang around with her.

Many of these guys hope that if they just keep talking to her for long enough and spend enough time with her, they may be able to grow on to her over time and get a chance with her.

Now, of course, sometimes that can work.

Sometimes the nice guy who's sucking up to her can get a chance with her and sometimes the neutral, friendly guy can grow on her over time.

Yet, in most cases, those guys get placed in the friend zone when another guy comes along, makes her feel sexually attracted and makes her feel like she wants to impress him and get a chance with him.

So, with the example of not taking conversations with her so seriously, imagine that you're hanging out with a girl that you really like.

She then asks you, *"So how was your weekend?"*

How are you going to respond to that?

What are you going to say to her?

The thing is, it's totally fine for you to respond in a neutral friendly way and just say something like, *"Oh it was pretty good, how about yourself?"* and have a conversation with her about that.

There's nothing wrong with talking to a girl in that way.

However, if you want to make her feel like she needs to impress you, that she would be lucky to get a chance with you and that you're not trying to get something from her, then don't take conversations with her so seriously all the time.

At times, playfully mess with her when she asks you something.

Let her see that you're not on your best behavior because you're trying to get something from her.

Let her see that you're not living in fear while next to her and thinking that you can't say or do anything other than being friendly and neutral.

Let her see that you have the confidence to playfully challenge her and playfully mess with her as you're talking to her because you're not trying to get anything from her.

You're not trying to suck up to her.

You know that you're good enough for her.

You know that if you and her were going to hook up, it would be you allowing her to get a chance with you.

You've got to have that mindset.

You've got to give yourself that credit.

You've got to give yourself that position, rather than giving it to her and hoping that she will give you a chance.

Attractive girls don't want to be in that position where you are hoping to get a chance with them for being really nice.

Attractive girls want to be in the position where they are hoping to get a chance with you because they feel the need to impress you and as result, they feel like they'd be lucky to be chosen by you.

So, if you're hanging out with an attractive girl that you like and she asks you, *"So how was your weekend?"* you can say something like this, *"Wouldn't you like to know."*

As a result of saying that to her, she then has to imagine what you got up to on the weekend.

Being a girl, she'll almost certainly assume that you were hanging out with another girl, or hooking up with another girl.

You didn't say that.

[image: Get her imagining what you were doing on the weekend]

She's imagining it.

You don't have to tell that you were hanging out with another girl, or hooking up with another girl or anything like that.

Instead, it's simply a case of you not taking the conversation with her so seriously and having the confidence to playfully mess with her for a few moments before telling her the real answer.

You may keep the joke going for 30 seconds, a minute or two minutes.

It might even go on all day if you want it to, but just have the confidence to playfully mess with her and not take everything that she says so seriously.

You don't have to answer all of her questions seriously.

You can have the confidence to playfully mess with her and let her see that you're not one of those guys who are on his best behavior hoping that if you're just nice enough, she might give you a chance with her.

So, if she asks you something like, *"Come on, tell me...what did you get up to on the weekend?"* you can add in something like this, *"I'm not sure if I should tell you. It's probably best that I don't tell you."*

She will then almost certainly assume that you're referring to you hanging out with another girl and you're not saying anything because you don't kiss and tell, or because you don't want to make her jealous.

If she presses you for an answer, you can keep the joke going for the whole day if you want to, or you can tell her right then if you want to.

For example: If you were to tell her what you did on the weekend for real (and it was just a normal thing that you did on the weekend), you can then follow up that by saying something like this, *"Why? What did you think I did on the weekend? You've got a wild imagination, girl."*

Essentially, from a simple question like, *"So, how was your weekend?"* you have created a situation where she's trying to get information from you, she's feeling excited, she's feeling intrigued and she's feeling attracted.

She's thinking about you potentially being with another girl, which actually makes her feel more attracted and so on.

Another example is where you're talking to an attractive girl and she asks you a question like, *"So, what is your favorite movie?"*

Now you can have a normal conversation with her about that if you want to.

There's nothing wrong with that and it's totally fine to have normal, everyday conversations with attractive girls.

However, if you want to create a spark of sexual attraction inside of her and impress her, based on you not being like other guys who are always on their best behavior around her, then have the confidence to playfully mess with her for asking you a question like that.

So, if she asks you *"So, what is your favorite movie?"* you can say something like this, *"You ask the most boring questions. Where did you get that question from? It sounds like something that you would have found on top 10 tips for talking to your guy crush."*

She will almost certainly laugh and deny that she got the question from an article online.

You can then say something like this, *"Yeah, yeah, it's okay. I believe you, but hey look, it's cute that you're trying. Keep trying. You're doing okay. What other boring questions have you got? What is your favorite color? What's your favorite song? Jeez, girl, come on."*

She's almost certainly going to laugh at that and she's almost certainly going to deny that she came prepared to the conversation with you with a list of questions that she wanted to ask you to keep the conversation going and keep it interesting.

It doesn't matter if she did prepare or she didn't.

What matters is that you have turned a simple question of, *"So, what is your favorite movie?"* into a situation where it's about her trying to impress you.

That is impressive to attractive girls.

Attractive girls rarely, if ever, meet a guy who can make them feel like they want to get a chance with him.

Pretty much every guy that an attractive girl meets, wants to get a chance with her and he's on his best behavior around her hoping to achieve that.

Yet, when you can make her feel like she wants to get a chance with you, that is impressive to her. You're not like all the other guys who are on their best behavior and hoping that she will give you a chance to be with her.

Instead, you are allowing her to experience a feeling that is very difficult to find for an attractive woman, a feeling that she can only get if she is hoping to get a chance with you.

She rarely gets that feeling around a guy because pretty much every guy who meets her wants to show her that he likes her.

Guys instantly fall in love with her, or they're really nice around her.

They're trying to suck up to her to get a chance with her.

Many guys are scared to put a foot wrong around her, so they just talk to her like a friend.

They don't want to do anything other than just having a friendly conversation with her, because they're afraid of stuffing things up.

Yet, when you are able to make her feel like she needs to impress you and that you're not completely sold on her, then she gets to experience that elusive, exciting feeling that attractive women rarely get to experience.

That is, where she is hoping to get a chance with you.

[image: Give her the feeling that is so hard to find]

Attractive women and attractive girls find that so impressive because it's so difficult for them to come across a guy who makes them feel like they want to get a chance with him.

Now with the example I gave you in this video of not taking conversations with her so seriously all the time, that's just ONE way of many ways that I can teach you to make her feel as though she would be lucky if she got a chance with you.

If you'd like to learn my best-ever techniques for making women feel attracted to you and want to be with you, I recommend that you read my eBook, [The Flow](#), or listen to the audiobook version, [The Flow on Audio](#).

The Flow is everything that you need to know to go from hello to sex with a woman that you find attractive.

It's the easiest way to get laid or get a girlfriend because it puts you in the position of power and makes a woman want to get a chance with you.

The Flow includes all of my best conversation starters, how to keep conversations going and keep them interesting, how to make a woman feel instantly attracted to you as soon as you start talking to her and increasingly attracted to you the more you talk to her.

How to create an unforgettable connection between you and a woman, how to get her phone number, what to text her after you get her phone number, how to get to a kiss, how to set up a date, how to get to sex on the first date.

The Flow is everything that you need to know to go from hello to sex with a woman that you find attractive.

Showing Interest in a Girl You Like

One final point that I want to make for you in this video is that there's nothing wrong with showing interest in a woman that you find attractive.

There's nothing wrong with that at all.

Just don't be that guy who's showing loads of romantic interest in a girl who isn't showing it back.

Don't be that guy who's trying really hard to hopefully win her over.

That approach rarely, if ever, works and if it does work, it ends up with you being in a relationship where you're always having to try hard to live up to her expectations, impress her and keep her happy.

That's a nightmare scenario for most guys.

What you want to do instead is be the good guy that you are, but make her feel like she's going to need to be a good woman to you as well.

You're not just going to accept anything.

She going to have to be on her best behavior and trying to impress you and maintain your interest.

The thing is, women actually want it that way.

When you see a woman who's happy, in love and excited to be in a relationship with a man, it's with a man who makes her feel that way.

She has to be a good girl for him.

She has to be on her best behavior.

Now, that doesn't mean that a guy should treat a woman badly.

Instead, a guy should treat a woman well, but he should make her feel like she is going to need to treat him well to maintain his interest.

When you approach it in that way, it's a much more balanced relationship and you get yourself a better woman.

You and her have a relationship that works, is happy, is passionate and in love and you get yourself a good woman from it.

You don't end up like one of those guys who has to put in loads and loads of effort to hopefully keep his woman happy.

Instead, she's happy because she's in a relationship with a guy who makes her feel like she needs to impress him as well.

She has to maintain your interest.

It's exciting for her to be with a good guy who also makes her feel like she needs to be a good girl for him.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How to Get a Girlfriend if You're Good Looking

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

So, how can you get a girlfriend if you're good looking?

Many guys will be surprised to find out how big of a problem this really is.

I won't read out the comments that you're seeing here now (watch video above to see comments), but I just want to show you that I get contacted by good looking guys all the time saying that they can't get laid or get a girlfriend.

So, how is that possible?

What is going on?

Why can't a good looking guy get a girlfriend?

More importantly, how can he get a girlfriend?

What does a good looking guy need to do to be able to get himself a girlfriend?

1. Remember to put a woman's insecure mind at ease, by adding in some genuine compliments as you talk to her

Many women out there are insecure about their physical appearance.

You might meet her and think that she's pretty, she's beautiful, she's perfect for you, but in her mind she may be looking at you as though you're too good looking for her.

She's not on the same level in terms of looks as you are and as a result, she may end up feeling insecure.

So, what you need to do is make sure that you add in some genuine compliments about her when you're talking to her, without worrying about ruining the power dynamic.

What every man out there needs to understand, whether he is very good looking, good looking, average looking, below average looking or even ugly, is that no woman can take away his power unless he decides so.

You are always the selector.

You are always the one allowing her to have a chance with you.

It's not the other way around.

It can be if you want to, if you think that you're not the selector, but you have to think and believe and know that you are the selector.

If you and her are going to hook up, it's going to be about you allowing her to get with you.

So, when you give her compliments, you don't ever have to worry about it ruining the power dynamic.

You can say that you think she's pretty, she's cool, she's interesting, she is fun, she's intelligent, she's stylish or whatever you want to say and it will never mean that you're in the one down position in terms of value, because you believe in yourself and see yourself as the selector.

You know that you are the more valuable one and it's going to be about you allowing her to have a

chance with you.

Now, the thing is very good looking guys and good looking guys find it easy to believe that about themselves because they believe that they're good looking and they believe that women should feel lucky to get a chance with them.

Yet, the really cool thing is that average looking guys, below average looking guys and in some cases, even ugly guys can use that technique to their advantage to make a woman feel lucky to get a chance with them.

A guy who is average looking and below average looking can exude the type of confidence that says, *"I am a cool guy. I know that I'm good enough for you. You know that you would be lucky to get a chance with me. You know that you are feeling attracted to me as we talk. You know that there are sparks between us. You know that you want to get into bed with me."*

When a guy has that type of belief in himself, he naturally exudes the type of confidence that makes women feel attracted to him.

Women are attracted to that type of confidence.

Now, of course, I'm not talking about over-the-top arrogant type of confidence where a guy actually says, *"You would be lucky to get with me. I'm so good. I'm the best. You want to get into bed with me."*

I'm not talking about that.

I'm talking about a guy exuding that type of confidence based on the way that he thinks.

He knows that he's good enough.

He knows that he is the selector and he knows that if they're going to hook up, it's going to be about him allowing her to get a chance with him.

So, for the good looking guys watching this video, what you need to understand is that many women are insecure.

If a woman doesn't feel like she is on the same level in terms of looks as you are, then in most cases, she's going to need some compliments from you to feel like she's good enough.

You need to be able to say something like this to her:

- "Well, that's really interesting. So, you're smart and pretty. I like you already."
- "You know, there are a few women here tonight wearing a black dress just like you, but you really pull it off. It's working for you. I like it."

When you have the confidence to let a woman see that you are finding her attractive, as well as not feeling as though you're going to lose value, be in the one down position or appear look desperate (because you gave her a compliment), then you come across as a charming guy.

She feels comfortable and at ease when she's talking to you and she feels attracted to you at the same time.

2. Understand that many women avoid getting into a

relationship with a good looking guy because they fear getting dumped and having their heart broken

This is especially true when a woman meets a good looking guy who isn't very confident about himself.

If she notices that he isn't really confident and as a result doesn't even know his own value, then she will worry that if she gets into a relationship with him and he then becomes confident, he will start to look at her as not being good enough for him.

He will start to look at other women and find them more attractive and want to be with them instead.

Many women also have a similar fear about confident, good looking guys.

Sometimes a woman will meet a confident, good looking guy and she will doubt her ability to maintain his attraction in the long run.

She will know that if she opens up to having sex with him, he'll have sex with her and they may start to date and have sex for a couple of months or even stay together for a couple of years, but she has no guarantee that she's going to be able to keep him in a relationship.

If she falls in love with him and really wants to be with him and then he loses interest and dumps her, then it's going to be her that is heartbroken and left behind.

So, what you need to do, in addition to adding in a genuine compliment every now and again, is to show her that you find her interesting, that you're attracted to who she is as a person.

Of course, don't go overboard to the point where you're basically saying, *"Wow, you're so interesting. Oh, you're so amazing,"* or anything like that.

Just show genuine interest in who she is as a person.

If you genuinely like who she is, the things she says, how she behaves and so on, then show interest in that.

Let her see that the attraction that you have for her isn't just about her physical appearance.

You like who she is as a person.

Who she is as a person is drawing you towards her.

That then allows her to have some confidence about a relationship between you and her.

She can then start to imagine that you and her would be able to stay together because you are emotionally attracted to her.

You like who she is as a person and that type of attraction is much more long lasting than initial physical attraction.

3. Don't lose confidence if she plays a bit hard to get

There are so many different reasons why a woman will play hard to get.

It's a tactic that women use on all sorts of guys, not just good looking guys.

In terms of a good looking guy, what you need to understand is that if you're interacting with the woman that you find attractive and she's feeling attracted to you, in some cases, she will play hard to

get because she's trying to gain some power in the dynamic between you and her.

She is hoping to make you see her as the prize, to see her as the selector.

She is hoping to change the dynamic, so, you're trying to get a chance with her.

Yet, here's the problem.

When a guy follows that lead and starts looking at her as being the prize, or the selector, she starts to feel turned off.

Most women don't want to be with a guy who is chasing and trying hard to get a chance with them.

Most women dream of being able to get themselves a guy who makes them feel like they would be lucky to get a chance with him.

Of course, you won't get women going around admitting that because they don't want to tip guys off and hint at guys that they want guys to be more challenging when they interact with them.

Most woman will go around saying, *"I just want a guy who's nice, who listens, he's understanding, he's patient"* and blah, blah, blah.

Yet, in reality, the men that women feel the most excited about and lust after are the men who make a woman feel attracted, but then don't give her relationship vibes or try hard to get a relationship with her.

Instead, the guy makes her feel attracted and makes her want to hopefully get a relationship with him.

He then allows her to have a chance with him.

He then allows her to have sex with him.

He is the selector, he is the prize.

So, when you're talking to a woman that you're attracted to and you want to have as your girlfriend, don't lose confidence in yourself if she suddenly starts playing hard to get.

Just understand that in most cases, she's doing that because she's trying to gain some power in the dynamic between you and her.

Instead of losing confidence, just relax, continue being the good guy that you are, continue building on her attraction as you talk to her and then take things to the next level.

4. Understand that in most cases, you still have to go through the same process as other guys if you want an attractive girlfriend

[image: You still usually have to go through the same pick up process as other guys]

In most cases, if you want an attractive girlfriend, you still have to be able to attract her in other ways as you're talking to her.

For example: Being confident, making her laugh, being charismatic, being emotionally masculine and so on.

The reason why, is that if a woman has dated or been in relationships with good looking guys before, then she will know that not every good looking guy is confident.

Some good looking guys end up becoming insecure, jealous, controlling and so on in the relationship. She ends up feeling suffocated by the relationship and wants to get out, so she dumps the guy even though he's good looking.

When a woman has been through that type of experience, she usually starts to realize that if a relationship is going to work, then she needs to find herself a truly confident boyfriend.

When she realizes that and starts to look for it, what she often finds is that it's very difficult to find a truly confident boyfriend.

In order to get herself a truly confident boyfriend, many women end up accepting a guy who isn't on the same level in terms of looks as they are.

Of course, if she could get herself a good looking guy who was truly confident, then she would most likely accept that, but many women simply cannot find a good looking guy who is truly confident and is the sort of guy who isn't going to become insecure, jealous, controlling and overprotective in a relationship.

It's very difficult for a woman to find that.

So, many women end up accepting a guy who isn't on the same level in terms of them as looks, just so they can have a relationship that is actually going to work and get better and better over time.

Now, that doesn't mean that a woman is going to be unhappy with a guy who isn't on the same level as her in terms of looks.

What usually happens is that when a woman starts feeling attracted to a guy as he talks to her, she starts to look at his physical appearance in a positive light.

For example: She may think, "I don't usually go for bald guys, but for some reason, I like this guy. His bald head is actually kind of cute. It's sexy. I've never been with a bald guy, but this bald guy is cute" or, *"I've never been with a guy with a funny little nose like this, but for some reason I feel drawn to him. For some reason I really want to be with him."*

Why she is feeling attracted to him for some reason is that he is making her feel attracted in other ways as he talks to her.

For example: He's being confident, he's being charismatic, he's being emotionally masculine which makes her feel girly in comparison to him.

He is being socially intelligent, he's being charming and so on.

Displaying personality traits and behaviors like that makes women feel sparks of sexual attraction for you as you talk to them.

If you're a good looking guy, what you have to understand is that in many cases, you still have to be able to display traits and behaviors that make women feel naturally attracted to you as you talk to them.

The reason why, as I said, is that some women have had experience getting into a relationship with the good looking guy who became insecure, jealous, controlling and so on.

So, with women like that, they want to be able to get themselves a boyfriend who is truly confident.

In many cases, it doesn't matter if the guy is on the same level in terms of looks as she is.

In many cases, a woman will happily accept a guy who isn't as good looking as her, as long as he is truly confident and he can make her feel attracted to him as he talks to her.

So, if you're a good looking guy, what you need to understand is that, in many cases, a woman is still going to be looking to see if you have the type of qualities that will make a relationship easy to maintain.

Essentially, she wants to know whether or not you and her are going to be able to have a real emotional connection and whether or not she's going to be able to fall in love with you and trust in you to maintain your confidence throughout the relationship.

It's very easy to display that type of confidence to women as you talk to them.

If you'd like to find out exactly how to do it, I recommend that you read my eBook, [The Flow](#), or listen to the audiobook version, [The Flow on Audio](#).

The Flow is everything that you need to know to go from hello to sex with a woman that you find attractive.

You will learn my best ever conversation starters and ways to keep conversations going and keep them interesting.

You will also learn how to make women feel increasingly attracted to you as you talk to them and how to create an unforgettable emotional connection between you and a woman.

When you read the eBook or listen to the audiobook version, you will also learn how to initiate touch in a way that a woman wants and welcomes, how to get her phone number, how to get to a first kiss, how to get to sex on the first night or sex on the first date, what to text her after you get her phone number if you don't want to kiss her and have sex with her right away, how to get her to go out on a date with you, how to make her feel attracted to you on a date and so on.

The Flow is everything that you need to know to go from hello to sex with a woman that you find attractive.

Her Emotional Attraction to You is What Makes Her Continue to Want You

One final point that I want to make for you in this video, is that some women out there do place a lot of importance on physical appearance, but many women out there, including many pretty and beautiful women, don't really care that much about a guy being on the same level in terms of looks as they are.

She's more interested in how you make her feel as you interact with her (i.e. the emotional connection you and her have).

Does she feel girly and feminine in comparison to your masculine approach?

Does she feel excited to be around you?

Does she feel like she needs to impress you and live up to your expectations, or do you just make her feel neutral around you because you're coming across more like a friend?

Are you too nice to her?

Do you make her feel like she has too much power in the interaction?

Do you suppress your masculinity around her to be nice and hopefully let her see that you're a really good person?

What's important to understand is that most women out there do want to find themselves a good guy who is going to treat them well, but at the same time, most women out there want to find themselves a guy who makes them feel like they need to impress him.

A woman wants to get that feeling where she feels lucky to be getting a chance with you.

You can literally make her feel that way as you talk to her.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How Do Ugly Guys Get Pretty Girlfriends?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Most guys don't consider themselves to be ugly.

In fact, according to a recent poll that I ran on [the community section of my YouTube channel](#), only 3% of guys rate themselves as ugly.

Most guys rate themselves as either average looking or good looking, with a small percentage rating themselves as very good looking and below average looking.

So, you're most likely not one of the 3% percent of guys who rate themselves as being ugly.

[image: How do ugly guys get girls?]

Yet, one thing that you're almost certainly going to have in common with every other guy who watches this video, is that you have been walking along somewhere at some point in your life and you've seen a guy that you might rate as being ugly, below average looking or weird looking with a girl that is better looking than him.

She may be pretty, or she may just be better looking than him and you may have wondered, *"What is she doing with him? How can a guy who others might label as being ugly get himself a pretty girlfriend? What is going on?"*

1. Some pretty women avoid good looking guys because they fear getting dumped and being heartbroken

Sometimes a pretty woman just doesn't believe that she's going to be able to keep a good looking guy happy and attracted in a relationship, so she will open herself up to guys who aren't as good looking as her.

In some cases, when a guy looks at a pretty woman with a guy who isn't as good looking as her, he might look at that guy and think he is ugly or he might say he's below average looking.

He might say, *"He looks like a bit of a wimp or a weirdo. Why is she with him? Why can't I get a girlfriend like her and he's able to get her? What is going on?"*

Well, one of the reasons why that happens is that some pretty women just don't believe that they can keep a good looking guy happy and attracted in a relationship.

Another reason is that...

2. Many pretty women aren't very confident about their looks

Some women look very pretty naturally.

They don't have to wear makeup to make themselves look more feminine and appealing.

Yet, many women do have to put on makeup to make themselves look more attractive to guys.

These women know what they look like without their makeup on.

Yet, many guys forget that when they see a pretty woman.

They forget the fact that without her makeup, she is usually on the same level in terms of looks as he is, or he may actually be better looking than her.

So, this is one of the reasons why pretty women will often get into a relationship with a guy who is *'ugly.'*

Guys will look at a woman who is wearing makeup and looking very pretty.

She may have done herself up and be showing a bit of cleavage, or she may just have that beautiful feminine energy about her and she may have long hair and she looks good.

Yet, the guy that she's with isn't dressed very well, he doesn't work out in the gym and for some guys, they may label him as being ugly or below average looking.

So, what's going on there?

Well, many pretty women aren't very confident about their physical appearance.

They may act as though they are and they may put on an act as though they don't even need a guy because they're so pretty and everyone would love to be with them, but secretly, many pretty women aren't very confident about their physical appearance.

Many pretty women know that they are faking their beauty.

So, whether you rate yourself as a very good looking guy, good looking, average, below average looking or ugly, just remember, the next time you see a woman that you perceive as being pretty, if she's wearing makeup, then she probably looks a little bit different without that makeup on.

She probably doesn't look as appealing and attractive without the mascara on, without the fake eyelashes, without the foundation covering up all of her spots, scars, lines and so on.

In other words, don't give women so much credit for their physical appearance and start thinking that you're not good enough because she looks pretty.

Now, that's said, there are awesome women out there who are pretty naturally.

They don't even have to wear makeup and they still look pretty.

You can still attract those women as well and in some cases, even an ugly guy can attract those women.

I know that sounds crazy and potentially unbelievable, but this is why...

3. If he's not her usual physical type, he might be able to make her feel attracted to him for other reasons

Some women who are naturally pretty and naturally beautiful have very high standards and won't accept anything less than a really good looking guy.

That is true.

However, many pretty women, including some of the natural beauties, will actually go for a guy that other guys may perceive as being ugly.

Why will that happen?

Well, many guys will think, *"Oh, he must be rich. That's the only way to do it. An ugly guy can only get a pretty woman if he's got loads of money and he's able to buy her things and so on."*

Yet, although money can be attractive to women and it's a way that an ugly guy can get himself a pretty girl, there are other ways to attract women while still being a normal, everyday guy.

The way that it works, is that when a woman feels attracted to a man for other reasons, such as him being confident, charismatic, making her laugh and being emotionally masculine, she starts to look at his physical appearance in a positive light.

She starts to think, *"I don't normally go for bald guys, but this guy is really sexy. There's something about him. I wouldn't normally go for a guy who has a little nose like he does, but for some reason, I feel attracted to him. I feel drawn to him. I like him. I think he's sexy and I want to be with him."*

Now, the thing is the woman will still know that the bald guy, or the guy with the funny looking nose isn't as good looking as a very good looking guy, but she won't care.

If she is in love with the guy and she's attracted to him and wants to be with him, she will love him for him.

She will start looking at his physical appearance in a positive light.

She will start looking at him and loving everything about him because she is in love with him, she's attracted to him and she wants to be with him.

As you may have heard me say before in another video, this is why you will often hear women talk about their boyfriend or husband and say, *"When I initially saw him, I wasn't attracted. I wasn't interested because he wasn't my type, but once we started talking, there was a spark between us. We fell in love and the rest is history."*

In some cases, the woman will then go on to say that she dated all the wrong guys in the past and finally met the guy who was right for her.

She wishes that she was able to meet him before because ever since they've been together, she's been happier than ever.

Him and her get along so well, they're attracted, they're in love and they go on to stay together for life.

4. Some pretty women aren't as serious about the visual as men are

For most men, the most important thing about a woman initially is how she looks, followed by her personality (i.e. if she's friendly, if she's nice and so on).

Yet, initially, what men feel attracted to about women is their physical appearance.

It's an instant attraction and in many cases, it's an intense attraction simply based on the way that the woman looks.

The man is seeing tits, he's seeing hips, he's seeing female features and his attraction instantly switches on.

Yet, for most women, they don't walk through life feeling instant intense attraction for certain male body parts.

They don't look at a guy's legs and say, *"Wow, look at those legs. Imagine the hair on those legs"* or, *"I want to see those legs naked."*

Most women's simply don't go around thinking like that.

Of course, there are exceptions and there are women out there who are completely fixated on the physical.

Yet, many pretty women really just don't care.

They're more interested in the emotional connection that they have with the guy.

Some pretty women are happy to be with a guy who is average looking, below average looking and in some cases, even ugly looking.

Now, of course, ugliness and attractiveness is somewhat subjective, so sometimes when a guy is rated as being ugly, other people won't look at him as being ugly.

They'll look at him as being below average looking or even average looking.

It really depends on the person who is making the judgment.

Some people are very judgmental and to them, anyone who doesn't look like a model is ugly or below average looking, so it really depends.

Yet, the question here is why would a pretty woman not care if a guy isn't very good looking or good looking?

Why wouldn't she want to get herself a good looking or very good looking guy?

Well, what happens is that if a pretty woman gets into a relationship with a good looking guy, it doesn't necessarily mean that she is going to fall in love with him and have an amazing emotional connection with him.

It doesn't necessarily mean that the relationship is going to last.

She might rate him as being good looking or very good looking, but she might never really love him and feel like she wants to be with him for life.

Yet, if she meets another guy who makes her feel more attracted and in love emotionally, she will like him more than she liked the good looking guy.

She will love him more than she loved the good looking guy.

She will want to have a relationship with him because when she's with him, she feels happy, she feels in love and the relationship can work.

Now, as I said at the start of the video, most guys don't rate themselves as being ugly.

Yet, the thing is, if an ugly guy can get himself a pretty girlfriend, what is stopping you?

That's what you really need to focus on.

What is stopping you from getting a pretty girlfriend?

What are you missing?

I've been helping new guys with this for about 14 years now and I always see the same thing.

When a guy isn't able to get himself a girlfriend or get laid by choice, he simply doesn't know how to make women feel attracted to him as he talks to them.

He talks to women and he's either being too neutral as he talks to women and as a result, there is no sexual spark between them or he's being too nice.

He's trying to suck up to the woman.

He's trying to show her how good of a guy he is and he hopes that he's going to be able to get laid, or

get a girlfriend as a result of that.

Those approaches are so hit and miss.

If you want to have an approach that works pretty much every time, then you have to focus on making a woman feel sparks of sexual attraction for you as you talk to her.

When you have that ability, you literally unlock your choice with women.

You can make women feel attracted to you as soon as you start talking to them and you can make them feel increasingly attracted the more they talk to you.

For those of you who know my story, you know that I know this personally because I went through it myself.

I was single and alone for many years after getting dumped by a woman who I got lucky with.

I didn't know how to attract women and as a result, when I talked to pretty, beautiful women, they just weren't interested in me.

Even though I kind of looked like one of the 'Beavis and Butt-Head' characters back then, when I worked out how to attract women as I talked to them, everything changed.

Women felt attracted to me right away as I started talking to them and they felt increasingly attracted the more I talked to them.

As a result, I was able to kiss women on the first night, have sex on the first night, have sex on the first date and have many women in my life at once.

I did that for over 10 years.

Then, I met my perfect girl when she was 20 and I was 35.

We settled down, got into a relationship and have been together since then.

So, if ugly guys can get themselves a pretty girlfriend and someone like myself, who, by the way, I rated myself as being average looking in the poll, can get themselves a pretty girlfriend, then you can do it as well.

You can do it.

You can literally make women feel attracted to you as you talk to them.

When you do that, you unlock your choice with women.

You're able to make pretty women feel attracted to you.

So, if you'd like to learn exactly how to do that, I recommend that you read my eBook, [The Flow](#), or listen to the audiobook version, [The Flow on Audio](#).

The Flow is everything that you need to know to go from hello to sex with a woman that you find attractive.

It includes everything that you need to say and do to make attracting and picking up women easy and effortless.

Ugly Isn't Always Ugly to Everyone

[image: He's not ugly to her. She sees him as cute and even handsome in his own way]

One final point that I want to make for you in this video is that when a guy is labeled as ugly by some

other people, it doesn't mean that everyone else thinks that he is ugly.

This is another reason why 'ugly' guys can get themselves a pretty girlfriend.

When a pretty woman meets a guy who some people might label as being ugly, she won't always agree with that.

Sometimes she will say things like, *"He's not that bad. He looks normal. What are you talking about?"*

If he's able to make her feel attracted as he talks to her (e.g by being confident, making her laugh, flirting with her), she may even then start to like his physical appearance.

She might like how he looks a little bit quirky or nerdy.

She might like the fact that he wears glasses, is bald, or has a bit of a weird looking nose.

So, for all the guys out there who rate themselves as either being below average looking, average looking, good looking, or very good looking, if an ugly guy can get himself a pretty girlfriend, you can too.

Come on.

Don't go through your life thinking that you're not good enough for pretty women.

You are.

You can make pretty women feel attracted to you as you talk to them.

When you do that, you simply need to guide the women through the rest of the process to the point where you and her are kissing, having sex and starting a relationship.

It's very easy to do.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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What to Do if a Woman Looks at You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

What should you do if a woman that you find attractive is looking at you and seems to be interested in talking to you?

Well, in this video I'm going to give you 7 different facial/body language expressions that you can display to her to show her that you notice she is looking at you and to create a bit of a spark of sexual attraction inside of her so she is even more interested in talking to you.

I'm also going to give you 3 conversation starters that you can use to start a conversation with her and get something going.

Now, before we get into all of those details, I want to explain what type of look I'm talking about.

I'm not talking about a woman just glancing at you and looking away.

I'm not talking about a woman looking at you twice, having a double take where she looks to you, looks away and then looks again.

I'm not talking about that.

I'm talking about a woman who looks at you at least three times and in some cases, it may seem that she is even staring at you a bit.

Now, of course I'm not talking about those crazy women that you sometimes see on the street or in public transport where they look at people and they just stare in a crazy way.

I'm not talking about those sort of women.

I'm talking about normal, attractive women who are single and looking at you because they find you attractive and in that moment, they're open to something happening between you and them.

Additionally, before we get into the body language expressions and the conversation starters, I just want to point out that, if a woman looks at a guy three times or is even kind of staring at him, it doesn't always mean that she is completely interested in talking to him and she wants something to happen.

There can be some exceptions.

For example: Here are some of the reasons why a woman might be looking at you or even be kind of staring at you.

- She finds you attractive and wants to make it clear so you then approach her and start a conversation.
- She is just flirting with you and doesn't care if you approach her or not. For example: She likes to get random guys interested in her as she goes about her day.
- You remind her of someone she knows.
- She's just randomly staring at you because she's deep in thought or thinking about life.
- You have something unusual about you that has caught her attention. For example: A tattoo, a T-shirt with an interesting slogan and so on.
- She likes your face, body appearance or fashion sense, so she's looking at you, but she's not necessarily hoping that you'll approach her and something happens between you and her. In cases like that, she might already be in a relationship and it's just looking at you because she

finds you attractive in that moment.

- She wants to see if you have the confidence to maintain eye contact with her rather than looking away quickly like most guys do.
- She wants to get random guys interested in her and make her female friends jealous that she is getting a lot of attention from men.
- She feels compelled to stare at you, but doesn't really know why. She's just doing it.

In a lot of cases, if a woman looks at you at least three times and seems to be interested or she's somewhat staring at you, it usually means that she is interested in talking to you.

Yet, the reality is that there are going to be exceptions and the way that around that is to use body language expressions first, if you don't want to just walk over and approach a woman that may not be interested in you.

When you have the confidence to use one of the following facial/body language expressions, what will usually happen is that a woman will respond by smiling, looking at you even more and she may even have a little laugh to herself and show you that she is open to the interaction.

The first facial/body language expression is The Curious Look.

So remember, this is where a woman has looked at you at least three times or seems to be somewhat staring at you and showing interest.

You then give her a curious look.

The next facial/body language expression also includes the use of your hand.

It's The Friendly Wave.

You're essentially saying hello to her in a friendly way.

You're giving her that gesture to let her smile, laugh and potentially wave back or smile and laugh to show you that she's open to interacting with you.

The next facial/body language expression also uses your hand and includes a point.

It's the "*Do I know you?*" Point and Wave.

The next facial/body language expression is the "*Call Me*" Gesture.

Do this just for fun and to get a laugh out of her.

It's not a serious thing.

It's okay to be playful and joke around with women.

You can also add in a point if she reacts and starts to smile and laugh.

Once again, understand that you're only doing that to get a laugh.

Making her laugh creates a bit of a spark between you and her.

It makes her much more open to being approached by you, as long as you're only doing it in a playful manner.

You're not being serious about the gesture, you're just being playful.

The next facial/body language expression is The Enamored Look.

This is where you seem to be pleased to be looking at her.

You're essentially appreciating her beauty and you're showing her that you like how she looks.

Now remember, this is where a woman has been looking at you at least three times.

She seems to be staring at you and showing interest in you.

So, you're showing interest back in her.

Many women really like it when a man finds them that attractive and isn't being sleazy about it.

He's being subtle about it and showing her that he finds her very attractive, he's singling her out from the crowd, he's looking at her and he has a genuine attraction for her.

He's not just looking at every woman trying to get something.

He's looking at her and giving her an enamored look.

He's letting her see that he finds her attractive.

Another facial/body language expression is The Game On Expression.

This is where you see her looking at you and holding eye contact as a challenge and you do it in a playful way.

It's essentially you saying to her, "*Alright, game on... let's see who looks away first,*" but you do it in a friendly way.

You smile and allow yourself and her to enjoy looking at each other for however long it lasts.

So, this is where you catch her looking at you and she is now holding eye contact.

Now, that might look a bit weird on camera, but when you and a woman having a moment and you're looking at each other and smiling, it's an enjoyable experience.

Additionally, when she notices that you have the confidence to maintain eye contact and the social intelligence to also add in a smile and be a bit charming, then she's going to feel attracted to in many ways at the same time.

She's going to be feeling attracted to your confidence, to your social intelligence to be able to create and handle a moment like that and your charm for being able to make her feel good while she's looking at you by adding in a smile.

Where a lot of guys go wrong is that when they make eye contact with a woman who has been looking at them, the guy will look away.

He'll think that he's doing something wrong by looking at her.

He'll feel like he's been busted.

He may also worry that if he shows too much interest by looking at her again, it might make him seem desperate.

Yet, she's looking at him repeatedly and she's giving him an opportunity to be able to create a spark between himself and her and then make something happen.

Additionally, where some other guys go wrong is that when they're making eye contact with a woman and trying to win the challenge of who's going to look away first, the guy is too serious about it and doesn't add in a smile.

He looks at her in a serious manner, which then makes the moment feel uncomfortable and weird for her.

If you want to create a spark of sexual attraction inside of her, then simply be a bit more charming about it by adding in a smile.

The final facial/body language expression that I want to show you is The Point and Smile.

This is where you point at a woman, smile and with your body language, you essentially communicate to her, *"I caught you looking at me."*

You can also add in a bit of a shake of the finger to make it a bit more playful and essentially say to her that she is doing something naughty, she's being naughty and so on.

Some women will react by smiling and essentially saying, *"What? What did I do?"* and they'll have a bit of a laugh about that.

Alternatively, a woman will just smile and she'll seem open to the interaction.

Then, you can walk over and use one of the following conversation starters that I'm about to provide.

"Hey, how are you?"

I've included that conversation starter because I want you to understand that you can still start the conversation in a normal easy-going manner.

It doesn't always have to be about what is going on between you and her with the body language expressions.

It can be and sometimes it is applicable to do that, but in other cases, if you just trust your gut instinct, sometimes it's better to just say, *"Hey, how's it going?"* or, *"Hey, how are you?"* and start the conversation.

Yet, as I said, sometimes it is applicable and it does help to talk about the fact that she was looking at you.

So, you can say something like this, *"Hey, I noticed you staring at me a lot and I figured you'd probably be too shy to come over and say, hi. So, I thought I'd come over and say hi."*

"Hey, I noticed that you were looking my way and thought you'd probably be a bit too shy to come over and say hi. So, I thought I'd come over and say, hi."

You can say anything along those lines and then introduce yourself by name and ask her name, then start to make her feel sparks of attraction for you by displaying personality traits and behaviors that are naturally attractive to women, such as you being confident, being charismatic, making her laugh and so on.

The next conversation starter is also about how she was looking at you.

"Okay, so you've got my attention with that funny look, you were giving me, so, I thought I'd have to come over and meet you, I'm Dan."

At that point she's most likely going to say something about the funny look and ask you, what sort of funny look was she giving you, or say that she wasn't giving you a funny look.

Then, you can continue the humor.

"Okay, it wasn't your funny look, it was your funny dress, ha, ha, just kidding. You look amazing in that dress. It was really you in this dress that got my attention. I had to come over and say hi."

At that point, that woman is going to feel attracted to your confidence, to your charm and the fact that you can make her laugh as you're talking to her.

There's going to be an instant spark between you and her.

From there, you can build on her sexual attraction for you, create an unforgettable connection with her and then get to a phone number, a kiss and have sex on the first night or get her phone number,

send her a text, set up a date, kiss and have sex on the first date and then start a relationship.

Learn More?

If you'd like to learn how to keep a conversation going and keep it interesting once you've started a conversation, how to make a woman feel increasingly attracted to you as you talk to her, how to create an unforgettable connection between you and a woman and how to get to all of those next level moments such as getting a phone number, a kiss, date or sex, then I recommend that you read my eBook [The Flow](#) or listen to the audiobook version, [The Flow on Audio](#).

The Flow is everything that you need to know to go from hello to sex with a woman that you find attractive.

It includes my best ever examples of conversation starters and how to keep conversations going and keep them interesting.

It includes my best techniques for instantly making a woman feel attracted to you and making her feel increasingly attracted to the more she talks to you.

When you read The Flow or listen to The Flow on Audio, you'll also learn how to create an unforgettable connection between yourself and a woman, how to initiate touch in a way that she wants and welcomes, how to get her phone number, how to get to a kiss, how to get to a date, how to get to sex and so on.

The Flow includes my best techniques for getting to a kiss and sex on the first night and it also includes my best techniques for getting to a kiss and sex on the first date.

You can use those techniques to have sex on the second date or third date if you want to. It doesn't really matter when you have sex.

As long as you go through the simple steps of The Flow and you use the techniques that I provide, everything will flow from one step to the next with a woman that you find attractive.

Most Women Will Be Friendly and Open if You Approach in an Easy-Going Manner

One final point that I want to make for you in this video is that most women out there react positively when a guy walks over in a confident, easy-going manner and starts a conversation.

When you know how to start conversations in that way and instantly begin to make women feel attracted to you and then increasingly attracted to you as they talk to you, women are so much easier to pick up.

They open up to the interaction, they want to contribute to the conversation, they want to get to know you and they want to take things to the next level.

Once you have that skill, you can then have your choice with women.

You don't have to accept whatever you can get and then get into a relationship with a woman that you're not even very attracted to.

Instead, you can select the ideal woman for you and have sex with her or if you want to, have a

relationship with her as well.

So, the next time a woman that you find attractive is repeatedly looking at you, or seems to be kind of staring at you because she's interested in you, then do something about it.

Start an interaction with her and make something happen.

×

[image]

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6 Reasons Why Some Beautiful Women Struggle to Get a Boyfriend

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Many beautiful women have absolutely no problem finding themselves a boyfriend.

When a beautiful woman is in a relationship with a guy, she usually has a number of guys waiting in the background hoping that the relationship ends, so they can then get a chance with her.

So, some beautiful women have no problem finding themselves a boyfriend, but many beautiful women out there do struggle to find themselves a boyfriend.

How is that possible?

How can a beautiful woman not be able to get herself a boyfriend?

Here are 6 surprising reasons why...

1. It's easy for her to attract a man for sex, but not so easy to keep him in a relationship

If a woman is physically attractive, all she has to do is get on an app like Tinder, upload a selfie showing a bit of cleavage, or put some makeup on her face and make herself look pretty and she will get thousands of guys swiping right on her, hoping to be able to catch up with her, have sex with her and potentially have a relationship with her as well.

Yet, according to an American study of 3,852 people who use the app Tinder, only 4% of them are looking for a serious relationship via the app.

In other words, Tinder is mostly used for hookups and that tends to happen because of the superficial nature of the app.

A woman is selecting a guy based on his physical appearance, which isn't the best strategy for a woman to get herself a boyfriend.

If a woman selects a guy purely based on physical appearance, then she will most likely end up with a guy who isn't an emotional match for her.

Just because he's physically attractive to her, it doesn't mean that they are going to be an emotional match and that a relationship is going to work between them.

2. She either gets hit on by bad boys and players, or gets put on a pedestal by nice guys

Almost all women out there are looking for a confident good guy.

They're not actually looking for a bad guy.

Yet, what often happens is that the only guys who are ballsy enough to approach a beautiful woman and talk to her are the bad boys or players.

If she gets into a relationship with a bad boy or a player, sometimes it can work.

Sometimes she can tame the bad boy.

Sometimes she can stop the player from wanting to continue sleeping with other women.

Sometimes she can make the bad boy or the player fall in love with her and want to have a committed relationship.

Yet, in most cases she can't.

The player wants to keep playing and the bad boy doesn't really care about settling down and treating a woman right.

On the other end of the spectrum, she also gets pursued by really nice guys who idolize her and look up to her, or guys who put her on a pedestal and want to show her that they are willing to treat her like a princess in order to hopefully get a chance with her.

Sometimes a beautiful woman will decide to date a guy who is putting her on a pedestal and being really nice because she's sick of all the bad boys and the players.

Yet, that relationship isn't necessarily going to work either.

It can work if the guy is confident and he creates a relationship dynamic that causes her to want to impress him as well.

However, if the guy is insecure and wasn't able to get himself a girlfriend very easily, he will almost certainly start to become jealous, controlling and overprotective in the relationship.

He will see her as being more valuable than him and he will try to cling on to the woman who ended up giving him a chance because she was sick of bad boys and players.

As a result, the relationship doesn't work and she's back out there again trying to find herself a boyfriend.

3. Confident, good men rarely approach women that they find attractive

Most women out there want to find themselves a confident, good guy who will actually stick with them; a guy who is willing to have a relationship that lasts for life, a guy who's going to treat her well, but at the same time he's going to make her treat him well in return.

He's not going to be one of those super nice guys that does everything for her and hopes that she's going to stick with him based on that.

On the other end of the spectrum, he's not a jerk or an asshole who's going to treat her badly all the time and expect her to put up with it for life.

Instead, he's a confident, good guy who is going to treat her well, but at the same time, he is going to expect her to treat him well as well.

Yet, the problem for many beautiful women out there is that most good guys don't actually approach women.

They are either afraid to do it, they think that it's wrong, they think that they might be interrupting her or inconveniencing her and so on.

So, the good guy just looks at her, she looks at him, they might smile and he then walks away.

They part ways, never to see each other again.

4. Most good guys don't feel worthy of her

As you may have noticed, men and women react differently to each other's physical appearance.

A woman can walk through the world and men will look at her.

They will instantly feel attracted to her physical appearance and they will want something to happen between themselves and her simply based on her physical appearance.

What happens for a lot of guys out there, is that they confuse their instant physical attraction for women with her overall attractiveness and value in comparison to him.

A guy will look at a woman, instantly feel attracted to her and think, *"Wow. She's really beautiful. She wouldn't like a guy like me. I'd have to be very rich or famous or I'd have to be really good looking and tall in order to get a woman like her."*

Yet, what he doesn't understand is that unlike apps like Tinder where everything is based on physical appearance, in person, a man can attract a woman even though he's not her usual physical type.

This is why you'll often hear women say about their boyfriend or husband, *"I wasn't initially attracted to him. He wasn't my type, but once we started talking, there was a spark between us, we fell in love and the rest is history."*

Unfortunately, a lot of good guys out there don't realize that.

They don't realize that you don't actually have to be on the same level in terms of looks with a woman in order to attract her.

You can attract her in other ways as you talk to her.

For example: You can be confident, make her laugh, flirt with her and build on her attraction as you talk to her.

When you do that, she then starts looking at your physical appearance in a positive light.

She starts thinking, *"There's something about this guy. I like him. He's cute. He's sexy. I don't normally go for guys like this, but there's something about him. I like him."*

5. Most guys assume she already has a boyfriend

Depending on which study or survey results you look at, anywhere from 50% to 70% of relationships end within the first year.

That high percentage also includes relationships that don't even make it past one to two months.

In other words, anywhere from 50% to 70% of beautiful women come back onto the dating market as a single woman and they're out there looking for a boyfriend again.

Yet, what often happens is that when a man looks at a beautiful woman, he just assumes that she must have a boyfriend.

Over the years, a lot of guys have asked me, *"How do I know if a woman has a boyfriend or not before I approach her? I don't want to approach any women who have a boyfriend."*

Yet, you can't get that information if you don't actually walk over and say hello.

If you want to reduce the chances of approaching a beautiful woman who already has a boyfriend, then go to speed dating events where all the women are going to be single.

Next down the list would be bars and clubs, where most of the women there are going to be single.

There are going to be women there who have a boyfriend or husband and are just out socializing, meeting up with friends and so on, but many of the women there are going to be single.

Pretty much wherever you go to approach and meet women, there are going to be single women and there are going to be women who already have a boyfriend or husband.

So, if you want to get yourself a beautiful girlfriend, you can't be afraid of the reality that you live in where some of the women that you approach and talk to are going to be single and some are going to have a boyfriend.

You just have to accept that and approach and say hello.

Additionally, if you approach a woman who does have a boyfriend, they will rarely, if ever, react in a negative way.

Most women react in a positive way if you walk over in a confident, easygoing manner and just say, *"Hey, how is it going? I thought to come over and say hi."*

Most women react positively to that.

Yet, when guys go out there and try to use weird pickup lines or immediately say something sexual about the woman or whatever, then women are going to react in a negative way at times.

However, if you approach a woman in a confident, normal, easy-going manner, pretty much every woman that you talk to will respond in a positive way.

If you have the confidence to do that, then you will discover another surprising thing about beautiful women.

That is, there's hardly any competition from other guys.

Most guys just look.

They do not have the balls to walk over and talk to the beautiful woman.

So, when you are the guy who can be a normal, confident, good guy and make a woman feel attracted to you as you talk to her, you'll see how easy it is to get yourself a beautiful girlfriend, or hookup with beautiful women for sex and good times.

6. She seems unapproachable, but she isn't

Beautiful women are in a bit of a catch-22 situation.

Damned if you do, damned if you don't.

What I mean by that is if a beautiful woman makes herself seem very approachable, then she will tend to get approached by guys who aren't very confident and are only feeling confident because she's making it easy for them.

If she seems very unapproachable, then pretty much no guy will approach her.

So, what is she to do?

What many beautiful women do is that they accept that they have to seem a bit unapproachable, so they don't attract the wrong type of guys, but they secretly hope that a guy has the confidence to walk

over, say hello and start a conversation, so she has an opportunity to meet a boyfriend or a potential lover.

The thing is, if a beautiful woman has had some experience with relationships, she will know that if she gets into a relationship with a guy who can only feel confident if she makes things easy for him, then he will almost certainly end up becoming jealous, controlling and overprotective in the relationship.

He will want to cling on to the woman that he got because she was making it easy for him.

So, what most beautiful women hope for is that they can meet a confident good guy who can remain confident no matter what she says or does to test his confidence during the interaction.

The thing is sometimes when you approach a beautiful woman, she will be friendly, open and easygoing instantly.

Yet, sometimes you will approach a beautiful woman who wants to make sure that she gets herself a truly confident boyfriend.

She just doesn't want to get into a relationship with a guy who's going to become insecure, jealous, clingy and controlling.

So, what you'll find is that when you approach beautiful women in a confident, easy-going manner, most of them will open up and be friendly right away, but some of them will want to test your confidence.

As long as you can understand what is going on, you don't have to become nervous about it.

You don't have to worry if she isn't jumping all over you during the first 30 seconds to a minute.

Just maintain your confidence with those type of women and what you'll see at some point during the conversation, whether that be after a minute, 5 minutes or 10 minutes, her guard will completely come down.

She will open up and show you her friendly, easygoing side that she doesn't show to other guys.

What happens with most beautiful women at that point, is that they feel excited that they've made a good guy who is truly confident; a good guy who remained confident and continued to talk to her in a confident, easy-going manner even though she wasn't making it very easy for him initially.

Additionally, as I said earlier, what you'll find when you are able to do that is that there's hardly any competition from other guys.

Most good guys who women actually want to be with don't approach women.

Most other guys are nice guys who are putting her on a pedestal, which she doesn't want either and the other guys are the bad boys and jerks who aren't really going to stick with her if they get into a relationship with her, or are going to end up ruining the relationship because they're not treating her well and she gets sick of it.

So, what you'll find is that when you have the confidence to walk over and talk to a beautiful woman and be normal, easy-going and make her feel attracted as you talk to her, you will see that many of the beautiful women you talk to feel attracted to you.

You can then select yourself a girlfriend that you want to settle down with, or you can continue to use your power of being able to attract women as you talk to them to enjoy your choice of women.

Learn More?

Okay, I hope you enjoyed this video and learned something from it.

If you'd like to learn more about how to attract a woman as you talk to her and make her feel like you and her are a great emotional match, then I recommend that you read my eBook, [The Flow](#), or listen to the audiobook version, [The Flow on Audio](#).

The Flow is everything that you need to know to go from hello to sex with a woman that you find attractive.

It includes my best conversation starters that are natural, normal and easy to use as well as techniques for keeping the conversation going and keeping it interesting.

It also includes my best attraction techniques for making a woman feel instantly attracted to you and increasingly attracted to you the more you talk to her.

The Flow includes my best techniques for getting a phone number, getting to a first kiss, having sex on the first night or alternatively, getting a phone number, texting her, then her getting on a phone call, setting up a date, kissing on the first date, having sex on the first date or you can wait till the second date or further if you want to and then start a relationship with her.

Fear of Beautiful Women

One final point that I want to make for you in this video, is that many beautiful women don't understand why men are so intimidated by them.

Yet, what happens for us men is that we feel instant attraction for a woman's physical appearance.

For many men out there, that physical attraction is enough for the man to want to pursue the woman and have sex with her or have a relationship with her.

As long as she's friendly and easy-going, the guy doesn't really care about anything else.

What does she study? What are her hobbies? What shoes does she wear? That stuff doesn't matter to the majority of men.

Most men feel an instant attraction to a woman's physical appearance and want something to happen based on that.

Yet, many men out there confuse that physical attraction with value and they start feeling unworthy of the beautiful woman because they notice that they are feeling so much attraction for her, but she's not feeling attraction in return.

It's not mutual.

So, the guy thinks that she is too good for him, but in most cases, she's not.

The reality is that you can actually make a beautiful woman feel attracted to you as you talk to her.

Yes, some beautiful women are picky and only want a rich, handsome man, but those women are the minority.

The vast majority of beautiful women out there are keen to find themselves a boyfriend who they feel an intense emotional attraction to.

You really can be that guy to so many beautiful women.

It's all about having the skill of being able to make a woman feel attracted to you as you talk to her. When you have that skill, you unlock the fun of having your choice with women. You can then have access to many different types of beautiful women and if you're ready, you can select the ideal woman for you, settle down and enjoy a relationship with her.

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7 Reasons Why Women Flake on Dates

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

So, why do women flake on men?

In other words, why do women pull out of dates that they agreed to go to?

Is it because women are unreliable, they're impossible, dating is destroyed these days, you can't get a woman out on a date, it's all too difficult?

No.

The reality is that both men and women pull out of dates.

Additionally, men and women have been pulling out of dates ever since dating began.

It's not a new thing.

Yet, why does it happen?

Why does a woman agree to go on a date with you and then not arrive at that date?

She pulls out on the date at the last minute and you're then left thinking, *"What is going on? Does this girl liked me or not?"*

In this video, I'm going to explain 7 reasons why women flake on men or pull out of dates and more importantly, how you can avoid that happening to you so the next time you meet a really attractive woman that you wanna have sex with or have a relationship with, she is eager to attend the date.

She arrives at the date and you can then build on her attraction, get to a kiss, have sex and start a relationship if you want that as well.

The first common reason why a woman will flake on a date is that...

1. She just wants casual sex, but she can see that the guy wants a serious relationship with her

Many of the single women you meet will want a serious relationship.

That's what they're aiming for.

Yet, you will also meet single women who just want to have casual sex.

Sometimes that happens because a woman is busy with her studies or she's busy with her career.

Alternatively, she has just gotten out of a relationship with a guy who was very jealous, clingy, controlling and overprotective.

She now just wants to enjoy her freedom, have a bit of fun and doesn't want to get into anything serious at the moment.

Now, that doesn't mean that a guy can't get a woman like her into a serious relationship.

He can.

However, if he meets a woman like her, he needs to make sure that he's not giving her serious relationship vibes before they've had sex and she has started to fall in love with him.

The thing is, if you make a woman feel very attracted to you and connected with you when you meet

her and go on a date and you then have sex and she really likes you and starts to feel sparks of love for you, she will naturally start to open up to the idea of having a relationship with you.

However, if she's the sort of woman who is very busy with her studies, or career, or she has just gotten out of an abusive or controlling relationship, she's not initially going to be looking to get into a serious relationship.

She will usually only open up to that if the guy has sex with her and starts making her fall in love with him.

If you have a lot of experience with women, you can tell the subtle differences and you can sense when a woman doesn't really want to have a relationship, but if you don't have that experience or you don't want to spend a lot of time building up that experience, just go by this simple rule.

If you're not sure whether or not a woman wants a relationship or not, just get to kissing and sex first.

After you've kissed a woman, things change and it starts to become more sexual.

After you've had sex with a woman, things start to become more intimate.

You and her open up to the potential of continuing to have sex with each other or start a relationship.

Another reason why a woman will flake on a guy is that...

2. She is playing hard-to-get because she fears that he might be too good for her

There are some confident women out there who know that they are attractive, but for the most part, most women aren't actually very confident about their physical appearance.

If a woman has had some experience with relationships and she's been able to initially attract men for sex, but hasn't been able to keep them in a relationship, she will start to doubt her value as a woman.

She'll start to doubt her attractiveness.

She'll start to think that guys don't really remain interested in her because she's not that attractive and appealing.

So, what a woman like that will often do is play hard to get initially.

She'll try to make the guy really like her and really want to be with her, so he ends up feeling lucky to be able to get a chance with her.

He ends up really appreciating getting her into a relationship.

It's a strategy for her to hopefully secure herself a guy that will actually stick with her.

Now, a lot of guys out there don't know that, so when they try to get a woman out on a date and she is playing a bit hard to get or flaking on a date, the guy will usually doubt himself and think that it's all over.

He's stuffed up, there's no way that he is going to be able to get this woman on a date, have sex with her, or have a relationship with her.

He may then begin to think things like, *"Maybe I'm not good looking enough for her,"* or *"Maybe she has realized that I'm not good enough for her overall and that's why she doesn't want to come to the date."*

Reason number 3...

3. The guy set up a date via text

The thing is, you can set up dates via text.

However, the flake rate is so much higher.

When a woman has only received texts from a guy that she gave her number to, it's not as real as if he were to text her and then get her on a phone call, make her laugh, make her feel attracted to him again and make her remember that they get along and that they have a connection.

They're able to talk to each other and feel good and if she were to go on a date, she would most likely be able to talk to him, feel good and get along.

Yet, if a woman is just getting texts from a guy, sometimes she'll start to doubt that the date would be comfortable.

Additionally, sometimes she'll start to think, *"Does this guy really like me? He's only texting me. Is he just going to keep texting me and texting me? Has He got other girls that he's interested in? Is he just keeping me on the side and keeping me warm because he doesn't have time to catch up with me for a date? Does he actually like me? Am I wasting my time texting back and forth with him? Should I be focusing on a new guy and trying to get myself an actual date, so I can get an actual boyfriend or actually have some sex?"*

Some women don't mind if everything is done via text.

Yet, if you want to have the highest success rate and make sure that women want to attend the dates that you set up, then it's best to get the woman on a phone call to arrange the date.

It's fine to text back and forth with her initially after you get her phone number, but make sure that at some point, you get her on a phone call, make her laugh, make her feel attracted to you, make her remember that you and her really do have a great connection and make her realize that if she were to go on a date with you, she would almost certainly feel good.

Let her realize that things wouldn't be awkward between you and her because you and her can chat and get along easily on a phone call.

Reason number 4...

4. She wasn't really attracted to him and just gave out her phone number to end the interaction politely

If a woman isn't very attracted to a guy, she will usually say no if he asks for her phone number.

However, sometimes a woman doesn't like confrontation or she is shy, doesn't really have a lot of confidence in herself and doesn't want to have to deal with a guy asking her questions like, *"Why? Why won't you give me your number? Come on, just give me your number"* and so on.

So, with women like that, they will often give out their number just to end the interaction politely, even though they don't really have any intention of going on a date with that guy.

If you want to avoid that happening to you, then make sure that you approach your interactions with

women in a way that makes the woman feel like she wants to impress you.

Don't approach interactions with women where you're trying to put on a show and live up to all of her expectations.

If you feel like all the pressure is on you when you're interacting with a woman and you're trying to live up to all of her expectations, then women who are looking for a boyfriend who is more of a challenge won't feel attracted to you.

Women like that are usually the pretty, beautiful women.

They want to find themselves a guy who doesn't look up to them and think, *"Wow, you're so beautiful. I would do anything to be with you."*

Most pretty, beautiful women want to be with a guy who feels like he's good enough for them, or even better, feels like he's more than good enough for them.

So, when you're interacting with a pretty, beautiful woman, don't feel like all the pressure is on you.

Sure, joke around with her and make her laugh, flirt with her and so on, but also make sure that you let her see that you're not completely impressed by everything that she is saying or doing.

If she says or does something that you don't like or that you're not impressed by, then have the confidence to playfully lose interest in her about that.

Show her that you're not sucking up to her.

Show her that you're not one of those guys who are on his best behavior all the time.

For example: She says or does something that you don't really like, or you're not impressed by and then you say something like this:

1. Really? I was impressed by you up until that point. You disappoint me, girl. I thought you were cool up until that point, but now that you've said you're like that, well, not so cool anymore. You used to be cool in my eyes, but now...uncool.
2. Really? Who likes that? Only weird girls like stuff like that. You're a weirdo. Here I was thinking that you were cool and then you go and say that you like that. Not cool, girl. Not cool.

Of course, when you say that, you're only being playful.

You're not being serious about saying that she's a weirdo or that she's not cool, you're just playfully pushing her away.

That there is an example of being more of a challenge for a woman.

You're not one of those guys who feels like he has to be on his best behavior around an attractive woman.

You're not one of those guys who feels like he has to say and do everything perfectly and can't say anything that she might not like, otherwise she's not going to like him.

No.

You believe in yourself.

You know that you're good enough and you're able to playfully push her away during your conversation at times.

Don't go overboard with it though.

Just add it in, at times.

Let her see that you are a bit of a challenge.

You're not like pretty much every other guy who meets her, immediately falls in love with her and is on his best behavior hoping to get a chance with her.

Number 5...

5. She is seeing someone else and doesn't have time to start dating a new guy

Depending on which study you look at, anywhere from 50% to 70% of relationships break up within the first year.

As a result, pretty, beautiful women are becoming single again and back on the market.

Yet, sometimes, you'll meet a pretty girl who is currently dating another guy.

She's not serious about him, but is casually seeing him.

If you meet her, make her feel attracted and get her number, she may be intending to catch up with you for a date and start dating you instead.

Yet, if her life starts to get busy, if she starts to get serious with the new guy or if she starts to doubt whether she wants to have two guys on the go or not, then she may flake on the date.

So, how can you avoid a woman like that flaking on a date with you?

Well, one of the ways to do it is to be a bit more of a challenge, so she is excited about meeting up with you and you are more attractive and appealing to her in comparison to the guy that she has been dating.

Another thing that you can do is just accept her flaking on the date in that moment and say, *"Cool, maybe we'll catch up another time then."*

Then, go ahead and start dating and having sex with other women and text her in about a month.

Send out a text like, *"Hey, how you doing?"* or bring up some private humor that you and her shared when you first met.

That may be a joke that you and her shared, it might be a funny name that you called her or she called you, or it might be something funny that happened when you and her met.

Bring something like that up so she can laugh and remember how she felt about you.

Then, if you get a text back, don't keep texting back and forth for days or weeks.

If you get a text back, send her a couple of texts back and forth and then get her on a phone call.

Make her laugh.

Make her remember the connection that you and her shared and then set up a date.

Another common reason why a woman will flake on a date is that...

6. The guy kept chasing her even though she wasn't showing

any interest in him

A guy can run into this problem if he's texting a woman, if he's talking to her on the phone, or if he's talking to her in person.

Talking to a woman on the phone isn't the thing that makes her want to go out on a date with a guy.

Instead, when a guy talks to a woman on the phone or in person, he needs to make sure that he is making her feel sparks of sexual attraction for him rather than just talking to her in a friendly way and hoping that he will grow on her over time.

So, what often happens in cases like these, is that the guy is completely in love with the woman.

He goes to bed at night imagining himself and her being in a relationship together.

They kiss, they have sex, she says that she loves him and then they remain happy together forever.

Yet, from her side, she's not feeling sexually attracted to him.

She's just feeling friendly emotions towards him.

As a result, she's not falling in love with him romantically.

She's not having the same type of sexual urges that cause her to go to bed at night, imagining them being together.

Instead, she just sees him as a friend.

Yet, he sees her as the love of his life.

He wants to get her out on a date.

He's totally into her, but it's one-sided.

The feelings aren't mutual.

So, to avoid that happening to you, just make sure that you don't talk to a woman in a neutral, friendly way and hope that she wants you sexually and romantically.

If you want a woman to want you sexually and romantically, you have to say and do things during interactions that cause her to feel sparks of sexual attraction for you.

One of many techniques that I can teach you is being more of a challenge.

That's not the only way to do it, but it's one of many ways to do it.

There are so many ways that you can make a woman feel sexually attracted to you as you talk to her.

Finally, reason number 7...

2. She wants to see how you handle it

For example:

- Do you lose confidence in yourself?
- Do you start desperately chasing her?
- Do you see it as an opportunity to make her feel attracted by calling her up and playfully teasing her for flaking on you?
- Do you go cold and never speak to her again?
- Do you get angry at her?

Not all women will test a guy by flaking on him and seeing how he will handle it.

However, there are some women out there who have been in relationships with guys who are very controlling.

There are some women out there who have been in relationships with guys who are very insecure and can only feel confident if the woman is being really nice and accommodating and basically doing whatever he wants.

The moment she starts playing a bit hard to get or being a bit difficult, the guy loses confidence and becomes an insecure mess.

So, women like that will often test a guy's emotional reaction before actually going out on a date with him.

Additionally, some women want to test a guy's interest level because they're looking for a guy who honestly wants a committed relationship.

He really likes her and he is sincerely interested in her.

So, if she says that she can't make it to a date, he's going to say something like, *"Cool, let's catch up another time then."*

At that point, the woman will usually then arrange another time and date with a guy, but if he doesn't get that sense from her or if she doesn't say anything about it, he can just end the phone call and call her another time.

He can wait for a week and give her a call.

If she doesn't answer his phone call, he can send her a text and they can text back and forth for a little bit and then he can get her on a phone call, make her laugh, get the attraction going again and set up a date.

Now, of course, not every woman flakes on dates.

Most women go to the date that they agreed to go to because they're looking to have some sex, to get into a new relationship and potentially, find their future husband or at least a boyfriend that they're going to stay with for many years or for the rest of their life.

So, don't be discouraged about dating and start thinking that it's all too difficult.

Most women will arrive at a date with you.

If you make a woman feel a lot of attraction for you and you're not trying to hide behind texts, then pretty much every woman that you set up a date with will arrive at that date.

You can then go on to enjoy all the fun stuff that happens after that (i.e. all the kissing, all the sex, all the love, all the companionship and so on).

Learn More?

Okay, I hope you enjoyed this video and learned something from it.

If you'd like to learn more about how to attract women when you talk to them and how to make sure that if you set up a date with a woman, she absolutely arrives and she wants to be there, then I recommend that you read my eBook, [The Flow](#), or listen to the audiobook version, [The Flow on Audio](#).

The Flow is my tested, proven to work, simple, step by step method for attracting women and getting to sex or a date.

You can use The Flow to get to a kiss and sex on the first night or you can use the flow techniques to get to a phone number and then set up a date and then get to a kiss and have sex on the first date or the second date.

As long as you follow the simple steps of The Flow, a woman will feel increasingly attracted to you the more she interacts with you.

She will really want something to happen between you and her and then you just allow her to have that experience with you.

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[image]

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5 Reasons Why Picking Up Women is Like Playing a Video Game

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Picking up women is a lot like playing a video game.

In this video, I'm going to explain five reasons why picking up women is a lot like playing a video game and more importantly, how you can use that knowledge to your advantage to enjoy easier success with women from now on.

Let's begin with number 1.

The first reason why picking up women is like playing a video game is that...

1. You overcome obstacles to complete the mission or get what you want

When you're playing a video game, you'll see that there are things in your way, obstacles that are preventing you from getting what you want or completing the mission.

The same applies with picking up women.

When you're interacting with a woman and you want to pick her up, she will usually put obstacles in front of you and see if you can overcome them to complete the mission.

For example: You'll be talking to a woman and she will like you, but she will test your confidence by pretending to lose interest in the conversation.

She'll want to see whether you start panicking and losing confidence in yourself.

Will you start to doubt that you are good enough for her?

Will you start to become nervous or will you maintain your confidence and continue interacting with her, making her laugh and building on her attraction for you?

Once you pass an obstacle like that and you see that you can pass an obstacle like that and get to the next level with a woman, whether that be a phone number, kiss, sex, date, relationship and so on, then you start to realize that the game isn't difficult to play.

You just need to understand how to overcome the obstacles that women put up.

The thing is, sometimes a woman will put up an obstacle because she is insecure about her attractiveness to you.

Sometimes a woman feels like you might just want to have sex with her for a while and then dump her, or have sex with her for one night and then dump her, so she will pretend to lose interest in the conversation to see how interested you really are.

Are you going to continue talking to her now that she isn't showing a lot of interest in the conversation?

Do you have a real interest in her?

Pretending to lose interest in the conversation to test you is one of the obstacles that women sometimes put up.

Once you understand what the obstacles are and how to pass them, the game is easy to play and you can continue onto the next level.

2. Your powers and abilities increase as you play the game

Sometimes a guy will try his luck with the girl that he finds attractive.

He will ask her out or he will try to hit on her and it won't work.

He may then walk away and think, *"Well, I'm not good enough for that type of woman. I can't get an attractive woman like her. I'm going to have to accept a less attractive woman."*

Yet, in most cases, the reason why he didn't get that woman is that he didn't have the ability to make her feel attracted as he was talking to her.

Instead, he just talked to her in a friendly, neutral way and hope that she would like him as a person enough to want to be his girlfriend or go out on a date with him.

He didn't understand that he needs to create a spark of sexual attraction inside of the woman by displaying certain personality traits and behaviors that are naturally attractive to women such as being confident around her, making her laugh, flirting with her, being emotionally masculine, playfully teasing her during a conversation and so on.

So, if a guy has gotten rejected by a woman, what he needs to understand is that as a man, your powers and abilities increase as you play the game, so to speak.

As you interact with women and test out attraction techniques during a conversation and see that they work, your power and control over the situation begins to improve.

You realize that you can make women feel attracted to you as you talk to them and the more you do it, the better you get at it.

You're able to make women feel more and more attraction for you, which then allows you to access higher quality women.

3. Using special moves or techniques makes the game easier to play

The thing is, sometimes you'll meet a woman and you won't have to do anything and you'll be able to pick her up.

It'll just be so damn easy.

Yet, that's called getting lucky.

In pretty much every other case where you meet a woman that you find attractive, you need to know what you're doing so you can actually pull off the pickup.

In other words, so you can complete the mission and get what you want.

So, a special move or technique that you can use when you're interacting with an attractive woman who isn't making it easy for you is to make her feel attracted to you and then don't give her relationship vibes.

Don't start chasing and hoping that you're going to be able to get a chance with her.

Instead, playfully push her away.

For example: She says something that you don't like, or she says that she likes something that you don't like or she says that she doesn't like something that you like and so on.

You then playfully push her away as a result of her showing that to you.

You playfully say something like, *"Really? I liked you up until that point. I thought you were cool"* or, *"Really? I thought you were cool up until that point. You disappoint me girl."*

Having the confidence to playfully push a woman away like that during a conversation, when she is feeling attracted to you, makes her feel more and more drawn to you.

She feels excited about the fact that you have the confidence to playfully mess with her like that and make her feel a bit girly in comparison to your masculine approach to the interaction.

Additionally, you have the confidence to put a bit of pressure on her.

You're not like other guys who think that all the pressure is on them.

You're not like other guys who think that they've got to try to live up to all of her expectations.

They've got to be on their best behavior around her and then they'll be able to get a chance with her. No.

You are a guy who can easily make women feel attracted to you as you talk to them.

You can create sparks of attraction inside of a woman and make her want you.

You know that the woman you're interacting with is feeling attracted to you, so you don't have to suck up to her and try to pass all of her tests to hopefully get a chance with her.

Instead, you can use special moves or techniques to give yourself the power in the interaction.

You can be the selector.

It can be about you allowing her to have a chance with you, rather than you hoping to get a chance with her by passing all of her tests and living up to all of her expectations.

4. Once you know how to pass a level, it's usually pretty easy for you

Women aren't computer game characters, so they don't all behave in the same way.

Yet, many women behave in very similar ways.

There are patterns.

It's fairly predictable how a woman is going to react.

For example: If you're being confident when you're talking to her and you start flirting with her and making her laugh, she's usually going to open up and start flirting back with you.

She's usually going to like you and you can then start to use special moves to make her try to pick you up.

It's usually pretty predictable.

However, sometimes you meet a woman who is a little bit harder to get and you need to be able to use other techniques to complete the mission and then get what you want, whether that be sex or a

relationship with her.

What you'll find though, is that just like playing a game when you've passed the level before and you go back and play it, you know what to do.

You know how to get through the level.

You know what moves to use and it's pretty easy for you.

The same thing applies with women.

In most cases, when you meet women, it's a very simple, easy thing to do.

You've passed those levels before.

You know what obstacles to overcome.

You know how to get to the next level with a woman.

You know how to get to a phone number, how to get to a kiss, how to get to a date, how to get to sex and so on.

Yet, when a guy doesn't know what you know, attracting and dating women will seem very difficult for him.

He will struggle to understand why a woman will suddenly lose interest even though she was interested in him.

All he did was start to show interest in a relationship and then she started to lose interest in him.

He usually won't understand what has happened and in most cases, he'll just assume that he's not good looking enough.

Yet, if you're one of the guys who have used my attraction techniques before, you will know that getting to the next level with a woman is very easy.

Once you know how to pass a certain level with a woman, it's pretty much the same thing every time.

You can walk up to her and make her feel attracted to you, get to a kiss or a phone number or you can have sex on the first night, first date or second date.

You simply go through the steps, get the result that you want and then you enjoy the great times ahead.

5. If all else fails, you can just get a hooker

I just thought I'd throw this one in for fun.

It's a reference to GTA (Grand Theft Auto).

In that game, as you would most likely know, you can get a hooker.

Just give her some money, do the deed and off you go.

Yet, in all seriousness though, I don't mind admitting that in the past when I didn't know how to attract women, I ended up going to a hooker or two.

The thing is, it was a pretty empty experience and I knew back then that I deserved better than that.

I saw other guys being able to have pretty girlfriends and there I was all on my own and I couldn't pick up attractive women.

I couldn't have my choice of women.

Women just didn't find me attractive.

If you know about my story, you will know that I then decided to figure this area of life out.

I wanted to figure out how to attract women, so I could then have my choice of women rather than ending up accepting a woman that I wasn't even attracted to.

So, I decided to go out and approach women every weekend until I figured it out.

Initially, I got rejected as usual because I didn't know how to make women feel attracted to me as I talked to them.

Yet, once I've figured that out, everything changed.

I was able to instantly make women feel attracted to me as I talked to them.

I was able to get to a kiss, have sex on the first night, set up dates and have many women in my life at once.

I enjoyed my choice of women for over 10 years.

Then, I met my perfect girl when I was 35 and she was 20.

We settled down, got into a relationship and have been together ever since.

Personally, I'm glad that I decided that day to figure out how to attract women or to play the game, so to speak.

What I've found is that in most cases, most women only require 1 to 2 minutes of conversation with you where you're making them feel attracted and then you unlock the next level.

They are open to connecting with you and going to the next level.

Sometimes you'll talk to a woman and she'll be totally into you within a few minutes.

Sometimes it'll take 10 minutes, sometimes it will take 15, but that doesn't matter.

What matters the most is that you get the result.

You're able to complete the mission and get what you want, whether that be to have sex with women or have a relationship with a woman of your choosing.

Learn More?

Okay, I hope you've enjoyed this video and learned something from it.

If you'd like to learn more about how to make the game of picking up women so much easier for you, then I recommend that you read my eBook, [The Flow](#), or listen to the audiobook version, [The Flow on Audio](#).

The Flow is everything that you need to know to go from hello to sex with a woman that you find attractive.

You will learn how to start conversations, how to keep conversations going and keep them interesting, how to immediately make women feel attracted to you so they want to contribute to the conversation, how to create an unforgettable connection with a woman, how to get to a phone number or a date and sex, or how to get to a kiss and sex on the first night.

You can use The Flow to get laid or get a girlfriend.

The choice is yours.

All you have to do is follow the simple steps and it works.

All the Cool, Fun Stuff Happens After You Take Action

One final point that I want to make for you in this video ,is that just like playing a video game, all the really cool fun stuff happens as you continue through the game, as you unlock new levels.

The same thing applies with women.

If you just look on at women and you don't do anything about it, then you don't get to enjoy all the fun stuff.

You don't get to enjoy all the kissing, all the sex, all the love, the companionship and so on.

So, if you haven't been getting the results that you want with women, I recommend that you start looking at the process of picking up women as like playing a video game.

Instead of taking it so personally and thinking that you're a failure because you make a mistake, just understand that it's like playing a game.

If you make a mistake, you can go back and start again and you might do that with another woman, or you might do it with a woman that you've made a bad first impression on.

Some women don't want to give a guy another chance to play the level with her again, but in most cases, most women allow a guy to replay the level, especially if the woman had some initial interest in him.

If he has the confidence to not start doubting himself around her now because he made a mistake and instead, believe in himself and start making her feel the type of attraction that will make her feel motivated to want to be with him, then he is going to be able to get her.

He's going to be able to complete the mission and take things to the next level.

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[image: Dan Bacon]

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3 Rhymed Rules For Success With Women

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

They say that rhymes help people learn things better, so in this video I'm going to give you 3 rhymed rules for success with women.

Let's begin with number 1...

1. If you're not a girl's usual type, don't try to get her on the swipe

When I was coming up with these rhymes, I saw this one and I thought, *"Man, I could probably have a bit of fun here and rap this out."*

Even though I can't rap, I've never rapped and white boys can't rap and all that sort of stuff, I thought, *"Why not put a track behind this rhyme and rap it out just for fun?"*

If it helps you remember the more serious lesson that I'll give you after this bit of fun, then I've done my job.

I've got to help you succeed with women and that's it, so let's do this.

Bacon D is in the house.

If you're not a usual girl's type, don't try to get her on the swipe.

If you're not a girl usual type don't try to get her on the swipe, man.

Swipe that ass.

Swipe that ass.

Swipe that ass.

Swipe that ass.

Swipe that ass.

Swipe that ass.

Swipe that ass.

Swipe that ass.

Bacon B is in the house house, mother[bleep].

I probably looked like a bit of an idiot doing that right there, but hey, I don't care as long as it helps you remember what I'm about to share and that is about Tinder.

If a girl is pretty and she's on an app like Tinder, then pretty much every guy is trying to match up with her.

Pretty much every guy who sees her photo will swipe right on it and try to get a match with her.

This results in her having thousands of guys to choose from and as a result, she wants to choose a guy who is her usual type or is the type of guy that she couldn't even get if she was meeting him in person.

So, she is in the position of power because she has thousands of guys offering themselves to her and

she can go through the app and just be like, “No, no, no, no, no, no, no, yep.”

She has all the power and as a result, she can choose who she wants.

Yet, if you want to have the power as a man and be able to attract and pick up women of your choosing, you need to be able to talk to the woman in person and make her feel attracted to you.

You and her having a conversation, she is feeling sparks of attraction and it’s not about you versus thousands of other guys on an app.

It’s about you and her in that moment.

Now on the topic of a woman’s usual type, what you have to understand is that a woman’s type can change based on who she sleeps with and gets into a relationship with.

For example: You may have heard some women say about their boyfriend or husband, “*When I first saw him, I wasn’t attracted to him. He wasn’t my type, but when we started talking there was a spark between us. We fell in love and the rest is history.*”

What she is saying there is that she wasn’t initially sexually attracted to how he looked.

He wasn’t her physical type.

He wasn’t the type of guy that she thought she would be interested in, but he spoke to her.

He made her feel attracted as he was talking to her and they got into her relationship and are now happy.

An interesting thing to point out, is that when a woman falls in love with a guy who wasn’t her usual type and wasn’t the type of guy that she thought she was looking for, she then sees him as her type.

If she is madly in love with him, he *becomes* her type.

She now really likes that type of guy because she is in love with him.

She may then say something like, “*I dated the wrong guys in the past. I used to be attracted to this type of guy or that type of guy, then I met this man, we’re in love and he is the perfect man for me. I just wish I had met him earlier. This is the type of man I’ve always wanted.*”

So, what you need to understand is that if you’re not a woman’s usual physical type, it doesn’t mean that you are absolutely excluded and you cannot attract and pick her up.

Don’t get me wrong though.

It’s not possible for a guy who isn’t good-looking to pick up any woman in the world, but what is possible is that you can literally make women feel attracted to you as you talk to them and as a result, they will actually start to look at your physical appearance in a positive light.

When a woman is feeling attracted to a guy, she can then start to think things like, “*I don’t usually go for bald guys, but I like this guy. There’s something about him*” and “*I don’t usually go for guys who look like this, but there’s something about this guy. He’s sexy, he’s cute, I like him.*”

Now, try to achieve that on something like Tinder, when a woman is just judging guys based on a photo.

She’s saying, “No, no, no, no, no” as she swipes away.

Then, she sees a guy that is her usual type or her ideal type and she swipes right on that.

She has all the power because there are thousands of guys lining up to get a chance with her, but if you talk to her in person it’s just you and her.

You can make her feel attracted to you as you talk to her and as a result, she will look at your

physical appearance in a positive light.

She will start looking at you and thinking, *“There’s something about this guy. I like him. He’s cute. He’s sexy.”*

You can then build on her attraction for you, connect with her and get a phone number or kiss her on the first night, set up a date, have sex with her and so on.

You can attract women of your choosing, rather than hoping to be selected when being compared to thousands of other guys on an app.

2. If you fear her reaction, she won’t feel attraction

[Dan pretends to rap, just for fun] *“If you fear her reaction...”*

Just kidding, I’m not going to rap on this one, but hey, if you fear a woman’s reaction, she’s not going to feel attraction for you because women don’t feel attraction to fear in a man.

When a man is afraid around a woman and he is intimidated by her and worried about saying or doing things around her, then it’s an absolute turn-off.

Women want to be with a guy who doesn’t fear them.

So, whether you are picking up women or in a relationship, you have to understand that if you’re interacting with a woman and you fear what her reaction is going to be if you behave in a confident way or say something confident, or do something that is going to make her feel attracted or make her laugh, then she’s going to feel turned off by you because she’s not going to be attracted to your fear. She’s not going to be attracted to the fact that you are intimidated by her.

Now, you don’t need to go to the extreme and try to show women that you’re not intimidated by being really aggressive and being a bit of a jerk or whatever.

You don’t have to do that.

You just need to have relaxed confidence around a woman.

You need to be comfortable being a man and not being afraid to joke around with her.

If you’re in a relationship, it’s about not being afraid to make a move on your woman and make her feel attracted to you by being masculine in the moment.

Don’t hesitate and worry about what she might think if you say or do something.

Additionally, if you’re out there picking up women, don’t be afraid to just say something that your instinct is telling you to say.

Don’t be that guy who goes home after talking with a woman and then thinks, *“Ah, why didn’t I just say that? I knew that I could have said something like that, but I didn’t say it.”*

Just say it.

Have the balls to say whatever you want to say when you’re interacting with a woman, while still being a good guy.

As I said, it’s not about being an aggressive jerk or anything like that, but say what you want to say.

Be your real, honest self in that moment.

If you think about when you’re interacting with women that you’re not attracted to, you’ll most likely realize that you’re able to be your real cool self when you’re interacting with them because you’re not

so worried about what they think.

Yet, when you're interacting with a woman that you really like and you really see as attractive and you really want to be with, suddenly you most likely start to change.

You start to censor what you're saying.

You start to be a bit more hesitant.

You start to worry about the consequences of saying or doing something.

You start worrying that she might not like you if you say or do this.

That's not the right way to go about it, especially with attractive women.

Unattractive women are okay with that because they like guys who aren't that confident, but attractive women want to be with a guy who feels like he's good enough for her, or ideally, feels like he's more than good enough for her.

One of the ways to show that to an attractive woman, is to say whatever you want to say while still being a good guy.

Do whatever you want to do while still being a good guy.

She will then be able to respect you as a result of that and she will feel sexually attracted to your confidence.

3. If you see a girl you like, you know the time is right

For the single guys watching this video who want to get laid or get a girlfriend, how often do you see women that you find attractive and you really want to go over and say hello but you just don't do it?

You worry that she might not want to talk to you.

You worry that you might not know what to say to keep the conversation going and keep it interesting.

You might worry that you're not good-looking enough for her or something like that.

The thing is in life, all the good stuff happens when you take action.

When you're sitting back on the sidelines and just watching on, looking at women, you're going out to parties and just looking at them, you end up going home and jerking off.

You end up going home and you're on your own, while everyone else is enjoying sex and relationships.

If you want to enjoy your life as a man, just know that it's okay to walk over and say hello to a woman.

There's nothing wrong with walking over and saying, *"Hey, how's it going? Thought I'd come over and say hi."*

Women don't kill you for that.

They don't stand there, put up their fists ready to fight and say, *"Alright, let's go."*

They don't slap you, they don't scream, they don't run away when a normal, confident, cool guy walks over and says, *"Hey, how's it going? I thought I'd come over and say hi"* and then continues the conversation.

When you approach it that way, a woman naturally feels attracted to the fact that you can be confident and normal when talking to her.

If you can approach women with relaxed confidence and immediately start to make her want to contribute to the conversation and ask you questions, then you're not going to have a thing to worry about.

You're going to be able to talk to women of your choosing, make them feel attracted to you as you talk to them and then go on to enjoy all the stuff that happens after that.

All the kissing, all the sex, all the love, all the companionship.

Now of course, sometimes you'll walk over to a woman and she'll already have a boyfriend.

Yet, not every pretty woman in the world already has a boyfriend.

If they did, then no new guys would be able to get themselves a pretty girlfriend.

All the women are just taken, there's nothing left, alright. That's it. No more women. No more guys can get a pretty girl. It's all over. Stop, just finish, everyone go home.

That's not the reality that you live in.

The reality that you live in is that some pretty women are in relationships and some are single.

Many of those pretty women have what I call an Open Type, which means that she's open to being with all different types of guys as long as the guy can make her feel attracted as he talks to her.

If a guy can talk to her, make her laugh and make her want to contribute to the conversation and find out more about him, then he is going to be able to attract women of his choosing.

Now of course, it's not possible for a guy to pick up every woman in the world, but what really is possible is that you could make pretty attractive women feel attracted to you as you talk to them.

You can literally make a woman feel sparks of attraction as you're talking to her and then build on that attraction and get to the next level with her.

So, to recap on the 3 rules that I've given you in this video...

If a woman is very pretty and you're not necessarily going to be her usual type, then don't try to get her on the swipe.

Get her by talking to her in person. Make her feel attracted to you in person.

Next, don't fear a woman's reaction to what you're going to say or do.

If you do that, she will see it in your body language, she'll sense it in how you're talking and it will make her feel turned off.

Women are not attracted to the fear of a man.

Finally, number 3.

If you see a girl you like, you know the time is right.

When you see a girl that you like, there's no better time than right then to walk up and say hello to her.

Walk up and open a potential opportunity for you and her to become a couple.

Who knows? You and her might get into a relationship, settle down and start a family.

Who knows? You and her might hook up that day or night and have amazing sex for a month or so and then go your separate ways.

Who knows? She may become one of the many women that you're sleeping with at once. You may have a number of women on the go.

Yet, if you just continue to let opportunities slip through your fingers with the types of women that you really want, then you may end up with a woman that isn't your ideal type.

You may end up accepting a woman that you're not that attracted to.

So, if you see a girl that you like, just tell yourself the time is right.

Walk over and say hello to her.

Make her feel attracted to you and then take things to the next level.

Learn More?

Okay, I hope you've enjoyed this video and learned something from it.

If you'd like to learn more about how to approach and attract women as you talk to them, I recommend that you read my eBook, [The Flow](#), or listen to the audiobook version, [The Flow on Audio](#).

The Flow includes all of my best conversation starter examples and all of my best examples for keeping a conversation going and keeping it interesting.

It includes my best techniques for attracting women as soon as you start talking to them, building on the attraction as you interact with them and then getting to a phone number and a kiss and sex that night, or getting a phone number, setting up a date and then having sex on the first date.

You can use The Flow to easily get laid or get a girlfriend.

The choice is yours.

All you've got to do is follow the simple steps and it works.

Alright, so let's finish up this video with a bit more of that...

Swipe that ass.

Swipe that ass.

Swipe that ass.

Swipe that ass.

Swipe that ass.

Swipe that ass.

Swipe that ass.

Swipe that ass.

Bacon D is in the house...

×

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Essential Dating Advice For Men: 4 Things Every Man Should Know About Dating Women

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

When a man isn't aware of what I'm going to share with you in this video, attracting and dating women will feel frustrating and difficult for him.

He will interact with a woman who likes him, but she will then lose interest in him because he's not aware of what you're about to learn in this video.

So, to make attracting and dating women easier for you from now on, be aware of the following four things...

1. Know that women really do want sex, love and relationships too

In many cases, when a man meets a woman that he finds attractive, he will want to let her know about that right away by his body language, the way that he's talking to her and he may even tell her that he likes her.

Additionally, he might even ask her if she's looking for a boyfriend right now, or what she looks for in a man and so on.

On the other hand, in many cases, even if a woman likes a guy, she won't always make it obvious that she likes him in a sexual and romantic way.

Why is that?

Is it because women are crazy?

Is that what it is?

They're nuts?

No.

There are legitimate reasons for it.

Yes, there are some women out there who are nuts, but for the most part, most women have legitimate reasons for not showing really obvious interest in a guy even if they like him in a sexual and romantic way.

Why is that?

Why do they do it?

Well, some of the reasons why a woman will do it is that she doesn't want to seem too easy to a guy. She doesn't want to seem like she's an easy target that could easily be picked up by another guy. She wants to show a guy that she can control herself and that she isn't an easy girl to sleep with, or get into a relationship with.

Alternatively, another reason why women do it is to test a man's confidence.

A woman will want to see if a man can maintain his confidence around her even though she's not

making it obvious that she likes him and wants to be with him.

Is he going to start doubting himself, or is he going to maintain his confidence and know that he's good enough for her?

Another reason why a woman won't show obvious interest in liking a guy romantically or sexually, is that she'll want to find out how interested in her he actually is.

Many guys like to get women to feel attracted to them and then they don't do anything about it.

Alternatively, some guys like to get a woman attracted to them, sleep with her and then be done with her.

So, if she has experienced guys making her feel attracted before and not doing anything about it, she will be a bit cautious about showing her feelings for the guy and her interest in the guy.

Additionally, if she doesn't want to just sleep with a guy and she's actually looking for a relationship, then she's going to keep her guard up around a guy who just wants to have sex with her and then be done with her.

Now, the thing is, sometimes you'll meet a woman and you will feel attracted to her, she will feel attracted to you and both you and her will make it really obvious that you like each other.

Then you'll start kissing.

You may go on a date, or have sex on the first night or sex on the first date, or the second date or whatever.

It will flow very smoothly for you.

However, sometimes you'll meet a woman that you find very attractive and she won't make it completely obvious that she likes you in a sexual and romantic way even though she does.

This confuses a lot of guys out there and sometimes a guy meets a woman who actually does like him and he could have gotten her into a relationship or at least had sex with her, but he gave up because she wasn't showing obvious, clear signals that she was into him.

He may have thought to himself that he's not good looking enough for her, or that she likes a different type of guy, but in reality, she was just testing his confidence, or she didn't want to seem too keen or she wanted to test how interested he really was.

So, if you're out there attracting and dating women, it's important to understand that they really do want to get to sex and have a relationship, fall in love and enjoy companionship.

Women love that stuff.

Women love sex.

Women love love.

Women love doing couple things.

Women love cuddling on the couch.

Women love getting bent over.

Women love it all.

Yet, when you're out there meeting women, they won't always make it 100% obvious to you that they are interested in you and that they want something to happen.

So, you need to have the ability to make women feel attracted to you as you talk to them and then

have the confidence and know-how to make a move when the time is right.

When you do that, attracting and dating women is very easy.

You see for yourself that women do want to have sex, women do want to enjoy a relationship.

Women do want to be in love and so on.

2. Know that you don't have to take conversations with women so seriously

This is where a lot of guys mess up and they make attracting and dating women more difficult than it actually is.

A guy will start talking to a woman that he finds attractive and he'll have an interview style conversation with her.

"So, what's your name? Where are you from? What do you do for a living? How long you been working there? Oh, really. That's nice."

It's a formal exchange.

It's not a fun, easygoing, relaxed, real conversation.

If you're looking to attract and pick up a woman for sex or a relationship, she wants to be able to get to know the real you.

She doesn't want to get to know a formal version of you who is putting on an act of being nicer and more formal than you actually are.

How do you talk when you're talking to your friends and you're feeling relaxed, when you're really being yourself, compared to how do you talk when you're talking to a woman that you find attractive and that you're hoping to sleep with or get into a relationship with?

If you can say that you talk in the same way, then you're doing it right.

Yet, if you find that you suddenly change and you put on an act of being nicer and more formal and polite than you actually are, then you're making attracting and dating women more difficult than it actually is.

So, what you need to understand if you want to make attracting and dating women easier is that you should talk to women in the same type of way that you talk to your friends, but also make sure that you add in things that are going to make the woman feel sparks of attraction for you.

One of the things that you can add in to create a spark of attraction is to playfully mess with her when she says something to you, rather than taking the conversation seriously.

So, if you're talking to a woman and you ask her what she does for a living and she says that she works as an executive assistant, what can you say to that?

Most guys are going to take the conversation too seriously and as a result, they'll end up creating a bit of a distance between themselves and the woman.

They won't really be connecting as real people.

It'll be more of a formal exchange of information, more of an interview where you're talking to someone and you just keep things polite and reserved.

So, if a woman says that she works as an executive assistant, most guys will say, *"Wow"* and *"What*

does that involve?" or "Where do you work? What exactly do you do as an executive assistant?" and so on.

They'll have a serious conversation with her about it.

Yet, if you want to make attracting and dating women easy for you, you have to add in some things that make the woman feels sparks of sexual attraction for you.

As I said, one of those things is to playfully mess with her when she says something to you, rather than taking the conversation so seriously all the time.

For example: You asked her what she does for a living and she says that she works as an executive assistant.

You can then playfully say something like, *"Oh, an executive assistant? Right. So, not just a normal assistant then. What sort of perks do you get with that? Do you get access to like a VIP bathroom or something like that? You don't? What's with that? If I was an executive assistant, I would want a VIP bathroom. I wouldn't want to go to the bathroom with all the common folk...you know, all the normal assistants. I'm an executive assistant, give me a VIP bathroom, I'm special."*

Alternatively, you can say something like this, *"Fancy. I took you for a fancy girl. I knew there was something special about you."*

Alternatively, you might say something like this, *"Executive assistant, don't you have to be smart to be an executive assistant?"*

Then she laughs and says that she is smart and you can say something like this, *"Yeah, you're smart. Okay, well, what's 14 plus 83?"*

If she then gets it right, you can have a laugh with her about that and say something like this, *"Okay. So, you are smart then, I'll give you that. Well, what does being an executive assistant involve? What do you get up to?"*

By talking to her in that way, you're showing her that you're not taking the conversation so seriously. You're not putting on an act of being nicer than you actually are.

You're not putting on an act of feeling as though you need to have a polite conversation with her and be reserved and get to know her.

No.

You're a cool, confident guy.

You are so confident that you can say whatever you want while continuing to be the good guy that you are.

You're still being the good guy that you are, but you're also saying and doing things that create a spark of attraction inside of the woman.

So, how does that create a spark of attraction?

Well, women all over the world are attracted to certain personality traits and behaviors that men display such as confidence, charisma, emotional masculinity, charm, the ability to make her laugh and so on.

These are traits that you can easily and effortlessly display as you're talking to a woman.

For example: If you playfully mess with a woman at times while you're talking to her, then you are displaying confidence, the ability to make her laugh, charm (because you're making her feel attracted

and you're being a good guy as you're talking to her) and emotional masculinity (because you're not afraid to playfully mess with a woman).

You don't fear women and place women above you in terms of dominance.

You are a man who is comfortable to make a woman feel girly in comparison to your masculine approach to the interaction.

So, when you have the confidence to not always take every part of a conversation with a woman seriously, she can feel more relaxed around you.

She can see that you're being your real self and you're not putting on an act.

As a result, she doesn't need to keep her guard up around you.

She can be her real self around you.

As a result, what happens is that a woman brings down her guard and she shows you her more easy-going, down-to-earth, friendly side.

She shows you her more girly side.

When she's feeling like that and realizes that she's able to be herself around you, she feels attracted and drawn to you.

She feels like you and her have a real connection.

There's something between you and her.

It's not a forced, awkward, weird type of conversation where you're trying to get to know her in a formal way.

You and her are getting along right away because you are being your real self, you're being a good guy, you're being confident and you have the balls to playfully mess with her at times, rather than always being serious as you're talking to her.

3. Know that trying to avoid seeming awkward just ends up making you seem awkward

For example: Imagine that a guy is going on a date with a woman and she arrives and she's showing a bit of cleavage in her dress.

The guy worries and doesn't want to say anything about her cleavage because he thinks that it might be rude, it might be too forward.

As a result, he ends up saying something like, "*Oh, you look nice,*" rather than smiling and looking at her and showing her that he finds her sexually attractive.

Then, when they sit down at a table and having the date, he is trying hard to not look at her cleavage or say anything about it.

He's trying to maintain eye contact at all times, or look around the room and make sure that she can see that he's not looking at her cleavage.

Yet, as a result, he ends up behaving in an awkward way.

He ends up seeming uncomfortable and the woman feels turned off by his lack of confidence around her.

Additionally, she knows that she's got her cleavage out on display.

She knows that guys find that attractive, but the fact that he's not even looking at her in a sexual way makes her start to doubt that there is a sexual spark between himself and her.

Her guard then starts to go up and she starts to feel like the date is awkward.

So, here are some alternative reactions that you can display to a woman when she has her cleavage out on display to make her feel attracted to you and make her feel happy about the fact that there is a sexual spark between you and her.

- Oh, wow, look at you. Jeez, that top is very distracting.
- What the...! Look at you. How am I going to be concentrating on a conversation now? You're going to have me distracted all night.

Now, by saying one of those things, you're not actually saying, *"Hey, nice tits,"* or *"Look at your cleavage. Get them out, let me see your tits. Like, this is great, I'm going to stare at your tits all night."*

You're not directly talking about her tits, but you are hinting at it and you're letting her know that the way that she has presented herself is making you feel sexually attracted.

Now, the fact that you have the confidence to talk to her in that way and the social intelligence to pull off saying something about her in a moment like that, makes her feel just as attracted to you as you feel to her.

She's feeling attracted to your personality traits and behaviors.

She is also excited and happy that there is a sexual spark between you and her.

Now, compare that to a guy who hides the way that he feels and doesn't say anything because he doesn't want to be awkward, but it ends up being awkward.

- Oh, hey. Oh, you look nice today. How you doing?
- Oh, hi. Nice to see you. How was the drive over? Did you find the place alright?
- Oh, that's a nice dress. Where'd you get that from? Oh, really? Yeah, that's nice. Let's go inside.

He's acting and hiding.

The guy is acting nicer than he actually is and he is hiding his sexual attraction for the woman.

He's hiding his sexual attraction for a woman who is going on a date with him, with the purpose of having sex or getting into a sexual relationship.

He just wants to seem nice and friendly and polite.

It's just a polite interaction (i.e. we're just going to sit down and have something to eat and be polite with each other).

No.

It's the beginning of a sexual relationship.

Whether the couple has sex on the first date, second date, third date or fourth date, doesn't matter.

What is most important is that they feel a sexual spark with each other.

If you want to create a sexual spark with a woman, don't try to avoid seeming awkward and end up

acting awkward because you're thinking too much or are worrying about how you're going to come across.

Instead, just be the good guy that you are, be confident and be real as you're talking to women.

If you do that, you'll see that women are so much more relaxed and easygoing around you.

They feel attracted and they want something to happen between you and them.

4. Know that even if a woman likes you, she will often miss out on sex or a relationship if you don't have the confidence to make a move

Now, remember what I was saying earlier with tip 1, where a woman won't always make it obvious that she likes you?

Well, this is the next level up from that.

You're interacting with a woman, she's showing you that she likes you, but you don't have the confidence to make a move.

You keep waiting and putting it off.

Eventually, she may start to lose interest because she may assume that you don't have the confidence to make a move, or she may start to think that maybe there isn't enough of a spark between you and her for something sexual and romantic to happen.

Maybe you and her are just better off as friends.

Now, the thing is, sometimes you meet a woman who likes you, shows interest and then starts to make moves on you.

She'll make it really easy for you.

Yet, that is called getting lucky.

It doesn't always happen, especially, with the types of women that you're most attracted to.

Most attractive women out there don't want to make moves on a guy and make it easy for him because they want to see that he has the confidence for a girl like her.

One of the reasons why attractive women do that is that they don't want to get into a relationship with a guy who doesn't actually feel like he is good enough for her.

If an attractive woman gets into a relationship with a guy who doesn't feel like he's good enough for her, he will almost always become controlling, jealous, needy and overprotective.

He will try to protect and control the woman that he got by luck.

So, even if an attractive woman likes you, in most cases, she would rather go without having sex and a relationship if you don't have the confidence to make a move.

She would rather go without it.

In many cases, she goes home and she's upset about that.

She really liked you and she wanted something to happen, but she just doesn't want to get herself in a situation where she is with a guy who doesn't feel like is good enough for her.

She wants to be with a guy who knows that he has more than good enough for her because in most

cases, guys like that aren't going to become jealous, needy and controlling.

They know that they're more than good enough for the woman.

As a result, she then feels the need to impress him and be on her best behavior around him and not lose him.

It's not the other way around where the guy feels like she is better than him and he needs to hold on to what he's got.

An attractive woman wants to be with the guy who feels like he's good enough for her, or ideally feels like he's more than good enough for her.

So, how can you feel like you're good enough for an attractive woman or even better, you're more than good enough for her?

Well, that comes down to your ability to attract women as you talk to them.

If you don't know how to attract women, as you talk to them, then most of the attractive women that you meet won't feel attracted to you.

You'll be able to get lucky, but you won't be able to attract women by choice.

Yet, when you know how to make women feel attracted to you as you talk to them, what you'll see is that most of the women that you talk to feel sparks of attraction for you, including attractive pretty women.

What happens then, is you start to realize that you are good enough for attractive women.

Eventually, you realize that you're more than good enough and you don't feel needy for one particular woman.

You don't feel like you need to suck up to a woman and try to impress her to get a chance with her.

You know that as you're talking to her, she is feeling sparks of attraction for you, she really likes you and wants something to happen.

Then, when she's showing you obvious signs of interest, you move in for a kiss and maybe you get her phone number after that and go on a date or you have sex with her right away or sex on the first date, second date or whatever.

You confidently take things to the next level because you know that she is attracted to you and want something to happen.

Learn More?

Okay, I hope you enjoyed this video and learned something from it.

If you'd like to learn my step by step method for attracting and picking up women for sex and relationships, I recommend that you read my eBook, [The Flow](#), or listen to the audiobook version, [The Flow on Audio](#).

The Flow includes my best ever conversation starters, techniques for attracting women, techniques for keeping conversations going and keeping them interesting, techniques for creating an unforgettable connection between you and a woman, techniques for feeling confident as you talk to her and techniques for getting a phone number, kiss, date and sex.

The Flow is everything that you need to know to go from hello to sex with a woman that you find

attractive.

So, if attracting and dating the kinds of women you want hasn't been that easy for you up until this point, just understand that if you make a few subtle changes in the way that you're approaching women and talking to them, then it will become easier.

When you have the skill of being able to attract women as you talk to them and you know how to go from one step to the next, it's so damn easy.

At that point, you can enjoy your choice of women by sleeping with many women or you can select the perfect woman for you, settle down and enjoy a relationship with her.

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Controversial Study Reveals an Undeniable Truth About Women! |

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

A study that was published in the Personality and Social Psychology Bulletin, concluded that women, including feminist women, are more attracted to men who are labeled as sexist.

So, to be clear here, the psychologists who ran the study placed sexism into different types of categories.

Obviously, hostile sexism wasn't something that women were attracted to, but what was surprising is that women, including feminist women, are attracted to what is known as benevolent sexism.

So, a curious woman named Pelin Gul, who has a PhD in social psychology, followed-up on the study and did it again.

She ended up doing a great job of it and found the same result, which is that women are more attracted to sexist men.

Gul said, *"Previous studies have found that men's benevolent sexism has many detrimental consequences on women, such as undermining their competence, restricting their freedom, confining them to the kitchen. Yet, research had also shown that women prefer benevolent sexist men."*

Across 5 studies with 782 female participants, the researchers found that women perceived a male romantic partner who held benevolent sexist attitudes as more willing to protect, provide and commit for them, which in turn made him more attractive.

Feminist women were as likely as non-feminists women to prefer benevolent sexist men over more egalitarian men.

In other words, when it comes to romantic relationships, women prefer men who look at women in a more traditional way.

For example: Women are softer, more gentle, more nurturing, weaker and in need of the protection of a man, compared to men who look at women in a more egalitarian way.

For example: Looking at women in an egalitarian way can mean that men and women should be 50/50 in terms of dominance in a relationship. Women don't need the protection of a man and women are essentially the same as men.

Pelin Gul also goes on to say, *"We think that women are able to tell when a man's intent is to undermine her versus when he uses benevolent sexism for courtship."*

I'm glad that Pelin Gul also said that because it shows that she is a smart woman who is willing to be honest about the issue.

She's willing to say that women can tell the difference between a man who wants to see her in the one down position in terms of dominance in a negative way and a man who sees a woman in the one down position in terms of dominance in a more traditional loving and romantic way.

So, the study that was published in the Journal of Personality and Social Psychology, as well as the study by Pelin Gul proves that women are more attracted to men who are considered to be 'sexist.'

In other words, women prefer men who look at women in a more traditional way, who look at women as being the more gentle, nurturing, soft, feminine gender of the human species.

As a result, benevolently sexist men look at women as needing the protection of a man.

These men don't look at women as being incompetent and incapable and unable to do anything for themselves, but they look at women as being the feminine version of the human species.

As it turns out, women, including feminist women, find that more attractive and appealing in a man.

This is important for a lot of guys to understand these days because there are many radical, angry, frothing at the mouth feminists out there who are loud and are saying that men and women are the same and that men shouldn't look at women in a traditional way anymore.

Yet, what you have to understand is that the radical, angry, frothing at the mouth feminists do not represent the majority of the female population.

Now, that doesn't mean that men and women need to go back to how things were in the 1940s or the 1950s.

The world has changed and for good reason.

It's a good thing that women are participating in the workforce and are contributing.

They are contributing in many positive beneficial ways and that's a good thing.

Yet, what needs to be understood is that there is a big difference between how a woman wants to be looked at and treated when it comes to attracting her and picking her up and being in a relationship with her, compared to her participating in the workforce and going about her everyday life in the world in general.

When a woman participates in the workforce, she wants to be able to be respected and treated as an equal just like men are.

She wants to have the same type of opportunities as men and that's fine.

Yet, when it comes to a woman feeling attracted to a guy sexually and romantically and getting into a relationship with him, studies show that she wants to be looked at in a more traditional way.

She wants to be looked at as being more gentle than the man, as being more soft and nurturing.

She wants to be looked at as being feminine.

This is where some guys mess up these days.

They listen to the radical, extremist feminists who are frothing at the mouth and who are angry and are triggered by what is going on in society.

They say things like women shouldn't be looked at in a traditional way anymore and that it's wrong and the world needs to change.

Yet, the majority of women out there actually prefer men who look at them in a traditional way, who actually look at them as being feminine.

As I said earlier, society doesn't need to go back to how was before.

There have been developments that have happened for a good reason.

What does need to happen is a common understanding and acceptance that most women prefer to be treated like traditional women and most men enjoy their traditional role of being the man.

Additionally, most women like to do things that are typically considered feminine and most men like to do things that are typically considered masculine.

There are exceptions where some men like to do things that are considered typically feminine and

some women like to do things that are considered typically masculine.

However, for the most part, most women and most men usually behave in ways that are seen as typical for their natural gender.

According to science, that is due to nature and not because of modern society telling boys that they should like toy cars and telling girls that they should like dolls.

For example: A study on gender preferences, which has been repeated many times by different scientists and psychologists has found that male monkeys preferred toys that human see as being male toys.

In some other tests, females don't have a preference for either male or female toys, but when presented with toys that are like babies, they gravitate towards a traditional natural female role of being the one who nurtures the children.

Now, that doesn't mean that a guy can't nurturer a child or raise a child or that a woman can't play with a car toy (i.e. *"She just can't play with those sort of things, we have to keep everything black and white!"*).

No.

Life is not black and white.

There are shades of gray as well.

Some girls like to play with boys' toys, some boys like to play with girls' toys.

There are exceptions in nature and that's fine.

Yet, for the most part, most women want to feel feminine and take on traditionally female roles.

Additionally, most women prefer men who look at them in a traditional way rather than looking at them in the way that radical, angry, frothing at the mouth feminists say that men should look at women.

Unfortunately, a lot of guys out there get confused by the conflicting messages that they hear from women.

The louder, angrier and seemingly more passionate messages that are coming from angry feminists seem to be more convincing because the women are really angry.

Yet, those women don't represent the majority of the female population.

When a guy listens to those angry feminists and starts changing himself to look up to these women, bow down to them, be softer and more docile around them, what happens is that the women he actually wants to attract no longer find him attractive.

They feel turned off by him because he is a wimp.

He is looking at women as being more powerful than him, as being in the one up position in terms of dominance and so on.

He's not looking at them as being gentle, soft nurturing and needing the protection of a man, even though it has been proven that women prefer men who look at them in a more traditional way.

So, for the men watching this video, if you like being a man and you like to look at women in a traditional way, just understand that the majority of women actually like that about you.

Be aware though that most women don't want to actually admit that when talking among others because they don't want to trigger feminists in the group who might then start saying, *"Hey, you got*

to be stronger, girl. Don't look at yourself as a woman from the 1940s or '50s, the world has changed," even though she doesn't look at herself as a woman from the 1940s or '50s.

She sees herself as a confident, independent, modern woman who also likes to be looked at as being a woman.

She doesn't want to be looked at as being like a man.

She likes men who look at her like a woman.

Why?

When a man is able to maintain his masculinity while talking to a woman and look at her as being feminine in comparison to him, even though she's smart, independent, successful and so on, that makes her feel attracted.

It triggers her feelings of sexual attraction because feminine women are naturally attracted to the masculine.

If you interact with a feminine attractive woman and you suppress your masculinity to be softer and more docile around her because you have heard feminist women say that men shouldn't look at women in a traditional way, then that feminine, attractive woman isn't going to feel attracted to you.

She might see you as a friend.

She might see you as a nice guy, but who she's actually going to feel sexually attracted to and turned on by is a guy who isn't afraid to calmly and confidently express his masculinity as he talks to her and interacts with her.

He's going to be comfortable and at ease with the fact that he's a man.

He's going to understand that it's not wrong to be a man and it's not wrong to look at a woman and like the parts about her that a more gentle, soft, nurturing and needing the protection of a man.

To like that vulnerable side of her, that girly side of her where she wants to cuddle into your arms, or snuggle into you on the couch and look up to you as your cuddling her.

It's not wrong for men to love those things about women and it's not wrong for women to love those things about men.

Additionally, as repeated studies have found, most women prefer men who look at them and treat them in a more traditional way.

So, what's important to understand here is that, even if a woman is career-focused and has purpose in life and wants to follow through on that, if she's like the majority of women out there, she is still more attracted and prefers a man who looks at her in a more traditional way.

That doesn't mean that she wants men in the workforce to look down on her as being less powerful and dominant than men.

She wants to have equality in the workforce and be treated with equal respect and that is fine.

Yet, when it comes to attracting and picking up women and having a sexual romantic relationship with a woman, most women out there prefer men and are more attracted to men who look at them and treat them in a more traditional way.

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Women Are More Sexist Than Men

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Dan: As it turns out, women are actually more sexist than men.

Last night my wife and I were watching a TV show called “*America Inside Out with Katie Couric*.”

Katie Couric does a great job of staying in the middle of issues, rather than going too the left or to the right politically.

It was an interesting TV show to watch.

One of the things that she discovered was even more interesting.

That is, women are actually more sexist than men.

Before I show you a clip of the TV show, one thing that I want to point out is that men are usually painted as the villains in society.

Sexism in the world is all the fault of men.

The reason why men look at women and think of women in traditional roles in society is because men are outdated.

It’s all the fault of men.

No, it’s not.

Watch this.

Katie: Clearly there is a problem.

What are the root causes and how do we fix it? I decided to come to Harvard University, where they’re really smart, to try to figure that out. Hi, how are you?

Mahzarin: Hello, nice to meet you.

Katie: Mahzarin Banaji is one of world’s leading experts on a term that seems to be everywhere lately: Implicit Bias, the deeply ingrained prejudices we don’t even realize we have.

I’m nervous, I hope I don’t screw this up.

Mahzarin: You will not. Look, 18 million people have taken this test. You’re going to put your fingers on the E key and one on the I key. That is pretty much where they’ll stay. You hit the left key for male, right for female. Go as fast as you can. Boom, boom, boom, boom.

Katie: Okay, here we go. *[Narrated: You’re shown a series of words like children, manager, salary, garden and asked to quickly decide whether you associate them with men or women. So, basically I wondered, am I a closet sexist?]*

Mahzarin: You were pretty good.

Katie: The results, not what she was expecting.

Mahzarin: No bias at all.

Katie: Yes. Really?

Mahzarin: Yes.

Katie: I’ve aced it. It could mean I am unbiased, or I gamed the test. Either way, I’m unusual.

Mahzarin: So, 80% of women who take this test show an association of female and home, male and

career.

Katie: And what about the men who take this test?

Mahzarin: 75% of them also show it, but interestingly slightly less than women, which often surprises people.

Dan: The results of that study highlight one of the biggest problems facing men and women today. That is, women have a voice in the media and they're using that voice in a way that is not completely honest.

Most women, if you ask them, will say that they are not sexist and they think that a woman shouldn't be seen as someone who has to be in the home.

That pink shouldn't be associated with girls.

That flowers shouldn't be associated with girls.

That playing in the mud shouldn't be associated with boys.

Yet, when a woman is tested and she's just there on her own to make a quick decision on what she thinks is male and what she thinks is female, she will go with a traditional outlook (i.e. a so-called 'sexist' outlook).

That is not because women are the worst and men are the best or men are the worst and women are the best.

What's going on is that we live in reality with natural laws.

Men and women traditionally and generally behave in ways that are traditionally male or female.

Feminists out there don't like that though.

They want to say that men and women are the same and that it's all men's fault that women are experiencing sexism in society.

Yet, in reality women are slightly more sexist than men.

Of course, that doesn't mean that men have to be all about being manly and masculine and that there is no room for men who are feminine and in touch with their feminine side.

There is room in the world for those type of guys.

Good luck, go for it, play with flowers, wear pink, all the best to those guys.

Yet, the reality is that most men like being men, they want to be men and what's more, women actually like it that way.

They want men to be men.

Yet, that is not what you'll hear women say in the media or when asked in person.

They will say, *"No, no, no, pink should be a boys color too. Men should do all the house work and all men should be just interested in flowers and fashion and TV drama shows where they can cry just like women are. Men should be more like women, yes. That's how to fix the world, men should be more like women. Men should cry, men should wear pink, men should like TV drama shows where they can cry like women. Yes, that's the solution to fix all the problems in the world."*

Yet, the real solution is to not force things on people.

Instead, it's to allow nature to just play out naturally.

Most men want to be men and enjoy being men.

Most women want to be women and enjoy being women.

Then there are the exceptions; women who feel like they want to be men, men who feel like they want to be women and so on.

All the best to those people; they can do what they want.

Yet, they shouldn't try to force the rest of society to somehow change and become, not a man and not a woman, but something that is politically correct.

No.

The reality is that after millions of people have taken the Implicit Association Test, it has been found that women associate traditionally female things with females and traditionally male things with males.

They don't sit there when they're being tested and want to fight against that and say, "*No, pink should be for men!*"

They don't think that.

For the men watching this video, I hope that this helps you understand that men are not the problem in society.

Men are not the cause of sexism.

Men are not the villains.

The next time you hear a woman say that men are the cause of sexism and that men are sexist, just have a bit of a chuckle to yourself and calmly, confidently tell her that it has been proven by a female social scientist at Harvard University that women are actually more sexist than men.

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[image]

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Avoid These 3 Mistakes to Attract the Woman You Want

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Attracting women is a very easy thing to do.

Once you understand how to do it and you do it a few times, you will literally laugh at how easy it is.

It is ridiculous how easy it is to attract most women out there.

Yet, when you don't know how a woman's attraction works and you end up making one or more of the following mistakes that I'm going to talk about in this video, it becomes difficult.

Women play hard to get even though they're not hard to get.

So, if you want to be able to easily and naturally attract the types of women you really want, then try to avoid making these mistakes.

1. Placing her above you in terms of attractiveness and then feeling unworthy of her as a result

If you meet a beautiful woman and she is clearly better looking than you, there's nothing wrong with looking at her and seeing her as being better looking than you.

That's the reality.

However, if you place her above you in terms of attractiveness because you're basing it all on looks and then you feel unworthy of her, you're probably not going to get anywhere with her.

She's most likely going to sense that you don't feel good enough for her, that you're looking up to her and thinking that she is too good for you and that think you'd be really lucky to get a chance with her.

Yet, for most beautiful women, they don't want to have that feeling where they would be doing a guy a favor by being his girlfriend.

A beautiful woman wants to be able to find a guy who does feel like he's good enough for her and preferably, feels like he is more than good enough for her.

Yet, how can you feel that way if you don't see yourself as being good-looking?

How can you feel like you're good enough for a beautiful woman or more than good enough for her?

The way to do it is to not base everything on physical attraction and instead, base everything on emotional attraction.

If you try to base your attractiveness on your physical attractiveness, then you might be able to feel confident in the mirror and you might be able to feel confident after you've gotten back from the gym or when you're wearing some new clothes, but if you go out to meet women or you happen to bump into a woman that you meet her at a party or through friends or whatever and she's really attractive, then you're probably not going to feel as confident as you felt when you were looking at yourself in the mirror, when you got back from the gym or when you put on those new clothes and so on.

You're probably going to be looking at the beautiful woman as being more physically attractive than you and therefore, you're going to feel as though you're not good enough for her.

In other words, you're playing the looks game.

You're trying to be successful with women based on how you look, which is a failing strategy unless you are really good looking and you really know that.

The easiest way to succeed with women is to focus on emotional attraction.

The irony is that when you make a woman feel attracted to you emotionally as you talk to her, she then starts to look at your physical appearance in a positive light.

For example: If you're making a woman feel emotionally attracted to you as you talk to her because you're being confident, you're being charismatic, you're making her laugh and you're being emotionally masculine, which then makes her feel feminine and girly in comparison to you, then she's going to be looking at you through the lens of attraction.

She's going to be feeling attracted to you and at times, she's going to be feeling turned on by the way that she's feeling as you talk to her.

As a result, she's going to look at your physical appearance in a much more positive light.

She's going to be looking at your physical appearance through the lens of attraction and that's when a woman starts to think, *"There's something about this guy. I like him. I don't normally go for guys like him, but he's really cute, he's sexy, I like him. I really want to be with him."*

This is why you'll hear some beautiful women talk about their boyfriend or husband and say something like, *"I wasn't initially attracted to him, but once we started talking, there was a spark between us, we fell in love and the rest is history."*

What she's saying is that the guy made her feel attracted to him as he talked to her.

She became emotionally attracted to him.

She liked how she felt when she was talking to him.

She felt attracted.

She felt turned on.

She felt sparks of love beginning to form and they hooked up, got into a relationship and they're now happy together.

Now, don't get me wrong though.

There are some women out there who will only accept a guy who is really good looking, tall, has muscles and so on.

That is true.

However, what is also true is that the majority of women out there, including beautiful women, can feel attracted to you for reasons other than looks.

Now, some guys would say, *"Yeah, I know another reason why women can feel attracted, it starts with M, it ends with Y, what is it? Money."*

So many guys say that.

You've just got to have lots of money and then you get the girl.

Yet, while it's true that money can attract women, it's also true that guys working in casual jobs, part-time jobs and low to average paying full-time jobs can attract pretty, beautiful women, get laid, get themselves a girlfriend and get themselves a wife.

It's also true that the majority of couples out there are living month-to-month on their wages or

salary.

They are paying rent together.

They are paying off a mortgage, they're saving up for many years to be able to go on a holiday or vacation, or are saving up for many years to get a deposit together so they can buy a house together and then start paying it off.

That applies for the majority of people out there.

Here's the thing...

What you may have noticed as you've walked through your everyday life, is that you will often see a really good looking couple walking along together.

The woman would be really beautiful and the guy will be good looking.

Yet, you will also see so many examples where the woman is beautiful, but the guy looks average looking, below average looking and some guys might even label some of the guys as being ugly.

Yet, the guy has got himself a beautiful girlfriend.

He's not rich, he's just working an ordinary job.

He's got a casual job, he's got a part-time job, he's got a normal full-time job where he's not in a high-flying position in his career or he's just getting by.

Yet, he's got a beautiful girlfriend.

Why?

The reason why, is that you can make women feel attracted to you as you talk to them.

So, when you meet a beautiful woman, don't place her above you in terms of attractiveness by basing attractiveness on physical appearance.

Yes, she may be better looking than you, that's fine, but you can make her feel just as much, if not more, attraction for you as you talk to her.

The way that works, is that you can instantly make a woman feel a spark of attraction for you as you begin interacting with her by displaying personality traits and behaviors that are naturally attractive to women, such as confidence, charisma, the ability to make her laugh, emotional masculinity and so on.

You can literally do that right away as you begin talking to her.

She can begin to feel sparks of attraction for you.

Then, as you continue talking to her, she can feel an increasing amount of attraction as the interaction goes on.

Now, the thing is there's nothing wrong with a guy trying to look good if he wants to look good.

There's nothing wrong with a guy getting a nice haircut, going to the gym, wearing good clothes and so on.

Additionally, those things can help to make a guy look more physically attractive.

That is true.

Yet, what is also true is that you can get laid and get a girlfriend without even focusing on those things, without even having to go to the gym for years and build up muscle.

If that wasn't true, then you wouldn't see guys who are skinny or overweight, average looking, below

average looking and so on, with pretty women.

You just wouldn't see it.

You would only ever see really good looking guys who are tall and have muscles with pretty women. Sometimes you will see the really good looking couple together.

That is true, but if you want to understand the reality that you live in, you've got to accept the fact that you see guys who you consider to be average, below average looking and possibly even ugly at times with pretty beautiful women.

That is happening everywhere all over the world because it really is possible and easy to attract women as you talk to them.

You can literally make a woman feel emotionally attracted to you and then she falls in love with you. She wants to be with you.

So, don't place a beautiful woman above you in terms of attractiveness by basing everything on physical appearance.

Just know that you can make women feel emotionally attracted to you and when you do that, women look at you in a more positive light.

They look at you, they feel attracted to you and they say to themselves, *"There's something about this guy, I like him"* because you're making them feel attracted.

Okay, the next mistake to avoid...

2. Just talking to her in a friendly way, but hoping that she likes you in a sexual way

This is a big mistake that guys make where they place themselves in the friend zone by only talking to a woman in a friendly way.

Then, when they try to make a move on a woman, she says that she doesn't see the guy in that way and just wants to be friends.

A guy like that might then walk away and think that he's not good enough for a woman like her, or that women aren't even interested in sex.

Yet, women are interested in sex.

Women do want sex and they think about it many times per day.

In fact, according to a study that was done, the median average of times that a woman thinks about sex every day is 9.9.

To round that up, 10 times a day.

So, don't think that women aren't interested in sex.

Women do want to get to sex and they want to enjoy love and a relationship, but the way to get to that point with a woman isn't to just talk to her in a friendly way.

You have to have the courage to say and do things that are going to make her feel sexually attracted to you and feel sparks of attraction.

You have to have the courage to do that.

What's an example of how it works?

Well, imagine that you're talking to a woman that you find really attractive and she says something about her hair.

She says that she's having a bad hair day and she doesn't like her hair and asks you what you think. She might say, *"What do you think, does my hair look bad today?"*

You can then respond in a way that makes her feel a spark of attraction for you based on you being confident, making her laugh and making her feel girly in comparison to your masculinity.

So, if she asks you, *"Does my hair look bad today? What do you think?"*

You can then say something like this, *"Horrible"* and playfully shake your head.

You can also say something like this, *"Yeah, well, I was going to say, but I wasn't sure if I should tell you...it looks absolutely horrible today."*

In almost all cases, the woman will then laugh because she will know that you're joking.

In many cases, women will then continue on with the joke, with the flirting that you have started by acting as though they believe that what you're saying is true.

So, the woman will say, *"Really, does my hair look bad?"*

At that point, you can just laugh and not say anything and she will then ask you, *"What? What's wrong with my hair? Tell me?"* or she will laugh and say that you're joking.

Alternatively, you can say that you're just kidding and that her hair looks fine and then have a bit of a chuckle to yourself to make her doubt herself again and ask you and then you can have a laugh with her and so on.

You're not just having a friendly conversation with her where she says, *"You know, does my hair look bad today? What do you think?"* and you say, *"No, no, it looks fine. Your hair is fine, it looks good every day"* and being that neutral, friendly guy towards her.

Now, what you may have noticed in your life is that the guys who are comfortable to talk to women in that kind of way are the ones who easily get along with women, make them feel attracted, get to kissing, sex and relationships.

Yet, guys who just talk to women in a neutral way are the guys who end up in the friend zone.

The guy really likes a woman and has a crush on her.

He goes to bed thinking about her, imagining being her boyfriend and her saying that she loves him and so on, but when he talks to her, he just talks to her in a neutral, friendly way.

He's hoping that she's going to like him as a person and something is going to develop.

Yet, what you need to understand is that you can make something develop immediately.

You can make women feel a spark of attraction for you immediately and you then can build on that attraction as you talk to her.

Turn off number 3...

3. Asking her out or hinting at a relationship before you've

have made her feel sexually attracted to you

For a lot of guys, they meet a woman that they find attractive and are instantly starstruck.

It's like, *"Wow, she's really pretty. I want to be with her. I want to have sex with her and I want to have a relationship with her."*

She doesn't really need to do anything other than just be nice and normal and the guy is like, *"Cool, well let's do this. Can I take you out sometime? Do you have a boyfriend? Can I get your number?"* and so on.

The guy starts hinting or directly asking for some sort of relationship commitment from her, even though he hasn't done anything to make her feel sexually attracted and turned on by him.

As I said at the start of this video, attracting women is very easy, but if you make these mistakes that I'm talking about in this video, it suddenly becomes difficult.

The woman starts playing hard to get, even though she's not hard to get and even though she's just like most women who only require to be able to feel more attraction for the guy as they talk to them.

If a guy is able to do that when he is interacting with women, he can enjoy his choice of women.

He can literally talk to women, make them feel a spark of attraction, build on the attraction and then get to a kiss, sex and into a relationship.

Yet, when a guy doesn't understand how a woman's attraction works, gets hijacked by his attraction for women and then starts immediately showing interest in a relationship, then it becomes very difficult for him.

He can't enjoy his choice of women.

He makes women play harder to get than they actually are.

Of course, don't get me wrong, there are some women out there who are hard to get.

That is true, but those women are the minority.

For most women, all it usually takes is 1 to 2 minutes of conversation where you make her feel attracted to you for her to be totally interested in you as a guy.

She becomes open to talking to you, open to connecting with you and open to getting to the next level with you, which means exchanging phone numbers or kissing, having sex and getting into a relationship.

So, if you want to enjoy easy success with women from now on, make sure that you don't place women above you in terms of attractiveness because you're basing everything on physical appearance.

Understand that it really is possible and easy to make many of the women you meet feel emotionally attracted to you.

When you do that, they start to look at your physical appearance in a more positive light.

This then allows you to access prettier, more beautiful women that you probably couldn't attract based on your looks alone.

Number 2...

If you want a woman to feel sexually attracted to you, then make sure that you're not just talking to her in a friendly, neutral way

There's nothing wrong with talking to a woman in a friendly way, but you also have to add in things that are going to make her feel sparks of sexual attraction for you.

Finally, with number 3...

Don't hint at wanting a relationship with her, directly ask her for a relationship or to start dating you if you haven't made her feel sexually attracted to you yet.

If you want things to flow easily for you, then you should make a woman feel sexually attracted to you and ideally, you should get to a kiss before you even talk about her being your girlfriend or you and her getting into a relationship.

If you hint at a relationship or ask a woman for a relationship before you have kissed her, or at least made her feel sexually attracted, then she will usually, if not always, play hard to get.

In some cases, a woman will even reject the guy even though she initially liked him because he came on too strong wanting a relationship before he had even made her feel sexually attracted to him.

She will worry that he might become very clingy and needy and it won't be an enjoyable relationship for her as a result.

So, if you want things to flow smoothly, make sure that you at least make a woman feel sexually attracted and turned on by you before you start hinting at a relationship and ideally get to a first kiss first.

Once you and a woman have kissed, then a relationship will naturally start after that.

Learn More?

Okay, I hope you've enjoyed this video and learned something from it.

If you'd like to learn more about how to attract women as you talk to them so you can enjoy your choice of women, I recommend that you read my eBook, [The Flow](#), or listen to the audiobook version, [The Flow on Audio](#).

The Flow is everything that you need to know to go from hello to sex with a woman that you find attractive.

One final point that I want to make you in this video is about the looks game.

A lot of guys try to succeed with women based on their looks and as a result, a guy ends up going into social situations where he can meet women or accidentally meets women through friends and so on and places himself on a certain level in terms of attractiveness in comparison to the women that he meets.

When he meets women that are more attractive than him in terms of physical appearance, he automatically feels like he is not worthy.

He may assume that she would only accept a guy who is really tall, good-looking and so on and as a result, he won't even try.

Instead, he'll just focus on women that are on the same level in terms of looks as he is, or below him so he feels even more confident.

Yet, when you approach your dating life with women in that way, you end up accepting women that you're not really attracted to.

You end up accepting whatever you can get in terms of the looks game.

I recommend that you don't try to play the looks game with women.

Instead, you focus on making women feel attracted to you as you talk to them.

You can literally make a woman feel a spark of attraction for you and build on her attraction as you talk to her by displaying personality traits and behaviors that are naturally attractive to women, such as being confident, being charismatic, being emotionally masculine, making the woman laugh, flirting with her and so on.

You can literally do that as you're talking to a woman.

For example: What I said earlier in the video, where the girl is saying, *"Does my hair look bad?"* when she's having a bad hair day, you can just joke around with her, rather than having to get into a serious conversation with her and try to suck up to her and tell her that her hair looks nice to hopefully be seen as a good guy that she can rely on.

Maybe if you just keep trying hard like that and showing her how good you are and how reliable you are, you might eventually get a chance with her.

No.

You can shortcut the process.

You can make her feel a spark of sexual attraction for you in that moment.

You can respond and say something like, *"Horrible, yeah, your hair is actually looking pretty bad today. It's a total mess."*

Make her feel attracted to you based on your confidence, your ability to make her laugh, your ability to make her feel feminine in comparison to your masculine approach to the interaction and so on.

You are literally in control of how much attraction you're making her feel.

Once you understand that and start doing it while interacting with women, you will laugh at how easy it is to attract women and enjoy your choice of women.

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Dating Coach: The 5 Kinds of Guys Who Might Need One

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Not every guy needs a dating coach because some guys are naturally good with women.

Yet, other guys struggle with knowing what to say when they meet an attractive woman, knowing how to keep a conversation going and keep it interesting, knowing how to feel confident around the woman and get to a kiss and sex and so on.

Some guys struggle with different parts of the attraction and dating process and that's where a dating coach comes in.

So, in this video, I'm going to reveal five types of guys who need a dating coach to show them the way, so that attracting women, getting to sex and getting into a relationship is easy for them from now on.

The first type of guy is...

1. The cool guy who lacks confidence around women

There are many cool guys out there who know that they're a cool guy.

When the guy is around his friends, coworkers, or family, he feels like he's a cool guy.

He knows it and he's confident about that.

Yet, when it comes to attractive women, he lacks confidence in himself.

All that confidence that he had in himself about being a cool guy goes right out the window when he starts talking to an attractive woman that he really likes.

Suddenly he starts doubting himself and thinking that he's not good enough for her.

He starts thinking that she's too pretty and she wouldn't like a guy like him.

In most cases, many of the attractive women that he has met throughout his life were actually interested in him and did think that he was a cool guy, but the woman then started to feel turned off by the fact that he was doubting himself around her.

The thing is, if a woman is *unattractive* and she comes across a cool guy who likes her, then she's going to be happy about that.

She's going to be happy about the fact that a cool guy doesn't even know his value and he's trying to get a chance with an unattractive woman.

She likes that sort of thing because she gets to get herself a cool guy.

Yet, an *attractive* woman usually doesn't want to accept a guy who doesn't feel good enough for her. She doesn't want to get into a relationship with a guy who looks at her as being way better than him because she worries that he's going to become clingy, needy, jealous and potentially controlling in the relationship.

So, what most attractive women try to find is a guy who at least feels as though he's good enough for her and preferably, feels as though he's more than good enough for her.

Now, that doesn't mean that he says that to her, acts arrogant or says negative things to her to show

her that he's so damn good.

It just means that it comes across in his body language, in his vibe, in his conversation style, his behavior and actions.

She can see that he's not panicking.

She can see that he feels good enough for her and he feels comfortable, relaxed and confident around her.

Likewise, when a guy doesn't feel like he's good enough for an attractive woman, she'll usually be able to see that as well.

She'll see that he is trying really hard to hopefully get a chance with her, he is being hesitant around her, he's not really being his real self and he's putting on a bit of an act.

He's putting on an act of being a bit nicer than he normally is, a bit more polite, a bit more of this or that in order to hopefully impress her and get a chance with her.

So, there are a lot of cool guys out there who need a dating coach like myself to be able to tell you that, *"Hey, you are good enough."*

If you can talk to an attractive woman and let her see that you feel as though you're good enough for her, then she's going to feel attracted to you because of that.

She's going to see that you are one of the rare guys who feels good enough for her, who feels confident around her.

As a result, you are able to let your real, cool self come through.

You don't put on an act of being nicer than you really are.

You don't put on an act of being more polite than you really are.

You be your real self and you know that it's good enough.

You know that you're a cool guy and you know that when you're being your real self, it's good enough.

You don't need to put on an act for anyone.

2. The very intelligent guy who isn't used to flirting with women

When a guy is very intelligent, he usually wants to have conversations that are logical, sensible and often complex and really interesting.

A guy will want to discuss the meaning of life, or he'll want to get into really detailed, complicated topics about politics or computers or mathematics or science and so on.

Yet, when it comes to initially attracting a woman, those types of conversations usually aren't the thing that makes her wet.

If you want to make her feel sexually attracted and turned on by you, discussing algebra or quantum physics usually isn't going to do it.

What you need to be able to do is flirt with her.

Here are a couple of examples of how to flirt with a woman rather than just talking to her in a logical,

neutral, serious or intellectual way.

If a woman says that she is studying medicine, a logical, neutral, serious or intellectual response could be something like, *“How long have you been studying that?”* or *“What do you think of the state of the healthcare system today?”* or *“Healthcare is such a mess these days, the government really should do something about it”* or *“What field of medicine are you studying?”*

On the other hand, a flirting response to a woman telling you that she is studying medicine is to say something like this, *“Oh, so you’re not very intelligent then. I only like smart girls. Sorry.”*

Alternatively you might say something like this, *“Medicine? Oh, that’s easy. Anyone can get a master’s degree in that. Why didn’t you study something that would be more difficult? You should use your brain, girl. Medicine is too easy.”*

Another example is where you meet a woman and she says that she works as a teacher.

A logical, neutral, serious or intellectual response could be, *“Oh, what grade or what year do you teach?”* or, *“Where do you teach?”* or, *“The education system really needs to be overhauled in this country.”*

Alternatively to flirt with her, you can say something like this, *“You seem like you’d be a mean teacher”* or, *“You seem like you’d be a strict teacher”* or you smile and say, *“I’d hate to have you as a teacher.”*

She then asks why and you playfully say, *“Just kidding. You’d be good to look at, maybe a little distracting though, I don’t know.”*

Adding in some flirting into your interactions with women makes it more fun for you and for her. It also makes her feel attracted because she can see that she would enjoy herself when in a sexual, romantic relationship with you.

Some intelligent guys don’t want to flirt with women because they see it as pointless banter.

Why should I have to flirt with a woman and have a fun, interesting, playful type of conversation with her when I don’t want to talk about that stuff?

I want to be able to talk about what I’m interested in.

I’m into quantum physics.

I’m into science.

I’m into philosophy and so on.

Let’s discuss that.

Well, the thing is many women are really into discussing those things, but it’s best to talk about those things after you’ve had sex with a woman, not before.

Some women are cool to discuss quantum physics and philosophy and all that sort of stuff as you first get to know them and before you even kiss them, but those women are going to be the ones who are already sexually attracted to you.

The woman is going to be really into you, or she’s going to be a woman who loves to talk about those things with anyone.

Yet, as you may have experienced, when you have met a woman who loves to talk about those things, if you just talk about those things and don’t actually flirt with her and make her feel sexually attracted and turned on, when it comes time to get her phone number or move in for a kiss, what does she say?

"I'm sorry. I think you've got the wrong idea. I think we'd be better off as friends."

Why is she saying that?

Well, the all important sexual spark isn't there.

You get along intellectually and emotionally, but she's not feeling turned on.

Instead, she's enjoying having an intellectual conversation with you and that's about it.

Now, some guys don't like that and when they try to talk to women in an intellectual way and have interesting conversations with them and then end up in the friend zone, a guy will often walk away thinking, *"What's wrong with women? Do they just want to talk about stupid, useless things that I hear them talking about with guys that they're actually attracted to, all that playful banter crap? I don't want to talk about that."*

Well, a guy like that needs a dating coach like myself to shine a bit of a light on reality and say, *"Hey, there's a reason why women like flirting. There's a reason why men who flirt with women are then able to get to a kiss and have sex with a woman."*

One of the reasons why flirting is so important, is that it gives a man and a woman an opportunity to interact with each other in a playful way and see what type of chemistry they have in a sexual, playful type of way.

Not just intellectual chemistry and being open minded and discussing very intelligent things.

How about the playful sexual chemistry?

What would a relationship with you feel like?

Would she be happy?

Would she laugh?

Would you and her have fun together, or would it be more of an intellectual type of relationship where you want to discuss serious things all the time?

The thing is, there's nothing wrong with having intellectual, serious, logical, philosophical conversations with women and you really can get into that in the relationship at times, but you also need to be able to offer a woman a bit more of a playful side to yourself because after all, she is a woman.

She doesn't want to be your male buddy where you sit around discussing serious things for 10 hours straight.

That's enjoyable for us men.

We love to talk in detail and get into very intellectual conversations about the meaning of life and so on.

Well, women enjoy that too, but in a relationship, a woman also wants to be able to feel like your girl.

She wants to be able to see that you can flirt with her and you can make her feel a little bit nervous and unsure of herself and excited at the same time, because you're able to put her on the spot with some flirting.

You're able to create a sexual playful vibe between you and her at times.

You're not just serious all the time.

Additionally, what you'll find is that after you've had sex with a woman and she's falling in love

with you, then she'll be really interested in hearing about your intellectual ideas, your philosophical ideas and so on.

Yet, prior to then, she wants to be able to see what type of chemistry you and her have in a romantic sense, in a sexual sense.

Is there an enjoyable playful type of chemistry that you and her can vibe on in a relationship, or do you just want to have serious conversations with her all the time?

The third type of guy who can benefit from the help of a dating coach is...

3. The virgin or the guy who avoids sex because he lacks sexual confidence

Now, those are two different types of guys, but the mistake that those two guys make is the same.

The virgin and the guy who avoids sex because he lacks sexual confidence makes a big deal out of sex and thinks that it's a really difficult thing to do.

So, a dating coach like myself can help a guy like that by telling him this. *"Listen up. When you slide your penis inside of her vagina, she is going to feel good. She is going to enjoy that sensation. When she sucks you off, she's going to enjoy it, as are you. You're going to enjoy it and she's going to enjoy it. When you lick her out, she's going to enjoy it. You're not going to stuff it up. When you bend her over and you're banging her from behind, she is going to enjoy it and you're going to enjoy it. So just interact with women, make them feel attracted to you. Get to a kiss, have sex and enjoy yourself."*

The fourth type of guy who can benefit from a dating coach is...

4. The shy guy who can't work up the courage to talk to women

A shy guy like that needs to understand that pretty much every woman you approach will be friendly, open and will have a conversation with you.

You will sometimes encounter women who immediately close up and don't want to talk to you.

In some cases, that's because you're coming across as insecure and doubting yourself with your body language, vibe and tone of voice, but other times it's because the woman is a bitch.

Not your fault, but generally speaking, pretty much every woman you approach will open up and have a conversation with you, so you're not going to die.

Additionally, when you know how to make women feel attracted to as you talk to them by displaying personality traits and behaviors that naturally attract women, then you're going to feel confident about approaching women.

For example: When you know how to make women feel attracted to your confidence, when you know how to use ballsy humor to make women feel attracted to you, when you know how to express your natural charisma, then you're going to be able to make women feel attracted to you.

Once you start doing that, you will see that women find you attractive.

What will happen then?

You won't have any need to be shy anymore.

You'll feel confident about yourself.

You'll see for yourself that women find you attractive and instead of being shy around women, you'll feel excited to talk to them because you will know that you can make them feel attracted to you.

What happens when they feel attracted to you?

Well, then you can get to a kiss, you can have sex and enjoy yourself.

Finally, another type of guy who can benefit from the help of a dating coach is...

5. The confident guy who can't seem to get anywhere with the types of women he really likes

Many guys go through life feeling confident in themselves and their abilities in general life.

Additionally, when they interact with women, they're fine.

They feel confident.

They can talk to women.

They're not afraid of women, but they don't get anywhere with the type of women that they find attractive.

Why?

It's pretty simple.

The guy isn't actively making the woman feel a spark of sexual attraction for him.

Instead, he usually will talk to a woman in a neutral way, so he'll talk to her as a friend and just have a normal friendly conversation with her.

The all important sexual spark will be missing though.

He could be talking to her for 20 minutes and another guy will come along and start talking to her for 30 seconds to a minute and the other guy can take her if he includes the all important sexual spark.

The other guy will make the woman feel a sexual spark for him by using some ballsy humor, flirting with her, being very confident in the way that he talks to her, playfully messing with her and so on.

Additionally, if the confident guy who got rejected was being too nice to the woman and was putting on a bit of an act of being nicer than he actually is, then the other guy can really benefit from that if he is being more real.

The woman will turn to him.

She'll feel interested in him because she will be able to see that that guy is more charismatic.

He's letting his real personality come through and therefore he's more charismatic, he's more interesting, he's more appealing.

She's interacting with the real version of him, but the other guy, she doesn't really know who she is interacting with.

He's putting on a bit of an act.

So, with a confident guy who doesn't really know how to make women feel sexually attracted to him and want him in that way, he can benefit from the advice of a dating coach like myself where I fill in the missing pieces of the puzzle for him.

For example: A confident guy will often get rejected by women because when he meets an attractive woman that he really likes, he'll immediately start to show interest in a relationship.

He'll come across as a guy who is hoping to be her boyfriend and she doesn't want that.

She wants a guy who's more of a challenge.

If he does that with an unattractive woman, then great, she is going to be all for it, but an attractive woman wants a guy who's more of a challenge.

She doesn't want to accept one of the thousand guys who are lining up hoping to get a chance to stick it in her.

She wants a guy that she feels lucky to get with; a guy that she has to try to impress a little bit.

She has to be on her best behavior around him in order to get a chance with him.

Additionally, with confident guys who struggle to make women feel attracted to them, it can also be because the guy is talking to the woman in too much of a neutral way.

He wants to have neutral conversations with women and be friendly, but the all important sexual spark is missing.

So, in cases like that, the guy needs to start adding in ballsy humor, being a bit more playful in the way that he talks with women, being a bit more challenging and letting his real natural charisma come through by being his real self at all times.

So, how about you?

Could you identify with any of the guys that I was talking about in this video?

Were you a mix of some of those?

Were you exactly one of them, or did you give yourself a different title?

For example: With number 4, a shy guy who can't work up the courage to approach and talk to women, could also be a confident guy who can't work up the courage to approach and talk to women.

Some guys are very confident in pretty much every other area of their life, but when it comes to walking up and talking to a woman that they find attractive, well, that's another story altogether.

They don't have that confidence and in that case, a guy can learn from a dating coach like myself to get that confidence so he can get on with having sex and relationships with women of his choosing.

Learn More?

Okay, I hope you enjoyed this video and learned something from it.

If you'd like to learn more, I recommend that you read my eBook, [The Flow](#), or listen to the audiobook version, [The Flow on Audio](#).

The Flow is everything that you need to know to go from hello to sex with a woman that you find attractive.

It includes my best examples of how to start conversations, how to keep conversations going, how to keep conversations interesting, how to make women feel attracted to you, how to use the type of humor that women find attractive, how to be confident around women, how to attract them with your confidence, how to get to a phone number, how to get to a kiss, how to get to a date, how to get to sex and so on.

It also includes examples of what to text a woman when you get her phone number, so she feels attracted to you and wants to go on a date with you.

Improving Your Skills With Women is a Good Thing

One final point that I want to make for you in this video, is that there's nothing to be embarrassed about when it comes to learning how to attract women and improve your success with women.

In society, we men are expected to just know this stuff and get on with being a man.

Yet, we're not taught this type of thing in school.

We're also not taught it on TV and if you ask women about it, you usually get politically correct answers and you get led astray.

They tell you to just be nice, give the girl compliments, wait and be patient.

Then, you see a guy who is a good guy, but he's not being really nice to women.

He's just being normal.

He's being confident and he's able to attract women and get to kissing and sex right away.

He doesn't have to be patient and be the girl's friend and give her lots of compliments.

He gets with her pretty much right away and he enjoys his choice of women.

That happens because some guys are naturally good with women and get that stuff done easily and just get on with enjoying their life and other guys learn how to do it.

They learn what to say to women to make them feel attracted.

They learn how to get to a phone number, a kiss, sex and date and they enjoy themselves or they get on with enjoying their choice of women.

So, if you're not getting the results that you want with women, don't be embarrassed to start learning.

If you've enjoyed this video so far, keep watching some of my other videos or check out my eBook, [The Flow](#) and learn my best techniques.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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3 Ways to Attract a Woman You Just Met

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

As you go through your everyday life, you will randomly meet women every now and again.

You'll have an opportunity to attract them and get to sex or relationship.

Yet, if you don't know how to attract women as you talk to them, then you won't be able to capitalize on those opportunities.

You'll end up meeting a woman, you will like her and something could happen between you and her, but because you don't know how to create a spark of attraction inside of her and build on that, then you lose your opportunity with her.

You and her end up going your separate ways and nothing ends up happening.

So, an essential skill to have as a man is to be able to attract women on purpose; to actively make a woman feel attracted to you as you talk to her and to be able to do that at will.

When you have that skill, you're no longer relying on getting lucky on women.

Instead, you know that when you talk to a woman, you're going to be able to make her feel attracted to you as you talk to her.

So, what are some ways that you can do that?

Let's begin with number 1...

1. Attract her with your confidence

An example of attracting her with your confidence is that you don't lose confidence in yourself when she pretends to lose interest in the conversation, or when she teases you to see if you're going to start doubting yourself around her.

So, when a woman pretends to lose interest in talking to a guy, what a guy will usually do is that he will try harder.

He will start to appear tense and unsure of himself.

He will try to seem cooler.

Then, the woman will lose interest because she can sense that he doesn't feel like he is good enough for her.

He doesn't feel confident around her.

On the other hand, a guy who is confident won't start doubting himself when a woman pretends to lose interest in the conversation.

He will have the knowledge that women pretend to lose interest in a conversation to test a guy's confidence.

He will know that he doesn't need to panic.

He will also know that she is going to feel attracted to him when she can see that he's not doubting himself.

When she can see that, no matter how difficult she behaves in the conversation to test his confidence,

he doesn't start to doubt himself.

He knows that he's good enough.

He is relaxed and at ease.

He doesn't try hard to be cooler because he already is a cool guy.

He doesn't need to try hard to impress her because he is confident around her.

He knows that he is good enough for her.

Now, the thing is, many guys out there are able to maintain their confidence around a woman that they're not attracted to, or around a woman that they're not trying to hit on and sleep with, such as a woman who is already married, a co-worker, or the girlfriend of one of his friends.

In a case like that, he's not trying to pick the woman up and can feel confident in himself because he's not trying to get anything from her.

He's just hanging out, being himself and being confident.

Yet for many guys, when they talk to a woman that they find attractive and that they have a sexual or romantic interest in, that's when their confidence starts to fall apart.

The guy starts doubting himself.

He starts thinking that he's not good enough for the woman.

As a result, he starts to behave in awkward and nervous ways that ends up turning the woman off.

The thing is, some women will accept a guy who is nervous and insecure, but those women usually aren't the attractive women that a guy really wants to be with.

It's usually unattractive women or it's women who want to manipulate a nervous, insecure, self-doubting guy.

The woman just wants to keep him around for a while, make him fall in love with her and then she's going to break his heart by dumping him or cheating on him when she finds a guy who is more confident than him.

So, if you don't want to end up in a situation where you have to accept unattractive women, or you end up getting with a woman who doesn't really want to be with you anyway and who's just planning on breaking your heart by dumping you or cheating on you, then you need to make sure that you are confident around the types of women that you find attractive.

If you're talking to a woman that you find attractive, you want something to happen with her and you notice that she's losing interest in the conversation or she seems to be becoming a little bit distant; don't panic.

Don't start doubting yourself and think, *"I'm losing her. What am I going to do?"*

Just relax.

Know that you are good enough and know that if she can see that you're not doubting yourself or panicking because she's pulling back a little bit from the conversation, then she's going to feel attracted to your confidence.

She's going to look at you as one of the rare guys who can maintain his confidence around her, regardless of what she says or does.

By the way, what happens next is really interesting.

When a woman can see that you're not doubting yourself around her and you're able to maintain your

confidence, she starts bringing out her easygoing, friendly, nice girl side.

She starts being much more interested and attentive and easygoing.

She becomes an easier pickup.

She stops playing hard to get because she sees that you are a guy who is confident enough for a woman like her.

Another way to attract a woman you just met is to attract her with your masculine vibe or conversation style...

2. Attract her with your masculine vibe or conversation style

Just like a woman's feminine vibe and energy attracts us to her, our masculine vibe and energy attracts women to us.

A mistake that some guys make is to suppress their masculinity and instead, try to be seen as a nice, sweet, friendly and cute type of guy.

A guy who hopes that if he behaves more like the woman that he's interacting with and he is able to get along with her on her level, then she's going to like him.

Yet, suppressing your masculinity around a woman simply makes her see you as just a friend, if anything at all.

Now, there's nothing wrong with being a good guy or being friendly, but she has to feel as though you enjoy being a man and aren't a confused guy who thinks that he needs to be like her in order to be liked by her.

If you can maintain your masculinity around her while also enjoying the interaction, she will feel attracted to you.

You don't have to go overboard and be the most manly guy in the world in order to make a woman feel attracted to your masculinity.

You just need to let her sense that you enjoy being a man and you don't suppress your masculinity out of confusion (i.e. because you think that you have to be like the woman in order to be liked by her), or out of fear (i.e. because you're worried about being judged for being manly).

Now, some guys make the mistake of going too far when trying to express masculinity and they end up acting aloof, or not saying much or anything when talking to a woman to try to prove that they're manly.

Yet, that doesn't work either.

To attract a woman with your masculinity, you need to strike a balance between enjoying the interaction with her and allowing her to sense that she is clearly different to you in terms of energy.

Let her sense that you don't suppress your masculinity out of fear of being judged, or out of confusion of trying to be more like her to be liked by her.

When you can embrace your masculinity and calmly express that in a relaxed manner as you talk to a woman, she will naturally feel attracted to you.

Another way to attract a woman that you just met is to attract her with your sense of humor.

3. Attract her with your sense of humor

Many guys are able to use their natural sense of humor around their family or close friends, but when a guy gets around an attractive woman that is single and he's hoping to sleep with or get into a relationship with, his natural sense of humor is often suppressed.

He wants to use nicer jokes.

He wants to use safer jokes.

He wants to be on his best behavior around her.

He doesn't want to say anything that might offend her or might cause her to feel a bit shocked.

He wants to come across as a nice guy and be liked by her as a person.

Yet, by using that approach, he ends up in the friend zone and if another guy comes along, who is a good guy, but doesn't use nice safe humor and instead has the balls to use some ballsy humor with her to make her feel a bit shocked or nervous around him, then she's going to feel attracted to that guy instead.

So, I'm going to give you some examples now of what to say to use that type of humor that attracts women, but before I do, I just want to talk about the fact that some guys wonder why this type of humor attracts women.

They think, *"Why are women attracted to humor from a guy who seems to be messing with her? He's playfully teasing her, he is making fun of her in a way. He's not taking her so seriously. What's going on there?"*

Well, one way to answer that question is to say, *"Why are we men are attracted to a woman's tits? Why do we like titties?"*

There are many psychological and breeding related reasons why we like a woman's titties, but the reality is most men just like tits and that's all they want to think about, *"I like tits. I like to grab them. I like to suck them. I like to play with them. I like the shape of them"* and so on.

Yet, if you think about it, you might realize that it's quite weird how attracted we feel to a couple of bags of flesh on a woman's chest.

We men feel so attracted to a woman's tits.

Of course, there are psychological reasons why we feel attracted to a woman's tits and you can get into the science of it and realize that it's our body recognizing that she is a fully developed woman that can potentially produce offspring, but that's another story.

Likewise, some guys might find it a bit weird that a woman would feel attracted to a guy who is playfully messing with her, is teasing her and making her feel a little bit nervous about herself and excited at the same time, but that's attraction for you.

Attraction can be a little bit weird to understand on the surface level, but if you dig deep into the psychology of it, it makes total sense.

So, what are some examples of things that you can say to use the type of humor that attracts women?

The first example is where you ask a woman where she's from. *"So, where you're from?"* [She says that's she's from Richmond, for example].

"You're from Richmond. You know what they say about girls from Richmond? Oh, you don't know?"

Hey, I'm not sure if I should tell you then."

At that point, a woman will be laughing and she'll be interested to know what they say about girls from where she comes from.

You can then just make up something on the spot.

For example: You might say something like, *"Well, they say that girls from Richmond are more naughty than nice. I don't know about you, though, you seem nice the naughty."*

Alternatively, you might say, *"Well, they say that girls from Richmond have really good manners and when they're talking to a guy who has an empty drink, they go and buy him a drink."*

Then you look at your empty drink and you have a laugh with her about that.

Another example is where you're talking to a woman, she's enjoying the conversation with you and is laughing and then say something like, *"I like you."*

You can then say something like this. *"Thanks. I like me too."*

Alternatively, you might playfully say something like this, *"No...you don't like me. You like, like me, don't you?"*

Talking to her in that way brings her back to her school yard memories of having a crush on a guy that she really liked.

If you can remember when you're back at school, someone might have asked you, *"Do you like her, or do you like, like her?"*

As you may remember, that's the sort of language that very young people use when they like another person in a romantic way.

Another example is where you're talking to a woman at a house party, or a wedding reception, or you're at a bar, or something like that, where she's having a few drinks.

She might be a bit tipsy and she might then stumble and touch you.

Some women do that because they want to show interest in you.

Some women show interest in guys in very weird ways and they try to flirt like that and just accidentally stumble and then touch you on the chest and say, *"Oh, sorry,"* sort of thing to show that they are interested in you.

Pretty weird, but, you know, that's women for you.

They do some weird things at times.

So, if you're talking to a woman and she accidentally stumbles and then touches you, or she purposely accidentally stumbles and then touches you, you can then say playfully something like this. *"Oh, so you're throwing yourself at me now. Jeez, settle down, girl."*

Alternatively, you might playfully say something like this, *"Whoa, okay. Someone can't handle their alcohol."*

Essentially, you're playfully messing with her.

You're not one of those desperate guys who are on their best behavior.

If a woman stumbles and touches them, the guy's like, doesn't do anything about it and just thinks, *"Well, I can't say anything about that. She might think it's rude. She might think that I'm assuming she likes me and blah, blah, blah."*

The guy just wants to be nice.

He just wants to be really good to her and hope that she's going to like him as a person.

Yet, what you need to understand as a man is that you can CREATE feelings of attraction inside of a woman.

You can make a woman feel attracted to you based on how you talk to her, how you behave around her and how you get her to behave around you.

So, for example: If a woman accidentally stumbled and then touched you on your chest and you then said, *"Oh, so you're throwing yourself at me now."* and she then said, *"No, no, no, I just accidentally stumbled."*

You can then smile and playfully say something like this, *"Yeah, yeah, I believe you. Okay. Smooth."*

Now, it's important to point out that you're only joking with that sort of thing.

You're not being serious and saying that you are seriously accusing her of hitting on you because she stumbled and touched you.

You're not being serious about it.

You're just joking around.

You don't feel the need to be on your best behavior around her.

You're confident in yourself, you know that you're good enough for her and as a result, you don't need to suck up to her and try to win her over.

You know that you're good enough for her.

Okay, so a final example of this type of humor is where you're talking to a woman in a bar, or at a party, or some sort of social event and then you say something like this. *"You know, you're the prettiest girl in this bar. Actually, second prettiest. Wait, wait, wait, wait, third prettiest. Nah, never mind. I like you for who you are."*

At that point, she is most likely going to be laughing and you can then tell her that you're just kidding and you think she's very pretty.

Then, you can get on with the conversation.

She's going to be feeling attracted to the fact that you are a confident guy who can make her laugh and you're not on your best behavior around her, sucking up to her and hoping to get a chance with her.

You're not one of those type of guys.

You are a man who believes in himself.

You are so confident in yourself that you don't feel the need to be on your best behavior around an attractive woman.

You have the balls to playfully mess with her and joke around with her.

You have the balls to use that type of humor that makes her feel a bit nervous, makes her feel a bit unsure of yourself, but at the same time, she feels excited, she feels happy, she feels interested and she wants to keep talking to you.

A lot of guys don't want to make women feel that way when they're talking to them.

They just want to make a woman feel nice, neutral, emotions and hope that something happens and that's why so many guys don't get anywhere when they meet women and want to have sex with them

or have a relationship with them.

There's just no sexual spark and it feels more like a friendly, neutral interaction.

What you need to understand is that as a man, you can CREATE a spark with a woman.

You can literally MAKE HER feel sparks of attraction for you as you talk to her.

You can then build on that attraction and get to a kiss and have sex with her on the first night or get her phone number, set up a date, have sex and get into a relationship.

Learn more?

Okay, I hope you've enjoyed this video and learned something from it.

If you'd like to learn more, I recommend that you read my eBook, [The Flow](#), or listen to the audiobook version, [The Flow on Audio](#).

The Flow is everything that you need to know to go from hello to sex with a woman that you find attractive.

It includes my best examples of how to start conversations, how to keep conversations going, how to keep conversations interesting, how to make women feel attracted to you as you talk to them, how to get to a phone number, a kiss, date, sex and into a relationship if you want that as well.

The Flow also includes examples of what to text a woman after you get her phone number, so she feels attracted to you and wants to go on a date with you.

Men all over the world have used my flow method to enjoy their choice of women and you can do it too.

Additionally, if you'd like to learn even more than what you learn in The Flow and you want to get even more examples of what to say, even more techniques for being confident, even more techniques for making women feel attracted to you and want to be with you, then you can get one of [The Flow Booster Packs](#).

Women Want Love and Sex Too, But They Need to Feel a Spark First

One final point that I want to make for you in this video is that sometimes you'll meet a woman who is open to something happening between you and her and is hoping that there is going to be a spark between you and her, but when there isn't, she then goes home, is single and alone and wonders why she can't find herself a guy who she feels a spark with.

In most cases, it's because the guy she meets are either being too neutral with her or being too nice. They're just talking to her in a friendly way, or they're just being nice to her and hoping that something happens.

So, if you want to attract a woman that you've just met, make sure that you are ready to make her feel sparks of attraction as you talk to her.

Don't make the mistake of being Mr. Neutral who just wants to have friendly, formal, polite conversations with her and don't make the mistake of being Mr. Nice who wants to suck up to her

and hope to get a chance with her because you're showing her how good of a guy you are.

Instead, be the good guy that you are while also displaying personality traits and behaviors that naturally attract women.

When you do that and you see that it works, you will then realize that you have been good enough for women all along.

You have met women that you could have hooked up with sexually or got into a relationship with, but you didn't create a spark and as a result, you and her went your separate ways.

Yet, now that you can attract women as you talk to them, you're able to make women feel a spark for you.

They feel sexually and romantically attracted to and they want something to happen.

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Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Are You Good Enough For Pretty Women?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Are you good enough for pretty, attractive women?

When you look at photos like this, do you think that you're not good enough for these women, or do you say to yourself, *"Yes, I am good enough. If I met a woman like this, I could easily talk to her and feel confident."*

What do you think and feel when you see photos of pretty women?

Do you think that you're good enough for them, or do you think that you're not good enough?

I hope that when you see pretty women you believe that you are good enough for them.

Unfortunately, in today's world so many guys go through life thinking that they're not good enough for women...yet.

A guy will say to himself, *"I need to build up my career and then women will like me. I need to build up my muscle and then women will like me. I need to move to a new apartment or house with better furniture, in a better location and then women are going to like me."*

Yet, due to the way that he perceives women, he ends up developing insecurities about himself and he almost never feels good enough for women.

Even when he gets the muscle, he still feels like he's not good enough.

For example: A guy will build up some more muscle and then he'll go out with his friends to meet women, or he'll try to use online dating, or he'll try to meet women through whatever situation he can and he'll find that he's still getting the same kind of results with women (i.e. not getting laid, not getting a girlfriend or only being able to attract unattractive women).

He's built up the muscle.

He thought he was going to make women fawn all over him, but they're not.

Of course, some women may grab at his biceps at times when they're talking to him and say, *"Well now, you've got big arms,"* but it doesn't go anywhere.

The women aren't saying to him, *"Okay, you've got big biceps, therefore, we need to have sex right now."*

It's just not happening for him.

So, what does he think?

He thinks that he's not good enough for women...yet.

He's got to make more money.

He's got to move to a better location.

He's got to get a better car and then women are going to like him.

Now, a guy like that might try to then make some of those improvements in his life, but if he's paying attention, what he'll notice is that other guys who don't even have those things are able to get laid and get a girlfriend.

The reason why, is that the guy who goes through life thinking that he's not good enough yet, gives women the impression that he is trying to live up to their standards, in order to hopefully get a chance

with them.

A guy like that is hoping that when he says his occupation or says where he lives, when he talks about his location, that the women are going to say, *“Wow, you live there?”* or, *“Wow, your work is that? Okay, cool I’m interested.”*

He hopes that the woman is then going to be easy.

Yet, what he finds is that women that he finds attractive aren’t making it easy for him.

Of course, if he says it to an unattractive woman then she’s going to be happy about that.

She’s going to be happy about the fact that a high-quality guy sees himself as not being good enough for her and he’s hoping to impress her by telling her about his occupation, his location or trying to impress her by having some muscles or whatever.

She is looking at him thinking, *“Cool, a guy that doesn’t know his value, I can get this guy.”*

She then latches onto him.

Yet, an attractive woman doesn’t react in that way.

Even though the most attractive women won’t go around admitting it, what they really want is a guy who sees himself as being more than good enough for them.

A guy who knows that he is good enough for the attractive woman, but he’s also a good guy.

The way that it works is that some attractive women are extremely picky and will only accept a rich guy who is famous, or a rich guy who is really good looking, has the perfect body and lives an amazing lifestyle.

Yet, those women really are the minority.

They are not the 95% of attractive women, they are the 5%.

Some people refer to women like that as gold-diggers.

Those women exist.

Those women have an agenda, that is true.

Yet, for most attractive women out there, they are more than happy to invest their time and invest themselves in a guy that has potential.

He doesn’t already have to be successful.

If that wasn’t true, then no guy working as a bartender, a waiter, an office clerk or anything like that would be able to get laid or get a girlfriend.

So, the reality is that most attractive women are more than happy to invest their time and themselves in a guy who has potential.

Potential is a very important word here.

It doesn’t mean that you have to absolutely succeed and become a massive success because most people don’t become a massive success in life.

Most people live fairly ordinary lives and most attractive women are in a boyfriend-girlfriend relationship with the guy who is living a fairly ordinary life, or are married to a man who is living a fairly ordinary life.

In fact, many couples meet before the man ever becomes successful in life.

Many couples meet when they are still trying to figure out who they are, what they want in life,

where they want to go and so on.

What you need to understand as a man is that it's a huge waste of time and energy to try to build yourself up with muscles, with career and with living in an amazing location to hopefully be good enough for a woman one day.

There's nothing wrong with going to the gym.

There's nothing wrong with building up your career.

There's nothing wrong with living in a nice location, but if you're doing those things to hopefully be good enough for women one day, then you're doing it wrong.

The reality is that you are already good enough for the majority of women out there.

Don't get me wrong though.

I'm not saying there aren't women out there who will only accept a rich guy, who is already successful.

Those women exist, but the majority of women will happily accept and fall in love with and stay with a man who has potential, a guy who may succeed one day.

That doesn't mean that the guy has to do all the work and she just has to come along for the ride.

It may be a case of them both working together to create a secure future for themselves together.

Alternatively, it might be a case of them both working towards being able to get a house together, being able to start a family together and when she does give birth to children, she's able to stay at home and look after the kids for maybe the first two years of their life and then she has to go back to work or whatever.

It's not about the man having to do everything, have everything and be everything and then he's going to be good enough for women.

Don't go down that path in life.

If you go down that path in life, you will inevitably attract women who are gold-diggers, who want to use you and take advantage of you.

Surely, you don't want those type of women.

Surely, you want a woman who loves you and is attracted to you and respects you for who you are right now and who you could potentially become in the future.

So, even though you're going to become an even better man in the future, don't let that hold you back from living your life, enjoying sex and relationships with women because you think that you're not good enough *yet*.

Don't think that you going to be good enough one day in the future.

Know that you are good enough now.

When you know that you are good enough now, you exude the type of confidence that women are naturally attracted to.

Women see that you are a guy who believes in himself and you are also a guy who has a vision for your future.

You know what you want in future.

You know that you're going to try to head in a particular direction in life and succeed at something.

You don't have to have already succeeded.

You just have to be a man who believes in himself and knows that he's good enough right now.

So, how can you show that to a woman when you talking to her?

Well, don't try to impress her with your credentials.

Don't try to say, *"I work as this"* and then hope that it impresses her.

Don't try to say, *"Hey, I'm working on this project and I'm going to be really successful in the future"* to hopefully impress her.

Don't say, *"I live in this location"* and then hope that it's going to impress her.

Just know that you are already good enough right now as you are without even saying anything to her.

If you can honestly feel that and believe it, then it's going to come through in your body language.

It's going to come through in your vibe.

It's going to come through in the way that you talk to her and she is going to respect you for it.

She is going to look at you as a high-value guy.

You're not like other guys who are hoping to suck up to her and live up to her standards in order to get a chance with her.

You already know that you are good enough for her.

Now, of course, if a guy does work in a great job, does live in a great location, does have muscles, does have a nice car or anything like that, then it's going to be something that is extra and appealing about him and so on.

Yet, what you need to understand is that the majority of guys out there do not work in a high-flying job, live in an expensive apartment or home, drive an expensive car and so on.

The majority of guys out there are just normal everyday guys going through life, but they're still able to get laid and get a girlfriend.

In many cases, you will see them with very attractive women and you wonder what is going on there.

In most cases, the guy doesn't have that mindset where he thinks, *"I need to have all of these things in place in my life before I'll be good enough for a woman."*

He knows that he's already good enough for women right now as he is and then he just gets on with enjoying sex and relationships with women.

Learn More?

Okay, I hope you've enjoyed this video and learned something from it.

If you'd like to learn my step-by-step method for approaching women, making them feel attracted to you, building on their attraction and getting to a phone number, kiss, date or sex, then go ahead and read my eBook, [The Flow](#), or listen to the audiobook version, [The Flow on Audio](#).

When you read *The Flow* or listen to *The Flow on Audio*, you will learn exactly what to say and do, to go from hello to sex with a woman that you find attractive.

The Flow includes my best examples of how to start conversations, how to keep conversations going,

how to keep conversations interesting, how to make women feel intense attraction for you as you talk to them and then get to a kiss and sex that night or get her phone number, set up a date, go on a date with her, have sex with her and start a relationship.

When you use The Flow approach on women, everything flows from one step to the next, naturally and easily.

You don't get stuck with a woman playing games and playing hard to get, because she is attracted to you, she wants you and she wants something to happen between you and her.

Improve Yourself, But Always Know That You Are Already Good Enough For Most Women Out There

One final point that I want to make for you in this video is that there's nothing wrong with building up your career.

There's nothing wrong with being ambitious and trying to become a success in life.

There's nothing wrong with going to the gym and building up some muscle and there's also nothing wrong with getting a nice place, living in a nice area, driving a nice car and so on.

Additionally, it is true that those things can improve a guy's attractiveness to women, but when a guy improves those things in his life and he still thinks that he's not good enough for women *yet*, it doesn't improve his success with women.

He still gets the same result.

He still comes across as a guy who doesn't think that he's good enough for attractive women.

Attractive women don't want that.

An unattractive woman will want that because she thinks, "*Cool, a guy who doesn't know his value, I'll latch onto him.*"

Yet, if you want to have sex with an attractive woman or have her as your girlfriend, you have to believe that you're good enough for her right now.

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3 Practical Tips on How to Get a Girlfriend

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

So, how do you get a girlfriend?

How do you meet a beautiful, pretty woman, make her want to be your girlfriend and then get into a relationship with her?

In this video, I'm going to give you 3 practical tips on how to make that happen.

Let's begin with number 1...

1. Meet a woman and make her feel sexually attracted to you

Sometimes you'll meet a woman and she will like you immediately without you having to do anything.

That's called getting lucky.

Yet, what if you meet a woman and there isn't that instant spark between you and her?

What if she doesn't immediately like you and wants something to happen?

Well, that's where you make her feel attracted to you.

You make her feel a spark of sexual attraction for you and you build on it as you talk to her.

When a guy is struggling to get himself a girlfriend, this is usually the number 1 mistake that he is making.

He meets women, feel sexually attracted to them and doesn't say or do anything during the interaction to make the woman feel sexually attracted and turned on by him.

He's just being friendly and neutral and hoping that something happens.

He's hoping that he's going to get lucky.

Yet, when a guy uses that approach, he's usually single and alone for months or even many years at a time.

Just being friendly and neutral is not a reliable strategy to get a girlfriend.

What you may have noticed is that some guys, when they meet women, are able to start talking to them and sparks fly immediately between themselves and the woman.

You might have also noticed that the guy is able to do that with most of the women that he meets.

Most of the women that he talks to, he's able to create a spark with them.

He gets them laughing, giggling and showing interest in him.

They like him.

They see him as being attractive.

So, what's going on there?

Well, the guy isn't relying on hopefully getting lucky.

What he's doing is that he is talking to the women in a way that makes them feel sexually attracted.

That is something that you can do.

So, to help you understand how it works, I'll first give you an example of how I would talk to a woman if I was only being friendly and neutral and I wasn't intending on creating a spark between myself and the woman.

"Hey, how you doing? I'm Dan. What's your name? Jenny? Nice to meet you, Jenny. So what do you do? You work as a nurse. Alright, so you like to help people. How long you been doing that? That's cool."

Talking to a woman in that way does not make her feel sexually attracted and turned on.

Now, let's try a different approach to the conversation.

"Hey, how you doing? I'm Dan. What's your name? Jenny? Jenny in the black dress. You know...there are a few women here tonight wearing black dresses, but you really pull it off. It's working for you."

She then says, *"Thanks"* or laughs and is flattered.

"So Jenny, what do you do? You're a nurse, alright. So you like hurting people then?"

She then might be thinking, *"Huh? I like hurting people. What do you mean?"* and she might say something about that.

You can then smile, laugh and say, *"You'd be a mean nurse, I can tell. I can see it now. 'Excuse me, Mister Patient. I'm going to insert the syringe right now. It might hurt a little bit.' That's you, isn't it? You'd be a mean nurse. No, I'm just kidding. You seem like you'd be a sweet, nice type of nurse, but would you be? What type of nurse are you?"*

Here's another approach to the conversation that will spark some attraction.

"Hey, how you doing? I'm Dan. What's your name? Jenny? That name suits you. You look like a Jenny" and then have a laugh with her about that.

"So, Jenny, what do you do? You're a nurse? You don't look like a nurse."

She will then ask you what does she look like, what type of profession you think she does and you can say something playful.

"Well, I wasn't thinking nurse. I was thinking more like a mechanic or something like that."

Now, if she's a feminine woman, she's going to laugh at that.

She's going to know that she doesn't look like she's a motor mechanic who gets her hands greased up and isn't able to grow her nails long or anything like that.

She's going to know that you're joking.

You can then reach out to check her hands and say, *"Alright, well, let me see your hands just to make sure. Yeah, right, okay, they're nice, soft hands...nice nails. You're definitely not a motor mechanic"* and have a laugh with her about that.

By talking to her in that manner, it brings out her girly side.

It makes her show her fun, easygoing, playful side rather than you having a serious conversation with her about what she does for a living and what her name is. *"Hi, what's your name? Jenny? Oh, Jenny. How you doing and what do you do? Oh, you're a nurse. Oh, that's nice and what hospital do you work at? Oh, really? How long you been working there for?"*

There's no spark between you and the woman when you talk to her in a formal, neutral way like that. So, by talking to her in the way that I demonstrated earlier you're turning the interaction into

something that's much more easygoing and fun.

You're also turning an otherwise boring, forgettable conversation about what her name is and what she does for a living into something that's going to create a connection between you and her, into something that's going to be much more fun for you and her to get involved in.

Now, one thing to point out is that you don't have to talk to a woman like that all the time.

You just need to be able to add that type of thing in to conversations.

When you do, what you'll notice is that many of the women you meet feel attracted to you and they show you their girly side.

They show you their more easygoing, playful side.

They show you interest.

They open up to the interaction and they feel attracted to you.

Yet, if you just talk to women in a friendly neutral type of way and try to have serious conversations all the time, then you're not going to be making most of the women that you meet feel a spark for you.

You might be able to get lucky every now and again when you meet a woman and you don't have to do anything and she likes you, but that is not a consistent reliable approach to get a girlfriend.

If you want to have your choice of women, you need to be able to make them feel attracted to you as you talk to them.

2. Don't ask her if she's looking for a boyfriend

A common mistake that guys make when trying to get themselves a girlfriend is that they meet a woman, feel sexually attracted to her and immediately begin to want to have her as a girlfriend (i.e. he is smitten, falls in love at first sight).

The guy then starts asking questions like, *"So are you looking for a boyfriend right now?"* or, *"What do you look for in a boyfriend?"* or, *"What do you look for in a man?"* and so on.

He's essentially saying to her, *"I want to be your boyfriend. Can you tell me what you're looking for?"* or, *"If you're looking for a boyfriend, then I'm going to try to be your boyfriend."*

Asking questions like that puts too much pressure on the situation and the woman.

It's also a little bit outdated.

Back in the 1800s and the early 1900s, when a woman would save herself for marriage, a man needed to ask her if she wanted to be with him.

In most cases, he then needed to ask her father for permission to marry her.

Obviously, the dating scene has changed.

The world has moved on from being virgins at marriage.

It still happens in some places around the world, but for the most part, the way that it works these days is that a man and a woman get to a first kiss, they then have sex and then they start to date for a while and then they get into a relationship.

Sometimes a man and a woman meet and they get into a relationship immediately.

It just happens immediately.

Yet, for the most part when you meet a woman, if you want her to be your girlfriend, then get to a first kiss, have sex with her, start dating and you'll naturally get into a relationship with her.

You don't need to ask her questions like, "*So, are you looking for a boyfriend right now?*" because a woman will almost always say "*No*" or say that she's not sure or say that she's just enjoying life and has no plans on settling down.

She doesn't want to come across as too easy.

She also doesn't want to be forced to make a final decision about whether or not she wants to get into a relationship with a guy right now.

She wants to start dating him and see how it goes.

So, when you're dating her and having sex with her, if the feelings between you and her are growing stronger and stronger, you will naturally get into a relationship.

Yet, for most women, prior to that, they don't want to commit to the idea of being your girlfriend.

If you were trying to get a woman to commit to being your girlfriend and are trying to live up to her expectations to hopefully achieve that, then she's going to play hard-to-get and she's probably not going to want to get into a committed relationship with you, which leads me to tip number 3...

3. Let her be the one who is trying to get you to commit

Sometimes you'll meet a woman and both you and her will commit to each other immediately.

It'll just flow perfectly, smoothly and you won't need to do anything.

Yet, as I said earlier, that's called getting lucky and it usually doesn't happen with the women that you're the most attracted to.

So, to take control of the situation, you need to know how to make her really want to be your girlfriend.

One of the ways to do that is to let her be the one who is trying to get you to commit.

This is where so many guys mess up with an attractive woman.

They meet an attractive woman, they start to fall in love with her right away and they really want to get to be her boyfriend.

They start to imagine a great future with her and are trying to live up to her expectations to hopefully be accepted as her boyfriend.

Yet, what that does is that it gives the woman too much power in the situation.

She starts playing harder to get than she actually is.

So, the way that you have to approach it is to make her feel sexually attracted to you, get to a kiss, get to sex and then make sure that you're not trying to push for a committed relationship.

If you don't push for a committed relationship, you're going to get it because she is going to want it.

As a result, it's going to be about you allowing her to be your girlfriend rather than you having to try really hard, impress her, live up to all of her increasing expectations and demands in order to hopefully be her boyfriend.

The thing is some guys find it really difficult to be the one who allows her to try to get him to

commit.

Some guys find that difficult because they think, *“Oh, that’s cruel. I don’t want to do that to her. I want to show her that I’m completely committed to her. I want to show her how special she is to me and how much I love her.”*

Yes, that can work with some women, but with most attractive women that you meet, their dream is to be able to meet a guy who makes them feel like they need to live up to his expectations.

She has to be on her best behavior.

She has to impress him.

She has to turn on her charm and be a really good girl to him in order to be his girlfriend.

When you approach it in that way, she gets what she really wants and you get what you really want which is a great girlfriend.

You want a girlfriend who loves you, respects you, feels attracted to you and wants to be a good girl for you.

So, if you want to bring out that side of her, make sure that you make her feel a lot of attraction for you, get to a kiss, have sex with her and then don’t push for a relationship.

Let her be the one who is trying to get you to commit to her then it’s about you allowing her to be your girlfriend.

Learn More?

Okay, I hope you’ve enjoyed this video and learned something from it.

If you’d like to learn more, I recommend that you read my eBook, [The Flow](#) or listen to the audiobook version, [The Flow on Audio](#).

The Flow is everything that you need to know to go from hello to sex with a woman that you find attractive.

The Flow includes all of my best examples of how to start conversations, how to keep conversations going, how to keep conversations interesting, how to make women feel sexually attracted to you and turned on by you as you interact with them, how to create an unforgettable connection between you and a woman, how to touch her for the first time in a way that she welcomes and feels turned on by, how to get her phone number, how to get a first kiss, how to get a date, how to get to sex on the first date.

Additionally, it also includes techniques on how to get to a first kiss and sex on the first night if you want to take that route instead.

When you read The Flow or listen to The Flow on Audio, you will know what to say and do at each step of the way with a woman so you don’t get stuck.

You are always able to flow from one step to the next, so you can get to kissing, sex and then into a relationship if you want that as well.

Make it Easy For Yourself

One final point that I want to make for you in this video is that getting a girlfriend really is easy when you approach it in the right way.

So many good guys get rejected by women because they approach the interaction in the wrong way.

They start talking to a woman and are just being friendly, nice and neutral.

The guy is hoping that something happens between himself and the woman.

In other words, he's hoping to get lucky.

Additionally, some guys start talking to a woman and they see her as being way more valuable than themselves so they are extra nice to her, they are more polite and they try to impress her and live up to her standards.

The woman can sense it and she knows that the guy is hoping to get a chance with her, so she starts thinking of herself as being better than him, even though she isn't.

He is making her feel that way based on his approach to the interaction.

The right way to approach getting a girlfriend is to see yourself as being good enough and then back that up, by making women feel attracted to you as you talk to them.

When you do that, you will see that many of the women you meet feel attracted to you.

They feel a spark.

You can then honestly, sincerely believe that you are good enough because when you interact with women, you make them feel attracted.

It's happening all the time.

When you approach it in that way, you can then enjoy your choice of women.

You can choose your girlfriend, rather than having to just accept whatever you can get.

You get to choose an attractive girlfriend and then based on the approach that you're using, she tries to get you to commit to her, so it's about you allowing her to be your girlfriend.

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4 Ways to Know if the Girl You Are Dating is the One For You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

So, how can you know if the girl that you're dating is the right one for you?

Sometimes you start dating a woman and you're having sex with her and it feels good at the start, but eventually, she shows you a side of herself that you don't really like.

Then you start to think, *"Is she the right girl for me? Should I start dating other women at the same time? Should I dump her, or should I stick with it and see if it gets better?"*

What should you do?

How do you know if the girl that you're dating is the right one for you, she's worth sticking with and if you settle down with her, you would be happy with her?

Well, based on more than a decade of my own personal experience enjoying my choice of women and now having settled down with my perfect girl, here are 4 ways to know if the girl that you're dating is the right one for you...

1. She treats you well, loves you, cares about you and is interested in your life

If you're going to get into a committed relationship with a woman, then you shouldn't accept anything less than that.

If she doesn't live up to those type of qualities, she doesn't deserve to be your girlfriend.

Of course, if you're just sleeping with a woman for something to do, for a bit of fun and you don't have any plans of sticking with her, then you don't really need to worry about those things.

As long as you're enjoying the sex and enjoying each other's company, everything is fine.

Yet, if you're going to have a committed relationship with a woman, then she should treat you well, she should love you, she should care about you and she should be interested in your life.

You shouldn't accept anything less than that.

The way that it works is that when you are a good guy and treat your woman well, but also expect her to treat you well, love you, care about you and to be interested in your life (or else you won't want to remain committed to her), then it brings out the best side of her.

She wants to be a good girl for you because you are being a good man for her and you also behave in a way that makes her look up to you and respect you.

You don't allow her to walk all over you, to treat you badly and to not care about you and take any interest in your life, just so you get to be with her.

You're not one of those type of guys.

When a guy is willing to accept a woman's bad behavior and he's always trying to hopefully get her to love him by doing more and more for her and being super interested in her life, it brings out her bad side.

She starts being moody, selfish, frustrated, annoyed, etc.

So, if you are dating a woman that you find attractive and that you want to be with and she also treats you well, loves you, cares about you and is interested in your life, then she's a keeper.

Another way to know if the girl that you're dating is the right one for you is that...

2. You don't secretly think about leaving her for another woman

No matter how hot your girlfriend or wife is, you will always look at other women and find them attractive.

Yet, when you are with the girl who is the right one for you, you will look at other women, find them attractive, but not want to be with them.

So, when a guy is in a relationship with a woman that he's not sincerely attracted to and he's only with because he can't get anything else, he is too afraid to leave her or needs someone to help pay the rent or something like that, then he will be looking at other women, finding them attractive and wishing that he could be with them instead.

Now, there is an exception to this.

Sometimes a man is in a relationship or a marriage with a woman who is the right woman for him, but they're no longer having sex anymore.

Sex is infrequent or it's not happening at all.

In cases like that, a man will start to look at other women, find them attractive, want to have sex with them and even want to leave to be with the other woman.

In cases like that, it doesn't necessarily mean that the woman he is with isn't the one for him.

If he wants to, rather than leaving her, he can instead fix the sexual attraction problem in the relationship and as a result, things will get back on track once again.

In order to do that, he needs to start to make some subtle changes in the way that he interacts with his woman, so he creates a dynamic in the relationship that naturally makes them both feel sexually attracted to each other.

If he doesn't make any changes and just wants to continue on doing what he's doing in the relationship, then he's most likely going to continue looking at other women, finding them attractive, wanting to have sex with them and wanting to get out of the relationship he is in to be with a new woman.

So, in terms of dating, if you've been dating a woman for 3 months and you're not looking at other women wishing that you could be with them, then she could be the one for you.

If you've been dating her for 6 months and you're still not looking at other women wishing that you could be with them, then she really could be the one for you.

If you've been with her for a few years and you're still not looking at other women wishing that you could be with them because you're so happy with her, then she's almost certainly the right girl for you.

So, you're safe to settle down with a girl like that.

Of course, you don't have to settle down if you don't want to.

Not every guy has to settle down and be with one woman and stick with her for life, but I can tell you from my personal experience enjoying my choice of women for over a decade that it was a lot of fun sleeping with loads of different women and having 4 or 5 women in my life at once, but it's just as fun and sometimes even more fun being completely settled down with my perfect girl.

So, if you've been dating a woman for a while and you're not secretly planning on replacing her if you can find another girl, then she's probably the right girl for you and if the relationship continues to get better and better over time, then you and her have a really good chance of sticking together for life.

The next way to know if the girl that you're dating is the right one for you is that...

3. She is your type physically and emotionally

If a woman isn't really your type physically or emotionally, then you will get bored of having sex with her and spending quality time with her.

As a result, the relationship will start to feel awkward and forced for the both of you.

Yet, when you are with a woman who is your type, physically and emotionally, you will naturally find her attractive, treat her well and want to progress to further levels in the relationship.

You will want to build a future together.

So, if you're dating a woman and you find yourself losing interest in treating her well or you stop finding her attractive, then it's almost certainly a sign that she's not the right girl for you.

Every man can make his own choice, but what I recommend is that you only settle down with a woman that you're honestly, sincerely attracted to.

If you're not honestly, sincerely attracted to her then you're not going to have a good time with her in the long run.

4. She loves you the way that you are, but you also feel inspired to become an even better man because of her

Every man has the opportunity to improve himself and become an even more effective man as he goes through his life.

He doesn't need a woman to be the inspiration for that.

However, a woman can be one of the things that really inspires you as a man to become even better and more effective as a man than you already are today.

What usually happens is that when a man finds the woman who is the right woman for him and that he is honestly sincerely attracted to, then she will bring out the best in him and he will bring out the best in her.

She will love him, respect him, feel attracted to him and want to be a good girl for

him and he will love her, respect her, feel attracted to her and want to be a good man for her.

As a result, the relationship will work.

Both of them will be completely committed to the relationship.

They will be honestly, sincerely attracted to each other and they will go on to build a great future together.

So, if you're dating a woman and she loves you for who you are right now, but you also feel inspired to become an even better man because of her, then she's almost certainly the right girl for you.

She's bringing the best out of you and as long as you don't accept bad treatment of you and bad behavior towards you, then you're going to bring out the best in her.

She's going to feel inspired to be a good woman for you.

Learn More?

Okay, I hope you've enjoyed this video and learned something from it.

If you'd like to learn more, I have 2 recommendations for you.

The first recommendation is for the single guys who want to get laid and get a girlfriend and the second recommendation is for guys who are in a relationship with a woman or guys who want to get into a relationship with a woman and keep the relationship together for life.

The first recommendation is my eBook [The Flow](#), which is also available on audio ([The Flow on Audio](#)).

The Flow is everything that you need to know to go from hello to sex with a woman that you find attractive.

When you read The Flow or listen to The Flow on Audio, you will learn my best examples of how to start conversations with women, how to keep conversations going, how to keep conversations interesting, how to make women feel sexually attracted to you as you talk to them, how to create an unforgettable connection between you and a woman, how to touch her for the first time in a way that she welcomes and feels attracted to, how to get her phone number, how to get a kiss, how to get to a date, how to get to sex and so on.

The second recommendation is my program, [Make Her Love You For Life](#), which is available on video or audio.

When you watch or listen to the program, you will learn exactly how to make your woman respect you, feel sexually attracted to you and be totally in love with you for life.

Choose Your Woman Wisely

One final point that I want to make for you in this video, is to point out the fact that this is your life and you get to decide how it plays out.

If you accept women that you're not honestly, sincerely attracted to, then you are not going to live the best life that you could live.

You're going to end up feeling unhappy with the woman that you have.

You're going to be looking at other women wishing that you had them and feeling down about yourself.

Yet, when it comes to a relationship, if you only accept a woman that you're honestly, sincerely attracted to, then the sex is going to be so much better, you are going to feel so much better about yourself and the love is going to be so much more real, powerful and fulfilling.

Every man can choose to do whatever he wants with his life, but when it comes to relationships with women, I recommend that you don't cheat yourself out of having a woman that you're honestly, sincerely attracted to.

Additionally, if you're going to commit to a woman, make sure that she treats you well, loves you, cares about you and is interested in your life.

Don't accept anything less than that.

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Attracting and Dating a Woman Who is Out of Your League

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

In some cases, a woman is out of your league because it's a very difficult or near impossible pickup, like she's a Victoria's Secret model or something like that.

Yet, in pretty much every other case, it's an easy pickup if you just make a couple of changes.

So, in most cases, a woman is going to be out of your league when you see her as being too pretty for you, or too beautiful for you when she's actually not.

She is in your league, but you're looking at her as being too good for you.

In other cases, a woman is going to be out of your league when you're not yet at the level where you can handle interactions with her.

You'll be talking with her and she'll say something that catches you off guard and you won't really know what to say.

You're stuck, lost for words and you don't really know how to handle the situation.

Thankfully, in both of those cases, you can make a quick fix and successfully attract the woman.

So, in this video, I'm going to give you 3 tips on how to attract and date a woman who is out of your league, so she's no longer out of your league and instead she's in your bed, with her leg spread. Tip number 1...

1. Know that a woman's type changes based on who she dates, has sex with, or has a relationship with

If you ask a woman what her type of guy is, she will usually be able to answer that and tell you a whole list of qualities, but those qualities will change based on who she dates, has sex with and has a relationship with.

For example: You might have heard some women say about their boyfriend or husband, *"I wasn't initially attracted to him, but once we talked there was a spark between us, we fell in love and the rest is history."*

What the woman is saying there, is that the guy wasn't her type initially.

When she saw him, she didn't think, *"Wow, that guy's handsome, I want to be with him,"* but when they talked to each other, the man was able to interact with her in such a way that created a spark between himself and her.

He was then able to build on the attraction that they felt for each other and they fell in love and have stayed together ever since.

The same applies for guys, by the way.

Many guys go through life saying, *"I just like blondes"* or, *"I only like brunettes"* or, *"I only sleep with women from this particular race"* or, *"I only like tall women or short women."*

Yet, if a guy has been sleeping with nothing but blondes and he then meets a woman with dark brown hair and really feels attracted to her and loves her, then his type is going to start to change.

He will begin to prefer that type of woman because that type of woman makes him feel more attraction.

So, it's important to understand that when you meet a woman who you perceive to be out of your league, or you think that she wouldn't date a guy like you, her type can change.

Just like your type can change in women if you sleep with different types of women, her type can change too.

If you interact with her and you make her feel attracted to you as you talk to her, then she's going to look at you as a guy that she is attracted to.

She's going to start thinking, *"Wow, I really like this guy. I like the way that he looks. I'm not normally into guys like him, but this guy seems kind of cute. I like him."*

She then opens herself up to what can happen next.

Whether that be you get her phone number and set up a date, or you get to a first kiss on the first day or night that you meet her, or you have sex on the first night, or you get to a date and have sex and start a relationship.

If you then get into a relationship with her and she falls in love with you, then you are going to be her new type.

She loves you and everything about you, even though she previously didn't think that she was interested in guys who looked like you do.

Now she is in love with you, having sex with you all week, going to the movies with you and planning a future with you.

She's your girl now.

2. Know that if you pass most of a woman's confidence tests, you're better than 99% of guys that she has met

Here's the thing...

If you want an unattractive woman for a girlfriend, then she's usually not going to put you through confidence tests.

She's not going to worry about whether or not you're confident enough for a girl like her because she just wants to get yourself a guy.

Yet, if you want attractive women for sex or relationships, then they are going to put you through confidence tests.

An attractive woman wants to know how confident you really are.

Do you honestly believe that you are good enough for her, or are you just hoping to get a chance with her and hoping that she will be gentle and nice and sweet with you and support you all of the way?

She needs to know how confident you really are.

So, what an attractive woman will do, is that she'll be a bit challenging at times.

She'll try to catch you off guard and see if she can make you lose confidence in yourself.

If you don't lose confidence in yourself, maintain your confidence and know that you are good

enough for her, then you are going to be better than 99% of the guys that she has met in her life.

Pretty much every guy that an attractive woman meets will fail her confidence tests.

They're unable to handle the pressure, because they just don't think that they're good enough for her.

So, what's an example of how it works?

Well, imagine that a guy is interacting with an attractive woman and he says something like, *"I really enjoy reading books. I like to read about history. There's so much you can learn about the past and then apply to today's life. Reading is one of my favorite things to do."*

Then the attractive woman says something like, *"Oh, so you're a nerd then, huh?"*

For most guys, when an attractive woman says that to them, they will worry that they're losing their chance with her.

"Oh no. She thinks I'm a nerd. She is losing interest in me. I've just come across as a nerdy guy who reads books, therefore, I won't get access inside of her panties. I've screwed up. I've lost my chance with her. I'm going to have to try really hard to impress her now."

On the other hand, a guy who maintains his confidence and doesn't see her as being out of his league, will have the confidence to say something like, *"Yeah, I'm a handsome nerd. I usually wear Coke bottle thick glasses, but today I'm wearing contacts,"* to make fun of what she's saying and let her see that he's not a nerdy guy.

Alternatively, he might say something like, *"Yes, I'm a nerd. You like nerds, don't you? You're into nerds"* and laugh at her in a playful way.

Essentially, he won't fail her confidence test.

He won't crumble under her fake pressure.

He will maintain his confidence and know that he is good enough for her.

He won't start worrying and thinking that he's losing her because she's referring to him as a nerd, or if she said that his shirt doesn't look cool or asked why he doesn't shave his beard because it's a bit too bushy or whatever.

He doesn't take that stuff seriously.

He knows that attractive women say things to men, to see if the man will lose confidence in himself.

So, the next time you're interacting with an attractive woman and she says something to see if she can catch you off guard, just relax.

Take your time to answer her.

Say something a bit playful.

Mess with her.

Don't take it so seriously and so on.

Let her see that you're not losing confidence in yourself just because she said something to you.

3. Know that most women are only acting as though they are out of your league

Many women do this as a trick to get men to treat them better and it works because most guys don't

realize how hungry most women are for love, sex and a relationship.

Women act as though they don't need anything, but secretly, they feel horrible about the fact that they are single and lonely, while their girlfriends or siblings from their family are happy and in relationships.

So, here's how it works...

Sometimes when you meet a beautiful woman, she will think that she's out of your league (i.e. she's too good for you) until you pass her confidence tests and show her that you're not doubting yourself around her.

When you're able to show her that you do see yourself as being good enough for her (or better, more than good enough for her), then she starts to see you as a guy who is in her league.

You are the type of guy who can handle her and make her feel attracted and you're not secretly panicking on the inside, hoping to get a chance with a woman who is way out of your league.

You see her as being in your league, you feel good enough for her and you're confident as a result of that.

Yet, in other cases, a woman will see you as being in her league (i.e. you are good enough for her, or you might even be too good for her) and she will like you and will want to be with you, but she will put on an act as though she is better than you, more valuable than you and you would need to do a lot to impress her.

You've got to understand that many women use that as a trick to get men to treat them better.

It works for women because most guys out there look at a woman as being out of their league if they see her as being pretty.

They think, *"Oh, I probably won't be able to get her. She wouldn't like a guy like me. I'm probably not her type. I don't have a chance. I won't even talk to her."*

So, for most guys, when they talk to a woman that they see as being pretty or attractive, they're secretly thinking, *"Wow, I'd be really lucky to get a chance with this girl. She's out of my league. I'm going to have to try hard to hopefully get her to like me."*

Essentially, he's looking at her as being out of his league when she isn't.

She would hook up with him.

She would go on a date with him, she would get into a relationship with him, but she's putting on an act as though she is hard to get.

She's acting as though she's not really feeling much attraction.

So, how do you get around that?

How do you get the woman who is acting like she is out of your league, when she isn't?

What to do is very simple.

You've just got to make sure that you look at women as being in your league.

You've got to think of yourself as being good enough.

To back that up, you've got to make women feel attracted to you as you talk to them.

It's not enough to just say, *"I'm good enough, all the women in the world would be so lucky to be with me"* and then you go and meet a woman who is attractive and you're thrown off by it.

You're thinking, *"I'm not good enough for her. She's too pretty for me."*

That approach isn't going to work.

If you want to feel confident around attractive women, you've got to back it up by being able to make women feel attracted to you as you talk to her.

How can you do that?

With the example I gave earlier where the woman said, *"So, you're a nerd then?"* to a guy who reads a lot of books, what made her feel attracted about the response I gave you is that it was confident.

There was also some humor in there and the guy wasn't taking what she was saying seriously.

He didn't allow himself to be pushed around by her.

That is very attractive to an attractive woman.

Attractive women don't want a guy that they can walk all over and who's essentially going to be a wimp in the relationship.

That's very easy for an attractive woman to find and it's not satisfying.

What an attractive woman really wants is a guy who is more confident than her, who doesn't feel like she is out of his league and who feels worthy of her.

When an attractive woman can sense that you have that belief in yourself and you can also back it up, by making her feel attracted in other ways as you talk to her, she will be interested in you and see you as being in her league.

You then just move to a hug and kiss, or a phone number exchange and set up a date.

The next thing you know, you're having sex with an attractive woman who you would have previously thought was out of your league.

Yet, now she's no longer out of your league.

She's in your bed with her legs spread and moaning with pleasure and you slide into her.

So, give yourself a pat on the back.

You have leveled up as a man.

You can now attract women that other guys are afraid to even talk to.

Beautiful women are now in your league.

Enjoy!

Learn More?

Okay, I hope you've enjoyed this video and learned something from it.

If you'd like to learn more, I recommend that you read my eBook, [The Flow](#) or listen to the audiobook version, [The Flow on Audio](#).

When you read *The Flow* or listen to *The Flow on Audio*, you will learn how to start conversations, how to keep conversations going, how to keep conversations interesting, how to make women feel sexually attracted to you as you talk to them, how to create an unforgettable connection between you and a woman, how to get to a phone number, how to get to a kiss, how to get to a date, how to get to sex and so on.

When you read The Flow or listen to the Flow on Audio, you will learn everything that you need to know to go from hello to sex with a woman that you find attractive.

A New Kind of Confidence

One final point that I want to make for you in this video is that when you honestly begin to believe in yourself and you know that you're good enough for attractive women, then you exude a different type of confidence.

You have a new kind of confidence that magnetically attracts women and automatically makes them see you as being in their league.

In many cases, attractive woman also assume that you might even be too good for them, which causes them to want to impress you and get your approval.

So, what ends up happening is that it becomes about you giving a chance to a woman to be with you, rather than you trying really hard to hopefully get a chance with a woman that you find attractive.

Instead, you are the selector.

You are the one who gives approval for women to have a chance with you.

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A Subtle Attraction Technique That Works on Hot Women...

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you met an attractive woman right now, how would you react to her compared to how you would react to a woman that you're not attracted to?

What would be the subtle changes in your behavior as you started to interact with her?

For most guys, they can feel confident, relaxed and be themselves around a woman that they're not attracted to, but when they start to interact with a woman that they're attracted to, subtle changes begin to happen in their behavior, thinking, conversation style and so on.

What happens is that for an attractive woman, pretty much every guy that she meets will be extra nice to her, extra attentive, listen carefully to what she's saying, ask her questions and be interested in her answers, try to show her that he likes her as a person and hope that he can get her to like him as a person in return.

Yet, every once in a while, an attractive woman will come across a guy who doesn't feel the need to be extra nice to her just because she's an attractive woman.

That gets her attention.

She thinks to herself, *"Why isn't he acting like all the other guys? Why isn't he trying to suck up to me? Why does he seem to be talking to me as though I'm a girl that he's not even attracted to? How can I get him to like me? How can I get him to behave like other guys behave around me? How can I make him feel attracted to me?"*

What's happening between the man and the attractive woman is very subtle.

For most guys watching on, they won't really understand what is happening.

Why is she feeling so attracted to him?

Why does she want something to happen with him?

Why is she so interested in him?

What's going on, is that the guy is using a subtle attraction technique that essentially says, *"I'm a good guy, but I don't feel the need to be extra nice to you just because you're an attractive woman."*

Pretty much every single guy that she meets, does feel the need to be extra nice to her because the guy is hoping to get a chance with her.

He's feeling attracted to her.

He sees her as a valuable woman and wants to be able to get her, so he is nicer to her than he would be to a unattractive woman.

He listens more, he asks more questions and he shows interest in her.

She gets that all the time.

What stands out and gets her attention is when a guy is confident and is a good guy, but he doesn't actually need her.

He's not trying to get anything from her.

So, how does that work?

How can you convey to an attractive woman that you're a good guy, but you don't feel the need to be

extra nice to her just because she is attractive?

The example is where you're talking to an attractive woman and she starts telling you about something that happened to her which she thinks is interesting.

You might have asked her a question like, *"So where have you been up to lately?"* or you might just be in the middle of a conversation and she's telling you something that has happened to her recently which she thinks is interesting.

Now, in this example, you also find what she is saying to be interesting, but rather than reacting in a typical way like pretty much every other guy that would meet her, you decide to playfully mess with her instead.

So, rather than being like a typical guy and saying, *"Oh, well, that's really interesting. Oh, what else happened? Oh, tell me more,"* you playfully mess with her by saying something like this instead.

"Well, that's not interesting. That sounds kind of boring" and pausing to let her feel a little shocked and surprised. Then smile and say, *"No, I'm just kidding, it's interesting. What happened next?"*

Alternatively, you might say something like this, *"No...that didn't happen to you. Come on, be honest, you didn't do that. You did? Geez, that's interesting. Go on, tell me more."*

Alternatively, you might say, *"Really, that's what happened? That's it? That's your story? Geez, you have a really boring life, don't you? Just kidding. No, that's interesting. What happened next?"*

Now, there's nothing wrong with showing an interest in what an attractive woman is saying.

There's nothing wrong with telling her that she is interesting or laughing at something that she said or asking some questions.

Yet, you also have to have the balls to show her that you don't feel the need to be extra nice to her just because she's attractive.

If you can't show her that because you're worried she won't like you, then you're going to be like pretty much every other guy that she meets.

Making an Attractive Woman See You as Being an Attractive, Cool Guy That She Wants

One of the really cool things about being a man is that even if you're not a woman's usual physical type, you can make her feel attracted to you in subtle ways as you talk to her and she can end up feeling intense attraction for you.

She can end up feeling like she wants to get your approval.

She wants to be liked by you.

She wants to be kissed by you.

She can end up falling in love with you as you talk to her.

Then when you kiss her, have sex with her and start a relationship with her, she then looks at you as her type.

She has fallen in love with the way that you make her feel when she's around you and as a result, she starts to love the way that you look.

This is why you'll hear many women say, *"I wasn't initially attracted to my boyfriend or husband,*

but once we started talking there was a spark between us. I feel in love with him and the rest is history.”

What she’s saying there is that he wasn’t her normal physical type and wasn’t the type of guy that she would go for, but she felt attracted to him as he talked to her and then the attraction between them built.

They fell in love and now they are happy in a relationship together.

The same applies with my personal example.

Since I am only 5’9” in terms of height, I don’t have male model looks and I don’t have big muscles, I’ve never had women walk up to me saying, *“Hey, you’re handsome,”* and trying to meet me as the result of my looks.

Yet, I didn’t let that defeat me.

Instead, I figured out how to make women feel attracted to me in subtle ways as I talked to them.

By making women feel attracted to me in subtle ways as I talked to them, I was able to enjoy my choice of women for over 10 years.

Then, I met my perfect girl when she was 20 and I was 35, we settled down and we’ve been together ever since.

So, if you’ve been going through your life thinking that it’s not possible for you to be able to get an attractive woman, think again.

You really can make attractive women feel attracted to you in subtle ways as you talk to them.

When you do that, you’ll see that women who would have normally rejected you in the past or not been interested in you are suddenly attracted to you.

It’s not possible to attract and pickup every woman in the world, but what you’ll notice when you start attracting women in subtle ways as you talk to them is that many of the beautiful women you meet will feel attracted to you.

You will be the guy that makes a woman think, *“There’s something about this guy. I like him.”*

Based on the way that you approach interactions with her, you will easily and subtly make her feel attracted to you.

She will feel a spark of attraction and then you can build on that attraction and get to a phone number, a kiss, sex or a date and get into a relationship with her if you want that as well.

As I said, it’s not possible to attract and pickup every woman in the world, but you really can make beautiful women feel attracted to you in subtle ways when you talk to them.

When you do that, you will begin to enjoy your choice of women because many of the women that you meet will feel attracted to you and will be interested in something happening between you and them.

Learn More?

Okay, I hope you’ve enjoyed this video and learned something from it.

If you’d like to learn more, I recommend that you read my eBook, [The Flow](#), or listen to the audio book version, [The Flow on Audio](#).

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The Flow is everything that you need to know to go from hello to sex with a woman that you find attractive.

Getting Rid of the Need to Be Extra Nice to Attractive Women

One final point that I want to make for you in this video, is that many guys who first start to learn from me just want to get a girlfriend and that's okay.

Yet, what often happens is that when a guy learns how to attract women as he talks to them, he notices that many of the attractive women he meets feel attracted to him.

He then sleeps with two or three women in a month and his mindset begins to change.

When he meets an attractive woman, he no longer feels like he needs to be extra nice to her to hopefully get her to like him.

He knows that he can make her feel attracted in subtle ways.

He also knows that he doesn't have to get her if he doesn't want to.

He can talk to another attractive woman, make her feel attracted and get to a kiss, have sex and have a relationship with her if he wants to.

So, what happens is that he naturally starts to talk to women in a way that gives them the impression that he is a good guy, but he doesn't feel the need to be extra nice to them just because they're attractive.

As a result, he stands out in the eyes of attractive women.

He's not like other guys.

He's not hopefully trying to get a chance with her.

Instead, he's relaxed.

He knows that he's good enough for her and he makes her feel attracted to him as he talks to her.

So, if you find it hard to believe that you could make attractive women want you, then just understand that it's a process that you go through.

Some guys watching this video already feel like they're good enough for attractive women, whereas other guys will need to interact with some attractive women, make them feel attracted and see for themselves that they can make attractive women like them and want them sexually.

When you use some of my attraction techniques and see that they work, your confidence immediately starts to grow.

You know that you can now attract women at will, rather than hoping to get lucky.

As a result, you naturally start to exude the type of confidence that women are attracted to (i.e. the confidence of a guy who believes in himself and knows that he is good enough for attractive women).

You also naturally stop feeling like you need to be extra nice to a woman, or try harder to impress her if she's attractive.

You don't need to do that.

You know that you can relax and make her feel attracted to you in subtle ways as you talk to her.

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How to Be a Nice Guy and Still Get the Girl

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

You can still be a nice guy and get laid or get a girlfriend.

You just need to add in one extra thing into your interactions with women.

The extra thing is sexual attraction and I'm going to explain how to do that as we go through this video, so let's begin with tip number 1.

1. Make her see you as a charming guy, rather than just a nice guy

The way that it works is that if a guy is just nice to a woman, then she's going to have friendly, nice feelings for him.

She's not going to be feeling sexually attracted and turned on by his niceness.

Yet, if he actively makes her feel sexually attracted and turned on as he talks to her and he is also nice to her, then she sees him as a charming guy that she has a sexual and romantic interest in.

Some women refer to guys like that as charming guys, whereas other women just say things like, *"I don't know, there's something about him. I like him."*

The something about him that she likes is that he's making her feel sexually attracted, based on how he's talking to her, behaving around her and getting her to behave around him.

So, the basic equation to remember is that when you make a girl feel sexually attracted to you, plus you are also nice to her at times, then she's going to see you as charming.

| Make her feel sexually attracted + Be nice to her = Charming

That's how it works.

On the other hand, if you're always just nice to a woman and are trying to show her that you respect her, you're a gentleman and just want to be nice to her, then she's not going to have sexually aroused feelings for you.

Of course, there are some exceptions to that fundamental rule.

Sometimes a guy is famous and he's a nice guy and women still feel attracted to him.

Sometimes a guy is really good-looking and he's a nice guy and women still feel attracted to him.

Yet, in pretty much every other case, if a guy is just being nice to a woman then she's only going to have friendly feelings towards him.

She's not going to be feeling like there's something about him that is making her feel attracted and turned on.

2. Make her feel sexually attracted to you, based on how you

talk to her, behave around her and get her to behave around you

If you want to be a nice guy and still get laid or get a girlfriend, you have to be willing to say and do things that make a woman feel attracted.

If you're not willing to do that and are only willing to be nice, then most women aren't really going to feel a spark with you, even though they could feel a spark with you if you were willing to say and do some things that would make them feel that spark.

So, say for example you're eating lunch with a woman that you've got a crush on.

Maybe you work with her, you go to university with her or she's a female friend of yours and you want to make her feel attracted to you.

You're sitting down having lunch with her, you finish eating lunch and then she says to you, "*Hey, can you put all this in the trash for me?*" and expects you to just grab her rubbish, put it in the rubbish bin for her and be a typical nice guy who does whatever the woman says.

Now there's nothing wrong with a man putting some things in the rubbish or the trash for a woman. There's nothing wrong with that at all.

Yet, where the problem occurs is where a man is doing those things in the hope that it makes the woman like him in a romantic way.

He's hoping that a woman will see that he's a really nice guy, he is reliable, he will treat her well and he will respect her and she then will grant him access inside of her panties.

Yet, that's not how women work.

So, what can you say and do instead to continue being the good guy that you are, but also say and do something that makes her feel sexual attraction for you?

When she says, "*Hey, can you put this in the trash for me?*" you can joke around with her at that point.

You can playfully mess with her.

You can smile and playfully say something like, "*Yeah, sure, I'll put that in the trash for you, but what are you going to do for me in return? Are you going to wash my car or cook me dinner or something like that?*"

You can then have a playful conversation with her about her potentially cooking you dinner, or washing your car to repay you for your gentlemanly behavior.

You can have a playful conversation with her about it.

It doesn't have to be serious.

If a guy is in the friend zone with a woman who secretly likes him, then she will be happy about the fact that he is suggesting they do something together other than just eating lunch.

So, they might go out to dinner together, cook dinner together at home, she might cook for him and so on.

If she secretly has a crush on him, she might say, "*Alright, I'll cook dinner for you. I can do that*" or if she's a playful, feisty type of woman, she might say, "*No, you have to cook dinner for me.*"

Then, the nice guy can say, *“Alright. Well, look, how about this, we’ll cook dinner together.”*

That way, he’s not being pushed around by her.

He’s still being a good guy, but he’s not getting walked all over by her.

Another example response to her saying, *“Hey, can you put all that in the trash for me?”* is to say, *“Put all that in the trash for you, huh? How about I put you in the trash? How about that, huh?”* and then pretend to throw her in the trash (i.e. pretend to pick her up like a basketball, but obviously don’t actually pick her up. Just pretend to pick her up as though she is a basketball and then air throw it in the direction of the bin).

If a guy is generally being a good guy around a woman and he also has the confidence to playfully mess with her like that, then she’s going to see him as being a good guy, but she’s going to be thinking, *“Hmmm...there’s something about him. I like him. Why do I feel attracted to him?”*

She’s going to have that feeling of wanting something sexual to happen between him and her because he is creating a spark between them, rather than just being a nice, neutral friend all the time.

Another example is where you don’t wait for her to tell you to put the rubbish into the bin.

Instead, when you’ve finished eating, you can stand up say something like, *“Alright. Well, look, I’m going to go to the toilet, so can you put all this stuff in the bin and I’ll catch you outside?”*, or tell her that you’ll meet her back at the table or something like that.

Essentially, for the most part, you are treating her well and being a good guy, but you also have the balls to tell her to do something for you.

Most women don’t go around admitting that they like that in a guy, but when you see a woman feeling happy and attracted around a guy, you will see that the guy has the balls to playfully mess with her and in some cases, if he wants to, he can tell her to do something for him.

“Hey, can you go get me a drink from the cafe over there?” or, *“Hey, can you get the sugar from the table over there?”* or whatever it may be.

Now, on the same note, there’s nothing wrong with a man going and doing that for a woman.

If she says to him, *“Hey, can you go get the sugar off the table over there?”* there’s nothing wrong with a man saying, *“Sure,”* and going and getting it.

However, the problem is when a guy does those things because he hopes that the woman will see him as being really nice and he’ll be the good guy that she can finally rely on.

He hears her talk about how bad other guys are and he hears her say that she wants a nice guy.

So, he wants to show her that he’s really nice and he’s willing to do anything to hopefully get a chance with her.

Yet, that’s not what makes a woman want to get into a sexual relationship with a guy.

The most important piece of the puzzle is sexual attraction and then, if you’re also a good guy, then that is seen as a very welcome bonus.

She will feel lucky to have finally met a guy who is a good guy, but also makes her feel sexually attracted and turned on based on how he talks to her, behaves around and gets her to behave around him.

3. Don't make her feel as though she is more valuable than you, or that you would be lucky to get a chance with her

Some nice guys make the mistake of thinking that a woman will be flattered and swept off her feet if a man shows her how special he thinks she is.

If he looks at her as being amazing and as though he would be so lucky to get a chance with such an amazing woman like her.

He will give her compliments, he will talk about how amazing she is, he will say how lucky a guy would be to be her boyfriend and so on.

Yet, what that does is that it gives a woman a false sense of superiority over the nice guy.

She ends up feeling as though she is better than him and more valuable than him, even though she isn't.

He makes her feel that way based on his approach to interactions with her.

He thinks that the way to get a woman to like him is to make her feel so special and to essentially suck up to her and hope to get a chance with her.

Yet, that is a disastrous path to go down with a woman.

Sometimes it can work, but the guy will usually end up in a relationship where the woman is in charge, she's dictating everything and he has to put in loads of work and suck up to her to hopefully get some sex, affection and attention from her.

If you don't want to end up in that type of predicament with a woman, then just make sure that you avoid making her feel as though she is more valuable than you.

The solution is to be a good guy and focus on making her feel sexually attracted to you.

Make her feel so sexually attracted to you and want you so much that she tries to get a chance with you.

She is hoping that something happens between you and her.

Then, it becomes about you allowing her to get a chance with you.

Learn More?

Okay, I hope you've enjoyed this video and learned something from it.

If you'd like to learn more about how to attract women so you can get laid or get a girlfriend, I recommend that you read my eBook, [The Flow](#), or listen to the audiobook version, [The Flow on Audio](#).

When you read or listen to The Flow, you will learn exactly what to say and do to start conversations, keep conversations going, keep conversations interesting, connect with women, make them feel sexually attracted to you, get to a phone number, kiss, date, sex and into a relationship.

The Flow is everything that you need to know to go from hello to sex with a woman that you find attractive.

Most Women Are Looking For a Good Man

One final point that I want to make for you in this video, is that there's nothing wrong with being a good man.

Most women are looking for a good man, but you just have to understand that niceness on its own isn't what makes a woman wet.

The way that it works is that if you focus on making her feel sexually attracted to you as you talk to her and you are nice to her, then she will appreciate the fact that you are a good guy.

She will really appreciate the fact that the guy that she is feeling sexually attracted to and has a romantic interest in, is also a good guy.

It's exciting for a woman to find a guy like that.

In most cases, when a woman meets a nice guy, she doesn't get to have that feeling because he's just being nice.

He might also be too nervous around her or too neutral and just be like a friend to her, when what really needs to happen is that there needs to be a sexual spark between the man and the woman.

It can't just be about being nice, being friendly and hoping that somehow, niceness and friendliness will make her wet.

If you want to make her feel sexually attracted, you have to be willing to say and do some things that make a woman feel that way.

By the way, if you're watching this video now and you've used some of my techniques to get laid or get a girlfriend, I'd love to hear from you in the comments below.

While I always appreciate comments like, "*Great video,*" "*Awesome video,*" "*Thanks Dan!*" and so on, in this video, I would also like to hear from the guys who have used my techniques to get laid or get a girlfriend.

So, if you've used my techniques to get laid or get a girlfriend, leave a comment below and be an inspiration for other guys who are stuck with being nice or neutral around a woman.

Let other guys see that it's okay to be playfully ballsy, or to playfully mess with a woman during a conversation and more importantly, that it works.

You end up attracting the woman and, in many cases, you can get laid or get a girlfriend.

So, if you have a success story to share, I would love to hear it below.

I look forward to reading it and personally congratulating you on your success.

Screenshots of Some of the Comments on Youtube Under This Video

[image: A few success stories from Youtube comments under this video]

×

[image]

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15 Examples of What to Say When a Woman Asks You a Challenging Question

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

When a beautiful woman is feeling attracted to you, but isn't quite sure about you yet, she will usually ask you challenging questions.

She will stop being so straightforward and nice and easy-going and will put you on the spot.

Why?

She wants to test how confident you really are.

So, when you show her that you're not fazed by her challenging questions and you can remain confident while also being a good guy, she respects you and feels attracted to you.

As a result, she drops her guard around you.

She then shows you a side of herself that she doesn't normally show to other guys.

She becomes easy-going, down-to-earth, friendly and shows interest in you.

So, if you want to bring out the easy-going, down-to-earth, friendly side of a beautiful woman and get her to show interest in you, you need to have the confidence to answer her challenging questions in a playful way.

You need to have the confidence to mess with her, rather than thinking that you need to answer all of our questions immediately and in a straightforward logical manner.

Let's have a look at the first challenging question that a beautiful woman might ask you when she's feeling attracted to you, but is not quite sure about you yet.

“So how many women have you slept with?”

If a guy is worried about losing his chance with a beautiful woman, he will worry when she asks him a question like that.

He may think something like, *“Well, if I tell her that I've slept with 20 women, maybe that's too much, maybe she's going to think I'm a player. If I tell her that I've only slept with two or three women, then she might think that women don't like me and I don't have much sexual experience, so she might lose interest as a result of that. What am I going to tell her??”*

As a result of thinking in that way, his body language will change he will start to appear tense.

She will be looking at him and will see that he is panicking on the inside.

He's worried about answering the question.

He might um and ah a little bit before answering the question and if he answers the question in a way that shows that he is nervous or worried about her losing interest, then she will lose interest.

She will see that he doesn't feel like he's good enough for her, he's trying hard to impress her, say all the right things and answer her questions correctly, so he then passes the test and gets to have sex with her or a relationship with her.

Yet, a guy that's actually going to make a beautiful woman feel respect and attraction is the type of guy who doesn't always take her questions seriously.

He doesn't feel like he needs to quickly answer her question or answer it in a straightforward manner. So, if she asks him something like, *"So how many women have you slept with?"* He might answer her in one of the following ways, *"How many women have I slept with? Sorry, I don't kiss and tell."*

"How many women have I slept with? Zero. I'm a virgin, can't you tell? The furthest I've ever gotten with a woman is holding hands. We held hands for like 10 minutes. It was pretty full on."

"How many women have I slept with? No, no, I don't kiss and tell. Well, maybe I will tell you, but promise that you won't judge me, okay? If I tell you, no judging, alright? Well, look...I've slept with...146 women."

Now, at that point, her jaw is most likely going to drop and she's going to be laughing and saying, *"What? You've slept with 146 women?"*

Then you can tell her that you're only joking and that you've never slept with a woman and you're still a virgin.

In other words, you're not taking her question seriously.

You're not panicking and thinking, *"I need to somehow tell her the right answer that lets me get into her panties. I need to say 20 women or 5 women or 10 women and tell her the number that is going to get her approval."*

No.

You already approve of yourself.

You don't need to seek her approval.

You know that you're good enough for her, so you can answer however the heck you want.

Here's another example: *"How many women have I slept with? Well, I actually work as a male gigolo, so maybe in the thousands? I don't know. I really can't remember,"* or you might want to refer to yourself as a male prostitute or something like that.

Essentially, you're not taking her question seriously.

You're not panicking.

You're not worrying about trying to get the answer.

Instead, you have the confidence to joke around with her, to mess with her and not think that you need to be on your best behavior around the beautiful woman.

You're not worrying and thinking that you've got to say everything right and then she's going to like you.

No.

What makes a beautiful woman really like a guy is when he doesn't feel like he needs to say and do everything right around her.

He has the confidence to say whatever the heck he wants, while still being a good guy.

The majority of women don't actually want a bad man.

They just want a good man who has the confidence to joke around with them. A good man who isn't intimidated or afraid of them.

Here's another example response to the question of, *"So how many women have you slept with?"*

"How many women have I slept with? You mean actually slept with, as in gone to sleep with?"

Because usually I just have sex and leave.”

At that point, most women are going to laugh.

They’re going to know that you’re joking, but if they’re not sure, they might ask you.

A woman might say something like, *“Really? Are you for real?”*

You can then continue on with the joke, or tell her that you’re just kidding.

So, if you were to continue on with the joke, you might say something like, *“Yeah, well, what am I going to stay for? It’s just...we’ve had sex, it’s time to go.”*

Alternatively, you might say something like, *“No, I’m just kidding. I like to stay and be a romantic and hug and kiss and sleep in bed all day and all that sort of stuff, [yawns].”*

Essentially, let her see that you’re not taking the question seriously.

You have the confidence to joke around with her and not think that you need to be on your best behavior around her because she’s beautiful.

You’re not a desperate guy who is trying to say all the right things to hopefully get a chance with her.

You know that you are good enough for her.

The next challenging question is:

| “Wow, you’re smooth. Do you pick up girls all the time?”

Alternatively, a woman might ask:

| “Do you say that to all the girls?”

One of the quickest ways to shut her question down is to pretend that you’re disappointed in her for asking you a question like that.

So, rather than thinking that you need to answer her question with a “Yes” or, “No” answer when she asks you, *“Do you pick up girls all the time?”* you have the confidence to challenge her in a playful way.

You’re still being a good guy, but you’re challenging her in a playful way, rather than taking her question so seriously.

You’re not just answering her question with a “No” or, *“Yeah, I do?”* and hoping that you get the right answer.

Instead, you have the confidence to challenge her.

So, if you’re talking to a beautiful woman and she asks you the question, *“Do you pick up girls all the time?”* you can smile and respond with something like this, *“Well, that’s rude. You’re talking to a confident guy, you’re having a good conversation and then you go ahead and assume that he’s a player or something like that. I’m disappointed in you. I thought you were cooler than that.”*

[Watch the video at the top of this page for a demonstration of how to say that. You’re only playfully disappointed in her. It’s not about getting offended and being seriously disappointed that she would ask you a question like that.]

Likewise, if she asks you the question, *“Do you say that to all the girls?”* you can say something like this, *“No, not to all the girls, only to the special ones. You’re special, that’s why I said it to you”* and then have a laugh with her about that.

Essentially, you're showing her that you're not being thrown off by her question.

Where a guy will go wrong when interacting with a beautiful woman, is that she'll ask him a question like that and he'll start to panic on the inside.

He'll think, *"Dammit! I'm losing her! She thinks that I'm some sort of player or I'm using some sort of technique that I learned off the internet. I'm screwed. She's going to lose interest in me. What am I going to do?"*

Then, as a result of thinking like that on the inside, it comes out on the outside.

She can see the changes in his body language.

She can sense the changes in his vibe.

She can pick up on the changes in his conversation style.

She knows that he's now worried that she's losing interest in him.

Here's the thing...

If you want a beautiful woman to respect you and feel attracted to you, you have to not be worried about her potentially losing interest in you.

It's not about being a bad guy and showing her that you don't care about her, you don't give a stuff about her, being rude or anything like that.

Instead, it's just about being a confident good guy who isn't worried about her potential reaction to something.

A fundamental principle to remember is that *if you fear her reaction, she won't feel attraction*.

When you fear a woman's reaction to what you're going to say, she can see that.

She can see that you're afraid of her and as a result, she can't feel respect and attraction for you.

Women don't want to feel like they are more dominant than you.

Women may go around acting as though they are the more dominant ones, but that is just an act.

What a woman really wants is a man who doesn't fear her, but it's also a good guy.

The next challenging question is:

| "Were you just checking that girl out?"

So, for example: A guy might be talking to a woman at a party, a bar, at university, at a work function or whatever.

She then asks him the question, *"Were you just checking that girl out?"* to see if he's going to lie to her, to see if he's going to say something like, *"No, no, no, I was just looking around,"* or *"What are you talking about?"* and pretend that he is not a man who looks at women or looks at the world in general, just looks around and looks at things.

He's not allowed to do that.

He's got to be on his best behavior around the beautiful woman.

He's got to be totally focused on her and only her and he can't look at her cleavage, or anything like that.

He has to look at her eyes only and he can't say anything untoward.

He has to be on his best behavior at all times.

No, no, no.

Acting like a good, little boy isn't the way into a woman's panties (or heart, if you prefer to think of making her fall in love with you).

The way in is to be a good guy with balls, not a good, little boy who just wants to be sweet, innocent and nice all the time around her.

So, the way to answer a beautiful woman's challenging question of, *"Were you just checking that girl out?"* is to not take her so seriously.

For example: She asks you, *"So, were you just checking that girl out?"* and you smile and say to her, *"Yes, were you just checking me out? Why have you got your eyes on me all the time, huh? Are you one of those clingy girls that always has to monitor a guy? Relax, girl, people can look around at the world around them."*

She then feels a bit embarrassed for asking you a question like that and appearing to be one of those clingy girls.

Alternatively, she laughs.

She gets the joke and she has a good laugh with you about it.

The next challenging question is:

| *"Would you stay with a girl if she put on weight in a relationship?"*

Once again, a woman wants to see whether or not you're going to lie to her, whether you have the confidence to be honest, or the confidence to joke around with her and not take her question so seriously.

So, if she asks you the question of, *"Would you stay with the girl if she put on weight in a relationship?"* one way to answer it is to smile and playfully say, *"No, of course not,"* and then have a laugh with her about that.

You can then say something like, *"Well, look everyone puts on weight when they get into a relationship, you know, with all the dates where you have popcorn and ice cream and pizza and all that sort of stuff. It's pretty normal to put on a bit of extra weight in a relationship, but how about you? Would you stay with a guy if he put on weight in a relationship?"*

If she says that she would stay with the guy if he put on weight in a relationship, you can say something like, *"No, you wouldn't. I don't believe you. Come on, you look so shallow. You seem like the most shallowest girl I've ever met in my life. No, no, just kidding. I believe you. Well, that's good, but here's the thing though, would you actually have the capacity to make a guy put on weight in a relationship? Are you a good cook? Can you cook? That is the big question here."*

As a result, you're steering the conversation to a more playful type of conversation and you're also putting her on the spot about whether or not she's a good cook.

You're making her feel as though she is being subtly judged at the moment.

Is she a good cook? Is she actually a wholesome all-around woman who can cook, who's great in bed, who looks good and so on?

Other example response to the question of, *"So would you stay with a girl if she put on weight in a relationship?"* is to say something like this, *"Why do you ask? We're not even dating yet and you're already worried about me dumping you. Come on, relax."*

She will almost certainly then say that she wasn't trying to say that and was just asking you if you'd dump a girl if she put on weight.

You can then say something like, *"Yeah, yeah, okay, I believe you."*

Be playful with her about it like that.

Let her see that you are confident, you're a good guy and you're not taking her questioning seriously.

You're not worried about the potential implications of you answering her question incorrectly.

If you say yes, you would leave a girl, she might lose interest.

If you say no, you wouldn't leave a girl, she might think that you're too nice.

Don't worry what she thinks.

Just focus on what's going to make her feel respect and sexual attraction for you as you interact with her.

If you also happen to be a good guy, then she's going to be excited about that because it's difficult for a beautiful woman to find a good guy who can be confident around her; a good guy who isn't afraid to challenge her in a playful way.

Finally, another way to answer the question of *"Would you stay with a woman if she put on weight in a relationship?"* is to say something like this, *"Well, it depends on where she puts on weight. Is she going to be putting on weight in certain areas that are going to be useful or...?"* and have a laugh with her about that.

Learn More

Okay, I hope you've enjoyed this video and learned something from it.

If you'd like to learn more, I recommend that you read my eBook [The Flow](#) or listen to the audiobook version, [The Flow on Audio](#).

When you read or listen to The Flow, you will learn exactly what to say and do to go from hello to sex with a woman that you find attractive.

It's everything that you need to know to start conversations, keep conversations going, keep conversations interesting, get women to feel connected with you, get to a phone number, kiss, date, sex and into a relationship.

When you use The Flow, you're going to begin to enjoy your choice of women.

Some Women Don't Challenge You, Some Do

One final point that I want to make for you in this video, is to point out the fact that every woman you meet is going to be different.

Sometimes you meet a woman who is instantly friendly, you get along with her and hook up with her very easily.

Yet, sometimes you'll meet a woman who's a bit challenging and in most cases, that type of woman is going to be the very attractive, beautiful woman that pretty much every guy wants to be with.

She has her guard up.

She's not being friendly and easygoing around every guy, because she doesn't want to give every guy the wrong impression.

She only wants to drop her guard for a guy who honestly, sincerely feels as though he is good enough for her.

If you want to show her that you honestly, sincerely feel as though you are good enough for her, then you need to have the confidence to not take her questions so seriously all the time.

There's nothing wrong with taking her questions seriously whenever you want to, but you also need to have the confidence to mess with her as well.

You need to let her see that you're not on your best behavior hoping to get a chance with the almighty woman who you put on a pedestal.

She is a beautiful woman, yes and you're feeling attracted to her, yes, but you are the man.

You are more than good enough for her.

Let her see that based on your behavior and she will feel respect and attraction for you.

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4 Reasons Why Women Pretend to Not Want Sex

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

When you go to a porn site, women are usually in the middle of having sex, or they're about to have sex and they're excited about it, or there's some backstory where she is the maid or whatever and then it quickly leads to the man and woman having sex or the woman having sex with multiple people.

Essentially, when you go to a porn site, you will see an endless supply of women who are interested in sex, are having sex, want sex, love sex and so on.

Yet, when a guy walks through everyday life, it may seem to him that women aren't interested in sex at all.

They don't seem to be showing any interest in getting to sex at all.

So, what's going on?

Well, according to Dr. Terri D. Fisher, a professor of psychology at the Ohio State University at Mansfield, on average, women think about sex 18.6 times per day, which is every 51 minutes if you factor in 8 hours of sleep per night.

Here's a quote from Dr. Fisher when referring to the amount of times that a man or a woman thought about sex during the day.

"The tally counts reported by the men ranged from 1 to 388. The variation for the women was less extreme, but still quite large, ranging from 1 to 140. Because there was so much variation, it makes most sense to talk about the median scores (50th percentile) because medians are less influenced by extreme scores. We found that the median number of sexual thoughts for men was 18.6 and for women, it was 9.9. In contrast, the average for men was 34.2 and for women, it was 18.6."

So, for the purposes of this video, I'll just talk about the median score.

In the case of women, that is 9.9 and for men, it's 18.6.

Also, for simplicity, I'll just round the number up to 10 rather than saying 9.9.

So, women think about sex approximately 10 times per day.

This means that approximately 10 times per day, she's thinking of giving a guy a blow job, she's thinking of getting bent over and having sex doggy style, she's thinking of having sex in the missionary position, or she's thinking about kissing a guy, him fingering her and him and her eventually having sex.

So, if the average woman thinks about sex at least 10 times per day, why does it seem as though most women aren't even interested in sex?

Why do women pretend to not be interested in sex?

The first reason why is...

1. So you would trust her when in a relationship

This something that many women worry about and do when they're single and it's also something that they do when in a relationship or marriage.

When a woman is single and she's trying to find herself a boyfriend, she usually won't want to give guys the impression that she would have sex at the click of a finger.

All the guy has to do is say, "*Hey, you want it?*" and she will say, "*Yes.*"

She wants to make sure that guys look at her as relationship material.

As a result, she won't show a lot of interest in sex and will hope that a guy will look at her as being girlfriend material or wife material.

This is where the classic question of, "*But, will you respect me in the morning?*" comes from when a woman is trying to decide if she should sleep with a guy on the first night or date.

Many women worry that if they show too much interest in having sex and then sleep with a guy right away, he won't see her as relationship material.

He won't actually respect her in that way.

He will look at her as a girl that he's going to have sex with for a while, or maybe just have sex with once and then get back on with his life.

Yet, if her objective is to find herself a boyfriend, she will usually want to come across as the type of girl who isn't really interested in sex and will only have sex if she gets into a relationship with a guy.

This then helps to ensure that when she's in a relationship with a guy and it gets 3, 6, or 9 months into the relationship, that her boyfriend doesn't then become clingy, controlling, over-protective and jealous.

She hasn't really given him anything to worry about.

He can look at her and trust that she will be able to control herself.

He can trust that she's going to remain loyal to him and they can have a committed, lasting relationship.

So, when it comes to a relationship or a marriage, if a woman was the type of woman who wasn't actively chasing sex when she was single, then after the initial lust stage of the relationship has settled down, she will almost certainly revert back to her old behavior where she is not chasing sex.

It doesn't mean that she's no longer interested in sex and that she won't have sex, but it just means that she's reverting back to her default type of behavior now that the lust part of the relationship is settling down a bit.

A man can change the way that she approaches sex in the relationship and turn her into the type of woman who initiates sex, but he has to make sure that he uses a different approach with her.

If he wants her to use a different approach with him, he has to use a different approach with her.

For example: If his normal approach is to just get in bed and hope that she initiates sex, then it's not going to happen with a woman like that.

He's going to need to change his approach and start being more masculine around her and start being a bit more dominant and turn her on with that type of behavior.

He's also going to need to make sure that he's not being too timid or reserved during sex.

He needs to make sure that he lets out his masculine side, so she can then feel turned on in new and different ways.

She can start to bring out more of her feminine side, which will naturally make her be more affectionate and want to initiate sex more.

2. So you will appreciate having sex with her

If a woman gives it up too easily, most guys aren't really going to appreciate the sex.

They're most likely going to enjoy it (i.e. because it feels great when you stick it in, you're grabbing her titties and she's sucking you and all that sort of stuff).

That's fantastic, but if you're going to really appreciate it in the way that she wants you to appreciate it, it's going to be about you looking at her as special; you looking at her as a woman that you're falling in love with and that you want to be in a relationship with.

Of course, sometimes a woman doesn't want a relationship after sex.

Sometimes a woman is busy with her career, busy with her studies or just wants to enjoy single life before she eventually settles down.

In cases like that, she doesn't want the guy to see her as special.

She doesn't want the guy to fall in love with her and want a relationship with her.

Women like that just want you to want them sexually, to have a good time and for you to be okay about parting ways when the time is right.

By the way...

If you want to secure a woman like that into a relationship, you have to be the one who is completely fine about parting ways when the time is right.

You have to be the one who is not chasing a relationship.

Women like that will change and want to have a relationship with the type of guy who makes them feel attracted, makes them fall in love, but isn't trying to push for a relationship.

Yet, for most women, one of the reasons why they pretend not to be interested in sex, is so you look at them as being special.

Women like that want you to fall in love with them, so you appreciate having sex with them and then want a relationship.

3. So other people don't look at her as being slutty and therefore treat her with less respect

This one is pretty self-explanatory.

If she sleeps around, most people will start looking down on her.

So, she will try to maintain a self-image of being a 'respectable woman' by behaving as though she never has sex.

4. To see if you will remain confident and keep interacting with her and turning her on, until you and her get to the point where

you kiss and have sex

Some women make it obvious that they want to have sex with you, some give subtle hints and some don't want to give you any hints at all.

In most cases, the reason why a woman won't want to give you any hints at all, is that she wants to make sure that she finds herself a boyfriend who has independent confidence.

In other words, she doesn't want to be with a guy who can only feel confident if she makes him feel confident by showing him lots of interest, being nice to him, being gentle, being emotionally considerate and so on.

In most cases, a woman like that will have relationship experience and she will know that if she gets into a relationship with a guy who is emotionally needy, then she is going to have a difficult time with him.

He's going to end up becoming jealous, clingy, potentially overprotective and maybe even angry and aggressively controlling.

On the other hand, if she gets into a relationship with a guy who has independent confidence and knows that he is good enough for her, regardless of what she says or does, then he's almost certainly not going to become that needy, clingy, controlling type of boyfriend.

He is going to know that he's good enough for her, so he's probably not going to need her to be constantly reassuring him of that.

As a result, she can relax into being his girl and he can be her man.

So, if you're a single man and you want to get to sex and potentially into a relationship with women of your choosing, you need to be able to make them feel sexually attracted and turned on by you as you talk to them.

You also need to have the confidence to make a move and know when the time is right to make a move.

Once you get to a first kiss with a woman, the relationship between you and her changes from just being friendly and flirty to being sexual.

When in a relationship or a marriage with a woman, you need to understand that even though she might not be showing obvious interest in having sex with you, she's still having sexual thoughts every day.

Don't expect her to suddenly change and start initiating sex for no reason.

If you want her to start initiating sex, you have to be willing to interact with her in new ways that make her feel sexually attracted and turned on and want to have sex with you.

Some women are very sexually aggressive and will chase sex all the time whether they're single or in a relationship, but the majority of women wait for a man to interact with them, turn them on and then have the confidence to make a move and get the sex to happen.

When in a relationship, if a man does that often enough, it will bring about a change inside of his woman.

She will start to want to initiate sex because she will enjoy the act of sex so much more.

She will love the fact that he is able to make her feel turned and make her want sex simply based on

the way that he is interacting with her.

He is now able to naturally and easily make her feel attracted, turned on and wanting to have sex with him.

For example: If a man and a woman are in a relationship or a marriage and they've gotten into the routine of just giving each other a kiss on the cheek or a peck on the lips, a man can break from that routine.

He can start to create a different dynamic in the relationship.

He has to have the courage to do it and not lose confidence if she's not initially into it.

For example: Rather than just sticking to the routine of giving her a quick kiss on the cheek when they're parting ways to go to work in the morning, or a quick peck on the lips to say good night, a man can break from that routine.

He can pull his woman into him and give her a proper kiss on the lips.

He can then hold her in a warm, loving hug for about 5 or 10 seconds and then he can give her another kiss.

This time, he can make the kiss more passionate.

He can start off with just giving her another kiss on the lips, but then move to make it a tongue kiss.

Now, initially, his girlfriend or wife might start to squirm or might try to push him away and say, *"What are you doing? What are you doing? No, let's not do that,"* but he needs to maintain his confidence.

He needs to allow her to feel attracted to his masculinity in that moment.

He needs to allow her to see that he isn't being thrown off by her challenge.

He's able to turn the kiss into a more passionate kiss, which then naturally leads to him and her having sex.

Alternatively, if they don't have sex in that particular moment, then at least when she's thinking about sex that day or the next day, she is going to be thinking about having sex with him.

She's going to be thinking about how she wanted that kiss to turn into something more.

As a result, she's going to be more likely to initiate sex or be open to sex when he next initiates it.

Learn More

Okay, I hope you enjoyed this video and learned something from it.

If you'd like to learn more, I have two recommendations for you.

The first recommendation is for the single men watching this video who want to get some sex or a relationship with an attractive woman.

The second recommendation is for the men who are in a relationship with a woman, who is no longer affectionate or no longer in love with them.

So, the first recommendation is for the single men and that is to read my eBook, [The Flow](#), or listen to the audiobook version, [The Flow on Audio](#).

When you read *The Flow* or listen to *The Flow on Audio*, you will learn exactly what to say and do when you meet a woman to make her feel sexually attracted to you, feel connected with you and want

to give you her phone number, want to kiss you, have sex with you and get into a relationship with you.

The second recommendation is my program, Make Her Love You For Life, which is available on video or audio.

Using the approach to relationships that I teach in this program, brings out a woman's affectionate, loving, caring, attentive side.

She wants to be a good woman for you.

She feels sexually attracted to you.

She respects you and she is completely in love with you.

It's Okay to Have Sexual Thoughts

One final point that I want to make for you in this video, is to point out the fact that you're not a bad man for having sexual thoughts every day.

A woman has sexual thoughts every day.

Of course, on average, most men have double the amount of sexual thoughts that a woman has, but a woman still thinks about sex at least 10 times per day.

The amount of times that a woman thinks about sex will be different for every woman.

Some women will think about it 50 or 100 times a day, whereas other women might think about it 3 or 4 times a day.

So, what you need to understand is that women think about sex, they want sex and they enjoy sex.

You're not doing a bad thing by having sexual thoughts.

You're not doing a bad thing by making a woman feel attracted to you and feeling turned on as you talk to her and then having the confidence to move in for a first kiss.

You're essentially being a natural man and allowing her to be a natural woman and you're both expressing your sexual attraction for each other.

So, if you're a single guy and you want to get some sex or you want to get into a sexual relationship, what you need to understand is that even though most women go through life pretending as though they're not interested in sex, they actually are.

What you need to do is interact with a woman, make her feel attracted as you talk to her and then have the confidence to move in for a first kiss or get her phone number, go on a date with her and then get into a sexual relationship with her.

When in a relationship where there isn't much sex or any sex, if you are willing to suddenly change your approach with her, then you will see her behavior start to change.

She will really start to want to initiate sex with you because when she does have sex with you, you bring out a side of her that makes her want to have sex with you again and again.

×

[image]

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[image: Dan Bacon]

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3 First Date Tips That Make Her Want to See You Again

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

When you go on a date, it should usually go well.

You and the woman should be able to get along and then get to a hug, a kiss, have some sex and start a relationship.

Alternatively, you might hug and kiss and then go on a second date and have sex then and start the actual relationship.

[image: Woman fantasizing about getting bent over at the end of the date]

Yet, sometimes the date doesn't go that way and a guy ends up screwing up a date with a woman who really did like him and was secretly hoping that she would get bent over at the end of the date and have sex with him.

So, in this video, I'm going to give you 3 first date tips to ensure that when you go on a first date with a woman, she wants more than just the first date.

You don't end up getting the old, *"Hey, I think we should just be friends,"* or *"Sorry, I'm not looking for a relationship right now,"* or anything like that.

Instead, you end up with you and her kissing, having sex and starting a relationship.

So, let's begin with tip number 1...

1. Believe in yourself

If the woman that you are going on a date with is attractive, she most likely has a lot of other guys who would love to take her out on a date or would love to have sex with her.

So, if she goes on a date with you, just know that she is choosing to be there.

She wants to go on a date with you and has probably been fantasizing about how the date could turn out.

It could end up with you and her hugging, kissing, having sex, falling in love and enjoying a relationship together.

It could end up with you and her having an amazing first kiss.

She's most likely gone through those sort of scenarios in her mind.

So, when a woman arrives to a first date with you, make sure that you're not doubting yourself.

Where so many guys go wrong is that a woman turns up for a first date and he's doubting himself.

He's thinking to himself, *"I have to really be on my best behavior to try to get her to like me. I'm going to have to try to impress her and hopefully, she's going to like me enough to want to see me again."*

Yet, by thinking like that, he ends up behaving in a nervous way.

He ends up coming across as awkward and unsure of himself. He ends up trying too hard to impress her and she starts to feel like, *"Oh, maybe I am too good for this guy."*

She's not too good for him; he's making her feel that way.

She can get the sense that he doesn't think that he's good enough for her and as a result, he's trying really hard to hopefully get her to like him.

So, what you need to do on a first date is to realize that she's there on a first date with you and that means that she likes you, or at least has some interest in you.

If she didn't, she wouldn't have come to the date.

Yet, one thing to be aware of is that many women are very good at acting as though they don't care.

A woman will often go on a date and act as though she doesn't really care if the date works out or not.

She's just catching up in a casual way and talking to the guy as a friend and she isn't invested in the date at all.

She acts as though she hasn't been secretly fantasizing about kissing him or having sex with him.

Instead, she's just hanging out, having a coffee or something to eat with a guy.

What you need to be aware of is that sometimes a woman will be behaving as though she isn't really invested in the date, but that's usually because the woman is insecure and doesn't want to come across as too keen or get you feeling like you're in the power position and then potentially, losing interest in her because she was too easy to seduce into a relationship.

So, as the man, you need to make sure that you have confidence in yourself and see her catching up with you for a date as a clear signal that she is interested in you.

As a result, you deserve to believe in yourself, you deserve to feel confident.

If you believe in yourself and are confident when you're on a date with her, then it's going to come across in your body language, your behavior and your conversation style.

She's naturally going to feel attracted to the fact that you are confident, even though she's putting you under a little bit of pressure.

Of course, sometimes you go on a date and everything will run smoothly.

The woman will show you loads of interest, you will show her interest, you'll end up kissing, having sex and getting into a relationship.

However, if you want to make sure that your first date is successful, you need to be prepared for the fact that not all women show lots of interest on the first date.

Sometimes a woman is insecure and doesn't want to come across as too keen and sometimes she's just a bit nervous and doesn't know how to handle herself on a first date.

So, it's up to you to make sure that you remain confident by believing in yourself.

Know that she's on a first date because she likes you and she is most likely been hoping that something will develop between you and her.

2. Get rid of any awkwardness on the date by having a relaxed, easy-going attitude

A mistake that some guys make is to go on a first date with a woman and be worried about potential, awkward moments that could completely ruin the date.

That's the wrong mindset to take into a date.

If you want to have an easygoing, successful first date with a woman, don't worry about things potentially being awkward between you and her.

For example: If you're walking up to the place that you agreed to meet at and go to for the date and it turns out that it's packed out and there's no room for you and her, where a guy will go wrong in a situation like that is to panic, worry and start to make the situation awkward when it doesn't need to be.

A guy will start saying, well, *"Oh, this is awkward, what are we going to do now?"* or *"Dammit, you know, I wanted to come here and, you know, it's packed out. What are we going to do now? Where do you want to go?"* and make a big deal out of it.

On the other hand, a guy that a woman can feel attracted to and she can respect and feel good with on the date is going to maintain control of his emotions, not see the situation as awkward and make a decision to go somewhere else.

For example: He walks up to the place that they were going to go and it's packed out.

He then might say (in an easy-going, relaxed, light-hearted manner) something like, *"Oh, damn, this place is packed out. No worries, we'll go somewhere else. Let's take a walk along this street here, we'll find somewhere else to go."*

Then, the woman can feel respect for his masculinity.

She can feel respect for the fact that he is maintaining his confidence, he's not crumbling under the pressure and he's not seeing a situation as awkward, when it isn't actually awkward.

Sure, he could have called ahead and booked a table to make sure that there was a place for them, but if he didn't book ahead or he couldn't book ahead, then he doesn't need to worry about that.

A guy doesn't need to be perfect and get everything right all the time.

If you make a mistake, just don't worry about it.

Get on with enjoying your time together and having a great date.

Another example is where a guy will go on a date with a woman that he doesn't really know.

For example: It's a blind date, he met her via online dating or he got her number at a bar or very quickly in a shopping mall or something like that and he doesn't really know her very well.

A guy who makes things awkward will start talking about the fact that it's awkward that they're going on a date.

He'll talk about the fact that it's a bit weird because they don't really know each other, whereas a guy who makes a woman feel attracted and at ease on the first date, will talk to her as though they already know each other and they're cool with each other; everything is fine.

So, rather than sitting down with her and saying something like, *"Oh, well, this is awkward or, you know, we don't even know each other, we just met on Tinder,"* or *"You know, I just got your number at a shopping mall and we hardly know each other, this is kind of weird."*

Just make it more easy-going and talk to her as though you and her are cool with each other.

For example: You might say something like, *"Hey, so how are you doing today? You're hungry or what? I'm hungry at the moment, so let's go get some food"* and then walk with her as though you were and her are cool with each other.

You're going to eat something together and there is no awkwardness.

It's only awkward if you think it's awkward.

If you can relax and be easygoing, then she will follow your lead.

By the way, the same rule applies if a guy is going on a date with a woman that he knows very well, such as a coworker or a female friend that he has had a crush on for a while and is finally going on a date with.

Rather than talking about the fact that it's awkward that they're going on a date, he should just talk to her in an easygoing way, as though everything is cool between him and her.

There is no awkwardness, everything is fine.

She is there at the date, she wants to be on the date with him.

If she didn't want to be there she wouldn't have come along. She is secretly hoping that something happens as well.

3. At least get to a kiss

This is where a lot of guys stuff up.

They approach a woman, they make her feel attracted, they get her number, they text back and forth or get her on a phone call, arrange a date, go on a date, have a great date, but then, when it comes to the first kiss, the guy chickens out.

He thinks, well, *"Maybe she doesn't want to kiss me,"* or *"Maybe I'm going to come across as too forward,"* or, *"Maybe we should get to know each other a little bit more."*

He then doesn't move in for a first kiss.

The thing is, if a woman goes on a date with you and is feeling attracted to you, then she almost certainly wants the date to get to a first kiss.

If you don't kiss her, then she walks away thinking, well, *"Am I attractive enough? Is there a spark between him and I? Would we just be better off as friends? Or did he avoid kissing me because he was nervous and afraid?"*

If she suspects that the reason why he didn't kiss her was that he lacked confidence, then she'll naturally start to lose interest in him.

So, the next time you go on a first date with a woman, make sure that you believe in yourself.

Make sure that you remember she is on a first date with you because she likes you and she has almost certainly been fantasizing about what it would feel like to kiss you and have sex with you.

So, allow her to experience that and then if you want to, go ahead and start a relationship with her.

Learn More?

Okay, I hope you enjoyed this video and learned something from it.

If you'd like to learn more, I have 3 recommendations for you.

The recommendations are:

1. The Flow
2. The Ultimate Guide to Conversation
3. Make Her Love You For Life

Each of those programs are for different guys who are at a different stage of their success with women.

For example: The Flow is for guys who want to approach and attract women so they can get dates and have sex or get into a relationship.

The Flow includes everything that you need to know to start conversations with women, keep conversations going, get to a phone number, a kiss, or a date and then get to sex.

Alternatively, you can skip the dates and just get to kissing and sex on the first night or the first date that you meet a woman.

While The Flow includes examples of how to start conversations and keep conversations going, The Ultimate Guide to Conversation goes deep into conversation.

So, if you need a lot of help with conversation and are worried about running out of things to say when you're on a date with a woman, or when you're talking to a woman that you find attractive, then The Ultimate Guide to Conversation is for you.

Finally, Make Her Love You For Life.

This program will teach you how to make a woman respect you, feel sexually attracted to you and be totally in love with you when in a relationship.

It's about how to keep a relationship together and make the woman want to be with you and only you.

Focus on How You're Making Her Feel and Everything Will Flow Smoothly

One final point that I want to make few in this video is that, when you go on a first date with a woman, what really matters the most is how you make her feel.

It doesn't really matter where you go.

You can go to a cafe or restaurant, hang out at a park, go for a walk and get some ice cream, go get a bite to eat at some casual place, the beach or whatever you want to do.

Depending on the woman, you can also have the first date at your place or hers, where you cook dinner together.

You can then chill out on the couch and eventually start kissing and having sex on the first date.

It doesn't really matter so much where you go on the first date.

What matters the most is that you choose a date that you're going to be comfortable with and that you're going to enjoy, because when you are feeling comfortable and you're enjoying yourself, the woman is going to feel more attracted to you.

She's going to see that you're confident, relaxed and that you're doing something you want to do.

So, if you're not into going to fancy restaurants and things like that, then don't feel the need to do

that just because you're going on a date with an attractive woman.

If the woman that you're going on a date with is attractive, then she's probably had a lot of guys try to impress her and win her over with gifts or paying for an expensive dinner or something like that.

Yet, if she's like most attractive women, she doesn't actually need that.

What she is really looking for is to feel attracted and turned on in your presence.

She wants to feel like you and her have a spark, there's something there between you and her.

She wants to feel the urge to kiss you and have sex with you and she wants to feel like she's beginning to fall in love with you.

You can make a woman feel that way at a cafe, you can make her feel that way if you're grabbing a burger, if you're going for a walk and getting some ice cream, if you're going and watching a movie or you're going to an expensive dinner.

It doesn't really matter where you go.

What really matters is your approach to the date and how it makes her feel.

Does she feel relaxed and easygoing around you?

Does she feel like she can be her real self?

Does she feel like there's a spark between you and her?

Does she feel the desire to kiss you?

That's what really matters.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How to Attract Women if You're Not Tall

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you ask women what sort of guy they like, they will usually say, “*Tall.*”

If I were to ask you what makes a guy tall, what height would he have to be, you will most likely say what?

Six-foot or more, right?

You'll most likely say that the guy has to be six-foot or taller.

Yet, the thing is, the majority of the adult male population is not six-foot or taller.

To use America for example: 14.5% of the adult males in America are six-foot or taller, leaving 85.5% of men being less than six-foot.

Now, let's have a look at the average height of men per country in a number of countries, so you can see that it's pretty much the same in most countries around the world.

- Brazil: 1.731 meters.
- United States: 1.763.
- Australia: 1.748.
- Norway: 1.824.
- Spain: 1.78.
- South Africa: 1.69.
- Ghana in Africa: 1.695.
- United Kingdom: 1.77.
- Iceland: 1.798.

Those numbers are for men who are 18 years of age or older, so it includes older men who are generally a little bit shorter than they were when they were younger men.

Yet, I think the most interesting statistic is the fact that in America, 14.5% of the male population are taller than six-foot.

If you look at the average heights of other countries, you'll see that it's pretty much the same as the U.S, so you can assume that the same applies to pretty much every other country out there.

In countries like Norway, where the men are taller there will be a higher percentage of men who are six-feet and above, but generally speaking around the world, most guys are not six-foot.

The majority of the male population is less than six-foot.

So, how can you attract women if you're not tall, if you're not six-foot or higher?

The way that it works is that when a woman is asked what sort of man she likes and she says, “*Tall,*” what she's really saying, in most cases is, “*I want a man who makes me feel safe.*”

A tall man triggers her instinctive need to feel safe around a guy so a guy can protect her.

Yet, a guy who is the same height as her can still trigger her instinctive need to feel safe.

Additionally, when you see a guy who is taller than a woman, it doesn't always mean that he is six-foot.

In some cases, the guy might be 5'10" and the woman will be 5'9" or 5'8" or 5'7".

When a woman says that she wants a tall guy, it doesn't always necessarily mean that the guy has to be six-foot or taller.

Yet, how about the shorter guys?

How about the guys who are actually shorter than the women that they want to attract?

Well, most women don't go around saying, *"I want a shorter guy. I want a mini man. I want a little man that I can rest my arm on when I'm hanging out...I'll rest it on his head."*

Women don't go around saying that.

Most women don't really have a short guy on the top of their list in terms of what they want from a guy.

Yet, a short guy can still get laid and get a girlfriend.

Initially, when a short guy starts talking to a woman who doesn't normally date guys who are shorter than her, she may be suspicious of him.

She might not be sure whether he could actually protect her and make her feel safe.

Yet, if he talks to her and she can see that he is confident, emotionally masculine and he's not a wimpy guy, then her instinctive need to feel safe is going to be triggered.

Not every woman is going to accept the short guy, of course, but he can still get laid and get a girlfriend.

He can still make women, including pretty, beautiful women feel attracted to him and want to be with him sexually and romantically.

So, if you're one of the guys who has been going through like saying to yourself, *"I'm not successful with women because I'm not six-foot or taller,"* you need to start paying attention to what you're seeing around you.

Approximately 85.5% of the adult male population is not six-foot or taller, but they are still able to attract women, get laid, get a girlfriend, get married and enjoy life with women.

By the way, over the years, some guys have asked me how tall I am.

Well, I'm seven-foot so that's why I'm successful with women.

No, just kidding.

In reality, I'm 175.5cm, which is basically 5'9". (Dan Bacon – height – 5'9", 175.5cm).

So I'm not even a 5'10", 5'11" sort of guy.

It would be nice to be six-foot, but the reality is that if I was six-foot or taller like the man in the photo here, then I wouldn't have gone along the path that I did, which led to me discovering how to attract women as I talk to them.

Seeing what other guys were going through out there, I then had the motivation to get out there, start teaching this stuff and I haven't ever stopped since.

So, if I was a tall man like the man in the photo here, you probably wouldn't be watching this video.

Success with women most likely would have been handed to me on a silver platter as a result of being six-foot or taller.

Yet, personally speaking, over the years, I have met some tall guys through my social circle who are

not successful with women.

They are tall, but they are nervous.

They are shy.

They're insecure.

They doubt themselves around attractive women.

I also have friends who are tall and they are confident.

They believe in themselves and they succeed with women very easily.

So, what's going on there?

Well, remember what I said before about a women's instinctive need to feel safe?

Even though a guy is tall, if he is nervous, insecure and doubts himself, then a woman is not going to feel safe around him if she is more confident in herself than he is.

If a woman feels like she is more emotionally strong and emotionally dominant than a tall guy and he's just a big teddy bear, then her instinctive need to feel safe is not going to be satisfied.

Instead, he's going to make her feel more like a mother figure to him and when a woman feels that around a guy, it doesn't make her have sexual feelings.

Some women will put up with that, but most women get frustrated by that type of relationship dynamic.

So, while being tall definitely can give a man an advantage in terms of making a woman feel like she would be safe and protected by him if he's a confident guy, being tall doesn't guarantee a guy's success with women.

The fact is that guys who are not six-foot or taller can still attract women and enjoy easy, natural success with women.

As I mentioned earlier, when you see guys who are taller than a woman, it doesn't always mean that the guy is six-foot or taller.

Sometimes, the guy is 5'10", 5'9", 5'8" and so on.

Generally speaking, women are usually shorter than men.

There are tall women out there of course, but generally speaking, women are usually shorter than men.

So, what you'll see is that a woman will be 5'8" and a guy will be 5'9" or 5'10". You will also see situations where the guy is shorter than the woman.

Yet, regardless of whether a guy is taller than six-foot or is taller than a woman and he's 5'9" or 5'10" or is the same height as her or he's shorter, the most important thing to most women out there is that their instinctive need to feel safe with a guy is satisfied.

In other words, he is a confident guy.

He's emotionally strong.

He's not a wimpy guy.

There are so many ways that you can make a woman feel attracted to you as you talk to her and one of those ways is to trigger her instinctive need to feel safe.

Making a woman feel what way doesn't mean that a guy has to be a thug or a bad boy or anything

like that.

Instead, a woman just needs to feel that the guy is emotionally stronger than her.

He's more confident than her.

He is not looking to her for protection from the world around them.

She essentially gets the feeling that she can be the woman and he will be the man.

Learn More?

Okay, I hope you've enjoyed this video and learned something from it.

If you'd like to learn more about how to attract women so you can enjoy your choice of women, I recommend that you read my eBook, [The Flow](#) or listen to the audiobook version, [The Flow on Audio](#).

When you read *The Flow* or listen to *The Flow on Audio*, you will learn exactly what to say and do when you're interacting with a woman to make her feel attracted to you and make her want you regardless of your height.

There are some women out there who will only ever accept a guy who's six-foot or taller, but the majority of women aren't that fussy when it comes to height.

They will go around saying that they want a tall guy, but what they're really saying is that they want a guy who makes them feel safe.

Most women out there are happy to be with a guy who is the same height as them, or maybe a little bit taller if he's 5'9" or 5'10" and many women out there will also accept a guy who is shorter than them.

So, when you read *The Flow* or listen to *The Flow on Audio*, you will learn my best examples of how to start conversations, how to keep conversations going, how to make women feel attracted to you, how to make women feel connected with you, how to get to a kiss, how to get her phone number, what to text her when you get her phone number, how to get her to go on a date with you, how to get to sex and so on.

The Flow is everything that you need to know to go from "Hello" to sex and into a relationship with a woman that you find attractive.

Attracting Women Online vs. In Person

One final point that I want to make for you in this video is that there is a big difference between online dating and attracting women in real life.

When a woman uses online dating, she has thousands of guys trying to get a chance with her.

As a result, her standards go way up.

She can start asking for things like tall, rich, handsome, drives a Ferrari, has a luxury yacht and so on.

She can essentially pick and choose between the top 1% of guys that are hoping to get a chance with her.

Yet, in real life, when you make a woman feel attracted to you as you talk to her, it becomes about

you and her in that moment.

If she has an online dating profile with thousands of guys lining up to get a chance with her, she isn't necessarily going to be thinking about that when you and her are interacting.

She's going to be focused on the fact that she's feeling attracted and turned on by you in that moment.

So, while it's true that with online dating and with apps like Tinder, it's mostly about looks, height and money, in real life, it's an open playing field.

All types of guys have a chance to get laid and get a girlfriend.

If you want the power to be in your hands and you want to be able to attract women and enjoy a choice of women, I recommend that you do that in person.

Don't try to compete with guys over height, money and looks with online dating.

The best way to get laid and get a girlfriend is to attract women as you talk to them.

So, if you're not six-foot or taller, just know that you can attract women in person.

You CAN make a woman feel attracted to you as you talk to her and you are not doomed for life if you're not six-foot or taller.

You CAN attract pretty, beautiful women.

That is a fact.

Approximately 85.5% of the adult male population in your country is going to be less than six-foot.

So, don't doubt yourself.

If you see a woman that you find attractive, interact with her, make her feel attracted and take the interaction to the next level.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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5 Signs She Wants You Sexually

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

When a woman wants you sexually, she will usually give you certain signs to show it.

Yet, every woman is different.

Not every woman will give the same signs at the same time.

So, before I get into the 5 signs that a woman wants you sexually, I have to tell you something very important first.

Even if a woman wants you sexually and is hoping to hook up with you and have sex, she will often go without sex altogether, rather than being the one who has to make the first move and make it all happen.

There are four main reasons why a woman will do that.

1. She doesn't want to seem too sexually aggressive; she wants to seem lady like.
2. She doesn't want to put herself out there and get rejected.
3. She wants to test your confidence to see how confident you really are. Are you confident enough to make a move even though she's not making obvious first moves?
4. She wants to test your interest level.

Regarding number 4, in many cases, you will be interacting with a woman, feeling sexually attracted to her and wanting something to happen, but she won't always know that. Not every woman that you meet is confident in herself and believes that every man wants to have sex with her.

Sometimes you'll be interacting with a woman and you will find her attractive, but she'll be thinking things like, *"Is he just flirting with me for fun? Is he just trying to get me interested and then he's going to lose interest? Is he just being friendly? If I show sexual interest, is he going to reject me? Does he have other girls that are interested in him? Is he actually attracted to me in a sexual way?"*

So, sometimes when you're interacting with a woman, she will be sexually interested in you, but it won't seem very obvious.

She will be holding back a bit because she wants to see what your interest level is like.

Are you going to continue interacting with her and trying to get the interaction to a kiss and sex, or are you going to give up if she seems like she's not openly interested in getting to a kiss and sex?

Okay, so now that that's clear, let's get into the 5 signs that she wants you sexually.

1. She fidgets in a girly way

[image: She fidgets in a girly way]

When a woman is interacting with a guy who is making her feel sexually attracted and turned on, she will unconsciously start to show signs of sexual interest.

One of those is to fidget in a girly way.

She'll start playing with her hair, or if she has a necklace, she'll start playing with her necklace.

She'll be doing girly things like that.

What you may have noticed is that guys don't play with their hair in a girly way (i.e. twirling it around their finger, continually stroking it up and down) and guys don't play with their necklace in a girly way either. (*Watch the video for examples*).

It's a girly way to fidget and what it shows is that she is feeling girly and feminine in comparison to your masculinity in that moment.

You're making her feel attracted and turned on and in most cases, without any conscious effort on her part, she starts to fidget like a girl. She starts to react like that.

It's sort of like when you see naked women and you unconsciously just start to bone up.

It just starts to happen.

It's an automatic reaction.

Likewise, when you're kissing a woman and making out with her, she automatically starts to get wet; she starts to get turned on.

The same with girly fidgeting.

If you're interacting with a woman and she is fidgeting in a girly way when she's interacting with you, it's almost always an unconscious signal from her that shows you that she is feeling sexually attracted and turned on by you.

For example: Another bit of unconscious girly fidgeting, when a woman is feeling turned on, is when she put her finger to her mouth, or put her finger on her tooth.

A woman will sometimes do that when she's thinking about doing something with her mouth in regards to you.

So, whether that be kissing you or putting something of yours inside her mouth.

2. She gets very close when talking to you

With this one, I'll give you a personal example of something that happened to me.

I was at a friend's party and there was a girl there that I was attracted to, but I didn't want anything to do with because she already had a boyfriend.

Her boyfriend was my friend's brother.

So, I just wanted to talk to her in a friendly way, but there was clearly a spark between her and I.

As we were talking, I was just trying to be friendly and keep things platonic and neutral, but she was clearly attracted and one of the ways that I could tell that was that she was getting very close to me as we talked.

I noticed she was doing that and I stepped back.

I didn't want to be standing too close to her, because that just wouldn't be cool with her boyfriend there and as I said, I didn't want to do anything with her, but, when I step back, she would step forward and that kept happening.

No matter how much I stepped back, she kept stepping forward.

There was constant eye contact from her, she was sometimes biting her bottom lip and at times, slowly running her fingers across her cleavage, to bring my attention towards her cleavage.

I didn't look; I didn't want to have that type of interaction with her.

By the way...

To get out of that interaction, I eventually said to her, *"Hey, great chatting to you. I'm going to head over and talk to some friends over there for now, but you know, maybe talk to you later,"* got out of that interaction, went over and talked to some friends and about half an hour later, met some new girls that were actually single and ended up hooking up with one of them.

So, it was a good night.

Okay, so with the sign of a woman getting very close to you, it's important to look at that sign in combination with other signs of sexual interest.

A woman sitting next to you, talking to you and being very close doesn't always mean that she wants you sexually if she just shows that sign of interest.

If she's just talking to you in a friendly way or in a professional way and she's very close to you, it doesn't mean that she wants to take her panties down, spread her legs and get you to stick it in.

So, it's always best to look for multiple signals; look for a combination of signals that a woman is giving you.

On that note, sign number 3...

3. She touches you often and seems to enjoy it

If a woman is turned off by a guy, she will completely avoid touching him altogether.

If a woman sees a guy as a friend, she may touch him, but it will just be in a friendly way like a pat on the shoulder, a pat on the leg and there won't be any sexual undertones or sexual vibes that come along with it.

It will just be a friendly pat on the shoulder, or a friendly pat on the leg, or even a friendly hug, but it won't be sexual.

On the other hand, if a woman is sexually attracted and turned on by you, then in many cases, when she touches you, she will seem to enjoy it.

She will touch you and she'll give your arm a bit of a squeeze, or she'll touch your leg and give it a bit of a squeeze and she'll be smiling and she will seem to be excited about the fact that she's touching you.

If you're talking face to face, you tell a joke and she starts laughing, she may show her sexual interest by touching you on the chest.

She might give it a bit of a caress, or if you're sitting next to her, she might put her hand on your chest and give it a bit of a caress once again, but it's important to understand that sometimes a woman will do that when she just sees the guy as a friend.

To tell if she wants you sexually you just have to pay attention to how she behaves around other guys.

If she touches every guy on the chest and caresses every guy's chest, then it doesn't mean anything for you, or it means that she wants to bang everyone.

Yet, if she doesn't touch other guys on the chest, but does it to you, then it's her unconsciously and

sometimes consciously trying to tell you that she is sexually interested in you.

4. She gives you an unusual amount of compliments

Some women don't want to show obvious signs of sexual interest because they want to seem lady-like.

Other women don't want to show obvious signs of sexual interest because they're shy and they're worried about getting rejected if they show you interest.

As a result, some women will end up giving you lots of compliments and trying to show you that they really like you, so you then have the confidence to make a move and kiss her and then get the interaction to sex and into a relationship.

So, if you're talking to a woman and she seems interested, she is laughing at your jokes and she's giving you an unusual amount of compliments, it almost certainly means that she's trying to show you that she likes you and she's interested in something happening between you and her.

As I said at the start of the video though, it's very important that you have the confidence to make a move because many women will go without having sex and even a relationship with a guy that they really like rather than making the first move.

So, look out for the signs and when you see the signs, make a move.

5. She uses sexual innuendos and then gives you a sexual look

Sometimes women use sexual innuendos just for fun.

Sometimes they use it to mess with a guy.

Yet, if you're interacting with a woman who seems interested in you and she is using sexual innuendos, you have to have the confidence in yourself to see that as her trying to show you that she's sexually interested in you.

What are some examples?

A common example is where you're talking to a woman and the subject of using hands for something comes up and she then says, "*I'm good with my hands*" and gives you a bit of a sexual look.

Another example is if you're talking about fruit and she says she likes bananas.

So, if a woman says that she likes bananas, you can reply to that by saying, "*Yeah, I bet you do.*" (Watch video for example of how to say it the right way).

Let her know that you know exactly what she's talking about.

Alternatively, you could say, "*Oh, you're a naughty one, aren't you?*" to let her know that you know what she's talking about.

By the way...

Responding like that is best done when you're meeting women in a bar environment, at a party, or a relaxed environment where you're hanging out with friends.

If a woman is using sexual innuendos in the workplace, it's best to just smile knowingly and let her see that you understand what she's talking about.

It's best not to say anything about it in the work environment.

Keep those conversations for when you're in more relaxed, party-like environments where you're at a bar, at a party, at a fun social event and so on.

If a woman is sexually interested in you and you're able to pick up on her sexual innuendos and have the confidence to acknowledge it and build it into something even more than it is just for fun, then she's going to be excited that you're picking up on her signals.

You know that she wants to have sex with you.

So, at that point, you just need to have the confidence to move in for a kiss and then get the interaction to sex and go ahead and have a great time with each other.

Learn More?

Okay, I hope you enjoyed this video and learned something from it.

If you'd like to learn more, I recommend that you read my eBook, [The Flow](#), or listen to the audiobook version, [The Flow on Audio](#).

When you read *The Flow* or listen to *The Flow on Audio*, you will learn exactly what you need to say and do to go from hello to sex with a woman that you meet.

The Flow includes my best examples of how to start conversations, how to keep conversations going, how to make women feel sexually attracted to you when you talk to them, how to get to a kiss, how to get to sex and into a relationship.

It also includes examples of what to text a woman when you get her phone number, how to get her to go on a date with you and so on.

It's everything that you need to know to go from hello to sex with a woman that you find attractive.

Women Want Sex, But Usually Avoid Making it Obvious

One final point that I want to make for you in this video, is that when you're interacting with very attractive women, they will often, but not always, avoid showing sexual interest in you right away.

One of the reasons why they do that and why they appear a bit cold and disinterested initially is that they don't want to give a chance to a guy who doesn't feel worthy of them.

If an attractive woman has had some experience with relationships before, she knows that if a guy doesn't feel worthy of her and gets a chance with her, he will almost certainly become clingy, needy, controlling and overprotective in a relationship.

He will then be very difficult for her to break up with.

So, with very attractive women, what they will often do is withhold showing you obvious signs of interest for the first minute or two.

It really depends on the woman though.

Some very attractive women show it openly and instantly, but some very attractive women who want to make sure that they get themselves a confident boyfriend will withhold showing any sexual interest in the first one to two minutes (and sometimes even a little longer).

So, if you're interacting with a very attractive woman who isn't making it obvious that she likes you sexually, you just need to look out for one thing; that she is still talking to you.

If an attractive woman isn't interested in you, she is going to stop talking to you.

She's going to turn away, leave the interaction or ask you to go away.

So, if you're interacting with an attractive woman and she keeps talking to you, you need to see that as a sign that she is interested in you.

You then need to build on her attraction so she starts to unconsciously show you signs of sexual interest.

Then, just have the confidence to get to a kiss and get to sex and enjoy yourself.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How to Never Be Needy With Women [SOLVED]

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

How can you avoid ever being needy when it comes to an attractive woman?

So, when you meet an attractive woman, or you start dating an attractive woman, how can you avoid yourself feeling desperate when it comes to her?

How can you avoid feeling like, *“I need to get this girl to like me, I need to get her phone number, I have to be able to get to have sex with her or have a relationship with her?”*

Additionally, how can you do the opposite of that and be the sort of guy who exudes the type of confidence that makes a woman want to get down on her knees and be a good girl?

To help you understand how to make that transformation and be the sort of guy who exudes that type of confidence that women magnetically find attractive, imagine this...

Imagine that you're walking through a desert during the day and naturally, it's very hot.

You've been walking for two hours and you need some water, but there's no water in sight.

You keep walking and three hours later, you still don't have any water.

Your mouth is dry, your throat is dry and you just need some water.

Then, off in the distance, you see a table and on that table is a glass of chilled, pure, clean water.

How are you going to feel about that water?

Are you going to feel like, *“Meh, I don't need that. It's just water. I don't care. I'll just keep walking and I don't have any desire or need for water,”* or are you going to be feeling a bit needy for that water?

Are you going to feel that desperation to get over there and make sure that you get that water, drink it and rehydrate yourself?

You most likely are going to get over there, drink the water and rehydrate yourself.

[image: How to stop being needy with women]

After drinking the water, is that going to get rid of your need and desire to have more water throughout the rest of your journey, if you still have a long way to go?

No.

The need and the desire for water is always going to be there.

So, if you don't have any more water, you're still going to have that needy feeling when it comes to water.

Yet, imagine this...

As you finish drinking the glass of water, you put it down, look up and 100 meters in the distance, you can see another table.

Except this time, there are 100 glasses of water on the table.

How are you going to feel about those 100 glasses of water?

Are you going to feel needy to drink all of those glasses of water, or are you going to feel like, *“Okay, I'm going to have a few of those glasses of water and then I'm going to continue on with my*

journey.”

Well, initially, if you’re really thirsty, you might think that you’re going to stick around there and drink as much water as you can, so you can go as far as you can with your journey of where you’re heading to, but if you go over there and you drink three glasses of water, you’re probably going to be full at that point.

Additionally, if you still have a long way to go, you’ll probably be thinking about how you can bring some of that water with you.

Yet, imagine this...

As you put down the third glass of water that you drank, you look up and in the distance, you see another table with 100 glasses of water.

Additionally, every 100 meters behind that is another table with 100 glasses of water, for as far as the eye can see.

Now, how you’re going to feel?

Are you going to feel needy to drink all of that water, or are you actually going to start to feel a bit more freedom?

Are you going to feel like, *“Hey, I can just walk along and anytime I feel like it, I can have a glass of water and I can continue on my journey and go to where I want to go.”*

[image: Get a new woman whenever you feel like it]

You’re most likely going to feel a bit more relaxed and you’re going to have that freedom, that feeling where you can just walk along and continue on your journey and have a glass of water whenever you want.

Well, as it turns out, the same fundamental rule applies to your life with women.

When a guy goes through life and he doesn’t understand *how to make a woman feel attracted to him as he talks to her*, he will end up feeling like a man who is walking through the desert without any water.

He might come across the occasional glass of water every couple of kilometers or miles, but he’s never going to have that consistent supply of women.

He’s never going to have that feeling of freedom where he can just walk through his life, go along his journey and whenever he feels like it, he can attract a woman, have sex with her and have a relationship with her if he wants to.

If he doesn’t want to have a relationship, he’s not worried.

He’s not needy for that girl.

[image: Knowing that you don't have to stay with her if you don't want to]

He’s not thinking, *“I have to stay here at this table and drink this glass of water because this is the only glass of water I can ever find.”*

He doesn’t think like that.

He can see table, after table, after table of glasses of water.

In other words, for him, *because he knows how to attract women as he talks to them*, he doesn’t have that needy feeling.

He doesn't feel like if he meets an attractive woman, he has to make it work with her because he's not going to be able to get another attractive woman interested in him.

He knows that for him, as he interacts with women throughout his life, he is able to make them feel attracted to him.

If a guy doesn't have that skill, he will almost certainly end up being needy when it comes to dating women, or he might actually get lucky, get into a relationship and end up being needy with his girlfriend or wife.

Secretly, he will know that he got lucky with his girlfriend or wife and if she is being a pain in the butt, being difficult in the relationship and making him do lots of things for her (e.g. chores around the house, run errands for her, buy her things), he will probably want to do them because he'll be afraid of losing her.

On the other hand, a guy who isn't needy, isn't going to panic if a woman starts being a pain in the butt or threatening him with a breakup, because he knows that he can attract women at will, by choice, on purpose.

He can do it whenever he wants to.

If he breaks up with her and goes out to a bar, or a party, or some sort of social event, he's going to be able to attract women.

He's going to be able to get to a phone number, or a kiss, sex that night, or set up a date and start having a sexual relationship with the woman that he's met.

The reason why is that he's able to make women feel attracted to him.

He's able to interact with women and create a spark of attraction inside of them and then build on that attraction to the point where the woman wants to give her phone number to him, kiss him, have sex with him, go on a date with him and start a relationship with him.

So how do you do it?

How do you create a spark of attraction inside of a woman as you talk to her?

What I'm going to do now is give you an example of me answering the question, *"So what have you been up to lately?"* and displaying different personality traits and behaviors that are either going to turn the woman off or attract her.

The examples are neutral, nervous, nice, ballsy, funny and charismatic.

I'll also display words on the screen that basically explain what type of person I'm coming across as, as I talked to the woman in that way.

So, the first example, let's start with neutral.

She asks you the question, *"So what have you been up to lately?"* and you reply, *"I've been busy with work and catching up with friends. How about yourself?"* in a neutral manner.

Nervous: *"I've been busy with working, catching up with friends. How about yourself?"* in a nervous, self-doubting manner.

Nice: *"Oh, I've been busy with work and catching up with friends. How about yourself?"* in an extra nice, polite manner.

Ballsy: *"Why are you asking me questions like that for, huh? What do you want to know? Are you working with the FBI or something? Are you undercover? Look, I'm not selling drugs anymore. I'm*

clean. I'm a good guy now. Hah, now, just kidding. I've been busy with work and catching up with friends. How about yourself? What have you been up to?"

Funny: *"What have I been up to lately? I don't know if I can tell you actually. You seem a little bit innocent. I don't know if you can handle it. Hahaha, I'm just kidding. I've been busy with work and catching up with friends. How about yourself? What have you been up to?"*

Charismatic: *"Well, lately, I've been busy with work and catching up with friends. How about yourself? What have you been up to?"* in a confident, friendly, charming, loving, cool guy kind of manner.

So, with those examples there, the first three examples are not going to create a spark of attraction inside of a woman.

There's nothing wrong with being neutral at times when you talk to a woman, but you have to understand that just being neutral as you talk to a woman doesn't create a spark of sexual attraction inside of her.

Additionally, being nervous or too nice when you're interacting with an attractive woman signals to her that you don't feel good enough for her.

It signals to her that you lack confidence and that you're actually insecure in terms of your value to her.

In terms of being ballsy, being funny and being charismatic, those are three examples of how you can create a spark of attraction inside of a woman.

You don't have to always be ballsy when you're interacting with a woman, you don't always have to be funny and you don't always have to be charismatic.

You can add that stuff into your interactions with women to create a spark of attraction inside of them.

Some guys don't actually want to go down the ballsy route and that's okay.

You can still make women feel attracted to you by being charismatic, being charming and being funny.

So, the way that it works in terms of not being needy when it comes to attractive women, not having that desperation and instead exuding the type of confidence that women are magnetically attracted to, is that *you need to experience what it's like to be attractive to women*.

It's only when you experience what it's like to be attractive to women and *then you repeat that experience again and again* that you can then honestly, sincerely and deeply exude that type of confidence that women are magnetically attracted to.

You can be interacting with an attractive woman and be looking at her with absolutely relaxed self-belief and confidence.

When she senses that type of confidence in you, she will naturally feel attracted to you and if you keep that type of confidence going into the bedroom, she will naturally want to get down on her knees, open that pretty little mouth of hers and be a good girl.

Learn More?

Okay, I hope you've enjoyed this video and learned something from it.

If you'd like to learn more, I recommend that you read my eBook, [The Flow](#), or listen to the audiobook version, [The Flow on Audio](#).

When you read the eBook or listen to the audiobook version, you will learn exactly what to say and do to make women feel attracted to as you talk to them.

You will also learn how to create unforgettable connections between you and a woman.

You will learn how to get a phone number, how to get to a kiss, how to get to sex on the first night, how to get to a date, how to get to sex on a date, what to text a woman when you get her phone number and so on.

You will have everything that you need to know to go from hello to sex with a woman that you find attractive.

By the way, The Flow is for guys who want to attract women for sex or a relationship.

If you're already in a relationship with a woman and you become needy, the program for you is [Better Than a Bad Boy](#).

Better Than a Bad Boy will teach you how to be what women refer to as a real man.

It's about having purpose in life and not making a woman be the most important thing in your life.

She can be the most important person, but not the most important thing.

The Better Than a Bad Boy approach to a woman makes her start to feel needy for your attention and affection.

It gives you the power in the relationship.

So, when it comes to women, don't make the mistake that so many guys make.

They interact with women, get rejected and then they think that they're not good enough for women when they actually are.

So many guys who get rejected by women because they don't actually know how to make women feel attracted to them as they talk to them and are just be neutral or nice, end up feeling like they're not good enough and they need to build up their career and build up their muscles to be good enough for women.

They ignore the fact that they see guys who don't even have an established career, or don't even have the perfect gym body with a beautiful woman.

They ignore that.

Additionally, some guys say, *"Well, look, if I've been rejected by women and they can't see that I'm a good guy, then they can go and get stuffed. I'm just going to do my own thing and if women aren't interested, I don't care,"* but that approach doesn't work either.

If a guy uses that approach, he will almost certainly experience months or years passing in his life where he doesn't have his choice with women or he doesn't have any women at all.

Then if he meets an attractive woman that he kind of has a chance with, he probably won't be able to stop himself from being a bit needy or desperate if she isn't making it easy for him.

He will see her as the only glass of water in the desert for him when in reality, there is table, after

table, after table of glasses of water for him, if he can just master the skill of being able to attract women as he talks to them.

If he does that, he will then see time and time again that he's able to attract women on purpose, at will, by choice.

It's not about getting lucky for him; it's not about him getting a woman by fluke.

It's him attracting women whenever he wants to.

In other words, he can have a glass of water whenever he feels like it, as he continues on his journey throughout life.

He's not that desperate man in the desert hoping to find one glass of water.

For him, there's an endless supply of women and as a result, he doesn't ever have to feel needy or desperate for just one woman.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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3 Examples of How to Flirt With a Coworker and Make Her Want You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Flirting with a coworker creates a private world between you and her.

There is a private understanding that both you and her find each other sexually attractive and that there is sexual tension building up between you and her.

You can flirt with women based on what you say, how you behave and how you use your body language.

In this video, I'm going to give you examples of each of those.

So, let's start with example number 1.

1. Create a private world between you and her

[image: Flirting creates a private world between you and her]

Back when I didn't understand how to attract women, I was working in an office.

A new girl started working there.

She was of Latvian descent, so the country next to Russia.

In other words, she was a pretty girl.

She was tall, she had a fairly good handful there and had a nice rear set up as well.

She was a nice package and I was lucky enough that she sat next to me.

Yet, I didn't understand how to attract women.

Back then, I thought that a woman will like you if you're good looking enough and if you're not good looking enough for her, she's not going to like you.

So, when she sat down and we started to talk, I talked to her in a neutral, professional manner.

I had no idea back then that you can actually make women feel attracted to you as you talk to them.

So, when she sat down and we're introduced, I was just like, *"Hey, how are you doing? Welcome. Where are you from? What's your name? Blah, blah, blah."*

Nothing that I was talking about was creating a sexual spark with her.

However, my friend, who sat across from me, an Indian guy, he had a different understanding of how attraction works.

Essentially, we were sitting in cubicles, the cubicles separated our desks and were above eye level in terms of height.

So, if you wanted to talk to each other, you had to stand up and say something and then sit back down.

When sitting next to each other, there was the lean back and have a conversation sort of thing.

Now, my friend, who I'll change his name for the sake of this story and privacy, was Danesh.

Now, Danesh understood how to attract women.

So, instead of talking to this new girl in a neutral way, he started flirting with her right away.

Then, he created a private world between him and her that eventually led to them going out on a Friday night, two weeks after meeting each other and then hooking up, having sex and starting a relationship.

So, what Danesh did is that he stood up and introduced himself to the new girl, but did it in a flirtatious way.

Rather than just being professional and saying, *"Oh hi, I'm Danesh. How are you doing? What's your name? Oh, nice to meet you,"* he said something like this (in a confident, but playful manner) instead.

"Hey, how are you doing? I'm Danesh. What's your name? Nice to meet you. You'll enjoy it around here. It's a good place to work at. You seem to be a bit of a troublemaker though. You're not going to start causing trouble around here, are you? You seem like a bit of a mischievous one. No? Alright, okay. Well, good to meet you. I'm going to get back to work. Talk to you later."

Then, about an hour later, he stood up from his desk and looked at her and said, *"You causing any trouble over there?"* and then she had a laugh.

There was a private world beginning to form between him and her that wasn't just about being professional and talking to each other in a neutral way that had no flirting involved.

In addition to being professional and getting on with doing his work, what Danesh did, is that he continued the playful banter with the new girl at times.

He would add some things in.

For example: A couple of days later, she walked in wearing a new jacket and it looked really cool. She looked like a stylish, hot girl.

What Danesh did, rather than just saying, *"Oh, nice jacket. Wow, that looks nice. How are you today?"* is that he sat there at his desk, smiled at her and watched her walk in.

Then, a couple of minutes later, a crunched-up piece of paper flew over his desk and landed on her desk.

What he had done, is that he'd wrote a note on a piece of paper that said, *"Hey...nice jacket. Really suits you. How are you today?"*

She then flirted back with him by saying, *"Thanks. I don't like your shirt, though. It doesn't suit you :P"*

They continued the note throwing back and forth and made sure that no manager saw them doing it. Eventually, it led to this...

Danesh said something along the lines of, *"I'm hungry. I wouldn't mind eating a burger right now."*

She then said, *"No, I'd prefer to eat some chocolate fudge. That's my favorite."*

So, what did Danesh do then?

Two days later, when she walked into work and sat down, he walked over to her desk, didn't say a word and just placed chocolate fudge on her desk.

It was wrapped in a nice plastic wrapper.

I looked at her at that point and she was smiling from ear to ear and blushing.

That happened to be on a Friday.

That Friday night, they went out for drinks after work, hooked up and then they stayed together the whole weekend.

Now, for me, back then, I had no idea how my friend had pulled that off.

I actually started to think, *“Oh well, she must like Indian guys. That must be her thing.”*

Yet, later, I found out that he was the first Indian guy she ever hooked up with.

Additionally, when I asked him to show me what they were writing back and forth, when she went to the toilet one time, it really didn't make sense to me how they would be talking to each other like that in a professional environment.

I didn't understand how they could actually have that sort of banter and where it was coming from.

I was thinking, *“Well, they must have a natural chemistry. This must be their style.”*

Yet, what I didn't realize back then is that my friend had created that dynamic with her.

He had created the private world between him and her by immediately talking to her in a way that included some subtle flirting based on his body language and his behavior.

An important thing to point out here, is that you don't need to throw notes back and forth between you and a woman to be flirting with her.

Flirting can be very discreet and it can be based on your body language, which I'm going to give you examples of right now.

2. Use your body language to keep the flirting discreet and professional

[image: Use your body language to keep the flirting discreet and professional]

Flirting doesn't have to be obvious.

Flirting can happen on a very subtle, discreet level via body language.

So, what you need to do is be confident around her.

When you can see that she is feeling attracted, give her subtle, discreet looks that show your interest in here.

For example: Let's say that a guy is working in an office environment and there's a girl there that he wants to attract and flirt with.

How can he do it?

What he needs to do is make sure that he continues to use professional body language, so he still maintains his professional identity in the workplace, but when he's interacting with her, he also needs to add in some flirtatious body language to make her feel attracted and let her see that he is able to create that private, discreet world between him and her.

When the woman that you're flirting with flirts back at you, what you can do is level it up by using what I call the *Tongue on Tooth* body language expression.

This might seem a bit weird to do on camera, but when you do it with a woman that you're flirting

with, it makes total sense and she knows what it means.

So, the Tongue on Tooth body language expression is where you place the tip of your tongue on the second last back tooth on the right hand side or the left hand side on your mouth.

It doesn't really matter which side you choose.

That type of body language expression is a little bit cheeky and it signals to the woman that you are aware of the sexual attraction between you and her and you are also aware that there is a private world developing between you and her.

In some cases, the woman will smile, laugh and then ask, *"What? What does that face mean?"*

You can then say, *"Nothing. We're just smiling. Now let's get back to work."*

What happens then, is she realizes that you're able to maintain a private world where nothing needs to be spoken.

You don't actually have to say, *"Hey, I like you. Do you like me? Do you want to go out sometime? Are you interested in a relationship? Are you looking for a boyfriend at the moment?"*

You don't need to ask her any of those things.

Instead, you're using the discrete language of flirting, which women know how to do.

Pretty much every woman knows what flirting is and how to do it and they love it when a guy has the ability to flirt with them and create that sexual tension based on the subtleties of how they interact with each other.

3. Step up the flirting when you're not in the workplace

When you flirt with a woman and make her feel sexually attracted to you, it builds up sexual tension between you and her.

[image: Get to sex with a coworker and enjoy]

At some point, the sexual tension needs to be released via kissing and sex.

So, don't leave it for too long.

In some cases, a man and woman can flirt with each other for many years and end up hooking up.

However, in most cases, if a guy waits too long, she finds another guy.

She hooks up with another guy, gets into a relationship and potentially, he finds another girl and gets into a relationship.

So, if you're flirting with a woman, there is sexual tension between you and her and you're not worried about hooking up in the workplace and the consequences of that in terms of your job, then go ahead and meet her outside of the workplace.

That might be at Friday night drinks with coworkers, it might be at a work function that is a bit more relaxed, it might be your friend having a birthday and you invite her along to that because she doesn't really have much to do on the weekend, or it might be you and her going to a sports game that you both have a mutual interest in.

For example: You and her might be interested in football, ice hockey, basketball, or whatever. Maybe tennis or something like that.

You talk about the tennis match that is coming up, or the football match and then you ask her if she

ever goes.

You then say that you are interested in going and invite her out to that as well.

So, you might be talking about the football game coming up and you might say, *“Hey, it’s going to be a really good game this weekend. You interested in going or what? We should go. We should go check it out. Go Hawks or Go Tigers”* (or whatever team you barrack for or root for).

Then, when she comes to meet you wherever you are meeting her, give her a compliment that includes some flirting, rather than just being neutral and talking to her like a friend.

So, if you met up with her at a football game, rather than her arriving and you saying, *“Oh, hi. How are you doing?”* or *“Oh, hi. You look nice today. I’m looking forward to the game,”* and just being a neutral friend, you can give her a compliment that includes some flirting.

“Wow, someone looks pretty today. How are you doing? It’s going to be a good game. High five” and immediately get the physical touch barrier broken between you and her.

Alternatively, if you’re meeting her at after-work drinks, you might need to be a bit careful about openly flirting with her in front of other coworkers, depending on what type of environment you work in.

In some work environments, it’s totally cool for coworkers to hook up with each other, get into relationships and even just casually date each other, whereas in other work environments, it’s a big no-no.

So, you need to assess that for yourself and adapt your approach.

For example: Imagine that you work in a work environment that is kind of okay with coworkers hooking up, but doesn’t want to see it happening in front of them.

In that case, you would subtly flirt with the girl that you like and then, at some point, you would say to her, *“Hey, let’s go to the bar and get a drink,”* so you can have alone time.

Then, after about 5-10 minutes, you would say, *“Hey, let’s go out and get some fresh air,”* if there’s a balcony or outside area.

[image: Step up the flirting when you're not in the workplace]

You and her can then go and stand out there, kiss or at least get a little bit physical.

Back when I first started to figure out how to attract women, I actually did that myself.

There was a girl that I was flirting with at work and we went to Friday night drinks with coworkers.

Her and I were flirting back and forth and there was that flirtatious banter.

Then, I said, *“Hey, let’s go and grab a drink at the bar,”* and we stood there and had a chat and it was just the two of us for about 5 minutes.

Then, I said, *“Hey, let’s go outside and get some fresh air.”*

Then, pretty much right away, when we were out in the balcony, I stood in front of her, looked her in the eyes, put my arm around her lower back where the small of her back is and she then put her arms over my shoulders and it was on.

We started kissing.

Learn More?

Okay, I hope you've enjoyed this video and learned something from it.

If you'd like to learn more, I recommend that you read my eBook [The Flow](#) or listen to the audiobook version [The Flow on Audio](#).

The Flow is the easiest way to get laid or get a girlfriend.

It's a step-by-step approach that you use when you meet a woman to make her feel attracted to you, connect with her and then get to the next level with her.

Alternatively, if you just want to learn about conversation and you want to go deep into the topic of conversation, I have another program called [The Ultimate Guide to Conversation](#).

This program features Ben and Stu as well.

They are the other coaches here at The Modern Man.

We give over 70 examples of how to start a conversation, we give loads of examples of how to keep a conversation going and keep it interesting and we also explain how to attract a woman during a conversation, make her want you, make her love you and so on.

Flirting really is the shortcut to attracting women and making them want you in a sexual way.

Once you understand how to flirt with women and you start doing it, you will realize that most of the women you meet feel attracted to you.

As a result, you then start to feel confident and begin to enjoy your choice of woman because you're able to attract the kinds of women that you previously couldn't attract.

What you then realize, as you begin to attract and sleep with higher quality women, is that you have been good enough all along.

It's just that the approach you were using with women wasn't actually making them feel sexually attracted and turned on during a conversation.

Yet, when you use flirting and other techniques to make a woman feel attracted to you during a conversation, then sparks start to fly.

You are able to make her feel attracted to you, connect with her and then get to a kiss, sex, date and into a relationship, if you want that as well.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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4 Quick Dating Tips For Men

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Attracting and dating women doesn't have to be difficult.

Once you understand how the dynamic needs to play out between a man and a woman in order for sex to happen and a relationship to happen, you do that and pretty much every time, you get the girl.

It's pretty straightforward.

So, to help you with that, let's start with tip number 1...

1. Women don't select guys based on how nice they are

[image: Women don't choose men based on how nice they are]

If the woman that you want to have sex with is attractive, then pretty much every guy who meets her does what?

He is nice towards her, he is friendly towards her.

He tries to get her to like him for being a good guy.

He wants to show her that he's a good guy and has good intentions with her.

He hopes that if he just keeps talking to her, she's going to like him for that and then give him a chance to be with her.

However, that is not the way that it works.

Women don't select guys based on how nice they are to them.

Imagine if women did select men for that reason.

Women would say, *"Oh, well, this guy has given me four compliments, this guy has given me three, this guy has giving me none, asshole, you're not getting a chance with me. Mr. Four Compliments, you get to stick it in, come over here. Good boy."*

Additionally, if men got rewarded for how nice they were to women and that's how they got sex or a relationship, men would compete to be nicer and nicer to women.

Women will be walking along the street and men would be bowing down saying, *"Almighty woman, what can I do for you?"* and throwing gifts at her feet.

Obviously, that is not the way that women select men.

[image: Women don't choose men based on how nice they are]

However, many men do try to get selected by being nice to the woman (and they think that they are the only ones doing it).

They don't realize that pretty much every other guy is doing the same thing when they meet an attractive woman.

The way that women select men is based on who makes them feel sexually attracted and turned on as they interact with her and who actually has the courage to make a move and get something to happen.

For example: Some guys do know how to make a woman feel sexually attracted to them, but then

they chicken out and they don't ask for a number, or they don't make a move and try to kiss her.

Alternatively, some guys do know how to make a woman feel attracted, but then when it comes to making a move, they start getting nervous and they turn the woman off.

So, if you want to enjoy easy consistent and natural success with women, what you need to focus on when you interact with women is making them feel sexually attracted and turned on by you as you talk to them.

You need to then have the courage to make a move and know what you're doing to actually make that move without stuffing it up.

By the way...

With women not selecting guys based on how nice they are to her, that doesn't mean you need to be bad to her, or treat her badly.

If you want an attractive woman to have a sexual interest in you, you need to be able to make her feel sexually attracted to you as you talk to her.

You can still be a good guy and women definitely do want good guys, but they select guys based on how much attraction they feel as they talk to a guy.

Then, the guys who actually get laid and get a girlfriend are the ones who have the courage to make a move and actually know what they're doing to make a move without stuffing it up.

2. If the sexual spark isn't there you can create it

[image: If the sexual spark isn't there, you can create it]

Have you ever noticed that on rare occasions, you will meet a woman and there'll be a spark between you and her automatically, even though you didn't do anything?

That's called getting lucky.

You and the woman have an automatic chemistry and you get along instantly and there are sparks flying between you and her based on your personality type, where you're both out in life and so on.

However, what about the women that you want to attract that don't initially feel a spark for you?

What about the pretty women that you see that you want to approach and meet, or the girl at work, or the girl at university, or the girl that you know through friends, or if you go out to a bar, the hot women standing there waiting to be approached by men so they can meet a man?

What do you do if those women don't initially feel a spark with you?

Well, what you need to understand is that as a man, you can CREATE a spark with a woman.

You can create a spark based on the way that you talk to her, the way that you behave and the way that you get her to behave around you.

So, when you're talking to her, you're displaying confidence, you're being charismatic, you're using some humor and so on.

Once you create a sexual spark with a woman, you can build on it and make her really want you to the point where you can get her phone number, you can kiss her and have sex with her or set up a date and then get into a relationship.

As a man, what you need to understand is that you can actually create a spark with a woman.

You don't have to go through life for many years hoping that one day you might meet a girl that automatically feels a spark for you and it just so happens that she's also pretty and single and wants to be with you.

Instead, you can have your choice with women by creating a sexual spark as you talk to them.

3. Don't talk about your romantic feelings for her before you've had sex with her

So many guys mess up their chance with a woman that is attracted to them and is interested in a relationship, but the guy then stuffs it up by telling her how much he feels for her, how he's falling in love with her, how serious he is about her, how special she is to him, how different she is than all the other girls and so on.

What you need to understand is that if the woman that you want to have sex with or have a relationship with is attractive, then pretty much every guy that gets a chance to meet her and talk to her and get to know her falls in love with her.

Most guys instantly want to have sex with her because of her looks and then start to fall in love with her because of her personality.

They start giving her relationship vibes and they essentially give her the impression that they are hoping to get a chance with her.

[image: Let her enjoy the thrill of the chase]

What an attractive woman wants to experience is the feeling where she feels as though she needs to impress you.

She needs to be on her best behavior in order to not lose her chance with you.

She needs to make you want her more, fall for her more and make you want a relationship.

It's her challenge.

It's her chase.

She is the one who's trying to lock you into a relationship.

Now, after you've had sex with a woman, there's nothing wrong with telling her that you like her, showing interest in a relationship and things like that.

However, if the woman that you've had sex with is very attractive, don't turn into Mr. Sensitive or Mr. Feelings and start being Mr. Romantic all of a sudden.

[image: Allow her to feel the need to impress you]

Let her enjoy the thrill of the chase.

Let her feel as though she needs to keep impressing you and being on her best behavior and using her charms on you to hopefully make you fall totally in love with her.

4. Don't panic when women test you

If you're talking to an attractive woman or you're dating an attractive woman, then you're going to

experience tests.

She's going to pretend that she doesn't like you at times.

She's going to pretend that she's losing interest.

She's going to try to make you lose confidence in yourself.

She will test to see if you're the sort of man who can easily attract women, or if you're a desperate guy who is hoping to get chance with her.

She doesn't want to have sex or a relationship with a desperate guy who wants to get a chance with her, if she is attractive.

If she's unattractive, then great, she'll love that, but if you're talking to an attractive woman, or you're dating an attractive the woman, she's going to test you.

She's going to take time to reply to texts, or if you're talking to her in person, she'll temporarily start acting like she's losing interest to see how you react.

Do you panic? Do you start getting desperate? Do you start trying to suck up to her and really impress her and make her like you, or do you remain calm?

Do you know that you are good enough for her? Are you the sort of guy who feels worthy of an attractive woman or are you the sort of guy who is secretly panicking and is desperate and is hoping and hoping to get a chance with her?

So, if a woman tests you while you're talking to her, texting her or dating her, just remain calm.

Be confident in yourself and continue to build on her feelings of attraction for you.

Before you know it, you'll be having sex with her and if you want, you can enjoy a relationship with her as well.

Learn More

Okay, I hope you've enjoyed this video and learned something from it.

If you'd like to learn more, I recommend that you read my eBook [The Flow](#) or listen to the audiobook version, [The Flow on Audio](#).

The Flow is the easiest way to get laid or get a girlfriend.

When you use The Flow approach on women, they will feel attracted to you, they'll want to keep talking to you, they'll want to give you their phone number, kiss you, have sex with you and get into a relationship with you.

It really is an easy, straightforward thing to do.

Automatic, Consistent Success With Women

One final point that I want to make for you in this video is that once you master the art of attracting women, it becomes something that you do on autopilot.

Initially, when you're learning how to attract women, you have to think about it a bit.

When you're interacting with a woman or dating her, you have to think, *"Okay, what should I do here?"* or, *"Okay, I'll say that to her, I'll use this type of body language and I'll behave in this way."*

However, once you use the techniques and see that it works, you then start to feel confident in yourself.

You know that you are in control now.

You can make women feel attracted to you.

You can handle situations that they throw at you to test you.

It's all easy for you now.

Before you know it, you're doing it on autopilot it's just another thing that you have learned and mastered in your life.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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An Unusual Way to Stop Feeling So Nervous Around Women

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

An unusual way to stop feeling so nervous around women is to realize that they are not more attractive than you.

It's just a trick that your male brain is playing on you.

We men are designed to naturally and instantly feel attracted to a woman's physical appearance and in many cases, it will be an instant intense attraction for her.

What happens for a lot of guys, is that they go through life feeling that intense attraction for women that they see throughout their everyday life or women that they meet.

They instantly feel attracted to her and wants something to happen, but they notice that women aren't responding to them in the same way.

[image: Feeling nervous because women don't react with intense feelings of attraction for his physical appearance]

This is where a lot of guys go wrong.

They start thinking that women are more attractive than them and women are more valuable than them because they feel so attracted to women and want something to happen with women so much, but women don't seem to want anything to do with them.

[image: Don't let your attraction for her make you feel nervous. You can make her feel attracted to you too]

The reason why that happens all over the world is that while it is true that women can feel attracted to a man's physical appearance, in most cases, most women don't look at most guys and feel an intense physical attraction.

[image: Don't let your attraction for her confuse you into thinking that she is more attractive than you]

It does happen in rare cases where a man is really good-looking, where they say, *"Wow, that guy is really good-looking,"* but for the most part, women see most guys as just guys.

It's a sea of men who would happily have sex with her if she said yes to it.

That's the reality.

[image: Stop thinking that women are more attractive than you]

You can imagine what would happen if women felt attracted to men in the same way that we feel attracted to women.

Most men feel that instant attraction and if women felt the same instant attraction and wanted sex to happen as instantly and as easily, then people would just be getting it on in the streets.

Yes, that would be quite cool if you could just see a hot woman, she looks at you, you turn around, you bend her over and start having sex with her.

Great. Would be nice.

Yet, that's just not the way that it works.

In most cases, if you want to get some action with a woman, you want to make her your girlfriend, you want to get her phone number, you want to get on a date, you want to have sex with her and so on, you need to interact with her and make her feel attracted to you.

If the majority of women felt the same type of instant intense attraction to a man's physical appearance, then you would see women behave in a completely different way.

Obviously, they don't behave like that.

In some cases, some women do react to a very good-looking man and stop and look at him and so on. However, the majority of women don't feel enough attraction based on physical attraction to want to stop and meet a man and try to hook up with him in some way.

As you may have noticed, most women wait for a man to interact with them and if a man interacts with a woman and makes her feel attracted to his personality traits and behaviors during the interaction, she can feel just as much attraction to him as he feels to her.

So, he can make her feel an intense attraction for him.

It doesn't have to be based on his physical appearance.

It can be if the guy is really good-looking (i.e. he can walk up to a woman and he can make her feel an intense attraction to his extraordinarily good looks).

Yet, if a guy doesn't have that (i.e. 95% of guys), it doesn't mean that he can't make women feel intense attraction.

He can.

Women can feel attracted to men for reasons other than looks.

It is true.

Now, don't get me wrong though.

There are some women who will only accept a tall, good-looking guy with muscles, money and fame and a great car and all that sort of stuff.

We all know that.

We all know that those types of women exist.

However, the majority of women have what I call an *Open Type*, which means that they are open to being with all different types of guys as long as the guy is able to make her feel attracted as he interacts with her.

The thing is, if you go through life as a man and don't ever understand and accept the reality of attraction, you will no doubt feel nervous around women that you find attractive.

You might be able to feel confident around women that you don't find attractive, but if you see or interact with a woman that you find very attractive, it's just going to be the same thing again.

You're going to be looking at her, she's going to be making you feel intense attraction and your mindsets are going to start kicking in and making you think she is more attractive than you, she's more valuable than you and you're not good enough for her.

No.

You CAN make her feel attracted.

When you interact with her, you can make her feel the same amount of attraction that you're feeling

for her.

When you're able to attract women during an interaction and you see that it works, THEN you start being confident.

You start realizing that you are in control.

A woman doesn't have to be automatically attracted to your looks and want something to happen to you based on your looks, in order for you to get a chance with her.

You can make women feel attracted to you.

Of course, as I said earlier, some women will only ever want a tall guy with muscles and really, really good looks, we all know that, but the majority of women that you will meet in your life, will have what I call an *Open Type*.

You can literally make them feel attracted to you as you talk to them.

When you're able to do that, there's no reason to be nervous.

Instead, you just start enjoying your choice of women.

You feel confident, you feel excited and you want to meet more women, so you can either continue having sex with lots of women, or find yourself a perfect girl to settle down with.

Learn More?

Okay, I hope you've enjoyed this video and learned something from it.

If you'd like to learn more, I recommend that you read my eBook, [The Flow](#) or listen to the audiobook version, [The Flow on Audio](#).

When you read The Flow or listen to The Flow on Audio, you will learn my best techniques for being confident around women.

You will learn how to start conversations, keep conversations going and keep them interesting.

You will learn how to create a spark with a woman and quickly build on her feelings of attraction for you, so she wants something to happen between you and her.

You will learn what to say to get her phone number, how to get to a kiss, how to get to sex, how to get a date, what to text her after getting her phone number and so on.

The Power of Having the Right Mindset

One final point that I want to make for you in this video, is to point out the importance of having the right mindset.

If you feel an instant attraction for women that you find attractive and then you add on an ineffective mindset to that, you're going to feel nervous.

For example: If you add on a mindset of, *"I'm not good enough for her. She is more attractive than me. I couldn't get a girl like her,"* then you're going to feel nervous.

You're going to doubt yourself.

However, if you add on an effective mindset and say to yourself, *"I can make her feel attracted. I can make her feel as much attraction for me as I feel for her. I am in control. I can make her feel*

attracted,” then, you’re going to feel more confident.

You’re going to feel more willing to interact with her and if you know how to make her feel attracted while you’re talking to her, then you’re going to make her feel attracted.

By the way...

If you’re wondering how to make a woman feel attracted, here is an example.

Women feel naturally attracted to a man when he is confident, so display confidence while you’re interacting with her by knowing that she is NOT more attractive than you.

You are just feeling a default automatic attraction for her based on her physical appearance.

Don’t let your attraction for her confuse you and make you think that she is more attractive than you. She’s not.

You’re just feeling an instant attraction and you can make her feel attracted to you in many different ways as you interact with her.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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The Attraction Scale: Control How Much Attraction a Woman Feels For You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

A woman's attraction for a man is something that is scalable.

A woman can literally go from feeling no attraction for a man to feeling a 7, 8, 9, or even 10 out of 10 level of attraction for him based on how he talks to her, behaves around her and gets her to behave around him.

This rule of attraction applies to picking up women and to relationships.

So, if you're a guy who is looking to pick up women or if you're in a relationship, what you need to know is that you can control how much attraction a woman feels for you.

You can literally scale it up based on how you talk to her, how you behave around her and how you get her to behave around you.

I'm going to give you an example of how attraction works when picking up women and how it works when in a relationship.

For now, let's look at the attraction scale.

I've broken this down into four levels: 0 to 3, 4 to 6, 7 to 8 and 9 to 10.

[image: The Attraction Scale: Control how much or little attraction a woman feels for you]

In a pickup scenario, if a woman feels a 0 to 3 level of attraction for a guy, then she won't be interested in anything sexual or romantic.

Depending on the woman, she might be friendly towards the guy and have a friendly conversation with him, or she will reject him to end the interaction.

In a relationship, if a woman feels a 0 to 3 level of attraction for her man, she will lose interest in sex. She will no longer want to be affectionate.

She will voice her unhappiness with the relationship to hopefully get her man to change, or she will get ready to break up with him and then she will leave the relationship when she is ready to do it.

If a woman feels a level of attraction between 4 and 6 for a man, in a pickup situation, she will be somewhat interested in him.

She will usually be interested in talking further to see if something develops.

She may give her phone number, but will usually say no at this level of attraction.

In a relationship with a 4 to 6 level of attraction, a woman will be fairly happy with the relationship, but she won't be in love.

She won't look at her man as being sexy, but she may have a friendly nonsexual love for him.

Sex will happen, but in most cases, she won't want to initiate and won't really care if they don't have it often.

If she's the sort of woman who really wants a lot of sex, she may begin to complain that she's feeling bored in the relationship and doesn't know if she wants to be together anymore.

With a 7 to 8 level of attraction, in a pickup situation, a woman will be attracted and interested in the

guy.

She'll be interested in talking further, exchanging contact information and setting up a date.

Depending on the woman, she will also be keen to kiss and/or have sex with the man right away, or on the first or second date.

In a relationship, if a woman is at a 7 to 8 level of attraction, she will be attracted to her man, she'll be happy and in love, but she won't be madly in love if the attraction never reaches a 9 or a 10 level regularly.

Sex will happen, she will initiate sometimes and she will want it more often than if she were at a 4 to 6 level of attraction.

At this level of attraction, a woman won't want to cheat on her man or leave him.

Finally, at a 9 to 10 level of attraction, in a pickup situation, a woman will be very attracted and interested.

She will either be trying to pick him up and ensure that they exchange details, kiss or have sex, or she will make it very easy for him to get to that point with her.

She will be very keen to meet up with him for a date.

She will try to impress him and she will try to make him happy.

She will want to ensure that she locks him into a relationship before another girl takes him.

In a relationship, if a woman is at a 9 to 10 level of attraction, she will be very attracted, very happy and madly in love with her man.

Sex will happen often and it will be spontaneous and full of feelings of love, passion and mutual enjoyment.

She will initiate sex because she won't be able to stop herself from wanting to release the built-up sexual tension that keeps happening between her and her man based on their day-to-day interactions in the relationship.

At this level of attraction, a woman never wants to leave her man or cheat on him.

In almost all cases, if other guys hit on her, she just isn't interested because she knows that they almost certainly won't be able to make her feel the way that he does.

So, when it comes to the ability to attract women, men tend to fall into one of three categories.

The first type of man is a natural at attracting women.

The second type of man is learning how to be a natural at attracting women and the third type of man doesn't know how to attract women properly and in many cases, doesn't even think that it's possible for him to improve his ability to attract women.

What you may have noticed is that guys who are naturally good with women or guys who have learned to become naturally good with women are able to easily and effortlessly attract women.

They're able to keep a woman at a 7 to 10 out of 10 level of attraction easily and effortlessly.

Next, guys who are learning how to attract women will find it a bit challenging at the start.

They will still be able to make a woman feel a 7 out of 10 and sometimes up to a 10 out of 10 level of attraction, but they will have to try to do it. It won't be effortless for them yet.

However, it's sort of like learning how to drive a car.

If you think about how you felt when you first learned how to drive a car, you may have gotten in there and thought, *“Well, how am I going to do this? I have to look at the mirror, I have to check this mirror, I have to change the gear, I have to focus on the road, I have got to think about the road rules. There’s too much to think of. I can’t do this.”*

Alternatively, did you think, *“Hang on, everyone else can do it, so, I can do it too. I just have to learn how to do it and eventually it’s going to be easy and effortless for me.”*

Initially it might’ve been a bit intimidating and you might have been a bit unsure of yourself, but you were able to get through that to the point where you are now a naturally good driver.

So, just know that it is also possible and completely normal for a man to learn and improve his ability to attract women.

When a man does that, he is then able to enjoy his choice of women when picking up women and when in a relationship, he is able to maintain and build on his woman’s feelings of respect, attraction and love for him.

Now, the third type of guy is the guy who doesn’t know how to attract women and in many cases, doesn’t even think that it’s possible for him to improve his ability to attract women.

Men like that will often spend their life trying to please women and it will never be enough.

They’ll try to live up to women’s expectations and women will just keep asking for more and more and more.

Additionally, guys like that will usually get dumped, cheated on, or they will end up accepting whatever they can get with women.

As a result, a guy like that might end up feeling annoyed at women and even hating women and blaming them for the results that he has experienced.

What I want you to know is that it doesn’t have to be that way, where you have to put in loads of effort to hopefully get a woman to like you, or, if you’re in a relationship, hopefully get your woman to love you and be affectionate towards you by living up to all of her expectations, doing lots of things for her and so on.

It doesn’t have to be like that.

Attracting women is very simple and straightforward.

So, in terms of putting the attraction scale to work, in a pickup situation, you need to get a woman’s attraction level to a 9 or a 10 to make sure that you are successful at picking her up.

You can pick up women at a lower level of attraction, but you will get inconsistent results and you usually won’t be able to attract high-quality women.

If you want to get consistent results and you want to attract high-quality women, you need to make sure that you make them feel a 9 or a 10 out of 10 level of attraction while you’re interacting with them.

In a relationship, you need to keep the attraction between a 7 and a 10.

It doesn’t have to be 9 out of 10, 10 out of 10, all the time.

It’s a bit more relaxed when it comes to relationship because the woman is already with you.

She’s in love with you. You have history together. You are happy together. You’re doing things together and so on.

However, if you want to have an amazing relationship with her, where she is a really good woman to you and initiates sex, loves you, shows affection, does good things for you all the time, then, you need to be able to make her experience 9 to 10 levels of attraction on a fairly regular basis.

So, how do you do that?

In a pickup situation, an example of what will make a woman feel a 7 to 8 level of attraction for a guy is if he is talking to her and being confident and he then maintains his confidence even when she pretends to lose interest in talking to him.

Most attractive women test a guy's confidence by doing that and what most guys do, is that they suddenly start to appear nervous and start trying harder to impress her and please her in the conversation because they think that she is losing interest.

The guy is thinking, *"Damn it, I'm losing my chance with her! What am I going to say? How am I going to get her to continue talking to me?"*

And as a result, his body language, behavior and conversation style changes.

It starts to appear nervous and a bit desperate and the woman feels turned off.

So, if a guy is interacting with a woman and is talking to her in a confident way and she then tests him by pretending to lose interest, by changing her body language and not contributing a lot to the conversation, but he remains confident, she will then feel a 7 to 8 level of attraction for him.

Where a lot of guys go wrong is that they're talking to an attractive woman, things seem to be going well and then she starts testing his confidence and he starts losing confidence.

His body language starts appearing nervous and unsure.

What a guy needs to do is to maintain his confidence and not appear rejected in any way.

He needs to let her see that he has independent confidence and doesn't need her to be contributing to the conversation all the time and being nice to him in order for him to feel confident.

He has independent confidence and is going to be confident no matter what she says or does.

So, a relationship example of how to make a woman feel a 7 to 8 level of attraction is where a guy has made the mistake of giving his woman too much power in the relationship.

She doesn't feel feminine in comparison to him anymore and as a result, she doesn't really feel the motivation to be affectionate with him.

She feels more like a friend around him.

Additionally, he has also made the mistake of becoming the type of boyfriend or husband that keeps doing more and more and more for his woman in order to hopefully get some affection from her.

He buys her more things, he does more things around the house, he gets out of her way, he's nicer to her, he listens, he understands, he's always there for her and so on.

Yet, no matter how much he does for her, she still doesn't give him that affection and love and respect.

So, something that he can do when they're at home together is either stop her and get her to give him a hug, or ask her for a hug and then make her feel attracted to the fact that he is being dominant while hugging her.

If they're passing each other in the house, he can stand in front of her and just bring her in for a hug and get her to hug him.

If she hasn't been feeling much attraction for him, she might push away a little bit, but he needs to hold her in the hug and tell her just to relax.

If he is taller than her, then after about five seconds or so, he can lift up her chin and get her to give him a kiss.

If they are the same height, he can grab her face (i.e open his hand, place his thumb on the cheek of one side of her face and the other fingers on the other cheek on the other side of her face) and give her a bit of kiss to show her that he is being dominant.

He can make her feel a spark of attraction for that type of masculine dominance.

If he wants to put the icing on the cake after that, as she walks away, he can give her a spank on the butt and have a laugh with her about that.

Now, compare that to a man who isn't getting love and affection from his woman and he sulks and complains about it.

He is sulking to her, complaining and saying, *"Why aren't you being affectionate? I'm doing all these things for you. Why are you being like this?" "I wasn't initially attracted to him, but once I met him and talked to him, I felt a spark and we fell in love,"* and so on.

What happened is that the guy made her feel attracted, she then opened up to the pickup and he was able to get her number or kiss her or have sex with her or set up a date.

Additionally, in a relationship situation, if a woman has fallen out of love with a man because she hasn't been feeling attracted to him for quite a while, it doesn't mean that he can't make her feel attracted again and make her fall back in love with him.

He can.

He can literally change the way that he is talking to her, behaving around her and getting her to behave around him.

As a result, she'll start to feel that 7 to 8 level of attraction for him and at times, will then start to feel that 9 to 10 level of attraction for him and will fall back in love with him.

If he hasn't really been able to make her feel a 9 out of 10 or a 10 out of 10 level of attraction before, then when he starts doing that on a fairly regular basis, they will literally be happier together than they ever have been before.

In terms of a pickup situation, just because a guy has been rejected by women in the past and hasn't been able to create a spark with the types of women that he finds attractive, it doesn't mean that that is his destiny and that is his fate and that he is doomed for life when it comes to women.

He can literally change the way that he talks to women, the way that he behaves around them and the way that he makes them behave around him.

As a result, they will feel high levels of attraction for him.

He will begin to attract women that he finds really attractive.

They will be interested in him and he will then have his choice of women.

Learn More

Okay, I hope you've enjoyed this video and learned something from it.

If you'd like to learn more, I have two recommendations for you.

If you're interested in being able to easily and effortlessly attract and pick up women, I recommend that you read my eBook, [The Flow](#) or listen to the audiobook version, [The Flow on Audio](#).

If you're in a relationship and your woman has fallen out of love with you, is no longer attracted to you or being affectionate and the relationship is starting to fall apart, I recommend that you watch my program, [Make Her Love You For Life](#), which is also available on audio.

One of the really cool things about being a man is that we men can literally make women feel more attracted to us by the way that we talk to them, how we behave around them and how we get them to behave around us.

When you've mastered the art of attracting women, you can enjoy your choice of women when it comes to pickup and as a result, you don't have to settle for whatever you can get, which is usually less than you want in terms of the attractiveness of the woman.

When it comes to relationships, mastering the art of attraction is essential if you want to have a woman who looks at you with respect, attraction and love, who treats you with respect, who is affectionate towards you and is in love with you.

Guys who don't understand how to attract women, end up feeling very miserable and lonely and unhappy in their relationship because no matter what they try to do to be nice to their woman, be good to her, do things for her and live up to her expectations and so on, it's never enough.

What these guys don't understand is that they can make their woman feel attracted to them by changing how they talk to her, how they behave around her and how they get her to behave around them.

When it comes to pickup and relationships, you don't have to suck up to women, be really nice to them and try to live up to all of their expectations, which just keep going on and on and on and on.

What you've got to do is make women feel sexually attracted to you.

When you master the art of attracting women, it all becomes quite funny.

You literally laugh at how easy women are to pick up and how easy it is to make a woman feel attracted to you when in a relationship.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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A Bad Boy Attraction Secret That Good Guys Can Use

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Have you ever noticed how very beautiful, cute, easy going, down to Earth and often intelligent women end up lusting after bad boys?

What's going on there?

[image: Bad boy attraction secrets to attract women]

Why would a woman like that want a bad boy when there are so many good men who will treat her well?

Well that (i.e. the fact that most guys treat her well, try to show her that they have good intentions and hope to get a chance with her because of it) is actually one of the main reasons why women like that end up lusting after bad boys.

The thing isn't if a woman is beautiful and she is a bit cute and friendly, down to Earth and even intelligent, what happens is that most guys who have a chance to meet her will have a sexual and/or romantic interest in her.

As a result, they will be pretty tame around her.

[image: Most guys are tame around attractive women and only show their good guy side]

Most guys are either going to be on their best behavior, trying to be really nice to her and suck up to her or they are going to be on good behavior and they're just going to be a neutral, straightforward guy,.

Guys want to show her that they are a good guy and they also don't want to say or do anything that might annoy her or turn her off in any way.

So, they are all tame around her...and no one really stands out.

What happens for a lot of guys is that while they see many women that they find attractive, they don't actually get to properly meet many women that they find attractive and have a chance to talk to her and maybe get something to happen.

So, for a lot of guys, when they meet an attractive woman who has those type of qualities that many guys are looking for such as being down to Earth, easygoing and intelligent, the guy can't stop himself from showing a lot of interest or giving her relationship vibes.

For example: Asking her, "*Do you have a boyfriend?*" or just showing that he really likes her and is hoping that something happens by the way that he is talking to her (i.e. by being really keen when he is talking to her) and things like that.

So, when a woman comes across a bad boy or a good guy, who is using the technique that I am going to share with you now, it piques her interest.

He stands out.

She wants to impress him.

She wants to get him to like her.

So, the bad boy attraction secret that good guys can use is to essentially give a woman an impression that says, "*You can't tame me.*"

Most guys that she meets are tame around her.

They want to say and do the right things to hopefully get a chance with her.

Additionally, some guys actually feel privileged to be interacting with the attractive woman, so they treat her well and with respect.

This is often referred to as the *Halo Effect*, where it is being scientifically proven that attractive people are automatically seen as being smarter, nicer people and more trustworthy and so on.

So, how a bad boy stands out (or a good guy who uses this technique) is that he comes across in a way, that makes her see that she couldn't easily tame him and get him to want a relationship with her. She couldn't easily hold him down.

She couldn't easily get him to be domesticated, so to speak and be a boyfriend or a husband.

She would need to really continue to impress him and make him feel attracted and not screw up her chance with him.

Now, there are many ways that you can convey that to an attractive woman.

In this video, I will give you 2 examples.

The first example, when you are talking to her and the second example, after you have had sex with her.

So, with the first example, when you are talking to her, when a woman asks the classic question of *"What you do for a living?"* most guys are going to be tame about it.

Most guys are going to want to have a straightforward conversation with her.

They don't want her to lose interest in talking to them, so they give their answers right away and try to give her good answers.

Yet, what a bad boy or what a good guy who uses this technique will do, is he won't always answer her questions in a straightforward manner.

For example: If a woman asks a typical tame guy what he does for a living, he might say, *"I work in I.T, how about you?"* and try to have a conversation with her about work, whereas a bad boy who uses this technique will answer in a different way.

"I work in I.T. Why? You like computer code? You want to come home and write a computer code with me? Is that what you are getting it? You don't look like the sort of girl who can write a computer code. For you, it seems like computers are about checking Facebook and Instagram and things like that, right?" and then have a laugh with her about that.

Alternatively, he might say something like, *"I work in I.T. I am an I.T nerd. You like nerds, don't you? You are into nerdy guys, aren't you?"* and then have a laugh with her about that.

Alternatively, he might say something like, *"What do I do for a living? Why are you asking me silly questions like that? Is that all you've got? Where did you get that line from, the internet or something? Come on, give me a better line than that. What do you do for a living? What are you going to ask me next, do you have any brothers and sisters? Where are you from? Jeez, you're a boring girl, aren't you?"* and then have a laugh with her about that.

If she is an attractive woman who has that type of personality that most guys want to lock into a relationship or at least have sex with, then she is not going to be expecting a response like that.

Pretty much every time she meets a guy, the guy instantly falls in love with her or the guy is on his

best behavior or on good behavior or is treating her with extra respect because she is an attractive person.

Yet, a bad boy or a good guy using this technique doesn't give her that privilege.

He doesn't think that he needs to bow down and be really nice because she is attractive.

Additionally, what's really important here is that he is giving her the impression that she couldn't easily tame him.

He is not instantly smitten by her and giving her relationship vibes.

He is not trying to get anything from her.

Instead, what he's doing is making her feel attracted to him by displaying personality traits and behaviors that are naturally attractive to women, such as being confident, being masculine, making her laugh and so on.

Now, the guy doesn't actually have to be a bad person to say that to a woman, as you can tell.

There are some real bad boys out there, who are bad people and are thugs and kill people and all that sort of stuff, but most *bad boys* aren't actually bad people.

They just have a lot of confidence in themselves and women really like that.

A contrast example to give you is about women.

If you think about a woman who always dresses very conservatively and she doesn't show any cleavage and she then sees a woman who is showing some cleavage and maybe wearing a short skirt, she might look at that woman as being a bad girl.

Yet, just because the woman is showing a bit of cleavage or has a short skirt on, it doesn't mean that she is a bad person.

She might be a bit more of a *bad girl* than the woman who dresses in a conservative way, but she is not actually a bad person.

The same goes for interacting with women.

When a guy has the courage to occasionally talk to a woman in the way that I was giving you examples of earlier, it doesn't actually mean that he is a bad person.

A woman might see him as a bit of a bad boy and really nice guys might see him as a bad boy or a jerk, but he is not actually a bad person.

He is just being a bit more confident and being a bit more masculine in the way that he talks to women, compared to how a really tame guy is being when he talks to women.

The next example to give you is after you have had sex with a really attractive woman.

Most guys who get to have sex with an attractive woman will immediately go into relationship mode and many of those guys will start saying "*I love you*" very quickly.

Many of the attractive women that I've slept with, have confessed to me that guys instantly fall in love with them and they say "*I love you*" on the first date, leading up to sex or after sex and there's no challenge for the woman.

The guy is instantly smitten and wants her for life in many cases.

Now, if a guy wants to instantly fall in love with an attractive woman and show that to her, he can do that if he wants to.

There is no one stopping him doing that.

However, what he needs to understand is that, if she is an attractive woman, then she has almost certainly experienced that again and again throughout her life.

She wants a guy who is a bit more of a challenge for her.

What attractive women really appreciate, is when a guy is a good guy and treats her well, but also makes her feel like she needs to impress him.

She needs to keep being attractive for him.

She needs to be on her best behavior around him otherwise he is going to lose interest.

Unfortunately, though, most guys don't have the courage to do that, because they don't want to screw up their chances with the attractive woman who likes them.

They want to make sure that they treat her well and show her that they are willing to do whatever she wants as long as she likes them.

However, what she really wants is to be in a position where she feels like she needs to impress the guy as well.

She doesn't want to be in a position where he is not completely sold on her and she now doesn't have to do anything else for the rest of her life other than just be with him.

She doesn't want that.

She wants a guy who makes her feel like she needs to continually impress him as well.

Learn More?

Okay, I hope you have enjoyed this video and learned something from it.

If you would like to learn more, I recommend that you read my eBook [The Flow](#) or listen to the audiobook version, [The Flow on Audio](#).

When you read The Flow or listen to The Flow on Audio, you will learn exactly what to say and do to make women feel attracted to you right away, to keep conversations going and keep them interesting, to get to a phone number, kiss, sex, date and into a relationship if you want that as well.

Women Do Like and Want Good Guys

One final point that I want to make for you in this video is that women do like and want good guys.

The answer to success with women is not to be a bad guy.

You don't have to treat women badly in order for them to want you.

However, what you need to keep in mind is that if a woman is attractive, then pretty much every guy that she meets gives her special treatment.

They treat her nicer than they treat less attractive women, in most cases and they are usually on their best behavior or at least good behavior around her.

So, what stands out to a woman like that is a guy who isn't instantly smitten by her and isn't giving her special privileges just because she looks the way that she does.

You can still be a good man and be good to her and have nice conversations, but you need to make

sure that you have the courage to also add in the types of things that I was talking about in this video where you're showing her that you are not easily tamed.

She hasn't instantly won you over and if she does want to win you over, she has to turn on her charm and start showing you more interest and treat you better, impress you more and then you might really like her.

It's going to feel a lot more special to an attractive woman that she was able to use her charm and seduce a guy into a relationship and get him to love her, compared to going through the usual experience of pretty much every single guy that she meets has a sexual or romantic interest in her, is immediately tamed and is completely in love with her or just wants her for sex.

When a woman comes across a guy who isn't as easily tamed, she then feels more excited when she gets to hold his hand, or when she gets to meet his family and friends, compared to a guy who is hoping to hold her hand and he's going to feel really special about that or he is excited to introduce her to his family and friends because he is so proud that he's got an attractive woman.

What is more exciting to her, is when she gets to hold the guy's hand and she is finally good enough in his eyes to be introduced to his family and friends.

Now, that is not to say that you have to delay the introduction to meeting your family and friends or you have to delay holding her hand, those are just two examples of how things can play out when you are not easily tamed.

If she happens to meet your friends right away, it doesn't matter.

If you happen to hold her hand after an hour of meeting her, it doesn't matter.

What is important though, is that if she is an attractive woman, the overall impression that she should be getting from you is that you are not easily tamed.

She is going to have to continue impressing you, being attractive to you and treating you well in order to ensure that you don't lose interest in her.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Is Being Aloof Attractive to Women?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

So, does being aloof attract women?

Is that what a guy needs to do?

Does a guy need to show a woman that he's not interested in her, for her to then have an interest in him?

Do women want what they can't have?

Does the old saying of "*What is scarce, is valuable*" apply to attracting women?

First, let's make sure that you and I are on the same page here by having a look at the dictionary definition of aloof.

Aloof (*adjective*): Not friendly or forthcoming; cool and distant. Conspicuously uninvolved and uninterested, typically through distaste.

So, is that what a guy needs to do to make a woman feel attracted to him? Does that work?

[image: Does being aloof make women feel attracted to you?]

The answer is that it depends on whether or not the woman has felt a spark of attraction for the guy yet or not.

For example: If a woman is in a work environment and there are 20 guys there that could be a potential match for her, or if she's at university and there are hundreds of guys who could be a potential match for her, or if she's at a bar and there are 50 or so guys that could be a potential match for her, she doesn't look around and feel attracted to all of those guys because they're being aloof and not showing interest in her.

The way that it works is that you have to interact with the woman, so you can create a spark of attraction inside of her first.

You need to flirt with her a little bit and then start being aloof.

She will then begin to wonder why you're not pursuing her because there was clearly a spark between you and her.

[image: Being aloof after attracting her can make her feel insecure around you, or it can make her want to pursue you to make herself feel like she has seduced you.]

She might then assume that the reason why you're not pursuing her is that she's not attractive enough, or she hasn't shown you enough interest.

So, what a woman will usually do then is try to make herself look prettier or more beautiful, or she will interact with you and show you more interest to hopefully get you to see that she does like you.

Now, here's where it gets really interesting.

Since she is trying to get you to like her and feel attracted to her and she is trying to show you that she does like you, what happens is that during the process of doing that she falls for you.

She starts really want you to like her and really want something to happen between you and her.

Then, essentially what you're doing is giving her a chance to be with you.

So, you first have to interact with the woman and create a spark of attraction inside of her and flirt with her and then start being aloof.

[image: There are many ways that you can create a spark of attraction inside of a woman]

There are many ways that you can create a spark of attraction inside of a woman, such as being very confident around her, being emotionally masculine, displaying charisma, social intelligence, making her laugh and so on.

However, one of the quickest and easiest ways to do it is to playfully mess with her during a conversation.

For example: If a man meets a woman, is getting along with her and she then asks him the classic question of, *“So, do you have a girlfriend?”* he can use that to playfully mess with her and create a spark of attraction inside of her.

She asks the question, *“So, do you have a girlfriend?”* and he smiles, laughs a little and says, *“Why? Do you want to take me out on a date? Look, if you want to take me out on a date, just ask me. If you want to take me out to dinner and wine and dine me, be direct about it. Ask me. Don’t be so shy.”*

Pretty much every woman that you say that to will laugh, say that she wasn’t trying to say that and add on that if you and her were going to go out on a date, it would be you who needs to take her out on a date.

By talking to her in that way, you’re playfully messing with her.

You’re creating a spark.

You’re playfully misinterpreting her question as meaning that she’s trying to hit on you (i.e. she’s trying to find out if she can take you out on a date or not).

As a result, you are the prize.

You are the one who is going to be allowing her to get a chance with you.

So, if you’re interacting with a woman, being confident, creating a spark inside of her and you and her clearly seem to be getting along, but then you start being aloof, she is going to start to wonder why you’re not pursuing her.

Of course, being aloof is not a guaranteed method that is going to cause a woman to pursue you and want to be with you.

Sometimes women have too much self-pride to pursue a guy.

Sometimes women are too shy and insecure and too self-doubting to pursue a guy.

Sometimes women don’t want to experience rejection and will assume that the guy was simply flirting with them, is a very confident guy who could have his choice with women and therefore isn’t interested in her because she’s not pretty enough.

She then thinks, *“Well, if I try to pursue him further, he might reject me and then I’m going to feel worse about myself.”*

So, while being aloof can make a woman pursue you and can be attractive, I don’t recommend that you use it as your main approach to attracting and picking up women.

What I recommend that you do is attract a woman, connect with her and get to a phone number, kiss, sex, date and enter a relationship if you want that as well.

[image: Attract her, get to a kiss and then sex]

When you have the ability to make women feel attracted during a conversation and you also have confidence in yourself knowing that the woman is attracted and you are going to be able to handle each step of the process to get to a phone number, kiss, sex, date and into a relationship, then you don't hesitate.

You see women that you find attractive, you interact with them, you make them feel attracted and then you get to the next level with them.

You don't waste time playing mind games and hoping that if you just stay out of a woman's way she's going to pursue you.

Of course, if you just want to mess with a woman's mind just for fun and attract her and then be aloof to get her to pursue you, then go ahead and do that.

It's a great confidence boost when you do that and then see that a woman is pursuing you, is trying to be really nice to you and is trying to make herself look prettier and more attractive, so you will then have more of an interest in her.

You can do that if you want to.

However, if you want to get consistent results with women, I recommend that you attract women and then go through the rest of the process to get to kissing, sex and get to a relationship if you want that as well.

So, in summary, a woman will usually only care that you're being aloof if she is already attracted to you.

Here's how it works...

If she is attracted to you, she might care and might pursue you.

If she isn't attracted to you yet, she almost certainly won't care and possibly won't even notice.

Not because you're not good enough for her, but you haven't yet flicked on her feelings of attraction to you.

If you want a woman to care that you're being aloof and aren't pursuing her, you first have to make her feel a spark of sexual attraction for you during an interaction.

When she feels that spark, she will then have a sexual and possibly romantic interest in you and may pursue you, or try to get you to feel more attracted to her so you pursue her.

That's how being aloof will help you attract a woman.

Learn More?

Okay, I hope you enjoyed this video and learned something from it.

If you'd like to learn more, I recommend that you read my eBook [The Flow](#), or listen to the audiobook version [The Flow on Audio](#).

When you read The Flow or listen to the audiobook version, you will learn my step by step process for attracting and picking up women in a natural way.

It's a very simple and easy thing to do and once you've used The Flow on a woman once or twice, you will see that you can enjoy your choice of women.

You don't need to play lots of mind games with women or try hard to get them to like you.

You simply make them feel attracted to you, build on that attraction, connect with them and then get to a kiss, sex, date and into a relationship.

It's a very, very easy thing to do.

Women Can Tell if a Guy is Being Aloof Because He is Shy or Lacks Confidence

One final point that I want to make for you, is that sometimes a guy ends up being aloof because he's shy and he doubts himself.

Women can sense that very easily.

Women already know that a lot of the guys who keep to themselves and don't show any active interest in a woman, or avoid interacting with her to create a spark do that because they doubt themselves, are shy and don't have the confidence to interact with her and make something happen.

So, what women find attractive is a confident guy who has created a spark of attraction inside of her, but is not pursuing her.

He's getting on with his life, he's interacting with other people and he's not trying hard to get a chance with her.

As a result, in some cases, that can cause a woman to want to make him like her more.

So, she will start flirting with him, she'll start showing him lots of interest and she will hope that she can get him to behave like other guys typically do when they meet her, which is to immediately start showing interest.

Yet, when he's interacting with her, if he continues to make her feel attracted by being confident, displaying charisma, being socially intelligent and making her laugh, but isn't pursuing her and is being a little bit disinterested, then it can cause a woman to look at him as being a guy who is a real challenge for her.

However, what you need to understand, as I said earlier, is sometimes a woman will stop at that point.

She won't want to get rejected any further.

She will assume that the guy doesn't see her as being pretty enough and attractive enough and that's why he's not interested.

So, if you are going to be a bit aloof when you're interacting with women, I recommend that you don't go too far with it.

Unless of course, you just want to mess with a woman's mind.

If you want to do that for fun, then go ahead and use it as a confidence boost.

However, if you want to get consistent results with women, then just go from one step to the next until you're kissing her, having sex with her and, if you want, enjoying a relationship with her as well.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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4 Dating Struggles of Highly Intelligent Men

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

For a highly intelligent man, most things in life are pretty straightforward.

The man is able to look at the situation, understand what is going on and then apply a solution.

However, when it comes to women, dating and relationships, a lot of highly intelligent men end up feeling very confused and can't work out what women really want and what they should be doing to get the results that they want with women.

So, in this video, I'm going to explain 4 dating struggles of highly intelligent men and explain where men go wrong and what they should be doing instead to enjoy easy success with women.

Let's start with number 1. The first dating struggle of a highly intelligent man is that...

1. He's so used to being right about everything in life that he can't see how it could be possible for him to be wrong about women in any way

[image: What the heck is wrong with women these days?]

His intelligent mind gives him an advantage over others in life.

The advantage is that he's usually right about pretty much everything.

As a result, he naturally sees himself as smarter than the average guy.

He knows that he is a little bit different than other guys and in most cases, he felt that way back in school and even to this day.

In fact, now that he's grown up, he knows for sure that he really does see things differently than other people.

He knows so many things that other people just don't understand, or can't understand because they're not as intelligent or as aware as he is.

Yet, when it comes to women he keeps failing and he doesn't know why.

For example: He has tried being nice to women, but that didn't work for him.

Women just saw him as a nice friendly guy and had no sexual interest in him.

He then tried being very nice, but that resulted in women seeing him as being desperate and too keen and making the woman feel as though she is probably better than him.

Even though she wasn't better than him, he made her feel that way by being extra nice to her.

He then tried being neutral around women.

So, not being nice, too nice or anything unusual.

Instead, just being a normal, straightforward guy.

Yet, when he did that, there was no spark between him and women.

So, he then started to think, *"Okay, maybe I'll try being rude to women. I've heard that women like bad boys so maybe if I'm rude and show women that I don't care about them, they'll like me for*

that.”

Yet, women just ended up seeing him as an arrogant jerk and they weren't interested in him.

He then thought, *“Okay, I’m going to be aloof and uninterested. I’m not going to show any interest in women and I’m just going to do my own thing.”*

Yet, when he got on with his life and did his own thing, months and years passed and women weren't chasing him.

He then thought, *“Okay, maybe women like guys who are very positive and happy.”*

So, he tried to be in a positive and happy mood and that resulted in women enjoying being around him and having a good time talking to him, but there was still no sexual spark.

He then thought, *“Okay, I’ll just try to be friendly and try to get along with a woman and hope that something develops,”* but there was still no spark between him and the kinds of women that he actually wanted.

As a result, an intelligent guy might then come to the conclusion that women must be crazy.

Either that or it must be impossible to attract women these days because they're way too choosy.

Alternatively, an intelligent man might think, *“Well, since I haven't yet been able to crack the code and understand what women want, it must mean that it's an uncrackable code and there's no hope for me. I'm just going to have to accept that I'm never going to have my choice with women and that women are always going to be a complete mystery to me.”*

So, what's the verdict on that?

Is the intelligent man right or wrong?

Well, in this case, he is partially right, in that some women are crazy.

We all know that.

However, the majority of women are not crazy, just like the majority of men are not crazy.

Most women are good women and most guys are good guys.

The reason why the intelligent man is failing with women isn't because women are all crazy.

In terms of women being too choosy these days, the reality is that some women are choosy, but the majority of women have what I call an Open Type.

That means that they're open to being with all different types of guys, as long as they meet a guy who can make them feel attracted, connect with them and get to a phone number, kiss, sex and into a relationship.

Finally, in terms of women being an uncrackable code the intelligent man, in this case, is wrong because the code has been cracked.

I cracked the code a long, long time ago and I've been teaching men ever since.

The fact is that most women, including beautiful and pretty women, are way easier to attract and pickup than they make themselves out to be.

It's actually a very simple straightforward thing to do.

So, if you are one of the highly intelligent men who are struggling to get results with women, what I recommend that you do is use your intelligence to quickly learn the skills that are required to succeed with women.

What you'll find when you use some of the techniques that I teach (and I'm going to give you some examples now) is that it's actually very easy.

Additionally, for you, it should actually be easier than it is for the average guy because you are more intelligent than the average guy.

So, the example that I want to give you now is where a guy is talking to a woman and asking her straightforward questions such as, *"What do you do for a living? Where are you from? Do you have any brothers and sisters? What did you study?"* if she went to university and so on.

There's nothing wrong with asking a woman those questions.

However, when a man asks those questions to a woman and has a logical conversation about it, it doesn't make her feel sexually attracted and turned on.

It just makes her feel neutral.

So, what you need to understand, is that when you ask a woman straightforward questions like that, you have an opportunity to make her feel sexually and romantically attracted to you, based on either how you ask the question or how you respond and react to her answers.

If you ask a woman what she does for a living and she says, *"A receptionist,"* a neutral way to respond that isn't going to make her feel attracted is to say something like, *"Oh, how long you been doing that?"* or *"What company do you work for?"* and then have a logical conversation about it.

On the other hand, if you respond by playfully making fun of her answers or playfully messing with her, then you're going to make her feel attracted.

Why? You're going to be displaying confidence, social intelligence, the ability to make her laugh and masculinity. You're going to be making her feel feminine in comparison to how masculine you are being in the interaction.

So, if you ask her what she does for a living and she says that she works as a receptionist, you can look at her and then say something like, *"You look like you'd be a mean receptionist"* and have a laugh with her about that.

In most cases, a woman is naturally then going to ask you why?

You can then say, *"Well, before I came over and talked to you, I noticed you from across the bar (or from across the party) and you had a bit of a scowl on your face. You have a really mean look about you."*

Of course, you're only saying that to mess with her.

You're only playfully messing with her.

What you'll find is that pretty much every woman that you say that to has an insecurity about that and doesn't actually want to come across as being unapproachable or unfriendly.

You can then put her mind at ease by saying something like, *"Just kidding, you look like a friendly, nice receptionist. So, how long you been working as a receptionist?"* and then she'll tell you how long she's been working.

You can then have a conversation with her about that and transition into talking about other things.

Now, if you don't understand why that would have attracted a woman, then you're going to need to watch the rest of this video as I give more examples and explain in more detail how a woman's attraction works.

Before I explain more about how attraction works, I'll give you another example...

Say, for example you are talking to a woman and she mentions that she goes to university, or said that she did go to university.

A natural question that you might want to ask is, *"So, what did you study?"*

Now, what you need to be aware of is that when she answers that question, you have an opportunity to say something that is going to make her feel attracted to you.

So, if you ask a woman, *"What did you study?"* and she says, *"Medicine,"* and you then say, *"Oh, wow, that's really difficult. How long did you do that for? Are you working as a doctor now?"* then you're going to be having a neutral, logical conversation with her nothing about it is going to be making her feel sexually attracted to you.

However, if you ask a woman *"What did you study?"* and she then says, *"Medicine,"* and then you say something like, *"Medicine, ah, that's easy. Anyone can pass that,"* she is then going to be able to feel attracted to you because you are being confident and are making her laugh.

You're turning an otherwise boring, logical, straightforward conversation that she's probably had with many, many people before into something that's enjoyable; into something that's making her feel excited and happy and awake in the moment.

Unfortunately, a lot of highly intelligent men either aren't aware of how easy it is to attract a woman during a conversation and that's why they don't do it, or the man is unwilling to do anything other than have a nice logical straightforward conversation with a woman.

One of the reasons why is that many highly intelligent men just want to stick to what is comfortable for them.

They are comfortable with logical, straightforward, serious, intellectual and possibly philosophical conversations.

They don't want to get into conversations that aren't straightforward, serious, sensible and rational.

Yet, the thing is, attracting a woman during a conversation really is an easy straightforward thing to do.

Once you understand how it works, start doing it and see that it works, you then continue doing it because it's fun for you, it's fun for the woman and it ends up with you kissing her, having sex with her and having a relationship with her.

The second dating struggle of a highly intelligent man is that...

2. He usually takes what women say literally when it comes to the subject of attraction

[image: He takes what women say about attraction too literally]

An intelligent man is used to things making sense in this world.

$2 + 2 = 4$.

Gravity ensures that if you throw a ball up into the air, it's going to come down.

If you eat too much food all the time, you're going to gain weight.

If you don't eat enough food, you're going to be skinny.

Many things in life makes sense and if a man accepts what he has been taught at school and then gets on with life, he's usually not going to experience many problems as a result of that.

Yet, here's where the problem is...

When an intelligent man accepts what women say about attraction, he runs into a lot of problems.

If he accepts what women say verbatim and doesn't actually question what is going on, he will run into problems.

For example: Some intelligent men will think *"If a woman says that she wants a nice guy, then she will like me if I am nice and will really like me if I'm really, really nice to her."*

He might also think something like, "If a woman says that she wants to get to know a guy before kissing him or having sex with him, then I need to take things very slow and show her that I'm only interested in getting to know her."

Yet, what a lot of intelligent men don't realize is that straightforward logic doesn't work if you base it off what women SAY, because what women SAY and what they DO when it comes to men are usually two completely different things altogether.

One of the reasons why is that women can't tell guys what they really find attractive in a guy, because if they do, many guys will offer an exaggerated version of that.

For example: When a woman says that she likes a nice guy, many guys end up being really, really nice to her and hoping to get a chance with her.

If a woman were to admit what she likes a guy who is a challenge, a guy who playfully messes with her and teases her in a playful way, puts her back in her place in a dominant, but loving way, doesn't take her tantrums seriously and makes her feel like she needs to impress him to get a chance with him, then you can imagine the exaggerated versions of that that guys will begin to offer her.

Additionally, if a woman were to admit that she likes guys who treat her in that way, many people are going to look down on her such as co-workers, friends, family and so on.

So, what women do is that they just go for guys who understand how to attract them properly.

This often leaves very highly intelligent men, good-looking men, successful men, men with a great gym body and so on on the sidelines.

They see guys who aren't as intelligent as them, aren't as good-looking as them, aren't as successful as them, aren't as built as them with a beautiful woman and they wonder, *"What the heck is going on?"*

It's very simple.

When you know how to attract a woman during a conversation, you are actually a very rare guy.

Most guys who an attractive woman meets are either going to be too nice to her or too neutral.

The guy is going to be sucking up to her, or he's just going to be talking to her in a straightforward manner.

There's nothing there for her to feel sexually attracted to and turned on by.

So, when she meets a guy who does know how to push her buttons and make her feel sexually attracted and turned on during a conversation, she is locked on.

He can then connect with her, get to a phone number, get to a kiss or get to sex that night or get her

phone number, set up a date and get into a relationship with her.

So, if you are a highly intelligent man, one of the things that you need to do is to understand that there is a difference between what women say they want in a guy and what they actually feel attracted to.

Many women will go around SAYING that they just want a nice guy who is patient, takes time to get to know them, takes them out on lots of dates, is very intelligent and can show them that, has a good career and so on.

Yet, what actually happens in real life, is that if a woman meets a guy who makes her feel sexually attracted and turned on during an interaction, that guy can pick her up, even if he doesn't have all the things that she was SAYING are essential for attracting or dating her.

Based on the attraction he is making her feel as he talks to her, that guy can get to a phone number, kiss, sex, date and into a relationship.

So, if you have been taking what women say too literally when it comes to men, one of the things you need to do is use your superior intelligence to understand that there is a difference between what women say they want in a guy and what they actually react to with feelings of attraction.

The third dating struggle of a highly intelligent man is that...

3. He often thinks that small talk is for stupid people

[image: Small talk is for stupid people]

An intelligent man has so many brilliant ideas and perspectives about life and wants to be able to talk about those things rather than wasting time with small talk.

What he doesn't realize though is that there is a time and place for everything.

For example: After a woman feels attracted to a man, she'll then become interested in how intelligent he is.

After she has kissed him, her interest will rise even further and after having sex with him, she'll be open to hearing about his ideas about life and plans for his future.

Yet, prior to then, she just wants to make sure that she feels attracted to him because a woman's attraction for a man works differently to a man's attraction for a woman.

To help you understand that, I'll reference the movie *A Beautiful Mind* starring Russell Crowe.

Russell Crowe plays a mathematical genius who is highly intelligent in many areas of life.

He's at a bar and sees a woman that he finds attractive.

He walks over to her, sits there and doesn't say anything.

The woman is feeling uncomfortable.

It's an awkward situation and she eventually says something like, *"Well, maybe you should buy me a drink,"* to hopefully help him along and get him started with talking to her and making something happen.

Yet, he doesn't want to engage in any small talk.

He then says, *"I don't know what I am required to say in order for you to have intercourse with me, but could we assume that I said all that. Essentially we're talking about fluid exchange right? So,*

could we just go straight to the sex?"

She then rejects him because he didn't do anything to attract her.

In the awkward example of Russell Crowe sitting there, not saying anything and then her saying, *"Well, maybe you should buy me a drink,"* he could have actually used that, her comment there, to make her feel attracted.

For example: If he was sitting there, not saying anything and just looking at her and she eventually felt so uncomfortable that she had to say, *"Well, maybe you should buy me a drink,"* he could have then smiled and playfully said, *"No, that's what I was waiting for you to do actually. I was sitting here waiting for you to buy me a drink. I've come over to talk to you. Where are your manners? Buy me a drink girl."*

Of course, he'd only be joking and she will be able to tell that.

He can then be charming and say, *"Just kidding, I'll get the first round and you get the second. How about that?"*

When a woman feels attracted to a man, she will pretty much always agree to do that, where the man buys the first round of drinks and she buys the second round.

Now, many guys don't feel comfortable saying things like that because they fear that it might make the woman angry, or they fear that it might make them look rude or not as intelligent and straightforward as they usually are.

However, if you say something like that to a woman, what happens is that she feels attracted to your confidence, to your ability to make her laugh, to your social intelligence for being able to pull off a moment like that and to your masculinity for making her feel feminine in comparison to how masculine you are being.

What you need to understand is that you don't need to say those type of things to a woman all the time.

You just need to add it into conversations and you'll find that sparks fly between you and a woman.

What a woman is essentially waiting to experience is whether or not your personality and behavior sparks feelings of sexual and romantic attraction inside of her.

Additionally, what you'll find is that it's very easy and straightforward to do if you have the courage to playfully mess with a woman in a confident way, to playfully tease her and to not take everything so seriously all the time.

When you do, you will realize that there is a logical purpose to small talk and flirtatious banter between men and women.

[image: Small talk and flirtatious banter is for attracting women]

The purpose is for a woman to be able to feel attracted to your personality traits and behaviors because a woman's attraction for a man does work differently to a man's attraction for a woman.

The reality is that most men experience what I call Insta Attraction.

They instantly feel attracted to a woman if she looks good, is healthy and of breeding age.

Additionally, if a woman is friendly, easygoing, down to Earth and intelligent, then most men are actually going to have a relationship interest in her, not just a sexual interest.

However, when it comes to a woman's attraction for a man, things do work differently.

You have to interact with her and *make her* feel attracted.

You have to create a spark between you and her by displaying personality traits and behaviors that are naturally attractive to women such as confidence, charisma, charm, the ability to make her laugh and social intelligence.

These are personality traits and behaviors that you can display during small talk and flirtatious banter.

You don't always have to engage in small talk and flirtatious banter, but you need to be able to have that skill so you can create a spark between you and a woman.

If you just talk to a woman in a logical straightforward manner, then it's going to be neutral.

There's going to be no spark there.

The thing is, you might actually be perfect for the next attractive woman you meet.

If you create a spark with her, you and her could have sex, get into a relationship and happily stay together for life.

However, if you don't know how to make her feel a spark for you when you're talking to her, then she's not going to be interested, even though you could have been perfect for her.

What happens for most women is that they struggle to find a guy who can create a spark with them because most guys are just too nice or too neutral, or they're too keen and desperate and they turn the woman off.

Most women are just looking for a good guy who can be normal around them and can create a spark and then get to a phone number, kiss, sex and into a relationship.

Finally, the fourth dating struggle of a highly intelligent man is that...

4. He usually doesn't like to be seen as a beginner at anything

[image: I don't want people to think that I don't understand women, attraction and dating]

An intelligent man usually has a self-image of being smarter than pretty much everyone else around him and he's usually right.

He usually is smarter than pretty much everyone else around him.

The self-image that he has feels good to him.

He likes being smarter than other people.

He likes being seen as the smart guy.

He likes how people look at him and think of him as being intelligent.

Yet, maintaining a self-image of being smarter than everyone else and having it all figured out can actually turn out to be a disadvantage to him, especially when it comes to women.

So, if you are a highly intelligent man who is pretty much right about everything in life, but you're struggling with women, what you need to understand is that it's okay to be a beginner at something.

You also need to understand that your above average intelligence will allow you to learn and then succeed quicker than a guy who isn't as smart as you.

What you'll find is that most things about attracting women make logical sense once you understand them.

For example: when you understand that you can create a spark with a woman, then you'll also be able to piece two and two together and understand that a woman doesn't have to already feel attracted to you for you to have a chance with her.

Instead, *you can make her feel attracted.*

You can create the attraction based on how are you talking to her.

So, using the examples I talked about earlier about the woman being a receptionist or having studied medicine, you can say other things as well.

If you ask her what she does for a living and she says that she works as a receptionist, you can playfully mess with her about that by saying something like, *"No, you're not a receptionist. You're too nerdy looking to be a receptionist. Come on, what do you really do for a living?"* and then have a laugh with her about that.

She is almost certainly then going to laugh and say that she does work as a receptionist.

You can then tell her that you're just kidding, ask her how long she's been doing that for and also ask her if she accidentally hangs up on rude customers sometimes.

Alternatively, if you asked her what she studied at university, or if she's currently studying, what she is studying and she said that she's studying medicine, you can then playfully say, *"Ohhh, you'd be a mean doctor. I wouldn't want to get you as a doctor,"* and have a laugh with her about that.

So, as an intelligent man, you can understand that when you talk to a woman in a particular way, it displays certain personality traits and behaviors that naturally trigger her feelings of attraction.

She feels attracted to the fact that you're being confident, that you can make her laugh, that you're being masculine and making her feel feminine in comparison to you and that you have the social intelligence to pull off a moment like that, or to create a joke like that on the fly.

It makes a woman feel attracted.

Some guys don't understand why a woman would find that attractive because they mistakenly assume that a woman's attraction for a man works the same as a man's attraction for a woman (i.e. it's all based on looks initially and if you're not good looking enough, you don't stand a chance).

What you need to understand and accept as a man is that a woman's attraction for a man works differently than a man's attraction for a woman.

Women can feel attracted to a man's looks and if a man is really good-looking, a woman can say, *"I like him. I want to have sex with him. He's sexy."*

However, in pretty much every situation where a man meets a woman, he has to CREATE a spark of attraction to make her feel sexually and romantically interested in him.

Creating a spark of attraction is something that you can do.

You can literally create a spark between you and a woman based on how you're talking to her and behaving during the interaction.

Additionally, what you'll find when you start doing it, is that most guys don't understand how it works.

Most guys are trying to get lucky with a woman, or trying to grow on a woman or hoping that they get a chance with a woman by being nice or being neutral, seeming very intelligent, bragging about their career, bragging about their achievements or what they want to achieve and so on.

Yet, the guys that experience easy, simple, straightforward and consistent success with women are the ones who know how to create a spark during an interaction with a woman.

It's actually a very easy thing to do.

Once you start doing it, you will realize that many of the women who weren't interested in you in the past would have been interested in you, if you just created a spark with them and didn't approach the conversation in such a neutral way.

The thing is, there's nothing wrong with having a neutral conversation with a woman or talking about things that are intellectual, logical or straightforward.

There's nothing wrong with that and you can do it.

You can have a normal conversation with a woman.

However, if you want to create a spark and make her want you in a sexual and romantic way, you have to add some other things in.

It can't just be about being neutral, straightforward, logical and intellectual all the time.

When you add in displays of personality traits and behaviors that naturally make a woman feel attracted, it creates a spark between you and her.

She feels attracted to you and you can then connect with her and get to a phone number, kiss, sex and into a relationship.

Learn More?

Okay, I hope you enjoyed this video and learned something from it.

If you'd like to learn more, I recommend that you read my eBook [The Flow](#) or listen to the audio version [The Flow on Audio](#).

When you read The Flow or listen to the audiobook version, you will learn exactly what to say and do to make a woman feel sexually attracted to you and romantically interested in you.

One of the things that I do in the book, is detail the 8 personality traits and behaviors that are the most naturally attractive to women and what to say and do to display those personality traits and behaviors during interactions.

I also explain exactly what to say and do to get to a phone number, kiss, sex, date and into a relationship.

Get the Girl and Be Highly Intelligent at the Same Time

[image: Get the girl and be highly intelligent at the same time]

One final point that I want to make for you in this video, is that you can be a highly intelligent man and also experience extraordinary success with women.

You don't have to change who you are and stop being so intelligent, intellectual, philosophical, analytical and so on.

You can still be the intelligent man that you are.

However, the secret is to understand that when you're talking to a woman that you want to get into a

sexual relationship with, you need to create a spark because her attraction works differently to yours. At times during the interaction, you need to talk to her in a way that will create an emotional reaction inside of her rather than a logical reaction.

Rather than always talking in a logical, sensible, straightforward manner, you need to add in things that are going to make her feel attracted to you such as being confident, making her laugh, making her feel girly and feminine in comparison to your masculinity and making her feel charmed and attracted to your charisma and social intelligence.

These are things that you can easily add into a conversation with a woman and when you do it, you will realize that many of the guys who are watching your interaction or are around in the group and so on won't understand what is going on between you and her.

They will see that there is a spark between you and the woman that you like, but they won't understand what is happening.

For most guys looking on, they will look at you and her interacting and see sparks flying and assume that's because you and her have a natural chemistry.

They will assume that she is right for you and you are right for her and they don't have a chance.

What you'll find is that other guys don't understand that you are *creating* the spark between you and her.

You are making it happen.

As a result, you can attract her, pick her up and get into a relationship with her or attract her, have sex with her for a while and continue to enjoy your choice of women.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

The Science of Attraction: 5 Facts Every Man Needs to Know

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

In this video, I'm going to explain the science of attraction between men and women by using the results of 5 different scientific studies.

I'm also going to help you understand how you can use the results of the studies to your advantage, so you can attract women more easily.

This video is mostly for the single guys who want to get laid or get a girlfriend, but I'm also going to be including some tips for guys who have a girlfriend or a wife and they want to attract her more to get some more action in their relationship.

So, let's start with number 1...

1. Women are more willing to instantly accept an offer for a date, whereas men are more willing to instantly accept an offer for sex

[image: Science of attraction: Gender differences in receptivity to sexual offers]

Researchers Clark and Hartfield, both professors of psychology, led a study at the Florida State University where 5 women and 4 men approached 48 students from the opposite sex.

The physical attractiveness of both the male and female approachers ranged from slightly unattractive to moderately attractive. They were also college students.

Here's what the approacher said whether they were a man or a woman, *"I've been noticing your around campus. I find you to be very attractive."*

[image: Scientific study into attraction at The Florida State University]

Then, the approacher asked one of the following questions:

1. Would you go out with me tonight?
2. Would you come over to my apartment tonight?
3. Would you go to bed with me tonight?

To the first question, *"Would you go out with me tonight?"* (that is considered a date), 56% percent of women said, *"Yes,"* and 50% of men said, *"Yes."*

So, women actually agreed to that more.

When it came to the question of, *"Would you come over to my apartment tonight?"* 6% of women said, *"Yes,"* and 69% percent of men said, *"Yes."*

With the final question, *"Would you go to bed with me tonight?"* 0% of women said, *"Yes,"* to that question whereas 75% of men agreed to sleep with a woman without actually knowing anything about her.

So, how can you use the results of that study to your advantage?

What you need to understand is that women do have sex, women enjoy sex and women want sex. However, they go about getting to sex in a different way than men do. Most women want to find out a little bit more about a guy before they open up to have sex with him. One of the main reasons why is that for 99.9% of human history, there were no condoms and no contraceptive pill. So, if a woman had sex with a man, she could get pregnant. A man could then walk away and leave her to deal with raising the child on her own. Only in recent times, which is less than 0.1% of human history, have men and women been able to have casual sex without worrying about a potential pregnancy. Even though things have changed in recent times and men can wear a condom and a woman can take the pill, a woman's attraction instincts haven't changed. She still feels an instinctive need to want to find out more about a guy before she opens up to kissing him or having sex with him. This is why women are more inclined to instantly say, "Yes," to an offer for a date and, "No," to an upfront offer for sex. Of course, that doesn't mean a man can't get to sex the first night he meets a woman or on the first date. For example:

- Data scientists from the UK surveyed 1,000 European and American men and women and found that 66% admitted to having a one night stand before.
- The Student Beans Sex Survey in the UK found that 60% of students reported that they had a one night stand before.
- A global survey by Durex condoms found that an average of 40% of women admitted to having had a one night stand compared to 47% of men. The number was higher or lower depending on the country. For example: Overall 50% for the USA, overall 64% for Sweden, overall 60% for Australia, 13% for India, 52% percent for Canada and 33% for Japan.
- The Irish Times survey of 12,000 men and women found that 73% of men admitted to having had a one night stand compared to 66% percent of women.
- Statistics gathering company, Statista, found that 58.1% of Americans admitted to having had a one night stand.

So, sex can and does happen quickly between men and women. Women enjoy sex and they definitely do want to have sex. However, they don't want to have sex simply based on a random guy asking them for it. In almost all cases, a woman needs to first interact with a guy, to feel attracted to who he is as a man. She will then open up to kissing him, having sex with him or going on a date with him and eventually getting to sex. Due to the difference between how men and women pursue sex, many men often end up feeling insecure about their attractiveness to women. Many men go through life feeling instantly attracted to women and thinking of having sex with them,

but they notice that women really aren't reacting to them in that way.

What the guy doesn't understand is that if he wants to get to the act of sex with a woman, he needs to be able to interact with her and *make her feel attracted* to his personality traits and behaviors.

For example: He's being confident while he's talking to her and she feels attracted to that.

He's being charismatic, charming and making her laugh.

She can then feel attracted to who he is as a man and feel good about the idea of opening up to either giving him her phone number, or getting to a kiss, going on a date or getting to sex.

2. Women who take a contraceptive pill are more attracted to men with less masculine features

[image: Women who take the contraceptive pill are more attracted to men with less masculine faces]

In a study that was detailed in the Journal of Psychoneuroendocrinology, it was found that women who take the pill are more attracted to men who aren't very manly looking.

In other words, men who don't have a square jawline and who have a more of a rounded face.

[image:]

[image:]

[image:]

Women who weren't on the pill were attracted to more masculine faces and women who were on the pill were attracted to less masculine faces.

The researchers also looked at 85 couples who met when the woman wasn't on the pill, compared to 85 couples who met when the woman was on the pill.

The women who were on the pill chose less masculine looking guys.

So, how can you use the results of that study to your advantage?

One way to use the results is to feel confident about yourself and know that regardless of how you look in terms of your masculine appearance, you can still attract women.

It's pretty obvious that women are attracted to very masculine looking men.

However, what you need to understand is that women can feel attracted to guys who don't look very masculine as well.

Additionally, before the pill was invented, guys with less masculine features were still able to get laid, get a girlfriend and get married.

So, if a guy doesn't look like Dwayne Johnson or some other very masculine looking guy, it doesn't mean that he can't get laid, get a girlfriend or get a wife if he wants that as well.

I'm a classic example of that.

[image: Dan Bacon with and without a beard]

If you look at me without the beard, you can see that I have a pretty weak jaw.

[image: Dan Bacon - dating coach]

[image: Dan Bacon - dating coach]

[image: Dan Bacon - dating coach]

[image: Dan Bacon - dating coach]

[image: Dan Bacon - dating coach]

[image: Dan Bacon - dating coach]

I don't have the square jawline that very masculine looking guys have, but I was still able to easily enjoy my choice of women for 10 years and live a playboy-style lifestyle where I enjoyed women for many, many years.

Then, I met my girl and we settled down and we've been together ever since.

One thing I'll point out is that when I met my girl, I didn't have a beard and she wasn't on the pill.

Even though I don't have a square jawline and I didn't have big muscles or anything like that, I was still able to attract her and she's still attracted to me to this day.

So, what I want you to know is that even though women who are on the pill are more inclined to choose a more masculine looking guy, based on my personal experience, a guy who doesn't look very masculine can still attract women who aren't on the pill.

I'd estimate that about 60% of the women that I've picked up were not on the pill.

The reason why I was able to pick them up is that I *made them feel attracted* to what I was saying and doing during the interaction.

I didn't rely on women hopefully feeling attracted to how I looked.

Instead, I actively *made them feel attracted* and turned on during a conversation and as a result, got to a kiss, sex and into a relationship with women of my choosing.

So, regardless of how masculine you look, the moral of the story is that you shouldn't sit around waiting and hoping that a woman might find you attractive.

If you do that, you won't enjoy your choice of women.

If you really want to have your choice of women, you have to have the courage to interact with them and make them feel attracted to what you were saying and doing during an interaction.

3. Hugging a woman releases oxytocin, which makes her trust you more and it also reduces cortisol which makes her relax and open up to you more

[image: Hugging a woman makes her like you and trust you more]

A team from the University of North Carolina led by psychologist Dr. Karen Grewen studied the effects of hugging and found that it increased oxytocin and reduced a woman's level of cortisol and her blood pressure.

In the book *The Female Brain* by Louann Brizendine, who is a professor at the University of California, San Francisco, she writes, "*The act of hugging or cuddling releases oxytocin in the brain, especially in females and produces a tendency to trust the hugger.*"

So, how can you use the results of that study to your advantage?

In this example, I'll give some tips for single guys and for guys who are in a relationship or a marriage.

So, for the single guys, when you're interacting with a woman, just know that when you get to the act of a hug, it's going to make her like you more and trust you more.

It's going to make the process of picking her up and getting a phone number or getting to a kiss and sex much, much easier.

So, if you're interacting with a woman and she says something about how hard her life has been recently at work, or if she's been studying too much and she's really tired, use that as an opportunity to initiate a hug.

You can playfully say something like, "*Awww...come here. Bring it in for a hug, you poor thing. Come here,*" and give her a hug.

Make sure that it's a warm hug and it lasts for at least 5 to 10 seconds.

Don't give her one of those 1 to 2-second hugs where you basically hug and immediately let go because that is not going to have the desired effect.

You want to hug a woman for at least 5 to 10 seconds and if you can, 15 seconds would be even better.

Another way to initiate a hug is when it's a woman's birthday.

[image: Attracting a woman by giving her a birthday hug]

So, if you're interacting with a woman and she says that it's her birthday that day, you can say, "*Birthday hug. Come here. Bring it in for a birthday hug. Happy birthday!*" and have a hug with her.

Now, for the men who are in a relationship or marriage with a woman, how can you use the results of that study to your advantage?

Well, if you hug your girlfriend or wife, you know that it does bring about some good feelings between you and her.

However, if your girlfriend or wife hasn't been very affectionate lately, or hasn't been feeling much attraction for you, then she's most likely going to want to pull away from the hug.

She's not going to want to keep the hug going and make herself feel turned on or attracted or anything like that.

So, what you need to do is add something else into the hug.

When you bring her in for a hug, you hug her for about 5 seconds or so and then you start kissing her on the neck.

[image: Using the science of attraction on your girlfriend or wife]

You also rub your jaw line around the back of her ear as you breathe softly into her ear as well.

What that does is that it makes her feel attracted because you are being dominant, you are leading the interaction, you are holding her in an embrace and you are dominating her.

Doing that helps to make her feel feminine in comparison to your masculinity.

She feels as though you are the more dominant one and you're leading the interaction and as a result, she's naturally going to feel attracted to you.

Of course, if she hasn't been very affectionate lately and she has been feeling turned off, she might want to push you away and not go through with the act of getting turned on.

So, if that happens, you just need to tell her to relax and you need to smile and be good about it.

Don't be annoyed about it or angry at her.

Just relax, remain confident and keep going until you're kissing her on the lips and she wants something more than just a kiss.

4. Makeup tricks both men and women into thinking that a woman is more physically attractive than she actually is

[image: Richard Russell, make up study on attractiveness of women]

In a study conducted by Richard Russell, an associate professor of psychology at Gettysburg College in Pennsylvania, it was found that men perceived women who wore makeup as being more prestigious or of higher status.

Both men and women saw the woman with makeup as being more attractive.

So, how can you use the results of that study to your advantage?

Well, a lot of guys end up feeling inferior of women who wear makeup because it makes the woman look way more attractive than he is.

[image: Make up tricks men into thinking that women are more attractive than they are]

He looks at her and thinks that she is way more attractive than him and he wouldn't be good enough for a woman like her.

However, when she actually takes off her makeup, she's either going to be on the same looks scale as him or he might actually see himself as being better looking than her.

Essentially, what you need to do as a man is maintain confidence in yourself and know that you are good enough for the majority of women that you see and meet.

[image: Make up tricks men into thinking that women are more attractive than they are]

If you get tricked by a woman's makeup into thinking that she is way more attractive than you and that you are not good enough for her, then she's actually going to feel turned off by you.

Women are attracted to men who are confident in themselves.

So, make sure that you believe in yourself.

Make sure that you don't doubt yourself based on a woman's physical appearance, especially if she's wearing makeup and making herself look more physically attractive than she actually is.

5. Women are more attracted to your status than your looks

In the book *The Evolution of Desire*, the writer, David Buss, a professor of psychology at the University of Texas at Austin, references a study that included 186 different societies from around the world.

When referencing that study, he says, "*Women desire men who command a high position in society*

because along with status comes better food, more abundant territory and superior health care. Greater social status bestows on children social opportunities missed by the children of lower ranked males."

He goes on to say, "*Women judge **the likelihood of success** in a profession and the possession of a promising career to be highly desirable in a spouse. Significantly, these cues to a **future status** as seen by women as more desirable in spouses than in casual sex partners."*

Finally, he also says, "*Men rate physical attractiveness and good looks as more important and desirable in a potential mate than do women. Men tend to see physical attractiveness as important whereas women tend to see it as desirable, but not very important. The sex difference in the importance of attractiveness remains consistent from one generation to the next. Men's greater preference for physically attractive mates is among the most consistently documented psychological sex differences."*

Many guys worry when they hear that status is important because they assume that status is all about money.

Money definitely is a sign of high status, but it's not the only way to convey status or attract women. You can also convey high status based on how you talk to a woman and how you talk to other people in general.

If being rich was the only way to convey status and the only thing that women would accept, then most guys wouldn't be able to get laid, get a girlfriend or get a wife.

For example: If a man had to be a big shot success and be a millionaire to be able to attract women so he can get laid, get a girlfriend or get a wife, then only 4.63% of the men in New York would be able to get any action.

4.63% is the amount of millionaires in New York, which also includes female millionaires.

So, the actual amount of male millionaires is probably around 3%.

In Sydney, Australia the amount of millionaires is 1.3%. In Melbourne, Australia, 0.9% which is less than 1%.

In California, in the USA, the number of millionaires is 5.9% and in Florida, 4.89%.

Percentages are slightly higher and lower around the world depending on the city, but the percentage of millionaires are usually less than 5% of the population.

So, it's important that as a man, you don't assume that you have to be rich and successful to be able to attract women.

As David Buss said, "*Women desire men who command a high position in society."*

Yet, what women desire and what they happily accept are two different things all together.

It's just like how many men desire a Victoria's Secret models, but then happily accept a girl next door type of woman and stay with her for life.

Additionally, David Buss also points out that women are attracted to the *likelihood of success* and *potential future status* of a guy, which means that you don't already have to be successful to be able to attract a woman.

Her attraction instincts are simply looking for cues that suggest you could possibly be a high status male who could then help ensure the survival of any children that you may have with her.

So, how can you use the results of all that scientific study to your advantage?

Well, as a man, what you need to understand, whether you are single or in a relationship, is that having high social status is not just about being successful and being the most powerful guy in your city and having the best car and having loads of money.

Those things (e.g. being powerful in society, having a great job, having a great car, having loads of money, being the leader of men and so on) do signal high social status.

However, what a lot of guys don't understand is that you can convey high social status during a conversation with a woman and it will make her feel attracted.

I'll give you an example to show you what I mean...

Note: You may need to watch the video at the top of this page to see and understand the subtle differences in tonality and body language that allow you to convey high status.

Imagine that a guy is starting a conversation with a couple of women that he finds attractive.

Here is a low status version, *"Hi. Excuse me. Yeah. Hi. I thought I'd come here and say hi. I'm Dan. What's your names?"*

Here is an equal status version, *"Hi. I thought I'd come here and say hi. I'm Dan. What's your names?"*

Here is a high status version, *"Hi. How are you doing? I thought I'd come here and say hi. I'm Dan. What's your names?"*

Here's another example: A guy is asking a woman what she does for a living. Low status, *"What do you do for a living? That's interesting. Yeah. Right. How long you've been doing that?"*

Equal status, *"What do you do for a living? That's interesting. How long have you been doing that?"*

High status, *"So, what do you do for a living? Interesting. How long you've been doing that?"*

Note: You may need to watch the video at the top of this page to see and understand the subtle differences in tonality and body language that allow you to convey high status.

When talking to a woman, what you want to do is at least convey equal status.

However, at times, it's good to add in displays of high status.

This may make you come across as being a bit judgmental of her and at times, it might make you seem a little bit arrogant to some people, but not to everyone.

If you convey low status to hopefully get people to like you, it will cause most high status people (including attractive women) to not like you.

Only conveying equal status will make you friendly and likeable, but you will miss out on making women feel attracted to you based on status.

The way that women feel attracted to status is something that single guys can take advantage of and guys who are in a relationship with a woman can take advantage of as well.

For single guys, you want to at least come across as conveying equal status and you want to convey high status at times.

Essentially, to convey high status, you need to come across in a way that conveys that you don't feel unworthy of her. Some people might see that as being arrogant, but women find it attractive.

In a relationship or a marriage, a man can make his woman feel attracted to him by conveying higher

status than her in the relationship.

It doesn't mean that he should put her down and make her feel bad about herself.

Instead, it simply means that he should convey that he is the more dominant one in the relationship.

There are many ways that a man can do that, but one of the ways he can do it is based on his body language when he's talking to her.

For example: If a man says to his woman that it's time to go out and eat, he might say, *"Let's go out and eat and go to a restaurant."*

If he's conveying lower status, he might say, *"Do you want to go out and eat now? Are you hungry? Do you want to go? We should go to get something to eat."*

If he's conveying equal status, he might say, *"Are you hungry? You want to go and get something to eat? Let's go and do it."*

If he's playfully conveying higher status, he might say, *"Hey you, I'm hungry. Get off your butt. Let's go get something to eat. Come on. Let's go."*

Now, a man doesn't have to talk to his girlfriend or wife like that all the time.

As I said, that's a bit of a playful example as well (i.e. telling her to get off her butt).

When in a relationship with a woman, some guys fear talking to their woman like that, whereas other guys are totally comfortable with it.

The guys who are comfortable with doing that at times, notice that their woman feels attracted to it.

She likes the fact that the man is being dominant, but he's also being a good guy at the same time.

He's not being an asshole about it saying, *"Hey, get off your ass. Let's go. We're going to eat now. I'm the boss. I'm the man around here."*

He's not being crazy about it like that.

He's just being playful with it and saying, *"Alright. Come on, let's go. I'm hungry. We're going to get something to eat. Get off your butt."*

So, a key takeaway here is that if you are a single guy, you don't have to be a big shot in your city or country to be able to attract women by conveying high social status.

You can convey high status while you're talking to a woman based on your body language, tonality and behavior.

If you're in a relationship, you don't have to be amazingly successful and at the peak of your career or have already achieved everything that you want to achieve to be able to attract your woman with high social status.

You can display high status based on the way that you interact with your woman and how she sees you interact with other people as well.

Learn More?

Okay, I hope you've enjoyed this video and learned something from it.

If you'd like to learn more, I have two recommendations for you.

The first recommendation is my eBook *The Flow*.

This is for the single guys.

If you want to learn exactly what to say and do to be able to get laid and get a girlfriend easily, then The Flow is for you.

It's a simple, straightforward process that works.

My methods for attracting women are based on science and are also based on my years of personal experience attracting and picking up women.

When you use The Flow approach on women, you will enjoy your choice of women.

The second recommendation is for guys who are in a relationship or a marriage with a woman.

For that, I recommend my program, Make Her Love You For Life.

When you watch or listen to Make Her Love You For Life, you will learn exactly what to say and do to make your woman feel a renewed sense of respect, attraction and love for you.

If you are not in the power position in the relationship, you will gain the position of power.

If your woman is disappointed with how you've been treating her, you will now know what to say and do to get her to forgive you and fall back in love with you again.

You Can Control How Much Attraction Women Feel For You

[image: You can control how much attraction women feel for you]

One final point that I want to make for you in this video, is to remind you of the fact that women can feel attracted to things other than a man's looks, money or height.

It's true that women can feel attracted to a man's looks.

It's true that women can feel attracted to a man if he has money, if he's famous, if he's tall and so on.

However, it's also true that a man can attract a woman during a conversation, during an interaction with her.

A man can display personality traits and behaviors that naturally attract women such as confidence, charisma, charm, using humor, being a bit of a challenge and conveying high status based on how he talks to her and behaves around her.

So, if you are a single guy who is looking to get laid or get a girlfriend, just know that you can take control of the process.

You can start actively attracting a woman as you talk to her.

She doesn't have to be attracted to your looks or how successful you are and so on.

You can make her feel attracted as you talk to her.

The same goes for men who are in a relationship with a woman.

If your woman isn't that attracted to you anymore, you have to understand that you can make her feel attracted.

You can start displaying different behaviors around her and it will trigger her feelings of attraction for you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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3 Tips on How to Talk to Women and Make Them Want You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

How can you talk to a woman in a way that makes her want you in a sexual and romantic way?

Pretty much every guy knows how to talk to a woman in a neutral way or in a nice way, but talking to a woman in a way that creates sexual feelings inside of her is a different thing altogether.

So, in this video, I'm going to give you 3 tips on what to say and do to make a woman want you in a sexual and romantic way.

1. Don't be too neutral or too nice. Be just right

[image: Don't be too neutral or too nice. Be just right]

Being too neutral is essentially about being friendly, straightforward, serious, intellectual and logical pretty much all the time when a guy is talking to a woman.

Being too nice is when a guy is sucking up to her, being on his best behavior and trying to get her to like him because he's such a nice person.

Being just right is about being a good guy who also makes her feel sexually attracted and is a bit of a challenge for her to acquire.

Now, there's nothing wrong with talking to a woman in a straightforward manner.

There's nothing wrong with being serious and intellectual.

There's nothing wrong with being nice.

However, if you want a woman to want you in a sexual and romantic way, then you need to add in displays of personality traits and behaviors that are naturally attractive to women, such as being very confident around her, using humor, being charming, being charismatic and so on.

When I talk about being very confident, I'm not talking about being loud and being a show-off or anything like that.

I'm talking about relaxed confidence.

I'm also talking about the type of confidence that allows you to challenge her during a conversation, to put some pressure on her, to make her feel like she needs to impress you and to see yourself as being the prize rather than looking at her as the prize and trying to be on your best behavior and say all the right things so you can get a chance to be with her.

As you may have noticed, when guys use a nice guy approach with women, where they're trying to say all the right things and be on their best behavior, all it takes for them to be replaced is another guy to come along and make her feel sexually attracted during the conversation.

So, how can you make her feel sexually attracted during a conversation?

Let's move to tip number 2 and I'll give you some examples on how to do it.

2. Ask questions and occasionally make fun of her answers

[image: Ask questions and occasionally make fun of her answers]

Most guys don't have the balls to make fun of a woman because they are on their best behavior around her, hoping to get a chance with her by being nice.

Alternatively, many guys are neutral around a woman.

They just talk to her in a straightforward manner and not being a Mr. Nice Guy, but they're being Mr. Plain.

They're just having a straightforward conversation with their logical, friendly and there's no spark between himself and a woman.

What you need to understand is that when you're interacting with a woman, you can make her feel attracted to you.

You can create a spark of attraction based on what you're saying and doing.

You can display confidence and use humor and be charming, charismatic, be a bit of a challenge and a woman is going to feel a lot of attraction for you.

Other guys looking on won't know what's going on between you and her because it's not obvious.

Most guys don't understand how it works, so, they will look at you interacting with a woman and think, *"Oh, well, they might just be perfect for each other. They might be a match. It might be natural chemistry."*

So, what you need to understand is that you can CREATE that chemistry.

You can MAKE a woman feel a spark with you.

One of the ways that you can do that is by asking her questions and occasionally making fun of her answers.

For example: If you ask her the question, *"So, what have you been up to lately?"* and she says that she's been going to the gym and working.

You can then playfully make fun of her answer by saying, *"Going to the gym? How much can you lift? Show me your biceps."*

Then get her to show you her biceps/get her to flex her biceps and have a bit of a squeeze.

You can then playfully make fun of her again and say, *"Oh, you don't even have any muscles. You're a little weakling, aren't you?"*

Another example is where you ask a woman what she likes to do for fun or what she likes to do in her spare time.

If you ask her, *"So, what do you like to do in your spare time? What sort of things do you do for fun?"* and she says, *"I'm a painter. I like painting,"* you can make fun of her answer.

You don't have to be serious about everything you say to a woman.

You can be a challenge, at times.

You can be confident.

You can make her laugh by putting some pressure on her in a playful way.

So, she says that she paints and that she likes painting.

You can then pause for a moment, look her up and down and playfully say, *“You don’t look like a painter. You’re not a painter. Come on...you don’t paint.”*

How is she going to respond to that?

Many guys fear she will get angry that he is accusing her of lying, or that the conversation will become awkward and she won’t want to talk to him anymore.

Yet, what actually happens is that the woman laughs.

She finds it funny and she feels like she is being put under pressure.

She is being questioned.

You don’t actually believe her for some reason.

In almost all cases, what a woman will do then is that she will laugh and tell you that she is a painter and loves painting.

You can then say, *“Just kidding. Alright, show me some of your paintings.”*

When she shows you her paintings, which are most likely going to be on her phone as photos or on a social media site or maybe she even has a website, you can then give her a compliment about that if you want to.

Once again, guys looking on won’t really understand what is happening between that man and woman.

Many guys will look on and think, *“Oh, well, they’ve just got a natural chemistry or that guy is lucky, she likes him for some reason or she must like him because he’s good looking,”* or something like that.

Most guys don’t know that they can actually CREATE feelings of attraction inside of a woman and the secret to doing that is not about being nice or neutral when talking to a woman.

There’s nothing wrong with being a good guy and talking to a woman in a straightforward manner, but if you want to create a spark of attraction inside of her, you have to display personality traits and behaviors that are naturally attractive to women.

In this case, the guy is being confident.

He’s using humor and he’s being a bit of a challenge.

What happens when you occasionally use that approach in a conversation with a woman, is that she feels as though she needs to impress you a bit.

She also senses that you’re not like other guys.

You’re not sucking up to her by being on your best behavior and trying to get a chance with her.

You’re not the sort of guy who is going to continue talking to her, trying to be friendly, trying to be neutral or trying to be nice and say all the right things in the hope of getting a chance with her.

Now, that doesn’t mean that you can’t talk to a woman in a neutral way, a friendly way or even be nice to her during a conversation.

You can.

You can be a good guy.

You can have a friendly, easy-going conversation with a woman.

However, if you want her to feel a sexual spark with you, then you need to be willing to say and do

things that create that spark.

3. Show some interest in her, but also make her sense that you could lose interest

[image: Show some interest in her, but also let her see that you could lose interest]

For example: You're talking to a woman, making her feel attracted to you by being confident, using some humor, being charismatic and being a bit of a challenge.

Then, she starts telling you a story about something that you find boring.

You're not interested in it.

Don't be like other guys who are going to fake interest in whatever she is saying and doing.

Don't be that guy who talks to a woman and it's just like, *"Oh, yeah, really, okay, yeah. What else happened? Alright, well, that's interesting,"* when you don't actually find it interesting.

What you need to understand is that women do like guys who are a bit of a challenge to acquire.

Women do like to be in the position where they feel the need to impress a guy, they feel the need to be on their best behavior so they don't screw up their chances with him.

So, when you're talking to a woman and she starts talking about something that you find boring, you should let her sense that via your body language.

An interesting thing to point out is that if you have ever interacted with a really hot woman, a really attractive woman, then what you may remember is that when you were talking to her, if what you were saying wasn't that interesting, then she most likely did that to you.

She most likely started to show you that she was losing interest in the conversation by changing her body language or losing interest in the conversation.

Try to think back to how you responded to that.

Most guys respond to that type of body language from a hot woman by trying harder to impress her, by putting in more effort to hopefully make her interested in the conversation.

Then, when she notices that the guy is trying harder to impress her, she is in the power position.

She becomes the selector.

She becomes the one who is going to decide whether or not something happens.

What a lot of guys don't realize is that they can make a woman feel like the guy is the selector.

They can make a woman feel like she needs to impress him in order to get a chance with him.

One thing I'll point out though is that this only works if you're making the woman feel attracted to you.

If a guy is talking to a woman in a neutral way and isn't doing anything to create a spark with her and then he starts appearing uninterested in the conversation, then she is going to lose interest.

She is going to want to get our conversation.

So, what you need to understand is that this works when you're actively making a woman feel attracted to you by displaying personality traits and behaviors that are naturally attractive to women during a conversation, such as being confident, using humor, being charming, being charismatic,

being a bit of a challenge and so on.

Another example of showing her that you can lose interest in her is where she says that she doesn't like something that you like.

For example: A guy is talking to a woman and she says, "*I don't like the UFC,*" when he loves the UFC and watches it all the time.

He can then shake his head in disappointment, smile and say, "*I thought you were cool up until that point*" and then have a laugh with her about that.

He can also then add in, "*So, what do you like to watch instead? Drama, TV shows, romantic movies? Boring*" and have a laugh with her about that.

Now, he doesn't actually have to say that he thinks drama, TV shows and romantic movies are seriously boring.

He doesn't have to seriously hate on her for that.

He can playfully mess with her for being such a girl that she likes drama and romantic movies and so on.

What a lot of guys don't understand is that it's good to be different than a woman.

You don't have to have everything in common with her, especially when it comes to traditionally masculine and feminine things.

So, if you like something that is traditionally seen as a masculine thing, such as MMA fighting and you like to watch that and she doesn't, make sure that you stick to what you like and allow her to like what she likes if it's a feminine thing.

Where some guys go wrong is that they say that they like they like the UFC, for example and a woman says that she doesn't like it, it's too violent and society is going the wrong way and then the guy starts to change his opinion on the fly to hopefully impress her.

He starts to say, "*Yeah, well, you know, I don't watch it that much. It's alright. I like football more. That's better. You know, it's the best sport in the world,*" sort of thing and he changes his opinion on the fly to hopefully impress her.

The woman then sees that the guy doesn't have a strong sense of identity as a man.

He thinks that being manly is a bad thing and he should listen to women and be nicer and sweeter and get into things that women are into because women are the smartest gender of the species.

They are the better ones.

We need to follow them.

No.

Women are smart.

Women are great, but they're not better than men.

We men don't need to be like women.

If you want to make a woman feel attracted to you in a sexual way, then be manly. D

on't be afraid of manly things that you like and don't be afraid of behaving and talking in a manly way.

Another example of this is where a guy is talking to a woman and she asks him what he does and he

says that he works in I.T.

She then cheekily says to him, *“Ah, so you’re an I.T nerd then,”* to see if he’s going to lose confidence in himself, to see if he has a weak sense of identity about who he is as a man and to see if he is ashamed of what he does for a living.

What a guy needs to do is stand his ground, but be a good guy while doing it.

So, if she says to him, *“Ah, so you’re an I.T nerd then,”* he can then smile and say, *“No...I’m a smart man who understands computer code. You’re just jealous because it’s too difficult for you. You’re not smart enough”* and then have a laugh with her about that.

She can then see that he has a strong sense of identity as a man. He doesn’t feel embarrassed or ashamed of his profession. He embraces it and is proud of it and therefore she feels attracted to his confidence.

She also sees that he’s not the sort of guy that she can easily pick on.

He’s a confident man who believes in himself and therefore a woman will assume that he can have his choice of women.

As a result, she will be nicer to him. She will show him more respect and she will more easily feel attracted to him and fall for him.

What you’ll notice when you use this approach to conversation with women is that you’re putting way less effort and you get way better results.

You’re not trying hard to get to know a woman over time.

You’re not wasting time and energy sucking up to her and hoping that she likes you.

Instead, you’re shortcutting the process by making her feel sexually attracted to you.

You’re creating a spark and as a result, she wants something to happen between you and her.

Learn More?

Okay, I hope you enjoyed this video and learned something from it.

If you’d like to learn more, I recommend that you read my eBook, [The Flow](#), or listen to [The Flow on Audio](#).

The Flow is the easiest way to get laid or get a girlfriend.

When you use The Flow approach on women, you will notice that most women are way easier to pick up than they make themselves out to be.

You can literally talk to a woman and after a couple of minutes, she can feel so attracted to you that she wants something to happen between you and her.

You can then connect with her during the conversation and to a phone number so you can set up a date, or you get to a kiss and have sex with her that day or night.

Use The Flow approach and you will have your choice of women.

Women Don't Want You to Be in the One Down Position Around Them

[image: Women don't want you to be in the one down position around them]

One final point that I want to make for you in this video is that when you're talking to a woman that you find attractive, you can be in the position of power (i.e. the one up position).

You don't have to be like other guys and hand over your power to her, be on your best behavior and hope to get a chance with her.

You can shortcut the process by making her feel sexually attracted to you and being a bit of a challenge to acquire.

She feels attracted and she feels excited about the fact that you're not completely sold on her.

She has to impress you more to get a chance with you.

When a woman feels like that and she starts trying to impress you as a result, it makes her fall for you.

She starts seeing you as the prize.

She starts seeing you as the man that she wants to get.

She starts feeling like she would be lucky to get you.

As a result, you don't have to put in as much effort.

You are essentially allowing her to have a chance with you.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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5 Reasons Why Women Test Men

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

So, why do women test men?

Is it because they want to be annoying?

Is it because they're a pain in the butt?

Do we men need to say to women, *"Sit down, shut up and look pretty, that's all you're good for. Stop testing, stop being difficult."*

Look, I'm sure that some guys would like it if they could just tell women to stop testing and then women would stop testing.

However as you'll find out in this video, women have legitimate reasons for testing men and you can actually use their tests to your advantage.

The first reason why women test is...

1. To see if you truly feel worthy of her

[image: Testing to see if he feels worthy of her]

If a guy needs a woman to be nice, gentle, straightforward, supportive and be good to him during an interaction at all times in order to feel confident around her, then she knows that he is almost certainly going to become insecure, clingy, jealous and potentially controlling in a relationship.

This is why women test men by saying things to make them feel uncomfortable.

A woman wants to check and make sure that you truly feel worthy of her and you're not just feeling confident around her because she's being nice and easygoing.

So, you might be having a great conversation with a woman and after something you say, she then says, *"You're weird,"* to see if you base your confidence on what she is saying to you, or if you have independent confidence (i.e. if you truly feel worthy of her and you're not basing your confidence on what she is saying or doing in any given moment).

Another example is where you're talking to a woman and you seem to be getting along and everything seems to be going fine and then she says, *"Why are you wearing that shirt? That doesn't match you...the color doesn't suit you,"* to see whether or not you are going to lose confidence in yourself and to see whether or not you are basing your confidence on what she is saying and doing around you.

So, the way that you can use that to your advantage is that rather than getting annoyed at her for testing you or rather than losing confidence in yourself and feeling unworthy of the woman, know that when you maintain your confidence when she says things like that, she is going to feel attracted to you.

She is going to see that you don't fail her confidence tests, you don't become insecure and nervous based on what she is saying.

[image: She doesn't want to get into a relationship with a guy who will become needy and controlling]

This is especially important for women who have had experiences getting into relationships with guys who don't feel worthy of them.

They know that the guy will become insecure, jealous and potentially controlling.

A woman wants to avoid that.

She wants to find herself a guy who does truly feel worthy of her and doesn't only feel confident around her if she is nice to him and straightforward about things all the time.

[image: Passes her confidence test and she then drops her guard and opens up to him further]

So, if a man passes a woman's confidence test, she will then drop her guard and open up to him further.

Another reason why women test men is...

2. To feel attracted to you

[image: To feel attracted to you]

The fact is that women feel sexually attracted to a man's confidence.

It turns them on.

It literally makes a woman feel sexually attracted and turned on when you're being very confident around her.

I'm not talking about the type of confidence where you have to be loud and make a big scene or anything like that.

I'm talking about relaxed confidence, where no matter what she says or does around you, you maintain your confidence.

So, what you need to remember is that when women test you by trying to make you feel uncomfortable and unsure of yourself and you are confident and don't doubt yourself, it's actually attractive to them, it's enjoyable to them.

Some guys don't like the idea of being tested and they just want a woman to be straightforward, nice, gentle and sweet all the time.

However that's kind of like wanting the Earth to stop spinning.

It's going to keep spinning.

There are certain laws of nature that are in place and they happen for a reason.

There's no point getting angry at women for testing your confidence.

Instead you should embrace it and use it to your advantage.

Another reason why a woman will test a man is...

3. To make herself feel confident about your attraction for her

[image: To make herself feel confident about your attraction to her]

Sometimes, it's about testing your actual interest in her.

This is especially true for unattractive women or for pretty women who are insecure and don't actually think that they are attractive.

So, what a woman will do is that she will stop being so friendly and easy-going during the interaction.

She will stop showing interest in a guy to see how he reacts.

What a guy needs to do is just relax and remain calm.

He needs to believe in himself and continue to interact with her and not be thrown off by her test, where she stops showing him as much interest as she did at the start.

He just needs to continue to believe in himself and continue to have an interesting, fun conversation with her and build up her attraction.

She will then see that he really is interested in her and isn't just interested if she is interested.

Another reason why a woman might test you is...

4. To see if you are emotionally stronger than her

[image: To see if you are emotionally stronger than her]

When you're talking to a woman, she might be friendly and easygoing at times, but other times, she will be cold, mean or even rude to test how you're going to react.

Are you going to be able to maintain your confidence?

Are you emotionally strong enough to handle that kind of pressure in a social situation?

If she is a very emotionally strong woman and is very confident, but the guy that she's talking to isn't emotionally strong, then she fears that she's going to have to take care of him and protect him in social situations.

For example: If he were to be introduced to her family, she fears that he won't be able to handle their tests.

He'll become insecure.

He will doubt himself and she'll have to stand up for him and protect him.

She doesn't want to have that type of situation happen.

So, you just need to remain calm and be unaffected by her tests to show her that you are emotionally strong enough for a girl like her and you are socially capable.

You are able to handle pressure in social situations.

Women find it very sexy when you are so manly that nothing she says or does makes you feel insecure or unsure of yourself.

When it comes to attracting new women, it takes a bit of practice to be able to get used to handling their tests.

Additionally, when in a relationship, it takes a bit of practice to be able to handle the tests of your girlfriend or wife.

However once you get used to it, the old tests that she used to put you through are so easy now.

It's like water off a duck's back.

You don't get affected by it because you are so much more confident now.
You're so much more emotionally strong.
You're not basing how you feel on what she is saying or doing.
You have independent confidence.
You are in control of your emotions as a man.
Finally, another reason why a woman will test a man is...

5. To see how you handle challenges in life

[image: To see how you handle challenges in life]

When a woman is interacting with a guy and he is attempting to get to the point where he gets her phone number, kisses her, has sex with her or arranges a date and then is able to get her into a relationship, she needs to find out what type of guy he is first.

So, while they're talking, she will test his confidence.

She will say and do certain things to see how he reacts.

If he gets angry and annoyed at her tests, then it signals to her that he might actually become a bit of an angry or aggressive boyfriend in a relationship.

If he goes into his shell and becomes quiet all of a sudden and doesn't really know what to say, then she assumes that he's probably going to be like that in a work environment and in social situations in general.

If people aren't being nice to him and supportive, then he doesn't really know how to handle it.

As a result, she can see for herself how he would potentially handle challenges in life.

Now, there's no guarantee that her test is giving her an accurate answer.

Sometimes a guy is just so nervous around women that he fails those type of tests.

However in a work environment, he's very confident and in social situations in general, he's confident and can handle himself.

Yet, in most situations, an attractive woman isn't going to give a man the benefit of the doubt like that and just say, *"Oh, well, he's nervous around me and he doesn't know how to handle the pressure that I'm putting on him, but he's probably really confident at work and he would probably be really confident in other situations."*

So, as you can see, women do test men for legitimate reasons and you can also use it to your advantage.

The reality is that when it comes to attracting new women, most women are way easier to attract and pick up than they make themselves out to be.

Many women act as though they are hard to get.

They test men and they do things to put a man on the spot to see how he handles it.

If a man is able to maintain his confidence and not be affected by the tests that women are throwing at him, then they calm down.

They open up and then the interaction progresses towards a phone number, or a kiss, sex, or a date.

By the way, with the example I shared earlier in the video where a woman will say something like, *“I don’t like your shirt, that’s a weird shirt, why are you wearing that shirt, that color doesn’t suit you”* and so on, there are different ways to respond to that to pass her test.

For example: you can smile and say, *“Oh, really? I thought this was a really cool shirt”* and playfully pretend to be worried by saying, *“It’s not cool? What should I be wearing instead?”*

Then, smile and have a laugh with her to show her that you’re not taking it seriously.

You might even add in, *“Please give me some tips on what I should be wearing instead!”* to further pretend that you are worried about your shirt. Then, have a laugh with her about that as well.

Alternatively, you can turn it back on her by smiling and saying, *“You’re giving me fashion advice? Have you seen what you’re wearing? What is with that dress? That isn’t cool anymore. Don’t you check out the latest fashions? You’re out of style, girl. You really need to keep up. This type of shirt, now this is what’s cool.”*

As a result, she can see that not only can you handle pressure, but you can also recognize that you don’t actually have to take what a woman says seriously every time she says it.

Many times, women say things that they don’t even mean, just to test your confidence; just to see if you’ll crumble under their pressure.

Learn More?

Okay, I hope you enjoyed this video and learned something from it.

If you’d like to learn more, I have two recommendations for you.

If you want to attract and pick up new women, I recommend that you read or listen to [The Flow](#).

The Flow is the easiest way to get laid or get a girlfriend.

You will learn what to say and do around women to make them feel attracted to you, respect you and want to get to the point where they give you their phone number, kiss you, have sex with you and get into a relationship with you.

Once you start using The Flow, you will realize that most women are way easier to pick up than they make themselves out to be.

Alternatively, if you’re already in a relationship or a marriage and want to learn how to get more respect from your woman, be able to pass her tests and be the sort of man that she looks up to and feels attracted to and is completely in love with, then I recommend that you watch my video program, which is also available on audio, called [Make Her Love You For Life](#).

When you watch or listen to the program, you will learn exactly how to make your woman respect you, feel attracted to you and be totally in love with you for life.

Women Make Men Stronger

One final point that I want to make for you in this video is that one of the most important roles that a woman plays in a man’s life is to help him become stronger.

If you don’t get annoyed and try to fight against the tests that women put you through and instead you embrace them, then what happens is that you become stronger and everyone benefits from it.

You, her, your career and in general, the entire human race.

You become a much stronger, more capable man who is able to handle pressure that makes other guys crumble and go into their shell or get angry and lose control of their emotions.

We men are meant to be strong, so embrace the tests that women put you through, rather than trying to fight against it or trying to tell a woman to stop testing and be more like a man by being more straightforward.

You've got to understand that there are legitimate reasons why women test men and you can use those tests to your advantage.

You can make a woman feel attracted by passing her tests and you can also become stronger as a man.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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3 Tips on How to Attract Women as an Introvert

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

So, do you have to be loud, outgoing and be Mr. Sociable to be able to attract women so you can get laid and get a girlfriend?

Thankfully, the answer to that is no.

You don't have to go around putting on a show, entertaining people when you talk to them and being the center of attention to be able to get laid or get a girlfriend.

Attracting women is a lot more simple and straightforward than that.

So, in this video, I'm going to give you 3 tips on how to attract women as an introvert.

1. Change how you describe yourself

If you constantly think of yourself as being an introvert and see that as a bad thing, that belief will make you feel uncomfortable in social situations.

You won't feel good enough compared to others who are more outgoing and loud.

On the other hand, if you see yourself as being a confident introvert who decides to be social at times, then you are in control of the situation.

It's not about you being an introvert all the time where you've got no control over it, you're not as social and outgoing as others and therefore you're not as cool as others.

You don't fit in.

You're not right.

There's something wrong with you.

No.

There's nothing wrong with you.

The fact is, there's nothing wrong with being an extrovert and there's nothing wrong with being an introvert.

Both are simply two different ways of being.

Neither person is correct.

Neither person is doing it the right way.

They're just two different ways to go about living life.

There's no correct way that you have to be.

However, if you are naturally more of an introvert, you need to embrace that rather than trying to force yourself to become Mr. Social and always trying to be the center of attention when you don't actually want to be that way.

Instead, what you need to do is to be confident about the fact that you are an introvert and take control of the situation by deciding *when and where* you want to be a bit more extroverted, *when and where* you want to be a bit more social.

So, if you're out in a social situation and you don't feel like socializing with other people, don't beat

yourself up over that.

Don't think of yourself as not being good enough for other people, or as other people being better than you.

No.

In that moment, you simply do not want to socialize.

If you are in a social situation on another day and you want to socialize, then you decide that you want to socialize and you go ahead and do that.

Don't go home and say to yourself, *"Oh, I'm a loser because I can only socialize on some days."*

No.

Change how you describe yourself.

Say to yourself, *"I am a confident introvert. I am in control of my life. If I want to socialize, I socialize. If I don't want to socialize, I don't socialize."*

So, how does that attract women?

Well, when you have that type of confidence in yourself, women notice.

They see it as mysterious.

They can't quite work out why you feel confident, you feel worthy, you feel good enough, but you're not going around putting on a song and dance for everyone.

You're not trying to entertain everyone and be the center of attention all the time.

Sometimes, you joke around and talk with people and you become the center of attention temporarily, but you're not always trying to seek it; you're not trying to entertain people and hope to be liked.

As a result, you have a mysterious interesting type of confidence and personality that women naturally find attractive.

2. Stop focusing on yourself and focus on others

One of the advantages that introverts have over extroverts is that generally speaking, they spend more time analyzing and being introspective than extroverts do.

Some extroverts spend a lot of time talking, being in the moment and not really thinking too much about what they're saying or doing, they just want to enjoy life and be in the moment, so to speak.

Once again, there's nothing wrong with being like that and an introvert can be like that at times if he wants to.

Remember, you are in control of your life.

You are allowed to be whoever you want in any particular moment.

Now, that said...

While introverts have an advantage of being so introspective and analyzing things, sometimes that can get in an introverts way of succeeding with women.

Sometimes an introvert can get so caught up in his own head that he starts becoming insecure, anxious and unsure of himself when talking to women.

As you would know, women are turned off by that.

Women are attracted to confidence.

You need to be able to display confidence and maintain your confidence around a woman in order to make her feel attracted and to maintain her attraction for you.

So, one of the ways that you can do that is to stop focusing on yourself in the interactions.

Stop thinking about yourself and how the other person would be perceiving you.

Stop worrying about what you said and if it's cool enough and so on.

Just get lost in the details of the other person.

Focus on who she is, what she is saying, what she is wearing or doing.

Don't even pay attention to yourself.

When a woman sees that you're not in your head worrying about what others think of you, she feels attracted to the fact that you can be present in the moment and not be caught up in your head worrying about whether or not you're good enough, or are saying the right thing when talking to her.

As a result of talking to a woman in that way, you stand out from pretty much every other guy.

Most guys that she interacts with, if she's attractive, have a subtle or very obvious look of fear on their face as they talk to her.

The guy is hoping that she likes him.

He is on his best behavior and he's trying really hard to get a chance with her.

What you'll notice when you focus on other people when you're talking to them and stop focusing on yourself, is that it actually makes you temporarily more of an extrovert.

It doesn't make you an extrovert all the time and you can still continue being the introvert that you are and there's no problem with that at all.

Don't ever feel bad about yourself for wanting to be introverted at times.

However, when you use the approach of focusing on the other person and getting lost in the details of what they're talking about, it temporarily makes you more extroverted.

The focus of your energy and attention is outside of your body.

It's not inside of your head where you're getting nervous, over-analyzing things and worrying about how you are coming across.

Instead, you are looking at the other person.

You are present in the moment and they can feel it.

3. Understand that less is often more when it comes to attracting women

There's nothing wrong with a guy having a great time during a conversation with a woman, having fun, making her laugh and even entertaining her if he wants to during a conversation.

There's nothing wrong with that.

However, where guys go wrong is that they try really hard to entertain a woman, make her laugh all the time and hopefully give her a good enough of the experience that she then selects him and decides to be with him.

Yet, the problem is when a woman can sense that a guy is trying really hard to be liked by her and is trying really hard to get a chance with her, she actually sees him as lower value.

She senses that he doesn't feel good enough for her and as a result, she starts to feel like she's better than him.

Even though she is not better than him, he has made her think that way by trying really hard to get her approval, trying really hard to make her say, *"Well, you're a really fun guy. I like you."*

So, this is where you can use being an introvert to your advantage.

Be confident, have a fun and interesting conversation with her, but don't feel the need to try very hard and put on a show for her to hopefully like you.

What you'll find when you use that approach with women is that it's more than good enough.

You don't have to go out of your way to be super entertaining and crack jokes every second, keep a high paced interaction, be the center of attention in a group and make everyone laugh in order to get a woman to like you.

Of course, there's nothing wrong with being the center of attention, commanding a group and making everyone laugh.

You can build that skill as well if you want to.

However, what you need to understand as an introvert, is that you don't actually need to go to those lengths to be able to get laid and get a girlfriend.

It's actually a lot more simple than that.

Learn More?

Okay, I hope you've enjoyed this video, and learned something from it.

If you'd like to learn more, I recommend that you read my ebook, [The Flow](#), or listen to the audiobook version, [The Flow On Audio](#).

When you read The Flow or listen to The Flow On Audio, you will learn exactly what to say and do to attract women and make them want you in a sexual and romantic way.

The Flow is the easiest way to get laid or get a girlfriend.

It's a natural, straightforward process that works.

One final point that I want to make for you in this video is that there is a difference between being a confident introvert and an insecure introvert.

Each of those guys will live a completely different life when it comes to women.

A confident introvert will confidently talk to women that he finds attractive, he will remain confident while he's talking to them and he will have the confidence to get a phone number, or move in for a kiss, get sex that night, or set up a date and get into a relationship with a woman.

On the other hand, an insecure introvert will doubt himself.

He will feel fear and anxiety when it comes to the moment where he wants to approach women.

When he's talking to a woman, he won't be able to maintain his confidence and it will turn her off.

So, what you need to understand is that there is nothing wrong with being an introvert, but just make

sure that you get your confidence sorted out.

You don't have to become an outgoing extrovert and be the center of attention to be able to get laid or get a girlfriend.

You just need to make sure that you're confident enough to talk to women that you find attractive, you're able to maintain your confidence while talking to the woman and you have the confidence to make a move when there's a great opportunity in front of you, so you can get a phone number, get a kiss, or get to sex, or set up a date and start a relationship.

If you are a confident introvert, then go ahead and start interacting with women and know that you are good enough as you are.

If you're not confident, doubt yourself, feel insecure and fear talking to women, or if you don't think that you're good enough for women that you find attractive, then continue learning from me.

I will continue to improve your confidence and get you to the point where you are confident enough to talk to women that you find attractive.

I will also teach you how to maintain your confidence around an attractive woman so you can get to a kiss, sex and into a relationship.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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4 Tips on How to Attract Beautiful Women

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

So, how can you attract beautiful women?

How can you attract the sort of women that you see and think, *“Wow, look at her. I’d love to have sex with her or be her boyfriend. I want some of that. How do I get her?”*

I’m going to give you four tips on how to do it. Let’s begin with number one...

1. Understand that beauty really is in the eye of the beholder

When you see a woman and think that she’s beautiful, it doesn’t necessarily mean that every other guy thinks she is beautiful and it also doesn’t necessarily mean that she thinks she is beautiful.

For example, according to an international study done by Dove Cosmetics, 96% of women don’t consider themselves as beautiful.

For the guys watching this video who have hooked up with beautiful women, one of the things that you will know and that other guys might be surprised to find out, is that most beautiful women are actually very insecure.

They appear as though they’re confident and as though they really think that they’re beautiful and are the best, most attractive woman in the world.

They put on a good act and many guys get tricked by that act, as I’ll talk about later in the video with certain tricks that women use.

For now, though, have a look at this photo of four women.

[image: Which of these women is the most beautiful, in your opinion?]

Out of these four women, who do you think is the most attractive?

Number one, two, three, or four?

Which of those women are most attractive to you?

As I said, beauty is in the eye of the beholder.

You might think that one of those particular women are more attractive than the other, but I’ve been running a poll on my site asking guys this very question with this very photo.

I’ve got 2,636 votes in the poll and look at the results.

If you look at the three women on the right, they’re pretty much all 28%. It’s an equal 28%.

After more than 2,000 votes, men are divided as to who is the most beautiful woman of the four.

[image: The woman on the left is the least beautiful of the bunch]

Yet, one thing is for certain, the poor girl on the left is deemed the least attractive of the bunch.

Poll

"Which Model is the Most Attractive?" (From left to right)

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4

[Vote](#)

[View Results](#)

[image: Loading ...]

Loading ...

What's interesting, though, is that if you were to ask the guys who participated in this poll who is the most attractive and they chose girl number two, for example, the guy would most likely say that she's the most beautiful because....and then he would give his reasons.

He's looking at her as a beautiful woman.

He's looking at the other women as being not as beautiful as her.

Whereas another guy who participated in the poll will say that girl number four is the most attractive and he'll give his reasons for that.

So, in terms of helping you attract beautiful women, the reality is that with those four women in the photo, most guys will have sex with them at least once, each of them.

However, most guys don't actually approach women, especially very beautiful women because they're afraid to get rejected.

They're afraid that they're not good enough for the woman.

Yet, as you'll discover when I talk about tip three in this video, most beautiful that you see aren't actually as beautiful as you think they are.

You are on their level.

You can attract them.

They will see you as being good enough for them.

1. Be aware of the reality that she lives in

If a woman is beautiful, then what she will have experienced for most of her life since she became a woman, is that guys who get to meet her, pretty much fall in love with her right away and want to be with her, or at least want to have sex with her because of how she looks.

As a result, most beautiful have to put on an act of not being interested in guys.

Why?

If a beautiful woman walks around and is friendly and open, then she's going to make guys feel more confident to hit on her and try to get a chance with her.

The thing is, if you ask most guys what they want in a woman and you ask them to sum it up, most guys are going say something like, "*Beautiful, down to earth, easy going, intelligent.*"

If a guy is going make it even more concise than that, he might say, "*Pretty and friendly*" and that's it.

A guy doesn't really need much more than that.

So, if a woman is pretty and friendly, most guys are going to be interested in her.

That's why beautiful women have to put on an act of being colder, meaner and more distant than they actually are because if a beautiful woman is friendly and open, she will be pursued by pretty much every guy that she meets.

So, in terms of helping you understand how to attract beautiful women, it's important that you realize the reality that she lives in.

All she has to do is look good and be friendly and most guys are going to want to get a chance with her.

So, what you need to remember is that the next time you're interacting with a beautiful woman, don't confuse her distance and her lack of active interest in you as meaning that she wouldn't actually hook up with you, or get into a relationship with you.

The way that it works with beautiful women, is that you need to be able to interact with them for one or two minutes to let her see that you are confident around her.

She needs to be able to see that you're not panicking, feeling nervous or feeling unworthy of her.

You are the sort of guy who is confident enough for a woman like her.

Most beautiful women don't want to get with a guy who doesn't feel good enough for her.

If a beautiful woman has had some experience with relationships, she knows that if she gets into a relationship with a guy who doesn't feel good enough for her, he is most likely going to become needy, jealous and controlling.

He will start checking her phone.

He will try to prevent her from hanging out with her girlfriends, in case another guy is there and he will need her reassurance that she loves him and isn't going to leave him.

So, with beautiful women, you need to be able to withstand the first couple of minutes of conversation with her and not doubt yourself if she isn't showing you open and active interest.

The basic rule to remember is that if a beautiful woman is continuing to talk to you after a couple of minutes, it means that she is open and interested.

It doesn't mean that you've picked her up, but she is open and interested.

Most beautiful women aren't actually difficult to pick up.

The reason why they seem difficult to pick up is that they're a bit more selective than unattractive women.

Most beautiful women know that they can have their choice of men, so if a guy interacts with a beautiful woman and is trying hard to impress her and he's doubting himself around her, then she's not going to be excited and turned on by that.

She has experienced that reaction from guys pretty much her whole life since she became a woman.

She wants a guy who is confident around her, feels worthy of her and also knows how to make her feel attracted during the interaction.

For example, a guy is talking to a woman and he asks her what she does for a living.

She says that she works as an accountant and he then says, "Oh, alright...okay, so you're a very smart girl then? You didn't seem smart when I first saw you. You look like a bit of a ditzy hot

girl...maybe a bit of bimbo or something” and then he has a laugh with her about that.

She knows that he’s only joking and she’s not going to be offended and get angry at him for joking around with her like that.

Instead, she’s going to feel attracted to the fact that he has the confidence to joke around with her and not be a Mr. Nice Guy who is on his best behavior all the time, hoping to get a chance with her.

Another example is where a guy is talking to an attractive woman and she asks him if he’s going to buy her a drink.

She asks, *“So, are you gonna buy me a drink?”* and he says, *“Well, since I’m such a gentleman, I’ll allow you to buy me one first. Ladies first, as they say”* and then has a laugh with her about that.

Alternatively, when she asks, *“So are you going to get me a drink?”* he says, *“Sure. I’ll get you a glass of water. No problem”* and then has a laugh with her about that.

She can then feel attracted to the fact that he’s being confident, he’s being a bit of challenge, he’s making her laugh and they’re having a good interaction together.

He’s not one of those guys who are on his best behavior and is going say, *“Sure. I’ll buy you a drink. What do you want?”* and do whatever she wants in the hope of getting a chance with her.

Instead, he has the confidence to joke around with her and show her that he’s not sucking up to her and hoping to get a chance with her.

3. Realize that she’s probably using the makeup trick

[image: Woman using the make up trick]

Some women have a natural beauty and it doesn’t matter what she wears, it doesn’t matter if she’s just woken up or if she’s had a long day – she’s still going to look beautiful and guys are going to consider her to be beautiful.

However, the reality of modern life is that many of the women you see and consider to be beautiful are using the makeup trick.

They’re making themselves look more beautiful than they actually are.

A guy will often look at a woman with makeup and think, *“Wow, she’s beautiful.”*

He will then think about his physical appearance in comparison to hers and think, *“Well, I’m not as good looking as her. She wouldn’t be interested in a guy like me. She’s way better looking than me. I’d have to be rich or famous or super-good looking to be able to get a girl like that.”*

Yet, as you can see from these photos, the women aren’t actually better looking than you or pretty much every other guy out there.

Women who use makeup know that they do not look like that once the makeup comes off and as a result, they actually feel a bit insecure when they see other women who are quite naturally beautiful and don’t need to wear a lot of makeup.

Now, a guy might not notice it, though, if he’s out and he’s looking to meet women and he sees a beautiful woman wearing makeup.

He might not realize that she is actually quite insecure.

She might look beautiful to him and he might think of her as being the most beautiful woman in the

world, but she might not agree.

She might be a bit insecure about her looks and she might be like most beautiful women in this world and be actually quite easy to pick up.

Now, the thing is, there are some beautiful women other there that are very difficult to pick up.

All they want is a guy who is rich and famous, has lots of money and an amazing lifestyle, can buy them everything that they want, is tall and muscular and looks like a model.

We all know that.

We all know that those women exist.

However, the majority of beautiful women are more than happy with a normal guy who is confident and can make them laugh, can make them feel attracted during a conversation and can get them to the point where they have a kiss, go on a date or go home and have sex and get into a relationship.

So, in terms of the makeup trick, the next time you see a beautiful woman wearing makeup, you probably won't be able to take off her makeup with your eyes and imagine her without it.

It's actually very difficult to do that and imagine her without makeup.

However, what you can do is remember the photos that you have seen.

Just remember that women really do look different when they take off their makeup and in most cases, you are going to be on their level in terms of looks.

They aren't going to be way better looking than you.

So, what you need to do is have the confidence to walk over and start a conversation, make her feel attracted during the conversation and then get to a phone number or a kiss, or sex that night, or get the phone number and arrange a date and then get into a relationship.

That's how it's done.

4. Focus on turning her on, rather than just having a nice conversation with her

There's nothing wrong with being good when you're talking to a woman.

Be the good guy that you are, but also make sure that you're turning her on during the conversation.

Some guys are very good looking and make a woman feel attracted to their looks without really having to do much at the start.

However, for other guys, including myself, what needs to happen is that you need to make a woman feel attracted to you by displaying personality traits and behaviors that are naturally attractive to women.

For example you display confidence, charisma, you use humor, you display emotional masculinity and you're charming.

When you do that, you'll find that beautiful women feel attracted to you and are interested to you.

By the way, I know this personally because I used to struggle with women myself.

I was a typical, friendly, nice guy.

I had a fairly good job, but beautiful women simply weren't interested in me.

Back then, I had no idea why I was getting rejected.

It just didn't make sense.

I was trying to talk to women and the conversations would become boring very quickly and the women would lose interest.

So, I decided to get out there and approach women every weekend until I worked it out.

I went out with a friend of mine and initially, I was getting rejected as per normal because I still didn't know what I was doing, but once I figured it out, everything changed.

When I actually figured out how to attract a woman during a conversation, that is when I started to have my choice of women.

It really is very easy to do.

Once you understand that women can be attracted during a conversation, the choice is yours.

You can literally walk up to beautiful women of your choosing, make them feel attracted and most of the time, they are going to feel attracted and you are going to be able to get a result.

It's not possible to pick up every woman in the world, but you can attract and pick up most of the women that you meet, including beautiful women.

If you'd like to learn more about how to do that in addition to what you've learned in this video, I have an eBook that is also available on audio.

It's called The Flow and when you use The Flow approach on women, you will have your choice with women.

You will understand exactly what to say and do to make a woman feel attracted to you during a conversation.

You will realize how damn easy it is.

When you talk to beautiful women, you'll make them feel attracted to you.

They will open up to you and they will be interested in you in a sexual and romantic way.

You will know how to get their phone number, how to get to a kiss, how to get to sex, how to get a date and how to get into a relationship.

It's actually very easy to do.

How to Be the Man She Has Been Looking For

One final point that I want to make for you in this video is that many beautiful women struggle to get a boyfriend because most guys are either way too keen and are hoping to get a chance with her, or they're terrified of her.

They're scared.

They interact with her and are nervous, trying too hard to impress her and are coming across as insecure insecure.

These men don't know what to say and end up making awkward conversation and turning the woman off.

As a result, she remains single and alone, even though most guys want to have sex with her and many

of those guys wish they could be her boyfriend or even husband.

What you need to understand is that mMost beautiful women just want to be able to find a guy who can be normal around them.

A guy who can be confident and can flirt with them, make them laugh and get the interaction to a phone number, kiss, sex, and into a relationship.

Some beautiful women only want a rich guy who is very powerful in society, or a tall muscular guy who looks like a model.

We all know that.

Yet, what a lot of guys don't know or struggle to accept is that when they look around them, the majority of guys who have beautiful women are not in that position.

Most guys in this world aren't rich.

Most guys in this world aren't massively powerful in society.

Most guys in this world don't look like male models with the perfect body.

Yet, what you'll find is that they are still able to get laid with beautiful women and get themselves a beautiful girlfriend.

You can get the same type of result.

You can attract beautiful women.

Some beautiful women are very difficult and hard to pick up because they have super-high standards, but the majority of beautiful women are actually very easy to pick when you know how to attract them during a conversation.

That is something that you can do and is something that you should do, so can have your choice of women.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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5 Tips on How to Get a Girl to Like You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

How can you get to like you in the same way that you like her?

In other words, get her to like you in a sexual and romantic way.

In this video, I'm going to give you examples of what to say and do to get a girl to like you.

First, let's start with tip number one...

1. Be a good guy, but don't be too nice to her

There's nothing wrong with being a good guy or even being nice to woman.

Problems emerge when a guy is being way too nice to a woman.

If he's being too nice to her and laughing at all of her jokes, being very polite and essentially being on his best behavior, she starts to become suspicious.

[image: Be a good guy, but don't be too nice to her]

She's wondering, "*Why is this guy being so nice to me?*"

She may then assume that he is being that nice because he's a really sweet, nice guy and if she got into a relationship, he would be really sweet and nice all the time and it would end up being quite boring because it would be too one dimensional.

He'd just be nice, sweet and gentle with her all the time.

He wouldn't have that edge to him.

He wouldn't have the balls, the confidence or the masculinity to make her feel attracted in that type of way as well.

Alternatively, she might assume that he's being that nice to her because he doesn't feel worthy of her.

He feels as though she is way more valuable than him and he needs to be really, really nice and be on his best behavior, not say anything wrong or do anything and hopefully get a chance with her as a result.

He doesn't want to put a foot wrong.

He wants to make sure that she sees him as being a really nice guy and see that there's nothing wrong with him.

He's just really nice.

He has good intentions with her and is just innocently trying to get to know her.

Now, there's nothing with being a good a guy when you're talking to a woman or being nice to her, but you have to add in something else into the interaction to make her want you.

So, if you want to get a girl to like you, it can't just be about you being nice to her.

You also have to actively make her feel sexually attracted to you.

The way that it works is that if a guy is interacting with a woman and he's making her feel sexually attracted, plus being good to her or being nice to her, she sees him as being charming.

A lot of guys mess this up and assume that being charming is just about being nice to the woman. However, you also have to make her feel attracted if you want her to be charmed by you and want you in a sexual and romantic way.

How can you make her feel attracted?

Well, what you need to do is display personality traits and behaviors that naturally attract women.

What are some examples of how to display attractive traits to get a girl to like you?

I will teach you now in tip number two...

2. Tease her in a playful way

If you have the guts to tease a girl in a playful way when talking to her, you will immediately stand out from pretty much every other guy that she interacts with.

Most guys are on their best behavior around a girl that they like and they don't want to say anything wrong.

They don't want to say anything that might offend her or shock her, or make her think that he isn't such a nice guy after all.

However, if you take that approach with a girl that you like, she's going to see you as boring.

There won't be a spark between you and her.

She might think of you as being a good guy and she might care about you in a friendly way, but she's not going to have strong, sexual feelings.

She's not going to want to get to a kiss with you.

She's not going to want to have a relationship with you.

So, if you want to stand out from other guys and make her want you in a sexual and romantic way, one of the best ways and the fastest ways to do that is to tease her in a playful way when you're talking to her.

The first example is where you're talking with her and you notice that she keeps checking her phone.

Now, a nice guy who is on his best behavior and doesn't want to say or do anything that might offend her, will just let her check her phone all the time while he sits there like a good, little boy.

He'll wait until she's finished playing with her phone and he'll then try to start talking to her again.

On the other hand, a guy who makes her feel attracted will have the balls to playfully tease her about checking her phone all the time.

So, he's talking with her and he notices that she checks her phone.

He doesn't say anything about it the first time.

Then, they continue talking, having a chat and she checks her phone again.

This time, he looks across to her and says, *"No...no one sent you a message. No one cares about you"* and then has a laugh with her about that.

Now, what you need to understand is that if he has been a good guy while talking to her, she's not suddenly going to see him as being a bad guy, a jerk or an asshole because he playfully teased her in that way.

Instead, she's going to think, *"Wow, this guy has the balls to say something funny like that and tease me and he's not even worried about me potentially getting angry or losing interest in him. Therefore he must confident and believe in himself around me."*

Most guys don't believe in themselves around an attractive girl, so they don't dare to say anything like that around her.

Most guys are hoping to get a chance with her and are on their best behavior around her.

They don't feel like they deserve her, but they're hoping to get a chance with her.

So, when a girl comes across a guy who has the balls to playfully tease her in that way, then she starts thinking, *"Wow, this is actually different. It's not happening in the way that it usually happens where a guy is on his best behavior hoping to get a chance with me. This guy is being good to me and we're having a good chat, but I don't know whether he is 100% interested in me or not."*

As a result, the guy becomes a bit of challenge for her to acquire, which is exciting for her.

The example is where you're talking to a girl on a hot day and all of a sudden she says, *"I'm so hot."*

At that point, most guys who are trying to be nice and are on their best behavior are going to say what?

They're going to say something like, *"Yeah, it's really hot today, isn't it? Oh, I can't wait for the cool weather to come along or maybe we should go inside where there's air conditioning."*

Now, there's nothing wrong with being normal like that, talking about the weather and talking about going inside where there's air conditioning if it's hot.

There's nothing wrong with that.

However, if you want to get a girl to like you, what you need to be aware of is that there are many opportunities in a conversation to make her feel attracted to you.

When you make her feel attracted to you in a sexual way, then she has a sexual and romantic interest in you.

So, make sure that you pay attention to things that she says and then use that to playfully tease her at times.

You don't want to playfully tease her all the time.

You simply add in playful teasing about 20% of the time and that's enough.

So, the example is where you're sitting with her and she says, *"I'm so hot"* and you then look at her and say, *"Well, you're hot, but come on...you're not that hot"* and then have a laugh with her about that.

If you want to put her mind at ease, you can then say, *"No, no, just kidding, you're sexy, even on a hot day."*

What you need to understand is that many girls are insecure about how they look.

If the girl that you're talking to happens to be wearing makeup, she can be insecure about the heat and how that would be affecting her makeup.

Some girls are insecure about their makeup smudging, or their mascara running and things like that.

So, telling her that you're just kidding and that she looks sexy even on a hot day, will put her mind at ease.

She feel happy than you're doing that, but she'll also feel attracted to the fact that you had the balls to

joke around with her and say that she's *"Hot, but come on...you're not that hot."*

You're not being in your best behavior all the time, hoping to get a chance with her by being a good boy.

You're being a little bit cheeky sometimes.

You're being a little bit playful.

You're making things fun between you and her.

The next example is where you're talking to a girl and she says the classic line of, *"You're a really nice guy,"* or, *"You're a nice guy."*

Don't go ahead and say, *"Thanks"* to that, take it as a compliment and not do anything with it.

You've got to understand that if she's saying that you're a nice guy, it can be because she's trying to say, *"Hey, I'm just seeing you as a nice guy. I'm not feeling any sexual attraction with you. I can be friendly with you, but I'm not interested in anything sexual or romantic."*

So, make sure that you use a line or a comment like that from her, to make her feel attracted and turn things around so she actually likes you in a sexual and romantic way.

For example, if she says, *"You're a really nice guy,"* assume she's saying that because she's hitting on you and is trying to flirt with you.

Rather than saying, *"Thanks,"* you say, *"Flattery will get you nowhere girl, but go ahead...keep going with the compliments. What else do you like about me?"* and then have a laugh with her about that.

She's almost certainly going to say, *"No, no, I wasn't saying that. I was just saying that you're nice."*

You can then say, *"Yeah, right. I've seen the way that you've been looking at me. You've been undressing me with your eyes. You're actually very forward, you know? Just settle down a little bit okay? Not so fast"* and then have a laugh with her about that.

Here's the thing...

If you're being a good guy when you're talking to a girl that you like and also making her feel attracted by playfully teasing her and being confident, she's going to feel attracted to you.

[image: Be charming and a girl will like you]

She's going to see you as charming.

Other guys who are looking on who don't understand how a woman's attraction works, will be thinking, *"What does she see in that guy? Why does she like him? I'm nicer to her than he is. He doesn't even seem like he's trying that hard. He's teasing her at times. He's saying some things that I think are rude. Why does she like him?"*

Why?

She is feeling attracted to his confidence.

She's feeling attracted to the fact that he has the balls to say things that other guys are afraid to say around her.

She also understands the fact that he's only joking.

He's not being serious about those things.

He's not turning to her when she's checking her phone and angrily saying, *"No. No one cares about*

you. No one is sending you a message. Why do you check your phone so much? Put your phone down sometimes, jeez. People are so addicted to their phone these days."

He's not being a jerk like that.

He's not being an asshole.

He's not being a crazy weirdo.

He's just playfully talking to her and saying, *"No. No one sent you a message. No one cares about you. Sorry,"* and then having a laugh with her about that.

In addition, he's also being good to her.

Generally speaking, when he's talking to her, he's being a good guy and getting along with her, having fun and having a chat, but 20% of the time, he's adding in some playful humor to tease her and make her feel attracted.

3. Avoid qualifying yourself

Qualifying yourself is essentially about telling a girl things about yourself to hopefully make her decide that you're good enough for her and to then give you a chance to be with her.

An example is where a guy is talking to a girl and she's complaining about how other guys treat her, how guys are just interested in sex and how they don't treat women well.

A guy who qualifies himself will then start saying, *"Well, I'm not like that. I would never treat a woman like that. I think it's disgusting. I think that a man and a woman should get to know each other for a couple of months before having sex. I think that men should be more polite and more considerate of women's feelings."*

Now, there's nothing wrong with a guy having a viewpoint like that if he wants to have that kind of viewpoint.

However, if a guy is saying those sorts of things to hopefully get a girl to see that he is not like other guys, so she will then decide to give him a chance, then he's doing it in the wrong way.

Additionally, if a girl gets a sense that a guy is lying in the hopes of impressing, her guard will go up. She won't be able to trust him.

She will feel as though he's putting on an act to hopefully get a chance with her.

Another example of qualifying is where a guy is talking to a girl that he likes and he wants to get her to like him.

He notices that he's not showing much signs of sexual or romantic interest.

She's a little bit indifferent about him, so he feels like he needs to raise his value in her eyes.

He then starts talking about his achievements.

He starts talking about his car if he has one, if he has an apartment or a house, he talks about that, or if he wants to become successful, he talks about that.

If he wants to make lots of money, he talks about that.

If he has money, he talks about that and he hopes that by saying those things, a girl will then decide, *"Okay, this guy is good enough for me."*

Yet, the way that it works is that, if a woman gets the sense that a guy is trying to build himself up in

her eyes by talking about his positions or achievements or his desire to succeed, she will actually see him as lower value.

She will see that he doesn't feel good enough for her as he is.

Therefore she starts to think, *"Well, maybe I'm too good for him."*

Even though she's not too good for him, he has created that perception in her mind.

He has made himself look lower value by trying to make himself look higher value.

So, if you want to make a girl like you, don't make the mistake of qualifying yourself and thinking that you need to raise your value in her eyes by bragging about things or talking about how successful you want to be and so on.

There's nothing wrong with talking about success or talking about what you've achieved, as long as you're not saying it in a way to hopefully raise your value in a girl's eyes so she then decides to give you a chance.

4. Talk to her like a potential lover, not a potential friend

When a guy wants to get a girl to like him, one of the biggest mistakes he makes is talking to her in a neutral way like a friend.

He focuses on having a neutral, everyday chat and hopes that if he keeps talking to her, she will gradually start to like him.

Yet, if a girl is attractive, she will have experienced that type of approach from guys many times before in her life and it's not exciting.

What you may have noticed in your life is that some guys can start talking to a girl and hit it off immediately.

Sparks begin to fly between him and the girl right away, without him having to get to know her for a long time beforehand.

She's immediately happy, she's smiling from ear to ear, she's touching him, she's flirting with him and she's really happy and excited to be talking to him.

The reason why sparks flies so easily is that the guy is using an approach that makes the women feel sexually attracted and turned on.

He's not using an approach where he's trying to become a friend and slowly grow on her over time in a neutral way.

Some guys can get laid and get a girlfriend by doing that (i.e. growing on a woman over time), but what you may have noticed is that if a guy is using that approach and talking to a girl for weeks or months, all that it takes for him to be pushed to the side is another guy to come along and make her feel sexually attracted.

Sparks start to fly immediately between the two of them and she leaves the other guy behind.

What you'll notice is that it's not necessarily because the guy is better looking, or because he's rich or powerful in society or anything like that.

It's simply because he's using a different approach to the other guy.

The guy who gets the girl is not trying to become her friend and slowly grow on her over time.

He's immediately making her feel sexually attracted and turned on by the way that he's interacting with her.

5. Be a challenge, but don't play too hard to get

The reason why girls prefer guys who are a challenge is that if she is attractive, then pretty much every guy that she meets wants to have sex with her or be her boyfriend.

It's very easy for her to get some sex or get a boyfriend because there are usually many guys in her life (e.g. at work, university, through friends) that want to have sex with her or be her boyfriend.

Alternatively, she just has to go out to a bar or club and there are going to be loads of guys who are hoping to get a chance with her simply based on her looking pretty.

This is why girls prefer guys who are a bit of a challenge.

However, where guys go wrong is that they become too much of a challenge.

A guy will act as though he's not interested in the girl that he likes and as a result he will make the whole process of getting her to like him more difficult than it actually is.

Getting girls to like you is a very simple and straightforward process.

You don't have to put on an act of not liking her, or anything like that.

It's much easier and more straightforward than that.

What you'll find is that when you are a good guy and focus on making a girl feel sexually attracted to you during an interaction, but aren't being desperate about trying to get a relationship with her or trying to get a chance with her, she will like you.

It's as simple as that.

Additionally, it's actually very easy to get girls to like you because most guys do it wrong.

Most guys are on their best behavior and are being really nice in the hope of getting a chance with the girl.

The girl knows that most of those guys are hoping to have sex with her or be her boyfriend.

It's very obvious and it's not exciting to her.

What is exciting for her is when she meets a guy who makes her feel sexually attracted right away when he starts talking to her and he isn't being desperate about trying to get a chance with her.

That peaks her interest.

That makes her want to pursue him.

That makes her like him.

Learn More?

Okay, I hope you've enjoyed this video and learned something from it.

If you'd like to learn more, I recommend that you read my e-book [The Flow](#), or listen to the audio book version [The Flow on Audio](#).

When you read The Flow or listen to The Flow on Audio, you will learn exactly what to say and do

to make a girl like you in a sexual and romantic way.

Once you start using the techniques from The Flow, you will see that it's actually very easy to get most girls to like you in a sexual and romantic way.

When you've used The Flow on one or two girls and gotten to a kiss or sex, you'll realize that you have your choice with girls.

It's not about you hoping to get a chance with 1 out of 100 girls that you meet.

What you will find is that most of the girls that you meet feel sexually and romantically attracted to you and you have your choice of them.

Most Girls Are Easy to Attract and Pick Up

One final point that I want to make for you in this video is that most girls are way easier to pick up than they make themselves out to be, or than they appear to be.

The reason why is sometimes it appears that girls are hard to attract and pick up is that most guys are using an approach where they're trying to be liked in a friendly way by the girl.

They're on their best behavior and being nice, friendly and neutral and hoping that something happens.

Yet, what works and what cuts through all the games and gets the result, is where you interact with a girl that you like and you make her feel sexually attracted and turned on by you during an interaction.

You still continue to be the good guy that you are, but with one important addition to what you're doing.

You are now making girls feel sexually attracted and turned on by you in subtle ways when you interact with them.

The funny thing, is that other guys looking on can't work out what you're doing because it's not obvious.

You're not being sleazy or anything like that.

Instead, you're being what women refer to as charming.

You're being a good guy who also makes them feel sexually attracted.

If you really want to get girls to like you and chase you, then you're also being a bit of a challenge to acquire as well.

When you take that approach with girls, you will realize that they've always been way easier to pick up than they've made themselves out to be.

You may have gotten rejected by some girls in the past, but the fact is that you were good enough for most of those girls.

It was just the approach that you were using that got you rejected.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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4 Tips on How to Attract Shy Girls

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

There are a lot of shy girls out there who are very cute, sexy and pretty.

In fact, there are actually more shy girls than there are shy guys.

According to the Anxiety and Depression Association of America, women are twice as likely to suffer from an anxiety disorder compared to men.

A woman's anxiety in social situations can cause her to feel shy and to behave in shy ways.

A woman may behave as though she is fine and feeling confident, but on the inside and she'll be feeling anxious.

She'll be doubting herself and she'll be wondering why she feels so down on herself in social situations, why she is so worried about trying to fit in, why she is so worried about whether or not she looks pretty enough, or why she is so worried about what people are thinking of her.

Just like a shy man is deserving of love and companionship, a shy woman is also deserving of love and companionship.

However, her shyness can actually get in the way of her dating life.

She may come across in ways where a guy feels like he's being rejected by her, but in actual fact, she's just being shy and she doesn't know how else to handle the situation.

So, if you're interested in attracting shy girls so you can have sex with them or have a relationship, here are four tips for you...

1. Understand that if she doesn't say much during a conversation, it might be because she is feeling very shy around you and can't think of something to say

[image: Sometimes, she just doesn't know what to say]

If a guy is talking to a woman that he finds attractive and she's not contributing much to the conversation, it can mean that she's not interested.

It can mean that she doesn't want to talk to him.

However, in many cases when it comes to shy girls, the number one reason why she's not saying much during the conversation is that she doesn't know what to say.

She finds herself overthinking things and overanalyzing the situation.

She's thinking of asking a guy what he does for a living, but then she says to herself, *"Oh, that's not a really cool thing to ask. What else can I say?"*

She might then want to compliment him on something and then she starts thinking, *"Well, maybe that's not cool. Maybe I'm going to be coming across as too keen, or too interested."*

She thinks about telling him something that happened to her recently, but then she worries that it might make her look uncool.

It might make her look desperate.

It might make her look needy.

It might make her look silly or whatever.

She thinks way too much and as a result, she stops herself from being able to have free-flowing conversations.

So, if you're talking to a shy girl and she's not saying a lot, don't assume it's because she's rejecting you or because she is losing interest in you.

Many times, it's because she doesn't know what to say or she's worried about saying the wrong thing.

2. Help her feel confident but don't give her too much power in the interaction

[image: Help her feel confident, but don't give her too much power in the interaction]

When talking to a shy girl, it's important to help her feel confident and feel comfortable around you.

You want her to stop worrying about things in her head and just start being more in her body and being with you and enjoying the moment.

One of the ways that you can do that is to occasionally give her a compliment.

However, you must ensure that you're not being too nice about things.

[image: If you give her too much power, she will feel as though she's too good for you]

If you're giving her compliment after compliment after compliment, she then starts to think, *"Okay, this guy's trying to suck up to me. He is really keen. I must be a lot more attractive than him. I must be better than him. Right...well, I need to play hard to get. This guy really wants to get a chance with me."*

You don't want to put yourself in that situation.

However, you also don't want to make her feel uncomfortable and doubt herself around you.

So, it's important to give her some compliments, but also followed up with a bit of a challenging question or a challenging statement or a challenging bit of behavior.

So, the basic equation is *Compliment + Challenge*.

For example, if the shy girl that you're talking to is very stylish and dresses herself well, you can give her a compliment about that.

You can be talking to her and say, *"You know what? I really like your style. You know how to dress. What's with this outfit? You're matched up so beautifully."*

She might then say, "Thank you" or talk about how she likes fashion and so on.

To add in a challenge, you can then say to her, *"Well, hang on a second though. You're really stylish, but are you always this stylish...like, do you wear stylish pajamas and things like that? Are you one of those girls that has to wear Victoria's Secret pajamas, or some other fashion brand like that...or are you a little bit more relaxed when you're wearing pajamas?"*

She's almost certainly going to laugh at that and she might then tell you that she doesn't wear stylish

pajamas or that she does.

If she doesn't wear stylish pajamas, you can then say, *"Oh, right. So you're not that stylish. I thought you're a full on fashionista, but it turns out that you're a bit more relaxed about things, especially in the bedroom"* and then have a laugh with her about that.

[image: Compliment her, but challenge her as well to keep things interesting]

By talking to her in that way, she's going to feel challenged by you, but she's also going to feel like you are noticing some good things about her.

You can put her mind at ease if you want to, by saying something like, *"No, no, just kidding. I like your style...and hey, anyway, there are no rules when it comes to pajamas, right? At the end of the day, everyone looks better naked."*

At that point, she's almost certainly going to be laughing.

By the way...

If she said that she does wear stylish pajamas, you can still challenge her in a playful way.

You might say, *"Well, so okay, you are a fully stylish girl. So, you're pretty, you're smart, you're stylish. Hang on, there's got to be something that you can't do. Can you arm wrestle? Come here, let's have an arm wrestle."*

At that point, she's most likely going to laugh and you don't actually have to arm wrestle her, or you can arm wrestle her in a playful way and let her beat you or you can beat her. It doesn't really matter.

The whole point of talking to a woman in that way, is to get her out of her head and into her body, so she's feeling and experiencing the moment and enjoying talking to you, rather than worrying so much.

3. Don't suppress your masculinity

[image: Don't suppress your masculinity]

One of the biggest mistakes that guys make when talking to shy girls is thinking that they need to be really soft, gentle, sweet, nice and friendly around her.

It's totally fine to be friendly and good to a woman, but make sure that no matter what woman you're talking to, whether she's shy, confident or whatever, you always maintain your masculinity.

You don't suppress your masculinity and start acting neutral, soft, or even feminine around a woman to hopefully get her to like you in a nice way.

You don't want to get her to like you in a nice way.

You want to get her to like you in a sexual way and women feel sexually attracted to masculinity.

So, even though the woman that you're talking to is shy, don't suppress your masculinity and start being really soft, sweet and nice to hopefully get her to like you in a nice way.

What you have to remember is that, even though she is shy, she still has a wild side.

She has a sexual wild side that she wants to express and share with you.

Yet, she can't share that with a guy if he is suppressing his masculinity and being too soft, nice and gentle with her.

She's only going to be able to truly let go and express her wild side sexually when she's with the guy who is comfortable with his masculinity.

He doesn't suppress it because he thinks it's wrong to be the man.

He maintains his masculinity and as a result, she can feel truly feminine around him.

So, an example of this, is a guy talking to a shy girl and changing his tonality, changing his body language and being softer and nicer than he normally he.

He uses a really nice, polite tonality and comes across as being a softer, nicer, supportive, sweet, helpful, generous type of guy.

That doesn't create a spark of sexual attraction inside of her.

What's going to turn her on is a guy who is a good guy, but also has some masculinity.

He talks to her and he's being good to her but, he doesn't start changing his facial expressions or tonality to become softer, sweeter or nicer than he actually is.

For example, a guy is talking to her and she says that she doesn't like football.

A guy who's being soft might say to her, *"Oh, really? Oh, what don't you like about football? I mean, why don't you like it?"* in a soft, friendly, nice manner.

On the other hand, a guy who maintains his masculinity will respond in a different way.

For example, he might say, *"You don't like football. What's wrong with you girl? How can you not like football? Football is the best sport in the world. What is wrong with you?"*

Now, he's only joking and she's going to sense that, but what she's also going to sense is that he actually has the ability to maintain a masculine frame when interacting with her.

She then assumes that he's probably going to be able to maintain a masculine frame when he's having sex with her.

So, when she imagines having sex with him, it's going to be a lot more exciting to imagine that, compared to a guy who's being really soft and nice and sweet all the time.

4. Understand that she will probably doubt that you would like a girl like her

As weird as it might seem to you because you do see her as being sexy, cute, pretty and beautiful, a shy girl will often doubt that she is good enough for you.

Now, she won't actually say that.

In most cases, she will do a great job of hiding that and might even pretend that she doesn't like you to hopefully gain some power in the situation.

So, for example, you might be interacting with her and being confident, being cool, being charismatic and she realizes that she's feeling attracted to you.

She then tries to gain some power in the interaction by giving you weird looks when you say things, rolling her eyes, looking away, saying, *"Huh? What are you talking about?"* and things like that.

She will try to make you feel uncomfortable and make you think that she's losing interest, in the hope that it allows her to gain some power in the interaction.

That way, she can feel a bit more confident about herself around you.

Additionally, one of the common fears of shy girls is that they don't want to appear too keen or desperate, or to be seen as too easy.

So, they will often behave as though they're not even interested in anything past a conversation.

However, she really is.

She's hoping that the guy has the confidence to continue the interaction, get her number or get to a kiss so she can then get to have sex with him or go on a date with him and get into a relationship with him.

Learn More?

Okay, I hope you've enjoyed this video and learned something from it.

If you'd like to learn more, I recommend that you read my e-book, [The Flow](#), or listen to the audiobook version, [The Flow on Audio](#).

When you read the e-book or listen to the audiobook version, you will learn exactly what to say and do to make women feel attracted to you, want to kiss you, want to have sex with you and want to have a relationship with you.

The Flow is about naturally and easily flowing from one step to the next with a woman.

Once you've used The Flow on one or two women, you will realize that most women are way easier to pick up than they make themselves out to be.

You will enjoy your choice of women.

It won't be about you trying to hopefully get lucky with the girl every now and again.

It will be about you choosing which of the many women that feel attracted to you are going to get a chance with you.

That is the power of The Flow.

Remember: There Are More Shy Girls Out There Than Shy Guys

[image: More shy girls than shy guys]

One final point that I want to make for you in this video, is to remind you that women experience anxiety and shyness at twice the rate of men.

So, the next time you are out in a social situation such as a bar, a party, a social event or you're trying to meet women in other situations, just remember that if you're feeling a bit shy and unsure of yourself, loads of women there are going to be feeling that as well.

They might look like they are confident and they might look like they don't care if they get a guy or not, but if a woman is shy or suffers from anxiety and that tends to get in the way of her hooking up with a guy and getting into a relationship, she is secretly going to be hoping that she can secure herself a guy, whether that is for sex that night or for a date or for a relationship.

Women don't go around admitting that though.

They like to behave as though they don't really care and they don't need a man, but women have feelings and they have desires just like men do.

Women want to be having sex or want to be in a relationship.

It's standard, human nature.

So, don't let the behavior of women in social situations throw you off.

Sometimes a woman is acting like she isn't really interested or she doesn't really care, because she's trying to deal with her anxiety and shyness.

She's trying to appear more confident and indifferent than she actually is.

So, if you want to attract a shy girl so you can have sex with her or have a relationship with her, don't doubt yourself.

Walk over and start a conversation with her.

In most cases, she will be secretly hoping that she can find herself a new guy.

She will be secretly hoping that some guy has the confidence to come over and talk to her and be able to deal with her awkward shy behavior during the interaction, so she can then get to a kiss, get to sex and have a relationship.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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An Easy Way to Attract Women

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

An easy way to attract women is to be unpredictable.

Now, to be clear here, being unpredictable is not about being silly or crazy around women, or anything like that.

The dictionary definition of unpredictable is...

Unpredictable (*adjective*): Behaving in a way that is not easily predicted.

The reason why being unpredictable is important, is that it immediately makes you stand out from the crowd of guys who are hoping to get a chance to stick it in her or to be her boyfriend.

[image: Can I stick it in, or be your boyfriend please?]

The fact is that, if a woman is attractive and available, then pretty much every guy will try to get a chance with her in the same kind of ways.

For example, a guy will either be really nice to her, be neutral and act like just a friend to hopefully grow on her over time, or he will try hard to suck up to her and hopefully get her to really like him as a person.

He doesn't realize that pretty much every other guy she has met in her life has done the same thing, with the hope of getting to have sex with her or to be her boyfriend.

It's not a guy's fault though, because men are naturally wired in the brain to actively pursue sex with women.

For example, according to Louann Brizendine, a professor at the University of California, San Francisco, *"The biggest difference between the male and female brain, is that men have a sexual pursuit area that is 2.5 times larger than the one in the female brain."*

On the topic of men having more testosterone than women, she also says that, *"All that testosterone drives the man trance; that glazed look a man gets when he sees breasts. I wish I could say that men can stop themselves from entering this trance, but the truth is they can't. Their visual brain circuits are always on the lookout for fertile mates. Whether or not they intend to pursue a visual enticement, they have to check out the goods."*

Essentially, what she is saying is that men and women are wired differently when it comes to the pursuit of sex.

If a man is single, looking for a woman and happens to see an attractive one, he will be overcome with a feeling of attraction and he will want something to happen.

I refer to this as *Insta-Attraction*, meaning that it's the instant response of attraction that a man feels when he sees a physically attractive woman who is healthy and of breeding age.

[image: Insta Attraction]

It's not something that men can turn off or need to turn off.

It's an instant natural reaction.

Feeling attracted to women is nothing to be ashamed of.

However, if a man wants to be able to get an attractive woman to have sex with him or be his girlfriend, he should avoid acting like pretty much every other guy that she has met in her life so far. For example, a predictable guy meets a woman, instantly feels attracted to her and wants her. He is then very nice to her, tries hard to impress her and hopes to get a chance with her. She has experienced that hundreds of times before in her life.

On the other hand, an unpredictable guy meets a woman, instantly feels attracted to her and wants her, but doesn't try hard to impress her.

He is good to her, but he gets her trying to impress him.

She notices that he's not behaving like pretty much every other guy that she has met in her life. He is not instantly smitten with her and hoping to get a chance with her. She's intrigued and wants to know why he isn't fawning all over her like every other guy. So, she then starts flirting with him and showing interest to hopefully get him to like her. In the process of behaving that way around him, she falls for him. She likes the fact that he is a bit of a challenge to acquire. It excites her and makes her want him.

As a result of her sexual interest in him, he can then either get her phone number, kiss her, have sex with her, or begin a relationship.

Now, when some guys see a guy behaving in that way with a woman, they might think to themselves, *"What does she in him? I talked to her...I was so nice to her...we were getting along...I was complimenting her and we we're having a good time, but she wasn't interested in me in a sexual way. Yet, that guy talked to her, he wasn't really even doing much and she was fawning all over him. She was touching him, she was trying to impress him, she was laughing at all of his jokes that weren't even that funny and he ended up getting her phone number, kissing her, or taking her home for sex."*

The thing is, most attractive women are actually very easy to pick up, but if a guy uses a predictable approach on her and makes her feel like she is the prize and that he would be so lucky to get a chance with her, she believes that too.

She starts acting like she is way better than him and she plays hard to get. He then has to jump through all of our hoops to hopefully get a chance with her. Unfortunately, most guys make it difficult for themselves by looking at the woman as being so much more attractive than themselves.

The guy gets tricked by his feelings of attraction into thinking that she is sexier than him and that he would be lucky to get a chance with her because he is feeling what I call Insta-Attraction for her. Simply based on her physical appearance and potentially her friendly personality, he is feeling sexually attracted to her, he wants her and he wants something to happen between them.

Now, if she is also using the makeup trick and making herself appear more physically attractive than she actually is without makeup, then a guy might doubt himself even more.

He might look at her as being so attractive, compare her physical appearance to himself and think, *"She's way hotter than me. I couldn't get a girl like her."*

So, what does he do?

He uses a predictable approach.

He interacts with her, tries very hard to impress her and hopes to get a chance with her.

Yet, she doesn't want that.

She doesn't want one of the hundreds or thousands of guys who are happy to stick it in her to be her next guy.

She wants a guy that she feels attracted to; a guy that she feels the need to impress.

One of the ways to make a woman feel that way is to be unpredictable around her.

For example, you meet her, you feel attracted to her and you like her, but you don't try hard to impress her.

You let her see that you're not like pretty much every other guy that she's met in her life, who does the same thing when he meets her.

For example, a predictable guy feels attracted to her and if he sees that they're getting along, he gets excited and is hoping that he's found himself a new girlfriend.

As a result, he is very nice to her, he laughs at all of her jokes, he takes a really keen interest in who she is and he hopes that something happens between them.

Now, some guys might be thinking, "*What's wrong with that?*"

Well, there's nothing *wrong* with that.

However, if the woman that you want to attract and pick up is very attractive, very sexy or very hot, then pretty much every guy does that with her when they meet her.

Pretty much every guy that she meets wants to stick it in her or wants to be her boyfriend, without her having to do ANYTHING to impress him other than look pretty and be friendly.

She gets that predictable, "*Please give me a chance to be your boyfriend*" approach from guys ALL the time.

To be interested, all she's asking for is a bit of a challenge.

She wants to have that feeling where she has to impress you as well, rather than you feeling like she has done enough and doesn't need to do anything to impress you.

She wants to see that you're not immediately sold on her and willing to do whatever it takes to get a chance with her, so you can stick it in or be her boyfriend.

[image: Attract her by being a bit of a challenge and making her feel as though she needs to impress you]

Now, as I said earlier in the video, being unpredictable isn't about being crazy and doing silly things all the time.

However, you do need to add in a bit of silliness and playfulness at times, rather than being so straightforward and serious all the time.

Attractive women appreciate it when they are with a guy who has the balls to say or do something out of the norm that could potentially turn her off.

An unpredictable guy isn't worried about potentially turning her off.

He is willing to risk it and say something a bit silly or a bit funny to have a laugh, because he's not trying so hard to impress her.

So, an example of a dating situation is where a man and a woman are on a first date and are eating some food at a restaurant.

The predictable guy's food arrives, he looks at the plate and says, "*Oh, that looks nice,*" and he then cuts his steak.

He has a bite and says, "*Oh, that's tasty...tastes good. How about you? How's your food?*"

Now, there's nothing wrong with a guy saying that.

There's nothing wrong with being normal.

However, if you want to create a spark inside of a woman, if you want to make her feel attracted, one of the ways you can do that (a very easy way to do it), is to be unpredictable at times.

Note that I said, "*At times.*"

It's not about being silly and unpredictable all the time.

So, the unpredictable guy's plate arrives, he looks at it and has a bit of a puzzled and look on his face.

He cuts his steak, takes a bite and appears to not like the food as he begins to chew.

His facial expression is essentially saying, "*What the? This is gross*" and he allows her to feel shocked by that for 2-3 seconds.

He then changes his facial expression to one of being impressed by the food and says, "*This is very good, very tasty! I love this! How about you?*" and then has a laugh with her.

In the few seconds where he was pretending that the food wasn't tasty, the woman is going to feel shocked.

It's not going to be a predictable situation that she is experiencing.

Pretty much every other guy who has taken her on a date has been on his best behavior and didn't ever want to say or do anything out of the ordinary, in case she felt shocked, offended, annoyed or turned off.

On the other hand, the unpredictable guy is giving her something different.

He has the balls to say and do something that other guys fear would turn the woman off.

The unpredictable guy knows that it's not going to turn her off because he's only joking and she is going to realize that, laugh about it and find it funny.

As a result, she will feel attracted to him for having the confidence to joke around her with her and for being a bit of a challenge, rather than acting like Mr. Perfect and secretly hoping that he doesn't say or do anything to screw up the date.

She can relax and enjoy herself with him, rather than feeling suspicious like she does when with predictable guys because she can sense that they are putting on an act of being nicer, more polite and more formal than they actually are or want to be.

By the way...

An important thing to point out here, is that being unpredictable in situations like that takes much less effort than being predictable.

When a guy is being predictable with a woman and is trying to do everything right and be on his best behavior, he actually has to put in a lot more effort because he is stressing out and trying really hard to say and do all the right things.

As a result of his desperate, "*Please like me!*" approach, the woman feels like she is better than him

and starts playing hard to get.

When she starts playing hard to get, he then has to try harder to impress her and say and do all the right things to hopefully not screw things up before he gets to a kiss, sex or into a relationship.

On the other hand, the unpredictable guy gets action quickly and easily.

He makes the woman feel attracted to him and as a result, she wants to be close with him, she wants to hug him, she wants to kiss him and she wants to have sex with him.

For example, they finish eating and walk out of the restaurant and the woman is walking close to him.

[image: Okay, I'll let you hold my hand]

An unpredictable guy will say something like, *“Okay, well, look...we can hold hands, but no kissing, alright? I don't move that fast. You're going have to wine and dine me a little bit more before I let you kiss me”* and then have a laugh with her about that.

Approaching the interaction in that way is very exciting for her because the guy isn't acting in a predictable manner.

Most guys will walk outside the restaurant and be predictable about their approach to hopefully getting another date, or getting her back to their place.

A predictable guy will be a bit awkward and eventually try to hold her hand as they walk along, or he will put his arm around her and nervously say, *“So, yeah...do you want to go back to my place for a coffee?”* and be very self-doubting about the whole process.

On the other hand, an unpredictable guy will make it out as though she is trying to seduce him and that he is the one who is in the position of power.

He will talk to her as though she is hitting on him, or that she is hoping to get to hold his hand, kiss him and have sex with him.

[image: Relax girl, you will get to kiss me eventually]

As a result of turning the tables on her in that way, she gets the sense that he is the one who is going to decide when they kiss and have sex.

She will have to keep being attractive and impressing him if she wants to be able to get to kiss him, have sex with him and get to be his girlfriend.

That is exciting, especially for an attractive woman who has experience the same thing over and over and over again with other guys (i.e. guys on their best behavior, trying really hard to impress her, putting in loads of effort and hoping...hoping to get a chance to stick it in).

Learn More?

Okay, I hope you've enjoyed this video and learned something from it.

If you'd like to learn more, I recommend that you read my eBook [The Flow](#) or listen to the audiobook version, [The Flow on Audio](#).

When you read the eBook or listen to the audiobook version, you will learn exactly what to say and do to woman feel attracted to you, want to kiss you, have sex with you and have a relationship with you.

[image: Attract women, get to sex and enjoy a relationship]

You will learn how to make women stop playing games and just get to the point where you and her getting it on, having a good time and enjoying each other.

One other thing that I want to point out for you about being unpredictable, is to remind you that you don't need to do it all the time.

You can follow the old 80/20 rule when it comes to this sort of stuff.

80% of the time, you just go about things in a normal way where you're being confident and talking to the woman, but 20% of the time, you add in unpredictability.

You do that to keep things interesting between yourself.

You also do it to make her feel as though you could change your mind about her if she doesn't treat you well enough, make an effort to look attractive or behave in an attractive way.

You don't tell her that directly because she is going to play hard to get if you say it.

Instead, you let her feel that based on how you interact with her (i.e. she gets the sense that you're not like other guys who are completely sold on her and don't require her to do anything to impress them, other than be female).

When a woman gets that sense about you, it makes her appreciate you so much more.

For example, you walk up to the door of a cafe or a restaurant that you're going to go into with her and you do something unpredictable.

A predictable guy will just open the door for her and let her go in.

An unpredictable guy (who creates a bit of fun and makes her feel as though she needs to impress him and be a good girl for him), will stop at the door, look at her and say, *"Well, are you going to open the door for me or what?"*

After a brief pause where she gets to feel shocked and wonder, *"Is he for real? Should I open the door for him? Is that what I should be doing? Do women do that these days?"* he will then have a laugh with her and say, *"Alright, in you go, I'm a gentleman"* and then smack her on the butt as she walks in the door.

As a result of his approach to her, she is getting a much more unpredictable, exciting experience.

She can see that he isn't on his best behavior and putting on a fake Mr. Perfect Nice Guy act to hopefully win her over.

As a result, she gets the sense that he isn't afraid to lose her.

He could easily attract a new woman, so if she wants to keep him, she'd better treat him well.

By the way...

A guy who's being predictable has to put in way more effort than the guy who's being unpredictable.

A guy who's being predictable is going to open the door for her, try to be a gentleman, maybe pull out her chair for her and be really nice and trying to impress her over dinner and so forth, whereas an unpredictable guy is going to be good to her, but he's also going to mess with her a little bit as well.

He's going to let her see that he's not on his best behavior and trying to hopefully get to stick it in, or hopefully get to continue being her boyfriend if they have started dating already.

As a result, she feels intrigued by him, excited to be around him and hopeful that she can continue to be his girlfriend.

So, if you want to enjoy easy success with women from now on, make sure that you use an approach that causes a woman to want to impress you and be good to you.

The best part of all, is that women actually prefer it to be that way.

Women don't want to be in a situation where a guy is essentially bowing down to them and sucking up to them all the time.

That's boring, predictable and doesn't make a woman feel like she is lucky to have the guy.

A woman wants to be in a position where she looks up to her man and respects him and wants to be good to him.

You can achieve that with women simply by changing your approach with them.

What you'll find when you do use the approach I'm talking about here, is that you were good enough for women all along.

You were more than good enough for most of the women that you have met, except you were using an approach that made them feel as though they were better than you, or that you needed to impress them a lot to get a chance with them.

No.

You can make a woman want to impress you...and she actually prefers it to be that way.

You can be in the position of power.

It's much easier when you approach it that way.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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Why Do You Want My Number?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Have you ever been in the situation where you're talking to a hot girl and everything seems to be going well, but then it falls apart?

You're talking to her, getting along and you seem to be making a connection with her.

Yet, when you ask her for her number, she asks you something like, "*Why do you want my number?*" or, "*Why are you asking me for my number?*" or, "*Why should I give you my number?*"

Why do women ask those questions and how can you ensure that you do get her number, or get to a kiss or sex that night, rather than walking away with nothing?

The number one reason why she will ask, "*Why do you want my number?*" is...

1. To test your confidence

She wants to see whether or not you start doubting yourself.

If you start doubting yourself because she has challenged you with that question, then she assumes that you're not emotionally strong enough for a girl like her.

A girl like her usually has had a fair bit of experience with dating and relationships and she doesn't want to get into a relationship with a guy who doesn't feel completely worthy of her.

She's had the experience of being with a guy who doubts himself and lacks confidence and she knows what that turns into 2, 3, 4, 5, or 6 months into the relationship.

The guy starts to get protective of her and become very jealous. He doesn't feel good enough for her and begins to become a bit of a needy guy.

She doesn't want to get herself into another situation like that, so is trying to find out if you truly, honestly feel worthy of her or not.

The second reason why a woman will ask you, "*Why do you want my number?*" is...

2. To create a bit more time for herself to make a decision

[image: To create a bit more time for herself to make a decision]

In cases like that, she's not quite sure yet.

You seem like a good guy and there seems to be a connection between you and her, but she's not fully feeling a sexual spark with you.

She wants to make sure that if she gives you her number and ends up dating you, that there's going to be more than just a friendly connection between you and her.

She wants to make sure that she's not going to end up feeling as though you are way more attracted to her than she is attracted to you.

So, when she puts you on the spot by asking you, "*Why do you want my number?*" or "*Why should I give you my number?*" she wants to see how you're going to react.

If you react in a confident way and use humor to get her feeling attracted to you, then she knows that the attraction between you and her is going to be fairly mutual, if not mutual.

You're not just a friendly guy who is hoping to get lucky with her.

You are confident enough for a girl like her.

So, in that moment, she will be feeling attracted to your confidence and your ability to handle a challenging situation like that, where she has put you on the spot.

Another reason why a woman will ask the question, is that...

3. She's not sure why you are asking for her number because you seem to be just having a friendly conversation with her

[image: She's not sure why you want her number because you seem to just be having a friendly conversation]

This usually happens to guys who are afraid to make a woman feel sexually turned on during a conversation.

Rather than putting their balls on the line and risking making her feel turned on by saying a few things that are a bit risky, a guy will play it safe and be friendly.

He'll be talking to her, being nice and friendly, using humor and they'll be getting along very well.

However, he won't be making her feel sexually attracted and turned on.

He will be playing it safe.

He just wants to keep talking to her and he hopes that eventually, she's going to warm up to him, she's going to like him and she's going to want to give him her phone number, kiss him or have sex with him that night or on the first day.

Yet, if she's an attractive woman, she has experienced that approach from many guys, possibly hundreds of times before in her life.

The fact is that most guys are afraid to take the risk to make an attractive woman feel sexually turned on during a conversation.

For example, a guy will be talking to the woman and he'll come across in a friendly, easy-going way.

There's nothing wrong with that and a guy should come across in a friendly easy-going way.

However, he also needs to add in some sexual body language, some sexual tonality and some sexual jokes and innuendos, at times.

For example, with sexual body language, rather than always looking at her and just being that innocent friendly type of guy, he needs to sometimes slow down his body language and look her up and down in a subtly, sexual way.

While she's talking, he is looking at her in the eyes and then slowly, but briefly gives her a look up and down and continues talking to her.

She then knows that he's not afraid of being sexual.

He's not just a friendly, innocent type of guy who's just going to be really nice around her and take her on nice dates and hopefully get a chance to have sex with her or be her boyfriend.

He is the sort of guy who can make her feel turned on and isn't afraid to do it, in a subtle way.

When a guy has the balls to be subtly sexual during a conversation, she knows that she's going to have a much more exciting experience with him than a typical friendly, nice guy who plays a Mr. Innocent role and hopes to eventually grow on her over time.

A guy who has the confidence to be subtly sexual is going to be making her feel turned on as well. He is feeling turned on by her and how she looks and she is feeling turned on by his behavior.

As a result, she's going to be feeling like, *"Oh, I'm talking to a man who has the balls to look at me in that way when we're talking. Imagine how he would look at me in the bedroom. Imagine how he would touch me."*

She then starts imagining what sex would be like with him, which is actually very important to a woman.

It's not something that women go around admitting, but it's what really goes on in their mind as they talk to a guy.

If you want to get a woman to have sex with you, you have to get her imagining having sex with you and feeling good about it.

If a guy is just being friendly around a woman or worse, if he's being nervous around her, then when she imagines having sex with him, she's not going to feel good about it.

She's going to be thinking, *"Well, it's going to be awkward with the nervous guy and it's just going to be nice with the friendly guy."*

It's not very exciting at all.

However, when she's talking to a guy who has the balls to make her feel turned on during a conversation, then she starts to imagine something completely different altogether.

So, when he asks for her phone number, she has the motivation to want to give it to him.

She too wants to be able to get to the point where him and her have sex.

Finally, another reason why a woman will ask, *"Why do you want my number?"* is that...

4. She's trying to find herself a real boyfriend and assumes that you're just another guy who is attracted to her now, but will lose interest in her after having sex with her for a while

[image: She's looking for a real boyfriend, not just sex]

Some women are okay with that when they're in their late teens or early 20s, but when a woman is between 25 and 35 years old, she starts to feel the pressure to settle down and have a real relationship.

This can be because her biological clock is ticking, or it can be because her girlfriends are settling down and they have moved in with their boyfriend, gotten married, had children and so on.

So, rather than waste more time on a relationship that might only last 6 months, 1 year, 2 years, or 3 years, she is looking for something that is going to last for life.

What to Say and Do When She Asks, “Why Do You Want Number?”

[image: What to say if a girl asks, "Why should I give you my number?"]

Okay, so what should you say if a woman asks you, *“Why do you want my number?”* or asks you, *“Why should I give you my number?”*

The best way to approach it is to remain confident and relaxed and don't appear as though you are being rejected.

In some cases, you can turn the situation around simply by cracking a joke and maintaining your confidence and then the woman will give you her phone number.

[image: Why should I give you my number?]

In other cases, you need to maintain your confidence and continue interacting with her for a while, without trying to get her number for 10 to 30 minutes.

Just focus on building up her feelings of sexual attraction and then go for her number.

Where guys go wrong is that they answer the woman's question in a logical manner.

She asks, *“Why do you want my phone number?”* and the guy replies, *“Because I like you,”* or *“So we can talk again,”* or *“I thought you and I were getting along, I want to give you a call and maybe take you out for a date,”* and the guy will then appear confused or rejected by her question.

If a woman is looking for a very confident guy and he appears nervous or flustered by her question, then she knows that he's not actually a very confident guy.

He was only feeling confident because she was being nice and friendly towards him.

Yet, when she put him on the spot, he panicked, began to doubt her attraction for him and showed it.

As a result, she will not want to give him her number because will want to avoid getting into a relationship with a guy who doesn't truly think that he is good enough for her.

So, here are a couple of examples of how to reply by using humor and being confident.

She asks, *“Why should I give you my number?”* and you then laugh and say, *“So you can take me out to dinner.”*

Alternatively, you laugh and say, *“So I can call you 100 times every day, of course.”*

You might then add on to that by saying, *“Look, I'll start by calling you at 8 a.m. in the morning and ask how you slept, ‘Is everything okay?’ Then I'll call you again at 8:30 and ask, ‘How was breakfast? Was it tasty? Was it okay?’ Then I'll call you at 9 a.m. and say, ‘Hey, I hope the traffic wasn't too bad. Have a good day at work.’”*

At that point, she's most likely going to be laughing.

She's going to see that you're not actually a needy type of guy.

You're only joking about that.

You're actually subtly making fun of guys who are that needy and contact women all the time.

So, when you maintain your confidence and don't appear rejected, most women will then relax and want to give you their number.

However, some women do test men much more than others.

Some women are much more confident and want to have a guy who has a level of confidence that is equal to hers, or preferably is more confident than her.

It really depends on the woman.

In some cases, the woman will give you her number after doing that (i.e. not appearing rejected, making a joke in response to her question to show her that you're not being needy about trying to get her number and have the confidence to remain calm and not appear rejected).

However, in some cases you need to relax, maintain your confidence, keep talking to her, joke around and build up sexual tension between you and her for 10-30 minutes (or even up to an hour) before she will be happy to give you her number.

Essentially, you need to show her that you're not appearing rejected and one of the ways to do that is to confidently reach out and touch her while you are talking to her.

When you and her are talking, you can touch her on the back of her arm when you're making a point about something.

So, when she's talking about something you might say, *"Well, that's actually really interesting. It reminds me of something want to tell you"* and touch her arm while you say that and then calmly, gently let go after 2-3 seconds and continue talking.

Alternatively, you might say something like, *"Actually that's really interesting,"* and you hold your hand gently on the back of her upper arm for a few seconds as you maintain eye contact with her.

She then sees that you really are confident around her.

You're not feeling rejected after she challenged you by asking you, *"Why do you want my number?"*

You are confident, you're not losing control of your emotions and you're continuing to subtly show interest in her.

You're also not being needy about it, which is attractive to her as well.

You're not rushing to get a phone number and you're not feeling like you hopefully need to suck up to her to get a phone number.

Instead, you are maintaining your confidence, maintaining your self-pride and are interacting with her in a positive, confident manner.

In almost all cases, that will result in you getting her phone number and you can then say something like, *"Okay, good to meet you. I will call you 20 times tomorrow, okay?"* and have a laugh with her about that.

In other situations, the attraction between you and her will really start to build up.

She'll begin to see that you can handle a woman like her.

You don't become rattled when you're tested by being asked the question, *"Why do you want my phone number?"*

You maintain your confidence.

[image: Keep attracting her and get to a kiss]

The attraction between you and her can then build up to the point where you and her kiss and go home and have sex that night.

[image: "Looks like I didn't need your number in the end anyway"]

Then, later on when you're having sex with her, you can say, *"Hey, well, it looks like I didn't need your phone number in the end anyway,"* and have a laugh with her about that.

Learn More?

Okay, I hope you've enjoyed this video and learned something from it.

If you'd like to learn more, I recommend that you read my e-book, [The Flow](#), or listen to the audiobook version, [The Flow on Audio](#).

When you use The Flow approach on women, they won't ask you, *"Why do you want my number?"*

Instead, a woman will either give you her number or you will get to a kiss and sex that night.

In many cases, you don't actually have to go for a number.

You can get to a kiss and have sex that night and it's a lot easier.

If you don't want to do that, you can of course get her phone number and the techniques in The Flow make sure that she won't ask you annoying questions like, *"Why do you want my phone number?"* or *"Why should I give you my phone number?"*

By the way, I know this because I used to really struggle with women and when I talked to them, they weren't interested in me in a sexual or romantic way.

However, when I figured out what I teach in The Flow, everything changed.

I began instantly attracting women and having my choice of women.

I enjoyed my choice of women for 10 years and had loads of fun and then met my girl, who I'm still with to this day.

What you'll find when you use The Flow approach on women, is that most women are way easier to pick up than they make themselves out to be.

You just need to know what you're doing and avoid common mistakes, so you don't turn the woman off and lose your chance with her.

It's actually a very easy thing to do and you will laugh at how easy it is once you start using The Flow approach.

You Must Believe in Yourself

One final point that I want to make for you in this video is that a lot of the problems that you will experience when attracting and attempting to pick up women, stem from a lack of belief in yourself.

Women can pick up when guys lack belief in themselves (i.e. when they lack confidence).

So, it's very important if you want to be successful at attracting and picking up women, that you get your confidence sorted out.

When you have total confidence in yourself around women that you find attractive, you will find that things tend to flow from one stage to the next very easily.

Of course, it's not possible to pick up every woman that you meet.

However, what you'll find is that, when you are totally confident in yourself and are not trying hard

to hopefully impress women to get a chance with them, you'll be able to attract most of the women that you meet.

When you also know what to say and do to go from one step to the next with a woman that you find attractive, you will find that you have your choice of women.

It will no longer be about you hoping to get lucky, hoping to get a chance with a woman that you find attractive.

What you'll find is that your interactions flow from one step to the next with most of the attractive single women that you meet.

Most women are actually quite easy to pick up, but when you come across as though you're lacking belief in yourself or are trying hard to pick them up and hopefully get a chance with them, they play hard to get even though they're not really hard to get.

On the other hand, when you believe in yourself and are not trying hard to hopefully get a chance with a woman, she relaxes, opens up to you and is much easier to attract and pick up.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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Don't Listen to What Women SAY. Watch What They DO.

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Don't listen to what women say, watch what they do.

This is one of the most important principles of success with women.

For example: If you ask a woman what she wants in a guy, she'll say, *"I want a nice guy who's sweet and attentive and treats me well and takes me on nice, sweet dates."*

Yet, if a guy tries to use that approach to attract her and get her to go out on a date with him, she'll reject him.

She'll then hook up with a guy who doesn't even treat her that well, doesn't even really care about her and just wants to have sex with her.

What she is **saying** is she wants a nice guy who's sweet and treats her really well and is attentive and patient with her and things like that, but then she actually goes for a guy who doesn't even really care about her that much and just wants to have sex with her and he has sex with her on the first night or first date that they go on.

So, what she's says and what she does are two completely different things.

The same applies with relationships.

For example: If you ask a woman what she wants from a relationship with a man, she'll start saying things like, *"Well, he should help with the housework. He should cook for me. He should give me foot rubs. He should listen to all of my problems and be there for me all the time. He should buy me expensive jewelry, take me on lots of holidays and vacations and essentially treat me like a princess."*

Yet, in reality, what most women are embarrassed to admit is that they are at their happiest when they are in a relationship with a man who flicks what I call the good girl switch on in her mind.

[image: Women say that men should do everything for them (cook, clean, buy them things all the time), but it's not what they really want or even need to be happy with a man]

Flicking on her Good Girl Switch makes a woman gain pleasure and happiness out of being a good woman to her man.

She likes to cook for him.

She likes to clean.

She likes to do nice things for him.

She likes to pleasure him sexually.

She loves being a good woman for him.

So, while most women don't go around saying that they want to be a good woman to a man, it's actually what makes them the happiest.

When a woman is in a relationship with a man who flicks on the good girl switch in her mind, she actually gets pleasure and happiness out of doing good things for him.

She loves to cook for him. She loves to clean. She loves to give him oral sex. She loves to be a good woman for him.

Yet, that is not what you'll hear most women going around saying.

They will **say** that men need to basically bow at women's feet.

Men need to do everything. They need to buy women everything. They need to suck up to them and then maybe if they suck up for long enough, they might get some action and she might be nice to them.

So, just remember that there's usually a very big difference between what women **say** and what they actually **do** when it comes to men.

Of course, there's nothing wrong with a man cooking.

There's nothing wrong with a man doing a bit of housework.

There's nothing wrong with a man doing nice things for his woman, but what a lot of women don't even realize themselves is that women are at their happiest in a relationship when they're with a man who flicks what I call the good girl switch on in her mind.

She actually gets pleasure and happiness out of being a good woman for him.

Another example is where women say, *"I don't like to be approached by men. Men should just leave me alone. No one talk to me,"* and then a confident guy walks over to her and says, *"Hey, how are you doing?"* and she responds in a friendly way.

She says, *"Hi, how are you going?"* and then they have a conversation.

Then, about one to two minutes later or five minutes later, he asks for her phone number and she gives it to him.

Yet, she'll go around saying, *"I don't give my phone number out. Guys shouldn't talk to women,"* and all that sort of stuff.

The thing is some women are completely honest and they'll share the secrets that women don't like to tell men.

Yet, the majority of women say pretty much the opposite of what they want.

So, when a woman is giving you dating and relationship advice, there's usually just one translation and that is, *"Blah, blah, blah, blah, blah, blah, blah, blah, blah, blah, blah, blah."*

It's useless.

For example: If a guy asks some women, *"How do I get this girl to like me? There's a girl that I've got a crush on and she doesn't seem to want anything other than just a friendship,"* the women will say things like, *"Just be nicer to her. Get to know her some more. Be patient with her. Buy her something. Be helpful towards her,"* and all that sort of garbage.

So, the guy then goes and does that and he's really nice to her, being a friend, being patient and he's in the friend zone.

She doesn't want anything to do with him sexually.

She likes him as a person, she appreciates him as a friend and she might even be very nice to him.

Yet, she doesn't want anything to do with him sexually.

Then, another guy comes along, makes her feel attracted immediately and she kisses him right away or has sex with him on the first date or first night that they meet.

Another example is where a man is in a marriage and his wife isn't being affectionate anymore.

He might ask some women, *"How can I get her to be affectionate?"*

Women will usually say things like, *"Do the housework. Give her a foot rub. Buy her some jewelry."*

Take her out to dinner. Have date nights."

So, the guy goes and does that and what does he get?

In most cases, he gets the same result and the wife is even more turned off because she sees that her husband is trying to do all these things to hopefully get laid.

She doesn't want to have that type of dynamic in her marriage where her husband feels like he needs to basically do everything for her and buy her things to get her to put out.

She wants to have a natural feeling where she naturally feels respect and attraction for him and it just happens naturally.

Her desire for him is not as a result of him having to wine and dine her, buy her things, do the dishes and housework and suck up to her.

It's just a natural desire based on how he interacts with her (i.e. he is being confident, charismatic, masculine, funny).

Yet, if you ask most women how to get a wife or a girlfriend to be more affectionate, they won't tell you that secret.

Instead, they will tell you to buy her things, do the housework and suck up to her.

So, when it comes to dating and relationship advice from women, here's what you need to remember...

In most cases, if you listen to what women say, they will lead you astray.

[image: Most women have had sex on the first night they've met a man, or on the first date with him. Yet, almost all women will never admit that.]

For example: A study in America found that 55% of couples had sex on their first date.

Another study in Europe found that 70% of women admitted to having had a one-night stand before.

Yet, women will go around and say that they don't have sex on the first night, first date, or second date.

They will usually say that a guy needs to become her friend first and be patient and be really nice and not expect anything to happen for weeks or months. Yet, in reality, what women do is a completely different thing altogether.

Even though a woman might be embarrassed to admit it and actually say that she's never done it, statistically speaking, most women have had sex on the first date and on the first night that they met a guy.

So, when it comes to dating and relationships with women, just remember that most women usually say one thing and do a completely different thing altogether.

By the way, there's most likely going to be a whole bunch of angry women clicking dislike on this video.

So, if you're enjoying this video and you like it, please don't forget to show your support by clicking like on Youtube.

I don't care if some women get offended by what I'm saying.

My job here isn't to make women say, *"Isn't that nice? He's such a nice guy. He's telling other guys to be nice and to buy us jewelry and take us on nice dinner dates. Isn't that sweet?"*

I don't care about that sort of reaction.

My job here is to help men be successful with women.

What I want you to remember is to focus on what women do rather than listening to what they say because **when you listen to what women say, when it comes to dating and relationships, they will usually lead you astray.**

Most women do not give out the secrets of what actually makes them feel attracted and happy with a man.

They give out a politically correct version, a censored version, a version that they're not embarrassed to admit.

If guys don't know the truth themselves and they fall for the crap that women spin, then they get caught in the friend zone or they get caught up in a sexless relationship or marriage.

They get cheated on. They get dumped. They get divorced.

By the way, I'm not saying that a man should treat a woman badly and not be nice, not be good, blah, blah, blah.

What this video is about is the fact that women usually say something completely different to what they actually want and do when it comes to men.

That's either because a woman is too embarrassed to admit what she really wants, or she doesn't actually want to teach a guy the secret to attracting her and making her happy.

She wants a guy who understands it on his own and doesn't need her to tell him what to do.

For example: With being embarrassed, most women will be embarrassed to say, *"Hey, I actually like a guy who doesn't chase after me so much. He makes me feel attracted to him and, you know, I've got to work hard to impress him and maintain his interest. I actually like that. I like it when I need to, you know, cook and clean for him and be a good girl and give him oral sex to make sure that I keep him happy."*

Most women aren't going to go around saying that because they worry that people are going to take it the wrong way.

With the other example of her not wanting to teach a man what she needs, she doesn't want to have to say to a man.

For example: *"In a relationship, if I throw a tantrum and I start treating you badly, here's how I want you to respond. Don't put up with my BS. Don't get dragged into the drama."*

She doesn't want to have to teach him that because she doesn't want to get herself a guy who doesn't even know how to be a strong man in a relationship with a woman and she has to teach him for the rest of their life together.

Any time that something comes up, she has to take on that mother, big sister, or teacher role and say, *"Okay, come here. I'll teach you how to do it. Here's how to be a strong man for me."*

She doesn't want to have to actually teach him that stuff.

So, just remember, when it comes to dating and relationship advice, if you listen to what women say, they'll lead you astray.

Most women cannot be honest with what they really want, so don't listen to the garbage that you hear women say about, *"The guy's got to be tall and handsome and have six pack abs and in a*

relationship, he's got to do all the housework. He's got to, you know, massage my feet. He's got to take me on expensive dinner dates and then maybe he's going to get some action."

No, that's BS.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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8 Personality Traits That Naturally Attract Women

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Every guy knows that women can feel attracted to a man if he's rich, if he's a celebrity, if he's tall and handsome, if he's got a luxury yacht or a sports car and things like that.

However, what a lot of guys don't know or *accept* is that women CAN feel attracted and turned on by a normal guy if he displays attractive personality traits while he interacts with her.

For example: Women from all over the world are attracted to guys who are:

1. Confident.
2. Masculine.
3. Funny.
4. Unpredictable.
5. Charming.
6. Sexual.
7. Charismatic.
8. Socially intelligent.

When some guys see that list above, they think women are only attracted to men with those personality traits if the man is also rich or if he's got a big dick or if he's got a sports car, but that is incorrect.

Average looking and below average looking guys ARE able to get attractive women.

[image: Average or below average looking guy with pretty wife]

[image: Normal, average and below average looking guys with pretty women]

[image: Normal, average and below average looking guys with pretty women]

Guys all over the world are able to attract and pick up women and even get married to those women if they're overweight, bald, have big ears, have a funny looking nose, are from a race where others say they can't pick up women from another particular race (e.g. Asian guy with white woman, white guy with black woman, black guy with white woman, white guy with hot white woman) or if they're generally just not very good-looking.

The reason why these sort of guys can attract and pick up women is that it is true that a normal guy can make a woman feel sexually attracted and turned on during an interaction.

[image: Normal, everyday guys can attract women by creating a spark during an interaction]

When a guy is talking to a woman, he can MAKE HER feel attracted by displaying traits like confidence, humor, charm, charisma, social intelligence, masculinity, etc.

The majority of guys out there who can't get laid or get a girlfriend believe that it's because they're not good-looking enough or rich enough.

Yet, the truth is that the majority of these guys don't actually make women feel sexually attracted and turned on during an interaction.

[image: Guys who get rejected don't actively make women feel attracted. They just talk to women in a nice, friendly way and hope that something happens]

Instead, they just talk to women and display traits that don't create sexual attraction. For example: The guy will display personality traits like niceness, kindness, politeness, and academic intelligence. A guy will try to show a woman that he's a nice guy, he's a good guy and that he's trustworthy and has good intentions, but women don't care about those things before they feel sexually attracted and turned on by a guy.

[image: Trying to pick up by being a friend to her first]

Women do appreciate when a guy is nice and women do appreciate when a guy is intelligent, but that is only important to a woman AFTER she feels sexually attracted to a guy.

If a guy tries to pick her up by showing her that he's a nice guy and has good intentions, then he's just like every other guy who wants to bang her.

Every other guy comes up to her and is like, *"Hey, how are you doing? What's your name? Have you got a boyfriend? What do you do for a living? Can I take you out sometime?"*

He's feeling attracted to her because we men feel sexually attracted to a woman's physical appearance instantly, but she's not feeling sexually attracted to him because he's just being nice to her.

He's just being a good guy to her and having an innocent, friendly conversation with her, but that approach doesn't make a woman feel sexually attracted and turned on unless a guy is really good looking, a celebrity or obviously very rich and powerful in society.

If a guy is just a normal, everyday guy, he has to CREATE a spark of sexual attraction inside of a woman by displaying personality traits that naturally attract women (e.g. confidence, charisma, emotional masculinity, charm).

He can't just be nice and have a friendly conversation and then expect to get laid or get a girlfriend because of that.

This doesn't mean that a guy has to be a bad boy or treat women badly. Instead, it means that he has to display traits that make women feel sexually attracted and turned on when he's interacting with her.

[image: Without attraction you can expect rejection]

He has to do that, otherwise most women will just experience neutral or friendly type of feelings for him.

The really cool thing about this is that the majority of guys out there don't know it.

The majority of guys think that they have to be rich or good-looking or tall to be able to attract a beautiful woman, but it's not actually true.

It is true that beautiful women do feel attracted to guys with money or to guys who are really good-looking, tall or famous.

That's true, but what is also true is that the majority of women, including beautiful women, can feel sexually attracted and turned on by a normal guy.

Beautiful women can feel attracted to a normal guy who doesn't have all the trappings of success.

For example: He doesn't have the luxury yacht, he doesn't have the sports car and he's not rich. He's

just got a normal body, he doesn't necessarily workout in the gym and he doesn't look like a male model.

He's just a normal everyday guy, and yet he's got a beautiful girlfriend.

[image: Normal, everyday guys can attract women by creating a spark during an interaction]

The truth is that the more attractive personality traits that you display when you're talking to a woman, the stronger the attraction that she will feel, and then the higher quality of woman that you can have access to.

When a guy can only make women feel a little bit of attraction, he can't get the hotties, but when a guy can interact with hot women, and he can actively make them feel sexually attracted and turned on by what he's saying and doing, he gets the hotties.

However, I want to point something important out here....

In my eBook, [The Flow](#), which is also available on audio now as an audiobook ([The Flow on Audio](#)), I teach 8 personality traits that naturally attract women.

The 8 personality traits that naturally attract women are when a guy is confident, masculine, funny, unpredictable, charming, sexual, charismatic, and socially intelligent.

Yet, here's the thing...

A guy can pick up a lot of women just by displaying 1 to 3 of those traits.

You don't have to talk to a woman and display all 8 traits to be able to pick her up.

The way that it works is that the stronger attraction that you can make women feel during a conversation, during an interaction by displaying attractive traits, the higher-quality woman that you'll have access to.

[image: Attracting women is easy]

You can still pick up a lot of women by displaying a few traits, but if you want to get the hotties, you've just got to be able to give her the attraction experience that she wants.

She's hot, she's physically attractive and you want to bang her.

[image: Can one of us be with you? Please?]

You're feeling sexually attracted to her based on her appearance and are ready and willing to have kiss her, go on a date with her or have sex with her.

However, if you want her to want to have sex with you or be your girlfriend, you've got to make her feel attracted to you too.

You need to actively create a spark of sexual attraction inside of her to make her feel sexually attracted and turned on by you, otherwise you're just one of hundreds, if not thousands, of guys who are lining up to want to stick it in.

So, what you need to understand is that if you want to get laid or get a girlfriend, what you've got to do is make the woman feel sexually attracted and turned on by the way that you're talking to her, rather than just making her feel neutral or friendly type of feelings when you're displaying traits like niceness, politeness, friendliness, and things like that.

There's nothing wrong with being nice or polite or friendly, but if you're not actively making her feel sexually attracted and turned on, then you're just another guy to her.

She's not going to feel motivated enough to want to have sex with you or give you her phone number or do anything else with you.

Of course, an exception to the rule is when a guy is rich or famous or he's really good-looking.

We all know that.

We all know that those guys can get attention from women, but the really cool thing about being a man is that we can actively make women feel sexually attracted and turned on by us by what we say and do when we're talking to them.

For example: Have you ever had a woman say about her boyfriend or husband, *"I wasn't initially attracted to him looks wise, but when we began to talk I found that I really liked him, and that there was a spark between us. Now, I think he's the sexiest man alive,"* or another woman saying, *"When I first saw him, I didn't find him attractive, but when we talked I felt a spark with him and we started dating, quickly fell in love and are now married."*

That's how it works.

There are some women out there who will not accept anything less than a rich guy who's got a luxury yacht, and he's famous, and he can take her around the world, etc.

That is true, but what is also true is that the majority of women, including beautiful women, can feel sexually attracted and turned on by a normal guy if he can display attractive personality traits and behaviors during an interaction with her.

So, if you're not getting the results that you want with women, and you want to be able to easily get laid or get a girlfriend, I recommend that you read my eBook, [The Flow](#), or listen to the brand-new audio version, [The Flow on Audio](#).

The Flow is the easiest way to get laid or get a girlfriend, and the best thing of all is that the majority of guys do not know about this or they don't accept the fact that you can actually turn a woman on during an interaction.

Most guys look at beautiful women and think, *"I can't get that because I'm not good-looking enough, I'm not rich enough,"* but they're wrong. Not only is it possible to create a spark of attraction inside of a beautiful woman when you talk to her, but it's also EASY.

This is a huge opportunity for you.

When you are the guy who can actively attract and turn women on during an interaction, you'll see how damn easy it is to attract and pick up women.

Once you begin using The Flow on women, you'll laugh at how easy it is and you might look back at the way that you used to try to get laid or get a girlfriend and shake your head and think, *"What was I thinking? What was I doing? This is so damn easy,"*

The best part of all is that most guys don't know about it or they don't accept it because they think it's all about looks and money.

They look at examples where they see guys who are rich or good-looking and they've got a beautiful girlfriend, and think, *"See, that's what beautiful women want."*

[image: Normal, average and below average looking guys with pretty women]

Yet, they don't look at the rest of the world and see loads of beautiful and pretty women with normal looking guys and sometimes below average looking guys.

We are very lucky as men because we can actively turn women on during an interaction. It's very easy to do.

If you want to learn how to do actively attract and turn a woman on as you talk to her so you can easily get laid or get a girlfriend, I recommend that you read my eBook, [The Flow](#), or listen to the brand-new audio-book version, [The Flow on Audio](#).

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How to Overcome Your Fear of Approaching Women

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you see a woman that you consider to be beautiful and you find her very attractive, do you have the confidence and know how to walk over and talk to her and pick her up?

If you answered no, don't worry.

Most guys don't have the confidence to walk over and talk to beautiful women and then pick them up.

[image: What if she rejects me?]

For most guys, the very thought of approaching a woman makes them feel nervous, unsure and anxious, especially if they don't know the woman or if she's pretty.

The possibility of getting rejected is just too painful for most guys, so they usually end up avoiding it altogether.

When a guy doesn't have the confidence to approach the types of women that he finds attractive, he'll often start to feel a bit left out.

[image: What is wrong with me? Why am I so afraid of women?]

He'll notice that his friends or coworkers have a beautiful girlfriend or at least a pretty girlfriend and they're enjoying sex, love and relationships.

However, for him, he can't even work up the courage to walk over and talk to the types of women that he finds attractive.

Yet, why do guys avoid approaching women that they find attractive? What's really going on inside a guy's mind when he feels fear before trying to approach a woman? More importantly, how can he overcome that fear so he can approach at will?

Common Reasons Why Guys Say They Don't Approach

[image: Why guys don't approach women]

Whenever I ask guys why they're afraid of approaching women, here are some of the reasons they come up with:

- What if she doesn't want to talk to me?
- She might reject me and tell me to leave her alone.
- She might not be interested in a guy like me.
- I'm not good looking enough for her.
- She probably has a boyfriend.
- She might think I'm a weirdo and run away or something.
- People might think that I'm a stalker who is approaching her against her will.
- People might think that I'm desperate or lonely and assume that I'm going around approaching a lot of women.
- She might laugh at me in front of everyone and they might also begin to laugh at me.

- I don't want her to think that I'm sleazy or only interested in sex.
- She probably likes guys who are taller than me.
- I'm not dressed well enough.
- She's probably busy and will get frustrated because I'll be wasting her time.
- I don't know what to say to her.
- What if I say something and she makes a weird face at me?
- If I get rejected, I'm going to have to leave here and never come back because everyone is going to look at me and know that I've been rejected.
- I probably won't be able to keep the conversation going or keep it interesting if I approach, so what's the point of approaching?

Can you relate to any of those reasons as to why you don't approach women?

Most guys can.

Most guys have a lot of reasons why they don't approach women, but it all comes back to one thing and this is the secret to overcoming your fear of approaching women.

When you know how to actively make a woman feel sexually attracted to you as you talk to her, you suddenly stop fearing approaching women.

[image: Normal, everyday guys can attract women by creating a spark during an interaction]

The fear goes away because you know that if you go over and talk to a woman, she's going to feel some or a lot of attraction for you.

You are going to actively create a spark with her.

That is one of the main differences between the attraction that women feel for men and the attraction that men feel for women.

For us men, we can feel instantly attracted to a woman based on her physical appearance.

[image: Insta Attraction]

We can have the motivation to want to talk to her, get to know her, have sex with her and begin a relationship with her simply based on her looking physically attractive.

Some guys have higher standards than others and will reject a woman if she's also not a cool person, she's not intelligent enough, she's not this or that, but the majority of guys feel enough attraction for a woman simply based on her physical appearance to be motivated to go all the way to sex and into a relationship.

That is how it works.

However, for women, they don't feel the same type of motivation about a man's physical appearance.

Although women can feel attracted to a man's physical appearance, it isn't the main motivation that they need to want to have sex and begin dating and start a relationship. Some women will choose a guy simply based on his looks, but those women are the minority.

The majority of women need to be able to feel sexually attracted to you while they talk to you.

[image: Normal, every day guys can attract women]

What you are saying and doing, how you're talking to her, how you're behaving, how you're responding to what she's saying and what sort of personality traits that you're displaying will

determine how much attraction she feels for you.

So, if you're talking to a woman and you're being nervous and doubting yourself, she's not going to be able to feel much attraction for you because women are turned off by the emotional weakness of men.

However, if you're talking to a woman and you're displaying confidence, you're getting her laughing, you're being charismatic, you're being charming, she's going to be feeling sexually attracted to you.

When a guy knows how to actively attract a woman during a conversation, he doesn't fear approaching women.

He knows that he can't attract all the women in the world. No guy can attract every single woman in the world and have every woman, but what a guy can do is attract most of the women that he meets.

You can actively attract most of the women that you meet while you talk to them.

When you have that ability, there's no fear.

You know that you can walk up to a woman and she's most likely going to feel some or a lot of attraction for you.

She's only going to be a little bit motivated to give you her phone number and kiss you and have sex with you or go home with you that night, or go on a date with you, or she's going to be very motivated.

She's going to be feeling very attracted and she's going to want something to happen between you and her.

Do You Have the Skill That Gets Rid of the Fear?

So, two important questions that I have for you now are:

Do you know how to actively attract women during a conversation or do you talk to women and basically make them feel neutral or friendly feelings?

[image: Using a boring, nice guy approach]

Do you try to get to know women and show them that you're a friendly guy and show them how intelligent you are, or are you actually doing it the smart and easy way and making women feel sexually attracted and turned on by you during a conversation?

If you have the skill of being able to actively attract a woman during an interaction, the fear of approaching goes away.

I don't mean that you *kind of* know how to attract women, or know a little bit about attraction, but can't actually attract beautiful women and turn them on.

I mean that you really do know how to attract women and you can also trigger a beautiful woman's feelings of sexual attraction for you as you talk to her.

If a guy can only make women that he's not interested in feel attracted to him, then he's still going to have a fear of approaching attractive women.

He knows that he just can't get them to feel attracted, so the thought of approaching them makes him fear that he will be rejected...and he's right. Beautiful women aren't going to settle for guy who can't

even trigger their feelings of attraction.

They make the guy feel attracted, but he doesn't even know what to say or do to make them feel attracted. That's unfair to the women, so they reject him.

On the other hand, when you are one of the rare guys who can actively attract beautiful women during a conversation, there's no need to feel fear any more.

Instead, you just feel excited and motivated to approach and when you approach, you attract and pick up women.

That's how it works.

What you may have noticed is that some guys are able to walk up to a woman, start a conversation and sparks start flying back and forth between him and the woman immediately.

[image: Making women feel attracted is easy]

She starts to smile, giggle, touch him and she's loving it. That's because he's making her feel sexual attraction.

On the other hand, if a guy walks up to a woman and he feels attracted to her physical appearance, but he's just being neutral and friendly and just trying to get along with her and be nice and show her that he's a good guy and he's got good intentions.

The woman might like him as a person and she might think that he's a great guy, but she's not going to feel motivated to want to give him her phone number, have sex with him, kiss him, go out on a date with him because there's no spark there.

If you think about some of the reasons why guys don't approach women, you'll realize that the core reason why is that he doesn't actually know how to make her feel sexually attracted to him.

He feels sexually attracted to her, but he doesn't know how to make her feel the same way.

For example: The reason of *"What if she doesn't want to talk to me?"*

That reason immediately goes away because when a guy is able to actively make a woman feel sexually attracted and he starts an interaction with her, she does want to talk to him. She's feeling sexually attracted.

Attraction gets her attention.

It opens her up.

It makes her interested.

It makes her want to talk to a guy.

If she's a single woman, she's going to want to find a boyfriend or a lover just as much as he wants to find a girlfriend or a lover.

She simply wants to be able to find a guy that makes her feel sexually attracted and that she can also get along with. Getting along with women is fairly easy after you make them feel sexually attracted.

However, what most guys do is they walk up to a woman and they try to get along with her in a friendly, easygoing, nice way and they hope that they can grow on her or somehow impress her by being really nice and showing her how intelligent they are, or by talking about their ambitions at work and talking about their car or the car that they want to get and hopefully trying to impress her that way.

What these guys don't realize is that it's very simple and instant if you can just start making the

woman feel sexually attracted while you talk to her, if you can trigger those feelings by displaying traits that naturally attract women.

Let's have a look at one of the other reasons why guys say they don't approach women...

"I'm not good looking enough for her."

Most guys these days have that insecurity.

They see a beautiful woman and they think, *"I'm not good looking enough for her"* and simply give up and don't even try.

What happens is that we feel so much attraction to a woman's physical appearance that we think that she's way more attractive than us. We feel an intense rush of attraction when we see a woman that we find physically attractive.

However, women don't feel an intense rush of attraction for our physical appearance unless a guy is a really good looking guy.

The majority of guys are just average or below average looking.

I probably fit into the below average looking category. So for me, my physical appearance has never been striking enough to make women go, *"Wow, look at him. Whoa, he's hot. He's sexy. I want to be with him."*

It just doesn't happen.

However, I've managed to have sex with more than 250 women without having male model looks and without having to go to the gym and without having to wear expensive designer clothes.

I've done it by making women feel attracted to me as I interact with them.

For example: I'm displaying traits like being confident, funny, charismatic, charming, unpredictable, masculine, socially intelligent. These are traits that when you bring them into a conversation and interaction, they trigger feelings of sexual attraction inside of a woman.

Most guys don't know that they can actively attract a woman during a conversation or they don't believe it because it seems so simple.

Most guys want to believe that it's all about being good looking and having loads of money because they see examples of that in the media and they hear women talking about, *"Oh, I want a rich guy. I want to guy who looks like a male model. I want a celebrity or a guy that's got a sports car and a luxury yacht."*

What most guys don't realize though is that the majority of women have fake standards.

The majority of women just talk and talk and talk about what they want, but what they will actually happily accept is a completely different story altogether.

For example: A woman might say, *"I don't like bald guys. I like a guy with a full head of hair and a guy with six-pack abs."*

Yet, if a confident, masculine, bald guy without six-pack abs walks up, talks to her and makes her feel sexually attracted and turned on because he's being confident, charming, charismatic, masculine and making her laugh, suddenly, she feels attracted to him and she starts thinking to herself, *"What is it about this guy? I like this guy. There's something about him."*

Then, she tells her friends, *"He's bald, but I like him. He's sexy. I actually like that he's bald."*

Suddenly she has a thing for bald guys.

The reason why is that the majority of women have fake standards and they usually try to talk about what's going on in superficial modern culture.

You've got to have six-pack abs, a tan, big biceps, great shoes and you've got to have that haircut that's cool now too.

Yeah, right, whatever.

The majority of women, including beautiful and pretty women, have fake standards and they are more interested in how a guy makes them feel during an interaction than what he looks like.

I'm not saying that an ugly guy can pick up every woman in the world, but what I am saying is that the majority of women will feel attracted to a normal average and even below average looking guy during an interaction if he makes them feel attracted in other ways by displaying personality traits and behaviors that naturally attract women.

So, if you do have a fear of approaching women and you want to overcome that right now, the secret is to begin making women feel sexually attracted to you while you talk to them.

Once you do that once or twice and you talk to a woman and you actively make her feel sexual feelings for you by the way that you're talking to her and responding to her and behaving, your fear of approaching women will wither away.

There's no point being afraid of something that you're good at.

If you look up confidence in the dictionary, it's about having belief in yourself and your abilities.

When you're confident about approaching women, you're not afraid of approaching women.

You know that you can walk over to a woman and make her feel attracted to you.

If you want to learn how to do that and you want to know exactly what to say and do when you approach a woman to instantly make her feel attracted to you and open and interested in talking to you, I recommend that you read my ebook, [The Flow](#), or listen to the audio version, [The Flow on Audio](#).

The Flow is the easiest way to get laid and get a girlfriend and when you either read or listen to The Flow on Audio, you'll learn exactly:

- What to say and do to make women feel attracted to you when you start talking to them.
- How to keep the conversation going and keep it interesting, how to build on her attraction.
- How to make her want you more than you actually want to her.
- How to make her touch you.
- What to say to get her to kiss you.
- What to say to get her to go home with you.
- What to say when you call her up on the phone.
- What to text her.
- How to get her out on a date.
- How to have sex on the first date or on the second date.

It's the complete flow, the start to finish process and what you find is that it's very easy as long as you start with sexual attraction.

[image: Attracting women is easy]

When you start your interactions with women with sexual attraction and you build on her sexual

desire for you, everything just flows from one step to the next.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

9 Signs of Male Insecurity That Turn Women Off

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If a beautiful woman is insecure or shy, it doesn't really matter to the majority of men.

Most men will still find her attractive and want to be with her even though she is a bit insecure or shy.

[image: Attracted to a shy woman]

In fact, some guys will find it a bit of a turn on that the beautiful woman is shy and he can be more confident around her.

However, the same doesn't apply for a woman's attraction to a man.

Women are attracted to the emotional strengths of men such as confidence, high self-esteem and self-assuredness and turned off by emotional weaknesses such as insecurity, self-doubt and shyness.

What you may have noticed is that confident guys can easily attract women to get laid or get a girlfriend, whereas shy guys have a difficult time getting anywhere past the friend zone.

Some shy guys can get laid or get a girlfriend, but they don't really have their choice of women because their emotional weakness turns most women off.

The 9 Signs

So, what are some of the signs of insecurity that turn women off and how can you avoid doing it?

1. Unable to maintain eye contact

[image: Woman assessing a man's confidence]

If a guy is talking to a woman, he doesn't need to stare at her in the eyes the entire time to maintain eye contact, but he does need to be able to maintain casual eye contact and keep that going for 5 seconds at a time or 10 seconds at a time.

If a guy is talking to a woman and he's looking away and looking around and looking down and looking uncomfortable, she's not going to be able to feel attracted to him. Women aren't attracted to emotional weakness.

2. Being lost for words and then appearing nervous or unsure of himself

[image: Being lost for words around a woman]

One of the main reasons why guys struggle to get laid or get a girlfriend is that they don't really know what to say to a woman to keep a conversation going and keep it interesting.

A girl will start off a conversation and because he's feeling so attracted to the woman and feeling insecure about his value and worthiness to her, he'll start to think too much and get lost for words. Suddenly, he'll begin to appear nervous and unsure of himself and a woman will start to feel turned off.

If a guy is confident and he is able to be present in the conversation as he talks to a woman, he's not

going to be worrying about things in his head.

His brain isn't going to have to work hard to come up with conversation. It's just going to flow naturally and effortlessly as though he's talking to just any other person.

3. Doubting that she could ever like a guy like him

[image: I am unworthy of you]

If a guy is talking to a woman and he doubts that she could ever like a guy like him, it'll come across in the way that he's talking to her, his body language, how he reacts in response to her and his general approach to the interaction.

For example: If a guy is being over-complimentary and giving her the impression that he would be so lucky if he ever got a chance with her, that is going to turn her off.

A woman definitely does want to be appreciated and treated well, but she doesn't want a guy who feels like he needs to suck up to her and kiss her ass and hope to get a chance with her if he's on his very best behavior around her.

4. Communication that lacks confidence

For example: Hesitating to speak, lowering the volume of his voice, nervously giving his opinion.

A lot of this comes back to a guy not having confidence in himself.

If a guy is insecure and doubts his ability to attract women, he will often hesitate when he's speaking. He might lower the volume of his voice because he's not quite sure that what he's saying is cool enough or good enough. Women pick up on these subtle queues and it turns them off because women are not attracted to the emotional weakness of men.

5. Being afraid to express his true personality out of a fear of being judged by her

[image: Nervous, insecure guy hesitates and turns woman off]

What a lot of guys do is they put on an act of being nicer than they actually are or want to be in the hope that it will impress a woman.

If a woman notices that a guy is putting on an act and he's not really presenting his real personality, then her guard goes up because she feels like she's not interacting with the real version of him. She can't trust him because he's not being honest with her.

He's trying to win her over with a fake version of his personality.

6. Giving his power to her

For example:

He goes along with whatever she wants to do.

He lowers his social status to hopefully gain her pity.

Feels like she needs to say "yes" or "no" to give him a chance to be with her, so he'd better be in his best behavior otherwise she's going to say "no."

He doesn't realize that all he needs to do is actively make her feel sexually attracted to him during a conversation and the games will begin to stop. Her guard will come down, she will open up, she will

feel a spark with him and she'll be interested to see where it goes.

7. Trying to impress her by talking about his achievements or possessions

[image: Trying to impress a woman by talking about his achievements]

If the subject of a guy's achievements or material possessions comes up in a conversation, there's nothing wrong with him talking about that in a relaxed, easy-going way.

However, if a guy is talking to a woman and starts boasting or bragging, or talking about what he wants to achieve, or what he has achieved, a woman can tell if the real reason why he's saying it is due to insecurity.

If the woman feels like the guy doesn't think that he's good enough for her and thinks that he needs to put on an act and really impress her to get a chance with her, it usually causes her to start playing hard to get.

Suddenly, she starts to feel like, *"Hang on...maybe I am way better than him. Maybe he doesn't deserve me. Going out with him kind of feels like I'd be doing a favor to him."*

If she starts to feel that way about him, she won't really be able to respect him or feel attracted to him.

8. Displaying tense or nervous body language

For example: Appearing concerned or worried that she could lose interest at any moment, having a tense look on his face or maintaining concerned eye contact.

9. Being unable to pass her simple confidence tests

[image: Being unable to pass her simple confidence tests]

Some women are a lot easier to interact with and pick up than others, but pretty much all women put men through confidence tests.

A woman wants to test a guy's confidence to see if he's emotionally strong or not.

If she tests him by playing hard to get or not contributing much to the conversation and notices that he suddenly starts doubting himself, looking nervous and feeling insecure, her primal instinct of attraction goes off because women are not attracted to emotional weakness in men.

What a lot of guys don't know is that being confident around women and attracting women is very easy to do.

The Confidence Solution You've Been Looking For

[image: The confidence solution you've been looking for]

If you don't know how to be confident around women and you don't know what to say or do to make them feel attracted to you, I recommend that you read my eBook, [The Flow](#), or listen to the audio version, [The Flow on Audio](#).

The Flow is the easiest way to get laid or get a girlfriend. When you read [The Flow](#) or listen to the audio version ([The Flow on Audio](#)), you will instantly become more confident and you will also

know how to maintain that confidence when you interact with women.

When you interact with a woman and you display confidence, she is going to naturally feel attracted to you. She doesn't have to think about it, she doesn't have to analyze it, it just happens automatically.

You will notice that she feels attracted to you and that will boost your confidence even further.

It's a positive confidence building cycle that just gets stronger and stronger every day of your life, until you are so confident that you don't ever have to think about it again.

You are confident all the time around women, no matter how beautiful or challenging they are...and they like it.

You Control the Attraction

[image: Making women feel attracted is easy]

Most guys don't know that they have a lot of direct control over how much or little attraction a woman feels for them.

A lot of guys woke up to women and then hope that something happens magically. *"I hope that she likes me. I hope that there's something between us,"* but the guy doesn't actually know how to create that spark.

He's just hoping that it happens.

What guys don't realize is that you can CREATE the spark.

[image: Attracting and picking up women is easy]

You can actively create a spark of attraction between you and a woman.

One of the easiest ways to do that is to be confident when you're talking to a woman as well as displaying other personality traits that naturally make women feel sexually attracted.

For example: Charisma, charm, humor and social intelligence.

It's very easy to display those traits when you're talking to a woman, to create a spark and then build on that spark.

If you don't know how to do that, I recommend that you read my eBook, [The Flow](#), or listen to the audiobook version, [The Flow on Audio](#).

When you read The Flow or listen to the audio version, you'll learn exactly what to say and do to make women feel naturally attracted to you.

You'll feel so much more confident and you'll know how to maintain and build on that confidence from now on.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

How to Have Your Choice of Women

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

One of the worst things that a guy can ever do to himself and his life is to accept a woman that he's not even attracted to.

So many guys out there accept women that they're not really attracted to, but they get into a relationship because they can't really find anything else.

[image: Accepting a woman that you don't even find attractive]

One of the main reasons why is that most guys simply don't know how to actively attract women during an interaction, so they feel like they don't deserve attractive women.

A guy will go through life thinking that he's just not good-looking enough for pretty women, he's not rich enough, he's not successful enough, he's not tall enough, he doesn't have a big dick, he doesn't have big enough muscles.

[image: Believing that he's not good looking enough to have his choice of women]

Yet, he's wrong.

The truth is women can feel attracted to those things, but guys can also attract women in other ways.

So how do you have your choice with women, so you can find your ideal woman, and you can have exactly what you want with women?

How can you have the type of woman that you find truly attractive? The sort of woman that not only turns you on sexually, but makes you feel amazing as a man, makes you feel great emotionally around her.

[image: Attracting and picking up women is easy]

You and her click and you get along without even having to try.

She supports you, she looks up to you as a man. You are the man that she wants to be with. She doesn't want to be with any other man, she doesn't want to leave you, she wants to be with you.

4 Things to Remember if You Want Your Choice of Women

I'm now going to teach you four things that you must remember if you want to have your choice of women so you can select the ideal woman for you, or so you can have sex with lots of women that you truly find attractive, rather than accepting women that you're not even that attracted to, and you just want to have sex with for a while.

1. No attraction equals no motivation to be with you.

If you've been finding that the majority of attractive women that you're interested in and want to be with aren't interested in you and are not excited to talk to you and get to know you and hopefully hook up with you, it means that your approach to the interaction has not been about making the women feel sexually attracted and turned on by you.

Your approach to women has most-likely been about getting them to like you as a person, rather than

actually making them feel sexually attracted and turned on.

The way that men feel attracted to women and women feel attracted to men is DIFFERENT.

For example: If a woman is physically attractive or even just a bit pretty, most guys will be willing to have sex with her without knowing anything else about her.

Most guys have an instant motivation to have sex with a woman simply based on her appearance.

[image: Insta Attraction]

I call it *Insta-attraction* and it's the reason why a guy will turn his head and look at a woman and instantly be interested and willing to have sex with her.

[image: Yep, I'd tap that]

It's also why if a couple of guys are sitting together they'll look at women and say, *"Yeah, I'd bang that. Oh, girlfriend material. Oh, I'd marry that. Nice. Check out that butt...look at those legs."*

We men feel an instant motivation to have sex with a woman simply based on her appearance because we don't really need anything else from her, apart from her to look good and be healthy.

That's where our instinct of attraction comes from.

The initial attraction that we feel for women is not based on all the other stuff like getting to know her, what she does for a living, what brand of clothes she wears, where she went to University or if she didn't go to university.

All that stuff really does not matter when it comes to the instinct of initial attraction.

[image: When sexual attraction is triggered in a man]

Our initial instinct of attraction is simply based on whether the woman is physically attractive and healthy, and of a breeding age. If she is a fully developed woman and she's healthy and looks attractive, our instinct of attraction will immediately switch on.

The reason why is that the main thing that attraction is driving us to do is plant our seed inside of the woman. We don't actually need anything else from her apart from to get pregnant and be around long enough to ensure that the offspring survive.

Attraction is a primal instinct and is different to our desire for love, relationships and the modern idea of marriage. Attraction is designed to make us want to ejaculate inside of a physically attractive woman who is healthy and has a fully developed body of breeding age.

However, if a man is a fully developed man, is healthy and looks attractive, most women won't be motivated enough to approach him, try to pick him up and hopefully get to have sex with him.

It's just not how it works.

Really good looking guys can get some attention from women, and they often get hit on by unattractive women, and sometimes they get lucky with attractive women.

However, for almost all guys on this planet, what we need to do is start an interaction with a woman and then actively make her feel sexually attracted and turned on as we talk to her.

[image: Interact with her and create a spark]

We have to be saying and doing things that trigger the woman's feelings of sexual attraction.

We can literally CREATE a spark of attraction and MAKE the woman feel attracted to us as we talk to her.

Unlike women, a guy simply can't rely on a woman looking at his legs, or looking at his chest, or looking at his arms and saying, "*Wow, look at that. I want to have sex with him,*" and going over and trying to pick him up.

As you may have noticed, when a guy is walking along the street, women aren't turning their heads to check him out.

Of course, sometimes you will see women do that if they're drunk or if they're hanging around with their girlfriends, and they're just trying to show off to each other or have a bit of a laugh.

[image: Insta Attraction]

Generally speaking though, it's us men who feel the *Insta-attraction*, where we are instantly motivated to want to have sex with a woman if she's physically attractive, healthy looking, and is a fully developed woman of breeding age.

So, if you want to have your choice of women so you can get laid whenever you want, or so you can choose the right woman for you, you must understand that you need to start an interaction with a woman, and actively make her feel sexually attracted and turned on during the interaction.

[image: Normal, everyday guys can attract women by creating a spark during an interaction]

You've got to be saying and doing things that trigger those feelings inside of her, otherwise she will likely see you as yet another guy who wants to bang her, but which she feels no spark of attraction for.

When you actively CREATE a spark of sexual attraction inside of a woman when you talk to her, you will see that most of the women that you interact with feel attracted to you.

You will then realize that most guys on this planet have no clue what you've just done and how it works.

Most guys stand around trying to look good or look cool, or they try to build up their career, make some money in the hope that women will come flocking to them.

We men know that women can feel attracted to guys with money, that's pretty simple.

However, a guy doesn't need to go to all that trouble just to get laid or get a girlfriend.

[image: Normal, average and below average looking guys with pretty women]

[image: Normal, average and below average looking guys with pretty women]

As you would have seen, normal everyday guys who aren't rich can get laid and get a girlfriend without having male model looks or without being super rich and powerful in society.

Most guys don't know this, but the truth is you can CREATE feelings of sexual attraction inside of a woman when you talk to her.

You can really do that.

[image: Enjoy your choice of women]

When you do that, you will see that most women feel attracted to you, and as a result, you will begin to enjoy your choice of women.

2. Most women have fake standards about men.

If you ask a woman what her ideal type of guy is, she'll usually start to list of all sorts of big, fancy

traits.

[image: Most women have fake standards about men]

She'll say things like, *"Oh, he's got to be good looking, tall and rich...and he's got to have a luxury yacht, a luxury car and be able to take me on holidays around the world. He's got to buy me a big ring, have a big dick, have six-pack abs and a perfect body. He's got to wear nice shoes, he's got to wear designer clothes, he's got to have the perfect haircut."*

She'll go on and on and on.

Yet, the reality is all it usually takes is 1 to 2 minutes of actively making a woman feel sexually attracted to you, and she'll start to open up and be interested to see where it goes.

All of a sudden, those high standards that she apparently had about men go right out the window and she forgets all about it because she's feeling sexually attracted and turned on while she talks to you.

Now, some guys might hear that and think, *"Well, what will happen if we start dating and we get into a relationship, and she realizes that she's with a guy who doesn't have all those things that she was listing off on her list of high standards?"*

The thing is most of the standards that women say they have are fake.

In other words, she doesn't really care about all the things she says she wants in a guy and she knows that she is overstating what she would actually be happy with.

The same goes for guys.

A lot of guys have fake standards in women. They say, *"Oh, I only want a blonde,"* and then they get a girlfriend who's a brunette, marry her and stay with her for life.

Other guys will say, *"I only want a nice girl who's intelligent and is conservative,"* but he then goes to a strip club, feels turned on by the stripper and hopes that he can get her to quit her job and be his girlfriend because he feels so attracted to her.

[image: Falling for a stripper]

Another guy might say, *"I only like white women,"* and then he sleeps with a black woman, and realizes that they're beautiful and sexy and amazing.

Another guy might say, *"I only want a woman who's tall, and has a good job, and is good with her money, and likes to go to sports on weekends."* He then meets a girl who is hot, and she doesn't like sports, she spends her money like crazy, and he just feels so attracted to her, and he wants to be with her.

Here's the thing though, when you do have the power to actively make a woman feel sexually attracted and turned on by you during an interaction, you can actually stick to your standards.

You might want to have sex with a hot girl who is a bit difficult and spends all their money on shoes and make up, but you'll only be with her for a while because you want to be with another hot girl who is conservative, and takes care of her money, and is a great girl that you can introduce to your family and friends.

That's the real benefit of having a choice with women.

You don't have to only go with attraction, where you're feeling so overwhelmed by the sexual attraction that you feel for a certain girl so you get into a relationship with her, but know in your gut that she's not the right girl.

Yet, you keep going anyway and try to keep the relationship together.

She then makes all these difficult demands and wants you to buy her a ring that's really expensive and will cost you your whole years salary. You then get married to her and two years later, she cheats on you.

The thing is, you knew that you couldn't trust her all along, but you just went along with it anyway because you were feeling attracted.

You accepted her because you didn't have your choice of women.

You didn't know how to actively attract other women who are just as beautiful as her, so you married her and she eventually cheated on you and then divorced you.

That sucks.

It's not how you should approach your dating and relationship life. You don't need to accept a woman who is not good enough for you, or who you know is untrustworthy.

If you are going to get into a serious relationship, you need to have a woman that you're truly attracted to, but who also has great character, whatever you define as being great character.

For example: Maybe you might say she has to be hot, but she also has to be very intelligent, loyal, caring, down to earth, easy going, things like that.

You then don't ever get into a serious relationship with a woman who doesn't have those qualities. If you suspect that she is untrustworthy or is going to cause you trouble in the long run (e.g. she's reckless, lazy, messed up) then just dump her and get a new woman.

When you have the skill of being able to actively turn a woman on during an interaction, you will see that most of the women that you interact with feel attracted to you, which then allows you to stick to your standards.

You can say, *"This hot girl wants to have sex with me, but so does that hot girl. This girl is a pain in the ass...she's difficult and she's untrustworthy. Yet, this girl is a little bit feisty, but she's loyal and trustworthy, I get along with her easily and I really feel attracted to her."*

Which woman are you going to go choose in that case? Obviously woman #2 if you want a serious relationship.

If you only want sex and a bit of fun for a while, you can have sex with both of them and then dump the untrustworthy woman.

3. Nothing will happen until you start an interaction and make her feel sexually attracted to you.

[image: Hopefully she notices me or approaches me]

Most guys are afraid to approach and interact with women that they find attractive because the guy doesn't actually know how to get the woman to feel attracted to him.

He looks at her and feels instantly attracted, but he knows that if he goes over and talks to her, he doesn't really know what to say or do to make her feel sexually attracted and interested in him.

He might be able to go over and say things like, *"Oh, hi. What's your name? What do you do for a living? Where are you from? Where did you get that dress? Are you having a good night?"* but after that, he doesn't really know what to say.

He might be able to go over and ask her basic questions, but he doesn't really know how to create that spark and as a result, he usually avoids interacting with women altogether.

That there is a huge opportunity for you, because when you are one of the rare guys who are able to actively make a woman feel sexually attracted to you during an interaction, you don't fear approaching women.

You know that if you go over and talk to a woman, you're going to be able to make her feel some, or a lot of sexual attraction for you. So, it's not scary any more.

You know that if you go and talk to her, there's going to be a spark between you and her, and it's going to be highly likely that she's either going to give you her phone number or if you meet her at night, kiss you or have sex with you that night.

[image: Sex on the first night or first date]

If you don't kiss her or have sex with her on the first night or the first day that you meet her, you just get her phone number, call her up, set up a date and the next thing you know, you're having sex with her and then you're deciding whether or not you want to stay with her in a relationship.

You're not just going to accept one random woman and then try to make it work with her even though she's not a match for you.

If she is a match for you, great. Get one woman, settle down, and you don't have to pick up women anymore. You've got your woman.

However, if she's not the right woman for you, all you've got to do is talk to one or a few other women and you're going to be able to pick one of those up as well.

4. The better you get at attracting women during a conversation, the more choice you have with women.

[image: Create a spark and then pick her up]

Have you ever seen a guy walk over and start interacting with one or two women, and sparks start flying immediately?

The women start laughing at what he's saying, they're giggling and enjoying themselves, and they're feeling attracted to him.

Additionally, have you ever seen a guy walk over to some women and no sparks start to fly.

He begins to ask questions like, *"Oh...so, hey, how are you doing? Having a good night? So what do you do for a living? What's your name? What are you drinking there? That's a nice dress. Where did you get the dress from?"* and it's just boring.

There's no sexual spark, there's no excitement, there's nothing to smile or laugh about. It's just plain, polite, guided, boring conversation.

The thing is it's not because the guy isn't good looking enough, or isn't rich enough, or doesn't have a big enough dick, or his muscles aren't big enough.

The problem is that he's not actively making the woman feel sexually attracted and turned on when he talks to her.

The way that it works is that you can either make the women feel sexually attracted by the conversation starter that you use, or you can start to make them feel sexually attracted during the first

10 to 30 seconds by displaying personality traits and behaviors that naturally attract women.

If you don't know what to say or do to get women to feel attracted to you when you start a conversation or when the conversation starts to get going, I recommend that you read my eBook, [The Flow](#), or listen to the brand-new audio version, [The Flow on Audio](#).

When you can actively make a woman feel sexually attracted to you at the start of an interaction, most of the women that you meet will be interested in you.

All you need to do then is guide them through the simple steps of The Flow, and you'll be kissing, having sex, and enjoying relationships with women of your choosing.

Women Are Very Open and Willing to Sex These Days

[image: Getting to sex]

One of the best things about being a man in today's day and age is that women are open and willing to having sex.

They're open to dating, taking you for a test drive, having some sex and seeing where it leads.

Better still, the majority of guys have no idea how to actively attract women when they start an interaction.

Most guys stand around trying to look good. They go and get a new shirt, and a new pair of shoes, and a new pair of jeans and they style their hair nicely and then stand around hoping that women will notice them.

Yes, women may notice them, but unless the guy is a male model, a celebrity, is obviously rich or something like that, women aren't going to come over and approach him because there's nothing to make them feel sexually attracted and turned on.

There's nothing to get their attention and make them feel motivated to want to try to talk to him or to want to try to get to sex and start a relationship.

Making a woman feel that motivation is very simple.

All you've got to do is start an interaction with her, and begin actively making her feel sexually attracted and turned on by you, by displaying personality traits and behaviors that are naturally attractive to women.

It's so damn easy to do, but most guys don't know how to do it because they either don't get taught when they're growing up, they don't have any good role models, or they grow up and they start to believe the media mentality about women.

The media mentality is that women are better than men, women are the prize, women are so amazing we've got to suck up to them to try to get a chance with them.

We've got to buy them lots of gifts, and take them on expensive dates, and wear the best clothes, and be on our very best behavior, and then we maybe get a chance with one of these women.

That is not how it works in the real world.

Most women have fake standards, and are very easy to pick up as long as you can actively make them feel sexually attracted to you.

The majority of women are way easier to pick up than they make themselves out to be, and all it

usually takes is one to two minutes of actively making her feel sexually attracted, and all of the crazy, fake, high standards that she has about men, having to have six-pack abs and a sports car and a private jet suddenly go out the window.

She's feeling turned on. She wants to be with you, and all you've got to do is guide her through The Flow.

Imagine This

The next hot woman that you speak to feels attracted to you, as soon as you begin talking to her because you immediately display personality traits and behaviors that women naturally find attractive and arousing.

As she talks to you during the first 30 seconds, her eyes light up, and she feels a rush of sexual attraction and desire for you.

All you need to do then is connect with her for a little bit, and then begin taking the interaction to the next level, where you either begin touching her, you get her to hug you, you start kissing her, you get her phone number or you add her to social media like Facebook, or you take her home for sex that night.

[image: Dating your choice of women]

If you met her during the day, you might go and have a coffee with her, you might go get something to eat with her or you might just get her number and then call her a couple of days later, and get her to meet up with you for a date that she really wants to go on.

So, if you want to have your choice of women and you're looking for an easy way to get it done, what I recommend you do is read my eBook, [The Flow](#), or listen to the audio version, [The Flow on Audio](#).

You'll learn exactly what to say and do to make women feel attracted to you right away.

When you begin talking to women, they're going to feel attracted to you, they're going to be interested, they're going to open up.

All you need to do is to begin to connect with them, and then guide them through the simple flow process.

Before you know it, you will have your choice of women. It won't be about you looking at women thinking, *"I can't go and talk to her. I don't know what to say. I don't know what to do. I don't know how to make her feel attracted."*

If you happen to meet a girl and she likes you, it's not about giving up and accepting less than you deserve, *"Well, I've got to accept this woman because I can't get anything else. I don't want to be lonely any more. I want a girlfriend. This is all I can get."*

No.

You don't have to accept her if she's not attractive enough for you or if she's not the right girl for you.

You might want to have a bit of fun with her for a while, but you don't have to settle down with her out of desperation.

You know that you can easily attract most of the women that you meet.

It's not possible for a man to attract all the women that he meets, but you can attract most of the women that you meet.

It's actually very simple to attract women during a conversation and when you begin doing it, what you'll find is that most women are way easier to pick up than they make themselves out to be.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

The Easiest Way to Pick Up Women

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Which of the following is the easiest way to pick up women?

1. Start off by developing a connection with her and then try to get somewhere.
2. Be sleazy and go straight for the kill.
3. Get to know her over a long period of time and hope that something develops between you and her.
4. Immediately make her feel sexually attracted and turned on as you begin to talk to her and then develop a connection with her so she feels sexually attracted to you and romantically interested in you.

So, which of those seems like the easiest way to pick up women?

Most guys try 1 and 3, which is why they get rejected.

The majority of guys out there try to use [The Friends First Approach](#), or try to get to know a woman in a friendly way and show her that they're not a threat, they don't want anything sexual and they just want to get to know her and be a friend.

[image: Trying to get laid with a sleazy or drunken approach]

Some guys use the approach of being sleazy and going straight for the kill because they're sick and tired of trying to develop a connection with a woman and be friendly with her and hope to get somewhere over time.

So, they walk up to women and say, *"Hey, can I get your phone number?"* or *"Hey, can I buy you a drink?"* or *"Hey, you got a boyfriend?"* and go straight for the kill.

However, the guys who get laid and get a girlfriend very easily and consistently are the ones who start off an interaction by making a woman feel sexually attracted by what he's saying and doing.

[image: Normal, everyday guys can attract women by creating a spark during an interaction]

He doesn't try to pick her up immediately and he doesn't try to get anywhere immediately, but he starts making her experience sexual feelings for him.

He does that by displaying traits and behaviors that naturally attract women. For example: A guy will be confident, funny, charming, charismatic, unpredictable, masculine and socially intelligent.

Those traits will come across as he talks to her and she'll naturally start to feel attracted to him.

Now, some guys who hear that might think, *"Hang on, how's the woman going to like him unless he's good looking? Isn't it all about looks? Doesn't a guy have to be tall and good looking if a woman's going to feel sexually attracted to him?"*

That's not how it works.

It's true that women can feel attracted to a man if he's handsome and he's tall.

That is true, but it's also true that women can feel attracted to a normal looking guy, an average looking guy, a below average looking guy if he actively makes that woman feel sexually attracted by the personality traits, behaviors and inner qualities that he displays as he talks to her.

[image: Normal, average and below average looking guys with pretty women]

To help you understand how it works, let's have a look at what sexual attraction actually is.

Sexual attraction is a feeling that a woman gets that makes her want to have sex with a man.

Her feelings of sexual attraction can be triggered in many different ways.

Obvious triggers that most guys know about are looks, status, money, big dick and being tall.

Yet, what most guys don't know is that they can make a woman feel sexually attracted by displaying certain personality traits, behaviors and inner qualities during an interaction with her. Traits like confidence, charisma, charm, masculinity, humor, social intelligence and unpredictability.

Most guys try to get laid or get a girlfriend by displaying traits that don't even turn a woman on such as politeness, academic intelligence, niceness and kindness.

Now, that's not to say that women don't care about niceness and kindness and academic intelligence, but those are not the traits that initially make a woman feel sexually attracted to a guy.

Those are traits that a woman will appreciate and even love AFTER she feels sexually attracted to a guy.

[image: Trying to pick up by being a friend to her first]

However, most guys don't know that so a guy will walk over and try to pick a woman up and he'll be friendly and nice to her and he'll try to have an easy-going chat with her, but she won't be showing any interest.

She'll be closed up and she won't contribute much to the conversation and she might even give him looks like that or tell him to leave her alone.

He'll then go back and talk to his friends and say, *"What a bitch. I was going over and talking to her. I was being nice. I was being friendly. What's her problem? What's wrong with women these days? Stuck up bitches. It's like why are they so difficult?"*

[image: I want her. Why doesn't she want me?]

Yet, what he doesn't understand is that a man's attraction for a woman is different to a woman's attraction for a man. A man can feel instantly motivated to want to be with a woman simply based on her physical appearance.

However, the majority of women don't feel motivated enough simply based on a guy's appearance.

It's true that some women can feel motivated enough to want to be with a guy if he's handsome.

However, the majority of women place way more important on how a guy makes her feel as he talks to her.

[image: Why isn't she attracted to me?]

For example:

- Is he turning her on or is he making her feel neutral?
- Is he able to get her laughing and smiling or is he kind of boring and asking her questions like, *"So what do you for a living? What's your name? Where are you from?"*
- Is he able to pass her confidence tests as she plays hard-to-get to test his confidence or does he look awkward and unsure of himself when she starts testing him by playing hard to get?

The Simple Change That Changed My Life

One of the reasons I work so hard here at The Modern Man is that I used to be one of the guys who got rejected and then I turned my life around by simply knowing how to attract women while I talk to them.

[image: Dan Bacon picking up women]

Once I was able to attract women during a conversation, I was able to begin enjoying my choice of women.

[image: Dan Bacon picking up women]

[image: Dan Bacon picking up women]

[image: Dan Bacon picking up women]

I was able to walk up and talk to women and pull them back for sex, get their phone number, have sex on the first date, have sex on the second date, have multiple women in my life at once.

[image: Dan Bacon picking up women]

Then recently, I found this girl and she's my woman now.

Personally, I feel sorry for the majority of guys out there who do not understand this simple thing about women and attraction.

Most guys go through life wasting so much time putting in effort to build up muscle, build up their career, buy better shoes, invest in a car and hopefully impress women.

Here's the thing...

There's nothing wrong with a guy going to the gym if he wants to. There's nothing wrong with a guy being strong and building up his muscles if he likes that. There's nothing wrong with a guy having a nice car or building up his career.

However, a guy doesn't actually need to do that to get laid or get a girlfriend. Some women are picky, yes and they want a tall guy with muscles.

Great, that's fantastic and some women want a guy with an amazing car.

Good for them, but the majority of women including beautiful and pretty women don't even have high standards.

Fact: Most Women Have Fake Standards About Men

What guys don't realize about most women is that their standards are fake and all it usually takes is one to two minutes of conversation where you're making her feel attracted and all her BS fake standards about men go right out the window.

[image: Most women have fake standards about men]

If someone asks a woman what her dream guy is, she might say tall, handsome, rich, big dick, six-pack abs, blah, blah, blah.

However, if a normal average or even below average looking guy walks up to her and makes her feel sexually attracted and turned on during a conversation, she's going to be interested in him and if he's able to charm her as he talks to her and move towards kissing and sex, she's going to be his girlfriend and maybe even his wife.

It's so damn simple, but the majority of guys don't know it.

When you are one of the rare guys who are able to make women feel attracted to you during a conversation, you have so much choice with women.

[image: Normal, everyday guys can attract women by creating a spark during an interaction]

It's so damn easy.

If you want to learn exactly what to say and do to instantly start getting results with women, I recommend that you read my ebook, [The Flow](#), or listen to the audio version, [The Flow on Audio](#).

The Flow is about starting with sexual attraction.

It's about starting out by making her feel sexually attracted to you, by triggering those feelings in her because once you do that, everything else naturally flows on from one step to the next.

There's no need for her to play hard-to-get or play games or say that she only wants to be friends or she doesn't give out her number or she's not looking for a relationship right now.

[image: Making women feel attracted is easy]

She's feeling sexually attracted to you and if you can just connect with her for a little bit, which is super easy, she's going to feel more than motivated to want to give you her phone number or kiss you, have sex with you, go on a date with you and start with a relationship with you.

It's so damn easy.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How to Make a Woman Want You Sexually

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Making a woman want you sexually is a very easy thing to do.

We humans all have primal instincts that trigger automatically without us having to think about it.

For example: With the primal instinct of needing to eat food, if you see high calorie foods your mouth will start to produce extra saliva in preparation to eat the food.

[image: Primal instinctive need to eat high calorie foods]

[image: Primal instinctive need to eat high calorie foods]

You might also start to feel a bit hungry.

That is a primal instinct that triggers automatically when you see high-calorie food.

Another primal instinct is the need to have sex so a man and a woman can create offspring and pass on their genes.

Triggering Her Primal, Instinctive Need to Have Sex

[image: Getting to sex]

So, how does a man actually trigger a woman's primal instinct and her feel sexually attracted to him? How does he trigger that desire in her?

First, you need to understand that a man's attraction for a woman works differently to a woman's attraction for a man.

For a man, we can look at a woman and feel what I call Insta-attraction.

[image: Insta Attraction]

We can easily feel attracted to the woman and be motivated enough to want to talk to her, have sex with her and even get into a relationship with her simply based on her physical appearance.

The reason why is that a man's primal instinct of attraction (which is still present even though we're in a modern civilized society) is about wanting to plant his seed inside of a physically attractive woman who has a fully developed body, of breeding age and is also healthy.

[image: When sexual attraction is triggered in a man]

That's what the attraction is based on.

Even though we might want to get to know the woman and have a great relationship with her and go on dates and go watch a movie together and go on a holiday together, etc., all that stuff is after the fact.

What is driving the attraction is the primal instinct for a man to want to plant his seed so he can then pass his genes on to the next generation.

[image: The primal, instinctive need to blow inside of a physically attractive, healthy woman to plant our seed]

It's an instant attraction based on the woman looking physically attractive, having a fully developed

body, of breeding age and being healthy.

Our initial attraction to women and motivation to want to have sex with them isn't any more complicated than that.

However, a woman's attraction for a man doesn't work the same way.

A woman's primal instinct of attraction is not driven purely based on a guy looking good, being of a breeding age and being healthy.

[image: Using a boring, nice guy approach]

What's more important to a woman is what sort of guy he is.

- Does he get along well with others or does he get picked on or left out?
- Is he a confident man or is he insecure?
- Does he have the potential to succeed in life one day or is he the sort of guy that's going to get looked over for promotions at work?
- Is he an emotionally strong man that she can rely on during challenging times or is he an emotionally weak man that she's gonna have to keep propping up, patting on the back and encouraging along as they go through challenging times in life?

All of these assessments that a woman needs to make about a guy happen during a conversation.

When a guy is talking to a woman, he's either going to be triggering her primal instinct of attraction or he's not.

[image: Woman assessing a man's confidence]

For example: If a guy is talking to a woman and he's self-doubting and insecure and he's a bit hesitant while he talks to her, he's not going to be triggering her primal instinct of sexual attraction. She's going to get the feeling that he's going to be more of a burden than a benefit to her.

He might be a great guy and he might be confident in other areas of his life, but her instincts don't care about that. Her primal instinct of attraction is going to be triggered if she talks to a guy and he has the sort of traits that she finds sexually attractive.

She doesn't have to think about it because it happens automatically for her, just like our attraction is automatic when we see what we need in a woman (i.e. healthy, physically attractive, fully developed body of breeding age).

Women feel the MOST amount of attraction when they INTERACT with a guy and notice that he has certain personality traits and behaviors.

[image: Normal, everyday guys can attract women by creating a spark during an interaction]

For example: Women all over the world are attracted to men who are confident, funny, charming, sexual, charismatic, masculine, unpredictable and socially intelligent.

These are traits that can be displayed during a conversation, which is why men will look at a woman and say, *"Yep, I'd have sex with her. I want to be her,"* but a woman will say, *"Well, who is he? What sort of guy is he? I need to talk to him first."*

Of course, some women will say, *"Oh, he's handsome. I want to have sex with him,"* and the woman will be motivated enough to want to be with him simply based on his appearance. However, those women are the minority.

The majority of women need to be able to talk to a guy and have their primal instinct of attraction triggered based on what's he saying and doing during the interaction.

[image: Interact with her and create a spark]

For example:

- Is he a confident guy or is he an insecure guy?
 - Does he make her laugh and feel good or does he make her feel bored and turned off?
 - Does he feel like an emotionally strong guy that she can look up to or does she feel more powerful than him?
- Does she feel like she's emotionally stronger than him?

You can make a woman want you sexually simply by displaying the right traits.

Using the primal instinct of food and the need to eat food, what you'll notice is that when you look at high-calorie foods, your mouth will start to produce extra saliva in preparation to eat the food and you might even feel a bit hungry.

When it comes to the primal instinctive need for sex, so a man or a woman can procreate and pass on their genes, certain chemicals are released in the brain when traits are displayed that trigger attraction.

For example: If a woman is interacting with a guy who is confident, he's funny, he's charming and charismatic, her brain will start to release the chemical called dopamine which makes her feel sexual desire for the guy.

[image: The basic brain chemical reaction to mutual attraction]

Then as the guy begins to connect with her, her brain also releases another chemical called oxytocin which makes her feel comfortable around him and close to him.

For women, making men feel sexual attraction is as easy as looking good.

[image: Insta Attraction]

If a woman looks physically attractive, is of breeding age with a fully developed body and she's healthy, most guys are going to look at her and say, *"Yep, I'd tap that. I'd bang that. I want to have sex with her. Girlfriend material. Marriage material. I'll buy anything she wants if she'll be my girlfriend. Oh, I definitely want to have sex with her."*

For us men, it's as easy as TALKING to a woman and displaying traits that make women feel sexually attracted.

If you interact with a woman and you display traits that make women feel sexually attracted, she can't turn that off. It's a primal instinct that gets triggered automatically without her control.

[image: Normal, everyday guys can attract women by creating a spark during an interaction]

She doesn't have to think about whether or not she feels attracted to you because it happens automatically for her when you display personality traits and behaviors that naturally attract women.

It's as simple as this...

You're talking to her and displaying traits that make women feel sexually attracted and she then AUTOMATICALLY feels sexually attracted to you.

Her brain starts to release the chemical called dopamine and as you begin to connect with her, it also

releases the chemical called oxytocin which makes her feel closer and connected with you.

So, if you're a guy who's looking to get laid or get a girlfriend, the really cool thing about this fact of attraction is that most guys don't know it.

Most guys out there use what I call *The Friends First Approach*.

[image: Trying to attract women with niceness and kindness]

A guy will talk to a woman and try to get to know her in a friendly way, show her that he's a good guy, he only wants to talk to her, he's not interested in anything sexual.

He's interested in who she is. He thinks she's fascinating, he wants to talk to her and he wants to talk about what she does for a living, "*Oh, really? That's interesting*" and he just wants to have a nice, neutral friendly conversation with her.

Unless the guy is really good looking, super rich and powerful in society or he's a celebrity, the woman is just going to see the guy as just another guy.

She's not going to feel any spark with him because he's just making her feel friendly emotions. He's making her feel neutral.

It's more like a friendship or a brother-sister type of relationship or feeling.

[image: Why can't I get a girlfriend or at least get laid?]

The guys who get laid and get a girlfriend easily don't use the friends first approach.

What they do is start by triggering the woman's feelings of sexual attraction, which is what I call *The Attraction First Approach*.

A guy starts by triggering a woman's feelings of sexual attraction and as the interaction continues, he starts to make her feel turned on.

He then he begins to connect with her and then he either gets her phone number, kisses her, has sex with her, calls her up to take her out for a date and start a relationship with her.

That's the easy way to get laid and get a girlfriend and it's what I teach in my eBook, *The Flow*, which you can also listen to on audio.

If you read [The Flow](#) or listen to the audio version called [The Flow on Audio](#), you will learn exactly what to say and do while you're interacting with a woman to make her feel sexually attracted and turned on by you.

A lot of guys don't know about this though and they go through their life thinking that making a woman feel sexually attracted is so complicated or difficult.

Some guys will spend years in the gym building up their muscle, trying to look more physically attractive to women.

Other guys will spend years or even decades trying to build up their career or business to hopefully one day be appealing to women.

Other guys will get new shoes and new clothes and get a new hairstyle and hope that it's going to be appealing to women.

Yet, all along the guy will get pretty much the same results with women that he always has.

The thing is there's nothing wrong with a guy going to the gym and working out. If a guy likes doing that because it keeps him fit and healthy and he likes to feel strong, then great. He can go and do that.

If a guy wants to build up his career or get into a business and work towards a passion of his, great. Go ahead and do that. If a guy wants to go and buy nice clothes and nice shoes, great. Go ahead and do that.

However, what guys need to understand is that you don't actually need any of that to get laid or get a girlfriend.

Some women do require a guy to have a perfect body or a guy to be rich and famous or a guy to have the perfect fashion sense. Those women do exist. However, they are the minority.

For most women, all it usually takes is one to two minutes of conversation where you're actively making her feel sexually attracted to you and she drops her guard, opens up to you and becomes interested in talking to you and seeing where it goes.

Most guys don't get to experience that though because they walk over to a woman that they feel attracted to because she's physically attractive, but they don't really do anything to make her feel sexually attracted and turned on.

A guy's thinking, *"Well, I've spent all this time in the gym. Shouldn't she be attracted to me because I've got muscles?"* Well, muscles aren't that important to most women. Muscles aren't going to provide for offspring or even guarantee that she's going to be kept safe.

A woman feels much safer with a confident guy who's emotionally strong compared to a guy who has muscles, but is insecure and self-doubting.

Some women are very superficial and are completely focused on looks, but they are the minority.

[image: Normal, average and below average looking guys with pretty women]

[image: Normal, average and below average looking guys with pretty women]

The majority of women are open to being with all different types of guys as long as the guy can make her feel sexually attracted when he interacts with her.

If he's a confident guy and he makes her laugh and she feels charmed by him, then she's gonna feel attracted to him.

However, if he's a nervous guy and self-doubting and he doesn't really know what to say or do to get her attracted and make her feel turned on, then she's not going to be interested in him because there's going to be no spark there.

[image: Attracting women for sex is easy]

To create a spark of attraction, you need to display traits that make women feel sexually attracted and turned on such as confidence, charisma, charm and humor.

If you want to learn the easy way to get laid and get a girlfriend, I recommend that you read my eBook, [The Flow](#), or listen to the audio version, [The Flow on Audio](#). You'll learn exactly what to say and do to make women feel sexually attracted to you and you'll realize how easy it is.

Once you have the ability to attract a woman during a conversation, most of the women that you interact with will feel attracted to you.

Some will feel a little bit attracted, others will feel very attracted and others will feel intense attraction.

When you have the ability to attract women during conversation, you're not afraid to go and talk to them.

You know that you can walk over to a woman and you're going to be able to make her feel attracted so she's going to be interested.

[image: Attracting and picking up women is easy]

The better you get at displaying the traits that naturally attract women, the higher quality of woman that you can have access to.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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5 Pick Up Mistakes That Lead to Rejection

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Have you ever noticed how some guys can pick up women very easily, whereas other guys can't even get past 30 seconds to a minute of conversation with women?

Some guys find it very easy to get laid and get a girlfriend, and when they start talking to a woman, sparks begin to fly immediately.

[image: Why can't I get a girlfriend or at least get laid?]

Whereas, other guys try to talk to women and they're trying to show the woman that they're a good guy, they've got good intentions and they're just trying to have a friendly chat with her, but she's just not interested.

She's not feeling the spark.

The thing is picking up women is actually a very easy thing to do. However, when a guy makes some or all of the following mistakes while talking to a woman, she'll often reject him.

1. Trying to win her over with traits that don't make her feel sexually attracted and turned on.

[image: Trying to attract women with niceness and kindness]

This is one of the most common reasons why guys get rejected by women.

A guy will start talking to a woman and try to win her over by being really nice, friendly, polite.

He'll ask her questions like, *"Hey, so what you do for a living? Where are from? How old are you? Where did you get that dress?"* and he'll ask a girl all these sorts of questions because he's trying to show her that he's a good guy and he's got good intentions.

He just wants to get to know her in a friendly and see where things go.

Yet, the problem with that approach is that it doesn't make the woman feel sexually attracted. He feels attracted to her because of her appearance, but he's not actively doing anything to create a spark of attraction inside of her.

For us men, we can instantly feel sexually attracted to a woman simply based on her appearance and be motivated enough to want to talk to her, kiss her, have sex with her and even start a relationship with her because of it.

A guy can be at a bar or at an event, a party or out in a public place, and can look around at women and say, *"Yep, I'd bang that. I'd tap that. No. Yes. No. Yes."*

Most guys can look at a woman and pretty much instantly decide "Yes" or "No" about whether they'd be interested in having sex with her.

However, for women, it does work differently.

If it didn't work differently, guys wouldn't have to worry about trying to learn how to attract women.

It would be very simple. You'd walk up to a woman, she'd feel attracted to you physically (just like you feel attracted to her physically) and you would then just hook up based on that.

Yet, that's not the way that women work.

It's true that women can feel attracted to a man's physical appearance and refer to him as being handsome or sexy.

However, the majority of women don't make their final decision on whether they want to have sex with a guy simply based on his appearance.

Some women do place a lot of importance on a man's looks, but the majority of women in this world place more importance on who he is as a guy.

When a woman is interacting with a guy she will be assessing who is as a person.

Is he confident or nervous? Is he able to get along with her and others, or is he a bit socially awkward? Is he a masculine guy in the way that he talks and thinks and behaves, or is he a bit neutral, or worse, is he a bit feminine?

Does she feel like he's an emotionally strong guy that she can feel safe with in this world, or does she feel like she'd probably need to protect and take care of him?

Even though most women won't necessarily think about those things consciously, her instincts of attraction are based on the analysis of that while she's interacting with a guy.

The way that he's talking and the way that he's behaving is either going to trigger feelings of sexual attraction inside of her or it's not.

When it comes to pick up, the majority of guys try to win women over with traits that don't even make women feel sexually attracted and turned on (e.g. niceness, politeness).

Women do appreciate it if a guy is a nice guy, has good intentions, is academically intelligent and has a good job. That's all great stuff, but it doesn't matter to a woman unless she feels sexually attracted to the guy.

For women, making men feel attracted is as easy as looking good, and for men, making women feel attracted is as easy as displaying attractive personality traits during an interaction.

For example: Some of the personality traits that women find sexually attractive in a man are confidence, masculinity, charisma, charm, humor, unpredictability and social intelligence.

Yet, what most guys do when they meet a woman and are trying to pick her up is display traits like kindness, politeness, niceness, and academic intelligence.

A guy wants to show that he's a good guy, he's trustworthy, he's reliable.

He's essentially trying to communicate things like: You can count on me. I'm a good guy. I've got good intentions. I don't just want to have sex with you, I want to be your boyfriend. I'll take care of you. I'll treat you nicely.

He's trying to win her over with traits that don't even make a woman feel sexually attracted and turned on.

The thing is, women do appreciate those other nice traits after they feel attracted to a guy. If you want pick-up to be very easy for you, you've got to start out by making women feel sexually attracted to you.

2. Concentrating too much on her reactions rather than on what he needs to do.

[image: Concentrating too much on what she is doing, rather than focussing on what he needs to do to get to kissing and sex]

Another common pick-up mistake that guys make which leads to rejection is where the guy concentrates too much on what the woman is saying and doing, and how she's reacting.

He'll be talking to a woman and she might make a bit of a face to show her disapproval, or she might not contribute much to the conversation or she might play hard to get.

The guy is focusing on that and thinking about it too much. He's thinking, *"Why did she do that? Why did she say that? Why has her body language changed all of a sudden? Am I losing her? Have I stuffed this up? Look how she's turning away from me now. She's drinking her drink, what does that mean?"*

He's thinking way too much about what the woman is doing and it's making him appearance nervous, unsure of himself and not fully present in the moment, which is unattractive to women.

What he needs to do to be successful is focus on what he needs to do.

What does he need to do?

He needs to actively make her feel sexually attracted to him.

Unless a guy is actively making a woman feel sexually attracted during a pick-up, most of the women that he tries to pick up aren't going to be interested.

If he tries to make a move, most of the women that he tries to make a move on are going to reject him.

What guys need to understand is that it's very easy for us to feel attracted to women.

I call it *Insta-attraction*.

You can just see a woman and say yes or no, whether you'd bang her, whether you'd have sex with her, but it's not the same for women.

It's true that some women can look at a guy and say, *"Yes, I want to have sex with him. He's sexy, he's handsome."* However, the majority of women need to interact with you and see if there's a spark there.

The best thing of all for us guys is that we can create the spark.

For example: We can display traits that naturally attract women, such as confidence, emotional masculinity, charisma and charm.

We actually have it a lot easier than women because we don't have to focus so much on how we look. We can walk over and talk to a woman and make her feel attracted and turned on during the interaction.

This is why you'll see guys who you might think average or below average looking with a beautiful woman.

You might wonder how these other guys are able to get a girlfriend when you're not.

You might look at a guy walking along with his girlfriend and think, *"What's she doing with him?"*

You might go to a party and see a guy with a hot girl and think, “What is she doing with him? Why can’t I get a girl like that?”

You might see another guy with a funny-looking nose with a hot girlfriend and think, “Why isn’t she turned off by his nose? How did he get her? I think I’m better looking than him. What’s going on here?”

What’s going on is the fact that guys can make women feel sexually attracted to them while they interact with them.

Guys can actively create a spark with a woman, and the woman will then start to look at the guy’s physical appearance in a more positive light.

She might not like how he looks initially, but once she starts interacting with him and feeling a spark for him, she might think, “I like the fact that he’s bald. He’s kind of cute like that. Look at his belly. I want to rub it. Oh, look at his hairy chest. I want to run my fingers through it. This guy doesn’t work out, doesn’t seem like he has big muscles, but I’m attracted to him. I’m turned on. I want this guy.”

That’s how a woman’s attraction works, and it’s the reason why so many guys all over the world are confused when they see a guy walking along the street or at a party or at a bar, and he is not as good looking as the woman.

He doesn’t seem like he deserves her, but what’s going on is that that guy created a spark with her, and he was able to pick her up.

3. Making her feel like she’s too good for him.

[image: Making her feel like she's too good for him]

A woman may actually have fairly low standards and be willing to hook up with most type of guys, but if a guy walks up to her and starts talking to her and makes her feel like she’s way more valuable than him, she will often get the feeling that she might be trading down if she hooked up with him.

It might feel like an unfair value exchange to her where she’s bringing more attractive value to the table than he is.

That’s a problem that a lot of guys create for themselves when they’re trying to pick up women.

A guy will walk up to a woman and give her the impression that he would be lucky to get a chance with her.

It will come through in his body language and how he’s talking and responding to her. She’ll be able to pick up the fact that he doesn’t feel like he’s good enough for her, and as a result, she will start to question whether or not he is good enough for her.

4. Showing romantic interest before making her feel sexually attracted and turned on.

[image: Rejected when expressing feelings to a woman]

A classic pick-up mistake that leads to rejection is where a guy gets overwhelmed by his feelings of attraction for a woman while he’s talking to her.

A guy will start talking to a woman and be feeling a lot of attraction for her appearance, and if she's being friendly to him, he'll start to feel like he's got a chance with her and that she might be the one for him.

He will begin to feel excited that she might be his new girlfriend, they're going to fall in love and are going to have sex.

However, she's only being friendly with him and he's feeling attracted to her.

From her perspective, he's just yet another friendly guy who'd like to bang her, but she doesn't feel a spark with him.

Feeling excited about the fact that an attractive woman is being nice to him and confusing it to mean that she is attracted, he starts asking her questions like, *"So do you have a boyfriend? Can I take you out sometime? Are you seeing anyone at the moment? Can I get your phone number?"*

She then rejects him because she doesn't even feel attracted to him.

Here's the thing though...

That guy and that woman might have been an ideal couple. They may have been a great match, and if he approached her properly, they may have kissed, had sex, started a relationship, and eventually even gotten married and stayed together for life.

Yet, the problem is that he's attracted to her and she's not attracted to him. He's not doing anything to actively make her feel sexually attracted and turned on.

If a guy is just a normal everyday guy, then he needs to actively make women feel sexually attracted to him during an interaction rather than expecting something magical to happen on it's own.

Many guys waste most of their life hoping for a spark to magically happen between themselves and a beautiful woman, because they don't even know that it's possible to CREATE a spark.

Normal, average, everyday kind of guys (like me) need to CREATE a spark with women, rather than hoping for something to happen on its own.

A guy who is a celebrity, very rich and powerful in society, a male model or a sports star doesn't really need to do a lot to make women feel initially attracted to him because there's already something attractive about him.

However, the majority of guys in this world just need to understand and accept that to get laid and get a girlfriend very easily, they need to actively make a woman feel sexually attracted and turned on during an interaction.

They can't expect a woman to be excited about wanting to get to know them, and have sex with them, and get into a relationship with them simply based on being friendly towards her, and getting along in nice and polite way.

So, the mistake that a lot of guys make is they get overwhelmed by their feelings of attraction for a woman, and if she's being nice and friendly towards them, the guy then thinks, *"Okay, this girl is for me. There's something between us. I'm feeling it. She's being nice to me. I've got to try to close the deal here!!"*

He then asks her, *"Do you have a boyfriend? Can I take you out? What's your number?"* and she's thinking, *"Woah, you've jumped the gun there. I don't even feel anything for you yet."*

She doesn't explain what's going on. She just says something like, *"No, I've already got a boyfriend"* or *"No, sorry...I'm not interested"* or *"No, I don't give out my phone number at bars."*

The final mistake is...

5. Not being prepared.

[image: Unprepared to approach and attract women]

The majority of guys who want to get laid and get a girlfriend make this classic mistake when trying to pick up women.

A guy will have nothing to talk about beyond asking her name, occupation and age. He'll have no idea how to make her feel sexually attracted and turned on.

He will have no idea how to pass her confidence tests so she will then drop her guard, and show him the friendly, easygoing side of herself that she doesn't show to other guys.

Here's the thing...

Pick-up is very easy if you know what you're doing. However, when a guy makes classic pick-up mistakes, it doesn't matter that he's a good guy, or that he has a good job, or that he's dressed well; women are still going to reject him.

The reason why is that the way that women feel attracted to men, and the way that men feel attracted to women is different.

Men can instantly decide, *"Yes, I want to have sex with her. No, I don't want to have sex with her"* simply based on a woman's appearance.

If a man starts talking to a woman that he wants to have sex with because he finds her attractive, he doesn't care what she does for a living. He doesn't care what brand of shoes she's wearing or what dress she's got on.

He wants to have sex with her regardless of the extra details about her. He might feel turned off if he talks to her and she's a bitch towards him, but if she suddenly started being nice and open, he would go back to wanting to have sex with her again.

A man's initial attraction to a woman to a woman is very simple. If she is physically attractive, has a fully developed body of breeding age and is healthy, a man's attraction will automatically switch on.

Yet, it doesn't work that way with women because women are looking for something else from a man other than just looks.

Women want to be able to interact with you and feel sexually attracted and turned on while they talk to you. They want to be able to experience who you are and feel sexually attracted and turned on by that.

No More Rejection

[image: Attracting and picking up women is easy]

If you don't want to get rejected anymore when you pick up women, and you want to experience easy success from now on, I recommend that you read my eBook, [The Flow](#), or listen to the brand new audio book version, [The Flow on Audio](#).

When you either read *The Flow* or listen to *The Flow on Audio*, you'll learn exactly what to say and

do to effortlessly go from one step to the next with a woman.

You'll know what to say to start a conversation, how to get her attracted immediately, how to keep the conversation going and keep it interesting, how to connect with her in an attractive way, how to get her to touch you and hug you, how to kiss her, how to get her to go home and have sex with you, or if you want to have sex on the first date, how to get her to go on a first date with you and have sex with you on the first date.

The way that The Flow works is that everything just flows from one step to the next.

The Flow is the easiest way to get laid or get a girlfriend, so if you've been struggling to get laid or get a girlfriend and have been getting rejected when you've been trying to pick up women, I recommend that you read my eBook, [The Flow](#), or listen to [The Flow on Audio](#).

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Do You Make This Mistake With Women?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The most common mistake that guys make when they're trying to pick up women to get laid or get a girlfriend, is what I call *The Friends First Approach*.

A guy will meet a woman that he finds attractive and rather than making her feel sexually attracted and turned on by him as he starts to interact with her, he'll try to get to know her first and show her that he's just a friendly, non-threatening guy.

[image: Using the friends first approach on a woman]

All he wants to do is talk to her and be friendly.

He wants to show her that he's not after anything sexual and he just wants to get to know her. He finds her interesting.

He might say things like, "*Wow, you work there? Oh, really? That's interesting. Oh, you're studying that? Oh, wow*" so she can show her that he's interested in her and what she's about as a person.

Yet, what he doesn't realize is that the friends first approach that he's using leads to rejection in most cases.

[image: Rejected after using the friends first approach]

Some guys can transition from having a friendship with a woman to eventually getting to have sex with her and getting to have a relationship with her, but you don't need to waste all that time.

[image: Normal, everyday guys can attract women by creating a spark during an interaction]

Sexual attraction and a woman's sexual interest in you can happen immediately.

Some guys might say, "*Well, it's not all about sex. I want to have her as a girlfriend, too. I want to love her. I want to have intimacy and I want to have experiences together.*"

Yes, that's great, but all of those things happen after sexual attraction.

[image: Trying to pick up by being a friend to her first]

If a guy is using a friends first approach with a woman and he's trying to get to know her, he might be talking to her for two weeks, three weeks, two months, three months and they might get along really well.

He might go home at night thinking, "*Ohh, I want this girl to be my girlfriend. I can't wait to get to have sex with her. I love her so much. My feelings for her are so strong. She must be the one.*"

As he's falling asleep at night, he might imagine him and her being in an amazing relationship and remember all the times when she said something nice to him, or that day when she touched his leg.

He hopes that is might mean that she has strong feelings for him too.

Then two days later, another guy comes along and doesn't use the friends first approach. Instead, he uses what I call *The Attraction First Approach*.

He starts out by actively making that woman feel sexually attracted and turned on by him.

Sparks start to fly between them and there's obviously an attraction there.

Then they start to get to know each other and go out on a date, hook up, have sex and get into a

relationship.

[image: Rejected after using the friends first approach]

Meanwhile, the friends first approach guy is looking on thinking, *"What happened there? How could she betray me like that? I thought she really liked me. That time I did all those errands for her and I helped her out with her work," or "I helped her with her studies," or "I helped her paint her house,"* or whatever he helped her do as the *good friend* that he was.

What he doesn't realize is that all along, he was feeling sexually attracted to her, but she wasn't sexually attracted to him.

[image: I am attracted to you. Why don't feel attracted to me too?]

She was emotionally attracted as a friend, but he wasn't doing anything to turn her on.

He wasn't doing anything to trigger feelings of sexual attraction inside of her.

[image: Expecting her to want a relationship because he is a good friend]

He is expecting her to want a relationship because he is a good friend, but that's just not how it works unless she somehow feels attracted to him on her own.

In almost all cases, a man needs to actively CREATE a spark of sexual attraction inside of the woman to make her feel that way about him. If he doesn't do that, most women will just see him as a friend or a random guy that they have no sexual interest in.

The same principle applies to picking up women when you first meet them.

If a guy goes out to pick up women at a bar, for example and walks over and tries to get to know the woman in a friendly way, but doesn't do anything to turn her on or trigger her feelings of sexual attraction, then he's just another guy to her.

[image: Insta Attraction]

For us men, we can look at a woman, and simply based on her physical appearance, we can say yes or no whether we'd have sex with her.

So, we look at a woman and we're like, *"Yep, I'd bang that. I'd tap that. That's sexy, I'd do her. Look at her tits, look at her legs, look at that butt, look at her face, I'd do it."*

Yet, a woman's attraction works in a different way. (If it didn't guys would have to learn how to attract women).

Women can feel attracted to a man's physical appearance, but they don't make instant decisions to have sex simply based on a guy's looks.

Some women do make an instant decision and say, *"Well, that guy is really good looking. I want to have sex with him,"* but the majority of women need to interact with a guy and experience his personality to feel turned on.

This is why you will see guys that you may say are average or below average looking with a beautiful woman.

[image: Normal, average and below average looking guys with pretty women]

[image: Normal, average and below average looking guys with pretty women]

[image: Normal, average and below average looking guys with pretty women]

[image: Nerdy guy with a pretty girlfriend]

You might see guys who are overweight, who have a beautiful woman, or a slim woman that you find attractive.

You might see a guy with big ears with a beautiful woman.

You might see a guy with a funny looking nose with a beautiful woman.

You might see guys who are from a race that other's say can't pick up women from a particular race, yet they have a beautiful woman from that particular race.

You might see guys who don't look very cool and might look a bit nerdy, but they've got a beautiful girlfriend.

To some guys, it doesn't seem like it matches, so he wonders, *"Why is she with him? Why isn't she with a tall, good looking guy? Why has she chosen to be with him?"*

The answer is simple: A guy can make a woman feel sexually attracted and turned on as he talks to her.

It's not just about looks.

Guys who are good looking, rich and super-powerful in society can attract women based on those traits. We all know that.

It is true that women can find looks and money and status in society attractive, but it's also true that normal, everyday guys can start talking to a woman and begin to make her feel sexually attracted and turned on.

Most guys either don't know that, or they think that the best way to try to get a girlfriend or get laid is to use the friends first approach.

[image: Maybe she will like me if I show her how intelligent I am]

"I know what I'll do! I'm going to get to know her. I'm going to show her that I'm a good guy. I'm going to show her that I'm trustworthy. I'm going to show her how intelligent I am. I'm going to talk about my dreams with my career and my ambitions. I'm going to talk about my achievements. Hopefully, I'll impress her and hopefully, over time I'll start to grow on her...and then she'll like me and want to be with me."

Yes, that approach can work in some cases and some guys can eventually transition a friendship into a relationship.

However, in most cases, it usually results in rejection because she just doesn't feel the same way he does.

Alternatively, a friends first guy will waste a lot of time trying to grow on a girl and then one day, another guy will come along and start with sexual attraction by using the attraction first approach.

The new guy will pick her up, they'll have sex and then begin a relationship and the friends first guy will be standing there going, *"What just happened?"*

[image: Why isn't she attracted to me?]

What just happened is that she needs to feel sexual attraction.

...and in most cases, a guy needs to actively CREATE that attraction by interacting with the woman

and displaying attractive personality traits (e.g. confidence, charisma, humor, charm).

So, always remember this: If you want to be successful with women, you need to **start with sexual attraction** and everything else flows on naturally after that.

By the way, if you don't know how to make women feel sexually attracted and turned on by you when you begin interacting with them, I recommend that you read by eBook, [The Flow](#), or listen to the brand new audio version, [The Flow on Audio](#).

You'll learn exactly what to say and do to make women feel sexually attracted to you and want to be with you sexually and romantically.

The Flow is the easiest way to get laid or get a girlfriend.

It's the quick way.

It's about getting it done now rather than trying to grow on a woman over time.

You can walk up and talk to a woman and immediately use The Flow on her.

You can use The Flow on a woman that you've made a bad impression on, or you can use The Flow on a woman that you're friends with.

It doesn't matter where you meet her (e.g. at a bar, nightclub, at work, through friends, while ordering food from her as she serves your table at a cafe or restaurant) or how long you've known her.

All you need to do is guide women through The Flow and you will quickly begin having sex and then begin a relationship (if you want that too).

[image: Attracting and picking up women is easy]

It's very easy to do, so if you're not getting the results that you want with women, [try The Flow today](#) and see for yourself how easy it really is to attract and pick up women for sex and relationships.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

How to Get a Woman to Like You Instantly

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

So, how do you get a woman to like you instantly?

It's very easy for women to get us to like them instantly because our attraction to them is mostly based on their physical appearance.

[image: Check her out. I'd tap that for sure]

As you may have noticed, men turn their head to look at hot women, and instantly feel attracted to them based on their looks.

[image: Most men feel instant motivation to want to have sex with a woman, simply based on how she looks]

I call it *Insta-attraction*.

A man can look at a woman and instantly say, *"Yep, I'd tap that. Yep, I'd have sex with her. Oh, that's girlfriend material, or marriage material. I'd marry that."*

[image: Insta Attraction]

We men instantly feel a lot of attraction for a woman based on her looks.

[image: Insta Attraction]

It doesn't matter what her name is, what she does for a living, what shoes she's wearing.

That stuff doesn't matter.

We look at her physical appearance, and instantly can decide yes or no whether we'd have sex with her.

[image: When sexual attraction is triggered in a man]

If a woman is physically attractive, has a fully developed body, and is of breeding age, almost all men will like her instantly and be willing to have sex with her and possibly even a relationship too.

She doesn't really have to do anything other than be of breeding age, be physically attractive, and have a fully developed body.

Pretty much every guy that sees her will feel sexually attracted to her. He'll instantly feel attracted, and feel motivated to want to have sex with her.

He might say, *"I want to have a relationship with her. I want her to be my girlfriend"* or, *"I would love to marry her and stay with her for life"* simply based on her appearance and nothing else about her.

Why do men feel attracted to women so easily?

What's going on at a fundamental level is the primary purpose of sexual attraction, which for men is to plant their seed into a physically attractive woman, who is healthy and of a breeding age.

If a relationship or marriage happens after the sex, then that's great, but that is not the primary purpose of sexual attraction.

The primary purpose of sexual attraction is to get the man to be attracted to the woman, so he then plants his seed and does his part in creating offspring.

Here's an example...

Here are four women lying on the beach in their bikinis.

[image: 4 women in bikinis that you like instantly]

Pretty much every guy on the planet would have sex with all four of these women without even knowing anything else about them other than that they have a fully developed body, they are of breeding age, and they're physically attractive.

[image: 4 women in bikinis that you like instantly]

These four women don't have to do anything other than look the way that they look, and guys will instantly be interested in them.

Pretty much every guy all over the world would be interested in having sex with these women.

All they've got to do is look like that, and guys will instantly feel sexually attracted.

[image: 4 women in bikinis that you like instantly]

Why? Even if a man is a good man and he's thinking of having a relationship with a woman, the sexual attraction that he feels for her is based on planting his seed in her.

[image: The traditional consequences of sex for men vs. women]

Anything else that happens after the sex like a relationship, or a marriage, or happy family is secondary. The primary purpose of sexual attraction is to get him to plant his seed. That's it.

Men are happy to stick it in, blow and whatever happens after that doesn't really matter so much. Due to this, the traditional consequences of sex for men versus women have always been different.

In the past, a man could have sex with a woman and then just leave her without having to worry about paying child support or having to go to court and things like that.

He could go off and plant his seed in other women.

Yet, for women, there's a completely different consequence of sex.

She has to carry the baby for nine months, give birth to the baby, then feed the baby, and then she's going to hope that the man that she has chosen is going to be able to stick around, and support her, and protect her, and make her have a happy life, and love her for life, rather than ending up as a single mother who now has to raise the children on her own.

Raising the children on her own may not seem like a big deal to men, but there's something else that happens to a woman as a result of getting pregnant.

Here are a couple of examples of how a woman's body might look after getting pregnant.

[image: Stretch marks after giving birth]

So she may not be as attractive to men as she was before.

She may have stretch marks, sagging breasts, and her body may not look as good as it used to.

Now, just because there's a risk of pregnancy, it doesn't mean that women don't have sex these days.

In fact, these days, getting to sex is easier than ever.

A study in the UK found that the average amount of men that a woman had sex with before marriage has almost doubled in the last 10 years from an average of 3.7 men to now 7.7 men.

Likewise, an American study found that 55% of couples had sex on the first date, so it's not as if

women need to wait a long time before taking the risk to have sex.

A European study found that 70% of women admitted to having experienced a one night stand before, which highlights the fact that if the sexual attraction is strong enough, it will lead to instant sex regardless of the potential long-term consequences.

If you want women to like you instantly, you simply need to trigger their feelings of sexual attraction, and then guide them towards kissing and sex.

If you are displaying personality traits and behaviors that naturally attract women (e.g. confidence, charisma, charm, humor, emotional masculinity), then women are going to feel attracted to you.

That is how it works.

It's not possible for a guy to pick up and attract every woman in the world, but it is possible for a guy to attract a high percentage of the women that he interacts with.

Hoping to Be Noticed

This is where a lot of guys go wrong when it comes to making women like them instantly.

A lot of guys don't understand that most women don't make a decision on who they're going to have sex with simply based on a man's physical appearance.

Some women will have sex with a guy simply based on him being good looking, but the majority of women need to interact with the guy first to find out what type of guy he is.

So, when guys are sitting around thinking, *"Why don't women like me? I like them instantly, and I want to have sex with them, but they're not interested in me,"* they are simply wasting their time.

The reason why women aren't approaching him and trying to pick him up is that most women need to interact with a guy and feel attracted to his personality.

She needs to find out what sort of guy he is.

- Is he a confident guy that can make her feel safe in this world, or is he a nervous guy?
- Does he make her laugh and feel happy, or does he make her feel bored?
- Do people like him or do a lot of people not like him?
- Who is she potentially going to get impregnated by? Will he turn out to be more of a burden than a benefit to her?

The majority of guys just don't understand the different way that men and women feel attracted to each other.

These three guys in the background would happily have sex with her, but she's not going to let all three of these guys blow in her.

[image: Can one of us be with you? Please?]

"Can one of us be with you? Please?"

They'd all happily stick it in her and possibly even get into a relationship with her and marry her, simply because she looks like that.

Yet, she needs to be able to interact with each guy and see if there is a spark there based on how he makes her feel. Is he confident or nervous? Does she feel turned on by his conversation style or does

she feel bored and awkward?

She's going to find the right guy for her because even though we have the contraceptive pill and the condom these days, a woman's sexual attraction instinct is based on finding the right mate for her. For example, if the guy on the right is nervous and insecure, the guys on the left are going to be more attractive than him.

If the guy in the middle can't keep a conversation going and keep it interesting because he's nervous around her and he doubts himself, the guy on the left guy is going to be more attractive.

However, if she liked him, then the rejected guys will usually think, "*Oh, she must think that he's good-looking*" and conclude that they need to improve their physical appearance.

Yet, the truth is that most women make their decision on who they're going to have sex with based on the guy's personality, behavior, and inner qualities.

Is he a confident guy or a nervous guy? Does he make her laugh and smile and feel good, or does he make her feel bored and awkward? Would she feel safe and protected with him in this world, or would she actually need to take care of him because he's a bit of a wuss, and a bit insecure, and doesn't feel confident in social situations?

That is what really matters to most women because of the potential consequences of having sex with a guy (i.e. getting pregnant, having to be in a relationship with him).

Women like this don't really need to do much other than look the way that they look.

A guy will already be interested in her and be willing to have sex with her simply based on how she looks.

She is a physically attractive woman with a fully developed body of breeding age, and as a result, a man's attraction for her is automatically triggered.

Just by looking at her, he feels motivated to want to talk to her and guide her towards sex.

If anything else happens after sex, like a relationship or potentially a marriage, that is a bonus.

However, what is driving the guy to want to talk to the woman is his natural instinct to want to plant his seed inside of an attractive woman who is healthy and has a fully developed body of breeding age. Have a look at these four women frolicking along the beach here.

[image: Women in bikinis frolicking along the beach]

Most guys would have sex with all of those women or most of those women and if we turned three of those women around and had a look at their butt, pretty much every guy would stick it in each of those women happily.

[image: Thigh gap bikini]

It doesn't matter if she doesn't want a relationship afterwards. It doesn't matter what she does for a living. It doesn't matter how good she is at keeping a conversation going.

A guy just wants to stick it in there.

Even if a guy wants to have a relationship with her afterwards or wants to get married to her, the attraction that he's feeling is based on planting his seed inside of one of those holes.

If you have a look at these women here, you don't know anything about them, but you'd mostly have sex with that one on the left there, maybe the blonde one in the middle, and maybe even the one on the right even though you can't fully see her.

[image: More women that you like instantly]

How about these four women?

[image: More women that you like instantly]

Again, most guys will stick it in each of those.

It doesn't matter if she doesn't want a relationship afterwards, doesn't matter if she's good at keeping conversations going, doesn't matter what she does for a living.

She is a physically attractive woman with a fully developed body of breeding age, so a man's attraction is triggered instantly.

Guys can feel that Insta-attraction for women because we don't need her to take care of us, and make us feel protected and safe in this world.

We essentially don't need her to do anything other than take our sperm and produce some children. Everything else in addition to that, such as dating, hanging out and laughing and having a good time is all bonus stuff. It's the cherry on top.

However, what's going on at a fundamental level when a guy feels that Insta-attraction for a woman is, *"Oh, I'd like to plant my seed in that"* because that's what it's really all about.

He might say to his friend, *"Oooh, I'd like to have sex with her. I'd bang her. I'd tap that,"* but what's really going on is he instantly feels attracted to her based on her physical appearance, her being physically attractive, having a fully developed body, and being of breeding age and his body says, "Plant your seed in that."

He might then say, "I want to have a relationship with her too. I might even want to get married to her. I'd love to take her on holidays."

Great.

All that stuff is fantastic.

However, the attraction that he's feeling instantly, and the motivation that he has to want to be with her is simply based on how she looks. She doesn't have to do anything else, but look like that.

This is the main difference between how men and women feel attracted to each other.

[image: Men checking out a woman's butt]

Men can stand around dressed up in suits, and they can have a great job, but unless they actually go over and interact with a woman, and make her feel attracted and turned on during a conversation, she's most likely not going to do anything about it.

In most cases, a woman is not going to come over to him and say, *"I like you. I want to have sex with you,"* and try to hit on him, pick him up and take him home.

Some women do that if the guy is very good looking, or he's rich, or he's famous or whatever, but the majority of women do not do that, because they don't want to mistakenly approach a guy who's only confident because she approached him.

[image: Can one of us bang you?]

This happens all over the world where guys feel Insta-attraction for women, and they wonder, *"Why don't women like me the way that I like them? I like her instantly. How can I get her to like me instantly? I've got to try to wear a better shirt or something. Maybe I should go to the gym. Maybe I*

should get a better job, then she's going to like me."

No.

The secret is to actually interact with the woman and make her feel attracted and turned on during a conversation.

Guys can sit around and look at women walking past and feel Insta-attraction for them, but nothing is going to happen unless one of these guys talks to her, makes her feel attracted, and then guides her towards sex.

She's not going to turn around and say, *"Ohh, hello, you two handsome men. Can either of you bang me? Are either of you single? Can I take you out sometime?"*

She's just going to walk along and wait for a confident guy to interact with her, make her feel attracted, and then guide her towards sex.

If the guy triggers her feelings of attraction when he interacts with her by being confident, funny, charming and charismatic, then she's going to have sex with him on the first night that she meets him or on the first date, second date or third date.

She's then going to hope that one day she doesn't end up as a single mother or in a relationship with an guy who has becoming increasingly insecure, needy, controlling and jealous over time.

However, regardless of the possible negative consequences of having sex with a new man, a woman can't stop herself from feeling attracted when a guy interacts with her and displays traits that make her feel sexually attracted.

Guys can make women feel instantly attracted to them if they interact with women and display trait such as confidence, charisma, charm, humor, emotional masculinity, social intelligence and so on.

All a guy has to do is to interact with a woman, and let her experience his attractive personality traits, behaviors, and inner qualities.

If a guy does that, a woman will feel attracted to him instantly.

The reason why a lot of guys fail when they try to get a woman to like them instantly is that they present traits that don't make the woman feel sexually attracted and turned on.

For the guy, he's able to look at a woman and say, *"Yep, I like her. I like the way she looks. I'm interested. Let's see what we can do with this."*

However, for the woman, she needs to be able to feel sexually attracted and turned on by the guy based on how he talks to her, and reacts to her, how he responds to her.

When she tests his confidence by playing hard-to-get, how does he react? Does he become nervous and doubt himself, or does he remain confident?

Is he an emotionally strong man that she could rely on if she hooked up with him, or is he a nervous, insecure guy that she would need to take care of?

Here's an example to put it in perspective for you.

Have a look at these two male identical twins.

[image: Which twin is more attractive to women?]

Which one of these twins is going to turn women on more?

Twin number one is friendly, but a little bit shy. He doubts that the woman will like him, and holds back on using humor and being his real self around her because he's afraid of being judged or

rejected by her.

In other words, he puts on an act of being someone that he's not, and hopes to be chosen for being a nice guy.

On the other hand, twin number two is confident, charismatic, charming, and funny. He expresses himself in a confident masculine way during conversation, and lets his real unfiltered personality come through.

Both of them essentially look the same, but they have different personality traits and behaviors. One is a little bit shy and insecure, and the other guy is confident and charismatic because he lets his real personality come through. Which of the identical twins is going to be more sexually attractive to women? Obviously, it's twin number two.

[image: Which twin is more attractive to women?]

Twin number two will be more sexually attractive because women are attracted to the emotional strengths of men such as confidence and high self-esteem, and turned off by emotional weaknesses such as shyness, insecurity, and self-doubt.

So, why are women sexually attracted and turned on by a guy's emotional strength while they interact with him?

The way that a woman's attraction works is that she instinctively tries to find a guy who is emotionally strong and can handle the challenges of life, rather than hooking up with a guy who she will need to protect and take care of.

She wants a man that she can rely on rather than having to be the emotionally strong one, and take care of her guy the way that a mother would take care of her son or that a big sister would take care of her little brother.

Even though women can feel attracted to a man's looks, the majority of women make their decision on who they're going to have sex with based on how the guy makes her feel during an interaction.

As you may have noticed, a woman might be talking to a guy and getting along well with him, but as he begins to display some insecurity during the conversation, she loses interest and then becomes interested in another guy.

[image: Rejected due to a lack of confidence]

The other guy doesn't even have to be the most confident guy in the world, but he is making her feel attracted by being more confident than the guy she was speaking to.

He can then also make her feel more attracted to him by making her laugh, being charming, being charismatic and so on.

This is a fact about attraction that most guys simply don't understand or accept.

Most guys go through life thinking that women feel attracted to men in the same way that men feel attracted to women.

In other words, we feel attracted to women instantly and when women don't like us back instantly, we assume that it must be because we're not good looking enough, but that isn't how it works.

To make a woman like you instantly, you need to interact with her and display traits that make women feel sexually attracted and turned on (e.g. confidence, charisma, humor, emotional masculinity).

That's not to say that a guy can pick every woman in the world if he simply displays attractive traits during a conversation.

What it means is that a guy can attract most, many, or at least a high percentage of the women that he meets, including beautiful women, by displaying personality traits, behaviors, and inner qualities that naturally attract women (e.g. confidence, being funny, being emotionally masculine, having social intelligence, being charming and charismatic).

Planting Our Seed is the Real Purpose of Sexual Attraction

Even if a guy doesn't want to impregnate a woman or have a family or anything like that, his attraction is still based on a simple question, *"Would I plant my seed in that? Do I want to plant my seed in her? Is she good enough to have my seed?"* It's basically a yes or no answer.

"Is she healthy looking? Is she going to be able to carry a child, and give birth to that child, and then be around long enough to take care of that child?"

All of that analysis is done by our body and our instincts instantly, even if a guy doesn't want to have babies or start a family.

Basically, our attraction is based on the simple question of, *"Would I plant my seed in that?"*

However, for women, it's based on a different question.

When she's presented with a guy, she has to ask the question, *"Would I let him plant his seed in me?"*

She needs to interact with him and find out what sort of guy he is.

- Is he going to be the sort of guy that she can rely on?
- Is she going to feel safe with him?
- Is he an emotionally strong man who can get along with other people, or is he an emotionally weak man who is going to need her to keep pushing him along and encouraging him, and basically taking on the role of a mother with her son or a big sister with her little brother?
- Is he a man that she can look up to and rely on, or is he the sort of guy that she's going to have to take care of?

The majority of guys use the wrong approach when they try to get a woman to like them instantly.

A guy will start interacting with a woman and will try to show her that he's a nice guy, a good guy and that he's got good intentions.

He'll try to show a woman that he's intelligent and he just wants to do the right thing with her. He will treat her right, respect her and be completely honest and sincere with her.

He's essentially trying to communicate to her, "Hey, look – I'm a good guy, I'm friendly. You can rely on me. You can trust me. I like you. Let's try to get something happening here," but what is missing is the most important step of all, which is to make the woman feel sexually attracted and turned on by him, which is not based on him only being nice to her.

Being a nice, good guy is great, but women only care about that if you first make them feel sexually attracted and turned on. If she doesn't feel a sexual spark with you, she doesn't care that you're nice.

If you want to get laid or get a girlfriend, you've got to make sure that she feels sexual attracted to

you, so her instincts are saying, “*Yes, this is a guy that you can breed with.*”

Even if she doesn’t want to have babies, or start a family or anything like that, her attraction is based on her instincts saying, “*Yes, this is a good potential mate.*”

What a lot of guys don’t understand is that women really do appreciate it if a guy is nice, has good intentions and is intelligent. However, those things don’t matter to a woman prior to her feeling that instinctive sexual attraction for him.

When nice guys don’t understand that simple fact, they assume that women must want bad boys who treat them badly.

Yet, that is just not true.

You do not need to be a bad boy to attract women.

If you want to make a woman like you instantly, you simply need to display personality traits that actually *attract* women, rather than trying to be *liked* for being nice.

For example: Women from all over the world are sexually attracted to guys who are confident, masculine, funny, unpredictable, charming, sexual, charismatic, and socially intelligent.

So, if you want to get a woman to like you instantly, you just need to display some or all of those traits during a conversation.

If you don’t know what to say or do to display those traits when you’re interacting with women, I recommend that you read my eBook, [The Flow](#), or listen to the brand new audio book version, [The Flow on Audio](#).

The Flow is the easiest way to get laid or get a girlfriend, and the best thing of all is that most guys do not know about this.

Most guys think that they either have to be really nice to a woman, be very polite, try to show her that they’ve got good intentions and THEN they might be able to get a chance with her.

Alternatively, other guys assume that they have to be really good looking, really rich and famous, have a perfect body, have a huge dick, drive a sports car, have a luxury yacht and THEN maybe women will like them.

No.

It’s much more simple than that.

All you have to do to get a woman to like you instantly is start an interaction with her and display traits that make her feel sexual attraction.

The best way to do that is **not** to stand around or sit around hoping that women notice you because of your unique look, or hoping that you’re wearing the right shirt or have finally got the right haircut now.

[image: Why don't women like me instantly?]

The best way to get a woman to like you instantly and then want to be your girlfriend or at least have sex with you is to talk to her and make her feel attracted during the conversation.

You can do that by displaying traits that naturally make women feel attracted and turned on by a guy. You can actually do that.

The amount of attraction that a woman feels for you is pretty much within your control.

A guy can’t pick up every woman in the world by making women feel attracted to his personality

behavior and inner qualities.

However, he can pick up most, many, or at least a high percentage of the women that he meets, if he's able to actively make women feel attracted to him by displaying traits that make women feel attracted and turned on.

The better a guy is at displaying confidence and getting women laughing, and being charismatic and charming, the higher quality of woman that he's going to be able to attract and keep.

If you want to make women like you instantly, you must focus on making them feel attracted while you talk to them.

You've got to display traits that make women feel attracted and turned on.

As soon as you start doing that with one or two or three women, you'll realize that most women are way easier to attract and pick up than they make themselves out to be.

A lot of women act like they're really hard to get and that no guy could ever have sex with her.

Women act like a guy will have to jump through all sorts of hoops before he gets a chance with her.

However, all it usually takes is a spark of attraction and then the guy simply needs to build on that attraction and guide the woman towards kissing, sex and into a relationship.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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Do Men Want Sex More Than Women?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

On the surface, it seems like men want sex way more than women do.

Most women go through life in off mode and don't really chase sex like men do.

[image: Do men want sex more than women?]

The way that it works is that women need to be **activated** or **switched on** when you interact with them.

On the other hand, we men can be immediately activated and switched on simply based on a woman's physical appearance.

[image: Yep, I'd tap that]

We can see a woman walking along and say, *"Yep, I'd tap that. Oh, look at that butt. Look at those legs. I'd definitely have sex with her."*

Some guys may even say *"marriage material"* or *"girlfriend material"* without knowing anything about her other than how she looks.

[image: Check her out. I'd tap that for sure]

We men can be instantly activated because what we're looking for from a woman is a place to plant our seed.

We need a physically attractive woman with a fully developed body, who's of breeding age, and we need her to be healthy.

[image: Insta Attraction]

When we see that, our attraction triggers.

It may sound superficial, but attraction is a primal instinct.

We instantly feel attracted when we see those features in a woman.

However, a woman doesn't react to men in the same way.

[image: Normal, everyday guys can attract women by creating a spark during an interaction]

It's only when a guy interacts with a woman and displays personality traits, behaviors, and inner qualities that attract her that she then opens up and is interested.

[image: Men on the lookout for a place to plant their seed]

As a woman walks through life, most guys are just guys to her.

Nothing about them makes her feel turned on enough to want to approach the guy and have sex with him.

Some women can feel that motivation when they see a very handsome guy and say, *"Wow, I've got to go and talk to him."* However, those women are the minority.

The majority of women do not feel enough motivation simply based on the man's physical appearance.

[image: Most men feel instant motivation to want to have sex with a woman, simply based on how

she looks]

Most men go through life in on mode and will turn their head to look at a woman's butt or just walk through life checking out women left, right and center.

On the surface, it may seem like men are way more interested in sex than women are.

However, that is not the case at all.

[image: The desire for sex is equal, but the path to sex is different]

The desire for sex is equal, but the path to sex is different for men and women.

Most men feel ready and willing to have sex with a woman immediately, whereas women need to interact with a guy to find out what kind of guy he is first.

So, don't ever think that women don't want sex as much as you do.

[image: Women want sex just as much as men]

The reason why there is so many humans on the planet is that men want women and women want men.

Men and women have been breeding for a long time and have created all these humans on the planet.

Women are having just as much sex as men.

What guys need to understand is that **most women are passive when it comes to dating.**

[image: Most women are passive when it comes to dating]

Most women are happy to stay back, wait and hope that they get approached by a confident guy who's going to create a spark of attraction and then guide her from a conversation to kissing, sex and enter a relationship.

Most women aren't active.

Most women don't go out actively approaching men and trying to get laid or get a boyfriend.

One of the fundamental reasons why is that the main attraction motivation for women is not a guy's physical appearance.

It's true that women can appreciate a guy's physical appearance and they can even feel attracted to a handsome man.

However, for the majority of women, that is not the most important thing to them.

[image: Normal, everyday guys can attract women by creating a spark during an interaction]

The majority of women place way more importance on how a guy makes her feel attracted as he interacts with her.

Some guys know how to make women feel that way and some guys don't.

You might have noticed that some guys are able to walk over to a woman and immediately create a spark of attraction with her.

The guy starts flirting with her and the woman is laughing and she then starts touching him or is open to hugging and kissing.

[image: Normal, everyday guys can attract women by creating a spark during an interaction]

They might then exchange phone numbers or have sex that night or have sex on the first or second date and then begin a relationship.

On the other hand, you might have also noticed that other guys walk over to women and don't create a spark at all.

[image: Using a boring, nice guy approach]

They start talking to her and just being neutral and friendly and having a polite conversation and there's no spark there.

The guy feels attracted to her because he's experiencing what I call Insta Attraction.

It's that instant motivation that we feel attracted enough to a woman to want to talk to her, get her phone number, kiss her, have sex with her and maybe even start a relationship simply based on her looking physically attractive.

If a guy is able to create a spark with women that he meets, he's going to have higher standards than a guy who doesn't know how to create a spark.

[image: Create a spark of attraction, connect and then escalate to sex]

For a guy who knows how to interact with women and create feelings of sexual attraction, he's usually going to be a lot more picky.

He's not going to just accept a woman because she looks good.

She's also going to need to be nice and friendly and maybe he might also say intelligent and interesting and funny and whatever other standard he might want to put in place.

However, the majority of guys in this world are absolutely motivated and will go all the way to having sex with a woman simply based on her appearance.

They don't care what she does for a living. They don't care if she likes a certain sport or has a certain hobby.

That stuff simply doesn't matter to the majority of guys.

The majority of guys will happily put up with whatever type of conversation she wants to talk about as long as he gets to stick it in at the end of the night, on the first date or on the second date.

As a result, it may look like men want sex more than women, but what's really going on is that most men don't know how to make women feel sexually attracted when they talk to them.

You see, for women, it's as easy as looking good and most guys are going to want to have sex with her.

[image: Attracting women for sex is easy]

Whereas, for men, it's as easy as displaying the type of personality traits, behaviors and inner qualities that naturally attract women and the woman will be attracted and interested.

For example: Women all over the world are attracted to men who are confident, masculine, funny, charming, charismatic and socially intelligent.

Those traits naturally attract women, but most guys don't actively try to display that when they interact with a woman.

[image: Trying to attract women with niceness and kindness]

The majority of guys interact with a woman and they display traits like niceness, politeness, academic intelligence and friendliness.

A guy tries to show a woman that he's a good guy and he's friendly and he's nice and he

doesn't want anything sexual. He just wants to talk to her and get to know her.

He feels attracted to her, but he's not making her feel attracted to him.

He's making her feel neutral or friendly around him. Therefore, there's no sexual spark and there's no motivation for her to want to give him her phone number, kiss him, have sex with him, go on a date with him or start a relationship with him.

Some guys interact with women and try to get laid or get a girlfriend, but don't get much of a response from women.

[image: Trying to get laid with a sleazy or drunken approach]

A guy will start talking to a woman and she might be a bit closed up, might not contribute a lot to the conversation and might even tell him to go away.

He might then walk away thinking, *What's wrong with women? Do women actually want to have sex? Do they want to have a boyfriend? Am I not good-looking enough? Am I not rich enough? Am I not tall enough? What do I have to do to get these girls interested?*

[image: I want her. Why doesn't she want me?]

However, when the guy talks to the woman, he's not actually doing anything to create a spark of sexual attraction.

He's just hoping and expecting that the woman is going to feel a spark with him magically, that there's going to be something between them without him having to do anything.

Sometimes that can happen, but it's very rare.

Sometimes it can happen for a very handsome man if a woman is really interested in looks. However, with most women what a guy needs to do is actively create the spark based on how he's talking to her, how he behaves and the overall vibe that he creates in the interaction.

[image: 1 to 2 minutes of actively making her feel attracted and you're in]

With most women, all it usually takes is 1 to 2 minutes of actively making her feel a sexual spark and her guard will completely come down, she'll open up to you and she'll be interested in seeing where it goes.

Even though women don't admit it, most women have experienced a one-night stand before and most women usually have sex on the first date or the second date.

For example: There was a study in America which found that 55% of couples had sex on the first date.

[image: Getting to sex]

Another study in Europe found that 70% of women had experienced a one-night stand.

A study in the U.K. found that the average amount of men that a woman had sex with before marriage has almost doubled in the last 10 years from an average of 3.7 men to now 7.7 men.

In other words, sex happens a lot these days and it happens very quickly even if women don't go around acting like they want sex or talking about sex or actively chasing sex.

Sex does happen, but it requires a guy to actively create a spark with a woman. When you can actively create a sexual spark with a woman, she is going to be interested in you in a sexual way.

All you've got to do then is guide her through what I call The Flow.

The Flow is the easiest way to get laid and get a girlfriend. If you don't know what to say or do to make women feel sexually attracted to you and romantically interested in you, I recommend that you read my eBook, [The Flow](#), or listen to the audio version, [The Flow on Audio](#).

A lot of guys go through life thinking that women don't want sex and that it's going to be really difficult to get a woman to have sex.

However, it's actually very easy. These days, sex happens on the first night, first date or second date for most couples.

[image: Attracting and picking up women is easy]

All you've got to do is actively create a spark with a woman and then guide her towards sex or towards a relationship as well if that's what you and her want.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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Beating Women at Their Own Game

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Most women have got their dating game sorted out.

They've got their makeup tricks where a woman can go from looking like a 5 out of 10 to a 7 out of 10, an 8 out of 10 or even a 9 out of 10, by putting on some makeup.

Women can show a little bit of cleavage and guys heads are going to start turning.

[image: Instant attraction for her tits]

We're going to look and say, "*Oh, look at those tits.*" They're going to get our attention.

For a woman, it's as easy as looking good and most guys are going to want to have sex with her.

[image: Look good and most guys will want to bang her]

For us men, it's as easy as making women feel attracted when we're interacting with them and most women will be sexually interested.

We men can actively make a woman feel sexually attracted and turned on by what we're saying and doing during an interaction.

[image: Normal, everyday guys can attract women by creating a spark during an interaction]

When a guy is able to do that, he will then begin to enjoy his choice of women because most of the women that he talks to are going to feel attracted and interested in him.

[image: Normal, everyday guys can attract women by creating a spark during an interaction]

It's not possible for one man to attract all the women in the world and be able to pick up any woman that he sees, but for a guy who knows how to make women feel sexually attracted and turned on during a conversation, he can attract most of the women that he interacts with.

So, when it comes to the dating game, women know what they need to do.

It's pretty simple.

Look good and act friendly and most guys are going to be interested in having sex with her and seeing where it goes.

However, how does a man beat a woman at a game that she's so good at? How can a normal everyday guy be in the position of power where he is able to have his choice of women?

How can a normal, everyday guy have most of the women that he meets feel sexually attracted to him and interested in being with him?

It's very easy to beat women at their own game, but the three main mistakes that prevent men from doing it are:

1. A lack of preparation.
2. Building desperation.
3. Hope based on fiction.

So let's begin with number one...

1. A lack of preparation.

When a woman is walking around with makeup on and has made herself look physically attractive, she's prepared for success.

[image: Women prepared for attraction success due to make up]

She's making herself look attractive to the opposite sex by focussing on what will make men want to have sex with her; her looks.

However, if a guy feels attracted to her, walks up and talks to her in a friendly way and tries to have a polite conversation, she's not going to feel the same way that he does.

Women do appreciate it if a guy is friendly and polite, but that isn't what makes her have sexual feelings for him. He's got to display personality traits that women actually find sexually attractive (e.g. confidence, charisma, emotional masculinity, the ability to get her laughing, charm).

Unless a guy is a celebrity, a male model or is super rich and powerful in society, he will usually need to actively CREATE a spark of attraction inside of the woman to make her feel motivated to want to be with him.

A guy simply can't just be nice and expect a woman to say, *"Wow, you're nice...like every other guy! You want to bang me just like every other guy, but hey – I'll let you have a go."*

He's got to actively make her feel a spark of sexual attraction as he talks to her, rather than just trying to show her that he's a nice, friendly, trustworthy guy.

Additionally, in most cases, a woman isn't going to simply want a guy because he looks good or is wearing nice clothes.

A woman may notice those things about him, but it will rarely make her feel motivated enough to want to approach him and pick him up.

Most guys don't know that women place less importance on looks than men do.

It's true that women can feel attracted to a handsome guy, a rich guy, a guy with lots of status in the society, but it's also true that women can feel attracted and turned on when a guy displays certain personality traits and behaviors during an interaction.

For example: If a guy starts interacting with a woman and is being nervous, doubting himself, trying to engage her in polite conversation and just being friendly, nothing about that is going to turn her on.

[image: Nervous, insecure guy hesitates and turns woman off]

She's going to be turned off by his emotional weakness (i.e. nervous, doubting himself).

Women are naturally attracted to the emotional strength in men such as confidence and high self-esteem, and turned off by emotional weakness such as insecurity and self-doubt.

Here's the thing...

The nervous guy might interact with her, get a bad reaction and then walk away thinking that he's not good looking enough.

However, if he had just talked to her and displayed personality traits that make women feel sexually attracted, he would have got a completely different reaction.

For example: If he was confident, funny, charming and charismatic, the woman would have felt

attracted. She would have opened up to him and he could then connect with her and pick her up. The majority of guys out there are unprepared for interactions that they have with women that they find attractive.

[image: Unprepared to approach and attract women]

For a guy, he can look at a woman and find her attractive simply based on her appearance.

It doesn't matter what she says, what she does for a living, what her hobbies are, what brand of shoes she's wearing or where she got her dress. All that doesn't matter.

He's feeling attracted to her physical appearance, and regardless of what she says, he's attracted to her and he wants something to happen.

Some guys have much higher standards than others, but the majority of guys will be interested in a woman sexually simply based on their physical appearance.

[image: Young, hot women at the beach]

If he talks to her and she's being friendly towards him, he'll want something to happen.

It's pretty much as simple as that for a woman to get laid. Look good, be nice and most men will want to bang her and have a relationship with her.

[image: Check her out. I'd tap that for sure]

That's why you will see women walking through the world and men will look at her and immediately say, *"Yep. I'd tap that. I'd marry that. Oh, girlfriend material. Marriage material. Oh, I'd do anything to be with her. I'd buy her whatever she wants if just gives me a chance with her."*

Yet women don't have the same reaction to men.

It's true that you can see some women looking at very handsome men and saying, *"He's handsome. He's sexy,"* but if that guy talks to women and is nervous, self-doubting and doesn't really make them feel reacted to his personality, most women will feel turned off by him and won't want to be with him.

[image: Good looking guy rejected. Average guy gets the girl]

The great thing about how a woman's attraction works is that it's not purely based on looks.

Some women are very picky and focus a lot on looks, but they are the minority.

The majority of women place much more importance on how a guy makes her feel while he interacts with her.

In other words, does his personality and behavior turn her on, make her feel happy, make her feel connected with him, make her feel excited, make her feel like she wants to be with him sexually and romantically, or does his personality turn her off?

[image: Guys being rejected because they're not actively making the woman feel attracted]

Does he bore her? Does he make her only feel friendly or neutral feelings?

That is what really matters.

It's about how you make the woman feel as you talk to her.

The majority of guys have no idea how to actively attract a woman when they interact with her.

They're completely unprepared, and that is a huge opportunity for you.

When you are one of the rare guys who know how to actively make a woman feel sexually attracted while you talk to her, you have your choice of women.

You can beat women at their own game.

It doesn't matter if she's wearing makeup and she looks two or three points hotter than she actually is. You are making her feel intense sexual attraction and she wants to be with you.

She's looking at you as being an attractive man who she'd feel lucky to be with.

For the guys reading this post who have ever picked up a hottie from a club who's wearing makeup, and you then get her back home and she jumps in the shower and her makeup comes off, you'd know that women with makeup look completely different when their makeup comes off.

[image: Women before and after make up]

What they do when they paint that stuff on their face, tricks our instinct of attraction.

[image: Women before and after make up]

We usually feel so much more attracted to a woman with make up on because her face looks clean, perfect and radiant, which attracts us because it looks healthy and youthful.

We feel attracted to a more youthful, healthy appearance in a woman because it means she may produce healthier children and be around long enough to raise them and take care of them.

So, when a woman paints her face with make up, we our attraction instinct tells us that she is physically good looking, healthy, of a good age and ready for breeding.

However, that's just superficial game, and the majority of women know that they aren't as attractive as they make themselves up to be when they put on makeup and they do their hair and things like that.

These women are still hot and attractive, but if you want to beat them at their own game, you need to remember that women know what they REALLY look when they roll out of bed in the morning.

Because of that, a lot of women are actually insecure about their physical appearance.

[image: Modern women insecure about their appearance]

Some guys might enjoy to hear that women are insecure and say, *"Yeah...suck that women...you stuck up bitches. You've been rejecting me all my life...you deserve to be insecure!"*

However, a better approach to take is to actually feel sorry for women who feel insecure about their appearance, because they don't need to be insecure.

They are beautiful, they are attractive, but it's just this superficial stuff that goes on in modern culture where guys are expected to have six pack abs, and women are expected to have booty, and fake tits and all that sort of stuff.

[image: Pressure placed on modern women to have exaggerated features]

The majority of women that you meet will be insecure about their looks in some way or another.

They usually don't show that when they're interacting with guys because the woman will try to play hard-to-get to make the guy really work hard to pick her up.

Yet, when she notices that he's working really hard to impress her and that he's desperate to get a chance with her, she'll start to lose attraction and respect for him because he seems a little bit desperate.

[image: Guy placing a woman way above himself in terms of attractive value]

Women do want a guy that wants them, likes them and treats them well, but they are only interested if the guy is confident in himself and his attractiveness and value to her.

Based on a lot of superficial trends that go on in modern society, both men and women feel insecure about their attractiveness these days.

Men feel like they need to be 6ft tall with muscles and six pack abs. They need to have a sports car or luxury yacht, a high flying career or business, a massive dick and a full head of hair, and THEN they will be attractive to women.

Women go through life and they look at advertising billboards, advertising on TV, advertising in magazines and see these perfectly airbrushed women who look amazing because they've been Photoshopped.

[image: Airbrushed and photoshopped woman]

A woman then wakes up in the morning and looks at herself in the mirror.

She's got a scar on her face somewhere, she's got pimples, she's got freckles, she's got lines and wrinkles, and her face isn't as perfect as the women that are supposedly the most beautiful women in the world who've been airbrushed.

[image: Fake make up beauty that tricks our mind]

When women put on their makeup and make themselves look even more physically attractive, a lot of guys get intimidated, because they look at the woman's physical appearance and then say, *"Wow. She's so beautiful, she's so attractive and look at me. I'm nothing. I'm just an average or below average looking guy. I don't have a special amazing appearance like her."*

Yet, what these guys don't realize is that a guy can make a woman feel sexually attracted and turned on by him during an interaction, even if she looks amazing with her make up on or sexy with her cleavage out on displaying.

However, if a guy isn't prepared to actively attract a woman during a conversation, he is most likely only going to make women feel friendly or neutral feelings, and there's going to be no spark between them.

2. Building desperation.

Most guys have no trouble attracting the interest of women that they're not actually interacted to and interested in (e.g. an unattractive woman or woman who's already taken and just wants to flirt with him for a bit of fun, a female friend, a coworker, etc).

However, when it comes to the women that a guy really finds attractive and wants to be with, he doesn't really know what to do to make those women feel attracted to him as well.

If a guy goes through many months or years of his life and isn't able to get laid or get a girlfriend with the types of women that he really wants to be with, it can start to lead to feelings of desperation.

[image: Why can't I get a girlfriend or at least get laid?]

He may then begin to think about lowering his standards in women just so he can get laid or get a girlfriend.

He might start to look at women who aren't that attractive and think, *"Well, maybe that's all I can get. Maybe I need to accept that."*

Sometimes a guy will then get into a relationship with a woman that he's not even that attracted to, and he'll waste two, three, four years of his life, and he might even accidentally get her pregnant and then regret it.

He will then need to pay child support to her for life just because he wanted to get laid or get a girlfriend and desperately accepted a woman that he didn't even want to be with anyway.

A guy like that wants to be able to beat women at their own game and have his choice of women, but he just doesn't have the ability to attract women when he interacts with them.

Women can easily make him feel attracted by looking physically attractive, but he doesn't know how to create a spark inside of a woman when he talks to her.

[image: Insta Attraction]

He will look women and think, *"Yep, I'd bang her. I'd tap that. She's got a nice ass. Ohh, she's got a nice face and nice legs...nice tits. Beautiful. I want her."*

It's just so easy for him to feel attracted to women because man's attraction to women is initially just based on the woman's looks.

If she looks attractive, has a fully developed body of breeding age and is healthy, men will automatically want to have sex with her.

A guy will walk through life feeling attracted to women all day long, but he will have no idea how to make them feel attracted to him.

If he talks to women, he will just be nice and friendly and hope that the woman likes him, but because he's not actively making her feel sexually attracted and turned on during the conversation, she will most likely just see him as yet another guy who would like to bang her.

So, if a guy wants to avoid feeling desperate and accepting a woman that he doesn't even really want to be with, he needs to make sure that he's prepared to succeed.

Women are prepared to succeed with their makeup tricks and by showing a bit of cleavage or wearing a short skirt. They've got their game sorted out and under control.

However, what a man needs to do is not wear makeup or wear a short skirt and try to attract women in that way.

[image: Interact with her and create a spark]

What a man needs to do is interact with a woman, and display personality traits that naturally attract women.

For example: Confidence, charisma, charm, being funny, being socially intelligent.

If a guy interacts with a woman and only shows her personality traits like niceness, politeness, academic intelligence and generosity, the woman isn't going to feel turned on.

Women do appreciate those traits in a guy, but only after the guy triggers her feelings of sexual attraction by displaying personality traits that actually make women feel attracted and turned on.

[image: Attract her while you talk to her]

What guys need to understand is that a woman's attraction for a man is mostly based on how he

makes her feel when he interacts with her.

Some women do place a lot of importance on looks and some women will only accept the rich guy. Yeah, we all know that.

However, the majority of women in this world place way more importance on how a guy makes her feel when he interacts with her.

If a guy doesn't know how to attract women during an interaction, he will find that most of the women that he interacts with don't feel attracted to him and are not motivated to want to be with him.

If he remains single and alone for a long time, he may get to the point where he thinks that he needs to lower his standards and accept an unattractive woman.

Yet, he is wrong.

He does not have to accept an unattractive woman.

Normal, everyday guys can naturally attract women by interacting with them, and making them feel attracted during the interaction.

A guy can display traits like confidence, charisma, charm, and social intelligence and naturally attract the woman.

If a guy doesn't know how to do that during an interaction, he's not going to be able to beat women at their own game.

Most of the women that he interacts with won't feel a spark for him, and he will get rejected or placed in the friend zone.

3. Hope based on fiction.

[image: Hope based on fiction]

We've all seen those Hollywood movies where the guy who doesn't know how to attract women gets a beautiful woman by the end of the movie.

He saves the day or he saves her from a bad, evil boyfriend or he saves the world and then he gets the hot girl in the end.

We've also seen those romantic movies where the guy is just friends with the woman, she eventually starts to like him and then they get into a relationship, fall in love and live happily ever after.

If a guy sees enough of that on TV and in the movies, he may begin to hope for his own type of magical success.

"Maybe one day I'll meet the right girl. She will be beautiful, she'll be intelligent, she'll be down to earth, and she'll love me for who I am. She'll love me because I'm intelligent. She'll love me because I have good intentions with her, and everything will just work out so beautifully and easily."

Here's the thing though...

People who are successful in this life don't hope for success and then sit around doing nothing about it.

The most successful people in this world either naturally understand the right things to do, or they learn the right things to do, and then do those things so they can get the result that they want.

[image: Attract her while you talk to her]

For example: Guys who can effortlessly pick out women wherever they go, they know how to start a conversation. They know how to keep the conversation going. They know how to make women feel instantly attracted when they start talking to them.

They know how to make her feel more sexually attracted and turned on as the interaction continues. They know how to move in for a kiss.

They know how to get her home for sex or get her phone number. They know what to do. And they just do the right thing and then get the results.

However, guys who struggle to get laid or to get a girlfriend, don't really know what to do.

Some guys know how to start a conversation, but don't really know what to say after asking typical, boring questions like, *"What do you do for a living? What's your name? Where are you from? What shoes are you wearing? Where did you get that dress? Oh, your hair is nice. Where did you get that done?"*

They don't really know what to say past that.

The guy is simply hoping that the woman is going to feel attracted to him because he's a nice, friendly guy, but what he doesn't understand is that being nice and friendly to a woman isn't the thing that makes a woman feel sexually attracted and turned on.

Women do want a good guy, but they only really care if a guy is a good guy AFTER he makes her feel sexually attracted.

If a guy is just being a friendly, good guy and isn't creating any type of sexual spark between him and the woman, then she's just going to look at him as yet another guy who wants to bang her.

He's one of the thousands, millions, hundreds of millions of guys who would happily stick it in her.

She doesn't feel any spark for him, but he feels it for her, because our attraction to woman is initially based on their physical appearance.

We can feel more attracted to a woman as we interact with her and get to know her personality, and we like certain things about her (e.g. maybe she's cute and giggly, and funny, and intelligent, and interesting and down to earth, etc).

However, what attracts us to women initially is their physical appearance, and for most guys, a woman's physical appearance is enough for the guy to want to have sex with her and start a relationship.

On the other hand, for a woman, it's not enough for a guy to just look good.

This is why if you go out to a bar or a night club, you'll see guys standing around alone not being approached by women.

[image: Guys in suits hoping to get some action, but not actually approaching]

These guys will have done their best to build up their muscles in the gym and will be wearing great clothes, have styled their hair to match the latest trends and have expensive shoes on.

Then, they will just stand around try to look good in the hope that they will somehow get some results with women.

Women may look at those guys and say, *"Hey, look at that guy. He's handsome. Oh, that guy looks sexy. That guy is tall. That guy has got nice muscles,"* but the women will rarely, if ever, walk over

and try to pick the guy up.

If a woman does that, she's usually very drunk or she's unattractive, or she's just showing off to her friends for a bit of fun.

For the most part though, women will stand around and they'll look good, and they'll wait for a guy to walk over and make them feel attracted.

Create a spark either at the very start of the conversation or within the first 10 to 30 seconds, the women will be looking to see if there's a spark.

If there is a spark, their eyes light up, they open up, they become interested in the conversation, and then the guy just needs to build on their feelings of sexual attraction, and he can then have his choice of those women or focus on one or two of them, or just one of them, and pick them up.

So let me ask you a question...

If you went out tomorrow and you saw a beautiful woman, would you know what to say and do to get her to feel attracted to you if you approached her, or are you just going to walk over and have a friendly conversation with her that doesn't create any spark?

If you don't know how to make her feel a spark, don't worry.

The majority of guys don't know how to that, and that is a huge opportunity for you.

Most guys who approach and talk to a woman don't actually make her feel a spark at all. They just make her feel friendly emotions or neutral emotions or the guy uses a drunken approach or a sleazy approach and doesn't get anywhere.

Women are sick and tired of experiencing that over and over and over again.

When you are one of the rare guys who can walk up to an attractive, beautiful woman and actively make her sexually attracted while you're talking to her, you stand out from other guys.

She is excited to be talking to you.

She is amazed that a guy has had the confidence to walk up to her, be a normal guy, not put an act of being a super nice guy or try to pick her up with a sleazy approach.

You're just being a normal, confident guy, and you're making her sexually attracted.

She feels a spark with you.

She feels excited to be talking to you.

That is a rare experience for a beautiful woman.

Most guys that a beautiful woman meets are intimidated by her, and they'll try to suck up to her by putting on a nice guy act where they act nicer than they actually are or want to be, or they'll try a sleazy approach on her or they'll try to go straight for the kill and they'll say, "*So do you have a boyfriend? Can I get your number? Can I take you out sometime?*" even though she's not feeling a spark for them.

The guy is feeling attracted to her because of her physical appearance, but she's not feeling anything for him. He's not actively making her feel a spark.

She doesn't care about looks as much as he thinks she does.

It is true that some women do care about looks, but the majority of women place much less importance on a guy's looks, and they're more interested in how a guy's personality and behavior makes them feel.

This is why as you walk through the world, you will see guys with beautiful women that you might think don't deserve that woman.

You might think that, *"The guy is out of shape. How can he have a woman like that? The guy is from a certain race. How can he have a woman like that? Why is that woman with him? That doesn't seem to make sense. That guy looks a bit of a nerd. Why is she with him? That guy has big ears. Why is she with him? That guy has a funny looking nose. Why is she with him? That guy is overweight. Why is she with him?"*

The reason why she is with him is that it is possible to make a woman feel sexually attracted to you while you talk to her.

Some women are very picky about looks and they will only accept a handsome guy. Some women will only accept a super-rich guy. Some women will only accept a celebrity or a guy who's super powerful in society, but the majority of women aren't that picky.

The majority of women are way easier to pick up than they make themselves out to be.

If you ask a woman what she wants in a guy, she'll start listing off things like, *"He's got to be tall, and handsome, and rich, and have a big dick, have six pack abs, have a full head of hair, wear great shoes, have a luxury car, have a luxury yacht."*

She'll go on and on about superficial traits that seem to be cool in modern society.

However, if a confident guy walks up and he's just normal looking, he's average to below average looking, and he's able to make her feel sexually attracted by being confident, funny, charismatic, and charming, she's going to feel attracted to him.

If she's like most women, all of her fake standards and all these superficial things that she's been saying go right out the window, and she doesn't care.

She falls in love with that guy.

She says, *"I didn't really like the way he looked when I first met him, but then there was a spark between us and I really liked him. Now, we're in a relationship, and we're going to get married."*

Or, *"I didn't really like the way he looked at the start, but when I started to talk to him, I actually found him handsome. I actually like the way that he's got a belly. I actually like the fact that he's bald. It's sexy."*

The reason why women do that is because their attraction is not based on looks as much as our attraction to women is based on looks.

For us men, our instinct of attraction is urging us to find a physically good looking woman who is healthy.

That's where we want to plant our seed.

Yet, women don't necessarily need to be looking for a physically good looking man who is healthy.

What they need is a man who is going to be able to protect her, he's going to be able to survive, he's going to be able to thrive, and he's going to be able to provide for any offspring that they may have.

Even if a woman doesn't want any kids and she's not thinking about kids, her instinct of attraction is telling her to find a guy who's going to make her feel safe in this world, a guy that's going to be able to protect her, and may be able to provide for her if they have any offspring.

A woman's attractions for you happens automatically as you display personality traits and behaviors

that women find naturally attractive.

If you don't know what to say or do during a conversation to display personality traits and behaviors that make women feel sexually attracted to you, I recommend that you read my eBook, [The Flow](#), or listen to the brand new audio version, [The Flow on Audio](#).

You'll learn exactly what to say and do to make women feel attracted and interested in you immediately.

When you begin to talk to a woman, she will feel a spark with you.

You will stand out from other guys.

You won't have to try hard to suck up to her and try to get to know her and hope that you're going to grow on her.

She's going to feel sexually attracted to you as you begin talking to her.

The more that you talk to her, the more attracted she feels.

All you need to do then is guide her through the simple steps of The Flow and you'll be kissing her, having sex with her, and enjoying your relationship with her.

Don't Play the Looks Game

[image: Guys assessing their attractiveness in the mirror]

If you want to beat women at their own game, don't try to win based on your looks.

There are always going to be other guys that you think look better than you. Likewise, if a woman wears make up, you might think that she is way too attractive for you.

Yet, you've got to remember that she doesn't look like that when her make up comes up.

In terms of other guys potentially looking better than you, just don't focus on them. The truth is that women can feel attracted to a guy's looks, but most women don't feel motivated enough to want to approach and pick up a guy simply based on how he looks.

This is why you'll often see good-looking guys with unattractive girlfriends or good-looking guys remaining single and alone for years.

The easiest way to get laid or get a girlfriend is to attract women during a conversation by displaying personality traits that naturally attract women. For example: Confidence, charisma, and charm.

Guys all over the world do it every day when they meet beautiful women and you can do it too.

[image: Attracting and picking up women is easy]

Attracting and picking up women is easy when you make them feel attracted to you during an interaction.

However, if you try to compete with women based on looks, you'll most likely find it difficult to feel worthy enough, because women are usually very skilled at improving their physical appearance with makeup and by wearing revealing clothing.

If you want to beat women at their own game, just focus on attracting them during a conversation, and you will see that the majority of women are way easier to pick up than they make themselves out to be.

You can learn how to do that by reading [The Flow](#) or listening to [The Flow on Audio](#).

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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3 Reasons Why a Woman's Thigh Gap is So Attractive to Men

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Why are men attracted to a woman's thigh gap?

Here are the three main reasons:

1. Traditionally, a woman's thigh gap has only ever been shown to a man behind closed doors.
2. It shows that she is a female because there are no hanging balls.
3. It looks good when coupled with another one of her feminine features; her hips.

1. Traditionally, a woman's thigh gap has only ever been shown to a man behind closed doors

Traditionally, women haven't shown that area of themselves before.

It has always been covered up by a big dress in most cultures around the world.

[image: 1500s to 1600s women's fashion]

If you look at 1500s fashion, you'll see that it's covered up.

[image: 1700s to 1800s women's fashion]

If you look to the 1600s, you'll see that it's covered up, the 1700s, it's still covered up the, 1800s, etc.

[image: 1900s women's fashion]

Women haven't been showing that area of themselves and it's only an area that a man usually gets to see when the woman is naked in his bedroom.

[image: When a man normally sees a woman's thigh gap]

In other words, when the man is about to have sex with her, or he is having sex with her.

So, when a man sees a thigh gap, it's like he is almost there to getting to have sex with a woman.

Even in some tribal cultures that still exist today, you'll notice that women cover up that area of themselves with a long dress and some cultures cover it up with a short dress.

[image: Tribal women usually cover their thigh gap]

Some tribal women may have their breasts on display, but they usually make sure not to show their thigh gap because showing that part of themselves, showing the vagina area gets the attention of men and makes them want to have sex.

[image: A woman's thigh gap can make a man want to have sex]

Just looking at a woman's thigh gap can make a man want to have sex.

2. It shows that she is a female because there are no hanging

balls

The male and female body is actually very similar apart from obvious feminine features from the woman and obvious masculine features from a man.

[image: Male and female bodies are very similar]

For a woman, some obvious feminine features are her hips, her breasts and if she has a thigh gap, her thigh gap.

A subtle feminine feature can also be her face if she has a very feminine looking face.

To be clear, the attractiveness of a woman's thigh gap has more to do with what is going on above her knees.

[image: The pussy gap is what really attracts men to a woman's thigh gap]

It doesn't matter if her knees touch or even if her thighs are slightly touching because the most attractive feature of a thigh gap is the pussy gap.

What attracts men to a woman's thigh gap the most is that flat line in between her legs or the subtle mound.

[image: Thigh gap - pussy gap]

Since there are no hanging balls, no bulge from a dick and it's just flat or a slight mound, a man's primal instinct of attraction is triggered because she's obviously a female.

[image: Men feel attracted to feminine features in women]

The way that a man's attraction to a woman works is that men are attracted to feminine features about a woman, things about a woman that make her look different from a man (e.g. her breasts, her hips, the shape of her butt, her face and if she has a thigh gap, that as well).

3. It looks good when coupled with another one of her feminine features; her hips

[image: Thigh gap - hips]

The angle of a woman's hips is an obvious feminine feature which automatically attracts men in a subtle way.

If she also has a thigh gap that showcases the fact that she doesn't have balls and a dick in between her legs, it's a double attraction hit.

To be clear here, there are men out there who prefer a woman without a thigh gap.

[image: Women of different body sizes]

There are men out there who prefer women with thick legs and there are men out there who prefer very skinny women.

Men prefer all different types of women and a woman doesn't have to have a perfectly shaped body and a thigh gap to be attractive.

The truth is that all types of women will have men that find them attractive.

However, the thigh gap is something that attracts men to women because it's an obvious feminine feature.

It shows a part of her that a guy doesn't normally get to see.

Traditionally speaking, a man has only ever seen that part of a woman when he's in bed with her or having sex with her.

[image: Thigh gaps are on display in modern culture]

However, in modern society, thigh gaps are often on display.

It's sort of like when women started wearing dresses that showed a little bit of her ankle.

[image: Women showing their ankles - shocking!]

In the past, that was seen as shocking and some people thought that the world was going downhill because women were showing their ankles.

[image: Mini skirt protests]

Eventually, when the mini skirt came along, that was seen as shocking as well, but it was very attractive to men because men didn't usually get to see those parts of a woman's legs unless they were in bed with her or in a relationship with her.

[image: Thigh gaps]

These days, when a woman has a thigh gap and she walks around in tight pants or in a tight skirt or in a bikini, men cannot help but feel attracted to that.

It doesn't mean that a woman has to have a thigh gap to be attractive, but it's simply one of the things that a woman can have that will attract men.

The Thigh Gap Trend is Not the Cause of Anorexia

One of the reasons I've made this video is that I've noticed there's a fair bit of controversy around the thigh gap topic and people tend to get confused about it and post up photos of women who are taking selfies and they've obviously got very skinny, even anorexic, legs and they're saying, *"Look at what the thigh gap trend is causing!"*

[image: Anorexic gap vs thigh gap]

Having a thigh gap is not about being anorexic.

It's not about women starving themselves and trying to have super skinny legs that look anorexic.

A woman's thigh gap is also something that men shouldn't feel ashamed of feeling attracted to.

Sometimes women and the media tend to try to shame men into feeling attracted to a woman's thigh gap.

However, a man's attraction to a woman's thigh gap is just as natural as a man's attraction to her breasts.

Men are attracted to things about women that mark them out as being different from men.

A woman can still be beautiful and attractive to men without a thigh gap.

If a woman has a thigh gap, she's going to be able to use that to attract more men to her and if she

doesn't have a thigh gap, she can attract men in many other ways.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

3 Reasons Why Men Are Attracted to a Woman's Breasts

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

So what is it with a woman's boobs, tits, jugs or breasts?

Why are we men so attracted to the extra bits of flesh on a woman's chest?

What is it about a woman's breasts that makes us feel attracted and turned on?

[image: Why men like breasts]

The three main reasons why men are so attracted to a woman's breasts are:

1. It's an obvious feminine feature.
2. It signals that she's ready for breeding.
3. It's something that we can show obvious attraction for her about.

Let's start with number 1....

1. It's an obvious feminine feature

[image: Male and female bodies are very similar]

Men are attracted to features about a woman that make her look different from a man.

The male and female bodies are very similar, with the main differences being a woman's obvious feminine features and the differences between our genitals.

[image: Some feminine features of women]

Obvious feminine features include her hips, her breasts, some facial features and her genitals.

When a heterosexual man sees another man, no attraction is triggered because there's nothing to feel attracted to.

It's just a male body that is of no use to him.

However, when a heterosexual man sees a woman with obvious feminine features, his sexual attraction is immediately triggered because she's obviously a female.

[image: Insta Attraction]

She is a potential mate for him to implant his seed and make copies of his genes.

2. It signals that she's ready for breeding

[image: Breasts signal that she is ready for breeding]

Breasts signal that a woman is ready for breeding.

It may sound superficial just to be talking about breeding, but that's where the instinct of attraction comes from.

[image: The real purpose of attraction]

We have a primal instinctive need to get to the point where we can breed, so we can pass on our genes.

A man's attraction for a woman is automatically triggered when he sees a healthy, physically attractive woman who has a fully developed body of breeding age.

[image: When sexual attraction is triggered in a man]

Attraction is much more simple than love and relationships and marriage and all the other things that happen when a man and a woman get together.

[image: Check her out. I'd tap that for sure]

Attraction is based on the primal instinctive need to plant our seed and create offspring.

3. It's something that we can show obvious attraction for her about

When a man and a woman show genuine mutual attraction for one another, it helps to release the brain chemicals of dopamine and oxytocin which create sexual desire and brings the couple closer together.

[image: The basic brain chemical reaction to mutual attraction]

A woman's breasts is something obviously feminine about her that we can focus on and get turned on by which then makes her feel turned on and excited if the attraction is mutual.

[image: A woman's breasts are an obvious feminine feature that a man can show attraction for]

If a woman doesn't feel attracted to a guy, she's not going to be excited that he's looking at her breasts and he wants to touch them and kiss them and suck them.

However, if a woman is attracted to a guy and she's kissing him and then having sex with him and notices that he really loves her breasts, it's going to excite her and turn her on.

[image: If attraction is mutual, a woman will enjoy how much that her man likes her breasts]

Humans have a lot of face to face sex, so a woman's breasts gives a man something to be excited and turned on about.

It also gives the woman something extra to feel turned on about as she observes her man feeling genuinely attracted to and aroused by her.

Since men are mostly attracted to a woman's physical appearance and show obvious attraction to women, men are often pointed out as being horny and desperate and wanting sex more than women.

However, a man's attraction to a woman's breasts is completely normal and natural and it should be expected.

It's nothing for a man to be ashamed of.

[image: A man feeling attracted to a woman's breasts is normal and healthy]

Men are hardwired to naturally feel attracted to feminine features in women.

[image: Men are hard wired to feel attracted to feminine features]

Of course, I'm not saying that guys should be whistling at women on the street and saying, "Hey,

nice tits. Let me grab them. Get them out."

What I'm talking about here is the way that a man's attraction to a woman works.

[image: A man's instincts want him to plant his seed in a physically attractive, healthy woman of breeding age. He doesn't need to know anything else about her other than that to experience sexual attraction and desire to plant his seed in her.]

It's completely normal and natural that we men instantly feel attracted to a woman's physical appearance because what our primal instinct of attraction is driving us to do, is to find a physically attractive woman who is healthy and has a fully developed body of breeding age to implant our seed in.

[image: Men on the lookout for a place to plant their seed]

Unlike women who have a primal instinct of attraction to find a guy who is going to be able to protect them and keep them safe and provide for any potential offspring that they may have, we don't need woman to protect us and make us feel safe.

A man's primal instinct of attraction isn't looking for a woman to provide for him and keep him safe and protect him and make him feel like he can look up to her and she's going to take care of him.

That's what a woman is looking for in a man, but what a man is looking for in a woman is a place to plant his seed.

It's Only Natural

So, for all the men watching this who've ever felt a little bit embarrassed that you feel so attracted to a woman's breasts, just know that it's completely natural and normal.

It's not your fault that you feel naturally and instantly attracted to a woman's physical appearance.

It's just how the nature of attraction works.

So, go ahead and enjoy the boobies...

[image: Enjoy the boobies]

[image: Enjoy the boobies]

[image: Enjoy the boobies]

[image: Enjoy the boobies]

[image: Enjoy the boobies]

[image: Enjoy the boobies]

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Why Do Women Act Like Men?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Most women (especially in the West) are now more independent and confident than ever before because they can survive, thrive and prosper without the help of a man.

The changes in women have brought a lot of benefits to society (e.g. tolerance of others, a more loving approach to running a society), but it has also messed up the dynamic of women playing a more traditional role in society and in relationships.

The consequence of women having power and independence in the modern world is that many confused women are beginning to behave more like men than women.

[image: Men intimidated by strong modern women]

So, why do women act like men?

Some of the main reasons are:

1. Women are no longer completely dependent on a man to take care of her and provide for her. Today's woman is more empowered, educated and independent and can make her own money and take care of herself without the protection of a man.
2. Women are now in the workplace doing jobs that used to be done mainly by men (e.g. doctor, lawyer, politician, truck driver, professional fighter, oil rig worker), and they have to keep up, and appear to be doing the job as well (if not even better) than their male colleagues.
3. The divorce rate is still very high so many women have to approach life more like a man and ensure that they are financially independent or at least capable of surviving on their own.
4. Many women have to raise any children by themselves and play the part of both the mother (by being gentle and nurturing) and the father (by being the strong disciplinarian).
5. While women are getting stronger emotionally, many guys are suppressing their masculinity and are becoming confused about how manly they should behave around these strong, masculine women.

Here's the thing...

[image: She still wants you to be a man]

Just because a lot of modern women act like men in the workplace, or out of necessity to survive in our modern culture, it doesn't mean they actually want to be men.

The majority of women still want a man to be able to take the lead and be the more dominant one when he first meets her, takes her out on a date, takes into the bedroom and gets her into a relationship.

With the man being the more dominant one, it allows her to then relax into being a feminine woman for him. As a result of the clear masculine and feminine difference between them, a natural sexual attraction will occur between the man and woman.

If a man is unable to be more dominant than her, she might put up with the lack of deep attraction for a while, but she will eventually get bored and dump him.

According to most statistics, women initiate divorce between 65-70% of the time, meaning that men

only ask for divorce in 30-35% of cases.

Based on all of my experience helping men to get a girlfriend, fiancée or wife back, I've found that the number one reason for break ups is that the guy simply wasn't enough of a man for her.

He might have been man enough in the beginning, but he eventually became insecure and ruined her respect, attraction and love for him.

If you want a woman to feel attracted to you when you meet her and remain attracted to you in a relationship, you have to be an emotionally strong, emotionally masculine man.

Women Have Changed Over Time, But Their Natural Instincts Have Stayed the Same

[image: She is still a woman]

Back in the early 1900s, the relationship dynamic between men and women was very different.

Generally speaking, most women had no money, couldn't get a job and had no property of their own, so taking care of themselves financially was almost impossible.

For this reason, most women got married to whatever man they could get; as long as he could provide for her (and their children) financially.

Love was something that a woman hoped for, but she often had to miss out on love and just accept a guy who could provide for her.

Since divorce was virtually unheard of back in the early 1900s, a woman had to stay in a marriage whether she was happy or not.

Even if her husband was cruel or abusive, or emotionally weak and unattractive to her, she was stuck with him for life.

That's just how it was back then.

In today's world however, most women won't settle for being stuck with a man if he isn't man enough for her.

So, even though a woman might be dominant and act like a man in her professional life, in her personal life she needs to know that the guy she is with is man enough to handle her strength, so she can relax and be feminine and girly in contrast to his masculinity.

By masculinity, I mean how he thinks, talks, feels, behaves and takes action.

I'm not talking about muscles.

Most guys automatically think that to be masculine, you need to be tall, have big muscles and be aggressive.

Yes, those things are considered to be masculine traits, but you don't need to have them to be considered a masculine man.

The most important type of masculinity comes from within and is expressed in how you talk, think, feel, behave and take action in life, around a woman and around people in general.

Pretty much any guy can go to the gym and build up muscles, but that doesn't mean he still isn't a pussy on the inside.

We've all seen the guy with big muscles who is afraid to talk to women or nervous in social situations.

This is why muscles aren't the most important type of masculinity to women.

Women are naturally attracted to guys who have can remain confident and relaxed no matter what situation he is in.

It takes real balls to remain confident and relaxed under pressure, but pretty much any guy can build muscles in a gym.

Of course, there's nothing wrong with building muscles in a gym, but it's not the solution to attract confident, modern women who are looking for a guy who is more confident than them.

This is why women will play hard to get when you interact with them and attempt to pick them up.

Women don't do that because they are mean, cold hearted bitches. They do it because they want your balls.

If you don't have the balls to remain confident and relaxed under her pressure, then she automatically assumes that you won't be able to handle other challenging situations in life.

So, if a guy feels intimidated by a confident modern woman, gives in to her bossiness and behaves in nervous and insecure ways around her, she will not feel respect for him as a man, and she will be turned off by him at a deep, instinctive level.

As actress Salma Hayek put it, *â€œI keep waiting to meet a man who has more balls than I do.â€œ*

That sums it up exactly.

Personally speaking, I look at Salma Hayek as just another girl and would never feel intimidated by her or any other girl.

That's why I have been able to attract women so easily. They're all girls to me.

I don't look up to them as being above me in terms of dominance and because of that, they automatically feel attracted to my masculine mindset, even though I don't work out in a gym, I'm not tall and I don't have a humungous penis or anything else that guys think women use to choose a guy when they meet him for the first time.

What you need to understand is that no matter how strong or dominating a woman is, her instincts still cause her to feel drawn to the emotional strength in men (e.g. confidence, masculinity, determination, a sense of purpose) and repelled by the weakness (e.g. insecurity, self-doubt, being able to push him around).

If you have more balls than her, she will want to suck your balls. It's pretty much as simple as that.

Most Modern Women Feel Too Embarrassed to Admit They Don't Want Equality After All

[image: 98% of women want traditional roles restored]

As far back as the 19th century, women have been fighting for equality with men.

During World War II, millions of men were sent off to war and the women left at home were forced to take on the role of the man, by giving up their roles as housewives, secretaries, or domestic workers.

All of a sudden, they took on traditionally masculine roles such as munitions workers, heavy construction machinery operators, taxi and streetcar drivers, lumber and steel mill workers, etc.

When the war was over, many women refused to go back to being housewives and secretaries because they were enjoying doing a “man’s work,” so the traditional male/female roles began to blur and many women began to act like men.

Back in 1986, when women were surveyed by the Centre for Policy Studies in the UK and asked if they agreed whether men and women should no longer have traditional roles (i.e. the man as the main breadwinner and the woman to stay at home), 40% of women said yes.

However, by 1990 that percentage was down to 13%, and by 2002 it was down to 2%.

What does all that mean?

Even though it is still considered politically correct for women to act like men and say they want high-powered careers, deep down, the majority of women are too embarrassed to admit that they would rather stay at home and take on the traditional role of the woman (e.g. clean house, cook, raise the children).

[image: 98% of women want traditional roles restored]

Naturally, not all women want to take on a traditional feminine role, but many women do, even when they act like men and say that women should do a man’s work.

2 Simple Ways That a Guy Can Bring Out a Woman’s Feminine Side

Most women are longing for a guy who will come along and not feel intimidated by her because of what she does (e.g. is a professional fighter, a police officer, a lawyer, an office manager), what she looks like (e.g. has big muscles, is tall), or how much money she earns.

Women yearn to find a man who doesn’t feel so intimidated by her feminine strength that he hands over power to her and lets her be in charge of the relationship.

Women want a man who will remain being the man (i.e. taking the lead, being in charge, being the emotionally stronger one) no matter how tough she seems as a girl.

So, rather than making the mistake of suppressing your masculinity around a woman (and then getting rejected or dumped by her), here are 2 simple ways you can bring out a woman’s feminine side when you interact with her so she feels attracted and turned on by you.

1. Don’t be fooled by her act of masculinity.

For example: A guy might notice an attractive woman in his apartment building who is carrying some heavy boxes up the stairs, and he might offer to help her.

Instead of accepting his offer, she might say, *“I can manage by myself, thank you. I don’t need a man’s help.”*

At this point, most guys will walk away feeling annoyed and asking, *“Why do women act like men these days? Why doesn’t she just accept a man’s help and be a softer, more gentle woman?”*

Here’s the thing!

A woman like her will be soft, gentle and feminine if she meets a guy who has a more masculine energy than her and is able to see through her superficial act of being masculine.

For example: When she says that she doesn't need a man's help, rather than walk away, a good way to bring out her true feminine side is to use humor in a way that shows her you're not intimidated by her.

For example:

Her: I can manage by myself, thank you. I don't need a man's help.

You: [Smiling] Oh, a tough girl hey? Look at your muscles how much do you bench press?
I'm tougher than you.

Of course you are joking when you say that. Say it in a joking manner with a smile.

Her: [Most-likely laughing because she knows that you're joking]

You: [Approach and get closer to her. Smile and say] Hey, I get it that you're a tough, independent woman, but those boxes do look pretty heavy. I'll help you carry one of them up.

Her: Oh, okay. Here, you can carry this one.

By having the balls to joke around with her like that, you are making it clear to her that you are not intimidated by her, which is going to make her feel attracted to your emotional strength.

You are also confident enough to stand your ground, even though she told you to get lost, which will make you stand out from all the other guys who give up too quickly when she behaves in the same way towards them.

When a typical guy comes across a woman who acts like a man, he will immediately feel intimidated if she says no to something or acts uninterested.

This results in her having a really difficult time finding a guy, because most guys are scared of her. So, when you are the masculine man who has more balls than her, she will sucking your balls in no time at all.

2. Trigger her feelings of sexual attraction.

Regardless of how masculine a woman behaves around guys, if a man comes along and triggers her feelings of sexual attraction by the way he behaves and interacts with her (e.g. is confident and charismatic, makes her laugh, is interesting to talk to, makes her feel feminine in comparison to his masculine way of being), she will naturally drop her defenses.

[image: Battle of the sexes - tug of war]

No matter how confident, independent and successful a woman is, she still wants a guy to be a confident, masculine man around her.

It doesn't matter if she is a boss at work or an alpha female amongst friends and family, she wants you to have more balls than her.

If you do, she will feel sexually attracted to you and will be excited to have finally met a guy who actually makes her feel feminine.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Why Do Women Act Hot and Cold?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

A woman acting hot and cold means that she shows interest one minute and then appears to lose interest the next.

A woman will usually act hot and cold because:

1. She wants to test to see if he is truly confident (e.g. will he become nervous and insecure when she stops giving him her attention, or will he relax, smile or remain confident in his attractiveness to her?).
2. She wants to see how far she can push him (e.g. how much of her hot and cold behavior will he put up with before he loses interest in her? If he puts up with bad or rude behavior and keeps trying to get her to like him, she will lose respect for him for being such a wimp).
3. He hasn't fully triggered her feelings of sexual attraction for him yet, so she's still undecided about whether she should give him a chance or reject him and wait to meet a guy who can make her feel turned on.
4. She becomes interested because he displays attractive traits (e.g. confidence, charisma, emotional masculinity) and then loses interest because he displays unattractive traits (e.g. insecurity, fake nice guy persona, emotional weakness).
5. She wants to see how interested you really are in her, before she fully opens herself up to you.

As you can see, there are different reasons for a woman acting hot and cold around a man, but really â€œ you shouldn't worry too much about it.

One of the most important principles of success with women is to not worry about their changing behavior and just remain confident in your attractiveness and value to them the whole time.

If you pay too much attention to the changing mood and behavior of a woman from moment to moment, she will lead down all sorts of crazy, ridiculous paths and when she notices that you are trying hard to understand her feminine behavior that doesn't need to be understood, she will lose interest in you.

As Oscar Wilde once said, *"Women are meant to be loved, not understood."*

What he meant by that is this: Love her and let her be a woman. Don't try to understand all the ins and outs of her ever changing mood and ways of thinking and behaving.

Just relax, be a man and love her. Don't pay too much attention to the random thoughts and emotions she has from moment to moment. Just believe in yourself and your attractiveness to her and love her for who she is, even if she goes hot and cold at times.

If you can do that, women feel excited to be around you because pretty much every other guy tries to get her to stop thinking, talking, feeling and behaving like a woman so she can be more sensible like he is a man.

Guys who do that get rejected by women and dumped out of a relationship or marriage.

The woman will say, *"I don't feel like myself anymore"* or *"I need time to find myself,"* which essentially means, *"I want to be a woman again. You make me feel like a male friend of yours and I don't like it."*

So, if you want to know what to do the next time you're around a woman who is acting hot and cold, here are 3 things that you need to remember whether you've just met her for the first time, are on a first or second date, or are in a relationship with her.

1. Your Level of Confidence Really Does Matter to Her

[image: Your level of confidence really does matter to her]

Most women act hot and cold with a guy to see if he is a confident, alpha male, or if he's an emotionally weak man who lacks the balls to handle challenging people or situations.

Women are instinctively attracted to the emotional strength in men (e.g. confidence, masculinity, drive and determination) and turned off by emotional weakness (e.g. insecurity, self doubt, lack of direction in life).

Here's how a woman finds out if a guy is emotionally strong or not!

- **When she first meets him.**

If a guy approaches a woman and she shows him a little interest at the start and then begins to play hard to get (e.g. by not contributing much to the conversation, acting like she isn't interested anymore, pretending to be interested in other things like her phone or whatever else is going on around her), it's the quickest way for her to test whether he is man enough for her or not.

She will simply wait to see if he becomes nervous and begins to doubt himself, or if he remains confident and relaxed and believes in himself no matter what she says or does.

By doing this one simple test, she is saving herself from wasting time with him in a relationship only to find out later on that he is an emotionally weak, insecure man.

If she wastes her time with him, she will potentially miss out on the opportunity to hook up with a guy who is emotionally strong enough for her woman like her.

- **On a first or second date.**

Just because a woman agrees to go on a date with a guy, it doesn't mean she is fully committed to the idea of having sex or being in a committed relationship with him.

If a guy makes a woman feel enough attraction when he first meets her, she will almost always be open to the idea of going on a date with him as a way of checking if he is really the confident, charismatic, interesting guy she hopes he is.

Some women will test a guy's confidence by seeming to be excited to be going out with him one minute and then seeming to lose interest in the idea and be about to change her mind.

If he fails to pass her confidence test and becomes flustered, or appears nervous and intimidated, she will automatically lose interest in him.

Of course, some needy, lonely or unattractive women might enjoy hanging on to a guy who is insecure, but the majority of attractive women won't put up with a guy who can't maintain her respect and attraction for him throughout the dating process.

If a woman is attractive, she knows that getting another date is as easy as saying "Yes" to the many

guys who would love to stick it inside of her.

Yet, that's not what she wants.

She doesn't just want any guy who is hoping to get a chance to bang her.

She wants a confident guy who will maintain belief in himself and his attractiveness to her no matter how hot or cold she is when she meets him, goes on a date with him, gets into bed with him or gets into a relationship with him.

- **In a relationship.**

Even when a woman is in a happy relationship, she will never stop testing to make sure her guy is still man enough for her.

For example: She will pretend to be losing interest in her guy to see how he reacts.

If he reacts by becoming emotionally needy (e.g. clingy, jealous, angry), she will begin to see real character flaws that could become a problem later on (i.e. he might become even more insecure and turn into a controlling boyfriend or husband).

[image: Your level of confidence really does matter to her]

The reaction that a woman is looking for when she tests her man by acting hot and cold, is for him to show her that he loves her, but doesn't need her to constantly remind him of her love (e.g. because he has his own friends, interests and hobbies, a great life purpose that he's busy with).

She just wants to see that he remains confident in his attractiveness and value to him no matter what she says or does.

Ultimately, whether you are meeting a woman for the first time, or have been with her for many years, her instinct to test your confidence will always remain the same.

She will always check to see that you are still the kind of man that she can look up to and respect; and if she can, her attraction and desire for you will deepen.

2. She Needs a Man, Not a Mouse

[image: She needs a man, not a mouse]

No matter what you might have heard some women saying (e.g. on TV, through female friends, online, in magazines) about wanting a nice, sweet guy who does whatever she wants, most women want to feel that the man they are with is emotionally stronger than them.

For example: You might have heard women saying things like, *"Anything a man can do, a woman can do better"* or *"A woman needs a man, like a fish needs a bicycle"* or *"Men are useless these days"* or *"Who needs men when we have dildos?"* and other crazy stuff.

You might also have heard women saying they like the idea of approaching a guy first and asking him on a date, or insisting that men take on more of the woman's traditional role in the home (e.g. cook, clean, change diapers).

Essentially, what women have been trying to convince men (and themselves) of, is that they actually prefer being the dominant one in the relationship.

Yet, that's just not true.

For example: According to a study conducted in Norway, it seems that men who do most of the housework for their woman, are 50% more likely to get themselves divorced.

In another study conducted by psychologists on 6000 people in New Zealand, it was found that the couples who were the happiest and were having the most sex, were the ones who stuck to the traditional man/woman roles within the home.

So, contrary to what all the feminists have been trying to get clueless guys to believe, women do not want to be the ones wearing the pants in the relationship; they actually prefer it when their man does that.

They love to be bent over and banged from behind, even if they go around saying, *"I only like to be on top and ride a guy so I am in control."*

What you will find is that 95% of women say one thing and do something completely different (e.g. they say that they want a nice, sweet guy and then lust after a guy who is only interested in having sex with them and doesn't want a relationship).

So, when a woman tests you (e.g. by acting hot and cold when you first meet her, on a date, or throws a tantrum in a relationship) it is simply her way of determining who is the more dominant one in the relationship.

It's her way of testing to see if you are man enough to handle her, or whether she will have power over you and be able to push you around (i.e. if she decides to have sex or get into a relationship with you), or wear the pants (if she is already in a relationship with you).

Of course, some women enjoy dominating a man (e.g. insecure women, women with a masculine spirit, unattractive women), but the more feminine and girly a woman is, the less she will want to be stuck with an insecure, needy, clingy guy.

3. Use Her Tests to Spark Her Feelings of Sexual Attraction

Fact: If a woman doesn't feel sexually attracted to you, she won't want to have sex with you or be in a boyfriend/girlfriend relationship with you.

She might enjoy talking to you, and she may even want to be your friend, but without sexual attraction she won't have much (or any) desire to be your girlfriend or lover.

If you want her to have sex with you and want to be your girlfriend, you have to make sure that you focus on sparking her feelings of sexual attraction first.

No matter how hot or cold she acts around you, if you keep triggering her feelings of sexual attraction by maintaining your confidence and behaving in some of the ways that are naturally attractive to women (e.g. confident, charismatic, funny, interesting to talk to), she will not be able to stop herself from feeling excited to have finally found a man who can pass her tests and turn her on at the same time.

Remember this: There is absolutely nothing wrong with being nice to a woman and being a good guy, but trying to get her to like you as a person is not the same as her feeling uncontrollable, sexual desire for you.

Most modern women (unlike in the past), don't need to get to know a guy for a long time, like him and be his friend first, before they will be willing to have sex with him or be his girlfriend.

If a guy can trigger a woman's feelings of sexual attraction for him, she will be willing to have sex and be his girlfriend right away.

That's just the way it is these days.

So, rather than waste a lot of time trying to get a woman to like you as a person and cause her to keep testing you (e.g. acting hot and cold, making it difficult for you to talk to her), simply focus on making her feel sexually attracted and turned on by.

The more attracted a woman feels to you, the less reasons she will have to keep testing your confidence.

Pass Her Tests and Then Take Off Her Dress

[image: Pass her tests and then take off her dress]

When a woman is attractive, chances are high that she will have already experienced one or more relationships with guys who were emotionally weaker than her, so she will be even more careful to avoid making the same mistake again.

She will act hold and cold and pretend not to be interested to make sure that she weeds out the emotionally weak guys and only accepts the strong ones.

So, rather than get annoyed or upset about a woman being hot or cold, just use her tests as an opportunity to make her feel so much desire for you (e.g. by being confident, making her laugh, making her feel girly in contrast to your masculine vibe), that she becomes the one who is trying to get you to kiss her and become her boyfriend.

You can have that power over women.

It's actually a lot easier than you might think.

Most guys don't get it, so they go through life feeling frustrated by women and asking, "*Why are women so hard to understand?!*"

Yet, it's pretty simple.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Why Do Women Act Like They Don't Like You?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 6 possible reasons why women act like they don't like you.

1. She's Testing You to See How Confident You Are

[image: She is testing your confidence]

Have you ever approached a woman and she acted in any of the following ways towards you?

She:

- Acted cold and aloof towards you.
- Made it difficult for you to talk to her by either, only giving you *â€œYesâ€œ* or *â€œNoâ€œ* or *“I don't know”* answers to the questions you asked her.
- Acted bored or rolled her eyes at you while you tried to talk to her.
- Was sarcastic or mocked you during conversation.

If you've ever experienced that kind of reaction from a woman, it's only natural that you might wonder, *â€œWhy do women act like they don't like you? Life would be so much simpler and easier if women would just be more open and friendly when a guy tries to talk to them. Why do they have to play games?â€œ*

Yet, here's the thing|.

Women have a very good reason why they act that way.

In almost all cases, the reason why a woman will act like she doesn't like you and will behave cold, aloof and unfriendly towards you when you try to talk to her is because she is testing to see if you're a confident man.

She wants to see whether you are going to feel insecure, begin to doubt and second-guess yourself, and give up on her as soon as she shows some resistance.

Why does she do this?

It is a woman's instinctive way of finding a man who will be emotionally strong enough to handle the challenges of life, and who will be able to protect her and take care of her when life gets tough.

This is important to her, because even though we now live in a world where women can earn their own money and take care of themselves, on a deep, instinctive level she still knows that her life will most likely be safer, better off and more enjoyable if she chooses a confident guy.

If she chooses an emotionally weak guy who is insecure and cannot even handle her simple tests, then how will he be able to handle the challenging situations and people in his life?

Will he get picked on at work? Will he be the butt of jokes around her friends and family? Will he be able to stand up for himself if him and her are being treated unfairly in a situation?

If a guy is too emotionally weak to handle a woman's confidence tests at the very beginning of their interaction together, her instincts tell her that she will most likely have to mother him or baby him

through life, and she definitely doesn't want to do that.

So, rather than making the mistake of pairing up with an insecure, emotionally weak guy, she would rather just act like she doesn't like him and see how he reacts.

If the guy remains confident and relaxed no matter how she behaves, she will accept that he is man enough for her and will open up to him and show him her gentler, more loving side.

On the other hand, if she notices that he's insecure, wimpy and crumbles at the first sign of resistance from her, she will save herself the trouble of investing her time and energy, only to find out later on that he's too emotionally weak for her.

Her instincts are trying to protect her from getting impregnated by a guy who won't be able to keep her safe and look after her, so even if the guy is well dressed and looks good, she's not going to be interested.

She would rather accept a more scruffy, average looking guy who can pass her confidence tests than accept a well-dressed, insecure guy who will need her to support him emotionally throughout life.

It's just how the nature of a woman's attraction for a man works.

Some guys hate it that women test men and wish that women would just accept them for who they are, insecurities and all.

Yet, rather than get angry and frustrated about it, all you need to do is use a woman's tests as an opportunity to trigger her deep feelings of sexual attraction for you.

When you can maintain your confidence, and stay calm and relaxed no matter what test she throws at you, it will make her feel deeply attracted to you.

2. She Wants to Make Sure That You Aren't Just Flirting For Fun

[image: She wants to know if you are for real]

Some guys flirt with women to get them interested and chasing after them, but the guy then doesn't actually follow through on kissing her, having sex with her or getting a relationship started.

A guy will do that because he wants to boost his self esteem by having lots of girls interested in him, or he will do it because he's afraid of getting rejected if he makes a move.

So, if you meet a woman who is tired of being tricked by guys like that, she will play hard to get for a while to make sure that you really do like her and are actually going to follow through all the way until she is your girlfriend.

3. You Haven't Triggered Her Feelings of Sexual Attraction Yet

[image: You haven't attracted her yet]

Another reason women act like they don't like you is because they are not feeling sexually attracted to you yet.

For example: A guy might walk up to a woman, start a friendly conversation with her and then immediately try to get her interested in starting a relationship with him.

In his mind, he is thinking, *“I’m well dressed, I look good and I’m telling her about my good job, so she should be interested.”*

Yet, in her mind, she is thinking, “This guy seems friendly, but I don’t feel any sexual spark” because talking to a woman in a friendly way isn’t what makes her feel sexually attracted and turned on.

Even though he is only making her experience friendly feelings for him with his innocent, friendly approach, he might then say to her, *“I think you are very pretty. Do you have a boyfriend?”* or *“Can I take you out sometime?”*

He’s assuming that just because he’s attracted to her, all he has to do is show her that he’s interested in her, and she will automatically respond by also feeling attracted to him.

Yet, that’s not how it works.

If a guy hasn’t said or done anything to make her feel sexually attracted to him, telling her how beautiful or special she is, or asking her out on a date, isn’t going to make her think, *“Wow, he likes me! Okay, I want to be with him.”*

If you want a woman to desire sex or a sexual relationship with you, then the main thing you need to focus on is making her feel sexually attracted to you during the interaction.

Watch this video for more info!

When you actively trigger a woman’s feelings of sexual attraction by displaying some of the personality traits and behaviors that are naturally attractive to women (e.g. confidence, charm, masculinity, sense of humor), she will automatically like you.

She may act like she doesn’t like you to test your confidence, but if you’ve triggered her attraction, she will like you and she will be open to you guiding her into a relationship by kissing her and having sex with her that night or getting her number and calling her to set up a date a couple of days later.

4. It Was Too Easy For Her to Impress You

[image: You were too easily impressed by her]

Attraction works differently for men and women.

When a woman is beautiful (or even just fairly pretty), she knows that all she has to do to attract a new man for sex and a relationship is make herself look physically appealing (i.e. wear makeup or dress in sexy, tight-fitting or revealing clothes).

She knows that 95% of the guys she meets are going to be fully interested in her right away simply based on her physical appearance.

Even if she is boring during conversation, or has a disloyal or annoying personality, most guys will likely have sex (and maybe even start a relationship) with her anyway just because she looks physically attractive.

A woman knows this is how attraction works for most guys, so she doesn’t get excited when she can instantly impress 95% of the guys she meets just by looking good.

She knows that she can have her pick of the 95% of instantly impressed men, but that’s not exciting

to her.

Itâ€™s not whatâ€™s going to make her think, *â€œWow, this guy is so different from every other guy who wants to have sex with me. He's nice, he's friendly and he is interested in me. Wow! How different! I've just got to pick him or else I will never find another guy who likes me so easily!â€*

Obviously that's not how it works.

What a womanÂ wants is to meet a guy who triggers her feelings of sexual attraction and shows some interest in her, but then makes her work hard to fully impress him and maintain his interest.

Women refer to guys like that as a challengeâ€|

The majority of women are bored by how easily impressed guys are by their looks.

If she is pretty, she will have experience the same thing all of her life and each guy thinks that he is being original when it does it.

He feels attracted to her, feels drawn to her and starts thinking that she's "the one" based on how much attraction he is feeling for her.

Yet, he doesn't do anything to turn her on and expects her to like him and want to be with him because he's being nice and friendly.

What he doesn't realize is that pretty much every guy that has met her throughout her life has reacted in the same way.

Of course, unattractive women do like it when guys react in that way, but hot women don't.

Why? A hot woman knows that pretty much every guy wants to bang her.

If you haven't first triggered her feelings of sexual attraction first by behaving in ways that are attractive to her (e.g. confident, charismatic, making her feel feminine and girly in contrast to your masculine vibe), she will feel as though she has more attractive value than you.

In her eyes, you are the one who is attracted to her and you want something from her (i.e. sex, a relationship), while sheâ€™s not feeling much of anything at all for you.

So, rather than immediately being impressed and won over by her physical attractiveness, you need to initially focus on making her feel attracted to you.

When she feels attracted to you and notices that you're not desperately trying to get her into a relationship like other guys, she will begin trying to impress you and win you over.

5. She Can See That Don't Think You're Good Enough For Her

Many guys go through life believing that beautiful women don't like them because theyâ€™re not good looking enough, rich enough or successful enough.

For example: A guy might approach a beautiful woman and notices that she acts like she doesn't like him by immediately giving him the cold shoulder or by ignoring him.

Then, a little while later, he might see her happily talking and laughing with other guys, and he automatically assumes that itâ€™s because those guys must be better looking than him.

Even though in reality the other guys are just average or below-average looking, he can't understand why he got rejected by her and they didn't, so he thinks something like, *â€œI guess itâ€™s*

because those guys are seen as good looking to women and I am not.

He might then begin to think of all the other things that aren't good enough about him (e.g. he's not rich enough, doesn't have a good enough job, drives a cheap, unimpressive car), until eventually he convinces himself that women act like they don't like him because he simply isn't good enough for attractive women.

Unfortunately, a lot of guys make the same mistake.

Watch this video to see what I mean!

Most guys fall into a pattern of believing that their lack of success with women is based on the fact that they are not good looking enough, or they aren't rich or successful enough. Why?

A guy like that will convince himself that to get a pretty or beautiful girlfriend, he needs to be good looking or rich.

Yet, he fails to see the true reality around him every day, where average and below average looking guys with little money have hot women as a girlfriend or wife.

How does that happen?

When a woman feels attracted to who a man is as a person (e.g. confident, charismatic, ambitious, driven) she will begin to overlook any physical flaws that he might have and love him based on how he makes her feel.

So, instead of trying to get a woman to like you as a person from now on, just focus on making her feel sexually attracted to you (e.g. by making her feel feminine in contrast to your masculine vibe, making her laugh).

You will then find that most women like you, feel attracted to you and are interested in being with you.

Of course, there are some women out there who will only date very good looking, rich and successful guys, but the majority of women are open to hooking up with most types of guys, as long as he can make her feel the way she wants to feel when she's with him.

6. You're Trying Too Hard to Get Her to Like You

What a lot of guys don't realize is that a woman liking him as a person is not the same as her liking him in a romantic, sexual way.

So, when a guy doesn't know how to make women feel attracted to him (i.e. by displaying the personality traits and behaviors that women are instinctively drawn to, e.g. confidence, charm, humor) he'll often make the mistake of thinking that if he gets them to like him as a person (e.g. by paying for everything, being at her beck and call, listening to all of her problems, being a helpful friend), at least some women will give him a chance.

However, that's not how it works.

Some women enjoy using a clueless guy to buy her gifts, take her out to expensive dinners, or have him run errands and be at her beck and call, but most women don't.

If a woman notices that a guy is insecure and self-doubting and will do anything she wants to make her like him enough as a person to give him a chance with her, she will not respect him; and women do not feel attracted to guys they don't respect.

There's nothing wrong with doing nice things for a woman or treating her well, but women really only appreciate those gestures from a man that they feel sexually attracted to.

If a clueless nice guy is on his best behavior in the hopes of impressing a woman and getting a chance with her, she's not going to feel turned on and want to be his girlfriend.

It's just not how it works.

If you want a woman to want you, simply trigger her feelings of sexual attraction, turn her on and then kiss her, have sex with her or get her number and call her to set up a date.

If you try to be Mr. Friendly and slowly "grow on a woman," you will be rejected by most women you try that on.

The simple way to be successful with women is to focus on sexual attraction.

Once a woman feels sexually attracted to you, everything flows naturally and easily from then on.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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Why Do Women Reject Me?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you're asking, *Why do women reject me?* you're probably also wondering, *Is it because there is something wrong with me? Am I just not good enough for the women I want?*

Fortunately, that's not the case at all.

The main reason why so many good guys get rejected by women is due to their misunderstanding of how a woman's attraction really works.

Once you understand what women want to see from you during an interaction, you will realize that it's actually easier to attract a beautiful woman for sex and a relationship than you think.

So, here are 4 possible reasons why women are rejecting you right now, and how you can change that.

1. You're trying to make women like you as a person, rather than feel sexually attracted and turned on by you

One of the biggest mistakes that a lot of guys make with women, is falling into the trap of believing that if a woman likes him as a person, she will then want to have sex and start a relationship with him.

This is the classic nice guy approach that results in rejection most of the time.

Watch this video to understand why women don't get turned on by a nice guy approach, unless a guy triggers her feelings of sexual attraction first.

Women do like nice guys, but they only want a nice guy who has the ability to make her feel sexually attracted and turned on during an initial interaction.

If a guy is just friendly and nice, a woman isn't going to become wet and want to take off her clothes to have sex with him.

Instead, she's just going to feel nice, friendly feelings and place him in the friend zone.

A lot of guys don't know this, so they mistakenly try to be really nice to a woman first in the hopes that she will like him as a person and say, *"Hey, you're a really nice guy. I should give you my phone number"* or *"Hey, you're so nice. You're not like the other guys. Please have sex with me tonight."*

Obviously, that's not how it works.

Yet, most guys think that they will be rewarded for their niceness one day if they just keep trying and hope to get lucky.

Years pass by and the nice guy keeps trying to suck up to women, rather than turning them on.

For example: If he's just met her, a typical nice guy might give a woman loads of compliments, hang on her every word, agree with everything she says, and if they are at a club or bar, he might also pay for all her drinks.

Alternatively, if he already knows her (e.g. they work together, go to the same university, live in the same apartment building), he might try to get her to like him by being there for her emotionally or physically when she needs him (e.g. he lets her cry on his shoulder when she's upset about how

another guy is treating her, he's always available to do her a favor, lends her money, runs errands for her).

In his mind, the nice guy is usually thinking, *“One day, when she realizes how much I do for her and what a big part of her life I really am, it will dawn on her that she loves me and then she will want to have sex and be my girlfriend. Even if right now she has a boyfriend, if I just stick in there, eventually it will happen. She will eventually realize that I am the one. I treat her so much better than other guys, so it's only a matter of time before she wakes up and realizes that her perfect guy has been right in front of her all along.”*

Yet, unless he actually makes her feel sexually attracted and turned on, she's not going to look at him as the perfect guy for her.

If she is a genuinely friendly and affectionate woman, she might say things like, *“You're such a great guy. I can't believe how lucky I am to have you in my life. You mean so much to me,”* and he will take it as a sign that she likes him and that she possibly wants to be his girlfriend.

Yet, if he then tries to kiss her or ask her out on a date, she will almost always pull away and reject him by saying something like, *“Oh, I really like you as a person, but you know that I only see you as a friend, right?”* or *“You're so sweet, but I don't want to ruin our friendship.”*

Why does this happen when all the signs seem to say that she likes him?

Essentially, it's because a woman liking a guy as a person is not the same as her feeling sexually attracted to him.

She might think that he's a great guy, and she might even love him as a friend, but if he doesn't spark her feelings of sexual attraction, she will reject him.

The bottom line is this: Whether you're with a woman you've only just met, or you are hanging out with a woman you know and like, if you want her to be interested in having sex and being your girlfriend, you have to focus on making her feel sexually attracted to you, rather than trying to get her to like you as a person.

Turn her on, get her in the mood, make her feel feminine and girly in comparison to your masculine way of talking, thinking, feeling, behaving and taking action.

Touch her, bring her in for a hug, kiss her, have sex with her.

Don't sit around being a friendly, non-sexual guy and hope that she will suddenly want to bang.

You've got to actively trigger and build on her feelings of sexual attraction for you so sexual tension builds up between you and her.

You then release that sexual tension with kissing and sex.

Making a woman feel sexually attracted to you is simply about behaving in some of the ways that are naturally attractive to women (e.g. confident, masculine, charming, funny).

If you're doing that, she is going to feel attracted and all you need to do is believe in your attractiveness and then proceed to kissing, sex and a relationship.

2. You mistake a woman testing you as a sign that she is rejecting you

When a guy approaches a woman and she gives him the cold shoulder, ignores him, is difficult to talk to, or behaves in other challenging ways, he usually thinks that she is rejecting him.

He might then begin to ask himself questions like, *“Why do women reject me? What is their problem? What am I doing wrong? Is it because I’m not tall enough, good looking enough or rich enough? Is there something wrong with me?”*

However, what he doesn’t understand is that when a woman plays hard to get at the start of an interaction, she’s almost always doing that to test his confidence.

Why do women want to test a guy’s confidence?

Essentially, women are attracted to the emotional strength in men (e.g. his confidence, masculinity, drive and ambition) and turned off by the emotional weakness (e.g. insecurity, self-doubt, lack of direction in life).

Why?

Women instinctively try to find a man who will make them feel safe in this life, rather than hooking up with a guy who will need her protection because he lacks confidence, gets nervous and can’t handle challenging people or situations.

She wants to be able to relax and be a man’s woman, rather than being a guy’s mother or big sister in life.

So, when a woman first meets a guy, she will often test his confidence by being cold and acting disinterested to check if he is emotionally strong enough for her.

If he can handle her tests confidently (e.g. smiles, stays relaxed, ignores her tests and confidently continues on with the interaction in a relaxed, easy-going manner), she will accept that he is confident and lower her guard.

She will then show him the friendly, easy-going side of her personality that almost every other man never gets to see, because other men simply cannot handle the initial tests of their confidence.

Women like that are very easy to pick up because they have so few guys to choose from.

Pretty much every guy she meets isn’t emotionally strong enough for her, so she actually ends up getting a little desperate.

Yet, don’t ever expect her to admit that or show it to you. Women are great at acting like they aren’t even interested in guys, even when they are completely desperate to find a boyfriend.

So, the next time that you find yourself on the receiving end of a woman’s tests, rather than think that she’s rejecting you, just relax, smile and allow her to experience your confidence.

She will either quickly open up to you within seconds, or if she is a woman who requires a very confident guy, it might take 5-30 minutes for her to fully open up.

When she does open up though, she will then become very easy to pick up as long as you remain confident and move the interaction forward to kissing and sex that night or to getting her phone number and calling her 1-3 days later to arrange a date.

3. You don't think that you're good looking or rich enough, so you doubt yourself around attractive women

Probably one of the biggest excuses guys use for their lack of success with women is, "Women reject me because I'm not good looking enough, and I don't have a lot of money, a fancy car or a great house. I'm just an ordinary guy with an ordinary job and women don't go for guys like me."

Check out this video to see what I mean!

Naturally, not every woman a guy approaches will be open to being with him if he's not very good looking, rich or successful (some women are shallow that way), but the majority of women (90%) are open to being with all different types of guys, as long as the guy can make her feel attracted in other ways.

For example: A woman might notice a really good-looking guy across the room and say, "Wow! Now that's what I'm talking about! I wouldn't mind getting together with him. He's so handsome."

Yet, if he then approaches her and puts on a fake persona (e.g. acts nicer than he is, acts super cool, acts as though he is perfect at everything, pretends to be more confident than he feels, tries to impress her by telling her about his job, car or money), she will begin to feel turned off by him because she will sense his insecurity.

An unattractive woman might still want to hook up with him based on his looks, but an attractive woman will almost always reject him because his personality stinks.

This is one of the main reasons why you will have probably noticed many average or below average looking guys with beautiful women.

This happens because women can and do feel attracted to men for reasons other than looks and money.

4. You think a woman needs to give you a clear sign to let you know that she's interested before you can make a move

Where a lot of guys go wrong with women is in thinking that the right thing to do is wait for her to give him a 100% clear sign that she's interested, before he makes a move.

A guy like this doesn't want to seem too forward or get rejected, so he just waits for her to hopefully show him that it's okay to touch her, hug her, kiss her or get her number.

Of course, some women do give clear, obvious signals, but women aren't all the same, which means that each woman will behave differently when she's interacting with a guy.

For example: If a woman is beautiful and confident about her attractiveness to men, she will usually act uninterested when she's interacting with a guy because she wants to see if he's confident enough to handle her.

On the other hand, a woman who is insecure about her attractiveness, will also act uninterested because she will fear getting rejected by him.

So, if youâre sitting around waiting for a woman to give you an obvious sign that she wants you to kiss her, ask for her phone number or ask her out, you will be wasting your time (and hers) almost 99% of the time.

If a guy takes too long to kiss a woman, ask for her phone number or make a move, she will eventually get frustrated and her interest in him will fade.

By the time he plucks up the courage to make a move, she will either have moved on and heâll see her flirting with another guy if heâs only just met her.

If he knows her as a friend or works with her and eventually works up the courage to ask her out, she will likely tell him, *âThatâs so sweet, but I donât want to ruin our friendship,â* or *âSorry, but itâs too late for you and me, I have a boyfriend now.â*

Stop the Rejection Now

As long as you focus on triggering a womanâs feelings of sexual attraction first (e.g. by being confident, making her laugh, making her feel feminine in contrast to your masculinity), women will stop rejecting you and want to be with you.

However, if you continue to interact with women in the ways that you have until today, then you can expect to experience more of the same rejection.

Success with women is simple when you actively make them feel attracted to you.

On the other hand, trying to get laid or get a girlfriend by hoping to be liked for being a nice, intelligent guy is like living a nightmare.

Rejection after rejection after rejection eventually makes you begin to feel bitter and angry towards women.

Yet, it doesn't have to be that way.

You can stop the rejection now and forever by focusing on making women feel attracted and turned on by you from now on.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

WATCH VIDEO (FREE)

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Why Are Women So Picky?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you've been asking yourself the question, *Why are women so picky?* lately, it might be because:

1. You don't believe that you're good enough for the women you want (e.g. not good looking, rich or successful enough) and they sense your lack of confidence and then feel turned off.
2. You don't know that most women put guys through confidence tests by pretending not to be interested. If the guy loses confidence, the woman loses interest.
3. You've been making women like you as a person, rather than triggering their feelings of sexual attraction.
4. You think that being a nice guy should be enough for a woman to like you and choose you.

The truth is, most women are not as picky as most guys think.

Obviously, some women are very selective and only go for very good looking, rich and successful guys, but most women are much more flexible about what they find attractive in a guy; as long as he can make her feel the way she wants to feel when she's with a man.

Essentially, a woman wants to feel feminine or girly in comparison to how masculine you think, talk, feel, behave, react and respond to her.

She wants to be able to look up to you and respect you as a man, rather than feeling like she needs to be gentle with you and take care of you emotionally.

She wants you to be the emotionally stronger one, especially when she is putting you through her confidence tests to see if you will crumble under her pressure.

Don't Fall For the "Hard to Get" Act That Women Put on

[image: Picking up picky women: Realize that they aren't as picky as they make themselves out to be]

When I first started picking up women, I used to think that women had all the power and I had to hopefully get chosen by them.

Eventually though, I realized that most women are way easier to pick up than they make themselves out to be.

Just have a think about how many times you've seen an average, below-average or even ugly guy with a hot girl and you'll know what I mean.

Most women act like they are really hard to pick up, but as long as you remain confident in your ability to attract her and don't fall for her "hard to get" act, she will eventually drop her guard and open up to you.

[image: Remain confident and she will eventually relax and open up to you]

She will show you the friendly, down to earth, easy-to-pick up and sexual side of her personality that 95% of guys never get to see.

It's only the guys who understand the truth about women that get to pick up the hotties.

The truth is that they are easier to pick up than they make themselves out to be.

If you don't believe that, you will fall for their act.

If you do believe it, you will smile, remain confident and stick with the interaction until she eventually brings down her defenses and opens up to you.

All you need to do then is either get a phone number, add her to Facebook or kiss her and have sex with her that night.

Everyone is doing it these days, so don't fall for the act that women put on to suggest that they don't even have sex or aren't open to it.

Pretty much every woman you meet these days has either had a one night stand, multiple one night stands or is open to having one if a guy is confident enough to stick with the interaction, kiss her and move it forward to sex that night.

Trying to Pick Up Very Selective Women

Some women are harder to pick up than others.

For example: Some women go to exclusive bars or VIP parties to hopefully meet a celebrity, millionaire or billionaire.

If you're not one of those guys, then don't worry about trying to pick up those women.

You can pick up some of those women if you're skilled at attracting women, but if you're just starting out with pick up, you should stick to picking up normal, beautiful women.

Normal, beautiful women are the pretty women who work in clothing stores, the make up section at a department store, the girl next door, the hot girl at a normal bar or nightclub and the hot girl at yoga or dance class.

Beautiful women are everywhere, but most guys are too afraid to even talk to them because they can't handle the confidence tests that beautiful women use on men.

When you are the rare guy who can remain relaxed and confident and just be normal as you talk to a beautiful woman, you will see that she drops her guard and opens up to giving you her number, kissing you, meeting up for a date or having sex with you that day or night.

The Picking Order

[image: Stick with the interaction. Build up her attraction, create sexual tension and release that tension with kissing and sex]

One of the main reasons why guys accuse women of being so picky when it comes to dating, sex and relationships, is that most guys aren't as selective as women.

For most guys, as long as a woman is beautiful (or even just attractive), they are willing to have sex and possibly even start a relationship with her.

Most guys don't even care what she does for a living, what her hobbies are, where she lives or how good she is with her money.

If she looks good, most guys will bang her simply based on her appearance alone.

All the other details about her will become important after sex, but prior to sex most guys really don't care about the woman and just want to get some sex or feel good about themselves for getting a new girlfriend.

Most women on the other hand, will not choose a guy for sex (and possibly a relationship) solely based on his physical appearance.

Almost all women need to experience a guy's personality first (i.e. Is he confident? Does he get along well with her and others? Does she feel happy while talking to him?), before they will decide to hook up with him.

So, although most men would be happy to put up with a woman who is shy, insecure, not very intelligent, etc., as long as she's attractive, most women don't take the same approach to sex, dating and relationships.

Generally speaking, a woman puts more value on a man's personality, behavior and how he makes her feel, than she does on his looks.

Of course some women will only date a guy who is very good looking or has loads of money and status, but the majority of women will be more open to dating many different types of guys, as long as they can make her feel attracted.

The bottom line is this: Men are attracted to women based on how she looks and women are attracted to men based on how he makes her feel.

When Men Don't Understand How Women Feel Attracted to Men

[image: Things that make women reject men]

If you asked 100 men what they think women want in a man, most of them would tell you things like looks, money, height, social status and a big dick.

While it's true that those things can attract a woman to a man, it's not the only way that a man can attract a woman.

Consider the fact that most people are not rich, most guys have an average sized weiner and are not living a celebrity lifestyle.

Yet, they are getting laid, they have a girlfriend or they have a wife.

So, what is their secret?

Simple.

They have attracted women in OTHER ways.

Watch this video to understand how

Most guys simply complain about women being picky because they are under the assumption that to get a woman, you need to be good looking, tall, rich and have a huge dick.

Yet, it's just not true.

If you believe the insecure, negative worldview of the guys who don't understand attraction, you too

will feel insecure and might even feel angry at women for being so picky.

As you go through life, you will focus on examples that support your insecurities (e.g. good looking guys with beautiful women, rich guys with hot women, tall guys with hot women).

When you see an ugly or below average looking guy with a hot woman, you will probably think, *“He must have a big dick”* or *“He must be rich or something.”*

Yet, what’s really going on is that he has simply attracted her for reasons other than looks, money or social status.

For example: He has been confident, funny, made her feel feminine and girly in comparison to how masculine he thinks, talks, behaves or takes action in life and around her.

It’s so easy to complain and come up with loads of reasons why women (especially Western women) are so picky these days.

Yet, looking for excuses about why they are rejecting you isn’t going to make them want you.

If you want women to want you, the solution is simple: Start making them feel attracted to you by displaying the kinds of personality traits, behaviors and inner qualities that are naturally attractive to women.

3 Things That Will Make a Woman Not Pick a Guy

When a guy get rejected by women and ends up asking, “Why are women so picky?” it’s usually because he’s making one or more of the following mistakes when talking to women he likesâ€¦!

1. Thinking that being nice to a woman will make her choose him.

If a woman meets different guys every day (e.g. at work, through friends, at university, while interacting with customer service staff), pretty much all of them will be nice to her and will do nice things to impress her.

Guys who meet her in a bar, club or party environment will try to be nice by paying for her drinks, opening doors for her and giving her plenty of compliments.

These guys are secretly hoping that she will choose them for sex and a relationship as a result of being nice to her.

However, when a guy is nice to her, nothing about him makes him stand out from all the other guys that have been nice to her.

Niceness doesn’t make a woman think, *“Oh, wait â€¦ this guy is so nice. Wow, that turns me on. I want to have sex with him and be his girlfriend.”*

If being nice to her were the secret to success with women, every guy would be able to pick her up by simply sucking up to her with a nice guy act.

Yet, obviously the nice guy act doesn’t work on most women.

So, what makes a woman pick a man then?

When a guy can trigger her feelings of sexual attraction by what he is saying and doing when interacting with her, she will become open to being picked up by him.

If she is very pretty, she won’t want to make it easy for him by showing him how much she likes him because she wants to test his confidence.

Women want to find a guy that is confident in life no matter what people say or do around him. She doesn't want to get stuck with an insecure, fearful guy who needs her to constantly reassure him that everything is okay, she loves him and isn't going to leave him. She wants a guy who knows that he is good enough, with or without her reassurance or approval. That's why you will often hear a woman saying, *"I like a man who knows what he wants and isn't afraid to go and get it."*

2. Thinking that being a woman's friend will make her want to have sex and be his girlfriend.

One of the most common mistakes guys make, is trying to be a woman's friend first and then hoping that she will eventually realize what a great guy he is (because he's not pushing her for sex) and she will want him to be her boyfriend.

However, that's usually only how it works in the movies.

In real life, a woman wants a man to be confident enough to make his intentions clear from the beginning, by actively making her feel attracted, and then moving things forward to kissing, sex and a relationship when the time is right.

Most modern women don't want to spend weeks, months or even years being a guy's friend before he will pluck up the courage to make his move.

In fact, if a guy takes too long to make her feel sexually turned on and open for sex, most women will usually slot him into the friend zone and begin looking for a guy who understands how the modern dating scene works.

These days, most relationships start with sex on the first night, first date or second date.

If you wait for weeks or months and hope to "grow on a woman" over time, she will usually get bored and just sleep with another guy.

That's not because she's slutty, but it's because she knows that after sex, that is when a real relationship begins.

She wants to find herself a boyfriend, not a friend.

So, if you want her to be your girlfriend, have sex with her quickly rather than hoping to grow on her over time by being a great friend.

Be a great boyfriend to her instead.

3. Waiting for a woman to make the first move.

Right now, there are probably millions of beautiful women all across the world that would happily pick you for sex and a relationship.

Yet, you've got to have the balls to make a move on her. You can't expect her to be the man and lead the way to kissing, sex and a relationship.

Most of the guys who are going around complaining that women are too picky, are also the guys who are sitting around waiting to get lucky someday, when a woman makes a move on them.

Falling asleep at night, millions of guys daydream that the perfect woman will miraculously walk up to them and pick them, or that they will bump into each other like in a romantic movie and will immediately start talking, connecting and falling in love.

Awww, how sweet.

In the real world, you need to have the balls to make something happen with a woman.

You can't sit around trying to look good and hope that women come over and guide you to kissing, sex and a relationship.

That only works for really good looking guys who sometimes get hit on by unattractive women who want his genes or to show him off to their girlfriends.

Hot women usually wait to get approached and even when you do approach, they test your confidence by playing hard to get.

If you can't handle that, they don't want you.

Hot women don't want to give an insecure guy access to their pussy because instinctively, she fears getting pregnant to the wrong guy.

She doesn't want to get stuck with an insecure guy that she will have to protect, nurture and take care of emotionally.

She wants a man who has the balls to get this done in this world.

If a woman gets the impression that she is more dominant than the guy and that she has to baby him because he's too insecure to approach her like a real man, she won't be able to respect him, and without respect, she won't be able to feel attraction for him either.

Making Women Want to Be Picked By You

Hopefully, by now, you're no longer wondering, *Why are women so picky?* because realized that a woman's pickiness is usually just her way of finding a guy who is man enough for her.

As long as you can spark a woman's feelings of sexual attraction by displaying some of the personality traits and behaviors that are naturally attractive to women (e.g. confidence, charisma, sense of humor, drive and determination) she will naturally be drawn to you, and she will be on her best behavior trying to make sure that you pick her.

Of course, don't expect her to make that obvious to you.

If the woman you're interacting with is attractive, she knows that pretty much every guy would bang her if she gave him the chance.

She's almost certainly going to play hard to get so she can test to make sure that you are a man with real confidence that she can rely on.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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What to Say When a Woman Compliments You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

When a woman compliments you, the way that you respond will depend on whether or not you want to have sex with her.

Assuming that you are sexually attracted to her and want to have sex with her or begin a sexual relationship with her, here is what to say (and do) when she compliments youâ€¦

1. Use it as an Opportunity to Build on Her Feelings of Sexual Attraction For You

What most guys would do when a woman gives them a compliment, is simply say something like, *â€œOh, thanks.â€œ*

Yet, just saying, *“Thanks”* is not going to make her feel turned on and interested in talking to him some more.

Sure, it’s the polite way to accept a compliment, but we’re talking about attracting women for sex and/or a relationship here.

If you want a woman to just like you as a person, go ahead and say, *“Thanks,”* but if you want her to feel even more attracted to you, add in some humor.

For example:

Her: I really love the color of your eyes.

You: (Smile and say in a joking manner) Thanks, but you’re going to have to do better than that if you want me to give you my phone number.

Her: (Most likely laughing) No! I was just giving you a compliment.

You: (Still smiling and joking) Phew, I’m glad that’s all it was, because you know I’m a respectable guy. I just don’t go out with any beautiful woman who gives me compliments, you know?

Her: (Most likely giggling, laughing) Oh, okay.

You: (Smiling) Since you love my eyes so much, maybe we should go grab a cup of coffee together sometime and I’ll let you stare into my beautiful eyes. It will cost you \$15 per minute though. I have expensive eyes.

Her: (Most likely laughing).

As you can see, you can take a simple compliment and turn it into the type of conversation that will trigger her feelings of sexual attraction for you.

Women love guys who can make them laugh.

It’s a guy’s ability to turn a boring interaction into something to laugh and feel good about that women instinctively feel drawn to.

Why? Life can get pretty dull and boring at times and it’s great to have someone around who has the ability to lighten up the mood.

Additionally, guys who are confident and able to make people laugh and feel good usually have more

friends, get promoted more at work and live a happier, healthier life.

So, a woman instinctively knows that she is most likely (not guaranteed of course) going to live a better life if she gets into a relationship with a confident guy who can make her and others laugh at times.

It's not about constantly cracking jokes, being a comedian or being an entertainer for her or anyone else.

Instead, it's just about being able to make a boring, every day situation funny and light-hearted sometimes.

When a woman compliments you and you say something confident and funny like the example above, she instantly knows that you are a special guy who isn't boring and routine like 99% of other guys she meets.

There's nothing wrong with just saying, *"Thanks"* and then attracting a woman in other ways (e.g. being confident, having a masculine vibe), but if you want a woman to feel maximum attraction for you, then add in a little bit of humor every now and then.

By displaying some of the personality traits and behaviors that are naturally attractive to women, (e.g. confidence, charm, sense of humor) you will always find it easy to attract and hook up with women, even if they start out by teasing you or saying something negative.

For example: If a woman starts off an interaction with you by playing hard to get and not being very friendly, she will instantly begin to feel respect and attraction for you if you can remain confident and relaxed and get her laughing or at least smiling.

When you break her out of the negative or closed up emotional state, she will instantly realize that you are more powerful than her and it will make her feel attracted to you.

2. Avoid Making a Big Deal Out of Her Compliment

Sometimes, when a guy lacks experience with women, he will become so excited when a pretty woman gives him a compliment, that he makes a big deal out of it and ends up looking desperate, lonely and thirsty for some attention.

In his mind, he might immediately begin to imagine her as his girlfriend and feel like it's his lucky day.

He will imagine introducing her to his family and friends and might even go so far as picturing her as his future wife.

In all of that excitement, he might begin to think that she is "the one" for him and will show lots of interest, shower her with gifts or pay for her lunches, offer to run errands for her, and even call her or text her multiple times a day if she's given him her telephone number.

Yet, rather than making her feel more attracted to him, that type of behavior only turns her off because it means that she doesn't need to do anything else to impress him.

In other words, he's not a challenge for her to win over!

When a woman shows interest in a guy, he will almost always be easily impressed by her and be willing to start a relationship with her or have sex with her no matter what she says or does around him from then on.

In his mind, he is about to score and he wants to make sure that she knows that he likes her.

He assumes that if he doesn't show how keen he is, she will be disappointed and give another guy her attention.

Yet, what he doesn't realize is that pretty much every guy that a woman shows interest in will act like a thirsty guy in the desert who is dying for a glass of water.

In other words, pretty much every guy will be willing to have sex with her or start a relationship because most guys struggle to get laid and get a girlfriend.

Why? Watch this video and you will understand the real reason why so many guys fail with womenâ€¦!

So, when a woman compliments you from now on, try to be a bit more of a challenge for her to win over, rather than just being polite and nice all the time.

If you can be a bit of a challenge for her to win over, she will not only feel attracted to you, but she will also feel excited by the challenge.

She will want to try her best to seduce you and get you to want her and while she is doing that, she will naturally begin to fall in love you with you and fantasize about you being "the one" that she's been looking for all along.

What's an example of being a challenge?

First and foremost, you must make her feel attracted to you. If she's not attracted to you, she's not going to care if you lose interest in her.

So, assuming that you have attracted her, here's what you can doâ€¦!

If she compliments you, flirts with you and shows interest in you today, you can respond by being charming and flirty back.

Yet, when tomorrow comes, if she acts like she doesn't even know you and is cold and distant, rather than chase after her and try to get her attention again (which is what most guys would do and is not very challenging to her), just ignore her and make a point of talking to other, attractive women in her presence.

When she sees that other attractive women like you, she will instantly get worried that one of those women will seduce you and take you from her, so she will immediately begin showing interest in you again.

By allowing your interest in a woman to rise and fall depending on how she behaves when she interacts with you, you are making it clear to her that you are not like all the other guys she knows.

You are a challenge to win over because you are not desperate like other guys are.

Women want to be with a man who is a challenge, because for most women, if she is attractive, she knows that all she really has to do is wear a short skirt, show off her cleavage, wear some makeup and do her hair, and most guys will be falling over themselves to be with her.

That's not exciting for her because it's available 24/7, 365 days a year no matter where so goes in the world.

What isn't available is a guy who has the confidence and social intelligence to be the challenge that women desperately want to win over.

You have to make it clear to her that if she wants you, she is going to have to behave herself and

work hard to impress you; not the other way around.

Don't say that to her directly. Instead, just show it to her by the way you respond to her behavior.

She will know exactly what is going on and she will strive to be the girl that captures your attention, love and devotion.

3. Avoid Letting Your Insecurities Stop You From Making a Move

When a beautiful woman gives an insecure guy a compliment, he will often be too afraid to take it to the next level.

A confident guy will see the compliment as a sign of interest from her and then build her interest by making her feel attracted to him in additional ways, (e.g. by making her feel girly and feminine in contrast to his masculine vibe, making her laugh, being charismatic, being charming).

He will then either move in for a kiss, get her number, ask her out on a date or take her home for sex.

Yet, an insecure guy will naturally be insecure about it. He'll be thinking, *"Does that compliment mean she likes me? What if I ask her out and she rejects me and says that she just wants to be friends? Maybe I should wait for her to make it more obvious."*

He will then act nice and pretend to just want to "get to know her" and be a friend, when his real motives are sex, love and a relationship.

When a woman sees that the insecure guy isn't making a move, she will begin to lose interest in him.

He may then think, *"See! I knew it. Why would a pretty woman like her be interested in a guy like me? Women like her only go for good-looking guys with big muscles, or guys with lots of money and important jobs. I have big ears and I'm just barely scraping by financially. Her compliment meant nothing. She was just being nice to me. Women don't like me."*

Things will then get awkward between them and she will begin to avoid him.

What the insecure guy doesn't know is that all she needs is for him to be confident and take things to the next level, rather than worrying about what she may or may not be thinking.

Here's the thing!

If a woman gives a guy a compliment and she only feels a bit of attraction for him, that doesn't mean that the guy can't make her feel a LOT of attraction for him.

Feelings of attraction can be CREATED.

You can literally make a woman feel intense attraction for you by actively displaying some of the personality traits, behaviors and inner qualities that naturally attract women (e.g. confidence, masculine vibe, charisma, charm, humor).

Watch this video to understand how it works!

What most guys don't realize is that, although a woman might initially feel attracted to a guy based on his appearance, her decision to have sex or be in a relationship with him depends on many different things besides his looks.

For example: A guy might be very good looking from a distance, but when he interacts with women he becomes nervous, insecure and self-doubting, which is unattractive to women.

So, even though he might be good looking, most women (not all) will begin to see him as being unattractive because of his emotional weakness.

On the other hand, a guy who is plain, or even what others might perceive as being ugly, can attract women by displaying some of the personality traits, behaviors and inner qualities that naturally attract women.

For example: If he is confident, charismatic, charming, interesting to talk to, or displays other qualities that are naturally attractive to women, most women (not all, of course) will see him as being more good looking than he seemed at first sight, because his behavior and actions are triggering feelings of attraction.

So, when a woman compliments you, don't waste time worrying about whether you're her physical type or not, or whether her compliment is just friendly or nice.

If you want to have sex with her or begin a sexual relationship wither, simply focus on making her feel sexually attracted to you displaying some of personality traits and behaviors that are naturally attractive to women (e.g. confidence, charisma, humor, masculinity).

Remember: What to say when a woman compliments you is not as important as behaving in the ways that are attractive to women.

You Snooze You Lose

[image: You snooze you lose]

An opportunity not used, is an opportunity lost.

When a woman compliments you, she is giving you an opening to seduce her into something more.

However, don't expect her to take the lead, do all the work for you or make it obvious that she is giving you a green light to seduce her.

It's up to you to take her compliment as a sign of interest, turn it into attraction, and then guide both her and you to kissing, dating and sex and a relationship if you both want it.

You can look at her compliment as just being friendly if you want, but that's not going to help you get a result with her.

Insecure thinking will get you nowhere with women, whilst confident thinking will get you everywhere.

If a guy doesn't make a move on a woman after she gives him an opening to seduce her, she may eventually begin to wonder, "What's wrong with this guy? Why doesn't he make a move?" and then lose interest.

It's not a woman's role to lead a man into sex and a relationship. Women give hints and it's up to you as a man to build on her attraction and then be confident enough to attempt to move things forward.

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[image]

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What to Talk About When You Call a Woman

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Talking to a woman on the phone is easy when you focus on the fact that she must already like you if sheâs given you her number.

Women don't give out their real number to guys that they don't ever want to talk to again, so just make sure that you believe in your attractiveness to her when you call her.

What you talk about when you call a woman is less important than how you make her feel when you are talking to her.

For example: If you say, *"Hey, so how have you been?"* in a nervous, unsure way, she's going to feel turned off by your self-doubt.

However, if you say, *"Hey, so how have you been?"* in a confident, easy-going manner, she's going to feel attracted to your confidence and social intelligence.

Here's what you need to rememberâ

As long as you focus on making her feel attracted to you, while also just being yourself, the conversation will flow naturally and she will enjoy it.

Using Humor to Make Her Feel Attracted to You on the Call

In addition to being confident and easy-going, you can also make her feel attracted by using humor.

This ensures that the call starts off in a positive way, and if sheâs forgotten how good she felt talking to you the first time, this is a great way to re-spark her feelings of sexual attraction for you.

An Example of Using Humor When You Call a Woman For the First Time

After getting a womanâs number for the first time (e.g. at a bar or club, at a party, at the gym, at work, at university), get her on a phone call as soon as possible, so you can have a laugh together and then arrange to meet up in person.

Most guys feel very nervous about calling a woman, because they feel they donât really know what to talk about when they call her.

Rather than following through on the number they've got, some guys chicken out and just convince themselves that she isn't that interested.

Yet, here's what you need to rememberâ

You can CREATE feelings of attraction inside of a woman when you talk to her.

If the woman who gave you her number is only kind of interested in you at the moment, you can make her very interested by using humor to build on her attraction for you.

For example: One of the ways to use humor on a call to build on a womanâs feelings of sexual attraction for you, is to use something specific related to only you and her.

So, letâs say that the first time you met her, she was wearing a black cat suit or a tight black outfit, and you jokingly referred to her as looking like a ninja.

[image: Sexy ninja girl]

You then started referring to her as the, “sexy Ninja girl” and jokingly suggested that she’d look good in a James Bond movie as the bad ass girl who outsmarts James Bond.

So, when you call her, you can trigger her feelings of attraction by saying, “Hello sexy Ninja girl. Been on any James Bond missions since we met the other night?”

Several things will happen when you do this:

1. She will know immediately who is calling her without you having to identify yourself and warm her up with pointless small talk (e.g. “How was your day?” or, “Been working hard?”).
2. She will laugh and feel good at the start of the conversation.
3. She will feel attracted to your confidence and sense of humor.
4. She will feel excited to be talking to you again because she will remember how good she felt talking to you when you first met.
5. She will feel flattered because you are giving her a compliment by calling her sexy.

All of that will add up to her see you as a charming, interesting guy who makes her feel good about herself, and she will be open to hooking up with you again to experience your charm in person.

As long as you are sparking a woman’s feelings of attraction for you, it doesn’t really matter what you talk about because she will be interested.

Mistakes to Avoid When You Call a Woman

Here are some mistakes you should avoid making when you call a woman:

1. Don’t wait too long to call her after getting her number.

Even if you and her had a really great time and you felt that there was a special connection between you and her, she probably has many guys who are interested in her right now.

It’s also possible that she has given her phone number to several other guys besides you lately.

So, if you take too long to call her, some other guy might get to her first.

If he has sex with her and she enjoys it, she’ll probably get into a relationship with him even though she really liked you.

Unless you make a woman feel intense attraction for you, she’s usually not going to sit around waiting for your call for too long.

If she doesn’t hear from you within a few days of giving you her number, she may assume that you’re not interested in her or that you’re too shy, nervous or insecure to call her.

She will open herself up to having sex, or falling in love, with another guy and try to forget that she got rejected by you.

So, don’t take too long to make your move.

If she has given you her number, be a man and call her, get her on a date, kiss her, have sex with her and begin a relationship (if you want one).

2. Don’t waste too much time talking to her on the phone before you ask her out.

A guy might be able to get a woman laughing and enjoying talking to him on the phone, but if he

doesn't ask her out, she will usually lose interest.

She may be thinking things like, *"Why is he calling me and not setting up a date? Why are just chatting all the time and never getting to have sex? Is he too afraid to ask me out, or is he just talking to me because he is lonely and needs some attention?"*

Eventually, most women begin to suspect that a guy is either too insecure or self-doubting to hook up with her again and she will lose interest, slot him into the friend zone, or just move on and start dating other guys who are not afraid to meet up with her in person.

Getting a woman's phone number and calling her is only the beginning of the dating process.

Your main focus has to be on getting her to meet you in person so that you can continue building on her feelings of sexual attraction for you, kiss her, have sex and start a relationship with her.

So, if you've attracted her on the call and had a quick chat, you can jokingly ask, *"Anyway, so when are you taking me out?"* and she will almost certainly say, *"No, you need to take me out"* and you can then say, *"Okay, well I can do that. I think you're a cool chick and we'd have a good laugh together. So, I'm busy tomorrow night, but how about Wednesday or Thursday night?"*

Then, just decide on a day together and either tell her where to meet you, or tell her that you'll text her the address of where to meet you after the call.

3. Don't become her new phone buddy.

Some guys make the mistake of talking for way too long with a woman on the phone to the point where she starts to feel exhausted having him in her life.

A guy will feel excited that the first call went so well (e.g. she sounded happy and excited to be talking to him again), so he might then fall into a pattern of calling her again, and again, and again, just to repeat how great it felt talking to her.

In his mind, he is in love and this is how it's supposed to be.

In her mind, she is starting to wonder why he is acting like one of her girlfriends who just wants to talk all the time about anything.

Even though a woman might go along with it and really enjoy the calls because she is feeling attracted to him, she will eventually start to feel like something just isn't right.

She might not be able to explain why she is losing interest, but her instincts will kick in and tell her that something is off. Why?

Women instinctively know that men should be spending their time on achieving their big goals and ambitions in life, rather than sitting around chatting about nothing like girls do.

It's great talking to a woman on the phone from time to time, but you shouldn't take on the role or act like one of her girlfriends who is always interested in gossip and conversations about nothing important.

Women like talking to each other on the phone for hours about random things, but that's not what women want to experience in a relationship with a man.

If you want her to see you as a potential lover and boyfriend in her life, you need to behave like a man that she can look up to and feel girly around, rather than being like a friend.

If you act like a friend, she will see you as a friend, and one day she will call you up to apologize and tell you about her great new boyfriend that she is in love with.

When she gave you her number, it wasn't because she wanted another friend.

She gave it to you because she felt attracted to you and wanted to kiss you, have sex with you and start a relationship with you.

So, don't waste time acting like one of her girlfriends. The main reason you should be calling her is to arrange to meet her in person so you can move forward to a kiss, sex and relationship.

Attraction + Action = A Beautiful Girlfriend

Women today can have their choice of men, so they're not going to wait around for very long for a guy to make his move; whether it's to call her on the phone, ask her out on a date, or kiss her and lead her to sex and a relationship.

When a woman feels enough attraction for a guy that she gives him her phone number, she expects him to call her up, ask her out and lead both of them to the next level (i.e. kissing and sex).

So, the main thing you need to focus on when you call a woman is making her feel attracted to you (e.g. by being confident, charismatic, funny, making her feel feminine and girly in contrast to your masculine vibe) and then get her to meet up with you in person.

You obviously triggered her feelings enough for her to want to give you her phone number in the first place, so you just have to focus on doing it again when you call her.

Then, ask her out, kiss her and have sex and start a relationship if you both want that. It's so much easier than you think.

Make her feel attracted, take action to move things forward and before you know it she will be your sexy, loving girlfriend.

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[image]

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What to Talk About With Women in Bars

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you're unsure what to talk about with women in bars, just remember this: Talking with women in bars is no different to talking with women anywhere else (e.g. at a party, at a coffee shop, in the mall).

The main thing you have to remember is that no matter where you are, to get a woman to want you, you need to focus on triggering her feelings of sexual attraction when you interact with her.

Watch this video for some examples!

You can make almost any woman interested when you make her feel attracted to your personality and who you are as a man (e.g. by being confident, charming, funny, masculine).

However, despite how easy it is to attract women in bars, there are some things you should keep in mind:

1. Bars are generally busy and noisy, so it's not an ideal place for having a long, serious conversation (e.g. about work, politics, global warming, sports).
2. Don't make excuses about not approaching women because it's loud. They don't expect to have long, detailed conversations with you. Women are generally in a bar because they want to relax, and have some fun, so add to the fun by being in a good mood, getting her laughing and smiling and just not being so serious about everything.
3. Most women don't want to get caught up in a very serious conversation with a guy they've just met in a bar, so even if she brings up a serious conversation topic, don't stick with it for too long (i.e. more than a couple of minutes).
4. The percentage of single women who are open to hooking up with a guy for a one night stand (or a relationship), is higher in a bar than in other places (e.g. coffee shop, gym, mall), so it's very easy to get laid or get a girlfriend.
5. Women very rarely go to a bar alone; they will usually be with a friend, or in a group, so be prepared to talk to her and her friends.

Bearing the above points in mind, here are some mistakes to avoid making when you talk with women in bars!

1. Don't Wait For a Woman to Make it Completely Obvious That She Wants to Talk to You Before You Approach

Women are instinctively attracted to the emotional strength in men (e.g. confidence, high self-esteem) and they are repelled by emotional weakness (e.g. self-doubt, insecurity, nervousness).

So, when a woman is in a bar, one of the best ways for her to quickly determine a guy's level of self confidence and emotional strength, is to wait and see if he'll make the first move and approach her.

She might look at him a couple of times to show some indirect interest and if he doesn't make a move, she isn't going to raise up her hand and wave him over.

She wants to see if he has the confidence to make a move, even though she's not making it very obvious.

Why? Women instinctively know that they will be much better off with a guy who has the balls to take action when he wants something, compared to a guy who is afraid to make a move.

We live in a challenging world and weakness isn't something that is usually rewarded with respect, financial success and loads of friends.

On the other hand, when a guy has the confidence/balls to go after what he wants with women (e.g. he approaches women he likes, asks a woman out), he will usually be more likely to succeed in life (e.g. he will go for promotions, people will respect him more because of his confidence and alpha male approach to life, etc).

So, when a guy does approach a woman, she will automatically feel some attraction for him because he is displaying the types of behaviors and personality traits that are naturally attractive to women (e.g. confidence, masculinity).

On the other hand, if a woman notices that he's too afraid to approach to her, even when she's giving him obvious signals like making frequent eye contact with him or smiling, then she'll usually just assume that he's nervous and unsure of himself, which she will find unattractive.

So, if you're in a bar and a woman catches your eye, it's up to you to make the first move; even if she's not making it obvious that she wants you to.

If you don't usually have the confidence to approach women, watch this video!

As a man, it's your responsibility to approach a woman, rather than hoping that she starts talking to you first.

Why?

Apart from women instinctively trying to find a confident guy, rather than giving an insecure guy a chance, a woman will also wait for a guy to approach so she doesn't look as easy.

Sometimes, a woman will want to avoid looking too easy to a guy (especially if she's with colleagues or in a group) because she might feel embarrassed about being picked up in a bar.

In a case like that, you simply have to approach the group in an easy-going, relaxed way, and engage her and a couple of others in the group in conversation, until eventually you and the woman you like end up talking together one on one (i.e. the group accepts you and talks amongst themselves instead of focusing on you and her).

[image: Talking to a group of women in bar]

You can then get her phone number, go to the bar alone with her to get a drink (e.g. *"Hey, let's go grab a drink together and come back"*), a kiss or leave the group to have sex with her that night.

Make sure you talk to the group first though, especially if she seems close with them.

A common mistake that guys make is to zone-in on the woman they like in a group, and ignore all the other people she's with.

Even if she's interested in you, most women will feel uncomfortable if a guy only talks to her when she's clearly with other people.

Of course, if she hates the people she is with, she will be glad that you came along and saved her, but

in most cases, she will at least like a couple of people in the group and won't appreciate it if you ignore them and just zone in on her.

Make a point of talking to a couple of in the group otherwise you'll come across as being a creepy, lonely, socially awkward pick-up artist who's only trying to score with any woman who will give him a chance.

A simple way to approach a woman in a group is by walking up to them and saying something like, *"Hey guys. My name's Dan – I thought I'd come over and say hi. Some friends and I just had a pizza and now we're here to get some drinks and enjoy the vibe. You look like a happy group. Are you guys having fun here tonight?"* and let the conversation flow from there.

If you're being a cool, confident guy when you say this, most women will be open and willing to chat with you.

2. Don't Try Too Hard to Impress Her

If a guy approaches a woman in a bar (or anywhere else) and tries to impress her by talking about his money (or goals to make money), status, what car he drives, his job, etc., she will simply assume that he's only trying to impress her with those things because he doesn't feel worthy as is.

A woman wants to be able to feel attracted to your normal personality, rather than feeling as though you're putting on a show or bragging to try and impress her.

If you want to impress a woman without trying hard, just displaying some of the personality traits and behaviors that are naturally attractive to women (e.g. confidence, charisma, masculine vibe, charm, humor).

When you approach your interactions in that way, women will feel attracted to your personality and won't care about what you do for a living, how much money you make, etc.

Yes, some women are gold diggers and only want a super rich guy, but the majority of women just want a normal, confident guy who makes her feel good and has the potential to do well in life one day.

You don't have to be Mr. Successful to attract most hot women.

Instead, you've just got to make her feel some attraction to your personality and let her see that you have potential (e.g. because you're confident, charming, assertive, loving).

3. Don't Be Too Nice

There's nothing wrong with being nice to a woman, but some guys make the mistake of thinking that he has to make a woman like him as a person first before she will be interested in being with him in a romantic/sexual relationship.

Here's the thing!

Just because a woman likes a guy as a person, it doesn't mean she will also be feeling sexually attracted to him.

Watch this video to understand why!

There is a big difference between making a woman feel friendly affection for you compared to

making her feel sexually attracted.

If you want to have sex with women and get laid or get a girlfriend, the number one thing you need to focus on is sexual attraction.

Once a woman feels sexually attracted to you, she will then also appreciate the fact that you're a good guy.

However, prior to feeling sexually attracted to you, almost all women (except unattractive women) don't care how nice you are.

The truth is, most guys in the world are good guys (or fairly good guys), but women don't feel sexually attracted to them just because they're nice.

If you want a woman to want to have sex with you, you have to trigger her feelings of sexual attraction first (e.g. by displaying confidence, making her laugh and feel girly in comparison to your masculinity).

For example: If you are having a conversation with a woman in a bar about what she does for work, the wrong way to do it would be to ask her a lot of boring questions about it as though you really give a crap about her job.

She knows that guys just talk about that stuff because they don't know what else to say, or don't have the balls to joke around and say whatever they want.

The best way to talk about a woman's job is to use humor to spark her feelings of sexual attraction for you. For example:

- **You:** So, what do you do for work?
- **Her:** I'm a model.
- **You:** (Smile and say in a joking manner) Really? You know the first thing I thought when I saw you was, "That woman over there has pretty feet. So, are you a foot model?"
- **Her:** (Most likely laughing) No, I'm not a foot model.
- **You:** (Still smiling and joking with her) Oh, okay. Then you must be a hair shampoo mode because you have nice hair too.
- **Her:** (Most likely laughing)

Another example:

- **You:** So, what do you do for a living?
- **Her:** I'm an accountant.
- **You:** Yeah, I thought you looked smart. I'll have to use big words now to try to impress you.
- **Her:** (Most-likely laughing).
- **You:** So, you're smart and you're beautiful. What about some bad things about you? I guess you're a bad cook, right?

Why does this work?

By playfully teasing her, you are showing her that you're not intimidated by how beautiful she is. Most guys she meets are so desperate to impress her that they try to be extra polite, nice and thoughtful when talking to her.

Yet, what these guys don't realize is that women don't get turned on by guys sucking up to them with

the nice guy act.

Watch this video for more info! |

If you want women to feel attracted to you during a conversation, don't put on an act of being Mr. Nice or Mr. Perfect.

Just relax and let your real personality come through. If you do that, people will see you as being charismatic and interesting.

4. Don't Give Up When She Tests You

Women will always test you by playing hard to get, acting as though they aren't interested or are losing interest, etc.

Why do women do that?

Women test a man to see how he is going to react.

Is he going to become nervous and self-doubting, or will he remain confident and relaxed?

Will he become defensive or angry, or will he relax, smile and not worry about her confidence tests?

Will he be able to maintain a positive vibe, or will he crumble under her pressure?

If a guy crumbles when a woman ignores him, pulls back her interest in the middle of a conversation, or teases him in some way, she will lose attraction for him.

Why? Most women don't want to align themselves with a weak man who won't have the confidence or strength to face whatever life throws at him.

We live in a challenging world where confidence is much more useful than insecurity.

A woman doesn't want to get stuck with an insecure guy that she will have to carry throughout life.

She wants a man that she can look up to, respect and rely on to be strong no matter how challenging life gets.

So, no matter what you talk about with women in bars, the main thing is to believe in yourself and your attractiveness to them.

Stay relaxed and confident no matter how much they test you.

When a woman notices that you remain confident, relaxed and positive no matter what she tests you with, she will not be able to stop herself from feeling a deep, instinctive and powerful attraction for you.

Attraction Vs. Words

While the words that you say can have an impact on how attracted a woman feels for you, it's more about how you say the words that counts.

Watch this video for examples! |

With the example of "naughty nurse," try to imagine a guy saying that in a nervous, self-doubting way.

The words "naughty nurse" are important, but they are not as important as saying it with confidence

and showing her that you're relaxed and not worried about saying things like that.

So, rather than worrying a lot about what to say, I recommend that you focus more on displaying naturally attractive traits (e.g. confidence, charisma, masculine vibe) when you say whatever you say.

A lot of guys miss out on the opportunity to hook up with really beautiful, single women in bars because they waste time thinking, *â€œI don't know what to talk about with women in bars, so I just don't go there anymore.â€*

These guys don't realize how easy it is to talk to women in bars when you just say whatever you want.

When you can relax enough to allow a woman to experience your confidence, charm, masculine vibe, she will naturally open up and want to continue talking to you.

All you need to do then is move the conversation to a kiss, sex that night or get her number and set up a date.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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What to Talk About With Women on the Phone

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Talking to women on the phone is easy if you can just relax, let the call unfold and be yourself.

So, if you're wondering what to talk about with women on the phone, because you tend to get nervous or because you're afraid of running out of things to say, just relax and remember this...

If a woman has given you her phone number, she must have felt at least *some* attraction for you.

So, when you call her, you simply need to build on her attraction for you and get her on a date as soon as possible.

Here's how!

1. Re-Spark Her Feelings of Attraction By Making Her Laugh

[image: Talking on the phone with a woman]

You've probably heard women saying things like, *"I love a guy with a sense of humor,"* or *"I want a guy who can make me laugh."*

Women aren't just saying they like funny guys for no reason. They really do mean it.

According to a survey conducted on more than 1,000 American women between the ages of 21 and 55, it was concluded that 77% of women ranked a sense of humor as their #1 must-have in a man.

Most guys will say that looks are the main thing that men want in a man, but the truth is that a woman will often care less about looks if a man can make her feel attracted in other ways (e.g. by making her laugh, being confident and charismatic).

So, when you talk with a woman on the phone, the main thing you need to focus on is making her laugh and smile when she talks to you.

Of course, that doesn't mean you have to be a comedian, or a constant joker to get her to feel attracted to you.

In fact, too much laughter and messing around and you can come across as being goofy, childish or as the type of guy who doesn't know how to be serious.

When talking with a woman on the phone, making her laugh is simply about being confident and upbeat in your conversation with her, while also taking a risk to say something a little daring or bold at times.

For example: Imagine that you call a woman a couple of days after she has given you her number (e.g. at a bar, gym, mall, party).

Rather than just calling her up and saying, *"Hi Sandy. This is John. We met the other night at Jason's party. Do you remember me? You gave me your phone number so I thought I'd just call you to see if you'd like to go out on a date with me,"* which is what every other guy who calls her up will say; it's almost always better to first make her feel excited and happy to be talking to you again.

You can make her feel happy that you called her, by reminding her (in a funny, subtle way) that she really enjoyed talking to you at the party the other night.

You can do that by using something that is specific to only you and her to make her laugh and re-spark her feelings of attraction for you.

For example: When you met her at a mutual friend's party, she bumped into you and spilled some of her drink over your pants, and you joked about it by telling her she's going to have to take you home to give your pants a wash.

You told her that she'd look sexy doing laundry for you and both of you had a laugh about that.

As the interaction continued, you referred to her as *Sexy Laundry Lady* a couple of times.

So, when you call her up on the phone, you can then use that to re-spark her feelings of attraction.

Here's how:

- **You:** (In a confident, joking voice) Hey Sexy Laundry Lady, I thought I'd call you up and see what time I can bring my pants over for you to wash.
- **Her:** (Most-likely laughing).
- **You:** (Still joking) I only have one pair of pants y'know...I'm standing here in my underwear now at the mall. Everyone is looking at me.
- **Her:** (Most-likely laughing some more)
- **You:** Just kidding. Anyway, so how has your day been today?
- **Her:** (Starts telling you about her day)

By starting off in that manner, you are re-sparking her feelings of sexual attraction for you by reminding her of that special connection the two of you had, (i.e she's your Sexy Laundry Lady)

At the same time, you are making her feel attracted to you by being confident and funny; two qualities that women find irresistible in men.

2. Make Her Feel Some Pressure to Impress You a Little

[image: What to talk about with a woman on the phone]

Once you get her laughing and remembering how good she felt talking to you, you can simply say, *"So, what's interesting with you?"* or *"What's new with you?"* or *"What have fun, exciting things have you been up to since we last met?"* and let her tell you about what she's been up to.

These are the type of questions that puts a woman on the spot and she will often try to come up with an interesting answer to try and impress you.

Making a woman feel like she needs to impress you is a good thing, because most of the guys she meets will want to be with her just because she's attractive, and they will be doing all sorts of goofy things trying to impress her.

That's not exciting for her, which is why she likes it when a guy makes her do the work, where she has to try and impress him for a change.

In other words, a guy who is a challenge.

Watch this video to understand why women prefer guys who are a bit of a challenge to win over:

Being a challenge is about attracting her and showing some interest in her, but not being fully sold on

her right away.

Let her get the sense that you're not desperate like other guys and actually have standards about what you like and don't like in a woman.

Don't tell her that you have standards; just let her sense it by you not acting desperate or needy.

For example: Be willing to playfully tease her (e.g. *"You use big words all the time. I think you're too smart for me. I'd need to carry around a dictionary to understand what you're talking about."*)

So, when you call a woman up on the phone, tease her a little or make her work a little to impress you rather than trying to be the nice guy and having a polite, boring conversation with her.

Women love it.

Women are so sick and tired of guys who just kiss their ass all the time and act super polite and nice in the hope of getting a chance with her.

A woman knows that she can have sex with almost any guy just by saying, *"Yes"* so it is very boring for her to meet guys who offer no challenge.

3. Take the Lead and Move Things Forward

[image: What to talk about on the phone with a woman]

The main thing you need to remember when you talk with women on the phone, is that the phone call is only a stepping stone to getting her on a date, kissing, having sex and starting an actual relationship.

Getting her phone number doesn't mean that you've scored and now have a new girlfriend.

She will only become your girlfriend if you can get to sex or at least kissing, so don't waste time with over texting, endless phone calls or polite dates.

Get to the point and kiss her, have sex and then begin a relationship.

Where some guys mess up is in thinking that if they can just talk to her for hours on the phone, she will really like him and then be more open to going on a date with him.

Yet, almost all women do not need long phone calls to say, *"Yes"* to a date. All a woman needs is to feel a bit attracted to you and for you then to have the balls to say, *"Hey, we should catch up sometime this week"* and then arrange a time to meet up.

2 Common Mistakes That Guys Make on Phone Calls With Women

Some guys are great at getting phone numbers, but it never seems to lead to a date, kiss, sex and relationship.

Why?

Here are 2 common mistakes that I see guys makingâ€¦

1. Acting like just a friend.

When a woman gives a guy her phone number, itâ€™s not because she is looking for another friend.

Something about him triggered her feelings of sexual attraction and she wants to see where things will go (i.e. go on a date, kiss, have sex and see if she wants to have a real relationship with him).

So, when a guy calls a woman up and all he wants to do is chat, gossip and catch up on her day, all heâs managing to do is kill any feelings of attraction she might be feeling for him.

Yes, she might still like him as a person, and yes, she might enjoy talking with him on the phone, but if heâs not actively sparking her feelings of sexual attraction and moving things forward by asking her out on a date, kissing, having sex and starting a relationship with her, she will usuallyÂ just think of him as a nice, friendly guy and then open herself up to hooking up with a guy who wants to be more than just her phone friend.

If you get a womanâs number, my direct advice to you is to get to the point.

Get her to meet up with you, kiss her, have sex with her and then get on with having a relationship.

Donât waste time acting like a friend if what you really want to do is start a sexual, committed relationship with her.

2. Waiting too long to ask her out.

Having a fun conversation with a woman on the phone is fine, but if all a guy does is talk on the phone without ever asking her out, a woman will begin to wonder, *âWhatâs wrong with this guy? Why is he always calling me if he doesnât want to ask me out? Is he gay? Is it just leading me on? Does he lack the confidence to ask me out?â*

Eventually, she will usually just assume that heâs too nervous and insecure to make a move, lose interest in him and then move on to a guy who has the confidence to take the lead.

Always remember: Talking on the phone with a woman is not as important as getting her on a date where you can then re-connect with her and move things forward to the next level (e.g. kissing, sex and a relationship).

The main reason you should get a woman on a phone call is to re-spark her feelings of sexual attraction for you (e.g. via your confidence, sense of humor, charm), and then get her on a date as soon as possible where you can move things forward to kissing, sex and a relationship.

Donât use phone calls as a way to hopefully get her to like you over time. Get to the point and make something happen with her right now.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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What to Text to a Woman

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The main rule of texting a woman is to keep things pretty short and to the point and then transition to a phone call.

Transitioning to a phone call speeds up the process of then getting her to agree to meet up with you in person, where you can then attract her properly and escalate to a kiss, sex and then relationship.

However, if you waste a lot of time (e.g. days, weeks or months) texting a woman, there's no guarantee that she will wait around for you.

If another guy comes along and gets her to meet up with him and have sex with him, you may be forgotten and left behind regardless of how long you've been texting with her.

Some Dos and Don'ts of Texting

So, how do you keep things short and then move to a phone call, date, sex and relationship?

First offâ€¦!

1. Do text her to let her know youâ€¦re interested in her.

[image: What to text a woman examples]

A lot of guys who get a phone number from a woman are worried about looking too keen or interested.

Yet, here's what you need to remember if you want to be successful with womenâ€¦!

Prior to SEX, you ain't got nothing.

You might have her phone number and she may have liked you when she met you, but prior to actually having sex with her you are just another guy that she's given her number to.

So, don't waste time trying to act cool by not texting her for a long time. Get things moving along by texting her that night or the next day.

Imagine thisâ€¦!

You meet an attractive woman (e.g. at a party, bar or club, through mutual friends) and she gives you her phone number.

Before you walk away, you say, *"Okay, great to meet you. I'll send you a text or give you a call soon."*

Now what? What should you text her?

[image: What to text a woman examples]

One of the best ways to make contact with her for the first time is to just send her a text message to say hi, and let her know that you are interested in her.

For example:

- 1. The same night:** *Hi Linda, itâ€¦s Dan here. I just wanted to say hello so you've got my number too. Chat to you soon.*

2. **The next day:** *Hey, Dan here. It was great meeting you the other night. I'll call you early this week.*
3. **The next day:** *Hey Linda. Dan from the other night (the very handsome guy at the bar). I hope you're having a great day. Chat to you soon â I'll give you a call tomorrow or the next day.*

Sending her a text like that serves two purposes:

1. Now she has your number and can text you or call you if she wants to.
2. She is clear about your interest in her and doesn't have to waste a lot of time wondering if you're ever going to contact her or not.

It's great that you've gotten her number and have sent the first text, but just remember that prior to sex, there are no guarantees that she will remain interested.

If you want to be successful at having lovers or getting a girlfriend, you've got to move things forward to sex as soon as possible, rather than wasting a lot of time with sex.

Today's world doesn't work in the same way as it did for your grandparents or their parents.

Back in the old days, a man could court a woman for months and she would remain loyal to him because sex before marriage was forbidden.

Yet, in today's world, people have sex right away, so if you waste a lot of time texting a woman, another guy will simply come along, have sex with her and start a relationship.

The sexual encounter may then lead to a long term relationship or even marriage and you will have then lost your chance with her.

2. Don't text her all the time.

Imagine that you sent her a text message and she replied saying, *â Hey Dan. It was nice meeting you too. I look forward to hearing from you.â*

What do you do next?

Some guys will take this as a sign that she's interested (which she is) and will then make the mistake of texting her repeatedly as a way to stay on her mind and to keep reminding her how much he likes her.

Bad move.

For example: A guy like might start sending her texts about what he's up to during the day, keep telling her how beautiful she is, how his heart beats faster when he thinks about her, or even how glad he is that he's finally met a girl who seems right for him.

In his mind, he's being romantic and he's hoping that this will make her like him even more and she will then be willing to go out on a date with him.

Yet, if he hasn't even kissed her, a modern woman is usually going to find this type of texting creepy or desperate; not romantic.

Of course, unattractive women or some young girls who are totally inexperienced in dating and relationships might enjoy his attention for a little while, but a real woman won't be charmed by this type of constant, sappy attention.

Most women will take it as a sign that he's desperate and she will also begin to wonder if

heâ□□s got anything else going on in his life, because a real man who is actively rising through the levels of life doesnâ□□t have the time to send pointless texts to women.

If she gets that impression of him, an attractive woman will usually begin to think that heâ□□s not the type of guy she wants in her life.

Women are instinctively attracted to strong (emotionally), confident men who know what they want from life and are striving to accomplish their goals.

A woman instinctively knows that a guy like that will be able to take care of her and will be someone she can rely on in difficult times.

On the other hand, a weak, desperate and insecure guy is a turn off, because most women donâ□□t want to feel like they are doing a guy a favor by being with him, or that they are finally giving him a sense of purpose in life.

Women want to be the ones who feel lucky to have snagged a cool guy who has big goals and ambitions other than just women.

So, if you donâ□□t want her to think youâ□□re a desperate, needy guy who hasnâ□□t got other options with women besides her, simply relax and donâ□□t get too carried away texting her several times a day; no matter how tempting it might be, or even if sheâ□□s doing it first.

3. Do text her like a confident, masculine man.

[image: What to text a woman examples]

A common mistake guys make is getting sucked into texting in a girly or childish way.

Women hate that. Why?

Women are attracted to our masculinity, rather than any fake femininity or confused femininity.

A woman doesn't want you to think, act, feel, talk, behave or respond like a girl.

She wants you to embrace your masculinity and be manly, even if she is being really girly.

For example: Some men (even though they are in their 20s, 30s, 40s or 50s) will copy the texting style of young girl or boy by texting things like:

- im l8t c u in 15
- r u bizzee?
- c u l8r
- OMGâ□|u r funny 2 nite
- c u soon â□|xoxoxo

Do you think that a woman will perceive a guy as being a masculine, manly guy if he texts her in that way?

No.

She's going to think of him as being a bit immature and lacking in masculinity.

Compare that to a guy who cleaned up that texting style and wrote like a mature man:

- I'm running late. See you in 15.
- Are you busy right now?
- See you later.

- Hahaâ€¦you're funny tonight.
- See you soon.

See the difference?

The first examples look like texts from a little boy or girl, while the second versions are cleaned up to be more mature, masculine and classy.

So, when you text a woman, make sure that your texting style is that of a confident, masculine man, rather than acting like a girl or boy.

For example:

The wrong way for a guy to text a woman would be, *â€¦Hey, i lyke u. u wanna go on a d8t wit me?â€¦* while the right way would be, *â€¦Hey Jenny â€¦ great meeting you the other night. I've give you a call soon.â€¦*

In the wrong way to text a woman, not only does the guy come across as being girly and childish, which is a turn off for most women, but he is also asking a woman out on a date via text, which is a definite no-no.

In the right way to text a woman, the guy sounds strong, confident and in control; all qualities that are sexually attractive to women.

Women want guys who behave like men, not like little girly boys who want to behave in a cutesie way, hoping to fit in and be liked by acting like her.

4. Donâ€¦t use texting as an excuse not to call her.

Some guys get a womanâ€¦s phone number, but after making the initial effort to text her, they freeze up and stop there, because they lack confidence in their ability to attract her again in person and keep her interested in a relationship begins.

They start to doubt themselves and may begin thinking, *â€¦What if I call her up and she doesnâ€¦t like me after all?* or *“What if I call her and I freeze up? Sheâ€¦ll think Iâ€¦m an idiot. At least texting is safe. I can think about what Iâ€¦m going to say to her first. Besides, she seems okay with me textingâ€¦”*

The fact is, no matter how nice and safe it might feel to text a woman, and even if it seems like sheâ€¦s enjoying it, itâ€¦s not going to go anywhere until you pick up the phone and arrange to meet her in person.

You need to get her on a phone call so you can get her laughing and feeling excited to be talking to you again.

On a phone call, she can re-connect with those feelings of attraction she felt when she was interacting with you in person, because she can experience things about you that turned her on (e.g. your confidence, charm, masculine vibe).

Keep Your Eyes on the Prize

As you can see, what to text to a woman is not really that important as getting her on a call, meeting up with her and then having sex with her.

The most important thing you need to remember, is that if you donâ€¦t meet up with her in person and get to kissing and sex so that a real relationship can begin, your “relationship” with her is only a

fantasy.

It might feel good to text back and forth, and it might even feel great to talk to her over the phone, but it's nothing compared to the feeling of holding her in your arms, kissing her, having sex and enjoying the pleasure of a loving, committed relationship.

So, when you get a woman's phone number, text her to let her know that you are interested, get her on a phone call, and then get on with the business of starting a relationship with her.

Don't waste time texting and hoping that if you can just send her a magical text message, you won't have to do much to attract her in person.

Texts should only be used as a way to let her know that you're interested, have a bit of a laugh via text and then get her on a call.

If you don't get to the point of having sex with her, another guy can easily come along and do things properly and he will then get into a real relationship with her.

So, if you have a woman's number right now, text her to let her know that you're interested or to make her laugh a little and then get her on a call.

When you're on a call with her, get her laughing a little more and then arrange a time to catch up in person.

When you catch up in person, move the date to kissing and then sex.

When that happens, you will have begun a real relationship, rather than just a temporary text exchange.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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What to Text a Girl You Just Met: 4 Examples

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Okay, so, you've got a girl's number and you're getting ready to text her for the first time. What should you text? Here are 4 examples:

1. **Right after getting her number:** Hi Amy, it's Dan here. Talk to you soon.
2. **Right after getting her number (humor):** "Here's a text so you have my number too. Try not to call me too much because my wife might get suspicious. Dan" She will then send you an LOL if she knows that you're joking or ask, "Huh, are you married?" and you can then reply, "No, just kidding ð I'll give you a call soon. Great to meet you ;)"
3. **The morning after:** Hey Amy, it's Dan here – the handsome guy from the party last night. It was great to meet you. I'll give you a call sometime soon.
4. **Two days after you met her:** Hey, Dan here. Great meeting you the other night. I'll give you a call sometime soon.

As you can see, you're keeping your text message short and sweet, or you're adding in a bit of humor to make her feel more attracted after giving you her number.

[image: What to text a girl to start a conversation]

You're simply letting her know that you're interested in her and you're making sure that now she has your phone number too.

What often happens to women is that many guys will ask for her phone number, but will never actually get to the point of contacting her.

Why? Most guys will chicken out and think that the woman isn't interested enough, so they will just go out approaching and meeting women again and hope to meet a girl who makes it super obvious that she is interested.

Yet, most women don't like to make it too obvious that they are keen because they want to attract a confident guy, rather than making it really easy for an insecure, self-doubting guy to get a chance.

This is why it's a good idea to text a girl when you get her number, rather than trying to act cool by not texting her for a few days.

[image: First text message to a girl examples]

When you text her, you are simply reminding her of the connection you had, and if you managed to make her feel attracted to you when you first met her, she will be excited to see that you are interested in her and are not messing her around like other guys do.

Texting her briefly works because you're:

- You're creating anticipation in her, by making her wonder when you are going to call her.
- You're giving her a quick reminder of why she liked you enough to give you her number (e.g. by being confident, charming).
- You're making sure that she now also has your contact number.

However, even though texting is fine when making contact with a girl for the first time (e.g. if

she's a bit shy), the fastest way to get her out on a date is to get her on a phone call as quickly as possible.

When you call her up, she will then be able to laugh, smile and feel good as she listens to how confident, charming and interesting you are as you talk to her.

However, if you just hide behind text, it can often lead to the girl getting bored and losing interest because she isn't getting to experience the real you.

Remember: She's not looking to have sex or a relationship with your texts.

She wants to hear your voice and see you in person, not just read and reply to text messages for the rest of her life.

Text Message Examples: 4 Mistakes to Avoid

The main reason why getting a girl on a phone call as quickly as possible is so important, is because a lot of guys can mess things up with her via a text message and blow their chances before they've even gotten her out on a date.

Here are some examples of where guys mess up:

1. Being too formal about his interest in her.

This will happen when a guy feels really lucky to have gotten a girl's phone number.

He will then text her and say things like, *Hi Susan. Thank you for giving me your phone number. It was really nice to meet you last night. I'm looking forward to going on a date with you and hopefully developing a friendship that leads to a relationship.*

Why is this an example of what not to text a girl you like?

He's coming across as a lying, fake nice guy who is pretending as though he's not even interested in sex.

He just wants to start with a friendship and then hopefully get into a relationship with her.

Yet, what he doesn't realize is that outdated, early 1900s approach to women is a huge turn off these days.

Watch this video for more info!

Guys who hear women saying, *"I just want a nice guy"* often misunderstand what women are really saying and then try to act like the nicest guy in the world.

When a woman says, *"I just want a nice guy,"* what she really means is that, *"I want a guy to make me feel attracted to him by being confident, charismatic, charming and masculine in his behavior, but I also want him to be nice."*

Women can't find guys like that because they are usually taken, so they often have to settle for confident guy who don't treat them very well.

That is why they complain and say that they can't find a nice guy. However, 95% of guys confuse the, *"I just want to be a nice guy"* statement to mean that a woman is saying, *"I want a nice guy who courts me for months, doesn't expect or want sex, just wants to be my friend, takes me to expensive restaurants and essentially sucks up to me."*

That is not what she wants.

She wants a good guy who also has some balls, not a scared nice guy who acts like the woman would be doing him a favor by going out with him.

Of course, there are some unattractive or desperate girls who have nothing else going on for them in their lives and will find this type of message exciting, but the majority of attractive girls will find it creepy and off-putting.

The key to success when texting a girl you've just met is to let her know that you're interested in her, without coming across as though you feel super lucky that she's given you her phone number.

2. Texting like a girl.

These days, a lot of guys make the mistake of texting in a cutesie, girly style when chatting with girls because they hope it will help them "get along" with girls better.

It's a mistake because girls are naturally attracted to our masculinity, not fake femininity.

Essentially, if you act like a girl, you are as attractive to her as a masculine woman would be to you.

Do you feel attracted to masculine, manly women who want to be men (e.g. butch lesbians), or do you prefer feminine, girly women?

No doubt you prefer girls who embrace their femininity, rather than women who want to be men.

Likewise, girls like guys who embrace their masculinity, rather than acting like they want to be a girl too.

Here are some examples of a girly texting style:

- hi how r u? im brd
- was gr8 2 meet u.
- I lyke u.
- wat u doin?
- OMG! no he didn't!
- Do u lyke me?
- OMG! I'm soooo bored. Wat u doin?

It's not the end of the world if a guy texts like that, but it definitely doesn't help his chances with a girl because it simply doesn't make her feel attracted.

Girls feel attracted to masculinity, not fake femininity from guys.

Just because girls text that way, it doesn't mean that you should too.

If you want to be attractive to girls, then get into the habit of behaving like a masculine guy at all times; even when you are texting.

Leave the excessive abbreviations (e.g. g8t, wat) and smiley faces to the girls and focus on making her feel attracted to your masculine vibe instead.

3. Overwhelming her with attention.

It's perfectly fine to text a girl once in a while to say hi and see how she's doing, however, some guys go overboard and start to overwhelm the girl with constant texts.

For example: A guy might text a girl in the morning to say hi.

An hour later, he might text to let her know that he's thinking of her, and then a few hours later

he will text her to tell her that he saw something that reminds him of her.

The constant attention continues on throughout the day, night, week and month.

Yes, some girls might think heâs being sweet, but the majority of girl will begin to feel annoyed and turned off. Why?

Although girls like to get attention from a guy they like, hearing from him all the time will begin to lose it's charm.

She will take his constant attention as a sign that he is desperate and that heâs got nothing else going on in his life other than annoying her all the time.

Always remember: A girl likes to know that the guy who is interested in her is a catch. That principle applies to pick up and to relationships.

A girl wants to know her guy is the kind of guy that other women would die to have as a boyfriend, but she is the lucky one who has caught him for herself.

Sheâs not going to think that if the guy is always making himself available to her, texting her like crazy and telling her that he's thinking about her 24/7.

4. Acting needy if she doesn't respond right away.

[image: Needy guy texting]

Oftentimes, the same guy who overwhelms a girl with texts will also expect her to respond immediately after she gets a message.

If she doesn't reply right away, he will text her again, this time demanding why sheâs not responding.

For example:

- *âI just sent you a message and I didn't hear from you, are you okay?â*
- *âWhy won't you answer me these days? Don't you like me anymore?â*
- *âI really miss hearing from you. What's happening?â*
- *âDid I do something wrong?â*
- *"Sorry I said something wrong. I really like you. Please tell me what is happening!"*

What he doesn't realize is that one of the biggest turn-offs for women is a guy who is insecure.

Women are attracted to the emotional strength in men (e.g. confidence, high self-esteem) and are repelled by emotional weakness (e.g. insecurity, self-doubt).

So, whatever you do, avoid coming across as insecure when you text a girl you like.

If You Want Her to Be Your Girlfriend, Just Pick Up the Phone Call Her

[image: Get her on a phone call]

You can look online all this week examples of what to text this girl you've met, but the truth is that if you're only texting her, you're not getting any closer to getting her on a date, kissing, having sex and starting a relationship with her.

As a friend of mine always says, *“You ain’t got nothing until you’re humping.”*

In other words, this girl isn’t your girlfriend and you won’t have a real relationship with her until you have sex with her.

These days, sex starts a relationship, so don’t waste time avoiding it. Get down to business with her now, before it’s too late.

If you just text with her over the next couple of weeks, another guy can come along, kiss her, have sex with her and begin a relationship and she might then forget about you and get serious with him.

That is why it’s so important to pick up the phone and call her.

On a phone call, it’s easier to make her feel like she did when you met for the first time (e.g. attracted, excited to be talking to you, having a good laugh, emotionally connected).

Remember: A girl cannot hear your voice over a text message, sense what your body language looks like or see your smile.

It’s just words on a screen to her and if you only give her words, they will quickly lose their charm.

Think about it: Have you ever heard a girl say, *“He’s got such a sexy texting style?”*

No, of course not.

Yet, you’ve most-likely heard a girl say that a guy has a sexy voice or that she gets turned on just by talking to him.

How can you turn a girl on when you talk to her?

You’ve got to trigger her feelings of sexual attraction by displaying some of the personality traits, behaviors and inner qualities that naturally attract girls (e.g. confidence, charisma, charm, humor).

Watch this video for more info!

So, if you like this girl that you just met, make sure that you don’t waste too much time texting her.

If you text for too long, she may begin to think, *“What’s wrong with this guy? Why won’t he call me?”* and will assume that you’re probably too nervous and insecure to get her on the phone.

Alternatively, she might get bored and accept a date with another guy who isn’t wasting too much time texting back and forth and is confident enough to call her.

So, get her on a phone call, have a laugh together and then arrange to see her in person. That way, you can get to kissing and sex and a real relationship can begin.

Keep texting to a minimum and having sex to a maximum. More sex, less text.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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promise!)

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What Makes a Guy Attractive to Women?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you ask most people the question, “*What makes a guy attractive to women?*” almost all of them will list off things like this:

- Looks.
- Money.
- Social status.
- Height.
- Muscles.
- Big penis.

Yet, although those things can make a guy attractive to women, the fact is that most guys aren’t good looking, very tall, rich or hung like a rhino.

So, how do normal guys (like me) get hot girlfriends?

Watch this video and you will find out...

The real secret to being attractive to women is using your personality (e.g. confidence, charisma, charm, humor, masculinity) to trigger a woman’s feelings of attraction for you.

When a guy displays attractive personality traits, behaviors and inner qualities during a conversation with a woman, she can’t stop herself from feeling attracted to him.

It happens naturally and automatically without her having to do anything, just like your attraction to a woman’s physical appearances happens automatically.

So, What Type of Guys Do Women Like?

[image: What women want in a man physically]

If you’re wondering what type of guys women like, the answer is quite simple: Most women like all sorts of guys.

Of course, some women like tall guys and some like guys who are shorter.

Some women like dark guys, and others like blonde guys.

[image: Making a woman melt when you meet her]

Some women like guys with big muscles, or blue eyes, or long hair, or tattoos, and so on and so forth.

Just as guys like different types of women (e.g. blonde, brunette, with big boobs, petite, sporty), each woman has different tastes and preferences.

[image: Making a woman melt]

However, something that the majority of women agree on, is that they all like guys who can make them feel attracted.

When you can trigger a woman’s feelings of sexual attraction by behaving in the ways that are naturally attractive to women (e.g. confident, charismatic, funny), a woman will usually like you no

matter what her preferred type might be.

The Little Secret About Women You Might Not Be Aware Of

Generally speaking, when it comes to feeling attraction for women, most guys know that as long as a woman is attractive, it's pretty certain they will feel attracted to her and will want to have sex with her.

However, what most guys don't realize, is that women are attracted to men for many different reasons besides their appearance.

For example: When a guy sees a beautiful woman, he is instantly attracted to her and is willing to have sex with her regardless of her personality.

Most guys aren't going to think, *"I don't know! Yes she has a great body and the face of an angel, and yes, she has the sexiest legs I've ever seen, but I don't think she's very intelligent. Oh, and she's not very funny or interesting to talk to. I just don't think I can bring myself to have sex with her."*

For most guys, if a beautiful woman is willing to have sex with him, he will easily overlook the fact that she's not very interesting, intelligent or is really boring during conversation.

On the other hand, most women might initially feel attracted to what a man looks like when she first notices him because she has nothing else to base her opinion on, but, once she is interacting with him, she will base her decision to have sex with him (or be his girlfriend) mainly on how he is making her feel.

If he is triggering her feelings of sexual attraction by being confident, charismatic, funny, masculine, or by displaying any of the other behaviors that women are naturally attracted to, she will want to have sex with him and be with him, even if he is not very good looking.

On the other hand, if he's nervous, insecure, self-doubting and boring during conversation, even if he is exactly her type in appearance, she will lose interest in him because he is not making her feel the way she wants to feel in his presence.

Being a Woman's Type Doesn't Guarantee That She Will Want to Have Sex or Be Your Girlfriend

Asking what type of guys do women like is like saying the winning numbers of a lottery ticket are going to be the same every week.

It's impossible for a lottery ticket to have the same winning numbers every week, and it is impossible for women to only like one type of guy.

If all women only dated one type of guy, most of the guys in the world would be single and lonely. Yet, that isn't the case at all.

If you don't believe this is true, take a look around you the next time you go out to a public place. Notice that there are many different types of guys, many of them with beautiful girlfriends or wives.

Yet, most of them are not typically good looking. Many guys who are average, or below average looking, short, bald, overweight, have big ears or are flawed in other ways, have attractive and even

stunning girlfriends.

On the other hand, you will also see really good looking guys who are single and lonely (and not by choice).

Why?

The plain, unattractive guys have mastered the skill of attracting beautiful women with their personality (e.g. by being confident, charismatic, interesting to talk to), while the good looking guys who fail with women rely mostly on their good looks to maintain a woman's attraction, but lack the personality traits that are most attractive to women.

The majority of women are attracted mostly to how a man makes her feel when she's with him.

If he can make her feel attracted by being confident, charming, making her laugh, she will be open to being with him, and over time, the more he makes her feel attracted with his behavior and personality, the more attractive he will become in her eyes.

Even if he's perceived as being ugly by other people, to her he will look attractive because of the way he thinks, behaves and acts when he interact with her.

Naturally, this isn't true for all women. There are women who will only date good looking, rich or successful guys, but the majority of women are open to feeling attracted to all sorts of guys as long as the guy can spark her feelings of sexual attraction for him by behaving in the ways that are naturally attractive to her.

Fortunately, even if a guy doesn't have these personality traits and behaviors, it's something he can develop.

2 Reasons Why a Woman Might Say That a Man is Not Her Type

When a guy is not making a woman feel sexually attracted to him, she will often say, *âYou're nice, but you're not my type.â*

Where many guys go wrong, is they assume that this means she is saying that they are not good looking enough, rich enough, successful enough or some other similar excuse.

However, when a woman says a guy is not her type, it's usually because he is making some of the following mistakes!

1. He's behaving like the perfect gentleman

Growing up, many guys are told by their well-meaning mother, âIf you want to find a nice girl you have to be a gentleman. You have to be nice and respectful towards her, buy her flowers, open doors for her, pull out her chair and treat her like a princess. Nice girls don't like men who don't have good intentions towards them.â

However, as good as his mother's intentions might be, in reality this type of advice often leads men down the wrong track with women.

Although there is nothing wrong with being a nice guy and treating a woman in a gentlemanly way, if she's not feeling sexually attracted to the guy first, she's not going to care if he's a gentleman or not.

In fact, even the well-meaning mothers will admit that the reason they first fell in love with their husbands is because, "He was a bit of a bad boy," or "He was so determined and had so much purpose."

The reason women are attracted to so-called bad boys is because these guys know how to trigger her feelings of sexual attraction by behaving in ways that are naturally attractive to women (e.g. confident, charismatic, funny, masculine).

You do NOT have to be a bad boy to get women to feel attracted to you. Instead, you simply need to trigger a woman's feelings of attraction while also being the good guy that you are.

The bottom line is, if you want to be a woman's type, you have to forget about trying to be liked for being nice and focus instead on sparking her feelings of sexual attraction for you first.

The more attraction you can make her feel for you, the more she will see you as being her type, and the more she will appreciate the fact that you're also a gentleman and a good guy.

2. He's pretending to be her friend

If you want to start a sexual relationship with a woman, you have to make her feel attracted to you first.

A common mistake guys make with women they like is pretend they only want to be her friend, even though their desire is to have sex with her and start a relationship with her.

If you pretend to be a woman's friend she will develop nice, friendly feelings towards you. Then, if you suddenly come out and tell her, "I really like you. Do you want to go on a date with me," she will more than likely give you the, "I like you too, but only as a friend," or "You're like a brother to me. I really care for you but you're just not my type," speech.

The fact is: When you interact with a woman you want to have sex with, don't pretend that you don't. You might think that if she likes you first as a friend and as a person you stand a better chance of her wanting to have sex with you, but that's not the case.

A woman will have sex with the guy who is triggering her feelings of sexual attraction and is making her feel the way she wants to feel when she's interacting with him.

So, if you want to get into a sexual relationship with a woman, focus on making her feel attracted by behaving in the ways that are naturally attractive to women (e.g. confident, charming, masculine, interesting to talk to).

Focus On Making Her Feel Attracted

Instead of wasting time trying to figure out what type of guys women like, you need to focus on making them feel attracted to you.

The more ways you can make a woman feel attracted to you (e.g. by being confident, by making her feel girly and feminine in contrast to your masculine vibe, by making her laugh), the more interested she is going to be in you.

When a woman is attracted to you she will show her interest in you depending on her personality (e.g. some women will play hard to get while others will be easy).

The key is not to give up and think, "I'm just not her type," if a woman is playing hard to

get. She is simply testing you to see if you have the confidence and emotional strength to handle her tests.

Just stay confident, focus on making her feel attracted and then confidently move things forward to kissing, sex and a relationship.

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[image]

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What Type of Men Do Women Like These Days?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The type of man that women like never goes out of style.

He is:

- **Confident** when he talks to her and other people, confident when takes action in life and confident no matter what challenges come his way.
- **Masculine** in how he thinks, feels, talks, behaves, takes action and reacts and responds to her.
- **Loving** and respectful towards her, but also loving and respectful of himself (i.e. he is a good, loving man, but he doesn't allow himself to be disrespected).
- **Funny** in the way he makes her laugh and feel good around him.

Regardless of what country you live in, how old or young the woman is or what cultural trends are going on in society, women always like those type of men.

It's Not All About Looks

Have you ever heard a woman say anything like this?

“Oh, that guy over there is sooo my type” or *“he's so cute”* or *“He's really sweet, but he's just not my type.”*

This can be very confusing to a lot of guys, which is why many guys will ask, “What type of men do women like?” and they will assume that it must all be about looks because they usually just women refer to good looking guys as cute, handsome and sexy.

Yet, the real answer to the question of, “What type of men do women like?” is that most women like all types of men who display naturally attractive personality traits and behaviors.

Watch this video and you will understand why!

The one thing the majority of women can't help themselves from feeling sexually attracted to, is certain personality traits, behaviors and inner qualities in men (e.g. confidence, charisma, a masculine vibe, humor).

Depending on how a guy behaves when he interacts with a woman, he can either make her feel attracted (and he will then be her type), or he can turn her off (and he will then not be her type).

For example: If a guy approaches a woman and displays nervousness, self-doubt and insecurity when interacting with her, she will instinctively feel turned off by him, and she will likely say,

“He's just not my type.”

Saying that he's not her type is her way of explaining why she's feeling turned off by him.

It's not a conscious thing for her (because the guy might even be very good looking), but if he's nervous and insecure and behaving in other ways that are unattractive to women, she will just write it off as him not being the type of guy she prefers.

On the other hand, if the guy approaching her is relaxed, easy going and confident, can get her laughing and can make her feel feminine and girly in contrast to his masculine vibe, she is naturally

going to feel very attracted to him, and she will see him as being her type.

The way that women feel attracted to guys isn't what most guys believe it to be.

Most guys go through life thinking that they either have to LOOK like a woman's type or they will have no chance with her.

Yet, that just isn't true.

Do You Understand How Women Choose Men?

Imagine this!

You walk into a room full of beautiful women.

There are tall women, short women, women with long hair, and women with short hair. There are women with big boobs and women with long legs.

There are blondes, brunettes, redheads and everything in between.

The one thing all of these women have in common is they are all beautiful and they are all willing to have sex with you.

They want to have sex with you right now, but you don't even know anything about the women other than them looking beautiful.

Would you?

1. Go ahead and have sex with as many of the beautiful women as you like?
2. Say, *"Oh, no thanks. I can't have sex right away. I need to know if a woman has a nice personality first. What if she's not very intelligent or confident? I just can't have sex with a woman unless I know she's a nice person first. She has to be intelligent and have a good job too."*

If you picked answer #1, you are like the majority of guys on this planet: A normal, healthy guy who is mostly attracted to the physical appearance of women.

Why?

It's the nature of men to be attracted to women based on their appearance.

If a woman is beautiful (or even just attractive) a guy isn't going to resist having sex with her, simply because she might also be a bit boring, not very intelligent, or even not a very nice person.

Most guys just don't care what a woman thinks, what she cares about, what she does for a living, what her name is, etc.

If she is physically attractive, most guys will want to have sex with her FIRST and then get to know her LATER.

Yet, the same rule doesn't apply to how women feel attracted to, and choose, men.

An attractive woman knows that she can have sex with the majority of men she interacts with on a daily basis, but she isn't interested because most of those guys simply don't know how to spark her feelings of sexual attraction.

Watch this video and you will see what I mean!

Without really understanding what is going on, most men go through life feeling an instant desire and

wanting to have sex with random women based on the woman's appearance alone.

Most of these guys (about 95% based on my experience helping men to succeed with women) also make the mistake of assuming that women must be attracted to men for the same reasons that men are attracted to women.

They assume that women are mostly attracted to a man's physical appearance (because that's what men feel mostly attracted to in women), and that everything else is not really that important to her.

Yet, that's not the case at all.

For a man to be a woman's type and to make her feel sexually attracted to him, he needs to also have a lot of other things going on for him that have nothing to do with his appearance.

Are You Making Excuses For Your Lack of Success With Women?

When a guy asks, *"What type of men do women like?"* he will often be secretly making excuses for his lack of success with women.

Watch this video to see what I mean!

For example: A guy might approach a woman he feels attracted to in a bar and ask her if she would like a drink.

However, because he's not making her feel attracted (e.g. by being confident, charming, charismatic) she loses interest and rejects him.

Rather than realize that it was his behavior (e.g. he was being insecure, self-doubting, too serious) that caused her to reject him, he assumes that it's because he's not good looking, rich, or successful enough for her.

He then goes through life assuming that the type of men women like and choose to have sex with and be in relationships with, are the good looking, rich guys with big muscles and fancy cars.

However, that is clearly not accurate.

You can prove it to yourself the next time you are out in a public place.

Just take a look at all the couples around you, and you will see that most of the guys with attractive (and even beautiful) girlfriends and wives are just average looking guys with average jobs.

So what is their secret?

They have discovered that almost all women don't select guys purely based on looks, money, social status, muscles and penis size.

Yes, some women do select men for superficial reasons, but the majority of women feel attracted to how a guy can make her feel when he interacts with her.

If a guy is triggering her feelings of sexual attraction (e.g. by being confident and charismatic around her, making her feel sexy and desirable in contrast to his masculine vibe, making her laugh and feel excited to be talking to him), a woman will usually feel more than enough attraction for him regardless of his appearance, money or status.

So, if you want to be successful with women, you've got to be able to attract her in more

important ways that just by the way you look, or the car you drive, or the balance in your bank account.

Just Because a Woman Tests You, it Doesn't Mean You're Not Her Type

One of the main reasons why many guys assume they are not a woman's type, is because when they approach her and try to hook up with her, she either acts cold and aloof, shows interest one minute and then ignores him the next, or tests him in some other way.

When a woman behaves in this way, it is her way of testing to see how the guy will react.

- Is he going to be nervous and self-doubting, or will he remain confident and relaxed?
- Will he maintain his cool and positive vibe, or will he crumble as soon as he's faced with a challenging situation?

Why do women test guys?

A woman's instinct is to find a guy who will be capable of surviving in today's challenging world.

She needs a guy who will be able to do well in life, protect her and any offspring they might have together, make her feel good, get along with her family and friends, and be able to stand up for himself without crumbling at the first sign of a challenge.

So, rather than hook up with a weak man who will crumble under social pressure, she would rather test him first.

If a guy passes a woman's tests and remains relaxed, confident and self-assured, she will assume that he is her type, because he is triggering her feelings of sexual attraction via his behavior and personality.

Most Women Like All Types of Men

Worrying about what type of men women like is actually a waste of time.

All you need to focus on is making a woman feel attracted to you by displaying the types of behaviors and personality traits that are naturally attractive to women (e.g. confidence, charisma, masculinity, humor).

Just like any other guy, you won't be able to pick up every woman in the world (no one can), but you will be able to attract most women and from that, you can select who you want.

When a woman feels the way she wants to feel when she interacts with you (i.e. attracted, emotionally connected), she will rarely stop herself from having sex with you or becoming your girlfriend just because you're not tall enough, or have big enough muscles.

When a woman feels attracted to a man and emotionally connected to him, she will see him as her type regardless of what she might have said before she met him.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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When is the Best Time to Talk to a Girl?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Is there such a thing as *the best time to talk to a girl*?

Yes and no.

If you are a very confident guy, you can talk to a girl at any time and it will go well.

For example: A girl might be sitting in a restaurant with a group of friends eating and laughing, and although it might seem like a bad time to talk to her, if a guy can approach in a relaxed, confident, easy-going way and strike up a conversation with the group, he can easily find himself sitting next to, and having a great conversation with the girl he likes.

On the other hand, if he approaches the group in a nervous, hesitant, insecure way, the situation will usually play itself out differently (e.g. he will get the cold shoulder from the group, the girl he likes will ignore him), simply because his vibe is out of sync with that of everyone else.

Girls don't want a nervous guy coming over and dragging the positive energy of their group down, so they will just shut him off, rudely reject him or make fun of him to keep themselves feeling good.

However, if a confident guy approaches and is relaxed, the girls will pay attention and they will be happy to talk to him if he can add some good vibes to the group.

When the girls notice that he is being accepted by the group, they all start to feel attracted to him. Why?

Girls feel more attracted to a guy's personality and confidence than looks, so it's often difficult for a girl to work out whether a guy is attractive.

When she sees that the other girls like him, it gives her a green light to feel attracted to him too.

Before she knows it, she is competing with most of the girls in the group for his attention and is trying to be the one that he likes the most.

He then simply needs to remain confident, build on the attraction and select the girl he wants.

Watch this video to understand how a girl's attraction for a guy really works!

So, if you're wondering "When is the best time to talk to a girl?" just know that everything will be fine if you can be confident, relaxed and spark her attraction for you.

20 Examples of Where You Can Approach and Talk to a Girl

[image: Is it okay to just walk up and talk to a girl?]

20 examples of a good time to talk to a girl is when she is:

1. Sitting in a cafeteria on her own.
2. In the line next to you at a coffee shop (e.g. ordering coffee at Starbucks).
3. Shopping in a grocery store.
4. In the library.
5. Sitting next to you, or near you, on public transport (e.g. subway, train, bus, tram).
6. In a bar or club.

7. At the gym (but not while she's working out).
8. On a lunch break (e.g. at work, university).
9. At a party.
10. At a concert.
11. At a wedding.
12. In the park (e.g. walking her dog, sitting on a bench, feeding the ducks).
13. At a hobby club (e.g. cooking class, dance class, hiking club).
14. At a ballgame.
15. In the elevator.
16. At a cultural event.
17. At a festival.
18. At the beach.
19. At the mall.
20. In places where you have to queue or wait for a while (e.g. at the bank, government offices, dentist).

On the other hand, there are some situations where you just have to use your better judgment and decide whether it's a good time to talk to a girl or not.

For example: You should not try to have a long conversation with a girl if she is

- Having a meal with her parents.
- With her boss or lecturer.
- In the middle of a serious conversation with someone.
- Working (e.g. she's a waitress, shop assistant) and she is busy.
- At the funeral of a relative or close friend.
- At the gym while she is busy working out.

Basically, as long as you approach a girl with confidence, and focus on making her feel attracted to you when you do, by displaying the personality traits and behaviors that are naturally attractive to women (e.g. confidence, charisma, sense of humor), then any time is the best time to talk to a girl.

What is Stopping You From Talking to Girls Right Now?

When a guy asks, *"When is the best time to talk to a girl?"* it's usually because he is feeling too nervous and insecure to just walk up to a girl and strike up a conversation.

If that is true for you, watch this video to understand how to build the type of confidence that will allow you to approach and talk to girls whenever you want...

What a guy like this doesn't realize, is that it's not when he talks to a girl that is going to make a difference whether she will be interested in him or not, but his behavior while he's doing it (e.g. is he making her feel attracted via his confidence and charm, is he making her laugh).

For example: If he is nervous, hesitant or insecure, chances are he will be rejected.

On the other hand, if a guy is confident, relaxed and easy-going when he talks to her, regardless of where she is, she will most-likely respond in a positive way.

Women are attracted to the strength in men and like it when a guy knows what he wants and isn't

afraid to go after it.

On the other hand, women are turned off by the weakness in men, because a woman knows instinctively that if a guy isn't confident enough to strike up a simple conversation with her, then how will he handle the real challenges in his life?

Do You Know What Girls Really Want From Guys?

Many guys go through life thinking that girls are attracted to guys for the same reasons guys are attracted to girls.

Essentially, guys are mostly attracted to women because of their appearance, so, they assume that women choose men in the same way.

For this reason, when a guy is attracted to a beautiful girl and wants to talk to her, he makes the mistake of thinking that he has to look a certain way for her to want to talk to him too.

For example: A guy might be a student at a university and he might feel attracted to a beautiful girl on campus.

However, rather than just approach her and strike up a conversation with her, he makes excuses as to why he doesn't do it. He might say, *"I will talk to her, but I have to find the best time to do it,"* or, *"I can't just talk to her any time I want; it has to be a good time for her."*

The truth is, he is not talking to her because it's not a good time for her, but rather because deep down he's probably thinking:

- *"Why would a beautiful girl like her want to talk to a guy like me?"*
- *"What if I'm not her type? She probably only goes out with very good looking guys."*
- *"What if I talk to her and she rejects me?"*
- *"What if she's too busy to talk to me?"*
- *"What if she laughs at me or humiliates me in front of everyone?"*
- *"What if I freeze up and don't know what to say to her?"*
- *"What if I make a fool of myself?"*

What a guy like this doesn't realize is that the majority of women (not all), judge men on their confidence, personality and character, rather than looks, money or status.

Naturally, before a woman has a chance to experience a man's confidence and personality, she will have to judge him about something, so she will naturally look at the superficial things about him like his looks, popularity, body language, to base her attraction on.

However, once she interacts with him, her attraction will either get stronger, or she will even feel repelled by him (even if he is very good looking), if his behavior is not attractive to her.

For example: If she interacts with a good looking guy and he is arrogant, puts on an act trying to impress her, or behaves in other ways that are unattractive to women, her attraction for him will fade.

On the other hand, if an average looking or even unattractive guy talks to her and is displaying the personality traits and behaviors that women are instinctively drawn to (e.g. confidence, charm, masculinity), her feelings of attraction for him will grow.

Basically, when you can attract women with your confidence and personality, they forget about your looks and begin to fall in love with who you are as a man.

So, consider that, if you are not a very good looking guy and you feel that you can't get women to feel attraction for you from a distance, then it is important for you to walk over to them and let them experience your attractive personality traits.

This is why it is so important for you to not sit around wasting time thinking, "When is the best time to talk to a girl?"

While you're debating when to talk to her, she is not getting the opportunity to interact with you and experience your confidence, charm, sense of humor or other great qualities for herself.

If she can't interact with you and experience your personality, she won't be feeling attraction for you.

Attraction always comes first; then everything else (e.g. kissing, sex, a relationship) will easily follow.

3 Things to Remember When You Talk to a Girl

[image: The best time to talk to a girl you like]

Here are some things to remember when you talk to a girl:

1. She will test you.

Women test men, regardless of whether she's only just met him, or if they have been in a relationship together for a long time. Why?

She wants to see if he is going to be insecure and crumble at the first sign of resistance from her, or will he remain confident and relaxed. Why?

She wants to feel safe with the guy she is with, because we live in a challenging and sometimes dangerous world. Girls don't want to get involved with a guy who crumbles under pressure.

What a lot of guys don't understand is that when a woman tests them, they can use that as an opportunity to make her feel even more attraction.

So, if you talk to a girl and she tests you in some way (e.g. acts bored, shows interest one minute and ignores you the next), if you can maintain your confidence in yourself, stay cool and just continue believing in yourself, she will not be able to help herself from feeling more attracted to you.

2. You have to make her feel attracted.

Some guys make the mistake of being nice and getting a woman to like them as a friend or as a person first.

Liking a guy and feeling attracted to him is not the same thing. A woman can like you as a person or a friend, but that doesn't mean she is going to feel sexually attracted to you and will want to kiss, have sex and be in a relationship with you.

So, when you talk to a girl, you have to focus on triggering her feelings of sexual attraction via your personality (e.g. by being confident, charismatic, making her feel girly in response to your masculine vibe).

Only when she feels attracted to you will she be eager to start a relationship with you.

One of the best ways to make a girl feel attracted during a conversation is to show her that you're not afraid to be yourself.

Girls hate it when guys put on an act to hopefully impress them. On the other hand, girls respect guys who just be themselves and don't feel like they need to work hard to impress her.

3. Confidence is king.

[image: When do girls like to be approached?]

Confidence is something everyone can have; it's a choice.

You can choose to be confident and believe in yourself and your abilities, or you can choose to be insecure and self-doubting.

The biggest favor you can do for yourself is to make sure that you choose to be confident.

Confidence is the number one thing that women are attracted to in men, so when you talk to a girl, make sure that you believe in yourself. When you do, she will not be able to help herself from feeling attracted to you.

Just Walk Up to Her and Talk to Her

[image: When to talk to a girl you like]

Don't wait around hoping for the best time to talk to a girl, just walk up to her, make her feel attracted to you via your confidence, charm, by making her laugh, and then move things forward to kissing, sex and a relationship.

Nothing is going to happen while you are sitting around wondering, *When is the best time to talk to a girl?*

In fact, while you are waiting for the perfect moment, you stand the chance of losing her to another guy who has the confidence to make a move.

The best time to talk to a girl is right now, so, strike while the iron is hot.

Talk to her, make her feel attracted and the move forward to a kiss, sex and then relationship.

×

[image]

Almost there! Please complete this quick form to gain instant access.

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Where Are All the Single Women? I Can't Seem to Find Any These Days

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you are wondering, *“Where are all the single women?”* because you haven't been able to find any in your area for a long time, then look no further.

You can find single women everywhere.

For example: Here are 20 places where you can find good, single women:

1. At the mall (walking around, shopping or working in the various department stores).
2. At the gym (working out, or as one of the personal trainers or staff members).
3. In coffee shops (getting coffee, or working there).
4. At work.
5. At universities or colleges.
6. In bars and clubs.
7. In the park (e.g. jogging, walking their dog, taking a yoga class, sitting reading a book).
8. At a house party of a friend or acquaintance.
9. At weddings.
10. At music concerts.
11. At dance classes (e.g. salsa, hip hop, ballroom).
12. At meet up groups in your area.
13. At speed dating events.
14. On online dating sites.
15. At music festivals.
16. At hobby clubs (e.g. painting, cooking, hiking, bike riding)
17. At volunteering or charity groups.
18. On Facebook and other social media sites.
19. At yoga classes.
20. Walking along a shopping street.

As you can see, there are single women everywhere in your area.

However, if you're saying, *“Where are all the single women?”* then the issue is not that there is shortage of women who are single, but rather that right now, you are having difficulty in approaching women and making them feel attracted.

True?

Has This Been Happening to You?

You're out with some friends and you see a beautiful woman that you feel attracted to. You walk up to her and try to strike up a conversation, only to have her say in a rude way, *“Sorry, I have a boyfriend,”* and walk away from you.

Alternatively, you're at work (or university) chatting with a pretty co-worker (or co-student).

She seems nice and it looks like the two of you are getting along quite well. She might even say something like, *â€œYouâ€™re such a nice guy. I love hanging out with you.â€*

You then take that as a sign that she likes you and you either ask her out on a date, or try to kiss her, only for her to pull back and say, *â€œSorry if I gave you the wrong impression...I really like you as a person, but not in that way. Weâ€™re just friends, okay? I already have a boyfriend,â€* or, *â€œYouâ€™re sweet, but Iâ€™m seeing someone right now.â€*

Itâ€™s only natural that if something like this has happened to you, you will be thinking, *â€œEvery good, decent woman that I talk to or approach, has a boyfriend. So, where are all the single women then?â€*

The truth is, sometimes women will say they have a boyfriend even if they donâ€™t, just to let a guy down easy and not have to get into too much of a discussion about why sheâ€™s not interested in going out with him, kissing him or having sex with him.

Why do women do that?

Women are attracted to men who are confident and emotionally strong and can trigger her feelings of sexual attraction.

So, when a guy approaches her and is nervous or insecure, and shows her that heâ€™s totally impressed by her because sheâ€™s beautiful, she feels turned off because thatâ€™s what she gets from most of the guys she meets.

Attractive Women Like a Guy Who is a Challenge

Many guys who struggle to get laid or find a girlfriend often say, *â€œWhy do women have to be so difficult? I donâ€™t understand why they say they have a boyfriend if they donâ€™t.â€*

The reason is quite simpleâ€¦

When a woman is beautiful (or even just attractive), she knows that all she has to do is take care of her appearance (e.g. wear sexy clothes, put on make up, do her hair, show off some cleavage or leg), and she can attract a man for sex.

Basically, women know that guys are attracted to women based solely on their appearance. If a woman is attractive, she knows that most guys will be willing to have sex with her; even if sheâ€™s not a very nice person, or if sheâ€™s not very confident or interesting to talk to.

She knows that most of the guys she meets will do the same things, say the same things and try to impress her in the same ways, to get her to have sex with them. To her thatâ€™s like watching the same movie over and over againâ€¦ boring!

Thereâ€™s no challenge there for her.

So, to save herself from hearing the same old pick up lines, and having the same boring conversations, she simply cuts the guy off by saying, *â€œI have a boyfriend.â€*

Being a challenge is not about pretending that you're not interested in a woman.

Instead, it's about making her feel attracted to you when you interact with her, but letting her see that you are not fully sold on her yet. She still has to impress you some more before she gets a chance with you.

Your Looks Are Not What She is Really Looking For

What most single women want, is to meet a guy who is different from all the guys hitting on her; a guy who can make her feel sexually attracted.

Essentially, unlike men who will have sex with a woman based solely on her looks, a woman needs to experience a man's personality too, before she will open herself to having sex with him and being his girlfriend.

For example: A guy might be very good looking from a distance but if, when he approaches a woman, he behaves in a nervous, insecure way, or if he puts on a fake persona and tries to hit on her using the same old lines, she will feel turned off by him and she will reject him.

On the other hand, when a guy comes along who can trigger her feelings of sexual attraction for him by behaving, talking and acting in the ways that are naturally attractive to women (e.g. confident, charismatic, making her laugh, making her feel girly in his presence), she will be drawn to him.

Even if, when she first noticed him, she considered him to be unattractive or not her type, because his behavior and actions are attractive to her, her opinion of him will change, because he is making her feel the way she wants to feel when he interacts with her.

This is the main reason why you will see many guys who you might perceive as being plain or even ugly with attractive girlfriends and wives.

When a guy can make a woman feel attracted to his personality and who he is as a guy, she will overlook any physical flaws (e.g. he's bald, has a big nose or big ears, is overweight) he might have. In fact, she will often even see his physical flaws as something cute or sexy that only her guy has.

What's Stopping You From Finding Single Women?

Are you giving yourself enough opportunities to meet single women, or are you sitting around at home feeling sad and lonely because you might have had some bad experiences with women in the past?

Guys who wonder to themselves, "Where are all the single women?" are often making one of more of the following mistakes.

1. They are too nice.

There is absolutely nothing wrong with being a nice guy to women, but unless you are being a good guy who is also making her feel attracted, she is not going to be interested in having sex with you or being your girlfriend.

Many guys make the mistake of thinking that if they're very nice to a woman and make her like him as a person first, she will then be more interested in him romantically.

However, just because you might have heard women saying, "I just want to find a nice guy," or "I wish a nice guy would hit on me for a change," she's not referring to a polite, nervous, insecure guy who does everything she wants him to do and is always trying to impress her.

The type of nice guy most women are referring to is a decent, good guy who is confident, makes her feel girly and feminine in contrast to his masculine vibe, can make her laugh, is interesting to talk to,

etc.

So, if you've been the nice guy who has been striking out, you can change that right now.

Remember: There's nothing wrong with being nice to a woman, as long as you also focus on making her feel sexually attracted to you.

When you behave in the ways that are naturally attractive to women (e.g. confident, charismatic, masculine), not only will she feel sexually attracted to you, she will also love and appreciate the fact that you're also a nice guy.

2. They ignore opportunities to meet single women.

If you read the list at the beginning of this post, you will already know that there are many different places where you can meet single women.

Yet, many guys will go through life saying, "All the good women are taken," or "Where are all the single women?"

The truth is: There are millions of attractive, single women looking to meet a guy just like you for sex and a relationship.

However, if you're not meeting them, could it be because you're ignoring the opportunities all around you?

Quite often a guy will spend most of his time hanging out with other single guys, or home alone watching TV or playing video games, or browsing on Facebook hoping a nice, single girl will approach him, or click like on his page and they can then start a relationship.

That's not how it works.

If you want to meet single women, you have to actively go out and talk to as many women as you can, make them feel sexually attracted, and get their phone number so that you can move things forward to the next level.

No, not all the women you talk to will be single, and not all of them will be compatible with you. However, there are many beautiful, single women who will be compatible with you.

As long as you keep approaching and talking to as many women as possible every day, and focus on making them feel attracted to your confidence, charm, sense of humor, you will not be single for much longer.

3. They immediately try to pick up a woman if she's single.

Some guys are so desperate to hook up with a woman, that when they meet one who is single, they go straight in for the kill.

Unlike men who are ready to have sex with a woman the minute they see her and confirm to themselves that she's attractive, a woman needs experience a guy's personality before she will be excited about hooking up with him.

For example: If a guy tries to pick a woman up and is coming across as desperate, insecure, or pushy, even if he's good looking she won't feel much attraction for him.

On the other hand, if a guy walks over to her in a relaxed, confident way, has a chat with her, flirts a little and allows her to experience his charismatic personality, she will feel attracted to him and she will then be eager to get on with kissing, sex and starting a relationship with him.

Picking Up Single Women is Easier Than You Might Think

You don't have to go around wondering, *Where are all the single women?* because as you can see, there are single women everywhere just waiting to meet a guy like you.

However, don't expect women to just make it obvious to you that they want to be approached, and in some cases, even to be talking to you.

Yes, some women will make it clear that they like you when you interact with them (e.g. by touching you during conversation, telling you she likes you), but the majority of women don't make it that obvious.

However, the majority of women want to know that the guy they're interacting with is confident and not easily put off when he encounters a bit of resistance.

So, the next time you have the opportunity to talk to a woman; just do it.

Walk up to her in a confident, relaxed way, start a conversation with her and see where things go.

If you focus on making her feel attracted to you by behaving in the ways that are naturally attractive to women (e.g. confident, charismatic, charming), she will be excited to be talking to you and you can then get her phone number or kiss her and move things forward from there.

If she has a boyfriend, just enjoy the chat with her and either end the conversation by saying, *"Okay, well it was good to meet you. Have a great night"* or say, *"I'm not surprised that you have a boyfriend because you are so pretty, but let me ask you this: Do you have any single girlfriends you can introduce me to?"* and she will almost certainly set you up with a date.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Where Can I Find Single Women?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you are asking, *“Where can I find single women?”* you’d already be aware that you can find single women pretty much anywhere (e.g. at the mall, gym, on the street, at your workplace, at a dog park).

Statistically speaking, if you are in a public place, about 35% of the women will be single and secretly hoping to meet a guy.

All you need to do is be willing to start a conversation, make her feel attracted to you (e.g. by displaying confidence and charisma) and she will either tell you that she is taken or wait for you to make a move and ask for her number or to add you to social media.

Of course, despite single women being everywhere, there are some common places where there are lots of single women...

6 Common Places Where You Can Find Single Women

Some of the common places where you can find a lot of single women who are open to meeting and hooking up with a guy are:

1. Speed dating events

[image: Finding single women at speed dating events]

All the women and men who go to speed dating events are open to meeting someone they can hook up with, either for a one night stand, or for something more meaningful and long-lasting.

As long as you make the women feel attracted (e.g. by displaying confidence, charisma, being charming, making her laugh), you will get a lot of women who tick, “Yes” next to your name and want to exchange contact details with you.

In most speed dating events, you can expect to get a “Yes” match with at least 5 out of 10 of the women you meet.

If you’re really skilled at making women feel attracted to you, that number might reach 8 out of 10.

Your conversation skills will be very important if you go speed dating, so if you need a bit of help in that area, I recommend that you watch this video...

When talking to women at a speed dating event, be the good guy that you are, but be sure to add in some cheeky humor or challenging conversation at times.

For example: If she says that she works as a nurse, don’t just say, *“Oh, that’s nice.”*

Instead, smile and say, *“Oh, a naughty nurse. I thought you looked innocent, but now I’m looking at you in a whole new light”* and she will almost certainly laugh, smile and enjoy talking to you.

Being confident enough to joke around like that is attractive to women. Women know that in this challenging world that we live in, it’s usually much better to get into a relationship with a confident guy than an insecure, self-doubting guy who is too afraid to say anything out of the ordinary.

Although an insecure guy can succeed in life, a woman’s instincts tell her that she will have a better

chance of surviving and prospering in life if she sticks with a confident guy.

2. Bars or nightclubs

Most of the single women who hang out in bars or nightclubs are open to meeting a single guy if he's confident, easy-going.

Single women hope to find a guy who can make them feel attracted during an interaction and then lead that interaction to a phone number, kiss or sex that night.

3. Singles parties

Singles events are designed for single men and women to meet each other in a relaxed setting, mingle and have fun together with the possibility of hooking up.

If you go to a singles event, don't be shy about approaching and having a chat with women.

Women want to be approached in a setting like that because they are hoping to find a match.

You could be that guy and she doesn't want you to stand off to the side and just look at her.

She wants you to have the confidence to walk up to her, start a conversation, spark her feelings of attraction and then lead her to give you her phone number, kiss you or have sex that night.

4. Dance classes

[image: Finding single women at dance classes]

These are great places to meet single women because the women usually outnumber the men in the class.

It is also the type of environment where you are given the opportunity to physically interact with women in a fun environment, while sharing a common interest.

Although not all the single women in dance classes will be there hoping to meet a guy, many of them will.

If you are getting along well with women at a dance class and none of them are single (highly unlikely, but possible), just ask them, *"Hey, so do you have any single girlfriends you could set me up with?"*

Women love to set people up and play matchmaker, so don't be surprised if you get a few dates lined up.

5. Online dating sites

Although there are loads of single women on online dating sites and apps (e.g. like Tinder), the problem is that 1,000s of guys are hitting on the same girl as you.

Over the years, we've found that if you want to get laid or get a girlfriend via online dating, you have to be very good-looking or very persistent (often years of trying) before you get a result.

In our opinion, the best way to find single women is to approach them in person.

That way, it's just you and her, not you, her and a 1,000 other guys trying to pick her up while you do.

If you don't have the confidence to approach and talk to women, watch this video

Approaching women in person might seem like a scary thing to do, but it really is exciting and has a much higher success rate than online dating.

For example: About 17% of Americans who are married and 20% who are in a committed relationship, say they met online.

In other words, 83% of married couples met in person and 80% of couples in a relationship met in person.

Unless you are really good looking, you will have a much higher success rate at picking up women in person than you will online.

Online, women have 1,000s of guys to choose from, so they become very superficial and choose guys based on looks, money, height and career/job.

In person, most guys are afraid to walk up and talk to single women, so when you do, it's only you and her.

As long as you can make a woman feel attracted to you (e.g. by displaying confidence, being charismatic, making her laugh), most women will let go of their superficial ideas about what they want in a man and like you for who you are.

6. Hobby clubs

Not all the women who go to hobby clubs will be single, and not all the single women will be interested in hooking up, but this is still a great way to meet single women who are interested in the same things as you (e.g. cooking, art, hiking, running).

As you can see from the 6 examples above, finding single women is not the difficult part.

Single women are everywhere.

Yet, if you've already tried to meet single women many times before and have continually been told, "Sorry, I have a boyfriend," or, "You seem really nice, but I'm seeing someone," you're probably wondering why every great woman that you meet is taken.

You could be just having a run of bad luck and meeting women who are taken, but it's also possible that you simply don't know how to attract women properly.

Watch this video for more info!

When a guy is able to actively attract women during interactions, he never has to go out of his way to find a single woman.

The single women he meets feel attracted to him and are open to being with him, so all he has to do is ask a woman out or move in for a kiss and he'll get laid or have himself a new girlfriend.

You can have that power over your dating life too, but you must be able to actively attract women when you interact with them.

Do You Really Understand What Women Want in a Man?

One of the main reasons why so many guys struggle to get laid or find a girlfriend, is not because there are no single women, but because they don't understand what women really want in a man. Since what men want in a woman is for her to be physically attractive, they assume that a woman's

attraction for a man works in exactly the same way.

In other words, guys are mostly attracted to women for how they look, so many guys assume that women must be attracted to men for the same reasons.

If a guy believes that women are mostly attracted to men based on their appearance and then tries to hook up with a woman and she tells him she's already taken, he might then make the assumption that:

1. All the good looking guys have girlfriends.
2. He doesn't have a girlfriend because he's not good looking.

However, that's absolutely false.

The truth is, even though most guys would have sex with a woman regardless of whether she's intelligent or even a nice person, simply because she is hot, most women (not all) do not base their decision of whether or not to be with a guy simply based on his looks (or financial or social status).

So, if you've been going around thinking that you're striking out with women because of your looks or financial status, it's only because you haven't fully understood what women are attracted to in men.

Watch this video for more info!

As you will discover from the video above, guys make up all sorts of excuses about why they fail with women.

Yet, the real reason why guys struggle to get laid or get a girlfriend is that they simply don't know how to actively attract a woman during an interaction.

Most guys hope to get a woman to "like" them as person, but what they don't realize is that a woman only cares about how likeable a guy is as a person after he sparks her feelings of sexual attraction.

Women Are More Flexible About What Attracts Them to Men Than You May Realize

The majority of women are much more flexible about what they find attractive in a man than guys realize.

Almost all women are mostly attracted to how a guy makes her feel when he interacts with her, rather than how he looks.

For example: If a good looking guy approaches a beautiful woman and tries to pick her up, but behaves in an unattractive way (e.g. nervous, insecure and self-doubting), she will not remain fully attracted to him simply because of his good looks.

He might be able to get lucky sometimes or he might accept the many unattractive women who like him, but he won't be able to attract the kinds of women he really wants.

Beautiful women get hit on by nervous, self-doubting good looking guys all the time and they simply reject them.

Why? Most beautiful women are more attracted to traits in a man that have nothing to do with his looks (e.g. confidence, charisma, charm).

If a guy behaves in ways that are naturally attractive to women, she usually won't be too concerned if he doesn't look like a male model.

If you don't believe this is true, make a point of checking out all the couples the next time you go out in public.

You will see that most of the guys walking around with attractive and even hot girlfriends are just average guys, or guys that you might even perceive as being ugly.

So, the next time you think of using the fact that you're not good looking enough, rich enough, have big muscles or whatever else you feel insecure about as an excuse why you're not hooking up with hot, single women, remember this!

As long as you can trigger a woman's feelings of sexual attraction by displaying some of the personality traits and behaviors that naturally attract women (e.g. confidence, charm, sense of humor, masculine vibe), most women will overlook the fact that you're not very good looking, rich or famous.

That doesn't mean every woman will accept a guy who isn't physically perfect, but the majority of women will.

As long as a beautiful woman is feeling attracted to a guy for other reasons (e.g. because he's being confident, charismatic, charming and making them laugh), she will usually be willing to overlook the fact that he's not rich, good looking or famous.

2 Important Things You Should Do When You Meet Single Women

If you want to stop looking for single women and actually start having sex and get a girlfriend, here are two things that you should do the next time you see a woman you feel attracted to.

1. Approach her

Yes, this probably sounds like a no-brainer, but, you might be surprised at how many single guys go out to meet women, only to sit around waiting and hoping for a beautiful woman to make the first move and choose them.

Most women (not all), will avoid making the first move, or even showing too much interest. Why? Most women like the idea of being feminine and girly in response to a man's confidence and masculine vibe.

If she has to make the first move, she may feel as though she is taking on the role of the man.

Acting like the man will strip away her femininity and may make her feel like she is in the dominant position over him, which won't make her feel feminine and girly.

Another reason why a woman won't make the first move is because she wants to see if the guy is confident enough to approach her, start a conversation and make her feel attracted to him.

If a guy isn't confident enough to approach her then she assumes that he probably won't be confident enough to take on challenges in life as well.

Women don't want to reward emotional weakness with sex, love and devotion because they

instinctively know that it wouldn't be good in the long run.

We live in a challenging world and her instincts make her feel that it is much more beneficial for her to be with a guy confident guy than a nervous, self doubting guy.

So, the next time you see a woman you feel attracted to, don't wait around hoping she'll approach you, or send you some sign that she's single and interested.

Women are attracted to the emotional strength in men (e.g. confidence, high self-esteem, determination to succeed), and repelled by the emotional weakness (e.g. insecurity, nervousness, self-doubt).

You've got to be willing to be the courageous one and approach, rather than waiting for women to be courageous and make something happen with you.

Of course, not every woman that you approach will be single, and not every single woman will be compatible with you, but that's not your fault.

It's how nature works; no man is compatible with every woman he meets and no woman is compatible with every man that she meets.

However, even if a woman isn't single or interested, you can still have a good time talking to her, so that the next time you approach a woman, you will be feeling even more confident in your ability to start a conversation, keep it going and keep it interesting for long enough to see if you and her a match.

When you approach a few single women and spark their feelings of attraction (e.g. by being confident, charismatic, making her feel girly and feminine in contrast to your masculine vibe, having a laugh together), you can be sure you won't be single for long.

Sometimes, you might find the perfect girl the first time you approach. However, if you don't find a match the first time, you might need to talk to a few more women before you meet the right girl for you.

2. Focus on making her feel attracted

Some guys make the mistake of thinking that the way to get a woman interested in kissing, sex and a relationship is to start out by making her like him as a person.

Here's the thing!

Just because a woman likes a guy as a person or as a friend, it does not mean she is going to be interested in him sexually.

There's nothing wrong with being a good guy and being nice to a woman, but that's not will make her feel sexually attracted, aroused and eager to begin a relationship.

Unless you are actively triggering a woman's feelings of sexual attraction for you, if you try to kiss her or ask her out, she is probably going to give you the, *Oh, you're sweet, but I have a boyfriend,* or *I like you, but only as a friend,* speech.

Remember: Nothing happens without attraction.

Attraction comes first and then everything else will unfold naturally after that.

Getting Started

There are millions of single women out there who are secretly hoping to meet a guy who will trigger their feelings of sexual attraction and sweep them off their feet.

I say “secretly” because most women act like they don’t even want or need a boyfriend, but you can be sure that many of them cry themselves to sleep at night because they are lonely, while their girlfriends have a boyfriend or husband and are happily enjoying a relationship.

So, don’t think that you’re doing anything wrong by approaching a woman to say hi.

In most cases, she is going to be excited and appreciative that a good, decent man like yourself had the balls to walk up and start a conversation with her.

Don’t waste another day wondering, *“Where can I find single women?”*

Instead, the next time you see a woman you feel attracted to, simply walk up to her and focus on triggering her feelings of sexual attraction by displaying some of the personality traits and behaviors that are naturally attractive to women (e.g. confidence, charm, humor).

If you do that, she will feel attracted to you and you can then lead her from a conversation to kiss, to sex and into a relationship with you.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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What to Say to a Woman You Like

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

One of the best examples of what to say to a woman you like is to tell her that you think she is sexy. However, make sure that you have made her feel sexually attracted to you first before you say that. If you have already triggered her feelings of sexual attraction for you (e.g. by being confident and charismatic), then she will be excited to hear that you think she is sexy too.

So, when you're having a conversation with her and she laughs at something you say, stop for a second, look her up and down and say, *"Hey, I just want you to know that I think you're sexy...and I like you more than just a friend."*

This cuts right to the core of what is really going on between you and her and gets rid of the need for pointless mind games where she plays hard to get to see how much you like her.

Watch this video for some more examples of what to say to a woman you like!

As you will discover from the video above, you can talk about pretty much anything with this woman you like, as long as you are also making her feel attracted to you.

If you're wondering what to say to a woman you like because:

- You want to show her know that you like her, without actually coming out and saying it.
- You want to see if she likes you too.
- You struggle to think of things to say when you're around her.

then, the most important thing you need to focus on is making her feel attracted to you by displaying some of the types of personality traits and behaviors (e.g. confidence, charm, charisma, humor) that are naturally attractive to women, when you interact with her.

As long as you make her feel sexually attracted to you, she will be less picky about what you say because she will like you and will be hoping that something happens between you and her.

Do You Fully Understand How Attraction Works For Women?

Many guys go through life never really understanding how a woman's attraction for a man works.

If you aren't fully sure about how to attract women, watch this video!

Unlike men who are instantly attracted to a woman based on her appearance, most women (not all) are attracted to men for many different reasons other than what they look like.

Even though a lot of guys are afraid to admit it when asked, they are mostly attracted to how a woman looks.

If a woman is beautiful (or even just attractive), most men will feel sexually attracted to her regardless of whether she is a nice person, has a great sense of humor or is intelligent.

Women on the other hand, feel the most amount of sexual attraction for a guy based on how he makes her feel when he interacts with her (e.g. is he confident or insecure? Is he masculine or does he come across as neutral, or worse, as being feminine? Does he make her laugh or does he bore her with polite, formal conversation?).

Of course, when a woman first notices a guy, she will naturally judge him based on his appearance. She might think, *â€œHmmmâ€* *that guy is cute*, *â€œ* or *â€œOh, heâ€™s definitely not my type because heâ€™s too short.â€*

However, when she interacts with the guy, she can easily change her opinion of him if he begins turning her on with his personality and behavior.

On the other hand, if a woman interacts with a guy that she initially thought was cute (e.g. because he is good looking) and he then behaves in a nervous, insecure and self-doubting way around her, her initial attraction for him will fade because his lack of self-confidence is unattractive.

Women are instinctively attracted to confident men because genuine self-confidence is a sign that the guy will go after what he wants in life and will be able to handle the challenges that life throws at him.

She won't have to keep encouraging him emotionally and supporting him through tough times because he is a real man that she can rely on.

When a guy is confident, a woman assumes that she will be able to rely on him to be the man and to take the lead in a relationship.

This is why you will often see good looking guys who are single and can't get a girlfriend, or good looking guys who can only get unattractive women.

If a good looking guy doesn't know how to attract women with his personality and behavior, he will often have to put up with whatever he can get, which usually won't be the type of women he really wants.

Here's the thingâ€¦

If a woman interacts with a guy she perceived as being not her type (e.g. he is bald, a bit overweight or thin) and he happens to display some of the personality traits and behaviors that are naturally attractive to women (e.g. confidence, charisma, can make her laugh, is interesting to talk to), her feelings of attraction towards him will change.

He will begin to look more attractive to her because of the way he is making her feel when he interacts with her.

So, if you want to get a woman you like to like you back, the main thing you have to focus on is making her feel attracted to who you are as a person (i.e. display confidence and let your true, charismatic personality come through).

Even if this woman already thinks you're cute and is interested, it doesn't mean that she will wait around for you forever.

If you don't build on her attraction (e.g. by making her laugh, making her feel girly and feminine in contrast to your masculine vibe) and then make a move to kiss her or take her out on a date, her interest in you probably won't last.

3 Mistakes to Avoid Making When Talking to a Woman You Like

Knowing exactly what to say to a woman you like is only beneficial when you don't make any of

these classic mistakesâ€¦

1. Pretending that you just want to be her friend

A common mistake guys make around a woman they like is to hang around her and pretend they are only interested in being her friend, even though deep down they want to start a sexual relationship with her.

If you want to have a sexual relationship with a woman, you must focus on triggering her feelings of sexual attraction for you, and you also need to make it clear to her (by what you say and the way you behave around her) that you find her sexually attractive.

In addition to saying something like, *“You’re sexyâ€¦and I like you more than just a friend”* you can also refer to her as your sexy little friend, which will make her want to be more than a “friend” if you have been making her feel attracted.

For example: If you and her are leaving a cafÃ© or venue, you can say to her, *“Okay, my sexy little friendâ€¦it’s time to goâ€¦let’s get out of here.”*

She will love it that you are referring to her as being sexy, because she knows that it means you are open to having sex with her.

All you need to do then is make a move when the time is right (e.g. invite her back to your place to “chill out” or “hang out”).

However, if all you do when you’re around this woman you like is act like a nice, sweet guy who is available to her every beck and call, she will most likely think you’re a sweet guy, but if another guy comes along who can make her feel attracted, she won’t think twice about hooking up with him.

Of course, there is nothing wrong with being a nice guy to a woman, but being a nice guy isn’t going to be enough if you’re not actually triggering her feelings of sexual attraction for you every time you interact with her.

Watch this video to find out whyâ€¦

If you want to have a sexual relationship with a woman, don’t pretend that you want to be her friend.

It’s fine to refer to as a friend, but make sure that you add in the word “sexy” and refer to her as your “sexy friend.”

You can also show your sexual interest in her by the way you look at her (e.g. when she arrives to meet you, just stop for a moment and look her up and down and say, *“Niceâ€¦you look extra sexy today. How am I going to keep my eyes off of you? You look stunning”*).

2. Telling her that you want to have a relationship with her before you’ve even kissed her

Most women put their guard up and feel turned off when a guy comes on too strong about wanting a relationship before he’s even actually had sex, or at least kissed her. Why?

When a woman is beautiful, or even just attractive, she knows that she can get pretty much any guy she wants.

All she has to do is go out in public and guys will stare at her, call out to her or whistle at her.

If a guy does pluck up the courage to talk to her, he assumes that if he pours his heart out to her by telling her how beautiful she is, how much he likes her and how special he thinks she is, she will then be impressed that his intentions towards her are good and she will give him a chance with her.

Yet, what the guy doesn't realize is that pretty much every guy she interacts with say and do the exact same thing.

It's not new to her.

She knows that guys want to have sex with her and would feel lucky to have a relationship with her. Since she is so bored of the endless stream of guys who want to tap her or marry her, what she hopes to meet is a guy who is more of a challenge to win over.

She wants a guy who will make her work a little bit (or a lot depending on the woman) to impress him before she gets a chance with him, rather than him just immediately wanting her because she looks good.

So, when you're interacting with a woman you like, rather than try to convince her to have a relationship with you, just focus on making her feel so attracted to you (e.g. by making her feel girly in contrast to your masculine vibe, by making her laugh), that she wants to kiss you, have sex with you and then start a relationship with you afterwards.

That's what she really wants.

3. Giving up when she tests you during a conversation

Whether you choose to accept it or not, most women will test you during a conversation either by only saying 1-3 words in response to your questions (e.g. Yes, No, I don't know), by talking to you one minute and then ignoring you the next, or even by making fun of you in some way.

It's just how women are.

Testing is a woman's way of seeing whether a guy will become nervous, insecure and tongue-tied, or if he will remain confident and relaxed.

Why does she need to test a man's reactions like that?

When a woman tests a guy, she is instinctively trying to see if he is capable enough and strong enough to protect her and survive in this world if they get into a relationship.

If he crumbles at her tests, then in her mind, he's probably not going to be emotionally strong enough to face any problems that might arise in their life together and she doesn't want to get stuck with a weak guy that she will have to support and guide through life.

What you need to understand going into a conversation with a woman you like, is that she's most likely going to test you in some way.

You simply need to remain confident and relaxed and continue leading the way during a conversation.

Don't let her tests make you feel rejected or unworthy.

Instead, just know that when you pass her tests by remaining confident, she will like you even more.

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[image: Dan Bacon]

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Where Do Women Like to Be Kissed? 7 Examples

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Women like to be kissed all over their body.

It feels good.

However, it's important to remember that each woman is different, so not every woman will like being kissed in exactly the same place.

It's up to you to be confident and explore her body to discover what is most pleasurable for the woman you are with.

For example: One woman you're with might really like it when you kiss her on the forehead because it makes her feel like a little girl again.

Yet, another woman might hate being kissed on the forehead because she wants to be respected and treated as an adult, rather than her man treating her like his girl.

However, here are 7 examples of places that most women like to be kissed.

1. Mouth and lips

Naturally, this is the most obvious place where women like to be kissed.

A woman's lips are generally very sensitive to touch, and the anticipation of a kiss releases a healthy dose of dopamine in her brain (and yours), which then triggers her desire and reward sensors, making her feel excited and turned on.

Gently kissing her on the mouth and lips is definitely a turn on for most women.

Women love it when a guy has the confidence to relax and kiss her at his own pace, without worrying that she might get bored or want him to do something different.

Just do whatever you want while kissing her and she will melt.

2. Neck and shoulders

Nearly every woman likes to be kissed and stroked on her neck and shoulders.

These areas are both very sensitive to touch, so chances are, you won't go wrong by kissing, touching, licking and nibbling a woman there.

Of course, there will be a very small percentage of women who don't like it, but you're not a failure if you try to kiss a woman who doesn't like to be kissed in those areas.

It's not your fault or her fault that she doesn't like to be kissed there.

Just accept that she likes being kissed elsewhere and give her the kinds of kisses that turn her on the most.

Personally speaking, I've only ever come across one woman who didn't like to be kissed on her neck. She wasn't a very touchy-feely woman and had some insecurities about being touched.

Every other woman has loved it though. I always find that confidently, calmly and purposefully

kissing a woman on her neck and shoulders turns her on.

3. Breasts and nipples

This is another obvious place where women like to be kissed.

However, some guys make the mistake of focusing entirely on a woman's breasts and nipples, and neglect kissing her in all the other erogenous areas on her body.

Not all women respond in the same way when they are kissed and touched on their breast and nipples.

For example: Some women are very sensitive in this area and can even orgasm simply by being kissed and touched on her breasts and nipples.

I once slept with a woman who enjoyed me twisting her nipples when she rode me on top and it helped her orgasm a lot quicker.

Yet, pretty much all other women don't like the nipple twist! Lol. You have to be willing to experiment with a woman and find out what makes her feel good.

For example: Some women are not sensitive in that area at all, so kissing her on the breasts and nipples for a long time will be doing nothing to get her to feel even more turned on and aroused.

Also, breasts are very sensitive and are often affected by hormonal changes in the woman's body, so being too rough when you kiss her in this area (e.g. sucking to hard, biting) can actually cause her pain and kill the mood.

Don't worry if you make a mistake.

You both have to make mistakes to find out what both of you really like when kissing and having sex.

Just relax and confidently lead the way, knowing that one mistake isn't going to ruin everything.

If she doesn't like something, just smile, have a little laugh and say, "Okay, it looks like you don't like that|what something else that you like instead?" and then do that.

4. Back

A woman's back is one of the most sensitive areas on her body, but it's also one of the areas most neglected by guys.

Kissing a woman on the back is one of the best areas to focus on during foreplay to get her feeling completely turned on and excited.

You can lay on top of her or press against her as you occasionally kiss her back, reach under to grab her breasts and wander downwards to stroke her vagina from the outside.

5. Inner thighs

A woman's inner thighs are another one of those sensitive areas that responds well to being kissed, licked and caressed.

Also when you kiss a woman on her inner thighs, but stop short of going higher, you build up the desire and anticipation in her for greater things to come.

I usually spend about a minute kissing a woman's inner thighs before giving her oral.

It allows for her anticipation to build up to the point where she is thinking, "Lick it! Lick it!" and when you do, she lets out a beautiful moan of pleasure.

6. Behind the knees

This is an area that most guys usually don't even think about kissing.

Yet, the backs of a woman's knees is full of sensitive nerve endings that can send her into throws of ecstasy when you kiss, nibble and lick her here.

However, just be aware that this is a very sensitive area and can be very ticklish, so not all women will like being kissed and touched here.

It's up to you to gauge whether the woman you are kissing is squirming in ecstasy or discomfort, so that you can keep on doing what you're doing, or move on to another area that she prefers being kissed in.

7. Lower stomach and around the outside of her vagina

This is arguably the most sensitive area on a woman's body, and most women like to be kissed here.

By the time you finally kiss her vagina or lick it, your woman should be completely aroused and ready for sex.

However, if you want to have her begging for mercy, continue to kiss, nibble and lick her around the outside of her vagina until she cannot stand it any longer.

Just use her body language and moans as cues as to when the time is right to stop the kissing and foreplay and move on to having sex.

3 Mistakes That Can Kill Her Desire to Be Kissed By a Man

It's highly unusual for a woman not to like being kissed, and most women like to be kissed in most places.

In actual fact, it's not kissing that will turn a woman off, but a guy's behavior.

Here are 3 classic behaviors that turn women off the idea of kissing a guy!

1. Asking her if it's okay to kiss her

In today's world, women are free to have sex with whomever they want and whenever they want, and when a woman is attractive, she can have her pick of men for sex.

So, in most cases, almost any woman that you meet will not be an inexperienced virgin when it comes to being kissed.

She knows what she likes, and if she's happy to be in a guy's arms, then she's also ready and willing to be kissed by him.

A big mistake that a lot of guys make, is to allow his insecurities to kick in at such a crucial time, by asking her, "Is it okay if I kiss you here?"

Most women feel turned off by this because he comes across as being insecure.

A woman wants to know that the man she's with is confident enough to take the lead and lead them both to kissing, sex and if they want it, a relationship.

She doesn't want to feel as though she is letting an insecure guy kiss her or get to have sex with her.

She wants to feel as though she is with a confident guy who knows that she is attracted to him and who could easily attract other women, but he sees her as special and wants to kiss her.

If you have triggered a woman's feelings of sexual attraction and she is up close and personal and looking you in the eyes or hugging you, then you can be sure that she will be thinking, "When is he going to kiss me? I can't wait for him to kiss me."

When the time is right, simply take the lead by kissing her.

Don't ask her if it's okay to kiss her; just be confident enough to take a risk and take the lead.

If she moves away and doesn't want to kiss you, it means that you either haven't made her feel attracted enough yet or she is testing to see if you will remain confident.

2. Becoming nervous if she doesn't seem to be enjoying where he's kissing her

Not all women like to be kissed in every place on their body.

For example: Some women might really enjoy being kissed on the inside of their thighs, but other women might feel self conscious about the size and shape of their thighs, and being kissed there might make her feel uncomfortable and she might become tense and push you away.

Likewise, women who aren't happy with their stomach might feel self conscious about it and not want you to kiss it or touch it.

Whatever happens, just remember that it's up to you, as the man, to lead the way by reassuring her between kisses and saying, "You are so sexy. I just love kissing you here," to make her feel more confident and relaxed with you.

Of course, if she still remains tense and uncomfortable no matter what you say or do, just move away from that area and kiss her in places where she clearly likes to be kissed.

Women are attracted to confident guys, so when you are kissing a woman, maintaining your confidence is the most important part of maintaining her attraction for you.

3. Kissing her in the same places over and over because he fears that she might not like it if he kisses her somewhere new

A mistake that some guys make, is stick to kissing a woman on the lips and mouth because they're too insecure about trying something new in case the woman rejects them.

Although a woman might not openly complain about only being kissed on her mouth, it's not going to be as exciting to her as a guy confidently exploring her different parts of body with his lips and tongue.

If he never takes a chance at arousing her by kissing her in other places, she might become bored with having sex with him and decide to open herself up to meeting a guy who is more confident in the bedroom.

Just Make Feel Attracted and Kiss Her

Rather than worry too much about where women like to be kissed, just focus on making her feel attracted to you by displaying some of the personality traits and behaviors that are naturally attracted to women (e.g. confidence, masculine presence, charisma, humor).

When you have the ability to turn a woman on by the way you behave (e.g. by being confident, charming, making her feel girly and feminine in contrast to your masculine vibe), she will automatically like being kissed and touched by you.

The more attraction you make a woman feel for you, the more intense her sexual desire will be, and the more she will want you to kiss her all over.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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What to Say to a Woman When You First Meet Her

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

In this post, I'm going to give you tested examples of what to say to a woman when you first meet her.

Before I begin, I just want to make something very clear...

If a guy uses these conversation examples, but doesn't also focus on making the woman feel attracted to him, she won't be very interested or impressed.

Why? If a woman isn't feeling a spark of sexual attraction for a guy that likes her, she will feel as though he isn't a match for her and her guard will go up. She will lose interest in what he is saying because she knows that he just isn't a good romantic or sexual match for her.

However, if she is feeling a strong spark of attraction for him, she will feel like they are a match and her guard will come down.

She will then become open to seeing where the conversation leads to (e.g. to a phone number, kissing, sex and a relationship).

How can you attract women while you talk to them? Attracting a woman is as easy as displaying some of the personality traits and behaviors that are naturally attractive to women (e.g. confidence, charisma, humor).

Even just displaying one trait is attractive and enough to pick up some women because many women aren't as picky as they make themselves out to be.

[image: Conversation ideas for when you first meet a woman]

Of course, if you want to attract high quality women, it is much easier when you can display a few more attractive traits than other guys (e.g. masculine presence, charm, flirting).

When you are making a woman feel attracted you, pretty much anything that you say to her will seem interesting to her because it's coming from you and you are the guy that she is feeling so attracted to.

Once you've sparked her attraction and begun to build on it, she will feel excited about continuing talking to you and seeing where things will lead from there (e.g. phone number, kiss, sex, date, relationship).

Turning a Boring Conversation Topic Into Something That Makes Her Feel Attracted

[image: Turn a boring conversation into an attractive one]

Every conversation with a woman is an opportunity to either spark her feelings of sexual attraction for you, or turn her off.

You can take normal conversation topics and make a woman feel turned on and excited to be talking to you, or you can make her feel bored and unimpressed.

Here are some examples of how the same topic of conversation can feel dull and ordinary to a woman, or can be fun and trigger her feelings of sexual attraction for you.

1. Ask her what she does for a living

[image: Ask her what she does for a living]

Asking a woman what she does for a living is an obvious conversation starter.

Most guys will ask this question, but the key is to use it as an opportunity to learn something about her, share something about yourself (especially if you have something in common), while at the same time sparking her feelings of attraction for you as a man.

For example: Where most guys go wrong when asking a woman what she does for a living isâ€¦|

Him: So, what do you do for a living?

Her: Iâ€™m a student.

Him: What are you studying?

Her: Iâ€™m studying to be a doctor.

Him: Oh, thatâ€™s nice.

Her: Thanks.

Him: Do you enjoy it?

Her: Yes.

Nothing about that style of conversation is going to make the guy stand out and make her think, â€œWow. This guy is different, I like him.â€

Itâ€™s not going to trigger her feelings of sexual attraction for him and it's not going to turn her on.

A better, more attractive way to ask her what she does for a living isâ€¦|

You: So, what do you do for a living?

Her: Iâ€™m a student.

You: What are you studying?

Her: Iâ€™m studying to be a doctor.

You: Oh right, so youâ€™re not only hot, but youâ€™re also a smarty, huh? Well, donâ€™t think Iâ€™m going to let you play doctor-doctor with me!

Her: (Most likely laughing) Okay.

You: (Smile and say in a joking manner) I've see the way you're looking at me. You're thinking, "What kind of operation could I perform on him? Preferably something where I get to take his shirt off.").

Her: (Most likely laughing some more)

The reason the above conversation is different from the first example is because you are confidently using humor, rather than just having a boring question and answer session with her.

Your confidence will make her feel attracted to you because it is one of the main personality traits that women find naturally attracted to in men.

By also being funny as you talk to her, she will see that you are not intimidated by her or the fact that sheâ€™s studying to be a doctor (like most guys would be), which will make you stand out from the crowd and draw her to you.

You don't always have to cracking jokes and using humor in response to everything she says. Instead, just make sure that you add that kind of thing into conversations.

2. Ask her about her interests

[image: Ask her about her interests]

Asking a woman about her interests is a good way to get her talking about something she's passionate about and really enjoys.

It's also a good way for you to then share your interests with her, which will show her that you are the kind of man who has things going on in his life. This will be attractive to her because she will see you're not a boring guy who doesn't have any goals or interests.

Her attraction and interest in who you are will then really get the conversation rolling.

Here's another example: Where most guys go wrong when asking a woman about her interests is by talking in a boring way like this...

Him: So, what do you like to do for fun when you're not in classes or studying?

Her: I love to cook; it helps me relax.

Him: That's nice. What kind of food do you like cooking?

Her: Anything really, but I really like cooking Indian food.

Him: Cool.

Her: What do you like to do on your time off?

Him: Nothing really, I just like to relax and chill out.

Again this type of conversation is going nowhere. It isn't making her feel excited about talking to this guy because it's just a boring, straight-forward conversation she's probably had with hundreds of other guys before.

Another reason why this conversation isn't making her feel attracted is that it suggests he may be another typical guy who lacks goals and ambitions in life, or who doesn't have many good friends.

This is unattractive to her, because most women like to know that the guy they are with is moving through the levels of life reaching for his true potential as a man.

If he doesn't have big goals and ambitions, she at least wants to know that other people like him (i.e. he has friends) and he isn't just sitting at home alone all the time.

So, how can you spark her feelings of sexual attraction when asking her about her interests? Here's an example...

You: So, what do you like to do for fun when you're not in classes or studying?

Her: I love to cook; it helps me relax.

You: Awesome ðŸŒˆ Not only an aspiring doctor, but a cook too? It sounds too good to be true. You can't possibly be good at both things, so does this mean that you're a good med student or a good cook?

Her: (Most likely laughing) Both. I'm a good med student and a good cook!

You: (Smile and say in a joking manner) Nah! I don't believe you. You seem smart, but I don't know about the cooking. You're going to have to prove it to me. When are you going to cook something for me?

Her: (Most likely laughing some more)

You: Just kidding, I like to cook too. I once made an amazing scrambled eggs.

Her: (Most likely laughing some more)

In this example, you are once again creating attraction by showing her that you are not overwhelmed

by how smart and talented she is. You are also making her feel attracted by getting her laughing and enjoying herself when she talks to you.

2 Mistakes That Many Guys Make When Talking to a Woman They've Just Met

When a guy is unsure about what to say to a woman he has just met, he will often make one or more of the following mistakes.

1. Trying really hard to impress her during conversation.

Many guys don't believe they are good enough for the kind of women they really want.

So, if a guy like that happens to be talking to an attractive woman for the first time, rather than being relaxed and natural, he might on a fake persona and try to impress her by being someone he's not (e.g. by being overly nice, acting really cool, bragging, not allowing his real personality to come through).

The fact is, women hate it when guys try to impress them during a conversation, because it shows that they lack confidence and belief in themselves and that is off-putting for most women.

Most women are instinctively attracted to the confidence in a man and turned off by self-doubt and insecurity.

One of the most important things you need to know when you're talking to a woman is you have to get her to try and impress you.

In this way, she will do most of the talking, and she will be eager to please you so that you can make her laugh again and continue making her feel excited and attracted.

Watch this video to understand why women like it when a man makes her feel like she has to impress him...

Being a challenge isn't about pretending that you don't like a woman.

Instead, it's about having real standards and not allowing a woman a chance to kiss you, have sex with you or be your girlfriend unless she impresses you in ways other than her looks.

It's very easy for us men to feel attracted to a woman's looks and be willing to have sex with her based on that. However, if you want to be successful at picking up women, you've got to have standards and only allow some women to get a chance with you.

2. Being extra nice to her in the hope that she likes him enough as a person to give him a chance.

There's nothing wrong with being a nice guy, but if the only thing you're doing while talking to a woman is trying extra hard to be nice, polite and sweet to her, while at the same time avoiding showing any sexual interest in her, it will usually only create friendly, non-sexual feelings inside her.

Watch this video for more info...

If you want to start a sexual relationship with a woman, you need to make her feel sexually attracted to you first.

If you don't do that, most women will lose interest in talking to you, even if you're a really good guy who would be a great match for her.

Only when you have sparked her feelings of sexual attraction will she then be interested in how nice of a guy you are. However, prior to attraction, niceness means nothing to women.

Many guys make the mistake of thinking that for a woman to be interested in them sexually, she first has to like them as a person. Yet, what they really need to focus on is triggering her feelings of sexual attraction.

Attraction comes first and then everything else will follow naturally and easily after that.

The main thing you need to remember when you are talking to a woman you've just met is that although there's nothing wrong with being nice to her and being a good guy, you have to focus on triggering her feelings of sexual attraction for you first.

Then, all those other qualities about you that are likeable (e.g. you're a good guy, you're intelligent, you're interesting) will make you even more attractive to her.

Being Yourself in an Attractive Way

All women are attracted to men who are confident enough to simply be themselves.

Of course, by "*being yourself*" I'm not talking about the guys who believe that their real self is nervous, insecure and shy.

Who they really are on the inside is a confident, intelligent and charismatic guy, but they don't know how to bring that out when talking to attractive women.

Women don't want nervous, insecure, shy guys who feel intimidated by attractive women. Why? Women aren't attracted to emotional weakness.

We live in a challenging world and if women rewarded emotional weakness with sex, love and devotion, the human race wouldn't get stronger. Women instinctively feel attracted to the emotional strength of men (e.g. confidence, determination to succeed) and turned off by the emotional weakness (e.g. insecurity, self-doubt).

So, when I say "*be yourself*," I mean, "*Be yourself in an attractive way*."

If you are a nervous guy around attractive women, that isn't who you really are.

You know that you're much stronger than that and you simply need to fix that nervousness by becoming a more confident guy.

If you need help with that, I will give you quick, proven to work solutions for becoming truly confident with women.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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What Women Look For in a Man Physically

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

What women look for in a man physically differs from woman to woman.

For example: Some women like tall, muscular guys with dark hair, while other women prefer blonde guys who are shorter.

There are women who like bald guys, but there are also women who really like guys with long hair.

Some women like guys with blue eyes while other women prefer guys with dark eyes.

Basically, the list can go on and on.

However, saying that there's something specific that all women look for in a man physically (e.g. that he be tall, that he have a muscular body, that he have long hair), is like saying that the only women that men prefer are short blondes with big boobs.

It just isn't true.

Men are attracted to many different types of women (e.g. blondes, brunettes, black, oriental, sporty, curvaceous), and women are attracted to many different types of men as well.

The Most Important Thing You Need to Know About What Women Look For in a Man Physically

[image: What women want in a man physically]

Other people won't tell you this because they just don't get it, but the truth is that majority of women are a lot more flexible about what they find attractive in a man than most guys realize.

Most women won't admit it when asked, but if you look at the types of men that a woman has been with throughout her life, you will see that they vary physically and are not all the same type of guy.

This is because what a woman looks for in a man physically is usually less important than how a man makes her feel emotionally.

For example: If a woman says, *"I like guys who are tall, dark and handsome,"* is approached by a guy who is short and average looking, it doesn't mean that he won't have a chance with her.

If he can make her feel attracted to him in other ways (e.g. by displaying confidence, being charismatic and charming, having a masculine vibe or making her laugh), she isn't always going to reject him simply because he isn't tall and doesn't have model looks.

Just like other women do, she might let go of her superficial preference for *"tall, dark and handsome"* if she finds that her attraction to the shorter, average looking guy is strong enough.

This is why you will often see women with guys who really don't seem like a good match to her.

In some cases, the guy will be rich, famous or whatever, but in most cases (i.e. most guys aren't rich), he will have simply attracted her by displaying personality traits and behaviors that are naturally attractive to women (e.g. confidence, charisma, charm).

Naturally, not all women will accept a guy who isn't very good looking or who doesn't have big

muscles and lots of money, but most women will.

Essentially, when a woman feels attracted to a guy for other reasons (e.g. he's confident, can make her laugh, is interesting to talk to), she will usually be less worried about whether or not he is her type physically.

Attraction Gets Sparked Differently in Women Than it Does in Men

[image: Men feeling attracted to a woman's appearance]

It wouldn't be taking too much of a leap to say that guys are mostly attracted to a woman's appearance.

When you see a physically good looking woman, you don't really care what she does for a living or what her hobbies are right?

You're willing to have sex with her simply based on how she looks.

Don't worry, it's not just you.

For most guys, as long as a woman is physically attractive, they will be open to hooking up with her for sex (and possibly even for a relationship as well), regardless of whether she has a nice personality, is interesting to talk to, or has a great sense of humor.

Why?

The attraction men feel for women is sparked by her appearance.

In other words, if a woman is attractive, most guys will be attracted to her.

It's that simple.

However, a woman's attraction for a man usually doesn't work in the same way.

Before a woman has a chance to experience a man's personality (i.e. Is he confident? Does he get along well with her?), she will naturally have to judge him about something, and his physical appearance is all she's got to go on.

[image: What are women attracted to]

This is why you might have seen women looking at good looking guys and saying, *â€œWow, he's soooo hot!â€* or *â€œLook at the sexy muscles on that guy. He can take me home any time,â€* yet at the same time are having one night stands, or being in relationships with guys who are just average looking, or even overweight, or what some people would perceive as being ugly.

[image: Attracting women with your personality]

Yes, you will some women with good looking guys or rich guys, but the majority of women aren't as picky as most guys think they are.

Even though a woman will definitely notice a man's physical appearance, and openly comment and feel attracted to him because of it, it isn't always the most important thing to her or other women.

For a woman to feel a strong sexual attraction for a man and want to have sex with him or want to be his girlfriend, she usually has to experience his personality.

For example: The initial attraction a woman feels for a man's physical appearance can easily die,

if when he interacts with her, he behaves in ways that are unattractive to her and other women (e.g. he is nervous, self-doubting, arrogant, too easily impressed by her).

On the other hand, a woman might not feel much attraction for an average or below-average looking guy's physical appearance at first sight, but when he interacts with her and behaves in ways that are naturally attractive to women (e.g. confident, masculine, can make her feel girly in contrast to his masculine vibe), her feelings of sexual attraction will be triggered.

Here's the really interesting part!

When a woman is feeling attracted to an average or below-average looking guy for other reasons (e.g. his confidence, charisma, charm, humor), she will then begin to see his physical appearance as being more attractive to her.

Watch this video for more info on how it works!

An example of this is when a woman (who claims that bald men are not her type) meets a bald guy who makes her feel attracted in other ways.

He then picks her up, has sex with her and gets her into a relationship. She then begins to say things like, *"Oh, I love my boyfriend's bald head. It makes him look so sexy!"*

Why?

She is feeling attracted to him for different reasons (e.g. he makes her feel girly in response to his masculine vibe, makes her laugh), and she actually starts to look at his physical appearance in a positive light.

Why?

His physical appearance is part of who he is and he is the guy that she is attracted to and falling in love with.

Most guys go through their entire life never knowing that a woman's attraction actually works in that way.

You are now one of the small percentage of men who know the secret and you will see it happening all around you from now on.

2 Personality Traits That Will Make Any Guy Instantly More Attractive to Women

[image: What women find most attractive]

If you don't fit the stereotypical ideal image of a man portrayed by the media (e.g. tall, movie star good looks, a perfect gym body), you might decide that you just don't have what it takes to get the women you really want.

If you simply focus on displaying some of the personality traits and behaviors that women find attractive (e.g. confidence, charisma, charm, masculine vibe), you will always be attractive to most women even if you don't have male model looks.

Here are 2 personality traits (there are 100s more) that women always find attractive in men!

1. Being confident

Confidence (*noun*): Belief in oneself and one's powers or abilities; self-confidence; self-reliance; assurance.

Women are naturally attracted to a guy's confidence, so the more confident a guy is when he interacts with her, the more she will want to hook up with him.

Of course, I'm not talking about over the top, loud, bragging, arrogant confidence. That type of "confidence" is usually based on insecurity and a guy is simply going overboard to hopefully conceal his lack of confidence.

He feels the need to show off, be rude or be an asshole to hopefully make people think that he is confident.

Yet, we all know that he is insecure.

The type of confidence that is most attractive to women is relaxed, masculine confidence where a guy doesn't feel the need to show off.

There's nothing wrong with being loud at times if you want to, but only if you want to because you feel like it – not because you hope it will make people think you are confident.

If you have relaxed, masculine confidence, you will spark the initial attraction of most women you meet.

You then simply build on that attraction by displaying other personality traits and behaviors that are naturally attractive to women.

Watch this video for more info!

As you can see from the video above, looks aren't everything to women.

If a good looking man is insecure around a woman (e.g. is nervous and self-doubting when he interacts with her), it will usually turn her off and she will either just only want to be friends, or will feel that she doesn't want to waste her time with a guy who she will have to boost up emotionally all the time because he lacks confidence in himself.

Of course, unattractive women will happily take the insecure, good looking guy. However, that isn't what he really wants.

He wants to be able to attract hot women that he is really attracted to, but unless he gets lucky and scores one by accident, he will have to put up with accepting less attractive women who want him because of his looks.

Why is being a confident man so important to women?

We humans live in a challenging world where the strongest and smartest usually find it easier to survive, thrive and prosper compared to weak people.

This is why women aren't attracted to emotional weaknesses like insecurity, nervousness and self-doubt in men.

Women are instinctively attracted the strength in men (e.g. confidence, masculinity) and turned off by the weakness (e.g. nervousness, insecurity, self-doubt), because she knows that if she hooks up with an emotionally strong guy, she will have a better chance for survival during difficult times.

So, if you want a woman to be your girlfriend, you must focus on making her feel sexually attracted to you and one of the easiest ways to do that is by being a confident man around her.

Being confident while interacting with a woman will turn her on in the same way that a man gets turned on when a woman wears a short, sexy dress.

We men feel intense attraction for a woman's looks and women can feel an intense attraction for us when we display attractive personality traits and behaviors.

When you accept how easy it is to attract women, you will realize how much power you really have.

2. Having an attractive style of humor

[image: Attracting women with a sense of humor]

According to a Men's Health survey of more than 1,000 American women aged between 21 and 54, 77% of women stated that being with a guy who has a sense of humor is more important to them than good looks, money, intelligence and even generosity.

Of course, that doesn't mean that those women don't appreciate good looking guys.

Instead, it means that if a guy can make a woman laugh and enjoy interacting with him, she really isn't going to care so much that he doesn't have male model looks.

It really is true.

However, be warned: Not all humor is same.

For example: A guy sitting around telling random jokes that he knows is not necessarily going to make a woman feel sexually attracted to him.

She might have a good laugh, but that's not what is going to turn her on and make her want to have sex with him.

Lots of guys can tell jokes, but having an attractive style of humor is about using the situation you're in to make a woman feel attracted to you.

Here is an example of how it works:

Imagine a guy is standing at a crowded bar getting a drink, when a beautiful woman pushes in next to him.

A typical guy will say, *"Oh, go ahead, you can order first."*

The woman will most-likely smile, say "thank you," order her drink and go back to her friends, and another perfect opportunity to make a woman feel sexually attracted to him will have gone down the drain.

On the other hand, a guy who is confident and knows how to use humor to make women feel attracted would use this as an opportunity to create attraction.

So, if a beautiful woman pushes in next to him to order a drink, he might approach it this way:

Him: (Smiling and saying in a joking way) You're pushy, aren't you? Where's your manners?

Her: (Most likely blushing) I'm sorry.

Him: That's okay. You can order first; but it's going to cost you! I will have 3 tequilas, 4 beers and 8 vodka jellies, thanks.

Her: (Most likely laughing or smiling)

Him: (Smiling) Nah. Only joking, I'll let you go first because you look cute in that red dress. By the way my name is Dan, what's your name?

Her: (Smiling and telling him her name)

Why does this type of humor trigger a woman's feelings of sexual attraction?

Basically, even though initially she might be a bit shocked that he (jokingly) suggested that she was pushy and didn't have manners, she will then relax, smile and enjoy talking to a guy who is a bit of a challenge compared to every other guy who is a pushover.

Most guys that an attractive woman meets are so impressed by her looks, that they would never say something bold because the fear it might lead to her not liking them as a person.

What these guys don't realize is that attraction and liking someone as a person are two very different things.

If you want a woman to want you sexually and romantically, the number one thing that you must establish first is attraction.

Only when you've sparked a woman's attraction will she then care about your likeability as a person.

When a guy is bold enough to use a challenging style of humor, a woman naturally feels attracted to him because she gets to experience many attractive personality traits and behaviors all at once (e.g. confidence, social intelligence, masculinity).

You Are Probably More Hung Up About Your Looks Than Women Are

If you've been worrying about what women look for in a man physically (because you think you're not good looking enough to get the women you really want), hopefully you know understand that attracting women is a lot easier than most guys realize.

As long as you focus on making a woman feel sexually attracted in different ways (e.g. being confident, charismatic, masculine, funny) when you interact with her, she will usually let go of her superficial ideas of what she looks for in a man physically, and she will fall in love with the guy (i.e. you) who is making her feel a lot of attraction.

It really is true.

Do you believe it?

If you don't, then you've got a lot of insecurity to look forward to for the rest of your life.

If you do believe, then you've got a lot of confidence and great times with women to look forward to for the rest of your life.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with

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What to Talk About With Women

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are some examples of things you can talk about with women to get to know them, while also making them feel sexually attracted to you at the same time.

4 Ordinary Conversation Topics That Can Spark a Woman's Feelings of Sexual Attraction

[image: Examples of what to talk about with women]

It's completely fine to talk about normal, ordinary topics as long as you also make the woman experience some feelings of sexual attraction for you.

If you don't focus on making her feel sexually attracted and aroused during the conversation, it won't really matter what you say - she will get bored and want to get away from you or will only see you as a friend or stranger that she doesn't want to get to know any further.

Before you talk to another woman, it's important that you understand that you can take a mundane subject (e.g. her job, hobbies and interests or what type of food she likes) and use it as a way to make her feel sexually attracted to you.

Here is how it works!

1. Talk about her work (or studies)

[image: Talk about her work or studies]

Asking a woman what she does for a living is a pretty common question that most guys will ask.

Yet, in most cases, a guy will take this mundane topic and engage a woman in a boring, predictable conversation about it (e.g. *"Oh, how long have you been working there?"* and *"Do you enjoy your job?"*).

She's had that conversation 100s of times and it's just not exciting or attractive to talk about something in the same way over and over again with every guy she meets.

So, a great way to use a mundane topic such as work to create feelings of sexual attraction in a woman, would go something like this!

You: So, what work do you do?

Her: I'm a hairdresser.

You: (Smile and say in a joking manner) Really? How many ears have you chopped off so far?

Her: (Most likely laughing) None! - That would be bad for business.

You: (Smile and say) Well, I wouldn't mind too much if you cut my ear; as long as you took me home and patched me up afterwards.

Her: (Most likely laughing or smiling)

Why does this type of conversation make a woman feel sexually attracted?

Firstly, it's different from the usual, *"What do you do? Oh, that's nice, â"*

conversations she has with most guys.

Secondly because you are teasing her and having a bit of fun with her about her job and about chopping off her customers' ears, you are showing that you're confident in yourself and you don't have to put on an act to impress her like all the other guys she meets.

You are confident to say whatever you want and you're also confident enough to suggest that she would want to take you home.

You're just not afraid and women love it.

Talking to a woman in that way is not a serious conversation about her taking you home.

Instead, it's just a bit of fun where you tease her and you allow her to relax into your masculine direction.

You are leading the direction of the conversation and she can just relax and go along with it.

Women are instinctively attracted to confident guys who are not intimidated by them and are comfortable being themselves, while also being a good guy.

2. Talk about what she likes to do for fun

[image: Talk to her about what she likes to do for fun]

This is a good way to find out what type of person she is (e.g. quiet and relaxed, sporty, a party girl, nerd, loner), and where she likes to hang out in her spare time, while also finding out some of the things you have in common.

For example (while talking to the hairdresser):

You: (Grin and say) So, what do you like to do when you're not at work chopping people's ears off?

Her: (Most likely smiling) I like to relax at home, or if I can, I really like to go to the beach.

You: That's cool. I love the beach. I was there a few weeks ago with some friends, but I got such bad sunburn I looked like a lobster for a week afterwards!

Her: (Most likely laughing or smiling)

Not only is this a great way to find out more about her, you also get to tell her more about you.

Women are attracted to guys who have things happening in their life and who are not sitting at home alone hoping for something to happen to them.

3. Talk about food

Most people enjoy food, so talking about food is a great way to find out about her tastes and to then potentially use that information when you meet up with her for a date.

For example:

You: Okay, so do you prefer to eat out or cook?

Her: I mostly like to cook.

You: Are you any good?

Her: Sure.

You: (Smile and say in a joking manner) Hmmm! Of course you would say that, but I can't take your word for it. You look smart, you're beautiful, but how am I to know if you're a good cook if I haven't tasted any of your cooking yet? You're going to have to prove it to me by cooking

something for me tonight, tomorrow or sometime this week. But none of that salad stuff for me; I'm a steak and potatoes guy.

Her: (Most likely laughing or smiling)

As you can see, a simple conversation about food can spark attraction between you and her (by implying that she has to cook for you), while at the same time getting to know each other better.

4. Talk about travel

[image: Talk about travel]

Talking about travel is another great way to find out more about what excites her and to let her know what excites you.

You: So if you had an unlimited budget and could travel anywhere in style, where in the world would you like to go right now?

Her: Oh, I'd love to go to some tropical island and just laze on the beach for a few weeks.

You: (Close your eyes, smile and say in a joking manner) Hmm! I'm seeing it now. You in a sexy bikini sipping pina colodas on the beach! Me lying in a deck chair next to you! Sounds fantastic; when are we leaving?

Her: (Most likely laughing or smiling)

Not only is this a great topic of conversation because most people love talking about their dream vacation, but it's also a good way to let her know that you find her sexually attractive.

Where most guys go wrong is they stick to neutral conversation hoping that it will eventually lead to something sexual.

Other guys worry about talking about liking a woman or seeing themselves with a woman because they assume it will give her too much power.

That's not how it works.

If you are a confident guy, you can say whatever you want and you never lose any power.

Every Conversation is an Opportunity to Make Her Feel Attracted

[image: Make her feel attracted while you talk to her]

As you can see from the examples of what to talk about with women that I've provided above, the list of what to talk about is endless.

Almost any subject you can think of (except for politics, religion or anything gruesome) is an ideal way to learn something about her, tell her something about yourself and trigger her feelings of sexual attraction for you.

You don't have to put on an act and pretend to be someone you're not to impress women when you talk to them (i.e. by bragging, acting super cool, etc).

Just be yourself and allow those qualities in yourself that are naturally attractive to women (e.g. your confidence, humor, charm, charisma) to come through and she will naturally feel attracted to you.

When a woman is feeling attracted, then kissing, sex and a relationship will follow on naturally from

there without much effort on your part at all.

Always Remember to Focus on Displaying Attractive Personality Traits and Behaviors

[image: Attract her by displaying attractive traits]

When talking to a woman that you want to have sex with or begin a relationship with, always make sure you that you also focus on making her feel sexually attracted to you by displaying the types of personality traits and behaviors (e.g. confidence, charisma, a masculine vibe) that naturally turn a woman on.

If you only talk to a woman without triggering her feelings of sexual attraction for you, she might end up liking you a lot as a person, but that doesn't necessarily mean she will be interested in having a sexual relationship with you.

Watch this video to understand why!

A woman might spend a lot of time talking to a guy and having a great conversation with him, but if all he's doing is making her feel sweet, friendly emotions for him, she will remain open to hooking up with another guy if he comes along and makes her feel sexually attracted when he interacts with her.

You don't have to be a bad boy or a jerk to attract women when you talk to them.

Be a good guy, but make sure that you focus on triggering feelings of sexual attraction.

That is what really counts.

What you say to a woman is not as important as how you are making her feel when you say it.

How do you need to make her feel?

You need to make her feel sexually attracted and you can do that by actively displaying some of the personality traits and behaviors that naturally attract women.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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What to Say to a Woman to Make Her Melt

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

In this post, I'm going to share three examples of what to say to make a woman melt.

1. When you meet a woman for the first time

[image: Making a woman melt during conversation]

Imagine that you are in a bar or club and you have approached a beautiful woman that you feel attracted to.

At some point in the beginning stages of your conversation with her, you are probably going to ask her what she does for a living.

She then tells you that she is a secretary.

What are you going to say next?

What most guys will say at this point is, *â€œOh, thatâ€™s nice. Do you like being a secretary?â€* or, *â€œOh, sure. How long have you been doing that?â€* and they will continue having the kind of predictable conversation with her that sheâ€™s probably had with hundreds of guys before.

However, talking to a beautiful woman in this way is not going to make her melt, because it is not going to trigger her feelings of sexual attraction for you.

It might make her look at you and think, *â€œHeâ€™s sweet,â€* or *â€œHe seems like a nice guy,â€* but these are the types of feelings that make her see you in a neutral way or as a friend, itâ€™s not going to make her think, *â€œWow, this guy is so sexy! I want to be with him right now!â€*

So, rather than say what every other guy would say, when a woman says that sheâ€™s a secretary, a good way to reply that will spark her feelings of attraction for you is to say something like, *â€œHmmm, a secretary. Naughty and nice all in one sexy package. I like it.â€*

[image: Making a woman melt]

By referring to her as being both naughty and nice, you are implying that you see her as being more than just the serious business woman, while at the same time youâ€™re making her feel relaxed by telling her that you think sheâ€™s also nice and that you respect her.

Although most women want guys to find them attractive and want to have sex with them, they donâ€™t want to come across as being too easy or slutty. So by calling her nice, youâ€™re basically letting her know you donâ€™t think sheâ€™s too easy if she decides to have sex with you.

At the same time, by calling her naughty and sexy, you are making it clear to her that you find her sexually attractive and you want to have sex with her.

When you say this in a joking, fun, teasing way, she will feel turned on, because she will see that you are not feeling intimidated by her, or feeling insecure about how she will react.

Women love it when a guy can be confident enough to say something funny like that without being sleazy or feeling self-conscious about it.

[image: Making a woman melt when you meet her]

What most beautiful women are hoping to experience is to meet a guy who will not feel intimidated by them, but who can also chat to them in a cool, relaxed, easy going way, without him trying to impress them by pretending to be someone heâs not deep down inside.

2. When you are on a first or second date

[image: Making her melt on a date]

Some guys make the mistake of thinking that to get a woman to want to have sex and be his girlfriend, he has to impress her on a date by taking her to the most expensive restaurant, being super nice to her and basically doing whatever she wants him to do so that she will like him.

Although there is nothing wrong with being nice to a woman and spoiling her on a date, itâs not the main thing thatâs going to make her melt and want to have sex with you.

So, when youâre on a first or second date, you have to focus on making her feel sexually attracted to you without worrying about doing and saying everything right.

Not only is it impossible for a guy to live up to some imaginary ideal he might have created about what a woman wants from a man, eventually she will realize that heâs not actually being himself and that everything he is doing is just an act to impress and please her, and she will feel turned off because he is not giving her the opportunity to connect with the real him.

If youâre on a first or second date with a woman and itâs clear that youâre both having a good time, a way to make her melt and feel even more sexually attracted to you is to make her laugh.

For example: If youâre out at a restaurant eating together and she drops her fork, spills some of her drink, or does something a little bit clumsy, you can sayâ!

You: (Smile and say in a joking manner) Did my charming smile distract you? (or “Does my charming smile make you nervous?”)

Her: (Laughing) Maybe.

You: (Smile and say) ...and that was only my 3 out of 10 smile. You should see what happens when I give a full 10.

Her: (Smiling, laughing) What?

You: (Smile and say): Earthquakes, tsunamis, volcanic eruptionsâ! Women everywhere faintingâ! Itâs just such a responsibility to have so much power in one charming smile.

Her: (Laughing)

Whatâs happening here is that you are being confident and funny, which is going to make her feel even more sexually attracted to you.

3. When youâre in a relationship

[image: Making her melt when in a relationship]

If the spark has gone out of your relationship, getting you girlfriend or wife to melt is not as difficult as it might seem.

Even if, right now, she is saying things like, *âIâm too tired,â* or *âIâm just not in*

the mood, it's up to you to take the lead and re-spark your woman's feelings of sexual attraction.

Break down her walls of resistance and self-doubt that have built up over time, and tell her, *"You are the sexiest woman in the world to me. Every day you just get more beautiful and sexier. I love the way you smell and the way your skin feels when I touch you."*

Hold her and let her feel your desire for her. Keep making her feel attracted by maintaining your confidence no matter how much she tries to resist you. Eventually, her defenses will drop and she will begin to melt in your arms.

Attraction Comes First Then Everything Else Will Follow on Easily After That

What makes a woman melt is a man's ability to trigger her feelings of sexual attraction, and then build on those feelings as she continues to talk to him and interact with him.

If you focus on making a woman feel sexually attracted to you when you interact with her (when you meet her for the first time, on a date, or even in a relationship), she will not be able to help herself from wanting you.

Then, almost anything you say to a woman will make her melt and feel lust and love for you. Why? You will also be making her feel attracted to you in many other ways (e.g. via your confidence, by making her laugh, by making her feel feminine and girly in contrast to your masculine vibe).

The examples of what to say to a woman to make her melt that I have provided in this post will definitely make you stand out from other guys who are using the same old lines. They will also help you have better dates and get some of the spark back in a relationship.

However, just make sure that you focus on making a woman feel attracted to you as well as using the examples of what to say.

A woman isn't going to care if your lines are fresh and different, if you're not also making her feel attracted to you in other ways (e.g. by being confident and charismatic, making her feel girly and feminine in response to your masculine vibe, making her laugh).

Attraction always has to come first (i.e. by displaying confidence, being present in the moment, having relaxed and confident body language) and it also has to be built on as the interaction continues (i.e. by remaining confident, having a confident, easy-going tone of voice, etc).

If a guy starts off a conversation with a woman using a great line, but the rest of his behavior is nervous and awkward around her, a woman isn't going to melt just because his opening line was good.

Women are attracted to the strength in men and repelled by weakness, so even if a guy starts off by saying something interesting that makes her drop her guard and feel attracted to him, if his behavior doesn't back up his words, (i.e. his words are confident but his behavior is insecure and self-doubting) she will lose interest in him.

Although a woman might initially think, *"Hmmm, this guy sounds interesting; not like all those other guys hitting on me. I wonder what else is different about him,"* if he then becomes nervous, insecure or tries too hard to impress her, she will end up feeling let down.

She will likely think to herself, *“What a pity. He seemed so different from all the other guys, but in the end he was just like everyone else,”* and she will either just smile politely and excuse herself at the first opportunity, or she will just switch off and ignore him.

Essentially, if you want to make a woman melt, the main thing you need to remember is that what makes a woman want you sexually or to be your girlfriend, is your ability to trigger her feelings of sexual attraction by displaying the personality traits and behaviors that women naturally find attractive, and then to build on that as she continues to interact with you.

If you can do that, it won't really matter to her what you say, because she will be feeling attracted to you for many other reasons (e.g. your confidence, charisma, how you make her feel in contrast to your masculine vibe).

Just remember to focus on attraction as well as what you're saying. If you can do that, you will naturally make women melt and they will gladly hook up with you for sex and begin a relationship with you.

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[image]

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[image: Dan Bacon]

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How to Pick Up Women on Valentine's Day

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

In this post, I'm going to give you some examples of what you can say to women on Valentine's Day to start a conversation and get them attracted to you.

When you start conversations with women on Valentine's Day, you have to remember that women want love too.

[image: Lonely woman on Valentine's Day]

If a woman is single and all of her girlfriends have a boyfriend or husband and she's on her own, she is going to be happy if a guy can walk up to her, start a conversation and make her smile and feel appreciated on Valentine's Day.

She will appreciate it that a guy has helped her to not feel so lonely on the day of love and make her feel as though the world isn't such a bad place after all.

Of course, don't expect women to make it obvious that they want you to talk to them. Women don't go around acting like they want to be approached on Valentine's Day.

Most women walk through the world as though they're not even interested in guys, but all you need to do to change that is start a conversation and make her smile.

So, here are some examples of how to do that...

1. At a cafe

[image: Flirting in a cafe on Valentine's Day]

The first example of talking a woman on Valentine's Day is in a cafe / coffee shop.

All you need to say is, *"Hey, how's your Valentine's Day going? Has anyone asked you to be their Valentines yet?"*

As long as you say that with a smile and an easy-going attitude, most women will smile and open up to you.

It's just a matter of saying, *"Hey, how's your Valentine's Day going? Has anyone asked you to be their Valentine's yet? You'd have to have at least 20 guys hoping to be your Valentines, right?"*

You can add on a flattering compliment like that about her having lots of guys wanting to be her Valentines. It's most-likely going to make her smile and feel special.

If she is single, she's going to love it.

If she has a boyfriend or already has a Valentines, she's going to appreciate it and will likely say, *"Thanks, but I already have a boyfriend"* or *"Thanks, but I've already got a Valentines."*

If she doesn't have a boyfriend or Valentines, she's going to be open to you and you can then use your confidence and charisma to make her feel more attracted to you.

You can then get her phone number, add her to Facebook or social media, or continue talking to her and lead the interaction towards kissing and sex that day or night.

2. Two girls sitting on their own in a bar

[image: How to pick up chicks on Valentine's Day]

The next example of approaching and picking up women on Valentine's Day is in a bar, with two girls sitting on their own.

What you can say is, *"Hey guys – which one of you bought me flowers for Valentine's Day?"*

Once again, as long as you say that in a confident, easy-going way, most women are going to smile and open up. They will see the question as being funny, interesting and charming and will just go along with it and start talking to you.

So, it's just a matter of walking up and saying, *"Hey – so which of you bought me flowers for Valentine's Day?"* and standing there, smiling and letting them feel your confidence and presence.

If you do that, you have made them feel some initial attraction to your confidence, sense of humor and presence. From there, you just need to build on that attraction and move the interaction forward.

3. A woman on her own in a bar environment

[image: Valentine's Day conversation starters]

The next example is with a woman who is on her own in a bar environment.

For example: She is at the bar, ordering a drink and is on her own. Her friends may be off in the distance, but that doesn't matter. As long as she's on her own and you can approach and start a conversation, this Valentine's Day conversation starter will work well for you.

Walk up to her and say, *"Hey, has anyone asked you to be their Valentine's yet?"*

With a question like that, some women are going to feel the need to show to you to save face, so she might say *"Yes"* just so she can appear more valuable in your eyes.

A guy can then respond with, *"Oh, damnit...I was going to ask you to be my Valentine's so you can then buy me drinks and wine and dine me. Oh well"* and turn it into something to laugh about together.

If she doesn't have a Valentines, you can still use the same kind of response, but just change it up a little. If she says, *"No one has asked me yet"* you can say, *"Okay great, then you can be my Valentines and buy me drinks and wine and dine me."*

She will almost certainly laugh and smile at that point, which means that you are making her feel attracted and open to interacting with you.

4. On public transport

[image: Flirting on a tram on Valentine's Day]

Another Valentine's Day conversation starter is on public transport (e.g. a bus, train, tram or even a plane).

You can simply turn to a woman next to you and ask, *"Hey, what did you buy me for Valentine's"*

Day?” and start a conversation like that.

Your confidence and the playful cheekiness of the question is going to make her smile. It will almost certainly bring her guard down and make her open her up to an interaction with you.

[image: Flirting on a train on Valentine's Day]

Once a woman opens up to an interaction, you can then start to make her feel attracted in other ways (e.g. by being confident, charismatic, charming, funny, etc).

5. A woman at work or university

[image: Flirting in the office on Valentine's Day]

The final example is with a woman at work or at university.

So, say for example there is a woman at work or university that you have a crush on. You've been flirting with her and sense that she is interested in you too, but you just don't know how to get the conversation to a point where you and her are talking about liking each other and potentially doing something outside of work.

In that case, what I'd recommend is walking into the office in the morning and saying (with a smile and easy-going attitude), *“Hey, happy Valentine's Day. Where are my flowers?”*

Turn it into something to laugh about together.

[image: Flirting in the office on Valentine's Day]

In response, she's most likely going to smile, laugh and feel attracted to your confidence and sense of humor. She's also going to feel happy and relieved that there is some sort of communication going on between you and her now about some kind of relationship, liking each other, etc.

BTW: If you need more help with exactly what to say and do to pick up women, I recommend that you read my ebook *The Flow*. You can download it instantly and start learning right away.

Picking Up Women on Valentine's Day

[image: Picking up women on Valentine's Day]

If you're heading out for Valentine's Day and you're going to approach women, just remember that they want to be in love too.

If a woman is single, you're not doing anything wrong by starting a conversation with her. You're also not doing anything wrong by getting her smiling and laughing.

When you start a conversation with a woman in a confident, easy-going and funny way, she will almost always open up and you can then attract her in other ways (e.g. being confident, charismatic, charming, making her laugh).

Once a woman is feeling a lot of attraction for you (this can take anywhere from 30 seconds to 30 minutes depending on the woman and the situation), you can then move the interaction forward to getting her phone number, adding her to Facebook or social media or moving the interaction towards kissing and sex.

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[image]

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[image: Dan Bacon]

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Why am I Always Alone on Valentine's Day? 5 Possible Reasons Why

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Is Valentine's Day one of those days of the year when you feel sad to still be alone, while everyone else is enjoying sex, love and intimacy in relationships?

Do you hate it when people ask you, *"What are you doing on Valentine's Day?"* or *"Do you have a date for Valentine's Day?"*

Do you wish you could stay home alone and avoid seeing anyone for that day?

If you are asking, *"Why am I always alone on Valentine's Day?"* here are 5 possible reasons why this is happening, and what you can do change it right away.

1. You Miss Out on Opportunities to Be With Women Who Would Like to Be Your Girlfriend

[image: Missing the signs from girls who like you]

Women are a lot easier to pick up than most guys realize.

Over the past few years, you have definitely met some women who liked you and would have been happy to be your girlfriend, but your self-doubt got in the way and you didn't make a move and get her phone number, kiss her or ask her out on a date.

She then either thought that you didn't like her, or that you didn't believe that you were good enough for her, so she moved on without you.

If you want to be successful with women, you have to start by believing that you are good enough.

[image: Why don't women like me enough to be my Valentines?]

Believe it or not, there are thousands of beautiful, single women out there who are hoping to meet a guy exactly like you.

As you would already know, you can find single, beautiful women at your workplace, at your college or university, at the gym, at the supermarket, in bars and clubs, at the park or the beach, at the mall, online on dating sites, etc.

Yet, why aren't you hooking up with any of them?

If you've ever wondered, *"Why am I always alone on Valentine's Day?"* you probably don't believe that attractive women would want to be with you at all.

You might even be going around believing things like, *"All the good women are already taken,"* or *"The kind of women I want would never be interested in a guy like me."*

This may be because you've failed when you have hit on women in the past, or you may have been told, *"You're really nice, but I only like you as a friend,"* one time too many by women you really liked.

Whatever your past with women is, right now you probably don't have much confidence in your ability to attract the type of woman you really want as your girlfriend, or even just a woman for sex

and a date on Valentine's Day.

Yet, here's the catch. The more you doubt yourself and your ability to attract women, the more that your lonely, single life becomes an ongoing, painful reality.

When a guy lacks confidence in himself and in his ability to attract women and happens to interact with a woman he really likes, everything about him screams, *"I don't believe in myself! I don't think I'm good enough for you! Why would a beautiful woman like you ever be interested in a guy like me? I have no chance with you and I know it!"*

His self-doubt and lack of self-confidence naturally turns women off as they begin to talk to him, because women are attracted to the emotional strength of men (e.g. confidence, high self-esteem) and turned off by the emotional weakness (e.g. insecurity, self-doubt).

The women feel turned off by his emotional weakness, he notices them losing interest in talking to him...and the negative cycle continues.

Here's the thing though...

The truth is that a lot of the women he meets would actually be happy to be his girlfriend, but because of his self-doubt, the interaction heads into an unattractive, uncomfortable place and women then lose interest in being around him.

Women are looking for real confidence in guys because women are instinctively wired to find a man who can handle the challenges of life, rather than an emotionally weak or sensitive guy who will crumble under pressure.

A woman wants to know that if she does hook up with a guy and settle down with him, she won't have to carry him throughout life.

She wants a guy with real confidence who will go after what he wants in life and not give up, so she can relax into being his woman or the mother of his children without having to stress about trying to boost up his confidence, keep him motivated and encourage him to keep moving forward in life.

As long as a guy has some level of real confidence, most women will be interested enough to talk to him.

However, if a guy puts on an act of being confident, most women will see right through it and lose interest.

For example: An insecure guy might approach a woman with confidence and attempt to strike up a conversation with her, but if she gives him the cold shoulder or makes it difficult to talk to her (e.g. she gives 1-2 word answers, stops paying attention when he talks), he will ultimately reveal his lack of self confidence by the way he behaves around her (e.g. he will become nervous, stumble over his words during conversation, appear uncomfortable and then walk away from her feeling rejected).

What most guys don't realize is that all women test men to see how confident they really are; and this happens whether they're meeting for the first time, on a date together and even when they are in a relationship.

During the first interaction, testing a man's confidence allows a woman to determine whether a man is emotionally strong enough to handle a woman like her.

It is also a good way for her to see who is the more dominant one. If she can push the guy around or control him, she may decide he's not man enough for her.

Yet, here's the interesting thing!

If that same guy was able to remain confident and pass her confidence tests, it would be him who was having sex and a relationship with her.

That is the weird, but really cool way that a woman's attraction for a man works.

[image: Women are attracted to all kinds of guys]

As long as you can have a fair amount of real confidence and pass the confidence tests that women put you through, you will be able to attract the majority of women.

Of course, some women are much more testy than others and if you want the hot, confident women, you will have to have a high level of real confidence when you meet her, go on a date with her and get into a relationship with her.

However, the majority of women are much less picky than they initially act.

Yes, act.

Women put on an act of not liking a guy during an interaction as a way of testing his confidence.

If you can just remain confident and continue on making her feel attracted to you by displaying some of traits and behaviors that women feel naturally drawn to (e.g. confidence, being charismatic and charming, using humor, having a masculine vibe and making her feel girly in your presence), you will be able to get laid or get a girlfriend pretty much every time you go out to approach and meet women.

It's actually funny how easy it is.

When you know how to attract women properly, you will realize that the majority of men in this world have absolutely no idea how a woman's attraction for a man really works.

and that gives you a huge advantage.

When you meet a woman and are able to attract her in ways that other guys are clueless about, she becomes excited to have finally met a guy who understands what women really want in a man.

So the next time you notice a beautiful woman you feel attracted to, rather than fall into the old pattern of thinking where you doubt yourself and then you just don't do anything, take the opportunity to talk to her and actively practice making her feel attracted to you.

How? Display some of the personality traits and behaviors that women find naturally attractive (e.g. confidence, charisma, charm, humor) and she will naturally like you and open up to you.

Of course, she will almost certainly test you at some points during the interaction to see if you are really a confident guy, but as long as you remain confident, she will continue to open up to you and you can then lead the interaction to kissing, sex and into a relationship.

2. You Haven't Yet Worked Out How to Attract Women During a Conversation

[image: Doesn't know how to attract her during a conversation]

One of the major reasons why so many fail to get laid, get a girlfriend or at least have a Valentine's girl on Valentine's Day is because they simply don't know what to say to a woman when they approach her.

For most guys, the idea of approaching an attractive woman fills them with fear and dread, which is

why so many guys choose to avoid women rather than be faced with the uncomfortable situation of having to think of something to say or the dreaded awkward silence that follows when he runs out of things to say.

When a guy wonders, “*Why am I always alone on Valentine’s Day?*” it often comes down to the fact that he just doesn’t actively approach and attract the kinds of women he likes.

He might talk to some women at work or university who already have a boyfriend or husband or who aren’t even his type, but when he talks to single women that he finds attractive, he suddenly gets tongue-tied and loses confidence in himself.

So, rather than having to face up to a potentially uncomfortable interaction, he dulls his sexual desire every week by jerking off to porn and feels as though he’s probably doomed to be single for life or will have to accept an unattractive women at some point rather than being alone.

Here’s the thing thoughâ□!

Being alone on Valentine’s Day doesn’t always mean that a guy hasn’t been trying to approach women and get himself a girlfriend.

Some guys approach women all the time, but still don’t get any positive results with the women they really want.

Why?

Simple.

These guys don’t even know how to properly attract a woman during an interaction and either hope to be liked for showing the woman how nice of a guy they are or they make the conversation boring by talking about work, the weather and other dull topics of conversation.

Watch this video to understand where many guys go wrong when talking to women and how you can succeed where they failâ□!

When talking to a woman, your main goal has to be on triggering her feelings of sexual attraction for you rather than trying to get her to like you as a person.

If she is not feeling attracted to you, she will either lose interest and leave the interaction, or she will simply see you as a friend who she has no sexual or romantic interest in at all.

To get a woman to want to have sex with you and want to be in a relationship, you have to make her feel attraction for you first.

Don’t waste time trying to impress her with your job or study credentials or suck up to her by being an extra polite nice guy.

Be a good guy, but also make sure that you make her feel sexually attracted and turned on when she talks to you.

That is what counts these days.

It’s no longer 1905 where a woman had to find herself a nice man with a good job, so she could then get married, lose her virginity and settle down for life.

In today’s world, women want a guy who has the ability to make them feel turned on and if he also happens to be a good guy with a good job (or is smart at university) that is simply a bonus, but not an absolute necessity for sex and a relationship to begin.

So, if you want to succeed with women and avoid being alone on Valentine’s Day or any other day of

the year, make sure that you understand how to attract a woman during a simple conversation. Guys who struggle to get laid or get a girlfriend usually make some of these mistakes during conversation:

- **They stick to safe, boring conversations.**

For a man and a woman to properly connect during conversation and create a spark of romance and attraction, the conversation should feel fun as well as being interesting.

A woman doesn't want to feel like she's being interviewed for a job (e.g. What do you do? Where do you live? What are your hobbies? How old are you? What movies do you like?).

Instead, she just wants to be able to relax, have an easy-going chat with you that includes smiling, laughing and joking around at times.

If a guy can't offer her that, she will assume that being in a relationship with him would feel boring as well.

- **They try too hard to impress her.**

What most guys don't realize is that what women really want is to meet a guy they have to work hard to impress; not the other way around.

When a woman is beautiful or at least fairly pretty, almost every guy she meets will suddenly change his behavior and try hard to impress her (e.g. he will become really nice and polite or he will act extremely confident, loud and brash).

When a guy puts on a fake persona, a woman instantly knows that he doesn't feel like he's good enough for her as he is, so he tries to put on an act of being someone he's not and hopes that it impresses her.

Yet, women have seen it all before. It's nothing new to them.

What a woman really wants is a guy who has real confidence and isn't afraid to be his real self, especially when she is testing him by playing hard to get.

So, if you want to stop saying things like, *"Why can't I get a girlfriend?"* or *"Valentine's Day sucks because I'm always alone"* you should stop trying to impress women with an act and just focus on making her feel sexually attracted to your authentic confident, charismatic personality.

When you can offer a woman that kind of experience during an interaction, things will naturally develop from a conversation to kissing, sex and even a relationship.

3. You Really Want a Girlfriend, But You Usually Avoid Approaching Women That You Find Attractive

This might sound really obvious, but if you want sex or a relationship with the kinds of women you really want, you have to first take the first step of approaching them.

Many guys feel sad about their single, lonely life and say things like, *"I want a girlfriend, but the women I like aren't into me"* or *"I just want to find a nice girl who is right for me, but they*

are all taken.â□□

Yet, when it comes down to it, these same guys avoid approaching the women that they find attractive because deep down they donâ□□t believe they stand a chance.

So rather than feeling disappointed if she rejects them, they make excuses (e.g. women are too picky these days, I'm not good looking enough, I have to get a better job first, I have to move to a nicer apartment or house, etc) and waste years of their life jerking off to porn and feeling lonely and left out.

I've been helping guys to succeed with women for the last 10 years and I've found that most guys who avoid attractive women will say things like, *â□□ Beautiful women only date guys who are tall, rich and handsome,â□□* or *â□□ Beautiful women don't like guys who are short, overweight, skinny or earning an average income.â□□*

However, if this was really true, most of the guys in the world would be single and lonely, and only the very good looking, rich guys would have beautiful girlfriends or wives.

Yet, the fact is that there are hundreds of millions of below average looking, short, skinny, overweight or bald guys with a beautiful girlfriend or wife.

It is true. Just have a look at the world around you.

What is even more interesting is that there are also millions of good looking men who are single and can't get themselves a girlfriend because they don't know what to say to women and lack the confidence that women look for in a guy.

Of course, many insecure, nervous good looking guys can still get a girlfriend or get laid, but it's almost never with the types of women they really want.

In the 100s of e-mails that I've received from good looking guys over the years, almost all of them complain about not being able to attract the kinds of women they want and having to accept the unattractive women who hit on them.

Why does this happen?

Simple.

A woman's attraction for a man is not the same as a man's attraction for a woman.

Most guys are attracted to women based on how physically attractive they look, (i.e. if a woman is physically attractive, a guy will be willing to have sex with her even if he doesnâ□□t like her personality, or even if he thinks sheâ□□s not interesting or funny).

On the other hand, women feel attracted to men for many other reasons that are not based on looks.

Yes, women do feel attracted to a manâ□□s physical appearance, but the most powerful types of attraction a guy can make a woman feel are based on how he turns her on emotionally and mentally when heâ□□s interacting with her.

For example: If a guy can make a woman feel girly in his presence, can make her laugh and can spark her feelings of attraction with his confidence and masculine vibe, she will perceive him as being attractive to her because of the way heâ□□s making her feel.

Even if heâ□□s not good looking and even if he doesnâ□□t have the other things that guys think all women demand (e.g. money or status), she will still feel attracted to him in other ways (e.g. to his confidence, charisma, charm, humor).

Itâ□□s very important for you to realize that you can make women feel attracted to you in many

different ways other than looks, money or social status.

Yes, looks, money and social status can attract women, but the truth is that you don't need to have that to get laid, get a girlfriend or have a Valentine's girl on Valentine's Day.

When you understand that it really is possible to attract women in other ways, you will stop making excuses about why you avoid approaching women you find attractive (e.g. *I'm not good looking enough. Attractive women don't go for guys like me. Beautiful women are out of my league*) and start focusing on attracting women in other ways.

4. You've Gotten Used to Being the Lonely, Single Guy Who Gets Left Out

[image: Getting used to being the single, lonely guy]

When a guy is feeling depressed, lonely and dejected about his dating life, he will often say things like, *I've tried to meet women, but all the good ones are taken,* or *I've approached beautiful women, but they only date guys who are good looking, have big muscles or drive fancy cars. I don't have those things, so why bother trying to talk to women at all?*

By thinking like that, he is creating the illusion that all good women are taken and any single attractive women left wouldn't like a guy like him anyway.

He looks at himself with pity and feels as though it's his destiny in life to be doomed with women and miss out on love, sex and a relationship with an amazing woman who is perfect for him.

[image: Getting used to being the lonely, single guy]

However, that isn't his real identity. It's just a fake reality that he is creating by thinking in a negative way.

If you've allowed yourself to fall into a similar pattern of negative thinking, I urge you to stop right now.

No guy is destined to be alone and single unless he wants to be.

There are millions of attractive women looking for a guy like you right now.

That is true, even if you might not be ready to believe it right now because you want to hold onto a sad, negative identity as the lonely, single guy who sucks with women.

You are better than that.

You really are.

5. You Try to Get Women to Like You As a Person, Rather Than Making Them Feel Attracted to You

There's nothing wrong with being nice to a woman and there's nothing wrong with being a good guy, but trying to get a woman to like you as a person isn't what sparks her feelings of sexual attraction for you.

For example: A mistake a lot of guys make is believing that if they are really nice to a woman, do

everything she wants and generally let her make all the decisions and have her way, sheâs going to think, *âWow! What a sweet guy. I want him to be my boyfriend! I will be treated so well!*â

Yet, that just isn't how it works.

A woman liking you as a person is not the same as her feeling sexual desire for you and wanting to be with you romantically.

What a lot of guys donât understand is that most of the guys an attractive woman meets are good guys.

There really is no shortage of nice guys in this world.

However, what most attractive women struggle to find is a good guy who also knows how to spark her feelings of sexual attraction during a conversation.

So, if you want a woman to want to have sex with you or be your girlfriend, you have to focus on more than just being a good person around her.

You need to focus on saying and doing the things that turn women on (e.g. displaying real confidence, making her feel girly and feminine in contrast to your masculine vibe, making her laugh).

Remember: When it comes to picking up women, sexual attraction comes first and then everything else happens naturally and easily after that.

The more ways you can attract women with your personality and behavior during an interaction, the more that they will feel attracted to you and want to be with you.

You then enjoy your choice of women rather than settling for what you can get, or for being alone on Valentine's Day or any other day of the year.

By making some adjustments to how you interact with women (i.e. focus on making them feel sexually attracted to you, rather than trying to get them to like you as a person), Valentineâs Day will be just another happy day that you enjoy your choice of beautiful women or enjoy a loving, committed relationship with the woman of your choosing.

Attracting women is easy, but you have to be willing to actually try some attraction techniques when interacting with women.

Don't expect to get different results with women if you keep saying and doing the same old things during conversations and interactions.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Why Do Women Play Mind Games With Men?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

As you may have noticed, men and women behave very differently when it comes to dating, sex and relationships.

Women often behave so differently that some men become frustrated and assume that women are playing silly mind games, wasting time and being unnecessarily difficult.

Yet, as you will discover from this post, there are very specific and valid reasons why women behave in the ways they do when it comes to sex, dating and relationships.

Sexual Selection

[image: Men checking out women]

While most men are willing to have sex with a woman simply based on her appearance, most women need to be warmed up to the idea of having sex with a guy by interacting with him and seeing how his personality makes her feel.

For example: Most men will look at a woman and instantly have a “Yes” or “No” answer about whether or not they’d have sex with her, whereas most women (not all) will say, *“Well, I’d have to meet him first to see if I like him.”*

[image: Men checking out women]

Sexual selection happens in that way because men feel mostly attracted to a woman’s physical appearance, whereas most women feel more attracted to how a guy’s personality, behavior and inner qualities make her feel (e.g. his confidence, charisma, charm, masculine vibe).

Important: It is true that women are more interested in a man’s looks when it comes to online dating, but in face-to-face interactions, most women place less importance on looks than they do a guy’s personality, behavior and inner qualities.

This very simple difference in how men and women feel attracted to each other leads to all kinds of differences in male and female behavior, which often leads men feeling confused and wondering, *“Why do women play mind games with men?”* and *“Why can’t dating be more simple and straight forward?”*

As you will discover in the following examples, there are valid reasons why a woman will test a man (some guys refer to these tests as “mind games”) before an interaction escalates to kissing, sex and a relationship.

1. When you approach a woman to talk to her for the first time

[image: When you approach her for the first time]

Life would be so much easier if all women were completely open, friendly and keen to chat to any man who approached them.

It would be even easier if a woman then simply accepted any guy who was interested in her, so they

could then start a relationship and no longer be single.

Yet, that's not how it works and there are specific reasons why.

When a man approaches a woman, some of the "mind games" that he will encounter involve the woman:

- Acting cold or uninterested initially.
- Giving him short, "Yes" or "No" or "I don't know" answers to his questions.
- Not contributing much to the conversation.
- Teasing him during a conversation.
- Rolling her eyes at things that he says to her.
- Making it difficult for him to talk to her.

So, why do women often act that way towards men who approach them? Is it because women are mean, cold bitches who want to play unnecessary mind games with men, or could there be a valid reason why?

Thankfully, there is a valid reason why and once you understand it and accept it, your life with women will be so much easier from now on.

In almost all cases, the reason why a woman will play hard to get during a conversation is simple: **To test the guy's confidence.**

Women have a natural instinct to find themselves a guy who has the emotional strength to handle the challenges of interacting with all different kinds of people.

This has been necessary throughout human history because a man has always needed to be able to get along with other people and get them to respect him and treat him well, otherwise he will find it more difficult to survive, thrive and prosper in an oftentimes unfair world.

If a man is picked on and easily pushed around by her or other people during a conversation, a woman won't feel safe hooking up with him because her instincts tell her that he will most-likely be more of a burden than a benefit to her in the long run.

Even though we now live in a modern, civilized society where a woman can make her own money, buy her own food, buy her own home and be protected by the police, media and government, she still has a natural instinct to align herself with a guy who is mentally and emotionally tough enough to handle challenging people and situations in life.

Men who don't understand this will feel angry and frustrated at women for playing mind games and making the dating process so difficult. A guy will complain and say, "*Why are women so damn difficult? Can't they see that I'm a nice guy and have good intentions?*"

Yet, what these guys don't realize is that it's actually simple and easy to pass the confidence tests that women put guys through. All you've got to do is relax, maintain confidence in yourself and smile at or ignore any tests she tries to put you through.

[image: When you approach her for the first time]

When you do that, you will discover that the majority of women are much easier to pick up than most guys realize.

As long as you are able to pass the initial confidence tests, most women will drop their guard and show you an easy-going, friendly side of themselves that they don't show to other guys who lack

confidence around them.

All that a woman really wants to see is that you don't crumble under her pressure and are able to remain relaxed and confident as you continue the interaction, while even smiling or laughing at some (not all) of her tests because you find it amusing.

Some women are more challenging than others, but the majority of women are extremely easy to pick up once you've past their initial confidence tests.

2. When you call her and try to set up a date

Another mind game is how a woman can go from being really keen on you to cold in between you getting her number and then calling her for the first time.

For example: Sometimes a man will meet a woman, make her feel attracted and get along really well with her for 10 minutes to 2 hours and then get her number. She will look happy to give him the number and he will walk off feeling fantastic.

Based on the great interaction, he will naturally expect that things will now smoothly progress from a phone call to a date, to sex and into a relationship.

Yet, it won't always work out like that.

Sometimes a woman will answer the first phone call, be happy to hear from him and readily agree to a date. He will then be able to catch up her, have a great date, kiss her and begin a sexual relationship.

However, some women put guys through tests when they first call by saying, "No" to the request for a date. She will say that she is busy on the day he is suggesting or busy for the entire week.

Why would a woman do that if she actually likes the guy?

Well, apart from genuinely being busy in her life (e.g. with work, study, friends, family, exercise, projects, hobbies, etc), she might also initially say "No" to a date for one of the following reasons:

1. **She is insecure about her attractiveness:** Am I good enough for this guy? Is he sincerely attracted to me, or does he only want to see me so he can sleep with me and then dump me later on?
2. **She wants to be in the position of power in this relationship because her last boyfriend dumped her and broke her heart:** I'm going to get back at men by controlling this guy, making him love me and then dumping him to break his heart. Hopefully then I will feel better about myself and regain my self-esteem.
3. **She wants to test his interest level:** Is this guy after casual sex, a serious relationship or marriage? How certain is he that I am the one for him? Will he persist and continue to court me if I play hard to get?
4. **She wants to test his confidence:** Will he lose confidence in himself just because I can't make it to a date this week? Is that all it will take to break him and make him think that he is unworthy of me?

As you can see from the examples above, there are many reasons why a woman might initially say no to a date, play hard to get or act like she is very busy.

Sometimes she will be a nutcase (e.g. trying to get revenge on men for getting dumped and being left

with a broken heart), but in most cases she will be testing a guy for less crazy reasons.

For example: If a woman is attractive and she wants a confident guy who she can eventually marry, she doesn't want to start dating a guy who crumbles at the first sign of resistance.

She wants a man that she will feel safe to be with in the long run, because she knows that he believes in himself and will go after what he wants until he gets it, even if he has to climb over a few little obstacles to get there.

A woman treating a man like that might seem like stupid mind games or "too much work" for some guys, but it's simply a case of a woman needing to test a man's confidence to see if he is the sort of man she should invest her lifetime with.

When a confident guy asks a woman out on a date and she says that she is busy, he will continue to believe in himself and just suggest another time or say that he will call her another time to see if they can arrange a time to catch up.

For example: He will laugh and say, *"Oh okay, it sounds like you're a busy girl this week. Well, let's try to arrange a time to catch up early next week. How are you looking for Tuesday or Wednesday?"* and she will then usually agree to a different time.

If she says that she's not sure about her schedule for the next week, he might laugh and say, *"Well, make our catch up a part of your schedule"* and if she doesn't, he will simply laugh and say, *"Okay, I might get in touch next week and say hi"* and may also jokingly add in, *"Hopefully you can fit an awesome guy like me into your hectic schedule next week."*

In cases like that, a woman will usually text the confident guy to say hi that night, the next day or sometime during the week.

That is her way of essentially saying, *"Hey I'm still interested. Keep pursuing me"* and the guy simply needs to text a bit and then call her up, have a laugh together and arrange a time to meet.

She will be thankful that he didn't lose confidence, he didn't get angry or defensive about her not being able to meet up immediately and he simply continued the courtship in a confident, loving way.

After all, she could actually be busy or she could already have a lover and have made plans with him that week, she could be busy at work with her studies or have plans with friends and family.

Just because a woman meets a guy that she likes, it doesn't always mean that she wants to drop everything in her life and get into a relationship with him immediately.

Prior to him kissing her or having sex with her, he is simply another guy that she met and she will forget about him if they didn't have a very strong connection.

To some guys, this kind of behavior from women is seen as silly mind games and a waste of time.

Yet, it's simply a case of women trying to navigate their way through the dating scene and find the right guy for them without wasting time on the 100s of random guys who want to sleep with her.

[image: Attractive woman with dating options]

If a woman is attractive, pretty much every guy would be willing to bang her at least once and many of those guys would also be interested in a relationship.

That's all very well and good for us guys because we get laid, but women don't see it in the same light.

If a woman let every guy who wanted to bang her have access to her, she would simply lay around in

a bed all day having sex with guys who were lining up outside her door.

If a woman is attractive, she needs to be selective about which guys she allows into her life because after all, she is searching for real love just as much as other people are.

It might seem like she is being a flaky, mean bitch who loves messing with guys, but she's simply trying to find a guy with the emotional intelligence and emotional strength to handle a woman like her.

When she finds that guy, she stops dating and she happily gets into a relationship.

However, since those guys are hard to find, a woman will no doubt come across many guys who think she is a bitch for playing mind games or rejecting them.

You can be the guy that the majority of women wish they could meet, but you have to be willing to accept the differences between men and women rather than fighting against them or getting angry or annoyed about it.

When you understand why women behave in the ways they do, it actually becomes quite amusing because you can see through everything that a woman does.

Rather than losing confidence and doubting yourself like the majority of guys, you are one of the rare confident guys who smiles and just continues on towards kissing, sex and a relationship.

3. When you're about to have sex

[image: Mind games before sex]

Imagine thisâ□!

You're in bed with a beautiful woman who feels attracted to you. You're kissing and fondling each other (e.g. you might have slid a couple of fingers in and she might have been giving you a hand job).

Both of you are clearly feeling turned on and aroused.

At that point, the next logical step is to start having sex, but a woman will often test a guy at this point, which some guys will see as a woman playing silly games and being immature or annoying.

For example: Right before having sex, a woman might say, *"We're not having sex y'know"* or *"This doesn't mean that we're having sex"* or *"Don't think that you're going to get laid now."*

If you've read the other examples in this post, you would hopefully know by now that a woman doing that is simply a way of either testing your confidence or making you feel like she is an innocent woman that doesn't normally have sex this easily.

What you need to understand is that women feel more attracted and turned on when they experience a man's confidence, so in that moment she is instinctively doing a last minute test to see if she should be having sex with you (i.e. Have you been faking your confidence up to this point? Do you really feel like you deserve her?).

Rather than seeing her comments as annoying, childish behavior that doesn't make any sense, just look at it as a beautiful opportunity to deepen her attraction and desire for you in that moment.

In moments like that, a confident guy will either just smile and keep kissing her and escalating to sex, or he will smile and stop kissing her to just lay there together on the bed and relax.

He knows that she is attracted to him, otherwise she wouldn't be kissing him and engaging in

foreplay, so he relaxes and lets her do her test.

Moments or minutes later, the kissing and touching will naturally begin again and in almost all cases, the woman will then have sex with the guy.

She will say things like, *"I can't believe I'm doing this"* or *"I'm not usually like this"* or *"Should we really be having sex right now?"* or *"Do you think this is too soon?"*

Why will she say things like that?

Simple.

She wants him to be able to trust her if they get into a relationship, because he has seen that she doesn't easily escalate to sex and can control herself.

Here's the thingâ€¦!

Women have just as much sex as men and enjoy it just as much as men, but they have to approach dating and sex differently to men.

For example: If women are too open about enjoying sex, they are often slut shamed (i.e. criticizing a woman or thinking less of her because she enjoys sex) and looked down on.

However, if a woman keeps her sex life private and makes a guy feel like it's unusual that she is interested in sex and it's all because of him, he will usually be happier to hook up with her and commit to her in a relationship.

4. When you're in a relationship

[image: Mind games in a relationship]

Regardless of how good your relationship is, a woman will always test your confidence and challenge your position as the dominant one in the relationship.

A woman doesn't do that because she's a bitch who wants to hurt you and make your life a misery.

Instead, she simply wants to feel safe that she is with a guy who has the emotional strength to handle challenging people and challenging situations in life.

She also wants to see that it continues to make sense for her to submit to you as the more dominant one in the relationship.

If a woman tests her boyfriend, fianc  or husband and he continually crumbles under her pressure and becomes insecure and emotionally sensitive, she will lose respect and attraction for him.

Likewise, if a woman tests her man's position of dominance (e.g. by throwing tantrums, being unreasonably demanding) and he regularly crumbles under the pressure and hands over power to her, she will lose respect and attraction for him as her man.

The more respect and attraction she loses, the less interest she will have in sex or intimate affection (e.g. hugging, holding hands, caressing) and if that continues on for a while, she will eventually begin to fall out of love with him.

Some guys see this behavior by women as selfish, unloving, silly and annoying mind games and they wish that women would behave more like men do.

However, what you always need to remember is that it's the difference between us and women that makes us so feel attracted to them.

The less feminine a woman is, the less attractive she is.

Just look at the photo below (of masculine lesbians vs. feminine women) and you'll know what I mean.

[image: Masculine and feminine women]

Which women do you feel more attracted to? The masculine lesbians or the feminine women? Pretty easy answer, right?

Well, the same rule applies to a feminine woman's attraction to your masculinity.

The more masculine you are in how you think, feel, behave, talk, take action and respond to women, the more attractive you will be to all kinds of feminine women (e.g. Shy, confident, hard to get, easy to get).

Don't be angry at women and expect them to think, behave and feel more like masculine men do.

They are women and the fact that they are feminine and not like men is the reason why you are naturally attracted to them.

If women thought, felt, talked, behaved and acted like men, you wouldn't be excited by them.

The behavior of feminine women might seem a bit crazy at times, but as you will have discovered in this post, there are reasons for it.

All women will test to see if you are a masculine guy (in how you think, feel, behave) and if you are, they will naturally feel attracted to you because your masculinity is what is most attractive to feminine women.

Your masculinity is just as attractive to women as their femininity is to you.

Let women experience your confident masculinity and you will then realize that attracting women is easy.

Attracting Women is Easy

Rather than looking at the behavior of women as being annoying, frustrating or immature, be wise and understand that there are very specific and valid reasons why women test men.

Be happy that you are a man and embrace your natural ability to effortlessly attract women by displaying some of the personality traits, behaviors and inner qualities that women naturally feel attracted to about men.

Watch this video to understand how a woman's attraction for a man works...

As you will discover from the video above, it's who you are as a man and how that makes her feel that is most important to the majority of women out there.

As long as you can understand and accept the way that a woman's attraction for a man really works, you won't be wasting anymore time thinking, *"Why do women play games?"*

Instead, you will smile, accept women as being different to men and simply get on with enjoying an amazing sex life with women or get into a relationship with an attractive woman of your choosing.

Other guys are enjoying easy success with women and you can too.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Sex Conversation Starters: 5 Examples

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

What you say to women can easily change a conversation from being friendly to sexual.

Your words can be used as foreplay to switch a woman on and get her in the mood for kissing and sex with you.

In this post, I'm going to share 5 examples of sex conversation starters that you can use at each stage of the dating process.

1. When you meet her for the first time in person

[image: Sex conversation starters to use when meeting a woman for the first time]

After you have sparked a woman's feelings of sexual attraction for by displaying some of the personality traits, behaviors and inner qualities that women find attractive (e.g. confidence, charisma, humor, making her feel girly and feminine in comparison to your masculine vibe and conversation style), you can then begin to start sexual conversations.

It's important that you make her feel sexually attracted to you first though, because if a woman isn't sexually attracted to you and you then start talking about sex or bringing up sex in anyway, she's almost always going to shut you down.

You have to start off properly by making her feel attracted to you first, before you try to change the conversation from being friendly to sexual.

An example of a sex conversation starter once you've attracted a woman (which can take anywhere from a few seconds to a few minutes), is to say, *"You're sexyâ€¦I like you."*

Saying that to a woman steers the conversation to a more honest and authentic exchange between you and her, where there is no need for mind games anymore.

[image: Sex conversation - flirting]

You have made her feel sexually attracted to you and you're not telling her that you find her sexy and you like her, so it's all out in the open now and there's no need for either of you to act like you're not sexually interested.

If a woman feels attracted to you before you say that, she will almost always begin flirting with you and showing more interest in you.

She will be excited that she has finally met a guy who not only makes her feel attracted, but he also has the confidence to steer a conversation in a sexual direction without feeling embarrassed or hesitant about it.

One of my favorite sex conversation starters to use in an initial interaction is to smile and say something like, *"You're a nice girl, but I see a naughty side somewhere in there too."*

When you can make a woman feel as though you see her as a nice, respectable woman, but you can also see that there is a naughty side to her in there somewhere as well, she will feel as though you understand her.

Pretty much all women have to hide the sexual side of themselves because if they show it to others,

most people will think she is slutty and of bad character.

The majority of women that you meet will hide their sexual side and pretend to be an innocent virgin type of woman.

When you smile and say something like, *“You’re a nice girl, but I see a naughty side in there too”* she will smile and feel excited that she has finally met a guy who understands what is really going on.

2. When you catch up for a date

[image: Sex conversation starters for a first date]

Some guys make the mistake of putting way too much energy and effort into trying to impress a woman by being nice, gentlemanly and building up as much of a connection with her as they can.

There’s nothing wrong with being nice, gentlemanly or building a connection with a woman, but if you want the first (or second) date to lead to kissing and sex, you also have to create a strong sexual connection.

So, when a date is going well (i.e. you’ve made her feel attracted to you, you and her are laughing and having a good time), you can steer the conversation towards sex in a way that makes almost every woman crack up with laughter and then continue talking about the subject of you and her having sex.

This is something that has always worked for meâ€¦

I smile and say in a serious, but easy-going manner, *“I’m just making it clear now that you’re not getting to have sex with me tonight. You will have to wine and dine me more than this to get anywhere with me. I’m not that easy.”*

At that point, a woman will almost always laugh and say something like, *“No, you have to wine and dine me more!”* and try to take back that power position.

Women love it when a guy has the social intelligence and confidence to mess with the typical routine of a date to the point where he steps into the position of power.

On 99.9% of the dates that a woman has gone on, she will be in control of when a first kiss is allowed and when sex is going to happen, which is predictable and boring for her.

By saying what I’ve mentioned above, you instantly change the dynamic from being you getting to have sex with her, to her getting to have sex with you, which is actually what women want.

Women love a guy who is a challenge to win over because they are bored to death with the endless queue of guys who are willing to have sex and a relationship with her without her having to do anything to impress them other than look good.

3. When you’re relaxing on a sofa in or in a bed together

[image: Sex conversation - sofa]

If you’re at a woman’s house or back at your place after a date and are wondering how to steer the conversation towards sex, you can either be direct about it or lead up to it in a more subtle way.

For example: If you want to be direct, you can say, *“Come here, I want to kiss you”* in a relaxed,

confident manner and draw her close to you.

Then look her in the eyes and if she isn't pulling away from you, simply move in for a kiss and it will happen.

Alternatively, if you feel as though she might not be ready for a kiss and you need to warm her up first, you can say, *"Let's give each other a massage."*

It doesn't matter who gives the other a massage first, but just start out with a simple shoulder massage if she is shy or back massage if she is more open to it.

From then on both of you will feel more relaxed and sexual and you can either start kissing her at that point or say, *"Let's go to the bedroom"* if you notice that she is really turned on and ready to go.

One of my favorite ways to initiate sex when relaxing on a sofa with a new woman is to simply say, *"Come here"* and get her to sit on my lap, facing me in the riding position.

She will most-likely be shy about getting on your lap and facing you, so you sometimes have to encourage her by beginning to lift her on to your lap.

Once she is on your lap, you give her the hug and then pull back so you are making eye contact for a second or two and then lean in for a kiss.

From there, sex happens on the sofa pretty much every time, but if she is shy about doing it there, just say, *"Let's go to bedroom"* and she will go.

I've found that it is always better to initiate sex in that way, rather than trying to use a sex conversation starter (e.g. *"Do you want to have sex?"* or *"What kind of things do you enjoy during sex?"*) because most women just want you to have the confidence to make a move, rather than having to discuss it first.

4. When you talk to her on the phone in between dates

[image: Talking on the phone in between dates]

A sex conversation starter that you can use in this situation is to say something like, *"You looked really sexy the last time we met. I couldn't keep my eyes off your buttâ€¦it has the perfect shape."*

She will most-likely laugh at that point, but she will be excited that you were looking at her in that way.

Most women are insecure about different parts of their body and even though you might think that she is beautiful, she will definitely have some things about her body that she is insecure about.

The more confident you can make a woman feel about the attractiveness of her physical appearance to you, the easier she will escalate to sex with you and the more excited she will when having sex.

For example: If you tell her that you couldn't keep your eyes off her butt, she will feel really excited when you're giving it to her from behind or in the spoon position.

5. When you text her leading up to a second or third date

[image: Texting in between dates]

Women love the feeling of anticipation, which is essentially about the emotion of not knowing know

what is going to happen.

Women love to go over different scenarios in their mind and imagine you leading up to a kiss or to sex with her in different ways and fantasizing over how good that will feel.

So, when you send her a SMS text (or Whatsapp message) leading up to a second or third date (not a first date!) with something like, *“I’m looking forward to turning you on tonight”* the woman will immediately go into fantasy mode.

She will imagine what’s going to happen and it will make her feel excited and turned on.

You will then most-likely get a reply with something like a wink smile 😏 or *“OMG, I feel turned on”* or *“I can’t wait”* or something along those kind of lines.

Getting Women in the Mood to Be With You Sexually

The most important part of getting a woman interested in being with you sexually is triggering her feelings of sexual attraction.

You can do that by the words that you use, but you can also do it by displaying certain personality traits, behaviors and inner qualities that naturally attract and arouse women.

For example: Confidence, charisma, masculinity (how you think, feel, behave, talk, take action) that makes her feel girly around you, humor, etc.

The better you get at displaying attractive traits, the more attractive you will be to women and the more they will want to have sex with you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Why Do Women Hate Me? 5 Possible Reasons Why

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you are sick and tired of being rejected by women and have gotten to the point where you're asking, *"Why do women hate me?"* here 5 possible reasons why it is happening to you...

1. You think that women should like you because you are nice, kind and polite to them

[image: Why do women hate me?]

You might be an intelligent, good, decent man who deserves to be loved and wanted by women, but you're not going to get that in return for simply being nice to them.

If you want women to like you and want to be with you, the missing ingredient that you've been failing to add into your interactions with women is sexual attraction.

You can't make up for a lack of sexual attraction by being very kind, nice and polite to women and then expecting that they like you in a sexual and romantic way because of that.

Women want to feel sexual attraction for you, just like you want to be with a woman who you feel sexually attracted to.

You can make women experience sexual and romantic feelings for you, but you need to make some minor adjustments to your approach to women when you talk to them and interact with them.

Here's the thing...

Pretty much every guy who feels that women hate him is simply using the wrong approach to women when it comes to dating and sex.

It's not that women hate who is and will never like him, but they simply don't feel attracted to the approach he uses when he talks to them and interacts with them.

For example: A guy who is hated or disliked by women will be really nice, polite, kind and considerate when talking to a woman and then hope that she will be nice to him and like him in return.

He will try his best to show her that he is a good, trustworthy guy who has good intentions with her and will treat her nicely.

He will also want to show her that he is interested in who she is as a person, cares about her wellbeing and would never do anything to hurt her, embarrass her or break her heart.

In other words, he will treat her like a princess and essentially kiss her ass and in return, he hopes that she will like him, love him and want to have sex with him.

[image: Rejected for being a nice gentleman]

He assumes that a woman will think, *"Wow, this guy is really nice. He's not like other guys who only want to have sex with me. This guy is different. I should be with him."*

Yet, that's not how it works.

[image: What if I told you that being nice to a woman doesn't obligate her to be romantically

interested in you?]

Women do appreciate when guys are nice to them, but niceness isn't enough to make her want to have sex with a guy or start a relationship with a guy.

A woman wants to first feel sexually attracted to a guy and if he is then nice to her as well, she will be excited to have found such a charming, exciting guy and she will want him all for herself.

However, if a guy interacts with a woman and is only nice to her, she won't feel excited because there is no sexual attraction and he is one of 95% of guys who try to use the nice guy approach on women to get laid or get a girlfriend.

and she's sick and tired of it.

She wants to feel sexually attracted to a guy, not just experience friendly feelings (i.e. no sexual feelings) and then be expected to want to be with a guy just because he is being nice to her.

That is not how women work.

You've got to make her feel attracted to you first, rather than acting (yes, acting) like you just want to be her friend.

You can still be nice to her (I'm nice to women and I've enjoyed my choice of women for years now), but you must ALSO make her feel sexually attracted and aroused by the way that you interact with her.

Watch this video to understand why only being nice to a woman will often result in a rejection

So, how can you make a woman feel attracted to you when you interact with her?

You simply need to display some (not even all) of the personality traits, behaviors and inner qualities that naturally attract women.

For example: Confidence, charisma, masculinity that makes her feel feminine and girly in comparison to you (i.e. how you think, talk, feel, behave, take action, respond and react to her), charm and humor.

If you display traits that women find naturally attractive in men, then women will automatically (whether they want to or not) feel attracted to you.

That is how nature works: Display attractive traits = Attractive.

It's as simple as that.

So, if a guy interacts with a woman and he is being nervous, self-doubting and unsure of himself around a woman, she is not going to feel attracted to him.

Why? Well, if you understood how a woman's attraction for a man really works, then you'd already know that women feel attracted to the emotional strength of men (e.g. confidence, high-self esteem) and turned off by the emotional weakness (e.g. insecurity, nervousness, low self-esteem).

Of course, some of the guys who are asking the question, "*Why do women hate me?*" will also add in, "*How am I supposed to have high self-esteem when women hate me?*"

Simple: Start attracting women when you interact with them by displaying some of the personality traits, behaviors and inner qualities that naturally attract women.

When you do that, women will show interest in you, treat you nicely and want to be with you and what will happen then?

You will become confident in your ability to attract women and you will feel good about how many

women like you.

The result? You have confidence and high-self esteem. You will also have a girlfriend or be getting laid regularly if that's what you want.

[image: Happy couples]

Yet, if you have no idea how to attract women and don't even try to improve your understanding of attraction from this moment onwards, then you can't expect women to suddenly start treating you any better, because you still won't be making them feel any better about you.

A woman wants a guy who has the ability to make her feel sexually attracted and turned on and then, if he also happens to be a good, kind man then she sees that as a welcome, exciting bonus.

However, if all that a guy has to offer a woman is his kindness and she gets the impression that he's only being nice to get to spend time with her and hopefully grow on her, she will usually be cold towards him or reject him rather than have to put up with him pursuing her for months or years without ever understanding that she just doesn't feel any attraction for him.

At this point, some guys might say, "*Why don't women just tell me that I'm not making them feel attracted?*" and the answer is simple: She doesn't want to teach you how to make her feel attracted.

She wants you to be able to naturally attract her by displaying attractive traits, rather than have to take on a role as a big sister, mother or teacher for you to explain how to be attractive to women.

She also doesn't want to "give a guy a chance" even though she feels no attraction for him, or be nice and mistakenly give a guy the impression that if he keeps talking to her or pursuing her, she will eventually give him and "let him" be with her.

She wants a guy who makes her feel as though she would be lucky to be with him and thankfully, it is very easy to make a woman feel that way.

Watch this video to understand how to get a woman to feel lucky to be chosen by youâ|

Being a challenge for a woman to win over is the quickest, easiest way to get a woman to go from feeling attracted to you to pursuing you and hoping that she gets to be with you.

You can put a woman through that process when you first talk to her, or you can begin the process with a woman you already know simply by starting to make her feel very attracted to you.

2. You think that women play stupid mind games because you don't understand why they have to test men

[image: Why do women play mind games?]

When a guy gets to a point in life where is pissed off at women and is wondering, "*Why do women hate me?!!*" he will often feel as though women play stupid mind games and are a waste of time and energy.

However, guys like that simply don't understand that when a woman acts cold or disinterested at the start of an interaction, she's almost always doing that to simply test the guy's confidence.

Why do women want to test a guy's confidence?

Women are naturally attracted to the emotional strength of men (e.g. confidence, high self-esteem, determination to succeed) and turned off by the emotional weakness (e.g. insecurity, low self-esteem,

fear of success or feeling unworthy of success).

So, if a man starts interacting with a woman who wants a confident guy, she will almost always test him by being cold and disinterested at the start.

She has to do that to him to test his confidence and see if he is going to crumble under the pressure, or if he is going to remain confident.

If he remains confident, she will then begin to let down her guard and show a friendly, easy-going side of herself that she doesn't show to other guys who lack confidence.

However, if the guy crumbles under pressure (i.e. he becomes nervous and unsure of himself), she will rapidly lose interest in him and may even coldly reject him to get him away from her so she doesn't have to waste any more time on a guy who doesn't have what it takes to make her feel attracted.

3. You act like you only want to be friends with women, but they know that you want sex or a relationship

[image: Pretending to only want to be a friend]

If you are one of the many modern men who are asking, "*Why do women hate me?*" then you will almost certainly put on an act (yes, an act) of only wanting to be a woman's nice friend when you first meet her.

When you talk to women that you find attractive, you may come across as neutral (i.e. you won't show sexual interest) and you will try to give her the impression that you just want to get to know her, or you find her interesting or fascinating and simply want to talk to her for that reason.

If a woman is attractive, she will have had plenty of guys (who don't know how to attract women) use that fake approach on her in the past and she will hate it.

There's nothing wrong with becoming a woman's friend before you decide that you want to ask her out, kiss her, take her on a date or have sex with her, but she's only going to be excited by that kind of courtship if you are also making her sexually attracted and aroused by the way you interact with her.

Watch this video to understand how a woman's attraction for a man worksâ◻|

If you think that women hate you, then you might be surprised by what you learn in the video above. Especially the part where I disclose the fact that you can CREATE feelings of attraction inside of a woman.

Yes, even you can do that.

When you create feelings of attraction inside of a woman, she will NOT hate you.

She will like you, be interested in you and be open to kissing you, dating you, having sex with you and even starting a relationship.

4. You think it is wrong or "too forward" to make a woman feel

sexually attracted and turned on by you during an interaction

[image: I don't want to be too forward with women]

Women hate it when a guy shuts down the sexual side of himself around her because he thinks it is wrong, disrespectful or too forward to make a woman feel sexually attracted.

In fact, women actually refer to guys like that as “creepy” because women know that the guy masturbates at home, feels attracted to women and wants to have a sexual relationship with a woman, but he acts like he would never ever think about sex when talking to a woman.

By shutting that side of himself down, he gives off an awkward, creepy vibe that women hate.

Women can't relax and trust a guy like that because he is already lying to himself and everyone else by acting like he has no sexual feelings.

Here's the thingâ◻|

We are living in a time where pre-marital sex is accepted and is happening all around us.

[image: No sex before marriage vs. have sex whenever you want]

Some guys get angry about that and complain that modern women are slutty, but those guys are simply clinging to a bygone era where a woman would save her virginity for marriage.

Back in the late 1800s and early 1900s for example, a guy would simply approach a woman, be nice to her, show her that he was capable of supporting her (e.g. he'd buy her a gift) and if she liked him, they would date (no touching, kissing or sex) and he'd eventually ask her father for his daughter's hand in marriage.

Although some men wish that life still worked that way, it doesn't.

Culture always changes overtime and the “save herself for marriage” trend was something that came and went, just like the Japanese samurais, the top hat wearing English gentleman and the people who used to hate computers and swore never to use one.

Culture always changes.

In today's world, women are free to have sex with whomever they want.

[image: Modern women are free to shop around until they find the right man]

This doesn't mean that modern women are slutty, but that they simply have the freedom to “shop around” until they find the right guy for them.

Some women settle down early (e.g. my wife was 20 when I met her and I was 35. I'm now 38, she's 23 and we are going to start a family soon), but if a girl doesn't meet the right guy, she is free to keep dating and shopping around until she finds a guy who is worth settling down with.

In the past, a woman had to get married and stick with a man for life even if she was unhappy because it was shameful to get divorced.

This was unfair on women, but now that we live in a more civilized society where women can make their own money and support themselves, the rules of the dating game have changed.

In today's world, women usually choose a guy based on how much sexual attraction he makes her feel and then, if he ALSO happens to be a good guy who will treat her well, she sees him as a catch and settles down with him.

However, if a woman is being pursued by a guy who doesn't make her feel attracted, she doesn't need to accept him so she can have someone to support her.

Likewise, if a woman gets into a relationship with a good guy who attracted her initially, but he later turns into an asshole who doesn't treat her well, she also doesn't have to stick with him.

So, if you want women to like you and want to be with you, it is absolutely essential that you actively trigger her feelings of sexual attraction when you interact with her.

[image: I've got to show her that I don't only want sex]

Don't pretend that you don't find her attractive or that you only want to be a nice, innocent friend to her. Be honest and say, *"You're sexy"* | *I like you*" AFTER you have first triggered her feelings of attraction for you.

If you are a good guy and you give a woman that kind of attraction and courtship experience, she will be excited to have finally met a guy who understands how the modern dating scene works.

It's actually very rare for a woman to meet a good guy who understands what women really want these days.

Based on all my experience helping guys and hearing from women out there, I'd say up to 80% of guys are attempting to attract and pursue women in the wrong way that simply doesn't match up to how the modern world works.

So, when you are one of the rare guys who knows how to attract women AND give them the modern courtship experience that they are looking for, they will love you for it.

5. You're not aware that you can make women feel attracted to you whenever you want

[image: You can make women feel attracted to you]

You might have gotten to the point where you feel like life is unfair and you are being punished in this lifetime for being such a nice, loving, good man, but that isn't what is really happening to you.

If you had the skill of being able to actively trigger a woman's feelings of sexual attraction during an interaction, women would want to be with you and you wouldn't have gotten to this point where you think that women hate you and life sucks.

Watch this video to understand some of excuses that guys have (including the two excuses I used to have) for their lack of success with women when they don't know how to attract women

As you will discover from the video above, all types of guys (even those who others think are ugly) can attract beautiful women and enjoy a successful dating and relationship life.

You might be a good looking guy, an average or below-average looking guy (like me) or you might even consider yourself to be a bit ugly.

Whatever the case is for you, it's a fact of nature that you can attract women at will by displaying some of the personality traits, behaviors and inner qualities that women find naturally attractive about men.

It's not possible to attract and pick up all women, but it is possible to attract most of the women that you meet.

All you need to do is get used to displaying attractive traits and the majority of women that you interact with from now on will feel some level of attraction for you, or a high level of attraction for you.

The better you get at displaying the traits to trigger feelings of sexual attraction inside of women, the more women that you will be able to attract.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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I Like This Girl, But She Has a Boyfriend: 4 Mistakes to Avoid

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you've found yourself in a situation where you are saying, "*I like this girl, but she has a boyfriend*" here are 4 mistakes that you need to avoidâ|

1. Not seeing the truth

[image: I love her, but she has a boyfriend]

This special girl that really you like might have been flirting with you, been very friendly towards you and may have even given you the impression that she likes you or finds you attractive.

Yet, that doesn't mean that she will leave her boyfriend for you, even if she is unhappy in her relationship with him.

Many women actively flirt with other guys when they're in a relationship just to build up their self-esteem (i.e. she gets many guys hoping that they might score a chance to be with her and those guys then give her compliments, treat her well, do favors for her, etc), but she has no intention of leaving her boyfriend.

Of course, sometimes a woman will leave her boyfriend if the new guy is making her feel very attracted and she is bored of being in a crappy relationship, but if the girl you like hasn't made it clear that she wants to leave him for you, then she's most-likely just flirting with you to make herself feel good.

[image: The girl I like already has a boyfriend]

When a woman is in a relationship, she will also sometimes flirt with another guy to boost his confidence because she feels sorry for him that she doesn't have a girlfriend or doesn't get much attention from women.

A guy who doesn't have many (or any) other options with attractive women will often confuse her friendly, innocent flirting to mean that she really likes him and is secretly trying to show him that she wants to leave her boyfriend for him.

He will then begin to daydream about being her boyfriend and will become fixated on stealing her away from her current guy, so he can have her all to himself.

Yet, here's an important truth that you need to realize...

The truth is, when a woman really likes another guy and wants to leave her current boyfriend for him, she will tell him that directlyÂ or she will get herself into a position where she can kiss him (e.g. get drunk at a party without her boyfriend there, spend time alone at his place).

So, if this girl that you like hasn't been trying to make any moves on you at all, then it's unlikely that she wants to do anything more than enjoy a bit of friendly, innocent flirting with you.

The next mistake to avoid making when you like a girl who already has a boyfriend is...

2. Falling in love with her because you have no other options

[image: Falling in love with her because you have no other options]

No one can tell you who you can and cannot like.

If you like this girl, then it's your right as a human being to like her and to like any other girl that you want as well.

However, if you are falling in love with this girl because you have no other options with women, then you're going about life in a way that will lead to a lot of insecurity, heartache and confusion regarding women.

[image: I like her because she is nicer to me than other girls]

As a man, you must have the skill of being able to attract women at will so you can have your choice of women, rather than hanging around girls who already have a boyfriend and hoping that they leave the guy for you, or hanging around girls and hoping to get lucky one day if of them "gives you a chance."

If you want to be happy as a man, you've got to be able to actively attract girls when you interact with them, so they then hope to get a chance with you. Not the other way around.

You can be the guy who gets all the girls or who gets the girl he wants, but you have to know how to trigger a girl's feelings of sexual attraction for you when you interact with her in person.

[image: Third wheel missing out on the action]

So, let me ask you this question, *"If you were able to attract 3 other beautiful girls and they all liked you, would you be trying to get this girl to leave her boyfriend?"*

Probably not.

If you had 3 hot girls interested in you and shared a great connection with each of them, you would just leave this other girl alone to enjoy her relationship with her boyfriend, even if she is unhappy.

I mentioned the part about her being "unhappy" because most of the guys who are in the position where they are saying, *"I like this girl, but she has a boyfriend"* also say that one of the main reasons he wants her is that he knows he could treat her better and make her happier.

The thing is, you probably are a really good guy and you probably would treat her nicer than her boyfriend.

However, even though the girl looks unhappy because the guy is a bad boy or a jerk, it doesn't mean that she's going to want to leave him for a sweet nice guy who is going to treat her like a princess.

Why? Most of the guys who want to save a girl from a bad boyfriend are the type who think that the secret to success with women is to be really nice to a woman and treat her like a princess all the time.

There's nothing wrong with treating a woman nicely and making her feel special, but niceness cannot be the only basis of her attraction and interest in you.

Why? Women don't feel sexually turned on, aroused and excited to be with a guy simply based on him being nice to her.

Watch this video to understand why [this video](#)

If you want a girl to like you in a sexual, romantic way, you must be able to trigger her feelings of

sexual attraction for you, rather than just making her experience friendly feelings for you.

To trigger her feelings of sexual attraction, you simply need to display some of the personality traits, behaviors and inner qualities that women are naturally attracted to in men.

For example: Confidence, charisma, masculinity (how you think, feel, behave, take action) that makes her feel girly in comparison to you, charm, humor.

If you're only offer to this girl is to treat her nicer than her boyfriend currently does, but you don't even know how to make her feel sexually attracted and aroused by you when you interact with her, then she's not going to feel compelled to leave him for you.

The next mistake to avoid isâ€¦!

3. Being the guy who steals another guy's girlfriend, even though you'd hate it if a guy stole your girlfriend

[image: Stealing another guy's girlfriend]

If you don't have many other options with women, you probably don't really care about whether or not people are going to think you're a bad person for stealing her from another guy.

You're attracted to her, you feel horny and you want to have her all for yourself so you can have sex with her, love her and treat her well.

So, you probably don't really care if anyone tells you that it's the wrong thing to do to take another guy's girlfriend, but you should at least stop for a moment and think about how you'd feel if another came along and stole your girlfriend from you.

You'd really hate it if another guy stole your girlfriend from you, right?

It would piss you off and most-likely break your heart if she dumped you and left you for the new guy, or if she cheated on you and then left you for him.

So, do you think it is fair to try and take another guy's girlfriend?

I know, you probably don't care how he feels and you just want her. In your mind, you might think that she'd be so much happier in a relationship with you.

That actually might be true, but if you're only focused on getting her because she's the one pretty girl who is nice to you, then you're probably just fooling yourself into thinking that she's the perfect girl for you.

If other hot, single girls were attracted to you and interested in you, it's almost guaranteed that you would forget this current girl and hook up with one of the other hotties.

Then, if the girl you liked became single, you would be much less interested in her if you were already in a loving, sexual relationship with a new hot girl.

Here's the thing...

As a man, if you want your dating and relationship life with women to get better and better over time, you've got to be able to attract girls by choice, rather than trying to sneak in the backdoor and steal another guy's girlfriend just because she is being nice to you.

[image: Third wheel in love with another guy's girlfriend]

So, be completely honest with yourself right now and answer this question, “*Are you only interested in her because you’ve got no other options with attractive girls?*”

If the answer is yes, then you’re going to be so much happier in life if you can just spare a moment to understand how to attract other girls, rather than going through life trying to steal women that are already in a relationship with another guy.

Watch this video to understand how a girl’s attraction for a guy works

If you had the kind of attraction skills that I talk about in the video above, you would have so many other girls interested in you right now.

Of course, there’s nothing wrong with you liking this girl who has a boyfriend, but if you’re only focused on her because you can’t attract other pretty girls, then you’re going about life in a way that will lead to unhappy relationships and break ups because you won’t even know how to build on a woman’s attraction, respect and love for you over time.

You might be able to get a woman into a relationship initially, but if you don’t know how attraction really works, you will probably be another addition to the approximately 50% of relationships and marriages that end in a break up or divorce.

You don’t have to live a crappy life like that. You can have your choice of girls and choose a girl who you are madly in love with and she is madly in love with you.

Of course, you might be thinking, “*That sounds good, but I want this girl that I like.*”

Believe me, you are going to be much prouder of yourself, much happier and live a much better life if you can attract women on your own, rather than having to hang around a taken woman and hope to grow on her so you can steal her away from her boyfriend.

4. Wasting time waiting on the sidelines when you could easily have other women in the meantime

If you really like this girl and believe that she is the one for you, there is nothing wrong with you waiting until she breaks up with her boyfriend, especially if their relationship doesn’t look like it will last.

However, if you are waiting around for her for 6 months to a year or even more and you’re not enjoying sex and love with other women, then you’re wasting your precious lifetime and you will also look less attractive to her anyway.

Women are more attracted to guys who have other women interested in them.

The more women who are interested in you, the more attractive you will seem to other women.

Seeing that other women like a guy is an important part of how women rate a guy’s value.

Guys often see that as weird, silly behavior from women because they don’t know that women feel attracted to men for **different** reasons than men feel attracted to women.

[image: Willing to have sex with her just based on appearance]

A man doesn’t need to see that many other guys are interested in a girl before he feels sexually attracted to her, because a man’s attraction for a woman is mostly based on how she looks.

This is why men will look at women and have a “Yes” or “No” response ready about whether they’d

have sex with her.

[image: Guys willing to have sex with a woman immediately]

Yet, women will say, *“Well, he looks cute, but I’d have to meet him first”* because women place less importance on looks and more importance on how a man’s personality, behavior and inner qualities makes her feel.

That does not mean that women cannot feel attracted to a man’s looks, but most women place more importance on how a guy’s personality, behavior and inner qualities make her feel.

For example: His confidence, the way his masculinity (how he thinks, feels, behaves, talks, takes action) makes her feel feminine, his charisma, etc.

So, What Are You Going to Do About This Girl?

It’s up to you what you want to do.

No-one can tell you that you’re wrong or a bad person for liking a girl who already has a boyfriend.

You can’t help feeling attracted to the kind of girls that you want.

However, my advice to you is this: If you are only focused on her because you don’t have any other options with pretty girls, then you should improve your ability to attract girls so you at least have some fun in the meantime while you wait and hope that she leaves her boyfriend one day.

It’s much better to approach it that way because when this girl that you like notices that other women are attracted to you, she will actually become more interested in you.

If she wants to leave her relationship one day, then you are going to be at the top of her list of guys that she is attracted to and hoping to hook up with.

In the meantime though, if she is happy in her relationship, I would suggest that you just leave her alone because although you might not care right now (because it’s not you who is having a girlfriend stolen from you), you would care if another guy was trying to do that to your girlfriend.

The truth is, you can attract so many other pretty girls and have your choice of girls, rather than having to steal another guy’s girlfriend.

Of course, it’s up to you what you want to do.

What do you think you should do?

1. Continue to pursue her and try to get her to leave her boyfriend.
2. Attract and hook up with other hot girls in the meantime.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with

women. This FREE video will BLOW YOUR MIND (I promise!)

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How Can I Get Women to Like Me?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you want to get women to like you, the one and only thing that you need to focus on from now on is sexual attraction.

[image: Attracting women makes them automatically like you]

When you interact with a woman, you simply need to arouse her sexual desire and she will automatically like you.

Women don't care how intelligent you are, how good of a guy you are or if you have good intentions before you make them feel sexually attracted to you.

So, don't waste time trying to get women to "like" you as a person when you can cut through all the "getting to know her" or "building a friendship" stuff by getting straight to the point with sexual attraction.

How can you make a woman feel sexual attraction for you?

You can make a woman feel sexually attracted to you by displaying confidence, making her feel girly and feminine in comparison to your masculinity, being charismatic, charming, making her laugh, etc.

[image: Using your natural ability to attract women]

There are many different ways that you can trigger a woman's feelings of sexual attraction and desire for you and when do it, she will automatically like you and be interested in you.

However, if a guy talks to a woman and comes across as a typical nice guy who is trying to impress her by showing how honest, sincere, trustworthy and nice he is, she might like him as a person, but she isn't going to be feeling sexually aroused by his approach.

[image: Rejected for being a nice gentleman]

Women only care about all the nice things about you after you've made them feel some sort of sexual spark.

Prior to attraction, pretty much all guys are seen as being the same to a woman and she has little or no interest in them.

A woman will only switch ON and be interested in a guy if he is able to trigger her feelings of sexual attraction and then build on that throughout and interaction.

Watch this video to understand how it works! 

So, if you've been wondering, "*How can I get women to like me?*" you really need to understand what makes a woman want a man sexually and romantically.

What Makes a Woman Want a Man?

[image: What makes a woman want a man?]

What makes a woman want a man is his ability to trigger her feelings of sexual attraction and then build on that as she continues to talk to him and interact with him.

If a man is making a woman feel a lot of attraction when he interacts with her then she will want him,

and if he isn't making her feel that way then she will either ignore him or only see him as a friend. If you want to make a woman like you and want you in a sexual and romantic way, you have to be able to spark her feelings of attraction by displaying the personality traits and behaviors that women find attractive, when you interact with her.

For example: Some of the qualities that women look for and feel most attracted to in a guy include:

- Confidence.
- Masculinity (how he thinks, feels, behaves, talks, takes action).
- Charisma.
- Charm.
- Humor.
- Determination and drive to succeed in life.

If you want a woman to want you in a sexual way, don't waste time trying to show her how nice of a guy you are in the hopes that she will think, *"Wow, he's so nice!"* and then want to have sex and be in a relationship with you.

Women don't choose to have sex, and get into a relationship with a guy based on how nice and sweet he is. Why?

Watch this video for the answer!

What matters most to a woman is whether or not you make her feel sexually attracted and turned on when she interacts with you.

Once her attraction has been triggered, she will then begin to pay attention to and like other things about you (e.g. the fact that you are intelligent, a good guy, have good intentions, etc).

Sometimes a woman will agree to go out on a date with a nice guy that she doesn't feel much attraction for, but her interest will soon fizzle out if he's not actively making her feel turned on by the way he interacts with her.

For example: A guy might be really sweet and nice and treat a woman like a princess on a date. He might take her to an expensive restaurant, buy her flowers and gifts and try to show her that he can take care of her.

Yet, even though she will enjoy the five star treatment, it doesn't mean that she will be thinking, *"I don't feel attracted to him, but that's fine because he is buying me things."*

That's not how it works.

Mutual attraction needs to be at the foundation of a successful relationship.

If it's only one-sided (e.g. you're attracted to her and she only likes you as a person), then it's going to end in a break up unless you can start making her feel attracted.

Understanding What Women Really Want

Most of the guys who are failing with women simply don't know what you are about to learn in this section.

Here are two common myths that will destroy your dating and relationship life if you believe they are true!

1. Beautiful women only want to have sex with and date good looking guys

[image: Average to ugly looking guy with beautiful girlfriend]

It is 100% true that some beautiful women only want a good looking guy who has male model looks, but what is also 100% true is that the majority of beautiful women place less importance on looks and more importance on how a guy's personality, behavior and inner qualities make her feel.

That is the truth.

If it weren't true, the most guys (including me) wouldn't be able to attract, have sex with and have relationships with beautiful women.

So, if you have been asking yourself, *"How can I get women to like me?"* just make sure that you don't waste time looking in the mirror and asking, *"Am I good looking enough for women?"*

Yes, it is true that some women will only accept a good looking guy, but the majority of us guys are just average or below average looking and we can still attract and keep hot women.

Here's how it worksâ€¦!

When a guy can trigger a woman's feelings of sexual desire in different ways (e.g. by displaying confidence, charm, being masculine, making her laugh, etc) she will naturally feel attracted to him.

[image: Ugly guy getting the girl]

If he has what he thinks is a physical flaw (e.g. he is bald, overweight, skinny, has a big nose, is short), most women (not all) won't care about it because he is making her feel attracted in other, more important ways.

If he really builds on her attraction during the interaction, she will even begin to see any physical flaws he might have as being cute.

For example: She might think, *"I don't usually like guys with big noses, but his nose is cute"* or *"I don't usually like bald, overweight guys, but this guy is sexy."*

That really is how a woman's attraction works.

Of course, I'm not saying that all women will accept a guy who doesn't look like a perfect male model, but most will.

For example: A guy might be tall and good looking, but if he can't make a woman feel attracted to him while talking to her (e.g. because he is nervous, insecure, self-doubting, puts on a fake persona), she will look for reasons why she doesn't like him.

She might begin to think, *"I originally thought this guy was attractive, now I don't like him"* or *"I initially thought he was attractive, but now I think he's ugly. I've got to get out of this conversation."*

Why would a woman think that way?

Well, a female friend of mine once helped me understand the inner workings of a woman's mind and how she really feels attracted to a guy.

She said, *"Insecurity makes a guy look ugly. Confidence makes him look sexy."*

In other words, even if a guy has good looking features, a woman can feel turned off by him and see him as "ugly" if he displays traits that women find unattractive in men (e.g. nervousness, self-doubt,

insecurity).

The truth is that most women (not all) place a lot less importance on a man's physical appearance than most guys think.

[image: Hooking up with women]

As long as a guy can trigger her feelings of sexual attraction and make her feel attracted to him in other ways, a woman usually won't get hung up about the fact that he doesn't have male model features.

If you're still not convinced that this is true, the next time you go out, take a look around you and you will notice plain looking, overweight, skinny and even "ugly" guys with beautiful girlfriends or wives.

If women only wanted to have sex with and date good looking guys, most of the guys in this world (including me) would be single, because most guys are average or below average looking.

So don't waste another day thinking that women don't like you because you don't look like a male model. It simply isn't true.

When you have the ability to trigger and build on a woman's attraction for you during an interaction, you will find that most of the women that you meet like you and be interested in you.

2. Women say they want nice guys, but only date bad boys

[image: Do I have to become a bad boy to get women to like me?]

When a woman is asked what she is looking for in a guy, she will usually say something like, *"I just want a nice guy who can take care of me, who is sensitive and doesn't put on a big macho act to impress me."*

Many guys completely misinterpret what the woman is saying and assume that if he is nice to her, she will then like him and want to be in a relationship with him.

Then, when he tries the nice guy approach on women, they reject him and say things like, *"Umm, you're nice, but I don't like you in that way sorry."*

Why?

It's simple: He is trying to establish a romantic or sexual relationship without first making the woman feel sexually attracted to him.

Women do want a guy to treat them well, but if all a guy is doing is being nice, then she's not going to be interested in anything sexual because there is nothing to feel turned on about.

If a guy doesn't realize that, a woman will simply lose interest in him and then hook up with another guy who actually makes her feel attracted.

When the nice guy sees that the other guy didn't treat her as nicely as he did, he then comes to the conclusion that women want bad boys or that women lie about wanting a nice guy.

What he doesn't understand is that a woman will choose a nice guy over a bad boy every time, but only if the nice guy can trigger her feelings of sexual attraction (e.g. by being confident, charismatic, making her feel girly and feminine in comparison to his masculinity, making her laugh).

Here's the truth!

Almost all women do not want to be treated badly, but a woman would rather hook up with a bad boy

who makes her feel attracted, than a weak, wimpy, nice guy that only makes her experience friendly feelings.

What women really want is a good guy who:

- Is confident around her and other people.
- Is respected and looked up to by others.
- Knows how to trigger her feelings of sexual attraction.
- Makes her feel girly and feminine in comparison to his masculinity.
- Uses humor in a way that makes her feel attracted, challenged and feminine.

Thereâs nothing wrong with being nice to a woman, but niceness is not what makes a woman feel sexually turned on or aroused.

You donât have to be a bad boy (at all) to get women to like you, but you do have to display the behaviors and personality traits that are naturally attractive to women (e.g. confidence, charm, humor, charisma).

Stop Trying to Get Women to Like You and Start Making Women Feel Sexually Aroused When They Interact With You

Getting a woman to want you and feel intense desire for you is not as difficult as most guys thinkâ.and you donât have to be good looking, rich, successful, or a bad boy to make it happen.

You simply have to be able to display some (not even all!) of the personality traits, behaviors and inner qualities that are naturally attractive and arousing to women.

When you do that, a woman cannot stop herself from feeling attracted to you because it happens naturally and automatically without her even having to think about it.

Making a woman feel a lot of attraction for you during an interaction also causes her to want you to get you to like her.

When that happens, you will enjoy your choice with women from that day onwards.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How to Dominate a Woman: 4 Examples

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

It's no secret that women feel sexually attracted to dominant men.

However, the good news is that you don't have to go to extreme levels of dominance to make a woman respect you, feel attracted to you and fall in love with you or remain in love with you.

Most women don't require a guy to be completely dominant all the time and simply want a guy who has the ability to be dominant when necessary.

For example: If a guy can't work up the courage to be dominant, he's not going to be able to attract and keep an attractive woman who wants a confident guy.

[image: Rejected for lacking dominance and confidence]

She might be nice to him and even like him as a person because he is a good guy, but because he lacks the confidence to be dominant with her at times, she just won't feel enough of a spark of sexual attraction to justify seeing him as more than just a friend or random guy that's met.

On the other hand, if you are a confident good guy who is fairly dominant at times, then you will be able to attract the majority of beautiful women and keep a woman happy in a relationship.

[image: Hooking up with women]

She will be happy and excited to meet a good, confident guy who makes her feel feminine in comparison to his masculinity and occasional dominance, while also treating her well.

[image: Good guy approaching a hot woman]

It's very rare for a woman to meet a good guy who is confident and also has the ability to be dominant when necessary, so when she meets a guy like that she opens up and hopes that it leads to a phone number, kiss, sex and relationship.

Finally, if you are very dominant man, you will be able to attract a lot of hot women, but in order to keep a relationship together you will also need to be a good guy who is loving and respectful towards the woman.

If a guy is just being dominant and doesn't care about a woman's feelings (e.g. a jerk, an asshole), she might follow his lead and begin a sexual relationship with him, but she will eventually dump him when she's had enough of being treated like crap.

So, in this post, I am going to give you 4 different examples of how to dominate a woman when you first, while you're on a date, during sex and in a relationship.

1. When you first meet her

[image: Dominating her with eye contact]

A simple way to dominate a woman when you first meet her is to pass her confidence tests with a relaxed smile.

When you approach and talk to an attractive woman who is looking for a confident guy, she will always test your confidence by playing hard to get, teasing you during the conversation, not

contributing much to the conversation or making it difficult for you to talk to her.

The way to dominate her is to show her (via your body language, vibe, conversation style, behavior and actions) that you're not crumbling under the pressure, you're not panicking and you're not getting angry or frustrated about it.

Instead, you are calm, present in the moment, confident and relaxed.

How can you show her that?

When she tests you, just pause for a moment and smile as you look her in the eyes.

Then, look her up and down (from her eyes to her feet and back up to her eyes) with a relaxed, charming smile.

Just stand (or sit) there looking relaxed, at ease and with a relaxed, confident smile on your face. She will love it.

Looking her up and down like that in a relaxed, confident way with a relaxed smile instantly makes a confident, attractive woman feel a lot of respect and attraction for you.

Of course, she will almost always continue to test your confidence by smiling and asking, *"Why are you looking at me like that?"* or *"That's a weird that you just gave me"* and so on.

Yet, what she is hoping to see from you is that you don't suddenly crumble under the social pressure and feel like you've made a mistake.

She wants to see that you have the balls to dominate her in the moment by remaining relaxed and easy-going, rather than thinking that you have seriously screwed up by looking at her in that way.

She might act like she thinks the up and down look is weird, but it's just a test to see if a guy really is dominant if he's just another nervous, self-doubting guy who is trying to act dominant, but doesn't have the balls to back it up.

Most confident, attractive women find it very difficult to meet a guy who is not intimidated by them and be confident and dominant, while also being a loving, respectful guy.

[image: Hot women - nightclub]

It's really difficult to find those sorts of guys because most guys either lack the balls to be dominant, or they go way too far with the dominance and act like an asshole or a jerk.

So, if you are a good guy and you can add in a bit of dominance to your interactions with women, you will see that women are instantly attracted and interested in you.

The equivalent attractive value of a man's dominance (and the effect that it has on a woman) is when a woman wears a short skirt, shows her cleavage and wears make up.

In just the same way as those three things (a woman wearing a short skirt, showing cleavage and looking pretty with make up) enhance her attractiveness to men, a man can enhance his attractiveness to women by displaying attractive traits like dominance, confident and charm.

Watch this video to understand how a woman's attraction for a man works and how you can use traits like confidence, dominance, charisma, charm and humor to naturally attract womenâ€¦|

As you will discover from the video above, being dominant is not the only way to attract a woman.

Dominance definitely makes a woman feel attracted, but it has to be done right (i.e. don't go overboard with it unless you have the confidence to back it up) to be truly enjoyable for a woman.

2. While on a date

[image: How to dominate a woman on a date]

An example of how to dominate a woman when you're on a date is to simply decide which table you're going to sit at a restaurant, rather than asking her, "Where do you want to sit?"

So, you would say, *"Okay, let's go sit over there"* or *"I like that table—let's sit there"* and she will then follow along.

If she says, *"No, I like that table over there"* it's fine for you to consider her option and if you like it, you can say, *"Okay, yeah—that table is better. Let's go sit there"* because you are still leading the way and making the final decision.

If you don't like the table she has pointed out, you can say, *"Nah, I don't like that table—stop being fussy—let's sit over here—that I like this table"* and she will go along with it, especially if she was only trying to go against your initial decision to test your confidence.

Another example of how to dominate a woman on a date is to put your arm around her shoulder as you walk side-by-side towards a destination and then gently, but assertively lead her into certain shops or in a particular direction (e.g. to cross the street, to turn a corner, to avoid an obstacle on the footpath/sidewalk, etc).

You don't have to lead all the time and push her around like she's some sort of rag doll and you don't always need to decide on which table to sit at when you go to a restaurant or café.

Instead, simply just relax and take on the role of being a dominant man who decides to do what he wants to do when he wants to do it, but is also respectful towards the woman.

Women aren't impressed by guys who try too hard to be dominant, when it's really not necessary to be dominant (e.g. ordering food for her at a restaurant when she wants to order herself, telling her to stand up when she wants to sit down, etc).

Women are impressed by guys who can just relax and be dominant whenever it is necessary.

3. During sex

[image: How to be dominant during sex]

Some examples of how to dominate a woman during sex are:

- Press her against your chest when you're giving it to her in the missionary position.
- Push her head into a pillow when you're giving it to her from behind.
- Put your hand on the back of her head and scrunch up some of her hair into your fist as you give it to her in the spoon position or from doggy style.
- Temporarily (for a few seconds) be a bit rough as you turn her around in the bed or bend her over.
- Grab the sides of her face and pull it back and forth on your middle man as she gives you oral.

You don't have to be dominant 100% of the time.

Some women are into hardcore dominant sex and want a lot of it, but most women are happy with

displays of dominance being added in 20% of the time and the remaining 80% is simply normal sex.

4. In a relationship

[image: How to be dominant in a relationship]

Being a dominant man in a relationship isn't about being in control of everything all the time, making all the decisions and bossing a woman around like she's some sort of slave.

Only a very small percentage of women seek a master > slave relationship where she is 100% submissive to her man all the time, in and out of the bedroom.

The majority of women simply want a man who has the ability to take the lead and then be dominant when necessary.

It's completely fine to allow a woman to take lead and make decisions at times, but for the most part it needs to be you who leads the way and takes on most of the decision making.

The reason for you taking the lead is to allow her to relax into being your feminine woman, rather than her having to take on a more masculine way of thinking, feeling and being.

If you want a woman to feel addicted to being around you, it's essential that you allow her to escape the logical way of being that she will be forced into at work or university and allow her to relax into being an emotional, feminine woman around you.

Getting Used to Dominating Women

[image: Getting used to dominating women]

If you're currently not used to dominating women, the first few times that you try to be dominant, it might feel a bit awkward or forced on your part.

However, that awkwardness is the same with any interpersonal skill that a human adds to their personality.

Initially, there will be a stage of awkwardness that you have to get past, where you're not able to do it 100% correctly the first or second time and you will almost feel as though you're forcing it.

However, if you just continue on, you will get used to it and you will naturally take on a more dominant role whenever you feel like it.

Eventually, being dominant with a woman will become a part of your normal, automatic expression of personality and women will love you and respect you for it.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How to Romance a Woman in 3 Simple Steps

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The secret of how to romance a woman is:

| Attraction + Personalization + Spontaneity = *Exciting romance*

To help you understand how a man romances a woman in the way that she really wants, I will explain it to you with the following three stepsâ|

1. Make sure that she feels enough respect and attraction for you before you attempt to be romantic

[image: Make sure that she feels respect and attraction for you before you attempt to be romantic]

If a woman doesn't fully respect a man (e.g. because he is insecure, he gives her too much power in the relationship) and doesn't feel attracted to him (e.g. because he lacks confidence, doesn't make her feel feminine enough in comparison to his masculinity), then she's usually not going to be excited by any romantic gestures that he tries to offer her.

When a woman feels proper respect and attraction for a man, then she looks at everything else he does in a more positive light.

For example: He could take her out for a simple burger and fries on a Friday night, watch a sunset at the beach or simply cuddle up on the sofa to watch a movie on a Sunday night and she will feel happily romanced by him.

However, if a woman doesn't feel respect and attraction for a guy, any sort of gift or romantic gesture that he offers her isn't going to be seen in the same positive light.

Rather than being swept off her feet by his romantic gesture, she will know that he is only doing it to overcompensate for the fact that he doesn't even know how to make her feel respect and attraction for him.

Watch this video to understand how a woman's attraction for a man really worksâ|

As you will discover from the video above, you can make a woman fall madly in love with you and remain madly in love with you without having to buy her expensive gifts or put a lot of effort into coming up with romantic ideas or activities.

If you want a woman to be happy in a relationship with you, there needs to be a strong foundation of respect and attraction that you make her feel based on your behavior, inner qualities and personality.

If your woman can't look up to you and respect you as her man, then she's not going to feel much attraction for you when you attempt to be romantic.

How can you make a woman feel proper respect for you?

- Be emotionally stronger than her (i.e. don't cry when life gets tough, don't be insecure, don't be so emotionally sensitive).
- Be a man of your word.

- Be a man who is rising up through the levels of life by reaching for your true potential, rather than hiding from your biggest goals and ambitions because you are afraid of failure or because you just want to spend all of time with her.
- Be loving and caring towards her and other people in your life, but don't be a pushover who lets people disrespect you or take advantage of your kindness.
- Have 100% belief in your ability to achieve whatever you are aiming to achieve in life and then keep following through until you get there. It may take 5, 10, 20 or 30 years to get there, but don't give up before then.
- Be masculine rather than being neutral around her or worse, taking on many of her feminine behaviors and ways of thinking.

How can you make a woman feel properly attracted to you?

- Be confident at all times.
- Make her feel feminine in comparison to how masculine you are (i.e. how you think, feel, behave, move and take action in life and around her).
- Be charming.
- Be charismatic.
- Make her laugh and feel good around you.

If a single man has those qualities, he will have access to the highest quality women around.

If a man displays those qualities when in a relationship with a woman, his woman will feel a deeper respect, attraction and love for him over time and she won't want to leave him.

Any kind of romantic gesture that he offers is going to be seen as sweet, adorable, endearing and will be appreciated because it's coming from the man that she respects, feels attracted to and is in love with.

2. Match the style of romance to her unique personality

[image: Match the romance to her unique personality]

Different women like different kinds of romantic gestures.

For example: Some women hate it when a guy when a guy buys gifts for her and thinks that he is being romantic, whereas other women really like it and see it as romantic.

Some women think that watching a sunset at the beach is boring and a huge waste of time, whereas other women love it because it is a perfect opportunity to relax, introspect, feel grateful about life and enjoy quality time with their man.

Some women think that lighting candles in a room and giving each other massages is romantic and sexy, whereas other women think that the candles are unnecessary and make her feel like the guy is trying to hard to be romantic.

Some women don't feel amazed and romanced by going to an expensive restaurant, some women think it's a waste of money and other women feel as though it means that the guy really loves her and thinks she is special enough to deserve that.

So, if you're going to romance the woman that you love, you need to make sure that you understand

and accept who she really is as a woman.

When a guy tries to force a style of romance on a woman that just doesn't match her personality, she will feel as though he doesn't understand who she truly is and he doesn't care about how she feels in her heart.

Instead, he just wants to do what he thinks is romance or what he has seen in a movie, rather than giving her personalized romance that will make her feel understood and swept off her feet.

So, how can you match the style of romance to her unique personality and heart?

Rather than asking her what she wants you to do (women hate that), you need to analyze what type of person she really is and then trust your gut instinct to say or do something romantic.

If you try to do something romantic, it isn't the end of the world and you haven't made a huge mistake that will ruin the relationship forever.

Instead, just be a man about it and have a laugh about it by saying something like, *"Okay, I guess you don't like that kind of thing"* and then simply try something different the next time.

Let her know that you're not worried if she doesn't like some of your attempts at romance, because you love her enough to relax and just see what kind of romance is the most fun for the both of you.

Also let her know that she might originally think that something you do is tacky, old school or unnecessary, but if she just relaxes and lets herself experience it she might find that she really enjoys it.

For example: If she is the kind of woman who thinks that lighting candles in the bedroom and giving her a massage is tacky and over the top, she will most-likely enjoy it once you begin the massage.

[image: Romantic massage]

If you've ever gotten a massage before, you will know that once it begins you then start to relax and enjoy the relaxing experience.

So, just tell her to relax and experience it this time.

If she is the sort of woman who is really picky about things, she might tell you to get rid of the candles or that she doesn't want a massage with candles.

Simply have a little laugh and tell her to relax and not worry about it.

She will most-likely enjoy the experience, but if she doesn't like it because she feels like the candles are too tacky, just laugh with her and accept it (accept who she is as a person) and then don't include the candles next time.

It's all about personalizing the romantic experience in a way that matches up with her unique personality and your relationship with her.

When you are able to find the sweet spot of ideal romance for your relationship, both of you will be so much happier as a result.

3. Don't make it predictable

The final key to romancing a woman is to not make it predictable.

Women like to feel a variety of emotions rather than feeling the same emotions over and over again.

Even if she really enjoys a particular romantic thing that you do together (e.g. go for a walk in nature

once a week and just chat and laugh together), it doesn't mean that she's always going to feel completely fulfilled with just that.

You don't have to keep coming up with new romantic ideas or activities all the time, but you just need to make sure that you cycle through different things to keep it interesting.

Personally speaking, the romance in my marriage is mutual.

I am always saying or doing random, spontaneous things that she perceives as romantic and she always does it for me as well.

When the love, respect and attraction is mutual and is building over time, that is the kind of outcome you get in a relationship, especially when you have the dynamic in your relationship where she is your woman and you are her man.

She looks up to you and respects you as her man, rather than seeing you as a neutral friend, partner or worse â□□ feeling as though she's more dominant, powerful or valuable than you in the relationship.

Although some women don't like to admit it when asked, what they really want is to be with a man who they can look up to and respect, so they can relax into his masculine rather than having to make all the decisions or boss him around to keep him in line.

When you are the sort of man who makes a woman feel deeper love, respect and attraction over time, then the desire that both of you have to be romantic happens naturally and spontaneously.

×

[image]

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[image: Dan Bacon]

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What Do Women Want in Bed?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Pleasing a woman in bed is easy, as long as you don't worry too much about it and just do whatever you feel like doing at the time.

Having that type of confidence in yourself and the balls to do whatever you want is what impresses women the most.

Women don't need you to be superman in the bedroom and do all sorts of new and amazing things every time. Instead, most women just need you to be confident, present and willing to do whatever you want with her without worrying so much about it.

I know this because I've had sex with more than 250 women and I'm now a very happily married man with a sexy young wife.

One of the main things that women have always enjoyed about being in the bedroom with me is that I am right there with her, rather than being all up in my head due to over-thinking things or being insecure.

I have the confidence to just be masculine, loving her, appreciating her, devouring her and doing whatever I want.

If you can do that in the bedroom, I assure you that you won't ever be a disappointment to a woman again.

5 Things That Women Want in Bed

As long as you get these 5 fundamentals right, you really don't have to worry about your performance in the bedroom because you will already be more than good enough for most women.

The first thing that a woman wants to experience in bed is

1. To feel sexy in your eyes

[image: How do women want to feel in bed]

Making a woman feel sexy is extremely important whether you are having sex with her for the first time or are deep into a long term relationship or marriage.

To make her feel sexy, simply look at her, talk to her and touch her in way where you are unapologetic and unashamed of your ravenous attraction for her.

Try to think about it from her perspective...

[image: Woman feeling insecure about her attractiveness in the bedroom]

She knows that the most attractive thing to a man is a woman's appearance, so if a man doesn't really make it obvious that he finds her to be physically attractive, she will naturally question herself and feel a bit insecure.

On the other hand, if she can see, hear and feel the man's attraction for her (e.g. by the way he is touching her, looking at her, the sounds he makes when he touches her or looks at her), it will allow her to relax and enjoy herself rather than having to worry about whether or not she looks good

enough.

A man can also make a woman feel sexy and desirable by what he says to her in the bedroom when leading up to sex or during sex.

For example: You might say, *“Wow, look at you—you’re so damn sexy”* or *“I find everything about you to be sexy, especially your body and your pretty face.”*

Making a woman feel sexy in your eyes allows her to relax into just feeling her emotions and enjoying the experience, rather than having to think or worry about things.

If a woman is feeling insecure (e.g. she’s worried about the little bit of extra weight on her stomach, her butt, her thighs, the fact that she isn’t wearing make up), then she will find it more difficult to surrender to her emotions and lose herself in the moment so she can then orgasm or simply enjoy the experience.

2. To feel your presence and attention

[image: Woman feeling her man's presence]

It’s a huge turn on for a woman when a man has the balls to be present in the moment where he focuses his attention on her and his attraction for her, rather than being all up in his head and worrying about his performance.

If you can just turn off your thoughts or disconnect from your thoughts to allow yourself to be present in the moment and put your attention on her, it will turn her on because she will feel like she’s under the spotlight of your masculine attention.

When she feels like you are present and focused on her, it automatically flicks a switch in her mind where she feels more feminine and submissive, which turns her on at a deep and primal level.

She can then relax into your masculine direction and surrender herself emotionally so she can fall deep into mental and emotional pleasure, which will then either lead to orgasm or enhanced physical pleasure.

3. To feel feminine in comparison to how masculine you are being

[image: Woman feeling feminine in comparison to her man's masculinity]

You don’t always have to be super masculine or dominant, but simply add that stuff in sometimes.

Likewise, being more masculine in the bedroom doesn’t mean that you have to go to extremes with an aggressive masculine approach (e.g. choking, slapping, hitting, whipping). If you and a woman are into that sort of thing, then go ahead and do it because it will be enjoyable for both of you.

However, most guys won’t ever need to do go to that extreme because the majority of women don’t want things to get too rough or aggressive in the bedroom anyway.

Instead, most women just want a guy to be masculine in the way he approaches sex, rather than being neutral (e.g. holding back from doing things, being more like a nice friend rather than being her man and allowing her to be his woman, suppressing his masculinity because he’s worried that she might not like it).

Some guys even go as far as being a bit feminine in the way that they use their body language and the sounds they make during sex, which is a huge turn off for a woman who wants to feel feminine (95%

of women).

If you want to please a woman in bed, you must remember that the most fundamental thing that women are attracted to about is masculinity, not femininity or neutrality.

It is the difference between a woman's femininity and a man's masculinity that creates and maintains a spark of sexual attraction and desire.

Women are programmed to feel naturally attracted to your masculinity whether they act like they don't like it or not.

Some women will say, *"Why are you bending me over? I don't want to bend over"* or *"Why are you pushing on me like that? Why aren't you more gentle with me?"* but in almost all cases, the woman is simply testing to see if you will remain masculine, or if you will crumble under pressure and assume that she is more dominant than you.

If you just laugh (in a loving way, not a demeaning way) and continue on, she will be moaning and enjoying it seconds later.

However, if you crumble and say, *"Sorry. Okay, what do you want me to do?"* she will feel turned off at a deep level because you lack the ability to be masculine during a simple test like that.

So, regardless of whether a woman puts on an act of wanting to you to be a soft, gentle wimp in the bedroom, just know that what she really wants is for you ignore her tests and just embrace your role as a man of being the more dominant one.

4. To feel properly turned on by you

[image: Woman feeling properly turned on by her man]

Men and women get turned on for different reasons, so if you want to please a woman in bed, you must understand and accept that.

For example: Once a man has an erection and he slides it into a woman, it's pretty for him to happily bang away until he gets to the point of ejaculation.

He will then experience an orgasm, feel relieved and then relax and just enjoy the after effects.

Yet, unless a woman is highly orgasmic, she will need to be properly turned on by you in the lead up to sex or during sex to get to the point where she can have an orgasm.

Getting a woman properly turned on prior to sex does not require you to have loads of foreplay, lick her out every time or kiss for 5 or 10 minutes.

You can do that stuff sometimes when you want to, but you can also get a woman properly turned on before sex by simply doing the fundamental things that I've outlined so far in this post.

Some examples of how to get her turned on prior to sex or during sex:

- Display masculinity in how you think, talk, feel, behave and take action.
- Touch her, hug her or grope her in a masculine way.
- Let her feel your presence and feel like she is under the spotlight of your masculine attention.
- Be patient during sex and mix things up by going fast and banging away and then going slow and letting her experience your presence.

When you do that for a woman, she will naturally begin to have all sorts of sexy and naughty

thoughts about you in her mind, which will make everything else that you're doing feel so much better to her.

5. To experience some variety

[image: Woman feeling bored with the lack of variety in her sex life]

Most women don't expect loads of variety when it comes to sex and they are more than happy with just some variety.

This applies whether you are having sex with a woman for the first time, during the dating phase or deep into a relationship or marriage.

Some women are mad about sex and want loads of variety and to do all sorts of weird stuff, but the majority of women are just fine to have sex with a man who they respect, feel attracted to and feel in love with.

Each couple will require a different level of variety, which is something that you will need to judge for yourself and your woman.

For example: A perfectly happy couple might have slowly gotten into a routine of having sex in bed a couple of nights per week just before heading off to sleep.

It might then become boring and too predictable for the woman or for both of them, so to break the routine by adding in some variety, they could have some drinks on a Friday or Saturday night before going to bed to make things a bit more fun.

Another example is with a couple that normally starts of their sex routine by the woman getting the man erect by jerking him off.

Over time, that might become a boring process to go through, so every now and again the man simply needs to start by giving her oral sex or by slow kissing for a 30 seconds to a minute so they both get into the mood.

Variety can also be the style of sex that a couple has.

For example: There's nothing wrong with having a quickie every now and then where you just get in there and bang away until you finish, without worrying about getting her turned on or giving her an orgasm.

That is totally fine as long as there is also some variety where you sometimes take your time while having sex with her, or you have some drunken love or start with kissing or fondling type of foreplay where you are rushing to get the job done.

Pleasing a Woman in Bed

As long as you do the 5 fundamentals that I've outlined in this post, a woman will almost always feel more than satisfied with her sex life with you.

Don't feel pressured by the things that you might read in online magazines where some random writer says that you must tie a woman up, give her anal, make her squirt and give her mind-blowing orgasms every time otherwise she will leave you.

If you and her want to get into those things because it interests you, then go ahead and do it. Both of you will enjoy it because it's what you want to do.

However, the point of my post here is to let guys know that you always don't have to extremes to give a woman what she wants in bed.

As long as you add in some variety and you are confident enough to experiment with things that match you and your woman, then everything will be fine.

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[image]

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3 Tips on How to Make Friends With Girls

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Making friends with girls is very easy when you do the following 3 thingsâ€¦!

1. Attract them, but don't try to pick them up at all

[image: Making friends with girls]

When you interact with girls from now on, you need to focus on making them feel attracted to you (e.g. by displaying confidence, making them laugh, making them feel feminine in comparison to your masculinity, being charismatic), but don't try to pick them up at all.

Rather than using a girl's attraction for you to move to a kiss, sex or relationship, just keep her as a friend.

Many of these girls will want to be your girlfriend based on the attraction they feel for you, so they will treat you much better as a friend because they are hoping to impress you and get a chance to be your girlfriend.

Watch this video to understand how a girl's attraction for a guy works and how you can use it to make friends with girlsâ€¦!

If you interact with a girl and are being confident, masculine, charismatic and making her laugh and enjoy talking to you, she will automatically (whether she wants to or not) feel attracted to you.

Girls are attracted to guys who display personality traits, behaviors and inner qualities that all girls and women find attractive.

The more attractive traits that a guy displays (e.g. charm, charisma, social intelligence), the more attracted that a girl will be.

However, if you want to make friends with girls and actually have them as real friends rather than have sex with them, you need to just keep it at point where she is attracted to you and you have a friendly connection.

For example: If a guy is only friends with a girl, he would hang out with her, talk with her, go to the movies every now and then, go partying together or catch up for coffee or something to eat.

Yet, he would never want to make a move on her or even try to make a move on her because he just wants to be friends with her.

2. Attend meet up groups to add more girls to your social circle

If you currently don't have a lot of girls in your life, the easiest way to make more female friends is to attend meet up groups in your area.

For example: In your area, there may be meet up groups about going out to party, eating at restaurants, cooking, hiking, philosophy, yoga, exercise and loads of other activities that you are welcome to join in on.

As long as you attend meet up groups with the ability to make girls feel attracted to you, then most of the girls that you meet will want to be your friend.

A lot of the girls will also want to have sex with you and be your girlfriend, but that will be up to you

to decide who gets to be your friend and who gets to have a sexual relationship with you.

3. Invite girl to parties and interesting lifestyle activities

[image: Invite female friends to lifestyle activities]

This is a very important part of maintaining friendships with girls, especially since girls want to be able to show they that have a lifestyle when they post things on social media.

Parties

[image: Partying with female friends]

You don't have to invite girls to amazing parties that cost money or that will have 100s of people attending.

Instead, inviting girls to parties can be as simple as you and some friends (e.g. existing friends or new friends that you've met at meet up groups) are going to be having a "party" at a bar or club on a Friday or Saturday night.

As long as you have a reason for the party, the girls will feel good about attending.

Some example reasons for parties can be: A friend's birthday, the first weekend of summer, mid year party or someone is celebrating something.

Lifestyle activities

[image: Invite female friends to lifestyle activities]

Lifestyle activities can include:

- Having a BBQ or cookout at a friend's place, your place or at a local park.
- Going to the beach as a group and either having some things to play with in the water (e.g. blow up beds, beach ball) or hiring a jet ski or speed boat (that everyone except the girls chips in for) for an hour or two.
- Going on a winery tour for a day.
- Going to the snow for a weekend ski (or toboggan) trip.
- Going to a concert.
- Having pizza at a cool bar or caf   where everyone can hang out.
- Going on a camping trip.
- Doing some group exercise in a park (make sure someone is capable of leading the way).
- Playing laser tag as a group (they usually have these at go kart places or entertainment centers).
- Having a house party.
- Playing beach volleyball (or if there are no beaches near you, play soccer, cricket or badminton in the park).
- Going to a comedy night after starting with a meal and a couple of drinks.
- Having a dinner party.
- Going hiking and then having a picnic (or drinks and snacks) when you reach the destination.
- Go 10-pin bowling.

Being the guy who always knows of something cool or interesting to do, makes it so much easier to maintain friendships with girls.

However, just don't fall into the trap of organizing everything for everyone and hoping that if you

just arrange enough activities, girls will eventually like you.

If you're approaching it that way, you're doing it wrong.

You need to start with a foundation of making the girls feel attracted to you first and then just allow them the privilege of being invited to some of the things that you do with other friends.

As long as you have made the girls feel attracted to you in the beginning, she will want to be around you no matter what because she will be drawn to you based on her feelings of attraction for you.

Inviting her or other female friends to parties and lifestyle activities is just a bonus that they get for being lucky enough to be your friend.

4 Mistakes to Avoid When Trying to Make Friends With Girls

If you make any of the following mistakes, it will difficult or stressful for you to maintain friendships with girls.

1. Acting girly

Some guys make the mistake of thinking that if they behave girly way (e.g. gossiping, giggling, caring way too much about fashion and celebrity relationship drama) it will make girls like him more and want to be friends with him.

It's fine to use that approach if a guy is gay or if he doesn't want his female friends to ever set him up with their hot girlfriends (or want him for themselves), but if your intention to have female friends is to get easier access to girls or be introduced to other girls that you can hook up with, make sure that you think, behave, feel and act like a masculine man.

When a guy acts girly and feminine, it automatically cancels out a girl's sexual attraction for him because girls are sexually attracted to masculinity.

It's fine to laugh and joke around with girls, but the thing that is going to make them like you, respect you and feel attracted to you the most is your masculinity, rather than an act of femininity to "fit in" by "being one of the girls."

2. Having a secret agenda

If a guy's only reason for wanting to have more female friends is to hopefully get laid, the girls will pick up on that if he also doesn't have the ability to make them feel attracted to him.

A classic example of this is the typical nice guy, who will act like a friend and be really nice to girls in the hope that, one day, he might get a chance with one of them.

Watch this video to understand why this approach to girls almost always results in rejectionâ□|

If girls notice that a guy has a secret agenda and is only being nice so he can hopefully "grow on them" and get a chance with one them, they might keep him around as a friend, but they won't have any intention of having a sexual relationship with him.

Of course, sometimes a guy like that will get a chance with a girl (e.g. is she is drunk one night or is depressed after a break up), but she will simply dump him later on because he doesn't even know how to make her feel attracted to him.

Watch this video to see what I meanâ□|

As you will discover from the video above, most guys have no idea how to make girls feel attracted to them and hope to be “liked” for being a nice, good guy.

My approach to women is to be a good guy, but the difference between me and a nice guy who gets rejected, is that I know how to trigger a girl’s feelings of sexual attraction for me.

For example: While interacting with a girl, I will display confidence, make her feel feminine in comparison to my masculinity (i.e. how I think, feel, behave, talk), be charming and charismatic.

By default, the girl will naturally feel attracted to me because of that.

However, if I talked to her and was nervous, self-doubting and too nice (how I used to be many years ago), girls would be turned off by me by default.

Some girls are nice and will keep a confused nice guy around as a friend, but that doesn’t mean that she wants to have sex or a relationship with him.

If another guy comes along who knows how to make her feel attracted, she will simply hook up with him instead, regardless of how “close” she is as a friend with the other guy.

3. Bad mouthing other guys

Some guys make the mistake of putting other guys down as a way to hopefully make girls see them as being better and more likeable or attractive.

For example: If the girls are talking about a guy who they think is a jerk, arrogant or an asshole, he will join in on the conversation by agreeing with them and saying that he is not like that or that he would never treat a girl like that.

If the girls sense that he is only saying that to hopefully impress them, they will lose respect for him because he is clearly insecure about his ability to make them feel attracted to him.

What a confident, alpha male would do is simply allow the girls to talk, gossip and be emotional during their conversation, without feeling the need to point out that he isn’t like the guy that they are talking about.

He can join in on the conversation if he wants to do, but it will either be to just chat in a friendly way and ask questions, (e.g. *“Oh really? Why do you think he is a jerk?”*) or he will turn it into something to laugh about instead.

He might say, *“You girls are so mean”* just for a laugh and the girls will then laugh and try to explain their reasons for referring to the other guy as a jerk.

He can then accept their reasons if he wants, continue to joke about it or let them carry on gossiping for a while and then join the conversation later on.

A confident, alpha male doesn’t feel the need to get involved in every conversation that his female friends (or anyone else for that matter) is having, because is masculine enough to just let them be girls and talk about random things in an emotional way.

4. Being Mr. Helpful rather than just attracting her and being a good guy

Another classic mistake that some guys make when trying to have more female friends is to turn into Mr. Helpful or Mr. Fix it.

For example: A guy might offer to fix a woman’s car, pay for her rent, buy her drinks, do her work in the office or at university and basically try to show her that he is willing to do anything to help her

out.

There's nothing wrong with being a nice, helpful guy to a female friend, but when a girls picks up on the fact that the guy is only doing it because he doesn't know how to make her feel sexually attracted to him, it almost always lead to a rejection if he ever tries to make a move on her or "ask her out."

If your real aim is to make girls want to have a sexual relationship with you, then you must start with sexual attraction rather than acting like you only ever want to be her friend.

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[image]

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Alpha Male Meaning

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Alpha male (*noun*): A man who takes on a leadership role in any area of life that he wants to.

Leader (*noun*): A person who guides or directs others.

Many guys confuse the meaning of a human alpha male with an animal alpha male, which then causes them to feel turned off by the idea of being an alpha male.

[image: Animal alpha males]

For example: Being an alpha male in the animal kingdom often means that you would need to kill competing animals or be extremely dominant over a pack to be regarded as the alpha.

However, being a human alpha male doesn't require violence and extreme dominance over a pack of people.

[image: Human alpha males]

Instead, the meaning of being an alpha male as a human being is to simply take on the role of being a leader in any or all areas of your life that you want to.

You don't have to be the one and only leader because with human groups, there can be several leaders who temporarily take the lead at different times.

For example: Amongst a group of 10 male friends, there might be 3 alpha males who are all alpha in their own right, but they don't need to compete to be the main alpha of a group, because they are not tied to that group like a pack of animals in the wild.

Friends will get together and hang out, but they will also have other groups that they are a part of (e.g. work, family, other friends), so they don't need to fight, compete and kill other alpha males to be the leader of a group.

Leading By Choice, Whenever You Want to

A human alpha male doesn't need to lead every group that he is a part of in life.

For example: Although a guy might be an alpha male at work, he might not want to or need to take on the role of being an alpha male with his parents and siblings.

His father or older brother might be doing a great job as the alpha male of the family already, so he just relaxes and lets them take the lead.

His reason for not trying to take on the alpha male role might be that he is too busy with his career, business or his own family (e.g. wife and kids) to have enough time and energy to lead his parents and siblings.

He might also not have a very close relationship with his family, so he won't want to take on the alpha male role because he doesn't want to be involved with them too much.

As you can see, there is a clear difference between being a human alpha male and an animal alpha male.

For example: An alpha male wolf is the leader of ONE pack and he needs to be aggressive to maintain control of that pack.

An alpha male lion needs to go into another alpha male's territory and fight him into submission or even kill him, so he can then be the alpha male.

Yet, a human alpha male does not need to be aggressive or kill other alpha males to be considered "top dog" or an alpha male.

A human alpha male can also decide WHEN he wants to be the alpha in particular areas of his life (e.g. with his woman, at work, amongst friends or with family).

To be an alpha male, you just need to remember that you have the choice to take on a leadership role in any area of life that you want.

[image: Human alpha males]

If you approach life in that way, you will become more of an alpha male every day from now on and people will respect you more and women will feel increasingly attracted to you.

You Don't Have to Win at Everything to Be an Alpha Male

Another common misconception about the alpha male meaning is about winning.

Many guys mistakenly assume that an alpha male needs to win at everything, including trivial competitions amongst friends or coworkers.

That's not how it works.

A true alpha male knows that he is the alpha regardless of whether he wins at something or not.

With this mindset, a true alpha male will feel confident and alpha regardless of who is speaking to (e.g. a president of a country, a boss at work).

If he is a good guy alpha male, he will be respectful and get along with anyone he wants to, without feeling the need to compete with them, bring them down or win at anything to prove that he is the alpha male.

He just knows it.

Knowing that you are the alpha male no matter what is most important parts of being a human alpha male.

You don't have go around showing it, proving it or trying to compete to have it. You already have it.

You are an alpha male because you said so and that's the end of the story.

Everyone else just has to accept it because you have made the decision to take on that leadership role and therefore you have the qualities of an alpha male.

Good Guy Alpha Males Vs. Bad Boy Alpha Males

[image: Good guy alpha males]

A lot of guys who are afraid to be an alpha male in this life, are put off by the mistaken belief that being an alpha male means being a bad boy, jerk or asshole.

So, to clear up any confusion, let me just explain the difference between a good guy alpha male and a bad boy alpha male.

Bad boy alpha males are aggressive, selfish, mean, violent, untrustworthy and manipulative.

Good guy alpha males are confident, assertive and emotionally strong while also being trustworthy, loving, helpful and considerate of others.

If you think about the good men who you look up to and respect in this world, you will find that they are good guy alpha males.

These men will be good guy (e.g. honest, respectful, caring, loving, considerate), but they will also be very confident, assertive, emotionally strong and driven to make a difference in this world or succeed at whatever they are trying to achieve in life.

If you can't think of any good guy alpha males, here are few celebrity examples:

[image: Good guy alpha males: Bear Grylls, Bill Rancic, Will Smith]

From left: Bear Grylls, Bill Rancic, Will Smith

Where a lot of guys go wrong when it comes to the alpha male meaning is that they only focus on the bad boy alpha males who they don't want to be like at all.

Many confused nice guys assume that alpha male means bad, selfish, mean, manipulative and aggressive, so they try to distance themselves from being alpha because they just want to be a nice guy.

For example: A nice guy might think, *"I don't want to be a jerk, boss people around and be an asshole! I'm a nice guy and I just want people to like me for being nice."*

Here's the thingâ□!

If a guy just wants to be nice and he thinks it is wrong to be assertive, confident and driven, then he can live that way if he wants to, but he will suffer negative consequences throughout life.

It is a fundamental rule of nature that alpha males usually get the hottest women, are respected by others, promoted more and are more successful in pretty much all areas of life.

A self-doubting nice guy can be successful in life, but he will suffer a life of rejection, bad treatment, nervousness and anxiety, depression and even loneliness as a result of not standing up and being a good guy alpha male.

He might think to himself, *"This world sucks! I am a nice guy and people treat me like shit! Why can't they see that I am a good guy with good intentions?"* because he doesn't realize how nature works.

Nature is designed to reward alpha males with better women, more resources, more respect, more love and more good times than males who doubt themselves.

It's just how it works.

However, where a lot of guys get confused (and even angry) over this topic is assuming that they need to go from being a nice guy to being a bad boy to get all the rewards of being an alpha male.

Yet, that is NOT how it works.

A self-doubting nice guy simply needs to start being more confident, assertive and ballsy like a good guy alpha male is.

Good guy alpha males are liked and respected by pretty much everyone and are wanted by pretty

much every woman.

Being a good guy alpha male is the best type of approach to take as a man in life, because you don't get into trouble, people respect you, people want to be your friend, women are attracted to you, women don't want to leave you, you get promoted at work or do better in business and life is much easier to live as a result.

However, if you live life as a nice guy, you might be disrespected or picked on by mean-spirited people, overlooked for promotions and rejected by women.

Living life as a bad boy means that a guy might get himself into trouble, be hated by many people, get fired from work, end up jail or even get beaten up or killed.

Being a good guy alpha male is the easiest, most effective way to live your life as a man, especially if you are already a good guy to start with.

So, if you are searching for the alpha male meaning and you want to become an alpha male, the place that you need to start is to believe that you deserve to take on the lead in any area of your life that you want to.

You don't have to take on the lead with every group that you're a part of (e.g. work, friends, family), but you do need to get into the habit of allowing yourself to take on the lead.

The more comfortable you get with taking on the lead, the more alpha that you will become.

The more alpha you become, the more that people will respect you and women will feel attracted to you and want to be with you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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How to Get Over an Ex-Girlfriend: 5 Steps

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you're having a difficult time getting over your ex-girlfriend, here are the 5 steps you need to take to get your life back on track without herâ€¦!

1. First, be 100% sure that you don't want her back

[image: Be certain that you don't want her back]

Would you like to get your ex-girlfriend back and give the relationship another chance, or do you want to move on and begin having sex and relationships with new women?

If you want to get your ex-girlfriend back, then I recommend that you [watch my video about how to get an ex back](#).

However, if you are 100% certain that you don't want to get her back and you would prefer to get over her and move on, then draw that line in the sand. Make this the day that you are 100% clear on your intention to move on without her.

From this day onwards, if you are sincere about not wanting to get your ex-girlfriend back, don't make the mental mistake of stepping back behind that line and into the pain of missing her once again.

You need to make a clear, final decision that you're going to get over her and move on. Once you make that decision, you need to begin to step forward and into your new life without her.

To begin your new life, you need to go through step 2 of the process...

2. Improve your ability to attract new women

[image: Improve your ability to attract new women]

When a guy has been dumped by a girlfriend, he will often lose a bit of confidence in his ability to attract and keep a woman. He might feel as though if she dumped him, other women will just do the same, so he probably shouldn't even bother going near them.

If he was in a relationship for a long time, he might have forgotten what it takes to spark a woman's interest and get her to want to sex with him.

[image: Improve your ability to attract new women]

In other words, he will have become "rusty" or lost his mojo with the ladies.

Whatever the case is for you, it's important that you take a moment to improve your ability to attract new women. If you do, it will make the process of getting over your ex-girlfriend so much easier.

Watch this video to understand how a woman's attraction for a man works...

When you're able to effortlessly attract women by displaying some of the personality traits, behaviors and inner qualities that naturally attract women (e.g. confidence, charisma, charm, humor), you will no longer feel as though your life is going to be horrible, lonely and empty without your ex girlfriend

in it.

With the ability to attract women during an interaction, you will find that most women feel attracted to you and like you. When that happens, you instantly being to enjoy your choice of women and your ex-girlfriend no longer seems necessary.

3. Approach and have sex with new women

[image: Start approaching and having sex with new women]

It's one thing to know how to attract women when you interact with them, but if you don't actually have the confidence to approach women that you find attractive, then you'll usually be stuck thinking about your ex and wishing she was back in your life so you wouldn't have to be in so much pain.

The good news is that most guys don't have the confidence to approach women, so when you are one of the rare guys who is confident enough to approach women and you also have the skill of attracting women, most women will be yours for the taking.

So, if you need a boost to your confidence before you go and approach women, watch this video...

I remember when I first started approaching women after I got dumped by my ex-girlfriend (before the internet had people online helping each other).

It took me a while to build up the courage to start approaching, but once I got the hang of it, women really started treating me well. I was shocked when some women actually said things like, *"Oh finally someone came over and talked to us"* or *"thank you for coming over and saying hi."*

Hearing that blew my mind because I always thought that I'd be interrupting women and they'd see me as a nuisance, think that I was desperate or tell me to go away and not annoy them.

Yet, some women were literally thanking me for coming over and saying hi. Why?

Most guys who approach women are either drunk, nervous, sleazy or are putting on an act of being an even nicer guy than they really are. Women are bored to death the lame approach that 95% of guys use and they just wish that a normal guy would approach them and be real.

By approaching a lot of women (and getting laid like crazy), I discovered that as long as you approach in a confident, easy-going way and are simply being social, most women will open up and start talking to you.

Women know that it's the man's role to approach, so if they get approached by a guy who can make them feel attracted, they aren't going to reject him.

When you first approach, a woman will already feel some attraction for you based on the fact that you have the confidence to approach her in an easy-going, relaxed manner, but you need to build on that attraction by displaying other personality traits, behaviors and inner qualities that are naturally attractive to women.

For example: Rather than putting on an act of being a nicer guy than you really are, just have the balls to be authentic and real when you talk to her.

If you're a good guy, then be a good guy, but don't become an ass-kissing nice guy in the hope that it will impress her, because it won't.

Watch this video to understand whyâ€¦

When guys use the nice guy approach on women, they often feel as though they are being original and that a woman will be impressed andÂ give him a chance simply based on him being such a nice guy.

Yet, what he doesn't realize is that pretty much every other guy who is clueless about how to attract women is doing the same thing to her and it bores her to death.

Women want you to walk up and spark their feelings of attraction for you, rather than only allowing her to experience friendly, polite and neutral feelingsÂ during an interaction.

4. Experience love with different women

[image: Experience love with new women]

The kind of love that you experience will always be different with each woman.

Sometimes, you will feel a friendly type of love, other times you will feel passionate love and other times it will be more of a spiritual love where you feel like soul mates or that you're meant to be.

Realizing that the love is different with every woman is an important part of how to get over an ex girlfriend.

Often, a guy will get stuck missing his ex girlfriend and the enjoyable love that they used to share because other girls haven't been able to make him feel the same way.

If he meets a number of women and none of them compared to his ex, he might begin to believe that he won't ever be able to find enjoyable love again with another woman.

Yet, from all of my experience helping guys to succeed with women (I've been doing this for more than 10 years now), I've found that when a guy is thinking like that it's usually because he hasn't followed the steps of this 5-step process properly.

For example: He is trying to meet new women, but he still lacks confidence in himself due to the break up or heÂ doesn't even know how to attract women during an interaction.

Based on his unattractive approach to women, he will only be able to get unattractive or undesirable women interested in him, which will make him miss his ex even more.

So, if you sincerely want to get over your ex girlfriend, you must ensure that you follow the 5 steps of this properly. Start by being 100% sure that you want to move on and if that is a "Yes" and then make sure that you are readyÂ to properly attract women when you interact with them.

If you approach women and turn them off by displaying unattractive traits (e.g. insecurity, self-doubt) or bore them with a typical nice guy act, then you're not going to get the hot women that will blow your mind and make you quickly get over your ex.

Almost all hot women will settle for nothing less than a confident guy who is able to make them feel attracted in different ways during an interaction (e.g. due to his confidence, charisma, humor, charm).

As long as you have the skill of being able to attract women with your confidence and personality, you will be able to get out there and experience new kinds of love with beautiful, attractive women, which will help you get over your ex girlfriend very quickly.

5. Become a man of purpose

[image: Become a man of purpose]

Being a man of purpose essentially means having a life long goal or ambition in life that is very important for you to achieve.

It needs to be more important than your girlfriend (fiance or wife), so that she will always be #2 in your mind, rather than her being what your life is all about.

It might sound harsh to say that about a woman, but it's actually what women want in a man.

Women hate it when a guy makes the classic mistake of basing his identity, self-esteem and happiness on a relationship.

A woman wants to feel very important to you, she wants to be respect and she wants to be loved, but she wants you to have bigger goals in life than just a relationship.

How is this part of the process of getting over your ex-girlfriend?

Simple: If you were a man of purpose already, you wouldn't even be reading this article about how to get over your ex girlfriend.

If you were a man of purpose, she most-likely wouldn't have ever dumped you in the first place, but even if the relationship broke up for other reasons (e.g. you dumped her, you drifted apart, you cheated and then left her, etc), you wouldn't be feeling as though your life is empty without her in it.

A man of purpose lives a full life and he spends most of his time and energy rising through the levels of his true potential as a man to make his biggest goals, ambitions and dreams a reality.

He doesn't spend his time stressing about whether his girlfriend is going to cheat on him or leave him, because as long as he treats her well, she will have no reason to want to end the relationship.

She will respect him, look up to him and be proud to be in a relationship with him. Based on his masculine approach to life (i.e. being a man of purpose), she can then relax into being his woman, rather than being his "partner" or friend.

He will know that she is proud to be with him and she will know that it would be her loss if she ever left him. If the relationship did ever break up, he would be absolutely fine with or without her because his identity would not be wholly based on his relationship with her and other women will find him naturally attractive and appealing.

So, what are some examples of purpose?

A man's purpose in life might be to:

- Become an elite athlete, win and when he is finished competing, transition into coaching or commentating.
- Rise up through the levels of his government job so he can eventually run for office and become a mayor of his city or town, so he can make a difference for his community.
- Build up his business experience so he can eventually lead a business that will revolutionize an industry, improve his country or even change the world.
- Become a skilled musician so he can make high quality, touching music that will be used on TV and in movies and will have a positive impact on the people who hear it.
- Come up with the perfect solution to a problem that many people struggle with.

If you can't think of anything right now, try completing these sentences in your mind...

- It would be challenging and difficult to achieve, but I'd love to...
- I've always dreamed of being able to...
- I want to be the first man to everâ□|
- I want to change the way that people think aboutâ□|
- I want to make a difference in this world by...
- My passion in life is...
- I wish I could...
- What I care most about in life is...
- I would have to work hard for a long time to achieve it, but this is what I want to do with my life...
- The one thing that I could do better than most people (or everyone else) is...
- I will look back on my life and feel extremely proud if...
- When I imagine my biggest dreams coming true in the distant future, this is what I see...
- If I could change one thing about the world it would be...
- The way I would like to help my country is...
- The one thing I wish I could change about my local community is...
- My purpose regarding my family is...
- I would be excited to be living life if I was...

Do you have a big dream or ambition that you would love to make real in this lifetime?

Choose a life purpose that will continually challenge you to be your very best self if you are going to achieve it.

Don't choose something that is easy or that you don't care about.

Do what you are really passionate about – that is what will keep you determined when you face obstacles (everyone encounters obstacles) along the way to success.

When you focus on your purpose and begin to make progress towards it, you will not only begin to get over your ex, but you will become irresistibly attractive to other women.

Women love it when a man has the courage to stand up and rise through the levels of his true potential, rather than hiding from it because he has a fear of failure or rejection.

When a woman senses that a man has purpose, she will feel naturally attracted and drawn to him. She will know that he is one of the rare ones who has the capacity to make her feel proud and excited to be in love with him for life.

So, what is your purpose? What comes to mind for you when you think of your purpose outside of a relationship with a woman?

It's not that a woman isn't important (my wife is the most important person in my life), but your purpose needs to be even more important to you.

Your goals and ambitions should span out as far into the future as you can envision (e.g. 40, 50 or more years into the future).

What you're aiming for should be something that you feel like you've been born to do, that you're destined to do or that you should be doing with your life.

Your purpose should be something that will always make you become a bigger and better man the

more progress you make.

So, for example: If a guy simply wants to learn a new language for the fun of it or work out at the gym to stay fit, that is not going to be his life purpose; it's just a mere hobby.

If he wants to turn either of those things into part of his purpose, then it should directly link up to his long term plans to achieve his biggest goals and ambitions in life.

If he is learning a language, he should be doing that so he can then get reach to the next level of his purpose goals (e.g. use the language to do international business, be a teacher, translate a book, read literature that was previously out of his reach, communicate with his wife's family if they speak another language, become an ambassador, etc).

If he is working out relentlessly at the gym and learning a lot about fitness and nutrition, all those hours and all that effort should not be wasted on merely adding some extra muscle for the sake of his appearance.

Instead, it should link up to what he really thinks his purpose in life is. If he is just working out because he likes it and it is taking up most of his spare time, then he is not a man of purpose. He's just another guy who works out in a gym and doesn't really know what his life is about.

Guys like that usually struggle to get over an ex girlfriend because they place way too much importance on her and she becomes what his life is about. He spends a lot of time at the gym because it is important to him, but it's not his purpose in life.

When his girlfriend breaks up with him, he feels like his life is crashing down around him because she was his foundation of identity, happiness and purpose.

If his dedication to the gym and fitness was linked up to bigger goals (e.g. open a gym, become an elite athlete, become an elite fitness coach, etc), then he would be living life on purpose, rather than just wasting time working out.

So, to help yourself get over your ex girlfriend and never have to go through that kind of pain again, decide to become a man of purpose.

I must make this clear though: Being a man of purpose is not about the basic mechanics of life (e.g. getting a job, getting a house, getting a car). Those kind of basic things are not your purpose in life and are simply things that happen as a part of living life in a civilized world.

Your purpose needs to be bigger than that. It needs to be something that you feel like you were born to do. If it really is your purpose, it will challenge you to become a bigger and better man over time.

When you become a man of purpose, your ex girlfriend will instantly begin to seem less important and appealing to you because your identity and happiness will not be based on having her in your life.

As a bonus, you will also become incredibly attractive to women because women feel a deep, lasting attraction for a man who knows who he is and what he wants from life.

So, are you ready to get over your ex-girlfriend? Will you be able to attract a beautiful woman the next time you interact with one? What is your next move going to be?

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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What Do Women Notice First About Men?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

When a woman looks at a guy from a distance, it's only natural that she will notice the superficial things about him first (e.g. his appearance and clothing).

However, while she might be initially be drawn to superficial things about him, she will then start to focus on the more important things about him that have nothing to do with his appearance.

For example: A woman might notice a good looking guy across a room and think to herself, *â€œHmmmâ€* | *He looks kind of cute. Heâ€™s got a sexy smile.*

If she then notices that he is relaxed and confident around other people, she will become more attracted.

If she also notices that when he speaks the people around him are paying attention, respecting him, laughing with him or having a good time, her feelings of attraction for him will increase even further.

She will then think, *â€œThat guy is hot. I hope he comes over and talks to me.*

When he approaches her to say, she will feel excited to be interacting with him because he has already made a positive impression on her from a distance.

[image: What women see in men]

However, even though she is excited to meet him and interested to see where it goes, she might act like she hadn't even noticed him prior to him approaching, or she will pretend as though she isn't very interested in talking to him, because she wants to determine how confident he is around her.

It's one thing to be confident around friends, but what a woman really needs to see is whether a guy will remain confident when talking to her, especially when she tests him by playing hard to get, acting like she isn't interested or not contributing much to the conversation.

[image: The first thing women notice about a guy]

If the guy remains confident and relaxed while talking to her regardless of how she tries to test him (e.g. by playing hard to get), she will feel even more attracted to him.

On the other hand, even though a woman might initially notice a good looking guy and think, *â€œThat guy over there is hotâ€* | *he looks like my type,* she will instantly lose interest in him if she then notices that he's shy, nervous or insecure around other people.

It won't matter to her that he is good looking because he will lack the more important qualities that women really look for in a man.

Watch this video to understand how a woman's attraction for a man works

If a man interacts with a woman and displays traits that turn women off (e.g. insecurity, nervousness, self-doubt, putting on an act of being an even nicer guy than he is, etc), she will lose interest in him even if he is good looking.

Some women (usually unattractive women) will accept an insecure good looking guy, but that doesn't mean she will remain attracted to him in a relationship.

What really matters to a woman is how a man makes her feel by way of his personality, behavior and inner qualities.

To most women, if the guy is good looking that is seen as a bonus, but it's not a necessity.

Of course, some women will only accept a good looking, rich, tall man, but the majority of women place less importance on looks and choose guys based on how he makes her feel during an interaction.

Understanding Attraction

If you're asking, "What do women notice first about men?" it's probably because you don't yet understand how a woman's attraction for a man works.

As a result, you probably believe that women are attracted to men for the same reasons men are attracted to women (i.e. looks).

For example: When a guy first sees a woman, the first thing he will notice about her is the way she looks, (her body, face, legs, etc) and if she is beautiful (or even just a little bit attractive), most guys will be willing to have sex with her simply based on her appearance.

Most guys will have sex or even a relationship with her regardless of whether she is confident and relaxed, or shy, nervous and insecure.

Yet, women don't work the same way.

If a guy is shy, nervous or insecure it is huge turn off for women because women are naturally attracted to the emotional strength of men (e.g. confidence, self-esteem) and turned off by the emotional weakness (e.g. insecurity, self-doubt).

Since a woman's appearance is enough for most guys to want to have sex with her, most guys believe that women also choose men on the basis of looks.

However, almost all women (not all women!) choose men differently to the way men choose women.

Based on all of my experience picking up women and helping other guys to pick up women, I estimate that a guy can make approximately 90% of women feel attracted to him.

He won't be able to pick up 90% of women because some women aren't single, some aren't compatible with him (e.g. he's too smart for her) and some just won't suit his lifestyle.

However, he can make about 90% of women feel attracted to him and be interested in being with him if he is able to display the personality traits, behaviors and inner qualities that women are naturally attracted to.

If Women Notice Men's Looks First, Then Why Are So Many Good Looking Guys Single and Lonely?

If women only had sex and relationships with guys based on good looks, most of the guys in this world (me included) would be single and lonely.

Only the tall, muscular good looking guys would be having sex and dating and getting married, while the rest of us just wasted our life jerking away to porn every week.

However, as you may have noticed by looking at the world around you, beautiful women are with all different kinds of men.

[image: Fat guy with sexy girlfriend]

[image: Can a fat guy have a hot girlfriend?]

[image: Can a fat guy have a beautiful girlfriend?]

[image: Ugly guy with hot cheerleader girlfriend]

[image: Ugly guy marries pretty woman]

[image: Ugly nosed guy with a beautiful girlfriend]

No doubt, you will have noticed that many plain, average looking, weird looking, short, fat, skinny guys have a beautiful girlfriend or wife, while many really tall, muscular, model look-alikes are single and desperate to get laid and get a girlfriend. Why?

Some of the “unattractive guys” have realized that even if a woman first notices a man’s looks, she will wait to see how she feels while interacting with him before she decides to have sex with him.

If his behavior and conversation style makes her feel attracted to him, almost all women will not get hung up about his looks.

In fact, she will even start to see his physical “flaws” in a more positive light.

For example: If he wears glasses, she will see it as cute, classy or sophisticated.

If he is overweight, she will see him as being cuddly and really like that about him.

For example: A woman at a bar or nightclub might notice a chubby, balding guy and then look away and forget all about him because heâ□□s not her type.

However, if he approaches her and engages her in conversation while being confident, relaxed and allowing his natural charisma to shine through, she will instantly begin to feel attracted to him.

If he then begins to make her feel girly and feminine in comparison to his masculinity (e.g. how he thinks, feels, behaves, moves, feels), she will begin to smile, blush and feel giggly while talking to him, which will turn her on and make her feel even more attracted to him.

Before long, she will find herself thinking, *“He’s not my usual type, but I like him”* or *“I don’t usually go for overweight or bald guys, but this guy is different. He’s sexy.”*

What she means by “sexy” is that he makes her feel sexually attracted. Sexy doesn’t mean good looking or having big muscles.

Yes, those things can attract women, but so many other things (e.g. confidence, charisma, charm) can attract women too.

This is why insecure good looking guys often find it very difficult to attract a decent looking girlfriend, because most women simply won’t accept the emotional weakness.

Insecure good looking guys will rarely approach women unless they are drunk or at party with mutual friends, so they don’t actually get many opportunities to properly meet women.

Sometimes a good looking guy will get approached by a woman who thinks he looks hot, but that will not guarantee that he is able to pick her up.

For example: A woman might notice a tall, muscular, good looking guy across the room and feel instantly attracted to his physical appearance.

Yet, when she stands next to him (e.g. at the bar or next to his group) in the hope that he begins talking to her, he looks away from her in a shy way.

Since she really likes him and thinks that he is her physical type, she takes the plunge and makes the first by starting a conversation with him.

The good looking guy might initially feel comfortable because he has been approached, but when she starts to test his confidence, she will notice the cracks and begin to see that he is a shy, insecure guy who doesn't feel like he is good enough for her.

Suddenly, she begins to think, *â€œI don't know why, but this guy just gives me the creepsâ€* and then leaves the interaction.

This is not a once off occurrence. It's something that happens to thousands of good looking guys all over the world.

So don't waste your time worrying about what women notice first about men and thinking that if you're not good looking, you can't get women to feel attracted to you.

Here is the truth!

You can CREATE feelings of attraction inside of a woman by displaying some of the personality traits, behaviors and inner qualities that naturally attract women.

Even if a woman doesn't initially feel attracted to your looks, it doesn't mean that you can't make her feel intensely attracted to you for other reasons (e.g. by being confident, charismatic, charming, funny).

Yes, some women will only have sex with or date a guy based solely on his appearance, but most women are attracted to things about men that have nothing to do with physical appearance.

Making a Woman Want You

Although women will notice everything about a man, it's important that you understand and accept that most women are attracted to a lot more than a man's outward appearance.

At the end of the day, a woman will either be attracted to you because you display certain personality traits and behaviors around her, (e.g. confidence, charm, emotional strength) or she will be turned off because you don't.

No matter how good looking a guy is on the outside, if he lacks substance on the inside, he will not be able to make a woman feel a lasting attraction for him.

You can be a male super-model, wear the best fashions and drive a Lamborghini, but if you lack confidence, are self-doubting and insecure, or behave in other unattractive ways, then a woman won't care that when she first noticed you she thought you were drop-dead gorgeous, rich or fashionable.

On the other hand, when you make a woman feel the way she wants to feel when she interacts with you (i.e. turned on, aroused, attracted), everything about you will seem so much more appealing to her.

For example: Once a woman is attracted, she will then appreciate the fact that you're also a nice, intelligent man who has good intentions with her.

However, she won't care about those things if you don't first make her feel attracted.

So, don't waste another day worrying about what women notice first about men.

Instead, just focus on making women feel attracted to you when you actually interact with them in

person.

That's where all the power is and it is what gives you your choice of women.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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What to Do to Make a Girl Like You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

A girl will automatically like you when you trigger her feelings of sexual attraction for you.

A lot of guys make the mistake of trying to get a girl to like them as a friend, but he really wants to have sex with her and have her as his girlfriend.

So, if you want this girl to have sexual, romantic feelings for you, the first thing you need to do is make her feel attracted and aroused when you interact with her.

Watch this video to understand how it worksâ!

When you make a girl feel attracted and aroused by the way you are interacting with her, she will automatically like you and be interested in being more than just a friend to you.

To make her feel attracted, you simply need to display some of the personality traits, behaviors and inner qualities that girls find attractive in guys.

[image: What to do to make a girl like you more than just a friend]

You don't have to be perfect. You just have to display some of the attractive traits and then believe in yourself enough to make a move.

What are some examples of attractive traits? You can:

- Be confident around her and other people.
- Be charismatic by allowing your true personality to come through, rather than putting on an act (e.g. acting nicer than you really are).
- Make her feel girly and feminine in contrast to your masculine vibe.
- Make her laugh and giggle when she talks to you.
- Use flirting to add a sexual vibe to your conversations and interactions.

When you display attractive traits such as those, you don't have to try hard to make a girl like you because it will happen naturally based on her attraction for you.

Many guys don't know how to attract girls, so they waste time trying to convince a girl to like them.

Watch this video to understand where guys go wrong and what you should do instead if you want this girl to like you in a sexual, romantic wayâ!

You can immediately create a spark between you and a girl simply by triggering her feelings of attraction for you.

Understanding How a Girl's Attraction For a Guy Really Works

[image: Making a girl like you]

Many guys are confused about what to do to make a girl like them, because they assume that girls feel attracted to guys for the same reasons that guys feel attracted to girls.

In other words, guys think that it's all about looks.

While it is true that a girl can feel attracted to a guy's looks, the majority of girls feel much more attraction to other things about guys (e.g. confidence, charisma, emotional masculinity, charm, humor, etc).

Yet, for most guys, the attraction they feel for girls is INSTANT and it doesn't even matter if the girl isn't very intelligent, interesting or even a very nice person.

Most guys will still be willing to have sex with her (and possibly even date her) solely based on how she looks.

For this reason, a lot of guys make the assumption that most girls make a decision about who to have sex with and be in a relationship with based on physical appearance.

Yet, for most women (not all), a man's personality traits (e.g. his confidence, charm, masculinity, sense of humor) carry much more weight than looks when she is deciding if she wants to have sex with him or date him.

For example: A guy might really like a girl and really want to hook up with her, but since he comes across in a nervous, insecure and self-doubting way when he interacts with her, she rejects him because she feels turned off by his insecurities.

Rather than realize that it is his lack of confidence that is turning her off, he will usually just assume that he is being rejected because he isn't good looking enough, rich enough or tall enough.

Looks Are Only Important to Some Girls

Some girls place a lot of importance on how a guy looks, but the majority of girls are much more open and flexible when it comes to what they will accept about a guy's appearance.

This is why you will always see so many ordinary, plain and even ugly guys with a beautiful girlfriend or wife.

How did they get their girl to like them?

Simple: He made her feel attracted to him for reasons other than his looks (e.g. confidence, humor, charisma, charm, masculine vibe, etc).

Here's the really interesting thing though!

If a guy isn't very good looking and even has some negative features (e.g. a big nose, eyes too close together, too short, chubby, skinny), these odd features will actually become attractive and appealing to a girl when she is feeling a lot of attraction for him.

Rather than look at his flaw as a bad thing, she begins to see it as a cute thing that only her guy has.

She will say, *"I like that he's chubby; it makes him cuddly"* or *"I don't care that he is short, because he is confident and he makes me feel proud to be with him."*

So if you're wondering what to do to make a girl like you because you think you're not good looking enough for her; think again.

Rather than focusing on making a girl like you as a person, just focus on making her feel sexually attracted to you instead.

If a girl has been rejecting you or giving you the cold shoulder, you will immediately begin to see that her attitude towards changes without her even realizing that she doing it.

All of a sudden, you will seem attractive and appealing in her eyes and she will wonder how she could have ignored you all this time.

4 Mistakes to Avoid Making If You Want a Girl to Like You

A big part of getting a girl to like you is to know what to avoid doing that might turn her off.

Here are some classic mistakes to avoid:

1. Don't pretend to be her friend if you want to be her boyfriend

A common mistake that guys make is to assume that the only way they can get the girl they like is to be nice and friendly to her.

A guy like this hopes that by being a good friend to her, listening to all her problems, gossiping with her on the phone or via text and generally being there at her every beck and call, she will one day realize that she likes him and wants to be his girlfriend.

Yet, what he usually doesn't realize is this: A girl liking a guy as a friend is not the same as her feeling sexually attracted to him and wanting to be his girlfriend.

If you want to get a girl to like you in a sexual and romantic way, you have to focus on sparking her feelings of sexual attraction rather than her feelings of friendship.

For example: Make her feel girly and feminine in comparison to your masculinity (i.e. how you think, feel, behave, talk, move) when you interact with her.

If you don't trigger her feelings of sexual attraction, she might like you as a friend and enjoy hanging around you, but she's not going to want anything more than that.

[image: Mistakes that make girls lose interest in you]

When another guy comes along who can spark her feelings of sexual attraction, she will be going out on dates and having sex with him, while she calls you on the phone to tell you all about it because you're such a good friend to her and she can always count on you to gossip and discuss love and relationships with her.

[image: Mistakes that make girls lose interest in you]

She could have actually been your girlfriend, but you were too busy pretending to just want to be her friend.

If you want a girl to like you in a sexual way, you must focus on triggering her feelings of sexual attraction. Only when you have done that should you then focus on showing her how good of a guy you are.

If you make the classic mistake of trying to show her how nice of a guy you are by being a friend to her, a girl will almost always only have friendly feelings for you and won't be interested in anything sexual.

3. Don't put her on a pedestal

Sometimes, a guy will feel as though the girl he likes is simply too good for him.

Although he secretly wishes that he knew what to do to make her like him, deep down he actually

doesn't believe that he's worthy of her, so he puts her on a pedestal and worships her from afar.

For a girl to feel attracted to a guy, she has to be able to feel respect for him as a man by being able to look up to him as someone who is more confident and emotionally strong than she is.

So, when a guy puts a girl above himself in terms of value, she loses respect for him and then finds it nearly impossible to feel enough attraction for him to give him a chance to be with her.

A girl wants to feel feminine and soft in contrast to a man's emotional toughness and masculine vibe.

She doesn't want to feel as though she needs to be gentle with a guy because he lacks belief in himself and is emotionally sensitive like a girl.

To get a girl to like you and respect you as a guy, you have to believe that you are good enough for you.

When you truly believe that, she will notice it and feel attracted to you because of it.

She will then feel lucky to be getting a chance with a sexy guy like you who is 100% confidence in himself around girls.

3. Don't tell her that you like her before she is fully attracted to you

If a guy hasn't said or done anything to make a girl feel sexually attracted to him and he then tells that he likes her, she's not going to feel very excited to hear it.

She's going to be thinking, *That's sweet, but I'm not interested in him in that way,* or *He's nice, but he's really not my type.*

If you want a girl to feel excited about the fact that you like her, you have to make sure that you make her feel a lot of attraction for you first.

It's easy for you to feel attracted to her because a guy's attraction for a girl is mostly about how she looks.

He then starts to focus on other positive qualities about her and says that she is special, unique and maybe even "the one."

However, a guy's attraction for a girl is instant based on her looks.

Almost all guys will feel more than enough attraction for a girl's looks to instantly decide, "Yes" or "No" to the idea of having sex with her.

Yet, girls don't work the same way.

Girls need to be warmed up to the idea of having sex with a guy by interacting with him and assessing whether or not he has the attractive traits that girls look for in a guy (e.g. confidence, emotional masculinity, charisma, charm, etc).

When you spark a girl's sexual feelings for you (not just her friendly feelings) she will be happy to hear that you like her because she'll be feeling the same way about you.

4. Don't lose hope when she tests you

Girls like to test a guy's confidence.

Testing is a girl's way of separating the real men from the insecure boys, so to speak.

So, here's what you need to do!

Assume (without a doubt) that the girl you like is going to test you, so you don't lose your cool when it happens.

For example: If a guy approaches a girl that he likes, and she might give him a cold look and act aloof and unfriendly.

This is her instinctive, natural way of trying to find herself a confident guy, rather than giving an insecure guy a chance with her.

Another example is where a girl will smile and be friendly towards a guy during the first couple of minutes of conversation, but will then change her approach and start to tease him or pick on him to see how he reacts.

A guy who understands girls will realize that she is testing him, so she will remain confident and relaxed, rather than feel like he is losing his chance with her.

On the other hand, an insecure guy will take her change in behavior as a sign that she really doesn't like him. He will go away with his tail between his legs feeling rejection and left out.

All Girls Test Guys

Even when a girl is happy in her relationship with a guy, she will still test his confidence to see if he is growing as a man or has become insecure since being with her.

So, don't be afraid of when a girl tests you.

In fact, you should use it as an opportunity to make her feel deeper attraction for you by remaining confident regardless of what she throws at you.

Experiencing a man's confidence is irresistibly attractive to a girl. They simply can't get enough of it and will continue testing you for life to experience it.

If You Like This Girl, Start Making Her Feel Attracted to You

Getting a girl to like you is a lot easier than most guys realize.

When you trigger a girl's feelings of sexual attraction for you by displaying some of the personality traits and behaviors that are naturally attractive to women (e.g. confidence, charisma, emotional masculinity, humor) you won't have to worry about coming up with ways to make a girl like you.

She will instinctively like you and feel drawn to you because you are making her feel sexually attracted and aroused.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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What Makes a Woman Want to Sleep With a Man?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The main thing that makes a woman want to sleep with a man is his ability to spark intense feelings of sexual attraction when she interacts with him in person.

For example: If a guy displays confidence, charisma and charm while he interacts with a woman, she will automatically have some sexual feelings for him.

If he then builds on her feelings of sexual attraction by making her laugh and making her feel girly in comparison to his masculinity (i.e. how he thinks, feels, talks, moves, behaves), she will then feel more than enough sexual attraction to want to sleep with him.

Watch this video to understand how it worksâ|

Sexual attraction is what makes a woman want to have sex with a guy or then start a relationship with him.

If a woman doesnât feel sexually attracted to a man, she might want to be his friend and experience friendly feelings for him (e.g. *“He’s such a nice guy”* or *“He’s like a brother to me”*), but she won’t much or any interest in ever sleeping with him.

If you want to make a woman want to sleep with you, donât waste time trying to be her friend or hoping that she likes you as a person if you can just show her how nice, trustworthy and intelligent you are.

If you want her to experience a desire to sleep with you, the main thing that you must do is spark her feelings of sexual desire for you by the way you interact with her.

When she feels sexually attracted to you, she will then appreciate the fact that you’re also a good guy. She will feel as though she’s hit the dating jackpot because she gets to be with a guy who is not only nice, but who who can also make her feel very attracted.

When you display the personality traits and behaviors that are naturally attractive to women (e.g. confidence, making her feel feminine in contrast to your masculinity, making her laugh), a woman will feel herself drawn to you without you having to do anything to âmakeâ her want to sleep with you.

Since you are making her feel sexual desire and that feeling is building up the more you interact with her, she will then want to release that tension with kissing and sex.

What if Iâm Not Her Type? Will She Still Want to Sleep With Me?

[image: What makes a woman want to sleep with a man?]

A woman may be going through life with an idea of what she thinks her type is, but that can easily change if she meets a guy who makes her feel a lot of attraction for other reasons.

For example: If she thinks that she wants a handsome man with brown hair, it doesn’t mean that an average or even below-average looking guy with black or blonde hair won’t be able to make her feel attracted.

Why?

For most women, the attraction that they feel for men has less to do with how the guy looks and more to do with how he makes her feel when interacting with her.

If a guy who isn't a woman's normal type is able to make her feel a lot of attraction during an interaction, she might say, *"You're not my usual type, but I like you — there's something about you."*

That "something" is his ability to make her feel attracted. She is feeling attracted to him, so she then begins to look at him in a more positive light.

[image: Almost any guy can attract women]

If he makes her feel a lot of attraction, she may even realize that she was wrong to have such a restrictive type when it comes to guys and she will open up to him, kiss him, have sex with him and get into a relationship with him.

That's how it works, but don't ever expect women to admit that or for other guys to tell you what I'm telling you.

Many guys go through life believing they must have the kind of physical appearance that a woman is looking for; otherwise she just won't feel attracted.

Yet, they are wrong.

Guys think that way because they don't even understand how a woman's attraction for a man works. They assume that because guys feel intense attraction to a woman's looks, women must choose men for the same reason.

So, if a guy isn't good looking, he will assume that he's simply not good enough for the majority of women.

Yet, he is wrong.

He can actually make the majority of women (90% of women based on all my experience picking up women and helping other guys to pick up women) feel attracted to him and want to be with him.

He first needs to understand that a woman's attraction for a man does not work in the same way as a man's attraction for a woman.

For example: A guy will notice a beautiful woman and instantly decide, *"Yep, I'd definitely sleep with her."*

He doesn't stop to check whether she's intelligent, interesting to talk to, or if she has a great sense of humor first before he makes that decision.

For most guys, if a woman has other great qualities about her, that's just seen as a bonus to him. However, if she doesn't have a great personality, he still feels attracted to her and wants to sleep with her, even if it's just once or if the relationship wouldn't last as long.

On the other hand, a woman might notice a guy and feel very attracted to his appearance, but if she interacts with him and he behaves in ways that are not attractive to her (e.g. he is nervous, insecure and self-doubting, puts on a fake persona and pretends to be more confident or nicer than he is, tries too hard to impress her), her initial attraction for him will fade.

Why?

Most women (not all) are mostly attracted to other things about a man besides his appearance (e.g. his confidence, his conversation style, his ability to make her feel girly and feminine in contrast to his

masculine vibe, etc.).

[image: Making a woman want to sleep with you]

Of course, there are some women who will only sleep with and date good- looking, rich or successful guys, but the majority of women feel attracted to who a man is as a whole.

So, if youâre asking, *âWhat makes a woman want to sleep with a man?â* because youâve been blaming your lack of success with women on your appearance, you need to take a moment to understand how a womanâs attraction for a man really works.

Watch this video for more infoâ!

It sometimes takes a few hours, days or weeks for a guy to accept the reality of attraction, but once he does, he realizes that heâs wasted most of his life thinking that he isnât good enough for women.

Almost all guys have the capacity to naturally attract most women they meet. A guy cannot pick up every woman he meets (i.e. some are taken, some are not compatible with him, etc), but he can definitely attract most of the women he meets.

He simply needs to meet women, make them feel attracted and hook up with the compatible ones.

Have You Ever Seen Unattractive Men With Beautiful Women?

If women only slept with good looking guys, the world would be full of unhappy, single and sexually frustrated men, because the majority of men are not as good looking as women are.

Most of us guys are just guys and we donât really have any special about our appearance. We look plain, uninteresting and average or below-average.

Most guys have some physical flaw that they hate about themselves (e.g. a big nose, ears that stick out, a receding hairline, a weight problem), which they then use as the reason why they canât get laid.

Yet, other guys who have the same “flaws” get laid with beautiful women all the time and even have a beautiful girlfriend or wife.

When you begin to realize that you can attract a woman by the way you think, feel and behave around her, you will have discovered a big piece of the secret to what really makes a woman want to sleep with a man.

When you trigger a womanâs feelings of sexual desire by the way you interact with her (e.g. your conversation style, by making her laugh, by making her feel sexy in your eyes, making her feel girly in comparison to your masculinity), rather than looking at you and seeing flaws, a woman will see things about you that are cute and unique and that make her feel even more attracted to you.

For example: If a guy has a big nose, she will see that as being a cute feature and will come to really like it because it is attached the guy who is making her feel so attracted.

The more attraction he makes her feel, the more she will want to sleep with him and the more she will love his little “flaws” and unique characteristics.

On the other hand, if a guy tries to get a woman to sleep with him before he has properly triggered her feelings of sexual attraction, a flaw like a big nose, or a bald head will seem a lot more unattractive to her.

She will look at the “flaw” and think, *“I don’t like this guy and he has a big nose too gross. I hate guys with big noses.”*

You Have a Natural Ability to Attract Women

When a guy lacks confidence around women, he will often waste a lot of time looking for some kind of superficial way to make women feel attracted to him (e.g. he will buy a new car, work out at the gym, get a better job, wear expensive clothes, etc).

What he doesn’t realize is that the magic is inside him.

The magic is in his confidence, his natural ability to make a woman feel girly and feminine in comparison to his masculinity, his ability to make her laugh and many other qualities that naturally attract women.

Yet, if a guy doesn’t know that he can properly attract women by displaying some of the personality traits, behaviors and inner qualities that naturally attract women, he will lack confidence in himself around beautiful women.

He will assume that women wouldn’t want to sleep with a guy like him because he isn’t perfect looking, tall or rich.

He’s just a normal, every day guy, so why would beautiful women want to sleep with him.

Simple: Attraction.

Attraction is what makes a woman want to sleep with a man and if you have the ability to attract women, you can sleep with beautiful women.

If you want a woman to sleep with you, simply make her feel attracted to you and believe that she wants to sleep with you.

You can’t doubt yourself and your attractiveness to her and then expect her to feel turned on, or expect her to make it really obvious that she likes you and wants to have sex with you.

A woman can sense when a guy is feeling insecure and doubting himself by noticing his body language, the way he interacts with her and how he looks (or avoids looking) at her.

If a woman senses that you don’t believe in your attractiveness to her, she will rapidly lose interest in you because the number one trait that women look for in a guy is self-confidence.

The more self-confidence you have around women, the more that women will want to sleep with you.

Getting a Woman to Sleep With You

[image: Using your natural ability to attract women]

If you are attracted to a woman and you want her to sleep with you, here’s what you need to do:

- Focus on triggering her feelings of sexual attraction for you.
- When you sense that she is properly attracted, confidently attempt to escalate things to the next level (e.g. a first kiss, a date or sex).

If you don’t make a move, it’s more than likely that some other guy will come along and take

her from you.

If the other guy has the confidence to seduce her and make her feel the way she wants to feel, sheâs not going to wait around for you to build up the courage to make a move; she will be kissing and having sex with the other guy instead.

In the past, when women saved their virginity for marriage, a guy would wait a long time to make a move and she would still stick around.

However, in todayâs world, most women have sex with a guy on the first night, first date or second date at the latest, so donât waste time acting like you just want to be a nice friend to her.

These days, if you take too long to make a move, you will often lose your opportunity to be with a woman and she will say something like, *“Ummâyou’re really nice and I like you, but I’m not looking for a relationship right now”* or *“I think we’d be better off as friends.”*

Making a Woman Want to Sleep With You is Easy

[image: Using your natural ability to attract women]

Hopefully by now, you have realized that you donât have to be good looking, rich or successful to make a woman feel sexually attracted to you and want to sleep with you.

When you display the behaviors and traits that are attractive to women (e.g. confidence, charisma, masculinity, emotional strength) you will automatically be seen as attractive in their eyes.

What makes a woman want to sleep with a man is simply his ability to make her feel the way she needs to feel to be willing to have sex (i.e. attracted and turned on).

So donât waste another minute trying to make a woman want to sleep with you by being really nice, polite and friendly around her.

Be a good guy, but make sure that you make her feel sexually attracted to you because if she only has friendly feelings for you, she’s not going to want to sleep with you.

Itâs up to you to be confident and masculine enough (in the way you think, behave and take action) to talk to a beautiful woman, spark her feelings of sexual attraction and then escalate to kissing and sex.

When youâre confident enough to do that, many of the women you meet will want it too.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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7 Dating Rules For Men

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Dating modern women is very easy when you use an approach that is suited to today's dating environment.

The dating scene really has changed a lot lately, so to get you up to speed, here are 7 dating rules for men that will make the process of approaching, picking up and getting into relationships with women much easier for you!'

1. Understand that sex happens very quickly these days

[image: Oh, how times change...]

Although most women behave as though they would never have sex with a guy on the first night or first date, statistically speaking most women do have sex that quickly.

For example:

- A study in the USA found that 55% of couples had sex on their first date.
- A study in Europe found that 70% of women admitting to having experienced a one night stand.
- A study in the UK found that 49% of women admitted to having experienced a one night stand.

This was a shock to me when I first started going out to approach women because women seemed to not even care if men approached them or not.

What confuses a lot of guys is how women don't seem to be as turned on by men as much as men are turned on by women.

When an attractive woman walks past, most men will look and come to a "Yes" or "No" decision about whether they'd have sex with her or even have a relationship with her.

This is why you'll often hear men referring to women as marriage material and instantly saying they would "tap" her.

There's nothing wrong with men doing that (we all do it), but the point I'm making here is about the difference between how men and women react to each other.

Almost all women go through life in OFF mode and will only feel properly turned ON and attracted to a guy if he interacts with her and displays some of the personality traits, behaviors and inner qualities that are attractive and arousing to women.

For example: Confidence, charisma, charm, humor, masculine vibe, etc.

Since almost all women need to actively interact with a guy before they can make a decision about whether they'd want to have sex with him, they tend to be very passive or indifferent when it comes to men.

One of the reasons why a woman's attraction works in that way is to help ensure that she doesn't give insecure guys a chance to be with her.

Her instincts are hard-wired to make her feel attracted to confident men, which is why women don't

want to approach men and make it easy for them to meet her.

Another reason why women don't actively approach and try to pick up men, is that they don't want to seem too easy when it comes to sex.

By showing him that she can control herself when it comes to sex, a woman knows that it will help a man trust her if they get into a relationship.

Men know that all it will take for a woman to get laid is for her to say, "Yes" to the 100s of guys who look at her, call out to her or try to hit on her every week.

It's very easy for a woman to get laid, so to make sure that her future boyfriend or husband will be able to trust her, she has to restrain herself and act like she couldn't care less if she has sex or not.

As a woman gains experience with relationships, she will know that if she appears too open and easy about sex, most guys will become insecure and clingy in the relationship and then begin to control her.

So, as a modern man, you need to understand that sex does happen very often these days, but women still have to act like they are not interested in sex or never have sex on the first night or first date.

Some guys might feel as though the world should change back to how it was in the 1800s to early 1900s, so women are forced to wait until marriage to have sex, but it's not going to happen.

If you want to get in on the action, you need to accept that pretty much all women you meet will have had sex on the first night or first date before.

Some women may want to wait until the second or third date, but it is highly unlikely and will usually mean that you're simply missing her signals that she does want to have sex with you because you're afraid that you will be rejected if you make a move.

These days, one of the most important dating rules for men is to understand that sex actually starts a relationship.

Unlike in the past, where a woman had to get married to lose her virginity and start an actual relationship, women are able to start a relationship immediately if they feel enough attraction for a guy.

Having sex with each other is a way of cutting through all the courtship rituals and getting straight to the point.

After you've had sex, you can then continue to see each other and if you both begin to fall in love, then a relationship will begin to form.

However, most modern women don't even want to discuss having a relationship until after they've had sex with you at least once.

Some women don't even want to go there until they've dated you for a while, because she will have had relationships before and wants to be sure that you and her could last before she makes it official.

Of course, if you are skilled at making women feel attracted to you, a woman will immediately start talking about wanting to have a relationship with you after sex because she will be feeling more for you than she has felt for other guys.

2. Be a good guy to women, but don't be too nice

[image: Be a good guy, but don't be too nice]

The approach that we teach here at The Modern Man is about being a good guy who also displays the personality traits, behaviors and inner qualities that are naturally attractive to women.

For example: Confidence, charisma, charm, humor, masculine vibe, etc.

It's not enough to just be a good guy. If you want women to want you, it's essential that you make the effort to display attractive traits when you interact with women.

A common mistake that men make is to be very polite, considerate and nice to women and hope that it will make women like him enough to give him a chance.

[image: Rejected for being a nice gentleman]

Yet, that's not how it works.

Women want to feel attracted to you, rather than just like you as a person.

There's nothing wrong with having manners and being a good guy, but when a guy tries to attract a modern woman into a relationship by simply being nice to her, he will usually get rejected and here is why!

As you will discover from the video above, simply being nice to a woman doesn't make her feel sexually attracted and turned on.

Only being nice also doesn't make her feel as though the guy is special and unique because pretty much every guy who doesn't understand how to attract women, will attempt to get her into a relationship by being nice to her.

Many guys fail to realize that the nice guy approach isn't unique. Almost all of the men that a woman meets will attempt to woo her by using a nice guy act (i.e. acting nicer than they really are, in the hopes that it will impress her).

She's bored to death of that crap.

So, if you want to stand out from the crowd, make sure that you focus on making a woman feel sexually attracted to you, while ALSO being the good guy that you are.

Although it would be nice if women simply liked you because you are a good guy, it's not going to happen because most guys put on an act of being a really nice guy as a way of hopefully getting a woman to like them.

Women only appreciate niceness AFTER they feel attracted to you. If you attract her and also treat her well, she will see you as a charming guy.

However, if you are just nice to her, she will see you as a typical nice guy and won't have much or any sexual feelings for you.

3. Don't be so easily impressed by her

One of the biggest mistakes that men make with women is to confuse their feelings of sexual attraction, with their overall evaluation of the woman.

For example: A guy will see a physically attractive woman and will instantly think, *Yes, I would*

have sex with herâ" and based on the physical attraction he is feeling, he will begin to look at her overall personality and behavior in a positive light.

He might say, â" *She looks sweet*â" simply because she is smiling and he will imagine that she is a nice, trustworthy woman with no personality faults at all.

If she is wearing nice clothes and has nice hair, he might say, â" *She is stylish*â" and then imagine that she is intelligent, cultured, interesting and popular.

If he talks to her and while being nice to him, she says something vaguely intelligent or witty, he will feel impressed and amazed by her and it will begin to show up via his body language, behavior, vibe and conversations style.

He isnâ"t doing much or anything to make her feel attracted and is simply having a nice, friendly chat with her, while who she is and what she looks like is making him feel intense attraction.

He is attracted and impressed and he just canâ"t contain his excitement.

What he doesnâ"t realize is that pretty much every other guy that she meets has the same reaction.

Guys feel attracted to her and are then amazed that she is being nice to them during a conversation, so they feel like theyâ"ve found â"the oneâ" or about to score.

The guyâ" body language, behavior, conversation style and vibe then makes the woman realize that he is way more impressed by her than she is of him, which is the opposite of what she really wants.

She wants to meet a guy who is attracted to her, but most importantly – she is attracted, turned on and excited to be interacting with him.

She wants to feel as though he could have other women (she will sense that by his confidence and ability to attract her), but will choose her if she impresses him enough.

She wants him to be impressed by how she looks, but to not be 100% sold on who she is yet.

She wants to have to work to earn his full approval and interest.

This is what women refer to as a man being a challenge and here is why they like itâ"!

Simply based on how a woman looks, almost all men will be more than impressed and will be interested in having sex with her and possibly even a relationship.

Some guys will just look at her and think of having sex with her once or twice, but most guys will be in for a relationship as well.

Itâ" is incredibly boring for women.

Itâ" is not menâ" fault for feeling so attracted to women, but it is menâ" fault for not taking a moment to understand the reality that women live in.

Based on how easily men feel attracted to women, it creates a desire inside of a woman to want to meet a guy who is more of a challenge to win over.

Being a challenge around a woman is not about acting like youâ"re not interested or lying to the woman in any way.

What being a challenge really means is that you make a woman feel attracted to you by displaying some of the personality traits, behaviors and inner qualities that naturally attract women (e.g. confidence, charisma, humor, masculine vibe, charm).

Once you have sparked a womanâ" attraction for you, the next step is to let her sense (via your

body language, conversations style, vibe, attitude, behavior) that youâ€™re not fully sold on her yet.

4. Don't give up at the first sign of resistance

One of the most important traits that women look for in a man is confidence, which is why nervous, insecure guys always struggle to attract women.

An easy way for a woman to find out how confident a guy really is around her, is to test him by playing hard to get, acting uninterested or even teasing him during a conversation.

If he crumbles under her pressure, she knows that he isn't confident enough for a woman like her. However, if he remains confident and relaxed and either laugh at her tests or flat out ignore them, her respect and attraction for him will deepen.

When going through the dating process, you will often encounter signs of resistance even when women really like you.

For example: You might be getting along well with a woman and everything is going great, but she then rejects you when you attempt get her number.

She says something like, *â€œYou want my number? Iâ€™m not sure I should give it to youâ€* or, *â€œI don't know...I don't usually give my number out to guysâ€* to see how you will react.

Rather than feeling as though you are being rejected, just understand that she is almost certainly (at least 99% of the time based on all of my experience) trying to test your level of confidence.

5. Approach and talk to women that you find attractive, rather than settling for lower quality women that you will regret being with later on

If you only ever approach average or below-average looking women, you will never get to sleep with beautiful, sexy women.

It sounds obvious to say that, but so many guys wonder why they can't get a hot girlfriend, even though they rarely, if ever, approach and talk to hot women.

To be successful at picking up beautiful women, you need to have a fairly good level of skill when it comes to sparking and building on a woman's attraction while you interact with her.

This is because she knows her value on the mating market, so she doesn't have to settle for a guy who makes her feel little or no attraction.

Surprisingly, average and below average looking women actually have MORE choice of men than beautiful women do, because most guys are afraid to approach beautiful women and those who do are either drunk, insecure or sleazy.

It's usually very difficult for a beautiful woman to find a confident good guy because most guys are intimidated by her and most confident good guys already have a girlfriend or wife.

When you can walk up to a beautiful woman with an easy-going, relaxed confidence and spark her feelings of attraction, she will be interested to see how much more attraction you can make her feel.

She will almost always begin to put you through confidence tests (e.g. playing hard to get, not

contributing much to the conversation initially, teasing you or putting you down during the conversation, etc) to see how confident you really are.

If you pass her confidence tests and simply focus on making her smile, laugh and feel good when talking to you, she will be excited to be interacting with a confident good guy who seems to be interested in her.

She will almost always then bring down her guard and show you a more relaxed, open, friendly and easy-going side of herself that almost no other guys get to see.

When she does that, she is essentially yours for the taking. You just need to remain confident and believe that you are making her feel attracted and that you can kiss her and have sex with her when the time is right.

Personally speaking, I can tell you that having sex with a beautiful woman is completely different than having sex with a woman that you know isn't very attractive.

Although it feels good to stick it in pretty much any woman, play with her titties and kiss her, all that is nothing compared to what you will feel when you're having sex with a beautiful woman that you're really attracted to.

I remember one of the first times that I had sex with a catwalk model. After sex, she got up out of the bed and walked naked into my bathroom and I was amazed at what I was seeing.

I saw her tall, perfectly shaped body with beautiful tits, beautiful face and a perfect ass get up and confidently walk into the bathroom and then come back after a minute all freshened up.

She climbed onto the bed and cuddled into me and I just looked down at her and thought, *â€œWow. This girl is so damn sexyâ€* | *look at that faceâ€* | *look at that body. Amazing.*â€

It was a big deal for me because a year and half prior to that moment, beautiful women wouldn't even talk to me for more than 30 seconds (if that!).

I was too nervous, I didn't know what to say and I had no idea how to make them feel attracted to me.

However, when I created the attraction techniques that I now teach here at The Modern Man, everything changed and women looked at me in a completely different way.

The more I improved my ability to attract women during a conversation, the higher quality of woman I was able to get.

You can do the same as well.

If you don't really know how to make women feel attracted and turned on by you when you interact with them, it's important for you to understand that you can actually learn the skill.

It's so damn easy that you will kick yourself for not knowing this earlier.

Watch this video to understand how it worksâ€!

As you will discover from the video above, a man does not have to be tall, handsome or rich to attract a beautiful woman.

Most guys believe that they have to be tall, handsome or rich to attract a beautiful woman, which is why most guys only ever approach and pick up average to below average looking women.

Sometimes, a guy will â€œget luckyâ€ and score himself an attractive woman, but she may then dump him later on when she is sick and tired of not feeling much or any attraction for him.

If you want to be able to attract and keep a beautiful woman, you must know how to actually trigger and build on a woman's feelings of sexual attraction for you.

6. Don't hide behind text messages

Another common mistake that men make these days is to hide behind texts messages after getting a woman's phone number.

A man will text back and forth with a woman and try to think of really interesting, funny or clever things to say via text, Whatsapp, Facebook, Twitter and other social media sites.

If the woman is interested in him, she might be happy to engage him in a text exchange for a while, but she will eventually lose interest if he doesn't grow a pair of balls and just call her.

If you want to get consistent results with women in your dating life, you need to have the balls to call a woman, get her laughing, have an enjoyable conversation (anywhere from 1-10 minutes) and then set up a time to meet in person.

You can set up dates at your place or her place (e.g. cook dinner, hang out and have some drinks before going out to party, meet up at your place and then walk to a nearby cafe together, etc) to help ensure that you and her can easily have sex on the first date.

Alternatively, if you want to go for more a traditional style of date, you can catch up for a coffee, something to eat or a couple of drinks and then transition the date back to your place or her place and then have sex.

If you don't want to have sex that quickly, you can do it on the second date, but don't leave it for too long because most modern woman don't like wasting time in the "dating zone" before they get to take you for a test drive.

7. Believe in yourself

[image: Believe in yourself]

One of the most important dating rules for men is to believe in yourself.

These days, we men are bombarded with message from the media telling us that we're not good enough and we need to be taller, have six pack abs, look like a model, be rich and be living a celebrity lifestyle to be worthy of a woman.

If a modern man pays to all of the messages in the media, it really can be very depressing, frustrating and confusing and lead to him avoiding women altogether.

However, what you need to understand is that the vast majority of women (I'd say about 90% based on all my experience picking up women and helping guys to pick up women) are much less picky about what they will accept in a man than most guys realize.

[image: Believe in yourself]

Some women are very picky and will only accept a tall, rich, good looking guy, but the majority of women are much more flexible about what they find attractive in a man.

Watch this video for more info!

As you will discover from the video above, it is possible for pretty much any man to attract a beautiful and then enjoy an amazing relationship with her.

However, the media is not going to tell you that and neither are women.

Beautiful, attractive women are going to say to you, "Hey, stop doubting yourself. You are good enough for me" and the media isn't going to stop talking about tall, handsome men with six-pack abs and loads of money.

Yet, despite what the media focuses on and why beautiful women have to play hard to get, you can still get what you want.

[image: Believe in yourself]

What you need to realize is that the majority of women (beautiful or otherwise) have average or below-average looking boyfriends or husbands and it's possible for pretty much any man to have a beautiful woman.

The main that you need to do is believe in yourself and your natural ability to attract women.

You need to believe that you can have your choice with women and you can attract a beautiful woman for sex or a relationship.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

What Do Women Find Sexually Appealing?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

When a man displays some of the behaviors, personality traits and inner that women naturally feel attracted to, women will find him sexually appealing and desirable.

For example: If a guy displays confidence, has a masculine vibe (rather than a neutral vibe) and is charming, women will find him to be sexually appealing.

This is a process that happens automatically, without the woman having to think about it or control, just like you will automatically feel attracted to the physical appearance of women.

Almost all women place much more importance on how a man's personality traits, behaviors and inner qualities make them feel, which is why you will rarely women perverting at men in the same way that men perve at women.

[image: Willing to have sex with her just based on appearance]

Women who do perve at men will either be drunk, just having a laugh together while pretending to act like guys, or they will be unattractive and hoping to catch the attention of an insecure good looking guy who will accept an unattractive woman.

However, the majority of women go through life in OFF mode in terms of their attraction for men.

[image: Men perverting at a woman]

Men are able to instantly find a woman sexually appealing and want to have sex with her simply based on how she looks.

Yet, most women don't feel the same readiness to have sex simply based on a man's appearance.

It is only when a man interacts with a woman and displays some the personality traits, behaviors and inner qualities that naturally attract women, will she then switch into ON mode and feel properly attracted to him.

Here are 5 examples of personality traits and behaviors that women find sexually appealing in men, (whether the guy is approaching her for the first time, on a date with her or in a long term relationship or marriage).

1. Relaxed confidence

[image: Relaxed confidence]

Confidence is the easiest way for a man to make a woman feel sexually attracted to him.

However, you don't need to go overboard with confidence and try to show off, be loud or brash.

The best type of confidence that attracts all kinds of women is relaxed confidence, where you are comfortable being yourself and are not putting on any kind of act.

A woman will find you to be sexually appealing if you can display relaxed confidence around her in social situations.

You can then deepen her feelings of sexual attraction for you by maintaining that confidence regardless of what happens, or what she says and does during the interaction (e.g. if she plays hard to get to test your confidence).

Most women will test a guy's confidence to check if his confidence is only an act that he is putting on to hide his feelings of nervousness, self-doubt and insecurity.

A woman might test him by showing a lot of interest one moment, and then suddenly switch off and pretend that she's not interested in him at all.

If he crumbles and doubts his sex appeal to her, she will know that he's not really confident and will then lose interest in him.

Women don't want to reward insecure guys with sex or a relationship, because they instinctively know that she would probably have to baby him and prop him up every time he felt bad about himself.

Women don't want to feel like they need to be gentle with a guy because of his insecurities.

They want a ready-made man who believes in himself with or without her reassurances.

In a relationship, a woman will often test her man's confidence by teasing him about his appearance or attractiveness (e.g. *"You don't look as good as you used to"* or *"Why do you wear those clothes?"* or *"Gross, you have a belly now"* or *"Your arms are skinny. Why don't you go to the gym?"*).

If he reacts by becoming insecure or angry, he will fail her test and she will start losing respect for him.

She will then begin to lose touch with her feelings of attraction for him and when that happens, she will begin to fall out of love with him.

Being confident in yourself no matter what is critical part of earning a woman's respect.

When a woman respects you, she will find it 100x easier to feel attracted to you and she will feel excited, proud and happy to be in love with you.

Unfortunately, confidence is one of the biggest issues and problems that men face when it comes to approaching, dating and being in relationships with women these days.

In today's world, a lot of guys (who have been brainwashed by the media) go through life believing that in order for a woman to find them sexually appealing, they have to be tall, handsome, have a great male model-like body, be a millionaire and live a celebrity-like lifestyle.

This puts a lot of men off approaching and talking to beautiful women because they simply don't feel like they're good enough.

Yet, what a lot of guys don't realize is that if a man makes a woman feel attracted in other ways (e.g. by being confident, charismatic, charming), a woman will naturally begin to look at him in a more positive light.

Although a guy might not have the physical features of a typical male model, or be a millionaire, many women will still find him sexually appealing because of the way he is making her feel while interacting with her.

Not all women are open to feeling attracted in that way, but most women are (I'd estimate about 90% based on all the women I've picked up using my natural attraction methods).

The more confident you are in yourself and your ability to attract women with your personality, behavior and inner qualities, the more attractive you become to women.

How? Just like most men want the best looking woman, most women want the most confident guy.

The more confidence you have in yourself, the higher quality of women you will be able to attract,

have sex with and get into a relationship with.

2. Masculine vibe

[image: Masculine vibe]

Another easy, natural way to trigger a woman's feelings of sexual attraction is to make her feel feminine in contrast to your masculinity.

For example: A woman will dress in a sexy dress or tight pants, will wear make up and will do her hair in a way that is flattering because she wants to appear feminine and sexy to men.

So, when she interacts with a man, she wants to be able to feel feminine and sexy in his presence. She doesn't want him to act like a woman and say, *"Oh, that's a nice dress. What fabric is it?"* or *"Where did you buy that dress?"* and be interested in the dress itself.

She wants a guy to have the confidence to be a man about it and look her up and down with relaxed confidence, smile and say to her, *"Wow, look at you"* or *"Aren't you a pretty picture?"* or *"I've seen some pretty women in my life, but you are one of the rare sexy women. I like it."*

Essentially, he just needs to be real and tell her that he finds her sexy, rather than lying to her and avoiding the topic by saying, *"Oh, I love your hair"* or *"That's a nice dress"* or *"You have nice eyes."*

Of course, making her feel feminine in comparison to your masculinity is more about how you use your body language and how you come across overall in terms of vibe, attitude and so on.

It's much less about what you say and more about how your body language, attitude and vibe makes her feel when she interacts with you.

For example: If a guy is nervous and self-doubting when he first starts talking to a woman, she will feel more dominant and emotionally strong than him, which will make her feel a bit masculine around him.

She will instantly feel as though he is a guy who lacks the capacity to make her feel feminine and girly in his presence and as a result, she won't be able to properly respect him or feel attracted to him.

On the other hand, if a guy approaches a woman and is confident and calm in the masculine role, she will automatically relax and feel free to be feminine and girly around him.

If he isn't good looking, rich, tall or some kind of superstar, she will still feel attracted to him and will say/think something like, *"There's something about this guy"* or *"I like him"* or *"he's sexy"* or *"he's cute too."*

That "something about him" is the fact that she feels attracted to his ability to make her feel feminine and girly in comparison to his energy, body language, tone of voice, etc.

So, if you want women to find you sexually appealing, make sure that you come across as being masculine, rather than suppressing your masculinity behind a nice guy act or being neutral because you are too lazy to be masculine.

3. Charm

[image: Charm]

Being charming essentially means that you trigger a woman's feelings of sexual attraction for you

(e.g. be confident, charismatic, masculine) while also being nice to her.

Important: It's not just about being nice.

You have to first make the woman feel sexually attracted to you and then also reward her with nice treatment, compliments and gentlemanly behavior.

Charm is attractive to a woman because not only does it make her feel good to be interacting with you, but it also allows her to feel respected.

She feels as though you not only find her attractive physically, but you also like her as a person and are interested in making her feel good.

However, you must get 100% clear on one important thing: Being nice does not mean that a guy is charming.

For example: If a nice guy is only ever polite during his conversation with a woman, doesn't flirt with her and pretends that he just wants to be her friend, she isn't going to say, *"Wow! This guy is charming! I want to be his girlfriend"* and will instead simply see him as another nice guy who is clueless about what find sexually appealing in men.

If another guy comes along and charms her (i.e. triggers her feelings of sexual attraction and also treats her nicely), she will hook up with him regardless of how much she liked the other guy.

If you want a woman to find you sexually appealing, you must (it's not an option â□□ it is a must) first trigger her feelings of sexual attraction for you and then, when you are nice to her, she will see you as being charming and open up to you sexually and romantically.

4. An Attractive Style of Humor

[image: Attractive style of humor]

Most guys have heard that women love men with a sense of humor, however, what most guys don't realize is that all humor was not created equal.

For example: A guy who makes jokes or uses polite, â□□safeâ□□ humor does not make a woman feel sexually attracted to him.

She might be amused and she may even laugh, but it's not the type of humor that turns her on.

On the other hand, the type of humor that is most sexually appealing to women is what I call, Playfully Arrogant Humor.

It doesn't mean that a guy must be arrogant (in fact, being arrogant is a big turn off for most women), but it's about being arrogant in a playful, not-so-serious way, which is both funny and exciting to women.

Here is an example of Playfully Arrogant Humorâ□|

Imagine that you're at a bar, with lots of attractive women around.

You go up to get yourself another drink and you and an attractive woman arrive at the counter at the same time.

Instead of just letting her go first (like every other nice guy would), you can say (with a naughty grin), â□□*Okay, you can push in in front of me, but it's going to cost you! That will be 3 beers, 5 B-52s and a Martini*â□|â□□

See how it works?

You're not being rude or arrogant to her, you are just teasing her in a playful way to show her that you're not afraid of her and that you are there to have fun and relax.

That type of comment is not only funny to a woman, but it also makes her see you as sexually appealing because you have the balls to say something like that, while also being playful and positive about it.

You're not being mean and you're not actually expecting her to buy you the drinks; you're simply showing her that you're a confident, cool, fun guy who isn't afraid of her and is willing to be playful like that.

She will then feel intrigued by the sudden attraction she feels for you and it opens up the lines of communication between you and her.

5. Authenticity

[image: Authenticity]

One of the best ways to attract women is to cut the BS and just be real.

If you like a woman, don't be afraid to show her that when you talk to her by saying something like, *"You're sexyâ€¦I like you."*

Of course, you have to make her feel attracted to you first before saying something like that, otherwise she will laugh and see you as just another guy who is attracted to her, but who is clueless about how to make her feel attracted.

So, as long as you have made her feel attracted to you first, just be upfront and tell her that you find her sexy.

Don't say that she looks nice or that you like her dress. Don't BS like that. Tell her what you really think. Why?

Most women act like they are very confident about their physical appearance and attractiveness to men.

Yet, in reality most women are really quite insecure about it (e.g. the global survey conducted by Dove cosmetics found that 96% of women don't consider themselves to be beautiful).

So, it's always important to make a woman feel sexy and desirable when you're interacting with her, even if you think she is so amazing and would never be insecure about her looks.

For example: If a guy doesn't make it clear that he thinks a woman is sexy, she will be wondering, *â€œDoes he really feel attracted to me or is he just passing the time until he can find a woman more beautiful than me? Is he just trying to make himself feel good by getting me to like him?â€*

To make sure that he's not just waiting for a better woman to come along, she will then begin to play hard to get to see if he will keep pursuing her.

This is where most guys screw things up for real.

The more uninterested she acts towards him, the more desperate he becomes to get her to like him and then she begins to think, *â€œHe's so needy and insecure. Urgh!â€* and loses even more interest.

So, rather than waste time playing games and getting rejected by women who aren't sure what your

intentions are, just be authentic and let a woman know that you find her sexy.

The same also applies to women in relationships.

When a woman stops feeling like her man still finds her attractive, her natural instinct is to go in on herself and become closed off to showing affection or having sex.

For a woman to want to have sex, she first has to feel sexually attractive to the man, so making her feel sexy, appreciated and noticed is also an important part to keeping a relationship together.

Being Sexually Appealing to Women is Easy

The more ways that you can attract women with your personality, behavior and inner qualities, the more sexually appealing you will be.

When you have the ability to naturally attract women in that way, life becomes so much easier because you have your choice of women and you can keep a woman happy and attracted when in a relationship.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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What Does it Mean When a Woman Stares at You?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

When a woman stares at you, it can mean many different things.

For example, it could mean that:

- She finds you attractive and wants to make it clear, so you then approach her and start a conversation.
- She is just flirting with you and doesn't care if you approach or not (e.g. she likes to get guys interested in her as she goes about her day).
- You remind her of someone she knows.
- She's just randomly staring at you because she's deep in thought or thinking about life.
- You have something unusual about you, (e.g. a weird haircut, a tattoo, a shirt with an interesting slogan) that she's interested in.
- She likes your face/body/appearance/fashion sense so she's looking at you, but she's not necessarily interested in you.
- She wants to see if you have the confidence to maintain eye contact with her, rather than looking away quickly like most guys do.
- She wants to get random guys interested in her to make her female friends jealous that she is getting a lot of attention.
- She feels compelled to stare at you, but she doesn't really know why. She's just doing it.

As you can see from the list above, trying to figure out exactly what is going on in a woman's mind is usually a waste of time.

Even if a woman does like you, she won't always show that by staring at you.

For example: Some women are shy, so even if she is really attracted to a guy, she might avoid looking at him in case they make eye contact.

If he approaches her, she might react by pretending not to be interested in him, even though she is secretly hoping he'll sweep her off her feet.

[image: Woman pretending to reject a guy to test his confidence]

She will act as though she is shocked by his approach, but in almost all cases, she is simply testing his confidence and seeing if the guy will react by feeling rejected or trying to impress her even more.

Women like that need a confident guy will simply laugh and continue talking to her, because he knows that women often behave like that to test guys.

Some women are more forward and are not afraid to show their interest in a guy, so they will smile, stare or even wave at a guy from a distance.

Yet, those women are the minority.

The majority women won't make it easy for a guy to know if she is interested or not, because a woman usually doesn't want to attract insecure, shy guys who might approach her if she shows a little bit of interest.

So, she will often act as though she doesn't even care to meet any guys and is perfectly happy on her

own.

In that way, only the confident guys (or the drunk guys who will probably get rejected) will have the courage to approach her.

If she does decide to show some interest by staring at a guy, she will almost always make him confused by the signal, to make sure that she doesn't attract an insecure, self-doubting guy.

For example: She might stare at him one minute and then ignore him the next.

When he then approaches, the woman will usually pretend as though she hadn't even seen him and will act surprised that he approached her, because she instinctively wants to test his level of confidence and social intelligence.

If he remains confident and relaxed, she will then begin to open up to him and show additional signs of her interest in him (e.g. smiling, keeping the conversation going).

If he is then able to build on her attraction by displaying more of the personality traits, behaviors and inner qualities that women find naturally attractive (e.g. charisma, charm, humor) she will feel more attracted and interested in him.

Watch this video to understand how a woman's attraction worksâ|

As you will discover from the video above, what really matters is how much or little attraction you can make a woman feel for you during an interaction.

If a woman stares at a guy and he walks over, begins to make her feel attracted to him and passes her confidence tests, she will let down her guard and open up to him.

On the other hand, if he seems nervous and unsure of himself, she will quickly lose interest in him.

[image: Rejecting guy who lacks confidence]

She won't want to allow herself to get involved with a guy who will probably need her to support him emotionally in a relationship, or constantly try to encourage him to be more confidence in himself.

She will want a confident guy who believes in himself, so she can then relax into being his woman, rather than having to waste a lot of energy taking care of an insecure guy.

So, instead of worrying about what it means when a woman stares at you, focus instead on what you want from her.

For example: If you find her attractive and would like to have sex with her or date her, then simply focus on triggering her feelings of sexual attraction for you.

You are attracted to her, so you now need to make her attracted to you by displaying some of the personality traits, behaviors and inner qualities that naturally attract women (e.g. confidence, charisma, humor) when you interact with her.

Don't expect her to be clear about her interest in you prior to the approach or during an interaction, because most women simply don't want to make it easy for insecure guys to get a chance with them.

She needs you to believe in yourself and your ability to attract her and then approach and make that happen, with or without her reassurance.

You Might Be Surprised at What Really Makes Women Feel Attracted to Men

Quite often, when a guy notices that a woman is staring at him, he will begin to over-analyze it in his head because he knows that for most guys, when they stare at a woman, it clearly means they feel sexually attracted to her because of how she looks.

If she doesn't do anything else but stare at him, he might start thinking, *â€œOkay, she's staring at me! maybe she likes me. I just don't know for sure. What if I approach her and she isn't really interested in me because I'm not good looking enough?â€*

Since he feels attracted to women based mostly on how they look, he assumes that women select men for the same reasons.

Yes, it is true that a woman can feel attracted to a man's appearance and it's also true that some women will only accept a good looking guy, but the majority of women are much more flexible with what they find attractive in a guy.

This is why you will see guys who aren't good looking with beautiful women. Many guys will assume, *“Oh, well he must have a big dick”* or *“He must be rich”* because they don't even know how a woman's attraction for a man really works.

Watch this video to see what I mean!

As you will discover from the video above, most guys who fail with women don't even know the real reason why women reject them or dump them.

Most guys never get taught how to attract women and waste their life thinking that, unless they are good looking or rich, beautiful women won't want anything to do with them.

Yet, they are wrong.

What most guys don't realize is that they have to CREATE feelings of attraction inside of a woman by interacting with her.

Yes, if a guy is very good looking, some women will be interested in him purely based on his looks, but that doesn't mean that other guys can't attract those women too.

If a guy isn't good looking, he needs to accept the fact that if he wants to have sex or a relationship with a beautiful woman, he will need to attract her in other ways.

He can't expect her to want him because he is wearing a nice shirt, is a good guy or has a good job. That isn't how it works.

You've got to talk to the woman in person and make her feel sexually attracted to you by displaying some of the personality traits, behaviors and inner qualities that women naturally find attractive in men.

A man's attraction for a woman is different to a woman's attraction for a man.

[image: Men immediately willing to have sex with a woman, even though they don't know anything about her personality, intelligence level, etc]

For example: A man can feel attracted and willing to have sex and a relationship with a woman, regardless of whether she is nice, intelligent, or interesting to talk to.

If she looks good, almost all guys in the planet will be willing to stick it in her at least once and many

of those guys will also be interested in a relationship.

On the other hand, a woman might stare at a guy and even think, *â€œHeâ€™s cute...I think I might like him,*â€œ but in most instances, sheâ€™s not going to do anything about it.

Sheâ€™s going to wait and see if he has the confidence to approach her and interact with her, or if heâ€™s just another insecure guy who is afraid of women.

Only when she has interacted with him in person will she then make her decision about whether she will give him her number, have sex with him, or date him. Why?

Women can feel attracted to many different things about a man other than his appearance (e.g. his confidence, charisma, masculine vibe, humor, determination to succeed in life, ability to get along well with her and her friends).

A woman might be staring at a guy because she thinks he is good looking, but if she feels bored or turned off while interacting with him, sheâ€™s not going to want to have sex with him or date him just because heâ€™s physically attractive.

Yes, some women will only date and have sex with very good looking guys, but the majority of women need to feel attracted to a manâ€™s personality and behavior, rather than just mere looks.

So, when a woman stares at you, donâ€™t waste time debating whether she really likes you or whether youâ€™re good looking enough for her or not.

What her stare means really doesnâ€™t matter when you have the confidence to approach her and make her feel attracted to you in other ways (e.g. make her laugh, make her feel girly in comparison to your masculinity, pass her confidence tests).

If you want her, then go and get her.

By triggering her feelings of sexual attraction she will become interested in you even if she initially thought she wasnâ€™t, or that you werenâ€™t her physical type.

If youâ€™re not a very good looking guy, rather than stand around feeling insecure about it and hoping sheâ€™ll approach you, just walk over to her and let her experience your attractive personality traits during an interaction.

3 Steps to Get You Past the Staring Stage

If you are currently stuck about what to do to get from the staring stage to actually getting her to want to have sex or be your girlfriend, hereâ€™s what you need to do:

1. Approach her and make her feel attracted to you.

Stop waiting for women to make it extremely obvious that they are willing to be approached by you, before you will make your move.

Confidently walk up to her and focus on making her feel sexually attracted to during the interaction.

Donâ€™t try and get her to like you by pretending to be an even nicer guy than you really are, because that will only make her think of you as a friend.

Simply focus on triggering her feelings of sexual attraction for you and the rest will follow naturally. Attraction comes first and then everything else flows on naturally and easily after that.

If you need to build up some confidence to approach the kinds of women you find attractive, watch

this video...

As you will discover from the video above, you are in control of how you use the power of your mind.

You can either use it to become and be confident, or to become more insecure and be that way for life.

2. Be a bit of a challenge.

It is fine to feel sexually attracted to a woman and even say, “*You’re sexy*” but it is not fine to become so desperate to score with her that you stop expecting her to impress you further.

Women love guys who are a bit of challenge, because most guys are usually very easy to impress.

If a woman is attractive, most guys will have sex with her at least once and many of those guys will also be interested in a relationship even if they don’t like her personality.

Women hate that.

So, rather than fall all over yourself to please her, hold back and allow your interest in her to rise and fall based on how well she is treating you.

Don’t reward her bad behavior by acting even more interested in her.

Have standards about what you like and dislike when interacting with women and then let her see (by way of your body language, vibe, conversation style) that you are losing or gaining interest in her based on how she interacts with you.

3. Don’t act like you want to be her friend, if you really want to be her lover.

Pretending that you only have friendly intentions with a woman is a mistake that can backfire.

While you are pretending to just want to be an innocent friend to her, you run the risk of some other guy coming along and triggering her feelings of sexual desire.

You’ve got to talk to her in a way that makes her feel turned on, as well as show her that you’re interested in her sexually by the way you look at her, or by telling her that you think she’s sexy.

If you act like a friend, that’s usually all you will end up being to her.

If you want sex or a relationship, focus on making her feel sexually attracted to you, not on trying to be an innocent friend.

It’s Your Move

You can sit around wondering, *What does it mean when a woman stares at you?* but the truth is that you’ll never know until you approach her.

Ultimately, her stare only means something if you want it to.

Just focus on making her feel sexually attracted and she’ll be yours.

It’s as simple as that.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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What Makes a Woman Like a Man?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you want to know what makes a woman like a man, the answer is very simple:

A woman will like a man when he can trigger her feelings of respect and sexual attraction for him.

For example:

- He is confident and charismatic when interacting with her.
- He makes her feel girly and feminine in contrast to his masculinity.
- He is emotionally strong.
- He is socially intelligent.
- He can make her laugh.
- He has a definite purpose and direction in life.

When a guy displays the types of personality traits and behaviors that women feel attracted to, women naturally like him and feel drawn to him.

The Things That Make a Woman Like a Man Are Not the Same Things That Make a Man Like a Woman

[image: Willing to have sex with her just based on appearance]

Most guys automatically assume that because they like a woman based on whether she's physically attractive or not, women like men based for the same reason.

For guys, liking a woman is easy.

If she is pretty, wears sexy clothes or has a nice body, then most guys will like her and feel attracted to her regardless of whether she is intelligent, interesting or even a nice person.

However, almost all women like men for other reasons than looks.

Of course, before a woman has a chance to interact with a guy in person, she will look at his appearance and judge him on that, but regardless of whether she thinks he's hot or plain, if he can make her feel the way she wants to feel when she's interacting with him, she will like him and feel attracted to him.

For example: A woman might notice a guy and think, *"He's really not my type,"* but when he approaches her and makes her feel a lot of attraction to his personality (e.g. his confidence, masculine vibe, his ability to make her laugh), her feelings for him also change.

That is how a woman's attraction really works.

Rather than dwell on all the reasons why he's not her physical type, most women (not all) will look at him in a more positive light and will even come to like the way he looks.

For example: If a guy is bald, has a big nose or is overweight, most women will go from feeling turned off by his look to saying, *"He's cute! I like him! I don't usually find bald guys sexy, but he is different."*

Of course, there are some women who only like men because of their looks, money and status, but the majority of women have what is called an Open Type.

Essentially this means that most women are open to dating many different types of guys, as long as the guy can make her feel attracted by his behavior, personality and inner qualities (e.g. confidence, charisma, self-esteem, humor).

Have You Been Making Excuses About Why Women Don't Like You?

[image: Women don't like me because I am not perfect]

Some guys who don't understand attraction get angry about how women keep rejecting them and don't ever seem to be interested, even though the guy is a good guy and has good intentions.

If he gets really angry about it, he might become irrational and believe that he needs to look like a male model, have loads of money, a huge dick and live like rock star before women will like him.

Guys like that go through life making excuses like, *I'm just not good looking enough* or *that's why women don't like me*, or *Women are just after money and status and since I don't have either, they don't like me. Bitches!*

Yet, that's just the irrational confusion of millions of guys who don't even understand how a woman's attraction for a man really works.

When you make a woman feel attracted to you in many different ways during an interaction (e.g. you turn her on by being confident, you make her laugh, you make her feel sexy in your presence, you make her feel girly in comparison to your masculinity), she starts to look at what you might perceive as being something negative about you (e.g. you're too short, you have a big nose, your eyes are too close together, etc) and she begins to see them as something about you that is unique and sexy to her.

By making her feel attracted to you in other ways, she begins to like you for who you are on the inside.

Not all women are like that, but most are, so if you have ever wondered, *"What makes a woman like a man?"* you need to understand that women can be attracted to men for all sorts of reasons.

You don't have to look like a perfect male model and have loads of money and a huge dick to be attractive to women.

You just have to be able to attract women your personality, behavior and inner qualities.

When you do that, women will instantly warm up to you and then begin to fall for you within the first minute or two of a conversation.

You might think that you aren't worthy of a woman like that because you don't look like a model or aren't a rich megastar, but she thinks otherwise.

She likes you because you make her feel attracted in many different ways when you interact with her.

On the other hand, if a guy is good looking, but is nervous, insecure, puts on a persona (e.g. pretends to be nicer than he really is), his good looks will fade in her eyes.

In fact, when a guy doesn't know how to make a woman feel attraction for him while interacting

with her, no matter how good looking he is, she will begin to look for reasons why she doesn't like him.

That's why you will often see plain looking or below average looking guys with hot girlfriends or wives, and good-looking guys who are single (not by choice) or with unattractive women.

A Woman Liking You is Not the Same as a Woman Being Sexually Attracted to You

It's easy for a guy to get a woman to like him as a friend, but that is not the same as feeling attracted to him and wanting to have a sexual relationship with him.

There's nothing wrong with being nice to a woman in a friendly way, but that's not enough to make her feel sexually attracted to you.

Watch this video to see what I mean!

When a guy doesn't know how to make a woman feel attracted to him, he will hope that if he is super nice to her and treats her like a princess, she will realize how sweet he is and then give him a chance to be with her.

Yet, that's not how it works.

If a woman doesn't feel a lot of sexual attraction for a guy, she may like him and even enjoy his company, but if he then tries to make a move on her, or tells her how much he likes her, she will rebuff him by saying something like:

- You know I like you too, but not in that way. Sorry.
- You're a really nice guy, but I don't want to ruin our friendship.
- You're like a brother to me.
- I like you, but I already have a boyfriend.
- You're so sweet, but I'm not looking for a relationship right now.

When a woman doesn't feel a lot of sexual attraction for a guy she's not going to want to be with him in a sexual relationship.

Yes, she will like him as a person, but that's not enough of a reason for a woman to want to begin a sexual, loving relationship with him.

If you want to make women like you and want to be in a sexual relationship with you, the first thing you need to focus on is sparking her feelings of sexual attraction for you.

Sexual attraction comes first and then everything else will follow on naturally and easily after that.

If you're not actively making a woman feel sexually attracted to you when you approach her, then it won't matter if she likes you or not because as soon as another guy comes along who can instantly trigger her feelings of sexual attraction, she will leave you for him in a heartbeat.

Attraction is Easy

Making a woman feel attracted to you is a very easy thing to do.

In fact, when you improve your ability to attract women, you will realize that youâve been worrying about the wrong things (i.e. how to get a woman to like you enough to give you a chance, how to convince women to like you, etc) for a long time.

You donât have to be good looking, rich or have a perfect body to attract women.

When you attract women by displaying the personality traits, behaviors and inner qualities that naturally attract women, then you are set for life with women.

So donât waste another day worrying about how you can make women like you and focus instead on making them feel attracted to you.

When you focus on attraction, everything will naturally fall into place and you will enjoy your choice of women like you always should have.

×

[image]

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What Do Women Think About Bald Men?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you're wondering, *What do women think about bald men?* the answer is: Some women like bald men and some women don't.

Naturally, not all women will accept a man who is bald, but many women do find bald men attractive and most women are open to feeling attracted to a bald man if he can make her feel attracted to him in other ways.

[image: What women think about bald men]

For example: If a guy is confident, charismatic and interesting to talk to, most women aren't going to reject him just because he is bald.

Some women will reject him because they want a guy with a full head of hair, but the majority of women are much more open and flexible about their attraction for men.

If the bald man can attract her with his confidence, masculinity (i.e. how he thinks, feels, behaves, talks, moves), humor and charm, a woman will then begin to look at his baldness in a more positive light.

[image: Bald man with wife]

She will think, *"Wow, this bald guy is sexy"* because she is feeling attracted to other things about him.

On the other hand, if a guy (bald or with a full head of hair) is nervous and insecure around a woman and doesn't know how to trigger her feelings of sexual attraction during conversation, she will start to look for reasons why she doesn't like him and it won't make a difference to her if he is bald, or if he has a full head of hair.

Don't Believe What Women Say. Look at What They Actually Do

[image: Are women into bald men?]

A woman might say things like, *"I don't find bald men attractive,"* or *"I never dated a bald guy,"* but if a bald man comes along and attracts her with his confidence, his masculine vibe and can make her laugh, etc., she will feel attracted to him for those reasons and may even begin to see his baldness as something that adds a sexiness or cuteness to his overall look.

On the flip side, a woman might say, *"I love bald men, they are so sexy,"* yet, if a bald guy approaches her and puts on a fake persona by trying to be more confident than he is, or by trying to be nicer than he is and therefore doesn't allow his natural charm and charisma to come through, she will reject him, even if he is bald and even though she loves bald men.

So if you're asking, *What do women think about bald men?* the main thing that you need to know is this: Most women are a lot more flexible about what they find attractive in a guy than most guys will ever realize in their lifetime.

Yes, some women do place a lot of importance on a guy's appearance, but most women are open

to being attracted to most guys as long as the guy knows how to trigger her feelings of sexual attraction for him.

Watch this video to see what I mean!|

As you will discover from the video above, a woman can be going through life with a certain type (e.g. tall, handsome and rich), but if she meets an average looking guy of average height and with an average job, she can still feel attracted to him, have sex with him, fall in love with him and even marry him.

Of course, there are some women out there who are extremely picky, but most women will simply go with how they feel (rather than what they previously thought), so if a guy can make a woman feel properly attracted, she will almost always open herself up to seeing where it goes.

Did You Know You Can Attract Women in Many Different Ways?

A lot of guys make the mistake of believing that women are attracted to men for the same reasons that men are attracted to women.

For example: Since most guys instantly feel enough attraction for a woman's appearance to be willing to have sex with her, they usually assume that women pick men for sex in the exact same way.

However, even though women will say, *"I love guys who are tall, dark and handsome,"* or *"I think guys with big muscles and six pack abs are so hot,"* those women will often be seen dating, or marrying guys who are short, bald, average looking, below-average looking or overweight.

Why is that?

Basically, even though women may feel attraction for a man's outward appearance, most women (not all) place a lot more importance on non-physical traits (e.g. his confidence, his masculine vibe, his conversation style) when she is interacting with him.

Yes, a woman will have certain tastes when it comes to men, but it is the whole person that she looks at when she is determining whether she wants to hook up with a guy or not, and if a guy can trigger her feelings of sexual attraction for him, she will be interested in him even if he isn't her usual type.

When a guy doesn't know how to attract women with his inner qualities (e.g. his confidence, charisma, masculinity, etc.) he will often make the mistake of placing much more importance on his outer qualities (e.g. his appearance, money, status, etc.).

Watch this video to see what I mean!|

A guy like that doesn't know that although for men attraction is pretty simple, (i.e. pretty woman = attraction = willing to have sex), a woman's attraction for a man is based on many other things.

For example: Is he nervous or confident? Does he get along well with others or is he rejected by most people?

Does he understand modern society or is he still acting like a gentleman from the 1900s?

Does his masculinity (i.e. how he thinks, talks, feels, behaves) make me feel girly and feminine

around him, or is he more of a neutral guy who I feel nothing around?

Even if a guy hates it that women judge him for things like that, women won't stop it.

It's just like how some women wish that men wouldn't judge them on their appearance.

We can't help feeling more attracted to physically attractive women, just like women can't help feeling attracted to confident guys who are able to make them feel feminine in comparison to his masculinity.

When you trigger a woman's attraction for you for reasons other than your looks, she will naturally start to see you through rose tinted glasses, even you are bald, don't have six pack abs or are average or below average looking.

Even if she feels attraction for a certain type of guy, she will be seeing you in a more positive light based on the attraction she feels for you.

Rather than look at you and think, *"Hmmm! he's really great, but it's a pity about his bald head. I just can't date a bald guy even if he's perfect in every other way,"* she will usually think something like, *"This guy is great! who would have thought baldness can be so sexy in a guy. I like bald guys now."*

In almost all cases, if a guy's personality makes a woman feel attracted to him and makes her feel the types of emotions that she wants to feel when she is with a guy, she will overlook the fact that he's not her type.

She will feel attracted to him for many different reasons and she will want to be with him, and will even fall in love with him, for who he is as a guy.

You Can't Hide Your Insecurities From Women

Guys who lack confidence in their attractiveness to women often make the mistake of thinking they can hide their insecurities from women.

Women can see right through it because they notice insecurities by observing body language, analyzing subtle reactions during interactions and listening to how a guy speaks and what he says.

For example: An insecure bald guy might start talking to a woman and acting as though he is confident, but inside he will be thinking, *"She probably hates my bald hair! I can't get a girl like this. I'm bald. She would never like me as I am."*

The woman will notice the tension in his body language and facial expressions, his tonality and how he reacts and responds to her during a conversation.

She will then feel turned off by him (unless she is unattractive and wants an insecure guy who hopefully won't leave her) and the bald guy will think, *"See! Women don't like me because I am bald."*

He might then decide that if he wears a toupee, or if he grows his hair really long and combs it over his bald spot, women will not notice that he is going bald and they will like him and want to be with him.

In most cases, this type of disguise is blatantly obvious to most people and especially to women who are naturally very perceptive of the subtle details of a guy.

Rather than hide his baldness, it raises a red flag for a woman that the guy is insecure and doesn't

even know what women really find attractive about men.

Then, if he attempts to approach a woman and she rejects him, he will usually feel dejected and will often try even harder to hide his baldness.

He might decide that he has to get hair plugs or laser treatment and get some hair back on his head, otherwise he will never get laid or get a girlfriend again.

What he doesn't realize is that it is his unattractive behavior (e.g. his nervousness, shyness and lack of confidence) that is turning women off, not his lack of hair.

Most women can see right through a man's act of confidence or self-assurance, regardless of whether a guy is bald, balding or has a full head of hair.

When an attractive woman senses that a guy is unsure of himself, she will naturally lose interest in him.

Unattractive don't mind it initially because it makes the woman feel safe that he probably won't dump her quickly, but that doesn't mean she won't dump him later on when she is tired of feeling turned off by his insecurities.

Thinking and behaving in an insecure way makes a man become trapped in a vicious cycle where his confidence diminishes more and more over time.

It may even lead to him to a point where he begins avoiding women altogether, or settling for whatever (unattractive) women he can get.

To break the cycle of insecurity, a guy needs to learn the real things that women are looking for in a man (e.g. confidence, masculinity, emotional strength, charisma), rather than focusing on trying to attract women with superficial things, like a full head of hair.

Changing How You Feel About Being Bald

[image: Changing how you feel about your baldness]

Going bald is something that happens to men all over the world.

In fact, statistically speaking, 40% of men have noticeable hair loss by the age of 35, 65% by the age of 60, and 80% by the age of 80.

When I met my sexy 20 year old girlfriend (who is now my wife), I was 35 and my hair was receding.

It didn't stop me from picking her up because I attracted her in so many other ways during the interaction.

If I had been worried about losing my hair, I would be like most guys who become insecure and feel like they are losing their value on the mating market.

Yet, I knew that I was high value because I have been able to attract women for years by displaying the personality traits, behaviors and inner qualities that naturally attract women.

If you want to feel better about going bald or being bald, you need to be able to attract women in other ways.

Watch this video for more info!

When a guy is confident in his ability to attract women in other ways, having or not having hair

cannot take that confidence away from him.

Confidence is something that you need to take control of and build on over time, by basing it on things that are within your control.

If you base your confidence on superficial things like hair, body shape and wrinkle free skin, you will be the one who is responsible for destroying your confidence as you age.

The key is to realize that getting a woman to feel attracted for you is about displaying the personality traits and behaviors that women are naturally attracted to.

When you can attract women in those ways, you stop worrying about what women think about bald men and simply enjoy sex, love and relationships with beautiful women.

×

[image]

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What Hair Color Do Women Prefer on Men?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

There is no one particular hair color that women prefer on men.

Some women like guys with blonde hair, some women like men with dark hair, and some women even prefer men who are bald.

The truth is, even if you've heard women saying, *"I just love guys with dark hair / blonde hair,"* over and over again, it doesn't mean those same women won't feel attraction for other guys who have a different hair color, for other reasons.

Watch this video and you will see what I mean!

As you will discover from the video above, a woman can go through life thinking that she has a certain type and if she then meets a guy who makes her feel intense attraction, her type can change.

For example: She might have said that she only likes guys with a full head of hair, but then she meets a bald guy who is confident and turns her on and she then places less importance on her requirement for men to have a full head of hair.

Having the Right Hair Color Doesn't Automatically Mean That a Guy Will Be Able to Pick Her Up

[image: Rejected yet again...]

If a guy has the hair color that a woman says she prefers on, it doesn't mean that she is automatically going to be attracted to him and be interested in having sex with him or dating him.

It might get her attention initially, but she is going to be more interested in the traits that women really look for in a man, such as:

- Confidence.
- Masculinity (how he thinks, behaves, takes action, moves, feels).
- Charisma.
- Charm.
- Humor.

A guy's hair color is only a very small percentage of the overall package of who he really is.

For example: If a guy is insecure and lacks belief in himself, but has a woman's preferred hair color, she's not going to say, *"Yes, he's really nervous, insecure and self-doubting around me, but he has the right hair color, so I'll have sex with him and date him!"*

A guy might have the wrong hair color (or even be bald) and if he is confident, charismatic, has a masculine vibe and has an interesting and engaging conversation style, a woman is unlikely to say, *"Well he really IS perfect in every other way. I just love the way he makes me feel. I want him. Pity about his hair color though. I have to reject him."*

Most women are just not that shallow.

Yes, some women will only date guys based on their appearance, or their status, or how much money

they have, but the majority of women are open to having sex and dating all sorts of guys, as long as those guys can trigger her feelings of sexual attraction.

The Strange Thing About How Women Feel Attracted to Men

When most guys see an attractive woman, they will not stop to question whether she is nice, intelligent, interesting or confident before they feel attracted to her.

They will simply look at her and decide, *“Pretty face, nice butt, good tits”* and they will instantly feel attracted to her and will be willing to have sex with her.

A man can literally feel attracted to a woman within one second and be willing to have sex with her, regardless of whether she is confident, funny, interesting to talk to and so on.

A man's initial attraction to a woman is almost completely based on her appearance. Her other qualities (e.g. her personality, intelligence) are not essential for a guy to have the instant “Yes” reaction to whether or not he'd have sex with her.

A woman's character will only become important if the guy wants to get into a serious relationship with her.

Until then, most guys will happily have sex with a beautiful woman, even if she's not very intelligent or interesting.

Women on the other hand are attracted to the things about a man that cannot be seen, (e.g. his confidence, masculinity, charm, style of humor).

Even if a woman feels a lot of attraction for a man's physical appearance, it doesn't mean that she will want to sleep with him or get into a relationship with him.

For example: If a good looking guy lacks confidence, doesn't know how to keep a conversation going and keep it interesting, puts on a false persona by pretending to be nicer than he really is, then most women (not all) will lose interest in him.

[image: Woman rejecting good looking guy]

For a woman, one of the most important things about a man is how he makes her feel when she's with him.

If a man can make a woman feel girly and feminine in contrast to his masculine vibe, can handle her when she challenges him (e.g. she plays hard to get, teases him during conversation) without crumbling and can make her laugh during conversation, she will usually perceive any physical flaws that he might have in a favorable light because she feels attracted to him in other ways.

This is why you have probably seen many average, plain and even ugly looking guys with really beautiful girlfriends or wives.

In many cases, these guys know that it's not their looks, the color of their hair or the car they drive that is most attractive to women, but rather their ability to make her feel the way she wants to feel in his presence, (i.e. attracted, girly, feminine, sexy).

Do You Think Your Lack Of Success With Women Has Anything to Do With Your Hair Color?

[image: Maybe women will like me if I change my hair color]

When a guy doesn't know how to attract women with the inner qualities that are naturally attractive to women (e.g. confidence, charisma, masculine vibe, conversation style), he will often come to the conclusion that it's because he doesn't have the right physical appearance that women want.

If then he happens to overhear women talking about what they find attractive in men, he then begins to draw conclusions about why he has been so unsuccessful with women.

For example: If he hears women saying, *"I just love men who are tall, handsome and have dark hair,"* he may conclude, *"I'm tall, but I have light colored hair, so I guess I'm not attractive to women then."*

Alternatively he might hear women saying, *"I never date poor guys. I think a woman should be treated like a princess and a guy without money just can't do that for me."*

If he then happens to be an average guy with an average job (like most guys in the world), he will begin thinking that women only date rich guys and he will then feel like he's not good enough.

He may ask himself questions like:

- If women judge men on their looks and I'm not a model, how will I ever get laid or get a girlfriend?
- If I can't pay for everything that a woman wants, will a woman ever want to go out on a date with me?
- If women are only interested in men with money, power and good looks will I ever be able to get a girlfriend?
- If all the women I know like men with dark hair and I have light hair, what kind of women will like me?

Even though everything about you does matter (including what you look like), the old cliché, *"What matters the most is who you are inside,"* is actually quite true.

Watch this video and you will see what I mean!

Essentially, most women (not all) will pick a man for sex or a relationship based on who he is as a person and will place less importance on his looks.

For example: When a guy is confident, believes in himself, is someone that she can look up to and trust, has a positive outlook on life, has goals and ambitions, etc., a woman will feel attracted to him for those things and the superficial things like his appearance, the color of his hair, or his dress style will not be that important to her. Why?

Most women know that a man's appearance doesn't guarantee that he will be emotionally strong enough to take care of her and any children they may have if she chooses to marry him.

Even when a woman is only looking for a one night stand or a casual relationship, unless she is insecure about her attractiveness to men or likes to dominate men, she will look for a man who is

emotionally strong and who she can respect and look up to.

Even though you will hear women talking about the color of men's hair, the truth is that most women will not even think about a man's hair color when it comes to deciding whether or not she wants to be with him.

If she feels attracted to him for more important reasons (e.g. he is confident, masculine in a way that makes her feel feminine around him, makes her laugh, is charming) then she isn't going to reject him because of his hair color.

Yes, some women are shallow and only date good looking or rich and successful guys or guys with the exact color hair they want, but most women have an Open Type, which means they will date most kinds of guys if the guy can simply make her feel enough attraction for him in other ways.

You Can Attract Women With the Color of Hair You Have Right Now

[image: Women don't like me because of the color of my hair]

If you've been going through life making excuses for your lack of success with women, like asking, *"What hair color do women prefer?"* and hoping that if you change your hair color you will then miraculously become attractive to women, hopefully by now you realize that your attractiveness to most women is not based on your hair color.

Attraction is about how you make the woman feel when you interact with her (e.g. do you turn her on with your confidence or turn her off with your insecurity and self-doubt?).

Changing your hair color might get you a few more looks from women, but if you don't know how to attract those women with your personality when you interact with them, they will instantly lose interest.

When you attract women by displaying some of the personality traits, behaviors and inner qualities that naturally attract women, you will never again have to think, *"What if I am not good looking enough?"* or *"What if I have the wrong hair color?"* because you will be too having sex and enjoying relationships with beautiful women.

Attracting and picking up beautiful women is so much easier than most guys realize, because most guys assume that a woman's attraction for a man is all about looks, money, power, penis size and height.

Yes, women can feel attracted to those things, but they can also feel attracted to other things about men, which is why men who don't have looks, money, power, a big dick or height are still able to have sex with, have relationships with and even marry beautiful women.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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What Gets a Woman in the Mood?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

To get a woman in the mood, whether you've just met, you're on a date, or you're in a long-term relationship or marriage that has lost its spark, is easier than most guys realize.

I know this because I've slept with more than 250 women and I'm now married and the same approach I used with other women still works every time with my wife.

So, if you are asking, *What gets a woman in the mood?* what you need to know is that, regardless at what stage of the relationship you and her are in, the process is the same.

Here's what you need to do:

1. Display confidence.
2. Make her feel girly and feminine in comparison to your masculinity (e.g. how you talk to her, touch her, move, behave, etc).
3. Let her know that you find her sexy and desirable (either say it with words or show it via your body language, vibe and actions).
4. Turn her on with your touch.
5. Believe in your attractiveness to her (she will notice your confidence and it will turn her on).
6. Release the sexual tension and desire that you have for each other by having sex.

Essentially, a woman's attraction for a man and her desire to have sex with him, is based mostly on him displaying the personality traits and behaviors that will make her feel sexual desire for him.

When a woman's feelings of sexual attraction are triggered in that way, she will naturally be excited about the idea of having sex with him and will get in the mood.

If you behave in the ways outlined above, a woman will feel aroused and she will be just as eager to have sex with you as you are with her.

Watch this video to understand how a woman's attraction for a man really works!

As you will discover from the video above, what gets a woman in the mood is her feelings of attraction for you.

You have a lot of direct control over how much or little attraction a woman feels for you.

For example: If you are displaying traits that are unattractive to women (e.g. insecurity, nervousness, self-doubt, being neutral rather than masculine), the woman will find it difficult to get in the mood for sex.

It All Starts With You Believing in Yourself and Your Ability to Arouse Her

[image: Believe in your ability to arouse her]

When it comes to getting a woman in the mood, confidence is everything and if you want to have confidence during the build up to sex, you must believe in your ability to make a woman feel attracted and turned on by you.

Confidence (*noun*): Belief in oneself and one's powers or abilities; self-confidence; self-reliance; assurance.

Whether a woman is sitting at a bar looking at a guy sitting on the other side of the room, talking to him for the first time, on a date with him or in a relationship with him, his confidence is one of the main qualities that will make her feel attraction for him.

Confidence is attractive to women because it is a sign of emotional strength, and, because we live in a challenging world where it isn't always easy to survive, a woman wants to know that the guy she is with is someone she can rely on to be the man all the time, especially during difficult times.

[image: How to get a woman in the mood]

A woman's attraction for a man is directly linked to her need to survive, feel protected and be provided for.

If a man lacks confidence in himself, it sets off alarm bells in a woman's mind that he would probably be more of a burden to breed with than a benefit.

Even if both the woman and the man don't want to have children, their attraction is based on what would happen if they did breed.

That's what it's all about and why a man's confidence is so important to a woman.

Based on this, a woman will automatically be turned on or off by a guy depending on how confident he appears to her at first glance and then when she interacts with him.

For example: When a woman first sees a guy, she will naturally notice his appearance first because she has nothing else to base her opinion of him on.

However, after her initial first glance, she will begin to notice his body language, behavior and how he interacts with other people.

Her instincts will instantly begin to answer the following types of questions for her:

- Is he confident around other people, or does he seem unsure of himself?
- Does he have the confidence to approach her and strike up a conversation, or is he too insecure to make the first move? If he is afraid of talking to her, will he also be afraid to stand up and go after what he wants in life?
- When he approaches and talks to her, is he relaxed and easy-going, or is he nervous, self-doubting and insecure?
- When interacting with her does he make her feel attraction for him via his conversation style, body language, humor, etc., or does he stumble over his words or make only polite or formal conversation with her because he has no idea what makes a woman feel attracted to a man?

Basically, whether a woman looks at a guy from across a room, or interacts with him in person during a conversation or on a date, if he is a truly confident man, she will feel some level of attraction for him regardless of his appearance.

In a relationship or marriage, a girlfriend, fiancée or wife will feel attracted to her man if he is able to display the kind of personality traits, behaviors and inner qualities that women are attracted to (e.g. confidence, charisma, emotional masculinity, etc).

As long as a man is able to trigger a woman's feelings of attraction in those ways, he will never struggle to get a woman in the mood, as long as he believes in his ability to actually get her in the

mood.

Some men are attractive in their behavior, but when it comes to interacting with new women or their girlfriend or wife, they doubt their ability to turn her on.

This is because most guys don't even know what makes a woman feel attracted to a man and go through most of their life feeling clueless about how to get a woman in the mood.

Watch this video to learn a surprising truth about what really attracts a woman to a man!'

Even though a woman will initially judge a man on his appearance, it is his other qualities, like his confidence, masculinity, the way he makes her laugh, etc., that will make her feel attraction for him and get her in the mood.

Of course, not all women are like this.

There are some women who will only ever accept a male model looking guy with loads of money, but the majority of women feel much more attraction and desire for a guy based on how his personality and behavior makes her feel, rather than whether or not is good looking.

Women feel attracted to men in that way because a woman's attraction is really based on what would happen if she had children with a guy.

If a guy is good looking, but lacks confidence in himself or is hopeless at his job, then he's not going to be much use to a woman in the long run.

However, an average or even below-average looking guy who is confident and is on his way to success in life (or is already successful), is going to make a woman feel much safer with him.

After all, most women can get pregnant very easily and if she makes a mistake and gets pregnant to a guy who is going to be more of a burden than a benefit, she will have to pay for that mistake for 20+ years until her child is hopefully able to support itself.

So, if you want to get women in the mood, you simply have to display some of the personality traits, behaviors and inner qualities (e.g. confidence, charisma, masculine vibe, etc) that attract women and turn them on.

This applies when you first meet women, are on a date, having sex and 20 years into a relationship.

To get women in the mood, you've got to be the sort of man that they can feel attracted to.

You then need to believe in your ability to make her feel attracted and simply proceed to sex.

[image: Confidently proceed to sex]

If you don't display the traits that women find attractive or if you doubt your ability to attract women, you will get rejected when meeting women, find it difficult to score a second date or end up in a sexless relationship or marriage.

To keep the spark alive, you've got to be the sort of man who is attractive to a woman.

For example: When in a relationship, a woman will find it difficult to maintain her feelings of attraction for a man who insecure and self-doubting.

If a girlfriend, fiancée or wife has to constantly prop up her man's confidence because he doesn't believe in himself, she will gradually lose respect for him as a man.

When a woman loses respect for her man, she will also lose attraction for him and then, no matter what he does (e.g. take her out to dinner, buy her gifts) it will be difficult for her to get in the mood to have sex because she can no longer look up to him and respect him like she used to.

Without Sexual Attraction, She Will Only Experience Friendly Feelings For You

Whether you've just met a woman, are on a date with her, or have been in a relationship with her for a long time, if a woman doesn't feel turned on by the way you interact with her, she will either just write you off as being another guy who is hitting on her (if she's only just met you), or she will only experience friendly feelings for you.

Regardless of the circumstances, if a woman is not feeling attracted to you, she's not going to be in the mood to have sex with you either.

So, the quickest way to get a woman in the mood is to make her feel the ways she wants to feel when she interacts with you.

The more ways you can make her feel attracted to you, the more intense her desire will be to have sex with you. It's that simple.

Watch this video for more of an insight into how a woman's attraction for a man works!

As you will discover from the video above, you can actually CREATE feelings of attraction inside of a woman when you interact with her.

When you create those feelings of attraction, she will naturally get in the mood and all you need to do then is believe in your attractiveness to her and confidently proceed to sex.

If she is properly attracted to you, she will gladly, willingly and happily open herself up to have sex with you.

Most Women Are a Lot More Insecure About Their Attractiveness Than You Might Think

Many guys believe that because a woman is beautiful she is also confident about her ability to make men feel attracted to her.

However, that is often not the case.

In fact, according to a survey conducted by Dove, it seems that as much as 96% of women don't consider themselves to be beautiful.

A woman may act like she is confident, but privately she will feel insecure about how she looks and want to change a number of things about herself (e.g. nose, breasts, legs, butt, etc) before she will feel confident in her beauty.

For this reason, one of the key steps to getting a woman in the mood is to make sure that you let her know how sexy and desirable she is to you.

For example: When you first meet a woman or are on a date with her, rather than try to be nice and polite around her because you don't want to seem too pushy, let her know that you think she's sexy by saying, *"I think you're sexy and I like you."*

If you've successfully triggered her feelings of sexual attraction for you during the first part of your conversation together, she will feel excited to hear that you are also sexually attracted to her because she is already attracted to you.

Of course, if you say this to a woman before youâve fully triggered her feelings of sexual attraction, she will not feel excited to be hearing those words coming from you because she isn't attracted to you.

In a relationship, making your woman feel sexy is vital if you want to get her in the mood.

What often happens in relationships is that, when the initial thrill and newness wears off, a couple can easily fall into a rut.

Everyday life can intrude and itâs easy for a woman to go from being a sexy, glamorous model look-alike to being someone who is always wearing frumpy tracksuits and never does her hair or wears makeup.

To get her in the mood it is essential that you first make her feel sexy and attractive again.

[image: Getting a woman in the mood]

To do that you have to make her feel like sheâs the sexiest woman in the world to you.Â Look at her with desire; no matter how messed up her hair looks, or how unattractive her baggy tracksuit might be.

Let your eyes, body language and behavior show her that you find her sexy.

By making her feel sexy, she will naturally feel like having sex with you. All you need to do then is believe in your attractiveness to her and confidently proceed to sex.

Why Building Sexual Tension Gets a Woman in the Mood Fast

Some women are ready and willing to have sex with a guy without him having to do much to get her in the mood.

However, the majority of women need the guy they are with to turn them on, and the best way to do that is for him to build up the sexual tension between them.

Sexual tension is like an erotic dance between a man and a woman, where the man builds up her desire while interacting with her, (e.g. via flirting, body language and humor), but delays going to kissing and sex.

In this way, her desire builds up to melting point and she simply canât wait for him to release that desire inside of her.

When a guy builds up sexual tension correctly, a woman not only gets in the mood quickly, but she also feels the needs to have sex with him to release the built up tension.

It's kind of like when a man looks at porn videos of women and feels like he has to masturbate to get rid of the built up sexual tension he is feeling (i.e. the women are making him feel attracted, but there is no way to have sex with them so the tension builds up and he then releases it by masturbating).

When you build up a woman's sexual desire for you by creating sexual tension, she will feel as though she is going to explode if she doesn't have sex with you.

This same principle applies whether youâve only just met a woman, are on a date or have been in a relationship together for a long time.

On the other hand, if a guy doesnât create any sexual tension between himself and her, naturally she wonât be feeling in the mood if he suddenly decides to make a move on her.

Without Action There Will Be No Satisfaction

You can only build up sexual tension up to a point, but if you don't then take the next step and release that tension with kissing and sex, her desire will fizzle out.

A woman likes to feel sexual tension, but if she realizes that she's getting hot and flustered for nothing (because the guy is either too scared to take the next step with her, or she feels he is toying with her), she will quickly switch off.

So don't make the mistake of doing everything right to get a woman in the mood and then fail to finish what you started.

Women dream about being swept off their feet and ravished by a man, so you simply need to be confident enough to be that man.

If you can give a woman the exciting experience of triggering her feelings of sexual desire, building up the tension and then releasing it via kissing and sex, she will be all yours.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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What to Do if a Girl Says She Likes You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here's what to do if a girl says she likes you:

1. Build on Her Feelings of Sexual Attraction For You When You Interact With Her

[image: Build on her feelings of sexual attraction for you]

A girl saying that she likes a guy doesn't automatically mean she's interested in having sex or getting in a relationship with him.

For example: Sometimes a girl will say she likes a guy because:

- She thinks he's nice and she likes him as her friend.
- She is just flirting with him in a friendly, good-natured way but it doesn't mean that she's romantically or sexually interested in him.
- She's grateful for something that he's done for her (e.g. helped her with a project, run an errand for her) and she tells him she likes him because she perceives him as being a nice guy.

Regardless of a girl's reasons for saying, *"I like you,"* she will not be interested in having sex with you or being in a relationship with you if you are not actively making her feel a lot of attraction by the way you interact with her.

A woman will feel attracted to you based on what you say, do and how you behave when you interact with her.

For example:

- Are you confident and charismatic around her, or are you nervous, insecure and self-doubting around her?
- Does your conversation style make her feel excited to be talking to you, or does she feel bored or uncomfortable?
- Does she feel feminine and girly when she's talking to you, or does she feel friendly or sisterly affection for you?
- Does she flirt with you, or is she serious and maybe even a bit cold and aloof towards you?

Basically, the more ways you can make a girl feel attracted to you when you interact with her, the more she will be interested in being your girlfriend.

Watch this video to understand how a girl's attraction for a guy actually works!

If you interact with a girl and you are displaying confidence, being charismatic, making her feel girly in comparison to your masculinity (e.g. how you think, behave, talk, move), then she is going to feel attracted to you.

As a guy, you have to actively make a girl feel attracted to you when you interact with her. You can

do that by displaying the personality traits, behaviors and inner qualities that girls find attractive in guys (e.g. confidence, charisma, etc).

You then need to have the confidence to make a move by moving the conversation to a kiss, to sex and then into a relationship.

Just because she made the first move and told you that she likes you, don't expect her to make yet another move and try to kiss you first.

You have to believe in your ability to attract her and then make a move when the moment is right.

2. Turn Her On With Your Confidence

[image: Turn her on with your confidence]

In just the same way that you feel attracted and turned on by a woman's body and face, she will feel attracted to your confidence and belief in yourself.

So, make sure that you let this girl experience your confidence when you interact with her, rather than coming across as shy, self-doubting or insecure around her.

She has already told you that she likes you, so don't waste time second guessing yourself like other guys do.

For example: Some guys will worry and ask themselves, *What if she didn't mean it?* or *What if I ask her out and she changes her mind?* or *What if she realizes I'm not as good looking or rich as other guys out there, and decides she can do better than me after all?*

Like a lot of guys, he simply doesn't know that a guy can CREATE feelings of sexual attraction inside of a girl by the way he behaves and interacts with her.

He then wastes most of his life feeling as though he's not good enough for hot girls and misses out on opportunities to enjoy sex, love and relationships.

Yet, all along, he could have simply just believed in his ability to make girls feel attracted to him.

Watch this video to see what I mean!

Girls want to see that you are confident in yourself and believe in your ability to make them feel attracted when you interact with them.

If a girl says that she likes a guy and then he reacts by behaving in a nervous, shy, insecure and self-doubting way around her, she will quickly lose attraction for him.

She will realize that he doesn't even have the fundamental trait that all girls are looking for in guy; confidence.

By allowing your confidence to come through when you interact with this girl you like, not only will she be glad that she confessed to liking you, she will feel herself getting sexually attracted and liking you even more.

Confidence is not some magical thing that some guys have and some guys don't. It is simply having belief in yourself and in your abilities. Anyone can choose to be confident; it is a state of mind.

You can choose to believe in yourself or doubt yourself. You are in control of your confidence.

To be truly confident, you have to decide that you are going to believe in yourself and then stick to it.

However, be warned: Pretending that you are confident is something that a girl can see right through. A truly confident man doesn't need to put on an act of being confident. He simply believes in himself no matter what, so being insecure simply doesn't enter his mind.

He knows that the majority of girls (not all) feel much more attracted to a guy's personality traits and behaviors, rather than to the superficial things like his appearance or financial status, so he doesn't let negative thoughts about looks or money stand in his way of his success with women.

He knows that some girls only want a really good looking guy or a rich guy, but he also knows that most girls are more interested in how a guy's personality and behavior makes them feel.

So, when a girl says she likes you, enjoy it.

Feel confident about it and then focus on making her feel even more attracted to you.

3. Avoid Showing Too Much Interest Too Soon or Being Too Impressed By Her

If a girl is attractive, it will be very easy for her to attract guys for sex and a relationship.

As long as she is attractive and can make herself look sexy by the clothes she wears, her makeup, her hairstyle, etc., most guys will be interested in having sex with her.

Most girls are aware of the power of their pussy and it's not very exciting to them because they know that most guys are way too easy to impress.

Watch this video to see what I mean!

So, when a girl tells you that she likes you, she wants to experience something different from you than the usual puppy dog devotion she gets from most of the guys she meets.

For example: Sometimes, when a guy lacks experience with women, he will become so excited when a girl tells him that she likes him that he makes the mistake of coming across as being too eager.

- He might begin to follow her around like a puppy dog.
- He might begin to call her, text her or instant message her nonstop.
- He might begin to shower her with attention and gifts.
- He might run errands for her, help her out with work projects or homework, pay for everything, etc., just to please her.

However, rather than making her like him even more, this type of behavior only turns the girl off, because he is behaving like all the other guys who want to have sex with her or get in a relationship with her.

So, when a girl says that she likes you, the best way to show her that you're interested in her too, is to allow your interest to ebb and flow depending on how she behaves when she interacts with you.

For example: If she's flirty and nice to you, then you can respond by being flirty and nice back. If she is cold and aloof, you can respond by ignoring her or by walking away and talking to another attractive girl instead.

When a woman realizes that you're not like all the other guys she knows, she will be the one working hard to impress you.

4. Don't Make the Mistake of Becoming Her Friend

Some guys make the mistake of thinking that to get a woman into a relationship, they first have to become her friend.

A guy like that will believe that it's rude or ungentlemanly to rush a girl into a sexual or romantic relationship with them.

Yet, another guy will come along and kiss her the first time he meets her and then begin a sexual relationship with her. That guy will then become her boyfriend, rather than just a friend.

So, when a guy makes the classic mistake of taking things slowly, remains the perfect gentleman and never does anything to trigger her feelings of sexual attraction for him, her initial interest in him will eventually fade.

She will perceive his neutral behavior as a sign that he is not interested in her in a sexual way or that he lacks the all-importance confidence that she seeks in a guy.

She will stop liking him as a potential boyfriend and only see him as a friend or as another clueless guy who has a crush on her, but has no idea how to make her feel attracted to him.

This is one of the 3 things that attractive women hate about most single guys. Watch this video for more info!

If you like this girl and want to have sex with her or start a relationship with her, then stop pretending that you are just a nice, innocent friend.

There's nothing wrong with being a nice guy, but being nice to a girl is not enough to make her feel sexually attracted to you.

You have to trigger her feelings of sexual attraction for you and you can't do that by being a neutral nice guy who acts like he is just an innocent friend.

If you want her to be your girlfriend or lover, you have to actively make her feel attracted and turned on by every time you interact with her from now on.

5. Make Your Move or Stand the Chance of Losing Her

[image: Make a move or risk losing her]

If you don't make a move on her after making her feel attracted, she will eventually begin to wonder, *What's wrong with him? Why doesn't he make a move?*

If she is attracted to you and you get along, don't waste time waiting for extremely obvious signals.

Make a move by guiding her from a conversation to kiss, to sex and into a relationship with you.

If you only ever talk to her or even flirt with her, but you never escalate getting to kissing, dating and sex, then she will eventually lose interest in you.

Even if a girl told a guy that she likes him, she will still want a guy to take the lead and be the man from then on.

If a guy doesn't take the lead, she will decide that he's too insecure to be her boyfriend and she will simply wait for a more confident guy to come along who won't be afraid to make a move and take the interaction from flirting to kissing and beyond.

It's Really Up to You Now

If this was a tennis match, a girl telling you she likes you is like her having taken the first swing.

Now the ball is in your court and you have to make the next move.

Don't waste time worrying about what to do when a girl says she likes you, because she's already made this very easy for you by making the first move.

It's up to you now to take the lead by building on her attraction for you when you interact with her.

When you are certain that she feels attracted to you, either get her phone number and set up a date or get her somewhere private and move in for a first kiss.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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What Kind of Man Am I?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

According to a quote by Lao Tzu, *“He who knows others is wise; he who knows himself is enlightened.”*

So, before you can truly answer the question, *“What kind of man am I?”* you first have to ask, *“What kind of man do I want to be?”*

For example: Most guys in this world want to be a great man who is loved, respect and admired by others. However, that doesn’t mean that all men want to be famous actors, or musicians, or inventors, businessmen or wise gurus.

[image: Who am I as a man?]

To be loved, respect and admired by others, you simply need to become and be what others refer to as a real man.

Essentially, a real man is the kind of man who does great things in his life based on what he loves, values and respects the most, while also loving and respecting others.

He is successful in his chosen career, he has his pick of beautiful women and when he settles down, he is a great husband and father. He lives up to his full potential and strives to rise through the levels of life, rather than settling for a mediocre life or making excuses about why he couldn’t make it.

When it comes to deciding what kind of man he wants to be, a guy may struggle to distinguish between the characteristics of a man who is truly great and one who is not.

For example: Just because a man is a famous actor and is liked by many people, it doesn’t actually mean that he is an ideal role model for men on how to succeed in all aspects of life.

In his private life, the famous actor may be insecure and have a hard time keeping a relationship together with a woman, but women in the media will refer to him as sexy, handsome or desirable.

Guys who are asking themselves, “What kind of man am I?” and looking for role models to help them form a clearer identity as a man might see the famous actor and think, “If I was as famous as him, my life would be great. I want to be like him.”

Yet, the famous actor is probably still trying to work out what kind of man he is and hasn’t yet mastered all areas of life (e.g. relationships).

So, if you really want to know what kind of man you are, here are 5 characteristics that are the markings of a real man.

These are things that you should strive to attain and master in your own life if you haven’t already!

1. A Real Man is Confident Enough to Be His True Self

Some guys never become what is referred to as a real man because they never get clear on who they really are inside.

For example: When he interacts with women or people he meets in a social environment, he might put on an act of being an even nicer guy than he really is.

He hasn’t yet realized that people will like him and respect him more if he just comes across as real.

Deep down, he resents other people because he is so nice to them and they still overlook him, reject him or make fun of him.

[image: Putting on an act of being nicer than he actually is]

He thinks, *“I’m so nice to people and they treat me like garbage. What is their problem?”* because he doesn’t know that he is creating the problem by putting on an act of being even nicer than he really is.

People can sense that he is putting on an act, but he thinks that they have no idea. He thinks that is smarter than other people because he is nicer than them, but he is making a classic social mistake of faking a persona rather than being real.

If you think about the people that you respect and admire the most in this world, you will realize that they are the people who are their true self around others.

They don’t need to put on an act and are simply being who they truly are. People like that have an x-factor or charisma that is magnetically attractive and interesting to other people.

A guy who puts on an act of being even nicer than he really is (to hopefully impress people and make them like him) would rather be liked, loved and wanted for being his true self, but he is afraid to show it.

He worries that people will reject him, laugh at him or ridicule him for not being as passive and unassuming as he used to be.

He would like to dress in his own style (even if it’s a bit weird), pursue his passions (even if they’re different to what is considered the norm), and date the women he really wants.

Yet, he doesn’t feel as though he is allowed to do that because he is so concerned about what everyone else thinks—even though they don’t even care about him anyway.

He would love to be able to speak his mind and stand up for what he really believes without fear of being rejected or not liked, but he places way too much importance on what random people (who don’t even care about him) might think about him.

By pretending to be someone he’s not, he loses his natural charisma and uniqueness and simply blends into the background and yet another uninteresting guy who doesn’t believe in himself.

To be a real man, the first thing that you need to do is be confident enough to be your real self, while also being loving, considerate and respectful towards others.

The truth is, not everyone is going to like you, want to be your friend, or want to date you.

Not because you are not likeable or loveable, but that is how nature works. No guy is compatible with every woman on the planet and no woman is compatible with every guy on the planet.

Even the most popular celebrities in the world have millions of people who love them and millions of people who hate them or couldn’t care less about them.

Some celebrities can’t handle the fact that some people hate them, but savvy celebrities (e.g. Kim Kardashian) are wise enough to know that you can’t please everyone.

[image: Kim Kardashian and Kanye West: Although neither of them are perfect human beings in every way, they have become successful in life by being themselves and not listening to haters.]

Kim Kardashian and Kanye West: Although neither of them are perfect human beings in every way, they have become successful in life by being themselves and not listening to the haters.

Love her or hate her, Kim was able to remain one of the most popular women in the world for many years in a row, just by being herself.

People say, “*She’s famous for doing nothing,*” but the reason why she is famous is that she is actually being herself and she is doing a damn good job of it.

As for Kanye West, more people hate him than love him because of his arrogance, but he is simply living his life and being himself. He might be wrong about some of the things he says, but at least he is living his life on his own terms.

He started out developing video games and also making music for the games, before he realized that he was more interested in the music. He then spent most of his time making music and eventually became famous for it, even if many people think that his music sucks.

Although many people might hate his music, he is doing well, enjoying his life and expressing himself in his own unique way. Love him or hate him, he is being the man that he wants to be and he’s been very successful so far.

I’ve pointed out Kim and Kanye on purpose because I know that people either love them or hate them.

By watching how people react when Kim and Kanye are a topic of conversation, I’ve found that people who hate them are usually those who aren’t being themselves and are angry at the world for not letting them be successful, or angry at the opposite sex for not wanting them.

I’m not saying that I’m a huge fan of either of Kim and Kanye, but I do respect the fact that they are living their life on their own terms. They are not perfect, but neither is anyone else.

So, the question remains: What kind of man are you? Not the persona that you present to the world – the real you. Who are you really? What do you stand for? What makes you different? What do you really care about in this life?

Just think of some of the men that you admire most in life who are not actors. Can you think of any? Try to think of men that you look up to and respect.

You will find that those men are comfortable with their identity and confident enough to be themselves. They don’t need to put on an act to try and please everyone, because they know that it is impossible to be liked by everyone.

As a man, if you can be yourself and not waste anymore time pretending to be someone you’re not (e.g. acting nicer than you really are when you talk to women), you will not only be more successful with women and in life, but you will discover that loads of genuine, cool people feel drawn you to, want to be your friend, want to support you or simply want to be around you.

Additionally, rather than settling for unattractive women, you will begin to enjoy your choice of beautiful women who will love, respect and look up to you.

That’s what happens when you get clear on what kind of man you really are and have the confidence to actually be that man around other people.

2. A Real Man is Respected and Looked Up to By Others

One of the main qualities that a woman looks for in a man is someone she can respect and look up to. However, respect is not something that happens without you doing anything to create it.

To be respected and looked up to by women and other people, you have to:

- **Be a man of your word:** When you say that you will do something, you have to be relied on to do it; no excuses.
- **Treat others with kindness and respect:** You cannot be respected if you do not respect others and treat them well. Treat people well and then expect and gently demand the same respect and good treatment in return.
- **Not be afraid to stand up for what you believe:** Sometimes it can be difficult to stand apart from the crowd, but if you believe in your cause then be courageous enough to keep pushing forward to achieve it.
- **Not whine about life like a victim:** Life can be challenging sometimes. A real man knows this, so rather than complaining and whining about it, he looks for solutions to his problems and then takes action to fix the problem and then moves up to the next level of success in life.
- **Not criticize or belittle others:** A real man doesn't have to bring others down so that he can feel good about himself.

3. A Real Man is Clear About His Purpose in Life

[image: A real man is clear on his purpose in life]

A big part of knowing who you are as a man is to have a clear purpose and direction in life.

When a guy doesn't know what he wants in his life, then he will often just wander through life settling for whatever he can get, or whatever comes his way.

Women hate that because it lacks masculinity and seems more like what a woman would do.

Women love men who have purpose and direction in life and who will stop at nothing to achieve it, because it then allows the woman to relax into his masculine direction and simply be his loving, feminine woman.

When a guy has big dreams and ambitions and is determined to achieve them, he doesn't wait around for life to give him a handout (e.g. win the lottery, hope that a beautiful woman approaches him one day, hope that he magically gets a promotion at work, etc).

Instead, he makes things happen by having the balls to take action and go after what he really wants. He doesn't sit around complaining about how difficult life is and making up excuses for his lack of success. He makes his success happen by taking action.

A man like this is a sought after friend and lover.

Guys want to hang around him because they are either like minded and enjoy interacting with someone who has the same values as them, or if they don't, they hope that his drive, ambition and zest for life will somehow rub off on them too.

Women flock to him, because women are turned on by the idea of being with a man who is rising through the levels of life and reaching for his true potential.

A guy like that makes women feel secure, because they know that he is someone they can depend on during difficult times and rely on to be an emotionally strong man all the time, no matter what life throws at him.

When you have a definite purpose and direction in your life, your sense of identity and happiness isn't based on your friends or your woman.

You don't become needy, clingy or insecure because you don't actually need other people to make you happy.

You want and love to have other people in your life, but you would be happy with or without them, which is a very attractive and appealing to women and to friends.

So, do you know what your purpose is?

[image: Who am I? What is my purpose in life?]

What are your biggest dreams and ambitions in this life? What would you love to achieve, but you are worried you might not be able to?

What huge goals will really push you to grow and become a bigger and better man over time?

By answering those questions, you will begin to get clear on your purpose in life.

4. A Real Man Has His Choice Of Women

When a guy lacks purpose in life, most of the women he meets won't be very interested in him.

He may then begin to believe that superficial qualities like looks, money and status is what will make him attractive to women.

If he doesn't have these things, he may then settle for the kind of women he can get, rather than the beautiful women he really wants.

Watch this video to see what I mean!

On the other hand, a real man who knows what kind of man he is understands that most women are mostly attracted to men for reasons other than looks, money and status.

He understands that it's a man's personality traits and behavior that makes him attractive to most women, not what he looks like or what he has in his bank account.

Yes, it is true that some women only want a rich guy or a male model, but the majority of women are much more flexible and open about what they find attractive about men.

If you want to have your choice of women, you have to be able to trigger a woman's attraction for you for reasons other than your looks (e.g. by displaying your natural charisma, being confident, having a masculine vibe, holding up an interesting conversation, using humor to make her laugh and enjoy interacting with you).

5. A Real Man is a Good Guy, But is Not a Pushover

A real man will be good to people, be respectful and be kind, but he won't allow people to push him around, walk all over him or use him.

He will continue to be a good man, but he will stand up for himself and by being assertive and letting the person know that they are out of line or that they he would appreciate better treatment in future.

A real man knows that he can be a good guy, while also commanding and expecting respect and good treatment from others.

He knows that commanding respect doesn't make him an asshole or jerk, but instead makes him a man that others respect and admire, as long as he continues to be the good man that he is.

For example: A guy might be required to help out and work overtime to get a project finished at work.

A really nice guy will not only stay late and work longer than everyone else, he will also end up staying behind to clean up after everyone else has already gone home in the hope that it impresses them.

Yet, people will almost certainly treat him like they always have and simply rely on him to the confused guy who doesn't know how to be respected and liked by others.

[image: What kind of man do I really want to be?]

On the other hand, a normal good guy will stay late and pull his weight and when the project is finished, he will rally everyone together so that they can clean up and leave at the same time.

In a relationship, a real man knows that taking the lead in a relationship doesn't make him a domineering, controlling, arrogant boyfriend or husband.

He knows that a woman wants to be able to relax into her natural, feminine role and feel as though she can count on him to lead the way to a better life for the both of them.

She also wants to feel that she can count on her nice guy to be an emotionally strong man when the circumstances require it.

She doesn't want to have to be the strong one in the relationship and feel as though she is carrying him throughout life.

You Can Be Whatever Kind of Man You Want to Be

If you've been asking, *What kind of man am I?* I hope that you have now realized that the answer is to be your true self and not put on an act to try and please random people who don't even care anyway.

As long as you know yourself and are not afraid to be who you really want to be, you can be whoever you choose to be in life.

When you embrace your true self, you will exude a natural charisma and confidence that is attractive and interesting to women, to friends and co-workers.

You can accomplish whatever you want in this life if you just believe in yourself and don't stop when things get challenging.

You can have the types of women you really want if you just believe that you deserve that and then push forward and make it happen.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with

women. This FREE video will BLOW YOUR MIND (I promise!)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

What Does it Mean When a Woman Touches Your Arm During Conversation?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

When a woman touches your arm during conversation, it could mean that she is:

- Sexually attracted to you and is trying to hint that she wants you to make a move on her.
- A touchy-feely person who touches most guys on the arm, leg, shoulder, etc during a conversation.
- Very passionate about the conversation and sheâs touching your arm to emphasize her point, but doesn't mean anything sexual by it.
- From a culture that uses their hands a lot during conversation (e.g. Mediterranean, Latino, etc).
- Trying to show you that she is open to physical contact between you and her.
- A tease and is simply trying to get your hopes up, so you then treat her better and boost her self-esteem by showing her more interest.

How can you know which one of those applies to you?

In most cases, you can't because sometimes a woman will touch your arm without any sexual intentions, whereas other times it will be her way of trying to show you that she is interested.

So, rather than wasting time trying to work out if she is just being friendly or is being sexual, you simply need to focus on building up her sexual attraction for you.

Here's how it works...

A woman's sexual attraction for you will become more intense as you continue to display some of the personality traits, behaviors and inner qualities that naturally attract women (e.g. being confident, charismatic, displaying a masculine vibe, making her laugh, etc.) while interacting with her.

When a Woman Touches Your Arm in a Friendly Way

If you're just having a friendly conversation with a woman and she's not displaying any other obvious feelings of attraction, then it doesn't necessarily mean that she is attracted to you simply because she touched your arm.

For example: Some women are very expressive and like to talk with their hands, and this might include touching a guy on the arm in a friendly way during conversation.

Additionally, some married women who have become a loving, caring mother at home know how soothing a touch on the arm, a hug, a pat on the back or a pat on the leg can be to someone.

She might touch most people like that because she wants people to feel good, relaxed and loved when around her, but it doesn't mean that she has any intentions of having sex with anyone other than her husband.

To know for sure if a woman's touch is suggesting that she is sexually attracted to you, she has to be showing you other signs of interest at the same time.

For example:

- She is playing with her hair, or a necklace if she's wearing one, in a girly way.
- She's giving you submissive looks by tilting her head to one side, or by dropping her chin.
- She's constantly drawing your attention to her lips by licking or biting them.
- She touches you on other parts of your body like on your leg, face, and possibly even hitting you on your butt in a playful way.

Those are very obvious signs of sexual attraction and if a woman is doing that when interacting with you, it's pretty clear that she is interested in having sex with you or at least kissing you to see how it feels.

However, regardless of whether a woman is showing any of these other signs of interest or not, it's not a foolproof way to determine whether she is actually attracted to you or not.

Don't Wait For Extremely Obvious Signals

[image: Don't wait for extremely obvious signals]

A confident woman who wants a confident boyfriend or lover will not give extremely obvious signals, because she doesn't want to make it easier for nervous, shy guys to hook up with her.

She wants to find a confident guy, so if a guy is nervous and waits too long to make a move, she will usually lose interest and then reject him when he tries to make a move.

On the other hand, a shy woman will often be too afraid to give you signals of interest because she is worried about being rejected by you or concerned that other people might think she is too easy when it comes to sex.

For example: A shy woman might touch you on the arm during conversation, but she won't necessarily do anything else to show you that she is interested. She will hope that you are getting the message and make a move, but if you don't she will either start looking for another guy or wait and hope that you eventually make a move on her.

So, instead of waiting around hoping to get a definite, *â€œYes, I'm 100% interested in you. Go ahead and make a move on meâ€œ* or *â€œNo, I'm only being friendly when I touch your arm. Don't do anything or I will reject you and tell everyone that you hit on me,â€œ* you simply need to believe in the power of attraction.

Just like you can feel a powerful attraction for a woman, she can feel a powerful, irresistible attraction for you too.

When you make her feel sexually attracted to you, she will want to have sex with you just as much (or even more) than you want to have sex with her.

Watch this video to understand how it works!

When you are interacting with a woman, she will feel an increasing amount of attraction for you as long as you display some of the personality traits, behaviors and inner qualities that are naturally attractive to women.

For example: Confidence, charisma, charm, masculine vibe, the ability to make her laugh and smile, etc.

She won't be able to stop herself from feeling attracted to you because women feel a natural attraction to guys who display those traits.

[image: When a woman touches your arm]

If you like this woman who touched your arm, all you really need to do is make her feel attracted, build up the sexual tension between you and her, and then release it via kissing and sex.

If she currently views you in a neutral way or sees you as being just a friend, her feelings for you will change if you simply start triggering her feelings of sexual attraction.

What you need to understand is that feelings can change.

For example: If you think back in your life, you might remember a time where there was a person at school, university or work that really annoyed you. You may even have hated them.

However, when they changed their behavior, attitude and communication style towards you, your feelings towards them changed as well.

You went from feeling dislike or even hate for them, to actually liking them. It's even possible that you became friends.

In the same way, when you change your behavior, attitude, conversation style and the way you interact with a woman to a way that triggers feelings of sexual attraction inside her, she will go from seeing you as being just a friend, to feeling excited about the idea of being kissed, having sex and getting into a relationship with you.

That is the power of attraction.

If You Snooze You Might Miss Your Chance With Her

[image: Friend zoned by the woman he loves]

Regardless of whether a woman touches your arm during conversation, is sending you every signal possible to get you to make a move, or is simply being friendly, if you are interested in starting a sexual relationship with her, then it's up to you to make the first move.

Most women would rather miss out on being with a guy, rather than her being the one who has to make the first move.

[image: Don't get left behind. Start making her feel attracted to you]

Here are some classic mistakes that guys make, which result in them missing out on being with a woman who actually likes them...

1. He pretends to be her friend in the hopes that it will slowly lead to sex and a relationship.

If a guy is attracted to a woman, but doesn't have the courage to actively trigger her feelings of sexual attraction for him, he might make the mistake of being a nice friend to her in the hopes that the friendship will somehow lead to sex or a relationship.

Yet, unlike using the power of attraction to get instant results with women, building a friendship with a woman can take weeks, months or even years of effort.

After investing all his time in being her friend, it still doesn't guarantee that she will be sexually interested in him in any way.

Also, while he's doing the friend thing with her (e.g. being her shoulder to cry on, going shopping with her and gossiping on the phone like a girl, etc.) she could easily meet a guy who knows how to instantly trigger her feelings of sexual attraction, and has the confidence to make a

move and kiss her.

She will then have sex and start a relationship with him.

Sheâs not going to stop and think, â*My friend is such a great guy. Rather than have great sex and feel really sexy and desirable with this new guy who is actually making me feel attracted, Iâm just going to sit around feeling boring, friendly feelings with my friend because he is so nice to me.*

If you donât actively make a woman feel sexually attracted to you when you interact with her, she will only ever see you as a friend. She might then decide to hook up with another guy who has the ability to attract her and turn her on.

He will then start a sexual relationship with her and they will become boyfriend and girlfriend, rather than friend and friend.

To make her become his girlfriend, he didnât waste time pretending to want to be her friend.

He did it the easy way (and the way that women actually want) by making her feel attracted to him and turned on while interacting with him.

After kissing and having sex, they will then begin to discuss having a relationship and if they both want it, they will become boyfriend and girlfriend.

All of that can happen within hours or days, rather than wasting weeks, months or years trying to be a womanâs friend.

So donât make the mistake of assuming that if you become her friend she will eventually tell you that she loves you and you can then have sex with her and start a relationship.

If you want this woman to be your girlfriend or lover, simply trigger her feelings of sexual attraction for you and get to a first kiss and then sex.

2. He doesnât make a move because he fears getting rejected.

It is entirely possible that if a woman touches your arm during conversation, it means that she is attracted to you.

So, if you donât make a move because you are afraid of being rejected, you will never get to experience a loving, sexual relationship with her.

Think about it this wayâ!

No one is 100% compatible with everyone they meet, so no guy can ever expect to pick up every woman he meets.

Most guys donât know that and feel as though if one woman rejects him, it means that all other women will reject him too.

Guys like that often get to a point where theyâd rather miss out on love and sex by not making a move on a woman, than get rejected and have to endure the painful the feeling of another woman not being interested in him.

A guy like this will look for reasons not to make a move on a woman. He might say, â*Iâm just not good looking enough,*â or â*Women are just not attracted to short guys like me,*â etc.

He will paint himself into a corner of insecurity and he will go through life missing out on opportunities with women (even if a woman is sending him a sign that sheâs interested in him),

because he has developed a negative idea about what really appeals to women, and he fears that he will get rejected because he doesn't have those things.

Watch this video to see what I mean!

What a lot of guys don't realize is that most women (not all) place more importance on the attraction they feel for a guy's personality traits, behaviors and inner qualities than his looks.

Yes, there are some women who will only accept a tall, male model looking guy with loads of money, but most women are much more flexible and open about what they find attractive in a guy.

Essentially, when a guy believes in himself, knows what he wants and goes after it with determination, a woman will instinctively feel attracted to him.

She might go around saying, *"I only want a handsome man with lots of money,"* but she won't be able to stop herself from feeling attracted to a confident guy who believes in himself and goes after what he wants with determination.

Yes, it is possible that you and a certain woman might not be compatible. However, if you don't try you will never know.

What Really Matters

[image: Flirting touch]

Ultimately, it doesn't matter what it means when a woman touches your hand in conversation, what matters is whether you are making her feel attracted to you and then have the confidence to make a move when the moment is right.

If what you want from her is sex, then go and get it. If what you want from her is a loving, committed relationship, then go and get that.

The choice is yours.

Just remember though: Regardless of what you want from a woman, the first thing that you must do is trigger her feelings of sexual attraction for you, and then everything else will follow on naturally and easily after that.

Don't start out trying to be her friend or trying to show her that you're a nice, trustworthy guy.

Women don't care about those things before they feel attracted to you. Start with attraction and then everything else is simple and easy after that.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I

promise!)

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How to Be the Man: 5 Examples

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Life is so much easier when you are the kind of man that other people look up to and respect and you're also the kind of man that pretty much every woman wants.

As you go through your life as a man, you have a choice: Either accept the level that you're at now or rise up and reach for your true potential as a man.

If you do want to reach for your true potential, here are 5 examples of how to be the man around women, friends, when in a relationship, during sex and at workâ€¦!

1. How to be the man around women

[image: How to be the man around women]

To be the man around women, you need to:

- Be confident in yourself no matter how challenging a situation is.
- Relax and be calm, especially when others are panicking.
- Relax and smile when women attempt to test your confidence (e.g. by teasing you, acting cold, challenging you during conversation).
- Respect women and treat them well, but respect yourself just a little bit more.
- Make women feel girly and feminine in comparison to your masculinity (e.g. how you think, feel, behave, talk, take action, how you use your body language, your vibe).
- Confidently take the lead, rather than expecting a woman to lead you, make moves on you or make it obvious that she wants you to lead.
- Be your true self, but always remember to respect and loving towards others.
- Be the type of guy that other people can look up to and respect.
- Love and accept women for who they are, rather than expecting women to change their behavior to suit you.
- Believe that you deserve to have the attention of affection and then simply guide women to kissing, sex and relationships with you.

When you approach your life with women in that way, you will find that most women simply accept that you are the man and go along with whatever you want.

Most guys don't realize how passive most women are when it comes to sex and dating (i.e. that most women just go along with whatever a confident guy wants).

When you see guys who have a lot of women around them, have sex with a lot of women, date multiple women at once, have hot female friends who they sometimes sleep with or have a hot girlfriend or wife, these will almost always believe that they deserve it.

[image: How to be the man that every woman wants]

It's the guy's belief that he deserves that kind of attention and affection that makes all the difference. Women simply go along with it and accept that he is the man.

When you see a guy standing on his own at a party, looking nervous around women or feeling left

out, it's because he doesn't believe that he deserves the love, affection and attention of women.

Of course, he feels as though he deserves success with women when he is lying in bed at night feeling angry at women for rejecting him, but when he actually interacts with attractive women in person, he simply goes back into his shell and believes that he doesn't deserve their affection and attention.

In some cases, the guy will feel angry at women for playing hard to get and will think that women are bitches, mean and cold for not being more gentle, sensitive, loving and open with him.

Yet, that's not how it works.

If you want to be the man, you need to believe in yourself. Women aren't going to make it easy for you.

To sort out the men from the boys, most women act as though they aren't even that interested in men and simply have fun, dance, hang out with friends, go shopping and live their life.

This seems strange to guys who don't understand women because they expect women to think, behave and act like men. Yet, women are different to us.

Rather than going out and actively approaching men and trying to move in for a first kiss, most women take on a passive role and wait for confident men to approach them, turn them ON and then move in for a kiss, take her home for sex or simply get her number and follow up for a date.

Having confidence in yourself and leading the way is a big part of how to be the man around women.

However, even if you do interact with women in a confident way, they will still continue to test you (e.g. by playing hard to get, teasing you, challenging you during conversation) to see if you are confident enough to handle a woman like her.

[image: How to be the man that every woman wants]

In just the same way as men want the best looking woman, women want the most confident guy.

If you want to be the man, you've got to make sure that you have true confidence and belief in yourself.

2. How to be the man around friends

[image: How to be the man around friends]

If you want your friends to look up to you and respect you as a man, you to:

- Be the one who is emotionally stronger than everyone else.
- Love and accept everyone for who they are, while also encouraging them to be even better at times.
- Reach for your true potential as a man by pushing yourself to achieve your biggest goals and ambitions in life (this may take 10-30 years, but you need to be making progress to be someone that others look up to and respect).
- Be an inspiration to your friends by being more courageous and determined when it comes to becoming a bigger and better man in life.
- Don't try hard to impress people in the hope that they like you. Simply be an impressive man by rising up through the levels of life and reaching for your true potential as a man.
- Be yourself, rather than putting on an act to hopefully please everyone.

- Make people feel good around you, rather than always trying to get them to make you feel good by seeking compliments or by making them listening to your stories about what you've achieved, what you want to achieve and how good you are at certain things.
- Be the more alpha one who doesn't become unsettled or nervous in challenging situations.

When you have those kind of traits, you will automatically be seen as the alpha in your group (or one of the alphas in a large group e.g. work, university, different groups of friends) without having to ever ask for that role or suggest that you are.

People will simply look at you as being the man because regardless of the situation, you are always the emotionally strongest one, the loving one, the wise one and the forward-moving one.

3. How to be the man when in a relationship

Being the man in a relationship with a woman is about:

- Being emotionally stronger than her.
- Maintaining mutual respect between you and her.
- Leading the way to a better life for the both of you.
- Making her feel like a real woman.
- Always being a man of your word.
- Striving to achieve your biggest goals and ambitions in life, so she can relax into being your woman and feeling excited and proud to be in love with an awesome man like you.

When in a relationship with a woman, she will always test you to see if you are still worthy of being the man that she should submit to and look up to and respect.

Regardless of how good of a guy you are, how much money you make, how good you look and well you treat her, she will always still throw tantrums, tease you, say no to your requests and demand that you do all sorts of random things to see how much she can get away with and how much she can push you around.

Being the man in a relationship isn't about being domineering and ordering a woman to do whatever you want.

Instead, it's about maintaining a mutual love, respect and attraction for each other, while also making sure that you are the more dominant one.

Being the more dominant one doesn't mean being bossy, controlling and domineering. It's simply about being the one who takes on the more dominant role, while also being loving and respectful.

4. How to be the man when having sex

[image: How to be the man when having sex]

When having sex with a woman, she will see you as a real man when you:

- Are present in the moment, rather than worrying about your performance and being all up in your head.

- Do whatever you want with her, while also relaxed and easy-going about it.
- Give her your fearless love, attention, presence and affection rather than being afraid to show your attraction for her and simply banging away and trying to get to the point of finishing.
- Make masculine groans and noises, rather than being silent or making sounds like a woman.

You don't always have to do everything perfectly when you have sex with a woman to be seen as the man, because by nature, you are the man and she is the woman.

However, for her to look up to you, respect you and feel excited about submitting to you as her man, you need to make sure that you often display very masculine qualities in the bedroom.

For example: If you're getting to the point where you're about to finish and you are banging away at her from behind, women love it when you start to build up to that moment with very masculine groans and then let out a big, raw, unguarded groan when you finally ejaculate.

5. How to be the man at work

[image: How to be the man at work]

Being the man at work is not about bossing everyone around and trying to show people that you're more alpha than them.

Instead, it's about simply taking on the more alpha role in a relaxed manner, where you remain respectful towards other people, while also ensuring that you are assertive to let others know that you are someone who expects respect.

Just like most women are passive when it comes to dating and sex, most people in the workplace are also passive and simply allow leaders to rise up and take control.

Back when I was working in the corporate world (before leaving to run The Modern Man full time), I got promoted 3 times within 6 months, simply by taking on a more alpha mindset and assuming that I deserved to have a say, be respected and be one of the leaders.

I simply began to take more control in meeting by asking questions to lead discussions and then assumed that it was my position to begin weighing up the suggestions that people were making and then come to a decision on what was best.

People just followed along. They loved being asked questions and they loved that someone was actually listening to them and paying attention.

That's how it works.

You take the person's ideas, thoughts and opinions into account, briefly point out the positives of what they are saying and then come up with your own plan on what you think would work best.

As a result, I got pulled to the side by a manager and asked if I wanted to apply for a Team Coach position. I beat 30 other applicants for the job.

A few months later, I applied for a Team Leader position and got it and a few months later, I applied and scored the Team Manager position where I was the leader of 10 managers.

All of this happened as a result of me taking on the role of being the man. No one told me that I should be the man and believe in myself. I decided that I deserved to be the man.

Likewise, if you want to be the man, you have to decide that you deserve it too.

Being the Man That Almost Every Woman Wants

The main thing that I teach here at The Modern Man is how to be the type of man that pretty much every woman wants to be with.

This is the kind of man that women refer to as a real man.

Essentially, being a real man means that you are confident, masculine (in how you think, feel, behave, talk, move), you understand women, you have purpose in life and you know how to make a woman experience the type of love, respect and attraction that she yearns for.

When you are that type of man, it is too easy to attract and pick up women for sex and it's just as easy to keep a woman addicted to you when in a relationship.

Unlike the majority of guys who waste time trying to get women to “like” them as a person (e.g. by being really nice to her, doing favors for her, giving her loads of compliments), a real man simply talks to a woman in a normal way and she feels sexually attracted to him and then starts falling in love with him and wishing she could be with him.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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She Likes Me, But Doesn't Want a Relationship: 5 Possible Reasons Why

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Women aren't always completely clear when they reject guys, so if you've found yourself in a situation where you are saying, "*She likes me, but doesn't want a relationship*" here are 5 possible reasons whyâ"

1. She just wants to have casual sex with you

[image: She just wants to have casual sex with you]

These days, most peopleÂ lead fairly busy lives (e.g. work, study, maintaining friendships, staying in touch with family, exercising, relaxing, etc) and don't always have time for a full time, committed relationship.

Additionally, many women don't want to rush into settling down into a committed relationshipÂ with a guy just because she likes him and he likes her. Sometimes, she just wants to have casual sex for a while without having to get into a serious relationship.

Even though a woman won't admit it to otherÂ peopleÂ (because they mightÂ think she is slutty), she will usually be perfectly happy to have casual sex relationships for most of her late teens, 20s and even into her early 30s before she feels ready to settle down.

[image: Modern women hooking up with guys rather than rushing to settle down]

Here are some statistics to show you what I mean:

- An American survey found that the amount of men that a woman has sex with before getting marriedÂ has almost doubled from 3.7 men to 7.7 men in the last 10 years.
- An American study found that 55% of couples had sex on their first date.
- A study in the UK found that 51% of women admitted to having experienced a one night stand.
- A study in Europe found that 70% of women admitted to having experienced a one night stand.

A woman will stop having casual sex and fully settle down with a guy if he really is the right guy for her, but statistics show that approximately 50% of relationships break up at some point anyway, so a guy really has to know how to keep a relationship strong in the long run, otherwise it will simply fall apart over time.

I know that all too well because I got dumped by the love of my life a long time ago, before the internet had people online helping each other out.

I then became the sort of guy that a woman would never want to leave, slept with more than 250 women and I recently accepted my sexy girlfriend's marriage proposal (she was 20 and I was 35 when we met) and I'm now happily married (we've been together almost 3 years now).

So, if you have found yourself in a situation where you're saying, "*She likes me, but doesn't want a relationship*,"Â you should stop asking her for a relationship and simply proceed to kissing her and having sex with her, so you have begin a casual sex relationship.

When you kiss a woman, it immediately changes everything from being friendly to sexual and the doors then open to have sex.

When you have sex with a woman, the only thing left to do then is begin some kind of relationship and it's at that point (with the majority of modern women) that a relationship will begin.

However, asking a modern woman for a relationship before you've had sex with her will usually result in her saying something like, *"I'm not ready for a relationship right now"* or *"Maybe in the future, but not now because I am busy with..."* or *"I really like you, but I wouldn't be able to give you what you want in a relationship."*

In other words, she is saying to you, *"Dude, just kiss me and have sex with me. Quit talking about a serious relationship."*

So, how can you get to a first kiss with her?

Get you and her into a situation where you're either hanging out at her place or your place on the couch watching a movie, TV or having some drinks, or arrange to go out and party to have some drinks with some friends.

In either of those situations, you then need to build up her feelings of sexual attraction for you and when the moment is right (e.g. you and her are alone at the party, she is cuddling into you on the couch at home, etc), simply move in for the kiss.

If you can't work up the courage to kiss her, you can always use my trusty Goodbye Hug technique. Here's how it works...

When she is about to leave your house or when one of you is leaving the party, simply say to her, *"Okay, come here and give me a goodbye hug"* and then move into hug her.

Hold the hug for a couple of seconds and then pull back a little (still holding onto her, but only gently now) and look her in the eyes.

If she maintains eye contact with you and doesn't pull away, she wants you to lean in for a kiss. If she squirms, looks away or pulls away from you, she doesn't want to kiss.

As long as she gives you positive signals that she wants to kiss (the signals may only last 1-3 seconds based on how confident or shy she is), you must be confident and lean in for the kiss.

2. She's not attracted to you yet

[image: She's not attracted to you yet]

If this woman likes you, but doesn't want a relationship, it can often be her way of saying that she likes you as a person, but isn't sexually attracted to you yet.

A situation like this can happen if a guy has simply been acting really nice a woman he likes, trying to be polite, friendly and courteous to show her that he is a good, trustworthy guy.

There's nothing wrong with being nice to a woman, but simply acting like that around her doesn't create feelings of sexual attraction inside of her.

Watch this video to understand why

As you will discover from the video above, making her feel friendly affection towards you is not enough to make her want to have a sexual relationship with you.

If you want to have a relationship with a modern woman, you must begin by making her feel sexually attracted and turned on by you. Women now select men for sex and relationships based on sexual attraction, not niceness.

To make her feel attracted to you, simply display some of the behaviors, personality traits and inner qualities that naturally attract women (e.g. be confident around her, make her feel girly and feminine in comparison to your masculinity, be charismatic, make her laugh, be a challenge for her to win over rather than handing yourself to her on a silver platter, etc).

When you make her feel attracted to you, she will then become open to having sex with you and seeing where it goes. So, from now on, you needÂ to stop trying to be her friend and trying to show her how good and trustworthy of a guy you are.

She already knows that you're a good guy.

She wants to feel sexually aroused when she talks to you, not just friendly and neutral. She wants to feel hot down there and feel like she wants to jump on you and start kissing you because you're turning her on so much.

[image: Don't get left behind. Start making her feel attracted to you]

She might be going around saying, *"I don't want a relationship right now,"* but if she meets another guy who has the skill of being able to attract herÂ and turn herÂ on, he will almost certainly begin kissing her and having sex with her on the first night or first date.

[image: Friend zoned by the woman he loves]

So, if you don't want to lose your opportunity with her, you must switch your focus to attraction, rather than trying to convince her that you're a good guy or that you will treat her well in a relationship.

3. She prefers guys who are more of a challenge

What a lot of guys don't realize (or forget) about women is that it's very easy for a woman to attract guys for sex and a relationship.

If a woman is attractive or even decent looking, most guys will have sex with her once and many of those guys will also be interested in a relationship.

All of that happens simply based on her appearance.

She doesn't have to say or do anything else to impress the majority of guys (at least 95%) in this world because they will happily stick it in her at least once and many of those guys will also want to have a relationship with her for a while or for life.

The same rule of attraction does not apply when women select men for sex or relationships.

The majority of women (approximately 95%) will not have sex with a guy once simply based on his looks and they also won't want to have a relationship just because he looks good either.

Yes, women can feel attracted to a guy's looks, but most womenÂ place more importance on the attraction that they feel to a guy's personality traits, behaviors and inner qualities (e.g. his confidence, charisma, masculinity, humor, self-esteem, etc) than his looks.

Some women place a lot of importance on looks, but most women place more importance on how a

guy's personality, behavior and inner qualities makes her feel.

This is why there is always a mismatch of expectations when men and women meet each other.

Most men are ready to have sex or try a relationship with almost any attractive or decent looking woman they meet, whereas most women interact with men in an OFF mode and need to have their attraction switched to ON based on how a guy's personality and behavior makes her feel during an interaction.

Watch this video to understand how a woman's attraction for a man really works!

Most guys don't understand how a woman's attraction for a man really works, so they interact with women and show loads of interest in her right away without triggering her feelings of attraction or making her feel as though she needs to impress him.

As a woman grows up, she quickly gets bored of how easy 95% of guys are to attract and get interested for sex.

As a result, she develops a desire to meet a guy who is a bit more of a challenge to win over. A guy who likes her and finds her attractive, but isn't completely sold on her unless she impresses him, treats him well and meets his standards.

Watch this video to learn more!

Have you been enough of a challenge for this woman you like?

Do you give her attention, compliments, treat her well and try to impress her no matter what she does or how she treats you?

4. She is worried that you would get too clingy in a relationship

If a guy really likes a girl and is thinking things like, *"I don't think I could ever find another girl like her"* or *"She is really special. She is different than other girls. I believe that we are soul mates and meant to be together,"* then he will usually be coming across in a way that makes a woman put her guard up.

By observing his body language, listening to what he says to her and watching how he behaves around her, she may feel as though he is way too invested in her already and will be potentially becoming clingy, insecure, controlling and very jealous in a relationship.

There's nothing wrong with really wanting a woman and having loving feelings for her, but when a guy gets wide-eyed and has that naïve approach to relationships where he sees a woman as being the answer to all of his problems in life, a woman's guard will go up.

Instinctively, women know that a guy who lacks purpose in life and is obsessed with a woman will usually become clingy and be a nightmare to break up with (e.g. he will beg, cry and plead with her or in extreme cases, a guy might even get angry, violent or turn into a stalker who doesn't allow her to leave his life).

So, if you have been showing way too much interest in having a relationship with this woman you like, you need to relax and start focusing on making her feel sexually attracted to you.

You need to show her that you have a more balanced approach to life now (i.e. you are reaching for biggest goals and ambitions and dreams as a man and making progress), while also giving some of your time and attention to her.

If you don't approach life like a man is supposed to (i.e. your main priority is your purpose in life and a woman is your second priority), her guard will almost certainly remain up and she will be worried that you would become obsessed with her if you she got into a relationship with you.

5. She's too busy with work or university to be in a committed relationship

Some women are very career focused and purpose driven, so they prioritize their life plans as being more important than hanging out and wasting time with a boyfriend instead of working on their goals.

For example: If a woman is trying to get promoted at work and is taking work home with her to impress her boss or do an amazing job on a project, she's not going to have much time for a boyfriend who will want to see her several nights a week.

She will have time for a "friends with benefits" casual sex relationship or for a one night stand on a weekend, but she's not going to be available for a madly in love boyfriend who will want to see her 3-4 times a week.

Likewise, if a woman is still at university and is trying to get through her exams, she isn't going to want to waste time cuddling on the couch for hours, watching TV and talking about random things with a boyfriend.

She will be interested in some casual sex, but she will only want to have it with a guy who isn't going to become clingy and a lot of her time. A guy who can relax, let her do her own thing and be willing to see her whenever is the kind of guy she will sleep with, as long as he also makes her feel sexually attracted.

Note: Don't waste time trying to convince her that you are willing to see her whenever and think that it will work. If you haven't been triggering her feelings of sexual attraction for you, she's not going to care about what you are willing to do, because she won't even be interested in you in that way.

If you want her to change her mind, you have to approach this correctly...

How to Change Her Mind

[image: Getting her to want sex or a relationship]

If you want to go from saying, "*She likes me, but doesn't want a relationship*" to "*She loves me and won't stop having sex with me*" you need to focus on triggering her feelings of sexual attraction and showing her that you are not going to be obsessed and clingy after you have sex with her.

Don't waste time trying to explain that you are not going to be obsessed or clingy in a relationship, because she will most-likely assume that you're simply trying to convince her to give you a chance.

Women hate to be put in a situation where a guy is essentially saying, "*Give me a chance*" because pretty much every guy who doesn't know how to attract her ends up acting like that.

She wants you to make her feel sexually attracted to you, have sex with her and then make her feel like she'd be lucky if she got to have a relationship with you.

She doesn't want to feel as though she'd be doing you a favor by accepting you as her boyfriend. She

wants to feel lucky to be chosen by you.

Some guys think that it would be mean to treat a woman inÂ that way, but remember what I said about 95% of the guys that a woman meets in her life; they offer her no challenge and thatÂ is extremely boring and uninspiring to her.

You've got to give her what she really wants, not what you think is a nice thing to do.

When she can see that you have relaxed, have a much more balanced approach to life and most importantly â□□ are now making her feel sexually attracted and turned on when you interact with her, she will instantly begin to change how she feels about you.

As a result of feeling sexually attracted to you, sexual tension will immediately begin to build up between you and her and she will want to release that sexual tension with kissing and sex.

After you've kissed her and had sex, the dynamic between you will change (from friends to lovers) and you can then begin to talk about how often you and her should see each other.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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9 Reasons Why Women Love Men

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

In today's world, it can sometimes seem as though women don't really care if they have a man or not and are perfectly happy on their own.

However, the truth is that women deeply love men and they need a man in their life to be able to experience the type of happiness that comes from the love between a man and a woman.

So, if you ever find yourself thinking that women don't really want you, need you or care to have a man in their life at all, remember these 9 points and you will understand that you are an important and essential part of a woman's life!|

1. Men make women feel girly and feminine, which makes them happy and turns them on sexually

[image: Feminine girly women]

One of the reasons why women love men is that a man's natural masculinity (i.e. how he thinks, feels, behaves, takes action) makes her feel girly in comparison to him.

The more feminine a woman feels around a man, the more sexually attracted she will feel and the happier she will be deep down.

Although modern women now take on very masculine roles in society (e.g. boss at work, leader of a country, UFC fighter, etc), deep down they still want to be able to feel feminine and girly in their private, romantic relationship with a man.

In today's world, millions of women get caught up in a career and take on a masculine attitude and way of being for much of their 20s and early 30s until they end up feeling depressed because they just don't feel like a woman anymore.

Women like this often find it difficult to attract a masculine man who is emotionally stronger than her and has the ability to make her feel girly, without her having to change who she is.

Since she has a more masculine way of being, she tends to attract feminine or neutral men, but that's not what she really wants deep down.

She wants a man who is more masculine than her, but who doesn't need her to change or be softer around him. He's so masculine that her masculine way of being is feminine compared to him.

Yet, such men usually prefer very feminine women and overlook women like her because as a masculine man, he has his choice of women, rather than having to take whatever he can get like other men (e.g. feminine men, neutral men, insecure men, nervous nice guys, etc).

When you are the type of man who can make any woman feel feminine and girly in comparison to you, it simply doesn't get any easier to pick up women.

Right now, the easiest women in the world to pick up are those who struggle to find a guy who is emotionally stronger than them and more masculine in the way that he thinks, behaves and takes action in life.

When you are the kind of man who can make a woman like her feel feminine, then you will find it extremely easy to make a feminine woman feel girly around you.

[image: Making her feel feminine]

At that point, you will have the choice of having a feminine woman, a neutral woman or a woman who has a more masculine way of being.

You literally have your choice of women and whatever turns you on the most, is yours for the taking.

So, if you ever feel as though women don't really want you, need you or care about you, what you really need to understand is that the most important thing to focus on is getting the fundamental masculine/feminine dynamic right between you and women.

When you interact with a woman, don't come across as being neutral and don't suppress your masculinity in an attempt to be nice around her.

Doing either of those things will not turn a woman on or excite her. She wants to feel and experience your masculinity, which will turn her on and make her want to be with you.

2. Men can be a boyfriend, husband, father or grandfather, which is something a woman cannot do

A very important reason why women love men is due to the fact that only a man can truly be a boyfriend, husband, father or grandfather.

When a man takes on one of those roles and is someone that she can look up to and respect, it brings a level of happiness and fulfillment to a woman that almost can't be expressed with words.

It's kind of like trying to explain the enjoyment that you get from eating your favorite food, compared to a food that you find boring and tasteless.

It might be difficult to describe the feeling you get when eating your favorite food, but you know that it's much more enjoyable than the experience you have when eating the boring, tasteless food.

The same applies when a man properly takes on the role of being a boyfriend, husband, father or grandfather.

He is someone that she can look up to and respect and he is also someone that she is attracted to and excited to be in love with.

She is happy to be with him and she loves the masculine dynamic that he adds into her life and to those lives of those around them.

[image: Men make women feel feminine, which turns them on]

Only a man can bring that pure, masculine dynamic into a situation, which is one of the reasons why women not only love men, but need a man in their life.

Sometimes, you will hear female pop singers and celebrities talking about how they don't need a man (e.g. remember that old song from Beyonce about not needing a man?), but those same women will change within a year or two and end up falling madly in love with a man and saying how happy they are with him.

So, if you ever hear women talking about not needing a man and saying that they are perfectly fine on their own, just smile with the understanding that she will change soon enough.

If she meets a man who makes her feminine and who she can look up to and respect, she's not going to ignore him and keep him out of her life based on her old comments about not needing a man.

He is going to make her feel that only a masculine man can make a woman feel and she's going to want all of that for herself, before another woman comes along and takes him.

3. Men are proud to provide for a woman, whereas women hate that role

Throughout human history, men have always been the gender who provided food, shelter and protection for women.

When a man is able to accomplish this for a woman or for his family, he feels proud and everyone looks up to him and respects him.

However, that is not a role that 99% of women want to take on.

Almost all women don't want to find themselves in a situation where a man is unable to provide for her and simply sits around at home while she goes out into the world and takes on a masculine role.

Although some women won't admit this when asked, what they really want is to be able to relax into being a feminine woman who is being provided for and protected by a masculine man.

When you are the sort of guy who makes a woman feel as though you have the potential to be a provider, a switch will be flicked inside of her and she will naturally feel drawn to you.

However, it isn't something that she wants you to come out and tell her. She wants to be able to discover that on her own as she gets to know you.

A mistake that some guys make when meeting women is to talk about their work achievements, business goals or expensive material possessions in the hopes that will impress a woman because he could provide for her.

However, that is not how pick up works.

A woman doesn't want to hear about those sorts of things initially because she doesn't want to feel as though she is being bought by a guy.

She wants to be able to feel a natural attraction for the guy's personality, behavior and inner qualities (e.g. his confidence, charisma, ability to make her laugh, making her feel feminine in comparison to his masculinity, etc).

After she feels attracted to him, she will then become interested in the type of guy he is and if he has long term potential.

When a woman finds out that you are the sort of guy who is rising through the levels of life and reaching for your true potential as a man, she will naturally want to align herself with you.

You do not have to already be successful to make her feel that way.

You simply have to be on your way to achieving success in life, so the woman can feel safe that she will be with a man who could potentially provide for her and any offspring in future.

This will then flick the "Mother Switch" in her mind where she begins to think about breeding with you to start a family.

It doesn't matter if she is 20, 30 or even 50 – the same type of attraction switch is flicked when a

woman meets a guy who seems to have the capability of being a provider.

Even if she doesn't want children right now or is too old to have children, a woman still wants to align herself with a guy who is happy to take on the provider role.

A man's willingness to take on the role of provider allows a woman to relax into being a feminine woman, where she doesn't have to think, feel, act and behave like a man in the world in order to provide for herself or others.

She has a man who is willing to take on that role and although he might not achieve success for 10 or more years, she will stick with him if he is capable of becoming successful one day.

This is something that women will rarely admit to your face, but it's how nature works and what women really respond to.

4. Men are purpose driven, which matches well with love-driven women

Another thing that women love about men is how a man will have purpose in life based on achieving his biggest goals, dreams and ambitions.

For example: A man might want to be an elite athlete, be a high ranking official in the armed forces to make a difference for his country or the world, become a mayor of a town or city to make a difference, create a business that changes the world, solve problems that will help lots of people, etc.

This matches up with the typical nature of feminine women, which is for her to be more focused on love and relationships.

Although most women won't admit this to your face, she would prefer to be able to simply focus on being in love with her man and enjoying the relationship with him, their family, extended family and friends.

[image: Most women just want to be in love]

Some women are very career focused and they of course do an excellent job, but deep down, most women really want to be able to feel free to focus more on love and relationships.

They want to fall madly in love with a guy and then relax into being his woman, rather than having to continue taking on a more masculine role in life (e.g. having big career goals, trying to fix problems and change the world).

If you look at the women who are very career focused and place less importance on love and relationships, you will notice that they lack femininity, appear stressed and depressed and seem to take on traditionally masculine behaviors and gestures.

There's nothing wrong with a woman taking on a career and making a difference in the world, but deep down, all women love a man who has the ability to make her want to be a feminine woman who is more focused on love and relationships.

5. Men make women feel safe

It's a fact of nature that men are usually physically stronger than women.

Men are usually braver and more willing to put themselves in harms way to protect their loved ones. On the other hand, most women tend to cry, cower and scream out for help when they are in danger, in the hope that someone else will protect them.

Of course, there are some women are very protective and strong, but generally speaking, men have always been the ones who have protected women and the people around them.

This is another thing that makes a woman feel feminine in comparison to a man, which makes her love him all the more.

Making a woman feel safe is not about going around beating up other men or being aggressive.

It's simply about being emotionally tough enough to handle situations that come your way, rather than making her feel as though she needs to protect you.

6. Men make women laugh

[image: Men make women laugh]

When women are asked what they find most attractive in a guy, a sense of humor always ranks highest along with confidence.

What a "sense of humor" really means is that she is attracted to a guy who makes her laugh, giggle and feel good around him.

Life can often get very challenging at times and it's very easy for people to feel depressed or stressed and start to hate the idea of living at all.

However, one of the great things about men is our emotional strength in challenging moments, where we are able to turn a situation into something to laugh or smile about, rather than letting it bring us down.

When a woman meets a man who is able to make her laugh and smile (especially when she is being cold around him or is in a bad mood), she will appreciate him so much more because his type of personality is going to be an asset to her for life.

His sense of humor will make it easier to keep a relationship together, it will be easier to remain happy and life's going to feel a whole lot better when he is there to bring a smile to her face and have a laugh with her.

7. Men give a woman's life more meaning

[image: Men give a woman's life more meaning]

If a woman isn't career driven or doesn't have much of a purpose, her life isn't going to have a lot of meaning unless she is love with a man and has a great relationship with him.

Since most women are not purpose driven and don't want to spend their life focused on a career, their relevance in this world and their sense of identity comes from being in a relationship or marriage with a man.

The man is able to make her become his girlfriend, fiancée and then wife and he's then able to turn

her into a mother.

This makes her feel as though her life has purpose and meaning, rather than her having to search for purpose and meaning by following a career path or trying to change the world like men do.

8. Men are dependable

[image: Most women change their mind like the weather, whereas most men are much more dependable and reliable]

Unlike women who tend to change their mind like the weather and go back on promises simply based on not feeling the same way anymore, men are much more dependable and reliable in the long run. When a man makes a decision, he usually makes that decision based on a long-term perspective of what he is trying to achieve from a particular situation.

This is something that women love about men because, regardless of whether a woman changes her mind every second, a man will keep pushing forward and lead himself, her and others to a better life.

When confused guys follow the direction of women, they often find themselves going around in circles and getting frustrated at women for changing their mind all the time.

However, real men know that women don't want to take the lead in a relationship (not in business or politics. I'm talking about relationships).

Although a woman wants her man to respect her and take her opinion into account, she ultimately wants the man to be the one who leads the way to a better life and doesn't get distracted by her constant change in mood or goals.

9. Men have created much of the technology that has brought us to this point as a human race

If it weren't for men, we probably wouldn't have computers, smart phones, cars, planes and other cool inventions that have transformed the way humans live and interact.

This doesn't mean that women haven't played an important role in society, but it is simply to point out the fact that men have always played a very special role in the development of the human race.

Since most men are more purpose-driven than women are and have a long-term perspective about achieving things and don't get distracted like most women do, amazing breakthroughs have been made and revolutionary technologies have changed the world.

Of course, in today's world, women have entered the workforce and are making huge contributions to humanity and are changing the world in their own unique way.

Women have brought a lot more tolerance, love and understanding to the world it has definitely made the world a better man.

However, the fact that is men have created most of the technology and have taken on the lion's share of the work to get humanity to this point.

This is something that women instinctively love about men who are relentless in their efforts to make

this world a better place for all.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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How to Date a Friend: 6 Things You Must Do

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here is what you need to know about how to date a friendâ€¦!

1. Don't tell her that you have feelings for her, unless she really needs you to say it first

[image: Only tell her that you have feelings if she is shy]

Almost every woman hates it when a guy blurts out that he has "feelings" for her and expects her to then say something like, *"Wow, I have feelings for you too. Let's start a relationship!"*

Thatâ€¦s not how a woman wants a relationship to begin, regardless of whether or not you have been friends with her for quite a while.

The only time when a woman will need you to tell her that you have feelings for her, is when she is a shy, insecure woman who doesn't think that she is good enough for a guy like you.

When you tell her that you have feelings for her, she will then feel more confident around you and be more willing to reveal her feelings for you.

However, for all other types of women, she will want you to make her feel sexually attracted to you and then confidently guide her to a first and then sex.

After the kiss and sex has taken place, both of you will then naturally begin to talk about how you feel and discuss the possibility of having a relationship.

In most cases, a woman wants to be able to be able to say those things to you first.

[image: Having sex with a friend]

She wants to be feeling so attracted to you and be so excited that you and her have finally hooked up, that she then says something like, *"I really like youâ€¦I've liked you all along"* or *"I'm so excited that this is happening. I've dreamed of this day"* and so on.

She doesn't want you to steal that moment from her by sharing all your feelings like a woman, where you explain how you've been tossing and turning in bed at night, thinking about her constantly and hoping that a day would come where you'd finally get to kiss her.

Let her say those kinds of things first, so she can feel as though she is the lucky one who is getting to hook up with you. Let her feel like a lovesick woman who has finally snagged the man of her dreams.

Let her blurt out all sorts of sweet things based on the rush of feelings that she is experiencing now that she has finally kissed you and had sex with you.

Don't take that away from her. Relax and let her be very feminine and girly in comparison to your masculinity.

She will love you and appreciate you so much more if you allow her to have that kind of experience, rather than stealing it away from her by talking like a woman or being too emotionally sensitive or clingy.

After she has poured her heart out to you or at least said a bunch of lovely dovey things, you are then

free to say some things to her, such as:

- You're twice as beautiful when you smile at me like that.
- It's nice being this close. It feels good.
- (Joking) Why didn't you kiss me before? I didn't know you were so shy.
- (Joking) I'm glad we did this. Now we have to pretend that it never happened.

One of the main reasons why you should let a woman lead the way with emotional talk is that many women hate it when a guy immediately falls madly in love with them and wants a relationship or marriage after sex.

If your friend is an attractive woman, then she's usually going to prefer a guy who is more of a challenge to win over.

Here's whyâ◻!

As long as your friend feels like you are a worthy challenge for her to win over (i.e. she feels sexually attracted to you, she looks up to and respects you as a guy, she knows that other women want to or would want to be with you), then she is going to be excited to get a chance with you.

If you watch the video above, you will understand why most women don't want to find themselves in a situation where a guy wants her much more than she wants him.

There's nothing wrong with showing your sexual interest in her before you have sex, but leave all the lovely dovey stuff for after sex and preferably after she has begun saying it to you.

2. Trigger her feelings of sexual attraction for you

[image: Trigger your friend's feelings of sexual attraction for you]

One of the most important parts of understanding how to date a friend, is to get clear on the fact that you need to trigger a woman's feelings of sexual attraction in you before a sexual relationship will begin.

If you are good friends with this woman and you get along well, it doesn't automatically mean that she will want to have sex with you, because a woman's attraction for a man works differently than a man's attraction for a woman.

For example: If a woman is physically attractive, most men will be willing to have sex with her instantly, simply based on how she looks.

Most men won't even care what her personality is like or if there will be a possibility for a relationship after sex and will simply be interested in having sex with her based on how much attraction they feel for her physical appearance.

This is why men have always masturbated to porn and visual images of women, because a man's attraction for a woman is instant and is mostly based on her looks.

Although a woman can feel attraction for a man's physical appearance, it's almost always not enough for a woman to be willing to have sex with a guy.

Most women are more attracted a man's personality traits, behaviors and inner qualities (e.g. confidence, charisma, masculine vibe that makes her feel feminine and girly in comparison, ability to

make her laugh, etc) than his looks.

[image: Flirting with a friend]

This is why most women have to first interact with a guy to be able to feel the type of attraction they need to be willing to have sex.

So, if you want to start dating this friend that you like, you need to make sure that you are actively triggering her feelings of sexual attraction for you, rather than it only being about you feeling attracted to her and her feeling like a friend around you.

If she only feels like a friend around you because you're not really saying or doing anything to trigger her feelings of sexual attraction, then she will most-likely reject you when you try to kiss her, ask her out or start dating her.

Watch this video to understand how a woman's attraction for a man works and how you can use it to make your friend want more than just a friendship with you! 

As you will discover from the video above, your friend can begin to have "feelings" for you if you simply start creating feelings of attraction inside of her.

That isn't going to happen if you just act like an innocent friend around her. You have to focus on saying and doing the types of things that will make her feel attracted and aroused by you.

If you're not willing to do that, she will usually just continue to look at you as a friend and will remain open to meeting other guys who actually make her feel attracted.

3. Stop placing yourself in the friend zone

One of the funniest things about the friend zone is that most guys don't realize that they place themselves in it.

If a guy knows that he can naturally attract women by displaying some of the personality traits, behaviors and inner qualities that women find attractive (e.g. confidence, charisma, masculine vibe, ability to make her laugh and feel girly around him, etc), then he won't place himself in the friend zone by thinking that a woman only likes him as a friend.

Rather than hoping that he will grow on a woman by being a friend and eventually get a chance with her one day, he knows that a woman will instantly experience feelings of sexual attraction for him and will want more than just a friendship with him.

[image: How to date a friend you like]

Based on the confidence he has in his ability to make her feel attracted to him, he simply takes on the role of a potential lover or boyfriend (i.e. he feels free to hug her, touch her, he moves in for a first kiss, he asks her out on a date, he has sex with her, etc).

So, if you want to date this friend you like, you must ensure that you don't doubt your ability to create feelings of sexual attraction inside of her.

Don't wait around hoping that she suddenly feels attracted to you because you're such a good, decent guy. That's not how it works.

A woman's sexual attraction is triggered when a man displays certain personality traits, behaviors and inner qualities.

Once that attraction is there, the man then needs to believe in himself and move things forward to a kiss, sex and into a relationship, rather than placing himself in the friend zone and hoping that the woman makes the first move.

Here's the thingâ€¦!

Most women are passive when it comes to dating. What I mean by that is: Women tend to just go along with whatever a confident guy wants to do.

For example: If a woman meets a confident guy and he asks for her number, tells him to join him at the bar for a drink or asks her out on a date, she will usually just say, *"Umm, okay"* or *"Yes, that sounds good"* and go along with it.

That is the role that women refer to play in the dating scene. Women prefer to be guided from conversation to kiss to sex and into a relationship, rather than having to take on that leading role themselves.

Being passive and allowing a confident guy to lead her, allows a woman to feel feminine and girly in comparison to the man's masculine approach, which is a turn on for her.

If you place yourself in the friend zone, a woman will rarely, if ever say something like, *"Hey â€¦ stop placing yourself in the friend zone. Touch me. Start kissing me. Let's go home and have sex!"*

In most cases, she will simply be passive and accept that you lack confidence in your attractiveness to her and may also lack the maturity to take on the leading role as the man.

4. Build up some sexual tension with flirting

[image: Flirt with her to build up sexual tension]

Sexual tension occurs when a man and a woman are attracted to each other, but there are things getting in the way of them kissing and having sex.

For example: If you and a woman work together and it's seen as wrong or unprofessional for employees to hook up with each other and have relationships.

Another example is when you're talking to a woman who is attracted to you, but you're in a group of friends and you can't show much interest in each other because you have to keep it discreet for now.

You can also build up sexual tension between you and your friend by flirting with and making her feel attracted to you in places/environments/situations where it's not possible to start kissing and having sex.

For example: If you and her are eating lunch together at a cafÃ© or restaurant, you can flirt with her and get her laughing to make her feel attracted to you.

Wait until she starts eating some of her food and then smile and point to the side of her mouth and say, *"Oh, you have some food there."*

When she finishes wiping it off (there doesn't have to be any food there and she will still wipe/check), you can then point to her chin and say, *"Oh, you have some there too."*

When she tries to clear the non-existent food off her chin, you can begin to smile and laugh a little and say, *"You've got something on your forehead as well."*

She will then feel attracted to how you are making her feel girly in comparison to your masculinity,

how you're making her laugh and also to your confidence.

When she has those sexual feelings for you, but is in a place where it's not possible to start kissing and having sex (i.e. at the café or restaurant), it will build up sexual tension between you and her.

5. Release the sexual tension with kissing and sex

[image: Having sex with your friend]

The best part about sexual tension is how good it feels for both of you when you release it with kissing and sex.

However, if you keep building up sexual tension and never release it, what happens is that the woman feels aroused and wants to release it with you or any other guy who can make her feel attracted and confidently move in for a kiss.

[image: Having sex with your friend]

So, if you build up sexual tension, you then need to allow her to release that with you, otherwise she will be in an aroused state and you may miss your chance with her if a confident guy comes along and makes a move.

6. Relax and let the new relationship unfold at its own pace

[image: Allow the relationship to unfold at its own pace]

When you begin to date a friend, the relationship may immediately become a whirlwind romance where you both spend loads of time with each other and fall madly in love.

You may immediately begin to announce your relationship to friends, talk about moving in together, go on holidays and even discuss the possibility of marriage.

Yet, that isn't going to happen in all friendships that transition to a sexual relationship.

Sometimes, a woman will want to keep it secret for a while (e.g. if you work together, have mutual friends, etc) to see if she has enough feelings for you to actually get into a serious, committed relationship.

So, after you get to kissing and sex, just let her know that you and her don't have to rush to decide what to do next.

Let her know that you are happy to allow it to unfold at its own pace and see what happens, but do reassure her that you like her, find her incredibly sexy and will still respect her and treat her well whatever happens between you.

When she hears that, the ball will be in her court and if she does have feelings for you, she will either begin acting like a girlfriend (e.g. calling you all the time, wanting to have sex with you, getting jealous about other women, etc) and may even straight out ask if you want a serious relationship with her.

If she does ask for a serious relationship, let her know that you do like her and are happy to see where it goes.

Let her know that both of you will know whether or not the relationship should get serious and she should just follow her heart and let that guide her to what she wants with you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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How to Become a Ladies Man: 7 Things You Need to Do

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Some guys want to get one girlfriend and settle down, or find a wife, get married and never hook up with any other women ever again.

That's completely fine if a guy wants to do that, but it's also completely fine if a guy wants to be a ladies man.

In today's world, sex is no longer taboo and both men and women are free to have sex with each other before marriage or without even ever getting married.

[image: How to become a ladies man]

It's now more acceptable than ever to be a ladies man, especially when women are so carefree about casual sex and relationships.

For example:

- An American study found that 55% of couples had sex on their first date.
- A study in the UK found that 51% of women admitted to having experienced a one night stand.
- A study in Europe found that 70% of women admitted to having experienced a one night stand.
- An American survey found that the amount of men that a woman has sex with before marriage has almost doubled in the last 10 years from 3.7 to 7.7.

So, how can you get in on the action?

How can you be the sort of modern man who is not only loved and wanted by women, but also really enjoys spending time with women, flirting with them and enjoying sex and relationships with them?

The answer is to become what people refer to as a ladies man. Here is the dictionary definition of the term.

Ladies man (*noun*): A man who the ladies love, respect and want to have sex with. A man who enjoys flirting with women and enjoying sexual, romantic relationships with women.

As you can see from the dictionary definition above, being a ladies man doesn't mean that you are sleazy, take advantage of women or only care about sex.

It's actually a lot classier and cooler than that.

So, here are 7 things that you need to do if you want to become a ladies manâ|

1. Have the confidence to approach and interact with women that you find attractive

[image: Ladies men are not afraid to approach women]

Most guys don't have the confidence to approach women that they find attractive, which is actually a huge opportunity for you and other ladies men.

Attractive women rarely get approached by good guys who are confident and who can be normal

around a woman like her.

If a woman is attractive, most of the guys who approach her are too nervous, drunk or are being too sleazy with their approach.

However, that's not what a ladies man does.

A true ladies man will approach an attractive woman with an easy-going confidence, which will allow his natural and unique charisma to come through.

She will feel attracted to his confidence and charisma and she will love the fact that she's finally being approached by a guy who doesn't need to put on an act of being nicer, tougher or cooler than he actually is.

He's simply being his normal self and letting his confidence bring his natural charisma to the forefront, which is refreshing, attractive and calming for a woman to be around.

So, how about you? Do you have the confidence to approach women that you find attractive, or do you tend to chicken out when it comes to that moment where you want to approach?

Do you put on an act of being an even nicer guy than you really are, or are you able to be confident, normal and naturally charismatic when you interact with beautiful women?

Do you tend to only approach and talk to women who are average looking or unattractive, because you are worried about getting rejected by attractive women?

Have you tried approaching attractive women before, but they haven't responded well to you?

Whatever the case is for you, here is how you can begin building up the confidence to approach women that you find attractive! 

As you will discover from the video above, you have a lot of direct control over how much or little confidence you have in life.

From this day onwards, you are going to use your powerful mind to become more confident, or you aren't. The choice is yours.

2. Be able to spark a woman's attraction for you when you interact with her in person

[image: Ladies men]

This is the most important skill that you will ever develop as a man in terms of your level of success with women.

If you don't know how to make women feel attracted to you when you talk to them and interact with them in person, then there is no point approaching and talking to women at all because they simply won't be interested in anything sexual with you.

If you don't have the ability to attract women, but you are a good guy, then women may like you as a friend or speak to you politely, but she is going to have little to no sexual interest in you at all.

So, how can you make women feel attracted to you?

Essentially, you need to display some of the personality traits, behaviors and inner qualities that naturally attract and arouse women.

I teach more than 100 traits in my programs here at The Modern Man, but some examples are:

Confidence, charisma, humor, having a masculine vibe that makes her feel girly and feminine in comparison to you, etc.

Watch this video to understand how a woman's attraction for a man works and how you can use it to become a true ladies man!|

As you will discover from the video above, you can actually CREATE feelings of attraction inside of a woman.

You don't have to sit around waiting and hoping that women like you because you are wearing a nice shirt, working in a great job or driving a nice car.

You can get a woman NOW by creating feelings of attraction inside of her. That is what a true ladies man does.

3. Talk to her in a way that makes her fall in love with you and want to have sex with you

In the same way that most guys are afraid to approach attractive women, most guys also don't know how to talk to attractive women in way that makes the woman feel attracted and turned on.

This is a huge opportunity for you.

Most of the guys that an attractive woman talks to will make her feel uncomfortable, bored and flat.

She will know that the guy likes her and is hoping to "get a chance" with her, but he's not saying or doing anything to make her feel attracted and aroused during the conversation.

Watch this video to understand where guys go wrong and what you should do instead if you want to become a ladies man!|

As you will discover from the video above, most women are bored and annoyed at how clueless most guys are about how to attract and turn women on.

It's very easy for an attractive woman to get a guy to want to have sex with her, because pretty much every guy would have sex with an attractive woman at least once regardless of what she said during a conversation.

Yet, that's not how it works when women choose a guy for sex.

Most women (not all) are looking to feel attracted and aroused by a guy's inner qualities, personality traits and behaviors because that is what is most important to them.

4. Be charming, but don't be too nice

[image: Be charming, but don't be too nice]

If you want to be a well-respected ladies man amongst family, friends and coworkers, it's important that you are a charming ladies man rather than an arrogant ladies man.

Being charming essentially means that you make a woman feel attracted to you (e.g. by being confident, charismatic, getting them laughing, making them feel feminine around you, etc) and you also treat them nicely (e.g. give compliments, be courteous, be a bit of a gentleman at times, etc).

However, just being nice to a woman on its own is not enough to mark you out as a charming guy. If you are simply being nice to women, giving them compliments and treating them well, then you will be what is referred to as a nice guy.

Nice guys and charming guys are different.

You have to get clear on this.

Being charming means that you first spark a woman's attraction for you and make her feel aroused by the way that you are interacting with her and then you also treat her nicely.

It's not just about being nice on its own.

Watch this video to understand why just being nice isn't enough to make a woman want to have a sexual relationship with you! 

Being nice to women is the right thing to do, but just make sure that you start out by making a woman feel attracted to you first.

If a woman isn't attracted to you and you are being nice to her, she isn't going to see you as being a charming guy.

Instead, she will simply label you as a typical nice guy who is clueless about what women really want.

5. Believe in yourself

[image: Ladies man with two women]

The main difference between a ladies man and a guy who will fail to become a ladies man is self-belief.

No doubt, you will have seen guys who are really good with women, but they aren't good looking, they work in a normal or average and don't really seem to have anything special about them at all.

Yet, what you will notice if you pay attention from now on, is that these guys have one thing in common: Self-belief.

They feel worthy of the attention, affection and desire of women. They believe that they deserve that from women.

Whenever I've coached guys who are failing at picking up women, I always find that one of the main things they are missing is self-belief.

For example: A guy might be good looking, have really great fashion sense, work in a great job, be tall and drive a nice car, but he simply doesn't believe in him and therefore can never be a true ladies man.

For guys like that, it is very easy for them to instantly transition to being a ladies man because all they need to do is start to believe in themselves and many women will find him attractive.

Yet, for guys like me who aren't good looking or tall, we have to make up for our lack of physical attractiveness by being attractive in other ways (i.e. by displaying some of the personality traits, behaviors and inner qualities that naturally attract and arouse women).

Of course, some women out there will only accept a good looking, tall guy with loads of money, but the majority of women are much more flexible about what they find attractive in guys.

This is why you will see some guys who are ladies men, but they don't seem to fit the stereotype (e.g. he might have bad teeth, be bald, short, skinny, overweight, working in a crappy or average job, etc). How do those guys live the life of a ladies man without being good looking, rich and tall? Simple.

If he knows how to attract women by displaying the personality traits, behaviors and inner qualities that naturally attract and arouse women and he also has self-belief, then most women are going to feel more than enough attraction for him to want sex and a relationship.

As a result, he can be just as successful with women as a good looking, rich, tall guy can.

6. Smile, but don't be a softie

When guys are trying to become more confident with women, they will sometimes make the mistake of putting on an act of being indifferent and not really care about what women think or if women are actually interested in them.

In cases like that, a guy will often stop himself from smiling and looking happy and will instead try to appear tough and too cool to care about women or anyone else in a social environment.

This can then result in a guy going into his shell because he is spending way too much time lost in his thoughts, rather than actually being present in the moment and enjoying interactions with women and other people.

Yet, that is not what a ladies man does.

A true ladies man is allowed to be aloof and indifferent towards people if he wants to, but if he is going to charm the ladies, then he is going to be using his confident, charismatic smile as one of his weapons.

When a guy confidently smiles and interacts with women while maintaining his self-belief (i.e. that he is worthy of women), what happens is that he begins to display his unique charisma, which then makes women feel attracted to him.

You have a unique charisma that is unlike anyone else on Earth, so don't hide that behind and act of being too cool for everyone else or pretending like you don't even care to be in a particular situation.

Be there, believe in yourself and smile if you want to. However, don't smile so much that you come across as a soft, happy-go-lucky, naïve guy who is simply too nice and needs to grow some balls.

Women do like good guys, but they don't like guys who are too nice to the point where the woman feels like she is more masculine than he is.

7. Don't give up if you make a mistake or don't get an end result immediately

Every guy starts out at a slightly different level when it comes to his ability to attract women and be a ladies man.

However, what separates the winners from the losers is the persistence and determination to succeed no matter what.

This is the same in all areas of life, where people who are losers tend to give up when they encounter challenges and obstacles and they then conclude that it's just all too difficult and that they could never do it.

On the other hand, people who are winners understand that there will always be challenges and obstacles on the way to higher levels of success in life.

The same principle of success in life applies to success with women.

If you are aiming to become more successful with women than you are now and reach higher levels of success (e.g. have sex and relationships with attractive women), then you are going to encounter challenges and obstacles on your way to achieving it.

If you are not willing to keep going, keep learning and keep growing, then you're not going to get to that end result and will simply give up when you reach the end of the easy part of the process.

However, if you are wise enough to know that a person will always encounter new challenges and obstacles when they are reaching for higher levels of success in life, you're going to be prepared to keep going when you make a mistake or don't get an end result in a certain situation with a woman.

You're going to know that you simply need to learn more or practice more and you will then get the result the next time or the time after that.

Some guys aren't willing to do that and only want a result the first time that they try something, but that is a loser mindset.

True winners in life are those who understand that you have to keep pushing past the point where most people give up and you will then reach true success.

The Best Part About Being a Ladies Man

When you do get to the point where you are a ladies man, picking up women becomes extremely easy, simple and consistent.

Personally speaking, I still feel amazed at how easy it is to attract and pick up women compared to how much I used to struggle in the past when I had no idea how to attract women.

In the past, I would try to talk to women and get them to like me because I am a good guy and I would hope that they'd give me a chance because of that.

Yet, just being a good guy is not enough for a woman to want to get into a sexual relationship with you.

Women want to be able to feel sexually attracted to you and feel lucky to be getting a chance with you, rather than having to give you a chance to be with them.

When you get to the point where you effortlessly make a woman feel lucky to be getting a chance with an awesome guy like you, you will realize how easy and simple it is to pick up most of the women that you meet.

Most women put on an act of being really difficult to pick up, but in reality, they are extremely easy to pick up when you are what is referred to as a ladies man.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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Why Do Women Hate Men?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Have you ever heard women saying any of the following things?

- I hate men, they're all a bunch of assholes.
- Men are pigs who are only interested in sex.
- I don't need a man. I can do everything on my own just fine.
- Anything that a man can do a woman can do better.
- Men don't know how to treat a woman like a lady anymore.
- Men are too nice and need to grow some balls.
- Men should be more sensitive, show emotion and cry.
- Men should stop being so sensitive, stop crying and grow some balls.
- I hate men because they don't understand what we women really want.

If you've ever heard women say those sorts of things about men, you might have then asked yourself something like, "*Why do women hate men?*" or "*Why are women so pissed off at men these days?*"

[image: Why do women hate men and reject them?]

Yet, do most women actually hate men or are you simply focussing on a small minority of women who have a problem with certain types of men for their own reasons?

Likewise, do most men hate women or is there simply a minority of confused men who feel angry at women for things that could easily be cleared up if they simply understood where women are coming from when they reject or dump men?

To clear up the confusion, I'm going explain this from both the male and female point of view, so you can truly understand that most women do not hate men and for those women who do, it's usually the woman's fault or it is due to the man making a classic mistake that annoys a lot of women.

When the Hatred is the Woman's Fault

[image: When the hatred is the woman's fault]

If a woman goes through life thinking that all men are assholes, can't be trusted, are only interested in sex and don't know how to treat a woman like a lady, then that is her mistake and it's her fault for thinking that way.

A woman who feels that way has most likely been dumped by men that she loved and cared for, been treated badly in a relationship, cheated on or has been used for sex by men who weren't truly interested in her and just wanted a bit of quick action.

She may have experienced that several times in a row and then come to the conclusion that all men must be like that.

Yet, as you would know, she is wrong.

You are most-likely a good guy who has good intentions with women, wants to treat them well and

you simply want women to appreciate you because of that.

Yet, regardless of how good of a man you are, man hating women are usually going to place you in the same category of men who can't be trusted. She will assume that you are being nice to her now, but you will probably end up being an asshole later on just like other guys have been towards her.

[image: Man haters]

That isn't your fault, but hers.

She is the one who is looking at men with hatred because of what she has experienced.

Even when a woman like her meets a really good, decent man, she will often maintain a deep, underlying hatred for him and all other men because of what she has experienced in the past, which will then affect how the relationship plays out.

[image: When the hatred is the woman's fault]

For example: If she was cheated on or dumped by a guy that she really loved in the past, she may seek to get revenge on a good man by getting him into a relationship, making him fall madly in love with her and then cheating on him and dumping him.

This will be her twisted way to get revenge on men in general and of course, against the man who once cheated on her and then dumped her despite the fact that she had loved him so much and was completely committed to the relationship.

Her hatred for men is not your fault as a man, but if you are going to be the bigger person in that kind of situation, what you need to do is have sympathy for her because she obviously has reasons for feeling that way.

Understand that she could actually be a great woman who loves and trusts men, but she has had some bad experiences in the past, which have led her to think, feel and behave in that way.

It's not her fault that she had those experiences in the past, but it is her fault for continuing to hold hatred towards men when her hatred is based on beliefs that are simply not true.

It's not your fault that she is continuing to go through life hating men and thinking that all men are going to cheat on her and dump her, but what you can do is come from a place of love and understanding where you feel sorry for the unhappy place that she is currently stuck at in life.

When the Hatred is the Man's Fault

[image: I've been a great friend to her for months, but she doesn't want to have sex with me. Bitch!]

The most common type of guy who will ask the question, "*Why do women hate men?*" is a guy who is a really good, honest, genuine man who wants to help women, take care of them, protect them and treat them really nicely.

Yet, despite his gentlemanly approach and his utmost respect for women, he doesn't seem to get the same respect and appreciation back from women in return. They might like him as a friend or take advantage of his kindness, but they usually don't want anything to do with him sexually or romantically.

Why? It is because women are all bitches who hate nice guys who treat them well?

No.

The main reason why nice guys find themselves getting rejected and overlooked by women is that they expecting a woman to want to have sex or a relationship with them, simply based on being nice to her.

[image: What if I told you that being nice to a woman doesn't obligate her to be romantically interested in you?]

Most guys don't actually know how to attract women and turn them on, so they try very hard to get women to like them for being nice, by showing women that they are trustworthy and by being a good friend to them.

A typical guy who doesn't even know how to attract women will be nice to a woman in the hope that if he can just show her how good of a guy he is, she will eventually "let him" have sex with her or "give him a chance" with her.

Women hate when guys do that. Watch this video to understand why! 

Important: There is nothing wrong with being nice to a woman, but if your aim is to have a sexual relationship with her, you first need to make her feel sexually attracted to you (e.g. be confident, charismatic, make her laugh, make her feel feminine in comparison to your masculinity).

When a woman feels sexually attracted to you, she will then appreciate the fact that you are a nice guy. However, if you are simply being nice to her and expect her to want to have a relationship with you because of that, she is going to either politely or rudely reject you when you ask her out or try to make a move on her.

Here's the thing...

If you are one of the guys who are asking the question, "*Why do women hate men?*" then you are almost certainly one of the guys who tries to get women to like you by being nice to them.

You've really got to get clear on this: There is NOTHING wrong with being nice to women, but women don't care if you're a nice guy until they feel sexually attracted and turned on by you.

Being nice to her isn't something that makes her think, "*WOW! This guy is different! He's actually nice to me! WOW! I want him to be my boyfriend.*"

Why? Pretty much every guy uses that approach on her.

[image: Trying to get a woman by being nice, buying her gifts, getting her flowers, etc]

As a woman goes through life, an endless stream of clueless guys will try to "get a chance with her" by being really nice to her.

A nice guy will usually think that he is being smarter and more original than other guys by using the really nice approach, especially if he has ever heard that all men are assholes, only want sex and don't know how to treat a woman like a lady.

Yet, what he doesn't realize is that pretty much every guy uses that approach on women because most guys have no idea how to attract women and turn them on during a conversation.

In his mind, a typical nice guy has the dating game all figured out because he has heard women say that they want a nice guy and that all men are assholes. So, to him, it is pretty simple, "*Be really nice and women will really like you. I figured it out. If women want a nice guy, then I'll be really nice. I get it. I'm going to be super nice and women are going to want me.*"

So, he tries it...

Yet, regardless of how nicely he treats women, they still continue to reject his romantic and sexual interest. He might then come to the conclusion that women actually hate nice guys and want a bad boy who treats them badly.

Yet, he is wrong.

[image: Why don't women like my nice guy approach?]

He's not alone though.

You only have to look online these days at forums and sites like Reddit and you will see hundreds of thousands of guys complaining about women (e.g. women are bitches, women only want money, women can't be trusted, etc) to see that there a lot of confused guys out there who don't yet understand what women really want in a man.

[image: Why do women hate me?]

Guys on forums are asking things like, "*Why do women hate me?*" and then providing reasons like, "*I'm a nice guy...why can't they see that?*" and asking, "*What is their problem?*"

Many of these guys then go on to develop a hatred towards modern women and say thing like, "*I hate women and have decided that I am going to remain single and alone for life. I'll just go to prostitutes and watch porn. Women are too complicated. Bitches!*"

I feel sorry for guys like that because they simply don't understand what women want from men. If they did, they would love women, not hate them.

So, I'm going to clear it up for you right now. Here is what you need to know...

Women do want a good man and they do like, love and appreciate good men, but women hate it when a nice guy expects to be rewarded with sex, love and devotion simply based on being nice to her.

If you want women to like you, love you, appreciate you and want to have a sexual relationship with you, then you must begin by making her feel sexually attracted to you and turned on by you. When she feels that way, she will then consider you as a potential lover, boyfriend or even future husband.

You can make a woman feel attracted to you by displaying some of the personality traits and behaviors that naturally attract women (e.g. confidence, charisma, charm, having a masculine vibe that makes her girly and feminine in comparison to you, etc).

Once you have sparked a woman's attraction for you, she will then appreciate the fact that you are also a good guy. However, simply being a nice, good guy who has the best of intentions with her is not enough to make her want to start a relationship with you.

Why? Most guys that she meets try that approach on her.

Most guys are clueless about what women really want and how to make women feel attracted to them, so they pretty much all try to use the same nice guy approach in the hope that the woman gives them a chance.

Watch this video to understand 3 things that attractive women tend to hate about most single guys out there...

As you will discover from the video above, it annoys women that most single men don't even know how a woman's attraction really works. Not knowing what else to do, guys try to get women to "like" them by being nice, buying gifts and essentially sucking up to the woman.

Yet, that's not what she wants.

Yes, she wants you to treat her well and be nice to her, but that is only something that she will appreciate if you are the kind of guy who makes her feel attracted and turned on.

If you can do that for her, she will then feel lucky to have finally met a good guy who actually knows how to turn her on, rather than meeting yet another good guy who doesn't care if she feels attraction or not and simply wants her to reward him with sex, love and devotion because he is being nice to her.

Conclusion

Women don't hate men and men don't hate women.

Yes, there are some emotionally bruised or confused women out there who do hate men, just like there are some emotionally bruised and confused men who hate women.

Yet, for the most part, men and women love each other and get along well.

If women don't like you, then it's not always going to be your fault (e.g. she might have issues that she is still carrying from childhood, baggage based on her past relationships), but sometimes it will be your fault (e.g. you're expecting her to be amazed and want to date you because you're being nice to her).

If you want women to like you, here's what you need to do:

1. Love and respect women for who they are. Don't try to change women and expect them to think, feel, behave and act like you do.
2. Don't expect women to want to have sex with you just because you're a nice guy. Make women feel attracted to you and they will then appreciate the fact that you're a good guy. Attraction first and then everything else flows on naturally after that.

When you take that approach with women, you will see that most women are much more loving, compassionate and intelligent than you previously thought.

Yes, there are some crazy women out there, but there are also some crazy men out there too.

Don't focus on the minor exceptions and label all women as being manhaters just because a few of them are. See the bigger picture and you will realize that there's actually nothing to worry about.

You will then be free to get on with enjoying love, sex and relationships with women, rather than sitting around wasting time thinking that they are all a bunch of manhating bitches.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with

women. This FREE video will BLOW YOUR MIND (I promise!)

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How to Make Women Fall in Love With You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The two best approaches to use to make women fall in love with you, are to either:

1. Be a charming guy
2. Be a challenge

There are many different approaches you can take with women (e.g. be a really nice guy, be a bad boy, be a jerk, etc), but being a charming guy or a challenge are by the far the easiest ways to make women fall in love with you.

1. Be a Charming Guy

[image: Being charming to make women fall in love with you]

Being a charming guy essentially means that you make women feel attracted to you by displaying some of the personality traits and behaviors that naturally attract and arouse women and you also be nice to them and treat them well.

Here's the simple way of looking at it:

| Make her feel attracted to you + Treat her nicely = Charming.

For example: If a guy interacts with a woman and he is being confident, charismatic and is making her feminine and girly in comparison to his masculine approach, then she will naturally feel attracted and aroused by him.

However, that is sometimes not enough to get the woman to fall in love. The real secret of how to get women to fall in love with you by being a charming guy is to also treat them well (i.e. give the woman compliments, be sweet to her at times, make her feel appreciated and noticed, etc).

You might have seen interact with a guy before and refer to him as a "charmer" or as being a charming guy.

What you will realize if you think about what you really witnessed when you saw that guy interact with her, is that he was making her feel attracted to him and he was also being nice to her.

For example: To make her feel attracted, he might have been displaying confidence, making her laugh and making her feel girly and feminine in comparison to his masculinity, which would have made her feel attracted and aroused by him.

He was also adding in some nice behavior and gestures in addition to being attractive to her (e.g. giving her compliments, treating her well, making her feel special, etc).

That is how to be charming and how to make women fall in love with you. It's easy and it also allows you to be the good guy that you are and still get laid, get a girlfriend or find yourself the perfect wife.

You don't have to be a bad boy, asshole, jerk or treat women badly to make them lust after you or fall in love with you. Instead, you simply need to be a more charming guy than you are right now by getting better at making women feel attracted to you and then continuing to be the good guy that you

are.

Watch this video to understand how a woman's attraction for a man works and how you can use attraction plus nice behavior to make women fall in love with you...

As you will discover from the video above, you can actually CREATE feelings of attraction inside of a woman by displaying certain personality traits and behaviors that are naturally attract women.

Once the woman is attracted to you, she will see any nice, sweet, courteous or gentlemanly thing that you do around her as charming.

2. Be a Challenge

[image: Being a challenge for women to win over]

A lot of guys don't like the idea of being a challenge for women to win over, because they feel as though it involves playing silly mind games, lying to women or treating women badly.

However, being a challenge for a woman to win over is actually one of the nicest, most precious gifts you could ever give her.

Here is whyâ|

Essentially, the first thing that you need to understand is the reality that women live in when it comes to sex and dating.

For women, it's very easy for them to attract men for sex because most men will have sex with a woman (at least once) simply based on her appearance, even if they don't really like her personality or don't see much of a chance for a relationship after the sex.

This is why porn has always been directed towards men and why men can easily get aroused and masturbate over visual images of women that they don't even know anything about (i.e. her intelligence level, her personality, her trustworthiness, etc).

If you think back to the origins of pornography, it has always been directed towards men who can get aroused and masturbate to mere images of women.

Yet, why don't most women do that? (I say "most women" because some bisexual women sometimes use porn to masturbate).

Simple.

Almost all women are not instantly ready to have sex with a guy simply based on his appearance.

If they were, they would be masturbating to porn and they would be whistling at guys on the street, approaching guys and saying, "*Hey, how about it?*" and generally acting like guys when it comes to sex.

Yet, they don't.

Why?

Almost all women are looking for qualities in men other than mere looks.

Yes, a woman can feel attracted to a man's looks and there are some women who will want to have sex with a man because he is good looking.

Yet, the majority of women are much more attracted and aroused by a man's personality traits, behaviors and inner qualities (e.g. confidence, charisma, masculine vibe, ability to get her laughing,

etc) than anything else.

Of course, there are some women who will hook up with a guy because he is rich, a celebrity or male model, but the majority of women aren't stuck on superficial traits and will happily fall madly in love with an average guy who can make her feel attracted and aroused for other reasons.

So, now that you understand one of the main differences between how men and women feel attraction, let's talk more about the reason why it's so beneficial for you to be a challenge for women to win over!

As a woman walks through the world, she knows that pretty much every guy that looks at her will be willing to have sex with her at least once.

[image: Willing to have sex with her just based on appearance]

Regardless of whether or not he likes her personality, he will be willing to stick it in, finish the job, plant his seed and walk away.

Even if a guy is a really nice guy and has good intentions with women, he won't be able to stop his natural urges to want to stick his middle leg inside attractive women and plant his seed.

Even if he doesn't want to have children, his attraction for her is based on his instant, instinctive analysis of her capacity to produce good quality offspring.

As a woman grows up, she usually enjoys all the attention that she starts getting from men now that she is of breeding age.

Yet, almost all women eventually get bored of the fact that most guys are willing to have sex with her even though she doesn't have to do anything else to impress them other than look good.

As a result, a woman will eventually develop the desire to meet a guy who is more of a challenge to win over, so she can feel lucky to be having sex with him, rather than always noticing that a guy feels lucky to be having sex with her.

Don't get me wrong here!

Being a challenge to women doesn't mean that you need to act like you're not interested, pretend that you don't like her or even say that you don't like her.

That's not how it works.

The secret of how to make women fall in love with you by being a challenge is to first make women feel attracted to you by displaying some of the personality traits and behaviors that naturally attract and arouse women and then hold off on being completely sold on her until she fully impresses you.

This means that you actually have to have standards when it comes to women and know the kinds of things that you will and will not accept in a woman.

[image: Being a challenge for women to win over]

If she displays traits that you don't like, you need to let her see that you're losing interest and she displays traits that you do like, you need to show that you're becoming more interested, but are not fully there yet.

When a woman is attracted to you and notices that you're not fully impressed by her yet, she will then begin to show you signs of interest and try to impress you further by displaying her best qualities and being on her best behavior.

[image: How to make multiple women fall in love with you]

She will then refer to you as being a challenge in her mind, to her friends or even to you.

Here's the really cool part!|

The more that she tries to impress you and win you over, the more that she falls in love with you and convinces herself that you are the guy she has been looking for all along.

Here's the even cooler part!|

By making her feel that way, you then become what women refer to as a "catch" meaning that she was able to beat other women to catch you and get you into a relationship.

[image: Make her fall in love by being a challenge]

She then feels lucky to have you as her man.

If you can easily attract women with your personality, behavior and inner qualities, while also being not so easy to pick up, a woman will know that you would find it extremely easy to get another woman if she doesn't snag you and save you for herself.

So, when a woman is able to get to a kiss, sex or date with an awesome guy like you, she will feel lucky and will rapidly fall in love with you and do her very best to make you feel the same way about her.

Where Guys Go Wrong

A lot of guys go through life never really understanding what attracts women to men and how to make women fall in love with them very easily.

For example: Some guys will put on an act of being an even nicer guy than they really are, in the hope that a woman will think, *"Wow, this guy is really nice and caring. I should choose him as a lover, boyfriend or husband."*

Yet, what these guys don't understand is that the nice, gentle and sweet things that a guy can offer a woman are only appreciated if he first makes the woman feel attracted to him and aroused by him.

Women don't get turned on and get wet down there if a guy is simply being nice and courteous towards them.

Why? Watch this video to understand!|

When nice guys get rejected by women, they often make the mistake of thinking, "Okay, if women don't want a nice guy, then they must want a bad boy or a man who treats them mean."

Yet, these guys are missing the point.

Here's the truth!|

The majority of women in this world do NOT want a bad guy who treats them meanly, disrespects them and doesn't care about them.

Instead, women want a good guy who also has the ability to make them feel attracted to his personality traits, behaviors and inner qualities.

The simple reason why women reject most nice guys is that they try to make women like them and fall in love with them simply based on being nice, courteous and considerate.

As you may have realized by now, that is not enough for a woman to fall in love with a guy.

If you are serious about making women fall in love with you, you have to be willing to do this

properly.

The right way to do it is to begin by making the woman feel attracted and aroused by you and then either be a charming guy than she can feel special around or a challenge that she feels lucky to have caught.

[image: Combining charm and challenge]

You can also combine the two approaches (be charming and a challenge) for a more powerful effect on her.

By being a charming guy who is also a challenge, she feels excited to have met a good natured guy who turns her on, but who is also a challenge for her to win over.

When she finally does get to kiss you, have sex with you or get you to say that you love her, she feels as though she's snagged herself a catch that is worth keeping.

×

[image]

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How to Get a Woman to Sleep With You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

In this post, I'm going to explain the natural process of how to get a woman to sleep with you.

The first thing that you need to understand and accept is that we men need to go through a different process than women do when it comes to sex.

[image: Men immediately willing to have sex with a woman, even though they don't know anything about her personality, intelligence level, what she does for a living, etc]

For women, it is very easy to attract men for sex because most men are willing to have sex with a woman simply based on her appearance.

Most guys (approximately 95%) will have a sex with a physically attractive woman, even if they don't like her personality or have no intention of having a relationship with her.

However, most women don't work the same way.

Most women will not have sex with a guy simply based on his appearance because they place more importance on how a guy's personality makes them feel.

Most women also want to have the experience of feeling a build up of sexual tension (this can take minutes, hours or days depending on the situation) before they feel ready to release that built up tension with kissing and sex.

So, here is what you need to do to get a woman to sleep with you!|

1. Make her feel attracted to your personality and inner qualities

[image: Make her feel attracted to your personality and inner qualities]

While it is true that women can feel attracted to superficial qualities about men like looks, height, money and social status, most women are willing to have sex with a guy who has other attractive qualities.

For example: If an average looking guy meets a woman and makes her feel attracted to his confidence, charisma, ability to make her laugh and his masculine vibe that makes her feel girly and feminine compared to him, she will almost certainly be willing to sleep with him if he plays his cards right.

Watch this video to understand how a woman's attraction for a man really works and how you can use it to get a woman to sleep with you, even if you're not tall, rich or handsome!|

As you will discover from the video above, a woman's attraction for a man works a lot differently than most guys realize.

While there are some very picky women out there who will only sleep with a tall, handsome rich guy, the majority of women in this world are much more flexible about what they find sexually attractive and appealing about a guy.

2. Build up the sexual tension between you

[image: Build up the sexual tension between you]

Unlike men who will get an instant boner by looking at women in porn, women tend to need to be warmed up and brought to boiling point before they are willing to have sex.

This is why it's so important to build up some sexual tension between yourself and the woman you want to sleep with.

Essentially, you make her feel attracted to you and then also make her have to work to impress you some more before she fully wins you over and gets to kiss you or have sex with you.

Women refer to guys like that as a challengeâ€¦!

As you will discover from the video above, most guys are willing to sleep with a woman right away and don't require any build up of sexual tension.

If the woman is physically attractive, most guys don't want to waste any time or risk losing their opportunity with her, so they show a lot of interest and hope to be liked for being a really nice guy or treating her well.

Yet, that's pretty much all a woman experiences as she goes through life and it is very boring for her. By being a bit of a challenge to win over, you're actually giving a woman what she really wants and if you give her what she wants, she will give you what you want.

3. Create a unique connection between you and her

A lot of guys get stuck at this point.

They start talking to a woman, but quickly run out of things to say or struggle to keep the conversation going and keep it interesting.

Here's where guys go wrong and what you should do insteadâ€¦!

4. Kiss her and then proceed to sex

[image: Kiss her and proceed to sex]

The most important step before sex is to kiss a woman.

It sounds pretty obvious, but a lot of guys hesitate at this point and then wonder why their interactions or dates fizzle out and never seem to lead to sex.

You've got to get to the first kiss because it changes the dynamic from being innocent and playing to being intimate and sexual.

[image: Release the sexual tension with kissing and sex]

Once a woman has kissed you, she is much more likely to be willing to sleep with you that night, on the first date or at the latest on a second date.

I know that from a lot of personal experience and also from surveys and studies. For example: A study in the USA found that 55% of couples had sex on their first date and a European study found that 70% of women admitting to having experienced a one night stand before.

So, don't think that the woman you are talking to is an innocent angel or a clueless virgin. These days, most women have regular casual sex and get in and out of relationships until they find the perfect man for them.

How Will You Know if a Woman Wants to Sleep With You?

[image: How will you know if a woman wants to sleep with you?]

As long as you follow the basic process that I've outlined in this post, a woman will want to sleep

with you.

However, women aren't all exactly the same and they will think, behave and act in different ways under different circumstances.

For example: Sometimes you will meet a woman who is really attracted to you and wants to sleep with you, but she will pretend as though she isn't very interested and will then play hard to get.

Why would she do that to you?

- **To test your confidence level:** If she plays hard to get and you begin to doubt yourself, hesitate and crumble under the pressure, she knows that you're not confident enough for a woman like her.
- **To test your interest level:** If she plays hard to get and you then lose interest in her, she knows that you're not genuinely interested in her and were only trying to get laid or boost up your ego.
- **To test your level of desperation or neediness:** If she plays hard to get and you begin desperately trying to impress her, she will assume that you feel unworthy of her and probably aren't good enough for a woman like her.
- **To protect her self-image:** Most women don't want to come across as being too easy when it comes to sex because they want you to be able to trust them if a relationship happens after sleeping with each other.

As you can see, there are many different reasons why a woman will play hard to get when you are leading up to sleeping with her.

To be successful at getting women to sleep with you, you must arm yourself with the ability to attract women so they actually want to be with you and you also must have the confidence to stay in an interaction and keep moving forward until you actually get to the point of having sex.

Sometimes, it will happen very easily where you meet a woman, make her feel attracted and begin kissing her right away. You then leave the bar, club or party with her and take her home to sleep with you.

However, other times, it can take 1-3 hours of hanging out together or partying before a woman will be willing to kiss you and leave a venue to go home and sleep with you.

In terms of sleeping with a woman on a first date, most women that you will meet are going to be open to it as long as you have established enough attraction and have the confidence to move from one step to the next with her.

Yet, some women will want you to wait 2-4 dates, especially if you are courting her in a way where she gets the impression that you want to be her boyfriend or husband in future.

[image: Getting a woman to sleep with you]

If she senses that you have serious, long term intentions with her, she will instinctively change her approach to sex and want to show you that she has the willpower to resist sex, so you will then be able to trust her to control herself around other guys when you are in a relationship with her.

Always Remember: Sex is Mutually Enjoyable

[image: Remember that sex is mutually enjoyable]

A final thing to point out here on the topic of how to get a woman to sleep with you is to always remember that sex is enjoyable for both men and women.

You're not taking anything from a woman by allowing her to have sex with you.

If you make her feel attracted to you and there is a build up of sexual tension between you, she is going to want to release that with kissing and sex.

It's not just you who is going to want to have sex. It's a mutually enjoyable experience.

So, don't ever get into the mindset of thinking that women are doing you a favor by sleeping with you.

Guys who think that way are usually the type of guys who don't even know how to attract women during an interaction and are simply hoping to "get a chance" with a woman by being really nice to her or being a good friend.

That's not how it works.

If you want to get a woman to sleep with you, the first thing you must do is make her feel attracted to you in a sexual way, not a friendly way.

If you then build up some sexual tension between you and her (that can take anywhere from minutes to hours to days, depending on the situation), she will feel a strong desire to release that built up tension with kissing and sex.

When you do have sex, it will be a mutually enjoyable and pleasurable experience. She's not doing you a favor or giving you a chance.

You are both attracted to each other and are mutually excited about sleeping with each other and then seeing where it goes after that.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Best Places to Meet Single Women

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are some of the best places to meet single women:

1. **Singles parties:** Most women at singles parties are hoping to meet a good guy who is confident and make them feel attracted and turned on during an interaction. Do a Google search for “Single parties” and then include the name of your town or city.
2. **Speed dating events:** All women will be single and hoping to find a match. Pretty much every major city or town has a speed dating service, so just try it.
3. **Bars and nightclubs:** Many women will be single, but even if they aren’t most will still be open and friendly if you approach and chat to them in a confident, easy-going and social manner, rather than just trying to pick them up.
4. **Hobby clubs:** Some women go to hobby clubs (e.g hiking, bike riding, acting, painting, cooking, etc) to improve their skills, but many also hope to find a boyfriend who will share her passion or at least appreciate it.
5. **Dance classes:** Many women go to dance classes as an easy way to meet guys. People who attend the classes are forced to dance together as couples, which gets rid of the awkwardness of waiting around for guys to approach and talk to her.

So there you have it.

Meeting single women is as simple going to those places now, right?

Not quite.

If you’ve already tried going to those places to meet single women, you will have probably already figured out that itâ□□s not as simple as simple as that. Knowing the best places to meet single women is great, but you also have to know how to attract them when you approach.

If you approach women and have no idea how to make them feel attracted to you, they aren’t going to be interested in talking to you for very long. For women, it’s very easy for them to attract us men because we are mostly attracted to women based on looks, but most women look for qualities other than mere looksÂ in the men that they meet.

Watch this video to understand how a woman’s attraction for a man works...

Single women are open to being approached by guys, but they have some basic requirement that they want you to meet:

1. Approach in a confident, relaxed manner, rather than coming across as nervous and tense.
2. Be real and authentic, rather than putting on an act of being nicer, cooler, tougher etc than you really are.
3. Have a fun and interesting conversation that sparks her attraction and allows her to feel what it would be like to be your girlfriend.
4. Make sure that you make her feel attracted to you first, before you try to make a move on her or get her number.

That last one is the most important.

Attractive women hate the fact that most guys who approach them don't even know how to make them feel attracted. Watch this video for more info...

As long as you approach women in a confident, relaxed manner and have the ability to make a woman feel attracted to you (e.g. by displaying confidence, being charismatic, making her feel girly in comparison to your masculinity, etc), then meeting single women will be an easy, exciting and rewarding part of your life.

Most Women Are Much Easier to Pick Up Than Guys Realize

[image: Meeting single women]

If you go out to meet women in bars or even at a singles speed dating event, women don't always make it clear and obvious that they are hoping to meet a guy.

Most women put on an act of being indifferent, being hard to get, not needing a man in their life or being too attractive for every guy in the room.

Yet, when those same women go home, they will often cry themselves to sleep because all of their girlfriends have a boyfriend or husband are enjoying sex, love and relationships.

So, when you go out to meet single women, don't ever expect them to make it obvious that they want to be approached by you or even that they really like you when you're talking to them.

Some women will make it clear that they like you during an interaction (e.g. she might start touching you a lot, tell you that she likes you, or make it really obvious that she wants to kiss you, etc), but the majority of women don't make it that obvious.

In fact, if you meet a woman who wants a very confident guy, she will often act as though she doesn't like you very much because she wants to test your confidence.

[image: Best place to meet single women]

If she plays hard to get and you crumble under the pressure, she knows that you're not confident enough for a woman like her.

However, if you remain calm and continue to talk to her and build up her attraction, she will eventually let down her guard and show you a friendly, easy-going side of herself that most guys never get to see.

[image: Best places for meeting single women]

When you are able to do that to women, you will realize that most women are much easier to pick up than they make themselves out to be.

Early on, when I first started approaching and picking up women, I didn't know what women were really doing when they were playing hard to get with me.

Being the insecure guy that I was back then, I assumed that they were playing hard to get and being difficult because I wasn't good looking enough and they wouldn't like a lower middle class guy from the outer suburbs like me.

However, when I realized that it's usually just an act that women put on to make themselves appear more valuable to you or it's a test that they use to see how confident a guy is, that is when things started to change.

I realized that that I needed to stay in the interaction and continue to build up a woman's attraction for me. When the moment was right, all I needed to do then was get her phone number, move in for a kiss or take her home for sex.

Having Sex With Single Women

Sex is another thing that women pretend not to be interested in or act as though they never do in their life.

Yet, statistically speaking, most of the single women you will meet will have already experienced a one night stand (sex on the first night) or had sex on a first date.

For example: A study in the USA found that 55% of couples had sex on their first date and a European study found that 70% of women had experienced a one night stand before.

So, don't fall for the act that women put on where they seem like they're not even interested in men or that they won't have sex on the first night or first date.

As long as you build up a woman's attraction for you and create a unique connection between you and her, the ball is then in your court to take things to the next level (e.g. phone number, kiss or sex).

Don't think that she hasn't done it before or that she is an innocent girl and every other woman is naughty. The woman you are talking to has most-likely already had plenty of sex before and is willing to have it with you if you play your cards right.

It's not 1905 anymore where a woman had to save her virginity for marriage. These days, women have sex all the time and they will have it with you if you can make them feel attracted, connect with them and then move the interaction forward with confidence.

As long as you have attraction and a unique connection in place, almost all women won't reject you at that point. If a woman does play hard to get about giving you her phone number, kissing you, going on a date or leaving a venue to have sex with you, it's usually just to test your confidence or your interest level in her.

So, when you go out there to meet single women, make sure that you don't give up at the first sign of resistance.

Stay in there and continue to build up the woman's attraction for you while also creating a unique connection between you and her.

When the moment is right, take things to the next level with her and enjoy the great times ahead.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Do Women Need Men?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

In today's world, women can live a life that is completely independent of men if they choose to.

A modern woman can earn her own money, be protected by the police, justice system and media and be supported by the government.

However, regardless of how much a woman can take care of herself in the modern world, she still will always want and need a man for the following reasons:

1. To experience the love that can only occur between a man and a woman.
2. To be impregnated by a man that she loves and wants to have a family with.
3. To have the father of her children present to make her feel safe and to help raise the children in a more balanced way, compared to her doing it all by herself.
4. To be a boyfriend or a husband that she can share life experiences with, overcome challenges with and grow together over time.

So, the answer to the question, "*Do women need men?*" is a definite yes if a woman wants to lead a normal, happy life.

Sometimes, you might see a news story or an article online about women no longer needing men because they can go and get themselves implanted with semen from a sperm bank and have their own children without the need of a man.

Lesbian women tend to do that so they can raise a children, but normal heterosexual women still have a natural desire to be impregnated by a man that they love.

After all, women love having sex just as much as men do.

Women love the feeling of a rock hard penis sliding into their little love tunnel, just as much as we men like to get in there and give it to them.

Sex is a mutually beneficial and enjoyable thing for men and women and so is love.

Regardless of the changes that happen in modern society, the love between a man and a woman always remains a very special and powerful thing that most women place the utmost of importance on in their life.

If a woman doesn't have the love of a man in her life, she may spend a lot of time on her career and try to distract herself, but will almost always become depressed and feel like her life is wasting away on pointless work, when she really wants to be in love, be a mother and have a family.

So, if you've been wondering to yourself, "*Do women need men?*" because you don't seem to desperately wanted by women, then you should ask yourself what the real reason is behind you asking that question.

For example: Watch this video to understand the real reason why a lot of good men fail with womenâ€¦

Have you been wondering, "Do women need men?" because you simply don't know how to make women feel enough attraction for you to be with them?

Do women seem to not be in need of a guy like you because you've simply doubted that you're good

enough for them, so you avoid them and privately jerk off to porn every week?

Are you hoping that women make it obvious that they want you or need you, before you approach them or ask them out?

Why Aren't Women Making it Obvious That They Need Me?

[image: Why don't women make it obvious that they need me?]

When an attractive woman walks past a guy, he will usually turn his head to look at her.

If he's like 95% of guys on the planet, he will be willing to have sex with her simply based on how she looks.

Yet, women don't work the same way.

Women essentially walk around in OFF mode, so as a man, you have to approach a woman and actively make her feel attracted to you (e.g. by being confident, charismatic, making her feel girly and feminine in comparison to your masculinity, getting her laughing, etc) to get her to switch to ON mode.

A woman might see a very handsome guy and switch to ON mode, but she's not going to approach him and try to pick him up. She will simply feel some attraction for his looks and then continue on with her life.

Why? Generally speaking, women are passive when it comes to dating and mating. A woman will wait to be approached by a guy who has the confidence and masculinity to do so.

If the guy who approaches her can make her feel attracted, she will then open herself up to the situation and allow herself to be guided from a conversation to kiss, to sex and into a relationship.

So, if a guy lacks confidence and doesn't approach women as a result, he's probably going to be wondering things like, *"Do women actually need men these days?"* or *"Why don't women like me?"* because women don't seem to be rushing up to him to meet him.

If a guy does have the confidence to approach women, but doesn't actually know how to actively attract a woman during an interaction, he might be left thinking, *"What's wrong with women these days? Can't they recognize a nice guy when they meet one? What is their problem?"*

Don't Listen to the BS lyrics From Female Pop Singers

A guy who doesn't understand women will often feel confused when he listens to the confident, brash, girl power lyrics of female pop singers.

Female pop singers will passionately sing lyrics like, *"I don't need a man"* or *"Sisters are doing it all for themselves"* and act as though they don't care if they have a man or not.

Yet, is that really the way it is? Do modern women not need men at all, or do those song lyrics simply create a smoke screen to hide what is really going on behind the scenes?

Let's clear this up...

If a woman is saying she doesn't need men in her life, you can bet your bottom dollar that she has recently (or repeatedly) had her heart broken and she's still hurting, or she is lusting after the type

of guys who aren't interested in her.

With that being the case, the anti-men lyrics are nothing more than a smoke screen for insecure or emotionally bruised women.

The heartbroken female pop singer (or everyday woman) who is saying that she doesn't need men, will cry herself to sleep over the fact that she no longer has a man in her life.

Just listen to some of the candid interviews of female pop singers and celebrities and you will see them admitting to crying their eyes out all the time. They may put on a front of being emotionally cold and independent, but it's just a smoke screen.

Likewise, a woman who is saying that she doesn't need men because the kind of men she wants don't want her, will continue to try to attract their attention.

So, do women need men? Of course they do.

If women didn't need men or want men in their life, there wouldn't be so many *Who needs men anyway?* songs out there.

The only reason those songs exist is because single or dumped women tend stick together in a friends forever sort of way, so when one of their group has been dumped or let down by a guy, they all rally round to make her feel better by adopting an attitude of, *Who needs men anyway when we've got each other?! Who*

Of course, when the dust settles, they all set about helping her to find a new man ASAP.

Watch this video to understand how women really think...

As you will discover by watching the video above, what women say is often completely different to what they actually do.

Women don't think, feel, act and behave in the same way that we men do and that is a good thing.

It is the differences between men and women that actually make us feel attracted to each other, so don't be annoyed at women for being so complex *love and appreciate them for it.*

If women were to think, feel, act and behave like men (e.g. imagine a butch, masculine lesbian type of woman with short hair), we wouldn't feel attracted to them like we do now.

Do You Know What Women Want From a Man?

[image: Do women need men these days?]

No matter how successful or independent a woman becomes in her life, she still longs to feel like a woman around a man.

What does that mean? She wants to feel feminine and girly in comparison to your masculine way of thinking, feeling, talking, moving, behaving and taking action.

Modern women often have to suppress their natural femininity to compete with male co-workers, or to be seen as mentally tough enough to handle the top jobs.

This is a long way removed from the typical daily life of a woman a couple of generations ago, back in a time when women generally took on the traditionally female role of being a housewife and mother, while the men took on the traditionally male role of being the bread winner and protector.

The world has changed and *sisters* are able to do it for themselves now, but to feel like a

real woman (i.e. feminine, free to be emotional, focused on love, etc), a masculine man is needed to provide the natural balance in her life—and that is what all women want.

Ancient Attraction in the Modern World

For most of human history (i.e. like 99.9% of it), women depended on men for their very survival.

Just because we now live in a modern civilization where a woman can survive on her own, it doesn't mean that her ancient attraction triggers have now been replaced.

If it ever happens at all (I don't see it happening in the foreseeable future), it will take a long time for women to stop feeling attracted to men for reasons that ancient women did.

For example: Throughout human history, women have always wanted to be chosen by the alpha male in a group or village because he represented the best chance of survival in terms of providing food and protecting them from danger.

In the modern world, a woman may no longer need a provider and protector in a literal sense because she can make money and rely on the police, supermarkets, media, government etc. to take care of her, but that does not change the fact that she is still instinctively looking for a man with alpha male qualities.

Classic alpha male qualities include:

- Believing in himself no matter what.
- Being masculine in the way that he thinks, feels, talks, behaves and takes action in life.
- Being composed under pressure because he knows that he has the emotional strength and mental resilience to get through anything.
- Gaining and maintaining the respect and admiration of other men and people in general, rather than being a guy who is picked on, overlooked or taken advantage of.
- Leading the way to a better life for himself and others, even if he can't do a 100% perfect job all the time. He simply keeps pushing forward, learning from his mistakes and leading the way to a better life.
- Being driven to succeed at whatever he is aiming to achieve in life and not giving up when he faces challenges, obstacles or roadblocks.

A modern day alpha male no longer needs to be able to hunt down a mammoth or fight off a sabre-toothed tiger, but he does need to have genuine confidence, mental and emotional masculinity (i.e. think and feel like a man does) and the ability to make a woman feel like a real woman in his presence.

The bottom line is that if you lack confidence around women, or if behave in a shy and insecure way, you are showing yourself to be a lower ranking male and therefore not a man that women need.

A woman might appreciate a guy as a friend if he comes across as a lower ranking male, but her ancient attraction triggers will remain OFF because she still feels the urge to be with a guy who is mentally and emotionally stronger and savvier than a lower ranking male.

Being the type of man that women need comes down to displaying your natural, alpha male qualities that attract women on a primal level.

It's not about being a bad boy, a jerk or an asshole. Instead, the ultimate type of man that women

want and need in today's world is a good guy alpha male.

Why? We live in a civilized world now and it's no longer violence that wins arguments and controls local areas. To be a successful man in the modern world, you need to be able to get along with other people and create win-win situations (not lose-win situations where you always lose or win-lose where you always try to take from other people), which is what good guy alpha males do.

Assuming that you are a good guy, all you need to work on to be the man that women want and need is to improve your ability to attract women on a more instinctive, primal level.

You can still be the good man that you are, but essentially, you most-likely need a bit more balls and to stop being such a nice guy around women.

Here's why...

As you will discover from the video above, there's nothing wrong with being nice to a woman at all.

However, being nice on its own is not enough to make a woman feel sexually attracted and turned on, so you have to actively trigger her ancient attraction triggers that are just as important to women now as they have ever been.

You can still be a good guy, but you've also got to be the sort of good guy that turns women on.

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[image]

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[image: Dan Bacon]

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Where Do Women Like to Be Touched?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

While women do like to be touched by men that they are attracted to or in love with, they don't all like being touched in the exact same places or in the same way.

Here are some examples of where most women like to be touched, but you should keep in mind that the woman you are with might prefer less touching in some areas than others.

Apart from her vagina and breasts, sensitive areas include:

1. Hair and scalp

Touching a woman's hair can really turn her on, whether it's pushing longer hair behind her ears like a father would do to his little girl, stroking her head in a loving way or gently massaging her with one finger making a circle motion all the way from her temple down to the back of her ear.

2. Ears and neck

The ears and earlobes are very sensitive areas that only need to be touched very lightly to turn a woman on.

The muscle that runs around the side of the neck to form a connection between the base of the skull and the breastbone is highly sensitive to touch in most people, which is why a whispering sweet nothing in a woman's ear and breathing gently on her neck can bring her a lot of pleasure.

3. Upper back and arms

A man's arm around a woman's shoulders can make her feel protected, which is a feeling she instinctively likes.

Gently stroking her back or the top of her arm (just below her shoulder) can also be very relaxing, comforting and arousing.

4. Hands and wrists

A touch on the hand can create an instant connection when you are first talking to a woman and getting to know her.

In a relationship, holding hands giving her a gentle massage on her palms and wrists can really generate a lot of loving pleasure.

5. Lips and mouth

The lips are extremely sensitive to touch.

Try it now. Run a finger across your upper lip now and imagine how a woman would feel if you did that to her when she was feeling attracted to you and turned on by you.

In terms of kissing, research shows that kissing someone for the first time leads to a release of the feel-good hormone dopamine, which boosts the intensity of the pleasure that is being experienced.

From the first kiss onwards, kissing leads to the release of oxytocin, which generates the warm,

fuzzy, loved-up feeling that all women love.

6. Inner thighs

If a woman is attracted to you and you are kissing her, she will like being touched on her inner thigh. Simply make your way up from knee and caress and grope her as you get close to her vagina. Whether you touch her vagina or not depends on whether you are about to sleep with each other or are already in a relationship, as well as if she might be worried about other people seeing what you're doing.

If you do touch her vagina, just graze past it a couple of times before actually groping it. You can also build up her desire for you to grope her by grazing past it a couple of times, then making your way back down her thigh to caress her there for a bit longer before eventually making your way up for a bit of groping and finger play.

What Makes a Woman Want to Be Touched By a Guy?

[image: Where do women like being touched by men?]

The bare essential ingredient that a woman needs to feel for a guy, before she will want to be touched by him is attraction.

Watch this video to understand how a woman's attraction for a man works and how you can use it to make a woman enjoy being touched by you...

As long as a woman is attracted to a guy that she meets, she will enjoy his touch and it will give her feelings of pleasure and excitement.

However, that changes when a man and woman get into a relationship.

In a relationship, a woman will lose interest in being touched by a guy if she begins to lose respect for him as a result of the way that he treats her or conducts himself as a man throughout his everyday life.

For example: If a man gets into a relationship with a woman and they both really enjoy being with each other at the start due to the initial feelings of lust and attraction, they will both enjoy experiencing the pleasure that comes along with touch.

Yet, as the relationship continues, the woman will lose interest in being touched by him if he does things that cause her to lose respect for him (e.g. being insecure, clingy, controlling, emotionally weak, etc).

Once a woman loses respect for a guy, she can no longer bring herself to feel a lot of attraction for him and if that continues on for a while, she will eventually begin to fall out of love with him.

So, what you need to do to be the sort of guy that women want to be touched by, is to be a man that a woman can look up to and respect now and in the long run.

Being a man that a woman can look up to and respect is about being confident in yourself, going after your biggest dreams and ambitions in life, treating her with love and respect, making her feel valued and wanted and being someone that she can rely on to be emotionally strong no matter what challenges you encounter in life.

As long as you have that foundation in place when in a relationship, your woman will be able to feel

attracted to you in many different ways (e.g. she will feel attracted to how you make her laugh and smile, to your intelligence, to your unique charisma and personality).

When a woman respects you and also feels a lot of attraction for who you are as a man and how you make her feel, her love for you will deepen over time.

When that happens in a relationship, she will like to be touched by you in any way because you are the man that she wants to be touched by.

You are the man who she respects, feels attracted to and is in love with, so your loving or sexual touch is exactly what she wants to experience.

When you're in love with a woman, you can touch her in very simple ways and she will feel the tingle of sexual attraction and desire for you.

Foreplay becomes easy and effortless because even a simple kiss on the cheek, forehead or neck or a warm, loving embrace can lead to feelings of sexual desire that then results in sex.

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[image]

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[image: Dan Bacon]

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How to Flirt at Christmas Parties: 8 Tips and Examples

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

In this post, I'm going to give you 8 tips and examples on how to flirt at Christmas parties and other work events.

However, before I give you the tips and examples on what to say and do, I have to point out something very important...

The basic rule of flirting is that you need to make a woman feel sexually attracted to you **BEFORE** you attempt to flirt with her. If you try to flirt with a woman before sparkling her attraction for you, it just won't feel right to her and she will almost always reject you.

So, before flirting with a woman at a Christmas party, work event or anywhere else, you need to actively spark her attraction for you by displaying some of the personality traits and behaviors that naturally attract women (e.g. confidence, masculine vibe, charisma, etc).

When a woman feels a spark of attraction for you, she will welcome your flirting and will flirt back to show her interest in you. However, if you are only being a standard nice guy when you talk to her and are not making a woman feel any sexual attraction for you, she will reject your attempts at flirting because it won't feel right to be doing it with you.

What Will Other People Think if You Flirt With Women at an Office Christmas Party?

[image: Flirting at Christmas parties]

Flirting is such an innocent, discreet thing to do that everyone enjoys it, as long as it doesn't go too far and become sleazy.

However, how much you flirt with women at a Christmas party or work event really depends on the culture at your workplace.

[image: Flirting in the office]

For example: In some workplaces, the boss and management team are completely fine with employees hooking up for casual sex, dating and getting into relationships. Heck, even some of the managers will have sex with people who work for them.

Yet, in other workplaces, the boss and management strictly forbid employee relationships and if a relationship does begin, they will expect the employees to remain professional and only show signs of affection outside of the workplace.

So, if you are attending a Christmas party for work and your management forbids employee relationships, you will need to be more subtle about the way you flirt (i.e. only use body language and behavior to flirt, rather than saying sexually flirtatious things in front of others).

Keep reading and I will give you some examples of what to say and do. For now, I'm going to explain how flirting works...

How Flirting Works

Watch this video to understand how flirting works...

In the video above, I give examples of how to flirt when talking to female Starbucks baristas. For examples of how to flirt at Christmas parties, continue reading below...

8 Tips and Examples of How to Flirt at Christmas Parties

Some of the examples below include what to say, while others include body language and tips on behavior, which are all important elements of flirting.

The first example is to...

1. Give her a flirty look from a distance and then smile in a confident, relaxed way that shows you like her

If you haven't yet approached the woman that you want to flirt with, you can start out by giving her a flirty look from a distance.

A flirty look means that you look at a woman and show her that you find her attractive and that you like her, while also showing her that you think she likes you too. Essentially, think about how you would look at a woman if you really liked her and you know that she likes you too.

It's an exciting moment to experience for both of you.

Give her that type of look and she will know exactly what it means.

Whatever you do, just don't look at her as though you like her, but you are unsure if she likes you too.

Why?

When flirting with women, you **MUST** ensure that you are making her feel attracted to you, rather than turning her off.

If you look at a woman as though you like her and you know that she likes you too, she will feel attracted to you because you will be coming across as confident.

However, if you look at her as though you like her, but you aren't sure if she likes you, then you're going to be coming across as insecure and self-doubting, which is not attractive to women.

Women are attracted to the emotional strength of men (e.g. confidence, high self-esteem, self-assuredness) and turned off by the emotional weakness (e.g. insecure, anxiety, self-doubt, etc).

Women only want to flirt with guys that they feel attracted to, so you must ensure that you when you give a woman a flirty look, it is backed up with a relaxed, easy-going confidence in yourself.

So, how does it work?

Start by making eye contact with her from a distance and give her the flirty look for about 1-2 seconds, where you communicate via your body language that you like her and you know that she likes you too.

Then, add in a smile and hold eye contact for another 2-3 seconds, before looking away before continuing to talk to other people or doing something else (e.g. ordering a drink, getting some food

from the buffet, etc).

That is how a flirty look works.

Essentially, you look at her as though you like her and that you know she likes you too, hold eye contact, give her a smile and then look away in a relaxed, confident manner. Think about how you would look at a woman if you really liked her and you knew (for sure) that she liked you too.

When you give her a confident, flirtatious look like that, she then feels excited that there is a spark between you and her. She becomes curious and keen to interact with you to see if she will feel even more attracted to you when in your presence.

By the way...

Don't worry about whether or not the woman will know what you are doing because she will.

Women know what flirting is.

Women have to use flirting to be subtle about their sexual interest in men, because pretty much everyone looks down on a woman or treats her with less respect if she is very open about her interest in sex. She knows what you are doing.

Flirting is a language that pretty much every woman understands and uses, so when you give her a flirty look, she will know that you find her attractive and are using the subtle, discreet language of flirting to let her know.

She will feel excited that you have the social intelligence to be able to privately create a spark between you and her via subtle flirting. So, don't hesitate to give her a flirty look – just do it and you will see what I mean.

2. Give her a flirty squint and a smile while maintaining eye contact during a conversation

[image: Flirty squint]

Once you've approached and started to talk to a woman that you want to flirt with at a Christmas party, it's essential that you continue to build up her attraction for you and occasionally flirt with her throughout the interaction.

So, if you're talking to a woman who is feeling attracted to you (e.g. because you are displaying confidence, charisma, making her laugh, being masculine, etc), then another way to flirt with her is to squint your eyes and smile at her when maintaining eye contact.

Essentially, what you are discreetly communicating to her with this type of flirtatious body language is, *"I know you like me" and by the way "I like you too."*

[image: Flirting co-workers at an office Christmas party]

When should you use the flirty squint with a smile?

When she is clearly showing you that she likes you and is flirting with you too (e.g. she may be giggling in a girly way when talking to you, touching you, biting her bottom lip, dipping her chin down to look up at you in a submissive way, twirling her hair around her finger or just playing with her hair in a girly way, etc).

Giving her a flirty squint with a smile is really about showing her that you know she is attracted to you and that there is clearly a spark between you and her. You don't ever have to say, "There is a

spark between us” because your flirtatious body language will communicate that in a discreet, classy way.

Reminder: As mentioned earlier in this post: You must first make her feel attracted to you before you attempt to use any type of flirting with her.

If a woman isn’t feeling attracted to you at a Christmas party and you try to flirt with her, she’s going to feel as though you’re being weird because she knows that flirting should only be used when there is mutual attraction between two people.

If you want to be successful at picking up women, you must go through a natural sequence that flows from one step to the next. The first step of the sequence is that you make the woman feel sexually attracted to you and then everything else follows on naturally and effortlessly after that.

If you go against the flow of nature by attempting to pick up women before you’ve even made them feel attracted to you, they will reject you almost every time that you try.

3. Accuse her of trying to get you drunk

Another example of how to flirt at Christmas parties is when you are talking to a woman who is attracted to you (e.g. because you are being confident, charismatic, masculine, etc) and she suggests getting another drink.

At that point, you can smile and ask her, “*You trying to get me drunk are you?*” and she will understand that you are suggesting that she is trying to get you drunk so she can then seduce you into having sex with her.

You don’t have to specifically say that she is trying to get you drunk to seduce you into having sex with her, because she will already understand that on her own without you having to explain it to her.

If she laughs and enjoys that question and you want to add in a little more humor and flirting, you can say, “*I just want to let you know that I’m not that easyâ€”you’re going to have to romance me a little more first. I don’t put out just because I get drunk*” and then laugh with her about that.

Of course, whether you add in that last comment depends on how conservative the culture is at your workplace Christmas party.

If other people are listening into the conversation and you’re in a workplace where people are expected to be very formal and professional, then it’s probably not going to be appropriate for you to say something like that.

However, if you and her are talking alone or if it is very loud and only she can hear you, then it’s usually going to be fine and she will laugh and enjoy the humorous flirting that you’re adding into the conversation.

4. Make her compete with another woman, then reward her when she shows more interest in you

[image: Flirting with a coworker at Christmas party drinks]

One of the easiest ways to pick up women is to get other women interested in you during a conversation or interaction.

Unlike men who are usually willing to have sex with a woman instantly simply based on her looks (and regardless of how many other men want to sleep with her), most women assess a man’s sexual

attractiveness based on a range of other factors, including how much other women like him or would like him if they met him.

If a woman is interacting with a guy and other women don't like him, it's going to make her feel less attracted to him. Likewise, if a woman is interacting with a guy and she feels as though other women wouldn't like him if they met him, she will feel turned off.

It's just the way that women work. Why? A woman's attraction for a man is mostly based on things that are not physical (i.e. his confidence, personality, charisma, social intelligence, masculinity, etc).

Watch this video for more info...

As you will discover from the video above, most women will overlook the fact that a guy isn't 6ft tall, rich and handsome if he can attract her in other ways.

One of the ways to attract a woman (who is playing hard to get) and then subtly flirt with her (i.e. show your interest in her in a subtle way) is to get other women attracted to you during a conversation and then reward the woman you like with more of your attention, if she begins to treat you better and show you more interest.

So, if you're flirting with a co-worker at a Christmas party and she seems like she is going to play a little bit hard to get, simply include some other women in the conversation and get them attracted to you as well (e.g. be confident, charismatic, get them laughing, make them feel feminine and girly in comparison to your masculinity, etc).

When she sees that other women are attracted to you, she will then begin to compete with them for your attention and interest.

When you see her showing you more interest and attention (e.g. touching you, interrupting other women to get your attention, etc) and trying to treat you better, you can then reward her by giving her more of your attention.

To flirt with her at that point, give her a loving smile and briefly show more attraction for her than you do the other women. Then, go back to making all the woman feel attracted to you and keep repeating that process until the woman you want is showing you really obvious interest.

At that point, you can say to her, *"Hey, you want to go to the bar to get a drink?"* and get some alone time with her. She will then feel excited that she is getting to do that with you.

Women love guys like that and refer to them as a challenge. Watch this video to understand why women enjoy a guy who is a challenge to win over...

As you will discover from the video above, most women are bored of how easy guys are to attract for sex.

Being the challenge that women are looking for is simple: Make her feel attracted to you and then stop yourself from being completely sold on her. Show interest in her, but make her feel as though she needs to impress you more before she fully wins you over.

Most guys are afraid to do that because they think it is mean or playing silly mind games. Guys also fear that if they don't show 100% interest in a woman, she will lose interest and walk away.

Yet, if you watch the video above, you will realize that most guys offer no challenge at all because they are willing to have sex with women immediately, which is boring for women. Women want to feel as though they are lucky to score you as their lover or boyfriend, rather than feeling as though they are doing you a favor by letting you have sex with them.

5. Suggest partying together on New Year's Eve

This is a subtle example of how to flirt at a Christmas party or work function with a co-worker.

Sometimes, it's going to be appropriate to use this style of flirting depending on how conservative the culture is at your workplace.

For example: If you are talking to a co-worker and she is attracted to you, but she is worried about showing sexual interest in you, kissing or appearing as though you and her are going to hook up, you can subtly flirt with her by suggesting that you and her party together on New Year's Eve.

She will then know that you are interested in her because you want to see her outside of the workplace, but are flirting because you are being discreet about your interest in her.

Flirting is about discreetly showing your interest in each other, without always having to make it obvious that you want to have sex with her, date her or start a relationship with her.

It's a private language of words, behavior, body language and vibe that is used to communicate sexual interest without having to actually say, *"Hey, I want to have sex with you. Do you want to have sex with me?"*

Flirting in a subtle way about partying together on New Year's Eve is also effective when interacting with a woman who is insecure and doesn't really feel as though you really like her.

When she knows that you want to see her outside of the workplace, she will be able to relax and show interest more in you because she will be hopeful that you do like her and want to spend more time with her.

Some guys might be thinking, *"Why do women have to make things so complicated about dating and hooking up?"* but that's just the way life is when insecurity is a part of the dynamic between people. If both the man and woman are confident, everything flows easily from one step to the next, but if either one is insecure it makes the whole dating process so much more complicated.

For example: If she is insecure, you need to make her feel attracted to you and show her that you like her. If you don't let her know that you like her (after making her feel attracted to you first), she will usually play hard to get and may even say that she doesn't like you.

On the other hand, if a woman is confident and knows that she is sexy and beautiful, she will play hard to get for other reasons.

Rather than playing hard to get because she is worried about being rejected, a confident woman will play hard to get because she wants to test your confidence in yourself. She will look to see if you are insecure and need her to be gentle with you, or if you are a confident guy who can handle any tests she puts you through.

If you crumble under the pressure and feel as though she's not interested in you, she knows that you're not confident enough for a woman like her. However, if you remain calm and continue to believe in your attractiveness to her, she will be impressed by your confidence and feel even more attracted and drawn to you.

She will feel attracted and be thinking something like, *"Finally! A guy who isn't intimidated by me and who I actually feel attracted to as well!"*

6. Tell her that you think she is sexy and that you like her

[image: Flirting at a Christmas party]

This is one of my favorite examples of how to flirt with women.

Once a woman feels attracted to you and you are getting along with each other, it's important for you to say something like, *"You're sexyâ€¦I like you."*

The reason why you need to say that is because most of the women you meet will be insecure about their looks and attractiveness (96% of women, according to the Dove global survey on beauty). Even if a woman looks pretty and sexy to you, she will almost certainly feel insecure about her looks and will need you to let her know that you find her attractive.

If she is confident and knows that she is sexy and attractive, she will appreciate that you have the balls to say that to her, but will only feel excited about it if you first make her feel attracted to you. No matter what you say or do around women, just remember: You have to make her feel attracted to you FIRST and then everything else follows on after that.

Once you have made a woman feel attracted to you, if you then don't give a woman a direct compliment about her attractiveness to you, she will usually play hard to get and act as though she doesn't like you, so she can test your interest in her and your confidence level.

So, to cut out all the silly mind games when you talk to women, just be honest and tell her that you think she is sexy and you like her. The best time to say something like that to a woman is when she is attracted to you, you're getting along well and have just had a laugh together about something.

Pause for a moment, look her up and down, smile and say in a confident, relaxed manner, *"You're sexyâ€¦I like you"* and she will love it that you're so confident, honest and ballsy, but that you can also be relaxed and easy-going about whatever you say to her.

Of course, if you're at a very conservative work Christmas party, or if everyone can hear you and her talking, you need to be careful about giving her a direct sexual compliment like that in front of other people.

Some women will feel embarrassed to get a compliment like that in front of co-workers or friends, while some women will feel proud and then show sexual interest back to you. You need to decide what you think is appropriate for the Christmas party that you are attending.

7. Make funny faces at her during conversation while gently teasing her

One of the easiest ways to flirt with a woman is to make certain types of funny faces at her during a conversation.

Example 1: Scrunch your nose up and look at her in a judgemental way when she says something silly or unintelligent, but only do it in a joking manner. Then say to her, *"Oh, I thought you were really smartâ€¦and then you said that"* and then smile and laugh with her about that.

Example 2: Raise up your eyebrows and look pleasantly surprised or impressed when she says something that makes her look very smart and interesting. Then say to her, *"Wow, I didn't know that you were so intelligent. You're beautiful and smartâ€¦you've got it all girl"* and then smile and laugh with her about that.

Flirting with women in this way is about gently teasing her to make her feel girly and feminine around you.

Gently teasing a woman isn't about being rude, mean or being a bad boy. Instead, you're simply

flirting with women in the way that they secretly wish guys would, but will never admit to your face because they are worried that guys will take it the wrong way and begin to rudely tease them.

Women love to feel girly and less dominant around a guy and gently teasing her is a subtle, easy way to achieve that. Gentle teasing is seen as charming because you are being attractive to her (i.e. confident) while also being nice to her.

Just don't go overboard with it. Add in gentle teasing like you would add in sugar to coffee or spice to a pasta dish. If you add in too much, it becomes overwhelming and less enjoyable.

When you give her a bit of gentle teasing, be sure to remain masculine while doing it. Don't suddenly start getting giggly like she would. Retain your masculinity and she will feel the most amount of attraction for you.

When a woman feels girly and feminine in comparison to a guy's masculine approach, she feels sexually turned on by him because it is the fundamental difference between masculine and feminine that creates sexual desire between men and women. So, don't hide your masculinity – let her feel it by the way you talk, move, feel and behave.

A lot of nice guys struggle with this because they want to come across as being a nice, trustworthy, gentle guy who only has the best of intentions with a woman. While it's great to be a good guy, you shouldn't put on an act of being a super nice, neutral guy in the hope that it will impress women...because it won't.

When a guy is simply being neutral, friendly and nice when talking to a woman, it doesn't make her feel sexually turned on. Instead, she just experiences friendly, neutral feelings around him, which is why many nice guys get rejected by women who could have actually become their lover, girlfriend or even wife.

Watch this video for more info...

8. Gently, but firmly touch her when you lean in to talk to her

A lot of guys are afraid to touch women because they assume it will be an invasion of the woman's privacy or personal space, which will then make her freak out and reject him in front of everyone.

However, here's how it really works...

When a woman is attracted to a guy and he is being confident and relaxed around her, she will almost always welcome his touch and even feel excited about it, as long he doesn't become overly sleazy in front of others when it's not the right time or place (e.g. in front of the boss, when next to the conservative manager that she is trying to impress, etc).

When and how can you touch her in a flirtatious way?

As long the woman is attracted to you (e.g. because you're being confident, making her feel feminine in comparison to your masculine approach, etc), you can touch her gently, but firmly when you lean in to talk to her in a loud environment or when you have to say something to her quietly to keep it private between you and her.

Simply put your hand on her lower back or on the upper arm that is on the opposite side to the ear that you're going to speak into (i.e. if you're going to speak into her right ear, gently, but firmly touch her left upper arm with her your hand).

Women love this type of gentle, but firm touching because it shows that you are confident and

masculine around her and are not afraid to take things to the next level with her. You are also classy enough to keep your touching subtle and discreet, so she doesn't have to worry about what other people might think.

If you have been making her feel attracted she will welcome your touch, but just make sure that you don't go overboard with it if you happen to be attending a very conservative Christmas party or work event. You don't have to touch her every time that you lean in to talk to her. Instead, simply be confident enough to touch her whenever you feel like it.

When a woman is attracted is attracted to you and then feels your touch, it turns her on and she enjoys that you have the social intelligence to subtly and discreetly show your interest in her in a classy way.

Women see this as flirting because you are subtly showing your interest in her in a discreet way. If she begins to touch you when she leans in to talk to you, it means that she is flirting back with you and wants you to know that she is enjoying where the interaction is heading.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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10 Tips on How to Be a Better Man

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

As the years of your life pass by, you will either become an increasingly wise, happy and successful man or you will fade away and look back at your life in regret.

Regardless of how good of a man you are already, there is always room for improvement. You may be an awesome guy right now, but you can be even better.

So, if you've reached a point in your life where you want to know how to be a better man, here are 10 life-changing tips that will make all the difference for you...

1. Take full responsibility for your success or failure

[image: Take responsibility for your success or failure]

One of the main things that separates the men from the boys, or separates successful men from unsuccessful men is the ability to take responsibility for how successful you are in life.

Growing up, we often get helped by our parents, teachers and other adult role models in our life. If we fail at something, they are usually there to help us finish the job, do the job for us or encourage to keep going until we succeed.

However, when a guy grows up, he needs to take complete responsibility for his own success or failure in life. If he doesn't, people will begin to lose respect for him and want to steer clear of him because he will feel like a burden for them.

If a guy makes mistakes along the way, gets stuck at certain stages of life (e.g. finding a girlfriend) or isn't living the kind of life that he always dreamed of, he needs to take responsibility to fix that himself.

If he doesn't take responsibility to make his life better, he will likely become negative about his future, feel depressed about his current life and think that it's all just too difficult, because he is expecting that success should be handed to him on a silver platter.

For example, he might think, *"Why is life so hard? I'm a good guy. I deserve to be successful. Why am I not living the life I want? It's not fair. Life sucks."*

[image: Why is life so difficult for me?]

Yet, that's how young boys think. A man with a boyish outlook on life still expects people to rush to his aid just like parents and teachers did during his childhood.

It would be nice if everyone was completely focused on making you happy and successful, but that's just not how life works. You have to stand up for yourself, otherwise you get left behind.

Real men take responsibility for their own success or failure in life and they do whatever it takes to achieve the type of life they really want. They don't waste time making excuses or sit around talking with friends about how unfair life is. They make things happen.

Of course, some people do achieve success very easily and some people even get lucky and become successful without even trying, but most people have to work their butt off to achieve the type of life that they dream of living.

So, one of the most important tips for you on how to be a better man is to realize that you have a lot of direct control of your own success and failures in life. If you're not getting the type of results that you want in life, then step up and complete the required actions to get to where you really want to be in life.

Don't waste time thinking that life is too hard and that you can never succeed at what you're aiming to achieve.

Every single day, new men are succeeding in what they set out to achieve in life and you can do that too, but you need to take complete responsibility for your level of success or failure. Don't waste time blaming the government, society, women or other guys for your lack of success in the areas that you want to achieve certain things.

The fact is, millions of guys who were in much worse situations than you have pushed past many obstacles and challenges to achieve the success that they have now.

You can get to their level of success and happiness in life and even exceed it.

You can be one of the strong men in this world who take responsibility for your own success and don't waste time making excuses. You find a solution, use it and then get on with enjoying the next level of success and happiness in life.

You're not one of those guys who go through life with a closed mind and look for excuses to justify their lack of success. You rise up and take whatever action you need to get to where you want to be.

A classic example of guys not taking responsibility for their lack of success is when it comes to women. Watch this video to find out the real reason why a lot of good guys (who women would love to be with) fail with women...

As you will discover from the video above, many guys waste most of their life thinking that they aren't good enough for women.

They come up with excuses for their failure, rather than looking for real world solutions to get the result they want.

2. Love and accept others for who they are

This is a very important part of being a better man.

Loving and accepting others for who they really are not only helps you be the sort of guy that people admire and want to be friends with, but it also makes you much more attractive to women.

When you meet people, you should aim to love and accept them for who they really are deep down, rather than always trying to change people or expect that people change themselves around you to suit you.

Let people be who they want to be.

Love and accept people for their unique personality that they bring into this world.

When people get the sense that you are a wise man in that way, they feel much more comfortable around you and they feel glad that someone can appreciate who they really are.

In a relationship with a woman, it also gets rid of feelings of stress that she would otherwise experience if she were in a relationship with a guy who couldn't love and accept her for who she really is.

She doesn't have to put on an act of being someone that she not around you and for that, she will love you so much more deeply.

We all want to be loved, accepted and appreciated by others and part of being a better man is leading the way to that type of dynamic with the people in your life.

3. Be the kind of man that others can look up to and respect

[image: Be the kind of man that others can look up to and respect]

Being the kind of man that other people can look up to is not all about becoming a huge success in life, being a celebrity, being a sports star or creating a world changing business.

If you want to do that, then go ahead and do it, but it's not actually required to be the sort of man that other people look up to and respect.

Essentially, all you really need to do is be the sort of man that sticks by his word, goes after his biggest ambitions in life, loves and accepts others for who they are and remains emotional strong; especially when others are feeling emotionally weak.

To be a better man, try to be an emotionally strong man that others can lean on as a pillar of strength in this world, rather than being yet another guy that others have to lift up emotionally and carry around like a burden.

4. Follow through on your word

This is a pretty obvious one, but there is an important point that I want to make for you here.

As a man, you need to follow through on your word if you promise to do something, but it's not always possible to follow through on every single promise that you make.

For example: If you make an outrageous promise and tell your friends that you're going to fly them to the moon next week, you're probably not going to be able to follow through on that.

So, what you need to do is only make promises that you can actually keep.

Try to avoid promising people things that you really cannot deliver on or that you don't even think is possible.

As you go through life, you've got to do what you think is possible and only promise things that you can actually follow through on.

When you approach life in that way, you are a much better man than a guy who promises the world to people and then doesn't even follow through on it, or a guy who makes promises and then comes up with excuses later on as to why he can't do it.

5. Be emotionally stronger than everyone else in your life

Your emotional strength as a man is one of the most attractive and important things that you can provide to women and others throughout life.

It is a priceless gift that you can give to women and the world and in return, women will love you and

want to be with you and men will look up to you as respect you.

[image: Be the kind of man that others can look up to and respect]

In terms of women, regardless of how successful, independent, intelligent and emotionally strong a woman is, she will always still want to be with a man who is emotionally stronger than her.

An unattractive or insecure women might accept a guy who is emotionally weaker than her, but she will still secretly wish that she could be with an emotionally strong man who made her feel safe, proud to be his woman and excited to in love with him.

Women don't want to feel as though they need to be the tough ones in this life, because it takes away from their femininity and forces them to be more masculine and strong like men.

So, when a guy is unable to be strong enough for a woman, she naturally loses respect and attraction for him.

An important part of a woman's sexual attraction for a man is based on his emotional masculinity (i.e. strong, confident, assertive, determined to succeed no matter how many challenges come his way, etc) and how that then allows her to be feminine, vulnerable and sensitive around him.

If a woman feels like she is emotionally stronger than her man when in a relationship, it will cancel out her sexual attraction for him and she will begin feel attracted to other guys who are more masculine than he is.

Emotional strength is also just as important in work environments and around friends and family.

When you are the man who is emotionally stronger than everyone else (i.e. you don't crumble under pressure, you remain strong no matter what), people will then look up to you, respect you and admire you as a powerful, reliable source of strength in their life.

By being emotionally strong as a man, you are more likely to get promoted at work and friends are more likely to look up to you, respect your opinion and want to be around you.

6. Have a huge life purpose and follow through on it with unrelenting determination

A big part of how to be a better man is to have a huge purpose in life.

Essentially, this means having huge ambitions or dreams that you want to achieve and make happen in this lifetime.

The reason why I say, "*follow through on it with unrelenting determination*" is that anything really big that you want to achieve in life, will usually come along with many obstacles and challenges before you get to the final destination.

If you think about some of the most successful people in the world or people that you know personally (e.g. sports stars, business people, coworkers, family or friends), you will realize that, in almost all cases, it wasn't an easy straight line to success for them.

They had to make their way along many winding paths, take some detours, do a couple of u-turns, get through challenges and overcome obstacles before they eventually got to the amazing place that they are at now or that they eventually reached.

The same thing is most-likely going to happen in your life as you aim to become more successful and

become a better man than you already are right now.

Although it's essential to have a positive mindset, the reality of life is that there are usually certain challenges and obstacles that anyone will encounter as they rise up to higher levels of success.

As long as you are prepared to follow through with unrelenting determination, you will eventually get there.

When you do reach your goals, you will be seen as a better man than most other guys on this planet who simply give up and think that life is too hard.

7. Be a good guy alpha male

A lot of guys are afraid of being an alpha male because they feel as though it's about bossing people around, being an asshole, being aggressive and being selfish.

However, that's not how it works at all.

Yes, there are some bad boy alpha males in this world, but the majority of alpha males in this world are good guys or fairly good guys.

If you are wondering how to be a better man, don't look past your natural ability to be a good guy alpha male. You will not be a bad boy, a bad person or an asshole if you take on an alpha male role in life.

Being a good guy alpha male essentially means going after what you want in life with confidence and unrelenting determination, while also being good to other people and being kind, loving and considerate.

If you think about some of the most respected men in history, you will see that they were good guy alpha males. Times were different back then, so they might have been a bit more ruthless than a modern man, but they were good guys for their time.

When you become more of an alpha male (i.e. you take on the lead when you can, you believe in yourself, you push forward to achieve what you want in life, you are assertive, etc), women find you irresistibly attractive and men respect you and look up to you.

8. Expand your mind by learning new things

[image: Harness the power of your mind]

An interesting thing about many people is that they assume that they've got everything worked out already and don't ever have to learn anything new.

Yet, we all have the capacity to keep learning, growing and become more wise and enlightened over time.

If we keep our mind open, we will always discover new, interesting things that have been right under our nose the entire time, but we simply weren't ready to see it.

For example: A lot of guys go through life thinking that women are only attracted to guys who are good looking and rich, but one of the enlightening things that I teach here at The Modern Man is that you can attract women in other ways (e.g. with your confidence, charisma, masculine vibe, humor, etc).

Watch this video to understand how a woman's attraction for a man really works...

As you will discover from the video above, women can feel attracted to good looking rich guys, but they can also feel just as attracted to personality traits, behaviors and inner qualities in men.

Some women are extremely picky and will only accept a man with male model looks and truckloads of money, but most women have what I call an Open Type.

Having an Open Type means that they are open to feeling attracted to all different types of guys (e.g. overweight, bald, skinny, from other races, average looking, below average looking, etc) as long as the guy can make her feel enough attraction in other ways (e.g. with his confidence, charisma, masculinity, humor, etc).

9. Watch less porn and have more real sex

There's nothing wrong with looking at porn or masturbating to clear out a build up of semen that you haven't got rid of by having real sex.

Masturbating is completely natural and normal and porn is one of those cool gifts that comes along with an advanced civilization that has technology and has become less conservative about what it allows the public to access.

However, a lot of modern men have gotten sucked into jerking away their sexual desire, which then makes them less passionate about life, more prone to depression, less willing to approach women and less interested in maintaining a healthy sex life when in a relationship.

Poll

How often do you masturbate?

- ☐ Once a month
- ☐ Once a week
- ☐ A few times a week
- ☐ Every day
- ☐ Multiple times per day

Vote

[View Results](#)

[image: Loading ...]

Loading ...

So, if you are one of the many modern man who've been masturbating way too much, an important tip for you on how to be a better man is to keep your hand off it.

If you're over-masturbating, try to cut it back to once a week or twice a week if you absolutely have to. Instead of jerking away your built up sexual desire for women, use that desire to approach and

have sex with new women or give it to your girlfriend, fianc  or wife.

10. Commit to a life that gets better and better over time

[image: It is possible to be happy and successful in life]

One of the keys to being a better man is to have a positive outlook on life, where you are continually working towards an even better life for yourself (and those in your life) over time.

You don't have to achieve everything tomorrow.

It may take you 10, 20 or 30 years to get to where you really want to be, but have a positive, forward moving attitude while you do it. Head towards a better future with a positive outlook and know that you will get there.

Don't get sucked into all the bad news around you.

For example: When a man watches too much bad news on TV or listens to the negative viewpoints of friends, he might begin to think that the world is screwed up, relationships are too difficult now and life is just getting worse and worse.

Yet, thinking about life in that way is only going to make a guy feel miserable and see no point to living at all.

To be a better man, try to focus on the bright side of life by paying attention to the people who are happy and successful in life and in their relationships, rather than focusing on all the bad news that you hear around you in every day life.

Personally speaking, I am a now close friend of many happy, successful people and life has never felt better than it does right now. I also have a confident, happy, sexy wife (she's 23 and I'm 38) who is just as excited about the future as I am.

However, prior to becoming the man that I am now, I tended to attract friends who were negative or who looked at life in a more pessimistic way. During those years of my life, I hated so many things about the world, the government and the people around me.

Yet, all that was a waste of time and energy. It got me nowhere and only left me feeling crap about life, myself and everyone else.

It's your choice whether you want to be a pessimist, optimist or somewhere in between, but what I've found is that, it's feel better and it is more effective to be positive and focus on creating a life that gets better and better over time.

When you approach life in that way, you become increasingly happier over time because you reach goals that make your life better. You feel proud of yourself for becoming a bigger and better man over time and the people around you look up to you and respect you because of it as well.

On the other hand, if a guy thinks about life in a negative way and believes that his life is just going to get worse and worse, it naturally kills his motivation, happiness and attractiveness to others and he ends up feeling depressed and out of place in this world.

So, here's what you always need to remember...

Regardless of what negative people say, the truth is that there are many successful, happy people in this world who started out at the bottom of the ladder in life and are now enjoying an amazing life. They worked their way towards success and happiness and it wasn't always easy, but they got there

and they are now enjoying the benefits of that.

In terms of relationships, there are also millions of couples who are falling more deeply in love with each other over time and are enjoying life more and more as the years go on.

Think about the couples that you've seen who are still madly in love, happy and excited to be together after 20, 30 or even 40 years together.

That is what is possible for you.

You can be that happy about your life and you can be that happy in a relationship.

So, rather than getting sucked in by all the bad news that you see on TV or the pessimistic mindsets of the unsuccessful people around you, try to focus on the millions of people who are happy, successful and continually moving towards a better life over time.

×

[image]

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What Kind of Men Do Women Like?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Some women are very picky and will only go for specific types of men in terms of looks, height, financial status and race.

However, most women in this world have what I call an *Open Type*, which means that they are open to being with different types of men as long as he can make her feel attracted to him for other reasons (e.g. he is confident, charming, charismatic, makes her laugh, etc).

This is why you will see guys who average or below average looking with beautiful women, or guys who don't even have a job with a hot girlfriend. Likewise, you will also see women having relationships with or getting married to men from all kinds of races.

The Ultimate Kind of Man

[image: The ultimate kind of man]

The ultimate kind of man that almost all women like, is a **good man** who:

- Is confident around her and other people.
- Is masculine in the way that he thinks, feels and approaches his life (i.e. if there is a problem he finds a solution and then keeps moving forward, rather than wasting time getting emotional like a woman).
- Will love her and accept her for who she really is deep down, rather than constantly trying to change her or get her to be more like him.
- Has the ability to guide both himself and her into deeper feelings of respect, attraction and love over time, rather than expecting her to stay with him for life just because things felt good at the start.
- Has purpose in direction in life (i.e. he has ambition) and is determined to achieve what he is setting out to do in the long run, rather than just being a lost guy who doesn't even know what he should be doing with his life or who doesn't have the determination to follow through on his dreams.
- Is fearless when it comes to love, rather than approaching a relationship with a closed heart or insecure mindset.

All Men Can Actively Attract Women

[image: Any man can actively attract women]

Some men are born with better looks than others, but that doesn't mean that the rest of us can't actively attract women in other ways (e.g. by being confident, having a masculine vibe that makes a woman feel feminine in comparison, making her laugh, being charismatic and charming, etc).

The truth about attraction is that most women (not all) are more interested and attracted to how a guy's personality, behavior and inner qualities make her feel than on how he looks.

Yes, there are some women who only want a good looking guy, but the majority of women are much

more flexible about what kind of man they will accept.

Watch this video to understand how a woman's attraction for a man really works and how you can use it to be the kind of man that women want...

As you will discover from the video above, the kinds of men that women can feel attracted to come in all sorts of shapes, sizes and races.

For example, all of the following type of men can attract women, even if they don't have male model looks, lots of money or aren't 6ft tall.

- An alpha male.
- A mysterious man.
- A charming man.
- An overweight man.
- A short man.
- A bald man.
- An ugly man.

The truth is, the kind of men that women have sex with, get into relationships with and even marry are not all the same.

These men don't all wear the same brand of clothing, listen to the same kind of music or lead the same type of lifestyle.

So, when it comes to the question of, *"What kind of men do women like?"* what you really should be asking yourself is, *"How can I get women to feel attracted to me?"*

Why? It doesn't actually matter if women like you as a person and think that you're a nice guy with good intentions.

Being nice to a woman is a good thing to do, but it only really matters to her AFTER you've made her feel attracted to you.

Being nice to her isn't the thing that makes her feel attracted to you. If you want her to feel attracted to you, it's about displaying the personality traits and behaviors that naturally attract women.

For example: If you interact with a woman and you are being confident, making her laugh, you are charming and you have a masculine vibe that makes her feel girly and feminine around you, then she will naturally feel a lot of attraction for you.

However, if you interact with a woman and come across as nervous, you hold back on cracking jokes because you're worried about saying the wrong thing and you make her feel neutral around you (rather than feminine), she's naturally going to feel turned off by you.

Attraction Comes First and Everything Else Flows Naturally After That

If you want to be the kind of man that women like, you must start off by making a woman feel attracted to you when you interact with her.

When you make a woman feel attracted to you first, she will then be more willing to overlook any minor (and sometimes major) differences between you and her, just so she can get to have sex with

you and possibly be your girlfriend.

For example: If a guy is passionate about football and a woman that he meets hates football, it doesn't mean that she won't want to have sex with him, be his girlfriend or possibly even marry him one day.

As long as the all-important element of sexual attraction is present and she can look up to you and respect you as a man, then any minor or superficial differences (like a different taste in music or lifestyle interests) really don't matter much at all to most women.

In fact, if a woman gets into a relationship with a man who likes football, she will most-likely be willing to go to games with him or watch some games on the TV, just so she can get to spend time with him.

She doesn't have to become a fan or become passionate about football like he is, but she will at least accept his interest in football and appreciate it because it's something that makes him happy.

What Kind of Men Do Most Women Not Like?

[image: What kind of men do women not like?]

The kinds of men that most women don't like are those who are:

- Too nice.
- Too nervous or shy.
- Lacking purpose and direction in life.
- Lacking personality and charisma.
- Too arrogant or selfish.
- Lacking any alpha male qualities.

Essentially, the way to be successful with women is to just be the good guy that you are, but also have some balls.

Having balls means that you are confident, can be assertive if you need to and you have the emotional strength to handle any challenges that life throws at you.

However, don't forget to continuing being the good guy that you are.

A lot of guys get confused about what women really want in men and if they notice a woman with a bad boy, they assume that most women want that.

Yes, there are some women who want a bad boy for a lover or a boyfriend, but most guys aren't that and they still manage to get laid, get a girlfriend and get a wife.

Why? The majority of women in this world just want a good man who has enough balls to handle the challenges of life.

If a woman gets that sense about you, she will naturally feel attracted to who you are and will hope that your conversation with her leads to kissing, sex, relationship and then love.

It's pretty much as simple as that.

Once you can attract women in that way, you will realize that you are actually the kind of man that women like.

Yet, the reason you weren't getting good results in the past was that you simply lacked the ability to really attract women and turn them on when you talked to them.

Watch this video to understand more about what makes a woman feel attracted to a guy...

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[image]

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Sweet Things to Say to a Woman

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

When a woman is sexually attracted to you, most things you say to her will sound sweet and she will even perceive you as being charming.

Alternatively, if a woman isn't sexually attracted to you first, saying sweet things to her isn't going to suddenly trigger her feelings of lust and desire for you.

Essentially, there is nothing wrong with saying sweet things to a woman, but if you're not actively creating sexual attraction between you and her, she'll enjoy the flattery, but will end up only seeing you as a nice, sweet guy who is only "friend material" but nothing more.

So, if that's not what you want to happen, you need to be aware that even though a woman will appreciate it when you're sweet to her, there is more to making a woman feel attraction for you than just the sweet things you say to her.

Women Can Feel Attracted to Men For Many Different Reasons

What often happens is, guys make the mistake of assuming that women are attracted to them for the same reasons they are attracted to women. In other words, because most men are "visual" creatures and feel attracted to women because of how they look, they believe that women are attracted to men for the same reasons.

So, inevitably, because most guys in the world aren't male model look-alikes, they potentially write themselves off as not being "good enough" to get the type of women they really want.

When this happens, some guys might give up on women and dating and spend most of their life being single. Alternatively, a guy might end up dating (and even marrying) an unattractive woman that no other guys want, because he doesn't believe he can do better.

Then there are also some guys who look for ways to be liked by the type of women they really want.

For example, a guy like this might come up with some sweet things to say to a woman to flatter her in the hopes that she'll like him because he's being so attentive towards her.

Or, he might be super nice to her, or pretend to only be interested in her as a friend, etc., in the hopes that she'll eventually fall in love with him.

Sadly, what these guys don't realize is that women don't get attracted and turned on when any guy says a nice or sweet thing to them. You have to make a woman feel attracted and turned on by you first and she will then really love and appreciate anything sweet that you say to her.

What you need to understand about a woman's attraction for a man is that it usually needs to be proactively triggered. While a woman can feel attracted to a guy's looks, the majority of women don't feel enough attraction based on a guy's looks to want to have sex and begin a relationship.

Women want more than just looks in a guy. Yes, some women only want a good looking guy, but the majority of women are more interested in how a guy's personality and behavior (e.g. his confidence, charisma, charm, etc) attracts them and turns them on.

So, unlike a woman who only has to wear a sexy, short or tight dress, put on some makeup and fix her hair to attract a man, a man can make a woman feel attracted to him in many different ways other than looks.

For example, even if a guy is average looking, or even ugly, most women (not all) will overlook that if he can turn her on with his confidence, make her laugh, make her feel feminine and sexy in his presence, etc.

Most women have an Open Type when it comes to men, which basically means they are open to being approached by all sorts of guys as long as the guy can make her feel attraction for him when heâs interacting with her.

This is the main reason why you have probably seen many average looking, ugly, short, fat, bald or skinny guys dating, and even married to beautiful women. Itâs not because these guys are rich or famous or because they have something that you donât, but because they have been able to make their woman feel how she wants to feel when sheâs with him.

Naturally not all women will accept a guy who isnât tall, good looking, muscular or rich, but the majority of women will.

When a guy can make a woman feel sexually attracted to his personality, something strange actually begins to happenâ

He starts to look âhotâ to her. Physical âflawsâ like a big nose, a bald head, a crooked tooth, etc., will begin to look attractive to her, and it becomes that âcuteâ thing that only âher guyâ has that she really finds sexy.

On the other hand, no matter how attractive a guy is, most women will not feel attracted to him if he lacks confidence in himself and is insecure and nervous around her; which is also why youâll see so many good looking guys who are single.

Are You Looking For Sweet Things to Say to a Woman Because You Are Hoping it Will Make Her Like You Enough to Give You a Chance With Her?

The truth is, you can say sweet things to a woman andâ even though she might like you as a person, itâs not the same as her feeling attracted and turned on by you sexually.

Sexual attraction is what really counts when it comes to picking up women and getting them into a relationship with you. If you focus too much on trying to be liked for being a sweetâ guy, you will find yourself in the friend zone 99% of the time.

On the other hand, when you use your personality, your body language, your attitude, your communication style, etc., to attract her, then sheâll love to hear the sweet things you say to her because they will make her feel special and girly.

Hereâs an example scenario of how two guys can say the same thing to a woman, and get completely different results, simply because of how they each make her feel during conversation.

Example Guy #1 â George.

George is a really nice, attractive guy, who is insecure and self-doubting around attractive women. However, George believes that if he can say sweet things to a woman, she will like him and she will

overlook his nervousness and insecurity.

So, the next time George sees an attractive woman he likes, he approaches her and engages her in conversation. He then says, *â€œDo you know your smile makes me think of the beach?â€* She smiles back at him and asks, *â€œReally, why?â€*

However, because George is only using a line he learned by rote, he becomes flustered when she challenges him, starts to stumble over his words and ends up feeling and looking foolish.

Why?

Although George knew the right things to say to a woman, he didn't really know how to use them to open up the flow of conversation between him and her, and then use that conversation to make her feel sexually attracted to him.

Example Guy #2 â€œ James.

On the other hand, there is a guy called James.

James is a little on the short side with a big nose and a few extra pounds around the waist. However, James is a confident guy who believes in himself.

When he approaches a beautiful woman and says, *â€œYour smile makes me think of the beach,â€* he uses her challenging, *â€œReally, why?â€* as an opportunity to create even more attraction between him and her.

He might smile back and say, *â€œBecause it makes me feel warm and happy; like Iâ€™m on vacation,â€* and use that as an opportunity to make her feel even happier to be talking to him by saying, *â€œSpeaking of vacations; if you could go anywhere in the world right now, where would you go and why?â€*

However, the truth is, it doesn't really matter what James says to her, only that he says it with confidence and self-assurance and that he keeps her excited to be talking to him.

So, even though he doesn't look like a male model, she finds him fun and sexy because she's feeling attracted to him because of his confidence, his humor, or even the fact that he doesn't fall to pieces when she challenges him.

Being Sweet to a Woman Isn't Good Enough

There's nothing wrong with being sweet to a woman and being a good guy. However, that's not what is going to make her feel sexually turned on, and if a woman doesn't feel turned on by you, she's not going to be interested in pursuing a sexual and romantic relationship with you.

What often happens is guys approach a beautiful woman and hope that by being overly nice or sweet towards her, she's going to say, *â€œWow! This guy is so sweet! I want to have sex with him and start a relationship with him.â€*

That's not how it works.

What a lot of nice, sweet guys don't understand, is that the majority of guys in this world are nice and sweet. In fact, if a woman is attractive, most of the guys she meets every day are going to be nice and sweet to her.

So, when a guy approaches a woman and says sweet things to her, it doesn't mark him out as being any different from most of the guys she's already met.

What makes a guy stand out from all the other nice, sweet guys in the world is his ability to trigger feelings of sexual attraction inside of her.

Essentially, when you are interacting with a woman, you are either displaying the personality traits and behaviors (e.g. confidence, charm, humor, etc.) that naturally attract women and turn them on, or you are not.

If you are just being nice to women, or only saying sweet things when you interact with them, you cannot expect them to feel turned on by you and want to have sex with you, or start a sexual relationship with you.

Being More Than Just a Sweet Guy

These days, a guy needs to be able to say and do things that will actively turn women on, rather than just hoping that women will give him a chance simply because he is nice and sweet and has good intentions.

Today's modern woman will select a man for sex and relationships based first, on his ability to make her feel sexual attraction for him, and only then will she decide if she wants to be in a relationship with him.

So, if you've been wasting time thinking that by saying sweet things to women you will get lucky, hopefully by now you realize that when you make a woman feel sexual attraction to your personality, your confidence and charisma, etc., everything you say and do will seem sweet and charming to her.

The, rather than hoping to get lucky with a woman who will give you a chance (and probably lose interest later if you are unable to deepen her attraction when in a relationship), you will have your pick of beautiful women and you will be able to keep a woman happy, committed and in love when in a relationship with you.

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[image]

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What Attracts Women to Men the Most?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The thing that attracts women to men the most is a man's ability to trigger their feelings of sexual attraction for him based on his personality, behavior and inner qualities.

For example: If a guy is confident, has a masculine vibe, is charismatic and charming, then a woman will naturally feel attracted to him.

A lot of guys waste their life thinking that women must be most attracted to a guy's money, looks or height, but they fail to remember that most guys aren't rich, don't have male model looks and are of fairly average height.

So, how can average or below average looking guys get hot women without being rich, famous or more than 6ft tall? How can a normal, every day guy be the sort of man who makes a woman feel intense attraction for him?

Watch this video to understand how a woman's attraction for a man really works...

As you will discover by watching the video above, a woman can feel attracted to superficial things like money, looks and height, but most women (not all) can be intensely attracted to other qualities about men (e.g. confidence, charisma, humor, masculine vibe, etc).

Understanding Attraction

What often happens is that most men make the mistake of thinking that women feel attracted to men for the same reasons that men feel attracted to women.

In other words, because men are mostly attracted to women who are beautiful, they then assume the same rules apply to women, and that women are attracted the most to men who are, as the common cliché sums it up, *â€œtall, dark and handsome.â€*

However, what guys like that don't realize is that most women (not all), are more attracted to who a guy is inside (i.e. to his personality traits and behaviors), than what he looks like on the outside.

For example: A woman might look at a guy and say, *â€œOh, he's really handsomeâ€* or *â€œWow! He's a really good looking guy,â€* but it's not the main thing that is going to make her decide if she wants to have sex with him, or be his girlfriend or wife.

If she interacts with him and he behaves in ways that naturally are unattractive to women (e.g. he's nervous, his conversation style is dull, he puts on an act and pretends to be someone he is not just to impress her), then his *â€œgood looksâ€* will suddenly *â€œfadeâ€* in her eyes, because his behavior is turning her off at a deep, instinctive level.

So, even though before she starts interacting with him she is thinking to herself, *â€œHe's so hot! I'd love to hook up with him,â€* when she starts talking to him he fails to create attraction between him and her, then naturally her feelings towards him will change.

If over the course of their conversation together, his unattractive behavior (e.g. his lack of self confidence, his nervousness and insecurity, or if he is arrogant and thinks being good looking is enough so he doesn't even try to attract her during conversation), becomes apparent to her, she

will start thinking, *â€œHmmm, heâ€™s not really as good looking as I thought,â€* or, *â€œSure heâ€™s cute, but heâ€™s just not my type.â€*

Regardless of how good looking he is, if a guy is not making a woman feel the way she wants to feel when she interacts with him, i.e. if he is not triggering her feelings of sexual desire for him, then she is not going to feel excited about talking to him; no matter how good looking he is.

Naturally, there are women out there that will only talk to, have sex with and date very good looking guys, but the majority of women want more from a guy than just a pretty face or big muscles.

That is why so many plain, average or even unattractive guys in the world are walking around with hot girlfriends or wives; they simply have the personality traits that make them irresistible to women.

Making Women Feel Attracted to You is Easier Than You Think

If you want to know what attracts women to men the most, you need to first realize that it has more to do than just looks. It has to do with making women feel naturally attracted to your personality and to who you are as a man.

You can do that by:

- Being confident and relaxed when you talk to her.
- Making her feel girly and feminine in contrast to your masculinity.
- Making her laugh and feel turned on during conversation.

By displaying these and other personality traits that are naturally attractive to women, you wonâ€™t have to make the mistakes that guys make that turn women off.

Here are 3 common mistakes to avoid making if you want women to feel attracted to youâ€¦!

1. Presenting yourself as a friend rather than a lover.

Most guys are raised by well-intentioned mothers who teach their sons, *â€œTo get a woman to like you and want to be your girlfriend, you have to be a nice guy.â€*

Naturally, there is nothing wrong with being nice to women and being a good guy, but if you want women to feel attracted to you and want to have sex with you and be your girlfriend, being nice to her and pretending to be her friend isnâ€™t what is going to trigger her feelings of sexual attraction for you.

For example: A common mistake guys make when they interact with a woman they want to get into a sexual relationship with is to pretend that they have â€œgood intentions.â€

A guy like this believes that being sweet and friendly with a woman is what she really wants. He has probably heard women saying, *â€œGuys can be such jerks! I just want to find a nice guy for a change,â€* or *â€œWhy are all the nice guys taken?â€*

When a nice guy hears these things, it just confirms to him what his mother taught him when he was a little boy. He then makes the mistake of thinking that if he is extra nice and sweet around women, they will think, *â€œAh! Finally! A nice guy I can have sex with and fall in love with!â€*

However, thatâ€™s not how it works. In fact, if he interacts with a woman in this way and pretends that he only has friendly intentions towards her, and if he then asks her out on a date or tries to kiss

her, she will likely give him the, *“You are a really nice guy, but I don’t have feelings for you,”* speech.

The main thing you must remember is that what attracts women to men the most is not a man’s niceness, or his ability to be friendly, but rather his ability to trigger her feelings of sexual desire.

Niceness isn’t some extraordinary quality that makes a guy stand out from the crowd, because all over the world, most guys are nice guys. Most guys are sweet and friendly.

So if a woman is going to pick a guy who she wants to have sex with or be in a relationship with, she needs him to make her feel a lot more than just nice, friendly feelings for him.

The more you can trigger a woman’s feelings of excitement and sexual desire for you when you interact with her, the more she will want to have sex with you and be in a relationship with you.

2. Offering her all the wrong things to attract her.

Another mistake guys make when they want to get a woman to like them, is to assume that if they spoil her with gifts, expensive dinners, pay for her drinks if they are in a bar or club, and generally do whatever they can to impress her, she won’t be able to help herself from falling for them.

In reality, although a woman may use a guy’s generosity to enjoy herself and feel spoiled, she’s not going to think, *“Wow! This guy is really spending all this money on me and taking care of me, I think I’m going to have sex with him.”*

Naturally there are women who will have sex with a guy if he spoils her and buys her gifts, and there’s a name for those types of women.

However, the majority of women aren’t going to fall into bed with a guy just because he is paying for dinner, and they certainly are not going to feel a lot of respect for him as a man either.

The number one thing that women are looking for is a man who makes them feel sexual attraction and who they can also look up to and respect.

3. Not understanding that women like to test men.

What a lot of guys fail to realize is that women test men all the time. It doesn’t matter if a woman has only just met a guy, if she’s been dating him, or if she has been married to him for a very long time, and it doesn’t matter if a guy is a novice at attracting women and making them feel respect and attraction for him, or if he’s a pro; women will still test a guy.

So, why do women test men?

It is a way for a woman to see if the man is actually man enough to handle her, and if she sees that he can, she will then feel even more attraction and respect for him.

On the other hand, if a woman tests a guy, for example, by pretending to be bored during conversation, or by pretending to lose interest in him, if the guy then becomes flustered, anxious and tries even harder to impress her, she will lose respect for him and she will write him off as not being man enough for her.

What happens to a lot of guys when they realize that a woman is testing them is they get angry. They will say, *“Why do women play games? Why can’t they just say what they want like us guys do?”*

What they don’t understand is that women are not men, and a woman tests, rather than be a game, can actually be an opportunity for a guy to make her feel more attraction for him by

showing her that heâs confident enough to âtake itâ and still stay calm, no matter what she throws at him.

When you can maintain your confidence in yourself and not get flustered by the test that sheâs putting you through and just continue to believe in yourself, it can actually make her feel more attracted to you.

When You Trigger Her Feelings of Sexual Attraction She Canât Help But Feel Drawn to You

What attracts women to men the most is a manâs ability to make her feel the things she wants to feel when sheâs interacting with him.

She will be thinking:

- Does this guy turn me on, or turn me off?
- Does his conversation style make me laugh and feel excited, or does it make me feel bored?
- Does he make me feel good about myself and excited to be interacting with him, or is he making me look for ways to get away from him?

When interacting with women, what youâve got to be able to do is make them feel attracted to who you are as a guy. Attraction always comes first, and then everything else (sex, dating, a relationship) will happen naturally.

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[image]

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Do Women Like to Be Called Beautiful?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Yes.

However, a beautiful woman only really cares about compliments like that from a guy who can make her feel attracted to him.

If a guy that doesn't even know how to attract her and turn her on says, *"You're beautiful"* she might be nice about it and say, *"Thanks,"* but she's not going to think, *"WOW! I'm not attracted to him, but hey – he thinks I'm beautiful. WOW! Maybe he is the guy for me!"*

Why?

Simple.

Beautiful women are sick and tired of the fact that pretty much every guy wants to bang them. Watch this video to understand why...

As you will discover from the video above, if a woman is beautiful, most guys in this world will happily stick their middle leg inside of her and many of those guys will also be willing to have a relationship with her...even if they don't like her personality.

So, before you tell a woman that she is beautiful, make sure that you make her feel attracted to YOU first.

Watch this video to understand how a woman's attraction for a man works and how you can use it to make beautiful women feel attracted to you...

As you will discover from the video above, you can actually make a beautiful woman think that you are sexy, handsome and attractive even if you look average or below average looking. It's weird, but that's how a woman's attraction for a man works.

Do Women Enjoy Being Called Beautiful?

It depends on who is saying it.

There are different instances in which a woman will either be delighted by the compliment, or instances where she will feel put out. Giving a woman a compliment is usually acceptable, but because there are times when compliments come with a host of underlying issues and expectations, a woman will usually only prefer to be called beautiful by a man she already feels attracted to.

Some good examples of when women do not like to be called beautiful areâ€¦

Being complimented by a guy she finds creepy. When a woman refers to a guy as being â€œcreepyâ€œ it is usually the type of guy who suppresses his real personality, hides his emotions (or bottles them up) and pretends that he is not interested in sex.

Now if a creepy guy says, *â€œYou're so beautifulâ€œ* to a woman, she might start to worry that he will snap out of his usual state of *â€œno emotionsâ€œ* and attack her. Being called beautiful by a guy like this is definitely not welcomed.

Another example of when a woman doesn't like to be told that she is beautiful is when a guy uses compliments to hide his lack of conversation skills.

If a guy is nervous about talking to women, and he lacks confidence in himself and in his self worth, he may keep telling a woman *“You’re just so beautiful,”* *“Do you know how beautiful you are?”* or *“I can’t believe that I’m talking to such a beautiful woman like you.”*

If he has nothing else to say, this type of conversation will just make her feel uncomfortable. Although every woman likes a compliment now and then, if all a guy does is tell her how beautiful she is and nothing else, he again comes across as being creepy as well as insecure.

Another example is the type of guy who has no idea how to approach a woman that he finds attractive.

His idea for an approach might be to be the perfect gentleman by walking up to her and saying, *“Wow, you’re so beautiful!”* A beautiful woman, especially one who is self confident and secure in herself, already knows that she is beautiful.

If a guy walks up to her out of nowhere and the first thing out of his mouth is a remark about her looks, she is likely to shrug it off as just another guy after her because of her looks, and she won’t be impressed.

Some guys use compliments about a woman’s beauty to get her to have sex with them. If calling her beautiful is all he has, then he is likely not going to get far with her (unless she is very insecure about herself).

Most women want to know that a guy is interested in them for more than just their looks, and in turn, they are attracted to the guy for more than just his compliments.

In certain instances it may be okay for a guy who is only her friend to call her beautiful, but she will feel a little weird and won’t want to give him the wrong impression.

She will likely say something like, *“Oh, you’re so sweet. You’re such a good friend”* or *“You’re so nice. Why don’t you have a girlfriend?”*

Often, guys like this will misinterpret what she is saying and think it’s a come on. Unfortunately, if this friend is harboring secret feelings for her, the whole situation can get weird and uncomfortable.

Finally, a woman does not like to be called beautiful by a guy that she does not feel attracted to. If a woman doesn’t feel attracted to a guy and she is never going to have sex with him, being called beautiful by him can make her feel uncomfortable.

This is especially true if this guy is relentless and thinks that if he compliments her enough times she will change her mind about him and will give in to his advances.

So, when do women like to be called beautiful?

There are instances where complimenting a woman on her beauty will be accepted. For example, If a woman is beautiful but suffers from low self esteem, she will thrive on being called beautiful because it is a way for her to make herself feel better about herself.

In this case if a guy tells her she is beautiful she will happily accept the compliment; even though she may not feel attracted to the guy or want anything to do with him. She may even give him some false signals to keep him interested in her so that he can keep telling her how beautiful she is and she can keep feeling good about herself.

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Steps of Dating

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Every couple is different.

Yet, in most cases, the steps of dating usually follow the same basic path:

1. The woman will usually wait for the man to make the first move by approaching her and starting an interaction.

If you don't have the confidence to approach the kinds of women you really want, watch this video...

2. As soon as he approaches, the man will begin to make her feel attracted to his personality, behavior and conversation style.

If you don't know how to attract women when you interact with them, watch this video.

3. He will then ask for (and get) her contact details (best if it's her phone number), or he will skip the steps of dating by kissing her and having sex with her immediately.

4. A few days later he will call her up (or contact her online if she has only given him her online details) to arrange a date.

5. On the first date, his primary responsibility is to continue building the sexual attraction between him and her.

6. At the end of the date, depending on the amount of sexual tension built up between them during the date, he will either kiss her goodbye (with the understanding that they will hook up again very soon), or they will move on to the next step, which is having sex.

7. Once they have sex, the interaction automatically goes from the casual phase to the dating phase.

8. They will then continue dating and having sex until they both decide that they want to be in an exclusive relationship with each other (or they decide to move on).

However, the most important thing is to make a woman feel sexually attracted to you right away, so that the sexual courtship can flow naturally from the one stage to the next.

It's Up to You to Take the Lead

[image: Take the lead by approaching first]

The most important step when it comes to dating is that you, as the man, take the lead.

Where guys often go wrong, is they assume that approaching a woman and asking her out is the main thing and then everything will happen all by itself. However, that's not how it works.

Often a guy will go as far as getting a first date and maybe even a second date, yet in the end the woman will either say, *"I really like you, but I only see you as a friend,"* or she'll just come out and say, *"I don't think this is working out."*

Why does this happen?

Usually this happens because the guy has failed to take the lead in the relationship, and lead him and her through the natural steps of a modern courtship.

In the past, dating wasn't common and if a man and a woman did go out on a date, it was usually

under the supervision of a suitable chaperone, so holding hands, kissing and sex was virtually impossible.

Today, however, the steps of dating have changed and a modern woman expects to hold hands, get kissed and even have sex before she makes the decision to be in a committed relationship with a man.

These days, a woman doesn't consider herself to be a slut, or to be doing anything wrong when she has sex with a guy before marriage, or even if she has sex with him on the first date. Basically that's how the world works now, and these are the normal steps of the modern relationship.

So, don't think that you need to be a good boy who has to take a woman out on dates for weeks or months, pay for everything and never make a move to touch or kiss her until many months later.

Most women (not all) are looking for a guy who knows what he wants and who has the confidence to move the sexual courtship along quickly.

There are some women (especially in certain cultures) that still hold out from having sex too soon, or even before marriage, but in most cases, a modern woman will be eager to move things forward quickly.

If you've managed to create enough attraction between you and her during the date (with your confidence, charisma and conversation style, etc.), most women will usually be hoping that sex will happen right away, or at least pretty quickly, so she can then decide how she really feels about you and whether she wants to keep on dating you or not.

Some Classic Mistakes Guys Make When it Comes to Dating

Although the steps of dating are pretty simple, sometimes guys who lack experience with women make some mistakes that can easily be avoided, but end up costing them the relationship before it even gets started.

These mistakes include the following:

1. Being too much of a gentleman.

Many guys are raised by mothers who teach them that to get a woman to like them and want to be in a relationship with them, they have to behave like gentlemen.

Unfortunately, these guys make the mistake of believing that being a gentleman means that they have to be super nice to a woman and treat her like a princess and pretend that sex isn't even something they ever think about, let alone expect to have with her sometime in the near future.

These guys may go as far as asking a woman out on a date and then spend the date pretending not to be interested in anything more than opening the passenger side car door for her to get in, pulling out her chair, and spoiling her with an expensive dinner.

That's not what women want.

Although there is absolutely nothing wrong with being a good guy and treating a woman nicely during a date, the main thing most (not all) women want from a man when they are out on a date with him, is for him to make her feel sexually attracted to him.

Yes, a woman will enjoy the five-star treatment, but if he's not making her feel sexually attracted, she will just assume that he only wants to be friends, and even though she may

â€œlikeâ€ him, sheâ€™s not going to see him as someone sheâ€™s going to have sex with or be in a relationship with.

So when it comes to dating, donâ€™t waste time trying to be liked by a woman, or pretending that youâ€™re not interested in anything sexual with her because youâ€™re a â€œgentleman.â€

The most important thing of all is that you start out by making her feel sexually attracted to you.

2. Taking too long to move things along.

Another classic mistake that guys who are shy, nervous and insecure around women make, is to take too long to move from one step to the next.

For example: A guy might pluck up the courage to ask a woman for her phone number, yet, when he gets it he doesnâ€™t know what to do with it.

He might end up debating with himself,

- Should I phone her or text her?
- How soon should I contact her; should I wait one day or one week?
- Should I ask her out on a date, or should I just ask her to hang out with friends?
- Will she even remember me when I contact her?
- What if she isn't interested in me anymore?
- Should I just send her a text to see how keen she is, before I call her?

If he gets as far as contacting her, this guy can spend days and even weeks sending her â€œcuteâ€ text messages without ever getting up the courage to ask her out on a date.

Alternatively, there is the guy who gets as far as calling her up and asking her out on a date, but then fails to move things along after that, by not showing her that heâ€™s interested in her sexually by triggering her feelings of sexual attraction for him.

What this guy doesnâ€™t understand is that a woman will choose to have sex and date a man based on her sexual attraction for him, but sheâ€™s not going to sit forever waiting for him to move things along.

If a guy canâ€™t â€œtake the bull by the hornsâ€ and move things along fast enough for her, she will â€œswitch offâ€ and turn her attention to a guy who can turn her on, and who can then release the sexual energy that has built up inside her with kissing and sex, right away.

Just Be Yourself, But Be Attractive in How You Interact With Her

When you are the kind of guy who can trigger a womanâ€™s sexual desire with your confidence, charisma and humor, you donâ€™t have to worry about following some kind of dating protocol. You can just be yourself and keep moving forward through the steps of dating.

Don't know how to make a woman feel that way? Watch this video...

Essentially, when you make a woman feel the way she wants to feel when sheâ€™s with a man (i.e. attracted, turned on, girly and feminine in comparison to your masculinity), the steps of dating will unfold naturally and all by themselves without you having to put much effort in at all.

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The Coolest Guy in the World: Does He Exist?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you were to take a poll asking people who they think is the coolest guy in the world, you'd probably end up with hundreds or possibly thousands of different answers.

This is because being cool means different things to different people.

To be cool can be defined as the ability to be comfortable with oneself, no matter what situation you find yourself in.

What Are the Qualities That Make a Guy Cool?

Before we can even think about who might be the coolest guy in the world, we first have to define what makes a guy cool.

Although there are certain characteristics of cool that are endemic to specific people and cannot be copied by others, there are a list of qualities that apply to most cool guys.

For example:

- A guy who is considered as being cool is always a hit with the ladies regardless of whether he is good looking, rich or famous.
- A guy who is considered as being cooler than other guys, is often an alpha male.
- A cool guy has confidence and high self esteem.
- A cool guy believes in himself no matter what.
- A cool guy is mentally and emotionally strong; he knows what he wants and he goes out and gets it. You will never see him waiting for a woman he likes to choose him; he chooses her.
- A guy who is cool is a great conversationalist, especially when talking to women. He knows exactly what to say and how to say it to draw people, and especially women, out and make them open up to him.
- A cool guy has mastered the art of flirting. He knows how to use words and body language to seduce a woman until she is weak at the knees and wanting something sexual to happen.
- A cool guy has purpose and direction. He knows what he wants to achieve in his life and makes every effort to accomplish his goals.
- A cool guy knows how to make a woman feel like a real woman. He is masculine in his energy and behavior, but also treats a woman well and makes her feel beautiful, feminine and appreciated.
- A cool guy is charming, funny and interesting.

Finally, and probably the most important point of all, a cool guy is totally comfortable with himself.

He doesn't need to wear the latest fashions, drive the latest cars or live in the trendiest neighborhoods to be cool.

He is cool because he likes himself and doesn't need anyone else's approval before he feels good about himself.

So, Who is the Coolest Guy in the World?

Anyone can be the coolest guy in their social scene, but when it comes to the coolest guy in the world, we can only look at the guys who personify the qualities mentioned above.

Based on popular opinion, some of the coolest guys in the world, both past and present, include:

Elvis Presley

A list of the coolest guys in the world cannot be complete without mentioning “the King of Rock and Roll.”

If there was ever a man who personified “cool” it was Elvis.

His way with the ladies was legendary and arguably, no one has come close to oozing charm and charisma the way he did.

Elvis Presley was an alpha male through and through and is a good example of a man who was supremely self confident, lived with a lot of drive and motivation and was totally comfortable being himself.

Even when he became addicted to drugs and started putting on weight, he still maintained his charm and he never lost his touch with the ladies.

Robert Redford

At the time of writing this post, Robert Redford is 77 years old and yet, he is still regarded as one of the most charismatic and sexiest men in the world by women.

Not only is he an actor, but he is also a businessman, a producer, a film director, a passionate environmentalist, a philanthropist and the founder of the Sundance Film Festival.

Still active in movies as an actor, director and even a narrator, he continues to be a man who commands respect.

His appeal with the ladies has not waned with age and neither has his confidence and personal drive. He is a man who although understated, commands attention when he walks into a room.

Brad Pitt

Brad Pitt is cool because of the way he morphs.

He can change his look to suit any role, whether in real life or on screen and his boyish good looks and consummate charm keep him firmly in the limelight.

However, he is not cool because he is famous.

He is cool because he is so completely relaxed with himself.

Although he has often been regarded as the sexiest man in the world, he is equally comfortable in an Armani suit at the Oscars as he is wearing jeans and a T shirt and playing with his kids.

As for his appeal with the ladies...that goes without saying.

Usain Bolt

This man is all charm.

He ran himself into the record books as the fastest man on earth and his flamboyant style and theatrical sense of humor has made people fall in love with him all over the world.

He is someone who walks and talks with confidence and there is no doubt that he believes in himself

and in his abilities.

He knows his worth and his place in the world and does an excellent job of being the fastest man alive.

His charm is so great that women swoon over him from the stands at every track event all around the world.

If you're looking for cool, then look no further than Usain Bolt.

Bruce Lee

For a man who died at the age of 32, Bruce Lee has left behind a legend that is phenomenal.

Not only was he widely regarded as one of the best and most influential martial artists who ever lived, but he also founded the art of Jeet Kune Do and became the 1958 Hong Kong Cha cha champion.

He was an actor, a film maker and a martial arts instructor as well as a philosopher.

He is credited with helping change how Asians were portrayed in American films and many actors, musicians, athletes, philosophers and artists regard him as one of the most influential figures from the 20th century.

As a man, Bruce Lee was confident, disciplined and supremely driven.

His charisma and charm seduces people (and women) even to this day.

Of course, this list could go on and on without ending.

Men such as Sir Richard Branson, Christopher Reeve, George Clooney, Richard Gere, etc, are other examples of men who made and still make, their mark in the world.

As for picking just one guy to be the coolest guy in the world, well that would simply be impossible.

Of course, we could just say that you are the coolest guy in the world.

Who could argue with that?

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Do Women Like To Be Looked At?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Yes.

Women know that the most attractive thing about them is their physical appearance, so they want to be appreciated for it.

However, women don't like it when guys look at them and:

- Try hide it.
- Go overboard and become sleazy about it.
- Stare at her in a creepy, needy way.

Perving on women from behind and then nervously trying to hide it when they notice is usually labeled as creepy behavior by women.

[image: Perving on a woman behind her back]

Women want you to be relaxed and honest about your attraction for them, rather than thinking that it's a sin and you should be ashamed of yourself for feeling the natural human emotion of attraction. Women like it when they are looked at by a confident guy who loves and appreciates her for who she is, but doesn't get all weird about it.

Essentially, you just look at her in a calm, confident way and love and accept her for who she is. You feel welcome to look at her because you too are an attractive guy.

Don't think that you are attractive enough for a beautiful woman? Think again.

Watch this video to understand how a woman's attraction for a man works and how you can get women to feel MORE attraction for you than you feel for them!

As you will discover from the video above, you have a lot of direct control over how much or little attraction that women feel for you.

Women don't really care about looks as much as we men do, so you need to use that to your advantage.

For example: If you approach and talk to a woman, you can make her feel attracted to your confidence, charisma, charm, humor and masculine vibe.

When she feels attracted to you based on that, you can then increase her attraction by being a bit of a challenge to win over.

Watch this video to understand how it works!

As you will discover from the video above, most guys are unwilling to offer a woman any sort of challenge because they want her simply based on her looks.

Yet, that is boring for her.

If she is attractive, then pretty much every guy wants to have sex with her, at least once.

She wants a bit more of a challenge, so she can feel as though she is scoring herself a quality guy, rather than just letting one of the billions of guys who want to have sex with her the chance to stick it to her.

Stunned By Your Feelings of Attraction

[image: Stunned by your feelings of attraction for her]

If we were to reveal the Achilles Heel of every man, it would definitely be a beautiful woman.

When a beautiful woman walks into a room, it is her intention to get the attention of every guy there.

Women know that their physical appearance is the most attractive thing to us men and that with the sway of their hips, a pout of their lips and a flick of their hair, they can make a man forget his own name (well not really, but you know what I mean).

With powerful weapons such as these would you even ask do women like to be looked at? After all, why would they not want to be looked at?

The multi-billion dollar beauty and make-up, fashion, weight loss, jewellery, hair product and perfume industries thrive because women primp and preen themselves to be more beautiful so that they can be looked at, by men.

Why else would they do it?

Young teenage girls do it, married women do it, grandmas do it, women in the military do it and women working in rice paddies do it.

No matter which culture you look at anywhere in the world; there are women making themselves look beautiful; once again, to be looked at by men.

Not just their own husbands, boyfriends or partners either; they like to be looked at by just about any guy.

Yet, in the movies and on TV you will often see women reacting badly to being looked at. Why? Because it's entertaining for the audience and it panders to the wide variety of audiences who will watch the show.

It is a popular form of humor because it hits so close to the truth; that women are looked at by guys all the time.

It's true to say that women don't like being jeered or harassed, but they do like it when a guy appreciates their beauty in a relaxed, easy-going and non-threatening way.

Leering, crude comments and wolf whistles are not appreciated, but looking and appreciating her efforts definitely is.

We men look at women and that is totally natural and normal because it is how we decide whether or not a woman is worth investing any time into. How else will a guy know if he finds a woman appealing?

On the other hand, most women (not all) rarely look at a guy and think, *"I would have sex with him and get into a relationship with him purely based on his appearance."*

There are times when a woman is being playful about looking at guys when she's hanging out with her girlfriends or after having a few drinks, but you will rarely see a woman check out a guy like a guy would check out a girl.

Ultimately we should always remember that women and men are different in many ways; from our emotional make up, to how we attract and interact with the opposite sex.

For us men, we decide whether or not we'd have sex with a woman in a fraction of a second.

We can literally undress a woman with our eyes and think, *"Yep, I'd tap that."*

[image: Man mentally undressing a woman]

A woman, however, needs to interact with the guy, talk to him and engage in meaningful conversation, so that she can find out whether or not he's confident, masculine (in his thinking, behavior and actions), socially intelligent, and to see if she feels any sexual attraction for him.

Women use a different set of criteria to judge a guy from a distance, than a guy would use to judge them.

Just as guys look at a woman's physical beauty, a woman will look at the way he approaches her, how he interacts with her and how he treats her when they are alone and in front of others.

Women need more information about a guy before she will decide whether she finds him attractive or not.

If a woman was to base her attraction on mere looks, then she would simply go for the best looking, biggest or the strongest guy, and this is obviously not the case; how else would you explain all the ordinary looking guys who have hot girlfriends?

To a woman, just because a guy is good looking, doesn't mean that he would be a capable provider or protector, or that he would be able to give her physical and emotional support when she needs it.

This is why women are attracted to guys who behave like real men.

Real men are not necessarily the good looking guys, but they are definitely the guys with the most self confidence, a healthy self esteem and are forward thinkers who know what they want from life and are doing everything in their power to get it.

Women like to be looked at by guys who display real man qualities because this makes them feel wanted and like a real woman.

Women will also sometimes look at a good looking guy and say, "Oooh, he's hot" but they will instantly lose interest in him if they notice that he isn't confident (by observing him), or if they talk to him and see that he lacks self confidence.

Other turn offs include guys who are boring and who cannot engage a woman in conversation and who do not know how to flirt.

Guys who use body language inappropriately and who make a woman feel tense and uncomfortable are also a turn off, as are guys who are mentally and emotionally weak.

Women like to be looked at because they know that this is how they will attract the best of the male species; the guy who stands out from the rest because of his confidence, mental and emotional strength and social intelligence.

He is the guy who will always hold sway over his less dominant, less accomplished and less charming counterparts and this is the guy a woman wants to attract by making herself beautiful.

If a guy looks at a woman in a natural, relaxed way and shows appreciation for the efforts she's made to beautify herself she will respond favorably.

Women like to be appreciated and to have their efforts valued, and if the guy is confident enough to show her that he appreciates her beauty and her efforts, he will definitely make a lasting impression on her.

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Special Ways to Tell Someone You Love Them

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The most special way to tell someone you love them is to create so much attraction in her that she feels she will burst if she doesn't hear those words from you.

Then, no matter where you are, or what you are doing at the time, when you say *"I love you"* to her, she will be so excited and so thrilled to hear it, it will feel wonderful and special to her.

That's how it should work, but many guys make the mistake outlined in this video, so they end up getting rejected when they tell a woman about their feelings...

You must ensure that she feels sexually attracted to you, before you express any feelings for her.

If she just sees you as a friend, it won't matter that you're saying, *"I love you,"* because the feelings won't be mutual.

She might love you as a friend, but not in a sexual way, so she will reject your attempts to transition from a friendship to a romantic relationship.

When Should You Say, "I Love You" to a Woman?

I recommend that you say it after you've been having sex.

For example: You and her have just had sex and while she is lying in your arms, you say *"I love you"* to her.

That will be special to her because you will have already made her love in the way you created and then released the sexual tension her via kissing, touching and sex.

Be warned though: Many modern women hate it when a guy says, *"I love you"* first. They prefer a guy to wait, so she can be the one who says it first.

You have to trust your gut instinct on that.

Now, assuming that your woman wants you to say it first, here's another example...

You and her may be watching a movie together at home and something she has been looking forward to seeing for a long time.

By making the effort to do what she wants at times, she already sees it as a sign that you care about her, because you are making an effort to enjoy something she likes with her; even if it's not something that really appeals to you.

Then, when you put your arms around her and tell her you love her, she will feel that it's special, because not only are you saying the words, you are also showing her with your actions.

Essentially, there are many different special ways to tell someone you love them, however, the most important thing to remember is:

1. When you make her feel attracted and build up the sexual between you and her, then when you tell her you love her, it will feel special to her.
2. No matter how special the way you tell someone you love them, if the timing is wrong, she won't be excited to hear it.

The Consequences of Telling a Woman That You Love Her Before Youâve Triggered Her Feelings of Attraction

Telling a woman you love her, especially at the beginning of a relationship, can instantly bring you and her closer together and can take the relationship to the next level, (i.e. you may decide to date each other exclusively, it may lead to you moving in together, or it may even lead to you both deciding to get married).

However, even though saying *âI love you* is a great way to cement a new relationship and make it even stronger, there are a few times when telling someone you love them can actually ruin the relationship before it has actually had a chance to grow.

So, before you say it,Â make sure you donât fall into one of the following categories:

1. Saying *âI love you* too soon.

A classic mistake guys often make, is telling a woman they love her before they have actually triggered her feelings of sexual attraction for them.

Some guys will say *âI love you* to a beautiful woman within a relatively short time of meeting her, because of how much lust and desire they are feeling for her.

However, itâs not something that you should rush into and say to a woman to express your feelings of lust for her.

Even if you are certain that itâs not lust that is driving you, but genuine love, you first have to be sure that youâve triggered her feelings of sexual attraction for you, so she will be happy when you tell her and it will feel special to her.

If a woman isnât sexually attracted to you, then she isnât going to be excited to hear that you love her, no matter how special you make the event (e.g. by taking her to a fancy restaurant first, giving her a gift, etc.) because most beautiful women (not all) feel turned off by how easily guys fall in love with them.

Attraction is always the first step you need to go through with a woman before you tell her that you love her. Basically, the more attraction she feels for you, the more desire she will have to be in a relationship with you.

Then it will be a natural step for her to fall in love with you, and no matter where or how you say it, it will be special to her because she will be excited to hear it.

2. Pretending to be her friend and then saying *âI love you*.

Another mistake guys make, is to pretend to be a womanâs good friend when what they really want is to have sex with her and be in a relationship with her.

A guy like this assumes that if he hangs around her for long enough, is nice to her, listens to all her problems, does nice things for her and is generally available to her every beck and call, she will suddenly realize that she loves him too, and they will then become a couple.

Another example of this is when a guy mistakes a womanâs niceness towards him as a sign that she loves him back.

This is common when guys feel shy, insecure and nervous around women and have probably had bad experiences with women in the past.

For example, a guy like this might be ignored by beautiful women, or he might have been laughed at or mocked by beautiful women in the past.

So, when an attractive woman responds by being kind or friendly towards him, he mistakenly assumes she must love him too.

Again, it's no use finding special ways to tell someone you love them if you're not sure they feel the same way about you and will be happy to hear it.

A woman might "like" you as a person, but the love that she feels for a guy she wants to be in a sexual, romantic relationship with is completely different.

So, if you're not sure if she perceives you as just being a nice friend to her, then you need to first change her perception of you from that of a "good friend" to someone she wants to have sex with and be in a relationship with, before you attempt to tell her you love her.

The Best Way to Tell Someone You Love Them Is to Show Them With Your Actions

Quite often, guys hear women (or even their own woman) talking about the romantic actions of other guys.

For example: A guy might hear his woman saying, *"My friend Julia's boyfriend organized a romantic dinner for the two of them on the beach last night. He even organized a butler who served them at a table in the ocean while another guy was playing the violin. It was so romantic and then he told her that he loves her. It was just so special! I wish something like that would happen to me!"*

When a guy hears this, he assumes that he has to match, or even better, what the other guy did if his woman is going to be impressed.

However, even though women will talk about such events that happen in other people's lives (or even in the movies), it doesn't mean she will not be equally happy when her guy shows her that he loves her with small, everyday actions.

For instance, one of the most common reasons couples break up today, is because the woman feels that her man is taking her for granted. Yet, when she feels appreciated, valued and attracted, she also feels loved.

You can tell your woman you love her by making her feel loved and appreciated in your everyday actions.

For example:

- If you say that you're going to do something, then be a man of your word and follow through on it.
- Don't assume that it's okay with her if you put your work, friends, hobbies, etc., before her. If you have to change plans with her, first make sure that you let her know how important she is to you, and then make sure that you make it up to her the next day (or as soon as possible) by doing something nice together. It doesn't have to be anything elaborate. Watching the sunset on the beach, or in the park, or even from your porch while holding hands, is enough to let her know you love her.
- Sometimes, the best time to tell her that you love her is at a time that seems

â€œinappropriate.â€œ

For example: If your woman comes home from the gym, or has been working in the garden all day, or has been helping a friend move, etc. and is looking sweaty and disheveled, wrap your arms around her and say, *â€œYou look so beautiful today. I love you.â€œ*

Or if she's got a cold and her nose is all red, make her a hot drink, tuck her in bed and tell her, *â€œYou've got the cutest red nose I've ever seen. I love you.â€œ*

When you tell her you love her at these times, it will be special to her because you're letting her know that you love her no matter what even if she's not looking her best.

Why does this matter?

Women know that men are attracted to them mostly because of their physical appearance.

This means an attractive woman can attract most guys, because she's beautiful, and chances are, he'll say *â€œI love youâ€œ* to her because he's feeling lust.

However, at the back of her mind she may be wondering, *â€œWhat if I don't put on make up; will he still love me?â€œ* or, *â€œWhat if I don't always look my best; will his love for me fade?â€œ*

When a guy appreciates a woman, even when she's not always looking beautiful, she has the pleasure of knowing that his love for her is real, and that makes her respect, attraction and love for him grow even more.

When the Time is Right, Saying â€œI Love Youâ€œ Will be Special No Matter What You Do

All relationships grow and develop in stages.

When you approach the sexual courtship with a woman in the correct way, the relationship will unfold naturally and effortlessly from one stage to the next, until both you and her reach the point where you are truly in love and committed to each other.

When you deepen her feelings of love, respect and attraction for you, saying *â€œI love youâ€œ* will happen naturally and without any effort on your part.

In fact, the most special way to tell someone you love them is by actively triggering her feelings of sexual attraction for you, to the point where her feelings build up so much, that she feels she will burst if she doesn't tell you she loves you first.

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Things to Say to a Woman to Turn Her On

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

There are many things a guy can say to a woman to turn her on, but those things won't make a difference to her if he hasn't made her feel sexual attraction for him first, by displaying the personality traits and behaviors (e.g. confidence, charisma, humor, etc.) that are naturally attractive and arousing to women.

Basically, what you say to a woman is not as important as how you interact with her.

In other words, when you interact with a woman and make her feel attracted to your confidence, masculine vibe, conversation style, etc., then whatever you say to her will turn her on, because your behavior and body language will have already triggered her feelings of sexual attraction for you.

On the other hand, if when you interact with her and you appear nervous, insecure and hesitant during conversation, whatever you say to her will come across as being forced, and she will feel uncomfortable rather than turned on in your presence.

Watch this video for some examples of things to say to a woman to turn her on...

Understanding Attraction

A lot of guys who are not very successful with women, go through life believing that the guys who always seem to get the women they want, have some secret "trick" or a list of magic things to say to a woman when they interact with her, that instantly turns her on and makes her want to have sex with him.

What these guys don't realize is that there isn't a magic list or some sneaky "trick" that triggers a woman's sexual attraction for men. In fact, getting a woman to feel attracted and want to have sex with you is a lot easier than most guys realize.

When you display the types of personality traits and behaviors that women feel attracted to, (e.g. confidence, the ability to make her laugh and feel feminine in contrast to your masculine vibe, etc.), then women will naturally want to be with you.

You don't have to try hard to impress a woman, and you don't need a "magic" list of things to say to her to turn her on. Instead, you've got to trigger her feelings of sexual attraction for you by being the man she needs you to be.

For example: When a guy approaches a woman he feels attracted to without hesitation, fear or anxiety and is completely confident and at ease in her presence, even if she initially pretends that she's not interested in him, (because women like to test guys to see if they are really confident or if they are only pretending to be confident), eventually, just by remaining calm and relaxed, she will naturally start feeling attracted to his confidence and masculinity.

He doesn't need to say something specific to get a woman to feel turned on by him - she automatically feels attracted to him because he is displaying the characteristics that women are instinctively drawn to.

On the other hand, a guy who is nervous and insecure around women will crack under the pressure of a woman's tests. He will feel flustered if she pretends not to be interested in him or pretends to be

bored by his conversation, and he will begin to doubt himself.

He might start thinking, *â€œIâ€™m just not good looking enough, thatâ€™s why sheâ€™s rejecting me,â€* or, *â€œIf only I knew the right things to say to her to turn her on then she would be interested in me.â€*

The truth is, the thing that makes a woman want to have sex and start a sexual relationship with a guy is feeling sexual attraction for who he is as a man, and by being a strong man around her in terms of his thinking, behavior and actions.

Some Examples of Things to Say to a Woman to Turn Her On When You Are Interacting With Her

Imagine that youâ€™re talking to a woman you like and want to have sex with and she touches you on the arm. You can use that moment as an opportunity to say something that will turn her on.

What can you say to her that will turn her on? Here is an exampleâ€¦

When she touches you, look down at her hand on your arm and then look back up at her pretending to be shocked and say, *â€œOh no! Look at you; youâ€™re all over me! I have that effect on women you know, they just canâ€™t keep their hands off me. I guess it was too much to hope that you could resist me long enough to finish our conversation.â€*

Then, smile playfully and make her see that youâ€™re clearly joking with her by pretending that youâ€™re so irresistible that she canâ€™t keep her hands off you.

Obviously youâ€™re only joking with her, but by having the confidence to tease her in this way (something most guys canâ€™t do), youâ€™re showing her that youâ€™re not overcome by her beauty, or feeling intimidated by her.

Women feel extremely attracted to a guy who is not easily impressed by her and has the confidence to use humor to tease her in a playful but sexual way.

A common mistake that a lot of guys make when they are interacting with a beautiful woman they feel attracted to is they feel so impressed by her, and they feel so lucky to be talking to her, that they take on the role of being a nice guy who is only interested in making polite, neutral conversation with her.

Naturally there is nothing wrong with being a nice guy with a woman, but if your intention is to have sex with her, pretending to be Mr. Nice Guy isnâ€™t going to turn her on; however, triggering her feelings of sexual attraction for you, will.

This is why it is so important to use every opportunity, no matter how irrelevant, to create attraction between you and her. Here is another example of how you can do thatâ€¦

Imagine youâ€™re walking along the aisles in a supermarket and you suddenly spot a beautiful woman you would like to hook up with.

You can obviously, either just watch her from a distance and hope that by some miracle she will notice you, or you can take the initiative and get her interested in you by making the first move.

Hereâ€™s an example of what you can do to initiate a conversationâ€¦

Let us assume that you are pushing your shopping cart past her in one of the aisles, and you

accidentally bump your cart into her cart.

A shy, nervous, "nice" guy who doesn't know what to say to a woman to turn her on will say, "Oh! I'm so sorry! Are you okay?" Although that is the polite thing to say, it is not going to trigger her feelings of sexual attraction for him.

On the other hand, a confident, alpha male will use this as an opportunity to make her feel attracted to him by saying something like, "Okay! I see what's going on here; you're trying to get me to notice you. Well, I'm all yours now!"

When you say this while smiling at her and making it clear to her that you're teasing her, she will most likely laugh and get a bit flustered, because you are implying that she bumped into you intentionally because she is trying to hook up with you.

Then, simply smile again and say, "I'm only joking. Hi, my name is!" What's your name?"

This is attractive to her because she can see you have the confidence, social intelligence and masculinity to say something risky like that to her, rather than do the "right" thing by being a boring, nice, friendly guy who's just being nice and polite around her, rather than using the moment to make her feel sexually turned on by you.

It's Easier Than You Think

Turning a woman on is not as difficult as most guys believe.

You can trigger a woman's feelings of sexual desire by displaying the behaviors and personality traits that women are naturally attracted to, like being a confident, masculine man who can make her feel girly and feminine in his presence.

Then, you won't have hope that you know the right things to say to a woman to turn her on, because you will be turning her on with your body language and behavior, and whatever you say after that will feel interesting and sexy to her and she will feel turned on.

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What Attracts Women to Men Sexually?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The main thing that attracts women to men sexually is when a man displays the personality traits and behaviors that women are instinctively attracted to, and that can trigger her feelings of attraction and desire for him.

Some of these personality traits and behaviors include the following:

- Being confident and self-assured.
- Being able to turn her on and make her feel feminine and girly in contrast to his masculine vibe.
- Being charming and charismatic.
- Being able to attract her with his conversation style.
- Being able to make her laugh.

When a woman interacts with a confident, charismatic guy who thinks, behaves and acts in a masculine way, she can't stop herself from feeling sexually attracted to him.

However, when a woman interacts with a guy who is insecure and thinks, behaves and acts in a nervous, shy or self-doubting way, deep down at an instinctive level, she can't stop herself from feeling turned off by him sexually.

This is why, if you want to know what attracts women to men sexually, you first have to understand how women pick men for sex, and for relationships.

It's Who You Are as a Man That Matters to Most Women, Not What You Look Like

[image: What attracts women to men in a sexual way?]

Many guys go through their life making excuses about why they are not attracting the women they really want for sex and for relationships.

These guys will say things like, *â€œBeing tall, dark and handsome is what attracts women to men sexually, and I'm not those things so women are not going to be interested in me.â€œ*

Or, *â€œI don't feel sexually attracted to fat, unattractive women, so it's only natural that because I've got a big nose and I'm also on the fat side, women will not be sexually attracted to me either.â€œ*

However, that's not the case at all.

Although men will choose a woman for sex and even a relationship based on how attractive she is, women will be willing to overlook a man's flaws (e.g. if he is not good looking, is fat or thin, has a big nose or a bald head, etc.), if he can make her feel sexually attracted to him in other ways.

For most women (not all), the cliché *â€œIt's who you are on the inside that really counts,â€œ* applies.

For example: When a woman first sees a guy, she has nothing to base her interest in him on other

than his appearance. This is why, when a woman sees a very good looking guy for the first time she might say, *â€œOh! Heâ€™s soooo sexy! I wouldnâ€™t mind hooking up with him.â€* At this initial stage, yes, she is sexually attracted to him because of his looks.

However, if she interacts with him and he behaves in an insecure, nervous or submissive way around her, her attraction for him will quickly fade, and she will even start noticing things about him that are turning her off.

For example, she might say, *â€œMmmm, I never noticed that mole on his cheek; I hate moles on guys, they are so un-sexy,â€* or, *â€œHeâ€™s not really as good looking as I thought; heâ€™s got funny teeth/ears/hands/etc.â€* Essentially, she is looking for excuses to explain to herself why she is feeling so turned off by him.

On the other hand, the same woman might see a short, chubby, bald guy and disregard him completely. Yet, when he approaches her and interacts with her in a confident, charismatic way and triggers her feelings of sexual attraction for him with his masculine vibe, she can quickly go from disregarding him to being completely turned on by him.

Then, his initial *â€œflawsâ€* of being short, chubby or bald suddenly become unique qualities that make him even more attractive to her. For example, she might say, *â€œI think guys who are bald are so sexy,â€* or *â€œHeâ€™s not fat, thereâ€™s just more man there for me to love.â€*

Of course, if the short, chubby, bald guy is also nervous, insecure, or puts on a fake persona to try and attract her, her initial disregard towards him will not change, and she will probably say something like, *â€œHeâ€™s not my type,â€* to explain why she feels turned off by him.

As you can see, itâ€™s not what a guy looks like that matters to most women, but how he makes her feel when sheâ€™s with him.

Yes, there are some women who will only have sex with, and date, good looking men, but the majority of women are attracted to the type of man who can trigger her feelings of sexual attraction in the way he interacts with her.

2 Simple Ways to Make a Woman Want You Sexually

What attracts women to men sexually is primarily based on a manâ€™s ability to display the personality traits and behaviors that are naturally attractive and sexually arousing to women when he interacts with them.

Here are 2 ways you can attract women sexuallyâ€¦!

1. Drop the Mr. Nice Guy act.

In the past, to get a woman to be interested in him, a man would have to be nice to her, court her and show her that he could take care of her if they got married.

Unfortunately, because of that, many guys today make the mistake of thinking that by being nice to a woman and behaving like a gentleman with *â€œgood intentions,â€* she will feel sexually attracted to him and make her want to start a relationship with him.

However, if you look at todayâ€™s woman, you will realize that dating and relationships donâ€™t happen like that anymore.

Todayâ€™s women are clearly self-sufficient, can earn their own money and they can choose to have

sex whenever they want and with whomever they want.

A woman will no longer select a guy simply based on how nice he is to her when they are interacting. Even if heâs a really nice guy, thatâs not what attracts a woman to a man sexually. The way that a modern woman will select a man for sex and a relationship is now based on his ability to trigger her feelings of sexual attraction first, and then everything else will follow.

Thereâs nothing wrong with being nice to a woman and thereâs nothing wrong with being a good guy, but being nice to a woman isnât going to make her feel sexually attracted to you.

The truth is, most guys in the world are nice guys. Being nice to a woman and avoiding making it clear to her that you find her sexually attractive is what most âniceâ guys do.

These days, if you want to have sex with a woman or get her into a relationship with you, you are going to have to drop the Mr. Nice Guy act and instead focus on saying and doing things that will turn her on.

2. Connect with her in a different way to every other guy.

When you interact with a woman, your conversation is of vital importance, because youâre either connecting with her and turning her on, or youâre boring her like every other guy who has been hitting on her before you.

Conversation is what allows a man and a woman to be in each otherâs presence long enough to determine whether they are sexually, emotionally and socially compatible with each other.

Most often the reason why a guy struggles to make a woman feel sexually attracted to him is because, instead of using conversation as a means to create a sexual, emotional and intellectual connection between him and her, he instead engages her in boring conversation.

For example: He will ask her boring questions like, *âWhatâs your name? What do you do for a living? Did you go to university? Do you like your job?â* etc., but none of these questions create sexual attraction, because every other guy sheâs been talking to has asked her the same questions.

For a woman to see you differently from all the other guys, you have to behave differently when you interact with her.

For example: Instead of asking her questions as if youâre interviewing her for the job of being your girlfriend, you can create a connection between you and her by triggering happy, positive feelings inside her.

Instead of asking, *âWhat do you do?â* you can say, *âIf you could be at any fun placeâ in the word right now, where would you be and why?â*

This is a great thing to say to a woman, because it opens the conversation up, makes her think of something that brings up good feelings for her, and allows her to talk about something that she feels passionate about.

This type of question also allows her to say, *âWhat about you?â* and then when you share something personal about yourself, a positive connection gets created between you and her.

It All Boils Down to How You Make Her Feel

The most important thing you need to know is that the thing that attracts women to men sexually, is the way he makes her feel when sheâs with him.

By displaying the inner qualities that instinctively turn women on, like having the mental and emotional strength to be confident and charismatic around her, while also being able to be masculine and to take the lead in the sexual courtship, a woman has no choice but to feel sexually attracted to you.

On the other hand, if you behave in a nervous, self-doubting, insecure way around a woman you find attractive, she will only pick up on your self-doubt and she will feel turned off.

When you behave in ways that are attractive to women, then attracting women sexually is not difficult.

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[image]

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Tall, Dark and Handsome: Is That What Women Want?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Some women do want that, but most women don't really care about it.

The truth is, most women place much less importance on a man's physical appearance than most guys realize.

Watch this video for proof:

Although women can initially be attracted to a man based on how he looks, it doesn't mean they won't consider dating a guy who isn't tall, dark and handsome, if he can make her feel enough attraction to him for other reasons.

For example: If a guy is of average height, with average looks, (like most guys in the world), but also happens to be confident, charismatic, is interesting and fun to talk to, has a great sense of humor, etc., a woman isn't going to reject him simply because he doesn't fit into the "Tall, dark and handsome" category.

On the other hand, a guy might look like a male model or a sexy Hollywood actor, and if he is shy, nervous and insecure around women, or, if he puts on an act (e.g. he pretends to be more confident, or nicer than he really is), a woman will come up with all sorts of reasons why she doesn't like him.

So, if you're asking, *"Tall, dark and handsome: Is that what women want?"* consider that if this was the case, you wouldn't see so many short, ugly, pale, skinny, fat, bald or just plain guys dating, or married, to really attractive women. It just wouldn't be possible.

Naturally, not all women will date a guy who isn't very tall and good looking, but most women will, because most women have what [Dan Bacon](#) (founder of The Modern Man) refers to as *Open Type*. Basically, this means that most women are open to dating different types of guys, as long as the guy can make her feel the way she wants to feel when she's with him.

Guys Assume Women Are Attracted to Men For the Same Reasons Men Are Attracted to Women

[image: I'm not good looking enough for women. I need to be tall, dark and handsome for them to want me]

Basically, because most men are attracted to beautiful, sweet and girly women, they assume that it's then only natural for women to be attracted to tall, dark and handsome men.

This is why so many guys will go around saying, *"I'm not good looking enough to get the women I want,"* or, *"Tall, dark and handsome is what women want...and I'm none of those things."*

What these guys don't realize is that when a woman feels attracted to a man's personality and to the way he makes her feel, she will naturally overlook the fact that he's not 6ft tall and doesn't look like he's just stepped out of the pages of a magazine, after having spent a few weeks tanning on some tropical beach.

If women only dated guys who are tall, dark and handsome then most of the guys in this world would never have sex, get a girlfriend, or get married, because most guys are of average height, with average looks.

Yet all over the world, average, and even ugly, fat, or short guys are having sex and dating and marrying attractive and even beautiful women. How is this possible?

These guys have been able to make women feel attracted to them for other reasons.

Watch this video for some real life examples!

As you will discover from the video above, attraction not all about being tall, dark and handsome.

Women can be attracted to all different types of guys for various reasons (e.g. the guy is confident, funny, charismatic, etc).

This is why, when a woman is interacting with a tall, dark and handsome guy who happens to be nervous, insecure and self-doubting around her, even though she may initially have thought, *"Wow! He's really hot, I'd love to get together with him,"* after interacting with him for a few minutes she will instinctively pick up on his lack of confidence.

When this happens, the initial attraction she felt for his looks will begin to change and she'll start finding (seemingly irrelevant) things about him that are turning her off.

For example: She might think, *"I never noticed this before; he has a weird looking nose."*

"Hmm, he's not really that good looking after all. What was I thinking?"

Sometimes a woman can't even find a physical flaw to dislike about a good-looking but insecure guy, but in her mind she'll be thinking, *"He's really hot but there's just something about him that I don't like. I suppose he's just not my type. It must be his nose...or those dorky shoes."*

Even if she can't put it in words, deep down a woman knows that it is his lack of confidence that is turning her off.

Of course, some women will accept an insecure good looking guy, but most women won't.

It might be difficult for you to believe that all women don't want tall, dark and handsome guys, but the proof is everywhere around you.

It's Who You Are as a Man That Really Matters

[image: Women just want men for their looks. I'm not a tall, handsome male model, so they wouldn't want me]

Most guys have heard the cliché, *"It's not what you look like, but who you are inside that matters,"* and in most cases, a guy will write this off as wishful thinking.

However, there's more truth in that statement than most guys realize.

The truth is: You may not be able to change how you look, but you can change the way you feel about yourself and the way you interact with women.

When you present yourself with confidence and self-belief, and can trigger a woman's feelings of attraction and respect for you as a man, then she won't really care that you're not tall, dark and handsome because she will be attracted to what's inside.

So, rather than sit around thinking, *“Tall, dark and handsome: Is that what women really want in a guy?”* and feeling like you will never be able to fit into this unrealistic mould, then instead do the things you can do to make women feel attracted to who you are as a man.

For example, here are some *do*s and *don*ts when interacting with women.

Do trigger her feelings of sexual attraction for you.

It seems like an obvious thing to say, but a woman isn't going to be interested in having sex with a guy if he hasn't first made her feel sexually attracted to him.

So, whenever you're interacting with a woman you're attracted to, make sure what you say and do in her presence is making her feel attracted to you too.

The more ways you can make her feel attracted to you while interacting with her, the more intense her desire will be to have sex with you.

Do come across in a charming manner.

If you look up the definition of charm in the dictionary, it is:

Charm (*noun*): The power or quality of delighting, attracting, or fascinating others.

Being charming is about making a woman feel attracted to you while still being a nice guy around her.

When a guy is charming, not only does he trigger a woman's feelings of sexual desire for him, he also makes her feel safe because she gets the sense that he is not just looking at her as a piece of meat, but is also interested in her as a person.

Don't pretend you're not interested in having sex with her.

A common mistake that a lot of guys make is to pretend they're not interested in having sex with a woman they really do want to have sex with.

This is confusing to women.

If a guy pretends to only be a friend to her and then tries to touch or kiss her, she will naturally be turned off because his behavior has been friendly or neutral and he has not triggered her feelings of sexual attraction.

If you're interested in a woman in a sexual way, then don't pretend you're not and then make a move on her. This will usually result in a, “You're sweet, but I don't see you in that way,” rejection speech.

Don't wait around hoping a woman will make the first move.

What sometimes happens is that when a guy feels insecure about his looks, instead of approaching women and making them feel attracted to him in other ways, he instead waits for women to make the first move.

A guy like this believes that because he's not tall, dark and handsome a beautiful woman will automatically reject him, but if a woman approaches him first, then she will be okay with his looks.

However, most women would rather miss out on being with a guy, rather than have to take the lead.

Making the first move is the first indication a woman gets that you are a confident man. Why deny her that experience?

Nobody Is Perfect

So, *â€œTall, dark and handsome: Is that what women want?â€œ*

As mentioned at the beginning of this article, some women do, but for most women it doesnâ€™t really matter.

When you are confident, masculine, charming and are able to trigger a womanâ€™s feelings of attraction and respect for you as a man, most women wonâ€™t care that much about your looks.

So donâ€™t waste anymore time fearing that youâ€™re not handsome enough, or tall enough to attract the women you want. Nobody is perfect, and the best part is, if youâ€™ve read this article, you now know that you donâ€™t have to be perfect to attract a beautiful woman.

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[image]

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[image: Dan Bacon]

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What Can I Do to Be a Better Person?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

To be a better person, you need to develop the mindset, qualities and behaviors in yourself that will make you feel good about who you are as a person and proud of who you are.

You also need to be the sort of man that others can look up to and respect. So, if you're asking, *What can I do to be a better person?* here are 7 ways to start...

1. Be confident.

It may be a cliché, but it's a cliché for a good reason: Confidence is the most important quality you need to develop in yourself if you want to be a better person, and if you want to have a happy, successful and fulfilling life.

Why?

- Confidence is attractive. It is attractive to women and it is attractive to people in general.
- Confidence is the opposite of being insecure and self-doubting.
- Confidence is strength, while insecurity is weakness.
- Confidence is about believing in yourself and your abilities without being arrogant and disrespectful of others' opinions.
- Confidence is something that you can decide to have or not have.

Why do women and other people feel attracted to a man's confidence rather than his insecurity?

Life can often be challenging and regardless of how successful a woman is, or what her achievements in life are, she still wants to know that when the chips are down, the guy she is with has the confidence and strength to face life head on and take care of both of them.

In life, people generally gravitate towards the people who seem like they are going to be better at surviving, and making the best of the challenges that life throws at them. It's instinctive.

So, if you want to be a better person, develop the mindset of someone who knows that he isn't perfect, and focus instead on the things you like about yourself and the things that you are good at and use that to feel confident.

2. Have a purpose and direction in life.

[image: Heading towards success]

Sitting around hoping that life will throw him a bone never worked for any man who is successful in life today.

Having a purpose and direction in life, and being able to have your say in the world not only gives you confidence, it makes you feel positive about who you are as a man and it makes you feel proud to be you.

On the other hand, when a guy feels stuck in his life because he's in a dead end job, or

living at home with his parents with no intention of ever moving out, or hates that he doesn't have a skill or qualification to better himself but at the same time isn't interested in going to college or university to improve himself, then other people will instinctively pick up on this and will feel repelled by him.

To be a better person, and to be the kind of guy that women feel attracted to and men feel respect for, you need to have big dreams and ambitions for yourself and the courage to pursue those dreams without fear of failure.

3. Take life with a pinch of salt.

Don't take life, or yourself, so seriously all the time.

Even if you do everything perfectly for a week, you are sure to make a mistake sometime in the future...and so will everyone else. No one is perfect and it's completely fine and normal to make mistakes every now and then, but what will make you a better person is when you learn from those mistakes and push on to greater victories ahead.

Life is not always going to be a happy bed of roses, but if you can smile and laugh at the things that make you angry or upset or when you make an occasional mistake, not only will you feel better about whatever is bothering you, women will naturally feel attraction for you, and other guys will feel respect for you as a man.

It doesn't mean you must behave like a clown, or be disrespectful during a serious situation, but when you can take a difficult situation, e.g. during a disagreement, a crisis at work, etc., and diffuse it with some humor, people will naturally see you as someone who is well-rounded and cool to be around.

4. Be the kind of guy who can attract beautiful, quality women.

What does being a better person have to do with attracting beautiful women?

According to entrepreneur, author and motivational speaker Jim Rohn, *"You are the average of the five people you spend the most time with."*

Consider this: If a guy can't attract the kind of women he really likes, i.e. beautiful, intelligent, classy, etc., he will naturally resort to dating women who are unattractive, low-class, lacking in ambition, etc.

Essentially, the type of woman you attract and date can either pull you up and make you an ever better man than you already are, by encouraging you to reach for your true potential in life and be the best man you can possibly be.

Or, she can pull you down by being negative and by making fun of all your dreams and ambitions; in which case you'll only end up sinking down to her level and live a sad, empty and unfulfilling life.

5. Be true to yourself.

Being true to yourself is not about being a bully towards others, or about disregarding peoples feelings in favor of putting yourself first.

Being true to yourself simply means that you are clear about who you are as man.

An example of that would be a someone who is a nice guy, who desperately wants to be liked by everyone, so he resorts to behaving like Mr. Nice and allows both women and men to walk all over him.

For example: A woman might pretend to be interested in him sexually, and then use him to run errands for her, pay her rent, and generally be her â€œgo-toâ€ guy whenever she needs something.

However, in reality she doesn't respect him as a man and she doesn't feel attraction for him, so even though she pretends to be interested in him, she has no intention of ever having sex with him or being his girlfriend.

In a business setting Mr. Nice is the guy that others use to do all the â€œdirtyâ€ work that everyone else hates, or, he's the guy the boss doesn't respect and dumps all the extra, unsavory jobs on, e.g. the filing, a difficult client, etc.

In a social setting, Mr. Nice is always the guy who gets stuck with the check or the one who is always running to the bar to refresh everyone's drinks.

If there is one definitive answer to the questions, *â€œWhat can I do to be a better person?â€* then that answer is: Be true to yourself.

The only person who has to like you is you. If you can like and respect yourself, people will be able to pick up on that, and they will naturally be drawn to you because they will sense that you are the kind of man who doesn't mess around pretending to be someone he's not just to be liked, i.e. he is authentic, and that's attractive.

6. Be a man of your word.

Do what you say you're going to do. It's a simple habit, but when you cultivate it, you will be someone people can look up to and respect.

In a relationship one of the main reasons why couples break up is when a guy stops being a man of his word and starts taking his woman for granted.

In business, a man who keeps breaking his word is not going to progress very far because no-one will trust him.

If you want to be a better person, always strive to keep your promises and do what you say you are going to do. It's as simple as that.

7. Have a positive outlook.

Life is not always going to be perfect (.g. a guy might lose his job, get dumped by his girlfriend, have a falling out with his family), but whining about it isn't going to make it any better.

To be a better person you can't be a whiner.

It's understandable that if things go wrong you might feel disappointed or upset, however, being able to keep a positive outlook is the best way to not only get out of whatever situation you find yourself in quickly, it's also an attractive quality that women love in a guy, and other guys admire.

You Are Already a Better Person Just By Asking the Question

A big part of becoming a better person is to learn to love and accept the things about yourself that you cannot change, (e.g. you're too short, you come from a broken home, etc.), while at the same time striving to improve the things you can, (e.g. all the things mentioned above).

As long as you actively strive to rise through the levels of life and reach your true potential as a man, you will feel increasingly happy and fulfilled and then life will suddenly become so easy because you will have the respect and admiration of those around you, as well as your choice of beautiful women.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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What Do Girls Want in a Guy? 7 Common Traits

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you're trying to figure out what girls want in a guy, it might seem to you that girls are very complicated and very difficult to please.

You might be thinking, *â€œIâ€™m just a normal guy. How can I be the kind of amazing guy that girls really want?â€*

Actually itâ€™s quite simple! and you don't have to be super amazing and perfect to be the type of guy that girls want.

[image: What do girls really want in a guy?]

Some of the most common traits that girls want in a guy are:

1. Confidence in all areas of life.
2. The ability to trigger her feelings of sexual attraction for you when you interact with her.
3. The ability to take the lead the way from a conversation to kiss, to sex and into a relationship.
4. To make her feel girly in comparison to your masculinity (i.e. how you think, feel, behave, take action).
5. To make her feel turned on by your conversation style.
6. To see that you have a definite purpose and direction in life outside of a relationship with her.
7. To be able to look up to you and respect you as a man.

Essentially, all that adds up to you being able to make a girl feel attracted to who you are as a guy.

Watch this video to understand how it works!

As you will discover from the video above, you can make girls feel attracted to you in many different ways (e.g. confidence, charisma, humor, masculine vibe, etc).

What Girls Don't Want in a Guy

[image: What girls don't want in a guy]

To fully understand what girls want in a guy, you have to first understand what they don't want in a guy and why.

For example:

1. A guy who doesn't know how to make her feel attracted to his personality.

Being able to feel attracted to a guy's personality, behavior and inner qualities is what matters the most to almost every girl in the world.

Yes, some girls are shallow and only want a rich, good looking, successful guy, but most girls aren't like that at all.

While it is a nice bonus for a girl if a guy is good looking or has money, the majority of girls are more attracted to and turned on by who a guy is on the inside.

For most girls, a guy's inner qualities, personality, vibe, attitude, behavior and outlook on life are

of far more important to her than what he looks like or what he has in his bank account.

This is why you will often see girls with average or below-average looking guys who are not rich, tall or famous.

These normal, everyday guys have the kind of inner qualities that most girls want in a guy, (e.g. confidence, self-belief, a masculine vibe, charisma, an interesting conversation style, etc).

Of course, even though you might see a lot of evidence of girls hooking up with ordinary guys in real life, it can still be pretty hard to believe.

You might want to believe that girls only want good-looking guys who are rich because that is what most girls SAY they want.

Yet, what girls SAY and what they actually DO are usually two completely different things.

For example: A lot of girls will say that they want a nice guy, but they will then reject nice guys and here's whyâ€¦!

Likewise, a lot of girls will say that they only want a tall, handsome guy with six pack abs, but they will then date and fall in love with guys who are just normal height, average looking and in average shape.

As difficult as it might seem to you right now, you must try to remember that can't always trust what girls SAY. Instead, you have to look at what they actually DO in real life.

If you pay too much attention to what girls say, you will feel insecure and unworthy of them.

For example, a guy might say, *â€œIâ€™m too short and I donâ€™t have big muscles. Girls only like good looking guys who are tall and who work out at the gym every day, so they just wonâ€™t like me.â€*

Or, *â€œGirls like guys who are rich and successful. I donâ€™t have much money to take girls out or buy them gifts, so I will never be able to get a girl to want me.â€*

Here's the thingâ€¦!

Girls are naturally attracted to the emotional strength in guys (e.g. confidence, high self-esteem) and turned off by the emotional weakness (e.g. nervousness, insecurity, self-doubt), which is why being good looking or rich doesnâ€™t guarantee that a guy will automatically be able to get any girl he wants.

For example: If a good looking, rich guy interacts with a girl and he comes across as being nervousness, anxious, insecure and self-doubting, most girls will feel turned off by him.

Why? He will be displaying emotional weakness, which is a direct turn off for girls.

The girl might think that he looks good and she might like that he also has money, but she won't like the way he makes her feel, so she will usually reject him and go for a guy who can make her feel attracted to his personality, behavior and inner qualities.

As you will have already seen in real life, if an ordinary guy interacts with a girl and makes her feel attracted to his personality (e.g. by being confident, funny, masculine, etc), she will usually overlook the fact that he isn't tall and rich because he is making her feel the way she wants to feel around a guy.

So, if you're confused and wondering, "What do girls want in a guy?" here is the what you need to do from now onâ€¦!

Rather than wasting time thinking you don't have what girls want because you're not a rich model, simply focus instead on triggering a girl's feelings of sexual attraction for you based on how you interact with her.

Watch this video to understand how it works!

When you trigger a girl's sexual desire for you, she will feel excited about the idea of having sex with you or beginning a relationship with you.

Another thing that girls don't want in a guy is

2. To be left alone unless she gives you a clear signal.

Girls hate it when guys are too afraid to approach unless they give him a clear signal.

Here's what you must remember at all times!

Girls are attracted to your confidence, not your nervousness and hesitation. It's not cute to be nervous and it's not what girls want.

They want your balls.

It's your masculine confidence that turns them on, not your boyish fears of girls. They want you to believe in yourself and take action to go after what you want.

A real man (or a confident guy) simply believes in himself and approaches a girl whenever he feels like it.

He doesn't sit around thinking about it because he already knows that most girls don't like to approach guys first.

He knows that by approaching a girl with confidence, she will automatically be impressed and feel attracted to him for having the balls to do it.

Even if a girl thinks that a guy is cute, she will rarely approach him first because the most important quality that girls look for in a guy is the confidence to go after what he wants in life without fear.

A great way for a girl to test a guy's confidence is to wait and see if he can make the first move, regardless of whether or not she gives him signals.

Depending on the girl (and how confident of a guy she is trying to attract), she will often even ACT like she doesn't like the guy to really test his confidence and belief in himself.

From her perspective, if a guy is too nervous and insecure to even approach her and go after what he wants, she then wonders what else in his life will he be nervous and insecure about doing.

Instinctively, she will feel repelled by him because his inability to confidently approach is a sign of a guy who doesn't have the social confidence to stand up for himself and go after what he really wants in life; in this case, her.

Of course, there are some girls who like to take the lead and make the first move, but in most cases it is because the girl is unattractive, has had too much to drink, or if the guy is really good looking and she wants to get to him first before he hooks up with another girl.

For the most part, almost every girl wants you to take the lead and seduce her, rather than her having to make the first move.

Another thing that girls don't want in a guy is

3. A guy who tries to become her boyfriend by being a good friend to her.

[image: Acting like an innocent friend, but what he really wants to do is have sex with her and make

her his girlfriend]

There is a big difference between a girl feeling nice, sweet, friendly feelings towards you and her wanting to rip your clothes off because she can't control herself from wanting to have sex with you.

Many guys make the mistake of thinking that the way to a girl's heart is by being a good friend to her, while at the same time never stepping out of line by letting her know that he wants her sexually.

There is absolutely nothing wrong with being nice to a girl, but that's not what's going to make her want to have sex with you and be in a relationship with you.

For example: If a guy hangs around a girl that he wants to have sex with or be in a relationship with and he gets her to like him as a friend, she will usually accept that and only see him as a friend.

If he suddenly makes a move on her, or tells her that he has feelings for her, she will usually give him the, "Aww, thanks. That's so sweet, but I only see you as a friend," speech. Why?

He failed to trigger her feelings of sexual attraction for him first.

He had spent all of his time and effort making her feel friendly feelings towards him, rather than turning her on and making her horny by triggering her feelings of sexual attraction.

What you must understand about seducing girls is that attraction always has to come first and everything else (i.e. kissing, sex, relationship) will effortlessly follow on after that.

Without attraction, a guy is simply, "just a friend" to a girl.

So, if you want to have sex and be in a relationship with a girl, the main thing is to actively make her feel sexually attracted to you when you interact with her, not pretend to be her good friend and then hope for the best.

Becoming the Kind of Guy That Girls Want

What do girls want in a guy?

The answer is very simple: Girls want a guy who will trigger their feelings of sexual attraction for him by displaying the personality traits and behaviors that women are naturally attracted to (e.g. confidence, self-belief, charisma, emotional strength, etc.).

Most girls yearn to experience the exhilaration of being with a guy like that.

Even if a girl is young (18-25), she still fantasizes about being swept off her feet by a confident, charismatic guy who can turn her on while also being nice to her.

That's why girls often read romantic novels, watch love story movies or TV drama shows about relationships, because they fantasizing about meeting a confident, charming guy.

You can be that guy.

You don't have to become Mr. Perfect to be that guy and you don't have to be good looking, tall and have loads of money.

You just have to be able to trigger a girl's feelings of sexual desire for you and then just treat her well as you effortlessly guide her from a conversation to kiss, to sex and into a relationship.

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[image]

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Talking On the Phone For Hours With a Woman: Will it Help or Hurt Your Relationship?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Unless youâre in a long distance relationship and have no other means of connecting with her, talking on the phone for hours is not what you should be focusing on.

Whether youâve just met a woman and have exchanged phone numbers or if you've already been dating for a while, a relationship should not revolve around talking on the phone for long periods of time.

Here are 4 reasons why...

1. Thatâs What Girls Do

Girls love talking on the phone for hours because they enjoy talking about their emotions, discussing gossip and just wasting time talking about random things.

Yet, just because girls do it with other girls, it doesn't mean they want to talk like that with guys.

Young women who are inexperienced with relationships and don't really understand their attraction to men yet are usually fine with talking on the phone for hours for a while.

Yet, if the same types of phone calls continue on weeks or months into a relationship, a woman will eventually get bored.

Why? Women want to be with a guy who loves them, wants them and appreciates them, but they don't want another girlfriend who just wants to sit around talking and wasting time.

Women instinctively feel attracted to guys who rise through the levels of life by reaching for their true potential as a man, rather than hiding from that potential behind a relationship with a woman.

If a woman gets the sense that a guy is basing his life and identity on a relationship with her and feels as though he can just relax and be with her, she will instinctively begin to feel turned off by him.

When that happens, she will want to spend less time on the phone and may even begin to ignore his calls and give excuses like, *"Sorry, my phone died!"* or *"Sorry, I was sleeping. Talk to you another time!"*

So, make sure that you don't fall into the trap of doing what her girlfriends do and just talking to her on the phone for hours like a friend.

While this approach certainly allows a guy to connect with a woman on her level, it does not create the type of respect and attraction that makes a woman feel truly passionate towards him.

Instead, it leads to a friendly type of love where the woman sees the guy more like another one of her best friends, rather than a guy that she lusts for sexually.

Additionally, a woman usually has plenty of girlfriends that she can talk on the phone for hours with and gossip about trivial and irrelevant things, so she doesn't also need that from a man.

What she wants from a guy is for him to trigger her feelings of sexual desire so much that she wants to meet up with him in person so she can release her built up emotions through touching, kissing and sex.

[image: Meeting up with her in person, rather than just talking to her on the phone]

Watch this video to understand how a woman's attraction for a man works and how you can use it to make a woman feel intense to be with you sexually and romantically!

As you will discover from the video above, you can actually make a woman feel attracted to you when you talk to her over the phone.

For example: Being confident, getting her laughing, flirting with her, being masculine, being charming, etc.

However, you must ensure that you don't spend too much time chatting and building up attraction.

At some point, you need to meet up with her in person so you can release the built up sexual tension with kissing and sex, rather than just continuing to talk and potentially making her feel turned off that you always seem to be available and don't seem to be doing much with your life other than talking to her on the phone for hours.

[image: Talking on the phone vs. meeting up in person]

That leads me to the next point...

2. She Might Assume You Don't Have Much a Life Without Her

A woman loves it when you give her genuine affection, attention and love. However, most women don't like it if you make her the your main focus in life.

Although there are some insecure women who like to control their men and who want everything to be about them, in most other instances, women prefer to be with a man who knows what he wants from life and doesn't waste time avoiding it.

Achieving big things in life usually takes a lot of time and effort and women instinctively know this. When a woman finds herself with a guy who is way too focused on her, she will begin to feel turned off by him.

She might not be able to explain it to him (e.g. she might say, *"I just don't feel the same way anymore"*), but instinctively, she will know that something isn't right.

To make matters worse, if the guy doesn't know what she really means, he will often make the mistake of thinking that he needs to be spend even more time with her.

He might then try to spend every spare minute he has talking to her on the phone for hours, liking her posts on social media and sending her e-mails and texts, to make sure that she knows how special and important she is to him.

Unfortunately, that type of behavior only makes her feel even more smothered by him.

Contrary to what many guys believe, women don't want a man to give everything up in his life just to focus on her and making her happy.

Most women want a man who:

- Has friends and interests apart from her.
- Has goals and ambitions for his life and his future, which will include her if they decide to

move in together, get engaged, start a family or get married one day.

- Is striving to reach his true potential as a man.
- Could be a happy and enjoying life with or without her.

Essentially, there's nothing wrong with talking on the phone with a woman for hours if you want to do that sometimes.

It can be a great way to make her feel respect and attraction for you, by allowing her to experience your confidence and mental and emotional strength through the tone of your voice.

However, when a guy is insecure about his attraction and value to a woman, talking on the phone for hours seems like the right thing to do because in his low emotional state, he believes that this is what she really wants from a man, and that if he gives her his undivided attention, she'll feel compelled to stay with him.

Yet, that isn't the way it works.

If talking on the phone for hours is all you do in your relationship (e.g. because you're hiding from other areas of your life, you're too scared to see up with her in person and begin a sexual relationship, etc), then she will eventually lose interest in you once the novelty of all your attention wears off.

3. You're Not Giving Her the Opportunity to Really Miss You

Some guys don't realize that women really like it when a man is a bit of challenge or hard to win over.

Here's why!

As you will discover from the video above, most women are bored at how easily most guys feel attracted to them and fall in love with them.

By being a bit of a challenge to win over, you're actually giving a woman a gift that she will appreciate 100x more than a box of chocolates, flowers or dinner at an expensive restaurant.

Giving her the gift of feeling attracted to you (this has to be established first) and then feeling as though she needs to impress you a lot more before you let her be with you, is a priceless thing that women wish that guys could give them.

Part of being a challenge to a woman is by not always being available to her when she wants to talk on the phone.

As long as you are making her feel attracted to you when you interact with her in person or talk to her on the phone, a woman will fall madly in love with you as she tries to get more and more of your attention and time.

She wants to call up her girlfriends and say things like, *"He hasn't called me in 2 days! It's driving me crazy! I wonder if he's met someone else? Do you think he still likes me? Should I sleep with him to make him mine?"*

When you do finally call her, she will be excited because you've given her the opportunity to miss you. This is exciting for her because it makes her feel lucky to have you and to be getting your

attention.

You are able to make her feel attracted to you when you interact with her in person or on the phone, so she knows that you could easily have other women, but you have chosen her and that is exciting to her.

4. Talking On the Phone For Hours Means You're Probably Not Meeting in Person Often Enough

When a guy gets a woman's phone number, he will sometimes aim to only talk to her on the phone or text back and forth, rather than actually arranging a real date where he can connect with her in person, touch, kiss and have sex.

When a guy does this, a woman will naturally begin to wonder why he keeps calling her, but doesn't seem to want to meet with her in person.

Eventually, she'll begin to suspect that he's simply too shy, nervous or insecure to meet with her face-to-face and she will inevitably lose interest.

What Women Really Want

Women today are looking for a masculine, emotionally strong guy who isn't afraid to meet her in person and trigger her feelings of sexual attraction for him.

She's looking for a man who can engage her with interesting and fun conversation, flirt with her, kiss her and get her into bed for some exciting sex. She's not looking for another best friend she can gossip with over the phone all year long.

Talking on the phone for hours is fine if you and your woman are too far apart from each other and there is no other way for you to connect with each other.

However, if you and her live near each other, you should be spending most of your time rising through the levels of life and reaching as your true potential as a man.

The time that you give her should be spent in person, so you can deepen her feelings of love, respect and attraction for you as a man.

If you spend too much time talking on the phone, it may get boring and routine for her and she may become open to hooking up with another guy who makes her feel attracted in person.

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[image]

Almost there! Please complete this quick form to gain instant access.

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promise!)

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Things That Pleasure Women: 4 Examples

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Different things pleasure women at different times of the dating and relationship process and in this post, I'm going to explain how to please a woman:

1. When you meet her for the first time.
2. When you're on a first date with her.
3. When you're having sex with her.
4. When you're in a relationship with her.

1. When You Meet Her For the First Time

[image: Pleasure when you first meet her]

Here are some examples of things that pleasure women when you meet them for the first time.

You can:

- Make her feel feminine and girly in comparison to your masculinity, rather than making her feel neutral (like a friend) or more dominant and masculine than you.
- Make her laugh and smile as she talks with you by being relaxed and confident, rather than making her feel tense and awkward in response to your nervousness and anxiety.
- Allow her to express her true personality by making her feel loved and accepted for who she really is, rather than making her feel as though she has to put on an act (e.g. of being more polite or conservative than she really is) around you.
- Give her the gift of being a challenge to win over, rather than becoming super keen on her immediately even though you haven't done much or anything to make her feel attracted to you.

Regarding the last example above (being a challenge), watch this video to understand why most beautiful women wish that they could meet a guy who knows how to make her feel attracted while also being a bit of a challenge to win over...

As you will discover from the video above, most guys don't allow women to feel the pleasure of scoring themselves a guy who isn't as easy and desperate as 95% of the other men she meets.

For example: A typical guy will immediately show (via his body language, conversation style, attitude, vibe, etc) that he is very attracted to her and is hoping to get a chance with her.

He doesn't realize that she wishes that she could meet a guy who makes her feel attracted and then gives her the gift of hoping to get a chance with him.

Alternatively, he might hide behind nice, polite conversation because he thinks that making a woman feel sexually attracted and getting her to kiss and have sex fairly quickly is wrong.

He believes that all women should be treated like innocent princesses or virgin ladies from 1900 who only had sex after marriage, because he doesn't realize that pretty much everyone is having sex very quickly these days.

For example: A study in the USA found that 55% of couples had sex on their first date, a European

study found that 70% of women admitting having a one night stand and 48% of British women also admitted to having had a one night stand.

In other words, sex is happening all the time and very quickly these days. Women don't expect men to take them out on 5, 10 or 20 dates before sex happens.

So, when a guy talks to a woman and doesn't make her feel sexually attracted and turned on during the first interaction, most women feel like he's just another boring, outdated guy who doesn't understand how the modern dating scene works.

How does it work?

Make the woman feel attracted to you > Test how you feel about each other with kissing and sex > Decide to have a relationship or not.

Most women won't ever admit that openly, but that is what they have been doing more more than a decade now. It's how things work in today's world.

So, all a guy really needs to do is make a woman feel attracted and turned on and then guide her to kissing and sex. After that, both he and her will decide whether or not they want to continue on together or not.

That might sound slutty or wrong, but it's just how things work now because women no longer have to remain a virgin before marriage and they also don't have to rush to find a man who can support them, because they can make their own money, pay their own rent or mortgage and take care of themselves.

Watch this video to understand more how a woman's attraction works and how you use it to quickly and easily begin new relationships...

When you first meet a woman, the most important pleasure you need to give her is the gift of sexual attraction.

If your approach to her only makes her feel neutral or friendly feelings, then she's not going to want to have sex with you or be your girlfriend based on how nice you are being towards her.

Sexual attraction always has to come first and once that is established, a woman will find pleasure in doing even the most simple, ordinary things with you because she will be excited by the attraction.

Yet, most guys try to skip the step of sexual attraction and just be liked for being a nice guy, which is one of the 3 things that beautiful women hate about most single men!

As you will discover from the video above, it's very easy for a woman to initially attract men for sex or a relationship because if she is beautiful, or even just fairly attractive, most men will be willing to overlook certain "bad" qualities she might have just to get to have sex with her.

All a woman really needs to do is look good enough and most guys will want to have sex with her, so it's very easy for her to attract guys for sex.

This is where a lot of guys get confused about attraction as well.

Most guys assume that women select guys based on looks. So, when a guy isn't getting laid or can't attract a girlfriend, he will usually think, *"It's because I'm not good looking enough."*

However, what he doesn't realize is that most women are more attracted to how a guy's personality and behavior makes her feel (e.g. based on his confidence, charisma, masculine vibe, etc).

When he meets a woman, he hopes that she will feel enough pleasure based on his physical

appearance and will want to have sex with him because he's also a nice guy.

Yet, when that doesn't work, he will then begin to wonder, *"Why else could women be rejecting me?"* or, *"Why am I so attracted to women, but they aren't attracted to me?"*

It's confusing for guys who don't know how a woman's attraction for a man works because if you listen to the media, you will be told that it's all about looks, money, six pack abs and having a huge dick.

Yet, in the real world, most women are willing to have sex with a guy who isn't good looking, rich, in shape or packing a huge trunk in his pants.

Watch this video to understand some of the excuses that guys use for their lack of ability to pleasure women and then what the real problem actually is.

2. When You're on a First Date With Her

[image: Pleasure on a first date]

Unlike in the past where sex before marriage was forbidden, today's woman is free to do whatever she wants.

This means that sex on the first date is quite common (e.g. a study in the USA found that 55% of couples had sex on their first date).

However, sex is not going to happen just because a guy takes a woman out to a nice expensive restaurant and buys her an expensive dinner.

That's not how it works.

For a woman to want to have sex with a guy, she needs to feel turned on to the point where she can't wait to get the "date" over so that she can be alone and naked with him.

To pleasure a woman on a first date, a guy needs to:

1. Build up the sexual tension between him and her to boiling point.

Sexual tension is created when a man and a woman feel a lot of sexual attraction for each other, but they avoid escalating to sex right away (e.g. because they work together, are on a date, are already in a relationship with someone else that they plan on leaving, etc).

The attraction is there, but because they aren't releasing it with kissing and sex, it keeps building up until they are constantly thinking about having sex with each other. It's a very pleasurable experience for both men and woman.

For a woman, being so turned on by a man that she can barely stop herself kissing him, hugging him, touching him or groping him is what gives her the most pleasure on a first date.

This doesn't mean that the entire date needs to be sexual or that you even need to talk about sex. You simply need to create a sexual vibe between you and her and just let that tension build up.

For example: Near the end of the date, suggest going back to your place or to hers to "hang out" and then smile and say in a confident, relaxed manner, *"It's not about us having sex, but it would be nice to maybe have one kiss on the couch before you leave."*

If a woman is really attracted to you and she feels as though you're only going to want to have one kiss on the couch before she leaves, she will feel the excitement of the sexual tension building.

In her mind, she will be thinking, *“Well, maybe I do want to have sex...! I don’t know if I just want to kiss him. I guess I’ll just see what happens!”* and it will be exciting for her.

She will want to make you feel turned on when you kiss on the couch and in the process of doing that, she will turn herself on and will actually want to have sex so much more.

2. Release the tension with kissing and then sex.

Although building sexual tension is important, you have to then release it with kissing and sex at some point. You can’t just keep building it up forever and expect her to keep waiting for you to make a move.

If you build up the sexual tension between yourself and a woman, you have to take things to the next level of at least kissing or she will assume that you’re either too scared to take things further or aren’t even fully interested in her.

If a guy doesn’t make a move soon enough, a woman will often release her built up sexual tension with another guy who is more confident and willing to quickly move to a kiss and then to sex.

So, don’t waste too much time building up sexual tension. Build it up and then release it with kissing and then sex.

3. When You’re Having Sex With Her

[image: Pleasure during sex]

An example of how to pleasure a woman during sex is to be present in the moment.

For example: A guy might feel so worried about trying to please a woman during sex that he gets caught up in his head thinking, *“I hope she likes what I’m doing to her,”* or, *“She didn’t moan when I touched her there...what if she doesn’t like what I just did there?”* or *“What if I’m not making her feel enough pleasure? What if other guys have been better in bed than me – will she still like me after this?”*

The woman then notices the subtle changes in his body language and vibe and realizes that he’s worried, thinking too much and as a result, is not present in the moment with her.

He’s in his head, rather than having the confidence to stop thinking and simply enjoy the pleasurable physical and emotional feelings, which is a huge turn off for women.

What he doesn’t realize is that one of the things that pleasure women during sex is to be in the presence of a man who isn’t worried about a thing and is simply present in his body and in the moment, enjoying the feelings and experience of having sex with her, rather than retreating into the distance of his insecure mind.

Essentially, women don’t want you to worry about a thing. Just be there, do things to her and enjoy how it all feels.

4. When You’re in a Relationship With Her

[image: Pleasure in a relationship]

A relationship is only as strong as the love, respect and attraction that flows through it.

If a woman doesn't respect her man and feel attracted to him, she will gradually begin to fall out of love with him. When that happens, pretty much anything he says or does just won't make her feel much pleasure at all.

To maintain the pleasure of being in a relationship with him, a man needs to continue building on the attraction and respect his woman feels for him over time, rather than taking her for granted and expecting her to stick around because things felt good at the start.

One of the things that pleasure women in a relationship is to not only have a deeper feeling of attraction for her man over time, but to see that his attraction for her is also deepening and stronger than ever.

If you've ever seen couples that are still madly in love 20, 30 or 40 years into a relationship, you may have noticed that a deep, mutual attraction is in place.

However, couples who are cold towards each other, have drifted apart or who feel like marriage is hard work, are those who no longer have a mutual attraction for each other.

The mutual attraction is maintained in different ways, but it essentially comes down to deepening a woman's love, respect and attraction for you over time in different ways.

In terms of your attraction for her, it will deepen over time if you maintain the correct relationship dynamic (i.e. she looks up to and respects you as a her man, you make her feel feminine in comparison to your masculinity and as a result she keeps up her effort to look pretty and feminine for you, etc).

You also need to ensure that you maintain your perception of her as being attractive (based on how you felt in the early days), rather than slowing losing attraction for her as she ages, puts on a few pounds/kilos after having children or doesn't always wear make up like she did when you first met.

Your attraction for her has to deepen over time, to the point where you are attracted to her because you love her, you respect her and you know that, although she is a bit older, she is still the same hottie that you met many years ago.

When you do that, you will sincerely be able to look at her with loving attraction and compliment her (e.g. *"Wow, you look sexy today"* or *"You're beautiful, I love you"*), rather than giving empty, non-sexual compliments like, *"You look nice"* or *"That's a nice dress."*

Some men are excellent at making a woman feel sexy when they first meet her, on a first date and even in the beginning of a relationship.

However, over time, many of those men start to take their woman for granted and think, *â"She already knows how sexy and desirable she is to me. I don't have to tell herâ"* | *she knows.* â"

Yet, statistically speaking, most women (anywhere from 80-95% depending on the study) feel insecure about their physical appearance and attractiveness, even if they pretend to be confident about it. They need to be reassured of their attractiveness, especially from the man they are in a relationship with.

For this reason, a woman in a long term relationship or marriage will often avoid having sex or even being affectionate with her man, if she doesn't feel that she is sexy and desirable in his eyes.

So, in a relationship, one of the main things that will pleasure your woman is being made to feel that she is the sexiest woman on Earth to you every time you look at her, touch her and make love to her.

However, as pointed out, you also need to ensure that she respects you, feels attracted to you and is still excited to be in love with you. When all that is in place, you and her will pleasure and doing even the most simple of things together.

You Control the Pleasure

One of the most important things that you need to know about women is that, as a man, you are almost fully in control of how much or little pleasure she feels when with you.

Most women are fairly passive when it comes to meeting guys, being on dates and being in relationships. They usually just wait and see what the guy will do and what type of feelings and experiences he will lead both of them to experience.

Essentially, the better you are at making a woman feel respect and attraction for you, the more easily she will fall in love with you and stay in love with you. She will also find it easy to feel intense pleasure when having sex with you and by being in a relationship with you.

So, a question for you now is this: How good are you at making a woman look up to you and respect you as a man, as well as feel sexually attracted and turned on by you?

Do you think that could possibly learn a bit more about how to attract a woman and deepen her feelings for you over time?

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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What Attracts Women to Bad Boys? 4 Examples

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Before I list off some of the things that attract women to bad boys, I want to point out something very important...

You can still attract women in these ways while being a good guy. You do **not** have to treat women badly to be attractive to women.

The ultimate type of guy that women want is a good guy who also has some balls. So, if you're a good guy who wants to attract women, you can get rid of the idea of thinking that you need to become a bad person to accomplish it.

Bad boys are not the ultimate type of guy that women want. However, some of the things that do attract women to bad boys, which you can use to attract women as a good guy are as follows...

1. He lives by his own rules.

Bad boys are generally the type of guys who do what they want, even if the current standards of society say they shouldn't.

Bad boy (*noun*): A man who does not conform to approved standards of behavior. A person who goes against convention.

As you can see by the dictionary definition above, a bad boy is a word that is traditionally used to describe a guy who lives by his own rules, rather than just blindly following the crowd.

After all, culture always changes and what is taboo today, will be acceptable and normal soon enough.

A classic example is women wearing mini skirts. It used to be shocking if a woman showed her ankles while wearing a long dress, but it later became acceptable to wear a mini skirt and then a skimpy bikini on the beach.

[image: Women before and now]

Even though in the year 1900, most people thought it was wrong for women to show some skin by wearing a mini skirt or a bikini, most women are now free to do it and everyone is enjoying it.

Culture always changes, so it's no surprise that women have an instinctive attraction to guys who have the balls to go their own way if they believe that it's the right thing to do, rather than just blindly following superficial cultural ideas that may eventually be replaced anyway.

Just look at what happened to "no sex before marriage." Men who had sex with a woman before marriage were seen as bad boys, but now it's just normal.

Society used to be so serious about pre-marital sex and some men and women were sent to jail, sacked from a job, disowned by family and even murdered for committing that "crime."

[image: Oh, how times change...]

Yet, times have changed and now sex before marriage isn't a big deal for most of the world.

So, just because certain behaviors might be seen as taboo today, it doesn't mean that people won't

relax about it later on, or even come to like it and prefer it.

For example: Here are a few, famous men who went against the status quo (i.e. they took on a bad boy role in society), but who are now seen as good guys who helped change the world:

[image: Bad boys who helped change the world]

- **Steve Jobs and Steve Wozniak:** Jobs and Wozniak were looked at as nerds for working on computers. Most people didn't see any reason to start using computers at all, but Steve Jobs pushed on and he and the people at Apple helped changed the way people now interact with technology.
- **Nelson Mandela & Martin Luther King:** Mandela and King were told that black people weren't equal to white people, so they spent most of their life fighting for equal rights and won.
- **Eddie Mabo:** Eddie was told that the Indigenous Australians (known as Aboriginals) were not entitled to any land that was taken over by the Queen of England when England created a colony in Australia. The Aboriginals were reported to have been living in Australia for up to 60,000 years before the British arrived. Eddie Mabo didn't bow down and instead fought the case and the Aboriginal people were awarded vast stretches of land in outback Australia.
- **John Lennon from The Beatles and Jim Morrison from the Doors:** John and Jim lived in a time where society expected musicians to sing nice songs about nice things. Yet, these men went against the grain by singing controversial lyrics that challenged the status quo.
- **Elvis Presley:** He lived in a time when musicians were expected to act nice and not use any sexually provocative body language. His sexual dance moves, unconventional lyrics and masculine confidence soon landed him the title as being the bad boy of rock and roll.

As you can see by the examples above, living by your own rules can have huge benefits in your own life and for humanity.

Have a look at the dictionary definition again...

Bad boy (noun): A man who does not conform to approved standards of behavior. A person who goes against convention.

Elvis Presley, Steve Jobs, Nelson Mandela and the other men are literal examples of how the dictionary describes the term *bad boy*.

If all of those men simply hid away and kept their mouth shut, the world would probably be a much less tolerant, less interesting and less connected place right now.

Although women might not be able to explain their attraction to a man who lives by his own rules (labeled as a "bad boy" by the dictionary), there is a deep, instinctive reason why it is attractive, which is directly linked to the development of the human race.

Think about it...

If women were mostly attracted to guys who kept quiet and didn't stand up for change when they thought it was necessary, humanity would most likely advance at a much slower rate.

Dictatorships would probably be more common and we may not have as many democratic countries

that allow citizens to enjoy certain freedoms (that have been fought for by bad boys).

Of course, not all bad boys that women are attracted to are going to change the world or even do anything special at all, but women can't stop themselves from feeling an instinctive attraction for a guy who has the balls to do what he thinks is right.

You don't have to be a bad person to do that, as has clearly been demonstrated by the celebrity examples above.

You can still be a good guy, but if you want to make women feel attracted to the bad boy trait of living by your own rules, then just start doing what you want, thinking how you want and going after what you really want in life...even if conservative people currently think that it's wrong.

2. He has a raw, masculine confidence that makes her feel feminine and girly in comparison to him.

[image: Raw, masculine confidence that makes a woman feel feminine and girly in comparison]

This is another example of a bad boy trait that can still be used to attract women, even while being a good, honest guy.

When a woman interacts with a guy who has a raw, masculine type of confidence, it automatically triggers her feelings of sexual attraction because it makes her feel feminine and girly in comparison to him.

It instantly creates a spark of sexual attraction between them because there is a clear masculine and feminine dynamic between them. Rather than feeling neutral, they are attracted to the differences in their energy (i.e. he is the man and she is the woman).

Think about it this way...

When you place a positive and negative magnet next to each other, they will naturally be attracted to each other. Yet, when you try to force two negative magnets together, you will be able to feel that they are naturally repelled by each other.

That's a fairly close match to how human attraction works. For human sexual attraction to exist, there has to be a more masculine and more feminine person.

So, when a woman interacts with a guy who has a soft, nice guy type of confidence, it doesn't make her feel girly and feminine in comparison to him because he isn't exuding a lot of masculinity with that confidence.

Instead, it just makes her feel nice, friendly and neutral around him. There is no sexual spark because there is no real difference in their energy; they are just neutral around each other (i.e. neither are very masculine or very feminine around each other, but are somewhere in the middle).

What a lot of good men don't understand is that the majority of guys in this world (I'd estimate it at about 80%) use the typical nice guy approach on women.

The typical nice guy approach is where a guy tries to be liked by a woman by showing her how much a nice, respectful, trustworthy and genuine guy he is.

[image: Nervous nice guy hoping to be liked and given a chance to be with a woman for being nice to her]

Women do appreciate nice traits in a guy, but if a guy is simply trying to get a chance with her as a result of being nice to her, then he is skipping the most important thing of all...

Sexual attraction.

The first thing that has to be established between you and a woman is mutual sexual attraction.

Yes, you are attracted to her looks, but as a guy, you have to actively make a woman feel sexually attracted to you and turned on by displaying some of the personality traits and behaviors that naturally attract women (e.g. confidence, charisma, masculine vibe, etc).

Only then will she appreciate the fact that you're also a nice guy.

However, she's not going to want to select a guy based on how nice he is being to her.

If women did that, men would be in competition over who could be the nicest to women and things would get very crazy.

Can you imagine what would happen if women rewarded men with sex, love and devotion based on how nice they were?

Desperate guys might begin offering to be a woman's slave and do whatever she wants, if she will just give him a chance to be with her. Other guys might buy flowers and chocolates and gifts for women every day in the hope that one day, she will reward him with a kiss on the cheek.

Luckily, the world doesn't work like that and attracting a woman is something that you can do easily and immediately, without ever having to suck up to her with expensive gifts, dinners or a long list of compliments.

Watch this video to understand how a woman's attraction for a man really works and how you can use it to make women lust after you and see you as being better than a bad boy...

As you will discover from the video above, you do not have to be a bad boy or bad person to attract women.

You do not have to treat women badly, be an arrogant prick or be rude to women.

You can be a good guy, but you simply have to be willing to display some of the personality traits and behaviors that naturally attract women (e.g. confidence, charisma, flirting, masculine vibe, etc).

3. He makes a woman feel a range of exciting emotions compared to a typical nice guy.

[image: Feeling exciting emotions around a bad boy]

Although a bad boy isn't the best relationship option for a woman, she will often have sex with him or date him for a while, just so she can experience the wide range of emotions that come with being in a relationship with a guy like that.

If a woman hooks up with yet another nice guy, she can usually predict how it will play out.

The nice guy will be nice and sweet to her, he will be very attracted to her, he will fall in love with her and when she gets bored of being in a relationship with a guy who doesn't make her feel much attraction, she will then try to break up with him.

Yet, since he has a hard time attracting women because his approach is to hopefully be "liked" by a woman for being such a nice, good guy, he will cling to her like glue and become insecure and needy

as she tries to break up with him.

Even though she might like him as a person and feel sorry for him in a way, she will try hard to continue on with the break up because she knows that he doesn't have a clue about how to make her feel the kind of attraction that really wants to feel for a man.

For most women, it's the same story over and over again.

So, rather than going through that, a woman will often play around for a while by being with a bad boy who is capable of making her feel a wider range of emotions based on how unpredictable he is or how difficult he is to win over.

For example: A lot of the guys that women label as being a "bad boy," are those who are more of a challenge to win over, compared to a typical nice guy.

Watch this video to understand why most women prefer guys who are a more of a challenge and how you can be a challenge, while still being a good guy!|

As you will discover from the video above, you're not being a bad person by offering a woman a bit of a challenge before you let her get to have sex with you or be your girlfriend.

Instead, you are just being a wiser man who understands the reality that women live in and as a result, you are giving her a gift that she is desperately looking for.

4. He makes a woman feel like she is doing something naughty.

Think about it this way...

Most guys like to look at sexy, female strippers and exotic dancers or jerk off to the women in hardcore porn.

[image: Men looking at online porn]

The women in porn are bad girls!

So, is the nice guy wrong for feeling attracted to them? Should he ignore those women and only pay attention to women who wear long skirts and don't kiss or have sex before marriage?

He can do that if he wants to, but if he is like most modern men, he doesn't only pay attention to nice, conservative women.

He can't stop himself from feeling attracted to the bad girls in porn and if he goes to a strip club and watches exotic dancers (i.e. bad girls), he probably won't be able to control his attraction for them either.

He might have been going around telling everyone, "*I want a nice girl that I can introduce to my family,*" but that doesn't mean he can't feel attracted to bad girls too.

[image: Strippers are bad girls]

A stripper is arousing for guys because she isn't being so conservative and formal like everyday women.

By working as a stripper, she's actually being a bad girl, but most nice guys will still feel attracted to her, want to have sex with her and may even a relationship with her.

So, can you blame some women for going through with the attraction that they feel for so called "bad boys" who are little bit naughty when it comes to showing their sexual interest and actually kissing

her and hooking up with her for sex very quickly?

Likewise, the women in porn are actually bad girls, but millions of nice guys from all over the world jerk off to them all day long.

So, in just the same way that guys get turned on by women who are being a little bit naughty rather than just being nice, women can also feel turned on by guys who make them feel a bit naughty.

How naughty? It doesn't have to be too extreme at all. It's simply about taking things a little further than a typical nice guy would and if you can do that, it's enough to get most women aroused.

For example: A typical nice guy will take a woman on a series of dates before he eventually builds up to kissing her and having sex with her.

Yet, he doesn't realize that in today's world, most women have experienced sex on the first date or even sex on the first night.

In the USA, a study found that 55% of couples had sex on their first date and a European study found that 70% of women had experienced a one night stand.

In other words, while millions of nice guys have been jerking off to porn and thinking that everyday women don't want to have sex, bad boys (and good guys like me who can attract women) have been having sex with women on the first night and first date for years.

These days, sex happens very quickly, but that isn't something that women like to go around admitting.

So, when a woman meets a guy who has the ability to attract her, turn her on and then guide her to kissing and sex on the first night or first date, it makes her feel a bit naughty.

Nice guys would probably label that guy as a "bad boy," but in reality, he's just a guy who has adapted to the pace of the modern dating scene.

Some nice guys will think that modern women are disgusting and slutty for having sex so easily, but those same nice guys will jerk off to hardcore porn and have all sorts of wild thoughts while doing it.

So, guys can't blame women for wanting to feel a bit naughty at times, rather than just always being so nice, innocent and sweet.

The Ultimate Type of Man

The ultimate type of man that pretty much all women are attracted to is a good man who is also very confident and masculine.

Yet, since those men are usually already taken, a woman will often accept what she sees as the next best thing (i.e. a bad boy) if she is sick of the typical nice guys that she keeps meeting.

So, although it might look like women are mostly attracted to bad boys or only want a man who is bad or mean to her, that's actually not the case at all.

Of course, there are some strange women who like to date bad men (e.g. women who are attracted to career criminals, thugs or men on Death Row), but the majority of women in this world want a good guy who is confident, self-assured and masculine.

Being with an actual bad man is not what women are looking for.

[image: Actual bad men - the type of men that most women are NOT interested in]

The vast majority of women definitely aren't looking to couple up with a bad man who will beat her up, treat her like crap and make her life a misery. That would be crazy.

Instead, women just want a good guy who has some balls and isn't afraid to live the life he wants.

[image: Most women just want a good guy who has the balls to go after what he wants in life]

You don't have to be a bad person to make women feel attracted to you. Women aren't looking to get beat up or be treated like crap by a bad man. They just want you to have some balls, but also be a good, loving guy.

Treating a Woman Like a Princess

When a guy thinks of himself as being a "nice" guy who likes to treat a woman like a princess, but then notices that most of the women he really likes (i.e. the feminine ones) seem to be more attracted to guys who don't treat women as nicely as he does, he might ask himself, *"What attracts women to bad boys?"* or, *"Why does a woman want a man who treats her badly, rather than a nice guy who will treat her well?"*

A guy like this will often make the mistake of thinking that women must not feel attracted to him because he's not a bad boy or a bad person.

"Maybe I should start treating women like shit. If that's what they want, then fine. I'll show them what a bad boy is. I'll be the rudest asshole they've ever met. Will they like me then? I doubt it! Stupid bitches...they can't see what they are missing with me. I'm the nicest, most honest, genuine guy around. What else do they want?!"

What he doesn't realize is that his inability to create feelings of sexual attraction inside of woman is what is getting him rejected or making women overlook him.

He doesn't understand that almost all women do want a good guy, but they only want that good guy if he can also make her feel sexually attracted to him.

[image: I treated her like a princess, but she likes him instead]

It's simply not enough for a guy just be too nice because niceness isn't what turns women on sexually. So, should he be bad to her?

Of course not.

He needs to trigger her feelings of sexual attraction by displaying some of the personality traits and behaviors that naturally attract women (e.g. confidence, masculine vibe, charisma, etc).

Quite simply, a woman will hook up with a bad boy because he makes her feel attracted. Ultimately though, what she really wants is a good guy who can make her feel just as much or even more attraction than a bad boy.

Thankfully, that is a very easy thing to do.

Watch this video to understand more about how easy it is to attract women as a good guy...

As you will discover from the video above, you actually have a lot of direct control over how much or little attraction a woman feels for you.

For example: If a guy interacts with a woman and comes across as nervous, insecure and unsure of himself, while also trying to suck up to her by being really nice, then she's not going to be feeling

attracted and turned on by him.

However, if a good guy interacts with a woman and comes across as confident, emotionally strong and charismatic, the woman will naturally feel attracted to him.

Why? Women are naturally attracted to the emotional strength in men (e.g. confidence, high self-esteem, etc) and turned off by the weakness (e.g. insecurity, nervousness, etc).

When you display some of the personality traits and behaviors that naturally attract women, you don't even have to work at trying to get the woman to like you because she will automatically like you based on the attraction she is feeling.

Then, if you also happen to be a good guy, she will feel as though she's just hit the dating jackpot and will be keen to hook up with you sexually and hopefully get you into a relationship.

“I Just Want a Nice Guy Who Treats Me Well”

Most guys have probably heard women say, *“Where are all the nice guys?”* or *“I just want to be with a nice guy who treats me well.”*

Then, what often happens is a lot of guys begin thinking, *“I am a nice guy and I really, really like her. So, what I am going to do to get her is treat her like a princess, show her that I have good intentions, show her that I respect her and that will treat her right. Hopefully, she will then realize how much of a nice guy I am and will give me a chance with her. After all, she just said she wants a nice guy, so I'm going to be really nice and then she will really want me. Yes!!! I've worked it out! I've discovered a secret hack to get women to like me! I'll be the nicest guy they've ever met and then they will have to choose me! Yayy!”*

Yet, when he tries the nice guy approach, instead of her falling head over heels in love with him, she either rejects him or she says something like, *“I really like you, but I only see us as being friends,”* or *“You are really nice, but I don't have feelings for you”* or *“I see you as more of a brother.”*

Later on, he might then be disappointed to see her dating a guy that he perceives as being a bad boy (e.g. because he kissed her or had sex with her on the first date) and he may wonder, *“Why do women say they want a nice guy and then end up hooking up and dating bad boys? I don't understand what attracts women to bad boys? Why would a woman prefer to be treated badly when there is a really nice guy just dying to have a chance with her and treat her like a princess? I would wait months or years to have sex with her if that's what she wanted. I would do anything for her!”*

What he doesn't realize is that being nice to a woman just isn't enough to make her want to begin a sexual, romantic relationship. As mentioned earlier, there is absolutely NOTHING wrong with being nice to a woman, but being nice isn't the thing that makes her wet and gets her craving sex with you.

You Don't Have to Be a Bad Boy to Attract Women

Hopefully by now, you have realized that most bad boys are able to display certain personality traits, (e.g. confidence, masculine vibe, charisma, charm, etc) that women find attractive in men.

The majority of nice guys simply don't know that they can attract women in those way, so they waste a lot of time trying to be a nice, sweet guy by pretending not to be interested in having sex with her, in the hopes that she will like him and want to date him one day.

Yet, the nice guy could easily get into a sexual, romantic relationship with her immediately if he would simply stop trying to suck up to her by being nice and start making her feel sexually attracted and turned on by displaying some of the personality traits and behaviors that naturally attract women.

If he isn't willing to make her feel turned on (e.g. because he thinks it's wrong, sleazy or too forward), the woman will reject him or keep him in the friend zone, even if she really likes him as a person.

He may then feel confused about that and wonder, *"Maybe if I can be even nicer to her, she will then see that I'm the nice guy that she has been looking for all along! I've been nice to her so far, but now I'm going to be twice as nice!"*

He will then be even nicer, more polite, more generous and caring, but he will remain stuck in the friend zone because the all-important element of sexual attraction will still be missing from the dynamic.

Then, when he see another guy walk up to her, attract her and show his sexual interest right away, he will label the guy as being a bad boy or a jerk. *"What an asshole. All he wants to do is have sex with her. At least I respect her!"*

He will wonder why an intelligent, beautiful woman like her would fall for a guy like him, *â€œI don't understand what attracts women to bad boys when they can have a nice guy like me who treats her like gold and cares about her? What does he have that I don't?! I'm a much nicer guy than he is! I don't get it!"*

It's pretty simple: The bad boy is making her feel attracted.

So, to close up here, I want to make one point very clear...

You do NOT need to be a bad boy to attract women.

You can attract women by being a good guy, as long as you are willing to display some of the personality traits and behaviors that naturally attract women and turn them on.

When you do that, you will immediately begin to enjoy your pick of beautiful women and you will notice that in reality, most women are not attracted to bad boys after all. Most women just want a good guy who turns them on.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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What Color Attracts Women?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Most guys want to get an edge over other guys or stand out from the crowd to attract women more easily.

So, a question that I've been asked here at The Modern Man a few times over the years is, "*What color attracts women?*" and "*Does wearing a certain color shirt make it easier to attract and pick up women?*"

[image: What color attracts women to men?]

For the guys reading this who understand how a woman's attraction really works, you will know that asking what color attracts women the most doesn't result in an answer of, "*It's definitely red!*" (red works for women who want to attract a man) or, "*It's definitely black!*"

Why?

A woman's attraction for a man is mostly based on how his personality and behavior makes her feel, not what color clothes he is wearing.

Watch this video to understand how a woman's attraction for a man REALLY works and why it doesn't really matter what color clothes a guy wearsâ!

As you will discover from the video above, you can make a woman feel just as much attraction for you if you wear a red shirt, a black shirt or even a brown shirt.

What really matters is how you make her feel when she interacts with you. If your confidence, charisma, humor and masculine vibe makes her feel attracted and turned on, she will like you regardless of what color shirt you are wearing.

The Myth of the Color Red

Scientific studies often say that red attracts the opposite sex, but it just isn't true for men who want to attract women.

They say that red attracts women based on what works for women and then just lump that finding on men as well, to be politically correct.

It's just a bunch of researchers that are clueless about attracting women and are guessing at what might work.

Pretty retarded.

Additionally, a lot of people blindly talk about how red must be a great color to attract women, because red attracts a human's attention in general.

For example: There is a reason why red is used for stoplights/traffic lights and for stop signs.

Red gets attention.

However, when it comes to attracting women, it's a completely different story altogether.

You MAY get attention based on wearing a certain colored shirt, but it isn't going to make a woman walk over, drop to her knees and suck your dick.

Personally speaking, I remember wearing a red shirt about 12 years ago when I was first learning how to approach and attract women.

The red shirt didn't help or hinder my success.

Why?

I was being rejected by women because I was nervous, self-doubting and wasn't emotionally strong enough to handle their initial tests of my confidence when I approached and interacted with them.

I could have been wearing a blue shirt and it wouldn't have a difference.

A woman's attraction is mostly based on how your personality and behavior makes her feel, not on whether you are wearing red, blue or orange.

My personality and behavior was turning women off because I was coming across as nervous and unsure of myself, even though I was trying hard to appear confident.

Billions of Opinions

[image: Not all women like the same color on men]

There are currently more than 3.5 billion women in the world and you will likely get a lot of different opinions when you ask them the question of, *What color attracts women?*

Women will answer randomly with things like, *"Oh, I like guys who wear blue"* and another woman will say, *"Oh no, white shirts are the best because they look clean and fresh"* and another will say, *"I prefer black. It's mysterious."*

Yeah, whatever.

Each of those women will have been attracted to, hooked up with and been in relationships with guys who were NOT wearing that color when they met.

Most women do not reveal what really attracts women to men and simply say random things about what they want in a guy, (e.g. *"I just want a nice guy"*), even if they don't even follow through on what they are saying.

If you want women to be attracted to you for real, the most important thing is how you make them feel when you interact with them.

Watch this video and you will see what I mean!

When a guy interacts with a woman and makes her feel attracted to his behavior and personality traits, (e.g. his confidence, ability to make her laugh, ability to make her feel feminine and girly in comparison to his masculinity), she's not going to be worried about trivial things like whether or not he is wearing clothes in her favorite color or not.

On the other hand, a guy interacts with a woman and behaves in ways that turn her off (e.g. being nervous and self-doubting around her, having a boring conversation style, treating her like a friend rather than a woman he wants to have sex with), she will feel repelled by him and his clothes will become another reason why she doesn't feel attracted to him.

The most important thing you need to know is that the more ways you can make a woman feel attracted to you, the more intense her attraction for you will be, and the more interested she will be in the idea of having sex with you or becoming your girlfriend regardless of what color you are

wearing.

Are You Making Excuses About Not Being Attractive to Women?

[image: Women reject me because I don't wear the right color]

A lot of good guys don't really know how to attract women, so they focus on unimportant things like the color of their clothes, in the hope that it will somehow change their luck with women.

Yet, attracting women is not a matter of luck.

It's actually a skill that a guy either has or doesn't have.

Guys who have the skill of being able to attract women are the guys who actively attract women with their confidence, charisma, sense of humor and masculinity.

Guys who don't have the skill of being able to attract women try to "get lucky" by being really nice to women and trying to impress them by being a gentleman or having a great fashion sense.

They just don't know that it is possible (and very easy) to attract women with their personality, behavior and conversation style, because they've been filling their heads with excuses about why they've failed with women for so long.

Watch this video and you will see what I mean!

Common excuses that guys use to explain why they're not attracting the kind of women they really want, include some of the following:

- I'm not good looking enough.
- I don't have a lot of money, an expensive car or a nice house.
- I'm not a doctor or lawyer; I only have a simple job.
- I'm not rich enough to buy the latest fashions, drive a luxury car or wear expensive jewelry.
- I wear the wrong color clothes, so women don't find me attractive.

The list of excuses just goes on and on.

If a guy really wants to believe that these are the main things that women look for in a guy, he will keep finding "proof" to substantiate his beliefs.

For example: He will see a guy who is wearing a red shirt with a hot woman and he'll think, "*Ahah! Another one.*

Red shirts do attract women!" and will forget that he's seen 100s of other guys wearing different color shirts, but still with a hot woman.

If he sees a guy who is good looking with a hot woman, he will think, "*Ahah! Another one. It's all about a guy's looks! You have to be good looking to get a hot girl*" and will forget that he's seen 100s of average and below average looking guys with hot women.

Yet, what he doesn't realize is this simple truth!

It is possible to attract most women by displaying some of the personality traits and behaviors (e.g. confidence, charisma, sense of humor, masculine vibe, etc) that naturally attract women.

Human Attraction is Actually Color Blind

Something that a lot of guys don't realize is that most women (not all) are attracted to guys for a range of different reasons that have nothing to do with a guy's looks, social status, money or fashion sense.

In fact, most women are just hoping to meet a guy who has the personality traits and behaviors that she feels naturally attracted to.

What are these behaviors and personality traits?

- Confidence and a strong belief in himself and in his abilities and value as a man.
- Masculinity (how he thinks, feels, behaves and takes action) that makes her feel girly and feminine in his presence.
- The ability to be charming and sweet without being too much of an ass-kissing, people pleasing nice guy.
- The ability to make her laugh, feel happy and feel turned on by how he talks to her.

Here's the thing though!

Most of the guys that a woman meets will turn her off because they will usually display personality traits and behaviors that are the opposite of the ones that are attractive to her (e.g. self-doubt, nervousness and insecurity, a dull or formal conversation style, etc).

Watch this video to understand where many guys screw up when talking to women and what you can do instead to succeed!

As you will discover from the video above, most women don't get to meet guys who can just be normal around them.

Most guys put on an act of being even nicer than they really are, while also suppressing their real personality, which then hides their natural charisma.

It's very boring, typical and even annoying for a woman who keeps meeting guy after guy who simply can't be normal around her and allow her to feel some attraction.

So, rather than wasting a lot of time talking to guys like that, a woman will immediately try to make it clear to him that she is not interested in him.

For example: She might tell him she already has a boyfriend and ask that he please leaves her alone.

She might give him the cold shoulder and just ignore him, or she might make fun of him by saying something like, *Gross, I hate your red shirt! it doesn't suit you* in the hopes that he will feel embarrassed or uncomfortable and then go away.

Naturally, if this happens to him, he will immediately cling to a new excuse of why he didn't get the girl by thinking, *It's my clothes that are turning women off. If I can just find out what color attracts women the most, I will then finally get lucky with women. Maybe I should wear purple! Yeah, that will work!*

Yet, no matter how much he tries to convince himself that he's wearing the wrong colors around women, he will always continue to see men who are wearing the same colors as he is, but they actually have a hot girlfriend.

He will then try to come up with another excuse like, *"He must be rich"* or *"He must have a huge*

dick” in an attempt explain why a woman would like a guy who is wearing that color.

It’s pretty silly I know, but guys think all sorts of crazy things when they don’t actually know how to attract women with their personality and behavior.

Back when I was hopeless with women, I used to think that women were rejecting me because my nose is bent (I broke it in an accident when I was younger).

I also thought that I wasn’t good looking enough, so women just wouldn’t want anything to do with me.

I wasted so much money buying all sorts of fashionable clothes in the hope that it would be thing that finally changed my luck with women.

Yet, all I got was comments like, *“Nice shirt”* or *“I like your shirt”* while talking to women, but they still rejected me when I attempted to get their number, go in for a kiss or ask them out.

Why? I was turning them off by displaying personality traits and behaviors that naturally repel women (e.g. nervousness, insecurity, self-doubt, being too nice, etc).

You Can Attract Women, Regardless of the Color of Your Shirt

Women can feel incredibly attracted to men for many other than looks, money, or the style and color of their clothes.

The next time you go somewhere where there are a lot of people, look around you and pay attention for a couple of minutes.

You will see all different kinds of guys (e.g. tall, short, overweight, thin, handsome, average looking, below average looking, etc) walking around with attractive or even very beautiful women and the guys will be wearing many different styles and colors of clothes.

All the guys won’t be in a red shirt or blue shirt. They will be wearing all sorts of colors and styles of clothing.

These guys are attractive women because they know how to trigger a woman’s feelings of sexual desire with the personality traits (e.g. confidence, charisma, humor, masculinity) that are naturally attractive to women.

It’s as simple as that.

So, if you want to be attractive to women, the most important thing is how you make them feel when you interact with them.

Yes, some of the women you meet might have a preference for a certain color that they like a guy to wear, but if your personality and behavior turns her on, she will be happy to overlook your bad color choices and she might even start imagining how she would like to buy things for you in her favorite color if she becomes your girlfriend.

What Color Do You Like Wearing the Most?

The color that you like wearing the most is going to be the best color for you. Why? The color that

will attract women to you the most is the one that you can wear with the most confidence and belief in yourself.

If you are confident and believe in yourself more when you wear black, then wear that color. Women will like you more in black because you will be more confident.

Confidence is one of the most important traits that a woman looks for in a guy, so just wear whatever makes you feel the most confident.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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What Can a Man Do That a Woman Can't?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

These days, women can do pretty much everything that men can do.

For example: In today's world there are female pilots, truck drivers, engineers, mountaineers, firefighters, soldiers, professional fighters and wrestlers, oil rig workers and even presidents.

On the other hand, there are certain things that have (up until now) been out of a woman's abilities, for example:

Even though women have been in the army and navy for many years, there has never been a female Army Ranger or Navy SEAL, but all that is about to change in 2016. According to the Pentagon, women will now be allowed to train and serve as Army Rangers, and qualified women will begin training as Navy SEALs.

Basically when it comes to most things, it seems that these days, women can do everything that a man can do.

[image: Woman and man about to arm wrestle]

However, no matter how hard they try, there are also certain things that a man can do that a simply woman cannot do.

For example: When it comes to feats of physical strength, endurance and speed, women are still unable to match men.

As yet, no woman has been able to run a 4-minute mile, nor has any woman been able to record an official sub-10 second 100-meter sprint. Although the world record bench press is 722 lb (327.5 kg) for a man, Becca Swanson, dubbed "The World's Strongest Woman" has only managed to bench press 480 lb (220 kg).

4 Things That Men Can Do, But Women Can't

[image: No matter how much society changes, women are still women and they want you to be a man]

While a woman can take on or act out a female version of the following roles if they want to, it's just not the same as a man doing it:

1. Be a boyfriend.
2. Be a husband.
3. Be a father.
4. Be a grandfather.

Depending on certain circumstances (e.g. after divorce or a death), some women have to take on the role of also being strong and masculine like a father, but it's just not the same for a child as having a man take on that role.

Take for example what happens to boys when their mother (who is taking on the role of a father) gives them advice on dating. A mother will often tell her son, *"To get yourself a nice girl, you*

have to be a gentleman and you have to treat a woman like a princess. â□□

Although this might sound like good advice from a motherâ□□s point of view, if when the boy grows up and tries to â□□get himself a nice girlâ□□ by being sweet and nice to women, what often happens is he gets rejected and doesnâ□□t understand why.

Watch this video to understand why a woman will usually reject nice guys who expect to be wanted sexually and romantically because they are being a nice, gentleman towards her...

Unless a woman is unattractive and is willing to accept any guy, she's not going to be looking to be in a relationship with a nice, sweet guy who only makes her experience friendly feelings for him.

Of course, there is nothing wrong with being a nice guy to women, but being nice is not enough for a woman to want get sexually or romantically involved with guy.

What a woman really wants is a good guy who can also trigger her feelings of sexual attraction. She doesn't just want a good guy who treats her nicely â□□ there has to be sexual attraction and desire present for her to be interested in anything sexual or romantic.

For example: If a guy is nervous, insecure and self-doubting (traits that turn a woman off sexually) when heâ□□s talking to a woman that he likes, then sheâ□□s not really going to care if he is a nice guy who is paying for all her drinks, or giving her loads of compliments, because sheâ□□s going to be feeling turned off by his emotional weakness.

On the other hand, when a confident guy is talking to a woman, who also happens to be a nice guy, she will see his approach as being attractive and charming.

She will feel excited about interacting with him, because she will be feeling sexually attracted to his personality and behavior and at the same time, she will also be feeling good about the fact that he is treating her nicely.

Regardless of What a Modern Woman Can Do, She Still Wants to Be Able to Relax and Let Her Man Take the Lead

[image: Couples hooking up]

Although itâ□□s true that women can now do most of the things that men can do, she still wants a guy to take on the role of being â□□the manâ□□ in the sexual courtship.

Regardless of how tough a woman seems in her day-to-day life or career, when she is with a man, she wants to be able to relax into being a feminine woman.

Being a feminine woman means that she is free to be girly and emotional, rather than having to put on a fake exterior where she becomes masculine and emotionally rational like a guy.

To make a woman feel feminine, you need to fully embrace your role as the man. Don't act like a soft guy in the hopes that it will impress her.

What she wants to see is that you're not afraid to think, feel, behave and take action like a masculine man. You're also not like most clueless guys who become neutral around women (i.e. neither masculine or feminine, but somewhere in between).

You give her the gift of experiencing and feeling your masculinity by the way you use your body language, how you think, how you feel, how you talk and how you take action.

You don't hide your masculinity and instead embrace it. As a result, she can then relax into being a feminine woman around you.

That's what a woman ultimately wants. She wants you to be emotionally strong enough to approach her, attract her and guide her to kissing, sex and into a relationship.

She doesn't want to have to take on that role herself, or else she will end up feeling like more of a guy.

Of course, there are some women out there who like to approach men and take on the masculine role (e.g. when a woman is insecure so she acts dominant because she fears being rejected, when a woman is unattractive and has to actively approach and hit on guys or else she will remain single, etc).

Likewise, in some relationships a woman will take on the role of being the stronger one (e.g. he cries when life gets tough, she makes all of the decisions, etc), but that's not what most women want, because when a woman takes on the role of being 'the man,' it's very difficult for her to then feel respect for him.

When a woman doesn't fully respect the man that she is in a relationship with, she will begin to lose touch with her feelings of attraction for him (which also means their sex life will be non-existent), and without respect and attraction, the love simply cannot grow, mature and deepen over time.

Essentially, no matter how strong or successful a woman is, in almost all cases, she wants to be with a man who can confidently take the lead when he interacts with her, and who is confident enough to guide her from a conversation, to kissing, to sex and into a relationship.

It's Not a Competition

When a man asks, *'What can a man do that a woman can't?'* it can mean that he thinks men and women are in competition with each other. Yet, we're not in competition with women. We have a very cooperative relationship that has been working well for a very long time.

It's actually the differences between men and woman that allows sexual attraction to take place.

For example: The more masculine you are in how you think, behave and feel around a woman, the more feminine she is free to be around you. The more feminine a woman feels around you, the more sexually attracted she will be.

Why? Think about how magnets are attracted to each other; there is a negative and positive. Two positives repel each other, whereas a positive and a negative are naturally attracted to each other. That's how human attraction works, except the forces are masculinity and femininity, rather than positivity and negativity.

An example of attracting women with your masculinity is to be an emotionally strong man, which then allows her the freedom to be emotionally sensitive and vulnerable like a feminine woman. She doesn't have to be emotionally tough and strong and can simply relax into being a feminine being around you.

When you give a woman the gift of being able to be feminine around you, it's worth more than buying her 100 boxes of chocolates or getting her flowers every month for 10 years. Making her feel feminine in comparison to your masculinity is the ultimate gift that can last a lifetime, if you do it

properly.

Another example of attracting women with your masculinity is to be the more dominant one. Being more dominant doesn't mean that a woman is less important, less intelligent, less capable or that her opinions don't count.

It's simply about being the emotionally stronger one and not letting her push you around or take control of everything because you are afraid of losing her. All women instinctively test men in relationships (e.g. by throwing tantrums) to see how he reacts.

If he almost always reacts with anger, becomes insecure or crumbles under her pressure, then she knows that she's not with a real man.

A real man knows that women throw tantrums to test whether she should continue looking up to him as her man or not. If he can't handle her tests, then she instinctively feels as though he's probably not strong enough to handle challenging people at work or in other areas of his life.

Women want to feel safe by knowing that they are with a guy who can remain emotionally strong and remain in control of his emotions no matter how much he is challenged.

Whether some guys like it or not, women know that it's a man's duty to be rising through the levels of life and to be reaching for his true potential as a man. That is what a real man will do, and that is what makes a woman feel respect and attraction for him.

It's not up to a woman to rise through the levels of life to make her man feel safe. She can do it if she wants to, but she knows (and so does pretty much every other woman on the planet) that it's not her role in a relationship with a man.

Even when a woman is strong, powerful and successful in life, she still needs to feel that she is a feminine woman in her relationship because she is with a masculine man.

If her man is unable to make her feel feminine in comparison to his masculinity, the sex will dry up and a break up or divorce will be a near certainty.

Ultimately, no matter what women can do that men can, women still want to be able to feel feminine around men.

Women aren't the new men.

As a man, you are the man. It doesn't matter how much a woman acts like she is tougher, braver or more masculine than you are, she doesn't actually want you to believe it and bow down at her feet.

She wants you to be proud of her for being such a strong woman, but she wants you to be even stronger than her.

No matter what women do in society, always remember that you are the man. Don't lose your way with that.

You are the man and there's nothing that a woman can do that will change that.

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[image]

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What Age is a Man at His Physical Peak?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

According to various studies, the official answer to “What age is a man at his physical peak?” is anywhere from his late 20’s to his early 30’s.

After that age point, a man’s physical strength will usually decline throughout the remaining years of his life, unless he decides to use TRT (Testosterone Replacement Therapy) or HGH (Human Growth Hormone) to keep his body functioning like a younger man.

Different Men, Different Peaks

[image: Different men, different peaks]

Younger men typically have more strength and stamina, but there is no exact age where every man is at his physical best because people live out their life in different ways.

Take for example, a man who spends most of his youth focused on being a top-notch athlete and being in great physical shape.

Yet, when he leaves school and gets a job, he might stop participating in sports, spend most of his time sitting down at a desk at work and then sitting on a sofa when he gets home and may also fail to stick to a healthy diet.

As a result, he will naturally start losing muscle mass due to his lack of physical activity and his physical peak will have ended by the time he’s in his early to mid 20’s.

On the other hand, another guy might spend most of his youth being in poor physical shape because he doesn’t play sports or exercising and has an unhealthy diet.

Then, at the age of 40 or 50, if he starts to take his health and fitness seriously, he will inevitably begin to build (or re-build) muscle mass and he will be in the best shape of his life, (i.e. at his physical peak).

So, although science can predict what is supposed to happen in your body at different ages throughout your life, your physical peak will probably have more to do with how you live your life.

Ultimately, your daily choices will add up over time to determine whether reach your highest potential as a man, whether that be that physically, mentally, spiritually or sexually.

When it Comes to a Woman’s Attraction For a Man, Most Men Only Get Better With Age

This is one of the best things about being a man:

Unlike women who tend to lose their value on the dating market as they grow older, men just seem to get better and more attractive to women over time.

According to multiple studies, it seems that men are programmed to be attracted to young and attractive women, because attractiveness and youth in a woman is a sign of good health and by association, good fertility.

Essentially, men want a woman who will be able to have multiple, healthy and attractive offspring; therefore, ensuring the best chances for his genetic lineage to continue into the future.

This is why, a woman loses her value on the dating market the older she gets. Men simply stop feeling the instinctive attraction for her that she would have got when she was in her late teens, 20s and 30s.

On the other hand, science has been able to prove that a man's maturity actually plays in his favor in the dating scene, because unlike women who are fertile only for a short period of time, men who are older and are still around (in the past, most men would be dead before they even made 30 because of all the tribal wars, civil wars, world wars and random murders) are displaying how strong their genes are.

Essentially, if a guy makes it into his 40s or 50s and is living a good life, to a woman this indicates that he must be genetically superior to other guys to have survived this long.

It sounds weird, but attraction is weird.

A woman's attraction to a man being older and more mature might seem weird or "creepy" to guys who don't understand how attraction works, but it's just nature.

If you don't know how a woman's attraction for a man REALLY works, then I recommend that you watch this video!

As you will discover in my video above, most women feel attracted to men for different reasons than we men feel attracted to women.

The majority of guys in this world assume that women are mostly interested in a guy's looks, so if he isn't in peak physical condition, he might as well pack up and go home.

Yet, that's the case at all.

Women can be attracted to men for all sorts of reasons (e.g. confidence, masculine vibe and behavior, charisma, making her laugh and feel good around him, his determination to succeed in life, etc).

Here's the thing that a lot of guys forget because the majority of us now live in cities with supermarkets, smartphones and cars!

A Man's Attractiveness to a Woman is Mostly About His Ability to Help Her Survive

For most of human history and even to this day, surviving, thriving and prospering in life hasn't been easy for most humans.

It's very easy to forget that for 99.9% of human history, there were no supermarkets, smartphones or sofas.

As a result, women have developed hard-wired instincts that urge them to couple up with a guy who is going to be capable of helping her survive, thrive and prosper.

This is why you will often see beautiful women who are in perfect physical condition, with a guy who is overweight.

[image: Attracting women as a fat man]

[image: Can a fat guy have a beautiful girlfriend?]

[image: Can a fat guy have a hot girlfriend?]

[image: Fat guy with sexy girlfriend]

[image: Fat guy with a skinny girlfriend at the pool]

To some guys, they look at that women like that and think, *“What is she doing with him?”* but it’s pretty simple: He is making her feel attracted in deep, instinctive ways that override her superficial preference for a guy with muscles and six pack abs.

Yes, she might go around saying, *“I want a guy with six pack abs and a perfect body,”* but that doesn’t mean she can’t feel attracted to other men for more fundamental reasons that are linked to her survival (e.g. he is masculine, he gets along well with others, he is determined to succeed in life, etc).

What a lot of guys don’t realize is that women can be attracted to guys who are in shape and those who aren’t. Of course, not all women are willing to be with a guy who is overweight, skinny or not in peak physical condition, but the truth is that MANY women are.

For most women, the attraction that she feels for a man is not based on whether he is at his physical peak or not. Why?

Although a man’s physical peak would have been beneficial to a woman in the past where a man was required to hunt and protect her and their offspring from dangerous predators or bad men, in the modern world, a man doesn’t need to be able to fend off saber tooth tigers, invading tribes or gun wielding cowboys.

To protect a woman in today’s world, a man needs to rise up and reach for his true potential as a man in a way that is going to ensure that he can survive, thrive and prosper in this world.

For example: If a guy loves playing computer games and works in a dead end job just so he can pay the bills, a woman isn’t going to feel safe being coupled up with him for life.

However, if he takes game playing seriously and makes a career of it, then she can feel safe knowing that he is spending his time on something that will ensure he can survive, thrive and prosper in this world.

A man who is at his physical peak doesn’t necessarily guarantee that he can protect a woman in the way she needs to feel safe in today’s world, or that he will be able to succeed in life and therefore be able to provide for her and their offspring, if they decide to have any.

In today’s world, it is impossible to accurately say at what age a man is at his physical peak, and here’s why!

Many Modern Men Are Defying the Odds

It’s pretty obvious that guy in their 20s and 30s are usually in much better physical condition than men in their 40s and 50s, but that doesn’t mean the older guys have to pack up and go home.

For example, at the time of writing this post:

- Steve West is an American swimmer who at the age of 40, qualified for the U.S. Olympic Trials in two events.
- Raymond Moon is 83 years old and he is the world’s oldest competitive bodybuilder.
- Kim Collins is a track and field sprinter from Saint Kitts and Nevis, who holds the record of being the oldest man to run a sub 10 second 100 meter race. At age 39 years and 69 days, and

he continues to break his own record every time he races.

- Floyd Joy Mayweather, Jr. is an American professional boxer, who retired undefeated at the age of 38, after having won 12 world titles and the lineal championship in 4 different weight classes.
- 95 year old Svend Stensgaard, from Denmark can powerlift 290 pounds and all this after having had a heart attack a few years ago.

Basically, the list can go on and on, because men are no longer being held hostage by what is supposed to be the norm in physical strength and performance.

For example: Studies conducted by Age UK and the University of Manchester and published in the British Medical Journal, have established that nearly 70% of men aged between 70 and 90 are still having fulfilling sex lives.

No doubt they have Viagra to thank for that, but hey they are still getting laid go grandpa!

These days, a lot of older men are getting married or having children, well after what is supposed to be their physical sexual prime.

Celebrity examples include:

- George Clooney who married a woman 17 years his junior at the age of 53.
- Bruce Willis who became a father (again) at the age of 59.
- Steve Martin who became a father for the first time at the age of 67.

Non-celebrity examples include me. I recently married my sexy girlfriend who is 15 years younger than me (she was 20 when we met and I was 35) and we're now trying to start a family. She's now 23 and I'm 38.

Wherever you look today, you will see evidence that your age as a man is no barrier to the success you can have with your career, with women and in life in general.

Age is Just a Number

The question, *What age is a man at his physical peak?* no longer has the typical answer that it would have in the past.

It's very easy to complain and make excuses about why you can't do this or that, or why you can't have the women you really want, but that's just a waste of time and energy.

Rather than worrying about whether or not you've passed your physical peak, focus instead on going after what you really want in life without holding back be it a new job, a physical goal like losing weight, or achieving a physical feat, or getting a hot woman the choice is yours.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Ways to Make a Woman Want You Sexually

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

By displaying the behaviors and personality traits that women are naturally attracted to, you will automatically trigger a woman's feelings of sexual desire for you.

The more attractive personality traits and behaviors you display, the more that a woman will want you sexually.

For example, some of the many ways to make a woman want you sexually are by:

1. Showing her that you're confident and self-assured around her.
2. Attracting her with your masculinity (i.e. making her feel girly in comparison to your masculine vibe, body language, tone of voice, etc).
3. Attracting her with your conversation style.
4. Being charismatic and charming.
5. Making her laugh and smile when she talks with you.
6. Flirting with her to create sexual tension.

Watch this video to understand how a woman's attraction for a man works and how you can use it to make her want you in a sexual way!

As you will discover from the video above, most women are open to feeling sexually attracted to men for reasons other than looks, money, social status, height or penis size.

Some women are picky and only want a guy who meets all the superficial criteria, but most women are much more flexible about what they find sexually arousing when interacting with a guy.

Without Sexual Attraction, You're Just Another Guy to Her

You might be a really good guy and have only the best of intentions with a woman, but she's not going to care about that unless you are able to make her feel sexually attracted and turned on.

Most guys have no idea how to make women feel sexually attracted and turned on, so they try to be "liked" by a woman by being really nice to her and trying to show her that they are trustworthy, respectful of her and only have the best of intentions with her.

Yet, that's not what she wants to feel.

She doesn't want to feel nice, friendly feelings, she wants to feel sexually turned on. If a guy is just nice to her and then expects that she will "give him a chance" to be with her, then he's going to get rejected more often than not.

Watch this video to understand why!

As you will discover from the video above, being nice to a woman doesn't make her feel sexually attracted and turned on.

It just makes her feel friendly, neutral feelings.

However, that doesn't mean that you should treat women badly! Being nice to a woman is a good thing, but she will only appreciate it if you start by triggering her feelings of sexual attraction and

THEN treat her nicely.

Guys who make women feel attracted and then treat them nicely are seen as charming. However, guys who treat women nicely and then expect to be liked enough to be given a chance are usually just rejected.

If you don't make a woman feel sexually attracted to you first, she will simply see you as a friend, or as just another guy who is hitting on her and hoping to get a chance to feel her boobies for being so nice to her.

Understanding What Women Are Really Attracted to in Men

Most men go through life thinking that women are attracted to men for the exact same reasons that men are attracted to women.

Basically, because men are mostly attracted to a woman's physical appearance and are willing to have sex with a pretty woman even if they don't like her personality or have no intention of starting a relationship with her, they assume that women are attracted to men for the same reasons.

This is why so many guys give up on getting the women they really want, because they assume that if they're not tall, or they don't have big muscles or male model good looks, then they simply won't stand a chance with beautiful women.

However, that's not the case at all and you can prove it to yourself the next time you go out.

Just look around you and chances are high that you will see many below average looking, overweight or skinny guys with attractive or beautiful girlfriends or wives. Why?

They have been able to attract the women with things other than their looks (e.g. sense of humor, confidence, charisma, etc).

When a woman is beautiful, or even just attractive, she knows that she can attract all men for sex, but that's not what she wants.

She wants a man who can trigger her feelings of sexual attraction for a change, rather than just her making him feel turned on and she has to put up with feeling friendly or nice around him.

Yet, most of the guys that an attractive woman meets will not know how to make her feel sexually attracted. They will assume that attraction is based on looks, money or status and if they don't have that, they will try to sneak in the back door by being an ass-kissing nice guy.

These guys have no idea that you can make a woman want you sexually by displaying the personality traits and behaviors that naturally attract women (e.g. confidence, sense of humor, masculine vibe, high self-esteem, charisma, etc).

Rather than displaying those traits, a lot of guys display unattractive traits (e.g. nervousness, self-doubt, nice guy act, etc) and turn the women off.

After getting rejected, he walks away thinking that it must be his looks or some other excuse that he uses to explain his lack of success with women.

Yet, the real reason why he is getting rejected is that he simply doesn't know how to attract women when he interacts with them. He is displaying unattractive traits and then expecting women to want him because he's a good guy.

That's not how it works.

Women want a guy who makes them feel sexually attracted and turned on and pretty much ANY guy can make a woman feel that way.

Of course, there are women out there who will only go for very good looking guys with big muscles, but the majority of women have what I call an Open Type, which essentially means, she is open to dating many different types of guys as long as the guy can make her feel attracted to his personality and the way he interacts with her.

Making a Woman Want You Sexually

[image: Making a woman want you sexually]

To make a woman want you sexually you need to...

1. Trigger her feelings of sexual attraction for you based the way you interact with her.

When youâre interacting with a woman that you want to have sex with, it is important that you make your intentions clear.

For example: A mistake that many guys make is to pretend theyâre only interested in being friends and in hanging out with her.

They will be nice and sweet and polite to her, and they will avoid behaving in a way that might suggest to her that they are actually interested in her sexually.

To make a woman want to have sex with you, you have to make it clear to her thatâs what you want.

For example: After making her feel attracted to you (e.g. by being confident, having a masculine vibe, making her laugh, flirting with her, etc), you can then pause for a moment, look at her and say, *“You’re sexyâI like you.”*

Since you have already made her feel attracted to you, she will welcome the sexual compliment. However, if a guy had only been nice to her and was pretending to just want to be friends, she’s not going to welcome his compliment.

The more ways you can make a woman feel attracted to you while interacting with her (e.g. by being confident, by making her feel feminine in your presence, by turning her on based on how you’re talking to her, by making her laugh, etc.), the more intense her desire will be to have sex with you.

Watch this video to understand where a lot of guys mess up when talking to women and what you can do instead to make a woman want you sexuallyâ!

As you will discover from the video above, a lot of guys make women feel turned off the idea of sex, simply based on how the guy is interacting with her.

This is a huge opportunity for you.

When you are the guy who can actually make a woman feel turned on and want you sexually, you will see how easy it is to pick up women and have your choice of women.

Most guys never learn this stuff and go through their life thinking that they are being rejected because of their looks or because they’re not mega rich.

Yet, the reason why they are being rejected is much more simple (i.e. they are not actively triggering a woman’s feelings of attraction) and easily fixed.

2. Build up the sexual tension between you.

[image: Ways to make a woman really want you sexually]

Sexual tension occurs when a man and a woman feel sexual desire for each other, but for various reasons, (e.g. they are in a formal workplace, are friends, etc) they postpone kissing and sex.

Essentially, you and her both know that you're attracted to each other, but decide to continue flirting and building up the sexual tension (for a few more hours, days or weeks) before you actually get to kissing and sex.

Women love the excitement of being so turned on by a guy, but not really knowing when the tension between them will finally be released with kissing and sex.

When you build up the sexual tension between you and a woman correctly, not only will she want you sexually, but she will also feel as though she is going to explode if she doesn't release that tension inside her by having sex with you, or at least kissing you.

How can you build up the sexual tension correctly? Attract her and use flirting.

Watch this video for some examples of flirting!

As you will discover from the video above, women actually prefer it when guys flirt.

I've been contacted by some guys over the years who are worried about using flirting because they fear being rejected or being called a sleaze.

A woman will only react badly to flirting if a guy tries it BEFORE making her feel sexually attracted.

When it comes to women, attraction comes FIRST and everything else (e.g. flirting, building a connection with her, kissing, dating, sex, etc) follows on after that.

So, make sure that you actively make a woman feel attracted to you first, before you try to do anything else.

If you don't make her feel attracted and simply behave like a nice, sweet guy who is being friendly, it will be impossible for any significant sexual tension to build up between you and her, because you're not actively making her feel sexually attracted to you.

As long as you start with attraction, you will see that everything else flows on easily and effortlessly after that.

3. Transition from just talking and flirting, to kissing and then sex.

Building sexual tension is good, but its purpose is to lead to kissing and sex. A common mistake that guys make is to hesitate and then fail to release the sexual tension at the appropriate time.

Eventually, if a woman doesn't get the release she is craving by being kissed and then dragged off to the bedroom, she will either lose interest, or she will just assume that the guy is too afraid to make a move.

How long should you build up sexual tension?

It really depends on where you meet the woman and what the circumstances are.

For example: Sometimes, you only need a couple of minutes of sexual tension before you can begin passionately kissing a woman at a bar or nightclub.

Yet, in a workplace, you might need to build it up over a couple of days or couple of weeks and then release the tension with kissing and sex by getting her to meet up with you outside of the workplace.

How can you know if she is ready?

You will be able to see it in her body language and in the way she is interacting with you.

For example:

- She will make an effort to keep the conversation going and to keep you engaged and talking to her.
- She may be playing with her hair, touching her neck, or fiddling with her necklace if she is wearing one, while talking to you. Why? She wants to look girly and feminine in comparison to your strong, confident, relaxed masculinity to show you that she is feeling sexually attracted and is willing to submit to you.
- She will most likely be leaning in towards you and touching you during conversation (e.g. on the leg, the arm, the face, etc).
- She will be laughing at your jokes and trying her best to get along with you.

All these (and many more) are signs that she is feeling sexually attracted to you and that she wants the sexual tension between you and her to be released with kissing and sex.

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[image]

Almost there! Please complete this quick form to gain instant access.

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12 Places Where Women Approach Men

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Are you curious to know if there are places where women approach men first?

The answer is “Yes!” and I’ve put together a list for you. The most common places where women approach men include:

1. Karaoke bars or hostess bars.
2. Business networking events.
3. Speed-dating events (before the event starts when everyone is just standing around waiting for it to begin).
4. Bars and clubs in some countries where the women are poor and desperate for a man to support them (e.g. remote areas of South East Asia), or in cities where the dating scene is competitive (e.g. New York) or where there are a high ratio of women to men (e.g. Latvia, Estonia).
5. Men’s clothing stores with female shop assistants.
6. Prostitute parlors or brothels.
7. Strip clubs.
8. At a dog park if you are walking around with a cute looking dog, a rare breed dog or a very beautiful looking dog.
9. At a house party where you and her have mutual friends, so she has an excuse to walk up and say hello.
10. At meet up groups (i.e. via meetup.com).
11. At local charity or volunteering events.
12. At dance classes (e.g. salsa, ballroom, hip hop).

There are also certain situations where a woman will approach a man first, including:

- When she is drunk and is just walking around and talking to random guys.
- When she is unattractive and feels as though approaching first is the only way she can potentially hook up with a decent guy.
- When she approaches a guy on behalf of a friend who likes the guy (this usually only happens to really good looking guys).
- If the guy is very handsome and she wants to show off to her girlfriends by approaching and getting him interested in her.

In pretty much every other situation, women wait to be approached by men, and here is why!

Women Usually Want You to Approach First Because They Don’t Want to Be More Dominant Than You

[image: Most women wait to be approached first]

Even when a woman really likes a guy, she will usually avoid approaching him and making the first move, because she wants to ensure that she doesn’t take on the dominant role in the courtship.

Most women approach dating in a passive way and simply wait for a man who is confident enough to approach and take on the role of the leader, so she can then relax into feeling feminine and submissive in comparison to his masculinity.

The more feminine a woman feels in comparison to your masculinity, the easier it is for her to feel sexually attracted and turned on around you.

If she feels like the more dominant one, it will usually turn her off completely and if she feels neutral around you (i.e. you're kind of confident around her), it usually won't be enough to turn her on.

She wants to be able to respect you as the more masculine one, rather than have to approach you, be gentle with you, make it obvious that she likes you and then guide you to kissing and sex.

If a woman interacts with a guy and feels as though he's not strong enough for her emotionally (i.e. she feels more dominant than him) or that he's just too neutral (i.e. he's using the nice guy approach to hopefully get her to see how good of a guy he is), she might keep talking to him out of pity, but she won't be interested in anything sexual or romantic.

[image: Why don't women want me when I approach them?]

If another guy comes along and joins the interaction and makes her feel respect and attraction for him based on his confidence and emotional masculinity, she will quickly switch her focus to him and open herself up the possibility of kissing him, having sex with him and beginning a relationship with him.

When that happens, the less confident guy will usually feel confused about why he is being rejected. After all, he was being nice to her and he has good intentions, so why is she rejecting him and hooking up with the other guy?

He might think to himself, *â€œIâ€™m just not good looking enough, thatâ€™s why. When I approach a woman, she feels turned off by my appearance and then she wonâ€™t give me a chance to show her that Iâ€™m a nice guy.â€*

Or he might say, *â€œWomen are only after guys who are rich and successful; I just canâ€™t compete with that. Iâ€™m only an average guy with an ordinary job. Maybe if I was loaded with cash and looked like a model, then women would like me.â€*

He might then stop approaching women because he assumes that because heâ€™s not good looking enough, rich enough, successful enough or whatever else he believes that women really want.

Yet, what he doesnâ€™t realize is that most women (not all women), are attracted to men for reasons other than just their looks, money, success or status.

Watch this video to see proof of that...

As you will discover from the video above, the real reason why a lot of good guys fail with women is that they don't even know how to attract and turn women on with their personality.

Most good guys waste their life thinking that they are being rejected because they're not good looking enough, rich enough or successful enough or they believe that women only want bad boys.

Yet, the truth is that most women (not all), just want a good guy who can also make them feel attracted in other ways (e.g. to his confidence, charisma, charm, humor, masculine vibe, etc).

[image: Approaching women and attracting them]

Most women, even the pretty ones, aren't even that picky at all. They may act like they are picky, but

if they meet a good guy who can also make them feel attracted in other ways, they usually hook up with him, fall in love and stick with him.

If All Women Judged Men on Looks, Money or Status, Most of us Guys Would Be Single

Of course, there are some women who will only talk to, date, have sex with and get married to good looking, muscular, rich guys who live a celebrity lifestyle.

Yet, the majority of women have what I call an *Open Type*.

This means that most women are willing to be with many different types of guys (e.g. bald, overweight, thin, different races, etc) and it all depends on how the guy makes her feel when she's with him.

Basically, whether a guy is conventionally good looking or downright ugly, wealthy, or is struggling to make ends meet, tall, tanned and muscular, or is short, fat and round, if he can make her feel a lot of attraction when he interacts with her, she will usually overlook his flaws and will even begin to see him as being attractive.

If you don't believe this is true, the next time you're out in a public place, take a look around you.

Chances are, most of the guys that you see won't be good looking, muscular, rich or successful, but they will be with attractive and even beautiful women.

So what it is that makes these men so attractive to beautiful women who could easily get any man they want?

Watch this video and you will understand how a woman's attraction for a man really works and how you can use that to attract the types of women you really want!

As you will discover from the video above, it's not possible to attract every hot woman in the world, but if you are skilled at attracting women with your personality (e.g. by displaying confidence and charisma, using humor, making her feel girly in comparison to your masculine vibe, etc), most women will feel attracted to you.

Although women go around acting like they will only accept Mr. Perfect, the majority of women are much more flexible about what they find attractive in a man and what they will accept for sex and a relationship.

If you ask a woman directly, she will deny that, but you only have to look at the world around you and you will see that beautiful women are with all sorts of guys, including short, bald, overweight, thin guys who have an average job or even no job at all.

Women Are Attracted to the Qualities In Men That Cannot Be Seen

If women selected men purely on physical appearance, most of the guys in this world wouldn't be able to get laid, get a girlfriend or ever get married, because most guys are not male models with a

truckloads of money in the bank.

Here's the thing:

Women feel naturally attracted to the emotional strength in men (e.g. confidence, high self-esteem, determination to succeed in life) and are turned off by the weakness (e.g. insecurity, nervousness, shyness).

Of course, there are some women out there who will be willing to accept an insecure, nervous guy (usually unattractive, desperate women, or women who like to dominate men), but most women won't put up with a man who is emotionally weak.

This is why most women don't approach men.

Women don't want to reward emotionally weak men (i.e. insecure, nervous, self-doubting men) with free sex, love and devotion. Women want to find a confident, emotionally strong man who has the balls to approach her and talk to her because that says a lot about the confidence he will have at work, around friends and in general life.

She'd rather be with a guy who can handle himself around other people, than get stuck with a guy who feels nervous in social situations and will likely get overlooked for promotions at work because he's afraid to take on a more alpha role in interactions.

This is why, the only real places where women approach men are the ones where it's part of the woman's job description to do so (e.g. she's a prostitute, hostess or sales woman in a men's department store).

Alternatively, it's because the circumstances are unusual, (e.g. at a speed-dating event, the woman is drunk and just approaching random guys hoping to get lucky, she is unattractive and has to put herself out there to hopefully get herself a guy).

In most other places, (e.g. in a bar or club, at the mall, in the library, in the grocery store), most women will not approach men first.

This is why it's so important that you give yourself the confidence to approach women, rather than waiting around and hoping that a hot woman approaches you and guides you through a pick up.

If you need to build up the confidence to approach women, watch this video:

As you will discover from the video above, you have a lot of direct control over how much or little confidence you feel.

You can either use the power of your mind for you or against you. To use the power of your mind for you, the key is to begin thinking in a more confident, positive, forward moving way and then taking action based on that increase in confidence.

Do You Have What it Takes to Attract Her and Turn Her On?

When a guy approaches a woman, she has to interact with him for 30 seconds to a minute to work out whether he has the qualities that she's looking for in a man.

For example: If a guy approaches and comes across as being nervous, self-doubting or as putting on an act of being an even nicer guy than he really is, a woman will usually begin to close up very quickly and lose interest in interacting with him.

On the other hand, if the exact same guy were to approach her and be confident, relaxed, believe in

himself and come across in an authentic manner, she will remain open and interested in getting to know him better.

His confidence will have automatically attracted to her and his ability to be real and authentic will intrigue her and keep her open, rather than making her feel as though she has to put up a protective guard because he is putting on an act or social persona (e.g. using the classic nice guy approach).

What a lot of guys don't realize is that a woman's attraction can be switched on or off, based on how a guy is coming across.

If a guy doesn't know how to turn her on during an interaction (e.g. make her feel feminine in comparison to his masculinity, attract her with his confidence and natural charisma), then she will simply "switch off."

There's no point trying to "make it work" with a guy like that, because there's just no spark between them. He doesn't know what he should be saying or doing to create that spark and she doesn't want to be the one who has to teach him.

She doesn't want to say, *"Hey, stop being so nice and neutral around me. Be a good guy, but believe in yourself. You are good enough for me. Believe it. Show me that you believe it. Be masculine, rather than being neutral. Make me feel feminine in comparison to your masculinity."*

Rather than try to enlighten him on what it takes to really attract a woman, she will either reject him, politely excuse herself from the conversation or keep talking to him until another guy comes along who can make her feel attracted.

When You Know That You Can Attract Women With Your Personality, There's No Need to Wait Around for a Woman to Make the First Move

Many guys waste their life and miss out on enjoying love, sex and relationships due to a fear of fear of approaching women.

For example, some guys think:

- What if I approach her and she tells me to go away?
- What if she is not attracted to me?
- What if she laughs at me and thinks I'm a joke, or a desperate guy?
- I'm too ugly/fat/have a big nose, etc. Attractive women don't go for guys like me. Why even bother approaching?

Guys like that allow negative thoughts to control them and prevent them from approaching women.

Yet, here's the thing:

Most guys are already good enough for the majority of women out there. Most women really aren't that special at all.

Yes, you feel attracted to them, but you can make them feel attracted to you too. As a man, you can attract women by displaying certain personality traits and behaviors that are naturally attractive to women (e.g. confidence, charisma, charm, etc).

So, there's no need to hide yourself away and waste your life because you think you're not good enough.

You are good enough.

Let me ask youâ€¦!

Have you been letting your fears stop you from approaching and hooking up with the women you really want?

Have you been going through life thinking that you're not good enough for attractive women, because you didn't even realize that you could make women feel intensely attracted to you by displaying certain personality traits and behaviors during an interaction?

Stop wasting your life.

You are good enough for most women out there.

Watch this video and you will see why it is possible for you to approach and attract women at willâ€¦!

As you will discover from the video above, you can actively make women feel attracted to you. You don't have to wait around hoping that a beautiful woman will break with tradition and decide to approach you and guide you to kissing and sex.

[image: Approaching women and turning them on]

You can make it happen yourself...and it's ridiculously easy to do.

Most guys don't even know (or believe) that it's possible to improve their skills with women.

They fall into a negative pattern of believing that if they've been unable to approach women in the past, or if they had some bad experiences and got rejected, then they don't have what it takes to attract the type of women they want, and even worse, that there's nothing they can do to change it.

Yet, they are wrong.

The truth is that it is possible to attract women based on what you say and do. You can literally display certain personality traits and behaviors during a conversation with a woman and she will automatically feel attracted to you.

When you have the skill of being able to attract women, you automatically begin to have your pick of women.

Most of the women you interact with feel attracted to you and it changes from you hoping to get just one woman, to choosing between many attractive women who want to be with you.

Yet, you can't expect that to happen if you sit around waiting to be approached by women or if you don't even know how to properly attract women when you interact with them.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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How to Charm a Woman

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The secret of how to charm a woman is to first make her feel sexually attracted to you and then be nice to her.

It's not enough just to treat her nicely. That is not what being a charming man means.

If you try to charm a woman by only being nice, courteous, sweet and polite and you skip the sexual attraction part, she will only perceive you as a nice guy that she has no sexual interest in. As a result, you will be placed in the friend zone.

To properly charm a woman, you need to trigger her feelings of sexual attraction for you and then give her the additional bonus of being the lucky recipient of your good, kind nature.

So, how can you make a woman feel attracted and then treat her nicely in a way that will be seen as charming?

Some of the many ways that you can make a woman feel attracted to you are to be confident around her, make her laugh, make her feel girly in comparison to your masculinity, have a masculine vibe and flirt with her.

Some of the ways that you can treat a woman nicely and be seen as charming are to give her compliments, take her out somewhere nice for a date, treat her well and generally show her that you respect her and care about her.

However, I've got to be very clear about something here...

It's not enough to just be nice to a woman. Simply being nice to a woman (e.g. showing her that you respect her, giving her compliments, etc) is not the way to charm her.

You have to trigger her feelings of sexual attraction first.

If you only use the nice guy approach, it will result in rejection more often than not and here is why...

As you will discover from the video above, there's nothing wrong with being nice to a woman, but if you don't trigger her feelings of sexual attraction, she will only see you as a friend.

Attraction has to come first and everything else flows on naturally and easily after that.

The Fantasy World of Movies

If you watch any kind of romantic movie that is aimed at women, you will usually see the same basic storyline unfold where the beautiful girl is fed up of dating losers, jerks and guys who don't treat her right.

Initially, she rejects the nice guy in the movie, but after he saves the day, saves the world or saves her, she falls in love with him and he is portrayed as her Prince Charming that she was meant to be with all along.

Awww, how sweet.

The "charming" man who sweeps a woman off her feet in a movie is usually the type of guy who puts her on a pedestal and treats her like a "lady" in every way.

He charms her by lavishing her with gifts and tokens of affection and he does all the

â◻◻ gentlemanlyâ◻◻ things such as holding doors open for her, bringing her flowers on the day of a date, picking up the tab for everything, sending her flowers the day after a dateâ◻|and never ever touching her or even attempting to kiss her without asking for her permission first.

While some guys might wish that real life worked that way, if you want to be successful with women, you have to come to terms with what actually works in the real world. The fantasy world of a movie is different to reality that we actually live in.

Real World Charmers

[image: Charming a woman with sexual attraction]

Unlike the movies, men who effortlessly charm women in real life don't need to save the day, save the world or save the woman from a bad guy or jerk.

It's actually a lot more simple and immediate than that.

Real world charmers don't need to buy women gifts, take women out on 5 sweet dates and eventually work their way up to holding her hand and then kissing her.

In the real world, guys can instantly charm women and get to a kiss and even sex on the first night or first date.

[image: Starting with kissing and sex]

For example: A study in the USA found that 55% of couples had sex on their first date and a European study found that 70% of women admitted to having experience a one night stand before. In other words, it's actually very easy to charm a woman into beginning a sexual relationship with you.

These days, relationships usually START with sex and after that happens, the man and woman then decide whether or not they want to continue dating casually or become exclusive with each other.

So, if you're looking for information on how to charm a woman, make sure that you don't waste time trying to become Mr. Perfect who hopes to be liked by a woman because you're such a nice, courteous gentleman of a man.

Why?

Modern women only care if you are gentleman AFTER you have made them feel sexually attracted to you. If you try to get women to like you because you're a nice gentleman of a guy, they will simply place you in the friend zone or "no way" zone because there is no sexual attraction present.

In today's dating environment, you have to start with sexual attraction and then everything else follows on after that.

It's not like how it used to be back in 1905 for example. Back then, a man would have to court a woman and show her that he was a gentleman and could support her.

If she liked him enough, he could then go and ask her father for his daughter's hand in marriage. If the father approved, they could then marry and finally lose their virginity together on their wedding night.

That's not the way it works anymore.

In today's world, women aren't in a desperate hurry to find a nice gentleman who can support them

financially and protect them from the big bad world. Today's women can support themselves and have plenty of protection from the police, government and media.

So, rather than looking for a nice gentleman who can support them, almost all modern women now select a man based on how much sexual attraction he makes her feel.

If he also happens to be a nice guy, then that is seen as a bonus, but it's not always necessary right away because sex doesn't always mean that she will be interested in a relationship or marriage.

These days, sex is basically a chance for a man and a woman to take each other for a test drive to see how they feel. If there is a lot of sexual chemistry, they get along really well and there is also feelings of new love, then a relationship begins.

However, if it all feels a bit too boring and awkward for the woman, she simply breaks up with the guy and meets a new one. When she eventually finds the right guy for her, she will usually settle down and stick with him for life.

Charismatic Charm

[image: Charismatic charm]

One of the ways to be attractive when you are charming a woman is to have what is called charismatic charm.

This essentially means that you are totally comfortable being your real self. You don't put on an act of trying to be nicer than you really are, more arrogant than you really are, or anything else where you're not being your true self.

You embrace your true personality and you love and accept yourself for who you are. You let that true, genuine personality come through with a relaxed belief in yourself. You don't try to force people to like your personality, but simply relax and be yourself.

At the same time, you also love and accept other people for who they are. You don't expect them to think, behave, feel and act exactly like you to when you interact with them.

You love and accept them for who they are and you let them be who they want to be.

You make them feel comfortable in your presence, but at the same time, you also make sure that they respect you and appreciate you for who you are.

When you use that approach and you're also a good guy, then you will have what is referred to as a charismatic charm. People will feel drawn to your charisma that is based on your unique, one of a kind personality.

People also feel as though they can be themselves around you. They don't have to put on an act of being someone they're not (e.g. nicer than they really are, meaner than they really are, etc) to hopefully make you feel comfortable or accept them.

[image: Charismatic charm]

When a woman meets a man who has this charismatic charm, she becomes intoxicated by it and feels drawn to him on a deep level.

Most of the guys that a woman meets will be putting on an act, which then makes her feel awkward and unable to relax and show her true personality throughout the interaction.

Watch this video to understand some of the common mistakes that guys make during conversation that turn women off...

As you will discover from the video above, a big part of how to charm a woman into having a sexual, romantic relationship with you is to be a good guy, while also making sure that you display some of the personality traits and behaviors that naturally attract women.

4 Common Traits of a Charming Man

If you want to be able to charm a woman without putting in much effort at all, you simply need to get into the habit of being a more charming man.

When you get used to doing some of the following things in your interactions with people in general and then also use them in your interactions with women, you will be automatically be seen as a charming, appealing guy.

Here are 4 common traits of a charming man...

1. A charming man makes other people feel good about themselves

If you think back to some of the most charming men that you've ever met during your life, you will realize that they had a way of making you feel good about yourself during conversation.

Rather than putting you down or try to make you feel inferior, these guys allowed you to feel good about yourself in their presence.

There's nothing wrong with a charming man talking about his achievements or feeling good about himself around others, but always makes sure that other people feel good about themselves when they are around him.

Making people feel good about themselves doesn't mean that you should go overboard and try too hard to kiss everyone's ass. You just need to be emotionally generous enough to actually care about the other people feeling good when they interact with you.

2. He smiles and add positivity to social interactions

To be seen as a charming man, you don't have to smile and be happy and joyful every second of every day.

It's simply about being one of the people or the only person who adds in smiling, laughter and positivity to interactions, especially when other people are feeling down or being very negative.

There's nothing wrong with having a big of negative, frustrated conversation at times, but a charming man will always be the one who has the emotional strength to bring everything back to a positive note or get people to focus on a solution, rather than wallowing in depression, sadness or despair.

3. He accepts compliments in a confident, classy way

When a guy receives a compliment and then awkwardly brushes it off as nothing important or looks uncomfortable and nervous with the spotlight focused on him, this isn't seen as being charming or charismatic.

A charming, charismatic man will accept a compliment by confidently thanking the person and then, if there is a lot to say about what he is being complimented for (e.g. he has achieved something big) he will be open to talking about it for a short while, but he won't try to hog the spotlight for an unnecessarily long period of time.

He will say what needs to be said and be proud of whatever he is being compliment about and will then begin to redirect the conversation away from him and into a discussion that makes the other person feel motivated, happy or confident in themselves.

4. He doesn't try to be perfect at everything

When a guy tries way too hard to be perfect in every way (e.g. his manners, appearance, conversation style, etc), he will come across as being awkward, fake and some women will even refer him as "creepy."

We human beings are not perfect at everything and that is okay. Some people are better at certain things than other people are and all of us make mistakes during conversation, when we are attempting to achieve things in life and as we go about our every day life.

Part of being a charming man is not being afraid to be your true self, even if that means that you make a mistake or slip up in conversations every now and again.

When a woman sees that you're comfortable to be your true self, it's very charming and appealing because she can relate to your imperfections.

She's not perfect.

She has imperfections just like everyone else does and rather than feeling as though she needs to act like she is perfect when interacting with you, she can relax and feel free to be her true self; imperfections and all.

If she makes a mistake during conversation or does something that other people might see as embarrassing, she won't really have to worry so much about you.

She knows that you are a loving, wise and intelligent man who understands that mistakes happen and that no one is perfect. You love her and accept her for who she is and you love and accept yourself for who you are and everything is just fine.

Turning on the Charm

Another big part of how to charm a woman is to make sure that you add in some flirting to your interactions.

Most guys don't feel comfortable flirting with women because they assume it will be seen as sleazy or too forward. Yet, it's actually the most discreet, classy way of displaying your sexual interest in a woman and letting her innocently show her sexual interest back.

Watch this video to understand how flirting works and how you can use it to charm a woman...

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with

women. This FREE video will BLOW YOUR MIND (I promise!)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Is She Attracted to Me? The Only Reliable Way to Tell

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The only reliable way to know if a woman is attracted to you is when she actively tries to get and maintain your attention and interest.

If a woman continually tries to get your attention (e.g. approaches you, starts conversations with you, texts you or calls you, etc) or maintain your attention (e.g. always tries to keep the conversation going if it goes silent, tries to impress you, etc), then it's pretty clear that she is attracted to you.

On the other hand, if a woman is telling a guy to go away, ignoring him in a frustrated way and doesn't want to be near him, then it's pretty clear that she's not attracted to him.

[image: She's not attracted...]

Yet, here's the thing about women and their signals of interest...

All women give off different signals of interest and attraction.

Women are not robots who all behave in the same way.

So, you can't look up a list of "signs that a woman will show you when she's attracted" and then expect a woman to show them to you. It's just not how it works in real life.

For example: If a woman is looking for a very confident guy who believes in himself, she will usually test his confidence by acting uninterested, playing hard to get and even teasing him during a conversation. She might even say things like, *"I hate your hair"* or *"Why do you wear those stupid shoes?"*

If the guy becomes nervous and self-doubting and suddenly feels like he's blown his chance with her, then she loses interest in him because he doesn't have the type of confidence that he's looking for.

However, if he simply smiles, remains confident and continues to interact with her, she will feel attracted and impressed by his level of confidence.

[image: Passing her confidence tests to make her attracted]

Of course, not all women make it difficult for guys to sense their attraction. Some women show really obvious signs of attraction (e.g. holding eye contact, excessive touching, biting her bottom lip, tell you that she likes you, etc) because they don't want to lose their opportunity to be with you.

So, if there's a woman that you currently like and you've been asking yourself the question, *"Is she attracted to me?"* here's what you need to doâ◻|

You need to make her feel attracted to you.

[image: Is she attracted to me or not? Make her feel attracted...!]

What a lot of guys don't understand is that **the attraction that a woman feels for a man can be CREATED.**

A woman's attraction for you is mostly within your direct control.

For example: If you display some of the personality traits and behaviors that naturally attract women (e.g. confidence, charisma, charm, ability to make her laugh, masculine vibe, etc), she will naturally feel some level of attraction for you.

The more ways that you can make her feel attracted while you interact with her on the phone or in

person (not via text), the more attraction she will feel.

That is an attraction that you are creating.

Most guys waste their life thinking that they can only attract women if they are good looking, have a lot of money, have a huge penis, are tall or have loads of power and status in society.

However, the reason why average and below-average looking guys can get a hot girlfriend or wife is that they CREATE feelings of attraction inside of a woman by displaying some of the personality traits and behaviors that naturally attract women.

Watch this video to understand how it works..

As you will discover from the video above, there can even be a huge difference in attractiveness between male identical twins.

Stop Wasting Time and Start Making Her Feel Attracted

Some guys will spend hours, days and even months getting to know a woman and still end up wondering, “Is she attracted to me?”

Fearing rejection, the wait and hope that she will speak up and just say, “Hey, I like you. Do you like me?” or “I am attracted to you. Are you attracted to me?” but that rarely happens unless the woman is unattractive.

Most hot women have plenty of options to choose from, so rather than helping an insecure guy to hook up with them, they wait to meet a more confident guy who will simply move the interaction forward from a conversation to a kiss, to sex and into a relationship.

So, what should you do?

Simple.

Actively make her feel attracted to you by displaying some of the traits and behaviors that naturally attract women.

When you do that, she will feel attracted to you. She won't be able to stop herself from feeling it
â□□ it's natural and automatic.

Once she is attracted to you, it's important to let her know that you find her attractive too, otherwise she might play hard to get for a while (to ensure that you really like her) because she is worried about being rejected by you.

So, to cut out all the silly mind games, you need to tell her that you find her sexy and you like her.

When talking to her and getting her laughing, stop for a moment and look her up and down and then back in the eyes. Then say, “You're sexyâ□|I like you.”

If she says, “*Gross! I don't see you that way*” then it's clear that you haven't made her feel attracted to you first.

However, if you have made her feel attracted to you first, her natural instincts will kick in and she display submissive body language (e.g. dip her chin down and look up at you, bite her bottom lip, giggle and smile like a girl, etc) to show you that she is willing to submit to you sexually.

She might also say, “*Thanks*” and smile at you, or if she is the type of woman who wants a really confident guy, she might test your confidence by asking, “*So, what makes you think that I like*

you?"

Whatever she says, just smile, pause for a moment and then continue on with the conversation. Pausing in a moment like that will also make her feel attracted to you because it displays confidence and masculinity.

A guy who lacks confidence and suppresses his masculinity (e.g. a guy who acts like a really nice guy to hopefully be liked by women) wouldn't have the balls to pause and look at her for a few moments in a situation like that.

He would laugh nervously, say that he was only kidding, apologize or display nervous body language.

So, to be clear here

If you want this woman to feel attracted to you, then you need to actively CREATE those feelings inside of her.

Display the traits and behaviors and she will feel it. It's as simple as that.

7 Mistakes That Guys Make When Trying to Work Out if a Woman is Attracted

Attracting women for sex and relationships really is one of the easiest and most natural things to do in life.

Yet, if a guy makes some or all of the following mistakes, a sexual courtship goes from being easy and natural to difficult and forced

1. Asking her.

Ask a woman, "Are you attracted to me?" is the worst thing you can say when you are meeting new women or in a relationship.

Why?

Women are naturally attracted to the emotional strength in men (e.g. confidence, self-esteem, self-belief, assertiveness, determination to succeed, etc) and turned off by the emotional weakness (e.g. insecurity, low self-esteem, self-doubt, nervousness, etc).

So, when a guy asks a woman, "*Do you feel attracted to me?*" he is displaying a whole host of unattractive traits all at once.

What a woman wants to see is that you are wise enough to know that if you are confident around her, she will automatically feel attracted to you by default.

Then, all you need to do is make her feel attracted in other ways during the interaction and her attraction for you will increase.

Watch this video to understand how it works

As you will discover from the video above, when you make a woman feel attracted to you in other ways (e.g by displaying confidence, making her laugh, etc) she will begin to look at your physical appearance in a positive light.

Even if a guy doesn't look like a typical male model (e.g. he's overweight, bald, short, thin, etc), she will look at his physical appearance and like it because it's a part of him.

So, as long as you can make her feel attracted to you by displaying the personality traits and behaviors that naturally attract women, you don't have to worry about what you look like.

Of course, there are women out there who will only accept a perfect male model with loads of money and a humungous penis, but the majority of women are much more open and flexible about what they can find attractive about men.

2. Being extra nice to her in the hopes that it impresses her enough that she won't care about attraction.

Not knowing how to attract women, some guys make the mistake of playing the "Mr Nice Guy" in the hopes that the woman will turn around and tell him that she is attracted to him.

Yet, the only thing this accomplishes is to get the woman to doubt her feelings (if she's been feeling attraction for him), because suddenly he is behaving like her best friend instead of a potential lover.

Watch this video to understand why being too nice to a woman will often lead to rejection!

As you will discover from the video above, there is absolutely nothing wrong with being nice to a woman, but when a guy is too nice in the hopes that a woman will "like" him enough to give him a chance, she will reject him due to a lack of sexual attraction.

A woman might like a nice guy as a person, but if he doesn't know how to make her feel turned on while talking to him, then she's usually just going to see him as another confused nice guy who doesn't even know how to attract women.

3. Wasting time looking for signals instead of taking the lead and moving things forward.

In many cases, a guy who keeps wondering, "Is she attracted to me?" is the kind of guy who sucks at getting the type of women he really wants.

He might be able to get lucky at times, but if the woman doesn't make it easy for him, he will usually be stuck with unattractive women or nothing at all.

Rather than taking the lead like a man, he will wait and hope that she makes the first move by suggesting they go on a date, telling him that she likes him and wants to be with him or getting drunk at a party and kissing him first.

Yet, this rarely happens with hot women because they'd rather hook up with a confident guy than have to guide an insecure, self-doubting guy into the bedroom with them.

A woman wants a guy to make her feel like a real woman (i.e. feminine, girly, free to be emotional around him) so she can relax and enjoy the excitement of being sexually seduced by a masculine man.

It's a huge turn on for a woman to know that a man not only has the ability to actively attract her and turn her on, but he also has the balls to move the interaction forward from a conversation to kiss to sex and into a relationship.

If she has to make all the moves, she will feel like the dominant one in the relationship and that is a definite passion killer for almost every woman.

4. Being way too keen, even though she hasn't done much or anything to impress him.

If the woman that you like is a beautiful, pretty or sexy woman, then pretty much every guy would be willing to have sex with her at least once.

Many of those guys would also be willing to have a relationship with her, regardless of her

intelligence level, what she does for a living, the type of clothes she wears and what her personality is like.

Essentially, just because she looks good, most guys are willing to stick it in.

Women hate that.

Since the majority of guys in this world make an instant “Yes” or “No” decision on whether or not they would have sex with a woman, women prefer guys who are more of a challenge to win over.

Watch this video for a full explanationâ□|

As you will discover from the video above, you can stand out from the crowd of guys simply by not being so immediately won over by women.

A word of warning thoughâ□|

I am not saying that you should act like you are challenge and then sit around expecting women to rush to you and beg you for a chance to be your girlfriend.

That’s not how it works.

Being a challenge means that you need to first make a woman feel attracted to you and then only become fully interested in her if she treats you nicely, presents herself beautifully and meets your standards.

After making her feel attracted, you can say to her, “*You’re sexyâ□|I like you,*” but just don’t show her that you are 100% sold on her before she puts in some effort to impress you.

By making her work to earn your full interest, she will appreciate you and want you so much more than if you were to just give her your 100% approval even though she isn’t treating you very well or meeting your standards.

5. Ignoring her.

Some guys hope that if they can just ignore a woman enough, she will feel rejected and then feel compelled to get him to like her.

Yet, if she isn’t attracted, she isn’t going to care if the guy is ignoring her or paying her a lot of attraction.

Attraction has to come first and everything else follows that.

If a woman is attracted to you and you ignore her a bit, it can make her want to get your attention or impress you more so that you like her.

However, she will only do that if you have been making her feel attracted and turned on by the way that you’ve been interacting with her (e.g. displaying confidence, getting her laughing and feeling girly around you, etc).

5. Asking her friends or family.

Almost all women hate it when a man tries to sneak into her life by getting her friends and family involved.

Of course, it’s completely fine to ask a woman’s family or friends if she likes you when you know that she’s already attracted to you, but there’s no point doing it then unless you just want to joke around and build up some tension.

Problems occur when a guy (who she has no sexual interest in) goes behind a woman’s back to ask her friends or family, “Is she attracted to me?” Since she hasn’t been gossiping to them about him as

her new crush, they will tell him to ask her himself.

A woman's parents or friends usually won't want to force her or encourage her to get with a guy whom she isn't attracted to, so they will feel weird about getting involved unless they know that she has a crush on him.

6. Missing her unique signs of interest.

[image: How can I tell if she is attracted to me?]

All women give different signals of interest.

Some women act uninterested when they are interested, so they can test a guy's confidence and interest level. Other women make it really obvious that they like a guy (e.g. submissive body language and behavior, excessive touching, etc) and some women even come right out and say, *"I like you."*

As a man, it's important to be aware that women will think, behave and act differently than one another.

Rather than looking for exact signals that you've read about somewhere online, you need to pick up on her way of showing interest and then confidently move things forward from one step to the next (i.e. from a conversation to kiss to sex and into a relationship) when the time is right.

If you wait too long, many women will give up on you and either assume that you lack the confidence to make a move or think that you don't like her enough to follow through all the way to kissing, sex and a relationship.

7. Snubbing her.

Snub (*verb*): Rebuff, ignore, or spurn disdainfully.

Not knowing what else to do (i.e. he's already tried the nice guy act), some guys resort to becoming rude towards women to hopefully impress them.

For example: If a guy has been rejected time and time again for being an ass-kissing nice guy towards women, he might think, *"Okay, you want a bad boy? I'll show you a bad boy you bitch!"*

He will then try to act like he doesn't care about women and will be rude, arrogant and cold to women during conversations.

Although being rude will certainly get a woman's attention, it isn't going to make her say, *"WOW! This guy is being rude to me. It must mean that he is so popular with other women that he doesn't care about me."*

Instead, she's just going to see him as a weird jerk who not only doesn't make her feel attracted during an interaction, but also lacks the social skills to be get along with people in a harmonious way. Of course, there are some women who like arrogant guys, but those guys will be making the woman feel attracted to them in other ways (e.g. making her laugh, being confident, having a masculine vibe, etc).

The secret to success with women isn't about being a rude bad boy who doesn't care about women. It's about being a good guy who also has the ability to attract women and turn them on during interactions.

Go With the Flow

Getting laid or getting a girlfriend is simple when you go with the flow of nature, rather than trying to fight against it.

Going with the flow of nature means that you start out by actively making the woman feel attracted to you, before you attempt to get to know her or begin a sexual relationship with her.

Fighting against the flow of nature means that a guy bitches and moans about how he wants women to like him and want to be with him sexually, just because he's a nice guy.

Here's the thingâ€¦!

Women don't care if you are a nice guy before you have made them feel sexually attracted to you.

If a guy tries to be liked for being a nice guy, he's going to get rejected by most women. However, if a guy starts out by making the woman feel sexually attracted to him and then charms her with his nice personality, she will feel attracted to him and feel excited about starting a relationship with him.

So, if you want to succeed with this woman you like or other women you meet in future, make sure that you go with the flow of nature rather than fighting against it.

Attracting women for sex and relationships is really easy when you approach it correctly...

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Do Women Like to Be Pursued?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Yes, women do like to be pursued, but they only want to be pursued by guys that they feel attracted to.

For example: If you meet a woman and you are confident, charming and make her laugh and enjoy talking to you, then she's going to feel attracted to you.

Then, when you pursue her because you are attracted to her too, she is going to welcome the pursuit because the attraction is mutual.

[image: Pursuing a woman]

However, if you meet a woman and you are nervous, too polite and essentially putting on an act of being an even nicer guy than you really are (in the hope that she "likes" you as a person), then she's not going to feel attracted to you.

She might like you as a person and think you're a nice guy, but because you haven't said or done anything to trigger her feelings of sexual attraction for you, she won't be interested in being pursued by you.

[image: Do women ever want to be pursued anymore?]

If you pursue her, she is going to feel annoyed because it is clear that you feel attracted to her, but she only sees you as a friend or random guy that she has met.

Women hate it when a guy expects to be able to date her even though he hasn't done anything to make her feel attracted or turned on. All he has done is be nice to her, be friendly and is now expecting to get to date her and have sex with her based on that.

If you want a woman to welcome your pursuit and say, "Yes" when you ask her out or gladly have a first kiss with you, then you must start out by making her feeling attracted and turned on by you.

Don't expect women to want to be with you just because you're a good guy.

That's not how it works.

Do you know how to make a woman feel attracted to you when you interact with her in person?

Watch this video to understand how it works!

As you will discover from the video above, you can proactively trigger a woman's feelings of attraction for you when you talk to her on the phone or interact with her in person.

When a woman feels attracted to you, she will then become open and willing to be pursued by you.

However, just make sure that you're not too easy.

Some women like prefer guys who are a bit of a challenge to win over and here is why!

As you will discover from the video above, it's very easy for a woman to attract guys for sex or a relationship.

All she really has to do is say "Yes" or "No" to the many guys who will be interested in her at any given point in her life.

Yet, that gets boring after a while.

She doesn't want to be in the position of power all the time. She wants to be able to secure herself a

guy who could easily have other women, but he will choose her if she is attractive enough and impresses him enough when they get to know each other.

Don't Expect Women to Think, Behave and Act Like We Men Do

Do you ever feel confused when you try to understand why women think, behave and act in the ways they do?

Does it seem to you as though women play games with men by sending out mixed signals?

For example: Sometimes a woman will be responsive and friendly to you, but if then show interest in her, she will go cold and start to ignore you.

Other times, she might seem keen to meet up with you for a date, but when you attempt to arrange it, she says that she's busy or isn't looking for a relationship right now.

Luckily, there are specific reasons why women do that and once you understand it, you will then know how to stop her feeling like she needs to play games with you.

Watch this video and I'll give you 7 examples of what initially seems like "strange" behavior from women, but turns out to be completely understandable if you can understand why women do it!

As you will discover from the video above, women aren't as strange and weird as most guys think they are.

There are very specific reasons why women think, behave and act in the ways that they do.

As a man, one of the best decisions you will ever make in life is to stop fighting against the differences between men and women and simply accept that women really are different to us.

Women have specific reasons for behaving in the ways that they do and when you can learn to love and accept women as they are rather than expecting them to act like we do, your life will get a whole lot easier and more enjoyable from then on.

Mistakes That Guys Make When Pursuing a Woman

Most women do want to be pursued to see that the guy actually likes them and to see how interested he really is (i.e. is he just trying to get her interested to boost his ego, is he only interested in sex, etc).

So, there is nothing wrong with pursuing a woman, but if you want things to flow smoothly from one step to the next, I recommend that you avoid these rookie mistakes!

1. Being too keen too quickly.

It's great to show interest in a woman, but you need to maintain your cool! especially if she is attractive.

Why?

If the woman that you like is attractive, then pretty much every guy she meets will be willing to have sex with her (at least once) and many of those guys will also be interested in a relationship! just based on her appearance!

Most guys are willing to bang any half-decent woman, regardless of what her personality is like, what

she does for a living, how smart she is and so on.

This is why women prefer guys who are a bit of a challenge to win over, compared to guys who immediately like her 100% just because she looks good.

What a woman wants is for you to make her feel attracted to you (i.e. display some of the personality traits that naturally attract women, such as confidence, charisma, charm, humor, etc), show your interest in her, but don't be 100% sold on her until she fully impresses you and wins you over.

Some guys are so eager to get laid or get a girlfriend (with any half-decent or pretty woman they meet), that they immediately become super keen and try to show the woman that they are ready for sex, relationship or even marriage with her.

Other guys don't want to offer any challenge because he wants to show the woman how much he likes her and wouldn't want to be "mean" by making her have to impress him a little.

From his perspective, he wants to show her how nice of a guy he is because he thinks that it will trick her into wanting to be in a relationship with him.

Yet, that's not how a woman's attraction for a man works. Here's whyâ|

As you will discover from the video above, there's nothing wrong with being nice to a woman.

However, niceness is not what turns a woman on and makes her feel sexually attracted to a guy. Women only appreciate niceness from a guy that they are attracted to.

You've got to make sure that you first establish the woman's attraction for you and when you've done that, she will then see your nice behavior as charming and exciting.

Yet, if all you are offering a woman is nice behavior, she is simply going to see you as a nice guy, a friend, a nobody, an ass-kissing or a just another random, forgettable guy that she has met in her life.

So, make sure that you approach things the right way.

If you meet a woman and are really keen on her immediately without even doing much (or anything) to turn her on, she will either reject you or lead you on by showing interest one minute and indifference the next.

Some women enjoy leading guys on by pretending to be interested when they aren't. Women do this to boost their self-esteem by having loads of guys interested in them at any given time.

However, the guys that they actually sleep with or get into a relationship with are almost always those who properly attract them, offer a bit of a challenge and then move the interaction forward to kissing and sex.

2. Pursuing her relentlessly, even though she isn't attracted.

[image: Pursuing a woman who isn't attracted]

Some guys grow up never being taught how to properly attract a woman and get her into a sexual relationship.

Guys like that often base their ideas of how to get a girlfriend on what they see in Hollywood movies.

For example: The hopeless romantic guy has a huge crush on a girl and he pursues her for the first half of the movie. She keeps rejecting him and is happy in her relationship with a jerk or a bad boy.

Then, the hopeless romantic nice guy saves the day, saves the world or saves the girl and she falls head over heels in love with him.

That's not how women respond in the real worldâ|and we rarely have a chance to save the world

like movie characters do.

In the real world, women hate it when guys pursue them despite the fact that mutual attraction has not been established.

It's one of the 3 things that attractive women hate about many single men!

As you will discover from the video above, it's very easy for women to attract men for sex or a relationship because a man's attraction to a woman is primarily based on her physical appearance.

If she looks good, most guys would be willing to bang her and many of those guys would also be interested in a relationship.

The same rule doesn't apply for women.

Most women (not all) are mostly attracted to the non-physical traits about men (e.g. confidence, charisma, charm, humor, masculine vibe, etc), so to make her feel attracted, a guy needs to actively display some of those traits when he interacts with her.

If a man meets a woman and he's only being nice, friendly and polite when talking to her, then she might like him as a person, but she's not going to be feeling attracted and turned on by his approach.

If he then begins to pursue her relentlessly because he feels attracted to her, she will roll her eyes and feel annoyed that yet another clueless guy is trying to hook up with her based on making her feel nice, friendly feelings.

If you want a woman to welcome your pursuit, you must ensure that the attraction is mutual. You can't expect an attractive woman to enjoy being pursued by guys that aren't even making her feel turned on or attracted.

3. Expressing his feelings too soon.

A woman only wants to know if you have "feelings" for her after you have made her have feelings for you.

Feelings begin with attraction and then begin to branch out into lust, love and yearning. So, when a guy has feelings for a woman, it's clear that he is attracted to her and is beginning to fall for her.

In most cases, the best time to tell a woman that you have feelings for her is sometime after (e.g. a few minutes, a few hours, a few days) you've had sex with her.

Why? These days, most relationships start with sex and the man and woman then decide if they want to be with each other in a committed relationship after that.

For example: A study in the USA found that 55% of couples had sex on their first date and a European study found that 70% of women admitted to having had a one night stand before.

It's fine to wait 2-3 dates before you have sex with a woman if that's what you want, but just hold off on telling her that you have "feelings" for her prior to that.

The only exception is when the woman is really shy and insecure about her attractiveness and appeal to you. In that case, it's fine to say, *"Hey I just want you to know that I like you more than just a friend."*

In most cases though, when a guy declares his feelings for a woman too soon, he will scare her off if she hasn't yet decided whether or not she wants anything more than a friendship with him.

4. Asking her if she likes him.

If a guy asks a woman if she likes him, it immediately demonstrates a lack of confidence and self-

esteem, which is unattractive to women.

Women are attracted to the emotional strength in men (e.g. confidence, self-esteem, assertiveness, determination to succeed, etc) and turned off by the weakness (e.g. insecurity, nervousness, low self-esteem, wimpiness, etc).

So, the best approach to use is to simply make the woman feel attracted to you. When a woman is attracted to you, she will like you. It's as simple as that.

5. Hiding behind text messages.

[image: Hiding behind text messages]

These days, so many guys make the mistake of getting a woman's phone number or adding her to Facebook, only to then hide behind messages for weeks or months at a time.

If you don't get her on a phone call and arrange a time to meet up in person, she will usually lose interest very quickly and begin to ignore your text pursuit.

For example: A guy recently e-mailed me and saidâ□|

"Last weekend there was a music festival here in [edited out name of city for privacy] and a girl friend of mine had one of her mates come along. She lives several hours away from here.

Anyway, we really along well, had great conversations and shared jokes and a good time. Towards the end of the night they both had to leave as she had to drive back to work very early. I wasn't going to do the same as I wanted to enjoy the rest of the festival. We gave each other a kiss goodbye and finished off great!

Within 10 minutes since leaving, she then sends me a friend request on Facebook, which I took about an hour to accept, just not too appear eager.

We messaged each other like crazy, flirted a lot, and definitely connected. Anyway, fast forward to today, things have started to fizzle out a bit. I feel I've been having to start the conversations all the time.

Initially she was quick to reply and I'd give sporadic ones to not appear needy. Now, after more than these past 24 hours, she hasn't started conversation as I would've liked so I decided to send her something last night. Waiting for her reply at this moment at it is 2pm already. My question, should I always be trying to start messaging conversations? Does it not make me look needy and her rather uninterested?"

Can you see where that guy is messing things up?

He's over-thinking things.

He's acting like he's not needy, when he actually is. If it wasn't needy, he would relax and realize that people have a life and don't always have the time to be lying in bed messaging back and forth. She might have something to do that day (e.g. go see her family, go to the gym, catch up with friends, or even catch up with a guy she is dating).

Prior to having sex with a woman, you're pretty much just another guy that she's given her number to. Unless you get to that part of the relationship, you can be easily replaced by another guy, unless she is the type of girl who doesn't have many options with guys and focusses only on you.

In the example above, what the guy needed to do was simply message her back and forth for a while the first night if he likes texting so much (personally, I wouldn't have even messaged her) and then

transition to get her phone number so he can call her up during the week.

Giving her a space of a couple of days after the first meeting would have allowed her to miss him and look forward to the call. Since she lives far away from him, he's probably not going to be able to get her out on a date immediately, so it's fine to wait 2-3 days to call her.

When he called her, he would need to respark the attraction (e.g. be confident, get her laughing and smiling) and then try to arrange a time for them to meet in person within the next week or so.

Since she lives several hours away from him, the date with either happen in his city, her city or somewhere half way between. It doesn't really matter where the date happens, but an in-person date is what needs to happen, not 100s of messages on Facebook.

You can only keep things interesting for a short while when all you are doing is messaging a new woman that you've met. Getting on a phone call and arranging a time to meet in person again is how things need to move forward.

Additionally, the guy mentioned that she was flirting and showing lots of interest via message. So, after exchanging many messages with him and not even getting a phone call, she might have been thinking, *"Is this guy really interested in me? Is he afraid to call me because he thinks I will reject his offer to meet up?"*

When she starts to think like that, she will usually stop messaging and wait for him to ask for her phone number or call her up if he already has it.

So, if you are pursuing a woman, make sure that you don't waste time hiding behind texts.

This kind of behavior makes women wonder if the guy has nothing else to do with his life; after all a guy who has purpose and is going somewhere in his life wouldn't have the time to keep texting and phoning her all the time.

How to Pursue a Woman

Here are the basic guidelines of how to pursue a woman:

1. Make her feel attracted to you.
2. Create a unique connection between you and her.
3. Be a bit of a challenge for her to win over (when you first talk to her).
4. Get her contact details.
5. Follow her up until you get her out on a date.
6. Have sex with her.

After you've had sex with a woman, the pursuit can then stop. She will then begin to pursue and want to see you again because you've already had sex with her.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Not Looking For a Relationship. What She Really Means

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

When a guy asks a woman out and she says that she's not looking for a relationship, it might be because:

- She doesn't feel enough sexual attraction for him and only wants to be friends (e.g. he's too nervous, he lacks confidence, he's too nice, etc).
- She doesn't want a serious relationship right now and would prefer a guy who only wants to have sex or casually date (i.e. have sex, be boyfriend and girlfriend) for a while.
- She's already seeing one or more guys and wants to keep things casual rather than getting into an exclusive relationship, which will result in her having to dump the other guys.
- She has had her heart broken recently or too many times and isn't yet ready to fall in love and commit to a serious relationship.
- She's too busy with work or university to have to worry about devoting a lot of time to a serious relationship.

The most common of all reasons why a woman will say, *"I'm not looking for a relationship"* is that she just doesn't feel enough attraction for him.

Watch this video to understand the reality that most women live in and why they end up wishing that they could meet a guy who is more of a challenge to win over...

As you will discover by watching the video above, most guys are willing to have sex and even a relationship with a woman simply based on her appearance.

Yet, the same rule doesn't apply to women.

Unless a guy is really good looking, rich or famous, he will need to proactively spark a woman's feelings of attraction for him by displaying some of the personality traits that naturally attract women (e.g. confidence, charisma, masculine vibe, charm, humor, etc).

Most women are passive when it comes to dating and simply wait for a guy to turn them on and then guide her through the sexual seduction process.

Watch this to understand how a woman's attraction for a man works and how you can use it to make a woman want to have a relationship with you...

As you will discover from the video above, there can even be a huge difference in attractiveness between two identical male twins.

Why? A woman's attraction for a man is mostly based on non-physical things (e.g. confidence, charisma, masculine vibe, etc). While it is true that some women will only accept a male model with loads of money, the majority of women in this world are open to feeling attracted to all different types of guys.

Women Don't Always Say What They Really Mean

[image: Women don't always say what they really mean]

When a woman says that she is not looking for a relationship, it doesn't necessarily mean that she

won't get into a relationship tomorrow if she meets a guy who attracts her and turns her on.

So, why does she say that she doesn't want a relationship?

She simply wants to avoid any confrontation with the guy or give him clues about what he could change about himself to attract her.

For example: She could be direct and say, *"Look, you're a nice guy, but if you were more confident and actually made me feel girly in response to your masculinity, I would be interested, but you're too nice and you lack the kind of balls that I want a guy to have. You're too much of a softy for me. Grow some balls first please."*

Yet, if she did that, the guy might get angry or he might try to act like he was more confident and ballsy to attract her.

That's not what she wants though.

A woman doesn't want to have to teach a guy how to be a confident, attractive man. She wants a ready-made man who instantly allows her to relax into being a feminine woman (i.e. girly, free to be emotional, slightly submissive, etc) around him.

If a guy doesn't have what it takes to make her feel the way that she really wants to feel, she will simply reject him and remain open to meet other guys instead.

For example: A woman might outwardly complain, *"I really just want to meet a nice guy who will treat me like a princess. Why can't I meet a guy like that? Men are such jerks!"*

Yet, when a nice guy approaches her (let's call him Guy#1) and behaves like the perfect gentleman, she might smile politely and talk to him, but when he attempts to kiss her or initiate a sexual relationship with her, she will pull away, appear shocked and say something like, *"You're a really nice guy, but I'm not looking for a relationship."*

Why?

Niceness doesn't create sexual attraction or turn a woman on. It simply makes her feel "friendly" feelings, which isn't enough to justify a kiss, a date or a sexual relationship.

Watch this video to understand further...

As you will discover from the video above, there's nothing wrong with being nice to women at all, but if your real aim is to have a sexual, romantic relationship with her, you must first establish mutual feelings of sexual attraction.

Yes, you are attracted to her, but have you done enough to make her feel attracted and turned on by you? Are you expecting her to want to be in a relationship with you because you're a nice guy or a good guy?

That's not enough.

You have to first make her feel sexually attracted to you and when that is established, she will then appreciate the fact that you are a good guy and will see that as a very welcome bonus.

However, trying to get a woman into a relationship simply based on niceness or a friendly approach just doesn't cut it.

So, to be very clear here...

When a woman says she's not looking for a relationship, what she usually means is that she's simply not interested in having a relationship with that particular guy, because he's not making

her feel enough (or any) sexual attraction.

He may be doing everything he thinks she wants him to do, (e.g. treating her like a princess), but because heâs not creating a sexual spark between them, so when he brings up the idea of him and her having a relationship, she flatly rejects him.

Yet, a few minutes later another guy (letâs call him Guy#2) may approach her and before long, they begin kissing, leave the venue together or exchange numbers and start dating immediately.

[image: She doesn't want to have a relationship with me. What's so good about the other guy?]

Even though a few minutes earlier she told Guy#1, *âIâm not looking for a relationship*,â she had trouble saying *âYes!*â to a date with Guy #2, or even kissing him and having sex with him on the first night or first date.

Guy#2 made her feel the way she wants to feel when sheâs with a man (i.e. attracted and turned on, in addition to treating her nicely). He created a spark between them, connected with her and that then made her want to be in a relationship with him.

4 Mistakes That Can Lead to Her Saying, “I’m Not Looking For a Relationship Right Now”

Attracting women into sexual relationships is very easy when you follow the correct dating procedure (i.e. attract her, connect with her, escalate to kissing and sex).

However, when a guy makes one or more of the following mistakes, dating becomes a nightmare full of rejection, confusion and heartacheâ!

1. Sharing his feelings with a woman before she is even properly attracted to him.

Most guys instantly feel attracted to a womanâs physical appearance, and in most cases, that attraction is enough for him to want to have sex with her and possibly even start a relationship with her.

So, if a woman that he is attracted to happens to be nice to him, he might say something like, *âI really like you. Youâre so different from all the other women Iâve metâ or âYouâre really special to me. I want you to know that I have feelings for you. Do you have feelings for me?*â and he may even hint at wanting to be her boyfriend, or ask her what she thinks of having a relationship with him.

Why do guys share their feelings with a woman who isn’t even properly attracted yet?

Most single guys have no idea how to make women feel attracted to them, so when an attractive woman is nice to them, they get all excited and immediately begin to imagine having a relationship with her, having sex with her, falling in love and maybe even living happily ever after.

The guy gets excited because he feels as though he is getting lucky (i.e. scoring a woman without even having to properly attract her first), but in most cases, a woman will reject a guy who shares his feelings for her before she is properly attracted to him.

When she says, *“Sorry, I’m not looking for a relationship right now”* he will feel crushed.

[image: Why doesn't she want to have a relationship with me?]

All those excited nights that he couldn’t fall asleep because he was imagining being with her, all

come crashing down into a heap of rejection.

She might add, *"I like you as a friend and I don't want to ruin that. Can we just be friends?"*

It's a horrible experience to go through for a guy, especially when he really feels like he was doing the right thing by sharing his feelings for her.

Yet, instead of pleasing her, this Hollywood movie approach makes a woman feel uncomfortable and turned off. Why?

Women hate it when guys don't know how to make them feel attracted and turned on. It's one of the 3 things that many attractive women hate about most single guys!

Most guys completely overlook the fact that women want to feel attracted and turned on too.

Women are sexual beings just like we are, so when a guy expects a woman to give him a chance because he's got "feelings" for her, she will feel annoyed, misunderstood and will reject him.

If she doesn't want to hurt his feelings, she might say something like, "I'm not looking for a serious relationship at the moment" or "You're nice, but I think we'd better off as friends."

So, when is the right time to tell a woman that you have feelings for her?

Generally speaking, you should wait until after you've had sex with her. It's not 1900 anymore where a man had to court a woman for months or years before they finally lost their virginity on the wedding night.

In today's world, most relationships start with sex and after that, the man and woman can then decide if they want to keep seeing each other casually or get into an exclusive, committed relationship.

2. Hoping that if he is a good friend to her, she will then want him as a boyfriend.

[image: I've been a good friend to her - why doesn't she want to have a relationship with me?]

Some guys make the mistake of putting on an act of being a friendly guy who only wants to be a "friend" with a woman that they secretly like, because they don't want to come across as being too forward or appear not to be a nice guy.

Then, when he makes his move and tries to become romantic with her, the woman responds by saying something like, *"I don't want to ruin our friendship,"* or, *"I am not looking for a relationship."*

What she really means by that comment is that he hasn't been saying or doing anything to make her feel sexually attracted to him, so the knowledge that he's looking for something more, only makes her feel awkward around him.

Some guys think that just because a woman "likes" him as a person, she also feels sexually attracted to him. Yet, there is a huge difference between a woman liking a guy and feeling sexually attracted to him.

A woman can easily like many different guys as a friend without feeling sexually attracted or wanting to be in a relationship with any of them.

3. Hoping that if he does whatever she wants, she will be so impressed by his generosity that she'll want to be in a relationship with him.

When a guy doesn't know how to make a woman feel sexually attracted and turned on, he will sometimes hope that if he can just do whatever she wants him to do, she will then be impressed and "give him a chance" with her.

Yet, thatâs not how it works.

When a man becomes a doormat for a woman to walk all over, she loses respect for him and as a result, she is unable to feel sexually attracted to him as well.

Women are instinctively attracted to the emotional strength in men (e.g. confidence, high self-esteem, assertiveness, etc) and repelled by the weakness (e.g. insecurity, low-self esteem, wimpiness, etc).

If a beautiful woman perceives a guy as being weaker than her, she will usually reject him by saying sheâs not looking for a relationship.

I say “beautiful woman” in the sentence above, because many unattractive women will accept a weaker man because they are insecure about their ability to keep a confident man in a relationship.

However, if you’re like most guys on this planet, you’d rather have an attractive woman than be stuck in a relationship with an unattractive woman that you’re not proud of and aren’t interested in having sex with.

All that said, there’s nothing wrong with doing what a woman wants at times, as long as you aren’t letting her push you around in the hopes that she “likes” you.

You can be a kind, good man, but just don’t be a pushover.

4. Thinking that her attraction and love can be bought.

Itâs normal for a guy to want to buy a woman a drink, or if theyâre going out on a date, to pay for dinner.

However, the mistake many guys make, is to assume that if they shower a woman with things (e.g. expensive dinners, gifts, trips, etc), she will be impressed and want to be his girlfriend.

Although some women will enjoy this type of treatment (and may even exploit the guy to get as much out of him as they can), most women wonât be so easily bought.

There’s nothing wrong with buying a woman dinner or paying for a drink, but as long as you’re not going overboard with those things to hopefully get her to “like” you enough to give you a chance.

Most modern women earn their own money and don’t need a guy to prove that he has the ability to shower them with gifts and support them for life.

These days, most women make their decision on who to get into a relationship with based on how much sexual attraction the guy makes her feel.

If you can just focus your attention on triggering a woman’s attraction for you by displaying some of the personality traits and behaviors that naturally attract women (e.g. confidence, charisma, humor, masculine vibe, etc), you will laugh at how easy it is to get women into sexual relationships with you.

You won’t be hearing, “I’m not looking for a relationship” and will instead be hearing, “*When can I come over to your place?*” or “*I miss you! I want to see you.*”

When You Make a Woman Feel the Way That She Wants to Feel Around a Guy, She Will Naturally Want to Have a Relationship With You

Most women are bored to death with the dating options that they get to choose from.

It's the same old thing over and over again.

Guy meets her > Instantly wants to be with her because she looks good > Tries to impress her by being really nice > She rejects him because she's not feeling attracted.

Over and over again.

She then has to say, *â€œYou're really nice, but I'm not interested in a relationship.â€*

What she really means is that she's tired of being hit on by guys in the same old, boring way.

A woman dreams of being approached by a guy who can attract her and turn her on, connect with her and then be a bit of a challenge to win over.

She wants to feel lucky that you are choosing her, rather than feeling as though you can't really attract other women and are only focused on her because you have no other options with quality women like her.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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How to Ask a Woman Out on a Date: 5 Mistakes to Avoid

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

It's very easy for a woman to get laid or find herself a boyfriend because all she has to do is say, "Yes" to the many guys who will be interested in her at any point in time.

If a woman is attractive, most guys are going to be willing to have sex with her at least once and many of those guys will also want to have a relationship with her, regardless of what her personality is like, what she does for a living and what her fashion sense is like.

For most guys, it's either a "Yes" or a "No" as to whether they would have sex with a woman, but it doesn't work that way for women when they select men.

This is why the dating game works differently for men than it does for women.

For women, it's about being passive and basically saying "Yes" to guys who make them feel enough attraction, whereas for guys it's about proactively making women feel attracted and then having the confidence to move the interaction forward from one step to the next.

So, if you want to know more about how to ask a woman out, here are 5 mistakes to avoid if you don't want to get rejected...

1. Not establishing mutual sexual attraction first

[image: Not establishing mutual attraction first]

If you are sexually and romantically interested in a woman, you shouldn't try to ask her out simply based on a friendly interaction or a platonic friendship between you and her, because she will almost always reject you.

Women say "Yes" to guys who ask them out on a date, when mutual sexual attraction has been established first.

As a guy, it's very easy for you to feel attracted to her because a guy's attraction for a woman is mostly based on her appearance, which is why guys jerk off to porn and can be seriously interested in a woman instantly simply based on how she looks.

You might have heard guys referring to women in photos as "marriage material" and you may have personally fallen in love with many women that you've seen on trains, in shopping malls and simply walking past you on the street.

However, generally speaking, a woman's attraction for a man works differently.

As a man, you need to proactively make a woman feel attracted to you by displaying some of the personality traits and behaviors that naturally attract women (e.g. confidence, charisma, charm, humor, masculine vibe, etc).

Watch this video to understand how a woman's attraction for a man really works...

As you will discover from the video above, you have a lot of direct control over how much or little attraction a woman will feel for you.

For example: If a guy interacts with a woman and he is displaying nervousness, self-doubt, insecurity and anxiety, the woman is going to feel very turned off by him.

Women are naturally attracted to the emotional strength in men (e.g. confidence, high self-esteem, etc) and turned off by the emotional weakness (e.g. nervousness, insecurity, etc).

As long as you are triggering a woman's feelings of sexual attraction for you, she will feel open to the idea of having sex with you or beginning a relationship.

However, if the main approach that you're using with women you like is to simply be a nice, friendly guy, then there is no guarantee that she will feel enough sexual attraction to say "Yes" to going out on a date or beginning a relationship with you.

2. Waiting too long to make a move

[image: Waiting too long to ask a girl out]

After attraction has been established, most women will give a guy a limited Window of Opportunity (WOW) to make a move.

For example: If you meet a woman at a bar or a party and she shows signs of being attracted and is interested, she might only give you a few minutes to start making a move to touch her, get more intimate with her (e.g. sit down on a couch together at the party or bar) or get her alone with her (e.g. move a few steps away from her friends, go to the bar together to order a drink, etc).

[image: Losing an opportunity with a woman because he took too long to make a move]

If you don't make a move, she will lose interest and open herself up to another guy instead.

This will happen if her real plans for the night are to hopefully get laid or get herself a boyfriend by having sex with a guy on the first night.

On the other hand, if you meet a woman at work or at university for example, the WOW (Window of Opportunity) might last for a couple of weeks, but if you wait too long to make a move, she will usually lose interest due to your lack of confidence.

So, if you're going to ask a woman out, what you essentially need to do is make her feel attracted to you, get her number, call her up (1-3 days later), respark some attraction and then suggest catching up.

3. Asking to take her out, rather than to catch up

A common mistake that guys make is where they ask a woman if they can take her out somewhere, rather than just asking her to catch up.

When a guy says, "*So, can I take you out sometime?*" or "*I'd like to take you out on a date. When are you free?*" it signals to a woman that the guy is already thinking that the date will lead to a serious, committed relationship and possibly even marriage.

Some women are fine with that type of approach because they are looking for a serious relationship and don't want to waste time with casual sex or temporary dating relationships, but these days, most women feel turned off by it because it's too serious too soon.

So, here's what you should say to ask different types of women out...

1. A woman who only wants to have casual sex and date you for a while to see where it goes.

“Hey sexy â□□ it was fun to meet you the other night. You crack me up. It would be cool to catch up sometime soon to say hi. . I’m going to busy on _____ (e.g. Monday) and _____ this week, but I have _____ and _____ free, how about you?”

2. A woman who doesn’t want a casual relationship and is looking for a serious boyfriend or potential husband.

“Hey, so I really enjoyed meeting you the other day and I like you, so let’s organize a time where I can take you out. I’m going to busy on _____ (e.g. Monday) and _____ this week, but I have _____ and _____ free, how about you?”

3. A woman who you’ve only ever been friends with, but have now established mutual sexual attraction with.

“Hey, so I know that you and I have only ever been friends, but I think it would be fun to catch up, have a drink together and see what happens.”

Or,

“Hey, so I’m going to a bar on Friday night with _____ (a friend or some friends), you should come along too” and then at the bar, make her feel more attracted to you and kiss her there or invite her back to your place for a private after party (e.g. “Hey, let’s head back to my place to chill out and have a drink, just you and me”).

As you can see from the examples above, it’s best to tailor your approach to the particular woman and the dynamic between you and her.

When you do catch up with a woman in person, what you need to do is continue to build up her attraction for you, get to a first kiss and then get her back to your place or go to her place.

These days, most women hate it when guys take too long to get to a first kiss or sex.

For example: A study in the USA found that 55% of couples had sex on the first date and a European study found that 70% of women admitted to having a one night stand before.

So, when you do “catch up” with this woman that you’re asking out, make sure that you don’t wait too long to make a move or she might lose interest.

These days, women often have many different guys chasing them at the same time (e.g. at work, on dating apps like Tinder, guys that she’s given her number to at a bar, ex-boyfriends or lovers, guys in the friendzone with her, etc), so if you wait too long to make a move, you will often lose your opportunity to be with her.

Most women will immediately ignore all the other guys chasing her if you can make her feel enough attraction, guide her to kissing and sex and make her feel lucky to be with you.

The easiest way to do that is to first attract her (don’t try to skip that part) and then offer her a bit more of a challenge than other guys do.

Watch this video to understand how it works...

As you will discover from the video above, most women are bored to death with how easy it is for them to attract guys for sex or a relationship.

She wants to feel lucky that an awesome guy like you is choosing her because she has done enough to impress you, rather than feeling as though you’re just another horny guy who is hoping to score with any woman.

4. Getting nervous because you are worried that one mistake will ruin everything

If you want to be successful at dating women and keeping a relationship together, one of the most important things you need to do is develop confidence in your attractiveness and value to women.

When you are able to trigger a woman's feelings of sexual attraction for you during an interaction by displaying some of the personality traits and behaviors that naturally attract women (e.g. confidence, charisma, charm, masculine vibe, humor, etc), she will overlook or forgive some or many little mistakes that you make along the way because she's feeling so attracted and turned on by you.

As long as you are able to make a woman feel properly attracted to you like that, you don't have to worry about any minor slip-ups or mistakes that you make along the way.

Instead, you just need to keep moving forward from one step to the next, based on the fact that if a woman is attracted to you, then she will be open to the idea of having sex with you or going out on a date with you.

However, if you are only approaching your interactions in a way where you are being a really friendly, nice guy who is hoping to be liked because you're such a nice guy, then women won't be as lenient on the mistakes you make.

Since the woman won't be feeling much or any sexual attraction for you based on the nice guy approach, your mistakes will become yet another reason why she will feel as though you're not a good match for her.

5. Trying too hard to impress to her to the point where she begins to play hard to get

[image: Trying too hard to impress a woman before asking her out]

A lot of guys don't realize how easy most women are to pick up.

Most women act as though they are really hard to get and really picky, but the majority of women are very easy to get a phone number from, get out on a date and have sex with as long as you've established enough attraction first.

Since many guys don't really know how to properly attract women with their confidence and personality, they will often fall into the trap of trying really hard to be liked for being such a nice guy.

Watch this video to understand why the nice guy approach to women results in rejection more often than not...

As you will discover from the video above, there is nothing wrong with being nice to a woman, but women only appreciate nice guys when the guy first establishes sexual attraction.

If a guy is being really nice to a woman in the hope of impressing her, she might like him as a person because he is so nice, but she's not going to be feeling sexually aroused and turned on by his approach.

For example: A guy might laugh at all of a woman's jokes, buy her drinks, over compliment her and try to show her how much of a nice, trustworthy guy he is compared to other guys.

Yet, most women aren't stupid and they know what it is going on when a guy does that. She knows that he's simply trying to suck up to her by being nice and is hoping to be rewarded with sex, love and devotion because of it.

She knows that he has no idea how to attract women and turn them on with his personality, so he is trying to overcompensate for his lack of attraction skills by being really nice.

Women hate that.

It's one of the 3 things that many attractive women hate about most single men...

Of course, it's a lot easier for women because all they have to do is look good and say, "Yes" to the many guys who are interested in them.

Yet, here's the thing...

It's even EASIER for guys who know how to attract women with their personality and confidence, because those guys are usually already take or sleeping with multiple women. So, when a woman finally meets one of those guys, he can pick up women just as easily as a 8-10/10 women can pick up men.

When you are the guy who can attract and turn women on with your personality and confidence, you instantly become a rare find or a "catch" as some people refer to it as.

The fact is, most single guys in this world are clueless with women and end up wasting years of their life trying to impress with women the nice guy approach, without ever knowing how easy it is to attract women for sex and relationships.

When you can trigger a woman's feelings of sexual attraction by displaying some of the personality traits and behaviors that naturally attract women and you then confidently move the interaction forward from a conversation to kiss, to sex and into a relationship â you will realize how easy most women are to pick up.

Most women go through months of their dating life never even meeting a good guy who can properly attract her and turn her on with his confidence and personality, so when you come along and give her that experience, she won't be saying "No" when you ask her out.

She will be saying, "Yes!" and will be eager to meet up with you ASAP.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

How to Get a Woman in Bed on the First Night or First Date

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you want to get a woman in bed on the first night or first date, the first thing you need to accomplish is to get to get a first kiss.

I've slept with more than 250 women and of the women who I had a one night stand with or had sex on the first date with, it was always the first kiss that changed everything and immediately opened the doors to sex.

Some women can be pulled back for sex after talking to them for 1-10 minutes, whereas others need a couple of hours of hanging out, building up the attraction, getting to know each other and getting to a kiss before they are ready to leave the party or venue and go home with you.

Sometimes, a woman will be shy to leave with a guy in front of her friends, whereas other times she will be excited to show off to her friends that she's met a cool guy who turns her on and that she's happy go home and have sex with.

In terms of first dates, the same rule of getting to a first kiss applies, but it can't be just any kind of kiss. To increase the odds to almost 100% that she will want to have sex (or at least give you a BJ) on the first date, you need to kiss her in a way that turns her on.

So, here's how to get a woman in bed on the first night or first date...

How to Get a Woman in Bed on the First Night You Meet Her

[image: Get a woman in bed on the first night you meet her]

First off all, you will want to go to a place where women are willing to sleep with guys on the first night that they meet them.

- Bars.
- Nightclubs.
- Weekend festivals where people stay in tents or campervans.
- House parties.
- Singles events where you can leave the venue together.
- Wine or beer tasting events.

I've pulled women back for sex on the first night from many different places over the years, but almost all of my one night stands have come from bars, clubs and house parties.

I've also gotten sex on the first day by meeting women in a bookstore and at a shopping mall, where I invite women back to my place on a Sunday afternoon to *"hang out."* As long as you know how to attract women and you have the confidence to move the interaction forward, you can get women in bed very easily these days.

When you're at a bar or nightclub for example, you need to talk to women in a way that turns them on and makes them feel aroused by you, rather than just talking to them in a nice guy way all night.

Watch this video to understand some of the classic conversation mistakes that guys make, which turn

women off the idea of having sex or going on a date...

When talking to a woman that you want to have sex with on the first night, it's better to be direct and honest about your sexual interest, rather than pretending as though you just want to be her friend or are simply a nice, innocent guy who wants to talk to her for a while.

One of the best ways to be direct is to say something like, *"You're sexyâ€¦I like you"* after you've built up some attraction between you and her.

So, at a point in the conversation where you and her are attracted to each other and you've just made her laugh, simply pause for two seconds and look at her up and down and then say, *"You're sexyâ€¦I like you."*

From that point onwards, she knows that you find her sexy, so she doesn't have to play hard to get to make you show her how much you like her. It's already clear that you find her sexually attractive, so she can then relax and just be herself around you.

It's important to give women that direct confirmation of your attraction because most women are much more insecure, depressed and anxious than guys are.

For example:

- Most women are insecure about their physical appearance. According to a global study conducted by Dove cosmetics, 96% of women don't consider themselves to be beautiful.
- Women are reported to experience depression at twice the rate of men in the USA.
- In the UK, 40% of women will require treatment for depression at some point in their life compared to only 10% of men. In other words, women are more depressed than men.
- Women are twice as likely to experience anxiety compared to men.
- 60% of the people who have OCD (Obsessive Compulsive Disorders) and phobias are women.

As you can see from the statistics above, women are generally emotionally weaker and more sensitive than men.

So, rather than looking at women and assuming that they are superhuman beings who never get nervous or anxious, understand that women usually need your confirmation and assurance that you find them attractive and appealing.

If you don't give an insecure woman (i.e. most women) that confirmation, she will usually play hard to get and make you really try to impress her first, so she can see for sure that you really do find her attractive and aren't just trying to score with another random girl.

So, after you've given a woman the confirmation of, *"You're sexyâ€¦I like you"* what you then need to do is get to a first kiss.

With some women, the first kiss will happen in front of her friends, while other women will prefer to get alone first (e.g. sit down on a couch together, go to the bar to order some drinks together, go outside the party, sit in a dark or quiet corner of the room, get in a car, etc).

How the first kiss happens usually depends on how the woman perceives public displays of affection. Some women are completely fine to kiss a guy in front of friends, coworkers or some family members, whereas other women are worried about looking slutty or easy, so they prefer to do it away from prying eyes.

Everyone has different opinions about kissing in front of other people, so how you can know if a

woman is okay with kissing you in public?

Generally speaking, if you have made her feel a lot of attraction for you (i.e. you haven't just been talking to her like a friendly, nice guy and instead have been turning her on by the way you behave, talk and interact) and she is talking to you face to face (i.e. eye to eye) while smiling, looking in your eyes, looking down at your lips and remaining really close to your face, then it's almost 100% certain that she wants you to kiss her.

To test whether or not she wants to kiss, simply lean in to kiss her slightly. As long as you do it in a confident, relaxed manner, the kiss will almost always happen and it will feel amazing for both of you.

However, if you begin to lean in and you're looking up at her and using your body language to basically ask, *"Is it okay to kiss you??"* most women will reject you at that point. You've got to just relax and trust in the fact that she is attracted to you and simply lean in to see what happens.

One time, I had a girl pull back and not want to kiss, so I simply smiled and said, *"Oh, I didn't know that you were so shy"* and she then apologized and I said, *"Come hereâ€¦let's just hug instead."*

We hugged for a few seconds, pulled back and started kissing.

I could have ruined that moment though by thinking that I'd been rejected when she originally pulled back. Instead, I believed in my attractiveness to her and from that belief in myself, I was able to say, *"Oh, I didn't know that you were so shy."*

After you've gotten to the first kiss, what usually needs to happen is a bit more partying and hanging out and you then suggest leaving together.

For example: In a moment where you are her are feeling intimate (e.g. hugging, holding each other, kissing, etc), simply say something like:

- We should get out of here.
- You ready to get out of here?
- Let's get out of here and go somewhere else, just you and me.
- Do you want to get out of here and go hang out somewhere private, just you and me?
- Are you ready to get started with the after party at my place?
- Wanna get out of here?

As long as you have built up the woman's attraction for you, created a unique connection with her and gotten to a first kiss, most women will then be willing to leave the venue with you.

[image: How to get a woman in bed]

Despite the fact that sex happens very often these days, a lot of guys make the mistake of assuming that a woman would never sleep with a guy on the first night.

Here are some statistics to put it in perspective:

A study in the USA found that 55% of couples had sex on their first date and a study in Europe found that 70% of women admitted to having experienced a one night stand before.

In other words, sex happens very quickly these days, so don't be afraid to make a move after you've put in all the effort to get her attracted, turned on and kissing you.

How to Get a Woman in Bed on the First Date

[image: Get a woman in bed on the first date]

When I first started dating lots of women, I would usually take them out to a restaurant, café or lounge bar to eat, drink and hang out for hours.

After a while, that dating process became very time consuming and usually didn't result in sex on the first date.

So, rather than waste my time and money wining and dining women who weren't going to get it on with me, I decided to only allow women to date me if they would come over to my place for a first date or if I went to their place for a first date.

Quite simply, the first date is about coming over and hanging out while I cook up a dinner and we drink a glass of wine together (I would say a glass, but the bottle would always get finished).

If I was cooking, then I would ask the woman to bring over the wine and if she was cooking, then I would bring the booze.

BTW: I'm speaking in past tense, because I am now in a committed relationship with a hottie, so I don't need to go on dates anymore.

Sometimes, women didn't want to cook dinner at my apartment, so the alternative strategy would simply be to say, *"Okay cool, let's meet at my apartment and we will then go for a walk to the nearby cafes and chill out for a hour or so to get to know each other. If we hate each other, you have an easy way to exit and say that you never, ever want to see me again."*

That would always get a laugh and after enjoying a funny, interesting, sexually arousing date at a coffeeshop, the woman would almost always be eager to come back and "hang out" at my place, which then lead to sex on the first night.

Essentially, to get a woman in bed on the first date, what you need to do is build up her sexual attraction for you, create some sexual tension and then when you do kiss her, make sure that you get her feeling aroused and turned on.

For example: Having a slower, passionate kiss rather than attacking her mouth with an overly-enthusiastic kiss.

When a woman sees that you can go from laughing and having a good time with her in your apartment or house, to calming your emotions down and giving her a slow, passionate kiss; it signals to her that sex with you would be interesting, which then turns her on.

Don't Expect Her to Lead You

[image: Don't expect her to lead you]

A very small percentage of women will be the aggressor and kiss you first and then essentially tell you that they want to have sex right now.

However, for the most part, a woman will want be lead by you and seduced into having sex, rather than actively asking for it or leading the way to make it happen.

The main reasons why most women wait to be sexually seduced by men, rather than making all the

moves themselves:

1. They want to see how confident a guy really is.

The most important trait that women look for in a man is confidence. A great way to test a guy's confidence is to see how he handles himself around an attractive woman.

From a woman's perspective, if a man doesn't have the confidence to make a move and go after what he wants with a woman who likes him, then she will naturally doubt his ability to go after what he wants in the world in general.

Her instincts will tell her that he is potentially the type of guy that will get pushed aside and won't really achieve much in life, because he doesn't have the social confidence to stand up for himself and go after what he wants.

So, even if a woman really likes you and wants to have sex with you, she will usually still wait for you to kiss her first and then suggest leaving together, rather than give you a "free pass" and guide you through the sexual seduction process herself.

She wants to see that you have the confidence to seduce her on your own and that you don't need her to be gentle with you and guide you through the process.

2. They don't want to look too easy.

From a woman's perspective, if she doesn't show any resistance to the idea of having sex with you, then she's in danger of looking too easy and therefore a less appealing option for a committed relationship.

She will have most-likely been brought up to believe that nice girls don't have one night stands or sex on a first date, so no matter how much she wants to have sex with you, she knows that she has to show resistance to demonstrate that she's a good girl.

Here's the thing...

A woman saying *â€œNo* at certain points doesn't always mean, *â€œNo, I don't want to have sex with you at all.*

Instead, it can often mean, *â€œNo, I don't want to be seen as easy, so I'm going to have to resist you for a little while longer.*

So, if you are talking to a woman who is clearly attracted to you and is resisting the idea of kissing you or having sex, it often just means that she's trying to maintain a certain image in your eyes.

If you sleep with a lot of women on the first night, you will find that almost all of them say things like, *"I've never done this before"* or *"Wow, I'm never like this"* just before you have sex.

This is simply a woman's way of trying to assure you that if you get into a relationship with her, you will be able to trust her to control herself and not be seduced by other guys.

Personally speaking, about 80% of the women I've slept with on the first night or first date said that kind of thing.

Initially, I would say, *"Yeah, that's what every girl says"* but after a few times, I realized that it was better to smile and say, *"Well, you're like this with me, aren't you? I bring out the naughty side in you and I like it."*

The Importance of Attraction

I haven't really talked a lot about attraction in this post, but I want to point something out here...

A woman will only want to kiss you if she feels enough attraction for you first. The most important skill that you will ever develop to successful with women is your ability to trigger feelings of sexual attraction inside of a woman.

Watch this video to understand how it works...

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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Nervous Around Girls? Here Are 5 Simple Ways to Fix it

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Do you get nervous around girls you like?

Would you like to stop feeling nervous and start being the confident guy that you know you can be?

Here are 5 ways to fix your feelings of nervousness around girls...

1. Realize that you have the power to make her feel attracted and turned on by you

One of the main reasons why a lot of guys get nervous around girls, is that they simply don't know how to make girls feel attracted to them.

As a guy, it's very easy to feel attracted to girls because your attraction for them is mostly based on how they look. However, a girl's attraction for you is mostly based on how you make her feel when you interact with her.

For example: If a guy nervously interacts with a girl and hopes to be liked by her because he's being really nice and polite, she isn't going to be feeling attracted and turned on by the way he is interacting with her.

Why? Girls are attracted to the emotional strength in guys (e.g. confidence, high self-esteem) and turned off by the weakness (e.g. nervousness, self-doubt, insecurity, etc).

Watch this video to understand how a girl's attraction for a guy works...

As you will discover from the video above, you can make girls feel attracted to you in many different ways.

When you are confident in your ability to make girls feel attracted to you, then you will automatically stop feeling so nervous around girls you like.

Rather than feeling nervous, you will feel excited to talk to a girl you like because you know that you can make her feel attracted to you.

When you're confident in your ability to attract girls, talking to girls turns into a situation where you either get laid or get yourself a new girlfriend, rather than getting rejected or placed in the friend zone.

2. Stop thinking and start doing

A lot of your nervousness is caused by allowing yourself to think too much about what you are about to do, rather than actually doing it.

For example: If you see an attractive girl that you really want to approach and talk to, you will naturally begin to feel nervous if you waste time thinking and worrying about what might go wrong if you do approach.

If you want to stop being nervous around girls, you've literally got to disconnect from your thoughts and just take action. This is what an alpha male does.

An alpha male doesn't need to sit around thinking about whether or not he's going to be able to attract a girl or be interesting enough to keep a conversation going with her.

Why?

He knows that she will naturally feel attracted to him because of his masculine confidence.

She won't be able to stop herself from feeling attracted to it, because all girls feel attracted to a guy's confidence. It's one of the easiest and most efficient ways to attract girls.

So, rather than wasting time and energy thinking about what might go wrong, an alpha male simply approaches a girl and relies on his confidence to ensure that she feels attracted to him.

If you need to build up the confidence to approach girls, watch this free video...

As you will discover from the video above, it is possible for you to get over your nervousness around girls.

You have a very powerful mind and in this life, you are either going to use it to make you confident and successful with girls or nervous and unsuccessful with girls.

Guys who are nervous around girls will sometimes find that they can "get lucky" and score with a girl, even though they are nervous.

However, when the initial excitement of being with a new guy wears off, the girl almost always loses interest in him because he lacks the most fundamental trait that girls look for in a guy; confidence.

He might be fairly confident with her in the early days of the relationship, but if she starts pulling back her affection and interest later on, he will then become insecure, jealous, clingy and controlling.

When that happens, the relationship begins to fall apart and his luck with her will run out.

He will then be on his own again and might even be more nervous around girls, because he knows that most girls don't feel attracted to him and he's not even sure how to keep a girl interested when in a relationship either.

It's a vicious cycle of insecurity that a lot of guys go through for most or even all of their life.

So, if you want to avoid all the heartache that comes with being a nervous guy around girls and you want to be able to pick up hot girls and keep a relationship together, make sure that you get your confidence issues sorted out now, rather than later.

Luckily, it's actually fairly easy to rapidly become confident and then build on that to have unstoppable confidence within a few weeks.

If you want to learn how to have unstoppable confidence in yourself, make sure you click around here at The Modern Man. All the answers and solutions you seek are right here on this website.

3. Understand that she isn't as bulletproof as you think she is

Most guys don't realize that girls are usually more insecure, depressed and socially anxious than guys are.

For example:

- Women are reported to experience depression at twice the rate of men in the USA.
- In the UK, 40% of women will require treatment for depression at some point in their life compared to only 10% of men. In other words, women are more depressed than men.

- Women are twice as likely to experience anxiety compared to men.
- 60% of the people who have OCD (Obsessive Compulsive Disorders) and phobias are women.
- Most women are insecure about their physical appearance. According to a global study conducted by Dove cosmetics, 96% of women don't consider themselves to be beautiful.

One of the reasons why girls feel that way is that they know how superficial and fleeting their beauty is, especially as they start to get a bit older.

All girls know that they get so much more positive attention and compliments when they paint their face with make up.

[image: Make up - mixed races]

When a girl wakes up in the morning and looks at herself in the mirror, she knows full well that she doesn't look as good as she will when she plasters make up all over her face. As a result of the modern trend of wearing make up, many girls develop insecurities about their physical appearance.

They may act as though they are confident and full of self-esteem, but statistically speaking, most girls that you will meet in your life are actually insecure about their appearance.

So, rather than looking at every girl as being a superhuman who is way more confident, valuable and amazing than you are, just realize that she's a normal girl in this world.

Even though she might be very good at acting confident, you have to remember that she is probably more anxious, nervous and insecure than you are.

When you come from that perspective, you will feel more confident around girls because you will actually feel sorry for them a bit, rather than feeling nervous because you are looking up to them as being super amazing creatures that are way better than you.

So from now on, don't give girls so much credit.

Yes, they look good and you'd like to have sex with them, but you can make them feel attracted to you too.

4. Don't try so hard to impress girls during a conversation

What a girl really wants to see when she interacts with you is that you're confident enough to be your real self, while also focusing on making her feel confident and comfortable as well.

If a guy believes that he isn't good enough for a girl, he will often make the mistake of trying too hard to impress her during a conversation (e.g. by being extra nice, always trying to say the right thing, etc).

Girls don't want you to try so hard. They want you to believe in yourself, relax and allow them feel attracted to your unique personality.

Watch this video to understand some of the classic mistakes that guys make when talking to girls and what you should do instead...

As you will discover from the video above, most guys don't even know how to make girls feel attracted to them during a conversation.

When you are the confident, good guy who also knows how to turn girls on and make them feel a lot of attraction during a conversation, you won't have to worry about feeling nervous around girls

anymore.

Rather than feeling nervous, you will feel excited because you will have yet another opportunity to get laid or get yourself a hot girlfriend.

Soon enough, you will realize that attracting girls is one of the easiest, most exciting things that you ever learn to do in your life. Learning how to attract girls is the most rewarding skill that a guy can master in life and it's so easy to do.

Most guys think that attracting girls is really difficult and that you need to be tall, handsome and rich to get a hot girl, but if you've watched any of the videos on this page, you will know that those guys are wrong.

It's actually funny how easy it is to attract girls.

Most girls put on an act of being really hard to pick up and being really choosy, but as long as you can trigger their feelings of attraction during an interaction, you will see that they are usually so damn easy to have sex with or begin a relationship with.

Especially these days as well.

We're now living in a time where it's totally fine for girls to have sex with many guys before settling down into a relationship. That is, if they want to settle down at all.

So, from now on, don't waste your time trying really hard to impress girls when you talk to them.

Instead, just make girls attracted to you by displaying the personality traits and behaviors that naturally attract girls (e.g. confidence, masculine vibe, charisma, etc) and then go from a conversation to kiss, sex and into a relationship.

5. Don't try pick up every girl you talk to

Some guys get nervous around girls because they put too much pressure on themselves to be compatible with every girl that they find attractive.

As a guy, it's very easy to find girls attractive because most of your attraction is based on their physical appearance, but that doesn't mean you will be perfectly compatible with all of them.

So, rather than placing so much pressure on yourself by trying to pick up every girl that you talk to, just relax, make girls feel attracted and see what unfolds between you and her.

The way that nature works is that no guy is compatible with every girl in the world and no girl is compatible with every guy in the world.

Sometimes, you will talk to a couple of hot girls and initially be interested in one of them because of how she looks.

Yet, as you talk to her and her friend, you might find that you're much more compatible with her friend who is not only beautiful, but connects with you in a more enjoyable way.

That doesn't mean that you've screwed up with the other girl and gotten rejected. It's simply nature taking its course and connecting you with the more compatible girl.

Although they will rarely admit it, girls want you to have standards and only let girls get to be with you if they impress you enough and meet your standards.

This is what girls refer to as a guy "being a challenge" to win over...

As you will discover from the video above, most guys are unwilling to be a challenge for girls to win over because they are trying to score with basically any attractive girl they can get.

When you are the guy who is wise enough to present girls with a bit of a challenge to overcome before they get to be with you sexually or romantically, you will see how easy it is to pick up girls.

You will then see that most girls are now interested in you based on the way that you interact with them and when you have that realization, you won't feel nervous anymore because you will be confident in your ability to make girls feel attracted to you from then on.

If you look up confidence in the dictionary, you will see that it is described as having belief in yourself and your abilities...

Confidence (*noun*): Belief in oneself and one's powers or abilities; self-confidence; self-reliance; assurance.

If you want to be confident around girls, you have to work on your ability to attract them, rather than trying to be liked because you're such a nice guy.

When you can easily attract girls by displaying the personality traits and behaviors that are naturally attractive to girls, you will have confidence in yourself around girls and you will naturally and automatically stop feeling nervous.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Why Am I Always Alone?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Despite the billions of other humans on the planet and how easy it is to now connect with people via social media, some guys still find themselves feeling lonely and left out at times.

Recently, a guy contacted The Modern Man to ask, *“Why am I always alone?”*

He went onto explain, *“I’m always the guy who is there for other people. I mean I’d give someone the shirt off my back if they really needed it, but people don’t return that kindness to me.*

No matter how nice of a guy I am, I always seem to be alone. Other guys have girlfriends and get invited to parties, but no one really ever invites me to those parties...and I don’t have a girlfriend either.”

[image: Why am I always left alone?]

So, to help him and other guys like him, I’m going to provide some tips on how to get past your feelings of loneliness and start enjoying your life with women, friends and other people you meet along the way.

Of course, one of the first tips someone would give to a person who always seems to be alone would be to make some new friends. Yet, what if people aren’t that interested in being his friend?

That’s where I come in. Here are some tips on how to be the sort of guy that others actually want to spend time with...

1. Be a good guy, but don’t be a doormat for others to walk all over

[image: Why do I feel alone around other people?]

Whenever I’ve personally helped a guy to overcome his loneliness (via my phone coaching service), I’ve pretty much always found that he is the sort of guy who is trying to be liked by others for being so nice, generous and giving.

Growing up, a guy like that has been told by parents, teachers and other authority figures to treat people nicely if he wants to be liked.

Yet, what he doesn’t realize is that the advice is missing a crucial bit of information.

What the advice should be is, *“Be nice to people, but make sure that they respect you. Some people will be nice to you no matter what, while others will take advantage of your kindness and use you.”*

There’s absolutely nothing wrong with being a good guy, but when a guy is way too nice to people because he is hoping that they reward him with respect, love, attention and friendship, then he’s doing it wrong.

As a man, the way to make more people like you is to be a good guy, but have balls. You’ve got to be able to stand up for yourself and get people to respect you.

To have that type of confidence in yourself, you need to start looking at yourself as an equal to other people, rather than assuming that you are beneath them.

If you assume that you are beneath others, some kind hearted people will encourage you and try to lift up your spirits, while others will bring you down and try to take advantage of you.

It might seem like a very noble thing to do to live your life essentially kissing everyone's ass, but it won't get you the results you want.

If you want people to like you and want to be around you, it's important that you take a more balanced approach to life. Be a good guy, but don't be a complete pushover.

For example: Watch this video to understand why a guy will be rejected by most women if he is too nice to them...

As you will discover from the video above, there is absolutely nothing wrong with being nice, but being way too nice in the hope of being "liked" is when problems begin to occur both with women and with friends.

Some nice guys give so much and are so generous and kind to friends, but then find themselves feeling disappointed that no-one has their back when they need it.

It's a tough pill to swallow, but the reality of life is that some friends will have your back no matter what you do for them, while others will always turn their back on you when you need it most.

Rather than hoping that everyone is as nice, loyal and kind as you are, just come to terms with the fact that you will need to be a bit more selective with friends. Don't just let anyone be your friend, especially those who you suspect will just use you for your kindness.

Only let people be your friend if they show you the same respect, appreciation and kindness in return. If they don't, then you need to have the balls to say, *"Hey, I really appreciate you as a friend, but I'm disappointed that you"* and explain what you're disappointed about.

Then say (in an assertive, but friendly manner), *"Next time, I want to do a lot better than that. Tell me now how you will approach the situation differently next time"* to make your friend feel accountable for his/her actions.

Some guys are afraid to have that type of conversation with a friend because they are afraid of losing the friendship, but in most cases (except with people who are just using you) it will bring you and your friend closer together.

Your friend will respect you more and treat you a lot better from then on. He/she may slip back into his/her old pattern of behavior at some point, so you have to be ready to address that if it comes up again to make sure that your friend knows that you are not going to be a pushover anymore.

2. Understand that you are right here with the rest of us

[image: You are here with the rest of us]

You might feel alone, but the reality is that you are here on planet Earth with the rest of us. Even if you want to feel alone, you're not because you are surrounded by everyone else. We're all here together.

This is your world as much as it is mine and everyone else's. You are welcome here. This is your place. This is where you belong.

You're not an outsider; you are a part of what is going on here. Don't expect people to come running up to you on the street and say, *"Hey, let's be friends"* or women to wave you over to come and join

their group at a bar or party.

That's not how the world works.

If you want to be included, you have to include yourself. However, you also need to make sure that you are a compatible match for the people you are trying to be included with.

For example: If a guy is trying to get himself a girlfriend, but is a shy, anxious, nervous guy, women aren't going to be excited if he approaches and includes himself in their conversation.

Why? Women are attracted to the emotional strength of men and turned off by the weakness, so his nervousness is going to make the women feel like they need to reject him to get him to go away.

On the other hand, if a guy approaches in a confident, easy-going and self-assured manner, the women will naturally feel attracted to his emotional strength.

They will most-likely test his confidence (i.e. to see if he is just putting on an act of being confident), but if he remains confident, relaxed and self-assured, they will open up to him and begin to feel an increasing amount of attraction for him.

Watch this video to understand how a woman's attraction for a man works and how you can use that to get women to want to be with you...

As you will discover from the video above, you won't be stuck on your own for very long when you are able to trigger feelings of sexual attraction inside of a woman.

Rather than sitting home alone on a Saturday night, you will have a woman cuddled up next to you, kissing you and wanting to spend the weekend with you.

3. Come from a place of emotional fullness, rather than neediness

A lot of the guys who find themselves asking, "*Why am I always alone?*" are the type who tend to make people feel drained when around them.

How so?

The guy is emotionally needy (i.e. he lacks self-esteem and needs others to constantly lift him up, he is insecure and needs reassurance from people, he constantly tries to talk himself up or impress people rather than just relaxing and knowing that he is good enough), so when people are around him, they are constantly having to deal with his awkward way of interacting with them.

People can't just relax and have a good time around him because the way that he interacts with them tends to drain their mental and emotional energy.

For example: This tends to happen a lot with guys who suffer from Asperger's syndrome, because they find it difficult to understand the subtle nuances of social interaction.

It also happens to "normal guys" who are insecure and tend to suffer from social anxiety, because people who are interacting with them can see that the guy is uncomfortable. Most people don't want to feel responsible for making another person uncomfortable in a social setting, so they will just tend to ignore guys like that.

He will then find himself wondering, "*Why am I always left alone?*" or "*Why do other guys get invited to parties, but I don't?*"

He might assume that it's because he's not good looking enough, rich enough or whatever enough, but it usually just comes down to the fact that his lack of confidence makes other people feel uncomfortable around him.

Watch this video for some examples of mistakes that guys make when talking to women, which turn women off in similar ways...

As you will discover from the video above, when a guy comes from an emotionally needy place during a conversation, it will often cause him to behave in ways that are unattractive to women.

When talking to a woman, she wants to be able to see that you are confident, relaxed and completely comfortable being yourself.

You are a good guy, but you're not putting on an act of being even nicer than you actually are, in the hope that it will impress her. You're just being real, which is hugely impressive to women because most guys put on an act around women in the hope of being liked.

4. Don't try too hard to fit in or to be very different than others

You are a unique individual and there are many interesting, likeable things about you.

So, rather than trying really hard to copy everyone else at a party or be extremely different than everyone else, just relax and be your normal, natural self.

When you embrace your true personality and let that come through, you will naturally be seen as a more charismatic and interesting guy. However, if you put on an act to hopefully fit in or be seen as really different than others, people will pick up on the fact that you're a faker.

Fakers usually end up hanging around other fakers, but since they are all faking their personality and happiness, they all end up feeling miserable, insecure and lonely even when they are around other people.

If you want to be happy in this life and be naturally liked by others, then start by liking yourself first. You've got to love who you are because you are somebody in this world and you don't be you, then who will?

5. Improve your ability to attract women

[image: Improve your ability to attract women]

As a guy, you will never find yourself alone (unless you choose to have some alone time for a while) when are able to make women feel attracted and turned on by how you interact with them.

For example: If a guy interacts with women and is shy, nervous and self-doubting, then women aren't going to feel attracted and turned on by him. Why?

Women are attracted to the emotional strength of men (e.g. confidence, high self-esteem, assertiveness, determination to succeed) and turned off by the weakness (e.g. insecurity, low self-esteem, timid behavior, fear of failure).

Watch this video to understand the many excuses that guys come up with to explain their lack of

success with women, without ever knowing the real reason why...

As you will discover from the video above, the real reason why guys fail with women is that they don't even know how to attract women and turn them on during an interaction.

Most guys are just hoping to be liked for being a good guy, wearing nice clothes and saying nice things to women. That's not how it works! You've got to trigger a woman's attraction for you based on how you interact with her.

For example: Attract her with your confidence, attract her by making her laugh, attract her by using your masculinity to make her feel girly in your presence.

The list goes on. I literally teach guys how to attract women in more than 100 different ways. You don't have to be able to attract women in all of the 100 ways, but if you can at least do 5-10 of them, most women will feel enough attraction for you to want to kiss you and have sex with you.

When you have that level of skill with women, you won't be sitting around wondering, "*Why am I always alone?*" because you won't be alone anymore.

×

[image]

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[image: Dan Bacon]

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How to Understand a Woman: 5 Examples

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Have you ever heard a woman say, *“I want a guy who understands me”* when she is describing her perfect kind of guy?

Women say that sort of thing all the time, but what does it really mean to understand a woman?

Here are 5 examples of how to understand a woman in the way that she really wants to be understood by a man.

1. Understand that she isn't always as strong as she makes herself out to be.

[image: How to understand a woman's mind]

Women will often put on a brave front as behave as though they are confident and too good for most guys that they meet. Yet, beneath the surface, many women are either insecure, depressed or suffering from some sort of anxiety.

For example:

- Women are reported to experience depression at twice the rate of men in the USA. In the UK, 40% of women will require treatment for depression at some point in their life compared to only 10% of men. In other words, women are more depressed than men.
- Women are twice as likely to experience anxiety compared to men.
- 60% of the people who have OCD (Obsessive Compulsive Disorders) and phobias are women.
- Most women are insecure about their physical appearance. According to a global study conducted by Dove cosmetics, 96% of women don't consider themselves to be beautiful.

As you can see from the statistics above, many women that you meet will put on a brave face, but are actually quite insecure.

A lot of guys make the mistake of interacting with women and placing those women above themselves in terms of social value, confidence and dominance.

Yet, when a woman encounters a guy who places himself below her in terms of dominance because he assumes that she is so much more confident and emotionally strong than he is, she loses respect for him because he doesn't understand who she really is deep down.

She knows that she's just a girl in the world, trying to get by and doing her best to remain strong, even though she often cries, feels afraid and becomes insecure.

For example: According to an American study, most women cry about 5.3 times a month, or about once a week.

So, while a woman might look tough because of the way she is acting around a guy, it doesn't mean that she is as emotionally strong as a typical guy is.

When a woman meets a guy who assumes that she is stronger than he is, she knows that he's not the sort of guy who will easily understand her.

A typical woman is not looking to match herself up with a guy who is emotionally weaker than she is. The majority of women want to find a guy who is emotionally stronger than they are, not weaker. She wants to be able to feel safe and protected with him because no matter how challenging life gets, he will remain emotionally strong for both of them.

2. Understand that she often just wants to feel emotions, rather than try to fix every problem.

[image: How to understand a woman emotionally]

One of the mistakes that guys make when talking to a woman is to try and fix all of her problems during a conversation. The guy wants to show her how helpful he is and make her life better by fixing problems and annoyances in her life.

Yet, that's not what a woman always wants from a guy.

For example: A woman might talk about how there is a girl at work who is annoying because she is getting more praise from the boss.

In most cases, the woman is going to be smart enough to come up with a solution on her own, so she's not necessarily looking to the guy to come up with a solution that will fix the problem for her.

She might just want to express her feelings and talk about it in an emotional way, rather than having a serious, logical discussion on how to fix the problem.

So, the mistake that some guys make in these moments is to say, *"Oh, I know what you need to do to fix the problem"* and then explain exactly how to fix it. He's hoping that she will be impressed by helpful and smart he is.

Yet, that's not what she's looking to experience around a guy. Why?

If she always has to have serious, logical discussion like a guy when she talks to him, then she can't relax into being a feminine, emotional woman.

She has to disconnect from her preferred state of emotions and get into a more masculine, logical state of mind to fix the problem and keep moving forward in life.

Here's what a lot of guys don't realize about women...

Many women simply like to TALK about problems, get emotional about it and then change the subject.

Not trying to fix the problem doesn't mean that the woman is stupid or incapable of fixing problems in her life, but it does mean that she is simply thinking, feeling and behaving like a feminine woman.

She can get masculine and logical if she needs to, but when she's talking to a guy, she wants to be able to relax into being a woman, rather than having to copy how he thinks, behaves and feels.

Of course, sometimes a woman is looking for help from a guy and is hoping that he can offer a solution, but in those cases, she will ask for his help and focus on trying to come up with a solution.

However, the majority of times, she just wants to be able to express her feelings and talk about things in an emotional way, without having to get into a more masculine, logical way of thinking.

Note: This does not apply to a work context, where you are having a serious conversation with a co-worker or female boss. In that environment, you need to have serious, logical discussions to be able

to find solutions and fix problems.

However, when having a conversation with a woman who you want to attract into a sexual relationship, you need to back off on trying to be a Mr. Fix It every time she brings up a problem or complains about something that is going on in her life.

Just let her experience the emotions and she will be extremely happy, impressed and excited that you understand a woman sometimes just wants to vent and get into an emotional state of being.

3. Understand that she wants to be able to feel like a feminine woman around you.

Some women are very masculine in their nature and prefer to think, feel and behave like men.

However, the majority of women are very feminine in their nature and regardless of how tough a woman's exterior may seem to you when you meet her, deep down she wants to be able to feel feminine and girly around the man that she gets sexually and romantically involved in.

She might be embarrassed or reluctant to openly admit that to others (e.g. if she works in a high status job and needs to make sure people respect her), but away from prying eyes, she wants to be able to be her man's girl.

To make a woman feel like a feminine woman around you, it's important that you don't suppress your masculinity by putting on an act of being a really nice, sweet, extra polite guy or a neutral guy who has no sexual feelings for her.

Women want men to be more honest and ballsy, rather than putting on an act of being a non-sexual gentleman who just wants to get to know her slowly.

It's not 1905 anymore.

In today's world, sex happens all the time and usually very quickly. For example: A study in the USA found that 55% of couples had sex on their first date and a European study found that 70% of women admitted to having experienced a one night stand.

So, while it might seem like the "right thing to do" to be neutral and extra nice around modern women, it's usually a recipe for disaster.

Watch this video to understand why putting on an act of being an even nicer guy than you really are, will often lead to rejection with modern women...

As you will discover from the video above, there is nothing wrong with being nice to women.

However, when a guy is way too nice to the point where he suppresses his masculinity and tries to come across as an extra polite, sweet, non-sexual guy, most modern women simply roll their eyes and reject him for using such an out-dated approach to dating.

What women are really looking for is a guy who isn't afraid to be real around her, but is also a good guy. He doesn't put on an act of being nicer than he actually is, but he is still a good guy.

Rather than lie and pretend like he just wants to be his friend, he has the balls to say, "*You're sexy, I like you*" shortly after they begin talking to each other.

He's not afraid to be real like that and women like it. They like it when a guy has the balls to be honest and show his sexual interest in a relaxed, confident manner.

4. Understand that she wants you to make her feel safe and protected, but to not go overboard.

Deep down, a woman does want to feel safe and protected by her man, but she doesn't want him to go overboard and treat her like a naïve child.

Most women are perfectly capable enough of getting by in life without the protection of a man. She has supermarkets at her disposal, she has a smartphone, there are police in place to protect her and she can earn her own money to support herself.

Life today is not like it used to be 100 or 200 years ago. Today's women have equal rights, they have power and they can get by in life without the direct protection of one man.

However, despite all that, a woman still wants to feel like her man has got her back and that he will remain emotionally strong no matter how challenging life gets for either of them.

He will continue to lead the way to a better life for both of them, even if she stumbles and falls along the way because she's not as emotionally strong or resilient as he is.

Making a woman feel safe and protected isn't about starring other guys down or beating up guys who look at her. It's simply about making sure that she can rely on you to be a confident, emotionally strong man no matter what happens.

5. Understand that she won't always think, feel and act the same way as other women do.

Some women like to be made to feel a lot more girly and feminine than others.

Some women are very career focused whereas others only study and work to kill time until they find a man who will impregnate them, marry them and let them be a stay at home mother.

Some women are afraid to fall in love, whereas others are fearless with love. Some women are insecure when they are in a relationship, whereas others are completely confident and secure in their attractiveness and value to a guy.

So, one of the keys of how to understand a woman is to understand that not all women are the same. You can't expect every woman to think, behave, feel and act in the same way. You've got to allow a woman to be her individual self and love and appreciate her for who she is, rather than expecting her to think, feel, behave and act like other women.

Understanding How a Woman's Attraction For a Man Really Works

One of the things that really annoys women is how the majority of guys don't understand how a woman's attraction for a man really works.

Most guys assume that women feel attracted to men for the exact same reasons that men feel attracted to women (i.e. physical appearance).

However, as you will discover from the video below, the majority of women feel attracted to men for

reasons other than mere looks...

×

[image]

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[image: Dan Bacon]

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Why Are Women Such Bitches?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Recently, a guy contacted The Modern Man and asked, *“Why are women such bitches?”*

He went on to explain that he is a good guy and tries to talk to women, but they are always so cold and indifferent towards him.

To quote his e-mail, he said, *“I approached a couple of women at a bar and after say hello and getting the conversation started, they then gave me the cold shoulder. When I tried to keep the conversation going, one of them told me to leave them alone because they were catching up and hadn’t seen each other in a while.*

Why are women so cold to me like that? It’s not the first time it has happened. Most women I know through work or friends overlook me and go for other guys. I’m a good guy, so what is their problem?”

Can you guess what the problem is?

To me, it’s pretty simple because I went through that myself when I was struggling to get anywhere with women.

Here’s the problem...

The guy isn’t emotionally strong enough to handle the initial tests that some women put guys through.

[image: Women looking for a confident guy]

Some women are a lot easier to approach and talk to than others.

If a guy approaches a woman who is looking for a confident guy, she’s not going to be gentle with him and allow him to talk to her without passing some of her confidence tests first.

For example: She might be nice to him when he starts the conversation, but then begin to close off and act uninterested as the conversation progresses. She might stop contributing much to the conversation to see how he reacts.

If the guy reacts by becoming nervous and self-doubting and she can see that via his body language, she will immediately lose interest in talking to him because she’s looking for a confident guy.

To get him to go away, she might begin to act cold and disinterested and may even ask him to leave her alone.

She would rather reject him and get him away from her, than give him a chance to get to know her and potentially grow on her because she’s trying to find herself a confident guy, not an insecure guy who can’t even handle her initial tests.

If a guy can’t pass her initial confidence tests, then she knows that he’s most-likely not strong enough for a woman like her.

So, as you can see from this example, women aren’t cold, mean bitches who actively try to make men feel bad.

If a woman is bitchy towards a guy, it usually means that she is either testing him or trying to get her to leave her alone because she knows that he’s not emotionally strong enough for a woman like her.

Some women also adopt a bitchy attitude to hide their insecurities (e.g. if a woman is insecure about

her attractiveness, she might act bitchy to get guys to be more respectful towards her) and in those cases, you should feel sorry for her, rather than hate on her.

So, if you are a guy who is wondering, *â€œWhy are women such bitches?â€* the first thing you need to know is not all women are bitches and they don't always act bitchy.

If youâ€™ve had the misfortune of meeting a bitchy woman, don't assume that all women are like her. Most women are nice and are much easier to pick up than most guys realize.

How so?

The majority of women who I've picked up put on a bitchy, hard to get attitude at some point during the pick up process, but it didn't worry me.

I know that I have the ability to attract women and turn them on during a conversation, so I have nothing to worry about.

I know she is going to feel attracted to me and if she needs to pretend to play hard to get to feel better about herself, then she can do that, but I know that I'm going to sleep with her anyway.

Watch this video to understand how you can have the same power over women, regardless of whether they act bitchy or nice towards you when you meet them...

As you will discover from the video above, you actually have a lot of direct power and control over how much or little attraction and woman feels for you.

Don't fall for her act of playing hard to get. Just smile and know that she is feeling attracted to you and she will eventually drop the act and want to hook up with you.

How can you know that you're attracting her?

Simple.

There are many personality traits and behaviors that naturally attract women to men. For example: If you are being confident, have a masculine vibe, make her feel girly in response to your masculinity, make her laugh and have some charisma, most women won't be able to stop themselves from feeling very attracted to you.

A woman might act like she isn't that interested, but if you're attracting her in those kind of ways, then she is going to be attracted and interested.

[image: Some women are easier to approach than others]

Her act is almost always going to be a typical confidence test that she needs to put you through before she feels satisfied that you are emotionally tough enough for a woman like her.

When Guys Get Rejected as Soon as They Approach...

As mentioned earlier, some women are much easier to approach and talk to than others.

However, if you approach women who are looking for a confident guy who knows how to turn them on, you need to get it right.

Here are some example reasons why a guy will get rejected as soon as he approaches a woman or group of women...

1. Approaching in a shy, nervous or anxious way

If a guy lacks self-confidence, he will often come across in a shy, nervous or anxious way when

approaching and talking to women that he is attracted to.

He might be confident and relaxed when talking to unattractive women or women who are already in a relationship, but when he approaches and talks to women that he finds attractive, he can't stop himself from feeling shy, nervous and anxious.

Some women (usually unattractive women) will accept a shy guy, but the majority of women won't.

Why? Women are attracted the emotional strength of men and turned off by the weakness.

Why? Think about the world we live in. To survive, thrive and prosper, you usually need to be fairly tough emotionally.

Being an emotional wimp doesn't always mean that a guy won't be capable of being successful in modern life (e.g. he could work in I.T or accounting and do very well for himself), but women don't take that into account when feeling attraction.

Attraction is an automatic reaction to certain personality traits and behaviors that men display.

Essentially, if the humanity was forced back into basic survival, the more confident, alpha and emotionally strong guys would most-likely be able to survive, thrive and prosper as well as protect a woman.

Of course, this will probably never, ever happen, but that's not important to the human body and it's instincts.

A woman has the natural instinct to feel attracted to confident guys, not shy, nervous or anxious guys because her attraction is directly linked to her need to find a guy who would be a good survivor under any living conditions.

If a guy starts talking to her and is shy, nervous or anxious, it doesn't make her feel as though she would be safer and better off with him compared to a confident guy. So, rather than getting herself involved with him, she rejects him and waits to meet a guy who is emotionally stronger.

She may not be able to explain it that way, but her natural instincts will immediately say "Yes" or "No" when she assesses a guy's body language, vibe and conversation style during the first few seconds to a minute of an interaction.

If she is the type of woman who will not accept anything less than a confident guy, she will reject the shy guy and hope that he goes away and leaves her alone.

He might walk off thinking, "Why are women such bitches?! I'm a good guy! What is their problem?!" but I hope that you now understand what is really going on.

As you will discover from the video above, men and women feel attracted to each other in different ways.

While a woman can feel attracted to a guy's looks, the majority of women choose guys based on the inner qualities, personality traits and behaviors.

For example: If a guy approaches a woman and is confident, charismatic, has a masculine vibe and is able to get her laughing, she is going to be so much more attracted to him than a nervous, shy, anxious guy who is good looking.

Of course, some women (usually the unattractive ones) will accept a nervous good looking guy, but the majority of women will reject him or maybe only have a brief relationship with him.

If you want to be successful with women, you've got to be able to attract them with your personality, behavior and inner qualities. That is what really counts to the majority of women out there.

Yes, some women are shallow and will only accept a male model with loads of money, but the majority of women really do select guys based on how much attraction his personality, behavior and inner qualities (e.g. self-esteem, confidence, ability to love, good nature, etc) make her feel.

2. Putting on a nice guy act

There's nothing wrong with being nice to women, but when a guy puts on an act of being even nicer than he really is, women put their guard up immediately.

Think about it this way...

Have you ever met someone in person who was acting really nice to you, but you could tell that they really weren't that nice of a person. How could you tell? You could sense it.

You could see it in their body language, notice it in their vibe, pick up on it in their attitude and the way they spoke and moved.

Women can do that too.

In fact, women are usually even better at it than men. Women are hard-wired with natural instincts that help them filter out the fakers from the real men.

Some women do make mistakes and end up with bad guys who screw them over, but most women are very good at noticing when a guy is acting a lot nicer than he really is in the hope that he can impress her.

If a woman doesn't reject him immediately, she might allow him to suck up to her (e.g. give her lots of compliments, buy her drinks, do favors for her, etc), but when he finally reveals his interest in her, she will reject him.

He might then wonder, "*Why are women such bitches?*" because no matter how nice he is to women, they always seem to reject him in the end.

Why does that happen?

Watch this video to understand why being too nice to a woman will often result in rejection...

As you will learn from the video above, there is nothing wrong with being nice to a woman.

In fact, I recommend that guys be good guys and treat women well. However, if you put on an act of being even nicer than you are to hopefully be "liked" enough by a woman to be given a chance, then you're doing it wrong.

The shortcut to success with women is to trigger their feelings of sexual attraction for you. Once a woman feels attracted to you, she will then appreciate anything nice that you say or do for her.

However, without sexual attraction present, anything nice that you say or do for a woman will simply make her see you as a nice guy or as a guy who is trying to suck up to her and be liked.

3. Approaching her and putting on an act of being a gentleman who isn't interested in sex at all

Just like being too nice to a woman can backfire and lead to rejection, being too much of a gentlemen upfront can also be a reason for women to go cold.

Unlike women from the early 1900s, a woman today is in a world where she can buy her own things and support herself without a man. She can also have sex before marriage and not even get married if she doesn't want to.

[image: It's not 1900 anymore. Sex happens all the time now]

These days, some guys still hold on to the idea that the way to woo a woman is to â€œtreat her like a lady,â€œ which essentially means to not touch her, keep the conversation and vibe non-sexual and treat her like an innocent virgin would never have sex before marriage.

This approach would have worked 100 years ago, but itâ€™s only going to get a guy rejected by most women in todayâ€™s world.

Modern women are much more independent than in generations gone by and they donâ€™t want a man who acts (yes, he is acting because he isnâ€™t normally like that around friends) in an overly formal way around a woman.

He will make sure that he keeps his hands to himself and certainly never dream of kissing a girl without asking for her permission first. He will pull out a womanâ€™s chair, tell her that she has nice eyes (rather than being honest and saying, *“You’re sexy, I like you”*) and generally act like she is a woman from 1905.

Since 95% of guys who behave in this gentlemanly way believe that they are doing things the right way, they are going to say, â€œ*Why are women such bitches?*â€œ when they get rejected.

Women Are Much Easier to Pick Up Than You May Realize

[image: Most women are easier to pick up than they like to reveal to guys]

If you’re the sort of guy who thinks that women are bitches (don’t worry, I used to be like that too), then you simply don’t realize how easy most women are to pick up.

Women might put on an act as though they are so hard to get and so valuable, but most women are insecure about their attractiveness and simply looking for a confident guy who will respect them, love them and appreciate them.

Most guys assume that women think they are so damn good and that guys need to bow down at their feet.

Yet, a global study (conducted by Dove Cosmetics) that included 1,000s of women from around the world found that 96% of women do not consider themselves to be beautiful.

Crazy, right?

Well, it’s true.

[image: Women insecure about their looks]

Women know that they don’t look as good without make up as they do with make up. Guys might not remember to think that when they see a hot girl with make up, but she knows it.

She knows that when she puts on make up, she gets so much more compliments and attention because of all the paint that she has plastered all over her face.

[image: Women - with and without make up]

When she looks at herself in the mirror without make up, she knows that she has flaws and is not as perfect as guys think she is.

Yet, guys don’t get that.

Most guys treat her like she is so amazing and like they are so undeserving of her, especially when she paints her face (i.e. applies make up).

What these guys don't realize is that they can easily make her feel attracted to them and if they just have the confidence to stick with the interaction and pass her confidence tests, she will relax and open up to being with him.

So, don't waste anymore of your life thinking that women are bitches.

Most women are just nice people who are either a bit insecure (and acting bitchy to cover that up) or acting a little bitchy to test your confidence.

Smile, relax and let women see that you're not afraid of them and they will respect you and open up to you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

How to Make a Good First Impression On a Girl

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

One of the first things that you need to know about making a good first impression on a girl is that she doesn't want you to worry too much about it.

Girls are attracted to guys who are confident in their sex appeal and attractiveness and who don't need to show off or put on an act of being really nice, polite and sweet to hopefully be "liked" enough by a girl.

Guys who worry about making a good first impression on a girl, often end up behaving in ways that actually turn her off.

[image: Rejected for making the wrong impression]

For example: A guy who tries too hard might put on an act of being a much nicer guy than he normally is, which will simply make him come across as untrustworthy.

He might also appear nervous and unsure of himself, which will also turn the girls off because they are attracted to a guy's confidence, not his self-doubt and insecurity.

There's nothing wrong with being nice to a girl, but being too nice to her (in the hope of being liked) will usually result in rejection.

Here's why...

As you will discover from the video above, when a guy focuses too much on trying to make a good impression by being nice and friendly, it usually won't make the girl feel anything more than friendly emotions around him.

So, before we go any further here, the main thing that we need to get clear on here is that you shouldn't be worrying so much about trying to make a good first impression on her.

When a girl sees that you are relaxed, confident and simply being yourself, she will be impressed and attracted.

Think about it...

If this girl that you like is attractive, then most guys that she meets will feel nervous around her and will try really hard to make a good first impression on her by being really nice, friendly and polite.

[image: Woman feeling bored by nice guy]

While she might appreciate the nice behavior, it isn't what is going to make her feel sexually turned on and eager to begin a relationship.

What she's looking for is a confident guy who isn't afraid to be himself, but who is also a good guy. Not just a good guy who is nervous and who is afraid to be himself around her.

She wants a good guy who is confident and is able to be his real self around her, without worrying so much about what she might think.

What Really Matters to Her

[image: What really matters to her]

What really matters is that you trigger her feelings of sexual attraction for you.

When a girl is sexually attracted to you, she will then look at everything else about you in a more positive light.

For example: You can just say a few simple things and make her laugh once and she will think it's amazing.

You might have noticed that before when you saw a girl talking to a guy and she was gushing and giggling at pretty much everything he said or did, even though he wasn't saying or doing anything amazing.

That's the power of sexual attraction.

Watch this video to understand how a girl's attraction for a guy works and how you can use it to make the right kind of first impression on the girl that you like!|

As you will discover from the video above, you have a lot of control over how much or little attraction she will feel for you.

For example: If you are confident, charismatic and charming around her, she is going to feel so much more attraction for you than if you were nervous, anxious and too much of a nice guy around her.

Dress Well if You Want to, But Don't Waste Too Much Time Worrying About it

[image: Will this make a good first impression on her?]

No.

There's nothing wrong with wearing good clothes to make a good first impression, but it's not something that you should spend a lot of time worrying about at all.

As a guy, the way to approach fashion is simple: Wear good clothes and then forget about it. Don't worry about it, don't think about it and don't waste time talking about it.

Just put on some good clothes and then get on with being a confident guy who believes in himself. The confidence that you have in yourself is much more important to a girl than the shirt you are wearing.

When it comes to fashion, let girls be the girly ones who ask, *"Does this look good on me?"* and *"What do you think of my shoes?"* or *"How does my butt look in these jeans?"*

Apart from gay guys and guys who are serious about fashion, the rest of us men don't need to worry about it.

Just put on some good clothes and then stop thinking about it altogether. How? You have to know that the most important thing that a girl looks for in a guy is his inner qualities (e.g. confidence, charisma, determination to succeed in life, emotional masculinity, etc).

The clothes you wear and the way you style your hair is nothing more than window dressing that girls look at to assess you on a superficial level.

Yet, it's not what really counts.

For example: A guy can wear expensive, designer clothes, but if he is nervous, self-doubting and shy around girls, they aren't going to say, *"WOW! I want to be with you because of your clothes!"*

That's not how it works.

While she might like the clothes he is wearing and even give him a compliment about it, she's going to feel deeply turned off by his lack of confidence, so she won't be interested in him in a sexual, romantic way.

Always Be Your Real Self, Regardless of What She Might Think

[image: Be your real self]

Girls are attracted to guys who are not afraid to be their real self, regardless of what she might think. This isn't about rude, arrogant or disrespectful towards girls, but it's about embracing who you really are not being afraid to show that.

For example: If a guy is talking to a girl and he really likes football, but she then says that she hates football, he might then make the mistake of playing down his interest in football to hopefully avoid upsetting her.

He might then say that he doesn't really like football that much, but he watches it because there's not much else on TV.

When the girl then realizes that he is worried that she might not like him because he likes football and she doesn't, she loses respect for him because he can't even stick to who he is around her.

He's embarrassed that he's not living up to her girly standards and is worried that if she doesn't like something that he does, she will feel like they aren't a match.

So, how should he respond instead?

He needs to stand by his love of football and then, in an easy-going, positive manner, ask her something like, *"Okay, if you don't like football, what other sport do you like, or what other things to do you like?"* and talk to her about that.

He doesn't have to try to convince her to like football or play down his interest in it. He's allowed to love and enjoy whatever he wants and so is she.

He can be his real self and she can be her real self. When he allows both himself and her to be their true self around each other, it feels so much better to be around each other.

The unique dynamic of their two personalities coming together is much more special, interesting and magnetic than both of them feeling awkward and stifled around each other.

To feel relaxed and at ease in a guy's company, a girl needs to feel that she's with a guy who is confident and at ease with himself.

She doesn't want a guy who puts her on a pedestal and hangs on her every word, but a guy who is his own man with an opinion of his own, even if it goes against her opinion.

If they have the same opinion, then great, but if they don't, that isn't a problem either. It's just a difference of opinion, which is absolutely normal and expected between men and women.

A girl also doesn't want a guy who is so desperate to be liked by her that he becomes her personal "Mr Fix It" guy by making sure he's always at her beck and call to help her with her every need.

There's nothing wrong with being a helpful, good guy to a girl, but it does become a problem if the guy thinks that by being helpful, she will then reward him with sex, love and devotion.

Girls have sex with guys that make them feel sexually attracted and turned on. If the guy also happens to be a really nice guy or helpful, then it is seen as a bonus to her, but it's not even 100% necessary to have sex with her or begin a relationship.

The number one thing that you need to do is make her feel sexually attracted and turned on by you. Putting on an act of being an even nicer guy than you really are is not the way to make a woman feel sexually attracted and turned on.

What is a way to attract her and turn her on?

Where do I start!? You can attract and turn girls on in so many different ways...

For example: Be confident around her, use your masculinity to make her feel girly around you, be charismatic, make her laugh, etc.

Watch this video to understand how it works...

At The Modern Man, I teach guys how to attract girls in more than 100 different ways. You only have to be able to attract most girls in 5-10 ways and they will eager to kiss you, have sex with you and be your girlfriend.

However, when you have the ability to attract girls in more than just 10 ways during an interaction, you are pretty much a 9/10 to 10/10 guy to most girls.

It's very easy to do, so if you are serious about being able to make a good first impression on this girl you like, make sure that you focus on attracting her rather than getting her to like you as a person.

If you make the mistake of trying to get to know her slowly by being a friend, being really nice and pretending that you're not even interested in anything sexual, she won't be loyal to you.

All it will usually take for you to be replaced in a situation like that, is another guy to come along and make her feel sexually attracted and turned on.

She will then hook up with him and won't even feel bad for leaving you behind.

So, if you don't want to get rejected by new women or left behind by girls that you already know and like, make sure that you switch your focus to turning them on rather than trying to be a friendly, nice guy who doesn't even create a sexual vibe.

You deserve to have your choice of girls, but you will only get that when you are willing to start turning them on rather than trying to get them to like you enough to give you a chance.

Don't Worry About Always Trying to Say the Right Thing

Imagine this...

A guy attempts to strike up an interesting conversation with a girl that he really wants to make a good first impression on.

He's feeling nervous and doesn't want to risk saying the wrong thing to her so he sticks to safe, dull topics (e.g. *"So, what to do you for work?"* or *"So, what are you studying?"* and then replies with safe responses like, *"Oh, nice"* or *"Oh, that's good."*)

He's trying to be on his best behavior and avoid saying or doing anything that might let her know that

heâ□□s got sex on his mind.

He just wants to be able to show her that he respects her and doesn't care if it takes weeks, months or years before they have sex. He's a nice guy and he doesn't expect anything sexual from her at all.

1-2 minutes later, another guy comes along who is confident and alpha and she instantly feels attracted to him. She smiles, giggles and begins to ignore the nice guy.

[image: Rejected for acting like he just wants to be her friend]

The nice guy thinks, *"What? I'm being so nice to her! Why would she go with that guy? He's not as nice as me!"* and feels confused and angry because he keeps hearing how girls want to be with a nice guy.

Standing there feeling the pain of being rejected, he takes a moment to watch what the confident guy is doing when talking to the girl.

He notices that the confident shows his sexual interest in conversation through flirting and innuendoâ□|and he doesnâ□□t keep his hands to himself. He touches her on the shoulder and then puts his hand behind her lower back and says, *"Hey, let's go sit over there."*

She goes with him.

The confident guy then builds up the sexual tension between them and then escalates the conversation into a kiss. An hour later, she leaves with him to go back to his place to have sex.

Meanwhile, the nice guy is left wondering why she chose the â□□bad boyâ□□ over him.

Yet, hereâ□□s the thing, heâ□□s not a bad boy.

Heâ□□s just a confident, alpha male who is secure in who he is and what heâ□□s got to offer a girl. So, rather than acting like a really nice guy who would never think of having sex with her, he just gets right to the point.

He makes her feel attracted to him, then expresses his sexual interest in her and when the moment is right, he makes a move to kiss her. After sex, they can then begin a relationship.

Approaching girls in that way is the easiest way to go from a conversation to kiss, sex and into a relationship.

You don't need to put on an act of being someone who really respects her and would never think of having sex with her.

Yes, respect her and be good to her, but damnit â□□ attract her and get to a kiss. Don't waste time trying to "get to know her" for hours, weeks or months.

Get to the point.

Attract her, express your sexual interest in her (e.g. *"You're sexy, I like you"*) and then get to a first kiss. When you approach girls in that way, you don't have to worry about trying to make a good first impression on them by being a super nice guy or being Mr. Perfect.

If you don't make a girl feel attracted to you first and instead try to get her to like you, she will almost always play really hard to get. She will make you jump through endless hoops to eventually be able to hold her hand or kiss her.

Of course, that is if another guy doesn't come along and pick her up immediately.

So, if you want to get results with girls today, don't waste time trying to get to know them and showing them how nice, sweet and kind you are.

Be the good guy, but make sure that you put most of your attention and effort into making her feel sexually attracted and turned on by you.

Once a girl is sexually attracted to you and turned on by you, everything else flows on naturally and effortlessly after that.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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She Says We're Just Friends. How to Change Her Mind

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If a woman says that you're just friends, it means that she doesn't feel enough attraction for you to justify having a sexual relationship.

For example: A woman will often say that to a guy who has been really friendly and nice to her, but hasn't done anything to make her feel sexually turned on.

There's nothing wrong with being friendly and nice to women, but if you are only making her feel friendly emotions, then it's not going to make her want anything other than a friendship.

Watch this video to understand why that happens and what you need to do instead to make her want to have a sexual relationship with you!|

As you will discover from the video above, there is a clear difference between a woman liking a guy as a nice friend and liking a guy in a sexual way.

Unfortunately, a lot of guys lack the confidence to make their intentions with a woman clear, so they start off by pretending to be a good friend in the hopes that, over time, she'll suddenly realize what a sweet, wonderful guy he is and then she'll want to have sex with him and be his girlfriend.

That's how it works in Hollywood movies, but it rarely happens that way in real life.

In real life, a guy can approach and talk to a woman and make her feel sexually turned on within seconds to a minute. He can then build on her attraction for him and she will become sexually interested in him, even though he hasn't spent anytime trying to get to know her as a friend.

A guy like that essentially takes the shortcut to a sexual relationship with a woman, which is something that you can do with this friend of yours if you are willing to start making her feel attracted to you.

Watch this video to understand how it works!|

As you will discover from the video above, you are in control over how much or little attraction you make this friend of yours feel.

From now on, this woman that you like will begin feeling sexually attracted to you because you are actively triggering those feelings in her, or she will remain "switched off" if only continue being a sweet, innocent, polite friend around her.

Starting Off as Friends

[image: Starting off as friends]

It sounds like a good idea to start off getting to know a woman as a friend, before you finally reveal your "feelings" to her, but it's not.

Why?

Being friendly doesn't make a woman feel lust and desire to have sex and if a guy wastes time acting like he wants to be her friend, another guy can simply come along, make her feel attracted and proceed to a kiss, then sex and begin a relationship.

The friendly guy is then left behind and despite all the weeks or months of effort that he put into

“getting to know her,” she turns her back on him in an instant because of her sexual desire for another guy.

Sexual desire is the most important thing to begin with, followed by a connection or “friendship.”

However, starting out as friends is almost always a horrible idea that has a high chance of ending up in a rejection.

[image: She says we're just friends but I think there's something more]

Guys who don't know how to attract women hope that she will develop feelings for him over time.

Then, somewhere down the line, he hints at wanting her in a sexual way and she says, *“We’re just friends,”* because nothing about his behavior has ever made her feel anything other than feelings of friendship.

The truth is, most women are pretty nice and don't really want to hurt a guy's feelings, especially when she considers that guy to be her friend.

So, instead of telling him directly that she's just not sexually attracted to him, she says, *“We’re just friends,”* in the hopes of letting him down easy.

Almost all women don't ever want to be put in a position where they have to teach a guy how to attract them. For example: She's not going to say, *“Hey, you're only being nice to me. You have to be more confident, put me in my place when I'm being bitchy or demanding too much of you, flirt with me, touch me and get me trying to impress you.”*

Instead, she will just accept that the guy doesn't know how to attract women and hook up with a guy who does. If she had to take on the role of teaching a clueless guy, the relationship would be more like a teacher>student or big sister>little brother relationship, which would destroy her feelings of respect and attraction for him.

The type of relationship that a woman wants is a girl>guy or woman>man, relationship. She wants to be able to look up to and respect her man, rather than feel as though she has to teach him how to be a man.

When You Make Her Feel Sexually Attracted, She Will Look at You Differently

If the woman you like has dropped a bomb on you by saying that she only sees you as her friend, you might be feeling discouraged and even hopeless right now.

You may even be thinking, *“Well, if she says we’re just friends, there’s probably no way to make her change how she feels about me.”*

Yet, there is.

You really can make her change her mind and see you as the guy that she wants to be in a sexual, romantic relationship with.

Although her feelings for you may be purely platonic right now, when you make her feel sexual attraction for you, she will naturally start seeing you in a different light.

She will smile and look at you differently. Something about you will change and she will be liking it. She won't be able to keep her eyes off of you. Why? You will have triggered her sexual desire,

which is the most important thing that you need to do if you want a woman to want more than just a friendship with you.

Human feelings are not set in stone forever.

Feelings can change.

Throughout your life, your feelings for certain people have changed all the time, true?

For example: There might have been a person at work or university who really annoyed you, but over time their attitude and behavior changed and so did your feelings towards them.

Perhaps you met someone at a party and didn't seem to like them, but once you encountered them in a different setting where their behavior was different (e.g. at work, at a friend's place), you discovered that you actually did like them.

The same applies to this woman that you like.

Although, right now, your behavior and attitude towards her makes her see you as a friend, when you change your approach and begin to trigger her feelings of sexual attraction for you, she will naturally stop seeing you as her friend and start seeing you as the guy wants to be with.

However, that's not going to happen if you keep making the same mistakes you've been making up to this point!

3 Common Mistakes Guys Make That Keep Them in the Friend Zone With Women

By the time a guy like this makes his move on the woman he likes, he has already been making these classic mistakes.

1. Being a super helpful friend.

It's only natural that when you want to be a good friend to someone, you will try hard to make yourself available to them whenever they need you. If a friend needs your help, you will be there for them and it's a very honorable and admirable thing to do.

Yet, it isn't a good strategy to use when you're attempting to make a woman your girlfriend, especially if you're not saying or doing anything to spark her feelings of sexual desire for you.

A guy who becomes a woman's Happy Little Helper will be secretly hoping that if he helps her enough (e.g. helping her with a difficult task or project, running errands for her, chatting for hours on the phone with her, etc) the more likely she is going to feel that she can't be without him in her life.

He hopes that she will feel as though, without him, her life would be a mess, so she simply HAS TO get into a relationship with him.

Sadly, that's not what she's going to be thinking.

Instead, she's going to be thinking, *"What a sweet guy. I'm so glad he's my friend. Hmmm! I think I'll give him a call and ask him which dress he thinks I look best in for my date with that sexy, guy I met last night."*

When a guy is available 24/7 for a woman, it can suggest to her that he has nothing else going on in

his life other than being there for her.

Although that might be flattering to a girl because it makes her feel good about herself, itâ€™s not exactly going to make her feel sexually attracted to him. Why?

A woman wants to know that the man she gives herself to (sexually and emotionally) can easily attract other women, but has chosen her instead.

Thatâ€™s exciting for her.

Women refer to guys like that as being a “challenge” to win over and here is why they prefer guys like that over guys who are eager to be a Happy Little Helper Boy who hopefully gets a chance with her...

As you will discover from the video above, the woman you like is probably sick and tired of how easy 95% of guys are to attract.

She doesnâ€™t want to reward a guy with sex, love and devotion just because he is being nice and friendly towards her. Pretty much EVERY clueless guy she meets does that to her.

When you can stop using the fake friend approach with her and instead be real and start creating a sexual vibe with her, she will then respect your authenticity and feel attracted to your ability to turn her on.

Women instinctively know that Happy Little Helper boys are great to keep around as a friend, but will most-likely end up becoming too clingy or needy in a relationship.

Why? Guys like that have no idea how to attract women. They go through like kissing up to women and trying to be “liked” for being such a nice, friendly, supportive, generous guy.

Yet, that is not what turns women on.

So, when a guy like that finally gets lucky and manages to get a girlfriend, he will struggle to remain confident when she tests him later on in a relationship.

How will she test him?

Almost all women test a guy’s confidence in a relationship (e.g. by being less affectionate, not replying to his texts as quick as she used to, cancelling on dates, talking about other guys who like her, etc) to see how he will react.

If he becomes insecure, clingy and angry at her, she knows that she has gotten herself mixed up with an emotionally weak man who needs her for his emotional security and sense of identity.

However, if he remains confident and simply continues on with the relationship as per normal, her respect and attraction for him will deepen.

Here’s the thingâ€¦

Women won’t go around telling guys exactly why they are rejecting them though. Instead, she will say things like, “*We’re just friends*” or “*I don’t want to ruin our friendship*” and hope that he gets the hint.

She’s not going to waste her time trying to teach a guy the complexities of how to be an emotionally strong man for her. Instead, she will simply wait to meet a more confident, capable guy and hook up with him instead.

2. Behaving like â€œone of the girlsâ€œ around her.

If a guy behaves like â€œone of the girlsâ€œ with the woman he likes (e.g. by gossiping with her

and talking about “girly” things like clothes, shoes or dating, being her shoulder to cry on when a guy dumps her, saying “OMG!” like a girl would, giggling like a girl, etc) he then shouldn’t be surprised when she treats him like “one of the girls.”

In other words, it shouldn’t be a shock to him when she says that they are just friends because he is just acting like one her girlfriends would. He’s not saying or doing anything to turn her on and make her feel sexually attracted to him.

Instinctively, a woman knows that a real man wouldn’t waste his time gossiping like girls do because he’s going to be focused on rising through the levels of life and pursuing his biggest dreams, goals and ambitions in life.

A real man also isn’t going to want to gossip like girls do because he will think, feel, behave and act like a masculine man. He will know that women are naturally attracted to the masculinity of men, so he won’t make the mistake of acting like a girl to hopefully fit in with her and her friends.

There’s nothing wrong with a guy talking on the phone to a woman he likes, but he shouldn’t make the mistake of behaving like another one of her girlfriends by gossiping about people or discussing guys who are interested in her.

3. Being too much of a nice guy.

There’s nothing wrong with being a good guy around women. In fact, I recommend it.

However, where guys mess up is in thinking that being really nice to a woman all the time will be enough to trigger her feelings of love and attraction for him.

For example: He might be very polite around her, never flirt or use humor to create attraction between him and her and essentially treat her like an innocent woman who would never have sex before marriage.

In his mind, he is showing her that he is a nice guy, he respects her and he has good intentions with her. He believes that if he puts on that show for long enough, she will wake up to the fact that she’s actually madly in love with him.

Before falling asleep at night, he will get excited as he imagines having sex with her and will be hoping that if he can just show her how nice of a guy he is, she will eventually realize that he is the guy for her.

She will say, *“Wow! Why have I been dating all these jerks and assholes? The perfect guy has been in front of me all along. I’m so stupid!”*

Yeah, go and watch a Hollywood movie if you want to see reality play out like that.

[image: When will she realize that I'm the guy for her?]

In the real world, women hook up with guys who make them feel sexually attracted and turned on. If the guy also happens to be a really good guy, then that is seen as a bonus to her.

However, as you would have seen, most women will hook up with guys who don’t even treat them well, simply because the guy is making her feel sexually attracted and turned on.

For example: He is being confident, flirting with her, making her feel girly in response to his masculinity, etc.

The woman would prefer to have a good guy who could make her feel attracted in those ways, but such guys are almost always taken by other women.

So, she has to settle for the remaining types of guys who might not be good guys, but at least make her feel attracted and turned on.

Here's the thing...

If you're too nice to a woman and don't say or do anything to turn her on sexually, she might consider you as "friend material", but she's not going to consider you to be boyfriend material.

There's nothing wrong with being nice, but if you're saying or doing anything to make her feel sexually attracted to you, then you can't expect her to have those types of feelings for you.

Making Her See You as More Than "Just a Friend"

[image: Making her see you as more than just a friend]

To make her want you as a lover boyfriend, you need to show her, through your behavior and actions, that you do have the sexually attractive qualities she's looking for in a man.

For example: Women are instinctively attracted to men who are masculine, confident and who know how to make them feel like a real woman.

Most women wait for a guy to trigger their feelings of attraction and if he is unable to do that, she simply categorizes him as a friend and then remains open to meeting a guy who can make her feel attracted and turned on.

Up until now, you've been making this woman see you as a friend, but you can change that.

By changing your behavior towards her and actively triggering her feelings of sexual attraction for you, you can turn her feelings of friendship for you into feelings of sexual desire.

Then she will be the one chasing you and hoping to get a chance with you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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Should a Guy Make the First Move?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

When a guy asks, *“Should a guy make the first move?”* he might be hoping the answer is something unexpected like, *“No, women have to make the first move. So relax, sit back and a beautiful woman will guide you from a conversation to a kiss, sex and into a relationship.”*

Ahh, wouldn't that be nice?

If women made the first move, we men wouldn't have to do anything to impress women or get them to have sex with us.

We could just sit back and let women seduce us into having sex.

Wake up, wake up!

Although that would be a nice world to live in, it's not the world that we live in.

Why?

Women are instinctively attracted to men who have the balls to make a move and go after what they want. If women rewarded shy, fearful, insecure, self-doubting men with sex, the human race would gradually lose its strength.

Generation after generation, women would reward wimpy guys with sex and their genes and insecure ways of thinking would spread throughout the human race.

In the real world that you live in, women are programmed to respond to men who have the confidence to make a move and the social intelligence to know when to do it.

For example: If a guy just starts talking to a woman and immediately tries to kiss her, he definitely has the confidence to make a move, but he lacks the social intelligence to know when he should be making that move.

However, if a guy talks to a woman, makes her feel attracted to him (e.g. by making her laugh, being confident, being charismatic, having a masculine vibe that makes her feel girly, etc) and then makes a move at the right time, the woman will instinctively feel attracted to his overall package.

She will feel as though he has the social intelligence to make women feel attracted, the confidence to make a move and the awareness of when to make a move.

Instinctively, a woman will feel as though it's better to breed with a guy like that than have sex with a nervous guy who is clueless about whether or not he should make a move.

Even though a nervous, clueless guy might be able to succeed at work in the modern world and provide her with a comfortable lifestyle, he still lacks the all-important inner qualities that women are programmed to breed into the human race.

Although a shy, nervous, insecure guy might feel like he deserves her because he is a good guy, she will instinctively feel turned off by his lack of confidence and awareness of how to naturally guide a woman to sex.

Most Women Would Rather Miss Out on Being With a Guy

Than Have to Approach Him

Even if a woman really likes a guy and hopes to meet him and possibly date him, she will usually avoid making the first move by approaching him and hitting on him.

Naturally, this isn't true for every woman. There are women who will make the first move on a guy, but in most cases this is because:

1. The guy is really good looking and she wants to get him before another woman beats her to it.
2. She is really drunk and doesn't care what he or anyone else thinks about her approaching first.
3. She isn't very attractive and knows that if she doesn't make the first move, no decent guy is going to hit on her first.
4. She is a feminist who has chosen to reject her femininity in favor of being more manly.
5. She is approaching on behalf of a friend who likes him.
6. They have mutual friends, so she feels like she has an excuse to approach him first.

However, in almost all other circumstances, an attractive woman will avoid making the first move by approaching, because she doesn't want to take on the role of being the man and having to guide him from a conversation to a kiss and into a sexual relationship.

If a woman has to take the lead by making the first move, the natural spark of sexual attraction (that is created when there is a clearly defined masculine/feminine dynamic between a man and woman when they first meet) will be lost.

Just like two magnets are attracted by their opposite poles (positive and negative) and repelled by like poles (positive and positive, or negative and negative), so too will a feminine woman feel sexually attracted to a masculine man.

One of the easiest ways to attract a woman with your masculinity is to have the balls to make a move. If a woman senses that you are afraid, then it's like putting two positive magnets together; they are repelled by each other rather than attracted.

You have to be the man and let her be the woman. If you can do that for women, you will see that they are instinctively attracted to you and willing to be sexual with you.

When a guy makes the first move by walking up and starting a conversation with a woman, it is a signal to her that he is probably a confident, masculine man who will naturally make her feel girly and feminine around him.

With the seemingly insignificant action of approaching a woman with confidence, he automatically begins to create attraction between him and her. It happens naturally and automatically without him having to do anything other than approach in a confident manner.

Yet, if a woman has to be the one to make the first move, she will never be 100% sure that he would have been confident enough to approach her if she hadn't initiated the interaction between them in the first place.

So, rather than risk rewarding an insecure, nervous, self-doubting guy with sex and potentially a relationship, most women would rather wait for a guy who has the balls to make the first move by approaching.

[image: She doesn't want to have to make the first move]

If a woman notices that a guy is afraid to approach her or make a move on her during a conversation, she is left to ask herself things like, *â€œIf he is too afraid to make a move, what else will he be afraid to do in his life? Will he have the courage to strive for, and achieve his goals in life, or will he hide from his true potential because heâ€™s afraid to take a chance?â€*

Are You Worried That She Isn't Interested and Will Reject Your Attempts to Make the First Move?

Often, guys who try to avoid making the first move, usually have the wrong idea about what women are REALLY attracted to in men.

Since most men decide whether or not theyâ€™d have sex with a woman in a fraction of a second based on how good she looks, they assume that women use the same criteria to choose men.

In other words, when a guy is worried about making the first move, he's usually thinking, *“Would she be interested in a guy like me? Am I good looking enough? She's beautiful, so why would she want a guy like me to approach her or kiss her? She could easily get herself a male model or a billionaire for a boyfriend, so why would she want me?”*

Doubting themselves in that way is one of the main reasons why so many guys end up being paralyzed by fear when it comes to approaching women.

They make up excuses about why women would like them to make a first move and then become paralyzed with anxiety and fear, to the point where they can't work up the courage to approach or move in for a kiss.

Watch this video to hear some of the excuses that guys come up with and you will then discover the REAL reason why they fail with womenâ€

Think about the last time that you let fear stop you from making the first move on a woman you liked.

Instead of walking up to her and starting a conversation, did you allow your mind to cycle through any of these excuses?

- Iâ€™m not that good looking, so why would she want to talk to me?
- She'll probably reject me, so what's the point? I'm not good looking enough for her.
- Women like guys with big muscles. Iâ€™m too skinny/fat, so why would she be attracted to me?
- Women like rich guys. I donâ€™t have a lot of money, so I canâ€™t buy her expensive gifts or take her out to fancy restaurants.
- Women like tall guys. I'm not very tall/I'm short, so she wouldn't want me to make a move on her anyway. I'll just get rejected, so there's no point even trying.

Here's the thingâ€

For a woman to feel sexually attracted to a guy, she needs to first interact with him to experience his personality and assess his inner qualities.

That is what matters to most women, not looks.

Yes, a woman will sometimes look at a good looking guy and say, *â€œWow, he's so handsome,â€* but she can then lose interest in him if she realizes that he isn't confident, and the first sign of a man's confidence is whether or not he approaches her and makes the first move.

Of course, some women are shallow and only care about a guy's physical appearance or money, but the majority of women in this world are much more interested and attracted to a guy's personality, confidence and inner qualities.

Most Women Are Attracted to Men For Reasons Other Than Looks and Money

If a guy pays too much attention to what goes on in movies, TV sitcoms, talk shows, music videos, etc., the general messages he'll be getting is that he has to look like a supermodel, be a millionaire and live a luxury lifestyle to be good enough for attractive women.

This puts a lot of good guys off making the first move on women, because they simply don't feel like they're good enough for the women they find attractive.

What he doesn't realize is that most women are MUCH EASIER to pick up than they claim to be.

Most women will go around saying that they only want a handsome billionaire with a massive penis, but the majority of guys do not fit into that category and still manage to have sex with, get into relationships with and marry those women.

If you want to be successful with women, you have to stop believing the crap that you see on TV and that you hear women say. It will confuse you, make you feel insecure and put you off making a move on women.

What you need to understand is that most women are attracted to things about men that cannot be seen, but can be experienced during an interaction.

For example:

1. Confidence

[image: Confidence while talking to women]

Confidence is the most important thing that a woman looks for in a man. If a guy can walk up to her and make the first move in a confident way, she will feel attraction for him and will be open to having a conversation with him.

He can then make her feel more attracted by making her laugh, flirting with her, making her feel girly in response to his masculine vibe and by being charismatic and charming.

Watch this video to understand how a woman's attraction for a man works!

As you will discover from the video above, displaying confidence is just one of the ways that you can make a woman feel attracted to you.

The more ways that you are able to make a woman feel attracted to your personality and inner qualities, the more attractive you will be.

Most women only need to feel attracted to 5-10 personality traits and inner qualities to feel like it's a good idea to kiss you, have sex with you and get into a relationship with you.

2. Masculinity

These days, a lot of guys have been brainwashed by the media and by women into thinking, behaving and feeling like more of a woman than a man.

For example: A guy will talk to a woman he likes and rather than being his natural, masculine self, he will suppress his masculinity to be nice, friendly, neutral and extra respectful towards her.

There's nothing wrong with being nice to a woman, as long as you do not suppress your masculinity while doing so.

Watch this video to understand whyâ€¦|

As you will discover from the video above, being nice to a woman is a good thing as long as you are also making her feel attracted.

One of the easiest ways to make a woman feel naturally attracted to you, is to not suppress your masculine vibe, feelings, thinking, behavior and attitude around her.

Rather than suppressing your masculinity to be a soft, nice guy, you should embrace your masculinity and be a strong, good guy. When you do that, she will naturally feel attracted and turned on by you.

Making the first move on a woman is another way of expressing your masculinity. A woman will often refer to this as being "swept off her feet" by a real man who is masculine enough to allow to relax into being a feminine woman.

On the other hand, when a man sits on the sidelines and waits for the woman to sweep him off his feet, he is literally robbing her of the exciting experience of feeling feminine in response to his masculinity.

3.Â Approach to life

A manâ€™s approach to life starts with his ability to make a move and take action when he sees a great opportunity in front of him.

If he is the kind of guy who allows his fear and self-doubt to control him, chances are high that he will waste most of his life hiding from his true potential as a man as well.

By approaching a woman or making a move to kiss her (after you've first made her feel attracted to you), you are demonstrating to her that you're the type of "go getter" guy who has a higher chance of living a great life compared to a scared, fearful guy who is afraid to make a move.

Make Her Feel Lucky to Be Chosen By You

[image: Make her feel lucky to be chosen by you]

If youâ€™re asking, *â€œShould a guy make the first move?â€* it could also be because youâ€™ve had some bad experiences with women in the past.

You might have tried making a move on a woman, only to have her reject you or even laugh at your suggestions of going on a date or starting a relationship.

This is what happened to a guy when he asked out a woman at work, only to have her turn around and call him STUPID for suggesting it.

Have a listen to his story here and you will discover what he did to turn his life around and get a hot girlfriendâ€¦|

https://s3.amazonaws.com/tmm_audio/johndatingpower.mp3

As you will discover by listening to the clip above, it's critically important to start off by making a woman feel attracted to you first, before you try to make any move on her (e.g. get a phone number, kiss her, etc).

The guy in the audio clip automatically attracted the girl he approached because he came across as being confident and masculine.

Even though he has a lisp when he talks, wears glasses and isn't very good looking, he was still able to get a hot girlfriend by attracting her in OTHER ways.

If you are the type of guy who is worried about making a move on a woman, it may be because you feel insecure about attractiveness and hope that if a woman approaches you first, she's less likely to reject you for not being good looking enough.

Yet, if you don't know how to attract her when she approaches, you're probably not going to get anywhere with her.

If you want to have your choice of women or be able to effortlessly go from a conversation to kiss, to sex and into a relationship, you need to make women feel attracted to your personality and inner qualities and then have the confidence to make a move when you see a great opportunity in front of you.

Not all women will make it completely obvious that they want you to make a move though.

For example:

Even if a woman feels a lot of attraction for you and is hoping that you make a move, she might respond in one of the following ways:

- Pretend that she's not very interested, as a way of testing your confidence.
- Pretend that she's not very interested, as a way of checking how interested you are in her and how willing you are to pursue her.
- Be interested in you, but not really know how to show you that other than to keep talking to you, texting you, etc in a friendly way.

So, if you like a woman and you want to make a move on her, don't waste time looking for 100% clear signals that she wants you to make a move.

You need to make her feel attracted and then have the confidence to make a move when the time is right.

If she rejects your attempts to make a move, just smile, remain confident and say in a light-hearted, easy-going way, *"Well, I guess I misread your signals."*

What then?

Remain confident.

If you have made her feel attracted to you, then she is attracted to you. Just because she didn't want you to make a move at the moment you did, it doesn't mean she won't want it 1 minute later or 1 hour later.

One of the most important parts of being successful with women is believing in yourself and moving forward from one step to the next.

If you need some help on how to make a move and avoid rejection, please click around my site and keep learning. All the answers and solutions that you need to succeed with women are right here,

right now.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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7 Ways to Arouse a Woman

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Arousing a woman is easy.

A woman's attraction for a man is based on him displaying the personality traits and behaviors that are naturally attractive and arousing to women.

If you display those traits and behaviors, the woman becomes aroused.

[image: Aroused and ready for a kiss]

It doesn't matter if the woman is 18, 28, 38 or 48 – there are certain personality traits and male behaviors that will be arousing to her.

[image: Ways to arouse a woman]

So, here are 7 ways to arouse a woman whether you are approaching a woman for the first time, on a date with her or in a long term relationship or marriage...

1. Have a masculine vibe

One of the easiest ways to arouse a woman is to make her feel girly and feminine in comparison to your masculine vibe and behavior around her.

If a guy is approaching a woman for the first time, he will have a more masculine vibe if he can be confident, calm and present in the moment.

Just like we men are naturally attracted to the feminine things about women (e.g. their tits, feminine facial features, hips, higher pitched voice, girly or feminine behavior or body language, etc), women are naturally attracted to the masculine things about us.

So, when you interact with a woman and have a masculine vibe, it makes her feel naturally attracted and aroused by you, as long you are letting her experience the full extent of your masculine vibe, rather than a suppressed version of it.

For example: Many guys suppress their masculine vibe to be more neutral and friendly around a woman and some guys suppress their masculine vibe so much that they end up coming across as feminine.

They then wonder why gay guys look at them and while very masculine women give them flirting glances. The guy is suppressing his masculinity so much that he naturally becomes attractive to gay guys (who think there might be a chance to seduce him) and unattractive masculine women who want a more feminine guy that they can control.

If you want to arouse a feminine woman (most women), you need to come across as being masculine and this applies whether you are approaching a woman for the first time, you're on a date or are in a long term relationship or marriage with her.

Your masculine vibe is the easiest way of making a woman feel attracted and aroused by you, so you should maintain that as at least the default thing that you do to be attractive to women.

2. Touch her with presence

For a man to be present, he can't be "in his head" and worrying about things.

He needs to be there in the moment and experiencing it without questioning himself or worrying about things.

When he can do that and just be present in his body rather than his head, he will present in a way that is attractive to women.

Presence is a way of demonstrating to a woman that you're a confident guy. It's one of the traits that is naturally attractive to women no matter where you are in the world.

Touching a woman with presence means that you're not all up in your head and worrying about whether she likes you or not. You're not wasting time over-thinking everything and worrying about what she is saying or doing in response to you.

You're just there in your body and are present and confident in the moment, which arousing for a woman to be around.

[image: Touch her with presence]

When a woman is touched by a man who is present it is highly arousing, compared to a guy who touches her when he is worried, nervous or anxious about getting rejected (i.e. when meeting new women) or turned down by her (i.e. when in a relationship and trying to initiate sex).

When a man touches a woman with presence it makes a woman feel aroused because it takes confidence to be able to interact with her in that way.

3. Be charming

Being charming essentially means that you make a woman feel attracted to you, while also being nice to her at the same time.

This is a lot different than just being a nice guy when you meet women, or being a good boyfriend or husband to your woman when in a relationship.

Charming behavior is arousing for women because they not only feel attracted to you, but they also feel as though you're respecting them and not only looking at them in a sexual way.

You see her as being special and she means something to you. Best of all, she sees you as special and you mean something to her because you are making her feel attracted to you, as well as being nice to her.

Being nice to a woman on its own is not enough to make her feel aroused. You have to make a woman feel attracted first and anything nice that you do on top of that is appreciated and seen as charming, lovable and endearing.

4. Very briefly brush your cheek, chin or nose against the side of her face as you whisper something in her ear

[image: Whisper in her ear]

This is a very easy and simple way to make a woman feel aroused.

If a guy is talking to a woman for the first time, he might say, *“Hey, come here”* and lean into her to whisper something in her ear.

As he begins to whisper something like, *“Hey, I just wanted to whisper something in your ear, I’ve been talking to you for like 2-3 minutes and you haven’t even offered to buy me a drink, where’s your manners?”* he will briefly brush the side of his face (or his chin/cheek/nose) against the side of her face in a soft, sensual way.

She will then smile and most-likely begin laughing and the guy will too.

She will feel aroused by the whisper and the physical contact of their faces brushing against each other, but she’s also going to feel attracted to him because he’s being funny and had the balls to say something like that to her.

If a man is in a relationship or marriage with a woman and is trying to arouse her to have sex, he can wait for a moment where they are laughing and smiling together on the couch.

He can then put his arm around her or just lean in and say, *“Come here, I want to tell you something, I’ve got to whisper it”* and then lean in, brush his face against hers and say, *“You’re beautiful.”*

After that, he shouldn’t expect anything from her other than a smile and some laughter. He should pull back, smile and look her in the eyes for a moment and then look away.

He needs to just relax and let her experience the arousal and then get on with whatever they were doing, without expecting her suddenly want to have sex.

She will be sitting there feeling attracted and slightly aroused and will be more likely to want to have sex that day or night.

5. Make her feel sexy in your eyes

Most women insecure about their physical appearance even though they act as though they are confident about it.

[image: Women insecure about their looks]

According to a study conducted by Dove Cosmetics, 96% of women don’t think they are beautiful.

So, it’s always important to make a woman feel sexy in your eyes. If you don’t, then all sorts of unnecessary problems will emerge.

When approaching a woman for the first time: If a guy doesn’t make a woman feel sexy in his eyes, she will be insecure about what he really thinks of her. To make sure that he really likes her and finds her sexy, she will play hard to get and make him work for her attention. Yet, the more he does that, the more desperate he seems and the less she is attracted.

So, to cut through all the nonsense and insecure mind games, a guy needs to first make a woman feel attracted to him and when they have a good moment together (e.g. laughing, smiling), he needs to be direct and say, *“You’re sexy, I like you.”*

In a long term relationship or marriage: A woman will often avoid affection or sex if she doesn’t feel sexy and desirable in her boyfriend or husband’s eyes.

[image: Make her feel sexy in your eyes]

So, a man needs to make his girlfriend or wife feel like she is the sexiest woman on Earth in his eyes. When she feels sexy and appealing in his eyes, she is going to feel more comfortable to be affectionate and intimate without having to stress and worry about how she looks.

Always aim to make your woman feel as though she is the sexiest woman on Earth to you. There's nothing wrong with saying that other women are pretty or beautiful, but never say that they are prettier or sexier than her.

Making her feel sexy, appreciated and noticed is an importantÂ important to keeping a relationship together these days. It's very easy for a woman to use a dating app like Tinder or make an online dating profile and look for a new guy if her current guy doesn't make her feel noticed, sexy and appreciated.

Unlike women of the past who had to stick with a man for life because they couldn't earn their own money and it was shameful to get divorced, today's women can come and go as they please. To keep a relationship together in today's world, you've got to make sure that you take care of your relationship and don't take your woman for granted.

6. Smile and hold eye contact with a sexual vibe

Rather than just looking at a woman with a friendly, nice guy smile when you meet her or looking at your girlfriend or wife in a friendly, happy way, you need to add in the sexual element.

How?

Look at her as though she is sexy to you and maintaining that feeling in your mind and body, while you hold eye contact with her and smile.

If you are looking at a woman and thinking that she is sexy, it will come through in your body language and vibe. It will come through correctly and she will get it. She will understand what your smile means.

If you're meeting a woman for the first time, it will make her feel a bit shy and girly in response to your direct masculinity and she will likely smile and ask, "*Whaaaat?*"

You don't need to answer her question. She knows what is going on. Just wink at her, look away and smile.

If you're in a relationship or marriage, she will be used to your body language and she will know what it means. Let her feel the arousal that comes with that type of smile and don't expect anything else from it.

She will feel attracted and aroused by you as a result and the fact that you're not trying to get sex at that point will create sexual tension between you and her.

As you may know, sexual tension is released via kissing and sex. So, the more sexual tension you build up between you and a woman, the more desire she will have to release it with kissing and sex.

7. Display real confidence

Whether a woman looks at a guy from across a room or interacts with him in person on a date in

when in a relationship, she can feel turned on if she sees that he is a truly confident man who is free of insecurities.

Confidence (*noun*): Belief in oneself and one's powers or abilities; self-confidence; self-reliance; assurance.

Insecurity (*noun*): Lack of confidence or assurance; self-doubt.

A truly confident man doesn't need to put on an act of being confident. He has absolute belief in himself and his abilities and doesn't need to hide behind insecurities.

Women are instinctively turned on by this because we live in a challenging world and it isn't always easy to survive, thrive and prosper.

While we men feel aroused by the healthy, youthful looking appearance of a woman, women feel aroused by our emotional strength.

Displaying the emotional strength of being confident applies whether are you attempting to arouse a woman that you've just met, are on a date with or are deep into a relationship with.

It's your inner qualities that turn her on the most now and in the long run.

These days, a lot of guys waste a big percentage of their life pumping iron in the gym and hoping that if they just build up enough muscle, they will be so physically attractive to women that women will approach them, seduce them into having sex and then remain attracted in a relationship.

That's not how it works.

Yes, muscles and a good body can be attractive to women, but we men can attract and arouse women with less effort simply by displaying the personality traits and behaviors that are naturally attractive to women.

There's nothing wrong with staying in shape if you want to do that, but don't make the mistake of thinking that improving your physical appearance will solve all of your problems with women or with the woman you've already got.

The majority of women feel much more attraction and arousal based on how a guy's personality and behavior makes her feel, rather than whether or not he has big biceps or a toned stomach.

Watch this video to understand how a woman's attraction for a man really works and how you can use it to arouse a new woman you meet, or the woman you've been with for years...

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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Not Looking For Anything Serious. Why Do Women Say That?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If a woman says to a guy that she's not looking for anything serious, it can mean that:

- She's not feeling enough attraction for him and is only interested in sex, but she will keep her eyes open for other guys.
- He is coming on too strong with a relationship vibe, even though they haven't yet had sex.
- She is currently dating other guys and doesn't want to get into a serious relationship right now.
- She is playing hard to get because she wants to gain some power over the guy and make him work harder to impress her first.
- She is playing hard to get because she wants to use his desperation to get her into a relationship as a way to feel more confident about herself around other guys
- She is playing hard to get to be able to brag to her girlfriends that a guy is chasing her and won't give up.
- She knows that he doesn't have what it takes to keep her interested in a long term relationship.
- She is focused on her studies or work and doesn't want the distraction of a committed relationship right now.
- She doesn't want to get into an argument or create any drama by directly rejecting him, so she just says, "I'm not looking for anything serious right now" to let him down softly.

In other words, there can be many reasons why a woman will say that she's not looking for anything serious.

[image: Not looking for anything serious right now]

So, how can you get past it?

How can you get her to change her mind and decide that she wants to a serious relationship with you?

You've got to make her feel like she wants it more than you do. You've got to stop trying to convince her that she should get into a relationship with you and instead make her feel the type of respect, attraction and desire that she needs to feel before she will consider a relationship.

The Easy Way to Make a Woman Want to Have a Relationship With You

[image: The easy way to get a woman to want to have a relationship with you]

There are men (I'm one of them) who can instantly make a woman want to begin a sexual relationship and then become an exclusive couple, even if she had been telling other guys that she wasn't looking for anything serious.

How do guys like me do it?

Simple.

I make the woman feel sexually attracted and turned on, but then let her see that I'm not 100% sold on her yet.

She has to impress me further, before I will allow her to get a chance to be with me.

This is what women refer to as being a challenge and here is why they like it so muchâ□|

Have you ever seen a guy interacting with a woman and it was obvious they had instant chemistry?

The sparks between them started flying as soon as he started talking to her.

The woman was immediately laughing, giggling, flirting with him and touching him in suggestive ways and it was clear to both of them (as well as to those watching) that they were going to hook up sexually.

You may have watched them exchange phone numbers or start kissing and then leave together; obviously to begin a sexual relationship.

All this happened right away and it was clear that at no point during their interaction, did the guy have to convince her to like him.

He didn't have to waste time trying to get to know her. She was attracted to him and excited about potentially getting to be with him.

He wasn't trying hard to impress her and hope that she would choose him. He simply attracted her and then offered her the challenge that so many men deprive women of.

Guys Who Waste Time Trying to Get to Know a Woman First

[image: Guys who waste time trying to get to know women first]

Have you ever seen a guy talking to a woman for hours, or trying to get to know her over a period of weeks or months in the hope that she would eventually "like" him enough to give him a chance?

He was trying to get her to want a sexual relationship with him, but because he wasn't doing much (or anything) to make her feel sexually attracted to him, nothing happened between them other than a friendly banter.

In other words, he placed himself in the friend zone.

She didn't friend zone him; he did it.

He ACTED like he just wanted to be friends. In other words, he lied to her and pretended to just want to talk and hang out.

Awww...how cute.

Here's the thing though...

Women aren't stupid.

Women usually know when a guy is crushing on them and if the woman isn't feeling sexually attracted and turned on by him, she's not going to want to have sex with him or begin a relationship just because he's been nice to her.

Why?

Watch this video...

When a guy who has been acting like a friend eventually plucks up the courage to bring up the idea of a relationship, a woman will usually respond by saying something like, *â□□I really like you and I think you are a great guy, but Iâ□□m not looking for anything serious.â□□*

Why do women say that?

A woman will say she's not looking for anything serious, because there is no attraction between her and the guy.

He's just being a nice friend to her and expecting that he will be rewarded with boobies and sex because of it.

That's not how it works man.

Guys who lack experience with women often make the mistake of thinking that because a woman likes him as a person, she will then want to have sex with him and be in a relationship with him.

Yes, that's how it works in the movies and with unattractive women, but not with hot women in real life.

If a woman is attractive, pretty much every guy is going to want to have sex with her at least once. Many of those guys will also want to have a relationship with her.

Why?

Guys feel an instant attraction to a woman's looks and since most guys are starved for sex, they are usually ready and willing to bang any half decent woman around.

Women know this.

and it annoys them.

Here's why!

As you will discover from the video above, most guys that an attractive woman meets won't even know what to say or do to make her feel attracted and turned on.

They are just hoping to get lucky or be liked enough to be given a chance to be with her.

...and that is a huge opportunity for you.

When you are the guy who turns women on, you are the guy who doesn't hear the dreaded, *"Sorry, I'm not looking for anything serious"* or *"Sorry, I'm not looking for a boyfriend right now."*

Instead, you hear, *"You're sexy...I like you"* and your phone is bombarded with text messages and phone calls from women who want to see you.

Making Her Want it

[image: Making her want it]

A woman's desire to be in a relationship with you is based on your ability to make her feel the way that she wants to feel around a guy.

In other words, you need to make her feel attracted and turned on by you.

Some guys make the mistake of assuming that women are attracted to men for the exact same reasons that men are attracted to women.

So, when a woman says she's not looking for anything serious, the guy immediately assumes that it's because he isn't good looking enough for her.

Why do guys think that?

Men are mostly attracted to women because of how they look, which is why men have always jerked off to porn.

Guys don't need to get to know the woman first and find out what her personality is like. Just the look of her butt, tits, pussy or face is enough to get a rock hard boner.

"Ooh, look at those tits."

It's instant for us. Physical attraction is usually more than enough for most guys to be willing to have sex with a woman.

Most guys decide "Yes" or "No" instantly when they see a woman, but almost all women (I'd estimate about 95%) do not operate in the same way.

The more beautiful a woman is, the more likely a guy will want to have sex with her and will want to be in a relationship with her—even if she's not very intelligent and doesn't have a good job.

On the other hand, although a woman can initially feel attraction for a man's looks, in most cases, her attraction for him will switch off if he can't actively turn her on when he interacts with her...even if he's a supermodel hunk.

Why?

Women are much more flexible about what they find attractive in a man.

It really isn't all about looks, like it is for us when we feel attracted to women.

While a man will choose a woman mostly because of her good looks, a woman will be attracted to him for a variety of different reasons that have nothing to do with his looks (e.g. his ability to make her laugh, his confidence, his masculinity, his social intelligence, etc).

Watch this video to understand how a woman's attraction for a man REALLY works and how you can use it to your advantage from now on!

As you will discover from the video above, most women have what I call an Open Type, which means that they are open to feeling attracted to all different types of guys.

Most women do not select men based on looks, money, social status and penis size. Instead, they select men based on how much attraction his personality and inner qualities make her feel.

Where Guys Go Wrong With Modern Women

Modern women don't view sex and relationships like their more conservative and oppressed predecessors.

Today, a woman doesn't have to stay a virgin until her wedding night before she can have sex. She also doesn't have to settle on being with a man who doesn't make her feel any attraction, simply because he's her husband.

Today, if a woman is even moderately attractive, she can have her pick of men from bars, clubs, at work and via online dating and dating apps like Tinder.

This is why, unless a guy can make her feel a lot of attraction for him, she won't be worried about losing him and will keep shopping around until she finds the kind of man who makes her feel the way she wants to feel (i.e. excited, attracted, challenged, etc).

Where many guys go wrong with a woman they like is

1. They are too easily impressed by her.

[image: Too easily impressed by women]

Women know that all they really have to do to make a guy want them is to dress nicely, wear a short skirt, put on some makeup and basically just look pretty.

Without even trying, chances are, different guys will hit her on several times in a day or night just because she looks good.

So, when yet another horny guy comes along and says, *“You’re so beautiful. You’re different from all the other women I’ve met. I really want to take you out on a date some time,”* she responds by saying, *“That’s sweet, but I’m not looking for anything serious.”*

He’s essentially behaving like every other guy who’s approached her in the past. She knows that her looks have already done all the work for her and she doesn’t have to do ANYTHING else to impress him.

He wants her just because she looks good.

For her, this is boring.

There is no challenge, no excitement and no chemistry. She knows that he already likes her and chances are, no matter what she says or does (even if she’s a bit bitchy or acts dumb around him), he’s probably still going to want to have sex with her.

She realizes that a sexual courtship with him is going to play out in the same old boring way (i.e. the guy is attracted, takes her out on a date, tries to get her into a relationship, she feels bored by the lack of challenge, dumps him, he texts and calls her for weeks or months trying to get her to see him again, etc).

She doesn’t want to go through that over and over again with guys.

It’s just so typical.

The guy gets what he wants and she is just expected to go along for the ride because he is nice and he treats her well.

It’s not 1905 anymore though man.

Women can do their own thing. They can make their own money. They don’t need a man to pay for dates and wine and dine them to show that he can take care of them.

What you have to understand about today’s women is that they want to feel sexually attracted to you first.

Even though women don’t admit it to others, they start relationships by having sex first and then seeing how they feel.

For example: A study in the USA found that 55% of couples had sex on their first date and a European study found that 70% of women admitted to having experienced a one night stand anymore.

In other words, have sex with her first and then take it from there. Stop trying to get her to commit to a serious relationship upfront.

A woman doesn’t want to feel as though you’re just another guy who can’t attract other women and are trying to lock a girl down in a relationship so you can finally feel good about yourself.

A woman wants to be with a man that can easily attract other women, but will have a relationship with her if she impresses him enough after sex.

Of course, this applies to attractive women, not unattractive women.

Unattractive women love it when a guy gets serious about wanting a relationship before sex. Hot girls hate it.

2. They lack self confidence around attractive women.

One of the most important qualities that women are attracted to in men is confidence. Yet, the one quality that most men lack (especially around beautiful women) is confidence!

Being confident and having high self-esteem is not about being arrogant or being a jerk, but rather it is about having belief in yourself and your abilities.

Confidence (*noun*): Belief in oneself and one's powers or abilities; self-confidence; self-reliance; assurance.

Insecurity (*noun*): Lack of confidence or assurance; self-doubt.

Confidence in your attractiveness and appeal to her is so damn important.

You've got to believe that you are good enough for her.

When a guy doesn't believe that he is good enough for a woman, he will either be really nervous around her or act like he just wants to be friends with her, rather than letting her know right away that he finds her sexually attractive.

That's not to say a guy must be vulgar or crass (that's not a sign that he's confident, just that he's sleazy and doesn't really know how to attract a woman), but he must be clear about what he wants.

For example: If a guy makes a woman feel attracted to him, he can then say to her, "You're sexy" or "I like you" to cut through the BS and get straight to the point.

She is attracted to him and he is attracted to her, so there is no need for games now.

Yet, some guys don't have enough confidence in themselves to feel like it's okay to say that.

So, what will a guy like that do instead?

He will hope that if he's nice enough to her she will eventually end up liking him, which will then lead to her feeling sexually attracted to him and wanting to be his girlfriend.

Yet, what he doesn't realize is that liking someone is not the same as feeling intense sexual desire for them.

You Can Change a Woman's Mind About Not Wanting Anything Serious

You may have started out today thinking, "What do women mean when they say that they're not looking for anything serious?" and feeling like it will next to impossible to get this woman that you like to feel the same way as you do.

Hopefully now you realize that the amount attraction and desire that she feels for you is pretty much within your control.

For example: If a guy is trying to be liked by a woman and hoping to get a chance with her, then he's not going to be making her feel much or any sexual desire.

However, if he switches his focus to making her feel sexually attracted (e.g. by being confident, making her feel girly in response to his masculinity, being charismatic, being a challenge, etc), that is when things will change.

She will go from not wanting anything serious, to wanting to have sex with him and then secure him into a relationship.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

My Wife Wants to Leave Me

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Most people go into marriage assuming that it's going to last forever.

It certainly feels that way on the wedding day anyway.

Yet, as you are most-likely aware, approximately 50% of marriages end in divorce these days.

Sometimes this happens because once married, a couple falls into a dull routine and forgets all about nurturing and growing the love, respect and attraction between each other.

[image: Letting the spark die in a marriage]

In most cases, when a husband finds himself saying, *"My wife wants to leave me,"* it's because he has simply expected that the love, respect and attraction would stay alive for life because things felt so good at the start.

Either that, or he assumed that his wife would stick around for life because that's what they agreed to do on the wedding day.

Yet, that's just not how it works anymore.

In the past, a wife had to stick with her husband for life even if he mistreated her, because it was shameful to divorce. Unfortunately, that's not the case anymore and TV shows, movies and pop singers have made the idea of affairs, divorce and starting a new life almost seem like a cool thing to do.

In today's world, if you want to keep a relationship together, you have to build on the respect, attraction and love that your wife feels for you, rather than taking it for granted and expecting that she will stick around because you are married.

If a husband fails to do that, the wife may become tired of not feeling the way she wants to feel and, unlike in the past where a woman would stay in a marriage even if she felt unhappy for the sake of the children or to avoid the stigma of being divorced, she will leave or ask for a separation.

Of course, that's not to say that the problems in the marriage are solely the man's fault.

[image: It's not always the man's fault]

For example: If a wife isn't fully committed to being married, or is a woman of loose morals (i.e. she cheats, has affairs, flirts with other guys online, etc), then there is a high chance that she is going to destroy their relationship over time.

On the other hand, if a woman is fully committed to her marriage and is willing to do whatever it takes to make it work, then it's highly unlikely that the marriage will end in divorce.

Is Your Wife Committed to the Idea of Marriage?

Right now, if you're saying, *"My wife wants to leave me,"* you're probably feeling hurt, betrayed and maybe even a little desperate.

You may, or may not, fully understand what is causing your wife to want to leave you, and you might even believe that there's nothing you can do to make her change her mind.

Luckily, thatâs not true.

To get your wife to change her mind, you need to go through a process of rebuilding her respect, attraction and love for you. When she experiences those renewed feelings of respect and attraction for you, she will then naturally open herself up to fully loving you again.

Watch this video to understand how it worksâ!

The video above is for men who have already been dumped by their woman, so be sure to use the advice now to fix things between you and her, rather than waiting and then having to fight to get her back after she leaves you.

If she does decide to leave you, don't make any of these mistakesâ!

As you will discover from the video above, your wife is only going to start taking you seriously if you are able to make her feel the way that she wants to feel.

The fact that you're a good man and are promising her that you will do better, is usually not going to be enough for her.

At this point in your marriage, she's probably heard you promise to change in the past, but you really didn't know how to do, so you just slipped back into your old ways.

Where Husbands Go Wrong

One of the biggest mistakes that husbands make when their wife wants to leave, is rushing to come up with a quick fix for the problems in their marriage, without first understanding what has caused the problems in the first place.

For example: If a wife has decided that she wants to leave her husband because she is sick and tired of him not being able to be the emotionally strong, masculine man that she needs, she isn't going to change her mind if her husband offers to take her on a vacation.

Getting out of the house and going on a vacation might be fun and she might even go along with it, but the real reason she wants to leave is that he still isn't able to be the type of man she wants emotionally (e.g. he's too insecure, jealous, emotionally sensitive, etc).

In that case, a husband offering to take his wife on vacation to fix the problems between them is like putting a Band-Aid over a severed artery and hoping that it will stop the bleeding.

So, before you say or do anything else around your wife, you first need to understand why she has stopped feeling respect, attraction and love for you as her man.

How can you find that out?

[image: Don't ask her to teach how to be a better husband]

Definitely not by asking her. Why?

Although some women will explain the reasons why they are no longer attracted to a man, most women (not all) will try to avoid doing so for one or more of the following reasons:

1. Instinctively, a woman wants to protect herself around a man. If she thinks that her man may potentially become angry and even aggressive (whether verbally or physically), she will choose the best way to let him down easily, to avoid putting herself in harms way.
2. Some women want to avoid seeing their man break down and either, beg, plead or cry and try to

â€œguiltâ€ her into feeling sorry for him and changing her decision. She might also want to avoid having to listen to him make rushed apologies hoping that if heâ€™s sincere enough and promises her that heâ€™ll do whatever she asks him to do, it will be enough to change her mind.

3. Many women simply donâ€™t want to teach their man what he needs to do to get her back. If she has to â€œmotherâ€ him and then take on the role of being his teacher, she will fear that it will become a repetitive pattern in their relationship, where she will have to continually teach him how to be the man she needs and wants him to be.

Rather than explaining everything for you and teaching you how to get her respect back and re-attract her, most women will say things like, *â€œI think weâ€™ve drifted apart,â€* or *â€œI just donâ€™t love you like I did when we got married.â€*

So, make sure that you take the time to learn what how a womanâ€™s attraction for a man really works and how you can use that to stop your wife from leaving you.

As you will discover from the video above, you have a lot of direction control over how much attraction you make your wife feel for you.

For example: If a husband is insecure, emotionally sensitive and takes his wife for granted, he will literally be destroying her feelings of respect and attraction for him as a man.

However, if a husband is confident, emotionally strong and makes his wife feel loved and appreciated, she will naturally feel respect and attraction for him.

Classic Mistakes to Avoid

There are many reasons why a wife will decide that she wants to leave her husband.

In some cases, the reasons are obvious (e.g. heâ€™s been having an affair, heâ€™s been physically or verbally abusive towards her, etc), while in other instances the reasons are a lot more subtle and harder to identify.

For exampleâ€¦

1. Taking her love, respect and attraction for granted.

This is probably the easiest thing to happen in a marriage.

Over time, work, bills, children, etc., can take on a bigger significance than the husband and wife relationship. Eventually, instead of taking the time to make his wife feel loved, valued and appreciated, a husband can easily fall into the habit of taking her for granted.

An example of this is when a husband and wife fall into a pattern where she must always do the dishes, household chores and take care of the children, while he takes charge of the cars and paying the bills.

While itâ€™s perfectly normal to divide duties in the household, thereâ€™s nothing stopping him from occasionally doing the dishes, or helping out with the chores or the children if she is busy, (just like thereâ€™s nothing wrong with her paying the bills or taking care of the cars if he is under a lot of pressure).

In this way, although thereâ€™s clearly a balance in the relationship dynamic where he is the man and she is the woman, he is still letting her know that he doesnâ€™t take what she does for granted and that he loves and appreciates her for it.

If he just assumes that she is there to serve him, she will end up feeling like a maid or a business partner in life.

She wants to feel like you and her are still in love. You love her and appreciate so much that you're willing to do nice things for her.

2. Not reaching for your true potential as a man.

When a woman gets married to a man, it's because she feels enough respect, attraction and love to commit to him.

In her eyes, he's a keeper and is worth committing to for life.

It's not so much about his looks, but rather his inner qualities (e.g. his confidence, mental and emotional strength, drive and ambition, etc), that make her feel attracted, safe and taken care of.

Yet, during the course of the marriage, if a guy stops behaving in all the ways that were attractive to her (e.g. he becomes needy and insecure, ends up stuck in a dead-end job because it's comfortable and pays the bills, etc), she will naturally start to question whether or not she will live her best life by staying with him.

A woman knows that life is often very challenging and it requires a man to have the mental and emotional strength to carry on and keep trying to create a better life for them both.

So, when a wife notices that her man keeps hiding from his true potential in life (i.e. he doesn't try to achieve his biggest dreams and ambitions and just settles for second, third or fourth best), she naturally feels turned off and resentful towards him.

You Can Make Her Change Her Mind

Even if your wife is currently saying, *"It's too late. I don't love you anymore,"* it's not too late to change her mind.

Why? If there was real love between you and her in the past, then that love is still there in the background.

She is simply refusing to allow herself to connect with those feelings for you because she doesn't want to put herself in a position of being disappointed again if you don't change enough.

Once you can show your wife (via your actions, behavior, body language and the things you say) that you fully understand what caused her to want to leave you and are already changing those things, she will naturally start to re-connect with those feelings of respect, attraction and love that she's been blocking herself from feeling.

It's likely that before you read this article you were thinking, *"My wife wants to leave me and there's nothing I can do to stop her,"* but as you can see, it's not impossible.

She just needs to feel respect and attraction for you again as her man, and the love will flow between you again.

Here's a video that I made for men who have already been dumped by their woman and are trying to get her back.

Watch this and you will understand that it's possible to change her mind now and it's also possible to get her back if she leaves you!

As you will discover from the video above, the love between you and your wife is not dead.

She's just not allowing herself to fully connect with it now because she currently feels as though you don't have the ability to change and improve in the ways she needs you to.

Yet, you do.

You can do this.

You can fix the issues between you and her, get her respect back, make her feel attracted to you again and when that happens, she will naturally reconnect with her feelings of love for you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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I Don't Understand Women

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Hey – Don't feel down on yourself for not understanding women.

Why?

Women don't understand everything about men either.

Both genders are confused about each other; so don't put all the blame on yourself.

If you want to understand what women really want from men and why they think and behave in the ways they do, watch this video...

As you will discover from the video above, many other intelligent, successful men don't understand women as well.

It's not just you.

In fact, if you watch the entire video above, you will know more about women than most guys will figure out before they reach 50 or 60 years old.

Why Women Reject Nice Guys

[image: Rejected for being a nice gentleman]

One of the strangest things that guys struggle to understand is why women claim to want a nice guy, but they then reject guys who are very nice to them.

I mean, if she wants a nice guy, then she will be happy if a guy is really nice to her, right?

Wrong.

Here's why...

As you will discover from the video above, women don't reject guys for being nice; they reject guys who don't make them feel much or any attraction.

A typical nice guy who has no idea how to make a woman feel attracted and turned on, will be really nice to a woman and expect that it will be enough for her to "give him a chance."

That's not how it works.

Why?

Pretty much any guy can put on an act of being nice, but that doesn't mean he will be nice to her later on in a relationship. It also doesn't mean that he is going to be able to survive, thrive and prosper in this world.

It just means that he's nice.

...and anyone can be nice for a while if they want something.

Women know this.

Women know that most guys are willing to put on an act of being nicer and more generous than they actually are, in the hope of getting some action.

Yet, women see right through and reject them because the nice guy won't be doing anything to make

her feel attracted and turned on sexually. He will just be nice, polite, respectful and friendly towards her.

He will then be shocked when he sees her hook up with a guy who doesn't waste any time putting on a nice guy act and simply makes her feel attracted, kisses her and then hooks up with her.

Do you know how to make a woman feel attracted to you?

Watch this video to find out...

As you will discover from the video above, you have a lot of direct control and influence over how much attraction a woman feels for you.

For example: If a guy interacts with a woman and displays signs of nervousness, low self-esteem and also puts on a nice guy act, she will feel turned off by him.

Why? Women are attracted to the emotional strength of men (e.g. confidence, high self-esteem, etc) and turned off by the weakness. So, when she senses that he lacks confidence, is nervous and has low self-esteem, she will naturally feel turned off by him.

If she also notices that he is putting on an act of being nicer than he actually is, she will put her guard up and won't be able to relax around him because she doesn't fully trust him.

The Guy With a Lot of Female Friends, But No Girlfriend

[image: Why don't my female friends want me in a sexual way?]

I've been helping guys to become more successful with women for more than 10 years now.

Over the years, I've found that approximately 30% of guys have a lot of female friends, but still can't manage to get laid or get a girlfriend.

Here's an example (the name and some details have been changed for privacy):

Tom's Story

Tom had plenty of close female friends that he'd known for several years, but he struggled to get himself a girlfriend.

His female friends always said things like, *"You're such a nice guy Tom...any girl would be lucky to have you as their boyfriend,"* but none of them showed any sexual interest in him at all.

When he tried to ask one of them out on a date, he would get excuses like:

- I'd rather remain good friends.
- I don't want to ruin our friendship.
- Don't be silly. You and I could never be a couple.
- I see you as more of a brother than anything else.

Despite the rejections from women that he was close with, Tom decided that he would continue being the "good friend" that he'd always been because he felt being friends with a girl he really liked was better than not having her in his life at all.

Secretly, he was hoping that one day, one of these women would eventually come to realize that he was the guy she'd been looking for all along and fall madly in love with him.

Sure, it works like that in the movies and with unattractive women or with women who are old and

no longer wanted by other guys, but all other types of women simply hook up with a guy who is able to make them feel attracted, rather than just be a friend.

So, what was Tom's mistake?

He was essentially being too nice.

When listening to his female friends, he kept hearing them talk about wanting to meet a "nice guy," so he fell into the trap of believing that continuing to be really nice would eventually cause his female friend to realize that he was "the one" for her.

Tom didn't realize that attracting and hooking up with a woman is something that can happen immediately.

He assumed that he needed to get to know her for a while and build up her interest in him as a friend, before she would be interested in anything romantic or sexual.

He completely overlooked the fact that other guys simply approach and talk to women, make them feel attracted, hook up with them sexually on the first night or first date and then start a relationship.

Without being aware of that, Tom thought that he had to show her how much of a good friend he was, how much he respected her and how nice he could be to her.

This meant that Tom was effectively at her beck and call, always available to run to her whenever she needed him, always available to talk on the phone and always around when she needed a shoulder to cry on after another fight with her latest boyfriend.

From Tom's perspective, he felt as though he was:

- Doing exactly what women were asking for. He was being really nice.
- Behaving like the nice guy characters in movies, who always get the girl in the end.
- Doing the things that he had overheard his female friends refer to as romantic and sweet.

Yet, he just kept getting reject and thought, *"Do I need to be even nicer? How else can I prove to her that I am a nice guy?"*

So, when Tom said to me, *"I don't understand women,"* he had every reason to feel confused. The women he knew were all saying that they wanted a nice guy, but they continued to date guys who weren't even 10% as nice as he was.

I explained to Tom that there's nothing wrong with being nice to a woman, but it's not the thing that makes her want to begin a sexual relationship with you.

You have to start by making a woman feel sexually attracted and turned on by you and then anything nice that you do for her will be seen as sweet and charming.

She will feel lucky to have found a guy who not only turns her on, but is a good guy with good intentions. That is what women are looking for.

When a woman says that she wants a nice guy, she means, *"I want the guy that I'm attracted to and turned on by to also be a nice guy."* She's not saying, *"I don't care about feeling sexually attracted and turned on and just want a guy to be nice to me."*

Understanding Women

[image: Understanding women]

You may have started out today thinking, “*I don’t understand women,*” but hopefully you now understand a little more about the female version of the human species.

As a man, you need to learn this stuff on your own. Don’t expect women to teach you how to be the type of confident, emotionally attractive man that they want.

If a guy doesn’t understand how to attract women and turn them on, they just reject him or keep him around as a friend. Women don’t want to take on the role as your teacher on how to be an attractive man.

They want you to work that out yourself, so you are a ready made man, rather than a guy that they have to teach and guide throughout life.

A woman wants to be able to look up at you and respect you as her man, rather than feeling as though she needs to take care of you and teach you how the world works.

So, if you are serious about wanting to understand women, I recommend that you watch this video...

As you will discover from the video above, most guys that a woman meets have no idea how to make her feel attracted.

It’s easy for women to make us feel attracted because we feel instantly attracted to a woman’s looks.

Most guys are willing to have sex with a woman and even begin a relationship with her just because she looks attractive.

Yet, the same rule doesn’t apply for women.

The majority of women select a guy based on how much attraction his personality and inner qualities make her feel.

Sure, some women only want a good looking, rich man with muscles and a lot of status in society.

Yet, the majority of women are much more flexible about what they find attractive in a guy and do not base it purely on his looks.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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How to Get an Ex Back: 6 Things You Should Know

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The secret of how to get an ex back initially seems quite obvious, but when a guy tries all the obvious things and they don't work, he then begins to wonder if it's even possible to get a woman back at all. It is possible to get your ex back and in most cases, it's a fairly quick and easy process. However, if you're currently looking for advice on how to get an ex back, you are probably at a point where you're stuck and don't know what else to say or do to get her to give you another chance. So, if you are serious about getting your ex back in your arms once again, here are 6 important things that you need to know...

1. The No Contact Rule doesn't work for most situations.

[image: The No Contact Rule doesn't work for most situations]

The No Contact Rule is essentially about not contacting your ex for a period of at least 30 days.

This technique only works when the woman really loves you and feels attracted to you and is worried about you moving on with another woman.

In other words, it only applies to about 10% of the cases that I've come across (I've helped 100s of guys via my phone coaching service and many more guys with my program, Get Your Ex Back: Super System).

So, if your ex really loves you, is still attracted to you and wants to be with you, then okay â use the No Contact Rule and when she reaches out to you, arrange to catch up with her in person and then get the relationship back together.

However, if your case is like 90% of other cases, your ex has lost respect and attraction for you and doesn't really love you right now.

So, if your ex has gotten to the point where she no longer respects you or feels attracted you, not contacting her means that you are simply giving her space and time to move on without you.

She might contact you to check and see if you're still missing her, but that doesn't mean that you're actually getting your ex back. It simply means that she is contacting you to check that you're still missing her.

If she finds out that you're missing her, haven't really changed and still don't even understand the real reasons why she broke up with you, it will make her feel like she made the right decision to break up with you.

She will then continue to move on without you.

2. Texting is the worst method to use when getting an back.

[image: Bombarding girlfriend with texts]

Pretty much every guy that I've helped to get an ex girlfriend, fianc  or wife back via my phone coaching service, has been making the classic mistake of repeatedly texting his ex.

He will have been trying to have conversations with her via text, explain himself, apologize and get her to agree to meet up with him in person.

Yet, no matter how creative he gets with his texts, it doesn't do anything to get her back and usually just turns her off even more.

The reason why texts don't work to get an ex back is that it's just text on a screen. Your ex can't hear your tonality and how you are expressing the words, so she has to guess how you would be saying it if you said that to her in person or over the phone.

If your ex currently has a negative perception of you or is feeling negative about you, then she's going to look at your texts in a negative light.

For example: If a guy got dumped by a woman because he was being too insecure, needy and jealous, then she's not going to be amazed when he sends her a text and tries to come across in a confident way.

Instead, she is going to read his text through the filter of her negative perception of him.

Regardless of what he texts her, she is going to still assume that he is insecure, needy and jealous and hasn't changed at all.

What you actually need to do is get her on a phone call, so:

- She can hear your confident tonality over the phone and feel respectful towards you.
- You can get her laughing and feeling good when talking to you.
- You can tell her that you understand where you went wrong and then apologize to her for that.
- She can hear the sincerity in your voice and notice the changes that you've already made since the break up.

When she is feeling good while talking to you on the phone, she will then be much more willing to meet up with you in person.

However, if you are only sending her texts and she has a negative perception of you, she's probably not going to be willing to meet up with you in person anytime soon.

3. You have to make it about her, not you.

[image: Make it about her, not you]

A lot of guys make the mistake of trying to get an ex back by talking about how much they want it, how much it means to them and how much they've been thinking about it.

If your ex girlfriend, fiancée or wife currently doesn't feel a lot of respect and attraction for you and has disconnected from her old feelings of love for you, then she's not going to really care about what you want.

What you want and what you are trying to get out of the situation doesn't really matter to her.

So, when getting an ex back, what you really need to do is make it all about her getting to feel the way she wants.

How?

You need to make her feel understood and respected by briefly letting her know that you understand her reasons for breaking up with you and it has been a huge wake up call for you.

Why briefly?

You have to make it about her, not you.

After briefly letting her know that you understand why she decided to end the relationship, you then need to come across in a way that shows her that you've already changed, improved or fixed those things about yourself.

Letting her hear the changes in how you think, talk and come across over the phone will then bring her guard down. She will realize that she no longer needs to feel frustrated at you for not understanding why she really broke up with you.

You get it now.

The break up is not a mystery to you.

She doesn't need to teach you anything because you've worked it out on your own, so there is nothing for her to feel frustrated about. Instead, she feels relieved and her guard then comes down.

When her guard is down, she will then begin to respect you more and become open to feeling attracted to you (e.g. when you make her laugh over the phone, when you come across as confident and charming, etc).

Showing her that you've taken on her feedback and have already grown, developed and improved on your own is an important part of how to get an ex back.

However, don't make it all about you. You've got to make it about her.

How?

When you apologize for your mistakes, make sure that you apologize for how your mistakes would have made her feel, rather than how bad you feel about it now.

4. Women hate it when guys beg and plead for another chance.

Not every guy makes this mistake, but a lot of guys do.

After personally helping 100s of guys to get a girlfriend, fianc  or wife back, I'd estimate about 80% of guys make this mistake initially.

A guy will beg and plead for another chance with her because he doesn't really know what else to do.

He will either lack the relationship experience to know how to handle a situation like that, or the woman will be of a quality that he usually can't attract unless he gets lucky.

Now that his luck has run out, she's pulling the plug and he feels like he is fighting for his life.

Without her, he is going to feel like crap and he knows it. He knows that it will be very difficult for him to get another woman like her, so he becomes desperate and begs for her to give him a chance.

Yet, what he usually doesn't realize at the time is that women hate that.

Women hate to see a man in a position of emotional weakness like that, just because a woman is pulling away from him.

What a woman wants to see is that he loves her and wants her in his life, but he doesn't NEED her.

Women are naturally attracted to men who happy and emotionally strong with or without a woman in their life.

A man needs to be emotionally independent from a woman so he can be happy with or without her. If he doesn't do that, he will naturally react by begging and pleading when a woman pulls away because she is literally taking his happiness and emotional security with her.

5. It doesn't matter to her that you're a good guy and have the best of intentions with her now.

[image: But, I have good intentions...I promise.]

No doubt, the break up has been a huge wake up call, you now have much better intentions with your ex and you want to do the right thing.

You're most-likely a good guy and have realized that you stuffed up with her, but here's the thing... That doesn't really matter to her right now.

The only thing that really matters to her right now is how she feels. She's not going to feel respectful of you and attracted to you, if you're still the same guy and haven't made any real changes to how you think, behave and act when interacting with her.

For most break ups, the woman doesn't care that her ex is sorry and has better intentions now.

Why?

In most cases, guys never really understand the REAL reasons why the woman is breaking up with them.

A woman will usually give vague reasons like, *"I just don't feel the same way anymore"* or *"I need space"* or *"It's not working for me,"* because she doesn't want to take on the role of a guy's teacher about how to be a man.

From a woman's perspective, if a guy isn't capable of being the kind of man she needs, then she has to move on. She can't hold his hand, teach him and guide him through the process.

She wants a ready made man, not a guy that she has to turn into a man herself.

6. Now is not the time to be playing games with her.

The other night, I was on a phone coaching call with a client who had been dumped by a woman because she lost respect and attraction for him due to his behavior.

He then looked around online and found the No Contact Rule and assumed that it had to be correct and would work on all women, because so many people were talking about it.

He was wrong.

He followed the No Contact Rule for 30 days, even though his ex-girlfriend was contacting him and sending him text messages like, *"Hey, how are you?"*

How did he reply? Well, he was informed by a random person online to reply like this, *"Hi, life is good. I've moved on now. I hope you are well too."*

No, no, no!

This girl was reaching out to him and what he really needed to do was MEET UP WITH HER IN

PERSON, not pretend that he didn't care about her. He needed to get her on a phone call and then MEET UP WITH HER, not play those mind games with her.

What I explained to him is that if you are still playing games like that, then you're not ready for an adult relationship and you should only be just dating women for fun. If you are serious about being a relationship, then be a man and be honest.

When it comes to getting an ex back, you need to be the emotionally stronger than the woman. You need to be the courageous one who is willing to take risks by putting yourself out there, while also ensuring that you project emotional strength rather than neediness or desperation.

Essentially, you pursue her to get her back, but you do it in a confident, emotionally secure way. You are a man who is simply going after what he wants and you're not embarrassed, ashamed or confused about that.

It's very clear to you: You love her, you want her in your life and you're attempting to get her to give the relationship another chance.

So, you don't need to play games and pretend that you don't care about her so you can hopefully gain some power over her.

You are already the man.

You are already the more powerful one.

You need to understand that, so you can come from a place where you are not afraid to love her and tell her that you want her in your life.

You don't **need** her, but you do **want** her. That's the difference.

So, if you are serious about getting your ex back, make sure that you don't waste time playing games with her.

You need to get her on a phone call and get her to feel a renewed sense of respect and attraction for you and then get her to meet up with you in person.

At the meet up, you need to make her feel more respect and attraction for you and get her to forgive your past mistakes and open herself up to having feelings for you again.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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Learning How to Love Yourself

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Learning how to love yourself is extremely important to your success at picking up women and keeping a relationship together because women are attracted to the emotional strength of men and turned off by the weakness.

If you don't love yourself, it will always come through via your body language, vibe, behavior, conversation style and actions around women.

Who you are on the inside always comes through on the outside.

You can't hide it.

[image: Learning to love yourself as a man]

When you don't love yourself, women pick up on the fact that you lack self-esteem and don't feel like you're good enough for them, which is a huge turn off.

Why?

Women are naturally attracted to the emotional strength of men and turned off by the weakness. The stronger you are emotionally, the more attractive you are to women. Learning to love yourself is just one way to improve your emotional strength as a man.

So, how can you do it? Here are...

15 Ways to Love Yourself More

Learning to love yourself is something that you can achieve right now.

However, if you don't do most of the following, you will probably wake up 30 years from now and realize that you're still unhappy with yourself.

So, don't waste anymore time.

Do as many of the following things as you can, as soon as possible:

1. Understand that no-one is perfect and we all have areas that we want to improve. You're not a failure because you have things to improve. It's normal, natural and it's actually a good thing because it means that your life isn't over. You have so much more potential.
2. Accept who you are right now as being good enough to be loved and accepted by other people.
3. Focus on your strengths and positive qualities as reasons to love yourself.
4. Feel optimistic and excited about improving on your weaknesses and negative qualities, rather than feeling like it's all too difficult or that you'll never be good enough.
5. Forgive your past mistakes (everyone makes mistakes!), rather than wasting more of your life feeling as though you've already messed up too much and can't do any better in the future.
6. Get clear on your purpose in life and then follow through on it with unrelenting determination and confidence.
7. Stop comparing the speed of your success to others. People succeed at different rates depending on many factors.
8. Feel grateful for what you've already achieved, while also feeling excited about what you

might be able to achieve in future.

9. Do things that make you laugh and smile. You deserve to feel happy like that.
10. Do things that make other people laugh and smile when they are around you. They deserve to be happy like that too. Let them feel good around you. Don't hog the happiness.
11. Allow yourself to be your true self. Love yourself for being a unique part of this world.
12. Allow others to be their true self around you. Love them for that.
13. Stop trying to please everyone. There will always be people who try to bring you down to make themselves feel better.
14. Realize that if you don't allow yourself to receive your own love, you will struggle to freely give it to a woman, friends and family. As the old saying goes, *"You need to love yourself first before you can truly love others."*
15. Understand that you are connected to an infinite source of love that is yours to share and experience with others. You won't ever run out of love if you freely give it to others. Instead, you will experience more love and have a stronger connection to the infinite source of love.

As you can see from the list above, learning to love yourself isn't just about thinking that you're good enough.

There's more to it than that.

The more you can love yourself, the easier it will be to love others without feeling afraid about not getting any love in return.

When you are full of love to the point where you are not afraid to give love to others, you become much more attractive, charismatic and appealing to others.

Think about the people you've met in life who are confident in themselves and have high self esteem, but who are also loving and good to others. Pretty much everyone wants to be around people like that.

You can be that kind of guy too. You don't have to be good looking, rich and have a perfect body to be the kind of guy that everyone likes. It's much easier than that.

Yet, that's not what the media would have you believe...

The Superficial Modern World

[image: The superficial modern world]

If you watch a lot of TV, listen to the lyrics of the latest songs and watch the latest movies, you will be bombarded with a superficial way of looking at life.

In the media, it's all about how a guy looks, how much money he makes, how tall he is, his six pack abs and big dick.

If you pay attention to the messages in the media, you find it difficult to feel like you're good enough for attractive women or for the majority of society.

After all, you only need to watch E!News or Entertainment Tonight or The Insider and you will see female journalists gushing over a guy's looks and status in society.

If you are not in the same position as he is, you might think that you don't deserve to truly love yourself because you're just you. You're not a worldwide celebrity on TV and you don't have female

journalists saying, “Oooh, look at his absâ|wow.”

Here’s the thing though...

In real life, most women really don’t care so much about a guy’s appearance and more are interested in his inner qualities and personality.

For example: A study by Jamaco (a UK menswear company) found that 72% of women preferred the guy on the right over the guy on the left.

[image: Male attractiveness - study]

Yet, 62% of men assumed that the guy on the left would be more attractive.

Why is the guy on the right more attractive to so many women?

[image: Male attractiveness - study]

The guy on the left looks like he might spend way too much time worrying about his physical appearance (like a woman or a gay guy would), whereas the guy on the right looks more relaxed, easy-going and capable of loving a woman for who she is.

There’s nothing wrong with the guy on the left though.

He could be a really good guy and even cooler, smarter and more loving than the guy on the right, but we’re talking about what women are attracted to here.

...and the way that women feel attracted to men is WEIRD.

Watch this video to see what I mean (especially the part that I begin explaining at 6 mins and 6 seconds into the video).

As you will discover from the video above, you can actually get women to love and appreciate the odd, quirky or what you think are “ugly” things about you.

It’s weird how it works, but hey â we live in a weird world. We’re on a planet that is apparently floating in infinite space amongst billions of galaxies that have trillions of planets and stars (which are mostly like our sun).

It’s a weird world man.

If you want to be happy and successful with women, you’ve got to accept the way that things REALLY work and then use that to enjoy life.

You deserve to love yourself and you deserve to have beautiful women in your life. If you don’t think that you deserve that, you’re doing it wrong man.

You are more than good enough for the majority of women out there.

If you don’t know that now, I will make you realize it if you click around my site and keep learning.

Loving Yourself Means That You Will Have High Self-Esteem

| **Self esteem** (*noun*): Confidence in one’s own worth or abilities; self-respect.

Women are naturally attracted to the emotional strength in men (e.g. confidence, high self esteem, assertiveness, determination, courage, etc) and turned off by the weakness (e.g. insecurity, low self-esteem, etc).

Being able to love yourself and allow yourself to have high self esteem is important when you

approach women for the first time, go on a date and when you're deep into a relationship.

If you don't love yourself and feel as though you're not good enough, you're either going to get rejected or will get dumped later on in a relationship when the woman has had enough of feeling turned off by your emotional weakness.

So, get it sorted now.

Learn to love yourself by understanding that you ARE good enough.

If you are aware of some things about yourself that need improving (e.g. your conversation skills with women, your ability to attract women, etc), then go ahead and work on that. While you are in the process of getting that sorted out, make sure that love and accept yourself for who you are right now.

The truth is, most women are much easier to impress and attract than guys realize.

Yet, if you go through your life feeling as though you will never be good enough, then most women will accept that about you.

They will see you as a guy who just doesn't have the emotional intelligence to get a grip on how to be a confident man who loves himself and is moving forward in life towards bigger and better success.

You don't have to have achieved all of your goals to feel like you are good enough.

Feel as though you are good enough now, while also working hard to get to where you want to be in life.

Everyone is on a journey. Love your journey. Love yourself. You are good enough. You do deserve to be loved by yourself and those around you.

Yes, there are going to be some haters, but you cannot please everyone. There will always be some people who feel like they need to bring you down to feel better about themselves.

Don't let that bring you down. Instead, feel sorry for them because they haven't yet learnt how to love themselves enough to give love to others.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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Signs a Woman Wants to Sleep With You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

When a woman wants to sleep with you, she won't always make it obvious.

For example, sometimes a woman will:

- Pretend not to be interested in you because she wants to see if you remain confident in your attractiveness to her.
- Pretend not to be interested because she wants to see how sincere your interest is in her (i.e. are you just trying to get her interested to feel good about yourself, or do you actually like her and want to be with her?)
- Show a lot of sexual interest in random guys just to get attention (e.g. at work, university, etc). She will make the guys chase her and try to get with her, but she will reject them and even act offended for assuming that she was interested in sex.
- Think that she is making it obvious that she wants to sleep with you (e.g. she's talking to you, laughing at all your jokes, etc) and will be confused about why you're not making a move on her.

In other words, don't waste your time trying to look for signs that a woman wants to sleep with you.

What you need to do is very simple!|

1. Make her feel sexually attracted to you.
2. Connect with her.
3. Kiss her.

Once you have kissed a woman, the doors to sex will then open. A kiss instantly changes things from being friendly to sexual.

Anything that you say or do prior to kissing her really isn't that important.

For example: If you spend an hour talking to a woman before kissing her, it is pretty much the same as spending 10 minutes talking to her before locking lips.

The kiss is the point where things really change.

You can talk to a woman all you want, but unless you get to a kiss – it's usually just going to be another conversation with a guy who made her feel some attraction, but didn't do anything about it.

To get what you really want with a woman, you need to make her feel attracted, connect with her a bit (sometimes it only takes 30 seconds, sometimes it takes 30 minutes) and then kiss her.

Once you've kissed her, it's pretty obvious what is going to follow on after that when you go home together or have a first date.

BTW: Don't assume that the woman you are talking to has never hooked up with a guy very quickly.

[image: Women are now free to have sex whenever they want]

A study in the USA found that 55% of couples had sex on their first date and a European study found that 70% of women have experienced a one night stand.

In other words, sex usually happens very quickly these days, so don't waste time trying to get to

know a woman for a long time before you make a move.

Wait Too Long and She Will Be Gone

Rather than getting to a first kiss and then taking it from there, some guys waste time waiting for extremely obvious signs that a woman wants to sleep with them.

For example: A guy will almost be hoping that the woman will say something like, *“I can’t wait any longer! Kiss me now!!”* or *“I want you so bad”* | *let’s go have sex.*

What these guys are unaware of is that most women would rather miss out on having sex with a man, than have to be the one to take on the masculine role and make the first move.

Women are sexually attracted to a man’s confidence and masculinity. This is why women will only give a guy a certain window of opportunity to make a move on her.

If, in that time, he shows himself to be too insecure, nervous or shy to take advantage of that opportunity, she will lose interest.

Why?

Women are instinctively attracted to guys who are more alpha in how they think, behave and take action in life. We live in a very challenging world and it’s not always easy to survive, thrive and prosper.

Instinctively, a woman knows that she will most likely live a better life and be safer with a guy who isn’t afraid to make a move and go after what he wants in life.

So, if you wasting time hoping to get some 100% definite signs a woman wants to sleep with you, most women are just going to lose interest and open themselves up to another guy instead.

It doesn’t matter if you’ve been getting to know a woman for weeks or months, she can easily get snatched up by a guy who knows how to make her feel instant attraction for him and then get to a first kiss.

Following through on the feelings that you ignite inside of a woman is extremely important to your success with women. You need to create a spark and then turn it into a passionate fire with kissing and sex.

If you just talk to her and act like an innocent friend who isn’t interested in her in a sexual way, the fire will die out before it has a chance to even begin.

Dating is Not Like it Used to Be

[image: Dating: Before and now]

In the past, sex was a taboo subject; especially for women.

Women were expected to remain “pure” until their wedding night, and then sex was something that they were expected to do for the purposes of having children only.

Sex was definitely not supposed to be fun and women weren’t supposed to enjoy it.

Heck, it was even seen as wrong to have oral sex.

Oh, how times have changed.

In today's world, women are free to have sex whenever they want, and with whomever they want, without being labeled sluts or whores if they do.

Sex is now seen as a good thing and women are free to enjoy random sexual encounters with as many men as they want before they get married. That is, if they ever do settle down and get married at all.

Here's the thing!

Sex feels just as good for women as it does for men.

Women today want to be kissed, touched and be turned on by a guy. They want to have sex and experience orgasms because it's fun and enjoyable.

They are free to do whatever they want.

Yet, despite all the changes to society, most women still don't want to be the ones taking the lead in a sexual courtship.

Women still want men to lead the way.

Why?

Women are attracted to the emotional strength of men and turned off by the weakness. They are also attracted to a guy's masculinity in how he thinks, behaves and takes action.

So, when a guy is confident (i.e. emotionally strong) and masculine enough to approach her, attract her and lead the way to kissing and sex, it is a huge turn on for her.

She can just relax into feeling like a feminine woman as she surrenders to his attractive masculinity.

This is the type of sexual seduction that women welcome from men. They want it. It's erotic, it makes her happy and makes her feel alive.

Waiting around for signs a woman wants to sleep with you is not the way to seduce her.

You've got to actively make her feel attracted to you and then guide her from a conversation to kiss, sex and into a relationship (if you want one).

Watch this video to understand how a woman's attraction for a man really works and how you can use it to get women to want to sleep with you!

When a woman feels sexually attracted to you, her sexual defenses go down and she opens herself up to you.

The more attraction you make her feel, the more desire she has to want to get physical by kissing you and having sex with you.

Here's the thing though!

Even though a woman is VERY attracted to you, she can still act like she's not interested in having sex with you.

In most cases, a woman does that to test a guy's confidence in himself, make sure that his interest is sincere (to avoid being used for just sex) or because she is insecure and is trying to gain some power over him by making him chase and try hard to sleep with her.

So, don't waste time looking for signs a woman wants to sleep with you.

You've got to make her feel attracted, connect with her and then get to a first kiss.

Attracting Her With Your Confidence

Women are naturally attracted to confident men because confidence is a sign of emotional strength.

Women's attraction to confidence goes all the way back to when women were reliant on strong, confident men to protect them from predators (especially during childbirth) as well as from being hurt, raped, taken or killed by other men.

Women's preference for confident men helped the human race to survive and even become even more resilient and brave over the generations.

Although a modern woman no longer needs a man with big muscles to protect her from animal predators or roaming tribesmen, her sexual attraction is triggered when she encounters a confident, emotionally strong man.

A man's weakness (e.g. insecurity, shyness, anxiety, etc) is not beneficial to a woman because it doesn't make her feel protected and safe.

If a woman interacts with a guy and senses that he lacks confidence, it makes her feel as though she needs to be gentle with him and if life got really challenging, she would have to be the strong one and take care of him.

Regardless of how convenient modern life feels (e.g. with our supermarkets, smartphones and electricity), a woman still has the natural instinct to be with a confident man who will be able to remain strong if life got challenging.

She wants your confidence, just as much as you want her beauty.

Instinctively, men know that the more beautiful a woman is, the more beneficial she will be in his life because:

- A beautiful woman will produce better-looking children.
- Sex with her will be more enjoyable.
- He will feel proud to show her off.
- Guys will respect him more because she is beautiful.

On the other hand, a woman's attraction for a man doesn't revolve around his looks.

Yes, there are some women who only want a good-looking guy and don't care about anything else, but those women are the minority.

Most women feel much more attraction for a guy's personality and inner qualities than his looks.

Instinctively, a woman knows that a man's looks are not what will keep her feeling safe and protected.

She knows that his level of confidence, masculinity and social intelligence is what will directly impact his ability to survive, prosper and protect himself, her and any children they may have.

This is why a guy can be really good looking, yet still not be able to make a woman feel sexual attraction for him or be able to make her want to sleep with him.

Guys who aren't good looking usually go through life thinking that they are failing with women because of their looks.

Guys who are good looking and still can't get a girlfriend usually go through their life thinking that something must be wrong with them or with women, because everyone says to him, "You're so

handsome” but he’s still single and get a girlfriend.

So, what is the real reason why guys fail with women?

Watch this video to find out!|

As you will discover from the video above, guys make up all sorts of excuses for their lack of success with women.

Yet, the real reason why they are failing is very simple.

3 Things You Can Do to Make a Woman Want to Sleep With You

Getting a woman to want to sleep with you is all about making her feel attracted, connecting with her and then getting a first kiss.

Here are 3 ways to help you get to that point!|

1. Flirt and use body language to create a sexual vibe.

Flirt (*verb*): Behave as though you are attracted to someone, but for fun rather than with serious intentions.

Flirting is one of those skills that every man can have, but few guys ever take the time to learn.

In fact, because a lot of guys don’t know how to flirt, they usually just write it off as “playing pointless mind games” or “being childish,” and refuse to even think about flirting as a way of building attraction between themselves and a woman they want to sleep with.

Flirting is a safe and discreet way of building the sexual tension between a man and a woman.

It’s a way of showing your sexual interest in each other without having to say something obvious and direct like, “I like you and I want to have sex with you. So, how about it?”

Of course, we men would love it if women were that easy and you could just say, “Hey, let’s have sex” but women have to act like they aren’t very easy when it comes to sex.

Why?

For you and for themselves.

- For you: So you will be able to trust her when you get into a relationship. You know that she’s not easy when it comes to sex and can control herself.
- For her: So other people don’t look at her as being slutty and think less of her.

Flirting is an easy way to spark some sexual attraction and create a unique, sexual connection between yourself and a woman.

Without flirting, an interaction between a man and a woman might as well be an interaction between a brother and sister, or an innocent conversation between two friends.

Flirting changes the vibe from friendly to sexual.

So, if you want a woman to want to sleep with you, don’t hold back on flirting with her.

2. Build up the sexual tension between you.

Building up sexual tension is a lot like fishing.

A man throws out the â□□baitâ□□ (i.e. sexual attraction and flirting), and then carefully reels in the â□□fishâ□□ (i.e. the woman).

Sometimes, a woman will be ready to be reeled in immediately, while other times you will need to gradually reel her in (seduce her).

It's all part of the fun of picking up women.

3. Release the sexual tension with kissing and then sex.

Itâ□□s all good and well to flirt and build sexual tension, but if a guy doesnâ□□t make a move when the time is right, a woman may think:

- Heâ□□s too scared to take things further.
- Heâ□□s sexually inexperienced and doesnâ□□t know what to do after the initial stages of foreplay.
- Heâ□□s just trying to get me interested to make himself look good in front of his friends, but he's not going to do anything.

Whatever the case, a woman wonâ□□t sit around feeling sexually frustrated for too long while she waits for a guy to make his move.

[image: Waiting too long to make a move]

If you take too long, she will usually release her sexual feelings with another guy who makes her feel some attraction and has the confidence to make a move much quicker.

Donâ□□t Wait Until Itâ□□s Too Late

Women hate it when guys don't have the confidence to make a move when the time is right.

It's so disappointing for women when they meet a guy, feel attracted and then the whole thing fizzles out because he's too busy looking for extremely obvious signs that she wants to sleep with him.

So, instead of waiting around looking for signs a woman wants to sleep with you, all you need to do is make her feel attracted, build up the tension and then release it via kissing and sex. She wants it just as much as you do, but she needs you to lead the way.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy](#)

policy.

15 Interesting Things to Ask a Girl to Get to Know Her

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

In this post, I will provide you with 15 interesting things that you can ask a girl to get to know her. However, I want to warn you of something very important first...

If your real aim with this girl is to begin a sexual relationship with her, then don't waste a lot of time trying to get to know her.

If you act like an innocent friend around her who isn't interested in anything sexual, a girl will usually remain open to hooking up with other guys and will only see you as yet another friend in her life.

[image: The consequences of pretending to just want a friendship with her]

If another guy comes along and makes her feel sexually attracted and turned on, he can actually kiss her and begin a sexual relationship with her...without wasting a lot of time getting to know her a lot first.

Triggering her feelings of sexual attraction and then kissing her is the shortcut to getting a girl into a relationship with you.

So, I will now provide you with 15 examples of things that you can ask a girl as you get to know her, as well as explain some ways that you can make her feel sexually attracted at the same time.

15 Examples of Things to Ask a Girl to Get to Know Her

[image: Things to ask a girl to get to know her better]

The first example of something you can ask her to get to know her better is...

1. So, what do you like to do for fun these days?

This is a question that puts a girl on the spot and she will often try to come up with an answer to impress you.

Making her feel like she needs to impress you is a GOOD thing, because most of the guys she meets will want to be with her just because she looks good, which is one of the things that women really hate about most single men...

As you will discover from the video above, most guys are immediately interested in girls because of their looks and don't need the girl to say or do anything else to impress them.

Hot girls hate that, so if the girl you like is attractive, don't be too easy on her. Make her have to work a little to impress you first.

2. What would you do if you could be a guy for one day?

This will give you a great insight into what she thinks of guys and whether or not she is sexually open around you.

Make fun of her answers in a playful way. For example: If she says that she'd like to know what it

feels like to pee standing up, you can say, *“Come onâ€¦you can do better than that. We guys do more than just piss standing up.”*

If she says, *“I would treat women with respect and make them feel good about themselves,”* you can jokingly say, *“You’d make a horrible guy. You’re too nice”* and then laugh with her.

3. What’s something about you that you wish people would know?

When you ask a girl this question, she will usually tell you the thing that she is most proud of about herself, which will give you an insight into what is important to her.

When she shares that with you, she will feel as though she’s really getting to know you in a way that matters to her.

4. Okay, so you’re smart, beautiful and sexy. There has to be something wrong with you. Do you have an extra toe or something?

It’s important to say something like this to a girl because most girls are insecure about their attractiveness and if they aren’t sure that you’re truly interested, they will usually play hard to get.

So, to cut through all the mind games, just tell her that you think she is smart, sexy and beautiful and then make her feel attracted by adding in some humor.

Talking to a girl in this way will make her feel much more attraction for you than just giving her a nice compliment like, *“You’re smart, beautiful and sexy. How can you not have a boyfriend?”*

If you haven’t been making a girl feel much attraction for you prior to giving her that compliment (i.e. you’ve just been nice, friendly and polite), she’s not going to be excited about your sexual interest in her.

Instead, she will feel as though you are just giving her that compliment because you’re awestruck by her and hoping that if you kiss her ass enough, she will give you a chance to be with her.

Yet, if the girl that you like is attractive, she’s going to hate it when nice, friendly guys suck up to her in the hope of getting a chance to be with her sexually and romantically.

Always remember: The most important thing you need to do if you want to be successful with girls is to make them feel sexually attracted to you first. Sexual attraction comes first and everything else flows on naturally and easily after that.

Don’t waste time trying to get to know a girl for days, weeks or months and think that everything will be fine. A guy who knows how to attract girls and pick them up will be able to hook up with her on the first night or first date.

If you want this girl to be your lover or girlfriend, then you must be willing to make her feel attracted. ...and that means you need to be able to make her FEEL something other than nice, polite, friendly feelings around you.

By saying something like, *“Okay, so you’re smart, beautiful and sexy. There has to be something wrong with you. Do you have an extra toe or something?”* you have started out by giving her a compliment and then made her laugh by talking about her potentially having a 6th toe.

Essentially, you are saying that she is beautiful, but are wondering, *“What’s the catch? There has to be something wrong with you”* in a joking way.

She will feel attracted to you for being confident enough to say something like that to her and she will

also feel attracted to how you can make her laugh and feel good.

By suggesting that she has a 6th toe, you're not being mean or making her feel bad. Instead, you're showing her that you're not only a good guy, but you also have balls and a sense of humor.

5. If you could click your finger and be on vacation/holiday anywhere in the world right now, where would that be?

This is a great thing to say to a girl because it immediately gets her thinking about being somewhere that would make her feel happy.

When she feels happy about the place she is describing, part of that positive feeling will become associated with you. She will feel good around you, which will make her feel attracted to you.

6. If you could instantly change something about how you look physically, what would that be?

This is good to ask a girl because it gives you an insight into what she thinks about herself.

For example: She might say, *"Nothing...I love everything about myself"* and you can then jokingly ask, *"Are you sure? You wouldn't change your [name a piece of her clothing or jewelry]"*

You can then have a laugh with her and say, *"No, I think you look great. Everything about you is perfect"* in a half serious way.

She will then feel as though she's not sure if you are being serious or not, which will make her feel attracted to you because you have the confidence to mess with her like that during a conversation.

7. So, are you the kind of girl who is closer with her family or her friends?

This is a good question to ask a girl to get to know her because it gives you an insight into how she thinks at this point in her life.

Right now, she might be very focused on all the relationships she has with her friends, but that doesn't mean that she won't switch at some point and become very family oriented.

Asking her this question is about understanding who she is today and why.

For example: She might be more interested in relationships with her friends right now because she doesn't want to settle down and just wants to have fun and see where life takes her.

A girl like that won't like it if a guy comes on to strong and seems like he wants to get married and start a family asap.

So, whatever her answer to the question is, make sure you follow up and ask her why she is closer with her family/friends at this point in her life.

8. What's your favorite food on a day when you're feeling hungover? I usually end up eating [insert what you eat when hungover]

[image: Things to ask a girl to get to know her well]

Asking a girl this question will let you know how playful or serious she is about life.

For example: You might ask a very serious, health-conscious girl this question and she may reply with, *"Oh, I don't drink...I hate alcohol"* compared to an easy-going girl who says, *"I usually have a*

pizzaâ□|and then regret eating it later onâ□|lol.”

If you want to have a relationship that lasts, it’s important for you to find a girl who is compatible with you who are. You don’t have to be exactly the same, but you have to be able to appreciate each other and let each other be who you want to be.

For example: A girl might only drink alcohol on special occasions, but just because she is strict in that way, she shouldn’t expect you to be and vice versa. To make a relationship last, you’ve got to be able to love each other for who you each are and get along effortlessly, rather than trying to control and change each other all the time.

9. On a scale of 1 to 10, how much do you want to jump on me and start kissing me right now? By the look of your smile, I’d say it’s a 9 or a 10...wow, you move fast.

[image: Things to ask a girl to get to know her]

This is something that you ask a girl in a joking way...of course.

Smile and be confident and easy-going when you ask it. Maintain eye contact with her and use it as a way to laugh together, rather than being serious or tense about it.

If she denies wanting to kiss you, just smile and say, *“Yeah rightâ□|I see the way you look at me”* and then laugh with her.

Don’t make it a serious thing.

She will feel attracted to you for having the confidence to say such a thing, as well as for how girly and under pressure she feels in response to your masculine approach.

She will feel slightly dominated by you during this interaction, which will turn her on.

10. I was naked in front of you right now, where would you look first?

She will most-likely smile and possibly gasp in shock when you ask her that type of question.

She will also probably look at your crotch/groin and when she does, you can say, *“Oh you’re naughtyâ□|I have to watch myself around you.”*

You can then joke by pretending to be disappointed in her. Shake your head and say, *“I’m disappointed in you...I thought you were a good girl, but it looks like you just see me as a piece of meat like other girls do. It’s all about sex for you girls these days...I have a personality too you know?”*

Essentially, you’re taking on the typical role of the girl who has to reject a guy for just wanting to have sex, which is going to be very funny for her.

11. Have you figured out your calling in life yet or are you just going to continue being extremely beautiful?

This is a good question to ask a girl when you’re getting to know her, but don’t expect her to come up with a detailed answer.

Most people don’t really know what their purpose is in life, which is why they often feel depressed when they reach 30-50 years of age and realize that they’ve been wasting their life.

When you ask a girl this type of question, she will either:

- a) Be completely clear with her answer and know exactly what she wants.
- b) Give a fantasy answer like, *"I want to be a movie star"* even though she's not doing anything to achieve that dream.
- c) Say, *"I don't know yet."*
- d) Laugh and say something like, *"Yes, I'm just going to be beautiful."*

Her answer will tell you what kind of girl she is.

If she's very career focused and is trying to achieve big dreams in her life, then she's going to want a guy who isn't going to feel insecure about her achieving things in life because he is also following through on his biggest dreams and ambitions in life.

If she doesn't really care about her calling in life and just wants to have fun, she's not going to want to spend any more time talking about life goals and plans and will just want to enjoy herself around you.

12. If you had a chance to go back in time and give your 15-year-old self some advice, what would you tell her?

We all get wiser as we age, so this is an interesting question for anyone to answer.

If you ask a girl this question, she will usually think about something that she wish she knew when she was younger (e.g. don't worry so much about what people think, follow your dreams, etc).

When she shares that type of thing with you, she will feel closer to you because it's not something that she will tell everyone.

13. Are you a good cook or are you just hot?

This is a great question to ask a girl because it makes her laugh and also makes her feel like she needs to impress you with the answer.

Many girls these days are hopeless at cooking and are secretly embarrassed or worried about it, so if she says, *"I can't cook"* a great response is to then smile and say in a joking, but half-serious way (to get her attention), *"Well, I liked you up until that point, but now you've lost me. It's over between you and me."*

If she says that she can cook, you can say, *"Wow...so, you're hot and you can cook. Nice, I've hit the jackpot. When are you making me some food?"*

A girl will feel attracted to you when you talk to her in this way because it makes her feel girly in response to your masculine approach. It's also funny and it takes balls to say something like that to a girl, which they respect and feel attracted to.

14. So, who do you think should make the first move ♀♂ the guy or the girl? ♀♂!and when are you going to kiss me? I've been talking to you for 5 minutes already.

Of course, this is to be said in a joking way. It's not a serious question that you seriously need the answer to. You're just messing around and helping to make sure that she knows what your intentions are with her.

Remember: If you're aim to get to know this girl is to begin a sexual relationship with her, make sure

that you're not acting like an innocent friend who just wants to get to know her.

Make her feel attracted to you and then bring up sexual things, so she is clear that you aren't just intending on being another friend.

15. What's one thing about girls that you wish guys would understand?

Her answer to this question will give you a great insight into where guys mess up when trying to pick her up or keep a relationship together with her.

For example: She might say, *"We might seem strong, but we are usually more fragile and sensitive than guys realize."*

A lot of guys make the mistake of believing the confident front that girls put on. Yet, most girls are much more sensitive, insecure and fragile than they seem.

For example: When Dove Cosmetics did a global survey of women, they found that 96% of women don't consider themselves to be beautiful.

[image: Women being insecure about their looks]

So, don't assume that the beautiful girl you like is confident and secure about how she looks. In most cases, girls are even more insecure than guys are about their looks.

Beginning a Sexual Relationship With Her

If your real aim of getting to know this girl is to begin a sexual relationship with her, make sure that you focus on making her feel sexually attracted to you.

Don't waste too much time trying to get to know her before you kiss her and begin having sex with her.

If you act like an innocent friend, another guy can easily come along and steal her away from you by making her feel sexually attracted and then kissing her. After he has kissed her, the door is then open to have sex with her and when that happens, a relationship will immediately begin.

Watch this video to understand how a girl's attraction for a guy works and how you can use it to begin a sexual relationship with this girl you like...

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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Shy Around Women? Here's How to Fix it

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Is being shy around women preventing you from living the life you really want?

Do you freeze up every time you find yourself around beautiful women?

When you spot a beautiful woman that you would like to talk to, and possibly have sex with or date, rather than walk up to her and strike up a conversation, do you instead let your mind run away with negative thoughts about what could go wrong?

[image: What if she rejects me in front of everyone?]

Thoughts like...

- What if she rejects me in front of everyone?
- What if she has a boyfriend?
- What if people think I am a weirdo or a creep for approaching her?
- What if she thinks I'm not good looking enough?
- What if she laughs at me or makes fun of me in front of everyone?
- What if she gets annoyed because I'm interrupting her?
- What if she is not attracted to me and tells me to go away?
- What if I freeze up during conversation and run out of things to say?

If you want to approach a woman and you allowing negative questions like those to run through your mind, your confidence automatically begins to fade away and you become filled with anxiety, fear and hesitation.

So, by thinking in that way, you're only setting yourself up to fail.

You probably know that thinking in that way is silly, right?

When the negative thoughts fill your mind, you probably feel annoyed and wish you could just think in a confident way, but no matter how much you try to convince yourself that it will be okay, you can't seem to stop the negative thoughts from making you feel nervous, shy and anxious about talking to the woman.

Stop the Shyness By Making Her Feel Good

[image: Stop the shyness by making her feel good]

If you want to stop feeling shy, you need to stop focusing on yourself and how you feel.

The reason you feel shy is that you're worrying so much about yourself, what might happen to you and how you might feel if things don't go well.

That is NOT going to stop you from feeling shy.

What will?

Do what a confident, charismatic guy would do.

A confident, charismatic guy would approach and talk to the woman and his focus would be on making HER feel good around him, rather than on trying to make himself feel confident enough to

talk to her.

He would take the focus away from his emotions and what he wants and instead focus on making her feel good. He is just approaching to give her the gift of interacting with him and feeling good around him.

Think about itâ€¦!

If he were focused on trying to make himself feel good before approaching her or during the interaction, then he would be spending way too much time in his head.

If you want to stop your shyness, you've got to make the approach or interaction about the other person.

The reason for the approach is to make HER feel good, not you. When you switch your focus like that, it forces you to get into a state of being where you are able to give her that experience.

I call this the *Shy Stopper* technique and here's how it worksâ€¦!

1. Don't worry about yourself, how you are feeling or how you might feel. Just stop thinking about yourself completely.
2. Talk to the woman and focus on making her feel confident, happy and relaxed around you. Give her the gift of feeling good around you.
3. You will then automatically feel more confident, happy and relaxed around her and your shyness will go away.

Why?

Shyness happens when you think too much about yourself, how you feel and how you might feel if things go wrong.

The point here is to put your focus on someone else, rather than making you the focus of your attention.

When a woman notices that you are present (i.e. you're not all up in your head like a shy guy) when interacting with her and she is feeling that good around you, she will naturally feel attracted and drawn to you.

If you know that your number one job is to make her feel confident, happy and relaxed around you, it forces you to smile, be more confident and be in a better mood to make HER feel goodâ€¦not you.

When you do that, you become more present in the interaction and your shyness doesn't have a chance to exist.

Your presence and ability to make her feel good, causes you to come across as more confident and charismatic and the woman feels attracted to you as a result.

Are You Shy When Talking to Attractive Women?

Some shy guys make the mistake of always trying to say the right thing around attractive women, because they are worried about getting rejected by her and then feel even worse about themselves.

So, rather than taking a risk to be himself, a shy guy will often put on an act of being a nicer, more polite guy than he actually is.

He hopes that the woman will see that he's a good guy and give him a chance.

Yet, that's not how it works.

Watch this video to find out why! 

As you will discover from the video above, women feel much more attraction to guys who aren't afraid to be themselves, even if that means saying a few things that she might not agree with or like.

Are You Confident in Other Areas of Your Life?

[image: Why am I so shy around women?]

When a guy is shy around attractive women, it doesn't mean that he won't be confident in other areas of life.

For example: A guy who is shy around women might feel totally confident and in control in a business setting. He might be in charge of a huge department and have all his employees and co-workers regard him with respect and admiration.

Why is he shy around women, but confident at work?

In a work situation, he is confident of his abilities to do the job well, so there is no need to feel shy. He believes in himself and feels worthy.

Yet, around women, he isn't confident in his abilities to attract women, so he feels shy and unsure of himself around them.

Have a look at the dictionary definitions and you will see that your shyness around women is directly linked to your insecurity about your ability to attract them! 

Shy (*adjective*): Being reserved or having or showing nervousness or timidity in the company of other people.

Insecurity (*noun*): Lack of confidence or assurance; self-doubt.

Confidence (*noun*): Belief in oneself and one's powers or abilities; self-confidence; self-reliance; assurance.

This is why it's so important to have the skill of being able to attract women.

If you don't know how to attract women with your personality, you will naturally feel shy and insecure around women you really like.

However, if you feel confident in your ability to attract women, you will feel excited at the opportunity to interact with women you like because you will know that you can get them to want you.

3 Simple Things That Will Help Eliminate Your Shyness Around Women

Getting rid of your shyness around women will happen in stages.

Why?

There are different levels of confidence that you can have. For example: A guy can have a little bit of

confidence around women, a mild level, a fairly good level, strong and unstoppable level of confidence.

I could literally come up with 20-30 different variations of confidence, but you get the picture.

Confidence is something that you build on and make stronger overtime. The stronger your confidence gets, the more attractive you are to women and the more that men will respect you and look up to you.

So, now that you're clear on that and are not expecting to be free of shyness for life with one trick, here are 3 simple things that you can do to help eliminate your shyness around women and replace it with confidence!

1. Talk to women in a way that makes them feel attracted.

When you talk to a woman in a way that makes her feel attracted, she will feel drawn to you and will want to help keep the conversation going.

Watch this for examples of how to do that!

This is the first step to overcoming your shyness around women.

Why?

You need positive feedback about your abilities to become confident. Look at the dictionary definition!

Confidence (noun): Belief in oneself and one's powers or abilities; self-confidence; self-reliance; assurance.

You can't be truly confident if you don't have any positive feedback to back up your belief in yourself.

So, if you want to stop feeling shy around women, you have to begin by making women feel attracted to you when you talk to them.

For example: If you talk to women and make them feel attracted to you by displaying confidence, making them laugh, being charming, having a masculine vibe, etc. you will get positive feedback and reactions from women.

When you see that women react positively to you, there is nothing to be shy about anymore.

Instead, you feel excited whenever there is an opportunity to talk to a woman you like because you know that you're going to be able to make her feel attracted to you.

When you switch a woman's attraction switch to ON and she's interested, there's nothing to be shy about and everything to be excited about.

How can you do that?

Here's an example of using humor and displaying confidence when talking to a woman!

You: [Smile and ask] Do you like coming here or do you hate this place?

Her: [Most likely laughing at the intensity of your question] No, I like it. It's okay.

You: It's my first time here and I like it because of you. I prefer to hang out at a coffee shop a couple blocks away from here called [insert name]. Have you ever been there?

Her: No. Not yet.

You: They make the best lattes. They make the milk real smooth and creamy. You should try it sometime.

Her: Mmmâ€¦sounds nice. I love lattes. I might have to try it.

You: Cool, maybe you can take me there and buy me a latte sometime.

Her: [Most likely laughing] Noooo! You have to buy me one.

You: [Smile and say] Okay, itâ€¦s a date then. I'll get the latte, but you have to pay for the napkins.

Her: [Most-likely laughing].

By talking to women in this positive, confident and playful kind of way, it automatically makes you feel confident and relaxed while showing her that you have a sense of humor.

Compare that to a conversation that a shy guy might have where he tries to appear really nice, intelligent and polite:

Shy guy: Do you like coming here?

Woman: Yes, it's okay.

Shy guy: Oh, that's good. So, what's your name?

Woman: Penny.

Shy guy: Nice to meet you Penny. I'm Sam.

Woman: Okay.

Shy guy: So, what do you do for a living?

Woman: I'm an accountant.

Shy guy: Oh okayâ€¦that's good. How long have you been doing that?

Woman: 4 years.

Shy guy: Why did you become an accountant?

Woman: Ummâ€¦sorry, I have to go and talk to my friends. Nice talking to you. Bye.

Shy guy: [Feels rejected and most-likely assumes she doesn't like him because he isn't good looking enough].

In the second example above, the shy guy is not doing ANYTHING to make the woman feel attracted, happy and relaxed around him.

He's just being a nice, polite guy and is probably hoping that he can impress her by showing how intelligent, nice and well mannered he is.

Yet, here's the thing...

[image: Rejecting the shy guy]

Women don't care about all the nice stuff BEFORE they are attracted to you.

If you make a woman feel attracted to you (e.g. by making her laugh, being confident, being charming, having a masculine vibe, etc), she will then become interested in your other qualities (e.g. you're a good guy, you're intelligent, etc).

Watch this video to understand why being really nice to a woman doesn't turn her on and make her want to begin a sexual relationship...

As you will discover from the video above, there's nothing wrong with being nice to a woman.

However, if you want her to appreciate how nice you are towards her, you have to make her feel sexually attracted to you first.

If you don't do that, she will just see you as yet another friendly, nice guy that she has little or no romantic interest in.

2. Have purpose and direction in life and follow through on it with passion.

Some guys feel shy around women because they make the mistake of looking at women as the main thing they need to conquer in life.

"If I can just get a woman to like me, then I will be happy and confident."

No, no, no.

What you need to do is work out what you want to really achieve in this life. I don't mean things like get a job, buy a house and have a pet dog.

Think about your biggest dreams, ambitions and goals that scare you because you think you might not be good enough to achieve them.

Then begin walking the path towards that success.

If it takes you 5 years or 50 years, it does not matter. The point is that you are a man on a mission; a man of purpose.

Rise through the levels of life and reach for your true potential as a man. Be happy with or without a woman in your life.

When you get to that place mentally and emotionally (it can happen within hours or days of deciding to be like that), you will automatically become more attractive to women.

Why?

Women feel turned off by guys who seem them as being their purpose in life.

A woman isn't your purpose in life.

Women are easy to pick up.

What is challenging is going after your biggest dreams and ambitions in life and never giving up. Becoming a bigger and better man by rising through the levels of life and reaching for your true potential.

When you are living your life in that way, women become attracted to you like flies to honey. They swarm.

However, if you look at women as being way more valuable and important than you and your biggest dreams in life, you will fail.

Women will feel turned off by you on a deep, instinctive level.

Instinctively, women know that guys who are afraid to rise through the levels of life and reach for their true potential will most-likely become needy, clingy, insecure and controlling in a relationship.

Why?

When a couple gets past the initial stage of a relationship (i.e. the lust and new romance stage), a woman will usually test the guy's confidence in himself by playing hard to get or pulling back some of her affection and interest.

If he reacts by becoming insecure, clingy and needy, then she's obviously not with a man who is rising through the levels of life and reaching for his true potential with or without her.

Instead, she's with a guy who is afraid of failure and is using the relationship with her to hide from reaching his true potential as a man. He wants to make his life about her and the relationship because he doesn't have the balls to face reality and be the strong man that she wants and needs.

3. Add to your social intelligence.

Social intelligence is essentially about your ability to get along well with others.

It's also about your level of awareness and understanding of how to navigate social situations effectively.

For example: A guy who is confident around women has a level of social intelligence that allows him to think, feel and behave in a confident way around women.

On the other hand, a guy who is shy around women is literally going through life with missing pieces to the puzzle.

He might be a very intelligent man academically or at work, but when it comes to his understanding of women and socializing, he is a bit lost.

Why do women care about a guy's social intelligence?

For all of human history, life has been challenging. It has been a struggle to survive, thrive and prosper in this world.

Today is no different.

We now have smartphones and supermarkets, but that doesn't mean that life is so easy and safe now.

It's a competitive world out there and humanity is usually only a hurricane or earthquake away from being forced back into basic survival.

A woman's natural instinct is to align herself with a guy who has what it takes to survive, thrive and prosper no matter how challenging life gets.

When a guy can socialize and make friends easily, his attractiveness to a woman increases because she can see that he's not a loner and therefore, in times of trouble, he will have an existing support group to help him out or will be able to quickly form alliances with new people.

Instinctively, this makes a woman feel safe and protected and more importantly sexually attracted to you.

Fact: You Are Worthy of Most Women Right Now

Many guys feel shy around women because they believe that they just aren't good enough for the type of women they really want.

For example: A shy guy might say, *"Beautiful women don't date guys who look like me. If I was better looking, then I would be confident and women would like me" or "Women only want guys who are rich and successful; I'm just an average guy. I can't compete with the rich or popular guys."*

Yet, these guys are wrong.

Yes, of course there are some women who will only date good looking guys, rich guys, or guys who live an amazing lifestyle, but those women are the minority.

The majority of women in this world have an Open Type, which basically means they are open to feeling attracted to all different types of guys, as long as the guy can make them feel enough attraction in other ways (e.g. by displaying confidence, flirting with her, making her laugh, being charismatic and charming, etc).

The next time you're out at the mall, walking down the street, at a ball game, etc., take a good

look around you. You will probably see hundreds of plain, short, bald, ugly or fat men with an attractive girlfriend or wife.

Are all of those guys rich or do they have a huge penis? Is that their secret?

No.

Most people in this world are not rich and most guys have an average sized penis.

Their secret is simple.

Women can be attracted to guys for MANY different reasons other than looks, money, social status or penis size.

A woman can literally be with a guy because he is confident and funny and as a result, she loves being around him and thinks he's cute, sexy and an amazing boyfriend.

A good guy looking on might think, *"What is she doing with him? I'm so much better looking and I make a ton of money. Why don't I have a girl like that?"*

Simple.

He's expecting to be wanted, desired and lusted after because of his looks and money.

Yet, while there ARE women who want a guy purely for those reasons, the majority of women are much more interested in how a guy's personality and confidence makes them feel.

The "ugly" guys that you see with a beautiful girlfriend or wife are attractive to their women for reasons that have nothing to do with their looks, money, penis size or social status.

Yes, those things can and do attract women, but you CAN attract women in OTHER ways.

So, if your shyness around women is based on an excuse about not being good looking enough for the women you want; think again.

You are good enough for the majority of women right now. When you realize that and allow yourself to feel confident as a result, you will immediately see the change in how women look at you.

They will see the confidence in you and they will feel attracted to you because of it.

Stop the Shyness and Start the Happiness

[image: Shyness around women]

Being shy around women sucks.

You go out to a party or a bar and no matter how well you are dressed, how cool your hair looks or how much muscle you've built in the gym, you still feel shy.

No matter how intelligent you are, how good your intentions are with women or how much better you think you are compared to other guys, you still feel shy.

and it sucks.

So, if you want to continue fixing your shyness and becoming a confident guy today, click around my site and keep learning.

The faster you learn what I have to teach you, the quicker you will get rid of your shyness around women and be the confident guy that you know you can be.

Life as a confident guy comes with more beautiful women, better friendships and relationships and

more respect from people in your life. You feel happier, more alive and you achieve things quickly and with less effort.

Life as a shy guy...well, you know what that's like.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

7 Places to Find Beautiful Women

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

7 of the best places to find beautiful women are at:

1. [An exclusive bar nightclub](#).
2. [Dance classes](#) (ballroom dancing, hip hop, salsa).
3. Yoga class.
4. A shopping mall.
5. Group fitness training classes (e.g. cardio bootcamps).
6. [Singles events](#).
7. Fashion shows.

Now on to the more important part...

What to Actually Do When You Get There

[image: Where to find beautiful women and how to meet them]

Regardless of where you find a beautiful woman, the most important things that you need to do are:

1. Approach her rather than just looking at her and hoping that she approaches you because you're dressed well, you look cool or appear interesting.
2. Attract her in many different ways during the interaction (e.g. with your confidence, charisma, charm, humor, masculine vibe, etc).
3. Get her contact details and tell her you'll get in touch, or stick with the interaction and escalate to a kiss or even sex on the first night.

As long as you focus on those 3 things, you will get results when you go out to find beautiful women.

A Really Weird Thing About Beautiful Women

This took me a long time to accept, but I've known that it is true for more than 10 years now.

That is, most beautiful women (not all) are much less picky than guys realize.

If you talk to a beautiful woman and she feels attracted to you because you're being confident, charismatic, charming and making her laugh at times, she will be interested in you.

Don't get me wrong here...

I'm not saying that a guy can pick up ANY beautiful woman or that EVERY beautiful woman in this world can be attracted in ways other than looks, money and social status.

What I am saying is that many beautiful women can feel more than enough attraction for a guy simply based on him displaying several of the personality traits and behaviors that naturally attract women.

Watch this video to understand how it works...

As you will discover from the video above, it's completely normal for average and even below

average guys to have a more beautiful girlfriend or wife.

Why? Most women are much more flexible about what they find attractive in a man and do not base their decision of whether or not to be with a guy simply based on his looks, financial status or social status.

Yes, those traits can help attract women (no doubt about that), but the majority of guys in this world don't work as a male model, aren't rich and have normal social status.

Yet, many of them are able to hook up with, get into relationships with and even marry beautiful women.

Going to the Same Place as Beautiful Women vs. Actually Approaching Beautiful Women

[image: Approaching beautiful women]

Iâ€¢ve lost count of the number of times guys have asked me where they should go to find beautiful women.

It's a great thing to know if you're actually going to approach the beautiful women you see and you are prepared to make them feel attracted to you.

Yet, most guys aren't going to approach and still don't even know how to properly attract women, which is one of the 3 things that attractive women hate about most single guys...

As you will discover from the video above, it's very easy for beautiful women to make guys feel attracted to them.

They don't have to ANYTHING other than look good and 95% of guys will be willing to have sex with them or begin a relationship...just because she looks good.

Guys will stare at her, call out to her and try to get her attention, but she will rarely get approached by a guy who can just be NORMAL around her.

[image: Finding and approaching beautiful women]

The majority of beautiful women only ever get approached by:

- Drunk guys who are so intoxicated that they don't care what happens.
- Nice guys who are hoping to be liked for being nice.
- Sleazy guys who come on way too strong and don't give her a chance to first confirm her sexual interest with flirting.
- Buyer guys who offer to buy her drinks or anything else to get a chance with her.
- Faker guys who pretend to be asking for directions or information as an excuse to talk to her.
- Weirdo guys who are socially awkward and have a strange vibe that makes her feel uneasy.

It's a nightmare out there for most beautiful women.

Throughout her single life, a beautiful woman rarely gets approached by normal, good guys who make her feel attracted and turned on during a conversation.

It's so rare, which is why you will often hear beautiful woman asking, *"Where are all the real men?"*

The majority of guys that a beautiful meets will make some or all of the conversation mistakes that I

explain in this video...

As you will discover from the video above, many beautiful women struggle to find a normal, good guy who can just be real and make her feel attracted and turned on.

Why?

Guys like that almost always have a girlfriend, a wife or plenty of women in their life.

If you are a good guy, then there is a huge opportunity for you to get yourself a beautiful woman.

How?

When you give beautiful women the attraction experience that they've been starved of for so long, then you are the guy that they feast on.

They eat you up.

[image: Where to find a beautiful woman]

I'm being serious here.

It's so frikken easy that it's hilarious (and sad at the same time) that most guys don't know this.

Most guys go through life thinking that all beautiful women are out of their league, unless they can somehow work out how to become more good looking, rich, taller, etc.

Yet, while some beautiful women are very picky and will only accept really good looking, rich, tall, muscular men, the majority of beautiful women are much more open to feeling attracted to the personality traits, behaviors and inner qualities of men.

Other Places to Meet Beautiful Women

As you go through your everyday life or visit new parts of your city or town, you will no doubt see a few beautiful women here and there.

Of course, not all of them will be single, but it doesn't hurt to approach and say hi. Why? You're not doing anything wrong. If she is single, she will be hoping that she can meet a guy and since she's not going to do the approaching, she will be glad when a normal, good guy walks up to her and says hello.

As long as you make her feel attracted to you when you begin interacting with her (e.g. by being confident, charismatic, charming, funny, etc), she will be excited to be interacting with you.

When you then ask for her number and she says yes, you will remember what I said about many beautiful women being a lot easier to pick up than most guys realize.

Okay, so if you've got the confidence to approach, you know what to say and you're ready to make her feel attracted, you might want to check out some of these places...

- Dog parks on a weekend.
- Weekend markets.
- Coffee shops where women hang out alone reading books or browsing the internet.
- Concerts or shows.
- Cultural events.
- Wine or beer tasting events.
- Hobby groups.

- Volunteering.
- Public swimming pools.
- Modelling events.
- Car shows.
- At the gym.
- At a sports event.
- Music festival.

She's Beautiful, But She Still Has Natural Instincts Like Other Women

Whether a woman is beautiful or not, she's going to be attracted to the same kinds of things that other women find attractive.

Yes, some beautiful women are superficial and only want perfect looking male models with money and a huge penis.

It's true.

Yet, the majority of women can't stop themselves from feeling attracted to certain personality traits, behaviors and inner qualities in men.

For example: If a guy approaches a beautiful woman and displays nervousness and insecurity when interacting with her, she will instinctively feel turned off by him.

On the other hand, if a guy approaches her and displays relaxed confidence, has a masculine vibe, is charming and can get her laughing, she is going to feel very attracted to him.

The less physically attractive a guy is, the better he has to be at attracting women with his personality, behavior and inner qualities, but it is possible to do.

Not all beautiful women will accept a guy who doesn't look like a model, but a very high number of them will...

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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Single Dads Dating Guide

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Dating as a single dad is now easier than ever because it's no longer taboo for a woman to date, get into a relationship or even marry a single dad.

In fact, according to a recent scientific study, single dads are who have a good relationship with their children are 30% more likely to find themselves in new long-term relationship than single guys.

There Are Only Two Things That You Need to Do

[image: Single fathers dating guide]

You don't need an in-depth strategy for dating women as a single dad.

Sure, you've got more responsibilities than a single guy and you already a child (or children) that you probably love more than anything else in the world right now.

However, the rules of the dating game are still the same.

Just like any other single guy, you need to:

1. Attract women by displaying the personality traits and behaviors that naturally attract women.
2. Confidently follow through with texts, phone calls and dates until you are in a sexual relationship with her.

Do you know how to attract women to your personality and behavior? Watch this video to understand how it worksâ€¦!

As you will discover from the video above, you actually have a lot of direct control over how much or little attraction a woman feels for you.

For example: If a single dad is nervous, self-doubting and insecure around women, he will be seen as unattractive because he will be displaying personality traits and behaviors that turn women off.

However, if he is confident, charismatic and has high self-esteem, he will be seen as attractive.

You can literally make a woman feel attracted to you in more than 100 different ways when you talk to her in person and about 50 different ways over the phone.

You can pick up the majority of women by only displaying 5-20 attractive traits because most women are much less picky than guys realize.

Of course, some women are very picky and will only accept a guy who looks like a male model, has loads of money, no kids and has a perfect body.

Yet, those women are the minority.

This video explains the real reason why a lot of good guys fail with women, even though most women aren't very pickyâ€¦!

As you will discover from the video above, a lot of good guys waste most of their life sticking to useless excuses about why they aren't successful with women.

Attracting women really is very simple, even if you're a single dad.

If you believe in your attractiveness and appeal to women and that comes through as confident behavior, body language, vibe and conversation style from you, then most women will feel attracted to you because of it.

They will be attracted to the fact that you still believe in your attractiveness and appeal to other women, even though your previous relationship didn't work out.

Why is that appealing?

We humans have had to fight and struggle to survive, thrive and prosper throughout our entire history.

Even in today's world with our supermarkets, smartphones and government services, it is still a challenge to survive, thrive and prosper.

It's a competitive world out there and when a woman comes across a guy who believes in himself and remains strong no matter what, it's a very attractive and appealing quality.

It allows her to feel as though if she got into a relationship with you, she'd feel safe and protected because you are a confident, emotionally strong man who remains strong and believes in himself no matter what.

Single Dads Who Doubt Their Appeal to Women

[image: Women won't like me because I'm a single dad]

Some single dads worry that women are going to look at his situation in a negative light (e.g. *"What a loser" | "he got dumped"* or *"This guy is bad news" | "he can't even keep a relationship together. Would we break up if we had a child?"*).

Sure, some women will think negatively, but most won't.

If you make a woman feel attracted to your personality and behavior, she will begin to look at other things about you (i.e. being a single dad) in a positive light.

Watch this video about attraction to understand how it works. (If you want to skip ahead to where I explain it, go to 6 minutes 06 seconds (6:06) into the video and play it from there).

Single dads who don't understand how a woman's attraction REALLY works will worry that women will feel turned off by their dependent child or broken relationship with the ex.

[image: Single dad separated from family]

For example: He might think...

- Will women still want to date me when they find out I'm a single father?
- Will women be turned off by the fact that I have to pay child support?
- Will women accept that I won't always be available because my children are my first priority?
- Will women perceive my children as baggage and try to come between us?

If you've watched the videos on this page, you will know that a guy can be overweight, bald, skinny, have a big nose or be a single dad who has to pay child support and he can still be attractive to many women.

Not all women will accept a single dad, but many will.

Being a Single Dad is Not Unusual Anymore

In the past, being a single father was very rare role for a man to take on, because couples got married and then stayed together for life even if they were unhappy.

Firstly because it was expected of them (marriage was forbidden and in the USA in 1900 for example, the divorce rate was less than 10%) and secondly, for the sake of the children.

Back in the old days, there was no internet to connect with old flames and premarital sex was forbidden, so single dads were one of the rarest things on the planet (i.e. it would happen in the mother died while giving birth).

Not anymore.

In today's world, an estimated 50% of children end up spending at least some part of their childhood living in a single-parent household as a result of a separation, divorce or an out-of-marriage birth.

Yet, gone are the days where it was taken for granted that the children will automatically end up with their mother. According to American statistics, over 8% of all single-parent households today are now headed by a single father. This is a nine-fold increase (up from only 1%) since 1960.

Basically, being a single dad today is nothing unusual and isn't something that you need to hide or be ashamed of.

Fact: Women Are Attracted to Men For Many Different Reasons

[image: Dating tips for single dads]

Probably one of the biggest concerns that single fathers have is that they will no longer have the criteria that women are looking for in a man.

Many guys (whether they are single, divorced or widowed) make the mistake of assuming that if they don't fit a specific profile (i.e. good looking, have lots of money, don't have children from previous relationships, etc), women won't be interested in dating them.

In reality, most women (not all) are very flexible when it comes to dating.

Although a woman will initially judge a guy based on how he looks (because she hasn't experienced his attractive behavior or personality yet), once she meets him, his looks will become less important to her than the other qualities he has to offer (e.g. his confidence, masculinity, sense of humor, mental and emotional strength, etc).

This is why you will often see a really beautiful woman dating a plain or even "ugly" guy, or a fat guy, or a bald guy, etc.

It's not a mistake.

She is with him for a reason.

She has discovered qualities in him that make her feel attracted to him as a man, and any

imperfections that he might have (e.g. being overweight, bald, a single dad, etc) have become something that marks him out as unique to her.

He is the man that she is attracted to (i.e. because he's confident, charming, funny, etc) and she then likes (or accepts) everything else about him because it is him and he is the man she is attracted to and wants to be with.

It might be weird to hear attraction being explained like that, but a woman's attraction for a man is different to a man's attraction for a woman.

Women can feel attracted to a guy's looks, but most women (not all) are much more attracted to a man's inner qualities, personality and behavior than anything else.

This is also why you will sometimes see a really good looking guy who is single and can never seem to get a woman to keep talking to him for more than a few minutes or stay in a relationship with him for more than a few weeks. Why?

He will be good looking, but he will lack the all-important inner qualities that make women feel deep, lasting and intense attraction, respect and love for a man.

So, if you're a single dad, the most important thing you need to work on is your ability to attract women to your personality, behavior and inner qualities as a man.

A very important inner quality is your confidence.

Confidence (*noun*): Belief in oneself and one's powers or abilities; self-confidence; self-reliance; assurance.

Insecurity (*noun*): Lack of confidence or assurance; self-doubt.

If your confidence has taken a serious dent after going through a messy divorce or break up, a woman will be able to pick up on your insecurity and it will turn her off.

You've got to believe in your appeal to women, regardless of what has happened in the past.

If you don't believe in yourself, women won't either. A woman would rather miss out on being with a guy than have to comfort him emotionally and be gentle because he's so insecure and self-doubting.

She wants a ready made man who is capable of making her feel the type of love, respect and attraction that she is seeking in a relationship.

When a single father gets rejected by a woman, he might assume, *It's because I have children*, or *It's because young, attractive women only like young, good looking men without relationship baggage*.

Yet, the truth is, most women (not every woman) will date all sorts of different guys - old, young, rich, poor, muscular, fat, good looking, ugly, single or divorced.

It's true and you've seen it all around you in real life.

The most important criteria for most women is whether or not a man can trigger her feelings of respect and attraction for him when they interact in person.

If he can do that for her, then she will find him attractive regardless of whether he is good looking, rich, or has been in a relationship before and now has children.

Single Dads Dating Guide: 3 Mistakes to Avoid Making

When you do decide to get out there and meet new women, here are some common mistakes to avoid as a single dad in the dating scene:

1. Talking too much about your kids before she is committed to the idea of being in a relationship with you.

Here's the thingâ□!

If you are a really confident guy who is doing well in life and can attract women with your personality (e.g. you're charismatic, funny, confident, charming, have a masculine vibe, etc), then you can say or do whatever you want and women will lap it up.

However, if you are a single dad who doubts his attractiveness to women and is thus nervous, insecure and tense when approaching and meeting women or going out on dates, then you will need to be a bit more cautious and play by the rules of the dating game.

For example: If you don't make a woman feel much attraction for you (e.g. because you're too nice, polite, friendly, etc rather than being confident, charismatic and sexual) and she isn't feeling turned on and excited about potentially getting to be your girlfriend, then she isn't going to be very keen to hear a lot of stories and details about your child or children.

On the other hand, if you are making her feel a lot of attraction for you (e.g. you're being confident, charismatic, charming, funny, etc), she will be turned on and excited about the possibility of being your woman, so she will be keen to listen to whatever you've got to say.

Everything that you talk about will be heard through the filter of her sexual attraction and desire for you, so it will be 10x more interesting and appealing than if she wasn't feeling attracted to you.

So, if you are a very confident guy and can easily attract women and turn them on, then go ahead and talk about whatever you want with women. They are going to like you no matter what you say.

However, if you don't really know how to attract women and turn them on during a conversation, you will need to focus most of your effort on achieving that before a woman will be genuinely interested in listening to you talk about your kids.

The basic rule of the dating game is that attraction must be established first and then everything else flows on naturally after that.

So, don't try to win a woman over by talking about your kids and hoping that she likes how good of a dad you are.

That will not work unless the woman is unattractive or desperate and is looking for a guy who doesn't believe in himself.

If you're dating attractive women, you've got to begin by triggering her feelings of sexual attraction for you based on things other than your kids.

Once she is turned on, attracted and is showing you lots of interest in you as a man, you can then reward her with details and stories about your kids.

In other words, she has to earn the right to get close to your kids. It's a gift that she will get from you if she plays her cards right.

She needs to show you how interested she is in you first, before you allow her to have the privilege of getting emotionally closer to your child or children.

2. Talking about your ex in a bad way.

Even if you're being completely honest by telling a woman what a bitch your ex is and how she left you with the kids to run off with her personal trainer; that type of conversation isn't showing her what she needs to see to feel sexually attracted to you (i.e. that you're confident, well-adjusted, emotionally mature and have successfully moved on with your life).

If you talk about your ex, just focus on the positives and tell her that you've moved on from her and stay in contact now because it's the right thing to do for the children.

She doesn't need to know anything more than that until she has earned the right (i.e. she has become your actual girlfriend) to know the private details of your past with her.

What you need to focus on is getting her to feel attracted to you and beginning a sexual relationship with her. After that, she can then earn the privilege to get more and more information out of you.

You might have heard that women like guys who are mysterious or a challenge and being a single dad who only shares intimate details with those who earn it is a classic example of that.

3. Being too serious about the relationship upfront.

Some single dads put too much pressure on a woman when they begin dating her.

For example: A single dad might be on a first date with a woman and ask her, *"So, how do you feel about raising another woman's children?"* or *"How do you feel about becoming a step-mother?"*

Slow down brother.

Before you've had sex with a woman and she is excited about being your girlfriend, it's too much to ask.

Her raising another woman's children or being a stepmother should be something that she brings up and needs to get approval from you about.

You're not just going to let any woman be a stepmother to your children, right?

Of course not.

So, you need to relax and let that conversation come up if it ever does.

Some women might not even bring it up for weeks because these days, many women enjoy having casual sex relationships and aren't necessarily looking for a lifetime commitment.

However, for the women who are interested in that, they will usually need some time to assess how much respect, attraction and love they are feeling for you.

If she is getting what she wants from a relationship with you, she will then be open to accepting him and his children.

In fact, in most cases a woman will choose to love the single dad's children as her own when she is committed to him in a relationship.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

4 Simple Tips For Becoming a Better Man

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Becoming a better man might seem like a lot of hard work to some guys, but it all depends on how you approach it.

I like to be able to get things done properly and efficiently, so here are 4 simple tips that will make your journey to become a better man quicker and easier...

1. Don't Feel as Though You Need to Be Perfect at Everything Before You Are Worthy of Beautiful Women or Life Success

[image: Stop trying to be perfect at everything]

No matter how successful, happy, healthy, intelligent or well liked a man is, he will never reach a point in life where everything that he says and does is absolutely perfect 100% of the time.

No-one can be perfect at everything, but you can be awesome at things that are important to you.

If you want to become a better man, don't waste time worrying about everything all at once. It's too overwhelming and will make you want to waste time because it feels too difficult.

Simply focus on improving the specific areas that will allow you to achieve what YOU want in your life right now. Take it one step at a time like that and before you know it, your life will be 10x more amazing than it was last year.

For example: If you lack the confidence to approach women and don't know how to attract women, then sort that out now.

Days or weeks from now, you'll be talking to and then having sex with attractive women and you will have already moved on from the lonely life that you were living.

Sound impossible that you can go from where you are today to having sex with hot women or enjoying an amazing relationship with your ideal woman within weeks?

Maybe you are one of the guys who spends too much time focussing on your excuses, rather than taking steps to become more successful with women.

Watch this video to discover some of the worst excuses that guys use for their lack of success with women, as well as the real reason why they fail...

As you will discover from the video above, you don't have to be perfect in every way to be able to attract new women or enjoy a great relationship with a beautiful woman.

So, don't waste your life trying to become perfect at EVERYTHING before you think you are worthy of a beautiful woman, or worthy of being successful in life.

You are ready to experience success right now.

Today.

You don't need to wait 20-30 more years as you try to build up a career and build the perfect body before you feel like you are good enough to approach and attract women.

You are ready now.

Most women are much less picky with men that guys realize. Women may act like they will only accept a perfect male model with loads of money, but they then hook up with, get into relationships with and marry ordinary guys.

When you are the kind of man that women respect during a conversation, they pay attention to you and want to get to know you.

When you then make women feel attracted to you during a conversation, they have a desire to kiss you, date you, have sex with you and get into a relationship with you.

When you then deepen her feelings of respect and attraction for you, she falls in love with you and wants to stay with you.

You can do that kind of thing today, so don't waste any more time thinking that you have to become a perfect man in all areas of life before you will be worthy of women.

A big part of becoming a better man is believing that you are good enough to get what you want and then having the determination to keep pushing forward and following through until you achieve it.

Why?

You won't be able to maintain confidence in yourself around women if you don't feel that you're good enough for them. Likewise, you are simply going to give up (e.g. when women test your confidence by playing hard to get) if you don't have the determination to follow through and get what you want with women.

You've got to feel like you are good enough right now and then simply build on who you are as you go through life. Rather than thinking that you're not ready to succeed, simply begin to make the most of life with what you've got to offer right now and then build on that.

You don't have to be perfect at everything.

Becoming a better man is a lifelong process of setting small goals that gradually get you to the point where you achieve big goals.

As I mentioned earlier, if a guy has a fear of approaching and talking to women, he needs to set a goal to become confident at approaching and attracting women and then achieve that. If he can't get past that point, then he is simply going to waste more months or years of his life feeling like he can't do it.

He can.

Once he gets past his fear of approaching women and has the confidence to approach women he finds attractive, his next goal should be about him having the ability to attract those women with his personality and confidence.

[image: Being able to attract her is usually enough to begin having a sexual relationship]

When he achieves the goal of being able to attract women with his personality and confidence, he can then begin to have sex and get into relationships with women.

Yet, if he never takes those small steps to achieve the incremental goals that are necessary for him, he will remain disconnected from experiencing what he really wants with women.

He might spend years building up a career in the hope that women like how much money he makes, but if he still can't approach or attract women properly, he's going to have to accept a lower quality woman.

Personally, I hate seeing guys waste half their life trying to build themselves up at work or in a gym, to then accept a low quality woman, when they really want a beautiful, attractive woman that they are proud to have as a girlfriend or wife.

My personal belief is that pretty much all men out there have the ability to get themselves an attractive woman. How? By being able to attract women with their personality and confidence.

When a guy is able to attract women with his personality and confidence, he then doesn't have to worry so much about being perfect in so many other ways (e.g. fashion sense, career, body shape, etc) because he is **ALREADY** attractive to women.

He can then put his energy into achieving things that matter to him, rather than wasting time trying to achieve things in the hope that it will impress women.

2. Let Go of Your Past Mistakes

[image: Let go of your past mistakes]

You've done or said some stupid things in the past, right?

Every guy has.

It's not just you.

Every guy has messed up at one point (or many points) in his life.

As we go through life, we live and learn. We are not born with 100% perfect knowledge on how to be an amazing man that women love and people look up to and respect.

We have to reach that point in life by learning, growing and moving past any mistakes we make along the way.

So, if you are the kind of man who has been holding onto your mistakes, make today the day that you let go.

Give yourself permission to be okay with the fact that you said or did some things that you now regret.

Everyone has made mistakes.

If you are serious about becoming a better man, then let go of your past mistakes.

We're on a planet that is floating in seemingly infinite space. We seem to come from a place that is eternal and has always been.

[image: You are one man in the universe. You're here with the rest of us. We're all here together.]

The fact that you've made a few little human mistakes along the way really isn't a big deal to the rest of the universe.

It's not your fault that you are limited to the five senses we humans have and it's not your fault that you have a human brain that needs to learn as it goes along, rather than being perfect and knowing everything already.

It really doesn't matter that you've made some mistakes along the way. What does matter is that you use this life to become the best man you can be and achieve your true potential.

Have a look at this (old) video by Carl Sagan (1934-1996) to be reminded of how insignificant, yet

significant we are...

Your life matters, but I don't think that you should ever waste time thinking that you're a failure because you've made a few mistakes in the past.

We're all here on this planet and we've a human body to navigate it. We're learning. We're not perfect at everything and that's okay.

When you look at that way, a man who hides from life because he thinks he is a failure after making some mistakes is just laughable from a universal perspective.

We're on a planet with billions of humans in a galaxy with billions of other stars (most of them are suns, like our sun) that have planets orbiting around them.

You're not the only human on this planet who has said or done some things in life that now regret because you're wiser.

You're learning, you're growing and you're becoming a better man each and every day. So, don't be so hard on yourself. It really isn't a big deal that you've made some mistakes along the way.

What matters is that you try to do better things be better as a man from now on.

You have so much more potential than you likely give yourself credit for. You can be a great, amazing man that others (even if it's just your family, friends and coworkers) look up to and respect.

So, if you want to make the most of your life as a human man, let go of your past mistakes and start building a better future for yourself day by day.

Every day that you make progress towards your goals is day that you haven't wasted in vain.

3. Don't Be Afraid to Love

Now that I've discovered what true love really is, I always see people (not just men) around me who are afraid to love.

As a man, one of the most important things that you can ever achieve in life is the ability to love others from a place of emotional strength.

Essentially, this means that you are not afraid to show love to others because you don't need anything in return.

As a result of running The Modern Man for more than 10 years now, I've come across thousands of men who want to be successful with women, but are afraid of being rejected or dumped.

You've got to be stronger than that.

The ultimate fantasy for most women (in terms of relationships) is to meet a good guy who turns her on, but is also emotionally available and mature enough to truly love her.

A woman doesn't want to get into a relationship with a guy who is afraid to fully love her in case she leaves him, or a guy who takes all the love that he can get from her because he is emotionally insecure and needy.

She wants a man who is emotionally secure to the point where he wants her in his life, but he doesn't need her. He's not afraid to fully love her because if she did make the mistake of leaving him, he would be absolutely fine with or without her.

When a woman finds a man like that, she doesn't leave unless she is a woman of bad character (i.e.

she's untrustworthy, disloyal, etc).

If you want to be successful at picking up women or keeping a relationship together, you've got to get to a point where you're not afraid to love because you're not afraid to lose a woman.

If you can't ever get to that place as a man, your life will always be full of insecurity and fear about women. Why? Women hate to be placed in a position where they are responsible for a man's emotional security.

A woman wants to be with a man who is emotionally secure with or without her.

4. Be Careful of Getting Dating or Relationship Advice From Women

[image: Dating advice by women]

Women can be just as or even more intelligent than men in many ways, but when it comes to dating or relationship advice â□□ you have to be careful of listening to what they say.

For example: Women will often say that men need to be more sensitive, caring and understanding.

Yet, if you take that advice literally and only focus on doing that around women, you will fail.

Why?

Being more sensitive, caring and understanding is only more attractive to women if a guy is already very confident and emotionally masculine.

For example: Women are sexually attracted to the emotional strength of men and turned off by the weakness.

So, if a man is very confident around her and other people and emotionally masculine (e.g. he is calm under pressure, emotionally strong, etc) then a woman will respect him and feel sexually attracted to him.

However, if a man is nervous, has low self-esteem and lacks emotional masculinity, a woman isn't going to say, "*WOW! You're not only a wimp, but you're also really sensitive. I want you!*"

Instead, she's just going to feel turned off by his emotional weakness and confusion about how to be an attractive man. When a woman is feeling turned off by a guy, she's not going to then be turned on by his sensitivity.

So, you have to be careful about taking what women say too literally.

99% of women do not make statements like that and then follow up with explicit instructions on how to attract them using that approach.

Instead, they expect that men already understand how to attract women and then simply add in that they would like men to be more sensitive, caring and understanding.

When a woman meets a good guy who turns her on (i.e. he's confident, charismatic, funny, has a masculine vibe, etc) she doesn't need him to be sensitive, caring and understanding right away.

Women are only talking about AFTER they've had sex with a guy or DURING a relationship.

Yet, they aren't going to spell that out for guys who don't understand how to attract women.

By the way...

Men not knowing what actually makes women feel attracted and turned on, is one of the 3 things that a lot of attractive women hate about single men...

As you will discover from the video above, it's very easy for a woman to make a man attracted, because we men instantly feel attracted to a woman's looks.

Yet, we men need to be able to attract women by displaying that kind of personality traits and behaviors that women are naturally attracted to (e.g. confidence, charisma, charm, masculinity, humor, etc).

If a guy follows the advice of women (e.g. Be nice, be a gentleman, be sweet, etc), he's going to get rejected by most women. Why? None of those behaviors are what turn women on sexually.

Women only appreciate it when a guy does nice things AFTER she is attracted to him. Watch this video for more info...

As you will discover from the video above, there's nothing wrong with being nice to a woman, but it's not what turns a woman on sexually.

If you want to begin a sexual relationship with a woman, you must start with sexual attraction. Then, and only then, does advice from women (i.e. be nice, be a gentleman, be loving, etc) begin to make sense.

Don't Waste Another Day of Your Precious Lifetime

[image: Don't waste another day of your precious life]

"Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did do." **Mark Twain, American Writer, 1835-1910**

"When one door closes, another opens. Yet, we often look so long and regretfully at the closed door that we do not see the new one, which has opened for us." **Alexander Graham Bell, Scottish born inventor, 1847-1922**

As you go through life, you're either going to feel increasingly proud of the man you have become, or you're going to look back in regret at a life that you've been wasting.

If you are serious about becoming a better man, then make today the day that you begin working on what you need to improve and achieve to get to where you want to be.

If you need to improve your life with women, then click around my site and I will share my secrets to success with women...

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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women. This FREE video will BLOW YOUR MIND (I promise!)

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Should a Guy Get His Ears Pierced?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Most people don't really care whether a guy has his ears pierced or not.

It's really not that important.

Sure, certain types of guys tend to get their ears pierced to fit in with a certain crowd (e.g. skaters, goths, Jersey boys, hipsters, etc), but his earrings are not the thing that makes him a cool guy who is attractive to women and respected by other guys.

Being attractive to women has a lot more to do with how you think, behave and act around women than what you look like.

You don't have to have an earring to be attractive to women, but you can have one if you want. Most women are much more attracted to how your personality makes them feel, rather than whether or not you have a piece of metal in your ear.

[image: Ugly guy has a baby with a beautiful woman]

[image: Black guys with white women]

[image: How is this possible?]

[image: Everyday couples]

[image: Asian guy with white girlfriend]

[image: Ugly guy with hot cheerleader girlfriend]

[image: Guy with a weird nose with a beautiful girlfriend]

[image: Guy with big ears with beautiful girlfriend]

[image: White man marrying a black woman. Asian guy marrying a black woman]

[image: Fat Asian guy with pretty girlfriend]

[image: Asian guy marrying pretty white girl]

[image: Fat guy with a skinny girlfriend at the pool]

[image: Fat guys with pretty women]

[image: Fat men marrying beautiful women]

Some women will only go for perfect looking, male model guys, but the majority of women are much more attracted to how a guy's personality makes her feel.

If he happens to have earrings, then good for him, but an earring is not the thing that makes a woman say, *"WOW! I want to have sex with you"* or the thing that makes confident, cool guys look up to him respect him.

Many guys mistakenly assume that women are only attracted to men because of what they look like or what they wear.

For example: A guy might ask, *â□□ If I get my ears pierced, will I be more attractive to women?â□□* or *â□□ If I wear a certain color shirt, or a particular type of cologne, will women be*

*more attracted to me?*â€œ

Yet, what these guys don't realize is that they can attract women with their personality and confidence and that most women (not all) don't really care if a man has his ears pierced or not.

It's Not All About Your Looks

[image: Confused men thinking that it's all about looks]

Yes, some women are superficial and place a lot of importance on a guy's looks, but most women don't.

The majority of women are much more interested and attracted to how your personality makes them feel, rather than all the superficial things about how you look.

It's hard for a lot of guys to accept that because most guys waste their life believing that women feel attracted to men for exactly the same reasons that men feel attracted to women.

In other words, most men think that their attractiveness to women is mostly based on their looks because that's how we men feel attracted to women.

Initially, most men are attracted to a woman based purely on how she looks physically. It doesn't matter if the woman is smart, has a great personality, wears nice shoes or drives a nice car.

If she's physically attractive, most guys will want to have sex with her purely based on her looks.

This is why youâ€œll often hear guys saying, *â€œThat blonde over there is definitely my typeâ€œ* or *â€œWomen with long hair / big boobs / who wear Goth make up are sexy.â€œ*

A guy will feel attracted to a woman and want to have sex with her, (even if sheâ€œs not particularly intelligent or nice), simply because she has the *â€œlookâ€œ* that he finds attractive in a woman.

Women on the other hand, will mostly be attracted to things about men that are not visual and that are invisible to the naked eye.

As you will discover from the video above, you don't have to waste time trying to look a certain way to attract women.

Some women will only accept a male model with loads of money and diamond earrings, but the majority of women are much more attracted to how your personality makes them feel.

So, if youâ€œre asking, *â€œShould a guy get his ears pierced?â€œ* simply because you believe it will make you more attractive to women, chances are that even if you do get your ears pierced, youâ€œll still be getting the same results with women that you always have.

In fact, it might even make your results worse.

How?

If you think that getting earrings will make you more attractive to women, but they don't seem to be anymore interested in you, it might make you even more insecure about your ability to attract women.

The more insecure a guy is, the less attractive he is to women. So, if you want to be successful at attracting and picking up women, the main thing that you need to work on is your confidence.

When you have confidence in your sex appeal to women (with or without earrings), you will naturally be more attractive to women.

They will sense your confidence via your body language, vibe, attitude, behavior, conversation style and actions and it will turn them on.

Could Getting My Ears Pierced Make Me More Attractive to Some Women?

Yes.

Some women like guys who have earrings, while some women hate it.

For example: Some women who have tattoos and piercings will often prefer guys who have tattoos and piercings, because they think in the same kind of way.

However, if a guy goes out and gets tattoos and piercings just to hopefully be liked by women, then he's doing it wrong.

If you want to pierce your ears because it's something you want for yourself, then go ahead and do it.

On the other hand, if you're doing it because you hope that it will impress women, then don't waste your time.

Although a woman might initially like a guy's tattoos and piercings, her attraction to the superficial things about him will quickly fade if he isn't able to attract her with his inner qualities (e.g. confidence, emotional masculinity, etc).

A nervous, insecure guy with tattoos and piercings is just as unattractive to women as a nervous, insecure without any tattoos or piercings.

Even if you've heard women saying, *"I love guys who have their ears pierced,"* or *"Guys who wear earrings are so sexy,"* if you stick around long enough, you'll notice that these very same women will also date guys who don't have pierced ears. Why?

When a woman feels very attracted to a man's personality, she usually doesn't care whether he has earrings or not. A confident guy who knows how to trigger feelings of sexual attraction inside of a woman, can do whatever he wants and women will still feel attraction for him.

For example: A confident can wear shorts and a t-shirt and he will be more attractive to women than an insecure guy who is wearing expensive, highly fashionable clothes.

Your inner qualities as a man are much more attractive and important to most women than whether or not you have a little piece of metal in your ear.

If you don't really care if your ear is pierced or not, don't waste time on it.

If you want to be successful at attracting women, focus instead on making women feel attracted to your personality and confidence.

For example: Make her laugh, make her feel girly in your presence, let her experience your masculine vibe, etc.

When you attract women with your personality and confidence, they begin to look at your physical appearance in a more positive light.

Watch this video to understand how it works...

As you will discover from the video above, a man can be attractive to women with or without

earrings.

If a man attracts women with his personality (e.g. by being charismatic, charming, confident, funny, masculine, etc), she will then begin to look at his physical appearance in a more positive light.

If he happens to have an earring, she might say, *"I like your earring...it's sexy"* but if he doesn't have an earring, she will still find him sexy and might say, *"I like your shirt....it's sexy."*

Most guys have no idea how a woman's attraction for a man really works and as a result, they get confused about all the random things that women say they like about guys.

Do Women Care About a Guy's Looks?

Yes and no.

If a woman notices a guy and hasn't yet had the chance to experience his personality up close, then she is naturally going to look at the superficial things about him (e.g. his looks, what he's wearing, his earrings, or whatever else she perceives about him as fitting in with her usual "type").

However, in most cases (not all), a woman will not get hung up on a "type," which is why a guy might encounter women throughout his life who say, *"I love guys who have pierced ears; it's so sexy. I only date guys who are into piercings and tattoos."*

Yet, he will often see these very same women dating, normal, plain guys who don't even have an earring.

The more attraction that a woman feels for a guy's personality (e.g. his charisma, charm, confidence, etc), the more she will begin to find that his look is attractive to her; even if he's the opposite of what she's been saying is her type all along.

So, based on what you've read so far, should a guy get his ears pierced?

Only if he really wants to.

When a guy can attract women with his personality, behavior and conversation style, he is not limited to making a woman feel attracted to him because of his pierced ears.

He can do whatever he wants (e.g. get his ear pierced, get a tattoo, shave his head or grow his hair long, etc) and most women will still like him and want to be with him.

Turning Women Off

Guys who lack confidence in their attractiveness to women often set their sights on a woman that seems to be out of their league.

For example: A shy, introverted, guy who is into gaming and computers may feel attraction for a woman who likes to hang out with a crowd that's into piercings, tattoos, etc.

If he attempts to approach her and she rejects him, he will usually assume that it's because she's only interested in guys who have pierced ears and tattoos, or because he's not good looking enough.

He doesn't realize that it's his unattractive behavior that is turning her off, not his lack of piercings.

Watch this video for more info! 

As you will discover from the video above, if a guy doesn't know how to attract women with his personality, confidence and behavior, women aren't going to care if he has an earring or not.

If he behaves in one or more of the following ways, a woman won't be able to feel a deep and lasting attraction for him, and therefore won't be interested having sex or being in a relationship with him.

1. Is shy and insecure.

Women are instinctively attracted to emotionally strong men and repelled by weak, insecure men.

So, even if a guy fits a woman's description of her perfect man physically (e.g. he is tall, has an earring and wears good clothes), if he behaves in a shy, nervous and insecure way around her, she will label him as unattractive.

2. Tries too hard to be liked by women.

A guy who has low self-esteem will usually assume that most beautiful women are out of his league.

Feeling unworthy, he will then try to suck up to women by being a really nice guy or by trying to convince them that he is a good guy with good intentions.

Yet, what he doesn't realize is that women can be instantly attracted and that he doesn't have to waste time and energy trying to convince women to like him as a guy.

A guy who tries to convince women to like him will often point out how nice he is compared to other guys.

He hopes that if he can just get that point across to women, they will like him and give him a chance.

Yet, when a woman notices that a guy has a low self-esteem and doesn't feel good enough for her, she finds it almost impossible to feel attraction for him because she doesn't respect him as a man.

It won't matter if he goes out and gets his ear pierced with a diamond; he's still going to be unattractive to her because he lacks the fundamental traits of confidence that women look for in a guy.

Earrings Aren't For Everyone

[image: Should guys get their ears pierced?]

Some guys do look cool with earrings, but just because they look cool, it doesn't mean that you have to copy them.

You don't have to become someone that you're not just to be able to attract the type of women you really want.

Getting women to like you is becoming a stronger, more well-rounded version of who you are, not a confused, pierced guy who is hoping that a piece of metal in his ear will solve all of his problems with women.

If you have to ask, *Should a guy get his ears pierced?* it's obvious that getting your ears pierced not something you really want to do.

If you really did want to get your ears pierced because you think that it's a really cool thing to have, then you would just go ahead and do it and as a result, it would look cool on you because you would be

being your true self.

However, if you're doing it because you hope it might make other people like you, then you're doing it wrong.

What you probably haven't yet realized so far in life is that you are **ALREADY** good enough for most women.

You don't have to stick a piece of metal in your ear to be attractive to women or to be liked by the cool crowd.

You've just got to know that you're already good enough as you are right now. If you want to add to who you are by getting your ear pierced, then go ahead and do it, but only if you think it's cool.

Whatever you think is cool is cool. That's the golden rule.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

How to Become Popular

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If someone has it, they usually worry about losing it. If someone doesn't have it, they usually want to know how to get it.

What am I talking about? I'm talking about being popular.

According to the dictionary, popular is defined as:

Popular (*adjective*): Liked, admired or enjoyed by many people, a particular person or a group. Being regarded with favor, approval or affection by people.

Essentially, it's about being someone who people like and if you're not currently that person, you can be.

A Simple Popularity Technique That Always Works

[image: How to become popular as a guy]

Whether you are starting out at a new job, have moved to a new city and are making friends or you're about to attend your first day of university, the secret is to know that you're good enough to be liked by others.

One of the biggest mistakes that guys make (it's different for women), is to act shy, vulnerable, unassuming or really nice and hope that people like them because of it.

If a woman acts like that, guys will usually love it because she is more approachable and girls will try to take her under their wing and include her in things.

However, as a man, you are always going to be much more respected, liked and admired by people if you are confident.

You have to believe and know that you are good enough to be liked by the cool crowd or cool people, in whatever environment you're in.

Insecurity (*noun*): Lack of confidence or assurance; self-doubt.

Confidence (*noun*): Belief in oneself and one's powers or abilities; self-confidence; self-reliance; assurance.

As you can see from the dictionary definitions above, having belief in yourself is what confidence is all about.

If you truly stick to a confident way of thinking all the time (in an easy-going way, not in an arrogant way), it will come through in your body language (e.g. your smile, eye contact, relaxed movements), vibe, conversation style and actions.

People will respect you because you're a cool guy who believes in himself, rather than another insecure actor who is hoping that people be gentle with him because he doesn't yet know if he fits in or not.

You've got to make yourself fit in by deciding that you're already good enough.

When you do that, you will naturally come across as a much cooler, likeable guy and you will automatically become more popular.

However, if you go around feeling like you're not good enough for the cool crowd or acting like you are way better than everyone else, the majority of people won't like you and therefore, you won't be popular.

Why Do You Really Want to Become Popular?

Are you looking into how to become popular because you want to become popular with people in general, or because you hope that it will get you laid or get you a girlfriend.

Being popular definitely does make it a lot easier for a guy to get laid or get a girlfriend, because women are naturally attracted to guys who are liked by others.

However, being popular is not the only way a guy can attract women.

For example: If a guy is introverted and doesn't want to be the most popular guy at work, university or wherever else, he can attract women in other ways.

When interacting with women, he can attract women with his confidence, masculine vibe, humor and charm.

Watch this video to understand how a woman's attraction for a man works and how you can be successful with women whether you are popular or not.

As you will discover from the video above, a guy can be popular with women without having to be popular with loads of other people first.

Likewise, a guy who is attractive to women will find it much easier to become popular with people, than a guy who isn't attractive to women (e.g. a nervous, shy, insecure guy).

How to Become Popular: Where Guys Go Wrong

[image: Why am I not popular like other guys?]

Becoming more popular with people and women essentially comes back to your belief in yourself as being good enough.

When you know that you're good enough, you think, feel, behave and act in ways that people respect, like and admire much more than the thoughts, feelings, behaviors and actions of an insecure guy.

For example: An insecure guy who is trying to become more popular, might make some of the following mistakes:

1. Doing everything that other people want him to do.

Some guys become social conformists and people pleasers in the hope that if they just do whatever people want them to do, they will be liked because they are so agreeable.

Guys like that will do anything that popular people ask them to do, so that they can hopefully fit in with the cool crowd. Unfortunately, no matter how much they try to fit in and no matter how much they do to suck up to the popular people, it never seems to be enough and they always find themselves on the outside looking in.

2. Being reluctant to disagree with people or stand up for themselves.

In an attempt to be liked, insecure guys often allow themselves to be teased, harassed or ridiculed by popular people. They avoid disagreeing or standing up for themselves when they are being put down. The insecure guy hopes that by taking the hits, the popular people will let him hang around as a conversational punching bag.

Yet, because he isn't respected and admired by people, he never gets to become popular like they are. He's always the guy on the outside, the extra, the third wheel or the butt of people's jokes.

3. Investing his money in clothes, technology and other material objects to hopefully look like a popular person.

Sometimes, an insecure guy will buy all the kinds of things that he believes will make him look like a popular person.

He will get the latest cologne, drive the most expensive car he can afford, wear fashions that popular people wear and present himself as someone who looks the part.

However, material things are not what make a guy popular; as he soon finds out.

The real secret of how to become popular starts from within you. That being, your belief in yourself that you are already good enough.

If you don't think that you're good enough for the popular people, they aren't going to say, "Awwww! Come here insecure guy. Join us! We'll take care of you."

No.

That's not how it works.

You've got to believe that you are good enough and then let that come through in your body language, behavior, vibe, actions and conversation style.

4. Hanging out in all the "coolest" places in town.

In an attempt to become more popular, an insecure guy will often go to all the coolest places in his town, city or surrounding area.

He will then try to bring that up when talking to popular people, (e.g. "Hey, have you ever been to Silk Bar on William Street?") and then tell the popular people that he went and what he did there.

Yet, no matter how often he talks about the cool places he's gone to, he never quite comes across as being a cool guy because the popular people can sense that he's trying to be liked for things other than himself.

In other words, he doesn't believe that he is good enough and is trying to make people tell him that he's good enough because of all the places he's been going.

That's not how it works though.

Cool, popular people usually don't want to be adding lots of insecure people into their group of friends. The insecure guy might get to hang around the popular people at times, but they're not going to get close with him.

They will sense his insecurity and either ignore him, pick on him or give him as little attention as possible to keep him happy.

5. Acting as the "go to guy" for anything that the popular people need.

Since an insecure guy never feels like he's good enough, he will often take on the role as being the

“go to guy” for anything that popular people need.

Whether it’s getting cheap tires for your car, the best study guides for a science exam or tickets for a concert – the go to guy will try to sort it out.

He will try to include himself in as many things as possible, so people are forced to talk to him or interact with him to get it done.

Yet, because he never has the confidence of a truly cool guy, he never becomes any more popular than simply being a part of something that everyone else is doing.

6. Pretending to be very confident.

An insecure guy will sometimes pretend to be surer of himself than he really is.

He hopes that if he can just act like a really confident guy, people will be impressed and want to be his friend.

Yet, acting confident is not the same as actually being confident.

The type of confidence that will make the most popular with people is relaxed, easy-going confidence – and that’s not something that can be faked forever.

7. Acting like a really nice, innocent friend to women, even though he wants to have sex with them.

In a desperate attempt to become popular with the ladies, some insecure guys act like a super nice friend to women and hope that they will eventually be liked enough as a person to get laid or get a girlfriend.

Acting as a nice friend is the worst strategy that guys can use when trying to be successful with women.

Here’s why...

As you will discover from the video above, there’s nothing wrong with being nice to a woman, but it’s not the thing that turns women on sexually.

If you want to be successful with women, you’ve got to be able to make them feel sexually attracted to you.

When a woman feels sexually attracted to you, she will then really appreciate the fact that you’re also a good guy.

However, if a guy is simply good to a woman and then hopes to be liked enough because of that to be rewarded with sex, love and devotion, then he’s simply doing it wrong.

First and foremost, a woman wants to be with a guy who makes her feel sexually attracted. If he is also a nice guy, that is seen as a bonus to her.

Yet, as you may have noticed, women will often go without the niceness and simply be with a guy who makes her feel sexually attracted, even if he doesn’t treat her very well.

Sexual attraction has to come first. Once you’ve established a woman’s attraction for you, everything else flows on naturally and easily after that.

Traits That Decrease a Guy’s Popularity With People

[image: Why am I not popular?]

If a guy wants to be popular, he really needs to sort out his inner issues first, otherwise the majority of people will want to steer clear of him.

For example:

1. Low self esteem.

Self esteem (*noun*): Confidence in one's own worth. Self-respect. A favorable impression of oneself.

Suffering from low self-esteem will often make a guy want to become more popular because he wants people to help make him feel better about himself.

Yet, people can sense his emotional neediness and it turns them off on a deep level.

They don't want to be responsible for making him have enough self-esteem to feel worthy.

A low self-esteem guy will often hope that if he can just become popular enough, people's admiration will then make him believe in himself.

Yet, if a guy doesn't believe in himself first, how can he expect others to believe in him?

Your rise in popularity begins when you start to believe in yourself. You can't expect others to believe in you and convince you that you're good enough, because they have their own life to worry about and focus on.

2. A lack of genuine confidence.

Confidence is something that comes through via your body language, vibe, actions, attitude, conversation style and behavior.

It naturally makes you more attractive to others.

However, pretending to be confident and putting on an act is easily seen through and recognized as being fake.

The most popular guys are those who have genuine confidence in themselves.

3. Insecurity.

Insecurity is a certain way to repel women and people in general. Beautiful women aren't attracted to guys who are unsure of themselves and always tries to please and conform with others.

The most popular, well-liked people in the cool crowd are usually those who believe in themselves and don't feel the need to impress others.

There will always be insecure people who hang around popular people or the cool crowd and while it may seem like the insecure person is popular, they aren't always well-liked.

For example: An insecure person might hang around popular people and essentially suck up to them or be a go to person for everything so they remain involved, but they aren't going to be well-liked.

As a guy, if you want to be popular in an effortless way, you've got to get rid of your social insecurities.

The more secure in yourself that you become, the more effortless your popularity and likeability will be.

4. Nervousness.

Worrying about what people think of him can make a guy feel nervous and this nervousness then translates itself into everything that he says and does.

The more he tries to act cool and in control, the more nervous he becomes because he's thinking way too much, rather than just being there in the moment.

Generally speaking, most people don't want to feel responsible for making another person feel nervous. So, rather than continuing to contribute to making a nervous person guy feel uncomfortable, most people will simply try to ignore him.

Obviously, being ignored by people is pretty much the opposite of being popular.

If you suffer from social nervousness, make sure that you take steps to fix that. You've got to fix your inner issues first and when you do that, your popularity with people will automatically improve.

5. Unable to stand up for what he thinks or wants to do.

Insecure guys will often try to go along with what everyone else is thinking or doing, just to fit in. He would rather get to be around the popular people, than be rejected by them, so he just accepts whatever they want to do and hopes that people like him.

If he tries to make a stand and suggest that everyone does something else, people don't follow along because he hasn't established his popularity within the group.

6. Afraid to be himself.

An insecure guy will feel as though his real self isn't cool enough for the popular people.

So, rather than be rejected for being his true self, he pretends to be someone that he's not just to fit in.

Unfortunately for him, he doesn't realize that being cool is about being comfortable in his own skin and embracing who you really are.

If you are your true self and you believe that it's good enough (in an easy-going way, not in an arrogant way), most people will respect and admire than and think you are cool for being yourself.

They will want to be around you more, because you're not afraid to be yourself, which makes you much more charismatic, appealing and interesting than all the fakers.

Becoming Popular With Women

As a guy, one of the best feelings in life is to be popular with women and have your choice of women, rather than having to take whatever you can get.

If you want to become popular with women and have lots of women interested in you at once, it all starts with you being able to attract women with who you are on the inside.

Watch this video to understand how it works! 

As you will discover from the video above, you have a lot of direct control over how much or little attraction that women feel for you.

When you are the guy who is popular with women, you will automatically become popular with guys as well because they'll want to be your friend to hopefully get some of the women that you don't have time for.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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How to Pick Up Women at a Swimming Pool

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

When it comes to picking up women at a swimming pool, many guys assume that the secret must be to have an athletic physique.

Yes, having a great body will get a guy some attention from women, but it's not always necessary to attract women...

[image: How to pick up girls at a pool]

Just like anywhere else that you can meet women, the majority of women (not all â€” don't get me wrong here) are more interested in how a guy's personality and confidence makes her feel than if he's got a six pack or not.

If a guy can approach a woman at a swimming pool and make them feel attracted to his confidence, charisma, charm and humor, most women (not all) aren't going to care if he has an athletic physique or not because they're already going to be feeling attracted to him.

When picking up women in any environment, you've got to work with what you've got (i.e. accept who you are right now and believe that it's good enough), rather than thinking that you need to wait another 10 years before you've built the perfect body and career.

You're ready to pick up the majority of women now. Yes, some women are more picky and will only accept a male model with loads of money and a perfect body, but most girls can be attracted by simply being confident, using some humor and showing them that you're comfortable being yourself.

What to Say When You Approach

[image: What to say when you approach a woman at a swimming pool]

What you say will depend on whether you're alone or with friends.

If you and her are there on your own:

You: Hey, how you doin' â€” enjoying the pool today?

Her: [Gives answer]

You: I'm enjoying it. I've already done 500 laps. How about you?

Her: [Most-likely laughing and asking, "Really? 500 laps"]

The conversation starts off in a confident, easy-going way and then you include some humor to make her feel attracted.

Here's another example...

If you and her are there on your own:

Smile and jokingly ask her, "*Were you just checking me out?*" and then hold the smile as you maintain eye contact with her.

She will then smile and laugh and most-likely say, "*No*" and you can then smile and jokingly add in, "*I know that I'm great to look at and all, but I have a personality too.*"

By starting the conversation off in that way, you've created a fun, flirtatious vibe upfront and you're also making her feel attracted to your confidence.

After all, how many guys have the balls to walk up to a woman and joke around like that?

The type of humor being used there is what I call Playfully Arrogant Humor, which essentially means that you're pretending to be arrogant, which is what women find so funny and appealing.

You're not actually being arrogant and saying, *"Hey, you want me because I look good."* Instead, you're simply joking in a playful way, which women love.

Here's another example you can use...

If you are there with friends:

Approach her and her friends and say in a positive, confident way...

You: Hey guys...my friends and I are going to play ball in the pool. Do any of you want to join us?

If they say no, just smile and say in a confident and encouraging way, *"Come on...we're at the pool. Let's have a bit of fun."*

Asking if any of them want to join in is better than asking if they all want to join in, because if one girl says no, the others might follow if she's the leader of the group.

However, if one says yes, then most or all of her friends will go along because they'll be feeling the peer pressure.

What to Do Once You're Interacting With the Women

[image: Interacting with women at a pool]

The most important thing that a guy needs to do when he interacts with women (that he wants to pick up) is to make them feel sexually attracted to him.

Watch this video to understand how a woman's attraction for a man works and how you can use it to pick up women at a swimming pool! [▶](#)

As you will discover from the video above, you have a lot of control over how much attract a woman feels for you.

If you are able to display naturally attractive personality traits like confidence and a masculine vibe, you don't really need to worry about what to say to start a conversation with a woman at a pool.

You can simply walk up and say, *"Hey, what's up?"* and the girl will automatically feel attracted to your confidence and masculine vibe.

If you can add in some humor and attract her by being charismatic, most girls will feel more than enough attraction to be interested in kissing you, giving you their contact details or hooking up with you later for sex.

Common Mistakes That Guys Make

Here's the thing...

If you're a confident guy who can attract women with your personality, then you don't really need to worry about following approaching and dating rules because women are going to like enough to forgive or overlook any mistakes you make.

However, if you're new to approaching and attracting women, then you should try to stick to the basic guidelines to ensure that you're not making unnecessary mistakes that will turn women off even more.

For example, some guys can also make a mess of their approach by making a series of (avoidable) mistakes.

1. Not caring about who she is there with.

It is important for a guy to establish who is at the swimming pool with the woman he wants to pick up before he approaches her, so that when he makes his move he will know what he's dealing with and will be able to adjust his vibe and his approach accordingly.

For example: If she is there with her family, the guy will usually have to limit his flirting and innuendos so that he doesn't embarrass her in front of her parents and siblings.

Alternatively, if she is with a group of girl friends, he may have to establish a good vibe with her friends before they allow him to get alone with the girl he wants.

Of course, she might also be there with her boyfriend and his friends, which is why it's always best to approach women at a swimming pool in an easy-going way, casual way whenever possible, rather than going right into a pick up.

By the way...

If you want to make sure that the women you are approaching are definitely single, then I recommend that you attend a speed dating event.

If you want high odds that the women are single, bars and nightclubs are the next best thing.

Okay, onto the next mistake!

2. Showing off to get her attention.

Getting a woman's attention is not the same as interacting with her and making her feel sexually attracted and turned on by you.

A woman can look at a guy and give him her full attention without feeling any attraction for him at all, so if you want to ensure that a woman is attracted to you, it's important that you get in front of her in a 1-on-1 interaction.

When you do that, she will be able to experience your confident, charismatic and charming personality, which will make her feel attracted to you.

Need some help building up your confidence to approach women?

Watch this video...

As you will discover from the video above, most guys don't have the confidence to approach women that they find attractive.

When you are the rare guy who can walk up and make women feel attracted to you by displaying the kind of personality traits and behaviors that naturally attract women (e.g. confidence, charisma, masculine vibe, etc), then you will instantly get access to the women that most guys are afraid to talk to.

Many guys mistakenly think that to pick up women at a swimming pool, they should behave in the same kind way that they did when they were teenagers, because that's all they really know how to do in a pool environment.

Guys like that mistakenly believe that the best way to get a woman attracted is to impress her by diving off the highest diving board, walking past her while tensing up their abs, or generally making the loudest noise and splashing the most water.

Unfortunately for him, almost every woman on the planet is not impressed by childish behavior.

Some women (usually unattractive women) will like it when they see a guy acting like a child, because they instinctively realized that other women won't be interested in him, so they might have a chance with him.

If you want hot girls, make sure that you don't waste time trying to get their attention. Just get in front of them and attract them with your confident, charismatic personality.

3. Hoping that his muscles will get her feel enough attraction that she will approach or be excited if he approaches.

Yes, it is true that women do notice guys with muscles. It stands out.

However, if the guy with muscles simply sits around posing and hoping to get a "*WOW!*" reaction from women, he's usually going to be waiting his entire life.

While a woman can feel attracted to a guy's physique, the most important and powerful type of attraction happens when a man and a woman interact with each other.

Watch this video to find out why...

As you will discover from the video above, there's nothing wrong with a guy working on his body and looking good, but it's not actually necessary to pick up the majority of women.

Some women will only accept a guy with a perfect body, but most women don't actually need that from a guy.

4. Being serious about wanting to help a woman apply sun tan lotion

There's nothing wrong with being a playful, funny guy who has the balls to walk up to women who are applying sun tan lotion, point to a part of a woman's back or body and say with a smile, "*Hey! you missed a spot. You want some help applying that lotion?*"

If you approach the offer to apply lotion as a joke in that kind of way, it means that you don't care whether she says yes or not. You're just messing around because you're a confident guy and don't care whether everything goes 100% perfectly all the time.

You're simply having some fun at the pool because you're a cool guy.

However, a mistake that some guys make is trying to sneak their way into an interaction with a woman by acting like they are genuinely concerned about her skin and want to make sure she applies the lotion correctly.

Women get a weird vibe from guys like that and refer to them as "creepy" because something about him is just off.

Think about it...

All of a sudden, a concerned stranger comes up and wants apply lotion to her skin because he's worried that she might get burnt.

Weird.

So, if you're going to walk up and offer assistance to a woman to help her apply lotion, just be playful and casual about it.

Don't act like you are seriously concerned about her skin because you're such a nice, caring guy who goes around helping pretty young ladies.

5. Being tense or uptight, rather than being laid back and enjoying himself.

When interacting with a woman anywhere (not just at a swimming pool), it's important that you allow her to relax around you by letting her see that you're relaxed and comfortable as you talk to her.

If a guy is nervous and anxious around a woman, it puts pressure on him to help him through it. Unless she is a mean girl, she won't want to feel responsible for him being so nervous and tense around her, so she will try to end the interaction as quickly as possible.

6. Waiting for the woman to make the first move.

Some guys think that the best approach to pick up women at a swimming pool is to wait around for a woman to make the first move, rather than being too forward.

Approaching and talking to a woman isn't "too forward" or rude or whatever. It's just you being a cool, confident and socially open guy.

She's lucky that a cool, good guy like you has come over to add more smiles and laughter to her day. You're not doing anything wrong by making her laugh, smile and enjoy herself even more, so don't sit around waiting and hoping that women approach you or give you extremely obvious signals to approach (e.g. waving and saying, "*Come here handsome!*").

Just get over there and make the woman feel attracted to you. Once a woman feels attracted to you, everything pretty much flows on smoothly after that unless she tries to play hard to get, to which you just laugh and keep going along with the pick up.

If she's a really tough nut to crack, give her a bit of her own medicine by being a bit of a challenge yourself.

Watch this video for more info...

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Do Women Like to Be Snubbed?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

To snub someone is to essentially ignore them and yes, it can sometimes work to get a woman's attention.

Snub (*verb*): Rebuff, ignore, or spurn disdainfully.

Essentially, if a woman is already very attracted to you and you then snub her (e.g. by ignoring her attempts to spend time with you), she will usually want to get your attention and try to make you like her too.

You will be a challenge for her to win over and it will be exciting for her, if she is already attracted to you.

However, if she's not attracted to you, she's not going to care if you snub her, ignore her or act like you're not interested in her.

When it comes to her love interests, a woman only cares about guys that she is attracted to. If she's not attracted to a guy, her attempts to ignore her mean nothing because she's not even interested.

Why Do You Want to Snub Women Anyway?

[image: Why do you want to snub women?]

Here's the thing...

You don't have to snub a woman in a mean way to get her interested enough to go on a date with you, get into bed with you and begin a relationship.

It's actually a lot easier than that.

All you need to do to get most women interested in simply make her feel attracted to you, then be honest with her and say, "*You're sexy...I like you*" and then take her out on a date.

On the date, simply make her feel more attracted to you, connect with her and then move the interaction forward to kissing, sex and then begin a relationship.

[image: Success with women is simple]

It doesn't have to be any more complicated than that.

You don't need to waste time snubbing and ignoring women. Just make the woman feel attracted to your personality and then move things forward with her.

Here is how a woman's attraction for a man works...

As you will discover from the video above, you don't need to meanly snub or reject a woman to get her to want you.

Attracting her to your personality and confidence is much easier. Get her attracted and then simply move it forward to a kiss, date, sex and relationship.

A Little Boy's Mind

When boys and girls are in kindergarten at 3-5 years old, one of the most common ways for a boy to show a girl that he liked her and to get her to notice him, was to push her or punch her.

He might also snub her and rudely tease her in front of others, even though he liked her.

When he gets into school and is between 8 and 15 years old, he might continue on with the same old tricks (e.g. ignoring women, teasing them in a rude way, pinching or punching, etc) and hope that it will work to make a girl try to get him to like her.

Of course, that won't work unless the girl is unattractive or a bit of an oddball.

If the girl is hot, she's simply going to tease him back and then chase after more charming boys.

Fast forward to adulthood and if a guy still hasn't been able to work out how simple it is to naturally attract a woman, express his interest and then begin dating her, he might be asking the question, *"Do women like to be snubbed?"*

For example: He might have tried using the nice guy approach on women, but after getting rejected again and again, he may start to think that women want to be treated badly.

It's confusing for a guy who doesn't know how simple success with women really is.

It's not his fault either.

With so much "dating advice" being included in TV sitcoms, movies and the millions of random "online magazines," modern men get all sorts of weird ideas such as:

- Treat her mean to keep her keen.
- Be the perfect gentleman and then she'll like you.
- Ignore her and she'll then notice you and maybe even approach you.
- Be romantic by getting her flowers and gifts and taking her to candlelit dinners and you will eventually win her over.
- If you want a woman to notice you, you should snub her and act like you don't care. She'll then be compelled to get you to like her.

If that's the type of advice that a guy relies on to get a woman's attention, he is likely to remain single for a long time.

If he does manage get into a relationship, he will most-likely become insecure, clingy and jealous if his girlfriend begins to lose interest after the initial spark wears off, because he secretly knows how much of a nightmare it was for him to get a girlfriend in the first place.

Women are a huge mystery to him. He has simply gone through life hoping to "get lucky" because like a lot of men, he mistakenly thinks that women are too difficult to understand.

They're not.

It's actually a lot more simple than most guys realize.

Watch this video to understand some of the seemingly strange and weird things about women, which make total sense once you understand why women really do them.

As you will discover from the video above, the strange behavior of women makes a lot more sense when you understand where they are coming from.

Would You Like it if a Woman Snubbed You?

[image: How would you feel if a woman snubbed you?]

How would you react if a woman treated you mean or ignored you?

Would you think she was a stuck up bitch and didn't know a good man when she saw one?

Here's the thing...

If you're at a point where you're still playing games with women, then you're not ready for an adult relationship.

If you want to attract a woman and get her into an authentic, loving, truly committed, adult relationship, don't start out by playing games with her.

Be real.

Make her feel attracted to your personality (e.g. by being confident, charismatic, charming, etc), express your interest after she is attracted to you, (e.g. *"You're sexy...I like you"*) and then get her out on date with you or kiss and have sex with her on the first night you meet her.

It doesn't have to be any more complicated than that.

While snubbing a woman might get her attention and make her consider whether or not the guy's coldness towards her means that he could do better than her and is not interested, she won't be impressed if she is not attracted to him first.

If a woman is attractive, she's not going to care what random guys think about her. She's only going to be focused on the very few guys that she meets who can make her feel an intense attraction to their personality and confidence.

Watch this video to understand how it works!

As you will discover from the video above, you don't need to waste time snubbing women, ignoring them or trying to impress them by being a super nice guy.

Just make them feel attracted to you. It's pretty damn simple once you get it.

Here's the thing...

Getting a woman's attention by snubbing her doesn't mean that you're going to get laid or get her to be your girlfriend.

Attention is not the same as attraction and a guy can have a woman's attention without her feeling any sexual attraction for him at all.

Creating attraction (e.g. by confidently interacting with her, letting her experience your charismatic personality, etc) works better and faster and yields much better results than any cheap trick (e.g. like snubbing) ever could.

You don't have to treat women badly to get them to like you; you just have to be attractive to them.

If you're wondering whether or not you should be snubbing women, it's possible that you're also making a bunch of classic mistakes that are turning women off, making you feel insecure and getting you rejected...

Are You Making Any of the Following Mistakes Around Women?

Your success with women is based on how you think, feel, behave and act around women.

If you think like an insecure guy around women, you're going to get rejected because they will be turned off by your lack of confidence.

If you behave as though you're not good enough for the women you like, they will be turned off by your confidence.

It all comes down to how you think, feel, behave and act.

With that said, here are some classic mistakes that insecure guys make around women, which turn women off and result in more frequent rejectionsâ€¦

1. Trying to hide his lack of confidence behind aloof behavior

Aloof (*adjective*): Distant, uninvolved, uninterested, reserved, closed off to others.

When a guy is insecure, he will often try to cover it up by acting like he doesn't care to be involved in social situations.

He will keep to himself and hope that a woman likes him for being so introspective and distant.

What he doesn't realize is that being aloof only works for really good looking guys (they sometimes get approached by drunk, desperate or unattractive women) or for guys who've already had an interaction with a woman and made her feel attracted (e.g. by being confident, charismatic, funny, etc) prior.

2. Being cold or mean to women to show that he doesn't care about them

A guy who lacks self-esteem, will secretly believe that he's not good enough for the kind of women he really wants.

To cover up his low self-esteem, he will often act cold towards women in the hope that she won't realize how unsure of himself he really is.

He's hoping that she will think he's a confident, bad boy and that she should feel lucky to be interacting with him.

Yet, if she interacts with him for 1-2 minutes, she will pick up on his insecurity by instinctively analyzing the subtleties of his body language.

Here's the thing...

Who you really are inside always comes through on the outside via your body language, vibe, attitude, conversation style and behavior.

Some guys are good at acting and putting on a fake social persona, but they always give away subtle clues in their body language, vibe, attitude, conversation style and behavior.

The secret to success with women is not to "fake it until you make it." You've got to do it right, otherwise you will attract the wrong type of women and get dumped out of relationships when women realize that you aren't who you claimed to be in the beginning.

3. Feeling afraid to be his true self when talking to attractive women

If a guy is insecure, he will find it difficult to have fun, enjoyable conversations with attractive

women.

He might be able to talk like a pro when chatting with unattractive women or with women who are already taken, but if he's talking to a hot woman who is available, his insecurities immediately start to kick in.

"What can I say to impress her?" or "I'm running out of things to say! She's going to lose interest!" or "What if I say something that she doesn't like and then she stops talking to me! Quick! What can I say that's cool?"

When his insecurities kick in, he then begins trying to say the "right thing" all the time to avoid messing up. His conversation style becomes boring, the woman picks up on the weird vibe and begins to put her guard up.

The next thing he knows, she says something like, *"Ummâ□! I have to go to the bathroom. Bye"* or *"I have to go talk to my friends. Nice to meet you. Bye!"* and never comes back.

4. Waiting for the woman to make the first move

A guy who thinks that women like to be snubbed is often the kind of guy who also waits around hoping that a woman will make the first move and choose him.

Unfortunately for him, 99% of women donâ□□t like to do the chasing and simply wait to be approached and seduced by a more confident guy who isn't afraid to go after what he wants.

Attraction is the Only Thing You Need to Focus on

When I first began trying to improve my success with women, I wished that there was some quick trick that I could use to get everything that I want (e.g. snubbing women, treating them mean, etc).

I tried all sorts of tricks and gimmicks until I realized that it had to be a lot more simple than that.

I noticed that other guys (who weren't even good looking) were hooking up with, getting into relationships with and even marrying hot women.

...and they weren't using tricks.

It took me a while, but I eventually realized that it is possible to instantly make a woman feel attracted to you by simply displaying SOME of the personality traits and behaviors that naturally attract women.

For example: Most women will feel a lot of attraction for you during an interaction if you're confident, charismatic, charming and can get her laughing.

If you're also a good guy, then you're seen as a "catch" or a "keeper" and women latch on with both hands and don't want to let go.

So, rather than thinking that all of your problems with women will be solved if you start snubbing or ignoring them, simply focus your attention on attracting women with your personality.

It's much easier, it works right away and once you know how to do it, you've got that skill for life.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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How to Be a Cool Man and Live an Amazing Life

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

To be considered as a cool man, you should aim to:

1. Be a man of purpose

[image: Be a man of purpose]

If a guy isn't on a mission in life and is simply wandering through life, wasting time and not really know what he should be doing with his life, he will come across as being uncool.

A cool man is a man who has important things to do. He has big dreams and ambitions and is following through on them to make it happen.

As a result, a cool man isn't going to waste time calling friends over and over again, to hopefully get to hang out with them.

If a cool man wants to arrange a dinner or drinks for some of his friends to catch up, he will call or text them to let them know, but he's not going to waste time chasing people who don't reply.

His sense of identity and happiness isn't based on one particular friend attending drinks or dinner with him. He has much more important things to focus on.

If that friend doesn't call back or come along, it is their loss, not his. They missed out on hanging out with a cool man who is living life with purpose.

However, if he were to hound that friend with calls and essentially beg for them to come (so he didn't feel lonely, or like his life wasn't worth anything because that person didn't like him), then he's not going to be seen as a cool man.

[image: Why don't people want to hang out with me?]

He's going to be seen as a yet another lost guy who is basing his sense of identity and feelings of happiness on random friends that may not even be a part of his life forever.

The thing that lasts forever (or at least for a very long time), is your humungous sense of purpose.

Think about where you are heading with your life. Are you on a path that is leading you to fulfill your ultimate dreams? If not, get on it.

Are you reaching for your true potential as a man, or just hiding away behind pointless hobbies, TV shows and a job that you hate? Get on purpose.

Do what you know that you should be doing with your life. What is that? It's the thing that you really want to do, but you think you might not be able to achieve.

It's the thing that you can see yourself happily doing for the rest of your life if you have to.

When you are the type of man who has important things to do, you're naturally not going to be as available and emotionally needy or insecure as a guy who has nothing important to work on.

If you want to be a cool man, the number one thing you need to do is get on purpose. Work out what your purpose is and begin to fearlessly walk the path all the way to success.

Yes, there will be obstacles along the way (there always are when you are trying to achieve something big), but if you are sure that it's your purpose and you are determined to make it reality, you won't give up.

You will keep pushing forward when things get challenging, which will be yet another thing about you that people see as being cool and admirable.

2. Be wise

Wise men are usually seen as being a lot cooler than clueless men.

When you know things about life, women, spirituality and success that other people don't know, it makes them feel drawn to you.

This life is confusing, weird and mind-boggling at times, so people tend to gravitate towards those who have a better handle on reality than they do.

People want to be able to get the guidance and wisdom of a friend who can steer them onto a better path that will lead to happiness, fulfillment, enlightenment and success.

Be wiser and you will be cooler.

3. Have a hot girlfriend or wife

[image: How to be a cool man. Have a hot girlfriend or wife]

Okay, so some people might think this one is shallow, but it's true.

Guys with hot girlfriends are usually seen as cooler than guys with ugly girlfriends.

Can't get a hot girlfriend? Watch this video!

4. Make people see the funny side of life

Using humor is not only a great way to make others see you as a cool man, but it's also good medicine for you too.

Laughing makes you feel good and there's nothing wrong with that.

A lot of intelligent guys want to showcase their intelligence when talking to people, so they avoid using humor and tend to stick to topics of conversation that reveal how smart they are.

Yet, being book smart is not the only type of intelligence that people value. What about social intelligence, emotional intelligence and spiritual intelligence?

These are different areas of intelligence that allow a man to be more wholesome, well-rounded and cooler as a result.

It takes a certain amount of social intelligence to be able to use humor in a way that most people like.

Watch this video for some examples!

As you will discover from the video above, the type of humor that I teach here at The Modern Man is the humor that talk show hosts use.

Talk show hosts need to be liked (and seen as cool) by the majority of people, so it's not a coincidence that they use that type of humor.

Of course, you might hate some of the talk show hosts that I mention in the video, but the fact is that the majority of the population likes them and sees them as being cool.

You don't have to act like a talk show host to be seen as a cool. The point is that there is a certain type of humor that most people see as being cool and if you want to be considered to be a cool man by most people you meet, you should consider trying it out and seeing how it feels.

5. Don't force people to focus on your weaknesses

As a man, there's nothing wrong with having a weakness in a certain area (e.g. you are afraid of

approaching women), as long as you are fixing it.

If you want to be seen as a cool man, don't go around telling everyone about your weaknesses and expecting them to like you because you're so vulnerable.

It's fine for women to do that (because we men don't select women on how emotionally strong and tough they are), but it's not fine for men to do it.

As a man, you need to be strong. If you have a weakness or a problem, get on it and get it fixed.

While you are getting it fixed, make sure that you present the positive, strong parts of your personality because that is what will attract women to you and make others see you as being cool.

You're not going to get any cool points for saying, "I'm scared of approaching women" to attractive women or confident guys. They will usually just make you the butt of their jokes and use your weakness as something to pick on.

If you're afraid of approaching women (for example), just work on getting it fixed and then, when you are the type of guy who can confidently approach women, it will be yet another thing about you that people think is cool.

By the way...

If you need to build up your confidence to approach women, watch this video [|](#)

As you will discover from the video above, the guys who are afraid to approach women aren't seen as cool men.

When you see a guy who has the confidence to approach and attract women, you most-likely wish you could be his friend or be like him. In other words, you think he is cool.

As a man, if you want people to see you as being cool, it's important that you sort out your issues with approaching and attracting women. Guys who are good with women are usually (not always, e.g. if they are an asshole or jerk) seen as being cool.

How to Be a Cool Man: Where Guys Go Wrong

To understand how to be a cool man, you first have to understand what makes a guy seem cool or uncool.

For example: If you met a guy who displayed the following characteristics, what would you think of him?

1. He lacks social confidence

He is nervous, insecure and he thinks that everyone he talks to (especially women) is better than him.

Would you think he is cool, or would you feel sorry for him and see him as a bit of a social loser?

If he became more confident around people, would you think he is cooler? If you immediately answered, "Yes" then you know that social confidence is an important part of being cool.

Some guys might think about it for a bit and want to answer, "No" but just think about the guys that you admire and look up to.

They are most-likely more socially confident than you are.

No matter how a guy tries to reason with this issue, the fact is that the majority of people instinctively label socially confident guys as being cooler than insecure guys.

2. He is a defeatist

Defeatist (*noun*): A person who expects or is excessively ready to accept failure.

Everything that he does seems to end badly; usually because he gives up too quickly as a result of his defeatist attitude.

He has low self-esteem and doesn't believe in himself or his abilities. He's always got an excuse to tell his friends or others, "Other people can do it, but not me."

4. He is a complainer or a whiner

This guy will find fault with everything.

Nothing ever seems to make him happy and he will blame others for his failures and for his inability to be cool or to be successful in life.

It's those damn politicians, it's the voting committee, it's the corporations, it's the legal system, it's genetics, or whatever else he can think of to blame for his shortcomings.

I used to have a friend who would say things like, *"Our society is screwed up man. There's no room on this planet for a genius guy like me...they don't get me...the idiots...I hate this world...bunch of idiots who have no clue what life is really about."*

Unfortunately, he is still negative like that to this day. It should be no surprise to tell you that he is still horribly unsuccessful in life.

He complains about the government being hopeless and ruining everything for him. I said to him, *"Man, if you're so pissed off with the government and you think you're smarter than everyone else....go and become a politician, or shut up."*

He refused to shut up, so I refused to hang out with him any longer. I definitely don't label him as being a cool man. I simply feel sorry for him.

5. He lacks social intelligence

When a guy like this finds himself socializing with others, especially women and the "cool crowd," he seems out of sync with everyone.

He tries hard to fit in, but something is off. He might be an incredibly intelligent guy academically, but he has neglected the need to improve his social intelligence and is suffering a lonely, awkward life as a result.

6. He is hiding from his true potential in life

He knows that hiding behind TV shows, food, porn and other things doesn't make him a cool man and that he's being a chicken about it, but he just can't get over his fears.

He avoids being a forward thinker or follow through on big, ambitious goals because he knows that if he does he will actually have to do something about it and he's either too lazy or afraid to follow through.

Think about the men that you see as being cool in this world. They are almost certainly rising through the levels of their true potential as a man. They are not going to be hiding away behind TV, porn, food, alcohol and useless hobbies so they can waste more precious years of their life.

Of course, there is nothing wrong with watching TV, porn, eating comfort food, having a drink or trying things out in life, but if you aren't moving forward, full steam ahead towards your biggest goals and ambitions in life, then you're probably not going to be seen as a cool man by others.

7. He is a slave to the latest fashion trends, but no matter what he wears, he never feels good enough around the “cool crowd”

[image: If I wear this, will people think I am a cool man?]

He will go out and buy whatever is deemed to be the latest trend in clothing, accessories and gadgets. Yet, he will stand out in a negative way because everything about him says that he is trying too hard to be liked for things that have nothing to do with him.

It's who you are as a man on the inside that counts the most. In other words, are you socially confident, are you a man of purpose, are you socially intelligent, are you enlightened and are you wise?

8. He tries way too hard to impress others.

He will tell the wildest stories (and exaggerate them to hopefully get people to like him), agree to do things that he doesn't want to do and even support something he secretly feels opposed to; all in an attempt to impress others and to be liked and accepted.

9. He is not successful with women

He doesn't have a clue how to approach a woman and make her feel attracted and simply looks on at women and hopes that, one day, a woman might be so kind enough to give him a chance. He has no idea on how to get a woman feeling turned on by triggering her attraction in an authentic, masculine way.

When talks to beautiful women, he acts like a much nicer than he actually is (in the hope that it will make women “like” him and give him a chance) and pretends to just want to be friends and talk to her.

When in a relationship, he becomes insecure, clingy or jealous and ruins his girlfriend's respect and attraction for him. He might also be a bit too neutral around his girlfriend (fiancée or wife) and end up turning the relationship into a sexless friendship, rather than being a couple who are attracted to each other and excited about being in love.

Your Verdict?

After reading through all the negative qualities listed above, would you consider a guy like that to be cool or uncool?

You might feel sorry for him (I certainly do), but you're probably not going to look at him as being a cool man like a guy who has the opposite qualities.

For example: If a man displays the following characteristics, would you consider him to be a cool man?

- He is comfortable and at ease.
- He is confident and self-assured.
- He is mentally and emotionally strong.
- He is socially intelligent.
- He is not trying hard to be cool or fit in because he knows that he's already good enough.
- He is masculine in his behavior, actions and thinking rather than being neutral (i.e. like a dull, boring guy who suppresses his personality) or feminine (i.e. like a guy who acts girly to

hopefully fit in with women).

- He is easy going and relaxed.
- He stands up for himself, for others and for what he believes in, while also being respectful to those he is standing up to.
- He is a forward thinker who has goals and ambitions that he is working towards.
- He is successful with women because he knows how to make them feel attracted to his personality and confidence.
- He is charismatic.

See the difference?

Which guy would you rather be?

The guy who lacks confidence, social intelligence and isn't good with women, or the confident, socially intelligent guy who is not only good with women, but is also pushing forward to reach his true potential as a man in life?

When it comes to the topic of how to be a cool man, it really all comes down to how you think, behave and take action in life.

It's very easy to complain, feel negative and feel like you're just never going to be good enough, but a cool man doesn't waste with that.

Instead, a cool man knows what he wants and then goes after it with unrelenting confidence and determination.

No matter how challenging life gets, the coolest of men are those who can remain standing and push on to victory.

What are your current goals in life right now? Are you pushing forward to achieve them with unrelenting confidence and determination, or are you hiding behind porn, TV and other things to distract yourself and waste more of your precious lifetime?

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[image]

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Should I Tell My Best Friend That I Love Her?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Your best friend will only be excited to hear that you love her, if she is already in love with you.

How can you get her to fall in love with you?

Simple.

1. Make her feel a lot of sexual attraction to you.
2. Make her feel like she has to impress you a lot more than she has already, before you will let her have a chance to be with you (i.e. be a challenge for her to win over).

Why do number 2 on the list above?

Watch this video to find out...

As you will discover from the video above, if your best friend is a beautiful woman, she will be bored of how easily other guys like her and fall in love with her. It's just so easy for her to get guys to have feelings for her.

She will also hate it when guys pretend to just want to be her friend and then eventually confess that they love her.

What she wants to experience is intense sexual attraction for you, have a unique connection between you and her and then feel the excitement of having to impress you to hopefully get a chance with you.

Of course, there are always exceptions.

Sometimes, you should tell a woman how you feel because she is really shy and unless you make it clear to her, she will probably just keep acting like a friend, even though she wants to begin a sexual relationship with you.

Watch this video for more info! 

As you will discover from the video above, telling a woman that you are in love with her will not always be the best approach to take.

How Do You Think She Will React When You Tell Her?

Before you rush off and tell your best friend that you love her, you first have to really know why you're doing it.

For example, some guys waste a lot of time daydreaming and imagining what will happen when they finally a girl that they love her.

Magically, she says something, *â" Oh wow, really? I love you too and Iâ"ve been going crazy because I've wanted to tell you for so long! I really want to be your girlfriend. Letâ"s kick things off by having sex ASAP!*â"

If you want your best friend to respond in way that even closely resembles that, then you're going to have to make sure that first make her see you as more than just her â"best friend.â"

This requires you making her feel attracted to you first, not just being a friend to her.

Watch this video to understand how a woman's attraction for a man works and how you can ensure that your best friend has sexual feelings for you before you reveal your feelings for her!

Being friends with a woman is not the same as attracting her into a sexual relationship with you.

A guy can be friends with a woman for months or even years and she will instantly leave him behind if another guy who comes along and makes her feel sexually attracted, rather than pretending to just want to be her friend.

Have You Been Triggering Her Feelings of Sexual Attraction?

If you've been wondering to yourself, "Should I tell my best friend that I love her," the answer is that it really depends on the type of dynamic you've created with her so far.

It also depends on how much you care about her response. If you just want to tell her that you love her and don't care what she says or what the outcome is, then just go ahead and say it.

Women have a lot of respect for guys who are fearless with love, but unless you've made her feel attracted to you in other ways, it usually won't be enough for her to fall in love with you.

Here's the number one thing that you need to understand about women!

To get a woman to want to be in a sexual relationship with you rather than just a friendship, you must focus on actively triggering her feelings of sexual attraction for you.

The more attraction she feels, the more desire she will have to be in a relationship with you and the easier she will fall in love with you.

If you tell your best friend that you love her without first triggering her feelings of attraction, she will most-likely just give you one of these classic excuses:

- "I really like you, but I think we are better off as friends."
- "I don't want to ruin our friendship."
- "Lol! don't be silly. You're my best friend! I don't look at you in that way."
- "Your friendship is more important to me than having you as a boyfriend."
- "You're like a brother to me."

So, if you're wondering, "Should I tell my best friend that I love her," first make sure that you haven't been making the classic "best friend" mistakes that other guys make.

For example:

1. Have you been her shoulder to cry on, especially when other guys are treating her badly?

Women love to talk about their feelings all the time, and who better to do that with than a best friend.

Some guys make the mistake of hoping that if they can just be the special guy that a woman turns to (e.g. when she's having a bad day and wants to talk), then she will eventually realize that they should be together as a couple.

He hopes that, over time, she will see that they get along so well, which will then make her think, *"Huh? Why am I wasting time with all the assholes I've been dating? I should be with my best friend!"*

Sure, that sometimes works out when a woman is getting old and can no longer attract a lot of men,

or when a woman is unattractive and doesn't care what type of man she gets.

However, if a woman is hot and she can easily attract other men, she isn't going to get into a relationship with a guy who feels more like a friend than a boyfriend.

Why?

For ongoing sexual attraction to exist between a man and a woman, they cannot behave like friends. Behaving like friends creates a neutral sexual dynamic, which cancels out the desire for sex.

For sexual attraction to be strong initially and remain strong throughout a relationship, the woman has to feel feminine and girly around the guy because he is so masculine in how he thinks, feels, behaves and takes action in life and around her.

While a man and woman who are friends can initially hook up and enjoy exciting sex a few times, the desire will quickly fade away if there isn't a strong difference between the two in terms of masculinity and femininity.

For example: If the guy acts more like one of her girlfriends than a confident, masculine man, she might enjoy sex the first couple of times they do it because it will be exciting to hook up with a friend, but after that novelty goes away, her desire will fade away because they feel neutral around each other.

Some guys reading along now would be happy to just get to have sex with their friend a few times, but before you get ahead of yourself, you have to understand that it's pretty rare for a woman to be willing to have sex with a neutral friend.

Here's the thing:

A man being a woman's special friend doesn't mean that she will want to have sex with him at all.

Just like when a woman calls her girlfriends to talk about her feelings with them, but doesn't want to have a sexual relationship with them, when a guy has been placed in the "friend zone," she's not going to see him as being different to all her other friends; because he's serving the same function as they are (i.e. he's her shoulder to cry on).

Just because he's there for her as a friend, she's not going to suddenly wake up one day and think, "Wow! The love of my life has been here all along; how could I have missed it?" and then they walk off into the sunset like actors do in the movies or characters do in women's romance novels.

In the real world, most women (about 95% based on all the stories I've heard over the years) will simply continue to enjoy having the "good friend" around at her beck and call, while she goes out and enjoys dates and sex with other guys who are making her feel sexually attracted and turned on.

2. Have you been too nice to her?

At this point a lot of guys are going to say, "What's wrong with being nice to a woman? I like being a nice guy and I refuse to be a bastard or an asshole just to get a woman to like me."

Hold up a second.

There's nothing wrong with being a nice guy. In fact, being a good guy is attractive to women.

What most guys don't realize is that being "nice" to a woman is not about being a push over around women and essentially kissing their ass with polite, generous behavior and gestures.

You can be nice, but you also have to get her to be nice to you too. Being nice to a woman might make a woman be nice back to you (not all women), but if you want her to be interested in a sexual, romantic relationship with you, it's not enough just to be nice.

You also have to make her feel attracted.

Watch this video to understand whyâ

As you will discover from the video above, there's nothing wrong with being nice, but you've also got to make sure that the woman is feeling sexually attracted and turned on by you.

Some nice guys look at other guys who spark a woman's feelings of sexual attraction and they assume that the guy is being rude, too forward, sleazy or a jerk.

Sure, in some cases that is true, but not always.

Good guys who are successful with women don't achieve that by kissing a woman's ass with overly polite and nice behavior. They simply continue being the good guy that they are, but they also make sure that they say and do the kinds of things that turn a woman on.

When a typical "nice guy" sees a confident guy interacting with a woman, he will often assume that the confident guy is a jerk or arrogant prick because he assumes that the woman likes him.

Yet, the truth is that women actually prefer men who are confident, masculine and who believe in themselves. You don't have to be a jerk to believe in yourself â you just have to be confident.

Being a nice guy isn't the special, amazing thing that makes a woman want to have sex with a guy, because pretty much all of the guys that a woman meets are â niceâ guys or at least act like a nice guy around her.

It's easy for her to find a nice guy any time she wants. However, finding a good guy who also makes her feel sexually attracted is not easy.

If you want to tell your best friend that you love her, then just make sure you're not simply another â niceâ guy to her.

3. Does she look up to you and respect you as a man?

Having a woman as a best friend can be great.

In many ways women are better listeners than men, and if there are things in a guy's life that are getting him down, discussing his problems with a woman will often help him feel a lot better.

However, when a guy resorts to constantly whining and complaining to a woman about his problems without finding a solution and fixing the problem, she will never consider him to be â boyfriendâ material because she can't fully respect him as a man.

For a woman to feel sexually attracted to a man, she needs to first feel respect for him and be able to look up to him.

If you want your best friend to feel respect and attraction for you as a man, you need to show her that you are mentally and emotionally strong enough to face whatever life throws at you.

When she feels as though you are stronger than her, mentally and emotionally, she will respect you and as a result, she will also feel attracted to you.

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She is Not Ready For a Relationship. How to Change Her Mind Today

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

What does it mean when a woman says she is not ready for a relationship?

There's usually just one main reason why (she doesn't feel enough sexual attraction for you, which you can easily change and I'll explain how in a minute), but there can also be a few other reasons why a woman will say that she's not ready for a relationship with a guy.

For example...

It could mean that she's the type of woman who has trust issues because of a difficult childhood (e.g. her father abandoned her), or because she's had a lot of problems in relationships with other guys in the past.

It could also mean that she is the type of woman who is only interested in casual sex and dating at this point in her life.

As surprising as that may sound to some guys, a lot of women now enjoy the freedom of having sex with different guys, without ever getting into a serious relationship with any of them.

According to a study in the USA, 55% of couples admitted to having had sex on their first date and a European study found that 70% of women had experienced a one-night stand.

In other words, sex now happens all the time and usually very quickly (or immediately) after a man and woman meet and feel attracted to each other.

So, this particular woman that you like may be trying to tell you that she only wants casual sex and doesn't want you falling madly in love with her and then asking her to marry you.

Another reason why a woman will say she is not ready for a relationship is because she is young and wants to focus on school or her university studies, rather than being swept away into a lifelong relationship with a guy.

All that being said, in most cases, the main reason a woman will tell a guy she is not ready for a relationship, is because she is trying to reject him without hurting his feelings.

She knows that he really likes her, but because he hasn't done anything to make her feel attracted to him (i.e. he's just been a nice friend to her), when he brings up the subject of them possibly being a couple, or if he suddenly tries to kiss her or initiate sex, she has to think of a reason to reject him; without being too mean about it.

So, rather than saying, *"Hey, look you're a nice guy, but I don't have any feelings for you because you haven't said or done anything to turn me on. All you do is treat me nicely, which is great if you want to be my friend, but it's not going to make me want to have sex with you,"* she will just say something vague like, *"I'm not ready for a relationship right now."*

In most cases, the guy will then think that he might have a chance with her if he can just wait a bit longer, continue to treat her nicely and be an even better friend to her.

Yet, if he doesn't do anything to make her feel sexually attracted to him, he will most-likely see her getting in a serious relationship with another guy within days or weeks of saying to him, *"I'm not ready for a relationship. I need time."*

Why would she say that and then get into a relationship with another guy?

Simple.

The other guy will bypass her logical reasoning of not wanting to be in a relationship by making her feel sexually attracted and turned on by him during their interactions.

He will then have sex with her and after they have that intimate connection in bed, if he also has the ability to make her feel like she'd be lucky to be in a relationship with her (i.e. he is a challenge), she will then begin to try to convince her to have a relationship with her.

Huh?

She didn't want a relationship and now she's trying to convince another guy to get into a relationship with her. How is that possible?

Watch this video to understand why women react in that way to guys who are a challenge to win over!|

As you will discover from the video above, most women are bored at how easily impressed and interested 95% of guys are in having sex and beginning a relationship with them.

It's so damn easy for an attractive woman to get laid or get a guy interested in a relationship.

So, after she gets bored of experiencing the instant, "Yes! I like you" reaction from 95% of guys, a woman will naturally begin to feel more attracted and excited to meet a guy who is more of a challenge to win over.

Yet, most guys aren't aware of the reality that women live in.

So, when she hooks up with the new guy, it's only natural for her male friend to feel confused, hurt, betrayed and even angry at what has just happened.

After all, he's been so nice to her and they got along so well. So, what is her problem? Why would she do that to him? The bitch!

No, she's not a bitch. She's simply reacting to her feelings of attraction. A woman will naturally be interested in having a sexual relationship with a guy who makes her feel sexually attracted, rather than a guy who just makes her feel friendly emotions.

Watch this video to understand why!|

Feeling confused about why a woman would behave in that way, a guy who has been rejected might call her a bitch behind her back, or feel as he's just not good enough for women.

He might think, *"It's because I'm not good looking enough. If only I looked like a model, then women would like me"* or *"A woman like her wouldn't date a guy like me. What was I thinking?"*

[image: If only I was better looking]

Yet chances are, if he looks at the guy she ended up dating, he will most-likely see that he's not any more better looking than himself.

Instead, the other guy simply has a more attractive personality than he does (i.e. he is more confident, has a more masculine vibe, can make her laugh by using the type of humor that women secretly love, etc).

If he doesn't understand how a woman's attraction for a man really works, he might think, *"What does she see in him? He's so ugly! I just don't understand. What has that guy got that I*

donâ€™t?â€

What he doesnâ€™t realize is that he could just as easily have been that guy to her. He could be the one dating her right now; if only he had done the right things to trigger her feelings of attraction for him.

Watch this video to understand how a womanâ€™s attraction for a man really works and how you can use it to make sure that this woman wants to be with you and not some other guyâ€

First and Foremost, a Woman Wants to Feel Sexually Attracted to You

In most cases, for a woman to want to kiss, have sex and be in a relationship with a guy, she first needs to feel enough sexual attraction for him to justify taking the relationship to that level.

Sometimes, a woman who lacks experience with guys or who is desperate for some attention, will go ahead with kissing and sex just for the fun of it.

However, if a woman is attractive and has had experience with guys before, she will usually reject a guy until he has made her feel a sufficient amount of sexual attraction.

So, when a woman tells a guy that she is not ready for a relationship, what sheâ€™s really saying is, sheâ€™s not ready for a relationship with him at the moment, but she could be if he changes her approach.

His approach is off because heâ€™s usually making one or more of the following mistakes:

1. He wants to be in a relationship with her, but heâ€™s pretending to be her friend.

Some guys feel shy, nervous and insecure around women they like because they donâ€™t know how to get her to feel as they do.

Without having much of an idea of how to make his crush feel sexually attracted to him and turned on by him during interactions, a guy will usually try to â€growâ€ on a woman by pretending to just be a friend and hoping that, over time, she will come to like him because heâ€™s such a good guy to her.

Rather than make his intentions clear right from the start (i.e. make her feel attracted and then say something like, *“You’re sexy...I like you”*), he assumes that by being a great friend to her, she will eventually wake up one morning and sheâ€™ll realize that sheâ€™s madly in love with him.

Of course, thatâ€™s how it works in Hollywood movies.

It’s so sweet, isn’t it?

Awww, the nice guy friend gets the girl in the end. Awwwâ€how sweet.

Yayy!! Let’s go skipping and dancing! Oh, look at the rainbows! Oh, everything is so sweet and nice in fantasy land.

In real life, a woman will simply wait for a guy to trigger her feelings of sexual attraction. If he isn’t able to make that happen, she will remain â€switched offâ€ and place him in the same category as a brother or a favorite cousin â€nice, but definitely not relationship material.

2. Heâ€™s being way too nice to her.

Just because a woman likes a guy as a person, it doesnâ€™t mean that she will then feel sexually

attracted to him.

Of course, there's nothing wrong with being nice to a woman. In fact, when a guy has made a woman feel sexually attracted to him first (e.g. by being confident, charismatic, having a masculine vibe, etc) and he is then nice to her, she will see him as being a charming guy.

As you may have noticed, women love charming guys and hook up with them for sex and relationships, but nice guys just get to be a friend.

A mistake that some nice guys make is to assume that if he is extra polite to a woman, does whatever she wants and pays for everything, she'll then be impressed by him and give the go ahead for a sexual relationship to begin.

That's just not how it works.

Women don't decide which guy to have a sexual relationship with based on who is the nicest and most well behaved around her.

If that was how human attraction worked, men would have to lay down on the ground and be walked all over by women in high heels to be considered worthy enough.

It would turn into a competition between men of who can be the nicest, sweetest, most polite guy in the world. Guys would go to all sorts of crazy extremes to show women how nice they were.

Can you imagine it?

Women rewarding men for how nice they are? Some nice guys who read this will want that world to exist, but it doesn't.

In the world that you and live in (whether you and I like it or not), women want to have sex with guys who have the personality traits and behaviors that turn them on (e.g. confidence, charisma, masculinity, etc).

You can literally attract women in more than 100 different ways by displaying certain personality traits and behaviors that are naturally attractive to women.

Watch this video to understand how it works!

As you will discover from the video above, a woman's attraction to a man works in a completely different way than most guys realize.

When you attract women in other ways (e.g. by being charismatic, charming, confident, funny, etc), she will then look at your physical appearance in a more positive light.

Even though a guy might not have male model features, she will look at him as being handsome, appealing and attractive because she is feeling a lot of attraction for him in other ways.

It's weird, but that's how attraction works.

If you don't accept that now, you will eventually realize it and regret wasting more of your life thinking that you're not good enough.

You are good enough for the majority of women on this planet. All you've got to do is be able to trigger their feelings of attraction by displaying the personality traits and behaviors that are naturally attractive to women.

3. He's nervous and insecure around her.

Most women are attracted to emotionally strong men and are repelled by men who are emotionally weak.

An emotionally strong man will have a lot of confidence, self-esteem and belief in himself, whereas an emotionally weak man will be insecure and won't be able to maintain his confidence when challenged (e.g. when a woman plays hard to get).

When a guy is confident in himself and his value to women and the world, he is not going to feel nervous or insecure around women; even if they are really beautiful.

He never thinks, *"Wow! She's so beautiful; she would never date a guy like me."*

Why? A confident guy will know that women are attracted to men for reasons other than looks or money. He will have seen that women are naturally attracted to his confidence, compared to how turned off they are by insecure guys.

On the other hand, when a guy is nervous and insecure, everything about his behavior says, *"I don't believe I'm good enough to have the woman I really want."*

A woman can easily sense when a guy doesn't believe in himself and thinks that she is more valuable than he is. She will see it in his body language, notice it in his conversation style and pick up on it based on the way that he behaves when he's around her.

4. He's letting her dominate him.

[image: Why is she not ready for a relationship?]

Some guys assume that if they do whatever a woman wants to do and let her take the lead, she will be happy that she has total control over a guy and will then want to be in a relationship with him.

Yet, being a pushover like that is the fastest way to make sure that the woman doesn't respect him. When a woman doesn't respect a guy, she will find it very difficult to maintain any feelings of sexual attraction for him.

A woman wants to be with a masculine guy who can take the lead and allow her to be feminine. If a woman has to take on the masculine role around a guy, she won't be able to relax and be a feminine woman, which is definitely not a turn on for her.

Although on the surface it might look like a woman wants to have total power and control over a guy, in reality, women don't respect guys that they can easily push around.

A woman wants to be with a guy that she can look up to and respect, not a guy that she looks down on regrets hooking up with.

When You Make This Woman Feel Sexually Attracted to You, She Will Then Be Ready to Start a Relationship

If you've already made some of the above mistakes and she has given you the *"I'm not ready for a relationship,"* speech *"don't worry about it."*

You can fix it and recover from the bad first impression that you've made on her.

You have not ruined your opportunity with her at all.

From now on, the main thing that you need to do is to start making her see you in a different light, by triggering her feelings of sexual attraction for you.

Attraction comes first and everything else (i.e. kissing, sex and a relationship) naturally follows on after that.

When you make her feel feminine and girly around you, it's only natural that she will start seeing you differently because she will be feeling attracted to your masculinity.

Remember: You can make her feel attracted in more than 100 different ways by displaying certain personality traits and behaviors that women are naturally attracted to.

When you make her feel a lot of attraction for you, she will naturally change her mind about not being ready for a relationship.

She'll go from saying she is not ready for a relationship, to coming on to you and trying to get you to kiss her or have sex with her.

You can change how she feels.

You really can do it.

From now on, you've just got to change the way that you've been approaching your interactions with her.

Focus on making her feel sexually attracted to you, rather than trying to get her to like you more as a friend or as a person.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Nice Things to Say to Women

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Are you looking for nice things to say to women because you are hoping it will get you laid or get you a girlfriend?

Not so fast.

If you want to get laid or get a girlfriend, the main thing that you need to do is make a woman feel sexually attracted to youâ€¦not say nice things to her.

Why?

If a woman doesn't feel sexually attracted to a guy, she's not going to become sexually excited when a guy says nice things to her.

She will simply look at him as yet another typical nice guy who is hoping to be get a chance with her because he's being so being nice, sweet, polite and respectful.

If he keeps saying nice, sweet things to her, she might even feel annoyed by the fact that he doesn't even understand that a woman needs to feel sexually attracted to a guy to want to be with him, rather than just feel nice, sweet, friendly emotions towards him.

Watch this video to understand why...

As you will discover from the video above, there's nothing wrong with being nice to women, but if you want to get laid or get a girlfriend, you have to trigger a woman's feelings of sexual attraction for you first.

Attraction comes first and everything else flows on smoothly and effortlessly after that.

For example: If a guy hasn't made a woman feel any sexual attraction to him and then says, *"I like your style. You have a great fashion sense"* the woman will most-likely appreciate the compliment, but she isn't going to be thinking, *"WOW! This guy that I'm not attracted to likes how I dress! Wow, that must mean he likes me! Woo hoo! I might have a chance with him."*

On the other hand, if a confident guy who has already made a woman feel attracted to him says, *"I like your style. You look sexy in whatever you wear"* the woman is going to feel excited that the guy she is attracted to also finds her attractive.

In fact, she is going to look at him as being a charming guy, whereas the guy who didn't make her feel attracted and said something nice to her will simply be seen as a nice guy or a friendly guy.

If you want to be successful at picking up women and keeping a woman interested in a relationship, you have to be able to make women feel attracted to you.

Being nice is great, but it's not enough for a woman to want to have sex with a guy or stick by him in a relationship. Attraction is the glue that gets men and women together in the first place and then helps to keep them stuck together when in a relationship.

Things You Can Say

As long as the woman is attracted to you, she will appreciate nice or sweet things that you say and see you as being charming.

For example:

“You’re twice as beautiful when you smile.” When she then smiles in response, smile and say *“See, there it is”* and hold eye contact with her while smiling. That is an example of flirting by the way.

Another example:

If she says something intelligent. Smile and say in a half-joking, half-serious way *“Wow, you’re beautiful and intelligent. I’ve hit the jackpot talking to you”* and then add in some of the humor that makes women feel attracted.

What type of humor is that?

Watch this video for some examples...

Talking to Attractive Women

[image: Talking to attractive women]

Many guys find it easy to talk to women that they don’t find attractive (or women who are already taken), but when they talk to a beautiful woman who is single, they suddenly begin to try really hard to impress her and be “liked” by her.

He doesn’t want to stuff up in any way, so he tries to be on his best behavior around her to hopefully show her that he’s nice, trustworthy and doesn’t look at her in a sexual way like other guys do.

He might think something like, *“What if she thinks that I’m like all other guys who want to have sex with her? I will show her that I’m nice and that I don’t look at her in that way and hopefully she will be impressed by my self-control. Hopefully she will see that I respect her and will treat her like a princess if she gives me a chance.”*

Yet, that’s not how it works.

If a woman is attractive, most of the guys she meets try to kiss her ass by being a really nice guy around her, rather than making her feel attracted, which is one of the 3 things that attractive women hate about most single men.

Watch this video for more info! 

As you will discover from the video above, most women are starved of the experience of feeling exciting attraction for guys.

The majority of guys that a woman meets are only capable of making her feel friendly or awkward emotions, rather than intense sexual desire and arousal.

It’s very easy for a woman to attract guys because most men will have sex with her simply based on her appearance. However, women don’t have the same type of attraction reaction than men do.

Rather than instantly being willing to have sex simply based on a man’s appearance, a woman is looking for other qualities in a guy.

She’s hoping to meet a guy who can turn her on with his personality, confidence, conversation style, masculine vibe and charisma.

That is what really matters to most women.

Yes, a small percentage of women only want a guy who is good looking like a male model, but the majority of women are more interested in how a guy’s personality and behavior makes her feel.

When you are the guy who can offer a woman the experiencing of feeling sexually turned on and aroused by the way you are interacting with her, you will laugh at how easy it is to attract and pick up women and how little competition there is from other guys.

Most guys in this world waste years (and even decades) of their life trying to be impressive to women by building up their career, building up muscle in the gym and building up their bank account.

Yet, the truth is that most women can be attracted instantly by simply displaying the personality traits and behaviors that naturally attract women.

Most guys just don't understand how easy it is.

They go through life thinking that success with women is all about being super nice or super good looking, rich or having a perfect body.

Yet, if you look around, you will see that the majority of guys are just average, but they still have a hot girlfriend or wife.

Here's the thingâ€¦!

A woman can sit and listen to a nice guy give her compliment after compliment and even though she may smile and look flattered, she will walk away from him in a instant if another guy comes along and triggers her feelings of sexual attraction instead.

Triggering a woman's attraction to your personality and behavior instantly beats 100 nice things that you can say to a woman. It also beats wearing the latest fashions and having a perfect body.

Who you are as a guy (i.e. your personality, behavior, how you think, how you communicate with her, how you behave around other people, etc) is much more important to most women than anything else you can offer.

A typical nice guy (I used to be one) hopes that, if he shows a woman that he is a nice guy and says enough nice things to her, she will see that he is trustworthy and has good intentionsâ€¦!and will then give him a chance.

Yet, thatâ€¦s not how a woman's attraction for a man works.

If a guy puts too much focus on being friendly and likeable around a woman, she may like him as a friend and appreciate that he's such a good person, but she isn't going to be feeling sexually turned on by his approach.

Why?

Niceness isn't what makes women feel sexually attracted or aroused; it simply makes her feel nice, friendly emotions.

Being nice is only something that a woman finds appealing from a guy who has already made her feel sexually attracted to him. A guy being seen as the cherry on top or a welcome bonus, but it's not even essential for making her feel attracted enough to kiss or have sex with a guy.

Of course, being nice is still important. For example: When a guy makes a woman feel sexually attracted to him (e.g. because he's being confident, charismatic, masculine in his vibe and behavior, etc) and is then nice to a woman and treats her with respect, she will label him as being a "charming" guy.

However, if a guy tries to avoid sexual attraction and in the hope of being liked enough by a woman for being nice, she will simply experience friendly emotions and label him as a nice guy or friend.

What Women Really Want From a Man

[image: What women really want in a man?]

Most guys go through life believing that women are only men who are good looking, rich, tall and have a perfect body.

Yes, it is true that some women are very picky and will only accept those types of men, but those women really are the minority.

The majority of women in this world are open to feeling attracted to men who aren't rich or good looking, but who possess qualities that are equally and often even more attractive to women than looks and money.

If you take a moment to think about it, you will realize that the majority of guys in this world are not rich and don't have male model looks, but are still able to get themselves a girlfriend or wife by displaying some of the personality traits and behaviors that naturally attract women (e.g. confidence, charisma, charm, being masculine in a way that makes her feel feminine and girly around him, etc).

A good looking or rich guy can approach a woman and say the nicest things in the world to her, but if his approach is nervous and shy, or if his body language is awkward or insecure, the woman is going to feel turned off and won't be interested in hanging around him for long; regardless of how good he looks.

Of course, some women (usually unattractive, desperate or drunk women) will sometimes remain interested in him just because he is good looking, but that doesn't mean she will remain attracted to him in a long term relationship.

The majority of beautiful, high quality women will lose interest in an insecure good looking guy because he lacks the fundamental personality traits that are naturally attractive to women (e.g. confidence, emotional masculinity, high self-esteem, etc).

Mistakes Guys Make When Trying to Be Liked By Women

By now, hopefully you've realized that being successful with women is about making them feel attracted to you, rather than just saying nice things to them and hoping to be liked enough for it to be given a chance.

When you make women feel attracted to you first and then say some nice things, you will be considered as charming. However, if you just say nice things to a woman without first sparking her sexual desire for you, she will see you as being a nice, friendly guy that she has little or no sexual interest in.

So, if you want women to appreciate the nice things that you say to them, make sure that you focus on triggering a woman's feelings of sexual attraction for you first. Attraction comes first and then everything else flows on naturally after that.

If you can avoid making these classic mistakes the next time you talk to an attractive woman, you will get much better results with less effort.

1. Being too nice.

Being nice doesn't make a guy stand out from other guys, because most guys are nice to women or

fairly nice to women.

As a woman goes through life, the majority of guys she meets will be nice to her, show her respect and hope to be liked by her.

Niceness doesn't make her think, *"WOW! This guy is different!"*

If you listen to what some women say, it will seem as though nice guys are rare. For example: Some women will say, *"All men are assholes. Why can't I find a nice guy who will respect me and treat me like a princess?"*

Yet, her statement isn't a fact.

All men are not assholes.

What she is really saying is this, *"Why can't I find a guy who makes me feel attracted and is also nice to me?"* because she isn't attracted to typical nice guys who only make her feel friendly emotions.

Since it is so difficult for women to find a good guy who also makes her feel attracted (those guys are usually already taken), she will usually settle for the next best thing in her eyes, which is a bad boy, jerk or asshole who does make her feel attracted (e.g. to his confidence, masculinity, etc), but who isn't a good relationship option.

When that guy dumps her, cheats on her or treats her badly, she will then begin to complain that there are no nice guys in the world and all men are assholes.

Yet, she is simply referring to the assholes that she has been dating.

What she wants is a good man who also makes her feel attracted and turned on. However, most guys don't understand that and think that a woman is referring to all men when she says, *"All men are assholes. Why can't I find a nice guy?"*

A typical nice guy will then try really hard to show a woman how much of a nice guy he is, but she will reject him anyway because he's not doing anything to turn her on.

He's just being nice.

Of course, there's nothing wrong with being nice to a woman, but if the main thing that you're doing while talking to a woman you like is trying to come up with more nice things to say to her, she will only see you as a sweet friend that she can hang around with until the right guy comes along to turn her on.

When you are talking to a woman that you want to begin a sexual relationship with, you have to focus on making her feel sexually attracted to you as a man, rather than trying to make her like you as a nice friend.

When you talk to a woman in a way that creates a spark between you and her, she will automatically like you because you are making her feel the way she wants to feel when she's interacting with a man (i.e. attracted and turned on).

So, rather than focus your attention on thinking up lots of nice things to say to a woman you like, focus instead on creating a sexual vibe between you and her. When she is sexually attracted to you, she will be much more appreciative and excited whenever you say something sweet or nice to her.

Remember: There's nothing wrong with being nice, or even saying nice things to a woman, but without sexual attraction being established first, she isn't going to be charmed by the nice things you say.

When you attract a woman first, all the other likeable qualities about you (e.g. you're a good guy,

you're intelligent, you have good intentions with her, etc) will become even more appealing to her.

2. Thinking that flirting with her is wrong.

Flirting is one of the easiest ways to create a spark with a woman, build up her attraction and create sexual tension between you.

If you don't flirt with a woman during conversation, what you're doing is failing to create a sexual spark between yourself and her. A sexual spark is the most essential thing you need to create if you want a woman to be interested in you in that way.

You might want to show her that you're an intelligent, nice guy who is interested in her for more than just sex, but she's not going to care about that if you haven't made her feel attracted to you first.

Without using flirting to build some sexual tension between you and her, a woman isn't going to think, *"Wow! This guy really stands out from all the other guys who hit on me. He says such nice things; I definitely want to begin a sexual relationship with him because he is."*

Why? Pretty much every other guy that she meets uses the *"If I say nice things to her, she will like me and then give me a chance"* approach, but it's not what makes a woman feel sexually turned on.

Watch this video to understand what flirting is, how it works and why women love it so much...

3. Being afraid to use risky humor.

According to several studies into the science of human attraction, women prefer men who can make them laugh, compared to men who want to have serious, logical, polite interactions all the time.

Even though it might not be true in reality, women perceive "funny" guys as being more intelligent and honest, compared to the more serious guys who are often seen as being dim and potentially untrustworthy.

When talking to a woman, using humor is the quickest way to make her feel relaxed and at ease in your company. Of course, using humor in conversation with a woman is not about telling her joke after joke.

Here are some examples of funny things that you can say to women to make them feel attracted to you:

As you will discover from the video above, the type of humor that women are most attracted to (I call it Playfully Arrogant Humor) is seen as too risky by most guys.

Women love it when a guy has the balls to use this type of humor, as long as he keeps it playful and light. It's not about being seriously arrogant, rude or sleazy in any way.

Instead, you are just being playful with it, which is why women find it so funny and appealing.

You Don't Have to Say Nice Things to Women to Make Them Like You or Want You Sexually

There's nothing wrong with saying nice things to women, but it's not the one thing that is going to solve all of your problems with women.

Saying nice things is just seen as a bonus trait in a guy, but the main thing she is looking for is whether or not you make her feel sexually attracted or not.

If there's no sexual attraction (or not enough of it), then there's not going to be any sex or sexual relationship.

So, don't waste any more of your life thinking that the only way you're going to make women like you enough is to say a lot of nice things to them and show them how nice of a guy you are.

By now you should be clear on one thing: A woman's attraction for a man is not limited to his physical appearance, or his wealth or status. It's also not based on the nice things that he says to her during a conversation.

When you make a woman feel attracted to by displaying the personality traits and behaviors that are naturally attractive to women (e.g. confidence, charisma, masculine vibe, making her laugh with the right type of humor, etc), most women will overlook any perceived flaws that you might have and see you as being a hot, sexy and desirable man.

Then, when you say nice things to her, she will label you as a charming man and will be excited to hook up with you and begin a relationship.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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Signs That a Woman is Not Interested in You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Most women will act as though they aren't interested in a guy when they actually do like him.

For example: If a woman really likes a guy, but is pretending not to be interested, she might ignore him, make fun of him or take a long time to reply to his texts or messages.

Why would a woman do that to a guy?

In most cases, a woman will act like she isn't interested so can test the guy's confidence in himself. If she then notices that he loses confidence in himself and feels like he doesn't have a chance with her, she will lose interest in him because women are attracted to confident guys and turned off by insecure, self-doubting guys.

A woman might also play hard to get with a guy because she wants to see how interested he really is. Many guys try to get women interested just to feel good about themselves, but never actually follow through and ask her out or make a move to kiss her and begin a sexual relationship.

So, rather than wasting time with another one of those guys (and potentially ending up feeling rejected), she will act like she isn't interested to see if he will pursue her and get her to go out with him on a date.

Make Her Feel Attracted to You and She Will Be Interested

[image: Make her feel attracted and she will be interested]

Success with women is pretty simple when you have the skill of being able to trigger a woman's feelings of sexual attraction for you.

Watch this video to understand how it works!

As you will discover from the video above, it doesn't matter if a woman shows you obvious interest or whether she's the type to play hard to get. When you make her feel attracted, she WILL be interested.

Signs That a Woman Isn't Interested

[image: Signs that a woman isn't interested]

If a woman doesn't feel sexually attracted to a guy at all, she will try to make it clear that she doesn't see him in "that" way.

For example!

When a guy first approaches a woman and she is not interested in him at all (no matter what he tries to do to attract her), she might!

- Be cold and aloof towards him.
- Turn her body away from him during conversation.
- Roll her eyes at him when he tries to talk to her.

- Excuse herself and move away.
- Tell him, *â€œIâ€™m waiting for my boyfriend,â€* even if she doesnâ€™t have one.
- Tell him, *â€œIâ€™m just here having fun with my girlfriends. Can you leave us alone?â€*
- Avoid smiling at him and will instead keep her body language closed off (e.g. keep her arms folded and her legs crossed and look away from him).
- Respond in one-word answers whenever he tries to make conversation with her.

When a guy is familiar with a woman already (e.g. a coworker) or friends with a woman and she is not interested in him she mightâ€™

- Treat him as a friend and if he tries to initiate anything romantic with her she will say something like, *â€œI donâ€™t want to ruin our friendship,â€* or *â€œI just donâ€™t feel about you that way,â€* or *â€œYouâ€™re like a brother to me.â€*
- Use him as a shoulder to cry on when another guy dumps her.
- Talk to him about her sexual experiences with other guys.
- Not flirt, giggle or touch him in suggestive ways during conversation.

As you can see, the signs that a woman is not interested in you can be pretty obvious.

However, just because a woman is not interested in you right now, it doesnâ€™t mean you canâ€™t change how she feels.

You can.

The key to making a woman, who is not interested in you become interested in you, is to trigger her feelings of sexual attraction for you.

For example: If youâ€™ve only being a nice friend to her so far and havenâ€™t been doing anything to make her feel aroused or turned on, you need to change that.

Watch this video to understand why a woman usually wonâ€™t have any sexual interest in the guys who are simply nice to her all the time...

As you will discover from the video above, thereâ€™s nothing wrong with being nice to this woman you like.

However, if you want her to be interested in you in a sexual way, youâ€™ve got to focus on triggering her feelings of arousal and sexual attraction.

There are more than 100 different ways that you can attract a woman during an interaction and one of those (for example) is to have a masculine vibe that makes her feel girly and feminine in your presence.

You Can Change How She Feels About You

Most guys assume that when a woman is not interested, her feelings for him are set in stone and cannot be changed. She either wants him or not and thereâ€™s nothing he can do about it.

Yet, thatâ€™s not how it works at all.

Human feelings are not static; they change all the time.

For example: Think back to a time when you found yourself not liking a person (maybe someone at university or at work), yet when that person changed their behavior and the way they interacted with

you, your feelings towards them changed as well and you may have even ended up being good friends.

In the same way, when you can make a woman see you in a way that triggers her feelings of respect and attraction for you as a man, she will begin to see you in a new light and she will go from feeling â€œnot interestedâ€ to feeling â€œvery interestedâ€ in you.

What If Iâ€™m Just Not Her Type?

This is where many guys go wrong.

They assume that a womanâ€™s interest in them is dependent on their good looks, money or social status and, if they donâ€™t have those things, she will simply â€œswitch offâ€ because heâ€™s not her type at all.

Most guys think this is how women choose men, because this is how men choose women.

Men are initially attracted to women because of their looks. Regardless of whether a woman is cold, shallow, bitchy or not that intelligent, if sheâ€™s beautiful (or even just slightly attractive), most guys will still want to have sex with her.

True?

Think about it.

You most-likely see women all the time and instantly decide that you would have sex with them, simply based on their appearance.

You probably don't care what the woman's personality is like and are instantly attracted because of her looks.

That's how a man's attraction for a woman works. It's not just you.

On the other hand, most women (not all) feel attracted to men based on other qualities besides their looks, money or status.

Yes, a woman will initially judge a guy based on how he looks (after all, when she hasn't met him yet there is nothing else for her to base her opinion of him on).

However, once she meets him, his superficial qualities will be less important to her than his less â€œvisible to the eyeâ€ qualities, such as his confidence, emotional masculinity and his ability to make her feel feminine and girly in his presence.

Yes, some women only want a guy who is perfectly good looking like a male model, but most guys aren't male models and they still get laid, get a girlfriend and get married to hot women.

Watch this video to understand how a woman's attraction for a man really works, which is the opposite of what you will get told by the media and even by women themselvesâ€

When you fully understand that making a woman feel attracted to your personality and who you are as a man is the real key to triggering her feelings of sexual attraction for you, you will stop looking for signs that a woman is not interested in you, and will start doing the things that make women feel automatically attracted and interested in you.

When You Trigger Her Feelings of Sexual Attraction She Will Automatically Feel Interested

If you want to get a woman to be interested in you in a sexual way, you need to make her feel sexually attracted to you based on how you interact with her—not based on how you look.

A woman's interest towards a guy is mostly determined by what he says and does in her presence.

For example:

1. Does his conversation style turn her on or turn her off?

Guys who are nervous and insecure around women will be too serious during conversation, or will ask her too many questions in a row, making her feel like she's in an interview rather than interacting with a potential boyfriend.

2. Is he able to make her feel feminine in his presence, or does he make her feel neutral or bored to be talking to him?

Some guys believe that letting a woman know they are interested in her sexually is wrong.

So, instead of flirting with her and making her feel excited to be interacting with him (e.g. attracting her and then saying something like, *"You're sexy! I like you"*), he will be very polite and try to flatter her by giving her endless compliments about her beauty, which only make her think he's trying to suck up to her so that she will like him as a person.

Basically, the more ways you can make a woman feel attracted to you while interacting with her, the more interested in you she will be.

Success with women is really very simple once you understand that and begin doing it.

As a guy, you can't expect a woman to feel attracted to you just because you walked up to her and said hello, or because you're her friend and you do nice things for her.

You've got to actively trigger her feelings of attraction by displaying the personality traits and behaviors that naturally attract women (e.g. confidence, charisma, charm, humor, etc).

Instead of wasting your time looking for signs that a woman is not interested in you, work on actively making her feel attracted to you when you interact with her.

When you do that, this woman will feel excited to be with you and will do her best to let you know that.

However, don't expect her to make it completely obvious that she likes you and wants to be with you.

As I explained at the beginning of this article, some women play hard to get and act like they aren't interested because they are trying to find themselves a guy who remains confident in himself no matter what.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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How to Pick Up Women at the Gym: Mistakes to Avoid

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The best way to pick up women at the gym is to be the confident, charismatic and easy-going guy who can chat and get along with random people on occasion.

You shouldn't try hard to chat and talk to a lot of people, but just get yourself into the type of mood where your body language is relaxed, easy-going and open.

Genuinely focus on your work out and then, when opportunities present themselves, simply say hi to a woman, create a spark between you and her and see what unfolds.

For example, when a woman takes a break in between her set or a routine:

[image: Picking up women at the gym]

You: [Smile and in an easy-going, confident way, say] Hey, what's up. How's your work out going?

Her: [Will say "Good thanks" or whatever else she decides to say].

You: [Smile and say in a joking manner] Well, my workout was going really well until I saw you and now I'm distracted.

Her: [Most-likely laughing and enjoying the joke].

You: Okay, well I'm going to get back to my workout now, but I thought I'd at least introduce myself and say hi. I'm Dan, what's your name?

Her: Rebecca.

You: Okay hot Rebecca [include the word "hot" before whatever her name is], hopefully see you around [and then walk off and get back into your workout].

Alternatively, if she openly engages you in conversation and wants to keep talking, build up her attraction by adding a bit more humor and some flirting and then ask for her number.

For example:

You: [After some more chatting] Okay, well I'm going to get back to my workout for now, but I'd love to be able to get your number and give you a call sometime.

If neither of you have your phone with you, get her to write it down (if she can remember her number) or tell her to let you know when she's leaving so you can get her to put your number in your phone.

[image: Getting a woman's phone number at a gym cafe]

Just be straight up about it and believe that you're good enough for her. A lot of women feel insecure about their appearance in a gym, so don't act as though you don't like her. Be real, direct and open in a confident, easy-going way.

Of Course, Not All Women Are Single andÂ Hoping to Meet a Guy When at theÂ Gym

[image: How to pick up girls at the gym]

If you want a guarantee that the woman you're going to approach and talk to is single, then you need to attend a singles event like speed dating.

However, outside of those environments, you have to be prepared to approach and meet women who are not available. Sometimes the woman really is going to be taken, so don't worry about approaching and hearing, "*Sorry, I have a boyfriend*" when you ask for the number.

Sometimes, when guys are looking for hints and tips on how to pick up women at the gym, they're hoping to be able to get a result on their first approach. Yes, that does happen, but if you happen to approach 5 women who are already taken, don't be discouraged from approaching more.

Out of the next 5 women you approach, maybe 3 of them will be single, so don't give up right away. As long as you are being a confident, easy-going guy and aren't eagerly trying to approach every woman in the gym when you're there, no one should have a problem with what you're doing.

However, beware: I've heard from guys who've been kicked out of gyms because they essentially go there to walk around approaching women. Most people aren't going to be cool with that if they see it, especially guys who are jealous of other guys approaching women when they don't have the confidence to do so themselves.

To avoid any problems, just make sure that you focus on your workout while also keeping your body language and vibe open so you can capitalise on opportunities in a natural, easy-going way.

Mistakes to Avoid

Every environment that you approach women in will have it's own selection of mistakes to avoid. When in a gym, some of the mistakes to avoid are:

1. Offering her unwanted advice on how to train.

Guys who are regular gym-goers will sometimes approach a woman under the pretence of offering her advice relating to the equipment that she's using.

Yet, if she has not asked for advice or signalled through her body language that she's open to offers of help, then she's usually not going to respond well to a guy who approaches to teach her how to train properly.

In the same way that a group of women might display closed body language on a "girls only" night out, a woman might display closed body language in the gym because she is there to focus on her workout and isn't interested in using that time to socialize and meet guys.

If a guy ignores those cues and approaches her to offer "advice," he's going to get rejected unless he can snap her out of that frame of mind by using humor to get her laughing and then having a fun, easy-going conversation.

2. Thinking that his physique will turn her on and make her approach.

Some guys hear women talking about a guy's muscles or six pack and hope that if they just build the

perfect physique, women will drop to their knees and open their mouth.

That might be how women behave on TV shows, in comedy movies and in some music videos, but itâs not how things usually work in the real world.

Some women definitely do feel attracted to guys with muscles and only want to have a boyfriend, lover or husband who is big and strong, but in a gym full of fit guys, what makes a guy stand out is his body language and vibe. If he and the woman happen to look at each other, what is going to really turn her on is if he can smile at her in a confident, charismatic way.

Watch this video to understand how a woman's attraction works and how you can use it to help you pick up women at the gym...

For most women, it's not a guy's muscles that impress her the most, but who a guy is on the inside.

For example: If a guy has big muscles, but is secretly insecure about his attractiveness to women, then that will come through via his nervous or tense body language, vibe and behavior in the gym.

With this in mind, when a guy devotes all of his spare time to pumping iron and building bigger muscles in the mistaken belief that it will make him irresistibly attractive to women, he's missing the point.

Likewise, if a guy lingers around in the gym every day bragging (i.e. by making loud grunts and groans when lifting heavy weights) or posing (i.e. by clenching his muscles or sitting down to rest on a bench while putting on a very masculine, tough guy act) for the women he sees there, then he is simply wasting his time.

[image: Pick up women at the gym]

Even if a woman does like the look of him, she will rarely approach him and begin hitting on him.

Sure, it will happen for some very good looking guys, but most of the time, women will simply send out plenty of signals to let a guy know that they're interested in being approached by him. It's then up to the guy to have the confidence to approach her and make something happen.

As you will discover from the video above, it's up to you to identify yourself as a confident man and then take action in accordance with that belief about yourself.

You can go through life feeling as though you're not good enough or that women aren't going to be excited if you approach, but that type of thinking will never help you.

One of the most important things you can ever do for yourself is allow yourself to believe that you are worthy and that if you approach, women will feel attracted to you based on your confidence and other personality traits you display to attract them (e.g. humor).

Do You Know What Women Want?

[image: Do you know what women want?]

Keeping yourself in shape is a great thing to do, but it takes more than looking good on the outside to be an attractive guy to the majority of women.

Most women place much less importance on looks that men realize. Yes, there are women out there who will only accept a perfect looking guy, but most women are much more flexible about what they

find attractive in a guy than men realize.

When approaching a woman in a gym, it might seem that the type of guy that she really wants is going to have a perfect gym body, but that's not always the case.

If you can make her feel a lot of attraction for you in other ways (e.g. you're confident, charismatic, can make her laugh, etc), then she will quickly warm up to you and if she's like most women, she won't care if other guys in the gym have a better body than you.

You might have a perfect body or an average body, but when she is talking to you, she is talking to you. You are the guy who is making her feel attracted and turned on.

Here's something weird about attraction that you have to understand if you are going to be successful at picking up women at the gym...

When you make a woman feel a lot of attraction for you based on your confidence and personality, she will start to look at your physical appearance in a positive light.

She will then look at any "imperfections" about you, as being cute or sexy because they are a part of you and you are the guy who is turning her on. It's weird how it works, but it's true.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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What Should I Do With My Life? 3 Questions You Should Ask Yourself Today

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The history of your life is being written in each moment and you are either leaving behind a trail of growing success or you aren't.

If you feel like you've been wandering through life and asking yourself things like, "*What should I do with my life?*" try asking yourself the following questions instead:

1. What do you dream of being able to do with your life, but you're afraid to try going down that path because you think you will fail?
2. If you knew that you only had 5 years left to live, what would you try to achieve during that time to ensure that you are proud of yourself and would leave a positive impact on the world?
3. If you had the power to change the world, what would you use that power to do?

[image: What career or profession is right for me?]

The questions above will help you to get clear on what you've been hiding from and what you already know that you should be doing with your life.

Childhood Dreams

When you were a child, you were likely asked the question of, *What do you want to be when you grow up?*

You may have been asked this question by a teacher who wanted you to then write an essay about your dream career, or you may have been asked it by a parent or guardian who wanted to help you get clear on your goals and aspirations in life.

Can you remember what you answered? If you can, you will probably be like most people and no longer want to do what you said you wanted to do as a child.

Personally speaking, I said that I wanted to be a fireman and later on, I said that I wanted to be an architect. Now, I'm one of the world's most famous dating coaches and have helped 1,000s of men to get them with women by teaching them the secrets to success with women.

I don't have the skills required to be an architect and I wouldn't want to be fighting fires all day long, so I'm glad that I found the profession that suits me perfectly.

However, even though I absolutely love doing what I do and wake up every day pumped to get back into work here at The Modern Man, I still have additional dreams about doing more things with my life at the same time.

For example: I am now excited about starting a family. When that happens, I want to raise my children to be awesome people and have a really close, loving family that supports each other.

During that time, I know that I'm going to keep working on The Modern Man and helping guys to succeed with women. I literally have ideas for The Modern Man that stretch out 20 years from this date and I cannot wait to get to make them all a reality.

However, despite all that, I still have even more dreams and goals that I want to accomplish in other parts of my life, which then lead to even bigger dreams and goals. The reason why I have that is that I've taken the time to imagine the type of man that I truly want to be and imagine the possibilities of what might unfold when I do.

How about you? As a child, what did you often say that you wanted to be when people asked you, *"What do you want to be when you grow up?"*

Does it match up to how you feel now?

If it doesn't, don't worry.

Life has a way of taking you in many different and unexpected directions and in the end, people almost always feel happy that they got to walk that path and learn from it.

The secret is to have an open mind and be willing to walk a new path that will unlock your true potential and connect you with the type of happiness and fulfillment that you are seeking deep down.

If your current desires about life don't match up to the job or profession that you once thought matched you perfectly, then don't feel down on yourself. It is completely normal and to be happy, you need to open yourself up to the possibilities that are now right in front of you.

[image: How do you know what you should be doing with your life?]

For example: If a guy wanted to be a doctor, but during his university course, he found that he no longer enjoys it and keeps wishing that he could run an organic farm or open up a ski-retreat on his favorite mountain, he needs to be ready to open his mind those alternatives.

If he gives up on his initial idea of being a doctor, it doesn't mean that he is a failure. There isn't one correct way that a person should live their life and doing a job that you don't love just to please others, isn't going to bring you a lifetime of happiness.

If you want to be happy with what you choose to do with your life, you've got to be brave enough to follow your true dreams or embrace the role that life throws at you one day.

The answer to the question of *"What should I do with my life?"* is a lot deeper and more important than simply choosing a profession to work in.

What really matters is this:

- If you take on the role that you are planning to embrace, will it force you to become a bigger and better man, or will it allow you to hide away from reaching your true potential as a man?
- Are you intending on rising through the levels of the profession or path you intend to take, or are you just hoping to stay out of the way and be that guy in the background who people don't really notice?
- If you follow the path that you're intending to take, will you be proud and happy with your achievement in 20 years time, or will you feel like you've wasted your life doing something that was too easy for you?

What a lot of guys don't realize is that their life purpose and how they approach their life will have a direct impact on their personal happiness and the quality of relationship that they have with a woman.

When you are rising through the levels of your chosen path and reaching for your true potential as a man, you get to feel proud, happy and excited at each positive milestone you reach.

It's a constant journey of rising success and achievement and it fuels your mojo for life and gives you

that pep in your step that keeps you going when the path becomes challenging.

All of that adds up to you feeling better about yourself as a man and, just as importantly, your woman being able to look up to you and respect you.

If a modern woman finds herself in a relationship with a man whom she can't look up to and respect, she will eventually begin to lose touch with her feelings of attraction for him.

When that happens, the sex will usually dry up and she will become less affectionate towards him, which will often lead to him becoming insecure, clingy and needy, which will turn her off even more.

I've heard of this happening time and time again when I've helped phone coaching clients who are in the process of getting a girlfriend, fiancée or wife back. Unlike women from past generations, today's women are often unwilling to put up with a man who is unable to be the type of man she wants to be with in a relationship.

The Difficult Dream

When you were a child and you thought about what you wanted to be when you grew up, it's possible that you chose a career that wasn't possible to achieve once you became an adult.

For instance: If you are short, then it's unlikely that you would ever be able to become a professional basketball player.

If you wanted to become an astronaut, the chances of getting chosen are going to be very limited because there are very few opportunities today for manned space travel, so despite being intelligent enough, you might not be able to become a fully fledged astronaut anytime soon.

There are many other examples of difficult dreams, but how you accepted it as an adult will be a strong indicator of the type of man you are today.

There's an old motivational quote that goes like this, *"When life gives you lemons, make lemonade,"* meaning that even if you end up with something in your life that you don't desire or didn't ask for, look at it as an opportunity to turn it into something great in another way.

[image: What should I do with my life now?]

Using the example of wanting to be a pro basketball player, but lacking the height to be competitive enough, a successful man would think, *"Okay, what else can I do in the basketball industry? How else can I use my love for the game to make an impact and become a better man in the process?"*

For instance, he might train to be a coach, get involved in sports medicine, go into sporting goods sales, study sports management or otherwise get involved in a profession that would keep him around the game of basketball.

Alternatively, realizing that since his early dream was unrealistic, he might also decide to mentally regroup and go after another profession that he also has a strong interest in.

Not getting involved in basketball doesn't mean that he is a failure or giving up on his dreams. Instead, he is simply being a wise, open-minded man and realizing that there is much more to life than just basketball.

He could still attend games, be a fan and maybe marry a taller woman in the hope of having tall sons, which he then might encourage to play ball. However, regardless of which path he takes, what is most important is that he is on the path to becoming a bigger and better man himself.

If you're not on a path at the moment that is pushing you to become a bigger and better man than you are, then how can you expect to feel happy, passionate and proud of who you are?

Imagine the guy who wanted to play basketball (but couldn't because he was too short), decided instead to moan and complain about how life isn't fair. At every opportunity, he would tell friends, family or coworkers how bummed he is about not being able to become a basketball player and as a result, he simply doesn't know what else he should do with his life.

He might say that playing pro basketball is the only thing that he's interested in, but he's simply being closed-minded. If he opened his mind to the world around him, he would quickly realize that there are millions of different things that he could be doing with his life that would lead him to become the type of man that he and others are proud of.

If he remains closed-minded to the world around him, he is setting himself up for a life of depression and will disappoint the woman or women who end up being in his life. This type of man may get a good job, but it usually won't be a job that brings him pleasure and makes him feel proud and happy.

Instead, he works only for his paycheck. He complains about what his life might have been like if he could play ball, rather than going after what still could be an amazing life for him.

He lingers in a muted, unsatisfied state of existence and looks on at the world around him as being cruel, rather than being a wise man who has the courage to turn lemons into delicious lemonade.

Being a Man of Purpose Helps to Maintain a Woman's Respect and Attraction For You

Today's women are often no longer the type to just sit around waiting for a man, any man, to come and marry her so she can be a housewife.

In many cases, a woman will be well educated, strong-minded and successful in her career or business or at least have the capacity to one day be successful when she grows up.

As a result, a modern woman usually doesn't feel a desperate need for a man to provide her with food, shelter and protection like women of previous generations did. She can go to the supermarket or grocery store and buy things on her own and she can rent a house or get a mortgage on her own when she's earning enough to do so.

Of course, that doesn't mean that she doesn't want a man in her life at all. Women still want men, but they just aren't as dependent on men as they used to be.

As a result, she doesn't have to settle for a guy who lacks purpose or who doesn't follow through on his biggest ambitions and dreams because he is afraid of failure or doesn't feel as though he deserves success.

In the past, a woman had to put up with a man like that if she made the mistake of marrying him, because it was shameful to divorce. However, in today's world, a woman doesn't have to stay with a man who she no longer respects or feels attracted to.

This is why it's now more important than ever for men to become a man of purpose. In other words, follow through on your biggest dreams, goals and ambitions and be that "man on a mission" who will stop at nothing to achieve whatever it is that you are aiming to achieve.

Women are naturally attracted to and respectful towards men who are focused on what they want out of life and are willing to keep going after it even when they face obstacles and challenges along the way.

Some unattractive women are willing to accept whatever they can get in a guy, but the majority of attractive or at least fairly attractive women know that they can do better and don't have to settle for a lazy or fearful guy who doesn't have the courage to make his dreams come true.

As empowered as modern women are, they still want a man that they can respect and feel protected by. She wants to be able to look up to her man and feel proud of him, rather than look down on him and feel embarrassed that her man lacks ambition, not only in his job, but in almost every aspect of his life.

A woman wants a man who seeks the things that are important to him and goes after them with an inner strength and determination and a "never quit" type of attitude. When a woman is with a man like that, it's very easy for her to maintain her feelings of respect and attraction for him.

She will know that he is a rare find and isn't like most other men who settle for mediocrity or accept second best because they are afraid to stand up and go after what they really want.

You Don't Have to Already Be Successful to Be Attractive to Women

Some guys make the mistake of thinking that they have to be super successful in business and be rich and powerful in order to get the girl.

A guy will assume that he has to have a professional career like a doctor, lawyer or entrepreneur in order to attract a great woman. Yet, that's not true at all.

Here is the real reason why guys get rejected by women!

What matters most to a woman is that you have the potential to do well one day. She wants to see that you are not afraid to follow through on your biggest goals and dreams and if she meets you when you're just starting out, she will feel proud to stick by you as you overcome the obstacles on your way to success.

So when you ask yourself, "What should I do with my life?" don't focus on trying to become achieve something that you hope will impress a woman. Most women are more impressed by a guy who simply has a sense of purpose and has the courage and follow through to never give up until he achieves it.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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women. This FREE video will BLOW YOUR MIND (I promise!)

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Becoming a Man: 4 Steps That Every Guy Should Take

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Becoming a man is either going to be a very exciting and rewarding process for a guy to go through, or it's going to be a nightmare full of rejection, heartache and confusion.

If you are still in the process of becoming a man, here are 4 things that you must master before you will feel like you've made it to manhood:

1. Get clear on your true identity as a man.

Some guys never become a real man because they never get clear on their true identity.

For example: A guy will present himself to the world as a nice, friendly guy and hope that people like him for it, his boss promotes him because of it and women want to have sex with him because of it.

Yet, who he really is deep down is a good guy who yearns to be more assertive and to be respected and looked up to by people.

Rather than becoming a real man by rising up to that level of being, he will continue to be a passive nice guy and hope that people take pity on him, feel sorry for him, etc.

Secretly, he will fall asleep at night feeling angry about how people don't respect him and women don't seem to like him. He will often imagine himself taking out revenge on people and finally getting the respect that he feels he deserves.

Yet, the world doesn't bow down to passive nice guys or hand success or sex to them for being nice. If you want to be respected for being the good guy that you are, you have to command that respect.

A big part of becoming a man is getting rid of the nice guy act that would have worked for you as a child. As a boy, you would have been treated well and given treats for being nice, but that doesn't work as an adult.

2. Have a huge purpose in life.

If a guy doesn't have a huge purpose in life and isn't really aiming for anything in particular, other than the basics (e.g. get a woman, get a house, settle down and then die), he will naturally be susceptible to depression.

To be what people refer to as a real man, you've got to have a huge purpose in life that you are aiming for and will stop at nothing to achieve. Another way of saying purpose is to refer to it as having big dreams and ambitions that stretch out as far as you can imagine.

3. Have your choice with women, rather than taking whatever you can get.

Most guys don't grow up with a male role model who can teach them how to attract women, so a lot of guys grow up feeling desperate to get pretty much any girl that they can find.

Rather than having his choice of women and having the power to choose a truly compatible woman for him, a guy will accept whatever he can get with women and then try to make it work.

Based on this, it's no surprise that the divorce rate is so high these days. In the past, a woman had to stay with a man for life, even if she was unhappy or if they were incompatible.

Yet, in today's world, a woman can break up with a guy or divorce a man whenever she pleases. So, rather than being a beggar with women and working your ass off to hopefully get one girl to like you, be a man about it and learn how to attract women so you can have your choice of women.

Watch this video to understand how a woman's attraction for a man works and how you can use it to have your choice with women...

4. Be the type of man that your woman and other people can look up to and respect.

If a guy is looked down on, picked on or disrespected by women and people in general, then he's not what is referred to as a real man.

To be what people refer to as a real man, you've got to be the sort of man who others can look up to and respect. It doesn't matter if you're 18 or 58; the same rule applies. It also doesn't matter if you're aiming to pick up women or keep a relationship with a woman together for life; the same rule applies.

To be what people refer to as a real man, you've got to be the sort of man that others can look up to and rely on to "be the man" no matter how challenging life gets.

A Lack of Male Role Models

In today's world, many guys grow up without the perfect male role model to show them how to be a successful modern man. With no one else to turn to, guys often look to TV shows, movies and even the lyrics of songs for the answers.

Yet, what many of these guys don't realize is that the scenes played out in TV sitcoms and movies are designed to entertain an audience, not educate them. Without this awareness, many modern men copy the often foolish behavior of men on TV and in the movies.

A classic example is where the nervous, shy, "loveable loser" guy in a TV show or movie will stumble and make all sorts of mistakes around a woman. He will be madly in love with her, but she will initially reject him. Eventually, he'll "save the day" or do something amazing to impress her and then she'll give him a chance.

This is entertaining for some people to watch, but it's not how things play out in the real world. In the real world, women are attracted to the emotional strength in men, not the weakness.

So, when a woman meets a shy, nervous guy who is hoping to get a chance with her, she doesn't think, *"Hmmm...he could probably save the day or save the world like one of those loveable losers from the movies."*

Instead, she simply doesn't feel any attraction for him and rejects him.

A Poetic Look at Becoming a Man

"If" is the title of a famous poem by Rudyard Kipling (1865-1936) about becoming and being a man. You may have studied it at school, but if you're not familiar with it, here's the opening line...

"If you can keep your head when all about you are losing theirs and blaming it on you."

Kipling then expands with another confusing 30 or so lines of thought provoking "ifs" to ponder over before getting to the last line...

"Yours is the Earth and everything that's in it, and which is more you'll be a Man, my son!"

It's a pretty big lists of "ifs" and fairly confusing to read. Really, it's enough to put most guys off the idea of being a man because it all sounds too hard.

Here's the full poem to show you what I mean...

[image: Kipling - If poem]

Confused by that wording? Me too.

The above poem is a sum total of Kipling's thoughts on becoming a man and what it takes to be able to call yourself a real man. I'm sure he meant well, but in my opinion, that is a bit too intense for today's world.

These days, people have realized that we don't need to be so serious and nit-picky about everything because nobody is perfect.

Kipling seems to make it out as though unless you do all of those things, you will be a failure as a man.

I feel sorry for the guy and would love to back in time and tell him, *"Hey Rudyard everything will be okay mate. Just be a good man, be emotionally strong and go after your goals and dreams. No-one really cares if you make some mistakes along the way, so don't waste anymore time trying to think about how to be perfect. Life doesn't have to be that complicated mate. Smile and get on with living your life, rather than feeling like you're inadequate unless you do all of those things."*

When people are on their death bed (i.e. they are just about to die), they are often quoted as saying they wished that they hadn't worried so much about what people thought of them. Right at the moment when their life in this world is about to come to an end, they finally realize that it really doesn't matter.

As long as you are a good person, following through on your goals and being a man of integrity, you've got nothing to worry about. Push forward towards your goals and go after what you want in life, rather than worrying what others might think.

Be the man that you want to be, based on your current understanding of the world, but just know that your perspective will most-likely change as you get older...

Getting Wiser With Age

Personally speaking, I'm just about to turn 38 years old and when I was 22, I thought I had the whole damn world figured out.

I looked at how other people lived their lives and from my 22 year old perspective, I thought that some of them were so naïve and blind. Yet, as I gained more experience as a man, I eventually realized why people think, behave and act in certain ways.

Nowadays, I love and accept people for who they are and understand that, although they might not think exactly the same way as I do, they are going through their own journey of life in their own way...and that is okay.

Many years ago, I realized that a big part of becoming a man is learning to love and accept yourself, as well as love and accept others. In this life, You can't make everyone think like you do or obey your commands, so don't stress out about that. We're all different and that's okay.

As long as you are actively rising through the levels of your true potential as a man, you will be

feeling increasingly happy and fulfilled and you will also garner the respect and admiration of those around you.

You will also be the sort of man that women want to align themselves with because you have the courage to rise up in a world where so many other men cower and hide from their true potential.

Becoming a man is an exciting, rewarding and fulfilling lifelong process of learning and development. Only the guys who are willing to keep on learning and developing will have what it takes to realise their full potential as a man.

If a guy gets stuck at a certain level of life and then gives up on becoming the man that he knows he could be, it won't be something that he can escape. The sadness of never reaching his true potential as a man will always be there in the back of his mind.

He will know that he is hiding from his true potential, but if he never works out how to get past that and reach the next level of life, he will always feel depressed, frustrated and confused about life and what he should be doing to feel happy and fulfilled.

Let's face it, life can be very challenging at times, but it's the way a guy chooses to deal with those challenges that eventually separates the men from the boys.

As Ben from The Modern Man has often said when we've discussed this topic, *"Apart from experiencing bad luck, where people are at in their life is usually a sum total of all the choices they've made to get to that point. Successful people consistently make good choices and keep pushing forward if some of their choices don't work out."*

Being a successful man is not about being a man who always wins at everything and it's not about always being right about everything either.

Instead, it's about being a man who always gives it his best shot and knows that everything doesn't always go to plan. Sometimes, plans work out perfectly, but if he tries and makes a mistake or fails, he sees it as a lesson and then learns, improves and tries again until he gets it right.

As the legendary basketball coach John Wooden once said, *"If you're not making mistakes, then you're not doing anything. I'm positive that a doer makes mistakes."*

Becoming a Man Who Naturally Attracts Women

Being successful with women is one of the most important goals that guys have in life. Without women, life is pretty shit, to put it bluntly.

When you are loved, wanted and respected by women, life feels awesome.

So, if you have yet to reach that point in your life where you naturally attract women, it might be because you're making one or more of the following mistakes...

As you will discover from the video above, it is possible for you (yes you) to naturally attract the women you meet and then deepen a woman's respect, love and attraction for you in a relationship.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Things Women Love to Hear: 2 Examples

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are some examples of things that women love to hear, as long as you have first made her feel attracted to you.

If you try to skip the step of making a woman feel attracted to you first and just launch into nice compliments and sweet or romantic lines, most women will either feel weird around you or just see you as a “friend” type of guy.

So, as long as you’ve made her feel attracted to you first, here are some of the things that women love to hear.

When You First Meet Her

“You’re sexy, I like you”

A lot of guys don’t realize that most women are insecure about their looks. An international survey conducted by Dove cosmetics found that 96% of women don’t consider themselves to be beautiful.

Another survey found that 85% of women wish that their hips were narrower and another survey found that 80% of women have things about their body or face that they desperately want to change.

[image: Women insecure about their looks]

So, regardless of how confident you think a woman is, she is most-likely insecure. If she is one of the insecure women and you don’t give her a compliment about her looks, guess what happens?

She plays hard to get.

To make sure that you really like her before she shows any real interest in you, she will play hard to get to see how much you try to impress her and show her that you like her.

Yet, when she notices that you’re trying hard to impress her, you actually become the opposite of what she wants in a guy. In other words, you become the opposite of the challenge that attractive women yearn to meet...

So, to avoid the mind games, just tell her that she’s sexy and that you like her. However, make sure that you’ve been automatically triggering her feelings of attraction for you by displaying the type of personality traits, behaviors or body language that naturally attracts women.

Watch this video to understand how a woman’s attraction works and how you can use it to get what you want with women...

As you will discover from the video above, you can make a woman feel attracted to you in many different ways.

When a woman is feeling very attracted to you, she’s going to love pretty much everything that you say and if she doesn’t love it, she’s going to overlook it because she doesn’t want to ruin her opportunity to be with you.

On a First Date

When you see her arrive for the date, you can give her another compliment about her looks and sex appeal by saying, *“Wow, look at you...how am I going to concentrate on the food tonight? I don’t know if I’m going to be able to keep my eyes off of you. You look stunning.”*

This is important to a woman because she knows that men are mostly attracted to a woman’s physical appearance, so she wants to know that she looks sexy and attractive to you.

Of course, this only works if you’re being confident and are making her feel a lot of attraction for you.

If you are a nervous type of guy and you haven’t made her feel a lot of attraction for you yet, she’s not really going to feel that excited about her strong attraction for her because she’s not feeling much for you.

Where Guys Go Wrong

There are many classic mistakes that guys make when talking to women they like, which then lead to the woman feeling turned off, playing hard to get or simply rejecting him.

Watch this video to understand where guys go wrong and what you should do instead if you want to be successful...

As you will discover from the video above, you will experience much easier and more consistent success with women if you can just relax, be real and be confident when talking to women.

Movie Madness

TV sitcoms and romantic comedy moves have got a lot to answer for when it comes to the confusion that guys experience about the things women love to hear.

In the movies, a beautiful woman will appear to swoon over a guy who approaches her to whisper sweet nothings in her ear and she will even respond positively to a guy who uses a cheesy pick-up line.

So, some confused guys will try to use that approach in the real world and will search around online for pick up lines and hope that he will find the secret words that women love to hear that will instantly get him laid.

Yet, that’s just not how it works because women are not simple, mindless creatures who fall for cheesy crap.

If you want to get laid, get a girlfriend or find yourself a woman who will become your wife, you have to focus on triggering a woman’s feelings of sexual attraction for you.

You can do this by displaying the type of personality traits and behaviors that are naturally attractive to women (e.g. confidence, humor, flirting, charisma, masculinity in the way you think, feel and behave, etc).

It’s actually very easy to get women to feel attracted to you. In most cases, all you need to do is display a few of the attractive traits at the start of a conversation and women will be keenly interested

in talking to you.

If you are then able to display more traits throughout the conversation, her attraction for you will go up and up until she is feeling intense attraction for you.

Watch this video to understand how it works...

As you will discover from the video above, women will love most of what you've got to say if you can get them feeling that way.

Everything starts with attraction and when you've established that, things then flow naturally from one step to the next (i.e. phone number or kiss, sex that night or date, relationship or lovers, etc).

A mistake that some guys make is thinking that saying sweet or romantic things to a woman is the best way to get her interested because it will show how much of a nice guy he is.

Yet, using the nice guy approach with women will only get a guy rejected if he first doesn't establish strong feelings of attraction first. Here's why...

The shy, awkward nice guy might get the girl on TV and in the movies, but real life is not like the movies.

Real women aren't so easily impressed by what a guy says because any guy can learn to say a line or two. Instead, women are interested in find out who a guy really is and they're going to put him to the test to make sure his confident attitude and body language matches up to his words.

With this in mind, the things women love to hear are the things that let them know you are a genuinely confident guy and you're not trying to hide your insecurities behind a fake confident front.

Women want to be able to see that no matter how much they challenge you during a conversation, you maintain confidence in yourself. If you can let them see that about you, they won't really have to worry so much about overanalyzing what you're saying, because they will be feeling more that enough attraction to your confidence.

Cheesy Lines Only Work if You're a Confident, Cool Guy

If a nervous guy approaches a woman with a cheesy line like, *â€œWhere have you been all my life,â€* or some other *â€œlineâ€* that he's memorized from a movie, he will not get the response that the male actors in movies get.

Instead, the woman is going to roll her eyes and think that he's just another loser who doesn't understand women and what they really want.

When the nervous guy approaches her, she will instantly determine that he is nervous by instantly analysing his body language, vibe and tone of voice.

All of his non-verbal communication will reveal to her that he's simply trying to get lucky with any woman by using rehearsed lines and hoping that 1 out of 100 women takes the bait.

He hopes that the woman won't notice his nervous non-verbal communication, but it's pretty obvious to women. Women are hard-wired with instincts that allow them to pick up on subtle non-verbal cues and find the real men amongst the fakers.

So, when she is approached by a nervous guy who using a canned line in the hope of getting lucky, she's not going to think, *â€œWow! This guy has so much confidence. I respect that! I hope that I can get a chance with him because other women would clearly like him based on his confidence.â€*

Instead, she will likely see him as a “creep,” a social loser or an outsider in that environment and will want to get away from him as quickly as possible.

Hereâs the thing...

Women are hoping to meet a guy who is confident, but doesn't feel a need to impress them. A guy who is genuinely confident will know that his normal self is already impressive enough because most guys are nervous around attractive women and try hard to “like” enough in the hope that the woman gives them a chance.

Women don't want to have to give a guy a chance (i.e. take pity on him, do him a favor). Instead, they want to meet a guy who has the ability to make them feel so much attraction that they want to get a chance with him.

Some guys approach women and have almost no idea what to say or do. So, for example: A guy might approach a woman and say something overtly to gauge her interest in him, before he's even created any attraction!

He might say, “Hey, nice shoesâ|wanna f***?” or “Are you Google? Because I've just found what I'm searching for” or “Hi, you're beautiful...wanna dance with me?”

The only women who respond to lines like that before a guy establishes her feelings of attraction are drunk women, unattractive women or weirdo women.

If you want to attract and pick up sober, sexy and sane women, you need to use a more natural approach to seduction. You have to start out by displaying personality traits and behaviors that naturally attract the woman to you and then she will actually find your cheesy lines to be funny, cute, clever, etc.

However, if you start out with lines before establishing attraction, she will assume that you're yet another guy who doesn't understand the reality that women live in...

Women do love to flirt and joke around and they also love to have a guy whisper sweet nothings in their ear, but only if he has already established feelings of attraction.

Are You Trying Too Hard to Be Liked By Women?

There's a big difference between a woman liking you as a person and feel sexually attracted to you. A lot of guys make the mistake of trying hard to be “liked” by the women they meet (e.g. by acting like much more of a nice guy than he actually is or will be if they got into a relationship).

If a woman has had some experience with men in the past, she knows that guys who kiss her ass upfront and hope to be “liked” for being nice are often the type of guys who will become insecure, needy, jealous or controlling in a relationship.

Why? The guy will have had a very hard time trying to get a girl to “like” him enough to give him a chance before he met her. Then, when they are in a relationship and she naturally begins to pull back her interest at times to test his confidence, he will crumble under the pressure and become insecure, jealous, clingy or controlling.

So, while there is nothing wrong with being a nice guy or being likeable, just make sure that you're not trying to convince a woman to give you a chance because you're such a good guy.

If you want instant results with women, you just need to make her feel a lot of sexual attraction for

you. When you do that, she will naturally like you as well because she will look at all or most of your other qualities in a more positive light, or she will overlook your flaws to ensure that she doesn't screw up her chance to be with you.

When a guy doesn't know what you just read in the paragraph above, he will often make the mistake of giving a woman endless compliments and saying whatever they think she wants to hear in the hope that it gets her to like him enough to give him a chance.

This is not what women want.

Being super nice in that way makes a guy come across as insincere at best and totally desperate at worst. Women know that a guy with the inner qualities that women are naturally turned on by will have his pick of women and as a result, he won't have to try hard to impress.

Some nice guys see other guys interacting with women and notice that the woman lusts after the guy even though he isn't trying hard to be nice to her or impress her.

The nice guy will then label that guy as being a "bad boy" or "jerk," but in many cases, the guy simply doesn't feel the need to impress women because they already want to be with him based on how much attraction he makes them feel.

The secret to success with women is not to treat them badly, but to trigger their feelings of attraction for you. When you are the guy who makes women feel intense attraction and you are also a good guy, then you are what women refer to as a "catch" or a "keeper."

It's actually very difficult for women to find a good guy who also has the ability to make her feel intense attraction because those guys are rare and are almost always taken.

So, when you meet a woman and she realizes that you are an attractive good guy (i.e. you are confident, charismatic, etc), you will notice that she tries really hard to impress you and hopefully get a chance with you.

If a woman can't get herself an attractive good guy, she will often settle for what most women see as second best, which is an attractive bad boy or jerk. Sometimes, a woman will give an nervous nice guy a chance, but he will almost certainly be dumped or cheated on when the relationship loses its spark.

Being the Guy That Women Love

Words alone are not enough to attraction and maintain the attention of a woman.

If you want women to love you, want you and never leave you, the most important skill that you need to work on is your ability to attract women with your personality, behavior, attitude and conversation style.

However, if you just focus on the words, you will struggle to properly attract quality women who need to feel attracted to who you are, not just what you say.

Women want to be able to see that you are a confident, genuine guy and are not just putting on act to hopefully impress them.

They want to see that what you're saying is coming from an authentic place because you have the confidence to be your natural, charismatic self rather than hide behind an act or false social persona.

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[image]

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[image: Dan Bacon]

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How to Flirt With a Woman

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The secret of how to flirt with a woman is to believe that it's okay to do so.

You've got to have confidence in the way that you're flirting with her, otherwise it will come off as awkward, weird or forced. Flirting is sexy to a woman when the guy believes in himself and isn't afraid to show his attraction for her in a discreet way.

Watch this video to understand how it works...

As you will discover from the video above, women actually prefer guys who can flirt because it's a much more discreet, classy and exciting way of showing your interest in each other.

Where Guys Go Wrong

The main point that guys screw up with women is not believing in themselves.

For example: A guy might approach a woman in an apologetic way, *"I don't suppose you'd be interested in a guy like me, but..."* and expect her to be impressed by how unassuming he is. Yet, women are attracted to confidence not shyness or self-doubt.

If you want to know how to flirt with a woman, you need to get serious about being a genuinely confident man. Anything less than that and your attempts to flirt will never work as well.

Here are some mistakes to avoid...

1. Putting on an act

Have you ever noticed how easy it is for actors in movies to charm women with simple lines?

That's because it's a movie.

The actors are reading scripted lines and the women are simply responding in the way that it says they should in their script.

James Bond and other smooth characters may be able to charm women with a simple line and a gentlemanly approach, but don't think that women will be impressed by that corny stuff in real life.

Pretending to be someone you're not doesn't go down well with women and will simply cause them to raise their guard and feel awkward around you. If your body language, vibe, behavior and actions don't match up to your words in a natural way, a woman usually won't respond positively to any form of flirting because she's going to feel like you're acting.

When a woman meets an insecure guy hiding behind a fake front, she's not going to think, *"Wow, what a sweet guy. He's trying to hide his shyness and insecurity from me by putting on an act...how cute!"* Instead, she's usually going to think, *"I've got to get away from this guy."*

Likewise, if a woman is interacting with a shy, anxious guy who is spitting George-Clooney-type lines in the hopes that it impresses her, she's not going to think, *"Wow! This guy is hot. He's just as suave as those guys in the movies!"*

Instead, she's probably going to think, *"This is weird. What's wrong here? Why can't this guy just be himself? Why is he putting on this act around me? Does he think that he needs to impress me a*

lot because he doesn't think he is good enough? Fine, if he thinks that he isn't good enough, then I'm going to believe him that he's not good enough.

2. Using flirting at the wrong time

Flirting works best if you are simultaneously making the woman feel attracted to you based on your confidence, vibe and body language. If you try to flirt with a woman who isn't attracted to you, she will usually find it weird, out of place and will reject you or show that she isn't feeling the same way.

For example: If a nervous, self-doubting guy is being friendly and nice to a woman during a conversation and he then suddenly throws in flirtatious line or sexual innuendo, it's usually not going to go down well. The woman is going to be feeling turned off by the fact that he is nervous and self-doubting around her and will feel as though he's just another typical nice guy who is hoping that she will give him a chance for being nice to her.

Watch this video to understand why being too nice to a woman will often result in a guy getting rejected...

As explained in the video above, there is nothing wrong with being nice to a woman, but you also have to make sure that you are triggering her feelings of sexual attraction for you. Attraction has to be established first and then everything else flows along smoothly after that.

3. Giving too many friendly compliments

One of the biggest mistakes that guys make when trying to flirt with women, is to keep everything nice and safe.

For example: He might give her compliments like, *That's a nice dress. Where did you get that?* or *You have great fashion sense* or *I like your hair* or *You have beautiful eyes.*

There's nothing wrong with those compliments, but they aren't the type of compliments that get straight to the point and make a woman feel sexually turned on by you.

If a woman is already turned on by you, then it's fine to use compliments like that, but if she isn't feeling much, she's not going to care about your opinion of her fashion sense because you are just another guy who likes her, but who she doesn't feel much attraction for.

As long as you've made a woman feel attracted to you first, the best compliment to give her is to look her in the eyes, then look her up and down and then look her back in the eyes and say, *You're sexy* or *I like you.*

That gets straight to the point and there's no confusion then about whether or not you find her sexy, so she doesn't have to play hard to get to check and see how much you like her.

You've put it out there and you're not afraid to say it, which is actually attractive to her because you've got balls.

Contrast that with a guy who gives a woman lots of 'nice' compliments and pretty much goes along with whatever she says. If she likes something, he does too and if she hates something and he secretly likes it, he says that he hates it too.

If a guy is overly-attentive and seems a bit too agreeable, he runs the risk of coming across as insincere and a bit of a creep. Women feel weird around guys like that.

Most women are attracted to confident guys who know who they are and what they stand for in life,

so theyâ€”re not turned on by guys who constantly change their opinion to fit in with others.Â If you want to know how to flirt with a woman, you need to know how to be a genuinely confident guy who is secure in who he is, what heâ€”s about and what heâ€”s got to offer.

Youâ€”ve got to believe in yourself. Itâ€”s the most important thing you can offer to women. They need to see that youâ€”re strong and that you have the type of confidence in yourself that will allow you to push forward in life and survive, thrive and prosper even if life gets challenging.

Being the Type of Guy That Women Want to Flirt With

Women are only interested in flirting with guys who make them feel attracted and turned on. Some women are open to a bit of friendly flirting with nice guys who don't make them feel attracted, but that doesn't mean she is interested in anything romantic or sexual.

If you want a woman to desire you in a sexual way, you have to focus on triggering her feelings of sexual attraction for you during interactions. Here's how it works...

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Women Don't Like Nice Guys. Is It True?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

No, it's not true.

It's just that being nice isn't what triggers a woman's primal feelings of sexual attraction for a guy. Pretty much any guy can be nice if he wants to, but what triggers a woman's feelings of sexual attraction is a guy who is confident and can be confident.

Think about it...

We live in a challenging world and you often have to have the balls to stand up for yourself or the courage to push on when life gets tough. Being nice doesn't suggest to a woman that you have that in you at all.

Attraction is directly linked to survival and what we feel attracted to in each other is essentially our survival traits.

For example: We men feel instantly attracted to women who have the outer traits of a (potentially) good survivor (i.e. healthy, youthful looking, beauty that will be passed onto offspring, especially the girls).

On the other hand, women feel most attracted to a guy who has inner traits that mark him out as being a (potentially) good survivor (i.e. confident, emotionally mature, masculine in his thinking and behavior, charismatic, charming, able to get along well with others).

Women can feel attracted to a man's looks, but we men feel much more attraction to looks than women do. For women, the attraction that you make them feel by displaying useful inner qualities is much more important.

Is Being a Bad Boy the Answer?

[image: Nice guys getting the girl]

No.

Women do like nice guys, but if he isn't displaying attractive inner qualities, then the woman just isn't going to feel it.

For example: If a nice guy is nervous, self-doubting and insecure, then a woman will feel turned off by his inner qualities and reject him.

[image: Nice guy getting the girl]

However, if a nice guy is confident, charismatic and has high self-esteem, a woman will feel attracted to his inner qualities and appreciate the fact that he is also nice.

Watch this video to understand why being too nice to a woman will often result in a guy being rejected...

As you will see from the video above, being nice to a woman isn't the problem.

Do You Know What Women Want?

[image: Nice guys misses out again]

Some guys are lucky to grow up with a male role model who teaches him what women really want and how to attract them.

Yet, for most guys (including me), the education they receive about women is either wrong or toned down for political correctness.

For example: I was always told that to get a woman to like me, I had to be nice, treat her like a princess, be a gentleman, be patient and show a lot of interest in whatever she likes.

No one ever told me that women only appreciate that type of gentlemanly behavior if you start by making them feel sexually attracted to you first. I was essentially told that sexual attraction happened AFTER a woman liked you, but in reality, it has to come FIRST.

Women know this, but the majority of guys don't. Most guys approach with women the strategy of trying to be liked as a guy, rather than making the woman feel sexually attracted and turned on.

That's just one of the things that really annoy women about the majority of single men out there, as I explain in this video...

The truth is, there is a huge opportunity for you to begin enjoying your choice of women if you can stop doing what pretty much every other guy (who is getting rejected) is doing.

If you can just understand the reality that women live in (i.e. pretty much every guy is willing to bang them at least once, just based on her appearance), you will realize that if you just take a few moments or minutes to build up a woman's attraction for you first, you will have a ridiculously high success rate at getting laid and getting a girlfriend.

What you will see is that women almost thank you by way of their body language, vibe, behavior, conversation style and attitude for giving them the attraction experience that they have been deprived of by 99% of other guys who meet them.

Awkward Nice Guys in the Movies

If you've been watching romantic comedy movies, TV sitcoms or even just watching the commercials on TV lately, you will have seen that the awkward nice guy usually gets the girl in the end if he saves the day, saves the world or saves the damsel in distress.

According to the story-lines in most chick flick movies, women are looking for a sweet, romantic nice guy who lavishes them with attention and does lots of cute and caring things for them, including buying them flowers and little fluffy tokens of affection at every opportunity.

In the movies, women want the nice guy to run errands for them, fight off bad boys and bring down evil corporations. When he does all that, he gets laid and gets the girl in the end and the credits roll.

Quite often, the women in romantic comedy movies eventually come to realize that the shy, awkward, socially inept guy that they've been friends with for years is actually the love of their life.

How could she have missed that? OMG.

He's the guy who was willing to hang around and pick up the pieces after a bad boy broke her

heart and finally, after years of being overlooked, she falls into his arms and they live happily ever after.

Ah hah! The secret to success with women is to show them how nice you are compared to other guys! YES! YES! YES!

No.

It's a frikken movie.

In reality, women hate it when nice guys (who aren't making her feel any attraction) try to convince her to like him by comparing themselves to the bad guys who just want to use her for sex.

A nice guy like that will be her shoulder to cry on and will always be there for her, hoping that she eventually realizes that she shouldn't be hooking up with bad boys and should hook up with him instead.

Here's the thing though...

She doesn't hook up with bad boys because she wants a boyfriend or lover who is a bad person. Instead, the bad boys are usually just the only guy around who can make her feel enough attraction to justify having sex or a relationship.

Even though a bad boy is often a bad person, he will also often be very confident, masculine, charismatic and charming to the woman. She will also see that most other guys respect him and treat him well.

If you think about the fact that attraction is directly linked to survival, you will see that those traits will potentially (not definitely) make it easier for him to thrive, survive and prosper compared to a shy, awkward nice guy.

Of course, the answer is not to become a bad boy.

No.

What women really want is a good guy who has awesome survival traits. This is what we here at The Modern Man call a good guy alpha male.

Essentially, you remain being the good guy that you are, but you also add in balls (i.e. confidence, assertiveness, masculine vibe, drive, courage, etc).

Having traits like that not only makes women feel attracted to you, but it also garners you the respect of men and often leads to you being promoted at work or doing much better than your competitors in the business world.

There is nothing wrong with being a good guy who also stands up for himself and goes after what he wants in life. It's not about getting into fights or pushing people around (at all), but it is about being strong enough to keep pushing forward towards the achievement of your goals in life.

When a woman meets a guy who is basically being an ass-kissing nice guy around her and others, it doesn't make her think, *"WOW! This guy would survive, thrive and prosper if life got challenging."*

Maybe he would be able to survive, thrive and prosper if life got challenging, but he's certainly not showing that to her.

Think about it the other way around...

Women wear make up to make themselves look healthier, younger looking and more beautiful to attract you. You can't help feeling more attracted to women who have that on display compared to

women who don't.

If you see a woman who doesn't look healthy, looks a bit old for her age and can't be bothered putting on any make up or doing anything to look sexy and appealing, you're probably not going to think, *"WOW! She'd look hot if I took her to the hospital, got her some treatment, bought her sexier clothes and got her to wear make up."*

Instead, you're just not going to feel much or any attraction for her. Then, if another woman walks by who is displaying signs of health, youthfulness and beauty, your attraction will automatically be switched on.

So, the next time you watch a movie, TV sitcom, music video or TV commercial and see hot women lusting after an awkward nice guy, don't fall for it.

Don't think that it will ever be possible to get women to feel a deep, primal feeling of sexual attraction to niceness.

It's just not going to happen, regardless of how many movies or TV shows those awkward, nice guy screenwriters make because they are still pissed off about being rejected by women for being nice.

If you want to be successful with women, you do not have to become a bad boy, jerk or asshole who treats women badly. Instead, you simply need to improve your ability to trigger a woman's feelings of attraction for you.

Watch this video to understand how it works...

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[image]

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[image: Dan Bacon]

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14 Traits of an Alpha Male

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Alpha males are essentially guys who believe in themselves and keep pushing forward towards what they want, regardless of what challenges are thrown at them.

Typically, an alpha male will:

1. Believe in his attractiveness to women, even if he doesn't look like a model because he knows that confidence and masculinity are the biggest turn-ons for women.
2. Be composed under pressure because he knows that he can get through anything.
3. Be driven to succeed at whatever he wants to achieve. If he fails the first time, he will see it as a lesson, learn what he needs to learn and then do better next time.
4. Lead the way for himself and others even when he isn't sure that he will do a 100% perfect job the entire time. He knows that no-one is perfect, but someone has to lead.
5. Expect respect from people rather than hoping to be liked.
6. Not feel embarrassed if he makes a mistake because he knows that everyone needs to learn and improve, especially if they are growing and taking on more challenging aspects of life.
7. Have a confident, self-assured body language no matter what environment he is in.
8. Have a masculine vibe rather than a neutral or feminine vibe.
9. Be persistent in following through to get what he wants. He will be the last man standing when others have thrown their hands up in the air and said it's all too difficult.
10. Be a "man's man," which essentially means that he's the sort of guy that pretty much all other men respect and look up to, but he is still able to hang out with everyone on an equal level.
11. Not be afraid to sometimes go against the status quo because he knows that life is always changing. What people said was a "must" for culture 150 years ago is now laughed at by most of modern society.
12. Create his own luck rather than sitting around and hoping that life deals him some good fortune one day. He stands up and demands great things and he usually gets them (including hot women).
13. Feel good enough for a beautiful woman even though she doesn't yet know how much of an alpha male he is. He's not in a rush to quickly show her that he's good enough because he knows that he is.
14. Always be comfortable to express his true personality and will therefore come across as more charismatic, authentic and likeable.

Breaking Down the Myths

[image: Movie star muscle]

From left: Dwayne Johnson, Hulk Hogan, Sylvester Stallone and Arnold Schwarzenegger.

There are a lot of myths surrounding what it means to be an alpha male, many of which put a guy off the idea of becoming more of an alpha male.

The false stereotypes shown by movie characters, especially 80s icons such as Sly Stallone's "Rambo" and the various action heroes played by Arnie Schwarzenegger, have led many guys to

believe that being an alpha male means being a big, loud bad ass.

Sure, those guys would be considered “alpha” because they are tough and courageous, but a guy doesn’t have to beat people up, kill people or save the world to be considered an alpha male. It’s a lot simpler than that.

So, let’s have a look at some of the myths and then talk about the truths..

Myth 1: Alpha Males Are the Tough Guys or Thugs

If you believe what you see on TV and in the movies, then an alpha male is the biggest thug, the guy with the biggest muscles or the guy who can beat up all other guys.

Truth: Alpha Males Can Also Be Good Guys

Yes, bad boy alpha males exist, but so do good guy alpha males.

Good guy alpha males are those who help others along the way to their success, want other people to be happy to and come from a place of love and compassion.

Bad boy alpha males (e.g. thugs, tough guys, etc) often don’t care about how other people feel. As long as they get what they want, life is fine according to them.

Being an alpha male does not mean that you have to be a selfish asshole who doesn’t give a crap about people or the world around you. Think about some of the men who’ve changed the world over the last century by following through on their passions and not giving up and you will realize that many of them are good guys.

Myth 2: Alpha Males are Flashy Guys

In the same way that being the baddest guy in the room doesn’t necessarily make you the most alpha, the same can be said of being the loudest or flashiest guy in the room.

Sure, the guy who draws attention to himself by flashing his material possessions in some way is often seen as the “top dog” and the guy who gets the girl in the movies, but it doesn’t necessarily work that way in real life.

Some women are attracted to guys who have a lot of money, material possessions and bling, but that doesn’t make the guy an alpha male. It simply makes him a guy with a lot of material wealth.

Most women (not all) are more attracted to a guy’s inner qualities (i.e. he is confident, driven, masculine, charismatic, etc) than his outer qualities (i.e. looks, material possessions). Material wealth can definitely get a guy more attention from women and help him hook up with gold digger type women, but it doesn’t guarantee his success with women.

Think about the divorce rate and how easy it is for women to take 50% of a guy’s money and you will realize why some women are happy to be married to a guy for 5 years if they will eventually be able to walk away with a big pay check.

If you want a woman to feel attracted to who you are, you’ve got to focus on attracting her with your inner qualities, rather than trying to get her to “give you a chance” because you have some attractive outer qualities.

A woman’s attraction for a man’s outer qualities will rapidly fade away over time if he is unable to deepen her attraction based on his inner qualities.

Movies, music videos and certain TV ads will try to make you believe that getting ahead in life or getting the girl is all about how you dress, how you style your hair, what type of car you drive and

how much money you have.

Yet, none of that has stuff has anything to do with who a man is on the inside, so it has nothing to do with being an alpha male.

Being alpha is all about who you are on the inside. If you're an alpha male, that might mean that you end up earning good money and being able to afford nice things, but your inner alpha is still the most attractive quality to a woman.

Think about how women buy the latest fashions and shoes and get bored of them in a second and then compare that to how men buy shoes and fashion.

A typical man will be happy with a few pairs of necessary shoes and clothes that he loves and wears all the time, whereas a woman gets really bored very quickly and wants to change the flashy stuff around all the time.

The same applies to a woman's attraction for a man's flashiness. She might like the fact that he has money, has a nice car and wears nice clothes, but if he lacks the ability to be alpha from within, she's going to quickly lose interest in his flashy exterior.

Truth: Alpha Males Don't Have to Be Flashy

Real alpha males don't have to put on a big, flashy show to attract women. They are attractive "as is" and if he also wants to be flashy, he does that because he likes it, not because he's hoping to be liked.

Myth 3: Alpha Males Treat Women Badly

This is the most common misconception that guys have.

Pretty much every guy who I've ever come across who has rejected the notion of being an alpha male, is going through life with the assumption that alpha males are bad boys who treat women badly.

This is especially true for guys who consider themselves to be a "nice guy" and then see women hooking up with guys that he considers to be a "bad boy."

Yet, what a lot of nice guys don't realize is that nice guys don't get rejected for being nice; they get rejected for failing to create enough attraction inside of a woman...

As you will discover from the video above, there is nothing wrong with being nice to a woman and a guy doesn't have to treat women badly or be a bad boy alpha male to attract women.

Instead, he simply needs to display some of the inner alpha male traits that naturally attract women (e.g. confidence, drive, masculinity, charisma, etc).

Truth: Alpha Males Can Be Good Guys Who Love Women and Treat Them Well

The ideal type of guy that women want is not a man who treats them like crap.

Yes, there are a small percentage of women in this world who enjoy being with an abusive guy, but the vast majority of women want a good guy with balls. In other words, a good guy alpha male.

When a woman meets a good guy alpha male, it flicks on the "urgency" switch in her mind where she wants to ensure that she gets a chance with him. Women know how hard it is to find good guys who also have balls.

Being a good guy alpha male also plays out well in a relationship because the woman not only feels safe and protected under your masculine leadership, but she also gets treated with respect and love.

Of course, she has to earn that respect and love. An alpha male commands respect and if he isn't

treated well, he doesn't bend over and take it. He stands up for himself, but the difference between a bad boy alpha male and a good guy alpha male is that the good guy alpha male does it in a loving, respectful way.

When a woman experiences that side of her man, her respect, attraction and love for him deepens and she knows that she's found herself a "catch" that other girls would love to take from her.

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[image]

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How Do I Get People to Like Me?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

People usually like people who are like them, so if people don't currently like you, it means that they currently don't feel as though you are enough like them.

For example: If you find that the "cool crowd" doesn't like you, then you're probably doubting yourself around them and feeling like you're not good enough. That isn't how the cool crowd thinks about themselves, so you are not matching up.

If you want to be like them, you have to believe in yourself and feel as though you ARE good enough...even if you currently think that you're not.

From now on, you will notice that the real "cool crowd" (not the people who hang around them) are the ones who believe in themselves and think that they are worthy of attention, interest and admiration from others.

[image: How can I get more people to like me?]

You might also notice that people from the cool crowd aren't even that special, intelligent, good looking or talented, but most people really like them.

A big part of their appeal is that they believe in themselves and present a confident, more charismatic personality compared to people who don't believe in themselves and therefore present a tense, stifled personality.

Trying Too Hard to Be Liked

Guys who find it hard to make friends often feel a bit isolated in life and left out of all the fun, sex, love and good times that others are enjoying.

For some guys, the efforts they make to "join in" and to be more sociable don't seem to get them the results they want and they find themselves asking, *"How do I get people to like me?"*

When this is the case, the mistake many guys make is to then try harder to be liked, but, in trying too hard, they actually make themselves more unpopular. When a guy behaves in a way that makes him come across as feeling desperate to be liked, he makes himself someone that other people feel awkward around and therefore try to avoid.

There's nothing wrong with putting in some effort to be a likeable person, but if you want to get people to like you, the main thing that you have to do is believe that you are already likeable.

If you don't have that belief in yourself, then you will be suppressing your natural charisma and people will find it difficult to relax and feel comfortable around you. They will sense that something isn't quite right with you and that you need them to give you more compliments, nice treatment, etc to make yourself feel worthy.

Don't do that.

You've got to take the pressure off other people by deciding yourself that you ARE worthy and that you are good enough. Don't expect people to want to lift you up and stroke you emotionally.

Some people might do that for a while, but if they feel as though you need more of that than they are prepared to offer, they won't like being around you because it will be too much of a burden.

Being Super Nice

As a boy, you probably got the advice of *"Be nice and people will like you."* You may have also been given treats, kisses, hugs and pats on the head when you were a good little boy.

Yet, now that you've grown up, you may have noticed that people no longer reward you with love, affection and preferential treatment for being nice. In fact, some people take advantage of how nice you are and you then end up feeling pissed off at them and the world for not treating you the way that you deserve to be treated.

Welcome to adulthood.

As a man, if you want people to treat you nicely, you have to be the sort of guy that they look up to and respect, not a super nice guy that they can walk all over and disrespect.

This doesn't mean that you need to be a bad person at all. Instead, you just need to be a good guy with balls. In other words, a good guy alpha male.

Think about the guys that you look up to and respect the most and they will most likely be much more alpha than you. If you really admire them, they will also be good guys. So, don't make the mistake of thinking that not being super nice means that you have to be super bad.

There is a middle ground and that is what we (at The Modern Man) refer to as being a good guy alpha male. This is where you continue being the good guy that you are, but you don't let people push you around. You command respect, but you do so in an easy-going manner.

Being too nice to people (in an effort to be liked) often results in you being disrespected, taken advantage of and overlooked. It also often results in horrible rejections from women and here is why...

As you will discover from the video above, there is absolutely nothing wrong with being a nice person, but if you want to avoid being rejected by women, you must start out an interaction by making her feel attracted to you.

Do you have the skill of being able to attract women when you interact with them? Watch this video to find out...

The next mistake is...

Being an Errand Boy

Some guys try to get people to like them by doing favors, running errands, paying for their food or drinks when out partying, helping them with their work, etc.

A guy like that thinks that by always being available to do stuff for people, they will like him more, but it's much more likely that they'll simply take advantage of his desperation to be liked and use him as an errand boy without giving his feelings a second thought.

Some people will appreciate it and won't take advantage of him, but those people are few and far in between. The majority of "friends" that an errand boy will attract are going to be users who don't

really care how they make him feel.

Placing Yourself Below Others

In life, you don't get treated better, score hotter women and get promoted by bowing at the feet of people who don't deserve it.

If you want to be liked and respected, you have to have a much higher opinion of yourself than you have right now. It's not about being arrogant and thinking that everyone else is beneath you, but instead it's about seeing yourself as an equal.

Some people like having "ass kissing" guys hanging around because they can use his interest in them to make themselves feel better. However, those people aren't going to be your true friend.

If you want to get people to like you, respect you and love you for who you are, then you have to begin by liking yourself, respecting yourself and loving yourself for who you are.

Don't place yourself below people and assume that they will say, "Awwwâ€¦ you're so pitiful and meek, come here and be my friend. You can hang out with me and all the other cool people because you're such a little weakling. Come here and sit on my lap."

Wake up.

You're a man now, so you need to act like one. A big part of being a man that people respect, like, admire and want to be friends with is believing in yourself.

Most people will only believe in you if you believe in yourself. They won't give you that belief â€¦ you have to take it and own it. It's yours and you have to build it up, protect it and keep adding to it throughout your life.

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What a Woman Looks For in a Man (The Truth)

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

What a woman looks for in a man is going to differ slightly from woman to woman, but there are some common fundamental personality traits and behaviors that pretty much all women find attractive.

For example, a man who is:

- Confident around her and other people.
- Masculine in his thinking, behavior, vibe and how he takes action in life.
- Authentic in how he expresses his personality.
- Charismatic in how he comes across when talking to her and other people.
- Brave, driven and unrelenting in his pursuit of his dream life goals.
- Sexy in how he uses his body language and vibe to turn a woman on during a conversation.
- Charming in how he not only makes a woman feel intense attraction, but also makes her feel good about herself in the process (e.g. with compliments and other charming behavior).
- Respected by her and other people, especially alpha males.

On the other hand, traits that women aren't looking for in a man include:

[image: What a woman doesn't look for in a man]

- Nervousness around her and other people.
- Wimpy in his thinking, behavior, vibe and how he takes action in life.
- Fake in how he expresses his personality (e.g. puts on an act of being a much nicer guy than he really is, pretends to just want to be a woman's friend when he really wants to have sex with her, etc)
- Suppresses his natural charisma because he is worried that he isn't good enough or that he might be rejected by people.
- Hides from pursuing his truest, biggest goals in life because he is afraid of failure or doesn't think he deserves to succeed.
- Awkward in how he makes women feel as a result of his stifled body language and vibe.
- Unappealing in how he tries to be "liked" by women for being so nice because he has no idea how to trigger a woman's deep and primal feelings of sexual attraction.
- Disrespected by her and other people (e.g. during a conversation) and submissive to the majority of other guys because he lacks the alpha male mindset.

As you can see from the list above, women essentially want a confident guy who is real, charismatic, charming and has the ability to not only make her feel attraction, but to also have the respect of other men.

This is the type of man that women refer to as a "catch" and when you can display even some of the above qualities, you will instantly get the attention and interest of a woman when you begin talking to her.

Watch this video to understand how a woman's attraction for a man works and how you can use it to be the man that women are desperately looking for...

As you will discover by watching the video above, you can actually create feelings of attraction inside of a woman based on how you are interacting with her (i.e. your conversation style, body language, behavior, etc).

TV Confusion

If a guy wants to know what a woman looks for in a man and he begins to look for answers in magazines, in movies or on TV, he's going to find plenty of evidence to suggest that women are looking for a guy with Hollywood good looks, an athletic physique, a closet full of designer clothing and plenty of designer bling, a very expensive car, a large collection of the latest, cutting-edge gadgetry, a huge bank balance and a big dick.

Yet, is that really what a woman looks for in a man?

Well, it depends on the woman. Some women definitely do want to get the "fantasy guy" who lives the James Bond lifestyle, but most women are happy to settle for much, much less because those type of guys are essentially one in 100 million.

It's sort of like how many guys around the world would love to have a Victoria's Secret model for a girlfriend, but they would happily accept another girl who made them feel a lot of attraction, respect and love too.

All you have to do is think about how often you feel attracted to random, hot women in porn and you will realize that so many of them make you feel intense attraction, even though they aren't Victoria's Secret models.

Likewise, with us men, we can make women feel intense attraction for us, even though we aren't living a James Bond type lifestyle or aren't working as an international model.

Why? Watch this video to understand how it's possible for everyday guys (and even "ugly" guys) to attract, have sex with, get into relationships and marry hot women...

All it takes is a look around you in the real world to realize that guys of all shapes and sizes and all levels of attractiveness can be seen with a beautiful girlfriend on their arm, so clearly it takes more than just superficial appearances to attract a woman's attention.

Yet, it doesn't seem that obvious to guys if they don't actually know how to attract women with their personality, vibe, attitude and conversation style.

For most guys, a lot of their knowledge about what a woman looks for in a man comes from what they've seen on TV shows, in movies, in magazines and overheard women saying in person.

Some guys even base their understanding of what women want based on what they hear in female pop song lyrics.

If you fall into that trap, you will lead to believe that you have to be tall, good looking, rich and internationally famous to attract a hot girl and keep her interested.

Yet, that isn't how it works.

You (as you are right now) can attract hot women if you will just switch your focus from trying to be "liked" for being a nice guy, to making women feel sexually attracted to you instead.

You don't have to be bad, arrogant, an asshole or a jerk to achieve that. Instead, you can be a good guy, but you just have to also add in things that will trigger a woman's feelings of sexual attraction

for you.

Watch this video to understand why being too nice to a woman will often end up getting a guy rejected and what needs to be done instead...

Yes, some women do like bad boys, but the majority of women want a good guy who also has the ability to make them feel attracted.

It really is as simple as that. You can be the great guy that you are, but you also have to begin adding in things (e.g. displaying a certain type of confidence, using a certain type of humor, etc) that naturally attract women.

3 Personality Traits That Women Find Naturally Attractive About Men

The answer to the question of what a woman looks for in a man is much less about outward appearances and much more to do with inner qualities.

Sure, certain physical features are going to be seen as more attractive than others (e.g. a guy being tall, having a strong jawline, etc), but the way a guy looks or presents himself will only hold a woman's attention for so long if he doesn't have the inner qualities she's looking for to feel a deep, instinctive sexual attraction for him.

Some women will hook up with a good looking guy who lacks inner attractiveness, but the majority of women won't. The majority of women are looking for more useful qualities in a man.

What do I mean by useful? Essentially, attraction is pretty much based on identifying good survival traits. If a man is good looking, but lacks social intelligence and confidence, then he's most-likely going to have a hard time surviving and thriving in this world that a confident guy who can get along well with other people, but who lacks good looks.

Here are three essential qualities that most women look for in a man:

1. Confidence

A man might look like he's just stepped right off the cover of a glossy magazine, but if he doesn't have genuine self-confidence in who he is and his value to women and the world, he doesn't have what it takes to turn a woman on.

The mistake many guys make is thinking that a woman's attraction to a man is all about how he looks, dresses and styles his hair. Guys like that will waste time, money and energy shopping for the latest fashions, wearing the most expensive colognes and styling their hair perfectly in the hopes that it will draw women to them like a magnet.

While a guy might get a lot more women looking at him, checking him out and smiling at him if he looks good, those women will rarely, if ever, approach him.

If any guy wants to be truly successful with women and have his choice with women, he has to have the confidence to walk up and talk to women that he finds attractive, rather than hoping to be approached for looking good enough.

Watch this video to understand how you can build up the confidence to approach women that you find attractive...

If a average or below average looking guy has the confidence to approach a woman, the woman

might not be thinking, “Wow!” initially based on his looks, but if he is able to attract her in other ways, she will rapidly warm up to him and then really like him.

For example: If he is being confident around her, being charismatic, getting her laughing and passing her challenging tests during the conversation, her attraction for him will go up and up.

The more attraction that he makes her feel for his confidence and personality, the more she will begin to look at his physical appearance in a positive light. She will actually come to like and even love how he looks because it is him and he is the guy that is making her feel so much attraction.

2. Masculinity

A common mistake that many guys make is in thinking that being masculine is all about developing big biceps or being the “big man” by putting other guys down and behaving in a “loud” way.

True masculinity is an inner quality that a man doesn’t have to brag about. It’s a quality that women instinctively recognize in a man because it triggers a deep sexual attraction on an instinctive and primal level and it’s a quality they feel powerless to resist.

Yes, being tall, having muscles or being a thug can make a guy appear masculine in that way. However, the majority of women do not need a guy who be a tough guy.

The majority of women are much happier to be with a guy who has the type of masculinity that will make other guys like and respect him, rather than a thug mentality that results in him getting into fights.

What we teach here at The Modern Man is about being a good guy alpha male. When you think about the men that you respect and like the most in this life, you will realize that they are probably good guy alpha males.

You don’t have to be a thug, an asshole or a jerk to be considered a masculine guy. The real winners in life are the men who are masculine, but who are also good guys.

3. Social Intelligence

Women are instinctively programmed to seek out a guy who has what it takes to be a “provider and protector.”

For most of human history, this meant being able to communicate well with others and pool resources with others when times were hard and food was scarce.

In the modern world, being a “provider and protector” is all about being a man with the social intelligence it takes to earn the respect of other men and to be a genuinely likeable guy that others like to make friends with.

When you interact with a woman, she will be instinctively looking for clues as to whether you are the type of guy who can survive, thrive and prosper in today’s world or not.

Here are 5 common mistakes that guys make when talking to women, which not only turn women off, but also suggest to the woman that he lacks social intelligence and will likely have a hard time surviving, thriving and prospering in this world...

Being the Man That Women Want

All of the qualities that will make you the type of man that women are looking for can be learned.

It doesn't matter if you currently need a bit of help talking to women, feeling confident around women or making women feel attracted to your personality. That isn't a death sentence and you are not doomed to a life of failure with women because of it.

You can learn and improve all of those areas very quickly and then get on with enjoy the success with women that you deserve.

×

[image]

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[image: Dan Bacon]

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Do Women Find Bald Men Attractive?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The answer to that question is “Yes” and “No.”

Not all women on the planet find bald men attractive, but many women do find bald men attractive or are open to feeling attracted to a bald man.

How can a woman be open to finding a bald man attractive? Simple: If he attracts her in other ways (e.g. he is confident, charismatic, has a masculine vibe, can make her laugh, etc), she will feel attracted to him for those reasons.

[image: Do women find bald guys attractive?]

When she is feeling attracted to him for those reasons, she will then begin to look at his baldness in a more positive light. She will see it as sexy, cute or attractive because it is a part of him and he is the guy that she is feeling a lot of attraction for.

Watch this video to understand how a woman’s attraction for a man really works...

As you will discover from the video above, a woman might have been going through life saying, “*I don’t date bald guys,*” but when she meets a guy who can attract her and turn her on in the more important ways (i.e. with his personality, confidence, vibe) she will then become open to liking him even though he is bald.

If he makes her feel a lot of attraction and she hooks up with him sexually and really enjoys it, a woman will then often change her opinion and say, “*I prefer bald guys...they are sexier.*”

The Bald Butt of Jokes

The “bald guy” is often the butt of jokes in TV sitcoms, Hollywood comedy movies and TV commercials.

He will be shown to fail, slip up and make mistakes around guys who have a full head of hair and athletic body type. When it comes to women, he will usually be the guy who gets rejected, is too nice, is nervous around women and loses out to the handsome guy with a full head of hair.

If you watch TV commercials or open a men’s magazine, you will also see advertisements for hair regrowth and hair dye. The message will essentially be that you have to have a full head of hair and have no gray hairs to be attractive to women.

What a load of crap. Literally a hot, steaming pile of dog shit.

Yet, many men fall for it and think that they are no longer good enough for women because their hair is thinning or they’ve gone completely bald.

When guys ask the few women that they know in life the question of “*Do women find bald men attractive?*” they will usually get negative answers of, “*Not really*” or “*No, I prefer guys with a full head of hair so I can run my hands through it.*”

Why do women usually respond in a way that suggests that they don’t like bald guys? It’s because the woman either:

1. Hasn't ever hooked up with a bald guy who knew how to make her feel attracted in the more important ways (i.e. with his personality, confidence, vibe, etc).
2. She isn't attracted to the bald guy who is asking the question and is basing her answering on how she feels about him.

If a woman says that she doesn't like bald guys, that does not mean that a bald guy couldn't ever make her feel attracted.

Apart from the very small minority of extremely picky women out there who demand that a guy has hair on his head, the majority of women are much more open and flexible about what they find attractive in a guy.

Watch this video to understand how it works...

As you will discover from the video above, you can attract women in other ways and make women completely overlook the fact that you're bald.

Not all women will accept a bald guy, but many women will. Don't expect women to tell you that or for people in general to have that level of insight.

Most guys have no idea that women can be attracted in ways other than looks, money and social status. If you ask random guys whether or not women find bald guys attractive, you will almost always get insecure answers based on the brainwashing that guys have received from TV and movies. They will tell you that the majority of women only want tall, good-looking guys who have loads of money, a male model haircut and a huge penis. If you're not tall, women won't like you. If you're not good looking, you can't get hot girls.

If you don't have loads of money, women won't be interested. If you don't have a model hair cut, women will think that you're not fashionable or cool enough and if you don't have a baby arm sized penis, you won't please her well enough.

This is the sort of insecure madness that a lot of guys believe in. They go through life thinking that they're not good enough for women, when the fact is that they ARE good enough.

Don't expect women to tell you that though. Women don't want to have to "mother" a guy or "baby" him and say, *"Aww...come here little boy...you are good enough. Come here and sit on my lap...I'll pat your little head and make you feel better."*

If you want women to give you the respect that you deserve, then you need to take it and own. Know that you are good enough.

Most guys don't ever get told that though. They don't understand that they ARE good enough for the majority of women. They believe that they have to be tall, handsome, rich and have a gym body to be good enough for pretty much all women these days.

Over the past few months for example, at least 20 guys have gotten in touch with The Modern Man to ask things like, *"Do women find bald men attractive?"* and *"What do women really think of bald guys?"*

What these guys don't realize is that the real reason why they aren't getting the results they want with women, is that they are failing to trigger a woman's attraction for them for the more important traits...

As you will discover from the video above, many guys go through life clinging to excuses as to why

they aren't successful with women. Yet, the real reason is that they simply don't know to attract women with their personality, confidence, vibe, conversation style, etc.

Instead, they are hoping to be liked enough by women for wearing good clothes, having muscles or getting paid well at their job. As you would have seen in real life, guys who don't dress very well, don't work out at the gym and have an ordinary job are still able to attract, have sex with and even marry hot women.

That's not to say that a guy shouldn't work out at a gym, shouldn't care about wearing good clothes or shouldn't try to succeed in life. Do all of those things if you want to, but just know this: You are good enough right now for the majority of women.

All you need to do is switch your focus away from your baldness (or whatever other excuse that you use to explain your lack of success with women) and instead focus on making women feel the type of attraction that they are looking to experience when interacting with a guy.

You can trigger a woman's attraction for you for reasons other than your looks (e.g. your confidence, charisma, masculine vibe, etc) and she will then start to look at your physical appearance (even if you're bald) in a more positive light. She may even come to love the fact that you're bald.

If a guy thinks that his baldness is the reason for his lack of success at attracting women, he's going to be shy and anxious around women and behave in a way that makes him appear awkward as a result.

His nervousness and awkwardness will turn the women off and it will inevitably result in a rejection or "awkward silence" before he walks away from the women feeling rejected.

The bald guy will then believe that his baldness is what that led to the rejection and his confidence (in his sex appeal to women) will take a further knock. He will feel as though there's no point in trying because women don't seem to find him attractive now that he is bald.

He then becomes trapped in a vicious cycle of decreasing confidence, which may then lead him to avoid approaching and interacting with attractive women and either remaining alone or only feeling "good enough" around unattractive women.

To break out of this vicious cycle, a guy needs to learn what women are really looking for in a man, rather than thinking that superficial things like hair are the most important things to women.

Inner Attraction

[image: Inner attraction]

The majority of women do not judge a man's attractiveness by his looks alone. In a woman's eyes, a man's attractiveness is about who he is as a man on the inside.

Who a man really is on the inside is going to come through on how he thinks, behaves, feels and takes around a woman and in life. Who he is on the inside is either going to cause him to be a confident, masculine, charismatic guy or it's not.

For example: If a guy is insecure on the inside, then he's going to come across as nervous, self-doubting and lacking in masculine charisma. Women will feel turned off by who he is on the inside because he lacks mental and emotional strength.

Yes, some women are shallow and will only accept a perfect looking male model type of guy, but

most women aren't that shallow. Most women are more interested in how a guy's inner man comes through on the outside.

When it comes to our attraction for women, it is their outer appearance that is most important to us. However, for most women, it is our inner attractiveness that matters most.

You might find that hard to believe if you've heard a lot of women say things like, *"I only date handsome men"* or *"I only want a rich man."*

However, the women that you've heard that from are not the majority of women. You will only have actually heard comments from less than 1% of the female population. Think about it. You don't know hundreds of millions of women.

If you want to be successful with women, what you need to focus on is the absolute, undeniable fact that women hook up with, get into relationships with and marry all types of different guys...including bald guys.

It is possible to attract the majority of women for reasons other than your looks, height, financial status or position in society. Yes, women can and do feel attracted to looks, money, height, social status, etc, but they can also feel attracted to men for a wide variety of other reasons too.

Will Shaving My Head Bald Make Me Look More Masculine and Attractive?

[image: Should I shave my head bald?]

Some guys who actually have hair or a receding hairline notice that bald guys usually have a hot girlfriend or wife.

So, they begin to wonder if shaving their head clean bald will make them more attractive because it can be seen as tough or more mature.

If you're thinking anything like that you're missing the point.

You can attract women with or without hair on your head. What matters most to the majority of women is how your personality, confidence, vibe and conversation style makes them feel. You either turn women on in those ways, or you don't.

If a guy can't turn a woman on in those ways, most women aren't going to be interested in him regardless of whether he is bald, has a full head of hair, has a goatee or shaves his face clean.

What matters is how your personality, confidence, conversation style and vibe makes a woman feel. If you can attract her and turn her on in those ways, she will like you regardless of what is on top of your head.

×

[image]

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How to Meet Single Women

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Single women can be found almost anywhere, but some of the best places to meet them are at:

- [Speed dating events.](#)
- [Bars and nightclubs.](#)
- [House parties.](#)

Knowing how to meet single women involves being able to:

- 1. Confidently approach women that you find attractive.**
- 2. Trigger a woman's feelings of sexual attraction for you when you meet her.**
- 3. Keep a conversation going long enough to escalate to kissing, a phone number or sex that night.**

As you will discover from the videos above, meeting single women is a very easy thing to do when you have those 3 areas under control.

Being the Guy That Single Women Are Hoping to Meet

[image: Being the guy that single women want to meet]

Single guys who are struggling to get themselves a girlfriend or get laid are often looking for tips on where to go to meet single women.

They hope that by showing up at places where single women go to meet men, the whole pick up process will be made easier by the fact that women are actively looking to get laid or find a boyfriend.

Yes, it definitely can be easier get laid or find yourself a new girlfriend in those places, but only if you can display the type of personality traits and behaviors that women are looking for in a guy.

For example: If a guy has the confidence to walk up and meet some single women, but he then struggles to keep a conversation going and keep it interesting, most of his approaches will end up with the dreaded "awkward silence."

In most cases, women don't want to help a guy through the pick up process and if he doesn't have the skills to attract and seduce them, they would rather miss out on the opportunity to be with him.

Watch this video to understand why...

As you will discover from the video above, it's very easy for a woman to attract a man because most men will be willing to have sex with her simply based on her appearance.

Women don't need to learn how to attract men because all they have to do is look pretty or sexy enough and most guys will happily have sex with them and many will also want a relationship to follow.

Men are dealt a different hand of cards in this life and if a guy doesn't know how to actively attract a woman when he interacts with her (e.g. with his confidence, charisma, charm, humor, masculine vibe, etc), then a woman usually won't be feeling enough attraction to justify giving him her number,

kissing him or leaving the bar/club/event to have sex with him that night.

How Meeting Women Often Works in Movies and on TV Shows

TV and movie storylines often show the shy, socially awkward guy sitting alone at a bar or a party. He then gets approached by beautiful, sexy women or the beautiful, innocent, girl next-door type of woman.

Script writers often make it appear that a guy sitting alone intrigues women and they somehow feel compelled to go over and introduce themselves to him. Sure, that does sometimes happen in real life if the guy is really good looking, famous or obvious of high status in society.

However, for the rest of the male population, it's rarely, if ever, going to happen.

In the real world, most women see guys who are sitting alone in a bar, party or at an event as being a social outcast or lonely loser. They don't think, *"Wow! He's on his own!! He must be really cool, mysterious and loveable. I'm going to approach him before other girls do!"*

If a woman is interested in a guy, she will usually behave in a way that lets him know she wants him to approach her, not the other way around. For example: She will smile at him, keep looking at him and even (this doesn't make obvious sense unless you understand women) act very loud, silly and girly with her friends to get his attention.

If you want to be successful at meeting women, you've got to not waste time trying to look good and hopefully get approached by desperate or drunk women.

The secret of how to meet single women is to have the confidence to approach, know how to trigger their attraction and then be able to keep an interaction going for long enough to get to the next levels of kissing, exchanging phone numbers or going home together to have sex.

BTW: One-night stands and sex on first dates are very common these days. A study in American found that 55% of couples had sex on their first date and another study in Europe discovered that 70% of women admitted to having experienced a one-night stand before.

So, don't assume that the single woman you're talking to won't be open to kissing you and having sex with you on the first night or first date. The world has changed and sex now happens much more often than many people think or like to admit when asked.

Displaying Personality Traits That Naturally Attract Women

At The Modern Man, we teach guys how to attract women in more than 100 different ways.

You don't have to be able to pull off all of the 100 attraction triggers to get laid or get a girlfriend, but if you can trigger a woman's attraction for you by displaying 5-10 traits during an interaction, you will be able to pick up most of the single women you meet.

Here are 3 examples of traits that women are naturally attracted to in men:

1. Confidence
2. Masculinity

3. Social Intelligence

1. Confidence: Are you confident around women that you find very attractive?

If you're looking for tips on how to meet single women, you're probably not aiming to pick up and have sex with unattractive women.

You want hot, sexy single women, right?

If you want to pick up hotties, you need to be able to maintain a strong state of self-confidence around them. Hot women are used to guys feeling intimidated around them and it's huge turn off.

To be confident around a hot woman, it's not about showing off, being really loud, being an arrogant asshole or anything silly like that. Instead, it's about having a relaxed, easy-going confidence that remains no matter how much she challenges you.

If you're talking to a hot woman, she will challenge you. She will play hard to get during the conversation, tease you about some of the things you're saying, pick on your sense of fashion or hairstyle and attempt to make you feel uncomfortable in many other ways.

Her aim is not to be a mean bitch, but to find herself a guy who has the type of confidence that she needs in a man. If she is beautiful, then she will be very bored of the fact that most of the guys she meets instantly feel attracted to her and want to be with her, even if she treats him badly. The guy will be nervous, self-doubting and unsure of himself around her, but he will hope that if he's just nice enough to her or impresses her enough with bragging about his job, money, car, etc, then she'll give him a chance.

This is one of the reasons why you will often hear women saying that they like a guy who is a challengeâ€¦

Women are instinctively attracted to guys with the type of self-confidence that remains intact no matter how many challenges she or life throws at him.

When a woman notices that a guy doesn't need to show off to show her that he is deeply confident, self-assured and at ease in any social situation, she cannot stop herself from feeling a strong sense of respect and attraction for him.

Women know that guys who have that type of relaxed, self-assured confidence are very hard to find. It's the type of confidence that marks a guy out to be the kind of cool, charismatic guy that single women hope to meet.

It's for this reason that just going out to the places single women hang out at won't make it as easy to get laid or get a girlfriend. If you want to meet single women and actually get end results (i.e. sex, love, relationships), you need to have the confidence to approach them and the ability to attract them.

2. Masculinity: Are you very masculine in the way that you think, feel, behave and take action in life?

Pretty much every single woman on this planet is looking for a man with strong alpha male characteristics.

The strength that most women want to find in a man has nothing to do with a guy's physical prowess, and everything to do with his mental and emotional strength.

For example: A guy might have big muscles, but if he is nervous and self-doubting around women, they are going to be turned off by his mental and emotional weakness.

Likewise, a guy might be overweight, slim or have an average body type, but if he is very confident and masculine in the way that he thinks, behaves, feels and takes action around women and in life, women are going to feel turned on by his strength.

A woman wants to feel like a feminine woman in a man's masculine presence, rather than feeling like she is stronger than him. A woman knows when a man has true masculinity because being around him literally makes her feel weak at the knees. As some women put it, "I go all mooshy and can't think straight around guys like that."

A mistake that some guys make is thinking that behaving in a loud, overly confident way makes them appear more "manly" or "bigger" than the other guys in the room, but women can see right through a guy who is putting on a confident front in an effort to hide his insecurities.

Truly masculine alpha males have a powerful, but relaxed confidence that shows in the way they handle themselves and other people. They don't need to be loud or act tough to gain the respect of other men because people just know that he is alpha and deserves respect.

If you want to be successful when you're out there meeting single women, you need to be able to make women feel relaxed and feminine in your presence. When women sense those qualities in you, they'll do whatever it takes to make sure you that you know they like you and want to escalate to a sexual level with you.

3. Social Intelligence: Do you have the type of social skills that make people respect you and like you?

Today's women are still instinctively driven to find a man who can provide for them and protect them in the same way their ancient female ancestors were in prehistoric times.

The world may have changed a lot over the past 100 or even 1,000 years, but the instincts that women have to find a guy who has the ability to survive, thrive and prosper have not gone away.

When a woman talks with a guy and assesses him to be a cool guy with great social skills, it triggers her attraction for him because he will most likely live a better life than a guy with poor social skills. She can't know that for sure, but her instincts will trigger attraction and make her like a guy who has great social skills compared to a guy who doesn't.

If a guy seems like wouldn't easily get along with confident people, wouldn't be able to get alpha males to respect him and wouldn't be able to make friend very easily, it sets off alarm bells in a woman's mind.

The guy might be able to survive just fine without having great social skills, but a woman can't stop her instincts from kicking in and essentially telling her, *"If you got pregnant to this guy, life would be a struggle and he wouldn't be able to properly protect you from outside threats."*

If you want to be truly successful at meeting and picking up single women, you need to display a "likeability" factor that marks you out as a guy who can easily make friends and get along with confident people in social settings.

Don't Settle For Second Best With Women

One of the easiest ways to be more attractive to women is to not accept anything less than what you find to be very attractive.

A guy who chooses to hook up with an unattractive woman just because she's making herself

available for sex is a guy who is selling himself short. It's a mistake many single guys have made and I know of some guy who've ended up accidentally impregnating the woman and then finding they're stuck in a relationship with no genuine sexual spark.

You have to know that you are a good guy and that you deserve to have an attractive girlfriend or lover. You do not have to settle for women that you're not attracted to.

You can be the guy who has his pick of women, but you have to stay strong and not give into feelings of insecurity or accept women who aren't attractive enough for you...

×

[image]

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Do Women Prefer Circumcised or Uncircumcised Men?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

This is one of those questions that youâ€™re never going to find a definitive answer to from women or from people in general.

No matter how many women you ask, youâ€™re only ever going to get an answer based on their personal experience.

For example: If a woman hasÂ had a lot of great sex with uncircumcised guys, she will say that uncircumcised is better. Yet, the great sex would have been as a result of the guy’s confidence and technique in the bedroom, not based on the fact that he still has a foreskin.

Most women know that and if you ask them, they will tell you that their overall experience of sex with a guy usually has very little to do with his â€œman partsâ€œ and everything to do with â€œthe manâ€œ himself.

To Cut or Not to Cut

Most circumcisions are carried out on baby boys for religious or cultural reasons, but some men elect to be circumcised in their adult years for a variety of health reasons.

According to the National Health Service (NHS) in the UK, the potential advantages of cutting off your hood are as follows:

1. Circumcision reduces the risk of developing a urinary tract infection (UTI), such as a bladder infection.
2. Circumcision reduces the risk of getting some types of sexually transmitted infections such as HIV.
3. Circumcision reduces the risk of developing cancer of the penis.

However, most healthcare professionals maintain that the potential benefits of circumcision are not strong enough to justify routine childhood circumcision. The NHS lists the following disadvantages of chopping off your knob skin:

- 1. Reduced sensitivity:** An uncircumcised penis is more sensitive than a circumcised penis, meaning that circumcised men may experience less pleasure during sex.
- 2. Potential complications of circumcision:** These include excessive bleeding and post-operative infection, and outweigh any potential benefits.

Of course, just as youâ€™re never going to find a definitive answer to the question, *â€œDo women prefer circumcised or uncircumcised men?â€œ* youâ€™re never going to find a definitive answer to the question, *â€œDo circumcised or uncircumcised men get more enjoyment out of sex?â€œ*

Why? If you look at online forums, some guys who’ve had the cut will say that they enjoy sex more now. Yet, guys who haven’t ever had their genitals attacked with a doctor’s scalpel will attest to the fact that they have always enjoyed great sex.

There’s not real clear answer to which is better. Personally speaking, I’m not cut and I have enjoyed sex with more than 250 women. No women complained about the foreskin and I also didn’t encounter any problems because I was always sure to wear a condom. Now that I’m married, sex just gets better and better.

So, What's With the "Circumcised is Best" or "Intact is Best" Myths?

Current statistics show that only around 20% of the world's male population is circumcised, meaning 80% of men are intact.

In other words, 80% of the guys that women have sex with (and enjoy having sex with) are not going to be cut. Yet, they will also have sex with uncircumcised men and enjoy that too.

There's plenty of anecdotal evidence out there to support both the "for" and "against" side of the circumcision versus intact argument if you look for it. Yet, all of the information that you will find on both sides of the argument is going to be based on personal opinion. Some people will say that "circumcised penises are better" while others will say that "keeping things intact in the way that nature intended is the way to go."

In my opinion, it really doesn't matter. Circumcisions seem to just be about an old school religious and cultural practice, which people are free to do if they want.

Focus on What Women Really Want and You Will Get What You Want With Women

Here at The Modern Man, we focus on teaching guys how to understand what really matters when it comes to success with women.

The fact is, whether you are a circumcised or an intact man, asking which type of penis a woman prefers suggests that you're placing far more importance on it than any woman ever will.

If you are circumcised and you're concerned that some women may prefer an uncircumcised penis, your concerns are going to create insecurities in your attitude and behavior that will turn a woman off.

When you're having sex with her, it won't be your foreskin-less penis that is the turn off, it will be your insecurity. The same applies if you are an intact man and you're concerned that women may prefer a circumcised penis - your unnecessary concerns create insecurities and it is insecurity that's the turn off.

When having sex with a man, what women really want to see is that he is:

- Present in the moment, rather than all up in his head with insecurities.
- Confidently doing whatever he wants to her, without worrying about whether he is good enough.
- Focused on his sexual attraction for her physical beauty, rather than worrying about how he looks.
- Confident in his sex appeal to her and doesn't waste time questioning it. He knows that she finds him attractive and doesn't stop for even one moment to doubt it.

When a woman is in bed with a man like that, it really does not matter if he has had his foreskin cut off or not. Why? The biggest turn on for women is the guy's confidence, vibe, behavior and actions

in the bedroom.

If a guy is confidently doing whatever he wants, a woman won't even care if he's had 50% of his foreskin cut off. She just won't care because she will be turned on in a very deep and primal way.

Having Confidence in Your Sex Appeal

One of the most important traits that a guy needs to have when meeting a woman for the first time, going on a date with her, having sex with her and being in a relationship with her is to have confidence in his sex appeal.

If you doubt your sex appeal to women, you will naturally and automatically turn women off at various stages of a pick up, dating relationship and committed relationship. You will also turn women off in the bedroom.

Women yearn to be with a guy who understands that what women really find attractive about a guy. Yes, there are some women who are focused on a guy's looks and will only ever sleep with a rich, male model who is tall, wears the best fashions and drives a Mercedes.

However, the majority of women are much more flexible and open about what they find attractive in a guy.

Watch this video to understand how a woman's attraction for a man really works and how you can use it to make a woman feel intense attraction for you, regardless of whether you've had your foreskin cut off or not...

×

[image]

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What Turns Women Off?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Women can feel turned off and turned on by many different things about men.

For example: When meeting a guy for the first time, a woman will feel turned off by a guy who:

- Is too nice to her.
- Is too easily impressed by her.
- Doesn't know how to have an exciting, interesting and sexually arousing conversation with her.
- Doesn't know how to trigger a woman's feelings of sexual attraction.

When in a relationship, a woman will feel turned off by a guy who:

- Becomes too clingy or needy.
- Is insecure or too emotionally sensitive.
- Is unable to control his feelings of jealousy.
- Takes her for granted.
- Ruins her feelings of respect for him.
- Destroys the love that she initially felt for him.

Women Are Easy to Turn On When You Understand Where They're Coming From

[image: What turns women on and off?]

When a guy asks, *What turns women off?* he usually hasn't been enjoying the type of success with women that he wants. He might be a great guy and have really good intentions with the women he meets, but they just don't seem to be interested.

Can you relate to that? Are you a good guy with good intentions, but just aren't getting the respect, love and attention that you know you deserve with women?

If so, watch this video...

As you will discover from the video above, a lot of good guys don't really know how to attract women, which is one of the things that women hate about most single men...

When you understand where women are coming from and what type of world they live in compared to men, it suddenly begins to make sense as to why women reject guys like they do.

A woman hopes to meet a guy who has the ability to turn her on by making displaying the personality traits and behaviors that will naturally attract her (e.g. confidence, charisma, charm, humor, masculine vibe, etc).

However, most of the guys that she meets will turn her off because they will display personality traits and behaviors that aren't naturally arousing (e.g. nervousness, self-doubt, polite conversation, being too nice, etc).

When a woman meets a guy like that, she immediately tries to let him know that she isn't interested.

She might ask him to leave her alone, turn away from him to talk with her girlfriends or give him cold, short responses to his questions in the hope that he feels uncomfortable and leaves.

Not knowing how to handle a situation like that, guys often begin trying harder to impress the woman, which then makes him look desperate in her eyes...and desperation in a man is a definite turn off.

So, to avoid all the mind games and bitchy behaviour, you've got to interact with women in ways that trigger their feelings of sexual attraction and respect for you as a man. You can't go through life expecting women to just like you because you're a good guy.

As you will discover from watching the videos on this page, most women select a man based on how much sexual attraction he makes her feel, not how nice or intelligent he is.

Don't Worry So Much About Your Looks

Yes, there are some women out there who only want a very good-looking guy for a boyfriend.

However, the majority of women have what I call an Open Type, which means that they are open to being with all different types of guys as long as the guy makes her feel enough attraction for other reasons (e.g. he is confident, charismatic, charming, alpha, funny, etc).

If you believe the advertisements or so called "articles" in glossy men's magazines, you will be tricked into thinking that all women are turned on by beautiful men who keep themselves groomed to perfection and wear all the latest designer clothing and bling.

Yes, the perfect looking guys in the magazines are going to be physically attractive to a lot of women, but looks are not the most important thing to the majority of women in this world...

[image: Ugly guy has a baby with a beautiful woman]

[image: Black guys with white women]

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There's no harm in making the most of your physical appearance (e.g. working out at a gym, wearing good clothes, styling your hair in a cool way, etc) or presenting yourself well, but most women are not turned on by how a guy looks on the outside, they're turned on by who he is on the inside and how that comes through in his personality, vibe, behavior, actions and attitude.

A guy might look like a movie star, but if he behaves in a shy, anxious way around a woman that he likes, his lack of confidence will be a turn off for her and his looks alone won't hold her interest.

Of course, some women (usually unattractive women or manipulative women who just want to use a guy for a while before dumping him) do like it when they find a good-looking guy who is nervous and self-doubting.

In those cases, the woman often assumes that she will be able to control him during a relationship with the threat of a break up and will keep him wrapped around her little finger, while she remains open to meeting other guys.

As a man, your looks may help you some initial interest from women, but the majority of women place much more importance on how your personality, behavior, vibe and attitude makes them feel.

Watch this video to understand how a woman's attraction for a man really works...

Some guys make the mistake of wasting a lot of time (often years or decades of their life) working their ass off to hopefully create a certain look (e.g. a perfect gym body) or get to a certain financial status in life (e.g. buy a car, buy a house, etc) so they can feel good enough for women.

Yet, here's the thing...

You are already good enough for most women. You really are. Most women are much more flexible and open about what they find attractive in a guy and while there are some women out there who will only accept a guy who looks like a model and is super rich, the majority of women are willing to accept much, much less.

Women Like Good Guys, Not Super Nice Guys

Growing up, some guys get told by well-meaning relatives and friends that the way to attract a woman is to be super nice and to treat her like a lady at all times.

This may have been good advice back in the early 1900s up to the 1950s, but it's not good advice for today's world. Why?

Today's women don't have to save themselves for marriage anymore. So, women now select men based on how much sexual attraction he makes her feel. If he also happens to be a good guy, then that is a bonus, but if he isn't (i.e. he is a bad boy), she will usually go along with having sex with him and work out what to do later.

Think about it this way...

You might want a girlfriend who is nice, loyal, caring and trustworthy. The sort of girl you could proudly introduce to your parents, friends or co-workers.

Yet, if you go to a strip club and watch a sexy stripper dance, you're most-likely still going to be willing to have sex with her, even though she might not be a trustworthy "girl next door" type that you could introduce to friends and family.

The same happens when you look at porn. It doesn't matter what you think you want or you've been

going around saying that you want in a woman, when you look at women in porn, you feel attracted to them and you then act on that attraction.

If you want women to want you in a sexual way, you've got to focus on triggering her feelings of sexual attraction for you. Being extremely nice to a woman doesn't create those feelings and here is why...

Women do like nice guys, but only if he is also making her feel sexually turned on. If he's just being super nice and hoping that she "likes" him enough to give him a chance, he will usually get rejected when he tries to make a move.

When a guy is being super nice to a woman, she often becomes suspicious about what he really wants. *"Is he just being friendly and nice because he's such a good guy...or does he actually want to have sex with me?"*

If a woman gets the sense that you really do want to have sex with her, but you're acting like an innocent nice guy, she will put her guard up around you. She will feel uncomfortable and almost always reject you if you touch her, use sexual innuendos or attempt to escalate to a kiss or date.

To avoid getting that reaction, you have to start with attraction.

Attraction comes first and you then do everything else (e.g. phone number, kiss, sex, date, relationship) after that.

Most guys never get taught that, so they often resort to trying really hard to be as nice as possible to hopefully get a woman to like them enough.

Yet, all it takes for him to be instantly replaced is another guy to come along and make the woman feel sexually attracted. She will then turn her attention to him, kiss him, hook up with him and the nice guy will be left behind to feel depressed about being rejected yet again.

The truth is, regardless of what women SAY they want (e.g. *"I want a nice guy who cares, listens, is sweet to me"* etc), they don't want to be put on a pedestal and worshipped by a nice guy.

Yes, women do like guys who are nice, sweet and who listen to her, but ONLY if she is sexually attracted to him. If she isn't sexually attracted to him, then she might like the nice guy as a friend, but she isn't going to want to do anything sexual or romantic with him.

When being nice to a woman, you also have to make sure that you're being nice in an attractive way...

For example: A guy might think he is being "nice" by asking her where she'd like to go on a date or which restaurant she'd like to eat at, but if he behaves in that way, he is showing her that he doesn't have what it takes to confidently lead the way like a man.

There's nothing wrong with sometimes asking a woman where she wants to go, but on a first date, women expect a man to lead the way. Ironically, they actually see that as him being "nice."

Why?

He is being nice because he isn't expecting her to be the man and lead the way. He's being charming by letting her relax into being a feminine woman who is being swept off her feet by a masculine man.

Don't Try So Hard to Impress Women

Following on from the above, guys who are way too desperate to please women (e.g. always trying to say the right thing, being super nice, etc) will often behave in a way that makes him come across as insecure.

Just like desperation, insecurity of any sort in a man is a complete turn off for women.

For example: A guy who is desperate to please might turn up for a first date with a bunch of flowers or make some other kind of romantic gesture. That kind of approach might get a woman swooning over a guy in a Hollywood movie, but for real women living in the real world, it's actually a total turn off.

Why? Well, it's not a question of whether or not she likes flowers, but more a question of why a guy should feel the need to make such a dramatic gesture on a first date.

A woman is going to wonder why he feels the need to buy her things, rather than feeling as though he is more than enough of a present for her on the first date.

Of course, if a guy is very confident, charming, charismatic and really knows how to attract women, then he can do whatever he wants. If a guy like that gets a woman flowers, she will feel lucky that she is getting that type of attention and respect from him.

However, if a guy lacks confidence, doesn't really make her feel much attraction and is already a bit too much of a nice guy, she's not going to be impressed by the gesture.

She will almost certainly feel turned off by the fact that he's trying to buy her love with gifts, rather than make her fall in love with who he is as a guy.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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I Want to Meet a Girl, But it's Just Not Happening For Me

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

At The Modern Man, I often hear guys who say something like, *“I want to meet a girl. I’ve tried to talk to women, but I can’t work out where I’ve been going wrong”* or, *“I want to have a girlfriend so bad, but women don’t seem to be interested in me.”*

So, what is the real problem? Why do so many good guys find it difficult to meet girls or get themselves a girlfriend? Watch this video to find out...

As you will discover from the video above, if you want to meet a girl so you can get laid or get a girlfriend, you have to first focus on your ability to attract the women you meet. If girls don’t feel attracted to you, they’re not going to be interested in much more than just a polite, friendly conversation with you.

Yet, what if you don’t have the confidence to approach girls in the first place?

Watch this video to understand how you can begin building up your confidence to be able to walk up to a woman and start a conversation that leads to a phone number, kiss, sex and relationship...

As you will discover from the video above, it’s up to you as a guy to give yourself opportunities to meet and attract women. You can’t expect them to actively approach you because you look good.

Most women will never approach a guy and simply wait and hope to be approached by a guy who has the confidence to begin an interaction with her. Women prefer to do it that way because it helps ensure that they meet a confident guy, rather than a woman making the mistake of approaching a nervous, insecure guy and giving him a chance to be with her.

The cold, harsh truth is that any guy who says, *“I want to meet a girl”* must be prepared to do something about it if he wants to make it happen. He can’t expect girls to take pity on him and guide him through the process of a pick up.

Yes, some very good looking guys will get approached and hit on by women (often not the types of women they really want), but most guys (including myself) aren’t good looking enough to get approached by women, so we have to walk up to women ourselves and make them feel attracted to us for other reasons (e.g. our confidence, charisma, charm, humor, etc).

Watch this video to understand how a woman’s attraction for a man works and how you can use that to get consistently positive results when meeting girls...

As you will discover from the video above, most girls place much less importance on a guy’s look that people realize.

As a guy, you are lucky that you can actively make women feel attracted to you for reasons other than looks. When you begin attracting women in other ways (e.g. by displaying confidence, being charismatic, etc), you will see that it’s actually very easy to attract the girls you meet.

Most girls are much more flexible and open about what they will find attractive in a guy than most guys realize.

What Have You Been Doing So Far to Meet a Girl?

[image: I want to meet a girl so bad]

If you are saying, “I want to meet a girl,” what have you actually been doing to make it a reality?

For example: Have you been going to places where you can meet single girls (e.g. bars, singles events, parties, shopping malls, etc) and actively approaching women?

To meet girls and get to the point where you’re having sex and enjoying a relationship with them, you not only need to go to places where girls go, but you also need to approach and attract them.

If you’re currently sitting around at home wishing that you could meet a girl or wishing that you had a girlfriend, then you are in the right frame of mind to begin making that happen, but you also have to be willing to take some sort of action to get a result.

For example: Sitting around and hoping that a girl will suddenly appear in your life one day is a mistake that many guys make.

A guy might think, “*Well, if I keep working out at the gym and building up my muscles, girls are surely going to notice me one day*” or “*If I stick with my career and eventually make enough money to buy my own home, women will then like me because I’m set up and able to support them.*”

Guys (and men) literally waste years or even decades of their life thinking like that. They hope that one day, they will be good enough for women. Yet, what they don’t realize is that most women are much easier to attract than they will ever admit.

Most girls act like they are so good and only deserve a rich, tall, male model for a boyfriend, but most of them happily hook up with, get into a relationship with and even marry a guy who isn’t tall, rich or handsome.

It doesn’t matter what you look like, you really can attract girls and get laid and get a girlfriend. That’s not to say that a guy can pick up EVERY woman on the planet, but who needs every woman on the planet anyway?

The truth is, a guy can literally choose from millions of beautiful girls who would happily have sex with him and get into a relationship with him. However, he must learn how to make women feel attracted to who he is as a guy, rather than hoping to attract and keep a woman based on his looks.

These days, a lot of guys fall into the trap of believing that the way women are shown to think, behave and act in TV drama shows, music videos and in movies is exactly what they’re like in real life.

Without ever being shown the real truth about what women can feel attracted to, some guys get sucked into wasting years of their life trying to improve their in the false belief that this will make them irresistibly attractive to women.

Yes, women do appreciate it when a guy looks good and there are some women who will only accept a male model type of guy as a lover or boyfriend, but most women really don’t place much importance on looks.

Most women (not all) are not so shallow that they’re only interested in how a guy looks. Instead, what they’re really interested in and turned on by is who a guy is on the inside and how that then comes through in his personality, vibe, attitude, behavior and actions around her and in life.

To most girls, a guy's inner qualities are of far more importance than outer appearances. When a guy fails to recognize that, he usually goes through much of his life feeling unwanted, unloved and unworthy around beautiful women.

He simply doesn't understand that he is good enough for women and simply needs to begin to display the personality traits and behaviors that trigger a woman's feelings of attraction for a guy.

Give Girls What They Want and They Will Give You What You Want

One of the problems that guys encounter when trying to become more successful at meeting and picking up girls, is that they don't really know what girls want.

If you ask a girl what she likes in a guy, she will almost always just talk about superficial things like looks, height and money.

If she is an honest girl and says that she likes a guy to be confident and believe in himself around her, that doesn't mean that she is going to applaud a guy for being confident.

In fact, most girls will tease a guy and try to break his confidence if he appears confident around them. Why? They are testing to see how real his confidence is because girls know that guys often put on an act of being confident.

If you want to meet a girl and get to kissing, sex and a relationship, you've got to be able to give her what she really wants. You can't learn that by asking her to teach you because women don't want to be a guy's teacher on how to be a man.

Girls expect you to know how to be the type of guy that they feel attracted to and respect. If you don't know how to be that guy, they simply reject you or keep you in the friend zone.

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How to Get a Woman to Want You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The secret of how to get a woman to want you is simple...

Make her feel sexually attracted to you.

There are many ways that you can make a woman feel sexually attracted to you. For example, you can:

- Display confidence around her.
- Be charismatic and charming.
- Make her laugh and feel girly in your presence.
- Turn her on with flirting and your sexually charged, masculine vibe.

Watch this video to understand how a woman's attraction works and how you can use it to get a woman to want you...

When you display the types of personality traits and behaviors that women feel attracted to, women will naturally want to be with you.

You don't have to try hard to hopefully get women to "like" you enough to give you a chance. Instead, you've just got to know how to trigger her feelings of sexual attraction.

Do You Know What Women Really Want in a Man?

These days, it's very easy for a guy to feel confused about what women really want in a man.

For example: If he turns on the TV, he will be told that he needs to be rich, good looking, famous and stylish to attract women. If he watches a Hollywood "romantic comedy" movie, he will notice that the awkward, shy guy always seems to get the hot girl by the end of the movie, because he saves the world or rescues her from a bad situation.

Likewise, if you listen to what women SAY that they want, you will often notice that what they SAY they want and what they actually feel attracted to are two completely different things.

For example: A woman might say that she wants a nice guy, but if a guy is too nice to her, she will reject him. Why? Watch this video to find out!|

As you will discover from the video above, women do actually like "nice" guys, as long as the guy also has the ability to attract her and turn her on sexually.

For example: If a guy is nervous, anxious and insecure when he's talking to a woman that he likes, then she's not going to care if he is a nice guy or a bad boy, because she's going to be feeling turned off by his emotional weakness.

On the other hand, if a confident, charismatic guy is talking to a woman and he is also being nice to her, she will see his approach as charming and attractive. She will be "charmed" because she will be feeling attracted and feeling good that he is also treating her nicely.

What Most Women Don't Need

There are always going to be exceptions, but generally speaking, most women need the same types of things from me.

For example, most women don't need...

1. A guy who looks like a male model

Yes, there are some women who will only accept a guy who has male model features, is tall and has loads of money, but most women actually don't need you to have those things to justify being with you.

Most women are much more flexible with what they find attractive in a guy that many guys realize...

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Most women are interested in who a man is on the inside and how he makes her feel when she is in his presence, not just how he looks. Sure, certain features might catch a woman's eye initially, but looks alone can only get a guy so far.

If you lack confidence around women, don't know how to attract them and find it difficult to keep a conversation going and keep it interesting, most women just aren't going to be interested in you no matter what you look like.

To get a woman to want you sexually or more than just a friend, you have to display the personality traits and behaviors that will naturally turn her on.

Another thing that most women don't need from a man is...

2. A guy who puts her on a pedestal

A common mistake that some guys make is to assume that a woman wants a man who throws himself at her feet and pledges undying love for her. This might be how it appears in the old 1940s

Hollywood romances and in modern “romantic comedy” movies, but it’s not how it works in real life.

Sure, an unattractive woman will like that sort of treatment and may give a guy a chance if he wines and dines her for a while, but do you really want an unattractive woman who is going to make you work hard to impress her?

A lot of guys don’t realize that most women (especially the hot ones) want to find a guy who makes HER try to impress him and hope to get a chance with him. Watch this video to understand why...

As you will discover from the video above, it’s very easy for a woman to attract a man for sex. If she is decent looking, most guys will be willing to have sex with her at least once.

If she is hot, then she is most-likely really bored with the same old approach that guys take when they meet her (i.e. guy feels attracted, tries hard to impress her, puts up with her bad behavior, hopes that she might eventually give him a chance one day, etc).

Putting a woman on a pedestal like that instantly makes a guy appear insecure and unsure of his ability to attract other women, which is a turn off for women. If a woman is attractive, she will want to be able to use her attractiveness to get herself a guy that other women want.

She’s not going to want to waste her hotness on a guy who other women (even unattractive women) aren’t interested in. She’s going to want to get a fair value exchange for her beauty (i.e. she is just as attracted to him as he is to her, rather than only him being attracted to her).

If you want to know how to get a woman to want you, you need to display the alpha male qualities that make you stand out as a man who has his pick of women. The harder a woman has to work to attract and maintain your interest in her, the more she will want to get your attention all to herself.

However, don’t try to play hard to get if you don’t know how to attract other women. If a woman notices that you’re playing hard to get with her, but if no other women seem to be interested in you or you don’t seem to have the ability to attract other women, she’s not going to be excited to secure you for herself.

A woman will know that you are worth chasing if you can trigger her feelings of sexual attraction for you when you interact with her. She will know that if you can make her feel that way, you will be able to attract other women too.

The next thing that most women don’t need in a man is...

3. A bad boy

If a guy considers himself to be a “nice” guy, but notices that the women he likes are attracted to guys who aren’t as nice as he is, he will often make the mistake of thinking that women want a bad boy who treats them mean.

Yet, what is really going on in most cases is that the “nice” guy is making the mistake of thinking that the key to a woman’s heart is to treat her like a princess and be really, really nice to her.

What he doesn’t understand is that women do like nice guys, but only if the nice guy also makes her feel sexually attracted (e.g. by being confident, charismatic, masculine, flirtatious, etc).

Women do not want a bad man to treat them mean or disrespect them, but many women would rather have sex with a bad boy than a weak, wimpy, overly-nice guy. That doesn’t mean that a bad boy is a woman’s perfect type of guy, but that he is simply making her feel more attraction than the nice guy (e.g. by being masculine, confident, etc).

What almost all women really want is a confident, emotionally strong good guy because he is not only attractive, but he is also a better option for the long term compared to a reckless bad boy. Yet, finding a confident, emotionally strong good guy is like finding a needle in a haystack, so many women make do with a bad boy until something better comes along.

Being the Type of Man That Most Women Want

If you are interested in being the type of man that most want, then you need to start by improving your ability to attract women.

Although there are some women out there who place a lot of importance on a guy's looks and money, the majority of women are much more open and flexible about what they find attractive in a guy.

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I Feel Depressed and Lonely: How Can I Be Happier and Have More Friends?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

As a man, life definitely feels much better when you are loved and wanted by women and you when you have a lot of great friends who love you, want to spend time with you, respect you and understand you.

Yet, when those things are present in your life, you may find yourself getting to the point where you say, “I feel depressed and lonely.”

So, what is the solution? How can you get yourself away from feeling depressed about your lack of success with women or your possible lack of great friends?

Well, that depends...

If you are feeling depressed and lonely because you're not successful with women or don't have enough great friends, it means that you are either:

1. Not meeting enough women or giving yourself opportunities to meet people and make friends, or;
2. Meeting enough women and trying to make friends, but women aren't feeling attracted to you and people aren't interested in being your friend.

So, let's have a look at where you might be going wrong and what you need to do to turn your life around...

Do You Know How to Make Women Feel Attracted to You?

As I explain in the video below, the real reason why a lot of good guys fail with women is that they don't actually know how to attract women.

For example: When you interact with a woman, you can actively make her feel attracted to you by displaying confidence, being charismatic, being charming, using humor, having a masculine vibe and many other things too.

So, if you are interacting with women and they aren't feeling attracted, then you probably aren't displaying those traits or you are displaying some of them, but you are also displaying traits that turn women off at the same time (e.g. nervousness, self-doubt, suppressing your masculinity, being too nice, trying hard to impress, etc).

Do You Know How to Make People Want to Be Your Friend?

As a man, the way to make people want to be your friend is to:

1. Love and accept them for who they are (i.e. don't try to change people when talking to them, don't expect them to change who they are to make you feel comfortable).
2. Love and accept yourself who you are (i.e. understand and remember that you are a unique

individual in this world and your unique, original personality is cool, valuable, worthy and loveable. Love yourself, appreciate yourself, embrace who you are).

3. Don't suppress your natural charisma (i.e. don't put on an act, don't doubt yourself, don't hold back from being yourself).
4. Have big goals/ambitions/dreams in life and work hard to achieve them (i.e. be someone who others can look up to and respect. Don't hide from your true potential as a man).

If you can approach life in that way where you are confident, forward moving guy who loves himself, but also loves and accepts others, then you are the type of guy that people will love to be around.

However, if you just try to be liked by loving and accepting people for who they are, but you don't actually love yourself (i.e. you have low self-esteem, doubt yourself, don't think you are worthy, etc), then most people aren't going to want to be your friend.

Think about the types of guys that you would love to be friends with and you will realize that they are more confident than you. They are also probably rising through the levels of their true potential as a man and going after their biggest dreams and ambitions in life.

Do You Know How to Be Happy as a Man?

As a man, you will be happy when you:

1. Embrace your destiny

We could argue all day and night if destiny or fate is real, but I think one thing is for sure: You have a purpose here in this life.

Whether than purpose is random or whether it is fate or destiny is open for debate, but you are important and there is something that you are here to do.

What I've found is that when a person (not just a man) stops fighting against the signs that they are getting from life and instead embraces the roles that they seem destined to play out, life is much more peaceful, happy and meaningful.

In other words, you know that you have something big that you dream about doing, being or achieving in this life. If you want to feel happy with yourself, you must stand up and start making progress towards the accomplishment of that dream.

If you hide away from it out of fear of failure or rejection, you will always feel depressed and down about you, your life and your place in this world.

Only you know what you really want to achieve in this life. No-one can tell you what that is. It has to come from deep within and has to be something that you really care about doing, achieving or being.

When you make progress towards that, you will naturally begin to feel happy and you will also be the sort of forward moving man that women feel attracted to and men want to be friends with.

2. Have your choice with women

Most guys never get taught how to attract women and grow up feeling clueless about how they are going to get women to like them.

Turn on a TV and you will be told that you have wear moisturiser, have six pack abs, drive a sports car and be a billionaire to get a hot girl. Watch a music video by a female pop artist and you will see her hooking up with male models. Watch a Hollywood movie and you will see nervous, awkward

nice guys getting the girl by the end of the movie after saving the world.

Understanding what women want via the media will lead you down a path of confusion, insecurity and even depression. Yet, learn what women want from someone like me who worked out how to be happy as a man and you too will be happy and have your choice with women.

In the past, men didn't have to worry about having their choice of women or knowing how to attract women. A man would be a virgin until marriage, get married and then stay with his wife for life, even if they weren't happy because it was shameful to get divorced.

Not anymore.

The world has changed beyond recognition and it's no longer possible for a guy to hope that a woman will stay with him for life, even though he doesn't know how to deepen (or even maintain) her feelings of love, respect and attraction for him over time in a relationship.

These days, you have to know how to attract women when you meet them so you can have your choice of women, but also because women no longer need to quickly settle down with one of the first guys they meet.

Women can have access to 1,000s of different guys via online dating and 100s of guys by going out every weekend to bars, clubs and parties. It's easy for women to meet guys these days, so they don't have to settle for whatever they can get.

If you want to be happy as a man in today's world, you've got to know how to attract women when you meet them, so you can have your choice of women. If you go through life never even knowing how to attract women, you will have to rely on hopefully getting lucky and then hoping that the woman doesn't dump you, cheat on you or divorce you later on.

I know this all too well because it happened to me. I didn't know how to attract women, but I got lucky with a girl who later cheated on me and dumped me because I didn't even know what it took to maintain her attraction, respect and love in a relationship.

I also know this too well because I help new guys everyday who are in the process of getting an ex girlfriend, fianc  or wife back. In every case, the guy has been unable to deepen the woman's feelings of love, respect and attraction for him and this isn't because the guy lacks intelligence, but that he lacks the education that is necessary for success with women in today's world.

It's not 1900 anymore. Today's women make their own money and can sleep with whoever they want. If a woman isn't happy in a relationship, she can leave and find a new guy.

So, if you want to be happy as a man in today's world, at least make sure that you know how to attract women when you meet them and then deepen the attraction in a relationship. Otherwise, you will face a lot of initial rejection when meeting women and you will struggle to keep a relationship together.

Watch this video to understand how a woman's attraction for a man works and how you can use it to have your choice with women...

Are You Meeting Enough New, Single Women?

When a guy is feeling depressed and lonely, he will often say that he has tried to meet women, but none of them are single or that every great woman he meets is already taken.

Yes, many beautiful women are taken, but the reason why other guys are able to get new, hot girlfriends is that they keep meeting more women until they find some beautiful ones who are single. Part of being a happy person is to focus on the positives and any little bit of progress that you make. For example: If a guy goes out to approach women and only one of the hot women that he meets is single, he could walk away and think in a negative way, which would lead him to feel more depressed, or he could focus on the positive, which would maintain his happy, confident, forward moving state.

Negative thought: *"Seeâ€¦all hot women are taken. What's the point? I'll never get a hot girlfriend."*

Positive thought: *"Coolâ€¦I met one hot, single woman tonight. Next time I go out, I will hopefully meet another and this time around, I will make sure that I've improved my ability to attract women, so I will get a much better result."*

One of the main reasons why I was able to become successful with women so quickly, was that I refused to focus on the negatives. I used any bit of positive progress or sign to fuel my feelings of confidence, happiness and determination. Before long, I was having sex with hotties and the rest is history.

So, if you have found yourself saying, *"I feel depressed and lonely"* and you want to have more success with women, make sure that you are focussing on the positives and using that to fuel your feelings of happiness, confidence and determination to succeed.

Believe me, thinking in a positive, forward moving way leads to a much better life than focusing on any negatives you encounter.

What you need to realize is that you are a cool, unique individual. Your life does matter and you are the type of guy that women would love to be with. You've just got to start believing that and acting on that belief by feeling confident and going after what you want with women.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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Sexual Conversation Examples to Use When Meeting Women

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are a couple of examples of sexual things that you can say to a woman when you meet her for the first time.

The first example is...

1. When she is tapping her straw up and down in her drink

[image: Flirting with women about how they are playing with their drink straw]

You: [Smile and look at her playing with the straw. Look her in the eyes, look back at the straw and then back to her eyes again] I like what you're doing with the straw there.

Her: [Most-likely laughing, feeling self-conscious and stopping what she was doing]

You: [Smile and say] You were slamming that straw up and down there...it was like, "Bang...bang...bang!" You're naughty, but I like it.

You can then have a laugh with her about it. In this case, you are making a joke about her raising the straw up and down in her drink by looking at it as her being sexually suggestive.

Women will often play with their drink like that when they are feeling nervous or when they are trying to appear a bit girly and shy to show the guy that they are feeling sexually attracted to him.

2. When she is stroking a bottle or glass up and down

[image: Sexual conversation at a party]

You: [Smile and look at her fingers stroking the bottle up and down, look her in the eyes and the back to the bottle. Then have a bit of a laugh as you say] Look at youâ€¦you're going to town on that bottle.

Her: [Most-likely laughing, feeling self-conscious and stopping what she was doing]

You: [Smile and say] I didn't know you felt that way about long, thick bottles.

You can then have a laugh with her about it. In this case, you are suggesting that she is stroking the bottle in a sexually suggestive way. When referring to the long, thick bottle, you are obviously referring to a penis.

At this point, some guys might be worried and think, *"But, I don't have a long, thick penis...I just have an average one."* Yeah, so do I, but girls don't care about that. As long as you are making her feel turned on by you, she will enjoy the feeling of your dick sliding into her even if it average or a bit smaller than average.

As women often say, *"It's what a guy does with it that counts"* and by that they basically mean that if your behavior, vibe, body language and actions are turning her on, she will not be worried about the size of your junk.

For example: If you're not worried about trying to look good and are simply being present and giving her your raw, confident masculinity.

When a woman sees that you're not worried and are just being a raw, masculine man, she naturally feels feminine and it triggers a deep, sexual attraction for you. Then, anything that you are doing to

her physically feels all the more better because she is mentally and emotionally turned on.

Yes, it is true that some women out there only want a huge, baby-arm sized penis, but most women really don't care about the size. Personally speaking, I've had sex with more than 250 women and none of them ever complained, even though mine is just average sized.

[image: Sexual conversation at a party]

So, don't ever worry about making jokes about long, thick bottles if a woman is stroking a beer bottle or a long, thick champagne glass if you don't have a monster-sized penis. Just focus on making her feel attracted to you and then escalate to kissing and sex. Both of you will then be feeling reeeal good.

When Not to Say Something Sexual

Have you ever noticed that some guys are able to say very sexual things to women and get a laugh, a kiss and then get laid, whereas other guys get scorned, told off and rejected?

Why is that?

Simple.

Before you say anything sexual to a woman, you must make sure that you are triggering her feelings of sexual attraction for you.

For example: If a nervous guy starts talking to a woman and is trying hard to be "liked" by her for being a nice guy, then she's not going to like it when he switches the conversation to become more sexual.

However, if a confident guy is talking to a woman and is triggering her feelings of attraction (e.g. by being confident, charismatic, masculine, charming, funny, etc), then she will be much more likely to love it and laugh when he says something sexual.

How about you? Do you know how to trigger a woman's feelings of sexual attraction for you when you interact with her? Watch this video to find out!|

As you will discover from the video above, you have a lot of control over how much or little attraction a woman feels for you. If you want women to enjoy it when you bring up something sexual in a conversation, make sure that you focus on making her feel attracted to you first.

If a woman feels sexually attracted to you, she will also then be interested in talking to you further, connecting with and ultimately, kissing you, having sex with you and beginning a relationship with you if that's what you both want.

Mistakes That Turn a Woman Off the Idea of Sex

It's actually very easy to attract a woman and make her feel open to the idea of flirting about her sexual interest or talking about sex with you.

However, when a guy makes one of the following classic mistakes, most women raise their guard and become closed off sexually!|

1. Being too nice

There's nothing wrong with being a good guy, having manners, respecting women and treating

women well.

However, if a guy is being too nice to a woman in the hope that it makes her like him enough to “give him a chance” to have sex with her, he will almost always get rejected.

Here’s why...

As you will discover from the video above, a woman will actually appreciate the fact that you are a nice guy (or a good guy) if you first make her feel sexually attracted to you.

2. Being insecure about his sex appeal to her

Guys often don’t realize the fact that most women are much more attracted to a guy’s confidence, personality, behavior and vibe than his looks.

Yes, some women only want a tall, perfect looking, male model with loads of money. Yet, the majority of women are much more flexible about what they find sexually attractive and appealing in guys.

Watch this video to understand how a woman’s attraction really worksâ€¦

When a guy lacks confidence in his sex appeal to a woman, he will often display behaviors that will turn her off.

For example: He will find it difficult to maintain eye contact with her, he will hesitate to touch her, he will try really hard to impress her and he will generally come across in a way that suggests she is much more sexually valuable than he is.

If he then tries to bring up sex when talking to her, make sexual comments or add in innuendos, the woman will almost always react in a negative way. She will accuse him of being rude, tell him that she doesn’t like to be spoken to in that way or act offended.

Yet, if a confident guy who believed in himself said the same thing to her with a confident, relaxed smile and masculine vibe, she would almost certainly love it. Feeling attracted to his confidence and masculine vibe, she wouldn’t be able to stop herself from smiling back at him and giving him a flirtatious look.

3. Making her feel as though she is emotionally stronger than he is

If a woman gets the sense that a guy feels intimidated by her and the interaction, she will naturally feel turned off by him because women are sexually attracted to the strength in men and turned off by the weakness.

For example: If a guy appears nervous when she challenges him during conversation, or if he scrambles for something to say if she suddenly stops contributing to the conversation.

For a woman to feel sexually turned on, she needs to feel as though the man is mentally and emotionally strong enough to handle any challenging behavior that she tests him with.

If he crumbles when he challenges her, she knows that he doesn’t have what it takes to give her the type of dating, sex and relationship experience that she really wants.

If she hooked up with him, she would have to go easy on the testing and just be very submissive, otherwise he would feel as though he is getting rejected and give up. If she got into a relationship with him, he would most likely becoming clingy, needy, insecure and jealous if she gradually tested him by pulling back some of her interest and affection.

So, rather than having to deal with all that emotional crap, she would rather just reject him and hope

to be approached by a confident, alpha male instead.

4. Being sleazy, rather than using classy flirting

Some guys have absolutely no idea how to flirt or use body language to seduce a woman. Being too forward, sleazy, crass or vulgar or touching a woman in ways that she finds offensive, only serves in making her feel tense, defensive and completely turned off.

There is an art to flirting and I explain how to do it and why it works so well in this videoâ€¦|

Please click like on the video if you learn something useful from it. Thank you.

Talking About Sex With a Woman You've Just Met

These days, most women that you will meet at a bar, party, nightclub or social event have had plenty of sexual experience and have probably had a one night stand or had sex on a first date.

For example: A study in the USA found that 55% couples admitted to having had sex on their first date. Another study in Europe found that 70% of women admitted to having had a one night stand before.

So, when you're talking to a woman at a bar, party, nightclub or social event, don't talk to her like she is the most innocent little angel on Earth.

In most cases, she has had sex recently and will be open to more of it if the vibe feels right with you.

Imagine this...

You and a woman have been talking for more than 20 minutes straight, so she is obviously interested in you. During that time, you and her have gradually moved away from the group that she was in or you were in and you are exclusively focused on talking to each other.

You are flirting and laughing together and she seems relaxed and comfortable around you. At this point, you don't have to bring up sex, but you can if you are feeling daring and just want to go with the flow and see what happens.

Some examples of what to say include:

- So, what is it about me that turns you on so much?
- [If you're talking about food] Hey...do you like oysters? I hear that theyâ€¦re supposed to be great aphrodisiacs. When are you taking me out to eat oysters?
- Do you like soft, sensual kisses or intense, passionate kisses?
- Kissing in public...yes or no?
- Which body part do you like being kissed on the most, apart from your you know what?
- [If she is applying her lipstick] What flavor is your lipstick? Can I taste it?

However, just remember the most important thing of allâ€¦|

You must have made her feel sexually attracted to you before you say something like that. Don't attempt to say something like that to a woman after using the nice guy approach on her, because it will not work.

Attraction comes first and everything else follows on naturally after that.

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[image]

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What Do Women Fantasize About?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The first thing that you need to know is that fantasies are just that — fantasies.

What women fantasize about in the privacy of their own mind, is not necessarily what they want to have happen to them in real life. Take a moment to think about your own private fantasies regarding women — and you will immediately understand that.

Just because you have an erotic fantasy about doing something to a woman or having something done to you, it doesn't always mean that you will want to act out — that fantasy in real life. It may just be something that you enjoy thinking about in the privacy of your own mind.

So, with all that said, what do women fantasize about?

According to the Top 10 lists of many women's magazines, some of the common female fantasies include:

1. Stranger Danger

Having sex with a random stranger is one of the most popular female fantasies and in many cases the fantasy revolves around being raped or — taken — by surprise by a man that she likes, but hasn't yet had sex with. However, this is why it's important for guys to realize that fantasy and reality are two entirely different things.

A woman privately fantasizing about rape does not mean that she actually wants to be raped in reality. In most cases, the — stranger danger — fantasy a woman has in her mind involves a scenario with a mysterious and handsome man who takes her by surprise.

She will feel overpowered by his masculine strength and despite her resistance, he will continue and she will then come to enjoy it.

2. Sex in Public

An important element of this fantasy is the — danger — of being watched by others.

If she loves, respects and feels attracted to her boyfriend or husband, the sex that she imagines having will be with him. The secret onlookers are almost always strangers who are either shocked or potentially interested in joining in.

3. Striptease

In this fantasy, a woman performs a sexy striptease for an audience of her choosing, whether it's her current boyfriend or a room full of strangers.

For example: She may fantasize about taking off all of her clothes in an office meeting and spreading her legs wide open on the boardroom table. The room then erupts into an orgy, with her at the center of it all.

I would also add in a number 4 here...

4. Being "Taken" By Her Man

A woman once admitted to me that she was extremely turned on by how I "took her" one day.

She was wearing a short skirt and kneeling on a chair as she looked out the window of my apartment, which overlooked a shopping street. I walked up behind her, pulled her panties to the side in a rough but controlled manner, rubbed her pussy for a few moments and then, when hard, slid inside of her.

Prior to doing that, I didn't say anything to her, I didn't ask her if she wanted it or do anything other than just have my way with her.

Months later, she told me that remembering that moment still turned her on and that whenever she was missing me, should think about that and want to "jump my bones" as she put it. In other words, she would fantasize about me and probably have a little masturbation session as a result.

Anyway, so there's a bit of a peak into the private, sexual mind of women. However, a word of warning: I recommend that you avoid placing too much importance on the details of everything little that women fantasize about.

Some guys make the mistake of thinking that they need to somehow turn all of a woman's fantasies into a reality in an effort to become her "dream man." This is not what 99% of women want or need. A woman may want you to bring some of her fantasies to life sometimes, but not all of them and not all of the time.

You don't have to do extraordinarily erotic things to be a woman's perfect man or to please her sexually. What goes on in her private mind is completely different to what she will actually allow herself to experience in real life.

For example: If you think about the striptease fantasy that erupts into an orgy in the office setting, you will realize that it isn't something that people are actually going to go along with in reality.

She knows that, but the thought of people being so sexual, erotic and loose with their inhibitions feels exciting to fantasize about. It gets her wet and she can masturbate to erotic idea. After the masturbation session, she can go back to a more "normal" way of approaching her sex and love life.

Yes, it would be great if she could do that in real life, but it's pretty obvious that if a woman jumped up on the boardroom table, took her clothes off and spread her legs wide open to show her mound, she'd probably lose her job.

Getting Her to Act Out Her Private Fantasies

Knowing what women fantasize about is not the same as knowing what women actually want in reality.

For example: If a guy suggests to his girlfriend that she should do a sexy striptease for him because he's hoping it will give her an opportunity to act out a fantasy, he's potentially putting her in a position she will feel uncomfortable and therefore not at all sexy.

Psychologists suggest that the reason the striptease fantasy is so popular is that it gives a woman the opportunity to drop all of her inhibitions in her mind and just totally let go. In real life, all of those inhibitions would still be with her unless she was seriously high on drugs or very drunk on alcohol.

Some women are comfortable and confident enough to put on a striptease for a man or a group of people, but most women aren't. A lot of women have insecurities about their body and lack the confidence to show their full nude body and dance and move in a sexually appealing way like a stripper.

Why Fantasize?

Fantasies are pretty much pure escapism and nothing more.

It's a chance to imagine your own version of the world and see what that feels like. If it's erotic and it turns you on, then great, but it doesn't mean that you or a woman absolutely must act out that fantasy in real life to be happy.

If you're asking, *What do women fantasize about?* because you think it will help you to understand what women really want in a man, then you are barking up the wrong tree.

Think about some of the things that you've fantasized about when it comes to women. Some of your deepest, even darkest fantasies that you would never tell anyone about...

As you would know, regardless of how enjoyable your private fantasies may be, you still feel intense attraction for women who don't have anything to do with that type of fantasy situation.

Fantasies are just a chance for a human being to escape the confines of their reality. The person can take their fantasy as far as they want to and do really bad or naughty things, without hurting anyone's feelings in real life.

Old School Views on Fantasies Vs. New School

Way back in 1908, the famous psychologist Sigmund Freud stated that, *A happy person never fantasizes, only a dissatisfied one.*

The attitudes of modern-day psychologists are very different to Freud's, in that fantasies are no longer considered to be a sign of unhappiness. Instead, attempting to act out those fantasies in real life is a fairly good indicator that the person involved is dissatisfied with their life.

Recent research has also found that men who are happy in their relationships and satisfied with their sex lives fantasize less than men who are unhappy, so Freud's theory holds up for men, but it's a different story for women.

Personally speaking, I can attest to the fact that ever since I met my sexy girlfriend (who recently became my wife), I haven't had the natural desire to fantasize about having sex with other women. I'm happy with her and wouldn't want another woman getting in the way of that. Besides, my wife is more than enough woman for me.

Back, when I was having sex with new women every week in my dating days, I simply didn't have much time to fantasise about other women because I was having sex with real women (250 in total, before I recently settled down).

However, back when I was hopeless with women and was single and alone for a long time, I would have all sorts of erotic fantasies about women. I was very frustrated that women didn't like me or want me sexually, so a lot of my fantasies were about me having my way with women...even if they didn't want it initially.

I would imagine myself getting my way with women (I won't go into details, but you can probably imagine) and that would turn me on. Yet, regardless of how good the fantasy felt, my real life still felt like crap because women still didn't want me.

It wasn't until I figured out how to naturally attract women in person that everything turned

around for me and has been great ever since. I no longer have any desire to fantasise about getting my way with women because I've had my way with women for more than 10 years now.

To be honest, if anything, I think about women trying to get a chance with me because that is what is still see in my every day.

For example: Waitresses often still flirt with me (e.g. flirting glances, coming over for a quick interaction, etc when my wife goes off to the toilet when we're at a restaurant), some of my female friends still have a secret crush on me and flirt with me and some of my wife's friends can't fully hide their sexual attraction for me either.

So, from my perspective, there is absolutely no desire to fantasize about hopefully getting my way with other women. Instead, I hope that other women stay out of my way, so my wife and I can enjoy each other and the love that we share for life.

I still look at other women as sexy and attractive, but there is no need to fantasize about being with them. Instead, they can fantasize about me if they want, lol...

Becoming the Type of Man that Women Fantasize About

When you have ability to turn a woman on in person, you will automatically become the guy that she fantasizes about. The more attraction that you make her feel for you, the more intense that her sexual desire will be for you.

Watch this video to understand how to make a woman feel intense attraction for you...

As you will discover from the video above, you actually have a great deal of control over the way a woman feels about you.

For example: If you make a woman feel attracted to you by being confident, charismatic, charming, masculine (in your vibe, conversation style, body language, etc), she will naturally begin to have sexual feelings for you.

You did that.

You actively made her feel that way.

Can you see how it works? Can you understand that how much attraction a woman feels for you is pretty much within your control?

When you can also create a unique, emotional connection between you and a woman during an interaction, she will begin to imagine being girlfriend and falling madly in love with you.

If she happens to be masturbating at home alone, she will think about some of the moments where you were confident and masculine and then imagine what you might do to her when you eventually have sex with each other. She will imagine you confidently having your way with her, while also being loving and affectionate.

That doesn't mean that you have to live up to her exact fantasy when you actually have sex, but she will hoping that you can be confident, masculine and make her feel feminine and girly in response to your masculine approach.

Getting Her to Fantasize About You

Studies have revealed that the more sex a woman has and the happier that she is with her sex life, the more likely it is that she will fantasize about sex.

If a woman is happy with the sex and the level of sexual attraction that she feels for her man, it will be more likely that she will fantasize about having sex with him, which is a win-win situation for both parties.

It has been proven that a woman's sexually fantasies about a man can boost her sexual appetite for him and this is great news for the man in her life because he gets to play the starring role in both her fantasies and her reality.

Essentially, the more a woman wants to have sex with you in real life, the more she will fantasize about having sex with you in her fantasies. The more she fantasizes about you in private, the more she will want to have sex with you in reality.

Getting a Woman to Want to Have Sex With You in Reality

A woman will want to have sex with a guy in real life if he is able to trigger her feelings of respect, attraction and lustful desire. As a man, you are born with that ability and simply need to turn it on.

If you listen to what women say about what they want in a man, you will rarely hear them accurately explain the way that their attraction for men really works. For example: A woman will often say that she wants a nice, sweet guy who listens and cares.

Yet, in real life, women are sexually turned on by confident, masculine men who, by way of their thinking, behavior, attitude, vibe and actions, make her feel girly and feminine in his presence.

So, don't get caught up in trying to find out what women want by listening to what they say or what they fantasize about in the privacy of their mind.

If you don't really know how a woman's attraction for a man works and how you can use it to make women want to have sex with you in real life, watch this...

As you will discover from the video above, the way that your personality, behavior, vibe and attitude makes a woman feel is much more important than mere looks.

For example: If a guy who has the type of alpha male confidence and masculinity (i.e. how he thinks, feels, behaves and takes action) to make a woman feel girly and feminine in his presence, she will naturally feel more attracted to him than a nervous, good looking guy.

If confident, masculine guy happens to be a good guy, then he is what women refer to as a "catch" or a "keeper." I refer to guys like that as good guy alpha males and women know that these guys get snapped up very quickly by other women.

When you interact with a woman and she senses that you're a good guy alpha male, she will switch on and will want to see if she can get you for herself.

By the way...

Some guys don't like the idea of being an alpha male because they mistakenly confuse that with being a bad boy, jerk or selfish asshole. Yet, that isn't what being an alpha male is really about or what women are actually looking for.

On a deep and instinctive level, today's women are still looking for the same type of provider and protector male that their female ancient ancestors looked for when survival conditions were a lot tougher than they are now.

In today's world, a woman no longer needs a man with the physical strength to hunt down their next meal or kill invading tribes, but she does need a man with the mental and emotional strength to survive and thrive in modern society.

She also needs a man who has what it takes to take the lead in a relationship, which then allows her to feel like a feminine woman who is being protected by a more masculine force than her.

When you are the type of guy that she can look up, respect and feel protected by, she will naturally feel attracted to you, enjoy having sex with you and fantasize about having even more sex with you.

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[image]

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[image: Dan Bacon]

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Why Don't Women Approach Men?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

We might be now living in a time that is a far cry from the “hunter and gatherer” world that our distant ancestors lived in, but when it comes to the basics of sexual attraction, not much has changed. Modern women still want men to have the confidence to approach them, rather than women having to be ballsy enough to approach men. Women still want to be the “chosen one” rather than the one who does the choosing.

Why?

Well, it all comes down to survival instincts...

A woman's attraction to a man is directly linked to his potential to survive, thrive and protect her.

It's often difficult for guys to remember that we're literally living on a planet in an apparently infinite universe of possibilities. Down here on planet Earth, life has always been challenging for humans and there have always been threats to our survival both personally and as a species.

Despite all the progress that humanity has made, we are still often just a natural disaster away from basic survival.

[image: Natural disaster - tornado]

Just because everyone is showered and wearing nice, clean clothes in bars, nightclubs, cafes and shopping malls, it doesn't mean that they can't be forced back into basic survival in an instant.

It's highly unlikely that a natural disaster is going to strike your city tomorrow, leaving you cut off from food, power and water and having to fend for yourself, but it is a possibility. Even though women never talk about these things, it is the possible threats to her survival that really drive her attraction for a man.

Essentially, are you the sort of guy who can stay strong, be smart and survive when things get rough, or are you the type of guy who would have trouble surviving amongst alpha males?

If you suddenly had to approach people and make friends and alliances in a basic survival situation, would you be an alpha male that other men respect or would you be ignored, pushed around and taken advantage of? Would she have to make alliances with people because you lack the social confidence to approach and talk to people?

Again, it's highly unlikely that you would be put into that position in our modern, shopping mall society, but it is a possibility and at the core of a woman's attraction for a man is her instinctive analysis of his ability to survive should shit hit the fan.

Women instinctively know that they need to find a mentally and emotionally strong man who can handle the challenges of life. However, if a woman approaches a guy herself, she can't be sure whether or not he would have been confident enough to approach and talk to her on his own.

If he doesn't have the confidence to do that, how confident will he be when life gets challenging? Will he be the sort of man who gets into a relationship with her and then never strives to follow through on his biggest dreams and ambitions in life, or does he have the type of personality and mindset that will ensure he rises up and reaches his true potential as a man?

Rather than giving mentally or emotionally weak guys a chance to be with her, a woman will usually

just wait to be approached by a confident guy who goes after what he wants, even though it might be challenging and he might not get a positive result every time.

When you look at the world from a bigger picture perspective, it only makes sense that women are instinctively turned off by guys who are afraid to take a chance and go after what they want. It's not good for the strength and survival of the human species for women to reward emotionally weak or insecure men with sex, love and devotion.

Imagine a world where women rewarded men for being afraid of approaching them...

Can you imagine it?

A guy would be hiding in the corner of a bar or a party and women would come over and say, *"Hey, you look so scared...don't worry, mommy is here to save you."*

Crazy world.

Thankfully, that ain't how this world works.

In the real world that you and I live in (and that you have to accept if you want to be successful with women now and for the rest of your life), women reject nervous, self-doubting men and instead reward confident men with sex, love and devotion.

This instinctive rejection of weak men by women forces men to either be confident enough to approach a woman and pass her tests, or work his ass off (e.g. build up a great career, build muscle in the gym, etc) to hopefully impress women in other ways.

In today's world, a lot of guys lack the confidence to approach women because women are often heard in the media (and in person) saying superficial things like, *"Wowâ|look at his six pack abs"* or *"I only date handsome men"* or *"I want a rich man."*

The apparent attraction that women seem to have for the superficial traits of men causes a lot of guys to feel insecure if they don't meet those requirements. Guys then worry about being rejected or laughed if they approach women.

Guys will say things like, *"Women are all shallow, money hungry bitches"* or *"Women only want handsome men these days"* or *"I'm not going to approach women until I'm successful in my career because all they want is a rich guy."*

Yet, all around them, women are having sex with, getting into relationships with and even marrying guys who are not rich and who don't look like male models.

Most Women Don't Want to Make it Too Easy For You to Pick Them Up

[image: Approaching women at a bar]

If you approach a woman, don't expect her to make the whole process of picking her up easy and without any obstacles. Instinctively, she is programmed to test your confidence in yourself to check whether or not you are truly an emotionally secure, confident guy.

Some guys make the mistake of working up the courage to approach women, but then actively look for signals that the women aren't interested. When he picks on those signals, he then quickly exits the interaction and walks away feeling like he's been rejected yet again.

What these guys often fail to realize is this many women suddenly stop contributing anything to a conversation to see if a guy will lose confidence in himself. Women instinctively do that to quickly “sort out the men from the boys,” because women don’t want to end up with an emotionally insecure guy.

The way that attraction works is that women instinctively seek to breed strength, courage and skill into the human race via men, whereas we men instinctively seek to breed beauty and health into the human race via woman.

That’s not to say that women don’t appreciate healthy, good-looking guys, but the fact is that a woman’s attraction for a man is primarily based on his ability to survive, thrive and protect her. If a guy is good looking, it is seen as a bonus to most women, but it’s not the ultimate attraction trigger for women.

Most women can go without a guy being good looking as long as he has the type of personality, behavior and mindset that will allow him to survive, thrive and hopefully protect her throughout life. These days, a lot of guys spend years in the gym building up their body to hopefully become physically attractive enough for women. Other guys spend years building up a career in the hope that women will be impressed enough to give them a chance one day.

While there is nothing wrong with working out in the gym or building up your career and becoming successful as a man, you do not need either of those things to get laid or get a girlfriend today.

Watch this video to understand why you can attract a lot of beautiful, sexy, loving women with what you’ve got right now as a man...

As you will discover from the video above, when you know how to attract women, there is nothing to fear when approaching women.

Most of the single women that you approach will feel attracted to you and be interested in kissing you, having sex with you and starting a relationship with you, so you are simply going around choosing which women get to have a chance with you.

Most guys in this world approach women and hope to be “liked” for being a nice guy, looking good or showing that they can provide for her (e.g. buy her drinks, offer to take her out on expensive dates, offer to take her on a holiday, etc).

Rather than focussing on making the woman feel attracted, these guys hope that they can get lucky and find a woman who will give them a chance because they are so nice, have good intentions, etc.

Yet, that approach to women results in a lot of rejection and it also is one of the common causes of relationship break ups.

The smartest of men are those who use their personality to attract women. For example: If a guy approaches a woman and attracts her with his confidence, charisma, charm and humor, he won’t have to spend money on drinks, wine and dine her for weeks on dates or offer to buy her pretty things.

She will like him for who he is, not what is buying her or offering to buy her. If he doesn’t have male model looks, most women will not care and will actually come to like the way that he looks because it is him.

Regardless of How Much the World Has Changed, Women Still Want an Alpha Male

[image: Approaching women at the gym]

Today's woman can earn her own money, be protected by the police, media and courts and can get food from supermarkets and grocery stores. She can buy her own house, drive her own car and call her own shots in life.

Yet, when it comes down to what she instinctively finds attractive about men, nothing has changed. Women still feel the most amount of attraction for guys who display alpha male thinking and behavior. Alpha male thinking and behavior essentially means that a guy believes in himself, knows what he wants and goes after it with unrelenting confidence and determination.

Even though we now have supermarkets and smartphones, women still feel sexually drawn to guys who would be the best survivors if shit suddenly hit the fan. For example: If civil war broke out, a hurricane ripped through town or if there was a famine or drought.

Those events may seem unlikely, but the human instinct for survival is deep rooted and is at the source of a woman's attraction for a man. On the other hand, the source of your attraction to women is not about how strong they are, but it is instead about how beautiful and healthy a woman is.

If women were the ones to go around approaching men, how could they be sure that they'd found an alpha male or if they were making a mistake by breeding with a guy who is only confident because the woman approached him?

Women instinctively leave the approaching to men because it's the best way of ensuring that a guy is genuinely confident. When a guy does approach, most women will instinctively test his confidence by playing hard to get, not contributing a lot to the conversation or challenging him during a conversation.

Guys who don't understand women will think that they are being rejected, whereas the alpha males who either instinctively understand women or who have learnt to understand women will embrace the opportunity to make those women feel even more attracted to them.

When a woman challenges an alpha male's confidence by playing hard to get or going silent in a conversation and notices that he is still confident, relaxed and at ease, it then deepens her attraction and respect for him.

On the other hand, if a woman notices that a guy suddenly starts to doubt himself, become nervous and begin scrambling for something to say, she will know that he isn't genuinely confident and is hoping that women go easy on him.

Women Approaching Men in Movies

Have you ever noticed that in Hollywood movies, TV shows and music videos, women tend to approach men?

This is included in the movie because it is entertaining for some people to see a woman approaching a guy and hitting on him immediately (e.g. stuffing her phone number in his shirt pocket, saying "Call me," winking at him and then walking off).

Some women watching that might laugh and say, *“Wow, I’d never do that...that girl is ballsy”* and some guys watching might think, *“Wow, if only I looked like that guy...then women would approach me and hit on me. I guess I have to hit the gym, wear better clothes and get a better hairstyle...”*

Yes, women do approach some really good-looking guys in real life, but those women are usually unattractive, drunk or just approaching to show off to her friends for a laugh. If a good looking guy does get lucky is approached by a beautiful woman who is perfect for him, it is a very rare experience.

I know this because I often get contacted here at The Modern Man by guys say that they are good looking, but still can’t get a girlfriend. When I ask them if they approach women, it’s pretty much always a *“No”* or *“I don’t have much time to approach and socialize with women.”*

Here’s the thing...

If you want to enjoy sex, love and relationships with beautiful women who are truly compatible, you shouldn’t waste your time hoping that, one day, your perfect woman will approach you and then make it super easy for you to pick her up.

You have most-likely waste many years of your life waiting for that to happen already. Your precious, unique life here on this planet is ticking away and the more avoid your responsibility as a man to approach and choose women, the more you miss out on sex, love and relationships.

[image: Maybe women will approach if we just keep waiting]

Some guys hope that if they can just wait long enough or build up an amazing career, a woman will go easy on him and not care that he doesn’t have the type of masculine confidence to maintain her attraction in a relationship.

Many guys do “get lucky” and score themselves a woman for a while, but there is a reason why the divorce rate is so high these days.

Women no longer have to put up with a man who doesn’t have what it takes to deepen her love, respect and attraction over time, so many guys get dumped or divorced when a woman eventually realizes that she has settle for a guy who refuses to be the man she needs.

Approaching and picking up women really is an easy thing for us guy because we can attract women with our personality. Most women are simply waiting for a guy who has the confidence to approach and the ability to attract them enough to justify having sex and beginning a relationship.

Yes, some women are picky and only want a guy who is perfectly good looking like a model and has loads of money, but the majority of women are much more flexible and open about what they find attractive in a guy.

The majority of women in real life do not behave like women in Hollywood movies, TV shows and music videos. Women may go around saying that they only want to be approached by a tall, handsome man with loads of money, but the majority of them are open to being attracted and seduced by all sorts of guys.

However, if guys don’t approach, many women will simply wait it out in the hopes of eventually being approached by a confident guy who isn’t afraid of her and has the ability to attract her.

[image: Man approaching a woman at a bar]

So, if you’ve been asking yourself, *“Why don’t women approach men?”* it might be that you’ve been watching too many movies where beautiful women seem to approach guys and

make it easy for them.

Yes, it would be nice if women were that easy, but they're not and there is a deep, instinctive reason why. We are little humans on a planet who are trying to carve out an existence amongst an infinite universe of possibilities. To achieve humanity's true destiny, we are going to need to become stronger and even more wiser than we are right now.

If you want to attract women, you need to let them see that you're not a fearful man. You are mentally and emotionally strong and you can handle anything that life throws at you.

When women see that in you, they feel naturally attracted and drawn to you. It's instinctive and regardless of what women might say (e.g. "*I only want a handsome man*") what most women actually feel the most attraction for is who you are as a guy on the inside.

Having a pretty face as a guy isn't going to ensure that you survive and thrive is the world suddenly descends into chaos (e.g. civil war, weather catastrophes, etc).

Women Want You to Choose Them

The way that the human mating dance works is that women have to show signs of health and beauty and if they are good enough, they will be chosen by an alpha male.

A mistake that a lot of men make these days is to spend a lot of time trying to make themselves look physically appealing in the hope that women choose them.

In other words, these days a lot of guys now think like a peacock bird...

[image: Peacock mating dance]

In the peacock bird species, the male bird is the colorful and pretty one and he has to look healthy and vibrant to attract the plain-looking, brown female. If he looks good enough, she will breed with him.

Yet, in the human species, it is the woman who needs to be pretty and healthy and if she is good enough, you can then make a decision to allow her to have a chance with you.

If you are going through life hoping to be chosen by women, then you're doing it wrong. The way that an alpha male (the type of guy that women are most attracted to) thinks is that he is more than good enough for women and he will decide which women get to have a chance with him.

A true alpha male knows that his attractiveness is based on his confidence, personality and emotional strength, not on how he looks. If he looks good, then good for him, but it's not absolutely necessary for a guy to look like a model to attract women, as you would have seen with your own eyes in the world around you.

Building Up the Confidence to Approach Women

Approaching women is very easy when you are confident in your ability to attract women.

For example: If you know that when you approach a woman, you're going to be able to attract her with your confidence, charisma, charm and humor, then you don't have anything to worry about.

When you know how to attract women, what happens is that most (not all) of the single women you meet feel a lot of attraction for you and want to kiss you, have sex with you and begin a relationship with you.

After experiencing those types of results for a short while, you eventually get to the point where you know that you are more than good enough for women.

Rather than feeling nervous about approaching women or asking, “*Why don’t women approach men?*” you simply approach women that you find attractive and enjoy an endless stream of sex, love and relationships until you are ready to allow one woman to be your girlfriend or wife.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Am I an Alpha Male?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Have you ever asked yourself the question, “*Am I an alpha male?*”

If you have asked yourself that question and answered, “*Yes*” then you probably don’t have any issues attracting women and keeping a woman happy in a relationship.

However, if you answered, “*No*” or “*I’m not sure*,” then have a think about your answers to the following questions...

1. Do you feel shy, anxious or nervous in social settings?

If you do feel shy, anxious or nervous in social settings, then you don’t have the mindset of an alpha male.

An alpha male feels totally at ease and comfortable in his own skin in any social environment. Why? He believes in himself and knows that he is more than good enough, to the point where he doesn’t waste any time comparing himself to other people and thinking, “*Do I fit in here?*” or “*Do these people like me?*”

Instead, he just allows his belief in himself to be the mindset from which he operates from and he then gets on with enjoying himself and doing whatever he wants. Even if he decides to sit down and not interact with people for an hour, he still doesn’t start doubting himself and worrying what people are thinking.

A guy who doesn’t have an alpha male mindset will worry that people are looking at him sitting down and not appearing to be interested in socializing. He might think something like, “*Do people think I am a lonely outsider?*” or “*Have people realized that I don’t fit in here? Can they see how uncomfortable I am now feeling? Do they notice me?*”

On the other hand, an alpha male will not question or doubt his place in the scene. He knows he is more than good enough and will talk and interact with people whenever he feels like it.

2. Do you doubt yourself around attractive women?

An alpha male decides that he is attractive to women and then doesn’t question it. Ironically, this actually makes him extremely attractive to women because he exudes the type of confidence that women are naturally attracted to.

A lower ranking male decides that he isn’t good enough for attractive women and tries hard to hopefully impress them and be liked enough to be “given a chance.” Women see his self-doubt and insecurity coming through via his body language, vibe, conversation and actions and it turns them off at a deep and instinctive level.

3. Do you allow selfishly dominant people to push you around?

A guy who isn’t an alpha male (i.e. a lower ranking male) will allow himself to be pushed around, taken advantage of or controlled by mean, selfish people who are more dominant than him.

For example: When talking amongst a group of people, a lower ranking male will be nervous about sticking to his opinion (even if he thinks it is right), if dominant people in the group begin to challenge his position.

He might be talking about how he really likes a certain sport or TV show and some dominant people

in the group will say, “*That TV show is shitâ€”only losers watch that crap*” and he will then begin to back away from his support of the TV show. He might then say, “*Well, I don’t like it that muchâ€”it’s okay.*”

An alpha male knows who he is and what he stands for in life and he can be relied upon to always remain true to himself. His strength of character makes him someone who canâ€™t be pushed around.

If an alpha male decides that he likes a TV show and other people disagree, the alpha male won’t feel threatened by that. He doesn’t have to fight to stand up for his opinion and can simply smile, feel sorry for those who don’t like the same TV as he does, ask them why they don’t like it or challenge them for not being smart enough to understand it.

He will decide how he is going to respond, but he won’t worry about picking the perfect response. Why? An alpha male knows that he is good enough and doesn’t need to prove it to anyone. People pick up on that and it makes women feel attracted to him and men respect him.

4. Do you usually just follow, rather than standing up take on the responsibility to lead?

An alpha male does not have to lead everything, take control of everything or boss everyone around. Instead, he simply takes the lead when he wants to and lets other people lead when he wants them to.

A lower ranking male doesn’t feel comfortable in the position of leadership because he is worried about making a mistake, being challenged by other people, being rejected or being laughed at for trying to take the lead.

An alpha male knows that anyone can be a leader and a man just needs to step up and take on that type of responsibility when he feels like he can do it.

Common Confusion About What it Means to Be an Alpha Male

Amongst both men and women, there is a lot of confusion over what it means to be an alpha male.

A big part of the confusion comes down to the types of myths and stereotypes that are shown in movies, TV shows and music videos.

Itâ€™s for this reason that when a guy asks me, *â€”Am I an alpha male?â€”* I first have to make sure that his understanding of what it means to be an alpha male is based on real world facts and not Hollywood fiction.

For example...

1. Being alpha is not about being an arrogant asshole

In the movies, alpha males are usually portrayed as arrogant, selfish assholes. The opposing character is usually a shy, unassuming, nice guy who eventually teaches the arrogant asshole a lesson, saves the day (or saves the world) and then gets the girl in the end.

In college movies, the alpha males are usually the jocks and in workplace movies, they are usually the asshole boss or manager. In crime movies, the alpha male will be portrayed as the crime boss with lots of hot chicks and he will die in a hail of bullets from the nice guy sometime before the credits roll.

Back to reality...

In the real world, being an alpha male is simply about knowing what you want, believing that you

deserve it and then going after it with unrelenting confidence.

At The Modern Man, we teach guys how to be good guy alpha males, not arrogant asshole alpha males. A good guy alpha male is the type of guy that women are attracted to, men respect and pretty much everyone wants to be friends with.

Think about the types of men that you respect most in real life (not fictional movie characters) and they are most-likely good guy alpha males.

2. Being an alpha male is not about being loud and obnoxious

Obnoxious (*adjective*): Highly offensive, unpleasant, disgustingly objectionable.

Yes, there are some loud, obnoxious guys who some people will label as an “alpha male,” but don’t let those guys cloud your ideas on what it means to be an alpha male.

If you understand how human psychology works, you will know that any type of extreme personality or behaviour is usually based on insecurity.

For example: If a guy is being loud or obnoxious, he is usually insecure about how much people like him. He has found that the louder and more obnoxious he is, the more attention he gets.

He may also run into trouble for being a prick to people, but as long as he can get enough people to like him, get laid and feel good about himself, he will often continue on throughout his life with that warped, insecure social strategy.

Emotionally secure alpha males (i.e. alpha males that are truly confident and are not insecure) are able to enjoy the full range of their personality.

For example: If he wants to be loud and funny in a certain situation, he will do that. If he wants to be quiet and brooding in another, he will do that. If he just wants to be relaxed, normal and average in another, he will do that too.

A true alpha male doesn’t need to put on a big show for anyone. He knows that he is more than good enough and simply does whatever he wants, whenever he feels like it, while also being respectful towards others – if he decides that they deserve it.

True alpha males have a relaxed, inner confidence that makes them stand out as men who know who they are and what they stand for in life. It is this genuineness that makes him the type of guy that both men and women want to hang out with.

3. Being alpha is not putting other men down

In the movies, the alpha male is the “top dog” who keeps other men in their place by putting them down at every opportunity (e.g. the bad ass crime boss, the asshole CEO of a company, etc).

Yet, once again, real life is not like the movies and belittling men does not make you a true alpha male. In the real world, true alpha males have no need to make other men feel small in an effort to feel better about themselves.

A true alpha male has so much inner confidence and self-esteem that he doesn’t need to put anyone down to feel good about himself. Instead, he has so much confidence and self-esteem that can afford to make other people feel good about themselves, without feeling like he is losing anything.

4. Being alpha is not about being physically strong

In today’s world, men rule with their minds rather than their muscles.

In the past, a bigger, stronger man could simply kill a smaller, weaker man and take his food, shelter

and woman. There was no police, media or court system to protect physically weaker men and they either had to comply or be socially intelligent enough to lead bigger men without being beaten up or killed.

Fortunately, today's world is a little more civilized. Men can now be short, slim and still successfully rule an office, household, gang, community or even country. Although being tall and having muscles can make a guy appear to be alpha, it only matters if he is also mentally and emotionally alpha.

For example: No doubt you've come across some tall guys who are nervous around shorter guys and people in general. Likewise, no doubt you've also seen guys who have big muscles still looking nervous in social situations like bars, house parties, etc.

This is because muscles do not give you "alpha." To be alpha, you have to decide that you are. It's mostly about how you think, feel and behave, rather than how you look.

Yes, muscles will be a great addition if you want to go to the trouble of building them up. However, I don't have a gym body and I was the leader of more than 100 staff and 10 managers at an international company.

I then left and started The Modern Man and have lead that for more than 10 years now. I've had sex with more than 250 women and recently married my sexy 22-year-old girlfriend at age 37.

I have lots of friends who are tall, confident guys, but I am respected as an alpha male. I don't care how much or how little muscle a guy has; at the end of the day, I know that I am an alpha male and that's what counts.

Both men and women pick up on it via your body language, vibe, attitude, behavior and actions. It makes women feel attracted to you, men respect you and makes most people want to be your friend. It doesn't matter if you are overweight or have an athletic body, being alpha comes from within.

You don't need to look like The Rock (Dwayne Johnson) or a young Arnold Schwarzenegger to be an alpha male and if you're asking, *Am I an alpha male?* because you've been working your ass off at the gym to create a perfect tough guy image, then you've completely missed the point.

[image: Movie star muscle]

From left: Dwayne Johnson, Hulk Hogan, Sylvester Stallone and Arnold Schwarzenegger.

If you enjoy working out in the gym and building up muscle, then go ahead. There's absolutely nothing wrong with it at all, but just don't ever think that you are not yet an alpha male because your body doesn't look like The Rock.

×

[image]

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[image: Dan Bacon]

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Where Do Women Go to Meet Men?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The obvious places where single women go to meet men are bars, nightclubs, singles events and speed dating events.

However, if you have the confidence to approach women that you find attractive, you can literally meet women anywhere (e.g. through friends, at work or university, at a coffee shop, sports game, shopping mall, at a park during the day, etc).

[image: Women meeting and hooking up with men]

If you're asking, *Where do women go to meet men?* you may be hoping that going to places where women go to meet men will boost your chances of success. It might be that you've tried to approach women and just haven't been getting the types of results that you think you should be. Yet, just going to the places where women go to meet men is not going to guarantee your success. What will? You need to:

- Have the confidence to approach women that you find attractive.
- Spark the woman's attraction and interest for you.
- Keep the conversation going long enough to get to a phone number, kiss or sex that night.

Getting a hold of a big list of places that women might go to meet men isn't going to help you if you don't have the skills to pull off a pick up.

For example: Most women don't make it obvious that they want to be approached and will simply dress up and look pretty in the hope of being approached.

She might go to a weekend market, hang around in a bookstore, go to a community gathering, sit alone at a café or attend a recreational class (e.g. yoga, fitness, etc) in the hope that a confident guy will approach her, attract her and seduce her into handing over her number or going home with him to have sex.

Asking, *Where do women go to meet men?* may suggest that you're looking for some kind of list of places to go where women are going to be waiting and hoping to be approached.

Apart from speed dating events, women usually aren't going to make it obvious that they are at a certain location in the hopes of meeting a man. For example: You might have heard a woman say that she only goes to nightclubs to dance.

Yeah, right...

[image: Where women go to meet men]

She's simply saying, *"I only go to nightclubs for the music and dancing"* to not look slutty, easy or sexually active. While she certainly might enjoy dancing at a nightclub, she will also be there in the hope of getting laid, finding her next boyfriend or maybe even a husband.

So, knowing where to find women is not the same as knowing how to approach, attract and seduce women into having sex with you or going out on a date with you.

By the way...

"Seduce" might sound like a bit of dirty word to some guys. However, the truth is that women want

to be seduced. Women can't go around making it obvious that they are interested in sex, because if they did, most guys would see her as slutty and wouldn't be able to trust her in a relationship.

A woman will secretly hope that she will get approached by a guy who not only knows how to trigger her feelings of sexual attraction, but also knows that she wants the experience of being seduced.

She will almost never admit to want to be seduced, but if you watch what she actually does in her private life, you will see that she is constantly being seduced into having sex and she's having a great time behind closed doors.

A guy who understands this won't expect a woman to make it obvious that she's interested in having sex and will simply move the interaction forward from a conversation to kiss, to sex and into a relationship.

Are You the Type of Guy Women Want to Meet?

Can you approach a beautiful woman and immediately attract her with your charismatic confidence? Can you strike up interesting conversations that excite women and turn them on? Do you know how to go from a conversation to a kiss and then to sex without making the woman feel cheap or as though you're moving too fast?

Unless a guy can answer, *â€œYesâ€* to all of the above, then he's not the type of guy that women are desperately hoping to meet. Until a guy can offer women the kind of attraction experience that women crave, they aren't going to be very interested in giving him what he wants (i.e. sex, love, relationship).

If you want to be the type of guy that women are desperate to meet, you have to understand the reality that they live in. Watch this video to understand...

Meeting Women at a Singles Event

Imagine this...

You've gone to a singles event and you know that the women you see there are single and looking to meet guys. You get yourself a drink and stand by the bar or take a seat out of the way so you can watch what's going on.

You notice that some women are looking your way and you're pretty sure they're interested in you, but rather than walking over and getting an interaction started, you wait and hope that they come over to you.

Unless you're a perfect looking male model or if the woman is unattractive or drunk, it's almost always not going to happen.

Women expect men to approach because women don't want to be giving a "free pass" to nervous, insecure men.

Why? Imagine a world where women rewarded insecure, nervous men with sex and love. After several generations, the human race would begin to turn into a bunch of wimps and women may begin to take on the role as protectors of men.

It's just not going to happen.

Women reward confident, masculine men with love, sex and devotion. Rather than giving a free pass to men who lack confidence and masculinity (in how they think), they wait to be approached.

Of course, it doesn't work that way in Hollywood movies...

In the movies, on TV shows and in music videos, women are often shown to approach men and either immediately start kissing him, put their phone number in his pocket or ask him to go home for sex.

Yes, it would be nice if the world worked that way, but it doesn't.

In the real world, almost all women wait to be approached. If a guy approaches in a nervous way and doesn't have the ability to trigger her feelings of attraction, she will reject him or be cold towards him until he leaves.

However, if a guy approaches in a confident way and immediately attracts the woman with his charisma, masculine vibe and charm, she will automatically open up to him and see where it goes.

Do You Know How to Turn Women on When You Meet Them?

Make no mistake, women do want you to turn them on.

Women may behave as though they are innocent and uninterested in sex, but that is just a ploy to preserve your perception of them as being fresh, untouched and trustworthy.

These days, most women have experienced a one-night stand more than once and almost all women don't wait more than one date to have sex with a guy.

A study in America found that 55% of couples had sex on their first date and a European study found that 70% of women admitted to having experienced a one-night stand.

...and that's just what women are admitting when filling out the survey.

In most cases, women downplay the amount of sexual activity they've experienced, so those statistics are most-likely higher.

With that in mind, you need to understand that women do want you to turn them on when you meet them. Don't be fooled by the shy, innocent act that women put on. In most cases, the woman you are talking to has recently had sex and is open to having more.

If you want to turn women on when you meet them, you need to focus on triggering her feelings of sexual attraction for you by displaying the traits and behaviors that naturally attract women.

For example: Confidence, masculine vibe, charisma, charm, humor, etc.

Watch this video to understand how it works...

As you will discover from the video above, there are many different ways that you can attract women and turn them on during an interaction.

If you go out to places where women go to meet men, you will get consistently awesome results if you focus on making women feel the way that they really want to feel around a guy.

Women are everywhere, so the question that you really need to ask is not, *"Where do women go to meet men?"* but *"How can I be the type of guy that women are desperate to meet?"*

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Should Men Shave Their Pubic Hair?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Lately, a number of men have written into The Modern Man to ask, “*Should men shave their pubic hair?*”

The answer is pretty simple: Do it if you want to, but you don’t need to shave your pubic hair to be sexually attractive to women.

If you want to be sexually attractive to a woman in the bedroom, the most important trait to display is confidence in your sex appeal to her. A woman wants to see that you’re not worried about a thing when you are naked in front of her and are simply offering her your raw, confident masculinity.

That is what really turns a woman on.

Even though you might hear women saying that pubic hair is gross, it doesn’t mean that she cannot feel sexually attracted and turned on by a man with pubic hair. Women say all sorts of superficial things about men (e.g. “*I don’t like bald guys*”) and often then hook up with and even marry men who have the traits they were complaining about.

The truth is, it doesn’t really matter to a woman if you have pubic hair or are shaved. It’s not going to be something that makes her think, “*OMG, I cannot be in a relationship with this guy!*” or “*OMG, I am so grossed out and never want to have sex with him again.*”

For 99.9% of human history, men have not had access to razors that are refined enough to shave the hairs on their ball sack. Some weirdo men might have “gone bald” because they have a fetish about it or it may have been cool in some remote tribes, but the majority of men just go natural.

As long as you have confidence in your sex appeal to a woman and allow her to experience your raw, masculine presence, she isn’t going to be focused on your pubic hair. She is going to be deeply enjoying the mental and emotional experience of being with a man who doesn’t think like a woman (i.e. you’re not concerned about your appearance).

A Very Weird Thing About Women’s Attraction to Men

When a woman feels attracted to a man for reasons other than his physical appearance (e.g. he is confident, charismatic, has a masculine vibe, etc), she then starts to look at his physical appearance in a more positive light.

Features that she may have previously complained about when talking with her girlfriends (e.g. a guy not having a six pack, a guy being bald, a guy having pubic hair, etc), will suddenly become something that she actually likes about a guy, as long as he is making her feel enough attraction for other reasons.

Watch this video to understand how it works...

As you will discover from the video above, a woman can actually come to like the fact that a guy either has pubic hair or doesn’t, simply based on the fact that she is feeling a lot of attraction for him for other reasons.

Since she is feeling so much attraction for him, she will begin to like his sort of style. For example: If he has a beard, but has shaved his pubic hair and he makes her feel intense attraction for other

reasons (e.g. she feels girly in response to his masculine vibe, he's confident, etc), she will then start to say that she likes guys who have beards and bald balls.

Attraction is a really weird thing.

Women can be attracted to men for so many different reasons, so if you take what women say on face value, you will almost always feel confused about what women really want.

For example: Some women will go around saying that they only date handsome men, but she will then get into a relationship and marry a guy who is clearly not a handsome man. Instead, he will be very confident, masculine, charming, etc and will have made her feel enough attraction in those ways for her to begin looking at his physical appearance in a more positive light.

She will literally refer to him as being handsome or good looking, even though he does not have male model features.

Why Do You Want to Shave Your Pubes?

"Should men shave their pubic hair?" is one of those questions that has begun to come up more frequently lately because it's one of the latest "man trends" going around known as "manscaping."

Where did guys get this idea?

Partly from watching porn and thinking that if the guys in porn are shaving their balls and getting to have sex with hot women, maybe one of the reasons women aren't interested in them is due to their pubic hair.

Obviously, a woman can't see a guy's pubic hair before sex, but a lot of guys feel like they need to be "ready" in case they do get to have sex with a woman. They want to ensure that they "look the part" like guys in the porn movies and fear getting an "Ewww!" reaction from a woman for having pubic hair.

Other guys have gotten the idea to shave their pubes by listening to women on TV, the internet or in magazines. Somewhere along the way, a few hot women will have said that they like a guy to shave down there, so millions of guys rushed out to get razors and get themselves ready to hopefully impress women.

"Look lady, I have no pubes! I'm like a boy. Now do you like me?"

Man, some guys are so damn confused about what women want.

Guys, listen up...

Do not try to be pretty for women. Women will gladly suck your "you know what" with or without pubes, as long as you are confident in your sex appeal.

Women will say all sorts of things that they later recount (e.g. in the 1980s, women called out for men to be more sensitive and cry. Men obeyed, turned into wussies and got dumped, cheated on and divorced in record numbers).

Do not take what women say about men so literally. When a woman is asking for a man to be more sensitive, she means that he is more open to love and actually feeling emotions, rather than being cold and afraid of experiencing love.

However, she is not saying that she wants a guy to become a woman.

Likewise, if you hear some random women saying that they like a guy who is shaved, it does not mean that you have to shave your pubic hair.

Tell her to suck it and she will, as long as you believe in your sex appeal to her. Give her your raw, confident masculinity and she will love you.

However, give her an insecure, “*Now do you like me?*” feminine approach to sex and she will not love you. She will feel turned off by you on a deep level because you are thinking and behaving like a woman.

Smooth vs. Hairy

It wasn't that long ago that the latest â□□man trendâ□□ was to have your chest waxed. Women said they preferred smooth, hairless chests to hairy chests, so men started visiting beauty salons in their droves and undergoing the â□□painful-but-I-can-take-itâ□□ wax treatment on a regular basis.

However, this led to a lot of men spending more time in the salon than women, and women became increasingly turned-off by a guyâ□□s overly-feminine interest in his appearance.

Women then began to say that they preferred a man with a hairy chest!

Why? Simple. The majority of guys they were meeting who had waxed their chests had fallen victim to thinking like a woman in terms of their sexual attractiveness.

In other words, these confused men failed to understand that the things that women find most attractive about a man cannot be seen (e.g. his masculine vibe, his confidence, his alpha male mindset, etc).

So, if youâ□□re wondering whether or not to follow the latest trend by shaving your little hairs down there, thereâ□□s every chance that the trend will have changed by the time youâ□□ve finished reading this article.

By the time you shave off your pubic hair, women will have begun saying, “*I like hairy balls*” and you will be back to square one. You still won't know how to properly attract women and you will keep running around in circles, hoping that women give you a hint of the real secret to attracting them.

To Shave to Not to Shave

Some women are going to prefer a hairy man, others are going to prefer a hairless man, but the majority of women are not going to express a preference either way because whether or not you shave your pubic hair or wax your chest is not what really turns her on.

What really turns a woman on is a man's confidence in his sex appeal to her. Women love a guy who is confident and comfortable just being himself, knowing that he is more than good enough “as is.”

Letâ□□s face it, if youâ□□re a guy who spends a lot of time â□□preeningâ□□ yourself to look “pretty” for women, then youâ□□re not showing yourself to be a masculine guy who is relaxed and comfortable in his own skin.

Women are attracted to who a guy is on the inside, not how he dresses himself up on the outside. Trends will always come and go (e.g. fashions, hairstyles, manscaping, etc) and being a man who

works hard at keeping up with them all suggests youâre a man who feels insecure in himself and unsure of who he really is.

Donât Be a Peacock

[image: Peacock mating dance]

âPeacockingâ is a word used to describe the way a guy might try to use his clothing or other elements of his outward appearance to attract attention to himself, or change the way he behaves in an effort to make himself appear more âimpressiveâ when heâs around women.

The expression comes from the fact that male peacocks âstrut their stuffâ in front of female peacocks and put on an eye-catching showy display by opening out their tail feathers in an effort to attract a mate.

For male peacocks, attraction is all about looking colorful and pretty for the plain looking femaleâbut you are not a peacock!

For you, attracting female human doesn't come down to looking pretty and being all shaved up like a little boy.

Women are naturally attracted to confident, masculine men and if you allow a woman to experience your confidence and masculinity around her, she will naturally be drawn to you. Unless she's one of the small percentage of women who like little boy balls, she is going to love your pubic hair because it is a part of you.

Shaving your pubic hair may suggest that you are a âtrendyâ man, but it has no bearing on who you are as a man. Having beautifully trimmed pubic hair or super smooth genitals is not going to attract a woman if you are an insecure man who lacks real confidence.

Put it this way; if youâre not genuinely comfortable just being yourself, or youâre nervous and shy around women that you like, then theyâre not going to be anywhere near your genitals to worry about whether youâve shaved them or not.

Each to Their Own

Itâs entirely up to as an individual if you want to run a razor around and over your genitals. If you like it, go ahead and do it.

Likewise, if your woman suggests that sheâd prefer it if you kept your pubic hair trimmed because itâs tickling her when youâre lying naked in bed together, then it's up to you whether you want to laugh at her or grant her request.

The fact that you have a woman to lie naked with in the first place suggests that youâve got a lot more going for you than neat pubes.

Whether or not you go with the trend is up to you and your woman, but if youâre a single guy hoping to make himself more attractive to women and maybe even get himself a girlfriend by being bang on trend, you need to think again.

Focusing on your appearance âwhether itâs your pubic hair, your chest hair, the hair on your head, or any other area of your body youâre attempting to âpeacockââ is not the way

to make yourself more attractive to women.

Remember, women are turned on by genuine confidence and real masculinity in a guy. It is the inner man that attracts, not his tail feathers...or his pubic hair.

Yes, some women want a perfectly groomed, male model with a perfect body. That is true.

However, most women really don't care if you have pubes, what color they are or how often you shave them or don't shave them.

What a woman really wants to experience in the bedroom with you is to see your absolute confidence in your sex appeal to her. She wants to see that you're not worried about a thing and are simply offering her your raw, confident masculinity.

If you give her that, she will love you regardless of whether you have pubic hair or not.

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[image]

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How to Be Smooth With the Ladies

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Being smooth with the ladies essentially means that you're able to attract women, charm them and make them feel lucky to be talking to you, kissing you, having sex with you and being in a relationship with you.

Do you have that ability? Watch this video to find out...

The opposite of being smooth with the ladies is trying too hard to be liked, acting like a nice guy who isn't interested in sex and giving women the impression that you would feel so grateful if they would just give you a chance.

[image: Not smooth with the ladies]

A lot of guys don't realize that women really do like guys who are smooth with the ladies, because women rarely admit it and if they are asked directly, they will deny it.

However, some brave women are open about it, including Taylor Swift in her song, "Blank Space" where she sings the lyrics, *"Cause you know I love the players and you love the game."*

If an interviewer were to ask Swift if she liked players, she would most likely deny it on camera because it's not something that a woman wants to openly admit. Putting it in a song allows her to simply brush it off as a lyric or say that it means something else entirely.

Don't Copy Fictional Men in Movies

Some guys want to know how to be smooth with the ladies because they want to be like the James Bond types that women seem to jump into bed with the moment they set eyes on them.

Bond simply says a charming line to the very attractive woman and she melts and subtly suggests that she is now open to having sex with him. It's quick and to the point and seems to work every time for him.

Yet, it doesn't work that way in real life because most beautiful women aren't that easy to seduce. They usually require a bit more than a charming pick up line before they decide to have sex with a guy.

If you want to know how to be smooth with the ladies, you have to get your head out of the fantasy land of Hollywood movies and focus on the real world.

In real life, women do feel sexually attracted to guys who are charming, confident and charismatic, but they don't always make it easy. Most women will test a guy's confidence by behaving as though they aren't interested in him, because they want to see whether he is putting on an act of being a James Bond like character, or if he is actually that cool.

You can be smooth like Bond, but don't try to achieve that by copying his lines, wearing the same types of clothes and trying to fool women into thinking that you're as smooth as 007 himself.

If you don't have true, unwavering confidence in your attractiveness to women, they will simply throw you off your game by playing hard to get, acting uninterested or challenging your identity throughout the interaction.

Truly, the best way to be smooth with the ladies is to simply focus on being yourself, while also displaying the personality traits and behaviors that naturally attract women (e.g. confidence, charm, masculine vibe, charisma, humor, etc).

Watch this video to understand how it works...

As you will see from the video above, pretty much any guy can be smooth with the ladies as long as he is able to trigger women's feelings of sexual attraction.

You don't have to look like a James Bond type character to be considered smooth. All you need to be able to do is attract women, charm them and make them feel lucky to be talking to you, kissing you, having sex with you and being in a relationship with you.

Women will naturally feel lucky to be getting a chance with you when you are able to trigger their attraction for traits that most guys simply do not possess (e.g. charisma, sexually attractive masculine vibe, sassy humor, etc).

[image: Man in demand]

You don't have to look like a movie star to have that effect on women. Yes, some women will only accept a guy who looks like a Bond character from the movies, but most women are much more flexible about what they find attractive in men.

What Most Men Assume About Women

Most men assume that women want a perfectly good looking man with loads of money, the best fashion sense and an athletic body.

If you asked women to list off things that they want in a man, they would almost certainly begin to mention those things.

Yet, if you look at the types of men that women actually have sex with, date and marry, almost all of them are not rich and are simply working a normal job. These men have a fairly average or even below average appearance at times, come in all sorts of body shapes and are of different races and nationalities.

Despite that real version of reality, most men assume that women are only interested in the superficial and material things about men.

Yet, the truth is that most women are more attracted and interested in men for things that cannot be seen (e.g. confidence, alpha male mindset, charisma, deep understanding of what women really want to feel when interacting with a man, etc).

Yes, it is true that some women are very superficial and will only accept a guy who has all the superficial traits (e.g. looks, money, height, muscles, fashion, etc).

However, the truth is that most women are not that shallow and are much more flexible and open-minded about what they are willing to find attractive about a man.

People who don't have expert knowledge or any real understanding of what women really look for in a man will tell you that it's all about looking good, smelling good, wearing the latest designer labels, and building a muscular physique. Not only is there opinion misleading and the cause of unnecessary insecurities for men, it's just plain wrong.

Most women are not going to be truly interested in a guy unless he has the alpha male qualities that

make a woman feel like a woman. In other words, his alpha male mindset, vibe, behavior, attitude and actions makes a woman feel feminine and girly around him.

If a guy suppresses the natural, alpha male within himself because he's trying to be politically correct or "nice" to women, he will deny women the experience of feeling girly and feminine around him and thus, he will never be smooth with the ladies.

Ultimately, pretty much all women yearn to be with a man who knows how to take the lead in a relationship, which then allows her to relax into being her natural feminine self.

Modern women very often need to suppress their femininity in order to get ahead in their careers, and in a world of "equal rights" they often have to take on a tough persona in order to compete alongside men in the workplace.

It's for this reason that modern women desperately want to find an alpha male who will allow them to relax into being feminine and feel safe enough to let their "tough" guard down.

Women do want a man who has what it takes to make them go weak at the knees, but it's not a guy's outer appearance that will do this for them; it's his inner qualities and the man he is on the inside.

Being Smooth With the Ladies By Putting in Less Effort Than You Ever Have Before

Guys who don't understand how to attract women or who don't understand the reality that women live in, will pretty much always find it difficult to get any consistent, lasting results with women.

They will go through life trying really hard to be "liked" by women, never truly understanding how other guys seem to get women so easily, even though those guys aren't trying to be liked.

He will notice that some guys seem to not even care if a woman likes them or not and that makes the woman chase him and try to impress him. Why do women do that? Why do women like guys who are a challenge?

As you will discover from the video above, you can get women chasing after you, trying to impress you and hoping to get a chance with you, simply by understanding the reality that women live in.

If you think, behave and act like pretty much every other guy (i.e. you feel attracted to a woman based on her physical appearance and are immediately interested in having sex or a relationship with her, even though she hasn't done anything else to impress you other than look good), then you will always encounter women who play hard to get with you, say that they would prefer to be "just friends" or tell you that they aren't looking for a relationship right now.

A guy who knows how to be smooth with the ladies is a guy who approaches women and gives them the type of experience that they need to feel really interested. He understands that pretty much every other guy disregards the reality that women live in and simply wants women to like him for being nice and hopefully give him a chance.

When you can be the guy who understands where women are coming from and then gives them the kind of experience they want, you will immediately become a guy who is smooth with the ladies.

Women will have the "twinkle in their eyes" when interacting with you and other guys won't know what is going on. Guys will assume that it must be because you're better looking than them, richer

than them or have a huge penis inside your pants, but you will know the real secret to your success with the ladies...

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[image]

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Why is it So Hard to Find a Girlfriend?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Have you ever noticed that some guys seem to have absolutely no problem getting a girlfriend, while other guys remain single and alone for months or even years of their life?

For a guy who is finding it hard to get a girlfriend, he may begin to believe that the reason why women aren't interested in him comes down to his looks, financial status, height or some other superficial reason.

Yet, what is the real reason why many good guys fail with women? Watch this video to find out...

If you are good, decent guy and you're wondering, *Why is it so hard to find a girlfriend?* trying asking yourself the following:

Are You Meeting Enough Single Women?

This might seem like a statement of the obvious, but unless you're out there meeting single women, you are going to find it difficult to get a girlfriend.

Some guys stick to their small social circle, which usually consists of a few friends, their girlfriends and some of their friends. Within that social circle, there are often a few single women, but they aren't always a good match for the single guy.

So, if he never takes the risk to approach women he doesn't know, he may end up asking the question, *"Why is it so hard to find a girlfriend?"*

How about you? Are you approaching and meeting women that you find attractive? Have you seen some beautiful women that you would've love to have to met, but you just didn't have the courage to walk up and say hello?

Many guys get stuck in thinking that if they just look good enough (e.g. build the perfect gym body, wear fashionable clothes, have a cool hairstyle, etc), then women will feel compelled to make the first move and approach.

Yet, that's not how it works.

If a guy is really good looking and a girl is drunk or unattractive, she may approach. However, most women would rather wait to be approached by a confident guy than go around approaching nervous guy who are intimidated or fearing rejection.

Are You Being Way Too Friendly or Nice Around the Women You Like?

Sometimes guys find themselves asking, *Why is it so hard to find a girlfriend?* because they don't know how to get beautiful women to interested in anything other than a friendly conversation or platonic friendship.

For example: A guy who recently contacted us here at The Modern Man explained that he couldn't get his female friend to see him in a sexual way.

Part of his e-mail read, *“She said she likes me and that any girl would be lucky to have me as their boyfriend, but when I asked her on a date she said she just wanted to stay friends, so what gives? Why would she say that I’m a catch, but not want me herself?”*

The mistake that this guy and many other guys make is in trying hard to be liked by a woman when what they really want is for a woman to be sexually attracted to them. A woman will say that sort of thing when a guy isn’t making her feel sexually attracted enough to warrant having a sexual relationship.

In cases like this, the guy will be using the classic nice guy approach on her and expecting to be rewarded with sex, love and a relationship. Yet, that’s not how it works and here’s why...

There is nothing wrong with being nice to a woman, being friendly or being polite. However, if you want a woman to feel the desire to be your girlfriend (i.e. be in a sexual relationship with you), then you must focus on making her feel sexually attracted to you.

When a woman is sexually attracted to you, she will then appreciate the fact that you’re also a good guy. However, being a good guy is not enough on its own to turn a woman on sexually.

A woman can really like a guy as a friend without feeling any sexual attraction for him. Without the all-important sexual spark, she will only ever see him as a friend and not a potential boyfriend or lover.

Of course, the more that a guy likes a girl and wants to make her his girlfriend, the more likely it is that he’s going to behave in a way that leads to her not wanting to be anything other than just friends.

For example: Wanting to be liked can lead to trying way too hard to please. A guy who is desperate to be liked by a woman will often make himself available to her around the clock.

He’ll be at her beck and call whenever she needs help or someone to talk to, and he’ll always be there for her as a shoulder to cry on whenever her latest boyfriend has done something to upset her.

He will “LOL!” at all of her jokes online, click “like” on everything she posts on Facebook and instantly reply to any text message she sends him. In his mind, he is showing her that he likes her, respects her and cares about her. He’s also hoping that if he’s just nice enough to her, she will eventually realize that he is the one for her.

Yet, his behavior simply denies her the experience that she is really looking for, especially if she is attractive. What experience is she looking for? To attract and secure herself a guy who is not easy to pick up. In other words, she wants a guy who is more of a challenge.

Being available at her beck and call and instantly replying to everything she sends may cause her to enjoy the attention and even like having him around, but it’s not going to turn her on and make her hope and pray that she might get a chance with him.

She knows that he is desperate to be with her and that isn’t a turn on.

Are You Actively Making Women Feel Sexually Attracted to You?

A lot of guys don’t realize that most women walk around in “OFF” mode and you literally have to

say and do things that turn the woman “ON.”

For example: If a guy is being confident and charismatic around a woman, it will flick her attraction switch to “ON.” However, if a guy is being nervous and really nice around a woman, she will remain in “OFF” mode.

The truth is, it’s only hard to find a girlfriend if you don’t display the qualities that women instinctively look for in a potential boyfriend.

When you display the qualities that women are naturally attracted to, you instantly become a man that women are interested in meeting and potentially being in a relationship with. They still won’t approach you, but they’ll make it obvious that they like you during a conversation.

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[image]

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Things to Say to Women

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you're looking for things to say to women to get them to want you, feel good around you or simply smile and enjoy talking to you, watch the two videos below...

As you will discover from watching the videos above, the most important thing to focus on when talking to a woman is making her feel attracted to you. It won't matter to a woman that you have an endless list of things to say to her if she isn't feeling attracted to you.

Do You Run Out of Things to Say When Talking to Women?

[image: Running out of things to say]

If you find that you run out of things to say to women that you find attractive, then you're most-likely trying too hard to be liked.

To speak freely, you need to trust your gut instinct and talk about whatever you want to talk about. As long as you are coming across in an attractive way (e.g. confident, charming, charismatic, etc), a woman will continue to be interested in talking to you.

The more attraction that you make her feel, the harder she will try to keep the conversation going. If she notices that you're losing interest in her, it will be her who is scrambling for things to say to you.

However, if you aren't triggering a woman's feelings of sexual attraction and respect for you, she isn't going to be very interested in talking to you for long.

For example: A guy can approach a woman with the best line in the world, but if he delivers it in a shy, nervous way or if his body language is awkward and submissive, it's not going to impress her at all. She's going to be feeling turned off by his lack of confidence and she's going to tune out.

Where Guys Go Wrong

Guys tend to make a lot of classic mistakes when talking to women that they find attractive. Watch this video for examples of where guys go wrong and what you should do instead...

Here are some more examples of where guys go wrong when talking to beautiful women...

1. Asking too many questions in a row

When guys are looking for things to say to women, the most commonly given advice is to ask lots of questions.

For guys who feel shy around women, asking a woman lot of questions may seem like good advice because it takes the pressure off him. All a guy needs to do is have a list of "interesting" questions at the ready and then sit back and let her do the talking, right? Wrong.

To get to know a woman properly, she needs to feel relaxed and at ease in your company so she can open up and show you her real personality. If you're just firing questions at her one after the other without volunteering much or any information about yourself in return for the responses she gives you, the conversation is going to feel awkward and forced.

When a woman notices that a guy is acting weird by asking her way too many questions in a row, she will usually put her guard up and begin to give him short answers like, “Yes” or “No” or “I don’t know” to hopefully make him get the hint that she’s uncomfortable.

There’s more to being a good conversationalist than simply asking a woman a list of questions. You’ve got to be able to show her that you’re open to talking freely by sharing information about yourself in an attractive way.

2. Being too polite

Some guys make the mistake of being too formal when they speak to women they like. The guy doesn’t want to say or do anything that she might not like, so he plays it safe and acts like a perfect gentleman from the 1800s.

Trying too hard like that doesn’t impress women. Instead, it makes a guy come across as feeling desperate to be liked...and desperation is not an attractive trait in a man. There’s nothing wrong with being polite, being a good guy or treating a woman well, but when a guy does it in the hope of being liked enough that the woman will “give him a chance,” then he is doing it wrong.

Everything has to start with sexual attraction. Unlike in the past where a woman had to select a polite gentleman who she would then stick with for life (because marriage was pretty much forbidden), today’s women select men based on sexual attraction and THEN look for good guy qualities.

Being super polite and gentlemanly is not enough for a woman to want to start a relationship. She wants to feel sexually turned on by a guy and then, if he also happens to be a good guy, it is seen as a bonus to her.

So, rather than trying to be polite and always say the right thing, be attractive and be real.

The right things to say to women are the genuine things that show your true personality and allow her to get to know the real you. A woman wants to feel relaxed, be her genuine self and let her guard down around a guy, rather than feeling weird about the fake gentleman act that he is putting on.

3. Talking without listening

Women are attracted to confident guys who are secure in who they are and what they’ve got to offer in life, making them genuine guys who are comfortable just being themselves. However, a confident guy can sometimes make the mistake of talking too much or making it all about him.

Being able to talk confidently about yourself doesn’t make you a great conversationalist. The things to say to women are the things that let her know a little more about you and therefore spark her interest in you, but you also need to show her that you’re interested in who she is, what she feels and what she likes.

Being a good conversationalist means being able to listen as well as talk and it means showing an interest in what other people have to say. If you ask a woman a question to get a conversation started and then you don’t actually pay any attention to what she says in reply, she’s not going to feel you’re someone she wants to spend a lot of time with.

For example: Let’s say that you ask her if she’s done any traveling and she tells you all about the trip of a lifetime she’s just been on. If you’re a good conversationalist you’ll pay attention to what she’s saying and make relevant comments or ask her to tell you more about the most fascinating parts.

However, if you’re talking without listening, you’ll either move on to the next â€œinterestingâ€ question on your list without acknowledging her response to the last one or

youâ€¦ will turn her response into an opportunity to tell her all about your holiday adventures. Either way, sheâ€¦s not going to be impressed.

4. Pretending to be someone youâ€¦re not

When a guy lacks confidence in his sex appeal to women, it can often lead to him pretending to be someone heâ€¦s not in an attempt to make himself seem more interesting (e.g. acting very silly, being very arrogant, spending loads of money on a girl, bragging about things he has or wants, etc).

In effect, behaving in this way is similar to trying too hard to always say the â€œrightâ€ thing, because he is trying to be the type of guy that he thinks a woman will be most impressed by. Yet, attempting to hide behind a fake confident front will almost always backfire because women can usually see through the act that guys put on.

If a woman senses that a guy is pretending to be someone heâ€¦s not, sheâ€¦s not going to feel comfortable enough to let her guard down and be herself around him. She might enjoy hanging out with him and find him humorous or interesting, but her guard will remain up because she will feel suspicious about him.

When talking to a woman, you should always focus on being your most real self, while also making sure that you display the type of personality traits and behaviors that naturally attract women.

Watch this video to understand how a woman's attraction for a man works and how you can use it to your advantage when talking to beautiful women...

As you will discover from the video above, knowing a list of things to say isn't the most important part of being successful with women. It's important to know how to talk to women and keep a conversation going, but if you're not making the woman feel attracted to you, she's not going to care about what you're saying.

Examples of Things to Say to Women

Some ideas for conversation starters are...

1. A question about her work (or study)

Asking a woman about her job (or university course) gives her an opportunity to tell you about her career and to share her enthusiasm for what she does if itâ€¦s something that sheâ€¦s passionate about.

This, in turn, gives you an opportunity to tell her a little bit about your job and what you do, and to share with her the things that youâ€¦re passionate about. Women are attracted to men with passion and purpose in life.

For example: A conversation may go something like this...

You: So, what do you do for work?

Her: I'm an accountant.

You: Oh right, so that must mean you're really smart. I'm going to have to try to impress you with big words now.

Her: [Most likely laughing] **You:** [Smile and say in a joking manner] Okay smarty pants, so what is $1,234 \times 50$? Try to answer that without using the calculator on your phone.

The above conversation will make her feel attracted to you because you're being confident and

funny, which are two personality traits that women naturally find attractive in men.

2. A question about her hobbies and interests

Asking a woman about her hobbies and interests out with work gives her another opportunity to talk about things she enjoys and feels enthusiastic about. This also gives you the opportunity to share some information about your own hobbies, but be careful not to launch into your interests without showing a genuine interest in what she feels about it first.

Women are attracted to men who have things happening in their life that they are enthusiastic about. A guy with no friends who sits alone at home after work is less attractive than a guy who works in a job, but then passionately works on his goals and dreams in his spare time.

For example:

You: So, what do you like to do for fun on the weekends or when you have time off?

Her: I like to ski...have you ever been?

You: Yes, actually. I went skiing when I was a kid and loved it, but haven't been back since. What is it about skiing that you like so much?

Her: I like the freedom of being out on the clean slopes and just tearing it all up. I also love the cosy nights by the fire with friends, just hanging out and talking all night.

You: Wow, that's sounds awesome. When are you taking me there?

Her: [Most-likely laughing] **You:** You can teach me how to ski again. I'd say that I've forgotten most of my cool ski moves that I was able to do when I was 8.

Her: [Most-likely laughing, smiling, etc]

3. Commenting on a topical news story

Politics and religion are best avoided when you've just met a girl, but a current news story that's likely to cause mixed opinions can be a great way to get a conversation going.

Women are attracted to men who have a mind of their own and who are not afraid to stand up for what they believe in, even if it means going against the popular opinion. This doesn't mean that you should attack her opinions, but that you should be confident to speak your mind in a respectful way.

3. An anecdotal tale about something funny

Everyone likes to be around people who make them feel good, so if you've got a humorous tale to tell about something that's relevant to you and your life, go for it.

Not taking yourself too seriously and being able to look at the funny side of life makes you a fun and interesting guy to spend time with. Women are attracted to genuine guys who know how to naturally strike up fun, light-hearted conversations without trying too hard.

As long as you are being yourself and being attractive (e.g. being confident, charismatic, charming, etc), pretty much every woman you meet will be excited to talk to you and get to know you further.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How to Be a Mysterious Guy

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Have you ever heard that women really like guys who are mysterious?

Well, they don't mean mysterious in the creepy, lonely guy sort of way. What they mean is a guy who makes them feel attracted and seems to be interested, but they aren't quite sure if they can get him.

Being mysterious also means that he doesn't tell a woman absolutely everything about himself in the hope of impressing her. Instead, he lives an interesting life, has interesting opinions, but doesn't feel the need to tell her everything.

Instead, he knows that he is impressive "as is" and doesn't need to put on a big show to hopefully get a woman to like him. He knows that women want to be with him and he only opens up and shares everything with a woman that earns his love, trust and respect over time.

As Stu (one of the three Modern Man coaches) once said to a beautiful woman that he was having a casual, sexual relationship with, *"You're not important enough to me to warrant getting angry."* He said that in response to her asking him why he wouldn't get angry at her when she was clearly trying to piss him off.

[image: Dan, Ben and Stu - coaches at The Modern Man]

Stu knows that most women that he meets instantly love him and want to be his number one girl, so it's not a big deal when he's having a sexual relationship with a beautiful woman. She's just another girl until she earns the right to get his full attention.

A big part of being what women refer to as a mysterious guy, is being a challenge for her to conquer when she first meets you and then gets into a relationship with you. Why? Watch this video to understand why women like guys who are a challenge...

[Dan Bacon](#) (the founder of The Modern Man) used the approach of being a challenge to get his sexy, 22-year-old girlfriend to propose to him when he was 35. [Watch this video](#) to see how Dan did it.

Mysterious Guys in Romance Novels

[image: Mysterious guys in romance novels]

If you've ever flicked through the pages of a romantic novel, you may have noticed that there's generally a mysterious stranger in there somewhere. He's the guy who gets the leading lady's heart pounding and it's his mysteriousness that arouses her interest in him and continues to build the sexual tension to boiling point by the end of the book.

She can't quite figure out how to get him to love her fully, or why he seems to be so perfect for her, but seems to have a dark side or a secret that he's not willing to tell her just yet.

The same type of "mystery man" theme often appears in Hollywood movies, where the mysterious guy never reveals anything about himself and seems to come and go without leaving any kind of trail. For some reason, he is always the guy that women are desperate to jump into bed with, willing to divorce a husband over or willing to travel half way across the world to see.

Of course, in real life, things don't have to be as complicated as they are in movies and TV drama shows. In real life, all woman really wants is to be able to feel sexually attracted to you, respect you as a man and be able to fall deeply in love with you over time.

Being mysterious is just ONE of many ways that you can attract a woman. For example: Women are also attracted to guys who are charismatic, charming, confident, funny, masculine and alpha.

Watch this video to understand how a woman's attraction for a man works and how you can trigger it by displaying traits that women are naturally attracted to...

As you will discover from the video above, you can make a woman feel attracted to you in many different ways. It's great to learn how to be a mysterious guy, but don't put too much effort into trying to appear mysterious.

What is most important is that you actually make women feel attracted to you when they interact with you.

The Mysterious Loner

Some guys confuse the idea of being a "mysterious guy" with meaning that they should appear to be a strange loner who doesn't seem to get along with people because he knows something that others don't.

Yet, that's not what women are looking for in a mysterious guy.

In movies and TV drama shows, you may have noticed that guys who sit alone at the end of bar, or are aloof and don't get along with people at parties always seem to attract the attention of the most beautiful women in the room. In many cases (in movies and TV shows), the woman will approach the guy because she is attracted to his mysteriousness.

She will ask him, *"Hey, why are you sitting alone?"* or *"Hi, can I sit down and join you?"* and he will then continue to be aloof, awkward, brooding and even somewhat depressed. Yet, the woman will feel attracted to him.

Why? Simple—it's a frikken movie or TV show. The writers add those types of storylines in because they are strange and it keeps people watching (i.e. some women are thinking, *"Why is she interested in him?"* and some guys are thinking, *"Hmmm—maybe I can get girls to like me by being brooding, depressed and mysterious like that!"*)

If a guy sees that type of thing in movies often enough, he might decide to try it out in real life. So, he park himself at the end of a bar on a busy Saturday night and waits for the beautiful women in the room to start approaching him.

While he's waiting, he tries to add to his mysteriousness by keeping his back turned to the crowd and attempting to mimic the distant, faraway look the mysterious guy in the movie had on his face.

He makes sure to casually glance in the direction of any women who come into his line of sight and shoots them a look of mystery and intrigue with an expression he's been practicing in front of a mirror.

Yet, women don't seem to be interested. They're not approaching him. No-one is saying, *"Hey Mr. Mysterious, please come and join us!"* and no beautiful woman is walking up and offering to buy him a drink.

He wonders why it doesn't work for him, so he decides to stand against the wall and just watch the crowd. He hopes that a woman will notice him, feel attracted to his mysteriousness and then approach him.

Yet, it doesn't work. Why?

For a start, sitting alone in a social setting does not make a guy appear to be mysterious in a positive way. Instead, it usually just makes him appear to be a loner who has no friends. Turning his back on others does not add to his air of mystery either. Instead, it simply makes him appear to be a loner who lacks the social skills to even attempt to make friends.

Trying to create a distant expression on his face does not enhance his appeal to women. They may look at him and think, "*Who is that guy?*" but if he doesn't do anything to trigger the woman's feelings of sexual attraction or curiosity, she almost certainly isn't going to approach him for it.

Instead, she will usually just assume that he's a loner or a social awkward guy who doesn't fit in or who isn't feeling comfortable in that setting.

Switching Your Focus to Simply Attracting Women, Rather Than Trying Hard to Be Mysterious

You don't have to put on an act of being a really mysterious guy to attract women. That's not how it works.

Attracting women is much more simple than most guys think it is. As long as you are displaying traits that naturally attract women (e.g. confidence, charisma, humor, masculine vibe, etc), women are going to feel attracted to you.

If you also want to be a bit of a challenge and be seen as a mysterious guy, then it will add some extra appeal to you, but you don't need to go overboard with it.

The bottom line is that you want women to feel an intense desire to jump into bed with you, you need to change your thoughts from, *How to be a mysterious guy* to, *How to be an irresistibly attractive guy*.

Women are only attracted to mysterious strangers in romantic novels and they usually only approach mysterious guys in movies and TV shows. Getting approached by women by being mysterious is about as rare as winning the lottery. You will always have better odds with women if you simply approach them and let them experience your attractive personality.

Some of the qualities that make a guy's personality attractive to women include:

1. Confidence

If a woman likes what she sees in you, she's going to send out signals through her body language to let you know she's open to being approached by you.

If you don't have the confidence to respond to those signals or you don't have the confidence to strike up a natural, fun conversation after making an approach, you're not going to hold her attention for long. Shy, anxious, awkward behavior that shows a guy to be insecure in any way is a complete turn off.

2. Masculinity

The most important type of masculinity to a woman is how you think, behave and take action around

her and in life. If your overall vibe of masculinity makes women feel girly and feminine in your presence, you will always have your pick of women.

However, if your overall vibe makes women feel neutral (neither very feminine or very masculine), you will have to work harder to get women to feel enough attraction for you to warrant having a sexual relationship with you.

3. Social intelligence

Having the social and communication skills that it takes to mix, interact and make friends adds to a guy's sexual appeal.

Women are instinctively drawn to men who have what it takes to be a provider and protector in the modern world and this means being able to network and pool resources with others when needed.

If a guy appears to be a loner, he's showing himself to be a guy who lacks social intelligence and may in fact become a bit of a burden in a long term relationship.

What Women Really Want

[image: Women competing over a mysterious guy]

Being an international man of mystery like James Bond is not what 99% of women are desperately hoping to find in a guy. To be the type of man that most women find irresistibly attractive, one of the most important mysterious things about you should be the fact that you're available.

She should be thinking, *"How on Earth is this guy single? I can't believe my luck! I am going to try my hardest to get him to love me, before another woman discovers him and takes him from me!"*

Most guys don't even know how to trigger a woman's feelings of intense attraction, so women become extremely excited and keen when they find a guy who does. Watch this video to understand why...

When a woman meets a guy who triggers her feelings of attraction in the ways that she's been hoping to experience, she latches onto him and doesn't let go.

She knows that a guy like him is hard to find and she will most-likely have to work hard to get his attention and then maintain his interest and attraction. She will be intrigued that he is a challenge to conquer even though she is so beautiful and has loads of other guys desperately trying to be her man.

If he is what women refer to as a mysterious guy, she will have to work hard to impress him over time to really get him to share his full love, respect and devotion her. She will have to earn it and keep earning it by being a great lover, girlfriend or wife to him.

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How to Turn a Friendship Into a Relationship: Common Mistakes to Avoid

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

You can turn a friendship with a woman into a sexual relationship by actively triggering her feelings of sexual attraction for you.

Most women literally wait for a guy to activate their attraction for him and if he doesn't do it, she simply continues to see him as a friend or just another guy that she knows.

Activating a woman's attraction for you can be achieved by simply displaying the personality traits and behaviors that naturally attract women (e.g. confidence, charisma, humor, masculine vibe, flirting, etc).

Watch this video to understand how a woman's attraction for a man works and how you can use that to turn a friendship into a relationship...

Are You More Than Just a Friend to the Woman You Secretly Like?

There is a big difference between a woman really liking you as a friend and really wanting to have sex with you.

For example: If she likes you as a friend, it might be because you're such a great guy, you listen to her, you care about her and you're generally fun to be around.

On the other hand, if she really wants to have sex with you and be in a loving, committed relationship with you, it will be because you are actively triggering her feelings of sexual attraction for you.

One of the ways to actively trigger a woman's feelings of sexual attraction is to make her feel feminine and girly in response to your masculine vibe, thinking and behavior. This immediately triggers her deep, primal attraction for masculinity.

Many guys are afraid of making a woman feel that way and tend to make her feel like "one of the guys" or like a male friend instead, which isn't a turn on for her.

Additionally, some guys will simply act like a really nice guy around her because they don't want to say or do anything that suggests she is the girl and he is the man. In his mind, he might see that as disrespectful, demeaning or impolite towards a woman, but in her mind, she knows that she craves to find a guy who can make her feel girly.

Women are attracted to men who have what it takes to make them feel like a real woman (i.e. feminine, girly, in love, etc) and it takes a man who knows how to be a man to create the all-important sexual spark.

So, when a guy behaves in a "girly" way (e.g. hang out and gossip with her like her girlfriends would) in an effort to be liked by a woman and to be her "friend," this will make him sexually unattractive in her eyes.

Sexually unattractive behavior from men can include things like:

1. Being available 24/7

A hazard of trying to be her “best friend” is making yourself available to her around the clock. This might mean always being on the end of the phone when she needs someone to talk to, or always “being there” for her and providing a shoulder to cry on whenever she’s upset.

There’s nothing wrong with being there for a woman, but not as her girlfriend. If you are going to “be there” for her, she needs to be there back for you by being your lover. If she isn’t interested in being your lover, tell her to talk to her girlfriends about her life problems.

That may sound rude or insensitive, but think about the sort of guys that women lust after and respect when it comes to sex and relationships. They are not the pussy-whipped, nice guys who essentially take on the role of a woman’s counsellor.

Instead, they love and respect the woman as long as she loves and respects them back in the way that they want (i.e. sex, love, relationship). If she doesn’t give him that, she doesn’t get to talk to him or hang around him.

This type of guy is what women refer to as a “challenge” and they actually prefer men to behave in that way. Why? Watch this video to understand...

2. Gossiping like a girl

If you’ve been attempting to fit in and spend more time with a woman as “one of the girls” by gossiping with her and quite possibly talking badly about other guys who have shown an interest in her, you’ve made yourself into someone she might like as a friend, but not someone she feels sexually attracted to.

Real men don’t bitch and gossip about other people, especially other men. Real men have big goals in life and don’t waste time bitching and moaning about the world like a woman or a girly gay guy would.

There’s nothing wrong with a man enjoying a bit of gossip if he chooses to, but if he’s doing it to fit in as “one of the girls” around women, then he’s doing it wrong.

3. Being too nice

If a guy doesn’t feel like he is good enough for a woman, he will often try really hard to be “liked” by her, which will usually end up with him being too nice.

If you’re too nice to women, you will make a great friend, but you’re not potential boyfriend material because your desperation to be liked makes you come across as weak and wimpy, which is a sexual turn off for women.

When guys lack confidence around women, they often make the above mistakes simply because they’re under the mistaken belief that behaving this way will eventually lead to the woman they’ve devoted all of their time and attention to falling madly in love with them.

If he’s just nice enough and kisses her ass for long enough, she will eventually take pity on him and say, *“You know what? You are the one for me! How blind I was for not seeing that earlier! I was mistaken for not liking self-doubting nice guys in the past. Now I know that emotionally weak, wimpy men are the best type of men!”*

Guys, it’s not going to happen.

Stuff like that only happens in Hollywood movies, not in the real world. The wimpy, nice guy saves the world and gets the girl in the end, or he saves her from the bad guy and then she falls in love with

him. Aww, how sweet.

In the real world, women simply hook up with, get into relationships with and marry guys who make them feel sexual attraction and respect when they first meet.

There's nothing wrong with being nice or good to a woman, but if she doesn't feel sexually attracted to and can't really respect you as a man (i.e. she feels stronger than you emotionally, she notices that you're nervous around confident guys, etc), she's not going to be interested in having a sexual relationship with you.

Changing How She Feels About You

If you want to know how to turn a friendship into a relationship, you need to know how to change your female friend's perception of you as her friend. This means learning how to display the types of qualities that make you a sexually attractive guy in her eyes.

Blurting out something along the lines of, *"I have feelings for you"* in the course of an everyday conversation is not the way to go about changing how she sees you. Watch this video to understand why...

Telling your female friend how you feel about her will certainly let her know that you're interested in something more than friendship, but if you haven't been making her feel sexually attracted to you, then she's not going to be interested in taking the relationship to the next level.

If she's not feeling the same way about you, the knowledge that you're looking for something more than she's willing to offer will usually just lead to her feeling awkward around you.

Are You Sexually Attractive to Her?

Pretty much all women are instinctively attracted to confident, masculine men with strong alpha male characteristics. A man with alpha qualities has what it takes to make a woman feel like a feminine woman and this is what ultimately generates a deep sexual attraction.

Alpha male qualities include:

1. Confidence

Genuine self-confidence is a very attractive trait in a man. True confidence is a quiet inner confidence that marks a man out as someone who knows who he is and knows where he's going in life.

2. Masculinity

True masculinity is a quality that women sense when they're in the presence of an alpha male. It's something that makes them feel literally weak at the knees when he's around.

3. Social Intelligence

Having good communication skills and the ability to get on a level with anyone in conversation gives a guy a likeability factor that makes him popular with both men and women. Women are instinctively attracted to men with charismatic social skills, which allow the guy to make friends easily and most importantly, be respected by other alpha males.

Learning how to turn a friendship into a relationship comes down to learning how to be seen as the

type of sexually attractive man that pretty much all women want to be in a relationship with.

You can turn your friendship with a woman into a relationship, but whatever you do â□□ don't try to achieve it by being even more of a friend to her.

The most important thing that you need to do is focus on triggering her feelings of sexual attraction for you.

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Where Can I Meet Women?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

“Where can I meet women?” is one of those questions we I’m asked on a regular basis, but let’s be honest, it’s a question that anyone can answer.

Anyone can tell you where to meet women that’s the easy part women are everywhere.

[image: Where can I meet women?]

In fact, there’s probably a single woman within 500 meters of where you are right now, but unless you have the confidence to approach her and the ability to attract her when you begin talking to her, you’re not going to be getting the end result of getting laid, getting a girlfriend or finding your future wife.

For example: Do you know how to trigger a woman’s attraction for you when you talk to her? Do you know how to build up that feeling of attraction to the point where she either says that she really likes you or makes it really obvious that she does?

Watch this video to find out...

Great Places to Meet Women

If you are confident to approach women and are able to make them feel intense attraction for you during an interaction, then you will have no problem meeting women at places like a:

- Bar
- [Coffee shop](#)
- [Public park](#)
- [Sports game](#)
- [Shopping mall](#)

The easiest places to meet single women are at singles events like [speed dating](#), or at bars or nightclubs where many of the women there will be single and either looking to have a one night stand or find themselves a new boyfriend.

Being in the Same Place as Women Vs. Approaching and Meeting Those Women

Women are everywhere, but being in the same place as women is not the same as meeting them.

For example: Have you ever gone out to meet women on a Friday or Saturday night and found yourself in a bar full of beautiful women, but you still ended up going home alone?

Have you tried to approach and talk to women and it just doesn’t seem to go anywhere? You might be able to get past the first few minutes of conversation with a woman, but things then tend to fizzle out and the conversation becomes boring or awkward, so you just leave or the women ask you to

leave.

Does that sound familiar? If so, what do you think the real reason is? Why do you think that the conversations become boring when you're talking to attractive women? Why do you run out of things to say? Why do attractive women lose interest in you?

Watch this video to find the real answer to a very common problem that guys experience these days with women...

What Else Could Be the Problem?

If you're finding it hard to meet women and get laid or get a girlfriend, you're most-likely not putting enough effort into triggering a woman's attraction for you and are simply trying to be liked for being a good guy.

We men can feel attracted to a woman very easily because our attraction for women is primarily based on their looks. However, for most women, you have to actively trigger their attraction for you (i.e. turn them on) by displaying traits that women are naturally attracted to (e.g. confidence, charisma, the ability to get her laughing, masculine vibe, charm, etc).

What are some of the other reasons why you could be experiencing a lack of success?

Consider the following...

1. Are You Hoping That Women Approach You?

One of the most common mistakes that guys make is falling into the trap of believing that all they have to do is look good and women will throw themselves at their feet.

There's nothing wrong with working out in the gym to build up muscle or stay fit, but some guys will spend endless hours in the gym to build up muscle and then outlay loads of money to purchase the latest fashions in the hope that if they just look good enough, they won't have to face up to their fears of approaching women because women will say, *"WOW! He has big muscles AND he has good clothes. Let's approach him! WOW!"*

Yes, if a guy is really good looking, some women will approach him, but usually not by the type of women he really wants. Even still, if he gets approached and he lacks confidence in himself, most women (except for unattractive women who want a guy that they can control emotionally) will feel turned off by him.

Yet, for the rest of the male population, looking good is not going to result in being approached because it's not the way that the human mating dance works.

[image: Peacock mating dance]

In the Peacock bird species, the male bird has to display his colorful, pretty feathers and wait to be inspected by the plain-looking female bird. Yet, that's not how it works for humans.

In the human species, it is the woman who needs to make herself pretty and then wait to be inspected and hopefully approached by a confident, alpha male who chooses her.

Sure, it's important for a guy to keep himself looking clean and to make the most of his appearance, but even if you look like a movie star, almost all women (except for the unattractive women or drunk women) are still going to expect you to do the approaching.

Successfully meeting and picking up women is all about knowing how to make a confident approach, trigger a woman's feelings of attraction, connect with her and take things to the next level (i.e. kissing, sex or a phone number then a call to set up a date).

A guy's outer appearance might attract a woman's attention initially, but it won't hold her attention if he doesn't have the social intelligence or the communication skills keep a conversation going and keep it interesting with an attractive woman.

Watch this video to understand why...

A lot of guys get confused about how real women act in the real world, because they're so used to seeing how women behave in movies, TV sitcoms and dramas and in music videos.

In the fictional, fantasy world of TV, movies and music videos, you will see a good-looking guy walking into a bar and all of the women will instantly begin to compete with one another to get his attention.

They will approach him, stuff their phone number into his pocket and say, "Call me" or they will essentially throw themselves at him sexually.

Well, let's just say that real life is not like the movies and the fact remains that real women in the real world rarely, if ever, make the first move on a guy. If you want to be successful with women, you have to have the confidence to approach and attract the beautiful women that you see.

Approaching and meeting women is a very exciting thing for a guy to do when he has the ability to attract women with his personality (i.e. by displaying confidence, being charismatic, charming, funny, etc).

He knows that the majority of women that he approaches will feel attracted to him and be open to interacting with him, so he will be excited to give women the opportunity to meet him. It's a win-win situation for him and women.

On the other hand, if a guy doesn't have the skill of being able to attract women, approaching women will usually feel like a scary, nerve-wracking experience. He will know that the majority of women he approaches won't feel anything for him and will be cold towards him, so he will rarely try to approach.

2. Do You Try Too Hard to Be Liked When You Meet an Attractive Woman?

Another common mistake guys make is to try way too hard to impress the beautiful women that they meet. If they meet an unattractive women or average looking woman, they are usually able to maintain their composure and just be their normal self.

Yet, when in the presence of an attractive women, a lot of that relaxed confidence suddenly disappears. He begins to doubt his attractiveness to her, so to make up for that, he tries really hard to impress her and hopefully get her to like him for that instead.

For example: A guy may slip into believing that being loud or behaving in an over-the-top kind of way (i.e. spending a lot of money on drinks, being really arrogant, trying really hard to be funny for everyone, etc) will attract a woman's attention. It will get a woman's attention, but not in a good way.

Women are attracted to confident guys, but it has to be genuine confidence that comes from the inside (i.e. you believe in yourself and know that you are good enough) and not just a fake confident front.

Most women are natural experts at reading body language (they have to be to be able to stop the real men from the fakes) and they know when a guy is faking it. If you want to attract a woman's attention and keep it, you need to show her that you have genuine self-confidence in yourself as a guy.

Trying too hard around women can also lead to a guy behaving in a super-nice and overly attentive way towards a woman.

For example: A guy might say something complimentary about a woman's appearance as he makes an approach (which is fine), but if he then continues to pile on the compliments and to hang on her every word or go along with everything she says, he's actually going to turn her off. Why?

Behaving in that way makes a guy come across as insincere at best and desperate at worst. Either way, she's going to see him as a weak, wimpy guy who is trying way too hard to be liked and therefore he's not the confident, masculine alpha male she's hoping to meet.

Being the Guy That Almost All Women Want

No woman is compatible with every man on the planet and no man is perfectly compatible with every woman either, so you can't expect to pick up every woman you meet. That is why I say, "*Being the guy that **almost** all women want.*"

What you can expect (and what actually happens when you are skilled at attracting women) is that most of the women you meet (including hot, sexy, beautiful women) will feel attracted to you and open themselves up to being seduced by you.

[image: Seducing women]

"Seduced" might seem like a bit of a dirty, sleazy word, but it's actually what women want. Most women have to put on an act of pretending as though they're not interested in kissing and sex when they first meet a guy, even though she has done that plenty of times before.

Women put on this act so they don't look cheap in a guy's eyes. Women know that the majority of guys will become insecure and protective when in a relationship if she is too easy and open about sex when he meets her for the first time.

So, instead of showing their interest in sex, most women just act like they are only interested in talking to you, but she is secretly hoping that you have the social intelligence to understand that she wants you to seduce her into either giving you her phone number, kissing her or having sex with her. In other words, she wants you to feel like it's all your idea and she's just going along with it because you asked for her number, moved in for a kiss or suggested that you leave the bar, party or club together.

As long as you are making a woman feel the type of attraction that she yearns to feel (i.e. you're a confident, masculine guy who makes her feel girly and feminine, but you also respect her as a woman), most women are going to be open to being with you.

How can you make a woman feel girly and feminine in your presence, while still respecting her?

It all comes down to your vibe as a man. You are either going to have a feminine vibe, a neutral vibe or a masculine vibe. Think about some of the guys that you consider to be masculine and alpha compared to those who are a bit feminine or neutral around women. No doubt, the masculine, alpha guys that you are thinking of are the ones who get all or most of the hot girls.

Confident, alpha males have a presence about them that women can sense. Being an alpha male is not about being a bad boy or an asshole though. What we teach here at The Modern Man is how to be a good guy alpha male, which is the type of guy that is attractive to the most women and also respected by men.

Women love to feel girly, feminine and somewhat submissive in the presence of an alpha male. It's an exhilarating feeling for a woman, much like the feeling that you get when you watch porn or watch a sexy stripper doing her pole dance at a strip club.

If you want to stop asking, *“Where can I meet women?”* and start asking, *“Which woman out of the 20+ who are interested in me should I let come over to my place tonight?”* then you need to take the idea of attracting women more seriously.

When you give a woman the experience that she wants in of attraction, meeting women is a very simple, rewarding process. She gets what she wants and you get what you want.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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Women Who Like Short Men

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you ask a woman what type of guy she wants, she's probably not going to say, "*A short guy.*"

However, that doesn't mean that a short guy can't get laid, get a girlfriend or find himself a beautiful wife. He can. How?

He simply has to be able to attract women with his personality, confidence and potential as a man, rather than relying on attracting women with his height...or lack thereof.

[image: Short guys with tall girlfriends]

Just like there are many women who will accept a guy who is not good looking, many women will accept a short guy, as long as he makes her feel enough attraction for other reasons (i.e. he's confident, charismatic, alpha, he the potential to do well in life or is already doing well, etc).

Watch this video to see how it worksâ€¦

The Fairly Tale Fantasy of Little Girls

Millions of little girls grow up dreaming of one day meeting their Prince Charming and living a happily ever after fairy tale life. In many cases, the man of her dreams is tall, handsome and successful, so it's no wonder that many not-so-tall guys start to ask themselves if there are any women who like short men out there.

If you're one of them, the harsh reality is that the more hung-up on your height you are and the more you carry a chip on your shoulder over the fact that fairy tales never include a short Prince Charming, the more likely it is that you'll struggle to find women who like short men.

Why? They will feel turned off by your obvious lack of belief in your attractiveness, which will come through via your body language, conversation style, attitude and overall vibe. It's not your height that will be making you less attractive, it will be your insecurity over your height that's doing that for you.

Think about it for a moment; if women were only interested in a man's height, average height guys and shorter than average height guys would never find themselves a girlfriend. Only the tallest guys in the world would get laid.

Obviously, you know that short and average height guys do get laid, get a girlfriend and get married, so obviously height is not the #1 prerequisite of all women. It is for some, but not for the majority of women.

You only need to take a look around at your local shopping mall to see men of every height out shopping with their wife, girlfriend or lover.

Height is not the be-all-and-end-all of what makes a man attractive in the eyes of most women and the sooner you let go of the idea that it's your height that's preventing you from enjoying the success with women you want, the sooner you can take steps to develop the qualities that really make you a sexually attractive man.

[image: Odd couple or acceptable?]

If you are a short guy who is failing to get laid, get a girlfriend or find yourself a wife, what is the REAL reason why women aren't interested in you? Watch this video to find out...

Short Celebrity Men Who Do Well With the Ladies

It's easy for celebrities to get laid because women have a reason to be attracted to them for reasons other than just looks (i.e. he is confident, talented, lots of people like him, he's doing well in life, etc). However, that doesn't mean that a short guy who isn't a celebrity can't attract women. As long as he puts in enough effort to attract women in other ways, many women won't care about his lack of height and they will instead fall in love with who he is.

You don't have to look like or be as successful as one of the following short, celebrity men to attract women.

Tom Cruise: He's a famously short guy, standing at 5'7" tall. He's had no problem attracting beautiful, tall women; Nicole Kidman (5'11") and Katie Holmes (5'9") to name just two.

Ben Stiller: At just 5'7" tall, this Hollywood heartthrob has no shortage of female admirers. Women might not say, "Wow! You're so short! I want you!" but they will feel attracted to him for other reasons (e.g. he's funny, charming, charismatic, confident, doing well in life, etc).

Daniel Radcliffe: This Harry Potter star is just 5'6" tall, but it hasn't stopped female fans from lining the sides of red carpets wherever he goes in the hope of catching his eye.

Marky Mark (Mark Wahlberg): At just 5'7" tall, this former rapper is married to fashion model Rhea Durham who stands at just over 5'9" without her heels.

Yet, these guys are celebrities, so you might be thinking that the success these guys have enjoyed with women is only down to their fame, Hollywood good looks and large bank balances, right? Not necessarily.

Just take a look around you in your local shopping mall. Guys of all shapes and sizes are out there with their wife, girlfriend or lover. They're not all tall, they're not all Hollywood movie star look-alikes, they don't all have a perfect body and they're not all loaded.

[image: Short guy with tall, black girlfriend]

It's not a guy's height or anything else about his outward appearance that makes a woman fall in love with him, it's who he is as a man on the inside that matters most.

Looking for info on women who like short men suggests that there are women out there actively looking for short men and therefore rejecting all tall men who look their way. Common short guys, you must know that isn't the case and you need to realize that many women (not all) who think they're looking for a tall guy, do not reject a short guy just because of his height.

A short guy won't be a perfect match for every woman he meets, but the same applies for tall guys. Taller guys have a physical attractiveness advantage, but it's not a guy's height that influences a woman's deepest level of attraction for him in him; it's who he is and the way he handles himself around her that counts the most.

Short Guys Who Succeed With Women Vs. Those Who Don't

If a short guy is confident, funny, cool and successful in life, or if a guy has confidence and purpose in life and he's on his way to becoming successful, then he's got the type of alpha qualities that make him a sexually attractive man to almost all women.

However, if a short guy lacks confidence and is shy, nervous and awkward around women, he is seen as a lower ranking male and therefore he becomes a much less sexually attractive man in a woman's eyes.

Sure, some women will reject a short guy even if he has everything else going for him, but many women won't. The majority of women are much more flexible about what they find attractive in a man than most guys realize.

For most women, it's not a guy's height that decides his attractiveness; it's his personality and potential. Women are attracted to confident men who feel secure in who they are and what they've got to offer now and in the long run.

Guys with alpha male confidence know who they are and what they're about and they feel relaxed and comfortable just being themselves as a result. They're not hung up on their height and they don't behave in an insecure way because of it.

Instead of wasting your life looking for women who like short men and reject tall men, turn your attention to looking for ways to display the inner qualities that make you a man that women find sexually attractive and appealing.

It's not your height that attracts, it's your attitude and the way you handle yourself in life. Insecurity of any sort a complete turn off for women, even if a guy is tall, dark and handsome.

A guy might look like he's just stepped off the cover of a glossy magazine, but if he doesn't have the confidence to interact with a woman in a way that triggers her feelings of primal attraction, or if he behaves in an insecure way that makes him come across as a bit of a no-hoper in life, his looks alone will not hold her attention for long.

If you're a short guy, believing that it's your height that's limiting your potential to attract women is a big mistake. The sooner you let go of that limiting belief and take steps to become a confident, masculine, alpha male, the sooner you will find yourself enjoying sex, love and relationships with beautiful women or one beautiful woman of your choosing.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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How to Meet Women on Facebook

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The secret of how to meet women on Facebook is to set up your profile in a way that makes her think, *“Wow, this guy is cool. I’d like to meet him in person”* or *“I wish that I was a part of his life.”*

When a guy meets a woman in person, he will be able to attract her based on his confidence and personality (i.e. he is charming, charismatic, funny, has a masculine vibe, etc). However, if he is trying to meet her on Facebook, she can’t experience that side of him, so she has to judge him on his looks, lifestyle and likeability.

Looks, Lifestyle and Likeability

[image: Looks, lifestyle, likeability]

Meeting women online is a lot different to meeting women in person. A woman can’t experience your confidence and personality, so she has to judge you on something.

The first thing she is going to look at is your physical appearance.

1. Looks

If you’re a very handsome guy, it will give her an initial REASON to be interested. She can rationalize to herself, *“Oh, he’s good lookingâ€¦okay, maybe I will open myself up to this and get to know him.”*

However, if you’re not a very handsome guy, then you need to give her a REASON to be interested in you by showing her that you live an interesting lifestyle (that she might like to be a part of) and that you are also well liked by others.

Yes, it is superficial and shallow, but that is how online dating works.

Unlike meeting women in person where guys who aren’t good looking can pick up attractive women by being confident, masculine, funny, etc, it doesn’t work that way online. When a woman is assessing a guy’s attractiveness on Facebook, she looks at superficial things because she has to judge him on something.

2. Lifestyle

Many guys make the mistake of posting up lonely photos of themselves at home, or photos of them hanging around the same 2-3 people over and over again.

If you want to meet women via Facebook, you need to give the woman a REASON to be interested. When she looks at your photos, you want her to be thinking, *“Wowâ€¦this guy is cool”* and begin imagining herself as your girlfriend.

For example: If you have photos of you at a sports game with friends, hanging out with some other friends at a cookout/BBQ, travel photos, family photos, etc, then she’s going to see that you live an interesting lifestyle.

Now, if you’re thinking, *“Damn women these daysâ€¦that’s just too much work to get laid or get a girlfriend. Why do women have to make it so difficult? Why can’t a woman just like me for me and get to know me?”* then you need to wake up to reality.

Facebook and the internet is still a new phenomenon here on planet Earth. For 99.9% of human history, humans met in person. A man would meet a woman, flirt with her, build up her feelings of attraction and then kiss her, have sex with her and then take it from there.

If you know how to do that in person when you meet women, you will always find it incredibly easy to get laid or get a girlfriend. However, if approaching and attracting women is still somewhat of a mystery to you, then you might decide to try contact women online.

If you are serious about meeting women on Facebook, you need to understand that different rules apply online than they do in person.

Online, dating is VERY superficial.

It's pretty much all about looks, lifestyle and likeability and if you don't have at least two of those elements, most women aren't going to be the least bit interested. You may feel like women are shallow bitches for being superficial online, but you can't blame them.

Most single guys who are looking to meet women via Facebook and online dating are essentially willing to have sex with pretty much any half decent woman who will reply. Yet, that's not how women work.

Watch this video to understand why...

3. Likeability

If your Facebook profile is full of you posting random things that people never like, what might that suggest about your relationship with others?

Well, it might not mean anything, because people don't click "like" or comment on everything that a person posts. Yet, when a woman that you're trying to meet via Facebook has a look at your profile and notices that no-one seems to care about what you post, she will likely assume that you are treated that in way in real life too.

She has to make a judgement because she hasn't met you in person and if your photos don't show you to be a popular, cool guy, then she is usually going to judge you in a negative light.

Likeability also comes down to your body language and positioning in photos with other people. For example: If you're often the awkward, shy guy in photos, then she's going to assume that you will be like that around her too.

She will immediately begin to imagine how embarrassed she would feel introducing a shy, awkward guy to her friends or family and the thought of that will turn her off. Why?

As you may know, women feel the most amount of sexual attraction for confident guys and are turned off by shy, insecure guys. So, if a woman judges you to be a socially shy guy after looking at your Facebook profile, she isn't going to be very interested in meeting you in person, if at all.

Do You Have Enough Time to Meet Women in Person?

[image: Why don't you talk to women in person?]

Many guys who want to know how to meet women on Facebook, will complain that they don't have enough time to meet women in person.

Yet, while that is absolutely true for some guys (e.g. workaholics, single dads, etc), the majority of other men do have time to meet women in person, but are simply afraid approach women and start a

conversation, get a number and follow up for a date.

Sometimes, the reason a guy is trying to meet women via Facebook is usually connected to his lack of success meeting women *offline* and his mistaken belief that things will somehow work out differently if he meets women on Facebook, rather than face-to-face.

The thought process is that maybe he can “sneak in the back door” so to speak and slowly get to know a girl via Facebook and eventually get her interested. That way, he doesn’t have to face the prospect of getting rejected by women in person.

Yet, chatting to a woman on Facebook doesn’t mean much or anything to her. A guy can be chatting to her on Facebook for months and she will instantly forget about him if a guy attracts her when he meets her in person.

If she happens to go out to a bar or party and a guy triggers her feelings of sexual attraction, she isn’t going to be thinking, *“Oh, but there are 20 guys talking to me on Facebook...I shouldn’t kiss this guy who is turning me on in person...I need to stay faithful to my Facebook admirers!”*

Instead, she’s just going to kiss the guy, have sex with him and then possibly begin a relationship with him. Meanwhile, the Facebook chatter boys suddenly stop getting replied to. She goes cold and they wonder, *“Did I say something wrong? Maybe I over-texted her?”*

If you’re going to meet women via Facebook, you have to quickly transition the chatting to an actual Facetime call, Facebook video chat, telephone call or Skype call.

You have to make the transition, so she can get to experience you on the phone. You can make a woman feel attracted to you 10x faster on the phone and she is 10x less likely to say “No” if you ask her out on a phone call compared to chat.

So, just like meeting women in person, when meeting women on Facebook, you’ve got to take things to the next level. Don’t be the guy who just talks and talk and never does anything with her.

For some of the guys who struggle to attract women in person, making *friends* on Facebook can feel like an easier, safer option than going out to socialize in bars and clubs or going to parties. If it doesn’t work out, he can just say, *“Oh well...at least she chatted with me”* and he then goes and jerks off to porn and feels lonely afterwards as usual.

In his mind, as long as he is avoiding rejection in person, then everything is fine. Yet, his life is ticking away and he’s not getting any younger. His friends, co-workers (or fellow university students) are enjoying love, sex and relationships and he is still alone, even though he is a good guy who deserves a woman.

Why Are You Finding it Difficult to Meet Women and Get Laid or Get a Girlfriend?

[image: Why are you struggling to get a girlfriend?]

If you’re looking for tips on how to meet women on Facebook, but you’ve also been struggling to get laid or get a girlfriend in person, you need to figure out why you’re struggling to meet women or why women are not responding to you in the way you want them to.

For example:

1. Do you lack confidence around beautiful women in person or online?

All women are instinctively attracted to confident men on a primal level because confident men have always been and still are the best at surviving and thriving in this challenging world of ours.

When a guy lacks confidence in himself around attractive women or the “cool crowd” it instantly turns the majority of women off on a primal level. Instinctively, they don’t want to be paired up with a guy who is going to have a hard time surviving and thriving throughout life.

Of course, a guy who lacks social confidence can still survive and thrive in the modern world (e.g. if he works as a stock trader, etc), but primal attraction is based on deep-rooted instincts, rather than on recent, superficial changes in society.

Whether you are meeting women via Facebook or meeting women in person, they want to see, feel and experience your confidence. It is very important to women.

If you lack self-confidence and feel shy, nervous or anxious when talking to a beautiful woman, your vibe and behavior will be a complete turn off for her.

With this being the case, befriending women on Facebook can feel like the perfect solution because you can confidently hide your insecurities behind the computer screen, right? Wrong.

What will happen when you meet a woman on Facebook and arrange to meet in person? Your lack of confidence still exists and when you meet up with her, she is going to feel that.

If you’re serious about being successful with women, the first thing that you need to master is your self-confidence. You’ve got to believe in yourself and let a woman see that coming through in your photos online and when she meets you in person. It is very important to women, especially beautiful women, that you’re confident in yourself and don’t doubt your value or attractiveness to women.

2. Are you being too nice to women that you meet in person or online?

Many guys who lack confidence around women try to make up for it by being very nice to women and hoping to be “liked” as a person.

They are hoping that being liked by a woman will lead to her wanting to be his girlfriend, but this is unlikely to happen. To want to be with a guy in a sexual relationship a woman needs to feel sexually attracted to him, which is not the same as liking him as a friend.

For example: He might try to be “liked” by her by using cutesy, girly language in his messages. In his mind, he is hoping that she thinks, *“Wow, this guy is so nice and he chats in a girly way like I do! Wow! We get along so well!”*

Yet, what she is really going to be thinking, *“Is this guy gay? Why is he acting like a girl?”* and she’s not going to feel any sexual attraction for him as a result.

Of course, there’s nothing wrong with being a nice guy, but you also have to be sexually attractive in your behavior, communication style and attitude.

If you try too hard to make friends with a woman on Facebook and you speed reply to every comment she posts or reply in a super-nice, overly complimentary way every time, you’re making yourself less attractive to her.

3. Do you know what women really want in a man?

Essentially, a woman wants to be with a man who has what it takes to make her feel like a woman (i.e. feminine and girly in response to his masculinity).

The types of things that women are most attracted to about men are not about looks. Yes, a man’s

looks can attract a woman, but most women are more interested in how a guy's personality makes her feel and what his potential to live a good life will be.

Women don't want to get stuck with a boring guy, or with a guy who will be a no hoper for life. A woman wants a guy who has the type of personality that excites her, makes her feel alive, makes her feel girly and makes her feel horny.

The Overall Process to Use When Meeting Women on Facebook

If you are serious about meeting women via Facebook, here is the overall process to use to get some action:

1. Make your profile appealing to women

Post up photos of you having a lot of fun with different friends in various environments, rather than photos of you alone or having a boring time with the same people over and over again. Essentially, you need to make a woman feel as though being your girlfriend would make her life more interesting and enjoyable.

2. Add women who are in the "People you might know" section

When Facebook suggests adding a woman as a friend because she is someone that you "might" know, add her as a friend and check if she is single. If she is, message her directly.

3. Start casual conversations with the single, available women that you've added

If you've added a single woman who is a friend of a friend, you can message her with something like, *"Hi Georgia I added you because Facebook suggested you as a friend, so I thought I'd say a quick hello. I notice that you're into skiing like I am. You look like a pro on the slopes. I only got started skiing last year. You been doing it for long?"*

4. Take it to the next level

If you can get her into a live messaging chat with you, take it to the next level (i.e. a phone call, Facebook video chat, Skype call, etc) when the moment is right. *"Hey we should say a quick hello on the phone. What's your number?"* or *"Hey, I'll give you a call via Facebook to say hi. Cool?"* and then get her on a call.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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Asking a Woman Out: Where Guys Go Wrong

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Asking a woman out is a very easy thing to do, as long as you have made her feel enough sexual attraction for you first.

If you have been focussing on triggering her feelings of sexual attraction for you, then it's only going to make sense to say, "Yes," when you ask her something like, "Hey, can I get your number so we can talk again sometime?" or "Hey, do you want to catch up for a drink on Friday after work (or university)?" or "Hey, do you want to grab a bite to eat together on Thursday?"

If you're looking for tips on asking a woman out, you may be feeling unsure of her desire for you and may be worried about how horrible you might feel if she says no. Perhaps you don't want to ruin the friendship between you, get into trouble at work or become the laughing stock of students at your university.

Whatever the case, getting the response you want will be achieved if you use the right approach.

5 Questions to Ask Yourself Before You Ask Her Out

[image: Questions to ask before asking her out]

Before you make the bold move to ask out the woman that you like, answer these 5 questions to check if you've been approaching things correctly with her so far...

1. Is she attracted to you?

[image: Is she attracted to you?]

If you ask a woman out who isn't currently feeling a lot of attraction for you, then she's more than likely going to reject you.

She might choose to go on a date with you simply because she doesn't want to hurt your feelings but if this is the case, it's not going to feel very relaxed and probably a bit awkward.

2. Is there any sexual chemistry between you and her?

[image: No sexual chemistry]

Going on a date with someone who is really only interested in being friends is going to feel weird. The sexual chemistry that is needed to spark a boyfriend-girlfriend relationship just won't exist. You'll feel awkward about telling her how you feel, especially when you realize that she just isn't feeling the same way.

Sexual chemistry happens when both the man and the woman feel sexually attracted to each other, as well as sharing a special, unique connection that excites them. In other words, they seem to "click" in a way that is completely unique to them and is exciting for both of them to experience.

3. Have you been trying to convince her to like you?

Many guys waste weeks, months or even years trying to convince a woman to like them.

For example: He will tell her how good of a guy he is compared to the assholes she has been dating, or he'll tell her how well he'd treat her if she'd just give him a chance.

Yet, women don't respond well to guys trying to convince them to have the type of feelings that should just happen naturally in response to his personality. Watch this video to understand how it works...

4. Does she only see you as a friend?

One of the biggest mistakes that guys make when it comes to asking a woman out, is attempting to become really good friends with her when what they really want is a sexual relationship.

If you want to be a guy that she's interested in dating and having sex with, you need to be the guy that she feels sexually attracted to. If she only sees you as a friend, she might like you and enjoy your company, but liking you is not the same as lusting after you, feeling turned on by you and hoping that you will let her be your girlfriend..

Before asking her out, you must make sure that you switch the dynamic between you and her from "just friends" to a man and a woman who feel a lot of sexual attraction for each other. If you can do that, she will find it difficult, if not impossible, to say no when you ask her out.

There will no reason for her to say anything other than, "Yes" to your offer of drinks, getting something to eat, hanging out at your place, etc. However, be prepared for her to feel a little bit awkward initially, because she has most-likely gotten used to only seeing you as a friend, so she might act like she isn't interested when she actually is.

5. Are you offering her any type of challenge, or are you just completely sold on her no matter how badly she treats you?

Many guys make the mistake of confusing their sexual attraction for a woman, with how much they like her as a person.

In fact, many guys don't even care about a woman's personality or behavior – they just want to have sex with her and get into a relationship with her because she looks good. Yet, that is very boring for women.

Watch this video to understand why women prefer guys who are a bit more of a challenge to impress...

Something that many guys fail to realize throughout their entire life is that women don't always want to experience a straightforward dating process. Women are not men; they live a completely different experience than we do when it comes to dating, sex and relationships.

Even if a woman is sending out signals that let a guy know that she's attracted and interested in being more than just friends, it doesn't necessarily mean that she wants him to ask her out right away. Confused? Well, the bottom line is that women love the thrill of the chase (i.e. the challenge). Women are more attracted to alpha males who have their pick of women, than guys who essentially only have one option with women: Her!

If you ask a woman out before she's had the opportunity to work hard at attracting and maintaining your attention, or earned her place by your side by seeing off all the competition from other women, then you're effectively denying her the thrill of the chase and you're making yourself a much less appealing catch as a result.

Many guys don't like the idea of being a challenge or making a woman chase because they don't want to have to play "mind games." Yet, it's not mind games. It's simply giving a woman what she wants.

If a woman is beautiful, dresses well, does her make up and tries hard to look physically appealing, then she is giving you what YOU want. As a man, you are mostly attracted to women because of their appearance, so you will always feel much more immediate sexual attraction for women who make themselves look sexy, compared to women who can't be bothered to look appealing.

Likewise, women are always going to feel much more attraction for guys who are willing to give her the attraction experience that she wants. If the woman that you like is beautiful, then pretty much every guy would have sex with her at least once, simply based on her appearance.

Most guys don't give a crap what a woman does for a living, what her personality is like or what she thinks about life. If she is hot, the guy immediately wants to bang her.

Yet, that isn't exciting for her. She wants a guy who make her feel the type of attraction that she wants to feel.

Asking a beautiful woman out before she's enjoyed even just a little bit of fun of chasing you, makes you less sexually attractive, appealing and exciting. Remember, an alpha male has his pick of women and she wants to be rewarded for her efforts by winning you (the alpha male) all to herself.

Asking a woman out straight away can make you come across as a man who perhaps doesn't have his pick of women after all, and therefore you're a less appealing catch. A woman wants to be chosen by a man that pretty much all women want to be chosen by, not a guy who is hoping to score with pretty much any half decent woman who will give him a chance.

Knowing how to make a woman enjoy the thrill of the chase makes you a man who knows how to create the exciting feelings that come with sexual tension. You can build up the sexual tension between you and a woman and bring it to boiling point. You can make a woman desperately want to get naked with you and feel you slide inside of her.

You can actually have that skill. You can actually have that power over women.

The thrill of working hard to get your attention and keep it all to herself will make the sexual sparks fly between you and the women you like. When you do it properly, a woman will often be so so turned on by you that she'll be the one asking you out.

Asking a woman out is a very simple thing to do when you display the qualities that make you the type of man that women actually want to be asked out by. Don't make the mistake of trying to get a woman interested in having a relationship with if you haven't yet sparked her interest in wanting to be kissed by you or have sex with you.

Make yourself irresistibly attractive to her and the rest, including asking her out, will all come naturally and easily to you.

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[image]

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Do Men and Women Think Differently?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Whatever your views on the differences between men and women, there's no denying that women are looking at the world through a lens of femininity, while men are looking at it through a lens of masculinity.

Of course, it wouldn't be fair to say that all women think about the same types of things or that all men think in exactly the same way. Generalizing in that way would be far too much of a sweeping statement because some women think, behave and act like men and vice versa.

However, it is fair to say that in the grand scale of things, most women tend to concern themselves with things that revolve around the caring and nurturing aspects of life, while men focus on the providing and protecting aspects of life.

When it comes to dating, sex and relationships though – well, that's a different story altogether because there are a lot of really obvious differences between how men and women approach it.

Watch this video by [Dan Bacon](#) (founder of The Modern Man) to understand 7 ways that most women think, behave and act differently to most men...

The Game of Life

The world has changed beyond recognition since the days of our early ancestors who didn't live in big cities or even little villages, but the basic nature of things has essentially remained the same.

For example: In prehistoric times the men went out to hunt for food while the women stayed behind to care for the children and to keep the fire burning ready to cook the day's catch on their return. The men provided food and protection, while the women provided comfort and care.

In today's world, it's much more common for men and women to share household responsibilities rather than to stick to traditional male and female roles, but recent research has revealed that divorce rates are much higher among couples who share household tasks compared to those who stick to more traditional gender-specific roles.

The current thinking in scientific circles is that breaking away from the tradition of so-called men's work and women's work is causing an imbalance in the sexual dynamic of a relationship and the all-important sexual attraction that exists naturally between males and females is being weakened by the creation of half man half woman individuals.

Men and women do think differently and not only accepting but actively encouraging those differences may hold the key to finding and keeping the ideal dynamic in a relationship.

The Dating Game

Saying that women think about girly things and men think about manly things would be over simplifying things, but that's pretty much how it is. It may sound sexist or whatever, but it's reality.

Take the dating game for example: Most women are thinking about making themselves look pretty

and appealing to men because they are hoping to be chosen by a man for their physical appearance. Women know that their physical appearance is the most powerful way of attracting a man, so they flaunt it.

Itâs for this reason that women spend a lot of time thinking about the clothes they want to wear, the way they want to style their hair, and all the other âgirlyâ stuff that men often find a bit of a mystery.

Yet, when a man tries to use the same approach as women and get chosen for his looks, he often gets rejected. Why? Simple. Women are instinctively wired to feel attracted to guys who have confidence, masculinity and the ability to survive, thrive and protect them.

On the other hand, men are instinctively wired to feel attracted to youthful, healthy, physically attractive women who will produce quality offspring. Even if a guy doesn't want to have children, his desire for a woman is based on what would come out of her if they bred.

Thatâs just the nature of things.Â Men do the choosing based on physical attractiveness and signs of health and women do whatever it takes to make sure theyâre the ones being chosen by an alpha male who will hopefully protect her, provide for her and lead the way to a better life.

Of course, if youâre a guy asking, *âDo men and women think differently?â* your reason for asking might be that your experience of being the chooser hasnât resulted in getting you what you want with women.

You might be seeing beautiful women and choosing them, but they aren't interested. Why could that be? Watch this video by Dan Bacon and you will find the answer...

Letting Her Be the Girl

Getting back to basics, modern women are still instinctively attracted to men with provider and protector qualities.

In todayâs world, a guy no longer needs to be able to bring back the kill to be a provider or to offer protection through displaying superior physical strength and prowess but he does still need to have what it takes to make a woman feel like a woman.

Women are attracted to the alpha male qualities of confidence and masculinity because these are the traits that mark him out as a man who knows how to naturally take the lead in a relationship and in life.

Most women (except those who want to be like men) want to be with a man who knows how to take care of a woman and allow her to be free to think, feel and behave like a woman rather than having to think, behave and act like a man.

When a woman is able to let go and be the girl (i.e. be a feminine woman who is more focused on her emotions, love, your relationship and generally being girly), it creates a sexual dynamic between the man and a woman that keeps the sexual spark alive.

However, if the man and the woman are essentially neutral around each other (i.e. neither very feminine or masculine either way), then the sexual spark will naturally die out between them. There will be no natural magnetism to create the sexual desire.

So, do men and women think differently? Yes, they do, and itâs a good thing. One of the main reasons why you feel attracted to women is that they are not like men, so instead of getting frustrated

about the differences between men and women, just enjoy it.

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How to Tell if a Woman Wants to Sleep With You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you're having to ask, "*How to tell if a woman wants to sleep with you,*" then you're probably looking for a list of signs that signal when a woman is ready for sex.

...but, guess what?

There is no guaranteed list of signs that a woman will display when she is ready for sex. There is a general list, but nothing guaranteed. Why? Not all women show their interest in sex in the same way.

Some women are very open about their desire to have sex and will say things like, "*I'm horny...are you?*" or "*I want you to kiss me,*" but most women aren't. Most women want to feel like sex is your idea and that you are taking the lead. Why?

1. So you will trust her when you get into a relationship.

A woman can get laid very easily. If she is pretty, attractive or even just a little bit sexy, most guys will have sex with her at least once. Many of those guys would also be willing to have a relationship with her.

If a woman meets a guy and she is very easy to have sex with, do you think that the guy is going to be able to trust her later on in a relationship if she goes out partying with her girlfriends? Probably not.

Likewise, if she works with a bunch of men and has to go to work functions that involve alcohol, do you think that her boyfriend (or husband) will be able to trust her? If she was so easy to have sex with when he met her, will she be that easy with other guys if she's feeling bored in her relationship?

It's for this reason that a lot of women don't want to make it obvious that they want to have sex. They would rather that a guy take the approach of making her feel attracted, [flirting with her](#) and then having the confidence to escalate to kissing and sex without her having to make it super easy for him.

2. So she can feel more feminine.

A big part of the sexual enjoyment that a woman feels is the experience of being penetrated by a masculine force. She wants to wilfully surrender into the guy's arms and open herself up to his masculine force.

She wants to be able witness his confidence and masculinity before her eyes as he leads the way from a conversation to kiss and then to sex. She doesn't want to have to guide him along like a confused little boy who is scared to make a move. If she has to do that, she will end up feeling more masculine than him and that isn't a turn on for the majority of women.

You've Got to Have the Confidence to Make a Move

When guys lack confidence around women, they often ask for advice on [how to tell if a woman is interested](#) in them.

They want to know how to tell if a woman likes them before plucking up the courage to make an approach or ask her out, and then the next question on a guy's mind revolves around how to tell if a woman wants to sleep with you because they're afraid of blowing it or getting rejected through misinterpreting what they see as signals that she's interested.

Well, letâs just say that if a woman is into you and sexually interested in you, you wonât need to ask how to tell if a woman wants to sleep with you because youâre going to know.

Sheâs going to send out plenty of signals to let you know whatâs on her mind, and sheâs going to work hard at making sure you get the message. However, the harsh reality is that if youâre feeling unsure of yourself and youâre uncertain about the way women see you or feel about you, youâre not the type of guy that women want to sleep with.

Do You Know How to Trigger a Woman's Feelings of Sexual Attraction For You?

As Dan Bacon (founder of The Modern Man) explains in this video, the real secret to success with women is being able to trigger a woman's feelings of sexual attraction for you. Watch this video to understand how it works...

If you lack confidence in yourself around beautiful women and feel shy and anxious women as a result, most women are going to feel turned off by you. They might like you as a person, but your lack of confidence around them will make it difficult for them to feel enough attraction for you to warrant having sex.

A woman is turned on by a guy who knows how to make a confident approach, and how to engage her in a relaxed, free-flowing, and interesting conversation. She wants to feel relaxed and comfortable in his company, so he has to be relaxed and comfortable in himself to allow her to feel she can safely let her guard down and be herself.

Unless a guy has what it takes to lead the way and naturally escalate a conversation into flirting and effortlessly begin to build the sexual tension, he doesnât have what it takes to turn her on. If youâre feeling so unsure of yourself that you have to ask how to tell if a woman wants to sleep with you, you are not that guy â and sheâs not going to want to sleep with you.

You Can Be The Guy Who Effortlessly Attracts Women

Sexually attractive guys have genuine self-confidence and truly masculine qualities, and the great news is that all guys can develop the qualities they need to be seen as a sexually attractive man in a womanâs eyes, even if they currently feel they donât have them at all.

If you lack confidence and youâre not enjoying the success with women you want as a result, you can change all of that by taking steps to learn how to become a better man and how to bring your natural alpha male characteristics to the fore.

Itâs not about trying to fake it or pretending to be someone youâre not, itâs all about developing the skills and qualities that allow you to become your best self â and an irresistibly attractive guy as a result.

Getting Laid is Not About Being Liked

Itâs not unusual for guys who lack confidence to mistakenly think that a woman liking them as a friend or a person, is the same as a woman feeling sexually attracted to them. Like and lust are two

very different emotions and usually result in two very different outcomes.

For example: A woman can like a nice guy as a friend without feeling any kind of attraction that makes her want to sleep with him. She may appreciate this kind approach to her and like that he respects her, but she's not going to be feeling horny about it.

If he tries to make a move on her after using the nice guy approach, he will then likely get rejected. Why? Watch this video for the answer...

As you will discover from the video above, there is nothing wrong with being nice to a woman. However, being nice to her is not the thing that turns her on. It's not about being a bad boy or treating her badly, but simply about giving her the gift of feeling sexual attraction.

Without sexual attraction, a likeable nice guy is simply a likeable nice guy. However, with sexual attraction, he then becomes a desirable, charming, sexy guy.

So, make sure that you don't focus on trying to be "liked" as a guy in the hope that it will get you laid. Yes, it might work on unattractive women and some drunk women may give you a chance, but if you want to pick up hot women and have sex with them, you must focus on making them feel horny based on what you say and do when interacting with them.

Thinking that being "liked" by a woman will lead to her wanting to have sex with him is a mistake that often leads insecure guys into trying way too hard to be liked, and to behaving in a "girly" way that ultimately makes them less sexually attractive and therefore someone who will never be seen as anything other than a friend.

If you want to know how to tell if a woman wants to sleep with you, then clearly it's more than friendship you want. So, don't act like a friend. Focus on triggering her feelings of sexual desire and she will then become open to sleeping with you.

Women Don't Want a "Yes Man"

When a guy can't get laid, he will sometimes make the mistake of trying hard to please women in any way he can (e.g. doing favors for her, being a shoulder to cry on, buying her things, paying for her rent, etc), in the hope that she feels guilty enough to then reward him with sex.

He will essentially say, "Yes" to any demands she puts out there. If she's being a bitch, he'll just put up with it because he doesn't want to ruin his chance to be around her. If she's taking advantage of him (e.g. getting him to pay her rent, buy her drinks all the time, etc), he'll put up with that too.

She might like having him around as a friend because he does so many favors for her, but she won't want to sleep with him. It doesn't matter how good of a guy he is to her, if another guy comes along and offers her the challenge she desires, she will feel sexually attracted to him and want to sleep with him instead. Why?

Watch the video below to understand why women prefer guys who are more of a challenge to impress...

If a guy is available to a woman at the drop of a hat and does whatever she wants, then he's essentially at her beck and call. Rather than offering her the challenge that all beautiful women desire, he is simply behaving like another typical, horny guy who is hoping to get a chance with her.

A guy might think that being at a woman's beck and call, being a shoulder to cry on, and just generally "being there" for her around the clock will make her fall in love and want to jump

into bed with him. Yet, in most cases, it won't.

Sure, that's often the way things pan out in the movies but it's not the way things work in the real world. Trying too hard and being too nice can make you appear weak, wimpy and desperate in a woman's eyes. None of these traits will turn her on and make her want to have sex with you.

The bottom line is that if sex is what you really want, you need to display the personality traits and behaviors (e.g. confidence, charisma, charm, masculine vibe, humor, etc) that trigger a woman's desire to want to have sex with you.

When you display the qualities that all women are instinctively attracted to, attracting women for sex becomes increasingly easy. Why? Women are more attracted to guys who other women want. When women see that other women find you attractive, it makes them want you even more.

Once you get on the right path with women (i.e. where are making them feel attracted to you, rather than trying to get them to like you), you will find that an increasingly number of women like you, want to be with you and are interested in having sex with you.

If you continue along that path and allow the evidence to build your confidence with women, you will find that the quality of women increases also...

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Picking Up Cougars: Are They Easier Than Younger Women?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The secret to picking up cougars is to make her feel like she's still got it. In other words, let her know that you find her sexy.

As long as you are able to make her feel a lot of attraction for you, she will be excited that a guy like you (who could easily pick up younger women) is interested in her.

The type of traits that turn cougars on are the same as what turns a younger woman, but you really have to put more focus on your masculine vibe. If a cougar gets the sense that you are a masculine guy (in how think, behave, take action, make a woman feel in the bedroom, etc), then she will feel incredibly turned on and excited at the possibility of having sex with you.

So, if you're interested in picking up cougars, make sure that you start by sharpening up your ability to make women feel intense attraction to your personality and vibe.

Why Pick Up a Cougar?

These days, there's somewhat of a growing trend in the dating scene for younger guys to hook up with older women. It's happening in response to a combination of things including the high divorce rate, acceptance of older women being sexual and the fact that a lot of younger guys simply can't pick up women their own age, so they give older women a shot instead.

If a younger guy has a high sex drive and is looking for a woman to let it out on, cougars are often a good option. For instance, some cougars try hard to find themselves a younger guy who has the stamina to keep up with them.

It might be that they've found the majority of single men in their own age group have settled into a quiet life in slippers in front of the fire with a newspaper, or maybe the older guys on the dating scene just come with too much baggage, but whatever their reasons for preferring a younger guy, it's good news for younger guys looking to make the most of what a cougar has to offer.

Cougar Myths

It's not unusual for cougars to be portrayed in the movies and on TV as desperate older women who prey on younger men, getting their claws into them in an attempt to hang on to their youth and give their flagging ego a boost.

Nothing could be further from the truth. Most cougars are not desperate and they don't need a younger man to feel good about themselves, because they could easily have sex and a relationship with a more mature, experienced man if they wanted to.

Thinking that all it takes to attract the attention of a cougar is to be an available younger man is a big mistake. Picking up cougars is no different to picking up younger women or women of any age; women are only interested in a guy who has what it takes to make them feel a deep sexual attraction.

Are You Able to Attract Hot Women Your Own Age?

If you want to be able to pick up hot cougars, you will almost always need to skills that are required to pick up hot young women.

All women are instinctively attracted to guys with strong alpha male characteristics, and while a cougar might be looking for a younger man, she's still looking for the same confident and masculine characteristics that she seeks in any man that she has a sexual or romantic interest in.

For example: If you lack self-confidence and come across as a bit nervous or self-doubting when you approach, you're usually not going to be of interest to a hot cougar - no matter how youthful and handsome you look.

Sure, if you're a really good looking guy, then she might just have sex with you for the fun of it or for an ego boost, but it's not going to be anything more than that. Why? Most women are much more interested in a guy's inner qualities and masculine personality traits than just his pretty face.

Cougars are older women and therefore they're generally women with plenty of relationship experience behind them. They usually know that if a guy is handsome, it doesn't automatically mean that he's going to make her feel intense love, respect and attraction.

Besides, if he was able to do that, he would most-likely be hooking up with younger, hotter women rather than wasting his time with a woman who's losing her youthful attractiveness by the minute.

Cougars usually know what they're looking for and they know how they want to feel in a man's company. In most cases, youthful good looks are not enough on their own to hold a cougar's attention, or any woman's attention.

Unless a younger guy knows how to make a woman feel like a real woman in his presence (i.e. she feels feminine, girly and sexy in response to his masculine charm), he almost certainly won't have what it takes to pick up a hot cougar.

Do Cougars Have Lower Standards Than Younger Women?

[image: Picking up cougar women]

It depends on how attractive she is.

If she is a hot cougar, then she's going to expect to be rewarded by having access to guys who are able to make her (and other women) feel attracted.

[image: Hot cougar]

She knows that she doesn't have to settle for a guy who is not only unable to make her feel attracted, but he can't get younger girls to like him too.

People base their value on the mating market (dating scene) on how much attraction they are able to make the opposite sex feel. For example: If a younger woman isn't attractive, she will almost always have to lower her standards to be able to get herself a boyfriend.

The same applies with unattractive cougars, except that some of them will put on an act of having high standards, which will then trick a lot of younger guys (who could pick up hot, young women if they just knew how to attract women) into trying really hard to impress her.

When the unattractive cougar sees that the young guy doubts his attractiveness to her and is trying extremely hard to hopefully impress her, it actually makes her lose respect and attraction for him, which will almost always lead to a rejection or her getting him to take her out on a series of expensive dates, before he eventually gets to have sex with her.

If she's experienced with men, she will know that his sexual interest in her will only be temporary anyway because he will quickly get bored of hooking up with her aged body. In that case, she will often milk him for all he will give her (e.g. expensive gifts, endless compliments, etc), while she actively seeks to find a real man behind his back.

Most cougars are not easy pickings, so believing that targeting older women is the easy option to get laid, get a girlfriend or get a wife is the biggest mistake you can make.

The truth is, you can attract and pick up very beautiful women of your own age or you can pick up hot cougars, but it all comes down to your ability to trigger a woman's feelings of sexual attraction.

Do you have the skill of being able to trigger a woman's feelings of sexual attraction for you? Watch this video to find out...

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How to Make a Woman Like You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you're looking for advice on how to make a woman like you, it's safe to say that you're not actually looking for advice on how to make a woman like you as a friend, but to like you in a sexual way, right?

Assuming that it's more than friendship you're after with a woman, the first mistake you're making is trying to get her to "like" you as a guy, rather than focusing your attention to turning her on by triggering her feelings of sexual attraction for you.

If you aren't making her feel sexually turned on by how you interact with her, she isn't going to think, *"Wow, he's such a nice guy. I want to start a relationship with him!"* Instead, she's simply going to be switched off around you and will only properly switch on when you begin to trigger her feelings of sexual attraction.

A woman can like a guy as a friend without seeing him as a potential boyfriend...ever. So, if it's more than friendship you want, you need her to feel that she wants more than friendship from you.

If you don't focus on triggering her feelings of sexual attraction, it doesn't matter how long you've "known her" as a friend or how great you get along when you chat; if another guy comes along and turns her on, she's going to be focused on him. It's as simple as that.

[image: Didn't make her feel attracted - friend zoned]

Watch this video to understand how a woman's attraction for a man works and how you can use that to get a woman to like you in a sexual and romantic way...

The Power of Sexual Attraction

[image: The power of sexual attraction]

When a guy wants to know how to get a woman to like him, it's often because he lacks confidence around beautiful women that he wants to have sex or get into a relationship with.

He might feel confident around unattractive women, but when he is faced with intense feelings of sexual attraction for a woman that he likes, he suddenly begins to doubt his attractiveness to her.

Sexual attraction is a powerful thing and you can use it to your advantage. It's not only us men who feel intense attraction for women; women can feel intense attraction for us too. How? Watch this video below to understand how it works...

If you don't actually know how to attract women that you like, it's only natural that you will feel unworthy or self-doubting around them. Yet, doubting yourself and lacking confidence around women (especially beautiful women) is the last thing you should ever do.

Women are naturally attracted to confidence in men, so if you don't have confidence in your attractiveness to women, most are not going to like you in a sexual way. You might be able to attract women that you're not very attracted to, but if you want the hot girls – they require a bit more confidence.

Being Naturally Attractive to Women

There are many traits that a man can display around a woman to trigger her feelings of attraction for him. For example: Confidence, charisma, charm, humor, masculinity, etc.

For now, let's have a look at three of those traits...

1. Confidence

The type of confidence women are attracted to is a relaxed, masculine confidence. You can display this type of confidence via your body language, vibe, conversation and actions.

2. Masculinity

The most attractive type of masculinity to women is a man's thinking, behavior and vibe. Some guys waste years in the gym building up muscles in the hope that women will be amazed by their physical masculinity and overlook their lack of emotional masculinity (i.e. determination to succeed, unrelenting belief in himself, confidence around alpha males, etc).

Yes, women can feel attracted a man's physical masculinity, but if he doesn't have the mental and emotional masculinity to back it up, she will quickly lose interest. A woman instinctively knows that in today's world, big muscles don't always equal success, happiness and a great life. A muscular body may look good, but it's not very useful for succeeding in today's world.

True masculinity is demonstrated through the strength of man's character and not physical or muscular strength. A man's emotional strength and ability to make a woman feel like a woman that makes him the most sexually attractive to her initially and in the long run.

3. Social intelligence

The same type of instinctive sexual attraction that women feel towards truly confident and masculine men is also felt towards men with social intelligence. Social intelligence is a key indicator of a man's potential to succeed in modern life.

A man with social intelligence has the type of qualities that make him genuinely "likeable" and therefore someone other people are keen to be friends with. Being sociable and having the kind of charismatic charm that draws people towards him makes him a guy who generates an almost primal sense of "want" in a woman.

Back in the days of our prehistoric ancestors, a man needed the trust and friendship of other men simply to be able to survive when times were hard. Women instinctively wanted to be chosen as a mate by this type of man because he had what it took to offer her and their offspring the best chance of survival.

In today's world, a man with the natural ability to form friendships and gain the trust of other men still generates a deep sexual attraction in a woman, and she still wants to be the woman he chooses.

A man doesn't have to be hugely popular or have loads of friends to trigger a woman's feelings of sexual attraction, but he does need to display the type of social intelligence that suggests he is likeable and could make friends easily. That is what counts.

Where GuysÂ Go Wrong

Wanting to be liked by a woman is a mistake if you really want a woman to lust after you and want to have sex with you or be your boyfriend.

To want to have sex with you, a woman needs to feel sexually attracted to you, and that means she needs to see you as a guy who has all of the qualities sheâs looking for in a man. If she sees you as a friend, she might like you, but sheâs not going to feel the attraction needed to want to be more than just friends with you.

This means that trying hard to be liked by a woman or trying hard to be best friends with a woman is an approach thatâs going to backfire. If you want a woman to like you, you need to be a likeable guy, but if you want a woman to be sexually attracted to you, you need to be a sexually attractive guy âs thereâs a big difference.

Being at a womanâs beck and call or always âbeing thereâ for her at the drop of a hat might make you a guy she loves to have around as her best friend, but sheâs also going to see you as a guy who doesnât have anything else going on in his life other than her.

Some guys think that being a woman's best friend will show her how much he cares, which will then lead her to realize that he is the man for her. Yet, that's not how it works with hot women. Sure, unattractive women may go for that, but not the hotties. Hotties have options and they choose a guy based on how much sexual attraction he makes her feel, not how nice he is as a friend.

The same applies if you behave in a âgirlyâ way around a woman you like in an attempt to be liked more by her. The problem with this is that behaving this way makes you âone of the girlsâ and not a sexually attractive man that sheâs going to lust after.

Pretending to want to be âjust friendsâ when you secretly want more is also a mistake.

Women are experts at reading body language and if she senses that itâs more than friendship youâre after and sheâs not feeling the same way, sheâs going to feel awkward in your company and may well try to avoid you rather than risk having to hurt your feelings.

How to Make a Woman Like You More Than â Just Friendsâ

If you want to know how to get a woman to like you in a way that could lead to being more than just friends, you've got to focus on triggering her feelings of sexual attraction.

When a woman feels sexually attracted to you, she will then really appreciate the fact that you're also a good guy. However, don't expect her to get wet and feel horny in response to you being nice. That's just not how it works.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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How to Score With Women: The Right Way to Do it

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your aim is to hopefully score with a woman who is nice enough to give you a chance, then you're approaching it all wrong.

Instead of thinking, "*How can I score with women?*" you should to change it to, "*How can I make a woman feel lucky to score with me?*"

Why? Most guys in this world are willing to have sex with pretty much all of the attractive women they see. It's very easy for us guys to be sexually interested in a guy because much of our attraction to women is based on how they look.

Women know this.

They get it.

[image: Willing to have sex with her just based on appearance]

If a woman is pretty, attractive, sexy or even just decent looking, she will have gone through most of her life being looked at, hit on and asked out by guys who are willing to be her immediately.

The guys don't even care about her personality or who she is as a person – just on her looks alone, they are willing to have sex with her, go out on a date with her and even get into a relationship with her.

This is one of the main reasons why if you're looking for the answer on "How to score with women," you need to focus on making the woman feel lucky to be scoring with you. In other words, you need to be a bit more of a challenge...

As long as you can make a woman feel a strong attraction for you (i.e. by being confident, having a masculine vibe, being charismatic, making her laugh, etc), she will automatically become sexually interested in you.

If you can then connect with her and get her feeling like she would be lucky to have sex with you or be your girlfriend, then she will become romantically interested in you.

Attracting women and then picking them up for sex is actually very easy to do because most guys do not have the skill set or the awareness of the reality that women live in. When a typical guy meets an attractive woman, he essentially behaves like pretty much every other guy that she's met prior to him.

In other words, he feels attracted to her and is romantically and sexually interested in her immediately, even if she isn't doing anything to impress him other than look good.

He will then try hard to impress her (e.g. by being really nice) and hope to get a chance with her.

Going through that process with a guy is very boring and typical for a woman, so when you can offer her something more exciting, you will find it incredibly easy to score with women.

How Do Normal, Everyday Guys Score With Women?

When guys are looking for advice on how to score with women, they're often confused by the fact that they see ordinary-looking guys (perhaps guys they see as being less attractive or uglier than they are) with women falling all over them.

Yet, despite their looks, good job, nice clothes and good intentions with women, they are struggling to get any kind of attention from women or to get themselves a girlfriend. Naturally, guys in that position want to know what those ordinary guys have got that they don't have.

[image: Ugly guy has a baby with a beautiful woman]

[image: Black guys with white women]

[image: How is this possible?]

[image: Everyday couples]

[image: Asian guy with white girlfriend]

[image: Ugly guy with hot cheerleader girlfriend]

[image: Guy with a weird nose with a beautiful girlfriend]

[image: Guy with big ears with beautiful girlfriend]

[image: White man marrying a black woman. Asian guy marrying a black woman]

[image: Fat Asian guy with pretty girlfriend]

[image: Asian guy marrying pretty white girl]

[image: Fat guys with pretty women]

[image: Fat men marrying beautiful women]

Scoring With Women is Not All About Looks

As [Dan Bacon](#) explains in the video below, there are some women who will only accept a perfect looking, male model type of guy with loads of money. That is true.

However, what most guys don't realize is that the majority of women have what Dan calls an "Open Type," which means that the woman is open to being with all different types of guys, as long as the guy can make her feel enough attraction for other reasons (e.g. his confidence, charisma, masculine vibe, flirting, humor, etc).

One of the biggest myths surrounding what it takes to score with women is that it's all about looks. TV ads, billboards, glossy magazines, and movies all perpetuate the myth that women are only interested in "good looking" guys who kit themselves out in all the latest trendy designer gear and look like they've just stepped off the front cover of a men's magazine.

This is simply not the case in reality. You only need to look around you at those ordinary guys with beautiful women on their arms to realize that having the right stuff to attract women goes way beyond looks alone.

In the real world, most women are not looking to score with the best-looking guy they can find because they instinctively know that a guy's looks is not his most important attribute. In terms of a guy being able to survive, thrive and protect her, he needs to be able to have confidence, masculinity and social intelligence, rather than just a pretty face.

Most women are looking to score with a guy who has the inner qualities it takes to make them feel a deep and instinctive sexual attraction that is based on survival, rather than on the temporary attraction to looks.

Scoring With Women is Not All About Money

Another popular myth is that ugly guys who attract beautiful women must have loads of money.

This myth is readily believed by guys who consider themselves to be at least average-looking if not above average but still can't get themselves a girlfriend, and this is simply because it would appear to explain why those other guys get all the attention instead of them. Yet again, this is not the case in reality.

Just as most women are not attracted to a guy by his looks alone, they are also not interested in a guy because of what he is in terms of financial wealth, material possessions, or fame. Yes, some women are money hungry whores and gold diggers, but the majority of women are much more flexible with what they find attractive about men.

Most women are more interested in who a man is on the inside (i.e. his personality, his determination to succeed, his self-esteem, etc) and his potential to possibly succeed in life at some point.

Most women do not expect a guy to already be successful in life in order for him to be attractive.

Most women can feel just as much attraction for a guy who seems like he has the potential to succeed, as they do for a guy who is already successful.

If you don't understand that, you will likely go through your life feeling as though you're not good enough for women. The fact is, if you are a good guy, then you ARE good enough for most women. All you need to do is simply improve your ability to trigger feelings of sexual attraction inside of a woman when you meet her and most women will be interested in you.

Where Guys Go Wrong

Here's a couple of examples out of millions of guys who are struggling to score with women...

Jed's story...

Jed got sucked in by the advertising hype he was constantly being bombarded with on TV and billboards and he made the decision to get himself a "makeover" in an effort to make himself more attractive to women.

He spent a fortune on designer clothing and shoes and then devoted an entire day to getting his hair restyled and undergoing every imaginable kind of male "plucking and preening" process in a health spa. He then spent another small fortune on buying the recommended male grooming products to help him maintain his new super-smooth, Metrosexual image.

He looked good, he smelled good and he felt good, so he set off downtown with a spring in his stride. Jed noticed that women were noticing him a lot more. With his new-found confidence in his appearance he felt he was guaranteed to score, but he was wrong.

Jed felt more confident about his appearance on the outside, but when it came to approaching women he liked, he realized that he was no more confident on the inside. He still lacked the ability to

confidently talk to attractive women and make them enjoy being around him. He looked good to women, but he didn't make them feel good, so he didn't score.

His shyness and anxiety made women feel awkward in his company and their interest in him was short-lived.

Dave's story...

Dave noticed that beautiful women always seemed to gush over the male actors in Hollywood movies, even though those men weren't necessarily model material. He assumed that if he could just copy their behavior and repeat some of their cool lines around girls, then he would finally be able to score with women.

This was a big mistake on many levels because the guys in movies are actors, not real people and the lines they use are scripted. The reactions from the actresses in the movies suggests that what the guy is saying is cool and attractive, but the actress is simply acting.

Real women living in the real world can see when a guy is attempting to hide his insecurities behind a weird, confident front. If the words that he is saying seem awkwardly scripted, he's going to be rejected by most women that he tries it on...and that's exactly what happened to Dave.

Women saw right through him and they rejected him. Most women don't want to accept a guy who doesn't believe that he is good enough "as is." When a guy feels the need to put on a fake front to hopefully try and impress a girl, she will usually notice it and reject him.

The Right Way to Do it

Those ordinary guys you see with women falling over them know something that you don't know. They know what really turns women on and they know how women think. They know that women love the thrill of the chase and they know that women want to feel lucky to have scored with a man that all women want to score with.

If you are just starting out and want to be able to score with hot women, you need to begin by improving your ability to trigger feelings of sexual attraction inside of a woman. Watch this video to understand how it works...

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[image]

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[image: Dan Bacon]

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Why Don't Women Like Nice Guys? Fact Vs. Fiction

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you consider yourself to be a nice guy and you've also been rejected by a lot of women, you have come to the conclusion that women don't like nice guys.

If you've also seen women lusting after guys that you consider to be bad boys, then it's only natural that you might ask, "*Why don't women like nice guys?*" and "*Why do women like jerks and bad boys?*"

Watch the video below by [Dan Bacon](#) (founder of The Modern Man, author of The Flow and a nice guy who get laid) to understand why some nice guys get rejected and other nice guys don't...

As Dan explains in the video above, there's nothing wrong with being a good guy or being nice to women. The problems occur when you are not saying or doing anything to trigger feelings of sexual attraction inside of a woman and are simply hoping to be "liked" enough for being such a good guy.

Being nice to a woman doesn't make her wet, but triggering her feelings of sexual attraction does. When you trigger a woman's feelings of sexual attraction, she really appreciates the fact that you are also a nice guy. However, if you don't make her feel attracted to you, most women won't care that you're nice guy because it's not what makes them feel sexually interested in a guy.

Are You Too Nice to Women That You Want to Have Sex With?

If you consider yourself to be a nice guy, then you're probably confused by the idea that it's possible to be too nice, right? So let me explain: there's absolutely nothing wrong with being a nice guy, but to be sexually attractive to women, a guy must also be confident, masculine, and alpha. If you're a nice guy who is also shy, nervous, and intimidated by women, or you put women on a pedestal and try way too hard to liked, you don't have the qualities it takes to be seen as a sexually attractive man.

With this in mind, women might like a nice guy as a friend but to be seen as a potential boyfriend, a woman needs to feel sexually attracted to him. Like and lust are two very different things.

Women do like nice guys, so if you're asking, "*Why don't women like nice guys?*" it can only be because you've experienced rejection or you're finding that women are not responding to you in the way you want them to.

With this being the case, getting the results with women you want rests on switching your focus from, "*Why don't women like nice guys?*" to, "*Why don't women like me in the way I want them to?*"

Fact Vs. Fiction

In the movies, women seem to fall for the "bad boy" every time. The guy who treats her badly is initially favored over the "nice guy" who is always there for her and provides a

shoulder to cry on whenever her latest jerk of a boyfriend does something to upset her.

If the nice guy is able to save the day, save the girl or save the world by the end of the movie, she will then fall in love with him for being so confident and brave. However, if that isn't the storyline, the nice guy will simply be her whipping boy.

He will be constantly doing favors for her and essentially be at her beck and call around the clock. Whenever she needs help with anything, he's there; whenever she needs someone to talk to, he's there on the end of the phone, and whenever she needs her ego boosted, he's there with some heartfelt words to make her feel better about herself.

She says things like, *"You're the nicest guy I know,"* or, *"I'm so lucky to have you as a friend,"* or, *"The girl who gets you as her boyfriend will be the luckiest girl in the world."* Huh? If she's thinking all of that, why is she chasing after the "bad boy" who keeps breaking her heart instead of falling in love with the nicest guy she knows?

Well, let's just say that movies are responsible for most of the confusion guys feel over what women are looking for in a man and what they really want in a relationship.

In movies where the "bad boy" gets the girl and the "nice guy" loses out, the bad boy is always the ridiculously good-looking guy with a rugged jawline and rippling muscles while the nice guy is always the squeaky-clean puny guy who is also a bit of a nerd.

It's no wonder that this leads guys into believing that all the advertising hype they're bombarded with is true and that women really are only interested in how a guy looks.

This can make a "puny guy" think that hitting the gym will make him more attractive to women, or it can make a "nerdy guy" think that getting himself a new, trendier look with some designer clothes and an updated hairstyle will boost his attractiveness, but none of this will change anything that actually matters.

Real women in the real world are instinctively attracted to confident, masculine, alpha males, and the way a guy looks on the outside is of no importance compared to who he is as a man on the inside.

You might look like you're straight off a Hollywood set but if you don't have what it takes to approach women in the confident way they like to be approached and you don't have the type of mental and emotional masculinity it takes to make a woman feel like a woman in your presence, you don't have what it takes to make her feel the sexual attraction it takes to make her want you.

Of course, it's not unusual to find the storyline in many movies leads to the beautiful woman finally realizing that the guy she's been in love with all along is the "nicest guy she knows" and she jumps into bed with him and they live happily ever after! Believe me, this is not going to happen in real life.

Women are not turned on by guys who put them on a pedestal or throw themselves at their feet and they're not sexually attracted to guys who have nothing else going on in their lives other than being "best friends" with them or being "one of the girls"!

Why Don't Women Like You in the Way That You Really Want Them To?

[image: Why don't women want to have sex with you?]

Do you know the answer to that question?

Another way to ask you that question is: Why don't women want to have sex with you? Why do they only see you as a friend or as another nice guy to overlook, while they go ahead and have sex with a guy who isn't as good of a guy as you are?

Simple...you're not turning them on. You're just being the good guy that you are and expecting that women like you enough for that to "give you a chance" to be with them. That's not how it works. You've got to turn her on and when you do that, she will then appreciate the fact that you're a good guy.

If you're asking, *Why don't women like nice guys?* because you're a nice guy and women keep overlooking you, you need to change what has preventing you from enjoying the success you want. There's nothing wrong with being nice to a woman, but are you being too nice and hoping that it's enough to get you the girl?

The ideal type of man for most is a good guy who is also confident, masculine, and generally cool and good fun to be around. Do you have those qualities, or are you just a "nice" guy?

If you want women to take you seriously, you have to take their wants and needs seriously. Women want you to trigger their feelings of sexual attraction and when you do that, they will then take you seriously.

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[image]

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“Women Are Too Picky!”

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you’ve been finding that women are too picky, then you either haven’t been meeting enough single women or you haven’t been making them feel enough attraction for you when you meet them.

Yes, some women are very picky and will only accept a perfect male model with loads of money, but as you will discover by watching the video below, most women are much more flexible about what they find attractive in a guy...

Most women are not too picky, but it can definitely seem that way if they aren’t picking you. You know that you’re a good guy and that a woman would be lucky to be with you, but you just aren’t making them realize that.

Making a woman realize that you’re an awesome guy and that she’d be lucky to be with you is not done through convincing her with words.

Instead, it is done by triggering her feelings of respect and attraction for you as a guy. Once a woman feels respect and attraction for you, she will then look at all of your other great qualities (e.g. you’re smart, you’re a good guy, you have good intentions with her, etc) in a more positive light.

However, if she doesn’t feel respect and attraction for you as a guy, it won’t really matter to her that you’re a smart, kind-hearted guy with good intentions.

Are Women Only Interested in Good Looking, Rich Guys?

Unfortunately, guys who adopt a negative attitude and believe women to be too picky also fall into the trap of believing that women are only interested in a guy’s looks, wealth, or material possessions.

They’ll carry a chip on their shoulder over not having movie star good looks; or being shorter than average; or not having a muscular physique; or not having the finances to fill their closet with designer clothes and shoes, and the list goes on.

They assume that women overlook them or reject them because they don’t have all of the above listed things, but this is a big mistake, and if it’s one that you are making, it’s time for a reality check.

You only need to take a look around you in any social environment to see men of all shapes and sizes with beautiful women, even guys you see as ugly in some way, so what is it they have that you don’t have; why are women picking them and not you?

It’s quite possible that you believe a beautiful woman would only be interested in an ugly guy if he has a big bank balance (or a big something else) but if that’s your attitude, you really need to let it go because it’s the only thing standing in the way of being able to enjoy the success you want with women.

Yes, there is a small percentage of shallow women out there who will only accept a guy who is super rich and perfectly good looking. Yet, most aren’t that shallow.

Most women are not attracted to a guy purely because of how he looks, what he’s wearing, how his hair is styled, what car he’s driving, or even how fat his wallet is. The majority of women

(95%) simply aren't that shallow.

Sure, if a guy is successful in life and has a "look" that really suits his personality, then that's cool, but other than making sure he's clean and not looking like he just crawled out from a hole in the ground, it's not his outer appearance that decides his attractiveness in most women's eyes.

Most women are attracted to who a guy is in terms of his personality and character traits, not what he is in terms of his looks or material possessions. The essential qualities and characteristics women are looking for in a man are things like: Confidence, masculinity, charm, charisma and the ability to make her laugh and smile.

In other word, good looks can only get a guy so far. A guy might look like he's just stepped off the front cover of a magazine, but if he doesn't have the type of personality that naturally attracted women, he won't be able to hold the attention of most women for very long.

Are You Making Women Feel Enough Sexual Attraction For You?

Women are not overlooking you because they're too picky, but because they aren't seeing enough the attractive qualities that they're looking for in a man when they interact with you.

If you have hang ups and insecurities about your outer appearance, the chances are this will lead to behaving in a shy, awkward, and insecure way. It's your attitude and behavior that's turning women off, not your height or your hairstyle.

Women are instinctively attracted to alpha males; men with confidence, masculinity, and a sense of purpose in life. Modern women are much more independent than in previous generations and this often results in the need to be "tough" in everyday life.

It's having to behave in a more masculine way and having to suppress their natural femininity that makes a modern woman long to meet a man who has what it takes to make her feel like a woman.

They want a man to have strong alpha characteristics because being alpha makes him mentally and emotionally strong enough to naturally take the lead in a relationship, allowing a woman to let her guard down and relax into being truly feminine.

If you lack self-confidence and you behave in a shy, anxious way around women, or you try way too hard to be liked as a result, you're not showing yourself to be the type of guy they want.

If you have genuine self-confidence, true masculinity, and social intelligence, you have qualities that make you stand out as a guy who knows who he is and what he's about in life, making you a sexually attractive guy in the process.

When you develop the alpha qualities that allow you to feel secure in yourself as a man and secure in what you've got to offer in a relationship, you become a guy that all women want and certainly not a guy who thinks women are too picky.

If women aren't picking you at the moment, you change all of that by becoming a much more sexually attractive man. All of the qualities and characteristics women are looking for in a man can be learned, developed and put into practice to make you an irresistibly attractive man who effectively has his pick of women.

Modern women are looking for a man with qualities that make him stand out as a **real man** in their eyes, so in this sense you could argue that women are too picky, but only because they're holding out for the alpha male they want and choosing not to make do with a lower ranking male.

Being an alpha male is not about being a bad boy, jerk or asshole. It's about being emotionally strong and secure in who you are as a man and what you've got to offer. It's about having unrelenting belief in yourself that allows you to take action and achieve whatever you want to achieve in life.

What we teach here at The Modern Man is about how to be a good guy alpha male who is not only naturally attractive to women, but also the type of guy that other men respect and people want to be friends with. You can be that guy.

You can be the guy that most women find attractive. When you develop the ability to attract women, you can be the guy who says, *"Women are too easy"* rather than saying, *"Women are too picky."*

How? Click around here at The Modern Man and we'll teach you quick and easy ways to get what you want with women...

×

[image]

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Iâ€¢â€¢ve Always Felt Like an Outsider

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Does the idea of being the center of attention in a social situation make you breakout in a cold sweat?
Are you the kind of guy who:

- Thinks to himself, *â€¢â€¢Iâ€¢â€¢ve always felt like an outsider who doesnâ€¢â€¢t â€¢â€¢fit inâ€¢â€¢ in social situations.*â€¢â€¢
- In social situations, hangs back in a corner watching everyone else talk, have fun and chat up all the hot girls?
- Focuses on his feelings of nervousness and insecurity around groups and around women, which only makes him feel more introverted and left out.
- Watches in frustration as the girl he wants flirts and laughs and hooks up with some other guy.
- Appears lonely and uncomfortable.
- Wishes he knew how to overcome his feelings of â€¢â€¢feeling like an outsiderâ€¢â€¢ so that he could hang out, have fun and chat to women like all the other guys around him, instead of missing out and going home alone night after night.

[image: Why don't I fit in with people?]

Well believe it or not, youâ€¢â€¢re not alone in feeling this way. Many guys feel like this. However, feeling like an outsider is not something you have to live with. If it is something that is making you unhappy, itâ€¢â€¢s within your control to change it.

Why? You can control how you feel. Your happiness, confidence and self-esteem is something that you not only can control, but something that you must control. You have to take charge of your mind, rather than letting it work against you.

The Power of Your Mind

Your mind is a very powerful thing and you can use that power against you, by telling yourself, *â€¢â€¢Iâ€¢â€¢ve always felt like an outsider and I just donâ€¢â€¢t fit in with othersâ€¢â€¢* every time you go out. Or, you can use that power constructively by looking at social situations as an opportunity to develop your confidence.

[image: Why do I feel like an outsider?]

Once you fully understand that how you feel in social situations is entirely up to you, the way you interact with others will also change. Ultimately, you need to understand that you don't have to be included into everything that everyone else is doing, but when you are in social situations, how welcome you feel is usually based on your perception.

If you behave as though you don't fit in or are not welcome, most people won't come to your rescue and beg you to fit in with them; you've got to assume responsibility for your acceptance into the group and just assume that you fit in.

Even the most popular people in the world are not included in on everything.

For example: Take a famous actor, although he might feel really comfortable on a movie set, at the

Oscars or at a party with other actors and movie people, he might feel like an outsider at a sports game, at a dinner with business people or academics, etc.

However, rather than say, *“I feel like an outsider,”* if he just assumed acceptance and didn't see himself as an outsider, he could fit in if he wanted to. You can do that too.

You don't have to force yourself to fit into everything. Be who you want to be, but keep an open mind to potentially include yourself in things that you currently feel like an outsider with.

5 Things That Will Help You Fit In With Others

Changing how you feel in social situations is simply a matter of making small changes inside yourself. Here are 5 things that you can develop or do, that will help you feel more comfortable in social situations.

1. Be attractive to women

Nothing fixes a guy's social insecurities more than being able to attract women. When a guy has the skill of being able to trigger a woman's feelings of sexual attraction for him, it automatically makes:

- Other guys respect him and want to be his friend.
- Women behave nicely towards him.
- Him feel more confident in his value to others.

Do you have the skill of being able to attract women with your personality when you interact with them? Watch this video to find out...

2. Display confidence.

If you work on nothing else, work on developing your self confidence. Being confident is the most important thing you'll ever do for yourself. Self confidence will help you fit in, it will help you achieve goals in your life, it will help you progress in your career, and it will help you attract the best women. Confidence is a pretty simple thing to have too.

Consider this: Most people feel a small amount of confidence with many things in life and a large amount of confidence with some things. For example: If you're a really great video game player, when you play with other guys you will feel confident about your abilities and you will fit in, right?

If you're really good at a sport, when you're competing you feel really confident, right? So if you can feel a little bit confident in some situations, then you can build on that confidence and make yourself feel a lot of confidence in all situations.

Confidence is essentially about you having belief in yourself, which is something that you can choose to have or not. Some guys decide to believe in themselves, while other guys decide to doubt themselves.

3. Be a great conversationalist.

Probably one of the easiest ways to fit in is to be a great conversationalist. Being able to participate in a conversation in an enthusiastic and interesting way is the surest way to be accepted and also to make you feel more relaxed and comfortable.

If you can be interesting and funny, people will naturally be drawn to you. Also being the kind of

man who can have his say is attractive to women, which adds to his credibility amongst other men. The biggest mistake guys who feel like an outsider make, is to shut off and shrink into the shadows during a conversation. Remember: People are involved in their own lives. Theyâre not going to make the effort to include you if you donât make the effort yourself.

4. Be more assertive.

If youâve had a bad experience in the past, like you got ignored when you tried to join in, in a conversation, itâs easy to begin believing that itâs going to happen every time. Eventually you can start anticipating rejection and rather than it happening, you end up shutting yourself off.

However, thatâs not going to help you fit in. In fact, if you repeatedly stay shut off from others, they will begin to see you as the kind of guy who doesnât want to join in and they will naturally ignore you (because they think thatâs what you want).

The best way to stop feeling left out is by making the effort to participate. If someone is rude, unfriendly or tries to shut you out of the conversation, just be assertive (in a loving, non-aggressive way).

Let that person know that you have something of value to add to the conversation and have your say. Youâd be surprised at how much respect this type of behavior will get you and how suddenly people will want to include you in their group.

5. Donât try so hard.

Guys who say, *âIâve always felt like an outsider. What am I doing wrong?*â often donât realize that by trying too hard to be liked and to fit in, they end up being seen a burden for people to carry.

Most people are emotionally bogged down with their own life and their own problems, so the idea of having to pick someone else up and make him feel better about himself is hard work. People donât have the time or the inclination to build you up emotionally so that you can become their friend.

To be accepted as a friend you have to bring value to others. If you can do that, you will naturally be accepted. However, if you donât feel like youâre valuable to others (i.e. you feel like you donât fit in), itâs natural to want them to carry the slack and accept you regardless of you not being able to âbring anything to the tableâ so to speak.

To change all this and to become more attractive to others, you have to be emotionally strong and secure in who you are, which is something that we can teach you how to do here at The Modern Man.

Open the Door and Step Inside

You can carry on going through life saying, *âIâve always felt like an outsiderâ* and feeling lonely and left out, or you can decide right now that you want to change all that and become the kind of guy people want to hang out with because you know how to make them feel good about themselves and because you bring value to their lives.

Right now maybe you canât see how you can do that, but with our help, not only can you make a bunch of new friends, you can also meet the perfect woman for you. Before you know it youâll wake up one morning and realize that life is great and that youâre no longer looking in from the

outside.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Meeting New Women After a Break Up

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Meeting new women after a break up can be challenging, especially if a guy has been dumped and has now lost a lot of confidence in his attractiveness to women.

Although one of the best ways to get over an ex girlfriend, fiancée or wife is to begin meeting and having sex with an even better, hotter woman (or women), this isn't going to happen if you're still feeling emotionally damaged from the break up.

Right now, you might not be feeling confident enough to approach the types of women that you find attractive. If not, watch this video!

Trying to Meet New Women Before You've Reconnected With Your True Confidence

[image: Reconnect with your confidence before trying to meet new women]

Women are attracted to confident, masculine, mentally and emotionally strong men, but if you've come out of your relationship lacking self confidence and feeling nervous and shy, you will usually only attract the type of woman who is looking for a weak, insecure guy that she can control.

In other words, unattractive or manipulative women that are going to be no good for you and will simply waste your time. You don't have to accept second best, but either do the hot women that you really want.

The hot, sexy, beautiful women that would be a good enough replacement for your ex are usually going to be too much of a challenge for a guy who has been emotionally beaten up after a break up. So, before you go out meeting new women, make sure that you rebuild your confidence so you are emotionally attractive to hot women.

For example: If you meet a hot woman, you have to understand that she is used to guys hitting on her and hoping to get a chance. Yet, what she really wants is a guy who is confident enough to be a challenge...

Moving on From an Unhappy Relationship

[image: Moving on from an unhappy relationship]

If you're looking to meet new women after getting out of an unhappy relationship, then you're most-likely feeling excited about the idea of having sex with new women.

However, before you attempt to meet new women, make sure that you brush up your ability to trigger feelings of attraction inside of a woman when you meet her. You've likely lost a bit of your mojo and probably aren't as good with the ladies as you used to be...or are you?

Watch this video by Dan Bacon (founder of The Modern Man) to determine your level of skill when it comes to attracting new women and keeping a woman attracted when in a relationship!

Bouncing Back to Become an Even Better Man

You don't have to let the break up destroy you, eat away at your confidence or waste anymore of your life.

You can use this break up as an opportunity to become an even better man that you already are. You can do this by:

1. Reconnecting with your powerful, masculine confidence

As a man, you need to make sure that you never let anyone or anything take away the powerful, masculine confidence that you've been born with.

Every man can connect with it, but most guys don't—especially after being dumped or broken up with by the woman they love. Instead, they go into their shell and disconnect with their true, masculine power.

No matter what you think of yourself right now, what you need to know is that you are a lot more powerful, confident and masculine than you've been letting yourself be lately.

You know that deep down, you are a strong man and you do deserve to be loved, cherished and adored by a beautiful woman (or women). You know that you're good enough.

Yet, being dumped or going through a messy break up (i.e. breaking up and getting back together several times, being cheated on, etc) can be a definite confidence killer for most guys. When a woman says things like, *"I don't know what I ever saw in you!"* or, "I feel nothing for you anymore" or *"You're the worst thing that ever happened to me!"* it's natural to feel hurt.

Regardless of how you hurt you feel or what doubts you have of yourself about women, you need to get over it—and fast.

If you approach women with feelings of insecurity, it will clearly come through in your body language, conversation and behavior and they will be turned off by you.

Women might not be able to explain why they feel turned off, but something just won't feel right about you. You might be able to put on a brave face and act confident and sure of yourself, but something will be off.

2. Learning from your past mistakes

No matter how bad your break up was, or how much of it was your ex's fault (even if she cheated on you), part of the responsibility rests with you.

There was most-likely something (or a lot of things) that you said or did to her that ruined her love, respect and attraction for you.

If you are unsure what type of emotional process your girlfriend (fiancée or wife) went through before ending the relationship, watch this video by Dan Bacon (founder of The Modern Man and creator of Get Your Ex Back: Super System).

Can you relate to any of the relationship mistakes outlined in the video above?

If so, the best thing for you to do is learn from your mistakes and become an even better man that you are right now.

For example: If you were clingy, insecure or got to a point where you were unable to control your jealousy in the relationship, you need to work on fixing that otherwise you will keep repeating what

happened with your ex in future relationships.

By fixing the issues that caused your ex to break up with you, not only will you become more attractive to new women, you will also become a better man than you already are today.

3. Leaving the past behind

Meeting new women after a break up means that you have to start with a clean slate. You have an exciting opportunity to start afresh and do a better job at attracting the right woman and then keeping her when you get her into a relationship.

Are you ready to leave her behind, or do you want to get her back? If you are ready to leave her behind, then disconnect from your feelings about her and start afresh with a new woman (or women).

One of the biggest mistakes guys make is to bring their relationship baggage to every new interaction they have with new women.

For example: A guy might approach a woman and as soon as heâs made it past the initial pleasantries, he starts boring her with stories about his ex, what a bitch she was and how she broke his heart.

Sometimes, a woman will listen out of politeness, but listening to stories about his ex and how broken he is without her is not going to be a sexual turn on for her.

She will usually then make an excuse to leave that goes something like, *âUmm, I need to go to the bathroom...I might talk to you laterâ* or *âMy friends are waiting for me so I need to go nowâ* or *“I have to go now, but I hope things get better for you”* and sheâll get away from him as quickly as possible.

Another example of hanging onto the past is to look for women who remind them of their ex.

Some guys will say they want to meet new women, but when the opportunity presents itself they make all sorts of excuses why it wonât work out, *âOh, but sheâs not my type. I only date blondes like my ex Linda,â* or *âSheâs really pretty, but Tanesha was much prettier,â* etc.

By placing these types of ârestrictionsâ on new relationships, guys like that are setting themselves up to fail by only seeking to find a woman who is almost exactly like their ex.

If you can relate to that, hereâs what you need to know...

The love and attraction that you experience with each woman will be different. Sometimes the love is amazing, but the attraction just isnât there and sometimes you feel attracted to a woman, but you donât really want to fully love her. Other times, everything clicks into place and you truly love, respect and feel attracted to the woman.

The only way to find the women who truly meet your standards and make you feel the way you want to feel, is to experiment by having sex and new relationships with many women.

Itâs much better to do it that way than hoping to get lucky and then trying to make it work with an incompatible woman. If you want a relationship to last, you have to find a woman who is truly compatible with you and you also have to be able to deepen her feelings of love, respect and attraction over time.

You may get lucky and find your perfect girl the next time you meet a woman, but if you donât find her â donât worry. Keep meeting and having sex with new women and you will.

This is Your Chance to Starting a New, Even Better Life

A break up isn't always easy to deal with, but although it can leave you feeling emotionally bruised, it can also be a great opportunity in disguise.

If you use what happened in your relationship to work on yourself and become the kind of man you always wanted to be, you will not only get through the break up more smoothly, but you will also improve your life in the long term.

Meeting new women after a break up will be a pleasure for you because you will have the skills to attract high quality, beautiful women rather than have to settle for what you can get, or hope you'll get lucky one day.

Don't waste another day of your life thinking that you can't have a beautiful woman in your life or that you don't deserve one.

You can have a beautiful woman as a lover, girlfriend or wife and it all comes back to your ability to attract women when you meet them. The better you are at attracting women, the easier it is going to be for you to meet new woman and get on with enjoying your love life.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Iâ€¢ve Never Had a Girlfriend

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Getting a girlfriend is easy when you know how to attract women.

If you can interact with a woman, trigger her feelings of attraction and keep a conversation going for a few minutes, she will usually be more than happy to give you her phone number and go out on a date with you.

Alternatively, if you can keep the conversation going for 30 minutes to an hour, many women will be open to kissing you and having sex with you on the first night.

[image: Many women are open to kissing and having sex on the first night]

Here at The Modern Man, weâ€¢ve helped 1,000s of guys to enjoy the kind of success with women they once only dreamed of. we get lots of emails from guys on a daily basis asking for help and advice on everything from finding the confidence to approach women, bringing the spark back into a long-term relationship thatâ€¢s beginning to die or getting an ex back.

The advice we give is real world advice based on our own experiences and the experiences of the guys we help, and keeping it real is at the heart of everything we do, particularly when guys contact us to say, *â€¢Iâ€¢ve never had a girlfriend. Please help me!*

If youâ€¢ve never had a girlfriend, there are three main questions that we need to ask you:

1. Do You Know How to Attract Women?

As a man, the number one skill that you need to have is the ability to trigger feelings of attraction inside of a woman.

Watch this video by [Dan Bacon](#) (founder of The Modern Man) to understand how a woman's attraction for a man really works and what you need to do trigger it...

Do you know what women are looking for in a man? Do you know what women find attractive in a man, and what turns them right off? If you donâ€¢t have much experience with women, thereâ€¢s every chance that your beliefs about what women find attractive have been influenced by what youâ€¢ve seen on TV and in the movies, right?

Yet, real life is not like the movies.

If you believe in the popular Hollywood movie idea of dating, the shy, socially awkward, nice guy catches the attention of the beautiful leading lady who then falls in love with him and they live happily ever after.

Awww, how sweet.

If youâ€¢re waiting for that to happen to you, youâ€¢re in for a long wait and you're likely going to have to experience many horrible rejections before a woman may decide to give you a chance.

Why? Women reject nice guys because being nice isn't what makes a woman feel attracted to a guy.

Watch this video by Dan Bacon to understand how to be a good guy who gets all the attention, love, sex, affection and devotion that you deserve, rather than being a nice guy who gets rejected or dumped by women that you really care about...

In the movies, you will also often see confident, beautiful women approaching shy, awkward, nice guys. Yet, in the real world, women rarely approach men and simply wait for a confident guy to walk up, make her feel attracted and then move the interaction forward to a phone number, date, kiss or sex and then into a relationship.

If you've been trying to be "liked" by women for being a nice guy, then you've found one answer to the question of why you've never had a girlfriend...and you've also discovered what you need to do to change that.

2. Do You Only Behave Like a Friend Around Women?

Maybe you're not such a loner and you actually have lots of friends, but your female friends are never anything more than "just friends."

When this is the case, you need to gain an understanding of what it is that makes women see some guys as nothing more than friends and others as potential boyfriends.

It could be that your behaviour around women is leading to them seeing you as a "just good friends" kind of guy and not a man they feel sexually attracted to, so you need to learn how to change the way you behave in order to change the way women see you.

3. Do You Meet Lots of Single Women?

[image: Never had a girlfriend because I don't approach women]

You may be limiting your potential to find a girlfriend by limiting your social circle.

It might sound obvious, but it makes sense that the more single women you meet, the greater your chances of meeting a potential girlfriend, right? Of course, going to places where women go is not the answer in itself. Joining clubs, meet up groups or hanging out in places where you're likely to meet single women is not going to change anything unless you learn how to attract those women when you meet them.

Likewise, you also need to have the confidence to approach the women you find attractive. You can't expect women to suddenly take pity on you and do all the work on their own.

Women are attracted to guys who have the confidence to approach and start a conversation without the encouragement of a woman (e.g. her giving a smile, wave, continually making eye contact, etc).

If you're currently a guy saying, *"I've never had a girlfriend,"* it might seem like an impossible dream to imagine yourself having your pick of women, but you can make it your reality by following real world dating advice that really works.

When you display the qualities that women are instinctively attracted to in a man, you instantly become the type of man they've been looking for. Rather than trying to get women to "like" you enough to give you a chance, you take the shortcut by triggering their feelings of attraction.

When a woman is attracted to you, she then becomes open to kissing you, having sex with you and then potentially beginning a relationship with you.

Being a Potential Boyfriend

At The Modern Man, we teach guys how to attract women by explaining how to develop the type of self-confidence, charisma and masculinity that women are looking for in a guy. These three qualities make a man stand out in a woman's eyes and he becomes a man they see as a potential boyfriend as a result.

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[image]

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Does She Like Me? Test Yourself With These Questions...

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

When guys look for some sort of “test” to use as a way of figuring out whether a woman likes them or not, they’re usually guys who don’t have a lot of experience with women and they lack confidence in themselves and their attractiveness to women as a result.

More often than not, when a guy asks The Modern Man if there’s a “does she like me” test he can take, it’s because he really likes a particular woman, but hasn’t managed to pluck up the courage to ask her out. This may be because he feels too shy around her, has no idea how to make her feel attracted, has low self-esteem or fears being rejected.

If this resonates with you, then you’re probably hoping a “does she like me” test will help you to finally work up the confidence to share your feelings with her once you know for sure that she likes you, right?

Well, to help you find out whether she does, try asking yourself the following:

1. Is she attracted to you?

A lot of guys make the mistake of trying to be “liked” by a woman for being a nice guy, rather than focusing on making her feel sexually attracted while also being a good guy to her. If you’re making the mistake of being too nice to the woman you like, you may end up getting rejected if you ask her out. Here’s why...

2. Does she flirt with you?

When guys lack experience with women, or they lack confidence around women they like, they often misinterpret a woman’s body language, or they might fail to pick up on it at all.

For example: An inexperienced guy might notice that a certain woman always makes him feel good about himself by saying nice things to him whenever she sees him, or perhaps even flirting with him in a friendly way. Yet, what he’ll very often fail to notice is that she treats every man she meets on a daily basis in the same way.

He’s going to see her friendliness as a “sign” that she likes him, and she most probably does, but she doesn’t necessarily like him more than other guys – she just likes making guys smile when she’s around him and chances are she doesn’t like him in the same way that he likes her, or the way he wants her to like him.

3. Does she feel turned on by your conversation style?

Just as friendly flirting can be misread as meaning more than it actually does, having a female friend who likes to talk to you can also lead to confusion.

Guys often ask things like, *“She talks to me all the time and she always says she can tell me anything, so that must mean she likes me, right?”* The answer is that it depends.

If a woman feels comfortable in your company and feels she can confide in you, then you are obviously a trusted friend. However, if she’s the one doing all the talking and she never actually has any time to listen when you want to talk to her, then she’s seeing you as a reliable sounding board and a shoulder to cry on, nothing more.

4. Does she want you to meet her friends and family?

Following on from the above, we often get emails from guys who have a female friend that they want to be more than a friend. They take the fact that she says nice things such as, *“You’re such a nice guy”* to mean that she really likes them, but because that’s what they want to hear, they don’t pick up on what she’s really saying.

For example: If a woman notices that you are romantically interested in her, but she doesn’t feel sexually turned on by you, then she’s going to try her best to avoid the awkwardness of having to tell you straight up that she isn’t interested.

This is when she might say something along the lines of, *“You’re such a nice guy, you really should meet a girlfriend of mine, you two would get on so well together”* as a way of subtly letting you know that she sees you as a “just friends” kind of guy.

Traits That Women Like in Men

By asking yourself the above questions, you may have now realized that a “does she like me” test is not actually going to answer the question that you are really asking.

There’s a big difference between asking, *“Does she like me as a friend?”* and, *“Does she want to have sex with me and begin a sexual relationship with me?”* and understand that is the key to finding the answer that you’re really looking for.

A woman can really “like” a guy without feeling any sexual attraction towards him, so if you’re sexually attracted to a woman and you want confirmation that she feels the same way about you, a “does she like me” test is not what you need.

Instead of hanging around in the background and wasting time looking for “signs” that she likes you, focus on improving your ability to trigger her feelings of sexual attraction. When a woman is sexually attracted to you, she will then be excited about all the other “nice” things about you (e.g. you’re a good guy, you have good intentions, you’re intelligent, etc).

However, you must start with sexual attraction. Attraction comes first and everything else follows on naturally after that.

Here are some examples of the types of traits you can display to attract women:

1. Confidence

The number one trait a man must have to be attractive to women is self-confidence.

Women are turned on by men who have genuine confidence in who they are and where they’re going in life because, unlike arrogance, genuine confidence gives a man a self-assured presence that marks him out as a man who knows how to handle himself and take life’s challenges in his stride.

This makes him a man who has what it takes to protect a woman and provide for her in a relationship.

On the other hand, when a woman encounters a guy who lacks confidence in himself around her (i.e. to the point of being nervous, tense, self-doubting, etc), it makes her have to question his ability to protect and provide for her should they get into a relationship.

2. Charismatic conversation skills

A guy with genuine confidence knows how to approach women and strike up spontaneous conversations that excite and arouse women.

His relaxed confidence makes others feel comfortable in his company and his charismatic charm makes other people feel good when he’s around. This makes him a very attractive man and someone that both men and women are drawn to.

Women are instinctively attracted to men who are liked and respected by other men, and the fact that most women are drawn to him makes him a "catch" worth pursuing.

3. Alpha male qualities

Being an alpha male is not about being an asshole, jerk or arrogant prick. Instead, it's about being confident in who you are and believing that you can and will succeed at whatever you put your mind to. You don't doubt yourself and instead push forward in life with a confident, masculine attitude.

Women are attracted to an alpha male's strength of character and sense of purpose, and the true masculinity he demonstrates through his body language, and being comfortable and secure in who he is as a man, gives him a presence that women feel deeply when they're around him.

Women love the way a man with alpha male power makes them feel and they're virtually powerless to resist him. An alpha male doesn't have to go through life wondering, "*Does she like me?*" because he knows that he is naturally attractive to women...

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[image]

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[image: Dan Bacon]

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Women Only Want Money: Is it True?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Of course not.

Yes, there are women out there who actively seek to find a rich man and will settle for nothing less. However, most women are much more flexible with what type of guy they will have sex with, get into a relationship with and even marry.

Just like most guys would ideally like to date a model, but can also be attracted to all kinds of other women such as lawyers, doctors, yoga instructors, librarians and kindergarten teachers, etc, the same thing applies to women.

Although women are attracted to guys who have money, most women can (and do) feel attracted to other types of guys too. Ultimately, it's a lot more than money that's going to seal the deal with woman.

After all, how many guys do you know who only make a small or average amount of money, but still have a hot girlfriend or wife? If you're being honest with yourself, you will admit that most of the guys you know or have known are just average guys, but still get laid, have a girlfriend or have a wife.

TV Brainwashing

[image: TV brainwashing children]

Guys who haven't had good male role models around them while growing up, often find themselves confused about what women really want in a man.

Not knowing where else to turn, they often seek to find the answers by analysing TV sitcoms, movies, music lyrics and random things that women say about guys.

In sitcoms, movies and music videos, relationships between men and women are usually depicted as dysfunctional and full of mind games. The women are usually ball breakers who treat men like crap and expect men to kiss their ass by being super polite, respectful and nice in the hope that she will eventually give him a chance to be with her.

Women are often depicted as wanting money and power and guys who can't offer them that are scorned, ridiculed or rejected. On the other hand, men are usually depicted as sniveling weaklings who are constantly being henpecked and pushed around by the women, unless, yes you guessed it, they have money or power.

When a guy has been brainwashed by TV, movies and music videos into thinking that women only want money, he usually then seeks to verify his belief by looking at how women behave in real life. For example: If he approaches a beautiful woman and gets rejected, he may walk away assuming that the women didn't think he was rich enough.

Yet, that isn't the real reason why he got rejected. What is? Watch this video by Dan Bacon (founder of The Modern Man) to find out...

Understanding What Women Really Want

If you really want to know what women want, it is important to realize that a lot of it has to do with survival instinct. Women are attracted to men who make them feel safe and protected and money tends to be a fairly good way of ensuring that you will have food, shelter and enough resources to provide for offspring.

Yet, a woman doesn't expect a man to be rich before she will have sex with him, be his girlfriend or even marry him.

For most women, they just want to know that you have the potential to be successful enough to provide the protection of food and shelter and be able to afford some of the enjoyable luxuries of modern life (e.g. going to the movies, taking a vacation, having a good car, etc)

Consider what would happen to this world if women were only attracted to guys who had lots of money...

The only guys with girlfriends and wives would be rich and every other guy on the planet would be single, alone and jerking off to porn for life.

Obviously, that isn't how the real world works. Most guys in this world are not rich and are either just getting by or making enough money to live a comfortable life. Yet, they still have a girlfriend or wife.

Using Money as an Excuse For Your Lack of Ability to Attract Women

If you are the kind of guy who has convinced himself that women only want money, you are probably looking for an excuse to justify why you haven't had any success with the ladies lately.

Brushing it off and blaming women for your lack of success with women, is a good way of avoiding the responsibility of facing up to any shortcomings that you may have.

You can hide away and think negative thoughts about the world all day if you want, (e.g. *"Women are bitches...they are stuck up, gold digging whores"*) but nothing is going to change for the better unless you really stop and understand the reality that women live in.

[image: Women only want money from men]

If you get hung up on your idea that women only want money, you might waste a lot of your precious life not focussing your attention on the real issues.

For example: If a guy displays any or all of the following unattractive qualities around women, then it won't really matter if he has money or not – most women just aren't going to be interested in him.

- Lacks self confidence and becomes nervous and uncomfortable when he talks to the women he likes.
- Approaches women in an apologetic manner, rather than approaching with a confident, relaxed and easy-going attitude.
- Has trouble holding an interesting and engaging conversation with an attractive woman (e.g. he talks about boring things like his job, or asks too many questions in a row and makes the

woman feel tense and uncomfortable).

- Has no idea how to attract women with his body language and masculine vibe.
- Is too nice to women (i.e. he tries to be liked by women for being really nice, polite and considerate, rather than making women feel sexually attracted while also being a good guy).
- Knows absolutely nothing about flirting and seducing a woman. He may even think that it's "wrong" to flirt or seduce with a woman and that a man should be a polite gentleman who shows no interest in sex.
- Has few or no good friends, making a woman question his trustworthiness as a person. After all, if no one trusts him enough to be his friend, why should she?
- Lacks ambition and purpose in life. A guy who is going nowhere and has no intention of going anywhere is seen as a waste of time for most women. Ultimately, most women are looking for someone to spend the rest of their life with and a guy without ambition is like food without flavor – it quickly loses its appeal.

If you can relate to any of the above points, then you need to stop worrying about women wanting money and start focussing your attention on being more attractive to women as a man. Your misguided beliefs about women only wanting money from men are preventing you from tapping into your natural ability to attract women with your personality, confidence and charm.

You can attract women with who you are, rather than what you've got in your bank account. Millions of other guys have done it and so can you.

Prove Yourself Wrong

You already know that long before money even existed, men were still able to attract women, breed and keep a relationship together for life. True?

Of course, we now live in a culture that needs money to keep the machine going, but a woman's attraction to a man is not all about money. There are millions of men out there who work as a janitor, bus driver, teacher, etc and they still get laid, get a girlfriend and get married.

Yes, some women do want a rich man and will stop at nothing to find one. However, the majority of women have what Dan Bacon (founder of The Modern Man) refers to as an Open Type, which means that they are open to being with all different types of men, as long as the man is able to make her feel a sufficient amount of attraction for other reasons.

Watch this video to understand how it works...

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[image]

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What Do Girls Like in a Guy?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The types of qualities that girls like in a guy include:

- Confidence.
- Masculinity (i.e. how you think, feel, behave and take action).
- Charisma.
- Charm.
- Flirtatious.
- Funny.
- Determined to succeed in life.

If you want to get girls to like you, the approach that you need to take is to focus on what triggers feelings of sexual attraction inside of a woman. Don't focus on trying to be a "likeable" guy (e.g. a typical nice guy) because girls don't make their decision on which guys to have sex with based on how nice or likeable the guy is as a person.

What matters most to a girl is whether or not she feels sexually attracted to you. If you are triggering her feelings of sexual attraction, she will then really appreciate all the other good things about you (e.g. you're a good guy, you have good intentions, you're intelligent, etc).

Watch this video by Dan Bacon (founder of The Modern Man) to understand how a girl's attraction works and how you can use it to get girls to like you in a sexual way...

There Are Plenty of Girls Who Would Be Perfect For You

[image: Beautiful women - different races]

A great thing about our modern world is that we now have access to women almost every race, culture, style, shape and personality, which means that if you're a guy looking to find a girl that you're compatible with, you have plenty to choose from.

If you've already had sex with quite a few women in your life, you will know that sex feels great with every beautiful woman you hook up with. However, the love, connection and dynamic between you and the girl is always a bit different.

...and this is something you need to remember.

The myth of "the one girl for you" isn't true. There are so many (possibly millions) of girls who would be perfect for you. All you need to do is meet them, make them feel attracted to you and then move the interaction forward to kissing, sex and a relationship.

If the love and relationship is great, then you can stick together for a long time or for life, but if it isn't, you can simply meet a new girl and start all over again.

Life is Not Like a Movie

In this age of modern technology, some guys end up feeling confused about what girls like in a guy because what they hear women say vs. what they see on TV and movies vs. what they see happen in real life doesn't always match up.

For example: Women will say that they want a nice guy, but they will then reject nice guys. In the movies, the nice, wimpy guy will get the girl in the end, but in real life, he just gets rejected.

If a guy doesn't ever get taught what women really feel attracted to about men, he may begin to believe that what he's being shown via sitcoms and in the movies about women and relationships is true.

He may begin to believe that women only want rich men, or men with muscles, or very smart men, or powerful men, or men with green eyes or whatever the trend of the day happens to be. This leaves men feeling confused and insecure about themselves and they begin to wonder things like, "*What do girls like in a guy?*" or "Why don't girls seem to like me?"

After all, the TV sitcom writers and movie scriptwriters should know what they're talking about when it comes to dating and relationships...right? Wrong. For the most part, TV sitcoms and movies are made to reflect fantasy ideas, weird behaviors and unusual situations for the purpose of entertaining the audience, rather than educating them.

If you are serious about getting girls to like you, be careful of copying the thinking and behavior of fictional characters from TV or movies. Being successful with girls in real life is about looking at what actually happens in the real world and then doing whatever works or allows you to be successful.

For example: Most guys think that a guy has to be good looking, perfectly fit, rich and famous to get a hot girlfriend or a wife. Yet, the photos below show that pretty much any guy can get a hot girlfriend.

[image: Ugly guy has a baby with a beautiful woman]

[image: Black guys with white women]

[image: How is this possible?]

[image: Everyday couples]

[image: Asian guy with white girlfriend]

[image: Ugly guy with hot cheerleader girlfriend]

[image: Guy with a weird nose with a beautiful girlfriend]

[image: Guy with big ears with beautiful girlfriend]

[image: White man marrying a black woman. Asian guy marrying a black woman]

[image: Fat Asian guy with pretty girlfriend]

[image: Asian guy marrying pretty white girl]

[image: Fat guy with a skinny girlfriend at the pool]

[image: Fat guys with pretty women]

[image: Fat men marrying beautiful women]

How did those guys get those girls to like them? Simple...they triggered feelings of attraction inside the girl and then moved the interaction forward to kissing, dating, sex and into a relationship.

Watch this video to understand how you can use attraction to get girls to see you as being the sexiest man on Earth, regardless of whether you are tall, short, bald, overweight, athletic or from a race that you don't think can attract women very well...

As you can see from the video above – girls are much more flexible about what they like in a guy, as long as the guy can make her feel a sufficient amount of attraction for other reasons.

What Girls Do Not Like in a Guy

The answer to the question of, “*What do girls like in a guy?*” is very similar to the answer of, “*What do guys like in a girl?*” The answer is simple for us guys: We like a girl who makes us feel sexually attracted. If we feel sexually attracted to a girl, we then begin to think about other things that we like about her.

What girls want to experience is a strong feeling of sexual attraction. When a girl feels sexually attracted to you, she will then begin to look for other things that she “likes” about you to justify her feelings of sexual attraction.

So, what are some of the things that ruin a girl's attraction for a guy?

1. A lack of self belief.

Guys who lack confidence in themselves and need constant reassurance and propping up are a big turn off. And no, a woman is not there to boost a guy's ego for him, and no she doesn't want to be doing him a favor by going out with him.

2. A boring personality.

[image: Boring guy]

It's doubtful that there is any woman who wants to be with a guy who can bore her to tears during a conversation.

His job, his sick mother or the number of molecules in graphite is not going to make her want to jump into his arms and demand that he take her somewhere more private so that they can discuss the matter more intimately. Neither is interrogating her.

If a guy is insecure about himself he thinks that asking a woman a series of personal question is a good way to make conversation, but this just makes her feel uncomfortable and tense; after all who wants to feel like they are in an interview on a date? Women do not like bad conversationalists.

A guy who is boring is also the kind of guy who doesn't know how to flirt or use body language to get a woman to feel attraction for him.

Flirting is fun and exciting and is a prelude to more intimate things, so is using body language; but boring guys will miss all the signs of flirting, will use body language inappropriately and will usually end up alone and wondering what went wrong.

3. A lack of ambition.

Whether a girl is looking for a one night stand or a potential life partner, you can be sure that a guy who lacks ambition is a big turn off.

A girl wants to know that a guy is going somewhere in his life, even if he heâ□□s only just starting out. A guy without goals and ambitions is not worth the effort because ultimately, no girl wants to feel likes sheâ□□s making it with a loser.

4. A lack of social skills.

A guy without etiquette or the ability to adapt to his environment, sticks to doing only what he knows how to do and cannot expand his social skills and abilities is a big turn off. A woman doesnâ□□t want to feel embarrassed by the man she is with and a guy lacking in social skills is someone she wouldnâ□□t want to introduce to her friends, her boss or her family.

5. A lack of friends.

Guys without friends and large social circles can be perceived as being insecure, fearful and untrustworthy. If a guy has no-one that wants to be his friend then there must be something wrong with him. Lack of friends also means that he wonâ□□t have backup in case of an emergency and this makes a woman feel unsafe.

Instinctively, a woman is attracted to men that have a large support base because they know that if anything bad happens her man will get the support he needs from his friends and therefore she will be safe too.

Be the Kind of Guy That GirlsÂ Want

The key to success with girlsÂ is to be the kind of guy that theyÂ feel intense attraction for.

Any guy can improve his ability to trigger a girl's feelings of attraction, so don't go through your life feeling like you're not good enough for hot girls.

You can easily get laid by hot girls, get a hot girlfriend or find yourself a hot wife if you simply focus on triggering a girl's feelings of sexual attraction...

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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I'm Having a Dry Spell With Women...

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you're having a dry spell with women, it may have been months, maybe even years since you last had some action in the romance department. You may forgotten what it's like to go out on a date and as for sex...what's that?

Everyone around you seems to be dating, having loads of sex, falling in love and even getting married. All your friends and colleagues seem to have girlfriends and there never seems to be a shortage of women in their world, even though they are just normal, every day guys.

If you're going through a dry spell with women, it can sometimes feel like you're the only one going through it and like there is no way out. Yet, before you give up on yourself and decide that you're doomed for life when it comes to women, listen up...

The Real Reasons Why a Guy Will Experience a Dry Spell With Women

[image: Dry spell with women]

When you are stuck in a dry spell with women, it can seem like it will never end. The longer the dry spell lasts, the more difficult it becomes for many guys to break free of it because they end up losing so much confidence in themselves around women, which turns attractive women off.

There are many reasons why a guy will experience a drought with women, such as:

1. He is not talking to enough women.

[image: Having a dry spell with girls]

As obvious as this may sound, many guys will avoid approaching and talking to women. They will talk to maybe one or two women over the course of a day (sometimes days), and then they will complain that there are no available women.

2. He is talking to women but not making them feel attraction for him.

Talking to women but acting like the "best friend", the "serious businessman" or the "local clown" is not going to make them feel attraction for him. If a guy's behavior is neutral or unattractive when he is talking to a woman, he is more than likely to go home alone because then she will not feel attracted to him and therefore will not want to take things further.

As [Dan Bacon](#) (founder of The Modern Man) explains in the video below, the main reason why guys fail with women is that they don't know how to trigger feeling of sexual attraction inside of women when they meet them.

Rather than turning a woman on, guys who experience long dry spells with women are usually the type to seek to be "liked" by women for being a good guy. However, as you will discover by reading the rest of this article, just being a nice, likeable guy isn't what makes a woman wet and horny to have sex with you.

3. He is trying to impress women and hoping to get lucky.

Some guys will put on a big act trying to impress a woman by pretending to be more important than

they really are. This guy hopes that his act will impress her so much that she will give him a chance. Unfortunately, most women can see through this act and he comes across looking insecure and like a fake, which is a big turn off.

4. He is looking in the wrong places.

Some guys will hang out in all the wrong places hoping that an attractive and available woman will cross their path. He will hang out with his married friends or with all his single guy friends, but he will never go out to any of the places where single women can be found.

He might also spend loads of time trying to compete with 1,000s of other guys for the attention of one woman on an online dating site, rather than having a 1-on-1 conversation with a woman in a social environment like a bar, party or speed dating event.

5. He is trying to be liked for being nice, rather than making women want him by being attractive.

Many guys have absolutely no idea how to approach a woman in a way that will make her feel attraction. Without a clue of what to do, most guys resort to being a typical nice guy who essentially kisses a woman's ass and hopes that she takes pity on him and gives him a chance.

While there is nothing wrong with being nice to a woman, it isn't the thing that makes a woman wet. If a guy is trying to get a woman into a sexual relationship, he has to start by making her feel attraction and then anything else about him (e.g. he's a nice guy) is seen as a welcome bonus to her.

Watch this video by Dan Bacon to understand why being too nice to a woman will often lead to rejection...

As you will discover from the video above, there is nothing wrong with being a good guy, but you also have to say and do the types of things that will trigger a woman's sexual attraction for you. Without that, you will just be another typical nice guy who is hoping to be liked for being a good guy because you have no idea how to turn a woman on during a conversation.

6. He can't keep a conversation going long enough for a woman to have a chance to get to know him.

His lack of conversation skills with women mean that most of the attractive women he speaks to give up after 10 seconds to a minute of talking to him. The woman quickly realizes that he's just another guy who doesn't understand what women are really attracted to in men and is simply trying to be liked.

Why Some Guys Go For Months or Years Without Having Sex or a Relationship With a New Woman

Inevitably, the longer a guy goes without sex or a date the harder it becomes to break the cycle. Sometimes a guy will stop trying to meet women and will even avoid going out altogether.

If he makes the effort to go out and to approach women, feelings of insecurity begin to creep in and every time he is with a beautiful, available woman he begins to behave anxiously.

This comes across as nervousness and lack of self confidence; and women do not feel attraction for nervous men who lack confidence in themselves. Of course this has a negative effect on him and he

begins to lose faith in himself and in his abilities to attract a woman.

The fear of failure overwhelms him and his interactions with women become stilted and tense. Because he is so invested in the outcome, he comes across as being too serious or like he's trying too hard. The conversation becomes too serious, his body language appears to be too intense and his flirting too overbearing and fake.

Unfortunately, just as one success can build on another, the same applies to failure. If he does not succeed once, then twice, the third time it's inevitable, unless he can break the cycle.

What guys experiencing a dry spell with women don't realize is that it's their beliefs and insecurities about themselves that are holding them back.

Traits That Make a Guy Unattractive to Women

Contrary to what the media; the magazines, the movies or the TV sitcoms will have you believe, getting a woman to feel attraction for you has nothing to do with the car you drive, the shirt or cologne you are wearing, or the style of your shoes. Women are attracted to men who display qualities of an alpha male – confidence, self assurance and who have a purpose in life.

On the other hand, there are guys who behave the opposite to alpha males and women do not feel attraction for them.

Here are some of the things about these men that turn women off:

1. Lacking self esteem.

A guy who thinks badly of himself is definitely a turn off because most women don't want to be with a guy who doesn't think he is good enough.

2. Lacking confidence.

A guy lacking confidence in himself and in his abilities is unattractive to women. Lack of self confidence comes across as insecurity and nervousness and no woman wants to spend her time bolstering a guy's ego, nor does she want to feel that she is doing him a favor by being with him.

Women instinctively know that this is a challenging world that we live in and they feel as though they would be better off with a guy who is confident so he can lead the way to a better life, rather than being with a guy who is nervous and will likely lean on her to lead him and protect him.

3. Being mentally and emotionally weaker than the woman.

A woman doesn't want to feel like she is the dominant one in the relationship. She wants to be with a man who can make her feel safe, protected and like a real woman; she wants a man to be mentally and emotionally strong enough to support her and challenge her.

A guy who comes across as being weak, who always puts a woman on a pedestal and allows himself to be dominated by her, may be tolerated for a short time but will inevitably be discarded when an alpha male comes along.

4. Hoping to be chosen by a woman for looking good, having money, wearing nice clothes, etc.

Some guys will wait around hoping that the woman will approach him, especially if he puts in a lot of effort to look fashionable, physically appealing or rich.

He will complain about his dry spell with women but he will never make a move on the woman, or women, he feels attracted to; instead he will wait, in vain, to be approached.

Single women are open to being approached and if a guy is not confident enough to go after what

he wants, she will interpret this as him probably not being assertive enough to go after goals in his life either.

Breaking the Cycle

Waiting at home and hoping that your dry spell with women will somehow miraculously disappear is a waste of time. You've got to improve your ability to attract women when you meet them.

If you don't do that, you can only ever rely on getting lucky, but with "getting lucky" there is no guarantee that the woman will stick around when the initial novelty of being with you begins to wear off.

To be successful with women in today's world, a man needs to be able to actively attract women when he meets them and then deepen the love, respect and attraction that a woman feels over time. Without those skills, he will get rejected by most women he approaches and dumped by most or all of the women he gets into a relationship with...

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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How Can I Stop Being Insecure Around People?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

It's Friday night and you've been pressured by your friends or work colleagues to go out to a bar and party with them.

At the bar, everyone seems to be having fun and getting along with each other in their own groups. No matter how hard you try, you can't seem to stop yourself from feeling insecure and believing that you just don't belong.

Your friends or colleagues are all drinking, laughing and enjoying themselves. At times, they try to get you involved in conversations, but you keep making a mess of the attention by being awkward and insecure with your contribution to the conversation.

As you look around the bar, you notice groups of beautiful women talking, making connections and having fun with random guys. Some even end up kissing and exchanging phone numbers.

[image: Confident guys hooking up with women]

Yet, as usual, you are secretly feeling, left out, alone and lonely. You keep asking yourself things like, *How can I stop being insecure? How can I be one of them? Why can't I be more confident? I know that I'm a good guy, so why do I feel so insecure? What is wrong with me?*

You watch on as your friends or colleagues talk and flirt with women that they like. Guys who are less physically attractive than you are busy talking, laughing and even kissing a beautiful woman they have just met right in front of you.

Yet, you just cannot understand why it happens for them and not you. You feel like a third wheel and the whole scene is just making you more and more uncomfortable and you begin to feel down and anxious.

Eventually, you might get fed up with feeling insecure and either decide to leave and go home to jerk off to porn, or grin and bear it while you spend another night feeling uncomfortable and left out around people.

When you notice that women don't seem to be interested in you at all, you start going through a list of reasons why.

You might begin to think:

- I'm not good looking enough for people to automatically like me.
- I'm not cool enough for these people and I probably never can be.
- I'm not tall enough to be respected by people.
- I'm not making the type of money that would make people like me and want to be my friend.
- I'm insecure because I'm simply not worthy of attractive women and not good enough for the cool crowd.

Yet, thinking in that way is only going to create more insecurity. What you might be forgetting is this:

No-one is perfect.

What separates the confident guys from the insecure guys is that confident guys focus on things that

they like about themselves and use that to feel confident.

Confident guys believe in themselves for reasons that they decide on and insecure guys don't believe themselves for reasons that they decide on. Confident guys realize that no-one is perfect, so instead of feeling insecure because they aren't perfect, they feel confident because of the things they like about themselves.

Insecurity (*noun*): Lack of confidence or assurance; self-doubt.

Confidence (*noun*): Belief in oneself and one's powers or abilities; self-confidence; self-reliance; assurance.

Use Your Powerful Mind to Feel Confident, Rather Than Using it to Feel Insecure

[image: Stop being insecure]

Think about it! For a moment!

If someone else (e.g. a stranger, a friend, a family member, etc) started saying bad things about you, (e.g. started calling you a loser, referring to you as being stupid or unworthy, etc) what would you do about it? Would you sit there and take it, or would you stand up for yourself?

The truth is that most of us would defend ourselves if someone else attacked us, be it physically or verbally, but many times guys mistakenly use the power of their mind to attack themselves.

Most people have had to encounter difficult situations growing up. Many people have been abused, and this means both women and men, and many have had poor role models growing up. However, the past is the past and this is NOW. If you spend the NOW making excuses about the past you are simply letting what happened in the past win.

Don't sit around wallowing in self-pity about your past or anything else and don't put yourself down; it is not productive and it's not getting you anywhere. Your goal needs to be to move forward, to change and transform into the man you want to be; not to hold yourself back because of what happened in the past or because of what you think are your limitations.

A lack of confidence in yourself is not only unattractive to women, but it's something that will keep most successful or "cool" people from wanting to be your friend.

It may seem like the world is full of bad people when you get rejected for not having confidence in yourself, but really, it's just a natural instinct that humans have to surround themselves with people who seem like they are going to be better at surviving and thriving in this challenging, weird world that we live in.

How Can I Stop Being Insecure?

As a man, the main thing that you need to do if you want to stop being insecure is to begin thinking like an alpha male.

An alpha male believes that he is good enough and he then thinks, behaves and takes action in

accordance with that he is good enough. Who gave him permission to believe in himself? He did.

On the other hand, an insecure guy has decided to believe that he isn't good enough. He is responsible for deciding to think that way and as a result, he will naturally feel insecure and unworthy around attractive women or people that he is hoping to make a good impression on.

The good news is that every man has alpha male qualities. You were born with the ability to be an alpha male and all you have to do is bring it out and let yourself and others experience it. Don't hide it, don't suppress and don't be afraid of letting it exist.

When you do, you will realize that you are much more powerful than you've ever realized. However, if you hide from your inner alpha male, you will naturally feel insecure.

A lower ranking male will typically:

- Show signs of low self-esteem (e.g. doubting himself, hesitating to say what he wants to say, regularly putting himself down during a conversation, etc).
- Show signs of nervousness (e.g. tense body language, nervous eye contact, jittery movements, trying too hard to impress, etc).
- Act like a really nice, polite guy, rather than just being the normal, good guy that he is.
- Find it difficult to keep a conversation going or he'll talk about boring things such as the weather or how he hates his job or boss.
- Treat her as though she is way better than he and that he'd be so lucky if the almighty princess that she is gave an unworthy guy like him a chance.
- Run away to lick to his wounds if she gives him the cold shoulder, or if she doesn't contribute much to the conversation.
- Wait for the woman to make the first move because he fears being rejected.

All of the above behavior is unattractive to women and when an insecure guy notices that women aren't showing signs of interest even though he is trying hard to be likeable, he will feel even more insecure.

What he doesn't usually realize is that most women are looking for a confident guy who isn't afraid to challenge them both mentally and emotionally. If a guy displays emotional weakness, most women will feel turned off and won't give him the time of day.

An alpha male will typically:

- Behave in a confident manner.
- Have high self-esteem and regard himself with respect.
- Show her that he is mentally and emotionally strong and secure (i.e. he is a confident guy, masculine in his thinking, determined, passionate, has high self-esteem, etc).
- Instantly begin flirting with a woman to create a sexual vibe.
- Be a much more interesting conversationalist because he won't be afraid to say what he really wants to say.
- Use his body language to seduce her.
- Make her feel like a real woman in his presence (i.e. she will feel girly and feminine in response to his masculine vibe).
- Not give up when a woman acts cold and aloof, but instead melt her defenses with his confidence, humor and charming personality.

- Approach women that he likes and know that it's okay to make a move because he is naturally attractive to women and has the confidence to handle moments where a woman might play hard to get to test his interest in her or confidence in himself.

How to Become More Confident Around Women

If you are insecure around beautiful women and want to feel confident instead, the secret is to learn how to attract women.

When you are able to trigger feelings of sexual attraction in a woman, most of the single women that you meet like you and are interested. This makes the task of approaching women feel easy and exciting, rather than difficult and scary.

You know that most of the women you meet will like you, so you simply approach and give women a chance to meet you. After a while, you have so much choice with women that your confidence skyrockets even further and reaches a point that simply cannot be ruined by meeting one woman and it not working out.

On the other hand, if you are unable to attract most of the women that you meet, you will naturally feel insecure about the idea of approaching beautiful women.

If you do happen to approach and it doesn't work out (e.g. you get rejected, she's not compatible with you, etc), you will probably lose even more confidence in yourself by using that bad experience to fuel your insecurities (e.g. *"See? Women don't like me. I'm not good enough."*)

Getting past your insecurity is a matter of personal development; insecurity stems from feeling that you are not good enough, but if you know that this isn't true, if you are an interesting and well rounded alpha male, then you will never have to ask, *"How can I stop being insecure?"* ever again.

Decide what you want, then go after it, one step at a time. As the saying goes, *"Rome wasn't built in a day,"* so finding your true, powerful self might not happen instantly, but it is there and it is waiting to be released!

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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Bad First Impression: Getting a Girl to Like You Again

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Itâ€™s often said that first impressions are lasting impressions, so where does that leave a guy who realizes heâ€™s made a bad first impression on a girl?

Making a bad impression is going to mean different things to different people, but any sort of first impression that isnâ€™t a true reflection of who you are is an impression that should be avoided. For example:

- Pretending to be an even nicer guy than you really are (e.g. being overly polite, formal and reserved).
- Revealing your feelings to her before making her have strong feelings for you.
- Pretending to only want to be her friend, when what you really want is a committed, sexual relationship with her.
- Asking a woman out before youâ€™ve made her feel attracted to you.
- Making her feel like she is way too good for a guy like you because you failed to offer her any challenge.
- Putting on an act of being really cool, rich or tough to hopefully impress her.

Most women are natural experts at reading body language and they usually know when a guy is faking it because his actions and behavior donâ€™t match up with his words. Something just doesnâ€™t seem right and the womanâ€™s guard goes up.

Pretending to be someone that you are not will not impress a woman and will instead lead to her seeing you as a fake and therefore someone not to be trusted. If a woman canâ€™t feel relaxed and at ease in your company, then sheâ€™s going to put her guard up and play hard to get until you can get her to relax and open up.

As a man, if youâ€™re not relaxed and comfortable just being yourself, it will make most people you feel awkward in your company. So, whatâ€™s a guy to do? Faking it wonâ€™t create a good impression and neither will nervous, anxious behavior. So, what is the solution...especially if youâ€™re not very confident around women that you find attractive?

Watch this video by Dan Bacon (founder of The Modern Man) to discover the confident way to a bad first impression on a woman...

Making a Good First Impression to Begin With

If you feel youâ€™ve made a bad first impression on a woman and you want to know how to fix it, you need to be aware of what it takes to make a good impression on a woman in the first place. In other words, you need to know how women think when interacting with guys and the type of qualities that they are really looking for in a man.

If you donâ€™t know what qualities that women are looking for in a man, you will likely always struggle to make a good first impression on a woman. Why? Instead of focussing on displaying the qualities that women find sexually attractive in a man, you will likely display qualities that mark you out as a nice, friendly man instead.

There's nothing wrong with being a nice, friendly man, but that isn't what turns a woman on. In addition to being a good guy, you also have to be able to trigger a woman's feelings of sexual attraction.

[image: Bad first impression on a woman - I have feelings for you. Will you be my girlfriend? Please?]

If you're not able to do that, she will simply take your nice behavior as meaning that you're a nice, friendly man who isn't interested in anything sexual or a confused guy who simply doesn't know how to trigger a woman's feelings of sexual attraction.

How about you? Do you know how to trigger a woman's feelings of sexual attraction for you when you interact with her? Watch this video by Dan Bacon to find out...

When it comes to attraction, women are looking for fundamental qualities in a man such as confidence, masculinity (in how he thinks, behaves, feels, takes action in life, etc) and social intelligence (i.e. his ability to get along with her and others).

A woman wants to be able to talk to a guy and not only feel attracted, but feel like she could rely on him to protect her and guide both himself and her to a better life together if she did get into a relationship with him.

Yet, many guys never get past that feeling with a woman because they make the same old classic mistakes during a conversation that Dan Bacon points out in the video below...

Getting it Wrong

[image: Rejected - bad first impression]

When guys make a bad first impression, it's generally because they behave in a way that shows them to be unsure of themselves, which then fails to demonstrate the alpha qualities that women are looking for in a guy.

For example: Trying too hard to fit in or being overly nice to a woman in a desperate attempt to be liked. When a guy is trying too hard, he might choose to go along with whatever the popular opinion is in conversation rather than having a mind of his own and standing by what he believes in.

He might also hang on a woman's every word and go overboard with the number of compliments he pays her, or he might ask her out on a date within a minute of meeting her because he's unsure of how much longer he'll be able to hold her attention.

Behaving in that way doesn't make a woman feel good in your company because it makes you come across as insincere at best and desperate at worst. Desperation is not an attractive trait in a man.

Desperation and insecurity are complete turn offs for women because women are naturally attracted to guys who can survive and thrive easily. Being desperate and needy makes a woman feel like she would have to take care of and protect the guy throughout life, rather than being able to rely on him to protect her and take care of her.

A man with the confident, masculine qualities a woman is looking for has a presence about him that makes her feel literally weak at the knees. She feels so girly and feminine in response to his pure masculinity.

Unlike lower ranking males (e.g. nervous guys, insecure guys, really nice guys, etc), confident alpha males effectively have their pick of women. A woman will almost always respond to an alpha male's presence by working hard to make sure that she is the one who gets his attention over all the other girls.

Women love the way they feel in the company of an alpha male and they're going to do whatever it takes to get him all to themselves. Alpha males don't need to work hard at creating a good first impression by being extra nice and polite, because they create a positive impression wherever they go by just being themselves.

With all of the above in mind, you come to realize that a bad first impression doesn't have to be a lasting impression. When you have genuine self-confidence and you're secure in who you are as a man, you have what it takes to let the real you shine through when you're around other people.

Anything weird, awkward or fake that you said or did around a woman doesn't have to be a deal breaker. That wasn't the real you and it will soon be forgotten when you show your true colors by being a confident, genuine guy around her from now on.

As long as you are able to make a woman feel a lot of respect and attraction for you during an interaction, she will be happy to overlook any minor mistakes that you made, which initially caused a bad first impression.

After all, she's hoping to find herself a lover or boyfriend and if she feels like you've got what it takes to make her happy, she's not going to reject your advances...

×

[image]

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[image: Dan Bacon]

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How to Talk to People in a Waiting Room

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

As long as you have a confident, relaxed and easy-going attitude, you can meet and talk with women anywhere (e.g. in a bar, a sports game, a coffee shop, at the mall and even in a waiting room).

However, this doesn't mean that a guy should just walk up to women in waiting rooms and openly hit on them in the same way that he would in a bar or a nightclub.

Each place or environment that you can meet a woman in has a specific protocol that a guy needs to be aware of if he wants to get positive results. Knowing how to talk to people in a waiting room is important because it is very different to how you would talk to someone in a nightclub or at the mall.

[image: Waiting room - flirting]

For example: If a guy is in a dentist's waiting room and notices an attractive woman, the best approach to use it to be confident, easy going and add in some humor.

You: Hey! how you doing?

Her: Oh, hi! fine thanks.

You: I'm a bit scared! I'm getting all of my teeth out today.

Her: Really? Oh my god! really?

You: [Smile and say] Yep, I'm taking them all out! I'm going to start a new trend - the No Teeth Trend.

Her: [Most-likely smiling or laughing].

You: Just kidding! I'm here for a normal check up! I like my teeth and I'm keep them all. How about you? You getting all your teeth out?

At that point, the woman will be smiling or laughing and will happy to have a chat with you. Your easy-going attitude and humor will have lightened the mood and created a private connection between you and her.

Shhhh!

[image: Business waiting room - quiet]

Sometimes it is necessary to be professional and not joke around too much with people in meeting rooms. However, for the most part, there's no reason to be overly serious.

Most people are afraid to talk and be normal in waiting rooms because they simply copy what everyone else is doing (i.e. feeling afraid to do say anything because it's so quiet and everyone will hear). However, this does not mean that women are not open to being approached in certain types of waiting rooms (e.g. dentist's waiting room).

Mistakes Guys Make When Trying to Talk to Women in a

Waiting Room

If you do it right (i.e. be confident, easy-going and add in some humor), you can easily walk away with a woman's phone number after meeting her briefly in a waiting room. However, do it wrong and it will probably feel awkward for both of you.

Some of the mistakes that guys make when trying to talk to women in a waiting room include:

1. Using the wrong approach.

Every location where a guy can meet a woman is different and so should be the approach.

The way to approach a woman in a bar or a nightclub will be completely different to the way that you would approach her in a waiting room because, for example, the noise levels are different (it is noisy in a bar and quiet in the waiting room), and the woman is not in the waiting room looking to meet guys or to have a fun time.

A woman in a waiting room is often there on serious business, a guy's approach and conversation style should match and reflect this.

2. Behaving in an unattractive way.

If a guy tries to approach a woman in a waiting room while behaving in a hesitant, insecure, anxious and nervous way, he is setting himself up for failure.

Women are naturally attracted to guys who behave in a masculine way (e.g. they have a masculine vibe, relaxed confidence, are present in the moment rather than being all up in their head, etc) and any perceived weakness (e.g. insecurity, nervousness, etc) will not be attractive to her; especially in a waiting room where time is limited and first impressions have to be made quickly and convincingly.

Watch this video by Dan Bacon (founder of The Modern Man) to understand how a woman's attraction for a man really works and how you can use it to your advantage to make most of the women that you meet want to be with you...

3. Making the conversation feel awkward

If a guy manages to get as far as striking up a conversation with a woman in a waiting room, his lack of conversation skills, and his inability to engage her and to create attraction between them, means that his efforts have been wasted. A good conversation is the surest way to get a woman to drop her guard and open up about herself.

However, if a guy resorts to an interview style conversation with an endless list of questions, or else he talks all about himself and his reasons for being in the waiting room (his ingrown toenail, his legal problems, or his double impacted wisdom teeth), he can be sure that he will leave there without her telephone number.

Watch this video by Dan Bacon to understand where guys go wrong during a conversation with a woman and what you need to do to succeed...

4. Lacking social intelligence.

A guy who lacks social intelligence does not know how to engage people in a comfortable, easy-going way when in different social environments.

For example: If a guy is too upbeat and talks either too loudly or too softly in the waiting room, this can cause a woman to close up because he is making the situation feel unnecessarily weird and uncomfortable.

Most women aren't very socially confident, even though they go around acting like they are. So, most of the woman that a guy approaches to talk to in a waiting room will initially be uncomfortable.

However, if she is able to make her relax and enjoy the interaction, she will be impressed that he has the social intelligence to be able to make a conversation in a quiet waiting room feel comfortable.

5. Embarrassing her in front of others.

If the guy is too obvious in his attraction for her and flirts outrageously with her in front of everyone, he can make her feel embarrassed in front of the other people in the waiting room. Inappropriate flirting and body language such as becoming too familiar too soon, especially in front of other people, will get him rejected outright.

6. Being too nice.

If the guy tries to approach a woman by being too nice, trying to be agreeable over everything and acts like he believes that she is better than him and that he does not deserve her, she will sense this and she will remain aloof.

If a guy is too nice he will not create an opening for attraction because she can easily misinterpret his intentions and just assume that he's a friendly guy, and she will go about her business without paying any attention to him.

Watch this video by [Dan Bacon](#) to understand why being too nice to a woman will often lead to rejection...

Attracting Women is a Lot Easier Than You Might Think

Attracting women that you meet in different environments, such as waiting rooms, is a lot easier than you might think. Most guys don't realize how easy women are to pick up because they make classic mistakes, which then cause the woman to reject them. However, when you use the right approach, it really is very simple, easy and natural to pick up random women that you meet.

With our program, [21 Great Ways to Get a Girlfriend](#), you will learn how to approach and pick up women in 21 different environments. You will know what to say and do to get a woman eagerly giving you her phone number or adding you to Facebook and wanting to go on a date with you.

When you use the right techniques, picking up women is a lot easier than you might be able to imagine right now. Being able to approach, attract and pick up women is one of the easiest, most exciting and most rewarding things that a guy can ever learn how to do.

If you are going through life thinking that you're not good enough for most of the women you meet, then you are wrong. You are more than good enough, but have most-likely been making some classic mistakes that are ruining your chances with the women you meet.

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[image]

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Jobs That Impress Women

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Guys often ask The Modern Man for advice on what impresses women the most.

Recently, some guys have been asking about the types of jobs that impress women the most. Some of these guys assume that if they have the right look or the right job, they will be able to attract the women they want.

Yet, that's not always the case. Yes, women are impressed by certain jobs (e.g. doctor, lawyer, businessman, athlete, etc), but having a job like that doesn't automatically guarantee that you will attract a hot woman and be able to keep her happy when in a relationship.

Before we get into what really impresses a woman, let's have a look at some jobs that do impress women:

1. High paying jobs (e.g. businessman, lawyer, doctor, stockbroker, investor).
2. Jobs where the man is the leader (e.g. manager, boss, CEO, professor).
3. Jobs where a guy is doing something masculine (e.g. fireman, policeman, military, MMA fighter).
4. Jobs that require a man to be very confident with people (e.g. leader, foreman, boss, public speaker).

Why Most Men Don't Really Care What Job a Woman Does

[image: Why most men don't care what a woman does for a living]

Chances are that every time you go out to a public place, you will spot at least 2 or 3 women you feel attracted to, and given the opportunity, would want to have sex with, right? Why is that?

Simple. Most men are more attracted to a woman's physical appearance than anything else about her. If a woman is beautiful (or even just reasonably attractive), most guys will feel more than enough attraction to be willing to have sex with her, regardless of what she does for a job.

It also doesn't even matter whether or not she's a nice person, interesting or a smart; her looks are enough. Most guys that an attractive woman will meet in her life will be open to having sex with her, or starting a relationship with her, even if they don't like her personality or see any potential for a successful relationship with her.

Women on the other hand are different.

Most women are more attracted to the things in men that cannot be seen. In other words, a woman is more likely to overlook a guy's appearance if he has a great personality that makes her feel attracted.

Of course, this doesn't mean that a woman will be attracted to an ugly, dirty, smelly guy who is on welfare and lives in a cardboard box just because he has a great personality.

Looks, money and jobs do matter to women, but only as far as they add to a man's overall attractiveness. Yes, a woman does like the idea of a man being able to have his say in the world, because the idea of being with a man who is going to struggle to put food on the table is not

appealing to most women.

However, that doesn't mean you have to get some special type of job before you will be attractive to women. Women are just as attracted to men who have ordinary jobs but have the potential to become more powerful and successful in their lives.

In fact, if you have a job that is *impressive* but are unhappy, and because of that, you end up going day to day without making any plans for the future; you are more likely to be unattractive to a woman than if you had an ordinary or even dull job, but you were enthusiastically working towards achieving great things in your life.

If women weren't attracted to guys with ordinary jobs, then the only guys with girlfriends would be the guys with jobs that impress women. However, if you look at the guys who have girlfriends, that obviously isn't the case.

Millions of guys who work as a janitor, bus driver or as a low paid office worker still manage to attract hot girlfriends and even get married to those women. The truth is, most women will overlook a man's physical appearance if he is moving forward in his life towards his biggest goals and ambitions like a real man should.

Watch this video by Dan Bacon (founder of The Modern Man) to understand how a woman's attraction for a man really works and how you can trigger it even if you don't have an amazing job...

If a guy is good looking, or has a really impressive job, but has no self confidence, is really nervous and insecure around women and lacks the ability to make a woman feel sexual attraction for him, most women will NOT say, *Oh it's okay. I'll put up with his weaknesses as a man because I'm just SO impressed by his looks/job!*

This is the main reason why you've probably seen plain, or even fat or "ugly" guys dating really hot women. You've probably even thought to yourself, *What has he got that I don't? I bet he must be really rich or he probably has one of those jobs that impress women,* right? Wrong!

Most guys are just average guys who are getting by in life and trying to find happiness, love and fulfillment. There isn't really any amazingly special about them apart from the fact that they know how to make a woman feel attracted.

3 Ways to Impress Women Without Having an Amazing Job

Rather than wasting years of your life thinking that you're not good enough for women because you don't have an impressive job, you should focus on being impress to women right now.

1. Be a confident man

If you can be the type of guy who has the confidence to walk up to an attractive woman and hit on her in the right way, then you are the type of guy who is going to have his choice with women.

If you can talk to a woman in a confident, relaxed and easy going way, she will naturally feel attracted to you and will open up to talking to you and even kissing you, having sex and possibly going into a relationship with you.

Women are attracted to the strength in men and repelled by weakness and nothing denotes strength more than confidence and self belief. Without confidence, your ability to attract women will always

be diminished.

It doesn't matter how good of a man you are, a woman will never be able to maintain her respect and attraction for you in a relationship if you lack confidence in yourself as a man.

2. Use flirting to create attraction

Flirting is the secret, unspoken language that men and women use to communicate their sexual interest to each other. It's a safe, discreet way of building sexual tension and expressing sexual interest, without being sleazy or creepy about it.

Remember: Attractive women get hit on all the time, but if they don't feel attraction for a guy, they will reject him. There is no better way to build attraction than to flirt with a woman and make her feel sexy in your eyes.

Watch this video by Dan Bacon (founder of The Modern Man) to understand what flirting is and how to use it to attract women...

3. Be a great conversationalist

For most guys, getting past the first few minutes of conversation is usually the hardest part.

Talking to women is easy to do when you're confident and you focus on making the woman feel attracted to you. When a woman feels attracted to a guy, she will almost always make it easy for him to talk to her, unless she is testing his confidence him by playing hard to get.

Throughout a conversation, a woman will always be trying to assess your mental and emotional strength to see if you're strong enough for a woman like her. This is a woman's natural instinct to make sure that she finds a compatible guy who can handle her and make her feel the type of attraction she really wants to experience.

Choose a Job That You Really Love, Not a Job That You Hope Will Impress Women

You can waste a lot of time worrying about jobs that impress women, or you can realize that what women really want to see is that you are a confident man who is going after his biggest dreams and ambitions in life.

As a man, you need to do the job that brings you happiness, challenges you and makes you wake up in the morning feeling excited because you can't wait to move forward and achieve what you're aiming for.

If you get into a job to hopefully impress women and still don't even know how to attract women during an interaction, most women really aren't going to care what you do for a living. Despite your great job, she just isn't going to be feeling the type of sexual attraction that she really wants to feel.

If you want to be successful with women, the main thing that you need to master is your ability to trigger feelings of sexual attraction inside of a woman when you talk to her and interact with her...

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[image]

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[image: Dan Bacon]

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The Girl That I Like Just Wants to Be Friends

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Something that a lot of guys ask The Modern Man about is what to do when a girl just wants to be friends, but they want a sexual relationship.

Often, the guy will have known a girl as a friend for some time and he will then have suggested that they go on a date or begin a relationship, only to have her say that she just wants to be friends.

So, why do girls say that they just want to be friends with good guys who have good intentions? Why can't a girl see that the guy is a good guy and that he is sincerely interested in a relationship with her? Why does she reject such a great offer?

In most cases, it simply means that the guy hasn't been making her feel sexually attracted to him and is trying to start a relationship based on feelings of friendship, rather than sexual attraction.

[image: The girl that I like just wants to be friends]

Watch this video by Dan Bacon (founder of The Modern Man) to understand why it's so important to focus on making a girl feel attracted to you first...

Most girls don't like to hurt a guy's feelings, especially if the guy is someone that she likes as a friend. By saying she just wants to be friends, she is letting him down gently, but what she's really saying is that she's not sexually attracted to him.

Have You Been Making Her Feel Sexually Attracted to You?

By the time a guy realizes a girl just wants to be friends with him and isn't interested in beginning a sexual relationship, he will probably already have made some classic mistakes that have led to him being seen as a friend and not a potential boyfriend.

Some of those mistakes include:

1. Acting like one of the girls

Unfortunately, many guys make the mistake of thinking that being great friends with a girl will lead to her liking him and then wanting to have sex with him. The more he likes a girl, the harder he'll try to be liked back by her and this often leads to behaving in a way around her that makes him become seen as one of the girls."

For example: He'll get involved in girly things such as gossiping, going on shopping trips and helping to choose outfits and makeup etc. He might also be the guy who is always available when she needs to talk about something that has upset her particularly if it's something her latest boyfriend has done.

Of course, the problem with all of this is that being liked as a friend and being lusted after as a potential boyfriend are two entirely different things. The more girly his behavior becomes, the less sexually attractive he becomes as a result. Sure, she's going to like having him around as one of her best friends but she's not going to see him as anything other than just a friend.

2. Being a doormat for her to walk all over

[image: Being a woman's doormat]

I think it's fair to say that one of the most common mistakes guys make in terms of trying to make a female friend into a girlfriend is trying way too hard to be liked. As in the above example, trying too hard to be liked and trying to be a girl's best friend inevitably leads to a guy being seen as less sexually attractive.

The more he tries to be the super-nice guy that she can rely on to be there for her, the more likely it is that she'll step all over him like a doormat.

Always being available and always dropping everything to run to her assistance won't lead to her eventually realizing that she's madly in love with him. That kind of stuff only happens in the movies, not in real life, believe me. It will only lead to her seeing him as a weak, wimpy kind of guy who doesn't have anything else going on in his life other than her.

There's nothing wrong with being a nice guy, but to be seen as sexually attractive, a guy must also have the alpha qualities it takes to be seen as a confident, masculine, and mentally and emotionally strong nice guy.

The bottom line is that if you're always available to a woman, you're not showing yourself to be the alpha male she's looking for. Alpha males have qualities that make them stand out as real men in a woman's eyes, and women know that a real man effectively has his pick of women so they'll have to work hard at attracting his attention if they want to get him all to themselves.

Being a sexually attractive man means developing the alpha male characteristics that women are instinctively drawn to in a man, and having the qualities that make women feel literally weak at the knees in your presence. When you learn how to be that man, you'll no longer find that a girl just wants to be friends, she'll want to be much more than just friends with you.

Making Her Want to Be Your Girlfriend

If you want a girl to see you as a potential boyfriend, you need to show her through your behavior and actions that you've got the sexually attractive qualities she's looking for in a man.

Women are instinctively attracted to men with genuine self-confidence and true masculinity, and above all, men who make them feel feminine.

Modern women want to be with a man who knows how to naturally take the lead in a relationship, thereby allowing her to relax into feeling naturally feminine around him.

In today's world, women often have to suppress their natural femininity in order to get ahead in their careers. Yet, despite how strong, independent and even masculine some modern women behave, they still yearn to be with a man who has what it takes to make her feel like a woman.

×

[image]

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Making a Woman Laugh: Mistakes to Avoid

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you want to make a woman laugh, you have to trust your gut instinct to say whatever you think will be funny.

As long as you are making the joke in a manner that is attractive to women (e.g. confident, masculine, flirtatious, etc), the woman will laugh and enjoy it. More importantly, she will also feel attracted to you.

Watch the video below by [Dan Bacon](#) (founder of The Modern Man) for a great example of how to make a woman laugh in an attractive way...

You can also make women laugh and feel attracted to you at the same by using flirting. Here's another great video by Dan...

“I Love a Guy Who Can Make Me Laugh”

[image: Women love funny guys]

Have you ever heard a woman say, *“I love a guy who can make me laugh”*?

Unless you've been living under a rock or have never been around women before, you will have most likely heard women saying something like that more than once. For most women (not all), a guy's ability to make her laugh will override his lack of anything else.

This is one of the reasons why you will often see so many ordinary or even ugly guys dating or married to hot women, who when asked to explain their attraction for their man, often say, *“He's just so incredibly funny. He makes me laugh and I love him for that.”*

So, what is it about being funny and making a woman laugh that makes her feel attracted to a man?

What Humor Says About You to Her

[image: Why women love funny guys]

Let's face it, life can get pretty boring, stressful and dull sometimes.

However, if a guy can lighten the load with a dash of humor, it just makes being around him a lot more fun and interesting. Given the choice between hanging out with a dull or serious guy and someone who is funny, a woman will choose the funny guy every time.

Why? Well according to research it seems that making a woman laugh makes a guy seem more intelligent and trustworthy in her eyes, and this in turn makes him seem more desirable as a potential boyfriend. Another reason women like guys who can make them laugh is because a guy who is funny is usually liked and accepted by others.

At a deep level, this tells a woman this is the kind of guy who is able to have his say in the world, is most likely to get along and be respected by others, and because of that will be able to get ahead and will ultimately be able to provide for himself, her and their offspring if they have any, better than a guy who is disliked or disregarded by others.

[image: What humor says about a man]

Unlike men who will choose a woman based on how attractive she looks (even if he doesn't like her personality), most women will assess much more than just a guy's looks before they make up their mind about having sex with him or dating him.

Although a guy's looks can initially attract a woman, if he can't build on her feelings of interest, desire and amusement, she probably won't feel enough attraction for him to warrant having sex or beginning a relationship.

3 Mistakes to Avoid When Making a Woman Laugh

Being funny is definitely an asset; however, if it's not something that comes naturally to you, you can actually destroy attraction instead of create it. Here are 3 common mistakes to avoid.

1. Trying too hard.

[image: Uncool humor]

Yes, being funny is one of the quickest and easiest ways to endear yourself to people and to make a woman feel sexual attraction for you. However, trying too hard to be funny isn't funny.

For example: Some guys will memorize jokes they find on the internet and then use as many of them as possible during a conversation with a woman. He's thinking, *"If women like funny guys, then all I need to do is add in some jokes and I'll finally get the girl."*

Yet, that's not how it works. When a guy jokes endlessly in an effort to be liked, he only comes across as being desperate and needy. Instead of getting a woman to respect him and feel attraction for him, he only succeeds in making her feel pity for him, which then turns her off.

A big part of making a woman laugh is being natural and letting the conversation and the vibe of the environment around you inspire you.

2. Being the un-cool joker.

When a guy lacks social intelligence, it's easy for him to use humor to try and fit in.

We've all encountered the guy who makes us cringe when his lame jokes fall flat and everyone looks away uncomfortably because he's just not funny. The less people laugh at his jokes the harder he tries, but he fails to understand that such behavior is simply making him even LESS attractive to women.

It's better to be yourself and to focus on learning about people, socializing and attracting women before you try to be a "funny guy" for everyone that you meet.

3. Thinking that insulting her is being funny.

[image: Insulting humor]

If you've been learning about approaching and picking up women, you may have heard about the type of humor called cocky and funny.

We don't teach that.

Instead, we teach what we call Playfully Arrogant humor, which essentially means that you are being arrogant (or cocky if you want to call it that), but it is clear that you are only being playful. A mistake that a lot of guys make is in thinking that if cocky and funny humor works, then women must love

really cocky guys who insult them.

Yet, that's not how it works.

Playfully Arrogant humor is funny and attractive to women because, unlike cocky and funny, it's not about insulting her and is instead about getting her laughing and both the man and the woman enjoying the interaction together.

When guys get too focused on the "cocky" element of the outdated cocky and funny approach to humor, they often go overboard and end up turning the woman off.

An Example of How to Make a Woman Laugh

Regardless of where you are, the key to making a woman laugh is using whatever is around you as an opportunity to tease her and to create attraction between you.

Here is an example of what to do if you're in any type of queue (in the supermarket, at the movies, at a buffet, at the post office, etc.) and an attractive woman standing behind you bumps into you (which is inevitable when you're in queues).

You: [Smile and say] *Okay, okay, you don't have to push me to get my attention!*

Her: [Laughing] *Oh, I'm sorry I didn't mean to bump you.*

You: [Still smiling] *Girls are always trying to touch me.*

Her: [Laughing]

You: *I have feelings too, but it's always seems to be about the touching and bumping with you girls.*

Her: [Laughing]

You: [Smile and show her that you're being light-hearted and only messing around] *Anyway, if you promise to keep your hands to yourself, I'll keep talking to you. I'm Bob – what's your name?*

See how it works? You're being playful while at the same time showing her that you're a confident, easy going guy.

Just Be Yourself

Making a woman laugh is easier than most guys think. The key is to be yourself, relax and let the conversation flow naturally.

Trust your gut instinct to say whatever you feel like saying and in many cases, it will be funny, interesting and completely unique to you...

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[image]

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People Always Ask Me Why Iâ€™m Single

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Whether itâ€™s at Thanksgiving dinner, Christmas lunch, Cousin Susieâ€™s wedding or Uncle Bobâ€™s 70th birthday party; you are constantly bumping into the same people and the same family members.

After a while a pattern develops and you start to dread going to these family events because you know that inevitably, someone is going to ask the dreaded questionâ€”

Youâ€™ll be sitting down having a wonderful meal with the whole family, enjoying the turkey and the cranberry sauce; lulled by the food and the wine you begin to relax when suddenly out of the blue Aunt Millie asks, *â€œWhy are you still single?â€*

An expectant hush falls over the whole table and everyone turns their eyes on you. *â€œWell?â€* prods Aunt Millie, *â€œ...answer the question! If you canâ€™t meet anyone I know this nice girl that works at the library. Sheâ€™s really quite sweet, a bit too shy for my liking, butâ€*

Embarrassed, you make some flippant retort, excuse yourself from the table and make a hasty retreat to the bathroom where you face yourself in the mirror and ask yourself that question of questions, *â€œ...people always ask me why Iâ€™m single, what should I say in response?â€*

If youâ€™ve ever experienced anything like that before, you would already know that some people have started to make assumptions about you (e.g. *â€œA rumor has it that youâ€™re still a virgin, you must be gayâ€* or you are intimidated by women and still havenâ€™t worked out how to be a confident man).

Youâ€™re stuck and you donâ€™t know what youâ€™re doing wrong or how to fix it.

Really...Why Are You Single?

The truth of the matter is that if you are at a point in your life where people are always asking you why youâ€™re single, then there must be an issue that you are not addressing. If you are honest with yourself you will stop making excuses such as:

- Iâ€™m too focused on my career right now.
- Iâ€™m too busy for a relationship.
- I want to travel first before I settle down.
- I just havenâ€™t met the right woman yet.

You will then realize that you are literally running out of excuses and that youâ€™re not facing the fact that you just donâ€™t know how to make women feel sexually attracted to you. Youâ€™re lost and you are looking for excuses because you either donâ€™t know that you need to actively attract women with your personality, or you are expecting women to suddenly start liking you because youâ€™re such a nice guy.

Watch this video by [Dan Bacon](#) (founder of The Modern Man) to understand what a guy really needs to do if he wants to be successful with women...

In addition to what Dan talks about in the video above, here are some additional questions that will

help you get to the source of your real problems with women...

1. Do you lack the all important confidence that women find most attractive about men?

When you find yourself in the company of women, especially women that you find attractive, you become nervous and uncomfortable. You either mumble through your words or stand there in stunned silence and have to hastily excuse yourself, doing exactly what you did at the dinner table with Aunt Millie.

2. Do you know what to say when you approach a woman?

When you see a woman that you find attractive you find yourself unable to approach her and even if you did, you probably wouldn't know what to do after that. You are not sure what to say, how to stand and what to do when and if she does something unexpected; which is something women always seem to do.

3. Do you avoid places where women are open to being approached?

You avoid places where there are lots of available women that you can meet, knowing that you won't be able to handle the stress. You also avoid interacting with women at the mall, the park, the gym, at yoga class or at your local supermarket. Even when a beautiful woman approaches you, you find a way to make yourself unavailable.

4. Do you lack the ability to keep a conversation going and keep it interesting when talking to a beautiful woman?

You don't know how to make a conversation interesting and engaging for an attractive woman and you make the mistake of talking about your boring job, your boss, the weather, your mom or the state of the nation.

If you're not talking about those things, you may then begin to interrogate her by asking question after question in the hope that she will just keep talking to you for long enough to realize that you're a nice guy and you mean her no harm.

5. Do you know how to flirt?

Flirting is an art and is the first course in the dating ritual. If you don't know how to flirt and use your body language to turn a woman on, then the result will be that you make her feel uncomfortable and tense.

6. Do you avoid approaching attractive women?

Instead of being a go getter who confidently goes after the women that he likes, you sit in a corner hoping that the woman will take pity on you and come to you. Unless you are very good looking or famous, this is NOT going to happen.

7. Have you been behaving like a lower ranking male?

As a man, you are either an alpha male or a lower ranking male. If you are getting the girls you are alpha and if you are not getting the girls you are a lower ranking male.

When you behave with insecurity, nervousness and a lack of direction and purpose in your life, you are behaving like a lower ranking male, women will pick up on it and will reject you every time because they are always on the lookout for an alpha male who is confident, self assured and has purpose and direction.

If you relate to some or all of these points, then you are in definite need of some help. The longer you go around saying people always ask me why I'm single without looking for a way to change your

single status, the harder it will get.

A Little More Action Please

If you want to change your single status and you want to make women feel sexual attraction for you, then you need to address the issues above; you need to become more confident around women and you need to unleash your alpha male potential. Alpha males are the ones who always get the girls; they see what they want and they go out and get it.

Sitting around moping and saying people always ask me why Iâ€¢m single is not getting you anywhere. Action is what is required at this point.

What Should You Do?

[image: What should you do about your single status?]

The key to your success is to change the things that are holding you back and preventing you from changing your â€¢singleâ€¢ status to â€¢takenâ€¢. Unfortunately, when you have waited too long to make the necessary changes you may feel stuck and unsure about how to go about it. You might want to approach and attract women, but you also might have absolutely no idea how it's done.

Luckily for you, you are at the right place. Here at the Modern Man we have got all the advice youâ€¢ll ever need, or use, to help you approach and engage as many beautiful women as your heart desires.

The next time youâ€¢re having dinner with the family, you can say, *â€¢Hi everyone...Iâ€¢d like you to meet my beautiful girlfriend...â€¢*

×

[image]

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[image: Dan Bacon]

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Meeting New Women After a Divorce

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Let's be honest; divorce is never easy.

However, you can come out of it scarred and determined never to let another woman do that to you again, or you can take the experience, learn from it and make sure that the next time you're in a relationship, you have the skills to make it work; the choice is yours.

So, rather than closing yourself off and vowing never to date another woman again, the best way to get over your ex wife is to start dating and having sex with other women as soon as possible. Meeting new women after a divorce is simple if you follow some basic guidelines.

1. Acknowledge That Your Marriage Failed and Then Move On

If you're not interesting in getting your ex wife back, then you need to acknowledge that the marriage failed and begin to feel excited about the great future ahead of you if you decide to move on and find yourself a new woman.

It's perfectly normal to go through a period of mourning when your marriage comes to an end. Most of us grow up believing that marriage is forever, so when something goes wrong, we end up beating ourselves up about it and feeling like failures.

Although it's okay to feel bad about it, putting yourself down and blaming yourself doesn't serve any purpose. Yes, your marriage ended, but you can use this as an opportunity to grow as a man and become even better than you were before.

Although divorce is a low point in your life, the good news is you now have choices that you never had before.

[image: Meeting women after a divorce]

For example:

- You can do the things you gave up on because of your marriage, e.g. go traveling, change your career, move to another country, go back to college or university, etc.
- You can choose to have sex with and date as many women as you want.
- You can choose to become the type of man that women find irresistible and have your choice of quality women.
- As mentioned, you also decide that you want to get back with your ex wife and make your marriage work.

[image: Meeting women after a divorce]

As you can see, many great things can come from something that you perceive as being a really bad experience. It all depends on your attitude.

2. Learn From Your Mistakes

As painful as it might be, part of becoming a better man in the future is to admit your past mistakes and learn from them. In your marriage, there were things you did that caused your wife to lose love, respect and attraction for you which led to your divorce.

By finding out exactly what caused your ex wife to want a divorce, you can learn and change those things so that you won't repeat them again the next time you're in a relationship. This is also the best way to re-attract your ex wife if you want to.

By learning from your mistakes and fixing your issues she will feel understood and will open her up to feeling love for you again. On the other hand, if you're not interested in a reconciliation with your ex, you will still be a better man in your next relationship.

Some examples of what to look for are:

- Did you stop being the man in your relationship? Did you let your wife wear the pants?
- Did you become clingy and possessive?
- Did you neglect her or take her for granted?
- Did you stop making her feel like a woman?
- Did you stop pursuing your goals and making plans for the future?
- Did you want separate things, e.g. starting a family, etc.

By answering all these questions (and whatever others you can think of) for yourself, you will realize where you went wrong and what you have to fix to be successful with women in the future.

3. Rebuild Your Confidence and Use it to Attract Women

After divorce it's pretty normal for a guy's confidence to take a knock. Even when a divorce is relatively simple with both the man and the woman agreeing to move on, a man's confidence can suffer, with many guys questioning their ability to meet new women.

Common insecurities that crop up after a divorce include things like, *Am I a failure with women,* *What if I never meet another woman again,* *What if women don't find me attractive anymore,* *What if I get rejected,* or *I've been out of the dating game for so long I don't know how to approach and pick up women anymore.*

If you're feeling insecure and nervous about meeting new women after a divorce, the first thing you need to do is focus on rebuilding the confidence that you have about your sex appeal to women. Why? Confidence in a man is more attractive to a woman than anything else.

Women are instinctively attracted to confident, masculine men who are mentally and emotionally strong, so the key to attracting new women into your life is to develop these qualities that make women see you as a real man.

If you don't build yourself up first and make sure that you're not in a low emotional state when you get back out into the dating world, you will find it difficult to attract beautiful women and you'll end up either not dating at all, or you'll settle for low caliber women that you don't feel a lot of attraction for.

4. Improve Your Dating Skills

[image: Meeting women after a divorce]

When meeting new women after a divorce it's easy for a guy to bring his failed marriage baggage with him out on a date. Basically, some guys can't get over their break up and instead of focusing on the woman in front of them, they instead make the mistake of discussing their failed relationship with her.

Although a woman may listen to you out of politeness, if you spend a lot of time talking to her about your doomed relationship and how heart broken and insecure you feel as a result, she will more than likely console you and then make an excuse to get away from you.

Why? A man who is needy, insecure and lacking in confidence is not a sexual turn on. She might feel motherly towards you but that's not going to make her want to have sex with you and then date you.

To get a woman to see you in a sexual way, you have to create attraction by showing her that you're a confident, emotionally strong man who is happy with or without a woman in his life.

If you don't have that type of confidence in yourself, and if you don't know how to behave when you first approach and interact with a woman, you need to learn these things first. I can help you with that.

Starting Over Can Be the Best Time of Your Life

As you can see, divorce doesn't have to be the end of a happy life. In fact, it can be the beginning of bigger and better things in your life. If you use this time to grow and become a better man than you were before, you can achieve things you previously thought impossible or out of your reach.

Most important, meeting new women after a divorce will become very easy for you when you sharpen up your ability to attract women when you interact with them. For example: Improve your conversation skills, charm, charisma, confidence and ability to make a woman feel girly in your presence.

When you are able to attract women in those ways, it's easy to get women interested in you and begin exploring sexual and romantic relationships.

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[image]

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What Turns a Woman On? 3 Myths Busted

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

When you consider the sheer number of confused messages a guy gets in everyday life about what it takes to turn women on, it's no wonder we get contacted on a daily basis for advice on the subject.

All that a modern man needs to do to be confused is turn on the TV, listen to advertisements on the radio or watch a Hollywood movie. He will be told that women want perfect looking men with loads of money and if a guy doesn't have that, he shouldn't even try to hit on the woman.

You've got to be perfect, you've got to be rich and you've got to be tall, famous, have a huge dick and have perfectly moisturised skin.

Yeah, right.

Sure, some women will only accept perfect looking men with loads of money and a monster sized penis. Yet, most women are much more flexible about what they feel attracted to in a guy. We men are lucky that can turn women on in so many different ways.

If we couldn't, then most guys wouldn't be able to get laid, get a girlfriend or get married. Yet, they can...

[image: Ugly guy has a baby with a beautiful woman]

[image: Black guys with white women]

[image: How is this possible?]

[image: Everyday couples]

[image: Asian guy with white girlfriend]

[image: Ugly guy with hot cheerleader girlfriend]

[image: Guy with a weird nose with a beautiful girlfriend]

[image: Guy with big ears with beautiful girlfriend]

[image: White man marrying a black woman. Asian guy marrying a black woman]

[image: Fat Asian guy with pretty girlfriend]

[image: Asian guy marrying pretty white girl]

[image: Fat guy with a skinny girlfriend at the pool]

[image: Fat guys with pretty women]

[image: Fat men marrying beautiful women]

As you can see by the photos above, women can be turned on by all sorts of guys. What you hear in the media is simply how people think things should work, but how things actually work in the real world is often completely different.

Turn On or Turn Off?

Okay, let's take a look at some of the most common myths surrounding the subject of what turns a woman on...

Myth 1: Women are only turned on by tall, dark, handsome men

Sure, certain physical features are going to be seen as more attractive than others to certain women, but it's simply not true that you need to be tall, dark, and handsome to be able to turn women on. Just take a look around you in the real world - the guy who gets the girl in the movies might be the good-looking guy with the rippling muscles, but in the real world? Common! You see guys of all shapes, sizes, and hair colours with beautiful girlfriends, right?

In answer to the question of what turns a woman on, it's an obvious myth that women are only interested in a guy's outward appearance. In the real world, it's who you are as a man on the inside that decides how attractive you are to most women.

Yes, some women will only accept a perfect looking guy who is tall, has loads of money and has a huge penis, but most women are much more flexible about what they find attractive than guys realize.

Watch this video by Dan Bacon (founder of The Modern Man) to understand how a woman's attraction for a man really works and how you can use that to your advantage the next time you interact with a beautiful woman...

Myth 2: Women are mostly turned on by money

Following on from the tall, dark, and handsome myth, it's not unusual for guys to think that women only date average-looking guys if they've got plenty of cash to splash. Of course, guys who think this way are completely misunderstanding what turns women on.

To be attractive in a woman's eyes, you don't need to have expensive clothes and designer shoes, and you don't need to have a flashy car or any other kind of showy bling.

Women are attracted to confident men who know who they are and know where they're going in life.

Having these alpha male characteristics makes a guy a natural leader in all areas of life and because of this, he's a guy who goes after what he wants and makes his own success.

Wearing designer labels and driving a nice car might be part-and-parcel of a man's success, but it's not what he owns that turns a woman on, it's who he is and the character traits he has that attract her attention.

Put it this way; a guy with Hollywood good-looks, a designer wardrobe, and a string of sports cars will not turn a woman on if he lacks confidence and acts shy or nervous around her.

However, an average-looking guy with absolutely no bling on show will turn her on if he has genuine self-confidence and an ability to engage her in natural, free-flowing, and fun conversation that leads effortlessly into flirting.

Myth 3: Women are turned on by nice, sweet, polite gentleman

If you watch any old black and white Hollywood classic, you'll see plenty of gentlemanly behaviour that seems to get women swooning and buckling at the knees, so it's no surprise that a lot of guys slip into believing that the way to turn a woman on is to treat her like a lady.

Well, buying her flowers, lavishing her with gifts, and effectively throwing yourself at her feet by putting her on a pedestal might have worked a century ago but itâ€™s not going to do anything for a modern woman.

For a start, the movie world has never been a true reflection of the real world anyway, but the world has changed over the last couple of generations and women are looking for a man who knows how to make her feel like a woman in todayâ€™s world.

Modern women are independent women, theyâ€™re not impressed by â€œgiftsâ€œ because they can buy their own, and putting her on a pedestal doesnâ€™t boost a guyâ€™s image in her eyes, it makes her see him as a weak, desperate guy who is so unsure of what he has to offer as a man that heâ€™s trying to â€œbuyâ€œ her affections.

She doesnâ€™t want an insecure man who puts all of his energy into â€œtrying too hardâ€œ to impress her, she wants a confident, masculine man who has his pick of women because then she gets the thrill of working hard to impress him.

Watch this video by Dan Bacon (founder of The Modern Man) to understand why being too nice to a woman will often result in rejection...

As you will discover by watching the video above, there is nothing wrong with being a nice guy to a woman. However, you must also focus on making her feel sexually attracted to you. Nice behavior isn't enough to turn a woman on or make her want to begin a relationship with a guy.

What Really Turns a Woman On

The bottom line on what turns a woman on is this...

A guy who has the ability to make her feel feminine in response to his masculinity. For example: If a guy is confident and has a strong, masculine vibe when interacting with a woman, she will naturally feel feminine in his presence.

If he also has the ability to make her feel attracted in other ways (e.g. making her laugh, being charming, being charismatic, etc), then she will feel like she has hit the jackpot by meeting him.

Women dream of being able to find a guy who can make them feel attraction for a wide variety of traits, but it is very hard to find. When you are the guy who can turn a woman on in many different ways, you are what women refer to as a catch.

Attracting a woman for sex is simple and easy and maintaining and building on a woman's attraction in a relationship is just as effortless...

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[image]

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[image: Dan Bacon]

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Definition of a Real Man

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

A real man is a man with genuine self-confidence and true masculinity. Heâs a man who knows his own mind and knows what heâs about in life, and heâs not afraid to stand up for what he believes in.

When a man has these qualities, he has a natural self-assuredness that makes him stand out head and shoulders above other men, and women feel an instinctive sexual attraction towards him because he has what it takes to protect her and provide for her, allowing her to relax into being a woman in the relationship.

A real man has the strength of character to be his own man in the world and to always be true to himself. If he takes part in any passing trends in society (e.g. fashion trends, social trends, etc) he does so because he is interested in it, not because he's trying to hopefully impress people and get them to like him.

He focuses on being the best version of himself itâs possible to be by developing the characteristics that help him to go on improving and becoming a better man at each new stage in his life. He knows how to be successful with women because he knows what really attracts women to men.

He doesnât have to try too hard to get a womanâs attention because women automatically sense his confident and very masculine presence and they work hard to get his attention and be selected by him.

Itâs Not All About Looks, Money and Status

If you ask a guy to describe a real man, he will often begin to imagine a handsome man with a high paying job, a chiseled jaw and a great sense of fashion. Why? That's what is fed to us via the media. TV commercials, glossy magazine ads, billboards, and Hollywood movies in general all send out the message that success with women comes down to being a good-looking guy with a chiselled jaw, Superman physique, high paying job or high status position in society.

This can lead the âaverageâ guy into feeling insecure around beautiful women and assuming that he'll never be good enough for women, even though he is good enough...and just doesn't know it.

While it is true that some women are gold diggers and that some women will only accept a perfect, male model type of guy, the majority of women are much more flexible about what they find attractive.

Most women are interested in who a guy is on the inside, not just how he presents himself on the outside. Sure, certain physical features are going to be seen as more attractive than others initially, and itâs important that a guy should make an effort and take some pride in his appearance, but women are simply not that shallow.

Watch this video by Dan Bacon (the founder of The Modern Man) to understand the real reason why a lot of good guys fail with women...and no -it's not because they're not good looking enough!

Check it out...

If a rich, good looking guy approaches a woman and then struggles to string a sentence together because he is shy and nervous, most women aren't going to be interested. Most women are more interested in how a guy's personality and behavior makes them feel.

Material possessions can only ever send out a message about what a guy is, but for women, finding a real man is all about feeling the message he sends out through being who he is.

Women can sense a real man's presence because he's a man who knows who he is and feels secure enough in who he is to just be himself, and he has a quiet inner confidence that doesn't need to be advertised through outward status symbols or bling.

It's Not All About Being a Gentleman

There's nothing wrong with treating a woman well and a real man certainly does that. However, being an old school gentleman isn't what women see as being a real man in today's world.

Another common mistake guys make is to fall into the trap of putting a woman on a pedestal and virtually throwing themselves at her feet in order to impress her and win her affections. They think that doting on her in this way and behaving in a gentlemanly manner around her is the right way to treat her because a woman wants to be treated like a lady. She doesn't.

That line of thinking may have made a lady swoon a century ago but most modern women see it as corny and out of place in today's world.

Today's women are independent women who know how to hold their own in the world, so they're looking for a strong man who has what it takes to sweep her off her feet by being mentally and emotionally stronger than her and comfortably taking the lead in a relationship as a result.

A real man isn't a gentle, nice guy who treats her with kid gloves, he's a man who has what it takes to make her feel like a woman.

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What Women Say and What They Really Mean

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Have you ever had a woman say something to you, only to discover later on that what she said wasn't really what she meant?

For example: She said, *"I want a nice guy who cares about me and treats me like a princess,"* but she then lusted after and hooked up with a bad boy, jerk or asshole who didn't treat her well.

You might have then been left wondering whether or not she was telling the truth or if women now prefer bad boys over nice guys. After all, why would a woman hook up with a bad boy if she actually wants a nice guy?

The answer is actually quite simple. For example: A guy once contacted The Modern Man to explain that he had asked a girl out on a date because she was always saying what a nice guy he was, but ever since he'd asked her out she'd always been too busy to make any definite plans.

He wanted to know why she always said nice things to him but didn't seem to mean any of them because she was never available to go on a date with him.

[image: Women gossiping about men]

The answer was simple: She wasn't attracted to him, but she did like him as a friend. She did see him as a nice guy, but that isn't enough for most women to want to have sex with a guy. Watch this video by Dan Bacon (founder of The Modern Man) to understand why being really nice to a woman often results in being rejected...

Another great video by Dan Bacon is 7 Strange Things About Women, which we definitely recommend that you watch if you want to truly understand how women think...

What's Really On Her Mind?

Sometimes, women feel under pressure to say what they've been brought up to believe is the "right" thing to say under certain circumstances, rather than say what's really on their mind.

A lot of the emails we get from guys who are confused over what women say and what they really mean tell a similar story of making out with a girl and then her saying "no" just when things appear to be going really well. They want to know why a girl who is clearly enjoying the anticipation of sex would then say no to "going all the way" at the last minute.

This is a classic example of a woman saying "no" when she really wants to say "yes"! However, when you learn to understand how women think, you realise that she feels she must say no so that you don't think of her as being "too easy."

She wants to be seen as a "good" girl and she's been brought up to believe that not saying no would lead to a guy losing all respect for her.

Of course, you shouldn't disregard everything that a woman says and assume that she means the opposite every time, but there is a lot of truth in the old saying, *"Actions speak louder than words,"* and a guy needs to learn how to read a woman's body language to be able to

understand what sheâs really saying.

For example: If a woman is clearly enjoying making out with a guy and then says, “*We should probably stop,*” it doesn’t always mean that she wants to stop. In many cases, she just wants to ensure that you don’t look at her as being easy, cheap or slutty.

Only when a woman clearly says, “*Stop!*” does she usually mean it. In all other cases, she’s usually just trying to act like she is resisting so that, if you do get into a relationship with her, you will be able to trust that she can control herself. You won’t have to worry about her hooking up with other guys easily because you know that she’s not like that.

Thinking Differently

If you want to get to grips with what women say and what they really mean, you not only need to learn how women think, you also need to think differently about who you are as a man.

When youâre a man who understands women, and youâre a man who knows what women are looking for in a man, youâre no longer a man who is unsure of himself and unsure of the messages women are sending him as a result. Women are looking for a confident man who knows who he is and knows what he stands for in life.

When a man has genuine self-confidence and he believes in himself as the man he is, he has a relaxed sense of self-assurance about him that makes him very attractive to women....and when a woman is attracted to a man, sheâs going to work very hard at making sure he gets the message â so no more confusion over what she really means, youâre going to know.

Guys who are successful with women donât hang around in the background trying to work out whether a woman is interested in him or not before approaching her, and they donât get confused mixed signals from women because theyâve learned to understand how women think.

Theyâve also learned how to be the type of guy that women want, and thatâs something that in itself makes it much less likely that theyâll ever be left wondering whether what sheâs saying is what she really means. Every guy can learn how to be successful with women, and you too can be a guy who knows whatâs really on a womanâs mind...

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Random Questions to Get to Know Someone

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

As long as you make a woman feel attracted to you (e.g. by being confident, charismatic, making her laugh, flirting with her, having a masculine vibe, being charming, etc), it will be very easy to get to know her.

She will be interested in getting to know you, so it won't really matter what questions you ask. However, here are some good examples to use when getting to know a woman you like:

- So, tell me...what's something interesting or weird that has happened to you lately?
- What do you like to do for fun these days?
- Are you still like the girl you were when you were younger, or have you become a completely different person?
- Would you rather eat a chocolate cake or make one for your friends or family?
- Are you a Facebook addict?
- What is your greatest accomplishment this year?

Essentially, as long as you are making her feel attracted to you, it doesn't matter where you take the conversation. Watch this video by Dan Bacon (founder of The Modern Man) for some examples of what women like to talk about with men...

Don't Get Too Scripted With Your Conversation Style

At The Modern Man, we sometimes get emails from guys who asking for things like, *"Random questions to get to know someone,"* or *"what to say to women to keep them talking."*

Unfortunately, many guys are usually looking for some kind of prewritten list of "random questions" that they can ask when talking to women. This approach to conversation rarely works because what attracts a woman the most is when she can see that a guy is being his real, confident self and isn't afraid to say whatever he wants to say.

If a woman gets the sense that a guy feel so intimidated by women that he has to reel off a list of prepared questions, she wonder what other insecurities he has that is hiding from her.

With this in mind, it's not a scripted list of "random questions" you need. Instead, you need to learn how to talk to women in a way that captures their attention and interest, while also making them feel attracted to you.

Watch this video by Dan Bacon to understand where a lot of guys go wrong when talking to women and what you should do instead...

What Not to Say

Okay, there can be no doubt that asking questions is an important element of getting to know more about someone, and it's certainly a big part of creating a two-way conversation, but questions alone don't make a conversation.

A lot of guys who feel shy or anxious when they approach women use questions as a way of taking the pressure off themselves. By asking a question, they don't have to think of anything else to say for a while.

However, if a guy then just follows one question with another in an effort to avoid any awkward silences when he can't think of anything else to say, he's not making conversation, he's conducting an interview.

Firing questions at a woman isn't engaging her in conversation, and it's probably going to make her feel very uncomfortable in your company.

If the questions asked don't quite fit into the natural flow of things, they're going to sound stiff and rehearsed, and if you're too busy trying to check another random question off your list, you're not going to be listening to anything she says in reply and that's going to make you appear nervous and anxious at best, and more than a little weird at worst.

For example, let's say you ask her what kind of music she likes. She tells you all about the great time she had at a music festival the previous weekend and reels off the bands she enjoyed most. But, instead of listening to her reply and finding out about her tastes in music among other things, you busy yourself trying to think of another question to ask.

Then, later on in the conversation, you nervously ask, *So have you seen any bands playing live lately?* She then realises that you either haven't been listening to her or are so nervous around her that you can't think straight.

While the nervous, fumbling, nice guy might get the girl in Hollywood movies, in real life, he usually just gets rejected. Why? Women are attracted to the emotional strength of men (e.g. confidence, determination, charisma, etc) and turned off by the weakness (e.g. nervousness, insecurity, anxiety, etc).

Conversation Stoppers

Firing questions at her and then not paying attention to anything she says is not engaging her in conversation, and she's going to see you as an awkward, anxious guy with no social skills and that's not attractive.

Likewise, if you ask her questions that you then go on to practically answer yourself because you're so desperate to avoid silences and to try to hold her attention, you end up coming across as a really insecure guy with no confidence and that's not attractive either.

For example: Let's say you ask her if she likes Italian food and you then go on to list a number of dishes that she must like if she does but you haven't actually let her answer! That's not engaging her in conversation, that's just nervous chatter that's going to turn her right off.

When a guy lacks confidence, another common mistake he's likely to make is to fish for compliments or to seek reassurance in the questions he asks. For example, he might say, *Do you like thin guys?* or, *Do you like guys that are into cars?* or words to that effect.

The first question is a good example of a guy feeling insecure about his appearance, but whether or not she likes thin guys is immaterial because she's not going to like his lack of self-confidence and his need for reassurance.

The second question is a good example of a guy lacking confidence in who he is and what heâs got to offer as a man. Heâs using his interest in cars, and probably flashing his car keys, as a way of trying to âimpressâ her, but women arenât interested in a guyâs material possessions, theyâre interested in his character and who he is as a man.

Improving Your Conversation Skills to Attract Women

Hereâs another great video by Dan Bacon, which provides some examples of how to attract women during a conversation...

As you will discover from the video, itâs not about what you say, but how you make women feel when you say things. If what youâre saying and doing is triggering the womanâs feelings of sexual attraction for you, then youâre on the right track.

Learn More?

Relying on scripted questions or a rehearsed approach of any kind is not the way to get to know someone.

Questions are only of value if theyâre relevant to the particular situation, and to be part of a natural conversation, they need to be part of a two-way dialogue where her answer provides you with an opportunity to share a little information about yourself before building on her response to find out more about her.

All of this takes good communication skills and an ability to listen as well as to talk. Guys who are great conversationalists are guys who have learned how to feel genuinely confident and relaxed just being themselves.

Theyâve learned how to use natural charm and charisma to draw other people towards them and to be able to strike up spontaneous conversations that people want to join in on. As a result, they find it easy and natural to get to know someone new no matter where they meet them...

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[image]

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Why Do Women Like Older Men?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Women like all sorts of men, not just older men.

However, if a young woman is into older men, it's usually comes down to one of the following reasons:

1. She likes how girly he makes her feel because he is so masculine.
2. She is more emotionally mature than guys her age, so she feels more compatible with older guys.
3. She prefers having sex with guys who are experienced.
4. She has a "daddy complex" and likes to be a man who will give her the love that she didn't get from her father.
5. She prefers guys who are more financially established.

When a Younger Guy Gets Dumped For an Older Guy

We recently got an email from a guy recently who wanted to know why women like older men. His reason for asking was that his girlfriend had dumped him and she'd moved on to start dating an older man.

Of course, it might seem a bit rash to jump to the conclusion that all women like older men based on this one experience, but for him it was the second time it had happened; his previous girlfriend had also dumped him and started a relationship with an older man.

The thing is, he's not alone.

The question of, *Why do women like older men?* comes up frequently, and it's not only from guys who've been dumped and replaced by an older guy.

It's a question a lot of guys who are struggling to get a girlfriend ask because they see older guys with younger women falling all over them, or they see older guys out on dates with younger women and they want to know what gives?

Where Younger Guys Go Wrong

[image: Where younger guys go wrong with women]

Okay, the biggest mistake the guys who ask the question, *Why do women like older men?* are making is assuming that age is the only basis of a woman's attraction for a man. For the younger guys who have been dumped, they see their ex-girlfriend with an older man and they assume that the only thing he's got to offer that they don't is age.

In fact, because a guy is older, it's not unusual for a younger guy to describe him as being less attractive if not uglier than them, and it's for this reason that guys who are struggling to get a girlfriend jump to the conclusion that he must have money, or a flash car, or some other kind of trapping that makes women want to hang out with him.

As they see it, why would a young woman want to hang out with an older guy unless he was able to buy her affection with extravagant gifts? This is a big mistake on many levels, not least because women are not that shallow. In fact, if a guy thinks women really are that shallow, he's found out why his ex-girlfriend dumped him or why he's struggling to get a girlfriend.

As Dan Bacon (founder of The Modern Man) explains in this video, guys make up all sorts of excuses for their lack of success with women. Yet, in reality, their lack of success with women comes down to one, simple mistake...

What Women Like in a Man

Women are attracted to guys with alpha male qualities that make him stand out as a real man in her eyes. It's not just what she sees when she looks at a guy that attracts her, it's what she feels when she's around him.

Alpha male qualities include confidence and masculinity, and a man with strong alpha male qualities has what it takes to make her feel like a woman and it's a feeling women can't get enough of. Alpha male qualities can generate a sexual attraction that makes a woman quite literally feel weak at the knees.

Yet, here's the thing, it's not a man's age that gives him these qualities, it's who he is.

The only advantage an older man has over a younger man is life experience. An older man has had more opportunity to discover who he really is and what's really important to him in life, so he's had more opportunity to develop genuine self-confidence and to relax into just being himself.

Obviously, this does not mean that all older men have confidence and all younger men lack confidence, it's just a generalisation that helps to explain why women sometimes appear to like older men.

It's not the fact that he's older that makes him attractive to a younger woman, it's the fact that he's truly confident in who he is as a man and he's genuinely likeable as a result because he's someone that she feels totally at ease being her real, feminine self around.

He's totally comfortable just being himself and he's not trying to be anything other than himself because he believes in himself as the man he is and that's a powerfully attractive quality in a woman's eyes.

Don't Keep Making the Same Mistakes

Going back to the guy who told us that he'd been dumped twice and his exes starting dating older guys each time. The fact that he asked, *Why do women like older men?* suggests that he could see no other reason for being dumped other than his ex-girlfriends preferring older guys, right?

The harsh reality is that until he learns to look beyond a man's age and to see what other qualities a man might have to offer his ex in a new relationship that he didn't offer in his relationship with her, he's probably going to keep getting dumped.

A guy has to recognise and acknowledge the mistakes he made before he can learn from them and become a better man as a result. It could just be pure coincidence that he was replaced by older guys in each case but the guy's exes moved on to obviously offered something better; something that was missing in their ex-relationship.

A lack of confidence or insecurities of any kind are not attractive in a man irrespective of his age. A woman is not going to be attracted to a guy who approaches her in a shy, awkward manner and then struggles to make any kind of conversation with her because he's so intimidated by her whether he's the same age as her or 10 years older.

It's not a man's age that attracts, it's his ability to approach a woman confidently, engage her in interesting conversation, and escalate the conversation into a kiss, a phone number, a date, or sex with the type of relaxed, masculine confidence that women find irresistible in men. It's who he is that gets her attention, not what he is in terms of his appearance or his material possessions.

The great news is that the qualities women are attracted to in a man are qualities that can be developed at any age and stage of life. It doesn't matter how young or old you are as a guy, the truth is that you can improve your ability to naturally attract women with your personality, behavior, body language, conversation style, vibe and attitude...

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[image]

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My Purpose in Life... What is it?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Have you ever found yourself wondering, *What's my purpose in life?* or have you ever considered whether having a definite purpose in life might help you to get more out of your life and achieve your true potential?

Without purpose in your life, you're effectively drifting through life waiting to see where you happen to end up or what happens to come your way, so when you look at it that way, not having a clear purpose is unlikely to help you achieve what you really want out of life.

When you have a life purpose, you have a reason for being but if that all sounds a bit new-age for your liking, having purpose in your life stops you from drifting along and helps you to take control over where you're going in life and, perhaps more importantly, who you become as a man on the way.

A man who has purpose in his life is a man who is not settling for what happens to drift his way; a man who knows what he wants and is taking steps to move towards what he wants.

In this sense, you could say that asking yourself, *What's my purpose in life?* is similar to asking yourself, *What's my ambition in life?* or, *What drives me and spurs me on in life?*

Of course, these aren't questions that are always easily answered and it's quite often when a man finds himself drifting aimlessly without drive and ambition, or when he finds himself feeling unfulfilled by life that he comes to realise he lacks purpose.

Life Purpose vs. Life Intentions

Guys with purpose know what they want out of life and they know with the right amount of effort and focus, they can achieve their ambitions and realise their dreams.

Guys with purpose tend to think big too, but crucially, they remain open to their dreams and ambitions changing as they go through different stages in life. What a guy might want to achieve when he is 18 will likely be different when he reaches 30, 40 or even 50.

The mistake a lot of guys make is thinking that unless it's their ambition to find a cure for cancer or to create world peace, then they don't really have a useful purpose in life. That's missing the point. The point of having purpose in life is to give yourself purpose in your life so that you can feel a sense of achievement, happiness, and fulfilment in your life.

The something useful and the something good only needs to be relevant to you and your life, and for this reason it can be helpful to think in terms of life intentions rather than life purpose.

What's my purpose in life? can be too big a question, but, *What's my intention in life?* can be a little easier to get your head around in the beginning.

Look at it this way; a guy might write down on a piece of paper, my life purpose is and then find he can't think of anything to write to fill in the blanks. But, if he writes down, my life intentions are, he can probably start filling in the blanks without agonising over it too much at all. For

example, he might write...

- To find love, and to love and be loved.
- To be liked, and to be a good friend.
- To be happy, and to make other people happy.
- To be the best I can be in whatever I choose to do.

If youâ€™re not feeling fulfilled by your life as it is, it must be your intention to change your life for the better.

If youâ€™ve yet to find love, it must be your intention to make the changes needed to help you find love.

If youâ€™ve yet to find happiness, it must be your intention to make the changes needed to help you find happiness.

If you donâ€™t feel youâ€™re achieving your true potential in life, it must be your intention to change what youâ€™re doing or how youâ€™re doing it to help you achieve more.

The intention is all important because without it, nothing can change and your life will stay exactly as it is.

Be Your Best Self

When itâ€™s your intention to change yourself and your life for the better, youâ€™re a man of purpose, and when youâ€™re a man of purpose, youâ€™re a man who is taking control of where he is going in life and youâ€™re a man that women find very attractive as a result.

Women are attracted to men who have self-confidence and a genuine belief in themselves and their ability to achieve what they want in life.

Confidence is an attractive trait in a man but confidence and arrogance are not one and the same. Women are instinctively attracted to men who know who they are; men with quiet confidence, and men who know what they stand for in life.

They are not attracted to arrogant â€œchest-beatingâ€ displays of confidence, theyâ€™re attracted to men who have the strength of character to stand by what they believe in and what they value most in life.

Itâ€™s having an understanding of whatâ€™s most important to you in life and knowing what you really believe in and value most that allows you to understand your life purpose. A man with purpose is a man who has established a core set of principles by which he will live his life.

When a man has principles, he has what it takes to face lifeâ€™s challenges head on because he has his own set of beliefs on whatâ€™s really important to him in his life, as well as whatâ€™s right and wrong, on which to base the decisions he makes and actions he takes.

This makes him a man who will always be true to himself and therefore a man that others â€œmen and womenâ€ can trust and rely on. It also makes him a man who has what it takes to naturally lead the way in a relationship and offer a woman the protection and security she instinctively craves in a relationship.

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I'm Too Nice to Women

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

At The Modern Man, we've literally lost count of the number of times that we've encountered guys who've said something like, *â€œIâ€™m too nice to women and they treat me like crap! Why does this happen?â€*

So, why does it happen? Why do women treat nice guys so badly? Why can't women see that the nice guy has good intentions and would treat her way better than the bad boy, jerk or asshole who she is sleeping with?

It's simple and it all comes back to making a woman feel the way that she REALLY wants to feel. Watch this video by Dan Bacon (founder of The Modern Man) to understand the simple solution that will stop you getting rejected by women based on how nice you are...

Two Examples of Being Too Nice to Women

Guys get stuck in the "nice guy" persona (or act) for various reasons. Here are two examples of typical nice guys...

1. He's got a lot of female friends, but none of them want to have sex with him.

This type of guy has many beautiful women friends and acquaintances and gets along with them really well. At times, it's almost like he's "one of the girls" because he can gossip with them, go shopping with them and talk on the phone for hours.

He is polite, sweet, generous and caring; a real nice guy. He listens to all their problems and he often offers them a shoulder to cry on when they are feeling down or having guy troubles. This "nice guy" is always available if a woman calls, and when she needs something he's definitely the guy she calls to her rescue.

With all of this attention and all the time spent together it's difficult to imagine that this woman isn't interested in him, and yet, when it comes to dating, she will always go out with the "bad boys" or guys that he perceives to be confident jerks or assholes.

No matter how great of a friendship he manages to build with a girl that he likes, he is always left feeling hurt and left out when it comes to love and sex.

2. He's nice, but women still don't want to be his friend or have sex with him.

Another type of nice guy is the one who doesn't even get as far as being the "good friend."

He is the guy who walks into a bar, a club, the mall, the gym, or wherever, sees a beautiful woman and decides to approach her. He walks up to her in a submissive way and tries to start a conversation.

Again he's polite, sweet and overly nice; he puts this woman (and all the women he approaches) on a pedestal and she in turn treats him like crap! She shoots him down, behaves in a stuck up or even rude way, or she simply ignores him. This guy slinks away feeling bruised and wondering what he did wrong; *â€œI was nice to her wasn't I? Why did she reject me?â€*

How Women Perceive Guys Who are Too Nice

Ultimately it's all about perceptions. If you are being too nice to women, you are sending out the wrong messages. Unfortunately, the messages that you are sending out are not necessarily what you would want them to be, because women perceive guys who are too nice as being:

- Mentally and emotionally weak.
- Submissive.
- Easy to manipulate.
- A push over.
- Boring.
- Lacking in confidence.
- Easily dominated.

If you're the kind of guy who's going around saying "*I'm too nice to women,*" then one of the most important things that you need to come to terms with is this..

Women don't want you to be that nice to them. Women want to meet a good guy, but they don't want an ass-kissing wimp who they can manipulate. If women could get what they really want in a guy, it would be a good guy alpha male.

You Are Either an Alpha Male or You're Not

Men can be divided into 2 categories; they are either:

1. Alpha males, or;
2. Lower ranking males.

The differences between alpha males and lower ranking males are huge; and these differences are what guarantee that the alphas get all the girls.

Alpha males are strong (not in muscle strength but mentally and emotionally), confident, dominant and self assured. They know how to confidently approach a woman, how to flirt with her and how to make her feel attraction for them.

Lower ranking males are mentally and emotionally weak, submissive and lack confidence; they put women above themselves in terms of dominance.

Why Women are Attracted to Alpha Males

Women are attracted to alpha males for many reasons but it all mostly boils down to instinct. Women instinctively pick the worthiest male in the pack because he:

- Makes her feel safe.
- Is capable of protecting her and her (potential) offspring.
- Is going somewhere in his life.
- Is interesting and fun to be with.
- Makes her feel good about herself.

- Makes her feel like a real woman.

Why Women are NOT Attracted to Nice Guys

Just as women find alpha males irresistible, so too do they find lower ranking males (nice guys) totally undesirable.

As the common expression denotes "nice guys finish last" and this is because they are usually behaving in some or all of the following ways:

1. Lacks self confidence.

A guy who lacks self confidence tends to behave in a nervous and uptight way, and let's be honest here, nervousness does not inspire confidence.

2. Has low self esteem.

No woman wants to be with a guy who constantly puts himself down and whose ego constantly needs propping up. Ultimately, if he feels that he's not good enough for her then why would she waste her time with him. No woman wants to feel like she's doing a guy a favor by dating him.

3. Is a bad conversationalist.

A guy who is too nice usually struggles to make interesting conversation because he's too worried that he's going to say something inappropriate that might offend her. Sticking to polite (boring) conversation is the quickest way to lose a woman's interest.

Watch this video by Dan Bacon (founder of The Modern Man) to understand some of the classic mistakes that guys make during a conversation with a woman and what you need to do instead...

4. Doesn't know how to flirt.

Flirting is one of the most important aspects of the human mating ritual. Sex begins with simple flirting and nice guys are just "too nice" to flirt, so they are never able to make it past the 1st level of interaction with a woman.

5. Waits to be chosen by the woman.

Nice guys don't want to come across as being pushy so they wait (in vain) for the woman to make a move on them. A woman perceives this as lack of success because he is obviously not a go-getter when it comes to women, so it must mean that he's not a go-getter in his life either.

6. Has no idea how to use body language to get the girl.

Body language is a vital component of attraction between a man and a woman. The body tells the other person things that you wouldn't ordinarily say.

Nice guys don't know how to use body language when they interact with women; something as simple as touching her hand or placing a hand on her knee or her shoulder can become so uncomfortable that she begins to feel tense and turned off.

7. Doesn't know how to make her feel like a real woman.

Part of feeling attraction for a man is feeling sexy and seductive in his presence. If a man cannot make a woman feel like a real woman she begins to feel like she's the one in control and that isn't very sexy, or a turn on for her. If there is no spice, there is not attraction.

No More â€œMr Nice Guyâ€œ

Isn't it time you re-evaluated your approach to women? Do you really want to go around for the rest of your life saying *â€œI'm too nice to womenâ€œ* and never getting the love, respect, sex and affection that you truly deserve from women?

Click around The Modern Man site and you will discover how to unleash the alpha male power with you. Prepare to say goodbye to lonely Mr Mice Guy and instead begin saying, *â€œHello ladies...â€œ* to the many women who will now be feeling attracted to you and wanting to be with you sexually...

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[image]

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Turn Offs For Women: What Every Guy Needs to Know

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Women are fairly easy to attract and turn on.

Essentially, it all comes down to your personality and how that makes a woman feel. You will either be the sort of guy who naturally triggers feelings of love, respect and attraction inside of a woman, or you won't.

Some guys are okay at attracting women, some guys are great at it and some guys are excellent at it. How about you? Do you have the skill of being able to trigger feelings of attraction inside of a woman when you interact with her, or could you be unknowingly turning a lot of women off?

Watch this video by Dan Bacon (founder of The Modern Man) to understand how a woman's attraction for a man really works and how you can use that to your advantage to turn women on...

Turn Offs For Women

While it is easy to turn women on, it's also easy to turn women off.

Women are mostly attracted and turned on by how a guy's behavior, thinking, actions, vibe, body language and personality makes her feel. It's a bit more complicated than the easy way that men feel attracted to women, which is mostly based on the woman's looks.

[image: Turn offs for women]

A guy might be good looking, but if he makes the following classic mistakes, the woman will feel turned off by him...

1. Being too nice

This seems to go against everything you might have been told about dating by your father or someone else from an older generation, but being too nice is one of the most common turn offs for women.

If you're a "nice guy" this doesn't seem to make any sense because surely if you like a girl, you need to "treat her nice" to make sure she likes you back, right? Well, yes and no. There's absolutely nothing wrong with being a nice guy, but in a woman's eyes, there's a fine line between being "nice" and being weak or wimpy.

It's being on the wrong side of that line that causes a guy to think that "nice guys finish last" or that women really do prefer "bad boys" but that's not actually the case. Women want a "good guy" but they want him to be a strong good guy, and that's where a lot of nice guys go wrong.

Women want a man with strong alpha male characteristics. This makes him a man with genuine self-confidence and a relaxed ability to lead the way in a relationship. When a guy is being too nice, he hesitates over taking the lead and he turns everything into a joint decision.

You might think it's "treating her nice" to ask her where she'd like to go on a date or which kind of restaurant she'd like to eat at, for example, but if you don't take the lead and show her that you're confident in your ability to lead the way and to show her a good time, you're not showing yourself to be a strong good guy.

Women are turned on by men who have what it takes to make them feel feminine, so putting them in a position of â€œtaking chargeâ€ or having to be a part of every decision turns them right off.

As Dan Bacon (the founder of The Modern Man) explains in this video, there is nothing wrong with being a nice guy or a good guy, but you also have to make sure that you make women feel sexually attracted to you. It's just not enough to be "nice" and here is why...

2. Trying too hard

[image: Trying too hard to be liked]

Following on from the above, being too nice can often lead into trying too hard.

In desperation to be liked, a guy can slip into behaving in a way that actually turns women right off because contrary to what a lot of movie scripts might have you believe, women don't like to be put on a pedestal and they're not turned on by a guy throwing himself at her feet.

For example: A nice guy who is trying too hard to be liked might turn up for a first date with a bunch of flowers. This seems to be considered a wonderfully romantic gesture in the movies and women love it, but in the real world, it's another one of those real turn offs for women! Why?

Well, it's really because she doesn't want to be given gifts for no reason. She might love flowers, but she's not going to see it as a romantic gesture on a first date, in fact, she's going to see it as a sign of desperation. She's left thinking that he's a guy with so little confidence in himself that he has to present her with gifts to disguise his insecurities.

Guys with genuine self-confidence don't have to try hard to be liked, they just are liked because they're guys who know who they are and know what they're about in life.

They're comfortable just being themselves and women are turned on by guys who have a relaxed self-assurance about them because they're guys who are not trying to be anything other than themselves â€ even when that means not going along with the popular opinion or not agreeing with what everyone else says.

Being genuine is a real turn on for women because when they sense they're in the company of a real man, they feel able to relax into being who they really are â€ and that's a real woman.

As Dan Bacon explains in this video, women are more turned on by a guy who offers her a bit of a challenge, rather than being like the 99% of guys in this world who would have sex with her simply based on her appearance, without her having to do anything special to impress them...

Avoiding the Turn Offs

Avoiding the things that turn women off is simply about learning more about what women really want.

Don't listen to what women SAY that they want though. As you would have noticed, women will go around saying that they want a "nice" guy, but then end up dating, getting into relationships with and even marrying guys who don't seem to be very nice.

Here's a great video by Dan Bacon, which explains 3 things that turn attractive women off when they interact with a single guy...

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[image]

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What Attracts Women to Men?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

What attracts women to men is not what most guys think it is.

If you asked a random group of guys what women are most attracted to in men, they would almost all list of things like: Looks, money, power, muscles, big dick, expensive car, fame, etc.

Here's the thing though...

While all those things CAN attract women, they are not the only ways to attract women. As a man, you can attract women in so many ways other than looks, money, etc. For example: You can attract women with your confidence, charisma, charm, humor, flirting, conversation, body language, masculine vibe, etc.

Watch this video by Dan Bacon (founder of The Modern Man) to understand how a woman's attraction for a man really works and how you can use it to make women want you...

Been Brainwashed by the Media Lately?

Many of the guys who ask The Modern Man for advice on what attracts women to men have already fallen into the trap of believing what they see in movies and what they read in glossy men's magazines.

For example: In the movies, a sexy woman might have sex with a shy, awkward guy who struggled to make any kind of conversation with her because he was so intimidated by her. Yet, have you ever seen that happen in real life?

In glossy magazines, the page after page of adverts for designer clothing, designer colognes, hair and skin products for men, cosmetics for men, bling for men, and celebrity endorsed wear-this-eat-this-drive-this-drink-this-and-be-irresistible-to-women products of every description are enough to make a guy think that if he doesn't look like a male model, then he's got no hope of attracting women.

Yet, in real life, do you only ever see movie star type guys with girlfriends?

No!

Think about it for a minute, what you see on the big screen and in the pages of magazines is not what you see in the real world, right. What attracts women to men in Hollywood blockbusters or in TV and magazine ads is not always a fair representation of what attracts women to men in the real world, if ever.

Women are not turned on by shy, awkward guys, and they're not irresistibly attracted to a guy's deodorant either! Women are attracted to who a guy is, not what he is in terms of how he looks, what he wears, or what car he drives.

So Who Are Women Attracted To?

In a nutshell, women are attracted to guys who are confident, masculine, and socially intelligent, so

let's take a look at what that actually means.

1. Confidence

Women are attracted to men with self-confidence, but it has to be genuine confidence. You see, a lot of guys think that putting on a confident act by being loud or behaving outrageously makes women notice them, but women are experts at reading body language and they know when a guy is faking it. If a guy approaches her with a cheesy pick-up line and a "confident" attitude, she's going to put him to the test: she's going to test him out to see whether he's the guy he says he is or whether he's hiding behind a fake front.

If you're a guy who is trying to hide his insecurities behind a confident "act" or you're pretending to be something you're not, she's going to see right through you.

Genuine self-confidence can't be faked and women sense it in a man. Genuinely confident guys don't need to "make a noise" about who they are in an effort to draw attention to themselves, they get attention simply through being who they are.

Genuine confidence shows in the way a guy handles himself and other people, and in the way he's able to handle any situation he finds himself in. He's a guy who knows how to approach a woman the right way, and he has what it takes to "pass" any test she puts him through.

2. Masculinity

A guy with genuine self-confidence is a guy who gets a woman's attention, and a guy with true masculine qualities along with confidence is a guy who quite literally makes her feel weak at the knees.

Like confidence, you can't fake true masculinity, but a lot of guys make the mistake of thinking that their loud, over the top chest-beating type of behaviour makes them more masculine and therefore more attractive.

It doesn't! It's nothing to do with the size of a guy's muscles either, in fact, true masculinity is an inner quality that a truly masculine man doesn't have to shout about at all. Women instinctively recognise it in a man because it's a quality that triggers a deep sexual attraction, and they feel powerless to resist it.

Genuine confidence and true masculinity are qualities that mark a man out as an alpha male, and alpha male power is ultimately what attracts women to men.

3. Socially Intelligent

Socially intelligent guys are essentially likeable guys who know how to socialise and have fun with other people. With social intelligence, a guy can make relaxed, friendly conversation with everyone he meets and he can "get on a level" with them so that everyone feels comfortable around him.

This makes him a guy who makes friends easily and women are attracted to men with social skills. A confident guy who has the respect of other confident guys is a guy who stands out as the real deal; a genuine guy, and women are turned on by his genuine likeability factor.

Social intelligence is not trying to prove your superior academic intelligence or your superior knowledge of any sort to others, and it's not about trying to make it all about you.

Guys with social intelligence are charismatic guys with great conversation skills, meaning they know how to make everyone feel involved in a conversation and how to make everyone around them feel

good in his company.

When you put all three of the above elements together, you have a guy with confidence, masculinity and social intelligence...and women know that guys like that are really hard to find. If a guy possesses those three qualities, he will either already be in a relationship, be dating multiple women at once or be very picky about which women get to have a chance with him.

Women dream of meeting an awesome guy like that who is a challenge to acquire, rather than accepting a guy who lacks those qualities and is super easy to seduce. Watch this video by Dan Bacon to understand why...

Do You Know How to Trigger a Woman's Feelings of Attraction For You?

You don't have to be a good looking, rich, tall, celebrity, sports car driving guy to get yourself a hot girlfriend or wife.

Most women (not all) have what we call an Open Type, which means that they are open to being with all different types of guys, as long as the guy can make her feel enough attraction for reasons other than looks, money, fame, etc.

Watch this video by Dan Bacon to understand more about how a woman's attraction works and why it's so important for a man to master the skill of being able to trigger a woman's feelings of sexual attraction...

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[image]

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[image: Dan Bacon]

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How to Talk to a Woman in an Elevator

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you want to talk to a woman in an elevator, the main thing that you need to do is make her feel relaxed and comfortable in your presence.

A woman will feel relaxed and comfortable when talking to you if she can see that you are relaxed and comfortable. You can let her see that by talking to her in a relaxed, confident and easy going way.

Watch these two videos by Dan Bacon (founder of The Modern Man) for ideas on what to talk about and what to avoid...

That Hot Girl in Your Apartment Building

[image: That hot girl in your apartment building]

A classic movie scenario is the guy who lives in the same apartment building as a really beautiful woman.

Every day on his way to and from work he bumps into her in the elevator. However, he never plucks up the courage to talk to her because he doesn't know how to talk to a woman in an elevator. Although this is something that can be seen in a movie, it is also often the case in real life.

There are many guys who waste a perfect opportunity of talking to a woman in an elevator because they simply don't know how.

Elevators are the ideal environment to talk to and approach women; they are closed and intimate and you have the woman's rapt attention until one of you reaches your destination. But, although elevators are a great place to talk to a woman, it is also easy to come across as being really creepy and make her want to run for her life.

Another thing to consider when you talk to a woman in an elevator, is that the two of you are seldom alone, so you will have to be at ease approaching her in front of others. This closed environment, although great if only the two of you are in the elevator, when there are others present, can get her to be shy and unresponsive.

This is why your approach should be completely different to the way that you would approach her if she was in a bar or nightclub. If you use a "bar" approach on her in front of others in the elevator, it will cause her to become uncomfortable and react in a negative way.

If, however, your approach is natural, relaxing and puts her at ease, you can easily work on creating attraction between you. However, before you find out the right way to talk to a woman in an elevator, it is essential that you avoid making the common mistakes that guys make when they approach and talk to a woman in an elevator.

Mistakes That Guys Make When They Approach a Woman in

an Elevator

Elevators are small and time is limited. Guys often forget this and behave in ways that cause the woman to feel anxious or threatened.

1. They behave in a nervous and anxious manner.

Women are seduced by, and attracted to, confident men, so when a guy is nervous and tense in his approach to a woman in an elevator instead of being relaxed and easy-going, it will only serve to put her on edge and make her want to get out of the elevator fast.

When he is easy going and relaxed, she will enjoy the interaction and will be comfortable enough to open up to him. Women are attracted to confident men with high self esteem and nervous or anxious behavior does not engender confidence.

When a guy is stuttering and stammering in front of the people she sees regularly, including neighbors or work colleagues, this approach will make her uncomfortable and she will rebuff him.

2. They misinterpret her response.

When a woman is approached in an elevator, which normally has other people in it, she will usually give the minimal response. This can cause the guy to think that her lack of conversation contribution is that she doesn't like him; but it's usually because she's feeling nervous.

There is a well known and unspoken rule that when people are in an elevator together they should not speak, but if they have to then they should speak in very hushed tones. Taking this into consideration a guy should not assume that her reserved response to him is because she's not interested.

Misinterpreting her response can prove to be the difference between getting her to agree to have coffee with him and blowing his opportunity.

3. They lack conversation skills.

A guy's conversation skills play a big part in his approach, and if he lacks the ability to converse and draw her out in conversation, then his approach will fail.

If he, for example, asks her too many questions about herself without revealing much about himself he can come across as being a stalker. This will make her feel tense and even a little threatened.

The elevator is not the ideal place for twenty questions and a guy's main goal is to get her to relax and open up to him as quickly as possible without making her feel uncomfortable.

4. They make her feel embarrassed in front of others.

Being picked up in front of other people is not an ideal situation for any woman. If a guy comes on too strong and behaves like his only aim is to "pick her up", he will make her feel embarrassed and want to get out of the elevator as fast as possible.

Not only is she in public and in close proximity to others, but they are usually also her neighbors or work colleagues and she will be reluctant to be in a situation that makes her feel uncomfortable in front of them. Putting her on the spot in front of others is definitely not how to talk to a woman in an elevator.

5. They fail to create any feelings of attraction.

Although the guy should do his best not to embarrass her, he does, at the same time, have to create attraction between them. If he doesn't use flirtation and seductive body language, however subtle, she will assume that he is just another overly friendly guy and she will either ignore him or

assume that he wants to be her friend.

Using friendship as a way to get her to open up to him is not a good idea because it will backfire when he wants to take their relationship from "friendship" to sex. This is why creating attraction between them is the most important part of his approach and he should strive to create attraction between them from the first minute that they interact.

×

[image]

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[image: Dan Bacon]

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Do Women Like to Be Controlled?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Apart from the small percentage of women who like to be controlled and dominated all the time (i.e. in a master and slave type of relationship), the majority of women don't.

Most women want to be relax into the masculine direction of a man, while also feeling like they are free to do whatever they want. They want a man who can lead the way and guide both himself and her to a better life, as long as he is doing out of love, rather than insecurity.

Some men control a woman because they are insecure about losing her, while other men guide and lead a woman because they love her and want her to be happier, more fulfilled and to experience a better life.

A Woman's Attraction For a Man is Complex and Varied

Women are attracted to different kinds of men; sometimes the guy is tall with big muscles, other times his short with a bald head. Some guys have lots of money and fancy cars and houses, others are simple guys who rent a small apartment and drive a beat up car.

No matter what the guy's external characteristics, the one thing all of these guys have in common is their inner characteristics. They all have the qualities that attract women; they are all alpha males.

However, some guys confuse being an alpha male with being a bully. Yes, some alpha males are bad boys, jerks and bullies, but good guy alpha males also exist. A good guy alpha male (the type of guy that almost all women wish they could find) knows that women like to be treated with respect and made to feel like a real woman.

Watch this video by Dan Bacon (founder of The Modern Man) to understand how a woman's attraction for a man really works and what she really wants to experience when in a relationship...

Changing Times

In the last 50 years, women have become more independent in their roles; they can take care of themselves and do just about anything a man can do.

Yet, in evolutionary terms those 50 years are a speck of dust in the desert when you consider how long humans have been on this planet. Human relations have developed in a very specific way and it is the men who provide leadership and protection to a woman, even if she is the most powerful woman in the world.

When Margaret Thatcher was the British Prime Minister, she was the most powerful woman in the world at the time, but she stated that her husband Dennis was still the "man of the house" and this holds true for just about every powerful woman out there. How much more so for the average woman?

Evolutionary biologists will tell you that since ancient times a woman was most vulnerable when she was giving birth and that this is one of the main reasons why women have relied on men for protection.

Other reasons are that because of their lack of physical strength and hunting abilities, they had to rely on men to build shelters, provide food for them through hunting, and protect them from wild animals and other men. Although modern women can provide all of this for themselves, their instinct is still to seek a mate who is mentally and emotionally strong enough for her to lean on in difficult times.

This need for protection and leadership is why women like men who are confident, can lead and who exhibit alpha male qualities. Women like to relax into the masculine direction of a man they can rely on to be a man all the time. He must not just act like a man, he must be a man.

Women, like all social animals, are attracted to alpha males who show confidence, leadership and courage. Yet there are those women, who for some reason, due to their emotional make up, or because of some deep seated need to be dominated, need to be with controlling men.

Abused women are notorious for attracting controlling and abusive men but this is not true of all women. Unless she has a particular fetish or emotional desire, most women don't like being controlled. For most women, being controlled by a guy is a huge turn off and will cause them to want out of the relationship fast.

Why Do Some Men Want to Control Women?

[image: Insecure boyfriend]

Some men, mostly due to the childhood experiences which have shaped them and their beliefs about women, like to control women. Men who like to control women suffer from a level of insecurity. Here are some of the insecurities that guys have that cause them to wrongfully attempt to control their woman.

He lacks confidence. First and foremost in a man who likes to control his woman is a lack of confidence. This type of guy does not believe that he can get any woman he wants, so when he does get one he tries to control everything she does.

[image: Huh? Why is he texting me this insecure crap?]

He's afraid that if he lets her do whatever she wants, she will find someone else and leave him.

He believes that if he lets her be herself, dress the way she wants and to go out without him with her own friends, she will want to spend less time with him, or even worse, that she'll realize what a loser he is and find someone else better than him. At its worst this need to control her manifests itself as uncontrollable jealousy and can easily lead to mental and physical abuse.

He is mentally and emotionally weak. Where an alpha male is capable of providing mental and emotional support for a woman, the insecure guy secretly feels inferior to her and so he tries to control her so that she won't realize how weak he really is. This guy hides his weakness by chipping away at his woman's self confidence.

He fears that she will leave him. Deep down a guy who is controlling knows what he is doing and that it's wrong. He fears that if his woman sees who he really is, she will realize that she can do better than him and she will leave him. This fear is what drives him to control her and not let her out of his sight. To console himself he will insist that women like to be controlled.

He fears that she will be better than him. Because of his lack of self confidence, a man who controls a woman fears that if he helps her to flower as a person, she will be better than him and she will show

him up and ultimately won't need him anymore. For this reason he tries to control everything in her life and even attempts to keep her down.

He has low self esteem. Ultimately, a woman who is in a relationship with the controlling type of guy soon realizes how little self belief he has and will move on with her life.

She will realize how insecure he is and that he actually doesn't have faith in himself and in his abilities to keep her without controlling her. She will know that he is actually mentally and emotionally weak and he needs to control her to make himself seem stronger to himself.

He lacks purpose. Although he can fake it well enough to seduce a woman, deep down this guy knows that he is not going anywhere with his life. He has no ambitions or future prospects and he fears that when she realizes this she will leave him.

A Real Man Doesn't Need to Control His Woman

Being in a healthy relationship with a woman is much more rewarding than trying to fake happiness and love by controlling her.

The secret to success in relationships with women is to deepen the love, respect and attraction over time. You have to love her fearlessly, rather than insecurely. You have to always try to be a better man for yourself, for her and for those around you, while also encouraging her to become a better woman for the same reasons.

The more you grow together as a couple, the stronger and more important your bond, connection and relationship becomes.

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[image]

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[image: Dan Bacon]

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How to Have More Sex Appeal: Mistakes to Avoid

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you want to know how to have more sex appeal, the secret is attraction.

As a man, you can trigger a woman's feelings of attraction for you in so many different ways (e.g. confidence, masculine vibe, humor, flirting, charisma, charm, etc). The list goes on and on.

Watch this video by [Dan Bacon](#) (founder of The Modern Man) to understand how a woman's attraction for a man works and how you can use it to your advantage to instantly have a lot more sex appeal to women...

If you are serious about knowing how to have more sex appeal, you need focus on developing the inner qualities that make you an irresistibly attractive man...and that means avoiding the following commonly made mistakes...

It's Not All About Looks

You only need to watch TV for half an hour to find yourself bombarded with so-called advice on how to boost your sexual appeal as a man.

Advertising campaigns tell you that you'll become irresistible to women if you wear a certain designer label, use a certain hair product, or wear a certain brand of deodorant, but common guys, you know it's all advertising hype, right?

Women in the real world aren't attracted to a guy by his looks alone, the real attraction is who a guy is on the inside and the character traits he has that make him the man he is.

Most women are more attracted to confidence, masculinity and social intelligence in a man than anything else, including looks.

In other words, women are attracted to guys who know how to approach them in the confident way that they like to be approached; how to strike up interesting conversations; how to be relaxed and fun to be around in a social setting and how to naturally escalate a conversation into sexual flirting and beyond.

Guys with those qualities have what it takes to turn a woman on and it's nothing to do with the clothes they're wearing or the way they've styled their hair.

In fact, guys who fall into the trap of believing that improving their outer appearance will improve their sex appeal run the risk of paying so much attention to the details of their 'look' that they end up coming across as gay or effeminate.

Women might love an effeminate guy as their friend and 'one of the girls' but they're not going to lust after him sexually and want him as a boyfriend. The more a guy focuses on prettying himself up, the more he comes across as a guy who is trying to hide his insecurities behind a good-looking but ultimately fake front. Insecurity of any sort is not an attractive trait in a man.

Drew's story

Drew considered himself to be an average-looking guy but he was finding it hard to get himself a girlfriend.

His insecurities about his appearance and the fact that he wasn't enjoying the success with women he wanted led to him getting sucked in by the messages he was receiving through reading glossy men's magazines in search of answers to the question of how to have more sex appeal. He devoted a huge amount of time and money to kitting himself out with a new closet full of designer gear — especially shoes — and he reinvented himself with a new hairstyle and filled his bathroom cabinet with all the latest male grooming products to help him maintain his just-stepped-off-the-front-cover-of-a-magazine look.

He felt good, and his new look appeared to be having the desired effect because he noticed that women were trying to catch his eye wherever he went. However, feeling good about his appearance had done nothing to change the shyness and anxiety he felt about approaching women, and the difficulty this caused him in terms of trying to strike up natural conversations.

He looked good and he caught the attention of women, but his lack of confidence and his inability to just relax and be himself around women meant that he didn't hold their attention for long. It didn't matter how great he looked on the outside, women still rejected him because he didn't have the inner qualities needed to turn them on.

If you want to know how to have more sex appeal, you need to know how to demonstrate the genuine self-confidence that women find extremely attractive in a man.

It's Not All About Muscles

Another common mistake guys make is thinking that building bigger muscles will boost their sex appeal. However, unless you've got the inner qualities that make you a sexually attractive man, the size of your muscles will not make a woman see you any differently.

Just as clever marketing campaigns are responsible for getting guys to buy into certain sex appeal boosting products, Hollywood movies are responsible for brainwashing guys into believing that women are only interested in muscle-bound action heroes. This is simply not the case.

You only need to take a look around you in the real world to see guys of all shapes and sizes attracting the attention of beautiful women and with girlfriends on their arms.

It's not a guy's physical appearance or physical strength that makes him sexually attractive, it's who he is on the inside and the emotional and mental strength he demonstrates in the confident, masculine way he handles himself and whatever life throws at him.

In the same way that Drew attempted to hide his insecurities behind a good-looking front, focusing all of your time and effort into changing your body shape will do nothing to change who you are as a man on the inside.

If you're not getting the results with women you want, it's not improvements to your outer appearance you need to make, but improvements to your inner self so that the changes you make allow you to become a better man and a more sexually attractive man as a result.

Boosting Your Sex Appeal

Masculine sex appeal is mostly about having the qualities that show you to be a confident, masculine man in the way you think and the way you behave around women and in life. Women are attracted to

men who have the sort of masculine presence they sense when they're in his company.

A truly masculine man knows how to confidently approach a woman and how to make her feel relaxed and comfortable in his company through being relaxed and comfortable in himself.

When a man has the inner qualities that give him true sex appeal, he has what it takes to make a woman feel weak at the knees and virtually powerless to resist him and that's a feeling women love.

×

[image]

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[image: Dan Bacon]

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What it Means to Be a Man: Real World Truths

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you are trying to figure out what it means to be a man, the first thing you need to know is this...

Everyone has an opinion about what a man is and how he should think, behave and act in life. How one person defines a man will differ from how another person does.

So, who should you listen to then? Generally speaking, you should pay more attention to the opinion of men who are successful and that you admire and aspire to be like. If you listen to the opinion of unsuccessful men or worse, of random women who will usually give a politically correct answer, you may end up as a very confused, unfulfilled man.

[image: What it means to be a man]

There are so many paths that you take can in your life as a man, but you cannot take all of them. You have to decide what type of man you want to be and then follow through on that path, trying not to get distracted by the random opinions of unsuccessful men or women.

Was Your Dad a Good Role Model When You Were Growing Up?

The obvious starting point in your quest to understand what it means to be a man, is to look to your father or other male role models that you grew up with. Yet, not all fathers or male role models even know what it means to be a man either and have simply been fumbling their way through life and hoping for the best.

Even for those who've grown up in a secure family unit with a dad to look to for advice, there's no denying that the world has changed dramatically in the space of a generation and this means a lot of the advice given is too outdated to be helpful in today's world. So, the next place to look for pointers is the fictional world of TV and movies, but, as we all know, real life is not like the movies.

Times Change

[image: Dating - Sex before marriage]

A generation or two ago, being a man meant being the breadwinner in the family. Life was simpler in that sense; young men left home to "seek their fortune" or at least settle into a steady job and then they got married and started a family.

[image: Marriages around the year 1900]

If you go back to your grandfather's day, finding a wife was a fairly simple process too. People tended not to travel too far from their place of birth in those days so couples generally knew each other from school days or from their work places.

Wooing a woman meant being a gentleman and treating her like a lady, just like in the old black and white Hollywood classics, and women generally only left home to marry, entering marriage with a

view to being a homemaker and having children straight away.

Fast forward to today and life is not so simple.

Modern women are much more independent and they're no longer looking for a man who can put them on a pedestal and shower them with gifts. They don't need a man to be the breadwinner, and they don't need to marry to be able to leave their family home. Modern women have their own careers and starting a family isn't necessarily a priority.

In this sense, you could say that modern women are 'stronger' women in that they hold their own in the world, and this means they're looking for a man with equal, if not more, mental and emotional strength so that they can relax into a feminine role in a relationship with a man who has what it takes to make her feel like a woman.

The TV Sitcom Man

In the 1970s and 80s, the men in TV sitcoms were generally downtrodden, henpecked characters who did whatever their girlfriends or wives wanted for a quiet life! The women were portrayed as the 'leaders' in the relationship and they pretty much decided how the men should live their lives including their sex lives.

A lot of modern sitcoms still use the same format, so a guy trying to figure out what it means to be a man today could easily be led into believing it means letting the woman in his life be 'in charge' and being grateful for the fact that he has a woman in his life at all.

This is NOT what it means to be a man in the real world.

Of course, other TV shows and movies depict men and women as being equals in every way. The men are no longer henpecked by domineering wives and girlfriends, and they are 'best friends' in a relationship.

Men are shown to be much more in touch with their feminine sides and you could say that male and female character roles pretty much blend into one and the same. In the movie world, this arrangement creates a 'happy ever after' relationship dynamic.

This is NOT how it works in the real world. A woman does not feel sexually attracted to a man she likes as a friend, it takes a man who knows how to be a real man to generate the sexual spark that keeps a relationship alive, well, and passionate.

The Bad Boys

Then there's the 'bad boy' approach to being a man...

A young man might look at high profile movie stars and sports stars as successful male role models, or listen to the lyrics of rich and famous rap artists, and be led into thinking that being a man means being 'the man' as a result. This can lead to taking the expression 'nice guys finish last' too literally and adopting an 'it's all about me' attitude to life.

This is NOT what it means to be a man in the real world.

Sure, confident guys get ahead in their careers and confident guys generally 'get the girl' but true self-confidence is NOT arrogance, and true masculinity is NOT treating women as play things.

So What Does It Mean to Be a Man?

Being a man today means being a strong, good man. It means being your own man and not just following the crowd.

It means knowing who you are and knowing what you value in life; it means setting your own standards and being prepared to stand by those standards, and it means not being afraid to walk to the beat of your own drum.

[image: What it means to be a man]

In other words, it takes genuine self-confidence and true masculinity to be a man.

Being a man that modern women see as a real man, means being a man who understands how modern women think. The world has changed but a woman is still instinctively attracted to a man who has what it takes to make her feel like a woman.

A real man is not a TV sitcom man, women are not attracted to weak, wimpy guys, and a real man is not a "metrosexual" man who blurs the line between traditional male and female roles.

Women want to feel a primal man-woman sexual attraction, and this is not something they feel around a guy who is "one of the girls."

The idea that "nice guys finish last" and that women prefer "bad boys" is fuelled by the fact that women will choose a strong, "bad boy" over a weak "nice guy," but what they really want is a strong, good guy.

[image: What it means to be a man]

Watch this video by Dan Bacon (founder of The Modern Man) to understand why being too nice to a woman will often result in being rejected...

As Dan explains in the video, there's nothing wrong with being a nice guy, but you also have to be able to make a woman feel attracted to you. Niceness doesn't cause a woman to feel sexual attraction, but things like confidence, a masculine vibe, making her laugh, being a challenge, etc will.

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[image]

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[image: Dan Bacon]

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Girl Code Rules: What Most Guys Will Never Know About Girls

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

When girls are out in a group and theyâre approached by a guy or a group of guys, they naturally want to talk about it.

Thatâs what women do...they love to discuss the psychology of guys and how it makes them feel.

[image: Women discussing men in girl code]

Girls want to share their thoughts about the guys who have approached them, but they donât want the guys themselves to be in on what theyâre thinking â so they use a secret language.

You see, girls have an unwritten code that they all abide by, and itâs a code they can use to let each other know when theyâre excited about the guy who has approached them, or when theyâre really uncomfortable with a guyâs approach and they want help to get away from him.

Hereâs a great video by Dan Bacon (founder of The Modern Man), which reveals 3 things that women privately discuss about men...

Most girls abide by certain standard âgirl code rulesâ such as; never flirt with your friendâs boyfriend, donât date a friendâs ex until a certain time period has passed, donât leave a friend to make her way home alone etc.

What most guys will never know is that girls create their own secret language so that they can âtalkâ to each other about a guy when heâs right in front of them, and heâll have no idea whatâs being said about him. The secret language might include certain âcodeâ words that will have a particular meaning but most of the time itâs going to be body language that does the talking.

Unspoken Words

[image: Girl code rules]

Itâs fair to say that women are better at reading body language than men. They can pick up on tiny signals that most guys wouldnât notice at all and this is something that women use to their advantage when âtalkingâ in their secret language.

Of course, thereâs no one-size-fits-all list of code words that every group of girls will use, girls can get pretty creative in that department, but when you learn some body language basics, you begin to get a better understanding of how the women you approach are really feeling about you being there and what theyâre really thinking about you.

For example: Letâs say you approach a group of girls and they seem quite relaxed about you being there. Theyâre all happy to talk to you and you start up a conversation with one girl in particular.

Things seem to be going well because youâve got a two-way conversation going but then all of a sudden one of the other girls in the group asks the girl youâre talking to if she wants to dance and

they all disappear on to the dance floor leaving you behind.

What happened? Well, while you thought you were enjoying a two-way conversation, the girl you were talking to must also have been talking to her friends in their secret language, and she asked them to rescue her from you! Does any of that sound familiar to you?

Code Breaking

When you gain a better understanding of body language and the way women use it, you give yourself a head start in the dating game. You're able to read the signs that let you know a girl is not that attracted to you and you can move on without wasting any more time.

You're also able to read the signs that let you know a girl is attracted to you and you can relax into turning on your charm and building the sexual tension.

I know, I know you might be thinking that it would be so much easier if girls just said what was on their mind, but hey, that's just how girls are and it's not your job as a guy to question their thinking, it's your job to be a guy who knows how women think because then you're a guy who is one step ahead.

Think about it, wouldn't it be great to know what's going on in a girl's mind as you approach her and get into conversation with her? Wouldn't it be great to be one step ahead on what's turning her on or turning her off so that you can effortlessly turn up the heat by creating just the right vibe in the things you say and the things you do?

That's exactly what guys who approach women confidently do. They know that women have girl code rules that they're going to use in secret but they also know that women openly use their body language to signal what's on their mind to a guy they're interested in. Confident guys know how to read those signals and women love it.

In fact for women, it's what flirting is all about. When you're a man who knows how women think, you know how to flirt in a way that lets a woman enjoy the thrill of the chase. She knows she wants you, and you know she wants you, but both of you know that if something is too easy to get, it loses its appeal.

Know What Most Guys Will Never Know

If you're a guy who feels nervous about approaching women or freezes up when talking to women you like, the whole girl code rules thing can make you feel even more anxious about everything, right?

This is all the more reason to know about body language and to know how to use it. Girl code rules are unspoken and often secret rules but you can give yourself a head start by knowing the basic rules that should be applied in every dating situation.

Simple rules such as not invading a woman's personal space as you approach her can make all the difference in terms of how she feels about you straight away.

Knowing the signs that let you know she's relaxed and comfortable in your company and the signs that let you know she's not comfortable can make the difference between getting to know a girl in conversation and getting left behind as she takes to the dance floor with her friends.

Women are attracted to confidence in a man and when youâ€”ve got a head start on knowing how women think, youâ€”ve got a head start on relaxing into just being yourself around women and letting your confident presence do the talking for you...

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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Dealing With a Break Up: Do You Want to Move on or Get Her Back?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you're a guy dealing with a break up, you're probably sick and tired of people telling you it's time to pick yourself up and move on.

Maybe you think they are right, or maybe you still believe that you should try to get her back.

Whatever the case, you know that you don't want to keep feeling this way forever. Yet, when you're hurting, it's often hard to see a way out of the dark place you're in, right? You might even wonder if you're ever going to be able to fully get over her. She's always on your mind in one way or another.

[image: Dealing with a break up]

Of course, you're not the first guy to be dealing with a break up, and you won't be the last, so why is it that some guys seem to be able to pick themselves up, dust themselves off, and get back in the saddle within weeks of being heartbroken, and others find they're still not over it years down the line? The answer really comes down to a guy's mindset.

Down and Out

At The Modern Man, We often hear from guys who are really struggling to move on after being dumped.

In most cases, the biggest barrier in the way is a lack of confidence. Being dumped can really knock a guy's confidence for six and, depending on the circumstances, it can leave a guy feeling so low about himself that he doesn't want to risk getting back in the saddle for fear of being rejected all over again.

The safest option is just to stay down. Yet, of course, staying where he is isn't making him any happier and he knows he wants to find a way out of there, he just doesn't know how.

The way out of there is to regain confidence, and develop even greater self-confidence in your ability to attract new women. Do you know how to attract women when you interact with them? Are you able to enjoy your choice of women, or have you essentially gone through life hoping to "get lucky" with women who will give you a chance?

Watch this video by Dan Bacon (founder of The Modern Man) to understand the importance of being able to attract women and how you can quickly develop that skill...

The One and Only

We also hear from a lot of guys who are not only dealing with a break up, they're dealing with watching the woman they believed was the one for them walk out of their lives. They don't see how it's possible to move on when their one shot at true love has gone and no other woman will ever be able to take her place.

A lot of people believe in the idea of a "soul mate" and that destiny dictates whether or not you meet "the one" for you.

There's absolutely no real world evidence to suggest that as humans we can only ever find "true love" with one person, but there's plenty of evidence to support the idea that it's possible to find love many times throughout life, with each relationship providing its own unique love experience.

The key to moving on is to remain open to experiencing a new and different love with another woman.

Dealing With It

Okay, break ups hurt, there's no denying it, but going through life feeling lonely because you're struggling to deal with a break up doesn't sound like much fun either, right?

Of course you're going to miss your girlfriend and the relationship you had, that's natural, but the way forward is to stop thinking about how much you're missing her and to begin thinking about what you're missing out on by not letting her go! You're not happy where you are, so why deny yourself the opportunity of finding happiness again by moving on from where you are?

Easier said than done, you're thinking, and you're probably saying to yourself, *"I don't think I've got the confidence to approach new women."* You might be right. Your confidence might have taken such a beating that you don't feel you've got the "guts" to go out and start again.

Yet, what if you could regain your confidence? What if you could develop genuine self-confidence and eliminate all self-doubt from your mind? What if you could change your mindset and learn how to use setbacks as stepping-stones to better things and never experience a fear of failure ever again?

Doesn't that sound better than sitting around licking your wounds? Too right it does, and that's exactly what The Modern Man programs can do for you. Watch this free video by Dan Bacon (founder of The Modern Man) to learn how to begin building up the confidence to approach women that you find attractive...

Getting Back In the Game

[image: Getting back in the game]

Well, when it comes to dealing with a break up, the quickest way to get over it and move on is to get lots of attractive women interested in you and begin having sex with them.

Now, if your confidence is at rock bottom, you're going to find it hard to imagine yourself in that position, but being in that very position is just a matter of taking action to regain your confidence and develop even greater self-confidence - you know what you need to do.

If you're struggling to imagine yourself in that position because you're holding on to the idea that your ex was "the one" for you, it's time to change the way you think.

The good memories you have of the relationship you had might make you think that you'll never find that kind of love again, and maybe you're right, but that doesn't mean you can't find

a whole new different kind of love with a new woman in a new relationship. One thing is for sure, if you don't make yourself available to new women, you're never going to know.

When you learn to think like an alpha male, you learn to think like a man who knows he has his pick of women.

You become a man with genuine confidence; a man who knows how to approach women confidently, how to flirt and make conversation confidently, and how to escalate a conversation into a kiss, a phone number, a date, and sex. You become a man that women feel instinctively attracted to, in fact, they find you hard to resist.

They want to get your attention and they're prepared to work hard at doing whatever it takes to get it. Doesn't that sound better than sitting around licking your wounds? Too right it does, and that's exactly what the guys who pick themselves up, dust themselves down, and get back in the saddle within weeks do.

So, the choice is now yours. Do you want to get her back or do you want to attract and pick up new women to get over your ex?

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How to Talk to a Girl on the Phone: Dos and Don'ts

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Imagine this...

You've got a hot girl's phone number and you're about to press "call" on your phone to talk to her. You're really excited about talking to her but you're feeling nervous too because you like her and you want to make a good impression â does this sound familiar to you?

Talking on the phone is something most of us do on a daily basis without giving it a second thought, and there's something about not being face-to-face with the person on the other end of the line that often makes it easier to say things on the phone that you might not say in person, right? So why is it that making a simple phone call suddenly feels like a big deal?

If you want to know how to talk to a girl on the phone, you're probably looking for advice on what to say, how to say it, and how to make sure she's looking forward to you calling again.

You could also be looking for tips on how to make sure a phone call leads to more â maybe a date, maybe a relationship? The phone call suddenly is a big deal because you're worried that if you don't get it right, you might blow your chances of talking to her again, right?

The simple answer to the question of how to talk to a girl on the phone is just be yourself, while also focussing on making her feel attracted to you. If you're feeling nervous, you're probably worried it can lead to being overly formal and overly cautious in your approach, which will turn the girl off.

It can also go the other way and lead to you trying a bit too hard to disguise your anxiety to the point where you end up sounding a little over the top. So what's the answer? The answer is to be confident in who you are; know who you are as a man and feel comfortable just being that man.

[image: How to talk to a girl on the phone]

When you have genuine self-confidence, you never feel anxious about talking to people, whether it's face-to-face or on the phone, and you're never fearful of not creating a good impression because you know that you're the real deal and people are going to pick up on that vibe when they talk to you.

Before we get into the Dos and Don'ts, you might want to watch this eye-opening video by Dan Bacon (founder of The Modern Man) to quickly understand where a lot of guys go wrong with conversation and what Dan recommends you to do instead...

Dos and Don'ts

Here are some dos and don'ts to consider before you make that call...

Don't...write up a list of things to say

Okay, you're worried about not saying the right thing; you're worried that you'll run out of things to say, or you're worried that if you don't have a list of things to talk about in front of you, you might forget to say something important. Stop! Don't go there.

In fact, rip up the list and bin it! Normal conversations don't have scripts so phone calls should

not be scripted either!

Do...talk naturally

All you need to be is yourself. Normal conversations aren't structured, the topic of conversation bounces around depending on the responses and reactions of the speakers, right? Your phone conversation needs to be just as natural and free-flowing.

[image: How to talk to a girl on the phone]

It's not just about what you say, it's about what she says, so you need to be listening and responding, not scoring off a list of things to say from your list without paying any attention to what's being said!

If you listen to her responses, you're going to find plenty of opportunities to expand on her input and a really interesting conversation that's relevant to both of you will naturally evolve from there.

Don't...try to be someone you're not

This follows on from the above in that trying to script the conversation can lead to trying to follow a format that shows all of your personality.

For example: If you're worried that the things you normally talk about in your daily life might actually be a bit boring, you might slip a joke into the conversation in an effort to show your fun side and your sense of humour.

If it's a joke you've just read off a web page and it's not actually anything to do with the real you, it's probably not going to sit right in the conversation and she's going to sense that you could actually be a fake. Nobody likes a faker. If she's not sure whether or not she can believe anything you're saying, why should she believe in you as a person?

Do...be yourself

Yes, it all comes back to being your true self. Don't forget that conversation skills include listening as well as talking. It doesn't matter whether you think your daily life is boring, all that matters is how she responds to your conversation openers and how the conversation naturally flows as two people add their own thoughts and opinions to the mix.

[image: How to talk to a girl on the phone]

When you call a girl, it's not all about you so take the pressure off and talk about her too! The natural flow of the conversation will allow each aspect of your personality to shine through when it's appropriate without trying to force it.

Don't...try too hard to be liked

Trying to show every aspect of your personality in one conversation can lead to coming across as a fake, and trying too hard to say what you think she wants to hear can have the same effect.

In an effort to be liked, it's all too easy to slip into agreeing with everything she says and being into all the same things - same music, same bands, same kinds of food etc. - but if it's not the real you, you're on a slippery slope to becoming insincere, and she's not going to be turned on by the idea that you don't actually have a mind of your own.

In fact, your desperation to be liked by her will make her question whether you've got anything else going on in your life.

Do...remain true to yourself

When you are a man who knows his own mind and you are not afraid to stand by who you are and what you stand for in life, you are an attractive man. Always remain true to yourself, even if it means not going along with her opinion on something, because that way she knows that you are a man who has what it takes to lead the way in life and she's going to be turned on by that.

Don't...talk for hours

Trying too hard to be liked can also mean you end up talking for hours when you call her and that you are always available to take her calls whenever she wants to talk. This might seem like the right thing to do because being there for her is going to make her like you, right? Wrong. You want her to like you as a potential boyfriend, not a friend. Being at her beck and call does not make her feel sexually attracted to you, it makes her feel like you are a friend she can call on whenever her latest boyfriend has upset her in some way.

The bottom line is that women love the thrill of the chase. The more she has to work at getting your attention, and the more she has to work at getting you to find time to call her, the more attractive you are because you are a man who is in demand and she wants to win you all to herself.

Do...take action to do more than just talk

Being a bit of a challenge for a woman is great, but if you play too hard to get it can backfire.

A woman loves the chase and she loves the sexual tension that builds as she works at getting your attention, but if you don't take action to move on from talking when she wants you to, she might begin lose interest and hook up with another guy instead...often, just to make you jealous and see how you will react.

You need to be the man so that she can be the woman. When you know how to flirt on the phone and you know how to escalate a conversation into going on a date, kissing her, and naturally leading the way into sex and on into a relationship, you are a man that she wants NOW.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How to Make a Woman Want You: Give Her What She Really Wants

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The secret to making a woman want you is to trigger her feelings of sexual attraction.

If a woman feels sexually attracted to you, she will be interested in you in a sexual way. If you then know how to create a unique connection between you and her, she will become interested in you in a romantic way and will feel the desire to be your girlfriend.

Do you know how to trigger a woman's feelings of sexual attraction? Watch this video by [Dan Bacon](#) (founder of The Modern Man) to find out...

When you are able to trigger a woman's feelings of sexual attraction, you won't ever be wondering how to make a woman want you because most of the single women you meet will want you. Being able to attract women is one of the easiest, most rewarding skills that a guy can have in life.

There's a Woman That I Like...

[image: There's a woman that I like]

Guys often contact The Modern Man to ask for advice on how to get a woman they like to notice them, or how to figure out whether she is interested.

In most cases, it's about a woman at their place of work, or some other place they go regularly, that they've had a crush on for a while and want to know how to get her attention. Usually, they're unsure of whether she's even noticed them at all, or they're unsure about the way she acts around them and want to know whether it might mean she likes them back.

Sometimes, guys explain that the woman they like seems to think of them as a friend, and they want to know how to change that so that she sees them as a potential boyfriend. If this resonates with you, and you want to know how to make a woman want you, you need to begin by gaining an understanding of what it is that women want in a man.

Why Would She Want to Be With You?

[image: Why should she want to be with you?]

A lot of guys make the mistake of thinking that because they are a good guy with good intentions, the woman should then be interested. After all, women say that they want a "nice" guy who will respect them, right?

Well, not quite.

Watch this video by Dan Bacon (founder of The Modern Man) to understand why being nice to a woman isn't enough to make her want to begin a sexual relationship...

Guys often say things like, *"I don't have Hollywood good looks,"* or, *"I'm not tall and muscular,"* and they ask, *"Why would a beautiful woman even give a guy like me a chance to be with her?"*

Yet, that type of negative thinking and making up of excuses is never going to help. To begin with, most women are not attracted to a man by his looks alone; attraction goes way beyond superficial appearances.

Apart from the small percentage of women who will only accept a perfect looking guy, the whole "tall-dark-handsome-muscular-sports car-driving-sex god" idea is simply a fantasy, much like how men fantasise about certain qualities in women.

In the real world, most women (not all) are attracted to guys of every height, body shape and hair colour and, yes, even guys who don't own any kind of car! Take a look around you and you'll see plenty of ordinary, average-looking guys with beautiful girlfriends; so what's their secret?

If you're being really negative, you'll think their secret is something to do with having a huge bank balance or an enormous penis, but nothing could be further from the truth.

The longer you sit around focussing on negatives and using them as reasons not to approach beautiful women because it's a foregone conclusion that she'd reject you anyway the more likely it is that women will not give you a second glance. Your thoughts are effectively self-fulfilling prophecies.

If you want to be a man that women want, you need to change the way you think.

Making Her Want You

Here's another great video by [Dan Bacon](#), which explains the real secret to making a woman want you, regardless of your looks, height, financial status or status in society...

Women are attracted to "strong" men, but that doesn't necessarily mean the weightlifting kind of strong. The strength that most women (not all) look for in a man is inner strength and strength of character.

Women are instinctively attracted to men with alpha male characteristics. In other words, men are able to take on the challenges of life with an unrelenting confidence and self-belief.

Alpha males are not fearless superheroes, they are just ordinary guys who have the mental and emotional strength within themselves to be dependable, reliable, and true to themselves no matter what life throws at them.

When a woman senses that she's in the presence of such a man, she feels a deep, almost primal, sexual attraction, and she not only knows that she wants him, she feels powerless to resist him.

Wouldn't you like to be that man? Of course you would, and here's the thing, you are that man. You simply haven't yet been taught how to trigger feelings of sexual attraction inside of a woman based on what you say and do around them.

If you want to make a woman want you, it comes back to your ability to make her feel attracted.

Offer Her a Challenge and She Will Pay Attention

Have you ever wondered what it's like to be an attractive woman?

[image: Sexual selection based on a woman's looks]

Simply based on her appearance, most guys would be willing to have sex with her. If she wants to get laid or get herself a boyfriend, all she has to do is say “Yes” to the millions of guys who would instantly be willing to have sex with her simply based on their attraction to her looks.

Most guys don’t ever take the time to understand the difference between a woman’s dating life compared to a man’s. They know that women can get laid easily, but they don’t take the time to understand why.

The real reason why is that we men are mostly attracted to the physical appearance of women, whereas women are mostly attracted to how a guy’s personality makes them feel. This is why getting laid for women is instant based on their looks, but we men need to actively attract women with our personality, behavior, conversation style, etc.

Once you understand how to attract women during an interaction, you will realize that getting laid or getting a girlfriend is just as easy for you as it is for a woman to get laid or get a boyfriend.

You simply activate a woman’s feelings of attraction for you and then, if you’re wise, you will make her feel like she has to work to impress you and hope to get a chance with you.

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[image]

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I Need a Woman

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

How long has it been since you last had sex with a very attractive woman?

Do you remember what it felt like to see her looking you in the eyes as she hugged you warmly and loved being in your presence?

As a man, there's only so long that you can go without a woman before you start to feel like your life is out of balance. Women bring a unique experience into a moment with their beauty, femininity, scent, attitude and energy.

[image: The pleasure of being with a woman]

There's nothing quite like having a beautiful woman in your arms, who turns to you and says, "*I love you*" and really means it. She wants to be there with you more than anything else in the world. Likewise, there's also nothing quite like sliding into a woman's wet opening and hearing her moan with pleasure.

Go long enough without that and you eventually say, "*I've had enough of empty masturbation and lonely nights. I need a woman!*"

Getting a Woman Begins With Understanding How to Attract Women

[image: I need a woman]

If you don't know how to attract women when you interact with them, most of the women you meet aren't going to be interested in anything other than a quick conversation. However, when you know how to trigger feelings of intense sexual attraction inside of a woman, most of the women that you meet will be interested in you in a sexual and romantic way.

So, it begs the question: Do you know how to attract women when you interact with them? Watch this video by Dan Bacon (founder of The Modern Man) to find out...

Do You Need a Woman For Love or Sex?

Back in 1943, psychologist Abraham Maslow published a theory of the most basic needs of mankind. Known as Maslow's Hierarchy of Needs, it's a well-known theory that's built around Maslow's opinion that all human beings are born with an innate desire to *self-actualize* his term for an individual realising their full potential in life.

It's his belief that a man (or woman) can only self-actualize when certain basic needs are being met in life, and the most fundamental of those needs are air, food, water, sleep and sex.

This means that no matter what else a man has going on in his life *a great career, plenty of hobbies and interests, cool friends and loving parents or siblings* the lack of intimate love and sex leaves him feeling that his life is out of balance; something fundamentally important is missing.

Filling the Void

If you've reached the point of saying, *âI need a woman*, chances are you've reached a point in your life where you've realised that nothing else can fill the void.

It might be that up until this point you've been focusing on advancing your career, and because your work has been taking up most of your time and energy, you've managed to convince yourself that not having a woman in your life is no big deal because your career is your first priority anyway.

It may also be that up until now you've focused a lot of energy into pursuing hobbies and non-work related interests as a way of filling in your time, and you've convinced yourself that you're happy just *âdoing your own thing* and you don't really have time in your life for a woman anyway.

But, things have now changed for you.

You've realised that channelling your energy into work or hobbies is not filling the void you feel and you've actually been avoiding the growing sense of incompleteness you have by convincing yourself otherwise.

Meeting Your Needs

So, if you've reached the point of recognising that you need a woman, why don't you have one?

Look at it this way, if you need food, you go get some; if you need sleep, you get some, so if you know you need a woman, why don't you just go get one? Okay, you're going to tell me it's not that simple, right?

In that case, what you're really saying is not, *âI need a woman*. Instead, you are probably saying, *âI need a woman and I can't get one or I don't know how to get one*.

[image: What have you tried in your attempts to get yourself a woman?]

In fact, chances are you're reading this article because you've tried to get a woman and you've failed. *So, what have you tried?*

Maybe you've tried going out with a group of male friends, all intent on finding you a woman, but you've struggled to find the confidence to approach the women you like.

Maybe you've tried approaching women with the pick-up lines your well-meaning friends suggested as *âguaranteed winners* only to be rejected, or maybe your conversation skills let you down and you failed to keep a woman's interest.

Quite possibly, you haven't even tried to go out and meet women face-to-face and have chosen to *âchat* to women on-line (who are getting hit on by 100s, if not 1000s of guys per week) instead. Either way, your efforts have not helped you to meet your need for a woman, so what are you going to try now?

If you're open to the idea of approaching women in person, make sure that you watch this confidence-building video by Dan Bacon (founder of The Modern Man)...

Don't Sell Yourself Short

People who reach their full potential in life are the people who take action to ensure their every basic need is met. They do this by being "go getters" and by being proactive in all areas of their life.

People who "self-actualize" share certain character traits, not least a willingness to look for solutions to problems rather than allow problems to hold them back and prevent them from getting what they want out of life.

A man who gets what he needs in life, including women, is a man who knows who he is and knows what he wants, but not only that, he also accepts himself as the man he is because he believes in himself and in his potential to succeed.

"The story of the human race is the story of men and women selling themselves short."

Abraham Maslow, American psychologist, 1908-1970.

So, let's put all of this into context in terms of needing a woman. If you are a man who has recognised his need for a woman in his life, you've recognised that nothing else is going to fill that void. You need a woman, so how are you going to meet that need?

If you are a man who believes in himself and his potential to succeed, you'll take action to "go get" what you need, and if you don't know how to go about getting it, you're going to take action to learn what you need to know.

You're going to look for experts in the field and you're going to learn from their experience, knowing that you can succeed as a result of what you learn because you believe in yourself.

If, on the other hand, you are a man who focuses on the "problem" he has rather than proactively looking for a solution, you're going to let the problem become a roadblock that stands in the way of getting what you want and need in life. You're going to doubt yourself and you don't really believe you can get what you want, so you fail in your attempts to get it.

You can get what you want with women.

You can.

You can be a man who gets what he needs in life, including women, and all you need to do to be that man is believe that you CAN be that man. Believe it and act on it. Don't sit around saying, "I need a woman," and then not doing anything about it.

Take action by following through on your need for a woman. How? Change the mindset of "I need a woman" to "I am going to learn what women want and I'm going to let them see that I have it."

When you choose to look for solutions rather than focus on the problems you are experiencing in life, it means that you are choosing to become successful. When you choose to learn what it takes to be successful, it ensures that you are on your way to becoming your best self.

Don't waste another day feeling unhappy about your lack of success with women. There are so many women who would love to have a guy like you as a lover, boyfriend or husband.

If you are prepared to learn how to attract women, then most of the single women that you meet will be happy to have sex with you, date you and get into a relationship with you...

×

[image]

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[image: Dan Bacon]

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I Don't Have Friends: What Makes a Guy Popular?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

When a guy says, *âI don't have friends*, he often also means, *âI don't have friends to hang out with; I don't have friends to do fun stuff with; I don't have friends I can call on when I need help; I don't have friends to pick me up when I'm downâ* and the list goes on.

When you don't have friends, you feel there's something missing in your life, and the bottom line is you feel lonely, right?

I Don't Have Friends = I'm Lonely

[image: I don't have friends]

Everyone needs friends. This might sound like a well-worn, clichéd song lyric but it is a scientific fact based on our basic human need for companionship.

Human beings are gregarious by nature, something proven by the fact that the vast majority of people all over the world live in communities of some sort and only a tiny minority actually choose to live in total isolation and let's be honest, those who do are considered to be weird social outcasts, aren't they?

So, if you don't have friends, does that make you a social outcast? No. There's a big difference between *choosing* to live in isolation and finding that you are living with unwanted feelings of isolation through not having a good network of friends who love you, care about you and appreciate your unique personality.

So the next question must be; if you *want* friends, why don't you have friends? The key to answering that question begins by taking a good look at how you view your situation...

View # 1: Maybe you don't see yourself as someone people want to be friends with

[image: I don't have friends]

If this is you, you've slipped into focussing on what you *don't have* in life. You don't think you're very interesting, you perhaps see yourself as a bit boring compared to other guys, or you don't think you're *cool* enough for people to want to hang out with you.

Yet, here's the thing, the way you see yourself influences the way other people see you. The more you focus on what you see as negatives, the more difficult you make it for anyone else to see anything other than those negatives.

It's not being a perfect person that makes you a perfect friend.

You don't need to be like one of the characters from *Friends* for people to want to be friends with you! Guys just want to be friends with other guys, and genuine friends are exactly that *genuine* people.

The world is full of real people, not sit-com characters, and all it takes to change your situation is a switch of focus from who you think you're not to who you *really* are. *Real* and genuine guys make real and genuine friends.

View # 2: Maybe you don't see yourself as fitting in with other guys

Being "one of the guys" is a popular expression used to describe the sort of man that all men seem to like hanging out with. This can make not being "one of the guys" feel like not fitting in.

But, here's the thing, the groups of guys who hang out together are groups of individuals who all have their own thoughts, opinions and interests in life, and it's not just a shared interest that keeps them together.

You don't need to have *everything* in common with someone to strike up a friendship; in fact, some of the best friendships grow between guys with very different characters. Very often, it's learning from one another's experiences in life and having another person's perspective that brings out the best in everyone.

Fitting in is not about having everything in common.

Being "one of the guys" is not about *being the same* as the other guys, it's about being yourself and, most importantly, being **reliably** yourself. Even if you're the one everyone can rely on to disagree with everyone else, it's the fact that you know who you are and what you stand for in life that makes you a reliable friend.

So What Makes a Good Friend?

"I don't have friends" does not equal, "I can't make friends" unless you choose to see it that way. There's a saying, *"If you want to have a friend, you have to be a friend,"* meaning you have to get out there and interact with people in the way you want them to interact with you. If you're not prepared to *be* a friend, you can't expect others to befriend you.

Those "popular" guys you see, the guys that are always surrounded by friends, both male and female, have certain character traits in common. They include:

- **Self-confidence** they're comfortable in their own skin and they're not pretending to be anyone other than who they are.
- **Pro-active/decisive** they know what they want and they go after it, they take the lead.
- **Charisma** they are natural leaders in social situations but they're not domineering or arrogant; they don't hog the limelight.

All of the above traits are traits that are attractive to women and also traits that attract friends. In fact, the more you improve your ability to attract women, the easier it will be for you to make and keep friends.

Why? Women love to be around guys who make them feel attracted, even if they only ever get to be his friend because he already has enough women in his life. Guys want to be around other guys who know how to attract women because it makes it easier to meet women.

Common Mistakes That Repel Potential Friends

1. Off-loading all the time Friends are there for one another through good and bad but if you slip into off-loading your problems onto your friends *every* time you meet, you're no longer good fun to be around. Friends can only soak up so much before they'll start to avoid you rather than have you drag them down.

2. Trying too hard If you try too hard to fit in in an effort to make everyone like you, you run the risk of coming across as a fake. Groups of friends don't see eye-to-eye on everything, so if you're seen as someone who changes his opinion to suit the group, you're not the real deal.

3. Being too nice This follows on from trying too hard in that playing it safe and only ever saying or doing what you think others want you to say or do rather than being yourself and saying or doing what you really want to can make you come across as fake. Of course, this doesn't mean you should be not-nice! Guys respect guys who know their own mind and are not afraid to stand up for what they believe in, and women love men that other men respect.

4. Being over the top Sure, everyone loves to be around a fun guy who knows how to have a good time but if you're being loud or showy in an effort to make yourself the centre of attention all the time, you're going to find your friends drifting away before too long. Being confident is not the same as being a loud mouth and charismatic guys know how to have fun by making it fun for everyone it's not about them!

Making friends is one thing, but keeping hold of friends and building lasting friendships is another thing. *Real* friends are *real* people, and it's being genuine that makes a guy popular with both men and women.

Guys hang out with guys they can trust; guys that they feel totally relaxed just being themselves around. Women are instinctively attracted to guys who have *real* friends because having friends is a good indicator that he's the *real deal*; the *real man* she's looking for.

And if that's not good enough reason in itself to get out there and make some friends, how about the fact that scientific research has likened loneliness to being an alcoholic or smoking 15 cigarettes a day in terms of the devastating effect it can have on your health.

Being lonely and feeling isolated is as bad for your health as not taking regular exercise, and twice as bad as being overweight or obese.

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[image]

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Alpha Male and Alpha Female: Are They a Good Match?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If a guy is a true alpha male, then no woman will ever make him feel intimidated no matter how alpha she is.

For example: It won't matter if the woman is as tough as Ronda Rousey from the UFC; a true alpha male would still see her as a girl compared to him.

Yet, that doesn't mean that his first choice of woman will be a tough, alpha female. In most cases, masculine alpha males will be more attracted to very feminine alpha females or fairly confident, but feminine females.

Why is that? Alpha males are masculine in their thinking, behavior and vibe and as such, they tend to be more naturally attracted to who display their polar opposite. As long as the alpha female still retains her feminine sexiness, behavior and vibe, she will be attractive to the alpha male.

However, if she thinks, behaves and essentially feels more like a man than a woman, then a masculine man won't find her sexually attractive. This is why almost all men don't find butch, masculine lesbian women attractive.

For example: Which of these two groups of women would you prefer?

[image: Butch lesbians or feminine women]

Are you more attracted to the butch lesbians who behave like men or the feminine women?

Human sexual attraction is always based on one of the people being masculine and the other being feminine. The more masculine you are in your thinking, behavior, vibe and actions, the more naturally attractive you will be to women.

If both people are equally masculine or feminine, it will be impossible to maintain their sexual attraction for each other. They might like each other as friends or respect each other as people, but the sexual charge that comes from the distinct polarity between masculine and feminine will be missing.

As a man, you have the ability to make women feel intense attraction for you, but you have to be willing to express your masculine side. The more you hide it, the less attractive you will be to women.

What is an Alpha Male?

An alpha male is essentially a guy who isn't intimidated by anything or anyone. He knows what he wants and goes after it with confidence.

It's not about being aggressive and pushing people out of the way to get what you want – that's called being a bad boy or a jerk. The best type of alpha males are the good guy alpha males who have the confidence and masculinity to go after what they want, but also make sure that they are friendly, considerate and respectful towards others along the way.

Amongst many animal species, the top male of the pack usually gets to mate with the majority of the females. The females want his superior genes to be passed on to his offspring who will hopefully continue strengthening the species and thereby ensure its continued survival.

Things aren't quite so simple in the human world, but alpha males have qualities that mark them

out as strong guys who have what it takes to be better survivors than guys who lack their confidence and masculine intelligence.

In the days of our ancient ancestors, important alpha male qualities were physical strength and prowess, but in today's world, the qualities of an alpha male are much more to do with inner strength and character.

The qualities of a modern-day alpha male are confidence, masculinity, and social intelligence, and it's these very qualities that modern women find extremely sexually attractive in a man so in this sense being an alpha male does still give a guy his pick of women in the pack.

However, unlike the top dogs in the animal world, a true alpha male in the human world doesn't have to fight for his position at the head of the pack and he doesn't have to beat other males down to demonstrate his superiority, he demonstrates his alpha status through his inner confidence and through the way he handles himself around other people and in life.

What is an Alpha Female?

An alpha female is essentially a woman who can take charge and lead the way with men and women. Being alpha doesn't automatically mean that she won't be feminine, but in most cases, alpha females tend to be a bit more manly, have tomboy traits and like to be "one of the guys."

It could be argued that true alpha females are few and far between because it's human nature for women to be caring, nurturing creatures rather than top dog leaders. Yet, in today's world, many women are challenging men to become stronger by taking on traditionally masculine positions in society. This has seemed to create an abundance of alpha females.

An alpha male needs to be able to stand his ground and to have courage in his convictions, no matter how much this means going against the grain, so an alpha female must have equal ability and that's where the problem lies.

Women are innately programmed to look after others and the bottom line is that women like to be liked and going against the grain is something they instinctively try hard to avoid.

However, modern women are much more independent than women of previous generations and they know that getting ahead in their careers often means having to play down their femininity and adopting a more masculine persona.

This, for many women, leads to being more manly in everyday life and behaving in a more masculine way in order to hold their own against workplace competitors both male and female. But, there are also alpha females who use their sexuality to their advantage in their careers and they have developed their own brand of flirtatious girl power to get ahead.

Can Alpha Male and Alpha Female Get Together?

Relationship research has concluded that while it is possible for an alpha male and alpha female relationship to begin, it's unlikely to survive for life. Of course, there are always exceptions and an alpha male with a feminine alpha female can be a great match, but most alpha males are not attracted to alpha females who adopt a masculine attitude and approach to life.

It takes an ideal relationship dynamic to maintain a relationship for life, especially in today's world

where break ups are common and people get divorced like they are changing outfits. The ideal dynamic is created when there are distinct masculine/feminine roles in a relationship.

That doesn't people should return to the 1950s attitude of men being the breadwinners and women staying at home to be perfect housewives and mothers, but that a man needs to know how to be a man in a relationship in order for a woman to feel like a woman because that's ultimately what makes a relationship work.

The more masculine a guy is in his thinking, behavior, vibe and actions, the more free a woman feels to be feminine in the way she thinks, behaves and acts. The more feminine you allow a woman to feel around you, the more she feels like a real woman.

Getting the Dynamic Right

Women are instinctively attracted to alpha males because they have qualities that make them stand out as men who know who they are and what they're about in life. They have genuine self-confidence and a purposeful presence about them that women can sense on a deep and virtually primal level.

This makes them men that women recognize as modern-day providers and protectors, which in turn makes them men who have what it takes to make a woman feel like a woman and this is ultimately what all women want.

The more independent a woman is and the more she feels the need to suppress her natural femininity in her career, the more she longs to find a "real man" who has the emotional and mental strength needed to naturally take the lead in a relationship.

In the privacy of her relationship, she needs to be able to relax and let her guard down, allowing herself to become the feminine, "real woman" that she longs to be. The more feminine she feels, the more she will want to cook, clean and dress up in sexy ways to impress her masculine man. She won't go around admitting that to others and may even pretend to complain that she has to do all the housework, but she will secretly love how womanly she feels...even if she is embarrassed to admit it to others.

Recent research has proven that divorce rates are higher among couples who share domestic responsibilities in the home compared to those who keep to more traditional male and female roles.

Scientists believe that sharing what would once have been seen as "men's work" or "women's work" leads to greater friction in a relationship and results in a weakened sexual bond with both parties effectively becoming half man and half woman.

If you want the sexual charge to remain between you and a woman, you have to make sure that you maintain a clear masculine and feminine divide between you. Blur the lines too much and your desire to have sex with each other will gradually fade away.

Being the Alpha Male

Here at The Modern Man, we teach guys how to develop the type of good guy alpha male qualities that make them irresistibly attractive to women.

It's not about being a bad boy, jerk, asshole, bossy guy or prick. Instead, it's about being the good

guy that you are, but simply being stronger, more assertive, more masculine and most importantly, more successful with women...

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How to Arouse a Woman With Words

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The easiest way to arouse a woman with words is to flirt with her.

When you flirt with a woman, you automatically make her feel attracted to you because you display confidence, social intelligence and charisma. It's a very powerful, instant way to get women aroused in your presence.

Watch this video by Dan Bacon (founder of The Modern Man) for some examples of how to flirt with women...

We're Lucky to Be Men

We men are lucky that we can arouse women with what we say and do.

It's very easy to do. If we are confident, charismatic, funny and flirtatious, we can attract and arouse a woman regardless of how we look.

Of course, some women only want a guy who is extremely good looking, but most women are open to being aroused by all sorts of guys. This is why you will see all types of men with beautiful women, rather than only seeing model looking men with all the hot girls.

When you know [how to attract a woman during an conversation](#), it's very easy to get laid or get a girlfriend.

The Secret is to Trigger Her Feelings of Attraction

[image: How to arouse a woman with words]

Most guys talk to women in a way that only makes the woman feel friendly or neutral emotions. However, if you want to get laid or get a girlfriend, you have to make her feel sexually aroused by you.

Here's a great video by [Dan Bacon](#) (founder of The Modern Man), which explains how to arouse a woman with your words...

Mental Arousal

Before a woman can feel physically aroused, she needs to feel mentally aroused.

For women, sexual arousal is all about feeling real sexual chemistry, and that's something that begins in her mind and then works its way through the rest of her body. When a woman is with a man who has what it takes to mentally arouse her, the physical arousal this naturally generates leaves her feeling powerless to resist him and this is a feeling women love.

However, unlike in the Mr-Darcy-type romantic novels set in the 19th century, [the words a woman wants to hear](#) to feel mentally aroused are no longer anything to do with flowery poetry or any other kind of over-romanticised mush.

Instead, she wants to hear the words that let her know the man she's with is a confident, masculine man who knows who he is and feels secure in himself as a result. This means any kind of shy, nervous behavior or any kind of stuttering, stammering awkwardness is a complete turn off. Real life is not like romantic fiction or the movies. In fact, there's a classic example of what not to do in the 90s movie, *Four Weddings and a Funeral*.

If you've seen it, you may remember the famous scene where Hugh Grant stutters and stammers his way through an attempt to tell Andie MacDowell how he feels about her before resorting to reciting the lyrics from a David Cassidy song to say, *"I think I love you."*

It works a treat in the movie, and women watching the movie all gush over it and say, *"That's so sweet,"* Yet, in the real world, a guy approaching a woman in the same shy and awkward way would find himself rejected. Insecurity is not a turn on for women and almost always leads to the guy being rejected or a very awkward conversation.

It's More Than Just Words

When a man knows how to approach a woman in the kind of confident, charismatic way that all women like, his body language will already be speaking volumes about him before he's even said a word. Women will automatically feel attracted to him and the interaction will start off more smoothly and easily.

If you want to know how to arouse women with words, you also must understand that attraction is about more than just what you say.

For example: All women are instinctively attracted to men with alpha male characteristics.

It's an instinct that has remained a part of human nature since the days of our early ancestors and it's basically nature's way of ensuring the survival of the species. Women seek to breed with men who are going to be good survivors and men seek to breed with women who are healthy and youthful looking.

For most of human history, a woman saw an alpha male as being able to offer the best potential for staying alive and producing healthy offspring. Despite the progress that humans have made with technology, supermarkets and a safer society, women still feel an instinctive attraction to alpha male qualities in men.

All women, no matter how independent they may be, ultimately long to find a man who has what it takes to make her feel like a woman. If a guy is like the Hugh Grant character who stutters and stammers and struggles to string a sentence together because he's intimidated by the woman, then he's not that guy.

The types of traits that will arouse women when you talk to them are:

- Confidence.
- Masculinity.
- Charisma.
- Social intelligence.
- Humor.
- Flirting.

- Being a challenge.

Arouse Her By Being a Challenge

If the woman that you like is beautiful, sexy or attractive, then most of the guys that see her will be willing to have sex with her. A beautiful woman doesn't even have to have a great personality and guys will still be willing to have sex with her and even start a relationship with her.

This is very boring for women.

If you want to stand out from the crowd and arouse a woman with your words, behavior, attitude and vibe, then try to be more of a challenge for her. Make her feel attracted to you and then make her feel the need to impress you and maintain your interest.

You will be surprised at how easily it makes women feel attracted, aroused and excited to be interacting with you. Here's a great video by Dan Bacon (the founder of The Modern Man) that explains exactly why women like a guy who is a challenge and what you need to do to be that guy...

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[image]

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Iâ€¢â€¢ve Always Felt Different

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

When youâ€¢â€¢re with other people (especially “cool” people), do you feel like you donâ€¢â€¢t fit in? Have you ever thought, *â€¢â€¢Iâ€¢â€¢ve always felt different...what is wrong with me?”* or something similar?

Do you give yourself a hard time because you donâ€¢â€¢t behave like other people? Believe it or not youâ€¢â€¢re not alone in feeling this way. Consider this: What does it really mean to be different? The dictionary definition for different is:

Different (*adjective*): Not alike in character or quality; distinct in nature; dissimilar.

When you look at it this way, why does being â€¢â€¢not alikeâ€¢â€¢, â€¢â€¢distinct in natureâ€¢â€¢ or â€¢â€¢dissimilarâ€¢â€¢ equate to something that is â€¢â€¢badâ€¢â€¢? The truth is: Everyone is different in their own way. What matters is that YOU accept yourself rather than hoping that people will openly express their acceptance of you.

Most people are only concerned about themselves and what is going on in their life. Theyâ€¢â€¢re usually too busy worrying about their issues to be concerned about you being different.

Yes, sometimes â€¢â€¢well-meaningâ€¢â€¢ teachers, parents or friends will say things like, *â€¢â€¢Why are you so quiet when during a conversation? Why don't you speak up?â€¢â€¢* or *â€¢â€¢Why donâ€¢â€¢t you go out more?â€¢â€¢* or *â€¢â€¢You should hang out where all the other guys from your neighborhood / college / work hang out.â€¢â€¢*

Yet, often theyâ€¢â€¢re only saying these things because youâ€¢â€¢re putting out an *â€¢â€¢Iâ€¢â€¢ve always felt differentâ€¢â€¢* vibe, which makes them feel they have to fix it for you because you donâ€¢â€¢t seem happy.

You donâ€¢â€¢t have to be like everyone else to be happy. Be who you are, but love yourself with or without the acceptance of everyone. No-one gets the acceptance and approval of everyone. Even people who are considered â€¢â€¢coolâ€¢â€¢ or â€¢â€¢popularâ€¢â€¢ are not accepted by everyone. That is natural and normal.

Celebrate Your Differences

Being different can be something that enhances your life and makes it better, or you can go around carrying your differences like a heavy burden. How you use your differences is up to you.

For example: Consider that a lot of successful Hollywood actors, business men, scientists, explorers, etc., are perceived as being different. These guys have used their differences to their advantage and they have not only become great in their fields, they have also made their mark on the world.

People who are a bit “different” in their thinking are usually the most interesting and admired, but this only happens because they believe in themselves while also respecting the differences in others.

Deep down, we all think we are different. Don't think that your kind of different is better than everyone else's...you're different in your own unique way â€¢â€¢ just like everyone else.

Ultimately, being different shouldnâ€¢â€¢t be the excuse you use to hold yourself back from

accomplishing great things in your life.

One Man's Idea of Different is Another Man's Idea of Greatness

Being different is only a matter of perspective.

For example: Imagine there are two guys who are saying, *I've always felt different.* Let's call the one guy Mike and the other guy Steve. Now looking at the scenarios below, see how two guys who feel the same way can react very differently...

1. In social situations and when approaching women

Whether out with friends, at a business function or talking to a beautiful woman, Mike celebrates his uniqueness. He knows he's got a "weird" sense of humor and sometimes he even comes across as the "silent" type, but none of this matters because he is totally confident in himself.

When he finds himself in a situation that makes him feel uncomfortable (e.g. he doesn't like the topic of conversation, the noise is too loud or the place is too crowded), he's confident enough to leave without thinking, *There must be something wrong with me* or *They'll probably think I'm weird and they won't like me.*

He likes who he is and because he's not trying to get anyone's approval and isn't pretending to be someone he's not, he always ends up being liked and accepted by most people.

When it comes to approaching women, Mike's unique sense of self coupled with his confidence makes him attractive to women and he can usually get a phone number, a kiss or a date with most women he approaches.

On the other hand, when Steve finds himself in a similar situation to Mike, his reaction is very different. He walks around feeling nervous and insecure.

In social situations he lacks the confidence to assert himself and he's constantly thinking, *I don't really fit with the people around me* or *I don't really care about the topic at hand*, or *I feel like the oddball of the group.*

Talking to women is almost impossible for Steve. He stutters, fidgets and feels nervous and shy. Women either feel sorry for him and treat him like a little brother, or ignore him completely.

Ultimately, Steve avoids social situations or approaching women and prefers to wonder about himself. However, deep down he still keeps thinking, *Even though I've always felt different, I'd love to just be able to hang out and be like other guys.*

2. When faced with a problem

When Mike encounters a problem in his life he faces it head on. Rather than take things personally because he's "different", Mike is mentally and emotionally strong enough to know that he can handle it.

If for example he approaches a woman and she "rejects" him, rather than think "She doesn't like me because I'm different", he realizes that he's not going to be compatible with every woman he meets and that's okay.

Steve on the other hand prefers to hide away from his problems. Instead of facing things head on he makes excuses about why he "can't do it" or "it won't work" or "it's

not for him. Steve also prefers to be single because approaching women is just too hard.

Here's a great video by [Dan Bacon](#) (founder of The Modern Man) that explains why so many guys make excuses for their lack of success with women (like Dan used to do) and what they need to do instead...

3. On having a purpose in life

Mike knows that he has always been different. Yet, rather than let it bother him, he uses his uniqueness to pursue his dreams. He has great plans for his future. He is the kind of guy who is rising through the levels of life, reaching for his true potential and going after his true purpose in life without fear.

The fact is, life is challenging and requires mental and emotional strength, but Mike knows that if men like Stephen Hawking can achieve the things he has despite his differences, then he can do it too.

These qualities make Mike attractive to women, because women like the idea of a man being able to have his say in the world. They like to know that the guy they're with will be able to provide for himself, her and their offspring if they have any.

Steve doesn't like to think about the future. He prefers to be alone living in some other world that he's made up in his head. He doesn't really have any goals for the future because he feels too insecure about being different and he assumes that he can't do anything because people won't accept him or approve of his dreams and ideas.

He also doesn't try to date because he believes that most women label him as a loser or unattractive, so he sees no point in trying. Instead, he just masturbates to porn and dulls his desire to try and survive another week alone.

Be the Best You Can Be

You can waste your life saying, *I've always felt different* and let it hold you back from achieving the things you really want, or you can choose to tap into those differences and use them to be attractive to women in your own unique way.

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I'm Tired of Being Single

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Are you tired of being single? Does the idea of going out and seeing all those “happy” couples make you cringe?

Do you sometimes feel like you’re the only guy you know who doesn’t have a girlfriend, or as though you’re probably NEVER going to meet a beautiful woman and have a successful relationship?

Don’t worry...

A lot of guys feel the same way.

The good news is that changing your relationship status is actually a lot easier than you think. It all starts with you understand how to trigger a woman’s feelings of sexual attraction for you. Once you know how to do that, getting laid or getting a girlfriend is a very simply thing to do.

So, let me ask you...

Do you know how to actively trigger a woman’s feelings of sexual attraction for you when you talk to her, or do you just hope to be liked by her because you’re a good guy?

Watch this video to understand why it’s so important to be able to trigger a woman’s feelings of sexual attraction for you...

How Men and Women Select Each Other For Dating and Sex

[image: Sexual selection based on a woman's looks]

Most guys initially choose women based on looks. If a woman is physically attractive, she doesn’t even have to have a great personality and most guys are still going to be willing to have sex with her and possibly a relationship.

Yet, the same doesn’t apply for women.

Women don’t go through life feeling willing to have sex with pretty much every guy who looks good. Yes, women can feel attracted to a man’s physical appearance and some women place importance on looks, but the majority of women don’t.

Think about it...

Have you ever been out to the mall, the park, to a sports game or any other public place and really looked at the couples around you? In truth, how many of those guys had model good looks or millionaire bank accounts?

Most likely only one or two of were rich and a few were good looking. Why? In the real world, most guys are just normal guys like you and me and they are able to attract women in ways OTHER than looks.

Watch this video to understand how it works!

Attraction isn’t what most guys assume it is. Most of us men only find a woman attractive if she is physically good looking, but most women are much more flexible with what they find attractive about a guy.

Now don't get me wrong here...

I'm not saying women NEVER look at a man's physical appearance or status. Looks are something that a woman judges a man on initially, but (for most women, not all) looks aren't as important as the guy's personality and how he makes her feel.

Yes, there are some women who only want guys who are extremely good looking or rich, but the majority of women have what I call an "Open Type," which means that they are open to being with many different types of guys (even guys who don't have male model looks) as long as the guy can make her feel attracted in other ways.

This is why so many plain and even fat or ugly guys have really hot girlfriends or wives. Guys who don't understand how a woman's attraction for a man works might think that women are making a mistake by being with those guys, but women don't agree.

Although a woman will notice a guy's looks, in most cases, she will choose to have sex with him and then get into a relationship with him, based more on his personality and on how he makes her feel when she's with him.

This is one of the main reasons why ugly guys who are attractive to women in other ways (e.g. confidence, masculinity, funny, charming, charismatic, etc.), have beautiful girlfriends, and why good looking guys who lack self-confidence, are shy and insecure can't even get a date.

2 Common Mistakes That Single Guys Make Around Women

If you tried to approach beautiful women before and found that they've rejected you, it doesn't mean that you aren't good enough for them.

Rather than thinking to yourself, *"There's something wrong with me...girls will never like me...I'm doomed!"* or *"I'm just not good enough to attract and date a beautiful woman,"* consider instead that you most-likely made some classic mistakes that naturally turned the women off.

When you understand that simple fact, you will realize that women weren't rejecting YOU as a person, but they were rejecting your approach. When you use the right approach on women, you will get a completely different result. They will feel attracted to you, want to be with you and want to stay with you.

Here are some classic mistakes that single guys make around women they like...

Mistake 1: He behaves like pretty much every other guy she meets

Consider this...

Throughout the course of a year, a beautiful woman may get approached by hundreds of men who want to have sex with her purely because she's beautiful.

These men do not care if she has a crappy personality, lacks intelligence or just wants them to buy her drinks. They don't care. They feel physically attracted to her and that is enough for them to want to be with her.

She knows that all she has to do is say "Yes" and she can have any one of those guys in a second. However, this is not a challenge to her. In fact, this is boring.

After a while, a beautiful woman begins to feel protective of herself and who she hooks up with. She

knows that pretty much every guy would love to have sex with her at least once, but that's not very exciting for her.

She begins to feel the desire to find a guy who can make HER feel a lot of attraction, but who isn't desperate to be with her.

How can she find a guy like that?

Simple.

She makes herself look as attractive as possible to many guys approaching her. She then waits to see if the guy actually makes her feel any attraction.

If he does, she then plays hard to get and pretends not to be interested to see how he will react. If he doesn't really care and could take her or leave her, she then begins to want to get him to like her.

She then gets to enjoy the feeling of attracting, seducing and hooking up with a guy who she really wants to be with, rather than letting yet another boring guy enjoy having sex with her.

If you've ever approached beautiful women before, you're probably now beginning to remember that you too have faced these types of tests. Yet, did you pass them by remaining confident in yourself and knowing that she wants a guy who doesn't crumble under her pressure, or did you crumble and walk away?

If you want to be successful at getting yourself a beautiful girlfriend, you have to understand the reality that she lives in. You can't just use the same approach as all the other guys that she's been rejecting and expect to get a different result because you're a good guy with good intentions.

You need to realize that a woman wants to meet a guy who will not only make her feel intense attraction for him, but will make her feel like SHE has to impress HIM before he'll kiss her, take her home for sex, get her number or ask her out on a date.

At this point, some guys might be wondering, *â€œBut why all these games? Can't a woman just like me because I'm a nice guy? Why do women have to make it so complicated?â€*

The fact is, being a good guy is an important piece of the puzzle to success with women, but it's NOT enough to create feelings of sexual attraction inside of a woman. If the woman that you like is pretty, beautiful or sexy, she wants a man who can offer her some type of challenge where she ends up feeling excited and lucky to be with him.

She doesn't want to feel like she is just settling for one of the billions of random guys who want to have sex with her because she looks good. She wants to find a guy who makes her feel a lot of attraction and also makes her feel lucky to be chosen by him.

Mistake 2: He thinks that being nice to a woman is good enough

Another common mistake that single guys make is in believing that the best way to get a girlfriend is to be really nice to her.

A guy like this will start off being all nice and friendly, running around getting her drinks, or pretending not to be interested in her sexually. He just wants to show her that he's a good guy, he respects her and he would never think of rushing into anything sexual with her.

Yet, when she walks off with another guy who triggered her feelings of sexual attraction, he feels hurt and disappointed. He wonders why some guys are able to get girls so easily, while he just gets placed in the friend zone.

[image: Why does this keep happening to me?]

In his mind, he is doing the right thing by being nice to women. After all, he has heard that women want a “nice” guy, so why aren’t they interested in him.

Simple.

Being nice isn’t good enough.

There’s nothing wrong with being a good guy, having manners, being respectful towards women or even being a bit of a gentleman. However, women don’t care about any of those traits unless you make them feel sexually attracted to you first.

Everything has to start with sexual attraction. Once a woman feels sexually attracted to you, she will then appreciate all the other nice things about you. She will feel lucky to have met a guy who not only makes her feel a lot of attraction, but is also a good guy with good intentions.

Yet, when a guy starts everything off with niceness and friendliness, it sends the wrong message to the woman.

She will either assume that he just wants to be friends because he doesn’t find her sexually attractive, or that he is just pretending to be a nice, helpful, polite, caring friend to hopefully spend enough time around on her to grow on her and maybe get a chance with her one day.

To avoid all the mind games that come with dating, you have to start everything off with attraction.

Why Waste Another Day of Your Precious Life? Start Attracting Women Now...

[image: Single guys wasting their life thinking that they're not good enough]

Most of the guys who say, *“I’m tired of being single”* don’t believe that it’s possible to suddenly start attracting women for reasons OTHER than looks, money, height, muscles or status.

They feel like they are doomed for life to be single or to only get the scraps that other men don’t want. Yet, they are wrong.

Attracting women is a very easy thing to do. You will literally laugh at how easy it is when you begin to doing it.

[image: You can attract women and get laid or get yourself a girlfriend]

If you’re tired of being single and if you want to change that TODAY, why not let me show you the way?

Right now, you have an opportunity to learn proven techniques from me that will allow you to instantly begin attracting women that you meet. When you are able to attract women, you won’t have time to be single because you will be having sex or relationships with one or more of the many women who are intensely attracted to you.

I enjoyed that lifestyle for 10 years and had sex with more than 250 women before settling down with my hot girlfriend who recently became my wife.

When I first started out, I couldn’t even get most of the unattractive women I met to like me, let alone hot women. I was single and alone for a long time until I realized that I needed to work out what

attraction really was and how I could use it to have my choice with women.

When I discovered the secrets to attracting women, my life instantly began to change and it's just gotten better and better ever since.

So, if you've been thinking to yourself, "I'm tired of being single," make the decision to learn my attraction techniques and apply them into your interactions with women. You will be more than amazed at how quickly and easily it works for you.

Are you willing to give this a shot?

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

How to Pick Up Women at a Sports Game

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

You can literally pick up women anywhere, even at a sport game.

If a woman is single and you are able to make her feel attracted to you when you interact with her, then approaching and picking up women will always be a very simple and easy thing for you to do.

Although there are usually much less women than men at a sports game, there are still a lot of great opportunities to approach and meet pretty women who are interested in the same sport as you are.

If you are supporting the same team as the women that you want to approach, it's almost like you are friends who simply haven't met each other yet. You are a part of the same, like-minded community and have something in common that you both really enjoy, which makes an interaction start off fairly easily.

What you need to know is that it is possible to pick up women at a sports game and it's actually quite easy to do. So, if you're interested in learning how to pick up women at a sports game, here are 5 pointers that will help you get great results:

1. Sit next to women that you find attractive

If the seats aren't pre-allocated and you can choose where you sit, then simply look around for girls that you want to sit next to.

Approach them and say to them (with a confident smile and a relaxed attitude), *"Hey, is this seat taken?"*

If the seat isn't taken, sit down and immediately introduce yourself in a confident, easy-going way. *"Nice to meet you ☺☺ I'm Dan. What's your names?"*

From there, casually talk about that day's coming game, the chances of the team winning and have a relaxed chat with them.

2. Celebrate a goal or point together with a high five

An important part of the process of picking up a woman is making her feel good around you and making her feel like she is connecting with you.

An easy way to accomplish that is to get her (and some or all of her friends ☺☺ whatever feels appropriate) to high five with you to celebrate an exciting point or goal.

I've done that many times before at a football game, where I have turned around to high five with girls behind me and my friends and also tapped girls on the shoulder who are in front of us.

It doesn't matter if the girls are beside you, behind you or in front of you; simply cheer when the exciting point or goal happens and then high five with them.

Don't ask for permission to high five, just expect that they will high five you.

After the high five, just continue on celebrating with your friends or if the girls are maintaining eye contact and wanting to continue interacting with you, you can then switch to using some humor to

keep things going.

For example: One of the times that I picked up a woman at a sports game, I started things off with a high five and we (her friends and I) smiled, made eye contact and laughed together.

People looking on would have assumed we knew each other because it was so comfortable, free flowing and natural.

Anyway, after the high five, I turned to the hot girl that I liked and said, *“Hey â□□ we’re going to play a little game here.Â You guys want to know what the game is?”*

They said, “Yes” and I then said, *“It’s call the Beer For a Goal game and it works like this. You girls will pick the team that you think will score the next goal and us three guys will take the other team. If you girls are right, we will buy you all a beer at the break and we are right, you will get us a beer. You in?”*

They agreed and we lost, so we bought them a beer at the next break and that gave me a couple of minutes to chat to the girl I liked.

During the game, we did some more high fives and then near the end of the game, I turned to the girls and said, *“Hey, we are going to the pub here for a beer after the game. Do you guys want to join us for one beer?”*

They said, “Yes” and after the game, we went for a beer and the girls bought the first round.

Three hours later (after all of us went to another bar outside of the stadium nearby), I was back at my apartment with the girl I liked. She stayed the night, of course! You wouldn’t expect any less from me, would you? Lol...

3. Say hello when waiting in a line during breaks

During the breaks between the game, pretty much everyone rushes off to go to the toilet or buy some food or drinks.

If you are waiting in line to get some food or drinks, have a positive, easy-going attitude and just say hello to the women that are in front of you or behind you.

Talk about the game, ask them how they think the team is going and tell them what you think of the game so far.

As long as you know how to trigger feelings of attraction inside of the women (e.g. by using some humor, being confident, being charismatic, being charming, etc), they will be excited and interested to talk to you.

Do you know how to trigger a woman’s feelings of attraction for you when you interact with her? Watch this video to find outâ□!

4. Get there early

If you get to the sports stadium early, it will give you a chance to warm up by meeting some women at the bar or at the cafeteria when women are lining up for food or drinks.

It’s usually a lot less noisy and frantic if you get there early and because the game hasn’t started, women don’t really have much to do other than talk to their friends, eat and drink, so they are open to

having the odd random chat to a confident, charismatic guy.

If there is a chance to talk to a woman when she is buying some food, simply say something like, “Hey! do you think our team is going to win today?” and if she says “Yes” for example, you can joke around by telling her that the star player for the team has been injured at the last minute.

When she looks at you with a shocked expression and says something like, “What? No way!” you can smile, laugh and say, “Just kidding.”

She will then have a laugh and you can follow up by introducing yourself. “No, I think our team will win today for sure. I’m Dan by the way what’s your name?”

5. Approach the women who hang around in the bars or cafeteria after the game

If your team has won the game and women (who support the same team as you) are hanging around after the game, they are going to be in a happy, positive mood.

They are most-likely going to be smiling and feeling open to chatting to fellow supporters of the team who can strike up a harmless conversation with them.

For example: If you walk up and talk to women who are hanging around after the game, you can say (in a confident, easy-going and positive manner), “What a game. We killed it today. It was awesome. What did you guys think of the game?”

Have a quick chat, properly introduce yourself (e.g. “By the way my name’s Dan. What’s your name?”) and then focus on making the women feel attracted to you (e.g. by using humor, being confident, being charismatic, being charming, etc).

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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Meeting Women on Facebook

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Meeting women on Facebook has become a lot easier thanks to the popularity of dating apps like Tinder that have almost made online dating seem like a “cool” thing to do.

In the past, most women would feel embarrassed to admit that they met a guy via the Internet, but these days the majority of women feel like it is a perfectly normal and acceptable thing to do.

If a woman is single, she will usually be open to receiving messages from guys on Facebook because she will want to explore whatever options are available to hoping find herself a lover or boyfriend.

As long as a guy can spark her interest, get her on a call and then arrange to meet up with her in person, he can have her as a girlfriend, hook up with her casually or even end up marrying her. Yet, despite the fact that many women are open to meeting guys via Facebook, most guys go about it in the wrong way and immediately turn women off.

[image: Hitting on a girl immediately via Facebook]

[image: Woman turned off by message via Facebook]

For example: Most of the guys who contact women via Facebook will send the same type of junk that pretty much every other guy is sending. Messages like, “Heyâ€¦wassupâ€¦you’re beautifulâ€¦wanna chat?” or “Hey â€¦ you’re pretty. Can you add me as a friend?”

When a guy sends those types of typical messages to a woman, she simply places him in the same category as the other 100 guys who messaged her that month. She will assume that he is another typical loser guy who doesn’t understand how to attract women and is simply messaging every hot girl he can find.

So, if you want to succeed at meeting women on Facebook...

Start By Making Your Profile Attractive and Interesting to Women

[image: Make your Facebook attractive to women]

The same, #1 rule of approaching women in person applies to meeting women via Facebook.

That is...

You always have to start by actively making the woman feel attracted to you.

When a woman looks at a guy’s profile, she will either feel turned off by who he seems to be as a person or she will feel attracted to it. His profile with either trigger her feelings of attraction or it won’t.

If it doesn’t, she won’t be interested in getting to know him. She might keep him on as a friend so she can get some extra likes on her photos or status updates, but she won’t have any sexual or romantic interest in him because who he seems to be isn’t making her feel attracted.

When you message a random woman on Facebook or add her as a friend, she will quickly have a look over your main page and photos to see what kind of guy you are.

[image: Woman analyzing a man's Facebook profile]

She will be asking herself things like:

- Are you a lonely guy or do you have a lot of good friends?
- Are you living a fun, interesting life or do you seem a little boring?
- Do your friends on Facebook respect you by liking and commenting on what you post, or are your photos and status updates mostly ignored by your friends?
- Have you had any hot girlfriends who are at her level of attractiveness, or is she way hotter than your ex girlfriends?
- Do you seem to be a guy who is making progress in life and getting somewhere, or are you a no hoper, loser or deadbeat?
- If she became your girlfriend, would her friends be jealous because you're such a cool, confident guy or would they feel like they have a better boyfriend than she does?
- How would she feel if she posted up photos with you and her on her Facebook?

A woman will assess those types of things because she wants to know if she will feel proud or embarrassed to be called your girlfriend.

These days, many women feel so attached to their social media profiles that it becomes the main part of their identity. Who they are on Facebook, Instagram and Twitter for example, is how they want their friends, family and coworkers (or fellow students) to think of them in real life.

If a woman appears to be living a cool, fun and interesting life based on her social media activity, she will want to be able to keep up that image when she gets into a relationship.

So, if a guy adds a woman on Facebook and she looks through his profile to discover that he lives a fairly solitary life, looks uncomfortable in photos at parties, social events and doesn't seem like the kind of guy who other women would like, then she's not going to be in a hurry to get to know him.

[image: Lonely guy vs. popular guy on Facebook]

He might feel instantly attracted to her because she looks good, but if she is like most women, she wants to be with a guy for reasons other than just looks.

When a woman feels attracted to who you are, she will be much more open to messaging you on Facebook, giving you her phone number, chatting on the phone and agreeing to meet up with you in person.

So, before add another random woman on Facebook, just make sure that your profile will make women feel:

1. Attracted to you.
2. Interested to get to know you.
3. Safe to meet up with you in person.

Being Attractive to Women Via Facebook

If you want to use Facebook to meet women, make sure that you only post things that will make women feel attracted to you and avoid posting up anything that makes you appear insecure, lonely,

socially awkward, confused about what it means to be a man, unsure of yourself, etc.

Some **random examples** of things that will make the majority of women feel turned off when they look at a guy's Facebook profile:

1. Talking about his feelings like girls do

[image: Guys acting like girls on Facebook]

Women love to get on Facebook and openly talk (or rant) about their feelings. One day she is happy, the next she is sad and the next she is angry.

Yet, when a guy behaves like that, women don't say, *"WOW! He's so sensitive and emotional like a girl! He changes his feelings like the weather" | "he's so messed up like a woman!"*

Instead, they simply feel turned off by his lack of masculine strength and ability to be a man who feels emotions, but then focuses on finding a solution, fixing the problem and moving forward in life rather than whining about it like a girl.

While girls might reply and say, *"What's wrong? Are you okay?"* it doesn't mean that he is going to have sex with them. The women will simply feel like he is one of their fragile, feminine guy friends that they have absolutely no sexual interest in.

2. Having a comic book hero as his profile or cover photo

It's fine for a grown man to like absolutely anything he wants (including comic books), but if the main thing that a man is interested in is the type of thing that young boys (or immature men) would like, most women will feel turned off.

Most women are more attracted to guys who are moving forward in life, rather than hanging onto their childhood and still wanting to feel, act and think like a boy. If a guy is masculine, emotionally mature and is moving forward in life and achieving what he really wants, then it is fine that he also retains a fascination or interest in things that he liked when he was younger.

However, if a guy lacks masculinity (in how he thinks, behaves, acts, etc) and is using his fascination with boyhood hobbies to hide from his rising up and achieving his true potential as a man, women are going to feel turned off by him.

The woman may wonder, *"If he is still so into comic books, will that mean that he still has the mind, attitude and emotional maturity of young boy? Will he be capable of being the masculine, mature man that I need in a relationship, or will I end up feeling like a bit of mother figure to him?"*

3. Ranting and raving like a girl about equal rights, political issues, etc

There's nothing wrong with having an opinion and discussing political or ethical issues with friends, but some guys make the mistake of ranting on and complaining like a girl about how much the world sucks. Women are more attracted to mature, masculine guys who do something to fix a problem rather than complaining and hoping that everyone else will fix the problem for them.

For example: If a guy posts up complaints about politics all the time, he should either get into politics or shut up and focus on achieving what he wants to achieve in life. Almost no-one wants to hear a guy complaining about issues and not doing anything to fix them, especially women. It's not attractive, it's not cool and it's not helpful.

It's fine for women to bitch and moan, but we men need to either shut or do something about it. Bitching and moaning like a woman will turn the majority of women off, no matter how "cool" the guy thinks his post is. Women are attracted to guys who think, behave and act in a masculine way,

not a feminine way.

4. Posting up lonely photos

[image: Guys posting up lonely photos on Facebook]

Women aren't attracted to lonely guys. Instinctively, a woman knows that it's much more beneficial for her to be with a guy who is liked and respected by others than to try to survive life with a guy who is ignored, disliked or even hated on by others. This is just as true today as it was when humans were living in villages and tribes.

5. Posting up cute, sensitive or romantic things like girls do

Girls (and women) love to fill out those quizzes like, "Who is your soul mate?" and other random, "cute" stuff that they find online. When a guy posts up stuff like that, the majority of women feel turned off by it because women aren't attracted to guys who think, act and behave like girls do.

Women don't think, "Wow! He must be so sweet and romantic. He would treat me so well! He's not just looking for sex, he's looking for a soul mate! Wow!" Instead, most women will simply assume that he's another lost guy who doesn't know how to make women feel attracted to him.

An Example of Message to Send to a Woman Via Facebook

Okay, so let's assume that you've done what it takes to automatically trigger a woman's feelings of attraction for you via Facebook.

Your profile photo is confident, your status updates are mature, masculine and forward moving and your photos show you having a great time with other people.

Excellent.

Now, you are ready to begin adding women and messaging them to create a connection.

For example:

"Hey Michelle

You don't know me and I don't know you, but I added you recently when I saw you appear in the "People You Might Now" sidebar on Facebook.

Since we've added each other, I thought I'd reach out and say a quick hello to you, rather than being a silent friend on Facebook.

I see that you're a cat lover too. Nice! Cats are the best pets. I grew up with two cats in my household and the love and relaxation that they add into a home is just awesome.

Anyway, after having a quick look at some of your photos and what you've posted up on Facebook, I have to admit that you not only seem like a smart, interesting woman, but you're also a pretty damn cute.

I don't expect anything from you in return for this message, but I just wanted to say hello!

â°

Cheers

Dan"

In the example above, I am pointing out something that I like about her, but I'm also showing her that

I am not a desperate, random guy who is immediately trying to pick her up via Facebook with a message like, *“Hey...ur cute”* or *“Hi â□□ wanna chat? Ur sexy!”*

If the women that you are adding on Facebook are actually single and looking for a boyfriend or lover, you will get replies to an opening message where you point out something that you like about her and subtly try to connect with her.

If you don't get a reply from her, you need to:

1. Keep adding to the attractiveness of your profile (e.g. post up photos of you looking confident, liked and included when having fun with other people).
2. Like some of her posts.
3. Comment on some of her posts in a positive, funny or encouraging way.

If she feels attracted to the online representation of you from your Facebook profile, she will begin to click like on some of your photos or status updates.

When that happens, you should try to initiate a chat with her when she is online and after a bit of flirting and chatting, get her on a Facetime call or get her phone number to call her phone.

After a bit of flirting back and forth, simply say, *“Hey â□□ let's say hello on video. I'll call you on Facetime, okay?”* or *“Hey, what's your number? I'll give you a call and say hello.”*

[image: From Facebook to a phone call]

Sometimes, a woman won't want to do a video call with you on Facebook because she will be relaxing on the couch without any make up on, or wearing old clothes that she only puts on when at home alone.

[image: Woman using Facebook]

If that's the case, she's only going to be comfortable with an audio Facebook call or a phone call, so if she says no to getting on a video call, just go for an audio call on Facebook or to her actual phone number.

It's important to get away from text chat as quickly as possible because it's much easier to make a woman feel attracted to you when you talk to her via video chat or a phone call than it is via text.

If you're just texting or messaging her, she can easily lose interest if she isn't feeling much attraction or she can begin playing hard to get (i.e. by giving you short replies, not replying for hours or days or not replying to some messages at all) just for fun.

[image: From Facebook to a phone call]

However, if you get her on a phone call, you then have more control because you can trigger her feelings of attraction for you (e.g. by making her laugh, flirting with her, being confident, etc), connect with her without having to wait hours for a reply and then arrange to meet up in person.

Don't Hide Behind Messages. Get Her on a Call, Attract Her and then Meet Her in Person

One of the biggest mistake that guys make when they meet a woman on Facebook is to waste weeks or months talking to her online, without ever taking the step to get her on a call.

A guy will sometimes feel like he is in a “relationship” with a woman that he has been text chatting to via Facebook because she will seem to be interested, but until he actually gets her on a call, meets up with her in person, kisses her and begins a sexual relationship with her, he is simply another guy online who is hitting on her.

If she is attractive, she will always get random guys trying to hit on her online and even though she might message back and forth with some of them, nothing will happen until the guy meets up with her in person.

All it takes for an online guy to be forgotten or replaced is for a guy to meet the woman in person, make her feel attracted and then either kiss her or have sex with her.

[image: Facebook - friend zoned or forgotten]

When a woman feels attracted to a guy in person and kisses him, that is much more real and exciting than the 100 messages that she’s received from a guy who likes her on Facebook.

So, if you are interested in meeting women via Facebook, make sure that you always try to take things to the next level. Don’t wait around wondering what she might be thinking â□□ make her feel attracted, connect with her, get her on a call, meet up with her in person, kiss her, have sex with her and start a relationship.

Make Her Feel Like it Would Be a Good Thing to Be Associated With You in Real Life

The key to attracting women on Facebook is to appear to be the kind of guy they would feel proud to be associated with in real life.

On Facebook, you can do this by:

1. Posting lots of pictures of you having fun with other people

This allows a woman know that you are a cool, well-liked guy that people like to be around. Unless a woman is a lonley emo type, she isn’t going to be very interested in guys who aren’t well liked by other people.

When a typical woman looks at a guy’s Facebook profile, she wants to know that it would feel good to be by his side in a social environment. If she looks through his profile and discovers that he is usually on his own or appears uncomfortable when around other people, she will feel worried about what it might be like to be alone with him in person.

2. Posting interesting updates about your life that show you are making progress, moving forward and living your life

No matter what age a woman is, she will feel naturally attracted to a guy who knows what he wants and is confidently going after it to make it happen.

A woman wants to see that you are following through on your desires, having fun and enjoying life without fear of failure or rejection. You have big dreams and you are following through on them, while also enjoying the fun side of life with the people in your life that you love.

All of that makes you attractive to her, compared to the type of deadbeat posts that some guys make, such as: “*So bored...nothing to do*” or or posting up random, pointless internet memes that most young children and immature adults are sharing around to waste time and distract themselves from

life.

Women are much more attracted to guys who are passionate about something in life and moving forward to achieve it, compared to guys who are confused about what they want and waste time distracting themselves with unimportant things (e.g. always posting up funny meme photos, news stories, the latest celebrity gossip, etc).

By the way...

[image: Too difficult to meet women via Facebook?]

If all of that sounds like too much work just to get a girlfriend or get laid and you'd rather just approach a woman in person, pick her up and have sex with her that night and then start a relationship without having to do all the showy stuff via Facebook, then make sure that you are prepared to approach the next time you see an attractive woman in public.

If you usually don't have enough confidence to approach attractive women in person, watch this video!|

Approaching a woman in person is very easy to do, as long as you know how to trigger her feelings of attraction for you. When you make a woman feel a lot of attraction for you when you meet her (e.g. by being confident, making her laugh, being charismatic, being charming, etc), she will open herself up to talking to you and be interested to get to know you.

Do you know how to attract women when you interact with them? Watch this video to find out!|

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Why Women Love One Night Stands

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The main reason why women love one night stands is that sex feels just as good for women as it does for men. Kissing, being skin to skin, embracing, looking each other in the eyes, oral sex, orgasm...it's all good and women know that.

[image: Dating - Sex before marriage]

In today's world, women are free to have sex with whomever they want and they can settle down into a committed relationship whenever they feel like it. So, they do just that...a lot.

Life isn't like it was in the distant past where a woman had to save her virginity for marriage and then stick with the one man for life. Back in those days, pre-marital sex with strictly forbidden and even talking about sex was seen as taboo or shocking.

[image: Marriages around the year 1900]

Not anymore.

These days, women are free to do whatever they want sexually and don't even have to settle down if they choose not to. If a woman wants to enjoy the excitement of sex and potentially then have a relationship with that guy, she is free to do so.

No one is stopping her.

Despite these changes, most young girls are still brought up to believe that one day they will be swept off their feet by Prince Charming and they will then live happily-ever-after. In the fairy-tale world that girls are told to believe in, there is no sex...only love and a committed relationship with a nice man.

From a young age, women are conditioned to think, behave and act in a way that fits with the idea of waiting to find true love, then getting married and living happily ever after. Yet, despite the best efforts of parents, most women lose their virginity in their late teens and then have sex with a lot of men before eventually settling down.

These days, a woman is fully aware that she doesn't need to settle down with the first guy that she has sex with. Based on this freedom, most women simply want to have a good time until they meet a guy that they love and want to commit to.

Often, a woman will go through much of her 20s and early 30s thinking that she never wants to settle down and have kids. Unless she meets a guy who really makes her feel a lot of attraction and opens her heart up to experience true love, she will be happy just to have fun and get in and out of casual relationships.

She won't consider herself to be a "slut" or to be doing anything wrong because that's just how the world works now. Pre-marital sex is allowed and sex is no longer taboo.

Putting Out Vs. Having Sex For the Fun of it

[image: Putting out vs. enjoying sex]

Despite the real changes that have happened in society, many women are still taught that itâ□□s

degrading for a girl to “put out” for a guy on a first date or casual encounter and women who have one night stands with men are being “used.”

Some guys grow up thinking this way as well (e.g. if they’ve been raised by strict, conservative parents), so they treat women in a way that suggests she would never want to have sex...even though she probably had sex that week or the week before with a random guy that she met or a guy that she is casually dating.

A classic example of an outdated approach to dating that many guys are still using is the “nice guy” approach...

Although there is **nothing** wrong with being nice to a woman, some guys make the mistake of thinking that being really nice to a modern woman is the way to “win her heart” and eventually, hopefully, maybe get to have sex with her.

Yes, that was an excellent idea back in 1897, but not in today’s world. Having sex with a modern woman is very simple, easy and in most cases, instant. Simply make her feel sexually attracted and then escalate to kissing and sex. Most women will have sex with you on the first night, first date or second date.

Although the majority of women are reluctant to talk about how much they enjoy sex, that doesn’t mean they aren’t having it...on a regular basis...with different guys. For most modern women, they don’t see having a one night stand as “putting out,” but as having fun and enjoying themselves.

[image: Why women love one night stands]

It makes sense because society really has changed. It’s just not 1897 anymore, even if some people wish it was. In today’s world, sex happens a lot easier and more often than most guys realize and that most women admit.

These days, many women choose to have sex with a man they have no intention of having sex with again purely because it feels good. It’s fun, it’s enjoyable and it’s natural. Yes, it used to be taboo to hook up and have a one night stand, but not anymore.

[image: Why women love one night stands]

A recent study in Europe found that 70% of women admitted to having experienced a one night stand. Another study in the USA found that 55% of couples admitted to having sex on their first date. ...and that’s just what they are admitting to!

[image: Why women love one night stands]

Most women still feel the need to minimize their sexual encounters or experiences to appear more lady like, innocent and untouched. Why? She doesn’t want to be seen as the sort of woman who couldn’t be trusted in a relationship.

If a man meets a woman who is easy to hook up with sexually and talks about how many guys she’s slept with, do you think he will be able to trust her if she went out on her own? Probably not. A woman being too easy and open about having sex with other guys just isn’t good for establishing trust and building a relationship that lasts.

Despite having experienced a lot sex, I’ve found that most women will never admit to having had a one night stand or to sleeping with more than a total of 10 guys. Most women will say that they’ve only had sex when in a relationship or that they’ve only slept with 5 or 6 guys.

The “5 or 6 guys” that a woman is usually thinking of are those that she’s been in a relationship with. The other ones are kept hidden away as her little secret.

Often, a woman won’t even tell her girlfriends how many guys she’s had sex with. If she goes home with a guy, she will sometimes say that she didn’t sleep with him and then say that she plans to sleep with him after a few dates.

You can’t blame women for putting on an act of innocence about sex. It’s not her fault that she is still expected to act like an innocent virgin, even though everyone is having sex all the time. She’s just trying to do what she thinks is right.

100 years ago, it was “right” to remain a virgin, but what is “right” today? Have sex with 3 guys before settling down? 10 guys?

[image: Why women love one night stands]

There is no clear instruction for women on what to do, so many of them keep their sex life a secret and continue on until they meet the type of guy who is worth settling down for.

A Surprising Fact About One Night Stands

From the outside, one night stands might seem sleazy and very temporary. After all, the term suggests that the couple only have sex for “one night.”

However, a surprising fact about one night stands is that they often lead to relationships. After a couple has had sex, they can then immediately begin a relationship because there’s no need to date for weeks before finally having sex. The relationship has already started.

Women know this too.

When a woman meets a confident guy who seems like he could attract other women, she knows that the fastest way to get to his heart is to sleep with him. After she has sex with him, she can then seduce him into falling in love with her. However, if she doesn’t have sex with him, he might have sex with another woman and fall in love with her instead.

This is completely different to how things worked in the past.

100+ years ago, a man had to court a woman for months or even years before he could finally get her to say “Yes” to marrying him. Generally speaking, people lived in small towns or small cities, so there weren’t many other options to choose from.

Women knew that back then too.

When women are in short supply, they can afford to play hard to get a make a guy earn a kiss. However, in today’s world, women know that other women are willing to have sex with a guy to begin a relationship with him, so they have to act quickly.

One night stands aren’t just about having sex. In most cases, women do it to find themselves a boyfriend, even if they don’t admit that to the guy on the night.

The Science of Instant Hook Ups

[image: Why women love one night stands]

Scientific studies have found that a woman can feel immediately willing to have sex when she meets an alpha male who is sexually interested in her. Why is that?

For most of human history, we didn't live amongst millions of other people in big cities. We only had a very limited pool of options to breed with (e.g. 150 people in a town) and since a woman's natural instinct is to breed with an alpha male, she had to be willing to have sex very quickly to ensure that she had a chance to breed with him.

These days, alpha males are everywhere and are not as scarce as they once were, but women still react by becoming open to having sex right away or very quickly when they meet an alpha male who is sexually interested in them.

[image: Why women love one night stands]

Why do women feel the instinctive desire to breed with an alpha male? Throughout human history, alpha males usually offered the best chance of creating offspring that would be better at surviving (i.e. the boys would likely be strong, confident and brave like their father).

Generally speaking, an alpha male can usually offer a woman the best chance of protection and he will be more enjoyable to have sex with (i.e. because he will be confident and masculine, which is attractive to women), which will then allow the couple to continue having sex for many years and possibly create several children, rather than just one and then they lose interest in having sex with each other.

These days, when a woman meets a guy who displays alpha male traits (e.g. confidence, masculinity in how he thinks and behaves, etc), her instincts kick in and she becomes more open to having sex with him very quickly (i.e. a one night stand, sex on the first date).

In the past, if a woman was lucky enough to get the attention of an alpha male, she would have to act quickly to ensure that she got a chance to be impregnated with his strong genes. Today, the instinct is still there for women, but instead of looking to get pregnant, they are simply looking to enjoy the pleasure of having sex with an alpha male.

The Secret to Pulling One Night Stands

The secret to pulling one night stands is to focus on triggering a woman's primal attraction triggers, such as her desire for an alpha male.

This does not mean that you have to be a macho jerk or act like you are King Dick and everyone else is beneath you. What we teach here at The Modern Man is about being a good guy alpha male. A good guy alpha male is confident, assertive, masculine (in the way he thinks, behaves, moves, etc), but he is also loving, charming, charismatic and easy-going.

For example: If you're talking to a woman in a bar and she asks, *"Hey, do you want to get another drink?"* you can come from the position of an alpha male who knows that she wants to have sex with him, while still being playful and easy-going.

[image: Trying to get me drunk]

You can reply by saying, *"Oh, I see what's going on. You're trying to get me drunk. Sorry, I'm not that easy...I'm not going to sleep with you tonight. It will take a few dates before I let you kiss me."*

She will then laugh and possibly say that it is you who has to wait to have sex with her. However, it

will make her feel attracted to your confidence in yourself. She will assume that if you have the confidence to talk to her like that, other women must like you too.

This is one way to trigger her attraction to alpha male traits. If you want to learn more examples of how to attract women and get them to have sex with you on the first night, keep learning from us here at The Modern Man.

Watch this video to understand how a woman's attraction for a man really works and how you can use it to make women feel an intense attraction and desire for you...

Make Her Feel Attracted and She Will Become Open to Having Sex With You

Even though a woman is expected to act like a lady and only have sex in a relationship, the majority of women don't.

To a woman, one, exciting night of feeling totally feminine and completely under the influence of a guy's alpha male power feels absolutely right in the moment. When a woman is feeling a lot of sexual attraction for a guy, she isn't necessarily thinking about "happily ever after," but is feeling swept up in the way that he is making her feel right now.

...and that's all that has to matter to her.

She's a free, modern woman who is allowed to do whatever she wants.

[image: Why women love one night stands]

Despite what a lot of guys think, women do love sex just as much as men. As long as a guy triggers a woman's primal attraction triggers, it doesn't really matter what he does to her in the bedroom....it's going to feel good because she will be feeling a deep, instinctive attraction for him.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Text Message Examples That Attract Women

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Texting is a great way to make contact with a woman once you have gotten her phone number.

However, make sure that you don't waste time hiding behind texts. Although it might seem like a woman doesn't want to get on a phone call because she enjoys texting, the fastest way to get her out on a date is to call her, make her feel attracted on the phone and then arrange a date.

If you hide behind texts and are too afraid to get on a phone call, a woman can easily lose interest and decide to hook up with another guy who has the confidence to call her up and arrange to see her in person.

What to Text a Woman After Getting Her Number in Person

[image: Text message examples]

After getting a woman's number for the first time in person (e.g. at a bar, party, during the day, etc) you can send her any one of these type of texts:

Hey – Dan here. Good to meet you. Chat to you sometime soon.

Hey – it's Dan here. The handsome guy from the bar.

Hey Michelle – Dan here. Talk to you soon.

Sending her a text like that ensures that she has your number and knows that you're interested. If you were successful in making her feel a lot of attraction for you when you first met her, it's important that she also knows that you are interested in her and aren't just getting her number for fun.

Many guys get phone numbers from women and never follow up on them or arrange a date. As a result, many women feel like a guy isn't a real dating option until she has actually met up with him for a first date, kissed him (or had sex with him) and wanted more.

Getting a woman's number and texting her doesn't mean anything. You're only really dating when you've had sex or at least kissed. Anything prior to that is simply a maybe.

What to Text Next

After texting her the initial message, my advice is that you call her rather than continuing to text her. Get her on a phone call, have a laugh together and then arrange to meet up in person. That way, you can get to kissing and sex and a real relationship can begin.

However, if you really want to send a couple of texts beforehand, at least make sure that they trigger her feelings of attraction for you.

For example: One of the ways to attract women is to use humor. So, say for example that on the night you met her, she was wearing a red dress and was looking sexy. During the conversation, you jokingly referred to her as the "lady in red."

You could then trigger her feelings of attraction by using a bit of humor:

The lady in red. You looked good in that dress the other night. I looked good too, but you looked better. How are you today?

She will have a little laugh and feel attracted to the fact that you're not only being confident and funny, but you're also giving her a compliment. All of that combined adds up to her seeing you as a charming guy.

You can also just keep it simple and say:

Hey...the lady in red. How are you today?

She will have a little laugh and remember that she felt good talking to you when you referred to her as the lady in red.

In a situation like that, you shouldn't spend a lot of time texting back and forth. After her initial reply, just call her. If she doesn't answer, it may be that she is busy or at work at that moment, so don't worry.

She will either text you again, call you or go silent. Whatever happens, don't lose confidence in yourself. Keep pushing forward until you actually meet her in person because without a date in person and then kissing and sex, you are just another guy texting her.

Texting Mistakes to Avoid

[image: Text message examples]

After doing all the hard work to get a woman's phone number, some guys screw up their chances with her by making one or all of the following mistakes:

1. Over-texting

There's nothing with texting a woman, but if you text her too much and don't ever get her on a call and arrange a date, she can easily lose interest in you.

Why? 93% of the communication between two human beings is non-verbal (e.g. tonality, body language, vibe, etc).

When a guy is texting a woman, she is only getting 7% of his actual communication, so she has to fill in the remaining 93% by imagining what he would look like, sound like and be behaving like if he said that (what he sent via text) to her in person.

If you over-text a woman, she may begin to think of you in a negative light (e.g. assume that you're too afraid to call her and risk rejection if you suggest a date). If she begins to feel that way, she won't be as impressed or amused by anything you say via text.

It will become of a nuisance than anything and she will keep herself open to meeting a guy who will actually meet up with her, kiss her and have sex with her, rather than just text the crap out of her.

2. Taking too long to contact her after getting her number

Some guys lack so much confidence in their attractiveness to women that they chicken out when it comes time to text or call her.

I used to make this mistake myself when I first started getting numbers. I'd get a few numbers during the night and then be worried about getting rejected if I called. I'd be thinking, *"Maybe I didn't attract her enough"* or *"Maybe she didn't even like me much and just gave me her number to get me*

to leave her alone” or “Maybe...”

I would come up with reasons not to call and then think, “*I’ll go get some more numbers next weekend, attract the women better and then call.*” Yet, it just kept happening.

Eventually, I got the point where I started to force myself to call by telling myself, “*If she gave you her number, she felt attracted to you and is open to meeting up with you and potentially having sex with you. So call.*”

To my surprise, when I started following through on numbers, I started getting laid every week and soon had a few women on the go at once.

So, if you get a girl’s number, don’t sit around worrying about whether or not she likes you. Additionally, don’t play games with her and think that if you text her too soon, it will make you look desperate.

It won’t.

You’re not desperate for texting or calling a girl and then arranging a date. You’re simply a cool, confident guy who is going after what he wants. Women are impressed by that, so don’t hide behind endless text messages. Just call her, arrange a date and then have sex with her.

[image: Modern women]

BTW: A recent survey revealed that 55% of couples had sex on their first date and 70% of women admitted to having experienced a one night stand. So, don’t think that sex doesn’t happen easily and often.

These days, most women will have sex with you (or at least kiss you) on the first night or the first date. So, don’t hide behind texts, don’t wait a long time to call – just keep moving forward and make things happen.

[image: Sex on the first date]

If you want to be successful with women, you’ve got to believe in yourself and push forward to the next level. Hanging around in the “*Maybe I like you, maybe I don’t*” text zone is for sissies. Just get her on the phone, meet up with her, kiss her and have sex with her.

Until you get to that point, her interest in you is just a maybe and you can instantly be replaced by a guy who kisses her or has sex with her, rather than texting her.

3. Texting like a woman

[image: Text message comparison]

If you feel like you must absolutely text a woman, just make sure that you are not texting like a young boy or a woman.

Some text message examples of a guy writing like a woman would:

```
hi how r u?  
wat u doin?  
i lyke u.  
u wanna hook up?  
ur nice!  
i miss u...hvnt seen u in ages
```

Just because girls text that way, it doesn't mean that you should too. If you want to be attractive to women, you should focus on being more mature and masculine, rather than childish or feminine.

4. Being too cute

[image: A woman getting a girly text message from a guy]

It's okay to send cute messages if you're a very masculine guy and are just doing that to add in a bit of sweetness at times, or to joke around with her by pretending to be a sissy. However, if you're a fairly normal, neutral type of guy in terms of masculinity, being very cute with a woman via text is actually going to turn her off.

She will imagine what your facial expression and thought process might be when you send her the cute message and if she pictures you looking cute like a girl, she isn't going to feel attracted. Instead, she will begin to lose attraction because you lack the all important masculinity that women seek in men.

Here are some super lame text messages just as an example. Ready to vomit?

| â☐☐Do you have a plaster? Why? cause i cut myself fallin 4 u!â☐☐

Why is this a turn off? It is childish and something that kids in school do. If you send that to her as a joke (and she knows that you're joking) it will be funny, but if you're serious she will of course think that you're a weirdo.

| â☐☐Hey snuggle bear" (or any other cutsie name)

Again, this is fine if you're a masculine guy, have already had sex with her or are just joking around. However, being cute via text messages is not attractive to women in pretty much all other circumstances.

| "If you were mauled by a lion with chainsaws for hands, i hope it wouldnt get your face cuz its cute :)"

I don't know how you feel after reading those cutsie messages, but I'm feeling a bit nauseous after having to write them up as examples. Sickening stuff. Lol...

5. Being too pushy or needy

Some guys get a little bit too excited when they get a woman's number.

He will text her to say good morning, text her to tell her that he's on his way to work, when he's stuck in a traffic jam (e.g. *"OMG...traffic jam. Gunna be late for work! Eeek!"*) and text her to tell her what he just ate for lunch.

Truth be told, I feel sorry for guys like that. It's not his fault that he wants to be in love, have a girlfriend and get some affection from women. It's just natural to want that.

However, women don't want to be bombarded with messages from desperate guys. It just isn't exciting, unless of course she is unattractive and desperate for some male attention.

Some needy text message examples:

| r u getting my messages?
what r u doing? Why donâ☐☐t you answer me?
It has been a week and I haven't heard from you. Are you bored of me already?

i miss you...do you miss me?

6. Asking her out via a text message

This is the number one classic mistake that guys make when texting girls. Instead of growing a pair of balls and getting on a phone call (where the girl can feel attracted to his confidence), he will hide behind a text message because it won't feel as bad if she says no.

Some guys will use the excuse that she doesn't like talking on the phone and she would feel awkward if he called. However, if she meets a confident guy, he is going to call her up, meet her in person and then bang her.

The insecure guy who was hiding behind text will then be forgotten and she will get on with having a relationship with the confident guy who had the balls to follow through with a call, date and then sex.

Asking a woman on a date via text increases the chances of her saying no. When she gets a text, it gives her time to think about whether or not she wants to play hard to get. It's not the same as hearing your confident voice over the phone and feeling attracted to it.

The text you send her is just words on a screen. If she wants to test your interest in her or your confidence level by playing hard to get, saying no to a date request via text is easy. However, saying no to you on the phone when she is feeling attracted to you just doesn't make much sense, so she is more likely to say yes.

Do you know how to make women feel a lot of attraction for you when you interact with them on the phone or in person? Watch this video to find out...

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How To Be Charming

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The secret to being charming with women is a simple equation:

Make her feel attracted to you + Treat her nicely = Charming.

For example: If you make a woman feel attracted to you by being confident and making her laugh, you will be seen as charming if you also treat her well by giving her a compliment, being nice to her or making her feel beautiful and sexy.

Dictionary Definition

The dictionary definition of charm (or to be charming) is:

Charming (*noun*): A power of pleasing or attracting, as through personality; a trait or feature imparting this power; to gain or influence through personal charm; to be fascinating or pleasing.

In other words, being charming is about creating feelings of attraction inside of a woman, as well as being a pleasing guy to be around, talk to and interact with.

[image: How to be charming]

If a guy made a woman feel attracted to him, but was then a jerk or an asshole to her, he wouldn't be seen as charming—he'd be seen as a jerk or an asshole.

However, if a guy made a woman feel attracted to him and then treated her well (e.g. gave her compliments, listened to her, made her feel special, etc), he would be seen as charming.

All women love a charming guy, but don't confuse being charming with being an ass-kissing nice guy. To be considered as charming, you have to first begin with attraction.

Only when a woman feels sexually attracted to you (e.g. because you're being confident, charismatic, getting her laughing, etc) will she then appreciate your nice, good guy behavior and see it as charming.

Old School Charm...Not So Cool Anymore

[image: Old school charm]

In the past, charm was associated with a chivalrous hero who would duel with a score of villains to protect a woman's honor. This would make her feel attracted to his bravery and strength.

He would then do nice things like throw his jacket/coat/cape on the ground for her to walk over so that she didn't get mud on her shoes. How sweet.

Old school movie heroes such as Errol Flynn, Cary Grant, Gary Cooper, Clark Gable and Humphrey Bogart from the 30s, 40s and 50s were attractive to women because of their confidence and celebrity status. Then, when women saw them saying and doing nice things in movies, they labeled them as charming.

Today, charm is still an important part of male and female courtship, but it has changed to suit the demands of modern culture.

For example: If a guy were to throw his jacket on the ground for a woman to walk over, most women would regard him as weird rather than charming.

Qualities That Kill a Guy's Ability to Charm Women

[image: Lack of charm]

Being regarded as a charming guy starts with a guy's ability to attract women. If he thinks, behaves and acts in a way that is unattractive to women, they aren't going to be charmed by his nice behavior or compliments.

[image: Only being nice and forgetting about attraction]

If a guy is nervous around women, doubts himself and tries to get women to "like" him (rather than feel attracted to him first) by being a nice guy and being really helpful and caring, he won't be considered charming.

Here's why!|

If a guy is insecure and self-conscious when he interacts with women, he won't be considered as charming.

If a guy has low self-esteem and expects a woman to be gentle with him and give him a chance to get to know her, he won't be seen as a charming guy.

If a guy has bad manners; talks with his mouth full, is too loud or too overbearing, never says "please" and "thank you" and treats people such as waiters and valets badly, he won't be considered charming.

He might be able to attract some women who like bad boys, but most women will think he's an idiot and avoid him.

If a guy doesn't know how to attract a woman, build up the sexual tension between them and seduce her into having sex, he won't be considered as being charming. A woman might like him as a person, but she isn't going to refer to him as a charming guy. Instead, she will see him as a nice guy, a friend or some random guy that she happens to know, but has no sexual interest in.

Do you know how to trigger a woman's feelings of sexual attraction for you when you interact with her? Watch this video to find out!|

If a guy lacks the social intelligence to be able to talk to women and keep a conversation going in an attractive way, he won't be considered as being a charming guy.

What is Social Intelligence and How Does it Affect a Guy's Ability to Charm Women?

The original definition of social intelligence was coined by Edward Thorndike in 1920. Since that time many psychologists and social scientists have suggested subtle variations of the definition, but ultimately the definition that they generally agree on is, *the capacity to effectively negotiate*

*complex social relationships and environments.*â□□

Why is that important to women?

Simple.

We live in a challenging world. Despite having supermarkets, police, TV, the internet, government, etc a guy still needs to be able to make his own way in the world. Social intelligence is one of the traits that suggests to a woman that a guy will be able to get along with people and potentially do well in life.

When a woman meets a guy, she instinctively checks his level of social intelligence because it's something that women are naturally attracted to. She can't stop herself from feeling attracted to it because it's an important instinct that is linked to survival.

If a woman feels as though the guy can't even deal with talking to her or her friends, she will question his ability to live a happy life where he achieves success, has great friends and maintains a great relationship with her. When she starts to question that, she will feel turned off by him on an instinctive level.

For most women, if a guy lacks social intelligence, it doesn't matter if he has a high level of academic intelligence (e.g. got top grades at university). Women always find men who are smart with people more attractive than men who are simply book smart.

Instinctively, women know that social intelligence is a huge indicator of a guy's ability to be successful with his social and romantic relationships. She knows that a guy who lacks the ability to get along with her and her friends, will likely be disrespected by men and women in the workplace and amongst friends.

Having social intelligence is a big part of being a charming guy. If a woman is talking to a guy and can see that, no matter how much she tests him (e.g. by playing hard to get, not contributing much to the conversation, etc) he remains confident in himself, she will feel attracted to him.

If he also retains a positive attitude, continues to show love and respect towards her and makes her feel good to be interacting with him, she will instantly begin to recognize that he is a charming guy.

No matter what happens, a charming guy will remain confident and continue to make a woman feel attracted to him and also make her feel special, wanted, appreciated and happy when interacting with him.

When a woman comes across a guy like that, she knows that she's found something worth fighting for. It's very rare for a woman to meet a charming guy who just happens to be single. To her, it's like winning the dating jackpot.

When a woman meets a charming guy (i.e. a good guy who can make her feel attracted to him and make her feel special in his eyes), it's the equivalent of a guy meeting a beautiful woman that he rates 9/10 to 10/10 who is friendly towards him and makes him feel special.

How To Be a Charming Guy is Something That Can Be Learned

If you are a good guy, then you've already got 50% of what it means to be charming.Â The remaining 50% comes down to your ability to attract women and seduce them into having sex and

relationship with you.

If you currently aren't very good at making women feel attracted to you, then make sure that you learn from us here at The Modern Man. The more you learn, the more charming you will become to women.

When you develop your ability to be a charming man, you will find it incredibly easy to attract and seduce women into sex. You will realize that picking up women for sex or a relationship is literally one of the easiest things for you to do in life.

Why? When a woman meets a charming guy, she doesn't want to play too hard to get because she doesn't want to lose the chance to be with him.

Women make it easy to pick them up and make it obvious that they like youâ

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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Approaching Women Alone

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Approaching women alone isn't easy if you lack confidence the confidence to approach and don't really know how to get them to feel attracted to you.

If you lack the confidence to approach women, watch this video...

If you don't know how to get women to feel attracted to you when you meet them, watch this video to understand how it works...

Are You Here Alone?

[image: Are you here alone?]

Many guys feel the urge to approach women alone, but are often worried that women may ask them questions like, *"Where are your friends?"* or *"Why are you here alone?"*

The simple response to questions like those is to confirm that you are alone, but to let the women know via your tonality, body language and vibe that you are completely fine with it.

For example: You can reply and say, *"Yes, I thought I'd come out on my own tonight for a change. It's exciting."* Put a positive spin on it, rather than thinking that being alone is a bad thing. Let women be impressed by the fact that you are confident enough to approach women alone.

You Can Get the Same Results When Approaching Alone or With a Friend

[image: Approaching women alone]

As long as you have the confidence to approach and the ability to attract the women you meet, it doesn't matter if you go out approaching women alone or with a friend.

What matters is whether or not you can make women feel attracted to you when you meet them. When women feel attracted to you, they then look at other things about you (i.e. that you're out alone) in a positive light.

However, if you approach and try to be "liked" by women for being nice to them or pretending to be a party guy when you're just a normal, good guy, they will feel suspicious of you and begin to question why you would be out alone (i.e. Do you not have any friends? Are you potentially a weirdo or psycho who is going to hurt her?)

This is why it's extremely important that you focus on making women feel attracted to you when you approach them. Attraction comes first and everything else flows on smoothly after that.

Common Mistakes That Guys Make When

Approaching Women

Approaching women is the easiest, fastest way to get laid or get a girlfriend because you have the chance to instantly create attraction and a unique connection between yourself and the woman. Unlike with online dating where she has 1,000s of men to choose from, when she meets you in person, it's just you, her and a bunch of other guys standing around who are too afraid to approach her.

You get to focus in on her, build up her attraction and the sexual tension between you and make her want to release the tension with kissing and sex. When you know how to do that, you can get laid or get a girlfriend pretty any time you go out approaching.

However, when a guy makes some or all of the following mistakes when approaching women, things aren't so easy...

1. He displays obvious signs of nervousness

When a guy is nervous around a woman his behavior is not relaxed; he fidgets, avoids looking her in the eyes and he has difficulty getting his words out. Nervousness comes across as insecurity and insecurity is due to a lack of confidence. A woman can sense it when a guy lacks self confidence and this is a turn off.

2. He struggles to keep a conversation going with attractive women

It's usually very easy to talk to unattractive women, but when talking to attractive women, a guy has to be prepared for the tests they will put him through.

For example: Many attractive women will play hard to get initially to test how confident a guy is. If he feels like he's blown it and then walks away, she knows that she's just gotten rid of a guy who lacks the all important self-confidence that women are looking for in a man.

However, if he remains calm, positive and keeps the conversation going in a confident, easy-going way, the woman will eventually realize that he is a confident guy and she will relax and open up to him. He will then get to experience the friendly, easy-going side of her personality that most guys never get to see.

When a guy doesn't realize that women will test his confidence, he usually sees their lack of contribution to a conversation as a sign that he is being rejected. He then begins to feel uncomfortable expressing himself, so he often resorts to asking the women a lot of questions to hopefully get them talking about themselves.

However, when women are in "test mode," they will give very short answers or no answer at all if they are asked a lot of questions in a row. If a guy lacks the social skills to handle that type of test from women, most women will instinctively lose interest in him and no longer want to interact with him.

3. He tries to show her how nice of a guy he is, rather than making her feel turned on

There's nothing wrong with being a nice guy (I'm nice and I've had sex with more than 250 women), but you also have to turn women on. If a woman doesn't feel sexually turned on by you, she won't see the point in talking to you for too long, giving you her phone number or catching up with you for a date.

Many guys don't realize that women actually WANT to be seduced into sex and a relationship when they meet a guy. Guys who don't know this think that they need to start out by showing woman that

they are a nice guy with good intentions.

Yet, that's what pretty much every guy does and it doesn't work. Why? Women don't choose which guy to have a sexual relationship with based on how nice he is. Here's why...

If a guy doesn't know how to seduce a woman when he talks to her, she won't really know what his intentions are. She will wonder why this friendly, nice guy is talking to her and feel weird about it. She might then ask him, *"Where are your friends?"* or *"Why are you talking to us?"*

Without first creating some sexual attraction between himself and the woman, the interaction becomes purely platonic and she feels like he is wasting her time.

4. He waits for very obvious signals of interest before approaching

When a guy lacks confidence in his attractiveness to women, he will often wait for very obvious signals or signs that a woman is open to being approached. He will stand around looking at her, try to make eye contact and see what happens.

If she doesn't make it obvious that she wants him to approach her, he will think that she must have a boyfriend or she mustn't find him very attractive.

What he doesn't realize is that most women do not give guys a "free pass" to approach them. Instead, the majority of women act like they aren't even interested in being approached because that ensures that they will have a higher chance of being approached by a confident, alpha male.

The nervous, insecure guys will feel afraid to approach, so it's a good strategy from women. If you want to hook up with hot women, you've got to give yourself permission to approach. You cannot wait around hoping that hot women will suddenly make it easy for you to approach them. That's not how it works.

Common Mistakes Guys Make Approaching Groups of Women

If your aim is to approach a group of women, you essentially need to:

- Approach in a confident, easy-going way.
- Don't expect that they will immediately welcome you into the group. It happens sometimes, but sometimes they will test your confidence first.
- Begin getting along with random people in the group.
- Don't worry about trying to get the approval of the most confident girl in the group. Just assume that you have her approval and relax when she tests you.
- Focus on making the women feel attracted to you (e.g. by being confident, using humor, etc).
- Have a good time with them.

Some of the mistakes that a guy will make approaching a group of women are:

1. Nervously asking for permission to sit down or to join the group

If a guy asks permission from the group to join them, he stands the risk of them saying no. If he gets a no, then he has no choice other than to walk away and his opportunity is lost. Instead of asking for permission, just give yourself permission and let them meet the cool, confident, good guy that you are.

An alpha male doesn't need to get permission to talk to anyone – he just does it. It's not about being

disrespectful, rude or arrogant, but just being a good, confident guy who doesn't need to get the permission of women to be able to talk to them.

Although it might seem like "good manners" to ask for permission, many women will see it as an opportunity to reject you in front of their friends to feel good about themselves. On the other hand, if you just assume that you have permission to talk to them and then talk to them in a confident, easy-going manner, the women will feel attracted to your confidence.

2. Not adding any positive energy to the group

When approaching a group of women, you don't have to go into the group and put on a big show to make them excited to meet you. Instead, you simply have to add at least some positive energy to the group.

Positive energy can come from the fact that you're smiling, while being confident, easy-going and freely chatting to the group. It can also come from using a bit of humor to get the girls laughing or by flirting with some of the women to create a sexual vibe.

When a guy approaches a group of women and brings down the mood, they won't be very welcoming. For example: If he is nervous, hesitant or anxious and they are happy, confident and free flowing, they will feel awkward with him hanging around.

If the vibe of the group is quiet and relaxed (e.g. relaxing in a coffee shop) and he is too high energy and over the top, the women will feel like they need to reject him or show their disapproval to bring him down to a lower energy level.

3. He focuses all of his attention on one woman and ignores the rest

In his eagerness to pick up one specific woman in a group, a guy will sometimes make the mistake of zoning in on her and ignoring her friends. It then often results in her friends trying to block his attempts to pick her up, which makes things unnecessarily complicated.

When approaching a group of women, make sure that you have an easy-going approach to the pick up. Don't rush to pick up one girl and exclude her friends. Instead, be confident, relaxed and easy-going and allow the interaction to unfold naturally.

As long as you are being attractive (i.e. being confident, charismatic, charming, using some humor at times, etc) most, if not all of the women in the group will feel attracted to you. This then works in your favor because when women see that other women are attracted to you, they then begin to show you more interest and try to compete for your attention.

Women always want to get the guy that other women want. It's just the way women work. So, relax, be confident and make the women in the group feel attracted to you. When you do that, it will be 10x easier to pick up the hottest girl in the group.

Are You Ready to Begin Approaching Women Alone?

If approaching women alone still feels daunting to you, what you need to do is focus on building up more confidence in your attractiveness to women.

When you know that you can attract most of the women you approach, you will no longer feel afraid to approach women. You will know that if you go out approaching, you will get laid, get a girlfriend or at least get a bunch of phone numbers that lead to sex later than week.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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12 Common Mistakes That Guys Make With Women

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 12 common mistakes that guys make with women, which can lead to rejection or a relationship break up.

How many of these mistakes have you made before?

1. Thinking that being nice to a woman is good enough

[image: Being nice to a woman and expecting her to want to be in a sexual relationship because of it]

There's nothing wrong with being nice to a woman and there's nothing wrong with being a good guy, but being nice to a woman isn't the thing that makes her feel sexually turned on.

For example: When a guy interacts with a woman that he wants to get into a sexual relationship, if he is just being nice to her, that isn't the thing that is going to make her feel sexually attracted to him.

Being nice is not going to make her feel turned on.

She's not going to say, *"Wow! This guy is nice! I want to have sex with him and start a relationship with him."*

What a lot of nice guys and good guys don't understand is that the majority of guys in this world are good guys. If a woman is attractive, most of the guys that she meets are going to be nice to her.

[image: "But, I'm a nice guy..."]

So, when a guy is nice to a woman it doesn't mark him out as being special. What marks a guy out as special is when he can trigger feelings of sexual attraction inside of her. He can turn her on by what he is saying and doing when interacting with her.

When it comes to relationships, being nice to a woman is also not good enough. If a modern man wants a relationship with a woman to stay together for life, he has to deepen the woman's feelings of love, respect and attraction over time.

He can't expect that a woman is going to want to stay around and stick with him for life if he's unable to deepen the love, respect and attraction over time. If he's doing things that are making the woman lose respect for him or doing many things that are turning the woman off, then he can't expect her to stick around. Why? The dating and relationship scene has changed.

If you think about how women used to select men in the past, you will realize that the dating and relationship scene has completely changed. In the past, a man would have to be nice to a woman, court her and show her that he could take care of her if they got married.

[image: The old days...]

When he was able to prove that he could support her, he would then need to ask her father for his daughter's hand in marriage and then the couple would get married and lose their virginity on the wedding night. Generally speaking, most women couldn't earn their own money in the past and they were almost completely dependant on men for support.

Today's women can earn their own money and they can have sex whenever they want.

[image: Modern women]

Women no longer select guys simply based on how nice a guy is or how well set up he is to support her. The way that women select men for sex and relationship is now based on sexual attraction first and everything else after that.

If a guy makes a woman feel sexually attracted when he meets her, she will become open to the possibility of having sex with him or starting a sexual relationship. However, if he doesn't make her feel any sexual attraction, she has no need to be with him.

If a modern man wants to get laid or get a girlfriend, he needs to actively attract women when he interacts with them.

[image: You have to start with sexual attraction]

These days, a guy needs to be able to say and do things that turn women on, rather than just being nice and expecting that he's going to get a chance with the woman because he is a good guy with good intentions.

What a lot of guys don't realize is that most most guys in this world are good guys.

[image: Men in prison]

If most guys in this world were bad guys, then everyone would be locked up in prison or jail and there would be total chaos on the streets. People would be killing each other all day and night, but that's not the case at all.

[image: Most people are good people]

Most people in this world are good people and most guys in this world are good guys. So, when a guy meets a woman and is nice to her, it isn't something that really amazes her. A guy being nice to her is a standard, default thing that she is going to experience with most of the guys that she meets.

There's nothing wrong with being nice to a woman. If people tell you that nice guys finish last and that you shouldn't be nice to women, they are wrong. There is nothing wrong with being a good guy, but what you **also** need to do is **actively** make women feel sexually attracted to you when you interact with them.

When you are interacting with a woman, you are either displaying the personality traits and behaviors that naturally attract women and turn them on, or you're not. If you're just being nice to women, you cannot expect them to want to have sex with you or start a sexual relationship with you.

Over the years, some guys have come to my website and said something like, *"I'm nice to women...I talk to them nicely, I'm good to them and I've got good intentions, but they're not even interested in me. What is going on? Why can't they just like me? Why can't they just see that I'm a good guy and give me a chance?"*

The reason why is that it's not about just being nice to her.

If you think about how we're raised up as children. We are taught that if we are nice to people they will like us. Teachers or parents often say things like, *"If you want to make friends, be nice to people and then they'll be nice to you and you can all be friends."*

What happens is that a lot of guys end up confusing the advice they got as a child by applying it to their adult life.

Some guys think, *“I’m attracted to that woman and I really like her. I want her to really like me, so I’m going to be really nice to her...I’m going to be very polite and very respectful...I’m going to show her that I really, really care about her and then hopefully she’s going to give me a chance to be with her.”*

Yet, that isn’t how the dating process works.

Being nice to make her like you as a friend or a person isn’t what needs to happen to get her interested in having sex or a sexual relationship with you. You have to start with sexual attraction and everything else comes after that.

Today’s women select men for sex and relationships based on sexual attraction and then in a relationship, women stay with men who are able to deepen their feelings of love, respect and attraction over time.

In the past, a guy could just get himself a woman and then take her for granted. He didn’t have to worry about deepening the love, respect or attraction because it was shameful to divorce, so women stuck by men for life, even if they weren’t happy.

If he wanted to get himself a woman in the first place, he would need to get a job or show that he could support a woman, be nice to her and then he might be able to get her to say “Yes” to marrying him. They would then lose their virginity on the wedding night.

Yet, that’s just not the way that the world works any more.

In today’s dating and relationship scene, being nice to a woman is no longer good enough. There’s nothing wrong with being nice and there’s nothing wrong with being a good guy, but you also have to be able to make women feel sexually attracted to you based on what you say and do when you interact with them.

You have to display at least some of the personality traits and behaviors that naturally attract women. The more ways that you are able to attract women with your personality and behavior, the more they feel attracted to you. In a relationship, you have to know how to deepen a woman’s feelings of love, respect and attraction for you over time.

Taking a woman for granted and expecting that she will stick around is no longer something that guys can rely on. Today’s women can leave a marriage or break up with a boyfriend if they want to. They are no longer completely dependant on men, so in most cases, women only stay with men who they feel enough respect, love and attraction for.

2. Being too easily impressed by women

[image: Men feel an instant intense attraction to women simply based on looks]

What a lot of guys don’t understand is that there is a difference between how men feel attracted to women and how women feel attracted to men.

Most men feel an intense attraction to a woman’s physical appearance and her physical appearance is enough for the man to want to have sex with her or start a relationship with her.

[image: Man looking at porn. Men are mostly attracted to the physical appearance of women]

That is why porn has always been directed towards men. Porn has always been about providing images or videos for men to look at and then jerk off to.

This is also the reason why when a woman is walking down the street, guys will be turning their head and looking at her and thinking, *“Oooh, look at that...I’d tap that...I want to be with her...I want to be her boyfriend...I want to have sex with her.”*

[image: The "Wow!" reaction to a woman's physical appearance]

That instant reaction of being impressed by a woman happens simply based on her physical appearance. Yet, the same rule doesn’t apply to women.

Women can feel attracted to a man’s physical appearance, but what women are most attracted to is how a guy’s personality and behavior makes her feel. There are some women in this world who will only accept a perfect, good looking guy who is tall with a perfect body and also has loads of money. That is true.

However, the majority of women have what I call an Open Type, which means that they are open to being with all different types of guys as long as the guy knows how to make her feel attracted when he interacts with her.

So, the mistake that guys make is that they don’t understand the reality that women live in. Women go through life and if they are attractive, most guys are willing to have sex with them or start a relationship with them simply based on their appearance.

Even if the woman doesn’t have a nice personality or is a bit of a bitch, most guys are still going to be willing to have sex with her simply based on her appearance. After a while, that gets very boring for women; especially attractive women.

[image: Group of cold women]

What most women want (I say “most” because unattractive women do like it) is a guy who isn’t immediately 100% interested simply based on her appearance. What an attractive woman wants to experience is a guy who can actually make HER feel attracted. A guy who can turn HER on and make her feel like she wants to be with him.

Yet, most guys never give that to women because most guys feel intense attraction to a woman’s physical appearance and then confuse that with their interest level. They are attracted and 100% interested at the same time, without her having to say or do anything to impress them any further.

The guy is already 100% impressed by her and ready to have sex or begin a relationship with her just because she looks good.

3. Thinking that he can buy her attraction or love

[image: Taking a woman out to dinner]

There’s nothing wrong with taking a woman out to dinner and paying for it and there’s nothing wrong with talking to a woman and buying her a drink if you’re getting along and enjoying each other’s company.

[image: Trying to buy her love]

The mistake is where a guy feels like he can make a woman love him or feel attracted to him by

buying her things (e.g. paying for drinks, buying her an expensive dinner, paying for her rent, etc). A guy like that makes the mistake of thinking that it will impress her and make her want to be with him because he is so generous and takes care of her like a princess.

100 years ago, buying women things was a great way to show that you could take care of them and were capable of being the breadwinner and providing for her. However, the majority of today's women can earn their own money. They don't need a man to pay for everything for them.

The number one thing that women are looking for isn't a guy who can pay for a dinner, buy them a present or buy a drink for them. What modern women are looking for is a man who makes them feel sexual attraction and a man that they can also look up to and respect.

Women aren't looking for a guy who tries to overcompensate for not being able to make them feel sexually attracted by buying them things. Women don't want to be talking to a guy and thinking, *"Okay, this guy isn't very confident...he's paying for all these things as a way to hopefully get me to like him"* and then not feel much respect for him as a result.

What women are looking for is a guy who triggers feelings of sexual attraction inside of them, makes them feel turned on, makes them feel drawn to him and is also a guy that they can respect.

4. Thinking that attracting her or seducing her is wrong

[image: Thinking that it is wrong to turn her on]

Over the years, some guys have come my site and said things like, *"I was raised up to be a gentleman. I am nice to women and I want to take them out on dates...and if they don't like that, then bad luck for them. I'm not going to do anything other than be nice to them. I'm a gentleman...I'm respectful towards women and I want to show them that. If they don't like that, they are crazy."*

What guys like that don't understand is that women actively seduce men (i.e. by dressing in a sexy way to attract men and then being sweet and nice to men to make them feel like they have a chance) and they want men to actively seduce them.

For women, it's very easy for them to attract us because all they've got to do is dress a little bit sexy, show some cleavage or wear a short skirt to show some leg. They can wear tight fitting pants or a tight skirt, put on some lipstick, make themselves look more physically attractive and then be sweet and nice and most guys will be willing to have sex with them.

It's very easy for women to seduce men. If you've ever been to a strip club, you'll see that the women in there are not only beautiful and sexy, but they also come across in a sweet, easy-going, friendly type of way. They know how to seduce guys.

Strippers know how to get guys thinking, *"Wow! This girl is attractive AND she's really nice to me. I really like her!"* They are experts at seducing men.

However, what a lot of guys don't understand is that women actually want to meet a guy who can make them feel sexually attracted and then seduces them into having sex. Not in a way where the guy is doing it against her will of course, but where she is feel attracted, is feeling like she really wants to have sex with him and is going along with it.

She is enjoying the process of feeling attracted, seeing the guy build up sexual tension between them and then release the sexual tension together with kissing and sex.

Here's the thing though...

You won't hear women going around saying this. Women will usually say things that are the complete opposite to what they want sexually, because they don't want to come across as being too easy. They don't want to come across as the "s" word.

A woman doesn't want to come across in a way where, if a guy gets into a relationship with her, he won't be able to trust her because she was so open and easy when it came to sex. Most women have to put on a bit of an act of innocence, so they will say things like:

- I want a sensitive man.
- I would never have a one night stand.
- I hate it when a man tries to pick me up.
- I want a nice guy.
- I want a man to show me how much he cares for me.

When guys hear women saying those sorts of things often enough, they begin to believe that the secret to success with women is to avoid trying to attract them or seduce them. Many guys assume that they need to be nice, show the woman how much they care and then hopefully they will get a chance with her.

Yet, that's not how it works.

You can have sex with most women pretty quickly and then start a relationship with them right away. Depending on the country, some statistics show that up to 70% of women have had a one night stand before...so women aren't as innocent as most guys assume they are.

Personally speaking, I've had sex with more than 250 women and at least 100 of those women I had sex with on the first night. Pretty much all of them said something like, *"This is the first time I've ever done this...I never have one night stands...I never do this...this is so unlike me."*

Women tend to come across in that way because they want you to be able to trust them. They want you to be able to see them as a woman that you can rely on and trust if you get into a relationship. It's not easy for modern women because the dating scene has changed. It's no longer about her saving herself for marriage anymore.

It's a more complex dating scene now where women can have sex before marriage, but they can't go around bragging about that, showing it off or talking about it because people will think that she's an "s" or guys will think that they can't trust her in a relationship.

Yet, she's simply adapting to the modern dating environment and so are guys who understand what it actually going on. Many of the men who haven't yet adapted to the modern dating scene are still thinking that it's wrong to make a woman feel attracted or turned on when they first meet her.

They feel as though it would be disrespectful to use body language that would make her feel girly and turn her on, or to say things that trigger sexual desire. Yet, these days, you actually need to do it. Women select men for sex and relationships based on sexual attraction.

What a lot of modern men make the mistake of doing is trying hard to show a woman that he is a respectful, nice guy and he has good intentions. He wants her to get the sense that he will wait 10 dates to get a kiss or sex if he has to.

[image: Trying too hard to be respectful]

The thing is, there's nothing wrong with waiting for 10 dates to have sex, but what a modern man actually needs to do when he starts interacting with a woman is make her feel sexual attraction.

Whether he and the woman wait 5 dates or 10 dates to have sex or they have sex on the first night is up to them, but what a guy needs to do is focus on making her feel sexually attracted to him when he first starts interacting with her.

Just making a woman feel friendly feelings or getting along with her as a friend and being nice to her, isn't the thing that is going to make her think, "*WOW! I want to be in a sexual relationship with this guy*" because pretty much every guy that she meets talks to her in that way.

The guys who stand out are the guys who give her a little tingle "down there" and make her feel like, "*Ooh...mmm...I want to have sex with this guy.*" They are the guys who actively turn her on and make her feel sexual desire, rather than just being friendly and hoping that it makes her want to have sex.

5. Sharing his feelings before she is even properly attracted

If a guy hasn't said or done anything to make a woman feel sexually attracted to him and he then tells the woman that he has feelings for her, it isn't going to be much of interest to her compared to a guy who has made HER feel attracted first, turned HER on and made HER feel sexual desire.

Then, if he says that he likes her, she feels lucky that a guy that she feels attracted to also likes her. That is what she wants to experience, but most guys don't allow women to have that experience because they don't understand the reality that women live in.

Most guys will feel attracted to a woman's physical appearance and then if she is then nice to him, he might say that he really likes her or that he has feelings for her. He might hint at wanting to be her boyfriend or ask her what she thinks of having a relationship with him, in the hope that he will be lucky enough to get a chance with her.

If he wants to be with her, he has to make HER feel attracted to HIM first. He has to make her experience sexual feelings and then she will actually be interested in the fact that he has feelings for her, because she has feelings for him.

A lot of beautiful women have the same boring experience over and over again when meeting guys and eventually get really annoyed by it. If a woman is beautiful, she will meet a guy and he will almost certainly feel very attracted to her immediately.

Then, if she is nice to him and talks to him, he might feel like all he has to do from there is be nice to her, ask her out and then they will begin a relationship.

After a bit of conversation, he might say things like, "*I connect with you...you're not like other girls...I really like you*" and ask her questions like, "*Do you have a boyfriend?*" or "*Can I take you out sometime?*"

He's going straight for the kill because he feels like her being nice to him means that she is interested in him sexually, but it's not.

What women are looking to find is a guy who can make THEM feel sexually attracted and then build up the sexual tension to the point where she wants to reveal her feelings for him. She wants to experience the exciting feelings that are associated with wanting to reveal her feelings to the guy.

She wants to feel so attracted that she actually tells him that she likes him or hugs him, kisses him or

touches him in a seductive or loving way. She wants to be feeling so much sexual attraction for him that she eventually just says, *“I really like you”* or *“kiss me!”* or *“let’s go out on a date”* or *“let’s go home together.”*

She wants to feel that, but most guys will never give that to her because most guys do not understand the reality that women live in.

[image: Most guys are willing to have sex with a woman simply based on their attraction to her appearance]

Most guys don’t understand that the majority of guys that a woman meets will have “feelings” for her if she is nice to them. If a woman attractive, pretty or even just decent looking and she talks to a guy in a nice, sweet way, most guys will become very interested in her and hope to get a chance with her. Eventually, many of them will reveal their “feelings” for her.

That is not the experience that an attractive woman is hoping to have. She is hoping to meet a guy who makes her feel like she has to chase him a little, she has to reveal her feelings and hopefully get a chance with him.

6. Thinking that he has to have money or looks to get a girl

Money or looks can definitely attract women, but they are not the only ways that a guy can attract women.

Most guys are not rich, yet they still have a girlfriend or a wife. Most guys are not male models, yet they still have a girlfriend or a wife. In other words, guys without good looks or lots of money, can and do attract women for sex, relationships and marriage.

Back when I was hopeless with women, I assumed that women didn’t like me because I wasn’t good looking enough. I was working in a normal job, so I assumed that they weren’t impressed by that either.

When I saw women happily talking to other guys at bars or parties, I assumed that those guys must be better looking than me, even though the guys were just average or below-average looking guys. I thought, *“Okay...well, I guess those guys are good looking to women...and I’m not.”*

What I didn’t know back then, but which I eventually realized is that you’ve actually got to spark feelings of sexual attraction when you’re interacting with the woman. Back when I was getting rejected by women, I was walking over and talking to them and asking things like:

- “Hey...how are you doing?”
- “How’s your night going?”
- “What do you do for a living?”
- “How long have you worked there?”
- “What’s your name?”
- “How old are you?”

After that, there’d be an awkward silence and I’d be thinking, *“What else can I say?!”* and I would then run out of things to say.

I’d be thinking to myself, *“Why can’t I keep a conversation going and keep it interesting when*

talking to a woman? Why does it just fizzle out all the time? Why aren't girls interested in me?"

Back then, I didn't realize that NOTHING that I was saying was making the women feel sexually attracted. Asking a girl what she does for a living and asking other boring questions like that isn't something that makes her feel sexually turned on.

It isn't something that makes her think, *"WOW! This guy is so amazing and interesting...I want to talk to him. I'm feeling so attracted to him...I'm feeling so turned on."* Instead, it's just a standard conversation that she's had hundreds, if not thousands of times before.

It was only when I realized that I had to **actively** attract women that I then started to experiment with saying and doing certain things that made women feel sexually attracted to me. When I did that, things instantly started to change.

Women felt attracted to me, I was able to kiss women within 10 minutes of meeting them and then 5 minutes. Then, I started taking women home for sex and enjoying that lifestyle. My newfound ability to **actively** attract women was now allowing me to have my choice with women, rather than hoping to "get lucky" with a woman.

It was no longer about trying to be "liked" for being a good guy. Now, I was a good guy who was ALSO sexually attractive to women. Being able to make women feel sexual attraction was what made all the difference.

Before I knew how to actively attract women during an interaction based on what I was saying and doing, I thought the reason why women didn't find me attractive was that I wasn't good looking enough.

I also assumed that I didn't have a good enough job. I drove a cheap, average type of car, so I thought that women wouldn't be impressed by that. I simply assumed that I wasn't good enough for attractive women.

A lot of guys make this same mistake where they feel as though they can't attract beautiful women because they're not good looking enough or they don't have loads of money. However, the fact is that most guys are not rich and most guys are not male models, yet they still manage to attract and have sex with, or a relationship or even a marriage with beautiful women.

7. Doing whatever she wants in the hope that it will impress her and make her like him

[image: Doing whatever she wants in the hope that it makes her like him]

When a guy doesn't know how to make women feel attracted to him, he'll often think that solution to get women interested must be to treat women like perfect princesses and do whatever they want in the hope that they are nice enough to "give him a chance."

He might think, *"Okay, I'm going to do whatever this woman wants...I'm going to say yes to whatever she asks of me...I'm going laugh at all of her jokes and buy her whatever she wants. Then, hopefully she will see that I'm a good man and she will like me too."*

Yet, that's not how it works.

When a woman sees that a guy doesn't respect himself very much and is willing to say or do

whatever he can to hopefully get her to “like” him, she doesn’t feel respect for him. Women don’t feel attracted to guys that they don’t respect. Trying to kiss a woman’s butt by doing whatever she wants is a sure path to a rejection or a break up.

The way to get women to be immediately interested in you is to spark feelings of sexual attraction. Sexual attraction is where the power is. If you’re not actively making women feel sexually attracted to you when you approach them, then there’s almost no need to approach; most women simply aren’t going to be feeling what they really want to feel when they meet a guy.

8. Being annoyed when women test, rather than seeing it as an opportunity

Women test men all the time. It doesn’t matter what level of skill you have at attracting women, making them feel respect for you or making them love you; women will still test you.

An example of a test is where a guy is talking to a girl that he likes and they’re getting along well. Suddenly, she stops showing interest and stops contributing much to the conversation. In most cases, when a woman pulls back her interest like that, she is simply testing the guy’s confidence.

[image: Woman testing man]

She wants to see whether he is going to feel insecure. She wants to see if he’s going to desperately begin to chase her and confess his feelings for her. She wants to see what sort of guy he really is.

What a lot of guys don’t understand is that a woman’s test is an opportunity to make her feel more attraction. When you can maintain your confidence in yourself and not get flustered by the test that she’s putting you through and just continue to believe in yourself, it actually makes her feel attracted to you.

The same thing applies to relationships. When a guy is in a relationship with a woman, it doesn’t matter how much attraction she feels for him, it doesn’t matter how much she respects him and it doesn’t matter how much she loves him; she will ALWAYS test him.

Why? When a woman tests a man and sees that he is the man, he is confident and he is the masculine one, it makes her feel attracted to him. It maintains her respect for him and allows her to fall more deeply in love with him.

However, if she tests him and he crumbles under the pressure, fails the challenge and can’t deal with it, then he’s most likely not man enough for her.

In the past, women would put up with guys who weren’t able to maintain their attraction and respect because it was shameful to divorce. Yet, whether we like it or not, most women are not ashamed of divorce anymore and simply leave guys who can’t make them feel what they really want to feel.

[image: Relationship has fallen apart]

In today’s world, a guy needs to know how to deepen a woman’s love, respect and attraction for him over time. If he doesn’t know how to do that, the relationship will most-likely fall apart.

9. Trying too hard to be liked

This is a classic mistake for guys who don't actually know how to attract women.

They don't know how to make women feel sexually attracted to them, so they will often use the approach of trying really hard to be "liked" as a guy. He might be a great friend to her, do favors for her and generally "be there" for her.

Yet, that isn't what makes a woman feel sexually attracted and turned on.

There is a big difference between a woman "liking" a guy as a friend and feeling "sexual attraction" for him. A woman can like a lot of guys that she meets as a friend or as a person, but that isn't the same as her feeling sexually attracted and turned on by how a guy talks to her and interacts with her.

If a guy doesn't make a woman feel sexually attracted, it doesn't really matter how hard he tries to get her to like him; she's just not going to be feeling what she really wants to feel.

10. Being insecure

[image: Being insecure]

Some examples of being insecure are when a guy:

- **Approaches and talks to a woman:** He might doubt himself, feel nervous or intimidated.
- **Is on a date:** He might try too hard to impress, appear nervous or intimidated.
- **Is in a relationship:** He might become overly protective, jealous or clingy.

None of those things make women feel sexually attracted to a guy because women are naturally attracted to the mental and emotional strength of men and are turned off by any weaknesses.

Imagine a world where women rewarded men with sex, love and devotion for being insecure...

Generation after generation, women would successfully breed more emotional weakness into the human race, which wouldn't help anyone. The most insecure men would get the best women, which might end up turning us into a race of emotional wimps.

Women instinctively seek to breed strength into the human race, not weakness.

Some guys may think that it's unfair that women find emotional strength attractive. They may feel annoyed that women can't accept their insecurity, shyness or lack of confidence and just like them for who they are, but it's just how nature works.

To be successful with women, a man needs to understand the fundamental personality traits and behaviors that naturally attract women. He then needs to begin displaying those traits and behaviors, rather than expecting women to go against their natural instincts.

When a guy presents the personality traits and behaviors that naturally attract women, success with women is simple and permanent.

Women feel naturally attracted to him, without him having to try hard to be "liked." Women naturally like him and naturally feel attracted to him because he's displaying the personality traits and behaviors that are naturally attractive to women.

11. Not even knowing what to do to succeed

Most guys still don't even know that it's possible to improve their skills with women. They assume that if they have failed with women in the past, it means that they are no good with women and can't really do anything about it.

Most guys also don't even know that it's possible to attract women while they interact with them. They are going through life thinking that they either have to be super nice or they've got to be good looking with loads of money and then they'll get a girl.

Yet, it is possible to attract women based on what you say and do. You do not have to be good looking or rich to attract women, get laid, get a girlfriend or get laid. All you need to do is know how to actively attract women when you interact with them. When you can do that, women naturally find you attractive and want to be with you. It's pretty simple.

Another type of guy who comes to my website is a guy who is having problems with his relationship. The spark has died or his girl has dumped him. When a guy like that arrives at my site, it's almost always the case that he doesn't even know how to deepen a woman's feelings of love, respect and attraction for him.

He's hoping that if he's just nice enough to her then that will be good enough, but it's not.

To keep a relationship together, you have to know how to deepen a woman's feelings of respect, love and attraction for you. You can't just be good to a woman and think she will stick around because it's not enough to keep a modern woman in a relationship.

100 or 200 years ago, women had to put up with not really feeling much respect or attraction for their man. They had to stay with him because it was shameful to divorce, but not anymore. In today's world, if a woman isn't feeling more respect, love and attraction for her man and is instead losing respect, love and attraction for him, then the society around her tells her to move on.

It's unfortunate, but that is the world that we live in these days.

12. Making excuses rather than addressing the real issues

[image: Making excuses for his lack of success with women]

Pretty much every guy who is not succeeding with women has a secret excuse (or a number of excuses) as to why it's not happening for him. Some guys will say:

- If only I was taller.
- I have to lose some weight first.
- I'm not good looking enough.
- I have to get a better job first.
- I have to go to the gym for a year first and build some muscle.

Yet, what guys like that fail to realize (or accept) is that they always see other guys who don't fit the mould of being perfect, with a beautiful girlfriend or a wife.

Have a look at these photos here...

Look at this guy with his beautiful girlfriend. Does he look like a guy with a perfect body and a perfect face? What's she doing with him?

[image: Ugly guy marries pretty woman]

Well, it turns out that they had a family and then they got married.

[image: Ugly guy has a baby with a beautiful woman]

How about these guys...

[image: Fat men marrying beautiful women]

They are both very overweight, but they've each got a beautiful wife. Most guys are going to say, *"Okay, it must be because the guy is rich,"* but the guy being rich is not not always the case. Why?

[image: Fat guys with pretty women]

Most guys are just getting by financially or working in a normal job that pays a normal income. Most overweight guys are not rich, but they still can attract and marry a beautiful woman.

Don't just assume that if a guy who isn't typically good looking has a beautiful girlfriend or wife, it must mean that he is rich. Most people are not rich. In almost all cases, the guy got her by making her feel attracted and then beginning a relationship with her.

How about these guys...

[image: Bald guy with pretty woman. She finds him attractive]

They are both bald. One has a beautiful girlfriend and the other guy has a beautiful wife. Isn't being attractive about having a full head of hair? How can these guys get a girlfriend or a wife if they don't have hair on their head?

How about Asian guys with white women...

[image: Asian guy marries white girl. She finds him attractive]

How is this possible?

Even Asian guys who are overweight can have pretty white girls. How is it possible?

[image: Fat Asian guy with pretty girlfriend]

How about these guys...

These black guys are with white women...

[image: Black guys with white women]

...and here is a white guy with a black woman and an Asian guy with a black woman.

[image: White man marrying a black woman. Asian guy marrying a black woman]

How about this guy with his big ears. Why would she like him?

[image: Guy with big ears with beautiful girlfriend]

How about this guy...

[image: Guy with a weird nose with a beautiful girlfriend]

He has a funny looking nose. Why is this girl with him, when she could be with a guy who has a

perfect, male model type of face?

Do you think that the guys in those photos are better than you? Do you really think that they are better than you and that you can't attract women?

Here's the truth...

If those guys can attract women, then YOU can attract women. It doesn't matter what secret excuse you hold onto for not being successful with women (e.g. looks, height, body shape, race, financial status, etc). If you are not successful with women, it's pretty simple: You don't know how to properly attract women when you interact with them.

You most-likely do not know how much POWER you have when it comes to attracting women. The truth is that you CAN make women feel INTENSE attraction for you based on what you SAY and DO when you interact with them. You do not have to hope to get selected based on looks. You can MAKE women feel attracted to you.

If you are going through life thinking that you're not good enough for attractive women, then you are wrong.

[image: Stop wasting your life being unsuccessful with women]

You are good enough.

You CAN make women feel attracted to you.

If you have been getting rejected by women, it means that you have not been making them feel enough attraction for you based on what you are saying and doing when you interact with them. You can change that. You can learn how to attract women properly.

If you've gotten dumped by a woman you love, it means that you weren't doing a good enough job of deepening the love, respect and attraction that she feels for you. You can change that. You can learn how to deepen a woman's love, respect and attraction for you in a relationship.

You do not have to get rejected by women when you meet them and you do not have to get dumped out of a relationship. Why? It is possible to be one of the guys who can attract women at will and it's also possible to be one of those couples that you see who are 30-40 years into a relationship and are still extremely happy.

The couple is more in love than ever before and they still cuddle, kiss, hold hands and laugh together. That is possible.

Some Important Questions For You

To finish up now, what I'm going to do is ask you some questions about each of the 12 mistakes, so you can work out whether or not you've ever made these mistakes with women.

I used to make these sort of mistakes myself, so after I've asked you the questions, I'm then going to tell you what I did to stop making those mistakes and start experiencing easy, natural and consistent success with women.

1. Thinking that being nice to a woman is good enough

Have you ever tried using the strategy of being very nice to a woman and then hoping that she "likes" you enough to give you a chance with her?

2. Being too easily impressed by women

Do you behave, think and act differently when you're talking to a beautiful woman vs. an unattractive woman?

Do you tend to give beautiful women the impression that you would love to be with them, even though they haven't done anything to impress you other than look good?

3. Thinking that he can buy her attraction or love

Have you ever tried to get a woman to feel attracted to you or remain interested in you by taking her out to an expensive dinner, buying her drinks or buying her an expensive gift?

4. Thinking that attracting her or seducing her is "wrong"

When you talk to women, do you hold back from saying and doing things that will turn them on because you think it would be disrespectful?

Has anyone ever told you that women love guys who can turn them on in a discreet way?

5. Sharing his feelings before she is even properly attracted

Have you ever felt so attracted to a girl that you blurted out how you felt about her, but then she said that things were moving too fast or that she only wanted to be friends for now?

6. Thinking that he has to have money or looks to get a girl

Have you ever felt as though you're not good enough for attractive women because you don't look good enough or make enough money?

Have you ever seen guys who aren't good looking or rich with beautiful women and not been able to work out why the woman is with him?

7. Doing whatever she wants in the hope that it will impress her and make her like him

Have you ever been on your very best behavior in the hope that it would impress a woman and make her like you, only to have her then tell you that she just sees you as a friend?

8. Being annoyed when women test, rather than seeing it as an opportunity

Have you ever thought that women are silly, annoying, frustrating or even stupid for playing "mind games" without realizing that they were simply trying to test your confidence so that they could feel attracted to you or remain attracted to you?

9. Trying too hard to be liked

Have you ever tried way too hard to be liked by a woman to the point where she sensed your desperation and it turned her off?

10. Being insecure

Have you ever felt nervous or unsure of yourself when talking to a woman that you were really attracted to, but then felt confident when talking to a woman that you didn't find attractive?

Have you ever become jealous, needy or clingy in a relationship because you felt insecure about the woman's desire for you?

11. Not even knowing what to do to succeed

Do you know how to attract women when you approach them, or have you been approaching women and just hoping to be liked because you're a good guy?

Do you know how to deepen a woman's respect, love and attraction for you in a relationship, or have

you just expected that a relationship would last because it felt good at the start?

12. Making excuses rather than addressing the real issues

Have you ever decided that you can't attract women because of your looks, race or financial status, even though millions of other guys similar to you can attract beautiful women?

Have you ever thought that it is impossible to keep a woman happy in a relationship, even though millions of other guys similar to you are able to do it?

So, how many of those mistakes have you made with women? Personally speaking, I've been guilty of pretty much all of those, but what made a difference for me is that I learnt how to do the right things.

When I learned how to do the right things, I was then able to attract women when interacting with them. I was able to have sex with women on the first night I met them and I enjoyed my choice with women for many years.

Then, when I was 35 years old, I met my sexy, 20 year old girlfriend and recently, at the age of 37, I got engaged to her and now I'm going down the path of marriage.

I've had sex with more than 250 women and I've enjoyed having total power, control and choice with women and now YOU can have that power, control and choice as well. You can actually have your choice with women. You can attract women at will, so you can choose the right women for you.

Then, in a relationship, you can deepen a woman's feelings of respect, love and attraction for you over time.

You can really do that. Yes, you.

Your Success With Women

If you'd like to learn what you need to know to be successful with women, here is what you might want to learn about next:

1. [The Flow](#)
2. [The Modern Relationship](#)
3. [Make Her Love You For Life](#)

The first program that I would recommend is my ebook The Flow. This ebook will teach you how to naturally attract women and get laid or get a girlfriend by going through my simple, proven to work, Flow process.

The Flow prevents rejection by ensuring that a woman feels very attracted to you and really wants to be with you before you ask for a phone number, move in for a kiss, ask her out on a date or have sex with her.

[image: The Flow]

[Read it now](#)

Another program that you might want to learn from is The Modern Relationship. This video program will teach you how to create and maintain the ideal type of relationship dynamic that deepens the love, respect and attraction over time.

You are in the position of power and your woman tries hard to impress you, please you and maintain

your interest.

[image: The Modern Relationship]

[Watch it now](#)

The third program I would recommend for you is Make Her Love You For Life.

This is my latest program and teaches you how to keep the love and spark alive in a relationship for life.

[Watch it now](#)

The more you learn from me, the more skilled you become at attracting women when you meet them and then deepening their love, respect and attraction in a relationship.

The more you understand, the easier it gets.

Instead of trying hard to be “liked” when you meet women, they feel naturally attracted to you and they want to be with you.

Instead of stressing out about losing your woman to another man, you can relax and be confident in yourself and the relationship because the love, respect and attraction is deepening over time rather than fading away.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Can You Convince a Woman to Like You?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

So, can you convince a woman to like you?

I often get asked this question by guys who have a crush on a girl at university, men who like a particular woman at work, or guys who are friends with a girl and want to begin a sexual relationship with her, but she just doesn't feel the same way.

[image: Maybe this will finally convince her to like me]

A guy in that position may wonder, *"How can I convince her to like me the way that I like her?"* He will hear her talking about other guys who don't treat her well and may think, *"I'd treat her so well. I'd be such a great boyfriend. I wouldn't hurt her. I wouldn't treat her badly.*

I would be trustworthy...I would do the right thing...I've got good intentions with her. I'm trying to convince her of that, but she's just not listening. She keeps hooking up with other guys who are not even as nice to her as I am. What's going on here?"

[image: Why does she only like me as a friend?]

So, if there's a girl or a woman that you like right now and you just can't seem to get her to like you the same way, have a think about this...

Think about the times you've seen a woman interact with a man that she's just met and sparks start flying between them immediately. They have instant sexual chemistry and like each other immediately.

[image: Instant attraction]

Have you ever seen that?

Have you ever seen a guy interacting with a girl and there are sparks flying between them immediately? She's laughing, giggling, smiling and hitting him on the arm or touching him in other ways. You look on and realize that they have great chemistry and it's just obvious that they're going to hook up sexually.

[image: Instant chemistry and attraction]

They exchange phone numbers, start kissing or leave the party or club together and they begin a sexual relationship. Yet, it happened right away and the guy didn't have to convince her to like him.

Whereas, you see other guys who talk to women and they try to get to know her for weeks or months without ever making a move. He's a great friend to her, they get along, talk and laugh, but there's no sexual spark there.

She's not actually interested in having a sexual relationship with him because he's not even making her feel sexually attracted. He's just being friendly with her. Then, if he brings up the idea of him and her having a relationship, she rejects him.

She may give him one of the classic "friend zone lines" such as:

- *"We are better as friends."*
- *"I don't want to ruin our friendship."*
- *"I'm not looking for a relationship right now."*

- *“I’m busy with my studies and don’t have time for a boyfriend.”*
- *“You’re such a good friend. I don’t want to ruin what we have.”*
- *“Sorry, I don’t see you in that way. You’re like a brother to me.”*
- *“Awww...how sweet. You’re such a nice guy. You’re my best friend and I really appreciate having you in my life.”*
- *“I’m busy with my career and need to focus on doing well at work.”*

A guy who doesn’t understand what is really going may think, *“Okay cool...I’ll just keep hanging around and hopefully I’m going to grow on her. Hopefully I’m going to get her to like me.”*

Yet, what he fails to recognize and understand is how other guys get girls so easily and instantly. He observes other guys interacting with women and sparks fly immediately, they get it on immediately and leave the party or club together, or become an item at university or a couple at work, etc.

[image: Easy pick up]

The guy immediately gets into a relationship with her, without having to get to know her for a long time. He didn’t need to convince her to like him. He made feel something. He created a spark between them.

...and that there is the secret.

To get a woman to like you and want to be in a sexual relationship with you, she doesn’t need you to convince her that you’re a great guy and will treat her well. What she needs to feel is sexual attraction.

To make her want to have sex with you and begin a sexual relationship, you have to actively trigger feelings of sexual attraction. Not feelings of friendly emotions where you’re just a good guy, a friend who just wants to hang out and everything is all nice and sweet and innocent. There’s no sexual intentions at all; just a friendship.

That there is a friendship.

If you want a woman to start having sex with you or be eager to begin a sexual, romantic relationship with you, the most important thing that you need to do is actively trigger her feelings of sexual attraction.

An Example of How to Trigger a Woman’s Feelings of Sexual Attraction

[image: Imagine being at a cafe with a girl you like]

Imagine that you’re talking to a woman that you like and are eating together at a cafe.

If you’re at university, imagine that you’re eating at the cafeteria with her. If you’re working and are hanging out with a female coworker that you’ve got a crush on, imagine that you’re eating at a cafe nearby for lunch.

At some point, she’s going to end up with some food or crumbs on the side of her mouth and she’s going to try to wipe it off with her fingers or a napkin. So, what would you say during that moment to make her feel attracted to you?

What’s something that you can say and do in that moment to make her feel sexually attracted to you?

What would you say?

What most guys will say at that point is either nothing while they give her a chance to clean her face, or they might try to help her like a gentleman. *“Oh, yep...there you go. You got it.”*

Based on what he thinks is the right way to get her interested in a sexual, romantic relationship, he will be that good friend who is looking out for her and who keeps everything friendly and platonic. On the other hand, a guy who is going to make her feel sexually attracted will focus on making her feel girly in that moment. He’s going to use his masculinity to subtly dominate her by putting her under the spotlight of his attention. He will make her feel a bit girly and unsure of herself around him.

[image: Imagine being at a cafe with a woman you like]

He’s only doing it in a playful way. It’s not a mean or overly domineering way. It’s just a subtle bit of domination.

So, for example, when she has something on the side of her mouth, he will point it out and look at it and say something like, *“Oh, actually...you’ve got something there on your mouth”* and she will then reach up to wipe it off. He will then say, *“...and on the other side too...and there’s something on your nose – what is that?”*

She’s then going to smile and feel self-conscious as she is put under the spotlight of his attention. He will then laugh and show her that is only joking.

When you do that, the woman notices that you’re joking, laughs and then feels girly in response to your masculinity. You are masculine enough to make her feel girly in that moment. You’re confident enough to put her on the spot and play with the situation and to create a dynamic between you and her where you’re subtly dominating her.

That is sexually attractive to women.

If you think about what happens during sex, you will realize that a woman opens up to receive the man’s masculinity. She submits and opens up to the man. The man penetrates and she receives. She is the receiver and he is the giver.

[image: He makes me feel girly]

So, when you subtly dominate a woman during conversation in a playful way, it actually triggers a feeling inside of her where she can then think, *“Wow...he could actually make me feel girly in the bedroom.”* His energy, his personality and his approach to her makes her feel a little bit girly...and that is a sexual turn on for women.

Sexual Attraction Can Be Triggered

What a lot of guys don’t realize is that sexual attraction can be triggered.

You don’t have to be a good looking guy with millions or billions of dollars...or euros, rupees, pounds or whatever currency you use. You don’t have to have those things that everyone says is so important to women, to make a woman feel sexually attracted to you.

...and you would have seen it before with your own eyes.

You would have seen other guys start to talk to girls who don’t have looks or money, but the girl starts giggling, feeling all girly, hitting him on the arm playfully and there are sparks flying between

them immediately.

How does that happen? Simple: He is triggering feelings of sexual attraction inside of her, which is a skill that you can actually have as a guy. You don't have to rely on luck and hope that a woman will "give you a chance" if you can just convince her that you're a good enough guy.

Good Guys Are Way More Common Than You May Think

[image: But, wait...I'm a good guy!]

Here's the thing that a lot of good guys don't understand or realize: Most guys in this world are good guys.

Most good guys think that they are the only good guy in this world. They think that they are much better than everyone else. *"I'm nicer...I'm more loyal...I'm more honorable...I'm more trustworthy...I've got better intentions with women than all these other guys."*

Yet, most guys in this world are good guys. That really is the case.

Being good isn't the thing that makes a woman want to have sex because it's pretty much everywhere she looks. It's easy for her to find a nice guy, but what isn't easy is to find a good guy who also makes her feel sexually attracted.

What makes a woman want to have sex and start a sexual relationship is feeling sexual attraction for you.

At The Modern Man, I teach guys how to make women feel sexual attraction for them in more than 100 different ways. In this post, I've just demonstrated one way of making a woman feel sexual attraction for you. You can make women feel attracted to you in more than 100 different ways.

You most-likely don't know how much power you have when it comes to attracting women. If you're the sort of guy who is looking for advice on how to convince women to like you, then you most-likely don't even know that you can trigger feelings of sexual attraction inside a woman.

Triggering the woman's sexual attraction is within your control.

Generally speaking, you are in complete control over how much or how little attraction a woman feels for you. You can actively make women feel attracted to you. That is why I've personally been able to have sex with more than 250 women and now I have a sexy girlfriend who recently became my fiancée. She's 22 and I'm 37 and we met when I was 35 and she was 20.

I've had a string of girlfriends and lovers prior to her who were 20, 19, 23, 18, 24 and so on. Non stop sex, love and good times with sexy women. Why have I been able to do that? Simple: I know how to make women feel sexually attracted to me when I interact with them, based on what I say and do.

Having that type of power and control over attracting women is something that you can do. You can actually make women feel intense attraction for you and want to be with you, simply based on what you say and do when interacting with them.

When you see other guys starting to talk to women and sparks begin flying immediately; that can be you. Not the guy who is hanging around a woman for a couple of months and hoping that she likes you and then another guy comes along, talks to her for a few minutes and then takes her.

[image: Sparks fly immediately]

You then look on in horror and disappointment thinking, *“What?! Her and I get along so well. What’s going on here? How could she betray me like that? I thought she liked me?”* Yes, she likes you as a friend and likes you as a person, but you’re not making her feel sexual attraction.

Do You Want to Learn How to Make Women Feel Sexually Attracted to You?

[image: Have sex with her rather than just being a friend]

If you want to learn how to make women feel sexually attracted to you, then I recommend that you read my book The Flow. While reading The Flow, you will learn so many different ways to attract women, how to be confident around women and what to say and do to get yourself a girlfriend or get laid.

Then, if you want to learn more after going through The Flow and you want to keep improving your ability to attract women, keep building on your confidence and becoming more attractive to women in how you talk to them and behave around them, then I have all of my other programs for you as well.

How much you decide to learn and how much you decide to improve your ability to attract women is up to you, but if you are one of the guys who don’t even know how to attract women when you interact with them, make sure that you at least read my ebook The Flow.

I used the techniques from The Flow to have sex with more than 250 women and I also used the same techniques from The Flow to pick up my fiancée. The same process that I went through all those times is the same process that other guys are using now after reading my ebook.

It doesn’t matter if it’s a new woman that you’re talking to, a woman that you already know as a friend or a woman that you’ve made a bad first impression on. The same thing is important every time:

Are you actually making her feel sexual attraction for you? Are you triggering that? Are you building it up? Are you making her feel so much desire for you that she has to have you; she wants to be with you and only you? Are you making her feel that?

Don’t waste any more time trying to convince women to like you. Learn how to attract them. Learn how to trigger feelings of sexual attraction inside of women and you will realize how easy it is.

You’ll realize that you’ve been wasting your time trying to get to know girls and trying to get them to “like” you, when you can actually make them feel attracted to you within seconds and build that up over a few minutes.

It’s very easy to do.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

What Do Women Like to Talk About With Men?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

In this post, I'm going to give you some examples of things that you can say when talking to a woman.

One thing that I want to point out first though is that you can talk about pretty much anything you want, as long as you are making the woman feel **attracted** to you.

[image: A conversation with no attraction]

Where a lot of guys go wrong is that they talk to women in a way that only causes her to feel **friendly** types of emotions. It's more of a serious, formal or friendly type of conversation that doesn't really go anywhere sexual.

You might have seen other guys talk to women and when they start talking to women, sparks are flying immediately. The woman is laughing, she's touching up on him, she wants to talk to him, she wants to be with him and she doesn't want the conversation to end.

There is clear sexual spark between them and it happened so easily. He didn't have to talk to her for hours or get to know her for days or weeks. The spark was created immediately by the way he spoke to her.

[image: Creating a spark when you first start talking to a woman]

You can have that effect on women too by actively triggering a woman's feelings of sexual attraction for you. I'm going to give you some examples of how to do that and I'm also going to explain the most important thing to you and that is *why* what I'm saying and doing is attractive to women.

Conversation Examples

One thing that I want to make **absolutely clear** before I give you these examples is this: I'm going to give you examples of what to say that trigger feelings of sexual attraction inside of a woman. I'm not giving you normal, boring things to say or a list of random topics to talk about with a woman.

Giving you a list of topics to talk about with women isn't going to help you get a girlfriend or get laid. What you need to do when talking to a woman is trigger feelings of sexual attraction inside of her, rather than triggering friendly feelings where she doesn't have any sexual interest in you at all.

When a woman is feeling sexual attraction for you, she'll be interested in talking to you about whatever you want to talk about. However, if she's not feeling any sexual attraction and she's feeling a bit bored by the friendly, polite type of conversation that you're having with her, she's not going to be interested in talking to you for very long if she's actually looking for a boyfriend or a lover.

So, what I'm going to do here is give you some examples of what to say, but I'm going to say it in a way that triggers feelings of sexual attraction. The words that I'm saying to the woman aren't that important. What's most important is *how I'm making her feel* when I say them.

Example 1

[image: Talking to a nurse]

Imagine that you're talking to a woman and she says that she works as a nurse...

What are you going to say in response to that?

What most guys will say is, *“Oh, right...so how long have you been working there?”* or *“Oh, okay...which hospital do you work at?”* and they will have a straightforward, boring conversation that she’s probably a million times before.

That’s not going to make her feel sexually attracted to him.

It might make her feel normal, friendly types of emotions towards him and want to be his friend or continue talking to him in a friendly manner, but it’s not going to make her think, *“Oooh...I want to have sex with this guy. I want to be his girlfriend! I want to be with him.”*

What will make her feel that way is triggering some sexual attraction. So, if I was talking to a woman and she said that she worked as a nurse, some are the things that I would say include, *“Oh a nurse...right, okay...naughty nurse.”*

[image: Naughty nurse]

Referring to her as a naughty nurse immediately makes both of you start to imagine something like the image above. Thinking of her as a naughty nurse is what immediately comes to mind for you and then for her after you’ve said it.

You’re saying that in a joking, non-serious manner. You’re just having a laugh, you’re creating some sexual tension between you and her and there’s nothing wrong with that.

[image: Charming guy]

Women love it when a guy can be confident enough to say something funny like that in an easy-going way. He’s not afraid to make a joke like that, he’s not afraid to bring up something sexual and it’s not that serious.

Example 2

Another way to trigger feelings of sexual attraction when a woman (that you’re getting along with and have already made feel attracted to you) says that she works as a nurse is, *“Oh right...a nurse...yeah, nurses are hot...I like nurses.”*

A lot of guys are worried about giving women compliments during conversation, but giving a woman a compliment doesn’t make you lose any power unless you decide it does.

Additionally, giving a woman when you are also being attractive to her actually makes her feel more attracted to you because she will now see you as being a charming guy. Guys who make women feel attracted to them and give women compliments at time are seen as charming guys. The basic equation is: $\text{Attraction} + \text{Occasional Compliments} = \text{Charming}$.

Example 3

Another example in response to a woman telling you that she works as a nurse is to look at her with a smile and say in a playfully judgemental or slightly suspicious way, *“Yeah...right...you look like a nurse.”* She will then ask you why (and in most cases she will already be smiling or laughing) and you can say, *“...because you’re hot.”*

So, why does that attract women?

Simple: You are making her feel sexual attraction in response to your confidence and ability to use that type of humor.

What a lot of guys don’t understand is that the things that mostly attract women are a man’s

personality traits and behaviors. So, when I'm saying things like that, what I'm actually displaying to the woman is social confidence and the ability to make her laugh.

I'm showing her that I'm confident enough to say that sort of thing when socializing or when talking to a woman. I'm not intimidated by women and women find that attractive. Additionally, some of the things that I've said there are going to make her laugh.

You might have heard a woman say, *"I like a guy who can make me laugh."* Making a woman laugh is one of the things that will attract her to you.

Not all of the types of humor that guys use are attractive to women. The most attractive type of humor that makes her feel girly in response to your masculinity. It makes her feel like she's being put on the spot, like you're the more dominant one in the situation and that you're confident enough to play with the situation.

You're not afraid. You're a confident guy who will say and do things like that without fear. That is actually attractive to women and it's very funny.

[image: Talk show hosts who use Playfully Arrogant Humor]

If you pay attention from now on, you will notice that the most popular of the funny, TV talk show hosts use that type of humor. They are not afraid to say things that are a little bit daring or risky or things that put people on the spot. People laugh at that sort of humor when they see others experiencing it or when they experience it themselves.

It's the type of humor that makes women feel attracted and it's the type of humor that makes most people like you, which is why I recommend it (and use it) for success with women and why TV talk show hosts use it to build an audience/following for their show.

Why So Serious?

[image: Sticking to safe, polite conversation]

If you're talking to a woman that you want to attract and have a sexual relationship with, one thing that you need to understand is that you don't always have to talk in a serious, formal, straightforward manner.

What's most important to a woman is how she feels when she's interacting with you. Does she feel bored or does she feel excited? Does she feel turned on or does she feel turned off?

Talking to a woman in a logical, intelligent, serious manner the whole time isn't going to make her feel sexually attracted. She might be impressed about how intelligent you are and how good of a guy you are, but it's not going to make her feel like she wants to have sex with you any time soon.

However, when you trigger feelings of sexual attraction inside of her, then the fact that you're also an intelligent, good guy is simply a bonus to her. She feels excited about meeting a good guy who she also feels attracted to.

The thing that makes a woman want to have sex with you or start a relationship with you is sexual attraction and that is something that you need to **actively** trigger. When you're talking to a woman, you need to be **actively** triggering feelings of sexual attraction.

The more ways that you can make a woman feel sexually attracted to you, the more attracted and interested she will be.

Example 4

Another example of conversation is where you've been talking to some women in a bar for a few minutes and you then make a joke about them having to buy you a drink.

A mistake that a lot of guys will make when they're talking to women in bars or clubs is to buy them drinks as a way of keeping the interaction going.

A guy like that is hoping that he will make her feel guilty and obliged to keep talking to him, so he will then have enough time to grow on her. Yet, more time talking to her while not making her feel attracted isn't going to make her want him.

There's nothing wrong with buying a woman a drink in a bar, as long as it's not done as a way to buy more of her time and attention. Feel free to buy a woman a drink if you're actually getting along well with each other and she is attracted to you. Getting a drink at that point is absolutely fine.

The conversation example I want to give you here is where you're talking to some women for a few minutes and you're laughing and having a good time together.

After a few minutes of conversation, you can say something like this with a **smile**, *"Y'know...I've been talking to you girls for two or three minutes here and none of you have offered to buy me a drink. It's like...where's your manners? My drink is empty here...what's going on here?"*

You're joking about that. It's not a serious thing to say.

You're not being serious and you're not making a demand that they have to buy you a drink. You are just joking around about it and that will make them laugh because women usually ask guys to buy them a drink, but you're actually saying it first.

Think about it...

That is the type of humor that a funny TV talk show host would use. They playfully put people on the spot, reverse roles, etc. It's funny. You can't get into any trouble for it because you're only joking. It's completely harmless...and it's funny, which is attractive to women.

One thing that you need to know about talking to women that you want to attract, is that you don't have to be serious all the time. A lot of intelligent guys struggle with talking to women because they don't want to talk about anything that might be seen as silly or that isn't serious or formal.

They really don't want to talk about anything (e.g. "pointless" small talk) that doesn't showcase their academic intelligence or good intentions. As a result, guys like that often avoid joking around about things because they don't want to come across as someone who isn't serious about life or who isn't a very smart man.

However, when you're talking to women, you need to be able to make them feel attracted to you. You need to trigger feelings of sexual attraction by making them feel attracted to you in many different ways. Using humor is just one of the ways to make women feel attracted to you.

At The Modern Man, I teach guys how to make women feel attracted to them in more than 100 different ways. Some of the conversation examples I've given you so far are just showcasing three or four different ways of attracting women in very subtle ways. You can actually attract women in more than 100 different ways.

Example 5

[image: Talking to girls at university]

Another example of conversation is not about a woman who is working, but a woman who is at

university. So, say for example a guy is talking to a girl at university and he then asks her what she is studying. She tells him that he is studying medicine.

He can then say what almost every guy will say to her at that point, which will be something like, *“Oh wow...that’s really cool. Good on you!”* That’s what most guys are going to say to her because they just want to be nice to her and give her a compliment.

They don’t even know that they can make her feel attracted in that moment.

So, instead of just being the typical nice guy who gives her a compliment and is trying really hard to show her that he is good guy, he can make her feel attracted.

BTW: There’s nothing wrong with being a good guy. You should be a good guy, but you can also make women feel attracted to you at certain moments in a conversation!

When she says that she is studying medicine, he can say something like this to make her feel attracted to him...

“Oh, medicine...that sounds pretty easy. I mean, when I saw you I thought you looked like a smart girl. I thought I you might be studying something a little bit more difficult than that.

Medicine...anyone can do that. Anyone can be a doctor. It’s like...oh, okay – you’ve got the flu? Here, take these antibiotics...it’s not going to work, but there you go...or...oh yeah, cut his leg off...we won’t be able to save that leg, sorry.”

By making her laugh and displaying confidence like that, he will be attracting her in two different ways at once. That is much better than just being friendly and not creating any sexual attraction.

A comment like that is not meant to be serious. You are just joking around and having a laugh with her. You’re creating a funny situation out of nothing, which is attractive to women. Women are attracted to guys who can make them laugh and who are confident to say things like that and not be afraid of making a mistake.

[image: Rejected for playing it too safe]

A lot of guys are afraid to say something that a girl might not like. They are worried about making a mistake while talking to her, so they just shut up and don’t say much at all. They stick to safe, polite and friendly conversation, but that’s not what makes women feel attracted.

Topics to Avoid

For the record here, there are some topics that you should try to avoid when you’re talking to women...

Those include: Death, murder, rape, disease and things like that. Obviously, getting into those types of topics isn’t going to make a woman want to have sex with you, but generally speaking, you can talk about whatever you want to talk about as long as you’re not being really serious about it all the time.

A lot of guys make the mistake of trying to show women how intelligent they are, how much of a good guy they are, how trustworthy they are as a guy and how loyal they are. They hope that by showcasing those traits to the woman, it will eventually make her think, *“You know what? This guy’s a really good guy...I’ve got to have sex with him. I’ve got to give him my phone number!”*

Yet, the way that it really works is that you've actually got to make a woman feel attracted to you. You've got to trigger feelings of sexual attraction (not friendly, non-sexual feelings) by the way that you talk to her and interact with her.

Why Some Guys Get All the Girls...Even Though They Aren't as Intelligent as You Are

[image: Getting all the girls]

You might have seen it happen before...

You might have seen other guys who aren't as intelligent as you are, who aren't as good of a guy as you are, but when they talk to a woman, sparks fly between them within seconds. Minutes later, you see them kissing and leaving the party, bar or club together.

[image: Sparks fly immediately]

What's happening is that the guy is taking the shortcut to success with women. He's not trying to get to know her for hours, days or weeks before he reveals his sexual or romantic interest. He's making her feel sexual attraction for him right away and moving things right along.

It's actually a more honest, direct and effective approach to use than "playing it safe" and acting like a friendly guy who doesn't have any sexual interest in her.

What a lot of guys make the mistake of doing is thinking, *"Well, I'm going to talk to this woman and I'm going to tell her all about myself...I'm going to listen to her and what she's got to say. I'm going to try my best to connect with her and then hopefully, she's going to like me."*

Whereas, what you actually need to do is trigger her feelings of sexual attraction for you right away. Once a woman's feelings of sexual attraction are triggered, you then build on that and connect with her. If you don't know how to do that when talk to women, you have to learn it.

Do You Have All the Answers For Success With Women Already...or Do You Need to Learn a Few Extra Things About Women?

[image: Do you need to learn?]

Most guys need to learn how to be more successful with women....not just you. You're not alone with this.

Some guys have a natural ability with women and they learn this sort of stuff instinctively as they grow up. Just like you might be better at certain things in life compared to other guys, the guys who are naturally good with women currently have an edge over you.

Yet, that doesn't mean you can attract women like the naturals do. You can actually do it better if you learn what we teach here at The Modern Man.

If a guy isn't naturally good with women, he might be lucky enough to grow up with a father figure who can teach him how to be successful with women. If that isn't available, he might have uncles, brothers or cousins who can teach him where he is going wrong with women.

However, if you are one the guys who haven't had that type of upbringing or if you are one of the guys who isn't naturally good with women, you actually have to learn how. If no-one around is teaching you this stuff, you've got to actively learn it.

100 or 200 years ago, men didn't have to learn this kind of stuff because women needed men. Back then, a man could talk to a woman he liked and make all sorts of mistakes that get modern men rejected and he would still be able to marry her.

[image: The old days...]

Women had less options to choose from and needed to find a man to marry. If a woman didn't marry young and become a housewife, she was looked down upon and seen as weird. Back then, society basically looked at the life of a woman as being about serving a man. Cooking for him, cleaning and taking care of the offspring, while he went out and earned money to take care of them.

In the past, a man would basically have to show that he could take care of a woman and provide for her. He would court her, buy her gifts and show her that he was capable of taking care of her. He would then ask her father for her hand in marriage and they would lose their virginity on the wedding night.

Ahh, so easy...

Back then, men didn't have to know how to attract women or be great at conversation. If you began courting a woman and she showed some interest, it essentially meant that you and her were going to get married...even if you sucked at conversation.

Yet, today (whether anyone likes it or not), it's all about instant attraction and living life on your own terms. Society has changed and is not going back to the 1800s or 1900s. You either adapt or get left behind.

These days, most women are allowed to have sex before marriage and they happily do so. Most women don't need a man for their survival because they can earn their own money and be protected by the society around them. As a result of that, most women only select men that they feel very attracted to.

When a woman interacts with a guy, if he doesn't make her feel sexual attraction, then there is no need for her to have be with him. She doesn't need him. She is looking for a guy that makes her want him, but she doesn't actually need a man for her immediate survival.

Why Aren't Women Interested in Me?

A lot of good guys come to my website and ask me questions about why they are struggling so much to get a girlfriend or get laid. Over the years, some guys have said things like, *"I don't know what it is with women these days...I talk to them and they don't like me. I'm a good guy, so how can I show her that I'm actually a good guy...I'm not going to hurt her...I'm a trustworthy guy, so she should be with me."*

Yet, that's not everything that a woman needs to feel or know to want to begin a sexual relationship with you. What she wants to feel is sexual attraction, not just nice, friendly feelings for you. Being

good is not good enough. You also need to make women feel sexual attraction.

What a lot of good guys don't realize is that most guys in this world are good guys.

If you're talking to a woman and are thinking that you have an edge over other guys because you're a good guy, then think again. Women have a huge selection of good guys to choose from, but being good isn't what turns a woman on sexually.

What turns a woman on sexually are the male personality traits and behaviors that naturally attract women. In your life right now, you are either triggering those feelings of attraction in women when you interact with them, or you're not.

If you're not triggering those feelings when you're interacting with women, then it doesn't matter how good of a guy you are. There are loads of other good guys who would happily have sex with her as well, but what she is trying to find is a guy who makes her feel sexually attracted.

Want to Learn More About Conversation?

I hope you've learnt something useful from the examples of conversation that I've provided in this post.

If you now want to get an in-depth education on how to talk to women and make them feel attracted to you and want to be with you sexually and romantically, then I have a program for that called, [The Ultimate Guide to Conversation](#).

The Ultimate Guide to Conversation is an audio program that Ben, Stu and I put together. Ben, Stu and I are the coaches here at The Modern Man. To create the program, we met up on several occasions (months of work) to plan and create a structured program that teaches a guy how to talk to women so he can get a girlfriend, get laid or make a woman fall in love with him during a conversation.

Before getting into the recording studio to record the audio, we spent a lot of time discussing exactly what we say that makes women feel instantly attracted and how we make women fall in love with us during a conversation.

We also discussed where guys go wrong, the mistakes they make and how to easily fix those mistakes so a guy can begin talking to women in a way that instantly sparks attraction and then builds on that to create intense feelings of attraction inside of a woman.

When everything was ready, we put it all together into a structured program called, [The Ultimate Guide to Conversation](#).

In the program, you will learn what to say to start conversations with women, how to keep conversations going and keep them interesting, how to flirt with women and create a sexual vibe, how to get a woman to fall in love with you during a conversation and want to have sex with you and be your girlfriend.

[image: I don't know what to say to women]

So, if you are one of the guys who needs to learn how to attract women properly, don't be afraid of that. Don't think that it's something you need to hide or feel ashamed of. Some guys are naturally good with women, but not all guys are.

As for me...

I had to learn how to be good with women and same with Ben from The Modern Man, but Stu is a natural and has always been good with women. In the past, I used to walk up to talk to women and feel extremely nervous about it. I didn't know what to say or how to get them to feel attracted to me. I'd start talking to women and run out of things to say within 30 seconds to a minute. I'd then be standing there facing an awkward silence and I would just leave. I didn't know how to get past that, but I kept going out and approaching women and I eventually worked it out.

As for Ben, he was going out to approach women long before we met and we all met at a time where the three of us (Ben, Stu and I) were successful with women. I'd worked it out, Ben had worked it out and Stu had always been good with women, so we joined forces and started The Modern Man.

Knowing What to Say

Conversation is one of those things that guys really need to be good at if they want to be successful with women.

If you're talking to a woman and you don't know how to charm her, make her feel attracted to you and want to have sex with you by the way that you're talking to her, then you're going to have a really difficult time getting yourself a girlfriend.

So, if you don't know how to make women feel attracted to you when you talk to them, go ahead and listen to [The Ultimate Guide to Conversation](#) and learn this stuff, so you can start attracting women and have your choice of women.

[image: The Ultimate Guide to Conversation]

You are either going to go through your life and get this education from your father, your uncles, your cousins, your brothers or friends who can teach you, or you're going to learn from us.

That is one of the reasons why we're called The Modern Man...

Never in human history has it been possible for men to help each other like this from across the world. I can be your friend, I can be your brother, I can be your cousin, so to speak. I can be there for you and same with Ben and Stu. We can be your male peer group that teaches you the essential lessons that you need to learn to be successful with women.

Once you learn this stuff and start using it, you will see how easy it is to attract women. If you're interacting with women at the moment and they're not really feel attracted to you, that's because you're not actively triggering feelings of sexual attraction inside of the woman/women.

You might be triggering a bit of sexual attraction, but you're not triggering enough.

At The Modern Man, we teach guys how to make women feel attracted to them in more than 100 different ways. You can attract women in so many different ways and during a conversation is the best time to do it.

When you're talking to a woman, you can make her feel attracted in 20 or 30 different ways during a 5-minute conversation. It's actually very easy to do, so if you're interesting learning more about conversation, check out [The Ultimate Guide to Conversation](#)

You will really enjoy listening to the program and you will learn so many amazing insights about attracting women and get so many examples of what to say to make women want you.

It's a 10-hour audio program where you will learn exactly what to say to start conversations, keep

them going and keep them interesting, build on a woman's sexual attraction and desire for you to the point where she just has to have you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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Is Being Shy a Turn Off For Women?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Yes and no.

Most women are turned off by shyness in men. However, there are some women who will accept a shy guy and put up with him for a while.

Some women will stick by a shy guy in a relationship or marriage, but most women won't. When a woman gets tired of not being able to feel sexually attracted to her shy guy, she will usually break up with him, have an affair or cheat on him and then dump him.

I know this because I help new guys to get their ex back every day. In about 65% of the ex back cases I deal with, the guy lacks confidence in himself with women and either got lucky when he picked up his girlfriend or got married to a woman who secretly didn't feel much attraction for him.

Four Types of Women Who Will Accept a Shy Guy

Generally speaking, the four types of women who will initially accept a shy guy are:

1. Anti-social women

[image: Anti-social girl at home]

As you may have seen throughout in your life, some shy guys are still able to get themselves a girlfriend. Often, the type of woman who accepts a shy guy will be going through a phase in her life where she hates society, can't be bothered interacting with people and just wants to read books on philosophy, listen to music or watch TV.

Yet, as you may have also seen throughout your life, most people usually change as they mature, or when they start a new job or take on a new hobby and meet new friends. Anti-social people don't always remain anti-social for life.

Just because a woman is currently going through an anti-social phase in her life and is currently willing to accept a shy guy who also hates socializing, it doesn't mean that she won't later learn to love being around other people.

When the formerly anti-social woman suddenly wants to attend BBQs or weekend cookouts with friends and go to parties, but her shy guy tries to hold her back from that, she will begin to resent him for it.

She will feel like they are growing apart and that she is holding him back in life. From there, the couple will usually begin to fight and the relationship may gradually fall apart.

[image: Losing interest in her shy, anti-social guy]

I've seen more than 100 cases of that sort of thing with the guys that I help to get an ex back. The anti-social girl starts out accepting his shyness and social insecurity and then later feels attracted to a confident guy that she meets at work, at university or through friends.

She then cheats on the shy guy or just dumps him and gets right into a new relationship with the

confident guy. The shy guy is then left worse off than when he first started. The break up causes him to lose even more confidence in himself around women, which makes him even less attractive to other women.

So, don't bet on an anti-social woman putting up with your shyness for life, or for very long. In many cases, an anti-social woman will change and if you are still shy when she becomes confident, the relationship may begin to fall apart or she may act on her desire to be with a confident guy who is now more compatible with her.

2. Unattractive women

If a woman is unattractive and can't seem to get confident guys interested in her initially or maintain their interest when in a relationship, she will eventually begin to feel drawn to shy guys who lack confidence.

The unattractive woman will feel safe with a shy guy because he will usually feel lucky to be getting a chance with pretty much any girl he meets. After all, most women aren't attracted to him because he lacks confidence in himself, so he too gets to the point where he is willing to accept pretty much any half decent (or even unattractive) woman he meets.

When in a relationship, the shy guy won't be able to attract many other (or no) beautiful women because he lacks confidence, so the unattractive woman doesn't have to worry so much about losing him. She knows that he will need her for his emotional security and that she has a higher chance of holding on to him compared to a confident guy who can easily attract other women.

Meanwhile, the shy guy will secretly continue to feel attracted to prettier, more beautiful women and when the initial novelty of having sex with his unattractive girlfriend has worn off, he will begin to feel like he is living a lie by being with her.

He may turn to porn, try to attract a new woman or put up with being in a relationship with a woman he isn't attracted to because she pays half the rent or mortgage. Not a happy life to live!

3. Manipulative women

[image: Manipulative woman]

Another type of woman who will accept a shy guy over a confident, alpha male is an emotionally manipulative woman.

This type of woman will get a shy guy into a relationship and then keep him under control by regularly threatening to break up with him. Before allowing him the pleasure of kissing her for the first time, she might get him to take her out on several expensive dates.

Even then, she will make him work for it. He will have to be on his best behavior or else he won't get any kisses or sex. She will essentially have him "under her thumb" and he will pretty much do whatever she wants to please her and hopefully stay in a relationship with her.

Yet, all of his good efforts really won't matter to her.

She will take whatever she wants from the shy guy and then discard him when she finds a more confident guy who actually makes her feel attracted and respectful towards him.

[image: Manipulative woman]

After spending a few years helping new guys to get an ex girlfriend or wife back, I see a lot of cases that involve manipulative women.

Sometimes, I'll be helping a guy who is trying to get a manipulative woman back and she will be making demands to him like, *"Pay my rent and I'll let you see me"* or *"Buy me an engagement ring and then I'll think about it"* and then she takes the rent or ring and she still continues to refuse to see him.

Other times, the guy will have been willingly doing those sorts of things prior to talking to me (without her even asking him to!), in the hope that it would get her to give him another chance.

Yet, it doesn't.

A manipulative woman doesn't respect guys who keep allowing themselves to be pushed around by her. He has to stop falling for her games and start being a stronger man.

What makes any woman give a guy another chance is when he makes her feel a renewed sense of respect, love and attraction for him. It might sound like paying for her rent and buying her gifts would accomplish that, but it doesn't. In most cases, it makes the ex lose more respect for her guy because she sees that he is continuing to be emotionally manipulated and pushed around by her.

You can't buy a woman's sustained attraction for you, nor can you rely on a woman being nice to you for life just because you're a good guy. If you don't make a woman feel increasing amounts of love, respect and attraction for you in a relationship, it's only natural that she will begin to lose interest over time.

For a relationship to be successful, you have to be able to deepen the feelings that you and her share. You can't expect a woman to stick around because things were good in the beginning. It's not the early 1900s where breaking up was shameful. Most women are not embarrassed to break up and move onto another guy if they don't feel like they've found the right guy.

The start of a relationship is the easy part; pretty much anyone can do that. The part of a relationship that requires real knowledge and skill is in deepening the woman's love, respect and attraction for you.

[image: No sexual spark with the shy guy]

Too often, a shy guy will get into a relationship with a manipulative woman who will lead him on for months or even years, before eventually dumping him when she finds herself a replacement, when her girlfriends become single again and want to go out clubbing or when she feels like going on an overseas holiday to "find herself."

Yeah, "find herself" in the arms of a confident man who will give her the emotionally attractive experience that she has been craving all along. Find herself with her legs up in the air, screaming, *"Give it to me! Yes! Yes! Yes!"*

I know, it sucks to think of a woman doing that behind a shy guy's back, but think about this...

Guys who aren't attracted to their woman often end up doing something pretty similar. Some men also cheat on women that they aren't attracted to. It's not only women who do it. A lack of love, respect and attraction means that a relationship can and often will fall apart.

As a man, if you want to avoid being cheated on, dumped or divorced in this life, you've got to know how to properly attract a woman when you meet her (this allows you to have your choice with women, so you can then choose a truly compatible woman) and then deepen her feelings of love, respect and attraction for you over time.

4. Casual dating women

[image: A woman who is only interested in casual dating]

You might be surprised to know that some women don't really care if they have sex with you, get into a dating relationship and then break up with you.

It really doesn't matter much at all to them.

To some women, that's how life works and they see it as a completely normal and acceptable thing to do. Some women see a new relationship like trying on a new dress or pair of shoes. She will wear the dress or shoes until she is bored of it and she will then get something new.

Unfortunately, a lot of shy guys and guys who lack experience with women don't know about that. So, when a shy guy meets the type of woman who is fine with casual dating, he will often get his hopes up and think that he's just scored the love of his life. In many cases, the woman will be prettier than most (if not all) of the women he's been able to attract before.

He will feel like he has hit the jackpot. To him, she is the one and wants her and only her. Yet, in her mind, it's simply going to be a casual fling and she'll then dump him when she's in the mood for something new and more exciting.

[image: Shy guy being broken up with]

If a woman is attractive and can have her choice of men, she will know that the shy guy isn't the confident guy that she has been dreaming of meeting. She will know that she doesn't have to settle for an emotionally weak or sensitive man.

However, since she is in the mood for a bit of love and affection from a shy guy who will most-likely pour his heart out to her and treat her like a princess for a while, she opens herself up to it.

Days, weeks or months into the relationship, the casual dating woman then turns around and says, *"I don't think we should see each other anymore. I initially thought I wanted a relationship, but now I know that I'm not ready for something as serious as this"* or *"I need space to find myself."*

A guy can get a woman back under those circumstances, (I've literally helped more than 100 guys to get that type of ex back), but he has to know how to make her feel really attracted to him. He has to fix shyness and social insecurity and rapidly become a more confident guy.

When his ex sees that he is rapidly becoming confident every day, she then starts to feel like she's made a mistake by breaking up with him. She suddenly feels more attracted to him and she knows that other women will too.

She then opens herself back up to being with him and the relationship can continue on. Then, as long as he knows how to make her feel more respect, love and attraction for him as the relationship continues, there will no reason to break up again.

The casual dating woman will realize that she has found a guy who feels right for her (i.e. she wants to stop dating other guys and just be with him, fall further in love, maybe get engaged, get married and start a family, etc.) and she will then want to stay with him.

Of course, there is no guarantee of keeping a woman like her by his side for life (because she may not see a break up or divorce as a shameful, devastating thing for her), but at least he will now be in the position of power in the relationship.

If he wants to break up with her, he will be able to do so without fear. His confidence and ability to attract women will ensure that he can easily get a new woman.

After becoming a confident guy and interacting with women throughout his daily life, after a while, he will almost certainly have a number of women waiting in the wings and hoping that he breaks up with his current girl.

Shyness Isn't the Secret to Success With Women

[image: No sexual spark with the shy guy]

Often, when a guy asks me something like, *"Is being shy a turn off for women?"* he is secretly hoping that the answer will be, *"No, of course not! Women love shy guys. They think shyness is so cute! Be shy! Weakness is great!"*

Yes, imagine for a moment that the secret to success with women was about being a shy guy...

Imagine a world where the weaker men were, the more attractive they would be to women.

Guys would be extremely nervous, shy and wimpy around women because they'd know that it would turn women on. The more emotionally weak and vulnerable a guy was, the more women would like him.

Male politicians would go red in the face when giving a speech and then bow their head down in a shy, bashful way as they shyly passed the microphone to a woman. *"Here, you say it...I'm too shy...I'm going to go out the back and cry."* The woman would then "be the man" and lead the way for him and humanity.

She would then approach him later on and say, *"Hey sexy...I saw how scared you were before. I am completely wet. Bang me! Bang me you nervous wreck! Bang me you wimp!"*

Single guys who were trying to get laid or get a girlfriend would need to go overboard to show their shyness to the point where they'd literally run and hide when a woman said *"Hi."*

A woman would say *"Hi"* and the shy guy would scream, *"Ahhh!!! A Woman! Ahhh!! I'm feeling so shy! I'm so embarrassed! I'm super insecure!!"* and he'd then run away as fast as he could. The woman would then turn to her girlfriend and say, *"Wow! Look how shy and afraid he is! Did you see that? He was so scared of me. I want him!"*

That would be one weird world to live in.

Back to reality here...

[image: Too shy to approach women]

In the real world that you live in, women don't want you to be shy around them. Shyness doesn't make her wet, it doesn't make her melt and it doesn't make her swoon. Shyness stops you from approaching women that you find attractive.

When a shy guy talks to a woman, she almost always doesn't want to keep interacting with him because she doesn't want to feel responsible for making him feel shy and insecure. She wants the awkwardness to end and often, rejecting the shy guy in a cold way is the only way she can end the interaction quickly enough.

[image: Shy guy being left out of the group]

Even though some women will accept a shy guy initially, almost all women are turned off by

emotional weakness.

Whether she is a young girl or a mature woman, she wants you to be confident and emotionally strong, not insecure and weak. We live in a world that usually isn't nice and easy all day and night. Life is challenging even at the best of times and women rely on us men to stand up and be strong for them, for ourselves and for the rest of humanity.

[image: Women need the strength of men, not the weakness]

Humanity needs your strength, not your weakness. As a result, women feel naturally attracted to a man's strength and turned off by his weakness.

Shyness isn't something that is going to protect a woman or save the day. It is an emotional weakness that comes from a lack of understanding about how to be emotionally strong.

To overcome your unnecessary, unhelpful and unattractive shyness, you have to get rid of your social insecurities. When you do that, you will be confident. Look at these dictionary definitions and you will probably see that connection yourself.

Get rid of insecurities and you will be confident. When you are truly confident (not faking confidence or trying to feel confident, but truly confident), your shyness will go away. It's as simple as that.

Shy (*adjective*): Being reserved. Having or showing nervousness or timidity in the company of other people.

Insecurity (*noun*): Lack of confidence or assurance; self-doubt.

Confidence (*noun*): Belief in oneself and one's powers or abilities; self-confidence; self-reliance; assurance.

If you are a shy, socially insecure guy, it simply means that you don't know how to be confident right now.

Your shyness is not a permanent thing that you are stuck with no matter what.

Either no one has taught you how to be confident so far in your life, or you have suffered so many rejections and have had so many bad social experiences that you've become attached to the identity of being a shy, fearful guy around women or in social situations.

Yet, here's the thing...

You are not weak.

Your true spirit within is powerful and you know it. You are stronger and more powerful than you give yourself credit for.

You simply need to learn how to tap into the infinite confidence within you and bring that to the forefront from now on. You have to stop adding fuel to the fire of your shyness and social insecurity and start adding fuel to the fire of your confidence and emotional strength.

Your strength is where your power is. Emotional weakness will never get you what you really want in life.

[image: Breaking up with an emotionally weak man]

Yes, you might be able to still get a girlfriend while being a shy guy, but don't count on her sticking with you for life or for very long at all. Shyness isn't sexually attractive.

Women don't need or want your weakness.

Women (and the world for that matter) want and need you to be strong.

A woman wants to be able to rely on you to be the strong one, so she can relax into a more feminine role around you. She can cry when life gets tough, she can feel scared when watching a movie and she can cuddle into you and feel like is protected by your masculine confidence and emotional strength.

Feeling girly in response to your masculine confidence turns a woman on in a way that she will rarely, if ever, admit in public. It makes her wet, it makes her melt and it makes her want to open up and receive the guy. It's a turn on.

Women crave the confidence of men, just like we men crave the beauty of women. We men feel intense attraction to a woman's physical appearance and women feel intense attraction to our mental and emotional strength.

It's just how nature works.

Sure, some women will put up with being with an emotional weak or sensitive man for a while, but secretly, she won't feel much or any sexual attraction for him.

Think about it...

Just like when a guy is with an unattractive woman and spends a lot of time secretly wishing that he could be with a beautiful woman, a woman will secretly wish to be with a confident man if her guy is emotionally weak.

Why is it So Easy For Women?

[image: Why is dating so easy for women?]

If a woman is shy, most men are not turned off by it at all. In fact, most guys like a girl who is a bit shy because she will usually be easier to dominate in the bedroom and manage in a relationship.

Shyness can make her look more appealing, which is why many women put red or pink make up on their cheeks (otherwise known as "blush") to attract men. Having red or pink make up on her cheeks makes the woman seem like she is shy and is blushing, which then attracts men to her because she looks like more of an easy target.

She gets approached more, hit on more and has more of a selection of men to choose from.

Yet, it doesn't work that way for shy guys or guys who blush because women aren't seeking the weakness of men. They are seeking our strength.

[image: Stop wasting your life being without women. Be strong so you can naturally attract women]

When a shy guy is single, he might say to himself, *"Why is it so difficult to get a girlfriend? I just don't have any luck with women. They're so picky!"* or he might say, *"Women these days are all bitches. All they want is a bad boy who treats them like shit. I'm a nice guy and they reject me. It's ridiculous."*

He might try to blame other things (e.g. his looks, lack of height, etc) for his lack of success with women, or say that the women in his town, city or country are too difficult to pick up.

Yet, as I explain this video, none of those things are the REAL reason why he is failing with women...

No matter how much a shy guy complains or attempts to console himself, nothing changes the fact that most women are turned off by emotional weakness. As a man, you have to understand and accept that women aren't seeking our weakness. It's not what gets them aroused.

Are You Man Enough For the Types of Women You Really Want?

When a woman first meets a guy or observes his body language from afar, she will instinctively analyze whether or not he is man enough to make her feel the way she really wants to feel.

Will he be able to make her feel girly in response to his masculine confidence, or will she have to be gentle with him because he is so emotionally weak or sensitive?

Will she end up feeling like more of a friend, big sister or even mother figure to him, or will she feel like his woman? Will she be able to look up to him and respect him as a man?

Will she ever be able to truly surrender herself to him (body and mind) during sex, or will it just be boring sex where the only real sensation is the physical penetration and touch? Will he ever be able to penetrate her body and mind with his masculine power?

Since shyness is an emotional weakness, the idea of submitting (sexually) to less powerful force than herself just doesn't feel right to most women. Most women secretly yearn to be with a guy who feels stronger than themselves, mentally and emotionally.

They want to open up and be penetrated by an emotionally strong man, not a weak, confused guy who is lost in his insecure thoughts.

By the way...

When I talk about strength, I'm not talking about physical strength or muscles; I'm talking about your emotional and mental strength.

In other words, are you the sort of guy who buckles under pressure when she tests you by poking you in an emotional weak spot, or do you remain calm, confident and in control no matter what?

Can you handle her pressure, or do you lack the emotional strength to remain strong? Can she rely on you to be strong now and in the future?

If your aim is to get a woman to have sex with you or want to be your girlfriend, you have to make her feel like a real woman. A big of making her feel that way is being out her girly feminine side by being a real man in her presence.

[image: The spark dies and then the cheating often starts]

This exact same rule applies with young women or mature women. Girls and women are sexually attracted the strength in guys all across the world. It's just how nature works.

It doesn't matter what country you live in or what race you are from, you are a human and so is she. Human women seek the strength of human men. It turns them on like nothing else.

Two Common Mistakes That Shy Guys Make With Women

[image: Bored with a shy guy]

Since a shy guy lacks confidence, most of the women he meets won't feel enough attraction for him to want to get into a relationship.

After experiencing a lot of rejection or being ignored by attractive women for most of his life, a shy guy may make one of the following mistakes...

Mistake #1 □ □ **Trying to get a woman to “like” him, rather than making her feel attracted to him.**

[image: Why do women keep rejecting me?]

Many shy guys will overcompensate for their lack of ability to attract women by trying very hard to be likeable.

For instance, he might be really nice to a girl and hope that she “gives him a chance,” or try to show a woman that he is a good, generous man who has a great job and can support her. He will give her the impression that he will do whatever she wants or buy her whatever she wants in return for getting to be her boyfriend.

Yet, that is a failing strategy.

Buying gifts or expensive dinners for a woman, being really nice to her and being a very courteous guy isn't what makes her feel sexual attraction and desire.

It might get the woman to like him as a friend (or a manipulative woman to use him for a while), but it won't make her feel any lasting sexual attraction or respect for him.

[image: Yes, I like you as a friend, but that doesn't mean I want to have sex with you]

What a lot of guys don't realize is that there is huge difference between a woman liking a guy and a woman feeling sexual attraction for him. According to the dictionary and Wikipedia respectively, the definition for each word is as follows:

Like (*verb*): To regard with favor; have a kindly or friendly feeling for.

Sexual attraction: Attraction on the basis of sexual desire.

If a woman likes a guy as a person or a friend, it doesn't automatically mean she will ever be interested in having sex with him or being his girlfriend. What makes a woman want to have sex with a guy is sexual attraction, which can be sparked in more than 100 different ways during an interaction.

Watch this video to understand how it works...

Being a good, likeable guy is great, but if you want to enjoy your choice of women and maintain the attraction of a woman in a relationship, you have to be able to make a woman feel sexually attracted to the way you interact with her.

So, when you first meet a woman, don't focus on trying to get her to like you; get her to feel attracted to you. When a woman feels a lot of attraction for you, she will then look at everything else about you in a more positive light.

Additionally, since you're most-likely a good guy already (most shy guys are. I used to be a shy guy myself), she will end up falling in love with the fact that you're not only making her feel intense attraction, but you're also a great guy.

When a woman meets a guy who not only makes her feel a lot of attraction, but is also a good guy, it's like hitting the dating jackpot. It's the equivalent of a man meeting a beautiful, sexy woman who

also has a sweet, loving personality.

Most guys wish they could get themselves a beautiful, sexy woman who has a sweet, loving personality and most women wish they could get a confident man who is also a good guy. You're most-likely already a good guy, so all you need know is confidence and the ability to make women feel attracted to you when you interact with them and you're set for life.

Mistake #2 ◻ ◻ Being the good, reliable, helpful friend and waiting patiently in the friend zone.

Another common mistake that many shy guys make is putting on an act of just wanting to be friends with a woman.

Since the shy guy fears being rejected by her or is afraid to show her that he wants to have a sexual relationship with her, he will pretend to just want to be friends.

Secretly, he is hoping that, over time, he might be able to "grow on her" and she will then give him a chance to be with her. He focuses on being the best friend she could ever have and she happily welcomes all the attention, favors, gifts, compliments and kind gestures.

Yet, all it takes for him to be pushed aside is another guy to come along who knows how to make her feel sexually attracted and who is also confident enough to move in for a kiss and begin a sexual relationship with her.

The shy guy might have been her friend for months or years, but she will almost always leave him behind without even worrying about it. In her mind, he is just a friend, so there's nothing to think about, but in his mind, she is "the one" so it is a devastating blow.

The shy guy might then see her behavior as mean, selfish, rude or even as a cold, brutal act of betrayal because he thought that the way to a woman's heart was to be a nice friend to her.

All that time, he had been trying to show her that he respected her and was willing to wait, when all he had to do was make her feel sexually attracted and she would have immediately become interested in having a sexual relationship with him.

Unfortunately for shy guys, most women enjoy the convenience of having a shy guy in their life who is secretly in love with them (e.g. he will be a shoulder to cry on when she has problems in a relationship with another guy, he will do favors like help her move house, pay some of her rent when she is strapped for cash or drive her around so she can go shopping, etc.).

In most cases, the shy guy isn't the man that she looks at as being "the one" for her. She might lead him on by saying that she does like him or that she wants to be with him, but isn't ready for a relationship, such women are usually just being manipulative and using the shy guy. If she wanted to be with him she would. It's pretty simple.

So, don't try to be a woman's friend in the hope that she will reward you with sex and loyalty.

You have to start a relationship with a woman based on her feeling attraction and respect for you as a guy. From there, you need to deepen her feelings of love, respect and attraction for you throughout the relationship.

If you don't know how to actively keep the spark alive in a relationship, it will almost certainly die out and you will either have to continue on feeling miserable in an unhappy relationship or you will end up divorced or dumped after investing loads of time, money and energy into her and the relationship.

[image: Breaking up]

As a man, you need to know how to actively trigger feelings of sexual attraction inside of a woman when you meet her and when you're in a relationship. It is the most important skill that a guy needs to have when it comes to success with women.

Watch this video for more info...

Being Held Back By Shyness

Being a shy, insecure guy is not something that you have to be stuck with for the rest of your life. You can break free of your shyness and unleash your powerful inner spirit onto the world around you. The world wants you to be strong and so do women.

You can be the confident guy that women feel sexually attracted to and men respect. You don't have to let shyness and social insecurity maintain a strangle hold on your life and mind any longer.

[image: Confident guy with all the girls]

You also don't have to continue being the guy who waits in the background as other guys take all the hot women, while all you get is the empty feeling of blowing into a tissue after jerking off to porn.

You can have access to real, beautiful women.

In fact, you deserve it.

...and you probably know that.

You probably already realize that you'd be a much better boyfriend or husband than most of the guys you've seen women with. So, don't let shyness hold you back anymore.

Build Up the Confidence to Approach and Talk to Women

When I built up the confidence to approach and talk to women, it automatically began to fix a lot of my social insecurities and shyness.

I began kissing women after minutes of meeting them, having sex with new women pretty much every weekend and I made loads of new friends. After a while, there was no reason to be shy anymore and I've been confident ever since.

Watch this video for some beginner tips to help you begin building up the confidence to approach women...

Overcoming your shyness won't take you years to accomplish. Most guys who learn from me are confident within days or weeks, depending on how quickly they begin to use my techniques.

In my programs here at The Modern Man, you will find powerful confidence boosting techniques that you can use to become more confident right now. As a former shy guy myself (I actually suffered from social anxiety years ago), I can and will show you the way to confidence today.

If you are interested in becoming more confident, why waste another day of your precious life asking, *"Is being shy a turn off to women?"* and hoping that the answer is...

"No! Women love shyness. Keep being weak and everything will be okay. You will be the guy who

women take pity on like they do in the movies. Don't worry about being confident. Just be emotionally weak and women will take care of you. Weakness is winning!"

Yet, you know very well what the truth is...

Being emotionally weak SUCKS.

Right?

[image: Being emotionally weak sucks]

Your lack of confidence with women ruins the moment for you at the worst possible times. When you want to approach a woman you find attractive, when you're talking to a beautiful woman, when you're on a date or even when you're in the bedroom.

You hate the fact that you keep being held back by shyness and insecurity, but the question is: Are you willing to fix it?

Are you willing to become a stronger man?

Believe me, you CAN be stronger.

You really can.

Deep down, you know that your inner spirit is powerful. You are much stronger and more powerful than you probably realize. True, unstoppable social confidence is within your reach.

So, why even bother wasting another day or your life being held back by shyness and social insecurity when you can fix it right now? I'm here to help you make it all happen today and it is going to be a LOT easier than you might imagine.

I developed my techniques by first fixing my own confidence issues and then helping guys for years. This is what I do.

If you want to overcome your shyness and transform yourself into the powerful man that you know you can be, I am ready to help you right now.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Is it Okay For a Man to Compliment a Woman on Her Appearance?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Yes.

There is nothing wrong with complimenting a woman on her appearance or beauty. However, if your objective is to begin a sexual relationship with a woman, there is a general rule that you should follow when giving her a compliment.

General rule: *Make a woman feel attracted to you before giving her a compliment about her attractiveness.*

You can break that rule if you want to, but to ensure things flow smoothly when you interact with a woman that you intend to have a sexual relationship with, you should always start with making her feel attracted to you first.

For example: If you are interacting with a woman in an unattractive way (e.g. being too nice, feeling nervous or intimidated by her, etc), then your compliment won't be very important to her.

If she isn't feeling attracted to you, why should she care that you find her attractive?

A woman wants to be with a guy who she feels attracted to as well. So, if you compliment a woman before making her feel attracted to you, she will usually assume that you're only giving her a compliment because you are hoping to impress her and get her to like you.

If she gets that impression from you, it will almost always make her play hard to get from then on. To avoid making a woman play hard to get with you, what you need to do is make her feel attracted to YOU first. Once she feels attracted to you, she will welcome your compliment and look at you as being a charming guy.

Attraction + Compliment = Charming

[image: Attraction + Compliment = Charming]

Charming (*adjective*): Pleasing, delightful.

Charm (*noun*): A power of pleasing or attracting through personality or beauty.

When you make a woman feel attracted to you and then give her a compliment on her appearance, she actually sees you as being charming. You are not only making her feel the tingle of sexual attraction, but you're also a loving guy who isn't afraid to express his attraction and appreciation of her. To a woman, that is like hitting the dating jackpot.

Yet, if you are only being nice, neutral or friendly to a woman and you then give her a compliment, she will usually just see it as a nice gesture and thank you for it in a friendly way. So, instead of trying to be her friend or be seen as a nice, good man who only wants to talk to her, make sure that you start things off by making her feel sexually attracted to you.

Always remember: Attraction first and everything else after that.

[image: Make her feel attracted and then give her a compliment]

By starting with sexual attraction (i.e. making her feel attracted to your confidence, masculinity, vibe, conversation style, tone of voice, etc) and then giving her a compliment, you allow her to experience what she has been hoping to find in a man (i.e. to meet a man that she is attracted to and who is also a great guy).

Your compliment has so much more meaning and value because she is attracted to you too. She feels lucky that a guy whom she feels attracted to also finds her attractive.

Complimenting Her Without First Making Her Feel Attracted

[image: Complimenting a woman without first making her feel attracted]

Most guys in this world have never been taught how to attract women.

In fact, most guys are going through life thinking that the only way to attract women is with looks, money, height and social status. That's pretty much all we get told by the media and by friends who have also been brainwashed by the media.

Most guys (I used to be one of those guys) aren't even aware that the most intense types of attraction that a woman can feel, happen when she is interacting with a guy. In other words, the woman feels attracted to his confidence, personality, conversation style and the way he behaves during the interaction.

Guys who don't know how to attract a woman during an interaction will sometimes try to over-compensate with extra compliments to make up for their lack of ability to get women interested. Since they haven't been able to make women feel attracted to their looks, they will try to get women to "like" them (not feel sexually attracted to them) for being a nice guy or a really good guy to her.

To be clear...

There is nothing wrong with being a good man. In fact, I recommend it. What I teach here at The Modern Man is about being a good guy alpha male, or what women refer to as a "real man." So, let it be clear that I am not saying you shouldn't be good to women.

What I am saying is that being really nice to a woman, laughing at all of her jokes and basically trying to show her that you are good man is NOT what makes her feel sexual attraction.

Being really nice to her might make her like you as a friend and ask you things like, *"Why don't you have a girlfriend? You're such a nice guy. I'm surprised that you are single!"* or say, *"Don't worry...you'll find a great girl one day and she'll be lucky to have you."* Yet, you actually like HER and she doesn't seem to be interested.

When that happens to you, what is missing the key ingredient of sexual attraction.

You are most-likely doing a great job of being a likeable guy and you are probably a good, honest man, but if you haven't been able to pick up your choice of women, you have simply been forgetting to include the most important thing that needs to happen when you FIRST meet a woman. What is that thing?

Sexual attraction.

...and lots of it.

As a man, you have to make a woman feel sexually attracted to you and then build on that attraction. The easiest ways to do make a woman feel attracted to you are based on what you SAY

and DO when you interact with her. Watch this video for more info...

If you don't actively trigger feelings of sexual attraction in a woman, she will either lose interest in talking to you within minutes or she may even reject you right away.

Looks can attract women, but most women (not all) place more important on how a guy makes her feel during an interaction. As a man, you can't rely on your looks, your job or other external things to hold the attraction and interest of a woman.

A woman's attraction for a man is almost always based on his personality, behavior and communication style. She picks up on those things during an interaction, so don't expect women to approach you and say, *"Wow! Nice shirt. Wanna have sex?"* or *"Hi...umm...you have nice muscles...can I get your number?"*

Most women will look at what you say and do during an interaction. You will either know how to attract her or you won't. It's as simple as that.

If you don't make a woman feel attracted to you when you meet her, then there is no real value in giving her compliments about anything. Sure, she will appreciate them and giving compliments is a nice thing to do, but complimenting her isn't going to make her think, *"You know what? He's such a great guy. I've got to date him!"*

To make a woman want to date you or have sex with you, the first thing you need to do is make her feel sexually attracted to you.

Attraction comes first and everything else happens after that.

You Don't Lose Your Power if You Give a Woman a Compliment

[image: You don't lose your power if you compliment a woman]

You will find a lot of amateur advice online that suggests you will "lose your power" if you compliment a woman.

Yet, here is my expert advice on that topic...

As a man, you NEVER lose your power unless you decide that you have lost it. That applies when you are talking to women and with anyone else you meet in life.

In terms of complimenting women, what you need to understand is that there is nothing wrong with being a charming, loving guy. In fact, it's a GOOD thing to be like that. People love and respect confident, charming guys who aren't afraid to love others.

You can give a woman a compliment on ANYTHING and it does not make you lose any power.

You are still the man.

[image: Charming guy]

You are the one who decides who has the power. If you feel like she is more powerful or valuable than you, then YES – she is. However, if you retain your sense of self-respect, you don't lose any power. That doesn't mean you need to put her down or think that she is beneath you. Simply love and accept her for who she is and treat her as an equal.

“No one can make you feel inferior without your consent.” Eleanor Roosevelt (Former First Lady of the United States), 1884-1962.

The only time you will “lose your power” in an interaction with a woman (or with anyone for that matter) is when you decide that you’ve lost power.

For example: Imagine that you’re talking to an attractive woman.

You look at her and are struck by her beauty. You feel so attracted to her and immediately want to be with her. As you focus on your attraction for her, you suddenly begin to feel like she is way more valuable than you are. In your mind, you are secretly hoping that you can get her to like you enough to give you a chance with her.

In an attempt to get her to “like” you as a person (rather than making her feel sexually attracted to you), you give her lots of compliments and hope to win her over. Secretly, you feel like you’re not good enough for her and that she has the power in the dynamic between you.

In that case, yes – she will have the power, but it’s only because you decided to give it to her. She doesn’t own the power; you gave it to her. She didn’t take it from you; you automatically offered it to her by looking up to her as being more powerful and valuable than you are.

You did it.

Not her.

You gave your power and she happily took it as a reward for making you feel attracted. She then sensed that and felt like she probably was too good for you. She then secretly began to hope that she will meet a guy who she feels lucky to be with.

Don’t Be Afraid of Expressing Love and Appreciation

When you can give a woman a compliment in a confident, masculine and fearlessly loving way, it actually impresses her. She looks at you as a valuable guy who believes in himself and has the confidence and courage to love and appreciate her without fear or hesitation.

Many guys are afraid of expressing love out of a fear of it being rejected. They’ve most-likely tried to express love for women before, but have made the mistake of doing so before they even made her feel attracted to them.

After getting rejected by women, some guys end up feeling bitter. They may even begin to believe that women are crazy and only want bad boys who treat them mean. Yet, that’s not how it works. She simply wants to feel attracted to you first.

So, make her feel attracted to you and the fearlessly express your love and appreciation of her. Be strong enough to show her some love and appreciation, without needing to put her down. By complimenting her, you are not giving her your power. You are simply being a confident, charming guy who sees her as a beautiful human being who deserves the compliment.

No-one loses power. No-one gains power. It’s just an exchange of love.

Two Examples of Compliments That I Like to Use

The first type of compliment that I like to give is about a woman's sex appeal to me. I also add in the fact that I like her, just to make things crystal clear between us.

This is a compliment that you may find difficult to use if you're not used to being this honest with women, or if you think that women will react negatively to sexual compliments like they do in movies, music videos and TV shows.

Here is how women often react to compliments in movies, TV dramas and music videos to entertain the audience...

[image: Woman slapping a man for giving her a compliment]

Yet, in real life...

[image: A man giving a woman a compliment after making her feel attracted]

As long as you make a woman feel attracted to you FIRST, she will welcome the sexual compliment. However, if you say something sexual while also behaving in an unattractive way (e.g. being nervous around her, feeling intimidated, being extra nice in the hope of impressing her, placing her above you in terms of dominance, etc), then a woman will usually react negatively to it.

To be successful with women, you have to know how to make them feel attracted to you. This applies to picking up women for sex or relationships and it also applies to being in relationships. Keeping the spark alive in a relationship requires you to actually know how to make a woman feel attracted to the way you interact with her.

Without the skill of being able to trigger feelings of sexual attraction inside of a woman, you are basically leaving yourself open to being rejected or dumped. It's just how it works. You have to know how to make women feel attracted to you. It's one of the most important, essential, fundamental skills that every man needs to have in life.

Okay, so now that I've made that clear, here is the first example of how to compliment a woman...

After you've made a woman feel attracted to you at the start of an interaction and have spoken to her for anywhere from 10 seconds to a couple of minutes, smile at her in a confident way and tell her that you find her to be SEXY. Not pretty, not beautiful, but SEXY.

Quick her a quick look up and down in a casual, confident way and then smile and say, *"You're sexy. I like you."*

If you've made her feel enough attraction for you at the start of the interaction, she will SMILE and love the compliment. She will appreciate the fact that you are being so upfront and honest with her, rather than pretending to only like her as a friend or pretending to be an innocent nice guy who isn't interested in sex.

When she knows that you find her to be sexy, she doesn't have to worry about being rejected by you or waste time trying to work out if you like her. She feels attracted to you and now you've made it completely clear that you feel attracted to her.

Once that is clear between you and her, there is no need for games anymore. You can smile at each other and have a private understanding that you will be having sex shortly. Whether it happens that night, on the first date or after a couple of dates, both you and her know that it's on and it will be happening soon enough.

When you make a woman feel attracted and give her a compliment like that, she actually sees you as a charming guy that she is lucky to be interacting with. She knows that 99% of the guys she meets don't have the ability to turn her on and make their intentions clear the way you just have.

It's literally like a breath of fresh air for a woman. It makes the process of meeting you feel so much more real, open and exciting.

The second compliment I like to give is about a woman's intelligence and beauty.

For example: If you're talking to an attractive woman and she says that she works as an accountant, you can smile and say, *"Oh, wow. So you are smart AND pretty. I've hit the jackpot."*

By saying this, you are letting her know that you find her attractive and you are also giving her a compliment about being intelligent.

By the way...

Saying that you've "hit the jackpot" does not give her the power, nor does it mean that suggesting you are now going to be trying desperately to pick her up. You are simply being a confident, charming, loving guy and saying how you feel in the moment without any fear.

By giving her such a generous compliment about her beauty and intelligence, it doesn't mean that you now think you are beneath her or that she is the prize to be won. You are simply being a charming, loving guy. It's not anything more serious than that...unless you think it is.

Believe me, love isn't something to be afraid of. As long as you express love and appreciation in an attractive way, women will flock to you. They will appreciate your compliments and see you as a charming guy.

So, from now on...

If anyone tells you that it is wrong to compliment a woman, you now know what the correct answer is. Let them know not to be so afraid of love. Let them know that no-one can take away their power unless they give it to them.

Go ahead and compliment a woman as much as you want, but just make sure that you also make her feel attracted to you. If she doesn't feel attracted to you, your compliments will usually only be seen as a nice, friendly gesture.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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How to Talk to a Girl You Like: Essential Tips

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

When talking to a girl you like, the most important thing that you need to do is make her feel attracted to you.

One of the ways that you can do that is by displaying confidence around by while being your true self.

When talking to a girl that he isn't interested in, a guy usually feels easy to just be himself, talk freely, joke around and say whatever he feels like. Yet, when talking to a girl he likes, he suddenly finds it difficult to be his true self.

She Doesn't Want You to Feel Intimidated

[image: She doesn't want you to feel intimidated]

As you may have noticed, most guys feel intimidated by attractive girls. They feel like those girls are out of their league and are too difficult to talk to or pick up.

If the girl that you like is attractive, then she is used to guys feeling intimidated by her. She is also tired and bored of guys wanting her so easily, without her having to do anything to impress them.

Simply based on her appearance, most guys wish they could get a chance with her, which then leads her to wish that she could meet a guy who is more of a challenge and who isn't intimidated.

She Wants You to Turn Her on Make Her Feel Sexually Attracted

[image: She wants you to make her feel sexually attracted to you]

A lot of guys don't know how to attract girls and because of that, they focus on trying to be liked by girls for being nice to them.

They hope that if they are just nice enough to a girl, she will hopefully give them a chance to be with her. Yet, that's just not how it works. Here's whyâ€¦!

If you're reading this now, you are most likely already a good guy. You have good intentions with girls and you are friendly, trustworthy and likeable, but girls just don't seem to be interested in you.

Why is that?

It's not because you're a good guy. It's because you haven't been making women feel attracted to you. Watch this introductory video about attraction to understand what I meanâ€¦!

3 Mistakes to Avoid When Talking to a Girl You Like

A big part of knowing how to talk to a girl you like is in knowing what to avoid doing. Here are some classic mistakes to avoidâ|

1. Don't pretend to just want to be her friend

If you want to have a sexual relationship with a girl, you need to make her feel sexually attracted to you and you also need to let her know that you find her sexually attractive.

Pretending to be her friend and just hanging around her and talking for hours is easy to do, but it doesn't mean that she will want to have sex with you or be your girlfriend.

You can talk to her for hours, but if another guy comes along who knows how to make her feel sexually attracted and then escalates to kissing and sex, it means that you will be slam dunked into the friend zone.

If you've been pretending to want to be her friend and haven't been making her feel much attraction, then she's most-likely going to accept that you just want to be friends. She will also just see you as a friend or someone she knows and won't worry about leaving you behind to hook up with a guy who makes her feel sexually attracted.

You might feel shocked and disappointed when she does that because you had thought you were getting along so well, but what you were missing was the key ingredient of sexual attraction.

You were also pretending to just be interested in her as a friend or pretending that you wanted to take things slow and get to know her for a while, when you were secretly fantasizing about kissing and have sex with her ASAP.

So, don't pretend to just want to be a girl's friend. Make her feel attracted to you, show her that you find her sexually attractive and then escalate to kissing and sex or at least get her out on a date with you.

2. Be a good guy, but don't be too nice

[image: Be a good guy, but don't be too nice]

There's nothing wrong with being a good guy. You do not have to become a bad boy to attract women or have your choice with women.

Yes, some women are attracted to bad boy, but that isn't because the bad boy is a bad person. Instead, it's usually because he is very confident and masculine around her and that makes her feel attracted. She will be aware that isn't a very good guy or isn't very trustworthy, but she will still act on her feelings of attraction for him.

The same thing applies to guys who feel attracted to strippers. A guy might go through life saying, "*I want a nice girlfriend who is intelligent, pretty, down to Earth, loyal, sweet, etc.*"

Then, if he goes to a strip club, all of that will be forgotten when he gives in to his intense feelings of attraction for the strippers. A guy might even go against what he has been telling everyone else and say, "*Wow! I would marry her. She's not like the other strippers. She's nice.*"

He will try to convince himself that she is a nice, trustworthy woman because he wants to act on the intense feelings of attraction he is experiencing.

The same applies to women when it comes to bad boys. Some women will act on their feelings of attraction for a bad boy, even though they know he isn't a good guy for the long run.

So, does that mean you have to become a bad boy to succeed with women?

No!

You simply need to be able to attract women by being confident and masculine around. You do not have to become a bad person to be confident and masculine around women.

You will most likely see what I refer to as “good guy alpha males” (I am one of them) who are even more desired by women than bad boys are. Good guy alpha males are rarely single and if they are, it is by choice. Most of the women that a good guy alpha male meets feel attracted to him and make it known that they like him.

You can still be a good guy and display a lot of confidence and masculinity when you talk to girls. You do not have to become a bad boy or be mean or a jerk to women. You can be a good guy alpha male. All of my programs at The Modern Man will teach you how to be a good guy alpha male. Everything that I teach is based on that.

A lot of guys make the mistake of being too nice to girls in the hope of being liked. For example: He might do her a lot of favors, listen to her talk non-stop about all of her problems in life, laugh at all of her jokes and treat her extremely well in the hope that it makes her “like” him.

Yes, doing that will make a girl like you as a friend, but it won’t cause her to feel sexually turned on by you. What will make her feel that way is you creating a spark of attraction between you and then building on that.

Some of the ways that you can create a spark of attraction is by being confident, masculine (in your behavior, thinking, conversation style and actions), flirting with her and turning her on in different ways during a conversation. If you don’t know how to do that, I recommend that you read my ebook [The Flow](#), which is jam-packed with ready-to-use examples for talking to and attracting girls.

3. Don’t expect her to lead the way

[image: Don't expect her to lead the way]

When you make a girl feel a lot of attraction for you, she will sometimes directly tell you that she likes you. She may even suggest that you and her go on a date or catch up sometime.

However, not all girls are the same.

Some are shy and are worried about getting rejected by you. Some are very confident and will not go on a date or even kiss you unless you pass her confidence tests.

For example: An attractive, confident girl might test your confidence by not contributing much to a conversation. If she sees that you become nervous and unsure of yourself, she has instantly discovered that you’re not the guy she is looking for.

She needs a guy who is more confident than her and who doesn’t buckle under any pressure she introduces into the conversation. To get girls like that, you need to know what to say and do when they test you.

Want to Learn More About How to Talk to a Girl You Like?

If you want to learn exactly what to say and do around any girl (i.e. shy girls, confident girls, very attractive girls, etc), I recommend that you read my ebook [The Flow](#). It is jam-packed with my best tips and techniques for talking to girls, getting them attracted and then escalating to kissing and sex.

I will show you the secrets to making a girl feel LUCKY to be talking to you. She will feel so much attraction for you that things will just flow from one stage to the next seamlessly. It really is very easy to do once you use the right approach with girls.

Most guys don't realize how easy it is to pick up girls. It's one of the easiest, most exciting things that you will ever learn to do in your life as a man.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Meeting New Women

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Meeting new women is easy when you know how to attract women.

If you try to meet new women and you don't even know how to attract them, it will usually be a horrible experience full of women playing hard to get, not showing interest back or just plain rejecting you.

However, when you do know how to attract women, they immediately open up to you, want to talk to you and want to be with you.

Watch this video for an introductory lesson on what you really need to do to attract women:

Some Guys Make it Look Easy...Because it Actually is Easy

[image: Why is it so easy for some guys to meet women?]

Have you ever noticed how some guys in a group always seem to know the right things to say and do around women to get attention and have their choice with women?

I'm not talking about the loud mouth guys who show off or put other guys down. I'm talking about the guys who have a relaxed confidence about themselves and are able to create a spark of attraction with pretty much every woman they interact with.

Looking on the from outside, you might assume that the girls like him because he is better looking than you or, if you don't know him, you might assume that he's rich and the girls know it. However, in most cases, it's a lot simpler than that.

The guy is simply creating a spark of attraction when he meets a woman and he is then building on that attraction throughout the interaction. If he is good at making women feel attracted to him, he will easily be able to get a woman feeling intense attraction and wanting to be with him—even if he isn't good looking or rich.

Right now, the idea of meeting new women might seem scary or frustrating to you. You may have tried it in the past and gotten a bad reaction from women.

However, that doesn't mean that women don't like you. There is nothing wrong with YOU. The thing that needs to change is that you need to focus on making women feel attracted and turned on when you interact with them.

That's the missing piece of the puzzle.

Are You Enough of a Challenge For Women? Do You Make the Process of Meeting You Feel Exciting or Typical?

Here's the thing—

Most men immediately choose a woman based on how she looks. For example: A guy might look at a woman and automatically think, "Yes, she's hot, I'd have sex with her and date her"

or, â€œNo, sheâ€™s fat. Definitely not.â€

We men canâ€™t help it that we are â€œvisualâ€ creatures and that we feel intense attraction for a woman based on the way she looks. This is why many guys will have sex and even get into a relationship with a woman even if they doesnâ€™t like her personality, or even if they know the relationship won't last.

Most guys are simply happy to have sex with the woman and spend some time with her and if it doesn't work out, it really doesn't matter because at least they got laid or got loved.

Women know this.

Women know that men are attracted to them for their looks. If a woman happens to be attractive, she knows that all she has to do is put on some make up, do her hair and wear a tight dress and she will be hit on by numerous men.

This is boring for her.

It is typical.

There is no challenge.

She knows that she can easily get hit on and have sex with men, even if she doesn't have a good personality or can't impress the guy in any other way than her looks.

So, when a guy comes along and is smart enough to be a bit of a challenge for her, he instantly gets her attention.

This is also why you will see plain, and even ugly or fat guys with beautiful girlfriends or wives. It might not make any sense to you why on Earth the woman would be with that guy, but she actually loves him and feels attracted to him. She is excited to be with himâ€¦even if you think he is ugly or doesn't deserve her.

Let me ask you hereâ€¦

How do you feel when you see guys who aren't good looking with beautiful women? Does it annoy you or does it now starting to make sense to you?

Are you one of the guys who assume that if a beautiful woman is with an "ugly" guy or an overweight guy, then the guy MUST be rich. That is the only way she could be attracted to him, right?

Wrong.

Women can feel attracted to men for so many different reasons. When you look closely, you will see many plain or ugly guys who have little or no money, but are still dating beautiful women. Why? These guys have realized that women are more attracted to a manâ€™s personality than to his looks. They are attracting her based on how they talk to her and interact with her. They are using their personality and charm to turn her on, not their looks.

How could a woman like a guy who isn't good looking?

Most women have what I call an â€œOpen Type,â€ which means that she will be willing to be with all different types of guys, as long as the guy has the personality type (i.e. is confident, masculine, mentally and emotionally strong, has purpose and direction in life, etc.) that can make her feel the way she wants to feel.

3 Tips to Help You Meet New Women

Now that you know that you don't have to be Mr. Olympia, a male model and Warren Buffett all rolled into one to meet and attract new women, here are a few tips that you can use right now.

1. Go out with the intention of talking to some new women and making them feel attracted to you

This seems a bit obvious, right?

Yet, you would be surprised at how many guys will say they REALLY want to meet new women and then when I ask them, "What did you do this weekend?" I will hear things like

"I just stayed at home."

"I'm too busy to meet women." (Yet, he spends loads of spare time at the gym, watching TV, hanging out with friends, etc).

"I went to a friends house."

"We had a boys night out...it wasn't about meeting women, so none of us approached any women." (Yet, they looked at girls all night and wished they could have sex with many of them).

"I was playing video games all weekend with my buddies."

I also hear guys complaining that their city or country is a difficult place to meet women. Guys will literally say to me, *"I don't try to meet women in my city because they are all stuck up bitches"* or...

"Women in my city play hard to get...it's impossible to get a girlfriend here because they expect you to be rich or good looking" even though other guys (who know how to attract women and aren't good looking or rich) are picking those women up, enjoying sex and relationships with them and even marrying them.

So, if you want to meet new women, you have to leave any excuses at the door. You've got to be prepared to at least TALK to some new women.

[image: Wanting to meet women, but not sure what to say or do]

When you do talk to women, you must know how to ATTRACT them. If you try to talk to women and you don't even focus on attracting them during the interaction, of course they will play hard to get or reject you.

Women want to feel attracted to the way you interact with them (i.e. what you say and do), so if you don't know how to do that, you can't expect things to go well. Don't expect women to be nice to you if you are nice to them. You have to start the interaction by making them feel attracted to you.

If you want to meet new women, you have to make a point of going out with the intention of actually meeting women and this means going to places where women can be found standing or sitting around.

This is not difficult.

Women are everywhere; at the mall, at the park, in bars, clubs and restaurants and many of these women are single and open to meeting a new man.

If you're too afraid to approach women in those places, at least go to a speed dating event where all the women are single and looking to meet a guy. If you don't know what to say and do when interacting with the women there, read my ebook [The Flow](#) or listen to the section on speed dating in

21 Great Ways to Get a Girlfriend.

2. Display confidence

Women are naturally attracted to the strength in men and turned off by weakness, so confidence is an essential trait that you need to have as a man when picking up women and when in a relationship.

If a guy is confident and self-assured, a woman will naturally feel attracted to him because he is *strong*. On the other hand if a guy is nervous, insecure, and uncomfortable around her, a woman will perceive him as being *weak* and she will find it difficult, if not impossible to feel any real attraction for him.

If a woman perceives you as a weak guy (mentally and emotionally), she will not feel sexually attracted to you unless she is the sort of woman who wants a weak guy that she can control. However, such women usually end up dumping or divorcing those guys when they are ready to move on and hook up with a real man.

If you are nervous and unsure of yourself, a woman might want to be your friend, but when it comes to choosing a guy she would willingly have sex with and date, a woman will choose a guy who makes her feel sexual attraction as a result of his confidence and other personality traits that demonstrate he is a strong guy.

Fortunately, confidence is something that can be developed very quickly. If you want to learn how to have the confidence to approach women, start by watching the free video below:

3. Create an unforgettable connection

In addition to creating a spark of attraction between you and the woman, you also need to know what to say to keep a conversation going and keep it interesting for long enough to create an unforgettable connection.

Not knowing what else to say, some guys resort to asking the woman as many questions as they can, hoping that it will somehow keep things going long enough to create a connection.

Yet, when a guy is asking things like, *What's your name,* *What do you do for a living,* *Do you have a boyfriend,* it usually just makes the woman feel bored and like she is going through the typical, interview style conversation that most guys use.

A woman wants to feel very attracted to you and to then truly connect with you. To do that, you have to be willing to talk to her in a way that creates an exciting connection. You have to be prepared to take some risks and say things that you're probably not used to saying around new women that you meet.

Once you know what to say and do when meeting new women, you realize how easy it is to create a distinct, unforgettable connection with women. You also realize that the majority of guys that a woman meets have no idea how to make her feel attracted and truly connect with her.

This is a power that you can have.

You can instantly stand out from the crowd in a woman's mind. You can be the guy that she is so glad that she has finally met. You can be the guy who doesn't talk to her in the same old way as every other guy who is hoping to get a chance with her.

You can be the guy who makes HER feel attracted to you, rather than only you feeling attracted to her and then hoping to get a chance with her by being nice, polite and friendly. You can be the guy who turns her on.

It's Easier Than You Might Think

[image: Stop wasting your life being without women]

Meeting new women is something you can do right now.

Don't hide yourself away and waste your life thinking that you're not good enough for women.

You are good enough.

You can make women feel attracted to you when you meet them.

If you are unsure about what to say or do when you approach women, don't worry â these are things you can easily learn and that we teach here at The Modern Man.

If you need some help, why not try one or more of my programs and experience the amazing results that 1,000s of other guys from all over the world have been experiencing?

You can do this.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

5 Ways to Make a Woman Want to Have Sex With You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Making a woman feel the desire to have sex is actually a lot easier than most guys realize.

Here are 5 things that you can do to make a woman want to have sex when:

- You first meet her.
- You are stuck in the friend zone or have made a bad first impression on her.
- The spark has died in your relationship and she is no longer interested in sex.

1. Make her feel sexually attracted to the way you are interacting with her

[image: Make her feel sexually attracted to you]

To make a woman want to have sex with you, the first and most obvious thing that you need to do is make her feel sexually attracted to you.

A woman's sexual attraction is mostly based on what you say and do in her presence. For example:

- Does your conversation style turn her on or turn her off?
- Are you able to make her feel girly in your presence, or do you just make her feel like “one of the guys” or like a good friend?

At The Modern Man, I teach guys how to make women feel attracted to them in more than 100 different ways and I provide tested, proven to work examples of exactly what to say and do for each way of attracting women.

The more ways that you are able to make a woman feel attracted to you when interacting with her, the more intense her sexual desire will be.

Two examples of how to make a woman feel attracted to you during an interaction are to:

1. **Be masculine:** In your energy, vibe, conversation style, behavior and body language to the point where she feels girly (or as some women refer to it as, “feels like a real woman”) in your presence.
2. **Flirt with her:** Flirting creates a spark between you and a woman when you meet her and it's also one of the things that keeps the spark alive in a relationship.

Those are just two of more than 100 different ways that you can make a woman feel sexually attracted to you.

When interacting with a woman for 5 minutes, you can easily set off 5, 10, 15 or even 20 different attraction triggers.

When you make her feel attracted in many different ways at once, she naturally feels sexually attracted to you and will experience a strong desire to have sex with you.

However, if you interact with a woman and are unknowingly turning her off in 5-20 different ways,

then she isn't going to feel much or any desire to have sex with you.

A woman's attraction is mostly based on what you say and do in her presence.

The more ways you can make a woman feel attracted to you while interacting with her, the more intense her desire to have sex with you will be.

That's how attraction works for women.

As a guy, you have to actively make a woman feel attracted to you when you interact with her.

Don't expect her to feel attracted on her own for some random or magical reason. You've got to actively turn her on by what you say and do around her.

2. Make it very clear that you find her sexually attractive

This is an essential thing to do when meeting a woman for the first time, getting to know her and when in a relationship.

[image: Women being insecure about their looks]

According to the Dove Cosmetics international survey on beauty, 96% of women do not consider themselves to be beautiful.

Strange, but true!

Why are modern women so insecure about their beauty?

When a woman compares herself to the perfectly Photoshopped and airbrushed images of women in advertisements or to the sexy women in porn, she realizes that she doesn't look that good without make up or when she isn't dressed up in a sexy outfit.

She knows what she looks like when she is at home alone or when she wakes up and she feels like it doesn't compare to how women in advertisements or porn look.

Even if a woman seems like she is confident about her appearance, statistically speaking (96%), she isn't.

I also know from personal experience that even if a woman thinks she is pretty, she will almost always have insecurities about certain parts of her face or body (e.g. the youthfulness of her skin, her weight, breast size, butt size, etc).

You might look at her and sincerely believe that she is beautiful, but she is thinking, *"Hhh...I hate my thighsâI'll never be as sexy as the women who have perfect legs."*

So, don't assume that she knows she is beautiful.

In most cases, women feel inadequate for various reasons that they will rarely, if ever, discuss with men.

When a woman is having sex with you, she wants to feel truly sexy in your eyes.

She wants to feel like she is fully accepted by you and that she is safe to be her true self.

If she doesn't feel that way around you, she will feel insecure and won't be drawn to the idea of having sex with you.

How can you make a woman feel sexy in your eyes?

[image: You're sexy, I like you]

When meeting a woman for the first time:

After making her feel sexually attracted to you and chatting with her for 30-seconds to a minute, look at her with a loving appreciation and say, *"You're sexy. I like you."*

I have never, ever gotten a bad reaction from saying that to a woman.

Women love to be appreciated.

As long as you have made her feel attracted to you during the first part of the conversation, she will be very happy that you find her so attractive and that you have the confidence to say it.

You will see her smile and look happy when you make that comment about her. Make sure you attract her first though! Attraction comes first and everything else follows it.

If you give women compliments before making them feel attracted to you, the compliment will have less meaning and value.

She will see it as you trying to suck up to her or impress her by being nice.

However, if you've made her feel attracted to you first, she will really appreciate it and feel excited about it.

If you don't know how to make a woman feel intensely attracted to you when interacting with her, then keep learning from me! I will teach you more than 100 different ways to make a woman feel attracted to you.

When interacting with a woman you are friends with:

The next time she puts in some extra effort to look more beautiful or sexy, look at her and say, *"Wow! Look at you. You look very sexy today."*

Don't be afraid to say that to her.

Be honest and let her know that you find her to be sexy.

Don't just tell her she looks *"nice"* or *"pretty"* or *"beautiful."* Tell her that she looks *"sexy."*

The word *"sexy"* immediately lets her know that you see her in that way, but referring to her as nice, pretty or beautiful could just mean that you're being polite.

[image: Attract her, make her feel sexy and turn her on with your touch]

If you only ever behave like a friend around her, most women will just accept that you want to be friends and leave it at that.

However, when you make her feel a lot of attraction for you and then let her know that you find her sexy, a spark ignites between you and her.

From there, you just need to know how to go from a conversation to a kiss or a conversation to a date and then sex. It's really easy and natural once you know what to say and do.

When interacting with your girlfriend or wife:

Look at her with desire.

Confidently smile and don't stop feeling of desire for her no matter what she says or does.

Literally tell her that she is the sexiest woman on Earth in your eyes.

Let her feel it by the way that you look at her. Embrace the feeling of attraction that you're having for her.

Let it influence your body language, tonality and behavior. Let her see that you are visibly affected

by her sex appeal in a positive way.

3. Build up the sexual tension

[image: Sexual tension in the office]

Sometimes, a woman will be horny and ready for sex without you having to do anything to get her in the mood.

Yet, in almost all cases, most women need you to turn them on by building up the sexual tension between you.

What is sexual tension?

Sexual tension: An exciting feeling that occurs when a man and woman feel sexual attraction for each other, but the escalation to sex is being delayed by them, the environment or circumstance (e.g. they work together, she doesn't want to look too easy in front of her friends by hooking up with him too quickly, he is already in a relationship with another woman, they are engaging in enjoyable foreplay for a few minutes before sex, etc).

Whether you are meeting a woman for the first time, trying to get out of the friend zone with a woman you have a crush on or are 20 years into a marriage, the same rule applies.

Women LOVE the exciting feeling of releasing built up sexual tension with kissing and sex. So, don't ignore the power of sexual tension when it comes to sex!

[image: Sexual tension being released with a kiss]

When you build up sexual tension correctly, a woman not only wants to have sex with you, but she also feels like she NEEDS to have sex with you to release the built up tension between you.

Sex becomes something that she really wants to do with you. She feels the tingle down there and wants to get you inside.

However, if there isn't much or any sexual tension present between you and a woman (e.g. you haven't been actively making her feel attracted to you while interacting with her, she only sees you as a friend, you have been together for 10 years and you can't be bothered trying to build up sexual tension with her, etc), the idea of having sex won't feel very appealing to her.

4. Turn her on with your touch

When meeting a woman for the first time:

Give her a charming handshake when you introduce yourself.

Hold her hand firmly, but gently and maintain eye contact as you keep holding her hand for about 5 seconds while you introduce yourself, *"Hey, my name's Dan – I thought I'd come over and say hello to you...you're easily the most beautiful woman in the room."*

She will feel turned on by the fact that you were relaxed, confident and didn't rush to let go of her hand.

Doing this is a display of confidence and masculinity that will immediately make her feel girly in

your presence.

Then, the fact that you also gave her a compliment makes her see you as a charming guy.

When interacting with a woman you are friends with:

Give her a Goodbye Hug.

When you are parting ways, say, *“Okay, I feel like a hug today. Give me a Goodbye Hug”* and then hug her warmly for a few seconds.

Then as you exit the hug, say (in a masculine way), *“Ooh, I like hugging you”* and with a confident smile, add in, *“You’re sexy. I like you.”*

[image: The Goodbye Hug]

When interacting with your girlfriend or wife:

In this case, I’m referring to getting a girlfriend or wife in the mood who usually isn’t interested in sex.

If the spark has died out in your sex life, you need to actively get that spark back.

Don’t expect it to come back by magic without you doing anything. You’ve got to actively make it happen by interacting with her in an attractive way.

One way to do that is to bring her in for a hug and tell her to relax with you for a minute. Then, begin to touch and caress her very slowly all over her body (don’t rush).

[image: Don't rush as you turn her on with your touch]

She may resist your attempts to get her in the mood if she doesn’t feel like it in that moment, but if you keep telling her that she is sexy (e.g. “I think you’re so sexy. I love you”) and kiss her softly on the side of her neck and just under her ear, she will warm up to it.

Keep touching her all over her body and expressing your desire for her. Your touch and your desire for her will begin to turn her on.

5. Laugh at her pre-sex tests

[image: Laugh at her pre-sex tests]

Women always test men.

You can’t escape it.

Whether you meet a woman for the first time, are on a first date or are 20 years in a relationship, she won’t stop testing you.

For example: If a woman is attracted to you and wants to have sex with you, she might test you by pretending to not even like you or feel no attraction for you, just to see how you respond.

Why would she do that?

She wants to confirm that you are a confident man and are worthy of being in a more dominant position than her.

It’s a natural instinct that women have.

When a woman tests your confidence and you don’t crumble, it confirms to her that you are worthy

of being in the masculine position.

It makes sense for her to open up and receive you because you are a more dominant, masculine force. When she sees that you remain strong and believe in yourself no matter how much she tests you, it allows her to relax into feeling like a real woman around you.

She can trust in you to be the man at all times and that allows her to be more feminine around you.

The best part?

The more feminine that you make a woman feel in your presence, the more sexually turned on she will be when interacting with you.

In my online training programs here at The Modern Man, I provide many examples of how to make women feel feminine in your presence.

I can literally teach you how to make a woman go “weak at the knees” in your presence because she feels so girly and feminine around you.

That is a power that you can easily have...and it's so much fun to do.

Making a woman feel that way is much more efficient and reliable than trying to get a woman to like you by talking to her for hours or taking her out on a series of dates!

You can make a woman feel intense attraction for you within seconds to minutes of meeting her.

You may have seen other guys do that in the past, but not known what was going on and why the woman suddenly became so attracted. You can have the same effect on women.

When you know how to make a woman feel “weak at the knees” in your presence and attract her in many other additional ways during an interaction, you no longer have to hope that women want to have sex with you.

Instead, you make them feel attracted and they then eagerly want to.

One of the ways to make a woman feel some attraction for you is to laugh at her pre-sex tests. For example:

When meeting a woman for the first time:

If a woman feels attracted to you and begins to think about sleeping with you that night, she may test you by pretending not to like you to see if you squirm and become nervous around her.

For instance, she might say, *“I just want you to know that I don't sleep with guys that I meet from bars. You're nice and all, but nothing is going to happen between us,”* even though you haven't said anything about that yet.

Secretly, she is hoping that you remain confident and maintain your composure.

If you become nervous or have a rejected look on your face, she knows that she won't be able to be her true self in the bedroom with you.

She'll have to be gentle with you (emotionally) or else you might feel insecure—and that isn't a turn on for women.

If she says something like that to you, simply smile and say, *“That's alright. I'm a virgin anyway. I'm saving myself for marriage.”*

She will laugh and be relieved that you are a confident guy who doesn't become insecure around her when she challenges you.

[image: Laugh at her pre-sex tests]

This isn't a case of women being silly and playing unnecessary mind games with men. She is simply trying to find a guy who is strong enough for her, mentally and emotionally.

There are so many things that women say to test guys when they meet them.

You can pass any test that a woman puts you through and if you want to learn more about that, keep learning from me here at The Modern Man.

I know all the tests that women put guys through and what to say and do when it happens.

When interacting with a woman you are friends with:

[image: Interacting with a female friend]

She might ask you, *"So, why do you hang out with me so much?"*

The key here is not to answer her in a serious, logical manner or get into a deep and meaningful discussion about how you feel.

Simply smile or laugh and say, *"I like hanging out with you because you're sexy and you pretend not to like me."*

Believe me, she will laugh and she will love it.

Make sure you've been making her feel very attracted to you first though!

Remember, attraction comes first and everything else follows that. The more attracted you can make her feel before making a comment like that the better.

If you don't know how to make a woman feel intense attraction for you during an interaction, make sure that you keep learning from me.

I teach more than 100 different ways to make a woman feel attracted to you.

It's the easiest, most exciting and rewarding thing you will ever learn how to do in your life!

When interacting with your girlfriend or wife:

If she tries to poke fun at you for being overweight/skinny, bald, etc do not become insecure about it at all.

For example, if she says, *"Eww, look at your hair! So dorky"* you can laugh and say, *"Yeah, dorky, but sexy. I can't help being this handsome! I'm sexy and I know it."*

Then, walk over and hug her or kiss her in a relaxed, masculine way.

This turns her on because you are displaying emotional strength around her rather than insecurity.

Women are attracted to the emotional strength of men and turned off by any emotional weaknesses a guy has (e.g. insecure, self-doubt, low self esteem).

When you realize that women want you to display confidence and they actually feel attracted to it (even though many will pretend not to), you will find it so much easier to be the confident guy that you know you are on the inside.

The fact is, there are so many things that you can say and do around a girlfriend or wife in a relationship that will make her feel sexually attracted to you.

If the spark has died in your relationship, it doesn't mean that you can't get it back.

You've just got to start interacting with her in a more attractive way.

The same applies to the single guys reading this...

If you are talking to women and it isn't going anywhere and women don't seem to be very interested, it doesn't mean you can't change that.

When you begin interacting with women in a way that causes them to feel attracted to you, women naturally want to be with you.

Would You Like to Learn More From Me?

[image: Dan Bacon - Founder of The Modern Man and author of The Flow]

If you enjoyed what you've been learning so far, you will absolutely LOVE what you learn in my programs.

What result would you like to get with women right now?

1. I want to get laid or get a girlfriend.

[image: Stop wasting your life being without women. Get laid or get a girlfriend now. It is very easy to do]

Use The Flow the next time you talk to a woman and you will be able to make her feel intense attraction for you. You will know exactly what to say and do to make her want to have sex with you or be your girlfriend.

She will feel attracted to you in many different ways and because of that, the interaction will naturally "flow" from one step to the next. In many cases, the woman will even tell you that she likes you and wants something to happen between you and her.

2. I want to turn a female friend or coworker into a girlfriend, or recover from a bad first impression I made on a girl.

[image: What? I thought she liked me!]

Use The Flow the next time you interact with her and she will feel a sudden rush of attraction for you. When she suddenly feels sexually attracted to you, her behavior, conversation style and attitude will immediately begin to change. She will feel drawn to you and will open herself up to the potential of hooking up with you.

It doesn't matter if you've messed up the initial impression that you made on her.

What matters is that you now make her feel very attracted to you. When you notice that she is attracted to you (you will learn about that in The Flow), simply use my rejection-proof techniques to transition from a conversation to a date, or to a kiss and then sex.

You will be surprised at how easy it is to do and how happy she is when you finally kiss and have sex.

3. I want to get the spark back in my relationship.

[image: Get the spark back before you relationship breaks up for real]

Use the techniques from [Make Her Love You For Life](#) to create a brand new dynamic in your relationship that will automatically and consistently build up sexual tension between you and her.

Okay, that brings us to the end of this post. I hope to be helping you further!

Cheers

Dan Bacon

Founder of The Modern Man

The Flow

[image: The Flow]

The Flow is my simple-to-use, proven-to-work process for getting laid, getting a girlfriend or getting out of the friend zone.

I've used The Flow to have sex with more than 250 women.

I also used The Flow to pick up my beautiful, sexy girlfriend, who recently became my fiancÃ©.

The Flow is so easy to use and you will be able to make a woman feel a LOT of attraction for you the first time you try it.

You will be amazed at how easy it is.

I offer a 30-day money back guarantee, so don't waste any more time thinking about it.

Try it for yourself and see! [Download it now](#)

Make Her Love You For Life

[image: Make her love you for life]

This is the relationship program that every modern man needs to watch.

You will learn how to create and maintain the ideal type of relationship dynamic where sexual tension is automatically created between you and your woman.

Her respect, love and attraction for you grows over time rather than fading away. [Download it now](#)

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I

promise!)

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

How to Make a Woman Feel INTENSE Attraction For You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

In this post, I'm going to teach you how to make a woman feel intense attraction for you.

I'm not talking about a mild attraction where she "kind of" likes you; I'm talking about INTENSE attraction where she has to have you. She wants to be with you and only you. It feels good to be with you. It feels right to be with you and it really turns her on.

This powerful way of attraction that I'm going to teach you applies whether you are:

- Meeting a woman for the first time.
- Getting to know a woman.
- Already deep into a long-term relationship with a woman.

The same fundamental principles of attraction apply no matter what stage of the pick up or relationship process you are at with a woman. You either know how to make her feel attracted in this way or you don't.

What I'm about to teach you is most-likely going to blow your mind. **You are never going to look at attraction the same way EVER again.**

So, make sure that you read this entire post because I'm about to ask you some questions that you will most-likely answer differently when you finish reading.

Three Important Questions For You Before We Begin

Questions

1. Does a guy have to be tall, handsome or rich to make a beautiful woman feel intense attraction for him?
2. Do you think that it's possible for a guy who isn't rich, tall or handsome to make beautiful women feel intense attraction for him?
3. Is it possible for a man to make a woman feel more respect, love and attraction for him over time in a relationship, or does the spark have to die out in a relationship?

Have a think about that and now let's get into...

The Secret to Making a Woman Feel INTENSE Attraction For You

[image: The secret to intense attraction]

The secret to making a woman feel intense attraction for you is to **actively turn her on by the way that you interact with her.**

Although a woman can feel attracted to a man's physical appearance, the most intense types of

attraction that a woman can feel are based on what you say and do when interacting with her.

This rule of attraction applies when you first meet a woman, are getting to know her and when in a relationship with her.

Generally speaking, you are in complete control of how much or little attraction you want to make a woman feel for you. You can make a woman feel attracted to you in more than 100 different ways during an interaction.

The more ways that you can make a woman feel attracted to you and how you're making her feel, the more intense her attraction will be.

We men are not limited to making a woman feel attracted to us because of our looks and I'm going to show you a lot of proof of that throughout this post.

It's Easy For Women to Initially Attract Most Men For Sex or a Relationship

[image: Easy for attractive women to attract men for sex]

For women, it's very easy for them to initially attract men for sex or a relationship because men are mostly attracted to a woman's physical appearance.

That is why porn exploded on the internet and continues to grow.

[image: Man looking at porn. Initially, men are mostly attracted to the physical appearance of women]

It's also the reason why in the past, when porn was only ever in magazines and video tapes, it was all direct towards men because men feel an intense attraction to a woman's physical appearance.

This doesn't mean that a woman can't feel attracted to a man's physical appearance, but for a woman, the most important thing to her is how you make her feel when you interact with her.

Does your conversation style make her feel turned on it does it make her feel turned off?

Does interacting with you make her feel excited, attracted, in love, feel lustful and all sorts of desirable emotions, or does it make her feel turned off? Does it make her feel awkward? Does it make her feel bored?

As a man, what you need to do to make a woman feel intense attraction for you is to actively make her feel attracted to you, in many different ways while you interact with her.

An Example of a One of the Ways to Attract Women

[image: Using humor to attract women]

An example of one of the MANY ways to attract a woman during an interaction is to make her laugh. You might have heard that women love a guy who can make them laugh. That is one of the ways to make a woman feel attracted to who you are; attracted to being around you, attracted to being with you.

If you look up the dictionary definition of attraction, it is:

Attraction (*noun*): A quality or feature of someone that evokes interest, liking or desire.

The dictionary definition doesn't say that attraction is about physical appearance. It's about qualities and features that evoke feelings of interest, liking and desire.

Making her laugh is just ONE of the ways that you can make a woman feel attracted to you. At The Modern Man, I teach guys how to make women feel attracted to them in more than 100 different ways.

Most guys are going through life not even knowing how much POWER and CONTROL they have over how much attraction women feel for them. Most guys are going through life thinking, *"Am I good looking enough? Do I need to lose weight? Do I need to put on weight? Do I need to build more muscle?"*

Many of these guys are completely focused on their looks as if it is the answer to success with women.

The thing is, a woman can feel attracted to a man's appearance, but if it was the most important thing to women, the porn industry would have grown and exploded because of women wanting to look at naked men. Women would have been buying magazines with naked men and then masturbating to that.

...but, that's just not how it works.

What's most important to a woman is how you make her feel when you interact with her.

Yes, I know...

There ARE women out there who will ONLY ever accept a very good looking guy who has millions or billions of dollars (or euros, pounds, etc) and has a perfect gym body. Those women do exist; that is true, but the majority of women have what I call an Open Type.

An Open Type means that a woman is willing to be with all different types of guys (e.g. from different races, different shapes and sizes, different facial features, etc) as long as the guy can make her feel a lot of attraction when he interacts with her.

Hoping to Get a "Wow!" Reaction For Your Looks

[image: Hoping to get a "Wow!" reaction for his looks]

A lot of guys end up feeling very insecure about their looks and I used to think the same way before I actually worked out how to attract women.

Like I used to do, a lot of guys go through life and hope to get a "Wow!" reaction from women based on how they look. They might get a few looks from women (e.g. a woman looks at him, looks away, looks back again and then looks away, etc), but nothing other than "looking at him" happens.

The guy may think, *"Okay, that girl is looking at me...she might like me, but nothing is happening here. She's not giving me any clear signal that she wants me to approach her. Maybe I'm not good looking enough."*

He goes through life not getting the "Wow!" reaction that he has in response to a woman's physical

appearance.

[image: The "Wow!" reaction to a woman's physical appearance]

A woman can simply be walking along the street and men can be having an intense feeling of attraction for her, simply based on her looks.

They don't even care what her personality is like. Simply based on her appearance, most men will feel more than enough attraction for her to want to be with her.

[image: The "Wow!" reaction to a woman's physical appearance]

"Ohh, look at her. I'd love to be with her. I'd love to be with her. Marriage material. I'd definitely have sex with her. I'd definitely want to at least be her boyfriend."

...and that intense feeling of attraction is just based on her appearance.

Guys walk through the world, don't get that "Wow!" reaction from women and then start thinking, *"Well, I guess I'm not good looking enough."*

Yet, what those guys don't realize is that to make a woman feel intense attraction, you have to ACTIVELY attract her when you interact with her.

A Really WEIRD, But True Fact of Attraction

When you make a woman feel attracted to you in many different ways (e.g. make her laugh, turn her on by being confident, make her feel girly in your presence, etc) while you interact with her, something really **weird** happens...

She starts to look at what might have otherwise been a negative about you (e.g. big nose, short, bald, overweight, etc) in a positive light.

Those things that you might have thought were unattractive actually become likeable, cute, adorable and sexy to her, even though they aren't considered to be male model features.

She's feeling attracted to how you are making her feel while interacting with her and she actually begins to like the way that you look because it is a part of you.

She feels attracted to you and therefore, begins to look at you in a more positive light.

This is one of the reasons why you will see guys who aren't good looking, with a beautiful girlfriend or wife. You will also hear women referring to their boyfriend or husband as sexy or handsome, even though he doesn't have a good looking face or a perfect body shape.

She likes his physical appearance because it is him and he makes her feel attracted in more important, longer-lasting ways than just mere looks. He might not have a good looking face or a great body shape, but she still finds him to be incredibly attractive, appealing, desirable and loveable.

Instead of looking at his "imperfect" physical features in a negative light, she will see them as being attractive and appealing to her because they are a part of him.

She will actually really like the way that he looks. In fact, she can even love it and come to prefer his type of appearance over what she thought she used to like or want.

This is weird, I know...

It doesn't make much sense for guys who don't understand attraction.

A lot of guys think that they have to look like a perfect male model with a perfect body and then

they're going to be able to make women feel intense attraction for them, but that is not how it works.

Yes, a woman can feel attraction to a man's physical appearance, but you are **not** limited to making a woman feel intense attraction for you based on your appearance.

The most powerful types of attraction that you can make a woman feel are based on what you say and do when you're interacting with her.

When you look around, you will see that the guys who are with beautiful women, usually don't look like perfect, plastic models. They've got weird quirks about them and they've got features that you might consider to be unattractive (e.g. big nose, short, overweight, etc), but the woman he is with finds him to be attractive.

Weird, but true.

Even though he doesn't look like a male model, she says that he is handsome, sexy and desirable. He is her man, she loves him, she loves being around him, she loves the look of him and she loves his unique features because she's feeling attracted to him in many different ways.

On the flip side, if you don't make a woman feel attracted to you when you're interacting with her, then she starts to see your quirks and features that are not considered to be physically good looking in a negative light.

She wonders why she's not feeling attracted to you and she starts focusing on things that she doesn't like about you. *"Oh yeah...I don't like that he's bald"* or *"I don't like that he's got a big nose."*

However, that doesn't mean that the same woman cannot feel intense attraction for a guy who is bald or who does have a big nose. She can feel intense attraction for him, if he makes her feel attracted in many other different ways.

Weird, but true.

As mentioned, I teach guys how to make women feel attracted to them in more than 100 different ways.

You most-likely don't know how much power you have when it comes to attracting women. You can make a woman feel intense attraction when you interact with her.

It doesn't have to be about your looks. You don't have to try to use your looks to attract women.

You can use your personality, your communication style, your behavior, your body language, your attitude, etc. There are so many different things that you can do to make women feel attracted to you.

You really can.

A lot of guys go through life thinking, *"I'm bald"* or *"I've got a big nose"* or *"I'm short"* or *"I don't have the perfect body"* or *"My face isn't good looking, so I can't be attractive to women."*

Yet, what these guys fail to realize is that their surface features (e.g. being bald, having a big nose, being short, etc) can flick over to being cute, adorable, sexy, attractive, handsome and desirable if he makes her feel attracted in other ways.

The Really Cool Thing About Being a Man

The really cool thing about being a man is that you can be overweight, you can be short, you can be bald, you can have a big nose or you can have a high forehead and bent nose like me and most

beautiful women can still refer to you as sexy, handsome and attractive.

Weird, but true.

When you know how to attract women while interacting with them (i.e. based on what you say and do), women then say, *“Ooh, there’s something about him. I like him!”* and are really drawn to you.

The more ways that you can make her feel attracted to you while interacting with her, the more INTENSE her attraction for you will be. When she is feeling intense attraction for you, it won’t even really matter to her what you look like. Of course, not ALL women will accept a guy who isn’t a perfect male model, but most will.

You might have seen other guys with beautiful women and thought, *“What is she doing with him?”* You might have been walking along a street and seen a guy walking along with his beautiful girlfriend or wife and he doesn’t look like anything special.

He might have been overweight, short or may not have had a perfect gym body like you’ve been told by the media or online that you MUST have to attract women. *“Get the six pack abs and then you get the girl!”* or *“Build up your biceps and then you’ll get the girl.”*

Yet, when you look at what’s going on around in you the REAL world, you realize that’s not even the case. Beautiful women are with all sorts of different looking guys.

Yes, there ARE some women who like the guys who have the perfect body. There’s nothing wrong with working out in a gym and there’s nothing wrong with having muscles, but you don’t actually NEED it to get yourself a beautiful girlfriend or a wife, or to have sex with beautiful women.

You don’t actually need it.

You can have muscles and the perfect body if you want to, but you don’t actually need it.

Some Real Life Proof That You Don’t Have to Be a Perfect Male Model to Attract Women

What I’m going to do now is show you some photos of guys who aren’t good looking, who are overweight or from a race where guys think they can’t pick up women as easily as other races, but they have a beautiful girlfriend or wife.

So, have a look at this guy....

[image: Ugly guy marries pretty woman]

Does he look like a handsome man with a perfect gym body, or does he actually look a bit overweight? How about his face: Does his look handsome, ugly, below-average looking or average looking?

How about these two guys getting married to a beautiful woman, but both guys are heavily overweight and maybe even considered to be obese....

[image: Fat men marrying beautiful women]

Most guys are going to assume, *“Okay, he MUST be rich. Money is the only reason why she would want to be with him.”*

[image: Fat guy with a skinny girlfriend at the pool]

Yet, that's not always the case.

[image: Fat guys with pretty women]

Most guys in this world aren't rich and are just getting by. Most guys have just got a normal job and earn a normal income.

How about this guy here...

[image: Fat guy with sexy girlfriend]

His girlfriend is beautiful, she's in shape, but he is overweight. What is she doing with him when she could be with a really tall man who's in perfect shape and who looks like a male model? What's going on here?

How about these two guys...

[image: Bald guy with pretty woman. She finds him attractive]

These guys are BALD.

Huh?

What are those women doing with them? Isn't being attractive about having a full head of hair? Isn't that what they tell you on those TV commercials when they're saying that you have to dye your hair and have a full head of hair?

What's going on here? Why would a woman want to be with a guy who is bald?

You've got to have a full head of hair to attract women...right?

How about this guy...

[image: Asian guy marrying pretty white girl]

He's Asian. Hang on...an Asian guy with a white girl...that can't be possible. Yes, it is possible and it's actually very normal and common these days.

Here's a fat Asian guy with a young, pretty white girlfriend...

[image: Fat Asian guy with pretty girlfriend]

How is that possible?

...and now, here are some black guys with white women. What's going on here?

[image: Black guys with white women]

Here's a white guy with a black woman. What's going on here? Here's an Asian guy with a black woman. How is that possible? What's going on? How could she feel attracted to him?

[image: White man marrying a black woman. Asian guy marrying a black woman]

How about this guy with his big ears...

[image: Guy with big ears with beautiful girlfriend]

What's going on there? Why is she with him?

How about this guy...

[image: Guy with a weird nose with a beautiful girlfriend]

Look at his nose. He doesn't look like a typical, good looking guy. He has that weird looking nose,

but he's got a beautiful looking girl. Why is she with him when she could be with a guy who has a male model looking face? What's going on?

I mean, have a look at this guy...

[image: Ugly guy with hot cheerleader girlfriend]

What's going on here? This girl is a young, pretty woman and she's with that guy who doesn't look handsome. How is that possible?

Is it actually possible that she's not concerned about his looks now? She feels attracted to him in OTHER ways (no, not money) and she actually sees his physical appearance now about being attractive to her.

Now that she feels a lot of attraction for him for OTHER reasons, she looks at what otherwise would have been negatives about him (e.g. nerdy smile, big eyebrows, nerdy clothes, etc) in a more positive light.

What do you think?

Is it possible that when a woman feels attraction for a guy for OTHER reasons (no, not money), that she stops focusing on what she might have been going around saying that she wants in a guy? For example: *"I want a tall, handsome, perfect man with loads of money."*

[image: Asian guy with white girlfriend]

Is it possible that a woman can feel attracted to a guy for OTHER reasons and then actually like his physical appearance because it is him?

[image: How is this possible?]

She is attracted to him, she is into him and because of that, she actually looks at his physical appearance in a positive light and even sees it as attractive or handsome?

[image: Everyday couples]

What is going on here? Why are these women (and many others that you've witnessed in your life) not with perfect male models with loads of money? Why is it possible for these guys to have these women? What is going on?

The Truth About Attracting Women

It's actually possible to attract women in ways other than looks, money, social status, being tall, having a big dick, etc.

Not all women will accept a guy who doesn't look like a perfect male model with a perfect body, but most women will.

Most women are more flexible with what they feel attracted to and place less importance on a guy's physical appearance, if he's able to make them feel enough attraction for other reasons.

Before interacting with a guy, a woman will judge him on his physical appearance because she has to make an assessment based on something. However, when a guy interacts with her, his surface features (e.g. having a big nose, being a bit thin, being overweight, having an unappealing face, etc) can flick over to being likeable if he can make her feel enough attraction for other reasons.

This is why it's so important for you to be able to attract women when you **interact** with them. Your

ability to attract women determines the quality of woman that you can have access to and it determines a lot of the desire she will have to stay in a relationship with you.

If you're unable to make women feel attracted to you when you meet them, you won't have your choice with women. In a relationship, if you're unable to make a woman feel increasingly attracted to you over time, the spark will die out.

For the single guys watching this video: If you are afraid of interacting with women and you hide away in the background, you are literally wasting your precious lifetime. You deserve so much better than what you are allowing yourself to experience with women.

A lot of guys waste their life hoping that women will someday, suddenly like them for looking good or for achieving a certain financial status in life. Wasted years tick away and nothing really ever changes.

To be clear...

There is nothing wrong with a guy working out a gym and building muscle. Likewise, there is nothing wrong with a guy putting in a lot of hard work to be successful in life.

You can do those things if you want to, but you can still make a beautiful woman feel INTENSE attraction for you even if you don't have those things.

There are guys out there who don't have a job, have never worked out in a gym in their entire life, are skinny or overweight, but they still have a beautiful girlfriend or wife. They can still make women feel intense attraction for them, or at least enough attraction to begin a relationship.

Your Ability to Attract Women

Throughout your life, your ability to attract women is going to be critical to your success at picking up women and being able to keep a relationship together.

If you're currently single and you're unable to make beautiful women feel intense attraction for you, it doesn't mean that you can't develop that skill. Likewise, if you're currently in a relationship and the spark has died, it doesn't mean that you can't start behaving and talking to her in an attractive way and get that spark back.

Generally speaking, the amount of attraction that a woman feels for you is completely within your control. Most of what a woman feels attracted to is how a man behaves and talks to her, when he interacts with her.

Once you know how to make a woman feel intense attraction for you during an interaction, you realize how much power and control you have over your success with women.

You realize that you don't need to be afraid to walk over and talk to women because you can make them feel attracted. You also realize that you don't need to worry about losing your girlfriend or your wife because you can maintain her attraction and you can build on it over time.

Take Ben from The Modern Man as an example. Ben, Stu and I are the coaches at The Modern Man.

[image: Ben, Stu and Dan - The Modern Man coaches]

As you can see, Ben doesn't look like anything special. In the past, he was a confident guy (unlike

me who was nervous around attractive women and had to learn how to be confident), but even though he was confident, he didn't know what to say or do around women to make them feel attracted enough to want to be with him.

Ben never really got anywhere with women and was always the single guy while all of his friends were hooking up with women, having relationships and having a great time. Yet, what Ben did was focus on discovering how to attract women and when he did that, women began flooding into his life.

When I first met Ben, he used to always say to me, *"Give me 10 minutes alone with a girl and she's mine"* and then later on that turned into, *"Give me 5 minutes"* and then *"Give me a minute"* and then, *"Just let me interact with her."*

Ben has confidence in himself and so do I and does Stu. Yet, how do we do it? How do we have that confidence in ourselves where we can talk to a woman and interact with her and we know that we're going to be able to make her feel attracted?

The reason why I've been able to make so many beautiful women intense attraction for me is because I've focused on attracting women when I interact with them. I know that the most important and powerful ways of attracting women happen when you're actually interacting with them.

"It's Not Fair! Women Have it So Easy..."

When a guy doesn't know how to attract women, it can feel like women have it so easy because all they've got to do is look good and they'll get attention.

However, when a guy knows how to attract a woman by the way that he interacts with her, he suddenly realizes that he is the lucky one. He can be overweight, short, have a big nose, etc and he can still make a beautiful woman feel intense attraction for him.

We men are lucky that women can feel intense attraction for us based on how we interact with them.

When you know how to attract women during interactions, you have your choice with women because most of the women that you meet feel attracted to you. It's really up to you how much or how little attraction you want women to feel for you when you interact with them.

You can decide to set off several attraction triggers during a simple conversation and make her feel a lot of attraction for you. In a relationship, you can make your woman feel increasing amounts of attraction for you over time.

The spark doesn't have to die between you and her. You can make her feel attracted to you by the way that you interact with her.

If the way that you interact with her turns her off and doesn't make her feel more love, respect and attraction for you, then of course the spark is going to die out. However, if the way that you interact with her, communicate with her and behave around her makes her feel more love, respect and attraction for you, then the spark isn't going to die out.

The spark doesn't have to die out in a relationship. You can actually make a woman feel more and more attracted to you over time.

She can fall more in love, feel more respect and feel more attraction for you over time, to the point where it doesn't make any sense to want to break up with you. You are her man.

How Did I Work Out the Secrets of Attraction?

So, how did I work out all of these attraction techniques? How did I work out how to be successful with women?

Well, in the past, I wasn't successful with women.

I was the nervous guy, I was too nice to women and would talk to them and quickly run out of things to say. If I was talking to an attractive woman, I almost always couldn't keep the conversation going or keep it interesting.

I would start talking to an attractive woman and she might give me a chance initially because I dressed well and was appearing to be decent, but then I'd lose her interest because I didn't even know how to make her feel attracted.

I didn't know how to make a woman feel attracted to me while interacting with her. I didn't even know that it was important to make a woman feel attracted during an interaction, other than just being a likeable, nice guy.

I was hoping to be chosen by her for looking good enough, because that's how I selected women. It was a case of me thinking, *"Okay, I've got these fashionable clothes on...I've styled my hair in a cool way...can I get a chance with you?"*

...but, it just wasn't working.

So, like most guys, I assume that I mustn't be good looking enough. That went on for a long time (years) and I ended up losing a lot of confidence in myself until one night when I attended some after work drinks with my coworkers / colleagues.

The same, old thing happened again: I talked to some women (after having a few drinks to feel confident enough) and they either rejected my attempts to talk to them or quickly lost interest when I began asking them all the standard questions like, *"So, what do you do for a living?"* and then, *"Oh, okay and how long have you worked there?"*

I went home alone as usual and my older sister (who I was sharing a rented house with at the time) asked, *"So...Dan, did you pick up tonight?"* She was asking me in a sarcastic way because she knew that the answer was almost certainly going to be, *"No"* and it was.

After hearing me say *"No"* once again, she said, *"Oh, don't worry...you've just got to wait for the right girl to come along. Maybe you're meeting the wrong girls."*

I explained the situation further, hoping that she would have some sort of female insight to help me understand what I was doing wrong, but she didn't. I said, *"I'm talking to women and it just doesn't seem to be going anywhere. It seems like there's nothing really to talk about and it gets boring very quickly."*

Once again, she said, *"Oh, you're probably just meeting the wrong girls. Wait and the right girl will come along."*

That is the point where EVERYTHING changed for me. I said (in a candid, loving way that only a brother can say to his sister), *"Bullshit! No! I've seen other guys who've got a beautiful women...they've got a beautiful girlfriend or wife or they have multiple women in their life."*

Why can't I have a girl? Why aren't women interested in me? Why am I talking to women and it's not going anywhere? What is going on here? What is wrong? What am I missing?"

Of course, back then, I didn't know what I was missing.

I didn't even know that a guy had to actively make a woman feel attracted to him while he interacted with her.

I was going through life with the peacock bird mentality.

[image: Peacock mating dance]

Look at the peacock bird. He has to attract a female bird by looking all colorful and pretty. *"Please choose me! Look at my feathers. Am I pretty enough for you?"*

Based on what I'd seen in the media and overheard women say about handsome, good looking men, I thought that it was all about looks.

I thought that I had to get chosen based on how I looked and then try to impress the girl by talking about my job and about what I wanted to do in the future...and then hopefully, I'd be able to get a chance with her.

Yet, that was obviously wrong and trying to be chosen for your looks or career credentials doesn't get you anywhere...and you would know that as well if you've been trying it.

[image: Dan Bacon - home alone...once again]

I was sick of being left out of all the love, sex and relationships that everyone else was enjoying. I knew I deserved better than to be rejected by pretty much every woman I spoke to.

I knew that I was missing a key piece to the puzzle of attracting women, but I just didn't know what it was.

So, I made a promise to myself...

[image: I made a promise to work this stuff out no matter what]

I said to myself, *"I'm going to go out and approach women every weekend until I work this stuff out. Until I work out how to start a conversation with a woman and get her attracted to me; to who I am...to like me for me, to love me for me, to want me for me.*

I'm going to make that happen."

Luckily, around that time, I made a new friend and he was hopeless with women as well. We made an agreement together and said, *"Let's go out there and approach women every weekend and get this worked out."*

Initially, it was horrible because neither of us knew what we were doing. I would walk up to women and try to start talking to them and they would either give me a *"Get away from us"* type of reaction with their body language or they would rapidly lose interest in talking to me within 10 seconds to 2 minutes.

I would always run out of things to say, the conversation would become boring and I couldn't keep the interaction going or keep the conversation interesting enough.

I would then either have to leave because it felt so awkward and even unnecessary to be talking to them or the women would say something, *"Um...can you leave us alone now?"* or *"Sorry, but we're having a girl's night"* or *"I'm going to bathroom. Bye!"* and she wouldn't come back.

It was the same thing over and over again, but I persisted and I stuck to my promise of continuing to approach women until I worked this stuff out.

Eventually I started to work out how to make women feel attracted to me.

[image: Dan Bacon - Living the playboy lifestyle]

I started to work out how to make women feel INTENSE attraction for me. I made women feel attracted to who I was (i.e. my personality, vibe, etc), how I was talking to them and how I was using my body language during the interaction.

[image: Dan Bacon - Living the playboy lifestyle]

I was attracting women in 5, 10 and then even 15 different ways within minutes of meeting them.

[image: Dan Bacon - Living the playboy lifestyle]

I worked out how to kiss women within 10 minutes of meeting them, then within 5 minutes and then almost immediately. I worked out how to take women home for sex from a bar or nightclub.

[image: Dan Bacon - Living the playboy lifestyle]

I worked out how to get sex on the first date (at my place or hers), even if I had met the woman during the day in a shopping mall or cafe and only gotten her number after talking with her for a few minutes.

I worked out how to have multiple women in my life at a time. I worked out how to be confident. I worked out what to say and do around women to have my choice of women.

After enjoying that lifestyle for about a year and a half, I decided to write down everything that I'd discovered and put it into what eventually became my book, The Flow. The Flow is the natural process that you need to go through when you meet a woman, to make her feel attracted to you and want to be with you.

So, if you want to learn how to attract women into wanting to date you or have sex with you (e.g. a woman from work that you have a crush on, meeting women in bars or clubs, meeting women at university, through friends, etc), then at least make sure that you read my book The Flow.

I have a lot of powerful, life-changing programs at The Modern Man and all of them include unique ways of attracting women, becoming more confident and becoming a more attractive man overall.

However, if you're starting out and you want to learn how to attract women and have your choice with women, then make sure that you at least read my book The Flow and experience what it's like to be able to attract women.

Experience what it's like to make a woman feel more and more attracted to you, the more she interacts with you. You can actually have that power and control over your interacts with women.

When it comes to relationships, if you want to learn how to make your woman feel an increasing amount of attraction for you in a relationship, then I have two programs for you.

The first program is The Modern Relationship, where you will learn how to create and maintain the ideal type of relationship dynamic that always creates more sexual tension between you and your woman.

The second program is Better Than a Bad Boy, which is about being the sort of man that a woman not only desperately wants to be with (when you meet her), but stay with when in a relationship.

The respect, love and attraction that she feels for you, deepens over time rather than fading away. It's also about having purpose in life and being what women refer to as a real man.

Women are often found asking, "*Where are all the real men?*" and a lot of guys think that bad boys

are the most attractive type of guy to women, but the most attractive, desirable type of man is a real man. That is what women are REALLY looking for and hoping to meet and be with when in a relationship.

I've Done it and You Can Too

Over the more than 10 years that I enjoyed the playboy lifestyle of having many women in my life, dating (and having sex) with multiple women at once and really enjoying myself, I had many girlfriends who wanted to settle down with me and marry me.

Yet, I was never ready for that until I met my current girlfriend a little over two years ago.

[image: Dan Bacon at a nightclub with girlfriend]

As you can see, she's a very sexy woman and I picked her up even though I don't have a gym body. I don't have the big muscles that are apparently "required" to pick up hot, sexy women.

When I met her, there were plenty of tall guys in the club with muscles and good looking faces, but I was the guy who interacted with her and made her feel intense attraction.

[image: Dan Bacon with girlfriend at Jan Juc beach, Victoria]

Throughout our relationship, her attraction love and respect for me has increased over time, rather than fading away. Recently, her and I got engaged and we're now planning to start a family.

[image: Dan Bacon - now engaged to be married]

I don't want to talk a lot about myself here, but the reason I'm telling you this is that I want you to know that you CAN make a beautiful woman feel intense attraction for you by the way that you interact with her.

You don't have to look like a perfect male model to make a beautiful woman feel intense attraction for you.

What I want you to know is that the most powerful and important ways to attract women happen when you interact with them.

It's about:

- What you say and do when you're interacting with her.
- How your behavior makes her feel.
- How your conversation style makes her feel.

Some women will only accept a super good looking guy with loads of money, but most women have an Open Type and they can feel attracted to all different types of guys, as long as the guy makes her feel attracted in other ways.

What Do You Think Now?

Let's go back to the questions I asked you at the start of the post.

Do you think that it's possible for YOU to make a beautiful woman feel intense attraction for you?

Or...

Do you feel like you can't make a beautiful woman feel intense attraction for you because you're not good looking enough, you're not super rich with millions or billions of dollars (or euros, pounds, etc), you don't have an amazing job or you're not tall enough?

Do you think that, because of things, you cannot make a beautiful woman feel intense attraction for you?

If you think that you can't make a beautiful woman feel intense attraction for you, then read through the article again and look at the photo evidence I am providing.

Attraction works differently than most guys realize. When you look up attraction in the dictionary, it doesn't say, "The feeling that a woman gets in response to a guy's physical appearance."

Attraction is about features and qualities that evoke feelings of interest, liking and desire. A woman can feel attracted to a man for many different reasons; it's not just about looks.

Yes, of course, there ARE women who will only ever accept a tall, handsome, perfect male model with loads of money. That is true, but the majority of women have what I call an Open Type, which means that they're open to being with all different types of guys as the guy makes her feel enough attraction in other ways.

You may not be able to believe that right now. You may not be ready to accept it, but I promise you one thing...

If you don't accept it right now or if you don't understand it right now, you're going to see it all around you in the world from now on.

You're going to see a guy walking along with a beautiful woman and you will notice that he doesn't look like anything special.

You're going to see a guy in a social situation who doesn't look like anything special, isn't rich or isn't high status in society, but beautiful women are going to be attracted to him.

There will be nothing really special about his appearance at all. He will look like an average or even below-average looking guy or he will be overweight, be shorter than you or be from a race that you think can't attract women from other races very well, but women will be into him like nothing else.

The women will feel intense attraction for him and want to be with him.

That is the reality that you live in.

It is real and it is all around you, but you probably haven't understood it until now. Hopefully, now that I've explained it clearly in this post, you won't go and waste your life thinking that you're not good enough for attractive women. You are. You really are.

In terms of relationships...

Do you think that it's possible to make a woman feel increasing amounts of attraction for you over time?

Do you think that it's possible to be one of those couples that you see who are 30-40 years into a relationship, but are still extremely happy together? They are attracted to each other, they are still in love and they still have the "spark" between them.

Do you think that it's possible?

Of course it is.

For the single guys reading this...

If you want to make a woman feel intense attraction for you when you meet her, then you at least read my book The Flow and if you want to learn even more advanced and mastery level techniques later on, then I have all of my other programs for you as well.

For the guys who are already in a relationship...

If you want to make your woman feel a renewed feeling of attraction for you and then deepen that over time, I recommend that you watch The Modern Relationship and if you want to deepen your education and learn more about being the sort of man that women desperately want to be with, then I recommend that you watch Better Than a Bad Boy

Better Than a Bad Boy is about being what women refer to as a real man. When a woman is with a real man, she does not want to leave him. She feels intense attraction, respect and love for him and that grows over time rather than fading away.

Would You Like to Unlock More Secrets of Attraction?

I hope you've enjoyed this post and if you want to learn more, what you've discovered in this post is just a tiny bit of what I can teach you. If you've enjoyed what you've been learning so far, you are going to be AMAZED at what you learn in my programs.

Our techniques, methods and mindsets have come from all of our successful experience with women and from taking guys out for many years into bars, clubs and shopping malls and showing them how to approach women.

Our advice also comes from running seminars for many years, coaching guys on the phone and from replying to all of the comments all over the site for many years to help guys who need a quick question answered.

The techniques that we teach in our programs are exclusive to The Modern Man and no-one else can explain what we understand in the way that we understand it.

What Ben, Stu and I say and do when we're interacting with women is why we've been able to make so many women feel intense attraction for us for so many years. When you know how to make women feel intense attraction for you when you're interacting with them, it's just so easy to attract a woman for sex or a relationship.

Ben, Stu and I have spent a long time creating all of our programs to put all of the advice, techniques, methods, mindsets and insights into structured formats that you can learn and start using in your life right now.

You don't have to waste YEARS of your life and put in loads of hard work to try to work all of this stuff out on your own. You can learn what we've worked out over many years in a matter of HOURS. For you, it's all available in a program. All you need to do is download it and then upload it into your brain, start using the techniques and you will instantly having the sort of success that we've been experiencing with women all this time.

When you interact with a woman for the first time, you're able to make her feel INTENSE attraction for you. When you're in a relationship, you're able to deepen her attraction over time to the point where she doesn't want to leave you.

You can have that power and control over your ability to attract women.

Your ability to attract women determines the quality of woman that you can have access to and the desire that she's going to have to stay with you in a relationship.

You CAN make a beautiful woman feel intense attraction for you and you CAN make her feel more and more attracted to you over time. You really can do it.

[image: Stop wasting your life being without women]

I hope that if you do want to learn how to do it, you get started. You don't go and waste more of your life thinking that you can't do it, *"Oh, I'm not good looking enough"* or *"I'm not good enough."*

Yes you are.

You can make a beautiful woman feel intense attraction for you while she is talking to you. You can really do it.

In a relationship, you can make a woman feel more and more attraction for you over time. You can do it.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

I'm Good Looking, But Can't Get a Girlfriend

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Recently, a guy contacted me and asked, *â€œDan, Iâ€™m good looking, but canâ€™t get a girlfriend. I donâ€™t get it. Why do so many ugly, fat guys get hot girlfriends but I canâ€™t? People tell me Iâ€™m good looking, but women just aren't interested in me. Why? Why can't I get a girlfriend?â€*

I would love to personally reply to everyone who e-mails me, but it's physically impossible to be an e-mail buddy to 100s of new guys every week and still have the time to make new posts and videos for the site.

So, instead of personally replying to him (and the 100s of similar messages about looks that I've gotten over the last couple of months), I'm going to explain the answer in this article.

Good Looks Don't Automatically Make You Good With Women

Thanks to the media, most guys these days think that if they are good looking, women are going to line up to be with them.

Yet, in reality that isn't what happens at all.

To show you what I mean, here are a few more comments and questions that I've gotten from good looking guys:

*â€œI am 34, unmarried and lonely. **All my life I have been called handsome and cute and whatever** although to this date I've had sex two times. The first was with a drunk girl I lucked onto at a party and the other was a prostitute. I try talking to women and they seem interested at first **but the conversation never goes anywhere.**â€*

*â€œIts impossible to approach women! I walk around the mall for hours on end trying to do it day after day but never doing it. I know everything about attracting women and what to say and do but I still canâ€™t do it. Iâ€™m so sick of this. **Iâ€™m a great looking guy – better looking than 99% of dudes I see, I have a great lifestyle, Iâ€™m a fantastic friend and I have good intentions, anybody would be lucky to date me. No matter how p**sed off I get with my situations its never enough to motivate to take the plunge and just say something. It depresses the hell out of me sitting in night after night thinking â€œok tomorrow Iâ€™ll do itâ€ Iâ€™ve come to realisation now Iâ€™m just kidding myself Iâ€™m never going to do it. I hate seeing an attractive women with some dweeby boyfriend holding hands. What am I doing wrong?? How can I change? **Why aren't my looks helping???****â€*

â☐☐I regularly get told that I am good looking and people ask me why I don't have a girlfriend all the time, but I am yet to have one single girlfriend in my entire life and I am 27. Please Dan I am asking you to help me. I haven't bought any of your products yet, but I promise I will if you help me.â☐☐

â☐☐i have very big problem and i hope you can surely help me out. most people including men and women tell me how good looking i am;muscular and very tall but my problem is,i find it very difficult to approach girls even the ugliest.AND also find it difficult too talking to guys.i cant look straight to someones face when talking to.AND this has made feel me so shy when i try to approach women and the woman can just see directly from me so i really need your help.â☐☐

â☐☐I am a very good looking guy, I work out and have a great body, I own my own business but I am am shy when I really like a girl. Where am I going wrong Dan? How can I be the man that women want?â☐☐

Why aren't those guys getting laid or getting a girlfriend?

What is the real problem?

Simple...

Most Women Place Less Importance on Looks Than Men Realize

[image: Normal, everyday guys can attract women by creating a spark during an interaction]

It's true that there are some women out there who will only ever accept an extremely good looking guy for a boyfriend, lover or husband.

Women like that will simply reject any who doesn't appear to be good looking according to her standards.

Yet, those women are the minority.

The majority of women have what I call an Open Type, which means that they are open to being with many different types of guys (in terms of looks, race, financial status, height, weight, etc) as long as the guy can make her feel attracted and drawn to him in other ways.

[image: Attracting and picking up women is easy]

Most women (not all) don't select a guy purely based on his looks.

Most women are seeking more important, useful traits in a man such as confidence, charisma, the ability to make her laugh, the potential to do well in life, the ability to make her feel girly in response

to his masculinity and the ability to be respected by other men and get along with people in general. If a guy is simply “good looking” or has a great gym body, but his personality lacks substance or appeal (e.g. he is a boring conversationalist, is too nice to her in the hope of being liked for it, is nervous or unsure of himself and makes her feel like more of a friend than feeling girly and sexual around him), most women will reject him.

Some women will feel attracted to him and even try to pick him up, but those women will usually either be unattractive, drunk or weird psychos.

Most attractive women who are normal, confident and looking for a real man will not accept a good looking guy who lacks confidence around her or who doesn't know how to make her feel girly and feminine in comparison to his masculine approach.

The Peacock Analogy

[image: Male peacock displaying pumage]

In the peacock bird species, the male bird shows off his colorful plumage and hopes to be selected by the female bird for his appearance.

In the human species, it is the woman who gets dressed up, wears make up and tries to look as physically appealing as possible to be selected by the best males for her appearance.

Many modern men have become confused with all the advertising messages they see on TV, which show men being adored and lusted after for being good looking, having six-pack abs or wearing the latest fashions.

They have been led to believe that if they just look good enough, women will approach them like female actors do in Hollywood movies and TV shows. Yet, in the real world, the human mating dance has not changed.

Yes, some women are dead set on finding the perfect looking guy who looks like a perfect male model, but the majority of women don't really care that much about a guy's looks at the end of the day.

Most women know that their initial attraction to a guy's looks will fade, so what is most important is his ability to make her feel attracted in other ways for life.

Women LOVE it when they meet a guy who doesn't make the Pretty Peacock mistake of trying to use his looks to attract her and instead uses his personality, behavior and communication skills to turn her on in many different ways at once.

Attracting her with your personality, behavior and communication style allows her to take on the role of being the “Pretty Peacock” and be selected for how she looks, which is how women really want it to be.

It also allows the woman to select a man for how his personality, behavior and communication style makes her feel.

If you go through life trying to get women to select you based on looks, you will be dancing the wrong mating dance. Yes, a man's looks can attract women, but you're not a peacock bird, you are a man.

Women are looking for more useful traits in a man than just a pretty face or perfectly sculpted gym body.

It is a fact of nature that human women can (and will) select a man based on his personality, behavior and communication style.

If you are able to attract a woman with those things, most women (not all) will forget the fact that you don't look like a perfectly sculpted male model.

A guy can be overweight or "ugly" (in your eyes), but to her he will be attractive. It's just the way it works.

A Weird Fact About Attraction

[image: Fat guy with hot girlfriend. She finds him attractive]

When a guy can attract a woman in other ways (e.g. with his confidence, conversation style, humor, special talents or skills, etc), she actually begins to see his "ugly" or previously "unattractive" features as being cute, sexy, appealing, adorable and loveable.

He might be overweight, have a gap between his teeth, be short, bald or from a race that you think isn't attractive, but she will find him attractive.

She may have been going around SAYING that she doesn't like bald guys, but that doesn't mean that a bald guy can't make her feel attracted.

[image: Ugly man with beautiful women. She finds him attractive]

[image: Fat guy with beautiful girlfriend. She finds him attractive]

That doesn't make any sense to a guy who is good looking when he sees it because he doesn't understand what attraction REALLY is. The dictionary definition of attraction is:

Attraction (*noun*): A quality or feature of someone that evokes interest, liking or desire.

Even though women will go around SAYING that they only want a good looking guy or a handsome man, it does not mean that they cannot feel attracted to average looking or "ugly" men for other reasons.

[image: Fat guy with sexy girlfriend]

[image: Asian guy marries white girl. She finds him attractive]

People can SAY whatever they want, but what you should focus on is what they actually DO. A woman might go around saying that she wants a handsome footballer or a rich businessman, but she will happily have sex with or even marry a guy who isn't either of those things, as long as he can attract her in several other ways.

[image: Bald guy with pretty woman. She finds him attractive]

This fact of attraction is a difficult thing for most men to accept, but it's the true reality of the human mating dance. You either accept it or you go through life feeling insecure because your Pretty Peacock dance still isn't working.

You either believe what you see in the media and what women SAY or you watch what people

actually do.

There is a huge difference between what people think and say and what they actually do.

People can say whatever they want, but the reality is that women can (and do) feel attracted to men for many different reasons other than looks and money.

Most guys don't realize how easy it is to attract a beautiful woman because most guys approach and hit on her in the wrong way.

Imagine Being a Beautiful Woman...

[image: Imagine being a beautiful woman]

Imagine for a moment that you're at a social event with a hundred other guys and one beautiful woman walks in.

How many of those guys would want to hit on her, have sex with her and have her as their girlfriend?

Most-likely all one hundred of them.

Yet, approximately 95 out of 100 of them wouldn't really care whether or not she has a nice personality, is intelligent or has good long term potential as a girlfriend or wife.

They are going to feel sexually attracted to her and want to be with her based on her LOOKS.

Now this is where the big difference comes in between men and women.

The beautiful woman in the room knows that she can have any one of those hundred guys if she really wants to...and that's just so boring for her.

She knows that men are attracted to her because of her looks, so for her, getting a guy is not a challenge.

If a woman is beautiful or at least decent looking, all she has to do is dress a little sexy, put on some makeup and do her hair and she can have pretty much any guy she wants.

Yet, there's no challenge for her with that game.

It's too easy.

After experiencing the same thing her entire life where guys are hoping to get a chance with her simply based on her looks, she develops a need for a guy who makes her feel lucky to have been chosen by him.

She wants to be with a guy who makes her hope to get a chance with him. A guy who doesn't want her just based on her looks and makes her impress him first, before he becomes fully interested.

[image: The life of a beautiful woman]

Yet, finding a guy like that is next to impossible for a beautiful woman. Most guys react to their feelings of attraction and show 100% interest in her immediately or pretend not to be interested, but she can tell that they are.

[image: Happy couple at the cinema]

It's not easy for a woman to find a guy who can make her feel the way she really wants to feel when with a guy.

If she is beautiful, most guys will instantly like her, want to have sex with her and will hope to be chosen by her for looking good (e.g. having big muscles, wearing fashionable clothes, having a good looking face, etc).

Yet, almost all women don't want to select a male for his looks like the peacock bird does.

Instead, she looks for men who have more important traits that human men need to survive, thrive and prosper in this world (e.g. confidence, determination to succeed, ability to get along well with others).

A man's looks isn't going to make her feel safe, protected and girly, but his masculinity (in how he thinks, behaves and takes action in life) will.

His pretty face or perfectly sculpted gym body isn't necessarily going to pay the bills when they are trying to pay off a mortgage and raise a family, but his determination, emotional strength and social intelligence will.

A woman wants a man who can make her feel attracted in longer lasting ways, rather than just the fleeting feelings of initial physical attraction that she may feel for a good looking guy.

[image: Happy couple - pregnant]

Seeing the couple above, some guys will think, "*Huh? How could she let herself get pregnant to him!?*" and they will assume that the guy must be rich or have a huge dick. Yet, most guys aren't rich and most guys have an average-sized penis.

So, what else could she be attracted to about him?

Is it possible that his personality traits, behavior and way of communicating with her made her feel attracted enough to start a relationship with him and then made her want to start a family with him?

Is she making a mistake being with him? Should she have chosen a guy who looks like a male model instead? Is that all women want? A guy who looks good?

Is it possible that a beautiful woman doesn't have to be with a guy who looks like a male model or has millions or billions of dollars to be truly attracted to him and happy in love with him?

Are looks and money the main things that a woman needs from a guy, or could most women be a lot less shallow about looks that you might imagine?

Do guys have to have male model looks to have a beautiful girlfriend or wife, or can they attract women with their personality, behavior and communication style?

Men place a lot more importance on a woman's looks than women place importance on a man's looks. There's nothing wrong with that; we're just following our natural instinct.

We men want to find a beautiful looking woman because that is what is important in terms of feeling proud of her, having beautiful children and feeling a continued attraction to her physical appearance, long enough to procreate.

However, for women, a guy's looks isn't what is going to have the most long term value to her. Yes, she can feel attracted to looks, but instinctively, she knows that looks are not the most valuable and useful trait that a guy can have.

[image: Happy couple by a lake]

If she meets an average or below-average looking guy who can attract her in more important ways and make her feel the way that she truly wants to feel when with a guy, then she will be a winner in

life for being with him.

Her life is going to be GREAT because she is attracted to her man and he makes her feel the way she really wants to feel with a guy.

Yes, she could hold out for a male model billionaire, but that isn't the ONLY type of guy she can feel attracted to.

A woman might go around SAYING that she only wants a male model with billions of dollars, but that doesn't mean she can't feel attracted to, fall in love with and happily marry a guy who doesn't have either of those things.

A woman's attraction for a man is mostly based on how his personality, behavior and communication style makes her feel.

Yes, some women are gold diggers and only want super rich men, but the majority of women feel attracted to men who have the POTENTIAL to do well in life; they don't expect a man to already be successful.

Instead of a woman wasting her whole life trying to find a guy who looks like a perfect male model and has a billion dollars, she will happily accept a guy who looks okay and has the potential to do well in life.

Remember what attraction is:

Attraction (*noun*): A quality or feature of someone that evokes interest, liking or desire.

There are not just one or two things about a man (e.g. looks and money) that attract women.

Yes, women can find those two things attractive, but just like with you wanting a perfect Victoria's Secret model and then happily accepting a beautiful "girl next door" type of woman, most women will do the same with a guy who looks okay, but can make her feel the way she really, truly wants to feel when with a guy.

If a woman feels attracted to a man for other reasons (e.g. the way his personality, behavior and communication style makes her feel) and she then falls in love with him, she won't CARE about the fact that he doesn't look like a male model and doesn't have 50 billion dollars.

She will love him for who he is.

I know...it's a hard pill to swallow.

It can be difficult for some guys to believe that a beautiful woman would accept a guy who isn't as beautiful as her or who doesn't have millions or billions of dollars.

Yet, it is true.

If you are like many modern men, you have been confused by what you've seen in magazine advertisements, on TV shows and in movies. The good-looking guy is always surrounded by beautiful women and it seems like that is how it is supposed to be; beautiful people with beautiful people.

You may have even heard women saying that they only like handsome men or that they will only go out with a very good-looking guy.

Women DO say that sort of thing, but it doesn't mean that they cannot feel intensely attracted to average or below-average looking men for other reasons.

You may want to believe that attracting women is all about looks and money and you can if you

want, but I promise you thisâ€¦!

You will go away from my site today and you will see evidence of what I am talking about EVERYWHERE.

You will overhear a beautiful woman talking about how much she loves a guy and he will NOT be good looking like a model. He may only have an average job and drive an average carâ€¦or have no job and no car. He might even be overweight or from a race that you think is not as attractive as your race.

Yet, she will be madly in love with him.

You will see beautiful women walking along with a boyfriend or husband and the guy will not be a good-looking man. He will look ordinary or maybe even ugly in your eyes.

In your stubbornness to accept reality, you might say to yourself, *“Yeah, well...he must be mega rich or have a 20 inch dick”* or *“She is making a mistake by being with him. She will dump him soon.”*

You may think that women are stupid, brainless or mad for not seeing that you’re a good looking guy and then rushing to be with you.

Yet, it is not stupidity; it is the reality that you live in.

Women can feel attracted to a guy for many different reasons OTHER than looks.

If you think that a guy’s looks are the most important thing to a woman, you simply don’t understand what attraction really is or are unwilling to accept that attraction works differently to what you’ve been told by the media.

It’s not your fault.

Almost everyone you meet won’t understand attraction and will believe what they get told in the media or what people SAY rather than what people do.

When you understand how to attract women, you see that most guys just don’t get it and are walking through life feeling insecure about their looks and hoping to be chosen by women like a Pretty Peacock.

You will then notice that a very small percentage of guys don’t play the Pretty Peacock game and effortlessly attract women with their personality, behavior and communication style.

Other guys look on and think, *“What? Why is she with him?”* because they just don’t understand what attraction REALLY is and how it works.

Attraction is the feeling that a person gets in response to features and qualities of another person. In terms of a woman’s attraction for a man, she can feel attracted to a man for 100s of different reasons, not just looks or money.

That is the truth.

The sooner you accept it, the sooner you can stop thinking that the human mating dance is the same as the mating dance of the peacock bird.

You can stop feeling so insecure about your looks or attached to the meaning of your looks and start focusing on attracting women with things that are within your control (i.e. your communication style, behavior and personality).

When Good Looking Guys Get Rejected By Women

[image: A good looking guy with good intentions being rejected by a woman]

Most good-looking guys grow up being told how cute and handsome they are. Maybe their mothers, sisters, relatives and friends tell them how good they are going to be with the ladies when they grow up.

It gets drummed into their head that they are good looking and they grow up expecting to have women flock to them. Yet, it doesn't always happen. Why?

Some good looking guys grow up and are confident, masculine and know how to talk to women in a way that turns them on. Those guys find it very easy to attract women and get a girlfriend.

Yet, not all good-looking guys are truly confident or masculine (in their thinking, behavior and actions) and most don't even know how to turn a woman on during a conversation.

If you're a good looking guy and are reading this, you probably fall into the second category where you still don't yet know what you need to say and do to properly attract and keep a woman.

You will have been able to attract, pick up and have sex and relationships with women whom you are NOT attracted to, but you can't seem to attract and keep the quality women that you are really attracted to.

You may have been able to attract some beautiful women, but they quickly or eventually lost interest in you and dumped you—and you still don't know why.

You may have tried to approach beautiful women and have gotten rejected.

When that happens, all the compliments you got as a child and young man about being handsome and good looking may suddenly seem less believable.

You may think, *"Hang on! Am I good looking or not? Were my parents just being nice by saying that I was a handsome young man? Am I ugly now that I'm no longer a young boy? Was I good looking before, but am now becoming ugly as I grow up? What is going on?"*

What's going on is that you're not a peacock bird; you're a human man.

Most human women have to assess a guy's personality before they make a decision about whether they will have sex with him or date him, so if you don't turn women on during conversation, most women aren't going to be interested.

A good looking guy can definitely attract a woman with his looks initially, but that doesn't mean the woman will continue to feel attracted to him once they begin talking.

If the way that he talks to her and interacts with her is unattractive (e.g. being nervous while talking to her, being too nice, being way too aloof, etc), she will rapidly lose interest.

His looks will suddenly begin to seem unappealing to her and she will find it difficult to feel any attraction for him at all.

3 Simple Ways to Attract Women

[image: Attracting women for sex is easy]

Most guys don't realize how much power they have when it comes to attracting women, because

they're only thinking about looks, money, height, social status and penis size.

Yet, the reason why you will see beautiful women with ugly, overweight, short or bald men is that women CAN be attracted in other ways.

Most men are not rich and most men only have an average-sized penis, yet they still manage to get a girlfriend or wife or have sex with many beautiful women.

How? Here are just three of more than 100 different ways that you can attract women:

1. Real confidence

When a guy has real confidence, it means he believes in himself and in his abilities at all times. Not some of the time, but ALL of the time.

If you can only manage to feel confident around unattractive women, but you then lose confidence in yourself around attractive women, it means that you are insecure.

Confidence (*noun*): Belief in oneself and one's powers or abilities; self-confidence; self-reliance; assurance.

Insecurity (*noun*): Lack of confidence or assurance; self-doubt.

Women, especially beautiful women, want a guy who doesn't feel insecure around them. A beautiful woman wants a guy who believes in himself no matter what; even if she tests him during a conversation and tries to make him feel insecure.

Not all beautiful women will accept an ugly or average looking guy who is confident, but many will because most women have what I call an Open Type, meaning that they are open to being with many different types of guys as long as the guy can make her feel a sufficient amount of attraction for other reasons.

She knows that when they begin a relationship, the initial attraction to looks will become less important. She wants to be able to feel attracted to a guy for more important, long lasting ways.

To be certain about being able to pick a woman up, you need to know how to attract her in many different ways at once. Confidence is extremely attractive to women, but you should also be backing that up by attracting her in other ways as well.

The more ways that you can make women feel attracted to you, the more attractive you will be to women. Other guys looking on won't understand why women feel so attracted to you, but you will.

2. Mental and emotional masculinity

Many guys make the mistake of thinking that being masculine is only about being tall, having a buff body or a full head of thick hair. Yet, the type of masculinity that women are attracted to the most is a man's inner masculinity.

If a guy can handle himself well under pressure (e.g. in social situations, in his personal life or at work), he is displaying the type of masculinity that is much more useful in this world than a pretty faced guy who can't handle himself under pressure.

A man who has the mental and emotional masculinity to remain strong under pressure is the sort of man that she can rely on now and in the future.

Yet, a guy who looks good, but is fairly weak emotionally means that she will have to carry him through life and protect him (emotionally) during challenging times.

A woman wants to be able to relax into being the woman while you stand up and be the man.

3. Great conversation skills

To survive, thrive and prosper in this world, it's important to be able to get along with others and communicate in a way that makes people respect you and like you. Great conversation and communication skills are so important.

A woman might think that you *look good*, but if she talks to you and you don't *feel good*, it will quickly begin to turn her off.

I'll share a personal story here to explain what I mean...

One of my female friends once told me that she was introduced to a really good looking guy through friends and everyone was so excited for them to meet because she was beautiful and he was a 6ft 3inch tall handsome guy with a perfect gym body.

Everyone thought they would be a perfect match; a beautiful woman with a handsome man. Perfect, right? That's all she wants and needs in a man, right? Wrong.

When she met him, she said it was one of the most boring, unfulfilling dates of her life.

I can't remember exactly what she said, but she said something like, *"He was probably used to getting compliments all of his life and people liking him because of his looksâ€¦|but, his personality was nowhere to be found. He thought he was soooo good, but I was likeâ€¦|booooring. He came across as though he was superior to everyone because of his looks, but I just saw a fairly shallow guy who lacked any real substance."*

That same girl is now married to a scruffy looking guy that she met in a bar and she has moved from the city out to a farmhouse that they recently got a mortgage on together. In other words, no â€œ the guy isn't rich. They are paying off the house together.

She was always a city girl who loved shopping and partying, but she has been completely transformed by the love that she now shares with her husband. She doesn't care about what she used to think because this guy (now a friend of mine) makes her feel the way she really wants to feel.

I remember when they first got together and she posted up some photos on Facebook of them as a new couple. People were jokingly (but seriously) saying that he was batting out of his league and that he was so lucky.

I just checked out Facebook now to copy/paste some of the comments. One comment said, *"Beauty and the beast. Just kidding! You guys look great together"* and another said, *"Lucky guy. Congrats [her name]. You two look very happy together."*

Yet, she is the one who feels lucky. I know her husband well now and he's an awesome guy. He's confident, real and very masculine in the way that he thinks, behaves and takes action in life. He's a no BS sort of guy, which is one thing I like about him.

He's also a loving, compassionate guy who cares about the people in his life. He doesn't have a lot of time for everyone because he's busy working on his purpose, but when he does talk to people, they feel noticed, welcomed, loved, appreciated and proud to be talking to him.

He's what would be called an alpha male, but he isn't a bad boy or a jerk or asshole.

He's a good guy alpha male, which is the type of alpha male that people respect and admire and that women lust after and then fall madly in love with. That is the alpha male approach that I teach here at The Modern Man.

While he doesn't have the facial features or body type of a male model (he's probably a 5 or 6 in

looks), he's a guy who knows how to be a man and make a woman feel the way she really wants to feel. His wife is at least an 8 in looks without make up and a 9+ with make up. She's a hottie.

Some good looking guys will see them together and think that she is making a mistake by being with him or she is selling out, but she isn't. She is happy, she is intensely attracted him and she is madly in love with him.

She doesn't care that he doesn't look like a male model from the magazines. In her eyes, he's the most handsome man in the world. That won't make any sense to you if you don't understand attraction and the effect that it has on a person's perception.

When a woman feels attracted to a guy for many reasons OTHER than looks, she will actually come to really like his looksâ€”even if he doesn't look like a good looking guy.

In the media, you will hear people talking about guys being so handsome and good looking like it's the answer to everything, but it's not.

Yes, looks can initially attract women, but the majority of women do not select men purely based on looks because a man's looks is not the most important male trait for her or for the human race.

She needs a man who can survive, thrive and prosper while keeping her safe and making her laugh and enjoy the love that they share. If all that a guy has is a pretty face, then he's practically useless in this world.

Guys who are good looking and who also know how to attract women in other ways will find it extremely easy to have sex with beautiful women, get a beautiful girlfriend or wife.

However, guys aren't good looking, but who know how to attract women in other ways can have just as easy access to beautiful women.

The more skilled an average or below-average guy is at attracting women with his personality, behavior and communication style (e.g. by being confident, making women laugh, being charming, displaying charisma), the easier it will be for him to attract and pick up beautiful women.

Do You Want to Learn the Simple Secrets of Attracting Women?

Imagine what would happen in your life if you knew exactly how to instantly attract women and make them feel an intense emotional connection with you and unstoppable desire for who you are as a guy.

Imagine talking to a group of women and effortlessly making them fight over which one will winâ€”you over...and then picking the woman you feel most attracted to.

I've done that more times than I can count. Getting women to compete over you makes the process of picking up 10x easier, but most guys simply don't know how to do it.

Imagine having a beautiful girlfriend who goes out of her way to please you and worries about you losing interest in HER rather than the other way around. I've enjoyed that power for 12 years and have recently accepting my girlfriend's marriage proposal, after rejecting several other girlfriends.

Could it be possible that a guy can attract women in ways other than looks and money, or do men need to be Pretty Peacocks and stand around looking as pretty as they can in the hope of being selected by women?

Here's the truthâ€¦!

You can attract women in more than 100 different ways.

It has taken me YEARS to work out the more than 100 different ways to attract women, but you can learn it in a matter of HOURS.

Attracting women is simple, easy and effortless once you know what you're doing. However, if you choose to remain in the dark about attraction, it will continue to feel like one of the most difficult, frustrating, depressing things that you ever have to deal with in your life.

When you know how to attract women, you will laugh at how easy it is. Other guys look on at you thinking, *"What? Why can he get all the girls while I get nothing?"*

It won't make any sense to them because most guys do not know how to attract women. They just don't get it.

That is a HUGE opportunity for you.

You can learn this stuff now before other guys find out about my techniques and start using them to attract the women you want.

If you want to stop saying to yourself, *"I'm good looking, but can't get a girlfriend,"* then let me help you right now.

I've already helped 1000s of guys become successful with women with my simple to use techniques and I can help you too.

The transformation you are about to experience is instant and will last a lifetime.

You don't have to spend more years in the gym trying to improve your appearance or endless money on clothes, shoes, cars and so on.

You are about to discover the simple, easy and natural way to make most women that you mean feel attracted to you and want to be with you...

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Okay, I Admit it. I Need Help With the Ladies...

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Do you feel that women are a complete mystery to you? Do you feel like you're the only guy who is striking out with women and every other guy seems to know something that you don't?

Have you ever thought anything like, *"What is wrong with me? Why do I keep failing with women?"* or *"I need help with the ladies"* or *"Why can't I get a girlfriend?"*

Relax...many modern men feel that way.

The good news is that women are not as mysterious as they might seem to you right now. Being good with the ladies is actually one of the easiest, most exciting things that you will ever learn how to do in life.

If you follow the guidelines that I'm about to give you, you will realize that approaching women, having one night stands, going on dates and being in relationships with beautiful women is actually a lot easier than you currently may think.

First, let's begin by answering a very important question...

What Do Women Really Want in a Man?

[image: Huh?? I thought she liked me!]

There is a big difference between what women SAY they want in a man and what they actually go for.

For instance, women will often say that they want a nice guy, but they will then reject guys for being nice to them. Women will also say that they only date good looking guys, but will then have sex, date and even marry guys who are not considered "good looking" by most people.

If you want to be good with the ladies, it's very important to watch what women DO, rather than blindly listening to what they SAY. Watch the video below to understand why being too nice to a woman will lead to rejection, even though she is probably going around SAYING, *"I want a sweet, nice guy who listens to me, treats me like a princess and doesn't expect sex right away."*

Natural Qualities About You That Will Attract Women

Unlike men who are mostly attracted to a women based entirely on how physically attractive she looks, most women will place less importance on a guy's physical appearance if he has the personality traits and behavioral qualities that she is looking for.

If you want to be successful with the ladies, you need to know what those personality traits and behavioral qualities are and you need to make sure that you display them during your interactions, dates and relationships.

I teach guys how to attract women in more than 100 different ways, but here are 4 ways to help you get started:

1. Confidence

Women are attracted to confidence, but are turned off by shyness, insecurity and low self-esteem. If you approach a woman and behave nervous and insecure, it will turn her off on a deep and instinctive level.

Even if you're a great guy, have a great job (or are studying a course at university that will lead to a great job), most women don't care about those sorts of details if you are turning them off at a deep and instinctive level. If you are unable to attract her with your personality and behavior, all the potentially attractive details about you become less valuable and appealing.

2. The ability to lead when necessary

Women prefer men who take the lead during the dating process. Guys who wait for women to make the first move will rarely ever get phone numbers, have one night stands or go on dates.

Many guys see women in the movies approaching guys and think that it is normal, but in real life that rarely happens. In real life women want to be approached. Why? They like to know that the guy is man enough to take the lead in the sexual courtship and make her feel like a real woman.

A guy who waits to be approached by a woman is usually the sort of guy who hasn't yet worked out what it means to be a man and is still thinking like a boy or like a guy who has watched one too many Hollywood movies where the girl approaches the guy first.

3. A great conversationalist

Women like to be engaged by a man who is a good conversationalist, but don't confuse that with talking to her like a friend. A good conversationalist in a woman's eyes is a guy who knows how to flirt with her, create a sexual vibe and make her feel turned on in subtle ways.

A good conversationalist is also a guy who can get a woman to be her true self while talking to him and can also be his real self with her. If you hide behind your true self by asking boring questions like, "*So, what do you do?*" and then having a standard conversation about her answer, it won't allow either of you to be fully real in the moment.

You've got to loosen up and say whatever you think and feel. Yes, you will make some mistakes initially when you learn to be that real, but the biggest benefit is that you get to be yourself and be loved for it. You attract women who are perfectly compatible with you, rather than trying to be "liked" as a nice person by all women.

4. Emotional strength

Emotional strength is something that women crave in a man. As you may have noticed, it's fine for women to cry and become emotional, but men are expected to be stronger.

Why? We live in a challenging world that is still dangerous at times and it's much safer and wiser for a woman to be with a man who can be strong during a tough moment or during tough times.

If you interact with a woman and she feels stronger than you emotionally, it's enough to turn her off on a deep and instinctive level. Even if you're a great guy, it won't matter to her because you don't have one of the most fundamentally important things that she is truly looking for in a man.

Naturally, there are some women who will hook up with and even marry an emotionally weak man. However, such women are usually the type who will never truly love him and will secretly wish to be with a stronger man, or will be the type of woman who controls him during a relationship with the threat of a break up.

As a man, being emotionally strong is not an option; it's a necessity. You've got to be strong. The stronger you become, the better you feel in life, the more you succeed, the more people respect you and the more women love you and want you.

Being emotionally weak is a stressful life full of rejection, heartache, disrespect from others, missing out on promotions at work, feeling depressed and anxious and so on. It's not wise to be weak.

How to Get The Woman You Want

[image: I'm a good guy...why don't women like me?]

There's no use saying "*I need help with the ladies*" if you are going to keep doing the same old things that haven't worked for you so far. To be successful with women, you will need make some changes to the way you've been doing things so far and to the way you see yourself. For example, you're not going to get a phone number, a date or a one night stand if you continue to spend every Friday and Saturday night alone or with your single, male buddies who want to stay at home watching TV or go out "people watching."

You've got to get involved. I know that can feel like a scary thing to do, but when you actually know how to attract women, it becomes one of the easiest, most exciting things that you'll ever do in your life.

So, how can you get started?

Step #1 â Go to places where single women hang out

If you try to meet women online, you will be competing with 1,000s of other guys who are afraid to talk to women in person. If a woman is attractive, she will get hundreds and sometimes even thousands of messages or requests every month.

The easiest way to get laid or get a girlfriend is to talk to a woman in person.

You have to go to places where single women hang out (e.g. bars, clubs, speed dating events) and simply talk to some of them.

In the beginning, you will most-likely feel a bit nervous and unsure of yourself, but the key is to not get hung up about a specific result. If you go to a club thinking, "I have to get a woman tonight. If I don't succeed I'll be a loser," you are putting unnecessary pressure on yourself and are potentially setting yourself up to fail.

Rather than going out looking to pick up any woman you approach, think of yourself as being just a guy out to have a good time and socialize with some women.

How can you build up the confidence to approach and talk to women? Check out the video below:

Step #2 â Don't try to pick up any attractive woman you meet

It's only natural that you might feel as though you want to hook up with a beautiful woman the first time you go out. However, don't get too attached to the idea of getting a result with every attractive woman you see or talk to.

If you worry and think to yourself, "*What if she doesn't like me? What if she doesn't want to give me her number? What if she has a boyfriend?*" you are putting unnecessary pressure on yourself to get a result or fail miserably.

On the other hand if you remain relaxed and easy-going, by saying to yourself, “I’m here to have a good time by talking to a lot of women without worrying about getting a result,” things will unfold naturally.

Step #3 **Don’t take the conversations so seriously**

[image: Being confident to say whatever you want]

Women love a guy who can make them laugh, but they also love a guy who can just relax and have a good time with her.

If a woman is attractive, most of the guys she meets are immediately interested in her and will talk to her as though they are hoping to get a chance with HER.

Don’t take the conversation with her so seriously. Instead, talk to her as though she is hoping to hook up with you and she will LOVE it.

For example, if she says “*I really like pizza,*” **smile** and say something like “*Oh, right...so you want me to take you out for pizza. I get it...girls always use me for free pizza. If you want pizza, you’re going to have to take me out! I think a girl should pay for me for once...I always get used for free pizza...and I usually only get to eat 1 or 2 slices and the girl gobbles up the rest :(*”

If you were smiling while saying it, she will smile too and she will most-likely laugh. She will then say something like, “*That’s not what I meant! :D*” and you can respond by saying, “*Okay, fine...well, look...I’m not the kind of guy who would let a woman’s cravings go unanswered. So, how about Friday night? I like pizza too, so you can show me your favorite pizza place and we’ll see how tasty it is...but, just let me have at least 3 slices.*”

You are not being overly serious with the offer for Friday night pizza, but you are putting it out there. After that, she will either say yes or will want to talk to you further and get to know you a little more before giving you her number.

When you feel like the moment is right, get your phone and out say, “*Hang on, I’m going to write something about you in my phone*” and then hand her your phone and say, “*Here, put your number in there where I’ve typed, Crazy Pizza Lady.*”

Smile and don’t take the conversation and interaction so seriously. If you can do that, she will have a great time with you and will want to talk to you again.

Note: That isn’t my standard way for getting a woman’s number. This is just an example based on something I’ve done to help you understand what is possible when you don’t take conversations so seriously with women. In my book The Flow, I explain what to say to basically any woman you meet to get her phone number in under a minute, without even having to use any humor.

In my book The Flow, I explain exactly what to say to absolutely ensure that a woman will give you her phone number. There is a very specific way to say it to ensure that she really wants to give you her phone number. The line that I use is something that took a lot of practise and testing until I finally got it right.

Once you know how to ask for the number in the simple way that I teach in The Flow, you will never ever worry about asking for a number again because you know that you’ll get it.

It's a Lot Easier Than You Might Think

If you want to be good with the ladies, one of the first things you need to do is realize that it is actually a lot easier to succeed with women than you might think.

If you've approached women before and have been rejected you might feel like you couldn't ever be a guy who is good with the ladies, but that is not true.

With the right training, saying "I need help with the ladies" will quickly become a thing of the past. If you let me help you right now, you can learn exactly what to say and do around a woman to get her to want you sexually and be interested in you romantically.

Complete success with women is at the tip of your finger right now. Will you click or will you stick to your old ways?

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

5 Conversation Mistakes That Instantly Turn Women Off

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Being able to talk to a woman and get her to feel attracted to you right away, is a skill that is very important to your overall success with women.

You can't rely on hoping to grow on a woman over time because you usually won't have much time to talk to her or she will simply get taken by another guy who knows how to make her feel attracted immediately.

To help you have the skill of being able to attract women right away, I'm going to cover 5 conversation mistakes that guys make, which turn women off and can ruin the chances of being with her.

If you can avoid making these mistakes the next time you talk to an attractive woman, you will experience much better results. She will feel more naturally attracted to you and you will feel more relaxed, confident and in control.

Mistake number one is...

1. Always trying to say the right thing

[image: Always trying to say the right thing]

Have you ever found that when you talk to a woman that you're not attracted to, you feel confident and are able to say whatever you want, be yourself, talk about things that you find interesting, crack some jokes and generally have a good, interesting conversation?

Yet, when you talk to a woman that you feel really attracted to, you suddenly find it difficult to keep the conversation going and keep it interesting. You run out of things to say and may think something like, *"What am I going to say to this girl to make her feel impressed by me? What am I going to say to get her to like me?"*

Worrying about trying to say the right thing to her is something that will turn her off. Women are attracted to guys who are confident in themselves and who don't feel like they need to put on an act to hopefully try to impress her. So, one of the most important things that you need to do when you're talking to a woman that you find attractive is to really be yourself.

If you suppress your natural charisma and hide your true personality, then what happens is that you come across as awkward and the conversation may begin to feel a bit weird or strange to her. It just doesn't feel right when she's talking to you. If she also notices that you're not really being your true self, are hesitating and looking a bit tense around her, it will make her feel uncomfortable.

A woman doesn't want to be responsible for making you feel that way and in most cases, she will try to quickly end the conversation or will simply lose interest in you.

You don't need to be worried about trying to be perfect and say everything exactly how she would want to hear it. She has her flaws and is not a perfect human being. She doesn't know all the right things to say in every moment of her life. If she's a normal girl, she will simply trust her gut instinct and say what she feels...and that is what you need to do as well.

[image: Being confident to say whatever you want]

If you are a confident guy, you will trust your gut instinct and say whatever you feel like saying. You will talk about whatever you feel like, share some opinions and even say a joke if you feel like it, but you're not going to hold back in fear of saying the wrong thing around her.

2. Being too neutral or too nice

[image: Rejected after being too neutral with a woman]

Neutral: Not showing any sexual interest and just talking to her like a friend.

Nice: Trying extra hard to be nice, polite and sweet to hopefully get her to like you.

Some guys learn that women aren't attracted to very nice guys, so they stop trying to be nice to women and they start being neutral. They don't really have any emotion or personality at all when they're talking to a woman they find attractive. As a result, she doesn't feel much while talking to him, quickly gets bored and wants to leave the interaction.

For example:

Man: So, what do you do for a living?

Woman: I'm an accountant.

Man: Oh, okay, cool. So, how long have you worked as an accountant?

Woman: 7 years.

Man: Oh, okay, cool. So...are you having a good night?

Woman: Uhh, yeah, it's good thanks.

Man: Oh, that's good. It's a nice place here isn't it?

Woman: Umm, I'm going to go to the bathroom. Bye!

Neutral guys don't have that "X Factor" and are missing that "something about them" that will make a woman feel attracted. They suppress their natural charisma and personality and try to be as neutral to avoid any possibility of being rejected for saying or doing anything outside the norm. Yet, it backfires because women don't feel much or anything for them at all.

Neutral guys are forgettable and are often ignored or left out in social situations. Worried about saying or doing anything that might get them rejected, they freeze up and lose their appeal.

[image: Being neutral to avoid being rejected]

In terms of being too nice, the main mistake that guys make is in thinking that they need to get a woman to *like* them as a person and then they will get a chance with her. Yet, what he really needs to do is make her feel *attracted* to him.

[image: Being too nice to a woman rather than making her feel attracted]

When you are talking to a woman, you have to focus on making her feel sexually attracted to you as a man and then anything else about you that is likeable (e.g. you're a good guy, you're intelligent, etc) becomes even more appealing to her.

Yet, if you're just a nice guy and are just being nice, friendly and polite to her, there will almost always be no spark between you and her. You've got to create that spark by making her feel sexually

attracted to you. If you don't do that, most women will lose interest in talking to you.

There's nothing wrong with being nice to a woman and there's nothing wrong with being a good guy, but if the only thing you're doing while talking to her is being nice, it will usually only create friendly, non-sexual feelings within her. What you need to do is make her feel sexually attracted to you and one of the easiest ways to do that is in the way that you talk to her.

[image: Flirting with a woman in a bar]

While talking to her, you can use humor, flirting, sexual innuendos and you can display confidence and masculinity in the way that you talk to her about general things, life, yourself and her. Attracting her is also about how you handle yourself during the conversation.

Are you able to remain confident or are you constantly second-guessing yourself while talking to her? Are you able to keep the conversation going and keep it interesting or are you struggling to come up with something to say?

Important: There's nothing wrong with being nice and there's nothing wrong with being good, but what you also need to do is talk to her in a way that makes her feel sexually attracted to you. That's the most important thing that you need to do and then anything else that is likeable about you suddenly becomes more appealing to her.

3. Showing serious romantic interest in her before making her feel attracted

Attraction works differently for men and women.

Most men don't understand (or want to accept) that women feel attracted to men for different reasons than men feel attracted to women. There is a reason why a porn explosion happened when the internet began and why it continues to grow today.

[image: Man looking at porn. Men are mostly attracted to the physical appearance of women]

Men look at women in porn and are able to jerk off to it because men mostly feel attracted to a woman's physical appearance initially, which is usually enough for a man to want to have sex with her or even begin a relationship with her.

[image: Attracted and interested immediately just based on her appearance]

So, if a woman is attractive, most guys are interested in her right away simply based on her appearance. I'll show you some images now and you can assess this for yourself. Look at the photos below.

Would you have sex with some or even all of these women if you had the chance?

[image: Group of women in a nightclub]

You don't even know anything about them other than their physical appearance. Each of those women could have a bad personality, be untrustworthy, disloyal or annoying, but you would most likely have sex with most or even all of them (at least once), right?

How about the women in the photos below. Would you have sex with either of them if you could?

[image: Two beautiful women]

How about these two?

[image: Two beautiful women]

How about the women in this group? Would you have sex with some or even all of them if you had the chance?

[image: Group of women in a nightclub]

Generally speaking, if a woman is physically attractive, most of the guys that she meets are going to be fully interested in her right away, simply based on her appearance. Even if she is a bit of a bitch, a bit cold or doesn't have a nice personality, most guys are still going to be willing to have sex with her simply based on her appearance.

[image: Group of cold women]

So, the conversation mistake that some guys make when they are talking to an attractive woman is that they feel attracted to her and are fully interested in her, even though she may not have everything that he's looking for in a woman. Based on the feelings of attraction that he is experiencing, he immediately begins showing her lots of romantic interest.

When a guy shows serious romantic interest in a woman before making her feel attracted to him, he will ask her questions such as:

"So, do you have a boyfriend?"

"Can I take you out some time?"

"Can I get your phone number?"

"Are you single?"

"What sort of guys do you like?"

"Are you interested in a relationship right now or are you more focused on your work/studies?"

He may also not be so direct about asking her if she has a boyfriend and instead will show a lot of interest in her and her life. For instance, if she says that she is an accountant, he might say, *"Oh, right...that's really interesting"* and pretend to be interested in anything about her in the hope that it makes her like him.

Guys like that don't realize that women need to feel attracted to a guy first. Women need to feel attracted to who you are as a guy; to your personality traits and behavior. Unfortunately, a lot of guys don't even know that they can attract women with their personality and behavior.

[image: Confused men thinking that it's all about looks]

Most guys are going through life thinking that women feel attracted to men for the same reason that men feel attracted to women (i.e. physical appearance). There's nothing wrong with a guy taking care of his physical appearance and looking good, but looks aren't everything.

A woman can look at a guy and say, *"Oh, he looks nice"* or *"He is handsome,"* but it's not the final, deciding factor that will determine whether or not she will want to be his girlfriend, wife or lover.

If she starts interacting with a guy who "looks good," but he then displays the sorts of qualities that turn women off (e.g. nervousness, self-doubt, unable to have an interesting conversation with her, unable to flirt with her and build up the sexual tension during the conversation), then she will naturally feel turned off by him. He might look good, but he doesn't feel good to her.

The reason why you will see guys who are not typically good looking with a beautiful woman is that

most women (not all) are more interested and attracted to things about guys that cannot be seen. It's not about the guy's physical appearance; it's about his personality and behavior and how that makes her feel.

That is why you will see guys from particular races (e.g. Asian) where people think that can't attract women easily, yet the guy will have a beautiful girlfriend, lover or wife from another race that is supposedly "hard to pick up."

A guy might be overweight, but he can still have a hot girlfriend who is in shape. A guy might not be the best looking guy in the world, but he can still have a pretty girlfriend.

[image: Fat guy with beautiful girlfriend. She finds him attractive]

[image: Ugly man with beautiful women. She finds him attractive]

[image: Ugly guy with a pretty girlfriend. She finds him attractive]

[image: Fat guy with hot girlfriend. She finds him attractive]

[image: Asian guy marries white girl. She finds him attractive]

[image: Bald guy with pretty woman. She finds him attractive]

[image: Fat guy with sexy girlfriend]

Some women will only ever accept an extremely good looking guy; a guy who looks like a male model. However, the majority of women have what I call an *Open Type*, which means that they are open to being with all different types of guys as long as the guy can make her feel attracted in other ways.

When it comes to the other ways to attract women, most guys automatically think that it's got to be about money, having a huge dick, being tall or having a lot of status and power in society. Yet, that is not the only way to attract women.

There are much simpler, easier, instant ways to attract women (e.g. you can display confidence around her, make her laugh, flirt with her during a conversation and build up the sexual tension between you, etc). There are so many different ways that you can attract women and in my programs at The Modern Man, I teach *more than 100 different ways* that guys can attract women.

You most-likely don't know how much power you have when it comes to attracting women. Most guys are going through life thinking that if they aren't very good looking or super rich, then attractive women simply won't like them. Yet, they forget that they always see guys who don't fit that mold with beautiful women.

They see it everywhere, but don't want to accept that it may actually be possible to attract women in ways other than looks, money, height, status, power and having a big whopper in their pants. Whether a guy wants to accept it or not, it still remains true. Most women have an Open Type and are willing to be with a guy who isn't good looking, but who can make her feel attracted in other ways.

When talking to women, what you've got to be able to do is make her feel attracted to who you are as a guy. How does your conversation style make her feel? Is it turning her on or turning her off? Is it making her feel good or is it making her feel bored?

Generally speaking, you are in control of how much attraction a woman feels for you. If you use the right conversation techniques while talking to her, she will feel attracted to you. However, if you are making some or all of the classic mistakes that guys make when talking to women they find

attractive, you're going to be turning her off.

Even though you might be a great guy and have great intentions with her. Even though you might be an intelligent, trustworthy guy; it doesn't matter to her unless you can make her feel attracted to you when you talk to her. If your conversation style is turning her off, then that is how she will feel...turned off.

You've got to be able to make her feel good around you, drawn to you and attracted to you during the conversation. That is what counts to her and then anything else that is likeable about you will suddenly become more appealing to her.

So, with the mistake of guys immediately showing interest in wanting to be a woman's boyfriend, what you need to do instead is focus on making her feel attracted to you first. When she's feeling a lot of attraction for you, she will automatically begin to think about you as a lover or boyfriend. She will also automatically begin to show you more signs of interest as well.

Yet, if you start talking an attractive woman and give her the impression that you really like her and are hoping to get a chance with her, she will almost always put her guard up. She will feel as though she is the more valuable one. You want something from her, you're feeling attracted to her and you want to get with her, but she's not really feeling anything.

Additionally, if you're conversation style is turning her off, she will feel as though if she gives you her phone number or hooks up with you, it's almost like she's going to be doing you a favor...and that's not how she wants to feel. She wants to feel lucky to get a chance with you.

A woman wants to be able to interact with you and for you to turn her on and make her feel good. She wants you to make her feel attracted and when you do that, she will automatically begin to open herself up to the possibility of hooking up with you, giving you her number or going out on a date with you.

Remember: If she's an attractive woman, most of the guys that she meets will instantly feel attracted to her and be fully interested in her simply based on her appearance. It's very simple for her to attract guys because most men initially select women mainly based on the woman's physical appearance.

Women are looking for important qualities in a guy than just a pretty face. She wants to see the qualities that she is looking for in a guy coming through during the conversation. She wants to feel attracted to how you talk to her, how you converse with her, how you connect with her and how you get her laughing.

How does it feel to be talking to you? Is it making her feel turned on or is it turning her off? Is it exciting her or is boring her?

4. Hoping that she will lead the conversation

[image: Hoping that she will lead the conversation]

Most women will test you during a conversation by not saying much at all.

They are testing you to see how you are going to react. Are you going to become nervous or will you remain confident? Will you be able to maintain a positive vibe and interaction between you and her or are you the sort of guy who crumbles under pressure in social situations and in life?

Have a think about why that might be important to a woman...

Think about what she needs from a man. She needs a guy who can actually survive, thrive and prosper in the world. A guy who can protect her, stand up for himself and not get pushed around by others in life or crumble under pressure.

These are the sorts of instinctive tests that women put men through, whether the guy is 15 years old or 50. Girls have exactly the same instinctive patterns of thinking and behavior that adult women do.

When a girl or a woman tests a guy, she is instinctively trying to see if a guy is strong enough and capable enough to protect her and survive in this world. She doesn't want to align herself with a wimp or with a guy who crumbles under social pressure because it's not a useful trait in a guy.

A lot of guys mistakenly go through life thinking, *"If I can just look good enough, then women will like me and won't mind that I'm nervous or don't know what to say."* Yet, it doesn't work that way. Almost all women don't select guys purely based on looks. Some do, but they will eventually dump a good looking guy if he doesn't have the real traits that allow a woman to maintain her attraction for a guy.

If you want to be successful with women, you've got to be able to attract women in more important ways than just having a nice shirt, haircut or big biceps. A woman's instinct drives her to find a guy who is actually capable of doing well in life, protecting her, making her feel good, having good sex with her, getting along with her friends and family, etc.

[image: A woman looking for deeper qualities in a guy]

What I've found is that most attractive women will test you by not saying much during a conversation. When you're talking to unattractive, desperate women, they will usually try very hard to keep the conversation going and make it super easy for you to hook up with them. Yet, those women are probably not the types of women you're aiming to get, right? You want to hook up with women that you're truly attracted to.

What you need to understand going into a conversation with a woman that you're attracted to, is that she's most-likely going to test you by not saying much. What she wants to see from you is that you don't crumble under pressure. She wants to see that you can lead the way during a conversation.

She wants to see that you don't have to rely on her to be gentle with you and guide you through the process of starting a relationship with her. She doesn't have to be the one who asks for your phone number, suggests that you go out on a date or moves in for the first kiss.

You are a guy who has the social intelligence to read the cues that she is giving you and keep the conversation going and keep it interesting. You know what to say to guide her to a phone number, kiss, date or even to have sex on the same night that you meet her.

[image: A woman looking for deeper qualities in a guy]

Women are looking for deeper qualities in men that are more important than just looks. She wants to be able to see that you can lead her rather than hoping that she makes it easy by leading you. Being able to lead the conversation is a signal to her that you will most-likely be the sort of guy who adds value to her life; you're not going to be a dead weight. You're not going to be a burden or someone that she has to carry throughout life.

You are a strong man. You are a confident man. You are a socially intelligent man. You are someone who is going to add value to her life.

That is attractive to women.

5. Perceiving silences as being “awkward” silences

A lot of guys are worried about talking to women because they are concerned that if they run out of things to say and there is a silence, it's going to feel really awkward. Yet, is the silence actually awkward or is simply a matter of how you are perceiving it?

Do conversations need to have dialogue being exchanged 100% of the time, non-stop or are silences actually a natural and very normal part of a conversation? Are silences a great opportunity for you to make her feel more attracted to you?

Unfortunately, a lot of guys think that if the conversation goes a bit silent, then they've ruined their opportunity with the woman and she is rapidly losing interest. Yet, that is not true at all.

Look at guys who are cool and are confident in themselves and you will see that they're not worried about a bit of a silence in a conversation. They aren't concerned about the woman losing interest because they know that she will feel attracted to them in so many different ways.

If a guy understands that the sorts of things that I understand about women, he will know that if he remains confident and doesn't crumble under pressure, it will actually make her feel more attracted to him. She's going to be impressed that he's not one of the typical guys who gets nervous, awkward and starts doubting himself because there's a silence in the conversation.

Would You Like to Learn More?

[image: The Ultimate Guide to Conversation]

I hope you've enjoyed this post!

If you'd like to learn more of my conversation techniques and get 100s of examples of what to say to women, I have a dedicated program about conversation called [The Ultimate Guide to Conversation](#).

When you listen to The Ultimate Guide to Conversation (10 hours of professionally recorded audio), you will learn:

- 100s of examples of what to say when talking to a woman.
- How to keep conversations going and keep them interesting.
- How to flirt with a woman and create a sexual vibe between you, without being seen as sleazy or too forward.
- How to use humor in a way that makes a woman feel happy and excited to be talking to you, as well as turned on by you and attracted to you.
- How to use sexual innuendos and discreetly bring up the subject of sex when talking to a woman.
- How to make women feel love for you during a conversation.
- How to connect with women emotionally.
- How to explore conversations and make them interesting and enjoyable for both of you.

There is so much more to the program and if you decided to listen to it, you will have so much power

during conversations with women from now on. The techniques from the program make women feel interested in you immediately and the more you talk to her, the more attracted she feels.

By using the examples from the program, you will be able to effortlessly keep conversations going and connect with women in ways that you've probably never done before. Sound good? [Listen to The Ultimate Guide to Conversation](#) now.

Okay, that brings me to the end of the post! I hope that you've learnt something interesting from me today and if you have any comments or questions, feel free to ask below!

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

The Most Important Skill That a Guy Needs to Have to Be Successful With Women

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The most important skill that a guy needs to have to be successful with women is *the ability to trigger feelings of sexual attraction inside a woman*.

Your level of ability to **attract** women determines the quality of woman that you can have access to and it's also one of the major things that determines her desire to want to stay with you when in a relationship.

The Ability to Attract Women When You Meet Them and Maintain the Attraction in a Relationship

[image: Attracting a woman into a relationship and then maintaining her attraction]

As a man, if you don't have the skill of being able to trigger feelings of sexual attraction inside of a woman, your interactions with women will usually feel boring, awkward and forced. A woman might like you as a friend, but she's not going to feel much attraction for you and thus won't be very interested in starting a sexual or romantic relationship with you.

In a relationship, after the initial lust has faded away, if you're unable to make a woman feel attracted to you in the more deeper, longer lasting ways, then she will naturally lose interest in being with you.

Do You Have the Skill of Being Able to Attract Women?

[image: Do you have the ability to attract women with your personality?]

Being able to attract women is a skill that a guy either has or doesn't have. Some guys are absolutely clueless when it comes to attracting women, some are okay at it, some are great at it and some are excellent at attracting women.

How about you?

Do you have the skill of being able to attract the women that you really want into having sex or a relationship with you? Are you only able to get lucky or can you attract women at will? One way to find out is to ask you a number of questions.

Have you ever had any of the following situations happen to you?

1. You were talking to a woman you really liked and hoping to begin a sexual relationship with her, but the conversation felt boring, awkward and even forced. You then ran out of things to say and you lost your opportunity with her.
2. You were on a date with a woman and there was clearly some **friendly** chemistry between you, but you didn't know how to "switch gears" and spark the **sexual** chemistry. So, the date felt a bit boring and awkward, she lost interest and you didn't get a second date.

3. You met an attractive woman who was clearly “girlfriend material” and she liked you, but only as a friend. You wanted to get her to feel the same way about you, but you just didn’t know how to do it, so you gave up and remained alone.

[image: Not feeling any attraction for him]

How about right now in your life....

Is there a woman that you really like and you want to begin a sexual relationship with her, but the sexual chemistry just isn’t there? If you answered yes, then I’m going to let you in on a BIG secret about attraction that most guys are completely unaware of...

A Big Secret About Attraction

[image: You can make a woman feel attracted to you for reasons OTHER than looks...and then she will actually like your looks]

Most guys think that they have NO CONTROL over whether or not a woman feels attraction for them.

That is absolutely incorrect.

You can **CREATE** feelings of attraction inside of a woman.

If a woman doesn’t initially feel attracted to your looks, it doesn’t mean that you can’t make her feel intensely attracted to you for **other** reasons.

A lot of guys make the mistake of assuming that if a woman doesn’t feel attracted to him because of his looks, height, job or whatever else, then he CANNOT make her feel attracted to him.

[image: Confused men thinking that it's all about looks]

Many men assume that since they their decision on which women they’re interested in based on looks, women must do the same thing when choosing a guy. Yet, it just doesn’t work that way for most women. Most women can look at guys who are “good looking” and feel attracted, but if she interacts with the good looking guy and his personality, communication style and behavior turns her off, then she isn’t going to want to be with him in almost every case.

However, if a woman sees a guy who isn’t very good looking, but he then interacts with her and **creates** feelings of attraction, she will be interested. For example: He may make the woman feel attracted to him by:

1. Making her laugh.
2. Being confident around her.
3. Being masculine.

I teach guys how to make women feel attracted to them in **more than 100 ways** and what I’ve mentioned above are only 3 ways. There are so many different ways that you can make a woman feel attracted to you. You can create the attraction. It doesn’t have to be there from the start based on your looks!

As a man, it’s really important for you to understand that fact of attraction and accept it. If you don’t accept it and you instead go through life thinking, *“I’ve got to look good and that is how I will get*

women” or “*If I’m not tall and don’t have big muscles, women won’t be interested in me*” or “*Women have to choose me based on my appearance*” then you’re going to have a really difficult time with women for the rest of your life.

You’re going to be standing back and hoping that women like you and want to have sex with you or start a relationship with you simply based on how you look...and it’s not going to work. A very good looking, very handsome man can use that strategy to get himself a woman because women are going to look at him and say, “*Wow...he’s handsome*” and they may then approach him to talk to him or make it super easy for him to pick them up if approaches and starts a conversation.

If the good looking guy is also very confident and has the skill of attracting women with his personality, then it’s going to be very easy for him to pick women up for sex or a relationship. Yet, if you’re the sort of guy who doesn’t get approached by women because of your looks (95% of guys), then you need to accept that you have to **create** attraction by interacting with women face to face.

When you know that you can attract women face to face, you are not afraid of approaching them. You know that most of the women you approach will feel attracted to you and be interested in you, so you simply approach and choose the women you find the most attractive. You can choose to have sex with many women or get yourself a girlfriend or wife.

You have that power of choice because you can attract women at will, rather than wasting half or most of your life waiting and hoping to “get lucky”...and then potentially ruining that relationship because you still don’t even know how to maintain the woman’s attraction for you once you’ve got her.

A Strange, But True Fact About Attracting Women in Other Ways

This is strange, but true.

You might not want to believe it right now, but you WILL see it from now on after I tell you this. Here it is....

When you attract a woman in many other ways, she actually sees you as being good looking. She likes the way that you look, even if you are overweight or don’t have male model features. She starts to focus on the good things about you and begins to pick out qualities and features about you that she likes.

That is the essence of what attraction is all about. If you look at the dictionary definition of attraction, you will understand why it is possible to attract women in ways OTHER than looks:

| **Attraction** (*noun*): A quality or feature of someone that evokes interest, liking or desire.

As a man, there are so many different qualities that you can present to a woman that will evoke feelings of interest, liking and desire.

Why is Humor One of the More Than 100 Ways That a Guy

Can Attract Women?

[image: Why does humor attract women?]

Why does being funny and making a woman laugh make her feel attracted to a man? Why is humor one of the things that a woman is drawn to about a guy? Why is it one of the things that you can do that make women feel attracted to you and want to be with you?

Isn't it all just about looks?

No.

A couple of reasons why humor is something that a guy can use to attract women are:

1. Life can get pretty dull, stressful and depressing at times and it's great to have someone who can lighten the mood and make you smile.
2. Having the ability to make her laugh means that other people will probably like you to, which is going to be better for her survival. You will most-likely be a better survivor and provider.

So, what am I talk about with "survival" and being able to provide for her and things like that? For most of human history, surviving as a human hasn't been that easy. It has been a challenge all the way to the current day.

[image: Crowd of people]

Even today, in our modern world with all of our technology, supermarkets, systems, etc, survival is still a challenge. You still have to be capable of doing well and getting somewhere in life so you can survive, thrive and enjoy a great life. Life isn't as dangerous as it used to be, but the instinct that a woman has to align herself with a guy who is going to be a better survivor is still there.

Using humor and being able to make her laugh is ONE of the signals to her that you're most-likely going to be the sort of guy that can survive well. You will most-likely get along well with others and be liked by other people. As a result, you will probably be better at providing, surviving and thriving in this world than a guy who doesn't get along well with others and is disliked by others.

Attracting Women With Your Personality

[image: Which twin is more attractive?]

To help you understand what I mean by attracting women with your personality and being naturally attractive to women for reasons OTHER than looks, a great example to show you is the example of a pair of identical twins.

So, which of these twins is going to be more attractive to women?

The twin on the left is nervous around women, he doesn't know how to flirt with women, he doubts himself and comes across as a bit shy and awkward. The twin on the right is confident around women, knows how to flirt with women, he believes in himself and comes across as confident and easy-going.

Which of the twins is going to be more attractive to women? The twin on the left or the twin on the right?

[image: The twin on the left is less attractive because he is nervous, self-doubting and doesn't know how to flirt with women]

If you understand attraction, you will know that women are attracted to the **strength** in men and turned off by the **weakness**. Therefore, the twin on the right is going to be more naturally attractive to women. He is confident, he believes in himself (emotional strength), whereas the twin on the left lacks confidence and doubts himself around women (emotional weakness).

Being emotionally strong is just ONE of the ways that you can attract women. It's not the only way.

There are more than 100 different ways that I teach guys how to attract women and being emotionally strong is just **one** of the ways that you can attract women.

In this example with the twins being "identical twins," some guys will still look at them and say, *"Well...I think the twin on the right is better looking, so that is why she would go for him."* Guys who think like that still don't understand that you can attract women in many different ways. They either don't understand or are not yet willing to accept the fact that women are more attracted to a guy's personality and how it makes her feel, than what he looks like.

Women can be attracted to what a man looks like, but if a man's personality doesn't make her feel good (i.e. it doesn't turn her on sexually and emotionally) and she feels turned off by his personality (e.g. the twin on the left is nervous and doubts himself around her, etc), then she's not going to want to be with him even if he looks better than the twin on the right.

Most Women Have an Open Type When it Comes to Men, Even if They Don't Openly Admit it

Some women are extremely picky and will only go for a guy who looks like a male model, who is tall, rich, has a perfect gym body and drives an expensive car. However, most women have what I call an Open Type, which means that they are open being with many different types of guys as long as the guy can make her feel attracted in **other** ways.

The truth is, you don't have to be rich, good looking, tall or have big muscles to attract most women (95%). What you need to have is the ability to attract women with your personality, communication and behavior. Women only need to see that you have the potential to do well, but you don't have to be already successful in life.

You can be the sort of guy who is on his way to success or who is pushing forward in life and reaching for your true potential as a man. For most women, that is just as attractive as a guy who is already successful in life. You don't already have to be at the peak of your career or successful in life to be attractive to women.

[image: I've got to succeed in life first, then girls will like me]

Some guys waste half or most of their life thinking, *"I'm going to get a good job first...I'm going to save up a lot of money...I'm going to buy a car and a house and THEN I'm going to start trying to get a girlfriend because women will like me for being so well set up and successful in life."*

Yet, the truth is that you really don't need to do that to attract almost all women.

As you would have seen out there in the real world, millions of guys are with women and they are NOT fully successful in life. The majority of guys aren't fully set up and successful in life, but they

still have a girlfriend, a wife or are having sex with many different women on rotation.

Almost all women are not expecting you to be a tall, male model with the perfect gym body and billions of dollars before you are worthy of them. They just expect to feel attracted to you and you can make women feel attracted to you in many different ways.

The Ability to Trigger Feelings of Sexual Attraction in a Woman

[image: The skill of attracting women]

The ability to trigger feelings of sexual attraction in a woman is the most important thing that a guy needs to learn if he wants to be successful with women.

A guy can be going through life and have a good job, a nice car and live in a great apartment or house, but if he interacts with a woman and his personality and communication style doesn't make her feel sexually attracted, then she won't really care that he has a nice job and car.

Interacting with him isn't going to make her feel attracted, so it's going to feel quite boring, awkward and forced. Without the feeling of sexual attraction, there's no **reason** for the woman to want to have anything other than a friendly conversation with him and then turn away and forget about him.

However, when a woman feels sexually attracted to a guy, then there is a **reason** to get to know him further and like all the other things about him.

[image: Attracted to more than just looks]

So, one thing that I really want to make 100% clear for you here is this: **Attraction can be created.**

Once you open your mind to that, you will start to see it all around you. You will see guys interacting with women and they will be **creating** feelings of attraction inside of the woman and that is what is drawing her to him. That is something that YOU can do.

I spent YEARS figuring out how to attract women and then took the time to put all the advice into my book, The Flow. You don't have to spend years trying to work this stuff out on your own. In a matter of HOURS, you can learn what has taken me YEARS to figure out.

If you read my book The Flow, you will get an education and understanding of women that will allow you to naturally attract women when you interact with them. Yet, if you decide to go through life and refuse to have the skill of being able to attract women, then what you can look forward to is probably the same sorts of things that you've been experiencing with women so far.

You might get the same rejections, the same awkward conversations, the same lack of sexual chemistry between you and the woman that you meet. In a relationship, after the initial lust has faded away, you'll probably get the same sort of result again where the woman isn't attracted to you for deeper reasons. The spark and the fire that once burned between you just isn't there anymore, so the relationship starts to fall apart.

I know that all too well because it happened to me. The whole reason why I started The Modern Man in the first place is that I got lucky many years ago. I was at a party, had gotten a bit drunk and there was a girl on the dance floor (in the backyard of the house party) who was a bit drunk too and somehow we started to kiss. After that, we started a relationship, but I had gotten lucky.

I didn't know how to attract her when I met her and didn't know how to maintain her attraction and build on it in the relationship. In the relationship, I did so many things that turned her off that she eventually cheated on me and then dumped me. I then went through many years of being lonely and losing a lot of confidence in myself around women and "throwing my hands up" and giving up at times.

Eventually, after getting sick and tired of the loneliness and lack of confidence around women, I decided that I was going to work out how to approach women, how to naturally attract them and how to have my choice with women. Back then, it was very difficult to do because there wasn't a book called The Flow, so I was on my own and trying to work it all out through trial and error.

After a lot of initial rejection (because I had no idea how to attract women and lacked a lot of confidence in myself), I eventually did work it all out and had a great time picking up women for many years before settling down with my girlfriend. Ever since working out the secrets to attracting women, I've been teaching other guys how to do the same thing and I've also been helping guys to get their ex girlfriend back.

Unlike when I got dumped by my girlfriend many years ago (before the internet had dating and relationship experts devoting their life to helping others), I now know how to get an ex girlfriend back. You've got to make her feel respect for you, make her feel attracted to you and open her back up to the love, which is actually very easy to do when you know how to make women feel attracted to you.

In Closing

To finish up here, I just want to go back to the most important skill that you need to have as a man if you want to be successful with women. That is: The ability to trigger feelings of sexual attraction inside of a woman.

| **Skill** (*noun*): The ability to do something well; expertise.

Attracting women is one of those complex skills in life that initially feels a bit awkward and difficult, but once you know how to do it, it is then very easy and automatic.

For example, if you think about learning how to play a musical instrument (e.g. guitar); initially it feels really awkward and you don't really know what to do, but after a bit of practice, you are able to play songs and it's very easy and enjoyable. It is a complex skill that initially feels like it will be difficult to master, but eventually feels like one of the easiest, most enjoyable things to do in life.

[image: The complex skill of playing guitar]

Another example is when you are learning how to drive a car. You get into the car for the first time and there are so many different things to focus on all at once. Initially, it may feel like a difficult thing to do, but once you learn how to do it and you have the complex skill, it's very easy, natural and automatic.

[image: Learning a complex skill]

The same thing applies to attracting women.

Attracting women is actually a skill that you can develop and master as a man. If you don't have the skill of being able to attract women, then when you interact with women, your conversations are

usually going to feel awkward, boring, forced or just friendly. The sexual chemistry and attraction just isn't going to be there with pretty much every woman you meet.

Sometimes, you might be able to get lucky and click with a girl one time out of 100, but if you want to attract most of the women that you meet, if you want to have your CHOICE with women and be able to create feelings of attraction inside random women that you meet throughout your life, then you will need to have the skill of being able to attract women.

If you're interested in learning how to attract women and you want to develop that complex skill right now, the two programs that I recommend you start with are either:

1. The Flow.
2. The Modern Relationship.

[image: The Flow]

The Flow is for guys who are looking to approach and attract women to get themselves a girlfriend or have sex with many women and enjoy their choice of women.

[image: The Modern Relationship]

The Modern Relationship is for guys who are already in a relationship with a woman and want to be able to build on the attraction, respect and love that their woman feels for them.

When a guy doesn't know how to do that with his woman when in a relationship, then the attraction, respect and love is pretty much guaranteed to fade away over time. However, when you know what you're doing, the attraction, respect and love that you and your woman feel for each other deepens over time.

Naturally attracting women is an ability that you can have as a man. It's either something that you know how to do or you don't know how to do. If you don't know how to attract women when you're interacting with them, most of the women that you meet just won't feel the spark with you and they won't be interested in anything other than just talking to you or being a friend.

Most women go through their life feeling very unsatisfied with the options that they have in terms of dating and relationships. When a woman is in a relationship, she will often feel disappointed that her guy isn't able to maintain her attraction for him. When you are the guy who can deepen her attraction, then YOU are the guy that she wants to stay with.

If you are interested in learning how to develop the skill of attracting women when you meet them, so you can get yourself a girlfriend or get laid and have your choice with women, then I welcome you to read my book, The Flow. If you already have a girlfriend, fiancé or wife and you want to learn how to build on the attraction, respect and love that she feels for you, then I recommend that you watch my program, The Modern Relationship.

When you learn how to attract women and you start using the techniques, you will realize how easy it is. Most guys go through their life never really understanding how to attract women and as a result, they get rejected by women or end up ruining the relationships that they have with women throughout their life.

Every guy can improve on his ability to attract women and if you need the help, I'm here for you. I hope that you decide to give my programs a try. You can get started and try the programs with no risk. I offer a 30 day money back guarantee, so give it a try, start learning how to attract women, use

the techniques and you will be AMAZED at how women respond to you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

What is Flirting and Why Does it Turn Women on So Easily?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Flirting is an essential ingredient that you need to include when you're out there approaching and picking up women to get laid, get a girlfriend or find yourself a wife. It's also something that you need to include in a relationship to help keep the spark alive.

When it comes to meeting women, if you've been finding that your conversations with women start off well, but then fizzle out and become boring to the point where the girl just doesn't seem very interested in talking to you anymore, then flirting is most-likely the missing ingredient that you've been overlooking.

In This Post

In this post, I'm going to answer the following questions for you about flirting:

- What is flirting?
- What is an example of flirting?
- Why do women prefer men who can flirt?
- Why does flirting turn a woman on so easily?
- Is flirting all you need to attract a woman for sex or a relationship?

What is Flirting?

The best way to start off answering that question is to look at the dictionary definition:

Flirt (*verb*): To behave as though you're attracted to or trying to attract someone, but for amusement rather than with serious intentions. To court triflingly or to act amorously without serious intentions.

So, what does that mean? Essentially, you are showing that you're attracted to her, but it's not serious. You're doing it without serious intentions. You're acting amorously, but without serious intentions. What does acting amorously mean?

Amorous (*adjective*): Showing sexual desire, expressing love, being in love.

By acting amorously or being amorous towards her, you are showing sexual desire for her, showing love and appreciation of her, but without serious intentions.

Women know that flirting isn't serious, the dictionary says that flirting isn't serious and I'm telling you as well; it's not a serious thing to do, but it's a very important thing to do because it creates a spark between yourself and a woman.

What is an Example of Flirting?

[image: Starbucks barista]

The examples of flirting that I'm going to provide for you take place in a Starbucks cafe when you're interacting with the female barista and ordering a coffee.

The first example of flirting that I'm going to give you is a subtle example of flirting and then I'm going to provide a really obvious example of flirting, to ensure that you fully understand what is going on.

1. Subtle example of flirting

With this subtle example of flirting, it's more about your body language, tonality, vibe and how you're coming across rather than what you're saying. You are acting amorously, showing her that you're attracted to her, but you are not doing it in a serious way.

It's not a serious, formal, risky thing to do; you're just being a cool, easy-going, loving, charming guy and you're showing interest in her in a very subtle way that women love.

[image: Starbucks barista]

So, you walk up and she asks you, *"What would you like to order?"* or *"What can I get you today?"* and instead of just ordering your coffee like a normal customer and not showing her that you find her attractive, not expressing any love or appreciation for her, you can flirt with her in a very subtle way.

When she asks you something like, *"What can I get you?"* you can pause, smile, look her up and down a little and say, *"Well...hello, how are you today?"* with a subtle expression of love, appreciation and sexual desire.

That's what flirting is. You are showing her that you find her attractive and you are doing it without serious intentions. You're just being a cool, confident, loving, charming guy by flirting with her in that way.

[image: Starbucks barista]

What you might notice now that we're talking about subtle flirting is that guy's like George Clooney, who women refer to as being charming, has been using that type of body language all along.

[image: George Clooney - flirtatious smile]

When he interacts with female hosts or interviewers, you will notice that he uses a flirtatious smile and body language. He's showing his appreciation of the woman's beauty and sex appeal. He's not afraid to express that feeling in a subtly flirtatious way.

The same applies with your interactions with women; you can show that type of appreciation of the woman's beauty, her attractiveness and you can do that in a loving way. It's not serious; you're not doing it with serious intentions. You are simply flirting with her and giving her the type of communication experience that women yearn to have with men.

2. Really obvious example of flirting

The next example is a really obvious example of flirting to ensure that you get the point and understand what flirting is. Remember: You are behaving as though you're attracted to her, you're showing your attraction for her, you're showing your appreciation of her, but it's not serious, which means that you can joke around with at times as I will demonstrate with the following example.

When you walk up and the woman asks you, *"What would you like to order?"* to be flirt with her in a really obvious way, you can pause, smile and say something like, *"Well...I thought I knew what I was going to order, but I've walked up now and my mind's gone blank. I'm standing here talking to the*

most beautiful barista in all of Starbucks, so I've lost my train of thought. Let's see...what was I going to get? Latte...cappuccino...I guess I'll get a latte."

That's a really obvious example of flirting because I'm actually saying what I feel about her attractiveness, by mentioning that I'm standing there talking to the most beautiful barista in all of Starbucks. It's not as subtle as just walking up with a loving, subtly sexual smile and saying, "Well...hello, how are you today?"

With the really obvious example of flirting, I'm actually saying something like, "Well...now my mind's gone blank. I'm standing here talking to the most beautiful barista in all of Starbucks and I've forgotten what I was going to order."

You're being playful with your display of sexual attraction, love and appreciation for her. You're not doing it in serious manner that demands a serious response. You're simply flirting, flattering her, expressing that love and appreciation of her and it's not a serious thing. However, flirting a very important thing to do because it creates a spark between you and the woman.

Why Do Women Prefer Men Who Can Flirt?

[image: Why do women prefer men who can flirt?]

There are many reasons why women prefer men who can flirt and I'm going to have to explain these for you to ensure that you really understand it, because a lot of guys see flirting as silly, pointless mind games that women want to play.

A guy might think or say, "I don't want to do anything like that. I find her attractive and just want to say hello to her, ask her out on a date and then she likes me for being a good guy. Why does she have to play games? Why can't it be more simple?"

Yet, the dating process just doesn't work in that way and you'll find out why as I explain the following four main reasons.

1. Flirting allows her to get a feel for the guy's personality first

What a lot of guys don't understand is that women feel attracted to men for different reasons than men feel attracted to women. A woman can feel attracted to a man's physical appearance, but if his personality and behavior doesn't make her feel the way that she wants to feel, then she's not going to be interested in almost all cases.

Even though he "looks good," she will still reject him and won't be interested because he just doesn't "feel good."

[image: Rejected even though he looks good]

Yet, the same rule doesn't apply for the majority of men when it comes to their attraction for women. Men are mostly attracted to a woman's physical appearance and if a woman is attractive, most of the men that she meets will be willing to have sex with her or even start a relationship even if they don't like her personality and behavior.

Most guys would be willing to give it a go to have sex because most guys are ready to have sex or are turned on enough just based on the woman's physical appearance.

[image: Most men would be willing to have sex with these women, even if the men didn't like the

personality or behavior of the women]

This is why the porn explosion happened on the internet. Men look at porn and get turned on immediately, simply based on how the woman looks. Even if the guy doesn't like the woman's personality, morals, values or level of intelligence, he can still get horny and want to have sex with her (or jerk off to her).

[image: Man looking at porn. Men are mostly attracted to the physical appearance of women]

Just based on physical appearance, most men are ready and willing to give an attractive woman a chance. They would date her, have sex with her or even begin a relationship with her even if they didn't fully like her personality and behavior. That is the position that most women are in and you need to understand that if you are going to understand why women behave in the ways they do.

Some guys have higher standards when it comes to women and want to find a woman who's not only attractive, but also has a great personality. However, the majority of men (95%) that a woman will meet in her life, will either ask her out or show her that they are really interested and want to be her boyfriend, simply based on her appearance.

Even if the guy doesn't like her personality, even if she is being a bit of a bitch, the majority of guys will still be interested in giving it a go. If she is attractive, that is the sort of treatment that she will get throughout her life from men.

Yet, she doesn't just want to accept one of those random guys. She wants a guy who can make HER feel attracted...and that is NOT just about a guy's looks.

[image: Rejected for not using flirting to create a spark first]

Instead of being immediately ready for sex, most women need to be warmed up. Some women are very easy and will have sex right away or will be very easy to pick up, even if a guy has little to no skill at attracting and picking up women. However, the majority of women need to be warmed up and if the guy's personality and behavior doesn't turn her on and make her feel attracted, then she's not going to go along with it.

Flirting allows a woman to get a feel for the guy's personality first before she begins to show some more interest. Instead of a woman just saying, *"Oh, you like me? Okay...you look good, I look good, so I'll give you my number...let's go out on a date...how about tonight? Come over to my place, we'll have sex and get this relationship started"* she will want to get a feel for the guy's personality first.

2. Flirting is discreet and non-committal

When you flirt with a woman and she flirts back with you, it doesn't mean that she is saying, *"Okay, I like you and I want to start a relationship"* or *"Okay, let's have sex."* What she's doing is simply flirting with you to see how it feels and if it feels good, she will go with it.

Women like to play in what I call *The Maybe Zone of Flirting* to see how they feel, before committing to anything else. The Maybe Zone of Flirting is, *"Maybe I like you, maybe I don't. Maybe I'll hook up with you, maybe I won't."*

A lot of guys don't like that and wish that women would be more straightforward and to the point. *"What's with all these silly games?! I like that girl....I find her attractive...I want to be with her. Why is she playing hard to get? Why is she making this difficult?"*

One of the reasons why is that a woman wants to be discreet about her sexual interest in a guy so that other people (including the guy) don't think that she is "easy" or look down on her in any way.

Additionally, before she actually commits to going on a date with a guy, having sex or starting a relationship, she wants to be able to feel very attracted to him first because the attraction that a woman feels for a guy is mostly based on how his personality and behavior makes her feel.

If a woman is attractive, most of the guys that she meets are willing to get started with her (i.e. kiss her, have sex with her, take her out on a date, etc) simply based on her appearance, but she's not. Most women need to be "warmed up" first and they will then be interested in going forward to a kiss, a date, having sex or starting a relationship.

3. Flirting builds up sexual tension

Sexual tension is an exciting feeling that a man and a woman will experience when they want to have sex with each other or go to the next stage of a relationship, but there is something (or someone) blocking that progression.

Example 1: They work together and are attracted to each other, but it is considered wrong or inappropriate to hook up, so they just flirt with each other and the sexual tension builds up. Another

Example 2: A woman is interacting with a guy in a bar who isn't easy to pick up. He's not a typical guy who is instantly ready to hook up with her or be her boyfriend simply based on her appearance. Instead, he feels attracted to her, but has the ability to "warm her up" by building up the sexual tension between them.

Most guys instantly react to a woman's physical appearance and are ready to act simply based on that, which is why guys jerk off to porn. The attraction to a woman's physical appearance is enough for most guys.

However, what a woman wants to experience is the exciting feeling of sexual tension that only happens with a guy who understands the position that women are in when it comes to dating and sex. She wants to feel attracted to him in many different ways during an interaction to the point where she too is ready to kiss or have sex.

You can attract a woman by how you are talking to her, how you are using your body language and how you are responding to what she says and does. These are things that a guy either knows how to do or not. Guys who don't know how to attract women during interactions will talk to women and the conversations may start out okay, but it quickly becomes boring and the woman loses interest because there is no build up of attraction or sexual tension.

Many men don't want to flirt with women because they want women to stop being silly and just like them for being a good guy, *"Hey...I'm a nice guy...I'm intelligent...I've got good intentions with you. What's with all the silly games? I like you...let's stop mucking around here."*

[image: Why doesn't she like me for being a nice, intelligent man?]

Yet, what is really going on is that, if you refuse to flirt with women, what you're refusing to do is create a spark between yourself and a woman when you meet her. The intelligent, deep and meaningful conversations with a woman happen later on in the relationship. You don't need to having those sorts of conversations with a woman initially to get her interested in you.

You've got to create a spark, build up her attraction for you and create exciting feelings of sexual tension. Most women need to be "warmed up" to the guy first and they are not interested in getting started (i.e. with kissing, sex or a relationship) simply based on the guy's appearance. They want to feel attracted and turned on by his personality and behavior.

Initially, women want to feel a spark with you and flirting is one of the easiest ways to make that

happen. There are so many things that you can say and do to flirt with a woman and create between you and her when you first meet her.

If there is a woman that you already know and you haven't created a spark with her, you can now create that spark by using flirting and then build on that by attracting her in many different ways.

A lot of intelligent men want women to be impressed by the fact that they are intelligent, have great ideas about the world and politics (or anything other topic they think women should be impressed by), have a great job, have great intentions with the woman, but that isn't what she is looking for.

She wants to feel a spark of sexual attraction and then she wants you to be able to build on that by making her feel turned on by your personality and behavior, which is actually a very easy thing to do once you know what you're doing.

4. It's more fun and enjoyable than talking to a guy who doesn't flirt

[image: Talking to a guy who doesn't flirt]

With flirting, sparks fly immediately between a man and a woman and in a relationship, flirting is one of the things that helps to keep the spark alive.

What happens for a lot of couples is that they will get into a relationship and initially, it will be fun and exciting because there is the "beginner's lust" at the start of a relationship.

[image: The spark is dying]

However, once that initial lust has died away, if the guy doesn't know how to flirt with his woman and doesn't know how to create more sexual tension to keep the spark alive, the relationship can start to feel boring. The couple then ends up feeling like friends or housemates and the fire begins to burn out with no spark between them.

Why Does Flirting Turn a Woman On So Easily?

The reason why flirting turns a woman on so easily, is that it attracts women in many different ways at once.

Most guys are going through life that, to attract women, you've got to look good, be tall, have muscles, have loads of money, have an expensive car, live in an amazing house or apartment, wear the best clothes and THEN you will get the girl. Yet, that's just not how it works. The fact is that you can attract women in so many different ways.

Yes...women are attracted to guys who are good looking. A handsome guy can make the woman feel attracted.

Yes...being tall will make a woman feel some attraction for guy.

Yes...having a perfect, gym body can make a woman feel attraction.

Yet, they are not the ONLY things that women can feel attracted to and that is why you will see guys who are overweight, with attractive women. You will see guys who many people think are not good looking, with a beautiful woman. You will see guys who are from a race (e.g. Asian) where other people think that he can't attract many women, but he will be doing it...easily.

[image: Fat guy with hot girlfriend. She finds him attractive]

[image: Asian guy marries white girl. She finds him attractive]

[image: Bald guy with pretty woman. She finds him attractive]

[image: Fat guy with sexy girlfriend]

[image: Fat guy with beautiful girlfriend. She finds him attractive]

[image: Ugly man with beautiful women. She finds him attractive]

[image: Nerdy guy with a beautiful girlfriend]

[image: Ugly guy with a pretty girlfriend. She finds him attractive]

Why does this happen? How can women feel attracted to guys who don't look like male models? What is going on?

It is a fact of nature that women CAN feel attracted to men for many different reasons. A woman's attraction for a man is not limited to his physical appearance. When you flirt with a woman, you are actually attracting her in many different ways at once.

By flirting with a woman, you are:

1. Being confident.
2. Displaying social intelligence.
3. Being masculine.
4. Being charming.

You're being **confident** and are displaying **social intelligence** by being a guy who actually understands flirting and knows that women love it and that they want guys to do that with them.

You're being **masculine** because you're making her feel girly; you're not afraid to say or do something like that in a public or social environment. You are also being **charming**, depending on what style of flirting that you're using at the time.

There are so many different ways that the woman is feeling attracted to you when you flirt with her. If you think about what attraction actually is, you will understand how it works. The dictionary definition of attraction is:

Attraction (*noun*): A quality or feature of someone that evokes feelings of interest, liking or desire.

The dictionary definition of attraction is not, "*the feeling that a woman gets when she sees a good looking guy.*" Attraction occurs when a woman observes, notices or experiences qualities in a man that evoke feelings of interest, liking and desire within her.

When it comes to attracting women, you have so much power. You've got more power than you most-likely realize. You can attract women in so many different ways.

Is Flirting All You Need to Attract a Woman For Sex or a Relationship?

No.

Flirting is just **one** of the ways that you can attract women.

In my programs at The Modern Man, I teach guys how to attract women in more than 100 different ways. If you read my book The Flow (an instant download after you purchase), you will learn about flirting, many important attraction techniques and the personality traits and behaviors that naturally attract women.

You will also have examples of things that you can say and do right away to start attracting women. From that, you will be able to get yourself a girlfriend, get yourself a wife or get laid and have sex with many different women.

If you don't know about things like flirting and how to attract women in other ways, then reading The Flow will give you an introductory education on what it takes to be successful with women. You will learn how to attract women when you meet them and then maintain the attraction of a woman in a relationship.

Then, if you want to learn more and discover more attraction techniques, more ways to be confident and more mind-blowing insights about success with women, I have all of my other programs for you as well.

Personally Speaking...

Personally speaking, I never used to know about flirting. I thought that flirting was something that women did and that wasn't important for men.

I would go over and talk to women and ask them boring questions about what they did for a living, where they lived, how old they are, etc. The conversation would quickly get boring and I didn't know why it got boring. I didn't know why women weren't excited when talking to me.

I mistakenly thought that, *"Okay...it must be happening because I am not good looking enough. I have to buy more expensive clothes...I've got to get better looking fashions. I've got to go the gym...I've got to look better in any way I can and THEN, hopefully women are going to be excited when they talk to me."*

Yet, no matter what I did in terms of going to the gym, buying new clothes or expensive shoes, styling my haircut in a certain way or getting a new cologne...none of it made a difference to the end result of actually getting laid or getting a girlfriend.

Initially, when I started wearing better clothes, women did show some more initial interest, but when I began to talk to a woman, she would quickly get bored and I would run out of things to say. It would feel awkward with the long silences during the conversation because I didn't know what else to say.

There was just no spark because I didn't even know about flirting and I didn't even know that you can attract women in so many different ways when you are interacting with them. As a result of that lack of knowledge, I was turning women off in many different ways while I was interacting with

them. Yet, I just didn't know it.

After being rejected by women yet again, I would go home with my tail between my legs thinking, *"Oh well...I'm just not good looking enough. Oh well...I guess I'm stuffed when it comes to women...I guess I'm going to have to accept an unattractive woman"* not even realizing how close I was to being successful with women.

If I could just go back in time, I would say to myself, *"Dan! Wake up!!! Use flirting and other attraction techniques to attract women. You CAN do it."* I would tell the younger version of me to stop being so close-minded about attraction. Yet, that version of Dan just didn't know what I eventually discovered and now teach here at The Modern Man.

Back then, I was going through life and looking at other guys who were with beautiful women and thinking, *"Well...they must be better looking than me"* because that is all I knew.

Attracting Women is a Complex Skill That You Either Have or Don't Have

[image: Attracting women is a complex skill that you either have or don't have]

What a lot of guys don't realize is that attracting women and being good with women, is a complex skill that a guy either has or he doesn't have.

Like me when I was hopeless with women and couldn't get myself a girlfriend, a lot of guys are still going through life right now, not even knowing that they have so much power when it comes to attracting women. A lot of guys are going through life thinking, *"I don't look good enough and that's why women don't like me"* or *"My job is not good enough"* or *"I'm not tall enough."*

Such men don't pay attention to the fact that they do see guys who they look better than or who have the same "issue" (e.g. lack of height, overweight, etc) with attractive women. They don't pay attention to that because they don't know what else to think.

So, let me tell you something now to clear it up and to help you understand what's really going on...

Being good with women (i.e. being able to attract women when you meet them and then continually build on the attraction, respect and love that a woman feels for you in a relationship) is a complex skill that a guy either has or doesn't have.

In life, you learn many new complex skills and you either know how to do it or you don't know how to do it.

An example is when a guy learns how to drive a car. Initially, there are so many things to think about, learn and focus on and it might feel like a difficult thing to do, but once you learn it and start doing it, you've got the complex skill and you're set for life.

[image: Learning a complex skill]

The same thing applies with developing and having the complex skill of being good with women.

Initially, from the outside, when a guy looks at a guy who is good with women and notices that sparks are flying as he interacts with them women, it can feel like it would be a difficult thing to do.

The guy on the outside may think, *"Hhh...that's too difficult. Bloody women...why do they make it so*

hard? Why can't I just walk up to her and she likes me for being a good guy? Why does it have to be so difficult?"

[image: It looks difficult from the outside, but it's actually very easy to do]

It seems like a difficult thing to do, but it's actually very easy, just like learning to drive a car. You learn what you need to do, you then do that, you gain the complex skill and you're set for life.

However, if a guy goes through life and he never develops the complex skill of being good with women, then what happens is that he almost always gets rejected by women when he tries to pick them up.

Relationships that he's in become stale and boring. He may also become insecure, needy and take the woman for granted. The relationship then begins to fall apart. No one has ever really taught him what it takes to be successful with women and he's going through life without the complex skill; he just doesn't know what to do.

Yet, that is what I am here for at The Modern Man.

I am here to offer you all the answers, all the techniques, all the solutions involved in having the complex skill of being good with women. Once you get the complex skill, attracting women when you meet them and maintaining their attraction in a relationship is one of the easiest things to do in life.

When you first start out trying to learn how to pick up women, approach women and have your choice with women, it may feel like a difficult thing to do, but I always hear back from guys who have used some or all of my programs and most of them refer to it as being ridiculously easy.

Yet, at the start, if a guy is walking through life and doesn't even know about flirting or how to attract women in many different ways and is thinking that it's all about looks; it can feel like a really difficult thing to do. Women may seem silly, annoying and even shallow for rejecting him, but they are doing it for a reason.

The woman wants to feel a spark of attraction and she then wants the guy to be able to build on that attraction by attracting her in many different ways with his personality and behavior. If that doesn't happen, then she isn't feeling what she wants to feel before hooking up with a guy.

Stop Wasting Your Life Thinking That You're Not Good Enough For Women

[image: My hope for you: Don't waste more of your life thinking that you can't attract women!]

If you are going through life and not experiencing the type of success with women that you want, I hope that you don't go through more of your life thinking that you are locked out of being able to attract women.

I hope that you don't waste more of your life thinking that you're not good looking enough, that you're not good enough as a man, not tall enough, don't have enough muscle or any other thing that you currently think is mandatory for success with women.

I hope that you can open your mind to the reality that guys who are not good looking **are** picking up beautiful women. Guys who are overweight are picking up beautiful women and even marrying them. Even Asian guys are hooking up with white women and marrying them. Why is that? It's because

women can be attracted to a guy for so many different reasons.

A woman's attraction for a man is **not** limited to his physical appearance. I hope that you can understand that.

Furthermore, when you make a woman feel attracted to you in other ways, she will actually like your physical appearance, even if other people think you don't look attractive. She will say something like, *"There's something about him that I like. He's cute. I find him attractive. He's my handsome boyfriend/husband."* She will be attracted to him.

Not all women in the world will go for a guy who doesn't look like a male model, but many women will. That's what you need to understand.

With flirting, you can create a spark between yourself and a woman initially, just by flirting with her (i.e. expressing your love and appreciation and feelings of sexual attraction) in a non-serious way. You are showing her that you're sexually attracted to her and then when you create that spark with her, you simply build up the attraction (there are so many ways that you can do it) and then go through the process (called "The Flow") that I talk about in my book The Flow.

You go through "The Flow" and naturally go from one step to the next with a woman. When a guy isn't successful at approaching and picking up women for sex or a relationship, it's because he isn't go through The Flow. He isn't creating a spark between himself a woman and isn't able to build on that spark.

In most cases, a guy will be hoping that the woman will "like" him for being a good guy and then give him a "chance" with her. Yet, that isn't the experience she is looking for and being a good guy just isn't enough. You've got to be able to create a spark between yourself and a woman and then build on it. If you are able to do that, you will have so much choice with women because most of the guys that she will meet in her life have no clue how to do it.

No guy can pick up every woman in the world, but with flirting and attracting women in many different ways, you can pick up many beautiful women very easily.

In Summary

[image: Subtle flirting in the gym]

Flirting is not a serious thing to do, but it's a very important thing to do because it creates a spark between you and a woman.

You don't need to worried about using flirting, *"Will she see it as too forward?"* or *"Will I offend her?"* You're not doing anything wrong by expressing some love and appreciation. You're not doing anything wrong by showing her that you find her to be sexually attractive. You're not doing it with serious intentions.

Women know that flirting isn't serious and they love it because they can get a feel for your personality first, before committing to anything serious like giving you a phone number, kissing you, having sex with you or starting a relationship with you.

Flirting allows a woman to play in the Maybe Zone and get a feel for you first, before she goes any further. When you are one of the rare guys who knows how to rapidly build on a woman's attraction for you and turn her on, then you will have so much choice with women.

It will no longer be a case of you trying to talk to women and hoping that they like you, but will be a case you creating an instant spark between yourself and the woman, building on that attraction and then moving it forward.

Rather than thinking to yourself, *“I hope I can get this girl to like me. I hope that I can grow on her”* and hoping to be liked for being a good guy, you will actually be making women feel sexually attracted to you. Trying to be “liked” will lead you into the dreaded friend zone and will also leave you vulnerable to having another guy come along and steal the woman that you’ve been talking to for an hour, just by flirting with her for a few minutes.

[image: You can attract women]

You do have the ability to make women feel attracted to you.

You most-likely don’t realize how much power you have when it comes to attracting women. You have so much power. You have more power than you probably realize.

It’s not just about a man’s physical appearance. You can make women feel attracted to you in so many different ways and I hope that if you are interested in learning, then you read my book [The Flow](#) and if you want to learn even more, you check out some of [my other programs](#) as well.

When you do, you will have the complex skill that is required to be successful with women and you will be set for life. You will have your choice with women and you will be able to attract women when you meet them and maintain the attraction of a woman in a relationship.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

How to Know if a Woman is Interested in You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Okay, so there's a woman that you really like and you want to start a sexual relationship with her, but you're not sure if she feels the same way.

How can you find out if she likes you?

The Golden Rule

[image: Start off by creating a spark of sexual attraction]

The Golden Rule is that if you have made a woman feel **sexually attracted** to you, then she will be interested in you.

The more attraction that you can make her feel for you, the more interested she will be.

- If she is not attracted to you, she isn't going to be interested.
- If she is a little bit attracted to you, she will be a little bit interested.
- If she is very attracted to you, she will be very interested.

Yet, even when a woman is very attracted and interested in you, it doesn't automatically mean that she is going to openly show that to you!

Not All Women Make it Completely Obvious When They Like You

[image: Two women showing their interest in different ways]

Sometimes, a woman will stop talking to a guy to test his level of interest or to test his confidence level. She wants to see if he's going to become nervous when she pulls back her interest or if he will lose interest in her. How interested is he and how confident is he when a woman plays a little bit hard to get?

Sometimes, a woman will talk to a guy and get him really interested in her, even when she has no plans at all to hook up with him sexually. Often, the woman will want to use the guy's interest in her as a confidence booster; to make her feel better about herself, to improve her self-esteem or to look good in front of others.

Sometimes, a woman will want to avoid looking "too easy" to a guy. She will want him to be able to trust her in a relationship if they do end up hooking up, so she wants to show him that she's not an easy target who gives herself up very easily. A woman like that will play hard to get and behave shy about the idea of going on a date, so the man can feel like he is getting a great woman that he will want to stay with.

What to Do if You Can't Work Out Whether or Not She is Interested

[image: What to do if you can't work out whether or not she is interested]

Each woman will show her interest in a guy in a slightly different way. Sometimes, the woman will be challenging. Sometimes, the woman will be easy.

So, what should you do?

- Focus on making her feel **attracted** to you.
- Confidently attempt to escalate things to the next level (e.g. phone number, kiss, date or sex).
- As long as she keeps showing interest in talking to you and interacting with you, keep going with that until you get to the end result. Be the strong one for the both of you. Sometimes, the woman is shy or worried about being rejected and needs a guy who can be strong enough to deal with her issues.

Don't waste time and energy worrying about whether not she is interested in you. Focus on making her feel attracted to you and she will be interested.

Waiting and Hoping For Obvious Signals

[image: Looking nervous and he waits for more obvious signals]

The main reason why you shouldn't wait around hoping for obvious signals from her is that it can cause you to appear nervous, self-doubting or awkward around her. Those are behaviors and personality traits that turn a woman off.

Waiting for obvious signals from her may also cause you to act like a friend around her, because you're worried about showing interest in her and being rejected. However, behaving or acting like a friend around her is not what causes a woman to feel sexually attracted to you.

What is Attraction and How Can You Make a Woman Feel Attracted to You?

The dictionary definition of attraction is:

▮ **Attraction** (*noun*): A quality or feature of someone that evokes interest, liking or desire.

In my programs, I teach guys how to attract women in more than 100 different ways. An example of a way to attract a woman is by using humor, which is just **one** of the ways that you can attract women. You might have heard women say that they like a guy who can make them laugh.

Humor is one of the best ways to make women feel attracted to you. However, not **all** types of humor make women feel attracted to a guy. If a guy is just using a friendly and polite type of humor when talking to a woman, it is not going to make her feel attracted. The type of humor that makes a woman feel attracted is what I call, *Playfully Arrogant Humor*.

By using Playfully Arrogant Humor, you're not being arrogant; you're being *playfully* arrogant and that is what's funny about it.

Just in case you're feeling worried about the word "arrogant," I want to point out that I'm talking about playfully arrogant humor, which is actually the type of humor that talk show hosts use.

[image: Talk show hosts who use Playfully Arrogant Humor]

Talk show hosts like Jimmy Fallon, Stephen Colbert, Johnny Carson, David Letterman, Jon Stewart, Arsenio Hall, Conan O'Brien and even women like Ellen Degeneres and Giuliana Rancic all use what I call, *Playfully Arrogant Humor*.

I'm going to give you a couple of examples of Playfully Arrogant Humor in a minute, but, before I do that let me just tell you something even more important about Playfully Arrogant Humor...

The reason why talk show hosts use Playfully Arrogant Humor is that it's the type of humor that **makes most people like you**. The talk show hosts wouldn't use that type of humor if it made most people hate them because no-one would watch their show.

When you use Playfully Arrogant Humor, it makes women feel attracted to you and it makes most people like you. So, don't be afraid of the word "arrogant" and don't be afraid to use Playfully Arrogant Humor; it's one of the best things that you'll ever do in life. It makes life so much more fun, it makes more people like you and it makes women feel attracted to you.

Most guys stick to polite and "safe" type of humor around women because they are offending women or saying something that might make the woman angry or annoyed. As a result of that "nice guy" approach, the guy ends up being very nice, polite and reserved around her...but, that isn't what makes a woman feel **attracted** to a guy.

A guy who has the confidence, social intelligence and masculinity to be able to use Playfully Arrogant Humor is the sort of guy who is going to make her feel attracted. He's also the guy who will make her feel really good because she's going to be laughing and having a fun time interacting with him.

Two Examples of Using Playfully Arrogant Humor to Attract a Woman

Imagine that you're talking to a woman you like and she touches you on the arm. How can you make her feel attracted to you by using Playfully Arrogant Humor?

When she touches you on the arm, look down at where she touched you and then look back up at her with a smile and say, "*What's with that? You're a bit touchy-feeling today, aren't you?*"

[image: Using Playfully Arrogant humor]

By saying that with a smile, you're being playfully arrogant. You're not being an arrogant guy; you're just joking around and pretending to be arrogant by assuming that she's trying to seduce you and hit on you. That's what is funny because most guys will never have the courage or social intelligence to react in that way.

Women feel attracted to a guy like that. Why? Using Playfully Arrogant Humor requires confidence and confidence is extremely attractive to women. It also requires you to think in a masculine way,

where you are the man and she is the woman.

A lot of guys will interact with a woman and will put her in the more powerful position; they'll put her in the position of dominance. The guy will try to do whatever he can (even if it means giving up his power and being a pushover around her) to hopefully impress her. Yet, behaving in that way is not what makes a woman feel turned on by a guy. Most women are turned on by guys who are the more masculine one, so she can then be free to feel girly and be the woman in the dynamic between them.

Another example of using Playfully Arrogant Humor when interacting with a woman you like, is while having drinks with her at a party, social function or at a bar.

Imagine that you're out having drinks with the woman you like and she asks, "*Do you want to get another drink?*" Being the friendly, innocent, nice guy who isn't going to make her feel any attraction, you would just say, "*Sure, let's get another drink*" and miss out on a perfect opportunity to make her feel more attracted to you.

However, if you use what I call Playfully Arrogant Humor, you would smile and confidently say something like, "*Another drink? You trying to get me drunk, are you?*" It's about her trying to hit on you. You're being playfully arrogant about it and she's going to find it funny and feel attracted to your confidence, masculinity, etc.

[image: Using Playfully Arrogant humor]

Her: Hey, do you want to get another drink?

You: What? You trying to get me drunk, are you?

What's happening is that you're suggesting that she's trying to get you drunk so she can kiss you and sleep with you. She's trying to take advantage of you.

It would be arrogant to go around thinking that any woman who suggests getting another drink, wants to sleep with you, but since you're being playfully arrogant...that is what's funny. It's a funny joke in the moment. It's not overly serious, it's just a bit of fun.

You've got the confidence, the social intelligence and masculinity to say something risky like that, rather than being a boring, nice gentleman or a friendly guy who's just pretending to be her friend and is acting nice and polite around her. Your using the moment to make her feel more attracted to you, rather than using the moment to pretend as though you just want to be friends.

There is a reason why talk show hosts use that type of humor: It makes people laugh hard and really like them. Don't be afraid of it. Embrace the opportunity to make her feel attracted to you.

Using Playfully Arrogant Humor

To make it clear about how using this type of humor makes a woman feel attracted to you, have a look at the dictionary definition of attraction.

Attraction (*noun*): A quality or feature of someone that evokes interest, liking or desire.

There are many different qualities and features that you can present to women that make them feel naturally attracted to you. Using humor is just one of those qualities.

How does Playfully Arrogant Humor make her feel attracted to you? You are presenting traits

(features or qualities) that naturally attract women, such as: Confidence, masculinity, the ability to make her laugh and social intelligence.

If you just use polite, guarded, reserved, nice guy type of humor, it doesn't make her feel attracted to you because you're not displaying a lot of confidence and you're not displaying masculinity.

If you're too afraid to use Playfully Arrogant Humor with women, then you're most likely in the mindset where you feel like you need to be nice to women to get them to **like** you and then hopefully get a chance with them.

To successfully pick women up and have your choice of women, you've got to be the sort of guy who makes women feel **attracted** to you, not just **like** you as a person because you're such a good guy. There's nothing wrong with being a good guy, but you've got to be the sort of good guy who also makes women feel attracted to you.

Making women see you as a friendly, nice, innocent guy isn't what makes them feel sexually turned on. However, when you display many traits that naturally attract women (e.g. confidence, masculinity, social intelligence, etc), it will attract her to you and turn her on.

Confidence, masculinity and social intelligence are not the only traits that you can display. I teach more than 100 different ways that guys can naturally attract women. Attracting women is actually a very simple and easy thing to do, once you understand it.

You don't have to become a bad boy or a jerk or do things that are rude or mean to women to attract them. However, you do need to display personality traits and behaviors that are going to naturally attract women to you. My approach to women is about being a good guy, but being a good guy who is also attractive to women. That is the big difference.

Attracting Women

[image: Losing the girl because he wasn't make her feel attracted]

Instead of wasting time thinking about whether or not a woman is interested in you, what you need to do is focus on making her feel attracted to you. The more ways that you can make a woman feel attracted to you, the more interested she is going to be in you.

Once attracted to a guy, each woman will show her interest in a guy in a slightly different way. Some women will play hard to get. Some women will make it easy. So, what you need to do is simply focus on making her feel attracted and then confidently move things forward.

If she gives you an absolute, *"No! Go away! Leave me alone"* response then you know that she's not attracted to you and she's not interested in you. However, if she keeps trying to talk to you, is open to talking to you and is open to interacting with you, then it means that you have an **opportunity** to make her feel even more attracted to you.

The more attracted you can make her feel, the more interested she's going to be in you.

Use The Flow to Make Her Your Girlfriend Now, Before You

Miss Out on Your Opportunity With Her

[image: Make her become your girlfriend by guiding her through The Flow]

If there's a woman that you really like and you want to make her feel sexually attracted to you, I welcome you to try the proven techniques from my book, The Flow.

When you use The Flow on this woman you like, the dynamic between you and her will instantly change because she will feel **attracted** to you in so many different ways.

There are so many different ways to make women feel attracted to you and in The Flow, for example, I explain and provide examples of the 9 personality traits that naturally attract women. The ability to use humor and make her laugh is **one** of those traits.

[image: The Flow]

In The Flow, you will find so many examples of how to use Playfully Arrogant Humor when you approach women, when you start talking to them, when you're a few minutes into the conversation, when you're getting to know her, when you're on a date, when you're calling her up and when you're in a relationship.

There are so many different examples for you, so know how to make a woman feel attracted to you in any moment and you also know how to make her feel really good around you. She enjoys interacting with you, she wants to be around you and she wants to be with you.

As you read through The Flow, you will discover so many different examples of how you can make this woman that you like feel really attracted to you and want to be with you.

You can actually make her feel excited about the idea of being with you. You can make her feel turned on while interacting with you. It's very easy to do and women love to be in the presence of a guy who has the ability to make them feel that way.

“Is She Interested in Me?”

[image: Is she interested in me??]

Wasting time worrying about whether or not she's interested in you, is the wrong approach to use with a woman.

What you need to do is make her feel **attracted** to you. When she is attracted to you, she's going to be interested in you. The more attracted you can make her feel, the more interested she is going to be.

In The Flow, I also explain how to go from just talking to her and getting her attracted to you, to a phone number, to kiss, to sex and starting a relationship. You simply go through the flow with her. Things flow from one step the next. That is how it works. It's very natural and easy to do.

It's not like being the friend, hanging around her and hoping that something develops over time. When you know how to attract women, you can do it very quickly during a brief interaction. You may have noticed that when some other guys interact with women, they are able to create instant sexual chemistry between themselves and the woman.

You can do that too.

It's actually a skill that you can learn.

Getting Out of the Friend Zone and Into a Relationship With Her

If you want to get out of the friend zone with the woman you like and you want to start a relationship with her, I welcome you to read my book, The Flow. When you start using the techniques from The Flow, she will feel attracted to you, she will be excited to hook up with you and you'll start a relationship with her.

It's actually very simple to do.

It's not rocket science.

It's very natural for a man and a woman who feel attracted to each other to hook up and start a sexual relationship. However, if you're not making this woman feel attracted to you, it won't make any sense to her to want to start a sexual relationship with you. It will only make sense to stay friends.

When you attract a woman, it's only natural that things can then change from being friendly to sexual. If you want to make it happen with the woman you like, I welcome you to read my book The Flow and put it into action. I hope to see you post up a success story on the site soon!

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

3 Beginner Tips For Building Up the Confidence to Approach Women

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Most guys can't work up the courage to approach attractive women, which is actually a huge opportunity for you.

Since it's not a woman's role to go around approaching and trying to pick up a man, many women complain that they don't really approached much at all.

If they do get approached, it's usually by guys who are going "straight for the kill" by saying things like, "*Hey, can I take you out?*" or "*What's your phone number?*" or "*Do you have a boyfriend?*" or "*Can I buy you a drink?*" Most guys go "straight for the kill" when approaching a woman because they don't know how to approach and hit on a woman properly.

As she walks through life, most guys simply look at an attractive, call out to her on the street or try to catch eye contact with her. When she's out in a social environment, most guys will just stand around or sit around looking at her and they won't have the courage to walk up and talk to her in a normal, confident way.

[image: Most guys simply look at her or call out to her, but they don't know how to approach her and hit on her properly]

So, there is a huge opportunity for you.

If you can be the type of guy that has the confidence to walk up to attractive women and hit on them properly, then you are the guy who is going to have his choice with women. What you will find, which is what surprises a lot of guys (and it surprised me too when I started approaching women) is that there's hardly any competition from other guys.

Most guys are just standing around looking at the women and when you're the guy who has the confidence to walk up and talk to women and hit on them properly, then you have your choice with women. It's actually very easy to do once you have confidence and the skill set that is required for successfully approaching and picking up women.

So, how do you build the confidence to approach women?

What is Confidence?

If you don't have a clear understanding of what confidence is, it's very easy to get confused about why you're feeling nervous or anxious before approaching a woman. So, the dictionary definition is:

Confidence (*noun*): Belief in oneself and one's powers or abilities; self-confidence; self-reliance; assurance.

Another definition to help you really understand confidence, is the word that is the opposite of confidence; insecurity. If you look at the dictionary definition of insecurity, it is:

Insecurity (*noun*): Lack of confidence or assurance; self-doubt.

So, if you're not confident you are insecure. That is literally how it works. You're either insecure of

you're confident. So, if you are insecure about approaching women, how do you change that?

Your Powerful Mind

[image: Harness the power of your mind]

Your mind is a very powerful thing and you can either use the power of your mind **against** you (to create feelings of insecurity) or **for** you (to create feelings of confidence).

If you're using the power of your mind against you, you are going to be **thinking** in a way that causes feelings of insecurity. If you use the power of your mind for you and to your advantage, then you're going to be **thinking** in a way that makes you feel confident. So, to build confidence and harness the power of your mind to work for you, it requires a change in your thinking about the idea of approaching women.

3 Tips For Building Up the Confidence to Approach Women

To build confidence, you must use the power of your mind to your advantage, rather than to your disadvantage. Here are 3 ways to do it right now...

1. Get into the habit of imagining things going well

[image: Get into the habit of imagining things going well]

If you see a woman that you find attractive and you want to approach her, get into the habit of imagining it going well.

You don't actually have to approach her. This is just about building up your confidence to approach when you are ready. You may feel confident enough to approach her just by imagining it going well, but if you lack a lot of confidence with women, you probably won't feel confident enough to approach her.

Take control of the power of your mind by getting yourself into the habit of imagining things going well. Instead of allowing insecure thoughts to crowd your mind, such as, *"What if I get rejected? I'll probably run out of things to say. What if she's got a boyfriend? What if other people see and they don't like that I'm approach her?"* allow yourself to feel confident by imagining things going well.

Imagine yourself walking over to her (e.g. in a cafe, in the supermarket or at the gym) and she smiles as you talk to her. The conversation starts off great and you're able to attract her in many different ways with your conversation style and the way that you're using humor. Things go really well and she gives you her phone number and both of you walk off smiling. You then call her up and go on a date with her.

If you meet a woman in a bar or at a party, imagine walking up and talking to her and then the conversation quickly leading to kissing and sex that night. If you can imagine things going well like that, it helps you begin to feel good about the idea of approaching women. You've got to get into the habit of doing that if you want to get out of the habit of feeling insecure and fearful about the idea of approaching women.

Of course, imagining things going well doesn't fix all of your confidence problems with women, but

what it does is that it gives you a start.

If you think about what confidence is, it is belief in yourself and your abilities. You need to develop the belief that you **can** do it and that it **can** go well, rather than thinking that you can't do it and that it can't go well. Having the belief that you can do it rather than having the belief that you can't do it; it's the **starting point** of having confidence with women.

By imagining things going well, what you're doing is getting into the habit of feeling confident and feeling good about the idea of approaching women, rather than feeling bad about it, feeling insecure, self-doubting and worried about it.

Feeling confident about the idea of things going well is what you need to do. If you think about what confidence is, it's belief in yourself and your abilities and you need develop that belief by harnessing the power of your mind.

2. Accept that every approach probably won't result in a relationship...and that is okay

[image: Not every approach will turn into a relationship]

Imagine yourself approaching a woman, talking to her and then it doesn't lead to a phone number or a relationship. Imagine yourself approaching a woman, talking to her and it doesn't lead to kissing and sex that night.

...and be okay with it.

What's interesting, is that when you have that type of mindset and attitude about approaching women (i.e. you are okay about every approach not leading to a result like a phone number, kiss, sexual encounter or relationship), the woman actually feels more attracted to you. She gets the sense that you're a cool, confident, easy-going guy, rather than an awkward, self-doubting, needy guy.

Guys who don't have the right attitude for approaching women and are instead worried about being rejected and thinking, *"I've got to get this girl! I've got to get this girl"* come across as having a needy energy. Women pick up on that and they don't like it. Women aren't attracted to insecurity and neediness.

On the other hand, a guy who can come over and just be easy-going and not be worried about whether or not the interaction is going to lead a phone number, kiss or sex that night, has the sort of attitude that makes a woman feel comfortable around him and attracted to him.

Women are not attracted to neediness or nervousness in guys, but they are attracted to a guy who feels confident and independent. A guy who is happy with or without her is very attractive to women. Simply being okay with an approach not leading to an end result will allow you to convey that type of attitude and vibe, which will help you attract women more naturally and easily.

Another important thing to realize about approaching women and about every approach not turning into a phone number, kiss or sexual relationship, is to understand that it's a fact of nature. No woman is romantically compatible with every man on the planet. Likewise, no man is romantically compatible with every woman on the planet.

...and that is okay.

Imagine a world where every woman was romantically compatible with every man on the planet and vice versa. Keeping a relationship or a marriage together would be very difficult! You'd be in a

relationship with a woman you love, but you'd also be in love with other women and wanting to be with them. Your girlfriend or wife would be in love with many other guys and wanting to be with them.

[image: Crowd of people]

The way that nature works is that we are not romantically compatible with everyone...and that is okay. It's a good thing. It's normal and natural.

When you can approach women with that knowledge, it allows you to not worry about being rejected. You're simply going over and checking, *"Is this a girl who is compatible with the current version of me?"* There's nothing to be worried about. You don't have to get a match every time you approach a woman.

3. Stop identifying yourself as being an insecure man around women

[image: Stop identifying yourself as being an insecure man around women]

Instead of going through your life and saying to yourself, *"Yeah, I lack confidence around women...I'm scared of approaching women"* start to see yourself as a guy who is confident in himself and is moving forward and going after what he wants in life.

Approaching and talking to women isn't dangerous. It's just two humans talking to each other; it's really no big deal at all. However, if you identify yourself as being a guy who is scared, insecure and nervous when it comes to approaching women, then that is the sort of mindset that you will have running through your head.

Thinking in that insecure way, you will be harnessing the power of your mind to work **against** you. If you want to harness the power of your mind to work **for** you, you've got to develop the ability to be confident. Part of developing the ability to be confident starts with you identifying yourself as a confident man who is going after what he wants. You're not afraid and you're going to go for it.

Get into the habit of feeling that way, so you can identify yourself as a guy who is confident, rather than a guy who is insecure around women.

The truth is, you are stronger and more amazing that you give yourself credit for. Your true spirit within is strong and you know it.

If you cling to the negative patterns of thinking that you've tied yourself down with and you stop yourself from approaching and talking to women, you will never know what could have happened between you and women. You will never live the amazing life of the strong man that you truly are within.

[image: Stop identifying yourself with your insecurities and start identifying with yourself as being a confident man who goes after what he wants]

If you let your negative, insecure thoughts become a habit of being and your habit of thinking, what will happen is that when you interact with women, it will all come across. Women will pick up on your insecurity by looking at your body language, listening to how you're talking to them, analyzing how you're responding to them and feeling your overall vibe.

The Importance of Being Confident as a Man

[image: The importance of having confidence as a man]

Being confident with women is important all the way from approaching and picking up women to being in a relationship.

When approaching and interacting with women, confidence allows you to attract women because women are attracted to a man's confidence. When in a relationship, it allows you to maintain the attraction of your woman because you are the strong one; you're not insecure. No matter what happens, you remain confident in yourself and she respects you for that and she feels attracted to you because of it.

If you lack confidence with women and you get into a relationship by luck or by chance, what often happens is that your lack of confidence starts to eat away at the woman's attraction for you. You may start to become jealous, insecure and overly-protective of her because you know that you got her by luck or chance. You may also be unable to handle the challenging behavior that a woman puts a man through when in a relationship.

Lacking confidence with women can also negatively affect you at work. If you're the sort of guy who isn't confident around women, you are more likely to get overlooked for promotions. Guys can see that women don't really respect you that much and women can see that the guys don't really look at you as the sort of man who is attractive to women.

However, the guys who are confident around women and able to make women feel attracted to them via their confidence and communication style, are the sort of guys who typically get a lot more respect in the workplace and get promoted more easily.

As a man, being confident with women is so important to your life. Confidence allows you to approach and attract women in the first place, it allows you to maintain a woman's attraction in a relationship and it also helps you in your work life to be the sort of man that other men respect and look up to, rather than looking down on.

In your life, you are either going to decide to be confident with women or you are going to decide to continue on feeling insecure with women. The choice really is yours. You can use the power of your mind to work for you or against you; it really is your choice in life.

Building Up the Confidence to Approach Women

To recap, the 3 beginner tips for building up the confidence to approach women are:

1. Get into the habit of imagining things going well.
2. Accept that every approach probably won't result in a relationship...and that is okay.
3. Stop identifying yourself as being an insecure man around women.

Confidence is something that you have to take control of in your life. It's something that you're either going to have or not have throughout your life. When you understand how to be confident with women and you get used to feeling confident, you will get to the point where it becomes a natural way of being; you won't have to think about it anymore. Confidence becomes natural and automatic

for you and you're set for life.

However, if you go through your life and remain in the habit of thinking in an insecure way and continue to lack confidence around women, it doesn't change. Often, it just gets worse.

Personally Speaking...

Personally speaking, I used to be at a point in my life where I couldn't approach women.

As a result of that fear, I spent a lot of time alone at home just feeling sorry for myself. I would think, *"Why do the guys at work have girlfriends, but I don't?"* and *"Why is it so difficult for me to walk over and talk to women? What is going on?"*

I knew that it was silly to be afraid of approaching women because I knew that it wasn't dangerous. I knew that the fear I was feeling was unreasonable, unnecessary and over the top. Yet, I couldn't stop myself from feeling that way when I wanted to approach an attractive woman.

Then, when I started to work out the secrets to success with women by going out and approaching women, I rapidly began to discover how to be confident around women. I worked out how to confidently and fearlessly approach women and quickly attract them. When that happened, I was able to go out in a social environment and confidently approach women, attract them and easily pick them up for sex or a relationship.

I enjoyed the life for about a year and a half before I decided to write it all down and put it into my book, The Flow. I had intention of sharing the knowledge and hadn't even thought about The Modern Man at that point. The initial reason I wrote everything down was so that I never forgot it! I had discovered the secrets to success with women and I wanted to make sure I remembered everything I was saying and doing to have such easy and consistent success with women.

[image: The Flow]

If you read my book The Flow, you will learn things about confidence and attracting women that will blow your mind. Guys who've read the book often report back that just by reading it, they are 10 times more confident than they were before reading it. Then, when they start to use the techniques in real life, they become so confident and can approach women at will and effortlessly attract women.

Interactions flow from one step to the next, which is why I call it The Flow.

When you go through The Flow with a woman, the interaction naturally flows from one step to the next. You confidently approach her, she feels attracted to you in so many different ways, you connect with her and then you escalate to a phone number, a kiss or a date, or from a conversation to kiss and then sex that night and then start a relationship.

It's really cool how it works.

So, if you lack the confidence to approach women and you want something that is really, truly going to help you right now, then I welcome you to have a read of my book The Flow. If you want to use a system that will allow you to confidently approach women, attract them and get what you want; whether that is a girlfriend or to have sex with many beautiful women, then get your copy of The Flow now.

I welcome you to have a read through it, use the techniques in your life and you will see how quickly and easily you become truly confident with women. I've done it, guys who've read my book have

done it and you can do it too.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

What is Your New Year's Resolution About Women?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

In 2015, I'm going to:

- ☐ Get a girlfriend
- ☐ Get my ex back
- ☐ Have sex with many beautiful women
- ☐ Improve my existing relationship
- ☐ Find myself a wife
- ☐ Turn my female friend into my girlfriend

[Vote](#)

[View Results](#)

[image: Loading ...]

Loading ...

How to Make Sure That You Succeed With Women in 2015

Setting a New Year's resolution is a great way to get clear on what you want to achieve with women. However, it's very easy to slip back into unmotivated, procrastinating ways of thinking after the first week of January has passed.

Here is how to ensure that you remain focused and achieve your goal, rather than letting another year of your life waste away being unsuccessful with women...

1. Give yourself credit for any success you've achieved

[image: The impossible becomes possible when you keep pushing forward]

A big part of building and maintaining confidence with women and with anything else in life, is giving yourself credit for the progress you have made, rather than focusing on the times where you have failed.

Insecurity (*noun*): Lack of confidence or assurance; self-doubt.

Confidence (*noun*): Belief in oneself and one's powers or abilities; self-confidence; self-reliance; assurance.

Confidence is about having belief in yourself and your abilities. To have belief in yourself when it comes to women, you must actively give yourself reasons to believe in yourself. Ask yourself questions that allow you to give yourself credit for what you have achieved so far with women...and then focus on those positive thoughts rather than focusing on negative thoughts.

Ask yourself...

- What are you able to do now (with women) that you weren't able to do 12 months ago? (Give yourself credit for that).
- Are you more confident around women? (Even if you are only 50% more confident, give yourself credit for it. You are on your way to becoming more and more confident).
- Are you able to keep conversations going and keep them interesting for longer?
- Are you able to attract women in more ways that you could last year?
- Have you become an emotionally stronger man?
- Have you become less nervous around attractive women?
- Do people respect you more now that you've become more confident and masculine?

Give yourself credit for the things you've achieved so far, rather than feeling down about what you haven't been able to do. Focus on the reasons why you will achieve your goals with women, not on the reasons why you might not.

As I tweeted on New Year's Eve back in 2013...

Focus on the reasons why you can succeed, not on the reasons why you might not be able to.

— Dan Bacon (@Dan_Modern_Man) December 31, 2013

2. Know that if you made progress in 2014, you can achieve your goals in 2015

[image: Succeed with women]

If you made progress with your women-related goals in 2014, you will make even more progress in 2015. If you don't make the same old mistakes that have caused you problems in the past and instead begin to use the right approach with women, you **will** achieve your goals. Success with women is simple, natural and automatic when you know what you're doing.

If you have made any progress with women in 2014, then you are not a failure with women. You are a great man and you are on your way to complete success with women. It is within your reach.

Keep pushing forward and before you know it, you will be lying in bed with the woman of your dreams. She will turn to you and say, *"I love you so much"* and you will realize that you've done it.

"Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time" and "Many of life's failures are people who did not realize how close they were to success when they gave up." **Thomas A. Edison** (1847-1931. Inventor of the light bulb, phonograph, motion picture camera and many other important pieces of technology).

"Success is walking from failure to failure with no loss of enthusiasm." **Winston Churchill** (1874-1965. Former Prime Minister of the United Kingdom)

"Believe that you can and you're half way there." **Theodore Roosevelt** (1858-1919. Former President of the United States)

"Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do, so throw off the bowlines, sail away from safe harbor, catch the trade winds in your sails. Explore, Dream, Discover." **Mark Twain** (1835-1910. American

author).

“Successful people do what unsuccessful people are not willing to do. Don’t wish it were easier; wish you were better.” **Jim Rohn** (1930-2009. American author)

“You may have to fight a battle more than once to win it.” **Margaret Thatcher** (1925-2013. Former Prime Minister of the United Kingdom)

3. Get the education about women that you’ve been missing

[image: Get the education about women that you need to succeed]

In life, you only know what you know.

For example: If you don’t know how to attract women, then you don’t know how to attract women. When you interact with a woman that you’d love to begin a relationship with, you won’t be able to make her feel much attraction for you and she just won’t be interested.

If you don’t know how to keep a conversation going and keep it interesting, your conversations with women will feel boring, awkward and even forced at times. You won’t be able to keep conversations going long enough to properly connect with women, so opportunities to hook up with a woman or begin a relationship will keep slipping through your fingers.

If you are at a point in your life where you still need to learn specific things about how to be successful with women, then decide to make 2015 the year that it all happens for you.

“It is what we think we know already that often prevents us from learning.” **Claude Bernard** (1813-1878. French physiologist).

“Success depends upon previous preparation, and without such preparation there is sure to be failure.” **Confucius** (551 BC – 479 BC. Chinese philosopher).

“Live as if you were to die tomorrow. Learn as if you were to live forever.” **Mahatma Gandhi** (1869-1948. Indian lawyer and philosophical leader).

“All life is an experiment. The more experiments you make the better.” **Ralph Waldo Emerson** (1803-1882. American philosopher)

“By failing to prepare, you are preparing to fail.” **Benjamin Franklin** (1706-1790. Founding Father of the United States)

“The best time to plant a tree was 20 years ago. The second best time is now.” **Chinese Proverb**

“Life shrinks or expands in proportion to one’s courage.” **Anais Nin** (1903-1977. French author)

[image: Make a choice to take a chance or your life will never change]

Now is the time to make a choice to take a chance that will change your life forever.

If you go through life hiding from doing the things that make you afraid, you will never grow into the man you really want to be.

Facing your fears, stepping out of your comfort zone and standing up to be the man that you dream of being is an amazing achievement, which leads to a lifetime of happiness and satisfaction beyond any

comfort you will ever feel by hiding away in fear.

Make 2015 the year that you finally get the results with women that you've been missing out on for so long...

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

What to Say to Make a Beautiful Woman Feel Attracted to You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

In this post, I'm going to give you three different examples of things that you can say to a beautiful woman to make her feel attracted to you.

These conversation examples allow you to stand out from other guys who hit on her, make her feel good around you and begin building up her attraction for you.

Before I give you the examples of what to say, I have to give you the background on what it's like to be a beautiful woman. Why? Doing so ensures that you understand why the conversation examples will make her feel attracted to you.

It's important that you understand that first because otherwise, it's just a bunch of words and it doesn't really make much sense.

Let's begin by looking at...

The Life of a Beautiful Woman

[image: The life of a beautiful woman]

Imagine what it's like...

She's walking through the world and everywhere she goes, people look at her. When she's walking along a busy street, guys stop and stare. If a guy is walking along the street, people don't stop and stare and say, "*Woah...look at him.*" However, if a beautiful woman is walking down the street, heads are turning.

[image: The life of a beautiful woman]

Guys are stopping to stare at her, trying to smile at her and catch eye contact and sleazy guys are calling out to her, "*Heyyy baby! What's going on?*" She's getting all sorts of attention, all sorts of smiles and when she interacts with a guy, most of the time, he will be the sort of guy who puts on the nice guy persona. He will be really nice to her, give her special treatment and treat her extra well, to hopefully impress her and get her to like him.

The life of a beautiful woman is different.

Her beauty separates her from other, normal looking human beings. The more beautiful a woman is, the more difficult it is for most people to relate to her and interact with her in a normal way.

When a guy starts interacting with a beautiful woman who's done herself up with make up, has a sexy body and is giving off that certain attitude of, "*I'm too good for you*" he can feel it.

[image: Nervous guy interacting with beautiful woman]

She knows that he can feel it because, if he's like most of the guys that she meets, he suddenly starts to feel unsure of himself. He looks nervous, he looks tense and he doesn't behave like his normal, natural self. She senses that he's unsure of himself and is putting on a bit of an act (e.g. of being a really nice guy, bragging about how much money he plans to make, talking about his achievements in life, etc) to hopefully impress her.

He doesn't really know what to do in the presence of this beautiful goddess, this beautiful woman.

She knows how much power her beauty has over him...and she doesn't like it.

She doesn't like it when she keeps experiencing that (guys feeling unsure about themselves around her and then putting on an persona/changing their natural personality in the hope that they can impress her) with guys. It's the same thing day in, day out.

[image: The life of a beautiful woman]

So, what a lot of beautiful women experience is that guys either don't approach them at all, stare at them or call out to them on the street. Nice guys will treat her extra special and nice and be romantic and sweet and hope that, if he is just nice enough to her, she might take pity on him and give him a chance to be with her.

A beautiful woman also encounters a lot of sleazy guys, guys being a dick and saying, "*Give me your number*" or "*Hey!! You got a boyfriend?*" So, she's not really getting the experience that she's looking for. What she's hoping for is that a guy is actually going to flirt with her and hit on her properly. She's hoping that a guy is going to make her feel attracted in many different ways, but since most guys don't know how to do that, she misses out on that experience.

A classic example of this is the interview with Bar Refaeli, after she had won the Maxim Hot 100 Women award. She says in the interview (below) that guys don't even hit on her. She isn't counting all the sleazy guys who call out to her, the nice guys who try to get her to "like" them for being a good guy (rather than hitting on her and making her feel attracted) or the men who stare at her.

What she means by "hit on her" is when a guy approaches her in a confident, easy going way and then flirts with her to build up sexual tension between them. Guys who hit on her incorrectly are not counted because those guys are irrelevant and forgettable. If a guy doesn't know how to properly hit on a woman, it doesn't matter if he is good looking – most women will simply reject him because he doesn't know how to make her feel how she really wants to feel when she interacts with a guy.

In the video above, Bar Refaeli gives an example of a time when a guy tried to hit on her (but did it wrong). He stood in front of her and start speaking out his phone number, which surprised and confused her. She rejected him by saying that she was taken (in a relationship), even though she wasn't.

Important: When she says, "*Yeah!*" in response to Conan's question, "*That works?*" regarding the guy who used the awkward approach on her, she is not saying, "*Yes, that works.*" What she is saying is that she is hoping to be approached. The approach did **not** work. The guy got rejected because he went "straight for the kill" rather than attracting her and connecting with her first.

Not knowing how to properly hit on a woman, the guy probably decided to just behave like an arrogant dick (probably because he heard that beautiful woman like bad guys or are attracted to arrogant guys) and speak out his number to her. When she said, "*What?*" he replied, with, "*Well, you want to write down my number don't you?*" which is just a weird, awkward and unloving way to go about talking to a woman.

[image: Beautiful women standing around waiting to be approached]

So, what most beautiful women experience are either guys are who are too nice around them, nervous around them, tense around them, putting on an act around them, can't be natural around them, being sleazy, being a dick or just not approaching them at all. It's the same thing over and over and over again.

What a beautiful woman is hoping to experience is to meet a guy who is not intimidated by her,

but can also speak to her in a loving, cool, easy going way. She's not hoping to meet a guy who isn't intimidated by her and tries to show her that by being an asshole or an arrogant prick.

There's a lot of crap advice on the internet that you will find, where they will tell you that with beautiful woman, you've got to say negative things to them, bring them down, attack their self esteem and then you might be able to get a chance with them.

That is really bad advice because you don't need to do that to get a beautiful woman to respect you, feel attracted to you and be nice to you. It's not a loving thing to do, it's not a cool thing to do and really, if you're like most of the guys who are trying to learn how to be successful with women, you're a good guy and you don't want to be a dick, you don't want to be an asshole.

You just want to be a cool, good, loving guy and hook up with a beautiful woman or many beautiful women; whatever applies to you.

Examples of What to Say to Three Different Types of Beautiful Women

What I'm going to do now is give you three examples of things that you can say to different types of beautiful women in a loving way, that shows her that you're not intimidated by her.

The three examples are for:

1. A beautiful stripper.
2. A beautiful model.
3. A beautiful actress.

1. A Beautiful Stripper

[image: A beautiful stripper]

If you're in a strip club, the beautiful women in there will usually be more friendly than the average beautiful woman that you could meet in other places. The strippers will sit down with guys in the hope that the guy will then pay for a dance, buy her a drink or give her a tip. So, she's going to be presenting herself in a fairly friendly, easy going way.

Yet, despite how easy it is to talk to strippers, most guys don't make those beautiful women feel attracted to them because they are the same type of guy that she meets all night long. What she gets is guys bragging about how much money they make (or are going to make), trying to impress her by saying they'll take her on a holiday or buy her expensive gifts or asking if she's got a boyfriend.

It's the same thing every night. For her, most guys just blend into one big mass of compliments, requests for dates, offers to buy her things and enquiries about whether or not she has a boyfriend.

So, to make her feel attracted to you, what you can say instead is this...

You're sitting down with her and you ask her if she is going to **YOU** a drink. After 30 seconds or so of conversation, you can say, *"Yeah, so when are you going to get me a drink?"* She's most likely going to smile and say, *"No, you've got to get me a drink"* or she's going to laugh about it and say something like, *"Don't you know the way it works? The guy has to get the girl a drink! :)"*

Here is an example of how it could play out:

You: [Say in a confident, easy-going way] So, when are going to get me a drink?

Her: [Laughing] Ohh no, you've got to get me a drink! Ǿ□□□

You: Oh, you didn't get the memo? Management changed the rules here. Now, when a cool, handsome guy sits down, you've got to get him a drink. So...I'll get a Sambuca on the rocks.

What's going on in that conversation example is this: You're showing her that you're not intimidated by her. You're showing her that her beauty doesn't make you feel like, *"Ohhh, wow. I've got to try to impress this girl and hopefully get a chance with her."*

You're also not saying and doing what pretty much every other guy that she meets says and does. You're not afraid to make a joke and have a fun conversation with her. You're not being an asshole by cracking a joke like that. You're simply a cool, easy-going, loving guy who isn't afraid of her. That is really refreshing, enjoyable and attractive for beautiful women who are bored of encountering guys who are either too nice or too much of an asshole.

So, how will saying something like that make her feel attracted to you?

1. You're using **humor** to make her laugh, which is very attractive to women. Women love to be with a guy who can make them laugh.
2. You're displaying **confidence**, which is very attractive to women. Women want to be with a guy who is emotionally strong and confidence is a big part of that.

If you look at the dictionary definition of attraction, you will see that attraction is:

Attraction (*noun*): A quality or feature of someone that evokes interest, liking or desire.

What's happening is that you are presenting qualities and features about yourself that will evoke that "interest, liking and desire."

Confidence and humor are not the **only** qualities that you can present to her that are going to make her feel attracted to you. I teach more than 100 different ways that you can make a woman feel attracted to you.

[image: Men worried about their looks]

Most guys are stuck on the whole "looks" thing and if they don't feel that they're good looking enough, they assume that they can't get a beautiful woman.

...but, that's not true at all.

The more ways that you can attract a woman with your personality, the more attractive you are to her. Most of the guys that a beautiful woman interacts with won't know how to make her feel attracted in many different ways. Most guys are thinking that it's all just about looks, bragging about how much money they might be able to make, show her their big muscles and things like that. Yet, the truth is that a beautiful woman can be attracted to a man for so many other different reasons.

Most men are willing to have sex with a beautiful woman right away, simply based on her appearance. *She looks good, therefore I want to have sex with her.* However, with a woman's attraction to a man, it needs to be built up.

Some women will see a very good looking guy and be willing to have sex with him very quickly, but if they interact with the guy and he turns them off in many different ways (i.e. with his conversation

style, lack of confidence, etc), they can and will lose interest most of the time.

The reason why average looking guys can pick up beautiful women, have a beautiful wife or have a beautiful girlfriend is that women can be attracted in many different ways. You can **build up** a woman's attraction for you (within 1-5 minutes) by displaying many different personality traits and behaviors that naturally attract women.

Some women require a much higher level of attraction before they are willing to kiss you, go on a date with you and have sex with you or have a relationship with you. However, many women (including beautiful women) will hook up with a guy simply based on light or fairly strong attraction. Strippers are usually the type of woman that require a higher level of attraction. So, if a guy doesn't know how to attract women in many different ways, then he's probably not going to be able to pick the stripper up.

However, he will be able to make her feel some level of attraction for him. **It's important for you to realize that** because, as a man, you need to realize that you can make women feel attracted to you in so many different ways. When you have that realization, you stop being so concerned about your looks and start focusing on attracting women in different ways.

2. A Beautiful Model

[image: A beautiful model]

Imagine that you being talking to a beautiful woman and she says that she works as a model.

What most guys will do is either suddenly being to behave as though she is too good for him, or will say something typical like, “*You're very beautiful*” or “*Oh wow...what modelling agency do you work with?*” It will be the same experience for her over and over again.

Guys will also find it difficult to behave like their normal, natural self around her. She will notice that (she's been experiencing it most of her life with clueless guys) and will then begin to place the guy into the same category as the 1,000s of other guys who've had the same reaction to her.

So, what you can do instead is show her that you're not intimidated by her, but do it in a loving way. Do it in a cool, easy-going way where you're not being an asshole, you're not being a dick; you're just being a cool, easy-going guy.

Here is an example of how it could play out:

Her: I work as a model.

You: [Smile and say to her in a loving, easy-going way] Yeah, you know what? Before I came over to talk to you, I was thinking, “Check out the hands on that girl.” You're a hand model, right?

Her: [Most-likely laughing and smiling] No, no – I'm not a hand model

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You: Well, you've got great feet though. You've got to be a foot model,

| right? I mean, those are great feet.

By that point, she's going to be laughing and telling you, "*No, no – I'm a fashion model! :)*" or whatever she works as.

You've shown her that you're not intimidated by her and you're not afraid to take a risk and say something a bit funny that other guys are worried might offend her. You're just being a cool, easy-going guy and you're not doing it in a mean, negative way. You're doing it in a loving, cool, easy-going way.

So, once again: *How will saying something like that make her feel attracted to you?*

You're using humor and you're displaying confidence, both of which are very attractive to women.

Displaying confidence and using humor is not the only way that you can attract a woman with your personality, but it's a start; it gets that attraction going. It evokes feelings of interest, liking and desire.

| **Attraction (noun):** A quality or feature of someone that evokes interest, liking or desire.

3. A Beautiful Actress

[image: A beautiful actress]

Imagine that you meet a beautiful woman and she says that she works as an actress. Most guys are going to feel a bit intimidated and ask what movies she has been in. So, you can show her that you're not intimidated by her and you can do that in a loving way, by saying something like, "*Yeah, you know what? I think I saw you in that...*" and then say whatever big supermarket, grocery or department store chain is in your country.

If you're in America, you might say Walmart. If you're in Australia, you might say Coles or Woolworths, you might say Tesco in the UK and so on.

Here's an example of how it might play out:

| You: Yeah, you know what? I think I saw you in that Coles commercial. You're that grocery girl, right? You're the checkout girl that's smiling and singing the song. That's you, right?

| Her: [Most-likely laughing and then beginning to tell you what she has acted in]

Once again, she will feel attracted to your confidence and ability to make her laugh. Displaying confidence and using humor is not the only way to naturally attract women to you, but it's a start. The most important thing for you to realize is that you can make beautiful women feel attracted to you in so many different ways. The more ways that you can attract women to you, the more attraction they will feel for

you.

The Truth About Attraction

[image: Attracting women is easy when you know what you are doing]

A lot of guys don't realize that they can attract women in so many different ways. When it comes to a beautiful woman, most guys think (including myself before. This is how I used to think when I couldn't get a girlfriend and couldn't get beautiful women to feel attracted to me) that to get a beautiful woman, you've got to be a really handsome man. You've got to be tall, have big muscles, have a lot of money, an expensive car, a beautiful house and be able to take her around the world on expensive holidays.

Yet, that's actually not the case at all.

Yes...

Those things (money, looks, height) CAN attract women; there's no doubt about that at all.

However, you can still pick beautiful women up without having any of those sorts of things. You can still pick women up, based on the woman's attraction for you and you can make her feel attracted to you in so many different ways.

A lot of guys don't actually understand what attraction is. A lot of guys think that a woman's attraction for a man is just about looks. That's all they can really think. Yet, looks are not the only thing that can attract a woman to a man.

There are so many things about you, so many qualities that you can present to her that will evoke those feelings of interest, liking and desire. There are so many things that you can do and say around women that make them feel sexual desire.

There are specific ways that you can talk to a woman, which make her feel sexual desire. There are specific ways that you can use your body language, which will make a woman feel attracted to you. There are specific ways that you can respond to the way that a woman tests a guy during an interaction, which will make her feel attracted to you.

That is real.

You really can naturally attract women in so many different ways. The more ways that you can attract women to you, the more attraction they feel for you.

If you think about the example of Bar Refaeli, the model who doesn't even get hit on, she's just hoping that a guy is going to hit on her (properly), flirt with her, make her feel attracted in many different ways and then guide her to kissing, sex and a relationship. That way, SHE can experience love, instead of feeling lonely and left out. SHE can experience the happiness and joy that comes with a loving,

passionate relationship.

Now, that said...not ALL beautiful women can't get a date and aren't being hit on. However, what you need to understand is that pretty much ALL beautiful women get hit on in the wrong way. Most guys don't know how to make women feel attracted to them in many different ways, so most of the guys that a beautiful woman has to hook up with, she does because it's like, *"Oh well, I can't get anything else."*

She's got loads of guys trying to get a date with her and take her out, but she's not really feeling that much attraction.

Attraction (noun): A quality or feature of someone that evokes interest, liking or desire.

Most beautiful women don't get to meet a guy who makes her feel really intense attraction very often. It might be one time every few months or once a year that she comes across a guy who really knows how to turn her on emotionally and mentally. For women, it's not just about the physical, *"Oh, okay...he looks good."* What she really wants is to be turned on mentally and emotionally by a guy who really knows how to make her feel attracted to him.

What I Hope That You Can Understand

What I hope that you can understand is that there is an opportunity for you.

Most of the guys that a beautiful woman meets don't know how to interact with her in a way that makes her feel turned on. They just don't know how to do it.

Most guys are in a state of shock when they see a beautiful woman. They suddenly start behaving tense or unnatural and are hoping to get a chance with her. They don't realize that pretty much every guy reacts in that needy, insecure way and it turns her off. She is hoping to get a completely different reaction from a guy.

She is hoping to meet a guy who isn't intimidated by her, but who is also a cool, easy-going, loving guy who can make her feel attracted.

I've given you a few different examples of what to say, but that is just a glimpse of what you can do to make women feel attracted to you. There are more than a hundred ways that I teach to make women feel attracted to you.

When you are the guy that is making a woman feel attracted to you in 5, 10, 15 or 20 different ways, then you're the guy that she's excited to be interacting with. You're the guy that she wants to kiss. You're the guy that she wants to go home and have sex with.

The guys that you see posting up success stories on my site are the guys who are using 5, 10, 15 or 20 different attraction techniques on a woman that they meet.

Then, the woman is his because she is feeling so much attraction.

There are more attraction techniques that they can use, but they are only using that much and they are still getting the result. Why? When you know how to properly attract women, you have hardly any competition from other guys.

Most guys don't even know about the attraction techniques that I teach (or that guys who are naturally good with women use), so they are doing 5, 10, 15 or 20 different things that are turning the woman OFF...and they don't even know how to stop making the same mistakes over and over again.

The Reason Why it is Possible For an Average Guy to Attract a Beautiful Woman

The reason why it's possible to attract a beautiful woman is that a woman's attraction to a man is not limited to looks, height, money and social status.

Some beautiful women will only ever hook up with a guy who is very good looking like a model, or is very tall, muscular, has loads of money and loads of power in society.

However, most women have what I call an Open Type. Meaning that they're open to being with all different types of guys, as long as the guy makes her feel attracted in many different ways, other than looks, height, money, social status and power.

This is the very specific and real reason why you see guys that you might consider to be ugly, guys that you think that you look better than or are better than in many different ways, with beautiful women.

Attraction isn't limited to what most people think it is.

While we men select women mostly based on the woman's appearance, women are more open in the way that they feel attracted to men.

Most guys don't know this fact of attraction.

As a result of that, they feel insecure and unworthy around beautiful women, not even knowing that there are many different ways that they can make the beautiful woman feel attracted to them.

For example: A guy might be a good looking guy and work in a great job, but it doesn't mean that he will be able to attract a beautiful woman for sex or a relationship.

[image: Yet another women who has lost interest in talking to him]

He starts interacting with a beautiful woman is she seems interested initially because he looks good, but then she loses interest and he thinks, "*Hhh...what's going on here? Why can't I get a girl?*"

On the other hand, another guy is going through life as an "ugly" guy. For most of

this life, he's been saying to himself, *"I can't get beautiful women because I'm not good looking enough...I'm ugly"* but he then sees other ugly guys with beautiful women or guys who he feels he looks better than with beautiful women and he is confused.

Even though guys see other ugly or average looking guys with beautiful women, they can't connect the dots and work out the answer to the problem. They say, *"Well, he must be rich or have a huge dick or something"* or *"That woman must be crazy."*

They just don't realize that there are OTHER ways to attract women. They don't realize that when you interact with a woman, that's when the real magic happens. That's when the real analysis about a guy happens and it is when the real decision (about whether to hook up with him or not) is made.

When you interact with a woman, how do you make her feel?

Is your conversation style making her feel sexually turned on or is just making her feel normal, friendly types of emotions? Is your body language subtly turning her off, or is it turning her on? How about the way that you're presenting your personality: Is that turning her off or is it turning her on?

Most guys just don't know how to attract women, but when you are the guy who knows how to attract women in many different ways at once, it is YOU who gets access to the beautiful women. You are the guy that they are excited to be interacting with, want to kiss, want to have sex with and want to be in a relationship with.

Most Beautiful Women Are Not Happy with the Options They Have

[image: A beautiful woman not happy with her available romantic options]

Just because pretty much every guy wants to have sex with a beautiful woman and she has loads of options to choose from, it doesn't mean that she's happy about the options.

Some beautiful women are lucky; they meet a great guy and are very happy. Yet, there are so many beautiful women who don't meet the right guy for them and who are going through life being swooned over, having nice guys treat them extra well (in the hope of being "liked" for being a good guy rather than making her feel attracted) and having sleazy guys call out to them on the street.

Many beautiful women also settle to date and even get into relationships with guys who look physically good looking, but don't have the skills to make her feel emotionally fulfilled. She yearns to meet a guy who can make her feel attracted and emotionally fulfilled, even if the guy doesn't look like a model (most guys).

Some beautiful won't settle for anything less than a very good looking, tall, muscular, rich man with loads of power in society, but it really is true that many beautiful women have what I call an Open Type.

That is why you see beautiful women with all sorts of guys. You see beautiful women with the sorts of guys that others may look at as being ugly or unattractive, or undeserving of a woman like that. Yet, to her, she is happy, she is fulfilled because he's making her feel attracted in so many different ways and he's making her feel how she really wants to feel with a guy.

My Question to You

Now that I've explained all that for you, the question I have for you is...

Are you going to be guy that stands out in a beautiful woman's mind? Are you going to be the guy who makes her feel like, *"Wow...this is different! I'm interested"* where you evoke the feelings of interest, liking and desire to get the attraction flowing. Are you going to be that guy?

Or...

Are you going to be like the 1,000s of other guys that she keeps meeting who are doing the same thing over and over again? They're making the same mistakes, saying the same sorts of things to her and she feels very bored by that.

You have the opportunity to be the guy who makes her feel attracted.

It's actually very easy to do. Guys are always posting up success stories talking about how surprised they are at how easy it is to attract beautiful women. Prior to doing it, a lot of guys are thinking, *"No, no, no! You can't, you can't. It's all about looks. You can't do it, you can't do it."*

Yet, you actually can. That's the really cool thing.

Are You Willing to Try This?

[image: The Flow]

If you're interested in learning how to make beautiful women feel attracted to you, then I welcome you to try my book The Flow. The Flow includes loads of tested, proven to work examples of what to say and do to make women feel attracted to you in many different ways.

Attracting women is so simple when you know what you're doing. It's one of the easiest things to do in life. However, if you don't know what you're doing and are making loads of mistakes while interacting with women, then attracting women is a very difficult, confusing and frustrating experience.

If you want to stop standing on the sidelines and just staring at beautiful women

and you'd rather start having sex or being in love with a beautiful woman (or women), then I welcome you to try my proven techniques. I welcome you to try my book The Flow. What you will find when you begin using the techniques from The Flow is that women feel attracted to you in so many different ways.

The more of my techniques that you use in combination, the more attraction that women feel for you. You can attract the sorts of beautiful women that other guys see as being out of reach, out of their league or untouchable. You can make those women feel excited, delighted and eager to be with you.

You can make women feel so attracted to you that they smile ear to ear, giggle, touch you, hug you and really want to hook up with you. You can make women feel that way.

That is really true.

It's actual.

It's real.

You can actually do it, but most guys simply don't know how to.

I hope that, if you're interested in learning how to do it, that you give my book The Flow a try and you start using the techniques. When you do, you will see that it works and I just hope that you come back and are one of the generous ones who post up a success story.

If you want to see what other guys are experiencing by using my techniques, then go and read through the success stories and you will see that guys are experiencing things with women that other guys think are impossible.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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Why Does Being Too Nice to a Woman Often Lead to Rejection?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

So, why does being too nice to a woman often lead to rejection?

Well, this is a confusing one for a lot of guys to understand because you will often hear women saying that they “like” nice guys.

When women are talking about a guy they’re interested in, they will usually say things like, “*He’s so nice*” or “*he’s so sweet,*” so it seems like that is the key to success with women.

Be nice, be sweet and you’ll then get the girl, right?

Well, not quite.

[image: Being sweet and romantic doesn't work if she's not attracted to you]

To make things more confusing for guys, women don’t complain about the nice treatment that nice guys give them. They don’t say to a guy, “*Hey, being nice to me isn’t going to get you laid or make me want to be your girlfriend.*”

[image: A woman getting a lot of attention]

Instead, they just soak up all the nice treatment and then sleep with a guy who makes them feel how they really want to feel. What do women really want to feel when interacting with a guy? Keep reading to discover the answer.

[image: A nice guy being sweet and innocent around a woman...thinking it that it will make her like him]

When a guy notices that a woman is reacting in a positive way to his nice behavior (i.e. she is smiling, enjoying the attention, enjoying the compliments and not telling him to go away), he will want to continue behaving in that way because it makes him feel good. It feels good that the woman he likes is being nice to him, smiling and showing interest in talking to him.

It seems to be working well, so he might then think, “*Okay, well...I’m going to keep doing this and hopefully I will grow on her. Hopefully she will develop feelings for me over time.*”

Yet, why doesn’t it work?

[image: Feeling friendly affection rather than attraction]

Why do her feelings only ever remain friendly towards the nice guy?

Why does she reject the nice guy when he tries to make a move on her? Why does she say, “*You’re silly...we should just be friends*” or “*Sorry, I don’t want to ruin our friendship*” when he attempts to ask her out on a date or suggest having a relationship?

What’s going on there?

If she enjoys being around him and appreciates his nice behavior, why doesn’t she want to have a sexual relationship with him? What’s the missing piece of the puzzle?

[image: Creating feelings of friendly affection rather than sexual attraction]

He is Creating Feelings of Friendly Affection Rather Than Sexual Attraction

If you focus on being nice to a woman and end up being too nice to her, it simply creates feelings of friendly affection towards you, not sexual attraction.

Read the dictionary definitions below to see the difference. The difference is in the sexual desire that attraction creates compared to the “gentle fondness” that is created by feeling friendly affection for another person.

Affection (*noun*): A gentle feeling of fondness or liking.

Attraction (*noun*): A quality or feature of someone that evokes interest, liking or desire.

If the main approach that you’re using with women or with a particular woman that you like, is to be a good guy around her and get her to feel a friendly **affection** for you, then it’s not going to work.

When you try to escalate things to a next level (e.g. get a phone number, set up a date, kiss her or ask her out), she’s most likely going to say “*No*” because she doesn’t feel **attracted** to you.

Without feelings of sexual attraction, she feels no need to be anything other than a friend or a stranger to you. Sexual attraction is what makes her want to have sex with you or begin a relationship with you.

Being good, being nice, being polite, laughing at all her jokes and being sweet around her are not the things that will make her feel sexual attraction for you. Those things are still great to do, but they don’t count for anything sexual if she doesn’t feel attracted to you.

You can make women feel sexually attracted to you in so many different ways (I teach more than 100 different ways to attract women) other than the typical things like looks, height, money or social status.

There are so many different ways that a guy can make a woman feel attracted, but most guys simply don’t know about them.

[image: Sharing the real reason she likes a guy]

When you hear women gushing about a particular guy that they like and saying, “*He’s so sweet*” or “*He’s so nice*” what’s actually happening is that the guy has **attracted** her (i.e. he’s made her feel sexual attraction for him) AND he’s ALSO being sweet and nice to her or simply being a good guy.

Women will say vague things like, “*He’s sweet*” or “*He’s cute*” or “*He’s nice*” but that’s not the whole story. Women don’t go around sharing and explaining the reasons why they feel attracted a particular guy. So, it remains a mystery to most guys as they go through life.

For most guys, all they hear women saying is “*He’s nice*” or “*He’s sweet*” or “*He’s handsome.*” So, many guys assume, “*It must be about being sweet and good looking. That’s the key to success with women.*”

Yet, that’s not it at all.

You can actually make women feel attracted to you via things like your conversation style, the humor that you use, your body language, by displaying certain personality traits and behaviors and by responding in a certain way to the many tests that a woman will put a guy through when talking to him.

Women are always testing guys to see how confident a guy is, what sort of guy he is, what his intentions are and most guys fail those tests because they don't even know what's going on. Most guys don't even know why a woman will behave in a challenging or cold way during a conversation, especially after everything seemed to be going so well between them.

Yet, women know exactly what is going on.

Women have a particular "girl code" that they run by and have many tests that they put guys through, but most guys just don't know about it. When a woman suddenly seems to lose interest, he doesn't know what to say or do and ends up saying and doing all the wrong things, which turn her off and ruin the dynamic between them.

Do You Need to Be a Bad Boy to Make Women Like You?

[image: Being a good guy, but still being attractive in other ways]

No.

One thing that I want to point out here is that there is nothing wrong with being nice to a woman.

You can be a good guy, you can be polite, you can be well-mannered, you can be a gentleman, but ONLY if you are ALSO making the woman feel sexually attracted to you in many different ways.

[image: Attract her in many different ways and she will actually love you for being such a good guy]

If you're only being a good, nice guy to her, then she's only going to experience gentle, fond, friendly types of feelings for you. Those friendly feelings are not what cause a woman to have sex with you right now or begin a sexual relationship.

If you want a woman to want to have sex with you or begin a sexual relationship with her, you've got to say and do the things that will make her feel sexually attracted to you.

The Reason Why Being Too Nice to a Woman Often Leads to Rejection

[image: Why does being sweet and nice often lead to rejection?]

The reason why being too nice to a woman often leads to rejection is that it creates feelings of friendly affection, rather than sexual attraction.

Making her feel affection for you may cause her to want to be a friend to you, to include you in her life in some way or at least be nice to you, but it doesn't make her want to start a sexual relationship with you.

What does make her feel like having sex with you or beginning a sexual relationship with you, is the exciting feeling of attraction. In addition to feeling attraction, she also wants to be in the presence of a guy who knows how to build up the sexual tension between himself and a woman.

Sexual tension: An exciting feeling that occurs when a man and woman feel sexual attraction for each other, but the escalation to sex is being delayed by them, the environment or circumstance (e.g. they work together, she is out partying with her friends and doesn't want to look too easy in front of her friends by hooking up with him quickly, he

| is already in a relationship with another girl, etc).

For a guy, if he sees an attractive woman, he doesn't need the sexual tension to build up because he's willing to have sex with her right away. Generally speaking, most guys will see a woman and be willing to have sex with her just based on how she looks.

[image: Guys willing to have sex with a woman immediately]

Yet, the way it works for a woman is that she wants the sexual tension to build up first (this can be done during a 10-20 minute interaction or over a few days if you work or study with a woman) and she will then be open to having sex.

She wants to experience and enjoy sexual tension based on how the guy is behaving and managing the dynamic in the interaction between them. It's exciting for her and it makes her want to kiss and have sex to release all the built up sexual tension.

Some guys don't like that requirement though.

[image: If you say no to create feelings of attraction and building up the sexual tension, she will usually say no to you.]

They say, *"No, no, no! I like her and I want to have sex and a relationship with her. I don't want to have to create any sexual tension. I just want her to like me for being a good guy."*

But, that's not what women want.

Women want to feel sexual attraction (not friendly affection) and they want to be with a guy who knows how to build up the sexual tension, so that when you actually do kiss and have sex, it's an amazing, exciting, exhilarating release of all the built up sexual tension.

[image: Releasing the built up sexual tension]

That's what a woman really wants to experience.

Discover More Powerful Secrets of Natural Attraction

[image: Discover the secrets of natural attraction]

I hope you've enjoyed this post and learnt some useful tips and insights from it.

If you'd like to instantly discover how to naturally attract women in many different ways at once, as well as build up the sexual tension between you and a woman, then I welcome you to read my book [The Flow](#). I welcome you to try it. The Flow comes with a 30 day money back guarantee and you are going to be blown away by the sorts of things that you learn in my book.

It took me YEARS to work out the secrets that I teach in The Flow, but you can learn it all in a matter of HOURS.

[image: The Flow]

When you begin using the simple-to-use techniques from [The Flow](#) in your interactions with women, you will see how attracted they are to you. You are going to be AMAZED at the way that women respond to you compared to how they've been responding to you so far.

...and you don't need to become a bad boy to do it.

You don't need to become a jerk or an asshole. You can be a good guy, but you are going to be a

sexually attractive good guy. You're going to be the sort of good guy who knows how to build up the sexual tension between himself and a woman and then release it with kissing and sex.

When you know how to do that, you become the guy that women are gushing about, talking about and wanting to be with. They will be saying, *"He's so sweet"* or *"He's so nice"* and other guys will be thinking, *"What's going on here? They like him because he's nice? They like him because he's sweet?"*

...and they just won't get it.

They won't know that you've been making women feel sexual attraction for you (in many different ways at once), building up the sexual tension and then releasing it with kissing and sex.

×

[image]

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[image: Dan Bacon]

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The Real Reason Why a Lot of Good Men Fail With Women

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

I've been helping guys to succeed with women since way back in 2005.

One of the things that I've found is that every guy who is not succeeding with women has a **secret excuse** or a **secret reason** as to why it's not happening for him.

Some guys will say, *"It's because of my height. I'm not tall enough"* or *"It's because of my weight. I'm overweight"* (or too skinny), or *"It's because of my looks. I'm ugly. People have said that I'm ugly. I don't look like the guys in the magazines or advertisements. I'm not a male model type and women don't like me because of that."*

Some guys will say that their lack of success with women is because of race, *"It's because I'm black"* or *"it's because I'm Asian"* or *"it's because I'm a white guy and I look nerdy."*

[image: All the good women are taken]

Some guys will blame their lack of success with women on the lack of available women who are compatible with them and may say, *"The only women that I like are the ones who are already taken."*

Most Good Guys Don't Realize How Close They Are to Being Successful With Women

[image: Good guy so close to success]

Unfortunately, for a lot of good guys out there in the world, they just don't understand how close they are to be able to attract beautiful women, pick them up, have sex and start a relationship with them.

Most guys are focussing on the reasons why women might not like them, rather than focussing on making women feel attracted to them. Women can be attracted in so many different ways, but a lot of guys turn women off during conversation with the style of conversation that they're using, their body language and by failing the many tests that a woman puts a man through while talking to him.

Many good guys (who women would LOVE to be with) simply don't know about how to make women feel attracted to them by using a certain conversation style and body language. They also don't know about the many tests that women put a guy through while talking to him. Instead of making the woman feel attracted by passing her tests, he makes her feel turned off by failing them.

Without that knowledge, when things go wrong, the majority of guys simply turn to their secret excuse as the reason why. *"Well...it must be my looks. I'm not good looking enough for her"* or whatever secret excuse or reason he uses to explain his lack of success with women.

The Weird Secret Excuse That I Used For My Lack of Success With Women

Before I became successful with women, I actually had one of these secret excuses as well. In fact, I

had two of them, but one of them was pretty weird.

The first one (the weird one) was about my nose. My nose is a little bit bent from a childhood accident and because of that, I look a bit different on either side of my face. When interacting with women, I used to feel really insecure about it and thought that it was having a huge impact on my attractiveness to women.

Whenever I would talk to some women, I'd want to be on what I thought was my "good side" so they could see the best looking side of my face. My insecurity and belief was that I looked better on my left side and therefore, women were going to like me more because I looked better.

Yet, even though women were seeing the "good side" of my face, I was still single and I couldn't get attractive women to want to be with me. So, I simply assumed that my lack of success with women was had to do with my second excuse.

My second secret excuse was about my looks. I thought that I just wasn't good looking enough for attractive women. When I'd see other guys who were interacting with beautiful women, I made the assumption that, *"Oh, that guy must be better looking than me because the attractive women like him. I don't look like him and that's why they don't like me."*

Yet, I was wrong.

What I didn't realize, which is what pretty much every guy who has one of the secret excuses doesn't realize, is that every guy who is not succeeding with women, every other guy who is failing with women, is going through life with his secret excuse or his collection of secret excuses.

He also doesn't realize (or simply refuses to accept) that, for every secret excuse he has, there are guys who have the same "issue" that he thinks is a problem and they are succeeding with women. They are attracting women, having sex with women and they have a girlfriend or wife.

Yet, for a guy who is attached to his excuses, he simply blocks that evidence out. He wants to feel like he is correct, rather than admit that he might not be right and may need to change the way he thinks about what it takes to attract a woman.

The Big Problem With Getting Attached to Your Excuses

[image: Getting attached to his secret excuses]

After a while, if a guy really attaches himself to his secret excuse (or his collection of secret excuses), they start to weave themselves deep into his mind and deep into his life. He may even begin avoiding trying to meet women altogether because he believes that he's going to be rejected because of his looks, his race, his job, where he lives, his height or any other excuse that he is carrying around with him.

[image: Afraid to meet women because he is attached to his secret excuse]

Eventually, he loses a lot of confidence in himself around women and begins to develop deeper insecurities about his attractiveness to women. Confidence, if you look it up in the dictionary, is essentially about having belief in yourself and your abilities. By attaching himself to his excuses, he has less and less belief in himself and his ability to attract women, so he loses more and more confidence.

Getting Rid of Your Secret Excuses to Become More Confident With Women

How can a guy get rid of his secret excuse and start being more confident around women?

How did I do it? How did I stop worrying about my bent nose?

The first thing that a guy needs to do is:

1. Look for examples of guys who have the same “issue” as him, but who are actually successful with women

If a guy is fat and he says, *“Women don’t like fat guys. Women don’t like me because I’m fat”* he needs to pay attention to the fact that he does see fat, overweight guys with women. They do get a girlfriend, they do get laid and they do get married.

[image: Fat guy with girlfriend]

[image: Fat guy with girlfriend]

[image: Fat guys getting married]

Some guys may see the fat guy with a hot woman and say that it’s because he has money or power in society. Yet, in most cases, the fat guy is just an ordinary guy who simply knows how to attract women in ways that most guys are unaware of.

Another example is where a guy’s secret excuse is that he’s not good looking enough. He says, *“Women don’t like me because I’m not good looking enough. I interact with them and they just don’t seem to be interested, so it has to be about my looks. It has to be that they are rejecting me because I don’t look good enough.”*

[image: Why is he being rejected?]

What he needs to do is focus on the fact that he sees guys who are not considered to be “typically good looking” with beautiful women. He sees guys who he would consider to be ugly with a beautiful woman. He sees a guy with an ugly looking nose, but he has a beautiful girlfriend.

[image: Ugly nosed guy with a beautiful girlfriend]

He notices an Indian guy with what he considers to be a “weird haircut,” but he has a beautiful girlfriend. Why? Every man can be attractive to women regardless of race, haircut or whatever other guys think. He might think he is better than the Indian guy because he has white skin or is tall with black skin and big muscles, but the woman thinks the Indian guy she is with is attractive...even though some other guys may think they are better than him.

[image: Indian guy with beautiful girlfriend]

The Indian guys in the photos above can be a LOT more attractive to a woman than a good looking white man. No, it’s not because the Indian guy has a lot of money or has a huge dick. It’s also not because he has a lot of power or status in society. It’s much more simple and natural.

An Indian man (and basically any other man) can be working a normal job, have a normal sized penis and still be MORE attractive to a white woman than a good looking white man. Why? How can that be possible? Keep reading along and it will begin to make sense to you.

BTW: The Indian guys in the photos above could BOTH pick up the blonde white girl from the previous photo above. You have probably seen women like her with an Indian guy, an Asian guy or a black guy. Why? It's not about race, it's about attraction.

Some people think that guys from a certain race can't be as attractive as guys from another race, but it just isn't true. Masculine attractiveness is different to feminine attractiveness. The things that attract a woman to a man are different to what attracts a man to a woman.

Human women can be attracted to human men for so many different reasons, regardless of race or what other people around them are thinking or saying.

[image: Race mixing protest]

Indian, black, white, Asian and whatever other race: We are all human and every man can attract women regardless of race. Most women (not all) have what I call an Open Type, meaning they are open to being with all types of guys...even if other people around them are racist and think they should stick to their own race.

If a guy is able to make her feel very attracted to his personality and who he is as a guy, most women don't care what race (and sometimes even religion) that the guy is from.

Some guys looking on may think, "*Huh? Why is she with him?*" but it's not a mystery. She is with him because he makes her feel attracted. He makes her feel what she wants to feel with a guy, even though some closed-minded people around her (who don't yet realize that we are all human and equal) think she should be with someone else from her own "race."

[image: Racism - interracial marriage]

If a woman feels what she wants to feel with a guy, that is what matters. The guy gets the girl because he can attract women, regardless of race. He doesn't have to have big muscles, a big dick and a lot of money to do that. It's much more simple and natural than most guys realize.

Most women have an Open Type and will hook up with and marry a guy that other men might think is ugly or from a race that they don't think is attractive. To her, the man will be attractive because a woman's attraction to a man is much more complex than just his looks or his race.

An Indian guy or an Hispanic guy is no less attractive than a black guy, white guy or Asian guy. It's not about race. It's about making the woman feel attracted to you in many different ways as a man.

Once you can understand that concept, it all begins to make sense.

You won't look at other guys and wonder why they have a girl and you don't because you will know exactly why it is happening. The guy has made the woman feel attracted to him and she is feeling what she wants to feel with a guy...even if some people looking on think that she shouldn't be with a guy from that race.

Some white guys will think they are better than Asian guys and some Asian guys think they are less attractive than black guys, etc. Yet, each guy has the capacity to naturally attract women to him. Some guys find that hard to believe, but the photos I'm showing here and what you've seen in real life should allow you to at least open your mind to it.

Once a guy can stop thinking about race and start focusing on making women feel attracted to him, everything changes. You start to see that human women feel attracted to human men, even if some people think that it's wrong to hook up with a person from a certain race.

Attraction (*noun*): A quality or feature of someone that evokes interest, liking or desire.

Another example is where a guy notices another guy that he considers to be a “douchebag,” but the guy has a beautiful girlfriend. To him, the guy is a douchebag because of how he looks. To him, the guy who he perceives to be a douchebag doesn’t deserve that girl, but to the girl, he is attractive.

[image: Douchebag or not - he can attract a beautiful girl]

He constantly sees guys who he considers to be ugly, weird looking or like a douche, but they have a beautiful girlfriend. Why? Continue reading to find out the answer, if you don’t know it already.

[image: Average to ugly looking guy with beautiful girlfriend]

Some guys use race as the reason why they are unsuccessful with women. A guy might say, “*I’m Asian*” or “*I’m black*” or whatever race that he thinks is going to be a problem for attracting women, because HE hasn’t been able to attract women.

If he’s an Asian guy for example, he needs to focus on the fact that Asian guys do get a girlfriend and they can attract women, even though they are Asian. They can still attract women, they can still get a girlfriend and they can still get married.

[image: Asian guy marrying a white girl]

So, that’s the first thing that a guy needs to do to begin overcoming his secret excuse. The second thing that a guy needs to do is:

2. Get educated on how to make women feel attraction for his personality and who he is as a guy

What a lot of guys don’t realize is that attracting women is actually a skill that a guy can develop and have. If you look at the dictionary definition of skill:

Skill (*noun*): The ability to do something well; expertise.

Attraction (*noun*): A quality or feature of someone that evokes interest, liking or desire.

You can actually have the skill of being able to talk to a woman in a way that causes her to feel attraction for you.

You can have the skill of using your body language in a way that causes a woman to feel attraction for you.

You can have the skill of being able to respond to a woman’s tests during an interaction in a way that causes her to feel attraction for you.

There are so many different ways that you can make a woman feel attracted to you.

The more skilled you become at attracting women in different ways, the higher quality of woman that you can have access to. Most guys interact with beautiful women and simply don’t know how to make those women feel attracted to them. Instead, they usually make women feel turned off by them in many different, subtle ways.

When you are the guy who knows how to attract women in many different ways at once, it becomes very simple as easy for you. You interact with women, they feel very attracted to you and they want to be with you because of that.

Then, with your skill of attracting women, you make the woman feel even more attraction for you to

the point where she feels intense attraction and she feels like she has to be with you. In a relationship, she wants to stay with you and she doesn't want to leave you because she's feeling what she wants to feel with a guy.

The reason why most guys don't see the connection and understand that you can actually have the skill of attracting women, is that most guys don't even know how to attract women. If I show a photo like the one below, most guys will say, *"Okay, those three women like the white guy because the black guy in the background isn't as good looking."*

[image: Why is she with him?]

Then, if I show this photo of the black guy with the white guy in the background, most guys will say, *"Okay, women like the black guy because he is good looking."*

[image: Why is she with him?]

Then, if I show this photo with the guy on the right who appears to be more "typically good looking," most guys will feel confused and wonder how on Earth the woman would like the guy on the left. They may say, *"That must be happening because it's not a real photo...it's just a stock photo, not like the real ones you've been showing so far."*

[image: Why is she with him?]

Sticking With Your Secret Excuse No Matter What

Back in the time when I wasn't successful with women, I would focus on my excuses and any other negative reasoning I could come up with as to why I wasn't successful with women. I would focus on my belief that I wasn't good looking enough, that I had a bent nose and that I just didn't look good enough for attractive women.

In my mind, that was the reason why attractive women weren't interested in me.

I wouldn't allow myself to focus on the fact that I saw guys who were NOT good looking with beautiful women. I stuck to my excuse because that is what made sense to me.

I thought that attractive didn't want to be with me because of my looks.

...and that was the end of the story as far as I was concerned.

Heck, I'd even HEARD women say that they only like good looking guys and see many women gushing when looking at a guy and saying, *"Ooh, he's handsome."* So, in my mind, I was being rejected because of my looks and that was that. Attractive women didn't gush over me, so I would have to accept unattractive women or nothing at all.

I thought that women wanted a really good looking guy and since I'm not a good looking guy, I couldn't attract women. End of story.

As a result of thinking in that stubborn, confused and insecure way, I was pretty lonely. I missed out on enjoying love, sex and relationships while everyone else was hooking up and having a great time.

Yet, deep down, I knew that something wasn't quite right about my excuses.

Deep down, I knew that there had to be another reason why I wasn't succeeding with women. There had to be another reason because other guys were succeeding with women when they looked WORSE than me.

So, I eventually began to think, *“Maybe there ARE other ways that women can be attracted to men. Maybe I can do something about this. Maybe I can be one of those guys that I’ve seen who are with a beautiful women, but the guy doesn’t even look like anything special.”*

When I started to focus on attracting women in **different** ways, that’s when everything started to change for me.

I still looked like the same guy, but what I was doing was attracting women in different ways. I began to use a certain conversation style, a certain type of humor and a certain type of body language. I began to respond to the tests that women put men through during an interaction, in a way that caused the women to feel attracted to me.

Throughout the years, as I hooked up with more than 250 women, I still had the same bent nose and still looked like pretty much the same guy. I didn’t develop a gym body, I wore the same types of clothes and the only thing that really changed is that I lost more and more hair on my head.

Interestingly enough, when I decided, *“Okay, I’ve had sex with enough women...I’m going to settle down now”* and chose my current girlfriend (we’ve been together for more than two years at the time of writing this post), I was still the same guy with the same bent nose...and she didn’t even notice that my nose was bent.

About 3 months into our relationship, we were having a discussion about insecurities and I told her that I used to be insecure about my nose and how it is bent. When I told her, she looked at me and said, *“Oh yeah, your nose is bent”*

It was the first time she thought about it.

Why?

She was (and still is) attracted to me in so many different ways.

Success with women is not about your nose. It’s not about your height. Women can feel attracted to a man for so many different reasons, which most guys are simply unaware of.

The Real Reason

The real reason why a lot of good men fail with women is that they don’t know how to attract women.

When they keep getting rejected by women, they refer to their “secret excuse” as the reason why it continues to happen. Yet, if the guy just knew how to attract women, he would stop getting rejected because women would be attracted and interested in him.

A Few Important Questions For You

A few, important questions I want to ask you at this point are:

1. Do you think it’s possible to attract women in ways other than looks, height, money and social status?
2. Do you think it’s possible to attract women by displaying certain personality traits and behaviors?
3. Do you think it’s possible to attract women by talking to them in a certain way that causes them to feel attracted to you, feel lust for you, feel connected with you and feel like they want to impress

you?

The answers to those questions is a big, fat **YES**.

You **can** attract women by displaying certain personality traits and behaviors.

You **can** attract women by using a certain conversation style.

There are so many different ways that you can make a woman feel attracted to you.

I've identified more than 100 ways that a guy can make a woman feel attracted to him and I teach all of those ways in my programs here at The Modern Man.

Some of the ways to attract women are very simple.

Some are complex.

...but, the result is always the same.

The more attraction techniques you use in combination, the more attraction that women feel for you. When you can make women feel a lot of attraction for you, you instantly get access to high quality women that most guys just can't attract.

The next important question that I want to ask you is this...

Have you been using any of the following types of excuses to come up with a **secret reason or excuse** why you haven't been succeeding with women?

- I'm not tall enough.
- I'm not good looking enough.
- I don't have a good enough job.
- I don't make enough money.
- I don't live in a high end house or apartment.
- I don't drive a good enough car.
- I don't wear good enough clothes.
- All the good women are taken.
- Women only go for really good looking guys.

Are you using any of those excuses even though other guys who have the same "issue" are getting laid, have a girlfriend or have gotten married? How much longer are you going to stick to your secret excuse before you realize that you can attract women in more than 100 other ways?

What is Your Secret Excuse or Reason?

[image: Any guy can attract women]

Why do attractive women reject you?

- ☐ I'm not good looking enough
- ☐ I'm not tall enough
- ☐ I don't have a good enough job
- ☐ I don't make enough money
- ☐ I don't live in an expensive house or apartment

- ☐ I don't drive an expensive or cool car
- ☐ I don't wear the right clothes
- ☐ My race / nationality

Vote

[View Results](#)

[image: Loading ...]

Loading ...

**Select the number reason why you think attractive women have rejected you or why you've been failing with women.*

What is your secret excuse or reason as to why you've been failing with women? What is the secret reason that you use to explain why women aren't attracted to you or why you can't pick women up?

What excuse have you been going through life saying to yourself, or what collection of excuses are you carrying around in your mind into interactions with women and throughout your daily life that are making you feel less confident and feel insecure around women?

[image: Post up a comment below]

Feel free to post up your secret excuse in a comment below. One of the reasons why I would encourage you to post up your secret excuse (or collection of secret excuses) is that it helps you to get clear on what is actually troubling you. What is making you lose confidence around women? What is making you feel insecure?

What you might find (as comments build up over time) is that most guys are thinking the same sorts of things and have similar excuses, even though OTHER GUYS with the same type of "issue" as them have a got beautiful girlfriend or wife or are getting laid like crazy.

So, what are your excuses? Please post up a comment below. I'm interested to hear what you've got to say.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

3 Things That Attractive Women Hate About Most Single Men

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you've ever overheard a group of women talking about men as they sit around a table, you will have noticed that they complain about all sorts of things related to men.

Yet, amongst all the noise of their often random discussions, there are some very common things that really annoy women about men, which keep popping up over and over again.

One of the reasons why attractive women hate the sorts of things about single men that I'm about to reveal now, is that it actually ruins the opportunity to be with the guy. He may be a good guy, but he just doesn't understand what she really wants from him.

As for you...

If you have made any of the mistakes that I'm going to talk about in this article, then you've most likely met attractive women throughout your life who wanted to be with you, but had to change their mind because you did one or more of these things to turn the woman off you.

So, what are these 3 common things that attractive women hate about most of the single men they meet? The first one is...

1. They don't know how to make her feel sexually attracted

[image: Easy for attractive women to attract men for sex]

It's very easy for an attractive woman to attract men for sex and a relationship because we men are mostly attracted to the physical appearance of women.

Most men are willing to have sex with a woman, even if they don't like her personality. Even if she is being a bit of a bitch or if there will be no relationship after the sex, most guys are still willing to stick it in, pump away, have sex with her and have a good time.

Yet, the same rule doesn't apply for how women feel attracted to men. An attractive woman could have sex with the 95 out of 100 guys who are ready and willing to have sex with her, but she doesn't because most guys don't even make her feel much attraction at all.

Why?

Most men are going through life thinking that women are attracted to men for the **same reasons** that men are attracted to women. They assume that women are mostly attracted to a man's physical appearance and that everything else is pretty much irrelevant, but that's not the case at all.

To make a woman feel sexually attracted to you, it's about a whole range of other things that have nothing to do with your looks.

Most of the guys that an attractive women meets will **not** know how to make her feel sexually attracted, via their conversation, with their body language, personality, vibe and how they respond to what she is saying and doing.

95 out 100 guys don't even know that there things they can say and do around women that make women feel turned on and make women feel attracted. They just assume that women choose men based on looks, just like men choose women based on their looks.

They also assume that they need to be a nice guy to her, get to know her and then hopefully she will give him a chance. Yet, by using that approach, a guy is usually only be able to make an attractive woman feel **affection** for him a friendly way, rather than **attraction** for him in a sexual way.

To make this clear, here are the dictionary definitions of affection and attraction...

Affection (*noun*): A gentle feeling of fondness or liking.

Attraction (*noun*): A quality or feature of someone that evokes interest, liking or desire.

When it comes to sexual attraction, the “desire” that is mentioned in the dictionary definition changes to “sexual desire.” The woman’s sexual desire for you is infinitely more important than her friendly affection towards you as a fellow human being.

Most of the single guys that an attractive woman meets don’t make her feel sexual attraction. They only make her feel affection because they are just focused on being a good guy, being nice, having a polite conversation and trying to get to know her as a person.

These guys don’t even know how to make her feel turned on with flirting, by creating a sexual vibe between them, by using their body language in a certain way and by responding to what she’s saying and doing in a way that turns her on.

They don’t even know about that stuff.

...and it becomes really annoying to attractive women when most of the guys they meet are clueless about it.

An attractive woman goes through life being able to attract men VERY easily because she looks good, but most of the single men she meets don’t make HER feel attracted. Unless she is lucky to come across a guy who understands how to make a woman feel sexual attraction, she goes through her life thinking, *“When am I going to meet a guy that turns me on? When am I going to meet a guy who makes me so attracted that I want to have sex with him right away?”*

She just doesn’t get that feeling very often because most of the guys she meets think that a woman’s attraction to a man is based on his looks. The guy thinks, *“Okay, well if I’ve got muscles, I’ve got a nice shirt on and I look good, then she might feel attracted to me and want me”* because he is making the mistake of thinking that women feel attraction for men for the same reasons as men feel attraction for women.

He’s trying to get chosen by her based on how he looks, rather than focusing on making her feel attracted to who he is as a guy. In other words, he’s actually being a bit of a girl about the way he’s trying to attract a mate. He’s hoping that she feels attracted to what he looks like and then wants to have sex with him, but that’s just not how it works.

The next thing that attractive women hate about most of the single men that they meet is...

2. They are too easy to impress

[image: Most single men are too easy to impress]

Not only are most guys instantly attracted to her because of her looks, but they are also instantly impressed by her because of it too.

So, what happens for an attractive women is that she really doesn’t have to do anything else (other

than look good) to impress most of the single men she meets. The men are already impressed because she is attractive.

Yet, that isn't very exciting to her.

It's the same thing over and over again.

As she goes through life, she realizes that there aren't many guys who are smart enough to be a bit of a challenge for her and make her feel like she has to impress them.

For her, life is a case of men just standing around with their dicks out saying, *"I'll put it in...I'll have sex with you"* or *"Give me a chance...can I be your boyfriend? Can I have sex with you?"* They're all just hovering around her.

Yet, that isn't exciting for her.

What she wants is to experience a guy who can make her feel attracted, but ALSO make her feel like she has to impress him and build up his interest enough to the point where he'll give HER a chance to be with him.

That is exciting for her.

Some guys reading this article right now may think, *"Why do women have to make it so difficult? Why do there have to be these bloody mind games? Why can't it just be a case of I like her, she likes me, so let's get into it?"*

The reason why is that most of the guys she meets are willing to do that with her. She can't help the fact that she feels more attracted to guys who are a bit of a challenge and who make her feel like she has to impress them. She can't help it.

The same applies with how men feel attracted to women...

Women go through life complaining, *"Hhh...why don't men just like me for me? Look at all these women with make up on and their sexy dresses and their cleavage out on display. Why can't men just like me for me?"* or *"Why do men turn their heads and look at that woman because she's got a short dress on? Why do men look at that woman because she has her cleavage out on display?"*

We men can't help it that women who put on make up or dress themselves up in a sexy way are more appealing to us.

It's not because we are shallow and only want a woman who wears make up, but it's because her make up triggers our attraction because it makes her face look more appealing. It's weird, but it's just how attraction works.

[image: Brunette before and after make up]

[image: Blonde before and after make up]

[image: Brunette before and after make up]

[image: Dark blonde before and after make up]

[image: Blonde before and after make up]

We men can't help it that we feel more attraction if a woman does herself up and puts an effort in to make herself look sexier.

[image: Group of women at a nightclub]

We men are not shallow for feeling attracted to women who put in an effort to look more appealing.

We are simply reacting to our natural attraction instincts. There are certain things that women can do to trigger our attraction for them.

Likewise, there are certain things that we men can do to trigger a woman's attraction for us.

For example: If a guy makes a woman feel attracted to him (e.g. by being confident, charismatic, charming, funny, etc), she will also feel excited if he then makes her feel like she needs to impress him, maintain his interest and get a chance with him.

In other words, she knows that he could easily have other women if he wanted to, but he's going to choose her if she impresses him enough.

A guy like that is sexy to a woman.

It's exciting and appealing because unlike the 95% of other guys who are willing to have sex with her just because of her appearance, this guy is actually a bit of a challenge to win over and it gets her attention.

He's not just willing to have sex with her because she looks good; he actually wants to be properly impressed by who she is. If he doesn't like the way she thinks, behaves or acts, he will reject her and not let her have sex with him.

He can easily attract other women and if she wants to get a chance with him, she will need to play her cards right, otherwise he will simply allow another girl to get a chance with him.

Now, some guys reading this article may think, *"I don't want to make it challenging in any way to impress me. I'm a good guy and I just want to tell her that I like her. I want to be a gentleman and I want her to like me for that. I am impressed by how she looks and I want her to just like me and want me because I like her and want her."*

Good luck with that approach if you decide to use it. What you will find is that most women will reject you because they are sick and tired of guys refusing to offer them any excitement and simply expecting to be liked for being a nice guy.

Women want to feel like they are lucky to have your attention and interest, rather than feeling like you're yet another guy who feels lucky to have their brief attention and interest.

If you want to be able to attract, pick up and have sex with beautiful women, you have to stop acting like 95% of the guys she meets. Almost every guy who looks at her or meets her wants to have sex with her, is impressed by her and wants to show her how much he likes her.

Yet, that is very boring for an attractive woman.

She wants to be able to hook up with a guy who makes her feel excited and makes her feel lucky to be getting a chance with him.

It's not about being an arrogant prick or thinking you are way too good for women, but simply about knowing that you can easily attract other women and will only allow a woman to have a chance with you if she meets your standards.

Most women won't openly admit it, but they yearn to be able to find a guy like that. They want the challenge and they want to feel like they've scored themselves a valuable guy that other women want.

3. They place her above themselves in terms of value and dominance

[image: Lower value and dominance]

One of the keys to being successful with women is not only be able to **attract** women, but being able to get women to **respect** you as a man.

A lot of guys make the mistake of thinking, *“Okay, I know a few things that attract women...I’m going to walk over to her and crack a few jokes, have an interesting conversation with her and come across as being confident...and then she’s going to feel attracted to me and want to be with me.”*

Yet, that’s not how it works.

On a certain level, a woman is going to feel attracted to humor, confidence and a guy’s ability to have an interesting conversation with her, but if she doesn’t respect the guy or if looks down on him, then she’s not going to want to have sex with him.

Being able to get women to respect you is especially important when it comes to picking up attractive women. An attractive woman has options because most guys want to have sex with her and most guys look up to her as being something valuable to attain.

Yet, an attractive woman doesn’t want to feel as though she is doing a guy a favor by being with him. She doesn’t want to feel like she is trading down in terms of social value; she wants to feel like she’s trading up.

One of the secrets to making her feel that way is to not lower yourself around her and give her the impression that she’s so much more valuable than you. She doesn’t want you to feel that way about yourself. You can if you want to, but it will only cause her to feel a lack of respect and attraction for you. What she really wants is to feel that you are slightly higher value than her.

The other part of this is about dominance. When a guy meets an attractive woman, what he’ll often do in the hope of getting a chance with her is convey that he willing to hand over his power and self-respect to hopefully get her to like him. He will give her the impression that he is willing to do whatever she wants to do, sit down wherever she wants to sit down, talk about what she wants to talk about, laugh about what she wants to laugh about, hate what she hates and like what she likes.

Essentially, he thinks that it is a good idea to let her lead the way and make her feel like she is in the position of power over him. He hopes that it will make her like him and then he will get a chance to have sex or a relationship with her. Yet, while that approach might make her feel a friendly affection towards him, it definitely won’t make her feel sexually attracted...unless she’s a dominatrix who likes to whip guys senseless.

Hooking up with a guy who hands over his power and thinks and behaves as though he is lower value than her is simply not what 99.9% of attractive women are looking for.

An attractive woman wants to be able to respect a guy as well as feel attraction for him. If she feels like she is more dominant than him and she’s higher value than him, then she won’t respect him and she won’t feel attraction for him and it’s just not going to happen.

It doesn’t matter how many jokes he cracks or how many techniques he tries to use on top of all that junk he is handing her, the fact is that she feels turned off by him on a fundamental level. She can sense that he doesn’t feel like he’s good enough for her and that he’s willing to let her dominate him,

so it's a no go.

The Often Sad Life of an Attractive Woman

[image: The often sad life of an attractive woman]

From the outside, the life of an attractive woman can seem so perfect, easy and happy. Everyone wants to bang her, everyone wants to be with her and she can have any guy she wants.

Yet, the majority of guys that she meets just don't make her feel much attraction at all.

95 out 100 guys in this world don't even know that they can turn women on by using a certain conversation style, a certain type of humor and body language and by responding in certain ways to what women say and do. They just don't even know that it is possible.

Most of the guys that an attractive woman meets simply make her feel a friendly **affection**, rather than **attraction**.

Yet, affection pretty much means nothing to her.

When a guy makes her feel friendly affection, he's just another friendly, forgettable guy that she's met. Another one of 1,000s of guys that have come her way, felt attracted to her and just been a standard, good guy who is hoping to be liked by her. They have offered little or no elements of attraction for her to get excited about.

Most guys just offer friendly feelings that don't really go anywhere. She interacts with him and it's nice to talk to him, but "*Whatever...*" Instead of feeling bored with a guy who makes her feel affection, she wants to find a guy who makes her feel turned on.

She wants to find a guy who makes her feel like SHE wants to have sex, not a guy who wants to have sex with her, but who only makes her feel like she wants to be friends.

Unlock More Secrets of Attracting Women

[image: The Flow]

If you want to learn how to make attractive women feel turned on by you, then I recommend that you read my book [The Flow](#).

It has taken me YEARS to figure out what you can learn in a matter of HOURS by reading my book.

You don't have to waste the next 10-20 years of your life trying to work women out, while getting rejected, dumped or overlooked by women who would have otherwise wanted to be with you.

If you want to discover the easy ways to make women feel naturally attracted to who you are as a guy, to your personality and to the way that you speak to them, I welcome you to try my book.

When you read [The Flow](#) and begin using the techniques, you will see that attractive women are attracted to you and want to be with you. If you observe or listen to other guys while they interact with women, you will notice that 95 out 100 guys don't even know about this stuff.

Most guys are simply making women feel affection for them, rather than attraction.

When you are the guy who makes attractive women feel attraction, then you are the guy who has sex and a relationship with them.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Why Do Women Like a Guy Who is a Challenge?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

So, why do women like a guy who is a “challenge”?

Why do women have to make the dating process so difficult? Why can't it be just a simple case of saying to a woman, *“Hey, I like you...let's start a relationship”* and then you start a relationship with her?

Why do there have to be silly “mind games” involved in starting a relationship with a woman? Why can't you just see a girl that you're attracted to, walk over to her and say, *“I like you...give me your number...let's start a relationship.”* Why can't it be that simple?

The Reason

The reason is that it is very easy for a woman to attract a man for sex. If a woman is beautiful, attractive or even just decent looking, most men will be willing to have sex with her simply based on her appearance...even if they don't like her personality!

Here is the proof...

Would you have sex with this woman?

[image: Would you have sex with this woman?]

How about this one?

[image: Would you have sex with this woman?]

How about this woman?

[image: Would you have sex with this woman?]

It's easy for women to attract us men because we men instantly make a decision whether or not we'd have sex with a woman, just on how she looks. It's like, *“Yep, I'd have sex with her...and her...and her...not her though...and not her....but, I'd have sex with her...her too.”*

Since men make a decision on which women they're willing to have sex with based on her appearance, it's very easy for a woman to get laid. There's no real challenge for her because just based on her appearance, approximately 80 out of 100 (maybe even more) guys will have sex with her. Even if they don't like her personality, most guys are still going to be willing to have sex with her at least once.

Yet, the same doesn't apply for women. Most women are not willing to have sex with a guy unless he meets certain criteria in terms of his personality and potential as a man.

Personality and Potential

[image: Personality and potential]

Women can and do feel attraction to a man's looks/appearance, but that's not how the majority of

women make their decision on who they are going to have sex or a relationship with. Women decide who they are going to have sex or a relationship with based on a guy's personality and potential.

Personality: How does his personality make her feel? Does it turn her on? Does it turn her off? Does it make her feel happy or does it make her feel bored and awkward?

Potential: Does he have the potential to do well in life and to succeed in life, or is he going to be a bit of a "no hoper" or burden for her to carry throughout life? What is his potential as a lover, as a boyfriend or as a husband?

Men and women are different in how they select someone for sex. A woman can select a man for sex just based on his looks and say, *"Wow, he's good looking...I want to have sex with him."* Yet, if she then talks to him and discovers that he doesn't have a good personality or she feels turned off, awkward, then it won't matter that he is good looking. She will decide not to have sex with him based on how his personality makes her feel.

For a man, selecting a woman for sex is a lot more simple. The majority of men will have sex with a woman even if she has a boring personality or has no potential to succeed in life.

[image: How many of these women would you have sex with?]

A man can walk through the world, look at women and say, *"Yep, I'd have sex with her...yep, I'd have sex with her...yep, her too...not her or her, but yes – I'd have sex with that woman."*

It's an instant YES or NO decision on whether a man would have sex with a woman. Most men are happy to get inside a woman, pump away and enjoy themselves regardless of whether a relationship will follow after sex.

[image: How many of these women would you have sex with?]

Women Get Bored of How Easy it is For Them

For a woman who is beautiful, attractive or at least decent looking, she will get to the point where she feels bored of how easy it is to attract a man for sex. Most of the guys she meets are just too easy and are willing to be with her, without her having to do anything to impress them. They are attracted to her and want to be with her and that's it. End of story. There is no challenge.

She doesn't have to do much more to impress men because she looks good. Yet, that dynamic isn't exciting to her because it's just everywhere for her.

Think of it this way...

[image: Pizza vs bread]

If all you had available to eat every day was plain bread with nothing on it, you will eventually get bored of it. Then, if something like a pizza comes along, it will give you a *"Wow!"* reaction. It will be very appetizing and you will want to eat that much more than the plain old bread.

The same thing applies with women and the concept of being a challenge. If you use the approach that 95% of guys use on women, you will be as tempting to her as the same old, plain bread that has been offered to her everyday. Yet, if you are a challenge, then you are as tempting as a hot pizza will be to her after years of eating plain bread day in, day out.

Most guys don't have the understanding about women that you are getting right now. They don't know that women are experiencing the same thing (i.e. the guy is attracted to her and is willing to

have sex with her, without her having to impress him any further) over and over again with 95 out of 100 guys they meet.

Guys who do this assume that they are doing an original thing by showing her how much they like her. *"She's special...I really like her"* ...yeah, join the queue! Since 95% of guys have been showing her how much they like her pretty much every day of her life since she became sexually available, it doesn't excite her. It doesn't get her thinking, *"Wow, I want to be with him!"*

What does? A guy who is a challenge.

Being a Challenge

[image: Being a challenge]

How do you be the challenge that women want to win all for themselves?

Essentially, it's about *conveying to her (without having to say it) that you can have other women if you wanted to, but you're going to choose her if she impresses you enough.*

That can be conveyed via your conversation style, body language and vibe without actually saying, *"Hey, I can have other women, but I will choose you if you impress me enough."* There are certain ways to convey that and most guys just don't know how to do it.

When you convey the challenge to women, they become excited. Just like if you had been eating plain bread everyday of your life and a pizza suddenly arrives in front of you; you're going to have a *"Wow!"* reaction to it. The pizza will be exciting, it will be different and it will be something that you really want to eat.

If you want to be the sort of guy that women hope to get a chance with, then I recommend that you read my book [The Flow](#).

This is very simple stuff.

It's not rocket science.

It's not something that you need to spend years on to get a degree on or anything like that. This is something that you can learn in a matter of HOURS.

Once you have the understanding about women that I have (which took me YEARS to work out because I had to figure this out on my own), your success rate with women will change instantly. How? You change the way that you interact with women and they change the way that they respond to you. It's as simple as that.

When use my techniques, guys see you interact with women and wonder, *"What is he doing that is making women like him so much?"* but they can't figure it out. Why? Most guys will go through their life NEVER knowing this stuff because most guys don't even think that it is possible to make women feel attracted to them or to make women chase them or pursue them.

Most guys don't even think that attracting women by choice is possible.

...and that is a HUGE opportunity for you because it IS possible. Not only is it possible, but it's ridiculously EASY and I've been doing it to women for more than 10 years now.

Here's the thing...

1,000s of guys find my site every day, but only a tiny percentage of those guys realize that this is

possible and then get my book to learn the techniques. The generous guys then come back at some point to post up their success stories for guys like yourself to see that this is possible.

After learning from The Flow and using the techniques on women, you will see that 95 out 100 guys don't even know about this stuff. You will no longer be the guy who is looking on and wondering why beautiful women are with men that you KNOW you are better than. You will know exactly how they got the women attracted because you will be doing it too.

Personally Speaking...

Personally speaking, I never used to understand this sort of thing and would think, *"I like that girl over there...she's attractive to me...why can't she just like me for me?"*

I just didn't understand that pretty much every guy she was meeting felt attracted to her and wanted to get a chance to have sex or a relationship with her. I also didn't know that you could "turn the tables around" so that the woman is hoping to get a chance with you. I didn't think that was possible.

How can it be possible? Aren't women the ones with all the power in the dating scene? No!

We men have the power.

We can make women feel LUCKY to be with us.

We can be the delicious challenge that women are hoping to meet and win for themselves.

...and it's ridiculously EASY to do.

That is the insane, crazy and amazing thing that has made me continue working full time on The Modern Man for more than 10 years now (including the time I spent writing The Flow). I have not stopped working on The Modern Man because I have got to get this stuff out there.

If you are the sort of guy who doesn't have his choice with women, or who can interact with women and *almost* pick them up or can only talk to women for a few minutes before they lose interest, then I recommend that you read The Flow right now and start using my simple, proven to work techniques for attracting women.

You don't have to waste the next 10-20 years of your life not getting what you want with women. Attracting women and getting them to feel LUCKY to be chosen by you is not impossible. You've seen other guys do it and thought, *"He doesn't look like anything special...why is she with him?"* If those guys can do it, you can too.

I'm one of the guys who doesn't look like anything special (i.e. I have a bent nose, small eyes, I don't have big muscles, etc), but I've enjoyed my choice of beautiful women for more than 10 years now.

I've had so many women pursue me and some have literally begged to be my girlfriend. I don't say that to brag, show off or anything like that; I say it to YOU so that I can help you understand what happens when you actually know how to be a challenge and attract women in the way they really want.

I've also walked up to catwalk models and pulled them back for sex on the same night, or gotten their phone number and caught up to have sex on the first date while they were still in town for their fashion shows. It didn't matter that the catwalk models were a lot taller than me or that they are beautiful and I am average looking and a lot shorter than them. Why? The really pretty women are often easier to pick up because they are even more bored of the fact that most guys are not a

challenge.

When 95% of guys meet an attractive woman, they try hard to show her how interested they are. Even if he tries to hide it, she can see it all over his body language and hear it in the way he speaks to her. It's obvious to her because she's been witnessing it since she became sexually available. Some guys will even quickly say to her, *"You're beautiful"* or *"Do you have a boyfriend?"* and do whatever they can to impress her and be with her.

Yet, that doesn't impress her. What does impress her is a guy has the ability to "turn the tables" and get her trying to impress him.

This is something that YOU can do.

You can actually make women try to impress you and hope to get a chance with you. To some guys, that may sound impossible because they haven't even be able to get many attractive women interested in them at all. Yet, the reason you haven't been able to do it so far is because your approach to women is probably very similar to 95% of the guys they have been meeting.

In other words, women haven't been rejecting YOU as a person; they have been rejecting your approach.

Being a challenge and making women hope to get a chance with you is just a matter of changing your approach, changing a few of the things that you say to women and conveying certain messages during an interaction. When you do that, you will be amazed at how the woman responds to you. You will be amazed when you see that pretty women are hoping to get you to like them. It is a really cool power to have over women and most guys don't even think that it's possible.

Okay, I hope you've enjoyed this post. I also hope that you decide to give The Flow a try and if you do give it a try, I look forward to hearing about your success if you post it up on the site!

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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How to Impress a Woman

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

About 12 years ago, I learnt a secret about impressing women that 95 out of 100 guys still don't even know.

When I teach you this secret and you start looking at how most guys behave around the women they're sexually attracted to, you will realize that 95% of guys don't even know this. You will notice that they unknowingly turn women off during interactions because they don't even know what you're about to learn right now.

Feeling the Overwhelming Desire to Impress Her

When a guy meets a girl that he is very attracted to and really wants to be in a relationship (or at least have sex) with, he will often feel a strong, overwhelming desire to impress her as much as he can. If he doesn't know what I will be teaching you in this article, the guy will stop behaving like his normal, natural self and he start putting on a bit of an act around her.

Worried that she won't like him for who he is, he will put on a "nice guy persona" (e.g. being extra nice, being very well mannered, etc) around her in the hope that it will make her like him.

Unfortunately for him, he doesn't realize that women are fully aware of this because 95 out of 100 guys put on that type of act around her.

4 Signs That a Guy Has Slipped into "Impress Her!!" Mode

1. He stops behaving like his natural self and becomes nervous and tense around the woman.
2. He doesn't want to say anything that she might not like, so he sticks to safe, boring conversations like, *"What do you do for a living? How long have you worked there?"* or *"Oh, that's a nice dress. Where did you buy that dress?"*
3. He tries to say "cool" things that he hopes will impress her.
4. He tries to make a good impression by being on his best behavior around her.

The guy hopes that the woman will think, *"Wow, he's such a nice guy. He's saying all the right things. He seems like a really good guy...a trustworthy guy. He's so likeable. I could introduce him to my family and friends. I want to be with him!"*

Yet, this approach to women almost always backfires and causes the woman loses interest instead of becoming more interested. Why? 95% of the guys a woman meets will put on that type of act around her. She's not stupid; she knows that it isn't the guy's natural personality. She knows that he's trying to trick her into seeing him as an innocent, non-threatening guy who she should "give a chance" to.

The Secret to Impressing Women

The secret that I want to tell you about impressing women that I learnt a long, long time ago and that most guys still don't even know is this...

The secret to impressing a woman is to not try to impress her at all.

Instead of trying to impress a woman in the hopes that she likes you, what you actually need to do is:

1. Stop trying to impress her.
2. Be your normal, natural self.
3. Get her to feel sexually attracted to you, rather than just “like” you as a person.

If a woman likes you as a guy or likes you as a person, it doesn't mean that she's going to want to have sex with you. What makes a woman want to have sex with you and be your girlfriend, your lover or dream about being your wife, is her feeling sexually attracted to you. Sexual attraction has to come first before anything else you do, including getting her to “like” you as a person.

Sexual attraction isn't sparked in a woman by:

- Being really nice around her and saying all the right things or sticking to safe, polite conversation.
- Acting like Mr. Perfect or Mr. I'm Not Interested in Sex, I Just Want to Be Your Friend.
- Listening to her talk excitedly about her love of shoes, fashion or a particular TV show she's been watching lately.

Putting on an Act Makes Her Lose Respect For You as a Guy

[image: How to impress a woman]

When a woman gets the sense that a guy is not being his normal, real, authentic self it actually makes her lose respect for him. Additionally, the majority of his behavior around her (e.g. being extra nice, polite, well mannered, considerate, etc) won't be making her feel sexually attracted to him. She might think of him as a nice guy, but that doesn't make a woman feel sexually attracted.

When a woman doesn't respect a guy or feel sexual attraction for him, it doesn't add up to her thinking, *“Wow! I'm so impressed! I want to start a relationship with him right now.”* She simply looks at him as yet another guy who doesn't feel like his normal, natural self is good enough for her.

Impressing Women Naturally

The natural, simple way to impress a woman is to gain her respect by being your normal, authentic self while also doing the sorts of things that will make her feel sexually attracted to you. You can make a woman feel sexually attracted to you based on her personality and who you are as a guy. There are so many different ways that you can attract a woman while talking to her and interacting with her.

Just like 95% of guys fail in their attempts to impress women, almost the same amount of guys don't know how to make a woman feel attracted during a conversation. So, when you learn the techniques that we teach here at The Modern Man (and that you can learn about in my book [The Flow](#), which is the foundation of everything I teach), you will instantly become more impressive than 95% of guys a woman meets.

In a matter of hours you can learn what has taken me years to work out about attracting women and getting women to fall madly in love with you during an interaction. If you have met a woman already and have made a bad impression her, simply use the techniques that I teach in *The Flow* and she will suddenly feel intense respect and attraction for you. If you use a lot of my attraction techniques on her at once, she will even begin to pursue you and make it really obvious that she has feelings for you and she wants to be with you.

When you meet a new woman for the first time, getting her to feel respect and attraction for you happens in the first 1-2 minutes. You will see how attracted she is to you and you will be amazed at how obvious she makes it that she really likes you and wants to be with you. That is a really cool power to have as a guy and when you start using the techniques that I provide in *The Flow*, you will notice that 95 out of 100 guys don't even know about this stuff.

Right now, you have got an opportunity now to get ahead of the competition. Before other guys find *The Modern Man* and starting learning and using these techniques on women before you do, you've got an opportunity to learn it all now, get what you want with women, enjoy the life that you want with women and not have to worry about most guys competing with you. After learning the techniques and insights from *The Flow*, you will see that 95 out of 100 guys don't even know this and are simply trying to fumble their way into a relationship with a woman or are hoping to "get lucky."

Unlike other guys who are clueless about women, you will know exactly what you're doing when interacting with a woman. You will effortlessly make a woman feel intense respect and attraction for you when you interact with her. You won't have to waste weeks or months trying to impress a woman and hope that she eventually likes you, constantly worrying that some other guy might steal her from you. You will simply make her feel respect and attraction for you immediately and she will then make it completely obvious that she likes you in a sexual way and wants something to happen.

In many cases, she will even begin to pursue you, ask you out or hint at the fact that she wants to get sexual with you. Other guys looking on won't know why beautiful women like you so much, but it will be completely clear to you. You will know exactly how and why you've made women feel that way. From that moment onwards, you will know that you will have your choice with women for life. Impressing women and making them feel intense respect and attraction for you will no longer be a mystery to you.

In Conclusion

I hope you enjoyed this post.

Just remember...

The next time you interact with a woman you really like, don't try so hard to impress her. Trying hard to impress a woman is actually very unimpressive to women because they get that all the time from clueless guys.

What makes a woman feel impressed by you is noticing that you don't feel the need to impress her because you believe that your natural self is good enough for her. That type of confidence in a guy is really impressive to women. From there, you simply need to make her feel very attracted to you (don't worry – it is easy) and she will make it really obvious that she wants to be with you.

When you see how attracted to you she is, you then use my simple, proven to work techniques from

The Flow to go from a conversation to a kiss or a conversation to a phone number, then date, kiss and sex. You can also go from a conversation to a kiss to sex on the first day or night you meet a woman. It really is very natural and easy to do and I hope that you give it a try.

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[image]

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[image: Dan Bacon]

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A Surprising Truth About What Really Attracts Women

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

In this article, I'm going to share a surprising truth with you about what *really* attracts women to men.

This is a difficult concept to get your head around (and accept) initially, but once you open your mind to it, you will begin to see it **everywhere** around you and it will all begin to make sense.

It's the concept of what really attracts women to men. Most men make the mistake of thinking that women feel attracted to men for the **same reasons** that men feel attracted to women, but that isn't correct.

Almost all men are mostly attracted to beautiful women who have a sweet, friendly, approachable type of personality. So, most men then assume that women must be attracted to men who are really good looking and who have a sweet, friendly and approachable personality.

I used to think the same thing.

I tried my best to look as good as I could, I bought the best clothes and tried to be as nice as I could to women. I was polite, friendly, approachable, easy-going, gentle and simply trying to show women that I was a good guy, I was trustworthy and that I'd be good boyfriend material.

Yet, women still didn't like me.

So, I assumed (like almost all guys do) that the reason women weren't interested in me was due to the fact that I'm not a tall, good looking guy. It was a nice excuse, but deep down I knew that it probably wasn't correct because I kept seeing other guys (that were **not** good looking) walking along happy and content with their beautiful girlfriend or wife.

I thought to myself, "*There has to be something else going on here...I have to be missing something...*" but I had no idea what that "something" was. Luckily, I didn't give up and instead pushed on to find the answer. When I did find the answer, I discovered a surprising truth about what really attracts women that most guys are **STILL** unaware of to this day. Most guys do not even want to consider that this is possible, but it's the truth.

This is actually how attraction works for women...

The Surprising Truth

Women are mostly attracted to things about men that cannot be seen.

In other words, women are mostly attracted to the things about that are not visual, that are invisible to the naked eye. For men, the opposite is true.

Men are mostly attracted to things about women that can be seen.

Another way to explain this is that women are mostly attracted to a man's personality traits and how it makes her feel. Whereas, men are mostly attracted to a woman's physical appearance and how that makes him feel. This is why men watch porn and masturbate to what they are seeing visually, while women close their eyes and imagine having sex with men who have the personality traits (e.g. confidence) that attract her.

Does That Mean That a Man's Look Doesn't Matter?

Of course not.

Imagine a smelly homeless man with 5 missing teeth and scraggy clothes. It won't matter if he has a great personality; the majority of women won't want anything to do with him.

Looks, money, fame, height, muscles and age can attract or turn off a woman. That is true. However, those things are not nearly as important as how his personality makes the woman feel. That is, of course, as long as the guy is a fairly "normal" guy. What is normal? Pretty much every guy on the planet. What isn't "normal"? A crazy man, a homeless man, etc.

In almost all cases, if a normal man's personality makes a woman feel attracted to him and makes her feel the types of emotions that she wants to feel with a guy, she will overlook the fact that he's not 6'5 inches tall, doesn't look like a male model, doesn't have an amazing, high paying job or doesn't drive an expensive car.

She will feel attracted to him for other reasons and she will then fall in love with who he is as a guy/man. This is why you (and every other guy) has seen guys who are not good looking, tall or rich with beautiful women. The women are attracted to those guys for reasons other than the superficial things, such as height, looks, money, fame and muscles.

Making Women Feel Attracted to You

As it turns out, making women feel naturally attracted to your personality and who you are as a man is one of the easiest things you can ever do in life.

When a guy first begins his quest to get better results with women and finds The Modern Man site, he often arrives thinking that it will be very difficult to attract pretty women, because he hasn't been able to do that very well in his life so far.

Yet, when he starts using the proven attraction techniques that we teach here at The Modern Man, he realizes how easy it actually is. He then begins to realize that most guys around him don't even know how to actively attract women and are simply hoping to "get lucky." When you begin to naturally attract women with your personality (and other things that we only teach in our programs), you realize that it is an ability that you have had all along.

You just haven't been shown how to use your natural ability to attract women.

If you would like to quickly learn how to naturally attract women with your personality (and other things that are only revealed in our programs), I recommend that you read my book, [The Flow](#). You will be amazed when you go through the book and discover all of the powerful (yet simple) ways that you can attract women.

This isn't rocket science or a bunch of overly-complicated theory. This is very natural and very simple and any guy can do it.

When you start to interact with women in the ways that I suggest in my book [The Flow](#), you will see that they are naturally attracted to you. Then, when you begin to use a lot of the techniques on women all at once, you will find that you're able to make women feel intense attraction for you. Women feel so much for you (instantly) that they begin to lust after you or make it completely obvious that they

want to kiss you and have sex with you.

It's really cool how it works and I've enjoyed that sort of power over women for more than 12 years now.

Get Ahead of Other Guys by Starting This Today

Most guys don't even think that it's possible to attract women with their personality (and other things that we reveal in our programs), but The Modern Man is growing in popularity every day.

Right now, you have an opportunity to learn this stuff before other guys find out about it.

Next week, if you're interacting with a beautiful woman (that you really want to have sex with or have as your girlfriend) and you don't know how to attract her, it won't even matter if you think that it's "fate" or "destiny" that you and her have met. If there is another guy (e.g. at her work, university, at the party, etc) who is talking to her and he knows how to attract women and is using 6 or 7 different attraction techniques on her, then it will be he who gets to have sex and a relationship with her.

Attraction is what starts the process of hooking up and if you can't make women feel that way about you, it won't matter how much you "like" her. Just like you want to be with a woman that you feel attracted to, a woman wants to be with a guy that she is attracted to. When you are the guy who can make women feel intense attraction during a 1-5 minute conversation or interaction, then it will be you who has his choice with women. You will be the guy who is getting naked with her and enjoying love, sex and intimacy.

You have found my site here.

I have the answers.

I have spent years working this stuff out and have slept with more than 250 women in the process. I now have an amazing girlfriend (two years into the relationship as I write this) and couldn't be happier about this area of my life.

You don't have to waste more years of your life not knowing how to attract women and have your choice with women. What has taken me years to work out, you can learn in a matter of hours and then get on with enjoying your life with women.

The next time that you interact with woman, you are going to be the one that she feels intense attraction for. You are going to be the one that she can't stop thinking about. You are going to be the one that she feels lust for and wants to be with sexually.

So, if you are interested in having that sort of power over women, I really welcome you to try my book The Flow. It comes with a 30 day money back guarantee and I welcome you to try it. You will love what you're about to learn in this book.

When you know how to attract women and make women feel what 95 out of 100 guys can't make her feel, then you are the guy who has his choice with women. You are the guy in a group situation who is respected. Women are paying attention to you, laughing at your jokes and trying to keep any conversation going with you to hopefully get you to like them more. You are the guy who is in control. You are the guy who knows the secrets of naturally attracting women.

Other guys who are looking on at you interacting with women won't know what you're doing. Women won't know either and will simply be feeling attracted to you and enjoying interacting with

you. Guys looking on will wonder why women like you so much, but they won't be able to put their finger on it. It just won't make any sense to them because most guys go through their life never really understanding women and just hoping that they can somehow get lucky, rather than getting rejected, cheated on, dumped or divorced.

Most guys don't know that they can have **total control** over how much attraction a woman feels for them when they first meet her and when they are many years into a relationship. They don't know that they have the natural ability to make a woman feel instantly attracted to them and then build on that during 1-5 minutes of interaction to the point where she feel intense attraction and feels like she just has to be with him.

You now have an opportunity to have that type of power and control over your dating and relationship life with women. You can be the guy that women really want to be with. If you haven't been able to attract beautiful women whenever you want so far in your life, it doesn't mean that you can't start doing it now. This is something that every guy can learn, but most guys still don't even know about it.

You have an opportunity now to get ahead of the pack, to get an edge over guys and start enjoying your choice with women by naturally attracting women and making women feel intense attraction for you when you interact with them.

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[image]

Almost there! Please complete this quick form to gain instant access.

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5 Ways to Make a Woman Want You Now

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

1. Make her feel sexually attracted to you

If a woman doesn't feel sexually attracted to you, she won't want to be in a sexual relationship with you.

She might want to be your friend, but without sexual attraction she won't have much or any desire to be your girlfriend or lover.

Sexual attraction is what makes a woman want to have sex with you, which then makes her yearn to be your girlfriend.

Being nice or friendly with a woman might make her like you as a person, but it won't make her want to be in a sexual relationship with you.

Without a strong feeling of sexual attraction, you will either be:

1. **A friend to her:** While you are a woman's friend, she isn't obligated to be loyal to you and not sleep with other guys. She will continue having sex and falling in love with other guys with whom she is sexually attracted to, even if it hurts you to see it.
2. **An extra in the background:** When you watch a Hollywood movie, do you spend a lot of time thinking about the random people in the background or do you focus on the main characters? The main guy that a woman will be focused on in her life is the guy who makes her feel the most amount of sexual attraction. If you can't make her feel that way, you will simply be an extra in the background or a random guy that she can easily forget.

When you are a Friend or an Extra in the background, any attempts to tell her how you feel or advance the relationship will backfire unless you first focus on making her feel attracted to you.

2. Don't Ever Act Like a Friend Who Isn't Interested in Sex

Watch this video to understand why...

Many guys make the mistake of acting like they want to be "friends" with a woman because they are worried about being too forward, turning the woman off or ruining the friendship.

Secretly, the guy wants to have sex with her, but he puts on an act of being an innocent, friendly guy who is only interested in talking to her or hanging out with her.

Then, when he witnesses another guy who shows his sexual and romantic interest in her immediately, he will often label that guy as a jerk or a sleaze.

He will wonder why she would let herself be treated in that way. *"I'm so nice to her. I'm a great guy. Why is she interested in that guy? All he seems to be interested in is a sexual relationship with her! At least I care about her!"*

He assumes that the woman is making a mistake or that the sleazy guy/jerk is taking advantage of her. A guy like that will often conclude that it must be because the sleaze/jerk is better looking than

him, but it's not that.

Here is how it actually worksâ€¦!

If a woman gets the sense that a guy only wants to be friends with her or is too scared to do anything other than be an extra in the background of her life, she will usually just accept it and leave it at that.

[image: How to get out of the friend zone]

She will then have a sexual, loving relationship with a guy who makes her feel sexual attraction and who isn't afraid to guide her towards kissing, sex and a relationship.

Always remember:

- **When meeting a woman for the first time:** She doesn't need to get to know you as a "friend" before she will be open to kissing and having sex with you. The most important thing that she needs to feel is sexual attraction, which will then cause her try and notice things that she likes you about as a guy so she can have a reason (other than sexual attraction) to be your lover or girlfriend.
- **When interacting with a woman you already know:** She doesn't need to be your friend first to be comfortable about the idea of having sex with you. She only needs to feel sexually attracted to you. Then, the fact that you are a good guy is just a bonus to her.

When meeting a woman for the first time or interacting with a woman they already know, many guys are worried about showing their sexual interest and will say things like:

- *“I don't want her thinking that I don't respect her.”*
- *“I want her to know that she is special to me.”*
- *“I want her to know that I'm interested in a relationship, not just sex. I'm not a sleaze.”*
- *“I'm worried about ruining our friendship.”*
- *“I'm worried that if I tell her I like her, she will reject me and I will then be embarrassed and have ruined my opportunity with her.”*
- *“My plan is to be as close to her as possible as a friend and hopefully she will develop feelings for me over time.”*

While a guy like that is wasting time by thinking in that way, another guy simply comes along, makes her feel sexual attraction and then escalates to kissing, sex and a relationship. The Friend or Extra is then left wondering what just happened.

3. Don't tell her that you have feelings for her unless she is **VERY** attracted to you

Telling a woman that you have feelings for her is fine, as long as she is very attracted to you.

- **Mild levels of attraction:** If she only feels mild levels of attraction for you, she won't be excited about the fact that you like her or have "feelings" for her. She may thank you for compliment and may possibly be open to the idea of going on a date with you, but she won't be very excited about it.
- **Friendly attraction:** If she only sees as a friend and doesn't have strong sexual feelings for

you, it will feel wrong to her when she is suddenly forced to consider having a sexual relationship with you after you confess your feelings.

Let me tell you a quick story hereâ€¦

I once helped a client who had met a beautiful young woman and fell in love with her at first sight. When they met, she seemed to really enjoy talking to him and they got along very well. He thought that she would become his girlfriend (and maybe even his wife), but he was devastated to find out a few weeks later that she didnâ€™t feel the same wayâ€¦at all.

Why didnâ€™t she feel the same way?

The entire time he interacted with her, he had behaved like a friend, but secretly, he wanted to have sex with her and make her his girlfriend. He didn't know how to make a woman feel sexual attraction and instead just showed how "interested" he was in her.

At night, he would often fall asleep thinking about how great it would be to have sex with her and be her boyfriend. The more he fantasied about her, the more worried he became because he wasnâ€™t sure if she felt the same way.

She was always happy to talk to him and even seemed to like him more than other girls did.

According to what he was reading on the Internet, her behavior meant she liked him too! He'd also read online that he should confess his feelings for herâ€¦

So, he decided to tell her how he felt.

To his horror and disappointment, she looked sad to hear his confession from him and said something along the lines of, *"Thank youâ€¦I like you tooâ€¦youâ€™re very special to me, but I donâ€™t want to ruin our friendship."*

He was heartbroken, but also very confused.

He wondered whether her comment of *"I like you too"* meant that she really wanted to be with him, but wasnâ€™t sure if it would ruin their relationship.

Not knowing what else to do, he began to confess his feelings even more via text and e-mail. He bought her gifts, sent her sweet texts and clicked like on everything she posted online.

Yet, the more he did for her, the further she pulled away. Eventually, she stopped responding to anything he sent her online and no longer answered his calls. Whenever he saw her in person, she tried to avoid him or always seemed to be in a hurry to go somewhere else.

Feeling confused about what to do, he signed up for a phone coaching session with me and I taught him the attraction techniques from my eBook [The Flow](#).

Following my advice, he stopped acting like a hopeless romantic and instead began to make her feel intense sexual attraction for him.

The next time he saw her, he went from being ignored by her to having her walk right up to him and smile.

She was literally standing right in front of him face to face, looking him in the eyes and about 20cm away from his face.

It was similar to what's happening the photo below...

[image: Start off by creating a spark of sexual attraction]

He built up the sexual tension between them (using the attraction techniques that you can learn from

The Flow) and they then kissed right then and there.

After that, they began a sexual relationship and he emailed me about two weeks later to tell me that he was now her boyfriend.

Without sexual attraction, a woman simply won't be interested in a sexual relationship with a guy. It's as simple as that. When you make a woman feel sexually attracted to you, the change in her behavior and availability happens instantly. It's really cool how it worksâ□|

4. Build up the sexual tension between you

Sexual tension: An exciting feeling that occurs when a man and woman feel sexual attraction for each other, but the escalation to sex is being delayed by them, the environment or circumstance (e.g. they work together, she is out partying with her friends and doesn't want to look too easy in front of her friends by hooking up with him quickly, he is already in a relationship with another girl, etc).

To make a woman want to be with you sexually, you first need to make her feel sexually attracted to you and you then build the sexual tension between you.

You can build up boiling hot sexual tension between you and a woman during 1-5 minutes of interaction, or take it slow and build it up over a few days or weeks (e.g. if you work with her, attend university together, etc).

When you build up sexual tension correctly, the woman not only wants to have sex with you, but feels like she needs to have sex with you to release the built up sexual tension.

In the case of my client (mentioned in the previous section), the woman felt an intense desire to kiss him to release the built up sexual tension between them.

If there isn't any sexual tension present between you and a woman, the idea of having sex won't feel very appealing.

If you do happen to have sex, it will feel awkward, forced and even boring to her. While the physical sensation of sliding into her will feel great for both of you, it won't be the type of amazing, emotionally charged sex that happens when a man and a woman release their built up sexual tension.

5. Release the sexual tension with kissing and sex

You can only build up sexual tension to a certain point before it runs out of steam. If you don't release the built up tension through kissing and sex, the woman will either:

1. Lose interest when she realizes that you're too afraid to make a move.
2. Think that you're just playing with her. In most cases, she will then hook up with another guy to make you jealous, or at least brag about other guys who like her to see if it makes you insecure. This is her way of testing whether you like her and are simply afraid to make a move.

Women fantasize and dream about meeting a guy who has the ability to build up the sexual tension between them and then have the confidence to release it via kissing and sex.

Most guys can't provide that experience for a woman and instead kill the sexual tension by

confessing their feelings for the woman before she's even properly attracted.

If you can give women the exciting experience of feeling attracted, having the tension build up and then releasing it via kissing and sex, you will be a man in demand. Women literally fight over guys who have that type of skill with women.

By the way!

If you'd like to learn how to guide a woman through the process of building up sexual tension and then releasing it with kissing and sex, I have written a step-by-step book about it called The Flow.

I have personally used The Flow to have sex with more than 250 women, before recently getting into a relationship with the most amazing, beautiful woman I've ever met.

This is her...

[image: Dan Bacon at nightclub with girlfriend (now wife)]

Attracting and picking up women for sex is so damn easy.

If you will just make the decision to read The Flow, I will teach you so many powerful ways to naturally attract women that always work.

It's so easy to do that the next time you interact a woman, you will be able to make her feel sexually attracted and turned on by you in ways that she cannot control.

From now on, you will notice how attracted women are to you and they will make it completely obvious that they want to be with you sexually.

If you'd like to have the same type of power that I have enjoyed with women for so many years, I welcome you to use my secrets for attracting and picking up women for sex and relationships.

×

[image]

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5 Things That You Can Do to Make a Woman Want to Have Sex With You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Getting a woman to want to have sex with you is one of the most natural and easy things to do as a man.

For the purpose of this article, I am going to focus on getting a woman to have sex with you on the first night. Before I do that though, I want to begin by showing you some proof that most women are open to having sex on the first night or first date.

Statistics:

- Singles in America Survey found that 55% of singles have sex on the first date.
- Durex Condoms survey in Norway found that 70% of respondents had experienced a one-night stand.
- Student Beans survey in the UK found that 51% of men and women admitted to having experienced a one-night stand.
- The National Survey on Sexual Attitudes and Lifestyles found that the average amount of men that a woman had sex with before marriage has almost doubled in the last 10 years from an average of 3.7 to now 7.7.
- Personally speaking, I've had sex with more than 250 women and about 100 of those women have come from one night stands where I met the woman at a bar, club or during the day.

Casual sex happens a lot more than it used to and getting laid is easier than it has ever been. You really should embrace the fact that most women are open to having casual sex, rather than assuming that it's only you who secretly wants to have sex or get laid. Even though they might not admit it to others when asked, most women are open to having sex on the first night, first date or at the very least on the second date.

The next time you meet a woman with the intention of having sex with her, remember the statistics I've just shown you. Don't assume that she is an innocent woman would never have sex on the first night or first date. Statistically speaking, most of the women you will meet have already done it are happy to do it again!

Now, let's look at the 5 things you must do to get a woman to have sex with you on the first night.

1. Make her feel sexually attracted to you

Attraction (noun): A quality that evokes interest, liking, or desire.

Sexual attraction: Attraction on the basis of sexual desire.

Most of the guys who struggle to get laid are those who focus on trying to get women to like them, rather than getting women to feel sexually attracted to them. For example: A guy will talk to a woman in a nice, polite way, laugh at her jokes and generally try to make her see that he is a good, trustworthy guy. He then hopes that she will somehow become interested in having sex with him on the basis of liking him as a person.

Yet, that's just not how it worksâ€¦!

What makes a woman feel the desire for sex is sexual attraction and then the build up of sexual tension between herself and the man. If a woman doesn't feel sexually attracted to you, she won't want to have sex with you. She might like you as a person, but she won't be interested in having sex with you. If you attempt to show any sexual interest or make any moves on her while she isn't feeling sexually attracted to you, she will almost always reject you.

If you want to get laid for real, you must focus on making the woman feel intense feelings of sexual attraction for you. If you only make a woman feel mild levels of sexual attraction for you and instead focus most of your efforts on showing her that you're a nice guy, she will usually play hard to get and make you work to earn a chance with her. However, when you make women feel intense sexual attraction for you (don't worry, it's easy), she will instantly open herself up to the opportunity to have sex with you or at least go on a date with you and then have sex.

2. Build sexual tension

Sexual tension: An exciting feeling that occurs when a man and woman feel sexual attraction for each other, but the escalation to sex is being delayed by them, the environment or circumstance (e.g. they work together, she is out partying with her friends and doesn't want to look too easy in front of her friends by hooking up with him quickly, he is already in a relationship with another girl, etc).

To get laid with a woman of your choosing, you first need to make her feel sexually attracted to you and then build up the sexual tension between you to the point where she wants to release it with kissing and sex. You can build up boiling hot sexual tension between you and a woman within 3-5 minutes of meeting her, or take it slow and build it up over a few days or weeks (e.g. if you work with her).

When you build up sexual tension correctly, a woman not only wants to have sex with you, but she also feels like she needs to have sex with you. However, if there isn't much or any sexual tension present between you, the idea of having sex won't feel very appealing. If you do happen to have sex, it will feel awkward, forced and even boring to her.

While the physical sensation of sliding into her will feel great for both of you, it won't be the type of amazing, emotionally charged sex that happens when a man and a woman release their built up sexual tension.

When lots of sexual tension is present, a woman will often throw herself at a man by kissing him first or by making it completely obvious that she wants to go home and have sex with him. If she can't have sex with him that night due to circumstances (e.g. they are at a formal work function), she will begin hitting on him and making it very clear that she wants something sexual to happen between them.

It's really cool how it worksâ€¦!

3. Make her feel sexy in your eyes

According to the Dove international survey on beauty, 96% of women do not consider themselves to be beautiful. Crazy, but true. When a modern woman compares herself to the Photoshopped images

of women in magazine advertisements or to the sexy women in porn, she often feels insecure about her beauty in comparison to those women.

Almost all women you meet will act like they are confident and as though they believe they are beautiful, but most women (96%) secretly feel insecure about their looks and sexiness to men. These days, a big part of getting laid is to ensure that you make the woman feel sexy in your eyes.

If you don't make a woman feel sexy, her insecurity about her looks may cause her to play hard to get with you. Why? She will need to see that you really want her and aren't just pretending to be interested in her to get laid. When a woman plays hard to get, many guys will then kill the sexual tension by becoming desperate or too keen to show the woman that he likes her. Women are not attracted to desperation and neediness in guys, especially when a woman begins pulling back her interest.

To avoid a woman playing hard to get with you, you've got to get things right from the start by making her feel sexy in your eyes. Don't make her feel the need to play games. Just be real about how you feel from the moment you meet her. By "feel" I don't mean that you "like" her as a person, but that you think she is sexy. If you want to get laid by women consistently, you've got to make them feel sexy.

If you have already attracted the woman properly (see the first part of this report), she will be excited that you find her sexy. However, if you haven't attracted her, she won't care if you find her sexy; you'll just be another guy who wants her, but can't have her.

Example: If a woman looks sex in the dress that she's wearing, don't be vague with her by saying, *"Oh, that's a nice dress. Where did you buy it?"* or *"You look nice in that dress."* Be direct, honest and make it absolutely clear that you find her sexy. Either say to her, *"I just wanted to tell you â□□ you look so sexy in that dress"* or *"By the way, I think you're very sexy."* Say it with relaxed confidence and a confident, relaxed, loving smile.

In almost all cases, the woman will SMILE, her eyes will light up with excitement and she will feel happy and confident around you. Why? Well, apart from the fact that 96% of women secretly don't think they are beautiful, many women worry that if you take them home to have sex, you won't be very attracted to them so the sex will feel awkward and forced. When she is feeling insecure like that, a woman may become concerned that you will simply have sex with her once and then say goodbye. She will then play hard to get to see if you really, really like her.

Even if it is only going to be a one night stand, a woman still wants to feel like she is sexy in your eyes. She wants to feel good about herself and enjoy the hook up, rather than worrying and feeling insecure the whole time.

4. Show her that she would feel comfortable being alone with you

If a woman gets the sense that a guy is nervous or tense about the idea of getting sexual with her, it will turn her off. She wants to feel that if she got alone with you, she would feel safe and comfortable and you would be confident and relaxed. She wants to feel as though it would be fun to get sexual with you and that she would really enjoy it.

Additionally, if a woman feels as though a guy is needy and is aiming to get something from her (i.e.

sex so he can brag to his friends or a girlfriend so he can finally feel good about himself) rather than aiming to share something with her, it will turn her off.

When a feels turned on, comfortable around you and is also enjoying the sexual tension between you, she will naturally feel aroused by the idea of getting sexual with you. However, if your interaction style makes a woman feel bored, tense or uncomfortable, she definitely won't be in a hurry to get sexual with you any time soon.

5. Kiss her

Kissing changes an interaction from being friendly, or from being a couple of strangers who are simply flirting with each other, to you and her getting physical and becoming open to actually having sex.

Flirting is very important to create and build sexual tension, but unless you act on the flirting by making a move to get physical with her, the tension will often fizzle out and go nowhere.

Flirting (verb): Behave as though attracted to or trying to attract someone, but for fun rather than with serious intentions.

Before a woman feels comfortable to leave a venue/place with you and go home for sex, she will usually want to kiss you first. That way, it makes sense as to why you are leaving together instead of exchanging numbers or adding each other to Facebook to talk later.

The majority (about 80%) of women I've pulled from bars and nightclubs instantly became interested in the idea of leaving with me after we'd kissed. Prior to that, it was just a fun, flirty interaction with a build up of sexual tension.

If you attempt to get a woman to leave a bar or party to have sex with you prior to kissing her, she will usually resist and ask why you feel the need to leave so soon. Kissing instantly creates a private understanding between you that sex is pretty much going to happen, as long as you play your cards right.

By the way! □!

If you would like to learn exactly what I say and do when I approach and meet women with the intention of having sex, I recommend that you read my book *The Flow*.

I've used *The Flow* to have sex with more than 250 women, before recently using it to get into an amazing relationship with my perfect woman. I've also helped 1,000s of guys to get laid, get a girlfriend and enjoy their choice of women by teaching them *The Flow*.

The Flow is jam packed with examples of what to say and do to ensure that you get laid and have your choice of women. All of the examples provided in *The Flow* have been thoroughly tested and proven to work by me and by the 100s of clients I've taught in person (taking them into bars and clubs to pick up women).

The Flow is natural, authentic and makes women feel sexually attracted to you right away. It automatically builds up boiling hot sexual tension between you and a woman to the point where she feels an urgent need to have sex with you, or at least kiss you. This is a power that you really can

have over women and I hope that you give this a try.

Imagineâ!

From this day onward, you are able to make women feel intense attraction for you and instantly build up the sexual tension so much that the woman either makes a move on you (e.g. kisses or hugs you) or makes it completely obvious that she wants to have sex with you.

Can you imagine that happening in your interactions with women? Well, that will be completely normal for you from now on, if you will just decide tryÂ The Flow now.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

5 Natural Attraction Skills That Any Guy Can Use to Get a Girlfriend

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

1. Display confidence

If a woman doesn't feel sexually attracted to you, she won't want to be your girlfriend. She might want to be your friend, but without sexual attraction she won't have much or any desire to be your girlfriend in a sexual relationship.

Sexual attraction is what makes her want to have sex with you now, which then makes her think about wanting to be your girlfriend. Being nice to her, being a friend and just hanging around her might make her like you as a person, but it usually won't make her want to be in a sexual relationship with you.

If you want a girl to be your girlfriend, you must focus on making her feel sexually attracted to you.

Luckily, that is a very simple thing to do!'

You can make a woman feel sexually attracted to you by displaying confidence around her and in social situations. You can then deepen her feelings of attraction for you by remaining confident around her at all times, no matter what she says or does to test your confidence (e.g. she plays hard to get).

Having that type of confidence really turns a woman on, in the same way that we men get turned on when a woman wears a sexy dress. We men are mostly attracted to the physical attributes of women and women are most attracted to our personality traits and emotional strength as a guy. We are lucky that we can attract women in so many different ways. You can have so much power with women when you know how to attract them.

Confidence is a pretty simple thing to have too. It's essentially about you having belief in yourself and your abilities, which is something that you can decide to have or not. Some guys decide to believe in themselves, while other guys decide to doubt themselves.

Here's how the dictionary describes confidence and insecurity (the opposite of confidence):

Confidence (noun): Belief in oneself and one's powers or abilities; self-confidence; self-reliance; assurance.

Insecurity (noun): Lack of confidence or assurance; self-doubt.

As you can see, insecurity is the opposite of confidence. Confidence is based on your belief in yourself and your abilities, which is something that you can decide to have or not.

Women are naturally attracted to a guy's confidence and the more confident you are with her, the more she will want to be your girlfriend. However, if you are insecure around a woman (e.g. you doubt yourself, you get nervous around her, etc), it will turn her off on a deep level and she will only want to be friends (or nothing at all) with you.

Why do women feel attracted to a man's confidence rather than his insecurity? Why isn't insecurity and weakness attractive to women? We humans live in a challenging and often dangerous world,

where the weak don't always do so well. As a result, women are naturally attracted the strength in men (e.g. confidence) and turned off by the weakness (e.g. nervousness, anxiety, insecurity).

Attracting women is actually a lot easier than most guys think. At The Modern Man, we teach more than 100 ways to naturally attract women and confidence is just one of those ways.

2. Create an unforgettable connection

If all you can manage is 1-2 minutes of conversation with a woman before running out of things to say, or before things get awkward and she loses interest in you, then you will struggle to get yourself a girlfriend.

To have the highest chance of getting a girlfriend, you need to be able to talk to a woman for 10-30 minutes so you can create a meaningful connection. Anything less than that and most women simply won't have enough time to get to know you, feel turned on by you and begin developing real feelings for you. Sometimes, you will instantly click with a woman and even kiss her within minutes of meeting her, but in most cases you will have to talk to her for a short while to create a real connection.

Conversation is what allows a man and a woman to be in each other's presence for long enough for all the *other communication* to take place. The other communication is about your sexual, emotional, social and intellectual compatibility with each other. If you can't keep a conversation going long enough to communicate those things, most women will simply lose interest and then forget about you after the conversation is over.

Guys who struggle to get a girlfriend are those who mostly engage women in boring conversations (e.g. *"What's your name? What do you do for a living? What did you study? How long have you been working there? Where do you live? How long have you lived there?"*) and then wonder why they can't find any women who really connect with them.

To get a girlfriend, you have to create feelings of sexual, emotional, social and intellectual connection between you during the conversation (don't worry – it's easy). When you create those feelings, intense lust and love will rapidly develop between you. You will both feel like you "click" with each other and that you are meant for each other. Both of you will also feel excited and eager to kiss, have sex and begin a relationship as soon as possible. It's really cool how it works.

Some guys grow up and have a natural ability to talk to women in the way that I teach here at The Modern Man, but the majority of guys don't. A man who doesn't understand that a different conversation style is required when a man and a woman are getting to know each other with the intention of having sex or beginning a sexual relationship, will always find it difficult to get himself a girlfriend. To him, women will seem confusing and weird. He will feel confused about what he should be saying to them and when a woman suddenly loses interest in him during a conversation, he will have absolutely no idea why.

3. Use an attractive style of humor

No doubt you've already heard that women love a funny guy, right? Sure, it's pretty common knowledge. However, what most guys don't know is that not all humor is created equal. Most humor does not make a woman feel sexually attracted to a guy. It's only a certain type of humor that turns a

woman on.

Using polite, soft or politically correct humor or making jokes about everyday things isn't sexually attractive to women. The most attractive type of humor is what I call Playfully Arrogant Humor, which I provide approximately 100 personally tested examples of in my book [The Flow](#).

Playfully Arrogant Humor is not about actually being arrogant. It's about pretending to be arrogant in a playful way and that is what women find so funny, exciting and enjoyable. As it turns out, this is the type of humor that all of the James Bond (007) characters use. It's also the type of humor that TV talk show hosts like Jimmy Fallon, David Letterman and Ellen Degeneres use.

What should that tell you?

It is a great style of humor to use! Playfully Arrogant Humor is the type of humor that makes the majority of people like you. The TV talk show hosts use it because it's the type of humor that makes the majority of people LOVE watching their show. They don't sit there being very polite and reserved the whole time; they use what I call, Playfully Arrogant Humor and people love it.

[image: Playfully arrogant humor]

The typical effect of using Playfully Arrogant Humor on a woman. She is initially a bit shocked, but she then smiles and enjoys it. Using this type of humor naturally attracts women because it displays confidence, social intelligence and masculinity all at once.

Real arrogance makes most people hate you, but playful arrogance makes most people really like you. When you use Playfully Arrogant Humor while interacting with women, they feel sexually attracted, excited and lucky to be interacting with a cool guy like you. It's really quite simple to do and when you begin using it in your interactions with women, you will notice that most guys (at least 80%) don't even know about it. They will look on and wonder why women get so excited, happy and attracted in your presence, but they won't be able to work it out.

Most guys go through life only knowing that "women love a funny guy," but that's where their wisdom on the matter ends. Mistakenly, many guys try to "crack jokes" and try extra hard to make women laugh, but women still aren't interested in them. They then wonder if women really do like funny guys or not, or possibly begin worrying that they might not be good looking enough, tall enough, etc to be of interest to women. Yet, in reality, they just aren't using the type of humor that attracts women. It's as simple as that.

If you'd like instant access to my best examples of Playfully Arrogant Humor that make women laugh out loud and want to have sex with you and be your girlfriend, I recommend that check out my book, [The Flow](#). In case you don't know about my background, I've used my techniques (that I teach in [The Flow](#)) to have sex with more than 250 women and I now have an amazing girlfriend. In other words, my techniques work!

4. Flirt with her to create a sexual vibe

Flirting is the discreet language that men and women use to communicate their sexual interest in each other. It's a safe, discreet way of building sexual tension and expressing sexual interest, without being sleazy or directly saying, "Hey, I want to have sex with you. Do you want to have sex with me?"

Flirting (verb): Behave as though attracted to or trying to attract someone, but for fun rather than with serious intentions.

Flirting is a classy, discreet and exciting way for both men and women to instantly express their sexual interest in each other. Women love to flirt and they feel most comfortable expressing their sexual interest in that way. Most guys (approximately 80%) don't know how to flirt, so when you flirt with a woman you will notice that she becomes very excited to finally be in the presence of a man who actually knows how to flirt. Flirting literally separates you from the crowd and marks you out as a guy who would be fun to be in a relationship with.

Some guys look at flirting as useless, pointless "mind games" for silly people, so they refuse to even think about it as a way of communicating with women. Instead of using flirting to communicate their sexual interest in the way that women want it to be expressed, these guys just want to come out and say, "Hey, I like you. Do you want to be my girlfriend or not?"

That type of direct, non-flirtatious communication makes sense to us men because we are very straightforward and logical. If we like a girl, it makes total sense for us to say, "*Hey, I like you. Let's start a relationship.*" However, that is not the style of communication that excites a woman and makes her want to be your girlfriend. She wants you to flirt with her and make the escalation to kissing, sex and a relationship feel exciting, rather than making her feel as though she has been selected for a new job as your girlfriend.

Flirting is not a bunch of pointless mind games for silly people; it is the language of sexual love between a man and a woman. Without flirting, interactions will seem awkward and talking to a woman for longer than 5 minutes will get boring. You have to flirt if you want women to be excited to talk to you and get to know you.

Most men are happy to have sex with a woman the moment they see her, whereas women like to be turned on and guided through a sexual courtship. Flirting is one of the most important skills that you need to have if you want to get yourself a girlfriend because it turns women on in the way they want to be turned on. Flirting is also essential to keep the spark alive in your relationship. It's the language of sexual love between a man and a woman and if you want to be truly successful with women, you must not ignore it.

If you are interested to learn, I provide loads of tested, proven to work examples of flirting in my book [The Flow](#). Use them and you will instantly stand out from other guys. She will feel excited, happy and turned on while interacting with you.

5. Escalate to kissing and sex when the moment calls for it

If you only ever talk to women, but don't escalate the interaction to the next level (e.g. phone number, kiss, date, sex and then relationship), you will find it difficult, if not impossible to get a girlfriend. Almost all women wait for the guy to make the first move and if he doesn't, she almost always rather miss out on being with him than have to make the first move herself. Instead, she will simply wait for a more confident guy to come along who is man enough to make a move and begin kissing her.

Many guys really do want to be able to escalate to a kiss or phone number with a girl they like, but they either lack the confidence or make the move in the wrong way and end up getting rejected.

To escalate to a kiss, phone number or sex with a woman, there are certain things that you need to say and do at the right times to avoid rejection. Most guys escalate with women at the wrong times or say the wrong things before making a move, which causes them to get rejected.

However, there are guys (like me) who can effortlessly escalate to the next level with a woman without getting rejected. They know what to say and do and more importantly, when to say and do those things. To them, escalating to a kiss, phone number, sex or date is as simple as walking or talking. Getting a girlfriend isn't difficult at all and they always have plenty of women interested. When in a relationship, there are always women waiting on the sidelines for him to break up with current girlfriend so they can get a chance to be with him.

If you lack confidence in yourself around women or need help with the necessary skills (e.g. conversation, flirting, etc) to get yourself a girlfriend, then let me help you. I've already helped 1,000s of guys to instantly get a girlfriend and I would love to help you too. It really is very simple when you know what I know about women and attraction.

Honestly, it's so easy that you will kick yourself for not learning this stuff earlier.

Below, you will find the programs that guarantee you will get a girlfriend. Not maybe, but absolutely guaranteed. If you are a good guy, then you deserve to get yourself a girlfriend and I am ready to help you make that happen today.

Imagine...

Two weeks from now, you already have a girlfriend and she is more beautiful than any other woman you've been able to attract before. Can you imagine that? Well, that is what will happen if you give The Flow a try today. I've already helped 1,000s of guys to get a girlfriend and I would love to help you too.

It really is very easy and natural to get women attracted to you and wanting to be your girlfriend. I hope that you take the next step to let me help you have your choice with women so you can choose the perfect girl for you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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10 Reasons Why Good Men Get Rejected By Women

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Why do so many good guys get rejected with women? Is it because women want a bad man? No. Thankfully, women definitely don't reject good men in favor of bad men. Here are some of the many reasons why good guys get rejected by women:

1. He tries to get her to like him, before she is attracted to him

One of the biggest mistakes that good guys make with women is that they try to be "liked" by a woman for being a good man or for being a nice guy, instead of making her feel sexually attracted to him first.

For example: He might "be there" for her when she is feeling down or going through a challenging time in life, be a friend, listen, be very courteous and generous all because he is hoping to be liked as a person.

Instead of attracting her with his confidence, he hopes to be liked for being a good guy and then feels disappointed when she's just not that interested in him. If you only want to build a non-sexual friendship with a woman, having her "like" you as a person is fine.

However, if you want to have a sexual relationship with her, you've got to make her feel sexually attracted to you rather than being a nice, friendly guy and getting her to like you as a person.

Making her feel sexually attracted to you is about being confident around her, being masculine and creating a sexual vibe with her by the way that you look at her, talk to her, touch her and also how you behave around her.

Example: Imagine a guy who has a crush on one of his female friends. He meets up with her at a party or for lunch/coffee and says to her in a friendly, non-sexual way, *"Oh, you look nice today. Your hair looks nice...and that's a nice dress."*

Is that going to make her feel attracted to him?

No.

What he saying is too friendly, nice and non-sexual. A woman will assume that he is just being friendly with her or that he doesn't find her sexually attractive and is simply being polite to her. On the other hand, if he were to smile and confidently say, *"Ooh, look at you...you're looking fantastic...that's a sexy dress...you look very sexy today. How am I going to be concentrating on the coffee here? I'm going to be looking at you the whole time...you're blowing my mind here :)"*

He could also keep it very simple and just say, *"Ohh, watch out...you're looking sexy today"* and give her a quick compliment about her sexiness. That type of compliment and conversation style is completely different to being friendly and saying she looks "nice." Telling her that she looks sexy and having a tone to your voice that suggests you find her very attractive creates a sexual vibe between you and her, whereas telling her that she looks "nice" creates a friendly vibe between you.

When you create a sexual vibe with a woman, you get past all the fake, "friendly" conversation and get right into what you both really want to be doing: Sex, love and intimacy. Instead of being a neutral nice guy who tries hard to be politically correct and non-sexual with women, you are a real

man. You are a good guy who is not afraid to show his sexual interest in women. You know that it's okay to do so and as long as you do it in a confident, easy-going way, women love it and feel flattered by it.

As you may know, women are more attracted to alpha males than any other type of male. Unlike a nervous, self-doubting good guy, an alpha male is not afraid or ashamed of his sexual desire for women. It's not about showing your sexual desire in a sleazy way, being a bad boy or demeaning women in any way. Instead, it is about appreciating women's sexiness in a confident, loving way.

Women love to be appreciated and reminded that they are sexy, because most women are insecure about their looks (*"96% of women don't consider themselves to be beautiful"* Dove cosmetics global survey). There is nothing wrong with showing your sexual appreciation of a woman, as long as you do it correctly. When you have the confidence and skill to do it correctly, women will instantly feel good around you, feel attracted to you and feel lucky to be interacting with you.

2. He tries to get her to commit to a relationship before sex

[image: Trying to get a woman to commit to a relationship before sex]

Back in the 1800s or early 1900s, getting a woman to commit to a relationship was essential because almost every woman lost her virginity on her wedding night. In those times, a man would have to court a woman and take her on a series of outings (dates) with a chaperone (a person, usually a family member, who would come along to supervise the couple and ensure that they didn't touch or kiss) and he would then eventually ask her to marry him.

If the woman said yes, the man would then ask her father for permission to have her "hand in marriage." The couple would then marry and in most cases, they would lose their virginity on the wedding night. So, back then, it made total sense to use a dating strategy of trying to get a woman to commit to a relationship before sex.

However, in today's world that is just not how it works. Some guys are annoyed by that and wish that things could be as simple as they were back in the 1800s and early 1900s, but it's just not the way it works anymore. Today, most women like to have sex to start off the relationship and then see where it goes from there.

One study from England found that 55% of couples had sex on their first date and another study from America found that 70% of women admitted to having experienced a "one night stand" (sex on the first night) before. 70% of Norwegians have also admitted to having experienced one night stands.

Sex does happen.

From my personal experience, I've found that most women are open to either having a one night stand, sex on the first date or sex on the second date. That is how most modern women like to decide whether or not they really like the guy and whether or not it's worth pursuing a relationship.

Some guys may see that as "wrong" because they haven't yet come to terms with the fact that culture always changes, but it's how it works these days. Culture never remains the same. It's a constant evolution based on new ideas, freedoms and understandings of life.

A mistake that many good guys or "nice guys" make with women is asking for a relationship commitment up front. He might do that indirectly by asking a girl that he's only been talking to for a few minutes, *"So, do you have a boyfriend?"* or *"Are you seeing anyone at the moment?"* or he

might ask her directly by saying, “*Can I take you out on a date?*” or “*Are you looking for a boyfriend at the moment?*”

Using that type of approach with women makes it too formal. You’re essentially communicating to her that you’re out of touch with the modern world. You don’t know that sex happens a lot and it usually happens before relationships even begin.

You don’t know that she has had a one night stand before or that she would sleep with you on the first night, first date or second date. You don’t know that most women just want to hook up with you and see where it goes. You’re out of touch with modern life.

Important: Most women will absolutely deny that to you if you ask them to their face. However, the statistics speak for themselves. In most parts of the world, women have sex on the first night, first date or second date. I’ve also found the same thing from personal experience.

Some women are receptive to the outdated dating approach of courting each other for months and then maybe having sex, but the majority of modern women just don’t like it. A woman doesn’t want to commit to a relationship with a guy right away, especially if he’s not even making her feel much attraction. Most women want to at least kiss you before getting into any conversations about starting a relationship or dating each other.

In most countries, the divorce rate is near or more than 50%, so women are also aware that they have to be careful who they choose for a boyfriend or husband. Dating and having sex has evolved as a way for modern humans to get a feel for each other and determine whether or not it is worth committing to a serious relationship.

Instead of rushing into a serious relationship and having sex later on, most women want to try you out first and see what it feels like to be with you in that way. A woman won’t admit that when you meet her, but it is exactly what she’s been doing behind closed doors with the men she’s been meeting.

The fact is that it’s no longer taboo or shameful for a woman to have sex before getting married. She’s not required to be a virgin when she gets married; she is allowed to have several relationships before settling down if that’s what she wants to do.

Society’s views on sex have changed and you don’t need to get a woman to commit to a relationship with you before she will have sex with you. Most women are open to at least kissing you the first time they meet you, but sex is also an option as well.

So, make sure that you don’t use the approach of coming across as though you want to have a serious relationship with her before you’ve even kissed her. Get to kissing and sex first and then take it from there.

3. Being too nice

There’s nothing wrong with being nice to a woman. Anyone who tells you that nice guys finish last or that you have to be a “bad boy” to get women is wrong. As you would have seen by observing the world around you, good guys have girlfriends, wives and lovers. Good guys hook up with women for sex on the first night or they have a girlfriend or a wife. They do not finish last.

So, being good is not a bad thing when it comes to women and dating. The problems occur when a good guy is *too nice* to a woman in the hopes that she will “like” him and then reward him with sex and love because of his niceness. Being nice to a woman is not the step before sex. That approach

may get a woman to “like” you as a person, but it’s not what makes a woman feel sexually attracted to you. She may feel emotionally attracted in some (not all) ways, but in most cases, she will end up seeing you as more of a friend or you will feel like more of a brother to her.

Being really nice to a woman is what a nice friend would do for her because he cares about her, not because he wants to trick her into having sex with him. Women are not obligated to reward nice behavior with sex and that is not how it works anyway. Just like you want to have sex with women that you’re attracted to, a woman wants to be able to have sex with a guy whom she is attracted to, not a sneaky nice guy who is hoping to be rewarded with sex for being a good guy to her.

Instead of wasting time and being dishonest by using a sneaky nice guy approach on women, just be real. Attract a woman immediately by being confident and masculine around her. Don’t come across as a neutral good guy. Be the man and let her be the woman.

When she interacts with you, a woman wants to get the sense that you are the masculine one and she is the feminine one. She wants to see that you think, behave and take action like a man. It doesn’t matter if you are 18 or 58, the same rule applies. Women feel attracted to a guy’s confidence and masculinity, just like we men feel attracted to a woman’s beauty and femininity.

If you are confident and masculine, you can attract women immediately. You don’t have to “get to know her” and hope that you “grow” on her. You can attract her immediately. To attract her immediately, your vibe and presence as a guy should feel masculine to her. Don’t give her a confused vibe as a result of suppressing your masculinity and possibly coming across as a little bit feminine around her and in life.

After coaching guys for many years, I’ve found that approximately 30% of guys have mistakenly adopted fairly feminine mannerisms, behavior and vibe as a result of thinking that it would help them connect better with women. The remaining 70% of guys tend to suppress their masculinity and don’t allow themselves to “be the man” around women. They often feel as though it’s wrong to be a man or that it’s wrong to make a woman feel girly. A lot of that thinking comes from watching too much TV or some of the latest Hollywood movies that glorify women and make men look like stupid, clumsy fools who would be so lucky to get a chance with a woman.

In the movies, in TV sitcoms and in music videos, guys are usually scolded and demeaned if they behave in a confident way around women. In the real world, men who are wise enough to differentiate fiction (TV and movies) from reality (real life), know that being masculine around women is the right thing to do and it is what leads to kissing, sex and relationships. However, the guys who look to TV and movies as an education source in life often fear making women feel girly in response to their masculinity. In the movies, guys get rejected for that.

Many modern men have watched angry, feminist women on TV (e.g. shows like The View) talking badly about men who are confident around or who look at women in a sexual way. After watching enough of that crap, it begins to drive an unnecessary fear into a man because he just doesn’t know how attraction really works. He doesn’t realize how unhappy those masculine, feminist women are and how dead their sex life is with their “partner.”

Attracting women with your confidence and masculinity is what makes a woman the most happy and excited to be around you. It makes her feel like a real woman when you are confident and masculine enough to make her feel girly and to confidently compliment her on her sexiness. When a woman feels sexually appreciated by a confident, masculine man, it’s revitalising, invigorating and exciting for her. It makes her feel alive. So, don’t ever be afraid to do what is right. Don’t listen to those

unattractive, angry, feminist women on TV and don't look at movies and TV dramas as reality.

When you are wise enough to begin attracting women with your confidence and masculinity, you will notice that women feel lucky to have met a guy like you, especially because you're also a good guy. However, if you are afraid to be confident and masculine and instead expect women to feel sexually attracted to you just because you're a good guy, you will be disappointed again and again. Being a good guy is not what makes a woman wet. Being a confident, masculine guy who isn't afraid to express his sexual interest in her does. Then, the fact that you're a good guy is simply a very welcome bonus to her.

4. Being the friend

A common good guy mistake is trying to be a woman's friend first and then hoping that she will eventually see him as being trustworthy enough to have a relationship with. He wants her to see that he's just a friend, he's non-threatening, he's just a good guy and doesn't expect sex. Secretly, he hopes that she will eventually realize (like women do in the movies) that he is "the one" for her and they will then live happily ever after.

Why do so many good guys use that approach? They simply don't know what it takes to successfully get a woman into a sexual relationship. His confusion may come from being raised by conservative parents who taught him that he needed to have good manners around women, be nice, be a gentleman and be patient or by watching too many fictional "love stories" where the nervous, nice guy is eventually chosen by a woman after being friends with her throughout the entire movie.

A classic example is the lame movie called *500 Days of Summer*, where the lead male character "Tom" has a crush on a girl at work named "Summer." He is nervous around her, lacks confidence and is secretly obsessed with her. He acts like a nice friend around her and never shows any sign of liking her in a sexual way.

Since it is a movie, she starts the first ever conversation with him in an elevator. She comes across as an intelligent, easy-going, down to Earth type of girl who miraculously shares the same taste in music in him. Wow! So amazing! To start the conversation, she compliments him on his taste in music and he then begins imagining being with her as boyfriend and girlfriend. Later in the movie, she kisses Tom in the photocopy room at the office, even though he has done absolutely nothing to attract her.

In fact, every bit of his behavior is unattractive to women, but for the sake of making a movie and entertaining an audience with a strange reality, she kisses him first. Unlike in the movies, in the real world, women want to interact with a guy who is confident and who believes in his own sex appeal, rather than hanging around with her as a friend and hoping that she makes the first move on him.

A woman wants a man to attract her with his confidence and masculinity and then have the confidence to move the interaction forward to kissing, sex and a relationship when appropriate. A woman does not require weeks or months of "friendship" before she will kiss a guy or have sex with him. If a guy uses the friend approach, what will usually happen is that he'll be in the "friend zone" with her for weeks or months and all it will take for him to be forgotten is another guy to come along and attract her and then escalate to kissing, sex and a relationship right away.

The guy in the friend zone will then be shocked and maybe even angry that she has hooked up with another guy. Yet, he doesn't realize that sex happens very quickly between a man and a woman who are attracted to each other. He also doesn't realize that most women usually don't want to have more

“male friends” than they already have in their life at that time. Sometimes, a woman will enjoy having many male “friends” who are secretly interested in her and hoping to get a chance with her, because it boosts her self-esteem and often results in guys doing her favors, buying her drinks and dinner, etc.

However, for the majority of women who aren’t looking for male friends and are instead looking for a lover, boyfriend or husband, using the friend approach will backfire and be a huge waste of time for both of you. Additionally, if a woman gets the sense that you like her and are trying to “sneak in the back door” by pretending to be an innocent friend, it will make her lose trust in you. She will then put her guard up around you and will be very wary about opening up to you any further.

What women want from a good guy is for him to have the confidence to make her feel attracted and then move things forward quickly. Sometimes you can kiss a girl the first time you meet her, sometimes on the first date and sometimes on the second date. Yet, hanging around and being her so called “friend” for weeks or months is not the way to accomplish the goal of having sex with her or getting into a relationship with her. Start with attraction, then get to kissing and sex. After that, it’s up to you and her whether a relationship is necessary.

5. Placing her above him in terms of value

[image: A man placing a woman above himself in terms of value. Offering the world to her in the hope that she gives him a chance to be with her.]

Some good guys will work in a great job, wear great clothes, drive a nice car and live in a nice apartment or house, but still won’t believe that they are good enough for the attractive women they meet. When interacting with an attractive woman, he will place her above himself in terms of value. He will assume that she has more sexual value, more dating power and more overall value on the mating market compared to him, so he will feel as though he’d be lucky to get a chance with her.

This will come across in how he talks to her, looks at her and behaves around her. She will get the sense that he isn’t good enough for her and that will then turn her off the idea of hooking up with him.

For some good guys, it doesn’t matter how much they’ve achieved in life or how much of a good guy they are, they still won’t feel valuable enough for most of the women they meet. Without having enough belief in his value to women, a guy will usually try to use what he has (or can offer a woman) to get her to “like” him and want him. For example: He may begin talking about his job and hint at how much money he is making or talk about his expensive car or the fact that he lives in an upper class neighborhood in the hope that it will impress her and get her to see that he is valuable.

That is a flawed strategy and is the worst thing you can ever do around a woman, especially an attractive one. When a woman gets the sense that a man doesn’t feel good enough for her and is trying to impress her with material possessions, boasting or promises of what he can offer her, it actually *lowers* his value in her eyes. She instantly realizes that he doesn’t see himself as a valuable guy and is trying to trick her into thinking that he is with superficial things.

What a good guy needs to do is decide that he is valuable just for being a good guy. Unlike other guys, he’s not an asshole, jerk or prick who is out to do her harm. He’s a cool, confident, good guy who has good intentions with her. He is rising through the levels of life and going after his true potential as a man, which is something that both women and men respect about him. A man like that

is a valuable man. A good guy simply needs to realize that about himself and then remember it when he is interacting with women.

Where a lot of good guys go wrong is in looking at women as being better than themselves, just because the woman is beautiful or attractive to him. Giving a woman so much credit for making him feel attracted is the wrong way to judge her value. Just because she looks attractive, it does not mean that she is better than him or more valuable than him. Yes, she may be valuable because she is pretty, but a good guy is extremely valuable too if he is cool, confident and masculine.

A good guy needs to realize that there is a shortage of good men out there for women to choose from. For the most part, women have to choose between nervous nice guys and douchebags or bad boys. Almost all of the real men (i.e. good guys who are confident and masculine) already have a girlfriend, a wife or are sleeping with several beautiful women at once. So, if you're a confident, masculine good guy, then you have to realize that most women will feel lucky to be with a guy like you. You are valuable, very valuable. You are a diamond in the ruff. You are the sort of guy who deserves to feel valuable around attractive women.

As a human being, you get to decide on your own value as a person. If you try to decide your value as a man based on looks for example, you will rarely if ever win the "value battle" with women because most guys are not very good looking and look average next to a beautiful woman. Women are the beautiful ones of the human species and when they do themselves up with make up, they look even more beautiful.

You can't win the value battle with a woman by trying to decide whether or not you're valuable enough to her based on your looks. You've got to decide whether or not you're valuable enough for her based on what you think about yourself. For example: You can think, *"I am a valuable man because I am confident and masculine and I'm a good guy. I'm valuable because I am rising through the levels of life and going after my true potential as a man. I am valuable because I am pushing forward in life with confidence and determination. I am valuable because I have good intentions with women and with the world. I am valuable because I said so."*

If you're interacting with a woman and she feels like you don't believe that you're valuable enough for her, it turns her off on a deep level. Why? When it comes to sex and relationships, women don't want to trade down in terms of value. A woman wants to feel as though you could easily have other women (she will know that if you are confident and masculine around her. She will know that other women will find you attractive as well), but will select her if she meets your standards.

A woman wants to feel lucky to be with you, not feel as though she'd be doing you a favor and hooking up with a low value guy who is offering her gifts or anything else to make up for his lack of self-perceived value. She wants to see that you consider yourself to be a high value man and when she sees that, she will naturally respect you and feel attracted to you.

Looking at women as being above you in terms of value will almost always lead to rejection. The only times you might get laid are with MILFs / Cougars who like the fact that they appear sexy to you, even though they know you deserve a younger, sexier woman. However, for younger, hotter women, they just don't like it when they get the sense that a guy doesn't feel good enough for her. Hooking up with a low value guy just doesn't make any sense to her. Almost all attractive women don't want to feel as though they'd be doing a guy a favor by hooking up with him.

If you are the type of good guy who places women above you in terms of value, it won't matter how much you achieve in life. Nothing will change until you decide that you are a valuable man as you

are right now. Unless you give yourself credit for being the cool, good guy that you are, you will always feel as though you're not good enough for attractive women. There will always be that "other thing" that you need to achieve first.

For example: A guy who works out in the gym to build muscle that will hopefully impress women. He will have a fit, strong body and obvious muscles, but he will think to himself, *"I'm still not as big as those other guys I've seen. If I can put on another few kilos/pounds of muscle, THEN women will find me attractive. I've got to have bigger biceps first..."*

Another example is where a guy is working in a job that he hopes will impress women. He will think, *"If I can get a promotion, THEN women will like me."* He knows it might be years before he gets the promotion, but he will convince himself that the promotion will be the answer to his problems with women. He figures that when women see that he's in a good position at work, they will suddenly like him because he will be a better provider.

Another example is about where a guy lives, *"I'm living in this area at the moment. If I can move into the city or to a better neighborhood, THEN women are going to like me."* Then, when he moves to the new area, he will think, *"My furniture isn't good enough. I've got to get expensive, stylish furniture and a bigger TV...then I will feel comfortable bringing women home."*

That type of insecure approach will go on and on for your entire life if you don't change it now. With that type of insecure thinking, you never feel good enough for attractive women. To break the cycle of insecurity, you've got to decide that you're good enough right now. You have seen guys who aren't even half the man that you are, but they have a beautiful girlfriend or wife. You've seen guys who don't even have a job or a car or anything, but they have a beautiful girlfriend. You've got to stop doubting yourself and start giving yourself credit for being a cool, good guy.

You've got to decide that you are valuable based on who you are as a person right now. You then have to believe that and remember it when you are interacting with women, because women aren't going to make it easy on you. Attractive women aren't going to say, *"Oh, you're a good guy...wow! Well, it doesn't matter that you're not confident, it doesn't matter that you don't believe in yourself, it doesn't matter that I feel like I'd be doing you a favor by going out with you...let's just go home and have sex and then I will be your girlfriend."*

That's obviously not how it works.

You have to believe in yourself. You have to believe that you're valuable enough for a woman even when she tests you (e.g. by playing hard to get, not contributing much to the conversation) to see how confident you really are in that belief. Unless you believe in yourself, she can't believe in you either. To her, there's nothing to believe in when it comes to you because you seem to be a body of self-doubt around her. You second guess yourself and don't feel valuable enough.

If a woman can test your confidence by playing hard to get and see that you still believe in yourself no matter what, it is VERY attractive to her. In most cases, it takes a few minutes for even the hottest, bitchiest and most cold women to melt like butter around that type of confidence. She suddenly becomes friendly and excited to have finally met a guy who doesn't crumble under her pressure. When she notices that, no matter how hard she tests you, your confidence in yourself remains unstoppable, it flips a switch in her mind that turns her on at a deep level.

Women know that when a cool, good guy has that level of confidence, many other women are going to like him too. She knows that you will have your choice with women and the fact that you are interested in her makes her feel special. You are choosing her over the potentially hundreds of other

women who'd love to have sex with you or be your girlfriend. When she gets that sense, she knows that she is getting herself a valuable guy.

However, if she gets the sense that you doubt your value around her, she feels like she would be losing out by hooking up with you. She gets that feeling from 95% of the guys she interacts with in life, because most guys don't know how to attract women. Most guys go through life looking at women as having all the dating power and feeling as though they'd be lucky to hook up with an attractive woman. Yet, the 5% of guys who understand what I do, know that women feel lucky and excited to hook up with a cool, confident good guy who believes in himself.

When you have that knowledge about women, you are able to interact with women knowing that they would be lucky to hook up with you. When a woman tests you by playing hard to get, you don't panic because you know that it's a perfect opportunity to make her feel even more attraction for you. It's pretty cool how it works and makes the whole process of approaching and meeting women exciting and rewarding. Instead of going home alone, you wake up the next morning with a hot woman in your bed who is eager to jump on again for a ride.

6. Not building sexual tension

[image: Trying to escalate before creating sexual tension]

Sexual tension: An exciting feeling that occurs when a man and woman feel sexual attraction for each other, but the escalation to sex is being delayed by them, the environment or circumstance (e.g. they work together).

Many good guys make the mistake of liking a woman and then trying to be a good guy by showing her how interested they are. He doesn't want to "lead her on" or do anything that might cause her to lose interest, so makes it clear that he is 100% interested in her. Instead of playing with the feelings of attraction they are having with each other to then build sexual tension, he cuts out any chance of that by showing her that he's keen and hoping to get a chance with her.

That approach works with some unattractive women or women who are looking for a desperate man they can control, but it doesn't work with 99% of attractive women. Why? Since men are mostly attracted to a woman's looks, most of the guys that an attractive woman meets in her life will show 100% interest in her immediately. They will hand themselves over to her on a silver platter and make it absolutely clear that they are hoping to get a chance with her, which ruins the opportunity for sexual tension to build up between them.

One of the most exciting things that you can do for yourself and a woman is to create sexual tension between you. Embrace the fact that you and her are sexually attracted to each other, but are not immediately jumping all over each other to have sex. You might have sex with her 30 minutes later when you pull her home from the bar or club, or you might have sex with her on the first date, but in the meantime, just enjoy building up the sexual tension.

Let it get to the point where she is excited and really wants to have sex with you, rather than her being initially interested in you and then losing interest because you don't know how to create sexual tension. Don't ruin it by being Mr. Keen who is so starved for female attention that he becomes desperate at the first sign of interest from a woman.

Example of creating some playful sexual tension: You're talking to a woman in bar. You're both

attracted to each other, flirting and having a laugh. She turns to you and says that she's going to the bathroom. Instead of just being a boring good guy who is super excited to be talking to a girl who is showing him some interest, build some sexual tension instead. Smile and confidently say, *"Oh, you move very quickly, don't you? I've only known you 5 or 10 minutes and you already want me to go to the bathroom with you. I don't move that quickly. You're going to have to take me out on a few dates first before you get to have sex with me."*

By saying that, you are creating a playful obstacle in between you and her hooking up for sex. It doesn't matter if she wasn't even implying that you join her in the bathroom for sex (99% of cases women won't be implying that!). What matters is that you are creating the excitement and joy that comes with sexual tension. You are socially intelligent enough to do that, which is exciting for women. It shows that you're not a desperate guy who is trying to be nice and polite to her in the hope of being reward with sex, love and affection.

Another example of creating sexual tension is by using eye contact. When interacting with a woman, there will almost always be a physical distance between you. The physical distance between you is the block, the obstacle or the barrier between you and her linking up to kiss and have sex. So, the obstacle is already there. The other thing you need to add into the mix is more sexual attraction, which you can create with sexual eye contact.

Instead of just making eye contact with her like a typical good would do (e.g. friendly, non-sexual), add in a more sexual vibe to your eye contact (watch the video on this page for a demonstration). Have a bit of a smile and look at her as though you're almost about to eat her. Look at her and know that she is sexually attracted to you. How? You are being confident, which naturally makes a woman feel sexually attracted, so she is attracted to you. End of story. Accept it. Don't doubt it. Believe it. Live it. Enjoy it.

Based on the additional confidence that you will be displaying by knowing that she is sexually attracted to you, her attraction for you will increase even more. You can't lose with that sort of approach with women. Being confident and knowing that women feel attracted to confidence allows you to naturally and effortlessly attract women. It's pretty cool how it works. Make sure that you do it.

When you confidently look at her in a sexual way, it creates sexual tension between you because there is a mutual sexual attraction as well as a physical distance that is separating you from each other. Both of you feel open and possibly even eager to close the distance and begin kissing and having sex, but the physical barrier remains between you. You have created a private world between you, a private bubble or a "private understanding" that you and her both want to have sex with each other.

You may have seen a man and a woman instantly react to each other in that way before. From a simple interaction, you noticed that they were suddenly looking at each other as though they had a private understanding between them that they would hook up and have sex. Then, you would have witnessed lots of flirting, touching and laughing between them. After that, they would have hooked up for sex and/or became a couple.

When you're interacting with a woman that you want to have sex with, make sure that you create sexual tension and then release the tension with kissing and sex. Failing to create sexual tension will mean that most women find your approach boring and unappealing and they will place you in the friend zone instead.

7. Waiting too long to make a move

[image: Waiting too long to make a move, to the point where the woman has lost interest.]

Women don't always show the same signals of interest, so you can't ever rely on a woman making it obvious that she wants you to kiss her for the first time. The way that a woman shows her signals of interest will differ based on her confidence level and what type of man she is looking for.

For example: A woman who is very confident and beautiful will usually play hard to get when she meets a guy that she likes because she wants to find a guy who can handle her level of confidence. She will test to see how strong a guy is, mentally and emotionally and if he can't handle her playing a bit hard to get during an interaction, then he's not confident enough to be her lover or boyfriend. He's too weak (mentally and emotionally) for a girl like her.

Another example is a woman who is insecure about her looks and value to men. This type of woman will often become shy when she likes a guy. She will stop showing any signs of interest and won't contribute much to the conversation because she is worried about being rejected by the guy she likes. To a guy who doesn't understand women, he might see that as a sign that she doesn't like him. He will then doubt himself, leave the interaction and both of them will go home alone.

Some women will make it very obvious that they like you. For instance, a woman may be talking to you and playing with her hair in a girly way, biting her lip, looking at you in a submissive way and/or constantly primping herself (e.g adjusting her hair, reapplying lipstick, etc) to make herself look more presentable to you. She may even say that she likes you or ask whether or not you have a girlfriend.

Since women show their interest in different ways, you can't rely on women to give you a standard signal that they like you. It will almost always be different, except for the times when women make it completely obvious. You've got to know that many women will like you and then play hard to get to see how you react. They want to see if you'll suddenly lose confidence in yourself or, if the woman is insecure, she will want to see if you actually do like her for real or are just trying to get her interested to feel good about yourself.

Where a lot of good guys go wrong with women is waiting too long to make a move because they are sitting around waiting for super obvious signals from a woman, or hoping that she makes the first move. He doesn't want to see "too forward" or be rejected for making a move, so he will keep interacting with her in the hope that she will make it very obvious that she likes him. This may go on for an hour or two if he's meeting her for the first time at a bar or party, or it may go on for weeks or months if he knows her as a friend or acquaintance.

Eventually, most women get frustrated and tired with the lack of action from the guy and then lose interest in him. Instead of wasting more time on him, the woman will open herself up to opportunities to be with other guys. For example: If he's talking to a girl for the first time, she may say, *"I'm going to the bathroom"* or *"I'm going to go dance with my friends"* and then never come back. If she's a woman that he knows and has been a "friend" to for a while, she will reject him when he eventually tries to make a move.

She will say something like, *"Sorry...I don't want to ruin our friendship"* or *"I'm too busy right now"* or *"I'm shocked to hear that you feel that way...we're just friends!"* To avoid that happening to you, simply build up sexual tension and then release that tension with kissing and sex. Don't sit around waiting and hoping that a woman makes the first move or makes it completely obvious that

she likes you, because most women won't do that.

8. Lacking confidence around her

[image: A man lacking confidence around a woman, even though she is sitting there having a drink with him.]

Women are sexually attracted to a man's confidence and are sexually turned off by a man's insecurity, self-doubt, nervousness and other emotional weaknesses.

To be confident around women, you have to give yourself permission to feel confident based on the fact that you're a cool, good guy. Women aren't going to make it easy for you and say, *"Hey, I like you. Don't doubt yourself. Be confident around me."* Women aren't going to do that because they are looking for guys who are confident enough to handle them as well as the challenges of life.

The world that we live in here on planet Earth is challenging, even at the best of times. In most cases, you need to be a confident man to survive, thrive and prosper on this little planet in the universe. It's been a tough road to get to where we've gotten to today as a human species. The weak don't always do well in this weird and wonderful world and women instinctively know that. So, don't question a woman's attraction to your confidence. It makes total sense that women are attracted to a man's confidence.

If you display a lack of confidence around women, it won't matter to them that you're a good guy. Goodness is great, but it's not what makes a woman feel sexually attracted to you. You've got to be confident and masculine and then the fact that you're a good guy is simply a welcome bonus to her.

9. Thinking that being a gentleman will win her over

There's nothing wrong with being chivalrous, being a good man or being gentlemanly to a woman. It's just that it doesn't mean crap to a woman unless she is sexually attracted to you. Being a gentleman or doing nice things for her is not the step before sex. You don't get rewarded with sex for being a gentleman. That's not how it works.

You get a woman sexually interested in you by being sexually attractive to her, which comes from your confidence, masculinity and how you make her feel when you interact with her. If she feels girly in response to your masculine vibe, it won't even matter if you're a good guy or a bad boy, because she will naturally feel sexually attracted to you. The same applies to you as a man; it doesn't matter if a stripper or a pornstar is a "bad girl," you feel attracted to her because of what she is displaying to you.

If you display confidence and masculinity around women, they will feel attracted to you. However, they don't feel attraction to niceness or goodness. That doesn't mean you need to be a bad boy in any way; it just means that you need to be attractive.

10. Pretending not to be interested in sex

Some good guys make the mistake of shutting down their sexual side around women. A guy like that will act as though the only reason he's talking to a woman is because she's interesting or that he's

just interested in being friends.

That approach is nice if you just want to talk to a woman and not create any sort of sexual spark between you, but it's the opposite of what you need to if you want to get laid or get yourself a girlfriend. Pretending not to be interested in sex with a woman you're attracted to is called *lying*. You are being dishonest to her and to yourself by behaving in that way.

In many cases, the good guys who pretend not to be interested in sex when interacting with women are the same guys who jerk off to porn every week. They feel intense attraction to women, they love women and they want to be sexual with women, but when interacting with women in person, they pretend to just be an innocent, friendly guy. When a good guy puts on an act like that, he's not being who he really is as a human being.

To be clear here, I'm not talking about being sleazy or being over the top in the way that you show sexual interest in women. I'm also not talking about not caring about a woman and only looking at her as a sexual object. What I'm talking about is that you at least be man enough, honest enough and real enough to show your sexual interest in her. Remember that most women (96% of women, according to the Dove cosmetics global survey) don't think that they are beautiful. So, you are doing most women a favor by showing your sexual interest in her and making her feel appreciated.

Most women are insecure about their looks and sexiness to men and secretly appreciate it when a cool, good guy is confident enough to say something as simple as, *"You're sexy...I like you"* instead of pretending like he's just an innocent guy who would never, ever think about having sex with her.

Being a Good Guy Who is Successful With Women

If you consider yourself to be a good guy, then from now on allow yourself to feel confident and valuable about that fact. Being a good guy is cool and you need to stop doubting yourself in any way. You need to understand that you get to decide on your value as a man. You can think of women as being more valuable than you and out of your reach, or you can think of them as being equal and then take action in accordance with that thinking.

Say to yourself, *"I'm a good guy, therefore I am a valuable guy. I'm not like all those bad guys out there...those pricks, assholes, liars and snakes. I'm a good guy and I've got good intentions with women, so I'm going to allow myself to feel valuable around women because of that. Women are going to be lucky to hook up with a guy like me."*

No matter how many tests women throw at me while I'm interacting with them, I'm not going to buckle under the pressure. I know that they are just testing to see how confident I am...and when they see that I continue to be confident no matter what, they will be excited and feel attracted to me. I won't see women as being higher value than me merely because they look attractive. I am higher value (or equal value) because I am an awesome guy.

When I can maintain that belief in myself and stay on that confident path, women are naturally going to feel attracted to me and they will stop rejecting me."

Personally speaking...

Back when I was hopeless with women, I was still the same good guy that I am today. Deep down, I'm still the same good guy with good intentions who wants to do good things in the world. I like to do good things for people and I'm a nice guy at heart, but what has changed is that I believe in

myself. I allow myself to feel valuable around women and people based on the fact that I'm a good guy.

Nothing that anyone says or does ever deters me from my belief in myself. I am confident all the time, no matter what happens...because I said so. I have decided to be confident and I've stuck with that. I decided to believe in myself and that's that. Thankfully, women find that type of confidence very attractive in a man and it has allowed me to have sex with hundreds of beautiful women, even though I don't compare to them in the looks department.

Confidence (or belief in yourself) is a very powerful trait to have as a man. It's very useful in this world. Confidence helps you in your career, when hanging around friends or when dealing with the challenges of life, so it makes total sense that women feel attracted to it. Allow yourself to have it. Embrace and it enjoy it. You deserve it because you are a good guy.

Have belief in yourself rather than doubting yourself around women. Step forward and go after what you want in life (including going after attractive women) with determination and unshakeable confidence. That type of approach to life is very attractive to women at a fundamental level. The fact that you're also a good guy is simply a welcome bonus to her.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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How to Get Out of the Friend Zone With a Woman

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

In this post, I'm going to help you get out of the friend zone with a woman or a girl that you like. I will provide you with techniques for attracting her, getting her out on a date and then kissing her to begin the sexual relationship, rather than just being her friend.

Here's what I am going to explain for you in this post:

- The difference between a friend, lover and boyfriend.
- 3 common reasons why women place men in the friend zone.
- 3 ways to change the way that she feels about you.
- How to get her to go out on a date with you.
- How to kiss her for the first time.

The Difference Between a Friend, Lover and Boyfriend

It's important to look at the differences between these roles because if you want her to be your girlfriend or lover, you really have to **stop** thinking, behaving and acting like a friend to her. You really have to stop that. You've got to start behaving like a potential lover or boyfriend, rather than a friend who has no sexual interest in her.

Friend (*noun*): A person who is on good terms with another. A person who is not hostile. A person attached to another by feelings of affection or personal regard.

Lover (*noun*): A person who has a sexual or romantic relationship with another.

Boyfriend (*noun*): A male friend with whom a person is romantically or sexually involved; sweetheart or lover.

[image: Friend zone sex]

The way to not just be her friend is to think about what the difference really is between a friendship and a sexual relationship with a woman. It's essentially the same thing, except for the sex. What happens before a man and a woman have sex? Is it about being "friends" or is about something else? It's about sexual attraction being present and then sexual tension building up and then being released through kissing and sex.

To get out of the friend zone with her, you're going to need to make her feel sexually attracted to you and then escalate to kissing and sex. You do not need to be more of a friend to her or build up more of a relationship first. You have to focus on sexual attraction and building up the sexual tension between you.

3 Common Reasons Why Women Place Men in the Friend

Zone

1. A lack of sexual attraction

[image: Friend zone - no sexual attraction]

When you're only seen as a friend, she may like you as a person, but that's not sexual attraction or what happens before sex. Being her friend is not what turns a woman on. A woman will feel turned on by a guy if she feels sexually attracted to him, not friendly with him.

Men and women create sexual attraction in each other by using different methods and approaches. Some guys feel as though women have it easy because we men mostly judge them on their physical appearance, so if a woman wants to look more sexually appealing to us, all she has to do is put on a bit of make up and she goes from looking okay, average or even below average looking to looking sexy and beautiful. A woman can also show her cleavage in a nice, tight fitting dress and attract us that way also.

The funny thing is that it's just as easy for us men to attract women, but it's not about us trying to looking more physically appealing. We men don't go around putting on make up or wearing tight shorts to show off our legs or butt. It's not about that. What is it about then?

It's about your confidence and your belief in yourself around her. I'm not talking about you just being confident as her "friend," I'm talking about the confidence that you have in your sex appeal to her. If you're talking to the woman who currently has you in the friend zone, you've got to show her that you have **Confidence in Your Sex Appeal**. The confidence that you have in your sex appeal to her comes through via your body language and tone of voice. (Watch the video on this page for an example).

It's funny how it works because a guy can have confidence in his sex appeal for various reasons. For instance, some guys feel as though they need to have a nice car and good clothes to be sexy to women. Then, when he gets a nice car and wears nice clothes, he feels confident in his sex appeal to women.

What will he then do as a result of having confidence in his sex appeal? He'll be more confident around women and will demonstrate belief in his sex appeal to her and to other women. Then, the women will feel attracted to his confidence in his sex appeal.

At this point, some guys reading along may think, *"Well, the women like him because of his car and his clothes"* but that's not the case at all. They like him because of his confidence in his sex appeal. You will see guys who don't have a nice car or who don't even have a car, who don't have nice clothes or wear ordinary clothes, but they have confidence in their sex appeal to women.

Where is that confidence coming from? How can those guys have confidence in their sex appeal if they don't have a nice car, nice clothes or other external things? It comes down to a decision; a decision that a guy makes about his sex appeal to women. It's something that YOU get to decide on. You might decide that you have sex appeal because you're a good guy with a great smile, or just because you said so.

Some guys may be wondering at this point, *"How do I have belief in my sex appeal to women, if I don't think that I have sex appeal?"* Well, the funny thing is that if YOU don't believe that you have sex appeal and you interact with women and they pick up on it, then you won't be sexually appealing to them. Women aren't sexually attracted to a man's self-doubt; women are attracted to a man's

confidence and belief in himself.

When you have a lot of belief in yourself, you are very attractive to women. Having a belief in yourself as a man is the equivalent of a woman putting on make up, wearing a sexy dress or showing her cleavage. She suddenly goes from being okay looking to being very attractive and appealing. If you have a little bit of belief in yourself around women, they find you mildly appealing, but if you have a lot of belief in yourself, they can't help but feel attracted.

At this point, some guys might be wondering, *"Why is confidence so important to women? How does that attract women? Why are women so interested in confidence?"* Well, attraction is actually a pretty weird thing. If you think about it, we men are attracted to women's body parts. Like, *"Ohh, look at her legs...sexy."* Her legs are just two boney structures with muscle, blood and skin around them. What is attractive about that?

To us men, when those "legs" are on a woman, it has meaning to us and is attractive for some reason. It's pretty weird how it works. The fleshy bags of skin on her chest, the "mammary glands" attracts us also. We're like, *"Ohh, look at her tits...nice."*

That's just how attraction works; it's weird. Women are attracted to a man's confidence, which may sound weird, but it's just the way it works. Yet, it does make sense if you think about it.

If you think about the value that confidence has in this world, you will realize that it's very useful for surviving, thriving and getting things done. It's a challenging world that we live in here on planet Earth and throughout the entire human history, it's been a real challenge to get to where we are right now.

Confidence is very useful and it's something that women want to be connected with and breed with. We men want to breed with the beauty of the woman and women want to breed with the strength of the man. It's just the weird way that attraction works.

If you can interact with this female friend of yours where you believe that have sex appeal in her eyes, she will feel attracted to your confidence in yourself. You will be able to look at her in a sexual way, rather than just looking at her as a friend (watch the video on this page for a demonstration).

When you know that she finds you sexually appealing and that there is a sexual vibe between you, it's much easier to look at her in way that demonstrates your confidence in your sex appeal. How do you know that she finds you sexually appealing? Simple. You display confidence in your sex appeal and it automatically makes you sexually appealing to her. It's a no-lose technique.

Women cannot stop themselves from feeling attracted to a guy who has confidence in his sex appeal, just like we men feel more attracted to a woman when she puts on make up, wears a sexy dress or shows her cleavage. It's a natural reaction of attraction.

On the other hand, if she gets the sense that you doubt yourself around her or don't feel good enough for her, it's a natural and automatic turn off. Women don't want to breed with the weakness of men, just like men don't want to breed with physically unattractive women. You've got to attract her with utter belief in yourself and your sex appeal to her.

2. A simple misunderstanding

[image: Friend zone misunderstanding]

Often, when a guy is in the friend zone with a woman, she has accepted the fact that he doesn't find her sexy because he's never said anything about it. He's never tried to flirt with her, he's never

looked at her in a sexual way and has just been friendly around her and been a really good friend.

When a guy like that eventually admits to having feelings for the girl, it's a bit of a shock to her. She will often respond with disbelief and say, "*What? I didn't think you felt that way*" and will tell him that she doesn't want to ruin their friendship. To her, he has just been a good friend and hasn't ever seen her in a sexual way, so it would feel weird to suddenly have sex with her.

What a lot of guys don't realize is that women actually need you to tell them that you find them sexy. Most women are insecure about their looks, which some guys feel is weird and uncalled for, but it's true. A quick statistic to back it up is the global survey conducted by Dove Cosmetics. They asked 3,200 women from around the world whether they considered themselves to be beautiful and 96% of women said no.

I know this shocking truth from personal experience as well. By meeting thousands of women (while taking clients out to approach women each weekend), having sex with a lot of women and having a lot of female friends, I've discovered that women are insecure about their looks. Even if you look at a girl and think she's a total hottie, she will be insecure about her looks in some way.

It's weird, but it's just the way it is. So, if you're interacting with a woman and you're only ever being friendly with her and never giving her any sort of sexual compliment, she will usually feel as though you don't find her as sexually appealing as other women. Many women will say, "*Okay, well he just wants to be friends with me*" and it's just a simple misunderstanding.

3. Asking for too much, too soon

[image: Friend zone - too much too soon]

These days, most women don't want to commit to the idea of having a relationship with a guy before they've kissed him. Some women won't even commit to the idea of having a relationship before sex.

That may sound a bit weird for some guys as well, but if you think about where the change in women's attitudes has come from, it will make total sense. In the past, premarital sex was not allowed so almost everyone didn't have sex before marriage. A woman had to remain a virgin before marriage and she then lost her virginity on the wedding night.

So, back in those times, a guy would court a woman and then ask for her hand in marriage. He would then get her father's permission to marry her and the couple would then get married. When they had sex on the wedding night, the real relationship would then begin.

Yet, that's just not how it works anymore.

We're living in a completely different society now. That's not to say that "*society is all messed up now*" or that "*women have lost their way*," it's just that society is different. Culture always changes throughout the ages. If you look back throughout human history, you will see all sorts of cultures who thought they had it all worked out and would say, "*THIS is the way that every human should live.*"

Yet, they are then superseded by the following culture. They are left behind and their ways of thinking and living life become obsolete and irrelevant in the new version of human society. In today's world, it's totally fine for a woman to have sex and it's totally fine for her to kiss a guy. So, most women don't like the idea of a guy coming on to her and saying that he wants to have a relationship with her, before she's even kissed him or had sex with him.

Women want to get to kissing and sex first and then see how they feel with you. Women are aware of the approximate 50% divorce rate in much of the developed world, so they aren't in a hurry to marry

the first guy who shows them interest. Instead of asking her for a relationship or asking her to be your girlfriend, you've got to get to kissing and sex first.

Once that happens, the discussion about having a relationship will come up naturally. Yet, even at that point, there is no guarantee or requirement for either of you to want to commit to a serious relationship. You're simply just testing the waters or "dating" each other and seeing how things go.

3 Ways to Change the Way That She Feels About You

1. Change the way that you behave around her

[image: Friend zone attraction]

I've been talking about this a bit already, but I will point it again now because it's very important that you change your **behavior** before you change the way that you **talk** to her. If you start using some of the lines or conversation examples that I'm going to give you, before you've changed your behavior around her, it won't have the same sort of impact on her.

The main way that you need to change your behavior is to start being more confident around her and believe that you have sex appeal in her eyes. Not just a little bit of sex appeal, but a LOT of sex appeal. The more that you believe in your sex appeal to her, the more sex appeal you will actually have to her. It's really cool how it works and we are lucky to be guys because, unlike women who have to put on a lot of make up or buy expensive dresses and shoes to look more appealing, all we have to do is believe in ourselves.

When you believe in sex appeal around her, your behavior will automatically change to be more attractive to her. You will naturally be more confident, charming and have a more appealing sexual vibe to her. She will smile and feel excited about and attracted to the sudden changes in you.

2. Change the way that you talk to her

[image: Change the way that you talk to her]

Instead of just talking to her like a friend and being that innocent, friendly who has no sexual interest in her, you really have to change that and be more sexual with her. You have to remember that you're not after a friendship with her, you want to be her boyfriend or lover and the difference between a friend and a boyfriend or lover is sex.

Example: You work with a woman that you like or have a crush on a girl at university. When she walks into a room or walks into the cafeteria, instead of saying, "*Oh, you look nice today*" make it a bit more sexual by saying, "*Ooh, look at you today...you're looking fantastic...very sexy today.*" You've got to include the word "sexy" to make it sexual and to show your sexual interest in her. Don't say that she looks "nice" or "pretty" because that is what a friend would say.

If you're in a work environment where that might not be seen as appropriate, then simply say it outside of the workplace. Say it to her at the Friday night drinks or while having lunch or a coffee with her. You might say to her, "*By the way...you're looking very sexy today...I saw you walk in this morning and it was like – ooh, look at Rebecca today...you've got it going on girl.*"

Give her that type of sexual compliment instead of just being a friendly, non-sexual guy who asks

unnecessary questions like, *"Oh, that's a nice dress...where did you get it? How much did it cost?"* That's not what you really want to say to her. You really want to tell her that she looks sexy and you want to have a sexual vibe with her, so don't hide your sexual interest in her behind fake friendliness. Another way to change the way that you talk to her is to playfully resist her "attempts" to have sex with you, even if she isn't trying to. This is about you joking around and being playful about the idea of you and her potentially having sex, rather than talking to her in a serious manner or only as a friend.

An example of how to do this is when you and her are hanging out somewhere (e.g. a bar, a party, a park, etc) and she says, *"Oh, I'm tired."* How can you playfully resist her attempt to have sex with you in that moment? You playfully assume that she's hinting at wanting to go home and sleep with you by saying, *"Stop giving me subtle hints that you want to go home and sleep with me. You know...I get what you're trying to say."*

She will then smile, be shocked, laugh and say, *"What? I was just saying that I was tired! :)"* and you can then SMILE and say, *"No, no...I've seen the way you've been looking at me."* She will then laugh with you and both of you will be smiling about the sexual tension between you. You can then playfully resist her attempts to have sex with you further by saying, *"Look...you're going to have to take me out on a few dates before I let you have sex with me."*

When you use that approach with her, you create a fun and interesting dynamic where it's about her trying to seduce you and her trying to win you over. Women really enjoy that because 99% of guys don't have the confidence or social skills to be able to playfully mess with women in that way.

Another example is where she wants to come over to your house for the first time or you are going over to her house for the first time. To playfully resist her attempts to have sex with you, you can say, *"Okay, look...I'm coming over, but you're not getting to have sex with me tonight. I'm not that easy. You're going to have to take me out on a few dates first."*

You can then have a laugh with her and feel excited about the sexual tension that is building between you. Using this approach helps to release the awkward tension that is usually present when a guy and a girl are transitioning from a friendship to a sexual relationship. You're both able to smile and laugh about the transition, rather than being so serious and formal about it.

Another way to change the way that you talk to her is to let her know about your feelings and intentions. I'm not talking about you suddenly becoming very romantic and expressing your feelings for her or being very soppy or sensitive about it. A lot of modern women find it very awkward and even tacky when a guy is being too full on or too sensitive about expressing his feelings.

So, when you tell her what your feelings are and what you're intentions are with her, you've got to do it in a way where you're not being overly serious or romantic where it's a big deal for you. The best way to say it is to just be confident and easy-going and say it in a matter of fact sort of way, with a little bit of humor added in to release any awkward tension.

You can say, *"By the way...I like you Rebecca...more than just a friend. It probably sounds a little bit romantic to say that, but it's true. I think you're sexy and I like you."* Just be easy-going about it and say it in a confident way. You don't have to say those exact words. You can also say something like, *"By the way Rebecca...just want to let you know that I like you more than just a friend...there's something about you that I like...your very sexy...just want to let you know that. I mean, it probably sounds a little bit romantic to say that, but it's true. I think you're sexy and I like you."*

Important: Don't send that to her via text, a Facebook or Whatsapp message or e-mail. You must tell her that she is sexy and that you like her in person, or at the very least on a phone call. Saying it via text does not allow her to feel attracted to your confidence and maturity in saying such a thing. Body language and tonality make up MOST of the communication between two human beings and when she only has a text message from you, she has to guess at what tone and vibe you are portraying with the message.

If she currently sees you as an insecure, self-doubting guy and doesn't feel attracted to you, she will not see a message like that in a good way. She will have to guess as what you are feeling when you are sending it and will likely imagine you being all romantic and sensitive. You've got to be confident enough to say that sort of thing to her in person.

It's important to be confident and easy-going when you tell this woman or girl that you find her sexy and like her more than just a friend. Don't ask her to be your girlfriend or anything like that. Just tell her that you like her more than just a friend and think that she is sexy. Then, you need to focus on building her attraction for you, building up the sexual tension and then releasing that sexual tension via kissing and sex.

Another way to change the way that you talk to her is to stop talking to her as though you're "just a friend." For example: Instead of being the friend who sits around listening about the drama that's going on between all of her girlfriends or the problems that she's having at work, be the guy who actually flirts with her in those moments. That's what she really wants from you and that is what will make her feel more sexually attracted to you.

So, if she always complains to you about work, instead of just listening like you normally do, SMILE and say, "*You're such a drama queen. This person did this, that person did that...lalalala.*" What's she going to do in that moment? She's going to laugh at the social intelligence and confidence you are displaying by saying such a thing to her. You're not being an asshole by saying it; you're just playfully messing with her and that is what it's cool and funny.

Another response to her being a drama queen is to say, "*Geez...it sucks to be you, doesn't it?*" and then smile and have a laugh with her. Again, you're saying that in a playful, flirtatious way. You're not saying it in a mean, negative way. You are simply smiling and being confident enough to playfully mess with her in a moment like that.

The reason why it is considered "flirting" is that you are playfully dominating her in the conversation or making her feel girly in response to your masculinity, which attracts her. Women feel sexually attracted to men who can playfully dominate them in a conversation or interaction because it says a lot about a guy's confidence, masculinity and social intelligence. Yes, what women are attracted to is weird, but it's no weirder than our attraction to their body parts. It is what it is.

If you look at the dictionary definition of flirting, it is:

Flirting (*verb*): Behave as though attracted to or trying to attract someone, but for amusement rather than with serious intentions.

In other words, by playfully messing with her like that, you are attracting her for amusement rather than attracting her and thinking, "*This is the line that will trick her into liking me and then get me laid!*" You're just being the cool, confident guy that you are and enjoying a bit of flirtatious vibe with her.

By flirting with her in that way, I'm not saying that you should never listen to her, never be caring or

be there in a time of need. You should continue to be there for her, listen, love and care about her. However, you also need to mix in the flirting behavior and conversation because that is what will make her feel sexually attracted to you.

Being her friend isn't what makes a woman feel sexually attracted to you. Believing in your sex appeal and having the confidence and social intelligence to flirt with her and playfully dominate her during a conversation, is part of what will make her respect you as a man. Instead of just feeling as though you're one of her "girlfriends" who sits around discussing drama with her, you're the guy who makes her feel attracted and lustful. She respects you and wants to experience sex with you and see if it turns into love and an amazing relationship.

3. Change the way that you look at her

[image: Change the way that you look at her]

According to countless studies into human communication, body language makes up anywhere from 70-80% of communication between two human beings when they are interacting in person. So, when you are interacting with this girl that you're in the friend zone with, it's really important that you bring in sexuality, confidence and masculinity into your body language.

Those are the elements that are going to make her feel sexually attracted to you and turn her on around you. When you use the body language techniques I'm about to give you that her behavior changes around you. You're going to see that the way she looks at you changes. She will smile, give you submissive looks and have that look in her eye that suggests she is suddenly feeling more sexually attracted to you.

The first way to change the way you look at her is to use what I call, The Sex Smile.

The Sex Smile

This is about you looking at her in a way where you are thinking about sex, you're confident about her attraction to you and you're enjoying the sexual feeling that you're experiencing with her. This is something that, in most cases, you will have to lead. Don't expect a woman to lead The Sex Smile with you; some women will do it because they are very flirtatious, but if you're in the friend zone with a girl who acts like a friend around you, she's probably not going to do The Sex Smile first.

A woman will give you a Sex Smile back if you do it properly by really believing in yourself and your sex appeal to her. The Sex Smile works better the more you believe in yourself and the more than you stick with it. It's difficult to explain The Sex Smile with words, so I recommend that you watch the video on this page to learn it.

If a woman asks you why you are suddenly looking at her in a sexual way, you absolutely should not show signs of nervousness and self-doubt in response. Simply remain confident, smile and say, "*You know...I've never told you this, but I think you're very sexy.*" Saying that just cuts through all the fake, friendly conversation and gets right to the heart of what you really feel. Don't worry about saying it; women LOVE to be appreciated for their sexiness, especially when a guy does it in a confident, easy-going way.

The Sexual Squint

This is about squinting your eyes at her in a sexual, playful way during a conversation. It's flirtatious

because it makes her feel slightly dominated because she is suddenly “under the spotlight” of your gaze. She feels attracted to how girly you are making her feel, but since you are just attracting her that way for your own amusement, it’s not serious and is considered flirting.

Once again, you can watch the video on this page for a demo.

The Delicious Look

This is about you seeing her as delicious and finding her to be very sexually appealing.

For example: She walks into work one morning or walks into university and comes over to say hello. Instead of you just saying to her in a friendly way, *“Oh, you look nice to day. That’s a nice dress”* use the word “sexy” and look at her in a way where you find her to be delicious. *“Ooh, look at you today...you’re looking fantastic...looking very sexy today.”*

At this point, some guys may be wondering, *“But, isn’t that a bit too forward? Could she think that I’m being sleazy? Could she feel as though I’m demeaning her or anything like that?”* Not at all. Women like to be sexually appreciated.

Seeing her as delicious is not about you being sleazy or going over the top with it like, *“Ohhhhhh, look at you. Come here...take your clothes off and bend over. Giz a look....ohhhhh.”* Obviously, that is over the top and would be considered sleazy by many women.

Seeing her as delicious is more about showing a loving appreciation of her sexiness. You’re just being a confident, loving guy and letting her know that you find her to be sexually attractive. It’s very important to let her know that you find her sexually attractive because if you have just been friendly with her in the past, she probably assumes that you don’t look at her as being as sexually appealing as other women.

In many cases, a woman who has you in the friend zone will feel a bit insecure around you. Sometimes, she feels as though she’s not good enough for you because you never look at her in the way that she wants to be looked at. You don’t make her feel sexy; you just make her feel like a nice girl.

The same rule applies when you’re in a committed relationship with a girl. For example: When I picked up my girlfriend who I’m now in a relationship with, I was sitting in a nightclub with a friend and we were looking around at the women on offer and saying, *“Yeah...not many hotties here tonight...I might hook up with that girl once, but wouldn’t want anything more...wouldn’t touch that girl over there...”*

Then, all of a sudden, my girlfriend to be walked in and I said, “Now THAT is what I’m talking about....that is hot.” I still feel the same way about her because I’ve chosen a woman that I’m really attracted to. I still make her feel like she’s the sexiest woman on Earth. When she does herself up and walks down the stairs before we head out to a party or dinner, I say things like, *“Ohhh! Nice...my darling...sexy bitch”* and she loves it.

I still have the same reaction to her that I had the first night and it’s authentic. So, if you are really attracted to this female friend of yours, then let it be known. If you withhold your sexual interest in women, if you withhold that appreciation of their sexiness and femininity, then you are taking something from them and depriving them of an amazing gift.

The gift of appreciating her sexiness and femininity is much more valuable than buying her flowers, chocolates or an expensive dinner. Making her feel like a real woman and making her feel

appreciated is a gift that lasts a lifetime.

Alpha Analysis

This type of look is where you look her up and down and evaluate her sexiness and then follow it up with a compliment.

For example: She just walked in somewhere to meet you and you look her up and down and say, *“Ooh, you’re sexy...you’ve got it going on girl. You’re looking really good today.”* Guess what will happen? If you have already changed your behavior around her and she thus feels attracted to you, she will be happy and excited at what you just said. You will see her smile from ear to ear, or giggle and look at you in a submissive way. In other words, she will love it.

Looking at her in that way and saying that sort of thing cuts through all the bullshit. It cuts through all the fake, friendly conversation of you hanging out and just being her “friend.” It really gets to heart of what is required to begin the transition from a friendship to a sexual relationship.

At this point, some guys may be thinking, *“What if I do it and she doesn’t like it?”* or *“What if I do it and she tells me that she doesn’t want me to look at her in that way?”* If you’re worried about being rejected in that way, then you don’t understand women or attraction.

Women are attracted to a man’s confidence. If she is attracted to you, then she will love that you’re looking at her in that way. If she says, *“Why are you looking at me like that?”* it’s usually just a test to see if you will become nervous and doubt yourself. If you do, it means that you’re just trying to use a line on her and are not even confident.

What you need to understand is that you are really lucky to be a guy, you’re really lucky to be a man because women feel attracted to your belief in yourself. If you look at her in a sexual way and she tries to play hard to get or test you, you will attract her MORE by not becoming nervous or doubting yourself. If you don’t back down from your confidence, you become more attracted to her.

You will see that if you don’t back down, she will smile and become girly in response to your masculinity. When that happens, she will feel a rush of attraction for you in a way that she rarely, if ever, gets to experience with other guys. Most guys that a woman meets do not have the confidence to remain strong under her pressure. Most guys buckle and become nervous in response to a woman’s tests, so when a woman comes up against a guy who doesn’t back down, it’s exhilarating, exciting and enjoyable for her.

If you panic and become nervous in response to her testing you by pretending not to like your display of appreciation for her sexiness, it’s a turn off. It’s the equivalent of a woman with make up on, suddenly washing off all of her make up. When you see what she looks like without the make up, you suddenly don’t feel the same way about her. She looks different. She doesn’t look as attractive without the make up on.

If you can remain confident no matter what she says or does, then you remain really attractive to her. It’s very easy to do when you know that women are attracted to confidence and that the more confident you can be, the more attracted she will be to you.

How to Get Her to Go Out on a Date With You

In many cases where a guy is in the friend zone with a girl, it will feel awkward for both him and the

girl to transition from a friendship to a sexual relationship. However, if you do change the way that she feels about you first, it will make sense to her that you and her should change the status of your relationship. If you don't make her feel attracted to you first, any attempts to get her out on a date will feel awkward and even unnecessary to her.

If some friend zone cases, the woman will open up and reveal her feelings. She may even walk up to you, hug you and kiss you or invite you over to her place and all just flows from one step to the next after attracting her and letting her know how you feel. Yet, that is the ideal reaction. In many cases, a woman will feel insecure and awkward about transitioning from a mere friendship to a full blown sexual relationship.

So, instead of asking her out on a date or asking if she wants to be your girlfriend, you should go on what I call The Half Date. This is where you invite her out to something that you're already going to be doing with friends. She can bring some friends or a friend along with her if she wants to. For instance, you and a couple of friends are going for a drink at a bar on the weekend for someone's party, or to a bar on a Friday night celebrate your friend's promotion at work, achievement at university or something like that.

[image: Half Date - beers with friends]

You simply say to her, *"Hey, you should come along as well"* when you're telling her about it. *"We're going to go there on Friday night...it's a really cool place...we're going to be hanging out...you should come along as well."* Don't refer to it as a date by asking her, *"Do you want to go out on a date with me? We'll meet at the bar for my friend's party."*

Just frame it as you and her catching up. Say something like, *"I'm going out on Friday night with some friends...it would be really cool if you could come along as well and we could catch up and hang out. We're going to be there for my friend's birthday and celebrate, so it would be great if you could come along."* The Half Date is great because it allows her to meet up with you without appearing as though she is interested in beginning a sexual relationship with you. Many women feel awkward about the transition, so it's just a way to make her feel more comfortable to meet up with you.

[image: Half Date - sports game]

If you're not the sort of guy who goes to bars or you don't drink, that is fine also. Instead of going to a bar, you can invite her to a sports game or to a BBQ (cookout) at your place, a friend's place or at a park/lake on the weekend. You can also get a bit of a house party happening and invite her to that. It doesn't matter if only 8 people are attending the house party; that is still a house party. You don't have to have 50 people there to make it a house party.

[image: Half Date - BBQ or cookout at home]

In the case of holding a house party and inviting her along to that, you can say, *"Hey, we're having a house party on Saturday night, you should come over. It would be really cool if we could catch up and hang out."*

Once you get a woman to attend a Half Date with you, it's then about building up the attraction and then escalating to a kiss or even sex if that's possible. It's not about hanging out and just being friendly with her the whole time. You've got to be flirting with her, believing in your sex appeal and making her feel attracted.

How to Kiss Her For the First Time

[image: Hug technique kiss transition]

1. Transition From The Hug Technique to a Kiss

The Hug Technique is really cool because it's a versatile technique that you can use with women in many different situations. Here are some example ways to use it:

Birthday Hug: If it's a girl's birthday, you can say, "*Oh, birthday hug...come here*" and open your arms and move in for a birthday hug. I've never had a woman reject a birthday hug.

New Years Eve Hug: You see some girls walking a long a street on New Year's Eve or you see them hanging out somewhere. Walk over and say, "*Heyyy! Happy New Year's Eve*" and they will say it back and then say, "*New Year's Eve hug*" and simply open your arms and move in for the hug. Women never reject an NYE hug either, probably because they are in a fun mood and want to have a good time.

Goodbye Hug: If you're in the friend zone with a woman and rarely, if ever touch each other, you can use the Goodbye Hug to close the distance and create an opportunity for a kiss. So, if you're hanging out with this girl and are parting ways, what you can say is, "*Alright, come here...let's have a goodbye hug today*" and then move in for the hug.

[image: Hug technique kiss transition]

Don't make it a friendly, non-sexual hug. Make it a warm hug where you hold her with love and sexual appreciation. Then, simply pull back from the hug and still hold her and look her in the eyes. If she stands there smiling and gladly maintaining eye contact with you, or looks at you in a shy, girly way, then she is feeling turned on and is open to being kissed, so simply lean in and kiss her.

If she quickly pulls away from the hug or turns her face away from you, then she is signalling that she isn't open to kissing you, in which case you need to focus on building more attraction and sexual tension before attempting a kiss.

If you want something to say when you're pulling back from the hug and looking her in the eyes, simply relax and say, "*It's been good catching up today*" while maintaining eye contact with her. That will make her feel attraction because it takes confidence and masculinity to do that, which are both very attractive to women. Say it in a sexual, loving way, not in a friendly, platonic way that has no sexual vibe at all.

2. Create a Private Moment Between You

[image: Friend zone private moment]

One of the way that I got out of a friend zone situation was by going out to dinner with her, her female friend and one of my guy friends. That is an example of a Half Date by the way. We had a few glasses of wine over dinner and then we all went back to my apartment, which has a balcony with a view that over looks the city.

While inside the apartment, we were all just hanging out and were having coffee and some biscuits. My friend was talking to her female friend and I said to my girl, "Hey, come out to the balcony for a minute...we'll go check out the view." On the balcony, we were having a chat and flirting back and

forth. I was giving her The Sex Smile and she was feeling it.

After about 30 seconds of that, I put my hand out to reach behind her lower back. I didn't initially touch her back, but a couple of seconds later I did. I then drew her towards me and we just looked at each other and smiled and then started kissing. Now that was an amazing moment. It was like fireworks were going off. It just amazing.

The reason I am telling you about how amazing the first kiss was, is not to say that it was so cool that I kissed that girl and felt so good. The reason is to let you in on a bit of secret here. That secret is to know that the first kiss is going to feel good for you AND for her. My girl was blown away by the kiss and we had an amazing time that night.

It wasn't a case of me getting a kiss from her, me getting sex from her or getting the amazing blowjob she gave me that night. It was a case of both of us releasing the built up sexual tension because we had been "just friends" prior to that moment, but sexual attraction was present. I was simply confident enough to move things forward and allow that exciting, mutually pleasurable release of sexual tension to occur.

Summary

[image: Friend zone transition - flirting, sexual tension]

Essentially, what you need to do is attract her, make your intentions known and be confident and strong enough to push through any awkward moments so you can actually get to kissing and sex.

Each friend zone transition is going to be a little bit different because some women are going to be a bit easier than others and some guys are going to be more confident than other guys. However, what you need to know is that when a woman is attracted to a guy and he lets it be known that he finds her sexy and then attempts to move it forward, she will rarely, if ever, reject that.

If a woman is not attracted to a guy, then she has reason to reject him. She only sees him as a friend and doesn't feel any sexual feelings for him, so it makes sense to reject his attempts to kiss her. So, make sure that you attract her first by believing in yourself and having unstoppable confidence in your sex appeal. Then, have the confidence to let her know how you feel, *"Ooh, you're looking sexy today...how are YOU doing? Look at that dress...watch out! :)"*

Have the confidence give her that experience rather than being a non-sexual friend and say, *"Oh, hey – how's it going today? I haven't seen you in a while. How's it been at work?"* Drop the friendly, platonic stuff and show her a more sexually confident side of yourself. Then, be confident and strong enough to push through any feelings of awkwardness leading up to the kiss.

As a man, it really is your responsibility to be strong enough to move things forward. Women don't want to have to lead a man and will instead wait and hope that you have the confidence to lead the way and make a move. If she does play a bit hard to get or rejects your first attempt to kiss her, it doesn't mean that you're doomed for life and that you can never be with her. It just means that she's a little bit more challenging than other women.

If she says to you outright, *"No! I'm not interested in you in that way"* then okay, that's a no. You need to step back and attract her for a while and she if she changes her tune and starts showing you signs of interest. However, anything outside of an absolute *"No!"* is an opportunity to move things forward.

If she is giving you very obvious signals such as submissive facial expressions in response to your flirting or getting really involved in the flirting by laughing, smiling and giggling about it, then it's her way of showing that she is open to it. So, you need to be confident enough (or simply allow yourself to feel confident enough in the moment) to move things forward.

One main thing to remember with a friend zone transition is that it's not about you getting something from her. It's not about you taking something from her or you getting something and she doesn't get anything out of it at all. The first kiss from a friend zone transition feels great for both the guy and the girl. So, just know that you're going to give her that gift.

The sex from a friend zone transition feels amazing for both the man and the woman. So, you will be giving her that gift as well. You are sharing an experience together, not taking something from her. The relationship will feel great as well, with a nice backstory that she can tell her girlfriends, *"We started out as just friends and then wow – something just happened. A spark just set off between us and I suddenly felt really attracted to him. It feels amazing and we get along so well. I'm just so happy right now."*

So, if you want to get out of the friend zone, first make sure that she feels attracted to you and then make your intentions known. Build up the sexual tension and then push through any feelings of awkwardness to get to that point where both of you release the built up sexual tension and enjoy it. It's a beautiful thing.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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10 Smart Ways to Eliminate Your Fear of Rejection

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

A lot of the guys who aren't successful with women could easily be more successful with women, if they just weren't so afraid of rejection or weren't holding themselves back from opportunities to be with women.

The fear of rejection comes up when a guy wants to approach a woman that he finds attractive, or when he's talking to a woman and won't escalate to a phone number, kiss or sex because he is worried about getting rejected.

The fear also comes up when there's a girl that he already knows and likes (e.g. a girl that he has a crush on at work or university), where he will only ever talk to her, but never make a move because he's worried about being rejected or ruining the friendship.

So, what I'm going to do in this big post is provide you with different ways to overcome and eliminate your fear of rejection. Once you get rid of your fear of rejection with women, it not only allows you to get better results with women, but it also helps you in other areas of your life as well.

You will learn not to be so afraid to take a little bit of a risk, to take a chance and move forward in the direction that you want to move forward in, whatever that may be in life.

1. Understand That No Man is Compatible With Every Woman He Meets

[image: No man is compatible with every woman he meets]

When you meet women, you're never going to be compatible with every woman that you meet.

That not just because it's you; every person in the world experiences the same thing. Even a woman isn't going to be compatible with every guy in the world.

A lot of guys will look at her and say, "*Nah, not interested*" even if other guys find her beautiful or really like her as a person.

When you go out and talk to women, if you talk to five women and you're only compatible with one of them, that is called nature. That's just how nature works; no person is compatible with every person.

If you want to be more compatible with women, then you will need to improve your social and emotional compatibility. When you are more socially and emotionally compatible with women, you will find that three or four out of every five women you meet will feel compatible with you.

[image: Socially compatible]

Generally speaking, there are five categories of compatibility that decide whether or not a man and a woman are a good match. Those are:

1. Social.
2. Emotional.
3. Physical.

4. Spiritual.

5. Mental.

Social compatibility is about whether or not you're on the same sort of level, socially. You will get along with the same sort of crowd, you may have a similar fashion sense and like the same sorts of social activities (e.g. house parties, sports, BBQ get-togethers (a cook-out) with friends, etc).

Social compatibility is also about whether or not you'd get along well with her friends if she were to introduce you to them, or whether she'd feel proud to introduce you to her parents and family members.

[image: Socially and emotionally compatible]

Emotional compatibility is about how you make each other feel. If you interact with women and you're not very confident as a guy, then you're not going to be making them feel good emotions.

If you're doubting yourself around a woman, feeling nervous and looking a bit tense, then you're going to be making her feel uncomfortable, awkward and turned off by your lack of mental and emotional strength.

In many cases, if a woman senses that her presence is making you feel nervous or anxious, she will want to get away from the conversation or interaction as quickly as possible because she doesn't want to feel responsible for making you feel that way. However, if you are confident around women they will feel relaxed, attracted, happy and excited to be interacting with you.

When you interact with women and you both feel enjoyable emotions, have a good vibe going back and forth and the interaction just flows freely rather than being stilted or emotionally guarded, then you have great emotional compatibility with each other.

Physical compatibility is about your physical attraction or appreciation of each other. Some women have a type of guy that they really want.

For instance, some women will only sleep with tall black guys, some women only want a skinny Asian guy and some women want a model-looking white guy. There are those sorts of women out there and you need to accept that.

However, just because some women have a very specific type that they are looking for, it doesn't mean that all women think that way. The fact is that most women have an open type and are more interested in being socially, emotionally and mentally compatible with a guy.

They will happily forgo having a boyfriend or husband who looks like a male model, which 99% of the male population don't look like, to have the other things like social, emotional, mental and spiritual compatibility.

That doesn't mean that the woman is not physically attracted to her man, but that she simply doesn't place as much importance on a man's looks compared to how he makes her feel and the love and connection they share.

You will have seen endless evidence of that when you look at everyday couples, where the woman is very beautiful and the guy just looks average or even below average in looks.

Spiritual compatibility is about your outlook on life with regards to philosophy, religion, the universe and how you think about life and existence overall. This area of compatibility is not extremely important to all types of women.

Many women will adopt the spiritual outlook of their man and some women will be very strong

minded about what they believe, but it really depends on the woman.

Mental compatibility is about your intelligence level and how that matches up. You might be more intelligent than her, she might be more intelligent than you or you may have an equal level of intelligence.

You might be a lot more intelligent than her and she may be very ditzy (silly, scatterbrained) and that might really work for you and her. It's about being able to get along with each other, understand each other and get each other.

So, when you're out there meeting new women, you shouldn't go out there expecting to be compatible with every woman that you meet. Thinking to yourself, *"If I talk to her and it doesn't work out, then I've been rejected...I'm a loser...I can't do this"* is the wrong way to be approaching the situation. You will not be compatible with every woman you meet because that's just how nature works.

When you understand that, you will also be able to look at women and see that they are not compatible with every guy they meet either. It's not just YOU who is experiencing a lack of compatibility with some of the women you meet. It's a human thing.

2. Know That Each Approach or Escalation Will Feel Easier Than the Last One

[image: Good guy approaching a hot woman]

An example to put this into perspective is to think back to when you first learnt how to swim as a boy. Getting into the shallow end of the pool is fairly easy to do, but diving into the deep end or diving off a diving board into the deep end, feels a lot scarier for most children.

The first time, you may be feeling fear and worrying about how it could go wrong, but when you finally jump in, you realize that it's fine.

[image: Approaching women at a bar]

After that, most children will then have the confidence to jump in the deep end again and feel happy and excited about it. However, some children will still be a bit scared and will need to do it a few more times before they start feeling comfortable and stop worrying about something going wrong. Eventually, it's just a simple, fun thing to do and the child will have little or no fear when jumping into the deep end of a pool.

Another way to help you understand that approaching and escalating with women will get easier and easier and that you won't always fear rejection, is to let you know that being good with women is a **skill** that you can develop.

If you think about the example of learning how to drive a car; that's a skill that you have to develop. Before learning how to drive, a young guy may look at a car and see people driving around and think, *"Okay, that looks pretty simple, I can do that."*

Yet, when he first gets in a car and attempts to drive it, he suddenly learns that there are many different things he has to focus on all at once.

He has to check his mirrors, put the car into gear, use the brake and accelerator (and clutch if the car

is manual) and then abide by a huge collection of road rules that are mostly new to him. Initially, it feels a bit complicated for a lot of guys and maybe even a bit overwhelming, but he will push on because he's not worried about being "rejected" by the car.

He has seen other people driving, so he knows that it's possible. He knows that once he develops the skill he will be able to drive like everyone else. He doesn't give up because he knows that it's possible to develop the skill.

Another example is with guitars or other musical instruments. With a guitar for example, some guys will look at it and feel as though it would be a simple instrument to play.

He will have seen other people playing it and they just seem to be holding the guitar and strumming away to make the music happen. Yet, when he actually picks up a guitar, he then realizes that there are many things he needs to think about and do at the same time to produce nice sounding music.

If he gets some guidance from an expert or puts in a lot of practice on his own, he will eventually get to the point where he can play music. With any skill that you need to learn in life, it gets easier and easier the more that you learn and practice.

After a bit of learning a practice, you will be driving the car, playing music or picking up and having sex and relationships with women. If you can develop the skill, you will get the results you want.

When it comes to women, if you have been rejected in the past it doesn't mean that you will continue being rejected in future. You simply need to focus on developing the skills required to properly talk to, attract and pick up women. Once you develop the skill, you will get the result.

3. Understand the Difference Between a Woman Rejecting You and Testing You

[image: Passing her confidence tests to make her attracted]

It's funny because most of the rejections that you think you've experienced with women so far in life, are actually just a case of the woman testing you. Women rarely reject guys that they're interested in, let alone attracted to.

So, if you have experienced some "rejection" in the past from women, where you've been talking to a girl and everything seems to be going fine, but she then suddenly closes up and appears to be losing interest, then it was most-likely just a test.

If you made the mistake that most guys make, you would have begun to panic (in your head), started behaving nervously and showing signs of self-doubt, which would have then caused her to lose attraction for you.

From what seemed like a sure thing that you and her would have a sexual relationship, it suddenly vanishes and you are left wondering what the heck just happened.

In most cases, it's just a simple case of the woman testing you. She was testing to see how you would react, because she was trying to see how confident you really are.

Confidence turns a woman on, so if she tests you and you remain confident no matter what, she gets more turned on by you. For us guys, we can see a woman and decide within milliseconds about whether or not we'd have sex with her.

It's a case of looking at women and deciding yes or no about yes because we are visually stimulated. Yet, most women need to get turned on by a guy's confidence and personality before they will want to have sex with him.

I'm not saying that women can't look at a guy and say, *"He's hot, I want to have sex with him"* because women will look at very good looking guys and say, *"Wow, he's sexy"* or *"Wow, he's handsome"* and consider having sex with him.

However, that does **not** mean that women think the same way as men do. Men are more sexually attracted to a woman's appearance and women are more attracted to a man's confidence and how his personality makes her feel.

A quick bit of evidence to justify that statement is to think about porn and how men masturbate to it because men are visually stimulated. When a woman masturbates, she closes her eyes and imagines having sex with a confident guy or a number of confident guys, depending on what her fantasy is.

Yes, some women will look at porn, but the majority of women don't and they don't use it for masturbation like guys do.

A guy will look at a woman and instantly think *"Yes"* or *"No"* about whether he would have sex with her, based on her looks. Women think that way too, but they will instantly go from a *"No"* to a *"Yes"* when interacting with a guy who isn't good looking, if he is confident, masculine and charming.

A guy's confidence, masculinity and personality are much more important to a woman, which is why average and below average looking guys are able to have sex with and marry beautiful women.

If a below average looking guy is able to turn a woman on with his confidence, masculinity and personality, many women will not care that he doesn't look like a male model.

Women are excited when they meet a guy who knows how to turn her on in ways that will last a lifetime.

Attraction to a person's looks fades over time, especially if their behavior is unattractive to you. Women instinctively know this and would rather be with a guy who can turn them on in more meaningful ways, than just be with a guy who looks good, but lacks confidence or masculinity in his thinking, behavior, actions and overall vibe.

One of the ways that women attempt to get turned on by you is by testing your confidence.

Women will play hard to get or suddenly appear disinterested to see how you react.

She wants to see if you can remain confident and masculine. She wants to see if you have the social and emotional intelligence to recognize that she's testing you and then playfully and confidently mess with her (tease her, play with her) as a result of it.

For example: You're talking to a girl you like and she suddenly goes quiet and isn't adding much to the conversation. Instead of you doubting yourself and thinking, *"Damnit! I'm losing her. She's losing interest in me..."* smile at her in a confident way and say something like, *"Look at you getting all shy now...you're going into your shell...do I make you nervous, do I?"*

Saying that to her turns the test back on her. You've used your confidence, masculine and social and emotional intelligence to handle the situation.

You're smiling, including a sexual and flirtatious vibe, but you're also making her feel girly in response to your masculinity, which turns her on. Women love to be made to feel girly at times.

I'm definitely not saying that you should be trying to make her feel girly during every minute of the interaction.

Instead, I am saying to bring that vibe when she is testing you and it will be very powerful. She will feel a deep, irresistible attraction to your masculinity. The attraction she feels for you isn't something that she can turn off or control. It's a natural attraction that draws women to you like a magnet and is the type of attraction that will last a lifetime.

So, from now on don't confuse a woman's tests as rejection. Her sudden change in behavior is usually just a test to see how confident you really are, so she can feel even more attracted to you. It's actually a really cool thing about women that you should embrace and welcome.

When you notice that a woman is testing you and playing hard to get, you should feel excited about it because you now have a perfect opportunity to make her even more attracted to you by remaining confident and retaining your belief in yourself, rather than doubting yourself and starting to feel nervous because you think that you're losing the opportunity with her.

4. Be the One Who Rejects

[image: Make her fall in love by being a challenge]

One of the keys to success with women is to reject women who are not good enough for you.

When you're interacting with women, you will gain a lot of power and control if you can have a subtly judgemental vibe about you where you are judging her and deciding whether or not she's good enough for you. By being the one who rejects, it's not about outwardly saying, *"I'm just deciding whether or not you're good enough for me"* or anything like that.

Instead, it comes through via your body language, vibe and behavior.

An example of body language is in how you look at her, where you give her a judgemental look at times, rather than just being nice, friendly and agreeing with whatever she says or does.

Using this approach with women is important because if women get the sense that you're the sort of guy who will accept any half-decent woman who shows him a bit of interest, they will feel turned off by you.

A woman wants to feel special by attracting a guy who has standards, rather than a guy who will accept pretty much any woman.

By being the one who rejects, I'm not talking about ignoring women or pretending not to be interested. It's not about acting, pretending or any other sort of immature social behavior. If you ignore women and pretend not to be interested, they are not going to say, *"Wow! He's not interested in us at all! I like him! I want to have sex with him."*

What it's about is attracting women by being confident, masculine and creating a sexual vibe, while also having a subtly judgemental vibe about you.

[image: Combining charm and challenge]

It's about you judging her and deciding whether or not she is good enough for you.

If you are acting or pretending that you are judging her and deciding if she is good enough, she will be able to see through that by simply losing interest in you and watching as you become nervous or

desperate to regain her interest.

If you are being genuine about it and actually have standards about what you will and will not accept in a woman, then you will sincerely judge women and only accept women who are good enough for you. When a woman gets that sense about you in addition to feeling attracted to your confidence and masculinity, she will feel the urge to impress you and win you over.

When you allow yourself to take on that position, you will stop worrying about being rejected.

You will be the one who is deciding and because of that, women will get the sense that you're a man who deserves their respect. Women feel special when they can attract a guy who has standards, but just make sure that you understand me clearly: I am not saying to ignore women and pretend not to be interested.

It's about attracting women with your confidence and masculinity and then creating a sexual vibe between you, so she is actually into you.

However, you are deciding whether or not she meets your standards. When you get good at attracting women with your confidence and masculinity, you will see that you can attract most of the women you meet. When that happens, it will make even more sense to you to be picky.

You will become the chooser and women will hope to not be rejected by you. They will hope to get a chance with such a confident, self-assured man as yourself.

5. Stop Fueling the Fear With Negative Fantasy

[image: The fear of going after what you want with women]

A lot of the guys who fear being rejected by women, feel paralyzed by painful thoughts about things potentially going wrong. In his mind, he is worried about the worse possible outcome happening to him and if it does happen, how it will make him lose even more confidence in himself around women.

For instance, if he approaches a woman to talk to her, he will imagine her saying, *"Get away from me! Why are you talking to me?"*

From all of my personal experience of approaching women and taking clients out to approach women, I've never seen a woman react that way to a confident, easy-going approach.

The fact is, if you come across a woman who reacts in that way, she is a weirdo! You do not need to worry about trying to impress a crazy woman like her. 99.9% of women do not react like a crazy woman and will instead be open to your approach.

Even though most women will respond well to being approached, many guys can't get over their fear of being horribly rejected by a mean or crazy woman. If he hasn't approached many women in his life, or if he has approached women, but done so incorrectly (i.e. in a nervous way, placing her above himself in terms of value, not creating a sexual vibe, etc) then he won't have much positive experience to base his theories about women upon.

So, what will he do? In many cases, he will look at the behavior of women on TV, in movies and in music videos as being a true representation of a woman's behavior and attitude towards men.

In music videos for example, you will see female pop singers acting very confident and they'll have model-looking men bowing at their feet. She's trying to portray an image of herself as being a

confident, independent and powerful woman who can have any man she wants.

Yet, in most cases, when you watch the documentaries that go behind the scenes in a female celebrity's life or when she is interviewed by a great interviewer, you find out that she's a mess. She cries herself to sleep, she is insecure, she finds it difficult to keep a relationship together, she doesn't think she is pretty enough, she's actually very shy around guys she likes, etc.

If you watch movies, TV shows and music videos and see a man being slapped or having a drink tipped over his head for talking to a woman, you have to understand that it's not how 99.9% of women behave in real life. The writers and producers of TV shows and movies include shocking, humiliating and jaw-dropping scenes to impress the audience.

Additionally, since most young guys these days spend more time playing video games and less time going to the cinemas, many new movies are aimed at impressing a female audience.

So, when you see men acting like fools around women in movies and hoping to get a woman to like him for being so nice, just know that it's another stupid movie that is aimed at appeasing a female audience. It's not reality and it's not something you should try to learn from. It's just a movie.

Some guys fuel their fear of rejection by thinking about times when they've tried to approach women, get a girl's number or ask a woman out and have failed.

To justify his fear, a guy may say, *"Well, I've tried in the past and it didn't work, so what's the point in trying? Women are just going to reject me. They don't like me...I've tried asking them out and they're all bloody stuck up or only want a male model."*

Yet, where is that type of thinking going to get him with women? He won't be getting anywhere near a real woman and will have to resort to jerking off to porn every week for years.

His life will pass him by and he'll wake up 20 years down the road and feel a horrible, sickening feeling of regret for the many years he has wasted, hiding from an unnecessary fear.

A better way to think about success with women is to be realistic by understanding that you may have to talk to five more women before you find yourself a girlfriend or lover.

Maybe you will talk to one more woman and it will turn out that there's a spark between you and you and her begin a relationship. Maybe you have to talk to 10 more women or talk to 15 more women until you finally get used to being confident around women.

Maybe by the 15th approach, you stop doubting yourself around women and you actually start attracting women for once by being confident.

Instead of being too nice and hoping to get her to like you as a person, you stop with all that crap and just believe in yourself instead. With your confidence and self-belief, you are able to stand there and talk to her freely, joking around and expressing your sexual interest in her via your vibe, body language and things that you say.

An example of expressing your sexual interest in a woman by what you say is by looking at her, smiling and saying to her in a confident way, *"You're sexy...I like you."*

You say that at a moment where you and her are talking, flirting and having a bit of laugh together or if you're confident enough, you can just stop and look at her and hold eye contact for a few seconds with a smile and then say it at any moment you choose.

It might take 15 attempts to get to that point because maybe the first time you try to approach or escalate with a woman, you're crapping yourself. You're really afraid of being rejected, so you come

across as nervous and unsure of yourself and as a result, she doesn't feel attracted to you.

Maybe the second time you approach a woman, you walk over and then quickly run out of things to say, so you then learn more about conversation and begin to know what to say to women to keep things interesting.

The third time you walk over and talk to some women, it just so happens that the woman you like is trying to impress her friends by playing hard to get with you, even though she likes you.

Yet, you don't realize that and instead assume she doesn't like you, so you lose confidence and appear nervous, which then turns her off. You then realize that you've got to believe in yourself and maintain that belief throughout the entire interaction.

So, you talk to some more women and you're able to attract a woman in the group, but you then start doubting yourself and getting all up in your head and find it difficult to focus on the conversation. Before you know it, you feel like you've run out of things to say, so you leave the interaction and feel like you've been rejected or have blown your opportunity with her.

You continue to experience ups and downs with your interactions with women, but it never gets past a conversation. Then finally, you get it right and it works.

You're confident, you know what to say and can keep a conversation going and keep it interesting and no matter how much the woman tests you or plays hard to get, you don't stop believing in yourself. You know that women are attracted to confidence and the more you can stand there and believe in yourself, the more she will be attracted to you.

Instead of fueling your fear of rejection with negative fantasies of what might go wrong, simply focus on getting to the point where you can actually pick women up.

Don't say to yourself, *"I got rejected in the past...it has gone horribly wrong for me in the past, so it's going to continue go wrong. I'm never going to be able to get what I want with women."*

Thinking in a negative way and encouraging yourself to feel fear is not the correct way to make progress. Fueling the fear will simply keep you hidden away from achieving the simple goals that you have with women. Success with women is simple once you get rid of the negativity and just focus on moving forward and getting the results you want.

6. Don't Need Anything From the Situation

[image: Charismatic charm]

If you fear rejection, a lot it has to do with the mindset of needing the woman. A guy will think, *"If I talk to this girl, I've got to get her. If I don't get her, then I've stuffed up...I'm going to miss out...I'm not going to be able to have any girl. This is my chance to get a girl."*

Approaching a woman to talk to her or attracting a woman that you already know is not your only chance to get a girl. It's simply one chance out of millions.

If you feel as though you have to get her, you need to get her and if you don't get her your life is a mess, you're a loser or you're doomed for life – then you're most-likely going to fear being rejected by her.

To avoid the unnecessary fear of rejection, simply feel attracted to her like you feel attracted to other women, rather than seeing her as the only woman you're attracted to. No doubt you go through life

and find women attractive all the time. There isn't just one girl in the world that you're attracted to; you're attracted to women everywhere.

So, talk to a woman and want her, but don't need her.

For instance, maybe you want to have sex with her, experience love with her or have a relationship with her. That's great, but you don't need her and only her. She's just one woman out of millions that would be perfect for you.

The irony is that she is going to like you and want you more if she gets the sense that you would be happy with or without her. If she feels as though you need her for your happiness or to feel validated as a man, then it will turn her off at a deep level.

When talking to a woman, you have to be happy with or without the result of a phone number, kiss or sex.

If you are making her feel attracted to you (i.e. by being confident, masculine and creating a sexual vibe) and she gets the sense that you want her, but don't need her, what do you think she will she do? She will try to show her interest in you to make it known that she likes you and is interested.

What happens to her as a result of feeling that way and trying to get you interested? She likes you even more and becomes committed to the idea of being with you.

Instead of her thinking, *"Yawn...okay, should I give this guy a chance with me?"* like she feels with 99% of guys, with you she is thinking, *"Wow, I like this...there's something about him. I want this guy. I've got to get him to like me back."*

From that, you get to choose her rather than hoping to be chosen. That's a pretty cool position to be in as a guy and all it takes is a simple switch of your mindset by wanting her, but not needing her.

When you genuinely use this approach, it eliminates the fear of rejection because it is you who is deciding whether or not you like her.

You know that you don't need that particular woman. You know that you can talk to other women and feel just as attracted and interested in them.

You also know that if you allow yourself to be the chooser, then women will want to impress you and get chosen by you, as long as you are making them feel a sufficient amount of attraction via your confidence and masculinity.

On the other hand, if you are needy of women, you will be more-likely to fear being rejected and losing your opportunity with a specific woman.

For example: You finally work up the courage to approach a woman that you find attractive. This is your big chance to get a girl. You feel like everything is riding on this approach. If you don't get her, then you're a failure and women don't like you.

No.

She is just one girl out of millions who would be perfect for you. There are hundreds of millions of women that you would happily have sex with. She is not the only girl for you and if you don't get her, your life is not ruined.

You can think in a negative, needy way if you want to. Yet, how are you going to feel as a result of thinking like that? You're going to be fearing rejection, you're going to be too worried about messing up and not succeeding with her.

She will pick up on that by observing your body language, listening to how you're talking to her and

sensing your underlying vibe of insecurity and neediness and it will turn her off.

So, instead of putting yourself in that unnecessary position with a woman, just know that if you talk to a woman and want her, but don't need her, she will pick up on that and want you more as a result. I'm not talking about you acting or pretending in any way. Don't act like you don't want her at all. You do want her, but you don't need her.

She will pick up on that via your body language, how you're talking to her, your vibe and how you respond to her behavior or tests.

For example: If you're talking to a woman who feels attracted to you, but she gets the sense that you want her, but don't need her, she will often test you by talking to and even flirting with other guys in the group or by suddenly pulling back her interest and acting disinterested in you.

If you then start to panic and appear nervous and uneasy about "losing her," she has successfully caught you out in an act.

To get this done correctly, you cannot act or pretend. Instead, you have to know that she's not the only girl in the world for you. If you look at her as being your "chance" with women or being "the one" for you, then you're going to be too worried about succeeding with her, which is actually a turn off to women.

It's absolutely fine to want to succeed with her, it's fine to want to pick her up, it's fine to want to have sex with her, but you don't need it. That's the difference that will help you get rid of your fear of rejection and more easily attract women.

7. Know That it's Not Always Your Fault

[image: Group of cold women]

No matter how good you become with women (e.g. you're confident, you're a great conversationalist, you know how to flirt and make women feel sexual attraction for you, you're a cool guy, you dress well, you've got a positive outlook on life, you're moving forward in life, you've got purpose in life and are an all-round awesome guy), it doesn't mean that every interaction will go smoothly and end up with you getting a phone number, kiss or sex.

Why? Some women are bad communicators and don't know what to say during a conversation with a guy they like.

Some women are weird, some women have a crappy vibe about them and a negative outlook on life. Sometimes, a woman will like you, but will also be trying to impress her friends by playing hard to get and she will go too far with it to the point where you lose interest in her.

Sometimes, a woman will get nervous and start doubting herself around you and want to get away from the interaction.

She will really like you, but will be doubting herself and just get away from the interaction and hope that you chase after her. You realize these sorts of things when you become a really confident guy and see that most people are fairly insecure, nervous and self-doubting when interacting with the opposite sex or in social situations in general.

So, instead of feeling a fear of rejection and thinking, "*Hhh...what if I talk to a girl and it doesn't work?*" or "*What if I try to make a move and it doesn't work?*" just know that you are doing the right

thing. You are attracted to a girl, you're wanting to move it forward and you're being the man about it by making a move. If she doesn't vibe well with you or you and her aren't compatible enough, that's not necessarily your fault.

Sometimes it's her fault, sometimes it's a lack of compatibility, but don't put all the blame on yourself, feel down about it and then fear being rejected by other women.

An interaction doesn't always go smoothly from one step to the next and you should accept that in advance. When you are really good with women, you will be able to push through any awkwardness and manoeuvre around any mistakes she is making (e.g. she's playing too hard to get) to get to a phone number, kiss or sex with most women.

However, if you're not very skilled at approaching and picking up women yet, just know that it's not always your fault that an interaction died or fizzled out.

Simply go talk to some other women, or put your confidence and skills with women to the test by seeing how far you can push the interaction. Staying in an interaction and trying to deal with it is of the best ways to improve your confidence and skills with women and become better with women as a result.

Instead of saying to yourself, *"I'm losing her! I'm feeling nervous now...I've got to get out of here"* say to yourself, *"No...I'm going to stay in here. I'm going to face this and see how far I can take it."*

Doing so makes you a lot stronger as a man and it also often ends up turning into something like kissing, sex and a relationship because the awkwardness is sometimes created by the woman, so you just have to be strong enough to push through it.

8. Know That Everything Will Be Okay

[image: Happy couples]

A lot of guys really stuck on their fear of rejection and get used to hiding away in fear.

The potential of being rejected becomes more overwhelming and powerful to them than actually going out there and getting the result that they want with women. He doesn't understand that no man is compatible with every woman he meets and that he will be perfectly compatible with millions of women, not just one woman.

In many cases, he also doesn't know that the "one true love" myth is actually a myth that began back in a time where premarital sex was forbidden. Back then, most people only had one and sometimes two sexual partners in life before getting married.

So, the whole idea about "the one that got away" came about and then Hollywood movies began to entrench the idea with an endless supply of movies about "the one," the one that got away, soulmates all other fanciful ideas.

It's fine if you want to believe in that stuff. You can believe in whatever you want. If you want to believe that there is only one "soulmate" for you out there that is fine, but it's not going to help you with the fear of rejection.

What's going to help you with the fear of rejection is to understand that there are millions of women who are perfect for you.

There are millions of women who would blow your mind with the amount of love that they give you.

There are millions, possibly billions of women that you are sexually attracted to.

There are millions of women that you could have an amazing relationship with. With that in mind, let me ask you: If you had a relationship with one of these millions of women and she really loved you and you really loved her and you had a great connection and relationship, would you say that she is your one and only soulmate?

Possibly, if you wanted to put that sort of label on it. However, how about instead of having a relationship with number 257,000 out of the millions of women that you could choose from, you had a relationship with woman number 435,026. The relationship with her was amazing and the love was deep, real and lasted for life. Would she be your one and only soulmate?

If you wanted to put that sort of label on it, you could. It's up to you how you decide to look life.

You can look at women and at love as being scarce and hard to find, or you can see the abundance of women and love around you. We're all here on a planet that is floating in what appears to be an infinite space.

There are billions of us humans here on the planet and everything is going to be okay if you decide to approach one of the millions of women that you find attractive.

You're not going to die, be killed or be ruined forever and all eternity because you walked over and talked to a woman and weren't compatible with her. Big frikken deal. You talked to a girl, you liked her and you attempted to escalate, but she wasn't that interested. Big frikken deal.

It's just a conversation and an interaction between two humans that happened to meet. Really, you don't need to worry about not "getting her." It's not a big deal at all.

Yet, to some guys, talking to a woman seems like a really big deal to them.

A guy might say, *"What if everyone at school finds out?"* or *"What if everyone at work finds out?"* or *"I live in a small town...what if they find out?"* or *"What if I talk to a girl and it gets back to people that I know that I talked to her and it didn't work out?"*

If you are approaching your interactions with women correctly, then most women that you talk to will at least feel attracted to you as a result of your confidence, masculinity and the sexual vibe that you create.

So, there is nothing to worry about.

If you happen to meet a woman that you're not compatible with, that is fine as well. In fact, it's nature. No human is romantically compatible with every human on the planet and that is okay.

Talking to a woman and checking to see if you and her are a compatible match is nothing to be embarrassed or ashamed about. It's just normal and you should feel proud that you're being a man about it and approaching or making a move. You're not hiding away in fear, you are taking action and being a confident man.

Billions of humans interact with each other every day on the planet and they don't all end up giving each other their phone number and then having sex and a relationship, do they? No. It's just normal and natural that interactions and they don't always lead to kissing, sex and a relationship. So, don't put so much pressure on yourself.

Know that everything will be okay. You'll be alright. If you talk to a particular woman, it might seem very important to you in that moment. You might feel as though you have to get her because you're attracted to her, you like her and she is actually talking back to you and seems interested.

Yet, she is one of millions that you would have an amazing relationship with.

If you're the sort of guy who knows how to make women feel attracted and isn't afraid to talk to women (because you know they will feel attracted to you, so you know that it will be fine), then you're not going to be worried about getting one particular girl.

If the interaction doesn't work out, you will talk to other women that you're just as attracted to or even more attracted to and you're not going to worry about the girl you met where it didn't work out.

If you just focus on one girl and think, *"I've got to get her. My whole life is about her. She is my soulmate. She is the one. I've got to get her. It's me and her in the universe and no-one else matters – just me and her"* then you're going to cause yourself all sorts of unnecessary trouble.

You will be fearing rejection and will be worrying about messing up your one opportunity with a girl. When she senses your neediness for her, she will much more likely to reject you.

So, know that everything will be okay whether you get one particular girl or not. Yes, she might be beautiful and also be a nice, easy-going, intelligent girl, but she's not the only woman like that.

Those women are everywhere and when you can learn how to be confident around women, you will find that types of women who were previously cold and bitchy towards you, suddenly open up and be friendly and easy-going with you. You will then realize how much choice with women you really have.

9. Get Excited About Feeling Nervous

[image: Flirting touch]

This one is really cool.

One way to get past the overwhelming, immobilizing feelings of nervousness and fear is to feel excited about it.

For example, think about guys who are thrill seekers (e.g. base jumpers, skydivers, etc). They are risk takers who are afraid, but excited about it at the same time. They are excited about facing that feeling of fear and then getting the rush from actually doing following through and doing what they want to do.

The same applies to approaching and escalating to kissing and sex with women. It's actually really exciting to get out there and approach women, or to suddenly start talking in a confident, sexual way with a woman that you've had a crush on for a while.

With the woman that you've got a crush on for example, you stop looking at her as an innocent friend and instead start to appreciate her sexiness by looking at her with a smile and a look in your eyes as though you're almost going to eat her. She's delicious to you and you're not afraid to show her that.

Suddenly, you have the confidence to smile and confidently say, *"You're sexy...I like you"* to her. It's actually really exciting to do that. You feel so much more alive as a man.

Compare that to hiding away and being afraid of getting rejected. Some guys will hide from what they want with women and try to justify their fear by saying, *"What if I go over and talk to her and it doesn't work out?"* or *"What if I try to make a move and it doesn't work out?"*

What sort of life is that to live? If you think like that around women, what does that say about you as a man? Here's the thing: You are better than that. You do not have to be afraid.

When you stop being afraid and start embracing the feeling of being nervous and having those “butterflies” in your stomach or the “tingles” or whatever you call them, that is when life starts to get really interesting.

When you’re living at the edge of your comfort zone with women, you are growing and you’re going places in life. Yet, when you’re hiding from stepping outside of your comfort zone with women, you’re not going anywhere.

You’re stagnating and are potentially jerking off to porn too much. Hiding from women is not going to get you results with women. Holding back your interest in women and being afraid to show your sexual interest is not going to get you results with women.

One of the things that you can say to yourself when you feel nervous if you see a woman that you want to approach, or if you’re talking to a girl you like and are afraid to be confident around her, make a move or be a bit more sexual and flirtatious is, *“Cool! I’m feeling nervous! This is awesome. Once I do this and get past it, I’m going to be able to do even bigger things than this. I’m going to be even stronger than I am now.”*

That is a much more forward moving, exciting, alpha male approach to life. Instead of being shut down by the fear and losing your opportunity with her, simply get excited about the fact that you’re living at the edge of your comfort zone. Embrace it.

Important: When you say something to yourself like, *“Cool! I’m feeling nervous. I’m at the edge of my comfort zone”* I’m not talking about thinking about it or saying it in a nervous, tense and worried way.

I’m not talking about you feeling nervous about the nervousness or feeling the fear and trying to convince yourself not to be afraid.

What I’m talking about is you feeling excited about the nervousness.

Be excited and think to yourself, *“Cool! I’m feeling nervous. This means that I’m at the edge of my comfort zone with women. When I do this and I’m able to handle this type of situation, I will then be able to do bigger and better things after it. I am growing as a man. Things are happening for me. I’m moving forward!”* and actually feel excited about it.

Don’t feel nervous about the nervous, fearful feelings you experience. Feel excited and know that you will make huge progress when you push yourself to get past it.

10. Know That it Will Be Worth it

[image: It is possible to be happy and successful in life]

It only takes that one, special girl to make all of your previous “rejections” worth it.

When you’re talking with her and you’re laughing, hugging each other, touching each other, kissing, having sex, she’s giggling, she’s looking at you with those loving eyes and you then wake up in the morning and she’s next to you, you’re hanging out, having a great relationship and experiencing love – all of the times when you’d met women who weren’t compatible with you become meaningless and irrelevant.

You don’t really care about the times that you approached women and it didn’t work out; they become irrelevant because what you have with her is what you’ve been after all along. That’s the

thing that you were aiming to achieve and you did it. The feelings you are experiencing with her now are more than worth it.

If you can just use the alpha male approach of knowing that it's good to go after what you want.

Going after what you want is nothing to be afraid of. There's nothing to fear about the fact that you will meet women and find some who are fairly compatible with you, slightly compatible and then some are incredibly compatible with you.

When you can accept that in advance, you will push forward until you find a some of the millions of women who are incredibly compatible with you. It will be amazing for both of you.

She's going to be looking to you with excitement, lust and irresistible feelings of love. She's going to be totally into you and want to be with you. When you're having sex with her, she's going to love it. When you're in a relationship, she's going to be looking at you with loving eyes.

That is worth it.

Getting to that point is much more enjoyable than succumbing to the fear and hiding yourself away thinking, *"What if I get rejected? What if I talk to her and she doesn't like me?"*

You can live that sort of fearful life if you want to, but it's not going to get anywhere. Hiding yourself away because you're too afraid to meet compatible women isn't going to make you grow as a man, but being man enough to take a chance and push yourself outside of your comfort zone will.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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18 Tips For Getting Laid From Bars and Nightclubs

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

I'm going to give you 18 different tips to help you get laid when you're out there meeting women in bars and nightclubs.

As you may know about me, I've had sex with a lot of women.

At this point, I've had sex with more than 250 women and about 65% of those women I've pulled from bars and nightclubs. Always wear a condom and you won't experience any problems. It's a great invention. Be sure to use it.

I've had a lot of fun out there, living the lifestyle and pulling lots of beautiful women back home for sex.

The girlfriend I have now is a sexy, 22 year old girl that I also pulled from a nightclub (I'm 37 years old). (Update: Her and I are now married and have twin girls).

Getting laid from bars and nightclubs was very simple for me once I figured out how it works.

So, in this post, I'm going to share some great tips with you to help you get laid and make the process so much easier for you as well.

1. Know that one night stands happen...a lot

Depending on which studies you look at, anywhere from 60-70% of women admit to having experienced a one night stand before.

When asked those sorts of questions in person, many women lie to make themselves look more innocent than they really are, so the actual percentage is most-likely higher than 60-70%.

From personal experience, pretty much every woman that I've had a one night stand with has said, *"I never do this"* or *"This is the first time I've done this."*

Women say that because they don't want to look slutty in your eyes.

She wants you to be able to trust her if you have a relationship with her, rather than you thinking that she has no self control and may cheat on you if she gets the chance.

Even if she's had several one night stands before, a woman will almost always say that it's her first time and that she *"never does this."*

I know that when I talk about these sorts of statistics (70% of women admit to having had a one night stand), some guys think, *"Man...women these days are such sluts...bloody hell, the whole world has gone to the dogs...it's all ruined. Why can't it be like it was back in the early 1900s when women just had one man and stuck with him for life?"*

Some guys wish that things would change and be like they used to be back in the early 1900s, where premarital sex was forbidden.

Back then, a man had to court a woman and then eventually ask her father for her hand in marriage.

The couple then lost their virginity on their wedding night.

Yet, whether we like it or not, that's just not the way it works anymore in almost all countries around the world.

The world has changed and culture always changes throughout the ages.

If you look back through human history, certain cultures always think they've got it all worked out and then 50 years later the culture changes (e.g. the Samurais in Japan, the posh gentleman of England).

Culture always changes.

So, clinging onto the past and wishing that it was 1800 isn't the answer.

Go with the flow of the modern world and you will enjoy modern life and all it has to offer.

It's not just us men who are enjoying it, by the way.

Since women are now earning their own money and don't have to quickly settle down and find a man to marry, many women are enjoying their sexual freedom as well.

They know that it's okay to have sex whenever they want, as long as most of the people they know don't find out about it.

Many of the one night stands a woman has will remain her little secret and she won't always tell her friends what she's been up to behind closed doors.

[image: No sex before marriage vs. have sex whenever you want]

Some guys may wish that women would behave like they did back in the early 1900s, but times have changed. Culture always changes over time and you either adapt or get left behind.

The way it works these days is that women go out there and hook up with guys to find themselves a boyfriend, a husband or to just have some fun.

So, when you're out there picking up women and getting laid in bars and nightclubs, don't think that the women in the club aren't the sorts of women that you can't marry.

They are pretty much just the same as any other type of woman you will meet anywhere else.

Most of the women you meet in nightclubs are the innocent looking women that you see during the day.

Just because she looks innocent and works as an accountant, it doesn't mean she's never had a one night stand.

Example: I met my wife in a nightclub. She worked as a hairdresser during the day. We've been together for over 6 years now and she's the mother of my twin daughters. She's the most loyal, committed woman I've ever been with.

Just because a woman is in a nightclub, it doesn't mean that she has no family values and wouldn't be a trustworthy woman.

Most of the time, good, trustworthy women put themselves out there in the hope that they can find a boyfriend or husband.

Secretly, they hope that they will find the right guy so they don't have to sleep around and can get on with enjoying a committed relationship that lasts for life.

Today, many couples are still too embarrassed to admit that they met at a bar or nightclub, because they are still coming to terms with the fact that the culture has changed.

Many people still think it is "wrong" or embarrassing to have met in a bar or club, but it's no different to meeting online or in person.

Sex happens and then the relationship begins.

It's pretty simple.

So, just know in advance that one night stands happen a lot and many of them start from meeting in a nightclub.

The women that you meet in bars and clubs will usually behave as though they are innocent angels who've never had sex, but most of them are open to having sex with you and seeing where it goes.

If you start a relationship, great, but if not that isn't a problem either.

In those cases, she will usually just tell her friends, "*Nothing happened. I ended up going home alone*" and she won't ever speak of it again.

Another interesting statistic about sex is that 55% of couples admit to having had sex on their first date.

Many modern men make the mistake of going through the dating process thinking that they need to date a woman 3-4 times before she will like him enough to have sex.

Yet, statistically speaking, most women that you meet are open to having sex on either the first night, first date or second date.

Any longer than that and some women will feel as though the guy is lacking confidence, or doesn't find her sexy enough to make a move.

She will often just assume that there isn't a sexual spark and they are more like friends, so it wouldn't work.

So, when you go out to bars and nightclubs, walk into the nightclub knowing that pretty much every woman that you're looking at in the club has had a one night stand before.

It's just the way the way it is.

Some guys are turned off by that and think, "*Women these days...you get them and they've been used and abused for years and then they finally get with you*" and have a negative mindset about it.

They see it as disgusting and wish that women would remain a virgin until marriage.

A man can look at it any way he wants, but the fact is that it is happening.

Women are hooking up with guys, they are open to having one night stands and if you want to "get your end in" and have a good time, then just accept that one night stands happen.

Accept that you are going to walk into a bar or nightclub and you are going to get a one night stand too.

2. Smile a lot

When it comes to getting laid from bars and nightclubs, it's important to be confident and be in a good mood.

One of the best ways to do that is to smile a lot (i.e. in a confident, relaxed, easy-going manner, not in an eager, "*Hey, look at me! I'm happy! Please like me!*" kind of way).

If you're not a very confident guy or don't have a high level of skill with women, then make sure that you do whatever you can to feel confident and be in a good mood so that you can approach women without hesitating or feeling tense.

Some guys make the mistake of being a bit of a poser and putting on act of being cool, aloof and alpha.

If you're a very confident guy, then it's fine to do that – you will still get laid anyway, but if you're not that good with women, posing and trying to look aloof or indifferent to the crowd isn't going to help you.

If anything, it will just cause you to “get all up in your head,” feel insecure or feel like an outsider.

When you're walking into a club or bar, smile and then start talking to some women, *“Hey, I just got here and thought I'd come over and say hi. I'm Dan, what's your name?”*

Get right in there, smile and feel good about approaching and meeting women.

Smiling allows you to get into the right sort of mood, rather than feeling as though you're not ready to approach yet or that you're “not in state” to approach.

Keep smiling throughout the night too (at times and in an easy-going, relaxed manner).

Have a good time at the bar or club.

When women can see that you're happy and in a good mood, you're much more approachable.

You may get approached at times, but at the very least women will feel more comfortable to smile back at you, if you happen to catch eye contact with each other throughout the night.

An interesting example to give you some more perspective on why the smile is important is to look at a couple of champions from the UFC, named TJ Dillashaw and Jon “Bones” Jones.

Those guys are great examples of elite athletes who use their body to positively affect their mind.

Before the fight, they are smiling and feeling pumped up as though they have already won the fight.

[image: Jon Jones and TJ Dillashaw]

It's not an accident that these intelligent, elite athletes use their body to affect their mind before a fight. Behaving like they have already won is a deliberate technique that helps get them in the right frame of mind.

If you watch the UFC, you will see some fighters appearing very tense before a fight and trying to convince themselves to relax and feel confident.

Yet, Jon Jones and TJ Dillashaw walk up to the octagon as though they have already won the fight.

When Bruce Buffer was introducing TJ Dillashaw in his epic fight against Renan Barao for example, Dillashaw was behaving as though he would if he had just won the fight.

He was pumped and saying, *“Yes!!!! Yeahhh!!!”* as though he had already won.

He then fought one of the most amazing fights in UFC history.

The same with Jones, who walks out to the octagon smiling and raising his arms in the air as though he is the champion and has already won the fight.

Those guys are not doing that by accident or for no reason at all.

Behaving as though they have already won is a deliberate technique to get themselves in the right frame of mind before the fight.

You can use the same technique (Use Your Body to Positively Affect Your Mind) when you are approaching and picking up women, by smiling to get yourself in a good mood and continuing to smile to maintain that mood.

If you already have a high level of confidence and skill with women, you can pick up women and get laid without smiling a lot or at all, but if you're a guy who lacks confidence and isn't very good at getting laid from bars and clubs, smiling is a great technique to use throughout the night.

Instead of walking into a bar or club and thinking to yourself, *"Do I fit in here? How do I look? These people look like they're in their own groups...not very approachable..."* walk in like it's your party, like it's your sort of scene and as though you fit in perfectly.

Feel like, *"Wow, this place is great. This place is perfect for me"* and smile about it. Walk up to some women, SMILE and say, *"Hey, what's happening...I thought I just come over and say hi...I'm Dan...you girls are looking fantastic...how's the night going?"*

Smile, feel good about yourself and allow others to feel good in your presence.

It helps you to get into the right sort of mood and maintain it, rather than feeling overwhelmed by all the different people in the club who aren't smiling at you and welcoming you into their groups.

You have to manage your own emotional state and feel good with or without people, rather than hoping that other people make an effort to make you feel good about yourself.

Your emotional state is up to you.

When Jon Jones walks out smiling, dancing and feeling like he's already won, he doesn't give a crap about what others think.

He's there to win and he knows that using his body in that way gives him an advantage.

When you're out there in a bar or club, don't worry what others are thinking.

Know that smiling and feeling good about yourself gives you an advantage over other guys.

Women find you more attractive and approachable because you're confident and in a good mood.

3. Approach immediately

If you have a high level of confidence and skill with women, you don't have to approach immediately and can approach whenever you want to.

However, if you're a guy who suffers from approach anxiety, don't walk into a club and think, *"Okay, I'm going to get a drink first...I'm going to go to the toilet...I'm going to look around first."*

You don't want to give yourself a chance to start feeling insecure or feeling like an outsider in the bar or club.

Approach the first decent woman that you see, even if that woman is the female hostess who is greeting patrons as they come in.

You can approach and talk to her to get started by smiling and saying something like, *"Hey, what's happening? This looks like it's a good night tonight...how have you been going tonight? You working hard?"*

If there is no female hostess to greet you, then walk in and talk to the first decent looking women you see.

It's not about picking those women up, but about getting the vibe going for yourself and being social.

Walk right up to some women and say, *"Hey, I just got here and thought I'd come over and say hi...I'm Dan, what's your names?"*

As long as you do that in a confident, easy-going way, women will respond well to you. However, if you do it in a nervous, self-doubting way, women won't be very interested in talking to you.

4. Look for women who are open

Whilst in the process of approaching immediately (i.e. within the first 1-10 seconds of walking into the club), try to look for women who are the most open to being approached by guys.

Two examples are:

1. Women who are standing around, facing themselves out to the crowd and not really talking to each other are very open to be approached.
2. Women who are having a casual conversation and regularly looking around the bar or club are fairly open to being approached.

Yet, women who are locked in an eye-to-eye, serious conversation and have their backs turned away from the crowd are less open to being approached, so avoid them if you can, until they open up.

If you have a high level of confidence and skill with women, you can approach women whenever you want and push through any initial awkwardness.

However, if you don't have a lot of skill with women and find it difficult to get laid from bars, nightclubs or anywhere else for that matter, make sure that you make it easy for yourself by approaching those women who are most open to being approached.

5. Show sexual interest immediately

This isn't about being a sleazy guy and getting a bad reaction from women.

It's about showing your sexual interest in a woman and not being ashamed of that.

If you want to get laid that night, it's better to find the women who enjoying that type of approach and are open to being sexual with you.

If you show sexual interest in a woman and she doesn't like it, then you know that she probably isn't going to have sex with you or anyone else that night.

Personally speaking, I cannot remember a woman not liking it when I've shown sexual interest in her in a confident, discreet, mature manner.

One of the reasons why is that most women are insecure about their appearance, especially when around other women who have dolled themselves up.

Another reason why is that most women rarely get shown sexual interest by a confident guy who does it in an easy-going, discreet and mature manner (i.e. not in a sleazy way).

Instead, they usually only get drunk guys saying, "*Heyyyyyy!*" or, "*Woah! Gimme your number*" or, "*Heyyyy, where you goin'? Come here!*"

Those approaches are not mature, discreet, easy-going ways of showing sexual interest.

You've got to be more subtle about it.

If you do it right, she will like it and it will build up sexual tension between you and her that will

draw her to you like a magnet.

By the way...

When you show your sexual interest in a woman, she will usually smile, love it, giggle and feel turned on feel lucky that she is in the presence of an alpha male who isn't afraid to show his sexual interest.

He's not ashamed of being a man, he's not a social reject or loser who doesn't understand that sex happens.

Instead, he's a guy who understands that women want sex just as much as men, but can't be as obvious about it.

A woman can't go around showing that she is very interested in sex or that she will have sex easily because most guys will then assume think that she is slutty and couldn't be trusted in a relationship. She's has to be a bit coy and pretend that she doesn't ever have sex, so that a guy will feel as though he's almost getting her to have sex for the first time.

This is why most women will remove photos with previous boyfriends from their social media accounts.

Most guys can't handle seeing their girlfriend with other guys in the past, but most women are different.

Most women actually feel more attracted to their boyfriend or husband when seeing that he has had other women in the past.

Of course, at some point in the relationship, she will start to get annoyed by it and wonder why he is keeping the photos, so she will then try to get him to take it down.

There's nothing wrong with the guy taking the photos down if he is honestly committed to her and isn't going to break up with her, but if she's just a fling, then he should never take the photos down for her.

Hopefully that helps you understand one of the differences between men and women and why women often behave like they've never had sex, when they meet a guy.

It's a strategy that women use to make men feel like they are getting her for the first time.

She's a fresh, ripe piece of unpicked fruit that he is going to access before anyone else.

Pretty much every woman I've had a one night stand with has said, *"This is the first time I've ever done this"* or *"I never do this"* or *"I'm usually not like this"*.

In the early days, I would react to a woman saying that by adding in, *"Women always say that"* but I later realized that I didn't need to say anything.

Instead, the polite, classy and discreet thing to do is to just let the woman "save face" and maintain her identity as being an innocent little angel that you are seducing into having sex with you.

A simple way to show your sexual interest in a woman is to walk up to her, smile (in a confident, easy-going manner) and confidently say, *"You're sexy...I like you"* or smile at her and confidently say, *"You're a sexy one...I like you."*

Any variation of that is fine, as long as you tell her that she is sexy.

Don't say she is beautiful or pretty or well dressed, tell her that she is sexy.

Note: If you ask women in person or online if they like being called sexy or a guy starting a

conversation with them and using the word sexy, they will almost always say no.

However, there is a huge difference between what most women SAY and what they actually DO in person and behind closed doors. Watch: Don't Listen to What Women SAY, Watch What They DO

Where a lot of guys go wrong is saying non-sexual things like, *"You have nice hair"* or *"You have beautiful eyes"* because they are too afraid to say what they are really thinking, or think that a woman would be shocked, offended or disgusted if a man showed his sexual interest in her.

What a lot of guys don't realize is that most women are insecure about their looks.

For example: There was a global survey conducted by Dove Cosmetics that found 96% of women don't consider themselves to be beautiful.

This means that almost every woman you meet has an insecurity about her looks and does not think she is beautiful.

She may behave as though she is the hottest woman in the world, but secretly she doesn't even feel as though she is very sexy or beautiful.

It may sound strange, but it's true.

A modern woman looks around at the billboards of photoshopped women who have been airbrushed to perfection and she knows that she doesn't look like that.

She knows that before she puts on her make up to go out, she looks like a completely different woman.

If you've ever banged a hot chick from a club and then seen her after she's taken off her make up, you will know that hot women can look completely different without make up.

[image: Brunette before and after make up]

[image: Blonde before and after make up]

[image: Brunette before and after make up]

[image: Dark blonde before and after make up]

[image: Blonde before and after make up]

When you meet a woman in a bar or nightclub who has done herself up with make up, she knows that she doesn't normally look that good.

This is why most women LIKE it when a guy shows his sexual interest and lets her know that he finds her sexy.

In fact, some women NEED you to show your sexual interest so she can then loosen up and feel good enough around you, instead of acting confident when she is secretly insecure about her looks.

Of course, if you ask women about this online, they will rarely admit it. They will say that any guy who thinks a woman needs him to tell her that she is sexy is delusional. Once again, watch Don't Listen to What Women SAY, Watch What They DO

The reality is that if a woman feels insecure about her looks and you don't let her know that you think she is sexy, she will often play hard to get to make you chase her more so she can feel confident.

You don't need to put her or yourself through that.

Just tell her that she is sexy and most of the games stop right there.

She knows that you like her and she is excited to be interacting with a guy who isn't afraid of her or afraid of being rejected.

He's just being real, loving and open with her, which is a huge breath of fresh air for women.

One of the things to keep in mind when showing your sexual interest in a woman when at a bar or nightclub, is to make sure that you're not ashamed of it.

Don't be thinking, *"What if this goes wrong? What if she rejects me? What if she doesn't like it?"*

If you think like that, you will come across as insecure and nervous in the subtleties of your body language, tonality and behavior.

If you want a lot of sex, you've got to be one of the confident guys who doesn't second guess himself.

When a confident guy like that interact with a woman that he finds attractive, he doesn't give a damn about whether or not his sexual interest will be well received or not.

Why?

He knows that when he honestly believes in himself, it comes through in the subtleties of his body language, tonality and behavior and automatically attracts women.

Of course, most women wouldn't admit that if you asked them, but just watch what happens when a woman interacts with a guy who honestly believes in himself and, as a result, has relaxed, easy-going confidence that never wavers.

So, a guy who understands what you are beginning to learn now ([and can learn in full here](#)) will look at a woman with utter belief in himself, rather than looking at her and hoping that she *might* like him.

He knows that a woman feels attraction to a man's confidence, so he's not worried about whether or not she is attracted to him because that part of the process is taken care of already.

When he shows his sexual interest in her, she feels even more attracted that he has the confidence to do that without worrying about being rejected.

The man and woman then create a private bubble that blocks out the world around them; a secret understanding between themselves that they are both sexually attracted and open to the idea of having sex.

You might have seen that when you've observed a confident guy talking to a woman and noticed that she is smiling "ear to ear" and is excited and turned on by him.

It's like the suddenly have a special connection and a secret understanding between them.

That is something that you can CREATE with almost every woman you meet if you can just be confident enough to show her your sexual interest in the right way.

To others watching on, it looks like you have some sort of magical power over women...and you do.

It's not something that most guys ever discover or know how to do.

When you know how to do it, the doors to endless sexy women literally open up before you.

Walk on in and enjoy the buffet.

By the way...

Women also know that if guy isn't afraid to show his sexual interest, it will be much more fun to have sex with him.

He won't be so worried about things in the bedroom and will be more confident, alpha and relaxed. He will say and do whatever he wants in the bedroom, which is the sort of guy that women dream of having sex with.

She also assumes that will believe in himself in a relationship and will probably have the confidence to do well in life as well.

All this from him being honestly confident and showing his sexual interest in her in the right way.

Most guys don't ever get to experience that power.

One of the reasons why is that some guys go through life thinking, *"I have to be a woman's friend first, before she like me enough to have sex with me"* or *"I have to be a gentleman and show her that I respect women and don't expect sex"* or *"I have to show her that I'm a really nice guy and trustworthy"* and other things that they think are important and essential before getting laid.

The way that it actually works, is that a woman is primarily interested in whether or not she is sexually attracted to you first and then anything else that is good about you (e.g. you're a good guy, have good manners, etc) is just a bonus.

However, the nice things about you are not the things that initially get her wet and wanting to have sex with you.

If you want to get laid from bars and nightclubs, make sure that you do the things that turn a woman on very quickly.

Then, anything else about you as a man that is good and noble is simply a bonus to her.

6. Don't confuse her tests as rejection

Pretty much every woman that you meet is going to test you to see how confident you are.

It doesn't mean that she is rejecting you.

Instead, it's just her way of verifying that you're a confident guy.

The number one thing that women are looking for in guys is confidence because it has so many benefits to her emotionally and also in life.

A guy's level of confidence says a lot about him, who he is and his potential to do well in life.

Confidence is just one of those things that women really want in a guy.

It may sound strange to guys that women are so attracted to confidence, but it's no stranger than how we men are so attracted to a woman's body parts.

"Oh, look at those legs" or *"What a sexy butt!"* or *"Look at her cleavage!"*

In reality, her legs are two, boney structures wrapped in bloody muscle and then covered over by skin.

What is so attractive about a combination of bone, blood, muscle and skin?

Attraction is weird, but it is what it is.

You have to accept that women are attracted to confidence and it's something that is very important to them.

It's no stranger than the things that we find attractive about women.

It is what it is.

Accept it.

Likewise, understand that women aren't attracted to insecurity and emotional weakness in a guy.

Why?

We live in a world that is challenging at the best of times, so women want to be with a guy who is strong, mentally and emotionally.

Women don't want to hook up with a guy who is going to hide behind her when life gets challenging, or cry on her shoulder when he isn't feeling very strong.

She doesn't want a guy who is going to be a burden for her.

Her instincts tell her to hook up with a confident man who can stand up and face the challenges of life and come out a winner.

So, when you're interacting with a woman who wants to have sex with you that night, be prepared for the tests because they will happen.

For instance, she may give you disapproving looks or not contribute much to the conversation to see if you panic and feel as though you are being rejected.

You may have been behaving like a really confident guy who wants her, but doesn't need her (i.e. you have your choice with women and don't need her, but you do like her and are interested), so she will then test that by saying something like, "*Stand here and hold my drink while I go and dance.*"

If you then stand there looking nervous and worried about other guys dancing near her, then her test has worked and revealed your true level of mental and emotional strength.

A confident guy who could easily have other women and doesn't need her may laugh and say, "*Put the drink on the table here...go and dance...I'll be here*" rather than standing up next to the dance floor and holding her drink like a servant.

Note: If a guy is very confident and alpha, he can stand there and hold her drink and it won't make a difference.

Why? He knows that no matter what anyone says or does, he is still the alpha...and she knows it too.

Another common test that women will put a guy through in a bar or nightclub is to get him interested and then turn away and start talking to her friends for a couple of minutes, to see if you panic and feel left out.

What she is hoping to see is that you have the confidence and social intelligence to talk to her friends and not feel as though you're being rejected.

She is hoping that you don't feel left out and are able to stay in the interaction without worrying about a thing.

Depending on the girl, the level of testing is going to be different.

Some girls test more than others, but don't see those tests as her rejecting you.

She's just trying to determine how confident you really are.

Some women test guys a lot because they are trying to find a guy who is mentally and emotionally compatible with them.

She doesn't want to be with a guy who feels weaker than her emotionally.

She wants to feel girly around a guy because he's so confident and doesn't suppress his masculinity

around her out of fear.

Guys who get laid are the guys who believe in themselves and they don't stop believing in themselves, no matter what happens.

Women find that type of confidence irresistibly attractive because it says a lot about what sort of life the guy would be living, how much other people would respect him, how much fun it would be to have sex with him and the potential that he has to do well in life.

7. Really enjoy what you talk about

Have you ever noticed that when a cool guy is talking to women, he enjoys himself by talking about whatever he feels like talking about?

He's not straining to keep a polite, emotionally guarded conversation going.

He's just saying whatever he wants to say and enjoying it.

When you're talking to a woman in bar or nightclub and looking to get laid, don't try to impress her with serious conversation.

The way that I talk to women is to talk about whatever the heck I want to talk about at the time.

So, say for example you decided to talk about the topic of holidays/vacations and said, *"Hey, right now...if you could click your fingers and you would be anywhere in a dream holiday destination...just click and you're right there...where would it be?"*

If she then says, *"Hawaii"* it's not about you then getting into a serious, formal conversation with her about Hawaii and why she likes it.

When it comes to getting laid in bars and nightclubs, you've got to be having a good time and connecting with women, but you've also got to be enjoying yourself and having fun for your own sake as well.

Some guys make the mistake of coming across as a nice, innocent guy who wants to talk to her about pleasant things all night.

That is not what gets you laid.

Have fun with women and enjoy yourself, rather than trying to get her to like you because you connect so well on various topics.

The more that you enjoy what you're talking about and have fun with it, the easier it is to escalate to kissing with women.

You're in a good mood and things flow more easily from one stage to the next.

In response to her saying, *"Hawaii"* you can then enjoy what you're talking about by getting involved in the feelings of talking about Hawaii.

Really feel the emotion of what you're saying and enjoy it.

"Awesome! I've never been there, but whenever I've imagined going to Hawaii I haven't thought about surfing because I think I'd be shit at that. Apparently surfing takes a lot of getting used to...I like the idea of those late night parties on the beach with the Hawaiian music and dancing. I love that sort of thing..."

By that point, she will have already begun to add to the conversation if you are saying it with feeling,

or she will at least be nodding and smiling.

You can then ask, *“How about you? Tell me something that you like about Hawaii. What is some ideal situation that you can picture yourself in there? Apart from you and me having sex on the beach...”* or *“...apart from you buying me drinks and trying to get me drunk so you can sleep with me. I know what you’re like...I can tell by the look in your eyes.”*

The point is to enjoy whatever you’re talking about it, rather than trying to have a serious conversation with her.

A lot of guys want to have sex with women from bars and nightclubs, but feel turned off by the idea of approaching because it seems like a huge task to go and talk to the women and get to know them. Get rid of that mindset and instead just focus on having a good time and saying whatever you feel like saying.

You don’t have to get to know women well before having sex with them.

Just have a good time, escalate things to the next level, kiss her and then leave to have sex with her.

That’s basically how it works.

To understand what to say and do at each step to get to kissing and sex, read [The Flow](#) or listen to the audiobook version, [The Flow on Audio](#).

8. Don’t doubt your attractiveness

It’s very important to women that you don’t your value to them.

She doesn’t want to feel like she is hooking up with a guy who doesn’t deserve her, who isn’t even in her league or who feels like she would be doing him a favor by hooking up with him.

She doesn’t want to feel that way.

She wants to feel like, *“Wow...this guy is so confident...women like him...he can have other women, but he’s interested in me. I feel so lucky.”*

That’s how she wants to feel.

She doesn’t want to feel like she does with pretty much every guy she meets, where the guy makes her feel as though she is more valuable than him and that he would be so lucky to get with her.

She wants to feel like she has a chance to score a guy who could have other women, but may choose her if she plays her cards right.

When I interact with a woman, I know that she is attracted to me.

Why?

I know that women are attracted to confidence, which I have plenty of.

I know that women are attracted to a guy’s masculinity, which comes through in how I think, behave and take action.

It also comes through in my vibe and body language.

When I’m coming across as a masculine guy, I know that it turns a woman on.

I know that women like it when you show them sexual interest; I know that it turns them on.

I know that women feel better around you when you show them sexual interest.

I don't doubt what's going on between me and the woman and because of that, I behave in a more confident way, which turns her on even more.

She feels excited about my confidence and feels like she would be lucky to have sex with me.

For some guys, it almost seems impossible to have that sort of power over women.

Yet, it is available to guys if they just learn how to think in a different way around women.

Instead of doubting your attractiveness, know that you are attractive to women and do not deviate from that belief...ever.

You are attractive to women because you are confident and masculine.

End of story.

No ifs or buts about it; you are an attractive man.

Most guys say, *"To attract women, you have to be tall and good looking, or have big muscles"* because they don't know what else to think.

Throughout my entire "career" of being awesome with women, I haven't had big muscles.

Yet, I have gotten laid every time that I've gone out to pick up women.

It wasn't always that easy for me for though.

As you may know if you know about me and my story, I used to go out and approach women and get rejected all the time because I didn't know what I was doing.

Women didn't like me because I lacked confidence in myself and was too afraid to show my sexual interest.

I doubted my attractiveness to women because I was comparing myself to other guys based on looks.

Yet, when I worked out the secrets that I teach here at The Modern Man, getting laid and getting a girlfriend has been a simple, guaranteed process for me.

When you know what you're doing around women, it's very simple.

You just go out and get laid.

You can't pick up every woman, but you go out and are always able to pull beautiful women back for sex and have an awesome time.

A big secret to my success with women is simply believing in my attractiveness to women.

Don't ever doubt your attractiveness to women.

The irony is that when you don't doubt your attractiveness to women, you are actually attractive to women because you're confident.

9. Give yourself permission to be the cool guy

A lot of guys will look around at other people in a bar or club and think, *"They're all in their groups...women don't want to be approached because they already have plenty of people in their group to talk to...those guys seem really cool and are dressed really well...I don't fit in here."*

With that sort of mindset, a guy will naturally feel nervous and look like a bit of an outsider in a bar or club.

He will wonder how he can get into the "cool crowd" and get women to like him.

What he doesn't realize is that being part of the cool crowd starts with giving himself permission to be the cool guy, by saying to himself, *"I am the cool crowd."*

You have to decide that you're a cool guy and then take action in life based on that belief about yourself.

Earlier in the article when I gave the example of walking into a bar or club, smiling and saying something like, *"Hey, how's it going...I thought I'd come and say hi. I'm Dan...what your name?"*

That's an example of me giving myself permission to be the cool guy.

I'm not waiting around for people to show me that I am accepted; I assume acceptance and just get right into it.

With that sort of confidence, women don't say, *"Get away from us!"* or *"Why are you talking to us?"* because they want to be cool too.

They want to be included in the cool crowd, so they will be nice to cool people to fit in and be accepted.

It's a natural, instinctive reaction that most humans have when they meet a confident, "cool" person.

10. Escalate all the time

When you're out to get laid, it's best to separate the women who are open to having sex that night, with the women who will want to go on a few dates first.

Some women will not have sex on the first night because they are shy in front of their friends, or are out with their coworkers and are worried about ruining their reputation at work.

When you escalate all the time, it's about constantly pushing things forward and testing the boundaries to see how a woman responds.

When you start to escalate with woman and she goes along with it, she becomes even more committed to the interaction and sex becomes an almost inevitable outcome.

If she doesn't want to have sex that night, you will usually be able to at least get a kiss from her and then have sex with her on the first date.

Remember: A study in the USA found that 55% of couples had sex on their first date.

Women don't go around admitting that sort of thing, but it's what really happens.

So, here are some escalation examples to help you get things moving along:

Example 1: Go for a shot or a drink at the bar

You can say something as simple as, *"Hey, let's go grab a drink. I'm going over to the bar, come with me"* or *"Hey, I'm going to grab a drink from the bar...come with me...let's go grab a shot."*

If she says, *"I don't want to drink a shot"* then say, *"Alright, come to the bar, let's go grab a drink. What are you going to drink? Me and you are going to get a drink together – come on."*

Just say it with confidence and belief in yourself and be the cool, easy-going guy that you are and most women will go with you.

If she says no, which some women will because they want to test your confidence (that's okay – it's almost never a rejection and is almost always just a test), simply smile and say, *"What? Come on,*

let's go grab a drink" and reach out your hand and say, *"Come here, give me your hand"* and then lead her to the bar.

If she still continues to test you and smiles and says, *"No, I want to stay here"* you can smile and say playfully (important. Say it playfully) something like, *"Come here, I want to talk to you"* like a father would say to his little daughter.

Then, smile and say, *"Let's go get a drink"* and lead her to the bar with you.

Just be persistent because some women will feel shy to go with you, some will want to test your confidence and other will be trying to not look too easy in front of their friends or you.

Getting her to be alone with you is an example of escalating and it creates a more private connection between you and her.

She is showing her willingness to do things alone with you and to follow your masculine direction.

Some women will also be open to a bit of kissing while you're waiting to order drinks at the bar, or after the drinks have been served and paid for and you're standing there talking to each other.

Some women feel more comfortable kissing when their friends or coworkers can't see.

However, it really depends on the size of the bar or club and on the particular woman.

Some women don't care and will kiss you immediately after meeting you, whereas others will want to do it away from prying eyes.

It really depends.

At the very least, by going to the bar to order a drink together, you will have achieved an important step in the process of getting laid by getting her to feel comfortable and willing to be alone with you.

That is often enough for many women to then feel comfortable to do things like sit on your lap when you're back at the table with her friends, hug you, etc.

Always be escalating if you want to get laid.

Just keep moving things forward because any step forward is a step closer to sex that night, or at least a kiss and then sex on the first date.

Some guys will be wondering now about who pays for the drinks.

It's fine to get the first round and then ask her to get you a drink next time, if she doesn't automatically offer.

If a woman is attracted to you and likes you, she will usually buy you a drink for the second round.

Example 2: Use the Hug Technique

If it's her birthday, you can say, *"Ohh, birthday hug! Come here – birthday hug. Happy birthday"* and then give her a hug for her birthday.

This helps to break the physical barrier between you and her.

It also gets her and her friends smiling and laughing and feeling more comfortable around you.

Example 3: Dance the 10 Second Dance

If a song comes on and she says, *"I love this song"* you can add in, *"This song is awesome...come here, let's do a 10 Second Dance...I can't be bothered dancing for half an hour, but let's dance for*

10 seconds.”

Then, pull her close to you and dance with her for 10 seconds.

If she tries to go longer than 10 seconds, you can then jokingly say, *“Hey, 10 seconds is up...if you want anymore dancing you’re going to have to buy me a drink first...I’m not that easy...you’re going to have to work for it baby.”*

When it comes to getting laid in bars and nightclubs, quick escalations and testing the waters in these ways is important because you want to find the women who are actually interested in having sex that night.

Additionally, since a lot of women are open to having sex right away, they will show a guy signals of sexual interest and then get frustrated if he doesn’t pick up on them.

If she’s open to having sex that night, she doesn’t want to get stuck talking to a guy who won’t have sex with her because he can’t see her signals or will be too chicken to make a move.

Each woman shows her signals of interest in a different way.

An obvious sign of interest is when a woman looks at you in a girly way, while also playing with her necklace and biting her bottom lip.

However, not all women make it that obvious, so it’s important that you believe in your attractiveness and escalate all the time in case you are interacting with one of the women who don’t make it obvious because they want to test the guy’s confidence and masculinity.

That said, you will also be able to get laid by using a slower approach to the pick up by talking to her for hours and building up sexual tension with eye contact and bit of flirting.

I’ve used that approach before and gotten laid, but when I’ve used the approach of escalating all the time, I get laid quicker and easier.

Escalating all the time allows you to sort out the women who are open to having sex with the women who are going to require 1-3 dates first.

Escalating all the time also ensures that you don’t disappoint the women who want to know for sure that they are interacting with a guy who is actually going to hook up with them that night.

If you have been talking to her for 30 minutes, but haven’t made any sort of move on her or shown obvious sexual interest, a woman who is looking to get laid that night will usually lose interest and want to meet other guys instead.

11. Reframe the interaction as though it’s about her trying to win you over

A lot of guys fall into the trap of trying too hard to pick a woman up.

When a woman senses that a guy is trying to pick her up, she may then feel as though she has to play hard to get so she doesn’t look too easy.

When she starts pulling back and playing hard to get, the guy will then feel as though he is being rejected and losing her, which will cause him to appear nervous or self-doubting, which will then turn her off.

So, before a woman begins down that path and ends up saying something like, *“Hey, by the way –*

we're not having sex tonight" make sure that you reframe the interaction first.

One of the ways you can do it is by reframing her saying that she is going to the bathroom as meaning that she wants to have sex with you in the bathroom.

Here are some examples:

Example 1

Her: I'm going to go to the bathroom.

You: [Smile and say in a playful, but almost shocked way] Wow, you're very forward. We've only been talking for 5 minutes and you already want me to go to the bathroom with you? I don't work that quickly. I'm going to need a couple of more drinks first. Get me a scotch on the rocks and then I'll be more open to it.

Example 2

Her: I'm going to go to the bathroom.

You: Wow, you're forward. The last woman who hit on me at least took me out to dinner first, but you want me in the bathroom already?

By talking to her in that way, you are reframing the interaction to be about her trying to pick you up. She'll laugh, she'll love it and she'll know that you aren't a social reject who doesn't understand that sex happens.

You are a guy who is confident with women and willing to joke around about things like that, rather than being nice and polite the whole time because you're worried about saying something wrong or "offending" her.

To reframe the interaction as though it's about her trying to win you over (which is actually how women want the interaction to go. She wants to feel lucky to pick you up, rather than feel as though you're just another guy who is hoping to be chosen by her), you also want to be raising and lowering your interest level in her to keep her guessing.

Rather than being 100% interested in her no matter what she says or does, let her feel your interest level drop at times, even if you do it in a playful way.

For example, if she says that she's an accountant you can say, *"Woah...okay...I liked you up until that point, but when you said that you're an accountant, you lost me...you're too smart for me...I don't have the vocabulary to be dealing with a girl like you."*

12. Try social vs. sexual styles

I know that a lot of guys aren't comfortable with walking up to women and immediately showing their sexual interest in them.

Many guys go through life thinking that they have to be a nice gentleman who doesn't look at women in a sexual way, or think that a woman will want to have sex with him.

Maybe it's as a result of brainwashing from the media or being brought up in an ultra-conservative family, but whatever a guy's backstory is, he knows that he secretly jerks off to hardcore porn every week.

True?

A guy like that needs to answer the following questions to himself right now:

When was the last time you jerked off and had wild thoughts about the woman while doing it?

What were you thinking about her?

What were you imagining yourself saying and doing to her?

Where is that side of you when you're talking to women that you find sexually attractive?

Why don't you at least show 20% of that side of you when talking to women you find sexually attractive?

Why do you suddenly become Mr. Nice or Mr. Polite or Mr. Innocent and Never, Ever Think About Sex when you talk to a woman that you find sexually attractive?

The reality is that, regardless of how nice a guy acts, he knows that he loves women, wants to have sex with women and looks at women in a sexual way.

Yet, he goes through life suffering from a conflict of identity because he thinks he needs to be a nice, innocent-looking, gentleman, but he also wants to be sexual with the women he meets.

Since it's so common for modern men to have that conflict of identity, I know that many guys aren't comfortable to use a sexual style of pick up right away.

So, if you're not comfortable showing your sexual interest in women, it's fine to use the more social style of pick up that we also teach here at The Modern Man.

The social approach is where you just walk up to women and be social, have a good time and build up sexual tension over the course of the night (or day) with eye contact and flirting.

You gradually build up to touching, kissing and then take a woman home for sex.

However, you can also use the more sexual style, which gets you faster results because you're able to efficiently sort through the women who are open to having sex that night, rather than investing 2-3 hours in a woman and then only getting a kiss and her phone number at the end of the night.

You don't have to use the more sexual style if you're not comfortable with it, but I would encourage you to try it.

Try being a little bit more sexual than you think you should be.

Try being a little bit more confident than you think you deserve to be.

Try being a little bit more presumptuous about her attraction for you.

Try to do that rather than doubting yourself and hiding your sexual interest in her. If you mix that in with a social style of pick up, you will find that your success rate at getting laid will skyrocket.

You don't have to go down the path of being a sleazy guy; that's not what I'm talking about here.

I'm talking about showing your sexual interest in women and not being afraid of it.

I have gotten laid many times by using the more social, friendly, easy-going approach, but it does take more time.

Sometimes you have to invest 2-3 hours of hanging out with a girl, rather than 2-3 minutes and then you're dancing close with her, groping her, kissing her and it's on.

Then, it's just a matter of time before you leave the bar or club to have sex.

I've pulled women out of bars and clubs immediately, within 5 minutes, 10 minutes and all the way

up to four hours.

My fastest times always happen when I show my sexual interest right away with the more sexual style of pick up, but using the social style is fun as well.

13. Be in a party mood or a sensual mood

You can go into a bar or a club and get laid by being in a party mood or a sensual mood.

You can walk up to women in a really sensual, relaxed mood and say, *“Hey, what’s going on...I thought I’d come over and say hi...I’m Dan, what’s your name?”* and then she gives you her name.

If you’re talking to two women named Jenny and Michelle for example, you can say in a sensual, charming way, *“Oh, so it’s Jenny and Michelle...two of the most beautiful girls I’ve ever seen in my life.”*

Women like the sensual style, as long as you are confident and relaxed about it.

It’s not about being sleazy, it’s about being sensual, confident and relaxed.

Have a relaxed, sensual smile and make relaxed, confident eye contact with the women.

When you do it right, women love it.

Alternatively, you walk in to the bar or club in more of a party mood.

You walk in, smiling and feeling good about yourself, the night and the bar/club.

You’re in a party mood and you walk right up to some girls and say (with a smile), *“Hey, what’s happening...I just got here...thought I’d come over and say hi. I’m Dan, what’s your names?”*

They will smile and respond by talking to you if come across as confident and easy going.

You will get laid easily when you’re in party mode or sensual mode, but if you’re in poser mode you will rarely get laid.

Poser mode is where you’re all up in your head and trying to look good, in the hope that women notice you or like you.

Posing often includes acting like you’re indifferent to the bar or club and are so important or cool that you no-one there is good enough to talk to you.

The only posers who get laid are the really good looking guys, who will sometimes get approached by women.

For the rest of us guys, we have to get in there and meet women, rather than standing around and hoping to be approached.

We have to make a woman feel attracted to our confidence, masculinity and personality, turn her on during the interaction and then take her home to have sex.

14. Don’t wait for women to give you approach signals

If you don’t get laid from your first approach, you will need to keep approaching until you find the right woman for you that night.

Don’t make the mistake of having an approach done and then standing around as though you’ve been rejected or are now lacking confidence in yourself.

Keep feeling good, keep smiling and keep approaching.

Many guys will stand around hoping that women give them obvious signals that it's okay to approach (e.g. smiling and waving him over, winking at him, etc), but that isn't an effective strategy because almost all women don't make it that easy for guys.

Don't ever sit around hoping that women will suddenly make it easy for you.

Don't look for favors in the club (e.g. women who will take pity on guys who are afraid) because it rarely, if ever happens and when it does, the women are usually unattractive.

The way to approach women in bars and clubs is to use your confidence to approach and attract women.

If you have a high level of skill with women, you can approach any woman you want and it will usually go well.

However, if you're not that good at picking up women or getting laid, try to look for women who are open to being approached (e.g. standing around and not saying much to each other, while looking around at the crowd) and then just approach.

In the movies, women will call men over or approach men, but in real life, most women simply wait around hoping to be approached by a confident guy who won't be afraid to show his sexual interest in her and will escalate to either a phone number, kiss or sex that night.

So, don't wait around hoping that women make it really obvious that they want to be approached by you in particular.

Just approach women who look open and use your confidence to attract them.

If you have approached a woman and it hasn't resulted in a sexual vibe ,or kissing and you then exit the interaction, that is fine.

Don't get all up in your head and worry, *"That approach didn't go well, so everyone is probably looking at me now thinking that I'm a loser."*

No matter what you do after the interaction ends (e.g. stand around with a friend talking or go to the bar), just make sure that you maintain your positive vibe and confidence and then approach more women.

Most guys looking on will be envious of your confidence and be secretly wishing they could be like you.

Women notice this and it makes them feel more attracted to you.

You seem different and they wonder why you are so confident, compared to all the other guys and why you are having fun, interesting interactions with women.

This makes them want to meet you.

Focus on that, rather than on the potential negatives.

If you focus on the negatives, you lose confidence and it makes you less attractive.

15. Stay in there

This is so important.

You have to stay in the interaction as long as possible because some women need more time than

others.

You will be able to do a better job of staying in there by using some of the tips I've given you so far (e.g. not seeing her tests as rejection, not doubting your attractiveness to her, enjoying whatever you decide to talk about, etc).

When it comes to pulling a one night stand or getting laid from bars and nightclubs, sometimes you will go up and talk to a woman and be kissing her immediately because she's in the mood, a little tipsy or because you and her have a special connection or great sexual chemistry.

Sometimes it takes 10 seconds to get to the kiss, sometimes 20 seconds, a minute, 5 minutes, an hour, two hours or even three hours.

It takes different amounts of time because we're dealing with humans here, not robots.

Humans are complex creatures who behave in slightly different ways based on their insecurities, personality type, etc.

For instance, you might be talking to a group of women and the woman you like is trying to show off to her friends by playing hard to get.

She may really like you, but also be trying to get some status in her group by showing her friends that she isn't easy to pick up.

A woman may also feel embarrassed to escalate in any way because her coworkers are around, or she may feel as though she needs to play hard to get to show you that she's a trustworthy girl.

So, don't expect every interaction that you have with a woman in a bar or club to go from a conversation, to kiss and then sex with 30 minutes to an hour.

Sometimes it takes a lot more time, which is why you have to stay in the interaction as long as possible.

One of the biggest keys to getting laid from bars and nightclubs is to stay in the interaction as long as possible, even if you feel uncomfortable at times.

Sometimes you have to invest 1-3 hours of hanging out with the girl, partying and talking with her friends and sometimes being a little bit indifferent to her and just talking to her friends.

When a woman sees that her friends like you too (or even better – her female friends are attracted to you), it makes her feel more comfortable hooking up with you.

She knows that her friends approve and that they may even be jealous that she's met a guy like you.

In the early days, when I was still trying to work out how to pick up women, I hadn't yet discovered the power of staying in there and pushing through any feelings of awkwardness.

I would go out to approach and pick up women and when it wasn't escalating very quickly, I'd be thinking, *"Okay, this girl doesn't like me"* and would then doubt my attractiveness to her and fall into an insecure way of thinking.

When a woman would notice that I'd lost confidence, she would then feel turned off by that and start showing signs of disinterest.

I would then leave the interaction and feel rejected, not knowing what had just happened.

When I decided that I would stay in interactions as long as possible and see what happens, I then started to get laid much more often.

Based on those results, I was then able to realize that there are many reasons why an interaction

won't always immediately escalate to kissing, groping, etc.

Sometimes, you walk up to a woman and then walk out with her a couple of minutes later and sometimes it takes a couple of hours.

When you can learn to accept that and stay in there, your success at picking up women goes through the roof.

The interactions won't always lead to sex that night though.

Sometimes, you will even get to point where you are kissing the woman, making out and she will be loving it and she'll then say, *"I want to go home by myself tonight"* and you have sex with her on the first date instead.

That's fine and it will happen sometimes, but just know that you have to stay in there as long as possible to increase the chances of you getting laid that night.

When you're in a long interaction with a woman or her friends, don't ever feel like you're an intruder or as though you're a burden to them.

Be someone who is adding good energy and vibes to the group, or if you're talking to two girls, be the guy who is having a good time with them.

If she's in a group that isn't very interested in talking to her, it's fine to mainly focus on your girl most of the time.

However, if she is with people who want to spend time with her, make sure that you're talking to them too.

16. Kiss her

If you want to get laid from bars or nightclubs, you will usually at least have to kiss the girl before she will be willing and open to leave the venue with you.

If you get to the end of the night and still haven't kissed her, it won't make much sense for her to leave with you and then be alone with you.

To her, you will still feel more like a friend than anything else.

Kissing changes things from being friendly to sexual in an instant.

It creates a private connection between you and a woman where sex becomes inevitable.

So, at least try to kiss her, with the knowledge that women rarely reject kisses from guys they are attracted to.

She might shy away from the kiss if she's worried about her coworkers seeing, in which case you should try to get alone with her first (e.g. go to the bar together and then find a private place in the bar to sit down for 5 minutes, *"Hey, let's just sit down here for 5 minutes and then we'll go back to your friends. Cool?"*)

One of the ways to kiss a woman in a bar or nightclub is after the 10 Second Dance.

When you stop dancing, hold her close in front of you so you are face to face and making eye contact.

Her reaction to that will usually tell you whether or not she is open to kiss you.

If she stands there smiling and maintaining eye contact with you, there's a 99% chance she will be

open to being kissed right then and there, so just lean in and it will happen.

However, if she is turning her head away and avoiding eye contact in an uncomfortable way, it usually means that she doesn't want to kiss you right then and there.

If you haven't attracted her properly because you're not being confident around her or haven't included a sexual vibe, then she will most-likely reject your kiss.

So, make sure that you focus on building her attraction for you before attempting any other type of escalation.

For my best ever techniques for getting a first kiss (and sex on the first night or first date) that I can't share here or on Youtube, read [The Flow](#) or listen to the audiobook version, [The Flow on Audio](#).

17. Take her home or at least to another venue

Some women will be open to going straight home with you after meeting in a club.

Some women have an identity crisis with the whole idea of having sex on the first night (e.g. she doesn't want to look too easy in your eyes, she wants to show off to her friends by playing hard to get, she's worried what her coworkers might think about her, etc), so she may want to go to another bar, club or venue (e.g. cafe, take away food store, etc) before going home with you.

Going to another bar or club with her is an escalation to the next level.

She is personally going to a new place with you, rather than just talking to you as though you are a random guy in a bar or club that isn't going to be a part of her life.

Going to another venue with you allows a woman to feel as though she is still maintaining her pride and sense of identity (i.e. the identity of being an innocent woman who never has sex outside of a relationship).

With the small percentage of women who need to go to another venue first (I'd estimate that about 30% of women require it before going home with you), they will eventually say something like, *"I'm getting tired...I might go home"* which is your cue to say, *"Okay, let's get out of here together."*

At that point, she still isn't 100% committed to going home with you and may act surprised when you get in a taxi or your car and suggest that she come over to your place.

To break the tension and get her laughing and relaxed about going home with you, just say, *"But, don't get any funny ideas, we're not having sex tonight...I'm not that easy."*

The woman will then usually laugh and say, *"No, YOU don't get any ideas!"* and then you just head home together and get it on.

It doesn't matter if you go to her place or yours, but it's best to go to the place that is closer.

Many women are a lot easier than that and you simply have to say to her (at the bar or club), *"Hey, you want to get out of here?"* and she will say yes, or *"Hey, it's been a good night so far, but I'm thinking about getting out here now...you want to get out of here or what?"*

The woman may say something like, *"Yeah, I'm thinking about leaving too"* to which you can smile and jokingly reply, *"Cool, you can give me a massage when we get home then."*

If you don't want to go straight home with her and want to go to another venue first, simply say something like, *"Hey, there's a really cool bar up the road that I want to check out. Let's go check it*

out” and she will then leave with you.

Sometimes all of her friends will come along with you, sometimes some of her friends will come and sometimes (usually when you’ve already kissed her) it will be just you and her.

Most women can read between the lines and know that if they are leaving a venue with you, it will most-likely lead to something else happening.

It’s not an absolute guarantee of her having sex with you, but it’s at least a commitment of her going somewhere else with you.

Even if she does go somewhere else with you, she might still behave as though she isn’t going to have sex with you, but secretly be hoping that you keep pushing things forward.

The only way to know is to move things forward (i.e. kiss when you are on the way to the next venue, or when you get there, or start kissing when you get back to your place of hers).

Just know that most women who go to bars and nightclubs have had a one night stand before, even though some won’t even admit it to their closest friends.

Statistically speaking, when talking to a woman in a bar or club, there’s at least a 70% chance that she’s had a one night stand before and she will likely do it again if you can seduce her.

That doesn’t mean that every woman at a nightclub wants a one night stand, but if you’re going to pull a one night stand, the best place to find a woman for that is at a bar or nightclub.

18. Know that every approach will not get you laid

Meeting random strangers is not a black and white process.

You’re not going into a computer simulated environment where everyone is preprogrammed to behave and respond in certain ways.

In a busy bar or nightclub, there will be all sorts of personality types, energy levels, insecurities and people who are trying to present a certain type of social persona or identity to the crowd.

If you approach two or three different women and it doesn’t get you laid, that is fine.

If you start thinking that you’re a failure, then you’re thinking about it in the wrong way.

The correct way to think about it to understand that when people meet each other, they’re not always going to be compatible and that is okay.

It’s not your fault that a woman isn’t compatible with you.

No man is compatible with every woman he meets and no woman is compatible with every man she meets.

Meeting a woman who isn’t compatible with you doesn’t mean that you’re a failure.

It just means that you’ve got to meet other women.

So, when you go out there to get laid, don’t put pressure on yourself like, *“Okay, I’m going to talk to three women tonight and if I don’t get laid, I’m a failure, I’m a loser, I can’t do this...and I’m just going to give up and jerk off to porn every week.”*

If you talk to three groups of women and it doesn’t work out, that is fine.

If you have been doing it properly (i.e. believing in your attractiveness, smiling and enjoying yourself), you will have been getting more and more pumped up with each approach and when you

then talk to the next woman or the next group of women, you may then get yourself a woman to have sex with that night.

Don't give up.

Don't expect that women are going to be nice and make it really easy for you.

Go out there, have a good time, be confident, believe in your attractiveness to women, keep escalating and moving it forward and have a great time.

By the way...

If you've enjoyed these free tips and would like to get my best ever techniques and methods for getting to kissing and sex with women that you've just met, then I recommend that you read [The Flow](#) or listen to the audiobook version, [The Flow on Audio](#).

The Flow is full of techniques, examples and methods that I can't share here on the site or on Youtube. [Learn more here](#).

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[image: Dan Bacon]

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55 Reasons Why Nice Guys Fail With Women

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Back when I was using the nice guy approach on women, I thought that it should work.

After all, what could possibly be wrong about being nice to a woman, especially when we always hear women saying, “*I want a nice guy*” and complaining about guys who don’t treat them well?

Surely women are making a huge mistake by not hooking up with nice guys, right?

Actually, the answer is no.

So, does that mean the secret to success with women to be a bad boy, jerk or asshole and treat women badly?

Once again, the answer is no.

As you will discover throughout this list of 55 reasons why nice guys fail with women, the secret is to be a good guy who also makes a woman feel sexually attracted and turned on during conversations and interactions.

If you can do that, women will love you for being a nice guy.

However, if all you’ve got to offer women is your niceness, you will be friendzoned.

Here are 55 mistakes that nice guys make, which lead to rejection or to getting dumped out of a relationship...

1. Thinking that being really nice to a woman obligates her to be romantically interested in him

[image: Hey, you're so nice! Let's have sex]

Being nice to a woman doesn’t make her feel sexually attracted and turned on by you.

If you want a woman to have a romantic or sexual interest in you, the first thing you need to do is focus on making her feel sexually attracted and turned on by you.

Only then will she appreciate the fact that you are also a nice guy.

There’s nothing wrong with being a nice guy, but women only care if you’re nice AFTER they feel sexually attracted to you.

If a woman isn’t sexually attracted to you, she’s not going to reward you with sex, love and devotion just because you’re nice to her.

[image: What if I told you that being nice to a woman doesn't obligate her to be romantically interested in you?]

When a nice guy gets rejected by a woman after being really nice to her in the hope of getting her to like him, it doesn’t make any sense to him.

He thinks, “*What is her problem? I’ve been so nice to her, I’ve been listening to her, I’ve been kind and considerate, I’ve been there for her...I would do anything to make her happy. Yet, she’s not even interested in me. She says that she just wants to be friends! Surely she is just confused.*”

What the nice guy fails to realize is that being really nice to a woman doesn't then entitle him to date her or have sex with her.

What makes a woman interested in having a sex with a guy is her feeling sexual attraction for him.

What makes a woman feel sexual attraction for a guy is his confidence, masculinity (i.e. alpha male thinking, behavior and actions) and his ability to make her feel feminine and girly during an interaction...NOT his niceness.

If a guy makes a woman feel attracted to him first (e.g. he is confident, gets her laughing, is charismatic) and is then nice to her, she will actually enjoy it and refer to him as a charming guy.

However, if a guy starts off being really nice to her in the hope that she will like him enough to give him a chance, she will close up because the attraction isn't mutual.

What the nice guy doesn't realize is that he needs to actively spark the woman's attraction for him FIRST and then, when she is attracted, she will begin to appreciate the fact that he is also a good guy. Since most nice guys aren't aware that attraction is required before anything else, they will usually be very nice and sweet towards a woman and then expect her to like him and want to be with him based on that.

Yet, that's just not how it works.

You have to start with attraction and then everything else follows on naturally after that.

If you start by trying to suck up to a woman by being really nice to her, she might like you as a person, but she usually isn't going to be feeling enough attraction for you to think of you as being anything other than a friend.

2. Assuming that if women don't like nice guys then they must want bad boys, jerks or assholes

[image: So, you rejected me for being a nice guy? Please, tell me more about how badly your asshole boyfriend treats you]

A nice guy will hear women complain and say, "*I want a nice guy*" but then watch in disbelief as the very same women hook up with so called assholes, jerks and bad boys. It is very confusing for him.

The problem here is based on the nice guy's perception of what a bad boy, jerk or asshole is.

He thinks that anyone who isn't as nice to girls as he is is a bad boy, jerk or asshole.

Yet, in most cases, the so called bad boy is just an ordinary good guy who doesn't go around sucking up to women and hoping that they like him for it like a nice guy does.

The so called "jerk" is often just a very confident guy who understands that women first want to feel attraction for a guy before they consider getting romantically involved with him, so he starts off by displaying confidence and not trying to suck up to women to get them to like him as a person.

Of course, I'm not saying that there aren't any bad boys out there.

Of course there are.

There are also some messed up women who want a bad man, but they are an absolute minority and probably don't even make up 1% of the female population.

Most women just want a confident, masculine guy who is also a good guy. They don't want a self-

doubting, ass-kissing nice guy and they don't want a bad man.

In many cases, a nice guy (who usually lacks confidence in himself) will misinterpret another guy's high level of social confidence as arrogance.

The nice guy will say, *"I care about her so much. I would do anything to be with her. Yet, she is lusting after a guy who doesn't even care about her. The guy she is in love with is a jerk. He thinks he's so damn good. Why doesn't she see that he's a jerk?"*

What the nice guy doesn't realize is that women feel attraction to a man's confidence and the "arrogant jerk" simply isn't desperate to be with her like he is. Why? As a result of his confidence, he will usually have plenty of other women interested in him at the same time and he may not even find that particular woman very attractive.

When a nice guy hears that, he might think, *"Well, why does she want to be with him if he doesn't find her attractive? Clearly he doesn't want her and I do, so why not be with me? I think she is the most beautiful woman in the world. Why doesn't that mean anything to her?? I would treat her so much better than he would."*

The answer is simple: The fact that a nice guy is trying to show her that he would treat her well doesn't mean much or anything to the woman because she isn't attracted to him.

If the nice guy started by making her feel attracted to him (e.g. being confident, flirting with her, being charismatic, making her feel feminine in comparison to his masculinity), she would be then feel excited and lucky to have met a guy who makes her feel attracted and will also treat her well.

However, she's not going to hook up with a nice guy just because she will treat him well. Instead, she will hook up with a guy who makes her feel attracted and then try to change him to be nicer to her later on.

The nice guy will then look on and think, *"WTF? She complains about guys not treating her well and then she hooks up with a jerk instead of me. WTF!!!"*

He just doesn't understand that attraction has to come first.

He also doesn't understand that if he had lots of women attracted and interested in him, he wouldn't be able to give them all a chance to be with him. He would become more selective.

Imagine this...

A very attractive woman has a lot of guys who are interested in her.

Would you call her a "jerk" if she didn't get into a relationship with every guy who was interested in her?

Of course not.

It's not her fault that she is making lots of guys feel attracted to her. She doesn't have to be interested in all of them, have sex with all of them or have a relationship with all of them.

She can pick and choose.

The same applies for a very confident guy who knows how to make women feel attracted to him. He can pick and choose and doesn't have to suck up to women with a nice guy act to hopefully get them to like him.

Women like him by default because he is attractive to them and as a result, women try to get a chance to be with him, even though he might not treat them as well as a nice guy would.

Why? Attraction rules.

Men want to be with women that they feel attracted to (even if the woman is a bit cold or a bit of a bitch to him initially) and women want to be with men that they are attracted to.

Sure, some guys will say, *“No way! Screw those bitchy women! I don’t want anything to do with them.”* Yeah, right – then he goes and jerks off to porn with bitchy, hot women.

Attraction rules.

If a woman feels a lot of attraction for you, she won’t really care if you’re not treating her as nicely as other guys do. She will want to hook up with you because her feelings of attraction are more important.

Unfortunately, most guys just doesn’t understand how the human mating dance works and why attraction is so important.

When a nice doesn’t get liked for being nice and sees women hooking up with guys that he perceives to be jerks or assholes, he usually concludes that women must hate nice guys and want to be treated badly.

Women don’t want to be treated badly.

They want to find a guy who makes them feel attracted and if he also happens to be nice, that is seen as a welcome bonus, but isn’t always necessary for sex to happen and a relationship to begin.

3. GettingÂ angry at women for doing what he does

[image: Nice guy vs. nice girl]

A nice guy will sometimes feelÂ angry about how women don’t select guys based on how nice they are.

He’ll think, *“I’ve been so nice to her. I’ve done everything she could ever want and she still doesn’t like me...what a bitch!Â Why is she interested in that guy who is a jerk?”*

Yet, what he fails to realize is that he is doing the same thing as her. How so?

Generally speaking, a nice guy will usually want a girlfriend who is nice, intelligent, easy-going, down to earth, beautiful, loyal and trustworthy.

Yet, he will jerk off to porn with sluts, whores and pornstars (i.e. bad girls) every week.

If he had the chance to have sex with a bad girl (e.g. a sexy woman from a nightclub, a stripper or even a slutty pornstar), he probably would.

[image: Strippers are bad girls]

In fact, while jerking off to sluts, whores and pornstars, a nice guy will often fantasize about having some of those women as a lover, girlfriend or even wife.

[image: Men looking at online porn]

In that moment of masturbation, it doesn’t matter to the nice guy that the woman he is jerking off to is a “bad girl.”

Why? Attraction rules.

He is sexually attracted to her, so the fact that she is a bad girl doesn’t matter and he simply jerks off

to please himself.

The difference for women is that they can actually get laid a lot easier than a nice guy can because a nice guy's approach doesn't make women feel sexually attracted.

Most women just have to say, "Yes" and most guys (nice guys, bad boys, jerks and anyone else) would bang her at least once. Why? Men feel mostly attracted to women based on their physical appearance and are usually willing to have sex and even a relationship just based on the woman looking physically attractive.

This is why men instantly get turned on when looking at women in porn and don't give a crap what the woman's personality, intelligence level or anything else is. If she has a nice ass, pussy, tits or face, it's boner time.

Yet, the same rule doesn't apply for how women feel attracted to men.

Most women (not all) are more attracted and turned on by how a man's personality, behavior and inner qualities make them feel (i.e. his confidence, masculine vibe, humor, charm, etc).

Yet, a nice guy doesn't get that.

He thinks that women should like him for being nice, even though it doesn't turn women on.

Think about it this way...

Initially, you are mostly attracted to a woman's physical appearance more than anything else, so imagine how unattractive women feel.

Unattractive women will often complain about men being assholes for selecting women based on their appearance, but a woman's physical appearance is what men find most attractive.

It's not our fault that we find a woman's physical appearance so attractive. That's how nature works.

Likewise, it's not a woman's fault for being so attracted to a guy's confidence and ability to make her feel feminine in comparison to how masculine he is being (i.e. how he is think, feeling, talking, moving, behaving, reacting to her).

She can't say to herself, *"No! I shouldn't feel attracted to confidence. I've got to go for a nice guy who is afraid of me. I've got to select an ass kissing nice guy who doesn't even know how to trigger my feelings of sexual attraction when I talk to him."*

So, what does she do?

If she can't find a confident, masculine good guy, she settles for the next best thing (in her eyes), which is any guy who is confident and masculine. Unfortunately, that often means that she hooks up with bad boys and jerks, but think about it...

If you couldn't find a beautiful, nice girl, would you be happy to settle for sleeping with a beautiful, bad girl (e.g. stripper, sexy club chick, pornstar)?

Women don't actually want to be with a bad boy, just as much as you don't want to get into a serious relationship with a pornstar.

You'd rather have a beautiful woman who is sexy, but is also trustworthy, right?

Well, maybe you might want a crazy, cheating pornstar, but that's up to you.

The majority of guys just want an attractive woman who is a good person, just like the majority of women want a guy who makes them feel attracted and is also a good person.

4. Thinking that he should be rewarded with sex, love and devotion for being a good boy

[image: Using a boyish love attraction strategy]

As a boy, you get rewarded for being nice to your parents, teachers and other authority figures.

In the case of a mother, a boy will say, *“Look mommy! I cleaned my room ☺☺☺ Can I have some candy now?”* and she will give him some candy, tell him that she loves him and hug him.

When you are no longer a little boy, the world stops rewarding you for being sweet and innocent like a child.

When you grow up, the world rewards you for being confident and going after what you want, regardless of whether or not you are a good guy.

As you would have seen in life, there are some successful people in this world who are bad people, but they are still successful and are enjoying all the luxuries of modern life.

Of course, the solution is not to copy the bad people and turn into a bitter, negative person with bad intentions.

The solution is to be a great guy who is honest and has great intentions, but is not an ass-kissing, self-doubting, insecure nice guy who expects the world to give him treats for being a good little boy.

As a man, you get rewarded by the world and by women for being confident and going after what you want.

The more confident and masculine that you become as a man, the more than women find you attractive.

When you get to the point where you are a very confident and masculine guy, success with women becomes too easy because most women feel naturally attracted to you. Why? Women are mostly attracted to a guy's confidence and masculinity, which is why they will often hook up with bad guys and jerks.

5. Pretending not to be interested in sex

[image: Other guys are only interested in having sex with her]

What a nice guy will often do is pretend that he's not interested in a woman in a sexual way.

He will behave as though he only wants to be a friend to her, even though he really does want to have sex with her and regularly jerks off to porn, when he interacts with her, he will act as though he's not even interested in sex whatsoever.

In his mind, he feels like he has a clever plan.

“I will befriend her and be so nice to her that she will eventually feel obliged to date me or have sex with me.”

The problem for the nice guy (apart from the fact that sexual attraction is missing) is that a woman will usually be able to tell if a guy likes her.

She will catch him looking at her, she will hear it in his words and she will see it in his actions.

However, if he continues to just act like an innocent friend who isn't interested in her in a sexual way, she will become suspicious of him and will find it difficult to trust him.

In some cases, a woman will play games with the guy by showing him little bits of interest and then rejecting him when he tries to make a move.

Not all women will do that, but some do enjoy having that power over guys because it gives them a boost of confidence and self-esteem, which they then use to feel confident when around guys who are actually making them feel sexually attracted.

When it comes to relationships, a woman does want to be with a good guy who treats her well and respects her. However, all that stuff comes later, not first.

Attraction first, nice stuff later.

6. Feeling superior over other guys because he is nicer than them

One thing I want to make clear here is that there is NOTHING wrong with being nice to a woman or to anyone for that matter.

In fact, The Modern Man method for success with women is about being a GOOD GUY who is also confident, masculine and socially intelligent.

The solution to success with women is NOT to be an asshole, bad boy, jerk or nice guy. Instead, the solution is to be a good guy who is also makes women feel attracted by displaying personality traits, behaviors and inner qualities that turn women on (e.g. confidence, masculine vibe, charisma, charm, humor).

As long as you display some attractive traits, women will feel some attraction for you and then, when you are nice to them, they will see you as a charming, attractive guy.

However, if all a guy has to offer women is niceness, they will see him as a nice guy and friend zone him.

He will then think that women are crazy or that other guys are assholes who will never be as nice as he is.

In the mind of a nice guy, he is right and everyone else is wrong.

He has been listening to women say, *"All men are assholes"* and *"Men are only interested in one thing"* and has personally "been there" for women who when they've complained about how bad their boyfriends had been treating them.

So, he figures, *"Okay, so if women don't like guys who treat them badly, then I need to be the nicest guy in the world. I will show women that I respect them and wouldn't ever expect to have sex with them...unless they wanted to. When women see that I'm not like other guys and I'm not only interested in sex, they will come rushing to me and jump all over my cock. Yayy! I've worked out how to be successful with women!!"*

Here's the thing though...

If success with women was about men being as nice as possible to women, what do you think would happen to this world?

Can you imagine if women rewarded men for being super nice, polite and handing all their power over to women in the hope of being rewarded with a kiss or, if they are lucky, even some SEX?

Man, that would be a weird world.

Men would essentially be the slaves of women. Women would have men on dog collars and would say, “*Sit...you little bitch!*” and the man would sit.

As you may have noticed, that isn’t how the world is or has ever been.

However, for a nice guy, he thinks that a woman should reward him for being nice to her, being there for her, for listening to all of her problems, talking to her like one of her girlfriends would, putting her needs and wants ahead of his own, being extra polite and respectful and so on.

In his version of reality, it all makes perfect sense, but in the real world, it’s just not how the nature of attraction works.

It’s not all the fault of the nice guy though.

Hollywood movies, TV sitcoms and the politically correct comments that woman make on TV are partially to blame for this.

In Hollywood movies, the nice guy character always gets the girl in the end after he saves the day, saves the girl (usually from a bad guy) or saves the world.

Despite being nervous, self-doubting and generally a big fat pussy around the woman the entire movie, she eventually falls in love with him and they smile and embrace as the credits roll.

Nice guys then go through life thinking that they could be that knight in shining armor for women and be rewarded with sex, love and devotion. Yet, the more he tries to be the “save the day nice guy,” the more women friend zone him.

Of course, there’s nothing wrong with helping a woman, being nice to her and saving her from problem, but it won’t result in sex and a relationship unless she is sexually attracted to you.

7. Secretly feeling as though women are more valuable than him

Although most nice guys won’t admit it, they often have the insecurity of not feeling worthy of women, especially beautiful women.

In fact, many nice guys feel as though they have to trick women into being with them, because they tend to worship women and see them as a prize to attain.

Some of this stems from jerking off to a lot of porn and seeing beautiful women as being something that is out of reach to him. He feels as though the woman would almost be doing him a favor or making a mistake by going out with him.

Yet, what he doesn’t realize is that if he just starting making women feel attracted to him during interactions, he would see that most women he meets do feel attracted to him.

Once the attraction is there, all a guy needs to do is have the balls to move things forward (e.g. to a phone number, kiss, sex, date) and most women will go along with it.

8. Not realizing that most women see the nice guy act as manipulative and untrustworthy

Although many women perceive the nice guy act to be manipulative, I know that most nice guys are actually honest, good guys who just want to be loved, understood and included.

Nice guys usually have good intentions with women and want to find themselves a nice girl or have a few fun, sexual relationship before settling into a serious relationship.

Yet, even though I can see the good in nice guys, I've found that when women complain about nice guys, they almost always use the word "manipulative."

Why? They perceive his extreme niceness, politeness and kindness as a manipulative attempt to get women to "trust" him, so he can then get them into bed.

Unfortunately for a nice guy, women don't think, "*WOW! This guy is so nice! I want to have sex with him*" because they can sense that the nice guy is expecting love, sex and affection as a reward for his niceness...and that is both annoying and a turn off.

The question for the woman becomes, "*Is he just a nice, innocent guy who has nothing better to do than help me out and be nice to me, or does he have an ulterior motive? Is he trying to get me to see him as a harmless guy who is just trying to be helpful, or does he actually have a sexual interest in me? If he isn't being honest about his intentions with me, what else is he lying about? Can I trust this guy to be alone with me? I can already see that he isn't honest about who he is...so, what else should I be worried about?*"

9. Behaving like a character from Pleasantville

If you've ever seen the movie Pleasantville, you will know that something just doesn't seem right when everyone is so nice, reserved and extra polite.

Why? Generally speaking, humans are good people, but they also have a naughty side that they like to express every now and then.

If the naughty side is suppressed, humans always develop strange psychological issues and twisted behaviors.

A classic case of that is to think about how many religious figures, who are against sex, have actually been caught out hurting innocent children. Another example are male politicians who pretend to be perfect and then have an affair behind their wife's back.

The secret to success with women is **not** to become a naughty, bad boy who treats women like shit and just cares about sex.

The secret is to lead a balanced life and to be genuine about what you want and don't want. A lot of very nice guys give people the impression that they are innocent guys who would never think about having sex with a woman, but they then jerk off to sluts in hardcore porn every week.

While jerking off to porn, the nice guy is thinking all sorts of "naughty" thoughts, but in person, he behaves as though he would never think that way about a woman.

In many cases, women can pick up on this mismatch of energy and get a "creepy" vibe around him.

On one hand, he seems like an innocent, nice guy, but on the other hand, the woman can sense that he

isn't being truthful in how he is presenting himself to the world.

People instinctively know that when a person is being way too nice, something is up.

What I've found is that any extreme personality type is always based on insecurity. For example: If a guy goes around acting overly macho and tough, he will be insecure about how people perceive him and will be trying to impress them.

Yet, when a guy is confident, masculine and relaxed, he is usually the type of guy who doesn't feel the need to put on a bit act of bravado to impress people. He knows that he's already good enough, which is why he is confident rather than insecure.

If you look up confidence in the dictionary, you will see that it's the opposite of insecurity.

Confidence is essentially about having belief in yourself and your abilities, whereas insecurity is about doubting yourself and your abilities.

So, when someone is acting way too nice or way too aloof or macho, people instinctively know that something isn't quite right about them and they put their guard up.

If you want women to trust you and feel comfortable around you, don't put on any act for anyone. Just be real, confident and relaxed and let women and people experience your true, unfiltered personality.

10. Thinking that showing sexual interest in a woman is disrespectful or "too forward"

Either due to a strict upbringing by very conservative parents or repeated brainwashing by TV and movies, some nice guys have developed the belief that showing sexual interest in a woman is wrong, disrespectful, rude, ill-mannered or too forward.

In many movies, TV shows and music video clips, women are portrayed as being offended or shocked when a guy shows any sexual interest.

In person, many women will also behave that way too so they doesn't look too easy.

Yet, the truth is that not only do women love it when a guy shows sexual interest, but they usually NEED it because most women are insecure about their appearance and sex appeal.

Here are some statistics to show you what I mean:

- 96% of women don't consider themselves to be beautiful, according to a global survey conducted by Dove Cosmetics.
- Women are reported to experience depression at twice the rate of men in the USA.
- In the UK, 40% of women will require treatment for depression at some point in their life compared to only 10% of men. In other words, women are more depressed than men.
- Women are twice as likely to experience anxiety compared to men.
- 60% of the people who have OCD (Obsessive Compulsive Disorders) and phobias are women.

Weird, right?

Especially since most guys would bang most women at least once.

Yet, the fact is that, statistically speaking, women are more insecure than men, so rather than acting

like you don't find them attractive, it's actually important to attract a woman and then show sexual interest in her, otherwise she might doubt herself and start playing hard to get as a defense.

Most nice guys don't know about the insecurity of women, so they think that they are doing women a favor by not showing sexual interest.

Yet, it actually makes him get rejected more because the woman thinks that he isn't feel attracted to her enough, so she then starts playing hard to get to make him show more interest.

Then, when he panics and feels like he's getting rejected, he starts showing lots of interest, which turns the woman off because he seems desperate.

To cut through the bullshit, a nice guy just needs to learn to be honest about his sexual interest in a woman.

If he finds a woman to be sexy, he simply needs to be confident and masculine around her to attract her and then have the courage to be honest and say, *"You're sexy...I like you"* while looking her in the eyes with a confident smile.

Personally speaking, I've never had a woman be offended by that.

I've only ever had women become flattered and excited about it and then begin to feel turned on by me because I am being charming (making a woman feel attracted + being nice to her = charming) and have the balls to say something like that.

It may sound like 96% of women are CRAZY for not knowing that they are so beautiful and sexy, but guys do the very same thing when judging their own sex appeal.

Most guys don't realize that their confidence and masculinity are the most attractive things to women and if they display that, almost every woman they meet will feel instant sexual attraction for them.

Guys make the mistake of getting sucked in by the fake reality of Hollywood movies and TV advertising, which gives them a completely different perspective of what it takes to be successful with women.

For example: Most guys think that they need to be tall, handsome or rich before a woman will like them. Other guys think that without six pack abs and a gym body, women won't find them very sexy.

Yet, here is the real reason why guys fail with women...

As you will discover from the video above, women can feel attracted to superficial things about men (e.g. money, height, looks), but they can also feel just as attracted to personality traits, behaviors and inner qualities (e.g. confidence, charisma, charm, masculinity).

Most guys don't know that though, so they go around thinking that modern women are shallow and only want tall, good looking rich guys.

It's not just guys who are mixed up and confused these days though; 96% of women don't even think they are beautiful!

Obviously those women are wrong, but they just don't know it.

Women compare themselves to the photoshopped billboards and magazine ads and to the sexy women in porn videos. They know that men find very beautiful women the most attractive and a woman knows that without make up, she doesn't look the women in the magazines.

She knows that when she goes to bed at night, she just looks like a normal, girl next door type...and that makes her insecure about her looks.

It's a very insecure world out there, which actually gives you a MASSIVE advantage when you interact with women.

How? Just know that the next time you interact with a woman, she will put on a brave face and act as though she thinks she is the most beautiful, valuable girl in the world, but secretly she doesn't believe it.

Personally speaking, knowing that has allowed me to remain confident around women who play hard to get, which then causes them to feel attraction to my unstopable, unshakable confidence.

It's a beautiful thing and we guys are lucky that women find our confidence so sexy and attractive.

I personally know a lot of beautiful women and they all have things about themselves that they don't like and are insecure about.

For example: They will say things like, *"I know that I look good, but I hate my nose...I know that I'm not pretty because of my nose"* or *"Yeah, if only had better legs...I look too short...I hate it."*

When a guy looks at these women, you can tell that he is physically attracted to them, but in the woman's mind she is thinking things like, *"He's probably looking at my nose...ahh! I hate my life! I'll never be able to find a good guy who doesn't see other women as being more beautiful than me."*

When a nice guy talks to her, he will act like he's only interested in her as a friend and she will thinking, *"Ahh!! My frikken nose! Guys hate my nose"* and will start acting like she doesn't care about him.

The nice guy will then panic and feel like he's being rejected. Yet, in reality, he's lack of honesty is making her act on her insecurities.

Here's the thing...

A lot of nice guys make the mistake of thinking that a woman will see them as being sleazy or too forward if he shows sexual interest.

He's seen movies, TV sitcoms and music videos where women slap men or push men away for showing sexual interest.

Yet, what he doesn't realize is that it is a necessary part of seducing modern women and that women actually love it, appreciate it and need it.

A nice guy will often ask, *"What if she doesn't like that?"* or say, *"She's not like other girls. She's nice. She doesn't want to be treated that way."*

He will then treat her like an innocent angel of a girl, which will turn her off because she isn't an innocent angel.

According to surveys of women, at least 65% of single women masturbate a few times a week. The real percentage would be a lot higher because most women are too shy to ever admit to masturbating, so it's probably closer to 85%.

Additionally, most of the women that a nice guy refers to be as being "nice" or "special" or "not like other girls" have already had sex and potentially had a few one night stands.

Personally speaking, about 40% of the women I've had one night stands with have said, *"I've never done this before"* in an attempt to make themselves look innocent.

They don't want me getting the impression that they are easy and that, if we had a relationship and she went out with her girlfriends, she would easily sleep with another guy.

A lot of women give the impression that they are innocent little angels, but they each have a naughty side and in today's day and age, most of them explore it very often.

In the past, a woman would remain a virgin until marriage, but not anymore.

[image: No sex before marriage vs. have sex whenever you want]

Today's world is completely different and many nice guys tend to see women as being from the 1800s or early 1900s when sex was still taboo.

Whether a nice guy likes it or not, the world has changed and women aren't innocent little angels who don't like sex. They are out there enjoying themselves and trying to find a great guy in the process.

11. Placing himself in the friend zone and then getting angry when the woman rejects his advances

[image: I've been a great friend to her for months, but she doesn't want to have sex with me. Bitch!]

A lot of guy nice guys complain about being placed in the friend zone by a woman for being nice to her.

Yet, what a lot of these guys fail to realize is that they have placed themselves in the friend zone by not starting with making the woman feel sexually attracted.

A woman doesn't place a guy in the friend zone because she is not the one leading the dance, so to speak. She is not the leader of the sexual courtship; she is the woman, the feminine, the one who is guided through a sexual courtship by a man.

If you don't want to be placed in the friend zone with a woman, you need to start by making her feel sexually attracted to you and then, you can treat her nicely as you guide her to a kiss, sex and into a relationship.

Watch this video to understand how it works...

Guys who start out trying to be a woman's friend are the ones who get friend zoned, whereas guys who start out turning a woman on are the ones who get to have sex and a relationship with the woman.

To start out with attraction, you've got to display attractive personality traits, behaviors and inner qualities to turn her on and get her interest. Only then she will be excited about the fact that you're also a nice guy.

However, if you start out by sucking up to her with a nice guy act, then she's not going to be turned on and she will friend zone you.

The nice guy then gets pissed off that the girl he really likes doesn't feel the same way about him, even though he's been so nice to her.

He may have treated her really nicely, listened to all of her problems, done favors for her, laughed at all her jokes and essentially done everything he can to show her how much good of a "friend" he is.

Then, he gets confused or even angry when she says, *"Sorry, I just want to be friends"* when he asks her out or tries to make a move.

He thinks that she's a bitch or that he might just need to suck up to her a little more and then he'll get

some booty.

Yet, what's really going on is that he hasn't done anything to make her feel sexually turned on by him, so she's not interested in anything other than a friendship.

12. Putting up with a woman's bad behavior in the hope that she will like him for it

Since a nice guy's approach to women is unattractive, he rarely gets a chance with any women.

So, when a girl shows the slightest bit of interest in him, he usually grabs onto that and never lets go.

A woman will often get to the point where she rejects the nice guy and has to say, *"Let me be clear...I am not interested in you in that way...I only see you as a friend. Please understand that,"* but the nice guy will keep holding on to any hope that she might change her mind.

In the mind of the nice guy, he feels that if he just sticks around puts up with her bad behavior, she will eventually begin to feel sorry for him and give him a chance.

After all, that's what happens in most Hollywood movies and TV shows, so it should happen in the real world too, right? Wrong. The real world and the entertainment world of TV and movies are two completely different things.

I remember a time when a nice guy told me a story of how badly a woman that he liked had treated him.

She was planning on paying someone to get her house painted, but the nice guy stepped in and offered to do it for free so she could save some money.

In his mind, he thought he would get rewarded with love, sex and a relationship for being so nice and helpful to her. Instead, while he was painting her house, she put on a sexy dress and went out on a date with another guy.

The nice guy was furious, but stuck around to finish the paint job.

Over the next few weeks, his "friendship" with her then deteriorated and when he eventually confessed his feelings to her, she was shocked.

She said something along the lines of, *"I thought we were just friends? I've never seen you in any other way. Sorry, but I think we are better off as friends. I hope you can respect that."*

He couldn't understand what he had done wrong.

In his mind, he had been the perfect gentleman, but she still wasn't interested.

If you have read this far into the article, you would know that he didn't start with attraction, so he got friend zoned.

The world doesn't work like this: Be really nice to women and you will be rewarded with sex and a relationship.

It works like this: Attract women and you will be rewarded with sex and a relationship.

13. Thinking that being an alpha male means being a jerk or bad boy

Some nice guys avoid taking an alpha male approach to life because they assume that to be an alpha male, they have to be the “top dog” all the time by bossing people around.

The nice guy just wants people to like him for the soft, insecure, gentle guy that he is.

That might of worked as a child, but it doesn't work when a guy becomes and adult and he will often feeling angry at people and the world for not taking pity on him like they did when he was a kid.

Whether he accepts that now or 20 years from now is his choice, the laws of nature ain't going to change for him.

It's a fact of nature that women are more attracted to alpha males than any other type of guy. It's not something that you can convince women to stop feeling. It's instinctive.

What I teach here at The Modern Man is how to be a good guy alpha male; the type of guy that women lust after and men respect. The type of guy that everyone wants to be friends with.

Yes, there are bad boy alpha males out there, but just because you've seen a jerk alpha male or an asshole alpha male before, it doesn't mean that all alpha males are like that.

So, don't be afraid of the term “alpha male” and assume that it's about being an aggressive asshole who bosses everyone around.

You can still be a good guy and be an alpha male. In fact, I recommend it.

Bad boy alpha males usually get their punishment in the end, whether it's prison time, divorce, loneliness or failure at life in general.

Good guy alpha males are the guys that almost everyone looks up to and respects (e.g. Dwayne “The Rock” Johnson, Will Smith, Bear Grylls, Bill Rancic).

When a nice guy goes through life rejecting women's desire for him to be an alpha male, he is limiting his attractiveness to women. He may be a perfect match for a woman in so many ways, but if she doesn't feel that he has alpha male qualities, her attraction for him will be mild at best.

14. Assuming that women are stupid and will fall for the “clever” nice guy act

Hollywood movies are partially to blame for this because, in the movies, the nice guy almost always gets the girl in the end.

An example of that is the movie 500 Days of Summer, where a nervous, nice guy named Tom hooks up with the female lead character named Summer, when she makes the first move on him and kisses him.

Throughout the movie, Tom behaves like a nice, innocent friend around her and is constantly obsessing over her.

He is in love with her and everything about her, but lies to her face by pretending to be a friend.

After a while, she picks up on the fact that he really likes her. Then, one day in the photocopying

room, she stops, looks him in the eyes, walks over, kisses him and then walks out of the room.

Sadly, it's movies like 500 Days of Summer that cause so much confusion, depression and loneliness for modern men.

Nice guys all over the world look at that crap and think that women are stupid and will be tricked by the nice guy act into making the first move on a guy.

In the real world, a beautiful woman like Summer would have just hooked up with a confident guy and Tom would have remained in the friend zone where he had placed himself all along.

Since Hollywood movies are usually quite vague and don't come with explanations of what they really mean, it leaves it open to interpretation.

Someone like me can see exactly where Tom is going wrong, but many nice guys will watch what Tom does and think that it's a strategy that might work for them.

"If I can just be nice enough and behave as though I am a hopeless romantic, maybe a girl like Summer will take pity on me."

Many women watching the movie will roll their eyes and cringe when they recall the guys like Tom who have pursued them, despite there being no sexual chemistry.

Yet, women won't try to stop men from behaving like that.

Why? Many women use guys like Tom as a self-esteem boost and lead him along, showing little bits of interest so he comes infatuated with her, treats her nice, compliments her, does favors for her, etc.

If he gets an honest female friend, she might tell him, *"You don't need to be that nice. Just be yourself"* but he will have no idea what that means because it's a vague statement.

What he really needs to hear is, *"Make her feel sexually attracted to you and turned on by you and she will then want you,"* but he probably won't know how to do that either.

15. Thinking that letting her be in the position of power will make her happy

A nice guy will often assume that the more power he gives to a woman, the happier she will be.

Yet, that's not how it works when it comes to sexual relationships.

In the workplace and in everyday life, women do want the opportunity to be in a position of power, but that doesn't mean that the same woman wants a man to submit to her power when he meets her at a bar or party for the first time.

These days, women take on leadership roles in the workplace and usually do an excellent job of it. However, when it comes to a sexual, romantic relationship a woman wants to be able to relax into the masculine power and direction of a man.

That doesn't mean she wants a man to disrespect her and put her down. Instead, she just wants a man to remain confident around her and not hand over his balls to her in the hope that she is nice enough to give him a chance to be with her.

A classic example of a guy handing over his power is when a woman that he is dating asks, *"So, what do you want to do today?"* and the nice guy replies, *"Whatever you want to do."*

Sure, women do want to get to choose where to go on dates sometimes, but in most cases, they just

want to relax into being an emotional woman who doesn't need to lead the way all the time. She wants to feel feminine and girly around a guy who is taking the lead and not expecting her to take on the masculine role and lead him.

Some nice guys get angry at women for being turned off when a guy lacks the balls or the emotional masculinity to lead.

Over the years, many guys have asked me, *"Dan, why do we men have to lead? Why can't a woman just take control and tell me what to do. I'll do whatever she wants, I don't care."*

Yet, what a lot of guys don't realize is that a woman doesn't feel turned on, attracted and in love if she has to take on the role of being a guy's big sister, mother figure or teacher in life about how to be a man.

She wants a guy who makes her feel like she can relax and go along with what he wants to do, rather than always having to think ahead, plan and lead the way for the both of them.

So, rather than taking on the role as mother or big sister to a confused nice guy, a woman will simply reject him and hope to meet a guy who is willing to be a man for her.

Some guys hate to hear that though and will say, *"I don't care what they want! I will stay single and jerk off to porn for life."*

Yeah, right.

That guy will get more and more miserable as the years go on, until he eventually realizes that he's either going to have to be a man or he will continue to be left behind as his friends get girlfriends, get married, start a family and move onto the next levels of life without him.

16. Misinterpreting the complaints that women make about men

A nice guy will often hear women complaining about men not treating them well enough.

He will then come up with what initially seems like a genius idea, *"Ahah! I've got it! I will let her do whatever she wants, I'll buy her gifts, dinner and drinks, I will do anything she says and treat her 100 times better than other guys do...THEN she will like me!"*

What the nice guy fails to realize is that it doesn't matter how nice he is to a woman.

If she doesn't feel sexual attraction for him and respect him as a man, then she isn't going to be interested in having a sexual, romantic relationship with him.

Yes, the woman who is complaining about guys does want to find a better, nicer guy, but niceness isn't the number one trait that she is looking for.

Think about it from our perspective...

We men are more attracted to physically beautiful women. Despite our attraction for a woman's physical appearance, most of us guys also want a woman who has a good personality.

Yet, most guys would gladly have a sexual relationship with a beautiful woman based on their attraction for her. In other words, if a woman is hot, you'd probably bang her and hook up with her for a while simply based on the fact that she looks good.

The same goes for women; they feel attracted to a guy, have a sexual relationship with him and hope

that they can change him into a better guy. When they can't change him, they complain, dump him and then try to find a better guy.

Nice guys will hear women say, *"Guys are all assholes. Where are all the nice guys?"* and he think, *"WTF? I am right here. Why can't she see that I'm nice? I guess I will have to be even nicer to make sure that she notices that I'm not like other guys."*

Yet, what women really mean by, *"Where are all the nice guys?"* is, *"Where can I find a guy who makes me feel attracted and turned on and is also nice to me?"*

Guys like that are very hard to find because they're usually already taken (e.g. have a girlfriend or wife), or have multiple girlfriends and don't have time for any more.

The good guy with multiple girlfriends might seem like a jerk to nice guys, but in most cases, he's just another good guy who is letting multiple women have a chance with him at once. If he falls in love with one of them, he will accept her as his exclusive girlfriend.

Many nice guys hate to hear that because it annoys them that a guy like him could have so many women, while the nice guy isn't getting anything other than the empty feeling he experiences after jerking off to porn multiple times per week.

What the nice guy doesn't understand is that women want to feel sexually attracted first and then any nice traits that a guy has are seen as a bonus.

When a woman meets a guy who makes her feel sexually attracted and also happens to be a good guy, she will feel as though has struck gold and will hold onto him with both hands and never let go.

Even if he is seeing other women at the same time, she will try hard to become his number one girl...and she will love the challenge.

Meanwhile, the nice guy will be thinking, *"WTF? Why is she chasing after him? I would completely commit to her."*

Yes, of course the nice guy wants to commit to her because he is attracted to her, but the attraction isn't mutual. He has to turn her on first and that is something that almost all nice guys are unwilling to do upfront because they think it's wrong or too forward.

17. Trying to convince a woman to like him

Many nice guys will attempt to convince women to like them, by explaining how he is not like other guys or that he has "feelings" for her.

What most nice guys don't realize is that a woman doesn't choose a guy based on how convincing his argument is about why he is better, nice, sweeter or more trustworthy than other guys.

A woman chooses based on the hot, tingly feeling she gets in her pussy.

In other words, if you turn her on by your behavior (e.g. by being confident, making her laugh, being charming, being charismatic), she will feel attracted to you and be willing to be with you, without you having to convince her to give you a chance.

Without knowing that simple fact, a nice guy will often express his "feelings" in a heartfelt way to a woman.

He'll say, *"Why aren't you interested in me more than just a friend? I really like you. I would treat you so well. I will give you everything that you want. If you were my girlfriend, I would never cheat*

on you, treat you badly or take you for granted. Other guys just want to use you for sex, but I will give you my heart and my love forever.”

What the nice guy doesn't realize is that doesn't mean much or anything to a woman prior to her feeling sexual attraction and lust for him.

Women don't respond to promises of loyalty, kindness and niceness, they respond to feelings of sexual attraction. If you also happen to be a good guy, then it is a welcome bonus, but it's not her number one need.

Try to think think about it this way...

Imagine a woman who is completely unattractive to you.

The sort of woman who you would NEVER have sex with.

You have no sexual feelings for her at ALL, but she is saying to you, *“I would treat you so well. I will give you everything that you want. If you were my boyfriend, I would never cheat on you, treat you badly or take you for granted. I would give you my heart and my love forever.”*

Would that make you want her?

If you're not a desperate guy who would have sex with any woman who offers, then you will say no.

If you say yes and would have sex with her, then you have a mindset that is VERY unattractive to women (i.e. a mindset of sexual desperation). Women are turned off by men who will have sex with any woman, rather than having standards.

A woman only feels special if she knows that you could easily have other women, but are choosing her.

Anyway, back to the unattractive woman.

If her attempts to try and convince you to feel attracted to her and love her fail because you're NOT attracted to her, can you see where the nice guy fails too?

He fails to attract the woman, behaves in ways that turn her off (e.g. giving her too much power) and then tries to convince her to want a sexual relationship with him. Can you understand why she would say no?

She's not being a bitch, she's just acting on her instinct of attraction and with him, it's just not there.

18. Claiming to be an honest, nice guy, but lying about his intentions

Many nice guys have an impression of themselves as being more honest than almost everyone else in the world.

A nice guy will go through life feeling as though he deserves to be with women because she so nice, honest and respectful towards women. Yet, when he interacts with women that he's attracted to, he lies to them by pretending to be a nice, innocent friend.

When a nice guy observes a confident guy showing his sexual interest in a woman right away, the nice guy will usually label the guy as being a sleazy asshole.

In the mind of a nice guy, he thinks that women want to be taken on a series of sweet, innocent dates that eventually lead to a kiss when the woman is ready.

That approach was great in the 1950s, but not in today's world.

Today, almost all women kiss or have sex with a guy on either the first night, first date or second date.

Hearing that will anger some nice guys and a nice guy reading this may even assume that I think all women are sluts. They're not; it's just that the dating process has changed. These days, most women are open to starting a relationship with sex and then seeing where it goes.

In the 1800s for example, a man would have to slowly court a woman and then eventually ask her father for her hand in marriage.

Pre-marital sex was forbidden, so the dating strategy was a long courtship where the man proved himself as a nice, trustworthy man who could provide a good life for the woman.

Yet, that's just not how it works anymore.

Hearing that may make some nice guys wish they could go back in time and live in the 1800s and that is fine, but since we haven't invented time travel yet, he either has to accept that things have changed or continue missing out on sex and relationships and having to jerk off to porn all the time.

Not all women will have sex on the first night, first date or second date, but I estimate about 85% of the women I've met have been.

I've slept with women from all walks of life and nationalities and it's always the same because the dating game has changed.

Women may give the impression that they're "not that sort of girl" but that's just a social persona that they put on to avoid being mistakenly judged as being a slut. From the woman's perspective, she's just trying to have some fun while she works on finding the right guy for her.

Nice guys who interact with women and pretend to only be interested in her in a friendly way, often don't realize the dishonesty in their approach.

They feel as though they are being nice to her or being a "gentleman" and as such, they should be rewarded for it. After all, he always hears women complaining about men only "wanting one thing," so he tries to show her that he's not interested in sex.

Yet, she is interested in sex.

19. Copying the thought patterns of confused celebrity nice guys

Just because a guy is a celebrity or rock singer, it doesn't mean that he has all the answers to success with women.

Some nice guys will watch interviews of male celebrities and pop idols and hear them talk about women in the same, confused way as he does.

When listening to a song about women that has been written by a confused nice guy, a nice guy will think, *"Yeah!!! See...THIS guys gets it! Women are so stupid for rejecting us nice guys...even this SINGER is saying it, so it MUST be true that women are just confused."*

There are some celebrities and rock/pop singers who are good with women, but many aren't.

Some nice guys don't realize that and think that if celebrities are saying the same things about women

(e.g. women only go for bad boys), then it must be true. He then clings to the hope that ONE DAY women will realize their mistake and start giving nice guys the respect they “deserve.”

What the nice guy doesn't realize is that it isn't a smart move to copy the thought patterns of men who are still struggling with women despite being a celebrity.

He doesn't realize that there are millions of good guys who get laid more than celebrities, even though they are just ordinary guys.

He wants to believe that women are wrong for rejecting him because he doesn't want to face up to the fact that he may have been wrong about women all along.

So, he listens to confused, male celebrities who complain about women wanting bad boys and he feels happy in his little world of lonely masturbation and anger towards women.

What he doesn't realize is that most women would like him and be open to hooking up with him, if he could just be wise enough to start with sexual attraction and then confidently lead the way to kissing, sex and a relationship.

Yet, the nice guy doesn't want to do that.

He wants women to feel sexually attracted to him and romantically interested in him for being nice.

20. Thinking that being incredibly nice to a woman is original and will sweep her off her feet

[image: You can trust me. I am your friend. I am here for you. I'm not like all the other guys.]

What a nice guy doesn't realize is that his caring, attentive nice guy approach is NOT original.

Throughout her life, a woman will constantly be hit on by guys who are kind, considerate and extra nice in the hope of being liked by her.

A guy will think, *“I'll get her...I'll be so damn nice to her that she will see me as the cutest, sweetest guy she's ever met. She will feel guilty about how kind I am being towards her and she will have to give me a chance with her.”*

If a woman has some experience with men, she will know that very nice guys almost always change once they get her into a relationship.

The nice guy will usually go from being sweet, considerate and kind to insecure, inconsiderate and controlling when in a relationship.

Instead of explaining to him that she isn't falling for his nice guy act, she will simply say, *“Thanks, but I'm not looking for a relationship”* or *“I wouldn't want to ruin our friendship”* and then hope that he gets the hint.

She knows that nice guys who struggle to get laid are usually a nightmare to break up with, because they will cling on to the only attractive woman who has given them a chance in a long time.

21. Thinking that being romantic will make her want to be with

him

Most nice guys see romance as a means to an end.

In other words, it's a trick, a ploy or a move to get a woman to like him.

Yet, when he tries this "special trick" on women, they are usually annoyed by it because the attraction isn't mutual.

Romance from a nice guy tends to be one sided, awkward and unwanted, but real romance is something that both the man and woman are aware of and want; it's exciting and invigorating for both of them because there is a mutual attraction.

From a nice guy's perspective, he thinks that by being romantic he is giving women what they want and if he really lays it on thick, the woman will feel guilty for getting so much nice attention and kindness that she will have to sleep with him.

22. Thinking that "being in touch with his feminine side" is what women want

In the 1980s, women began to have more of a voice on TV and were saying things like, *"Men are so emotionless. They shouldn't be afraid to cry. They should get in touch with their feminine side. I respect a man who has the guts to cry."*

Statements like those were partially responsible for creating what became known as the S.N.A.G (Sensitive New Aged Guy), which resulted in a lot of men ending up as 40 year old virgins or getting cheated on or dumped by women for years on end.

The SNAGS began crying during movies, taking a lot of interest in traditionally feminine things (e.g. cooking, cleaning, home decorating, fashion, romantic movies, etc) and rejecting traditional masculine behavior.

Many guys who were already married to a woman thought they could fix their stale marriage by becoming more of a SNAG. What did the wives do? Divorce them.

Why? If she wasn't attracted to him in the first place (e.g. because he had become insecure, wasn't able to make her feel girly and feminine in comparison to his masculinity) and then he became a sensitive, feminine type of guy, she would be even more turned off by him.

Here's the thing...

Sometimes, women just say whatever comes to their mind about men and relationship if they don't mean it.

Men who don't realize that it's not a woman's role to lead us and teach us how to be men, make the mistake of listening to what women say and then taking it 100% literally.

"Okay, you want sensitive? Fine, I will cry my frikken eyes out in front of you! Do you like me more NOW?"

[image: Feminine man crying during a movie]

Confused men follow what a woman says and then she changes her mind (often a second or two later), the guy is left confused and even angry at her for it.

He doesn't realize that we men have to decide what we want to do, while also taking into account the wants, needs and desires of women.

We need to be respectful of women and listen to them, but it is us men who make the final decision about how we behave, think and act.

It's not up to women to guide and take on the role of mother or big sister in your life.

It's just not how the nature of male/female attraction works.

Men who understand women know that a woman will often say one thing and then do the complete opposite or be fully committed to a new cultural idea one year and totally against it the next.

[image: Queer Eye For the Straight Guy]

These gay guys confused millions of modern men and helped create what became known as the Metrosexual

In the early 2000s, gay people became socially acceptable and began appearing on TV shows, such as "Queer Eye For the Straight Guy" in which they would give a heterosexual man a "makeover" and get him dress nicely, get a new hairstyle and make his home look more stylish.

When the straight guy was presented to everyone near the end of the show, women would say, *"Wow! He looks so handsome. Wow! I like your clothes! Wow! I would date him"*

So, what did many guys do?

They took it way too far and ended up creating what became known as the Metrosexual.

They began waxing their chests, legs and/or eyebrows. They got pedicures, manicures, started wearing pink shirts and way too much cologne.

What did women do? They rejected, cheated on or dumped those guys for being too in touch with their feminine side.

Women began saying, *"I don't like a guy who spends more time getting in the bathroom than I do"* and once again, guys all around the world were confused about what women want.

Don't get me wrong though.

The fact that modern men are more in touch with their emotions is a good thing. Additionally, the fact that it has become socially acceptable for a man to say, *"I love you"* to a friend or family member is also a GOOD thing.

In the past, a lot of men were too closed up emotionally.

A son would often grow up never hearing his father say, *"I love you"* or *"I'm proud of you son,"* which is a damn shame for both of them.

However, thanks to the efforts of women and yes, even gay guys, modern men are much more capable of being more emotionally open and present with women, their friends and family.

So, a lot of good has come out of the confusion of the last 3-4 decades. We've become wiser, more enlightened and more open-minded.

To be clear: There is nothing wrong with feeling emotion, taking care of your appearance or even cooking a dinner for a woman.

The problem is when a guy goes overboard, loses touch with what it means to be a man and ends up coming across as a feminine guy or even making some people wonder if he is actually gay.

Don't copy the gay guys from TV and don't listen to what women say and take it so literally.

Yes, be more emotionally open and loving, but don't be a girl about it.

Women are not attracted to guys who are more “sensitive” and emotional than they are.

A woman wants to be able to feel as though she’s with a guy who is mentally and emotionally strong, not a guy who will break down into tears when life gets tough.

She wants to be able to relax into the feminine around a guy who is secure in his masculinity. If she wanted to be with someone who was very emotional and sensitive, she would hook up with a woman.

23. Misinterpreting the meaning of a woman teasing a confident guy

When a nice guy observes a woman tease a man or put him down for being very confident (e.g. “*You think that all the women like you, don’t you?*”), it is usually meant as a test of his confidence.

Women are attracted to confidence and when a woman tests a guy by teasing him and attempting to make him nervous, but notices that he remains confident, then she feels even MORE attracted to him.

If the confident guy is also a good guy, then the woman will be excited and want to be with him.

However, if no confident good guys are available, many women will hook up with a guy who is so confident that he is arrogant or a bit of a jerk.

Why? Confidence and masculinity are the most attractive things to women.

A nice guy will see a woman hooking up with a guy who isn’t very nice and wonder if the woman has lost her mind. He’ll think, “*Why is she with him? He doesn’t give a crap about her and will just use her for sex. I would treat her so well. What is wrong with women?*”

When a nice guy sees a woman putting a confident guy down or picking on a confident guy for believing in himself, a nice guy will often make the mistake of thinking that women want a man who will lower himself around her.

So, instead of behaving in a confident way around women, he will behave in a shy, soft, hesitant and polite way and let women push him around in the hopes that it will make them like him.

Nice guys will sometimes say, “*I wouldn’t want to be presumptuous and assume that a woman likes me*” not realizing that it’s that assumption, that belief in himself that would actually attract women.

Many nice guys feel embarrassed to be too confident around a woman because they feel as though would be disrespectful to the almighty woman. < em>”What if she thinks I am being arrogant by being confident? What if she says that I’m an asshole for assuming that she would like me?”

Many nice guys never realize that there is a big difference between being a good guy who is very confident and being arrogant.

Arrogance (*noun*): Offensive display of superiority or self-importance; overbearing pride.

Confidence (*noun*): Belief in oneself and one’s powers or abilities; self-confidence; self-reliance; assurance.

As a man, your confidence is your number one weapon for success with women and in life.

You’ve got to belief in yourself and go after what you want with women and in life. However, arrogance is a completely different thing altogether.

At times, it may appear as though women are putting a man down for being arrogant, but almost every time it will simply be a test of his confidence. If he remains confidence and doesn’t buckle

under pressure, the women will be even more attracted to him than before.

24. Constantly contacting her

There's nothing wrong with showing your interest in a woman by getting in contact with her, but nice guys usually make the mistake of going overboard.

Sometimes, a nice guy will think, *"I don't want her to think that I'm not interested. I'm not one of those jerks who will play games with her. I am serious about her. I will contact her all day every day because I want her to know how much I care and that I'm serious about her."*

What he doesn't realize is that women want to have the opportunity to miss a guy.

Women love the feelings that come with wondering, *"Will he call today?"* or *"Why hasn't he responded to my message? It's been two hours!"*

The nice guy robs her of that and instead forces her to feel smothered, trapped and even annoyed by his constant contact.

The nice guy also doesn't realize that a woman wants to feel like she has to impress HIM and maintain HIS interest.

She wants to know that he could easily have other women, but if she plays her cards right and continues to impress him, he will give her a chance.

When a nice guy learns that about women, he usually thinks, *"No, I don't want to play any games with her. I am serious about her and I will definitely give her a chance. I don't want her getting the impression that I would not accept her. Of course I would accept her. I want her more than anything else in the world."*

What he doesn't realize is that the approach he is using towards her is the approach that she wishes he would make her take.

She wants to be in the position where she has to impress the guy to win his love and affection, rather than be in the position where she eventually "gives in" and gives a guy a chance with her because he's been so sweet and nice.

In other words, she wants a guy who is more of a challenge to win over...

Being a challenge doesn't mean faking it that you don't like a woman.

Instead, it's about making her feel attracted to you, showing some interest in her, but not being fully sold on her right away.

By eagerly trying to get her to be his girlfriend, a nice guy prevents the woman from experiencing the thrill of the chase as she gradually wins a guy over and is lucky enough to have sex with him or become his girlfriend.

A nice guy doesn't want to let her have that experience.

He feels as though showing any sign of resistance towards her will turn her off, when in reality, it actually makes a woman more interested.

Nice guys usually see challenging behavior as being as "jerk behavior," whereas women see it as exciting.

Why?

Think about it...

If a woman is attractive, pretty much every guy would bang her at least once.

There's no challenge for her.

She wants the excitement of feeling attracted to a guy, but not being able to get him to fully like her unless she really impresses him.

That way, she gets to feel like she has scored a guy that she really wants to be with, rather than just saying yes to the 99% of guys who would bang her if she allowed it.

Women won't go around admitting that, but all you have to do is watch what they do (i.e. lust after guys who make them feel attracted, but are a challenge to win over), rather than what they say, *"I just want a nice guy"* or *"Where are all the nice guys?"*

Once again, being a challenge is not about faking non-interest in a woman.

You have to make her feel attracted to you, show some interest, but not be fully sold on her unless she really impress you.

You don't say, *"Okay, impress me"* and expect her to impress you. Instead, you let her see that you're not fully sold on her by the way you use your body language, talk and respond and react to her.

25. Thinking that women are making a mistake by not dating him

[image: Fuck you bitch. I'm a nice guy]

A nice guy will often develop the attitude of, *"Well, stuff you bitches...if you can't see the good guy that is in front of you, then you won't ever get to be with me. You can all go get f**ked!"*

Personally speaking, I feel sorry for guys like that and I work my ass off here at The Modern Man to make as many informative articles and videos as I can, to hopefully get the message out there.

Nice guys are usually good, intelligent, honest guys, but they just have the wrong idea about how the human mating dance works.

When a nice guy doesn't understand attraction and what women really want, he will get angry at women for choosing guys based on things that he doesn't understand.

He wants women to stop following their natural instinct of attraction and start lusting after guys because they are nice.

When he tries to get women to like him for being nice and they aren't interested, he concludes that women must be crazy and are making a mistake by not seeing how good of a guy he is.

Yet, unless he actively starts making women feel sexually attracted to him during interactions, he will continue to experience the same rejection over and over again.

Eventually, a girl may give him a chance, but she will lose interest in him in a relationship if he is unable to maintain her feelings of attraction after the initial novelty of being with someone new wears off.

26. Thinking that building a friendship with a woman is the same as going through a sexual courtship with her

A friendship is different to a sexual relationship.

While it might seem like the “logical” thing to do to build a friendship with a woman before making a move or tell her that you have feelings for her, it’s just not the way it works.

The fact is that many women will kiss or have sex with a guy on the first night, first date or second or third date, without any prior friendship or knowledge of the guy.

- An American study found that 55% of couples have sex on their first date.
- Durex Condoms survey in Norway found that 70% of people had experienced a one-night stand.
- Student Beans survey in the UK found that 51% of men and women admitted to having experienced a one-night stand.
- The National Survey on Sexual Attitudes and Lifestyles found that the average amount of men that a woman had sex with before marriage has almost doubled in the last 10 years from an average of 3.7 to now 7.7.

Does this mean that modern women are sluts?

No.

Pre-marital sex is no longer forbidden, so women men and women are free to take each other for a test drive first (i.e. have sex, date for a while) before they commit to an actual relationship.

Some guys fall in love right away and commit because they are a great match, while others have sex, break up and continue looking for a more compatible person.

Some nice guys might complain about that and say that they wish they were living in 1800, but those guys just need to grow up and accept that the world ALWAYS changes.

Culture is never stuck on one trend forever.

It used to be forbidden for women to wear a mini skirt. It was shocking for a woman to show her ankles.

Now, millions of men all over the world are jerking off to hardcore porn, where women are copping 3-4 dicks at once.

The world changes man. Deal with it.

The gentleman nice guy approach of slowly courting a woman has been replaced by instant hook ups that either result in a relationship or a, “*That was fun, bye!*”

A lot of nice guys just don’t understand how much sex is actually going on.

In his mind, women don’t want sex as much as he does. Why does he think that? Because most women aren’t sexually attracted to him because he uses the nice guy approach.

In his world, women aren’t even into sex because they always seem to be saying things like, “Sorry, I’m not looking for a boyfriend right now” or feel shocked when he shows sexual interest in them.

Why? Because the sexual attraction isn’t mutual.

The nice guy is trying to achieve his end goal with her (i.e. a sexual relationship) by being a friend to

her first and hoping to slowly grow on her over time.

The nice guy tries to get a woman to “like” him as a person, but doesn’t realize that a woman liking him as a person is completely different to her feeling sexual attraction and lust for him.

Sexual attraction is required before sex, not a friendship.

It’s fine to be friendly with a woman after you make her feel sexually attracted, but don’t waste time doing it beforehand. You will get instant results with women if you start by turning them on instead.

Here’s the thing though...

If you listen to what women SAY, they will say that they like to “get to know a guy first” before rushing into anything.

Yeah, right.

[image: How to get a one night stand]

If you watch what women DO, you will see that they feel instant attraction for some guys and rush into a sexual or committed relationship, without getting to know him well.

Why? Women can’t go around looking slutty by admitting that they don’t need to get to know a guy first before kissing him or having sex with him.

27. Reframing rejection as being the fault of everyone else

Over the years, some guys have contacted me and said something along the lines of, *“I’ve done the noble thing by being a really nice guy. I’m a gentleman. I’m a good guy, but women just don’t get it. I guess they want to be treated like shit. Where are all the women that my grandfather would have been able to meet? Give me those types of women. The women of today are just money hungry sluts who don’t know a good guy when one is staring her in the face. If they want guys to treat them like shit, maybe I should start being an asshole.”*

I feel sorry for guys like that because they just don’t know what you’ve been learning so far in this article.

I used to feel the same way at times and wonder why a beautiful, intelligent woman would want to be with a guy who I perceived to be a bad boy, asshole, jerk or just a guy who didn’t seem like he was any better than me.

I heard so many women say things like, *“I want a nice guy”* and I misinterpreted what women actually meant by it.

I thought they meant, *“A really, really nice, sweet, polite guy”* when they actually meant, *“A guy who makes me feel attracted and is also nice to me.”*

When I didn’t understand what I now teach here at The Modern Man, I thought that I **deserved** to have beautiful women in my life because I was nice.

I thought everyone else was acting crazy for not giving me the credit that I felt I deserved for being so nice.

Yet, I was wrong.

For a nice guy to become successful with women, he has to stop blaming everyone else and simply start making women feel attracted to him by displaying the personality traits, behaviors and inner

qualities that naturally attract women (e.g. confidence, charisma, masculine vibe, charm, humor).

A nice guy needs to understand that women do want a good guy, but getting a woman to have sex with him doesn't begin with him showing her how nice of a guy he is; it starts with sexual attraction.

Women aren't crazy for rejecting nice guys, just like men aren't crazy for rejecting physically unattractive women.

Both genders are simply reacting to what they feel naturally turned off or attracted to.

Physically unattractive women might feel angry that men don't find them very attractive, but we can't help it.

Likewise, nervous, self-doubting nice guys might feel angry that women don't find them very attractive, but women can't help it that they feel attracted to confidence.

28. Hoping that he will grow on a woman if he can just spend enough time around her

In the movies, the nice guy who is hopeless with women will eventually grow on the woman.

He will start out getting rejected by her and then he will save the day, save the world or save the girl and then she will like him.

Awww, how sweet.

In the real world though, a guy needs to create the spark of sexual attraction right away otherwise another guy who knows how to do it will have a sexual relationship with her and he'll end up in the friend zone.

[image: How to get out of the friend zone]

In some cases, a guy will have time to slowly grow on a woman, but in most cases, modern women have options and will simply hook up with a guy who gets her attracted and moves it forward to kissing and sex.

Over the years, many guys have said something along the lines of this to me, *"Dan...I'm a bit of shy guy, but once women get to know me they start to like me."*

Yet, that's just not good enough.

Hoping to eventually "grow on a woman" is not an effective strategy for having your choice of women in today's world.

All it takes to lose the woman you like is for another guy who knows what he's doing (i.e. he starts with attraction and then confidently guides her to kissing and sex) to come along and take her from you.

After that, you will be placed even further in the friend zone than ever before.

Even if you had known the woman for months and had really gotten to know her as a friend, she will place more importance on the hot, tingly feeling in her pussy, than the friendly feelings she has for you.

She wants to get laid with a guy who makes her feel attracted, not a self-doubting, nice guy who makes her feel friendly emotions.

100 years ago, a nice guy would have had more of a chance to grow on a woman because a woman

didn't really have that many options, compared to today where women can go out to a bar, use online dating or just say "Yes" to the many guys who like her at work or through friends.

A long time ago, dating was frowned upon and most women couldn't be alone with a potential suitor and would need to have a chaperone (usually a member of the family) accompany her and the guy everywhere, to ensure that they didn't kiss or get physical in any way.

Back then, a woman had to save her virginity for marriage, so the dating process was completely different.

In today's world, most women have sex on the first night, first date or first few dates.

[image: Modern women hooking up with guys rather than rushing to settle down]

Some guys get angry when they hear that because it implies that modern women are sluts, but they aren't.

Humans adapt their dating and mating strategies to the particular culture they are surrounded by.

In today's world, most people don't wait until marriage to lose their virginity and instead have many sexual, romantic, loving relationships before feeling ready to settle down.

Many women only sleep with a guy as a way of keeping him interested because they know that a lot of guys will not put up with having to wait weeks or months to have sex.

So, instead of losing him to another girl, she will sleep with him very quickly so they can start their relationship.

Many nice guy don't realize this and instead try to slowly grow on a woman over time, hoping that she will eventually "like" him.

He doesn't realize that he can skip all that crap and get right to sex and a relationship by attracting her first and then moving it forward.

29. Thinking that if he tells a woman he has feelings for her, it will make her want to be with him

[image: I wuv you...?]

One of the most common mistakes that a nice guy makes is telling a woman that he has feelings for her, before he has even attracted her and created the exciting, loving feelings that come with sexual chemistry.

In the mind of a nice guy, he thinking, *"If she knows how much I care about her, love her and respect her, then she will surely give me a chance and want to be with me."*

Yet, as you would know if you've read this far into the article, that isn't the way to start a sexual relationship with a woman.

In many cases, a nice guy will behave like her friend for a long time and then suddenly confess his "feelings" for her, but she will have been so turned off by self-doubting, super nice behavior that she won't see him in that way at all.

She will have noticed that he was being extra nice and polite as an attempt to get her to like and trust him, which she will suddenly stop feeling around him.

Instead of making her feel sexually attracted and turned on while he interacted with her, he would

have been making her feel very friendly, soft, innocent, polite, unsexy emotions.

So, rather than looking to him as a man who she'd love to get bent over by, she looks at him more like a little brother or friend.

Despite being a good guy and having good intentions with her, she rejects him because she just doesn't feel the same way he does (i.e. she doesn't feel the sexual attraction that he does for her).

When a nice guy gets to that point and hears a woman say, *"Sorry, I don't see you in that way. I think we should just remain friends"* it is devastating.

He has spent so much time thinking about her, fantasizing about being in a relationship with her and believing that he has been going about the courtship in the right way.

In his mind, his "clever plan" to get her to like him and trust him was working until he confessed his feelings. Little does he know, he was going about it the wrong way the entire time and only ever made her see him as a friend.

At this point, a lot of nice guys feel angry, confused and bitter towards the woman and women in general.

Some guys won't move on from that experience for many years of their life, never really understanding the fundamental mistakes they've made.

They also don't realize that they actually can recover from their mistakes and get the woman into a sexual relationship by simply going about it in the right way from now on (i.e. focus on making her feel sexually attracted and turned on. When she is feeling a lot of attraction, move to the next appropriate level – kiss, date, sex).

30. Thinking that asking a woman if he can kiss her is romantic and the "right thing to do"

In romantic movies and movies that are based on high school and college life, you will often see a nice guy asking a girl if he can kiss her.

She'll reject him, but later on the movie, he will save the day, save the world or save her from some sort of danger. Then, in most cases, she will rush over and kiss him first.

For a lot of modern men who've grown up without a proper education on how to attract and pick up women, they may look at that as the way the world really works.

A guy might think that if he behaves like one of those loveable loser characters in movies and asks a girl if he can kiss her, she will say yes or eventually kiss him in a random moment after he has been super helpful towards her.

What a nice guy doesn't realize is that women hate being asked if they want to be kissed because it shows a lack of confidence and masculinity.

When a woman masturbates, she fantasizes about having sex with a confident, masculine guy doing whatever he wants to do to her.

Women dream of being in front of a confident, masculine guy who, when the moment is right, pulls her close to him and starts kissing her or leans in and kisses her.

Yet, a nice guy will often make the mistake of acting like an innocent gentlemen and bashfully asking

if he can kiss her.

It's an act because that's not how he really wants to behave.

When he jerks off to porn, he has all sorts of hardcore thoughts about women and imagines himself doing all sorts of "naughty" things.

Yet, when in the presence of a real woman, he acts as though he's an innocent gentleman from the year 1892.

What the nice guy doesn't realize is that asking a woman's permission to kiss her will ruin the moment for her.

She will feel disappointed that he is suppressing his masculinity around her and pretending to be more of a feminine, shy, self-doubting man.

31. Expecting that a woman should care about him because he cares so much about her

[image: I really care about you. Please give me a chance to be with you. I will do anything you ask]

When nice guys reach out to me for help, they will often say, *"Dan, I really care about this girl. She's special to me. How can I get her to feel the same way? She said she only sees me as a friend. I don't know what to do. I really like her, I respect her...why doesn't she see that?"*

What he doesn't realize is that really caring about a woman is not the step before sex.

Nice guys often perceive themselves as being really caring, considerate gentleman and feel as though that should give them an edge over other guys.

He will often feel as though he is entitled to have sex with a woman because he is nicer than the other guys in her life.

If the woman doesn't "allow" him to have sex with her, then he feels as though she's obviously a bitch who likes jerks and bad boys and wants to be treated badly by men.

This stems from a nice guy not understanding attraction and what women really want to experience while going through a sexual courtship with a guy.

Even though his approach to women doesn't work and results in him being rejected or dumped again and again, he keeps doing it.

He feels as though women must be confused and need to be rescued from all the bad men in the world.

Some nice guys remain a virgin into their 30s and 40s, or rarely have any relationships with women because they are using the flawed nice guy approach.

Instead of going through a sexual courtship the fast and easy way, a nice guy will waste time trying to show women how much he respects them, cares about them and wants to be their friend.

For an intelligent nice guy, it's difficult to admit that his approach might be wrong.

He's used to being right about pretty much everything else in his life, so he assumes that he is right about women too and everyone else just doesn't get it.

Unless he has more of an open mind, he may continue on his nice guy path for life, constantly experiencing rejection, break ups and the inevitable frustration and even depression that comes with

it.

32. Misinterpreting what women mean by “nice guy” or “sweet guy”

When a woman gushes and lustfully refers to a guy that she likes by saying, *“He’s such a sweet guy”* or *“...and he’s so nice”* it means that she is ALSO sexually attracted to him.

She has probably already kissed him and possibly even had sex with him recently.

In the mind of a nice guy, he hears “sweet” and “nice” and takes what the woman is saying literally.

He thinks that the guy must be very sweet and nice to her and wonders why she hasn’t been responding to his nice, polite sweet behavior.

A nice guy will often then make the mistake of thinking, *“Right...well, if these women want nice and sweet, then I will be 100x nicer and sweeter than all the other guys. THEN they will like me!”*

Unfortunately, he just doesn’t understand attraction and what women really want to experience before sex and when a relationship begins after sex.

[image: I'll be 100 times nicer than all the other guys...THEN women will like me!]

33. Thinking that if he gives her hints that he likes her, she will make the first move

An example of this is shown in the movie, 500 Days of Summer, where the male lead character named “Tom” is a typical nice guy.

He is obsessed with the female lead character named Summer, but doesn’t know how to make something happen between them.

When Summer asks if he wants something from the office supply room, Tom tries to hint to her that he likes her by saying, *“You know what I want.”*

Summer looks confused and acts like she doesn’t understand what he is trying to say.

Why? She doesn’t want to lead him and make it easy for him to hook up with her. She wants a guy who is confident to move things forward, without having to get her to reassure him that she is interested.

In his mind, he is hoping that she says, *“Oh yes, I know what you want. You want to have sex with me. Okay cool, let’s have sex tonight and start a relationship.”*

Of course, in the movie, she ends up kissing him first, which was really disappointing for me to see because I know how much that will confuse real guys and mess with their head.

Summer could tell that Tom was interested, so one day in the photocopy room, she looks at him and then walks up, kisses him (tongue make out) and then walks out. After that, they start a relationship.

Some nice guys will see that and think that if they just give a woman enough hints and wait long enough, she will make the first move.

Yet, in the real world, a woman like Summer wouldn’t do that and would simply have sex with a

confident guy who picked her up.

500 Days of Summer is just one of many bullshit nice guy movies that cause men and women so many problems around the world every day.

The really annoying part about the movie is that, in the end, Summer left him for another guy and got married, without ever explaining why she did it.

Then, using the same nice guy approach women, Tom picks up another woman while waiting to be interviewed for a job. This time, the woman is even MORE beautiful than Summer. Then, the credits roll and everything is all nice and peachy.

Unfortunately, a lot of nice guys get sucked in by the bullshit, fantasy reality of movies and then feel depressed when their nice guy approach doesn't work in real life.

Guys see movie characters like Tom being kissed by women for giving hints that he likes her and think, *"Wow! Maybe I can do that with the girl at work or at university. Maybe if I can give her enough hints, she will ask me out or even kiss me when we're alone."*

That movie actually portrays women as being stupid and gullible when faced with the nice guy act.

In the real world, women reject guys like Tom and hook up with confident guys who know what they are doing.

If a guy like Tom does "get lucky" and get a chance with a woman like Summer, he almost always gets dumped later on when she realizes her mistake.

Women aren't stupid; they want a confident man who makes them feel attraction, respect and love and if a guy can't deliver that, the woman will reject, dump or divorce him.

Again, some nice guys will feel annoyed when they read that because he might feel as though women are too hard to please.

They're not.

Women are easy to please when you understand what makes them feel attracted.

If you don't understand how to initially attract a woman and then deepen her respect, attraction and love when in a relationship, then yes – women will seem very hard to please and your relationship life will feel like a nightmare.

However, when you know how to attract women and also know how to deepen their feelings in a relationship, it's an easy, wonderful, enjoyable life full of love, laughter and good times.

34. Thinking that chivalry will get him laid

| **Chivalry** (*noun*): Courteous behavior, especially that of a man toward women.

Nice guys who get caught up in being chivalrous towards women usually don't realize that chivalry means nothing to a woman unless she is sexually attracted to the guy.

A woman will usually be happy about the nice treatment and will welcome it, but chivalry isn't the "trick" that gets a woman to say, *"Wow! You're so sexy! I want to be with you!"*

A nice guy will often feel angry at women for not rewarding him for his chivalry.

"I opened the door for her and what do I get? Nothing. She smiled and then went and flirted with that asshole at the bar. Look at the prick – he's touching her. He smacked her ass...did you see that? Why

does she want to be disrespected like that? Why do women like douche bags and hate nice guys like me who are chivalrous and actually care about them? It just doesn't make any sense!"

In the mind of the nice guy, women are innocent angels who need to be treated like a princess.

Showing any sign of sexual interest towards a woman is wrong and only when he has offered enough chivalry to her, will she then reward him with sex and a relationship.

He feels as though needs to open doors for her, pull out a chair for her at the table, buy her drinks and dinner, give her his coat if it is cold and generally be as chivalrous as possible.

What he doesn't understand is that almost all modern women only like small doses of chivalry from guys whom they are sexually attracted to.

Too much chivalry is seen as tacky to most modern women because it's so outdated.

We are living in a completely different world today and to be successful with women, a nice guy needs to accept that he's not living in the medieval period where everyone needed to be "proper" and display the best of manners at all times.

In today's world, good manners are appreciated, but being excessively well mannered is usually seen as tacky and unnecessary for most situations.

35. Thinking that the answer must be to treat women like shit

For nice guys who never come across this article and don't ever learn what you've been learning so far, they will often come to the conclusion that women are crazy and must want to be treated like shit.

In the video below, you will see that a group of confused nice guys even made a song about it.

A lot of confused nice guys will watch that video and think that if guys are singing about women being crazy and wanting to be treated like shit, then it must be true.

Here's the thing...

The secret to success with women is not to treat women badly.

Of course women don't want that.

If women wanted a bad guy who treated them horribly, you would hear women bragging about how their man beats them up, abuses them and treats them like dirt.

The secret to success with women is to be a confident, good guy who can turn women on during a conversation and deepen their feelings in a relationship.

36. Misunderstanding a woman's reasons for rejecting him

[image: The girl I'm obsessed with doesn't like me. She must be a shallow bitch]

What a nice guy usually fails to realize is that he's not being rejected for being nice, he's being rejected for not making her feel attracted to him first.

Instead of being a confident guy around her and making her feel girly in response to his masculinity (e.g. his masculine tone of voice, his masculine attitude, his masculine behavior and body language), a nice guy will hope that a woman will like him for being really nice to her.

Regardless of how nice he is to women, they just aren't interested because the attraction isn't mutual.

Yes, he feels attracted to her and would happily bang her and even have a relationship with her, but all she feels towards him are friendly feelings because he's doing nothing to actively turn her on and make her feel attracted.

Not knowing this, a nice guy will sometimes think, *"Why doesn't she give me a chance? I'm a nice guy. Isn't that what women want? Am I not good looking enough? Is that what it is?"* never stopping to notice that he often sees beautiful women with average or even below-average looking guys.

To come up with an easy excuse, he tries to make it out to be about his looks, instead of facing up to the fact that his nice guy approach to women may be causing the rejection.

37. Thinking that he has to save women from mistakenly hooking up with bad boys or jerks

Some nice guys feel as though women are making a HUGE mistake by hooking up with guys who aren't as nice as he is.

In his mind, a woman is like a "damsel in distress" and doesn't have enough intelligence or awareness to realize her mistake, dump the "bad" guy and then hook up with a "nice" guy instead.

A nice guy often feels as though a woman just needs to be told that she's making a mistake and should be choosing a nice guy like him, rather than being used and disrespected by some jerk who doesn't even care about her.

Movies and fairytales brainwash this mindset into boys from a very young age.

Boys are taught that women are helpless and are often being taken advantage of by bad people or bad men.

In the movie, cartoon or fairytale, the hero boy or man will save the poor, helpless woman and they will live happily ever after. Superman saves the day, then gets the girl. Spiderman saves the day, then gets the girl. The list goes on and on.

In many Hollywood movies, the wimpy nice guy character will usually walk up, punch the bad boy in the face and knock him out with one punch.

This usually happens when the bad guy goes too far and treats the woman badly and then the nice guy steps in to save the day.

After he saves the day, she is his girl and he starts behaving very confidently from then on in the movie.

In the mind of a nice guy, women are innocent angels who need to be rescued from the bad men they are sleeping with.

To him, women are clueless, helpless victims who are making a huge mistake.

What the nice guy doesn't realize is that women are simply hooking up with men whom they feel attraction for and hoping that one of those guys turns out to be a good guy.

The nice guy sees this as stupid, crazy behavior by women, even though he jerks off to whores and sluts (bad girls) while watching porn.

He feels as though women need to be saved from their mistake and held in his nice, loving arms.

What he doesn't realize is that women don't want to be held by him unless he firsts make them feel

sexual attraction.

A nice guy will often become obsessed with a woman from work or university or that he has met through friends.

Since most women don't show him any interest, if a woman does show him interest and also happens to be with what he sees as a bad boyfriend or husband, he will feel as though he needs to save her.

He may think, *"She a special woman. She doesn't deserve to be treated like that. That guy isn't half the man I am. She should be with me. If she was my girlfriend, I would do everything for her. I would treat her like a princess."*

What he doesn't realize is that women are perfectly capable of making their own decisions.

Women are just as and sometimes even more intelligent than men and are usually very aware of the decisions they are making regarding their sex life.

If a woman doesn't know that she is making a mistake, she will eventually realize it. However, she doesn't need to be saved by a sweet nice guy who feels as though she needs to be handled like fragile glass.

First and foremost, a woman wants to feel sexually attracted to the guy that she is with. She also wants to respect him as a man and feel feminine around him.

The number one thing on a woman's list is NOT niceness, but niceness is something that almost all women want from a man that they are attracted to.

When a woman is with a bad man, she will almost always wish she could find another man who is just as confident as her man, but who is also a really good guy.

Those men are hard to find though, which is why you will often hear women saying, *"Where are all the real men?"*

Many women have to settle for what they've got because there is a shortage of real men in today's world. When women do come across a real man (i.e. a good guy who is also confident and has a masculine approach to life), they grab onto him with both hands and never want to let go.

Yet, when a woman comes across yet another self-doubting nice guy who suppresses his masculinity around her, she sighs in disappointment.

Guys like that are a dime a dozen, but real men are as hard for women to find as a needle in a haystack.

38. Thinking that buying her flowers or a gift will do the trick

[image: I got you some flowers. Now we have sex, right?]

Not all nice guys make this mistake, but I've heard from enough guys over the years to mark this down as a common reason why nice guys fail with women.

I've literally lost count of the amount of guys who have bought a woman a gift, or bought a series of gifts in an attempt to win her affections.

[image: Trying to buy her love]

In the 1800s and early 1900s when almost all women couldn't earn their own money, it was a good idea for a guy to show that he could buy her lots of nice, pretty things.

However, times have changed and women no longer select guys on the basis of being able to buy things for them.

In today's world, sexual attraction and emotional compatibility are the most important thing for most women because they actually want to love the guy they are with and enjoy being around him.

Yes, there are some gold diggers out there and women who only like guys who are rich, but the majority of women don't reject guys who work in a normal job or earn an okay income, because the majority of guys fall into that category.

Pretty much every guy you see with a hot girl is just earning a normal wage and in some cases, doesn't even have a job.

She hooks up with him and gets into a relationship with him based on sexual attraction, not money or means. She can afford to do that because she can provide for herself by working and earning money.

In the past, a woman would put up with a man (for life!) even if she didn't love him or want to be with him, simply because he could provide food and shelter and because it was shameful to divorce.

It wasn't always about attraction and real love back then.

Not anymore though.

If you want to be successful with women in today's world, you actually need to be able to make a woman feel attracted and then deepen her feelings of respect, attraction and love in a relationship.

39. Thinking that a woman will want him if he explains how nice he is compared to other guys

[image: Wow! You're so nice! Why aren't other guys as nice as you are?]

When a nice guy overhears a woman complaining about men, or about her boyfriend, husband or lover, he will often see that as his chance to be with her.

He'll explain to her that he's not like other guys and remind her that she deserves so much better.

When she complains about guys only being interested in her for sex, he will explain to her that he's not like other guys and cares about a woman as a person before anything else.

When a woman notices that a nice guy is constantly putting other guys down and saying how good he is compared to other guys, she realizes that he's doing it as an attempt to impress her and get her to see him in a good light.

He feels as though the nicer, more innocent and gentlemanly he appears to her, the more she's going to want to be with him.

He thinks, *"After all, women do say that they want a nice guy. So, I've just got to get it through to them that I'm the nicest guy available."*

In the mind of a nice guy, he thinks that getting a woman into a sexual relationship is about getting her to "like" him as a person first. He doesn't realize that a woman liking a man is secondary to her feeling attraction for him.

A woman would rather be with a guy who makes her feel attraction and then hope to change him over time, than be with a guy who she doesn't feel sexually attracted to, but who is really nice to her.

40. Pretending to be anti-men in an attempt to get women to like him

[image: All men are assholes]

Since a nice guy makes the mistake of thinking that he has to get women to “like” him before he can have sex with them, he sometimes make the mistake of being anti-men.

When feminist women complain about all men being chauvinist pigs or only interested in sex, some nice guys will see that as an opportunity to be “liked” by women.

He will say something like, *“yeah, I know...most men are just pigs. Sometimes I am ashamed to be a man because other guys give us a bad name. I’m not like them at all. I treat women with respect. Women are intelligent and shouldn’t be looked at a sex objects. Women have feelings and should be respected.”*

From a nice guy’s perspective, his “clever plan” is a genius idea and will be his special trick to get into the panties of naive women.

He’ll often get so caught up in the feminist bullshit that he will actually start to believe it. He will think that any guy who isn’t bowing down to the almighty woman is a chauvinist pig or an asshole who needs to be educated about “how to treat a lady.”

What the nice guy doesn’t realize is that most women can see right through his false persona.

When women notice that other women aren’t attracted to him and he basically has no options with women, they will realize that he is being a cheerleader for women to get them to like him, or he might actually be gay.

After all, he’ll say things like, *“I’m on your side ladies. All men are bastards!”* in the hope to be liked, so no-one can blame the women for suspecting that he might be one of the girls.

Instead of having sex with the women he has befriended, he will be seen as more like a brother to them.

Then, when he eventually tries to make a move, he will get the old, *“Huh? What are you doing? Noooo...we’re just friends”* or *“Sorry, I like you as a person, but not in that way. I don’t want to ruin our friendship”* line, which is simply a gentle way of saying, *“I am not attracted to you.”*

The exact same nice guys who complain about men looking at women as sex objects or “only being interested in one thing” will go home and jerk off to sluts and whores while watching porn.

Then, when he interacts with real women, he will behave as though he doesn’t look at women in a sexual way.

He gives women the impression that he feels as though women are perfect princesses who should be treated with the utmost of respect and should never be looked at in a sexual way.

41. Believing that women should choose men based on their level of niceness

Imagine for a moment that women did choose men on how nice they were.

In that world, the nicest, most polite, obedient men would get the girl. The nicer a guy was to a

woman, the more of a chance he'd have to get a chance with her.

Can you imagine it?

Men would essentially be slaves to the almighty woman.

[image: Who should wear the pants in a relationship? Men or women?]

A man would bow at a woman's feet and beg for her affections.

If a woman wanted to sit down, a man would get down on all fours and she would sit on his back.

She would fart on him and he would say, *"Thank you m'lady"* and she would say, *"Shut your trap."*

I know, it's a bit of an "out there" example, but I intentionally made it a bit out there to make a point.

It is not our role to suck up to women and hope to get a chance with them.

You can do that if you want, but women will not respect you or feel attracted to you if use that approach.

Sure, many women will like you as a person because you're so nice, but they won't be fantasizing about having sex with you. Instead, they will just hook up with a guy who doesn't feel the need to bow down to them like you do.

There's nothing wrong with being nice to a woman, but just don't put on an act of being even nicer than you are to suck up to her.

She can see right through it.

What many nice guys fail to realize is that women do not choose guys based on niceness.

It's not how the world works and if it did work that way, planet Earth would be a very weird place indeed.

For a nice guy to break away from his fairytale ideas of women being perfect princesses who choose men based on niceness, he needs to accept that it's not how the world works.

Women want men to be good to them, but to not be such an ass-kissing nice guy who puts on an act of being even nicer than he is to hopefully get her approval.

42. Thinking that continuously putting a woman's needs ahead of his own, will prove to her how "devoted" he is

Some nice guys will do anything and everything for a woman in an attempt to get to "like" him.

For example: He may drive her around town to get errands done even though he is busy with other things, cancel his important plans to help her with anything she needs and generally let her use him in any way she wants.

In his mind, this is the perfect way to show her how devoted he is. He hopes that she will eventually realize that he's a great guy and will then want to be with him.

The nice guy will feel as though he needs to prove himself to a woman before she will "give him a chance."

He may even say to her, *"I will do anything for you. Just name it and I will do it. I want to show you how much I care about you. You are very special to me."*

What a nice guy doesn't realize is that a woman doesn't care how "devoted" he is if she isn't

attracted to him.

Women don't want a friendly, non-sexual guy that they can push around or lead around like a little puppy dog.

If you decide to put a woman's needs ahead of your own at times because you're a good guy and sincerely only want to be her friend, that is completely fine and acceptable.

However, if you are constantly putting a woman's needs ahead of your own and letting her take advantage of you in the hope that it will make her "like" you and give you a chance to have a sexual relationship with her, then you're doing it wrong.

43. Not admitting his attraction for a woman

When a nice guy likes a woman and wants to have a sexual relationship with her, he will rarely tell her that he finds her attractive.

Rather than saying, *"You're sexy...I like you"* or *"You look sexy in that dress"* he will make friendly, innocent comments like, *"You have nice guys"* or *"That's a nice dress."*

If the woman is experienced enough with dating and relationships, she will know that he has a crush on her.

However, since he isn't man enough to do anything about it, she will feel turned off by his dishonest, insecure approach.

From then on, any type of nervous, self-doubting or hesitant behavior around her will be a sign that he either doesn't feel good enough for her (women hate that) or he is trying to trick her into thinking he is an innocent nice guy who just wants to be her friend (they hate that just as much).

She will know that something just isn't quite right with him.

Since women don't go around instructing guys on how to be a man, she will just accept that he is who he is and will say something like, *"You'll find a nice girl one day...don't worry"* or *"I wish I could find a nice guy like you"* and plenty of other confusing comments that make no sense to most nice guys.

She will then hope that he gets the message and understands that she doesn't feel attracted to him.

Since he thinks that he needs to hide his attraction for her, he will sneak looks at her and hope that she doesn't catch him. Sometimes, she will catch him looking at her and he will quickly look away feeling embarrassed or though he has been busted.

She will then begin to lose trust in him and will put her guard up. She may even feel uncomfortable being alone with him because something just doesn't seem right.

44. Sticking to safe conversation topics to avoid offending women

When a nice guy is talking to a new woman, he usually sticks to the classic, boring conversation topics of work, location and age.

"Where do you work? Where do you live? How old are you?" When those topics dry up, he usually

has a few more things to say before completely running out of things to say.

Instead of being real and being able to keep a conversation going and keep it interesting in a fun, easy-going way, he puts on an act of being a polite, nice guy to hopefully impress her with his manners.

He worries about potentially saying the wrong thing to a woman because he thinks that he has to get women to “like” him.

He doesn't realize that if he focused on making women attracted to him, they would be interested in talking about pretty much anything with him and would try to keep the conversation going.

What women want is a good guy who also has a backbone.

In other words, a good guy who has balls and who isn't afraid to say or do whatever he wants, while also being respectful towards others.

When women get the sense that a guy is afraid to explore conversation topics or say anything that they might disagree with, they realize that he has no backbone.

He's a soft, wimpy assed nice guy who will bend and flex to please everyone in the hope that he is liked. That is very unattractive to women because men like that are usually picked on by guys, picked last for promotions and insecure in relationships.

If she is talking about something that he doesn't agree with, a nice guy will usually try to avoid saying what he really thinks.

He doesn't want to offend her, so he may even pretend to agree with her.

If she senses that he's just agreeing with her to please her, she will lose respect for him. When a woman loses respect for a man, she instantly begins to lose attraction for him and when that happens, she will usually lose interest.

45. Thinking that complaining about women to others will fix the problem

[image: Why you no make sense?]

In the mind of a nice guy, women are confused and are making a mistake for not liking him.

He will sometimes feel as though he needs to get other people to understand that he is a nice guy and deserves credit for that.

So, he may post up a “pity me” style Facebook status update, such as, *“Why am I so unlucky in love?”* or *“I don't get why women love jerks so much. I'm a nice guy and I will never change.”*

Some nice guys will waste most or even all of their life sitting around and waiting for the world to change.

In his mind, he deserves women because he is nice and the problem is that people just don't get that.

If he complains enough times, he feels that someone will come to his rescue or a woman will reach out and say, *“You know what? You're right! I have been hooking up with the wrong guys all my life. I need a nice guy like you. Call me.”*

Yet, that just ain't going to happen because most women aren't attracted to insecure men who are putting on an act of being nicer than they actually are, in the hope of impressing women.

Women who are attracted to insecure nice guys are usually insecure themselves and will instantly dump the guy if she ever gets a chance with a confident, alpha male or she will simply make the nice guy's life a misery by constantly threatening to break up with him and then using his pleas and desperation as a way to feel good about herself.

As you may know, seeking pity and complaining about things is not the way to fix your problems in life.

If a real man has a problem, he acknowledges it, seeks a solution, uses that solution and then gets on with his successful life.

He doesn't sit around complaining and seeking pity in the hope that someone will come and rescue him.

He takes action, finds and uses a solution and then keeps pushing forward to an even better life than ever before.

In life, we are regularly faced with new challenges and obstacles to overcome. If a guy has the attitude where he seeks pity and complains instead of getting the job done, then he's not going to get very far in life or have a great time with women.

46. Trying to hook up with women even though the sexual attraction isn't mutual

A nice guy will usually skip the attraction step of a sexual courtship and will attempt to make advances on a woman, even though their relationship feels like a friendship or a brother/sister relationship.

For the woman, it just feels wrong or awkward to her, so she rejects him with a classic line such as, *"I don't want to ruin our friendship"* or *"Sorry, I'm not looking for a relationship right now."*

Whether she understands the nice guy's mistake or not, her instincts will tell her that it just doesn't feel right.

From the nice guy's perspective, he has done everything right and has been the "perfect gentleman" up to that point, so he doesn't see any reason why she wouldn't give him a chance.

After all, nice guys get the girl in the movies and women are always saying, *"I want a nice guy"* so his approach to women makes complete sense to him.

Sometimes, a nice guy will feel as though asking a woman out on a date will make her want to be his girlfriend.

This belief usually comes from seeing nice guys in movies or TV shows ask a woman out, go on a date with her and then eventually she becomes his girlfriend.

However, without sexual attraction, without sexual chemistry and without her being able to respect him as a man, any request for a date just doesn't make any sense to her.

47. Not being his true self

A lot of nice guys are reluctant to learn how to attract and pick up women properly, because they don't want to have to become someone that they're not. However, what he doesn't realize is that the

nice guy act that he puts on in social situations is not who he really is.

When he is home alone and looking at porn, he is excited to look at women. However, when in front of a real woman, he will often behave as though he doesn't look at women in a sexual way.

He will become a fake version of himself and put on a persona that he feels will trick women into liking him. He feels as though he is smarter than everyone else and that women will fall for his unassuming, innocent nice guy act.

In many cases where a nice guy is able to get a woman to fall for the nice guy act and begin a relationship with him, his real personality will slowly come out during the relationship.

After a while, he may begin to treat the woman badly, become overly possessive and controlling, talk down to her and even hurt her.

His initial act was that of an innocent, friendly nice guy, but what eventually comes to the surface is an insecure guy who has somewhat of a hate towards women for not liking him in the past.

For a nice guy to become successful with women, he has to start to be his real self rather than pretending to be nicer than he actually is.

He has to begin to allow his true self to come to the surface when he is interacting with women and with people. He needs to get used to that, rather than continuing the habit of presenting an extra nice, innocent version of himself and hoping to be liked for it.

In most cases, a nice guy doesn't intentionally want to be lying or putting on a fake persona, but he doesn't know what else to do.

What a nice guy really wants is to know himself and be loved and appreciated by others. He has mistakenly thought that the path to love and appreciation is through niceness and behaving in a very innocent, almost childlike way.

However, that is acting and putting on a forced social persona. It's not his true self. It's a fake version of himself that is portraying to women and the world because he thinks that it will get him what he wants.

Most nice guys use the nice guy approach because they haven't yet discovered that attracting women is easy.

In the mind of a nice guy, he will have to impress the crap out of a woman to get her to give him a chance.

Yet, he's wrong.

Attracting women is the easy part.

All you've got to do is display some of the personality traits, behaviors and inner qualities that naturally attract women (e.g. confidence, masculine vibe, charisma, charm, humor) and most women will feel attracted to you.

Of course, that is, as long as you're not trying to suck up to them with a nice guy act while displaying those traits.

You've just got to be real. Let your real, honest personality come through without running through the filter of the nice guy act.

Yet, who are you anyway?

The typical nice guy hasn't yet discovered who he really is and is instead acting in a way that he

thinks will get women to like him and want to be with him.

Some nice guys keep the persona going for decades, to the point where they convince themselves and those around them that it's just the way they are.

"I was born like this. I'm a nice guy. What else can I say? Why should I have to become an asshole to attract women? I won't do it. I'm a nice guy and I refuse to stop being nice."

To a nice guy, it's often a case of either being really nice or really bad to women.

He doesn't realize that the guys who are the most successful with women now and in the long run are the confident, good guys.

48. Thinking that doing anything other than being nice to a woman is playing "mind games" with her

When a nice guy first hears the phrase "nice guys finish last" he may then assume that to be successful with women, he will need to become a bad boy, jerk or asshole and essentially play a whole bunch of mind games on women.

The way he sees it is that his nice approach is authentic and he isn't interested in playing games with women, even though his nice guy act is a strategy that he is attempting to use to seduce women.

After searching online, a typical modern nice guy will come across all sorts of random advice that is being made up by guys who aren't even successful with women.

They will say things like, *"Act like you're not interested in her. Be aloof. Tell her that you already have a girlfriend"* and other rubbish like that. Unfortunately, a lot of good guys end up following that advice and it causes them more harm than good.

One day, the woman he's got a crush on says to him, *"I feel like I don't know you anymore. I don't know what's gotten into you, but you've been behaving really weird lately. You should loosen up. You seem tense."*

Let me make this clear for all the nice guys reading along: You do not have to play games with women to get them into a sexual relationship with you.

You simply have to attract women, create sexual chemistry, build a connection and escalate to kissing, dates and sex. Being nice to her and expecting her to want to have sex with you because you're such a good, honest, loyal guy is not the approach that works.

Instead of sticking with your nice guy identity and trying to defend it for the rest of your life, simply switch to being what women refer to as a "great guy" or a real man.

A real man is confident and masculine while also being a good guy. He treats people well, but stands up for himself and what he believes in. He lives life on his terms, while also being respectful of other people.

49. Making a woman feel as though she is the answer to all of his problems

Many nice guys give a woman the impression that, without her, he will be unhappy, depressed and

lost.

When she rejects his initial attempts to turn their friendship into a relationship, he may begin to plead and say, *“You mean everything to me. I want you in my life more than anything else. You’re the most amazing girl I’ve ever met.”*

Unfortunately for the nice guy, he has been watching way too many romantic movies where an approach like that allows the guy to get the girl in the end.

In the movies, a guy is usually shown to beg his way into a relationship.

The male character will plead with the woman, *“Please, give me a chance. I promise I will treat you well”* and she will reject him again and again until he does something amazing like save the world, save the day or save her from some danger or a bad guy.

When a nice guy gives a woman the impression that he needs her, she gets the sense that he sees her as a way to be happy with himself...and that turns her off. She doesn’t want to be responsible for how happy or depressed he is.

What the desperate nice guy doesn’t understand is that the guys who are the most attractive to women are those who are happy with or without her.

In the mind of a nice guy, guys who happy with or without a particular woman are jerks or bad boys. He thinks that he needs to behave like a romantic guy from a movie and devote every waking moment to thinking of her.

Yet, that’s not what women want.

A woman wants a guy to want her, respect her, like her and appreciate her, but not need her.

50. Being a pushover

The nice guys who really fail with women are those who let people push them around.

They are the quiet guy in the group or the shy look one at parties. A guy like that will laugh in a nervous, self-doubting way and essentially stand back as the alpha males get all the attention from women.

He knows that he’s a great guy, but he just doesn’t have the confidence to back it up.

He’s either had been raised by parents who turned him into a wimp, or he has been brainwashed by the junk he’s seen on TV and in the movies.

In life, you can only be nice to a certain point before people start walking all over you.

So, if you are the sort of nice guy who is a bit of a pushover, you should start to reconsider the how you allow people to treat you.

Some guys have no limit of how nice they will be to women and people in their attempts to be liked. Even though he may get angry and frustrated when alone with his thoughts, a pushover nice guy will rarely stand up for himself. If he does, he will usually do it in a wimpy, “pity me” sort of way, rather than a confident, assertive, alpha male way.

What a lot of nice guys don’t realize is that women feel an instant attraction for guys who are assertive, but also cool and friendly with people.

It’s not about being an assertive asshole, but a good guy alpha male who doesn’t let himself get

pushed around or taken advantage of.

When a woman sees that a guy is a leader and not a follower, she feels a natural attraction to him because women are programmed to feel attracted to alpha males.

Her attraction for confident, alpha males is not something that she can control or switch off – it just happens.

We men feel the same type of instant attraction when we see a woman's cleavage or pretty face – it's not something that we can switch off, it just happens.

Unattractive women or women with no tits may say, *"Hey, you shouldn't feel attracted to pretty faces or nice tits,"* but that isn't going to stop us.

Likewise, nice guys might say, *"Hey, you shouldn't feel attracted to confident, alpha males. You should feel attracted to insecure nice guys,"* but that isn't going to stop the natural instincts of women.

51. Always being available for her at any moment

There's nothing wrong with quickly replying to a woman's text, answering her phone call or helping her out if she is in trouble.

However, a nice guy sometimes goes too far with his availability and kindness towards a woman because he is hoping to be "liked" by her and then rewarded with sex, love and affection.

What a nice guy doesn't realize is that not always replying to a woman's texts, not always answering her calls and not always being available at any moment is actually what women want from a man.

Why? Women want to feel the full spectrum of emotions in their relationship with a man.

If the only emotions a nice guy makes her feel are safe, loved, wanted and needed, she will eventually get bored of that.

That's not because women are crazy and need to be entertained, but that life isn't as simple as just being nice, calm, warm and sweet all the time.

In other words, life isn't black and white. There are many colors and many shades of gray too.

If you don't allow a woman to experience a wide variety of emotions, she will naturally get bored of you. Not because she's crazy and needs to be entertained, but because she is human and will not be confined to a boring, monotonous reality.

So, when a nice guy always immediately replies to her texts, phone calls or requests, she comes to expect it and then starts to feel bored.

At times, a woman also wants to worry about why a guy hasn't replied to her text right away. If he doesn't answer her call (e.g. because he's busy working on his life purpose, career, hanging out with friends, exercising, etc), she wants to be able to worry that he might be with another woman.

She wants to be able to feel anxious when choosing which dress to wear for the date, instead of knowing that whatever she wears he will always say, *"Oh, that looks nice."*

If it doesn't look nice, she wants him to have the balls to say, *"I don't like that dress. You looked way better in the blue dress yesterday"* rather than just saying that she looks nice every day.

She wants a real man, not a faker.

She wants to feel as though she needs to impress him, as well as feeling as though he loves her, wants her and sees her as the sexiest woman on Earth.

When a nice guy hears that, he will often try to fight against it.

“No. I was raised to be a gentleman. I refuse to play any sort of games with women. I will always be available, I will always be nice and if they don’t like that, then they are obviously confused bitches.”

What the nice guy doesn’t realize is that not being 100% available for a woman 24/7 doesn’t mean that he is playing games with her.

What it means is that he has a balanced approach to life, rather than being obsessed by a woman.

A real man is a man who will love and cherish his woman, but will also have many other interests in life that take up his time and attention.

If he is always available for her at any moment, a woman will get the sense that he is either hiding from his true potential as a man or is simply another desperate guy who is willing to do anything for a woman in the hope that she will like him.

52. Thinking that he won’t have a chance with a woman until she gets bored of being with bad boys

Over the years, a number of guys have said something similar as this to me, *“Dan...women are entitled, stuck up bitches these days. They hate nice guys like me and only want bad boys or rich guys. I’m not even going to bother with them until I finish university, get a high paying job and can afford to buy the bitch whatever she wants.”*

I feel sorry for guys like that because they just don’t understand attraction.

They fail to acknowledge the fact that most of the guys that women hook up with or have as a boyfriend are actually GOOD GUYS.

Yes, some women hook up with bad boys and about 1% of the population is very rich, but pretty much every other guy is just an average good guy making an average income.

A lot of nice guys feel as though a woman is rejecting him as a guy, when she is simply rejecting his approach to her (i.e. he’s trying to befriend her, rather than making her feel sexually turned on and aroused by him).

He thinks he is “doing the noble thing” by being nice to her, never realizing that his approach to women is boring and outdated.

If he could just stop putting on an act of being a sweet, nice, innocent guy and start being a good guy who makes women feel attracted and turned on during interactions, women would suddenly become open to having a sexual relationship with him.

Some nice guys have the mistaken belief that a woman will go through a “bad boy phase” and then eventually realize that she wants a nice guy who treats her like a princess.

This belief stems from seeing very confident, assertive women in their 30s and 40s eventually settling down with a nice guy.

Why does that happen? Simple. Women lose their attractiveness as they age.

When a woman hits 30 years of age, she rapidly begins to lose value on the mating market because

she doesn't have the young, fertile body that she used to have.

She eventually gets to the point where she has to accept whatever she can get because all the confident guys are either committed or still sleeping with women in their 20s.

Sitting on the sidelines and hoping that women will eventually want you for being a nice guy is a failing strategy.

Just look at the high divorce rate out there today. Most divorces are initiated by women and it's usually because the guy doesn't even know how to make her feel attracted.

She might have married him to please her parents and stop being left behind by friends who were getting married, but that doesn't mean she will stick with him for life.

If you want to be successful with women, you've actually got to be the sort of guy they want to hook up with and stay with. Anything less than that will almost always result in cheating, dumping or divorce.

If you can't accept that and make changes to how you have been approaching women, then you have a miserable life ahead of you.

However, if you can be a man right now and not sulk and complain, you will accept that you need to stop putting on a nice guy act and hoping to be rewarded for it.

You will realize that women need to feel sexually attracted to a man to want to be with him and he needs to be able to deepen her feelings over time for her to want to stay with him for life.

You might not want to accept that now, but believe me – you will be forced to later on in life if you get to 40 or 50 and are still being rejected or dumped by women.

53. Being unable to read a woman's signals of interest

When a woman has enough experiences with nice guys who get the wrong idea and misinterpret her niceness as meaning that she is interested in sex and love, she will usually begin to develop a colder, more bitchy reaction when nice guys show interest in her.

In the past, she may have been too afraid to tell the last 20 nice guys, *"Hey, I'm not interested...I only see you as a friend. Don't even bother. There is absolutely no chance for us,"* but after experiencing that for years on end, most women get to a point where they crack and have to change their approach.

[image: Why do women hate men and reject them?]

For some nice guys, even a direct rejection from a woman won't fully deter them.

He will read into anything she says to him from now on, or anything she types in a message or e-mail.

If she puts in a smiley face or signs off with xxx at the end of her message, he will usually misinterpret that as meaning that she has changed her mind and now wants to be with him.

In most cases, it won't be because she has changed her mind though.

It will either be that she is trying to mess with him and is using his desperation for her to build more confidence in herself or is simply a girl who signs off messages to friends with xxx and other loving gestures.

What a lot of guys don't realize is that most women are afraid to directly reject guys.

Why? For most of human history, a man could get away with rape or murder.

Even to this day, many women are still hurt or killed by guys they've rejected or dumped.

To play it safe, most women tend to string men along by saying, *"I'm not ready for a relationship right now"* until they actually find a confident, masculine guy to have a relationship with, or they say things like, *"I don't want to ruin our friendship"* to appease the nice guy and let him feel like he is a good, trusted friend of hers.

Most nice guys will never read this article and won't know why they are being rejected by women.

Instead of understanding the rejection and then changing their ways to be the sort of guy who naturally attracts women, the uninformed nice guys get angry and bitter about the constant rejection they receive from women.

For guys who understand attraction and know what signals to look for, it is completely obvious when a woman is interested.

When he notices the signals, he simply moves forward to kissing, dates, sex and a relationship.

However, for the average nice guy, a woman's signals of interest are mostly outside of his awareness. He will be able to pick up on some signals, but not all.

More importantly, he will usually miss the signals when she is trying to tell him that she isn't interested.

Since most women will give a vague rejection excuse such as, *"I'm just not looking for a relationship right now"* or *"I don't want to ruin our friendship"* the average nice guy will feel as though he still has a chance.

He will assume that he just needs to try harder and will attempt to be even nicer and sweeter to her (e.g. give her space, don't try to make any moves, be really considerate, respect her even more, explain that he doesn't want to rush things, etc), in the hope that it will make her like him.

All the while, she will be on the look out for a more confident, authentic guy to hook up with or will already have a lover and won't tell the nice guy.

54. Making a woman feel as though she doesn't have to do anything to impress him

Many nice guys make the mistake of being too keen and desperate to get a chance with a woman.

The nice guy will hear that women like a guy who is a challenge, but he will disregard that as "pointless mind games."

What the nice guy doesn't realize is that there is a fundamental reason why women like a guy who is a challenge to acquire, compared to a guy who will accept her no matter what.

The reason?

Guys who are desperate and will accept almost ANY woman are usually the type of guy who get pushed around in life, overlooked for promotions and ignored in social situations.

In other words, spending her life with him will most likely be very problematic and difficult.

On the other hand, guys who have standards about what they will and will not accept in a woman are usually the type who lead others, get picked for promotions and have lots of great friends.

What type of guy is going to be more beneficial to a woman to breed with or even just be in a relationship with?

Imagine this...

A woman is presented with two options:

1. A good guy who is confident and authentic (i.e. he's a good guy, but he is not putting on an act of being nicer than he actually is). He likes her and treats her well, but he's not going to remain interested in her unless she continues to impress him. If she behaves badly, he stops liking her. If she doesn't look very attractive one day, he begins to lose interest.
2. A nice guy who is desperate for any half-decent woman to like him. He will do anything and everything to hopefully get a chance with her. No matter how badly she treats him or how she presents herself, he remains 100% interested and keen the whole time.

It might seem like a woman would go for the nice guy because it's easier, but she isn't after easy.

She wants to feel sexual attraction and feel like she is getting a valuable guy, not a guy who would accept pretty much any half decent woman.

She wants to feel special that she has been chosen by a guy who could easily have other women, but is going to give her a chance, rather than feeling like she accepted a guy who sucked up to her with a nice guy act.

By having standards and expecting a woman to impress him, the first guy is not playing games with her. He still likes her and treats her well, but if she doesn't live up to his standards, she doesn't get a chance with him.

She then feels as though if she's going to get him to have sex with her and commit to a relationship, she'd better be on her best behavior and try hard to look extra pretty.

On the other hand, the desperation of a lot of nice guys causes women to feel as though they don't even have to try. He's already 100% interested and will remain that way no matter what she says or does.

In the mind of a nice guy, that is a GOOD thing because he doesn't ever want her thinking that he doesn't like her. He wants to be gentle with her and treat her like a fragile little princess.

Yet, that's not what women actually want.

Women want to feel as though they have to maintain the interest of a guy. If a guy just accepts anything from her, what type of life is he going to lead? Will he be successful? Will people respect him? Will he accept a mediocre life?

55. Suppressing his natural charisma

Charisma (*noun*): Extraordinarily appealing personality. Compelling attractiveness or charm that can inspire devotion in others. Magnetic presence.

When you let your real, authentic, unfiltered personality come through, you have charisma.

If you're also a good guy, then you will be seen as a charming, charismatic, attractive guy. However, if a guy lets his real, authentic, unfiltered personality come through and he's an asshole, he'll be seen as an asshole.

The secret is to be real, but to be good.

Every guy, even nice guys, can be seen as charismatic and attractive in the eyes of women.

Yet, since most nice guys are more worried about being rejected, they often suppress their true personality around women that they find attractive.

Instead of coming across as a cool, charismatic guy, a nice guy often comes across as weird, nervous and self-doubting to the woman.

If he presents a suppressed version of his real personality, something won't seem right about him and some women will even label him as being "creepy."

A nice guy may sometimes have the ability charismatic around close friends, but as soon as he is in front of an attractive women, he tends to shut that side of himself down and go into his shell.

If he interacts with the woman, he will usually turn into a nice, friendly guy who just wants to "get to know her." He will behave as though he's just an innocent, nice guy who wouldn't ever think about her in a sexual way.

When a woman interacts with a nice guy who is suppressing his natural personality, she can usually sense it.

If she has observed him interact with other people in a more open way, but then shut down and go into his shell when interacting with her, she knows that he either lacks confidence or isn't a man she can fully trust to be alone with.

In the mind of a nice guy, he is the most trustworthy man on the planet, but women don't feel the same way because they sense that he's putting on an act. They sense that he isn't being authentic and is hiding something.

The Solution

Phew! That took me quite a while to type up! ☹☹☹

As I explained throughout this article, the secret to success with women is **not** to become an asshole, jerk or bad boy.

Women are not crazy and they do not want a bad man who will beat them up and make them feel miserable.

Almost all women want a confident good guy who has the balls to turn her on during a conversation and the wisdom to guide her into deeper feelings when in a relationship.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I

promise!)

WATCH VIDEO (FREE)

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Masturbation Overload: Are Modern Men Masturbating Too Much?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Let's face it, there's a lot of really good porn online.

Take one look at a porn site and it's only natural that you will get a boner and may then consider jerking off to calm it down.

Yet, should you be jerking off to porn on a regular basis? Could it be doing you more harm than good?

To answer those questions and more, I'm going to cover the following topics in this article:

- Masturbation statistics for men and women.
- Why do humans feel the urge to masturbate?
- What do doctors and scientists say about male masturbation?
- Can masturbating to porn ruin a man's attraction for his girlfriend or wife?
- Times when it is okay to masturbate when in a relationship.
- Can excessive masturbation reduce a man's drive to succeed in life?
- What to do if masturbation is preventing you from getting a girlfriend.

Masturbation Statistics For Men and Women

[image: Female masturbation]

The following statistics are from various survey and studies from across the world. Percentages do vary based on age and marital status, but these statistics will be sufficient to give you a big picture perspective on masturbation.

When looking at the percentages, take into account that most people aren't fully honest when asked about masturbation, so you might want to add 10-20% to some of the statistics, especially when it comes to women who tend to be a lot more reserved about admitting to masturbation.

[image: Female masturbation statistics]

Sources: Wikipedia, National Survey of Sexual Behavior, The Gossard Big M Survey.

As you can see from the statistics above, it's not only men who masturbate. Women also masturbate to release a build up sexual desire that has not been released with actual intercourse.

When a woman masturbates, she usually closes her eyes and imagines having sex with a guy or remembers a previous sexual experience. Many women in relationships say that when they masturbate, they think of their boyfriend or husband and imagine having sex with him.

Since women are mostly turned on by a man's confidence and masculinity, women will usually think about a man being very confident and masculine with her in the bedroom. For men, who are mostly turned on by a woman's physical appearance, looking at porn is the fastest and easiest way to get aroused.

Most women will never admit to masturbating if you ask them face to face, but the statistics from

various studies and surveys show that women masturbate to release their built up sexual desire and even for a bit of fun. Some women have said that they masturbate before going to bed at night to help them sleep, or in the morning to get themselves up and out of bed in a good mood.

[image: Male masturbation statistics]

Sources: Wikipedia, Journal of Psychology and Human Sexuality, Wikipicks.

Poll

How often do you masturbate?

- ☐ Once a month
- ☐ Once a week
- ☐ A few times a week
- ☐ Every day
- ☐ Multiple times per day

Vote

[View Results](#)

[image: Loading ...]

Loading ...

Why Do Humans Feel the Urge to Masturbate?

[image: An illustration of a man's sperm about to fertilize a woman's egg]

Essentially, we humans are hard-wired with an urge to find a mate so we can have offspring and keep the human species going. According to Wikipedia, the total amount of humans that have ever lived is approximately 107 billion.

A lot of sex and baby making has occurred to get us to where we are today. If sex and sexual desire was a bad thing or “wrong,” humans and animals would have died out and vanished into history. Yet, here we are, billions of humans later and we are now communicating via the Internet.

You are reading my article on a computer, phone or tablet and the human race is charging on towards its ultimate destiny. Billions of humans have masturbated, had sex, made babies and made breakthroughs that have led this this very moment.

The fact is, human bodies are designed (or created) in a way that causes us to feel a pent up desire to have sex. When we don't get that sex, we (both men and women) release the built up desire via masturbation.

[image: From sexual desire to procreation]

Sexual desire is not something that a human can turn off. As you might have seen in the news over the years, even religious figures who say that sex is wrong secretly masturbate or have twisted sexual

desires and fantasies that sometimes end up hurting innocent people.

Sexual desire is natural and its purpose is to get us to make copies of ourselves via sexual intercourse. So, if you're one of the many modern men who feel guilty for having sexual desire, you should stop punishing yourself for it. You are a human being and are hard-wired to feel that way. It's completely normal, natural and healthy and it ensures the replication and survival of our species.

What Do Doctors and Scientists Say About Male Masturbation?

In the 18th and 19th century, conservative people who lied about their sexual desire tried very hard to turn masturbation into a bad thing. Doctors, religious figures and other authority figures claimed that masturbation would lead to mental health issues, blindness and even hairy palms.

Here's what a doctor said about masturbation in the 1950s, *"Masturbation is the most prevalent of all sexual disorders. It is very commonly found in the mentally unstable, the insane and sexual perverts. Masturbation in an otherwise normal individual can produce idiocy."* What an idiot! The bullshit that authority figures used to say in public years ago is hilarious.

Thanks to the efforts of today's scientists and doctors, modern men are now beginning to learn that masturbation may be healthy, if done in moderation.

In 2003, a team of Australian scientists at the Cancer Council of Victoria, found that men who ejaculate regularly during the ages of 20 to 50 are less likely to develop prostate cancer.

Why? Masturbation allows the prostate and the seminal vesicles to discharge secretions and prevent the build up of carcinogens (the things that cause cancer) that may be concentrated in the prostate.

However, don't get carried away with it! Excessive masturbation (more than 5 times a week) will cause some men to experience impotence, premature ejaculation and a lack of desire for sex with real women.

In my opinion, masturbating more than once a week when you are single (not in a relationship) means that you don't have the right balance in life.

To achieve what you really want with women, you should be using your sexual desire to approach and pick up real women and to achieve your life purpose and goals, rather than blowing your pent up sexual desire out into a tissue or sock several times a week.

Sources: Cancer Council Victoria, EmbarrassingProblems.com

Can Masturbating to Porn Ruin a Man's Attraction For His Girlfriend or Wife?

[image: Masturbating when in a relationship]

Definitely.

Think about it.

What do you do when you're looking for porn videos to jerk off to? You look around for the best videos that turn you on the most and ignore the ones that don't give you a "Wow" reaction. You want

to feel as turned on as possible, rather than having a boring, unfulfilling jerk off to mediocre porn.

If you get into the habit of doing that while in a relationship with a woman, it may change your mindset about what it takes you to get fully aroused for sex. Years into a relationship, your girlfriend or wife may not give you the same “*Wow!*” response that you had when you first began having sex with her.

So, what’s a modern man to do? Avoid porn altogether?

It depends.

If you have a sexy wife or girlfriend, it will be easy for you to want to be with her sexually.

Additionally, if you have a great relationship that is based on true love and have also been deepening the respect, love and attraction that you feel for each other, then you will naturally enjoy coming together in sexual union.

It will feel good and fulfilling to have sex with each other. On the other hand, if you’ve accepted a woman that you’re not very attracted to or have developed the type of relationship dynamic that doesn’t naturally and automatically create built up sexual tension between you and your woman, then you won’t feel much (or any) desire to have sex with her.

It was a lot easier for guys in the past. Before the arrival of the Internet and the subsequent explosion of online porn, men were jerking off to “blue movies” (sex videos) and magazines that they would buy from retail stores.

Before that, all a guy really had were a few photos of scantily clad women showing a “bit of leg” or some cleavage. Prior to that, men would have probably had to close their eyes and imagine sexy women.

A man in the year 1900 for example, would have had the same desire and urge to masturbate as you do, but since you have such easy, instant access to amazing, boner-activating porn, you are in a more difficult position.

You have to consciously remind yourself to avoid porn, or else you run the risk of sapping the sexual energy from your relationship with your woman. It takes a conscious effort and if you really do want your relationship to succeed, you will do your best to ignore porn and give your sexual energy to your woman instead.

Times When it is Okay to Masturbate When in a Relationship

Generally speaking, you should avoid masturbating when in a relationship and instead use your sexual energy on your woman.

Personally speaking, if my girl and I don’t have sex for more than 3 days, there is a definite change in her behavior. She becomes more irritable and moody, but the morning after we’ve had sex, she is always so cheery, nice and loving.

I’m actually lucky to have a woman like that because it allows me to give my sexual energy to her a few times a week, rather than blowing it out into a tissue over internet porn. As a result, our relationship feels good and we really feel like a couple.

I’ll go on record and admit that I’ve watched porn a few times so far in our relationship when she has been on her period. There have been times when he didn’t have sex for 2-3 days before her period

started and she then had a 6-7 day period, which left me with “aching balls” near the end of all that. Clearing out the build up of sperm and sexual desire by masturbating didn’t ruin my attraction or desire for her though because I really am attracted to her and really do love her.

In addition to masturbating when your woman is on her period, there are also times when it is totally fine to masturbate when in a relationship, such as:

1. When she has a lower sex drive than you: Don’t confuse that with you not getting her in the mood, or not maintaining the right dynamic in your relationship that naturally creates sexual tension between you and your woman. T

here are some women who have a low sex drive, while other women tend to fluctuate based on their levels of happiness, stress and relationship satisfaction.

If your woman has a very low sex drive and only wants sex once a week or once a month, then, according to scientific research into prostate cancer, it will actually be healthy for you to clean out the built up sperm in your testicles.

So, don’t feel guilty about it.

However, if she has a normal sex drive and you rarely have sex with her, then you need to working on changing the dynamic of your relationship so that you are naturally creating a build up of sexual tension between you, that you both want to release very often.

2. When she is out of town: If she travels a lot for work or goes out of town without you, then it’s fine to masturbate and clean out the built up sperm in your testicles.

3. When she has the flu or isn’t feeling well: If she’s down and out with the flu or some other illness and can’t have sex for weeks at a time, there’s nothing wrong with masturbating to clean out the built up sperm in your testicles.

Can Excessive Masturbation Reduce a Man’s Drive to Succeed in Life?

[image: A modern man hiding from life]

Definitely.

Studies have shown that when a guy masturbates too often, his dopamine levels drop. Dopamine is the chemical in our brain that makes us crave and want things in life. With low levels of dopamine from excessive masturbation, a man won’t feel a strong urge to succeed or do much with his life.

As dopamine receptors get less and less sensitive, things that would usually make a guy feel happy and fulfilled, such as spending time hanging out with a friend, making plans for the future, achieving things in life, dating and having sex with a real woman, etc., begin to lose their appeal.

You probably know that already though, right?

You may have had days (or weekends) where you’ve done a fair bit of jerking off, only to realize that you suddenly felt very uninspired by the real world around you.

Feeling down, worn out and disconnected from the world around you, you may have then sat down on the couch and watched too much TV, intoxicated yourself with drink or drugs, played computer games or generally just hid yourself away from the real world.

I'm definitely not saying that we men can't watch TV, drink, play computer games or have some alone time every now and then, but when a guy does that often as a result of excessive masturbation, it can lead to a lack of success in life.

If you want to be successful in life, one of the key ingredients is to keep pushing towards your dreams with unrelenting determination and belief in yourself.

[image: Masturbating away your desire to get a girlfriend and be happy in a relationship]

Life isn't always easy, so the men who remain the strongest for longest are usually the ones who succeed at whatever it is they are aiming to achieve.

You have to be stronger and more determined than others and if you can just go that extra mile, you will come out on top and be one of the successful people in this world.

Total success and happiness may remain out of your reach (or take way longer to achieve) if you are constantly jerking off to porn to calm your daily boner because you just won't have much desire to work hard and get there.

Instead of regularly getting rid of your pent up sexual desire, I recommend that you try using it to succeed with what you want to in life. Use the built up dopamine to get yourself to take action in the direction of your goals, rather than dulling your desire with yet another useless session of masturbation.

Besides, having sex with real beautiful women is 100 times more exciting, fulfilling and amazing than jerking off to a video or photo gallery. Following the sex, the love and companionship is even more fulfilling.

What to Do if Masturbation is Preventing You From Getting a Girlfriend

If you have been using masturbation to dull your desire so you don't have to approach and meet real women, try the following practical solutions:

1. Switch to Masturbation Monday: Instead of masturbating whenever you feel that your sexual desire is recharged and needs a release, try to save that for Monday. I'm calling it Masturbation Monday and it will hopefully give guys something easy to remember to get their habit under control. Instead of blowing your built up sexual desire out into a tissue on any day you feel it, use your sexual energy to talk to real women and begin having sex with them. That way you can get yourself a girlfriend, rather than dulling your desire so you can hide away for yet another wasted week of your life.

How many weeks, months or years have you been doing it so far? You can't get those years of your life back – they are gone.

2. Join meet up groups: The more people you know, the easier it is to meet women and be introduced to women. The easiest way to meet new people (and meet some women in the process) is to join meet up groups in your area.

The women at meet up groups are not always the hottest, but at least it's an opportunity for you to be around real women and get yourself a girlfriend. From there, a guy is usually able to build new friendships, which then leads to parties and introductions to other women.

3. Build your way to a Fortnightly Fap: Once you are comfortable with Masturbation Monday, switch to a Fortnightly Fap.

If you have been talking to real women and getting dates, you should already be having real sex. However, if you're just jerking off and still avoiding women, then you're just jerking off. Don't waste your life like that. Work your way towards sliding your dick into a real pussy – it's a much more enjoyable, fulfilling and rewarding experience.

4. Get used to a Monthly Masturbation: When you are used to the Fortnightly Fap and have been hooking up with real women, try getting used to a Monthly Masturbation session.

You will have so much built up sexual desire throughout the month that attending a speed dating event, joining a meet up group or approaching real women will be something that you really WANT to do.

However, if you fap like there's no tomorrow, you're not going to be very motivated to hook up with real women. Many more months and potentially years or decades of your life are going to waste away, with you feeling lonely and left out from having real experiences with real women.

5. Improve your skills with women: Learn [how to approach and pick up women](#).

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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7 Strange Things About Women

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

To the untrained eye, women can appear to be very strange in the way that they behave, think and take action in life; especially when it comes to sex, dating and relationships.

Don't feel bad about not knowing what I'm about to tell you now, because most guys don't know what I'm about to reveal here. Even the famous psychologist, Sigmund Freud went to his grave still not knowing what women want. He was quoted as saying:

"The great question that has never been answered, and which I have not yet been able to answer, despite my thirty years of research into the feminine soul, is 'What does a woman want?'" **Sigmund Freud** Psychologist, 1856-1939.

If someone of that level of intelligence, in terms of psychology, doesn't know what women want, don't feel bad about not knowing what I'm about to tell you now.

1. They would rather miss out on being with you than have to lead you

[image: 7 Strange Things About Women: 1. They would rather miss out on being with you than have to lead you]

Even if a woman really likes you, she will usually avoid asking you out, showing too much interest or making the first move.

Why?

Leading you through the courtship would place her into the masculine position in your "relationship." If she is like almost every woman on the planet, she will want to be the feminine one and be able to follow your masculine lead. She wants you to "lead the dance," so to speak.

Some guys see that type of behavior from women as being strange and will ask me, "*Why do women give mixed signals?*"

Why do they have to play games like that? If she likes me, why doesn't she just tell me?" What these guys don't realize is that she is simply trying to be a woman and let him be the man.

She wants to feel attracted to his confidence and masculinity as he leads the way from a conversation, to flirting, kissing, sex and a relationship. She doesn't want to have to "baby" him or "mother" him through the courtship process.

The same applies to sexual intercourse. Most women want to be with a guy who feels stronger than them, mentally and emotionally. A woman wants to be able to fully surrender her body and mind and open herself up to a more masculine force. She doesn't want a scared, fearful guy who will not be able to give her that feeling in the bedroom. She wants a guy who has the confidence and wisdom to be the man at all times.

Here is a comment that a woman left on The Modern Man recently:

"I am in this situation right now. I'm not really sure if I want to date my male friend,

but I would like him to do more work than me trying to initiate things. Should I just give him lots of space and let him initiate? what if he doesn't really initiate for FWB (Friends With Benefits) activities unless I do? Does that mean he isn't into it because i know he does... We're also co workers..."

Notice how she said, *"I would like him to do more work than me trying to initiate things."*

She may not be a dating guru, but as a woman, she instinctively knows what she wants from a man and what is going to "feel right" for her. She has likely been giving that guy obvious signals for months and he is probably wondering whether or not she likes him.

2. They want to be approached, but behave as though they don't

[image: 7 Strange Things About Women: 2. They want to be approached, but behave as though they don't]

Have you ever seen women standing around in a bar or nightclub who have gone to a LOT of effort to look beautiful and attract attention, yet they are behaving as though they don't want ANY attention.

This can seem very strange to a lot of guys, who will look at these women and think, *"Why are they so stuck up? Why are they being such bitches?"* What a lot of guys don't realize is that these women DO want to be approached.

However, to screen out the nervous, self-doubting, insecure guys, women will often make themselves appear uninterested and unapproachable.

These type of women are looking for a man who will not be afraid to approach them and say hi, no matter what vibe they are giving off. When a guy does approach, they will still seem unimpressed initially to test his confidence.

If he doesn't buckle under the pressure and become nervous, the women will slowly open themselves up to him.

Then, when they realize that he is truly confident and masculine, they will become desperate to be with him because they know that it's next to impossible to find a guy with that level of confidence around women.

It's a lot easier for us guys to find the type of woman we want.

Our attraction is mostly based on a woman's looks, so we know almost instantly which women we want to have sex with when we look around a bar, nightclub, party, etc.

However, for women, it's a lot more difficult to find the right guy. Most guys they meet will not have the type of confidence and masculinity that they are looking for.

3. They say that they want a nice guy, but it isn't what they

really want

[image: 7 Strange Things About Women: 3. They say that they want a nice guy, but it isn't what they really want]

No doubt you would have heard a woman say, *"I just want a nice guy. I want a guy who cares, listens and is sweet to me."* You would have also heard women refer to men that they are dating as being nice, *"Oh, he's such a nice guy. He's so sweet."*

You may have also heard that nice guys finish last and that women don't like nice guys, so what is going on? Here it is...

When a woman says that she wants a "nice" guy, what she's actually saying is that she wants a guy whom she is attracted to, but who is *also* a nice guy (or a good guy).

She doesn't just want a guy who is really nice to her, but doesn't even make her feel any attraction. The traits that make women attracted to you are things like your confidence, masculinity, ability to make her feel girly, your social intelligence and overall personality.

If you pay attention to what the media says, you may come to believe that a woman's attraction for a man is all about his looks, height and money.

However, if you pay attention to the real world around you, it will become clear to you that a woman's attraction is not based purely on a guy's looks, height and money. If it was based on those superficial things, then 99% of guys wouldn't have a girlfriend or wife because most guys are not a tall, rich, male model.

Let's talk about some deeper stuff...

A woman's core, primal attraction for a man is based on his ability to protect her and help her (and any offspring they may have) survive. Why? For most of human history, a woman needed a man to protect her from being raped or killed and she also needed a man who could provide food and shelter.

It's only in the last 70 years that attitudes have begun to change towards women in terms of social equality, the ability to work and earn money, voting rights and a fair justice system.

Prior to that, a man was a woman's protection and safety barrier from the big, bad world around her, so a woman's attraction to a man who can keep her safe and help her survive is pretty much engrained into her instincts.

Although today's world is much safer for a woman and she can now earn her own money, she will have an instinctive attraction to a man who seems like he would do a better job at keeping her safe and helping her to survive.

Where a lot of "nice guys" go wrong with women is in thinking that when a woman says, *"I want a nice guy"* she means a really nice, polite, sweet guy who puts her needs ahead of his own. The guy then treats her in the nicest, most polite, innocent, friendly way that he can, only to find that she isn't interested.

What women really mean though is a guy who is confident, masculine, socially intelligent as well as being a nice (or good) guy.

If that is true, then why do women hook up with jerks or bad boys? For the same reasons why you jerk off to porn online. You'd most-likely want your girlfriend or wife to be a beautiful, intelligent,

down to Earth, trustworthy, loyal woman with good morals and values, right?

However, you jerk off to sluts when you watch porn. True?

How that relates to women hooking up with bad boys and jerks is that those men are usually very confident and masculine.

Even though the woman knows that the bad boy or jerk isn't the best choice for a boyfriend or husband, she can't help enjoying the feelings of attraction that she experiences with him.

She would rather be with a very confident, masculine GOOD guy, but those guys are usually already taken. The same applies to your attraction to women. You would most-likely want a nice girl for a girlfriend, but you can't help but feel attracted to strippers and pornstars.

4. They say that they want a good looking guy, but then they date, have sex with and even marry average looking, below average looking or “ugly” men

[image: Adrian Lima with her husband Marko Jaric]

Adrian Lima with her husband Marko Jaric

[image: Marko Jaric (Adriana Lima's husband) doesn't look like a male model, but he is married to a supermodel. According to scientific research about physical attractiveness, the facial features have to be perfectly spaced out. Marko's eyes are very close together, which would suggest that he isn't good looking. So why does Adriana Lima find him so attractive? Some may say it is because he is a basketball player. That's not a valid argument though because she could have picked other basketball players. Why did she choose him?]

Marko Jaric (Adriana Lima's husband) doesn't look like a male model, but he is married to a supermodel.

His eyes are very close together, which means scientific research about physical attraction would suggest he isn't good looking. Why is she with him then? Some may say it is because he is a basketball player. Well, she could have picked other basketball players. Why him?

A lot of guys who see a beautiful woman with an “ugly” guy, an unattractive guy or a below average looking guy think to themselves, *“HOW did he get her? What's going on there? Why is she with him? What am I lacking that he's got?”*

To the untrained eye, that type of “Beauty and the Beast” match up can seem very strange.

We're told in the media that it's all about being good looking, tall and having six pack abs, but that is wrong. The truth is that women feel attracted to guys who are confident, masculine and who can make them feel girly and feminine.

When I refer to making a woman feel girly, I'm not talking about disrespecting a woman's maturity or intelligence and treating her like she's a naive little girl. What I am saying is that she feels girly and feminine in response to your masculinity.

5. They say that they want a confident guy, but tease you if you behave too confidently

[image: 7 Strange Things About Women: 5. They say that they want a confident guy, but tease you if you behave too confidently]

For a guy who doesn't understand women, this behavior will seem very strange and weird. Women are saying that they want a confident guy, women are attracted to confident men, but when a man behaves too confidently and has a lot of self-belief around women, they will often tease him and put him down. Why?

Simple: They are testing to see how confident he *really* is.

If the guy buckles under pressure, becomes nervous or apologizes for being so confident, then the women know that it was just an act and he's really not that confident.

Additionally, if a woman is able to dominate a guy like that during a simple interaction, it is a huge turn off for her sexually. A guy like that is not going to be able to be the man that she wants and needs in the bedroom and in a relationship.

6. They behave as though they are too beautiful for a guy like you, but they are insecure about their looks

[image: 7 Strange Things About Women: 6. They behave as though they are too beautiful for a guy like you, but they are insecure about their looks]

Something that is really surprising to a lot of guys, is that most women don't think that they're beautiful.

A great piece of research to back this up was Dove's Global Survey on Beauty. They found that 96% of women don't consider themselves to be beautiful.

[image: Women insecure about their looks]

Prior to seeing the results of the Dove study, I already knew that women were insecure and was using that knowledge (that I had gained from approaching and having sex with so many women) to feel even more confident about myself when interacting with women.

The more confident I became, the more that women liked me and the easier it became to sleep with very beautiful women. We men are lucky that women find our confidence so attractive to women. If it was about looking like a male model, most guys would simply get rejected.

When you're out there meeting women, you will notice that many women will act as though they are too beautiful for a guy like you, but guess what?

Deep down, she is insecure about her looks.

I've asked this question to my beautiful female friends and some ex-girlfriends.

Even though they are all sexy, pretty women, they each have one or a few things about themselves that they claim makes them "ugly."

They say things like, *"I hate my nose. If I had a nose like Megan Fox, then I'd be beautiful, but I'm*

just average” or “I hate my ears. They make me look like a monkey. I’m not beautiful and I know it.”

Yet, if you met any of these women out on the town, they would behave as though they are so damn beautiful and way too hard to get for a guy like you. Why? Two main reasons:

1. She is trying to cover up her lack of confidence by behaving like she is very confident.
2. She is testing to see if you will be scared away by that level of confidence from a woman. If so, you’re not strong enough for her.

7. They pretend to be offended when a guy shows sexual interest, but they actually need it

[image: 7 Strange Things About Women: 7. They pretend to be offended when a guy shows sexual interest, but they actually need it]

What a lot of guys don’t realize is that most women need you to show your sexual interest in them, in order to feel turned on and to open themselves up to being sexually seduced by you.

Since most women don’t consider themselves to be beautiful, they aren’t sure how sexy they really are to men.

So, when a man comes along and shows sexual interest in her (in the right way), she gets excited. She’s happy and very flattered to be appreciated in that way. It’s a huge moment for her and she suddenly starts thinking sexual thoughts and feeling turned on.

However, to test a guy’s confidence, she will usually pretend to be offended at his sexual interest in her. If the guy gets nervous, apologizes or appears rejected, then she knows that he isn’t a strong enough man (mentally and emotionally) for a woman like her.

In the movies, you will see a man getting slapped, having a drink tipped over his head or humiliated for showing sexual interest in a woman he likes. However, in the real world where most women are insecure about their looks, they actually need it and welcome it.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

How to Recover From a Bad First Impression You've Made on a Woman

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

How can you recover from a bad first impression that you've made on a girl?

The easiest way to do it is to believe and just know that one little slip-up, or a few slip-ups, isn't the end, it's not game over.

You can always recover from a bad first impression that you made on a woman by focussing on making her feel attracted to you whenever you interact with her from now on.

[image: How to recover from a bad first impression with a girl]

For example: Be confident, charming, charismatic and make her laugh and smile when talks to you. When you do that she will naturally begin to feel attracted to you again.

The beginner mindset to success with women, to attracting women, to picking women up, is as follows.

- When approaching women:Â If she sees you looking but then you don't approach, you've ruined it.
- During a conversation:Â If you mess up and don't come across as very attractive or cool, you've ruined it.
- Asking her out:Â If you do it wrong and she says no, you've ruined it.
- Sex:Â If you do a poor job the first time, you've ruined it.

A more advanced mindset is to not worry about any little slip-ups that you make.

Women are mostly attracted to a guy's confidence. So, if you're talking to a woman, you're interacting with her, you're on a date with her, or you've had sex with her and you feel like you've stuffed it up and then start doubting yourself, you will become less attractive to her.

Yet, if you're talking to a woman, you're on a date with her, you have sex with her, whatever and you don't do a very good job of it, but you then don't doubt yourself and remain confident and retain belief in yourself that you are a good guy, you will be more naturally attractive to her.

When it comes to human attraction, the more confident a man is, the more a woman will feel attracted to him.

So, if you can just allow yourself to feel confident, then she's actually going to feel more attracted to you and she's going to worry less about any little slip-ups.

[image: Recover from a bad first impression]

She'll give you a pass for any little slip ups and won't so much about them because you are making her feel so attracted in other ways (e.g. you're being confident, charming, charismatic and making her laugh).

If you stuffed up and said the wrong thing during conversation, she tested you during a conversation and you fumbled on your words or you became a bit nervous, don't worry about it.

Just forget all about that and focus on being confident. The more that you can allow yourself to do

that, the more that she's going to be attracted to you in the moment, on the date, or in the new relationship that you have.

The best way to recover from a bad first impression that you've made on a girl is to remember that women are attracted to a man's confidence.

[image: Recover from a bad first date]

The more confidence that you can allow yourself to feel during an interaction, a conversation, or whatever, the more that she's going to like you.

Note that I actually said *allow* yourself, because you actually have to *allow* yourself to think confident thoughts, instead of insecure thoughts. You have to get used to thinking in a confident way.

If you're interacting with women and it doesn't go well, and you're used to thinking in an insecure way, "*If I don't say it right then I've stuffed up,*" or, "*Most girls don't like me*" or, "*I'm not getting any better at this, I'm hopeless with women,*" then you're going to be coming across in an unattractive way to women.

Yet, if you can get into the habit of allowing yourself to feel more confident in a moment, when you're interacting with women, on a date, etc., then you're going to become more attractive to women.

For example: You're in a conversation and she tests you and then you stuff up, how do you allow yourself to feel more confident? Instead of thinking, "*I've stuffed this up,*" or, "*I'm losing her*" or, "*This is all going downhill now!*" just relax, and just say, "*No amount of mistakes that I make is going to ruin this. This girl's going to like me because I'm confident.*"

If you've got a confident mindset like that, she is naturally going to like you. Women are naturally attracted to confidence and turned off by insecurity, so it is absolutely essential that you allow yourself to think in a confident way.

When you have a confident mindset, your body language is going to be more relaxed and masculine, and she's naturally going to feel more attracted to you as a result.

If you make a few mistakes or slip up during a conversation or interaction, don't worry – you haven't ruined it.

Just remember that women are mostly attracted to a guy's confidence. If you can simply remain confident in yourself and not feel as though you've messed it up, she will feel more naturally attracted to you.

We men are lucky that our confidence is the #1 thing that women find attractive about us.

When you have real confidence, attracting women is simple.

If you've messed up around a girl that you know, just forget about the mistakes you've made and focus on letting her experience your confidence. Then, when she shows you more signs of interest, use that to feel even more confident, which will make her even more attracted to you.

Then, when you are ready, make a move by either kissing her, getting her phone number to set up a date or having sex with her that day or night.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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Should You Tell a Woman That You Have Feelings For Her?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you really like a woman, but haven't had sex with her, kissed her or started dating her yet, should you tell her that you have feelings for her?

Will telling a woman that you have feelings for her make her want to begin a relationship with you?

It Depends on Two Main Things

Whether or not you should tell a woman that you have feelings for her prior to having sex with her depends on two main things:

1. How you say it.
2. Whether or not she is sexually attracted to you.

If you are being overly sensitive when you express your feelings to her, most women will feel turned off by it. Almost all women prefer it when guys are more direct and just say that they like them, without being so sensitive and emotional about their "feelings."

Before you tell a girl that you like her (that is different than telling her that you have "feelings" for her), you have to at least make sure that she is sexually attracted to you first. If a woman isn't attracted to you, then telling her that you have feelings for her isn't going to suddenly make her feel attracted to you.

Instead, she will probably give you one of the classic responses like, *"I don't want to ruin our friendship"* or *"You're a nice guy, but I don't think about you in that way."* Why? Without attraction, it's just a friendship or a friendly interaction. You have to make her feel sexually attracted to you first and THEN she will care whether or not you like her too.

Based on my vast experience with women, I've found that the majority of women don't want to hear about a guy's "feelings" until after they've had sex with him.

Why it's Usually a Bad Idea to Tell a Woman That You Have Feelings For Her, Before You've Had Sex With Her

[image: Revealing feelings before real attraction or sex]

If a woman is sexually attracted to you, she will be more open to hearing that you have feelings for her, but most women still prefer that you don't become overly sensitive or emotional like that prior to having sex. If you do say that you have feelings for her, she will prefer that you do so with confidence and be direct by saying that you like her.

Almost all women feel turned off and put their guard up if a guy comes on too strong about wanting a relationship, before they've actually had sex or at least kissed. These days, a woman wants to take you for a "test drive" first, which essentially involves kissing you, having sex with you and seeing how she feels after that.

If she develops feelings for you after sex (or at least after kissing), she will then be excited to know that you have feelings for her too.

The one exception when it's not a bad idea to tell a woman that you feelings her before sex, is when she is very shy and insecure. If the woman doesn't believe in her attractiveness to you, she will be worried about getting rejected by you if she shows too much interest.

In those cases, you can just tell the shy woman, *"Hey, by the way...I want to let you know...I like you...I like you more than just a friend...there's something about you that I really like."*

Saying that to her makes it obvious that she has a chance with you. She will then feel more confident in herself because she knows that you really do have an interest in her more than just friends.

From there, what you need to do is arrange to catch up with her (e.g. go out for drinks, make some dinner at your place or her place and then get cozy on the couch/sofa) and then escalate to kissing and sex.

If she comes to your place or if she invites you over to her place and you're sitting on the couch together (after you've recently told her that you like her), it is a clear signal to you that she is interested in being alone with you and potentially kissing you and having sex with you.

If you do get to that point with her, make sure you don't start doubting whether or not she likes you. Of course she does, so just kiss her and escalate to sex.

A shy or insecure woman often needs to be reassured that you like her, otherwise she will play hard to get or act like she isn't interested in a relationship and just wants to be friends. So, if you're dealing with a shy girl who doesn't believe in herself, it's fine to tell her that you have feelings for her as long as you don't get too sensitive about it.

With almost every other type of woman, you should avoid telling her that you have feelings for her before you've had sex with her.

Why?

She may feel as though you're already sold on her and she doesn't have to do anything else to impress you. There is no challenge, no excitement, no romance. You really like her and no matter what she says or does, you're probably still going to want her.

If you're a good guy and you want to treat women well, you might think that telling her how much care about her and want to be with her is the "right thing to do." Yet, it's boring for women because it's so typical. It's not what they really want.

If the woman that you like is attractive, pretty much every guy likes her immediately and then reveals his "feelings" for her. It's boring for her because it's so easy to get guys to like her.

Watch this video to understand why...

Revealing your feelings to a woman before sex almost always takes away the romance, the mystery, the suspense and anticipation that she hopes to experience with a guy.

If the woman that you like is attractive, pretty much every guy in the world would be willing to have sex with her and many of those guys would also be willing to begin a relationship with her.

You're not the only one who is interested in her. She won't really care that you have feelings for her until you make her feel very attracted to you and then build up some sexual tension between you.

If you are going to be really nice to her and give her the best gift of all, you will keep building up the sexual tension to the point where she wants to reveal HER feelings to you.

How does it work?

Think of the sexual tension that is building up between you and this woman as being like the air in a balloon. If you add a lot of air into a balloon, it will eventually pop when it can no longer take any more pressure.

A woman's sexual desire works in a similar way...

If you keep building up the sexual tension between you and her, she eventually gets to the point where she wait any longer and begins to feel like she needs to have sex with you to release all the built up tension.

She wants it and nothing that anyone else says will make her not want it. She is feeling intense attraction for you and she wants to kiss you and feel you slide inside of her. She wants you to put it in. She can't wait.

For a woman, the most enjoyable way to release sexual tension is with kissing and sex, not hearing about a guy's "feelings" for her. A guy being sensitive and telling her how he feels isn't the same as him kissing her and having sex with her when she REALLY wants it.

[image: Pop the balloon with sex, not an expression of your feelings]

If you tell a woman that you have feelings for her before releasing the tension with kissing or sex, it she won't be able to tell you how she feels first. You will essentially rob her of the experience of a lifetime.

Women yearn to feel the excitement of really liking a guy and having to reveal their feelings first because they can't hold it in any longer. Most guys can't give that experience to a woman though because they just pop the balloon early by being sensitive and expressing their feelings.

[image: Revealing his feelings ruined the excitement for her]

Instead of releasing all the built up sexual tension (e.g. the air of the balloon) with an expression of your feelings, release it with a kiss and sex.

[image: Build up the sexual tension and then kiss her]

After you've had sex, you still don't have to let all the air out of the balloon by telling a woman how much you like her.

[image: After sex]

You can keep the excitement alive and allow her to experience one of rarest things that a woman will ever experience with a guy she feels attracted to: She reveals her feelings to you first. You're actually giving a woman a GIFT by allowing her to experience that.

Most guys take that away from women because they can't control themselves. They feel so excited that an attractive woman likes them that they just want to tell her how much they feel. He hopes that by telling her how he feels, she will say, *"Wow! I really like you too"* and they will live happily ever after like the characters from a Hollywood movie or fairytale.

[image: Give her the gift of truly wanting you]

If you feel attracted to a woman, get along well with her and then tell her that you have "feelings" for her, it's such a boring, standard experience for her. When it happens, she then realizes that a sexual courtship with you isn't going to be exciting and will play out in the same way as it has with all other guys who liked her.

If the woman that you like is beautiful or attractive, then she will almost certainly be bored of the standard dating approach that guys use with her. She wants to feel the rush, the excitement and the thrill of the chase.

She wants to be laying in bed at night and thinking, *“Does he really like me? Is he going to kiss me? Are we going to have sex? Is this going to be a relationship? What can I do to impress him? What dress should I wear tomorrow? Maybe I should wear my hair down...I look prettier with my hair down. What lipstick should I wear though? Ohh, I’m so confused!”*

She wants to go through that kind of experience because she’s a girl and it’s exciting to be all emotional and in love like that. Women enjoy the thrill of it and they love to talk to their girlfriends on the phone about a guy that they really like, but aren’t sure if he likes her in the same way.

She wants to be able to say to her girlfriends, *“Hey, let me read out the texts he’s sent me. Tell me if you think that this means he likes me...”* and get all excited about it.

It’s the sort of fun, enjoyable drama that women yearn to have in their dating life. They want to feel like they are lucky to be getting a particular guy, rather than just giving yet another boring guy a chance to hook up with them.

Revealing your feelings to a woman prior to sex can also make her feel like she has to lead you or guide you through the sexual courtship. When a guy says, *“I have feelings for you”* he is often hoping that the woman will then reassure him and say, *“Oh, I have feelings for you too. Let’s start a relationship!”*

Yet, that’s not the position she wants to take on.

Generally speaking, a woman wants a man to confidently lead her through a sexual courtship. She doesn’t want to have to think like a man and make plans for a date or suggest taking things to the next level. She wants the man to believe in himself and then confidently lead the way to kissing, sex and a relationship.

A woman wants you to believe in yourself and take things to next level, even if it means that you have to risk getting rejected by her.

She doesn’t want you to hand over the responsibility to her by saying something, *“I have something to tell you...I have feelings for you”* in the hope that she jumps all over the statement and says, *“Oh, wow! Cool, well let’s go on a date then! Come to my place on Wednesday and we’ll have dinner. Let’s hang out.”*

She also doesn’t want you to behave as though you are trying to get her into a serious relationship right away. Why?

The dating scene has changed...

[image: The old days...]

100 years ago, a man would have to court a woman, reveal his feelings to her, be really nice to her and show that he could support her. If she accepted his romantic interest and confirmed that she would be open to marrying him, he would then have to ask her father for permission to marry her.

The couple would then getting married and lose their virginity on the wedding night. That was how it worked back then and that dating process was enjoyable for a woman because she lived in a time where women were expected to become a wife and mother.

Back then, the main purpose of a woman’s life was to grow up, attract a husband who could support

her, get married, have children, support her husband by cooking and cleaning and then get old and die.

Today's world is a lot different for women.

[image: Modern women]

A woman can now grow up and then do whatever she wants. She doesn't have to become a wife or a mother at all if she doesn't want to. The society around her essentially tells her that it's okay to have many boyfriends before settling down. That is, if she wants to settle down at all.

She doesn't even have to have a boyfriend if she doesn't want to; she is allowed to do whatever she wants.

[image: Not yet ready to settle down for life]

Based on the changes to the sexual courtship process, the majority of women no longer select a guy based on how nice he is, how much of a gentleman he is or how well he could support her. These days, it's all about sexual attraction.

You have to start with sexual attraction and then everything else happens after that.

If you make a woman feel sexually attracted to you, she will then become open to kissing you, having sex with you and maybe having a relationship with you after that.

According to a recent survey, 55% of couples have sex on their first date and 70% of women admit to having experienced a one night stand. It's no longer 1900 where sex before marriage was forbidden.

These days, a relationship is rarely discussed prior to kissing or sex. You get to kissing and sex first and then you see where it goes.

What you have to understand about today's women is that they want to feel sexually attracted to you first. You don't have to get to know them for a long time and then reveal your "feelings" after pretending to be a friend for months.

If the way that you talk to a woman only makes her feel nice, friendly emotions, she won't really care that you have "feelings" for her. She might be flattered by your interest in her, but she will feel awkward about dating you or starting a relationship with you.

Here's why...

Mistakes That Guys Make When Admitting Their Feelings to a Woman

When a guy is stuck in the friend zone with a woman that he has a crush on, he will often make the mistake of acting like a friend and then expecting her to somehow want him as a boyfriend.

Even though he thinks she is sexy and would love to kiss her and have sex with her, he will never say anything like that. Instead, he will ACT like he is just interested in her in a friendly way.

For example: If she is wearing a sexy dress or is looking particularly sexy one day, he will lie to her and say, *"Oh, that's a nice dress. You look nice today"* or *"I like what you've done with your hair today."*

If he was honest, he would tell her that he thinks she looks sexy, but he doesn't have the balls to say something like that or he thinks it would be "wrong" or "improper" to do so.

He hasn't yet adapted to the modern dating scene and still talks to women like a man in 1900 or 1960 would have. He wants to show women that he "respects" them and doesn't want to seem "too forward," so he will just pretend to be a friend and hope that something will happen.

Yet, if he does that, another guy will come along, make her feel sexually attracted right away and steal her from him. He will then feel betrayed or assume that women must like bad boys who are only interested in sex.

That's not the case at all.

These days, women want to feel sexual attraction first and then everything else happens after that. A guy doesn't need to pretend to want to be friends and act like he's not interested in her in a sexual way.

Instead of lying to her by acting like an innocent friend who would NEVER think about her in a sexual way, he needs to be honest with her.

He can look at her and say in a relaxed, but confident way, *"Well...you look sexy today. Look at you in the red dress...I like this."*

Being honest like that allows a woman to know for sure that you have a sexual interest in her. It also makes her feel attracted to the fact that you have the confidence and masculinity (i.e. the balls) to say something like that to her.

She feels excited about the fact that you are one of the rare modern men who've adapted to the modern dating scene. You know what is going on and aren't clueless like other guys who are still acting like a friend or really nice guy and hoping to get women to "like" them as a person.

Being honest with a woman and telling her that you think she is sexy also prevents most of the mind games that women play. For example: If a woman isn't sure that a guy likes her in a sexual way, she will often play very hard to get to make him show a lot of interest first, before she begins to feel confident enough to show interest back.

To avoid the mind games and get right into kissing, sex and a relationship, just be honest and tell her that you find her SEXY. Not pretty, nice, beautiful, adorable, cute, etc. SEXY. Tell her that you think she is sexy.

How I Tell a Girl That I Like Her

I talk about her being sexy.

I don't say, *"Ohh...I feel like we've got a connection"* like I'm in a romantic movie. I get straight to the point...and it works.

What is really going to happen between her and I is that we will be having SEX. I'm not interested in becoming her friend and getting to know her for a long time first. We are going to kiss, have sex and then after that, we will consider having a relationship.

To get to the point of having sex, there has to be a sexual vibe between her and I, not just a friendly, nice vibe that friends maintain with each other.

In most of the romantic Hollywood movies, there will be a nervous, self-doubting male character who ends up scoring the hot girl. He will usually tell her that he has feelings for her and she will initially reject him or she will have a boyfriend who treats her badly.

After that basic story line plays out, the nervous, self-doubting guy will save the day, save the world or save the girl from the bad guy. They will then kiss, she will reveal her feelings for him and they will live happily ever after.

In the real world, you don't have to save the world or be a woman's knight in shining armor to get laid or get a girlfriend.

It's much more simple than that.

Simply make her feel attracted to you and then either escalate to a date, kiss or sex and begin a relationship that way, or attract her and build up a lot of sexual tension before moving to a kiss, sex or date.

Personally, I don't ever say to a woman that I have "feelings" for her. How I tell a girl that I like her (that is different than saying you have "feelings" for her) is by saying that I think she is sexy.

However, I only do that after making sure that she is feeling sexually attracted to me first.

So, if I'm talking to a woman and have made her feel attracted to me, I will then look at her in a subtly sexual way and say something like, "*You're sexy...*"

My masculine body language, vibe and eye contact in that moment will make her feel girly. She will feel like the less dominant one because she will feel my masculine presence when I say it...and she will like it. She will feel like she is being looked at and spoken to by a masculine man who would devour her in the bedroom.

I won't say, "*You're sexy...*" in a friendly way. I will say it in a way that puts her under the spotlight of my masculine gaze. She will feel my presence in that moment and it will turn her on.

When you make a woman feel girly in response to your masculinity, it turns her on in a very deep way. Nothing that you can ever say to a woman is more powerful than making her feel girly in response to your masculinity. It's the most fundamental, primal type of sexual attraction between men and women.

Note: If a woman is shy or self-doubting around me, I will also add in "*I like you*" to that statement. So, I will say, "*You're sexy...I like you.*" This allows her to feel certain that I really do like her, so she doesn't have to be worried about getting rejected by me if she shows interest.

How to Recover if You've Already Messed Up

It's pretty simple.

If you have already revealed your feelings to a girl in a sensitive way and it has turned her off, or if you've acted weird and nervous around her – just don't worry about it.

The main thing that you need to do from now on is feel as though you have NOT messed up. You need to believe that she still likes you, no matter how many mistakes you've made so far.

Why?

Women are mostly attracted to a guy's confidence, so when she sees that you are still confident around her no matter what she says or does (e.g. gives you strange looks, ignores you, etc), she will begin to feel attracted to you.

If you feel like you've stuffed up and begin ignoring her or avoiding her because you feel embarrassed, she will feel turned off by your lack of belief in yourself.

You have to believe in yourself. Instead of thinking like an insecure guy would, “*Does she still like me?*” or “*Did I turn her off by saying that?*” or “How can I impress her?” you have to believe that you are good enough for her.

When you have made her feel a lot of attraction for you again, you can then ask her out, kiss her or get her to come over to your place to “hang out.” However, make sure that you focus on making her feel attracted to you first.

Your “feelings” for her won’t be important until after sex, or at least until after you’ve kissed her. Even then, you should try to give her the gift of being able to reveal her feelings to you first...

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How to Feel Relaxed and Confident When You're Alone in a Social Environment

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Do you feel anxious, nervous or self-conscious when you're on in a social environment? Are you the type of guy who worries what other people are thinking of you? If so, watch the video above for some quick tips that will help you feel more relaxed and confident when you're alone in a social environment.

What Causes Anxiety and Nervousness in Social Environments?

Anxiety and nervousness are triggered by the way you think. In other words, by your mindsets. To stop feeling nervous, anxious or self-conscious, you have to get used to thinking in a more confident way. In other words, you have to get rid of your insecure mindsets that are causing you to feel nervous, self-conscious or anxious when in a social environment.

Mindset (noun): *The ideas and attitudes with which a person approaches a situation. A habitual way of thinking about something.*

Confidence (noun): *The feeling or belief that one can rely on someone or something. a feeling of self-assurance arising from the belief in oneself and one's powers or abilities.*

Insecurity (noun): *Uncertainty or anxiety about oneself; lack of confidence.*

Building More Confidence

Confidence is essentially about your belief in yourself and your abilities. So, building more confidence is about building more belief in yourself. If you don't feel relaxed or confident when you're on your own in a social environment, it means that you are using insecure mindsets. If you want to feel confident and relaxed in social environments, you have to focus on getting rid of your insecurities and replacing those ineffective mindsets with confident ones.

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The Best Type of Man: Bad Boy, Jerk or Nice Guy?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Bad boy (noun): *A man who does not conform to approved standards of behavior.*

Jerk (noun): *An obnoxious man. Often selfish, manipulative and mean to others.*

Nice guy (noun): *A man with a friendly, but unassertive personality.*

Real man (noun): *A good man, who is also confident and masculine.*

Bad boy, jerk or nice guy: Who is the best man out of those three in terms of what women *really* want in a man?

It's not the bad boy.

It's not the jerk.

It's not the nice guy.

The best type of man is a what women refer to as a real man.

The Best Man: A Real Man

What women *really* want in a guy is for him to be a good man, but also be very confident and masculine. If a man is only good or "nice," but lacks confidence and masculinity (in how he thinks, behaves and takes action in life), then he will not be what women refer to as a real man. He will usually be placed in the friend zone, rejected, ignored and overlooked by women because his lack of confidence and masculinity makes him unattractive to women.

Women are mostly attracted to a man's confidence and masculinity and if he also happens to be a good guy, then it's a welcome bonus. Real men are very hard to find for women, which is why you will often hear women asking, "Where are all the real men?" It's easy for a nervous nice guy to become a real man, if he just puts in a bit of effort to improve his confidence and masculinity.

Women Don't Want a Bad Man

Some nice guys get annoyed when they see women hooking up with bad boys and jerks and then conclude that all women are crazy and that women actually want to be with a bad man. Women aren't looking to find a bad person to have a relationship with, they are looking to feel attraction. Just like you might be turned on by very slutty women in a porn video (even though you probably want a nice woman to have as a girlfriend or wife), women will get turned on by very confident and masculine men in real life (even though they want a good man).

The solution is not to become a bad boy or a jerk, but to be Better Than a Bad Boy by becoming a real man.

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How to Know if You and a Woman Are Compatible With Each Other

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you're out there trying to find yourself a girlfriend, you will feel *attracted* to many different types of women that you meet, but not every conversation will lead to sex, dating and a relationship. Why? No man is *compatible* with every woman he meets and no woman is perfect for every guy she meets either.

So, how do you know whether or not you and a woman are compatible with each other? How do you know if getting her number is going to lead to a sex and a relationship that works? To answer that, we first have to get clear on the differences between attraction, compatibility and incompatibility.

The Difference Between Attraction and Compatibility

Attraction (*noun*): A quality or feature that evokes interest, desire or fascination in something.

Compatibility (*adjective*): Capable of living or existing together in harmony.

Incompatible (*adjective*): Unable to exist together in harmony, contrary or opposed in character.

As you can see from the dictionary definitions, when you and a woman feel *attracted* to each other doesn't mean that you will also be *compatible* and be able to have a great relationship that lasts a lifetime. You might be able to arouse the attraction, interest and desire of a woman, but unless she feels compatible with you, it usually won't go any further than a conversation. Some women will have sex and begin a relationship with a guy purely based on attraction and will later end the relationship when they realize that it isn't working, but for a relationship to work and last the test of time, you need to be attracted to each other and compatible.

When you're out there meeting women, you might talk to a woman, find her physically attractive and be open to having sex with her or having her as a lover for a while, but that doesn't mean that you are 100% compatible and should try to lock in a lifetime relationship. If you want to find a woman to marry or settle down with for life, you have to look for more in a woman than just a feeling of attraction for her.

5 Categories of Compatibility

When it comes to compatibility between a man and a woman, there are five basic categories of compatibility:

1. **Emotional:** Whether or not you make each other feel desirable emotions. Do you make each other feel good, understood, proud, happy, loving or do you make each other feel awkward, misunderstood, unhappy and uncomfortable?
2. **Social:** Whether or not you are from the same sort of crowd or not. Are you too cool for her, or

is she too cool for you? Would you get along with her friends? Would she be proud or embarrassed to introduce you to her parents?

3. **Physical:** Whether or not you're physically attracted to each other.
4. **Mental:** Whether or not you have the same level of mental ability and intelligence level. Can you relate to each other's type of humor and thinking?
5. **Spiritual:** Whether or not you have the same type of philosophical beliefs, or are at least open to accepting each other's way of thinking about life.

When it comes to success with women, the most important categories of compatibility that you need to provide her with are emotional, social and mental. Many women are happy to forget about a guy's lack of good looks and love him for who he is as a man, as long as he is compatible in those other important ways. Additionally, these days, most people aren't too concerned about spiritual compatibility, but that differs from person to person. For the record, my girlfriend and I share the same open, philosophical beliefs about life and respect the beliefs of all people.

You Will Know

When you're talking to a woman and there is a strong, mutual feeling of attraction between you, as well as a strong connection in many of the categories of compatibility, that's when you know you are a good match. Ideally, you want to choose a woman who is perfect for you in every way, because these days, relationships don't last a lifetime if they aren't meant to be or if they are only based on a 1-2 categories of compatibility.

When I chose my girlfriend, I had been rejecting women for years before I met her. I had plenty of beautiful girlfriends who were good women, but who usually lacked in some areas of compatibility. For example: Mental and emotional compatibility, where the woman didn't have a truly loyal character, didn't have good family values, etc. The other times when I rejected offers to settle down with women was when I just wasn't ready for it, so in that case, we weren't mentally, emotionally and socially compatible anymore.

Awkward Conversation: Does That Mean You're Incompatible?

If you're talking a woman and it feels tense and awkward, does that mean you're not compatible with her?

Not necessarily.

If you're not a confident guy and tend to feel nervous around women, most of the awkwardness is probably being created by you. When it comes to the human mating dance, it is up to the man to lead the way by being confident and making both himself and the woman feel comfortable. It's not a woman's role to be gentle with you and guide you through a sexual courtship if you're a nervous, shy type.

When I was nervous and unsure of myself around women, most women didn't like me and I couldn't get laid or get a girlfriend. However, when I became more confident, masculine and socially intelligent, most women I was meeting liked me and were open to the conversation. I became more

attractive and more compatible to women (mentally, socially and emotionally) by becoming a more confident, masculine guy.

Recovering From a Bad First Impression

Many guys who come to me for help have made a bad first impression on a girl (e.g. being too nice, being really nervous, etc) and now want to get another chance with her. You definitely can recover from a bad first impression and make her feel more attracted to you, but if there is no real compatibility between you and her at all, then it's never going to feel right.Â

If you know a woman already and get along really well with her, but have simply made mistakes that have placed you in the friend zone, then you are compatible with her, but are currently not attractive to her. So, you justÂ need to focus on becoming more confident, masculine and socially intelligent and the spark between you and her will ignite.

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How to Talk to Shy Women

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

One of the things that amazed me when I started becoming more successful with women, was realizing that many women don't know what to say to a man when they first meet him. Previously, I thought that it was just me who sucked at conversation, but it quickly became clear to me that women were also struggling to think of things to say to keep a conversation going and keep it interesting.

As I became more and more confident around women, I started to experiment with something...

After the woman and I had said a few things to each other to get the conversation started and keep it going for about a minute or so, I would just stop. I'd pause and wait to see how the girl would react. If I was at a bar for example, I would casually have a sip of my drink and look around the bar in a relaxed, confident way, not worrying about the pause in conversation. What would happen? In most cases, the women would quickly try to think of something to say and would blurt out a lame, classic line, such as:

- Ummm...so, what do you do?
- Ummm...so, where are you from?
- Ummm...so, do you come here often?

I was very surprised when I saw women reacting in this way. I would then respond with a smile and say, *"Oh, how's that for a cheesy line? Where'd you get that from? The internet or something?"* and we would all have a laugh.

Seeing women react like that taught me that my previous perceptions of women were wrong. When I was a nervous, self-doubting guy, I would usually perceive women as being better at socializing than me, as being more confident than me and being "cooler" than me. I viewed any pauses in conversation as being my fault and as meaning that I was hopeless at socializing. I believed that women saw me as a loser because I sometimes didn't know what to say during a conversation, when in fact a lot of women don't actually know what to say as well.

When I realized that most women weren't expert conversationalists and would actually worry about pauses and silences in conversation, it helped me to feel more relaxed and confident about the idea of walking up to talk to women. I stopped putting the blame solely on myself by thinking, *"I'm stuffing this up because I don't know what to say!!"* and began thinking, *"Okay, just relax and let this conversation happen naturally, even if that means it happens a bit slower than normal and with a few more pauses."* When women noticed that I wasn't panicking during a pause in conversation, they felt more attraction for me because I was displaying confidence, which is the most attractive trait a man can display around women.

Getting a Shy Women to Open Up

To get a shy woman to open up to you during conversation, you need to do is help her feel more comfortable about sharing her emotions and opinions. The way to do that is not by asking her a lot of questions, but by leading the way by giving some information about yourself (i.e your feelings, your opinions) followed by a question.

For example: Imagine that you're talking to a shy girl in a bar. Instead of asking her, *"Do you come here often?"*, *"What are you drinking there?"* or *"What do you do for a living?"* lead the way by sharing some of your feelings and opinions and then asking her what she thinks and feels.

"Y'know...I haven't been to this bar in a couple of months or so. I really like this place because you come in here and the volume of the music is just right; you can have a chat...there always seems to be a good vibe in here, with lots of people having fun. A friend of mine had a party here about 5 months ago...that was cool. I like this place, it has a good vibe to it. How about you? What do you think of this place? What are your favorite bars in town?"

She will then share her feelings about the bar or about other bars in your city. You can then explore her feelings and opinions more, joke around with some of the things she says, flirt with her or relate to what she is saying. If you'd like to learn more about keeping conversations going and keeping them interesting, we provide examples of how to respond to women in different ways in our program, [The Ultimate Guide to Conversation](#).

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How to Deal With Other Guys Hitting on the Same Girl as You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

This is something that I used to have a lot of trouble with when I wasn't a confident, alpha male.

If I was talking to a girl and was doubting myself or feeling a bit nervous around her, she would naturally feel turned off by that.

She may have liked me on a few levels (e.g. *"This guy seems interesting. He seems like a cool, good guy...oh, that was funny, he made me laugh there...he seems to have a fairly good vibe about him"*), but my lack of confidence would turn her off.

Then, if a more confident guy came over and started talking to her or if there was a more confident guy in the group, she would naturally gravitate towards him in most cases.

Why? Women are mostly attracted to a guy's confidence and are turned off by a guy's shyness, nervousness, insecurity and self-doubt.

Generally speaking, confidence wins over any other trait when it comes to attracting women. A guy can be average or below average looking, but if he is very confident and believes in himself, he will get more action with women than a good looking shy guy who feels nervous around women.

How to React When it Happens

The best reaction is to simply continue believing in yourself and to not view the other guy as your competition.

It doesn't matter who he is, what he looks like or what he has to offer women; you have to trust in the fact that confidence is the most attractive trait to women.

You can't pick up every woman (no man can) because you will not be compatible with every woman in the world.

Likewise, every woman won't be compatible with what you want in a girl either, so don't worry about not being able to "score" with every girl you meet.

Instead, just focus on the fact that the more confidence you have in yourself, the more that women will like you. Then, when you do meet compatible women, they will choose you over other guys because you will feel compatible to them and you will be more attractive.

One of the main things you have to do to achieve success with women is to become more confident.

When I became more confident, guys stopped hitting on the same girl as me during a conversation because they realized that they would pale in comparison to me in terms of confidence, masculinity and social intelligence.

However, that didn't stop all guys from trying to hit on the same girl as me (i.e. some guys lack confidence and will try to step in and steal a girl that you're talking to, rather than approaching a girl on their own).

Whenever a guy did hit on the same girl as me, I would actually like it because he would end up looking less attractive compared to me in 99% of cases because I would be more confident, masculine and socially intelligent.

When I when I reached a level of true, powerful confidence and masculinity, pretty much every other guy in a group was less confident than me.

These days, the only exceptions are when I'm around my alpha male friends who are naturally good with women, in which case we are usually equally confident and alpha, or I am slightly more confident and alpha.

Women are always analyzing a situation to see who the confident alpha males are and which guys are simply pretending to be confident and alpha.

When you are truly confident and alpha, you don't have to put on an act or try to compete with other guys, because there is no competition; you are the man.

If you want to have your choice with women, you have to focus on becoming more confident and alpha.

You may know 20 great conversation starters or funny lines that you've read online, but if a guy is more confident and alpha than you, the woman will like him more than you in 99% of cases.

Mistakes to Avoid

Whatever your level of confidence is right now, the main thing you need to avoid (when a guy hits on the same girl as you) is to not try to compete with him.

As a true alpha male, there is no competition; you are the man. That's not to say that there aren't any other alpha males in the world, but that you're not worried about other men being competition.

When women sense that you feel "less than" around another man, that guy looks like the alpha male and you come across as a self-doubting, lower ranking male.

Additionally, when a woman notices that you're competing with another guy in front of her and trying to get her to like you more than she likes him, she will usually play hard to get with you and lose interest due to your lack of confidence in yourself.

Don't try to compete with other guys; the most important thing is what happens between you and her (i.e. how you think, feel, behave and take action when around a her, how you make her feel, the connection that you and her develop, the respect that she feels for you, etc). Other guys are simply added noise in a situation; they're not your competition.

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Dating Advice For Introverted Guys

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

These days, a lot of guys are fairly introverted and are finding it difficult to succeed with women. They don't enjoy socialising that much or having to go to parties and try to be the center of attention to attract women. They would rather be able to simply meet a nice girl and have a relationship, without having to go out nightclubbing every weekend or having a huge group of friends that they see every week.

A lot of introverted guys are often deep thinkers and prefer to think about life and focus on other things, rather than just socializing and hanging out with people for no reason. However, these guys (maybe you), still want to be successful with women. You still want to be able to get laid, get a girlfriend and enjoy yourself. You don't want to have to miss out on it because you're not an extroverted guy.

So, is it possible? Can you still have your choice of women, get laid and get a girlfriend (or find a wife), without having to be a wild extrovert who is addicted to being around loads of people? Definitely. Before we go any further though, let's just get clear on the whole "introverted" and "extroverted" thing, so it is nice and clear for everyone.

Introvert: A shy person. A person characterized by concern primarily with his or her own thoughts and feelings.

Extrovert: An outgoing, gregarious person. A person characterized by extroversion; a person concerned primarily with the physical and social environment.

Gregarious: Fond of the company of others; sociable.

Do You Have to Be an Extrovert to Be Successful With Women?

No.

If you're an introverted guy and want to be successful with women, you do not have to become an extrovert and be really "gregarious" as the dictionary definition explains, or be really "fond" of being in the company of others. However, you do have to become more confident because a guy who lacks confidence isn't attractive to women. When you're not attractive to women, they're not going to like you and you're going to have hardly any opportunities with women.

If you're only a little bit introverted (i.e. you have an average level of confidence), then you're going to be at an average level of attractiveness to women, which means that about 30% of the women you meet will like you and feel an average level of attraction for you. There are many traits that attract women to men, but the three main traits are your confidence, your masculinity (i.e. how you think, behave and take action in life) and your social intelligence (i.e. whether or not you're a cool guy, whether you can get along well with her and others, etc).

The #1 trait is confidence, so if you're a guy who lacks confidence and is also introverted then you will not only avoid socializing and meeting women, but when you do meet women, they will rarely feel much attraction for you. You don't have to change your personality and become an extrovert

who wants to be around people all the time, but if you want women to feel strong attraction for you when they meet you, then you must improve your confidence (the most important), masculinity and social intelligence. If you are weak in those areas, then women's attraction for you will be weak and inconsistent.

What Happened to Me

When I first started out, trying to become more successful with women, I was a fairly introverted guy who wanted to have more friends, but also didn't want to have more friends at the same time, if you know what I mean. Going out and talking to people in social environments wasn't on the top of my priority list. I wasn't thinking, *"Oh wow! I can't wait to go out and talk to people in social environments!"* because when I did go out to social environments, I wouldn't that feel that good about myself.

I would be doubting myself around the "cool crowd," worrying about what everyone else was thinking, wondering if I was fitting in and doubting that girls would me. However, now that I'm a confident alpha male and have great social skills, does that now mean that I now love going out and socializing and need to do that all day, everyday to feel good about myself (like an extrovert would)? No. I don't want to socialize all day, every day because I'm a thinker and like to have more of a balance in my life.

The big difference between how I was before and how I am now is that when I am in a social environment, I am confident and really do enjoy socializing with people. Unlike in the past, where I would feel negative emotions in social environments, I now feel positive emotions because most people like me, respect me and want to be my friend. In the case of women, most women feel intense attraction for me and wish they could be my girlfriend or at least be sexed by me.

When I am not in a social environment, I rarely need it or crave it like an extrovert does. Instead, I have more of a balanced life with my work (The Modern Man), my girlfriend, my friends, family, exercise, time to relax and think and other important parts of my life. Sometimes I enjoy going out socializing and catching up with friends and other times, I just want time to chill out and think about life in the universe.

These days, I would be considered more of an extrovert by most people who meet me (because most people aren't as confident as me), but the truth is that I'm neither an introvert or extrovert. I prefer to have a balance of both sides of that state of being. I don't need to be alone and I don't need to be around people; I just do whatever I want, day in, day out because I have the confidence and emotional security to be happy, forward-moving and driven in either situation. I like being around people when I'm around them, but it's not as if I need to be around loads of people all the time like an extrovert would.

[image: Nervous - Dan]

Not all introverted guys are nervous, but I was. Here is me as a nervous introvert trying to meet women. This girl actually liked me and even gave me her phone number, but I screwed up the date because I was too nervous around her and doubted that she liked me. I felt as though she was out of my league. Women like this forced me to become stronger by building more confidence and becoming more of a man.

[image: Dan - confident]

This is what happened when I became more confident, masculine and socially intelligent. I didn't have to become an extrovert who needed to be around people all the time, but I did have to become more confident, masculine and socially intelligent so that when I did meet

women, they liked me and wanted to have sex and a relationship with me.

Chance Encounters With Women

If you're an introverted guy, you do not have to change your core personality and become a full on extrovert to be successful with women, but you do need to become more confident, more masculine and improve your social skills and social intelligence. Why? Doing so makes you a very attractive option to women, so when you do have a chance encounter with a woman (i.e. assuming that you're an introvert who rarely goes out socializing and only meets women by chance), at least you will be ready to seize the moment and go from a conversation to a phone number and then set up a date, or from a conversation to a kiss and then sex that day/night.

Are You a Confident Introvert?

You may be one of the rare guys who are very confident, but also an introvert. If that is the case, then you are either a thinker who prefers to be focused on what you're working on in life rather than just hanging out with people all the time, or you are the type of guy who wants to be around other people more, but avoids it because you don't feel your best when around other people.

If you're an introvert who wants to be around people more often, but you avoid it because you tend to feel bad (i.e. uncomfortable, excluded, etc) when hanging out with other people, that doesn't mean you are an introvert. What it means is that you lack the type of social intelligence and skills that will allow you to naturally get along with people in any environment.

If you want to improve your social skills and intelligence so you become even more confident and charismatic than you are right now, then I recommend that you keep learning from us here at The Modern Man. All of our programs improve a guy's confidence, masculinity (how he thinks, behaves and takes action in life) and social intelligence, as well as making him incredibly successful with women.

So, if you're one of the many guys who need help with women, stick around and keep learning. If you want to get results quickly, consider our [advanced programs](#) that provide solutions to all of the problems that you've been experiencing with women.

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What to Say to Get a Woman's Number in a Bar

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

When you're talking to a woman who is attracted to you and you've been getting along well with, all you have to say to her is:

"Hey, it's been cool talking to you. Do you want to talk again sometime?"

Most of the time, women are going to say, "Yes." If the woman is not attracted to you or doesn't like you, then she will say something like, *"No, that's fine, let's just leave it at this. It was nice to meet you...I hope you have a good night"* to let you know that she doesn't want anything else to do with you.

However, if she says, "Yes" then it's a clear sign that she is open to talking to you again.

[image: What to talk about with women in bars]

After she says "Yes," simply take out your phone and open up it to the section that she can add in her phone number and then hand her your phone and say, *"Cool...put your number in."*

Most women will put their number in right away.

What I like to do at that point is call the girl's phone number right away. I will say, *"Hey, I'll call you right now so you've got my number and you know that it's me if I do text or call you."*

Calling her number right away (or sending her a text while standing in front of her with something like, *"Dan – the hot guy from the bar."*) is better because when you do call or text in 1-3 days, she will know that it is you.

Attractive women don't usually answer their phone when unidentified numbers call them because it's often an ex-boyfriend who she doesn't want to speak to, or some admirer who keeps calling her.

Additionally, if a woman is leading a busy lifestyle (e.g. with work or study in addition to a busy social or family life) then she won't always be available to answer her phone. So, there's nothing wrong with saying to a girl, *"Hey, I'll call you now so you've got my number and you know it's me when I call."*

This approach makes sure that if you do call and she doesn't answer, she knows that it's you and you can follow up with a text and say, *"Hey Jenny – couldn't get through. Just saying hi. It's Dan"* and then she'll usually reply. If she doesn't, simply call her two days from then. If she still doesn't answer, you can try a more humorous message to get her attention like, *"Okay, you either hate me or you're busy! ð☐☐☐ Chat soon?"*

Mistakes to Avoid When Getting a Woman's Number in a Bar

Getting a woman's number in a bar is a very easy thing to do, but if you make a big deal out of it, getting the number will become difficult to impossible. Here are a couple of classic mistakes to avoid:

1. Asking if You Can Get Her Number

"Hey, so...ummm...can I get your number? Can I call you sometime?" You don't need to ask for

permission to get a woman's number. Women don't like it because they don't like when a man starts behaving submissively and expects the woman to be gentle with him and lead him through the flow of a sexual courtship, all the way to sex and a relationship. She wants a man who can take charge in an easy-going way like this:

- **You:** *Hey, it's been cool chatting to you. Do you want to chat again sometime?*
- **Her:** *Yes, that would be cool.*
- **You:** *Okay, put your number in.*

By saying it in the way I've listed above, you're leading the way, which is what a woman wants. You're not saying, "Ummm...so, can I call you sometime?" and then expecting her to be gentle with you and lead the way.

2. Asking if She Wants to Go on a Date

When getting a woman's phone number in any environment, you should avoid asking her out on the date right then and there, unless it is completely obvious that you and her want to go on a date asap. Most women don't want to commit to a date at the point of giving you their phone number and simply want to see how they feel when you call. So, avoid saying things like, "Do you want to see again? Do you want go out with me? Do you want to go on a date with me? Do you have a boyfriend?"

Getting a woman's number doesn't mean, "Okay, now we're going to start a relationship and be together forever." Instead, it's just that you and her are going to "talk" again sometime, which is why I say, "Hey, it's been cool talking to you. Do you want to talking again sometime?" If you can keep it that easy-going and informal, then most women will happily give you their number.

If you make it out as though you're saying, "Okay, if you give me your number, I'm calling you and we're getting married" then most women are going to be turned off by how serious you're being. The exception to this rule is when you meet a woman who is absolutely compatible with you (rare) and you both (not just you) know for sure that you're going to begin a serious relationship.

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[image]

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The Kiss Test: 7 Signs That a Woman Wants You to Kiss Her

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

As long as you make a woman feel a lot of attraction for you first, it will feel natural for her to kiss you. She will want it because she will have sexual feelings for you, rather than just friendly feelings. Yet, despite how much attraction a guy makes a woman feel, she will rarely make the first move by kissing him first. Instead, she will give you as many signals as possible, in the hope that you have the confidence to start kissing her.

In the movies, you will sometimes see a woman walk over and start kissing a guy, but in real life, most women would prefer to miss out on an opportunity to have sex or a relationship, rather than have to make the first move by kissing him first.

Why is that? Women are attracted to confidence in men, so most would prefer to wait for a confident guy rather than hook up with a nervous guy who lacks the mental and emotional strength that can make her feel the type of attraction she wants.

7 Signs That She Wants You to Kiss Her

To ensure that you don't miss out on opportunities with women who are open to kissing you, look out for these signals and then confidently make the first move...

1. She keeps holding eye contact and then staring at your lips

When a woman is interested in kissing you, she will usually try to maintain eye contact with you and also keep looking down at your mouth, staring at it for a few seconds and then looking back up to your eyes. If she is shy, she won't make a lot of eye contact, but she will make a point of regularly looking at your mouth to show you that she is interested.

If you're talking to a woman who tries to maintain eye contact with you and also keeps looking down at your mouth, staring at your lips for a bit and then looking up at your eyes again, it's a sign that she is open to kissing you.

You have made her feel attracted to you and she is either consciously showing it (i.e. trying to let you know that she likes you) or she is reacting on instinct and just going with the flow.

Not all guys are confident enough to start kissing a woman with only one signal of interest though. Luckily, there are other signals to look out for...

2. Biting her lip / licking her lips

Women don't all show the exact same signs of interest in a sequence or at all, so not all girls are going to show the "biting her lip / licking her lips" signal to you.

When interacting with a woman that you want to kiss, you should be on the look out for any of the signals on this page, but don't be worried if she doesn't show all of the signals during her interaction with you. If you focus too much on the signals, you may end up wasting too much time and come

across as nervous, self-doubting or uninterested in her in a sexual way.

Obviously, the more signals she shows you, the higher the chances are that she wants you to kiss her, but part of being successful with women is being confident enough to make a move on one or two signals that a woman gives you.

Why?

Not all women give a lot of signals and the more attractive women tend to show signals that they are not interested, just to test your confidence level. At my level of skill with women, a woman can't stop herself from showing me signs of interest because I make her feel intense feelings of sexual attraction just by the way I look at her and talk to her.

If you're talking to a woman and she is biting her lip in a girly way or licking her lips in a sexually suggestive way (demonstrated in the video), then you can't get a more obvious signal than that.

Do not doubt yourself when women show you this signal – it is the most obvious of them all. When a woman bites her lip or licks her lips in a sexually suggestive way, she is essentially trying to communicate this to you, *"I'm feeling girly and submissive around you."*

When a woman feels girly and submissive around you, what's going through her mind is that she wants to submit to you sexually; she feels like you are the more powerful one, the more confident one and the dynamic between you and her is turning her on.

She is trying to signal this to you and it is then up to you to have the confidence to act on that signal and make a move. If you don't have the confidence to move in and kiss her based on that signal, there are other signals to look for as well.

3. Regularly touching you / playfully hitting you

When a woman doesn't like a guy, doesn't feel any sexual attraction for him and doesn't want to give him any signals that she's interested in him in a sexual way, she avoids touching him. She doesn't want to give him the impression that it's okay to touch each other, so she tries to avoid as much physical contact as possible.

However, if a woman is regularly touching you, it reveals that she is comfortable with that sort of physical contact between you.

[image: Does she want to kiss me?]

You have to believe in yourself and go with the moment. In most cases, a woman won't want to make it any more obvious than showing you how comfortable she is with you physically. She doesn't want to have to guide you through the process and instead expects you to have the confidence to act on her signals.

Not all touching means that she wants to kiss you though...

If you're just having a normal, friendly conversation with a woman (e.g. no sexual flirting, no obvious feelings of attraction) and she touches you, it doesn't necessarily mean that she wants to kiss you.

To know for sure if her touch is suggesting that she wants you to kiss her, she has to also be showing you other signs of interest (e.g. submissive looks, biting her lip, playing with her hair in a girly way, etc) other than just regularly touching you on the leg or arm for example.

Some women touch guys in more of a friendly way; you might have a coworker who does that with a lot of guys and girls because that's her nature and she's very "touchy feely" with people.

However, if you're interacting a woman who likes you and is showing other signs of interest in you and she's regularly touching you or playfully hitting you, (e.g. hitting on the arm and saying, "*You're baaaaad*" or hitting you on the butt in a sexually suggestive way), then she's trying to get more of a playful, physical, touchy feely vibe and dynamic going back and forth between you.

She doesn't want the dynamic to only "talking" and no "touching." She is instinctively reaching out to touch you and is trying to spark something more sexual between you and her.

A confident guy like myself would see that and I would say to myself, "*This girl likes me*" and I would then do whatever I wanted to do (e.g. move in and start kissing her, keep talking to her and then get her phone number, have sex with her that night, etc).

A guy who lacks confidence in himself may wonder, "*What does that mean? Does this mean she likes me?*" and will hesitate and hold back. The thing is, if you hesitate around women and hold back from making a move, you will usually miss your "window of opportunity."

For most women, when they're interacting with a guy that they've just met, they will give a **Window of Opportunity (WOO)** to a guy when they feel a spark of attraction and realize that they like him.

A woman will open herself up to the situation and it is then up to the guy to have the confidence to make a move. If a guy doesn't make a move, the window will start to close.

The WOO is a bit different for women you already know. If there's a woman you already know who really likes you and has been trying to give you signals of interest, but you haven't had the confidence to take action, she will usually keep showing those signs of interest and the Window of Opportunity will remain open (until a confident guy comes along and attracts her).

If you meet a girl in a bar and she's hoping to have sex that night or find herself a boyfriend, then you have to make a move very quickly (i.e. anywhere from instantly to within the first hour). If she likes you, shows signs of interest and opens the WOO for you, but you then don't make a move, most women will close the WOO and begin playing hard to get or try to exit the interaction completely.

Of course, you can turn that around if you have a high level of skill with women and know how to make women experience deep feelings of respect, attraction and lust for you.

4. Submissive looks

In the sexual act, it is the man who penetrates the woman; the woman opens up and receives the man. If the man is masculine, she enjoys the feeling of submitting to him (e.g. getting down on her knees to suck him, bending over and receiving him "doggy style," etc).

So, when a woman gives you submissive looks (e.g. dipping her chin down and looking up at you in a girly way) when she is interacting with you, she is instinctively (and sometimes actively/consciously) trying to communicate, "*I'm open to submitting to you. I like you. I'm feeling this. I feel girly around you. You're making me feel turned on.*"

It is then up to you as a man to make a move (e.g. put your arm around her lower back and draw her into you, then look her in the eyes and then start kissing her).

If you don't have the confidence to do that, let's talk about another sign that a woman wants you to

kiss her...

5. Plays with her hair or necklace

I'm not saying that when you're interacting with a woman and she casually readjusts her hair or necklace, that it means she wants you to kiss her. What I am referring to is when you are talking to a woman and she is constantly playing with her hair or necklace in a girly, shy or submissive way (demonstrated in the video).

This is a clear sign that she is feeling girly around you, that you're the more powerful one in the dynamic and that it is turning her on sexually. She is showing you that she is willing to submit to you sexually and showing you that she is enjoying the feeling.

If she is really obvious in the way that she shows a guy that she wants him to kiss her (about 20% of women), she will give you submissive looks and continually play with/fidget with her hair and necklace in a girly way.

If she's afraid of being rejected by you and is worried that you don't like her or is the type of woman who withholds obvious signs of interest to test a guy's confidence level, she might play with her necklace, but maintain a serious look on her face to avoid giving you too much information about her interest level.

6. She is open to you touching her

If a woman is not sexually interested in you and doesn't want to show you any signs of interest, she usually isn't going to be open to you touching her. If you put your hand on her leg or put your arm around her, she will push you away in an annoyed way or angrily say, "*Hey – no need to touch.*"

However, if you're talking to a woman and you put your arm around her lower back, touching her on the shoulder, playing with her hair while talking to her (demonstrated in the video) and she reacts in a girly, positive way, then it's a clear signal that she is sexually attracted to you and is open to you kissing her.

7. Primps herself for you

Primp (*verb*): Making minor adjustments to (one's hair, makeup, or clothes).

When it comes to the male/female dynamic, it is the woman who needs to look pretty and beautiful and the man then selects the pretty and beautiful woman. It's not up to us guys to primp ourselves look all pretty for women; it is the woman who needs to be pretty, colorful and beautiful and it is the man who needs to be confident, masculine and select the women he finds attractive.

[image: Male peacock displaying plumage]

For peacock bird, it is the male bird who needs to be pretty and colorful to attract the female. She then selects a mate based on how colorful and pretty his plumage is. As a human man, you are not a bird and you do not need to be all pretty and good looking to get a beautiful woman.

You are a man and in the human mating dance, it is the man who needs to be confident and masculine

enough (in the way he thinks, behaves and takes action) to choose the beautiful women that he likes. The man needs to believe that he deserves to choose women and he then needs to choose women with authority. The more he believes that he has the power of choice, the more masculine he will come across and the more girly that women will feel around him.

When it comes to what women do to show you that they want you to kiss them, one of the signs is that they will primp themselves to look even better for you.

So, if you're talking to a girl and she fixes her top to readjust her breasts to show better cleavage to you, it is a sign that she is trying to look attractive to you. She might also put on or reapply some lipstick or lip gloss, which can mean that she is trying to draw attention to her lips and make her lips as appealing as possible for you.

For a guy who doesn't believe in himself, he will see a woman applying lipstick in front of him and may think, *"Ohh...she's so pretty...now she's putting on lipstick...wow, that looks really nice"* or might not even think anything of it at all.

For a confident guy like me, I look at that and think, *"Look at this girl...trying to make herself look nicer for me...how cute."*

I will then put my arm around her, move in closer or pull her in closer to me. I will then have eye-to-eye contact with her and I'll look at her mouth and then back up to her eyes (a couple of times) with a confident smile.

When I see that she is smiling back or at least maintaining eye contact in a positive way, I will then just move in and kiss her...

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[image]

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The Sex Smile

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

This is how to make a woman think about having sex with you, just by the way that you're smiling at her.

Example

Imagine that you're talking to a woman that you're attracted to and want to have sex with.

Picture yourself in a setting like a bar or a party, or maybe you're at university or at afterwork drinks with coworkers and you're talking to a girl from the office that you like.

Instead of just talking to the girl and displaying an easy going, friendly vibe and behaving as though you're not even interested in having sex with her, mix it up and include **The Sex Smile**. What will happen is that she will immediately start feeling turned on by you and will immediately consider the idea of having sex with you.

How to Do it

While she is talking to you, maintain eye contact with her and instead of normal, friendly eye contact, change your eye contact to be more sexual (demonstrated in the video) and add in The Sex Smile.

While using The Sex Smile, look her in the eyes, then down to her mouth, back up to her eyes and back down to her mouth. When you're interacting with a woman and you give her that sort of you look, her reaction is going to be based on the attraction she is suddenly feeling for you.

She might smile and playfully ask, "*Whaaat?*" :) It means that she's feeling turned on by you, is feeling the moment that you've just created and is trying to say something to break the tension between you. If you're interacting with a confident woman who likes you and isn't afraid to show her interest in you, she's going to give you The Sex Smile right back.

She might also display some submissive body language (e.g. dipping her chin down and looking up at you in a girly way), which is a sign that she is open to submitting herself sexually to you.

She feels turned on, she feels like you're the more powerful one in the dynamic between you and her and she likes that. If she didn't like it, she would react negatively and would say, "*What?! What are you looking at me like that for?*" in an annoyed and even angry way.

Why it Works

When a woman feels attraction for a guy, it means that she will be more open to flirting with him and exchanging sexually suggestive body language or comments.

When feeling attraction for a guy, a woman will naturally consider the idea of having sex with him and if you can add in The Sex Smile, it will make her feelings of attraction for you even stronger. If you're being a fairly confident guy around her, then she is going to be feeling some level of attraction for you.

If you want to make women feel intense levels of attraction for you, then use the advanced confidence and attraction techniques that we teach here at The Modern Man. You will be surprised at how easy it is to do, even if you're a beginner.

If you're being confident, most women will feel a good level of attraction and if you add in The Sex Smile, most will enjoy it and give you a smile back. When a woman engages in that type of flirting body language with you, it begins to create a private understanding between you and her that you're attracted to each other and are toying with the idea of having sex sometime soon.

Depending on where you meet the woman, you then need to escalate the interaction to a phone number, kiss or sex that night. If you want step-by-step instructions for the escalation process, I recommend that you watch Dating Power.

The Trick to Making Sure That it Works

Since women are attracted to a guy's confidence, when you BELIEVE and KNOW that your smile is turning her on, that actually gets her MORE turned on. She feels attracted to your confidence and starts giggling in response to how you're making her feel with a simple smile.

Enjoy!

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How to Pick Up Your Neighbor

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you want to have sex with your neighbor, you have to make sure that you trigger her feelings of sexual attraction for you first.

Right now, you're probably feeling more than ready to have sex with her because you feel attracted to her. Yet, does she feel the same way about you, or is she just being friendly?

Watch this video to understand how a woman's attraction for a man works and how you can use it to get your neighbor feeling turned on and eager to have sex with you...

As you will discover from the video above, if she doesn't feel attracted and turned on by how you interact with her, she probably isn't going to be interested in anything sexual because it would feel awkward (i.e. you'd be attracted to her, but she'd only be looking at you a nice guy who she likes as a friend).

You have to **make her** feel attracted, build up the sexual tension between you and then release it with sex.

Building up sexual tension can be done during a 5-10 minute conversation or over a few days or weeks if you want to take it slow. How quickly you will have sex with her will depend on how good you are at making her feel attracted, recognizing her signals of sexual interest and then having the confidence to make a move.

Many Women See it as Romantic

[image: Picking up a neighbor]

Have you ever watched a movie or TV show where a beautiful woman moves in next door to a man and they almost instantly begin hanging out at each others houses and then having sex?

In the real world, most people try to avoid their neighbors and live a private life that never includes their neighbors, but if you like a woman who is your neighbor, the good news is that it is often possible to pick her up and begin a sexual relationship.

You can be charming and attractive and make her feel like her life is suddenly playing out like a Hollywood movie.

She will then get excited about the idea of hooking up with you and tell her friends and family all about that story, rather than having to say that she's met yet another guy in a bar or nightclub.

How to Pick Up Your Neighbor: What to Do

[image: Flirting with a neighbor]

Here are the five steps to picking up and then beginning a sexual relationship with your neighbor:

1. Establish yourself as a cool, trustworthy guy

Most people want to be able to live in peace and not be bothered by crazy, untrustworthy or even

dangerous neighbors.

As such, most people try to keep their distance from their neighbors and just smile and say hello as they drive or walk past. To get through the “neighbor barrier” that most women will put up, you have to approach her and have a quick, easy-going conversation to establish yourself as a cool, trustworthy guy.

Even if you have a great conversation and are very confident, easy-going and likeable, most women will still keep their guard up and not commit too much to the conversation, so don’t worry if you get that reaction.

The aim of the first approach is not to pick her up, but to simply establish that you are not a threat, a lonely weirdo or someone that she should steer clear of.

2. Focus on building sexual tension and developing a connection

When you initially begin speaking to her, don’t try to get a phone number, add her to Facebook or invite her over. Just start by having an easy-going conversation, throwing in some humor and letting her see that you’re a cool, trustworthy guy.

This may happen over the course of a few days (if you happen to see her often), or a few weeks to a few months if you rarely cross paths.

While establishing yourself as a cool, trustworthy guy, you must also focus on building sexual tension between you and her by making her feel attracted to you, but not actually trying to get her phone number or get her to come over to your place.

Sexual tension happens between a man and a woman when there is a lot of attraction present, but the relationship isn’t escalating to kissing and sex.

However, sexual tension isn’t everything that you need. You also need to chat to her in a way that allows you both to connect on various levels.

Without a proper connection, some women will happily escalate to sex, but to make sure that she does feel comfortable being alone with you in her home or at your place, make sure that you build a good connection with her first.

How long should you focus on building sexual tension and connecting with her before making a move?

That depends on how often you see her, how good you are at making women feel attracted to you and how worried she is about getting involved with a neighbor.

Sometimes it will happen almost immediately, whereas other times it will take weeks or months to play out. If you want to get laid on the first night you meet women, you should be going out to bars and nightclubs and approaching women there. However, if you want to take things slow with a woman you like, then picking up a neighbor can be a great experience for both of you.

3. Invite her over to your place or invite her out somewhere when the time is right

[image: Having sex with a neighbor]

When you have built enough sexual tension, you then need to invite her over to your place for a reason such as: Coffee, Friday night drinks, or to a BBQ that you’re having at home with friends.

You can also invite her out to go and have a drink, a coffee, to go to a party that you’re attending

with friends or just to grab a bite to eat at a restaurant or take away store that you've both talked about wanting to eat before.

If she says no to your offer initially, just go back to building more sexual tension between you and establishing a better connection. Then, when the time is right, suggest it again.

How to Pick Up Your Neighbor: 4 Mistakes to Avoid

Here is where guys go wrong when attempting to pick up their pretty neighbor:

Mistake 1: Being the lonely, boring neighbor

If the woman is also boring and lonely, then this won't be too much of a problem, but if she is a cool, beautiful woman or a woman who leads an active lifestyle, she isn't going to be very attracted to a guy who lives a lonely lifestyle.

When it comes to picking up neighbors, most women will hold back any signs of real interest until they can see that you are a compatible match.

She will want to know for sure whether it will be a good idea to allow you to come into her life. So, when a woman senses that a guy is a "lonely neighbor" looking for some company and is hoping that she will take pity on him, she won't be interested.

To successfully attract and pick up your neighbor, you have to make her feel as though not having you in her life is a bad thing and that she is missing out on enjoying good times by not spending more time with you.

To do that, you should be living an active, interesting lifestyle with friends, fun hobbies and big things that you are working on achieving in life.

If you are leading that type of lifestyle, here's how a conversation might go if she was living a fairly boring lifestyle:

- **You:** So, how was your weekend?
- **Her:** Oh, pretty boring...just stayed at home mostly. How about you?
- **You:** [Smile and say in a joking manner] Oh, so you're a boring girl huh? "I thought you would have been out partying all weekend."
- **Her:** [Laughing] Nah, just stayed at home.
- **You:** Well, I'm no party animal, but I went to a friend's house party on Saturday night and was at another friend's BBQ on Sunday afternoon. It was a fun weekend.
- **Her:** Cool, sounds like you have a great weekend.
- **You:** Yeah, it was fun. Maybe if you ever have another boring weekend, I should invite you to some parties or something?
- **Her:** Yeah, that would be cool.

Of course, that's an example of everything going well in the conversation and of you just experienced a fun weekend with friends. If the conversation does go that well, simply get her number or add her to Facebook and then follow up from there. If it doesn't flow that smoothly, just focus on bumping into her once a week (or more if appropriate) and building up more sexual tension and connection between you.

As mentioned, you don't have to be living a fun, interesting lifestyle if she is a boring, stay at home type of woman. However, it is always good to be able to talk about some fun and interesting things that you've been up to lately. Women are always more open to guys who will add more fun and enjoyment to their life.

Mistake 2: Pretending to be an innocent friend who has no sexual or romantic feelings for her

[image: A nice guy being sweet and innocent around a woman...thinking it that it will make her like him]

In most cases, a woman will be able to sense that you like her in a sexual way, so if you hide your sexual interest in her, you will only come across as being weird, untrustworthy and even creepy to some women.

Women are attracted to guys who have the confidence to be themselves and to openly show their sexual interest in a woman in a discreet, non-sleazy way.

If you're attracted to your neighbor, but you are hiding your feelings behind an act of being her innocent friend or a helpful, nice guy act, she may begin to perceive you as a weird neighbor who is always hovering around her and as a result, she will not be interested.

When it comes to picking up your neighbor or any other woman, you have to be honest about your sexual interest after first making her feel attracted to you.

Watch this video to understand why acting like a friend or innocent nice guy often leads to rejection...

Once you have made your neighbor feel attracted to you, it's important to let her know that you find her attractive too. Most women are insecure about their looks and need to be given fairly direct compliments, otherwise they play hard to get to make sure that a guy is really interested and isn't just playing with her.

To let her know that you find her attractive, just smile at her and say things like, "*Oh, my sexy neighbor*" whenever you see her. If she is attracted to you, she will love it and will make herself more open and available to you, hoping that you make the next move.

Mistake 3: Being too forceful about it

[image: Rejected when expressing feelings to a woman]

Some guys do the opposite of the previous mistake (pretending to have no sexual or romantic interest in her) and instead become too serious and forceful about wanting to start a relationship with her.

Guys who make this mistake often confuse being confident and "being an alpha male who goes after what he wants" with being overbearing and needy. In most cases, these guys lack confidence around women and people and generally behave in a way that most women find unattractive.

When you're attempting to pick up any woman, you must ensure that she is actually attracted and interested in you first, before you begin your pursuit of sex or a relationship. When a woman is attracted to you, she will welcome your advances and even approach you at times, which means that you won't have to behave like an annoying neighbor to get her attention.

Mistake 4: Constantly Doing Favors For Her

Some guys assume that if they do a lot of good deeds for a woman, she will then like him and want to have sex with him.

This is a good move for a guy who is confident and alpha because the woman will be attracted to him, but if you're a nervous, self-doubting, insecure type of guy, then it will be a bad move because she will not be attracted to you.

To attract any woman you have to be confident and masculine (in your thinking, behavior and actions) around her. You also have to be able to flirt with her and create a sexual vibe between you.

If all you can do for her is fix a broken tap, but are nervous and self-doubting when you talk to her or when she looks you in the eyes, then she's not going to want anything more than an extra favor from you.

Of course, there are some women who will accept a nervous, self-doubting guy for sex or a relationship. However, those women are usually unattractive or are simply looking for a guy to play with for a while, until a real man comes along.

Every day, I have thousands of men coming to me for advice on how to get an ex back because of this very problem; they got lucky with a girl who just intended to use them for a while and she has now dumped him because she's either bored and wants to find a real man, or she has already found a new man and is already sleeping with him.

I can help these guys to get their ex back, but if you want to avoid getting dumped or cheated on in the first place, don't rely on "getting lucky" and then hoping that the woman will never realize her mistake and dump you.

How to Approach Her and Start the Interaction

Not all neighbors are the type who stand outside watering their front lawn every evening, or hanging out in the gym at an apartment complex a few times a week. In many cases, you won't see your neighbor for weeks and in other cases, you might see her every day. So, your approach has to vary based on how easy it is to approach and talk to her.

Apartment building: Try to cross paths with her in the elevator, in the foyer or lobby, at the communal gym or swimming pool. Make sure that when you do see her you make the approach, because it will likely be another week to a month before you bump into her again.

House: Walk past her house when she is outside watering her front lawn, or getting mail from her mailbox and then start up a friendly, easy-going conversation and add in some flirting. You will need to be mentally prepared to get up and make an approach at a moment's notice.

Additionally, if your community celebrates things like Halloween or Christmas, you could always organize to go "trick or treating" with some of your nieces and nephews or walk around your neighborhood singing carol songs with the people who go door to door.

If your community doesn't celebrate those traditions (or anything similar where people go from door to door in their neighborhood), then you will have to rely on bumping into her at random times.

Unless you see her often, approaching your neighbor usually isn't going to be as easy as approaching women in bars or talking to women at parties. It's a more difficult approach to pull off, but you

essentially need to be patient, confident and ready to approach at a moment's notice.

In some cases, it will be appropriate to walk right up to her door and knock to say hello and have a chat. However, most of the time it won't and you will just have to wait until you get an opportunity to start a conversation when you happen to cross paths.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

How to Talk to Women on Facebook

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Talking to women on Facebook is similar to talking to women that you meet in person. Essentially, when you talk to a woman on Facebook you have to:

- Use humor so she enjoys talking to you.
- Come across as a cool, likeable guy so she wants to associate herself with you.
- Be confident so she feels attracted to you.
- Flirt with her and build up the sexual tension between you so she wants to have sex with you.
- Get her phone number so you can call her and set up a date.

[image: Do's and Don'ts - Facebook]

The DO's and DON'Ts of Talking to Women on Facebook

The secret of how to talk to women on Facebook is to stand out from the crowd by being the sort of guy that a woman wants to talk to and be associated with. That means:

1. Do post photos of you having a lot of fun with other people

Many women now use Facebook as a screening process to sort out the cool guys from the loners. Although many guys will feel annoyed at women for being so superficial and wanting to hook up with guys who will make their Facebook profile look cooler, that's just how a lot of women think these days. A woman wants to see that if she hooks up with you, she will have opportunities to get great photos posted to her Facebook wall. lame yes, but that's modern life unfortunately. If there is nothing going on in your life according to your Facebook photos and posts, most modern women aren't going to feel super excited to be associated with you as a lover or girlfriend on Facebook.

[image: Facebook fail and win]

2. Don't post lonely photos of you at home alone

This is the biggest mistake that I see guys (who are not getting any results with women) making. They take selfie after selfie of themselves alone at home, alone at the train station, alone at a take away food store, etc. Loneliness is not attractive to women, so if you want to use Facebook to talk to women, make sure you don't post up your lonely moments in life.

3. Don't post "pity me" status updates about your life

Another big mistake that guys make is posting up "pity me" status updates like, "*Why is life so hard?*" or "*Ughhh...Monday again. I hate my life.*" It is fine for women to do that, but not for men. Most women are more attracted to men who are mentally and emotionally strong (i.e. an alpha male) and turned off by emotionally weak men (e.g. shy guys, nervous guys, clingy guys, etc).

[image: Pity men Facebook status updates]

4. Don't post like a girl

Some guys will post status updates like a woman like, “Oh no you didn't! Just left McDonalds and am so pissed off! The staff were so rude! I hate McDonalds now!!” or “OMG!! Just saw Megan Fox on TV and my heart skipped a beat!!! I have a big crush on her!!” Posting like a girl will never, ever make a woman feel attraction for you. The only guys who can post up status updates like a girl and get laughs and women feeling more attraction for him as a result, is a guy who is a confident, alpha male in real life. If you're a nervous, shy guy who lacks masculinity in real-life interactions and then you post up things on Facebook like a girl would, you will turn women off you even more.

When talking a woman on Facebook, you must be a masculine guy and not use or copy her girly, cute, feminine style of communication. Why? Women are attracted to a man's masculinity and turned off when a guy is too feminine in his approach, behavior and thinking. Some guys mistakenly believe that if their messages are “cute,” sweet and full of compliments that a woman will be much more open to talking with them. However, the opposite is true. The more you behave like her, the less interested she will be in talking to you.

Some examples of a girly style of communication:

- *Hi! i think ur pic is sooooo cuuute! ð□□□*
- *U look sooo GR8!*
- *Wow, ur 2 cute. Lol!*
- *I lyke ur profile and want 2 talk 2 you. Do u wanna talk 2 me 2?*
- *OMG!!! So cuuuuuute ^__^*

Behaving like a woman or like a little boy (instead of behaving like a masculine man or alpha male) is just not attractive to women. Are you attracted to butch lesbians who behave like men? If you're not a weirdo, then you would of course say, “No” and would instead be attracted to feminine, sexy women. The same applies when talking to women on Facebook: They are not going to feel attracted to you if you behave like a girl. Women feel attraction to a guy's masculine behavior, thinking, actions and communication style, so if you can display that when you talk to a woman on Facebook, she will be much more interested in talking to you and seeing you in person.

Here are some butch lesbians and then some feminine women to give you a graphic example of what I mean...

[image: Butch lesbians or feminine women]

Look at the two different types of women above. Are you more attracted to the butch lesbians who behave like men or the feminine women? When you behave like a girl or like a little boy on Facebook, women feel as much attraction for you as you feel for butch lesbians. Why? Just like you are attracted to feminine women, women are attracted to masculine men. So, don't behave like a girl on Facebook or you will be as unattractive to women as those butch lesbians are to you. Embrace your masculinity and be a man.

5. Don't immediately hit on a woman when you add her as a friend

[image: Unattractive Facebook message from a guy to a girl]

The above approach doesn't work for two main reasons:

1. **Most attractive women get those type of messages from random guys every day or at least once a week:** I have plenty of attractive female friends and I've seen the sort of messages that some of them get on a daily basis. Additionally, my girlfriend (who has her status set to being

in a relationship with me) still gets random guys sending her messages like, “Hi! Wanna chat?” or “Wow! You’re beautiful. Add me so we can chat :)” many times per week.

2. **To get a woman to want to talk to you, she first has to feel attraction for you:** Whether you meet a woman in person or online, you first have to spark her attraction for you. If you’re feeling sexually attracted to her because of her sexy photo, but she isn’t feeling anything for you, then she’s not going to be very interested in talking to you.

6. Don’t bombard her with messages

Most women have a life or at least have enough responsibilities in life to feel busy. No matter how much fun she has when talking to you, messaging her too often will result in her losing interest in chatting with you because the novelty of it will wear off and will also make you appear as though you have nothing else going on in your life.

No matter what age a woman is, she is always going to be more attracted to guys who go after their true potential in life and do not hide from the world behind an online persona. To get a woman to feel attraction for you and want to meet you in person, you need to maintain a balanced life rather than just focusing on her or spending all night chatting to people on Facebook. Ideally, you want a woman to log on to her Facebook page and wonder, “Am I going to hear from him today? I hope he messages me!” and when she doesn’t hear from you, you want her to feel disappointed and as though she is missing out because you’re probably out somewhere having a great time without her.

“Living” on Facebook and avoiding the rest of what life has to offer you can lead to you displaying clingy, needy and desperate behavior, all of which is unattractive to women. The best approach to use when talking to women on Facebook is to leave a couple of days gap in between bursts of chatting for 5-10 minutes. However, your number one goal should always be to get her on the phone and then arrange to see her in person.

7. Don’t pretend to be an innocent friend who just wants to “chat.”

Some guys put on an act of just wanting to be innocent friends with a woman on Facebook, because they are too afraid of being rejected by her after showing sexual or romantic interest. However, being liked as a friend by a woman is not the same as having her feel attraction and desire for you, or making her want to meet you in person and have sex with you. For a woman to want to be more than a just friend with you, she needs to feel sexually attracted to you and the bottom line is if you’re just being a sweet, friendly guy who only wants to talk online, she will enjoy the attention while she goes out in real life and has sex with a real guy.

8. Don’t hide behind messages – Get her on the phone and arrange a time to see each other in person

The worst thing you can do when talking to women on Facebook is to keep messaging her for weeks and never actually getting her on a phone call. If you wait too long to get her on the phone and organize a time to see each other in person, she will either lose interest in chatting to you or hook up with another guy that she has met in person. When you talk to a woman on the phone, she will feel attraction for you more rapidly than via Facebook messages because she will be able to experience your confident, charismatic personality and feel great when you make her laugh. However, if you just message her all the time, she will be less-likely to feel any sort of attraction for you and may even

feel turned off by your communication style.

What to Say When You Contact Her

[image: Woman checking Facebook]

What to say when you contact a woman via Facebook really depends on whether she is a cold, warm or hot contact.

- **Cold contact:** You don't know her and are just randomly contacting her.
- **Warm contact:** She is a friend of a friend.
- **Hot contact:** You've met her in person or already know her well.

If you'd like to know exactly what to say when you first contact women on Facebook, I recommend that you watch [Approaching and Talking to Women: For Beginners](#). I provide my best, tested examples for contacting different types of women on Facebook and then escalating to a phone call so you can set up a date.

Talking Online vs. Talking Face-to-Face

Online, anyone can pretend to be better, cooler and more confident than they are in real life. Most women realize this and as a result, they don't get "sold" on a guy until they talk to him on the phone or in person. Facebook is a new way of communicating for humans and if you want to use it to meet women, you should only use it as a way to [get a woman's phone number](#) and then set up a date.

If you spend too much time trying to come up with clever things to say to a woman on Facebook, you will likely end up saying the wrong things or appearing as though you don't have the guts to talk to her on the phone or in person. Then, when she meets a confident guy in real life, she will begin a sexual relationship with him and you will be quickly forgotten. You might be a very confident, self-assured and even witty guy when you're talking to women online, but if you're lost for words, anxious and insecure on a phone call or date, she will be looking to get away from you as fast as possible without hurting your feelings too much.

Being Afraid to Talk to Women in Real Life

These days, an increasing number of men are [afraid to approach and talk to women in real life](#) because they develop a warped perception of women by watching too much porn and by believing what they see in music videos, movies and TV drama shows as being how women think and behave in real life. After a while, a guy begins to perceive women as being way more valuable than him and may even begin to copy the "loveable loser" behavior that he sees male characters display in Hollywood movies, only to later realize that in real life, women are attracted to confident guys, not [shy, nervous, "pity me" type guys](#) who somehow manage to get laid in every Hollywood movie.

Unfortunately for many guys, talking to women on Facebook is often the only positive female attention they can get. In their everyday life, they are so [nervous and self-doubting around women](#)

that women don't show them any interest other than just being friendly. Yet, little do many of these guys know, just because a woman talks to him online and ends her messages with smiley faces ð□□□ LOLs!!!! and xoxox, it doesnâ□□t mean sheâ□□s hoping and yearning for him to become her boyfriend. More often than not she is just enjoying the attention and is also talking to and being pursued by many guys online at the same time.

Regardless of how many smiley faces ð□□□ and LOLs a woman sends you, she isn't going to reject a confident guy who talks to her in real life, just because she's being LOLing with you online. She will happily go out on dates and have sex with guys who don't hide behind Facebook or text messages and simply get her on a date and then escalate to sex.

What Does Your Facebook Profile Say About You?

These days, many women are happy to quickly add a guy on Facebook to assess his profile and determine whether he is a cool guy or a lonely guy. If she adds you on Facebook and sees an endless stream of lonely selfies, "pity me" and confused status updates about life, she will usually unfriend you or simply ignore you from then on.

If you fear talking to women in real life and don't have many close friends or live a fun lifestyle, Facebook isn't going to be your savior. You might be able to get women to add you or chat to you, but if they see that you're not a confident guy and really don't have much going on in your life, they usually aren't going to be excited to talk to you or see you in real life. It may be superficial of women to want to associate themselves with cool guys who can add some value to their life, but that's just how women are behaving these days. Getting more likes and comments on her Facebook is like a drug for most women. When you add women on Facebook, you want them to look at your profile and think, *"Wow, this guy is cool. I would feel proud to be his girlfriend"* rather than, *"Oh...nothing going on here...this guy would be embarrassing to have as a boyfriend."*

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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How to Flirt With a Woman at Work

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you want to flirt with a woman at work, you should ensure that she feels attracted to you first.

For example: Begin by attracting her with your confidence, charisma and by using humor in some of your interactions.

[image: Flirting at work]

When she at least feels attracted to you in those ways (this can happen right away), she will then be open to engaging in some subtle flirting with you.

Why? Women are comfortable flirting with guys that they are attracted to and uncomfortable flirting with guys whom they only see as a friend.

If the woman you like at work only sees you as a friend and has no sexual attraction for you at all, she's probably not going to respond well to flirting and may even complain to the boss or coworkers.

Watch the video above for an example (the story of how my friend attracted a new girl at work) of how to quickly make a woman feel attracted and then flirt with her.

[image: Making her feel sexually attracted to you first]

If this female coworker only **likes** you as a person, that is not the same as her feeling **sexual attraction** for you. If she isn't interested in you in a sexual way, she won't be interested in flirting with you.

You really have to be clear on that before you begin to flirt with her, otherwise it will cause unnecessary problems for you.

Making Her Feel Sexually Attracted to You Before You Flirt With Her

[image: Making her feel sexually attracted to you before you flirt with her]

There are many different ways that you can make a woman feel attracted to you (e.g. by displaying confidence, being charismatic, being respected by other people in front of her, using humor, etc).

Reminder: If you try to flirt with her when she has no sexual interest in you, she will either reject you or ask you to be more professional with her.

If you keep flirting with her, even she doesn't feel attracted to you, she may ask coworkers to tell you to stop or she might talk to your manager or boss.

So, make sure that she is attracted to you first.

It's so damn important that I have to say it a few times, before I continue on with the rest of the article now.

Examples of How to Flirt With a Woman at Work

[image: Examples of how to flirt with a woman at work]

After you have made sure that she feels sexually attracted to you, you can now begin to flirt with her in a light, easy-going way.

I recommend starting with flirting body language first, so you can further test the waters with her and see how she reacts.

Example 1: Use a Subtle Sexual Smile

[image: Subtle sexual smile - flirting]

To use the Subtle, Sexual Smile to flirt with a woman at work, simply do the following:

- Allow yourself to feel confident in the moment while talking to her.
- Hold eye contact with her and smile in a confident, easy-going way.
- In your mind, assume that she likes you and then use that confidence to smile at her in a confident, subtly sexual way.
- When she holds eye contact and smiles back at you, maintain eye contact for 3-4 seconds while continuing to smile as she talks to you.

When you use the Subtle Sexual Smile, she will then either look away in a submissive way (a good sign), look puzzled (usually just to test your confidence) or might ask you something like, *“What are you smiling about?”* to which you can reply (while smiling and saying the following in an easy-going, confident way), *“Talking to you makes me smile.”*

If she likes you and wants to flirt with you, she will become shy, smile, laugh and show you that she enjoyed the compliment. If she wants to keep things professional and doesn't want a workplace romance, she might get weird about it ask, *“What do you mean?”*

Simply smile and reply in an easy-going way, *“Talking to you makes me smile because you're not only a beautiful woman, but you're also very intelligent and you do a great job here. It's a pleasure to be working with you.”*

She will then be impressed at the fact that you've not only remained confident (this will be attractive to her), but you also have the social intelligence to be professional in a situation like that.

If she is the type of woman who will need you to be discreet about your workplace romance, she will be impressed that you don't get flustered and panic when under pressure.

Whatever you do, just make sure that you continue to display relaxed confidence and be easy going about the whole thing. Confidence is sexually attractive to women and if you display nervousness and self-doubt you will not only turn her off, but you will make the interaction feel awkward.

Example 2: Compliment Her So Often That it Becomes Funny

[image: Flirting example: Compliment her until it becomes funny]

When flirting with a woman at work, you have to flirt “under the radar” so that you don't get yourself into trouble for being unprofessional.

A normal approach to flirting when you meet women in a bar or nightclub is to be more direct and sexually suggestive with your flirting (e.g. smile and say, “*You’re sexy...I like you*” when you and her have just had a laugh together).

However, in the workplace, you usually have to much more discreet and subtle.

Rather than being direct about your sexual interest in her, you should instead focus on creating a fun and positive vibe between you and her, while also making sure that you are making her feel sexually attracted to you.

Here are a couple of examples of complimenting her so often that it becomes funny and flirtatious:

- Her coffee cup: “*Wow, you have great taste when it comes to coffee cups. The off white color is just dazzling.*”
- Her desk: “*I just wanted to tell you that you’re an inspiration to me. You keep your desk so tidy and organized, while my desk looks like a tornado just passed by it.*”

Important: To ensure that you don’t get in trouble for being annoying offensive, you must make sure that you smile ☺☺☺ when giving the compliments. You must also (and this is more important) maintain a positive, easy-going personality style at work.

If you’re always super serious around her and other people, or if you’re usually sarcastic or negative about things and you then begin to compliment her like that, she may take it the wrong way and think that you’re making fun of her in a mean way.

To avoid any drama in a work environment, you should always try to maintain a positive, easy-going, light-hearted approach, while also being professional and effective.

If you are too serious and uptight about things, most of your coworkers will not want to interact with you in a playful way.

Do Not Flirt With Her Via E-mail

[image: Don't flirt with her via e-mail]

Many guys make the mistake of trying to flirt with female coworkers via e-mail because they are afraid to say things to her in person.

This is the worst approach that a guy could ever take with a female coworker for two main reasons:

1. It’s very easy to completely misinterpret what you’re trying to say

When a woman can’t see your body language and facial expressions or can’t hear the tone of your voice, she has to GUESS how you were behaving/feeling when you wrote what you did in the e-mail. If you say sexually suggestive things or attempt to tease or flirt with her via e-mail, it can easily come across as sleazy, insulting and unprofessional.

She might be the type of woman who gets offended easily or may be the type who wants to cause problems in the workplace, so flirting via e-mail will usually get you in trouble with a woman like her.

To flirt with a woman at work, you must ensure that you interact with her in person.

If you are too afraid to talk to her in person and try to hide behind e-mail messages, she may misinterpret what you’re saying and then report you to a manager, to HR (Human Resources) or

begin spreading negative gossip about you around the workplace.

2. An e-mail is much less likely to spark her feelings of attraction

Women feel most attraction for a man when they interact with him in person. Why? It is during an interaction that a woman can fully experience your confidence, behavior and personality.

Simply sending a message to her with a cute smiley face ☺ and some LOLs, will usually result in her experiencing mild feelings of interest and possibly some attraction at times.

However, if she then interacts with you in person and notices that you are nervous and self-doubting around her, she will close up and lose interest in you. She will realize that you're confident and flirty via e-mail, but you are nervous and self-doubting in person.

5 Mistakes to Avoid When Flirting With a Woman at Work

It's easy to flirt with women at work if you're always a confident, easy-going guy who isn't afraid to have a laugh.

If you're that sort of guy, no-one is going to complain when you do what you normally do and have a laugh with a woman at work.

As long as you do a great job and approach your role professionally, the vast majority of people (including management) will appreciate that you are able to bring smiles and laughter into the workplace at times.

Yet, when a guy doesn't come across in that way, he might make one of the following classic mistakes...

1. Coming on too strong

When flirting with a woman in the workplace, you have to take it easy and give the attraction some time to develop.

If you meet a woman in a bar, you can flirt with her and begin kissing within minutes, but in a workplace, you have to be more relaxed and patient about it.

If she shows you some interest, don't get all excited and then ask her out on a date that day or the next.

Instead, just let the sexual tension build up between you and her until it is absolutely obvious that she wants something to happen between you and her (i.e. she is always going out of her way to see you, she flirts with you, asks what you're going to be up to for the weekend, etc).

From there, do not ask her out on a "date."

Why?

Most women in a workplace environment are worried about dating a coworker for a while, getting dumped and then feeling embarrassed or humiliated around her colleagues.

To avoid a woman putting her guard up and not wanting to escalate any further than some innocent flirting back and forth in the workplace, you must suggest to "catch up" sometime outside of work, rather than talking about going on a date or asking if she is interested in having a relationship with you.

Ideally, you would simply invite her to catch up with you and some friends who are having some

drinks on a Friday night after work, or invite her to a house party or to a friend's party at a bar or friend's BBQ at a park on the weekend.

2. Expecting her to like you because you're being nice to her

Just because a woman is being friendly with a guy, it doesn't necessarily mean that she likes him and wants to have sex with him.

Likewise, being nice to a woman and being her friend isn't what makes a woman feel turned on and attracted.

There's nothing wrong with being nice to a woman in a work environment, but unless you are coming across in a way that triggers her feelings of sexual attraction for you, she's not going to be interested in anything more than a professional relationship as colleagues.

3. Using the workplace as a testing ground for picking up women

If you want to know how to flirt with a woman at work because you're planning on using the workplace as a testing ground instead of approaching and talking to women outside of work, it is a very bad idea.

Unless you are skilled at attracting women with your personality (e.g. you're confident, charismatic, charming, funny) and people like you and respect you, it is very easy to get yourself into trouble for attempting to pick up women at work.

If you're skilled at picking up women outside of work, then go ahead and flirt away.

However, if you don't really know how to make women feel attracted to you outside of work, then you will get much better results if you improve your ability to attract women first (e.g. at a bar, social event, party, with waitresses, receptionists, etc).

When you are able to trigger a woman's feelings of attraction for you in many different ways, she will be unable to stop herself from feeling sexually attracted to you.

When you know that she is attracted to you, she will then be excited when you begin to subtly flirt with her in the workplace.

Then, if you suggest catching up for a drink after work or invite her to a party that you're attending on the weekend, she will be happy to come along and will be hoping that you and her hook up.

4. Being sleazy

To flirt with a woman at work, you have to be classy and discreet because most women are afraid of becoming the target of negative gossip.

Most women in the workplace want to be able to maintain their image of professionalism, but are open to some discreet flirting as long as you make them feel attracted to you first.

Here's the thing though...

Even if a woman is sexually attracted to you, she usually won't be open to showing obvious signs of sexual interest when others are watching, because she will be worried about how it might affect her chances of being promoted or her position in the company.

So, keep it discreet (e.g. use the Subtle Sexual Smile) and build up the sexual tension between you by continuing to make her feel attracted.

Then, if you attend after work drinks together or invite her out for a drink 1-on-1 on a Friday night after work, she will be keen to finally release the sexual tension with kissing and sex.

[image: After work drinks - flirting]

5. Telling everyone how you feel about her

If you want to be seen as a cool, confident guy who is liked, respected and wanted by women, don't go around telling everyone how you feel about the woman you like.

Just believe in yourself that you can attract her on your own, without the assistance of coworkers.

If a guy doesn't make the woman feel attracted first and then goes around telling people, *"I really like her. What should I do to let her know how I feel? Should I ask her out,"* it might be fun for some people to talk about, but it's not going to make the woman think, *"WOW! He's afraid to ask me out! WOW! A nervous, insecure guy! WOW!!"*

Instead, she will usually deny having any feelings for him and may even laugh with people behind his back, so she can "save face" and not appear as though she is interested in a guy like him.

Are You Ready to Do it?

[image: Flirting with a woman at work]

Will you be ready to flirt with her the next time you interact with her?

I hope my article has helped you and if you'd like to learn more, click around my site and I will continue teaching you how to naturally attract women...

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

How to Avoid Awkward Silences in a Conversation

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Have you ever been talking to a woman and then run out of things to say? Do you find it difficult to keep conversations going and keep them interesting?

Don't worry – most guys do. Yet, what most guys don't realize about the dreaded “awkward silence” in a conversation is this:

1. It's completely normal and natural for a conversation to have pauses and silences

When two humans speak to each other, they don't have to be exchanging dialogue 100% of the time. It is completely normal and natural for a silence or pause to occur in a conversation.

2. It's not an awkward silence if you don't think it is

[image: Not an awkward silence]

Why do you think that the silence is “awkward”?

A confident guy like me^Â is totally comfortable when silences happen in conversation. Why? If a conversation goes quiet, I don't think anything; I have nothing to prove because I already know that women feel attracted to me.

How do I know that? It's easy to attract women.

You can attract women by being confident, having a masculine vibe, being charismatic, using humor, etc. It's easy and when you know how to attract women in those ways, you don't have to worry about any silences during conversations. In fact, you can make her more attracted to you by remaining confident when the conversation does go silent at times.

3. If she is attracted to you, she will usually try to fill in any silences

[image: Not an awkward silence during a conversation]

When a woman feels sexual attraction for you and is hoping that you like her too, she will usually worry that you will lose interest in her if there are long pauses or silences during a conversation.

If you just relax and wait for a minute, she will eventually ask you something boring like, “*So, what do you do?*” or “*So, do you come here often?*” or something similar.

Why? She doesn't know what else to say! She's scrambling and rushing to come up with something to say and in her panic, she comes up with something standard and boring like that.

Of course, there are some cool women who know that silences during a conversation are normal, natural and expected. In those cases, she will just wait for you to keep the conversation going or will lose interest if you get nervous about the “awkward” silence.

Do You Get Nervous When a Conversation With a Woman Goes Silent?

[image: Woman testing man]

Many women will intentionally let a conversation go quiet because they want to see how you will

react.

Will you become nervous and begin to doubt that she likes you, or will you remain confident and calm? Since women are mostly attracted to a guy's confidence, they are always trying out different ways to test your confidence during a conversation, on a date, during sex and in a relationship.

Even confident guys like me still experience constant testing from women. Why? Women want to feel as though you are stronger than them (mentally and emotionally), so it then makes sense for them to submit to you during conversation, sex and in a relationship.

[image: Awkward silences during conversation]

If a woman feels stronger than you, then it just won't feel right for her to open herself up to you and be penetrated by you during sex, or to follow your lead in a relationship. Women want to submit themselves to men who feel stronger than them, mentally and emotionally.

When a woman tests your confidence by letting a conversation dry up and creating a lengthy pause, she will be watching to see what happens to your body language, behavior and conversation style.

This is not something that you can fake for too long because your true self is always coming through via your body language, behavior, actions, conversation style and vibe. The key to success with women is not to "fake it until you make it," but to actually become confident and alpha.

If you avoid that and hope to get by with tricks, most women will catch you and reject you for it. Women are looking for real men who are genuinely confident and if you can display that during a conversation, most women that you meet will like you and open themselves up to the idea of being with you.

Three Common Conversation Mistakes to Avoid

There are many ways that a guy will mess up a conversation with a woman that he's trying to attract. Here are three common ones:

1. Talking Too Much

When a guy lacks confidence around women and his insecurities begin making him feel nervous, he will often make the mistake of talking too much in an attempt to fill in any gaps or "awkward silences" during a conversation.

When that happens, he will often make the mistake of beginning to brag about his achievements or what he is aiming to achieve in life, in an attempt to impress the woman.

The more he tries to impress her, the less impressed she is. Why? Women are impressed by men who are confident and don't feel the need to brag and hope to get the approval of others.

To be a confident, alpha male that women will feel naturally attracted to you have to start by realizing that you are already good enough and do not need to hopelessly try to get women to like you.

Fearing silence and feeling awkward when no one is talking indicates that a guy is not relaxed and comfortable just being himself. Women are always actively on the look out for this type of insecurity and anxiety from a guy, because it helps them pick out the boys from the men or the alpha males from the omega males.

In Hollywood movies, TV sitcoms and dramas, you will often see women falling in love with the

nervous, socially-hopeless nice guy. He will say all sorts of awkward things and cause awkward moments, but he will then save the day, save the girl or save the world and then she will fall madly in love with him.

In the real world, women are turned off by nervous, self-doubting guys and simply have sex with alpha males instead. Many nervous, shy and insecure guys manage to get lucky and score themselves a girlfriend, but they almost always end up getting cheated on or dumped by her.

Watch this video to understand how a woman's attraction for a man really works and how you can use it to get what you want with women...

As you will discover from the video above, women are lot easier to attract than most guys realize.

As long as you display the personality traits and behaviors that are attractive to women, most women will like you and be interested in being with you.

2. Freezing Up

[image: Freezing up when talking to a woman]

Many guys know a few lines to say to women to start a conversation, but they will often freeze up and become lost for words when talking to an attractive woman.

A fundamental part of enjoying success with women is being confident and believing in yourself when talking to a woman. If you can't believe in yourself, a woman usually won't accept it and would rather reject you than give you a free pass to sleep with her.

If she is experienced with relationships, she will know that guys who lack confidence around women are usually the type to become clingy in a relationship or do many of the other things that cause a woman to lose respect for a man in a relationship.

When a woman goes out to party or to socialize, she isn't looking to meet a guy who takes the conversation extremely seriously and is worried about messing up.

She just wants you to be confident to be yourself and to let your natural sense of humor come to the surface while talking to her. She wants you to feel comfortable to flirt with her and create a sexual vibe, while not being sleazy or behaving like a jerk.

3. Faking it

For some guys, their fear of being rejected by a woman leads to them trying way too hard to impress a woman.

This might mean putting on a fake social persona and pretending to be someone that he's not (e.g. a really nice guy, a shy and vulnerable guy, a bad boy, a jerk or a gentleman).

However, faking about who you really are rarely works (for long) because when a woman senses that you're not being genuine, she will put her guard up, find it difficult to trust you and won't feel relaxed in your company.

Having relaxed confidence and being comfortable to just be yourself and not try to impress anyone is far more attractive to a woman than being a faker. Guys who try to impress women with loud, over the top behavior are very often trying to hide their lack of confidence behind an overly-confident front. For these guys, and any kind of silence will feel awkward because they're so unsure of themselves and what they've got to offer to women that they seek approval by putting on a fake

persona to “fit in” with others.

Some inexperienced or younger women will fall for it and mistakenly think that the guy is confident and even “cool,” but most women are experienced or socially intelligent enough to spot a genuinely confident guy from a faker.

How to Be an Amazing Conversationalist

To master the art of conversation, you need to be able to:

- Pause, listen and talk in a way that makes people respect you and listen to you.
- Strike the right balance between talking about yourself and getting her to talk about herself.
- Let silences comfortably exist during conversations, instead of trying to fill them up so you are exchanging dialogue 100% of the time. Remember: Silence is not awkward for guys who are confident and secure in who they are and who know that a silence is normal and expected during a conversation.
- Draw people into a conversation by being yourself, but also connecting with them on their level.

Avoiding Awkward Silences During Conversations With Women

In addition to learn many new things to say and ways of keeping conversations going and keeping them interesting, the key to avoid awkward silences is to know that silences in a conversation are not awkward at all.

A guy who is confident in himself and socially intelligent enough to know that a silence is normal during a conversation, will be able to talk to women with the type of relaxed confidence that women are naturally drawn to.

He can be himself and let his real sense of humor and charisma come to the surface around women.

When a guy is skilled at attracting women, he will be able to make a woman feel like a real woman (i.e. make her feel girly and feminine) during conversation because he is so masculine in the way he thinks, behaves and feels. Having real inner confidence and a masculine characteristics allows him to have a presence about him that stirs a deep sexual attraction in women.

He becomes a man that women describe as a real man and when women are lucky enough to meet one of those men, they try very hard to keep conversations going with him.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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Do Men Need Toughening Up or Are We Tough Enough Already?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Men can never be tough enough.

The toughening up of the human species has been going on since it began and in my opinion, it will never end.

Life here on planet Earth is challenging at the best of times and as men, we can never rest on our laurels and think that we've got this reality sorted out and under control.

[image: Men can never be tough enough]

Despite our smartphones, supermarkets and confident posts on the Internet, we human beings are still only a hurricane or tornado away from basic survival.

All of a sudden, our trusty power grid shuts down, supermarket shelves are emptied in a panicked frenzy, the gas runs dry and we're back to fending for ourselves again.

While future technological breakthroughs will solve a lot of our problems and make life easier in many ways, we are living in a seemingly infinite universe, so there will always be new and more complex challenges awaiting us as we progress forward.

We will never get to the point where we can say, "*We've achieved everything. The battle is over! Our dreams are all achieved and nothing else needs to be done*" because there is always a next level.

Our human story is only just beginning and to get to where we really want to be, we will need to become even tougher, smarter and more resilient than we've ever been before.

Why Do Men Need to Be Tough? Why Can't Women Be the Tough Ones?

When we ask ourselves, "*Do men need toughening up, or are we tough enough already?*" we're really asking that question because we know that men are expected to be the tougher ones of the human species.

Whether people feel comfortable openly admitting it or not, we all know that it is okay for a woman to cry, be afraid and hide behind the protection of a man.

However, the same is not true for men.

Generally speaking, we men are expected to be strong, tough and stand fearlessly in the face of danger when necessary. We are expected to be a pillar of strength for those around us and remain strong when others are fearful or buckling under pressure.

[image: Female UFC fighters]

Female UFC fighters

[image: Female body builders]

Female body builders

[image: Female body builders]

Female body builders

[image: Female soldiers]

Female soldiers

That's not to say that women aren't tough or can't protect men.

In today's world, women are often fighting on the frontlines of battle alongside men or duking it out in bloody, UFC cage fights for the love of the sport and competition.

Yet, just because a small percentage of women are now battling on the frontlines like men, it doesn't mean that "women are the new men" and that we men now need to step aside. It just means that women are challenging us men to become even tougher than we've ever been before, which is actually a really good thing.

Women Challenge Us Men to Become Tougher... and That is a Good Thing For All of Us

Throughout human history, a small percentage of women have taken on the role of being tough like a man and standing in the face of danger to protect men and humanity. However, for the most part, women have stood back from danger and instead challenged men to become even tougher than they already are.

By showing more attraction and interest for confident men and showing less attraction and interest for weak men, women have challenged us men to become stronger.

Since men will do pretty much anything to impress women to hopefully plant their seed, women react by requesting toughness and strength, amongst other things, in exchange for bearing offspring. It's a beautiful exchange of value and personally speaking, I look at this "mating preference" as one of the greatest gifts that women provide for humanity.

My Story: How Women Challenged Me to Become a Stronger Man

[image: Dan Bacon - Dating and Relationship Expert]

I guess the best way to explain the wider benefits of women challenging men, is to tell my story about how women challenged me to become the strong, "tough" man that I am today.

It all started 11 years ago when I got tired of being single and decided to try and meet women.

I wasn't a tough guy, mentally and emotionally. I doubted myself, I felt nervous around women and they just didn't like that about me. Instead of rewarding my weakness with sex, love and devotion, women challenged me to become stronger by rejecting me and not showing interest in my wimpy approach to them.

After a while, I began to hate women for being so mean and picky about the guys who approached them. I thought that women were stuck up and didn't know a good guy when they met one. No matter how many different ways I tried to talk to them, women just didn't like me. Eventually, I realized that my nervousness or lack of "mental and emotional toughness" was the problem.

It wasn't until I became confident and "toughened up" that women started to show me interest and

respect. When I walked over to talk to a woman as a confident man, that is when women opened up to the conversation.

As my confidence grew, so did women's interest in me. Before I knew it, I had women calling me up and trying to set up dates with me. It was a pretty amazing transformation and experience.

To be clear, me getting to "sort out my dating life" wasn't the wider benefit to humanity with regards to women's challenging behavior; it goes deeper than that. As a by-product of becoming a stronger, more confident man simply to have women like me, I ended up getting promoted three times within six months in the corporate world.

To improve my confidence, self-belief and mental toughness around women, I had to go through a lot of personal development.

While learning everything I could about confidence, social intelligence and interacting with other people, I quickly became more effective in my job and from a low-level customer service employee on the phone, I rose up to become the coach of a team, the leader of a team and then the leader of the leaders.

That was also a pretty amazing transformation and experience. As a tough-minded man, I was able to confidently lead hundreds of employees and as a team, we managed to improve productivity and increase job satisfaction, which then reduced employee sick leave rates and thus increased profits for the company.

Essentially, I became a more useful and effective man for society.

All of this happened in response to being rejected by women for being a mentally and emotionally weak man. If women accepted my self-doubt, nervousness and emotional weakness, then what sort of world would be living in? We'd be encouraging the human race to become wimpier.

In that weird world, women would have to settle for scared, nervous men who were hesitant in the bedroom and in life. When faced with challenging situations, these men would break down and cry and look to women to save them.

When watching a horror movie, it would be the man who hugged into the woman for a feeling of safety. If there were strange noises outside the house, it would be the man telling the woman, *"Please! Go outside and check! I'm scared!"*

I don't know about you, but I like things the way they are now. In today's world, women have the choice to live like a man if they choose to, live like a traditional woman or be their own version of what they think a woman is.

We have a nice mix of different personality types and ways of looking at life and it all blends together to make us tougher than we were yesterday.

Some men are angry that many modern women aren't subservient like women of previous generations, but such men simply haven't realized that they are falling behind the times. Women are still women, but if you feel as though they are tougher than you, then you've lost your way as a man.

It's Not Only the Pressure of Women That Make Us Men Stronger

Dana White, the president of the UFC is a perfect example of a man who has become stronger by

rising through the levels of his true potential as a man.

He has been unrelenting in his pursuit to make the UFC the best fighting organization in the world. Due to the pressure of having to deal with tough men, day in and day out, as well as the pressures of the media and running the business side of the UFC, Dana White has turned into one tough, alpha male.

[image: Dana White]

Dana White has had to become tougher to deal with the increasing level of challenge and pressure involved with running the UFC.

He is also a perfect example of a man who has a strong life purpose and will stop at nothing to make it happen.

When you are a man of purpose, you are forced to become stronger all the time. Of course, a big side benefit of that is you become deeply attractive to women. Women refer to you as a real man, men respect you and most people want to be around you or be your friend. It's the magnetic draw and power of being of man of purpose.

Okay, so here is the before and after of Dana White:

Before

After

Muscle Confusion

Many modern men who don't understand what toughness really is will often turn to bodybuilding as a solution to be seen as "tough" by women, or by people in general.

While there is nothing wrong with working out and building muscles, it is not the type of toughness that is most impressive to women or the most beneficial to humanity.

A man might be able to lift heavy weights in a gym, but if he is a wimp at heart and doesn't really contribute much to the world, then he's not very useful to anyone.

[image: Why do women like guys with big muscles?]

If you're not confident guy, then she doesn't care if you have muscles or not...she's not going to be interested. Without confidence, you're just another nervous, weak-minded guy with muscles

Zoom up into the sky to about 400ft and then look down and take a bird's eye view of a guy with big muscles working out in a gym. As you look down from your high position, you will see that the body builder is about as small as an ant.

He's not "big" like he thinks he is.

He's a little human on a tiny planet floating in a humungous universe.

His ability to lift weights up and down in a repetitive fashion doesn't do anything for the real challenges and problems facing humanity.

It also doesn't necessarily mean that he is a confident guy who will be able to protect and provide for a woman and the offspring they have. Growing slightly bigger muscles also doesn't mean that he is successful in life or is on his way to success.

It just means that he has extra meat on his body.

It is for this reason that when a woman is deciding how much she likes a guy, she looks at his behavior, thinking and the actions he takes as a man.

He may have big biceps, but if he is nervous in social situations or is hiding from his true potential as a man out of fear, then he doesn't have the type of toughness that she will find attractive in a long-term relationship.

She might feel some initial physical attraction to his muscles and physical strength, but instinctively she knows that his biceps aren't that important. This type of natural selection by women for mental and emotional toughness, rather than just physical toughness, is one of the main reasons why the human race has become what it is today.

What Does it Mean to Be a Tough Man?

Tough (*adjective*): Strong and durable, not easily broken. Capable of great endurance.

Weak (*adjective*): Not strong. Likely to break or collapse under pressure. Lacking in force, inadequate.

Essentially, being tough as a man is about being strong, durable and not folding under pressure. While this also applies to your physical strength, the most important type of strength as a man is your mental and emotional strength.

If you become nervous under pressure or quit when faced with a difficult challenge, then you're not a tough man. However, if you're the sort of man who remains strong, sturdy and determined no matter what, then you have what it takes to be respected by other men, wanted by women and truly appreciated by the world around you.

How Tough Are You As a Man?

Every guy has a certain level of toughness right now, but that isn't and never will be the highest peak he can reach. Answer the following questions to yourself and have a think about how tough you are as a man and where you might be able to add some strength:

- Do you give up easily when a project or career dream becomes too challenging, or do you push through any obstacles and keep reaching for your ultimate goals with unrelenting determination?
- When life gets tough, do you seek the pity of others, or do you accept the situation for what it is, fix it and then get on with life, feeling stronger and more determined than ever before?
- Do you cry when times get tough, or do you feel the emotion of a situation and then get on with life instead of breaking down into tears?
- Do you feel nervous or anxious around attractive women, or are you always calm, confident and in control?
- Do you become jealous, clingy or insecure in a relationship with a woman, or do you retain your confidence and love her in a mature, non-needy way?
- If you see an attractive woman whom you want to approach, do you approach with confidence or become nervous, doubt yourself and then chicken out?

There is always room to improve your personal toughness as a man and there is literally no limit to the “toughness potential” of the human race.

So, in response to the question of, *“Do men need toughening up, or are we tough enough already?”* I think the answer is clear: There is no limit to your toughness as a man.

You can be a lot tougher than you are right now so keep going. You haven’t reached the peak yet and when you do, there will be another peak to climb. It goes on forever and that is a good thing.

Onward!

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Why Does the Legal System Make Men Pay For Women?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

By forcing men to pay a divorce settlement, is the legal system suggesting that all women are hookers and need to get paid for being with men?

I think it is.

According to the law, women need to get paid for being with a man.

[image: Pay up boy - give me half!]

Who makes up these laws and thinks it is correct?

The same type of humans that have made up all sorts of crazy laws in the past (e.g. hang scientists for suggesting that the Earth isn't flat, burn women at the stake because they are suspected of being a witch, etc).

It's crazy, but people go along with it because everyone else is doing it.

Are All Women Hookers Now?

This is a discussion that I had with Ben from The Modern Man one day as we noticed a string of divorce settlements being broadcast throughout the mass media, where high profile men were forced to give 50% of their money and assets to their wife after a divorce.

We wondered to ourselves, *"Why does the legal system make men pay for women? Does this mean that all women are hookers who get paid for being with a man? Why don't women pay men? Why is the legal system continuing to enforce a law that developed when women couldn't get out there and earn their own money?"*

Here's what we think...

The law that forces men to pay a woman a "divorce settlement" is outdated and turns many modern men off the idea of marriage.

In most countries, women can now earn their own money and be supported by the government as a single parent, so it's not as if they need to take 50% of a man's wealth after a divorce.

A woman should get child support if the couple had children, but taking 50% of the man's wealth just for being his wife means that, according to the legal system, she is a hooker and needs to get paid.

The outdated law that grants an ex-wife 50% of a man's money and assets is enough to make most modern men laugh at the idea of getting married.

As one guy said to me via email, *"I'll love her, I'll trust her, but I'm not going to marry her and give her the power to take 50% of my net wealth if she decides that she wants to be single again."*

I understand where he is coming from because even for me (Dan from The Modern Man) in a relationship with my perfect woman, I still can't say that her and I will be together "forever."

Update: We have now gotten married. I decided to do it because I believe I can keep the relationship together for life. She signed a prenup and she has her own successful business now, so I ain't worried about a thing.

Extended Lifespans: Will You Be Able to Stay Together For 100s of Years?

If you've been paying attention to what is going on with science, you would know that humans are on the verge of being able to live for 150-200 years and by that point, new technology will be available that will most-likely allow us to stay alive indefinitely.

If you think that is "wishful thinking" or science fiction, then go and watch the entire Through the Wormhole series (not just one episode). You will see that we're on the verge of being able to live indefinitely.

The question that a lot of informed modern men have now is this, *"Is marriage really a good idea when the legal system is still basing its judgment on a time when humans died at 70 and when divorce was shameful and avoided at all costs?"*

Should we men have to hand over half of our assets and wealth to a woman if the relationship breaks up five, 20, 50 or even 70 years from now? Personally speaking, I am continuing down the path of potentially starting a family with my beautiful girlfriend and may even be open to getting married, but one thing is for sure: I will be protecting myself with a prenuptial agreement.

Marriage Wasn't Always Based on Love

In the past, most men and women got married out of necessity or to secure alliances, land or legitimate heirs. In her book Marriage, a History: How Love Conquered Marriage

[image:]

, Stephanie Coontz states, *"For most of history, it was inconceivable that people would choose their mates on the basis of something as fragile and irrational as love and then focus all their sexual, intimate, and altruistic desires on the resulting marriage."*¹

In other words, the concept of marriage came about to secure benefits, land, alliances and build a more secure life. If you were lucky, you also got to marry someone you loved.

In today's society, people usually get married because they are in love and are enjoying a great relationship. They want to signal their commit to be with each other for life by "tying the knot" and getting married. However, if their relationship falls apart or if the love fades away, they often choose to get divorced.

Since women are usually granted 50% of a man's wealth and assets, it shouldn't be a surprise to learn that, according to the American Law and Economics Review, approximately 68.9% of all divorces are filed by women.

After all, she can get a huge divorce payout and then start a new relationship with another man, only to go through another divorce later on (and get another payout) if she loses interest. In other words, she is getting paid like a hooker does for being with a client, except she is staying with him for years instead of hours.

According to a report researched at the London School of Economics and published by the Centre for Policy Studies, it seems that women are more likely than ever to marry a man who will improve their financial prospects.

As Catherine Hakim, a senior researcher in sociology and the reports author states,
*“Women’s aspirations to marry up, if they can, to a man who is better-educated and higher earning persists in most European countries, and women continue to use marriage as an alternative or supplement to their employment careers.”*²

At this point Iâm sure the feminists will be up in arms and saying that women deserved to be paid, but it is this kind of research that is turning men off marriage and making them ask, *“Do women who get married have ulterior motives?”* or *“Is my wife going to encourage me to become wealthy, to work hard and to buy lots of expensive things, only to turn around one day and demand half of it in a divorce?”*

Paul McCartney and His One-Legged Hooker

[image: Paul McCartney, the old rocker who got rolled by a one-legged prostitute (Heather Mills) for £24.3 million after four years of marriage.]

A classic, high profile example of men being “taken to the cleaners” by a woman during a divorce is the marriage and subsequent divorce between Paul McCartney and Heather Mills (a one-legged prostitute from England).

If ever there was a case of a woman who could easily be perceived as an expensive hooker, Heather Mills fits the bill perfectly.

Here’s why...

According to the judgment summary published by BBC News, Paul McCartney and Heather Mills were married for just under 4 years.

For this period of time Heather Mills felt she deserved to get £125m. In the end the judge awarded her with £24.3m, of which £16.5m was to be given to her as a lump sum and £7.8m to be given to her in assets³.

The question is though, what could this woman possibly have contributed to her husband and the marriage in a period of less than 4 years, that could be worth the £125m she was asking for, or even the £24.3m she was awarded? He is Paul McCartney from the Beatles, arguably the best band that ever existed. How on Earth could she have contributed anything to that?

The way I see it is that the legal system made McCartney, like millions of other husbands, pay his woman like she was a hooker or one of those women who get paid for giving the “girlfriend experience.”

Let’s break it down:

- Sex on average twice a week x 4 years = sex 416 times.
- £24.3 million pound payout / 416 times having sex = £58,413.461 per sexual encounter.

That is one very expensive one-legged prostitute! Heather Mills now goes down in history as one of the most expensive hookers to have ever lived and she did it in modern times, with all of our media and intelligent, well-educated judges and lawyers.

The modern legal system paid Mills for being with one of the coolest guys on the planet. In my opinion, that is a ridiculous divorce settlement based on an outdated law that suggests women need to

be paid for being with women.

In the end, Heather Mills was awarded Â£16,643 for every day she was married to Paul McCartney; and that was over and above all the perks that came along with the "job" such as expensive gifts, 5 star vacations, fame and Paul McCartney pulling strings to help her advance her own career by arranging for her to interview Paul Newman on Larry King Live, broadcast by CNN on 17 April 2004, etc.'

The old rocker got rolled.

Of course it's easy to say that Heather Mills and Paul McCartney are celebrities and the divorce rules that apply to the rich and famous do not apply to everyone else.

However, there are countless ordinary women who have received the same, if not better, perks from their divorce. Other examples include, Alan and Melissa Miller who were married for only 2 years and 9 months and had no children, yet she was awarded Â£5m for her "services".

As Marcus Dearle, a family lawyer who works at the firm that represented Melissa Miller stated, *"What actually happened, at the end of the day, was that the judge focused on the high standard of living that Mrs Miller and Mr Miller enjoyed, and also the fact that a lot of money was earned in that very short... marriage."*

In other words, is it fair to say that Melissa Miller, Heather Mills and all women who are being awarded big payouts are simply being paid to keep them in the "high standard of living" they have become accustomed to?

If this is the case, does that make these women (who are paid money for being with men) simply a legal (and very expensive) prostitute?

After all, if a person gets fired from their job, it's not likely that their ex employer is going to keep sending them their paycheck for years just because they've become accustomed to a "high standard of living," is it?

So why does this happen time and again and why does the legal system make men pay for women? In my opinion, the legal system is outdated and if you are going to get married, make sure you protect yourself.

The Argument From Women

Women lose value on the dating and mating market as they age because their attractiveness is based on their youthful appearance first and personality second.

However, the opposite is true for men. As guys hit their 30s and 40s, their value on the mating market *increases* because they are more masculine, more established in life and are usually able to provide a better life for themselves and the woman. So, it's no surprise that some women want the divorce settlement laws to stay in place.

If a woman invests her time and body into a man by bearing offspring and letting her youthfulness and beauty fade during a marriage, it can be difficult for her to get back out there and attract a high quality man after a divorce.

[image: Two men offering gifts to one woman]

While most people aren't comfortable discussing the facts about a woman's value on the mating

market, it is what's really at the heart of the 50% payout. The legal system is basically saying, *"When a woman commits to a man, her value usually decreases, making it harder for her to get back on her feet after a divorce."*

During a long marriage, a woman will often give up her own career, education and aspirations and decide to support her husband in pursuing his career or financial dreams.

Sometimes this support is active, where the wife participates in her husband's business and other times the support is passive, where she stays at home, runs the household and raises the kids.

It is for this reason that the legal system tends to take an overall approach to divorce and assume the best about women (i.e. that she is 50% responsible for the wealth and assets that the man has acquired).

However, what if the woman's input was worthless? Should she be given an equal share of what he owns even if she has done nothing for it other than be with him? Somehow, this just doesn't seem fair and in the opinion of most people (men and women alike), divorce settlements should be based on more than just assumptions.

Some women will argue that a woman is giving up her chance to earn money and build a career by sticking by a man, but that decision is her choice.

If she wants to get out there and build a career, be a businesswoman or change the world, then she should do that. However, if she decides to relax at home and experience the joy of being a stay at home mum, then she shouldn't expect to pocket half of the man's wealth in return.

Sure, if a couple get divorced the man should pay child support for their offspring, but giving her half of his stuff regardless? That's just silly and outdated. For all we know, she could have been a terrible mother and a horrible wife. Why should she be paid for that?

£36 Million For 33 Years of Marriage

Vira Hladun-Goldmann and Robert Goldman were married for 33 years. Robert was a successful banker before meeting Vira and he continued to work hard, while his wife lived a life of luxury and "supported" him all the way. In the end, she was awarded £36 million for 33 years of marriage. Six months later, Robert Goldman died of a massive heart attack. He was 66.

It is impossible, but also unfair to say that the only one contributing to the marriage was Mr Goldman.

However, surely she shouldn't have been paid so much just for being his wife. What is she, a hooker? Has to get her payment for being with him? I doubt that she contributed £36 million to his net worth. She might have loved him, yes, but love isn't the same as building a successful career.

Did she help him make the trades in his banking career? Did she run the business meetings with clients? I doubt it. The legal system made him pay for his hooker. It's an outdated system and I, for one, do not like it.

Divorced Women Living in Poverty

Don't get me wrong; it's not all peaches and roses for divorced women.

According to a report on the Social Security Bulletin (USA), recent data showed that *around 20 percent of divorced women aged 65 or older live in poverty.*

Differences in poverty rates are even larger at the oldest ages—22 percent of divorced women aged 80 or older are poor... Clearly, the longer a woman stays married to a man, the more difficult it becomes for her to support herself if they get divorced.

According to the Australian Institute of Family Studies, research shows that after a divorce, a woman's household income drops significantly (especially in the first year after her divorce), while men experience the exact opposite where their income continues to grow.

However, in most cases this only happens because the woman is usually the one left with the responsibility of caring for the children and cannot do that while still having a full time job, while the man is only expected to pay child support so he can carry on working as before.

So, there is the possibility that laws are in place to protect women in those circumstance. Yet, despite that, a man having to give 50% of his assets and wealth to a woman shouldn't be applied as a blanket law.

[image: Divorced women - poverty]

In a poll taken by GFK Roper and commissioned by Divorce360.com, 43% of fathers don't pay child support. So, it seems that in order to prevent this from happening, the law would rather give the woman 50% of the man's wealth and it be done with it.

The fact is, in many ways the law is actually hurting women more than it's helping them. By giving ex-wives 50% of their husband's wealth, they are turning a large majority of single men off the idea of marriage.

Another consequence is that guys who get divorced are becoming more stubborn about not paying maintenance or child support. In the end everyone loses when blanket 50/50 laws are enforced.

[image: Poverty - men, women and children]

Poverty isn't exclusive to divorced women, so it's not a legitimate argument to say that men have to give women 50% when divorcing to avoid the woman having to live in poverty. A woman shouldn't automatically be given the right to 50% of a man's wealth and assets just for being his wife.

I Won't Get Married Without a Prenuptial Agreement

I'm not yet sure if I want to ever get married, but I do plan on sticking with my girlfriend for life.

If we do marry, we will definitely be getting a prenuptial agreement signed beforehand. That's not a sign of my lack of belief in the relationship, but a smart decision based on how much the world has changed and will continue to change.

Prenuptial Agreement (*noun*): An agreement made by a couple before they marry concerning the ownership of their respective assets should the marriage fail.

My girlfriend has already stated that she doesn't ever want have ownership over what I have built and that is fine, but if I do marry her, the outdated legal system will *automatically* give her the right to claim 50%.

So, if she changes her mind later on, she will be legally *entitled* to 50%. During a break up or divorce, both men and women can suddenly become very nasty, mean and selfish, so just because her

and I are in love and she only wants the best for me now, that doesn't mean she wouldn't change if we ever went through a break up.

She could easily turn around and say, "*Give me half*" and the outdated legal system would enforce that "right," even though she is not responsible for all the work (approximately 15,000 hours of work) that I have put into The Modern Man since starting it 2005.

The legal system would basically say, "*Pay up. All women are hookers. You married her, so now she is entitled to her 50% share of everything you own and have built.*" It's ridiculous and is the #1 reason why I won't be walking down the aisle (if I ever decide to) without having a prenuptial agreement in place.

[image: Chilling out at the beach for sunset]

Chilling out at the beach for sunset

[image: Getting packed for a weekend away]

Getting packed for a weekend away

[image: Love is sweet]

Love is sweet

Don't get me wrong, I love and trust my girlfriend. We are madly in love, have been together since October 2012 and for the first time in my life, I am actually open to having a family.

I rejected the pleas from so many women for years who each wanted to marry me and start a family with me, but about 8 months into my relationship with my girlfriend, I suddenly began to become open to it. She's an amazing girl and ticks every box that I have in terms of what I want in a woman. I really couldn't ask for a better girl.

If I do marry her (update: we are now married. She signed a prenup and runs her own successful business now, so I ain't worried about a thing), that will mean that I am fully committing myself to the relationship for life.

I'm giving her my word that I won't ever cheat and that I will do everything I can to make us both happy, keep us safe and allow us to fulfil our dreams.

However, I also know that is becoming increasingly difficult to make a 100% guarantee to stick together "for life" in a relationship, especially when our lifespans are on the increase. Living to 150 (or longer) is not the only problem a modern couple faces though.

By 2035, computer games will have become so realistic and complex that you will be able to enter into a virtual world and have what feels like a real life in there.

The nanotechnology running through your body and the fully realistic graphics will make it all feel 100% real (e.g. just like in the movie, The Matrix), even down to the sexual experience. Yes, you will be able to have virtual sex that feels completely real.

It's not science fiction. The characters in the "game" will be just like people you meet in real life; they will be complex and react to what is going on just like a normal human would. In the virtual world, you might have a bunch of girlfriends or even get married and start a family with a woman.

The sex, the things you do and what you experience will all feel 100% real. Sounds like fun, right? Yet, when your wife goes into a virtual world to hang out and have sex with her "other men" while you sit on the couch watching TV, how is that going to make you feel?

Are both men and women going to be okay about that? Will having realistic sex in virtual worlds tear

marriages apart, or will it be a good thing?

“...when your wife goes into a virtual world to hang out and have sex with her “other men” while you sit on the couch watching TV, how is that going to make you feel? Are we going to be okay about that? Will having realistic sex in virtual worlds tear marriages apart, or will it be a good thing?”

If you think that living indefinitely or going into virtual worlds that feel exactly like this world is science fiction, then watch the entire four seasons of Through the Wormhole and read The Next Big Thing Is Really Small

[image:]

to learn how nanotechnology is going to change the world more than TV, computers and iPods combined.

When you become aware of what is happening and on the horizon, you realize that life as we know it is changing (whether we like it or not) and it will continue to change.

Some people will say, “*Oh, you just have to believe in love and stick together forever,*” but we humans are not accustomed to living with a spouse forever.

When we do begin to live for 150, 200 and even 500 years,Â will it become boring to just be with one person? Will the idea of marriage change? Will we make 20 or 30 year commitments to each other, so that it is agreed at after the 30 years have past, we will then go our separate ways?

In my opinion, every guy should be doing his best to protect himself going into a marriage because relationships are likely to change over the next 30 years and because the legal system is out of date.

These days, a guyÂ shouldn’t go into a marriage and expect that the love will last forever and that a woman will be nice about not wanting to take half his stuff if they divorce. As long as the legal system continues to make men pay women for being with them, we menÂ need to be smart about our actions and make sure that we are protected in the event of any changes.

Is it Time to Scrap 50/50 Divorce Settlements?

Whether youâre a man or a woman, the debate about 50/50 divorce settlements is heating up.

The fact is, the legal system is stuck and is confused about how to handle divorces in these changing times.

This problem doesn’t only apply to just country; divorce and the law has become a “sticky” subject worldwide and most people are afraid to even touch it. Women needing to get paid for being with men is still partially accepted, even though people won’t openly admit it.

It’s completely outdated and is demeaning to both men and women.

[image: Baroness Ruth Deech]

The 50/50 divorce settlement is “*unfair to men and demeaning to women. Women of working age without young children to support should be expected to look after themselves.*” Baroness Ruth Deech

On the one hand, there are voices such as that of Baroness Deech, a long-time lawyer and a crossbench peer in the House of Lords who is clearly against the 50/50 split. According to Beech, this type of settlement is, *“unfair to men and demeaning to women”* and that *“women of working age without young children to support should be expected to look after*

themselves.â€œ

At the same time, lawyers such as James Pirrie, who represented Julia McFarlane (a housewife who was awarded a payment of Â£250,000 per year for life), is clearly happy to keep the status quo exactly as it is. In his own words, he described the judgment awarded to Julia McFarlane as “groundbreaking.”

Sunder Katwala, the general secretary of the Fabian Society (a British socialist society) feels that, *outcomes should vary in divorce cases according to relevant circumstances*, while philosopher Mary Warnock says, *Divorce is easy only if the protagonists are selfless and loving. In which case, why get divorced?*

From philosophers, to economists to the layman (or woman) on the street, one thing is certain; a 50/50 divorce settlement is still a heated debate and far from being settled.

What do you think? Are all women just gold diggers and hookers at heart; and should men have to pick up the check for a failed marriage? Should men be forced to pay for women or should women only get money in the case of child support?

Poll

Should Men Have to Pay 50% to a Woman if the Marriage Ends in Divorce?

- ☐ Yes
- ☐ No

Vote

[View Results](#)

[image: Loading ...]

Loading ...

My Overall View on Marriage

I think that marriage is a beautiful thing when it is entered into with the right intentions.

My parents are still married (same with Ben and Stu from The Modern Man). I have plenty of friends who are happily married and some who are unhappily married. As for me, I lived the bachelor lifestyle for many years and had an amazingly fun time, but the love that my girlfriend and I now share tops it all.

We are one of those couples that fall more in love each day and I am grateful for that.

However, despite all the nice and fluffy feelings of love, the current legal system is a huge turn off for me and for many men when it comes to marriage. My girlfriend and I both don't like the idea of her automatically becoming “entitled” to half my stuff.

I guess I will be okay with it if I can get a solid prenup agreement in place.

The “you have to pay a woman 50%” law is just so outdated that it’s almost comical now. It really is quite funny to say, *“Hey man, pay that woman. She stayed with you for a while, so she deserves money now. Pay the hooker. Go ahead – pay up. Pussy costs money. Pay for the service of your former hooker.”*

It’s ridiculous and outdated to treat the relationships between men and woman in that way, as though we are still living in a time where women can’t earn their own money or get remarried without feeling ashamed.

My girlfriend has openly said that she doesn’t want to be in a position where she can take half my stuff just for being with me, but the legal system entitles her to it. I’ll sort it out though and get a proper agreement in place before I make any further moves.

The current laws turn marriage into an opportunity for women to do a bad thing (i.e. divorce a man to get half of his stuff just because she feels like it).

It brings out a dark side in women that wouldn’t be there if the legal system didn’t view women as being hookers who need to be paid for being with men. Imagine if Heather Mills (the one-legged prostitute that divorced Paul McCartney from The Beatles after four years of marriage and got paid £24.3m) wasn’t entitled to get money from McCartney.

Would she have tried harder to fix their relationship problems? Would both Paul and Heather become better people by fixing the problems in their marriage, rather than ending it with a payment for her “services”?

I think the current system encourages women to give up on marriages too easily because the reward of divorce is huge if the man has assets or savings in the bank. In my opinion, it takes all the romance out of marriage and turns it into a ticking time bomb.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

How to Get a Girl to Notice You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you want to get a girl to notice you, it's pretty simple.

You've got to display the personality traits and behaviors that naturally attract women.

Watch this video to understand how it works...

As you will discover from the video above, getting a girl to notice you isn't all about how you look or what you wear.

Yes, really good looking guys do get noticed by women and guys who are fashionable also get noticed by women, but that doesn't mean that the guy actually gets laid.

To be successful with women, you've got to be able to attract them with your personality and behavior. If they don't approach you (most girls don't approach, so don't worry), you need to have the confidence to walk over and talk to them yourself.

Watch this video to understand how you can build up the confidence to walk up and talk to girls that you find attractive...

As you will discover from the video above, your success with women is most-likely within your control.

You get to decide how you feel (i.e. you either allow yourself to feel confident or force yourself to be insecure) and you get to decide how much attraction you make girls feel (i.e. you either display the personality traits and behaviors that naturally attract women, or you don't).

Are You Too Easily Impressed By Girls?

[image: Too easily impressed by girls]

A lot of the guys who come to me asking, *"Dan, how can I get girls to notice me?"* are usually the type of guys who are too easily impressed by girls.

How?

A guy will see a girl that he finds physically attractive and he will like her immediately, simply based on her looks. He won't give a crap what she wants to talk about, what she studies at university or what career she works in, where she lives or what the name of her pet is.

In his mind, she is physically attractive, so he is interested.

...and girls can see that.

If a girl is attractive, she will be bored out of her mind at how easy guys are to impress. She wants a guy who she has to work hard to get noticed by and then work hard to impress.

Watch this video for more info...

As you will discover from the video above, most guys refuse to give girls the attraction experience they so desperately crave.

It's so boring for an attractive girl to see that yet another guy is hoping to get noticed by her. Then, when he finally works up the courage to talk to her, he is hoping that she will like him. He will say

and do whatever he can to impress her and hopefully get a chance with her.

Boring.

She wants to feel lucky to be talking to you and getting your attention. She wants to see that you could easily attract other women, but you are choosing to talk to her because you are temporarily impressed by her.

If she impresses you further (e.g. by being nice, showing interest in you, laughing at your jokes, etc), then you will continue interacting with her. However, if she doesn't behave in the way you like, you will simply lose interest her and give your attention to another girl instead.

Stop Trying to Get Noticed by Girls Based on How You Look

[image: How can I get girls to notice me?]

You may have read somewhere that dressing in a certain way or styling your hair a certain way is going to get you noticed by girls.

While presenting yourself well is a good thing, looking good is only going to get you so far. If a girl likes what she sees in your physical appearance, she might want to know more about you by having a conversation with you and seeing how that feels.

However, don't expect her to take on the masculine role and come over and talk to you first. That happens in the movies, but in real life, most girls simply wait for confident guys to approach them, make them feel attracted and then move to a phone number, kiss or sex.

[image: Why do girls notice other guys, but not me?]

After that, they will begin a relationship and the guy who was hoping to be chosen for how he looked, is left behind yet again and wondering, *"How can I get girls to notice me? What else should I wear? Should I build muscle? Should I try to make more money by getting promoted at work?"*

If most of your efforts to get a girlfriend or get laid are going into trying to look good so that girls notice you, then you're missing the point.

[image: Will girls notice me if I look better?]

You're living in a fantasy world where girls will come over and approach you if you look a certain way or wear certain clothes.

Have you ever wondered why guys who are less attractive than you always seem to have a girlfriend, when you can't even get girls to notice you?

Well, now you know why.

In most cases, those guys don't sit around waiting to be noticed. They use their confidence to approach and then attract women with their personality and behavior, or they make women notice them by displaying the personality traits and behaviors that attract women and when they see signals of interest, they approach and attract the woman further.

Make Girls Want You to Notice Them

[image: Make girls want you to notice them]

When girls observe your body language and behavior, they will either feel attracted to you or they won't.

If you are displaying the personality traits and behaviors that naturally attract girls (e.g. confidence, charisma, masculine vibe, the ability to make people laugh, etc), girls will automatically realize that other girls are going to be interested in you too.

You will stand out from other guys and they will hope to get noticed by you.

If they do get your attention, you will see them primping and preening themselves (e.g. fixing their hair, adjusting their clothes, applying lipstick or make up) and showing some signs of interest in you (e.g. repeated eye contact or regularly looking at you, smiling at you, etc).

When you notice that happening, you've then got to make sure that you begin a conversation with her, so that you can make her feel more attracted to your personality and behavior.

For example: If you start talking to a girl and she notices that you're confident, charismatic and have a masculine vibe, then she will feel attracted to you. If you can also get her laughing, she will feel even more attraction for you.

The more attraction you make her feel, the more she want to be with you sexually and romantically.

An Easy Way to Get a Girl to Notice You

[image: Smile and wave at girls]

One of the easiest ways that you can display the types of personality traits and behaviors that are attractive to girls is to *smile at her and then wave to say hello*.

This takes confidence to do, which is why it's attractive to girls.

When you can be the confident guy who has the balls to smile and wave at a girl in a relaxed, easy-going way, you will be seen as a charming and mysterious guy who they will most-likely be interested to meet.

Warning: Some girls may test your confidence by pulling a "*What the?*" face when you smile and wave, but if you can just keep smiling and remain confident, she will drop the test and begin smiling back at you.

When she sees that you didn't crack under her pressure, she will feel attracted to your confidence. Also, now that you've waved at her, you've already had a bit of communication between you and she has responded back with a smile, so she's going to be much more open (and even excited) if you approach.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with

women. This FREE video will BLOW YOUR MIND (I promise!)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Dating After a Break Up

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

After a break up, a guy's confidence in his ability to attract other women is usually his biggest hurdle to begin dating quality women again, especially if his girlfriend (fiancée or wife) was the one to break up with him.

[image: Dating after a break up]

Since women are attracted to the emotional strength in men (e.g. confidence, high self-esteem, etc) and turned off by the weakness (e.g. nervousness, anxiety, low self-esteem, etc), if he tries to get out there and meet women in a state of low confidence, he will get rejected most times that he tries.

It won't matter if he is wearing an expensive new shirt and has sprayed on the latest designer cologne; if he lacks confidence in his attractiveness to women, he will be turning women off.

How about you?

Do you have confidence in your attractiveness and sex appeal to women? Are you able to attract beautiful women when you talk to them?

Watch this video to understand how a woman's attraction for a man works and how you can use it to successfully begin dating after a break up...

As you will discover from the video above, your dating success after a break up really comes down to your ability to trigger a woman's feelings of attraction for you when you meet her.

If you attempt to talk to new women and you're simply hoping that they like you because you're a good guy, then you're going to get rejected a lot. These days, women select a man based on how much sexual attraction he makes her feel and if he also happens to be a good guy, that is seen as a bonus.

Attracting Women With Your Confidence

One of the most important traits that you need to be successful at dating women after a break up or dating women in general, is confidence.

Women are instinctively attracted to a man's confidence and without it, you're just not going to be able to get the kind of women you really want.

The contrast example here is to think about what we men find most attractive in a woman when we first meet her: Her physical appearance.

If a woman put on a lot of weight when she was in a relationship and therefore became less physically appealing to guys, she's not going to have a lot of value on the dating market, so dating after a break up is going to be just as difficult for her as it will be for a guy who lacks confidence.

She might be able to attract shy guys who lack confidence in themselves or guys who are willing to accept a less attractive woman just to have sex with, but if she wants a confident guy who can have his choice of women (i.e. the type of guy that most women want), then she's going to have to get

on the treadmill and lose some weight.

For men, it's not about losing weight or getting into shape.

Instead, a man has to improve his confidence and his ability to attract women during an interaction. If he doesn't, he will get rejected and will probably end up making excuses about not being tall enough, rich enough or good looking enough to attract women.

Watch this video to understand the real reason why a lot of good men fail with women...

As you will discover by watching the video above, guys make up all sorts of excuses for their lack of success with women, but it really comes down to their inability to attract women.

Recharging Your Confidence By Having Sex With New Women

[image: Have sex with new women]

Obviously, a great way to get over a break up is to have sex with some new women.

Not just any women though.

To truly move on and feel good about yourself and where your life is heading, you will need to have sex with women that you see as being more attractive than your ex.

Yet, if your confidence has taken a knock as a result of being dumped or going through a messy break up, you probably won't be feeling very confident about approaching and picking up hot women.

If that's the case for you, watch this video...

As you will discover from the video above, your confidence is pretty much under your control.

You can either use the power of your mind to feel more confident, or you can make the mistake of using it to make yourself feel insecure, unworthy and nervous around attractive women.

Mistakes to Avoid When Dating After a Break Up

[image: Mistakes to avoid when dating after a break up]

When you finally do decide to get out there and meet new women, here are some common mistakes to avoid...

1. Revealing too much about your ex

When you meet a new woman, the most important thing to her is how she feels with you, not what your relationship history is.

Some guys make the mistake of approaching women and then, after he runs out of things to say, he will begin discussing his recently failed relationship.

If you spend a lot of time talking to a woman about your relationship break up, the heartache it caused and the on-going confidence issues you have as a result, you're not showing her what she needs to see to feel sexually attracted to you (i.e. confidence in yourself, feeling happy with or without any woman in your life, etc).

She might listen to you out of kindness, but she probably won't want to have sex with you because "sympathy sex" usually only ever happens in the movies. In real life, women are attracted

and turned on by guys who attract them and turn them on, not by guys who need to be taken care of emotionally.

So, if a woman asks you whether or not you are single, just say *“Yes, I am.”* If she asks if you’ve ever had a girlfriend or recently broke up with one, just say, *“Yes, I was in a relationship, but now I am single.”*

If you’re at a bar and she tries to get you to go into more detail about the relationship, just laugh and say, *“Oh, that is in the past now. We don’t need to waste our night talking about that”* and then change the subject with something like, *“So, anyway. What’s the most fun thing you’ve done in the last couple of months?”*

If she still insists, get her to tell you her latest break up story first and then tell her yours. That way, both you and her will be on the same level.

2. Looking for a clone of your girlfriend

Another common mistake that a guy will make when dating after a break up, is to look for women who remind him of his ex-girlfriend.

Trying to find an exact replica of his ex is a mistake because it prevents a guy from seeing what other women have to offer. It’s not a woman’s hair color, height, tit size or any other external feature that makes her the perfect woman for you; it is who she is as a person and how she responds to you as the person you are.

Sure, she has to be beautiful (of course), but the way your ex looked is not the only type of physical beauty that attracts you. Just think about the wide range of women that you masturbate over when you look at porn.

The truth is, you will create a different type of love, connection and sexual experience with each woman you have a relationship with. Just because you enjoyed a fulfilling love connection with your ex, it doesn’t mean that you can’t experience an even greater love and connection next time.

After all of my relationship experience (I’m now in a committed relationship that I don’t intend on breaking up. **Update:** We recently got married), I can tell you this with absolute certainty...

The great times, the love and the amazing feelings that you experienced with your ex are NOTHING compared to what you will experience when you become a better man than you are right now and can attract even HIGHER quality women.

Being able to attract high quality women leads to a completely different life experience. The sex is better, you feel happier, you feel proud to call her your girlfriend (or wife) and you can actually maintain your woman’s attraction over time in the relationship, rather than it fading away and leading to yet another break up for you.

3. Bringing your emotional baggage into conversations, dates and relationships

If a guy has been dumped, has gone through a messy break up, or has been cheated on or lied to by the woman he loved, it will often be difficult to let that pain go and not bring it into the next relationship he has.

While his new woman might seem trustworthy, a guy who has been cheated on or lied to by a woman will usually struggle to fully trust a woman from then on.

Yet, here’s the thing...

If you want a relationship to reach the higher stages of true love and commitment, you need to give the woman your full trust.

If she abuses that trust, then it will be her loss when you dump her and she loses a great man.

However, if you don't give her that trust, you will end up turning her off by being insecure, clingy, jealous or overly protective throughout the relationship. The love will never grow, mature and reach its true potential and as a result, you and her will eventually get to the point where you wonder why you are still together.

You might get along and have a good history together, but if the love hasn't ever grown and reached its true potential, something just won't feel right between you and her.

Are You Ready to Begin Dating Beautiful Women?

To make sure that you're ready to succeed at dating new women, make sure that you prepare yourself by sharpening up your attraction skills.

The better you are at attracting women when you meet them, the easier it will be for you to begin dating after a break up.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Do Women Like Shy Guys?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Most women don't like shy guys because women are attracted to the emotional strength in men (e.g. confidence) and turned off by the weakness (e.g. shyness, insecurity, anxiety).

It's not because women are mean, but because a woman's attraction for a man is based on his survival traits. In other words, if he and her were forced back into basic survival (e.g. after a hurricane) would he get pushed around by more confident guys and thus find it harder to survive and to protect her?

At work, would a shy guy be able to get promoted like a confident guy would and if he couldn't, would that mean that he'd find it harder to survive, thrive and prosper in this world?

Watch this video to understand how a woman's attraction for a man really works...

As you will discover from the video above, women can feel attracted to guys for a variety of personality traits (e.g. confidence, charisma) and behaviors (e.g. assertiveness, the ability to make people laugh, determination and drive to succeed, being charming towards women, etc).

When answering the question of, "*Do women like shy guys?*" it's important to talk about the difference between a woman *liking* a guy and *feeling sexual attraction* for a guy.

Yes, some women will **like** a shy guy as a person, but that doesn't mean she will feel **sexually attracted and turned on** by him, or that she will prefer a shy guy over a confident guy.

Women are sexually attracted to the emotional strength in men (e.g. confidence, self-esteem, drive, determination to succeed, etc) and turned off by the weakness (shyness, nervousness, insecurity).

A shy guy can get lucky with women at times, but if he then becomes insecure, clingy and jealous in a relationship, the woman will either break up with him, cheat on him or constantly nag him to be more of a man for her. If he can't do that, the relationship will fall apart.

The secret to success with women is **not** to be a vulnerable, nervous, "*please pity me*" shy guy and hope to get lucky with women who give you a chance and then never really love you as much as they would love a real man. What is the secret to success with women? Simply continue being the good guy that you are, but become a confident good guy.

Learn how to make a woman feel intense sexual attraction for you, learn how to maintain her respect for you and fall more deeply in love with you during a relationship. You don't have to become a bad boy or a jerk; the secret to success with women is to be a good guy who is also confident, masculine and socially intelligent. When that happens, you become what women refer to as a real man.

Why Women Usually Reject Shy Guys

[image: Do girls like shy guys?]

Shy guys get rejected by women because shyness is a sexual turn off for most women.

Why?

A woman wants to feel as though you are mentally and emotionally stronger than her, not weaker.

Being shy or nervous around a woman makes her feel stronger than you, so the idea of submitting to

you sexually just doesn't feel right.

[image: Shy guy making a woman feel stronger than him]

In many cases, a shy guy will make a woman feel as though she needs to be gentle with him because he's so emotional sensitive.

If your aim is to get a woman to want to have sex with you or want to be your girlfriend, you have to make her feel feminine and girl in response to your confidence and masculinity.

Yes, some women will accept a weaker man (e.g. an insecure, clingy or shy guy) because they want to control him for a while to feel good about themselves, before they dump him and feel even better about themselves because he begs and pleads for another chance.

[image: Breaking up with a shy guy]

Other women will accept a weak man until something better comes along (e.g. so he can help her pay rent, or can help her from feeling lonely, etc), but if being accepted by a woman like that is your "dating strategy" then prepare for a lot of heartache and disappointment.

A shy guy might get lucky and find a woman that will be with him for now, but when a more confident man comes along, most women will either cheat on the shy guy or dump him and fall right into the arms of the new guy.

It may sound harsh and selfish of women to do that to a shy guy, but men often do the same thing to women by accepting less attractive women and then waiting for something better to come along.

Additionally, some women will accept a shy guy because they worried about being dumped or cheated on by a more confident man who can easily attract other women.

A woman like this assumes that a shy guy will stick by her side because he won't be able to attract many other women, so there will be less chance for her to get dumped or cheated on.

Yet, that isn't how it always turns out.

[image: Losing attraction for her shy guy]

In most cases, she will end up "wearing the pants" in the relationship and as a result, she will lose respect and attraction for him over time.

Lacking attraction and respect, the couple's sex life will most-likely dry up and if their relationship may become more of a convenient friendship where they stay together as a means of paying the bills, mortgage and so on.

If you want to be successful with women, the answer is not to be shy and hope that women take pity on you, love you for being weak and never leave you for a real man. The answer is to become and be the type of man that women desperately want to be with and never want to leave.

Watch this video to understand how to be the type of man that a woman will never want to leave...

As you will discover from the video above, being irresistible to women is not all about looks, money, height, having a big dick or having a lot of status in society.

Most women (not all) are happy to be with a guy who can make her feel attracted to who he is on the inside, rather than what he looks like on the outside or how much money he has in his bank account.

Shy Guys Who Act Like a “Friend” to Hopefully Score With a Girl

[image: Being the friend]

Some shy guys put on an act of just wanting to be friends with a woman, because they are too afraid of being rejected by her or too shy to show their sexual interest.

What many of these guys don't realize is that being **liked** as a friend by a woman is not the same as being **lusted after** as a potential boyfriend or lover.

Watch this video to understand why...

As you will discover from the video above, there's nothing wrong with being nice to a woman, but it's not the thing that will make her feel sexually attracted to you and turned on by you.

While the shy guy is playing Mr. Friendly and Innocent, a confident guy simply needs to have a quick interaction with her, make her feel sexual attraction and then escalate to kissing, sex and a relationship.

[image: Shy guy rejected because a confident guy attracted the woman instead]

After that, the confident guy will not only become the woman's boyfriend, but they will likely become best friends in their relationship as well. They will have great sex (women are more turned on by confident guys), experience love and have fun together as a couple who have a mutual attraction for each other.

Here's the thing...

For a woman to want to be more than “just friends” with you, she needs to feel sexually attracted to you and the bottom line is that shyness is not a sexually attractive trait in a man.

Sure, there are some women who like to have a shy guy as their boyfriend because they enjoy having control over him, but needless to say, this does not make for a healthy relationship.

In most cases, the woman will simply dump him or cheat on him if a better man comes along. Since a guy's shyness is usually down to his lack of confidence and low self-esteem, the woman will usually be able to manipulate and control him with the threat of a break up.

His low self-esteem will cause him to think that no other woman would ever be interested in him, so he will decide to put up with a controlling, disrespectful woman rather than face the prospect of being lonely again.

The Dating Life of a Shy Guy

[image: The dating life of a shy guy]

Here are a couple of examples of how a shy guy's refusal to be a confident guy eventually leads him down a path of being rejected, used or dumped by women...

Ed the Friend

Ed had been a friend to Ellie for years, but he secretly wanted her to be his girlfriend.

Although he felt comfortable around unattractive women, he couldn't stop himself from feeling nervous and shy around beautiful women in social situations.

Sensing his emotional weakness, most women rejected him and after a while, Ed developed the belief that most women were bitches and that Ellie was the girl for him.

After all, she was the only pretty girl who was nice to him and had shown him any interest. Over time, he began to see her as "the one" and because he was so obsessed with her, he looked at her appearance and behavior as being way more attractive than it actually was.

In a mistaken attempt to get her to "like" him (instead of feel sexual attraction for him), Ed did everything for her; doing huge favors and always there as a shoulder to cry on whenever her latest boyfriend did something to upset her.

Ellie loved having Ed around as a friend, but his shyness and lack of confidence meant that she didn't feel any sexual desire for him.

After a while, Ellie began to take advantage of Ed by occasionally calling him up when she needed help paying her rent, never admitting that she'd wasted the money buying sexy outfits to impress a guy that she was lusting after.

She knew that Ed would do whatever it took to hopefully get a chance with her, even if it meant wasting his own money to support her current lifestyle that she clearly couldn't afford and that had nothing to do with impressing him.

Hoping to get her to like him, Ed dutifully helped her to pay the rent whenever she asked and even bought groceries for her in the hope that it would show her how much he cared and that he was capable of providing for her if they got into a relationship.

The problem was, the more he tried to "be there" for her and to be her best friend, the less sexually attractive he became to her.

She was turned off by how easily she could control him and get him to do whatever she wanted, even though she wasn't giving him what he really wanted.

While Ed was masturbating porn every week, Ellie was hooking up with new guys and then running to Ed to cry and complain about how bad the other guys treated her.

Ed would tell her things like, "*You deserve better than that! Why do you go for such jerks?*" and would then explain to her that he wasn't like those guys at all.

In his mind, he was hoping that he could convince her to like him by explaining how much of a good guy he was compared to the other guys she was feeling attracted to.

Yet, little did he know that you can convince a woman to like you and here is why...

As you will discover from the video above, many guys waste much of their lives hoping to get women to realize how good of a guy they are.

Of course, it usually works out nicely in Hollywood movies where the nice, shy, awkward guy gets the girl by the end of the movie, but real life is a lot different.

Here's another example of the dating life of a shy guy...

Sam the "Lucky" Guy

Sam's shyness made it hard for him to develop real friendships with people, so his social life was pretty much non-existent.

Although he went out most weekends, he rarely spoke to any women because he was afraid of being rejected. One night, a drunk woman chose to approach him and say hi. After a few more drinks, they left the bar together and went home for sex.

The thing is, women rarely, if ever approach men, but this particular woman had just been dumped by her boyfriend (a confident guy that could have pretty much any woman he wanted), so she felt drawn to Sam's shyness and vulnerability.

She was drunk, but instinctively, she knew that Sam's shyness and lack of self-esteem would give her the perfect opportunity to be in control of everything if they had a relationship. She knew that Sam felt extremely lucky to be with her and she used his insecurity and feelings of unworthiness to make herself feel better about having been dumped by her boyfriend.

A few weeks into the relationship, Sam became clingy and she began to feel turned off the idea of being with him.

Before long, she called him up to say, *"We have to talk"* and then met up with him to break up with him in person and watch him grovel, cry and beg for another chance. She used his begging and pleading to feel even better about herself and broke up with him and never looked back.

Over the years, I have been surprised at how common the "Sam" story is for guys out there.

It's pretty much the most common story I come across; especially for guys who are looking to get an ex girlfriend back.

Why? Most guys fumble their way into relationships without any real knowledge or awareness of how to attract and seduce women properly. So, rather than attracting women by choice, they rely on getting lucky and hope that everything just works out.

Yet, it's not 1900 anymore.

[image: It's not 1900 anymore]

In the past, a woman had to remain a virgin, get married and then stick with her man for life. Even if she wasn't happy, she had to stay with him because it was shameful to get divorced.

Not anymore.

[image: Modern women]

If a guy is unable to guide his woman into deeper feelings of love, respect and attraction for him over time, she will usually just break up with him and move on.

Today's women are encouraged by society to break up with unsatisfactory men, so the days of guys being able to get through life as a shy, insecure guy are pretty much over.

Are You a Shy Guy?

Asking, *"Do women like shy guys?"* and hoping to hear *"Yes, they do! Shyness is really cute! Be shy!"* is a classic example of where guys go wrong when it comes to success with women.

If you want your choice of women, if you want to be successful with women and if you want to stop being rejected by the women you like, then you have to work WITH nature, not AGAINST it.

Women are naturally attracted to the emotional strength in men, not the weakness.

If you want to flow with nature, you need to be emotionally strong as a man, rather than expecting

women to take pity on you even though you are shy and insecure.

If you are unwilling to become a stronger guy than you are right now, you can't expect women to suddenly change their natural instincts and start liking shy guys.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Do Women Like Men With Long Hair?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Most people you ask will give you a *Yes* or *No* answer to the question of, *Do women like men with long hair?* but the real answer is that *“it depends on the woman’s preferences and whether or not she is attracted to the guy’s personality.”*

Watch this video and you will realize that the length of a man’s hair usually isn’t the reason he gets rejected or accepted by a woman....

Some women love men with long hair, some women hate long hair on men and some don’t care either way.

Yet, just because a woman might say she doesn’t like long hair on men, it doesn’t mean that a guy with long hair will never be able to have sex with her, date her or even marry her.

Why?

What really matters to a woman is whether or not she is attracted to him.

Some women are extremely picky and will NEVER accept a guy with long hair, but most women have what I call an Open Type, which means that they are open to being with all different types of guys, as long as the guy can make her feel enough attraction for other reasons.

For example: If a guy has long hair and he is confident, charismatic and funny, most women (those who have an Open Type) will be attracted to him and open to being with him. However, if a guy has long hair and is nervous, self-doubting and insecure around women, then most women aren’t going to be attracted to him.

[image: Nervous guy with long hair. Boring date]

Liked by women	Disliked by women
Confident guy with short hair.	Nervous guy with short hair.
Confident guy with long hair.	Nervous guy with long hair.
Confident bald guy.	Nervous bald guy.

Get the picture?

Women are attracted to confident men and are turned off by nervous, low self-esteem, self-doubting guys.

[image: Women feeling turned off by insecure guy]

If you are shy, nervous or self-doubting around women, it doesn’t matter if you have long, short or medium length hair – they usually aren’t going to be interested in you.

Why?

Women are attracted to the emotional strength of men (e.g. confidence, high self-esteem, determination to succeed, etc) and turned off by the weakness (e.g. shyness, insecurity, nervousness, self-doubt, etc).

A confident man can have no hair and be irresistibly attractive to women, but a nervous, self-doubting guy with no hair will be a turn off.

Get it?

“But, I Heard a Woman Say That She Hates Men With Long Hair”

When you ask a woman what she finds attractive in a man, she will say all sorts of superficial things. For example: Most women will say, *“I want a tall, handsome man with lots of money. He should drive a luxury car, work as a doctor or some other high-paying profession, listen to me, buy me lots of expensive things and treat me like a princess.”*

Yet, when you look at the boyfriend/husband of most women, you will see he’s just an average or below-average looking guy, with an average job and an average life.

[image: Ugly guy has a baby with a beautiful woman]

[image: Black guys with white women]

[image: How is this possible?]

[image: Everyday couples]

[image: Asian guy with white girlfriend]

[image: Ugly guy with hot cheerleader girlfriend]

[image: Guy with a weird nose with a beautiful girlfriend]

[image: Guy with big ears with beautiful girlfriend]

[image: White man marrying a black woman. Asian guy marrying a black woman]

[image: Fat Asian guy with pretty girlfriend]

[image: Asian guy marrying pretty white girl]

[image: Fat guy with a skinny girlfriend at the pool]

[image: Fat guys with pretty women]

[image: Fat men marrying beautiful women]

If you look at what women ask for via their online dating profiles, they will usually be requesting a tall man with lots of money.

Yet, that doesn’t mean it will be impossible for her to hook up with a short guy, a guy of average height or a guy who has a normal job. It’s just what she is putting out there.

The same applies to men...

If you ask a guy what type of woman he wants, he’ll usually think of model-looking women or sexy women like the women he sees in porn. Yet, he will be just as happy with a pretty, “girl next door” type of woman who works in a normal job.

The point is, you shouldn’t don’t base your confidence on the superficial things that you’ve heard women say.

Women usually say things as a test of your confidence and belief in yourself, rather than saying what

they really mean.

If you hear a woman say that she only dates guys with short hair, then it is usually just a veiled test of your confidence.

For example: Will you suddenly lose confidence around her now because she said that she only dates guys with short hair, or are you truly confident in himself no matter what a woman says?

Changing Your Hairstyle Doesn't Change Who You Are as a Person

Hair trends come and go just like fashion trends pop up and then disappear the next year.

Some guys get sucked into changing their hairstyles to fit in with the latest fashion (in the hope that women will finally like them as a result).

Yet, changing your hair doesn't change who you are or make women say, *"Wow! I don't care that you're not very confident and can't make me feel attracted to your personality. You have an AMAZING hairstyle, so I want to get down on my knees and suck your..."*

Of course, your hairstyle and the clothes you wear does create a certain "look" for you, so it is important to consider what message you're sending out about yourself in the way you dress and style your hair.

If you have long hair, you're usually going to stand out because it goes against the cultural norm (i.e. men wear their hair short and women wear it longer). As long as you are confident in yourself and believe that women find you attractive, man of them will feel attracted to your confidence and as a result, they will also like your long hair.

Long hair can make you appear:

1. Like a rebel

Depending on how you wear it, long hair can mark you out as a bit of a rebel. It might give you a sexually attractive "rough and ready" manly image, but it could also make you look scruffy and unclean if you don't style it properly.

2. Unconventional

Many artistic and creative men favor long hair as a way of breaking away from convention and the norm. When a guy is very confident in who is as a person and what he stands for in life, wearing his hair long is a cool statement. However, when a man is shy and lacks social confidence, long hair can make him look like a bit of a loser or social outcast.

3. Intelligent

Long hair on a man is often associated with him being more of an intellectual, studious type of guy than an outdoorsy, hands-on kind of guy. Obviously, there are always exceptions to every rule, but sporty guys who live an active lifestyle are less likely to have long hair simply because it gets in the way.

4. Carefree

Many guys have long hair for no reason other than it suits their lifestyle. They're not trying to create any kind of image, in fact, they've got far too much going on and they're having way

too much fun to worry about their hair.

What is the Best Look to Have For Success With Women?

To be successful at attracting the types of women who are currently compatible with you, I recommend that you “dress for your scene.”

Essentially, this means that if you want to approach women who work as fashion models, then you need to wear fashionable clothes that will be perceived as being “cool” for the scene.

You can still pick up fashionable women without wearing fashionable clothes, but it will make it that little bit harder for you.

Focus on Building Your Confidence, Not on Styling Your Hair in Different Ways

If you lack self-confidence and are shy, nervous and generally awkward around women, then women are not going to be attracted to you regardless of how you style or cut your hair.

Having short, long or medium length hair isn’t going to make much of a difference to the majority of women because hair is such a superficial thing.

A woman’s attraction for a man is based on her survival instincts. In other words, you are either displaying the personality traits and behaviors that mark you out as a man who can easily survive, thrive and prosper in this world...or you’re not.

Having long hair can make you stand out in a crowd, but it’s not your hair that holds a woman’s attention. Instead, what your personality and behavior represents to her is what really counts.

A guy can look as though he’s just stepped off the front cover of a glossy men’s magazine, but if he lacks the personality traits and behaviors that women are instinctively attracted to in men, most women will not be interested in him regardless of how long or short his hair is.

From now on, I recommend that you focus on improving your ability to attract women with your personality and behavior, rather than wasting time thinking about the length of your hair.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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I Don't Have Many Friends: What Am I Doing Wrong?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Why is it that some guys seem to have lots of friends, while other guys have one or two friends or are completely on their own most of the time?

Why can some guys maintain lasting friendships and never lose touch with old friends even if they get into a relationship with a woman, while other guys get left behind and then struggle to find new friends?

[image: My friends leave me behind when they find a girl]

If you are one of the many guys who are saying, *â€œI don't have many friends,â€* what is the real reason why it keeps happening to you?

If you search around online, people will tell you to go volunteer or *â€œspend more time around people,â€* or “be a good friend to people and they will like you,” but is that isn't the answer to your problem.

The reason why you don't have many friends runs deeper than that.

I remember a time when I had only one friend in the world and he was a negative guy who would bring me down.

[image: Dan Bacon at home alone]

When I got cheated on and then dumped by my girlfriend, he told me that all women were sl*ts and that they couldn't be trusted, when in fact the breakup was MY fault and my insecurity and over-protectiveness caused her to want out of the relationship.

My negative friend would always speak badly about other people, point out their flaws and talk about how stupid they were for not being like him.

For example: He'd say things like, *â€œCheck out that idiot. What a sheep. Smoking his cigarette like its cool. What a loserâ€* and other negative comments like that.

By spending a lot of time around him, I began to feel as though people were mean, selfish, sheepish and stupid...and guess what â€œ I was wrong. Sure, there are some stupid people in this world, but it wasn't until I began seeing the GOOD in people that I started to make loads of new friends.

See the Good in Women

Back when I didn't have many friends, it was difficult for me to see the good in people, especially women.

[image: See the good in women]

I hated the way that women rejected me, overlooked me and ignored me if I tried to get to know them.

Yet, I decided to try something different.

I decided to try and look for the good in women, rather than assuming that they were bad people and were ready to reject me.

Whenever I went out to approach and meet women, rather than looking for negative signals from women, I began to look at the ways that women behaved in a more positive light.

For example: I began to understand why women seemed to act bitchy, cold or rude when a guy approached them. In the past, I thought it was because women were mean bitches and only wanted a really good looking guy, but I eventually realized that it is simply a woman's way to test a man's social confidence and confidence with women in general.

Why would she test that?

Think about it...

Throughout human history and even today, life has been a challenge. If a guy is socially confident, he will be more likely (but not guaranteed) to live a better life and be able to thrive and prosper more than a guy socially anxious guy who lacks confidence when tested by other people.

When I realized what women were actually doing, it allowed me to then begin attracting them with my confidence. Watch this video for the full story...

As you will discover from the video above, a lot of guy's problems with socializing, meeting women and making friends comes back to his lack of social intelligence or social confidence.

He might be a good guy and have good intentions with women, but if he triggers a woman's feelings of repulsion (e.g. by being nervous, self-doubting, etc), he is usually going to get rejected.

Likewise, if a guy is trying to make friends with people and comes across as a secretly needy guy, people will feel turned off by him. He may seem like a nice guy on the surface, but people will be able to sense his neediness, loneliness and confusion about why women (and the "cool crowd") don't seem to like him.

He will try to fit in with the cool crowd and try to get women to like him (e.g. by being a really nice guy), but something will be off about his behavior, vibe and actions. People will instinctively know that he is confused and is hoping to get people to like him in the wrong way.

For example: Watch this video to understand why being too nice to a woman will often lead to rejection...

As you will discover from the video above, a lot of guys put on an act of being an even nicer guy than they actually are. They do that to hopefully be liked enough by a woman to be given a chance.

In terms of making friends, some guys make the mistake of trying to show people how nice, generous and kind they are, in the hope of being liked. People will sense his desperation and although they might not ever tell him, they will secretly feel as though he is a bit of a social loser for being such an ass-kisser.

Here's the thing...

There's nothing wrong with being good, but if a guy is extra nice in the hope that it will make people want to be his friend, then he's doing it wrong.

If you want people to want to your friend, be the good guy that you are, but also assume that you are more than good enough to be considered a friend without having to do 100 favors for them.

You've got to know that you are more than good enough and then simply be your normal, cool, charismatic self and let the friendship happen naturally as a result.

Choosing to See the Good in People Has Allowed Me to Effortlessly Attract a Lot of Friends

As I type this article, I am 36 years old and have more friends than I can honestly count. I really do have too many friends and simply don't have enough time to catch up with them all or talk to them on the phone.

I don't say that to brag, but to point out something important...

I used to have one friend.

Just one.

Now, I have more friends than I have time for.

How?

Well, I've learned a lot about life, love and friendships over the years, but one of the greatest things that I've discovered is the importance of seeing the good in people.

Initially, I started doing it because I read about it in a book somewhere and I thought, *â€œWhy not? I'll give it a try and see how things go.â€* Yet, before I knew it, I was happier, had more friends and my life was on the up and up.

As the years went on, I came to know that most people are actually GOOD people. Yet, because of their lack of social skills or because of certain insecurities or bad traits that they've picked up from other people, they sometimes come across in a way that annoys you or frustrates you.

They even make mistakes and do selfish things, but really, they are just trying to be liked, loved, understood or appreciated by others. They may not be going about it in the right way, but at their core, most people are GOOD people.

When I had that realization, it let me see PAST the surface level behavior of people so I could understand and love a person for who they are.

In fact, it even allowed me to let my â€œnegative friendâ€ back into my life (in small doses!) because he doesn't have any other real friends and I do value him as a friend.

The thing is, he isn't negative because he is a bad person, but because he is insecure about his intelligence and value as a person, so he likes to put others down to feel good about himself. He's the sort of guy who always says, "I told you so" or claims to be right, even though he is wrong.

In the 15 years I've known him, he has never once admitted to making a mistake in his thinking or opinions.

I've tried addressing it with him, but he just denies it. Why? You can only help those who want to be helped and he's convinced himself that he's the smartest man on the planet and everyone else is an idiot, so it's pretty difficult to help him!

However, I don't let that affect our friendship or annoy me. I just accept him and love him for who he is. As a result, he feels understood and comfortable around me and we're able to enjoy the better parts about our friendship, such as our passion for discussing existence, the universe and the reality around us.

Apart from being positive about things that he likes, he pretty much sees the BAD in everyone else. Not surprisingly, he's usually pretty depressed about life, has no good friends and spends a lot of time

posting negative things on Facebook.

Personally speaking, my life has been great ever since I chose to see the good in people. Initially, it was something that I had to keep reminding myself to do, but it eventually became automatic.

More importantly, when it became an automatic response for me to see the good in people, suddenly most people wanted to be my friend.

So, I highly recommend that you begin practicing seeing the good in people, even if you do it *sometimes* at the moment. Get into the habit of doing it all the time and it will change your life in so many positive ways, including adding loads more friends to your life.

In addition to having most people want to be my friend or at least spend more time with me, here are some of the benefits I have experienced from being in the habit of seeing the good in people:

- I feel less stress and worry about the faults of others.
- It doesn't bother me if someone is being a jerk. I know that it is their problem and has nothing to do with me.
- I am able to love people for who they are and as a result, I have loads of friends in my life and I am able to get along with people instantly.
- People often say things like, *"We should catch up!"* or *"We should spend more time together"* even though I've just met them.
- I am able to love and accept a woman (even if she has a bitchy personality) right away and as a result, she feels lucky to have met a guy who loves her for who she is and can deal with who she is. As a result, women "light up" (i.e. get excited, become animated, get turned on) when they meet me.
- I am happier and laugh at things more than the average person.

If you're currently in the habit of seeing the flaws in people, try switching to seeing their good qualities.

It doesn't mean that you don't pay any attention to their flaws and see them as being perfect. Instead, it's about accepting them for who they are and loving the good parts about them.

Additionally, when you are beginning to develop a friendship, you can give them feedback on some of their bad qualities.

Real Friends vs. Facebook Friends

These days, people can have 100s or even 1,000s of "friends" on Facebook, Whatsapp, Twitter and so on, but that doesn't automatically mean they'll have loads of friends in real life.

It's nice to have "online friends," but life is pretty lonely if you don't have many real friends in your day-to-day life.

Real friends are people who know the real you, people you can be yourself around and people whom you actually know in the real world. Some qualities of real friends include:

- **Acceptance:** Great friends accept each other as they are; they never try to change one another and they accept that nobody is perfect.

- **Appreciation:** Great friends never take one another for granted; they value the contribution that the other person makes to the friendship and they make sure that the other person knows.
- **Listening:** Great friends don't hog conversations and make get-togethers all about them; they listen to each other and connect on many levels as a result.
- **Patience:** Great friends have patience with one another and forgive arguments easily; they see the bigger picture and let go of anger, so they can get back to enjoying the friendship.
- **Authenticity:** Great friends are totally at ease being themselves around each other; they trust each other each other and can be relied upon to be their genuine selves.
- **Loyalty:** Great friends are loyal to each other and always look out for each other. If your current friends don't care if you live or die, fail or succeed, then they aren't real friends.

Already doing all those things for people, but still don't have many friends? Well, you need to...

Stop Trying So Hard

Whenever I've helped guys who have hardly any (or no) friends in their life, they almost always tell me how much effort they go to be liked by their friends.

In his mind, a guy like this believes that being really good to someone and doing lots of favors for them will get them to like you.

Yet, that isn't how it works. In my life, I have too many friends to the point where I don't have time to speak to them on the phone, chat online or even catch up 1-on-1. In most cases, I catch up with a bunch of friends at the same time to save time, but sometimes I allocate time to catch up 1-on-1 with some of my best friends.

Here's the thing though!

I never call, text or message my friends to get them to catch up with me. They are always contacting me.

The same applied to my dating life – women would always call and text me to catch up. I was always just replying to texts or phone calls and saying *Yes* or *No* to offers to catch up with me. As for my friendships, the same thing happens, but why?

I had a chat with my girlfriend (update: We recently got married) about this because she even noticed it and commented on it about 6 months into our relationship.

She said, *When we go out with friends, they are always talking to you, interrupting other people to talk to you, or standing there waiting for another person to finish talking so they can talk to you.*

When we're at home, people are always calling and texting you. What's with that? I honestly didn't know and had to stop and think about for a bit. Here are the reasons I gave my girlfriend:

- When people talk to me, they feel good about themselves because they know that I accept them for who they are.
- I am a man of purpose, which makes people feel proud to say that they are my friend.
- When people talk to me, they always learn something new about life, love, existence, themselves, etc and that makes it exciting to be around me.

- Since I live my life by my own rules, people see that as cool and they look up to me. The more time they spend around me, the more confident they become to live life by their own rules (i.e. follow their dreams, do what they really want, say what they really want to say, etc).
- I am now an alpha male, which automatically makes people feel safe around me, proud to know me and even “cool” to be seen with me.
- I give love and add love to a situation, rather than having to take love (e.g. an insecure guy who needs compliments from people is trying to take love rather than give it), so people feel good around me.
- I don’t try to get people to like me. I just assume that we’ll get along and start the conversation with that mindset. Even if the person is weird and has trouble getting along with people, it doesn’t make me think, “Oh no! I’m stuffing up! He/she doesn’t like me!” I accept the person for who they are and love them in that moment. I don’t need anything from them and they eventually (usually very quickly) pick up on that. They then like me because I’m just there in the moment with them, allowing them to be themselves, while also being the cool guy that I am.
- I don’t try to impress people or get them to think I am “cool.” I already know that I’m cool, impressive and someone that they’d be lucky to know. It’s not arrogance to the point of thinking that I am better than other people, but it is confidence in myself and who I am.

Guys who come to me saying, “Dan, I don’t have many friends. What am I doing wrong?” often don’t realize that by trying too hard to be liked, they end up being seen as uncool or as a burden for people to carry.

If you need people to like you, then you are trying to take love from them. Since most people don’t have a lot of spare love to give (because they aren’t emotionally full), they feel repelled by people who need to take love from a friendship.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Why Are Women Attracted to Jerks?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Over the years, many guys have asked me things like, *“Dan, why are women attracted to jerks?”* and *“Why do women like bad boys?”*

In most cases, a guy’s reason for asking this question is due to the fact that he considers himself to be a nice guy and has noticed that women overlook him in favor of guys that he perceives to be a “jerk.”

Watch this video to understand why nice guys usually get rejected by women and what you can do to be successful with women, while still being a nice guy...

As you will discover from the video above, being a jerk is not the secret to success with women.

Women are usually more attracted to jerks because they at least display some (not all) of the qualities that make women feel attracted (e.g. confidence, assertiveness, masculine vibe, etc), whereas nice guys usually display traits that turn women off (e.g. nervousness, insecurity, social anxiety, etc).

The Truth

[image: Is he a jerk or a confident guy?]

Some women do prefer bad boys and jerks, but those women are the minority.

The truth is, most guys are nice guys (or fairly nice guys) and they are able to get laid, get a girlfriend and get married because they also display traits that make women feel naturally attracted to them.

[image: Nice guys who get laid]

The kind of nice guys that get rejected by women are the ones who are nervous, shy or who expect to be liked enough (or “given a chance”) by a woman because they have good intentions.

Nice guys who get rejected simply don’t know what makes women feel attracted, which is 1 of the 3 things that attractive women hate about most single men...

As you will discover from the video above, it’s very easy for a woman to make a guy feel attracted because he will usually select her based on her physical appearance.

Yet, most women (not all) are interested in things other than a guy’s appearance.

Here’s a simplified way of looking at the jerk vs. nice guy problem, with one attractive trait (confidence) added in to set the guys apart...

Liked by women	Disliked by women
Confident nice guy.	Nervous nice guy.
Confident bad boy.	Nervous bad boy.
Confident jerk.	Nervous jerk.
Confident good guy.	Nervous good guy.

Get the drift?

In the example above, it's the guy's confidence that women are attracted to.

There's Nothing Wrong With Being Nice

[image: Ben, Stu and Dan - The Modern Man coaches]

Here at The Modern Man, Ben, Stu and I (The Modern Man coaches) are all nice guys.

Looking at the photo of us above, some guys might think that we seem like jerks, assholes, bad boys or whatever, while other guys will think that we seem like regular good guys.

You are going to perceive us in whatever way you want, which will be based on your current understanding of the world (e.g. anyone who doesn't look as nice and innocent as you is probably a bit of bad boy, jerk, etc).

However, in case you can't work out what type of guys we are, I will tell you...

Ben, Stu and I are regular good guys. We like being nice to people and to women.

[image: Stu presenting at Dating Power]

However, being good guys doesn't mean that we will be nervous, shy and socially anxious like other nice guys who put on a fake smile and act vulnerable to hopefully get pity from others.

Ben, Stu and I are good guys who are also very confident, masculine and charismatic. As a result of having those traits, we are attractive to women and the fact that we are good guys is seen as a bonus for women. Yet, our niceness is not seen as mandatory by women.

As you have seen a woman will forgo the niceness and hook up with a jerk or bad boy, just so she can feel attraction to his confidence and masculinity. If she instead hooked up with a nervous nice guy, she'd have herself a nice guy, but she wouldn't feel much or any attraction for him due to his emotional weakness.

Are women crazy for feeling attracted to guys in the way they do?

No.

It's more more "crazy" than you feeling attracted to bad girls (e.g. pornstars, strippers, etc) and then going around telling everyone that you're trying to meet a nice girl.

[image: A beautiful stripper]

You can't help what triggers your feelings of attraction.

You probably want a nice girl who is a sexy and beautiful as a pornstar or stripper, but if you if you met a pornstar or stripper who was a bad girl, you'd probably still want to have sex with her, right?

Yes, There Are Some Weird Women Who Like Bad, Abusive Men

[image: A small minority of women like bad men]

A small minority of women actually want a very bad man (likely less than 5%), some women like a guy who is a little bit of a bad boy (20%), but the majority of women (75%) want a good guy who is confident.

The same applies to men.

The majority of men want a beautiful woman who is caring, loving, loyal, intelligent, down to Earth and trustworthy. Yet, there are some men who want a badass bitch, a manipulative woman, a controlling woman or a dominatrix type of woman.

What you need to understand is that there are some weird women out there, but if you want to be successful with women in general, you need to focus on the majority of women who just want a confident, good guy.

So, if you're one of the many good guys who gets frustrated and asks, *Why are women attracted to jerks?* just accept that some women like bad guys, but the majority of women like good guys who are confident.

If you are a nervous nice guy around women, it's only natural that they are not going to feel sexually attracted to you.

Why? Women are sexually attracted to the emotional strength in men and turned off by the weakness (e.g. nervousness, self-doubt, social anxiety, low self-esteem, etc).

Two Important Traits That Will Attract More Women to You

[image: Traits that will attract women to you]

You can attract women in more than 100 different ways with your personality (e.g. charisma, humor, charm, etc) and we teach all of those ways in our programs here at The Modern Man.

2 out of the 100s of ways to attract women are...

1. Relaxed Confidence

Relaxed confidence comes through in how you think, behave, act and move wherever you are (e.g. in bed with a woman, at a party, walking through a shopping mall, etc).

A guy who has relaxed confidence doesn't need to behave in a loud, overly confident way (like a jerk) to attract a woman's attention. He knows that he is more than good enough for women and as a result, he is relaxed and doesn't need to be anything other than his natural self.

There's no acting coming from him. He's real, authentic and his relaxed confidence gives him an effortless air of power and dominance.

On the other hand, a jerk will usually try to get a woman's attention by acting up, being loud and causing some trouble, but that insecure social strategy is not the answer to success with women.

Success with women is much easier and requires much less effort than most guys realize. However, to get to a point where you have genuine, relaxed confidence, you first need to get rid of your insecurities about women and develop a belief in your ability to attract women.

Watch this video to understand how any guy can become more attractive to women and stop feeling insecure and unworthy around women...

As you will discover from the video above, most women (not all women) are much more flexible

about what they find attractive in a man than most guys realize.

From the outside, it may seem like women all want jerks, assholes and bad boys, but those guys are simply getting results because they are attracting women in some ways (not all) and then have the balls to move things forward to kissing, dates, sex and into a relationship.

You don't have to be like them to be successful with women. All you need to do is be the good guy that you already are, but simply display personality traits and behaviors that naturally attract women.

When you do that, most women will feel as though they've hit the dating jackpot by meeting you, because will have finally found a good guy who also turns them on. When that happens, you will realize how little competition there is for hot women. Most guys are absolutely clueless about how to attract women and what women really want from a man.

2. Mental and Emotional Masculinity

A lot of guys make the mistake of thinking that to be seen as masculine, they need to be tall, have a square jawline, build loads of muscle in the gym or act like a tough guy.

Yet, the type of masculinity that women are most attracted to is your inner masculinity.

For example: A guy who lacks inner masculinity will feel nervous in social situations, doubt himself when interacting with attractive women and lack confidence around confident men.

Imagine This...

You approach a woman and make some polite small talk in an effort to get a conversation going, (e.g. *What's your name?* or *What do you do for a living?*).

You ask her many questions about herself and then hang on her every word as she replies. You take every opportunity to compliment her and you try to agree with everything she says because you really want her to like you.

She then makes an excuse to get away from you (e.g. *I have to go to the bathroom. Bye!*) and you are left wondering if she's ever going to come back and talk to you again.

Later on, you see that she's trying hard to get the attention of a guy who seems to be dividing his attention between her and a few other girls. From your perspective, he is behaving like a jerk and is being a selfish prick who is taking all the women.

Yet, from her perspective, he is probably offering her the type of challenge that she has been craving to experience when she meets a guy...

As you will discover from the video above, most women feel bored by the instant, "YES!" that they get from most guys they meet.

If a woman is attractive, most guys are willing to have sex with her (and many are willing to start a relationship with her), even though she hasn't done anything to impress him other than look good.

For most guys, they don't care what a woman thinks, what she does for a living or what kind of cat or dog she has. They are willing to have sex with her simply based on what she looks like.

This is why many women get bored of the approach that most guys use and then end up being attracted to guys who are more of a challenge.

From the outside, it may look like the guy is a jerk, but he's probably just another good guy (or fairly

good guy) who understands the reality that women live in and is simply giving women what they want.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How to Move on From a Break Up

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

When you're going through a break up, most people will say, *"Don't worry, there are plenty more fish in the sea"* or *"better things are just around the corner."*

Yet, that doesn't really help to fix the problem.

[image: Moving on from a break up with a woman]

Yes, there are many other women out there, but what is the real secret of how to move on from a break up after losing a woman you love?

Essentially, you need to regain confidence in your ability to attract other women and then hook up with a woman who is more attractive to you than your ex-girlfriend.

Are you confident in your ability to attract a new, beautiful woman?

Watch this video to understand how a woman's attraction for a man really works and how you can use it to move on from a break up, attract a beautiful woman and become an even better man than you are right now...

As you will discover from the video above, you can attract women in many different ways.

To be able to move on quickly, you need to have confidence in your ability to attract other women and then follow through on that by attracting and hooking up with a new, beautiful woman.

The Best Way to Move on

Most people will tell you, *"Give it time. You will find a nice girl"* or *"Don't worry...time heals all wounds. You will be fine."*

It's very easy to say something like that, but it's not as easy for a guy to live through the emotional pain of losing a woman and not being able to find a replacement woman who makes him feel like she did.

No matter what anyone else tells you, the best way to get on with your life is to have sex with another woman who, in your eyes, is more attractive than your ex.

Hearing that, you might be thinking, *"Okay, that sounds good, but my confidence is at an all time low because of the break up, so I don't see why a beautiful woman would want to sleep with me"* or *"Sounds great, but my ex broke up with me because I wasn't good enough for her, so why would an even hotter woman be interested in me now?"*

[image: The Dumped Guy's Dilemma]

This problem is what I call the, *"The Dumped Guy's Dilemma"* and it goes like this:

Women are mostly attracted to a guy's confidence. Yet, a dumped guy usually has a lack of confidence around women due to the break up, so most women that he meets aren't interested in him.

Feeling lost and desperate without his ex, he pines/yearns for her when he realizes that she was a great woman and it is going to be difficult for him to find another woman like her.

He might go out on dates with less attractive women (because that's all he can get now due to his lack of confidence), which just reinforces his desire and need for his ex.

In this state, most women aren't going to be as appealing as his ex. He'll look at other women and triggers of pain and rejection will be set off in his mind, but when he thinks of his ex, he will feel safe and want to get back with her.

So, what is the solution?

You've got to rebuild your ability to trigger feelings of sexual attraction in the women you meet. If you don't do that, you will likely go through the next few years of your life wondering why women don't like you and coming up with all sorts of reasons and excuses why it might be happening.

Yet, it will all come down to one, simple thing, which is explained in this video...

Pitfalls to Avoid When Trying to Move on From a Break Up

[image: Pitfalls to avoid when trying to move on from a break up]

The truth is, you can become the type of guy that other women really want to be with.

To quickly get to that point, make sure that you avoid the following classic pitfalls that cause a lot of guys to get stuck in years of depression and loneliness following a break up...

Pitfall #1: Focusing on all the positives of the ex-relationship

When I had to break up with my girlfriend a couple of years ago, it was one of the most difficult decisions I had to make in life.

She was perfect in almost every way except for the fact that she would lie to me sometimes.

She wanted to start a family with me and get married, but something in my gut told me to get out of the relationship. When I got the point of truly wanting to break up with her, I created a list of Pros and Cons (Positives and Negatives) about her.

There were so many positives (e.g. she was beautiful, we had amazing sex, she got along well with my friends, etc), but the negatives were enough to make me question whether I should truly commit to her (e.g. she lied sometimes, her parents weren't nice people, she cheated on her ex boyfriend, etc).

To be able to break up with her and then move on after the break up, I had to consciously focus on the negatives and ignore the positives.

I didn't want to start a family with a woman who had a history of telling lies to people. So, I dumped her.

The next night, I was having sex with a hot woman and then I went through a phase of dating multiple women at once until I finally met my new girlfriend who I am still with to this day.

Now, I can look back and see that it was a smart decision to break up with my ex. I have no doubt that her lack of integrity would have caused problems for us in the future.

My new girlfriend is squeaky clean. Not only is she a woman of integrity, but she is also beautiful, classy, sexy, cool, intelligent, down to Earth and comes from a good family.

So, if you want to be able to move on from your break up, make sure you don't sit around thinking about all the positives traits of your ex girlfriend.

Make a list of her positives and negatives and have a good hard think about the negatives.

Not sure what to list as a positive or negative about her? Answer the following questions and you will:

- Is she trustworthy?
- Did she have habits that seemed cute at first, but then started to get on your nerves?
- Did she always treat you with respect?
- Did she always make you feel good about yourself, or did she *“play games”* and make you doubt yourself at times?
- What are the worst things about her character?
- What does she lack that you expect in a girlfriend?

When you switch your focus away from the positives, it probably won't take you very long to come up a list of negatives.

From there, you will need to keep those negatives at the forefront of your mind until you feel like you're happy to move on from that relationship and find a better woman.

Focusing on the positives will keep you stuck in the *“good old days,”* but if you believe that she wasn't the right girl for you, try to remember that by staying focused on the negatives for now.

Later on, when you've moved on without her and are happy, you will then be able to look back on the positives without wanting her back.

Pitfall #2: Adopting a defeatist attitude

[image: Giving up and being a defeatist]

Asking, *“Why would an even hotter woman be interested in me?”* is a great example of a defeatist attitude.

If you adopt that type of attitude, you are expecting things to go wrong. Sure, your relationship broke up, but that doesn't mean that other beautiful women won't be interested in you.

Here's the thing...

Women are attracted to confident men who believe in themselves and are turned off by insecure men who doubt themselves. So, if you're thinking that women aren't going to be interested in you, women will pick up on that and reject you because of it.

A big part of the process of how to move on from a break up is to ensure that you get rid of any defeatist or negative attitudes. A defeatist attitude will slow you down and make the recovery process longer and more painful to go through.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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What is Pillow Talk With a Woman?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The way you *pillow talk* with a woman can result in her feeling completely turned off the idea of having sex with you, or it can make her excited and full of feelings of lust and blooming love. So, it's definitely a skill you should focus on improving.

[image: Pillow talk before sex]

With that said, what is pillow talk with a woman?

Pillow talk is essentially about having an intimate conversation with a woman in bed, before or after you've had sex.

[image: Pillow talk with a woman]

It is a way to get to know each other better on a more intimate level, determine who has the power, establish limits, discuss sexual likes and dislikes and even lay a foundation for a potential relationship.

Pillow Talk: Before Sex

Women will use it almost like an *entrance exam* and test your confidence and state of mind. Why?

A man's confidence and ability to remain composed is extremely attractive to women. Likewise, a man's insecurity and emotional weakness is sexually unattractive and may result in a woman completely losing interest in having sex with him.

She may say things like, *We're not going to have sex you know?* or *Just because I have my bra off, it doesn't mean we're going all the way.*

She will then watch the guy's facial expressions and general body language, to assess whether or not he is losing confidence and becoming nervous. If he remains composed, relaxed and confident, she will become turned on even more.

To some men, this may seem like an unnecessary *game* that women play, but it is simply a case of women trying to get themselves more turned on by your confidence.

Women do the same thing when they first meet a guy, on a date and 20 years into a relationship. So, learn to accept it so you can then enjoy the tests and appreciate the fact that a woman is attempting to turn herself on while interacting with you.

Some guys feel annoyed by the way that women think and behave in relationships or before sex, but there are perfectly good reasons for it, as I explain this video...

Pillow Talk: After Sex

Women will often use pillow talk as an *exit interview* to see how much you like them, whether or not you still find her sexy and how confident you are feeling about yourself after your performance. So, she might say something like, *Anyway, I probably should get going. I've*

got to get home so I can feed my catsâ€¦ or â€¦ Look at you! Haha, you look all satisfied with yourself!â€¦ and see how you react.

How to Be Good at Pillow Talk

To be good at pillow talk, you basically need to:

- Be a confident guy who doesn't allow himself to be dominated by women.
- Relax in the moment and not take things too seriously.
- Embrace your attraction for the woman in the moment. Just swim around in it and let your attraction for her turn you on and make you feel truly happy to be there.
- Not be concerned if she wants to delay sex.
- Not get sucked into her games and tests. Instead, know that she just wants to feel more turned on by your confidence.

Pillow Talk Helps Establish a Relationship

[image: Pillow talk]

If you are looking to have a serious relationship with a woman, pillow talk with a woman is just as important as the sex. It allows you to connect on many levels and begin to intertwine together as a couple. You can both pillow talk about all sorts of subjects, such as:

- What you think about the world today.
- Your thoughts about life in general.
- The things you're passionate about in life.
- Interesting things that have happened to you in the past.

Those types of conversation are â€œheavyâ€ pillow talk, whereas â€œlightâ€ pillow talk is more about flirting with the girl, joking around about stuff, talking about partying or going out with friends, discussing your favorite foods and other things you like, without getting too deep about it.

Iâ€™ve personally had sex with more than 250 women and have had so many one night stands that I can barely remember most of the women's names.

[image: Dan Bacon at a nightclub with girlfriend]

I'm now in a committed relationship with my perfect girl (Photo above: that's me picking her up from a nightclub).

However, whenever I began a sexual relationship with a new woman (or when I'd pull a one night stand) in the past, I would keep the pillow talk â€œlightâ€ and wouldn't get into deep and meaningful conversations about my past, my present and my future.

I would just play around with the girl, laugh, talk about fun stuff and then have sex again.

Why? Talking about all the deep and meaningful stuff together helps to establish a serious relationship and back then, I was happily dating multiple women at once.

However, when I met my girlfriend, I did both light and heavy pillow talk and we relaxed into the

fun, loving and committed relationship that we're in now.

Pillow Talk Mistakes

As with everything to do with success with women, there are also numerous mistakes that a guy can make during pillow talk that will either kill the mood or cancel out the chance of a second date.

Mistakes that guys can make include:

1. Being too romantic for too long

Romance is the domain of women and pillow talk is the perfect time for being romantic.

Whispering sweet nothings in her ear can be cool; however this is not the time for poetry, saying cutesy things or being sappy.

It is good to be romantic, but if a guy is romantic for too long, it can be a big turn off for her.

Personally, I will only say one or two "romantic" or "sweet" things in a row, but most of my conversation will be a mix of everything else.

I don't use that as a "conversation trick" on women; it is simply who I am. I use an approach with women that is based on being completely real at all times, so being too sweet and romantic for too long doesn't feel right.

As I have always said, *"Any extreme personality type is based on insecurity"* so if you're an extreme romantic or super nice guy, then you are doing that as a result of certain insecurities.

Since women are attracted to the strength in men and turned off by the weakness, your insecurity will turn them off.

2. Revealing too much too soon

Although talking with a woman in bed after sex is the perfect time to open up and explore each other's sexual likes, dislikes and preferences, you don't have to talk about everything right away.

3. Bringing up his personal issues

Just because a woman is in bed with a guy and has just had sex with him, it doesn't mean that he has won and her tests of his confidence are now finished.

It also doesn't mean that she has decided to establish a relationship with him and wants to have even more sex with him. So, if a guy begins bringing up his personal issues and insecurities as a way to pillow talk with her, he is going to be ruining the chance of a relationship with every extra word he says.

Examples of issues and insecurities include: *"I didn't have a girlfriend until I was 21"* or *"I used to be very shy with women"* or *"Was I good?"* or *"Does size matter to you?"* or *"I used to have pimples and braces and all the kids laughed at me in school"* or *"My father was a drunk and used to treat me badly."*

At the end of the day, a woman doesn't care or need to know about the issues you've overcome in the past.

All she needs to know is that the man she is with now is a strong, emotionally secure man who is worth investing time, love and energy into. So, telling her about all your problems (past and present) isn't going to make her see you as that man.

4. Telling the girl how much he loves her

If a guy has been attracted to a woman for a long time and finally has sex with her, it is easy for him to lose his composure and suddenly blurt out how much he loves her; even though she might still be evaluating him as a sexual, or potential relationship partner and is not ready for confessions of love.

This can make him look needy and will be a major turn off for her.

My girlfriend (and many women before her) told me that most guys would say, *“I love you”* on the first night and would ruin the opportunity for the woman to wonder, *“How much does he like me?”*

Women want to feel as though they are lucky to be snatching a man like you away from other women who would love to be with you. A woman doesn't want to feel as though she is way more valuable than you and that she's basically doing you a favor by being with you.

Watch this video to understand why...

5. Telling her too much about his previous women

With all the relaxing pleasure hormones that are released during and after sex, it is understandable that some guys will start talking freely and will end up telling a woman a bit too much about himself and his previous women.

When pillow talking with a woman, you should avoid sharing tales about your previous sexual conquests, your stock portfolio, your real estate deal or a funny password for your safety deposit box downtown...

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How to Attract a Woman at the Gym

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Although it's not the perfect place to meet women, the gym can be a great place to find a compatible woman who is also into working out and staying fit.

As long as you have the confidence to approach her in an easy-going manner and be friendly, while also triggering her feelings of sexual attraction for you, it will be fairly easy to get some phone numbers and set up some dates.

[image: Attracting women at the gym]

However, you've got to make sure that you approach this with an understanding that your results are not going to be the same as meeting a woman in a bar or nightclub. Some women are open to being picked up in gyms, but there will usually be less single women in a gym compared to a bar or nightclub or at a speed dating event for example.

As long as you are cool with that, then let's get started.

The first thing you need to be able to do is make her feel attracted to you.

Watch this video to understand how a woman's attraction for a man works and how you can use it to pick up women at the gym...

As you will discover from the video above, you can make a woman feel attracted to you in many different ways (e.g. by displaying confidence, being charismatic, being charming, using humor, etc).

As long as you are triggering a woman's feelings of attraction for you, she will be interested in you.

Don't Get Sucked Into the Serious, Lonely Vibe That People Often Have at a Gym

[image: How to attract girls at the gym]

People tend to base their behavior on what everyone else is doing. If people normally remain quite and look serious in a gym environment, you will find that most people just copy that vibe and go along with it.

However, there is always room to lead the way to a different vibe.

It is always up to you how you feel in any given situation and if you are smart enough to be the cool, easy going guy, then the gym is going to be a great place for you to attract and pick up women.

Here's what you need to do...

Focus on your workout, but also have an easy-going, open vibe. If you are standing around waiting to use some equipment and someone (a man or a woman) is waiting around as well, just be the cool, confident, easy-going guy and say, "Hey...how's your workout going?" and have a casual, easy going chat.

You don't have to talk for a long time. It might only be 10-15 seconds, but just be the guy who isn't afraid to be awake and alive in the gym, compared to everyone else who has gone into their shell and is feeling alone amongst all the strangers in the gym.

It's not about forcing conversation on people, but simply being open to say a quick hi or have a casual exchange of a few words. No-one likes the idiot who wants to have long conversations with people who don't like him, whether it is in a gym, at a bar or at party.

However, if you're a cool, confident, easy-going guy and you're just saying something casual without expecting a serious conversation, then people will respect that.

More importantly, it will put you in the right frame of mind to be able to talk to and attract women in a much more natural, easy-going way.

Mistakes That Guys Make When Approaching a Woman at the Gym

Ben and Stu from The Modern Man worked as personal trainers in gyms for over 7 years.

They don't have huge muscles, but they get laid by hot women all the time.

[image: Ben, Stu and Dan - The Modern Man coaches]

Here are some classic mistakes that Ben and Stu have seen guys making in an attempt to attract women in a gym environment:

1. Trying to impress her by lifting a lot of weight

This type of guy lifts way more weight than he can handle and thinks that by showing his strength, she will be impressed and attracted to him.

In his mind, he thinks, *"She'll see how masculine and strong I am and it will turn her on"* and will believe that he is standing out from the crowd. Yet, in reality, most people don't give a crap about what other people are doing during their workout and are simply focused on themselves...women included.

Some guys will even go so far as to exaggerate the amount of reps they are doing, in order to impress nearby women. When a woman walks past, he'll start counting his reps aloud from 100 (101, 102, 103, etc) and hope that his apparent stamina will impress her.

What guys like that don't realize is that women actually lose interest in guys who feel the need to impress them. Most women want to find a guy who knows that he is good enough for her and doesn't need to put on a big show to make that known.

If a guy wants to pick up a woman, he needs to interact with her and trigger her feelings of attraction for who he is (e.g. by being confident, charismatic, funny, etc), rather than hoping that she will say, *"WOW! You're so strong! Let me suck your..."*

2. Thinking that it's all about the muscles

[image: Movie star muscle]

From left: Dwayne Johnson (The Rock), Hulk Hogan, Sylvester Stallone and Arnold Schwarzenegger.

Some guys think that a woman at a gym will only be attracted to them if they have big muscles and a perfect physique that resembles something like The Rock or a young Arnold Schwarzenegger.

This idea started with Charles Atlas a little less than 100 years ago who encouraged young teenage boys to start working out and developing their muscles so that *"they don't get sand kicked in their face"* and lose the girl to the bully with the big biceps.

[image: Charles Atlas - don't be half a man]

Many guys bought into Atlas's idea and spent YEARS of their life working out and building muscle, even though they weren't experiencing any more success with women.

Guys may have gotten a little boost of confidence initially (from their new physique), but they still lacked the ability to attract and turn women on with their personality.

The fact is, most women (not all) place less importance on a guy's physique and more importance on his personality...even in a gym environment. If a guy has muscles, but comes across in a way that turns her off, a woman isn't going to say, *"Well, I'm turned off by your personality and you bore me to tears, BUT you have big muscles, so okay, I want to suck your..."*

It's just not how it works.

Yes, some women definitely do want a guy to have muscles, but the majority of women place much more importance on a guy's personality and how it makes her feel.

Want some proof?

Watch this video and you will see what I mean...

As you will discover from the video above, most women are much more flexible about what they find attractive in a man than most guys realize.

There's nothing wrong with having muscles or working hard to stay fit, but the truth is that you are already good enough for most women you meet. That's a fact.

3. Disturbing her workout have a long conversation

Some women are very serious getting in shape or staying in shape, so when they are at a gym, they tend to be focused on burning calories and toning their body.

When a guy walks up to a woman and tries to have an in-depth, ongoing conversation while she is exercising, he is being inconsiderate and she will most-likely show her frustration by ignoring him or walking away to continue her workout.

The right way to approach her is to wait for her to take a break in between sets, or talk to her when she is waiting around to use equipment.

Simply smile, be confident and easy-going and have a quick chat with her and add in some humor (which will attract her) if you get a chance. For example:

You: Hey, how's your workout going?

Her: Good thanks and you?

You: Horrible.

Her: [Shocked and thinking "Huh?" and may even ask you, "Why?"] **You:** Just kidding. I was having a great workout today, then I saw you and now it's an awesome workout. You've made my day with your cute smile.

Her: [Most-likely laughing and thanking you for the compliment] **You:** I'm Dan by the way, what's your name?

Her: [Gives you her name e.g. Rebecca] **You:** Cool, well nice to meet you Rebecca...I'm going to get back to my workout, but be afraid to come over and help me lift some weights. You might be skinny, but you look strong.

Her: [Most-likely laughing].

See how it works?

You're being confident, easy-going and you're adding in humor to get her laughing, which will make her feel attracted to you. You're also not trying to stick around and talk to her for a long time and are respecting the fact that people are at the gym to work out.

She might want to stop and keep the conversation going with you, but if she wants to keep working out, at least you've sparked her attraction for you and now have an opening the next time you see her. For example:

You: Hey Rebecca...the girl with the cute smile. How've you been?

Her: [Tells you] **You:** You're looking even more toned and in shape than last time.

Her: [Thanks you for the compliment] **You:** [Smile and jokingly ask] How about me? I look really good, don't I?

The question about you looking good is meant as a joke and will show her that you don't take your physical appearance as seriously as other guys do. You know that you look good enough for most women (no matter what your body shape is), so you are simply having a laugh with her and getting her to smile.

Getting a woman smiling and laughing when interacting with you (even if just briefly for 5-10 seconds) is worth more than an hour of boring, nice, polite conversation that doesn't spark her feelings of attraction.

4. Acting like her personal trainer when she hasn't asked for it

A guy like this will think he is being cool by telling a woman how she should do the exercises. *"Hey, you're doing that wrong...you're going to hurt yourself"* or *"Hey, if you want to get better results, you should..."*

He will shower her his workout tips and believe that by showing her how knowledgeable he is about the gym, she might like to use him for a while and be his girlfriend. Yet, she is more likely to thank him politely and then get rid of him as quickly as possible.

5. Being a really polite, nice guy

This type of guy thinks that if he is the perfect gentleman to a woman, she will be impressed by his manners and want to give him her phone number and go on a date with.

That's not how it works. Here's why...

As you will discover from the video above, sexual attraction is the glue that connects a man and a woman together and without it, they might as well be work colleagues, friends or family.

Women definitely like it when guys are polite and well-mannered when appropriate, but if a guy attempts to use politeness to impress her and doesn't build any sexual attraction between them, she's not going to be interested in anything sexual.

Sexual attraction has to come first and everything else flows on naturally after that. You can make women feel attracted to you in more than 100 different ways when you interact with them (e.g. by being confident, charismatic, charming, funny, etc).

Getting the Results With Women That You Want

Your level of success with women ultimately comes down to your ability to trigger a woman's attraction when you meet her and then deepening her feelings of attraction, respect and love when in a relationship.

Most women will not be interested in a guy purely based on his muscles or the fact that he is a nice guy. You've got to be able to make her feel turned on by who you are and when she feels that, she will then appreciate everything else about you that is appealing...

×

[image]

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[image: Dan Bacon]

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How to Be a Distinguished Gentleman

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

People will consider you to be a distinguished gentleman if you are:

- Confident and charismatic in social situations.
- Charming when you interact with ladies.
- Well dressed in the appropriate fashion for whatever the occasion is.
- Successful in your career or business endeavours.
- Always well groomed.
- Well mannered and courteous, but also assertive and strong.
- Have the kind of money that allows you to live a luxury lifestyle.

As you can see from the list above, it's not easy to be labelled as being a distinguished gentleman, is it?

[image: When will I be good enough for women?]

Let me ask you something...

Why are you interested in becoming a distinguished gentleman? Is it because you think women will like you more and it will be easier for you to get laid, get a girlfriend or find yourself a beautiful wife?

Yes, being a distinguished gentleman will make it easier for you to attract women, but you don't have to go to those lengths to be attractive to most women.

[image: Being a distinguished gentleman]

Watch this video to understand how a woman's attraction for a man works and how you can use it to get what you want with women, whether you become a distinguished gentleman or not...

As you will discover from the video above, most women don't require you to be an amazing, distinguished gentleman to qualify as a potential lover, boyfriend or husband.

Likewise, you don't need to go to those lengths to be liked, respect and admired by other people.

Of course, if you want to become a distinguished gentleman, then go ahead and follow through on that goal by all means, but if your real motive is to hopefully impress women, you might end up wasting half your life to be "good enough" without realizing that you are already good enough for most women right now.

[image: Most women don't expect you to be a distinguished gentleman]

The truth is, most women don't expect you to be an most amazing, utterly perfect gentleman and are simply looking for a good man who treats her well. You are most-likely already a good man right now, so as long as you know how to make women feel attracted to you, they will love the fact that you're also a good guy.

Cultural Trends Always Come and Go

[image: Distinguished gentleman]

Have you ever noticed the way that culture always changes over time, even if people don't want it to? Yet, when the cultural trend is happening, pretty much everyone believes that it is the best way to live life and how things will be forever.

The men who were trying to be distinguished gentleman way back in 1900, wouldn't have been able to imagine the world that we now live in. Internet, porn, sex before marriage, TV, movies, video games, virtual reality and women wearing mini skirts.

[image: Modern dating life]

Back then, people had a very innocent way of looking at life. Yet, the world has changed, as it always does.

[image: Modern dating life]

Just because it used to be cool to be a distinguished gentleman, it doesn't mean that it is a cultural tradition that the world must keep alive. Most people don't even know what a distinguished gentleman is and they really don't care.

It might have been important 100 years ago, but in today's world, people are more open minded and tend to laugh at old cultural ideas that enforce strict rules of behavior.

Of course, there's nothing wrong with living the life of a distinguished gentleman if you want, but if you're doing it to hopefully be wanted by women one day, you're probably going to waste a lot of your time trying to be good enough for women who would like you as you are right now.

Where Guys Go Wrong

Practicing good manners and being a gentleman to a woman is a great thing to do, but a modern woman will only appreciate such a gesture if she is sexually attracted to you.

In the past, women were dependant on men for their survival and men usually took on the role as the sole breadwinner and protector of the household.

A woman had to find a nice man, marry him and she would then lose her virginity, raise their children and take care of the cooking and cleaning.

[image: Getting married to a gentleman]

Back then, it made a lot of sense to marry a man who seemed like a distinguished gentleman, because it would usually mean that he would be able to support her and would hopefully treat her with respect as well.

In the old days, men would get away with mistreating their woman and no matter how badly she was treated, she had to stay married to him because divorce was shameful.

Fast forward to the present day and it's a completely different story altogether.

[image: Modern women]

Women can now earn their own money, have pre-marital sex and break up with or divorce men if

they are not happy.

So, in today's day and age, it's not a man's gentlemanly status that makes a woman select him for a husband. Instead, the majority of women now select a man based on how much sexual attraction he makes her feel and, after they've taken each other for a sexual test drive, she will then see how she feels about having a committed relationship with him.

According to a USA study, 55% of couples admitted to having sex on their first date and a European study found that 70% of women admitted to having had experienced a one night stand (sex on the first night) before.

It's definitely not 1900 anymore.

There's nothing wrong with approaching a woman with the air and graces of a gentleman, but you have to make sure that you begin by making her feel sexually attracted to you.

If you don't trigger her feelings of sexual attraction first and simply expect her to like you for being a nice guy, she will feel turned off by the fact that you're acting like a man from 100 years ago and haven't caught up with the times.

Why Do Women Reject Some Guys Who Act Like a Gentleman?

[image: Rejected for being a nice gentleman]

Have you ever noticed how women get excited when some guys behave like a gentleman, but then reject other guys who do the same thing?

The reason is pretty simple.

The guy who makes the woman feel excited about his gentlemanly behavior will have made her feel **attracted** to him first, whereas the reject will have been hoping to be **liked** for being such a nice gentleman.

You Are Good Enough Right Now

Distinguished (adjective): made conspicuous by excellence; noted; eminent; famous.

Having an air of distinction, dignity, or eminence.

The label of being a distinguished gentleman is something that may take you a lifetime to accomplish (e.g. it usually takes a lot of achievement and excellence to be known as a distinguished scientist, author, actor, businessman or public figure).

Some guys make the mistake of taking the "distinguished gentleman" dream way too far and end up wasting most of their lives trying to be like James Bond or become a mega rich business tycoon.

As a result, they rarely, if ever, reach the point where they feel good enough around beautiful women and successful people. No matter how much they achieve, they always feel like they need to do more to be truly impressive and hopefully, one day, be seen as a distinguished gentleman.

Here's the thing that you must realize though...

THE MAN YOU ARE RIGHT NOW IS GOOD ENOUGH FOR MOST WOMEN.

If you decide to put more time and effort being more of a gentleman, then by all means go ahead and do that, but just make sure that you don't waste any more time thinking that you're not good enough for most women and most people in this world.

The truth is, you are already good enough for most women and most people will like you if you just believe in yourself and believe that you are good enough. Think about the cool guys that you know who believe in themselves and their value to other people, even though they are not a man of high status.

It's great that you want to be seen as a gentleman, but in today's world, it doesn't count for much if you're just being a nice, well-mannered man to people. If you want women to desire you and men to respect you, it requires more than just being seen as a gentleman...

×

[image]

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[image: Dan Bacon]

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Does She Like Me More Than a Friend? How to Know

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

When a guy asks, *“Does she like me more than a friend?”* he’s often looking for some kind of failsafe way to know for sure how she feels, before making a move or asking her out on a date.

That way, he can rule out the potential for rejection and not ending up ruining his friendship or professional relationship with her.

So, what is that failsafe way?

Attraction.

When you make a woman feel sexually attracted to you, she will naturally like you more than a friend.

[image: The failsafe attraction method]

She will begin to look at you in a sexual way and if you build up enough sexual tension between you (this can be done during a 5-10 minute interaction), she will feel like she needs to release that sexual tension by kissing you and having sex with you.

Do you know how to make women feel sexually attracted to you during an interaction? Do you know how to build up the sexual tension between you and a woman?

Watch this video to find out...

As you will discover from the video above, you don’t have to worry about whether or not this woman likes you. You can literally make her feel attracted to you in more than 100 different ways.

For example: You can attract her by being confident, charismatic, making her laugh, having a masculine vibe that makes her feel girly around you, etc. There are so many ways that you can turn her on and make sure that she likes you more than just a friend.

Should You Tell Her That You Like Her?

[image: Should you tell her that you like her?]

Only if you have made her feel very attracted to you first.

When a guy tells a girl that he likes her and want to date her, she will usually play hard to get if he hasn’t made her feel a lot of attraction for him beforehand.

If she only “kind of” likes him and isn’t sure whether she wants anything more than friends, she will usually say something like, *“I don’t want to ruin our friendship”* or *“Sorry if I gave you the wrong idea, but I’m not looking for a boyfriend right now”* or *“Thanks, but I think we’d be better off as friends.”*

So, what is the solution?

To make it 100% certain that she likes you, first make her feel a lot of attraction and then be a challenge for her to win over. Watch this video below to understand how that works and why women prefer guys who are a challenge...

As you will discover from the video above, if the woman that you like is attractive, she will be bored of how easily guys like her without her having to do anything other than look good.

Most guys refuse to give a woman the experience of winning him over because they think it is wrong, rude, mean or silly mind games to be a challenge.

Yet, as you will discover from the video above, you will actually be giving a woman an exciting, highly desired gift if you attract her and then make her have to impress you to win you over.

Liking You as a Friend Doesn't Mean That She Wants to Be Your Girlfriend

[image: Being the friend]

Some guys make the mistake of thinking that a woman *liking* him as a friend is the same as a woman being romantically or sexually interested.

Here's the thing...

A woman can like a guy as a friend without feeling ANY sexual attraction for him or having any reason to want to be his girlfriend. So, don't make the mistake of being a woman's "best friend" and thinking that being a "likeable" guy will make her want to be in a romantic relationship with you.

That kind of fantasy storyline plays out in Hollywood movies and TV sitcoms, but in real life, women simply hook up with guys who make them feel attracted and turned on...even if the guy isn't the nicest guy in the world.

[image: Why did she hook up with that guy? I thought she liked me...!]

Of course, there is nothing wrong with being nice to women, but if you want to get laid or get a girlfriend, you've got to be willing to say and do the types of things that turn women on, rather than just expecting that women will want you because you're nice.

Many guys mistakenly think that when a woman says, "*I want a nice guy*" it means that she wants a really nice, polite guy who will treat her like a princess. Yet, what it really means is that she wants a good guy who also makes her feel sexually turned on.

When a guy doesn't understand that key difference, he will waste a lot of time and energy trying to show women that he's a nice, trustworthy guy who is willing to wait as long as it takes to finally get a chance to be with her.

Yet, no matter how nice he behaves around women, how well he treats them, they just keep rejecting him and laughing at him behind his back.

[image: I'm a nice guy. Why are women so mean to me? Can't they see that I'm a good guy and will treat them well?]

In his mind, he might think that women are crazy bitches and only want bad boys, but what is really going on is that he's missing the point of what women are REALLY saying.

He may think, "I'm a nice guy. Why are women so mean to me? Can't they see that I'm a good guy and will treat them well?"

Yet, what he doesn't understand is that women don't want an ass-kissing nice guy who is overly

polite to women in the hope that women take pity on him and give him a chance for being such a doormat. What women want in a good guy who ALSO makes them feel sexually attracted and turned on.

It's not enough just to be nice; you've also got to turn her on.

Women know that just because a guy is nice in the beginning, it doesn't mean he will be nice later on in a relationship.

Common Mistakes That Guys Make When Trying to Get a Female Friend to Like Them

If you just want to be her friend, then go ahead and do whatever you want for her. Be the best friend she's ever had.

However, if you want to have a sexual relationship with her, I would recommend that you avoid making the following classic mistakes...

1. Being at her beck and call

When your friendship with this woman has led to you always being "on call" for her and being available to run to her whenever she needs you, then she is definitely not looking at you as a potential boyfriend.

In fact, she's most likely *using* you to boost her self-esteem (because she knows how much you like her), so she can feel more confident in herself and her value as a woman when she is around other guys who make her feel attracted.

It's the "always-there-for-her" guy in the movies who eventually gets the girl when she realizes that she has been in love with him all along. Yet, it rarely works out that way in the real world.

Real women are attracted to men who are in demand by other women, men who have lots going for them (i.e. they are on their way to success or are already successful) and have cool things going on in their life.

A guy who has his pick of women doesn't have to try too hard to be liked by being on call for a woman as her "helper friend."

He might be generous enough to help her out every now and then, but if he usually isn't going to have any spare time to be her errand boy because he will be having sex with other women, rising through the levels of whatever he is trying to achieve in life or hanging out with his friends and enjoying life.

Here's the thing...

The harder it is for a woman to get a guy's attention, the more she will work at chasing him down and making sure she gets his attention. Guys who understand what really attracts women don't have to waste time wondering, *"Does she like me more than a friend?"* because he will already know that she wants him.

2. Being a shoulder to cry on

In the same way that being at her beck and call will make you less attractive as a man, being a shoulder to cry on will usually have the same effect.

Being the person she turns to when she's upset (e.g. about being dumped by a bad boys) makes you the guy that she can rely on to always be there for her, even though she's not always there for you or is not giving you what YOU want from the relationship (i.e. sex).

If you're the guy that she uses to complain about other guys and cry to when she gets dumped, then you feel like one of her girlfriends or gay guy friends, rather than the guy that she wants to sex with. The mistake here is in thinking that being the guy that she turns to will eventually lead to her realizing that you're the one for her.

If you're making that mistake, then wake up. You're not a fictional character in a Hollywood movie. If you want to have sex with her now, simply start turning her on when you interact with her and then when you've built up enough sexual tension, she will either tell you that she likes you or she will make it completely obvious that she does.

If you see yourself as a "nice guy," the idea of not being available to a female friend may worry you. You might think that she will see you as mean, selfish or accuse you of not caring about her anymore and then want to end the friendship.

3. Being extra nice in the hope that she will "like" you for it

A lot of guys make the mistake of trying to get women to **like** them, instead of getting the woman to feel **sexual attraction**. Liking you doesn't make her want to take her panties off, but sexual attraction does.

Be a Good Guy, But Be a Strong Good Guy

It's a fact of nature that women are attracted the emotional strength (e.g. confidence, determination, etc) in men and turned off by the weakness (e.g. nervousness, insecurity, anxiety).

If you are a good guy and you want women to desire you sexually, you have to display emotional strength when you interact with them. As long as you do that, most women will feel naturally attracted to you.

If you want to make sure that a woman feels attracted to you, simply trigger her feelings of attraction in other ways (e.g. charisma, humor, masculine vibe, etc). The more ways that you can attract a woman, the more irresistible you become.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How to Bring Up Sex When Talking to a Woman

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The best way to bring up sex when talking to a woman is to smile and confidently say,

â☐☐*Youâ☐☐re sexy. I like you.*â☐☐

Before you tell her that you like her and find her sexy, make sure that she feels sexually attracted to you first.

If a woman isn't attracted to a guy and he says that he likes her and thinks she is sexy, she might thank him for the compliment, but she isn't going to think, *"WOW! He likes me!"*

On the other hand, if a guy has made a woman feel attracted to him first and then says that he likes her and thinks she is sexy, she will then feel lucky to finally met a guy who not only turns her on, but is charming and authentic.

[image: Bring up sex when talking to a woman]

Telling a woman is sexy cuts through all the mind games that tend to go on when a man and a woman aren't being totally honest about how they feel about each other.

If a woman is interacting with a guy who is just acting like a friend, she might decide to play hard to get with him to see if he will chase her. When he begins to chase her and show lots of interest (even though she isn't attracted), she then loses interest because he is being so desperate and clueless.

So, to cut through all the BS games and get right to the point, start by making her feel attracted to you (e.g. by being confident, charismatic, funny, having a masculine vibe, etc) and then tell her that you like her and think she is sexy.

[image: Bringing up sex when talking to a woman]

Watch this video to understand how a woman's attraction for a man works and how you can use that to make her feel excited and happy when you bring up the subject up sex...

As you will discover from the video above, you can attract women in many different ways at once.

When a woman is attracted to you, she will then be much more open and interested in having a sexually charged conversation with you.

Most Women Are Insecure About Their Sex Appeal

[image: Women insecure about their looks]

Most guys have no idea how insecure women really are.

For example: According to the global study carried out by Dove cosmetics, 96% of women do not consider themselves to be beautiful.

Crazy, right?

Well, it is nuts, but it's also a huge opportunity for you to get what you want with women.

When you are the confident, charismatic guy who makes a woman feel attracted and then ALSO give her a sexual compliment, she then feels excited to be interacting with you (because she feels attracted to you) and feels confident that you like her (because you've given her the direct compliment).

Of course, almost all women ACT like they think they are extremely beautiful, sexy and desirable. However, statistically speaking, most women are insecure.

I know this from my personal experiences of picking up and having sex with more than 250 women. While some women are very confident in their sex appeal, they always have something about their physical appearance (e.g. nose, hair, skin, hips, etc) that they wish they could change.

So, make sure that you don't hide behind the act of being an innocent nice guy when you talk to women. Be direct and after you've triggered her attraction for you, go ahead and tell her that you find her sexy.

By the way...

Here's why being a super nice guy often results in rejection...

As you will discover from the video above, there's nothing wrong with being nice to a woman, but niceness isn't the thing that makes her wet.

Women really only appreciate a guy's nice behavior when they are attracted to him. If a guy makes a woman feel attracted to him (e.g. by being confident, charismatic, funny, etc), she will then look at his nice behavior as being charming.

Most guys don't know that simple difference between being seen as a charming guy rather than a nice guy. Now that you know it, make sure that you use it to your advantage the next time you talk to an attractive woman.

Talking About Sex With a Woman You Already Know

If you don't have the confidence to pull off a statement like, *â€œYou're sexy. I like youâ€œ* then simply focus on flirting and creating sexual tension between you and her instead.

Watch this video to understand how to use flirting and why women love it so much...

Flirting is a subtle language that is spoken between a man and woman, which essentially communicates, *â€œHey, I want to sex with you. Do you want to have sex with me?â€œ* without EVER having to say that or ask that type of question.

You can flirt with a woman via your body language, behavior, words, vibe and actions.

A classic example of using words to flirt with a woman and bring up sex while talking to her is when she says something in a conversation like, *â€œI'm good with my hands.â€œ*

To flirt with her, your response needs to be a confident smile and a bit of a laugh, then say, *â€œOhhhh, okayâ€œ* and then just let her realize what has just happened.

[image: Creating a sexually charged conversation with flirting]

If she is attracted to you and is open to flirting with you, she will continue on with the joke about being good with her hands and will become sexually suggestive.

For example: She might then say that if you play your cards right, you might be able to see what else her hands can do.

Taking the Next Step

Once flirting has opened up the channels of sexual communication and you both know where the interaction is heading (i.e. to kissing, sex or at least the exchange of contact details), talking about having sex will naturally begin to happen, because you will both know that it is now appropriate and fun to talk about sex with each other.

However, don't make the newbie mistake of just talking about sex, sex, sex. Although she has given the "green light" to begin talking about sex, you will still need to be classy about it, by being discreet and subtle.

Some women are very open to talking about sex, but most are a bit shy about admitting how much they want it. So, you should only talk about sex sparingly and then get back to connecting with her and moving towards a kiss and then actual sex.

Mistakes That Guys Make When They Try to Bring Up Sex When Talking to a Woman

[image: Why is she being so harsh? I thought she liked me]

1. Thinking he has to talk about sex to get sex

Some guys assume that if they talk about sex with a woman, it will turn her on and they will then get sex.

A guy might get this idea from watching too much porn, observing how women behave in music videos or watching too many Hollywood movies and confusing fantasy with reality.

In the real world, most women (not all) are much more subtle about how they express their sexual interest in a guy and prefer to use flirting to get the message across.

Sometimes, a guy will make the mistake of bringing up something sexual with a woman at work, at university or in front of friends and to avoid looking slutty, the woman will reject him in front of other people.

She might have actually liked him and wanted to have sex with him, but she can't always be so obvious about it. In most cases, women have to be very subtle and use flirting, otherwise people will think she is too slutty and easy to have sex with.

2. Being too pushy about it

[image: Being too pushy about wanting sex]

When a woman shows sexual interest in a guy, he might make the classic mistake of becoming so eager to close the deal that he becomes pushy and demanding about it.

If he is like most guys who don't have much luck with women, he will know that he is just getting lucky, so he wants to make sure that he acts fast before she changes her mind. Although she might be interested in having sex with him to begin with, if he pushes and she feels his desperation, she will be turned off immediately.

3. Not using sexual body language to turn her on

Sexual body language is a vital component of the human mating dance; too little and she won't

respond, too much and sheâ€¦ will feel threatened or feel like the guy is being too sleazy.

Knowing the right amount of sexual body language to use is a subtle art.

Likewise, touching a woman in a confident, charming way is sexy and will turn her on, but touching her in a nervous, tense or hesitant way will usually cause a woman to either reject the guy or retreat from him because she feels uncomfortable.

4. Putting her on a pedestal and expecting her to take the lead

If a guy lacks confidence in his sex appeal to women, he will usually believe that most women are better than him and that he will have to get lucky if he's ever going to get a chance with an attractive woman.

When a guy like that talks to an attractive woman and she happens to show a bit of sexual interest, he will usually mess it up by doubting himself and waiting for her to make it even more obvious that she likes him.

He will show lots of interest in her and hope that she leads the way to kissing, sex or an exchange of phone numbers. Yet, when the attractive woman realizes that he's yet another low self-esteem guy who is intimidated by her, she will instantly lose interest.

How I Bring Up Sex With a Woman

[image: Dan Bacon at a nightclub with girlfriend]

Above: That's me picking up my sexy, 22 year old girlfriend (she's 15 years younger than me).

The way that I bring up sex with a woman is â€¦ however the heck I wantâ€¦ because I am a confident guy and no matter how challenging a woman may become in an attempt to Â test me, I never flinch or get nervous.

When I bring up with sex when talking to a woman, I have the confidence to talk about their tits, butt and anything else I want to talk about...even if I have only just met her.

I am not afraid to say whatever I want to say because I know that women like me.

How do I know that? I am skilled at making women feel attracted to me (e.g. by being confident, charismatic, charming, funny, etc), so I know that when I show interest in a girl, she will usually be excited and hoping to get a chance to be with me.

What do I say to bring up sex?

Example: I will look the woman up and down, smile and say, *"Look at you...you're a sexy little thing aren't you?"* and she will then gush and feel all girly around me.

I will often then tell her to *"turn around...let me see your butt"* and she will turn around. Why? I make women feel girly and they then respond to my masculine direction. They love it.

Some guys might see the above statements as being sleazy, rude or chauvinistic, but here's the thing...

I've had sex with more 250 women. How many women have they had sex with?

If you want to get laid and get a girlfriend, don't put on an act of being an innocent nice guy. Be a good guy, but also be authentic about your sexual interest in women. There's nothing to be

embarrassed about or hide away from.

Sexual attraction is normal and women welcome your interest in them as long as you make them feel attracted to you first.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

How to Get a Girl to Ask You Out

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

To get a girl to ask you out, you need to make her feel intense attraction for you to the point where she feels turned on by you and wants to have sex with you as soon as possible.

Then, to make her be the one who asks you out, you need to ensure that you are a challenge for her to win over.

Watch this video to understand how it works...

As you will discover from the video above, a woman will begin to chase you and try to get you to take her out, kiss her or admit that you like her if you can be a challenge to win over.

However, being a challenge is not about acting or pretending to be a challenge (e.g. acting disinterested, avoiding her, telling her that you don't like her).

The right way to be a challenge is to make her feel a lot of attraction for you and then only show real signs of interest when she impresses you (e.g. she dresses well, she says something funny, she does something nice for you, she laughs at your jokes, etc).

If she isn't presenting herself in the way that you want, you have to hold back from being fully interested in her. Only decide to give her a chance to be with you when you feel like she deserves it.

Why Don't Girls Ask Me Out?

[image: Why don't girls ask me out?]

Some guys waste half their life hoping to be asked out by girls, but it never happens for them.

Why?

Is it because the guy isn't good looking enough, rich enough or tall enough?

No.

Here is the real reason why so many good guys fail with women...

As you will discover from the video above, most girls (not all girls) are much more flexible about what they find attractive than most guys realize.

Most of the guys who never get asked out by girls are simply making the mistake of being too much of a nice guy and not doing ANYTHING to spark the girl's feelings of sexual attraction for him.

Making it Happen

[image: Getting a girl to ask you out]

If a girl is going to ask you out, she will first have to be feeling SO MUCH attraction for you that she simply can't stop herself from saying something that suggest she likes you and wants something to happen between you and her.

What will she say?

Don't expect her to say, *â€œHey I like you and want to date you. Do you want to go out on a*

*date with me and be my boyfriend?*â□□

Why? Most girls aren't that direct and will instead hint at how much they like you or hint at wanting to catch up with you one on one.

For example:Â She might say, *â□□So, do you have any plans for this weekend?*â□□ or *â□□Are you going to the party on Friday night?*â□□

Girls do this to give you hints and then they hope that you have enough confidence in yourself to know that she really is interested.

Girls also hope that you have enough masculinity to take charge of the situation, rather than hoping that she is "the man" in the situation and guides you through the process by kissing you first, undressing you and having sex with you..

If you want her to ask you out,youâ□□re going to have to be so irresistible that she feels powerless to stop herself from saying something or, at the very least, she feels that she canâ□□t help but make it completely obvious that she wants to go out with you. So how do you do that?

Simple.

Trigger her feelings of sexual attraction for you. You can do this by displaying confidence, charisma, charm and making her laugh during a conversation.

Watch this video to understand where guys mess up when talking to girls and what you should do instead to succeed...

As you will discover from the video above, most guys ruin a girl's attraction when they talk to her, which is a huge opportunity for you.

When you are the guy that effortlessly turns girls on during conversation, you are the guy that they line up to ask out. The more girls that are interested in you, the more attracted other girls become. It's really cool how it works.

3 Traits That Will Make Her Attracted to You

You can attract girls in more than 100 different ways and literally make girls go crazy over you.

Here are 3 examples of ways to attract women:

1. Confidence

A guy with genuine self-confidence knows how to talk to girls in a way that makes them feel relaxed and comfortable in his presence, whereas a nervous, self-doubting, shy guy makes girls feel uncomfortable.

Unless a girl is mean, she won't want to feel responsible for making a guy feel nervous and anxious when talking to her. So, rather than continuing to talk to him, she will usually reject him, ignore him or be cold towards him in the hope that he will go away.

When a confident guy talks to a girl, she not only feels attracted, but she can relax because she doesn't have to be gentle with him. She can be nice or challenging towards the confident guy and he will always remain confident. This allows the girl to be herself and as a result, she feels happier around the confident guy.

Women are also attracted to confident guys because life is often very challenging and women feel

safer when with a confident guy compared to a nervous, self-doubting, shy guy.

2. Masculinity

Girls are instinctively attracted to guys with masculine traits (e.g. confidence, drive, assertiveness, determination, presence, masculine vibe, etc).

Girls automatically know when they are in the presence of such a man because they suddenly feel feminine and girly when around him. Most of the guys that a girl meets won't be able to make her feel that way because guys mistakenly suppress their masculinity to be nice and to hopefully get along with her like a friend.

If you want girls to feel sexually turned on by you, don't suppress your masculinity.

Just like you feel instantly attracted to a girl who is physically beautiful, a girl will feel instantly attracted to a guy who is masculine in his thinking, behavior, vibe and attitude.

However, don't make the mistake of acting like you are tough or too cool for her or anyone else. That is insecurity, not masculinity.

A real masculine guy doesn't need to put on any act. He's the man and he knows it.

3. Social intelligence

A guy with social intelligence is able to get along with people easily, make people respect him and if he is a good guy, he is also respectful to others.

With social intelligence, you are a guy who makes friends easily and you are completely relaxed just being yourself in any social environment.

A confident, masculine guy with social intelligence is very attractive in a girl's eyes and is the type of guy that she would be willing to ask out if she had to.

Avoiding Rejection if You Decide to Ask Her Out

If you don't want to wait for her to ask you out, there's a technique that I call a Half Date, which ensures you won't be rejected for asking her out on a formal date.

Examples of Half Dates are:

- Inviting her to a party that you're already going to.
- Inviting her to join you and some friends who are going to a bar on a Friday night.
- Inviting her to a house party at your place.
- Inviting her to join you to go watch your favorite sports team with some friends.

[image: The Half Date]

Sometimes you can't get a girl to join you for a traditional first date (just you and her), so you will need to invite her to a party or get her to meet you and some friends at a bar/club.

Essentially, it's about inviting her to an event or place that you are going to be at with friends. That way, it's not a 1-on-1 date and both you and her don't have to be worried about getting rejected.

When she attends the Half Date, simply ensuring that you are making her feel attracted to you. Then, when the moment is right, get alone with her and move in for a kiss or invite to come and "hang out" at your place after the event.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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How to Court a Woman: Courting Vs. Dating

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Courting a woman today is a quick and fairly simple process.

In the past, a man would need to court a virgin woman for months or even years and then ask her father for permission to marry his daughter.

[image: Old style of courtship]

Once he got that blessing, they could get married and then begin having sex and living together.

Today's world is clearly different...

[image: Sex on the first night or first date]

According a study in the USA, 55% of couples admitted to having had sex on their first date and a European study found that 70% of women have had a one night stand before.

In other words, sex usually happens very quickly during the courtship process.

The Steps of a Successful Courtship

To court a woman into a committed relationship, you need to:

1. Make her feel sexually attracted to you.

In the past, a man would need to mostly focus on showing a woman (and her family) that he was capable of providing for her.

In today's world, most women select men based on how much sexual attraction he makes her feel first. They will take a guy for a "test drive" by having sex with him and trying out a relationship and if it makes her happy, she will stick around.

Many of the women you will meet will not be looking to immediately settle down with a guy and commit to marriage on the first date. Initially, all that most women are interested in is whether or not they feel sexually drawn to you.

After sex has happened and she's got a feel for what a relationship with you seems like, she will then make her decision on how serious she wants to get with you (e.g. just date for a while, be boyfriend and girlfriend for a few years and then break up, get engaged and see how it feels or begin talking about and planning your future together as a married couple).

Do you know how to make a woman feel sexually attracted to you when you interact with her?

Watch this video to understand how a woman's attraction for a man works and how you can use it to ensure the courtship flow smoothly from one step to the next...

2. Take things to a sexual level.

When guiding a modern woman through the courtship process, you usually can't waste too much time "dating" without actually having sex.

If you wait too long, a woman may end up going out with her girlfriends and having sex on the first with a guy that she meets in a bar or nightclub. Once they've had sex, the relationship will begin and you will probably be left behind.

Just because you are courting her into a relationship, it doesn't mean that kissing, sex and sexual attraction are not part of the equation.

Watch this video to understand what happens when a guy acts like a friend and doesn't include the sexual side of the courtship...

If you want the courtship to feel amazing for her, you must include sexual attraction and when it is appropriate, you should move in for a kiss and get to sex.

Women today are open to having sex very quickly. It's not 1900 anymore where a man and a woman had to wait until the wedding night to have sex.

These days, almost all couples have plenty of sex during the courtship process to test each other out and see how they feel.

3. Treat her like a potential wife.

If you are serious about courting a woman into a committed relationship or marriage, you shouldn't treat her like yet another girl that you're dating.

Once you and her have talked about wanting to be serious with each other, you need to get rid of any other that you're dating and treat your chosen woman as the one.

4. Take the relationship to the next level.

After being together for a while, you will either gradually progress through the 5 stages of a relationship and into a marriage, or you won't.

Sometimes, a man and a woman will be against marriage and will instead take things to the next level by moving in together, having children and getting a mortgage together for example.

Whatever it is for you is fine, but if you're serious about courting her into a lifelong relationship, always make sure that you are moving towards higher stages of your relationship and commitment together, rather than getting stuck at a certain point and then eventually getting bored of that type of relationship.

Personally speaking, I eventually decided to accept my girlfriend's marriage proposal because it just seemed like the right thing to do. We got married back in April and I now look at it as one of the best decisions I've ever made in life.

The type of love, respect, attraction and commitment you will have for each other when you get married feels nothing like the experience of being in a dating relationship or a boyfriend/girlfriend relationship.

I used to look at marriage as being out of date and a dying tradition, but now I know that it's one of the best things you will ever do in life. The feeling of peace, security and deep love that you feel like is like nothing else in life.

Of course, marriage isn't for everyone, as this live poll shows...

Poll

"What is Your Relationship Goal?"

- ☐ Marry a woman and stay with her for life

- ☐ Stay with one woman for life without getting married
- ☐ Have relationships with many women throughout life
- ☐ Still not sure

Vote

[View Results](#)

[image: Loading ...]

Loading ...

Courting 101

Before we go any further, let's have a look at the dictionary definitions of courting vs. dating to make things clear:

Courtship (noun): The act, period or art of seeking the love of someone with the intent to marry or stay together for life. The wooing of one person by another.

Dating (noun): The act of spending time with another person for fun, sex or a casual relationship.

As you can see by the dictionary definitions, courting means that you're in this for real and dating means that you're just having some fun, learning and experiencing what a relationship is like.

Courting a woman is about committing to her and the relationship with a view to making it a solid, loving and lasting one.

Back when I was living the playboy lifestyle of dating and having sex with multiple women at once, I rarely got into "courting" mode because I didn't want to give a woman the impression that I was serious about her and ready to settle down.

Instead, the impression that I gave her was that it was just a bit of fun for now. To make that clear, I would often have to say, *"I am not looking for a serious relationship right now, but let's just see where this goes"* or *"I don't have time for a full time girlfriend right now, but I'm happy to see where this goes"* and the woman would then get the point.

However, other times, I wouldn't even have to say anything like that because both the woman and I would know that it was just about having sex and some good times together and if things got more serious between us, we'd think about that then.

Yet, when I came across my girlfriend (who recently became my wife), I switched from dating mode to courting mode. Her and I could both sense that we were open to a full commitment.

We instantly began going on lots of interesting dates, spending quality time with each other and didn't want to be apart. I had escalated to sex as quickly as I usually did with other women, but we both sensed that this wasn't just going to be about having casual sex or a bit of fun.

After about a week, she asked me if I wanted to be exclusive with her and only her and I said yes. I then contacted the four other women in my life (who I had stopped seeing since meeting my girl) to let them know that I wasn't going to be available anymore.

Then, two and half years into our relationship we got engaged and then married. Now, we're in the

process of starting a family.

Here's thing though...

The relationship between her and I would have never worked if we met many years ago when I still hadn't worked out how to attract women or how to deepen a woman's feelings of respect, love and attraction in a relationship.

Prior to discovering what I now teach here at The Modern Man, I was basically going through life hoping to get lucky with women and when in a relationship, I would just hope that the woman stuck around because I was a good guy.

Yet, that isn't how it works.

If you want to get yourself a beautiful girlfriend (or wife), you've got to be able to attract the women you meet so you can have your choice of women, rather than just accepting whatever you can get and then trying to make it work with an incompatible woman.

You also need to be able to deepen a woman's feelings of love, respect and attraction for you over time, rather than expecting that she will stick around for life because things felt good at the start.

In today's world, where it's unfortunately no longer very shameful to get divorced, most women will leave a man if he isn't able to make her feel the way that she wants to feel in a relationship.

[image: Don't try to get lucky and then hope that everything magically works out]

So, if you're interested in courting a woman into a relationship and you want that relationship to last for life, make sure that you don't make the mistake of trying to get lucky and magically find a perfectly compatible woman who will stick around because things were good at the start.

Some guys do get lucky in that way, but with a divorce rate of around 50% in most of the developed world, their luck eventually runs out.

Does She Only Want to Have Some Fun With You For a While?

[image: Does she only want to have some fun with you for a while?]

These days, a lot of men and women confuse courting with dating and end up feeling wronged in the process.

For example: A woman may date a guy for a while and have sex with him just because she feels like having a man in her life for a while.

She never intended it to be anything more than that, but a guy who doesn't understand how differently a woman will behave in a courting vs. dating relationship, he may assume that they had been courting and were going down the path of marriage or a lifetime relationship.

He will then feel wronged or betrayed by her when she eventually says something like, *"I need space to find myself. I think we should take a break for a while"* or *"I don't want to be in a relationship anymore. I want to be single like my girlfriends. I'm too young for this."*

The guy might then feel confused and frustrated with women for a long time after that, wondering whether or not he'll ever be able to secure a woman into a lifelong relationship.

[image: Will I ever be able have a successful relationship?]

When you're out there dating women and experiencing relationships, just know that not every relationship will result in a lifelong commitment.

The more mature and modern way to approach things is to simply be real about your intentions. These days, most people have a number of dating relationships or even serious relationships until they eventually find the right person to settle down with.

You might get lucky and meet your perfect girl right away, but statistically speaking (according to several related studies), you are probably going to kiss, have sex with and enjoy relationships with several women before settling down.

Speeding Up the Courtship Process

[image: Speeding up the courtship process]

Courting may be termed as "getting serious" or "going steady" in today's times, but essentially, it means that both you and your woman (not just you) are choosing to commit to one another exclusively and are looking to a possible future together.

However, if you want to enjoy easy success when you're courting women into a relationship, you should turn the tables on her and make her try hard to impress you and secure YOU into a relationship.

This is called, "being a challenge" and it will apply if the woman you want is beautiful and can easily attract other guys. Watch this video for more info...

As you will discover from the video above, some guys make the mistake of trying really hard to get a chance with a beautiful woman, even though he isn't doing anything to make her feel sexually attracted to him.

There's nothing with courting a woman in a way that suggests you are hoping to secure her into a relationship, but I've found that beautiful women prefer to be the ones trying to secure you into a relationship.

If it is only the guy who wants a serious relationship and the woman isn't sure yet, she will often make him jump through all sorts of unnecessary hoops to impress her (e.g. expensive dinners, gifts, being patient about sex, etc).

He might try to court her for months and she may then decide that she isn't interested and will hook up with another guy (who is getting to the point and making her feel sexually attracted) instead.

In her heart of hearts, a woman wants to be with a man that she feels lucky to be with (i.e. he can have other women, but he is choosing her), rather than feeling like she is settling for a guy who wants her way more than she wants him.

If you want things to flow easily from one step to the next, I recommend that you go into courting mode, but try to genuinely create the dynamic where she is trying to get you to commit more than you are trying to get her to commit.

In other words, only commit to a serious relationship if she treats you well, impresses you with her character (i.e. she is honest, loyal, caring, etc) and you feel like she deserves it. Don't commit to a woman who isn't treating you well, is of bad character (i.e. she is dishonest, untrustworthy, selfish,

etc) or who isn't really your perfect girl.

You don't need to settle for second best and in today's day and age, you really shouldn't be. To keep a relationship together for life, you really have to be a perfect match, so don't risk getting seriously involved with a woman (i.e. moving in, having children, getting married, etc) if you don't truly believe that it will last for life.

How My Wife and I Courted Each Other

[image: Dan Bacon at a nightclub with girlfriend]

When my wife and I first met (photo above), we both stopped dating other people and immediately went into courting mode.

She began to cook big dinners for me, she dressed herself up in sexy ways, massaged me after I'd been working all day and generally looked out for my happiness and well-being.

[image: Dan Bacon with girlfriend]

She also talked about things we could do in the future together. We didn't have to say, "*Hey, you and I are going to commit for life*" because we both knew that we were interested in a serious commitment.

It took us about 8 months before we both sincerely began to talk about a lifetime commitment and pretty much agreed that this was it – we'd found the right person and were ready to settle down.

I made sure that we were going out to lots of interesting places and experiencing fun times during the first year. We were building a history of fun, positive, relaxing and enjoyable experiences together, instead of just casually dating and seeing where things would go.

Back when I was dating multiple women at once, I would go to fun places with certain women, but not as frequently as I did with her.

When I was living the playboy lifestyle, I would just be answering my phone (I didn't have to call women) or replying to texts (they'd always text me first) and saying *â€œYes* or *â€œNo* to women's requests to come over to my place and see me.

When a woman would come over, we'd have sex, hang out and watch a movie and usually go out to grab a bite to eat. It was all about having fun and enjoying the sexual tension between us.

However, there was no discussions from me about having a future with any of the women. They would often ask me to commit to them, start a family with them and many even asked me to marry them, but I would always say no.

How to Court a Woman Properly: Establish the Correct Relationship Dynamic

Going into courting mode means that you both have the intention of staying together, whether that means marriage, a lifetime relationship or a serious, long-term relationship with the option of getting married later.

However, intending to stay together for life doesn't guarantee that you will. What does? The

correct relationship dynamic.

If you are doing it correctly, your relationship dynamic will be one where your woman is trying to impress you and maintain your interest, MORE than you are trying to impress her and maintain her interest. Anything other than that is usually a recipe for disaster in today's world.

Unfortunately, a lot of guys get that wrong and tend to gradually lose the woman's respect and attraction during the first few months or years. Eventually, the woman gets to the point where she's had enough and she decides to cheat on him or leave.

Over the years, many guys have asked me things like, *"Dan, if I was doing things wrong, why couldn't my girlfriend have told me? I would have changed whatever she wanted me to. She didn't have to break up with me in such a cold way. Why don't women just speak up and tell us directly?"*

Yet, what these guys don't realize is that a woman doesn't want to be your teacher about how to be a man. A woman doesn't want to have to take on the role of your mother or a big sister and âbabyâ you through the process of being a strong man for her. A woman wants you to work out how to be a man on your own and then just BE that man for her.

Guys who don't understand this will contact me and say that their girlfriend or wife has suddenly dumped them âout of the blue.â Yet, what many of these guys unfortunately haven't realized is that her decision to leave him was something that was in development for a long time.

In a serious relationship, women don't just decide âovernightâ to dump a guy; they give him plenty of hints and signals and hope that he recognizes them, changes and becomes a better man in response.

If he does improve, her reasons for wanting to break up with him will go away and the relationship will usually continue on.

Switching From Dating to Courting the Woman in Your Life

Okay, so let's say that you're currently dating a woman and you want her to switch from that to courting.

You know that you're ready to commit to her and you want her to feel the same way. So, how do you do it?

Simple.

You need to focus on becoming and then BEING the type of man that she would LOVE to commit to. Watch this video for more info...

As you will discover from the video above, you can be the man that a woman desperately wants to secure into a committed relationship. It is completely within your reach and you do not have to end up as another divorce statistic or another guy searching for help online about how to get an ex back.

You can be one of the success stories and have the type of relationship that becomes more enjoyable, fulfilling and rewarding over time.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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Alpha Male vs. Beta Male: What's the Difference?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Being an alpha male is pretty simple.

You essentially have to believe in yourself and go after what you want in life and with women.

When life gets tough or you encounter a challenging situation, you will be considered an alpha male if you remain strong and keep pushing forward to victory or to an alternative solution that gets you to a place that you're happy with.

Rather than trying to kiss everyone's ass to hopefully get them to like you, as an alpha male you simply know that you're good enough, cool enough and worthy enough for whatever you want. If you have to learn, improve or adapt in anyway, you do that, but at the end of the day, you get to where you want to be one way or the other.

Alpha Male, Beta Male and Omega Male

Here are some general examples of differences between three types of human males...

1. Alpha male

[image: Alpha male with women]

A very high level of social confidence and self-assurance.

Determined, not held back by fear, comfortably takes the lead.

Takes a masculine approach to women, which makes them feel feminine and girly in response.

Women respect him and remain attracted to him.

2. Beta male

[image: Beta male]

Mild levels of social confidence and self-assurance.

Mild levels of insecurity, nervousness and fear in social situations. Follows the lead of the alpha male because he is either too afraid or lacks the confidence and belief in himself to be the leading male.

Usually misses out on hooking up with women or getting a girlfriend when an alpha male is around because he makes the woman feel less attracted and he steps out of the way as the alpha male goes after what he wants.

Takes a neutral approach to women, which makes them feel like more of a friend. Women might respect him, but they are unable to remain sexually attracted to him for long because the masculine/feminine dynamic is missing due to his neutral approach.

To keep the sexual spark alive in a relationship between a man and a woman, the man has to take a masculine approach, which in turn allows the woman to feel feminine, girly and emotional around him.

3. Omega male

[image: Omega male with women]

Low to very low levels of social confidence and self-assurance.

High levels of insecurity, nervousness and fear in social situations. Follows the lead of the alpha male and beta male because he is too afraid and lacks the confidence and belief in himself to be the leading male or even the second in command.

Tends to use the “innocent nice guy” approach with women and hopes to be liked enough to be given a chance with a woman. Women neither respect him or feel attracted to him.

Of course, there is nothing wrong with being a good guy to women, but the omega male approach of being an ass-kissing nice guy simply doesn't work with women. Here's why...

As you will discover from the video above, there is nothing wrong with being nice to a woman, but niceness isn't what turns her on.

Being an alpha male to a woman doesn't mean that you need to be a bad boy, jerk or asshole who treats her badly. What we teach here at The Modern Man is how to be a good guy alpha male, which essentially means that you're a good guy who has balls.

Rank and Hierarchy

Essentially, an alpha male is the leader or most dominant man (mentally or physically) in a situation.

A beta male is the male below him (or second in command) and an omega male is the lowest ranking male. Since women are more attracted to alpha males than any other type of guy, if you're not an alpha male then you are less attractive to women than you could be.

One thing I want to point out right away is that being an alpha male is not about being a bad boy.

A lot of guys avoid expressing their inner alpha male because they are confused about the difference between a good guy alpha male and a bad boy, assuming that to “be alpha” means to be mean, selfish or bad to others.

So, to help clear up that confusion, let's take a look at the difference between a bad boy and a good guy alpha male...

1. Good guy alpha male

Confident, mentally and emotionally balanced and strong, able to lead situations when needed, assertive and masculine in his thinking, behavior and the way he takes action.

Caring, loving, compassionate, charismatic, considerate and friendly. Loves people with an open heart, accepting them for who they are and hoping that they feel just as happy as he does with life.

2. Bad boy alpha male

Aggressive, selfish, often emotionally unbalanced, devious. Prefers to see people get hurt (emotionally, mentally, physically). Can be loving, but only if it suits him.

No doubt you will have come across many good guy alpha males and bad boy alpha males in your life.

As you would know from those experiences, the good guy alpha males are usually those who have the respect of most people in a group, have their pick of women, have loads of friends and are

generally successful in life.

Bad boy alpha males may be shown respect by others (out of fear), but they are usually not the most liked or successful in life. They are able to attract hot women due to being confident and masculine, but if a good guy alpha male is available, a woman will go for him instead 9 times out of 10.

Alpha Males on TV and in the Movies

Alpha males are often shown to be bad boys in movies because it makes it fun for the audience to watch the good guy character eventually beat him in the end. The good guy will save the day, save the world or save the girl and they will then live happily ever after.

Often, the nervous, shy, awkward guy will eventually become an alpha male by the end of the movie, which will impress the woman and attract her to him.

Yet, here's thing...

In real life, you will rarely get a chance to save the world to impress a girl. Luckily, attracting women to you by displaying some alpha male traits is a lot easier than you might imagine.

You don't have to save the world, save the day or save her from a bad boy. All you've got to do display SOME attractive personality traits and behaviors (being an alpha male is just one of those) and she will feel attracted to you.

Watch this video to understand how a woman's attraction for a man works and how you can use it to be her alpha male...

As you will discover from the video above, there are many different ways that you can make a woman feel attracted to you.

To attract beautiful women, you don't have to become the number one alpha male in the world who can beat up all other guys or rule the world.

Instead, you simply need to display some personality traits and behaviors that are attractive (e.g. confidence, charisma, charm, humor, masculine vibe, etc) and then guide the woman from a conversation to kiss, sex and into a relationship.

So, don't go wasting your life by thinking that you're never going to be good enough for women because you're not the biggest, most powerful alpha male in the world.

Being alpha is a lot more simple and easy to do than most guys realize. As long as you display some alpha traits, women will feel attracted to you. Of course, the more alpha male traits you display, the more naturally attractive you will be to women, but the truth is that most women are lot easier to attract and pick up than guys realize.

Many women put on an act of being hard to get, but when they meet a guy who makes them feel attracted and then has the balls to move the interaction forward, they usually just go along with it.

Alpha Males in the Animal Kingdom

In the animal kingdom, the alpha male is the "top dog" (or cat) and the leader of the pack.

He is the one who mates with the majority of females in his "pack," so that his strong genes will be passed on, thereby helping to ensure the survival of the species by making it stronger.

In the human world, an alpha male also has his pick of â€œmatesâ€œ because women are instinctively drawn to a man with qualities that mark him out as a â€œbetter survivor.â€œ

Even though we now have supermarkets, police, hospitals and governments, women are still ruled by their primal instincts to find a guy who is going to be more capable of surviving, thriving and prospering in this world.

An alpha male is not guaranteed to survive, thrive and prosper, but a woman's instincts will make her feel more attracted to him rather than a beta or omega male. If a woman meets an omega male who has a lot of money and can clearly survive well financially, it's not going to stop her instincts from making her feel turned on by the personality traits and behaviors of an alpha male.

She might be worse off (financially) with the alpha male, but she will feel horny and want to have sex with him way more than she wants to have sex with the omega.

After all, for most of human history, an omega could be stripped of his resources and wealth if a bad boy alpha male came along and decided to take it.

If you are serious about wanting to understand a woman's attraction for a man, you have to come to terms with the fact that a woman's attraction is directly linked to her survival instincts.

It may seem a bit outdated in our modern world, but women can't turn off their primal instincts just because we now have supermarkets, police, hospitals and governments.

Watch this video to understand why women think, behave and act in ways that many guys consider strange, weird or even wrong...

As you will discover from the video above, women often SAY one thing and then DO the complete opposite.

For example: Just because a woman says that she was a nice guy, it doesn't mean that she feels turned on by nice guys. What she is really saying is that she wants a nice guy who can also turn her on and make her feel girly in response to his masculinity.

Beta Males

The beta male is essentially #2 and the alpha male is #1.

Unlike an alpha male, a beta male might slip into trying too hard to make sure that his qualities are noticed by others. He may do this by bragging, telling stories that highlight his qualities or changing his personality or opinions on the fly to hopefully fit in and be liked by everyone.

Much of what he says and does is designed to hide his insecurities and deflect attention away from his number two status, but people can see right through it. It's an instinct that we have; we know who the true alpha is in any given situation and no matter what the beta says or does, it remains perfectly obvious who is number one and who is number two.

Omega Males

The omega male is the lowest ranking male in a situation, group, pack, etc.

In the animal world, the omega male is the one who picks at the food scraps left behind by the alpha and beta males. When it comes to breeding with the females, he usually misses out completely or is

killed by the pack when trying to breed with a female in secret.

Amongst humans, the omega male is the type of guy that nobody really notices, especially in social settings. He lacks self-confidence and usually comes across as being insecure, desperate and of low social value when he interacts with women.

He lacks masculinity, which makes him feel weak and wimpy to women and thus turns them off sexually.

From his perspective, he will usually see confident guys as being bad boys, jerks and assholes because they are not as nice, innocent and polite as he is. He will feel as though women are crazy for not seeing how much of a good guy he is and will think that women are making a mistake by hooking up with guys that he sees as being bad boys.

He will hope that one day, people will notice that he is a good guy and deserves respect. Yet, waiting around like that will simply result in him wasting his life hoping for something that will never happen.

Women cannot stop themselves from feeling more respect, attraction and love for guys who display alpha male traits and characteristics. It's simply how nature works.

Being an alpha male does not mean that an omega male has to become a bad boy, jerk or asshole. Instead, he just needs to become more confident in himself and be a pillar of strength in this world, rather than expecting everyone else to take pity on him and be a pillar of strength for him.

The Deeply Rooted Instincts of Women

A woman's search for an alpha male is driven by her instinct to find a man who can protect her and provide for her.

It doesn't matter if she makes her own money or is successful in her career, her instincts are still going to urge her to find an alpha male.

A woman's instincts are the primary driver of her attraction to men and if you want to tap into that, you have to become more of an alpha male. You don't have to be the number one alpha in the world, beat up other guys or boss people around.

It's a lot easier than that...

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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policy.

How to Ask Out a Friend: Mistakes to Avoid

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you want to ask out a friend, you need to ensure that she is sexually attracted to you first.

Most women are not willing to go on a date or get into a sexual relationship with a guy that they only see as a friend.

You've got to start turning her on by way of your vibe, body language, conversation style and behavior around her. When she is attracted to you, she is almost certainly going to be excited to say, "Yes!" when you ask her out.

Watch this video to understand how a woman's attraction for a man works and how you can use that to ensure your friend says, "Yes!" when you ask her out...

Some women (i.e. unattractive women, desperate women) will agree to go on a date with a guy that they don't feel much attraction for, but that doesn't mean that the date will feel comfortable rather than awkward and will lead to kissing and sex.

If you want to effortlessly go from being in a friendship to being in a sexual relationship, you've got to make sure that she is feeling turned on by you.

What to Say When You Ask Out Your Female Friend

[image: How to ask out a female friend]

Okay, so let's assume that you do know how to make her feel sexually attracted to you and she's hoping that you now ask her out.

What should you say?

First, you need to get rid of the friendship act that is currently playing out between you and her. Change the dynamic to a man and a woman who are sexually attracted to each other and wanting to take things further.

What can you say to establish that? As long as she is attracted to you first, you can tell her that you find her attractive. However, how you say it depends on how confident she is about her attractiveness to you.

If she is shy and is insecure about her attractiveness:

You: [Immediately after you and her have a laugh together] Hey, by the way....I want to let you knowâ€¦I like you...I like you more than just a friend...thereâ€¦s something about you that I really like.

If she is confident and knows that she's hot:

You: [Immediately after you and her have a laugh together. Look her up and down in a masculine way where you are checking her out and then smile and say] You're sexy...

Essentially, what you need to do is cut through all the BS friend acting that is going on between you and her at the moment.

If she is attracted to you, then she's going to be hoping that you have the balls to ask her out. So,

don't hide your sexual interest in her behind the act of being a nice friend.

What to say to ask her out:

You: Anyway, I was thinking...we should catch up sometime soon just you and me. I'm going to be busy on Friday, but what are you doing this Saturday or Sunday?

Then arrange a time for you and her to meet up just the two of you (e.g. for lunch during the day, for drinks at night, or even at your place or her place to "hang out" and have something to eat).

What if You Ruin the Friendship By Asking Her Out?

[image: Worried about risking their friendship if he asks her out]

You won't.

As long as she is attracted to you, she is going to be happy when you ask her out.

If the worst case scenario happens and she says, *"Sorry, I just want to be friends"* you can use that response to make her feel attracted to you. How?

Simply remain confident in yourself, smile and say, *"Yeah right...I know you like me...I can see it in the way you look at me."* She will then smile or laugh and you can then say, *"See...you're doing it again."*

Here's the really cool thing about saying that...

Women are automatically attracted to guys who display confidence in themselves in that way. A woman may act like she isn't attracted, but she will be. Confidence is universally attractive to women, so make sure that you always remain confident in yourself around this girl you like.

She might try to make you feel uncomfortable or to doubt yourself, but that is simply to test your confidence. Women always test a guy's confidence in himself and if you are the type of guy who can remain confident no matter what a woman says, you will laugh at how easy it is to attract women.

Are You Just a Nice Friend to Her?

Some of the guys who ask me for advice on how to ask out a friend, usually have a secret crush on a woman they've known for some time.

In these cases, the guy will have been "just friends" with her for a while, but will have secretly hoping that she eventually develops feelings for him and makes it obvious that she now wants to be his lover or girlfriend.

Here's the thing though...

If she really liked you and wanted to be in a sexual relationship with you, she would have already made that pretty obvious by now. So, if you've just been a nice friend to her, then you will need to change her perspective of you by making her feel sexually attracted BEFORE you attempt to ask her out.

Otherwise, it will just feel awkward and she will most-likely reject you because of that awkwardness.

Watch this video to understand why being too nice to a woman often leads to rejection...

As you will discover from the video above, you haven't done anything wrong by being a good friend

to this woman you like.

However, you can't expect a woman to have strong, sexual feelings for you if you've only been a nice friend towards her. Niceness is not a sexual turn on for women.

If a woman is sexually attracted to a guy and he is ALSO nice to her, then she will see his nice behavior as charming and she will feel excited about their budding romance. However, if she isn't sexually attracted to a guy and only sees him as a friend, she will see his nice behavior as nothing more than polite, nice gestures that a nice friend would make.

Real Life vs. Hollywood Movies

In the movies and on TV, the nervous, shy, extra-helpful male friend will usually end up making the beautiful, intelligent, confident woman fall in love with him by the end of the movie or TV series.

Yet, in real life, if a woman doesn't feel sexual attraction for a guy and only sees him as a friend, she isn't going to rush over and kiss him like the girls in the movies always seem to do.

Basing some of their dating behavior on the fictional characters from TV and the movies, some guys make the mistake of trying too hard to be "liked" by a woman they're interested in.

[image: Hey, but I'm nice like the guys in the movies. What's the problem? Why don't you like me?]

He hopes that by being super nice and doing favors for her all the time (like the "loveable losers" in Hollywood movies do), she will eventually fall madly in love with him and they will then live happily ever after.

That sort of crazy stuff happens in movies and TV sitcoms, but real life is not like the movies.

Some women (i.e. unattractive or desperate women) will accept a guy who is essentially kissing her ass and hoping for a chance, because she knows that the majority of guys aren't interested in her and would leave her after having sex once or a few times.

However, if a woman is attractive, she will almost always reject a guy who is trying hard to get a chance with her, even though he isn't doing anything to make her feel attracted.

Why? Watch this video to understand why women reject guys like that...

As you will discover from the video above, if a woman is attractive, most guys will be willing to have sex with her simply based on her appearance.

It's very easy for women to get guys interested in them because we men initially select women based on appearance. If you want to be the guy who stands out, you've got to make HER feel attracted to you and then only allow her to get a chance with YOU if she impresses you enough.

Does She Feel Turned On By You?

Regardless of whether a woman is only interested in casual sex, a brief relationship or a lifetime commitment, she is going to feel the most attracted to you when she notices that you have the kinds of traits that offer the best benefit for her survival, prosperity, happiness and protection.

Why?

A woman's attraction is directly linked to how capable a man is of surviving, thriving and prospering in this world. This is why many good looking guys often go years without having a girlfriend, while

average looking guys are able to hook up with hot girls all the time.

While it is true that some women pick men purely based on looks, the majority of women pick a man based on how much sexual attraction he makes her feel for reasons other than looks (e.g. his confidence, charisma, attitude, personality, etc).

Want some proof of that? Watch this video...

As you will discover from the video above, the majority of women are much more flexible about what they find attractive in a man than most guys realize.

If you want your female friend to feel excited and hopeful that you will ask her out, try to make sure that you are at least displaying these attractive qualities around her...

1. Confidence

A man with confidence stands out as a man who feels secure in who he is.

He is relaxed and comfortable just being himself and doesn't have to try hard to be liked, or pretend to be someone he's not in an effort to impress anyone because he knows that he is already good enough.

Being shy and nervous around women does not make you the confident guy that they're looking for as a potential lover or boyfriend, but they might take you "under their wing" as a friend.

Sometimes, a nervous guy will put on an act of being confident in the hope that it will trick women into liking. However, women are looking for genuine confidence and they can spot it a mile away.

If you like your female friend in a sexual way, you've got to be confident enough to show that to her. Being a super nice "best friend" to her when you are really interested in having a sexual relationship makes you seem like someone who can't fully be trusted.

If a woman feels like you are putting on an act, she will put her guard up and play hard to get or will reject you when you try to ask her out in indirect ways (e.g. *"What do you look for in a boyfriend?"* or *"Do you think that you and I could ever be anything more than friends?"*).

You've got to have the confidence to be honest and say, *"You're sexy, I like you"* in a moment where you and her are laughing and having a good time together.

Reminder: Don't try to ask her out before she is sexually attracted to you. You've got to make sure that she feels sexually attracted to you first, otherwise she will most-likely reject your advances because she will only see you as a friend.

2. Masculinity

True masculinity is a quality that makes women effectively feel "weak at the knees" and marks you out as a strong, alpha male who has what it takes to provide for a woman, protect her and make her feel like a real woman.

A woman will feel like a "real woman" when she feels girly, feminine and free to be emotional around you. On the other hand, if you make her feel like "one of the guys" around you or like a nice, neutral friend, then you're not making her feel like a real woman.

These days, a lot of guys are confused about what it means to be masculine. Not knowing what else to do, most guys go to the gym and try to build up their physical masculinity, never realizing that muscles on a nervous, self-doubting guy is as appealing as lipstick on an unattractive woman.

Sure, her lipstick might get your attention, but once you get a good look at the rest of her, you realize

that she's not attractive.

Likewise, a guy's muscles might get a woman's attention, but if he doesn't have the inner qualities (i.e. confidence, emotional masculinity, charisma, etc) that women place most importance on, then most women are not going to find him attractive.

Most women are not impressed by guys who think that masculinity means to act tough or put other guys down to make himself look good. They see right through that and know that the guy is insecure and that being his girlfriend or wife would most-likely lead to a life of trouble and conflict.

In today's world, the most important part of your masculinity are how you think, behave and take action around others and in the world. You can have big muscles if you want to, but a woman is not going to be interested if you lack the inner qualities that are so important for a man's ability to survive, thrive and prosper in today's world.

If you lack emotional masculinity, your friend may be able to feel a bit of attraction for you due to other traits (e.g. you're funny, intelligent, etc), but if she is beautiful and could easily get other guys interested, she will most-likely say, *"I think that we should just remain friends"* when you ask her out.

3. Social Intelligence

A guy who has the ability to socialize and make friends with others is a guy who has what it takes to provide for a woman and protect her through his ability to connect with others.

In other words, he's not a loner and if times get tough, he will be able to turn to his wide group of friends or people he's just met in the situation to help him, her or their offspring.

Social intelligence sparks an instinctive sexual attraction in women that they cannot control or turn off. They feel drawn to "cool" guys, popular guys and guys with a lot of friends because attraction is directly linked to a woman's need to find a guy who will be able to survive, thrive and prosper in this world.

Being socially intelligent suggests to her (but does not guarantee) that a guy would be better at surviving, thriving and prospering than another guy who lacks the social intelligence to get other people to like him and support him.

When a woman notices that a guy is socially intelligent, she instantly realizes that he would be in demand by other women. She knows that she will have to impress him and may even need to compete for him with other girls and since women love the thrill of the chase, this makes him even more attractive and appealing.

If your female friend or coworker thinks that you are shy and find it hard to get along with others, it will dampen her feelings of sexual attraction for you.

Of course, some women do like to accept weak men for a relationship or marriage, but that doesn't mean he won't be dumped, divorced or cheated on when she eventually gets bored of pretending to love him and want to be with him.

Some women also want to have a weak man who will devote himself to her and will never want to leave, because she is afraid of being dumped and feeling the pain of rejection.

As nice as that may sound to some of you guys reading now who are thinking, *â€œYes!! I want a girl like thatâ€* here's the problem...

A woman like that is more-likely to cheat on you and leave you if she meets a better man. Getting a

woman into a relationship is the easy part, but deepening her love, respect and attraction for you over time is another story altogether.

Stop Trying to Be Her Nice, Innocent Friend and Start Turning Her On in a Sexual Way

If you don't stop acting like a friend towards her, you run the risk of ending up being friend zoned and replaced by another guy who gets right to the point and makes her feel sexually attracted.

[image: Asking out a female friend]

It's not the year 1800 or 1900 where you need to slowly court a woman into a sexual relationship with you.

[image: Old standard dating procedure]

In today's world, sex happens very quickly, so you need to get to the point or you will be sidelined by another guy who understands how to get things done with women in the modern dating environment.

If your female friend is attracted to you right now, then she will be hoping that you have the balls to ask her out or at least move in for a first kiss.

If she is attracted to you, she will rarely reject any moves you make on her, but if she does play hard to get, it will usually just be her way of testing your confidence and confirming that you really do like her before she opens up and says that she likes you too.

If you want to learn the shortcuts to getting into a sexual relationship with her, make sure that you don't leave my site before learning a few more of my powerful attraction secrets...

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Best Ways to Meet Women: 36 Places and Situations

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The best ways to meet women are often seen as the worst ways to meet women for some guys.

Some guys like to meet women in bars and nightclubs, whereas others hate that and would prefer to stop a woman in her tracks at a shopping mall, have a quick chat, get her phone number (or add her to Facebook) and then set something up later.

How about you? Which of the following do you think is the very best way to meet women?

1. [Bar or nightclub](#)
2. [Facebook](#)
3. [Speed dating](#)
4. [House party](#)
5. [Through friends](#)
6. [Dance classes](#)
7. [Shopping mall](#)
8. [Dog parks](#)
9. [Coffee shop](#)
10. [The gym](#)
11. [Weddings](#)
12. Mixed sports team
13. Supermarket
14. Concert or show
15. Athletic event
16. Cultural event
17. Trivia night
18. Public transport
19. Wine or beer tasting event
20. Hobby groups
21. Volunteering
22. Online dating
23. Museum or art gallery
24. Weekend markets
25. Work/office functions
26. The laundromat
27. Hairdresser at a salon
28. Yoga class
29. Group fitness classes
30. Approaching on the street
31. Bus tours / organized group trips
32. Bookstore
33. At a strip club
34. Cooking classes
35. Singles events

36. Chat sites

As you can see from the big list above, there are endless ways to meet women, but believe me â the LOCATION is not the most important part. What matters is whether or not you make the woman feel attracted to you when you meet her.

Watch this video to understand how a woman's attraction for a man works and how you can use that to get quick and easy results when you go out to meet women...

As you will discover from the video above, you have a lot of control over how much or little attraction a woman will feel for you.

If you display the personality traits and behaviors that naturally attract women, most of the women you meet will like you and be interested in talking to you and hooking up with you.

Bars and Nightclubs Are Often the Best Place to Meet Women

[image: Places to meet women - bars and nightclubs]

I've had sex with more than 250 women and I've found that bars and nightclubs are usually the best place to get yourself a girlfriend.

Some guys mistakenly assume that a girl from a bar or nightclub won't be "marriage material" will cheat on them or dump them later on. However, some of the nicest, most loyal women I've ever met where in bars and nightclubs.

[image: Dan Bacon at a nightclub with girlfriend]

As for my girlfriend who met in a nightclub when she was 20 and I was 35 (photo above), I've never met a girl who is more "marriage material" than her.

She is honest, has great family values, truly cares about me and doesn't believe in divorce. Some guys believe it's impossible to meet girls like her in a nightclub, but from my experience, I've found that it easy because most guys are afraid of the hotties or simply don't know how to pick them up.

Often, the women you see on the street, at cafes or walking through a shopping mall are the same types of women who are at bars and nightclubs on the weekend. They may look more "innocent" when in a bookstore, restaurant or cafe, but they are pretty much all the same.

3 Facts About Meeting Women

The truth is, meeting women is a LOT of fun if you do it correctly (i.e. you begin interactions by making the women feel attracted to you, rather than trying to be nice to them and hoping that they are nice back).

Meeting women is a source of fun, excitement and happiness that you simply can't get anywhere else as a man.

[image: When will I meet a nice woman?]

You might try to dull your built up sexual desire by regularly masturbating to porn, but you will eventually realize that you need to grow a pair of balls and actually meet REAL women.

Poll

How often do you masturbate?

- ☐ Once a month
- ☐ Once a week
- ☐ A few times a week
- ☐ Every day
- ☐ Multiple times per day

Vote

[View Results](#)

[image: Loading ...]

Loading ...

So, if you are at the point where you're sick of not having any real women or sex in your life and are willing to get out there and meet women (rather than hiding behind endless masturbation), take note of the following...

Fact 1: Women Do Want to Be Approached

When I was afraid to approach women, I would go to places (like bars, clubs and social events) and hope that if I dressed up well enough, maybe a woman would make it really obvious that she wanted to talk to me (e.g. wave me over) or she might even approach me herself.

Back then, I didn't know that women are completely open to being approached in social environments as long as a guy comes over in a confident, easy-going way. I thought that women didn't want to be bothered by guys and were simply out having fun.

Man, was I wrong.

Iâ€¦d spend most of the night just looking at the women and imagining what I could say or do to get them to have "Wow!" reaction and really like me. Some women would look my way and I would try to maintain eye contact with them or smile, but nothing would ever happen.

Eventually, when Iâ€¦d had enough drinks and was feeling drunk to the point of not caring about rejection anymore, I would muster up some courage to walk over and talk to some women, only to have them reject me for being drunk or coming across as nervous or awkward with them.

In the movies, standing alone at a party usuallyâ€¦ makes the male character seem â€¦mysteriousâ€¦ and a beautiful, female character will then becomeâ€¦ curious to meet him.

The woman will oftenâ€¦ be shy herself (but really beautiful and innocent) and they will go down the path of the typical movie love story, where she rejects him initially and then he gets her in the end by being a good guy and saving the day, saving her or saving the world.

In the real world, women rarely approach men and being the guy who â€¦ saves the dayâ€¦ or does

nice favors for women doesn't get you laid.

If you want to be successful at meeting women, you have to approach with confidence and then trigger the woman's feelings of attraction for you. These days, women play hard to get and if a guy doesn't know what he's doing, he will usually get rejected or ignored by women when he tries to meet them.

Are you confident enough to approach the beautiful women that you really want to meet? If not, watch this video...

Fact 2: Shyness Doesn't Turn Women On

In the movies, a shy, nervous male character will often have a beautiful, confident and sexy female character interested in him.

The script will play out and he'll get her in the end and they'll live happily ever after. In real life though, women are sexually turned OFF by shyness, nervousness and anxiety in guys. Why? Women are attracted to the strength in men, not the weakness.

It is our mental and emotional strength as a guy that represents the most benefit for a woman in terms of her chances of survival, prosperity, happiness and safety.

Regardless of the advancements that some of our societies have made, a woman's instinctive attraction to a confident guys still remains and I don't expect it to ever change. If a guy goes through life being shy around women or doubting himself when talking to attractive women, he shouldn't expect everything to magically fix itself like it does in the movies.

A man has to fix his issues (e.g. insecurities, anxieties, etc) about women and improve his ability to trigger a woman's feelings of sexual attraction for him, rather than expect that women will be gentle with him and accept his flaws when they could easily get a more confident, emotionally balanced man.

Movies and TV sitcoms always seem to show the beautiful leading woman eventually falling madly in love with the shy, anxious and socially awkward guy. In the movies, he'll stutter and stammer when he's around her because he's so intimidated by her, but yet she finds this "sweet" and "flattering" and feels very attracted to him.

In the real world, women are not turned on by shy, awkward behavior and they do not feel sexually attracted to guys who lack confidence in themselves.

To be successful with women, a guy needs to drop the "shy guy" act and be the confident that women are desperately looking for.

Fact 3: Most Women Do Not Choose Men Based on Looks

Yes, it is true that some women are picky and will only accept a guy who looks like a male model and has loads of money.

However, the majority of women are much more flexible about what they find attractive in a guy.

Want some proof?

Watch this video to see the types of guys that women are willing to have sex with and even marry...

As you will discover from the video above, many guys make up all sorts of excuses about why they aren't successful at picking up the women they meet.

However, the real reason they fail is that they simply don't know how to trigger a woman's feelings of attraction during an interaction and are instead hoping to be liked for being nice, dressing well or looking good.

Some guys make the mistake of thinking that one of the best ways to meet women is to make themselves look like a body builder or like a well-dressed male model.

Based on this strategy, a guy will spend thousands of hours in a gym or will spend endless money dressing himself up in the latest designer gear, wear the "best" colognes and style his hair "perfectly," but he still won't get laid.

Why? Success with women is not about looks. Yes, looks can help a guy attract attention from women (and some women will have sex with him simply because he's handsome), but that doesn't mean that a guy who isn't good looking can't get laid, get a girlfriend or get married to a hot woman.

Even though you will hear women say, *"Oh! He's good-looking"* or *"Oooh, he's hot"* it doesn't mean that success with women is all about looks.

Think about it...

Most guys that you have seen with a beautiful girlfriend or wife have been average-looking, below-average looking and even UGLY. They have been bald, short, fat, skinny, poor and unfashionable. Yet, they have a hot girlfriend or wife.

Why?

You know the answer already: It's not about looks for most women. Most women are just looking for a man who makes them feel girly because he is so confident and masculine and who makes them laugh because he has a good enough level of social intelligence to ensure that he can survive, thrive and prosper in this world.

It doesn't matter if you spend thousands on buying the latest designer clothes, none of that will help you meet women if you lack the confidence and conversation skills to pull off the pick up.

A woman might say, *"Oooh, you have great fashion sense"* or *"Oh, I like your shirt!"* but that doesn't mean you need to be a pretty boy for women.

She is just saying that to you because it looks good. However, that doesn't mean she wants to have sex with you. Instinctively, she knows that a man's clothes do not mean he will be able to survive, thrive and prosper in the world. It may look nice, but it's superficial and she knows it.

Of course, there's nothing wrong with a guy presenting himself well by wearing good clothes, but a guy's outward appearance won't hold a woman's interest for long if he's unable to make her feel attraction and respect for him as a man.

Contrary to the message put across by all the marketing hype in magazines, on TV and on billboards, most women are not completely focused on how a man looks. Instead, most women (not all) are more interested in who the man is on the inside, rather than what he represents on the outside.

Time and money spent on dressing up is simply wasted effort if behind the window dressing you don't have the inner qualities that women are looking for in a man.

If you want to be successful when you're out there meeting women, you've got to be able to attract women with your personality, confidence, charisma and charm....

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Dating After 40: The Secret to Success

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

As a man, if you're looking to experience dating success after the age of 40, then today is the day that you will begin to make it happen.

[image: Dating success after 40]

The secret to success is to understand that women are lot easier to attract and have sex with than most guys realize.

According to a USA study, 55% of couples admitted to having sex on their first date and a European study found that 70% of women have had a one night stand.

In other words, you're going to get laid. It's going to happen.

If you want to get some action, you've got to first focus on improving your ability to attract women when you interact with them. If you have that skill, attracting and picking up women will be a relatively simple process for you.

Watch this video to understand how it works...

As you will discover from the video above, most women place more importance on how a guy's personality and confidence makes them feel, rather than what he looks like.

Yes, some women are very picky and only want a guy who looks like a male model, has a perfect body and loads of money, but the majority of women are much more flexible about what they find attractive in a guy than most men realize.

Life Begins at 40?

If you've reached your 40s, you will probably the saying, *"Life begins at 40"* and *"You're only as old as you feel."*

Yet, if you've reached your 40s and are single and looking for love, there can be no denying that being on the "wrong" side of 40 can make you feel old, right?

Dating is usually looked as something that only "young" people do and this belief is often by so many of the online dating sites that are geared towards younger people who just beginning to find their feet in the dating world at large.

So, where does that leave you if you're looking for advice on dating after 40? It leaves you right here, reading an article from a true dating expert that will help you, irrespective of your age.

Personally speaking, I'm 37 and I recently married my sexy, 22 year old girlfriend. I attracted her with my confidence, charisma and charm and then deepened her feelings of love, respect and attraction for me as the relationship continued.

Despite that she is young, sexy and has a perfect body, I picked her up even though I spend no time in the gym at all. I do a bit of running and bike riding to keep healthy, but I don't have time to work out in the gym...and I haven't needed to that to attract women.

Dusting Yourself Off and Getting Back Into the Dating Scene

[image: Getting back into the dating scene after 40]

A lot of the guys who contact me looking for advice on dating after 40, have found themselves single again after 10 or 15 years of marriage, or many years in a long-term relationship.

A man may have been away from the dating scene for practically half of his life and will often be terrified or depressed about having to get back out there and find a woman. Often, it simply comes down to the man losing a lot of confidence over the years and not knowing how to get his mojo back with the ladies.

Other times, it's a question of not knowing where to start because the guy met his wife in high school and never really dated any other girls before getting married. In effect, men like this have based a lot of their identity around the long-term relationship and have forgotten who they actually are as an individual.

The good news for you is that, while the world has changed at lightening pace over the last few decades, the qualities that a woman looks for in a man have remained unchanged.

You don't need to do anything other than improve your attractiveness to your personality and confidence then simply get back out there to mingle with some beautiful women. Whatever you do, just make sure that you absolutely understand and remember that...

It's Not All About Looks

It's no surprise that men in their 40s often get caught up in the advertising world's hype that says a guy has to look a certain way, smell a certain way, wear a certain brand of clothing, and drive a certain car to be attractive to women.

If you look at the Just For Men hair dye ads, they will tell you that women HATE any signs of grey hair or ageing on a man, when in fact many women LOVE it.

For most of human history and still to this day, women are instinctively attracted to older men because they usually represent a better chance of survival, prosperity and protection.

However, since most guys are clueless when it comes to women, they are susceptible to getting tricked into thinking that putting a color in their hair or wearing a face cream will get them the girl.

If you want to be successful at dating after 40, you must realize that you already have the best asset of all: You are a man.

If you don't think that you're good enough for women, you are probably going through life making up all sorts of excuses as to why you're not successful with women.

Yet, as you will discover from the video below, there is usually only one, simple reason why men fail with women...

As you will discover from the video above, most guys who fail with women make up all sorts of excuses about why women don't find them attractive. Yet, a man's attractiveness to women is mostly based on the personality traits and behaviors that he displays to her during an interaction, rather than on his looks.

Yes, some women only want a young looking guy with muscles, money and a full head of hair, but

most women aren't that shallow and you will realize that if you watch the entire video above.

What Do Women Find Attractive About You?

There are many different personality traits and behaviors that you can display to women to trigger their feelings of attraction for you.

Three examples are:

1. **Confidence:** You are confident when interacting with her and other people. You don't come across as nervous or self-doubting.
2. **Masculinity:** You think, behave and take action like a man. You're not afraid of the world around you. You handle challenging situations with the power and self-belief, rather than crumbling under pressure.
3. **Social intelligence:** You get along well with her and others. You're a cool guy, even now that you're in your 40s. You understand people and don't make the classic social mistakes that other guys make.

None of the above traits can be achieved with hair dye, special creams or the latest car, but they are qualities that can be developed when you choose to invest in improving yourself as a man.

Most women (not all) are not eternally impressed by guy's outer appearance or his material possessions. Sure, that might attract some women initially, but most women are more impressed and attracted to who a guy is as a man, which is an attraction principle that holds true whether a guy is in his 20s or 40s.

Don't Worry About the Baggage That You Are Carrying

I often get contacted by men in their 40s who want to know if they should tell a woman right away about how much "baggage" they are carrying from previous relationships.

Baggage can be anything from on-going divorce proceedings, having children who live with them or commitments related to an ex-wife or family.

Honesty is always the best policy, if not for the fact that when it comes to dating after 40, most women are looking for the real deal. However, a mistake that some men make is "off-loading" their entire life story onto a woman they're supposed to be getting to know on a date.

A woman who is attracted to you and interested in dating you won't always see everything that comes with you as being unattractive baggage.

Instead, she will see it as part of who you are and will respect you for it, as long as you come across in a way that shows you are balanced, have everything under control and you're able to live a fun, interesting lifestyle as a result.

On the other hand, if you talk non-stop about your past and come across in a way that suggests you feel depressed, unattractive or miserable about your other commitments in life, then she is going to feel turned off by your inability to deal with life.

Women feel respect and attraction for men who have their life under control, even if there are many

moving parts that he wishes he could cut off or leave behind.

Your past has certainly helped to make you the man you are, but itâs the man that you are when you interact with her and the man that youâre aiming to be tomorrow that makes you attractive to a woman. Donât make the mistake of dwelling on what has already happened in your life so far; dating after 40 is no different to dating after 20.

While a woman will be interested to find out about your past, itâs what is happening between you and her right now and what may happen in the future that is most interest to her.

What Do You Need to Improve About Yourself to Be Successful With Women?

It doesnât matter what age you are; it is never too late to learn how to be the kind of man that women are looking for and it is never too late to improve on who you already are.

You can always become an even better version of the great man that you are today, but donât make the mistake of thinking that you will find the solution in a bottle of hair dye or the latest car.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Do Women Judge Men On Looks?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Yes, women do initially judge a man based on his looks, but for the majority of women, a man's looks are not the most important thing about him.

About 10% of women only want a male model looking guy, but the remaining 90% all women aren't as picky about looks and will happily hook up with a confident good guy who is average or below average looking.

[image: Ugly guy has a baby with a beautiful woman]

[image: Black guys with white women]

[image: How is this possible?]

[image: Everyday couples]

[image: Asian guy with white girlfriend]

[image: Ugly guy with hot cheerleader girlfriend]

[image: Guy with a weird nose with a beautiful girlfriend]

[image: Guy with big ears with beautiful girlfriend]

Women do judge men based on a whole set of criteria, but here's what most guys don't realize...

If a guy can attract women in other ways (e.g. by being confident, charismatic, funny, having a masculine vibe that makes her feel girly in his presence, etc), a woman will begin to look at his appearance in a more positive light.

He might not have the typical male model features (e.g. looks, height, square jawline, etc), but because she is feeling attracted to him, she will focus in on things that she does like about his looks.

For example: He might have a big nose, be bald or be a big overweight and she will actually see that as acceptable because it is a part of him and he is the guy who is making her feel attracted.

Watch this video to understand how it works...

As you will discover from the video above, most women (not all) are much more flexible about what they find attractive in a guy than most men realize.

Most men waste their life feeling as though they aren't good enough for women because they don't look like a male model, while also ignoring the fact that they see average and below average looking guys with hot women.

[image: White man marrying a black woman. Asian guy marrying a black woman]

[image: Fat Asian guy with pretty girlfriend]

[image: Asian guy marrying pretty white girl]

[image: Fat guy with a skinny girlfriend at the pool]

[image: Fat guys with pretty women]

[image: Fat men marrying beautiful women]

As you can see from the photos above, many women (not all) are open to being with guys who do not look like a male model and do not have a perfect body.

The truth is that you can attract women in ways OTHER than looks (e.g. being confident, charismatic, funny, etc) and when you do that, most women (not all) will look at your physical appearance in a positive light and see it as appealing because it is a part of you.

Some women do judge a man on superficial things such as his looks, height or financial status, but the vast majority of women judge a man on how his confidence, personality and character makes her feel.

If you refuse to accept that simple reality of human attraction and only want to focus on the good looking guys that you see with beautiful women, you will continue to think that women judge guys on looks.

You will tell yourself that to have a beautiful girlfriend, you must be a good looking guy. When you see a beautiful woman with an ugly, short, fat, bald or skinny guy, you will probably assume that she is with him because he has a big penis, is rich or for some other reason that you simply cannot compete with.

Yet, here's the thing that you have to realize...

[image: You are already good enough for most women]

YOU ARE ALREADY GOOD ENOUGH FOR MOST WOMEN.

Yes, some women are very picky and will only accept a mega rich, male model with a huge penis, but the majority of women are much more flexible and open about what they find attractive in a guy.

Adding Fuel to the Fire

[image: He must be better looking than me]

When a guy believes that all women judge men on looks, he will then look for evidence to justify his belief.

If he gets rejected by a woman for another guy, he will usually tell himself that she likes him because he is better looking.

When he looks at advertising on TV and magazines, he will see male models with beautiful women and conclude that beautiful women want to be with good looking guys.

If he really wants to believe that women judge men on looks, he will keep adding more and more fuel to the fire of his insecurity, until it becomes so powerful than nothing he does in his life (e.g. getting a better job, nice clothes, building muscle, etc) will get rid of his lack of confidence around women.

Whenever he interacts with an attractive woman, his insecurity will be burning away in the background and telling him, *"Don't kid yourself. She wants a good looking guy. You're not good enough. Women like her only go for guys who have male model looks."*

The woman will then notice that he is doubting himself around her and she will reject him because of that. Yet, he will then conclude that he got rejected for not being good looking and the unnecessary cycle of insecurity will continue.

When he notices an ugly, short, fat, skinny or bald man with a beautiful woman, he'll tell himself that she must be with him because he has a lot of money, a huge penis or drives a luxury car.

He will refuse to accept the fact that it is possible to attract women in ways OTHER than looks, money and dick size. In his mind, women are shallow and they only want good looking, rich or well hung guys.

Yet, unless he happens to stumble across this page and watch the video below, he probably won't ever realize the real reason why guys like him fail with women...

As you will discover from the video above, you are already more than good enough for most women. You have to stop making excuses for your lack of success with women and switch your focus to making women feel attracted to you when you interact with them.

For example: Attract women with your confidence, charisma, charm, conversation style, humor, vibe, attitude, etc.

How I Overcame My Insecurity About Looks

Personally speaking, I used to think that beautiful women didn't like me because of my average to below-average looks (I have a bent nose from a childhood accident, I have small eyes, a high hairline, etc).

Yet, as it turned out, women were rejecting me because I wasn't saying or doing anything to trigger their feelings of sexual attraction. I was just being nice, friendly and hoping that they would like me because of that.

Sure, some women were open to talking to me because I was a friendly guy, but friendliness and niceness isn't what makes a woman wet. So, rather than picking up women, all I got was a brief conversation before they lost interest and either told me to go away, or suddenly stop paying attention to my attempts to converse with them.

It was very confusing.

Back then, my confidence with women was on a steady decline and the more that I got rejected, the more I believed that I just wasn't good looking enough for women.

Whenever I turned on the TV or paid attention to advertising, it was telling me that I needed to be tall, handsome, have six-pack abs, drive a sports car, wear the latest designer clothes, shoes and sunglasses and be so rich and popular that I was holding regular cocktail parties with friends. Only THEN would I be good enough for women.

...and I bought right into it.

I started working out a gym 3 times a week, getting nice haircuts and buying expensive clothes and shoes.

Yet, women still didn't like me.

Sure, some overweight and unattractive women liked me, but I didn't want them, I wanted a beautiful woman who was in shape.

Yet, whenever I spoke to a beautiful woman, my fear about not being good looking enough would make me nervous and I'd often go red in the face, become dry mouthed and run out of things to say because I simply doubted that I would have a chance with her.

If there were any silences in the conversation, I would feel awkward and the women would notice and then lose even more interest in me.

It was a horrible, lonely experience to go through, but when I finally discovered how to display a more attractive personality to women, I started to get laid and before I knew it, I was dating multiple women at once.

It was a very easy and seamless transition from rejection to success because I simply became attractive to women. Rather than hoping to be *liked* for being the nice guy that I am, I instead began to make women feel *attracted* and *turned on* by displaying personality traits and behaviors that trigger those feelings inside of a woman.

That's when I realize this fact of human attraction...

If You're Not a Male Model, You Have to Make Women Feel Attraction For You in Ways OTHER Than Looks

Before a woman has a chance to interact with a man, she has to judge him about *something*.

If he hasn't yet made her feel attracted to his personality (e.g. by being confident, charismatic, charming, funny, etc), she will have to base her attraction on superficial things like his looks, fashion sense, popularity, body language, etc.

If a guy isn't good looking and isn't making her feel attracted in other ways, a woman will usually overlook him and focus on the good looking guys instead. She might see a good looking guy and say, "*Ooh, he's good looking,*" but that doesn't mean she will approach him and pick him up.

Some good looking guys do get approached, but usually not by the types of women they really want. In most cases, the only women who approach good looking guys are unattractive, drunk, desperate or slutty.

Why?

Almost all women see it as a man's role to approach. Instinctively, women want to find a confident man who has the balls to approach her because it suggests to her that he has the type of social confidence that will potentially allow him to survive, thrive and prosper much better than a guy who is afraid to talk to women.

So, rather than walk around approaching guys and potentially ending up with a good looking guy who will be more of a burden than a benefit to her survival, most women just wait to be approached.

...and that is a huge opportunity for guys like you and me.

If you're not a male model and are not getting approached by random women, then you need to build up the confidence that will allow you to approach women that you find attractive.

When you do approach, you simply need to trigger a woman's feelings of attraction for you by displaying the types of personality traits and behaviors that are naturally attractive to women.

The more ways that you can attract women, the higher quality of woman that you will have access to. If your personality is only mildly attractive, you can expect to pick up 6/10 and 7/10 women, but if you're personality is sexy to women, you can expect to get the 8/10, 9/10 and if you're really good, 10/10 women.

My Good Looking Male Friends

I have some male friends who are considered good looking (two of which have done some modeling from time to time).

Back when I was still picking up women (I recently settled down with my sexy, 22 year old girlfriend. I'm 37) and would go out on the town with my good looking male friends, I would notice women bumping into them on purpose or starting a conversation with them while ordering drinks next to each other at a bar.

On some occasions, women would even approach them and say, *"Wow, you're hot."*

This bugged for a while and I thought, *"Women are never going to like me as much as they like good looking guys, so why even bother?"*

However, as I developed my confidence and created the attraction techniques that I now teach here at The Modern Man, I began picking up hotter women than my good looking friends were scoring.

When we talked to a group of women, the women would usually (not always) be trying to pick me up, even though my friends are considered to be 8-9/10 on the looks scale, while I am considered to be a 6-7/10.

How was I able to pick up beautiful women in their presence?

Simple.

Attraction is not all about looks for most women. Some women felt more physical attraction to my friends when we first walked over to talk to them, but they almost always ended up lusting after me and competing with the other women in the group to get my attention.

My good looking friends would often just get the leftover women that I didn't want and we'd laugh about it later.

When I taught them my techniques, they instantly began picking up women as well as I did. Yet, I was better at it because I was using techniques 100% correctly, while they were only "half" using them most of the time because they were still getting used to it.

By the way...

I got the same results when I went out approaching women with my UGLY friends too.

Most of the time I went out approaching with a friend (or friends), they were the type of guys who would be considered ugly or nerdy in appearance. I have friends of various races/nationalities and it didn't matter if I was with them either - women still liked me.

Why? Your attractiveness to most women (not all women) is about who you are as a man. It's about how you make the woman feel when you interact with her.

Many of my "ugly" male friends have the hottest girlfriends out of anyone I know. Obviously, they didn't attract their girlfriends because of their below-average or ugly looks...and no, they didn't attract those women by having loads of money either.

Most guys in this world are just earning an ordinary wage or salary and many are just getting by and living pay check to pay check, but they are still able to attract hot women for sex, relationships and even marriage.

Beauty is in the Eye of the Beholder

Have you ever heard the saying that, “*Beauty is in the eye of the beholder*”?

It’s true.

I often explain this to guys by saying that if a group of men looked at a photo of a group of female models, the men would have different opinions about which woman is the most attractive.

Check out the example below and vote for which woman you think is the most attractive.

As you will see after voting, your vote is going to be different to other guys. Why? Beauty is in the eye of the beholder and while you might find some things about a woman to be unattractive, other guys will see it as attractive.

[image: Which model is the most attractive to you? From left: 1, 2, 3, 4.]

Which model is the most attractive to you? From left: 1, 2, 3, 4.

Poll

"Which Model is the Most Attractive?" (From left to right)

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4

Vote

[View Results](#)

[image: Loading ...]

Loading ...

Was your answer the same as every other guy?

Of course not, because beauty really is in the eye of the beholder.

That is why you will hear a woman saying, “*My husband is so handsome*” and when you look at him you think, “*Huh? I actually think he’s kind of ugly.*”

Why does she see him as being handsome?

Simple.

He is attractive to her in other ways (e.g. he’s a confident, masculine man, he makes her laugh, he makes her happy, they are in love, etc) and as a result, she looks at his physical appearance in a positive light. She sees his unique appearance as handsome or appealing because it is part of the man that she loves and respects.

It’s weird, but that’s just how attraction works.

Big Boobs or Small Boobs?

[image: Different breast sizes]

Have you ever noticed how men can feel attracted to different types of women, with completely different physical traits?

For example: Some men LOVE women with big boobs, while other men HATE big boobs. Some men are attracted to tall women, short women, women with big noses or small feet.

Personally, I love black women and tanned exotic women (like my girlfriend) more than I like white women (of the more than 250 women I've had sex with, about 180 were white), whereas some guys don't feel any attraction for black or tanned women.

When it comes to feeling attraction for women, we are all a little bit different in our tastes.

Some guys are even attracted to anorexic or massively obese women. Yes, those are extreme cases, but the fact remains – every pot has its lid.

[image: Mixed group of couples]

In the same way, women are also attracted to different types of men: Short men, tall men, bald men, men with long hair, thin guys, men with muscles and chubby men. The bottom line is: Beauty really is in the eye of the beholder.

Not all women will accept a guy who doesn't look like a perfect male model, but the vast majority will.

Traits That Turn Women Off

[image: Traits that turn women off]

Many guys behave in ways that turn women off and then assume that women are rejecting their physical appearance.

The fact is, no matter how good looking a guy happens to be, if he behaves in the following ways, most women will lose interest...

1. A lack confidence

A guy who lacks confidence will usually come across in a nervous, insecure way when he interacts with attractive women.

If he is rich or is the type who will buy a woman lots of gifts, she may decide to use him for a while, but she will never feel attracted to him in the same way that she would with a confident guy.

Why?

Women are sexually turned on by the emotional strength in men (e.g. confidence, drive, assertiveness, courage, etc) and turned off by the weakness (e.g insecure, nervousness, anxiety, etc).

2. Low self-esteem

A guy with low self-esteem will see most women as being too good for him.

To him, a beautiful woman would almost be making a mistake by deciding to be with him rather than a rich, male model.

No matter how hard he tries to his low self-esteem, it will always come through in his behavior, conversation and body language. As you you will have experienced in your life, you are able to sense when people lack confidence and self-esteem. No matter how hard they try to hide it, you can still see it.

When a woman detects that a guy lacks self-esteem, she will almost always rapidly lose interest in him even if he looks like a male model.

3. Fake social persona

This type of guy will put on an act of being a certain type of guy (e.g. acting like the "cool guy" or the aloof guy who doesn't care about anything), in the hope that it impresses women (and people) enough that he is liked and accepted.

Women find it difficult to relax around guys like that because they don't know who they are really interacting with. A woman's gut instinct tells her that something doesn't seem quite right with the guy, so she keeps her guard up around him.

The more he tries to impress her by putting on an act of being something he's not, the more suspicious and weird she feels around him. Something just doesn't add up, so rather than potentially opening herself to a nightmare of a guy who is hiding all sorts of insecurities, she remains closed off to him.

4. Unable to handle a woman's tests of his confidence

Women always test men.

Why?

They have to find the real men amongst the wimps.

Women know that it's very easy for a man to put on an act of being confident, but true confidence is not something that can be faked forever.

To make sure that she is interacting with a truly confident guy and not a wimp, a woman will put him through various tests to see how he reacts.

For example: She will stop contributing to the conversation to see if he panics and assumes that she is no longer interested, or she will talk about other guys who like her to see how he reacts. Does he feel threatened, does he feel like he's being rejected or does he not see other guys as competition?

Is he truly confident in himself, or is he just putting on an act and trying to trick her into thinking that he believes he is good enough? How mentally tough is he? Is it just a show, or is he for real?

When a guy crumbles under the pressure of a woman's test, she realizes that he's not strong enough to handle a girl like her. He also possibly lacks the emotional strength to handle other challenging people in life and therefore, will probably get picked on by people or overlooked for promotions at work.

Good Looking Guys With Ugly Women

[image: Hedy Lamarr quote]

Hedy Lamarr (1914-2000) was an Austrian and American actress.

Have a look at her quote above.

She is essentially saying that a lot of hot women don't even get hit on by handsome guys, because the handsome guys don't think they are good enough.

It was true back in her time and it is still true to this day, which is a HUGE opportunity for you. All you've got to do is walk up and attract women with your personality and many of them (not all) will happily hook up with you, get into a relationship with you and even marry you.

You don't have to be a male model to get a hot girlfriend. You've just got to be able to attract women to who you are as a man, rather than what you look like.

Think about this...

How often have you seen a good-looking guy with an unattractive woman?

Fairly often, right?

Why does it happen?

Many good looking guys are insecure about their attractiveness to women, so they end up accepting lower quality women instead. If women judged men solely on their looks, you wouldn't see so many good-looking guys with unattractive women.

Yet, you do.

For example: I was at a market with my girlfriend last weekend and I saw a guy, who had clearly been working out and building up his muscles for years, but he was walking along with an obese girlfriend.

This guy was more than 6ft tall, had a good-looking face and an athletic body. Yet, his girlfriend was a mess. Her face was unattractive, her body was fat, her hair was dry and her fashion sense was horrible.

My sexy, 22 year old girlfriend (I'm 37 years old) turned to me and said, *OMG. What the?* and I shook my head in agreement.

I genuinely felt sorry for the guy and I still do right now as I type this. He had so much going for him, yet, in his head, he clearly didn't see himself as being good enough for a physically attractive woman who was in shape.

My girlfriend asked, *Why is he with her?* and I replied, *Well, that's what he thinks he deserves.*

How about you? Do you feel as though you deserve an attractive woman? Or, are you another brainwashed guy who thinks he needs to be perfectly good looking to have an attractive woman like you?

More Than Just a Pretty Face

So, do women judge men on looks?

Yes, they do, but most women place much less importance on a guy's look than most people realize.

If that wasn't true, you wouldn't see so many ugly, poor, bald, short, skinny or fat guys with hot girlfriends. It just wouldn't be possible.

Yet, it is.

So, what should you do?

Let go of any insecurities you have about your looks and accept that most women want more than just a pretty face or six pack abs from a guy.

I'm definitely not saying that an ugly guy can pick up every beautiful woman. Instead, I'm saying that most women (including many beautiful women) place less importance on a guy's looks and are more interested in how a guy's personality makes them feel.

If you can attract women with who you are, rather than what you look like, you will be able to pick up most (not all) single women that you meet.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How to Be Cooler as a Guy

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Cool guys get laid easily and have a lot more friends than guys who aren't cool.

One of the main traits of a cool guy is that he will display the personality traits and behaviors that naturally attract women, such as confidence, charisma and charm.

Watch this video to understand how a woman's attraction for a guy works and how you can use it to quickly become a lot cooler as a guy...

As you will discover from the video above, guys who aren't cool often display the personality traits and behaviors that turn women off, such as nervousness, insecurity, self-doubt and a fake "nice guy" persona.

Being a Cool Guy

[image: Being a cool guy]

Let's face it, there's nothing wrong with being a cool guy and if you're honest with yourself, you like it when people think you are cool.

Cool is a modern term used to denote someone who is socially intelligent and gets along with people better than the average person. In many cases, the guy will also be popular amongst his group of friends or coworkers, will be at ease with himself and his surroundings, great with the ladies and generally envied by all those who are regarded as being un-cool.

In an attempt to emulate this coolness, many guys will mistake cool as having all the trimmings; in other words they think coolness comes down to what they own, wear and use/eat/drink around other people.

These are the guys who go out and buy the latest men's fashions in shades of pink and mauve, wear the newest and most expensive colognes on the market, drive the biggest, shiniest cars and wear the flashiest bling they can lay their hands on.

[image: Why don't people think I'm cool?]

Unfortunately for these guys who are trying hard to work out how to be cooler, they haven't yet realized that coolness isn't something that you can wear or eat. Coolness is an attitude it you are either allowing that to come through in how you express your personality, or you're not.

Realize That You Are Already Cool

One of the biggest steps to truly being seen as a cool guy by others is to believe in yourself. One of my golden rules of conversation is to know that whatever you say is cool. Don't go around hoping to be seen as cool by people; just know that you already are.

That said, some guys do need some work in the areas of confidence, conversation and general social skills. If they don't fix that first and go around thinking they are cool, it won't make them appear cool to everyone they meet, but it will in some situations.

[image: Guys who don't know how to be cool]

You will have to be the judge of that and if you need to improve your confidence, conversation skills and general social skills, then make sure that you click around and learn more while you're here at The Modern Man.

Reach For Your True Potential as a Man

Think about this...

Aren't the coolest guys that you know (or know of) the ones who are rising through the levels of life (or who have risen through them already and are now enjoying success) and reaching for their true potential as a man?

Aren't the coolest guys the ones who are confident in themselves and going after their true purpose in life, instead of hiding themselves away in fear or dressing themselves up like a pretty boy and trying to be seen as "cool" based on what they wear?

If you want to be seen as a cool guy by other guys, what you need to do is rise up and reach for your true potential as a man.

If you have big dreams and ambitions and you follow through on that with unrelenting confidence and determination, you will definitely be seen as a cool guy by other guys and you will also be attractive to women.

Being Able to Attract Women is More Important Than Simply Being a Cool Guy

While "being cool" will get you some bonus points with women, it is not the answer to success with women.

If you want to be successful with women, you've got to know how to trigger their feelings of sexual attraction for you when you interact with them and then deepen a woman's feelings of attraction for you when in a relationship.

Most guys don't know how to do that to women, so even if a guy is acting cool, it usually isn't going to be enough to make a woman want him or want to stay with him when in a relationship.

Watch this video for more info...

If you want to be cooler because you want to be more successful with women, focus on improving your ability to attract women first.

If you try to act cool, but you make subtle or obvious mistakes that turn women off, it's not going to work for you.

However, if you are skilled at attracting women and they feel turned on by you as a result, they will then perceive pretty much everything that you say and do as being cool.

Triggering Her Survival Attraction

[image: Being the cool guy that women want]

Women feel attraction to men based on instinctive triggers that are directly linked to their need to survive and feel protected.

In other words, the attraction a woman feels for you will be automatically triggered based on whether she perceives you as being beneficial or costly in terms of her survival, happiness and general quality of life.

If you meet a woman and you appear nervous around her and other people, will her instincts tell her that you will be beneficial or costly for her to hook up with?

Likewise, if you meet a woman and are confidently around her and other people, the assumption that she will instinctively make is that you would be better at surviving, thriving and prospering in this world and therefore, her attraction for you will be triggered.

On the other hand, if a woman meets a nervous, self-doubting guy who isn't able to get along well with others, her survival attraction mechanism will cause her to feel turned off by him.

Having to carry an emotionally weak guy like him through life will cost her dearly in terms of mental and emotional energy and happiness. It may also mean that he gets bossed around by alpha males (good guy alpha males and bad boy alpha males) and, as a result, he will probably struggle to provide for her, himself and their offspring.

You see how it works?

Being truly attractive to women is not about what baseball cap you might be wearing or what shoes you just bought, it's about who you are as a man.

For a woman to see you as a cool guy, she's going to be instinctively assess what your overall personality represents for her in the immediate and long-term. In other words, would it be beneficial to her survival to hook up with you and then stick by you for life, or are her instincts telling her that you would be more of a burden than a benefit?

You can trigger her survival attraction for you by being confident, charismatic, charming, having a masculine vibe and being able to get along well with her and others.

On the other hand, if you're nervous and lack the ability to get along well with her and others, her survival attraction switch will be set to "off" and she will feel turned off by you on a deep, fundamental level that is completely outside of her control.

Attraction is automatically switched "on" or "off" based on the personality traits and behaviors that you display around women.

Being nervous doesn't mean that you can't make earn a living or provide for her, but for most of human history, it meant that you would be less-likely to survive and prosper in a challenging environment around alpha males.

Our world may be different now (i.e. we have supermarkets, police, media, government, etc), but the attraction instincts of women are still the same. Attraction is an automatic reaction that happens when we perceive traits in the other person that will be beneficial for our survival.

This is why, when it comes to a woman's attraction for a man, it is not all about looks.

Some modern women will only accept a perfect, male model who has lots of money, but the majority

of women still select men based on survival based attraction triggers.

If a guy is good-looking, it does not automatically mean that a woman will have an easy time surviving, prospering and being protected by him throughout life. It just means that he is good-looking.

If you want to be seen as a cool guy, start by improving your ability to attract women with your personality, behavior and confidence. Doing that will have the most powerful and long lasting effect on your coolness to others and your value to women.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Do Women Like Fat Men? The Truth

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Not all women will accept a fat man, but some women will.

Why?

Many women (not all) are much more flexible about what they find attractive in a man than most guys realize.

If a fat man is able to make a woman feel attracted to him in other ways (e.g. he is confident, charismatic, charming, has a masculine vibe, makes her laugh, etc), then some women will stop caring that he doesn't have a perfectly fit and toned body.

[image: Can a fat guy have a hot girlfriend?]

How is this possible?

When a woman feels attracted to a guy for other reasons, she then starts to look at his physical appearance in a more positive light. Instead of saying, "*Ewww, gross – you're fat*" she will say, "*I like your belly, it's sexy*" or "*I like how cuddly you are.*"

[image: Can a fat guy have a beautiful girlfriend?]

To guys who have been brainwashed by the media into thinking that they have to be tall, handsome and rich to attract hot women, this will come as quite a shock.

Most guys will waste their entire life thinking that they have to look perfect to attract hot women, but the truth is that you can attract women in ways other than looks, money, height and social status.

It really is true.

[image: Fat guy with sexy girlfriend]

Yes, there are some fat men out there who only get laid because they are mega rich, but think about it...

Most guys in this world are not rich and are either working a normal job or working a fairly low paying job and just making ends meet. The reason why they can attract a hot woman is that women CAN be attracted in other ways.

Some women are extremely picky and will not accept a fat guy, but the vast majority of women are much more flexible about what they find attractive in a guy than most men realize. It really is true.

Attracting Women as a Fat Man

[image: Attracting women as a fat man]

If you're a fat guy and you're looking to get laid, get a girlfriend or find yourself a wife, what you need to do is improve your ability to attract women when you interact with them.

For example: When you're interacting with a woman, your style of conversation, your vibe and your behavior is either going to be turning her on or not. If you don't know how to turn her on during an interaction and are actually turning her off in subtle ways (e.g. being nervous, putting on an act of being an even nicer guy than you really are, being too polite, etc), then she will begin to look at your

weight in a negative light.

However, if you are turning her on during the interaction (e.g. by talking to her in a confident way, making her laugh, being masculine, having a subtly sexual vibe, etc), then she will look at your weight in a more positive light.

So, if you've been getting rejected by women lately and are struggling to get a date, don't put it all down to your weight. In almost all cases, the real reason why a guy will get rejected is explained in this video...

As you will discover by watching the video above, the reason why you see other fat guys with women is that most women (not all) judge a man on his personality and confidence, rather than his looks.

If women selected men purely on physical appearance then most guys in this world wouldn't be able to get laid or get a girlfriend, because most guys are tall, handsome male models with a perfect body.

Most guys are either fat, thin or have an average body type and they are still able to get laid, get a girlfriend or get married to a hot woman because it really is true that women can be attracted in ways other than looks, money, muscles and social status.

[image: Good looking guy unable to get a girlfriend]

Here's the thing...

If a good-looking guy is nervous around women and doubts himself, most women won't feel much or any attraction for him. Women will see him as being "good-looking," but since he lacks confidence (the most important thing to a woman) and isn't very masculine (in the way he thinks and behaves), most women just won't be very interested.

Why? Women are attracted to the strength in men (e.g. confidence, masculinity) and turned off by the weakness (e.g. nervousness, shyness, insecurity). Some women (usually unattractive, drunk, old or desperate women) will accept an insecure good looking guy, but most women won't.

I know that it's hard to believe, especially when all that you see on TV commercials are messages suggesting that you have to be tall, good-looking and have six pack abs to be attractive to women, but if you want to stop wasting your life thinking that you're not good enough for women, you have to accept that most women do not solely judge a man on his looks.

When a fat guy asks me, "*Do women like fat men?*" it is usually because he is self-conscious about being overweight and feels as though he doesn't fit the stereotype that is pushed by TV commercials and magazines.

In fact, most guys who ask me "*Do women like fat men?*" already believe that their weight (not their inability to attract a woman during a conversation) is what has been preventing them from enjoying the success with women they want.

True Attractiveness

If you're asking, "*Do women like fat men?*" because you have insecurities about your weight, then it is clear that you currently don't have the number one trait that women look for in a man: Confidence.

Likewise, if you are a guy of normal weight with insecurities and a lack of self-confidence, then you are not any more attractive than an insecure fat guy.

Almost all women (excluding unattractive women) are turned off by insecure men. Women instinctively feel attracted to confident men because we live in a challenging world and it often takes confidence, courage and strength of character to push onwards to success.

Guys who lack confidence in themselves make a woman's instincts trigger feelings of repulsion. Instinctively, she doesn't want to get stuck with a guy who will crumble under pressure if life gets tough, or who will become insecure and controlling in a relationship.

A guy might look good on the outside, but if is shy or nervous around women, then he simply doesn't have the qualities that women instinctively feel attracted to in a man.

If you want to go through life believing that women don't like fat men, then you are going to have to lie to yourself EVERY TIME you see a woman with a fat man from now on.

You are going to come up with an excuse like, *â Oh, he must be rich* or *â He must be well hung* instead of accepting the truth that women can be attracted to men for a variety of reasons that have nothing to do with looks, money or social status.

Instinctive Attractiveness

The world may have changed beyond all recognition over the last few thousand years, but women are still looking for a man who can protect them and keep them safe.

Whether a guy is short, tall, thin or overweight, the main thing that a woman looks for is whether or not he will be able to keep her safe and gather enough resources to survive and live a good life.

In other words, her instincts will be telling her whether or not you'd be good at surviving, thriving and prospering in this world. If she gets the sense that you lack the mental and emotional strength to make her feel safe and protected, she will naturally feel turned off by you whether you have a fat, thin, average or athletic physique.

Some of the traits that trigger a woman's instinctive attraction for a man include...

1. Confidence

A man with the type of confidence that is attractive to women is a man who knows what he wants, how to get it and will stop at nothing until he achieves it. He believes in himself and pushes forward with unrelenting confidence and determination until he achieves his goal.

Women are naturally attracted to men like this because they give a woman a feeling of safety and protection, where she can relax into being the woman and let him lead the way as the man.

A truly confident guy doesn't need to pretend to be anything other than himself â he knows who he is and he is confident in himself. So, faking confidence as the "larger than life" happy, fat man won't wash with women if it doesn't truly match up with your body language, thinking, words and actions.

If you want to attract women with your confidence, it has to be authentic. You have to truly believe that you are good enough for her and you will be able to achieve whatever you want to achieve in life.

2. Masculinity

Genuine masculinity isn't about loud, chest beating, macho and over-the-top behavior; it's about how you think, behave, speak and take action as a man.

Being masculine means that you display the type of alpha male qualities that make other men respect you. When you have true masculinity, women literally feel "weak at the knees" around you and that is a feeling they simply cannot resist.

It doesn't matter if you are fat, short or bald if you can make a woman feel that way, she will be unable to stop herself from feeling attracted to you. A woman's attraction to a man's masculinity is automatic and instinctive and cannot be turned off.

Of course, there are some women out there who like wimpy, feminine guys, but as you may have noticed, those women are usually very masculine or unattractive. If you want to attract a beautiful, feminine woman, you need to display masculinity when you interact with her.

3. Social Intelligence

In today's world, being successful at life has a lot to do with your ability to communicate and get along with other people. Without a high level of social intelligence, you are usually less favored by people, get promoted less often and have less friends than the average person.

To a woman, this makes you a much less attractive man than one who has the social skills needed to get along well with others and be a better protector and provider for her, yourself and any offspring that you may have together as a couple.

On the other hand, when you can display the type of social intelligence that naturally attracts women, you will find it incredibly easy to get laid or get a girlfriend...

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Why Are Women So Stuck Up?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

What has gotten into women these days?

It seems that no matter where you meet a beautiful women, whether she works with you, attends the same class at college or university as you, or even if you meet a woman in a nightclub or bar, most of them seem to be stuck up and arrogant, right?

Whenever you approach women or talk to them, they give you the cold shoulder, ignore you or generally just look down on you, right?

[image: Stuck up women]

After experiencing that sort of reaction from women for a while, it's only natural that you would begin to wonder, *Why are women so stuck up?*

For guys who find themselves in this situation, they will often turn to their friends for some advice, but since most guys fumble their way into relationships and are not experts at attracting and picking up women, they will likely just agree with you that women are stuck up and too difficult to pick up these days.

Some people may even make the mistake of telling you that women are only interested guys with looks, money, cars and height and that you need to be fashionable, cool and in to get any attention from them, but they would be wrong.

The Truth

[image: The truth about why women are stuck up]

Women are not stuck up; they simply have a very effective screening system in place to determine whether or not you are compatible with them.

If you approach a woman and she tests your confidence by acting uninterested and sees that you squirm and get nervous in response to that test, then she knows that you're not strong enough for her.

She doesn't want to end up accepting a guy who will be weak or wimpy in a relationship, or won't be able to handle the challenges of life. We live in a very challenging world and women rely on the strength of us men to make them feel safe when times get touch.

If a woman meets a guy and he can't even handle her initial tests of his confidence, how is he going to handle the challenge of competing with people at work?

When it comes to sexual attraction and a woman submitting and opening herself up to be penetrated by you, she wants to feel as though you are mentally and emotionally stronger than her. In other words, she doesn't want a wimpy guy pumping away at her and potentially getting her pregnant.

Coming to Terms With the Fact That Women Want You to Be

Strong

Some guys get really pissed off at how women expect men to be confident. It really annoys the insecure guys who just want to be liked, loved and appreciated for how nice they are.

Yet, there are very good reasons why women want and need men to be strong.

Watch this video to understand why women are attracted to guys who are mentally and emotionally strong and turned off by guys who are insecure, nervous and self-doubting...

As you will discover from the video above, women are not crazy, mean bitches for wanting a strong guy.

It's just how nature works and you will either accept that, become stronger and get on with enjoying success with women, or you will fight against it and expect women to like you because you're a nice guy.

There's nothing wrong with being a nice guy (I'm nice and I've had sex with more than 250 women and I recently got married to my sexy, 22 year old girlfriend who is 15 years younger than me), but you also have to trigger a woman's feelings of sexual attraction for you.

Watch this video to understand why being nice is not enough to turn a woman on and make her want to begin a relationship with you...

As you will discover from the video above, women do want a good guy, but they don't want a nice guy who refuses to turn them on and expects to be liked, wanted and desired simply as a result of being nice.

The Downward Spiral

[image: The downward spiral]

When a guy begins to get rejected by women due to his lack of confidence around them, he begins to head along a downward spiral that makes his problems even worse.

He goes through life with ineffective and harmful thinking patterns (mindsets), such as:

- *â€œWomen are so difficult to talk to.â€œ*
- *â€œSheâ€™s going to shoot me down in flames. Why even bother trying to talk to her?â€œ*
- *â€œIâ€™m wasting my time; women are all the same! They are all stuck up bitches.â€œ*
- *â€œIâ€™m not good-looking enough for these women.â€œ*
- *â€œI always get nervous around beautiful women. Maybe I donâ€™t deserve a beautiful woman and need to settle for an unattractive woman. At least she won't reject me or leave me.â€œ*
- *â€œI will probably be single and lonely for the rest of my life.â€œ*
- *â€œWhy donâ€™t women like me? What's wrong with me?â€œ*

Women pick up on these insecurities by observing a guy's body language, behavior, conversation style and the way he takes action.

Since women are mostly attracted to a guy's confidence, when they detect this weakness they proceed to shoot him down in flames (as he predicted would happen), leaving him to walk away,

licking his wounds and asking people, *“Why are women so stuck up?”*

To make matters worse, a few minutes later, he might see another guy approach the same woman and notice that she is laughing, flirting and touching the new guy and they are getting along beautifully.

[image: Why are women stuck up?]

Suddenly, she isn't being the stuck up bitch that he encountered and she's being all nice and friendly. The rejected guy will most-likely conclude that it's because the other guy is better looking, has more money or is better dressed than him.

No, no, no!

Let's be honest, there are many average looking, or even ugly guys, who are married to, or dating and having sex with, really hot women.

The woman was most-likely attracted to the new guy because he triggered her feelings of sexual attraction, whereas the other guy was just being nice and friendly. Success with women is not about having more money, driving a better car or wearing more fashionable clothes or being even nicer than you already are.

Likewise, getting rejected by women is not due to them being stuck up.

If you want women to desire you sexually, you have to trigger their feelings of sexual attraction. You can't expect women to want to have sex with you simply because you're a nice, intelligent guy.

That is not how the human mating dance works and you need to come to terms with that, otherwise you will continue to experience rejection from women and will likely conclude that they are all stuck up bitches.

“It is not enough to have a good mind; the main thing is to use it well” **Rene Descartes,**
French philosopher, mathematician and writer

Use Your Intelligence to See the True Reality

If you've read this far into the article and if you are smarter than the average guy, then you've probably already worked out that women are not stuck up and are simply trying to reject guys who are not compatible with them.

Attractive women don't want to be nice to wimpy guys who aren't compatible with them, because the guy will get the wrong idea and think that he has a chance.

Most guys don't even know how to make women feel attracted to them, which is one of the things that beautiful women hate about single guys.

It might piss you off that women hate things about single guys, but if you watch this entire video, you will understand why they behave like that and what you can do to get a positive reaction from them from now on...

As you will discover from the video above, if a woman is attractive, pretty much every guy is willing to have sex with her at least once.

Most guys are too easily impressed by attractive women, which is boring for those women. If a woman is attractive, she wants to meet a guy who makes her feel attracted and then makes her feel as though she will only be able to get a chance with him if she plays her cards right.

Most guys cannot give an attractive woman that type of experience because most guys are 100% interested in a woman immediately, just because she looks good.

When a woman encounters a guy who doesn't understand the reality she lives in, she will try to get rid of him as quickly and painlessly as possible by acting like she is stuck up or disinterested.

If she doesn't coldly reject him or act stuck up to make him feel uncomfortable enough to leave her alone, she will be encouraging a clueless guy to think that he has a chance with her, when all she was doing was being nice and not trying to hurt his feelings.

Not all women will act uninterested or cold though.

Some women don't like to be mean, so they will chat to the guy and be nice to him, even though they have absolutely no intention of ever having any kind of sexual relationship with him.

However, if the woman is attractive, she will eventually get to a point where it is easier (for and the guy) to just brush him off by acting stuck up or mean. This may piss some guys off, but I hope you can now understand where she is coming from.

Women Behave in Response to How You Behave

While it is true that some women are bitches and enjoy rejecting guys for the fun of it, the majority of women are nice and friendly when a guy approaches them to begin an interaction.

Most women are feminine and don't to have an aggressive interaction with a random guy. Instead, they would rather be nice, friendly, feminine and just see what happens.

Here's the thing though...

You will only experience that nice, friendly side of women when you approach with relaxed confidence and immediately begin to trigger their feelings of attraction for you (e.g. by being charismatic, funny, charming, masculine, etc).

Many women will test your confidence by initially playing a bit hard to get, but if you can remain relaxed, confident and easy-going, they will eventually drop their guard and open up to you. You have to be prepared to stay in there though and not expect that women be gentle and nice with you when you approach.

If you're approaching attractive women, they will need to check to see whether you are truly confident or have just worked up a bit of initial courage to approach them and are hoping that they are gentle and nice and give you a chance.

So, make sure that you really do work on building up your confidence to approach women before you head out there trying to meet hot girls...

As you will discover from the video above, you have a lot of direct control over how much or little confidence you feel. Much of it comes down to what you think about yourself and women.

For example: If a guy approaches a group of women already thinking that they are arrogant bitches and will quickly reject him, the women will sense that insecurity in his body language, tone of voice, attitude and conversations style.

Women can sense it when a man is insecure and nervous and to avoid wasting their time with a guy like that, they will simply behave in a stuck up and arrogant manner to turn him off and let him know that he is not a compatible match.

Itâ€™s not because women are evil, mean-spirited, bitches or that think they are too cool for anyone else â€“ they are just trying to find the right guy for them.

Instead of looking for reasons why you will fail or why women are too difficult to pick up, focus on reasons why you will succeed and why women would love a guy like you. Then, use that confidence in yourself to spark attraction in women when you first meet them.

Common Mistakes That Lead to Rejection From Women

Attracting women is pretty simple when you understand what types of personality traits and behaviors turn women on and off.

Essentially, you’ve got to be confident and then simply add in any number of other ways of attracting women (e.g. being charismatic, charming, funny, having a masculine vibe, etc). The more attractive personality traits and behaviors you display, the more attractive you will be to women.

Unfortunately, most guys never get taught how to be attractive to women, so they end up making some or all of the following mistakes that lead to women behaving like they are stuck up or simply rejecting guys who attempt to pick them up.

1. Displaying a lack confidence or self-esteem

A woman can spot a guy with low self-confidence and self-esteem from a mile away.

She sees it in the way he walks, stands and in the way he needs to get psyched/pumped up before he can approach her. A confident guy won’t even think of the possibility of being rejected by her and will simply walk right up to her and start chatting and flirting.

The woman will naturally feel an instinctive attraction to his confidence and the conversation will flow smoothly, aided by the all-important element of attraction. Without attraction, conversations with women you like will be boring, closed and without any â€œsparkâ€ to them.

2. Being nervous or tense around attractive women

When a guy approaches a woman and displays nervous behavior such as fidgeting, tense or darting eyes or being too hesitant, it makes her feel uncomfortable and she will reject his advances by being arrogant or behaving in a stuck up manner.

3. Using a shy or guarded conversation style.

Some guys feel as though if they can just show women how polite, well-mannered and shy they are, women will take pity and give them a chance.

4. Being overly polite or accommodating.

Have you ever seen a guy being extra nice, polite and accommodating to a woman that he secretly liked?

His thought process may have been something like, *â€œI’ll be super nice and do everything for her and THEN she will like me.â€*

Unfortunately for him, that is not how it works. Women have to feel sexual attraction for you and THEN they will consider having sex with you or being your girlfriend. Niceness is only exciting to a woman after you have triggered her feelings of sexual attraction.

She thinks, “Wow, this guy is not only sexy, but he’s also a good guy. I’ve hit the jackpot.”

However, if a guy is just nice to a woman and doesn't do anything to trigger her feelings of attraction, she might like him as a person and be open to having a polite conversation with him or being his friend, but she won't feel much or any desire to have sex with him.

Don't Fight Against the Nature of Women. Learn to Love Women For What They Are

Instead of fighting against a woman's natural instincts to test whether a guy is mentally and emotionally strong enough for her, learn to love it and see it for what it really is.

If you are the kind of guy who keeps asking, *Why are women so stuck up?* and thinking that they are all bitches who need to stop being so difficult towards you, then you are missing the point.

We live in a challenging world and women seek to breed strength and courage into humanity via men, while we men seek to breed healthy and beauty into the human race via women.

Women want your strength and one of the best ways to find out if you have it, is to test you by acting stuck up or playing hard to get.

If you squirm and get nervous, you fail the test, but if you remain confident, relaxed and can appreciate why women do that, you pass the test and women feel respect and attraction for you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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How to Be Sexually Attractive to Women

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The secret of how to be sexually attractive to women is to display the personality traits that women are naturally attracted to.

For example: A guy who is confident, charismatic, charming, funny and has a masculine vibe will make a woman feel attracted to him based on those five traits.

However, a guy who is nervous, suppresses his natural charisma because he's afraid to be himself, lacks charm, is afraid to use risky humor and has a neutral vibe will make a woman feel turned off by him based on those five traits.

Watch this video to understand how a woman's attraction for a man works and how you can use it to be sexually attractive to women...

As you will discover from the video above, you can attract women in more than 100 different ways.

To be sexually attractive to women, you don't have to trigger all of the 100 different attraction triggers that she has, but if you trigger more than 5, you will be sexually attractive to a lot of women.

Your Masculinity is a Huge Turn On For Women

[image: How to be a sexually attractive guy]

When a woman interacts with a confident guy who thinks, behaves and takes action in a masculine way, she can't stop herself from feeling sexually turned ON by him.

However, when a woman interacts with a guy who is nervous and thinks, behaves and takes action in a hesitant, shy, self-doubting or feminine way, she can't stop herself from being sexually turned OFF by him.

This doesn't mean that you can pick up every woman by being confident and masculine, because not all women are single. However, it does mean that you can spark feelings of attraction in pretty much every woman you meet by being confident and masculine.

What is an example of being masculine?

A guy who has big ambitions in life and is following through on them with unrelenting confidence, drive and belief in himself is masculine.

In contrast, a guy who is afraid of rising up and reaching for his true potential as a man, lacks mental and emotional masculinity. In other words, he lacks the balls to push through challenging situations and overcome obstacles on the way to success.

Women Are Attracted to the Strength in Men and Turned Off By the Weakness

The reason why women feel sexual attraction for confident guys and feel turned off by wimpy guys, is that women are naturally attracted to the strength in men.

This preference for tough men has allowed the human race to become stronger over the generations.

Sexual attraction is triggered when we detect certain things in the other person that would be beneficial to our life in general, our happiness, our survival and the survival of any offspring we may have.

A man's weakness is not beneficial to a woman's survival and doesn't make her feel protected and safe.

When we men see a physically beautiful woman, our attraction instincts are automatically turned on because it would be beneficial to breed with her (e.g. better looking children, favorable treatment from others, more enjoyable sex, a feeling of pride for having a beautiful woman, etc).

On the other hand, when we see a physically unattractive woman, our attraction instincts remain off because there is no benefit to breeding with a woman like that.

For a woman's attraction to a man, it's not about looks. Why? A man's physical appearance is NOT the most beneficial thing to her survival.

For most of human history and still to this day, a man's level of confidence, masculinity and social intelligence directly impacts his ability to survive, prosper and to protect himself, her and any offspring they may have.

A good-looking guy doesn't mean that she will be protected or that he will be able to succeed in the world. It will just mean that he is good looking.

So, when it comes to your sexual attractiveness and the all-important topic of how to be sexually attractive to women, FORGET what the TV and magazine advertisements are telling you. It's NOT about cologne, suits, haircuts, muscles, cars, money or penis size; it is about confidence, masculinity (how you think, behave and take action) and social intelligence.

An Alpha Male vs. a Lower Ranking Male

The human being is a special creature and clearly the most intelligent being on the planet (in terms of how we judge intelligence anyway).

That said, we do share a lot in common with animals when it comes to selecting a mate and breeding.

We may have a "dating scene" and be able to sleep with many women before deciding to breed, but if you take a closer look at our behaviors and attraction mechanisms, you will see that we're not very different to animals when it comes to selecting a woman to breed with.

For example, a female lion will select the most physically strong lion that dominates the other males.

To her, he represents her best chance of survival in a world where animals attack and kill each other to rule a territory.

However, a human female does not need a man to go around beating up, biting or killing other men to show her that he can take care of her, himself and any offspring they may have. Instead, she needs to see that he is mentally and emotionally strong enough to handle the challenges of our complex human society.

Sexually Unattractive Behavior

[image: Sexually unattractive behavior]

Every guy has the potential to be sexually attractive to women.

However, if he displays the following behaviors and traits, women will naturally feel turned off by him...

A lack confidence and self-esteem

A guy who lacks confidence and has low self-esteem will automatically come across as insecure and nervous in his interactions with women.

His low self-esteem will cause him to doubt himself and the woman will instinctively pick up on it. She will sense that he doesn't feel as though he is good enough to be with her and she will reject him because of it.

Why? Women don't want to feel as though they are doing you a favor by being with you; they want to feel lucky to be with you.

2. Being too nice

There is absolutely nothing wrong with being nice to women. In fact, I recommend that you be a good guy if you want to experience lifelong success with women and in life in general.

Women DO like men who are nice, but they don't like a nice guy who is shy, nervous and anxious. They want a good guy who is confident, masculine and socially intelligent (i.e. a cool guy) in addition to being nice because that is attractive.

Watch this video to understand why nice guys usually get rejected by women and what you can do to succeed with women, while still being a good guy...

As you will discover from the video above, there is nothing wrong with being nice to a woman, but you ALSO have to make her feel sexually attracted to you.

When a guy is just nice to a woman, it doesn't trigger her feelings of sexual attraction and therefore, there is no reason for her to want anything more than a polite conversation or friendship.

3. Being mentally or emotionally weaker than the woman

Women play all manner of mental games to test if a guy is an alpha male.

For example: She may snub him, act offended or act uninterested, interested and turned off all in the same day just to see how he will react.

A guy who cannot weather these tests with strength and confidence will reveal himself to be emotionally and mentally weaker than her. Since most women dream of being with a guy who is mentally and emotionally stronger than they are, a guy like this will get rejected almost every time.

4. Being neutral or feminine

A woman can only feel like a real woman (i.e. feminine, girly, free to be emotional) if the guy thinks, behaves and feels like a masculine man.

If a guy cries at the movies or gets overly emotional if his car gets scratched, then he's not behaving like a real man.

A man who is more in touch with his feminine side than a woman is definitely not going to inspire any lasting sexual attraction in her. Although some women will put up with it for a while (before breaking up with the guy or cheating on him), they do not want to feel as though they are the dominant, masculine one in the relationship.

5. Being too afraid to flirt or show sexual interest in a woman

Flirting is essential for interacting with a woman all the way from the first conversation through to a lifetime relationship.

If a guy does not know how to flirt appropriately with a woman he will struggle to create sexual chemistry between himself and a woman during a conversation. He may get lucky one day and meet a woman with whom the sexual chemistry happens automatically, but it will fade away when the initial lust of the relationship wears off.

6. Being too polite and reserved when talking to women

Great conversation skills are a sign of social intelligence and that is a quality that modern women definitely look for in guys.

When a guy approaches a woman, bores her to tears with polite conversation or asks her a series of questions that make her feel as though she's being interrogated, he's not going to be getting laid anytime soon.

A guy like that will be wondering how to be sexually attractive to women and since he doesn't know what you are now learning, he'll likely get sucked into thinking that it's all about looks, money, height and muscles.

7. Placing women above him in terms of dominance

Women want to be with a man who feels like "the man" around her. Although women may behave as though they want to boss men around when you see them on TV shows, music videos, etc – that is not what women really think or want.

Women behave that way around guys to test how confident and alpha the guy really is. If a woman can dominate a guy during a simple conversation or interaction, how is she going to feel dominated in the bedroom?

Women don't go around admitting that they want to feel submissive around a guy, but if you pay attention, you will see that it is the men who make women feel girly (and submissive) around them who are the ones that women chase and lust after. It's not the super nice, polite, fearful guys who feel intimidated by women.

Be Sexually Attractive to Women Right Now

If you sincerely want to know how to be sexually attractive to women, then stop wasting money on colognes, cars, body building supplements, expensive clothes and shoes, creams and lotions.

Take some time to improve your ability to attract women with your confident, masculinity and personality. When you do that, it won't matter if you are bald, overweight or wearing non-designer clothes, women WILL feel sexually attracted to you.

Don't believe it is possible for to easily attract women?

Watch this video and you will see that it doesn't matter what excuse a guy makes up for his lack of success with women, it always comes down to one, simple thing...

Attraction is an automatic reaction that humans (and animals) experience and if you're not making women feel attraction to you now, then you are doing it wrong – it's as simple as that.

Learning how to set off a woman's feelings of sexual attraction is a quick and simple process. Once

you know it, you're set for life and can get on with enjoying sex, love and relationships with beautiful women.

Are you willing to give this a try?

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How to Pick Up Women Who Work in Clothing Stores

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

We've all been in that situation where we walk into a shopping mall and see a hot woman working in a clothing store or other retail outlet.

To be successful at picking up a female shop assistant, what you should focus on doing is:

1. Creating a sexual vibe between you and her.

Rather than only sticking to friendly customer to assistant conversation, you need to add in some flirting.

Watch this video to understand how flirting works...

2. Taking your time before getting her phone number.

In most cases, you will need to establish a bit of a connection between you and the shop assistant, before she will be comfortable giving out her number.

She likely gets a few guys every day coming in and having a chat with her, so to stand out you either need to make her feel a lot of attraction for you, or you need to go into the store 2-3 times to let her get familiar with you and feel more comfortable giving out her number.

3. Quickly making her feel attracted and creating a connection and then leaving

Sometimes, a woman won't have much to do because the store will be quiet and her boss won't be around.

However, in most cases, she will be under pressure to serve other customers or impress her boss by continuing to work hard.

You need to make an assessment of what is appropriate for her and the store she works in and then go from there. If she seems busy, take some time to look around the store until she has a couple of minutes to talk to you.

If she can only talk to you for 10 seconds before getting back to her work, make sure that you make it count. How? Use humor to get her laughing and feeling good when interacting with you, so she then remembers you the next time you come in.

The Single Life

One of the greatest things about being single is the freedom to go anywhere and meet a new beautiful woman to have sex or a relationship with. Personally speaking, I've had sex with more than 250 women and three of those women I met while they were working at a clothing store.

I've met and successfully picked up women in all situations and places such as cafes, bars, nightclubs, at house parties, while buying food from a take away store, in a supermarket and so on. The reason I was able to pick these women up was simply by using the attraction techniques that I teach here at The Modern Man.

Watch this video to understand how a woman's attraction for a man works and how you can use it pick up female shop assistants...

As you will discover from the video above, you have a lot of control over how much or little

attraction a woman will feel for you.

If you're displaying the personality traits and behaviors that naturally attract women, then she's going to be feeling attracted to you.

Most of the Women Working in Clothing Stores Usually Go to Bars and Clubs

[image: How to Pick Up Women Who Work in Clothing Stores]

For some guys, the thought of approaching women in bars and nightclubs makes them feel nervous because they've already tried it before and have failed, or because they think that women who go to bars and clubs are not the same as the "innocent looking" women who work in clothing stores or office buildings.

Over the years, I've lost count of the amount of times a guy has said to me, *"Dan, I'd prefer to meet a nice girl, not a girl who goes out partying to bars. How can I pick up women who I see on the street or at malls? They seem like nicer women."*

What these guys don't realize is that most women who go to bars are not sluts or bad girls or mean, bitchy women but they are (in 95% of cases) normal, everyday women who just happened to go out partying with some friends.

[image: Why learn from me?]

I've picked up all sorts of women in bars and nightclubs and they're usually just a girl next door type girls who are simply dressed up in a more sexy way than usual.

I've picked up women who work as lawyers, dental assistants, models, office managers and so on. So, don't ever think that picking up women in bars means that you'll end up with a slutty girlfriend; they are (in most cases) the same type of women that you see walking around shopping malls, drinking coffee at cafes and heading home on public transport.

That said, I understand that not all guys want to pick up women in bars, so they will often wonder how to pick up women who work in clothing stores, chat to women in cafes or stop women on the street and get their phone number.

It definitely is possible to pick up women in any environment and it is easy when you know what to say and how to make the right first impression on a woman. To pick up a woman who is working in clothing store, you need to:

- Start the conversation in a positive and relaxed way.
- Be confident and display confidence.
- Have an easy-going attitude.
- Use humor and flirting whenever possible.

Mistakes to Avoid When Picking Up Women in Clothing Stores

1. Chatting her up while she is busy.

You've got to be patient and not feel awkward about browsing the store for a couple of minutes

and waiting for the best time to chat.

If a guy engages a woman in a long conversation when she is working, when her boss is around or when customers are waiting, not only will she feel uncomfortable and even embarrassed, she may even get into trouble because of it.

If she does get into trouble or loses her job, he can be sure that heâ€™s not going to get anything from her other than anger and resentment.

Engaging a woman in a long conversation while sheâ€™s working shows a lack of social intelligence, so she will be naturally turned off.

Most guys donâ€™t realize it, but women are extremely attracted to men who have higher social intelligence than other guys. Social intelligence is essentially about your ability to get along with, understand and work with others.

2. Escalating too fast.

You canâ€™t try to get a number too quickly because it will usually feel awkward.

If a guy moves too fast and tries to get her phone number or set up a date in under a minute, it will usually make the woman feel annoyed or confused at the speed of the pick up.

After all, she is working and not in an environment where she would expect to be picked up like a bar or nightclub. If he doesnâ€™t establish attraction between them first and build a bit of a private connection, she will most-likely turn down his attempts to get her number or date.

3. Behaving in a nervous way.

Youâ€™ve got to be confident.

For women, confidence is the most attractive thing about men, so donâ€™t think you can sneak your way to true success and happiness with women without being truly confident and free of insecurities.

If a guy lacks confidence in himself around attractive women, he will come across as nervous and hesitant, which will be an instant turn off for the woman.

Being nervous around her makes her feel stronger, mentally and emotionally, which is one of the main reasons why a woman will reject a man.

Although some women (who feel insecure themselves) like to have a guy whom they can dominate (mentally and emotionally) for a while just to boost their own confidence, he will be dumped as soon as she gets bored of the games or gets lucky and finds a real man.

4. Attempting to â€˜buyâ€™ her attention.

You canâ€™t buy things from the clothing store as a way to impress her â€˜it doesnâ€™t work.

Some guys will go to the clothing store in the hopes of impressing her by â€˜redoing their wardrobeâ€™ (most-likely after seeing some advice from a woman on a â€˜dating adviceâ€™ site) and the salesgirl will happily sell him every item in the store if heâ€™ll buy it.

To attract women, you have to make them feel your confidence, experience your masculinity (how you think, behave and take action) and witness your social intelligence in action. When you can do that, you can basically have any woman you want. Guys who do this can be ugly, poor, short, bald and unfashionable and they will still get laid!

Ever since creating the attraction secrets that I teach here at The Modern Man, Iâ€™ve never had to waste money buying expensive dinners or gifts to get laid. Women want to have sex with me because

the approach that I use with them makes them feel irresistibly drawn to me.

You can have that effect on women too. It's actually a lot easier than you might think. Most guys who learn from us here at The Modern Man are shocked at how easily they get hot women attracted to them.

5. Not creating any attraction.

You have to make the woman attracted to you; don't expect it to happen without you doing anything.

We men feel automatic attraction for a woman's looks, but women need to experience us and feel our confidence, masculinity and overall personality before they feel true attraction.

If a guy wastes her time and his time by being too nice and polite with pointless conversation, she will get anxious and want to get rid of him as soon as possible because he could cost her job, or money, if she is paid on commission.

When it comes to picking up women, just remember this: They don't care about you before feeling attraction for you.

Failing to create attraction before you try to do anything else will result in you getting rejected in 99% of cases.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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What to Talk About When You First Meet a Woman

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

What to talk about when you first meet a woman will depend on where you meet her.

For example: If you meet a woman at a house party and she's standing alone.

You: Hey, how's it going? So, are you having a good time at the party?

Her: [She will respond]

You: [Then talk about how you know the host of the party, or who you know at the party and then ask her how she knew about the party].

Another example is where you meet a woman in a shopping mall.

You: Hey, how you doing? I was just walking along and was going to do some grocery shopping and I saw you. I thought you looked cute, so I thought I'd come over and say hi and introduce myself before we never see each other again. My name's Dan, how about you?

Her: [Tells you her name]

Another example is when you're sitting on public transport (e.g. bus, train) and you really want to talk to the girl sitting next to you. You notice that she's reading a book. So, what can you say?

You: How's the book?

Her: [Responds]

You: I haven't read a good book in a long time. The last great book I read was [insert the name of the book you read] and it was awesome. How about you? What is this book like? What it is about?

Another example is where she is browsing Facebook on her smartphone.

You: Hey, did you click like on the photo I posted on Facebook? I just posted it a couple of minutes ago. [Then, smile so she knows you're joking]

The Most Important Thing You Need to Do When Talking to a Woman For the First Time

[image: Attracting a woman during a conversation]

When talking to a woman for the first time, the most important thing that you need to do is make her feel attraction and respect for you as a guy.

It's not enough for you to just be nice and friendly and expect that she will be interested in you because of that. For a woman to become interested in you in a sexual way, you've got to trigger her feelings of sexual attraction for you.

Watch this video to understand how it works...

As you will discover from the video above, it's great to know what to say, but if you're not coming

across in an attractive way, most women just won't be interested.

When you first meet a woman, your number one aim should be to make her feel sexual attraction and respect for you as a man as you interact with her.

If you fail to do that, it won't matter what you talk about when you first meet her, because she usually won't be interested in what you have to say other than to be polite and friendly with you for a while.

In the past, you may have tried talking to a woman and noticed that, even though you were being nice and friendly, she just wasn't interested in and the conversation dried up. Why?

Simple: You didn't make her feel attracted and turned on by you. Instead, you probably made her feel boring, standard emotions that have nothing to do with dating and beginning a sexual, loving relationship with a man.

The Magic Conversation Script That Amazes Women and Makes Them Want to Suck Your...

[image: The magic conversation script that amazes women]

There is no magic conversation script of exact words that you should say to every woman that you meet.

The most important thing is that you are triggering her feelings of sexual attraction for you.

Watch this video for some examples...

When a guy doesn't understand how to talk to women in a way that causes the woman to feel sexual attraction and respect for him as a man, he may begin to think that there must be some sort of magic opening line, phrase or word for word script that will get any woman in bed with him.

He hopes that when he utters the magic words, the woman will fall into his arms and say, *"Your place or mine?"* and they will live happily ever after.

Aww, how sweet.

Wake up!

To be successful at talking to and picking up women, you don't need to know magic lines (they don't exist) or tricks (women will sense that you're up to something, so just be real and authentic).

If you want to be successful, just focus on being attractive to the woman during the conversation (i.e. be confident, charismatic, charming, funny, etc) and get her to feel respect for you as a man. Nothing else matters.

Don't Try Hard to Impress Her

When you try too hard to impress a woman during a conversation, she will usually make you try even harder by playing hard to get.

She will enjoy all the power you are giving to her and try to get you to jump through as many hoops as possible, to bring your confidence down and allow her to gain mental and emotional control over

you.

That is the LAST thing you want to allow a woman to do.

If a guy does that, he is asking for trouble and can expect to be dumped. Why?

1. Although it might feel like a bit of fun for her initially to have a puppy dog for a boyfriend, she will eventually become deeply turned off by how he lets her walk all over him.

2. When she eventually dumps him, she won't feel much pain because she won't have allowed herself to truly love him.

He will most-likely have jumped through so many hoops to try to get her to like him and give you a chance to be with her that he will have fooled him into thinking that she is the one for him and that no other girl can compare.

He may think, *"If I feel this strongly about her, she MUST be the one"* and he'll then do anything that he can to keep her.

Yet, all along, she never really respected him as a man and doesn't feel much or any sexual attraction for him, so she isn't going to be interested in giving him another chance unless he suddenly learns how to make her respect him and feel attracted to him enough to justify giving the relationship another chance.

3. Women want to feel lucky to be with you, rather than feeling as though they are doing you a favor by being with you.

If a woman feels like a guy isn't good enough for her, it won't last long at all. She will begin to pull back her interest and affection, which will usually cause the guy to become insecure and clingy, which will turn her off even more and she will then dump him.

Making a woman feel lucky to be with you can be achieved by being a bit of a challenge for her to win over.

Watch this video to understand how that works...

As you will discover from the video above, it's only natural that attractive women want a guy who is more of a challenge to impress.

If a woman is attractive, most guys on the planet are willing to have sex with her (at least once) just based on her appearance, which is boring for her.

Don't Over-Prepare What You're Going to Talk About

[image: Don't over-prepare what you're going to talk about]

One of the rules of being an alpha male (i.e. the type of guy that women feel the most attracted to) is to know that *"Whatever you say is cool – that's the golden rule."*

If you over-prepare what you're going to talk about with a girl, then you are not thinking and behaving like an alpha male and will thus be less attractive to her.

An alpha male will simply say whatever he feels like saying and know that whatever he wants to talk about will be more likely to be considered cool and interesting because it is coming from a confident guy who believes in himself and his value to others.

If you doubt yourself and your value to others, people will pick up on it. Beautiful women are not attracted to self-doubting, nervous guys who don't think that they're good enough.

Some beautiful women do accept a guy like that for a while, but it doesn't mean that he's not going to get dumped or she won't divorce him and take half his money 5 years into a marriage.

If you want to be able to keep a relationship with a beautiful woman together for life, you've got to be able to attract women when you meet them and then deepen your chosen woman's feelings of love, respect and attraction for you over time.

It's easy to do once you have been educated in the art of attraction, but if you never learn this stuff and try to guess your way through interactions and relationships, it's only natural that you're probably going to make mistakes that lead to you being rejected or dumped.

Some guys are naturals when it comes to women, but most guys need to learn a thing or two.

Watch this video to understand where guys often mess up when talking to women and what you should do instead to be successful...

If you want to be successful at talking to women, you've got to believe in yourself and what you have to offer to women during a conversation.

The moment you begin to doubt yourself and worry about whether or not she likes you is the moment when you become less attractive to her. The more belief you can have in yourself, the more attractive you will be to her and then anything you say will be all the more interesting to her.

The next time you're going to talk to a woman, just trust in yourself that whatever you're going to talk about is going to be cool enough or good enough and just be yourself in the moment. Be proud of who you are and women will respect and admire that.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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Why Do Women Like Guys With Muscles?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

While it is true that a guy's muscles can make a woman feel attracted to him, it is not the most important thing that a woman looks for in a guy.

Some women are totally into guys who have muscles, but as you will discover by watching the video below (it includes photo proof), most women are much more flexible about what they find attractive in a guy and do not require you to have big muscles to qualify for sex or a relationship.

There's nothing wrong with building up muscles if you enjoy doing that, but if you're motivation to get ripped is to get laid, you should stop wasting so much time and energy in the gym.

Yes, some women will only accept a male model with big muscles, but most women are more attracted to a guy's inner qualities (e.g. confidence, charisma, social intelligence, emotional masculinity, etc) than his outer qualities.

“But, I’ve Seen Guys With Big Muscles and They Usually Have a Hot Girlfriend!”

If you're at a shopping mall or walking down the street and see a guy with rippling muscles who happens to have a beautiful girlfriend on his arm, you might start to wonder to yourself, *“Why do women like guys with muscles?”*

Then, if you listen to the clever advertising messages of fitness centers or weight-lifting supplements, you might begin to think that to “get the girl” you first need to get the muscles.

However, if you take a moment to actually think about what you see in everyday life, you will realize that you always see beautiful women with boyfriends or husbands that do not have a perfect gym body.

[image: Ugly guy has a baby with a beautiful woman]

[image: Black guys with white women]

[image: How is this possible?]

[image: Everyday couples]

[image: Asian guy with white girlfriend]

[image: Ugly guy with hot cheerleader girlfriend]

[image: Guy with a weird nose with a beautiful girlfriend]

[image: Guy with big ears with beautiful girlfriend]

[image: White man marrying a black woman. Asian guy marrying a black woman]

[image: Fat Asian guy with pretty girlfriend]

[image: Asian guy marrying pretty white girl]

[image: Fat guy with a skinny girlfriend at the pool]

[image: Fat guys with pretty women]

[image: Fat men marrying beautiful women]

So, no matter what bullshit the body building advertisements are trying to tell you, always make sure you stop to think about what actually happens in REAL life.

Again, there is NOTHING wrong with working out and building muscle if you enjoy it, but seriously – you don't need mega muscles to attract and pick up the majority of women in this world.

The Big Muscle Myth

[image: Movie star muscle]

From left: Dwayne Johnson, Hulk Hogan, Sylvester Stallone and Arnold Schwarzenegger.

Celebrities such as Dwayne Johnson, Hulk Hogan, Sylvester Stallone and Arnold Schwarzenegger have immortalized the body builder image via movies and wrestling TV shows.

Thanks to the use of steroids and TRT (Testosterone Replacement Therapy), these men have been able to build huge amounts of muscle. They have used drugs to grow bigger muscles that will get them more attention in the media for looking like a monster of a man.

If you watch a lot of TV and movies that feature men with steroid-based muscles, you might start to feel as though you need to be like them.

Yet, if take an honest look at the real world around you everyday, you will notice that pretty much every guy with a hot woman is just an "average Joe."

He will have an average build (or even be skinny or very overweight), average looks (or even be below-average in looks) and will be experiencing an average amount of success in life (or no real success at all).

Why is that?

Why do most women have a boyfriend who doesn't have big muscles?

Why do most women lust after guys who are just normal looking guys? The answer is: It's not about the muscles. It's not about money. It's not about height or penis size. It's about CONFIDENCE.

If you don't believe that, then you will likely feel insecure and inadequate for the rest of your life – and guess what? Women don't want you to feel inadequate; they want you to be confident.

If women liked guys with muscles and only chose a guy based on that, 80% of the male population would be single.

Yet, in most developed countries, 30-65% of the men are overweight...and they have a girlfriend or wife or are dating multiple women at once.

Likewise, if women only went for tall men, then most of us guys wouldn't be able to get ourselves a girlfriend. So, don't go through life believing that success with women comes down to height, muscles, money or looks.

Success with women about confidence and being a man, not wasting thousands of hours in a gym to get an extra few centimetres on your biceps.

There's nothing wrong with working out in the gym and building muscle if you enjoy it, but if the main reason you spend so much time in a gym is to impress women, then you're doing it wrong.

Women Want an Alpha Male – With or Without Big Muscles

When you really pay attention to what is going on, you will see that what women really want is a guy who is more alpha than the other guys available at the time.

This is why you will see women hooking up with guys who really aren't that cool or who are jerks, but who are more alpha than the other guys in the situation.

Of course, the secret to success with women is not to be a jerk alpha male, but to be a good guy alpha male. That way, you are not only loved and liked by women, but by people in general.

Being a good guy alpha male is what we teach here at The Modern Man. If you're interested in learning our simple secrets for success with women, make sure that you click around the site before you leave.

Not All Women Like Guys With Muscles

[image: Not all women want a guy with big muscles]

Don't forget the fact that most of the guys you see with a girlfriend or a wife do not have big muscles.

I know a lot of hot women and many of them have told me that they are actually turned off by guys with muscles because, in most cases, the guy will be insecure and lack confidence in himself.

To hopefully impress the ladies, many guys will spend hours in the gym every week pumping their muscles as big as they can. Yet, when they talk to girls, they lack the type of strength that is most important to women: Mental and emotional strength. In other words, confidence, assertiveness, remains calm and in control when challenged, etc.

Of course, there are some women who do like men with big muscles, just like there are some men who like strippers. Yet, those women are not the majority.

It might seem like the majority if you don't know many women or haven't hooked up with beautiful women, but believe me – muscles are not the answer. I don't work out to build muscle, but I do exercise sometimes.

[image: Dan Bacon - girlfriend]

Picking up my sexy girlfriend in a nightclub, even though I don't have big muscles...

When I met my current girlfriend (shown in the photo above) I didn't have big muscles, but I still picked her up even though she has a sexy body that is in shape (Update: [Her and I recently got married](#) after a short engagement. She's 22 and I'm 37).

I picked her up because I'm confident and know how to make women feel attracted to my personality (i.e. by being charismatic, charming, sexual, etc).

If I had muscles, it would have been the same pick up process and I would have got the same results. You don't pick up women because of muscles, you pick them up by making them feel attracted to you, building up the sexual tension and then releasing that tension with kissing and sex.

What matters to my girlfriend is that I am a confident, alpha male who is moving forward in life.

Yes, I could spend the time to put on muscle and have a gym body, but it's not the answer to success with women. Having big muscles just a nice bonus that most women will happily go without if you are a confident man.

Besides, I have better things to do with my time (i.e. write more articles for The Modern Man, bang my sexy bitch of girlfriend, hang out with friends, etc) than lift weights up and down in a gym.

The Body-Building Craze is a Hollywood Inspired Trend

The body building trend, as we know it today, was a fad that came along in the Arnold Schwarzenegger, Hulk Hogan, Rocky era.

Just because that trend came along and stuck due to companies spending money to advertise gym equipment and body building supplements, it does not mean that body building has been going on for 1,000s of years. It's just a trend and it doesn't mean ANYTHING. It's just a thing.

What does mean something is whether or not you're a real man. If you're an insecure guy who lacks confidence around attractive women, then it doesn't matter if your biceps are bigger than the next guy's.

Women aren't going to drop to their knees and ask you to unzip your jeans because you have muscles; they only do that if you're actually alpha and make them feel like a real woman.

You can't make a woman feel like a real woman if you're not even a real man. It doesn't matter how big your pecs are; if you're insecure and doubt yourself around her, she will perceive you to be as small as an ant.

The entire illusion that the movies magazines, advertisers and gym chains have created about women being attracted to buff and well-built male bodies with rippling muscles is based on lies.

Asking, *Why do women like guys with muscles?* is like asking why do all men like women with big boobs; some do and some don't. Big boobs are not the answer for women to attract any man and big muscles are not the answer for you to attract any woman.

Big Muscles, But Still Single and Lonely

Gyms are full of guys who are single and wondering why they don't have a girlfriend.

You might even have some friends (or this might apply to you) who have spent a LOT of time in the gym, hoping that it finally get women interested, yet nothing changes.

Why? It's all about confidence, being alpha and being a man. If you've got muscles, then good for you and some women will see that as a bonus. Yet, it is absolutely, without a doubt, NOT essential for success with women.

When a guy fails to attract a woman for sex or a relationship, it is NOT due to him not having muscles. It will be due to more fundamental problems that he needs to fix, such as:

1. Lacking confidence and having low self esteem

When a woman first interacts with a guy, she will test him to see if he is an alpha male and when he fails their tests, she will lose interest or outright reject him.

Unfortunately for the guy, this rejection will usually result in an even greater dip in his confidence. He might decide to go to gym and pump up his muscles, then spend \$1,000s of Dollars/Euros/Pounds/Etc on clothes, cologne, professional haircuts, skin cream, shoes and so on. He hopes that all that external stuff will get him the girl, but it doesn't.

If you're one of the many guys who spends lot of money trying to make yourself look nice, then you will know that it doesn't fix your issues with women.

If you want to be successful with women, you have to get rid of your insecurities and become more confident and alpha. Anything less than that will result in you having no women, have lower-quality women or getting lucky with a quality woman only to potentially have her dump you later on.

2. Lacking conversation skills

If you aren't good at making conversation with attractive women, it won't matter to them whether or not you have a perfect gym body.

They might say, *â€œOooh, I like your biceps!â€* and genuinely feel a fleeting bit of attraction for you in that moment, but if they then notice that you lack confidence around them and can't keep a conversation going and keep it interesting, they will quickly lose interest in you.

Being a great conversationalist is like having the keys to a woman's locks. You simply unlock them, her guard drops and she is yours. It's a beautiful thing to experience.

Watch this video to understand where guys mess up when talking to women and what you can do instead to ensure that you succeed with the pick up and get the result you want...

3. Not flirting enough or not even knowing how to flirt at all

This is an extension of the above point. Flirting is absolutely essential for success at picking up women. During a conversation, flirting builds up an invisible attraction between a man and a woman and creates the all-important *â€œsparkâ€* between them.

Flirting is a means of showing the other person that you like them in a sexual way, without ever having to say, *â€œI like you, let's have sex.â€*

By their very nature, alpha males are comfortable to flirt with women right away, because they know that most women automatically feel attraction for their confidence and alpha male behavior and thinking.

On the other hand, lower ranking males like to play it safe and try their best not to offend women, which (in their naive opinion) means avoiding any kind of sexual innuendo or suggestiveness.

I've lost count of the amount of times a guy has said to me, *â€œbut, Dan – I don't want her to think I'm being too forward. I want her to know that I respect her.â€* Funny stuff.

The poor guy (hey, I used to be like that myself) thinks that women are like innocent little angels and would never, ever think about having sex. Therefore, showing any kind of sexual interest is wrong or "too forward" and will result in him being slapped or humiliated in front of others when she reacts badly.

4. Not understanding sexual body language and how to use it

Sexual body language is NOT about being sleazy. When you do it correctly, you will come across

like George Clooney does when he interacts with women.

As you may have noticed, he comes across as classy, charismatic and socially intelligent. He doesn't come across as a sleazy jerk; so don't ever worry about showing your sexual interest in a woman. Doing so doesn't mean that you will be perceived as a jerk.

Instead, sexual body language literally makes a woman feel turned on and excited to be interacting with you. In her mind, she can't help but think of having sex with you, just as right now, you can't help but think of a bright, yellow elephant.

Why are you thinking of a bright, yellow elephant? It's simply how the human brain works. When it is presented with a piece of information to process, the brain will process it, regardless of what the information is.

When you begin using sexual body language with her and she automatically begins feeling turned on, she won't be able to stop her brain from thinking about having sex with you. She will start visualizing it and thinking about it.

Your Inner Qualities Are the Most Important to the Majority of Women

When it comes to success with women, it is not your OUTER qualities (e.g. muscles, looks, clothes) that guarantee success, but rather your inner qualities (e.g. confidence, personality).

Yes, some women place more importance on superficial things about a guy (e.g. his looks, money, clothes, etc), but the majority of women are much more flexible about what they find attractive in a guy and place more importance on a guy's inner qualities.

You know this is true because you always see short, bald, fat, poor or weird looking guys with beautiful women. If success with women was based on a man's outer qualities, most of us guys (me included) wouldn't be able to get ourselves a hot woman.

As a man, you should be thankful that most women will choose to be with you based on your inner qualities.

However, if you believe the BS that you see in the media everyday, you may come to believe that women choose men based on looks, muscles, money and penis size. Yes, some women choose men based on outer qualities, but the vast majority of women do not.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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Approaching Girls Alone

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The secret to approaching girls alone is to:

1. Approach with confidence

Girls don't want you to feel nervous. They are hoping that when you approach them, you will remain confident even if they test you by acting like they're not interested or by not contributing much to the conversation.

So, if you approach girls alone, just make sure that you allow them to experience your relaxed, easy-going confidence. Don't expect them to make it easy on you by being really nice to you as soon as you approach though.

Most of the girls you approach alone or with friends will initially test your confidence by playing hard to get. So, make sure that you're prepared to weather that storm by remaining confident in yourself no matter how they try to test you.

2. Immediately trigger their feelings of attraction for you.

[image: Approaching girls on your own]

If you approach girls, the most important feeling that you have to give them is attraction.

A lot of guys make the mistake of approaching girls and hoping to be liked for being so nice or friendly. That's not how it works.

If you want girls to respect you, like you and want to continue interacting, you have to make them feel attracted.

3. Stay in there until you get a result

[image: Stay in there until you get a result]

No guy can pick up every girl in the world, but most guys give up way too easily before they get a result.

I've found that if you just stay in the interaction and continue building up the girl's attraction for you, she will eventually crack and open up.

Some girls are a lot easier than others, but if you want to pick up hotties, you've got to have the courage to stay in there and wait for the attraction to build up to a point where she finally stops playing hard to get.

Going Out Alone

[image: Going out alone]

Most people go out to social environments with at least one friend or in a group of friends. Women and girls in particular prefer to do things with a friend; they'll even go to the bathroom in pairs or in a group.

This makes approaching girls alone feel quite intimidating for guys who are on their own because most of their friends are already in relationships, or for guys who don't have many friends at all.

Guys also tend to go out with friends because it usually feels a lot easier and safer to approach a group of girls when you have a wingman to back you up. However, if you don't have guy friends to go out with, you might need to start getting used to approaching alone.

From my personal experience of overcoming my fears of approaching women and then coaching guys and showing them how to approach women, I've found that it's easier for most guys to improve their approaching skills with a wingman.

However, if you don't have many friends or if all of your friends are already in a relationship, then you might be keen to give it a go on your own anyway.

If you are keen to approach girls on your own, try to avoid making the following mistakes...

Common Mistakes That Guys Make When Approaching Girls Alone

[image: Approaching with the wrong vibe]

As long as you approach with confidence, trigger the girl's feelings of attraction and then stay in there until you get a result, you will succeed on most approaches you make.

However, not all guys get it right. Here's where they often go wrong...

Being out of tune with the vibe of the place

Every environment has a unique vibe and if you want to be successful when approaching girls, you've got to be in tune with the vibe. If your vibe and energy doesn't match the environment, girls will put their guard up and play hard to get with you.

For example:

1. A group of girls are on the beach may be relaxing, sun bathing, having fun and maybe even playing in the water or some kind of beach ball game. What vibe do you think a guy should have when he approaches girls like that? Should he use the same type of vibe no matter what the girls are doing?
2. A group of girls are in a library and are there to study, read and get work done. What vibe should a guy have when he sits next to them and starts a conversation?

If a guy approaches girls and doesn't match the vibe of the group or the energy of the environment, the girls will usually feel like he doesn't belong in that environment and then reject him or ignore him.

2. Approaching in a hesitant or tense way

If a guy approaches a group of girls and behaves in a nervous, tense, hesitant or insecure manner, he will either be dismissed, or simply ignored by the women. Why? Women are naturally attracted to confident guys and are naturally turned off by emotionally weak or wimpy men.

3. Asking for permission to speak to them

Following on from the previous point, if a guy asks for permission to talk to the girls then he is already showing a lack of confidence in himself. A confident, alpha male will assume that the girls want to talk to him and he will just begin talking to them in an easy-going way.

4. Only focusing on one girl in the group

When a guy approaches a group of girls, it's totally fine that he will like one of them more than the others, but that doesn't mean he should ignore all of her friends.

If he approaches the group and singles out one girl while ignoring the rest of the group that she is with, not only will she feel uncomfortable and even think he's being rude, but the rest of the group will automatically dislike him for disrespecting them and some will try to get rid of him.

5. Coming on too strong

A guy who approaches a group of girls and immediately begins coming on too strong (e.g. taking the whole conversation very seriously and trying to get the girl to commit to being in a relationship with him ASAP), then he is likely to be snubbed.

Women don't like to be rushed into showing that they want to be in a relationship with a guy, so this type of behavior will not be welcomed.

6. Behaving way too â€œniceâ€œ

This type guy is really sweet; he says the right things, jumps up and volunteers to fetch more drinks, he buys ice cream for all the girls or offers to find a reference book on the History of World War II to help them with their assignment.

All the girls in the group like him because he is â€œsafeâ€œ and they all think that he could be their friend, but unfortunately for him, none of them feel sexually attracted to him. Why? Niceness is good and you should be a good guy, but it is not what makes women feel attraction.

Watch this video for the full explanation...

7. Asking her out in front of her friends

Asking a girl out in front of her friends is a sure way to increase your chances of getting turned down or making her play hard to get.

A girl does not like to be put on the spot in front of others and prefers to make her decision privately and without feeling rushed or pressured. Additionally, asking a girl out before you are sure that she is attracted to you is a courting disaster.

8. Lacking sufficient conversation skills

One of the biggest mistakes a guy can make when approaching girls alone, is to have no conversation skills to back him up. If he doesn't flirt or asks too many personal questions, the girls (and especially the girl he is trying to impress) will switch off and may also feel tense and uncomfortable being around him.

Watch this video to understand where a lot of guys mess up when talking to girls and what you can do instead to be successful...

Approaching Girls Alone is Easier Than You May Think

When you do it correctly, approaching girls alone is easier than you may think.

Contrary to what you see on TV or at the movies (where a guy will be slapped or ridiculed for approaching), girls in real life are actually quite willing and open to meeting guys. If you approach with confidence and behave in an authentic, easy going manner, pretty much any girl will be happy to have a quick chat with you.

If you can make her feel sexual attraction for you, then she's going to want a lot more than a

quick chat and will want to exchange numbers or escalate things to a sexual level that day or night.

Approaching women whenever you feel like it is a liberating experience for a man.

If you go through life feeling afraid to approach women whom you find attractive, then you will be sitting around hoping to get lucky, which usually means that you'll be single and lonely for years and will likely have to accept a lower quality woman because the beautiful ones don't usually throw themselves at guys who are afraid of approaching women.

Common Insecurities About Approaching Girls Alone

Do you suffer from any of the following common insecurities with regards to approaching women?

You are afraid or worried that:

- The women will not want to be approached.
- You may be interrupting them.
- The women might humiliate you in front of everyone.
- The women may snub you or ignore you.
- The women might make fun of you or laugh at you with their friends.
- You might freeze up and not know what to say when you stand in front of her.
- You might make a fool of yourself.
- You might run out of things to say.
- The women might find you boring.

Overcoming your insecurities is a process of getting a proper education on women and socializing. For instance, most guys don't know that when women get dressed up and go out to a bar or club and then stand around, they are usually **waiting** to be approached.

If guys don't approach them, the women usually worry that they may have worn the wrong dress, don't look pretty enough or will complain about the lack of confident men who have the courage to approach.

×

[image]

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[image: Dan Bacon]

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Finding Your Life Purpose and Making it Happen

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Finding your life purpose is the most important thing you will ever do as a man.

[image: No purpose or direction in life]

Without a clear purpose in life, you will be floating around in the wind like a plastic bag. You will have no direction and will be easily swayed.

When you are a man of purpose (i.e. you have a mission and you're following through on it), you glide through the air like a bullet and head directly towards your target.

Even if there is a bit of wind (i.e. obstacles that come up along your way to your target), you have such force and determination that you stay on target and reach your destination. If you get knocked down, you get right back up, reload the gun and shoot for the target once again.

Men of Purpose Are Attractive to Women

Another reason why finding your life purpose is important as a man, is that a man of purpose is very appealing and attractive to women.

Women are naturally attracted to guys who have mental and emotional strength to follow through on their biggest goals and ambitions and never give up. This attraction is directly linked to a woman's need to align herself with a man who will be able to survive, thrive and prosper in this world.

Throughout human history and still to this day, survival has always been a challenge for humans. In the past, we had to hunt and gather our own food and now we need to work and compete in the workforce or business world to be able to survive, thrive and prosper.

When a woman meets a guy who is a man of purpose, her natural instinct of attraction kicks in.

Watch this video to understand how a woman's attraction for a man works and how you can use your clarity of purpose and your determination to achieve it as a way to make her feel attracted to you...

As you will discover from the video above, having purpose in life is just one of the ways that you can attract women to you as a man.

What is Your Life Purpose?

[image: What is your life purpose?]

Every man has a purpose in life, but finding your purpose is not always an instant or an obvious discovery.

Some guys are lucky enough to grow up knowing what they want to do and they then follow that path throughout life and live it out to its fullest potential.

However, for most guys, the idea of having a life purpose seems to make sense, but they just can't seem to work out what it is for them and where they fit into the world.

As a result, they often go through life hoping that one day, the idea for their life purpose will come to them in a flash of inspiration. Unfortunately, that doesn't happen for the majority of guys and they

end up wasting much or most of their life waiting for that elusive flash of inspiration and insight.

How Do You Know if You've Discovered Your Life Purpose?

You'll know that you've found your life purpose or are on the path to realizing your life purpose, when it is the thing that gets you out of bed in the morning more than anything else in the world.

Years into working on it, you still feel excited and still have an unrelenting passion about it. You're always thinking of ways that you could improve your skills in the area or improve the area (of life that you're focused on) for other people.

From all my experience with the topic of having purpose as a man, I've found that if a guy simply follows his gut instinct and heads along down the path that he feels will lead him to achieve his life purpose, then he will either:

1. Stick with the path he chose, rise through the levels of his true potential in the area and achieve his life purpose.
2. Grow from the experience and then realize that his life purpose can be even bigger than he once imagined. He will then begin heading down the path of his new aspirations and dreams.

When finding your life purpose, you won't always have a crystal clear picture of what you will achieve and how. Sometimes, you just have to trust your gut instinct and take several connecting paths to reach the point where you realize your life purpose.

During that time, you will be building valuable skills and acquiring knowledge that will prepare you and help make you ready to begin achieving your true purpose in life.

However, if you don't trust your gut instinct and instead hide away from doing what you really want to be doing in life, then life will get pretty gloomy for you. Over time, feelings of regret, emptiness and disconnection from the world around you will increase and you will feel unfulfilled at your core.

Have You Been Ignoring What You Really Want to Do With Your Life?

Ask yourself, what do you really want in life? What do you really care about doing in this life more than anything else? Be honest with yourself.

What would make you happy?

What would make you feel totally satisfied with life, even if it means following a path that others might think is silly or impossible?

If you can answer those questions easily, then you will know where you want to head in life. You don't have to have a complete, step by step plan on how to get there, but you do need to trust your gut instinct and then build a vision of how it could play out.

You then need to have an intense desire to go after it with unlimited determination.

The Difference Between a Hobby and a Life Purpose

When the subject of life purpose comes up, many guys will make the mistake of thinking that their hobbies and general interests are their purpose in life.

An example is when a guy thinks, *“Okay, well, I love cars. That’s what makes me happy. I want to make enough money to buy a Ferrari or a Lamborghini one day. That’s going to be my purpose in life.”*

Yet, working hard and saving up to buy an expensive car is simply a goal based on acquiring a material object. Achieving that will not deliver him total life satisfaction for his entire life, unless he’s a shallow person with very limited dreams.

There’s nothing wrong with aiming to acquire material possessions, to live a comfortable life or to become wealthy. However, those things are not your life purpose and they are not what life is all about.

Material possessions and wealth are simply added luxuries in an already amazing world. There are so many documented stories of business people who only ever got into business to make money or to “escape the rat race,” thinking that it would satisfy them and make them eternally happy.

Yet, all they ended up with was numbers in a bank account and an empty feeling about life. Instead of having a real desire to contribute to the world, change the world or achieve something amazing, they worked hard to get money and to get away from the world.

Unfortunately for them, they didn’t know that a fulfilling life purpose is something that brings you closer to the world, not farther away from it.

Turning a Hobby into a Life Purpose

In the example of a guy really loving cars, he could turn that into a life purpose by getting deeply involved in the automobile industry.

For example: He might become a car collector, start or join a club for car enthusiasts, continually improve his knowledge on the subjects related to cars or even write a book about the complete history of cars.

He might also try to get a job with a company who are designing cutting edge cars and use his passion and knowledge to help make the project a success.

He might even start a business of his own. If his love for cars is going to be a fulfilling life purpose and not just a hobby, then it needs to go beyond the car itself.

To make it his life purpose, he should delve right into the industry, topic or area and contribute in the best way he can, rather than just buying a car and feeling proud of himself.

A Man with Purpose

Felix Baumgartner, the Austrian man who jumped from the edge of space in a supersonic free-fall in 2012, is a man who knows all about pushing his limits and reaching for his true potential as a man.

Millions of viewers watched his record-breaking jump on YouTube and held their breath as he

attempted to become the fastest man alive.

His success inspired a lot of people, not necessarily in terms of wanting to go out and take up extreme base jumping, but in terms of giving them a reason to think, *What am I doing with my life?*

Before jumping from the edge of space, Baumgartner had already made over 2500 death-defying jumps from some pretty extreme locations, including one from the iconic Christ Redeemer in Rio.

He started skydiving at the age of 16, honing his skills as a member of the Austrian military display and competition team before joining Red Bull in 1988. He describes himself as born to fly, but by the 1990s he felt he'd gone as far as he could with traditional skydiving, so he started pushing his boundaries with base jumping.

You could argue that Baumgartner didn't have to find his purpose, he knew from an early age what he wanted to do with his life, but it's not that cut-and-dry.

At the age of 16, he didn't set himself the target of jumping from the edge of space; he set his sights on pushing himself to the limits of what it was humanly possible for him to achieve and the Red Bull Stratos project came into his life as a result of following that purpose.

If he'd been thinking small or just thinking about skydiving to amuse himself for the sake of a hobby, he would have stopped pushing himself after any one of his 2500 jumps.

In 2003, he achieved something no man had ever done before when he crossed the English Channel with a carbon wing; he could have stopped there, but he didn't. Always following his gut instinct desire to do what he loves to do, he followed a path that lead to a point where he jumped into the record books from the edge of space.

Will he stop there?

Not at all.

He's now pushing his potential as a pilot to the next level. In a recent interview he said, *"You can't keep me out of the air. I have already been flying as a commercial helicopter pilot in Europe, and now I will have the time to take that aspect of my career to the next level. I'm really looking forward to it."*

What is Your Gut Instinct Telling You to Do?

Finding your purpose is about listening to what your gut instinct has been telling you all along.

Many guys will waste decades working in an industry they're not even passionate about, while always knowing what they'd really love to be doing. Often, the excuse will be, *I can't afford to leave my job and pursue what I love, because I wouldn't start earning money from it for years.*

Yet, that isn't a valid excuse because when it comes to achieving your true purpose in life, you don't reach the top of the mountain on day one.

You need to get involved in the industry or profession in some way, rather than thinking that glory will happen on day one.

Work your way up and make a promise to yourself that you'll keep going until you get to where you really want to be in life.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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How to Tell if a Woman is Attracted to You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Even if a woman is very attracted to you, she will almost always wait for you to make the first move. Rather than saying that she likes you, asking you out or attempting to kiss you, she will give you signs that she is attracted and hope that you have the confidence to do something about it.

[image: How to tell if a woman is attracted to you]

For example, she might:

1. **Try to keep conversations going with you:** She will make an effort to keep conversations going between you and her, even when it feels awkward and there's nothing much to talk about.
2. **Display sexual or submissive body language** She might occasionally lower her chin down while looking up at you with a smile during conversation to show that she feels feminine and girly in response to your masculinity...and it is turning her on.
3. **Play with her necklace** She might regularly stroke her necklace and fiddle with it while talking to you. She will do this to show you that she's feeling something when talking to you and she's hoping that you pick up on that.

To a woman, these are pretty obvious signals that show her attraction and interest in you, but for a guy who isn't very sure of himself around women, he will either not notice the signals or misinterpret them as her just being friendly or playful.

As a man, you need to accept your role as the one who has to make a move. It's not a woman's role to have to lead you as a man. If you don't have the confidence to lead the way when you meet a woman you like, then most women will simply walk away from the opportunity.

Watch this video to understand why many women would rather miss out on being with you, rather than have to lead you...

Whatever you do, just don't ever expect that a woman will suddenly want to "be your man" and guide you through a sexual courtship and into a relationship with her.

A woman wants to meet a guy who has the confidence to take on that role for her. That way, she can relax into your masculine direction and feel as though she is being swept off her feet by a masculine man.

When a woman is attracted to a guy who isn't making a move, she will usually give him all sorts of signals in the hope that he will get the message and take a risk to move things forward between them.

Do you know how to make a woman feel so much attraction for you that she starts giving you obvious signals of interest? Watch this video to find out...

Does She Like Me?

[image: Approaching women and making them feel attracted to you]

Imagine that you're at a bar right now and you suddenly see a beautiful woman who you'd love to

meet.

She's sitting nearby you with her girlfriend and you notice that she keeps looking over at you. The next time she looks your way, you quickly turn around and make eye contact with her. She smiles and then looks away immediately.

You say to yourself, *â□□She keeps looking over...and she smiled. Does that mean she likes me? Maybe she's just in a good mood. What if I approach and she says that she has a boyfriend?â□□*

So, you decide not to approach her because you're not 100% absolutely sure that sheâ□□s actually attracted to you or interested in meeting you. After all, sheâ□□s beautiful, so you might also be thinking to yourself, *â□□Why would a woman like her be interested in a guy like me anyway?â□□*

If you've ever had an experience similar to that, don't worry â□□ it's very common.

Most men make the mistake of thinking way too much about approaching women, instead of actually approaching and then triggering her feelings of attraction.

If you're not sure whether or not a woman is attracted to you, then simply start an interaction with her and trigger her feelings of attraction for you. She will then be attracted. Don't sit around wondering if she is attracted enough yet; just get in front of her and make her attracted to you.

If She Feels Your Confidence, She Will Feel Attracted to You

The number one thing that women are attracted to in a man is his confidence.

When a guy walks over to talk a woman, the best way for her to find out if he is truly confident is to be a bit challenging to talk to. She will play hard to get and not contribute much to the conversation to see how he reacts.

If she notices that he squirms and becomes nervous and anxious under the pressure, she knows that he lacks the all important self-confidence that she is looking for in a man. However, if he remains calm, confident and easy-going, she will naturally feel attraction for his confidence and open herself up to the situation.

Most guys around the world see a woman's initial challenging behavior as a rejection, so they walk away with their tail between their legs, so to speak.

Yet, if the guy had just waited a bit longer to give her a chance to feel his confidence, she would have opened herself up and shown the easy-going and down to earth side of herself that she usually only shows to men whom she's attracted to.

By the way...

One of the best ways to deal with women who are playing hard to get, is to be a bit of a challenge yourself. Here's why...

Being a challenge isn't about putting on an act. Instead, it's about having real standards about what you will and will not accept in a woman.

The way that I approach it is that I make a woman feel intense attraction for me and I then only allow her to have a chance to be with me if she plays her cards right. If she doesn't think, behave and act in the ways I like, I simply begin to lose interest and she then tries to adapt and change in the moment to suit me.

If She's Attracted, Begin to Develop a Unique Connection With Her

Sometimes, you can have sex with a new woman you've met purely on mutual attraction, but in most cases, a woman will also require that you and her actually share a connection first.

Many guys feel as though they can go to the gym and pump up their muscles or wear a nice shirt and cologne to attract women and then "the job is done." The woman will see his big muscles or say, "Wow, nice shirt" and then they'll fall in love and live happily ever after.

It sounds comical that guys would think that way, but a lot of guys actually go out to meet women and believe that a woman will like them over superficial things such as his hairstyle, shirt, cologne or muscles.

What women are really attracted to in a man is his confidence, social intelligence and masculinity. If you display those traits to women, they can't help but feel a natural attraction for you.

Once a woman is attracted, you then need to develop a real connection with her and then escalate to kissing, sex and guide her into a relationship. It's very easy to do as long as you start out by making the woman feel a lot of attraction for you in the beginning.

Make a Move

Even if a woman is attracted to you and is enjoying an amazing connection with you, she will almost always still wait for you to make a move.

To get to the next level and begin a relationship or to have sex with a woman, you must believe in yourself and show her that you're confident enough to get her phone number, set up a time to meet, escalate things to sex or begin a dating relationship.

When a woman is attracted and interested in you, she will rarely reject your advances to move things forward to another level. Don't sit around wondering if you should make a move. Just remember to be the man and confidently guide both you and her to the next level.

I hope you've enjoyed this post and if you'd like to learn more, please click around my site and I will share more of my secrets to success with women...

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[image]

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[image: Dan Bacon]

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How to Be a Real Man

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you want women to see you as a real man, you need to:

- Be confident in who you are and what you've got to offer women and the world.
- Go after your biggest dreams and ambitions in life with unrelenting confidence.
- Love and accept people for who they are.
- Love and admire yourself (i.e. have high self-esteem).
- Be masculine in how you think, behave and take action in life.
- Make a woman feel girly and feminine in response to your masculinity.

[image: How to be a real man]

When you are what women refer to as a real man, you will effortlessly make women feel attracted to you when you meet them and you will easily deepen a woman's love, respect and attraction for you during a relationship, to the point where she never wants to leave you.

Do you know how to attract women when you meet them and then deepen the woman's feelings when in a relationship?

Watch this video to understand how a woman's attraction for a man works and how you can use it become the real man that she is desperately looking for...

As you will discover from the video above, you don't have to be tall, good looking, rich and have a perfect body to be considered an attractive man by the majority of women in this world.

Some women are superficial and will only accept a man who is good looking, tall, rich, drives a luxury car and has a perfect body, but the majority of women are much more flexible about what they find attractive in a guy.

You can be the real man that women are looking for and it all begins with your ability to be attractive to women based on your inner qualities (e.g. confidence, masculinity, charisma, ability to love, etc).

“Where Are All the Real Men?”

Have you ever heard a woman complain and say, *“Where are all the real men?”* when she is referring to the quality of men she has to choose from in the dating scene?

It's an increasingly common complaint from modern women because the amount of available real men is rapidly declining.

Why?

More and more men are falling victim to the brainwashing they receive via the media about what women want. For example: Men are told that they need to be tall, handsome, rich, drive a luxury car, have a huge dick and have a perfect body...and THEN they will be worthy of an attractive woman.

It's crazy.

Most guys go through life never knowing the REAL reason why they get rejected by women. I reveal the real reason in this video...

As you will discover from the video above, guys make up all sorts of excuses for their lack of success with women, but it really comes down to one, simple thing: Their inability to trigger feelings of sexual attraction inside of a woman during an interaction.

When you know how to attract women with your confidence and personality, most women will feel enough attraction for you to want to have sex or begin a relationship. Some women are very picky, but most are happy to secure you as their man if you're able to make them feel enough attraction and have some (the more the better) of the qualities of a real man.

If you are serious about understanding how to be a real man, you have to stop believing what TV commercials have been telling you about what women really want in a man.

Being a real man is not about driving the latest car, wearing an expensive shirt or spraying on a designer cologne. You can do those things if you want to, but being a real man is deeper than that and you know it.

Can Any Man Become a Real Man?

[image: How can I be a real man?]

Yes.

Being a real man is a way of thinking, living and taking action and it all comes from who you are deep down.

Some guys think they can get a few quick tips and pretend to be a real man, but if you are serious about being the real man that women want, you have to go a little deeper than just a few quick tips.

When you approach this part of your life properly, you will enjoy:

- High self-esteem.
- Respect from others.
- Your choice with women.
- A sense of fulfilment, pride and satisfaction that comes from following through to achieve your biggest goals and ambitions in life.
- Happiness for life.
- Love and great relationships with beautiful women.
- Lots of great of friends and lots more people wanting to be your friend.

Being a real man is within your reach. When you follow the path of a real man, your life literally gets better every day.

I know because I've been walking the path for more than 12 years now and after having sex with more than 250 women, I recently got married to my sexy 22 year old girlfriend (she's 15 years younger than me) and I'm a role model for men all over the world via The Modern Man.

If Women Want a Real Man, Why Do Some of Them Hook Up

With Bad Boys?

The truth is, women really don't want a bad boy, but because there are usually no real men available, bad boys are often seen as the next best thing.

Why is a bad boy better than a nice guy to most women? In most cases, a "nice guy" will lack confidence and be nervous or anxious around people, so women end up feeling stronger than him, mentally and emotionally.

Then, when it comes to sex, she won't fully enjoy herself and open herself up to the guy because he's emotionally weaker than her. It just doesn't feel right to surrender her heart and mind to a weak guy.

However, in most cases, a "bad boy" will be very confident and dominant, so it will feel right for her to open up and surrender (body, heart and mind) to him during sex.

Women know the real thing when they see it and "bad boys" get dropped like hot potatoes when a woman realises she has finally met that rare breed...a real man.

If she can't find a real man, she might eventually fall pregnant to a bad boy and then break up with him later, or marry a nice guy and then divorce him later. However, real men are the type of men that women do not cheat on, do not want to leave and will never let go of.

Watch this video to understand more about why nice guys usually get rejected by women and what you should do instead if you want to be successful with women now and for the rest of your life...

As you will discover from the video above, there's nothing wrong with being a nice guy, but you also have to be sexually attractive to the woman. Being nice is not what triggers a woman's feelings of sexual attraction for a guy.

If you trigger a woman's feelings of sexual attraction for you and you are ALSO nice to her, she will be happy to have finally met a good guy who turns her on. However, if you're just being nice, there usually won't be any reason for her to want anything more than a polite conversation with you.

Myths About How to Be a Real Man

[image: Myths and facts about being a real man]

It's time to bust some common myths about how to be a real man and free you from the brainwashing that you've likely been receiving via TV sitcoms, TV commercials, movies and music videos.

Myth 1: A real man is a man who has it all Cash, cars, and model looks

It's no wonder that most modern men think that women are attracted to guys who have it all because that's the sort of message they're bombarded with daily via TV commercials and billboard campaigns.

The guy who gets the girl is the guy who wears a certain brand of clothing, drives a certain make of car, wears a particular cologne or watch, styles his hair with a certain product, holidays in a certain location and so it goes on, right?

Well, it's a total myth fuelled by nothing more than the product manufacturers and their

advertising think tanks. Real men know that looks, material possessions and an image are not the main attraction for women because none of those things can make her feel like a real woman.

Wearing a nice watch or styling your hair in a certain way is no replacement for confidence, masculinity and the many other traits of a real man.

The world has changed a lot since the days of the old Hollywood heart-throbs, where a man was shown to be able to sweep a woman off her feet with a tuxedo and a diamond necklace. Modern women really aren't that shallow and you've got to believe it.

In today's world, women are much more independent; they have their own careers and their own cash, so they can buy their own cars and shop for as much bling as they like.

Yet, because of their independence, they are also much tougher in terms and don't allow themselves to be lead around by anything other than a real man or a bad boy. They have to be that tough, because they have to be able to hold their own in everyday life.

The downside of this for women is that they lose the freedom to just be a woman and be girly. Yet, that doesn't stop a woman yearning for it though.

Believe me, no matter how intimidating a woman might appear on the outside, on the inside she's longing to be able to let down her guard and just be the natural woman she is; to be girly at times, to be emotional and to relax into your masculine direction.

When a woman meets a real man, she meets a man who has the masculine qualities that allow her to relax into being feminine. She meets a man with real mental and emotional strength that she can surrender to and be her real self in the bedroom. When it comes to the subject of how to be a real man, it's not something that you can fake or do superficially.

So, don't let any billboards or TV commercials tell you that all you need is the latest men's moisturiser or sports car. The truth is, all you need is you. As long as you demonstrate the mental and emotional qualities of a real man, it doesn't matter what material possessions you do or don't have.

You're a real man and that's that.

Myth 2: A real man is a metrosexual man

[image: Metrosexual man concerned with his looks]

Once again, the notion that women are attracted to beautiful men who take great pride in their appearance is a total myth perpetuated by clothing and cosmetic manufacturers.

Sure, just as guys scan a room full of people to pick out the most attractive women, it's only natural that women should do the same to pick out the best-looking guys. But, and it's a big but, good-looks are not the be-all-and-end-all as far as women are concerned.

It's fine to make the most of your appearance, but if a guy lacks self-confidence and struggles to strike up an interesting conversation with her, or even worse, tries to attract her attention with a lame pick-up line, she's not going to be impressed by how well dressed or well-groomed he is, she's just going to see him as a social loser and want to get away from him.

Good looks can only get a guy so far; if he doesn't have the masculine qualities that make her feel like a woman, he's not going to hold her interest for long.

If you think women aren't going to be attracted to you because you don't have good

looks,â□□ then youâ□□re missing the point. Likewise, if youâ□□re wasting a lot of time, effort and money into â□□perfectingâ□□ your appearance, then you're also missing the point.

Women want a man who can make them feel like a real woman (i.e. feminine, girly, free to be emotional). Itâ□□s inner character that shows what a manâ□□s made of, not outer appearance.

You can have a perfect gym body and still be virgin because women don't care about your body unless you have the more important qualities, such as confidence, masculinity, social intelligence and so on.

If you're a pretty boy who lacks confidence, you're also going to be lacking sex as well. You might be able to get laid with women who throw themselves at you (and let's face it, they're usually not that attractive), but as a guy, looks will not solve your problems with women.

Being a pretty boy is not how to be a real man. So, don't get sucked in by the advertising from cosmetics companies who are trying to sell women's products to men, by relabelling them as â□□men's moisturiserâ□□ and so on.

I remember seeing a Nivea commercial for â□□men's moisturiserâ□□ and it said that women will think you look â□□tiredâ□□ if you don't wear moisturiser. What a joke! Women don't care about how a guy looks unless he actually has the mental and emotional qualities they're looking for in a man.

Sure, women might point out the â□□good looking guysâ□□ but that doesn't mean those guys get laid or that they can keep that woman interested. Women aren't as shallow as TV commercials make them out to be, so don't get sucked in by that.

Myth 3: A real man is a â□□new manâ□□

Back in the 1990s, a new type of man was being promoted via TV because women had more of a voice...and men were listening. They talked about the â□□new man,â□□ which was an afterthought of the failed type of man called the S.N.A.G (Sensitive New Aged Guy).

With the S.N.A.G, women had said they wanted men to cry and be more sensitive, so men did it and they got dumped. Then, after millions of people got divorced or became so depressed that they started the Prozac (an anti-depressant) craze, women started to say that men shouldn't cry and they should be strong.

Yet, still high on their new sense of equality and voice in society, women went on to say that they wanted men to let women run the show too. They said, *â□□Relationships should be 50/50. No man should be able to tell me what to do.â□□*

It was a case of one confused woman after another, followed by men who were looking to impress women (and impress people by being politically correct) who said that, *â□□Yes, relationships should be 50/50.â□□*

It's no surprise to me that people around that time were consuming more anti-depressants than ever before. Sales went through the roof for pharmaceutical companies because men were pretending to be half-man and half-woman (a â□□New Manâ□□ or â□□50/50 Manâ□□ as they were being called) and women were trying to be half-man, half-woman.

It just isn't right and the unhappiness and divorce statistics from around that time reveal it as a mistake.

A â□□new manâ□□ was to be a man who played an equal role in a relationship, or put another way,

a man who no longer played a traditional male role. The "new man" was touted as a man who shared responsibility for household chores; breaking away from the tradition of certain tasks being viewed as "men's work" or "women's work."

Yet, when a team of researchers studied the effects of men sharing the housework with women in marriage, they discovered that divorce rates went through the roof. "These days, I get so many messages from guys who desperately want help to save their relationships."

Despite doing everything a "new man" is meant to do, they're having less and less sex and their woman seems to have no respect for them anymore. The problem is, playing an "equal" role in a relationship takes away the all-important sexual dynamic that is needed to keep the sexual spark alive between a man and a woman.

Just because women now work and they can speak their mind on TV or in pop songs, it doesn't mean that what they say is now the way things should go.

In most cases, women don't say what they really want from men because it would be embarrassing for them.

Why? If you don't know the answer to that, then you definitely have a lot more to learn about women and how to be a real man. The fact is, what women say they want in public and what they do behind closed doors or away from prying eyes are two, completely different things.

When you get rid of the doubt and insecurities that have been brainwashed into your mind by advertising and marketing campaigns and you instead turn your attention to developing and living your true self as a man, you're going to learn that women really do want you.

When a woman is around a real man, she senses his supreme sexual confidence and naturally feels the desire to surrender to him sexually.

Instinctively, she knows that she has found a rare man amongst so many guys who simply lack the wisdom and awareness of how to be a real man.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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Where to Find Women

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Anyone can tell you where to find women; that's the easy part.

For example, you can meet and pick up women in places like a:

- Bar or nightclub.
- A park during the day or on the weekend.
- Coffee shop.
- Speed dating event.
- House party.

Here's the thing though...

Being in the same place as women isn't quite the same as meeting and then having sex with those women, is it?

[image: Where to find a woman to date]

If you want to meet and have sex with women, it's not about knowing where to go, but what to do when you get there that is important.

For example: If you're going out to meet women, you're going to need to have the confidence to approach them...

Additionally, when you approach women, you're going to need to know how to attract them...

As

As you will discover from watching the videos above, women will be happy and excited to meet you if you can approach and trigger their feelings of sexual attraction.

If you're planning on going out to meet women and hoping to be liked because you're such a nice guy, then you will be shocked to find that most women reject you. Why? Watch this video to understand...

When you find a woman that you like, it's critically important that you focus on triggering her feelings of sexual attraction for you.

These days, almost all women select a man based on how much sexual attraction he makes her feel, not how nice he is. Why? Unlike in the past, today's women don't have to settle down with the first nice, gentlemanly man that they find who has the ability to support them.

Today's women can have sex before marriage, can make their own money and can break up with guys who aren't able to make them feel the type of respect, love and attraction that they want to feel for a guy when in a relationship.

Knowing What to Say

A lot of the guys who are interested in finding a woman to date don't really know what they are going to say to the women they meet.

Typically, a guy will have a few things to say to get a conversation going, but he will then run out of

things to say or make one of the following conversation mistakes that turn the woman off...

As you will discover from the video above, to have attractive conversations with women, you need to believe in yourself and not try so hard to impress women.

When you can allow your natural charisma to shine through during a conversation with a woman, she will automatically feel attracted and drawn to you. However, if you put on a social person (e.g. acting like more of a nice guy than you actually are), women will sense it and feel turned off by you.

Approaching and Attracting Women

Most guys simply don't know how to approach and attract women because it's not something that we're taught in school or by our father (in most cases).

Instead, most modern men look to TV sitcoms and movies for the answers, but find that they only end up feeling more afraid and insecure. Why? The scenes in TV sitcoms and movies are designed to entertain people by being dramatic, shocking and original.

The producers of TV shows and movies ensure that the guys who approach women usually end up getting slapped, having a drink tipped over their head or being humiliated in one way or another.

[image: Woman slapping a man for giving her a compliment]

Women are often portrayed as being mean and unapproachable because that is entertaining for women to watch. They think, *â"Wow, she's so mean. I'm not like that at all. This is funny!â"*

Approaching, attracting and picking up women correctly involves many "moving parts" including:

- Reading the signals that let you know a woman is open to being approached.
- Recognizing when a woman wants to be approached by *you* specifically.
- Confidently engaging her in a natural, free-flowing conversation.
- Being able to keep that conversation going and keep it interesting.
- Using charismatic charm to make her feel exciting and desirable emotions.
- Flirting in a fun and appropriate way to make her feel relaxed in your company.
- Naturally escalating a conversation into a phone number, a kiss, a date, or sex.

If you don't know how to do that, then you need to learn how to do it, otherwise your success with women will be mostly full of rejection and confusion about why women don't seem to like you or want to be with you.

Attracting Women by Being More Alpha

Most guys are afraid of being an alpha male because they assume that it means to be an arrogant, selfish, mean, bossy jerk who acts like the top dog all the time.

That's not what an alpha male is.

Being an alpha male is simple and it essentially comes down to you being more confident in who you are and what you've got to offer women and the world. At The Modern Man, we teach guys how to be good guy alpha males, so if you're worried that being an alpha male is about being a bad boy, stop worrying.

The fact is that women are more attracted to alpha males than any other type of guy, so if you want to effortlessly attract women, you need to embrace your inner alpha male and let it come through via your vibe, body language, attitude, behavior, conversation style and actions.

Alpha male traits and qualities generates a deep sexual attraction inside of a woman that she feels powerless to resist.

Alpha males are strong men who have what it takes to be a protector as well as a provider, but it's not about the type of strength that is demonstrated through bulging biceps and a rippling six-pack; it's about inner strength that is demonstrated via their strength of character.

Some alpha male qualities include:

1. Confidence

True self-confidence is a relaxed, inner confidence that is very different to the type of confidence that a man might display through being loud or behaving outrageously.

True confidence doesn't need to be displayed outwardly as aggression or domineering behavior. Instead, it's about being comfortable and relaxed just being yourself anytime, anyplace, anywhere.

2. Masculinity

The most important part of a man's masculinity has to do with his "inner" masculinity (e.g. being confident, having purpose in life, being driven, assertive, determined, loving, balanced, forward-moving, etc).

It's a common misconception that manly men need to enter into chest-beating types of behavior to demonstrate their superiority over other men. Yet, none of that impresses women at all...especially when women notice that men are doing it to try to impress women.

Women are impressed by men who have the mental and emotional strength to be natural leaders and to earn the respect of other alpha males, without having to resort to violence or overly-aggressive behavior.

3. Social intelligence

Men with social intelligence are men who have communication skills that allow them to connect with the people they meet, make friends and command respect.

A man's ability to get on with and interact with other people is a big part of his ability to be a protector and provider. In the far-distant past, a man living in isolation was a man who didn't have any kind of social network to help him survive when times were tough.

Remember: For most of human history, there were no supermarkets, police, etc, so it makes total sense that women are instinctively attracted to guys who can get along well with others. When times were tough, he would be able to rely on friends and allies to help him survive.

For most of human history, a man being a loner and not being able to get along with others meant that breeding with him would be riskier than breeding with a guy who had many friends or who had the respect of other men.

The world has changed and nervous, wimpy guys can now buy food from a supermarket, but the social intelligence of an alpha male is still just as instinctively attractive to a woman as it ever was.

A man who doesn't have true confidence and who lacks mental and emotional masculinity, is usually a man who often feels uncomfortable in social situations and generally feels shy and anxious

around women.

Finding Women to Have Sex With

[image: Finding women to have sex with]

A lot of guys don't realize how easy the majority of women are to pick up and have sex with.

Women go around acting like they have tremendously high standards when it comes to men, but most of them are much more flexible about what they find attractive in a man than most guys realize.

If you want to find women to have sex with, you don't have to look very far at all. Just approach women that you like, trigger their feelings of sexual attraction and either kiss and have sex on the first night or get her number and hook up with her on the first date.

According to USA study, 55% of couples admitted to having sex on their first date. A European study found that 70% of women admitted to having had experienced a one night stand before.

In other words, most women will have sex with you pretty quickly these days. As long as you know how to trigger a woman's feelings of sexual attraction for you, it's pretty simple to get laid and get a girlfriend these days.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Why Am I Afraid to Approach Women?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you're afraid to approach women, you most-likely:

1. Think that women don't want to be approached, so you're worried that they'll see you as a nuisance, rather than seeing it as an awesome opportunity to meet a great guy like you.
2. Don't know how to attract women during an interaction, so you're worried that they might not like you and will then reject you.
3. Aren't sure if you're going to be able to keep the conversation going and keep it interesting long enough to make a connection and get to the next level of a phone number, kiss or sex.

Of course, it could also be that you simply don't know how to feel confident before approaching women. If that's the case for you, I recommend that you watch this video...

As you will discover from the video above, you have to take control of how you use your mind. You can either use it against you and feel nervous and afraid of approaching women, or use it for your benefit and feel confident and excited about approaching women.

It's Not Just You: Most Guys Are Afraid to Approach These Days

[image: Why am I scared of approaching women?]

Over the years, a lot of guys have asked me, *"Dan, why am I afraid to approach women?"* or *"How can I get over my fear of approaching women?"* and I've always been able to answer them clearly because I too used to be afraid of approaching women.

Growing up, I didn't have any good male role models who could show me how to be confident around women. My father is a nice guy (and is still happily married to my mother), but that doesn't mean he had or has the ability to teach me or anyone else how to be confident, especially around women.

So, what did I do? I did what most modern men do and looked to TV, movies and even the lyrics of songs for the answers on how to be confident with women.

Yet, instead of teaching me how to be a confident guy who could easily walk up to women and talk to them without fear or hesitation, the media that I was consuming was making me even more afraid of women than I was before.

The more music videos I saw (especially those with confident women who would push men around or act like they didn't even need a man), the more insecure I became and the more afraid I felt of approaching women.

Over time, I become more and more afraid to approach women because according to what I was seeing in the media, they didn't even need a man. The media was telling me that I had to be tall, good looking, rich, have a six pack, wear the latest fashions, have a cool hairstyle and drive an expensive car...and THEN I would be good enough for women.

Back then, I didn't know that the media was feeding me a bunch of bullshit. I fell for it hook, line and sinker until I realized the real reason why guys get rejected by women...

As you will discover from the video above, guys make up all sorts of excuses as to why they believe women are rejecting them. Yet, it comes down to one, simple thing: His lack of ability to trigger feelings of attraction inside of a woman when he meets her.

The Crazy World Depicted in Movies and TV Dramas

Have you ever seen something like this in a movie or TV drama show?

A guy approaches a woman he finds attractive, she looks him up and down and either flat out rejects him in front of everyone (possibly even humiliating him), ignores him or tells him to go away. Hurt and embarrassed, he walks away and his friends (who are also clueless with women) sympathize with him.

Then, one of the guys will come up with an idea on how to get her attention and finally get a chance with her. Eventually, after saving the girl from disaster, saving the world or saving the day in some way, the girl will then like the hopeless guy and they will live happily ever after.

How many times have you seen that type of scenario play out on a TV show or at the movies?

What happens for a lot of guys is that they see that stuff in movies and on TV and they think that to approach and pick up a woman, he is going to have to do something AMAZING to really impress her. Yet, it's actually a lot more simple than that...

As you will see from the video above, it's actually a lot easier to impress women than most guys realize.

Most guys try really hard to impress women because they assume that women are so much more valuable than they are.

Yet, here's the thing...

A woman only has as much dating value as you place on her. If you think she is a 10/10 and you're a 6/10, then you're probably going to feel unworthy around her.

However, if you think that she is a 10/10 and you are too, then you're going to feel confident, comfortable and at ease around her.

Getting Real

If you believe that women are bitches and will rudely reject you if you approach them, then you're naturally going to feel nervous, afraid and hesitant to approach women.

After all, who wants to be rejected and humiliated like the guys in movies or music videos who are slapped (or who have drinks tipped over their head) in front of everyone? Who wants to be laughed at by women and told to, "*Go away!*" when they approach?

No one.

Yet, here's thing...

In real life, most women are open to being approached as long as the guy is confident, easy-going and friendly. If you are nervous and shy and fidget or talk really fast, women will reject your attempts to

Speak with them.

If you're not confident (and thus not attractive), women don't want to give you the wrong idea by being nice to you and helping to keep the conversation going. Instead, they just reject you and hope that you leave and go bother some other girl.

Have Your Male Role Models Taught You to Be Afraid of Women?

The truth is, most guys can't teach you how to be confident around attractive women because most guys are afraid to approach women and they simply pass on their insecurities to other guys.

For example: Insecure guys tell other guys, *"Women are all bitches"* or *"Women only want to be approached by tall, good looking rich guys"* or *"If you don't have muscles, women will reject you"* and other garbage like that.

They usually reinforce what they are saying by telling stories about their failed attempts at approaching women.

"Oh, one time I approached a few girls at a bar and they actually told me to go away. I know I'm not good looking, but why do they have to be so mean?"

Yet, what guys like don't realize is that, in 95% of cases, the women were rejecting him because of his lack of ability to trigger their feelings of attraction (e.g. by being confident, charismatic, funny, etc) not because women are mean and cold like they're made out to be in the movies.

Are You an Alpha Male?

Whether we men like it or not, women are most attracted to guys who display alpha male traits and behaviors.

Why? A woman's attraction to a man is directly linked to his survival traits. Although a lower ranking male (e.g. a nervous, shy guy) might be able to survive, thrive and prosper in this world, a woman just doesn't feel as safe and secure with him.

As you may have noticed, human beings are usually just a hurricane away from being forced back into basic survival. It is because of threats like that and the fact that it's challenging and difficult to survive, thrive and prosper in today's world that women are still instinctively attracted to men who display alpha male traits.

A nervous, shy guy is ranked as a lower-ranking male and will usually be treated with disdain by women because they don't want to have to take care of him and protect him from the world.

Instinctively, women seek to find a guy who is stronger than them and who will remain strong in the face of adversity or challenge, so that she can stick to being girly instead of having to put on a masculine persona and think, behave and act like a man.

To trigger a woman's feelings of attraction for alpha male traits, you do not have to be the most alpha guy in the world. You simply have to display some of the traits when you interact with her. Some women want a guy who is very alpha, but most are happy with a guy who is just a bit alpha.

When a guy asks me, *"Dan, why am I afraid to approach women?"* it's pretty much always

because he is thinking (and thus behaving) like a lower-ranking male. For example: He will think that he isn't worthy for the women he is approaching.

An alpha male knows that he is good enough. How? His confidence and alpha male traits consistently makes women that he meets feel attracted to him, so he no longer has to get himself in the mood to approach or try hard to remain confident when talking to a woman.

An alpha male simply thinks in a way that makes him feel confident and at ease around women. His confidence is intoxicating to women and they love being around him.

Problems That a Lower-Ranking Male Experiences

[image: The life of a lower ranking male]

Lower ranking males naturally have a difficult time attracting women (because women are turned off by their lack of confidence and alpha male traits) and dealing with confident, challenging people.

Many guys unknowingly develop serious anxiety and social fears as a result of thinking like a lower-ranking male, that they go on to poison their body with pharmaceutical drugs (e.g. Xanax, Klonopin, Valium, Ativan, Prozac, etc) that claim to "cure anxiety."

Pharmaceutical drugs do not cure anxiety, they simply dull your brain and make you less aware of what is going on around you.

Curing anxiety simply involves changing how you think. I've done it (I used to suffer from social anxiety) and so can you.

So, let's have a look at some of the problems a lower-ranking male will experience.

He will often:

1. Lack confidence and have low self-esteem

Guys with low self-esteem don't believe they deserve to have a beautiful woman. They might daydream about it, but when in front of a beautiful woman, they freeze up and can't stop themselves from feeling unworthy.

This belief becomes a self-fulfilling prophecy because no woman wants to constantly be telling her man that he is good enough for her, that he deserves to be with her and that he can achieve great things in life. She wants him to already have that type of confidence and self-belief.

Lack emotional strength

Since he lacks confidence and has low self-esteem, a lower-ranking male will often buckle under the pressure that a beautiful woman puts him through during an interaction (e.g. she plays hard to get, stops contributing to the conversation to test his confidence, etc).

After getting rejected again and again, he wonders to himself, *"Why can't I find a nice girl?"* because most women he speaks to seem to be rude or cold towards him.

He just doesn't realize that they are simply testing to see how confident he is. When he fails the test and the woman feels stronger than him, she will usually say something like, *"Umm, sorry...I have a boyfriend"* or, *"I have to go to the bathroom"* after which she won't come back to talk to him again.

3. Feel shy and nervous around attractive women

A guy who is shy might think he is being â€œcuteâ€ or â€œsweetâ€ by appearing vulnerable like a loveable loser in a movie, but in real life, women just don't like it. His shyness puts all the pressure on the woman to manage the conversation and keep it going. Trying to get a guy to open up can really be exhausting for a woman and when she realizes that she's just not feeling any attraction for him (because he's not confident), she will quickly lose interest in talking to him.

4. Have no idea how to make a woman feel like a real woman

A woman wants to be seduced by a man, from the moment that they make eye contact to when he finally undresses her in the bedroom and slides his dick inside of her. True seduction is not about using tacky seduction tricks or being sleazy. Instead, it's about making her feel like a woman wants to feel when in the presence of man she likes.

To make a woman feel like a real woman, you've got to allow her to be feminine, girly and emotional and you will only be able to do that if you truly understand how to think, behave and act like a masculine man.

If you're too neutral (i.e. neither very masculine or very feminine, but somewhere in between) with a woman, she won't be able to relax into her feminine role. You've got to embrace your masculinity and be the man.

If you're not willing to do that, most of the beautiful, feminine women that you meet won't feel enough attraction to justify having sex with you or becoming your girlfriend.

5. Believe that modern women must be shallow and only want looks, money and power from men

Since most guys pay way too much attention to what they get told by magazines, TV advertising, sitcoms and movies, they begin to believe that women are only interested in what clothes or cologne a guy wears, how he looks, what car he drives, the amount of money he has or by power that he wields in society.

So, if he isn't wearing his best shirt or hasn't styled his hair perfectly, he will feel afraid to approach women in fear of being rejected for his imperfect appearance. He will forget the fact that he always sees all sorts of â€œweird-lookingâ€ guys with beautiful women, who do not look like the male models from TV commercials or magazine ads.

Instead of accepting that as part of this reality, he will stick to believing that women are shallow and that they expect absolute male model perfection from guys. The longer you believe that kind of crap, the more of your life will waste away in unnecessary insecurity and fear.

Believe that all the good women are taken

Since most guys don't actively approach new women outside of the social circle they know, they eventually come to the conclusion that all the good women are taken.

After all, it's easier to say that there's no good women left to approach than to admit to themselves (and others) that they are afraid to approach the women they find attractive.

If a guy does work up the confidence to approach a woman that he finds attractive, but doesn't know how to make her feel attracted to him, he will come to the conclusion that none of the available women are interested in him.

It sucks to think like that. I know because I used to be like that. I used wonder, *“Why can't I find a nice girl who will love me for who I am now? What is so wrong with me that girls aren't interested in*

me?”

I didn't realize how simple the problem was: I was talking to women, but I wasn't doing enough to trigger their feelings of attraction for me. In most cases, I was just being a typical nice guy and hoping to be liked for how good of a guy I was.

I didn't know that being nice wasn't enough to get a woman interested in starting a sexual relationship with me...

As you will discover from the video above, there's nothing wrong with being nice to a woman, but you also have to make her feel attracted to you. You have to start with attraction and everything else flows on naturally after that.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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Why Can't I Find a Nice Girl?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Over the years, many guys have posted up comments asking me things like, “*Dan, why can't I find a nice girl?*” or “*Why are all of the nice women that I like or want to have sex with, already taken or not looking for a boyfriend?*”

Yet, is that actually true? Has he been unable to find a nice girl because “nice girls” don't exist, are all taken or are not looking for a boyfriend right now?

No.

This is the real reason why guys fail to find a nice girl...

As you will discover from the video above, nice girls will like you if you are able to trigger their feelings of sexual attraction for you.

For most women, it's not enough that you're a good guy with good intentions. They also want to feel sexually attracted to you. Watch this video to understand why...

Girls will appreciate the fact that you're a good guy with good intentions ONLY if you begin by making them feel sexually attracted and turned on by you.

Unlike in the past where a woman had to save her virginity for marriage and find herself a nice gentleman who could support her, today's women can have sex before marriage and can make their own money to support themselves.

As a result, girls now select guys based on how much sexual attraction he makes her feel and if he also happens to be a good guy, she sees that as a bonus. However, being a good guy is not enough for today's woman. You've got to start by turning her on.

Do You Approach Enough Women?

[image: Do you approach enough women?]

After helping guys improve their success with women for more than nine years now, I can tell you that most guys just don't approach enough women to give themselves a chance to meet a nice girl who is compatible with them and also happens to be single.

In most cases, a single guy will approach approximately 10 new women per year that he likes and wants to have as a girlfriend. Yet, since most guys don't know how to attract women during a conversation, the “nice girls” end up behaving rudely, cold or just say that they're not looking for a boyfriend right now.

If a single guy does approach a lot of women, but still can't get results then he is simply doing it the wrong way. His lack of results is not due to a shortage of nice girls in the world, it is because he is turning women off during the interactions he has with them.

For example:

1. Interacting with women in a nervous way

Nervousness is an instant turn off for women because they are attracted to the strength in men and turned off by the weakness. If a guy shows obvious signs of nervousness, it makes it difficult for a

woman to feel enough attraction for him to want to take things further.

2. Asking too many questions without giving enough of himself during the conversation

Many guys find that they run out of things to say or can't keep a conversation going and keep it interesting when talking to a woman they like.

This happens when a guy closes up and doesn't say what he really wants to say.

Instead of being real and saying whatever he feels like, he will ask the woman a lot of boring questions (e.g. *"What do you do for a living? How long have you worked there? Where do you live?"*) or just talk in a very plain and straightforward manner.

3. Not showing sexual interest in the woman

Many guys feel that showing sexual interest in a woman is "sleazy" or "wrong."

Yet, it's actually an essential part of making a woman feel comfortable to open herself up to being seduced into a sexual relationship. If a guy focuses on keeping the conversation very polite and "friendly" instead of interesting and sexual, then she will simply see him as a friendly nice guy and have little or no sexual interest in him.

Showing sexual interest in a woman does not have to be sleazy. Yes, some guys are sleazy, but what we teach here at The Modern Man is how to be successful with women while also maintaining your reputation as a good, respected guy.

When you show sexual interest in a woman the right way, she sees you as charming, not sleazy.

4. Places himself below women in terms of value

Many single guys who can't get themselves a nice girl are turning women off by behaving as though the woman would almost be doing him a FAVOR by going out with him. This is not what a woman wants to feel.

Women are naturally attracted to guys who believe in themselves and their value to women. A woman doesn't want to feel like she'd be doing you a huge favor by being your woman.

A woman wants to snag herself a guy who could have other women if he wanted to, but is choosing to be with her. That is what makes her feel special and as though she has a guy who is a "catch."

Are You Giving Yourself Enough Chances to Find a Nice Girl?

[image: At home alone again]

How many new women do you actually speak to every week? Is most of your free time on Friday or Saturday night spent hanging out with one or two friends, or even alone?

If you do go out to meet women on those nights, do you make the most of that time, or do you usually just stand around looking at women?

Often, a single guy will be hanging out with some friends in bar or club, at the gym or at the mall or any other place where women hang out and ask in a "pity me" sort of way, *"Why can't I find a nice girl? Why is it so hard to meet women?"*

Yet, many single women are walking past him or are within 10-20 meters of where he is. All he has to do is walk over and say hello and check whether or not he and the woman are compatible and whether there is a spark of interest from her.

A single guy like this has either not accepted that it is his role as a man to approach and talk to women (i.e. it's not a woman's role to go around approaching men to find herself a boyfriend.

She waits to be approached by a confident man who knows how to guide her through a sexual courtship. That way, she can take on the role of the woman and relax into the masculine direction of the man), or he has tried approaching women, failed miserably and is now too afraid to try it again.

When you are in a public place (e.g. a mall, city street, food court), around 35% of the women will be single and hoping to meet a guy. In a bar, the amount of single women in the venue is usually around 50%. However, that doesn't mean you can't approach and say hello to any women just because a certain percentage of them aren't on the lookout for a man.

There is no harm in going over to say hello, as long as you follow the approach that we teach here at The Modern Man. That is: Focus on being social and having a quick chat with her, rather than trying to pick her up.

Women almost always respond well to that approach because it isn't about picking them up, but just having an easy-going chat and seeing if there is a spark between you both.

Not every approach that you or any man makes will be a pick up, so you should never expect to pick up every woman you meet.

That is impossible for any man on this planet because no man is compatible with every woman he meets and if he has standards, he's not going to want every woman he meets either. When you approach a woman, you are simply saying hello and seeing how it goes.

Having that attitude is so much more fun and stress free for you and the women you meet.

Most women know that they aren't compatible with every man they meet, yet most men go around thinking that if they show interest in a woman and she doesn't want sex or a relationship, then they've been REJECTED. It's not a horrible rejection, it's just a case of meeting someone that you're not fully compatible with right now.

Yes, some women that you meet will already have a boyfriend, fiancé or husband, that doesn't mean you can't walk over to check for yourself.

It's not your fault if she is already taken and she won't be angry that you approached if you do so in a confident, relaxed and easy going way.

If she is like most women, she will be flattered by the attention and will say, *"Thanks, but I have a boyfriend."* There's nothing wrong with that; it doesn't mean you've been rejected. It's completely normal and natural.

As for the single women who aren't interested in you, that's no big deal either. Why? No man is compatible with every woman he meets.

Confident guys who are successful with women know that and simply talk to enough attractive women until they find the ones who are compatible with them.

Feeling pitiful and asking yourself, *"Why can't I find a nice girl?"* is simply an excuse and you know it. There are women everywhere you look; at the mall, at the gym, in the library, at the supermarket, in nightclubs, yoga classes, cooking classes, the list goes on and on.

You have to approach and meet them. You can't sit around hoping that your perfect woman will approach you or magically appear in your life. How long have you been waiting so far?

Have you accepted women who weren't perfect for you before, just so you didn't have to face up to

your fears and approach women that you're actually attracted to and really want?

The truth is that there are millions of nice girls in this world and you just have to be man enough to walk over, say hello and give yourself a chance to meet them.

If you go through life expecting that every woman you meet will be compatible with you, then you're in for a sad, frustrating time.

What's Stopping You From Finding a Nice Girl?

[image: What's stopping you from finding a nice girl?]

Finding yourself a nice girl has a lot to do with you giving yourself the opportunity to meet her and get to know her.

You can't find a nice girl by looking at women all day like they are pictures on the internet, or extras in a TV show. You have to walk over and talk to girls that you find attractive.

Who knows, the girl that walked past you the other day could have been the perfect woman for you. Yet, you lacked the confidence (or know how) to approach to her, so the opportunity slipped through your fingers.

Single guys who wonder to themselves, *â€œWhy can't I find a nice girl?â€œ* are often making one of more of the following mistakes in their quest to find that one special girl:

1. He doesn't go out enough

Some guys spend most of their spare time sitting at home and watching TV, playing computer games or browsing social media and other random sites that aren't going to give them the confidence and skills to attract and pick up a nice girl of their own.

If you want find a nice girl for yourself, you've got to be prepared to get out there and meet some single women, even if it means attending a speed dating event.

2. He dulls his sexual energy with excessive masturbation

Each man goes through a natural cycle of building up sexual energy and then releasing it through sex or masturbation. The problem for a lot of modern men is that they have such easy access to amazing porn that they get sucked into it every week.

Instead of using the built up sexual energy to approach and flirt with real women, they simply jerk it out into a tissue a few times a week. Then, they sit around wondering why it's so hard to find a girl.

Instead of jerking off, a guy like that needs to get horny and then use that desire to be courageous enough to approach and talk to women he finds attractive.

If he approaches correctly, he will get himself a girlfriend and some real sex. If he approaches incorrectly, he will get rejected and fall back to the safety blanket of porn.

Poll

How often do you masturbate?

- ☐ Once a month
- ☐ Once a week
- ☐ A few times a week
- ☐ Every day
- ☐ Multiple times per day

Vote

[View Results](#)

[image: Loading ...]

Loading ...

3. He is too shy and self conscious around women he likes

Although a little shyness can be somewhat endearing to women, a guy who is afraid to look a woman in the eyes is not attractive to almost every woman on this planet.

Guys who are self-conscious around a woman appear insecure, clumsy and hopeless. The woman gets the sense that she would be more like a mother or big sister to him, which is not a turn on. She also doesn't want to feel responsible for making him feel that nervous and self-conscious around her, so she will try to end the interaction as quickly as possible.

If she is like 99% of women, she will be attracted to the mental and emotional strength of a man and turned off by his weakness. Appearing emotionally weak by being shy or self-conscious is a surefire way of ensuring that girls (nice or not) simply won't be interested in you.

He doesn't know how to attract women when he approaches them

Approaching women sounds simple, right? Walk over, start a conversation and that's it, right? Wrong.

Approaching and successfully picking up women requires that you know how to actively trigger a woman's feelings of attraction for you during an interaction. If you don't have that particular skill, you need to learn it and then put it to use.

If you simply approach women and hope that they like you enough to give you a chance, you will be rejected by the majority of women you approach. However, if you approach and trigger the woman's feelings of sexual attraction, you will successfully pick up the majority of women you approach.

He usually can't keep a conversation going and keep it interesting when talking to an attractive woman

The ability to engage a woman and make her feel attraction for you during conversation is absolutely essential if you want to find yourself a nice girl. It doesn't matter if she naughty, nice or neutral; if you can't make her feel desirable emotions during conversation, she isn't going to be very interested in you.

He doesn't know how to flirt

If sex is the main course, then flirting is the hors d'oeuvres (appetizer) of dating. You'd be surprised at how many guys don't use flirting when they are trying to attract a woman.

When I observe a guy walking over to a woman for the first time, I can tell within seconds if he understands how to talk to women by assessing whether he is using flirting body language and

behavior. You can't skip flirting because you want to be nice or you think it's unimportant.

Flirting is essential for success with women when you meet them and when you're 20 years into a relationship. It is always relevant and necessary when interacting with women—whom you want to have sex with or maintain a happy relationship with.

He doesn't take the lead

A sexual courtship with a woman is like a dance and just like with—dancing, it is the man who leads the woman.

Guys who sit around waiting for a—woman to lead them through a sexual courtship are making the classic mistake of making her feel like —the man—in the situation.

A woman doesn't want to feel like she's the one —wearing the pants,— she wants a guy who can lead and make her feel like a real woman. She wants to relax into the masculine direction of a man and be allowed to feel feminine and girly the entire way. She doesn't want to have to lead a—guy or—mother him through any—process in life.

He—places attractive women above himself—

A weak man is about as appealing to woman as a wrinkled, old woman is to a man. Women simply don't want to feel like they're the dominant ones in the interaction or relationship. Women definitely behave as though they want to be the dominant ones, but that is just a test to see how manly you are.

If you bow down to women who test your masculinity, they will not feel sexually attracted to you. Being submissive around women not only makes bad boy want to pick on you (or pick up your woman right in front of you), but it makes women dump you, cheat on you or reject you the first time you speak to them.

When you watch music videos, you will see women being dominant and the male actors being submissive in response, but it's just a music video. The same goes for TV commercials that portray women as being dominant over men and men having to be —good little boys—if they want to get some sex from their wife. It just doesn't work that way in the real world.

Fact: Most Women Are Nice Girls

Movies and television are designed to amuse and entertain so everything we see is exaggerated and misrepresented.

Women are often made to appear as spiteful, selfish, flaky, cold and patronizing bitches and men are portrayed as weak, sniveling wimps. Why? The entire industry is designed to have its viewers coming back for more, week after week, so relationships between men and women are portrayed as anything other than normal and healthy.

Characters are often strange or extreme and interactions between people are usually full of drama, which is interesting for most people to watch.

In the real world, you will find that most women are “nice girls.” Before I developed myself into a confident, charismatic guy, I too thought that women were mean and cold like they are portrayed in the movies.

Yet, then I realized that most women I met simply weren't showing me their —nice side—

because I was coming across as nervous and insecure, while also trying to pick them up. So, they were trying to ensure that I didn't get the wrong idea and think that I had a chance with them.

The Good News

Fortunately, you are no longer alone in your quest to find yourself a nice girl.

I am ready to help you instantly eliminate all of the insecurities and fears that TV commercials, TV sitcoms and movies have given you about women. I will transform you into a confident, charismatic guy who has his choice with women.

When you learn from me, asking yourself, *â€œWhy can't I find a nice girl?â€* will quickly become a thing of the past.

Ready to take the next step?

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Do Women Look at Men's Shoes?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Women place much less importance on a guy's shoes if he is able to attract her in other ways.

For example: If a guy is confident, charismatic and interesting to talk to, a woman isn't going to reject him because his shoes aren't an expensive brand.

On the other hand, if a guy is nervous and puts on a fake persona (e.g. acts like a much nicer guy than he is, therefore suppressing his natural charisma and authentic personality) and isn't interesting to talk to, a woman will start to look for reasons why she doesn't like him.

Interestingly enough, he could be wearing the best, most expensive shoes and the woman still wouldn't like him. Why? Simple: She isn't feeling attracted to his personality and therefore looks at the rest of him in a negative light.

However, when a woman does feel attracted to a guy's personality and confidence, she then looks at the rest of him in a more positive light.

Watch this video to understand how a woman's attraction works for a man and how you can make her want you, even if you're not wearing great shoes when you meet her...

As you will discover from the video above, the majority of women are much more attracted to a guy's inner qualities and place less importance on superficial things like looks or fashion sense.

Some women do place a lot of importance on a guy's fashion sense and appearance, but those women are the minority. Most women are much more flexible about what they find attractive in a guy than most men will ever realize.

Trying to Attract Women With Superficial Traits

When a guy doesn't know how to attract women with his inner qualities (e.g. confidence, charisma, social intelligence, masculinity, etc), he will often come to the conclusion that his outer qualities (e.g. looks, fashion sense, money, etc) are not good enough for women.

He may ask himself questions like:

- Do women judge men on their looks?
- Do women care what cologne a guy is wearing?
- Are women interested in money and power?
- Do women look at men's shoes?

The answer to the above questions is both yes and no.

There is a commonly used cliché that sums it all up, because it is both true and false at the same time. Let me explain; the cliché I'm talking about is: *It's not what you look like, but what's inside that counts.*

Why is this both true and false?

The truth is that everything about you matters, including your outward appearance and even your shoes, but it is the whole person that a woman looks at when she is determining whether she wants to

get to know a guy or not.

In the end, whatâs inside (i.e. the guy's personality, confidence and outlook on life) is what counts the most. If a woman meets a guy who is wearing âbad shoes,â but he also happens to be confident, masculine and gets along well with her and others, she will overlook the shoes and focus on his other attractive qualities.

She will see his lack of fashion expertize as being cute and will secretly plan to convince him to buy better shoes after she's had sex with him or officially becomes his girlfriend.

Don't Listen to Gay Men: They Are Looking at Things From Another Perspective

[image: Queer Eye For the Straight Guy]

Many years ago, these gay guys confused the shit out of millions of modern men and helped create the Metrosexual. Gay influence on heterosexual culture still exists today and there are always new, gay TV personalities who pop up and try to convince straight men to care more about their appearance.

These days, there are so many gay men on TV that many guys get negatively influenced by them.

I'm not saying that there's anything wrong with gay guys, but if you want to be successful with women, don't listen to their advice about what is attractive to women. By listening to the fashion advice of a gay guy, you will end up thinking like him and worrying too much about your appearance.

A gay guy likes acting like a girl and spending loads of time (and money) on his outward appearance because that's what he uses to attract other gay men.

Straight men know that the most attractive thing to women is a man's confidence and masculinity (i.e. how he thinks, behaves and takes action in life and around her).

[image: Straight men who are successful with women without having to wear amazing shoes or the most expensive fashions]

There's nothing wrong with presenting yourself well by wearing good clothes or shoes, but the men that I'm friends with don't worry about their appearance like a girl (or a gay guy) and they are ridiculously successful with women. They never feel nervous, insecure or unworthy of a beautiful woman if they're not wearing amazing shoes.

They simply focus on making the woman feel attracted to their confidence, masculinity, charisma and charm and then they have sex with her. I've never heard one of them obsess over shoes, but they wear decent shoes.

Honestly, I don't know what brand of shoes they wear, how much they cost, etc, because I've never bothered to pay enough attention to that to ask. It really isn't that important.

If you listen to the gay âmakeoverâ presenters on TV, they will tell you that a man should wear a certain color shirt to be considered sexy. Often, in their gay style of thinking, they'll even say, *âIt takes a real man to wear pink.â*

For the record: You don't have to wear any type of thing to be a real man. Being a real men is about who you are on the inside.

Gay guys will also tell you that you âneedâ to wear a certain type of cologne and should have

x amount of shoes because women won't like you if you only have 3 pairs of shoes. Yet, shoes are not the answer to success with women. It's silly to think they are.

A guy can wear all the "latest fashions" in shoes, but still be single and unattractive to women because he lacks confidence in himself. At the same time, a can be guy wearing a pair of well worn trainers, or even beach thongs, and he will be able to pick up a beautiful woman.

Although women will consider everything about a man, they are attracted to a lot more than a man's shoes or outward appearance. Heck, I've slept with more than 250 women and many of the times I was wearing runners/trainers or beach thongs.

Women like me because I'm confident and masculine in my behavior, vibe and in the actions I take. Of course, that doesn't mean I dress like a slob or don't care at all about how I present myself. I make sure that I present myself fairly well and then attract the woman with my personality and then have sex with her.

These days, a lot of men have been brainwashed by the media into thinking that they need to look neat, clean, fresh, young and fashionable to attract women. It's a load of crap.

Watch this video to understand the real reason why guys get rejected by women, even if they have amazing shoes...

As you will discover from the video above, a guy can make up all the excuses he wants (e.g. *"Women only want guys with nice shoes"* or *"Women only want tall guys"* etc), but the real reason why he is getting rejected is that he doesn't even know how to attract women with his personality and confidence.

He's trying to get women to like him enough based on his outer qualities. Yes, that does work for some women (usually unattractive or drunk women), but the majority of women place more important on a guy's inner qualities than anything else about him.

What Qualities About a Guy Will Turn a Woman Off?

At the end of the day, a woman will either be attracted to you because you display certain personality traits and behaviors around her, or she will be turned off because you don't.

No matter how good you look on the outside, if you are lacking on the inside, you will not be able to make a woman feel a lasting attraction for you. You can wear the nicest shoes in the world, but if you lack confidence or behave in other unattractive ways, then she won't feel sexual attraction for you and thus won't care what shoes you are wearing.

Some of the male qualities that women turn women off are:

1. A lack of confidence

A guy who lacks confidence in his attractiveness to women will come across as being insecure and weak (mentally and emotionally) to women.

When he tries to approach a woman, his insecurity will manifest itself as nervous behavior, which is a big turn off for women.

Unless she is unattractive or desperate, a woman won't want to waste her time with an insecure guy who doesn't believe he's good enough for her, or have to endure an annoying relationship with a guy who needs her to "baby him" or "mother him" all the time to make him

feel confident.

2. A lack of self-esteem

A man who has a low impression of himself (e.g. thinks he's not cool enough to hang out with the cool crowd, thinks he's not good enough to get promoted at work or to succeed in business, etc) is not attractive to women.

No woman wants to be with a guy who constantly needs to be convinced of his own worth and potential, or who feels threatened if she has a friendly conversation with another guy.

3. A lack of social intelligence

A guy who lacks social intelligence won't be able to get along with confident, cool people or handle the tests (e.g. playing hard to get) that attractive women put him through. He will feel like an outsider around cool, confident people and will find it difficult to get or maintain the respect of alpha males.

Why is that a turn off for women?

For most of human history, food and resources were scarce and a man had to have the social intelligence to maintain friendships and respect of people who could help out if he and his woman needed it.

Today, it is difficult for a man to survive, thrive and prosper in our competitive, modern world. We might have supermarkets, police and governments who are willing to support those in need, but a woman's instinct of being attracted to a guy who has social intelligence has not gone away.

As you may have noticed, human beings are often just a hurricane away from being forced back into basic survival. A woman's attraction for a man is directly linked to his survival traits and social intelligence is one of them.

Here are some examples of how a guy demonstrates a lack of social intelligence when talking to a woman...

4. Being mentally or emotionally weaker than her

A woman wants to feel that she is with a man who is mentally and emotionally strong enough to support her. If a guy is easily influenced by the opinions of others and cannot stand up for himself and what he believes in, he comes across as being weak.

If a man is mentally and emotionally weak (e.g. insecure, very sensitive, flimsy-minded, undetermined, etc), it means that the woman will have to pick up the slack and behave as the dominant one in the relationship.

She will often have to lead the way, be the strong one and stand up for both him and her when times get tough or when they are being challenged by other people. Women do not find this appealing in the least because it forces a woman into thinking, feeling, behaving and acting like a man.

Some women may accept a weak man (i.e. because she is desperate, wants to get over an ex, needs someone to pay half the bills, is unattractive, etc), but it doesn't mean that she will ever love him as much as should love a confident, masculine man.

5. Being too serious when interacting with her

Some guys treat their interactions with women in a formal, business-like manner, rather than being light-hearted and down to Earth.

They stick to polite conversation, avoid flirting at all costs and basically behave like a concerned friend or an innocent nice guy who pretends as though he doesn't want to have sex with her and just

wants to be her friend. Aww, how sweet.

When a guy can't get a woman to relax and open up to him during a conversation, she isn't going to be "won over" by the shoes he is wearing.

6. A lack of ambition and drive

A man without goals, who is not a forward thinker and has no plans for the future, is a big turn off for almost all women (except for desperate, unattractive or insecure women who want a broken man).

A typical, normal woman wants to be with a man who has the potential to look after her and her offspring if the relationship gets to that stage. However, don't go thinking that you should tell a woman all your plans and goals when you meet her. Women aren't attracted to men who try to impress them by saying how good they are.

If a woman asks you about yourself, show passion in what you are aiming to achieve in life, but don't think that it will be the number one thing that makes her want to have sex with you.

If she gets the sense that you're trying to impress her by talking about your goals and are hoping that it tricks her into liking you, she will realize that you don't feel like you're good enough for her.

If a woman is attractive, she wants to sense that you know that you are more than good enough for her, without you having rub it in her face by bragging, showing off, etc.

Watch this video to understand why attractive women want a guy who knows that he is more than good enough for her...

As you will discover by watching the video above, attractive women are bored of the approach that most guys use on them.

If you want to stand out from the crowd, you've got to make her feel attracted to you and then only give her a chance to be with you if she plays her cards right.

7. Being way too concerned about his appearance

[image: Men worried about their looks]

Some guys are so concerned about their outward appearance (e.g. the car they drive, the clothes and shoes they wear or the places they hang out at), that they lack real substance and have nothing more than face value to offer a woman. A woman may find his outward appearance appealing at first, but if he cannot back it up with other qualities she will not be interested in the guy for very long.

Shoes Are Not the Secret to Success With Women

[image: Do women notice men's shoes?]

There's nothing wrong with wearing good clothes or shoes, but don't ever think that it is the secret to success with women.

The more you worry about your appearance, the more will think and behave like a girl (or a gay guy). Although many women love having gay friends these days, it doesn't mean they want to sleep with them.

My recommendation is to wear the appropriate shoes for whatever environment you're in, but don't worry about it any more than that.

Personally speaking, I approach fashion like this: I get good clothes and shoes that suit my lifestyle

and that are fashionable and then I *stop* thinking about it.

My sexy girlfriend (who loves wearing sexy and â□□racyâ□□ looking fashion), loves the fact that I make myself look presentable, but that I don't really care about it any more than that.

I can go out to a nightclub with her and I will be 100% confident and at ease wearing smart casual clothes, even though she is dressed in sexy, revealing clothes. It really doesn't matter and I know it.

Being the Man That Women Want

Ultimately, getting a woman to feel attracted for you is about displaying the personality traits and behaviors that naturally attract women.

If you also happen to wear nice shoes, then good for you, but hopefully after reading this article, you have realized that shoes aren't the most important thing that a guy needs to have to be successful with women.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Do Women Like to Be Chased?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Yes, women do like to be chased or pursued, but only if the guy that is chasing her is someone that she is attracted to.

If a woman is not attracted to a guy who is chasing her and trying to ask her out, it will simply annoy her.

[image: Do women want to be chased or pursued by guys?]

If you want a woman to enjoy being pursued by you, the first thing that you must do is make her feel attracted to you.

How can you make her feel attracted to you and want you to pursue her?

Watch this video to understand how it works...

If a woman is sexually attracted to you, she will be excited at anything you do to pursue her because she will be hoping to get a chance to be with you.

However, if she has no sexual interest in you, she won't care how much you try to pursue her – she's just not going to be feeling it and won't be interested.

Movies Vs. Real Life

Some guys ask the question, *“Do women like to be chased?”* because they've seen examples in TV sitcoms and movies where the guy who chases a girl eventually gets her in the end.

TV sitcoms and movies pretty much always show the “loveable loser” guy chasing a woman, even though she's not attracted to him and then he eventually gets her in the end and people high five him and everything is wonderful.

Initially, she rejects him, but he then saves the world, saves the day or saves her from some big issue or problem and then she eventually decides to give him a chance. Aww, how sweet.

In the movies, it is perfectly fine for a guy to “chase” a woman wherever she goes and he won't be seen as a stalker or weird.

For example: He can appear without warning at the same coffee shop, in the same elevator, while she is getting her hair done at a salon and even on her front lawn and the TV show or movie will play out a scene that is entertaining to watch.

In real life though, the woman would most-likely see him as creepy and weird for following her around and if he kept doing it, she might even call the police and accuse him of stalking her.

The Confusing Lyrics of Female Pop Songs

If you listen to the lyrics of female pop songs, it can seem as though women do like to be chased and that if a guy plays hard to get, he is going to miss out on an opportunity with her.

However, what most guys don't realize is that when a female pop singer is belting out a heartfelt song about some guy whom she wishes would chase her, she is referring to a guy that she is sexually

attracted to.

She is referring to a guy that is a challenge for her to win over...

Most guys take what women are saying in pop songs as “advice” on what women really want. Yet, women don’t go around giving the male population the exact instructions on how to win them over.

Instead, women hint at what they want, but never give the full picture, because they don’t want to instruct clueless guys on how to get a chance with them. Instead, they just want to get themselves a guy who has the social and emotional intelligence to know what is really going on.

Not knowing this, many guys chase women and try to show their interest in a woman, hoping that she will then accept him and be his girlfriend or lover if he just declares his love and interest for her and never gives up.

Yet, women don’t want to lead a guy and choose him after he kisses their ass and begs for a chance for years on end. Instead, women want a guy who makes them feel attracted and will only give HER a chance if she plays her cards right.

What Makes a Guy Worth Chasing?

[image: What makes a guy worth chasing?]

There are many qualities that cause a woman to chase and pursue a man, in the hope of having sex with him or securing him into a committed relationship.

Essentially, if a guy is confident, charismatic and masculine, then he is going to be attractive to women. When a woman feels attracted to him, she will then begin to look at any positive qualities about him in a better light.

For example: Not only is he confident, charismatic and funny, but he is also an intelligent, good guy who has good intentions with her.

In the animal kingdom, the female is usually attracted to the alpha male and feels more attraction for him compared to a lower-ranking male.

For a human female, she also is more attracted to an alpha male more than a lower-ranking male. A human alpha male is a guy who uses his confidence and emotional masculinity to go after what he wants in life and keep pushing forward no matter how challenging life gets.

Since a woman’s attraction to a man is mostly based on his survival traits, it’s pretty obvious why women are more attracted to confident, emotionally masculine guys compared to nervous, self-doubting and emotionally insecure guys.

When interacting with men, women can detect which of the men are weaker (mentally and emotionally) than others. Apart from unattractive or feminine women who want a weak, feminine guy, women always feel the most amount of attraction for the guy who is the strongest (mentally and emotionally) amongst the group.

Guys who think and behave like lower ranking males do not get chased by women because there is no reason for the woman to chase. She’s not that attracted to him and knows that she doesn’t need to hurry to claim him as her man before another woman gets him.

On the other hand, when a woman encounters an alpha male, she will feel compelled to chase him and secure him as her own, because she knows that almost every woman he interacts with will want

to be with him.

8 Things That Don't Make a Woman Want to Chase a Guy

[image: 8 things that don't make a woman want to chase a guy]

Women will chase you if you're worth chasing and they will stop at nothing to make you their man. Here are some reasons why a woman will not chase a guy!

1. He lacks confidence in his attractiveness and value to her

A woman will not chase a guy if she sees that he lacks confidence in his attractiveness and value to her, because it would make her feel like she's doing him a favor by being with him.

If a guy behaves in a nervous and insecure way around a woman and acts like he's not good enough for her when he's near or with her, she won't want to waste her time with him. A woman doesn't want to feel as though she needs to "mother" or "baby" a guy to make him feel confident enough around her.

If you want a woman to feel respect and attraction for you, it's important that you show her that you're completely confident on your own and don't need her to reassure you.

2. He has low self esteem about his place in the world and value to others

A woman doesn't want to a guy who constantly needs to be made to feel better about himself because he is lost and still hasn't worked out who he is as a man.

If a guy has low self-esteem and needs a woman to make him feel worthy about his place in the world or to others, women will not chase him.

Not only will a woman have no desire to chase him, but she won't respond nicely if he chases her either. She will make it absolutely clear to him that she has no romantic interest in him and the most she can offer him is a friendship, which she usually isn't going to want anyway.

Low self esteem guys usually love to watch movies where the loveable loser gets the girl in the end, because it gives him hope. Secretly, he hopes that if enough women see the movie, they will eventually take pity on the wimpy guys and give them a chance.

Yet, that's just not going to happen because a woman's attraction is directly linked to a guy's survival traits. Low self esteem is the opposite of what is required to survive, thrive and prosper in this challenging world we live in.

3. He lacks social intelligence

[image: Rejecting the shy guy]

If a guy is uncomfortable or awkward in social situations, he usually isn't going to be able to make a good impression on a woman (or anyone else for that matter).

A guy who is uncomfortable or awkward in their social interactions with others displays a lack of social intelligence, which naturally makes him unattractive to women. Social intelligence is an important survival trait and most women are instinctively turned off by guys who can't get along well with others.

4. He is mentally and emotionally weaker than her

A woman likes to be made to feel like a real woman (i.e. feminine, girly, free to be emotional) by the

man she is with.

If a guy allows a woman to constantly dominate the conversation and interaction between them, he comes across as being mentally and emotionally weak and she will want to steer clear of him. A woman can't feel like a real woman if the man isn't being confident and masculine around her.

5. He is a bad conversationalist

[image: Boring guy]

A man who can engage a woman in an interesting, emotionally stimulating conversation has already won half the battle when it comes to charming her.

A guy who lacks conversation skills with women might assume that a woman will open up and be excited to talk to him if he asks her a series of personal questions, or if he tells her every little detail about himself.

In the first instance, she will be made to feel uncomfortable and tense because of all the questions and in the second instance she will probably be bored to tears or turned off by his attempts to impress her with details of his life. Either way he is unlikely to get the girl with that kind of approach.

Watch this video to understand where guys go wrong when talking to women and what you can do instead to be successful...

6. He lacks the skills needed to establish attraction

Since he lacks these necessary skills required to make her feel attracted to him, she just isn't interested in anything more than a conversation.

He might wonder, *“Do women like to be chased?”* and assume that he must not be showing her enough attention and interest, but, as you know, that isn't the answer. You can show her all the attention and interest in the world, but if she's not attracted to you, she's not going to be interested.

7. He lacks drive and ambition

A woman likes to know that the guy she is with (or is considering hooking up with) is going places in life.

It is not important whether he has already achieved all of his goals, but she definitely wants to know that he has some big goals and ambitions in life and that he is on the way to achieving them.

If a guy has no direction in his life and is not working towards creating a better life for himself in the future, a woman usually will not waste her time with him and she certainly won't chase him.

8. He doesn't have many (or any) friends

Women prefer men who have a large group of real friends (not Facebook friends) because it usually means that the guy is likeable and should he ever be in an emergency, he will have many people that he can call on for help.

This makes her feel safe and be able to trust in his ability to survive, thrive and prosper and it is therefore a quality that she will look for in a man.

Getting Her to Chase You

[image: Getting her to chase you]

The secret to getting a woman to chase you is to make her feel intense attraction to your confidence

and personality and then only give her a chance if she plays her cards right.

Most women are sick and tired of how easy most guys are to impress and they want a guy who not only has standards, but makes her feel the type of attraction that she wants to feel when with a guy...

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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What to Say When in Bed With a Woman

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are some examples of what to say when in bed with a woman...

1. Tell her what she's doing right

“Yeah, that feels so good. I love it when you...” is a good way to get her to do more of the same while at the same time boosting her confidence.

You can tell her what you want her change, stop doing or improve, but focus on what she's doing right first. Why? Keep the sexual harmony alive between you and don't turn it into a stressful, emotionally painful experience.

Let it be a time for both of you to enjoy yourself and feel good about yourselves.

2. Use compliments Every woman likes to be flattered. Calling her beautiful, telling her that she is sexy, telling her how nice she smells or feels is always a winner in the bedroom.

3. Tell her that you want to make her feel good

[image: What to say when in bed with a woman]

Putting her feelings first is a good way of getting her to open up and respond in kind. Ask her what she likes and go ahead and fill out her order.

She'll be glad that you had the sexual confidence to ask her what she likes and be able to give it to her.

4. Tell her how good she is and how great she makes you feel

This serves to get you more of the good stuff. In the bedroom, women love to do what they are good at and she will be happy to please you in the ways you like.

5. Tell her that you love the sounds she makes

Saying this to a woman in bed makes her feel sexy and she can relax and open up even more. The more you allow that animalistic side of her to come out, the more fun and pleasure you will have in bed with her.

6. Say things in a masculine way

Personally speaking, sometimes (about 20% of the time) I really like to be a raw, masculine man and say things like, *“F**k, look at those tits...c'mere...let me suck these tits....mmm.”*

Women love that sort of thing, as long as you don't do it all the time.

During sex, you can bend a woman over and say, *“Yeahhhh...nice, tight pussy....yeahhhh, f***k yeah...that's good.”*

Since allowing myself to be that way, I've always had amazing sexual relationships with women (update: I recently got married to my sexy, 22 year old girlfriend who is 15 years younger than me).

No woman wanted to break up with me for the 12 years that I was living the playboy lifestyle and having great sex is a big part of that.

Sex is the ultimate expression of the attraction felt between a man and a woman. It is the culmination of an intricate dance that develops between the sexes, starting with a simple look and evolving into a conversation, a touch, a kiss and finally into the shared expression of this attraction...sex.

Sex is a beautiful thing and is something that you should really take care of when you're with a woman, which is why the topic of what to say when in bed with a woman is so important.

When you're in bed with a woman, what you say to her can really define your relationship in a good or bad way. Your words can cause her to feel an increased level of attraction, respect and love for you, or they can make her feel completely turned off or even hurt her emotionally. However, what is most important is your attitude.

A woman wants to see that you're relaxed, confident and totally attracted to her. The more of that she sees, the more she will enjoy herself in the bedroom with you.

Being good in bed is more about your attitude and confidence than what you say. The less worried, hesitant and tense you are, the happier she will be and the more she will enjoy the sex and her time with you in the bedroom.

The Wrong Things to Say

Things that a guy should avoid saying when in bed with a woman include:

1. Criticism of any kind

Sex is an intimate act between you and a woman that truly bring you and her closer together than any type of conversation you can have.

It's a time for connecting with each other on deeper, more primal levels as well as making each other feel amazing physically and emotionally. As such, the bedroom is no place for criticism. Focus your attention and energy on the things you find sexy about her and comment on that.

If you're not really attracted to her, you shouldn't be with her. If you've accepted an unattractive woman because you're unable to attract and have sex with beautiful women, then that is something you need to fix about yourself.

2. Talking about what your ex liked (or just talking about her at all)

Ex means past girlfriend (or wife) and "in the past" is exactly where she should stay when you're having sex with a new woman, or in the process of committing yourself to a new relationship.

Even a woman who is with a guy for a one night stand doesn't want to be compared to his ex (even flatteringly). Just leave your ex-girlfriend(s) out of anything you say in the bedroom.

Focus on the girl you're with and make her feel like the sexiest woman on Earth and the only woman in your mind at the time.

3. Pressuring her to orgasm quickly

Asking her if she's come yet after every few thrusts is not cool. Just let her relax and fall into the emotional experience that leads up to her being able to orgasm.

A guy who is good at sex knows that a woman's ability to orgasm with him has a lot to do with how he makes her feel mentally and emotionally. If she can fully let go and surrender during sex with him, then she's more likely to orgasm a lot quicker and easier.

Don't Talk Too Much Though

Sex is one of the greatest pleasures that can be experienced between a man and a woman and does not need to be burdened with too much talking.

You don't need to go overboard with lots of commentary as you have sex. Just get into it and let yourself express whatever you're feeling in the moment. Women love it when you can just relax and be a confident, masculine man who isn't trying to be perfect.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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Why Are Women Offended So Easily?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

When a woman appears to be offended by what you're saying, she's usually just testing to see how confident you are.

[image: Woman testing man by acting slightly offended]

If you respond by remaining confident, smiling and even laughing at her or the situation, she then feels more respect and attraction for you.

However, if you react by becoming nervous, apologizing to her in a panic, feeling rejected and losing confidence in yourself, she then loses respect and attraction for you.

Think about it...

Women need to find themselves a confident guy who has the social and emotional intelligence to handle the challenges of life in the modern world. As you may know, success at work (or at university if you're still studying) doesn't get handed to you on a silver platter.

Instead, you've usually got to work hard, overcome a lot of obstacles and challenges and keep pushing forward to eventually succeed.

As a result of this, women have an instinctive need to find themselves a guy who doesn't buckle under pressure, especially from women. If she puts you on the spot by acting like she is offended and you buckle under the pressure, then you are showing her that you're not yet strong enough to handle the tests of life.

When she notices that, she instantly loses respect and attraction for you on a fundamental level. The only way to get her respect and attraction back is to start being the strong, capable guy that she will instinctively feel attracted to.

Watch this video to understand how a woman's attraction for a man works and how you can use it to your advantage to get what you want with women for life...

As you will discover from the video above, most women are more attracted to a guy's confidence and personality (his inner qualities) rather than his looks (outer qualities).

There are women who will only accept a perfect male model with loads of money, but most women place more importance on a guy's inner qualities because that is what usually helps ensure that he can survive, thrive and prosper in this world.

Attraction is directly linked to a woman's instinctive assessment of a man's survival traits. If you display the personality traits and behaviors that trigger that type of attraction, most women will feel attracted to you and want to be with you.

Does it Annoy You When Women Get Offended?

[image: Why do you get offended so easily?]

Doesn't it annoy when you're talking with an attractive woman and no matter how hard you try to make a good impression on her, sooner or later you end up saying or doing something that offends her?

Have you ever wondered why other guys are able to talk to women so easily and without any problems, but for some reason women get offended when talking to you all the time.

After getting such a bad reaction from women for so long, it has changed you. Now, whenever you talk to a beautiful woman that you want to impress, you can't stop yourself from feeling nervous, anxious and worrying about what you're going to say.

So, how can you get past that and get on with enjoying your conversations with women and then ending up having sex or a relationship, rather than feeling rejected by women, humiliated by women or angry at women yet again?

Simple.

Understand that women are usually just testing you and to pass the tests, you have to stop trying to always say the right thing. You have to be willing to risk saying something that she might not like, she might pretend to not like or she might be offended by.

Watch this video for more info...

As you will discover from the video above, you shouldn't try to be Mr. Perfect when talking to a woman.

Most women will act like they want you to be perfect around them, but it's usually just a test to check your level of compliance or submission to simple social commands.

What will impress a woman and make her feel attracted to you, is when you have the confidence to say whatever you want, but you're also socially intelligent enough to know when you've crossed a line.

Crossing a line doesn't have to be serious though. If you say something "bad" and realize that you've made a mistake, just smile, laugh and own up to it. It's not a big deal.

It's just a simple conversation between two humans. No one is perfect and it's completely fine to make a mistake when talking and then own up to it.

Getting Over Your Negative Childhood Experiences

Sometimes, a guy's belief about women getting offended easily by what he says or does starts way back in his childhood.

For example: A boy in the first grade is sitting at his desk and talking to the boy next to him about the size of his boogers (mucus in his nose). Suzie, the girl sitting in front of them, overhears him and goes *â€œEeeewwwww, disguuuusting! You're so gross! Don't you have any manners?â€œ*

From that moment onwards, the boy focusses on the small amount of times that he's noticed women getting offended by something that he says or does. After a few years of paying attention to it, he can recall at least 10-15 times when girls have reacted badly to what he's said or done around them.

Eventually, he gets to the point where he actively looks for any negative reaction from a woman while he's talking with her. Little does he know, but actively looking for those reactions and being worried about them actually causes women to lose respect and attraction for him.

Women want to be with a guy who is confident in himself and doesn't need to be lead by a woman. A woman doesn't want a man looking to her for instructions on how think, behave and act in life. She also doesn't want to have to *â€œbabyâ€œ* him and be really nice and sweet to him all the time, just

to make him feel comfortable.

She wants him to have the confidence to feel confident about his thinking, behavior and actions on his own. She doesn't want to have to encourage him to believe in himself and be nice and gentle with him so he doesn't lose confidence in himself.

When a woman notices that her offended reactions that she displays to a guy via her conversation or body language has a negative effect on him, she knows that he's not a confident man.

He might be a good guy, but to her, he is just another guy who is afraid of women and can't handle the tests they put him through.

Instinctively, she concludes that he probably doesn't have what it takes to survive, thrive and prosper in this challenging world, therefore her attraction trigger is set to "off."

Changing Your Mindset About Women

[image: Changing your mindset about women]

If you're one of the many modern men who feel that it's too difficult to talk to women these days (because they get so offended so easily), then you have to change your mindset to look at it in a more positive, constructive manner.

Thinking negatively about women or complaining about how they think, act or behave will never help you. The truth is, women aren't easily offended and it's usually just a guy's "belief" that women are offended easily that is standing between him having enjoyable conversations and interactions with women.

A guy who believes that women are offended easily, may begin to behave in the following ways:

- He becomes careful and guarded when he is around women, which then suppresses his natural charisma and likeability.
- He becomes insecure and nervous when he talks to a woman that he finds attractive, which then turns her off.
- He loses more and more self-confidence and begins to doubt himself around women he likes, which makes him become even less attractive to women.
- He avoids starting conversations when he is around attractive, confident women, which ends up making him look like a loser, outsider or yet another guy who is intimidated by hot women.
- He avoids flirting with women, which causes women to feel bored when talking to him.
- He becomes a "Yes Man" and simply agrees with everything that women say, in the hope that they will like him (and take pity on him) for being so nice. Yet, women see right through his act and neither respect him or want him sexually.

If all of the above actions fail then he simply avoids women altogether, except of course when watching porn.

Porn becomes his sad way to "get some action," but it never makes him feel fulfilled and feels even more lonely and frustrated every time he uses it.

Avoiding real women is not the solution, and neither is it necessary. If you understand why a woman acts offended in a conversation, you will realize that she's not actually offended and that she's

simply testing you to see how much she can get away with and how easily she can control you.

Women Test All Men, Not Just You

The human mating ritual is organized in much the same way as other species in nature.

Women in general are attracted to the confident, easy going go-getters because they are perceived as being able to provide the best physical and emotional prospects for the future.

Over the centuries, women have developed a very sophisticated method for sorting out the men from the boys in order to test a man's self-esteem and confidence; the primary qualities that they look for in a man.

These tests are designed to test a man's mental and emotional strength and are her way of determining how much power she can have over a man. Unfortunately, most guys (who have been brainwashed by what they see on TV commercials and in music videos) believe that the more power a woman has over him, the more likely she is to choose him, but that just isn't true.

The more power a woman has over a man, the less likely he will be able to give her the mental and emotional support that she needs or will need in the future and the less likely she is to choose him as a boyfriend or lover.

Examples of Tests That Women Put Men Through

Ultimately, when a woman meets a man, she is trying to determine his level on the social scale. She wants to know if he's a real man or yet another wimp who is hoping to get lucky and be taken care of by people, rather than standing up for himself and going after what he wants with confidence.

A woman will test a guy in many ways to separate the real men from the boys.

For example:

1. Putting him on the spot in front of others:

A woman (or one of her friends) will semi-seriously joke with a guy and try to make him feel embarrassed in front of others to test if he can remain confident under the pressure.

She might make a comment about his shirt, his hairstyle or something else to try and make him feel self-conscious about himself. If he stands his ground, laughs it off or turns the tables on her in an easy-going way, then he will have passed the test.

However, if he walks away hurt and embarrassed or appears to lose confidence in himself and feel like he is being rejected, then he fails.

2. Giving him mixed signals

A favorite technique used by women to test a guy is to give him mixed signals of interest.

One minute she acts interested, flirts and sends him all the signals she says she is interested in taking things further. Yet, as soon as he shows interest back, she ignores him entirely and shows interest in another guy or says that he's moving too fast and needs to slow things down with her.

Then, when he backs off, she begins showing interest in him again. When he shows interest, she pulls back her interest to see how he will react. This type of behavior from women naturally confuses many men who do not realize how or why they are being tested.

A guy simply needs to be attractive to the woman and if she plays hard to get, he needs to remain confident in his attractiveness to her.

He can either just laugh at her for playing games or smile to let her know that he knows she likes him, but is simply testing to see how much he likes her and if he'll lose confidence in himself and give up.

3. Acting like she is offended

As we've been discussing in this post, another test that women love to put a guy through is to bring up a difficult subject in conversation and then, when the guy responds or answers, to act offended.

In almost all cases, she is not really offended and it is just another way for her to test a man's strength of character and confidence in himself.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Iâm Still a Virgin: How Do I Lose My Virginity?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Being a male virgin sucks, especially when your friends or family know about it and tease you because of it.

If you want to lose your virginity, the first thing you need to get handled is your ability to trigger feelings of sexual attraction inside of a woman.

You've got to be able to display traits that actually turn women on, such as confidence (especially when she tests you), charm, charisma and humor.

It's actually very easy to attract women in that way and once you do it once or twice, you will see that most women feel SOMETHING for you. All you need to do then is go from attraction, to a connection and then kissing and sex, which is also easily to do once you do it once or twice.

Should You Tell Women That You're a Virgin?

For the guys who are wondering, *"Should I tell a girl that I'm a virgin?"* the answer is, *"No, don't worry about it. Just get to the point of having sex with her."*

When you slide your penis inside of her, both you and her are going to feel really good. Your dick isn't going to feel better to her because it has been in other women. It's going to feel just the same.

What's going to be important is that your behavior, vibe, attitude and actions are turning her on. As long as you are making her feel attracted to you, she isn't going to care about your virginity, so just get on with having sex with her and then enjoying the love and relationship that will likely follow it.

The 40 Year Old Virgin

[image: 40 year old virgin]

Hollywood immortalized the idea of modern male virgin in the movie, *The 40 Year Old Virgin*. It was a humorous take on a very serious problem that many guys are suffering today.

Yet, why are so many guys suffering from this problem? Watch the video below to find out...

As you will discover from the video above, the rise in adult male virginity is not women's fault or the fault of the media. It comes down to one very simple thing that I explain in the video.

Being Left Behind

[image: Still a virgin. I keep getting left behind by friends who easily hook up with women in front of me...]

Have you begun to feel like you're being left behind by friends, coworkers or fellow university students who are having sex and enjoying love and relationships?

Does it confuse you why some of your friends or coworkers are easily able to attract women, but women always seem out of your reach?

The guys who going around saying *â€œIâ€™m still a virginâ€* at an age where everyone else around them is not, will usually develop a truckload insecurities, issues and anxieties issues over it. Over the years, Iâ€™ve heard from more than 350 guys who are still a virgin at 30+ years of age and almost every time, they are riddled with insecurities and issues surrounding their virginity.

For example: A guy will assume that he would suck at having sex and the woman would be disappointed, or the sex wonâ€™t feel as good for him as it would have if he was younger, or the woman will think heâ€™s a loser for being a virgin, etc.

The list of insecurities just goes on and on and it often turns into something so powerful for a guy that he avoids women altogether. He still masturbates to porn of course, but real women are just too much to deal with for him because of how his insecurities make him feel.

Itâ€™s a big deal for a lot of guys these days because premarital sex happens all the time now.

[image: No sex before marriage vs. have sex whenever you want]

Back in 1800, being a virgin when getting married was standard, normal and even looked on as a good thing, but nowadays pretty much everyone has sex before marriage...and plenty of it.

Today, in the United States for example, the average age for a guy to lose his virginity is 17. This is, of course the *â€œaverage ageâ€* and includes those who lost their virginity earlier than that and those who lose their virginity later than the average, including the proverbial 40 year old virgin.

What is the Right Age For a Guy to Lose His Virginity?

In my opinion, I think that a guy should aim to lose his virginity at or after the legal age for his country and the culture contained within it.

It has been found, for example, that those who lose their virginity earlier than the legal age and the national average age are more likely to participate in delinquent behavior (i.e. commit crimes) later on in their lives.

However, the opposite is also a problem.

The longer a guy waits to have sex for the first time, the more difficult it becomes to lose his virginity because he gradually begins to develop insecurities around the fact that he is still a virgin and thus behaves *â€œweirdlyâ€* around women and people when the subject of sex comes up.

He feels self-conscious about his desires for women and if he watches enough movies and TV shows where women are often portrayed as being mean and rejecting guys for showing interest, he will eventually believe that women are anti-sex and would be doing him a favor by having sex with him.

If he believes that, then heâ€™s start to behave in the opposite way that woman actually want him to behave. In other words, heâ€™ll start behaving in shy and nervous ways when women actually want him to be confident.

In fact, women need a guy to be confident so they can feel sexual attraction for him. They canâ€™t feel sexual attraction to nervousness and anxiety, unless they are the type of women who like weak men and want to abuse him emotionally.

Guys who are saying *â€œIâ€™m still a virginâ€* while everyone else around him is hooking up and having sex, will often stop going out and trying to get women because it all just seem too difficult.

Instead, the guy will often bury himself in his studies, his work, computer games (or sport) and porn

and resolve himself to being a virgin for life.

Porn will feel like a good release of all the built up sexual energy, but it will never give him the complex experience and set of emotions that come with having sex and being in love with a real woman in person.

There's nothing wrong with masturbation, but if you overdo it, you will often end up wasting your sexual energy on that rather than using it as motivation to approach and have sex with real women.

[image: Man searching for porn online]

Poll

How often do you masturbate?

- ☐ Once a month
- ☐ Once a week
- ☐ A few times a week
- ☐ Every day
- ☐ Multiple times per day

Vote

[View Results](#)

[image: Loading ...]

Loading ...

As you will see from the results of the survey above, a lot of guys are jacking off every day.

Here's the thing...

If you want to get laid, get a girlfriend and get on with enjoying your life with women or one woman, you've got to try to use your sexual energy as motivation and drive to approach, pick up and have sex with real women.

If you empty your sex drive into a tissue every day or a few times a week, you're not leaving much sexual energy to use to actually get real results with women.

Sometimes, a male virgin will get to a point where he accepts his sad identity as the guy who looks on from the outside while everyone else has sex and falls in love. All the while, he keeps saying to himself, *â€œIâ€™m still a virgin. Why? Whatâ€™s wrong with me? Why is this happening to me?â€œ*

Then, every day or a few times a week, he loads up some porn videos, jacks off and depletes his sexual energy.

Don't hide from women behind porn.

There's nothing wrong with jerking off every now and then, but if you're still a virgin, try to limit your masturbation sessions to once a week on a monday (Masturbation Monday). That way, by the time Friday rolls around, you will be full of sexual energy and motivation to actually get a result with

a real woman.

If you're interested in learning how to approach and pick up women, watch this...

Is it Different For Women?

Most modern women usually lose their virginity at a young legal age and then have sex with many guys before settling down.

However, if a woman openly decides to be a virgin until her wedding night, then most people don't try to interfere or pick on her decision. Our society doesn't put too much pressure on a woman to have sex.

Yet, for guys it's different.

They have a small window of opportunity to lose their virginity and every year after that more and more pressure is added.

If people find out that a guy is still a virgin, at 25 for example, he will become the butt of office jokes and people will assume there is something wrong with him.

For the virgin male, he then has to deal with the anxiety and fear about being ridiculed by others behind his back or in person, whenever the subject of sex comes up.

The Good News

If a guy is still a virgin, it does not mean that there is anything wrong with him, which will prevent him from having sex with women forever.

Getting sex with women is easy, as long as you approach them with the right attitude. If a guy is still a virgin and everyone else around him has already begun having sex, it may be due to various reasons, such as:

- Religious beliefs.
- Moral beliefs.
- Physical disabilities.
- Mental disabilities.

Or, he may still be a virgin because he just doesn't know how to go about changing it. He knows he lacks confidence around women, but he just doesn't know how to fix it.

However, if he realizes that his virginity has no impact on how a woman sees him, he would be able to move forward and do something about changing it.

Can Women Tell if You're a Virgin?

[image: When will I lose my virginity?]

A woman cannot see a man's virginity from a distance, nor can she sense it by simply talking to him (unless he tells her) or from looking into his eyes.

What she will see however, is a guy who is either confident, easy going and at ease with himself

when the subject of sex comes up or when she flirts with him. If he's a virgin or inexperienced with sex, he's like going to be nervous, insecure and uncomfortable with himself when the subject of sex comes up or when she tries to flirt with him in a sexual way.

In other words, he's probably going to come across as a typical nice guy and act like he just wants to be friends with the woman. Yet, that approach to women often leads to rejection and here is why...

Unless you tell her, a woman isn't going to know and she's not going to be worried. All she wants is a confident guy who can go with the flow of the moment and lead her to kissing, sex and into a relationship.

If you can do that, it doesn't matter if you are still a virgin. The guy who is constantly saying to himself, *â€œI'm still a virgin...I'm never going to get laidâ€* can be just as successful in attracting women as any other guy because a woman will judge him by his confidence and not by his sexual history.

However, if a guy approaches a woman in an insecure manner, believing that he is not worthy of her, then she will reject him; virgin or not.

Undoing the Brainwashing that You've Been Getting From the Media

We are brainwashed by the popular media such as movies, television, magazines and the internet into believing that women want to be treated in a certain way.

We're told that they want to be put on a pedestal and made to feel in control and in charge (TV commercials are especially guilty of this). While wearing the pants in the relationship, TV commercials will tell us that women also expect flowers, romance and expensive candlelit dinners.

They want to be charmed and swept off their feet by the good looking guy with big muscles who has lots of money, power and success. Oh, and he should be a celebrity or male model too. When modern men see this sort of thing on TV all the time, they begin to believe it as being true.

I've lost count of the amount of guys who've contacted me complaining about modern women and saying that women are so stuck up these days and all they want are male models, money and fame. Yet, it's just not true. That's the TV reality, not the everyday reality.

Despite what TV commercials would like you to believe, here's the truth:

1. It's not about the car that you drive:

Yes, some women only want a guy with a sports car and loads of money. That is true.

However, those women are the minority. The majority of women just want a good guy who can make her feel attracted to his confidence and personality and then guide her to kissing, sex and into a relationship.

The advertisers, movie producers and vehicle manufacturers will tell you that your sex appeal to women is all about the car that you drive. If you have the right sports car, then every woman will line up to have sex with you.

Yet, when you meet a woman in bar or at a party for example, she won't know what car you drive and she won't ask (unless she's one of the minority of women who are obsessed with cars).

Instead, she will judge you on how confident you are and how your personality makes her feel. That's

it. You can pull out your car keys and show her, *â€œLook! I drive a Porsche!â€* and it will not impress her if you're unable to make her feel attracted to your confidence and personality.

If you're a confident, cool guy, then she'll say, *â€œOh, cool!â€* and will like the fact that you drive an expensive car, but she already liked you anyway because you were confident and cool.

So, don't think that losing your virginity is about buying some expensive car, house or the latest smartphone.

It's about you, man.

You.

Not the fancy watch on your wrist, not your smartphone, not your hairstyle...but, YOU. Who you are overall. That's what it's about. Are you a confident, cool guy or are you a nervous, shy guy who has all sorts of issues about women and sex? That's the difference.

2. It's not about what you wear

Yes, some women only want a guy who wears the latest and greatest fashions, but most women are not that picky and shallow.

Of course, the fashion magazines will tell you that your attractiveness to women is all about the clothes that you wear. If you want to get laid, you have to spend truckloads of money on the latest fashions and get many different pairs of shoes because *â€œwomen look at a guy's shoes.â€*

What a load of crap.

Here's the truth...

I've gotten laid before wearing a t-shirt, shorts and flip-flops (thongs). Sure, you should present yourself well, but wearing amazing fashions is not the secret to success with women.

3. It's not about being even more of a gentleman than you already are

If you're still a virgin, then it's highly-likely that you fit into the category of being a really nice guy.

So, there's no need to become even nicer to women because that is not the answer to losing your virginity.

Politically correct people in the media (who are afraid to say what they really feel) will tell you that the perfect man is super sweet and very patient and gentlemanly towards a woman. Wait for her, be super nice and eventually she will let you have some sex.

Yes, you should have good etiquette and manners and be a good guy, but being a gentleman is not the answer. Ultimately, a woman wants a guy who is mentally and emotionally stronger than her, who is confident, has high self-esteem and who can make her feel feminine in response to his masculine vibe.

If he is also a good guy, then it is a bonus to her, but she would have sex with a guy like that even if he was a bad boy or jerk.

Why? He is attractive in so many ways to her and women know that it's next to impossible to find a good guy who is also confident, mentally and emotionally tough and can make her feel like a girly, feminine woman in response to masculinity.

Are You Ready to Lose Your Virginity?

Being a virgin can be a stressful and depressing thing that hangs over your head as a guy.

As others around you enjoy sex, love and relationships, you're stuck with that empty feeling you get after jerking off to porn several times a week.

Porn is enjoyable in the moment, but it isn't the same as being with a real woman who loves you, challenges you, makes you happy and walks with you along your path in life.

Laughing and hanging out with her, introducing her to your family and friends and going on vacations together are just a few of the real benefits of having a real woman in your life.

The question is though: Are you ready to lose your virginity?

If you spoke to a woman tomorrow, would you know how to attract her and make her feel an intense desire to have sex with you, or would you feel nervous, not know what to do and lose your opportunity with her?

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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How to Pick Up Women at a Wedding

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

To pick up women at a wedding, you can approach it in one of two ways...

Strategy 1: Be the Cool, Social Guy

[image: Picking up girls at a wedding]

If you're going to use this approach, you should just focus on being your natural, cool, confident self and go around having fun conversations with everyone.

When the beautiful women notice that other people (including women) enjoy talking to you, they will begin to feel curious to meet you. When you approach to say hello, they will be glad to finally get a chance to talk to you.

However, if the beautiful notice that you seem to be the shy, awkward guy who isn't getting along with others, they will feel repelled by you. Why? Women are naturally attracted to confident men who have the social skills to get along with and be respected by other people.

The attraction that a woman feels for a man is directly linked to her survival instincts. A confident guy who gets along well with others is more likely to survive, thrive and prosper during hard times compared to a shy, awkward guy who isn't liked or respected by most people.

So, if you're going to use the strategy of being the cool, social guy, make sure that you focus on having fun, easy-going conversations with many people to get yourself into a confident, social mood so that when you meet a beautiful woman that you really like, you aren't feeling nervous or unsure of yourself.

When you approach and talk to a beautiful woman at the wedding, just need to make sure that you do one, simple thing: **Make her feel sexually attracted to you.**

Watch this video to understand how a woman's attraction for a man works and how you can use it to pick up women at a wedding (including a bridesmaid)...

As you will discover from the video above, you can make a woman feel attracted to you in many different ways when you interact with her (e.g. by being confident, charismatic, charming, funny, etc).

Strategy 2: Be the Confident, Alpha Male Who Simply Goes After the Girl He Wants

[image: How to pick up a woman at a wedding]

If you're a confident guy and don't need to get yourself warmed up before approaching women, then simply walk up and talk to the hotties at the wedding.

All you need to do is relax, make them feel attracted to you and keep the conversation going long enough for the sexual tension to build up between you. You can then release that built up sexual tension with kissing and sex that night.

Tapping into the Painful Emotions That Single Women Feel at Weddings

[image: How to pick up chicks at a wedding]

If you've been to a few weddings in your life, you'd know that they can be a great place to meet single women.

Whether it's the bridesmaids, the bride's sisters, her best friends or simply random invited guests; weddings are fertile ground when it comes to meeting women.

[image: Women dancing at a wedding]

With so many happy couples around them, single women often feel sad about not having a boyfriend and, after a few drinks, become completely open to being seduced by a great guy.

Women want to be in love or at least have a lover or boyfriend, so if she begins feeling like the odd one out when many other women have a boyfriend or husband, she will be very receptive to your approach and conversation.

Missing Your Opportunity

[image: Picking up women guests at a wedding]

Even though weddings are a great opportunity to meet women, some guys will let the chance slip through their fingers by making some or more of the following mistakes:

1. Trying to "get lucky" with any woman

Some guys simply try to hit on every woman they can and hope that one of them likes him. He will essentially "try his luck" with pretty much any woman who will talk to him.

Most women see what is happening and label him as being desperate, low value guy who is just hoping to score with any woman. Women want to feel as though you could have other women, but will choose her if she impresses YOU enough.

She wants to feel like you are valuable as a guy, rather than her being valuable and you hoping to get a chance with her.

Watch this video for more info:

2. Using alcohol to appear confident

Since alcohol is usually free and widely available at weddings, some guys have a few drinks very quickly to build up enough courage to talk to women.

If he still can't do it after 4-5 drinks, he will drink some more and soon enough, he will be on the verge of being drunk.

There's nothing wrong with having a drink, but using it to build up courage doesn't win women over if they notice that you're actually drunk. Women are attracted to guys with real confidence and can spot fake confidence a mile away.

3. Being too nice

There's nothing wrong with being friendly to women, but if you want a woman to feel the urge to kiss you, have sex with you or catch up with you for a date after the wedding, you have to focus on making her feel sexually attracted to you.

Friendliness or nice, polite conversation doesn't make a woman feel turned on and eager to have sex with you. Why? Watch this video to understand...

4. Dancing awkwardly

If you're going to dance, just stick to simple moves and don't try to be too impressive.

If a guy looks awkward, tense or uncomfortable as he dances on the floor, women can see it a mile away. Most guys don't know how to dance and should stick to simple moves, rather than going overboard and appearing uncomfortable and out of place.

5. Being too shy to make a move

Some guys will notice a woman they like and will spend the entire day and night looking over at her, smiling and hoping that she will make the first move.

Generally speaking, women don't like to make the first move because they don't want to feel like the dominant or masculine one. A woman dreams of meeting a guy who has the confidence to walk over and make her feel like a real woman.

This means a guy who is masculine and decisive in his behavior and actions; a guy who knows what he wants and isn't afraid to go and get it. If you stay in the background, she may eventually lose interest in you.

If a confident guy approaches her and makes her feel attracted, she will usually just forget you and become interested in him.

6. Trying too hard to be liked

Some guys try too hard to be liked by everyone at the wedding or at their table. As a result, they end up being secretly disliked by almost everyone.

This is the sort of guy who will offer to go and get everyone's drinks and generally act like the helpful, nice guy who only has friendly (not sexual) intentions. Women will think he's a nice friend, but that's usually as far as their feelings will go.

Being the nice guy who runs around doing the dirty work for everyone else is not going to impress a woman enough to feel attraction for him.

She will enjoy the attention while keeping an eye out for a real man to come and rescue her.

There's nothing wrong with being nice, helping out or even pouring some drinks for other people, but if you're acting like Mr. Nice Guy who just wants to help when your real motive is to hopefully impress a girl, people will see right through it.

Putting Your Best Foot Forward

The best approach to picking up women at a wedding is to be natural, easy-going, positive and confident when talking with people.

Just be your normal, confident, cool self and let things happen naturally. Allow your natural confidence and charisma to come through when you're walking around and talking to many people

and having a great time.

When you talk to the beautiful women, they won't assume that you're desperately trying to pick them up because they will have seen you having a great time with other people. They will see you as a cool, confident, popular guy who is worth getting to know.

Of course, if you're already a confident, cool alpha male, then you don't need to anything else but walk over and make her feel naturally attracted to you.

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[image]

Almost there! Please complete this quick form to gain instant access.

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I Like a Woman at Work

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If the woman that you like at work is beautiful or pretty, then a lot of other guys probably like her too.

So, how can you get her to like you and how can you be sure that she isn't going to reject you if you ask her out?

Simple.

Make sure that she feels attracted to you first.

As you will discover from the video above, women decide which guy to be with based on how much sexual attraction he makes her feel. If a guy only makes a woman feel friendly, platonic (non-sexual) emotions, then it will be more likely that she will reject his advances.

If you want this woman at work to like you, make sure you begin by triggering her feelings of sexual attraction for you. Of course, this doesn't mean that you should be sleazy or do anything that might get you into trouble at work.

[image: Flirting with a woman at work]

Instead, simply make her feel attracted to you based on your confidence, charisma, masculine vibe and subtle use of flirting.

You have to be careful using flirting in the workplace, but it can be done as long as she is attracted to you and you then keep it subtle and light when you and her are alone or away from prying eyes.

Turning Her into Your Lover or Girlfriend

[image: Turn coworker into girlfriend]

In today's work-centric world where people usually spend most of their life working to earn a living or to build a career, it's only natural (and even expected) for you to like a woman that you work with.

I often have guys contacting me asking things like, *"Dan, I like a woman at work. How do I get her to be my girlfriend without getting myself into trouble with management or the boss?"* or *"Dan, how can I get a woman that I work with into a relationship with me outside of the work environment?"* and *"How can I get her to meet me outside of the workplace, so we can have time alone and away from our coworkers?"*

So, what should you do? How can you get her to become your lover or girlfriend?

Essentially, what you need to do is:

1. Make her feel attracted to you.
2. Flirt with her at "after work drinks" with co-workers or just the two of you, or invite her to a party or event that you're going to with friends on a weekend.
3. When you're certain that she is attracted to you, tell her that you like her by saying, *"By the way...you're sexy...I like you"* to ensure that she knows that the attraction is mutual.

After mutual attraction has been established, you need to get her back to your place (or go to her place) to “hang out,” or arrange for a time when you and her catch up just the two of you. Then, you simply need to build up the sexual tension between you and release that with a kiss and then sex.

5 Types of Guys Who Get Rejected By Female Coworkers

[image: Rejected after hitting on a woman at work]

If you watch a lot of TV or the latest Hollywood movies, you will often see office romances play out in fun, interesting and very dramatic ways. To entertain the audience, the scriptwriters will show unusual and even problematic relationships between men and women eventually end in sex, love and marriage.

However, in the real world, hooking up with women in the workplace usually follows fairly strict rules and if you fall into one of the following categories, the woman you like may be reluctant to explore sex or a romantic relationship with you...

1. The good friend

He is the guy whom she considers to be her “best friend” at work. They hang out together during their lunch break, they drink coffee together and when there’s a special project to be done, they volunteer to work together because they get along so well.

If a guy like this has been acting like her nice, innocent friend and then suddenly expresses how he feels about her, or suddenly asks her out, a woman will usually feel conned, tricked, confused and annoyed that he had been acting like a friend, but he actually wanted more all along.

Women don’t like it when a guy does this because there was no mutual attraction established between them, so he has been spending time around her under the act of being a nice guy who just wants to be friends. He has already broken the all-important trust that a man and woman need to have to sustain a healthy relationship.

The woman is then often left feeling embarrassed and uncomfortable around him because he has feelings for her, but she just sees him as a friend. Since she can’t avoid him because they work with each other, she will often become cold, distant or even rude towards him to get him to steer clear of her.

Watch this video for a deeper understanding of why acting like a nice guy and being too nice to a woman will often result in rejection...

Of course, there is nothing wrong with being nice to this female coworker of yours. You have to be nice, professional and get the job done. However, if you want her to become interested in having sex with you or getting into a sexual relationship with you, the next step that you need to take is to begin triggering her feelings of sexual attraction.

2. The boss

We’ve all seen those TV shows or movies where the boss sleeps with the receptionist or sexy office worker and yes, it does happen in real life sometimes too.

Personally speaking, I remember how many women started hitting on me when I got promoted to a position of leadership and then became the boss (I eventually left to run TheModernMan.com full time and have done so for the last 10 years).

I didn't act on the sudden interest of women at work because I was already getting heaps of action outside of the office and I didn't want to lose the respect of the people working for me by taking advantage of my position.

That said, not every woman who wanted to get into a relationship with me just because she felt attracted to me. Some of the women were just as protective about their career and reputation as I was and even though there was mutual attraction between us, neither of us wanted to act on it. Instead, we just remained professional and stayed focused on the job.

Most women do not want to be accused of sleeping with the boss, even if she is highly ranked herself and she definitely doesn't want to become the butt of office jokes and gossip. If the relationship breaks up, she will still have to face her boss every day and he may then decide to overlook her for promotions in future.

In my experience, I've found that women who have options with men outside of work and are focused on their career will be able to remain professional and not get involved in an office romance. So, if a boss starts hitting on her, she will reject his advances and may even look to complain to HR (Human Resources) or whoever else will be able to help her.

3. The office dead-beat

This one is pretty obvious, but a woman will be reluctant to date the office dead-beat.

He is the guy who has been in the same job, in the same company for the last 15 years and isn't going anywhere in the company in terms of being promoted to bigger and better positions. He has no real ambition and is going nowhere in life.

Getting into a relationship (even a casual one) with him would be a waste of her time because he has no future prospects or the desire to go anywhere with his life.

He might really like her and spend many lonely nights fantasizing about being her lover, boyfriend or husband, but she won't be interested unless he starts rising through the levels of his true potential as a man both at work and outside of the workplace.

Of course, if the woman is unattractive and has no options with other men outside of work, she might accept him out of desperation. However, if she is hot and can easily get herself a man who has more ambition and self-confidence, she will reject him.

4. The office womanizer

This is the guy who tries to sleep with every woman in the office.

He is a womanizer and goes from woman to woman hoping that one of them will eventually take the bait and sleep with him. Most professional, career focused women will be reluctant to become another one of his "trophies" and then become the office joke.

5. The office loser

Women are more attracted to alpha males than any other type of male. When one of the lowest-ranking males in her workplaces begins to hit on her or ask her out, it's only natural that she will reject him.

Mistakes That Guys Make When Trying to Hook Up With

Women They Meet in the Workplace

There are many mistakes a guy can make when he likes a woman at his workplace.

Unlike the dating game outside of the work environment, such as a nightclub, pub, bookshop or supermarket where he can simply chat to a girl and if it doesn't work out he can go talk to another girl and no-one will know what happened, at work he can find himself in a lot of trouble if he attempts to use his workplace in the same way that a man will use a nightclub or bar to meet women.

Mistake #1: He gets weird

When a guy doesn't have many (or any) options with other women who are attracted to him, his attraction for one particular woman can lead him to begin acting in strange, weird ways around her.

Soon enough, everyone in the office knows what's going on and can see that he has a crush on her. This will be absolutely fine if the attraction is mutual and if he's a guy that other people respect, but if he's a lower-ranking male and the attraction isn't mutual, it's not going to be cool at all.

The woman, in turn, wonders *“If he's like this now, what will he be like if I give him a chance and go out with him? If people already think it's funny now, what will they think of me if he and I become a couple?”* and as a result she steers clear of him.

Then, when she starts to pull back and not want to talk to him as much or be around him, he gets weird about it and she can see that he feels rejected, angry and hurt...even though they're not a couple.

These type of guys usually fall into the category of trying to *“get lucky”* with a woman and hope that, despite not being able to make women feel attracted to his personality and confidence, women will be kind and give him a chance.

Mistake #2: He doesn't create enough (or any) attraction between them

There are guys who will say, *“I like a woman at work and I want her to be my girlfriend,”* but he doesn't even know if she feels sexually attracted for him or not. This is one of the 3 things that attractive women hate about single guys...

If a guy wants to have a sexual relationship with a woman, he needs to begin by making her feel sexual attraction for him. It's easy for us guys to feel sexually attracted to women because most of our attraction is based on the woman's looks.

However, women place more importance on how you make them feel by way of your personality and confidence. If you can't attract women with who you are on the inside, they usually won't care if you look good on the outside.

Seducing a woman at work is similar to seducing a woman anywhere else, in that both parties have to feel mutually attracted to each other.

Guys often try to ask out a woman at work before they have established mutual, sexual attraction will be rejected around 80% of the time. 20% of women (the desperate, unattractive or inexperienced ones) will give it a go anyway (despite not feeling much or any attraction), but most women will not.

Mistake #3 – He uses inappropriate flirting and body language

Flirting, sexual innuendo and sexual body language are great tools of seduction to use outside of the work environment.

However, when at work, you should always aim to keep things professional and only using flirting, sexual innuendos and sexual body language when there is mutual attraction and you are alone or away from prying eyes.

If you're new to using attraction techniques on women, I highly recommend that you do NOT attempt to practice using those techniques in the workplace. Practice attracting women outside of work and become good at it before you attempt to pick up women at work.

For example: Awkward flirting or sexual innuendos may cause her to feel embarrassed in front of others and she may even complain to a manager or the HR department. If you are reckless and just try to get a result with her even though you aren't sure what you're doing, you will likely get yourself into trouble at work or simply get yourself rejected.

If you're not comfortable attracting women outside of work, or you don't have time to do that, at least make sure that you do a lot of learning first.

Watch the video below to understand a lot of the common mistakes guys make when they haven't ever been taught how to properly attract women...

As you will discover from the video above, attracting women can be a very easy, effortless thing that you do in life. Once you "get it," attracting women becomes one of the easiest, most exciting and most rewarding things that you will ever learn to do in your life.

Mistake # 4 His timing is all wrong

If a guy tries to get his female coworker to kiss him in front of others, (e.g. at after work drinks or a work function) or agree to go out on a date when coworkers are listening to the conversation, she will almost always reject him or play hard to get.

Sure, some women don't give a crap about their job and are more interested in getting laid and falling in love, but a lot of women don't want to be seen to be slutty in front of others.

Even if you know for sure that this woman is attracted to you, she will most-likely want to avoid making out with you or agreeing to go on a date with you when her colleagues can see what is going on. I recommend that you practice discretion by saying and doing such things away from prying eyes.

The only other exception here is when a guy is very attractive to women (i.e. he is confident, charismatic, charming, respected by others, etc) and the woman is super keen to be his lover or girlfriend.

In that case, she will often be proud to let everyone else see that they are hooking up or in the process of getting into a relationship.

Getting the Result You Want

[image: Getting the result you want]

Most women are a lot easier to seduce into a sexual relationship than men realize.

Sure, women do PLAY hard to get, but that doesn't mean that they ARE hard to get. In most cases, a woman will play hard to get when there isn't enough mutual attraction, so make sure that you aren't trying to get this woman to "like" you a lot as a person, before suddenly owning up to your feelings for her.

There is a natural flow that almost all relationships follow and as long as you stick to that path (i.e. attract her first), things will usually flow from one stage to the next.

If you attempt to go against the flow of nature by asking a woman out or showing sexual or romantic interest in her before you've made her feel any attraction for you, she will usually reject you or begin to play very hard to get.

To avoid the unnecessary games that happen when the right process isn't followed, just make sure that you turn her on before you attempt to get anywhere with her.

Attracting a woman and guiding her into sex and a relationship is easy and it's something that any guy can learn how to do.

If you're not sure what you should be saying or doing to make this woman at work feel attracted to you and want to have sex with you, click around my site and keep learning now...

×

[image]

Almost there! Please complete this quick form to gain instant access.

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What is My Life Purpose?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you're asking yourself, *What is my life purpose?* then you've probably recently realized that, despite all the activity in your life (e.g. TV, work or study, clicking "like" on Facebook, grocery shopping, hanging out with friends, masturbating to porn, etc), your life really isn't amounting to much at all.

You see other men achieving big things in life, changing the world and pushing forward to achieve their dreams, but you're not quite sure where you fit in to the big picture of the world around you.

[image: What is the point of my life if I have no clear purpose in mind?]

Finding the answer to your very important question of, *What is my life purpose?* is all about discovering what really fires you up and what you feel most passionate about in life.

Sure, there are guys out there who feel passionate about ending global conflict, curing a certain disease, ridding the world of poverty and so on, but that doesn't mean you don't have a life purpose like that if you don't feel the same way. Your life purpose is whatever you feel passionate about, and every guy is going to be different.

The first thing that comes to mind for a lot of guys (especially those who aren't very good with women) when they think of their life purpose is women.

Yet, despite your passion for women and desire to have sex with many women, the truth is that women don't want to be your purpose. Women know they aren't the answer to the ultimate destiny of humanity, but are simply part of it like we men are.

Although most women don't know why, they pretty much all want you to think big in terms of your purpose in life. Enjoy their physical beauty, enjoy sex with them and enjoy the love, but that is not your purpose in life.

Think BIG

Think about it...

- Where will humanity be in 1,000 years if we keep advancing our medicinal and computer technologies?
- What will happen in artificial intelligence becomes a billion times smarter than humans (that's what experts are expecting will happen by 2100)?
- What will happen when nanotechnology is being used to keep our human bodies alive indefinitely?
- What will happen when we are able to merge our brains with computer technology?
- What will happen when virtual reality (i.e. like the games you play on Xbox for example) are just as real and complex as the world around you today?
- What will happen when we use new, advanced technology to travel through the universe at speeds millions of times faster than the speed of light?

When all that happens, do you think that life is going to be just like it is today? Of course not. Pretty

much everything is going to change.

Yet, in my opinion, one thing will remain the same all the time for men who want to be successful with women. That is: Women will always want men to maintain their masculine superiority over women.

As long as women are women (I think they always will be, at heart), they are going to want you to *â□□ be the man.â□□*

No matter what changes happen in the future for humanity one thing is for sure: As a man, you have to be a pillar of strength in this world. You have to be a man who knows what he wants from life and goes after it with unrelenting passion and determination.

If the questions I've asked you above have gotten you thinking, then it will be easy for you to understand why I suggest to you that your life purpose *not* be about acquiring the material *â□□ thingsâ□□* that people in aimed for 50 years ago.

Sure, you will need a place to stay, a vehicle to get around and a woman who loves you and can provide a family for you if you want, but outside of that, just know that things are totally open to change.

Lost Men of the Modern World

[image: What is my life purpose as a man?]

Hundreds of millions of modern men are confused about what to do with their life today, so don't think that by you asking yourself, *â□□ What is my life purpose?â□□* that you're some sort of failure and every other guy is onto it.

Most guys I've met over the years have goals (e.g. finish university, get a certain job, buy a house, travel, etc), but as I explain in Better Than a Bad Boy, those things are merely the *â□□ mechanics of lifeâ□□* and are not your life purpose.

If you think that your life purpose is the basic mechanics of life, then you're going to be feeling unhappy and unfulfilled your entire life.

Each time you get to achieve one of those milestones, you may hope that it is the thing that will finally make you happy, only to discover that the feeling of happiness and achievement was temporary. Why? It's not your purpose. Your purpose is bigger and more far reaching than that.

It's fair to say that most of us aspire to experience a continued state of happiness in life, but many guys make the mistake of thinking that happiness can be found in buying things and having all of the material possessions they've ever dreamed of.

Not realizing that money is a recent invention that was created by humans on a planet that is billions of years old, inside a seemingly infinite universe, they think, *â□□ If I had loads of money I could buy a house in every country in the world and then Iâ□□d be happyâ□□* or, *â□□ If I could afford to have a huge collection of classic cars, Iâ□□d feel satisfied with myselfâ□□* or, *â□□ If I didnâ□□t have to go to work every day and I had enough money to just do what I wanted Iâ□□d be a happy man.â□□*

I don't have anything against money and in fact, I think it's a brilliant invention that has helped humanity rapidly advance towards it's destiny by acting as the *â□□ carrot at the end of the stickâ□□*

for innovators and entrepreneurs, yet it's not your purpose or the purpose of humanity. Although money will allow you to do more of the things you want when you want, it's not the answer to the question of, *What is my life purpose?*

Thinking big means thinking in terms of what it's possible for you to achieve in your life as a man, not thinking in terms of how many material possessions you can acquire. Having every luxury you could possibly want in life is not the same as being who you want to be in life.

Discovering your life purpose has a lot to do with who you want to be in your life. You can make that discovery by figuring out what really inspires you; what makes you feel totally fired up, and what fills you with enthusiasm every time you think about it or talk about it.

Guys with purpose don't think in terms of, *I'd settle for this or I'd be satisfied enough with that*, they think in terms of what they really want to get out of life and what would bring them a sense of true satisfaction at having achieved their full potential in life.

Women Refer to a Man With Purpose as a **Real Man**

Did you know that women are instinctively attracted to men with purpose? Have you any idea why this might be? Think about it. Imagine these three men right now:

- **Man #1:** Knows what he wants from life and is going after it with confidence. His woman can relax into his masculine direction in life and be his woman.
- **Man #2:** Doesn't know what he wants from life and looks to women to lead him, take care of him and be his direction.
- **Man #3:** Does know what he wants from life, but is too afraid to go after it, so he attempts to hide from his true potential behind a job that he doesn't love or behind a woman who he hopes will stick by him, even though he's afraid of becoming a real man.

Man #1 is obviously the ideal choice for a woman because, with him, she doesn't have to think or behave like a man. He takes on that role and allows her to be a woman, all the time.

It doesn't mean that she can't have purpose too (many women do have purpose), but it does mean that she doesn't have to *be the man* in their relationship. She can relax, knowing that her man has a plan and he will stop at nothing to ensure he achieves it.

A purposeful man represents someone who potentially has what it takes to provide for a woman and (despite the fact that some women can provide for themselves or that some *masculine* woman on TV say they don't need a man), on a deep, instinctive level, most women are still looking for a provider and a protector in this world.

In recent times, women have been able to earn their own money and have police, media and government institutions to protect them. However, deep down, they still yearn to be with a man who knows who is, what he wants and will forever go after it with unrelenting confidence and determination.

When a woman gets that sense from you when she is interacting with you for the first time, on a date or in a relationship, it makes her feel a deep respect and attraction for you that she simply cannot feel for lesser men.

Instinctively, she begins to stick to you like glue and her mind begins to see you as her pillar of

strength in this reality; as her one and only man for life.

Some guys make the mistake of thinking that â€œtalking the talkâ€œ (about having life purpose) will impress women, even though he's not prepared to â€œwalk the walk.â€œ

It is true that women are impressed by a guy with purpose, but if heâ€™s all talk and no action, heâ€™s a fake and women will pick up on it right away or near the beginning of the relationship and they'll reject or dump him.

While you certainly can get laid by pretending to be a guy who is going places and aiming for big things in life, you will eventually be found out as a fraud and left behind.

So, don't hide from your true potential in life and stop ignoring the chance for you to discover your true purpose in life...

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Approaching Groups of Women

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Would you have the confidence and conversation skills to approach the group of women above?

If not, is it because you lack the confidence to do so, don't know what to say or are just worried about being rejected in front of others? Are you thinking that women like them wouldn't be interested in a guy like you?

If you knew that approaching them wouldn't result in you dying or being humiliated by rejection, would you approach?

Don't worry – Most guys can't work up the courage to approach women. Even though approaching a group of women won't result in death or serious embarrassment, most guys just can't do it.

If you want to build up your confidence to approach groups of women, watch this...

In most cases, the only guys that beautiful women approached by are drunk guys or guys who offer no challenge and are simply hoping to get lucky.

Single women hope to meet a guy who knows what he's doing when approaching women, but it RARELY happens. They just keep meeting the same type of guys over and over.

Watch this video for more info...

As you will discover from the video above, most women wish they could meet a guy who is more of a challenge to win over.

When you approach groups of women, what you need to do is make all (or most) of the women in the group feel attracted to you by:

1. Being confident.
2. Being charismatic.
3. Using humor.
4. Using flirting.
5. Be charming.

When a woman is feeling attracted to you and notices that her girlfriends are also feeling attracted to you, it then increases her attraction and desire for you. She wants to be the one who wins you over and in the process of doing that, she makes it easier to pick her up.

What if You Approach a Group of Women and They Reject You?

[image: Approaching groups of women]

Many guys avoid approaching women due to a powerful feeling of potentially being rejected. Other reasons that guys come up with to avoid approaching women include:

- What if I'm interrupting them?
- What if they don't want to be approached by a guy like me?

- What if I can't keep the conversation going and keep it interesting and they get annoyed that I'm hanging around?
- What if they humiliate me or make fun of me in front of everyone?
- What if they tell me to go away?
- What if I freeze up when I get there?
- What if I fumbles and embarrasses myself?

[image: Can't approach women]

When you ask yourself those sorts of questions before approaching a group of women, it's only natural that you will feel nervous and anxious about it.

Guys who can approach women simply block out any negative thoughts and either focus on positive thoughts or just go over and talk to the women without wasting time thinking about what might go right or wrong.

Rather than wasting time or making themselves feel nervous by thinking about it, they simply act on their instinct and take action like an alpha male would.

Movie Life vs. Real Life

[image: Woman slapping man]

If you watch a lot of TV sitcoms, TV drama shows or Hollywood movies, you will notice that guys who approach women usually get rejected.

A guy might get a drink tipped over his head for approaching, slapped for showing sexual interest in a woman or laughed at by people who see him approach the women.

Yet, what happens in movies is completely different to what happens in real life. In real life, most women are open to being approached because it's their opportunity to meet a guy.

Generally speaking, women don't approach men and simply wait to be approached, so they know that if a guy approaches, it is an opportunity for them to potentially find love or have some fun for a while.

In TV sitcoms and movies, women are often portrayed as mean-spirited people who go out of their way to embarrass, humiliate and ridicule any man who comes near them or shows interest in them.

It's almost always a case of a guy getting lucky and the woman eventually giving him a chance after rejecting him earlier in the movie or TV show. Groups of women are also often portrayed as being callous, cruel and unapproachable.

Why is that?

Why do TV shows and movies push that sort of message?

It is entertaining to watch for some men and women (not me!), because it's unusual and shocking to see women behave like that. If everything just worked perfectly every time (i.e. a man approaches a woman, she likes him, they have sex and live happily ever after), people would get very bored with that type of storyline very quickly.

So, for a guy who has been watching a bit too much TV or too many Hollywood movies, it's only natural that he might feel a bit turned off (or even terrified of) approaching groups of women. Instead

of approaching women and getting to have real sex and enjoy real love, he sadly masturbates his desire away to porn every week.

To Approach or Not to Approach

[image: Approaching groups of women]

Of course not all groups of women want to be approached, or should be approached and assessing the situation before you approach is sometimes necessary.

For instance, there's no point approaching a group of women who are having a serious business lunch or when one of them is crying. It's just not the right time for flirting and having a fun conversation for hours on end, so either avoid that group of women or wait until you see an opening to approach much later on.

Apart from extreme cases like those though, pretty much every other group of women is open to be approached and even hoping that a guy approaches, so they have an opportunity to meet someone.

Common Mistakes That Guys Make When Approaching Groups of Women

Approaching groups of women is easy, but most guys get it wrong. That is a huge opportunity for you because when you approach in the way that women are hoping a guy does, it instantly marks you out as a man who is worth paying attention to.

Here are some common mistakes that guys make:

1. Approaching the group with obvious nervousness or fear

Nothing guarantees a quick rejection like a nervous, insecure guy. Insecurity and nervousness are perceived as being a sign of low self-esteem and a lack of self confidence and women find that very unattractive in men.

2. Crumbling at the first sign of resistance

If a guy approaches a group and he is not greeted with open arms, he will often give up too quickly and walk away. This can be perceived as a sign of someone who is mentally and emotionally weak and women find this to be a turn off.

Women want to see that you have the mental and emotional strength to stand there and talk to them, regardless of how challenging they may be behaving towards you.

3. Asking permission to sit or talk with them

Women don't want to have to boss you around, mother you or shelter you from the big, bad world. They also don't want to meet a guy who behaves like he's just stepped out of a time machine from the 1800s, where it was impolite to approach and talk to women he didn't know. In the modern world, it's one big party and everyone is invited.

You are invited by default, so there's no need to ask if you can come to the party.

This is your world and your life, just as much as it is their world and their life. Get involved and

enjoy it.

Knowledge is Power

[image: How to pick up a woman]

Approaching groups of women may seem intimidating at first, but when you know exactly what to say and do to get women to like you, it quickly becomes the most exciting and rewarding thing that you've ever done in your life.

You approach a group of women and they immediately show their interest in you. Then, when you pass the tests that they put guys through, the women in the group become extremely interested and even begin to compete amongst each other for your attention. It's really cool how it works.

I remember when I first started approaching women and getting positive results. I couldn't wipe the smile off my face for days after sleeping with my first catwalk model...and she was just the first of many catwalk models, pretty girls and sexy women that I've slept with since!

If you want to learn my secrets for approaching groups of women, click around my site to continue learning now...

×

[image]

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[image: Dan Bacon]

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How to Be a Man

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

To be considered a real man by most people you meet, you should have most or all of the following qualities:

- Have a 100% belief in yourself and your ability to achieve what you're aiming for in life and in any given situation.
- Have a strong life purpose that you never give up on.
- Be loving and caring towards those around you, but not to the point where people take advantage of you or use you.
- Be a pillar of strength for those around you. When other people crumble under pressure, a real man can be relied on to remain strong so he can then fix a situation, create a solution, lead people to victory and so on.
- Be an alpha male rather than a lower-ranking male who gets disrespected by others.
- Be the kind of guy who "wears the pants" in a relationship, so the woman is able to relax into being a feminine woman around him.
- Make a woman feel protected and safe.
- Be able to make a woman feel attracted to your confidence and personality when you first meet her, rather than hoping to get lucky with a woman who will give you a chance.
- Be able to deepen a woman's feelings of love, respect and attraction for you over time, rather than taking her for granted and hoping that she will stick around because things were good at the start.

There are many important points above, but if you're aim to be a man is to be successful with women, this is the most important skill you will ever develop...

As you will discover from the video above, you can be a very nice, loving, caring and generous man to a woman, but if you're unable to deepen her attraction when in a relationship, she won't always be willing to stick around and put up with that.

Media Confusion on How to Be a Man

Due to the many different forms of media (TV, radio, print, music, websites, etc) providing mixed messages about how to live our lives, the definition of what it means to be a man has become jumbled and confused in today's world.

If you look at the dictionary definition of the word "man" it doesn't explain how to be a man:

| **Man** (*noun*): An adult male person, as distinguished from a boy or a woman.

If you watch TV sitcoms, movies and music videos, you are being told to be all sorts of different men. So, who is right and how do actually be a man other than just being an "*adult male person*" like the dictionary suggests?

Men You Already Know

Undoubtedly, there will be several men that you admire and look up to in life.

It might be your father, a relative, a teacher, actor, writer or celebrity. If you look up to them and see them as being more than a man than you, then they are someone who is worth paying more attention to in your question to discover what it means to be a real man. What traits do they have that truly mark them out as being a man?

Are they living the type of life that you aspire to, or do they each have different traits that you admire?

As you may be realizing now, every man is not perfect at everything and thus shouldn't be a role model for everything in your life. Each man will be excellent in certain areas of life and you should seek to learn from him about his area of speciality, rather than copying everything he does and hoping that it works for you.

Why Don't We Get Taught This Stuff in School?

The simple answer is: Most teachers don't know all the answers about "how to be a man" and are simply guessing based on what they've seen in movies and on TV.

It would be great if boys could be taught how to be men, but instead we are also left to go home and watch the mixed messages on TV and in the movies. When we watch music videos, we see even more mixed messages about what it means to be a man.

Did Your Father Teach You How to Be a Man?

[image: How to be a man - advice for guys]

If you're like most guys, then your father probably taught you many great things about life, but wasn't able to truly teach you how to be a respect, loved, wanted and successful man.

Without his guidance, you probably did what most modern men do: Looked to TV and the movies for the answers.

You might have even tried to find the answers by listening to the lyrics of your favorite musicians or bands, not realizing that most of the musicians playing music have their own insecurities, fears and issues with being a man.

Just because a musician passionately sings a song, it doesn't mean that the message they are trying to get across is correct or effective advice.

Usually, it's just a case of the musician not being able to achieve something and simply singing about how much it sucks. That's not how to be a man.

A real man assesses a situation, searches for solutions, fixes it and goes on to achieve what he wanted to achieve. He doesn't sit around crying about it and writing *Help me...feel sorry for me* lyrics.

Don't blame yourself for turning to movies for the answers though; pretty much everyone does it.

Before I became the confident, respected man that I am today, I too looked to the random men in the

media for clues on what it means to be a man. Then one day I realized that most of the people you see on TV are not perfect and do not have all the answers.

They're simply acting on TV or doing whatever they're getting paid to do.

Just because a guy is on TV and many people like his acting or TV show, it doesn't mean that he knows the secrets of how to be a man.

He likely has all sorts of personal issues and insecurities in life and with women. To get evidence of that, all you need to do is watch a few documentaries about the private life of celebrities and you will see that most of them are a mess.

Have You Been Seeking Answers in All the Wrong Places?

In most comedy movies and TV sitcoms, there will be a "loveable loser" type of guy who is nervous, insecure, awkward, jealous and who is the butt of most of the jokes.

It's entertaining and amusing to watch for certain viewers (not me). To entertain the viewers, the writers will create a situation where the loveable loser "saves the day," has everyone wanting to be his friend and then gets the girl in the end.

It all adds up to nice little feelings of "Yeah!!! Good guys win in the end!" when the credits roll, but it's not how the real world works.

After watching countless TV shows and movies where nervous, socially-awkward men win in the end, it's no wonder that so many guys adopt a wimpy, vulnerable persona.

Many guys waste half their life hoping that people will sorry for him and say, "Heyyy! Stop being mean to Dave. He's a nice guy" and then everything will be fine like it is in the movies. In the real world, most people don't have time to take care of weak, wimpy people and will simply overlook them, take advantage of them or make fun of them.

Some kind-hearted people might give wimpy guys some compliments and stick up for him when others are picking up for him, but he won't get his blockbuster movie ending where he gets the girl and everyone is high-fiving him, hugging him and hanging off his every word for saving the day or the world.

So, if you want to be a man that others respect, love and want to be around, don't go copying what you see in TV sitcoms or movies and don't think that the lyrics of latest pop (or rock) song has the answer either.

What Type of Man Do You Really Want to Be?

Do you want to be a bad boy, a jerk, a good guy alpha male, a wimpy nice guy or none of those? If you are not clear on what type of man you want to be come, you will end up going around in circles feeling confused for many decades to come.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How to Be a Cool Guy

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The secret of how to be a cool guy is to be the guy who can:

1. Naturally attract women with his personality and confidence.
2. Make other guys respect him and want to be his friend by being a good guy alpha male.
3. Be charismatic and charming around people.
4. Remain confident, focused and driven as he goes after his biggest dreams and goals in life. He is then the type of guy that others look up to and respect.

The first one on the list above is the ability to naturally attract women with your personality and confidence. Are good at making women feel attracted to your personality and confidence?

Watch this video to understand how a woman's attraction works...

Being a guy who can naturally attract women ensures that women like you, guys want to be your friend and people admire you because you have hot women in your life.

However, when a guy doesn't know how to attract women, he's often looked upon as a bit of loser and outsider when he's around the "cool crowd" or beautiful women. Attracting women is easily the most important skill that you need to have to be considered a cool guy by others.

Being Cool is Easy...For Some Guys

[image: Why are other guys cooler than me?]

There are some guys in this world who make everything look so easy.

They seem to have the coolest jobs, they always seem to hang out in the coolest places and they definitely always appear to have the most beautiful women on their arms.

For the guys who don't have any of those things, these guys are the epitome of "un-cool."

Understandably for guys who feel that they are "un-cool" finding a quick fix solution is at the top of their agenda. How to be a cool guy however, is not about just about how a guy presents himself physically, what he has accomplished in life or what he does for a job; it is about how he feels about himself.

What Does it Mean to Be Cool?

Being cool is not about being just like a certain guy you've seen in a movie or on TV.

Coolness means something different in every culture and to every person. For example, what some people will describe as cool clothing – others will view as weird, or a person who is a cool celebrity in one country will be considered a geek somewhere else.

However, the one thing that everyone will agree on, is that being cool is the ability to be comfortable with yourself and with who you are.

Of course advertising and TV bombard us with so many images and ideas about what they say is

cool, that often the one thing that makes a person cool, their ability to be themselves, is the one thing that gets lost in all the hype.

[image: Colognes that women love]

The media is designed to sell us stuff and in their attempts to do this they will convince you that to be a cool guy you will have to:

- Wear a certain cologne.
- Drive a particular make of car.
- Wear a certain brand of clothing.
- Hang out at a specific club / bar / restaurant or holiday resort.

However, coolness is not something that you buy in a shop or wear on your body. It's about who you are as a person; your confidence, your belief in yourself and how that allows you to be your true self all the time.

[image: Confused men thinking that it's all about looks]

So, stop looking in the mirror and trying to work out how you can look cooler. Coolness comes from within. Believe in yourself and your sex appeal to women and you will naturally exude the type of vibe that attracts women and makes other men respect you.

Mistakes That Guys Make When Trying to Be Cool

Often, guys will do almost anything to be seen as being "cool" by those they are looking to impress.

Unfortunately, trying too hard in that way has the opposite effect and the guy ends up revealing that he doesn't believe in himself, doesn't think he is good enough "as is" and has to keep trying to hopefully impress others, in the hope that they might find him cool. Common mistakes that guys make in their efforts to be a cool guy can include:

1. Pretending to be someone he's not

Guys like this will put on a front (a fake or exaggerated persona) so that others will perceive them as being cool.

They might pretend to like things that they secretly hate, hang out in places where other "cool" people hang out even though they don't like to be there and act in ways that are against their personal beliefs and opinions, just to fit in.

2. Following all the latest trends in the hope of fitting in

As mentioned earlier, the media can easily convince guys that buying the latest cologne, shirt, watch or car will make him cool. When in conversation, he will continually bring up the brand of clothing he is wearing, the cool car he drives, the watch he wears (that a certain celebrity happens to wear) and so on.

People will instinctively realize that he is insecure and unsure of himself and is looking to use material possessions to prove his coolness, instead of realizing that coolness is about who he is as a person, with or without any material possessions.

3. Constantly changing his opinions to suit others

Some guys will change their opinions depending on the crowd they are with at the time; even if they secretly disagree with what is being said. When people pick up on that, they will quickly realize how uncool the guy is. He's so unsure of himself and so lacking in self-confidence that he is willing to forego who he is, in the hope of being seen as cool.

4. Being a people pleaser

Always doing what others want in the hope that they like you, is a surefire way to appear uncool. People pleasers are perceived as being mentally and emotionally weak; the exact opposite to what cool guys are.

How To Be a Cool Guy: Be Your Best, Most Confident and Authentic Self

Have you ever heard someone say, *â€œJust be yourself?â€œ* It's actually great advice.

Yet, most people cannot be themselves due to their fears, nervousness and anxiety brought on by their ineffective mindsets.

Unless you are truly confident in yourself around people and women, then you're not going to be considered a cool guy by most people you meet.

Sure, lower-ranking males will consider you to be cool as long as you're a little bit more confident than them, but if you want the *â€œcool crowdâ€œ* to see you as a cool and beautiful women to see you as a cool guy they'd love to have sex and a relationship with, then you need to have the confidence of an alpha male.

When it comes to the topic of how to be a cool guy, just don't get sucked into thinking that the latest deodorant, hairstyle, car or piece of clothing will *finally* turn you into the cool guy you've always dreamed of. If you want to be a cool guy for real, you've got to focus on improving YOU, not your wardrobe.

To be a cool guy, you need to:

1. Believe in yourself

Know what you want in life and believe that you can and will achieve it, no matter what.

2. Stand up for yourself

Being a people pleaser and allowing others to push you around (because you're too afraid to say anything in case it makes them not like you) is not cool and will basically make you appear like a weak-minded loser. I hate to use the "L" word (loser), but it really does apply.

3. Be assertive, but flexible

Just because you stand up for your opinions, that doesn't mean you shouldn't be open to listening to what others have to say and visa versa. A guy who is secure in himself and stands up for what he believes in, but who also respects others for their beliefs is definitely a cool guy.

4. Be loving

Caring about others is a sign of someone who is confident in himself and who is emotionally secure. Listen to people when they speak and allow them to feel good about themselves, but at the same time,

don't let them push you around or overlook you.

5. Command respect

Do this in a light-hearted way without being aggressive or overly-serious about it. Let people know what you want, but also take what they want into account also.

As long as you aim for win-win situations (i.e. both of you benefit from the situation) and don't let people push you into win-lose situations (i.e. they win/they benefit and you lose/you don't benefit), you command respect in the right way.

6. Have purpose in life

If you have purpose in life, are reaching for your true potential and are on your way to success (or already successful), other guys will brag about you to their friends and will want to be around you more.

7. Be yourself

Having the confidence to truly be yourself is a sure sign of coolness. You don't have to be perfect to be cool. Everyone has self-perceived flaws, but to be at ease with them is the epitome of cool.

Are You Ready to Become Cooler?

If you're ready to become a much cooler guy right now, I am ready to show you the way...

×

[image]

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Standard Dating Procedure

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The standard dating procedure involved with dating a woman should go like this:

1. You make her feel attracted to you when you interact with her in person, on the phone or online.
2. You exchange contact details and you (the man) then call her 1-3 days later to arrange a time to catch up.
3. On the date, you build up her feelings of sexual attraction for you, connect with her and end the date with a kiss and/or sex.
4. Once you've begun having sex, the relationship automatically starts and you will continue to be in a dating relationship until you both decide that you want an exclusive, committed relationship with each other.

The most important thing of all is that you start out by making her feel sexually attracted to you. Don't try to become her friend or pretend that you're not interested in anything sexual with her. It's not 1900 anymore.

In today's world, sex happens very quickly and after that, the couple then decides if they want to get serious each other. According to a study by Singles in America, 55% of couples had sex on their first date and 70% of women admitted to having had a one night stand when asked the question in a European study.

[image: New standard dating procedure]

So, don't think that you need to court her for weeks or months before anything sexual happens. She's usually going to be hoping that it happens right away or quickly, so she can then decide how she really feels about you.

Drop the Games and Be Real

[image: Modern standard dating procedure]

When you watch movies (which are designed to entertain you, not educate you), you'll see that the standard dating procedure pretty much always consists of an elaborate game played between a man and a woman.

The dating game usually involves the guy convincing the woman that he is interested in her, proving himself to her, going out on a date (which she reluctantly agrees to), and when he finally delivers her to her door, she turns him away without a kiss because she is not "that kind of girl".

Then, after a few dates and many scenes where the guy is trying to impress her, she finally decides that she's ready to get passionate and it is the best sex ever; the bed is covered in flowers, the linen is white and the orgasms are loud and sweaty. The music is dramatic, the lighting is perfect and the characters look happier than ever.

Then, a little while later, after a small misunderstanding (or because one of them isn't ready or still has feelings for their ex), they break up; only to be reunited shortly before the screen credits roll

to live happily ever after, or until the sequel.

In real life however, that is not the standard dating procedure for guys who know how to go through what I call The Flow of a natural sexual courtship.

The speed in which a couple goes from hello to having sex and beginning a relationship varies because every situation is different and every woman is different. So, while there is a flow of a sexual courtship and that is what I (and 1,000s of my happy readers) see as the standard dating procedure, you must understand that it doesn't always go like this:

| Meet > Sexual chemistry > Kiss > Sex > Love > Relationship.

Sometimes, it goes like this:

| Meet > Sexual chemistry > Phone number (or Facebook details) > The first date > Kiss > A few more dates > Sex > Love > Relationship.

So, if you're looking for a standard dating procedure that goes at exactly the same pace, you will be disappointed. Although the basic dating process is the same, the speed at which you go through it will vary.

Dating Through the Ages

[image: Old standard dating procedure]

Back in the 1800's and all the way through to the mid 1900's, dating was not an issue because people simply got married out of necessity (easier to survive together) and tradition (that's what people did). Apart from the naughty people who had sex before marriage, almost all most women would still be a virgin by the time they got married.

For the man, the standard dating procedure was pretty simple: Find a woman, marry her, impregnate her and raise the family together. The procedure went something like this:

- 1. The formal introduction:** A man and a woman were formally introduced by a senior family member, or by a well respected member of the community.
- 2. The courtship:** The couple would "date" by meeting at the lady's home or in a more public setting and but in most cases, they would accompanied by a chaperone to keep an eye on them and ensure that they didn't kiss or have sex.
- 3. The engagement:** The man would formally ask the woman's father for her hand in marriage. If accepted, the couple would be engaged and then plan their wedding.
- 4. The wedding:** The couple would exchange vows and after the wedding was over and they had time to themselves, they would have sex for the first time and consummate the marriage.

Although some modern men wish that dating still worked that way today, the fact is that it no longer does. Times have truly changed and approaching a sexual courtship with a woman with the standard dating procedure of 200 years ago is not going to make her swoon.

Sure, you can be a gentleman and here at The Modern Man, we certainly recommend that you be a good guy and respect women.

If you want to be successful with women and dating in today's world, you must understand and

accept that the standard dating procedure today has changed. In most cases, a woman will want to have sex with you first before she decides whether or not she wants to be your girlfriend.

Now, that is not to say that all modern women are loose and easy, but it's just that with such a high divorce rate, modern women aren't willing to fully commit to a guy right away. Additionally, they have been told since they were young, *â"¢Do whatever you want. Sleeping with many men is okay. You don't have to get married at all if you don't want to*â"¢ by TV, movies, authority figures, teachers, friends and even family.

If you approach the dating procedure as though you're living in 1800, don't expect women to happily go along with it. They likely won't say, *â"¢Hey, you're using the standard dating procedure from 1800*,â"¢ but they will say, *â"¢Sorry, I just don't think this will work out. I'd rather just be friends*.â"¢

I'm not saying that you need to have sex with *every* women you date right away, but many modern women secretly want to so they can get a feel for who you really are.

If you're not comfortable with that and would rather wait until marriage before having sex, then you'd better go to groups and places where those women hang out. Don't expect other women who don't believe what you do to be happy to wait until marriage.

Heck, if they are like 95% of modern women, they will already have had sex before they are 20 years old with a few guys, at least. I know, I know â"¢ some guys find that appalling and off-putting, but those same guys love to masturbate to porn with women who've had sex with 1,000s of guys.

Deal with it, times have changed. However, as mentioned, if you want a women who will only have sex after she is married, then go and meet those women.

Obviously, standard dating procedure will be different in this case because you will have to use the approach that men used 100s of years ago. If that's what you want to do, then that is perfectly fine and you should do it.

In life, you've got to stand up for what you believe in and carve out the type of life you want to live. If you believe in no sex before marriage, then live that life.

If you believe in sex before relationship (how most modern people do it), thenÂ make sure that you start out by making a woman feel attracted to you first and then escalate to kissing and sex very quickly.

Factors That Will Speed Up the Flow From Hello to Sex

Attraction: If a guy knows exactly how to approach a woman and make her feel attraction for him, then the courtship will flow to the next level naturally and easily. However, if the guy doesn't understand how to make a woman feel sexual attraction for him, most women are going to reject him no matter how much of a good guy he is.

Confidence: A guy with the confidence to take action will get a lot further than the one who waits for the woman to give him permission to make the first move. Additionally, a guy with confidence is one who will find it easy to attract women.

When a woman notices that a guy is nervous or anxious while talking to her, it instantly turns her off and she cannot feel proper attraction and respect for him.

Body language and flirtation: These are powerful tools to have in your arsenal when approaching,

meeting and dating women. With these abilities, a guy is able to direct the flow of the interaction simply by flirting and using body language to make the woman feel certain desirable emotions.

If heâs doing everything right, she will be ready to go from having a conversation, to kissing to having sex all in the space of a very short time; and more often than not, even that same day or night.

Being Respectful Towards Women

Although itâs important to be respectful towards the woman you are with, the environment, the circumstances and her specific personality will always play a key role in determining the standard dating procedure that you should follow. However, one thing that you need to accept is that most modern women are open to having sex right away or within a couple of dates.

Dragging it on for too long with certain women (who like to have sex right away so they can determine whether they really like you or not) will cause her to say something like, *âI don't think this is going to work.â*

So, don't do that to yourself. Don't miss out on having a loving, committed relationship because you think it's the âright thing to doâ to use the standard dating procedure from the 1800s.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How to Keep a Woman Interested

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The secret of how to keep a woman interested is to maintain and build on her respect, love and attraction for you as a man.

Do you know how to do that? Watch this video to understand how it works...

You can keep a woman interested and deepen her feeling for you over time by:

- Being a confident guy around her, other people and in life.
- Being a man of your word, rather than giving up when things get challenging.
- Being the fun, positive, forward moving guy that makes her feel happy and safe to be around you because she knows that you will keep pushing forward to make life better for yourself and her.
- Loving her and accepting her for who she is, while also loving and accepting yourself.

There are many other ways to keep a woman interested, but those should help give you an introductory understanding of how it works.

Guys often contact me for advice on how to keep a woman interested during the initial dating phases and well into a relationship. More often than not itâs because the guy lacks self-confidence and as a result, he doesn't seem himself as very valuable to women.

That is a big mistake to make with women.

They don't want you to feel like you're not good enough. They are hoping to meet a guy who believes in himself and can be the challenge that they've been hoping to meet...

As you will discover from the video above, most guys react in the same old, boring way when they meet a woman they like. If you can have the courage and wisdom to be the challenge that women desperately want to meet, you will laugh at how easy it is to keep a woman interested.

Do You Live an Exciting Lifestyle, or is Your Lifestyle Fairly Ordinary?

[image: Consistent confidence]

One of the biggest mistakes that a guy can make is to think that a woman won't remain interested in him if he leads an ordinary, average lifestyle.

Based on the the amazing lifestyles that has seen other guys living on TV shows and in the movies when they've had a hot girlfriend, he may begin to believe that his lifestyle just isn't good enough for attractive women.

Of course, this is wrong because in the real world (not the fantasy world of TV and movies), itâs not what a guy does that captures a womanâs interest, but who he is as a man.

If youâre confident enough to be yourself at all times and if you have clear understanding of who you are as a man and what you want from life, then you are an interesting enough guy for most women.

Sure, you should do interesting things in life and go to interesting places when you can, but there are only so many places you can go before you've done it all. At the end of the day, keeping a woman interested when talking to her for the first time, on a date with her or 20 years into a relationship with her comes down to who you are as a man.

If you lack confidence around women, pretend to be something you're not and are too afraid to rise through the levels of life and reach your true potential as a man, then you're not an interesting guy. Instead, you're just another fearful, self-doubting who needs to a woman to be gentle with him.

When it comes to the topic of how to keep a woman interested, it's not about doing 100s of fun and exciting things that you think might be of interest to her; it's about being interesting as the man you already are right now.

Consistent Confidence

If you could work on one thing about yourself that would make it easier for you to keep a woman interested, it would definitely be your self-confidence.

If you are able to be confident when you meet a woman, when on a date with her, during sex and in a relationship, she will feel naturally attracted to you and will find it easier to remain interested in you, rather than losing interest because you're insecure.

If you are sincere about improving your success with women, you need to develop the type of self-confidence where you *always* believe in yourself, you *always* keep pushing forward in life and you *never* give up until you achieve what you want.

I call it **Consistent Confidence** and it is a key trait that women instinctively look for in a guy when they're first talking to him and while on a date.

Some guys do manage to get lucky and score themselves a woman without Consistent Confidence, but their insecurities always end up causing problems in the relationship (e.g. they become clingy or overly-protective or unable to control their jealousy) and it then falls apart.

With that in mind, let's have a look at some of the common mistakes that guys make when they lack confidence, but want to keep a woman interested...

Faking it

Guys who lack confidence and don't consider themselves to be very interesting or appealing to women, often fall into the trap of pretending to be confident and happy with their life in an effort to make themselves appear more interesting.

Fake confidence and fake happiness are not the same as genuine self-confidence and genuine happiness and women are natural experts at telling the difference.

Why?

They have to be good at it to separate the real men from the fakers. Despite the fact that women can now earn their own money, buy food at the supermarket and be protected by police, they still have the instinct to find a confident guy who will be able to survive, thrive and prosper in life while keeping her safe and protected.

So, if your body language doesn't match up to your confidently spoken words, a woman will see right through your act and will then be unable to feel true attraction and respect for you as a man.

When it comes to knowing how to keep a woman interested, what you need to focus on is consistently being a confident guy, while pushing forward in life and rising to your true potential as a man.

Don't fake it, do it.

Trying Too Hard

A lack of confidence can also lead a guy to trying way too hard to impress a woman, in the hopes of getting her interested and keep her interested.

This might mean behaving like a super nice guy and trying really hard to say the right things all of the time, but being overly-nice in that way can make a guy come across as insincere and untrustworthy. A woman is not going to remain interested in a faker and she's not going to remain interested in a guy that she can't trust as the real deal either.

A woman is looking for genuine self-confidence in a man and she knows that a man who has it doesn't need to try too hard to impress a woman.

Instead, he impresses her simply by being his natural, cool and confident self all the time. It's not an act, it is who he really is. He really is a confident, cool guy and as a result, women (and people for that matter) like him and want to be around him.

A big part of knowing how to keep a woman interested comes down to being able to relax into being your best self, all the time.

Putting Her on a Pedestal

Guys who lack self-confidence and thus doubt their ability to attract women and keep them interested, will often make the mistake of putting women on a pedestal.

This might lead to behavior such as hanging on her every word, going along with everything she says and continually telling her how amazing he thinks she is, how beautiful and how much he likes spending time with her.

Although some women will be flattered by all the attention and praise for a while, that won't last forever. Eventually (if she doesn't realize it immediately), she will pick up on the fact that the guy lacks confidence, isn't desired by other women and is basically hoping to score with her...if she will "let" him.

In his mind, he thinks it is a good idea to let her be in charge and he feels as though he's being the perfect gentleman by waiting until she is ready to like him in a sexual way. What he doesn't realize is that most modern women will have sex on the first night or first date and she will then love the guy and want to be in a relationship with him.

If the guy is also a good guy, she will say, *âHe's so sweet to me. He's such a nice guy,â* but she won't also say what really happened when they first met, *âHe made me work hard to impress him when we first met. I felt lucky to kiss him and snatch him as mine before some other girl did.â*

No...she'll just say that he is nice and sweet, which will further confuse the type of guy who puts women on a pedestal. He'll be thinking, *â"¢Huh? I'm sweet to her! Why doesn't she like me?â"¢*
Why do nice guys usually get rejected by women? Watch this video to find out...

As you will discover from the video above, it's a good thing to treat a woman well, but she will only truly appreciate it if you are also making her feel sexually attracted to you.

If you offer her attraction + nice treatment, she will label you as a charming guy. However, if you just offer nice treatment, she will label you as a nice guy and won't have much or any sexual or romantic interest in you.

Sexual Chemistry

[image: Sexual chemistry - keeping a woman interested]

Sexual chemistry happens when you and a woman both feel sexual attraction for each other and also get along in a way that makes you feel as though you have a unique connection between you both.

If you can approach a woman with confidence and then let her experience your confidence and flirting during an interaction, she will become sexually attracted to you. To keep a woman interested, you then need to build on the sexual chemistry between you and create a unique feeling connection with her.

This will happen naturally if you are confident and alpha and it will then build up the sexual tension to a point you both feel as though you just *have to* kiss and have sex with each other...

×

[image]

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How to Tell Someone You Like Them

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you want to tell someone you like them (and that someone is a girl or woman), I advise you to make sure that you make her feel attracted to you first.

When a woman feels attracted to you (e.g. because of how confident and charismatic you are, how you make her laugh, etc), she will then “like” you in a sexual, romantic way as well. However, if you’re just being friendly to her (e.g. being a nice guy) then you will often get rejected.

Here’s why...

As you will discover from the video above, you need to be careful telling a woman that you like her if you’ve been putting on an innocent friend, nice guy act around her. Women don’t get turned on by niceness, but they do appreciate it when a guy who makes her feel attracted is also a good guy.

Should You Tell a Woman That You Have Feelings For Her?

It really depends on the woman, the situation and how you say it.

Watch this video for my full explanation on what to do...

As you will discover from the video above, a woman won’t always like it when a guy says that he likes her. For some women, it’s a bit too romantic and corny compared to the excitement of feeling attracted and then the guy having the confidence to move in for a first kiss and release the built up sexual tension with passionate sex.

After sex or at least a couple of hook ups, a woman will be dying for you to tell her how much you like her. If you don’t, she will usually try really hard to impress you and hope that you say it, or she will come out and tell you how much she likes you.

Sometimes, a Woman Knows That You Like Her and is Waiting For You to Make a Move

[image: Sometimes, the woman just knows]

Some women will assume by your actions that you like her and she will then begin flirting with you and hinting at wanting something more to happen between you and her.

From there, you just need to be the man and escalate things physically and emotionally. If you don’t, a woman will often be prepared to miss out on being with you altogether, rather than have to lead you all the way through a sexual courtship.

Don’t Copy the “Lovable Losers” From TV Sitcoms and Movies

Without many or any real male role models in their life, many modern men mistakenly identify with the goofy, hopeless romantic guys who stumble romantic comedy movies desperate to win the heart

of the hot girl, the cheerleader or the girl next door.

Despite all the outrageous mistakes he makes in his attempts to attract her, she eventually sees what a terrific guy he is and then he miraculously wins her heart.

The reason I say â□□miraculouslyâ□□ is because that type of guy almost never wins the heart of the stunning beauty outside of these fictional films or TV shows.

Yes, the female audience might be rooting for him to get the girl and might even briefly say, *â□□Awww, he's cute...Iâ□□d date him,â□□* but once they leave the darkened theater or turn off their TV set and step outside, they'll instantly forget that they liked the lovable loser in the movies because they will feel attraction to the confident guys they see.

Unless the woman is unattractive, lacks relationship experience or is feeling desperate for some attention, women don't date and fall in love with guys who are like those loveable losers you see in movies.

Fictional characters like these, while often based on a real person or a compilation of several guys the writer might know in real life (often including himself), are written into these stories for comic relief.

The loveable loser guys are the butt of the jokes and because the screenwriter can control the actions of all of the characters, he can tweak the story and create a miracle before the eyes of the audience. The beautiful, sexy, popular cheerleader or stunning model suddenly falls in love with the type of guy that almost every other woman would never date.

Yeah right. It's simply designed to make the female audience say, *â□□Awww...how cuteâ□□* and the male audience to think, *â□□Cool! Maybe I can get a girl by being Mr. Innocent or Mr. Nervous around women I like!â□□*

It's likely also designed by writers who are hopeless with women and wish that the world worked the way they portrayed it on screen. Sort of like a *â□□Hint, hint ladies! We nice guys are cool too. Don't overlook us. Stop going for the bad boys and start choosing us nice guys.â□□*

So, just remember: Using these lovable losers as role models of how to tell someone you like them in real life is going to steer you in the totally wrong direction.

In the real world, women will think you're weird and lacking intelligence if you act like those guys do. Additionally, times have changed and modern women find most romantic gestures (that men have copied from the movies) to be lame, cheesy and outdated.

If you want to know how to tell someone you like them, don't go looking to the movies. Instead of telling her that you like her, make her feel attraction for you and then guide her through the stages of a sexual courtship.

Best Buddies...Aww, How Sweet

Does this sound similar to your situation? You and the woman you like are great friends and can talk about anything together.

In fact, at times it feels like you are best buddies. You hang out together and always seem to have a great time, so surely that means you are meant for each other, right? No, it means that you are friends.

If you want to have a sexual relationship with her, you need to make her feel sexual attraction for you and being a best friend doesn't create that.

There is a big difference between friendly chemistry and sexual chemistry and that main difference is sexual attraction. So, don't think that a strategy of â€œbeing her friendâ€ for a long time is the answer.

All it will take for you to be shoved to the side and forgotten about is another guy to come along and quickly guide her through the stages of a sexual courtship. If he knows what he is doing with women, he can kissing her within minutes or hours and having sex with her within a very short period of time.

[image: How to get out of the friend zone]

After that happens, you will certainly be a friend, but for how long? If her new guy gets annoyed at you hanging around her all the time, he might just tell you to steer clear and then you've not only lost a great friend, but another guy is now having sex with your girl.

When you behave like her friend instead of kissing her, having sex with her and being her man, it makes it more difficult to escalate the relationship from friends to lovers. If you feel as though, right now, you and her are just friends, my recommendation is not to say anything about your feelings.

Is She Sexually Attracted to You?

Do you know if this woman is sexually attracted to you or not? If she isn't sexually attracted to you and you suddenly drop the bomb that you want more out of the relationship, you likely will completely lose her and her friendship.

Since she never thought of you as more than a friend, she will most-likely try to let you down easy and won't harshly reject you, but your relationship will never be the same.

Some guys will hang around a woman for months or even years, hoping that something will magically happen.

The entire time, the relationship has been strictly friends (and he's likely told her many times how he â€œrespectsâ€ that. Wooh, how gentlemanly of him), but he has always wanted more and just didn't know how to get it. Since he didn't know how to make her see him as a lover, a guy like this will usually just play the â€œnice guyâ€ role and be her helpful friend when she needs it.

Hoping to be chosen for being a good, little boy, he makes sure that he is always at her beck and call whenever she wants to see him or needs his help with something. In short, she will call him whenever she needs a man for anything but sex.

Following what he's seen happen in TV sitcoms and the movies, the unfortunate guy mistakenly assumed that when she finally realized what a terrific guy he was, she would naturally want him as her boyfriend.

He likely even spent many nights falling asleep and daydreaming about her saying, *â€œI can't hold it in any longer. I love you, I've always loved you!â€* and then they kiss and live happily ever after.

If you want to avoid being that silly guy who wastes months or years of his life using the wrong strategy and eventually being told, *â€œI have something to tell you! I'm in love with this guy! We've been dating for two weeks and I wanted to tell you because you're such a great friend!â€* you should never accept the role of only being her friend.

Instead, be a man and believe in yourself. She doesn't want to have to lead you through the sexual courtship. If you want what is yours, then be man enough and take it.

She wants you to take it. If she likes you too, she's probably hoping and waiting that you do guide her through the stages of a natural, sexual courtship.

Does She Like You?

If you have made her feel attracted to you and then proceed to the next stage of kissing and ultimately sex, then you won't have to worry about how to tell someone you like them because you will already be in a relationship.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How to Make a Woman Laugh

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The secret of how to make a woman laugh is to use what I call Playfully Arrogant Humor.

This is where you pretend to be arrogant in a playful way. It's the type of humor that TV talk show hosts use, but it's also the type of humor that guys like me (who get laid like crazy) use on women to get them turned on and enjoying my company.

Watch this video for an example...

Here are some more examples of how to make a woman laugh...

As you will discover from the videos above, making a woman laugh is about using the type of humor that will trigger her feelings of sexual attraction.

Playfully Arrogant Humor triggers a woman's feelings of sexual attraction because you are demonstrating social confidence, social intelligence and masculinity. These are very important traits that help a man be a better survivor in this world.

In case you're not yet aware, the attraction that women feel for men is directly linked to her instinctive analysis of his survival traits. In other words, are you the sort of guy who will have an easy or hard time surviving, thriving and prospering in this world?

Women Love Funny Guys

[image: Women love funny guys]

It's common knowledge that women love a funny guy.

Yet, why is that the case? A while back, a team of scientists in the UK decided to conduct some research in an effort to uncover what makes women so interested in guys who can make them laugh.

According to the results of their study, which involved 45 women, being a "funny guy" makes a guy seem more intelligent and trustworthy in her eyes and that makes him more desirable in terms of forming a relationship.

Now, that isn't to say that the guy with the highest IQ or test scores at college will be the funniest; that is academic intelligence. The type of intelligence that women are referring to is social intelligence, which is essentially the ability to get along with people and be successful in a social sense.

[image: Women love funny guys]

Social intelligence triggers a woman's instinctive attraction based on the guy's potential ability to survive, thrive and prosper in life. She may explain it as being "trustworthy," but that's because she's not an evolutionary psychologist so she almost certainly hasn't thought it about it from that perspective.

Head of the research team Mr McCarty said, *"The reason a woman wants to look for a humorous guy is because it is a sign of intelligence and intelligence gives a man the ability to provide resources for their children and survive, rather than falling down a trap and dying."*

Personally speaking, I think McCarty didn't explain his point very well because I don't see any link

between being **socially** intelligent and avoiding an animal trap.

I think McCarty failed to recognize that humans have many different types of intelligence and being a successful hunter and gatherer, doesn't automatically equate to intelligence or the ability to crack a joke.

This "study" is one of many examples you will find in the world today, where people who seem like experts (because they are the "head of a research team") are just as clueless as most people when it comes to the topic of why women are attracted to certain traits in men.

Either that or he was just trying to sound funny and as a result, he didn't get his point across properly.

An Example of How to Make a Woman Laugh

Imagine that you've just walked into a Starbucks to order a coffee.

As you go up to the counter to place your order, a pretty woman walks up at the same time. You can either be a boring gentleman and let her go in front of you (and then forget you), or you can make her laugh and feel attracted to you.

Here's how to get her to laugh:

- **You:** [Smile and say] *Okay, little Miss Pushy, hey? How rude! ð☹☹☹ Fine...you can go in front of me, but you have to pay for my coffee and get me one of those chocolate cakes.*
- **Her:** [Laughing].
- **You:** *No, just kidding. You only have to get me the coffee.*
- **Her:** [Laughing].
- **You:** [Smile and say] *Okay, fine – no coffee, but take me out to dinner.*
- **Her:** [Still laughing].
- **You:** [Laugh with her and then say] *Just kidding. I'm Dan by the way, what's your name?*

See how it works?

You're just being playful, but you're also being confident.

I refer to this as being Playfully Arrogant (i.e. you are not actually being arrogant. You are pretending to be arrogant in a playful way and that is what women find so funny). I give 50+ examples of Playfully Arrogant Humor in my ebook [The Flow](#)

Genuine vs. Trying Too Hard

[image: Not making a woman laugh]

Some guys go way too far with their attempts to make a woman laugh, which then causes them to come across as weird, fake or untrustworthy. The woman wonders why the guy is trying so hard to impress her, which causes her instincts to kick in and assume that something isn't quite right.

So, if you're going to add the ability to make women laugh as a part of your overall attractive personality, make sure that you don't end up like one of the following guys...

1. The Try Hard

He gets lists of jokes from the internet and tries to say them to women (and people) whenever he can.

He knows that people like funny guys and that women are attracted to guys who can make them laugh, so he tries really hard to get people to like him by listing off jokes and hoping to get a reaction. People notice his desperation and he ends up looking like more of a loser than ever before. People might not tell him that, but they will laugh at him behind his back and usually just let him continue making a fool of himself.

He might notice that some women laugh at his jokes and he will waste loads of time wondering whether or not she likes him. In most cases, no one is there to tell him that simply making a woman laugh is not the key to getting laid or making her your girlfriend.

A woman will assess a guy's overall personality and confidence and how that makes her feel. If he is funny, but pretty much everyone looks down on him as a loser, she isn't going to be feeling instinctively attracted to his ability to survive, thrive and prosper.

Instead, her instincts are going to tell her that he'd have a hard time getting along with others and therefore would most-likely struggle to survive, thrive and prosper throughout life.

Trying too hard to be liked by using humor can also lead to a guy trying too hard to say the "right" thing. Instead of being himself and saying what he really thinks in a conversation, he will focus on saying whatever he thinks others want to hear.

This can lead to him stifling his natural sense of humor and being too cautious or politically correct. Since he is not being his genuine self, his unique wit and humor won't shine through and he will come across as awkward or as having a weird vibe about him.

Watch this video to learn where guys go wrong when talking to women and what you can do instead to get women laughing, enjoying your company and wanting to be sexual with you...

2. The Uncool Joker

He isn't a very cool guy (i.e. he lacks social intelligence), so most of the jokes he cracks are lame. A guy like this needs to focus on learning more about people, socializing and attracting women before he will be seen as a cool, funny guy that people like and women are attracted to.

Guys Who Get Laid For Being Funny

Just like there are guys who get rejected by women for using humor in the wrong way, there are also guys who get it right and get laid or get a girlfriend as a result.

These guys are...

1. The Dedicated Funny Guy

He dedicates his life to being funny or even working as a comedian. If he is good, people love him and women line up to be with him.

2. The Cool, Confident Guy Who Cracks Jokes Whenever He Feels Like it

He is a cool, confident guy who doesn't put on an act for anyone. He's an alpha male and people look up to him and respect him. Whenever he cracks a joke, people laugh louder, harder and longer because it is coming from such a cool guy that they respect.

The Right Way to Use Humor to Improve Your Results With Women

Instead of using humor to put on a song and dance for women (or people), just integrate it as one part of your personality.

If you want to base your whole life on humor and being funny, then great, but if you're like most guys (me included), humor should really only be one of the ways that you attract women.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How to Get Women in Bed

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The secret of how to get women in bed is:

1. Make her feel attracted to you.
2. Build up the sexual tension between you and her.
3. Kiss her.
4. Get her back to your place or go to her place.
5. Kiss, build up the sexual tension and release it with sex.

Do you know how to make a woman feel attracted to you when you meet her? Watch this video to understand how it works...

As you will discover from the video above, you have a lot of direct control over how much desire a woman will feel to get into bed with you.

The more attraction you make her feel (e.g. by being confident, charismatic, making her feel girly in response to your masculinity, using humor, etc), the more attracted and turned on by you she will become.

Where Guys Go Wrong

A lot of guys get confused over what women are looking for in a man and what it takes to be seen as a sexually attractive because they usually look for answers in all the wrong places.

[image: Colognes that women love]

For example: TV commercials will tell you that you need to wear a men's moisturizer and get a special deodorant and if you're naive enough, you'll rush out to buy the latest scent in the hope that it makes you more sexually appealing to women.

Yet, if you pay attention, you will see that guys who never spray a drop of cologne on themselves are still able to get laid like rockstars with hot, sexy women. Why? Most of what a woman feels attracted to about a guy is based on his personality, confidence, vibe and attitude.

So, be careful about believing that superficial things like colognes, shirts and shoes will be the final piece of the puzzle that helps you get women in bed.

Movies and TV sitcoms will make you believe that you need to have six pack abs, be a super hero and save the day for women to swoon and want to have sex with you. Yet, in the real world, all you need is confidence and the ability to attract women with your personality.

[image: Confused men thinking that it's all about looks]

These days, millions of confused men waste time believing that wearing certain clothes or colognes, or styling their hair in a certain way will make them irresistibly attractive to women.

It won't.

Sure, you might get some extra looks from women when you put in an effort to look good, but if you've already tried dressing well yourself and improving your appearance to hopefully get laid, you

will know that a woman looking at you for a second or two isn't the same as her coming home with you for sex.

Women aren't going to desperately want to have sex with you just because you're wearing a certain designer label.

Yes, women are going to *notice* how a guy presents himself on the outside and make their judgements about that, but what they are *really* interested in is who the guy is on the inside and his behavior, conversation style and confidence around them will reveal that loud and clear.

For example: A guy might spend hours getting himself ready to go out for a night out on the town. He has a huge collection of expensive designer outfits, watches and shoes to choose from and he's made sure that he got his "image" right by trawling through the pages of his "men's style" magazines for hints and tips on the latest look.

He then goes out on the town and can see that women are noticing his sharp look. However, when approaches women in the hope of getting one of them into bed, he fails yet again because he doesn't really know how to make women feel attracted to who he is.

Women notice his self-doubt, confusion and nervousness and they can tell by what he is saying (or not saying) that he is just another low self-esteem guy in nice clothing. As a result, he's unable to hold the attention of the attractive women he approaches and none of them are showing any sexual interest in him.

Thinking that it's all about his fashion sense and looks, he has failed to work on what is really important and what really matters: Himself!

Women are not interested in having sex with a guy's clothes or hairstyle, they are interested in having sex with a confident guy, who is masculine (mentally and emotionally) and has the social intelligence to be able to keep a conversation going and keep it interesting.

The fact is, how a guy looks can only get him so far. Women might fall for "the sharp-dressed man" on TV and in the movies but you're in the real world.

In the real world, women will fall for you if you are confident, charismatic and cool, which is why you *always* see "ugly" guys with beautiful women. It's not about looks. Just accept it. If you think it's about looks, then you're just another confused modern man who's been brainwashed by the advertising you've seen on TV.

It's Not About Faking it Until You Make it

Have you ever heard someone say, *"Fake it until you make it"* as a way of getting through a situation? Sure, people say that all the time and it is good advice in some situations. However, when it comes to success with women, it is bad advice and it rarely works.

You can't fake being confident with women because they'll simply test you (e.g. by being challenging) and see that you're not confident after all. When they see that, they'll lose interest or flat out reject you.

If you want to be the challenge that women are hoping to meet, then you have to have real standards about what you will and will not accept in a woman. You will only be able to genuinely stick to those standards if you know that you can easily attract other women and don't need the specific woman that you're talking to.

Watch this video to understand how and why it works...

As you will discover from the video above, women are only going to be interested in winning your challenge and secure you for themselves if you are able to make them feel the type of attraction they are looking to experience when interacting with a guy.

Some guys make the mistake of trying to act like a confident guy that they've seen on some show or movie. At home, they practice saying the same lines as the movie character and might even practice using the same facial expressions in the mirror, hoping to be able to fake the attitude and be more like the confident, cool guy on TV.

Yet, faking it won't ever fix his insecurities and lack of ability to properly attract women, so it will rarely help him get women in bed. At the end of the day, he still lacks confidence in his sex appeal to women, so he's going to feel shy and anxious and his body language is going to give him away as a faker.

Women are natural experts at reading body language and they know how to test a guy's authenticity to find the real men amongst all the posers and fakers. Why do women do that? Think about it. For most of human history, there was no child support, no police and no media.

A guy could impregnate a woman, then simply leave her and she would have to spend the next 20 years raising a child and providing food for it. To add to that, since she was now used goods many men would lose interest in her and prefer to have a woman without any extra children to support.

Therefore, it's only natural that women instinctively look for the real men amongst a sea of fakers. A woman doesn't want to make the mistake of accidentally getting pregnant to a guy who is just pretending to be confident and who will have a difficult time surviving and providing for her and the offspring.

Sure, some inexperienced women will fall for the tricks of guys who are pretending to be confident and some unattractive, desperate women will overlook the guy's lack of confidence because they are willing to accept pretty much any guy.

However, if you want to get beautiful, sexy, hot women into bed, you need to have true confidence to pass the tests and challenges that a woman will put you through before she goes ahead with having sex with you.

It's Not About Being a Gentleman...or a Bad Boy

Some of the guys who ask me for advice on how to get women in bed are confused by the fact that they treat women right, yet women seem to overlook them in favor of bad boys.

So, let me make it nice and clear: There's nothing wrong with being nice to a woman, but there is a problem with being too nice to her in the hope that she'll then give you some lovin'. Why? Being nice only makes her feel "friendly" emotions towards you, rather than sexual emotions.

Watch this video for the full explanation...

In romantic comedy movies, you will often see the awkward nice guy getting the girl shortly before the end of the movie, after he saves the world, saves the day or saves the girl from a bad boy.

Aww, how sweet.

In real life, those guys usually just get rejected and the woman hooks up with a more confident, well-rounded guy who is not only good to her, but also has the balls to make her feel safe and the masculinity (in how he thinks, behaves, feels and takes action) to make her feel girly and feminine when around him.

On the topic of how to get women into bed, don't make the mistake of thinking that it's all about being a nice, little gentleman or a rough and ready bad boy. Getting laid is simply about being a cool, confident, charismatic guy who isn't afraid to go after what he wants.

You've got to believe in your sex appeal to the woman and let her feel attracted to you because of that confidence. You don't need to be embarrassed or ashamed about wanting to have sex. It's natural and she wants it too.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How to Meet New Friends

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Having the love of great friends in your life makes life so much more enjoyable to live.

Without great friends, it's only natural that you might feel left out and lonely all the time. Be the type of guy that people want to be friends with and they will naturally try to build a friendship with you.

If you've ever looked for advice on how to meet new friends, you will no doubt have come across countless suggestions along the lines of joining a club or working as a volunteer in a local group charity project.

This is all well and good and it makes sense to a point, but it doesn't fully answer the question of how to meet new friends for a guy.

It's easy for women to go and join clubs and make friends because almost all of the single guys there will immediately be trying to hit on her and get laid, make her a girlfriend or at least be her friend and hope that he can eventually sleep with her one day.

Obviously, going to places where you'll meet other people is a good starting point, but to make new friends, you really need to learn how to be the type of guy that others eagerly want to be friends with.

Joining a club isn't the answer or volunteering is not the answer on how to meet new friends for a guy, because if a guy goes to a club and isn't able to attract the women there or make the guys respect him, he's usually going to have a hard time making any friends.

Sure, he might be able to befriend the nerds and unattractive women, but if he wants to be friends with the "cool crowd" and have the attractive women like him (and want him), he can't just expect that to happen because he's a nice guy.

[image: How to meet new friends - advice for a guy]

Depending on a guy's confidence and social skills, he might be someone who tends to blend into the wallpaper wherever he goes. Maybe he's the type who feels nervous, anxious or uncomfortable early on and feel that people like him more when they've had a chance to get to know him.

Yet, as you may know from your own life experience, cool people and hot women don't always give you that chance.

If that sounds familiar to you, then it doesn't really matter how many clubs you join or how much volunteering you do, because you're probably going to come and go without anyone (that you really like and want to be friends with) really noticing that you were there at all.

To change this, you need to become a guy who makes his presence felt in a way that makes others glad you are there and keen to get to know you.

Be the Guy That Women Want and You Will Automatically Meet New Friends

[image: How to meet new friends and get a girlfriend]

As a guy, there's no easier way to meet and build new friendships than to be the sort of guy that

women are attracted to.

When you are able to attract women with your personality, confidence, charisma and charm, women compete for your attention and as a result, you end up getting a lot of party invites, going on a lot of dates and having a lot of sex.

When you get a new girlfriend or are dating multiple women at once, you then meet a lot of new people through those women (e.g. at parties, events that you attend together, etc).

[image: Meeting new friends by hooking up with women]

Additionally, when you are the guy who can attract women, other guys want to be around you so they can hopefully get some of your crumbs (i.e. the women you don't want or don't have time to sleep with).

So, the question now is: Do you know how to attract women with your personality and confidence? Watch this video to find out...

Wow Them With Your Charisma

Meeting new friends is not just a matter of putting yourself in a room full of other people and hoping for the best. You need to be someone that other notice in a good way.

There are plenty of guys who know how to draw attention to themselves by being loud and/or being outrageous, but that's not the sort of behavior that makes other people want to be your friend.

Likewise, being Mr. Polite or Mr. Don't Pay Any Attention to Me won't make people say, *â" WOW! You're so polite, nice and unassuming. You're so nice that I want to be your bestest friend in the whole wide world! Let's hang out every single day of the year! You can be polite and shy and I'll just keep thinking that you're so amazing because of that. Woo hoo!*

The type of guys that pretty much everyone wants to be friends with right away are the charismatic guys who are attractive to women, but also friendly with others.

Charisma is a trait that some guys naturally acquire as they're growing up (often because they have great male role models to show them how), but it's a social skill that any guy can learn to develop and put into practice.

Are You Charismatic?

According to most research done on the topic, charisma is only ever 50% *â" natural* in those who have it and the other 50% is a learned skill.

Social skills, like any other skill, can be learned, practiced and mastered, so this means that anyone can become more charismatic than they already are at any stage in life and you can become a charismatic guy who makes friends easily.

Then, and only then, does the advice of *â" join a club* become useful because when you arrive as a charismatic guy at any place where there will many new people for you to meet, pretty much everyone will want to be your friend.

Charismatic guys are great conversationalists because they know how and when to listen as well as how and when to talk.

Guys who are nervous of striking up conversations with others very often slip into being quiet and not saying much at all, talking too much because they're afraid of an awkward silence, or trying too hard to make conversation by firing loads of questions at the other person without truly listening to much of what is said in reply.

A guy with charisma doesn't have to try too hard to make conversation, he simply listens to what others have to say and he shows an interest in what's being said by adding his own take on the topic.

He doesn't hold back on sharing his opinions and feelings on a topic, but he also does it in a way that is cool, interesting and socially intelligent.

Being charismatic is not about trying to be the centre of attention or drawing attention to yourself, it's about drawing other people towards you by having something interesting to say and having an interest in what others have to say.

Are You Likeable?

A lot of guys who wonder why they don't have many friends are simply just not that likeable.

Due to all their nervous quirks, secret fears and anxieties, they come across as awkward, make conversations feel awkward and just don't have a very charismatic vibe about them.

It doesn't mean that the guy is a bad guy or that he is doomed for life, but it does mean that he needs to fix his issues and become a more balanced, charismatic human being if he wants people to naturally want to be friends with him.

It's not just charisma that makes you someone others are interested in hanging out with and building a friendship with.

The guys that people are eager to be friends with are also confident guys who are relaxed and comfortable just being themselves. They are genuine when they interact with other people, instead of putting on a weird, social persona to hide their fears and insecurities behind.

They are just who they are and that's it. *Like it or not, this is me!* while also making the people around them feel good about themselves.

It's not a case of, *Like it or not. This is me! You suck if you're not like me* it's like this, *Like it or not, this is me. I will still love you the same and smile and be cool with you, regardless of whether you are like me or not.*

Those type of guys get everyone wanting to be their friend, as long as they do that genuinely. It's not an act, it's a genuine approach to people.

Being genuine makes you someone who others feel comfortable being around. Knowing how to meet new friends really comes down to knowing how to be your true, natural, charismatic self, while allowing others to be themselves at the same time.

Just as trying too hard to keep a conversation going or trying too hard to be liked can lead to you being perceived as insincere by others, trying too hard to get people to be like you will make them feel uneasy around you. Just let people be themselves and love them for it.

When they notice that sort of vibe coming from you, they'll love being around you. However, unless you know who you are and unless you're genuinely comfortable just being yourself, others won't

be able to fully relax into being themselves around you.

This, in turn, will make them want to steer clear of you. Related to the topic of being yourself and having people love you for that, a common mistake guys make is to try too hard to â€œfit inâ€œ by going along with what everyone else involved in the conversation is saying.

This might mean going along with their tastes in music, their film choices or general likes and dislikes. When people notice that a guy doesnâ€™t seem to have a mind of his own, heâ€™s not showing himself to be a genuine guy and heâ€™s not â€œlikeableâ€œ as a result.

Are You An Alpha Male?

Likeable guys are also guys with alpha male characteristics.

The perfect type of alpha male will have rock-solid self-confidence and a manner about him which commands respect, but which also shows respect to others.

Guys like that will know who they are and what they want from life, friendships and any circumstance they find themselves in.

When he comes across weak, confused and insecure guys, they will want to be his friend (for various reasons, one being: Hoping to get introduced to some of the many women who would be in his life), the alpha male won't be interested unless there is actually some benefit to himself also.

After all, he has to survive as well and he usually won't need another guy hanging off of him and hoping that he'll help him get what he wants from life. If the lower-ranking male presents some value to him too, then okay â€œhe will be open to the idea of a friendship.

Yet, if the lower-ranking male just wants to take from him, the alpha will simply reject any attempts to become a closer friend of his.

When you have alpha male qualities, the people you meet will feel relaxed and at ease in your presence. They will feel safe being around you and will be happy and open to spending more time with you, because it will be beneficial to them for various reasons.

When you are charismatic, people feel good when youâ€™re around because your approach to them, the conversation and the interaction will make them feel included, noticed, appreciated and lucky to be around someone like you.

When you are confident, it allows you to be true yourself during conversation, instead of hiding behind a safe â€œsocial personaâ€œ that you use to hide your fears, anxiety or nervousness.

Confidence, charisma and alpha male qualities are three important things that make you the type of guy that others feel eager to be friends with. When you have those traits, you are able to easily make new friends wherever you go, whether you join a club or not.

Like charisma, alpha male qualities and confidence are not just something youâ€™re either born with or youâ€™re not; they are qualities that you can learn, develop and master for yourself. If you want to know more about how to make new friends, I recommend that you focus on improving your social skills in the areas of confidence, charisma and alpha male qualities.

I also recommend that you improve your ability to attract women, which will happen naturally when you improve your social skills, confidence, charisma and alpha male qualities...

×

[image]

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How to Pick Up Women at a Park

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

It's fairly easy to pick up a woman at a park when she's relaxing, listening to music or reading a book.

Essentially, you need to approach with a relaxed, confident easy-going attitude and understand that she may feel a bit nervous or unsure initially.

To ensure that it doesn't feel awkward for either of you, make sure that you smile, relax and just be in an easy-going mood as you start talking to her.

For example:

You: [Approach with an easy-going vibe, relaxed confidence and smile] Hey, how's it going? I know that it's not normal for random people to stop and say hello to each other in the park, but I thought I'd say a quick hello because you're cute. [Pause and let her laugh, smile or say something]. So, how's your day going?

Her: [Says whatever she says]

At this point, if she's sitting on a park bench, have a seat next to her or if she's sitting on the grass, just sit down.

[image: Pick up women at a park]

You don't need to ask for her permission. She doesn't own the park and most women prefer guys who are confident, relaxed and just do whatever they want without asking.

When talking to her, be sure to avoid the following conversation mistakes...

As you will discover from the video above, you are pretty much in control of how comfortable she will feel and how much attraction she will feel for you during the interaction.

It's Romantic

[image: Pick up women in a park during the day]

Meeting a woman in a park has been a theme in so many romantic movies that some women go through life hoping that they can meet a guy in that way.

Yet, the sad truth is that most guys have been made so insecure by what they've been told about women (i.e. that women only want a good looking guy, women don't want to be approached, etc) that they are afraid to approach and talk to women in parks because they fear being rejected, humiliated in front of others or even hassled by police for disturbing the peace.

Here's the thing...

You are here on planet Earth and this is your world just as much as it is anyone else's. We humans are allowed to be friendly, loving and open towards one another, so don't let the closed-minded thinking of random people make you think that it's wrong for you to be friendly, loving and open in this life.

If they want to think that way, then let them live the miserable life they are choosing to live.

However, you don't have to join them in that misery. Life is so much better when you have the confidence and freedom of mind to approach women that you find attractive.

If you don't have that type of confidence, watch this video...

As you will discover by watching the video above, you can take control of your confidence and use it to not only approach women that you find attractive, but also make them feel attracted to you when the interaction begins.

Women are naturally attracted to confident guys, so if you go out approaching women in a park on the weekend, make sure that you allow the woman to experience your relaxed, easy-going confidence.

You allowing her to feel attracted to you in that way is like her wearing revealing clothing to allow you to experience attraction to her legs or cleavage for example.

Don't Expect Things to Play Out Like a Movie

Real life rarely plays out as smoothly as things do in the movies.

For example: In a movie, you will often male character accidentally tipping coffee on a woman as a result of bumping into her while walking by, or she may be looking up at the trees and walking along and then bump into him and drop all of her papers.

He will then rush to help her and while doing that, they will both stop to take a few moments to look at each other in the eyes and smile.

Here's the thing...

In real life, most people feel uncomfortable in sudden situations like that and simply walk away feeling embarrassed or uneasy.

If you want something to happen between you and a woman, you have to approach and not worry about everything going smoothly. Just get over there and make something happen, even if there are some uncomfortable moments at times.

Deal with it, get the result and get on with enjoying your life with her.

Other examples of guys meeting women in parks in a movie are where a guy:

1. Buys a dog and then hangs out at the park hoping to a particular girl or any girl.
2. Jogs or runs along next to a woman he likes and tries to get a conversation going
3. Suddenly develops an interest in yoga so he can join her class.

For entertainment purposes, the movie will show a guy doing all sorts of crazy things in an attempt to get the woman's attention. He will usually stuff up the first approach, but then do something amazing for her (e.g. save her from a bad boy, save the world or save the day somehow) and she will then like him and they'll live happily ever after.

Have you ever noticed that?

Have you noticed how in the movies, the loveable loser character has to make a complete fool of himself, be laughed at and ridiculed for 75% of the movie before the woman finally takes pity on him and agrees to go out on a date with him?

In real life, I can safely say that most guys would prefer to bypass the getting â□□ laughed at and ridiculedâ□□ part and go straight to â□□ the date and sexâ□□ part. So, if you want to be able to

approach and pick up women in parks during the day or anywhere else for that matter, make sure you avoid the following common mistakes...

Mistakes to Avoid When Approaching Women in Parks

Besides the obvious mistakes that some guys make such as looking like a stalker, or sneaking up on her and startling her with an awkward, *â□□ Umm, hello?â□□* there are more common mistakes that a guy will sometimes make when approaching a woman in a park.

Mistake 1: Not matching his approach, vibe and conversation style to suit the environment

Approaching a woman in a park is different from approaching her in a bar or a nightclub. In a nightclub or bar, a woman is expecting guys to chat her up and she is open to being approached. She's also likely in a more chatty and sociable mood.

In a park a woman is generally not looking to meet a guy, probably has spoken to anyone is an hour or more and therefore a guy's approach, his approach and his conversation style should be tailored to put her at ease and allow her to comfortably open up to him.

If, for example a guy is interested in a woman who at a park doing yoga and meditation, approaching her with high energy and an over excited vibe will possibly disturb her concentration and jolt her into feelings of alarm and confusion and he will not receive an enthusiastic welcome because of it.

Mistake 2: Looking like he's just there to pick women up

Women don't like to be picked up, but they do like to be seduced. If a woman gets the impression that a guy is there trying to pick her up, she will snub him very quickly and won't want any part of the interaction.

If, on the other hand he connects with her through conversation and gets her to open up to him and feel attraction for him, then he will definitely leave with her phone number or even escalate their interaction to kissing, a date and even sex on the same day.

Women often fantasize about being able to tell their friends that they met their boyfriend (or husband) in place other than a bar. She'll fall asleep at night imagining bumping into a guy at a park and one thing leading to another.

Mistake 3: Appearing nervous or anxious

A guy who makes a hesitant and nervous approach is already approaching on the back foot.

A woman will not waste her time with a guy who is trying to fumble through his opening line, *â□□Errrrâ□| sorry, can I, errrrâ□| talk to you? Errrrâ□|â□□*

There is nothing that can cool the fires of passion faster than a guy who is lacking in self confidence. It's just not attractive to women at all and they also don't want to be responsible for making you feel any more nervous than you already are, so they'll just try to ignore you and hope that you go away.

Mistake 4: Being unable to keep a conversation going and keep it interesting

Some guys will approach a woman easily, only to mess it up when it comes to engaging her in conversation.

The art of conversation is one of the most important keys to success in picking up women, next to confidence and masculinity (emotional and mental masculinity).

Being a bad conversationalist is quick way to make a woman lose interest in you right away. Two common mistakes that guys make when talking to women are:

1. Using the "interview" style of conversation, in which they'll ask the woman a range of different, and personal, questions and have a conversation that is essentially about exchanging resumes, location details, age, etc. It's so standard, typical and unexciting that most women just switch off and want it to end.
2. The other is talking incessantly about himself and what interests him. There's nothing wrong with talking about yourself, if you're focussing the conversation on you in an attempt to impress her with your achievements, goals or stories about yourself, it won't work.

Neither of the above conversation methods will properly engage a woman and neither will draw "the real her" out, make her open up and ultimately feel attraction for him.

In most cases, a guy will just get the superficial, guarded version of a woman and he won't get to meet and experience the easy-going, down to Earth side of her that he wishes she would show him. Instead, she behaves cold, uninterested and even rudely towards him, hoping that he'll just get the point and go away.

Mistake 5: Not creating any attraction between himself and the woman

Attraction is the glue of relationships and if a guy cannot create attraction between himself and the woman, his park approach will quickly feel weird to her. She'll be thinking, *"Why is this guy being so friendly? I don't know him. I don't like him...but, he keeps talking to me. What's going on here?"*

However, if a guy made her feel attraction, she would be thinking, *"Cool! I like this guy. I wonder where this is going to go!"* You can create attraction in many ways, but one of the best is to use flirting when you're having a conversation with her.

Without any feelings of sexual attraction, a conversation will usually remain platonic (just friendly) and she might as well be talking to a family member or work colleague. As a man, you must realize and accept that you are responsible for creating attraction between you and a woman.

Watch this video to understand how it works...

As long as you can create a spark between you and a woman that you meet in a park or anywhere else, everything else (e.g. exchanging phone numbers, adding each other to Facebook, kissing, sex, dates and a relationship) will flow on naturally and easily after that.

However, you have to actively **create a spark** between you and a woman.

Don't think it will be like the movies where you're walking along in a park, you lock eyes together, pause for a few seconds (retaining eye contact) and then hit it off easily because she is magically attracted to you, even though you didn't do anything to make her feel that way.

In the real world, most women aren't confident enough to look at a guy in that way. Women who are confident enough to do it are also often worried about doing it because they might end up getting stuck talking to a weirdo guy.

So, instead of sending out obvious signals that may attract weirdos, they wait and hope that a confident, cool guy will approach and make it feel like they're in a romantic movie.

Mistake 6: Expecting her to lead the interaction

If a guy has often seen a beautiful woman in the park that he frequents, he can, through observing her over time and desiring to be with her, build up an unrealistic picture of her in his mind.

For example: He might imagine her to be the most wonderful, lovely, beautiful woman in the world as he falls asleep imagining them being together as a couple.

When he finally builds up the courage to approach her, he has already put her on a pedestal way above himself, which will likely make him feel and act a little inferior to her...and that is not attractive to women, at all.

When he finally makes his approach, he'll likely do so in a submissive way, putting the control of the interaction firmly in her hands. At this point, she can choose to accept or reject him on the spot because she will feel as though it is completely up to her.

She might enjoy having control over him for a short while and watching him squirm and behave in a nervous way around her, but due to his lack of confidence, she will be unable to feel proper attraction and respect for him and will simply reject any attempts he makes to get her number or date her.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Do Women Like Short Men?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Not all women like short men, but many women are open to being with a short guy. Why?

The majority of women in this world have what I call an “Open Type,” which means that they are open to being with all different types of guys, as long as the guy can make her feel attracted in other ways (e.g. he is confident, charismatic, alpha, etc).

A woman’s attraction to a man is directly linked to how capable he is of surviving, thriving and prospering in this world. So, if a nervous, self-doubting short guy approaches a woman, she will be turned off by his lack of confidence.

On the other hand, if a confident, self-assured short guy approached her, she would be attracted to his confidence and then, if she’s one of the women who have an Open Type, she will be open to being with him.

[image: Women with short men]

Watch this video to understand why a woman’s attraction works that way and how you can use it to your advantage as a short guy...

As you will discover from the video above, not all women require a man to be a 6ft, male model with loads of money to qualify for them. Many women are much more flexible about what they find attractive in a guy than most men realize.

When a guy asks me, *“Do women like short men?”* he’s usually asking because he feels as though his lack of success with women is due to his lack of height. Yet, it’s not.

Let’s just cut right to the chase: If you’re hung up on your height and feeling insecure because of it, women are not going to like you because they are going to feel turned off by your lack of confidence.

The most important part of what I’ve just told you is this: It’s not your height that’s the turn-off, it’s your insecurity about it. Believe me, that’s a fact and it’s a fact you need to take action on right away if you want to begin enjoying the kind of success you want with women.

Of course, I’m not saying that all women like short men. However, many women will overlook a guy’s height as long as he has the confidence and masculinity to make up for his shortcomings.

[image: A short guy with tall, black girlfriend]

It’s just like how you’ve seen 1,000s of “ugly” men with beautiful women. Why does that happen? The guy has traits that overrule his lack of perfect physical appearance, such as confidence, masculinity and social intelligence.

Most guys assume that it must be about money and the only reason why an “ugly” guy can get a girl is by paying for her or being mega rich and offering her a luxury lifestyle. Sure, that does happen, but most guys aren’t rich.

The vast majority of short, bald or “ugly” guys who attract hot women do so by displaying the personality traits and behaviors that naturally attract women (e.g. confidence, charisma, masculine vibe, humor, etc).

[image: Short balding guy with tall woman]

Not all women will accept a short guy who has an attractive personality, but many women. If you have to talk to 10 women to find 3 matches, that's much better than not talking to any women and continuing on in life alone with zero matches.

If you're a short guy, you still deserve to be loved, wanted and respected. You're not a freak and there is nothing wrong with you being short. You've got to accept who you are and get on with enjoying life in the ways that are possible for you.

Getting Over Your Insecurity About Being Short

[image: Women don't like me because I'm short]

If you're not enjoying the kind of success you want with women and you believe that your height is standing in the way, then you're simply mistaken.

You're not coming up short in a woman's eyes because of your height, but because of your insecurities over your lack of height. Women are attracted to confident men who feel secure in who they are and what they've got to offer.

Guys who are socially intelligent have noticed and have already realized that women go for all sorts of guys. They don't buy into the rubbish they see in TV commercial, which tells them that they need to have six-pack abs, be 6.5ft tall, have a gym body, drive a sports car and have a high status career to be attractive to women.

They are smart enough to know that confidence trumps everything and as long as that confidence is backed up by social intelligence and masculinity, he essentially has his choice with women anywhere he goes, regardless of his height.

At this point, you are likely beginning to become very clear about the answer to the question, "Do women like short men?" If not, read on and I'll help you understand why your lack of height is not something that you should use to bring yourself down even further.

For now, just understand that to change your outcomes with women, you need to take your focus off your height and onto improving your confidence instead. A tall guy without confidence is just like a short guy without confidence - neither is truly attractive to women.

Don't Believe What You See in Glossy Magazine Advertising

It's a fact that TV and glossy magazine advertising has a lot to do with modern man's mistaken belief that women are only attracted to tall, dark, handsome men.

They are also only attracted to men who wear certain colognes, watches and designer labels. Heck, according to some TV and magazine ads, you also have to have six-pack abs, a perfectly groomed head of hair, a sports car and be living a celebrity style lifestyle.

Well, time for a reality check: Just take a look around you at the couples you see out in bars and restaurants, or at the movies, or taking a walk in the park, or even just doing some grocery shopping in your local store.

The guys you see with beautiful women don't all look like they're straight off the pages of a glossy magazine, do they? No, of course not! You see guys of all shapes and sizes - and with

every hair color and out with their girlfriends.

They're not all movie star look-alikes; they're not all showing off rippling six-packs; they're not all driving expensive sports cars, and most importantly, they're not all tall. Are they? Come on, admit it.

With this being the reality, getting hung up on your appearance and focussing on what you think you don't have by wondering, *Do women like short men?* is a complete waste of time and energy.

Apart from the guys who got lucky, the guys that you see out there in the real world (not in the glossy magazines and TV advertisements) who are enjoying the kind of success with women that you dream of, didn't sit around worrying about not being good enough.

They used their confidence, masculinity and social intelligence to make women feel the all-important feeling of attraction. Many of the guys you see with women are short, bald, overweight, dressed poorly and so on.

Don't get sucked in by the false reality pushed by advertising executives and their clever teams of marketers. Believe in the real world that you see around you. That is the world in which you can have any type of woman you want.

In a woman's eyes, it's not a guy's outer appearance that decides his attractiveness; it's not how he looks on the outside that matters but who he is as a man on the inside.

As a female friend of mine once said to me, *Anxiety makes a guy look ugly. Confidence makes him look sexy.* If you don't have the type of confidence needed for success with women, then learn.

Don't sit around worrying and coming up with excuses for not being confident or coming up with reasons to feel fearful and unworthy. Become confident and be confident and you will soon see that your lack of height wasn't the issue all along.

Sexual Attractiveness and The Facts

Guys ask me all sorts of questions, based on their personal insecurities. One day it's, *Dan, do women like short men?* the next it's, *Do women care if you're bald?* or *What kind of clothes do women like on men?*

Forget all the superficial stuff and focus on the fundamentals. When it comes to your sexual attractiveness, three essential qualities that women look for in a man are:

1. Confidence

Women are instinctively attracted to confident men because confident men have always been better survivors...and life hasn't always been so easy as it is in the modern world.

Guys who lack confidence set off a negative reaction inside of a woman and she instantly feels as though she wouldn't be very safe with him. Her gut instinct tells her that she might end up having to mother him or that he'd become insecure or unstable if they got into a relationship.

2. Masculinity

Truly masculine guys make women feel weak at the knees in their presence, not by having bulging biceps or being 7ft tall, but by displaying mental and emotional masculinity. If you want to make a

woman feel like a woman, then you need to have the mental and emotional masculinity of a man. If you still haven't gotten over childhood issues to become a man or are constantly creating new insecurities for yourself (e.g. Are my clothes good enough? Should I whiten my teeth? Should I spend more time in the gym? Maybe if I do all that, THEN women will like me), women are going to instinctively feel turned off by you.

They will sense that you lack the masculinity and maturity that it takes to be an emotionally strong man. In a relationship, a woman won't be able to feel as though you're *her man* and she's *your girl*.

Instead, she'll sometimes feel as though she's more like your mother or big sister and that you need someone to take care of you, which is a huge turn off for women.

3. Social intelligence

A guy can be 6ft tall, look like a movie star and wear all of the latest designer bling, but if he doesn't have the ability to socialize naturally with other people or have the communication skills needed to strike up interesting conversations, he's not going to attract or hold a woman's interest for very long.

A guy with confidence, masculinity and social intelligence has what it takes to approach and talk to women in a way that turns them on and makes them feel excited to be interacting with him.

This is why you often see short, fat, skinny, ugly, weird-looking and even scruffy looking guys with beautiful women. It's not always about the guy being rich (99% of the population isn't rich). In most cases, these guys are getting through to women on a much more fundamental level and that is where you need to place your focus.

So, if you haven't already realized it, the answer to the question of, *Do women like short men?* is *Yes* if you are a man with genuine self-confidence, true masculinity, and social intelligence, and *No* if you are an insecure man who is shy, anxious and nervous around women.

The choice is yours; If you choose to remain hung up on your height and to feel insecure because of it, you're choosing to limit your success with women because you're unwilling to see the real world around you and accept it.

However, if you're wise enough to allow yourself to see the truth and begin to focus your attention on developing the inner qualities women are instinctively looking for in a man, then you're choosing to become a man who has what it takes to enjoy unlimited success with women...regardless of your height.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I

promise!)

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

How to Talk to Girls at Parties: Mistakes to Avoid

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

So, you've been invited to a party and are beginning to imagine the possibility of hooking up with a hot chick there.

Yet, there's a problem â you don't really know how to talk to girls at parties.

First things first...

Your confidence.

Confidence in yourself is so important when you're trying to talk to girls at parties. If you lack confidence and start feeling like an outsider, girls won't be very interested in talking to you. So, just remember this...

You don't have to try to be liked or hope to be accepted into the cool crowd, because you already accepted. How? Simply by accepting yourself as one of the cool people at the party, the cool crowd will accept you too. Then, when women see that happening, they will feel more attracted to you and will want to talk to you.

3 Mistakes to Avoid When Meeting Girls at Parties

Parties are an awesome place to talk to girls because girls are usually already in a great mood, hoping to have a fun time and maybe even meet a guy. However, to be successful, you must first make sure that you understand and avoid these common mistakes that guys make when trying to talk to girls and parties.

1. Being Nervous and Awkward Around the â Cool Crowdâ

The cool crowd are the people who assume that they fit in and then just get on with enjoying themselves. People outside the cool crowd look on and wonder why they aren't being accepted into the group, never realizing that they have to accept themselves as a part of that crowd to be let in.

If your body language, vibe and conversation style suggests to others that you feel like a bit of an outsider, they will accept that and treat you accordingly. At a party, girls want to have fun and talk to cool, accepted people so make sure that you don't cause yourself to feel nervous or awkward around people that you consider to be cool or popular.

Sometimes, a girl might talk to a nervous guy to see how it goes, but if she realizes that you're very tense in her presence and feeling as though you're not on her level (in terms of social status), she'll eventually lose interest and talk to someone else.

When girls are interested in hooking up with a guy they are going to look for a confident, alpha male who believes in himself.

They don't want to hang around with an uptight, awkward, self-doubting guy because that behavior is not attractive or sexy to them. Girls assume (and rightly so) that if a guy lacks that much

self-confidence when he's at a party, he's going to be even more nervous when it comes to sex.

2. Waiting Around and Hoping That People Include You

[image: How to talk to girls at parties]

As a boy, your family and school teachers would have thought you were cute and would have gone out of their way to include you in things.

Yet, as a man, the world doesn't offer the same type of gentle, motherly approach.

As a man, you need to show that you're confident enough and have the social skills to get along with others, without having to be looked after. So, instead of waiting and hoping that people include you in the fun, just get involved in it.

Don't worry about messing up or saying the wrong thing; everyone does that throughout the night. Just focus on having a good time and allowing yourself to get involved in what is happening. Don't try too hard though! Just relax and get involved.

As for your conversation style, don't wait for people to give you signals that it's okay to talk or joke about things. At a party (and pretty much everywhere else!), girls don't want to get stuck hanging around a wimpy guy who is too afraid to crack an risqué joke and will instead stick to very polite and formal conversation the whole time.

Girls know that his timid behavior and mindset at a party probably means that he'll be just as shy and boring in bed with her. So, why would she want to waste her time with a guy like that when she can be with a confident, cool guy who will do whatever he wants with her in the bedroom?

3. Thinking That You're Not Good Enough Unless You're Really Good Looking

[image: How to talk to girls at parties]

In the movies, you will often see the good looking guy getting the girl and the ugly or average looking guys standing on the sidelines. Yet, in the real world, women hook up with men who make them feel attracted...and looks are not the main thing that attract most women to men.

Some women are very picky about looks and will select guys based on looks, but most women are much more open about what they find attractive in a guy. Many women place less importance on a guy's looks if he is confident, charismatic, has a masculine vibe, can flirt with her, etc.

All of those traits have nothing to do with how he looks, but how his personality, behavior and communication style makes her feel.

In the movies and on some TV sitcoms, you will also see the "loveable loser" guy who is hopeless with girls, somehow getting the girl in the end. He'll be super sweet, super nervous and will make a fool of himself. However, he'll then "save the day" somehow and sweep the most beautiful girl off her feet.

Why do movies and TV sitcoms always show that sort of story line? It's entertaining for some people

(not me). It's not real. If movies and TV sitcoms always showed the way things happen in real life, most people would get bored of watching.

Instead of the loveable loser getting the girl in the end, you would see what happens in real life: He goes home feeling sad and has to masturbate to porn while the confident guy gets the girls.

Girls want confident guys who are not afraid of them and who can guide them through the natural stages of a sexual courtship. Whether sex happens that night or a few dates later doesn't matter; what matters is that you know how to do it (most guys don't, which is a huge opportunity for you).

Talking to girls at parties is easy when you know what to say and do to make women attracted and interested in you. If you're interested in learning my proven to work techniques for success with women, make sure you click around my site and have a look.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How to Pick Up Women in Coffee Shops

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The secret to picking up women in coffee shops is to quickly trigger her feelings of attraction for you, while also creating a relaxed, easy-going vibe between you and her.

[image: Flirting with a Starbucks girl]

The easiest way to do that is to use flirting and in the video below, I've included some examples of how to do that in a Starbucks cafe...

As you will discover from the video above, women prefer guys who flirt because it allows you and her to quickly establish your sexual attraction for each other in a discreet way.

You Have Plenty of Opportunities to Approach Women in Coffee Shops, But Will You Actually Approach?

[image: Will you approach when you get there?]

These days, there are coffee shops everywhere. No matter which country you find yourself in, you are likely to find a coffee shop...and with coffee shops comes the opportunity to meet and pick up women.

Yet, despite the interest that guys have about approaching and talking to girls in coffee shops, they often chicken out at the last moment because they lack the confidence to approach.

If you need some help to build up your confidence to approach women, watch this video...

I often get asked how to pick up women in coffee shops by guys who aren't really into meeting women in nightclubs or bars.

They see beautiful women during the day and want to know how to spark up a conversation, grab her number and then hook something up later. The good news is that getting a woman's number in a coffee shop is one of the easiest pick ups you can do, as long as you have the right attitude.

Women will often act surprised that you have started to chat to them because people usually behave like strangers in a coffee shop, but once she sees that you're a confident, easy-going guy and you're talking to her in a relaxed, chilled out manner, she will open herself up to the conversation and feel excited that she is meeting a guy in a cafe.

In many of the modern romantic movies, people meet in places like coffee shops and other public places, so women are usually very excited that it is happening to them in real life.

Having the Right Attitude

[image: The right attitude for approaching women in coffee shops]

The right attitude for approaching and picking up women in a coffee shop is about accepting that it's totally fine to chat to a random woman in a coffee shop.

It's not a crime, it's not $\hat{\square}\square$ dangerous $\hat{\square}\square$ and it won't end up with you getting a hot coffee tipped

over your head.

In places other than a bar or nightclub, women often act shocked or surprised when you initially approach (because they aren't expecting it), but if you come across as a cool, easy-going guy that shock quickly turns into excitement and happiness.

As long as you can deal with the fact that most women will seem surprised and nervous when you approach and are willing to just wait 10-15 seconds for them to relax, then picking up women in coffee shops will become a fun, interesting and very productive part of your life.

Having a Strong Intention

Like with anything else worth getting in life, approaching and picking up women requires you have a strong intention, a clear purpose and a willingness to push through when things feel a bit challenging.

If you know what you want and have the confidence and self esteem to go and get it, you'll have no problems picking up women in coffee shops. On the other hand, if your approach is half-hearted, hesitant or insecure, you will almost always come away empty handed.

Women respond to the strong intentions of men and like it when a man knows what he wants and isn't afraid to go after it.

Women are turned off when they see that a man becomes nervous or doubts himself the moment she shows the slightest bit of challenge or resistance.

Women always test men to see how confident they really are, so if you can remain relaxed and confident and keep pushing forward towards your goal (i.e. getting her phone number, adding her to Facebook, having sex with her, etc) she will submit to that.

Women want to relax into the masculine direction of a man, but she needs to know that you are actually a man (they test to check this) otherwise it just doesn't feel right for her to submit to your direction.

Guys often think that picking up women is a "technique" but that's just not true; it's all about attitude. Guys who approach women with the wrong attitude end up failing and wondering if they used the wrong line or wore the wrong shirt. Yet, guys with the right attitude can basically say and do whatever they want (and wear whatever they want) and they'll still get the girl.

Here are some common mistakes that guys make when trying to pick up women in coffee shops:

Mistake #1 " Approaches with the wrong vibe

When approaching a woman in a coffee shop, it is important that the guy's energy level matches that of the environment that he is in.

If he brings the same vibe to a coffee shop that he does to a nightclub, or a beach party, he is very likely going to be asked to go away. Why? Often, the woman will not be in a talking mood, will be feeling shy or may be feeling a bit overwhelmed by her day. You need to take it easy when you first start chatting with her, but you also need to add a good vibe.

Overall, the best approach is to just be easy-going and go with the moment and allow the environment and the woman, or group, to dictate the vibe. You don't have to walk in, take over the cafe and have everyone laughing and cheering. Instead, just go with the flow and be your cool,

confident self and things will naturally open up between you and the woman.

Mistake #2 – Appears nervous and tense

If the guy is nervous or hesitant in his approach, it will in turn make the woman feel uncomfortable. Why?

She doesn't want to be responsible for making him feel any more uncomfortable than he already is, so she'll try to ignore him or close down the interaction/conversation as quickly as possible.

However, if the guy leads the way and is relaxed, she too will be able to open up and relax and go with the good feelings in the moment. The guy's confidence creates a feeling of relaxation and excitement in the woman.

That last sentence you've just read is a big part of the secret of how to pick up women in coffee shops. Don't get caught up in trying to find fancy pick up lines or overly-complicated strategies.

Just learn to be confident and go with the flow of the moment. Know that the more confidence you show her, the more she will enjoy being around you and the more excited she will become as a result of her growing feelings of attraction for you.

Mistake #3 – Doesn't create feelings of attraction

When it comes to a sexual courtship, men are usually the ones who approach women and it is usually up to the guy to create attraction between them. While a man will feel attraction for a woman's appearance and quickly decide if he likes her or not, a woman will wait to get a feel for the guy's personality and confidence before she decides whether she likes him.

If you believe what you see in TV commercials, you will think that you need to look like a male model, have six-pack abs and drive a sports car for women to be attracted to you. Yet, in the real world, all you really need is confidence, masculinity (mental and emotional) masculinity and social intelligence.

Attraction is how a man and a woman know that they like each other and would like to take things to the next level (exchange phone numbers, go on a date, kiss, have sex and even become a couple).

If the guy doesn't create attraction between himself and the woman, via stimulating conversation, flirting and a sexual vibe, she will think that he is just being friendly in the coffee shop and that's where the interaction will end.

Mistake #4 – Is too polite or too nice

Guys often lack the confidence to approach women in a decisive and purposeful way. A big mistake that a guy can make is to approach a woman, or group of women, in a coffee shop and ask permission to join them. The answer will most likely be a big NO.

Being too nice and polite is a sure way to get ignored and rejected by women, because although they want you to be a good guy, they don't want to have to tell you how to behave. They want you to take the lead.

Of course this doesn't mean that a guy should be rude or forceful. What it does mean is that if he approaches with confidence and behaves as though the women do WANT him to join them, he is more than likely going to be invited to join them.

Mistake #5 â□□ BehavesÂ as though she is doing him a favor by talking to him

Guys with a low self esteem often believe that if a woman pays him even the slightest amount of attention, she is doing him a big favor. A woman doesnâ□□t want to waste her time with a guy who doesnâ□□t believe that heâ□□s good enough to be with her. Think about it: Why should she?

Example Coffee Shop Approaches and What to Say

In a coffee shop, you don't always have to approach women directly by walking right up to her table. There are many ways to do get a conversation going. As long as you have the right attitude, things will naturally flow from one stage to the next.

Example 1: Ordering Coffee at the Same Time

[image: About to order coffee]

Imagine that a woman walks up to order her coffee at the same time as you. Instead of just letting her in front like a boring guy would, try saying the following in a playful, easy-going way:

Her: [Looks at you to work out whether or not you're going to let her go first].

You:Â [Smile and say] Alright, you can go in front...as long as you buy me 3 cafÃ© lattes and a piece of that chocolate cake there ð□□□

Her: [Laughing or smiling. Possibly asking you, "Really?" or looking confused].

You: [Smile and say in a relaxed manner] Okay, nevermind the 3 coffees. Just one coffee, a piece of chocolate cake and a cookie.

Her: [Usually laughing or smiling].

You: [Smile] Just kidding [and then say like a good guy/gentleman] ...go ahead, you go first.

Her: [Will usually thank you].

Why talk to her in that way? Starting off the conversation in this way demonstrates that you're a confident, cool, easy-going guy. It shows her that you are not a desperate guy who is hoping to impress her by being all nice and polite. You're a guy who can have other women if he wants, so he's not worried about potentially saying the wrong thing to her.

The irony is that by starting off the conversation in this bold, funny, but also easy-going way, she actually sees you as a nice, charming guy. Women like men who can make them laugh and they love men who can dominate them during a conversation.

Instead of following her lead or being submissive, "*Oh, you go first. Please, go ahead. Ladies first*" you are playing with the moment and demonstrating that you can dominate her in many different ways.

This is extremely important because one of the keys to making women feel sexually attracted to you is by making them feel girly around you. If she feels like you are the one who is "leading the dance" so to speak, then it makes her feel feminine and girly.

When you make a woman feel feminine and girly in any way, she automatically begins to consider the idea of having sex with you and opens herself up to the possibility.

If you make a woman feel nothing (i.e. by being a boring guy) or make her feel masculine in the

moment, then she will almost always feel no sexual attraction for you. She will simply forget that she ever encountered you and get on with her life.

My approach to women ensures that they always feel sexually attracted, excited and happy to be around you. After starting off the conversation in the manner suggested above, you can then switch to a more normal and easy-going style of conversation.

From there, you only need to add in flirting and humor here and there to keep the spark, laughter and fun alive.

Example 2: Turn to Face Her Table and Say Hello

[image: How to pick up women who work in coffee shops]

It doesn't matter if she is sitting behind you or beside you, just turn around or turn to her a little and say the following:

You: [Smile and say in a relaxed, easy-going way] Hey, I know that people don't usually talk to each other in coffee shops, but I saw you and I just can't help but say hello. I'm Dan, what's your name?

Her: [Smiling, feeling flattered, etc] Hi, I'm Jenny.

You: [Smile and say in a relaxed manner] Cool...Jenny from the coffee shop. I was totally into my coffee before I noticed you. Anyway, so I'm just having a coffee now and then I'm heading off to [tell her what you're up to that day. Example: Work, study, shopping, to see friends, etc]. How's your day going?

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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Do Women Like to Be Ignored?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Ignoring a woman only has an effect if she is attracted and interested in you or if you have other women interested in you at the same time.

If she's not attracted to you, she won't care if you ignore her or not.

Do you know how to make a woman attracted to you and then hoping that you pay attention her, ask her out, have sex with her or begin a relationship with her? If not, watch this video to understand how it works...

As you will discover from the video above, most women who are attractive will rarely come across a guy who will offer any type of challenge.

Where Guys Go Wrong

There's a common misconception amongst guys that goes something like this: If you want to get a woman's attention, just ignore her. She'll think that you're cool and don't even want her and that will spark her interest.

So, is it true? Do women like to be ignored? Will ignoring a woman make her want you?

No.

If a woman doesn't feel attraction for you, she isn't going to care if you're ignoring her. You'll just be another random male in the surroundings who wants to bang her, but is pretending like he doesn't.

On the other hand, if she is sexually attracted to you and you are ignoring her, then yes that will get her curious and wanting to interact with you more.

Ignoring Her Isn't Always the Answer

There are certain circumstances in which ignoring a woman can work really well.

For instance: Some guys (including myself) use the "ignore technique" when they are already in a relationship with a woman.

If a woman wants more of her man's attention because she feels a lot of love, respect and attraction for him, then ignoring her will make her reach out to him. However, if a woman has lost a lot of respect and attraction for him during the relationship and he then starts ignoring her, she'll usually just begin looking for a new man.

Sometimes, a guy wants to know if a woman is interested in him, so he tries ignoring her or "going cold" to see if she'll feel desperate and worried that she's losing his interest. A guy like that mistakenly thinks that ignoring her will suddenly make her feel rejected and want to chase him.

Sure, it will sometimes make a woman curious and she will show some interest to him just to check that he was putting on an act and is still super keen on her, but in most cases she just won't care because he's not a guy that she is sexually attracted to.

[image: He still likes you and was simply pretending not to be interested]

A woman isn't going to get excited about a guy ignoring her if he hasn't yet sparked her feelings of sexual attraction.

For example: Some guys use the "nice guy" approach to women where they essentially act (yes act) like they are just interested in being nice, innocent friends. Yet, secretly, the guy is super keen to have sex with her and is hoping that he will get to be her boyfriend one day.

Yet, using that approach leads to rejection in most cases. Watch this video to understand why...

As you will discover from the video above, it's not the act of being nice that ultimately gets the guy rejected. What does? The fact that he is refusing to say or do anything that will spark the woman's feelings of sexual attraction.

So, don't waste any more time thinking that ignoring women (or any other superficial thing e.g. wearing great clothes, building more muscle) is the answer to success with women.

If you want women to like you in a sexual way, you've got to trigger their feelings of sexual attraction for you. If you currently aren't very good at doing that around beautiful women, you need to improve that about yourself or you will find that most women really aren't that interested in you.

Ignoring an Ex

In most cases, ignoring an ex girlfriend who doesn't want to be with you anymore isn't going to make her coming running back to you.

Here's why...

If you want a woman to feel attracted to you and want to be with you, the best approach is to make her feel something for you when you talk to her on the phone or in person.

Why?

You can actively CREATE feelings of attraction inside of a woman. You don't have to sit around hoping that she feels attracted; you can MAKE her feel attracted.

For example: If a girl doesn't feel much attraction for a guy and he then interacts with her, displays confidence, makes her laugh and feel good around him, she will then feel more attracted to him than before.

Guys Ignoring Girls in Hollywood Movies

Some guys grow up without a male role model who can explain what women are really attracted to about men.

As a result, a lot of the information that guys get about women tends to come via movies, TV or magazines, music videos or from random things that people say during conversation. It's a big, confused mess of fantasy, fiction and insecure ideas.

What a lot of guys don't realize is that movies and TV are primarily designed to entertain audiences. In TV shows and movies, the nice, innocent, sweet guy will get the girl in the end after he saves the day, saves the girl or saves the world.

Aww, how sweet.

If you think about it, most people probably wouldn't pay to go to the movies if there was no fantasy involved.

If it was always a case of, *Boy meets girl. Boy chats to girl. Boy likes girl. Girl likes boy. They go to his house and have wonderful, passionate sex together. The end.* people would get pretty bored of going to the movies, right?

To entertain the viewers, the film industry creates complex and unrealistic relationships between the men and women on screen to make people laugh, cry, say *â€œAwww...how cuteâ€œ* and so on.

Women are often portrayed as being mean, snobbish and flaky because that is entertaining for women to watch and scary for many men who just don't understand that it's not real...it's just a movie.

In the movies, men are often portrayed as being weak, insecure, bumbling fools who would be so LUCKY to score with a woman. The relationships and interactions on screen lead some men to think that women like to be ignored, or snubbed, or controlled in order to feel attraction for a guy.

Copying what they see on TV sitcoms or in movies, many modern men waste their time ignoring a woman when, in fact, they should just approach her and get something going between them.

A confident guy who is successful with women doesn't sit around worrying that a girl might slap him (like they do in the movies), tip a drink over his head (like they do in funny TV sitcoms) or coldly reject him in front of everyone (like they do in music videos where the female pop singer is acting all powerful).

Instead, he knows that women will be naturally attracted to his confidence and that he simply needs to guide a woman from a conversation to kissing, sex and into a relationship. It's actually a very easy thing to do when you start out by making the woman feel very attracted to you. She wants it to happen.

Be the Confident, Forward Moving Guy That Women Are Hoping to Meet

Single women want you to be confident and walk over and talk to them. They don't want you to be nervous, shy and hesitant when you approach and act like you are worried that it might not be okay to be talking to them.

They want to see that you believe in yourself and that you have the social intelligence to understand that it's a man's role to approach a woman and make something happen. There is nothing wrong with approaching a woman, so don't be afraid to do it.

Walk up to her and make something happen between you.

Do you have the confidence to approach women that you find attractive? If not, watch this video...

As you will discover from the video above, you have a lot of direct control over the way you feel. You can choose to feel nervous if you want to, but it isn't going to help you succeed with women.

As a man, you've got to do what it takes to build up your confidence with women. You will need it when approaching and talking to a woman for the first time, when you're on a date with her, having sex with her and deep into a relationship with her.

Confidence is one of the things that initially attracts a woman to a guy and it's also one of the most important traits that maintains a woman's attraction when in a relationship.

Traits and Behaviors That Turn a Woman Off

It's very easy to attract women and turn them on, but it's also very easy to turn them off. For example a guy who ignores a woman instead of confidently making a move may appear to be:

1. Lacking in self confidence

If a guy approaches a woman in a nervous, almost apologetic "sorry for disturbing you" manner, he comes across as being insecure, weak and unsure of himself. Insecurity is a sign of low self confidence and if a guy doesn't believe in himself and in his worth, a woman certainly won't either.

2. Lacking in self esteem

Some guys will have such a low sense of self esteem that when he approaches a woman, he is already expecting her to reject him. If a guy acts like he is not good enough for her, a woman will inevitably pick up on this insecurity and she will respond in kind. No woman wants to waste her time trying to build up a guy's self esteem.

3. Mentally and emotionally weak

A guy who cannot make up his own mind and doesn't know how to take action and go after what he wants, inevitably comes across as being mentally and emotionally weak. A woman cannot feel a strong attraction for a guy who is weaker than her because this means that she will have to be the dominant one in the relationship and that she will have to take the lead.

This is a turn off because a woman wants a man who can make her feel like a real woman and when she's doing all the "hard" work, not only doesn't she feel like a real woman, she also feels like she is not getting the support she needs from him either.

4. Lacking in social intelligence

Social intelligence is the ability to interact well with other people, whether one-on-one or in groups. It is the ability to conduct an interesting and engaging conversation, read body language and respond in a way that makes everyone feel connected to you and happy to be talking with you.

Despite being academically intelligent, some guys are lacking in the area social intelligence and come across as being boring, uncomfortable or even creepy.

When a guy lacks social intelligence he will be unable to engage a woman and make her feel at ease with him and then to feel attraction for him. He will appear "uncool" and her friends will let her know that he doesn't fit in with them and that she shouldn't date him.

5. Lacking in conversation skills

The art of conversation is referred to as such, because being able to have an interesting and engaging conversation with a woman (or anyone for that matter) is like creating a work of art. It's poetry in motion. You're literally painting a work of art sometimes or playing together like musicians and creating conversational music based on each other's input.

Conversation with a woman, when done right, should engage, create interest, cause suspense, create anticipation and ultimately sexual attraction. If a guy trying to attract a woman conducts an interview style conversation with her, simply asking her a series of personal questions, he will only succeed in making her feel uncomfortable and tense.

Alternatively, if he only talks about himself, complains about things or blames others (the

government, the rich people, the politicians) about his problems, she will be bored and may even feel offended.

At that point, she will not feel any attraction for him and will want to get away from him as soon as possible.

6. Using an approach that doesn't fit the situation

Some guys do all the wrong things when they are attracted to a woman. They will wait for the woman to make the first move, hoping that she will choose him. They might snub her during a conversation and hope that she will respond favorably to them.

Some may indeed choose to fully ignore her. Unfortunately, if the guy has not established a strong attraction between himself and the woman, all of these approaches (or lack thereof) will only serve to make her feel angry and she will probably be giving out her phone number or going home with someone else.

Start Paying Attention to Women in the Right Way

Getting a woman to like you and want to be with you doesn't come down to you ignoring her and hoping that she runs over to you and begs to be your girlfriend.

In the real world, you've simply got to spark a woman's feelings of attraction for you, connect with her and begin the process of making her falling in love with you.

These days, many women are open to having sex on the first night or first date, so don't make the mistake of acting like you're not interested in sex.

According to a study done in the USA, 55% of couples admitted to having sex on their first date. Another study in Europe found that 70% of women admitted to having experience a one night stand before.

So, rather than ignoring women or playing complicated mind games, just make her feel attracted, connect with her and guide her to kissing, sex and a relationship...

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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Dating After 50: What You Need to Know

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you're a man who is over 50 and attempting to date women, you might not realize the distinct advantages that you possess over younger guys.

A man of your age has had a lot of life experience and you really should be using that to feel confident in what you've got to offer women. Unlike a younger man who is still trying to work out who he is and what he should be doing with his life, you've likely past those stages and have become your true self as a man.

[image: Dating after 50 - advice for men]

So, from here, you need to have confidence in the overall value that a woman will gain (emotionally, mentally, financially, etc) by being with man like you. However, don't try to pitch it that way to women.

Women don't like it when a man tries to sell himself to her by listing off all of his great or beneficial qualities. Instead, what you need to do is trigger her feelings of sexual attraction for you.

When you've triggered a woman's feelings of sexual attraction, she then starts to look at everything else about you in a more positive light. Here's how it works...

As you will discover from the video above, it's possible for you to attract women who are a lot younger than you.

Most women (not all) are open to feeling attracted to different types of guys and if you can make a woman feel what she's hoping to feel with a guy, she will be much more open to dating and getting into a relationship with a man of your age.

Getting Past Your Age

I think it's fair to say that most people still consider dating to be something that young people do.

Despite the changes in our society, there still seems to be an unwritten law that once you've passed a certain age you're too old for dating. Yet, if you've reached that certain age and you're a single man looking for love, the fact is that you're going to find it in the same way that guys in their 20s and 30s do and that's dating.

Dating after 50 is no different to dating at any other age, because the principles of it remain the same.

After all, the whole idea of dating is to get to know the woman you're attracted to and to figure out whether she is someone that you're interested in being in a relationship with. However, with that said, the most common mistake that guys over 50 make when trying to woo a woman, is that they forget the all important element of sexual attraction.

Getting Back in to the Dating Scene

It's understandable that many men in their 50s, who find themselves returning to the dating scene

after decades of being in a relationship, start off feeling a bit insecure and unsure of themselves. If this is you, I can help you.

Insecurity and lack of confidence in your attractiveness and value to women at any age is a barrier to success with women, but the good news is that any man can overcome that at any stage in their life and irrespective of age. All a guy needs is a willingness to learn.

“But, I Don’t Have My Youthful Looks...”

Something a lot of guys in their 50s say to me is, *“Dan, how am I supposed to attract a new woman into my life now that I’ve no longer got my youthful appearance? Surely, most women aren’t going to be interested in an old fella like me.”*

What such men don’t realise is that I also get comments from guys half their age saying, *“How am I going to attract a woman without movie star good looks?”*

Isn’t it all about being tall, dark and handsome? I answer everyone in the same way *“a man’s looks have very little to do with how attractive he is.”*

The notion that attractiveness is the way you look, the way you style your hair, the clothes you wear or even the car you drive is nonsense, but it’s the nonsense that is shoved in our faces day in and day out through TV, magazine and billboard advertising campaigns.

They want you to think that way because it makes you buy their cars, deodorants, colognes and expensive clothing.

You know the sort of thing I mean – wear a certain brand of deodorant and you’ll be irresistible to women, wear a certain brand of watch and you’ll become a distinguished gentleman in a woman’s eyes, wear a certain designer label and you’ll have soccer star status, etc.

Yet, when you go and buy those things, women still aren’t going to be interested unless you have the confidence and belief in yourself as a man to back it up.

A watch isn’t going to get you laid and a hairstyle isn’t going to make women say, *“Wow, now THAT is what I’ve been looking for! The way you’ve styled your hair is perfect! Let’s have sex!”*

In the real world (not the TV commercial world), women are attracted to confident men; they don’t buy into the false world of advertising attractiveness, so why should you? The sooner you let go of the idea that your not-so-good-looks are holding you back, the sooner you can get on with discovering what women really find attractive in a man.

Focussing on what you don’t have gets you nowhere, but focussing on what you do have gets you moving towards having whatever you want. Women love a man who believes in himself because he decides to believe in himself for deeper reasons.

Having temporary confidence over a new shirt you’ve just bought at a designer shop isn’t going to last very long at all. In fact, if you’re going around basing your confidence on superficial things like that, women will see right through it.

Some will even challenge you on the spot by playing hard to get, making it difficult for you to keep the conversation going and so on, so they can check to see how confident you really are. When they see that it’s just a front, boom it’s over.

You Deserve to Be Confident After 50

At this point in your life, you've no doubt experienced a lot and have done many good or even great things in your life.

You're also probably not too bad in the bedroom either.

Those and countless other things should be your reason for feeling confident.

Allow yourself to have that confidence, because when you do, women will love you for it. Dating after 50 is easy for guys who believe in themselves and know that their experience with manhood and their ability to *be the man* is like a drug to women of all ages.

If you don't have a lot of confidence or are lacking in the masculinity department (mental and emotional masculinity), let me help you out. I've heard back from 100s of men over 50 who are now sleeping with women in their 20s and 30s, as well as men who've found a beautiful new woman to share the rest of their life with.

Don't Believe the Lies from TV Advertising Campaigns

There's nothing that advertising campaigns like to do more than appeal to a man's insecurities surrounding his age.

Think about it; they show the *sad* grey-haired man and then the *happy* man with newly dyed youthful-looking hair. He dyes his hair and then he gets the girl. Yet, in the real world, the many women I've spoken to about men dying their hair have said the same sorts of things, *It looks silly. You can tell that the guy is insecure and is trying to be something he's not.*

As I've already said in this article, all women love men who believe in themselves for deeper reasons. Being a girl and dying to hair to *look young* is not cool and it's not attractive. If anything, it actually makes you look like a guy who secretly isn't into girls, if you catch my drift.

Hopefully you're one of the smarter men who isn't being tricked into thinking that women want you to look radiant and youthful. Hopefully you realize that men actually become more attractive to women as they age, as long as (and I repeat, as long as) the guy retains and builds on his confidence, continues to push forward in life and beyond what he has already achieved.

If you're wanting to get a date after 50, but you're lacking confidence and going nowhere in life, don't expect women of any age to be lining up to be with you.

Most women, whether they're 25 or 55, are instinctively attracted to the same characteristics in a man. What women really want is to be with a man who knows how to make them feel like a woman and who is able to consistently *be the man* around her and in life, and that's it.

Yes, some women are picky about looks, but many women are more flexible with what they will find attractive in a guy than most men realize.

So get over that imaginary hurdle and stop thinking that a wrinkle cream or hair dye will get you a hot lady. Stop thinking that all you need to do is spend all of your money on a sports car and THEN you'll get the girl. Just believe in yourself, be a man and make women feel like women.

As you will discover from the video above, the real reason why a lot of good men fail with women is that they simply don't know how to attract women.

When you interact with a woman, she is only going to look at you as a potential lover, boyfriend or husband if you can make her feel sexually attracted to you.

The more sexual attraction you are able to make women feel by way of your personality, confidence, vibe, body language, behavior and attitude, the more options you will have with women. It's as simple as that.

“But, Iâ€¢ve Got Baggage...”

Of course you do; you're 50!

Itâ€¢s no surprise that a man in his 50s might be carrying a little more â€¢baggageâ€¢ with him than a man in his 20s. It's totally normal, expected and nothing to worry about at all.

For instance: Maybe heâ€¢s got kids, maybe heâ€¢s got six dogs, three cats and a goldfish, but is any of that an issue? It will be an issue only if he chooses to see it in a negative way.

Sure, you might have different sets of responsibilities by the time you reach your 50s compared to a guy in his 20s, but you donâ€¢t need to consider it â€¢baggage,â€¢ itâ€¢s simply part of who you are.

There's nothing wrong with you having a past with other women, or having a dog that you love or having your children come and stay with you on weekends. Women are attracted to men who know who they are; men who have established their own set of values in life and men who have the strength of character to stand by those values and always be true to themselves.

Knowing who you are and knowing what you want from life makes you an attractive man at any age. To get over this particular hurdle regarding dating after 50, all that you need to do is realise that most women (not all) are interested in â€¢whoâ€¢ you are, not â€¢whatâ€¢ you are.

“But, Iâ€¢m Set in My Ways...”

If you want help and advice about dating after 50 because youâ€¢ve realized that the world has changed since you were last on the dating scene, you need to be prepared to learn from current experts in the field.

Trying to use advice that was applicable 40 years ago is only going to cause you trouble because, believe me, things really have changed. To master the modern dating scene, you need to be open to learning and that means being open to change. If you're too set in your ways and you're not open to change, things are going to stay exactly as they are.

Donâ€¢t make the mistake of getting locked into thoughts of, *â€¢Well I am what I am, so itâ€¢s too late to change anything now.â€¢* Success with women is all about taking steps to become the best version of yourself itâ€¢s possible to be, so you can attract a quality woman and keep that woman (if you want to!).

Donâ€¢t settle for second best or worse â€¢nothing at all. You deserve to be happy and have a beautiful woman to share your life with, or if you prefer, many beautiful women to share your bed with.

If you're dating after 50 and are looking for advice, then let me help you. I'll show you the way to quickly having your choice of beautiful women...and you don't need to change a thing about your

physical appearance to make that happen.

Ready to begin?

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How Do You Ask a Girl Out?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you want to ask a girl out, you should first ensure that she feels attracted to you.

For example: If you've been nice to her, been friendly and polite, then she's probably not going to be feeling much attraction for you yet.

However, if you have been displaying the personality traits and behaviors that naturally attract women (e.g. confidence, charisma, humor, masculine vibe, flirting, etc), then she will likely be feeling a lot of attraction for you and hoping that you ask her out.

Do you know how to make a girl feel attracted to you? Watch this video to understand how it works...

As you will discover from the video above, you can attract a girl in many different ways. As long as she is feel enough attraction for you before you ask her out, she will almost certainly say yes.

If she says no, then she's almost certainly just doing that to test your confidence (i.e. you will now become nervous and doubt yourself around her?) and check to see how sincere your interest is in her.

Asking Her Out Before She is Attracted

When guys ask me, *How do you ask a girl out?* it's often about a girl that they like who seems interested in a friendship, but they aren't sure if she's interested in anything else.

Guys often make the mistake of skipping the step of sexual attraction and trying to ask a girl out simply based on nice, friendly interaction. Yet, this leads to rejection in most cases because niceness isn't what turns a girl on.

Watch this video to understand why...

As you will discover by watching the video above, there's nothing wrong with being nice to this girl you like. However, if you want her to say, "YES!" to you asking her out, you'd better make sure that she feels sexually attracted to you first.

Asking a girl out who doesn't yet feel enough attraction for you, usually makes her play hard to get. She knows that you like her more than she likes you, so it gives her a sense of having some kind of power over you and a girl will usually take advantage of that power while she's got it.

For example: She will get you to buy her things, give her lots of compliments, listen to her complaining about other guys, do favors for her, etc. Yet, none of those things will make her feel sexually attracted to you.

In fact, the more of her crap that you put up with, the more respect she will lose for you as a guy. There's nothing wrong with paying for a meal if you and her eat together, giving her a compliment or doing her a favor, but if you're doing that to hopefully get her to "like" you enough to give you a chance, then you're doing it wrong.

Make Her Do the Asking

Guys who know how to make women feel a lot of attraction for them, rarely ask women out on dates. Why? Women usually ask them out or try to arrange a time to “hang out” or “catch up” with the guy, so one thing can lead to another.

So, what is the secret that those guys are in on?

It's simple.

They make a girl feel a lot of attraction, but then let her see (via his body language, behavior, vibe and conversation style) that he's still not sure whether or not she is good enough for him. This is called being a “challenge” and women love it.

Here's why...

As you will discover from the video above, if a woman is attractive, then she will be bored of guys instantly wanting her just because she looks good. If she's had some experience with guys already, then she's going to wish that a guy could be more of a challenge for her to win over.

When you are the challenge that women wish they could find, it's no longer is it about you trying to get girls; instead, it becomes a case you choosing which girls you will allow to be your girlfriend.

When a guy learns how to make himself irresistible to girls like this, he not only gets girls competing with one another to secure themselves a date with him, he gets girls jumping all over him to make it obvious that they want him to choose her; they want to make sure that he notices their interest in becoming his girlfriend before he chooses another girl.

So, don't waste your time searching the internet for âtop tips on asking a girl out because they're usually not going to work and will only make your dating life one full of rejection, heartache and misery.

Asking girls out is only a good idea if you've already made her feel a lot of attraction for you. It's fine to do it that way, but believe me – it's a lot of fun when you have the power to get women to ask you out.

Getting to choose from many different girls who are interested in you means that you get to choose the hottest girl of the bunch, which is much better than settling for an average girl that you're going to get bored of very quickly.

You have to remember: If you ask a girl out and she's not very attracted to you, she will most-likely reject you or at the very least, play hard to get for months or even years.

In the meantime, another guy can just come along, get her super attracted, make her want to be chosen by him, choose her and then enjoy sex and a relationship with her.

[image: Being the nice friend who gets left behind]

So, don't follow the path that you see guys in the movies acting out where they act like a friend, be really sweet to the girl and then get her in the end.

If you want to be successful with girls in the real world, don't believe the happy little fantasy world that you see in movies, where the fumbling, nervous nice guy gets the girl in the end. In the real world, you've got to be confident and you've got to get girls wishing they could be your girlfriend. When you do that, you're life is basically awesome from then on.

Being the Guy She Wishes She Could Have

What do certain guys have got that makes women fall over themselves to secure a date with them?

They've got self-confidence, they know who they are, they believe in themselves and they're relaxed just being themselves because of it. If they are really good with women, then they'll also have a charismatic charm and an ability to make everyone they meet — men and women — feel good about themselves.

As a result of those traits, they will naturally be respected by others because they can be relied upon to always be strong, to be true to themselves and to look out for those they care about.

Girls recognise these traits in a guy and they can't stop themselves from feeling sexually attracted to him. He is displaying all of the characteristics that make him a — good catch, — so girls can't help but want to be the one to secure him into a relationship.

Don't Be Afraid to Be Choosy

Guys who are hopeless with women are usually afraid to be choosy because they fear upsetting less attractive women. They don't want to be seen as being selfish and only wanting a beautiful woman, so they will accept pretty much any woman who shows them interest.

However, if you want girls to start asking you out and hoping that you say yes, you've got to be choosy. It's not selfish. You're simply being an alpha male who goes after what he wants in life and expects nothing less than the best for himself.

Guys like that (you might have met some of them throughout your life) are usually respected and admired by others. Guys look up to them and girls want to be chosen by them.

Alpha males don't need to ask girls out because by simply being the man when other guys are too afraid to be, girls will compete with each other to be the one he chooses. An alpha male has the confidence to approach girls (lots of girls), he has the confidence to engage the girls he meets in interesting conversations and his relaxed self-confidence makes him a fun guy to be around.

This marks him out as a guy who has his pick of girls and the girls around him know it and love it. Girls love the thrill of the chase and when they realize that other girls like him and he can have his choice, they become excited at the chance of scoring themselves a hot guy. Yes, no matter what he looks like, girls will consider a guy to be — hot — and — sexy — if many other girls want to be with him.

If you approach a girl and ask her out (hoping she will choose you for being so cute and nice like a character from a romantic comedy movie), you deny her the thrill of the chase.

At this point, some guys might feel a bit confused and ask, *“...but, Dan, I don't get it. Surely if I ask her out I'm letting her know that I choose her, right? Isn't that what she wants? Isn't it good to let her know that I like her by asking her out on a date?”* No! What she wants is to be chosen by a man that all women want to be chosen by.

She wants to feel that primal sexual attraction. Guys who are awesome with women will make women so attracted to them that she just can't stop herself from suggesting they exchange phone numbers or catch up for a drink, coffee, etc.

However, when a woman doesn't ask him out, he will simply tell her to give her phone number to him or meet up with him. It's no big deal if he has to ask the girl out because either way, he's going to have sex with her and try out a relationship with her.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Do Women Like to Be Dominated?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Being dominant over a woman doesn't mean that you should be overly aggressive with her. Women do like being dominated, but not in the way that many guys mistakenly assume.

When guys ask me, *“Do women like to be dominated?”* it's often because they're somewhat confused by the mixed messages they get from TV commercials, movies and even from women themselves.

On one hand, there seems to be a clear “girl power” message these days that says women want to be treated as equals in every way and would be shocked, angry and insulted if a man tried to dominate them. Yet, and on the other hand, there's also a different kind of message emanating from the belief that women prefer “bad boys” and guys who “treat them mean to keep them keen.” So which is it: Do women like to be in “power” or do women like to be dominated?

The Truth

[image: Do women like tough men who dominate them?]

Women do like to be dominated by men, but it's not in the way that most guys think.

Women aren't desperately looking for a man who will push her around, be selfish, be overly forceful, etc. Instead, being dominant comes down to simply being the stronger one (mentally and emotionally) in the interaction, on the date, during sex and in the relationship.

If a woman feels like she can dominate you and push you around in most ways, then she won't be able to feel girly around you and truly surrender to you during sex. Instead, she is going to feel like she is mistakenly allowing a weak man to penetrate her, which is not a turn on at all.

Women are turned off by weak men (mental and emotional weakness) because they don't want to get pregnant to a weak man and have to carry and protect him and the child throughout life. A woman's natural instinct is to find a man who she can feel safe with.

That doesn't mean finding a man who is extremely dominant or forceful or who goes around beating up guys who look at her, like some guys assume. Instead, it means that she wants a man that will be strong for her throughout life. She wants a man who will be a consistent, pillar of strength in her world as they embark on the journey of life together.

Different Environments Require Different Styles of Dominance

[image: Dominant man who is also loving]

Now, just because women like men to be more dominant (or stronger than them mentally and emotionally), it doesn't mean you should begin trying to boss everyone and every woman around, no matter what the circumstance is.

When I was moving up the ladder in the corporate world, I quickly realized that while women loved

men who were assertive and fairly dominant in the bedroom, it didn't mean that they wanted to be pushed around in the workplace.

In the workplace, a woman wants to be respected and to be treated as an equal, but being respectful towards her doesn't mean that you hand over your power and let her run the show.

It just means that you don't treat her like a girl or flirt with her in a sexual way and expect her to behave all girly and submissive around you, like she would in a different environment (e.g. a bar, in the bedroom, etc).

When I eventually reached a very high position of leadership in a company that had over 1,000 employees, my boss was actually a woman. She was an awesome leader and I learnt so much about leadership from her. Now, although she was a bit of a girly girl outside of work, it didn't mean that I could openly flirt with her and get her to behave that way in front of others.

Behind closed doors, she was happy to have a bit of a flirt and laugh with me, but as long as it didn't cross the line where she began to feel as though I was trying to use my ability to dominate her in that way to gain dominance over her in the workplace.

I still had to respect her position in the company and allow her to be the boss in the situation.

Now, that doesn't make me weak by allowing a woman to be the more dominant one in a work situation; it's just the dynamic of working with women who are in positions of leadership. If I'd met her outside of the office, say in a bar for example, she would have felt excited and lucky to meet a guy like me who was and would remain in the position of dominance the entire time.

No doubt, her and I would have ended up having sex that night. I know that because I met many women like her and they are extremely easy to have sex with, because they rarely meet guys who feel stronger than them, mentally and emotionally.

The majority of guys will crumble under the pressure of a woman playing hard to get, rather than maintaining confidence in themselves and knowing that they are more than good enough.

How can a guy do that? Part of the secret is to be more of a challenge for women to win over...

Sexual Dominance

[image: Sexual dominance]

When it comes to sex, women do like to be dominated, but they will only happily accept it from a man they feel deserves to have that level of power over them.

For example: A lot of guys who've let their woman have all the power in a relationship end up asking me, *"Dan, why isn't my girlfriend/wife interested in sex anymore?"* and they'll often say something like, *"She doesn't let me have sex with her anymore."*

Did you notice the key term there? The guy is seeing sex as something that she needs to LET him have. When the right dynamic is in place in a male/female relationship, it will be the man who allows his woman to have some sex.

She will be wanting it from him and he will decide how much she gets to have. She will be wanting to give him oral sex and please him, because it will feel right to her to put herself in the submissive position. However, if she has too much power over him and doesn't respect him as a man, it won't

feel right for her to get down on her knees and give him oral sex.

Essentially, what a guy needs to do is understand what really attracts women. If you're not exactly sure what women want, I recommend that you don't waste your life guessing and potentially getting rejected or dumped because you still haven't figured it out.

If you want to know how a woman's attraction for a man really works, watch this video...

As you will discover from the video above, women can feel attracted and turned by a guy for many different reasons. While it's true that women like to be dominated during sex, that does not mean they ALWAYS want to be dominated.

In my opinion, overly dominant behavior should only happen 20% of the time and the remaining 80% should be a mix of loving, intimate sex. Some women are exceptions and prefer dominant sex 80% of the time, but generally speaking, being very dominant 20% of the time is more than enough for most women.

Strong Man vs. Weak Man

I often have guys asking me things like, *â€œDan, do women like to be dominated?â€œ* or *â€œHow dominant do I have to be to make women respect me?â€œ*

In many cases, such guys have been told by friends, family, co-workers or even an ex-girlfriend (or wife) that they need to *â€œman upâ€œ* in some way or another. In a recent comment, a guy explained to me how his ex-girlfriend had dumped him because he wasn't *â€œman enoughâ€œ* for her in the relationship.

He wanted to know what she meant by that and whether it meant he was going to have to hit the gym or start bossing her around and being more forceful with her. His mistaken belief that *â€œmanning upâ€œ* is all about bulking up with bigger muscles and becoming physically stronger is a common one, just like the belief that being manly means being overly dominant all the time.

However, those are not accurate definitions of what it means to be a man. What his ex-girlfriend wants and what all women want, is to be in a relationship with a *â€œstrongâ€œ* man, but it's not physical strength that matters, it's mental and emotional strength.

If you are what women refer to as a real man, then you are going to have a lot of mental and emotional strength. No matter what situation you're faced with, you're going to remain strong. You're not going to become insecure or crumble emotionally.

Instead, you will stand strong, do what is needed and push on to success. Life is challenging at times and as such, women are naturally attracted to men with strong alpha male characteristics such as mental and emotional strength.

These are qualities that make him a man who naturally leads the way in a relationship and pushes forward in life with strength, allowing her to relax into feeling like a woman. With a strong man, a woman can relax into his masculine direction and spend her time supporting him in whatever way she wants, because she believes that, in the end, he will succeed.

He will follow through on his promises and stop at nothing to achieve what he wants in life. On the other hand, with a *â€œweak manâ€œ* a woman feels as though she has to take care of him, plan for their future and be the strong one when life gets challenging.

So, when it comes to the question of, *â€œDo women like to be dominated?â€œ* just remember that

the most important thing to a woman is that you are stronger than her.

She is happy for you to be the more dominant one and will trust you and relax into your masculine direction for life, if you can consistently be a strong man. However, if you are weak, unstable and insecure, she is not going to allow you to dominate her. It will feel wrong to allow a weak man to have any sort of control or influence over her.

Do You Have to Be Selfish or Mean to Be Dominant and Strong?

[image: How much dominance will a woman put up with?]

No.

A lot of guys who are unsuccessful with women consider themselves to be â€œnice guys.â€œ

Often, they'll look on at confident guys who go after what they want in life as being selfish and mean compared to how nice they are.

A nice guy like that may think, *â€œI'm nicer than those guys. They are selfish, self-centered pricks while I am loving, caring and considerate of everyone. If someone else succeeds instead of me, that is fine. As long as I am nice, I don't care. I know that by being nice, I am doing the right thing. The world can go and get f**ked...I know that I'm doing the right thing by being nice.â€œ*

[image: Fuck you bitch. I'm a nice guy]

Lol, something like that anyway. You get the picture.

The point I'm making here is that â€œnice guysâ€œ will sometimes try to rationalize their lack of success with women (and in life) as being the fault of others.

â€œIf only people knew how nice and kind I was, they'd let me be successful.â€œ

Instead of realizing that life is a challenging place and, in most cases, only the strong-willed and persistent achieve true success in whatever they are trying to achieve, a typical guy who is failing with women will believe that success with women should be granted to him because he is so nice and has good intentions. However, as you may know, life just doesn't work that way.

Life isn't all sweet, nice and perfect every day. Sometimes, you get thrown a curveball and it takes balls, not niceness to get past that and push onto success. Women instinctively know that niceness isn't enough to get through the most challenging situations or threats during life, so that is why it's not the most attractive thing about a guy.

Niceness is good, but it's not what turns a woman on and makes her instincts kick in and effectively tell her, "This guy is strong. He's a survivor. He can handle any challenge that life throws his way."

There's nothing wrong with being nice to a woman, but a guy can't expect his niceness to be enough for a woman. Here's why...

When the typical nice guy is running through all the frustrations in his head about his lack of success with women, he will often begin to look on at confident, alpha males as being mean and selfish because they just take whatever women they want.

He'll see them being dominant in situations with other people and will notice that the women like it and he'll then become even more frustrated.

â□□ *Why can't women see that I am nice? I am a good guy, but they just don't like me! They like that jerk over there who thinks he's so damn cool, but he's not â□□ he's a wanker!*â□□ What guys like this fail to realize is that women DO want a good guy, but he has to be STRONG as well.

By strong, I mean mentally and emotionally strong, not physically strong. Confidence rather than insecurity, decisive rather than indecisive, assertive rather than passive.

Women would prefer not to hook up with jerks, assholes and bad boys, but if they are no confident good guys available, they'd rather go for a jerk that settle for an emotionally sensitive nice guy who they could dominate and push around.

A woman wants to feel like a woman, which means she wants to be with a man who is mentally and emotionally stronger than her. A man who can take care of her in every way, no matter how challenging life gets. She doesn't want a man who will crumble and look to her for support when life throws them a curveball.

She will help out, but she wants the man to be the stronger one.

This is what women mean by â□□manning upâ□□ and when you understand that, you will understand the answer to the question of, *â□□Do women like to be dominated?*â□□ Yes, women do like to be dominated, but not in a way where the man pushes her around and forces her to do things against her will.

A woman is looking for a man who has what it takes to naturally take the lead in the relationship and in every interaction (including sexual) they have together. You don't have to become Mr. Dominant or Mr. Perfect to achieve that.

Instead, you've just got to know how to be an emotionally strong man who can lead the way and allow a woman to relax because she knows that you've got her back and will lead the way to a better life for you and her.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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Why Do I Get Nervous When I Talk to Women I Like?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The reason why you feel nervous when talking to a woman you like is that you are thinking in a way that creates a feeling of nervousness.

An alpha male thinks in a way that creates a feeling of confidence for himself, whereas you fill your head with all sorts of doubts and worries and then feel nervous as a result.

The type of thinking that will make you nervous:

"She probably doesn't like me. I will run out of things to say. She's too good for me. I look nervous. She is cooler than me. She's out of my league."

The type of thinking that will temporarily allow you to feel confident:

"I always see beautiful women with ugly, short, overweight, skinny and ordinary looking guys. I'm a good, decent guy and I deserve a quality woman. Women feel attraction to a guy's confidence, so the more confident I allow myself to be while talking to her, the more naturally attracted she will be. This girl will probably want to have sex with me or be my girlfriend if we keep talking. I'm just going to continue allowing myself to feel confident and see where it goes."

How a confident, alpha male thinks:

"She likes me. She wishes she could have sex with me or be my girlfriend. This is so easy."

Women Are Looking For Sex, Love and Relationships Too...it's Not Just You Who Wants it

[image: Women want to get some action too]

Personally speaking, I know that women are just as keen to meet a guy as we are to meet a woman.

So, when I talk to a woman, I know that she is secretly happy about having the chance to potentially meet a new lover or boyfriend. She may act as though it's not a big deal for her, but inside she is excited and curious to get to know you and see where it goes.

As you may know, women don't go around approaching men (it is our role to approach them), so when you approach, it is her opportunity to potentially meet a guy for sex or a relationship. She knows that and she is happy that she has another opportunity to hopefully meet a confident guy who is compatible with her.

I also know that women are attracted to the strength in men and turned off by the weakness. So, when I talk to a woman, I know that she will naturally and automatically feel attraction for me based on my confidence. I worked out the secrets to confidence many years ago and haven't felt nervous around a woman since.

Confusing Movies and TV with Actual Reality

When growing up, if a guy doesn't have a great male role model to teach him how to be confident around women, he will often turn to what he assumes is the next best authority on understanding

women and the media.

Guys like this assume that what women say or do in magazines, on TV sitcoms or in the movies is how they behave, think and act in the real world. For example: He might believe that women are difficult to approach and may slap or tip a drink over his head if he approaches, because that is what happens on TV and in the movies.

Why does it happen on TV in the movies? It's entertainment! It gets people laughing (not me, I think it's stupid). If TV sitcoms and the movies just showed everything going perfectly well for everyone all the time, people would get bored of watching it, true?

To make it entertaining to watch, women in the movies and on TV are usually very emotional, stuck up, aggressive, weird or mean and bitchy. They play hard to get and make it almost impossible for guys to pick them up. The male characters (usually a loveable loser type character) do all sorts of amazing things to try and impress the woman and hopefully get her to like him.

He saves the day, saves the world or saves the girl and THEN the girl likes him. After watching a lot of TV, Hollywood movies and music videos, many guys begin to confuse what they see on TV and in the movies with real life. They don't realize that **most women** are really nice people and will be very friendly and open if a guy approaches in a confident, easy-going way.

Why Else Do Guys Feel Nervous When Talking to Women They Like?

Guys who ask me, *and Dan, why do I get nervous when I talk to women I like?* are always (not sometimes) those who have been thinking, behaving and acting like a lower-ranking male, instead of embracing their masculinity and being a strong alpha male. If you think like a lower-ranking male, you will naturally feel nervous.

It's just the way it goes.

If you want to be confident, you have to change your thinking. If you are afraid to be alpha because you think it's about being a bad boy, then think again. You don't have to be bad to be alpha, you just have to be strong (mentally and emotionally).

Here are some classic problems that guys experience, which then lead to feeling nervous when talking to women they like:

1. Lacking confidence in their sex appeal to women

When a guy feels unworthy of the woman he approaches, he will naturally begin to feel nervous around her. He'll be worrying about making a mistake, assuming that she doesn't like him and will be hoping to impress her and maybe get lucky.

Women sense his mental and emotional weakness and reject him. Why? Women are attracted to the strength in men and turned off by the weakness.

The secret to overcome this lack of confidence is to improve your ability to trigger feelings of sexual attraction inside of a woman. When you are able to actively attract women, you will instantly begin to see that they like you and are interested in you.

When you see that you're able to easily attract women, then there's nothing to be nervous about anymore because you know that you can get most women to like you very quickly. Here's how it

works...

2. Fearing rejection

An alpha male knows that women will naturally feel attraction for him, so doesn't fear being rejected when he approaches. A lower ranking male fears rejection because he knows that most women don't feel attraction for him. He knows that if he approaches, he will be rejected almost every time.

3. Waiting for the woman to make the first move

[image: Approachable women]

Sometimes, women will make it very obvious that they like a guy and will be very open and approachable (e.g. like in the photo above).

However, 99% of the time, they don't want to make it too easy for guys to approach them. Why? If they were always open and available, nervous, self-doubting guys would feel confident enough to approach them.

Why don't women want that?

Think about it...

What would women do to the strength of humanity if they rewarded a guy's self-doubt and nervousness with sex, love and devotion? After a few generations, the human race would likely become very scared and wimpy, or women would become like men.

That's not going to happen.

Women are instinctively programmed to breed strength, courage and confidence into the human race via men, while we men are programmed to breed healthy and beauty into it via woman. Women aren't going to go against nature and start waving over nervous guys by saying, "Hey, don't be afraid. Come and talk to me!"

Sure, some women will do that to play around with a guy and make fun of him in front of her friends. Some women may also do it if they are drunk. However, when the woman senses that the guy is nervous and self-doubting, she is going to feel instinctively turned off by him.

The fact is, most women like to be approached by a guy first because they want to see that he has the confidence to do it. Some very good-looking guys will get approached by women at times, but women will lose interest if they discover that the guy isn't confident.

Other than approaching really handsome men or famous guys, women rarely approach. If you want to have your choice with women, you have to be confident enough to walk over and attract women with your confidence and personality.

4. Being completely sold on a woman immediately

Instead of using the approach that women wish that a guy would use (i.e. gradually decide whether he likes a girl or not based on her behavior, personality and looks), guys (who get nervous when talking to women they like) tend to immediately decide that they want the girl as a girlfriend before she has proven herself to be a compatible woman.

When talking to him, the woman picks up on his eagerness and notices that he is already "sold" on her. She gets the sense that he feels lucky to be talking to her. What guys like this don't realize is that women want to feel lucky to be with the guy, not feel as though they are doing the guy a favor by being with him.

If you get excited and feel like she is “the one” before talking to her or during the first few minutes of conversation, then you will likely feel nervous and worry about stuffing up the interaction.

The secret is to be more of a challenge and make her work a little to impress you. Here’s how it works...

5. Being unable to keep a conversation going or keep it interesting

One of the keys to success with a woman is being able to engage her in an enjoyable conversation that has a sexual vibe running through it the entire time.

If the conversation goes well and the woman feels sexually attracted to you, she will naturally be open to taking things further with you. However, if the conversation is boring and doesn’t make her feel the types of emotions that she wants to feel when interacting with a possible lover or boyfriend, it’s only natural that she won’t be interested in taking things further.

6. Feeling intimidated by attractive women

Some guys think that showing a woman how nervous or intimidated he is around her, will somehow impress her and make her feel flattered. Yet, women are turned off (sexually) by men who are afraid of them.

A woman might string a guy like that along (even into a relationship for a while), but she will leave him in a second if she meets a real man.

Letting Go of Your Nervousness to Become Confident Enough to Approach and Attract Women

Nervousness and anxiety are both created within your own mind. You feel nervous and anxious around women as a result of the way you think.

An alpha male feels confident, relaxed and in control around women because of the way he thinks. Confidence isn’t something that you’re born with, it is something that you create throughout your life.

If you’re the sort of guy who gets nervous when talking to women you like, you need to let go of your nervousness by getting used to thinking in a more confident way.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Do Women Care if You're Bald?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Yes and no.

Women might go around saying that they don't like a guy with a bald head, but that doesn't mean they couldn't feel attracted to him, fall in love with him or even marry him.

[image: Do women care if you're bald?]

From now on, you will notice that there is usually a big difference between what people SAY and what they actually DO when it comes to sexual selection.

For example: A guy might go around saying that he wants a nice, intelligent woman with good family values, but he secretly masturbates to the sluts and whores in porn every week. While masturbating, he will feel attraction and may even want to be in a relationship with the woman.

[image: Man looking at porn. Men are mostly attracted to the physical appearance of women]

If he goes to a strip club, he will likely fall in love with one or more of the women there even though the woman might not be nice, intelligent or have good family values.

She might be a total slut, untrustworthy, dumb and an annoying bitch, but the attraction she is making him feel is allowing him to consider dropping the requirements he thought a woman had to meet to be his girl.

Likewise, a woman might go around saying that she wants a good looking man with a full head of hair, but that doesn't mean she can't feel attraction to other guys for other reasons.

Do You Think That You've Been Getting Rejected Because You're Bald?

From now on, you will notice that guys make up all sorts of excuses for their lack of success with women. However, the reason why they fail with women is explained in this video...

As you will discover from the video above, most women (not all) place a lot less importance on minor things like baldness or weight when it comes to a guy. The most important thing for most women is how much sexual attraction you're able to make her feel with your personality, confidence, vibe and overall style of interacting with her.

In other words, does she feel turned on and excited when talking to you, or does she feel like you're just a gentle, nice guy who makes her feel like more of a friend or sister?

What Are Women Attracted to About Men?

The one thing that most of us guys have in common is a desire to have sex with beautiful women. True? Yet, most guys never get to experience the excitement and pleasure of having their choice with women.

Why?

They've been sucked into believing that it's all about looks, having a full head of hair or being rich or tall. So, when he meets a beautiful woman he assumes that she wouldn't like a guy like him.

Yet, the fact is that women can be attracted to you in so many different ways. A woman's attraction for a man is not the same as a man's attraction for a woman. For us men it is very simple: Does she look good or not? For women, it's much more complicated.

Yes, there are some women who will not accept a guy who is bald and will only have sex with or marry a guy with a full head of hair, but really – the majority of women aren't that shallow.

If you're able to make a woman feel a lot of attraction for you for other reasons (e.g. you're confident, charismatic, charming, funny, etc), then she will actually come to like the fact that you're bald. She will like it because it's a part of you and you are the guy who is making her feel so good.

If Baldness is a Turn Off, Why Do So Many Bald Guys Have a Girlfriend or Wife?

At some point in their life, pretty much every guy will ask himself, *â€œDo women care if you're bald?â€* because they have been fooled into thinking that to be attractive to women, you have to be good-looking or young-looking.

Yet, if that was true, why do all those bald, fat, ugly, scrubby or short guys have a beautiful girlfriend or wife? Why? It's because women are attracted to different things in men. Women care much less about a guy's appearance and much more about his personality, confidence and emotional strength.

In today's world, the biggest mistake guys make is in thinking that their physical appearance is the most important thing to women, because the ads on TV tell them to look good, dye their hair and wear nice clothes for women.

Guys also overhear women talking about men looking good, because women can't talk about what they really find attractive about men.

Why?

If a woman talked about what she found most attractive in a man, she would usually be treated with less respect by others. For example: Women love guys who have the confidence and emotional masculinity to lead them, dominate them and make them feel girly.

Yet, if they admitted that, guys would think it was a free pass to push her around or disrespect her. So, she has to talk about superficial things like, *â€œOh, he's handsome. I like handsome menâ€*

The Pretty Little Peacock

[image: Peacock mating dance]

In the peacock bird species, the male attracts a female by being as pretty and colorful as he can. That works for birds, but being a pretty, youthful looking guy doesn't apply to the human mating dance.

In the human mating dance, it is the woman who needs to make herself look young and pretty. That is why you see bald, fat, short, scrubby and even ugly men with beautiful women. Those men have attracted the women in OTHER ways, all of which I teach here at The Modern Man.

Attracting women in other ways is the most exciting, rewarding thing that you will ever learn to do as a man.

When you know what I know about attracting women, you instantly get to have your choice of women.

No longer are you thinking, *“Do I need to regrow my hair to be attractive to women?”* or *“Will women like me if I go even balder?”* Instead, you will be thinking, *“Which of the 5 women who want to be my girlfriend will I allow to have sex with me this week?”*

New guys are finding my website every day and beginning to use my techniques to achieve those kinds of results. [Check out the success stories here](#) if you think it might be impossible for you to do. Believe me, it's so easy to do that it's strange that we men have only recently discovered how to do it.

Back to the peacock...

In their desire to attract a beautiful woman, many guys will undergo numerous physical transformations to present themselves as a pretty little peacock for women. *“Look at me in my nice new shirt!”* or *“Heyyyy, smell my new cologne? NOW do you like me?”* or *“Check out my muscles...now do you like me?”*

[image: Movie star muscle]

From left: Dwayne Johnson, Hulk Hogan, Sylvester Stallone and Arnold Schwarzenegger.

Thanks to the steroid celebrities such as Arnold Schwarzenegger and Sylvester Stallone, many men have been sucked into thinking that big muscles are required to get the girl. So, they spend years working out in the gym only to discover that they still suck with women.

[image: Why do women like guys with muscles?]

When it comes to hair, many guys have been sucked into thinking that dying their gray hair into a dark or attention-grabbing color will get them the girl, because that's what happens on the TV commercials.

Yet, no matter how much effort they put into getting rid of those *“nasty gray hairs”* women still aren't interested. Personally speaking, many women have told me that when they notice that a guy has dyed his gray hairs, they immediately know that he is insecure about his appearance. In case you didn't know, insecurity is not attractive to women!

Some women even laugh and say, *“He's probably gay...his hair is dyed...so creepy.”* Yet, the guy has been sucked in by the stupid TV commercial and by other confused men online saying that having color to your hair is essential for attracting women. It's ridiculous.

Big Muscles, But Still Nervous Around Women

Have you ever seen a guy with big muscles who just stands there in a bar looking at women, but doesn't have the confidence to approach? It's so common. Over the years, 100s of guys have told me, *“Dan, when I first started working out and building muscle, it gave me a great confidence boost. Yet, now that confidence is gone. Why? How do I get it back?”*

What these guys don't realize is that confidence is something that you need to build on over time through the proper use of mindsets. Getting a new shirt, a new car or building muscle might give you

a temporary boost of confidence, but it's not actually how to BUILD and MAINTAIN confidence as a man.

Confused by what they are seeing on TV, many modern men have bought into the pretty peacock myth and are trying to make themselves look good to women, instead of focussing on making women feel good around them via their personality, vibe, conversation style and body language.

Millions of guys all over the world waste time and money trying to find that perfect shirt or pair of pants that will *drive women wild*.

They search around a store looking for the "perfect cologne" that will make a woman melt in their presence. Yet, after spraying it on and going to meet women, there is no difference in how women respond. When it comes to his baldness, some guys may even try to conceal a bald head with an obvious (and unattractive) comb over style or toupee.

When it doesn't work, he will feel confused and may begin to blame his clothes, his cologne or his looks. So, if you are asking, *Do women care if you're bald?*, *Do women care if you have gray hairs?* or, *Do women care if you're wearing expensive cologne or cheap deodorant?* you are missing the point entirely.

Your success or lack of success with women is not about your hair.

It's about who you are as a man and how you make women feel when you interact with them.

The Bald Guy Vs. The Tall, Good Looking Guy With a Full Head of Hair

Here is an example scenario of a woman choosing a bald guy instead of a tall, good looking guy with a full head of hair. See if you can work out why she has chosen the bald guy....

The Bald Guy

Imagine a bald guy of average height, average weight (maybe even just a little bit overweight in places) and average looking (nothing special).

He is in a new relationship with a very beautiful blonde woman, who not only has a perfect body, but also happens to be a successful lawyer. She really likes him and is hoping that they move in together soon so they can commit to the relationship even more.

Why is she with him? At this point some guys will think, *Yeah! I bet he's super rich! He drives a big car and he lives in a expensive house.*

How about you?

Would you assume that, or have you already realized that attraction has more to do with a man's personality and how he makes the woman feel?

Here are some additional details about the bald guy to fill in the blanks of this scenario. See if you work out why she likes him...

He has a small car, an average paying job and lives in a small apartment in an average neighborhood. He also happens to be a very funny guy; he has a great sense of humor and is an incredible conversationalist. He knows how to draw a woman in during a conversation and make her want to tell him everything about herself...things that she just doesn't share with other people.

He has perfected the art of flirting, so he is always able to create a sexual vibe between himself and a woman. His body language is alpha and assertive, but also relaxed and easy-going, so women feel attracted and at ease around him. Women feel attracted to him and men respect him.

Women who know him say, *â€œHe makes me feel like a real woman when Iâ€™m with him.â€*

He is confident in himself and in his abilities, has ambition and goals for his life which heâ€™s actively working towards and never complains or looks for pity from women. He has many friends who enjoy hanging out with him and who trust and respect him, so if he ever faces an emergency of any kind, he will have numerous friends to call on.

The Tall, Good Looking Guy With a Full Head of Hair

Imagine a tall guy, good looking guy who has a gym physique and also happens to have a full head of thick, lush hair.

Yet, he is single.

...and not by choice either.

He wants a girlfriend, but can't seem to get past a 5 minute conversation with most of the women he meets. Unattractive women make it easy for him, but beautiful women reject him.

Throughout his life, many people have said to him, *â€œYou're a good looking guyâ€* and asked, *“Why don't you have a girlfriend?”* yet he never seems to get anywhere with women. Some attractive women seem interested initially, but lose interest within seconds or minutes of meeting him.

â€œHow can this be possible?â€ you might ask. **“Don't good looking guys have it easy when it comes to women?”**

Not at all.

The tall, good looking guy in this scenario, also happens to have very low self esteem. Despite people telling him that he is good looking, he feels nervous around attractive women and they notice it.

Women can see how tense he is, how much he is trying to impress them and how he is trying to be chosen by being a pretty little peacock. Women see that he just doesn't know how to be a man.

His lack of mental and emotional masculinity forces the woman to take on a more masculine role when interacting with him; kind of like a big sister or even mother figure for him...neither of which is attractive to 99% of the women he will meet in life.

His conversation skills are sorely lacking and will resort to asking the woman a series of questions about herself, her work, her dreams, her family or food choices.

This makes the woman feel like she's being put through an interview with a guy that she doesn't want to be giving any information to.

Women don't want to feel like they are being interviewed for a job, they want to feel sexually attracted to a guy's personality and be excited about how he is able to make her feel. Asking those work related questions is just the same old thing that every other guy has asked her.

The tall, good looking guy also gives attractive women the impression that he'd be lucky to get chosen by them. Yet, what he doesn't realize is that she hopes to be chosen by a real man who knows how to be a man. She isn't interested in having a self-doubting, pretty peacock girly man as a boyfriend. She wants a guy who is a challenge...

For guys like this, the gym often seems like the answer. *“When I add 5 more kilos/11 pounds and more definition to my shoulder muscles, THEN women will like me. I’ve heard that women like confident, dominant men, so I will LOOK more confident and dominant with those shoulder muscles.”*

Yet, after building more muscle, attractive women still reject him.

If the gym isn’t working, he may begin to think that he needs a better car or to embark on a career as a doctor or some other flashy job. Guys like that will go through much of their life waiting until they are a doctor (or whatever profession they think will get them the girl), until they’ve got the car or the money before they will feel worthy enough for attractive women.

Yet, when he meets an attractive woman, he may forget about his valuable job and go back to feeling insecure and unworthy around her, which will turn her off.

His emotional weakness makes the woman feel stronger than him, so she will find it difficult to feel sexual attraction for him...and if there is no sexual attraction, she isn’t going to be interested in anything other than a conversation or friendship.

Now that you’ve read both scenarios, let me ask you: Can you see why women would go for the ball guy over the tall, insecure “good looking” guy with a full head of hair?

The next time you’re walking down the street and see an “ugly” guy or a bald guy with a beautiful woman, don’t think to yourself, *“WHY is she with him?”*

You already know the answer.

Despite the superficial things that women might say or what TV commercials might try to convince you to think to buy their deodorant “that drives women wild” or their hair gel “that will make women say WOW,” you’ve got to focus on what happens in the REAL world.

You’ve got to realize that women do feel attracted to men for so many different reasons and having a full head of hair or being completely bald does not answer success or failure with women.

Success with women arrives when you know how to make women feel attracted to who you are as a man and feel excited about how you make them feel.

The human mating dance is not about you being being a young, pretty little peacock and hoping to be chosen by a woman.

It’s about you being a confident man and choosing a woman based on how young and pretty she looks. That is how it works in the real world.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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Why Do Women Like Bad Boys?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Asking why women like bad boys is pretty much the same as asking you why you like strippers and porn actresses (i.e. bad girls).

[image: A beautiful stripper]

So, why do you look at porn actresses so often and masturbate to that, but then go around saying that you're looking for a nice girl?

Simple.

Strippers and porn actresses make you feel attracted, which is the same thing that bad boys offer to women.

So, is the answer to become and be a bad boy?

No.

The answer is to make women feel a lot of attraction for you based on how you interact with them, how you present your personality, what vibe you have, your attitude and how you take action around her and in life.

You can still be a good guy and attract women, but you can't expect women to like you and lust after you simply because you're nice. Here's why...

As you will learn from the video above, being nice to women isn't the problem. You can be nice to women, but you also must display at least some (the more the better) of the personality traits and behaviors that naturally attract women.

For example: Masculine confidence, charisma, the ability to make her laugh, flirtatious conversation, charm, etc. At The Modern Man, I teach guys how to attract women in more than 100 different ways.

You don't have to use all of the 100 ways on a woman to make her feel as much attraction as she would for a bad boy. Instead, it usually only takes about 5-10 attraction triggers to get a woman falling madly in love with you and desperately wanting to have sex with you.

Here's how it works...

As you will learn from the video above, it's up to you how much attraction you will allow a woman to feel for you. A bad boy does make a woman feel a lot of attraction because of his masculine confidence and "*I don't care about you*" attitude, but that isn't what women ultimately want.

What a woman really wants is to be able to find a real man. In other words, a good guy who can also trigger feelings of intense attraction inside of her.

Why Women Hook Up With Bad Boys

[image: Why do women hook up with bad boys?]

Think about it this...

If you could, you would probably like to have sex with some bad girls (e.g. strippers, club hotties, porn actresses, etc). However, if you're not that good at attracting women, then it's usually going to

be next to impossible for you to get a chance with a girl like that.

[image: Man looking at porn. Men are mostly attracted to the physical appearance of women]

Yet, if you could have sex with her, you probably would right?

The difference for women who hook up with bad boys is that it's a lot easier for a woman to get laid because all she has to do is consent to it and the majority of men will have sex with her, at least once anyway.

So, if she meets a bad boy and he turns her on, it's easy for her to say yes to having sex with him and go along with it. However, if a nice guy who lacks confidence around hot women (i.e. that's probably you if you're reading this article) meets a hot, bad girl, then he's rarely going to be able to make her feel enough attraction to get to her to feel interested in having sex.

However, that does not mean that you cannot attract or pick up all sorts of women (i.e. hot good girls, hot bad girls, girl next door types, etc). You can, but you've got to understand that unless you can give a woman the attraction experience she is looking for, she's rarely going to be interested in anything other than a brief conversation or relationship.

Most Women Would Prefer to Find Themselves a Real Man

Just like you'd probably prefer a beautiful woman who is a good person, loyal, trustworthy, caring and emotionally stable, most women also want to find themselves a good guy.

The truth is, women don't like bad boys more than every other type of guy; they just go for bad boys when there aren't any real men around.

Most women would rather be with a good guy who is confident, or a confident guy who is a little bit bad than a nervous, shy and insecure nice guy. Why? Women are attracted to confidence in men, not nervousness and anxiety. If you're a nice guy who is nervous and shy around her, it's not as attractive as being a nice guy who is confident around her.

I get so many e-mails from guys asking, *Why do women like bad boys?* and they usually come from guys who describe themselves as nice guys who lack confidence in themselves and are nervous or shy around women they like.

Now, don't get me wrong: There is nothing wrong with being nice and in fact, I recommend that you be a good guy, but only being a nice guy is not the answer to success with women.

In the movies and in TV sitcoms, you will see the nervous nice guy save the day or rescue the girl and then he'll get the girl and everyone will love him and want to be his friend, before the end of the movie.

In the real world, if a guy is really nice, but lacks confidence and is nervous around women he likes, then women won't find him attractive. A woman might see him as a friend, but she won't feel much or any sexual attraction for him.

When a guy contacts me and asks why women like bad boys so much, he will usually refer to the fact that he sees jerks and guys who treat women badly with girls falling all over them.

What guys like this don't know is that sexual attraction is a key factor for a woman choosing a guy and that confidence is key to sexually attracting women. Really nice guys are often quite nervous, reserved, shy, tense and even anxious when interacting with women...and that does not make a

woman feel sexual attraction!

In fact, the weakness of men is a sexual turn off for women, whereas the strength is what turns women on.

The truth of the matter is that women don't want a bad boy, they just want a man who is mentally and emotionally stronger than them. The ideal guy is a good guy who is also strong, but such guys are hard to find because they are usually already married, with a girlfriend or have many women on the go at once.

The Truth About Attraction

If you believe what pop culture is telling you, then you believe that women feel the most attraction to male models who have six pack abs, a sports car and are 6ft tall.

Yet, if you believe what your eyes tell you when you perceive the everyday world around you, then you will believe that women fall in love with all sorts of guys. Short, fat, bald, of any racial background, no job, good job, no car, nice car and so on. So, how do these guys get a girlfriend? Why are women attracted to them?

It's simple.

The guy is displaying personality traits (especially confidence and masculinity) that is attracting the woman. So, why do women like bad boys? Confidence.

A woman would rather be with a confident guy (good or bad) than be with a nervous, shy, self-doubting guy. Why? Having sex with a confident guy is 100x more enjoyable for a woman than having sex with a nervous guy who lacks confidence in himself.

The reason why women choose bad boys over nice guys is not that they want to be treated badly, it is that they want to feel strong sexual attraction.

Women dream of meeting a guy who has the confidence of a "bad boy," but who is also a good, honest, loyal, caring, genuine guy who will treat her nicely. That is what women refer to as a real man.

Due to his confidence and understanding of women, a real man can confidently approach any woman when he decides to, which allows him to have his choice of women.

He knows how to engage a woman in interesting conversation, he knows how to flirt and build sexual tension and he knows how to escalate a conversation into a kiss, a date or sex.

When a woman meets a guy who is nervous about approaching her, nervous about talking to her and nervous about escalating the conversation further, she is turned off because she feels mentally and emotionally stronger than him, which makes it difficult, if not impossible (for many women) for her to feel strong sexual attraction.

Approaching Women the Right Way

Let's have a look at a couple of scenarios of guys approaching women to see how a different approach and attitude generates a different reaction in the woman/women.

Scenario #1: The Self-Doubting Guy

A self-doubting sees a girl he likes in a bar and wants to go over and talk to her.

She and the girls she's with have looked his way a couple of times, but he's hesitant about approaching her because she's beautiful and he's not sure she'd be interested in a guy like him.

He eventually works up the courage to approach her and he puts on a confident front by coming out with a line he read on a website forum somewhere, *"Do your legs hurt from running through my dreams all night?"*

The woman could have rejected him then and there for using such a cheesy line on her, but being nice (as many women are) she gives him the benefit of the doubt and answers with a smile.

He then tries to think of something interesting to say, but his anxiety leads to more hesitation and he eventually blurts out, *"I don't suppose I could buy you a drink?"* at which point she makes an excuse to go and join her girlfriends on the dance floor and he's left on his own at the bar.

Why? The woman doesn't want to be bought. She wants to meet a guy who will make her feel sexual attraction with his personality and be able to connect with her on interesting levels.

The self-doubting guy feels rejected and thinks to himself, *"Man, this is difficult. Why are women so mean? I'm being nice why doesn't she give me a chance?"* He then sees a guy who is acting like a jerk or looks like a bad boy and he has women all over him, laughing together with him and enjoying themselves.

The self-doubting guy thinks to himself, *"Why do women like bad boys? Why was she mean to be for being so nice to her and just trying to get a conversation going?"*

Scenario #2: The Confident, Easy-Going, Good Guy

A confident, easy-going, good guy is at a bar and notices a girl he finds really attractive.

He approaches her and the group of girls she's with and introduces himself. He chats about something interesting that happened locally that day, which pretty much everyone in the group knows about and can talk about. This gets a group conversation going and he makes sure he talks to all of the girls in the group, not just the girl he likes.

The girls like his confidence and his ability to make conversation, so they begin to flirt with him to get his attention. The fun begins!

The more he joins in with the flirting, the more that the sexual tension builds. The girl he liked initially notices that her other girlfriends like him too, so she tries harder to get him to like her...and in doing so, it becomes 100 times easier for him to pick her up.

Do you see the difference? It's not about being bad versus being nice.

Most women aren't desperately looking for a bad boy, they are desperately looking for a guy who isn't afraid of them. If a woman is faced with a choice between a confident jerk and a shy nice guy she's going to go for the jerk 9 times out of 10.

What she really wants is a confident nice guy, a good man with strong alpha male characteristics, but they're very hard to find (they are usually taken or enjoying relationships with many women at once), so she settles for the next best thing a confident bad boy with strong alpha male

characteristics.

Women are turned off by nervousness, anxiety, and hesitation and turned on by confidence and masculinity. If you're asking, *Why do women like bad boys?* then you're probably a guy who lacks self-confidence and feels nervous around women you like and it's your anxiety that's making it hard to attract women, not the fact that you're not nice.

Like v Lust!

A lot of the time when guys come to this site and ask me, *Dan, why do women like bad boys?* they're also asking, *Do I need to be bad to get a girlfriend?* The answer is, no!

Let me say it again: It's not about being bad, it's about being attractive to women. The mistake most nice guys make is trying too hard to be liked by a woman for being a nice guy, when what is most important is making her feel sexual attraction to your confidence, masculinity, presence, social intelligence and ability to create a sexual vibe with her.

There's nothing wrong with being nice, it's just that you also need to show sexually attractive sides to your personality too. When a woman feels she's in the presence of a real man, she feels virtually powerless to resist him because he is exactly the type of man she wants.

Real men have a strength of character and masculinity that goes way beyond any loud, chest-beating, or jerky displays of manliness and women can sense it at a deep level. A likeable nice guy may be someone she enjoys hanging out with as a friend, but a guy she likes as a friend is usually not the guy she is thinking about having sex with.

Women are instinctively turned on by strong, confident and masculine men, but it's inner strength that attracts, not bulging biceps or jerk/bad boy behavior.

You don't need to hit the gym to become a more attractive man and you don't need to be a bad man, you just need to lose the shyness and anxiety that is holding you back from being the confident guy you can and should be.

When you work on developing self-confidence along with mental and emotional strength, you not only become a more attractive man in a woman's eyes, you develop a confident and masculine presence that women find irresistible.

If a nervous, self-doubting guy gets lucky and scores a girlfriend, she will usually lose interest because those traits are sexual turn offs for women.

So, don't let the mistaken idea that women prefer bad boys lead you into wasting energy on trying to become something you're not.

Instead, put your energy into becoming better than a bad boy and learn how to develop your good guy characteristics to become a man that women find irresistible.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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What is Your Skill Level With Women?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

You have developed a whole set of skills throughout your life.

To be clear, a skill is defined as:

| **Skill** (*noun*): The ability to do something well; expertise.

There are different levels of skill that a person can have.

Generally speaking, they fit into four levels of skill:

1. Beginner.
2. Amateur.
3. Advanced.
4. Master.

Before I talk about women, I'll talk about one of the skills that you have mastered in life.

No doubt you've mastered the skill of understanding and speaking the language of English, otherwise you wouldn't know what I'm talking about right now.

The skill that you have to understand and be able to speak English is a very complex skill, but it's not something that you were born with.

It's something that you had to learn and develop over time.

So, if you think about the example of a boy being born, he's born, he doesn't know how to speak the language, he develops a skill of being able to use the words and understand the words and understand how it all pieces together, and then he gets good at it.

Then later in he is able to speak the language, and use it, and understand it without even having to think about it. It just comes naturally and easily to him.

The boy is started out as a beginner, he was a bit of an amateur early on, then he had an advanced understanding of how to speak and listen to the language of English, and then he masters it and he can just speak it.

Like yourself now, you can understand what I'm talking about.

The same applies to women in terms of the skills that are required for a man to be successful with women.

For example: His ability to walk over and talk to women, and start a conversation, keep the conversation going, keep it interesting, connect with the woman and then move things forward. His ability to attract women when he's interacting with them.

His ability to be confident, his understanding of confidence and how to actually be confident (because if a man isn't confident he is going to be turning women off, and he is probably not even going to approaching women in the first place.Â He's going to be avoiding them because he doubts himself, he fears it, he feels anxious, he feels nervous).

Then there are the skills of relationships (i.e. being able, actually, keep a relationship together rather than having it fall apart).

There are whole bunch of skills that are involved in being successful with women, and it's a complex area of skills, but with the right training a guy can quickly master that area of his life.

It's not something like learning a language where it takes a long time.

A guy can go from being a bit of a beginner with women, an amateur, up to the advanced level very quickly, and then if he puts some work in he can reach the mastery level of success with women.

[image: Improving your skills with women]

So how can you actually tell whether a guy has a beginner level of skill with women, versus a guy who is a master (i.e. he's mastered his area of his life and is completely there under control)?

An analogy to use, before I go into details of what beginners experience and what guys who have an advanced level experience with women etc., I'll give you the analogy of sport.

With the sports of tennis, basketball, and soccer or football.

Generally speaking, if a beginner looks at someone playing tennis, it looks fairly easy.

You just hit the ball back and forth, it seems pretty easy, but if the beginner tries to do and he's never played tennis before, he misses the shot. He can't run over to the other side of the court in time to hit the shot back, and he's being beaten by a person who's got a higher level of skill than him.

The same with basketball; it looks easy, just running around a court and then throwing a ball in a hoop.

That seems pretty easy, but when playing against people who have skill, the beginner realizes, *"Right, actually I don't even have this skill, I need to learn it, I need to develop it."*

Same with football, just running around a field kicking a ball, it all seems very easy, but when the beginner actually tries to play the game with people who know what they're doing, he realizes that he needs to develop the skill.

Yet, when it comes to women, most guys don't realize that if they're not getting the results that they want with women, they need to develop these skills.

For most guys they think, *"Okay look, I've tried to talk to women before, I've been rejected, I get nervous around women, I run out of things to say, I just can't get women interested in me, women mustn't like me because I'm not good-looking enough. You know, that's what it is."*

He doesn't realize that he can actually develop his conversation skills, and be able to connect with women.

He doesn't realize that he can improve his confidence, and that will improve his results with women. He doesn't know it that there are many different ways that he can attract women when he interacts with them.

So he just thinks, *"Oh, I'm stuffed when it comes to women,"* but when it comes to sports, or something else in life, if he doesn't have the skill, he'll say, *"Okay well, I need to develop that skill,"* But with women, *"No, no, no, you can't improve your skills with women. I'm stuffed, I'm doomed for life."*

So that right there is a huge opportunity for you, because most guys don't even think that it's possible to improve their skills with women and get better results.

Most guys are going through life thinking that, *"Oh well, women don't like me, I can't do anything about it,"* but a very small percentage of guys have realized, *"Okay, you can actually improve your*

skills with women.Â You can actually get to the point where you can make women feel attracted to you when you interact with themÂ You can have your choice with women, you can be the sort of guy who has many women interested in him at once, and it's actually very easy once you have the skill."

Just like playing tennis is very easy once you have the skill, or speaking the language of English is easy once you have the skill.

What Can Be Improved About Your Skills With Women?

[image: Improving your skills with women]

So, what can be improved about your skills so that you don't get rejected by women, you don't get dumped, you don't get divorced, you don't get cheated on by a woman?

What can be improved so you have your choice with women, so when you interact with women they feel attracted to you, they want to be with you, they enjoy talking with you? What can be improved?

What I'm going to talk about, five different areas of skill that guys need to improve to get better results with women.

I'm going to talk about what a beginner experience is, what a guy who has an amateur level of skills experiences with women, a guy who has an advanced level skill, and a guy whose has mastered this area of his life.

Okay, let's have a look at the first one; approaching women.

- **Beginner:**Â Fears being rejected and rarely approaches women he likes.
- **Amateur:**Â Fears being rejected and rarely approaches women he likes, but can sometimes work up the courage to approach.
- **Advanced:**Â Can confidently approach women most the time, but sometimes feels anxious and nervous and falls back into his oldÂ ways of thinking.
- **Master:**Â Can confidently approach women anytime he wants. He never feels nervous or anxious, no matter what the situation is or how beautiful the woman is. He approaches at will without any fear and with full confidence in himself and his abilities.

The next area of skill, conversation.

- **Beginner:**Â Doesn't know what to say to start conversations, keep them going and keep them interesting.
- **Amateur:**Â He is okay at conversation, but often runs out of things to say and then loses his opportunity with some of the women he meets.
- **Advanced:**Â Can easily start conversations, keep them going, and keep them interesting. Women enjoy talking to him.
- **Master:**Â Can easily start conversations keep them going, and keep them interesting. Women really enjoy talking to him.

The next area of skill, confidence.

- **Beginner:**Â Lacks confidence around women that he finds attractive.
- **Amateur:**Â Has developed a new level of confidence that allows him to attract more women,

but still seems to get nervous and doubt himself around very attractive women.

- **Advanced:** Can be confident around most women even very attractive women, but isn't able to maintain his confidence when interacting with women that he feels is out of his league.
- **Master:** He is always confident no matter how challenging or beautiful a woman is. He always feels completely confident, calm, and in control. Women sense his deep confidence and it turns them on like nothing else can.

The next area of skill, escalation to dates, kissing, and sex.

- **Beginner:** Can sometimes get lucky but his attempts to escalate to a phone number, kiss, or sex are rejected by most of the women he tries it on.
- **Amateur:** Can get phone numbers, kiss women, and even escalate to sex at times, but the more attractive women still remain out of his reach.
- **Advanced:** Can get phone numbers, kiss women, and escalate to sex with most of the women he meets. At times he will hook up with women who were previously out of his league, but his results are still not 100% consistent.
- **Master:** Can get phone numbers, kiss women and escalate to sex very easily. Women really want to give him their phone number. They really want to kiss him, and they really want to have sex with him on either the first night they meet him, or on the first date. He sometimes gets women asking for his phone number, kissing him first, and even suggesting having sex that night or on the first date.

The last area of the skill that I'm going to talk about here is relationships.

- **Beginner:** After the initial lust has faded away in the relationship, he usually becomes insecure, needy, or ruins his girlfriend's respect and attraction for him. At that point, the relationship starts to fall apart.
- **Amateur:** Is fairly good at maintaining the attraction, respect, and love in a relationship, but has some insecurities that cause problems and make the woman lose interest.
- **Advanced:** Is very skilled at maintaining the attraction, respect and love in a relationship, but still has some areas for improvement.
- **Master:** Knows how to guide the woman into deeper feelings of respect, attraction, and love for him. When this happens the woman doesn't want or need any other man because she feels emotionally fulfilled in the relationship.

I Wasn't Always a Master

Before I discovered what I teach here at the modern man, I didn't even know that it was possible to improve your skills with women.

I was one of the guys that thought, *"Okay, women don't like me because I'm not good looking enough and that's just it. You're stuffed Dan...you can't do anything about."*

I thought, *"Okay, maybe I've got to buy better clothes, I've got to wear nicer clothes and look as good as I can, and then women are going to like me,"* but, when I bought expensive clothes I still didn't get better results with women.

Nothing fixed the fact that I wasn't confident around women, nothing fixed the fact that I didn't have

the skill of being able to talk to women that I found attractive and make them like me.

I could talk to women that I didn't find attractive, but the attractive women that I interacted with didn't seem to like me. They didn't seem to enjoy talking to me and I didn't get anywhere and I felt nervous around them.

I just didn't know that improving certain areas of skill would get you better results with women, but when I did discover that and I began to create new techniques to talk to women, and be confident around women and to attract women, that's when things really started to change for me.

I started out at a beginner level, and I had to pick women up sometimes things, but eventually I got to the point where I was being an amateur, then I got to an advanced level of skill, and then I mastered this area of my life.

That's where I have been for many years since.

I've been at the level of skill where I don't have to think about this area of my life anymore because it's under control. I don't have to try to attract women because women just feel attracted to me naturally.

In the past, when I was at the beginner level of skill with women, I had to use a lot of flirting and humor to get women to feel enough attraction for me to want to have sex with me, but I eventually got to the point where I could actually stand there and look at a woman in a certain way and respond to what she's saying in a certain way, and have a certain vibe about me that made her feel turned on.

To a beginner, seeing that happen in real life doesn't seem to make any sense.

I'm standing there talking to a woman and I'm just being normal and to a beginner, it looks like I'm not doing anything really special at all, so he will be thinking, "Why are these women liking him?"

[image: Dan Bacon - Dating and Relationship Expert]

I can show you these photos of me now, out with these women having a great time. I'm kissing women within one to two minutes of meeting them, sometimes 10 minutes.

I'm able to take women home for sex, but why are women so interested in me?

What is going on there, because it seems like I'm just being so normal and natural, and not really doing anything special?

What's going on is that I am able to actively make women feel attracted by displaying certain personality traits, behaviors and inner qualities that women find attractive (e.g. confidence, charisma, charm, etc).

Yet, from the outside, a beginner will be confused if he looks at me interacting with women. It will look like I'm just being normal, so he will feel confused and think, "*Hmm...maybe she thinks he's good looking*" or "*Maybe he's rich*" and then write it off as that.

The same thing applies with sport.

Imagine an elite sportsman who has a very high level of skill playing football.

He's just running around the football field kicking the ball around, but he's doing subtle things that make him more elite than the average player. He's aware of particular techniques and he's honed his skills to the point where he's mastered that particular area of skill.

The same thing applies to women, except that it's a lot easier and quicker to develop your skills with women.

What took me **years** to work out, a guy can now come to my website and learn in a matter of **hours**. So, if he's starting at a beginning level or an amateur level of skill, he learns the techniques and learns the insights and he understands what has taken me so long to work out. He understands that within hours, then he starts using it, and he starts using it and he is at an advanced level of skill with women, not a master level of skill.

To get to the master level of skill, he's to put in the effort to really hone those skills, and get used to using the techniques and getting the results, building up his confidence and then he gets the point where he's mastered of his life, and he doesn't have to think about anymore.

What I found interesting being at the mastery level of success with women for so long, is that most guys are just not at that level at all.

Most guys are going through their life thinking, *"Okay, I can't even improve my success with women, I've just got to get a better shirt, I've got to buy a more expensive car, I've got to get a better job and then hopefully, women are going to like me."*

They don't even know about that it is EASY to attract women by displaying personality traits, behaviors and inner qualities that women are naturally attracted to (e.g. confidence, charisma, charm, masculine vibe, humor).

When you get to the master level of skill with women, you suddenly realize that it's just you and a small percentage of other guys that are at that level.

Guys look at you interact with women, and it just doesn't make any sense. They think, *"Why do women like him so much? Like, what is going on there? It doesn't make any sense at all,"* but to you, it makes total sense very simple.

It's very simple and easy and natural, just like you can understand what am talking about now, and you can speak the language of English, which is a very complex skill for a human to master, but it's so easy once you get it, once you understand it.

Examples of Learning Other Skills

So, I want to give you a couple more examples now of developing a complex skill, so you can understand this very clearly.

The examples I'll give are learning how to play the guitar, and learning how to create a software program using computer programming.

From the outside, playing guitar looks pretty easy. A guy could look at another guy playing guitar and it seems pretty easy.

All you've got to do is hold the guitar, strum away, and then you're making beautiful music, right?

Well no, that's not how it works if you've ever picked up the guitar for the first time.

You pick up the guitar and it's like, *"Oh right...okay, so where do I hold my fingers...oh man, this is difficult."* You're making all sorts of weird sounds, and you don't know how to do it.

Yet, what does a guy do then at that point?

He realizes, *"Okay, I don't have the skill of playing the guitar. I got to develop this skill."* If he develops the skill, then he can play music and it's very easy and natural to him, but before it was very awkward and he couldn't do it.

The next example is with computer programming to create a piece of software.

Software can look very simple and easy from the outside, but what's going on behind the software are a whole bunch of complicated instructions that bring the software to life.

A beginner might look at a piece of a software that looks nice and clean, simple and easy and think, *"I can do that,"* but then the beginner tries to write code and he realizes, *"Okay, there is a whole bunch of stuff that I need to learn here, there is a complex skill that I need to develop."*

Then if he develops a skill, he gets to the point where he can write code and make programs, and he can become a master of code and create all sorts of amazing programs that do all sorts of amazing things.

So, just like a guy can develop the complex skills required to play music or write the code of a software program, or drive a car in order to learn all the different things that he needs to do for that and it seems really awkward at the start, but then he has that complex skill and he can drive the car.

The same applies to women.

A guy at the beginner level will often feel like, *"It's very complex...it's very difficult...it's too awkward. I can't do it, I've tried to talk to women before but they don't show any interest. I run out of things to say. I get nervous I just can't do it. Women don't seem to be interested in me,"* not knowing that he can actually develop the skill of being confident around women.

Not knowing that he can develop his conversation skills in a way that is turning women on, rather than turning them off.

A lot of guys who are at the beginner level talk to women in a way that turns them off and they don't even know it.

A guy at the amateur level talks to women is okay with it, but he runs out of things to say. He doesn't really know how to keep a conversation going and keep it interesting.

Whereas a guy at an advanced level of skill, he can talk to pretty much every woman and he gets along well, he can pick women up, it's very easy for him, but women that are out of his league, he's still just can't do it.

He gets nervous, he doubts himself and the women sense that and it turns them off.

Whereas the guy who has mastered the art of conversation, he is confident all the time, he knows how to make women feel attracted to him.

[image: Improving your skills with women]

It is natural and easy for him, just like for you, it's natural and easy to speak English and listen to me speak English, to drive a car, to play a guitar, to write computer programming, or whatever special skill you have in life.

Throughout your life, you've no doubt developed a lot of different complex skills.

Just like you've developed those skills, you can also develop the skill of being able to attract women and build on a woman's respect, attraction and love when in a relationship.

What Level of Skill Are You at Today?

Do you know what level of skill that you're at at the moment with women?

If you're at a level of skill that you are not happy with and you would like to get better results with women, are you actually interested in learning how to improve your skill level with women?

Are you interested in learning my techniques, my insights and understandings that I've developed over so many years, and just learning that in a matter of hours so you can get up to an advanced level of skill, or if you are already at an advanced level of skill, you can just step up to the mastery level of skill?

Are you interested in stepping up and into real success with women that will last for the rest of your life?

You can quickly get to that point, so you are no longer the guy that feels nervous when he wants to approach a woman, doesn't know what to say, gets ignored when talking to a group of cool people, or gets chosen last or second or third when it comes to women.

You can be the guy who is confident and is able to approach women at will. When you reach a higher level of skill and understanding, you simply don't feel any fear related to approaching and talking to women.

You've got total confidence in yourself and your abilities. You see a woman that you find attractive, you walk over and talk to her and you are not worried because you know what to say.

You know how to make her feel attracted to you.

That's not even a maybe or an if.

You know how to do it.

You've got the complex skill.

It's very simple for you, it's very natural.

Other guys look at what you're doing, they are like, *"What's going on there, why did she like him?"* and some guys will think, *"Oh, it must be his shirt, he must be wearing good clothes, or she must like the way he looks"* or something like that.

They just don't get it, it just doesn't make any sense why a girl would like that guy, because he doesn't know the sorts of things that you know.

When it comes to escalating and kissing, sex and dates all that stuff just happens naturally and easily.

You even get women trying to kiss you first, trying to suggest having sex on the first night, asking if they can catch up with you and see you and things like that.

When it comes to relationships, you are able to deepen the love, respect, and attraction that a woman feels for you, rather than it fading away, and that means that she doesn't want to leave you.

So, do you want to have that sort of skill with women?

Do you want to have that sort of power with women?

If you're willing to spend a short amount of **hours** to learn the things that that have taken me **years** to work out and to perfect and master, then you are going to be able to step up to the advanced, to mastery level of skill with women.

You will quickly get to the point where you don't have to worry about this stuff anymore.

The area of women and dating relationships is under control for you.

Then you can just relax and enjoy life and focus on other areas of your life, rather than always stressing out about, *"How I am going to get a girl? How I am going to keep a girl? How I am going*

to be confident if I go over and talk to that girl?"

None of that stuff worries you anymore because got it under control.

The Four Levels of Skill With Women

[image: Skill level: Beginner]

Beginner

- **Approaching:** Fears being rejected and rarely approaches women he likes.
- **Conversation:** Doesn't know what to say to start conversations, keep them going and keep them interesting.
- **Confidence:** Lacks confidence around women he finds attractive.
- **Escalation to dates, kissing and sex:** Can sometimes "get lucky," but his attempts to escalate to a phone number, kiss or sex are rejected by most of the women he tries it on.
- **Relationship:** After the initial lust has faded away, he usually becomes insecure, needy or ruins his girlfriend's respect and attraction for him. At that point, the relationship starts to fall apart.

[image: Skill level: Amateur]

Amateur

- **Approaching:** Fears being rejected and rarely approaches women he likes, but can sometimes work up the courage to approach.
- **Conversation:** Is okay at conversation, but often runs out of things to say and then loses his opportunity with some of the women he meets.
- **Confidence:** Has developed a new level of confidence that allows him to attract more women, but still tends to get nervous and doubt himself around very attractive women.
- **Escalation to dates, kissing and sex:** Can get phone numbers, kiss women that meets and even escalate to sex at times, but the more attractive women still remain out of his reach.
- **Relationship:** Is fairly good at maintaining the attraction, respect and love in a relationship, but has some insecurities that cause problems and make the woman lose interest.

[image: Skill level: Advanced]

Advanced

- **Approaching:** Can confidently approach and pick up most women he meets, but sometimes feels anxious and nervous and falls back into his old ways of thinking.
- **Conversation:** Can easily start conversations, keep them going and keep them interesting. Women enjoy talking with him.

- **Confidence:** Is confident around most women, even very attractive women, but isn't able to maintain his confidence when interacting with a woman that he feels is "out of his league."
- **Escalation to dates, kissing and sex:** Can get phone numbers, kiss women and escalate to sex with most of the women he meets. At times, he will hook up with women who were previously out of his league, but his results are still not 100% consistent.
- **Relationship:** Is very skilled at maintaining the attraction, respect and love in a relationship, but still has some areas for improvement.

[image: Skill level: Master]

Master

- **Approaching:** Can confidently approach and pick up most women that he meets. He never feels anxious or nervous no matter what the situation is or how beautiful the woman is. He approaches at will without any fear and with full confidence in himself and his abilities.
- **Conversation:** Can easily start conversations, keep them going and keep them interesting. He effortlessly makes women experience intense feelings of lust, attraction, love and respect while talking to him. Women try to keep the conversation going with him because they don't want to miss out on an opportunity to be with him.
- **Confidence:** Is always confident no matter how challenging or beautiful a woman is. He always feels completely confident, calm and in control. Women sense his deep confidence and it turns them on like nothing else can.
- **Escalation to dates, kissing and sex:** Can get phone numbers, kiss women and escalate to sex very easily. Women really want to give him their phone number, really want to kiss him and they really want to have sex with him on either the first night they meet him or on the first date. He sometimes gets women asking for his phone number, kissing him first and even suggesting having sex on the first night or first date.
- **Relationship:** Knows how to guide the woman into deeper feelings of respect, attraction and love for him. When this happens, the woman doesn't want or need any other men because she feels emotionally fulfilled in the relationship.

Place Your Vote

What is Your Skill Level With Women?

- ☐ Beginner
- ☐ Amateur
- ☐ Advanced
- ☐ Master

Vote

[View Results](#)

[image: Loading ...]

Loading ...

Improve Your Skills With Women

Skill (noun): The ability to do something well; expertise.

Learn and use the fundamental techniques from [The Flow](#) and you will achieve an Advanced to Mastery level of skill with women, depending on what level you are starting from. If you need more training, we also have a wide range of [Advanced and Mastery level programs](#) to ensure that you reach your true potential with women.

[image: The Flow]

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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What Does It Mean to Be a Man?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Being a man that women feel attracted to and other men admire is about:

- Being attractive to women, rather than being the sort of guy they look down on or reject.
- Being strong when others are weak.
- Going after your true potential in life.
- Being someone that others can look up to, rely on and respect.
- Being loving and compassionate, while also being assertive.
- Respecting women, but not being a pushover.
- Embracing your masculinity, rather than suppressing it or acting like you're more neutral than you really are.

Do you know how to be attractive to women when you meet them, when on a date and when in a relationship, or do you hope to get lucky and have a woman choose you because you're such a nice guy?

Watch this video to understand how a woman's attraction for a man really works and how you can use it to become the man that women want and other men admire...

As you will discover from the video above, not knowing how to attract women leads a guy down a path in life that is often full of rejection, depression, confusion and frustration about what women want.

Some guys never get taught how to attract women and as a result, they try hard to be "liked" by women for being a nice guy. However, as you will discover in the video below, being nice isn't the answer to success with women.

Of course, there is absolutely nothing wrong with being nice to women, but you must also ensure that you are allowing her to experience sexual attraction for you. Women resent guys who expect to be liked and to be given a sexual, loving, committed relationship as a reward for being nice.

Did You Get Taught How to Be a Man By Your Father or By a Father Figure?

Most boys grow up under the wing of their dad or a father-figure of some sort and without necessarily realizing it, they pick up on what it means to be a man by following his example.

This isn't always a bad thing because there are some men are ideal male role models, but at the end of the day it's just one man's take on what it means to be a man and that doesn't always make for a well-rounded, balanced education.

These days, some young men grow up without a dad or a male influence in their lives and they are often told as young boys that they're the man of the house by well-meaning female relatives, but no explanation of what that actually means is ever given.

Most of the time when a guy asks me, *What does it mean to be a man?* he's asking because something or someone has prompted him to question whether he's the man he thought he

was, or whether heâ€œs â€œman enoughâ€œ for a particular task.

One guy e-mailed me a few months ago because heâ€œd been told by his friends that he needed to â€œman upâ€œ if he wanted to get himself a girlfriend.

Another guy emailed to ask what it meant to be a â€œreal manâ€œ because his female friends kept saying, *â€œWhere are all the real men?â€œ* So, what does it mean to be a man? Has the definition changed since the time of your father, grandfather and great grandfather?

Being a Modern Man

Being a man in today's world is very different to being a man just one or two generations ago. Planet Earth is a very different place these days and the pace of life is increasingly faster than what it was 100 years ago, or even just a few decades ago.

In the past, life was a lot more simple for a man. He knew that when he grew up, he'd get himself a job (or work on the family farm), find himself a wife, start a family, grow old and then die.

It was pretty straightforward and most men knew what they were supposed to be doing with their life.

[image: Marriage in the old days]

When your grandfather was a young man, he probably had â€œa job for lifeâ€œ and he likely only left his parentsâ€œ home when he was financially secure enough to find a wife, set up home for himself and support a family. Couples didnâ€œt live together before marriage and women, on the whole, didnâ€œt have careers or even ambitions outside of the home.

A woman's identity was based around her ability to be a great mother and keep her family well-fed, happy and loved. Fast forward to today: Men and women are now encouraged to share the roles of provider and homemaker in a marriage or long-term relationship.

Couples often live together for years before even considering marriage and women pursue their own independent careers, often choosing a career over motherhood. We have science telling us that in the not-to-distant future, we might be living for 150, 200 or even 2000 years. By that point, the technology will no doubt be available to keep people alive indefinitely.

So, what are you going to do with your life? Are you going to live like people did 150 years ago? Is the path they took, the path for you? It's no surprise that many modern men are beginning to ask the question, *â€œWhat does it mean to be a man?â€œ* and search for answers in older role models.

The path to the future seems hard to imagine, confusing and as though it will be filled with change. So, what is the answer?

The answer is simple.

No matter what changes happen in the world, a man, you are always going to be looked on (especially by women) to be a pillar of strength in this reality.

It is your job to be strong, mentally and emotionally and to not hide away from your true potential as a man. Every man in this world has a purpose that he can decide on.

[image: What does it mean to be a man today?]

You may believe that it is pre-written destiny and that is fine, but whatever the case may be, one thing remains: There are big dreams that you have as a man and if you spend your life hiding from

those dreams, you will not be considered a real man.

A real man is many things, but one thing he is not is a coward who hides from his true potential or who gives up on his dreams when he encounters the natural obstacles to big success. As, Calvin Coolidge (the 30th president of the United States once said):

â€œNothing in the world can take the place of persistence. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education will not; the world is full of educated derelicts. Persistence and determination alone are omnipotent. The slogan Press On! has solved and always will solve the problems of the human race.â€ Calvin Coolidge (1872 – 1933)

Calvin spoke wisdom that I speak today. If you want to be a man, you've got to push or (or press on) as Calvin said. If you give up on big things you want to achieve and try to hide behind a relationship with a woman or hide behind your hobbies or TV, then you are not what women refer to as a real man.

In today's world, being a man is no longer a simple case of being the â€œbread winnerâ€ and providing for a wife and family.

[image: Modern women]

Women can make their own money now (in most cases), so what they really need from you is your masculine strength, determination and willingness to push on and make your dreams and desires in life a reality.

When life gets tough or throws you a challenge, remember the words of Calvin or me. Don't cower like a weak child boy, be a man and be a pillar of strength for whoever is around you or depending on you.

What Things Do You Care Most About in Life?

To be respected by men and wanted by women, a man needs to be his own man.

To be your own man, you need to know who you are, what you value in life, what you stand for and what you believe in. What do you care most about in life?

If you were to think of the top 5 things that you care about and want to achieve in life, what would they be? Once you've come up with the answer to that question, ask yourself this: Am I heading directly towards achieving that, or am I hiding away in fear?

[image: What does it mean to be a man today?]

If you are going to be your own man, then you need to work out who you are exactly. However, whatever you do, don't try to work it out by watching the latest blockbuster movie, TV sitcom or TV commercial. These days, too many guys get sucked in by the random trends they see on TV and end up feeling more confused about what it means to be a man.

For instance, the amount of TV advertising that is aimed at men is huge. One commercial is telling you that you need to whiten your teeth, the next is telling you that a special, new deodorant is what you need and the next is telling you that, unless you drive the particular sports car they are advertising, you're not a cool man.

Again, it's no surprise that more and more modern men are asking, *What does it mean to be a man?*

If you pay attention to enough of the advertising you see on TV, you will end up thinking that in order to be successful with women and be considered a man, you need to look like a male model, have six pack abs, drive a sports car, have cool tatoos, hold cocktail parties with 50 friends at your cool pad, wear the latest fashions and bright white teeth.

It's crazy, yet a lot of guys get sucked into thinking that women want men to be freshly shaven, smelling like a bottle of cologne and wearing perfectly clean, ironed clothes.

These guys then spend \$1,000s of dollars (or Euros or whatever) on clothes and the latest gadgets (to look cool) and waste many years of their life trying to be what the TV advertising is telling them they need to be, only to realize one day that it actually isn't working.

Worse still, they realize that they always see guys who are ugly or who don't even have a job or nice clothes with beautiful women. All this time, the guy has been thinking that he's not good looking like the male models on TV or still doesn't have that sports car, yet ugly guys are with hot women everywhere he does.

Why is it all so confusing? Why has the idea of what it means to be a man become so vague in the modern world? Why are you wondering, *What does it mean to be a man?*

Simple.

You are getting messages from 1,000s of different sources on what it means to be a man and less than 1% of those sources are actually men who are what women refer to as a real man.

Unless you're one of the lucky guys in the world to have grown up with a father who taught you what it means to be a real man, most of your male role models are just as confused as you about what it means to be a man. Instead of truly knowing the answer, they are simply repeating ideas they've seen in fictional movies or TV sitcoms and trying to make sense of life that way.

Welcome to the modern world! It's a confusing place to live if you don't know what it means to be a man.

If you are not a real man and can't see through all the noise from the media machine, you will find yourself going from one idea to the next, constantly searching for answers from fictional sources and from people who are just as confused as you are.

You'll listen to a song on the radio and think you've worked it out, only to watch some TV when you get home and come to a completely different conclusion!

So, I'm going to cut through all the noise and tell you what it means to be a man. Essentially, you need to:

- Be strong.
- Have purpose in life.
- Be a pillar of strength for others.
- Be emotionally stronger than others, especially women.
- Go after your dreams in life and never give up.
- Be the type of man who can naturally attract women, rather than a confused man who tries hard to be "liked" by women and then has to settle for second best or whatever he can get.

Despite women earning their own money these days and wanting to have a career (in many cases),

they have never stopped wanting a man who could protect them.

Even though our societies now include police, the courts, the media, shopping centers and all sorts of safety bonuses, a woman still wants to feel as though she can rely on you if the going gets tough. She wants to know that, no matter what happens, you're not going to crumble. If you can be that, then you will be what women refer to as a real man.

Become a Man of Purpose

Have you discovered what your specific purpose is in life? It is up to you to decide what you care about and what you want to achieve, do or be in life.

If you don't know what your purpose is in life and are floating around like a plastic bag in the wind, instead of flying through the air like a bullet towards a target, most women are going to feel turned off by you on a deep, instinctive level.

Some women (usually unattractive women or women looking for a confused guy that they can control, but whom they'll eventually dump or cheat on) like guys who don't have much of a clue about what it means to be a man.

However, if you want a quality woman and a quality relationship, you've got to embrace your role as a man here on planet Earth. Get clear on who you are, what you want and how you're going to make it happen.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

All the Good Women Are Taken

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you've been meeting women lately and have found that the ones you like are already taken, then it means that you have either:

1. Been unlucky and have simply met a lot of women who are already in relationships.
2. Haven't met enough women.
3. Haven't been making women feel enough attraction for you and the single ones are saying they have a boyfriend to get you to leave them alone.

If you've been unlucky, then you simply need to keep meeting more women until you find good ones that aren't taken. If you haven't been meeting enough women, then you need to build up your confidence to approach the types of women that you find attractive.

However, if you have been meeting a lot of women, but can't seem to get them to like you in a sexual way, then you need to start improving your ability to attract women as you talk to them.

You can do this by displaying personality traits and behaviors that are naturally attractive to women (e.g. confidence, charisma, flirting, the ability to make her laugh, charm).

When you display some of those traits as you talk to a woman, she will naturally feel attracted to you.

You can then build on her attraction as you talk to her and then take things to the next level (e.g. phone number, kiss, sex, date).

It's very easy to do.

Of course, it's not possible to attract and pick up EVERY woman in the world, but you can attract and pick up many women, including those who you see as being pretty or beautiful.

How Many New Women Do You Actually Meet Each Month?

[image: Stop wasting your life being without women]

I've been helping guys become more successful for more than 10 years now and one thing that I've found is that most guys who can't get a girlfriend either don't have the confidence to approach women or don't know how to attract women when they interact with them.

So, when a guy says to me that he thinks all the good women are taken, I know what is really going on.

All the good women are NOT taken. It's simply a case of the guy not meeting enough new women or making them feel enough attraction when he meets them. It can also be that he meets girls who like him, but he is too afraid to ask for a phone number, move in for a kiss or take her home for sex.

When I have asked guys, *How many new women do you approach and meet every month?* the average answer is anywhere from zero to three. I then ask, *Of the women you know, how many of them are single?* and the numbers are basically the same.

[image: All the women that I like are already taken...]

A guy will see women that he finds attractive, but he won't approach and meet them because he

either fears rejection, doesn't know what to say or do, or he thinks that they wouldn't want to be bothered by him.

Yet, if a woman is single, she feels excited when a guy approaches her in a confident, easy-going way and makes her feel attracted. She feels even more excited if he then asks for her phone number, calls her up, takes her out on a date, has sex with her and then starts a relationship with her.

Women want it just as much as men do, but as a man – you have to be the brave one. You have to have the confidence to walk up and talk to the women that you find attractive.

When you know how to attract women, you won't be afraid to walk over and talk to women that you find attractive. You will know that most of the women you meet feel some or a lot of attraction for you, so there's nothing to worry about.

However, if you don't know how to attract women and are simply hoping to get lucky, you will almost certainly feel nervous and anxious before approaching a woman. You will worry about getting rejected and assume that you're probably not going to be good enough for her.

Yet, here's the thing...

You are **ALREADY** good enough for most women out there. The majority of guys that you see with a beautiful girlfriend or a wife are just normal guys, working in a normal job, driving an average car and banging her with an average-sized penis.

Yes, there are some women out there who will only accept a perfect looking male model with loads of money and a sports car, but those women are the minority. The majority of women have what I call an Open Type, which means that they are open to being with all different types of guys, as long as the guy can make her feel enough attraction in other ways.

This means that a 45 year old guy can pick up a 22 year old woman and have sex with her. It also means that a 22 year old guy can pick up a 40 year old woman and have sex with her.

As long as a guy knows how to make women feel attracted to him, he will be able to pick up and have sex with many of the single women he meets. No guy can pick up every woman in the world, but when you're skilled at attracting women, you can pick up most of them.

Don't Expect to Pick Up Every Woman You Meet

Not every woman that you approach will be a perfect match for you and be available, so when you approach a woman, don't pressure yourself into thinking that you have to pick her up.

You don't.

When you approach a woman, you are simply going over to make her feel some attraction for you, have a quick conversation and find out if you are compatible. If there is a spark between you and her, then keep going and get the number, kiss or sex that night.

That's how it works.

[image: Start with kissing and sex and then take it from there]

If you waste your life focussing on the small amount of women you know through work or friends, you will almost certainly come to the conclusion that all the good women are taken.

Yet, you will be basing your theory on maybe 100 women out of the millions around you in your

country.

You might want to believe that all the good women are taken, but they're not. There are so many women who would love to be with you, but it's up to you to approach them and make them feel attracted to you.

If you're not willing to approach women, then you at least need to get yourself ready to attract a woman when you happen to meet a new one that you like.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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How to Stop Being Insecure

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you feel insecure around women, it simply means that you don't feel like you're good enough. Yet, the truth is that you ARE good enough.

[image: You are already good enough for most women]

You are already good enough for most women and I'm going to make sure that you realize that, believe it and start using that belief to feel confident in yourself from now on.

For example: If you currently don't think that you have the looks, height, money or status to attract beautiful women, then watch this...

You Are Creating Your Insecurity...and You Can Kill it

Did you know that insecurity is self-created? By thinking in an insecure way, you will feel the effects of that, such as: Nervousness, self-doubt, depression, low self-esteem, etc.

For example: If you're talking to a woman and thinking to yourself, *"She probably doesn't like me. I'm not good enough. I'm going to run out of things to say,"* then it is only natural that you will feel insecure.

However, if you think, *"It's fun talking to this girl. I deserve to have a girl like this. She keeps talking to me, so that means she likes me and is open to this"* then it is only natural that you will feel better about yourself and behave in a more confident way around her.

What is Insecurity?

Insecurity (*noun*): Lack of confidence or assurance; self-doubt.

Confidence (*noun*): Belief in oneself and one's powers or abilities; self-confidence; self-reliance; assurance.

As you can see from the dictionary definitions, insecurity is the **opposite** of confidence. So, if you want to stop being insecure, you have to start being confident.

For example: If you don't have the confidence to approach women that you find attractive, watch this video and see how you can use a change in your thinking to begin feeling more confident...

Do You Feel Insecure Around Beautiful Women?

[image: Insecure around women that I find attractive]

Imagine this...

You are at bar at night and you notice a beautiful woman that you would love to meet, have sex with and possibly start a relationship with. All around you, people talking to each other and they all seem to be having fun within their groups.

As you look at the beautiful woman you've spotted, you begin to think, "Wow...she's beautiful. I'd really like to go over and talk to her..." but, you don't because you convince yourself that you're not good enough for.

You tell yourself that it's all about looks, height or some other excuse that you use to avoid approaching women. You hate yourself for being so insecure and wish you could just be confident enough to go over and meet her, but you just can't seem to do it.

Moments later, a confident notices her and thinks, "She looks good. I'm going to go over and say hi." Your heart sinks as you see them begin to flirt with each other and have a great time. You look at how confident he is and wonder, "What does he have that I don't?"

As an insecure guy, you may begin to think that he must be better looking than you, have a bigger penis than you or have loads of money. Even though you know that you're a good guy, you doubt yourself and simply don't think that you're good enough for most of the women you meet.

Yet, you are.

So, if you're not getting the kind of results that you want with women, what is the REAL reason why that is happening?

As you will discover from the video above, guys who aren't good looking, rich, tall, athletic, etc can still attract, have sex with and even marry attractive women. This is because it is possible to attract women in ways other than looks, money, height and status.

You most-likely don't realize how attractive you can be to women right now.

Psychologists Don't Always Get it Right

I once had a client who had been going to a female psychologist for five years before he sought my help to overcome his insecurities about women. He found out about me from [this newspaper article](#) and got in touch to learn from me.

I was shocked to find out what his psychologist had been recommending for him to do to cure his insecurity and fear of women. She had been him to go out and get rejected by women as much as possible every weekend.

Why did she suggest that? She didn't know what else to do, that's why!

She had learned a technique from her university studies called Desensitization (Meaning: The diminished emotional responsiveness to a negative or aversive stimulus after repeated exposure to it) and mistakenly thought that it also would work for guys who were insecure around women that they found attractive.

When I asked my client what effect her advice had on him, he said that going out to get rejected had made his anxiety and insecurity even worse. So, I took him out to approach women and taught him The Modern Man approach and he was cured in a weekend.

Why? My approach to helping a guy overcome his insecurity with women is to teach him what to say and do to ATTRACT women, not get rejected by them! When a guy knows how to attract women, he approaches and women like him right away. He then builds up their interest by making them feel more attracted.

After experiencing that a few times, a guy then stops feeling insecure and starts feeling confident.

Why? Think about what confidence and insecurity really are:

Insecurity (*noun*): Lack of confidence or assurance; self-doubt.

Confidence (*noun*): Belief in oneself and one's powers or abilities; self-confidence; self-reliance; assurance.

When you believe that you can do something and you have faith and trust in your own abilities, you don't feel insecure. Instead, you feel confident...and man is that awesome feeling to have around women!

I Overcame My Insecurities With Women and I Would Be Honored to Help You do the Same

Many years ago, I felt insecure around attractive women. It wasted many years of my life and I had sit on the sidelines and miss out on love, sex and relationships with beautiful women.

However, after a lot of thinking, testing and experimenting, I eventually worked out how to overcome my own insecurities with women. Since then, I have devoted my life to helping guys to overcome their insecurities and instantly begin experiencing more success with women.

It took me many years to work this stuff out, but you can learn it all in a matter of hours and then get on with enjoying your life as a confident guy.

If you sincerely want to know how to stop being insecure, I really can help you.

I guarantee that when you learn my techniques, you will rapidly improve your confidence and self-belief, eliminate your insecurities and transform into a confident, charismatic guy who has his choice with women. Your anxieties and fears regarding women will disappear and be replaced by confidence, self-belief and a feeling of calm certainty at all times.

Does that sound good? Well, the best thing of all is that it is REAL.

Imagine This...

- No longer being afraid to approach women.
- No longer feeling intimidated by beautiful women.
- Beautiful women feeling a deep attraction to your confidence and openly flirting with you in a sexual way.
- Beautiful women trying to keep conversations going with you.
- Having your choice of women.
- Always feeling confident in any social situation.

When you stop being an insecure guy and start being a confident guy, success with women happens naturally and automatically.

Why? Women are naturally attracted to the strength in men and turned off by the weakness, so if you are insecure, nervous or shy in social situations, women will feel turned off and even repulsed by you.

However, when you learn to think, behave and live like a confident guy, women naturally feel turned

on by you. Women can't stop themselves from feeling attraction for you because it happens automatically.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How to Get a Friend to Like You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The secret of how to get a friend to like you is to stop acting like you just want to be friends with her and start doing the types of things that will make her feel sexually attracted to you.

When a woman feels sexually attracted to a guy, she will automatically like him and be interested in exploring a sexual relationship.

Do you know how to make her feel sexually attracted to you? Watch this video to understand how it works...

You can make your friend feel attracted to you by displaying the personality traits and behaviors that naturally attract women, such as: Confidence, charisma, charm, the ability to make her laugh, masculine vibe, etc.

How Long Have You Been Stuck in the Friend Zone?

[image: Friend zone]

What type of relationship do you have with your friend at the moment? Do you hang out as friends? Are you always there for her? Do you listen and try to show her how good of a guy you are?

Well, if you answered “Yes” to those questions, I have some bad news for you...

Your friendship won't count for anything if another guy comes along, makes her feel sexually attracted and then escalates to kissing and sex. A woman's sexual desire will come first before her desire to be friends with a guy.

[image: How to get out of the friend zone]

Your friend might feel bad for you and even ask you, “*Are you okay with this?*” but she won't stop and coming running back to you unless you start making her feel the type of sexual attraction she needs from a lover or boyfriend.

Women want to hook up with a guy who makes them feel sexual attraction. You have to start with sexual attraction and then everything else follows on from that.

If you pretend to be her friend and hide your sexual desire for her, she may believe that you just want to be friends and then hook up with another guy who is interested in having a sexual relationship with her.

However, be warned: Do not show your sexual desire in her until you have made her feel sexual attraction for you first. Attraction comes first and everything else follows that. You have to go through the right flow, otherwise a woman will feel awkward (i.e. because you like her in a sexual way and she doesn't feel that way about you) and she will reject you.

Being a Nice Friend Won't Make Her Wet

She's human.

She has a vagina and she wants to experience sex, love and good times with a guy that she chooses to

have a relationship with. However, she's not going to feel turned on by you if you're just being a nice friend to her.

Here's why...

You can be nice to your friend, but you also have to start saying and doing the types of things that will turn her on sexually. That is what counts.

Make Her Work to Impress You and Maintain YOUR Interest

If you're trying to work out how to get a friend to like you, then you're probably one of the guys who is making the classic mistake of being too easily impressed by a woman.

Yes, you find her attractive. Yes, you want to have sex with her. Yes, you have good intentions.

Yet, what you probably don't realize is that pretty much every guy on the planet would offer her the same thing. If your friend is a pretty girl, then most guys would have sex with her simply based on her appearance.

Out of those guys, probably 80% would have a relationship with her...even if she didn't do anything other than look good. She doesn't even have to impress most of the guys that she meets and that is BORING to her.

This is one of the reasons why women are attracted to guys who are more of a challenge...

When you switch things around and start making her feel attracted, she will begin to hope that you like her too. Then, if you can just be courageous enough to offer her the best gift of all, you will be a bit of a challenge to acquire.

You will make her work a little to build up your interest, maintain your interest and get you out on a date.

Most guys will NEVER give that experience to a woman because they think that being a challenge will result in losing their opportunity to have sex or a relationship with her. Yet, it's actually one of the easiest ways to get a woman chasing you and falling madly in love with you.

Instead of you doing all the work and trying really hard to hopefully get your friend to like you, the responsibility falls into her hands and she has to impress you.

Of course, you can still show interest in her, but just make sure that she always gets the impression that you're not 100% keen on her...yet. Let her feel the desire and worry about trying to impress you.

If you can do that for her, she will fall madly in love with you and won't want to let you go.

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[image]

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Why is it So Hard to Meet Women?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Why is it so hard to meet women?

It's not.

Many women would love to meet you, but you need to have the confidence to approach them and the skills to attract them.

Do you know how to attract women when you interact them? Watch this video to find out...

It's Not the Where that Matters, it's the How

Look around online and you will find 100s of lists of places you can meet women, but that isn't what you really need.

What you really need to do is brush up on your conversation skills, learn how to make women feel attracted to you and then have the confidence to approach them. When you know how to attract women, you don't feel nervous or worried about approaching women because the majority of women that you meet will feel attracted to you.

Are you confident enough to approach women that you find attractive? If not watch this video...

4 Common Mistakes Guys Make When Trying to Meet Women

Meeting women is simple, as long as you approach it correctly. You simply have to approach women in a confident, easy-going way and then focus on making them feel attracted to your personality. It's actually a lot easier than you may realize.

However, if you make any of the following mistakes, you may begin to wonder if there's any point at all in trying to meet women...

1. Thinking that women have all the power

When a guy tries to meet women, he has to understand that he has the power. If he behaves as though he'd be lucky to get a chance with a woman, she will usually reject him. Why? Watch this video to understand the reality that women live in...

When you make a woman feel attracted to you and then behave like the challenge that she has been hoping to meet, she will try to get a chance with you. It will be YOU who has the power to decide whether or not she gets to hook up with you.

2. Trying too hard impress women

When a beautiful woman gets the sense that a guy is trying very hard to impress her because he doesn't feel good enough, she will immediately begin to lose interest in him.

However, if he does the same thing to an unattractive woman, she will often give him a chance because she can see that he doesn't have much confidence in himself because he doesn't know how to attract

women.

Many guys go through most or all of their life accepting second best or nothing when it comes to women. A lot of that comes down to the fact that those guys don't feel like they are good enough for attractive women.

Here's the thing...

You are ALREADY good enough for most women.

[image: You are already good enough for most women]

Women are just waiting for you to realize it.

3. Being too nice

There's nothing wrong with being nice to women, but if you are too nice because you are hoping to be "liked" and "given a chance" then you will almost always be rejected by attractive women.

Here's why...

Guys who don't know that they need to attract women will often worry about saying the wrong thing around a woman and getting rejected. So, they will act really nice, be very polite and try to avoid saying anything that might cause offense.

Yet, what those guys don't realize is that when a woman is attracted to a guy, she won't reject him because he says a few things that she doesn't agree with. As long as he is being easy-going and light-hearted about it, he can say and do whatever he wants and she will still like him because she feels sexually attracted to him.

When a woman meets a guy who is afraid to say something wrong, she feels bored and turned off by him. She can't respect him as a man because he has no backbone. He's a wimp and he's hoping that if he's just nice enough to women, they might find it in their heart to give him a chance.

That's not how it works though. You've got make women feel SEXUALLY attracted to you and then they will appreciate the fact that you're a good guy. However, if you're just a good guy and you're not even saying or doing anything to make the woman feel sexually attracted, then she's not going to have much or any interest in you other than to be a friend.

4.Â Boring her during a conversation

When a woman meets a man, she wants to be able to feel a spark with him and feel excited to get to know him.

Yet, most guys don't give women that experience because they simply talk to women in a serious, logical, straightforward manner. For example: "What do you do for a living?" "How old are you?" "Where are you from?"

Nothing about those questions is going to make a woman feel a spark and feel excited, unless the guy focusses on making her feel attraction for him while asking the questions. Watch this video to understand how it works...

Meeting Women is Easy

It really is.

However, if you're one of the many guys who don't know how to attract women during an interaction, meeting women will feel difficult and even exhausting. You may even begin to think that there's no point in trying and that you should just stick to masturbating to porn.

Don't think like that.

You are much better than that.

You can easily make women feel attracted to you when you interact with them, based on what you say and do. You can really can do that, so don't bury your head in the sand and think that you can't do anything about your lack of success with women.

You can...

×

[image]

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[image: Dan Bacon]

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Do Women Like Facial Hair?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Women find facial hair attractive on men who are confident and masculine.

If a nervous, self-doubting guy grows out a beard or a moustache, women aren't going to be looking at him and saying, *"Wow! He's got facial hair. I want to have sex with him!"*

They will feel turned off by his nervousness and self-doubt, which will then prevent them from feeling attractive to his superficial, masculine traits like facial hair or even muscles.

However, if that same guy was able to change and become confident and masculine in his thinking, behavior, attitude and vibe, women would then find his facial hair appealing. This is because a woman's attraction for a man is mostly based on how he makes her feel when she interacts with him or observes him from a distance.

Women can feel attracted to a man's physical appearance, but they can also feel turned off by a good looking guy if he doesn't display the type of personality traits and behaviors that naturally attract women (e.g. confidence, charm, charisma, the ability to make her laugh, etc).

Watch this video to understand how a woman's attraction for a man really works...

The Deciding Factor

There have been a number of studies in recent years that have concluded women are more attracted to men with stubble than they are to clean shaven men. However, the studies are all flawed and the results pretty meaningless because the women were only shown photos of the men. Had the women actually met those men in person, the results would be completely different.

For example: If a woman looks at a photo of a guy and says that he looks attractive and she likes his facial hair, it is based on her superficial impression of him. She does find him attractive in a photo, but if she meets him in person and notices that he is actually very shy, nervous and insecure around her, she is going to be turned off by him.

At that point, she isn't going to care whether or not he has a beard, stubble, moustache or goatee because she will be turned off by his personality and behavior, which is the most important thing to the majority of women.

What most guys don't realize is that the things that women find most attractive about men cannot be seen with the naked eye. For example: Confidence, charm, charisma, the ability to make her laugh, the ability to make her feel girly in response to his masculinity, etc.

Women Are Much More Flexible About What They Find Attractive

Just because a woman says that she likes guys who have stubble, a beard or messy facial hair, it doesn't mean that she can't feel attracted to clean shaven men. In fact, if she meets a guy who is clean shaven and he makes her feel attracted in the more important, fundamental ways then she might

actually change her opinion and start liking clean shaven guys.

Men do the same thing too.

You may have heard one of your friends say how much he likes blondes with big tits, but then he falls madly in love with a brunette with little perky tits. A couple of years later, he marries her, has some children and enjoys a happy marriage for life.

If you hear women going around saying, *“I like clean shaven men”* or *“I don’t like beards”* it doesn’t mean that they can’t feel attracted to guys who don’t fall into that category.

Usually, it just means that she’s met a guy in the past who made her feel a lot of attraction for many different reasons (e.g. he was charming, confident, charismatic, etc) and she then thinks that she likes guys who have his type of facial hair.

Facial hair is a very superficial thing. You don’t need it to be attractive to women, but it can make you appear more masculine (if you’re a confident guy), which will make you more appealing to a lot of women.

Personally speaking, I always have stubble on my face (I use a particular setting on my shaver that doesn’t shave it off completely) and I’ve had sex with more than 250 women. However, I had sex with about 100 of those women when I was clean shaven.

In other words, it doesn’t really matter. If you like facial hair, then you should grow it out because you want to. Women are attracted to guys who do what they want and love who they are, not guys who are always trying to look their best to hopefully attract women.

The truth is, you are already good enough for most women as you are right now.

If you haven’t been able to attract and have sex with beautiful women lately, it simply means that you’re not saying and doing the types of things that turn women on during interactions. If you change that, women will begin feeling attracted to you regardless of whether you have facial hair or not.

×

[image]

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[image: Dan Bacon]

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What Makes a Man Attractive?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

While it is true that a woman can find a man's looks, money, height, fame and muscles attractive, those aren't the only ways to make her feel attracted.

Some women will only accept a perfect looking male model with loads of money, but the majority of women have what I call an Open Type. To a woman with an Open Type, what makes a man attractive is mostly based on how he makes her feel when he interacts with her...not on how he looks or how much money he makes.

Watch this video to understand how a woman's attraction for a man really works...

You Need to Display the Personality Traits and Behaviors That Naturally Attract Women

Attraction isn't what most people think it is.

A lot of guys assume that they can't attract beautiful women, so they end up accepting unattractive women or worse, remaining single and alone.

The truth is, you are already good enough for most women as you are right now. All you need to do is display the personality traits and behaviors that naturally attract women and women will then find you attractive.

For example: If you're talking a woman and you are nervous, shy, feeling intimidated and unworthy, do you think that will make her feel attracted to you? No, of course not. However, if you were to interact with the same woman and be confident, charming, charismatic and make her laugh and enjoy talking to you, then she would find you attractive.

That's how it really works.

Sure, some women will only ever accept a perfect male model with loads of money, but the majority of women are much more flexible about what they find attractive.

[image: Ugly guy with a pretty girlfriend. She finds him attractive]

[image: Nerdy guy with a beautiful girlfriend]

[image: Fat guy with hot girlfriend. She finds him attractive]

[image: Asian guy marries white girl. She finds him attractive]

[image: Bald guy with pretty woman. She finds him attractive]

[image: Fat guy with sexy girlfriend]

[image: Fat guy with beautiful girlfriend. She finds him attractive]

[image: Ugly man with beautiful women. She finds him attractive]

Looks Can Attract Women, But They Are Not the ONLY Way to Attract a Woman

[image: Confused men thinking that it's all about looks]

There's nothing wrong with presenting yourself well and trying to look good, but it really isn't the most important thing to the majority of women.

What really matters to most women is how your personality, behavior and conversation style makes them feel when they interact with you. If a woman feels turned off by how you interact with her, she isn't going to care that you're wearing an expensive shirt or that you have the latest style of shoes.

What makes a man attractive to women is based on who he is. Looks can attract women, but they aren't the only way to attract women. The easiest way to be attractive to women is to focus on making them feel attracted to your personality, behavior and conversation style.

For example: If you're talking to a woman you like and you want her to feel attracted to you, simply add in some confident humor that makes her feel girly in your presence. When you do that, she will feel attracted to your confidence, ability to make her laugh and the fact that she feels girly in response to your masculinity.

So, if you're eating at a cafe or restaurant with a woman and she has a bit of food stuck to the side of her mouth, you can say, *"Hey...there's a bit of food stuck to the side of your mouth"* and point it out for her.

Then, when she clears that away, point to her chin and say, *"There's some on your chin too"* and let her try to clear that away. Then, point to her ear and say, *"There's some on your ear too"* and then laugh together with her.

She will feel like you've put her on the spot and she will feel shy and girly in response to your masculinity. This will turn her on because she will realize that you have the ability to make her feel girly and that will make it much easier for her to get into the type of emotional state that will make her orgasm more freely during sex.

The things that make men most attractive to women really can't be seen with the naked eye. It's more about what a guy says and does when interacting with a woman. He either turns her on or he doesn't.

Do You Know How to Attract Women?

Most guys never get taught how to attract women, so they end up wasting a lot time and energy trying to be "liked" by women.

How about you? Do you know how to trigger feelings of sexual attraction inside of woman? Watch this video to find out...

×

[image]

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Why Do Women Give Mixed Signals?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

In most cases, when a woman gives you mixed signals, she is simply testing to see how confident you really are.

If you become nervous or begin to doubt her attraction for you, she will lose interest in you. If you remain confident and believe that you are good enough for her, she will feel attracted to you.

Regardless of what a woman says or does, the most important thing that you need to do is make her feel attracted to you. When a woman feels attracted to you, she will automatically like you and be interested in having sex or even a relationship with you.

However, she won't always be clear with her signals. Some girls like to test a guy's confidence, while other women are shy and don't show a lot of consistent interest because they are afraid of being rejected.

So, whatever you do, don't waste time trying to work out whether or not a woman likes you. Simply make her feel attracted to you and then confidently take things to the next level (e.g. phone number, kiss, sex and relationship).

Do you know how to make women feel attracted to you? Watch this video to find out...

Why Do Women Have to Make it So Difficult?

[image: Huh?? I thought she liked me!]

Most guys don't understand the reality that women live in.

If the woman that you like is attractive, then most guys would be willing to have sex with her simply based on her appearance. A lot of those guys would also be happy to have a relationship with her, even if she isn't a perfect match for them.

It's because of this predicament that attractive women prefer men who are more of a challenge...

If the woman you like has been giving you mixed signals, it's important that you don't lose confidence in yourself. In most cases, she will be hoping that you can be brave enough to believe in your attractiveness to her and keep pushing forward.

When you do have sex with her and begin a relationship, you will be surprised at how madly in love she falls. A woman who likes a guy who is more of a challenge can rarely find a guy who has enough confidence to keep pushing forward.

In most cases, she has to settle for a guy who feels so lucky to be with her, but with whom she hardly feels anything for.

You've finally met the right girl for you, but the question is; does she think that you are the right guy for her?

She gives you all the signals that say she is interested in you; you have good conversations, you flirt and she's even given you her phone number. All is going well and then nothing! She starts ignoring you and suddenly she goes cold. When that happens, it's only natural that you are left feeling confused and wondering why do women give mixed signals?

How Did You React When She Started Giving You Mixed Signals?

[image: Mixed signals from a woman]

Sometimes a woman will show her interest in a guy one day and then pretend not to be interested the next day. Why? She wants to see whether or not he will chase her and how much he likes her.

If she is a beautiful woman, she doesn't want to see the guy lose confidence in himself and feel like he has ruined his opportunity with her. Instead, she wants to see that he continues to talk to her and make her feel attracted to him.

You might have heard women saying, "I like a guy who knows what he wants and isn't afraid to get it" and this is a classic example of what women really think about men who fearlessly pursue them.

However, don't get "fearlessly pursue" mixed up with "desperately pursue." A beautiful woman doesn't want to be pursued by a guy who usually can't attract other women and is now desperate to get a chance with her because she showed him a little bit of interest.

A beautiful woman wants to be pursued by a confident guy who is also making HER feel a lot of attraction for him.

It's easy for the guy to be attracted to her because she is beautiful, but if he is unable to make her feel attracted in the more important ways (e.g. confidence, charisma, charm, etc), she usually isn't going to be feeling enough attraction to warrant kissing him, going on a date with him or being his girlfriend.

A lot of guys ask me, *â"¢ Why can't it just be more simple Dan? Why do women have to make things so complicated. I like her, she likes me. What's with all the games she's playing?â"¢*

Yet, what these guys don't realize is that she's simply trying to find a guy who makes her feel the type of attraction that she wants. She also wants to find a guy who is a good match for her level of intelligence (emotional, social, academic, etc) and level of experience with love and relationships.

Take Charge of the Situation

Instead of wasting time thinking about all the mixed signals that a woman is giving you, simply take charge of the situation.

The guys who are naturally good with women (or those who have learnt from me) don't wait for loads of positive signals before making a move on a woman.

[image: Start with kissing and sex and then take it from there]

A guy who is good with women knows that women find him sexually attractive, so he just approaches a woman that he likes and then guides her to kissing and sex. After sex, a relationship begins...

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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What Kind of Clothes Do Women Like on Men?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Women have all sorts of different tastes and opinions about clothes, so there isn't one type of clothing that will attract all women.

Some women hate it when a guy wears a shirt because it looks too formal, but other women love a guy in a shirt because they say it looks smart and elegant.

If you want to be attractive to a woman, the most important thing is how you make her feel when you interact with her. Yes, she might have a certain style of clothing that she likes guys to wear, but if your personality and behavior turns her on, she will begin to look at your clothing and style in a more positive light.

Watch this video to understand how a woman's attraction for a man really works and how you can use it to your advantage to attract women in pretty much any clothing that you decide to wear...

“Will Wearing Designer Clothes Get Me Laid?”

[image: Will wearing designer clothes get me laid?]

No.

If you dress very well and spend a lot of money on high end clothing, a woman may look at you and think, *“Oh, he's stylish...he looks good”* but that doesn't mean she is going to approach you or that she will be willing to have sex with you if you approach her.

The majority of women appreciate it when a guy makes some effort to look good, but what's most important is how he makes her feel when he interacts with her. If a guy's personality, behavior and conversation style doesn't turn a woman on, she isn't going to say, *“I feel nothing for him, but I still want to have sex with him because he wears Versace.”*

Of course, unattractive women usually like it when they meet an insecure, confused guy who doesn't know how to attract women with his personality and behavior. They feel less worried about losing him to an attractive woman because he doesn't know that in the human mating dance, it is women who have to look pretty...not men.

[image: Peacock mating dance]

In the mating dance of the peacock bird, the male is the colorful, pretty one and the female is the bland, plain looking bird. Female peacocks select males based on how colorful and vibrant their feathers are.

In today's world, a lot of men have been tricked into thinking that they need to be very good looking and adorn themselves in the best clothes to stand a chance with women. Yet, it just isn't true.

Yes, some women will only ever accept a male model with loads of money, muscles and the best clothes, but the majority of women have what I call an Open Type, which means that they are open to being with all different types of guys, as long as the guy makes her feel attracted in other ways (e.g. confidence, charisma, charm, humor, etc).

A woman might be going through life saying, “I hate guys who wear t-shirts and jeans...I only like

guys who wear ironed business shirts and suit pants.” Yet, when she meets a confident, charismatic guy and he makes her feel attracted to his personality and behavior, she will place less importance on the fact that he’s wearing jeans and t-shirt.

In fact, the more she feels attracted to him, the more she will actually come to like the fact that he wears t-shirts and jeans. She will actually begin to find that look attractive because it’s the look that the guy she feels most attracted to wears.

Most guys don’t get this, so if they hear a woman saying that she likes something or doesn’t like something, they take it as a permanent fact. They assume that the woman cannot change her mind or feelings.

If they hear a woman saying, “I like guys who wear the latest fashions” or “I only date good looking guys” they assume that most (if not all) women think that way and the only way to get women attracted is to look good and wear the latest fashions.

Yet, it’s not.

You can attract women with your personality, behavior and conversation style. You can turn women on in so many different ways. You are not limited to making a woman feel attracted to you because of your looks because you are a man, not a peacock bird.

Look Good, But Don’t Go Overboard

A good rule of thumb to use when approaching fashion as a man is to make an effort to look good, but don’t go overboard.

Unless you’re a fashion designer or work in retail sales for fashion, it’s not something that you need to spend a lot of time thinking about.

Simply decide on what type of clothes you like to wear that also fit in with the type of crowd that you like to hang out with.

For example: If you’re into nightclubbing, then wearing dorky, nerdy clothes isn’t going to make a good first impression on women. Sure, you can attract her with your personality and get to see your fashion sense in a more positive light, but there’s no need to make things any harder for you than they already are.

Clothes Do NOT Maketh the Man

If you listen to the advertising campaigns of big brands and to the gay men on TV who push fashion, you might get sucked into thinking that, “*Clothes maketh the man.*”

I recently saw a gay guy on TV saying, “*Every guy HAS to have at LEAST 10 pairs of shoes.*” He was so serious about it and then an attractive woman appeared on the TV to back him up. Most guys will see that as real advice because the hot chick agreed.

In another show, a gay guy and an attractive woman said, “*It takes a real man to wear pink*” and I rolled my eyes and felt sorry for the guys who’d be watching the show. Most guys don’t realize that the gay guy is trying to make men be more feminine and tolerant of feminine men and the woman is simply agreeing because she can’t admit what she really likes about men.

Women are intelligent, but they say all sort of stupid things about what they want in a man...and then go for guys who are the complete opposite. For example: No doubt you've heard women say that they want a nice guy, right?

So, why do they often reject nice guys and go for bad boys?

As you will discover in that video, you can't always listen to what a woman says as being literal fact. When a woman says that she likes a guy who has good shoes, it doesn't mean that she won't have sex with or even marry a guy who wasn't wearing good shoes when he met her.

Likewise, if a woman says that she doesn't like chest hair on a guy, it doesn't mean that she won't have sex with or marry a guy with chest hair.

She's just being a girl and saying whatever she feels like, but if she meets a man who makes her feel a lot of attraction in other ways (e.g. confidence, charisma, etc), she will change her mind and begin to love men with chest hair because the man that she is most attracted to has chest hair.

Clothes are not the thing that make you irresistible to women. Yes, clothes can make you look good and help you make a good first impression, but they are not the most important thing to most women.

What makes you irresistible to women is when you trigger their feelings of sexual attraction with your personality, behavior and conversation style and then build up the sexual tension between you to the point where she feels an intense desire to have sex with you...

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How to Get to Know a Girl: The Golden Rule

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The golden rule of how to get to know a girl is this: Make her feel attracted to you first and she will then try hard to get to know you and make you like her.

Everything starts with attraction. If you just pretend to be a nice friend and hope that she “likes” you enough as a guy to give you a chance, you will usually be rejected when you ask her out or attempt to kiss her.

Here’s why...

Let Her Know That You Find Her Sexy

After making her feel attracted to you, it’s very important to let a girl know that you find her sexy.

Did you know? Dove cosmetics did a global study on beauty and found that 96% of women do not consider themselves to be beautiful. You might find her incredibly pretty and sexy, but in her mind, she will often be focused on her flaws.

[image: Women insecure about their looks]

She will be going through life secretly thinking, *“If only I had a smaller nose, then I’d be pretty”* or *“If only I lost a bit of weight, then I’d be sexy.”*

A woman knows that she looks much better with make up than without, so she will often feel insecure about her appearance compared to other women. She will worry that her hair isn’t perfect, her clothes aren’t fitted perfectly on her body or that she just doesn’t look as good as other girls.

[image: Blonde before and after make up]

[image: Blonde before and after make up]

[image: Dark blonde before and after make up]

[image: Brunette before and after make up]

[image: Brunette before and after make up]

So, if you really like a girl and you want to get to know her, don’t pretend that you don’t find her sexy. Don’t treat her like a friend and pretend as though you don’t even look at her in a sexual way.

If she isn’t 100% clear that you find her sexy, a girl will often play hard to get to make you show lots of interest in her before she shows any interest back. Why? She doesn’t want to get rejected or seem to keen in a guy who doesn’t even think she is sexy.

To avoid all the mind games that go along with dating women, you simply have to be honest. Instead of pretending to be an innocent friend and saying, *“You look nice today”* talk to her like a potential lover or boyfriend would and say, *“You look sexy today.”*

Give her a smile and let her know that you find her sexy. Being honest like that cuts through all the bullshit and allows you and her to get on with kissing, having sex and enjoying a relationship.

Have You Been Making Her Feel Attracted to You?

If the girl that you want to “get to know” hasn’t been feeling much sexual attraction for you, then she’s not going to really care that you like her.

When you make her feel sexually attracted to you, she will automatically have an increased desire to get to know you, impress you and hook up with you.

So, the question is: Have you been making her feel attracted to you? Watch this video to find out...

If you want this girl to like you and want to get to know you, it’s not enough just to be the good guy that you are. You also have to trigger her feelings of sexual attraction for you. When she feels sexually attracted to you, make sure that you then take things to the next level (e.g. kissing, sex or a date) otherwise you may lose your opportunity with her.

Waiting Too Long to Make a Move

[image: The friend zone]

Some guys feel that it would be “disrespectful” to show their sexual interest in a woman, so they act like an innocent friend and wait and hope that something happens.

Yet, it almost always backfires because all it takes for the girl to instantly lose interest in him is for another guy to come along, focus on making her feel sexually attracted and then hook up with her.

Of course, if you only want to get to know this girl as a friend, then you simply need to find common ground and mutual interests and you will naturally get along well. However, if you want to have sex with her and you want her to be your girlfriend, don’t pretend to be a friend who has no sexual interest in her.

Sexual Attraction

[image: Get to know a girl]

The process of getting to know a girl happens very quickly if she is sexually attracted to you.

If you haven’t been making her feel sexual attraction for you, then you are just another horny guy who is hanging around her pretending to “just want to be her friend” when what you really want is stick your dick in her.

If she picks up on that, she will often pretend to be interested in you and use your interest in her to feel good about herself. Secretly, she will have already decided that she will never have sex with you, but she will enjoy all the attention and then hook up with another guy who makes her feel attracted.

Have You Been Enough of a Challenge For Her?

Most guys don’t understand the world that hot girls live in.

If a girl is attractive, most guys want to bang her. Most guys don’t care if she is smart, what she does for a living or what she studies. They just want to slide their weiner inside of her and enjoy it. If a

relationship happens after the sex, fine, but it's not the main thing that most guys are looking for.

A hot girl knows that most guys would be willing to have sex with her just based on her appearance and many of those guys would also love to be in a relationship with her. After a while, she gets bored of that and starts wishing that she could meet a guy who was more of a challenge...

The best way to get to know a girl is to make her feel attracted to you first. Then, instead of immediately trying to get her into a relationship with you, offer her a bit of a challenge. Make her have to try a little bit harder than normal to impress you, maintain your interest and hopefully get a chance with you.

Most guys aren't willing to do that because they don't want to miss out on the chance to bang the girl or get her into a relationship. Yet, what they don't realize is that she is bored of how easy most guys are.

If a girl is hot, she will be hoping and wishing that she could meet a guy that makes her feel like she really wants to get to know him and hopefully get a chance with him...

×

[image]

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Why Are Women So Emotional?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

A woman's brain chemistry is wired different to a man's.

It's just how nature works and when you look at it from a big picture perspective, you will see that the differences in men and women are a good thing for this world and also for you as an individual man.

The Female Effect

[image: Why are women so emotional?]

Generally speaking, men don't place as much importance on the things that women tend to get emotional about.

For example: A man might see that someone is feeling a painful emotion, but he won't feel an instinctive need to comfort that person like a woman would.

As long as he is achieving his goals or getting what he wants, he can turn a blind eye and not care.

I'm talking in general terms here of course.

Many men do think, feel and behave like women do.

That's not what I'm talking about here though.

I'm talking about the general differences between masculine men (i.e. men who are not like women) and feminine women.

So, back to the example...

While a typical man won't really care about the painful emotions of other people, a woman will tend to feel sorry for the person and want to do something about it.

Of course, I am saying "generally speaking" here because there are some mean, heartless women out there who don't care about anyone.

However, for the most part, what you will find is that women are much more compassionate and caring than most men.

It's partly because of so many women saying, "*Hey, that's not fair!*" about so many things that the modern world has become so tolerant and free.

Before women had a voice in society, men ruled the world and essentially killed anyone who didn't believe in what they did.

[image: Race mixing protest]

Of course, there have always been nice, loving, caring, feeling men who have fought for change, tolerance and love.

However, for the most part, when it was just men ruling the world, there was less compassion, tolerance and love for fellow human beings.

If you look back in history, you will see that men led the way to protest about race-mixing, men beat up homosexuals and men attacked and even killed people of different races.

Of course, some women got involved and supported those men, but in almost all cases, women never lead the way to violence and intolerance.

Generally speaking, women are wired differently than men and as a result, they look at things from a different perspective and tend to think, feel, behave and act in a different way.

Women do get caught up in the bad things that men do though.

Think of what happened with Nazi Germany.

Women supported what was going on.

Yet, they didn't initiate it.

Women tend to go along with what men are doing, unless women have a respected voice in society.

Think about how women helped to change the workplace.

Before women entered the workforce, almost all managers and bosses were men and they tended to run their companies like machines.

Employees essentially had no rights and the bosses and managers didn't care if things weren't fair for them.

As long as too many employees didn't die on the job, everything was fine.

Yet, when women joined the workforce and became respected, they started fighting for fairness, care, love, respect and a more family-like environment.

That doesn't mean that women are better than men.

Just different.

[image: The female effect]

All the changes that women have help make over the past 200 years is what I call The Female Effect on society.

It's a powerful thing and a lot of it has to do with the fact that woman's brain is wired differently to a man.

She has a different brain chemistry, which causes her to think, feel, behave and act differently than a man.

Without The Female Effect, life would be a lot colder, meaner and more ruthless.

This doesn't mean that women are better than men though.

It just means that women are just as important as men in this world.

Men have got the world to a certain point, women joined in as leaders and we are now developing the world together.

Men have always been important and still are.

For example: If it weren't for men, you wouldn't be reading this article now on the computer or handheld device that you're looking at.

Women didn't invent computers, invent cars and planes or build huge international businesses.

Men did all that and now women are able to join in and add in The Female Effect.

Men and women are just as important as each other and we both have a key role to play in the world and in our personal relationships.

For example: As a man, you must ensure that you allow your woman to think, behave and act like a feminine woman.

She might be used to acting in a more manly way to do well in her career or deal with modern life, but when in a romantic, sexual relationship, she still wants a man who has the ability to make her feel like a real woman (i.e. feminine, girly, free to be emotional).

So, bringing it all back to title of this article, “*Why are women so emotional?*” let’s get something very clear right now...

Always look at women as being different to men.

Women are not men.

Many modern women may act like men these days, but they are not men.

Women are still women and to have a successful relationship with a woman, you need to remember that and apply it.

For example: Some guys get annoyed at a woman’s emotional outbursts and demand that she essentially think, feel, behave and act more like him (i.e. a man).

That’s not what a woman wants.

A woman wants to feel free to be a woman (i.e. feminine, girly, emotional) rather than having to take on a more masculine energy and approach in her relationship with a guy.

So, in terms of a woman being emotional, you just have to accept that she will have her emotional outbursts at times because that is her nature.

Women are different to men.

She won’t be exactly like you and that is okay.

Don’t try to make her be like you.

She is not going to be a man for you.

Accept the emotional outbursts as part of her femininity.

The Emotional Outburst

[image: Emotional outburst]

If you’ve been asking yourself lately, “*Why are women so emotional?*” then you’ve probably been on the receiving end of an emotional outburst from a woman that just doesn’t seem to make any sense to you.

A woman getting emotional around a man is often her way of testing you and forcing you to grow, change and evolve rather than just stay where you are right now.

Everything in the universe is in a constant state of change, even if that change happens over long periods of time.

The way that life is designed is that it forces us to do something, rather than to stagnate and be the same thing forever.

You either go with the flow or the flow eats you up and spits you out.

It’s a woman’s nature to not let men get complacent.

For example: One minute a woman will say, *"I love you...I just want to sit on the couch and watch TV with you forever"* and a day or two later, she will say, *"I'm bored...why do you want to watch so much TV? You're so lazy! I hate my life."*

To a man, it doesn't make much sense why a woman would change her mind so easily to be so happy one minute and so bored the next.

Yet, that is the natural programming of women.

Women are designed to be restless, which is why religious monks have typically always been men.

Of course, Catholic nuns are an exception, but that was something that was forced on women in earlier times, rather than it being something they all aspired to.

I know this personally because my mother was sent away to be a nun in Ireland when she was in her teens.

She hated it and was always rebelling against the system.

She was restless and didn't want to live a life of quiet servitude.

She wanted to be free to be a woman, a mother and everything else that came along with that.

If you look at religious monks around the world, you will see that throughout history, it has pretty much always been men doing it.

The majority of women couldn't think of anything worse than having to sit along with their thoughts forever.

On the other hand, many men loved to be alone with their thoughts to ponder the deeper and more complicated side to life.

It was a dignified life to live as a man.

Since women were so oppressed and lacked rights, they often submitted to a life of servitude as a nun and enjoyed it.

However, it was never a case of women leading humanity into celibacy or social isolation.

That was The Male Effect on society back then.

Not anymore of course.

Today's world is less about philosophy and more about doing.

There are so many things to do, so many possibilities and so many options that being alone and devoting oneself to a religion just doesn't happen as much in the developed world anymore.

One of the biggest enjoyments of men is fixing problems.

It's a rewarding process for a man to see a problem, work on it and then fix it.

Hence why pretty much everything has been invented by men and why most men work in fixer jobs (e.g. plumber, mechanic, engineer).

Of course, feminist women reading this won't like what I am saying because they tend to want to be just like men.

However, it's just how life is.

Women are different to men.

Women are not men.

Some women are like men and some women want to be men, but women are women.

In terms of men being the inventors and fixers (up until recently, where women have gotten involved and become leaders and changers), it's just how nature has played out.

Throughout history and even to this day, the majority of women just want to use the fixed thing or the invented technology, rather than fixing it or creating it themselves.

Generally speaking, women don't want to spend a lot of time thinking about solutions, which is why approximately 80% of engineers are men.

The 20% of women who are engineers either have more of a masculine mind (e.g. butch lesbian, transgender), or they were raised by a father who never had any sons and showed more love for his daughter when she thought, behaved and acted like a guy.

Feminist women won't like reading that, but it's just how things work.

Most women don't want to think, feel, behave and act like men.

Most women just want to be women and in many cases, that involves a woman being more emotional and emotionally sensitive than a man.

Modern women may act like they are as tough and emotionally bulletproof as masculine men, but most of them aren't.

For example:

- Women are reported to experience depression at twice the rate of men in the USA.
- In the UK, 40% of women will require treatment for depression at some point in their life compared to only 10% of men. In other words, women are more depressed than men.
- Women are twice as likely to experience anxiety compared to men.
- 60% of the people who have OCD (Obsessive Compulsive Disorders) and phobias are women.
- Most women are insecure about their physical appearance. According to a global study conducted by Dove cosmetics, 96% of women don't consider themselves to be beautiful.

The above statistics show that although women are now an active part of leading modern society, they aren't as strong as they seem to be on the surface.

So, it's only natural that a woman will tend to be more emotional than a man.

Many women act like they are as strong as men, but the statistics don't lie.

Women are more emotionally sensitive than men and as a result, they are more emotional than men (generally speaking of course).

These days, a lot of guys have adopted a more feminine approach to life and as a result, they are finding it difficult to attract women into a relationship or keep a woman in a relationship.

×

[image]

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[image: Dan Bacon]

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Signs She Likes You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

It's pretty simple.

If a woman feels attracted to you, she will like you. The more attraction you make her feel, the more she will like you.

However, don't expect her to show all the classic signs that she likes you because all women show their interest in a guy in slightly different ways.

For example: Some girls like to test guys by playing hard to get and seeing if the guy will remain confident. If the guy begins to lose confidence in himself and doubt that she likes him, she then loses interest because she's looking for a more confident guy.

Another type of girl is the shy girl who really likes you, but is afraid of getting rejected if she shows obvious signs of interest. So, she will pretend to just want to be friends or she might even ignore you completely, but she will hope that somehow, something will happen between you and her.

So, instead of wasting your time looking for signs that she likes you, just make her feel attracted to you. If she is attracted, she will like you and you can then take things to the next level by getting her phone number, kissing her, dating her or having sex with her.

Do you know how to make her feel attracted to you? Watch this video to find out...

4 Classic Mistakes to Avoid With the Girl You Like

If you want this woman to like you and you want to begin a sexual relationship with her, make sure that you avoid these classic mistakes...

1. Showing Your Fear of Rejection

If she notices that you're afraid of being rejected by her if you show interest or attempt to take things to the next level, she will rapidly lose her feelings of respect, attraction and interest in you.

Have you ever heard a woman say, *"I like a guy who knows what he wants and isn't afraid to go and get it"* or something similar? Women say those things because they yearn to be approached by a confident guy who sees what he wants and doesn't hesitate for a second to go after it.

It's not about being overly confident to the point of being arrogant or being a jerk, but having the type of relaxed, masculine confidence that allows you to go after what you want without fear. You know that you're good enough for her and you are simply going to guide her through the process from a conversation to kiss, to sex and into a relationship.

2. Being Too Nice

[image: Being tense while interacting with her]

Being nice to a woman will usually make her like you as a person, but it won't make her wet.

If you want this woman to begin a sexual relationship with you, the key is to make her feel sexually attracted and turned on when she interact with you. It's not enough just to be nice to her.

There's nothing with being a good guy to women, but you also have to turn them on. If you don't, they will usually only see you as a friend and they'll reject you when you attempt to take things to the next level.

3. Agreeing With Her, Even When You Disagree

Women want to be challenged emotionally and intellectually when they speak to a guy. They don't want a "yes man" who is willing to say and do whatever she wants in the hope of getting a chance with her.

[image: Why doesn't she like me?]

Some guys are worried that if they disagree with a girl, it will upset her and they will then lose their chance with her. Yet, that's not how it works.

As long as you are being the good guy that you are and being respectful, a woman will appreciate the fact that you are also being real. You're not afraid to be yourself and say whatever you want, but you're also smart enough to remain respectful and keep things light-hearted.

4. Worrying When She Doesn't Reply to You Immediately

[image: Why isn't she replying??]

When you call, text, message or e-mail a woman that you're interested in, do you get feel worried if she doesn't immediately answer you? Do you take it as a sign that she doesn't like you anymore or is losing interest?

It's not.

Sometimes the girl will be genuinely busy and other times she will just be trying to not look so easy. She either wants to show you that she isn't an easy target and that you could trust her if you were in a relationship with her, or she is testing your confidence.

Either way, what you need to do is keep pushing forward. You need to believe in yourself, make her feel attracted and then take things to the next level.

Many Girls Have Liked You...and You Didn't Even Know it

Throughout your life, many girls have liked you and hoped that you'd be confident enough to make a move and take things to the next level.

Yet, you most-likely wasted too much time looking for signs that these women liked you. You didn't know that all you have to do is make a woman feel attracted to you and she will then like you.

It's as simple as that.

Don't make it any more complicated than it needs to be. Just make her feel attracted to you and then take things to the next level.

Don't waste any more time trying to find out if she likes you. Make her like you by making her feel sexually attracted to you.

×

[image]

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What to Talk About with a Girl

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Talking to girls is easy.

You simply need to talk to her in the same way that you would talk to a guy, but you also need include things that will make her feel attracted to you (e.g. humor, flirting, etc). When a girl feels attracted to you, she will then be open to giving you her phone number, kissing you and having sex with you.

For example: If you're talking to a girl that you like and she smiles and touches you on the arm, you can use humor and confidence to attract her by saying, *"Hey...I'll let you have that first touch for free, but if you want to touch me again, I'm going to have to start charging you."*

[image: What to talk about with a girl]

To make it funny, you have to be relaxed, confident and easy-going when you say it. Make her feel like you're almost being half-serious by saying that she will have to pay to touch you. This will make her feel attracted to your confidence around her and your ability to make her laugh.

Be a Good Guy, But Don't Be Too Nice to Her

When a guy doesn't know that he needs to attract a girl and turn her on, he will often make the mistake of trying show her how much of a nice guy he is. He hopes that if he can just show her how much he respects her and that he has absolutely good intentions with her, then she might give him a chance.

The nice guy approach works in movies and on TV dramas where the nervous, super nice guy eventually gets the girl. He saves her from a bad guy, saves the day or saves the world and she then falls into him arms.

In the real world, women simply let nice guys hit on them and they then fall right into the arms of a guy knows how to make her feel attracted and turned on.

Don't Bore Her With an Interview Style of Conversation

When a guy doesn't know how to talk to girls and tends to run out of things to say, he will often fall back on asking lots of questions in the hope that it will keep the conversation going.

For example: He might ask, *"So...where are you from?" "What do you do for a living?" "What do you like to do for fun?" "Do you like to play sports?" "Who is your favorite team?" "What is your favorite place to go on vacation?"* and so forth.

It's fine to ask those types of questions as long as it leads to an actual conversation, rather than you just saying, *"Oh, that's good"* and then asking the girl yet another question.

If you focus on asking as many questions as you can, it will usually make the girl feel like she is being interviewed by you and that is NOT how she wants to feel when talking to a guy who could

possibly be her boyfriend.

[image: Asking too many questions, without making her feel attracted or sharing interesting things about his own life]

When the questions come one after another without much input from the guy with his own opinions, feelings, personal stories and so on, a girl will feel more like she's applying for a job rather than chatting with a guy that she'd like to get to know better and possibly have sex with.

So, make sure you don't drill a girl with questions because you're worried about running out of things to say. Play with the conversation, expand it and explore it.

Don't Pretend to Be Someone You're Not

Girls are turned off by guys who act like they are cooler, badder or smarter than they actually are.

To make a girl feel naturally attracted to you, the best approach is to be your true self. When you do that, you will come across as more confident, charismatic and interesting, which will make her feel a unique attraction to you.

If she notices that you pretend not to be excited or happy about things that you think are cool, she will lose respect for you because she will see that you're putting on an act to impress her. Likewise, if you aren't honest about your feelings towards things you don't like, she will see that you're acting.

A cool, confident guy will say whatever he wants, without any fear of being judged by a girl. He'll tell a girl that he thinks she is sexy and beautiful and she will love it because it's coming from such a confident guy.

Believing in yourself and your value to girls is extremely important to your success. If girls get the sense that you doubt your value and attractiveness to them and don't think you are good enough, they will rapidly lose interest in you.

Make Sure That You Offer Her a Bit of a Challenge

If the girl that you're talking to is attractive, most guys want to have sex with her. She doesn't even have to be nice to them and they will still want to bang her.

This is boring for hot girls.

A hot girl goes through life and knows that pretty much every guy wants to have sex with her, at least once. Many of those guys would also be willing to have a relationship with her, just because she looks good.

This is why hot girls like guys who are more of a challenge...

When you're talking to a girl, make sure that you're not being a "Yes man" and just agreeing with everything she says or anything she wants. Be real and make her work to maintain your attraction and interest.

Give her the gift of feeling as though she would be LUCKY to be with you. Don't act like yet another hopeless guy who tries to be "liked" for being nice, rather than turning her on by being attractive and offering her a bit of a challenge.

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[image]

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How to Get Out of the Friend Zone

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you want to get out of the friend zone, you have to stop acting like a friend and start making her feel sexually attracted to you.

If your main approach to her is to be a friendly, nice guy, then you're most-likely going to get rejected when you ask her out, suggest starting a relationship or attempt to kiss her. Here's why...

You Placed Yourself in the Friend Zone

If you are in the friend zone with a girl you like, it's not her fault. She didn't place you in the friend zone; you did. You placed yourself in the friend zone by thinking, acting and behaving like you were just a friend to her, rather than making her feel turned on by you and then escalating to kissing and sex.

It's not up to a woman to lead you into a sexual relationship. If you talk to her like a friend, act like a friend and behave like a friend, then you will be a friend to her.

However, if you begin triggering her feelings of sexual attraction for you by thinking, behaving and acting like a potential lover or boyfriend, she will start to open herself up to dating you, kissing you, having sex with you and potentially having a relationship with you.

Do you know how to make women feel attracted to you? Watch this video to find out...

Are You Always "There" For Her as a Friend?

Being there as a friend for a woman isn't what makes a woman wet.

If you want a woman to feel turned on by you, it's about triggering her feelings of sexual attraction by displaying the traits that naturally attract women. Some examples include: Confidence, humor, charm and charisma.

When you make a woman feel sexually attracted to you, the next step is to build up her desire to kiss you and have sex with you by creating sexual tension. When you build up sexual tension between you and a woman, she then wants to release that sexual tension with kissing and sex.

However, if you're simply being a helpful, nice friend for her and trying to show her how good of a guy you are by "being there" for her, then she's not going to get turned on. She will like you as a person, but your actions won't make her feel intense sexual desire.

Have You Told Her How You Feel?

If you've only ever been friends with a woman and you suddenly declare your love or desire for her, she will almost always reject you unless she feels the same way.

She will only feel the same way if she feels sexually attracted to you and respects you as a guy. If she only sees you as a nice friend, a woman will usually give you a classic line such as, *"I don't want to ruin our friendship. Let's just remain friends"* or *"You're like a brother to me...I don't want to*

change that.”

When a guy hears that from the woman he’s been fantasizing about being in a relationship with, he feels crushed. He might also become upset and feel confused about why she would reject him and go for guys who don’t treat her as well as he does. He will wonder, *“Why does she lower herself to be with douchebags, when I am right here and I would love her and treat her so much better?”*

What he doesn’t realize is that acting like an innocent friend isn’t the way to quickly get a woman into a sexual relationship. If he wants to get out of the friend zone, he needs to stop pretending to be a friend and start saying and doing the types of things that will turn her on.

When she is attracted and turned on by him, her behavior will automatically change. She will start showing him many signs of interest (e.g. more frequent touching, hugging or even just phone texting and messaging over social media).

When he makes a move, she will happily go along with it. She will feel like she’s hit the dating jackpot because she’s not only attracted to him, but she really likes him as a person because he’s such a great guy.

That can be you, but you have to make her feel attracted to you first.

Making Her Feel Attracted to You

From now on, you’ve got to focus on making her feel attracted to you.

She already knows that you’re a good guy, which is great, but unless you make her feel turned on by you, she isn’t going to be changing how she feels anytime soon. All it will take for you to be slammed further into the friend zone is for another guy to come along and make her feel sexually attracted to him.

Even if you’ve been “hanging out” with her for months or years, she will instantly forget about her “relationship” with you and kiss and have sex with another guy who turns her on. You might feel angry and betrayed if she does that, but it’s how nature works.

A woman wants to be with a guy who makes her feel sexually attracted. If you also happen to be a good guy, she sees that as a welcome bonus. However, you have to start with sexual attraction and she will then appreciate and fall in love with all the other great things about you.

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How to Sexually Arouse a Woman

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The more attraction that you make a woman feel for you, the more desire she will have to be sexual with you.

To sexually arouse a woman, you need to display personality traits and behaviors that women find naturally attractive and arousing.

For example: Confidence, charisma, charm, humor and a masculine vibe.

3 Examples of How to Sexually Arouse a Woman

Women instinctively feel sexual attraction to men with alpha male characteristics. In other words, a woman will feel aroused by you if you think, behave and act like a masculine man around her.

Here are some examples of how to do it:

1. Eye contact

You can make a woman feel sexually aroused by looking at her in a confident, self-assured way. To increase her arousal, look her body up and down and then look back into her eyes with a smile that shows you find her sexually attractive.

2. Touch

When you first begin talking to a woman, touch her on the side of the arm in a confident, self-assured way. Be relaxed, masculine and powerful in your presence, but make your touch feel gentle, warm and loving.

She will feel aroused by the fact that you're such a strong, powerful man and you also know how to touch her in a sexually seductive way. This type of feeling literally makes some women feel "weak at the knees" in your presence.

3. Flirting

[image: Flirting with a woman in a bar]

Flirt (*verb*): To behave as though you're attracted to or trying to attract someone, but for amusement rather than with serious intentions. To court triflingly or to act amorously without serious intentions.

Flirting is essentially about showing your sexual or romantic interest in a woman, but in a light-hearted, non-serious manner.

All women love guys who can flirt because flirting is discreet and non-committal. Women know that it's not serious and they use it as an opportunity to feel sexual desire (e.g. because you're being confident when flirting with her) and to express their sexual desire by flirting back.

How does it work?

Imagine that you're talking to a woman in a bar. You find her incredibly attractive and she seems to like you too. She's laughing, giggling and enjoying the conversation with you. After a while, you ask her what she does for a living and she says, "I'm an accountant."

So, how you can flirt with her in response to that?

Remember what flirting is. It's about showing your sexual or romantic interest in a playful, non-serious manner. So, you could say, *"Oh wow, an accountant. So you're smart and beautiful. I've hit the jackpot."*

You can then both have a laugh and flirt with each other via your eye contact and touch, to discreetly show your sexual and/or romantic interest in each other.

Emotional Arousal

Most of what it takes to sexually arouse a woman happens in response to your thinking, behavior and actions. The way that you think, behave and take action either turns her on or it doesn't.

For example: Are you a confident guy or a nervous, insecure guy around her? Would you be able to confidently do what you want to her in the bedroom, or would she feel like you were hesitating and worried about not being good enough for her?

Could she see herself surrendering to you, spreading her legs wide open and saying, *â€œYes! Give it to me!â€œ*? or does she feel like having sex with you might be a fairly boring emotional experience?

Those are the types of things that really matter to a woman. She's more interested in what type of emotional experience that she is going to have with you. When you are able to turn her on emotionally, the physical side of sex will feel amazing no matter what you do to her...even if that is just missionary position and then doggy style.

Women Feel Aroused by Confidence

We men feel an intense attraction for a woman's physical appearance, which is why men masturbate to porn. A man can simply look at a woman and get an erection.

Yet, for women, it's more about who you are and what traits you are displaying around her. One of the easiest ways to sexually arouse a woman is to display confidence around her.

I'm not talking about the loudmouth, show-off, asshole type of confidence that douchebags display, but the relaxed, masculine type of confidence that cool, charismatic guys display.

When a woman notices that, no matter what is happening around you, your confidence remains completely in tact, she feels an intense for you. When you also add in some charm, charisma and humor, she is basically yours.

It's very difficult for a woman to find a good guy who has relaxed, masculine confidence and also happens to be a bit charming and charismatic. It's like hitting the dating jackpot and when a woman meets a guy like that, she does whatever she can to ensure that they have sex or at least start dating.

Make Her Feel Girly in Response to Your Masculinity

These days, women often have to compete alongside men in the workplace, which forces them to take on some masculine qualities, such as: Leadership, logical planning, strategy and dominant behavior.

Some women also find themselves wearing the pants in a relationship because these days, men and women are often encouraged to play “equal” roles in life. Yet, being a man’s equal or “partner” doesn’t allow her to relax into being his girl.

She has to lock away the “girly girl” side of herself and pretend to be more like a man, which isn’t sexually arousing because it goes against her true, sexual nature.

Although she wants to be respected and have a chance to succeed at university or in the workplace alongside men, that doesn’t mean she wants to be a man. Inside, she is still a girl and to become sexually aroused, a guy needs to be able to get her to connect with that side of herself.

Some guys make the mistake of talking to women like they are “one of the guys,” which is fine if you want to get along with a woman as a friend, but it won’t turn her on. The shortcut to turning a woman on is to make her feel girly in response to your masculinity.

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How to Get to Know Someone: Secrets of the Cool Crowd

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The best way to get to know someone is to:

1. Love and accept them for who they are

Don't try to get them to change who they are in the moment to suit you. Let them express their real personality in your presence.

When people feel like you accept them for who they are, they relax around you and feel understood. They feel like they can be themselves and be appreciated for it, which is one of the best feelings in the world.

2. Love and accept yourself

If you're trying to get to know a beautiful woman or people from the "cool crowd," you have to love and accept yourself first. You can't hope that being nice, a beautiful woman will give you a chance to be with her and the cool crowd will accept you into their group.

You have to love and accept yourself and know that you're good enough. You can't seek to get that approval from beautiful women or the cool crowd. You have to give it to yourself.

[image: Hanging out with friends]

When a beautiful woman notices (via your body language, vibe, attitude, conversation style, etc) that you know you are good enough for her, it is very impressive. Most of the guys she meets feel unworthy of her, which automatically makes her raise her guard up.

Beautiful, sought after women don't want to waste time getting to know guys who feel unworthy of them. A beautiful woman wants a guy who makes her feel like she'd be getting lucky if she got a chance to be with him. One of the ways to make her feel that way is to be what women refer to as a challenge.

When talking to people in the cool crowd, they will automatically like you if you don't feel the need to seek their approval. If you hang around and hope that they take pity on you, some people in the group may use you to feel good about themselves by picking on you or making you look back in front of others.

However, if you hang out and give yourself permission to say and do whatever you want, the cool crowd will respect you. As long as you are being respectful towards others and coming from a place of love, you can't go wrong.

2. Be your absolute, real self

Don't put on an act of being someone you're not, in the hope that a person will like you for it. Be your true, raw, real self.

If you want to attract compatible friends and women, you have to be the real you. Acting like

someone you're not will ensure that you attract people who don't really match up to who you truly are. You will always feel awkward, out of place and as though you're living a lie by being friends with them.

When you can have the courage to be your true self, you will find that people want to get to know you more. They feel intrigued by your unique personality and it is fascinating to talk to you and be around you. Something about you is charismatic and appealing...they can sense it and it feels good to be around.

3. Lead the way by being open, honest and fearless during a conversation

If a person gets the sense that you're not fully saying what you really want to say, or doing what you really want to do around them, they will shut off a part of themselves to you. They will always feel like they need to be on guard.

When talking to someone that you want to get to know, just be fearless in expressing yourself. Don't worry about making a mistake and ruining their impression of you. If a person sees that you're being open, honest and real, they will appreciate the small flaws and quirks that you have.

It's very rare to meet someone who has the courage to be honest, fearless and open when interacting with others. As long as you are coming from a place of love and have good intentions, you can't go wrong.

Yes, you might say some things sometimes that are a bit too much, but you and the other person can simply laugh it off and then get on with enjoying each other's company.

Being the Guy That Women Love and That Other Guys Respect

[image: Why am I always left out?]

Have you ever noticed how some guys just seem to hit it off with almost every woman they meet? He meets a girl or group of girls and they all seem to like him. They laugh, giggle, touch him, hug him and want to be around him...even though he's not a male model, isn't very tall, isn't and isn't famous.

[image: Ladies man]

In addition to being good with women, a guy like will effortlessly make new friends wherever he goes and people will enjoy being around him. He will only spend time alone when he decides to or when he finally has a free day without any plans, parties or work to get done.

Yet, why are these seemingly "everyday guys" so popular with people and with women? Simple.

Guys who are in the "cool crowd" know how to attract women and they also expect to be a member of the cool crowd. Ironically, assuming or expecting that you are a part of the cool crowd actually makes you give off a type of social confidence that is attractive to women.

Women are naturally attracted to guys who have the type of social confidence that allows them to be accepted, respected and appreciated by others. Women instinctively know that a guy who is liked by more people will usually have an easier time surviving and live a happier life, than a guy who is disliked or ignored by most people.

The Ability to Attract Women

When a guy knows how to attract women, he is liked by almost all women. When other guys see that he liked by so many women, they want to be around him, get to know him and hopefully get to score some girls through him.

However, when a guy doesn't know how to attract women, he will find it difficult to get to know women because they won't fully open up to him. Attractive women know that if they open up and are too friendly with a guy who doesn't know how to attract other women, he will usually latch on and pester her for months or even years in the hope that he "gets a chance" with her.

Likewise, when a guy doesn't know how to attract women, cool guys will rarely want him hanging around. If they do allow him to hang around, it will usually only be to make themselves look better in front of any women they encounter together.

How about you? Do you have the skill of being able to trigger feelings of sexual attraction inside of a woman? If you're not sure, watch the video below to find out...

When you're around the "cool crowd" do you hope to be liked and accepted, or do you assume that you're cool enough and good enough and then just get on with having a good time? If not, then it usually has a lot to do with the fact that you can't attract women.

When a guy is able to attract beautiful women and is accepted by beautiful women, he doesn't need to try to suck up to cool guys to hopefully get a chance to meet girls through them. He has plenty of women interested in him and guys then want to be his friend.

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[image]

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Why Do Women Like Tall Men?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Of course they do.

However, just because women like tall men, it doesn't mean that they won't accept guys who aren't very tall, or who are shorter than them.

Not all women will accept a guy who is shorter than them, but many will. Most women have what I call an Open Type, which means that they are open to being with all different types of guys, as long as the guy can make her feel enough attraction for other reasons.

For example: If a guy isn't tall, but he is confident, charming and charismatic, women will be interested in him because those three traits are attractive to women. At The Modern Man, I teach guys how to make women feel attracted to them in more than 100 different ways.

When you know how to attract women with your personality and behavior, you stop worrying about your height, looks and financial position in life. You know that you can make women feel attracted to who you are.

[image: Do women like tall guys?]

It's not possible to attract ALL women if you aren't tall, good looking and rich, but you can attract most women because most women have an Open Type. The majority of guys don't know this and they go through life clinging to secret excuses about their lack of success with women.

Watch this video to see what I mean...

The Main Benefit of Being Tall

Instinctively, women assume that a taller guy will be more capable of physically protecting her. She will also assume that he will be more respected by other guys because he is so physically imposing. However, if a woman interacts with a tall guy and finds out that he's nervous, insecure and doesn't have the presence of an alpha male, she will rapidly lose interest in him. The only exception is with unattractive women or with women who are looking for an insecure guy that they can control in a relationship.

Some guys like the idea of finding a woman who is looking for an insecure guy, but women like that almost always dump him later on, especially when he becomes insecure, clingy or needy. The kind of woman who accepts an insecure guy is much more likely to cheat or have an affair later on, when she loses respect and attraction for him.

She may be easy to pick up initially, but that doesn't mean she will stick around. The real secret to success with women is to:

1. Know how to attract women and turn them on with your personality and behavior.

That way, most of the women you meet feel attracted to you, so you can then have your choice of women. You can choose the right woman for you, rather than accepting whatever you can get. Do you have the skill of being able to attract women?

Watch this video to find out...

2. Know how to deepen a woman's love, respect and attraction for you over time.

In the past, a woman had to stay with a man for life, even if she was unhappy because it was shameful to get divorced. A woman had to find one man, get married to him, lose her virginity on the wedding night and then stick with him for life.

Not anymore.

Today's women no longer have to stay with a man if they aren't happy. To keep a relationship together in today's world, a man needs to know how to deepen a woman's love, respect and attraction for him over time.

It doesn't matter if a guy is tall; if he doesn't make her feel attracted in the deeper, more important and longer lasting ways, she will eventually lose interest in him.

Tall Men Get Rejected Too

A woman may be initially attracted by a guy's height, but it's an attraction that will be very short-lived if he doesn't display the personality traits and behaviors that naturally attract women.

For example: If a guy lacks confidence and is shy or nervous around a beautiful woman (who isn't looking for an insecure guy), she will instantly feel turned off, no matter how tall he is. On the other hand, if a woman meets a shorter guy who has a lot of self-confidence and the type of personality traits that make him well respected by other men, she will instantly be turned on by him.

The truth is (whether some guys want to believe it or not), most women will feel more attraction for a confident shorter guy or confident guy who is the same height as her than a tall guy who is insecure and nervous. Why? Nervousness and insecurity are turn offs, whereas confidence is a turn on.

Why Do Men Like Women With Big Boobs Vs. Why Do Women Like Tall Guys?

[image: Woman with big boobs]

Asking the question, *Why do women like tall men?* is just like asking, *Why do men like women with big boobs?*

Why? It's simply not true that all men want a woman with big boobs, but there can be no denying that it can certainly get our attention, right? However, if the woman isn't attractive in other ways, most guys are going to lose interest in her.

A tall guy will definitely get a woman's attention, but if he is unable to attract her in the more important ways (e.g. confidence, charm, charisma, etc), she isn't going to be very interested.

Being successful at attracting the opposite sex is a lot more complex than just being tall (for men) or just having big boobs (for women). A tall guy might get a woman's attention, but his height won't keep her attention for very long.

The "tall-dark-handsome" thing is one of those myths that couldn't be further from reality. Just take a look around you in the real world; Do you always see beautiful women with

basketball giants or guys who more than 6ft tall?

Of course you don't.

In the real world, you will always see ordinary, everyday guys of different height with beautiful girlfriends. Why? Women can feel attracted to guys for many different reasons. It's a fact. You do not have to be tall to attract women, but being tall will attract women.

You can attract women in more than 100 different ways with your personality and behavior (e.g. confidence, charisma, charm, ability to make her laugh, etc). The more ways that you can attract women with your personality and behavior, the higher quality and quantity of women you will have access to.

You've Just Got to Be the **Bigger** Man

A modern woman is looking for a man who is **man enough** to be her protector.

To protect a woman in today's world, a man doesn't need to be the tallest, fastest and strongest man around; he simply needs to be mentally and emotionally tough enough to deal with the challenges of life better than she does.

For most women, the **bigger man** in a situation isn't necessarily the taller, more muscular man. Today's man doesn't have to be able to kill a woolly mammoth or wrestle with a saber toothed tiger to provide for her and protect her; he simply needs to be a man who can handle the challenges of modern life.

It's time to stop asking, *Why do women like tall men?* and time to start asking yourself, *How can I become the type of man who makes women feel attracted?*

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How to Make a Girl Want to Kiss You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The secret to making a girl want to kiss you is to make her feel sexually attracted to you first.

If you're just being friendly with her or being a standard nice guy, she might like you as a person, but she isn't going to be feeling turned on by your approach.

Do you know how to trigger feelings of sexual attraction inside of a girl? Do you know how to turn a girl on by the way that you talk to her? Watch this video to understand how it works...

Movies Vs. Real Life

Have you ever noticed that in the movies and on TV, women often kiss a guy first? You will see a woman giving a guy the "come here" finger and she will then kiss him, or she will walk up and put her phone number in his pocket, walk off and say, "Call me."

Why do women behave like that in movies and on TV? Simple. It's designed to entertain the audience.

Girls watching the show will think, *Wow, I would never do that. That girl is ballsy!* and they are entertained by her behavior. They are amazed that a woman would go against the traditional role of a woman and be the one who actively tries to pick up a guy.

Guys watching the movie or TV show may think, *Wow! I wish that would happen to me!* Then, they wait around hoping that women approach them and talk to them because of how they look. Yet, it rarely, if ever happens.

The only time it happens is when a guy knows how to make a woman feel INTENSE attraction for him. He turns her on in several different ways and builds up her desire for him, to the point where she just has to have him.

Here's how it works...

However, if a guy just sits around hoping that a girl will feel attracted to him because of his looks, he will be waiting a long time...

[image: Why aren't they approaching me?]

In the real world, women rarely approach men because they want a man to demonstrate that he has the confidence to lead the way. Instead approaching and leading men, women will usually send out signals to let a man know that they want to be approached.

Then, it's up to you to have the confidence to approach. If you don't have the confidence to approach girls you like, watch this...

The same rule applies to kissing...

Unless it's in a movie or TV show, women will rarely make the first move and kiss a guy first. If a girl wants to be kissed by you, she's going to give plenty of signals to let you know she's ready and if you don't pick up on those signals, she will eventually lose interest.

Some of those signals include:

- Looking at your lips and then back up to your eyes.
- Touching you softly and warmly.
- Looking at you in a submissive, girly way.
- Biting her bottom lip and looking you in the eyes.
- Playing with her necklace (i.e. twirling it around her finger).
- Reapplying lip gloss and make up, or adjusting her clothing to look more appealing to you.

If you see any of those signals, don't wait around hoping for additional signals. If a woman is attracted to you and she's giving you signals that she's open to kissing you, then it's time to make a move and kiss her.

Some women will show their desire to kiss you in a more obvious way than others, so you can't rely on getting obvious, strong signals that she's ready to be kissed. Simply focus on making her feel attracted to you and then when she gives you the signals, move in closer and the kiss will happen.

3 Mistakes That Will Kill Her Desire to Kiss You

It's actually very easy to attract a woman and then kiss her. Yet, if you make one of the following mistakes, her desire to kiss you will rapidly decrease and she may reject you when you attempt to kiss her...

1. Asking for permission to kiss her

This was a great move back in the late 1800s to early 1900s when a woman had to save her virginity until marriage. Yet, in today's world, it's a move that will make a woman instantly lose interest in you.

She will realize that you don't get what it really going on in the modern dating scene. You don't know that people are having sex all the time. For example: A recent study found that 55% of couples had sex on their first date and 70% of women admitted to having experienced a one night stand.

In other words, sex happens all the time and it happens very quickly.

You don't need to ask a girl for permission to kiss her. You simply need to make her feel attracted to you and then move in for a kiss. If a girl feels attracted to you, she will rarely, if ever reject your kiss.

If she does reject your kiss, it's not because she isn't interested in you, but because it's not the right time and place. If a girl is attracted to you, then she will be interested in you, so if she rejects your kiss, simply say, *"Oh, I thought it would okay to kiss here...do you not want to kiss here or something?"* to show her that you understand.

2. Trying too hard to get her to like you

If you're putting on an act of being an even nicer guy than you are, girls will feel turned off by it.

There's nothing wrong with being nice to a girl you like, but if you're too nice to her because you think it will impress her, then you will almost always get rejected when you try to kiss her. Here's why...

3. Showing signs of nervousness while you hesitate to kiss her

If a girl has given you signals that she wants you to kiss her and you appear nervous and worried, she will rapidly begin to lose respect and attraction for you.

Women are attracted to confident guys, so when you want to kiss a girl, the most important thing you

need to display is confidence. Letting her see that you are nervous is the quickest way to ruin her feelings for you...

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[image]

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Is Chivalry Dead?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Is chivalry dead?

No.

Women still appreciate chivalry, but only from men that they feel sexually attracted to. If your main approach to a woman is to be a nice gentleman, but you're not even saying or doing anything that will make her feel sexually attracted to you, then she won't appreciate your chivalrous gestures.

Here's why...

The Real Meaning of Chivalry

Here's what the dictionary has to say about chivalry:

Chivalry (*noun*):

1. The medieval system or institution of knighthood. The combination of qualities expected of an ideal knight; especially courage, honor justice, and a readiness to help the weak.
2. Courteous behavior, especially that of a man towards women.

As you can see, the knights of the medieval times played a big part what it means to be chivalrous, but does that mean that chivalry has no place in modern society?

If you've recently been asking yourself the question, *â□□Is chivalry dead?â□□* you may be wondering why your courteous behavior towards women is not bringing you the success that you deserve, right?

You might have even come to the conclusion that modern women do prefer *â□□bad boysâ□□* and that guys who treat women well get rejected. Maybe you're starting to think that the world has gone crazy and you're not going to be able to get a girlfriend because you *â□□re not prepared to give up on what you believe is the right way to treat a woman.*

You want to be a nice, chivalrous gentleman and if women don't like that, bad luck to them, right? They need to wake up and realize that you are a great guy, right?

Wrong.

Women don't care that you're a good guy unless you first make them feel attracted to you. In the past, women had to select a man based on how nice he was and how well set up he was financially.

[image: The old days...]

Generally speaking, women couldn't earn their own money, so they were completely dependant on men. If she got married, she had to stay with that man for life, even if she was unhappy, because it was shameful to get divorced.

Not anymore.

[image: Modern women]

Women can now earn their own money, have sex with whoever they like and settle down whenever

they feel like it. They no longer have to select a man based on how courteous and chivalrous he is. That's not to say that women no longer appreciate or want men who are courteous or chivalrous. Women do still appreciate men who treat them well and most women want to find themselves a good guy, but he ALSO has to be able to make her feel sexually attracted.

[image: Start with kissing and sex and then take it from there]

These days, dating and relationships start with sexual attraction, kissing and sex. A recent study found that 55% of couples admitted to having sex on their first date, while another study found that 70% of women admitted to having experienced a one night stand before.

In other words, you don't have to court a woman for weeks or months by being a chivalrous gentleman. Be a good guy, be respectful and treat her well, but make sure that you're not acting like a gentleman from 1895.

In today's world, you need to start with sexual attraction. From there, you need to kiss the woman and have sex with her. After that, you can both decide whether or not to have a relationship. You're essentially taking each other for a "test drive" first and seeing how you feel.

The Modern Way to Be a Chivalrous Man

Here are 3 examples of how to be chivalrous with a woman in today's world.

Important: A woman will only appreciate these gestures if you have already made her feel attracted to you. If you are only being a nice gentleman and are not saying or doing anything to make her feel turned on by you, she will most likely see your attempts to be chivalrous as tacky or uncalled for.

Make sure that you trigger her feelings of sexual attraction FIRST. Then, the fact that you're a good guy will be highly appreciated and make her feel excited to have finally met a good guy who ALSO turns her on.

1. Be nice to the people she cares about in her life

A woman will always have people in her life that she respects, enjoying hanging out with and loves. A chivalrous modern man will make sure that he gives those people attention and doesn't try to exclude them from the life that he and her have together.

Even if you don't necessarily like some things about those people and would prefer that she only hang out with your friends, you should try to be more open minded. Be courteous to her by having a more open heart and caring about her happiness, not just your own.

One day, she may not like some of those people, but while she does, a good guy will let her experience the relationship and come to her own decisions over time.

2. Surprise her by doing something nice for her once in a while

A recent example for me is with my wife.

We had a party at our house with friends for her birthday. Everyone had a great time and headed home at about 1am. I woke up at 9am and saw that the house was a mess downstairs in the living and dining areas.

So, I quickly made some breakfast for myself and spent the next two hours cleaning up all the mess. When my wife came down, I said, "Happy birthday darling" and she had to stop and look for a

couple of seconds to realize what had happened.

She was amazed that I'd cleaned it all up for her and had been expecting to come down and have to clean it all up herself. I later overheard her telling her aunty how lucky she is to have a guy like me and that it was a great birthday present in the morning.

Every now and then, I do something nice for her like that and it helps to remind her that she is treated well. I don't have time to do that sort of thing more often though because I put in about 50-60 hours of work per week into The Modern Man, so she appreciates it when I do anything that is extra special just for her

3. Watching one of her favorite TV shows with her

If you're a masculine man like me, you don't really want to be watching the types of TV sitcoms and drama shows that women like.

Personally, I prefer to watch channels like H2 (History 2), National Geographic, Discovery Science, etc. I want to learn something or see something interesting.

However, my wife likes to feel the emotions that come with watching drama shows. I'll often walk into the lounge room and see her teary-eyed or wiping away some tears.

So, being the courteous, chivalrous guy that I am (haha...), I will sometimes suffer through 30 minutes or an hour of watching one of her favorite shows with her. I would rather be watching something else, but I do it so we can have a chance to talk and connect about what's going on in the show.

She'll explain all the drama going on in the show and excitedly tell me about some of the story plot lines. I will genuinely listen and explore the conversation with her, joke around about it or add in my own thoughts.

After that is done, she is always happy to see that we experienced something like that together.

However, it's not something that a woman wants to do with her man all the time. If a guy did that every day and was interested in all of her girly shows, they would become more like neutral friends, rather than man and woman.

To keep the sexual spark alive in a relationship, you have to retain the dynamic where she is the woman and you are the man. If you start to think, behave and act like each other, you will neutralize the sexual attraction and eventually, you will both feel bored of being in the relationship.

You will begin feeling attracted to more feminine women and she will begin feeling attracted to more masculine guys. So, be careful not to go overboard in your attempts to be chivalrous and courteous to your woman.

Be a good guy, but make sure that you still remain a masculine man...

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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women. This FREE video will BLOW YOUR MIND (I promise!)

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How to Make Women Want You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you ask most guys about how to make women want you, they will tell you that it's all about looks, money and how tall you are.

Yet, if that was true, most guys wouldn't have a girlfriend because the majority of guys are average looking, live pay check to pay check (or have a bit of savings) and are an average height.

So, what is the secret?

Attraction.

Women want you when you make them feel sexually attracted to you. If your main approach to women is to be nice and friendly and then hope that something happens, you will rarely get laid or get a girlfriend.

What you need to do is actively make women feel sexually attracted to you based on what you say and do when interacting with them. You can attract women in more than 100 different ways (e.g. confidence, charisma, charm, etc).

The more ways you make a woman feel attracted to you when interacting with her, the more she will want you. Here's how it works...

What Qualities Make a Woman Really Want to Be With a Man?

[image: How to make a woman want you]

What qualities do you think make a man so irresistibly attractive to a woman that she does whatever it takes to be his woman? Do you believe that it's about looks, height and money, even though you often see below-average looking, average looking and even "ugly" guys with beautiful women?

Are all of those ugly guys rich? Really?

Most guys are not rich and are just working a normal job, so what is really going on? How can a guy who isn't tall, good looking or rich get a beautiful woman to want him? Why do good guys who have good intentions with women fail, even if they do look good or work in a great job?

Here is the answer...

When you see "ugly" or average looking guys with beautiful women, do you sometimes feel frustrated and ask yourself, "*Why is she with him?!?*"

You don't need to feel that way anymore. The answer is simple: He made her feel attracted to him and then moved it forward. Most guys don't realize how easy most women are to pick up.

As long as you know how to attract women and have the balls to move it forward (e.g. get a phone number, call her up, get her out on a date, or simply kiss her the first time you meet her), you will be surprised at how many women you are able to pick up.

Most guys try way too hard to be "liked" by women for being a nice guy. A guy like that hopes that the woman will see that he's a nice guy and is trustworthy and she'll then "give him a chance." She doesn't want to give a guy a chance if she doesn't feel attracted to him. She wants to meet a guy who

knows how to turn her on and is ALSO a good guy.

Why Do So Many Good-Looking Guys Find it Difficult to Get a Girlfriend?

I recently got an email from a guy who wanted to know why he wasn't having any success with women, even though he was a good-looking guy. He told me that he had lots of female friends and they all said he was a really nice guy, but none of them showed any interest in becoming his girlfriend.

Why do you think that was?

His email was typical of the many emails that I get from guys who want to know where they're going wrong with the women. They want to know why guys who are "uglier" than them seem to get girlfriends and why women like them as a friend, but don't seem to want them as a boyfriend.

[image: Ugly guy getting the girl]

The answer is simple...

While there are some women who will only accept a guy who is good looking, the majority of women have what I call an Open Type. This means that the woman is open to being with all different types of guys, as long as the guy makes her feel enough attraction for other reasons.

When a good looking guy interacts with a woman and she isn't interested, it's because he is making the mistake of thinking that his looks should be enough to make her feel attracted. Yet, the truth is that most women place less importance on a guy's looks than they admit.

Some women will go around saying that they will only accept a handsome guy with loads of money, but look at the guys they end up having sex with, getting into a relationship with and marrying. Often, those guys are just average looking guys with an average job.

This happens because it is possible to attract women in ways other than looks, money and height. It also happens because just because women have a fantasy idea about what type of guy they want, it doesn't mean that they won't accept anything else.

It's like if you ask a guy what sort of woman he wants. He will list off all sorts of traits (e.g. I want a brunette, petite, pretty, sweet, intelligent, hard working, etc) and it will seem like he'll accept nothing else.

Yet, he will then meet a pretty blonde who is the same height as him (not shorter and more petite like he was hoping for), isn't very intelligent and doesn't work hard. He will feel attracted to her for many subtle reasons and he will hook up with her, get into a relationship with her and then marry her.

This is why you shouldn't listen to what people SAY about what type of person they want. In most cases, it's just a random, fantasy idea that they are stuck on at that time. However, if they meet someone who makes them feel a lot of attraction and they also have a great connection, they will let go of their old fantasy idea and the new person will become the ideal fantasy.

You Have to Take the Lead

If you want to make a woman want you, don't sit around hoping that something happens on its own. You've got to take the lead.

Real life is not like the movies where a girl makes all the moves and jumps all over the guy, tearing his clothes off and saying, "*Kiss me!*" In the real world, women prefer to wait for a man to make the first move because they want to see that he has the confidence to do so.

Women feel a lot of attraction to the confidence of men, so if you are hesitating and worrying about making a move, you are literally turning her off. If she sees that you're hoping that she makes the first move, she will begin to feel like more of the "man" in the situation.

She will feel as though if she is going to hook up with you, she will have to be "the man" and lead the way. Yet, that isn't what she wants.

A woman wants to relax into the feminine role of being a woman who gets picked up and then penetrated by a man. She wants to surrender into his masculine lead and relax into feeling like a real woman.

She wants to open herself up (body and mind) to be penetrated by a masculine force (you). She doesn't want to spread her legs for a confused, half-masculine/half-feminine guy who doesn't even know how to be a man.

You can take the lead. All you have to do is be the courageous one out of the two of you. Take a risk to make a move or suggest something. As long as you've made her feel attracted to you first, a woman will rarely, if ever, reject your attempts to move things forward.

Avoid the Nice Guy Act

There's nothing wrong with being nice to a woman that you like. In fact, I recommend that guys be good and treat women well.

However, when a guy falls into the trap of acting nicer than he normally is in the hope that it impresses the woman, he will often end up getting rejected. Here's why...

If You Don't Want to Be Just Friends, Don't Act Like You're Just a Friend

[image: Friend zone - no sexual attraction]

Some guys make the mistake of thinking that being a woman's friend or "being there" for her when she's going through a tough time in life will lead to her wanting more than friendship. Sure, that happens sometimes, but only with the type of guy who knows how to make her feel attracted to him as well.

However, if a guy's main approach to a woman is to be a friend and hope that something eventually develops between them, it usually won't. All it takes for him to lose her is for another guy to come along, make her feel sexual attraction and then kiss her or ask her out on a date.

When that happens, her nice friend is slam dunked further into the friend zone. He might feel confused, angry or betrayed by her, but it's a pretty simple situation...

He didn't say or do anything to make her feel sexually attracted.

In today's world, you have to start with sexual attraction and everything else flows on from there. In the past, a woman had to remain a virgin until marriage, marry one man and then stay with him for life.

[image: The old days...]

Even if the man didn't treat her well or if she was unhappy, she was obliged to stay with him for life. In 1900 for example, the divorce rate in the developed world was less than 10%, whereas it is now an average of about 50% across the developed world.

In the past, women had to choose a man based on how nice he was and how well set up he was to support her financially. This is why it made sense for men to be a gentleman and slowly court a woman in a friendly way, before eventually proposing marriage.

Not anymore.

[image: Start with kissing and sex and then take it from there]

Today's women can earn their own money, sleep with whoever they want and settle down whenever they feel like it. If she is in a bad relationship or marriage, the society around her encourages her to leave.

If a man wants to be successful with women in today's day and age, he needs to be able to attract women when he meets them and then deepen a woman's feelings of love, respect and attraction over time.

Using the outdated "gentleman" approach to women just doesn't work anymore. Likewise, expecting a woman to stay with you in a relationship if she isn't happy also no longer works.

Luckily, attracting women is a very easy and natural thing for men to do. Once you know how to attract women, you realize that most guys don't have the skill. When you meet women, they are surprised and excited to finally be meeting a guy who knows how to turn them on.

How about you? Do you have the skill of being able to trigger feelings of sexual attraction inside of a woman?

×

[image]

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[image: Dan Bacon]

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How to Get a One Night Stand

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

To get a one night stand (sex on the first night), the first thing that you must do is at least kiss the woman.

When you kiss a woman, it changes the dynamic from being friendly to being sexual in an instant. I've had more than 100 one night stands and I've kissed all of the women before pulling them back for sex.

Prior to a kiss, there might be a lot of attraction and flirting going back and forth between you, but that doesn't mean you are going to get laid. You have to take the next step and kiss her, so she can physically experience what it's like to be sexual with you.

4 Mistakes to Avoid When Pulling a One Night Stand

Getting laid on the first night you meet a woman is pretty easy, as long as you play your cards right. According to a recent study, 55% of couples had sex on their first date and 70% of women admitted to having experienced a one night stand before. In other words, sex usually happens very quickly. To ensure that you get your fair share of booty, avoid these 4 classic mistakes...

1. Don't wait for her to make it completely obvious that she wants to sleep with you

In the movies, you will often see women making it obvious that they want to have sex with a guy. They might say, *“What hotel room are you staying in? I will come to see you at midnight”* or *“Your place or mine?”*

In the real world, most women don't want to give you the impression that they will have sex with you so easily. Why? Although she wants sex just as much as you, she also wants to show you that she's not an “easy lay” and that if you get into a relationship with her, you will be able to trust her not to cheat on you.

In the movies and on TV, women will say cliché lines like, *“If I have sex with him, will he respect me in the morning?”* but in real life, women who are open to having sex on the first night don't even care about that.

Some women will SAY that they are worried about a guy not “respecting them in the morning” (i.e. he will lose interest in her after getting to have sex with her so easily), but in most cases a one night stand leads to a relationship...and women know that.

Yet, don't expect women to openly admit that or to show obvious interest in having sex with you right away. Most women will pretend as though they've never had a one night stand before, or that they would never do it.

Personally speaking, about 85% of the women that I've had a one night stand with have said, *“I just want you to know: I've never done this before. I usually wait for a long time before having sex”*. After we've finished having sex, a woman will usually say, *“I can't believe I just did that. This is so not like me.”*

Early on, I used to confront women about it and say, *“Hey, it's okay...you don't have to give me*

that line. I will still respect you in the morning. Later on though, I realized that it was best to just smile, not say anything and then get on with the relationship.

It's not her fault that the dating scene has changed. In the past, a woman had to save herself for marriage and then stick with one man for life.

[image: The old days...]

Not anymore.

[image: Start with kissing and sex and then take it from there]

Today's women can have sex with whoever they want and settle down into a relationship whenever they feel like it. Most guys are still talking to women as though they'd never be open to having sex right away because they are using an outdated approach.

If you want to be successful with women in today's world, you've got to realize that one night stands happen all the time. Women are open to having sex with you, but don't expect them to make it obvious.

Women still have to act like they aren't interested in having sex right away because most people are still hanging on to old ideals. Yet, the sex is happening behind closed doors.

2. Don't try too hard to impress her

If you approach women and try to impress them by talking about your job, where you live, what car you drive, etc, you are coming from a weak and insecure place. Most women, especially the beautiful ones, will assume you don't feel worthy and are trying to "wow" them with your credentials.

If you want to get laid with sexy women, you've got to be the sort of guy that makes them feel turned on and excited. One of the easiest ways to do that is to be what women refer to as a challenge...

3. Don't hide your true personality

Do you wish that women would just love you for who you are? Would you prefer it if women stopped playing games with you and started respecting you as a man?

If you answered "Yes," then here is the solution: Be your real self and don't put on an act of being someone you're not, just to suit the woman you're talking to. Let her experience the real you. Let her experience your confidence and belief in yourself. Let her see that, no matter what she says or does, you remain strong and stick to who you are.

Being real is a million more times more impressive than a guy who walks over and pretends to be something he's not. The guys who get one night stands easily and naturally don't pretend to be anything other than themselves.

They know that their normal self is impressive enough and they simply make women feel attracted and then move from one step to the next until they are having sex on the first night.

Do you know how to make a woman feel attracted to you? Watch this video to find out...

4. Don't see having a one night stand as a big deal

If you want to have sex with women on the first night that you meet them, don't go around thinking that sex is a big deal and that you're attempting to do something "bad" or "wrong." Sex on the first

night is normal, natural and happens millions of times every night, all over the world.

To pull one night stands, start looking at sex as the expected outcome of you and a woman feeling mutual attraction for each other. Know that after you kiss a woman, she will be feeling sexual attraction for you and the door to having sex with her will open wide...

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How to Get a Girl's Number in a Bar

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Getting a girl's number from a bar is easy, as long as you have made her feel attracted to you first.

If a woman is attracted to you, she will be happy to give you her phone number so she can have a chance to talk to you again, meet up with you and either have sex or begin a relationship.

With some women, you will also need to develop a connection by talking, hanging out and getting to know her (anywhere from 10 minutes to 2 hours) before getting her number. However, you will usually be able to get a phone number purely on attraction alone.

What to Say

[image: Asking for a girl's number in a bar]

So, what should you say to ask a girl for her number in a bar?

After making her feel attracted to you and developing a connection with her (if necessary), simply say:

You: *Hey, it's been cool talking to you. Do you want to talk again sometime?*

Her: *Sure, that would be cool.*

You: *Okay, sounds good.* [Hand her your phone and open it to the part where she can input her name and number] *Put your number in here.*

Her: [Puts in her number]

You: *Okay cool...I'll give you a call sometime. Maybe you can take me out on an expensive dinner.*

Her: [Laughing] *No! ð□□□ You have to take me out!*

You: *Okay, if you insist....but, my idea of an expensive dinner is McDonalds or eating at the food court in a shopping mall.*

Her: [Laughing]

You: *Okay, cool – I'll call and say hello sometime.*

In the example above, I am playfully suggesting that the woman will need to take me out to an expensive dinner. This is an example of being what women refer to as a “challenge,” where you take on the role of the one who is more valuable.

When you make a woman feel intense attraction for you and then add in the element of being a challenge, it results in women dropping their guard and chasing you, rather than raising their guard and playing hard to get.

Note that I am also including some light, self-deprecating humor (“*my idea of an expensive dinner is McDonalds or eating at the food court in a shopping mall...*”) to not come across as being arrogant.

The key is to be playful with the idea of being a challenge, rather than being overly-serious about it.

Many guys are afraid to be a challenge or use any risky humor because they don't want to mess up their opportunity with the woman. Ironically, by joking around and being a bit of a challenge, it is way

more impressive and attractive to a woman because she can see that you're not putting on an act of being a super nice guy in the hope that you will get lucky.

Instead, you are a confident guy who believes in himself and his value to women, which is enough to make most women want to be with you.

5 Common Mistakes That Guys Make When Trying to Get a Girl's Number in a Bar

If she is single, a woman will almost always happily give her phone number to a confident guy who is making her feel attracted. She has no reason not to.

However, if you make one of the following mistakes, she may reject your request and give you a classic line like, *"I don't give out my number to guys that I meet in bars"* or ask you, *"Why do you want my number?"* to put you on the spot and see how you react.

1. Being too serious about getting the number.

Some guys make the mistake of behaving in an overly-formal manner asking if it is "okay" to get the woman's phone number, or whether she wants to see him again. Both of those approaches usually get rejected because a woman doesn't want to feel like she is doing him a favor or is already in charge of leading the relationship.

To avoid being rejected, simply determine whether or not she wants to **speak** to you again and then tell her to put her number in. Ask her, *"Hey, it's been good talking to you. Would you like to chat again sometime?"*

Don't ask her if it's okay to get her number. Just tell her to give it to you (e.g. *"Okay cool, put your number in here."*)

Getting a girl's number isn't a big deal or something that you should be afraid of doing. A phone number exchange is a very normal and expected outcome of having an interaction and feeling attraction for someone. So, don't think that you're doing a bad thing or being "too forward" by getting her number so soon.

If she is feeling attracted to you, then she is going to be happy that you've asked for her number.

2. Waiting for extremely obvious signals of interest before asking for the number

All women show their interest in guys in a slightly different way.

For example: Sometimes, you will talk to a girl and she will make it completely obvious that she likes you. She will touch you, giggle at almost everything you say, look at you with loving eyes and give you a lot of compliments.

Other times, you will talk to a girl and she will play hard to get to test your confidence. She will be looking for a guy who doesn't need a woman to show lots of interest to believe in his attractiveness to her.

There are many different types of women and they all show their interest in slightly different ways, so don't make the mistake of thinking that every girl will make it completely obvious that she wants you to ask for her phone number.

You have to have the confidence to take a risk and ask for the phone number. As long as she is feeling attracted to you, a woman will almost never reject you.

3. Asking for a number without first making her feel attracted

Most guys never get taught how to attract women, so their main strategy for success is to ask out as many women as they can. It seems like a good plan to approach and talk to 100 women and hopefully one of them says “Yes,” but it’s a horrible plan.

When you know how to properly attract women, you only need to speak to one or two women and you’ll get a phone number, get laid or get a girlfriend. It’s a lot easier than most guys think.

How about you? Do you know how to attract women? Do you have the skill of being able to trigger feelings of sexual attraction inside of a woman? Watch this video to find out...

4. Being too nice

There’s nothing wrong with being nice to a woman, but niceness isn’t something that will mark you out as being special.

If a woman is attractive, most of the guys that she meets are going to be nice to her in the hope that she “likes” him enough to “give him a chance.” She’s not looking for another nice guy who will treat her like a princess, but not make her feel any sexual attraction. If she is like most women, she is looking for a good guy who ALSO turns her on.

So, if you’re talking to a girl in a bar and you want to get her phone number, make sure that you’re not acting like a super nice guy in the hope that it will get her to like you. You have to focus on making her feel attracted to you and then, the fact that you’re also a good guy will be another thing that she finds appealing about you.

5. Waiting too long to ask for the number

If a woman is interested, she will usually give a guy a “window of opportunity” to make a move and either get her number, kiss her, get her alone to talk one on one, or take her home for sex.

[image: Start with kissing and sex and then take it from there]

These days, most women have either experienced a one night stand or are open to having one, so if you’re talking to a woman who is interested in you and you don’t even have the confidence to get her number, she may assume that you don’t understand how the modern dating scene works and she will begin to lose interest.

As long as you have made her feel attracted to you, there is no need to worry about being rejected. If she is attracted, a woman will rarely, if ever, reject a guy who takes things to the next level...

×

[image]

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[image: Dan Bacon]

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Why Are Beautiful Women So Mean?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Attractive women often act cold and uninterested towards guys because they don't want nervous guys to feel comfortable about approaching them.

If a woman is attractive, most of the guys who see her will be willing to have sex with her, simply based on her appearance. Yet, that's not fun for her. She wants to meet a guy who makes her feel attracted and who deserves to be with her.

[image: When will I meet a confident guy?]

So, she will often play hard to get and appear to be cold and mean when a guy initially starts to talk to her. She does that to find out which guys are confident and which are nervous. Why? Women feel an intense attraction to a guy's confidence and they feel intensely turned off by nervousness, self-doubt and insecurity.

To find a guy who makes her feel a sufficient amount of attraction, she needs to make sure that only the most confident of guys feel comfortable approaching her or stick around long enough to get to know her.

She knows that nervous, insecure and self-doubting guys will give up and leave after 30 seconds of conversation unless she shows obvious interest.

Beautiful Women Want a Guy Who is a Challenge

[image: Why do women like a guy who is a challenge?]

Would you have sex with any (or all) of the women in the photo above?

Most guys would.

If a woman is attractive, pretty much every guy is willing to bang her at least once. Beautiful women know that it is extremely easy for them to attract a man for sex, or even a relationship.

After a while, a woman gets bored of having so much pussy power over guys and starts wishing that she could meet a guy who is more of a challenge...

Most Beautiful Women Are Nice, Friendly and Easy-Going

[image: Most beautiful women are friendly]

Most beautiful women are very nice, friendly and easy-going, but they only show that side of themselves to guys who make them feel attracted and pass their initial tests.

The majority of guys rarely get to see that side of beautiful women, so they often wonder, "*Why are beautiful women so mean?*" The answer is simple: Beautiful women who appear cold, mean or uninterested are simply screening out the guys who lack confidence, so they can find a guy who is emotionally strong enough to handle them.

If you approach a beautiful woman and she doesn't contribute much to the conversation initially, don't panic. Understand that in almost all cases, she is simply testing to see whether you will lose

confidence in yourself and leave.

If you can remain confident, relaxed and continue on without worrying, she will be impressed. However, she won't fully open up to you and show you her friendly, easy-going side unless you are actively triggering her feelings of sexual attraction.

Do you know how to attract women when you meet them, or do you usually just hope that she likes you because you're such a good guy? Watch this video to understand how different a guy's life is when he actually knows how to attract women...

Just Because She's Beautiful, it Doesn't Mean She is Confident

[image: Women being insecure about their looks]

Most beautiful women feel insecure about their physical appearance, even if they act like they are perfect.

According to an international survey by Dove cosmetics, only 4% of women consider themselves to be beautiful. Meaning, 96% of women (even the beautiful ones) don't consider themselves to be beautiful.

Why do women think that way?

A beautiful woman knows that she doesn't look as appealing without make up.

[image: Blonde before and after make up]

[image: Blonde before and after make up]

[image: Dark blonde before and after make up]

[image: Brunette before and after make up]

[image: Brunette before and after make up]

She knows that with make up, she looks at least one or two points hotter. She knows that she's using a trick to make guys see that she is much more beautiful than she normally is.

As she goes through her life, she will be bombarded with advertising images from the media that show perfectly Photoshopped models. The women in the advertisements have perfect skin, are in perfect shape and look amazing.

Yet, when she looks at herself, she sees pimples and blemishes, scars, dry skin, oily skin, frazzled hair and imperfect make up. She knows that she's not perfect, but most guys don't.

The majority of guys in this world look at beautiful women as being much more attractive than them. They feel an intense attraction to the woman's physical appearance, but notice that women don't feel that way about their appearance.

Why?

Women are more attracted to things about a man that cannot be seen. Yes, women can feel attracted to a man's physical appearance, but the most powerful ways to attract a woman are based on what you say and do around her.

For example: Does your conversation turn her on or turn her off? Does she feel excited and aroused by interacting with you, or does she feel bored or awkward? That is what really counts to a woman.

Watch this video to understand how a woman's attraction for a man really works and how you can use it to your advantage...

Why Are Attractive Women So Mean?

As you may have realized by now, they're not mean; they are simply testing you.

Hot women are in demand and they have to reject guys who are unable to make them feel attracted. If you can't handle her initial tests, a beautiful woman will rarely open up and show you her more friendly, easy-going side.

Some beautiful women are more friendly and open than others, but that doesn't mean they will sleep with every guy they talk to. To be able to have sex with a beautiful woman or get a hot girl to be your girlfriend, you must first make sure that you make her feel attracted to you.

The more attraction that you make her feel when you interact with her, the more she will open up to you. Sometimes that happens within seconds to minutes and other times, it takes a couple of hours. Once you know how to do it, you will realize that most guys give up when talking to attractive women and then try to get unattractive or average women instead.

When you are one of the rare guys who knows how to attract and pick up beautiful women, you will realize that there is hardly any competition. Most guys have no clue how to pick up hotties, so when you approach an attractive woman and get her to drop her guard and open up, you will be surprised at how easy it is to pick her up...

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How to Please a Woman in Bed

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

What pleases a woman the most in bed is:

- Seeing that you are confident, relaxed and doing whatever you want with her.
- Feeling your masculine touch and presence.
- Seeing your masculine facial expressions when you feel pleasure or look at her with desire.
- Hearing your masculine groans of pleasure when she does something good.
- Seeing that you find her sexy and attractive and that it's adding to your pleasure.
- Feeling girly or feminine in response to your masculine behavior, energy, vibe and presence.

As long as you aren't worried about trying to perform or please her and are instead just being there in your most masculine form, she will feel a type of attraction for you that goes beyond words.

Does Penis Size Matter?

Some women do like big dicks, but the majority of women don't care.

Have you ever heard a woman say, *"A man's penis size doesn't matter...what matters is how he uses it"* and wondered what it meant? It's simple. It's about how you are behaving (see the list above) while you are stroking your penis in and out.

Women get turned on by your thinking, behavior, vibe, actions and presence more than your body or penis size. That's what women mean when they say, *"...it's how he uses it."*

Personally speaking, I have an average sized penis and I've always been able to make my women orgasm. Why? I make a woman feel turned on by my vibe, presence, touch and behavior and she then gets into the type of emotional state that makes her orgasm naturally and easily.

I don't have to use many different sexual positions or spend time trying to get her turned on. The majority of times, my women orgasm purely based on the emotional state of mind that they get into when in the bedroom with me.

Watch this video to understand how a woman's attraction for a man really works and how you can use it to your advantage to attract a woman when you meet her, turn her on in the bedroom and deepen her love, respect and attraction for you over time when in a relationship...

How Long Does Foreplay Need to Be?

You don't have to engage in foreplay for any set length of time. As long as there is at least some type of foreplay between you before you have sex, a woman will be pleased.

By foreplay, I don't mean that you play with her pussy and she jerks off your dick. Foreplay can be a lot of different things that happen inside and outside of the bedroom. Here are some examples:

Inside of the bedroom: Slow kissing, passionate kissing, massage, oral sex, looking into each other's eyes for 30 seconds.

Outside of the bedroom: Laughter, flirting, tickling her, playfully dominating her physically,

making her feel sexy by the way you look at her, making her feel loved by the way you treat her.

To keep the spark alive and make sure that foreplay doesn't get boring for you or her, make sure that you mix it up. If you always start sex by kissing and caressing each other first, it will eventually get boring and lose its appeal.

Should You Ask Her What She Likes and Doesn't Like?

Yes, but don't get too serious about it.

Women enjoy sex with guys who don't worry and stress about things. Women want sex to be more of an emotional experience, not an intellectual experience.

Before you ask a woman what she likes, first try to please her by being confident, masculine and doing whatever you want. That is what will be most impressive to her because she will get to experience the unique sexual dynamic that only exists when she has sex with you.

If she brings the topic up, don't try to dodge it. Talk to her about it by first telling her the things that you like about what she does during sex. Don't expect her to feel confident enough to express what she likes; most women are pretty shy and insecure about revealing their true sexual identity and desires with a guy.

If you're with a shy woman who only responds with giggling, laughter and answers like, *"I don't know"* when you ask her, *"What do you like about our sex?"* or *"What else would you like me to do?"* you might need to wait until you and her are drunk or tipsy one night to have that conversation.

Some women are more confident and fearless about asking for what they want and telling you what they like. If you have a woman like that, she will want you to be more confident and fearless and just do whatever you want, while also keeping in mind the things that she likes.

Most women feel turned off by a guy who is trying too hard to please them in the bedroom. A woman wants you to relax, enjoy yourself and let her experience your raw masculinity. If you can do that, you will be able to please most women in bed fairly easily.

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[image]

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How to Compliment a Girl: 4 Classic Mistakes to Avoid

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The secret of how to compliment a girl is to make sure that she feels attracted to you first.

If a girl feels attracted to you and you then compliment her, she will see you as a charming guy and it will make her feel lucky to be getting your compliment.

However, if you are only being friendly and polite towards a girl and you then give her a compliment, it won't make her think, *"Wow, this guy is so sweet! I want to have sex with him."* Instead, she will just see your comment as a nice, friendly gesture and she will continue to only see you as a nice friend.

Women get turned on and feel excited about compliments from guys that they feel attracted to, not from nice guys who are trying to be liked for being a polite gentleman, a sweet guy, etc.

Here's why...

4 Common Mistakes That Guys Make When Complimenting a Girl

Pretty much everyone has an opinion about how to compliment a girl, but most of those people are guys who actually get laid. So, before you listen to random advice from anybody about compliments, check out these common myths and mistakes...

1. Thinking that it's wrong or inappropriate to give her a compliment

[image: Will she like it if I compliment her?]

Women love compliments and most women use it as the basis of their self-confidence. Think about it. Why would a woman spend so many hours picking out an outfit and doing her hair and makeup and then not want guys to think she looks nice?

[image: Women being insecure about their looks]

Women often spend hours getting ready and putting on make up even if they're just going out with other women, but why? Women are direct in competition with one another. What are they competing for? The attention of men!

Whoever looks the prettiest and sexiest will usually get the most attention. The more attention she can get from men, the more options she will have to choose from.

So the myth about women hating compliments is just wrong. If a girl is single, she wants to be noticed and she wants to be approached by a confident guy who knows how to attract her.

2. Thinking that a compliment will turn her on sexually

Some guys who arrive at my site ask me, *"Dan, what can I say to get a woman into bed?"* or *"What compliment will make a girl like me the most and show her that I will respect her if we have sex?"*

Guy like that are thinking that a few words will make a completely overlook the fact that he doesn't even know how to make her feel attracted, which is one of the 3 things that attractive women hate about most of the single men they meet...

The right way to compliment a girl is to give her that as a reward on top of feeling attracted to you AND being nice to you. If a girl isn't attracted to you and she's also being a bit of a bitch or playing hard to get, you shouldn't compliment her.

When you make a woman feel attracted to you and then give her compliments as a reward for being on good behavior around you, she will more of a need to impress you. She will feel attracted and realize that if she's ever going to have a chance of sleeping with you, she'd better be on her best behavior.

That is turn on for women because most guys are willing to have sex with a woman just because she looks good. When she meets a guy like you who is more of a challenge and who only gives her compliments when she's treating you well, she will feel a growing urge to kiss you and have sex with you before another girl takes you.

Here's why...

3. Thinking that a girl will slap a guy who gives her a sexual compliment

[image: Woman slapping man]

If you watch a lot of TV and movies, you may begin to worry that if you express your sexual interest in a girl, she will tip a drink over your head, scream and tell you to go away or slap you.

Yet, it doesn't work that way in the real world.

If you make a woman feel attracted to you (e.g. to your confidence, charisma, charm, etc) and you then give her a sexual compliment, she will LUCKY to be getting that type of compliment from you.

[image: Ben, Stu and Dan - The Modern Man coaches]

I remember a time when Ben (one of the coaches here at The Modern Man) and I got a woman to open her jacket and show us the size and shape of her boobs and she LOVED it.

Why did we get her to do that?

She started it off by pointing out a woman with big boobs and then said, *â€œI don't have nice boobsâ€œ* and Ben and I said, *â€œShow us. Open your jacketâ€œ* and she laughed and went along with it (she was wearing a tight, white t-shirt underneath).

Ben and I then gave her an analysis of her boobs, *â€œNice. I like 'emâ€œ* and she loved it.

However, we don't go around doing that as an opening line to women and we haven't done the exact same thing since (variations of that, but not the same). Why? It's all about timing and relevancy.

We wouldn't say that to every woman, but in that moment, it was the right thing to say for that particular woman because she was attracted to both of us and we could tell that she was going to appreciate our sexual compliment. She was also a confident, savvy woman who was hoping to meet a guy who wasn't afraid to talk to her with such fearlessness.

By the way....

I'm not suggesting that you use sexual compliments or try to be sleazy when you meet women.

For example: If you were to walk up to a woman you didn't know and say something like,

â€œGee, those jeans are so tight and make your ass hot. I want to bang you. Iâ€™m wondering how difficult it would be to get them off you so I can give it to you!â€œ you may earn yourself a slap from SOME women.

95% of women (possibly closer to 99.9%) will not slap you, even if you are being really sleazy because most women don't immediately get aggressive like that. It's just not a woman's nature to want to hit a man and get into a physical fight.

In all of the years that we've been coaching guys on how to approach women, we've never seen a woman slap a client of ours and we've never been slapped ourselves. Women are a lot more friendly and open to being approached and interacted with than most guys realize.

Most women are thrilled by a sincere, thoughtful compliment even if it has a discreet or obvious sexual undertone. They just love being made to feel special, beautiful and noticed.

However, let me be clear...

Women want to get compliments from guys who make them feel attracted FIRST, not from nervous, wimpy guys who are hoping to be liked by women for being nice. If a nervous nice guy suddenly starts talking about how sexy a woman is, she will usually get "creeped out" by it and reject him.

That's just how it works.

A sexual compliment needs to be delivered with confidence and it needs to come from a guy that has already made her feel sexually attracted to him.

4.Â Trying too hard to be liked by giving her a lot of compliments

If a guy gives a girl too many compliments, she will begin to feel suspicious of him.

For example: He not only compliments her on her beauty, but also says that he think she is intelligent, cool, great to talk to, has a great fashion sense, is unique and points out other positive qualities about her.

When she tells a joke, he laughs...hard. When she talks about boring things, he compliments her by showing a lot of interest in what she is saying, rather than being real and losing interest when she drifts off into boring topics of conversation.

A guy who does that is not only going to come off as insincere, but heâ€™s also going to appear like a wannabe â€œgroupieâ€ of hers. After a few minutes of being over-complimented, a girl will usually start to feel like she is too good for the guy.

She will wonder why he looks up to her so much and sees her as being so amazing, when she knows that she's just a normal girl. She may act like she thinks she's the hottest girl in the world, but most girls are insecure about their looks and simply act that way to make guys try harder to pick them up.

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[image]

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How to Turn Your Female Friend or Co-Worker Into Your Girlfriend

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you have a crush on a female co-worker or are in love with a female friend of yours, how can you turn her into your girlfriend?

Simple.

You've got to say and do the sorts of things that are going to trigger her feelings of sexual attraction. Then, when she feels enough attraction for you (this can take minutes, hours or days depending on the existing dynamic between you and her), you need to take things to the next level.

If you work with her, that means arranging for a time to meet up outside of the workplace (e.g. go for drinks after work). If you are friends with a woman, you need to arrange for her to come over to your place for dinner and drinks, or do that at her place.

Either way, you have to be the courageous one out of the two of you and take a risk to take things to the next level.

How Can You Know if She Really Likes You?

If a woman feels attracted to you, then she will like you.

It's as simple as that.

All women show their signals of interest in slightly different ways, so don't expect her to display signs such as: Licking her lips, touching her hair, touching your thigh, etc. Her signals of interest will depend on how much you've attracted her so far and what type of woman she is.

For example: If she's a shy girl who isn't sure whether or not you find her sexy, she may be worried about showing obvious signs of interest. She will act like she just wants to be friends, but she will always try to spend time with you.

If she is a confident, beautiful woman who knows that you like her, she might test your confidence by playing hard to get. As you may know, women are extremely attracted to a guy's confidence, so if you suddenly become insecure and begin doubting yourself around her when she plays hard to get, she will rapidly lose interest in you.

The best approach to use with all women is to make them feel attracted to you and then just take a risk to move things forward. If you've made her feel enough attraction for you, a woman will rarely, if ever, reject your attempts to arrange a date, move in for a kiss or take her home for sex.

Does Going to Lunch Together Means She Likes You in a Sexual Way?

It depends.

If your coworker (or female friend) only sees you as a nice, friendly guy, then going to lunch with you is just lunch. It's not a date, it's not a signal of sexual interest and it's nothing that you should

spend a lot of time thinking about.

If you do go to lunch with her, you need to make sure that you say and do the sorts of things that are going to make her feel attracted to you. For example: If you're eating lunch and she gets a bit of food stuck on the side of her mouth, you can use that as an opportunity to make her feel attracted to you.

How?

Pause, smile and point to the side of her mouth and casually say, *"You have some food stuck on the side of your mouth."* She will then quickly try to clean it off. When she does that, point to her chin and say, *"There's some on your chin too."*

When she wipes her chin, say, *"...and there's some on the side of your cheek"* and point to her cheek.

By that point, she is either going to be smiling or laughing. When you see that, have a laugh too and tell her that you were only joking.

How does this make her feel attracted? She feels attracted to your confidence, ability to make her laugh and ability to make her feel girly in your presence. Those are 3 ways that you make a woman feel attracted.

At The Modern Man, I teach guys how to make women feel attracted to them in more than 100 different ways. If you are interested in learning more, click around and I'll continue teaching you right now.

×

[image]

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[image: Dan Bacon]

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Modern Man Lifestyle Courses

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Easy to Use Techniques

[image: How to pick up women]

We've been showing guys how to naturally attract and escalate to sex with women for more than 7 years now. Our advanced techniques are based on naturally attracting women rather than using tacky, temporary tricks that women can see right through anyway.

Women always respond well because our approach is not about desperately or sneakily trying to pick the woman up, but rather simply chatting to her in an easy-going, confident way and then using our powerful attraction methods to make her begin trying to pick YOU up. It works so easily and consistently that you'll be kicking yourself for not learning it earlier!

We offer 3 types of courses:

Lifestyle Course

Friday: 8pm to 2am

Saturday: 8pm to 2am

[Learn More](#)

Advanced Lifestyle Course

Thursday: 7:30pm to 10:30pm

Friday: 8pm to 2am

Saturday: 8pm to 2am

[Learn More](#)

Mastery Lifestyle Course

Thursday: 7:30pm to 10:30pm

Friday: 8pm to 2am

Saturday: 8pm to 2am

Sunday: 3pm to 6pm

[Learn More](#)

Want to Learn From the Comfort and Privacy of Your Own Home?

All of the techniques that we teach on our Lifestyle Courses are now available in our video, audio and ebook programs. So, if you live on the other side of the world or aren't yet ready to take a course and go out approaching women with us, you can learn everything that we teach from the comfort and

privacy of your own home.

If you're looking for one program that includes most of the techniques that we teach on our courses, it would be Dating Power.

Listen to the audio clip below to discover how we developed the powerful, Dating Power method while coaching new guys every weekend, for 3 years in a row on our Lifestyle Courses.

The Secrets of Dating Power

35 minutes, 38 seconds – click play to listen.

https://s3.amazonaws.com/tmm_audio/datingpowerstory22.mp3

Cheers

Dan, Ben and Stu

The Modern Man Team

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[image]

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Choosing a Sexually Satisfying Woman

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you could choose the ideal woman for a relationship, what would she be like as a person? What would she look like? How sexually satisfying would she be for you?

Would you prefer a "Plain Jane" type of woman that other guys wouldn't ever want to hit on, or a beautiful woman that you are deeply attracted to and who would stick with you for life?

If you're worried that a beautiful woman would leave you, don't be.

You can keep a beautiful woman for life.

Here's how to do it...

So, if you could choose from the following three types of women, which would you choose for a long-term relationship?

Option 1: Plain Jane, Not Very Attractive, Low Sex Drive

She is a woman who is plain in most ways including her personality, looks and opinions on just about everything. At the end of a day, she's usually too tired or stressed from work to be a sexy woman for her man and just wants to eat, watch TV and then go to sleep.

She has a very low sex drive and rarely, if ever, initiates sex. On the rare occasion that she wants to have sex, she basically just wants it to be over and done with as soon as possible.

While she might stick by her man for a long time, it's not because she's passionately in love with him and enjoys pleasing him sexually. She will stick around because she has nothing better to do, but will always be open to being seduced into an affair after enduring years of a boring, sexless relationship.

Option 2: Very Sexy, High Sex Drive, Doesn't Care About Traditional Family Values, Marriage or Staying Loyal to Her Man

She is a woman who the man's friends and family often mistake for a hooker because of her provocative and revealing attire, her slutty behavior and the fact that she "talks dirty" and swears like a drunken sailor no matter whom she's speaking with.

This woman is not only sexually adventurous in the bedroom, but behaves in an overtly sexual way in public. If the sex ever gets boring, this woman will usually consider it to be perfectly normal to go off and have an affair behind her man's back.

She doesn't care if they've had children together and are now raising a family; if she wants out because she's bored, she'll just leave or have an affair to fulfill her sexual desires.

To her, family values are for "old people" and she just wants to have fun and enjoy herself. She may love her children and love her boyfriend or husband, but to her, love doesn't mean only being with one person.

Option 3: Very Sexy, High Sex Drive, Cares About Traditional Family Values and Keeping a Relationship Together, Being Loyal, Honest and Good to Her Man

She is a lady when in public and a sex kitten in the bedroom. She can speak intelligently on a wide variety of topics and her man knows she won't embarrass him when they're out in public because she has great social skills and is a positive, respectful person.

Everyone she meets enjoys her company and, because she is beautiful, sexy, intelligent and down-to-earth, men are always flirting with her. However, when she's in a relationship, she is completely loyal to her man and only flirts back with men in a friendly, non-sexual way.

She knows it would be extremely easy for her to have sex with the men who are interested in her, but doesn't need that to feel good about herself. She knows she is sexy and has committed herself to a man who deserves her loyalty.

She will only flirt sexually with her man and will be loyal to him no matter who is trying to hit on her. Then, when they get home and hit the bedroom, she has the confidence to let loose and behave like a porn star for him or be sweet and innocent.

She is open and ready for any type of sex her guy tries with her and will do virtually anything he wants in and out of the bedroom.

If a man was to have a family with her, she will want to stick by him through good and bad times because she believes in traditional family values. She sees other women getting divorced and cheating on their man and knows that it is an easy option for her, but she wants to do the right thing by herself, her man and her family.

So, if you met those three RANDOM women next week, **which would be your best choice for a relationship?** Chances are, if you're like most men, your choice is Option 3...and it should be!

If you get yourself a woman who fits the description of Woman #3, you will feel proud of yourself, remain attracted to her and be willing to do what it takes to make the relationship last a lifetime. However, if you accept less than a woman like her, you might be headed for...

The Big Mistake

Too many men make what I refer to as *the Big Mistake* by accepting basically any half-decent looking woman who shows them the slightest bit of interest.

They usually end up feeling unhappy in a sexless relationship or eventually hear the words, *I want a divorce* or *I need some space. I think we should take a break* or *I'm in love with someone else. It's over between you and me* from their woman.

This is a big mistake for a guy to make because it usually ends up costing him a lot of time and money spent on a woman who he never truly wanted or loved. Instead of attracting a beautiful woman who was truly compatible with him, he accepted a woman who just wasn't good enough for him.

In the past, a woman had to stick by her man for life even if she wasn't happy in the relationship

because it was shameful to get divorced.

[image: The old days...]

Not anymore.

[image: Divorce or break up]

Women initiate approximately 66% of divorces because they are less inclined to put up with an unhappy marriage compared to women of previous generations. The percentage is even higher for college-educated couples with women initiating divorce 90% of the time.

If you're one of the guys who has been thinking, *â€œI'll marry an educated girl and we'll be happy together because we'll both be intelligent and can connect on deep and meaningful topics and have intellectual discussions for the rest of our lives,*â€œ think again!

The only thing that keeps a relationship together these days is to first choose the right woman for you and then deepen her love, respect and attraction for you over time.

If you can't attract women in person and don't know how to deepen a woman's love, respect and attraction for you over time, you can't expect to be successful with women. You will most-likely get rejected by most women you approach and dumped by women when in a relationship.

Avoiding â€œThe Big Mistakeâ€œ

To avoid ending up with a woman you're not attracted to, not in love with and regret ever meeting in the first place, you need to be able to attract women when you interact with them.

When you are able to trigger feelings of sexual attraction in most of the women you meet, you will then have your choice of women. You will have options and you will be able to choose the best woman out of the available options, compared to making the mistake of accepting any woman because you have no other options.

Imagine this...

You are walking through a steaming hot desert, you are thirsty and you are literally dying for a glass of water. Your mouth feels like sandpaper and is completely dry.

When you are feeling that desperate for a drink of water, would you reject water that was served to you in a dirty or cracked glass? Would you say, *â€œOh, no, sorry, I only drink Evian bottled water that has been chilled and served on ice in a tall, slim glass,*â€œ?

Probably not!

Almost every human being would say, *â€œPlease! Can I drink that glass of water! I'm really thirsty!*â€œ even though the glass is cracked or dirty.

The same principle of desperation applies to dating and relationships, which then often leads a gut to make â€œThe Big Mistake.â€œ

When you have no options with women because you don't know how to attract them, it's only natural that you may begin to lower your standards and be willing to accept women who aren't what you truly want.

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Terrible Texts That Turn Women Off

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you recently met a girl who was all over you initially, but isn't replying to your texts anymore, the reason is simple.

You haven't taken things to the next level.

You're constantly texting her and expecting that something will happen by itself (e.g. she will suggest meeting up), but it is YOU who must make the next move.

You have to call her up, attract her on the phone (e.g. with your confidence, charm, humor, etc) and then arrange a time to meet her in person. You then have to kiss, have sex with her and take it from there.

Texts Get Boring Very Quickly For a Woman

[image: Woman getting bored of texts from a guy]

If a woman likes you, she will be excited to get your first few texts. She will wonder what is going to happen between you and her. Will you have sex soon? Will you start a relationship and fall in love? Could you be the one?

Yet, if you all you do is text, she will either get bored or begin playing hard to get. For example:

If stops texting you all of a sudden because she is bored, it means that she's not getting enough stimulation out of seeing words on the screen of her phone with smiley faces and LOLs. She wants to see YOU in person and feel you, touch you and take it from there.

If she is playing hard to get by taking a long time to respond to texts, it means that she's either testing your confidence (e.g. will you panic and think that you've lost her interest?) or she is trying to see how much you like her (e.g. are you texting her like you text all other girls, or do you actually want to bang her soon?)

What a lot of guys don't realize is that most women are open to having sex with a guy pretty quickly these days. You don't have to spend a lot of time trying to get to know a girl via text before you can meet up with her and have sex with her.

[image: Start with kissing and sex and then take it from there]

A recent study in America for example, discovered that 55% of couples had sex on their first date. Another study in Europe found that 70% of women admitted to having experience a one night stand.

Sex happens all the times these days and it usually happens very quickly. So, don't waste time hiding behind texts and hoping that she asks you out, calls you up or says that she really like syou. Simply make her feel attracted to you and then get her on a phone call, meet up with her and start a sexual relationship with her.

Good Texts vs. Bad Texts

[image: Text message comparison]

Instead of giving you a massive list of bad text messages that guys send to women, I'm going to explain where guys go wrong when texting and why it turns women off.

To simply create a list of bad texts for you would not be accurate because what may be a bad text from ONE GUY, will actually be a funny and exciting text from ANOTHER GUY. It's just like how, in person, a joke from one guy doesn't sound funny, but when another guy says it, people find it hilarious, charming and cool and they crack up laughing.

With the image above that shows the "right" and "wrong" text message example, it would only be "wrong" if it was sent from a guy who is normally nervous, shy or insecure around women.

However, if it was sent as a joke from a confident guy who has his choice with women, it would be funny and would make the woman laugh.

Understand?

So, any website that gives you a "Top 10 List" of "good" or "bad" texts is simply providing you with amateur advice. Don't be fooled into thinking that being a cool, confident and charming guy is as simple as reading a "top 10" list from ANY website.

Turn-off Texts

[image: Girl annoyed by text]

Most women don't like it when guys try to set up a first date with them via text.

Sure, some girls like it because they are too shy to talk to the guy, but most women, especially beautiful women, get annoyed by guys who try to organize everything via text.

When texting becomes a man's primary form of communication with a woman, it can make her feel that she isn't important enough for him to call her or she will assume that he's too nervous to call her.

Women want to experience the real you, not just text on a screen. When you call her on the phone, she can easily feel attracted and turned on by hearing your masculine voice and picking up on the fact that you are confident when talking to her.

Avoid Using a Childish Writing Style

Recently, a 25 year old guy contacted me via The Modern Man and asked for dating advice like this, *âhey dan...i nid u 2 tel me wat u do to gt such hot chiqs.â* I replied and told him that I could only help him if he wrote to me properly, instead of writing like a little boy/girl.

I also let him know that women do NOT find that style of texting impressive or attractive...at all. It's not cool or sexy. It is immature and **it is a trend that was started by little girls** when they first got phones and computers and were able to phone text or chat online.

If you want to attract women, don't text like a girl.

I realize that some guys reading along now might be a bit confused because they may know of some guy who write like that and still get laid. Why is that? It is NOT because they write like a little girl when they text. It is because they know how to attract women in person, so women are happy to put up with a few minor mistakes like that.

However, if you don't know how to attract women in person and then you also write like a little boy (or girl), women will not give you a "free pass" by letting your mistake slide.

To be clear here...

It's okay to use slang and abbreviations when texting women, but if you go overboard with that stuff it will make some women assume that you lack maturity. These days, a lot of guys make the mistake of using a more girly and childish style of writing texts because they think that's how women want to communicate with guys via text.

They don't.

Women are attracted to masculine guys, not feminine guys who act girly via text. Some examples of the girly, feminine style that some guys make the mistake of using when texting women:

"What r u doin? Idk wat 2 do"

"LOL....sorrreeee!!! I m late c u in 20."

"c u l8r"

"OMG....thats soooo baaaaad :O are you okay???"

Presumably, you wouldn't send a text like that to an important client or your boss at work, would you? When texting your boss or an important client, you'd want to show your maturity, right?

When texting a woman, you should always aim to be the more mature one. It doesn't matter if the girl you like is 15, 25, 35 or 45 – she doesn't want you to text like a little boy via text. Whatever age you are, always try to present yourself in a mature, masculine way while also being playful and joking around with the woman.

It is fine for a girl (or even a grown woman) to write like a girl, but it is not fine for a guy of any age. Simply write back to her in a more mature, masculine way no matter how girly she gets with you.

For example:

Do reply to her like this:

Girl: hey...wat u doin? i wana c u...do u lyke me 2?

Man: Yeah, you're alright ð□□□ I'll let you see me soon

Don't reply to her like this:

Girl: hey...wat u doin? i wana c u...do u lyke me 2?

Man (boy?): i lyke u 2. im doin nothin...i wana cu 2

The second example above looks like two girls texting each other. Don't ever reply to a woman's SMS and write like she does. Write like a man and she will feel attracted to your masculinity. For example:

Girl: hahahaha....ur so funny...u crack me up! ð□□□

Man: Your face is funnier.

Girl: Â ? ð□□□

Man: Whoops! Damn autocorrect. I meant to say your face is beautiful.

Girl: ð□□□ tanx

Man: Whoops! Damn autocorrect again. I meant to say that your face is funny, but also

beautiful.

Girl: LOL

Man: Lol...

At that point of a text exchange, I would either call the girl or tell her to call me. Why? I've already attracted her with some confident humor and now it is time to take the exchange to the next level (i.e. catch up in person, kiss and have sex).

Constant Contact

[image: Sending too many Facebook messages]

If you're texting a woman that you like, make sure that you give her a chance to miss you. Don't always reply to every text she sends right away and if you're communicating with her via Facebook, make sure that you don't become annoying by sending too many messages.

There's nothing wrong with replying right away to a woman's message, but don't always do it and don't over-message her.

The most important thing is how you make her feel when she interacts with you on a phone call and in person. Messages don't have the same effect as a phone call or in person conversation.

If the woman that you like is attractive, she will usually have a lot of different guys messaging her online and to her phone. The guy who ends up having sex with her or being in a relationship with her is the guy who gets her on a phone call, meets up with her in person and then kisses her and has sex with her.

If you are just another guy messaging her, it doesn't matter how "cool" your messages are. All it will take for you to be forgotten or pushed aside is for a guy to kiss her in person.

Additionally, by constantly texting or messaging a girl, you become the opposite of what women refer to as a challenge. Most women won't admit that they like a guy who is a challenge, but if you pay attention to female pop singers, you will notice that most of their songs (which they love singing) are about guys who are challenge.

“Why Doesn't She Answer Me?!”

[image: Why doesn't she answer me?]

Often, the same types of guys who send women text after text will expect her to reply to the messages immediately. If she doesn't answer or respond in some way within minutes (much less hours or days), he will go into panic mode and start wondering what might be wrong.

He may think, *“Shit! She doesn't like me anymore! Maybe she likes someone else!”* He might then increase the frequency of his texts to make sure he is constantly on her radar.

He might even feel compelled to send a desperate message like, *“Hey, I sent you a message yesterday. Why haven't you replied?”* not realizing that some people have a life and don't have time to be messing around with text messages every day.

Guys like this will spend most of their time worrying why the woman isn't responding, not realizing that women hate guys who doubt themselves and worry if a girl doesn't message back immediately.

He might even send a text asking if he has done something to upset her or if she is seeing someone else.

If she doesn't reply and he keeps trying to reach out to her, her attraction and respect for him will dwindle away with each additional text.

Tacky Sext Messages

[image: Most women don't get turned on by a sext]

Some men don't realize that almost all women don't watch porn and of those women who do, they almost all don't watch it for the same reasons as men.

Women are more turned on by a man's behavior and personality traits than his physical parts, whereas men can be turned on simply by looking at a woman's tits, pussy and ass...or even just her face.

Sending a photo of your dick will have little or no effect on a woman. To most women, it's just as sexually arousing as looking at a foot or an ear. In other words, it doesn't turn her on and it doesn't make her want to have sex with you.

Most women are more turned on by how a man's personality and behavior makes them feel. Women can feel attracted to a man's physical appearance or parts (e.g. penis), but they are much more attracted to what you say and do when you interact with them.

For example: Does your conversation style and vibe turn her on, or do you turn her off and make her feel awkward or tense when you talk to her? Do you trigger her feelings of sexual attraction when you interact with her, or does she see you as more of a friendly, nice guy that she has no sexual interest in?

We men get turned on by a woman's physical appearance, which is why porn is so appealing to us men and why the porn industry has always been aimed at providing images and videos of sexy women for men to jerk off too.

[image: Man looking at porn. Men are mostly attracted to the physical appearance of women]

If a woman sends you a naked photo of herself, it is appealing because you're a guy and you instantly get turned on by a woman's physical appearance. However, if you send a woman a sext with a photo of your dick or abs, she will not find it arousing unless you have already attracted her in person with your behavior and personality.

Texting Guidelines

Here are some basic texting guidelines that I recommend guys follow if they want to avoid messing up opportunities with women so they can get to dates, kissing, sex and relationships:

1. After getting her phone number for the first time: Send her a quick message like, *"Hey – good to meet you. Will give you a call to say hi sometime."*

2. If you call to set up a date and she doesn't answer: Just send a quick text to let her know that it was you and what your basic intentions were, *"Hey – it's Dan. Just calling up to say hi. Chat to you another time."*

3. When you begin dating: Only use text to flirt with her a little. For example: “*Hey sexy...*” and then take it from there. The aim will be to get her on a phone call, or if you’re already comfortable with each other, text to arrange a second or third date.

4. After you’ve begun having sex: At this point, it’s fine to only use text to communicate with her and then only call when it’s absolutely necessary.

5. Deep into a relationship: It doesn’t matter. Call, text or leave messages anytime you want, but of course – don’t over-text or over-message. Give her a chance to miss you and be the one who texts, calls or messages first.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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How Do Average-Looking (or Ugly) Guys Pick Up Beautiful Women?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The reason why an ugly guy can have a hot girlfriend is that women can feel attracted to men for reasons other than looks.

Some women will only ever accept a perfect looking male model with loads of money and huge penis, but the majority of women have what I call an Open Type, which means that she is open to being with all different types of guys, as long as the guy can make her feel enough attraction in other ways.

Some of the many ways that you can attract women are with your confidence, charisma, charm, humor and masculine vibe.

Watch this video to understand how it works...

The more ways that you can make a woman feel attracted to you while you talk to her, the more she will be willing to overlook the fact that you're not a perfect male model with loads of money and are just a normal guy.

That's the truth, even if some people don't want to believe it.

It really is true that normal, every day and even what some call "ugly" guys can make women feel attracted to them as they talk and interact.

A Really Weird Thing About Attraction

[image: Asian guy marries white girl. She finds him attractive]

Attraction (*noun*): A quality or feature of someone that evokes interest, liking or desire.

If a man is able to make a woman feel attracted to him in other ways (e.g. humor, charisma, charm, confidence, etc), she actually starts to look at his physical appearance in a positive light.

Even though he might have features that some people would consider ugly (e.g. big nose, bald, overweight, etc), she will look at those things in a positive light because she is feeling attracted in other ways.

She might have been going around saying, *"I want a tall, handsome guy with muscles, loads of money and a baby arm for a penis...oh, and a sports car and a luxury yacht."*

[image: Fat guy with sexy girlfriend]

Yet, if she meets a guy who doesn't have those things and he makes her feel a lot of attraction in other ways, she will forget about her ultimate fantasy guy and fall in love with the guy who is making her feel a lot of attraction.

Not all women will do that, but most will.

Most women have an Open Type and are willing to be with all different types of guys (e.g. looks, race, height, weight, etc), as long as the guy makes her feel enough attraction for other reasons.

When a guy who would normally be considered below-average looking or even ugly meets a woman with an Open Type, the attraction that he is making her feel will cause her to begin looking at his less attractive traits in a more positive light.

She will say things like, *“I like that he’s bald...I think it’s cute”* or *“I like that he’s overweight...I like cuddly guys”* or *“I like his big nose...it’s handsome.”*

Weird, I know, but that is what happens.

Most Women Place Less Importance on Looks Than Most Guys Realize

[image: Ugly man with beautiful women. She finds him attractive]

Some women will only accept a good looking guy. That is true. However, most women place way less importance on looks than most guys realize.

Have you ever been walking through a shopping mall and seen an ugly, short or overweight guy with a beautiful woman and thought, *“What is she doing with him?”*

Of course you have. It’s completely normal.

[image: Fat guy with beautiful girlfriend. She finds him attractive]

Yet, no matter how many times you see it, you still might be left thinking, *“What the? Why is she with him?”*

The reason why you think that women is that you always see beautiful women with handsome men in advertising images from the media, so it almost looks WRONG when a hot chick is with an ugly guy in public.

It looks like she is making a mistake by being with him. Either that, or he must be rich, have a huge dick or be famous, right?

Wrong.

It’s actually a lot easier to attract women than you might realize.

You can literally attract women in more than 100 different ways (I teach those ways throughout my programs at The Modern Man. Some examples are confidence, charisma, charm and humor).

Women Are More Flexible About What They Think is Attractive

We men are very strict in what we find attractive.

We can look at a woman and within seconds, we can decide “Yes” or “No” about whether or not we’d bang her. This is because our attraction for women is mostly based on physical appearance, which is why men masturbate over women in porn.

For us men, it’s about how the woman looks. Her appearance is enough for us to be willing to have sex with her...at least once anyway.

Yet, for most women (not all), a man’s appearance is not the deciding factor for sex.

What is?

How his personality and behavior makes her feel when she interacts with him. For example: Does his vibe and conversation style turn her on, or does it make her feel awkward and bored?

When a man makes a woman feel attracted in ways other than looks, she will label him as attractive and even sexy...even if you think he is ugly.

An Ugly Guy Can't Pick Up Every Woman

[image: Ugly guy getting the girl]

Let's be clear here...

I'm definitely not saying that an average looking, below average looking or "ugly" guy can pick up every woman in the world.

What I am saying is this:

1. What you might consider to be an "ugly" man, a beautiful woman may see as attractive because he makes her feel attracted in other ways.

[image: Fat guy with hot girlfriend. She finds him attractive]

2. For every picky woman who will only ever accept a very handsome man, there is always a beautiful woman who simply wants a good-natured man who makes her feel attracted and in love.

3. If a guy is ugly or below average looking, he needs to understand that he won't be able to attract every woman, but he will be able to attract many.

[image: Bald guy with pretty woman. She finds him attractive]

By the way...

It's not only the "ugly" guys who can't pick up every woman in the world. No guy can.

Why?

No man is compatible with every woman that he meets and no woman is compatible with every guy that she meets. That's how nature works.

Whether you are a good looking guy, average looking, below average looking or even ugly, what you need to understand is that you really can make women feel attracted to you for ways OTHER than looks.

You can turn a woman on with your masculine vibe, make her melt with your charismatic charm and make her feel so good by using the type of humor that women love. If you don't know how to do those things, I am here to teach you.

You Don't Have to Look Beautiful...That's a Woman's Job

[image: Confused men thinking that it's all about looks]

If you watch too many TV advertisements or look at enough magazine ads, you may start to believe that women want us men to look as pretty as they do.

Heck, I fell for that crap too, especially after seeing so women on TV talking about handsome

guys and saying, “Ooooooh, he’s so handsome” and “Ooh, look at those abs...ooh, I want to touch them.”

Based on that, you can’t blame me for thinking that it was all about looks.

You can’t blame other guys too. We’re brainwashed with that crap when we watch TV or even overhear women talking about men. They always talk about superficial stuff (e.g. looks, money, fame, etc), but you really can attract women without having ANY of those things.

You really can.

You can attract women without changing ANYTHING about your physical appearance or financial situation.

There is nothing wrong with improving your physical appearance or improving your career to earn more money, but the fact is that you can still get laid or get a hot girlfriend BEFORE you do any of those things.

I know that you might want to believe that it’s all about money, looks, having a big dick and so on, but it’s not.

Some women do only want a guy who has it all, but most women are way easier to pick up than they make themselves out to be.

That’s the truth.

Before I discovered what I now teach here at The Modern Man, I was going through life assuming that beautiful women couldn’t like me because I wasn’t good looking enough.

I was convinced of it.

When I interacted with beautiful women, NOTHING that I was saying and doing was making them feel any attraction because all I was doing was talking to them in a nice, friendly way and expecting to be LIKED for it.

I didn’t even know how to attract women and thought that if I wore good enough clothes, styled my hair right and show them how good of a guy I was, they would like me and give me a chance.

Yet, I was wrong.

No one had ever told me that we men need to ACTIVELY make women feel attracted to us based on what we are saying and doing during an interaction. I thought that women felt attracted to men for the same reasons that we feel attracted to women.

I thought it was about looks.

I didn’t realize that it was possible to make beautiful women feel attracted to me for reasons OTHER than looks, so if they rejected me, I simply assumed, “Oh, well...I’m not good looking enough for them.”

That’s all I knew because I was another brainwashed modern man who believed the junk I saw in TV and magazine advertisements.

Even though I saw below-average looking guys with beautiful women, I didn’t see that as real. I saw that as the woman making a mistake or being stupid enough to fall for a guy like that. I didn’t know that she could actually feel attracted to him for OTHER reasons.

I spent a lot of time trying to make myself LOOK better to women (e.g. buying clothes, going to tanning salons, getting the latest haircuts, etc), but it didn’t work. Beautiful women still weren’t the

slightest bit interested in me.

While watching TV, I would always see female hosts on shows like Entertainment Tonight and E!News talking about how handsome a guy looked because of his clothes, shoes and haircut, so I assumed that I didn't have the right clothes and that my looks still needed to be improved.

I was just another brainwashed modern man who thought he was right, but had no idea how wrong he was.

“Pick Me! Pick Me!”

[image: Peacock mating dance]

In the peacock bird species, the female is a bland looking bird and the male is the pretty, colorful one. He gets selected based on how colorful and pretty he is.

In case you haven't noticed, that is not how the human mating dance works.

You don't have to be pretty like a woman and then hope to be selected by her. You are a human man and in our species, most women (not all) choose a man based on how his personality and behavior makes her feel.

Of course, some women select a man based on looks, money and fame, but the majority of women in this world (including a lot of beautiful, pretty, sexy women) will happily hook up with, get into a relationship with and even marry a man who doesn't have ANY of those things.

Good Looking Guys Who Are Failing With Women

[image: Stop thinking that you're not good enough for women. You ARE good enough]

When a guy doesn't consider himself to be good looking, he will often use that as the reason why he is failing with women.

Yet, what he doesn't realize is that many good looking guys also struggle to attract women.

Here are just a few of the hundreds of messages that I've received over the years from “good looking guys” who can't get a girlfriend...

â□□I am 34, unmarried and lonely. All my life I have been called handsome and cute and whatever although to this date I've had sex two times. The first was with a drunk girl I lucked onto at a party and the other was a prostitute. I try talking to women and they seem interested at first but the conversation never goes anywhere.â□□

*â□□Its impossible to approach women! I walk around the mall for hours on end trying to do it day after day but never doing it. I know everything about attracting women and what to say and do but I still canâ□□t do it. Iâ□□m so sick of this. Iâ□□m a great looking guy – better looking than 99% of dudes I see, I have a great lifestyle, Iâ□□m a fantastic friend and I have good intentions, anybody would be lucky to date me. No matter how p**sed off I*

*get with my situations its never enough to motivate to take the plunge and just say something. It depresses the hell out of me sitting in night after night thinking â€œok tomorrow Iâ€™ll do itâ€œ Iâ€™ve come to realisation now Iâ€™m just kidding myself Iâ€™m never going to do it. I hate seeing an attractive women with some dweeby boyfriend holding hands. What am I doing wrong?? How can I change? **Why aren't my looks helping???**â€œ*

*â€œI regularly get told that I am good looking and people ask me why I don't have a girlfriend all the time, **but I am yet to have one single girlfriend in my entire life** and I am 27. Please Dan I am asking you to help me. I haven't bought any of your products yet, but I promise I will if you help me.â€œ*

*â€œi have very big problem and i hope you can surely help me out.most people including men and **women tell me how good looking i am**;muscular and very tall but my problem is,**i find it very difficult to approach girls** even the ugliest.AND also find it difficult too talking to guys.i cant look straight to someones face when talking to.AND this has made feel me so shy when i try to approach women and the woman can just see directly from me so i really need your help.â€œ*

*â€œI am a very good looking guy, I work out and have a great body, I own my own business **but I am am shy when I really like a girl**. Where am I going wrong Dan? How can I be the man that women want?â€œ*

If women select men based on looks, why aren't all those guys getting laid or getting a girlfriend? Why are they getting rejected even though women are telling them how handsome they are? The reason is that being â€œgood lookingâ€œ is NOT the answer to success with women. If it was the answer, you would never see average, below average or ugly looking guys with beautiful women.

[image: Nerdy guy with a beautiful girlfriend]

To be successful with women, you have to know how to attract women with your personality. The most important types of attraction that women feel happen when you interact with them.

For example: Are you able to make her laugh and feel aroused when talking to you, or are you just talking to her in a friendly, polite way like every other guy?

That is what counts.

If she doesn't feel attracted to how your personality and behavior makes her feel, she is going to say, "Oh well, I'll sleep with him anyway because he looks good."

Sure, some women will do that (usually the unattractive ones), but most women look for deeper, more subtle qualities in men. If women were mostly turned on by a man's looks, then women would have been buying porn magazines all these year like men have.

For most women, it's about how your personality and behavior makes her feel.

You have to believe that, or else you will go through life feeling that you're not good enough.

You are good enough.

[image: Why am I not successful in life?]

You really can attract, pick up, have sex with and even MARRY a beautiful woman without being a good looking guy with a perfect gym body.

It really is true.

Most women have what I call an Open Type, which means that they are opening to being with all different types of guys as long as the guy can make her feel attracted in other ways (e.g. confidence, charisma, charm, etc). It really is true.

If you think that you're not good enough for women and make the mistake of accepting an unattractive woman because that's all you think you deserve, then you will be making a HUGE mistake that you will regret for the rest of your life.

You CAN attract beautiful women and it is a LOT easier than may think...

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Customer Success Stories

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Imagine this...

Right now, you are successful with women.

You've gotten **exactly** what you've always wanted with women. Can you imagine it?

What would success with women be for you?

Some guys want to:

- Get laid.
- Get a girlfriend.
- Get an ex-girlfriend, fiancé or wife back.
- Get the spark back in a dying relationship or marriage.
- Get married to their perfect woman as soon as possible.
- Turn a female friend into a girlfriend or simply have sex with her.

How about you? What do you want to achieve with women today?

Whatever it is you want to achieve with women, you are now only a few clicks away from making it happen.

[image: What do you want to achieve with women?]

Our tested, proven-to-work techniques ensure that you get amazing results with women now, not next year.

As soon as you begin using our techniques, you will see that women suddenly find you so much more attractive and want to be with you. When in a relationship, your woman wants to stay with you, impress you, keep you happy and never let you go.

When you get those kinds of results with women by using our techniques, you will realize that success with women is one of the easiest things you've ever accomplished in life.

From there, you can simply get on with enjoying your life with women and focusing your energy on other parts of life.

If you are ready to begin your rapid journey to success with women, I am ready to help you right now. I can't wait to show you how simple and easy it is to get amazing results with women.

Don't waste any more of your precious life not being successful with women. Get started now and I will show you the way to easy, natural and consistent success with women.

Cheers

Dan Bacon – *Founder, The Modern Man*

[image: Dan, Ben and Stu - Dating Power]

Recent Success Stories

"I got my girlfriend back by using your ex back method. Nothing else worked for me except your

approach.

I got her back within a few days after watching your program because it pumped me up with confidence and I just knew I could re attract her and get the job done. And I did!

I just wish I had found your site earlier because I wasted so much time trying other methods before I stumbled across your system.

My girlfriend means the world to me, so to have her back is priceless. Thank you for your help!!!

Michael”

Thank you for all your hard work and insight into the dynamics of making relationships work.

I Purchased the Make Her Love You For Life program and I am very happy with all you are sharing. Its giving me the right parameters to operate from in my marriage and allows me to monitor my own behavior.

As a result I have been noticing changes in her behavior toward me. As an example, when we have fun and I take her in my arms to dance she teases me and tries to lead at first before giving in, but this time, and for the first time, she let go, trusted me right away and enjoyed me leading her.

Now that I’m coming from the right frame of mind she is able to act more feminine because I’m acting more like the man and practicing putting all the pillars in place.

I feel like the old He man cartoons where he says, “I Have the Power!” **We’re having sex on a regular basis now** and it’s like we’re back in love like the early does.

So thank you Dan!

Jason”

“I have a beautiful girlfriend now thanks to The Flow.

I used it to get a woman from work who I had a crush on for 6 MONTHS and didn’t even have the courage to talk to her for more than a minute. The Flow gave me the confidence and know-how to talk to her, get her attracted and make the relationship happen. This has been the best investment I’ve ever made in myself. James”

“Hi Dan

Me and my wife **are now back together and so happy.**

Iâ□□ll be honest with you I thought after I went through your programmes that they would be of no use to me I couldnâ□□t have been more wrong. It got me in the right mindset and helped me through the toughest part of the break up and showed me how to be a man that my wife would want.

In all fairness it just felt natural to be this way so many many thanks to you and the team at modern man because without you it would have been impossible for me to get my wife back in my arms so if any of you guys are in Liverpool England any time donâ□□t hesitate to contact me because I would like to take you guys out for a drink.

Thank you.

You donâ□□t realise how much you have helped me I am eternally grateful thanks again from the

happiest man in Liverpool Matty”

I got your Make Her Love You For Life program last month and watched it twice. My wife was ready to leave me, but she has changed her mind. She is so into me now. We were on holidays last week and she noticed women looking at me and checking me out. Not only can she feel the changes in me, but other women see it too. **Our sex life is back** and she loves like me she used to but even more now I feel. So thank you Dan. You are doing a real service to the men of this world with your work. Please keep going. M”

Hi Dan

I got my ex back! Your system worked for me and it was easier than I thought it would be.

I was lead to believe by friends that once a girl broke up with you that that was it but now that Iâ€”ve done it I can see what you see about attraction and relationships and love.

Me and my girlfriend are now planning on moving in together and things are really good, so my thanks to you for the brilliant program and advice.

Gary”

Get Started

“I purchased Flow and also listened to many free videos.

I was recently divorced and while looking forward to new relationship, I did not want to make any mistakes (or make only few mistakes) this time. Again, was not sure what mistakes I might have made first time around.

â€”The flowâ€” helped me see my past mistakes (also what I did right) and why I screwed up.

Long story short, I have a shortlist of some 8-10 beautiful attractive women to choose from at this time and all of them are â€”keenâ€” on me. Thank you team.Â N”

“Absolutely love â€”The Flowâ€” I **landed an amazing girlfriend** thanks to you. Not only that other areas of life are starting to come together. You are the man keep up the amazing work! TC”

“Hey Dan, so I bought your e book The Flow and had amazing success with women, **I had more women in this year than I have had in my whole life prior.**

Now I’m in an amazing relationship, she’s good to me and I want it to stay that way. I have watched every single one of your YouTube videos on relationships and I’m willing to buy the make her love you for life program also.

I just don’t have the money as of right now, but I will buy it soon. I guess what I really wanted to say was thank you for everything you do for men.

The best part about being in relationships now is I’m not worried or live in fear that if it doesn’t work out for whatever reason I’ll be okay, but I want to make sure that this relationship I’m in stays, we continue to make each other happy long after many years have gone by. Jeremy”

“Hey Dan, man thank you so much my life has changed a lot since i started reading your stuff last year and got The Flow and a couple of other programs from you.

I got a very beautiful girlfriend, my friends are busy asking me how i got her.

They are shocked at how she is the one initiating everything here.

I got her phone number then i used your line saying “Hey its.. don’t call me all the time on phone no. Because my wife might be suspicious” she laughed and we chatted for a few minutes I was making her laugh.

I then called her and then i arranged a meet up. She agreed we met up.

At the date she kept giving me shit tests e.g she said I look like monkey because I was not shaven, ha ha ha I just laughed and made a joke about it.

She initiated the first kiss, that’s when i knew i passed all the tests she was giving me.

Damn! Dan I understand women because of you my friends do not understand what’s going on because I was struggling with women now they are chasing me, all i do is initiate talking in a way that is naturally attractive to them. They just feel a spark and start chasing me.

So Dan after coming back from the date, I asked her for another meet up at the hotel last and she agreed, we had great sex, i made her cum.

She is more than excited and is crazily in love with me i can tell even by the way she looks at me.

I can’t believe how it all happened because she’s a 9/10 but what I do is that I use your strategy of not being smitten by her or showing her that she is above me in terms of looks even though deep down I know she is fuckin’ hot.

But I don’t compliment her too often i only complement her when it’s due so she is always feeling like she needs to impress me, when we are meeting up she dresses up and does make up.

Bro she is super hot.

Thanks very much Dan for everything man I don’t know how many times i used the lines you teach on your programs, they always work for me. FM”

“Better than a bad boy has been an awesome experience. Much more than learning how to become attractive to women, this program has taught me how to live out my life in a much effective way.

It’s given me insight as to how becoming a strong person can lead to success in life. I used to be a person who gave up easily, can’t control his emotions, and crumble in the face of rejection and tests put up by women.

Without you I probably would probably still have no clue with women.

At first I only wanted to get that one special girl who was a very close friend of mine (whom I met through facebook), but nothing more. After reading the flow and applying the techniques on other women, **she began to take notice and asked me out**. And during that date, I escalated to kissing then sex.

And it’s all because of the modern man. Right now, I’m dating casually, and I’m never nervous or afraid of rejection ever again. Again, thanks for everything! Walter”

Hey Dan, I want to tell you that buying â□□The Flowâ□□ has given me cheat codes to girls and it was definitely worth the money!! Iâ□□m 18 and having this information feels like having google maps when trying to solve the labyrinth that is women. I wish I could give you a hug as a huge thank you. **I am getting the girls I want now.** It's amazing! Justin"

"Hey Dan, I purchased "Get your ex back super system" on October 25th.

I just got my X back yesterday November 1st who iv been with for 8 years and who i share a 7 year old child with.

Thank you so much for your program. I never would have been able to put myself in the positive mind set needed to get her back otherwise. Also it gave me the tools to understand her tests and mind games and the confidence that I didnt have before to let her go out partying and not be insecure about it.

Although there were ups and downs from my October 25th purchase date till November 1st when I got her back and wasn't exactly the lengthy time frame I would have liked but after relentless testing on her part that I know and understand how to laugh off and difuse the situation your program works to a tee.

I was really hesitant about buying it given the price but by far the best money Iv spent in a long time. The tools and skills on a fair value relationship your video has taught me will resonate with me for the rest of my life. Dan Bacon you are truly a god. Thank you, your truly indebted customer from Vancouver Canada, Peter"

"I got Dating Power, Better Than a Bad Boy, Alpha Male Power and your Conversation product after using The Flow to get laid three times in about 6 months.

I wasn't putting much effort into using The Flow because I am busy with my work but I think getting laid 3 times was good especially when I hadn't had sex for 2 years prior to that.

Something hit me though about 3 months ago when I saw my friends getting into relationships and I was still just getting laid and not following up to keep the girl. So I decided to keep learning from you and deepening my knowledge. I watched those 3 programs and listen to the ultimate guide to Conversation and then hit the bars in my city about 1 month ago.

I made a conscious decision to only talk to the very attractive women as you suggest and to my surprise I was able to get them attracted to me. I was genuinely surprised but I know that your advice does work so it was sort of like another confirmation that I was doing this right.

I got 2 phone numbers and a kiss that night and then had a date the following week with the woman I liked the most. **She and I started having casual sex** and now we are seeing each other at least twice a week.

I am not yet fully ready for a relationship though I think. Something in me tells me to keep having fun and maybe settle down in about a year or more.

So I have been going out on Friday nights and **I have had sex with 2 more women** and I have another few who text me and call me looking to set up dates. It is good to be able to have this power. I spent most of my life clawing and fighting to just get one woman interested enough to date me and

now I have plenty of offers.

I will let you know when I have more success stories to share Dan but that is all for me now! Jake”

Get Started

“Hey Dan! Last night went like this.

I met a chick on the street, went back to her hotel for the hot tub, **then went back to her room and had sex with her.**

Went back to the bars the next night and me and my friend pulled two hotties numbers after about 2 hours of conversation and making out with them at the bar. The next morning pulled 3 beautiful 18 year old girls numbers from the restaurant we were eating breakfast at. Just thought I would let you know. DC”

“Great advice in your Make Her Love You For Life course! I did something similar to this and became very powerful with women about 15 years ago. Got lazy again though and let things slide so have been in a bad patch again with my long term partner for the last 6 months. One thing you said struck a chord when you said about your women wanting to suck you off. Thatâ□□s not happened for 3 years!! Implemented your advice and I had forgotten how powerful a magnet you can become. **5 days ago she was on her knees!!** Must remember to not get lazy again. Ray”

“Thank you Dan and the Modern Man team, your teaching and guidance has massively helped me! **I now have a beautiful girlfriend** and maintain a great relationship thanks to what you teach – which I wasn’t able to do in my marriage – it ended in divorce. After my marriage broke down, I found the Modern Man brilliant teaching online. What you guys say helped my gain my confidence, find a beautiful girlfriend, keep the spark in the relationship and hugely helped me in life too. Absolutely superb! Every man should listen to this before getting into a relationship. Thank you Dan and the team I am very grateful! J from UK”

“I just wanted to say a quick thank you.

After purchasing your get your ex back system I successfully followed the steps and **won my ex back** whilst making the necessary changes.

I noticed a power shift after getting back together which was natural after I’d been a bit too controlling on some issues so I needed to ease up.

Gradually I demonstrated to her that I was a capable man who she could look up to emotionally and she’s now happy again with the relationship.

I’ve also been able to reward her good girlfriend attributes with more attention and vice verse for things I’m not so keen on without being too reactive etc.

Dean”

“Before The Modern man, I was beyond hopeless with women (actual I was the worst out there) I

couldn't make them feel attracted, they hated me and disrespected me and talked behind my back and said nasty things about me.

Like what... I thought I was handsome, friendly, really hard-working, a great guy, captain of my house team, really skillful in so many different things, but women weren't interested one bit. Not even 1% interested.

It got so bad, that through feeling awfully sad, day and day out, watching loads of pornography and feeling even worse and lonely, I had eventually called a hooker. She was ugly too... not only was the sex average, but she gave me an unfair service too.

Talk about a double slap in the face right?

Lost my virginity to an ugly, desperate hooker as well. Oh what an awful time of my life. I said the night I got back home, "Enough is enough, I will have a girlfriend and she'll respect me and love me. I'll do whatever it takes, I'm sick of women treating me badly and playing with my feelings"

Searching online, I came across many sites, they all sucked because I later went on a date with an intensely desperate woman, who actually rejected my feelings in the end. (Haha, fantastic. Isn't that ironic for a first date)

After being annoyed, angry and crying for a few hours, I came across The Modern Man. Now this very site, changed my life Initially, I thought that I would not be able to pick up any women.

I thought it was impossible.

No way will any girl like me.

I experience chronic pain and have mild Asperger's syndrome.

I couldn't speak to some people properly, being mentally challenged in some areas.

But no, none of these things mattered. Dan, Ben and Stu showed me so many different things that no one, not even my mother would tell me. In fact, my mum still tells me that I need to dress well to attract women (oh please, I dress silly at the gym and women are attracted to me)

I soon realised that while I practiced the techniques that I learnt in The Flow and Better Than a Bad Boy (both wicked, awesome and incredible programs) I slowly got more appreciation from women, they seemed to appreciate my company and were interested in me.

Eventually, I had sex with three hot women (they weren't ideal marriage/relationship types though) but the fact that those women actually desired me was an incredible feeling and experience. Thanks Dan, Ben and Stu.

After months of practice, having a confident mindset and thorough persistence (though people with my condition are naturally persistent), **I now have a stunning, sexy, beautiful girlfriend who liked me from the very beginning.**

Flirting with her, making her attracted, connecting with her and taking it to the next level, I got a first date.

1st date in, we flirted, kissed, had sex, (oh amazing and incredible. Much better experience. My goodness, it feels like you're in a different world!)

I then started a relationship where she tries to impress me rather than me trying to impress her (like I used to do)

It's hard to believe that a guy like myself, being ridiculed and shamed by women, teased about my lack of social skills and being manipulated to look stupid from my lack of non-verbal communication skills, is now being chased, desired, loved and appreciated by women of all different races, age and beliefs.

Even outside of relationships and women, I have succeeded in so many new areas, particularly at work, the gym, goal setting, university studies. Incredible. Even that, men respect me and look up to me.

Dan Bacon, thank you for providing me with the material, the tools and the content, to help mend my broken heart over many, many years of suffering and loneliness, I seriously wouldn't be in the position I am now, without coming across The Modern Man.

Thank you so much. Will"

"Hi Dan & the gang, just wanted to let you know that after about 3 weeks of watching your videos on Youtube, and starting on the Flow & Better than a Bad Boy, **I've had a raunchy 3 some, and all nighter 1 night stand.**

This is huge for me because previously I'd been more or less living as a part time hermit, part time workaholic and was really, really rusty. Thanks guys very grateful and optimistic for the first time in years! J"

"Hi Dan! It is an absolute success story!

You are amazing my man!

My ex dumped me 2 months ago and i was lost when she said doesn't feel anything anymore.

I seeked for anything what could help when i found your exback system.

Mate that stuff is just amazing you literally explain how to be man.

I followed it through but i had a different situation as i was living her so I could to pick up the important information for me.

So now we got to that point **she is amazed with me and the changes so now i am dating with her again** ðïïï

Taking it slow and trying to make it perfect this time.

End of the end i just really wanted to say thank you mate to being out there and helping out people with your stuff.

Well appreciated. Keep up the good job. Regards, G"

"Not even a week ago, I had no confidence in myself. I was a nervous wreck even thinking about the girl I'm interested in. Then I purchased "The Flow" and watched lots of your free videos. After that I purchased "The Modern Relationship" and "Better than a Bad Boy", which I'm in the middle of right now. Not only am **I no longer nervous** about this girl, I'm 100% CONFIDENT that I'm going to get her. 100% confident that she will be mine. Not only that, you've helped me solidify my purpose(s) in life, and am naturally more confident in my interpersonal relationships and am no longer a wimp, nor do I show any wimpy qualities around others. And my God does it feel good. If this is the change I

can make in a week, I can't imagine what the future holds. I'm looking forward to sharing my success story, if this isn't already. Todd"

I read your Flow ebook last month and got a kiss the first time I went out to try this stuff at a friend's party. I went out the next week to a bar and **laid a gorgeous brunette who is now my girlfriend**. Amazing information. Thank you! MC from New York"

"The Dating power product is GOLD and the personal stories of Dan, Ben and Stu (*from the audio bonus product that comes with Dating Power*) are ABSOLUTELY PURE GOLD. They are AMAZING GUYS. **I'm already seeing results** by dating the kinds of women that I previously couldn't even get past a minute of conversation with. Now they are keeping conversations going with ME! There are many things that helped me which i can't state here otherwise this email would be too long to read. SJ"

"Dan, Two years ago my wife of nearly 10 years sat me down and said "I don't love you anymore". At the time we had two kids under 6. Devastated, bewildered, numb and confused... I was floored. I signed up to your course and followed your guidance to the letter. Three months later, she's chasing me apologetic, realising the mistakes as she tries to attract me back, exactly as you hinted.... **Two years later we're stronger than ever**, and I've been able to help other men understand what to do. I owe you Dan, you're a legend, thank you, seriously, I'm so grateful. Also... now I know exactly what to do, I cannot lose! Thanks dude, you rock. Matt"

"Don't know if you read messages, but I had the urge to write to you, and must say, your Make Her Love You For Life video program completely changed my life.

I'm 49, divorced with 3 kids, and have a girlfriend for a few years now, that I found very hard to understand.

She was testing me all the time and corrects me, saying things like don't speak quietly, don't sit like this, don't be so insecure, etc.

Only after watching your videos I finally figured out everything and understood what she really wants from me.

I understood she loves and wants me but my insecure really turn her off, so she's trying hard to fix it. I changed thanks to the sharp explanations you provide that make everything clear. It makes so much sense and is so practical as well. Brilliant.

When I started using your techniques my self confidence went up, and **the relationship with her never has been better**.

That self confidence even changes how I act at work and with my kids.

I want to thank you from the bottom of my heart.

You don't know how much you actually change my life, and life of men that learning from you. YM"

Getting my ex back was a bit more complicated than other guys because of her abused past, but your

system definitely worked for me.

We were spending 1 day & evening a weekend together recently having deep love making. She then rang tonight saying we were falling into our old pattern and maybe we should break up again, but I changed her mind based on my newfound confidence and understanding of how to really connect with a woman's mind.

Anyway **she ended up saying she loved me multiple times and wants to be with me** & address our niggles was the outcome.

In conclusion I wanted to thank you Dan as all your advice including the mistakes that guys make etc. has really helped me a lot. Thank you Dan, you're making a lot of couples very happy with your programmes.

Kind regards

M.Y

My wife of 11 years – who I doted on – suddenly left, took our kids, filed for divorce.

Turned out she was beginning an affair, felt no emotional connection, and had been unhappy for some time. I was devastated. I did not know what to do, and everything I seemed to try seemed to push her further away.

Using your methods in “Get Your Ex Back Super System”, I regained my confidence and mental and emotional strength.

I regained my masculinity, which feels amazing.

I made the necessary changes to re-attract her.

After being separated for 3 months, **she's back and has been for about two months now.**

She moved back in on her own. She confronted her family and friends on her own, letting them know that I've changed and she wants to be with me.

She broke off the affair and blocked communication with the other man on her own.

She has told me she doesn't know exactly what is different, but that **she loves me, she is so attracted to me, and that she wants to be with me and only me for the rest of her life.**

I can't thank you enough.

My wife and family have always meant everything to me, but I never realized how I was smothering her by becoming part of her emotions instead of being an emotional strength myself, responsible for my own happiness and purpose, and allowing for her to be the freedom to be her true feminine self and experience these emotions without drawing me into them.

Thank you again.

I'll send an update after a year or so, and I'm happy if you'd like to reach out for more...I think my story could be impactful for many, as 87% of separations end in divorce and many cases of infidelity do not reconcile. We've managed to do both so far, thanks in large part to what you're teaching here. Thanks again! Nick”

“I just want to say thank you to Dan for the amazing program he has put together.

The ” Make her Love You For Life” program is incredible.

I am confident that this new relationship I'm in right now is going to be the best one I have ever had. Thanks to your program I can go in with full confidence that as long as I stick to the guide lines of this program that I will not only be a better man, but have an incredible and loving relationship. So thank you for all that you do. Jeremy"

"For the people that might be wondering about a program that is literally going to make your life easier and happier... Better than a Bad Boy.

It is completely amazing, if you can afford it, if not save a bit because wiser words couldn't have been spoken from the moment I finished I felt like a different person, my confidence went through the roof it feels like you got super powers or something.

I originally bought it to be the man for my ex, but I'm having second guesses now she was really pretty but too immature and negative.

Now I feel like I can get whoever I want, but if there is one thing I want you to know is that if you feel a bit needy inside, as little as it is, I felt needy with my ex, well this program eliminated that completely.

It sounds arrogant but now I feel like the prize they need to win.

Jean Paul"

Hi Dan,

I recently purchased The Flow on Audio,

I actually feel this was a great purchase I have seen the value now from it. I haven't ever been good with women enough to be in a relationship or attract them. It's only been a short time but **I've already had a date and got the first kiss** it was slightly awkward she nearly head butted me haha. But today I have basically had a great conversation with another chick and without meeting her she wants to have sex this is from the building attraction by [Edit: Customer revealed important technique from The Flow on Audio] with her. She started with saying her guard was up and then I got through her guard and she says I am annoying in a good way.

So already I have value from your teachings – I hope it continues to reap rewards I will keep listening too it

Regards,

Dean

"I have 2 young boys now 5&2. Married now 7 years and have been living with my wife for almost 15 years.

Two years ago I noticed my wife had become more and more cold to me in bed hugging, making dinners and just all activities. Shortly after, I learnt that my wife was leaving me and asked for a separation (I literally lost my mind emotionally and my mojo and couldn't believe what just happened.

I did the classic guy desperation cry , ask to have her back, said I will change, and went through all her stuff to see if another man was in the picture.

Later learning that when she stopped liking me, she was having a crush on a man at her work who

had a family as well.

She came across a love story blog where she started writing back and forth with an author who left her husband to to meet another man in a relation.

Months later, I learn my wife is moving into a rental house close to our house (15blocks away).

But at that time I was researching on the internet and found many websites... obviously Dan's site caught my interest after putting 100's of hours into research.

I then started to follow Dan on his free YouTube videos and saw that he actually knew what he was talking about, so I got his ex back program and followed the steps.

It worked!!!!!!

We are back together and have been living together for 3 weeks.

If I could hug you Dan and tell you I love you I would because last year was the hardest year of my life and you helped me get through it!

Josh Oster"

"I was sceptical signing up and getting Make Her Love You For Life, but out of desperation and your diagnosis of my situation being pretty much spot on through your YouTube videos I thought why not give it a go, see what I could learn.

I'm happy to say a week since I purchased things are going really well. I'd gone from being a confident, masculine, happy go lucky guy, falling in love with an absolute babe, to being real insecure, moody, feminine in response, guy who was anxious and depressed.

It was as if this relationship with this girl who I originally adored, and who doted on me had sucked the masculinity out of me, and I was then paying for it; it seemed she no longer loved me, was attracted to me or had any respect for me or what I had to talk about.

I was getting desperate, felt like I was creeping on my own girl all the time and genuinely felt unable to be in a relationship, I felt broken. Your teachings have really helped me to pull myself together and man back up.

The problem I think I had is that in previous relationships I've never shyed away from an argument, however being slightly older and more mature now, and being with a girl who behaves differently than previously, I've been mirroring her reactions to situations, too often I was sitting her down and saying "it doesn't make me feel good when you do this", or "your job is really threatening to me so I'm upset when you come home late after drinking with other guys".

Obviously these things shouldn't be brushed under the carpet, but before I was using the wrong tactics trying in to be a mature responsive partner, when in fact I was feeling sorry or myself the whole time and acting like a girl! You've given me more tools to get to a place in the relationship I want to be more effectively, and it seems to be working, I thank you for that. G"

Get Started

"Dan what a journey it's been!

I think I was the first South African to purchase The Flow from you (if you remember, you

mentioned that in a comment).

Just wanted to let you know that I applied techniques on a girl I had a huge crush on in highschool 10 years ago and was too afraid to talk to; and **she is now my girlfriend**, because I demonstrated masculinity, alpha and domineering traits, all thanks to your training.

Thank you so much! I can't believe how much difference the mindset of [Edited: Mindset removed. Customer referred to a very important mindset that we teach here] makes! I actually feel like a man now and it feels right, she feels comfortable being in a feminine role. Many thanks Dan! Matt"

"I got my ex back almost 4 weeks after the break up. And things ARE WAY BETTER than before. She is more kind to me, more girly to me and SHE WANTS to take care of me as her man now. She is also more sexually attracted to me than before. I no longer have to ask for sex again! She no longer feels the need to go to another country to find herself. That was her own words.

She now knows that I'm becoming a better person as a result of the breakup.

Thank you, Dan and the modern man. Your work is truly stellar. Johan R"

"Hey Dan, just wanted to say thanks to you and everyone else at the Modern Man for your email advice and the Flow.

The success I have been having with women since using your product has been mind blowing. My confidence is on a new level and I have become the alpha male i always wanted to be despite not thinking I could do so for the longest time.

I am dating a girl for the first time in two years and it is going great. just the other night she told me how she loves how I don't have to try and impress her and just overall enjoys how I treat her (referring to the skills taught in the flow). you guys really know what you are doing, keep up the good work! Chris"

"Hi Dan Bacon,

WOW just WOW. as I'm writing this, i think back about what happen few weeks ago.. TOTAL CHAOS bro!

My girlfriend was so mad and left me. For few days, I was lost and sad. Lost the fire in my heart, you know.

Everything I did was just listen to sad music and pray every night.

Until someday while I was working, something came up my mind "hmm maybe I should google "how to get your ex girlfriend back" "

It's like something flash up my mind to google that, maybe thats the answer to my prayers. And then lots of things shown up and the name DAN BACON.

I read the blog and I was like WOAW! This man knows !

So I stop my job and start to read, lots and lots of things.

It was like, I found a guiding book about my life from the moment. Everything you write in that blog,

are really really true.

Then i watched the Youtube Videos and really got something like enlightenment from you haha..
YOU THE MAN DAN!

And i spend few days thinking whether I should buy the program or not, considering lot of things, like from price to the different culture. Im from South East Asia.

Indonesia exactly, I dont know if any Indonesian ever purchase or maybe I am the first one.

So I think, this is it, if its not working at least i try!

She is goin to be the love of my life, i can earn that money again but maybe finding someone like her is the most difficult part. So, Let's just invest on this program.

I learned from your videos, writing on my notebook about what i should improve and what i should say when we are meet up and be confident.

Before that, she always said stop trying, you will never win my heart back. And telling everybody there is no way we gettin back together.

But deep inside my heart, I know I can do it, especially on your blog you said Woman heart can change depending on what you do, or something like that. I get more confident after read that.

You really give me lot of confidence after I feel insecure for few weeks.

I call her, not rushing everything, believe in that step by step.

And just 1 week later, we make up while laughing and confess we still love each other. And she said Yes, she want me back !

Oh dear, this program work for everybody if execution is well done !

To the people out there, DO IT! I was skeptical at first too. Since most of the user are from US or European guy.

Well give it a try, I'm from Indonesia and it works! Totally different culture and jokes, but the love and the way woman think are almost the same.

Like Dan said, you want her back, dont wait anymore ! Just go for it!

And last but not least, Thanks Dan. I'm glad I found you.

Like really, it works like magic. Not just my relationship, but for me mentally.

You change the way I think and the way I should behave.

As a man to another Man, THANK YOU DAN BACON.

Best regards to you,

AS.

“Dan – not a question – just a simple thanks.

I bought the “Make her love you for life” as my marriage has been in the shitter for several years now – the worst being the last several months.

The 10 Pillars is incredible. I soaked up all 70+ videos in under 2 weeks.

And, as a result, my outlook and behavior has changed (for the better) and **I am seeing near instant responses from my wife.** It will take some time (years probably based on the damage I have done) to get all the pillars in place, but I am looking at this with excitement and a positive outlook.

So many examples you give, I felt like you were talking directly about me!

I now recognize all the “tests” she gives and am allowing her to be “girly” with her emotions and not responding like a girl. I am shouting your message to all of my friends.

They all say that there is a 100% improvement in my outlook, my behavior and my attitude. It’s all because you have really enlightened me on my own mistakes over the years, but more importantly, have shown me how to correct them and behave “like a man”.

I would love to be able to tell you all the things that happened that got me to find you and your work. But I get it, you are extremely busy and don’t have the time to read long histories of guys problems (with out compensation – I once had my own company as well so I know time is money and how difficult it is to reply to lots of emails).

But man, it’s been brutal the past several years. Recent talks of divorce, etc. But now, thanks to your program, I am working on the 10 pillars and seeing near instant results in our relationship. Thank you so very much!!Tony”

“Hi Dan.

I have been meaning to send you one of my success stories for some time now.

There is one in particular that has happened recently that I would like to share with you.

I was at a friends house party and there was a girl(my friends girlfriend’s sister) there that I’ve known for some time.

I have been wanting to get with this girl for quite a while, but I never had the foggiest notion on how to approach, what say to her, or have the confidence to (due to my way below average looks, etc).

Anyways, had to leave the party early unfortunately, but while I was there I merely used some of the teachings from “mastery methods and mindsets and ultimate guide to conversation”.

After applying some of the simple techniques (being real, not being too nice, nervousness, etc), the following day I got a text message from an anonymous number, that eventually turned out to be the girl at the party that I’ve been after all this time. **She was asking me out!**

I couldn’t believe what was happening! I literally thought that I was dreaming. The funny part is that I was simply just being myself! The same friendly guy! I honestly believe that it’s paramount that every decent man out there should know about the modern man. I have truly been struggling in my life.

All I needed (which I obviously didn’t know) was a few simple changes and a push in the right direction. I am still taking it one step at a time and these two products alone have opened my eyes in ways I could never have imagined.

I can’t wait to get hold of some of the other products and see what else my life has in store for me. I would like to say a monumental thank you to you guys. You have got me out of this dark, lonely hole that I’ve been hiding away in.

You have completely turned my life around for the better and not just in regards to relationships with women. Everything from my new job to meeting new people. EVERYTHING! I will never be able to emphasise the impact you have had in my life. So a great big thank you again and I wish only the best for you guys. Sincerely, Jonathan”

Get Started

“Hello Dan Bacon, Last year I bought your video of ‘make your love your life’. After a breakup, I decided to buy this material since I felt like I was losing my manhood and didn’t want to get into another relationship and have it end in a break up. I wasn’t being respected in my previous relationship. No more Mr nice guy so I decided to take this program for a chance. **I am so glad I gave your video a chance.** My new gf whom I’m with, has complimented a lot with my masculinity. I feel so loved and appreciated. I can now see where I was going wrong in previous relationships. It’s so easy now. She loves me completely. Thank you! Jose”

“I just want to say that I got the Ex back super system back in November when my wife filed for divorce and I’m happy to say that she canceled the process last week and **our relationship is better then ever.** Thank you Dan. Cesar”

“Dan,

For the longest time, I had gone out with women but was way too nice to them so one after one, they lost interest. I couldn’t figure it out and thought I was doing everything right and was getting very discouraged to the point of almost giving up entirely.

However, I just recently bought the Confessions of a Natural series, and it has already helped me immensely. It has only been a month, and I have already found the confidence I have needed for the longest time.

Not to mention, **I’ve already had sex with four new girls** and am seeing one of them regularly, and I now have the ability to pick and choose which girl I want to pursue and date further.

Your advice and the personal interviews have completely changed my life for the better. Thank you so much for your help, and I’m eager to see where else it takes me! Chris”

“I bought “The Flow” on audio and have listened to it like 10 times. I highly highly highly recommend this book! Money well well spent. It’s the best and most simple well laid out content I’ve found.

The way you teach to get phone numbers and to get the first kiss is Gold. I’ve used the number technique maybe 20 times now. **I’ve made out with 6 women now since I started taking action in the last 3 months.** Only used your kiss technique once but it is on point.

I have bought and learned a lot of content from other sources and I mean what I said about how great “The Flow” is and how it is the simplest, well laid out and natural content I’ve found. Corey”

“Dan Bacon, I hope you read this:

I went through a bad divorce. Was in a profoundly toxic relationship that shattered my ability to speak to women let alone a waitress. I saw your video in my recommended and thought it was junk... I watched a few videos from other â€œgurusâ€œ and all of them sunk. I saw you again and thought I’d give you chance. Your first video blew me away. It helped reframe my perspective but

something was missing. Iâ€™m highly analytical, Iâ€™m quiet, blah blah blah... but then you recommended your book. I did some research. I was sceptical but I was way more nervous speaking with women.

I bought your book The Flow. I read the first two chapters.

I executed it like I was in a play and all the women I spoke with were actors. I legit was stuck in the framework of my past experience but after using The scripts you provided, talking to women has never been so easy. Iâ€™m got a girls contact info + made plans to go hiking. **Itâ€™s been 3 days since I bought your book.**

Radical stuff. I highly recommend The Flow to anyone!!!!” Christopher

“Hi Dan, Just wanted to say THANK YOU. My girlfriend and I broke up 6 months ago.

I was devastated because she was truly the love of my life.

I watched countless of “get your ex back” videos and yours resonated the most by far.

I decided to give your “Get you ex back super system” a try. I was apprehensive at first, but it all made sense. Long story short, I applied your steps to the T and was able to get my ex back within two months.

We are still together and the relationship is 10 times better than it used to be.

I’m even getting ready to propose to her and pretty damn sure she will say yes!

I never thought an online program like this would work. But your program assisted me in one of the saddest and most difficult moments of my life. I am forever thankful.

If you are ever in Charlotte NC, let me know, I owe you a lifetime of free beers! Regards, Jason, Charlotte, NC, USA”

“I’ll start with a little bit about myself. I am 23 years old, a senior at a major American football university in the United States.

Growing up, I never know how to act around women â€” my dad was very shy and quiet. I love him very much, and mean no disrespect when saying this â€” but he wasn’t a great role model when it comes to being a real man or being attractive to women.

So like many guys, I grew up being shy and being afraid to talk to women for fear that they might slap me or pour a drink on my head like you seen on TV and in the movies.

So I went on the internet and looked at all the different things â€” namely, pick-up artists.

After some trial and a lot of money spent, I came to the conclusion that they were a waste of money.

And then I stumbled on the Modern Man. I decided to give it a shot, and started with the Flow. I gave the techniques a shot, and when it worked, I was instantly hooked.

I can’t thank you, Ben, or Stu enough. My life has changed completely and it’s all thanks to your courses.

They are all great, and really teach what they are advertised to teach â€” but it is the responsibility of the person watching to actually perform the simple steps required. Sometimes they take a little courage, but it’s not like you ask us to perform rocket science â€” just to have a pair of balls. You can’t find that many places these days.

I especially like Alpha Male Power and Better Than a Bad Boy. Those courses to me were more about becoming a strong, powerful, masculine man who is pretty much guaranteed success in life because of the man those courses lead you to become, and secondary for me was the attracting women part.

Although, just as you advertise, they work incredibly well when it comes to attracting women naturally solely based on the person you are.

Also, the Get Your Ex Back Supersystem worked for me as well, and I was surprised at how quickly and easily it worked.

Although, as it turned out the ex that I got back just wasn't a good girl to have a relationship with, so I broke it off with her after a while. She just wasn't honest or trustworthy. But I learned a lot more than just how to get my ex back, including how to become a better version of myself and let go of any baggage that I had.

Anyway, I no longer feel like I have any limitations in what I can do or achieve in my life and I have all the tools that I need. I can't thank you or the guys enough. Keep up the good work! I'll always appreciate what I learned from you!" Jason

Dear Dan Bacon,

I want to share personal info to know the great things you did for me with your books,

I was divorced for 5 years with depressed and deep thoughts of self heating and remained every bad memories in my Relation with x wife,

after while when i was in my healing stage i just watched your channel on YouTube one after one and i realize i had many misunderstanding for the dynamic of the flow and how the attraction happen between the male and female, so i bought your Audio book The Flow and guess what..

its the best thing happen for me in this stage of my life.. i live in different country with different culture but i really understand the concept that you are talking about and adapt it in everything in my life like:

I can talk easily with any girl which i was thinking before they are out of my league including good times with some of them

I can observe and notice their behaviors and hidden meaning behind it

In my work (Am now project manger in important company in Saudi Arabia which i was not thinking to get this far)

After one month i will be master degree graduate

I met unique girl and she now my fiancée

I really appreciate to share this knowledge to make the people get back on the road.

Best,

Tariq"

"This is by far **the most powerful pick up advice on the web.**

Guys I suggest you check it out really good stuff.

I have been using the techniques for a few months now and ladys are acually inviting me to there houses now.

I finally got the girl I been trying to get to notice me to go out to drinks and later she went home and to the hot tub with me these skills are more than pick up advice they are life communication skills thanks DAN!!!” Brent

“I just want to thank you Dan for being awesome at what you do! I bought at least 5 of your programs, and they help me save my marriage, after my wife I told me she loved me but wasnâ€™t in love with me (because I had threatened to divorce her about 12 times because I wasnâ€™t happy, among other things), that she would be ok with or without me in her life, and that she didnâ€™t think she could love me like she used to! But now, **her love is back, and our relationship is better than Ever!** Thank you!” TJC

“Hey Dan,

I just wanted to follow up after a few more months. I watched Dating Power, Mastery Methods and Mindsets, and Confessions of a Natural: Interview Series. Dating Power and the confessions series really outlined how to uniquely apply the concepts from all other courses.

I am an average guy and through what you teach I now have my pick for whom I date. Recently I began dating a Brazilian-German woman who looks like a runway model. Using what I learned has **made her melt like butter on a hot waffle**. You werenâ€™t kidding about how happy a woman becomes through relaxing into her own femininity. She had tears in her eyes just when I hugged her. Your programs teach us men how to become better and cultivate happier women. Everyone benefits. I have to thank you guys forever!”

-Jeremy

Get Started

Sup Dan

i worked thro the system and managed to get my ex back without really completing the system. it worked a bit too well XD. this isnt really a question for you i jus wanna say ur awesome and ur products work like magic. before i got ur products i was good with girls, but now damn im someone else. **i got my ex back** also to be as good of a gf as she was before. just wanna say thankyou and keep it up.

MK

“Hey Dan, bought the audio the flow. I wish I can send over the emotions I am feeling. **The response from women is amazing** . This is what I was missing. Thank you for the social intelligence. And thank you for the flow. Vince”

Hey Dan

You’re brilliant!!! I watched get your ex back super system and it really worked and **my ex fiancée begged me to take her back** when the situation seemed completly impossible (Full blackout and

changed her phone number and moved to another country)!!

I did all the mistakes that turned her off..drunk calls, home visits, gifts and maybe more than 30 mistakes which i didnt realize except after watching your system.

I kept doing these mistakes for over than two month then i [Edited: Removed important technique from the program that customer mentions here]. It was only 12 days from when I used that technique and then she reached out and after 3 days she begged me to take her back. You saved the love of my life!!

Yehia”

“Yesterday i was on the train heading to Edinburgh, and sitting across from a cute woman who i noticed several times was checking me out by giving coy smiles and checking me out in the reflection as we went through a few tunnels.

I put aside my nervousness and said internally, right iâ€¢m going to attempt to make something out of this no matter what. I followed the example in 21 great ways to get a GF (Public transport. I typed into my phone (Look i know people donâ€¢t normally talk to people on trains, but i wanted to say hi, Iâ€¢m Richie)

She was a bit deer in the headlights expression, but she took my phone and typed in (Iâ€¢m Aileen how far are you heading?) and we started chatting.

She was getting off at the next station 10 mins later and i told her itâ€¢s been great chatting to you, we should chat again, put your number in and iâ€¢ll give you a shout. An omega male was watching us and i could tell he was thinking to himself WTF?

On the way back to Glasgow i sat opposite an attractive blonde girl who i smiled at and **started talking to her and got her number too.** ð€¢€¢

And i was aware of a woman across was watching and listening into the conversation. I am now looking forward to travelling on the train later today because there will be opportunities to talk and get more numbers. Richard”

“Hey guys,

My first approach since I listened to ultimate guide to conversation. Iâ€¢m not even halfway through the program and I got results!

I used Stuâ€¢s approach and said two words and pause to start the conversation . The response was hilarious. Hereâ€¢s what happened:

I was grabbing a coffee at Starbucks and saw this hot woman sitting in front of me. Her back was facing me so it was awkward positioning but it opened up as I settled for abojt 5 minutes. We smiled at each other immediately and she started playing with her hair. She turned around to stretch back and I said â€¢nice shoesâ€¢. She said thank you. I said it wasnâ€¢t a compliment. She put her feet out and looked at her shoes with a smile and said they are cute. Now we are off in conversation. We talked about basic stuff what she does for work, exercise etc. I spoke from my perspective, threw in some flirting and humor and **after 15 minutes of talk got her number and left.** The funny thing is when I saw her I immediately started feeling anxious inside because **she was so pretty.** It wasnâ€¢t until I relaxed and activated confident mindsets that I calmed down and started thinking clearly and

waited for my opportunity to begin the conversation.

Thanks for your products. They work!

Wes”

“Hello, I just wanted to thank you.

I’ve been back with my wife for nearly a year now.

The wisdom that you provided me is unparalleled.

We’re expecting our Second baby after almost a year apart with nearly no hope of reconciliation.

I use all your methods day in day out now, with all work and life. I have also been able to guide close friends and direct them your way. I started with Get Your Ex back super system. **It worked!** So thank you. Warmest, Michael.”

“Hey Dan ☐☐☐ I had an incredible experience last night! I went to my high school reunion with intentions to speak to the most beautiful girl at the celebration.

I went to the bar to get a sparkling water, and she walked up to me and started a conversation. Woah! And she wasn’t the first one either, Nearly every hot girl I was interested in, walked up to me and started the interaction.

Also, after being my confident-self around these beautiful girls, everyone else noticed that I was a cool guy to hang around with, then I noticed that seven people were facing towards me and listening to what I had to say.

Wow, I love this feeling so much.

Not only that, but I saw a girl that friend-zoned me back in high school badly and called me a wimp. She initially had low respect for me initially (hence why I said “almost all the hot girls), but as I spoke normally and expressed my attraction for the girls through my body language, she opened up and started touching my arms and even my chest.

The girls that were out of reach for me during high school, especially the smoking hot ones, never liked me, but now they consider me to be the hottest guy in the room amongst other bad boy types.

I also learnt to tone it down (the verbal flirting) with most of the girls I spoke to. I just allowed my smile and my eyes to do most, if not all the flirting. (It’s working like a dream for me, since I don’t like talking that much amongst women.)

The more promiscuous girls absolutely love it when you speak sexual all the time, and then they’ll be ready to move it forward based on attraction alone.

Throughout the party, I wanted to nail my approaches since I get nervous at times at shopping malls when doing that stuff, so when I saw a random girl I’d approach and say “hi there *girls name* reach out my arms and hug into her then look up and down and say “Wow, aren’t you looking fantastic” with a sexual smile and squint of my eyes.

They all melted when I did that, even girls who already have boyfriends blushed and had that thought in their mind of “omg! I feel so attracted to him right now.

He’s incredibly hot A girl that I was purely friends with at the moment (she’s shy but incredibly cute and sexy) was giving me advice on how to pick up her friend and get her to like me,

and how much she likes me and whatever without even asking.

When I was at the celebration last night, she didn't even mention her friend but was instead, flirting with me and being all shy as usual. When we were talking she moved in closer and squared herself up to me. When she looked at me she had strong eye contact with dilated pupils.

She blushed as we spoke and I took her outside near her cat and hugged her tightly for about eight seconds, then she said "you're an amazing hugger Will" then I smiled and moved in for a kiss.

This would have had to be one of the best, most amazing and most fulfilling first kisses I've ever had.

The sexual tension between her and I was completely ridiculous and kissing her made us both really, really hot in the moment.

Both of us just breathed out and stared into each other's eyes and kissed a couple of more times before we both agreed to meet up for a couple of drinks at the beach.

I find it amazing how just by being a man of really strong purpose (I'm going after what I feel is important with unrelenting determination) and when you have deep, strong confidence, men and women no matter what age are incredibly drawn to you and want to be your friend or want to be your girlfriend (if they're female of course).

I really want to thank you for the advice in your programs because now I have my choice of women and now they want to impress me. From W"

"This might sound like a bit of a cliché, but after making just about every mistake under the sun (such as grovelling, getting angry, making ultimatums) and following the advice of some other programs, **I applied the principles of your ex-back system exactly as specified and have been back with my wife for quite a while now after a year of separation.**

I was certain at the beginning that there was zero percent probability of us ever getting back together. You could say that there is no guarantee of anything in life, but I have 100% confidence in this system working for other men if the process is followed through with faithfully.

I would go as far as to say that if it worked for me in my situation, it would work for anyone.

I'm super grateful to you in making this outstanding material available to us and think that you are an awesome guy. I would also highly recommend the Make Her Love you for Life program as well, which I apply the principles from daily, and my marriage and life has never been better. James"

Get Started

"Using the advice in these programs, I've had plenty of success since I first purchased the flow 2 years ago among other products.

Soon there after, I got a job as a bouncer at a college bar. A buddy and I would get into competitions on how many numbers we could get during the night.

As of now, **I've lost count on how many girls I've met, dated, and had intimate encounters with** (even while I was working mind you). These products are worth the price, and I

hope any guy willing to improve their dating life make this investment.

I owe a lot to Dan, Ben, and Stu. So stop wasting time and make your lives better!!! Matt”

“Hi Dan,

I started listening to your stuff a couple of years ago. The one thing I knew I had to do was apply what I was hearing.

All I wanted was the ability to get the girl I wanted, not to get all girls. I just practiced flirting with a couple shop staff, and people I â□□sawâ□□ on the street. I was not even trying to get a girl.

One time I went out to a friendâ□□s birthday, it was so boring, I went home early, on the train I sat next to an Indian girl listening to her itouch. I decided to be bold and asked her what type of music she like, then i showed her some music from my itouch.

long story short, we got off the same stop, her phone was dead, but she took my number on her itouch. we started dating, she is 22 i am 32, but **she is freak in bed**. i dated her for 2 months before i decided i could not see myself with her in the long run. we had break up sex, she still wants sex with me, even though I donâ□□t want it with her.

Basically she is waiting for me to change my mind, as she said to give her a call when I am horny.

Thanks to the teaching i received, i even have girls at work wanting me. I just donâ□□t want to play the field, I just want one girl. But at least I have the tools to get her when I see her.

Thanks Dan.” Tyrone

“Thank you Dan! You made me see things in a new light. This is all the information I wish I would have been receiving when I was a young, misguided, horny teen. It was just like you said! **My ex â□□baby mamaâ□□ is feeling a love on a level with me, that she has not felt before!** And my perspective and outlook on my abilities and myself, and women is quickly shifting, and transforming. Thanks again & Take care! Eyal”

“I could actually see that something was wrong with my approach to women, but I could not figure it out.

My friends had it all and they were not trying hard. I was a nice guy and I thought if I was nice I will get them (woman), but no I did not get anything.

The more assertive and masculine I have become the more I get what I want. **I have woman calling me now** and it feels good and I choose who do I want to be with. BK”

“I purchased the flow 4 years ago when I was very youngâ□□!

I remember someone saying â□□Thatâ□□s a lot of money for an E-Book!â□□ Not at all.

Possibly the best investment of my life.

Not only did it improve my success with women but it also improved my success in life just from gaining that extra confidence.

I am now in my second year training to be a doctor after showing my confidence and nailing interviews, Iâ□□ve had some great girlfriends over the last few years and Iâ□□m only single when I

want to be. Good work Dan and all the best! Jamie”

Bruh... your stuff simply fucking WORKS!!

About a month ago I thought I lost my girlfriend.

I thought that she fell out of love with me.

I think we hadn't had sex in like a month or so, but the sex before that was sooo good... It was killing me!

Her lack of interest and distance hit me hard.

I panicked, cried. I talked to her – and she kind of reassured me, but, even tho I was pretty grounded, I just dug myself into a deeper and deeper hole.

Her behaviors got worse. She hit my weakest weak spot, and she tested the hell out of it.

I felt pretty hopeless, but I figured I'll do whatever it takes. I watched a lot of your free relationship videos until I finally decided to invest into “make her love you for life”.

With your clear, simple, and powerful perspective, I got things back to how they're supposed to be.

All it took was an hour long date. Even though she made it difficult... She was late. Distant. Barely wanted to interact with me. But BAM! I penetrated right through that shit.

I know she was turned on!! Even though she tried to hide it.

YESS! Upward spiral of confidence!

She is totally into me again. It's an amazing feeling to get that back.

We've only been dating for a little over 4 months, but I can't wait to see what this relationship will be like 1, 5, and 10 years from now!!!! It's gonna be so fucking awesome! And I haven't even listened to 25% of your program yet...

What you teach works and it was easy to do, so thank you!!!

O.S.”

“Hey dan all thanks to the flow and better than a bad boy.

I managed to get a genuine babes number on the plane. Even though my opening line was do u have any panadol i never cracked under pressure when she was talking to me and stayed calm the whole time.

She pretty much talked my ear off the whole flight and i did pretty much nothing i just listened and added in a few facial expressions. after a while i started acting bored and **that made her work even harder to get my attention.** Thanks dan and the modern man for everything.and now we are catching up for dancing on sunday. Jesse”

“Hey i just wanted to give you some feed back. My ex left me because she didn't love me. I watched your get your ex back super system videos and it changed my life. I got her back in about 3 days because I become the man you spoke about. The sex is amazing and she can't get enough of it. Thanks Dan I'm loving my new life, Dave”

Get Started

“Dan, I just got to say yall are brilliant and thank you for sharing your secrets. I been reading â€œthe flowâ€œ quit a bit haha and listening other programs too.

Itâ€™s amazing how all things work haha. I was no good with the ladies(most was I cared to much what everybody thought of me but really it doesnâ€™t matter,cared to much how I look in public and had lil confidences) haha Now I see the big picture.

I was at a party with some mates and I saw my ex girlfriend there. I quickly started using the techniques from â€œthe flowâ€œ and other programs (using the three Lâ€™s technique, flirting, starting conversation, good mindsets and etc)

Less than a hour, **we started to make-out** and had a lot of fun together! It was a awesome night! Iâ€™m still working my way up to become a natural like you. Dan,Ben and Stu, thank you! Guillermo”

“Thank you modern man, at age 21 **my virginity is no longer an issue** and your program has helped me develop a natural flow with women so I have had plenty of sex lately.

Learning about confidence has made a difference. Recently one of the girls I am dating offered to take me out for lunch and pay for both of us. Obviously, attracting women is no longer an issue for me. Thato”

“Hey Dan!

Alright your program can work miracles! For the past four years I have been in a relationship and recently my ex broke up with me.

I was devastated and even more so as I went through you program and realized where I went wrong being so desperate, needy, weak, etc.

I have really taken all of your programs to heart and am going full on with them because I do not want to be like I have been for the past four years. Okay, so today was huge. I followed the advice in 21 great ways to get a girlfriend and I went to the mall and talked to a number of girls.

I then went out Salsa dancing tonight and applied all of the good stuff I learned in the flow, alpha male power, and better than a bad boy.

I met this waaaay hot girl (I mean in the past I would have been completely intimidated by her) and taking her through the flow **by the end I had her giving me her number!** She is attracted to me in a way that I have never felt in that I feel like Iâ€™m coming from a place of strength now and she can feel that.

Youâ€™re right, Dan, when you say you may not even be thinking of your ex say if you have other way more attractive women in your life.

Thanks for this life changing program. It has helped me in one of the most difficult and yet strangely rewarding times in my life. Rudy”

Hi! I'm from the USA and I've put your concepts of what to say to women and how to say it into practice.

I would say to anyone how well it works.

Women used to look through me like I was invisible.

Now whenever I choose to turn it on, women respond very positively and I get the results I want. It's like a revelation to me. This is what I've been missing all these years. Thank you. Mike

Hi Dan

I got your ex back program last week, secured a meet up with her and then did that last night.

She was very hesitant at first but I persisted as you mentioned in the program and she agreed.

We met up for what was supposed to be a quick coffee and that turned into her having feelings for me again and getting worried about it, so I suggested we go for a walk and while walking I suggested we go hang out at my place and she said yes.

To cut a long story short we ended up having sex and she said that she didn't know why but **she felt differently and wanted to give us another chance!!!!**

I knew at that moment that my decision to get your system was by far the best investment I have ever made in myself.

Her and I are taking things slow now but it looks good because she came over to my place yesterday and stayed the night so I am confident that I can continue to spark her feelings more. We even talked about going away for a weekend soon so it is looking very positive.

I can't thank you enough Dan. You are saving a lot of men from a lot of messed up pain and problems.

I will certainly recommend you to friends if they go through a break up!

Regards,
Paul

Get Started

I was literally blown away by "Get Your Ex Back Super System"! The information on relationships is fantastic and for the first time I saw my mistakes in such a clear way. It completely opened my mind as to what was killing my girlfriend's attraction for me while I had been trying to get her back. She was saying that her feelings were dead and I should just move on and find someone new. I made some quick changes based on what Dan said and **she immediately began to react differently and open up to seeing me.** That was absolutely amazing! I couldn't believe it man. Then I got her feeling so attracted when we met up that we kissed and had sex in such a passionate way. So thank you to Dan and The Modern Man. You guys saved me from losing my girlfriend. PK"

"This email is basically just to say a massive thank you to Dan and all the team at the modern man. I messed up big time with my girlfriend of 14 months at the start of the year and she broke up with me.

I was devastated and thought I'd lost her for good. I purchased get your ex back super system and watched Dans YOUTUBE videos over and over because I was determined to get her back. I also purchased Alpha male power and better than a bad boy. These programs rebuilt my confidence and self belief and gave me the push to go after her and win her back. It took me 2 months of persistence and several knock backs to eventually get her to agree to meet me for a coffee. She was ice cold at the meet up and gave me no hope of getting back together what so ever. But I remained calm and confident through out and used Dan's attraction techniques, and 20 minutes after getting home I received a text from her telling me she still had some feelings for me. I quickly arranged another meet up with her which went well, and **today we met up again and ended up in bed together at my house.** We've spoke about where things went wrong and what needs to change, but **we've reconciled things and we're back.** I'm not losing her again because she means the world to me. I'm 40 in June and we had a holiday to Las Vegas booked to celebrate the milestone before we broke up – which is now back on as well. Dan, if you ever visit Scotland on holiday, send me an email and I will have a bottle of the finest malt whisky for you as a thank you for your excellent advice. Ryan”

“The products at **The Modern Man are the REAL deal** and have changed the game dramatically for me!

Thanks to Dan and the techniques in the Flow and Dating Power, my results with women are off the charts! I never had serious girl problems but I knew there were definitely gaps in my â□□gameâ□□ where I could improve.

Implementing the formula from the Flow and now understanding HOW women enjoy being talked to, I find myself being a much better gentleman and overall person. Major props to Dan and the team at The Modern Man for changing my life. Lavon”

“Your materials [*Make Her Love You For Life*] have made **the single biggest change to my marriage of 10 years** that you could imagine.

9 months ago we were in a bit of a nightmare. Now we're flying. We used to argue a lot. We barely argue at all now, and if we do it's in a healthy way, where we actually come out of it with something. I have found the biggest change to be that if I say I'm going to do something, I do it so she can rely on me.

If I don't think I can do it or I don't want to, unless I'm being unreasonable I tell her that Ive thought about it but I'm not doing it.

I don't take the lazy man way out and agree to do something I can't or won't deliver.

To be honest I could so on for hours singing your praises, but I'm typing this while at work, so I better get going.

Anyway, as someone raised predominantly by his mum and three sisters, I just wanted to say thanks. They should really add your stuff to the curriculum for teenage boys. ð□□□ Simon”

“Hey Dan!

Iâ□□I just like to share with you my success story.

I bought both â□□The Flowâ□□ and â□□Better than a Bad Boyâ□□, and **it has helped me win**

back my ex (now girlfriend again).

The lessons you taught has truly helped me gain perspective on how to carry myself not only as a person, but also as a MAN.

I decided to take the slow route, to gain back trust from my girl using all the methods youâ€”ve recommended and it so works! The best part? I donâ€”t feel like Iâ€”m sacrificing any aspect of myself! Iâ€”m being true to who I am and while a [Edited by Dan. Customer revealed critical technique that we teach. Have to keep it a secret for our customers only].

It was definitely a conscious decision to behave a certain way, but as time goes along, I realised itâ€”s slowly become a part of me.

Still, quite awhile before I reach the mastery levels, but I know I will eventually. Thanks a lot Dan! And to anyone who is second guessing themselves if they should invest in any of the programs here, YOU HAVE NOTHING TO LOSE.Â Aaron”

Get Started

“My relationship was failing fast and i was set to move out.

She started talking and hanging out with a male co-worker.

I found your website and realized i was the problem.

I got your make her love you for life program. **Not two weeks later, i turned it around, by being strong, masculine and confident.**

It felt a bit fake for me to be so confident and masculine at first because she was dominant for so long in our relationship and she pushed back but i held my ground.

She told that co-worker he wasn't me and that she didnâ€”t want him anymore.

We have been on fire since. **She desires me, she knows she can lean on me now and not lead me.**

A woman needs a man! I'll continue to read the blogs, and work on myself first.

I'll recommend this to anyone who needs it. Thanks, you're doing good work. Adrian”

“Hi from Norway. Just want to say, thanks. You have changed my life. I am so happy. 46 years..should have known all this before. But anyway **my ex is back.** Thanks. I love your programs. Ed”

“I got your book The Flow thinking that I wouldn't be able to get much of a different result than I'd had with women for much of my life. I am surprised to say the least.

Your advice is spot on and the conversation and humor and flirting examples you provide worked the first time I tried them on a woman. I got myself a phone number when I went out the first night of approaching with a friend from work.

I then went on a date with her and it was at her place for dinner and we had sex afterwards.

She wasn't my perfect woman so I kept looking and a couple of weekends later from that I went out with my friend again and **met a stunning blonde.**

She was getting hit on all night and bored of it and I saw that, so I used your Flow approach and got her laughing and enjoying the conversation. Next thing you know and her and I were kissing. **We're now three weeks into a new relationship** and I feel on top of the world.

You deserve a lot of credit for the work you have done Dan. It is spot on to say the least. It really does work and I thank my lucky stars for the day that I found your site. I will be definitely looking at getting your relationship program now and may the Better than a Bad Boy video series. Ethan”

“Any guy who isn’t learning from The Modern Man is missing out big time. **I’ve been getting laid like crazy lately**....it’s funny how easy it is once you get it.

Ricky”

“I bought better than a Bad Boy and listened to it for months. I changed from being okay with women to then becoming stellar with women and attaining the ability to have my pick and choice of the hot chicks I wanted.

After some time enjoying myself (& I certainly did enjoy), I then decided on a one on one relationship with a great girl. There were some issues at the start, I got Make Her Love you for Life... And I can definitely say this shit works!

We are going amazingly well, she’s become a great woman and lover and does everything I love from dressing and making herself beautiful wherever we go to loving and pampering me.

And... I have definitely become a better Man to and for her. Which is all part of it but now I can see ahead of time if she is going to act up or be overly emotionally feminine, or testy. I cannot describe how so so good it is to know how to react, the what to do and what definitely not to do and how to respond to bring things back to where we both want to be, loving, happy and laughing.

We laugh a lot, it’s great! I fucked this up a lot in previous relationships in my life, reacting in a way that didn’t benefit me nor my lover, if only I knew what to do back then things would have definitely gone better my way...

Anyway this is no fake commentary, I just had to say that I have definitely reaped the benefits of taking the time to learn this.

My partner benefits from having a man she loves and respects. And other parts of my life down to my work, friends and family also are better than they ever have been, as this certainly has transferred into all other aspects of my life.

This worked! I only wish I’d known earlier in my life... but hey no regrets as life is so good now. Frank”

“Hi Dan

I wanted to share my experience with you guys so far.

I found Modern Man last summer when I was driving up to a coffee shop while watching a beautiful girl getting out of her car.

She saw me checking her out and I parked and got in line inside. She was directly in front of me and started giving me all the signs to start interacting with her. I didn’t know what to say, or even

continue a conversation.

I froze, said hi and smiled and left feeling frustrated. I went home that day and found The Modern Man. It started with The Flow, and now I own all your products.

I don't want to sit here and say how immediately I was getting laid to try and make myself look good.

I really needed a lot of work. So I took it one step at a time. Firstly I new that I had a SOLID foundation of being a great person. I treat people well and am a great guy. Secondly, I needed better communication skills.

I based a lot of this on your TI technique. I really began improving interactions not with just women, but with everyone. I found that I'm good at this.

It came fairly naturally and quickly. So I built on these new found communication skills and began interacting with new people everywhere. Soon I was much more comfortable in my own skin because everyone I have found so far is open to friendly conversation.

I began to realize, women are easier to approach. **I am now getting more phone numbers easily.** More women are involved in my life, which means more opportunities. I am now in control of who I like and decide to move forward with intimately.

My desperation has depleted dramatically and my standards are continuously rising. My life and confidence (or ability to be myself around others) has increased exponentially in the last 10 months and funny enough I appreciate women a lot more. I foresee continued growth as I seek a level of comfort that you guys at the Modern Man are able to enjoy.

I was a little intimidated at first because I knew that I would eventually have to interact with beautiful women. Now, it seems I just be myself, talk with everyone, and women tend to seek out my attention. More importantly, I'm aware of it now. It may not have been the fastest method, but it works for me and I'm comfortable doing it.

I still have goals to reach and skills to refine, but it would not have been for all your invaluable advice and knowledge. Thanks Dan, Ben and Stu! I'm so grateful. Dave"

"Hi Dan, just bought your Flow book today after watching some of your youtube video's. I'm amazed.. listened to the mp3's this afternoon. First girl I approached tonight (that I would never had the guts to before) proved me this stuff works! At first she wanted to take things slow, **now basically begging me to give it to her.** It's simple, but amazing! Got over my breakup really quick too ð Thank you so much, well worth the investment.. Simon"

It's painful to admit, but I now acknowledge that I've wasted a good 15 years of my life doing the wrong things. I am so glad to have found this material. **I've got a date lined up with a pretty girl this coming week.** Michael, Canada"

Get Started

I am blown away at how quickly I have gotten results.

I expected a long road to victory but I used the conversation examples and the attraction methods

from the book and **it is scary how well it works**. No one knows that I am using techniques but they are all asking me why so many women like me all of a sudden.

It is incredible.

I have been having sex with two women over the past three weeks and now another girl from work is all over me. Absolutely incredible. Your book is best investment I have ever made in myself. Paul, South Africa”

“Dan, after 4 long months **I am happy to say I got my wife back!!!** I got your system in November and started applying what you teach and worked just like you said it would. One bit of advice I have for guys out there is please please focus on making your women feel a renewed sense of attraction and respect and forget about what she may be saying or doing to discourage you. Thank you Dan! Walter”

“Hi Dan,

I have nearly everyone of your products except the Alpha Male Power and they have utterly changed my life.

My GF broke up with me on December 14th, and lets just say I cried and begged for about 2 weeks then realized it wasnâ€™t going to do anything to get her back.

So I found your series and worked on me and forced myself to interact with women. It wasnâ€™t long before I got numbers, built rapport, and moved forward to kissing and heavy petting, however no sex.

I cut off communication for 3 weeks with the EX, and then I was on a job interview in NYC about 3 weeks ago and posted on my Facebook I was at a Bar, my ex whom also lives in NYC was coincidentally 2 blocks away and we meet upâ€™

Long story short, were back together, at one point she asked me if use getting back together was a good idea and if it was a good thingâ€™. I just laughed at her and said it was the best thing for us, cause the things you told me I lack (confidence, emotional understanding of women and body language) Iâ€™ve fixed and women now love me (showed her pictures from my phone) â€™.manâ€™Danâ€™.she flipped so quickly it wasnâ€™t even funnyâ€™I told her she needs to behave and do things I like or Iâ€™ll just walk away and go to one of the other girlsâ€™I told her if she does things I like Iâ€™ll give her a reward, She was like reallyâ€™.I tease her with a reward and then giving her rewards, keeping her on her toes. When she does things I donâ€™t like she goes to time-out, but only for 5 seconds, then I tell her to give me a hug and say sheâ€™s sorryâ€™.

Iâ€™ve turned the tides in the relationship, and now she always messaging me, chasing meâ€™.I tell her every time I talk to her, â€™ Ok talk to you in a week, Iâ€™m busy the next few daysâ€™ 12 to 18 hours later she messages me wondering what Iâ€™m up tooâ€™

She says Iâ€™m different and understandingâ€™.

Right now I tell her Iâ€™m Version 2.0 with firmware 3.0 coning out soon, you better figure me out quick or youâ€™ll be learning how to figure me out all over againâ€™sheâ€™s like are you for realâ€™Iâ€™m like stop being so serious, sheâ€™s like your meanâ€™Iâ€™m like ya so??? O.o â€™she is pushed in the feminine every timeâ€™.

Your material is spot on, I keep her in the feminine , but sometimes show my feminine then go right back to be a dominant male and she loves itâ€¦!

Again thanks for your content, Iâ€¦I'll keep listening to it over and over again. Maybe sometime when Iâ€¦m in Melbourne or your in the States, we can meet up!!!

-Trevor.”

â€¦By the time I got to page 40, I had already broken the ice with a girl I had never even been able to get a smile out of.

Reading it was like flicking a switch in my head that changed my mindset straight away. I can only imagine how much easier things are going to get once I start really start to follow the techniques fully. P, Australia”

Get Started

â€¦Your techniques are fresh, intelligent, sincere and written in a **easy to understand** casual way – real life. Your 3 second look up and down followed by “Your pretty and I like your style” comment is great. I'll be using that one tonight at a party I'm attending. Lee, Canada”

“Dear Dan, I watched your ex back program regularly after my breakup in July. I was heartbroken and desperate. Since then I worked on your advice and surprisingly, in August **she returned in my life**. Our bonding is now stronger than ever. Everything has worked out and going smoothly. Thank you so much! Sam”

â€¦After years of enduring on with the odd bit of luck â€¦ Iâ€¦m now having sex with new women all the time, which is what I want because I think I deserve to have enjoy this before settling into a relationship.

The flow ebook was a total bargain and I can't thank you enough for the clarity of the examples and instructions you provided. **Five stars** from me. Brian, USA”

“I just want to thank Dan for saving my relationship!! **She was engaged to another man** with a date set for next month **and I got her back!** Wow. Keenan”

â€¦Fantastic! Absolutely eye-opening. Dan â€¦ your ability to take the reader through the process of a natural courtship, while making it all so simple is amazing.

The results speak for themselves â€¦ I can actually walk up to girls now and chat to them confidently. Itâ€¦s only been a week and a half and Iâ€¦ve gotten 3 phone numbers...**this is awesome**. Steve”

â€¦First of all THANK YOU SO MUCH, Dan!! You have helped me SIGNIFICANTLY with my life when it comes to women!

I have been dating this girl for about 2 1/2 months, and **I used to have this 2 month curse when it**

came to women.

I never really was all that bad with women to begin with, but I had a horrible problem of trying to hard with them (like trying to impress them) and with falling in love with them too quickly. Because of your book, I have learned what I need to change in my life to get the results that I want out of life!

Thanks to your book, I have got this girl to go from “let’s just be friends” to “when are we gonna hang out again?” if you know what I mean. ð□□□ Anyway, thanks again, Dan! You are a LIFESAVER! Drew, New York”

“Hi I hope this message gets over to you. I bought the system. You saved 6 lives literally. My family was about to be broken up because my wife wanted to leave me. Not even a social science psychologist at \$193 dollars an hour, \$25,000 on lawyer fees, couples retreats and many others got even close to your results. You got a gift. **Thanks bro thanks I got my family back.** Jerry”

“I haven’t even finished all of your programs – missing the rest of 21 great ways, make her love you for life, and mastery methods and mindsets but I’m noticing rapid results.

January was the month I decided to get back out there after my divorce. **I’ve hooked up with 3 girls** and I seem to be managing them fine while also having others in the pipeline purposefully in different stages as I’m following your advice from 21 great ways.

Funny I just met a work mate from Adelaide, AUS, she’s pretty cool and she’s actually melting to your techniques and way of being. It just happened. These woman are really starting to boost my ego during conversation, the phone, texting, and in person. They are really opening up and being feminine, it’s like magic. Unbelievable. I have some pics, text messages and journaling to document my own experience with your material. Being a man of purpose mixed with the Modern Man program is proving to be powerful.

I can’t stress enough how important is for your other clients to utilize all of your programs into their subconscious and take action. Alpha Male power really fuckin woke me up. Better than a Bad Boy too. I finally understand the game because of the help from you guys so I really appreciate all your time spent researching and putting this material together. You are right – Life continues to get better and better with an Alpha mindset letting the rest follow. Wes”

â□□Not a month after reading your book, I went out to the bar with some friends.

Well, in the past I would have hung out with my friends and thought “If I talk to anyone else aside from my friends, I’m going to get ridiculed”

I decided that, no matter how much I might trip over myself and goof things up because I’m not used to going up to strangers and striking up a conversation, I would do it that night, and let me tell you.

Its amazing how much different things were just taking some of your tips on just projecting confidence and not slinking away at first sign of resistance. Your book is like my bible now!

To this day, being Wednesday, it has been 4 days since I was out with those friends, and I have phoned a couple of the numbers, didn’t go fishing for a date, actually never asked for one in the first phone call, and THEY called ME back asking me to meet up for coffee or drinks or whatever.

Women are now calling me to set up dates, so I just have one word left for you guys....THANKS!

Jeff, Canada”

Hi Dan – I know you deal with mainly single guys, but here is some encouragement for any married guys who need to sharpen up on their relationship skills. I have read and listened to just about all of your material.

While I was already familiar with much of what you teach out of having had to get my own masculine act together the hard way, your work has filled in a number of important gaps for me and has inspired me to be much more proactive in my relationship with my wife.

Flirting, being risque, being unpredictable, being sexually adventurous, being the higher status person and so on, has my wife clawing at my clothes and **literally begging me into the bedroom** every night.

I can say from direct experience as a happily married man, that what you and your team teach, has great implications for married men as well as single ones. My wife will be the first person to back me up on this. Richard, Australia”

“I have gone through the get your ex back material and it is simply amazing. You should be given a medal for allowing men to be men in a relationship. I had no idea that I was not supposed to act the way that I was acting in response to her behavior. I have started making changes and she is attracted to me again. We’re back on! **She was over at my place last night.** Thank you!” Mike

Brilliant! I was the typical nice guy who was nervous around women but in a matter of weeks, all of that has changed.

I was chatting up a girl at a bar the first time I tried your material and I was shocked at how well it worked. I had her eating out of my hands for 20 minutes and we left the bar together that night. **My confidence has gone through the roof** and I’ve made a load of new friends as well. Anande, London”

Get Started

Hi Dan, I am not normally one for “kiss and tell stories”, but I know that success stories are good for business, and I reckon I owe you one.

I watched Better Than A Bad Boy only a couple of weeks ago. Then I met a girl through a friend (so, in fairness, it wasn’t a completely cold pick-up), nevertheless I brought her back to my place the same night and we had sex – which I had never done before with a girl I had met only a few hours earlier.

Throughout the evening, I kept thinking “Stay confident, stay masculine, don’t get sucked into acting feminine”.

Well, as can be seen from the result, it was obviously brilliant advice which continues to work perfectly, as we have been together three times since and are going away on a “dirty weekend” together tomorrow.

It bothers me that I got suckered into the mind-set of suppressing my natural masculine traits that

happens for so many guys these days.

I can see now that is a problem for many anglo-saxon men, and women clearly don't realise how much damage they have done to their own self-interests by giving out misleading signals over the past twenty or so years.

Anyway, thanks for opening my eyes. I owe you big time. Paul"

"Hi Dan, Thank you for the **most interesting emotional and sexual weekend I've ever had**, at the age of 48 with my ex girlfriend who is 32.

Backstory: She broke up with me coldly over the phone at 5am last Tuesday, which I took very badly.

I spent the day in a depressed mess, literally didn't see the point of being alive (and I have never been the kind of person to get depressed or even vaguely contemplate suicide).

Anyway, halfway through that day I had written all sorts of things to change her mind, remind her of what weâ□□d shared, blah blah blah, – thankfully I didnâ□□t send any of them. Just wrote and wrote and agonized. Somewhere along the line I clicked this wasn't going to work. That it was going to drive her even further and harder away from me.

So I started looking up "how to get your ex back". And found a host of stuff – including your material. The first thing I read was written by a woman and included things like: Write her a letter, telling her how you feel; Acknowledge your faults and apologize; Buy her flowers – after throwing up in my mouth a bit, I moved on to advice closer to yours.

When I first saw no contact advice, I could see the logic, but when I saw your material and what you have to say about no contact, the penny dropped.

I then decided to get your program and simply arm myself for success.

Based on your advice, the first (and hardest) thing I did was to accept the breakup.

I sent her a text apologizing for being such a pussy about things, and said that if she wanted to break up, we should break up and that there was no point holding on to something she didn't think was working – that itâ□□d still be nice to see her for dinner at the weekend, to give her the gift Iâ□□d bought her daughter and get my spare key back, followed by a wink emoji.

She thanked me and said it would be nice to have dinner, that she still loved and cared about me, and that I could decide if I wanted to remain friends or not.

I didn't reply and didn't contact her again, until she let me know on the morning of our dinner that she'd said a travel prayer for my daughter and her mom who were driving back home that day, and so I turned it into a bit of fun, and that conversation ended with her sending a LOL emoji.

That evening, by the time I walked into her apartment to pick her up for dinner (and share a glass of wine at her invitation), she was already flirting with me.

I just kept it light and distant and let her flirt.

Then I moved to pick her up off the counter to start heading out, and the intimacy exploded – **we ended up kissing passionately** for a bit, and then I broke it off and said, come let's go to dinner. Which we did.

The rest of the evening was super-flirtatious and fun, and we ended up having mind-blowing sex that

evening back at her place.

Long story short she ended up coming to my place the next day (after morning sex), and the whole weekend was just a glorious sex-fest, with many deep and meaningful conversations, lots of laughter and flirting, no stress, just pure enjoyment of each other.

To be this attractive to a woman you really love and like, after she was as cold as ice, is a life-changing experience.

She just couldn't help herself!

And the change in me was so simple to effect.

I went from being a depressed mess of an emotionally needy wuss, to being upbeat, fine, light and humorous – and emotionally bigger than her â□□ a man – within a 48-hour period (including the watching of your program).

And the change was so obvious to her. And extremely attractive.

She told me at one point – lying in bed together that my face looked different (before she knew what I'd been through that week), to which I replied â□□ I'm not surprisedâ□□, implying that something had happened.

Later the next day I told her what I'd been through, told her what Iâ□□d learnt about myself, and how Iâ□□d helped screw things up, and jokingly apologized for forcing her to have a lesbian relationship with me, and she looked at me with glowing eyes and said â□□ You hit the nail on the headâ□□ and said how much she respected me for being able to effect that change and basically reverse our interaction.

(At another point she playfully punched me for not leaning in for a kiss, when I usually would have.)

So in a nutshell, **I have gotten her back** and I couldn't be happier. Thank you! Amar”

â□□ I wish I ordered your ebook earlier. I just met this lady online and spoke to her over the phone, we hit it off very well and we decided to meet half way from where we live. We live 4 hours apart. **It amazing how easy this is when you know what to do.** Alan”

â□□ Norwegian girls are notorious for playing hard to get and making guys work for months to get anywhere with them.

Well that is what I thought prior to using The Flow on them. **I got laid the first weekend** I went out approaching and got a serious girlfriend the following weekend. You are saving lives Dan Bacon...I was severely depressed and lost about what to do about my situation with women before I stumbled across your website. Pete, Norway”

â□□ After a lifetime of women basically ‘ignoring’ me and seeing me only as a friend, I read your book and in 3 months I'd already had 8 dates.

Its mindblowing how well your stuff works...I ended up choosing one of the best women out of those 8 and **she's now my girlfriend**. Couldn't have done it without your techniques, so thank you! Evan, USA”

Get Started

“Dan, I just want to thank you for all of the help you’ve supplied to me and every guy out there like me.

I found you guys last October and immediately noticed a drastic change in myself after watching Better Than a Bad Boy and Alpha Male Power, in particular.

I discovered my purpose in life and that created much higher confidence and self-esteem in myself. I’ve never been one for bar environments to pick up women (so the Covid-19 pandemic didn’t really affect me in that regard) but I met a woman whose name I’d heard through mutual friends (and vice versa) in an environment in a place we’re at all the time.

All I had to do was display the traits you describe in great detail in your programs (and it was truly real, not just a facade). And we connected so damn well it was unreal. She told me we’re basically the same person.

And I just moved to forward...

10 days later we’re in a relationship and **she told me she’s never been more in love with anyone in her life, and she’s already planning out long term plans for us.**

I only met her 3 weeks ago.

I bought your program “Make Her Love You For Life” right when we started our relationship. Not because I need it. But because I know you have great information, and I know it’s gonna work.

Anyone who sees this message, I’m proof that everything Dan makes for the Modern Man is worth every penny.

I had no clue what to do and I was a nervous wreck around women that were less attractive than my girlfriend now. Thanks so much for everything, and cheers! T”

“Hey Dan, I’m amazed at how, even with so much product, you never overlap. Instead, you hit different angles which helps round out the topic, excellent. I’ve learned so much from you over the past month and my life has changed completely. I feel so much more confident and self assured, no matter where I am. Women notice me now and smile. It’s so weird. I’ve already gotten a bunch of phone numbers, set up dates and **slept with 2 women this month.** That may not sound like a lot, but I hadn’t had sex in years prior to this. So, I just want to thank you from the bottom of my heart. You have literally changed my life and opened my eyes to the fact that I can select women that I want...and they actually want me in return. It’s priceless. Thanks man! Mitch”

“I ordered the e-book Flow, figuring I’d blow \$100 taking a girl to dinner, so what the hey. You’re right on point!

I used the conversation examples with a woman from work and we went out that Friday night for drinks. We hooked up on Sunday afternoon for lunch and then **had sex that night!**

Now she is my girlfriend! Getting your book was the best money I’ve ever spent on anything online. I highly recommend this to other guys out there. Trust in Dan, he is the real deal and he gets

you results. Tyrone”

“So I bought all of the Modern Man products recently, and I’ve been using them quite a bit and it’s unbelievable how much it has transformed me.

Not only can I be myself and not worry about acceptance, but I have earned much more respect from guys and girls alike. I’m 19 and look relatively young, but this stuff works like magic. For example, I’m on tour right now with my band.

After one of the shows, I had a 20 year old girl come up to me and I could tell she was very attracted to me, so I talked to her a bit and then **ended up going back to her place and having sex with her.** She said that I was “amazing” in bed, and after the first night she literally begged me to have sex with her again.

This is only one girl, but I have 5 other girls that are all in love with me and want to go out and have sex with me basically on demand. It’s a great feeling, and I never would have encountered it if it weren’t for you and the Modern Man. Thanks Dan! Brent”

“Hi Dan! I just want to thank you so much for all your help and support! I bought and read all of your ebooks, I used your techniques and mindsets and they really worked. So far approaching women and attracting them has been a piece of cake. I met my ideal woman, **I lost my virginity to her and started a relationship with her.** I really appreciate it and I’m definitely gonna start spreading the word to other people. She loves how other girls take notice of me even though I’m attracted to her and feel madly in love with her. Take Care, Zee”

“My names Anthony I’m 19 years old and used to be the shy guy who didn’t have the balls to go up and talk to girls at all and when I do I had no idea how to speak to them.

Honestly I had no idea how to speak properly to anyone new I would always try to copy what my friends do and found out the hard way that it was the wrong move. The Modern Man products work not just with making you the man most women desire, but making you the man that everyone wants to be around. I used three products to help transform myself these 3 products are:

The Flow, The Ultimate Guide to Conversation and Better then a bad boy. In this economy the price for the last two are pretty expensive especially at my age but let me tell you it was the best purchase I have ever made and it has made my life more enjoyable.

Rather than just hanging out with a girl and hoping she sleeps with me I have the confidence to enjoy every aspect of our time together and escalating to that last step has never been easier.

If your looking to get with women, lose that social awkwardness, and get the confidence and knowledge to do what you truly want in life then I recommend you use products from the Modern Man. **My only regret is that I didn’t use this sooner** thanks Dan Ben and Stu!! Anthony”

“Hi Dan, Ben and Stu. Thanks for all the effort you have been done all this years, a true remarkable mark you have made in the history of man kind.

Thanks to you I know better about myself and about women and am **enjoying my love life!** You are a great! Thanks, really thanks!!! Marco Pereira”

Get Started

“I recently bought the flow after watching and learning about the modern man.

Iâ€¢ve been studying since January and my **confidence levels have increased ten fold!** Iâ€¢m a 19 years old disabled man in college and working. The only one in my friend group attracting older women between 21-30 years old! May have a date with a 21 year old friend! Youâ€¢re the best Dan! Grant”

“Best pick up advice online. TMM are the real deal. Got several women on the go now.
Andy”

“Dear Dan,

My success story is that I was miserable at picking up girls and whenever I tried, I always get stuck in the friend zone. That really made me lose it.

I found your site in hope of my solution and it really works! I have bought your â€¢ The Flowâ€¢ product and I improved so much! I couldn't believe it would work for me before I tried it but it did.

Eversince I bought â€¢The Flowâ€¢ Iâ€¢ve had plenty of girls hitting on me. I always liked this girl in my class and **I got her to be my girlfriend.** So I am very happy to have found your website.
John”

“**Amazing!** This is the only word to describe Alpha Male Power.

I emailed you guys the other day telling you that I still have approach anxiety and hesitate.

Well I watched Alpha Male Power and today I stopped women in the street who were walking towards me and things went really well. In the past I feared them walking off and not stopping.

I had a couple of other â€¢firsts for me momentsâ€¢ during the day too, but the most important thing is that it felt like nothing mattered to me.

Nothing the women or other people thinking of me matters. Other guys in the â€¢pick upâ€¢ community who I know, who have had more success than me, still self analyse and ask themselves â€¢why did she give me that bad response?â€¢.

I got none of that after listening to Alpha Male Power!!! I did start to question myself towards the end of the day saying â€¢ Na, this canâ€¢t beâ€¢! itâ€¢s too good to be trueâ€¢ but like Dan says at the very end of the program â€¢ you have to go through the transformationâ€¢.

What Dan said relaxed me and reassured that it is OK and normal for it to take a few days or weeks for it to become who I am (without having to think about it.) I have bought 6 other programs in the past, but this is the one I believe will change my life.

I already feel different, which I never felt after the other programs. I feel that everything I have learned from the other programs will come naturally while I interact with women and live my life, but I canâ€¢t praise this program enough for the instant powerful feeling it gave me. Thanks,
Kaleb”

“I was surprised at how quickly I got results because I was always the typical nice guy who girls saw only as the friend. This has been the most exciting year of my life. There’s no better feeling than to have control over this area of one’s life.

Ajay”

“My ex girlfriend loves me more than ever now that she can relax into her feminine mode. Even though I don’t want an exclusive relationship anymore, she still wants to date and have sex with me and hopes that I will change my mind. Your ex back system is priceless and has given me an insight into women that was missing in my life until now.

Cameron”

“Hey Dan!

“Hey Dan, I have been studying the Flow and **this Saturday I will see the first girl that I used The Flow on.**

So far I have been becoming more confident and clear of my life and the future, and I am starting to manage the stress and life of college better in the last months, and I have nobody else to thank but you and your wisdom.

It feels like if instead of feeling afraid, now that I jumped into adulthood, I feel I want to grow up and learn more, instead of feeling down because of the challenges that will come into my life, like people tend to act.

I have been successfully fighting my unhealthy social anxiety, and am overcoming and understanding the feelings of guilt from beating up the Nice Guy syndrome I lived with for years.

I haven’t had a panic attack in two weeks now, and I used to experience them almost daily! I wanted to write this post to share my progress. Thank you very much man, you have no idea how grateful I am. Kevin”

“I got your Dating Power program a couple of months ago and **have been having endless sex with women I’ve been meeting in at uni, at bars and through friends.** I would have paid DOUBLE if I knew that it was going to be this good. 5 stars from me!

Josh”

I’m an older guy (59) who was interested in having a relationship with a much younger chick (20).

After I became single again, hitting the social scene was a shock to my system. Lost in a world of older divorcees and totally frustrated with them, I started your video sessions for a few tips to get myself kick-started and figure out how to get what I really wanted.

I found success on an internet site which promotes older men dating younger women. Once I hit my target audience it was just a matter of time before I struck gold. Even though the age difference was huge, I found and identified the perfect woman from your guide on types of women.

Sheâs an awesome girlfriend and life is great again!

Itâs really an advantage to pick â from the top of the treeâ instead of settling for those rotten apples laying on the ground. If you want to meet a quality women, you will have to work on it and have the confidence and skills to attract her to you. Thanks again Dan and the gang!

Cheers from Don”

“Hey Dan thanks for making such helpful product.

I used to think that girls like nice guys and so I was being overly nice and wimpy instead of nice but also strong and confident.

I was awful with girls, I couldnât even say hi to them I was very afraid of girls, approaching them was my nightmare but now after using the flow, mastery methods and mindsets and dating power and using it in my life I now enjoy my life with many girls in it. Girls like me and **I have lost my virginity** just because of you, stu and benâs products. Tarun”

“Hi Dan,

It finally feels good to be on this side of the line.

Earlier I used to read all the comments about guys getting girlfriends when they followed you and I used to think when will I be like them.

I finally got my old friend to date me after such a long time of me just being in the friend-zone. She was a bit reluctant at first but seeing my newly found confidence and alpha-male attitude, she said she too started to see me as someone else. Hope I continue the good run. Arjun”

Hi Dan, bought my first program from you early in the year. And have almost all of them. Live in Norway. But can not thank you enough. Become 47 next year but you’ve changed my life completely and are forever grateful. **Have my girlfriend back, and lots of ladies who likes me all around me** all the time, and the job has changed for me because of you. Continue the good work and never let anyone tell you that what you do is wrong. My son is 16 years old and very unsure. Must take him through this. Hope sometime there will be such programs that can help girls also become alpha/beta girls, and more feminine girls. Some strong girl that can start that. Thank you very much. Best regards Ed”

“Dan big beard bacon!!

I want to write a personal success story of mine after having watched the following programs over the last 7 months:

- Get Your Ex back
 - The Flow
 - Make Her Love You For life
 - The Ultimate Guide to Conversation
 - Alpha Male Power
 - Better than a Bad boy
-

– The Modern Relationship

Being a professional table tennis player and Olympian, I always thought I should be able to find a woman. The one I want someday soon and have a great relationship the more successful I am in my life. Since watching the Modern Man, I have finally been able to enter the true world of knowledge in how to become a real man and attract women properly, as well as even understanding how female psychology truly works!

Truthfully, I had zero idea until I stumbled across The Modern Man in a time of huge need (When my relationship with my current girlfriend was bad and I could sense she wanted to leave me due to insecurities and lack of being a man).

I have never been able to access this knowledge anywhere else! In fact.. I have been given terrible advice countless times online, and by other friends who really have next to no idea!

I'm starting to be consciously competent and I'm going to really enjoy the process of becoming the man I dream of, by implementing what I have learnt from Dan, to become a better me everyday! I strongly believe I have so much to learn and can't wait to keep watching more of your programs and learning more and more!

My current relationship with my girlfriend of 11 months has been a roller coaster with me being initially a wimp who put her on a pedestal and would do anything for her.

I now understand so much more, and she is begging at my feet for more affection and time of mine.

Nowadays, she supports me and openly expresses how lucky she feels to be with a man like me.

Last but not least, when I meet her girlfriends, I can sense how jealous her girlfriends get when I behave in a relaxed cool manner whilst still totally being myself and fearlessly showing my love towards women without being an asshole at all about it!

Thank you for removing so many problems that I would have gone through later in life and having no idea why... these programs are worth every cent!!

I love you Old man and belated congrats on being a father!

Cheers, Heming"

"I've had sex with 4 women in the last 2 months. Your techniques are gold and have worked every time I've used them. I'll be getting more of your programs soon to boost my game further.

Jason"

"Hey Dan,

You have truly opened up my eyes and I have seen and experienced what it's like to cross over from being an absolute fail with women to having most girls want me. I am starting to reach the point now where I can attract most girls that take my fancy.

I now have a beautiful girlfriend who constantly tries to impress me and also wants to move in with me. She's awesome!

Your programs helped me to gain so much confidence that I no longer feel nervous around people and I know how to handle them. Most people want to be my friend which is an amazing feeling! Just

wanted to say thank you because it has really changed my life. Mark”

“Guys, I can’t stress enough how well Modern Man’s products work.

I started to use M.M. while I was living in Spain to talk to the beautiful women we all hear about. It turns out, no matter where you are in the world, the M.M. approach **works flawlessly. 10/10** Thanks from Taylor”

Get Started

“Hey, what’s up Dan, just wanted to say that I have experienced some tremendous progress after reading the Flow and watching Dating Power.

Just about every chic at my work place is into me. I’ve had **sex with around one new woman every month** and I want to start picking up women in many different places now. Joseph”

“Hi Dan,

I first learned about your material in my search for better information regarding women and dating. I went through college with moderate success with women, but I never had the confidence to approach the hottest girls who would even give me positive signals that I should approach and escalate with them.

At one point, I was hanging out and having dinners with a beautiful girl who would even come by herself to parties at my house and flirt with me the entire night. She gave me every signal that I should pursue her, but I felt like I was being fake and didn’t want to reveal my inner wuss by messing it up with her or getting rejected.

I also felt that there was something wrong with how I was going about this because I had fantasies of waking up with her in bed and being my girlfriend, yet I hadn’t even gotten physical. Therefore, I did nothing and this relationship fizzled.

I later learned that she had had many sexual encounters with other popular guys around my campus. Other experiences like this left me frustrated and somewhat angry.

I read the flow and watched Alpha Male Power about 6 months ago. With the knowledge and empowerment from these products, I began consciously to implement the concepts into my life. I still haven’t fully mastered them, but they have made a huge difference.

A few months ago I met a beautiful, smart girl on vacation in Miami. She was showing me positive signals, and I decided to pursue her during the trip using the concepts I learned from your material.

The knowledge and inner confidence from your products allowed me to **become intimate with her** on the trip and because we happen to live close to one another, start a happy, committed relationship. I thank you for helping me reverse the habits I learned from ineffective role models in order to become a more attractive, happy man. Sincerely...Will”

“I just wanted drop by and thank you.

I initially bought your products to pick up girls but in return I learned how to be a real man.

I am now able to handle any situation and talk to girls with no hesitation. In fact while on holiday I used your technique to meet this beautiful Latin girl and was able to create some great memories with her. Your videos are definitely worth every penny. KG”

“I only just got the book and I’m already on page 48- can’t put it down!

The attraction and rapport techniques seem so obvious, but I know I’ve always been doing the opposite with women and can see how that’s been sabotaging my efforts.

I’ve had the chance to practice today on my colleagues (mostly female) and I’ve already felt like there was added warmth in the way they were interacting with me as a result. I’m looking forward to fine-tuning this skill and learning more.

Mikey”

“Hi Dan – Well first of all THANK YOU!. I

never thought I was going to say what im going to say but here it comes! in 4 or 5 years I was not seeing any girl! Today 6 months after buying the “better than bad boy” I have to many Girls!

I really dont know what to do, Ive gotten to many Girls and I dont wanna break their heart.

Most of them keep calling me daily and I keep ignoring because im not interested anymore. And when I tell them some stupid story of how we are not ment to be together, they keep crying everytime, every single one of them! I have what you Call a Luxury problem these days!

Even 2 of my co-workers who I happend to not be interested in keep asking me out for dates! and believe me im not attractive im just standard! **Never been good with girls**, But hey what you teached me have made Complete different, even all my friends now come to me for advise or tells me what to Write when they are texting some chicks, even they get laid sometimes because of me! Its really crazy!

And if you happend to know how I can turn Down this womens in a Nice way without the tears and all that stuff I would be for ever gratefull! But anyway im happier than I was. Thanks Dan! Majid”

“Hi Dan,

I had to share with everyone that you’re products have significantly changed my life- not just my love life, but my professional one as well. I feel like I have an entirely new outlook on the world, and life is just naturally more enjoyable for me.

Incredible things have been happening for me since I’ve started living my life as an alpha male. I got a huge promotion work, I’ve become much more well-respected in my group of friends, and I’ve had amazing success with women.

On top of meeting new woman, I’ve also **hooked up with a really hot girl** who I’ve been friend-zoned with for 7 years! She came right out and said that she has seen a huge change in me.

She couldn’t tell me what the change was, only that she has found herself really attracted to me lately. She certainly demonstrated her appreciation for the “new me” the other night!

Anyway, for all of that (and for everything to come in the future) I want to sincerely thank you.

One more thing- To anyone thinking of trying out one (or all) of these products, I would absolutely

encourage you to do so. You won't be disappointed!" Andrew

Get Started

"Hi Dan

I want to take this opportunity to **thank you for saving my marriage**. It was dead in the water and my wife had already began going on dates with a new guy that she knows from work. But I put your advice into action from the Get Your Ex Back system and boy did it work.

My wife came crawling back to me, crying and apologizing. I am now in the position of power in the relationship and we are more in love than ever before. Your tips on sex were a huge eye opener for me as well. I would rarely get her to orgasm before but now it is happening almost every time we have sex.

You are doing great things for the men of this world Dan and you deserve a lot of credit. Had I known what your program would do for me I would have happily paid double the price.

I'll be a loyal fan of yours for life. Best regards Bryon"

"Hey Dan,

I have been working on everything you have taught me and I think it's finally starting to come together.

I have visited my ex a couple times now and she seems so in love again. She now compliments me about how much more masculine I am and treats me so much better. I am so happy, thank you. We are better than ever and I feel like (with your help) I'm learning to keep the dominant role and stay in control of my emotions.

Now that I am more aware of my role in the relationship **we have a deeper connection** and are on the way to an Amazing relationship. Alex"

"My parents were quite worried that I still didn't have a girlfriend at age 29 and it was really getting me down. So I searched online, found The Modern Man and gave it a try. **I experienced more success with girls in three months than I've had in my entire life.** I now have a great girlfriend and my parents have finally stopped pestering me, except now they want grandchildren...!

Wei"

"I got a girlfriend two weeks after reading The Flow.

I was out in the city with some buddies and they were too afraid to approach any girls. They tried to talk me out of approaching because they said girls are bitches and always have a boyfriend. I didn't listen to them.

I approached and they were astounded at what happened. All night I had girls interested in me and eventually snogged the girl who is now my girlfriend. Brilliant book Dan. It has been the best investment I've ever made in myself and now my buddies are asking me for advice. Macca"

Get Started

“Hi Dan, I purchased your program Get My Ex Back Super System for \$297.00.

I started not with the first video, but rather with the video about how to contact your ex. Trying to take a short cut.

Downloaded all the texts what you should say or text when you contact your ex to set up one “last” catch up meeting. And I loved the whole structure and approach (I am a sales guy, who does not have any problems with getting beautiful women). But then I said to myself let’s check out everything from the start.

So I watched the first two videos about why women leave you and how to fix and improve yourself. This took almost 5 hours!!! But I took a look of notes in form of screen shots and replayed many sections.

So we are talking more about 10 hours just for the first two videos. All the sales stuff how to contact her became irrelevant to me, because it was clear to me how much I have screwed up with my wife and even more importantly how can I fix things with her by improving myself.

I wrote my Letter of Pain (part of the program) based on your template (almost copied it!) and my emotional state went from devastated and being an emotional wrack to let’s do it, let’s get her back. That was the beginning of a very quick recovery process which did way more for me than me going to a therapist!

With these two videos I found my inner peace and my emotional center once again. Then the events with my wife turned from horrible to good to fantastic!

My wife left me two month before, raged a nuclear war on me in the family court system, with a no contact order and even before that a restraining order and filed for divorce. So I did not even had a legal chance of contacting her unless I wanted to end up in jail.

My only way was to bump into her by coincidence twice or three times a week or so. Basically from an outsider perspective my case was hopeless!!! All my friends were telling me to move on.

I applied everything from the first two videos only in my limited interactions with my wife and it took me from the day I bought the program, 6/22 until 7/3 to finally succeed. In less than two weeks I was able to turn the worst nightmare in life around to a much better relationship than ever before.

I changed the approach a little bit because of my particular difficult circumstances, but the Letter of Pain was my winner among a few other things.

Once back with my wife on July 3 I showed her the letter and she loved it!

Yesterday July 8 she dropped everything in the family court, all the divorce actions were retracted by her, the lawyers were fired and we are living back together since July 3.

My wife is a highly educated and intelligent career woman and looks beautiful with plenty of options to get men.

So you can’t just fool her.

What made all the difference in the world were three things:

1. Understanding/Acknowledging my faults in detail and improve quickly
2. Get back to an emotional attractive state (I was able to do this in a week)
3. NEVER GIVE UP!!! (Don’t even think about to listen your friends: move on, time will heal all

wounds, there more girls, give her time...)

I really suffered in the 2.5 month my wife was gone. This was not a joke at all. And I consider myself an Alpha guy. The \$297.00 was nothing. Our lawyers charged that for 45 minutes.

But your advice and your thoughts and insights were everything! Screw my friends in this regard. But Dan was the one who really made a difference.

I became for \$297 and 10 hours of watching the first two videos a much better man. And that was the important part for my wife.

What I am trying to say I never even needed to apply all the contact her techniques from video 5. Can I recommend the program? Hey is the pope catholic? Hell, YES!!! Thank you, Dan!

Roman”

Get Started

“Hey Dan.. I just wanted to take the chance to thank you and share my success story with you.

I hope you don't kill me though when you read some parts of my journey. Well I've known about you and have had you in my e-mail list for about 4 years now and I've been reading your stuff and I always wanted to get your products though I was still on a primary school kids allowance (I was in high school at the time).

Until that one day I bought the flow. And then I kept it on my phone without even touching it and decided to go P.U.A for advice...what a waste of my bloody time I tell you.

You know I've always been obsessed about being a natural with women and being a dating coach.

So on this so called pua journey of mine I had a lot of stupid shit happen until one night I decided to go back to the Flow and finally read it .Well I'm half way through it and..... I've got a girlfriend, yes I thought I'd be sleeping with every bombshell on planet earth when I got my dating game right though nah...I fucked around and got me a good women lol.

Well you did say that many of us will be starting at different levels and you were right. I started getting attention from women just after getting my mind sets right and today I'm at a point where I can be in an interaction with a woman and actually have her wanting me to take it to the next level.

I'm having so much fun with this mindset stuff sometimes I'll flash a grin and just sit back and start repeating in my head...”I am a man..a strong sexually aware man and women want me “...did that once and she started doing touching on me under the table lol good times.and the vocal exercises have been helping with my mindset.

I just twisted the exercise a bit for a two in one benefit though that's a story for another day; Though what I wanted to highlight the most was how you actually helped me take attraction to the next level.

Now I've always been practicing cocky and funyness throughout my life without knowing it because I'm the type of guy from a young age who liked cracking jokes and being cocky and making sexual jokes.

And that's what I did throughout my life even with girls I tried to date and since I started reading the Flow I now see why it never worked in the long run. I could use my natural self to spark attraction very easily and that where my downfall was.

I would just keep doing the same thing throughout the interaction with a woman just because it got her attention instead of shifting into the 3rd phase and developing an emotional connection. And

that's how I always ended up as the funny guy with jokes and nothing more.

Though now Dan thanks to you I'm the MAN!!!.....and **my girl knows if she messes up I can have my choice of other women**. I now know and believe that.

Now I can finally focus on other parts of life. Thanks Dan

Nhlalo”

“Hey Dan! I'm 25 years old and i've been using he flow since my senior year in high school.

I've had tons of success with the flow, and recently just broke up with my smoking hot girlfriend of 2 years because it was ME who was not happy.

In the 2 weeks being single, i have already slept with 4 girls. And my phone is blowing up with hot woman, most of who'm i just don't have the time for because i have more woman than i know what to do with.

Almost every night i have a different date, and some booked days, if not weeks in advance. And it's all thanks to this life changing product. THANK YOU!!!

Tony M”

“I finished reading “The Flow” 2 days after I had purchased it.

On the third day, I went out into the town to put what I learned in action. It works so well! I talked to two girls, and they both wanted me! What I attempted was wayyy out of my comfort zone, and not what I usually would do, but I put that passed me and just gave it a go.

Worked like a charm.

The first girl I talked to was definitely interested, so much so that I felt taking her home was absolutely possible, but after talking for a little I decided i didn't want her. YES, I chose. Then moved onto the next girl, who was also much more beautiful.

I put the techniques I read about in the book to use, and now she is my girlfriend. It was literally so easy after you know the right things to do.

Before this book I would have NEVER talked to her. Before this book I wouldn't have even tried because I mean seriously, she seemed way out of my league. Buy this book. It is absolutely worth it.

Chris”

“I recently lost my virginity and I owe a huge thanks to you and your Flow book. I also kissed another girl at a party and have two other girls interested. I'm on fire!

Frankie”

“Initially I was a little put off by your prices, but I decided to give it a go anyway since you guys offered a guarantee. To say that I am happy with my purchase is an understatement. **I turned my female friend of 3 years into my girlfriend** with a simple conversation and a couple of your attraction techniques. Amazing!

Richard”

“Good morning Dan, and thanks for all you do. I’m writing to inform you that **I am back again with my girlfriend**. We broke up seven months ago. I thought I had no chance anymore because of how long we had been apart, but I tried the steps in your program and it worked! I never for once thought it would be possible because she previously confessed we would never be able to talk together again. I wouldn’t know she was anticipating to hear my voice if I never come across your blog and then try your program. So thank you Dan. I appreciate all you do. You saved me from losing the love of my life, and I will always be grateful for that. Abdullahi”

“**Getting your book The Flow has been the best investment I’ve ever made in myself as a man.** It has not only taught me how to be confident, but has given me the type of skills with women that make my friends super jealous. I am currently seeing four different girls at once. Don’t hate the playa! Hahaaa...

Tyrone”

“I do not go out much however last night a good friend invited me out and I figured “Why not?”

I go out and have a few beers, after a few we end up at a late night bar. There this drunk douche bag introduces himself, he was wasted. Shortly after we see his girlfriend who is very attractive trying to put him into an Uber. He does not want to and the two of them get into a big fight causing a scene. I tell my friend that no woman should have to deal with that type of man, if anything the roles should be reversed.

They finally leave. 30 minutes later SHE comes back, talking about how bad her boyfriend is etc. I see this as an opportunity. I start talking to her, she needs a real man not some idiot who makes a fool out of himself and has her clean up his mess. I end up taking her back to my house and having sex her with her all night. It was fantastic pussy! She was down for just about anything! Lots of fun. I don’t feel bad about it one bit, I did not coerce her she just fell the urge for a real man, not some pussy who hides behind her, as I learned from watching your videos.

I have been surprised at how easily the techniques work on all types of women, not just single women. Women can’t stop themselves from wanting you when you approach the conversation in The Modern Man way.

It was a great time for me the other night, so just thought I would share this with you guys.

It was definitely not something that I was expecting, I am glad I went out. I see it as a huge confidence boost moving forward!

Tony”

“Your products are worth every penny you charge. My experience with the ex back supper system has changed my life. Though my ex initially expressed no interest on reconciliation, **she opened up to it very quickly when I used your approach**. I then got her back, but eventually changed my mind and left her.

Your products have allowed me to â□□man upâ□□ on so many levels. They have allowed me to

genuinely move on and experience share love moments with many different women since the break up. I appreciate your eye opening books and relationship advice, it is truly priceless as I now, with confidence can attract almost any woman I talk to.

I cannot believe how effective your advice is. Best of all, they reciprocate and share themselves with me and this is the most free I've felt my whole adult life. I may have left my wife of 17 years behind, but I'm experiencing a whole new life that I love now. Thank you for your help, stay strong. Cheers, Kyle"

"Your program [*Get Your Ex Back Super System*] is such a gem of knowledge. I was blown away at how many mistakes I was making in the relationship and how they basically all applied to me even though I am a woman. What I found out from your program was the catalyst to push me to give it another chance with my ex girlfriend and it worked. I was about to give up before I stumbled across your youtube videos, but I gave it a chance and **we're seeing each other again**. So from me, thank you. Thank you so much. G"

"I got my ex girl back and I'm a woman. I just wanted to let you know that because I know you only advertise your products for men, but it worked for me too. Lots of love, Penny!"

"After my wife and I separated I didn't know where to turn for help.

I tried a bunch of things that I'd found online, but it was just pushing her further away from me. Another guy was in the picture so I knew that I needed to act fast. A friend suggested The Modern Man, **I got the Ex Back program and her and I are back together in a better relationship than we had before.**

I've become a better man than I was before which has not only helped my marriage, but my standing at work where I have recently been promoted. I can't thank Dan and his team enough.

Dave"

Get Started

Because of Dan Bacon's get your ex back super system, My ex wife actually set up a meet up sort of anyways.

I'll give a little back story here...

I made every mistake imaginable during our divorce. So much that at a point I was worse than where I was when she filed for divorce. I ended up on drugs and really felt sorry for myself for awhile.

Then after going to jail for violation of a restraining order with her somehow in that time of no contact and being in jail I decided to change myself. Not to get her back but just for me. To be a better person more loving and compassionate and less like the person I used to be that used people for what he wanted.

After jail the no contact order was still in effect. I worked on myself still battled with drugs for a little while but soon came to the conclusion that's not where I wanted my life to be.

Now a little less than a year of being out of jail came a circumstance where her and I had to do a drop

off and pick up face to face. I came and got our son and took him back. When I got him it was very much just stay outside I'll bring him to you and I didn't expect anything more than that and was just happy to see my son for the weekend and spend time with him. However the interesting part was the drop off.

I in no way shape or form think this was an accident. I got there asked if I could smoke outside cause I was currently borrowing a car while mine was in the shop and the owner is an anti smoker. **She offered for me to come in and I accepted. She then offered me a drink so I had a beer.** She poured hers in a fancy glass I took mine straight from the can like a real man, lol.. Something about that actually did feel more masculine to me so I went with it.

Anyways got a tour of the house and while I was there she texted a friend. Her friend blocked me in the driveway. Now I'm stuck here but had no idea at the time. Everyone began to chit chat and have a good time but I realized I said I wouldn't keep the car for long. Realizing I'd been there a half hour longer than I expected I just simply said I needed to head out. T

hen her friend who was a married woman this is how I know it wasn't an accident, said oh I think we blocked you in when we got here.

So as not to ruin the moment or pressure them into not visiting each other I said oh no worries I can wait. I end up there a half hour more before they leave. I felt like I could've stayed longer but didn't push it instead I went with the I'm busy got stuff to do routine and headed on my way.

During our visit I was asked if we could be Facebook friends again and if everything between us was straight. I said yes that I didn't hold any anger towards her so if she wanted to be Facebook friends that was fine with me.

Now this is the same woman who told me no when I asked her the exact same way for the exact same reason.

Well now I'm at a point where every tactic I tried years ago only to fail she's now trying on me. Offering a drink with her was my idea a couple years back, offering facebook friends a couple years ago, all things I did a couple years back.

She is open to me again and wants to see me. She seems drawn to me again. I have re-attracted her, despite it all. Now it's just a matter of time and patience.

Even in the worst of my struggle with drugs I hoped her and I could at least be good friends again.

Now that she actively is trying to see me again, my second chance is at my feet and because of God and this program I feel like I really do have a second chance now.

Thank you guys very much you put together an awesome program that actually let me learn a lot about women and even more about myself and who I am as a man. Anonymous"

"Girls, girls, girls.

That is basically what my life consists of now. I spent my teens and 20s playing video games and never got to socialize much at all so my social skills were quite awkward and underdeveloped.

Just a month after reading your Flow ebook, I am swimming in girls. I've been having sex with 2 girls I met through friends at work and I picked up a girl last weekend at my local bar.

I'm confident and I can vibe with any type of person in a social situation now because I know what to say and I know what behaviors to avoid to prevent any awkwardness from occurring. I want to write

to you and thank you for making the process of attracting and picking up girls so easy especially for a guy like me who had never really had any attention from girls.

I will be buy more of your programs in the coming months when I get paid. I'd like to learn about relationships now because I feel like I would like to settle down in a year from now so I want to be prepared.

Quinton”

“I was skeptical before getting started because there is a lot of crap online that promises to help guys out with chicks, but I am glad I did because **I now have a pretty girlfriend** to call my own. Dan's products are simply awesome – I recommend that you try it for yourself and see.

Gio”

“Approaching women was a nerve-wracking experience for me until I decided to learn from Dan and his team.

The Flow helped me overcome my fears, become confident and get results fast. I didn't have a single woman in my life for more than three years, but **by using The Flow I now have a fiance and we are planning to marry in the fall of next year.**

Adrian”

Get Started

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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How Neediness Destroys Your Love Life

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

There's nothing wrong with showing your interest in a woman when you first meet her or being madly in love with her in a relationship, but there is a problem when your love and affection becomes warped by neediness.

Needy (*adj*): Wanting or needing affection, attention, or reassurance, especially to an excessive degree.

Needy love is unattractive to women because women are attracted to the emotional strength and security of men and turned off by the weakness. A woman wants to feel like you want her, but don't need her.

The more neediness and insecurity you display to a woman, the quicker she loses respect and attraction for you. When a woman loses respect and attraction for a guy, she then begins to fall out of love with him and question why she is with him at all.

Being Needy is the Opposite of Being the Challenge That Women Want

[image: Why do women like a guy who is a challenge?]

If a woman is attractive, most guys in this world would be willing to stick their dick in her at least once just because she looks good. Many of those guys would also be willing to have a relationship with her, just because she looks good.

As a woman grows up and realizes that she has this pussy power over men, she begins to feel less and less excited about guys who are so easily impressed by her. Eventually, she begins to wish that she could find a guy who is more of a challenge...

A needy guy rarely, if ever, offers any type of challenge to an attractive. He is impressed and wants to be with her because she is probably the only pretty woman who has shown him any interest in months, or even years.

In all the excitement, he fails to realize that she isn't looking to score another needy guy who can't attract other women. She's hoping to meet a guy who can make her feel some exciting attraction by being a bit of a challenge to seduce.

He doesn't realize that beautiful women don't want to feel like they're doing him a favor by giving him a "chance" to be with them. Instead, a woman wants to find a guy who makes her feel like she is lucky to be getting a chance with him.

Neediness is a Major Turn Off Because it's a Clear Sign That You Lack Confidence With Women

[image: Turning her off with neediness]

Some guys can't stop themselves from being needy of their woman because secretly, they know that it's difficult for them to attract other women.

If a guy becomes needy in a relationship, he will almost always be the type of guy who "got lucky" and met a girl who gave him a chance, even though he didn't make her feel much attraction initially.

Maybe she was bored and wanted to have sex with a new guy for a while, or wanted to use the needy guy's desperation for her to make herself feel better after being dumped by a guy who she couldn't get to commit.

Whatever the case, when she begins to pull back her interest even slightly, a needy guy will react by wanting and needing more of her time, affection and reassurance that she loves him and wants to be with only him.

In his mind, he thinks that if he can just show her how much she means to him, she will realize that she's lucky to have a guy who loves her so much. Yet, it doesn't work. Why?

A woman wants to be with a guy that she can respect and feel attracted to. Neediness and insecurity is the opposite of what attracts women and maintains their respect.

“Why Does He Keep Messaging Me? Give Me Some Time to Miss You...”

[image: Huh? Why is he texting me this insecure crap?]

One of the greatest gifts that you can give to a woman is the chance to miss you.

Needy guys can't give that gift to women because without her, they feel lost, lonely, insecure and in some cases, depressed.

When a needy guy meets a woman who actually seems as though she likes him, he'll usually panic and urgently try to "lock her down" into a relationship before another guy comes along. *â□□Quick, quick, quick! I've got to secure this! I will never find another woman like her!â□□*

What he doesn't realize is that, these days, most women want to take a guy for a "test drive" first and see how they feel about a relationship after that. He doesn't realize that most people have sex on the first night, first date or at the latest, second date and then take it from there.

If he's the typical needy guy, he comes on way too strong with a relationship vibe and essentially tries to get a girl to commit to a relationship before kissing and sex.

That was fine 120 years ago, but not today.

[image: The old days...]

In the past, women needed to save their virginity for marriage and then stick by that man for life, which is where the old "Till death do us part" saying comes in.

These days, women can have sex with whoever they want and settle down whenever they want. Just because a woman dates a guy, kisses him or has sex with him, she isn't obliged to then get into a serious relationship with him.

[image: Start with kissing and sex and then take it from there]

Likewise, just because a woman gets into a relationship with a guy, she is no longer obliged to stay with him for life. These days, a woman will only stay with a man for life if he knows how to deepen

her love, respect and attraction over time.

Watch this video for more info...

It's totally possible to stay in a relationship or marriage for life and be truly happy and in love with each other.

You've got to do it right though.

If you do it wrong (e.g. you become insecure, jealous, start arguments all the time, can't handle her tests of your confidence, ruin her attraction for you), then it's only natural that you will most likely be another break up or divorce victim.

You don't have to go through all the horrible pain and frustration of losing your woman. You can keep a woman for life, but you've got to do it right.

If you are needy or become needy in a relationship, you will never be able to enjoy true, lasting success with women.

Some Women Use Needy Guys as a Self-Esteem Booster

[image: Using a needy guy as a self-esteem boost]

If a woman doesn't reject or dump a needy guy right away, she will often pretend that she is interested and use his desperation for her as a self-esteem boost until she meets a guy who actually makes her feel respect and attraction.

When she is leading him on, she will say things like, *"I don't want to ruin our friendship"* or *"I'm not ready for a relationship right now"* or *"I like you, but I need time."*

Then, when he finds out that she has started dating or having sex with another guy (e.g. she posts up photos on Facebook, or even changes her status to "In a Relationship") he feels betrayed and even angry at her.

How could she do such a thing? Simple: She never felt attracted to him. She was just using him to make herself feel more confident when she interacted with a guy who she was actually attracted to.

Often, women like that will tell a guy that they are attracted to about all the other guys who like her. She will try to show the guy that she likes that she is in demand and hopefully it will make him feel like he needs to secure her into a relationship.

Crazy mind games, eh?

Well, that is what happens when you don't know how to attract women and are hoping that women will "give you a chance" because you're such a good guy.

When a needy guy gets dumped by a woman he really likes (often before they've even had sex), he will start looking for reasons why. Yet, because he doesn't even know how to attract women, he will assume that he isn't good looking enough, rich enough, tall enough, etc.

He might begin lifting weights at the gym and buy new clothes in an attempt to improve his appearance in the hope that she "notices" him. Yet, what the woman was turned off by was his neediness; not his appearance.

As a female friend of mine said recently, *"Anxiety makes a guy look ugly. Confidence makes him look sexy."*

That's the truth about attraction. If you're not confident, you don't look good to women. It's that simple. You can have all the muscles in the world but, if you lack confidence and are needy for attention, love or affection, women will not find you attractive.

No matter how hard you try, you can't hide your lack of confidence or desperation from women. Why? It comes through via your body language, tonality, conversation and actions.

If a woman wants to find out whether or not you are needy, all she has to do is show you some interest, seduce you by acting like she is interested in a sexual way and then pull back her interest.

If you laugh at her and let her go, you're not needy and she will be excited to have finally found a guy who wants her, but doesn't need her. However, if you panic and come across in a way where she can tell that you're worried about losing your opportunity with her, she will rapidly begin to lose interest.

It may sound like a lot annoying mind games, but women do that because it is so EASY for them to get laid. If a woman is attractive, pretty every guy would bang her. That isn't exciting for her.

She wants a guy who could easily have other women, but will choose her if she impresses him enough. Meeting a guy like that is as rare as us men meeting a woman who is a 10/10. It only happens once in a blue moon and when it does, boy does it get your attention...

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Why Do Women Like Jerks and Bad Boys?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The reason why women like jerks or bad boys is that their confidence and behavior triggers feelings of attraction inside of the woman.

The same applies to you...

You have most-likely been going through life saying that you want a nice, intelligent girl that you can trust, rely on and proudly introduce to your family and friends. Yet, you are also attracted to slutty strippers.

[image: A beautiful stripper]

Strippers are bad girls are you can't stop yourself from feeling attracted to them, even though you want to get a nice, pretty girl that doesn't show off her naked body to hundreds of men every night.

Almost All Women Want to Find a Good Guy, Not a Bad Boy

If you've seen beautiful, intelligent women lust after jerks and bad boys, you might have come to the conclusion that women must prefer bad men.

Yet, it's not true.

Almost all women (99%) would prefer to be with a good guy who ALSO makes her feel sexually attracted, but if none of those guys are available (they usually aren't. Hence why you will often hear women saying, "*Where are all the real men??*") a woman will hook up with other guys who can make her feel attracted, which are usually the jerks or bad boys.

Why doesn't being nice to a woman make her feel attracted? Watch this video to understand...

There is NOTHING wrong with being nice to a woman (I am nice to women and I had sex with more than 250 of them, before recently settling down with a sexy, 22 year old even though I'm 37 years old), but you ALSO have to make her feel sexually attracted to you.

If your main approach to women is just to be nice and hope that they like you enough because you're such a good guy, then you're always going to get rejected and the spark is always going to die in your relationships.

Do You Even Know How to Attract Women?

Back when I had no idea how to attract women, I used to look on at women and think, "WTF? Why is she with that guy?"

I'd see beautiful, intelligent women with guys who looked like thugs, low-IQ idiots or douchebags. It just didn't make any sense. From my perspective, I thought that I was approaching the situation correctly...

I was (and still am) a nice, good guy with good intentions. Yet, no matter how much I showed that to women, they didn't care! They just rejected me. Why? NOTHING that I was saying and doing was making the women feel sexually attracted to me.

It was only years later that I eventually realized the real reason why a lot of good guys fail with women...

Women Don't Want a Bad Man

Women are not desperately seeking a bad man who will treat them like crap.

However, most women would rather be with a man who doesn't really care if he loses her, instead of being with a guy who needs her for his emotional security and sense of identity.

Why? Simple...women find it extremely easy to attract men for sex. If a woman is attractive, pretty much every guy in the world is willing to stick his dick in her at least once.

Based on this reality, the majority of women get to the point where they want a guy to be more of a challenge to impress and seduce. Here's why...

Almost all women want a good man, who also has the ability to make her feel attracted to him.

Women do NOT want a bad man who will cause them harm, treat them badly, cheat on them, etc.

If you are going through life thinking that women like jerks and bad boys because they want to be treated badly, you are wrong.

Women are not seeking bad men who will hurt them. Women are simply looking for a good guy who isn't a pushover. She doesn't want you to be instantly impressed by her and willing to have sex and a relationship with her simply because you feel attracted to her physical appearance.

She wants you to realize the reality that she lives in (i.e. most guys would bang her) and then allow her to have the experience of trying to impress you enough to get you interested. She wants to feel lucky to get a chance with you, rather than feeling like you're just another horny guy who is hoping to get a chance with her.

She Doesn't Want You to Behave Like a Sweet Guy From a â◻◻Chick Flickâ◻◻

[image: Being romantic and sweet only works if she feels attracted to you first]

In many Hollywood movies, you will see a man being super nice, sweet and romantic to a woman.

Throughout the movie, the woman will be "swept off her feet" by his niceness and generosity and after he saves the day, saves the world or saves her from danger (or a bad boy), they will fall in love and live happily ever after.

Women cry when they watch those movies and say, *â◻◻Oh, he's so sweet...I wish a man would treat me that way,â◻◻* yet what most guys don't realize is that women don't find a guy's niceness appealing UNLESS they are attracted to him.

In the movie, the scriptwriters turn the sweet, romantic guy into a confident hero who saves the day, which then makes the woman feel attracted to him. In real life, you don't get to save the day and you have to attract her in other ways...

If your main approach to women is to be nice, sweet and innocent, then your main response will be rejection and disappointment. Women DO want to find themselves a good guy, but if she doesn't feel

turned on by you when she interacts with you, she isn't going to care how nice, sweet and good you are.

She might like you as a friend or even lead you on and pretend that she likes you or will stay with you for life (if you happen to get her into a relationship), but she will always leave herself open to being seduced by other guys.

If you want to be successful at picking up women and then keeping a woman in a relationship, you have to offer more than just being a good guy. A woman wants to feel sexual attraction for you, not just nice, friendly feelings.

You do NOT have to become a bad boy or be a jerk to women, but you do need to start saying and doing the types of things that actually make women feel turned on. If you don't do that, you can't expect women to suddenly change their natural instincts.

Just like you can't help yourself from being attracted to strippers or sluts in porn, women can't help themselves from being attracted to the sorts of things that we teach here at The Modern Man.

These Days, You Have to Start With Kissing and Sex

[image: Start with kissing and sex and then take it from there]

In the past, women were completely dependant on men for their survival. A woman's life was essentially about growing up, finding herself a nice gentleman for a husband, raising a family and then dying.

Since it was shameful to divorce, a woman had to select a man based on how nice he was and how well set up he was to support her and their family.

[image: The old days...]

In 1900 for example, the divorce rate was less than 10% across the developed world, whereas it's an average of about 50% these days.

In today's world, women select men based on how much sexual attraction they feel. Women know that they don't need to settle down with the first guy they have sex with. Instead of saving her virginity for marriage, a woman will have sex with whomever she likes and settle down whenever she feels like it.

[image: Kiss her, have sex with her and then think about starting a relationship]

This is one of the reasons why the nice guy approach doesn't work anymore. The nice guy approach comes on too strong with a relationship vibe, whereas most women just want to take you for a "test drive" first and see how they feel.

Instead of trying to get women to give you a chance by being nice to them, you need to make them feel attracted to you and then escalate to kissing and sex. After you've had sex, both of you can then decide whether or not you just want to keep having sex or maybe start a relationship...

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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The Fear of Going After What You Want With Women

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

What do you really want to experience with women?

I'm not talking about what you tell other people, but what you really want? Do you ever picture yourself having sex with new women all the time, or is your ultimate fantasy to be married to a sexy, beautiful woman who loves you more than anything else in the world?

Whatever it is that you really want with women, why are you getting it? What is really stopping you?

If you're like a lot of modern men, it is FEAR.

Irrational, unnecessary, stupid FEAR.

Here's the thing...

Fear feeds on the power that you give it. Fear can only exist if you feed it. If you want to be a truly confident man, you have to feed your confidence, not your fear.

Some guys go through life looking for reasons to be fearful, rather than looking for reasons to be confident. They hide themselves away from women and if they do interact with women, they present a weak, hesitant, fearful version of themselves.

Instead of having the confidence to be themselves and allow an interaction to unfold naturally, they tense up and put on an act of being someone they're not.

The fear being rejected, fear saying the wrong thing and fear being embarrassed or humiliated in front of others. It's a horrible state of existence that I once used to live with, until I discovered what I reveal in this video...

Life or Death Fears Are Useful

The primal feeling of fear is a useful thing when it comes to protecting your life (e.g. running away from a tiger, keeping your home locked at night to prevent intruders from entering, etc), but for anything else it usually just holds you back from achieving what you want.

For example: Approaching women.

Many guys feel fear when they want to approach an attractive woman. All of a sudden, thoughts like these trigger feelings of fear, anxiety and nervousness:

- What if she has an angry boyfriend and he rushes over and then beats me up?
- What if she tells me to go away and humiliates me in front of everyone?
- What if I approach her and get rejected and then other women think I am a loser?
- What if something that I know from work (or university) sees me getting rejected?
- What if I run out of things to say and look like an idiot?
- What if freaks out and other people step in and tell me to go away?

Yet, what most of these guys don't realize is that the majority of women are friendly and open when approached by a guy, as long as he approaches and talks to her in a confident, easy-going way.

If a guy approaches and immediately tries to pick her up in a rushed way, or comes across as nervous,

awkward and tense, then of course she isn't going to react as positively as she would to a guy who is confident, easy-going and isn't in a rush to get a phone number.

How can you feel confident and relaxed when approaching women? Start by watching this video...

When you approach women in the right way (i.e. you make them feel attracted to you and you have an easy-going attitude), things flow smoothly from one step to the next. After experiencing that a few times, you begin to realize that approaching women isn't something to be afraid of – it's something to be excited about.

There's nothing more rewarding for a single guy than being able to approach and attract women at will. Suddenly, the world opens up to him and he has his choice with women.

He's no longer the fearful guy who waits in the shadows or spends most of his time masturbating, watching TV, "hanging out" with people on social media. Instead, he's getting laid with hot girls and getting the love, respect and attention that he has deserved all along.

Yet, none of that will happen for him unless he faces up to his fears and becomes the man that he knows he can be.

"Do one thing every day that scares you." **Eleanor Roosevelt, longest-serving First Lady of the United States**

"We can easily forgive a child who is afraid of the dark; the real tragedy of life is when men are afraid of the light." **Plato, Classical Greek philosopher**

Fear Based on Previous Experiences

If you've been rejected by a lot of women and don't really know why, it's understandable that you will feel some fear, insecurity and anxiety around women that you find attractive.

However, that fear is not a permanent thing that you have to live with. You can get rid of it by learning how to attract women properly so they don't reject you.

Over the years I've heard many guys say things like, *"I really do want to have a relationship with a beautiful woman, but I've been rejected so many times in the past and have been turned down when I've asked women out. I stopped trying a while back because women are just too choosy these days. You can't please them."*

Yet, those guys are wrong.

What they don't realize is that they ARE good enough for women, but are simply approaching the pick up in the wrong way. For example...

Many guys use the nice guy approach and wonder why women reject them for it...

Many guys don't even realize why women like a guy who is more of a challenge...

The more you learn from me, the more you will realize that you ARE good enough for women. You can attract and keep a beautiful woman, but you have to approach things in the right way.

If you are sick and tired of missing out on experiencing the type of success with women that you KNOW you deserve, then stop fuelling your fear and start fuelling your confidence...

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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The First Few Minutes of Conversation With a Woman

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you can't get past the first few minutes of conversation with a woman, you will rarely get the chance to kiss, have sex or begin a relationship.

The longer you can talk to a woman, the more opportunity you have to build up her attraction and desire for you. This is important because, unlike men who are willing to have sex with women purely based on her looks, most women need to have their attraction built up based on what the guy is saying and doing during the interaction.

Do You Make Any of These Conversation Mistakes When Talking to Women?

Don't Worry About Trying to Come Up With a Perfect Opening Line

[image: What is the perfect opening line?]

What's most important is whether or not your behavior, vibe, body language and personality is attractive to the woman.

For example: If a nervous guy approaches a woman with a great conversation starter like, *"Hey, I thought I'd come over and say hi"* the woman isn't going to be as interested as she would be if he was confident, relaxed and easy going.

Since most men have never been taught how to attract women during an interaction, a lot of them mistakenly assume that the opening line is the most important part.

Some guys hope that if the opening line is good enough, the woman will be magically charmed and the rest of the pick-up will be as easy as pie. Yet, as you may have experienced in your life, most women don't give men a free pass unless the woman is extremely drunk, unattractive or desperate for some attention.

Most women have standards, so if you don't know how to make her feel attracted, she simply won't be interested in you no matter what you say. However, when you make a woman feel sexually attracted to you, she then starts to appreciate the other things about you (e.g. you're a good guy, you have good intentions, you're charming, etc).

She opens herself up the conversation and interaction and actually wants something to happen between you. This is why it's so important that you know how to attract women. If you don't know how to attract women, improving your conversation skills isn't really going to change the results you've been getting.

Watch this video to understand why...

What Do You Say Next?

[image: How to Avoid Awkward Silences]

To keep a conversation going with a woman, you need to trust your gut instinct and say whatever comes to mind.

If you freeze up and start thinking too much about what to say, you will be using up valuable mental space in your brain. Instead of being your normal, cool self, you will begin to shut down and become the more nervous, unsure version of yourself.

Women don't want to meet the unsure, nervous version of you. They want you to believe in yourself and believe that you're good enough. If you can't do that while interacting with her, she will rapidly lose interest because women are turned off by insecurity.

Are Your Friends Bringing You Down?

[image: How to deal with other guys hitting on the same girl as you during a conversation]

Many guys don't have any supportive friends to encourage them as they make approaches and improve their skills with women. Instead, most guys have friends who tease them and make them feel even more insecure by providing incorrect advice (e.g. that women don't want to be approached, women only want bad boys, etc).

Personally speaking, back when I was hopeless with women and only had one friend, he would say to me, *"Don't worry, Dan...they're all stuck up bitches. They wouldn't know a good guy if they met one. You can't win with these chicks. Let's just go get a coffee and grab something to eat."*

No matter how much I tried to convince him to stay at the bar or club and try to approach, he would just say that women are stuck up and think they are too good for us.

He was wrong.

It was HIM who thought that he wasn't good enough.

What both of us didn't know back then was that women don't want guys to feel like they're not good enough. They HOPE that a guy has the balls to approach them and believe in himself, especially when she plays hard to get to test his confidence.

Yet, I had no-one around to tell me that. All I had was one friend who was insecure and believed that women were impossible to pick up.

As you might imagine, my friend's horrible advice messed with my confidence and self-esteem. I believed him because he was a guy that I looked up to. Thanks to him, I began to develop a perception of women as being nasty, mean and superficial and assumed they only wanted bad boys, models, rich guys or guys with big muscles and flashy cars.

So, when I wanted to walk up and talk to a woman, it was only natural that I felt anxious and nervous. I assumed that I wasn't good looking enough, so I approached with the expectation that women wouldn't really be that interested.

When women saw that I doubted myself, it turned them off and they rejected me. I didn't know what to do and I didn't know why I was failing. Eventually, I discovered the reason why and the solution

to fix it...

Are You Sick of Being on Your Own?

[image: Why can't I find a nice girl?]

After experiencing many rejections for reasons that he doesn't understand, a guy will usually get to the point where he thinks, *What's the point in even trying? I walk up to them, try to get a conversation going and they just brush me off. They don't even give me a chance.*

It all seems too difficult and makes a guy feel like he doesn't deserve to be successful with women. After a while, guys like that often fade into the background. If he goes to a bar or club for example, he will just sit back or stand around watching everyone else talking and having a great time.

Some guys also go to bars or clubs and fall in love with a woman they are observing. He will stare at her, try to think of something amazing to say and have a few more drinks to build up the courage to approach her. Yet, he will rarely if ever approach.

Eventually, he will look on in despair as his woman leaves with a confident guy who approached, got her interested and then took it to the next level.

If you are sick of being on your own and would rather have loads of women in your life, then decide to take the next step now...

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Success Isn't a Straight Line

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

When most people start out on a path to success, they imagine it going something like this...

[image: Your plan vs. reality]

Yet, the reality of success is that you will often encounter challenges and obstacles along the way.

If you are willing to overcome those obstacles, you will achieve the kind of success that most people simply never reach in life.

Likewise, if you are willing to change your approach to something and try something new, you will find that you simply cannot be right about everything in life all the time.

Sometimes, you have to open your mind to other ideas to see the real truth.

Two Important Questions For YouThe Ladder of Success

Almost every man wants to climb up the ladder of his chosen field, so he can declare that his life is a success.

He wants to experience the feeling of being successful and having his dreams come true, but if he is like the majority of guys in this world, he's not prepared to climb the ladder. He wants success right now, without having to take any more steps.

Too many guys make the mistake of thinking that their rise up the ladder of success should be unrestricted because they "deserve" it.

[image: Why am I not successful in life?]

Some guys may ask questions like, *"I'm a good guy and I have good intentions about my success, so why don't people just see that and help me? Why do they make it hard for me? Why can't things just work the first time I try them? Why can't I just get what I want without any effort? Why do I have to try so hard? Why is life and success so challenging?"*

Here's the thing...

Success almost always comes to those who EARN it, not those who DESERVE it and simply get it for not doing anything.

Yes, some people in this world are born into a rich family and have success handed to them. Some guys are very good looking and find it easy to attract women. Some guys are naturally better at sports than others.

Yet, the majority of people in this world have to do what it takes to EARN their success. They have to climb the ladder of success one step at a time, rather than expecting to take the express elevator because they are more deserving of success than other people.

If you really want something in this life, you have to believe that you can achieve it, but you also have to understand that your rise to the top of the ladder won't always be care free.

Some guys have a naive, idealistic of success and expect that no-one will get in their way, they won't encounter any challenging situations and it will all pretty much be *"smooth sailing"* from one

step to the next.

Unfortunately, success rarely plays out that way. On your way to the top of the ladder, you will often have to take two steps up, then one back down. With persistence, you will get there and you will be more successful than 99% of people who just aren't willing to keep going.

Keep Going and You Will Succeed

“Obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it.” **Michael Jordan, NBA superstar**

If you speak to men who have achieved amazing success in their chosen path in life, they'll tell you that there are always going to be obstacles along the way to success.

They'll also tell you that many of the things they discovered while overcoming those obstacles were some of the best lessons they've ever learned about success and life in general.

When it comes to success, it is the moments when you are feeling most challenged that you will either give up or learn, adapt, grow and become a stronger, wiser and a more successful man than you ever thought possible.

When you reach that point, you will be living your life from a position of power that most people will never experience because they simply give up and assume that they can't make it to the top, or even close to the top.

If at First You Don't Succeed...

Too many men try something once or twice and if they aren't successful, they give up and berate themselves for their failure.

Falling into a world of pity and weakness, men like this refuse to step back, re-think the problem and come at it from another direction or with a different approach. These men either lack the understanding that with more effort and perseverance they will eventually achieve success, or they assume that their initial approach was correct and everyone else must be wrong.

A classic example of this is when a guy uses the “nice guy” approach on women and keeps getting rejected. In his mind, he is doing the right thing and if he gets rejected enough times, he may begin to assume that everyone is crazy or that women must want bad boys.

Yet, there is a much more simple explanation why being too nice to a woman often results in rejection...

Lessons From Successful Men

The most successful men don't give up at the first sign of failure. They rethink their approach or get advice from experts and then try again.

Here are some examples:

1. Legendary moviemaker, **Steven Spielberg**, was rejected by his dream college, the

University of Southern California several times. Not wanting to give up on what he desired, he went to another school and later created movies that have made film history.

2. When he was a child, **Thomas Edison**'s teachers advised his parents that he was "stupid" and wouldn't amount to anything. Years later, although he tried over a thousand times to come up with a working light bulb, he eventually succeeded and brought us all out of the dark.

3. Although it may have taken Edison over a thousand attempts to create the light bulb, it took British inventor, **Sir James Dyson**, 15 years, his life savings and 5,127 attempts to come up with a revolutionary new vacuum cleaner system that brought him outstanding success.

He refused to give up and his efforts have literally cleaned up our lives and saved our wives and girlfriends from countless hours of sweeping and dusting.

4. "Colonel" **Harland David Sanders** brought his "Kentucky fried chicken" recipe to more than a thousand restaurants that rejected it saying that their patrons wouldn't like it. Now he has thousands of KFC restaurants worldwide where people line up for his "finger-lickin' good" chicken.

5. It took three of his automobile companies going bankrupt (imagine just experiencing ONE company going bankrupt or you going personally bankrupt) and iron determination before **Henry Ford**'s car designs became one of the most successful in the world.

6. He was fired from his first newspaper writing job because his editor didn't think that **Walt Disney** had any imagination or good ideas. (I think Mickey Mouse, dozens of other characters and billions of people worldwide who have enjoyed his movies, cartoons, books theme parks, toys and more would probably disagree with his first employer's evaluation!)

7. When he didn't speak until after age 4 and was considered a "mentally handicapped" student, there seemed little hope for **Albert Einstein**. Although he may have been a "slow starter," he later went on to win the prestigious Nobel prize for physics.

8. When he applied for an engineering job at Toyota, **Soichiro Honda** was rejected. To help pay his bills, he started to make motorcycles which eventually brought him his initial success. That enterprise then led him to starting his own automotive company and ultimately becoming a billionaire.

Those are just a few of 1,000s of examples of famous men who failed to succeed early in life, but went on to be a huge success later in life.

I've used famous people as examples because most readers will recognize the names or things they achieved. I'm **NOT** saying that the type of success these men achieved is what every man should aim for (i.e. business success or success in Hollywood for example), but I am saying that if you want to be successful, don't think that it will happen in a simple, straight line.

Be prepared to drive over the hills, hang on and stick with it when going through rough terrain and use your determination, desire and intelligence to cruise on to ultimate victory.

It's fortunate for all of us that the men listed above (who could have easily considered themselves a failure and simply given up like most other men do) were confident, determined and dedicated enough to their dreams to push through to success.

They went on to become valuable contributors to humanity because for them, failure was NOT an option. Where most others would have given up, they were strong enough to keep going until they reached the top of the ladder. They didn't stop climbing because life forced them to take one or even

two steps back. They pushed on.

Through courage, hard work and belief in themselves and their abilities these men went on to achieve phenomenal success in life.

How about you? Will you give up on your dreams or will you be brave, wise and strong enough to push through to the success that is waiting for you?

Wanting something is not enough. You must hunger for it. Your motivation must be absolutely compelling in order to overcome the obstacles that will invariably come your way.

Les Brown, Musician

Do You Have the Right Attitude For Success to Naturally Happen to You?

If you have the right attitude and the right information, the path to success will naturally unfold before you. Of course, there will be bumps in the road along the way, but if you have the courage and will to continue, the success that you desire and dream of will begin to emerge before your eyes.

Here's an example of what I mean...

Not too long ago, I watched a documentary that interviewed 25 (mostly American) character actors. I recognized them all from TV shows, commercials, movies and so forth, but if their name wasn't up on screen while being interviewed, I wouldn't have known any of their names.

These actors were often cast in character roles as a lawyer, friend of the leading man, doctor, cop, salesman and so forth. However, despite not being a well-known megastar in the movie scene, in the highly-competitive world of acting, for the most part, these men would be considered successful.

By getting those secondary roles, they had their foot in the door and at that point in an actor's career, he either will take his foot out of the door and give up trying to become a leading man or he will use his strength to continually push until he gets the door fully open and walks right into the Hall of Fame, so to speak.

The men who reach the top of their game are those who never stop learning, believing and trying. It's not enough to just believe that you can do it, you also have to learn how to do it better and then try again and again until you get it right.

Three of the actors in the documentary caught my attention because of their uniquely different attitudes and how that applied to their level of success.

One of the actors was often cast in the tough guy role because of his looks and size. The acting work he was usually hired for was as a cop, a criminal, a firefighter, construction worker and so forth.

Despite his rising success, his bad attitude towards auditions eventually became his downfall. He hated auditions because he saw himself as a big shot actor and looked at auditions as something that newer actors should have to do but not him.

After a couple of decades of acting in his typecast roles, he thought that producers should just look at his previous work and decide if they wanted him for a certain role.

If they asked him to audition, he would do it if he wanted the part badly enough, but he resented

having to go through the audition process and it showed in his attitude before and after he did his scene. Producers weren't impressed by his attitude and gradually, his agent began getting less and less calls for him until the phone just stopped ringing altogether.

This is a classic case of a guy getting half-way up a ladder and thinking, *â€œWell, I've gotten this far. Where is the lift or elevator? I'm too special to have to keep climbing up this stupid ladder! I'm a VIP...the rest of this should be all taken care of for me!*â€œ and while he was living in that fantasy land, other men were climbing right past him on their way to bigger and better success.

The same applies to success with women. Often, a guy will learn how to approach women and then begin approaching women, get a few good responses and maybe even collect a few phone numbers and go out on a few dates.

Yet, when those dates don't turn into kissing, sex or a relationship, he will stop, half-way up the ladder, thinking, *â€œWhy am I not at the top of the ladder yet?*â€œ

Simple.

He stopped climbing!

You have to keep going. You can't get half way to success and expect that the rest will just unfold naturally without any effort. It would be nice if life worked that way, but it doesn't. You have to push on to victory by continuing to learn, believe and try. Eventually, you will break through to a level of success that most guys never reach in their entire lifetime.

Another actor in the documentary had the look of a *â€œprofessional* and he often was cast as a lawyer, a doctor, a banker or some other role that required a man who looked good in a suit or who was believable as an authoritative character.

What impressed me about him was that he was wise enough to enjoy the audition process and fully embrace the path of life that he had chosen. His thinking was that even if he didn't get the role, for those few minutes during the audition, the part was his.

He would *â€œget into character* and embrace the role as best as he could and enjoy the process. Not surprisingly, he often was cast in whatever role he auditioned for because he had the confidence and joy of being that *â€œcharacter* (if only for a short time).

As a result of his approach to auditioning, he was requested often by film and TV executives if they thought he might possibly be right for the part.

They wanted to audition someone who was willing to embrace their film or TV idea as well as the character he was auditioning for, not some arrogant guy who thinks that everyone should bow at his feet because he's been trying to get somewhere in the acting business for years.

As for the second actor who had a great attitude toward auditions, even if producers couldn't cast him for that particular part (for a variety of reasons such as scheduling conflicts, he appeared in a similar part recently, etc.), the next time they had a possible opportunity for him, they would call his agent to set up an audition for him or simply ask if he was available for a part they knew he'd be right for.

The second actor with a great attitude is a classic example of how success will unfold for you if you use the right approach and have the right attitude.

Eventually the door just has to open for you. It has to.

When the door opens and you keep climbing, you eventually reach the top of the ladder and achieve

the type of success you only ever used to dream about. It's inevitable as long as you keep learning, believing and trying.

The third actor was someone who I'd watched many times before on TV and in small movie roles. In the interview, he admitted that he still gets nervous before an audition for a role.

In an attempt to calm his nerves, he said that he would learn his lines (if they were available to him), do some research on the character and get used to talking and acting like the character. No matter what he did though, he always felt nervous.

Although he still doesn't understand how to overcome his anxiety and nerves, his "be prepared" approach has allowed him to keep pushing on and on, to the point where he has been cast in about 80% of the roles he's tried out for, which is a very high success rate in the acting industry.

At the end of the documentary, there was a note saying that the second and third actor (who I described above) had recently been cast as "series regulars" for new shows that were starting the following season.

When I checked up about the first actor with the bad attitude about auditions, he had only had a couple of very small, unimportant parts in some B-grade movies and low-budget TV show pilots. For the second and third actors, much of their success has been due to their positive and productive attitude towards what they are trying to achieve.

The first actor stopped half-way up the ladder and expected everyone to make the rest of the climb easier for him, while the other two have continued on as best as they can in pursuit of their dreams and now are seeing more success.

How about you?

Are you allowing the path of success to unfold naturally before you because of your great attitude, or have you stopped climbing the ladder and feel like the world should just lift you up to the top because you're a good guy?

Do you expect women to suddenly make it easy for you and allow you to climb the ladder without you having to do a thing, or are you willing to learn what you need to learn to be more successful?

A Personal Story from Me

When I was in my first year of high school, the teachers notified us students that there would be a long-distance running competition at the school.

The winner would get a trophy and a prize and the top five runners from each year level would get to go to a forest retreat for a week-long training camp that would improve our long-distance running abilities in preparation for inter-school competitions.

On the day of the running competition at my school, I told my classmates that I was going to win and most of them laughed at me because one of the bullies shouted out, *"Ha ha, Bacon thinks he's gonna win. What a loser!"*

Anyway, so I won. Not only did I win, but I also came first out of the entire school beating all of the older kids in the higher year levels.

That year, I competed against other schools and even with all of the training and hard work I put in,

the best I could achieve was fifth place in one event and seventh in another. Despite my obvious talent with long-distance running, I didn't know that I was lacking a key component for success – the right information.

I had absolutely NO techniques to use to help me run faster. I was just running.

My school teachers were not experts at the sport of long distance running and simply told us to *run* and *try your best* when at the training camp. They didn't teach us ANY techniques that would help us improve, but simply woke us up early each morning to run for an hour, then another 30 minutes during the afternoon and 30 more at night.

Later in life, when I had discovered that *the right information* is so crucial to success, I met a successful runner (he'd competed in national and world championships) and asked him what type of techniques he used for improving his running game.

As he sat there reeling off technique after technique, I was astounded, shocked and disappointed. I said to him, *If only I'd known this stuff back at school, I would have won at least some of the major races. The guys from the elite private schools only beat me by a few meters, which is nothing in a long-distance race.*

After our chat, I tested out his techniques and instantly added at least twice as much *horsepower* to my running. I felt like a *running machine* when I did what he recommended compared to the inefficient, clunky style that I was using, which was consuming more energy than necessary.

His techniques allowed me to make more efficient running strides with less effort and I felt like I was running in *fast forward*. When I experienced that, I just knew for sure that I could have won those races if I'd just been given the right advice and shown those techniques.

The moral of the story?

You can have all the talent in the world, but if you don't have good technique, you won't be successful unless you get incredibly lucky or fluke your success. The way to make success easy is to get the right information and great techniques that are used by successful people.

Just look at what Thomas Edison had to go through to create the light bulb (thousands of failed attempts because he was doing it wrong), or think about the 150+ times I had to approach women before I eventually worked out what I now teach here at The Modern Man.

If someone had just given Edison the ANSWER, he could have made light bulbs and the other great inventions he thought of much faster and easier.

Likewise, if someone had just given me the advice I needed about approaching and attracting women, I wouldn't have had to face so many cold, harsh rejections and bitter, empty feelings as I headed home alone each time without even so much as a phone number.

Back when I didn't know how to attract women, they were cold and uninterested when I approached. They didn't help and allow me to climb the ladder by teaching me what I didn't know. They just rejected me and let me fail.

I was on my own.

Even though I was trying hard to succeed, I was doing it WRONG. I didn't know the correct way to attract women because no-one was there to help me and tell me what I was doing right and what I was doing wrong.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Dating After Divorce

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

It's a lot easier for a woman to start dating after a divorce because she only has to put up an online dating profile and she will have 100s of guys willing to date her immediately.

The same rules don't apply for men though.

Why? Most men are willing to have sex with a woman simply based on how she looks, so it's easy for women to attract men for sex or dating. Men look through online dating sites and are willing to meet up with pretty much any of the women who look good enough for sex or a relationship.

As for women, they look for completely different things in a man when they meet him in PERSON, but if they are looking ONLINE, they select men based on looks and financial status. This happens because the woman has 100s and often 1,000s of men to choose from.

In person, women are more attracted to a man's personality traits and behaviors (e.g. confidence, charisma, ability to make her laugh, charm, etc), which is why it is much easier to begin dating after divorce if you actually approach and attract women in person.

If you are afraid to approach and attract new women, watch this...

What you need to understand is that MOST guys don't approach because they are scared of modern women.

That is a HUGE opportunity for you.

When you are the man who has the confidence to approach and the ability to attract women when you do approach, you will LAUGH at how easy it is to pick up women these days.

By the way...

All of the guys below are perfect examples of the fact that women can be attracted to things other than looks in a man.

Women can feel attracted to good looking, handsome men, but if an average looking or below-average looking guy knows how to make a woman feel a lot of attraction to his personality and behavior, she will forget about the fact that he doesn't look like a male model and fall in love with who he is on the inside.

[image: Everyday couples]

[image: How is this possible?]

[image: White man marrying a black woman. Asian guy marrying a black woman]

[image: Ugly guy with hot cheerleader girlfriend]

[image: Asian guy marrying pretty white girl]

[image: Fat guys with pretty women]

[image: Fat men marrying beautiful women]

Are You Ready to Meet New Women?

If you are looking to meet new women after coming out of a divorce, you need to get yourself ready to succeed.

For example:

Do you know how to attract women when you meet them?

Are you using the old nice guy approach to women?

Do you make any of these mistakes when talking to women that result in a woman feeling turned off or losing interest?

The more prepared you get before meeting new women, the easier it will be to attract and pick them up.

Once you know how to properly attract women, you will find that the majority of women that you meet feel a spark with you and see you as a charming, charismatic man.

You can do this.

You can bounce back from the divorce and become an even more attractive man than you've ever been so far in life.

You can be the sort of man that women refer to as a real man or a catch.

It's actually quite easy to do, as long as you are willing to learn how to properly attract women during conversations and interactions.

Life Without a Wife

[image: Dating after divorce]

You have already gone through the pain of a break up with a woman you love, so you know that it isn't a pleasant experience.

One minute, you feel safe in your marriage and you have the identity of being a husband and the next, you're on your own again. She turns her back on you and starts moving on with her life without you.

[image: Are you ready to meet new women?]

You're on your own now, so what are you going to do about it?

Are you going to begin having sex with lots of new women or get into a serious relationship with the next great woman you find?

Some men bounce back quickly after a divorce because they are confident and know how to attract women. However, the ones who struggle the most are those who have lost their mojo and forgotten how to actually flirt with women and attract them.

After a few unsuccessful attempts at talking to women, many divorced men feel like giving up.

It seems so difficult and they begin to think that maybe their lack of success with women is due to the fact that they are now a divorcee.

Yet, it's not.

The reason why so many good men get rejected by women is that they don't even know how to

ATTRACT women during an interaction. They simply hope to be LIKED for being a nice man.

That's not how it works.

You've got to actively make a woman feel sexually attracted to you by displaying personality traits that naturally attract women.

When you know how to attract women with your personality and behavior (e.g. confidence, charisma, conversation style, ability to make her laugh, masculine vibe, etc), you will find it easy to attract women who are single and looking to meet a real man like you.

Why Did You and Your Wife Get a Divorce?

Did you:

- Marry a woman who wasn't truly compatible with you?
- Gradually ruin the love, respect and attraction she felt for you?
- Divorce because of infidelity or trust issues?
- Take her for granted?
- Divorce because of financial stress?
- Disagree with how to parent your children?
- Argue too much?

There are many core reasons why a couple will end up falling apart in a relationship or marriage, but there is one common reason that I have identified after years of research and successful experience with relationships...

Sometimes a break up can be prevented by ensuring that you deepen her love, respect and attraction for you and get the pillars back in place, while other times (e.g. when you're not compatible) a divorce is an inevitability.

In today's world, a man has to choose the right woman for him, rather than accepting whatever he can get or accepting an incompatible woman and then trying to make it work.

In a relationship and then marriage, a man has to know how to deepen a woman's love, respect and attraction for him over time or else the woman will gradually lose interest and consider leaving him.

Relationship aren't the same as they were in the past...

[image: The old days...]

120 years ago for example, the divorce rate was less than 10% in the developed world. Women had to stay with a man for life even if they were unhappy. The old saying of, "*Till death do us part*" was literal.

Not anymore.

[image: Modern women]

Women can now do whatever they want with their relationships. Modern society now accepts divorce and sometimes even encourages women to leave men who aren't living up to their expectations. It's a good and bad thing.

A good thing because it has forced us men to become better and a bad thing because it tears families

apart that would have otherwise stayed together.

×

[image]

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[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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He Gave Her Flowers, So She Dumped Him...

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Imagine this...

A guy named Michael is on his way to a first date with a woman that he met through a mutual friend. He booked a table at an expensive restaurant and bought a dozen red roses to give her when they meet. He knows red roses are her favorite flowers because he asked his friend to find out what flowers she likes.

They have a nice meal, exchange some friendly conversation and then Michael begins to discuss where they should go on their second date. He says he knows a great restaurant that he would love to take her to. He then picks up the tab, of course.

He drives her home and walks her to her door, but doesn't try to kiss her because, in his mind, that wouldn't be the right thing to do on a first date. He's worried about her thinking that he only wants her for sex, so he avoids kissing her to show how much he "respects" her.

Before he walks away, he says that he really likes her and about the great restaurant he was talking about and tells her that he'll call tomorrow to confirm a date.

He calls her first thing the next morning and gets her voicemail, so he leaves a message. He tries a few more times over the course of the morning and leaves another message. He also sends a text/SMS message just in case she didn't get the voice messages.

She doesn't call back during the day, but she finally picks up when he calls her again later that evening.

In a somber tone, she says something along the lines of, *"Listen, Michael, I had a really nice time with you, but I don't think it's going to work out. You're a nice guy, but I don't think it will work."*

Why Did She Reject Him?

[image: Why did she reject him?]

Simple.

He didn't focus on making her sexually attracted to him. He was the "perfect gentleman" and tried to get her to "like" him as a person, rather than being a good guy who also made her feel turned on by him and attracted to him.

Instead of having a relaxed approach to the dating process, he came on way too strong with a relationship vibe on their first date, which would be fine she was feeling a lot of sexual attraction for him, but she wasn't feeling much at all.

If you go on a date with an attractive woman, pretty much EVERY guy she dates wants to get her into a relationship and then marry her. They are so nice to her because she is attractive and they want to impress her, but they don't realize that every guy is doing that to her.

There's nothing wrong with being nice to a woman or being a gentleman, but a woman only cares about that stuff if she is sexually attracted to you. If your main approach to a woman is to be nice to

her and hope that she likes you, most women won't be interested.

Women want to feel sexually attracted to a guy and they also want to feel like they need to impress him and hopefully get a chance with him. Women refer to guys like that as a "challenge" and they love it. Women love the thrill of the chase and they love to feel like they are getting a guy who isn't easy to attract and seduce into a relationship.

Here's why...

5 Mistakes That Ruined the Date

Let's have a deeper look at where "Michael" went wrong with his date...

Mistake 1: Giving Her a Gift

Giving her roses may have seemed like a romantic gesture, but on a first date it's a gesture that seems out of place in today's world.

[image: The old days...]

Flowers or gifts were a good idea back in the time when women had to rely on a man to support them because they couldn't get a high paying job, or in most cases, any job. A gift or flowers was a good sign that the man could support her and offer her a good life.

Yet, that was the past.

[image: Modern women]

In today's world, women don't like to be treated as a possession that the man will be buying or "earning." To most modern women, a upfront gift on a first date seems desperate, tacky and outdated.

It comes across in a way where the guy is trying too hard to impress her, rather than allowing his natural personality (what women are most interested in when it comes to a man) to impress her.

Watch this video to understand why...

Women aren't impressed by guys who feel like they need to buy a woman or impress a woman with external things (e.g. gifts, boasting about his career, driving a flashy car, etc).

She doesn't want to feel like a guy is basically saying, *"I don't think that I'm good enough for you as I am, so hopefully I can distract you with all these gifts, dinners and boasting about my career...and then maybe you will like me enough to give me a chance with you."*

When it comes to gifts, most women want to earn the privilege of getting a gift from a man, rather than been given one immediately for doing nothing other than going on a first date.

Mistake 2: Being Ashamed of His Normal Self

There's nothing wrong with eating at an expensive restaurant, but if the woman gets the sense that a guy is doing it to hopefully buy her attraction and interest, it will usually backfire and make her lose respect and attraction for him instead.

For the sake of this example, let's say that Michael is the sort of guy who normally doesn't go to expensive restaurants. The woman wants to get to know the real him, but because of his insecurity and lack of belief in his attractiveness to women, she now has to adapt to a "high society"

environment and watch Michael pretend to be something he's not.

He would have rather eaten at a local cafe restaurant that he usually goes to, but he thought that it would be impressive enough for her, so he went to an expensive restaurant that was three times the price.

These days, women don't want you to buy them. Sure, there are some women out there who are money hungry whores who are looking to take every last penny or dime from you. That's true. However, the majority of women just want to find a man who makes them feel attraction, respect and then guides them towards love.

Most guys that women meet don't even know how to make women feel attracted and hope to be "liked" for being nice, spending a lot of money on dates or being a good friend. Women want to feel sexual attraction.

If you can make women feel sexually attracted to you, then anything else you do (even just taking her out for a walk by the beach, eating a burger or watching a movie) becomes 100x more enjoyable than going on a boring, friendly date with a guy who is splurging loads of money in the hopes that it makes her "like" him.

If you want to buy a woman's affection, go and hire a prostitute for an hour. If you want a woman to love you for YOU, then make her attracted to YOU as a man. Turn her on with your confidence, charisma and charm...all of which is free and lasts a lifetime.

If the current version of you isn't attractive to women (i.e. you lack confidence around women you find attractive, you don't know how to properly flirt with women, you lack charisma, you're not an alpha male, etc), then learn how to be more attractive to women.

Being able to trigger feelings of attraction inside of a woman is the most important skill that a guy needs to be successful with women. Here's why...

Mistake 3: Making Plans For a Second Date, While on the First Date

Michael was already trying to convince her to have another date with him, even before their first date was over.

No matter how well you think the date is going, making plans for a second date while you're on a first date is not a good move. If you make it obvious that you're totally hooked on her already, you take away the thrill of the chase that a woman YEARNS to experience with a guy.

She wants to have to chase you a bit and impress you, rather than feeling like you will accept her no matter what she says or does.

To a woman, if there is no chase involved in the courtship, you're not worth catching because you are probably feeling desperate to get ANY half-decent woman. A quality woman wants a man who has the confidence and belief in himself to reject the majority of women that he doesn't want, so he can be available for minority of high quality women that he does want.

Most guys can't do that though because they don't know how to attract women. Then, when any half-decent woman shows some interest, he jumps all over it and hopes to get a chance with her.

When a guy does know how to attract women, he knows that most of the women he meets feel attracted to him. When he sees that, he can then confidently raise his standards and only accept the types of women that he is truly attracted to.

Mistake 4: Not Kissing Her

Unfortunately, Michael behaved like a gentleman from an old black and white movie...and thought he was doing the "right thing."

In today's world, if a man is attracted to a woman and wants to kiss her, he kisses her. The fact is, if a woman is attracted to you, she wants you to kiss her.

If you walk her to her door and don't kiss her, she doesn't think, *"Wow! What a gentleman I'm so lucky!"* she thinks, *"Okay, he doesn't find me attractive"* or, *"He isn't confident and didn't want to risk kissing me in case I didn't like him."*

In old romance novels, a gentleman may have asked a lady for permission to kiss her, but in today's world, asking a woman if you can kiss her will completely kill the moment and turn her off.

She's not looking for a fictional character from a black and white movie who will court her slowly and then eventually work up the courage to kiss her. In a recent study, 55% of couples admitted that they had sex on their first date.

SEX on the first date, not just kissing.

In other words, most women are completely open to being kissed and having sex on the first date. Personally speaking, I've always either kissed or had sex with women on the first night or first date. Only about 20% of women required a second date before we had sex.

In Michael's case, he was behaving like a gentleman from 1905 and hoping to impress the woman by being so respectful. Unfortunately for Michael, no-one had told him that the world had changed.

Mistake 5: Repeatedly Calling Her the Next Day.

In addition to signaling his eager desire for another date while still on their first date, Michael called her the next day, left a couple of voice messages and sent a text message just to be 100% sure that she knew he was calling.

From his perspective, he wanted her to know how serious he was. Yet, from her perspective, his actions not only took away the thrill of the chase, but it also made him appear totally desperate.

Here's the thing...

Women like to complain about guys who don't call them (e.g. you will often hear this in female pop songs and overhear women talking about it when discussing a guy that they can't lock down into a relationship), but in reality they instinctively crave the thrill of the chase and ENJOY it when they have to work to keep a guy interested.

If a guy is worth having, a woman knows that she's going to have to work at getting his attention. Other women will feel attracted to him and she will have to impress him enough to get him to choose her.

Yet, if a guy doesn't even know how to make her feel attracted AND he is super keen on her, she will conclude that he is the sort of guy that isn't worth the effort. She wants a guy that is more of a catch and someone that she has to hopefully get a chance with.

At this point, some guys reading this who don't understand how attraction works may ask, *"Why do women want to play silly mind games? Why can't I just like a girl, tell her I like her and then she likes me and we start a relationship?"*

Simple: It's not about her liking you.

You have to make her feel attracted to you and you also have to understand the subtleties of “modern romance.” It's not 1905 where women had to remain a virgin until marriage and then stay with one man for life.

In today's world, a woman can do whatever she wants. She can kiss and sleep with guys until she is 30 or even 40 years old if she likes. The society around her approves of it.

[image: Women love sex just as much as men]

Yet, deep down, she still wants to experience love and have a committed relationship. She wants to be with a guy who knows how to deepen the love, respect and attraction that she feels for him. If he can do that, she will get into a relationship with him, marry him and stay with him for life.

However, if a guy doesn't know how to deepen her feelings over time and instead says and does things that ruin her respect, love and attraction for him – she isn't obligated to stay with him for life. She can leave if she wants to.

[image: Dumped because he failed to maintain her respect, attraction and love]

In today's world, a guy not only needs to be able to attract women (so he can choose the right woman for him, rather than accepting whatever he can get and then trying to make it work with a woman who isn't compatible with him), he also needs to know how to deepen a woman's love, respect and attraction for him in a relationship.

These days, you can't just expect a woman to want to be with you because you're a good guy. You also need to be able to make her feel sexually attracted because she doesn't have to select a guy based on how nice he is and how well set up he is to support her.

You also can't expect a woman to stick around if the relationship loses its spark. You've got to be able to deepen the love, respect and attraction that you feel for each other. When you know how to do that, you will become one of those couples who are still madly in love 30-40 years into a relationship.

Trying to Make Her Feel Special in the Wrong Way

[image: Trying to make her feel special in the wrong way]

Some guys try to make a woman feel “special” by being really nice to her, buying her gifts, complimenting her, taking her to expensive places, etc. However, a woman only appreciates that sort of thing if she feels sexually attracted to him.

If a woman gets the sense that a guy can't attract other women and is hoping to “get a chance” with her, she will become suspicious about why he is being so nice. She will feel like she'd almost be doing him a favor by continuing to date him, which is not what women want to feel.

On the other hand, if a woman can tell that you can easily attract other women, she will feel special that you're being nice to her. How can she tell that you can easily attract other women? Simple. If the way that you talk to her and interact with her turns her on, she will know that many other women will feel the same way.

Most guys don't know how to actively attract women during a conversation and simply rely on hoping to “get lucky.” Women know when they meet one of the rare guys who actually knows how to

make them feel attracted.

A woman wants to feel lucky to be with a guy who could have other women, but is deciding to commit his love, energy and time to her. That is what makes her feel special.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Do You Need Big Muscles to Attract Women These Days?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Muscles can make women feel attracted, but they are not the only way to attract women.

You can attract women in more than 100 different ways (e.g. confidence, charisma, being charming, making her laugh, having a masculine vibe, etc). If you can attract women in many other ways, you don't have to have muscles, money or fame.

Women will love you for you because who you are makes them feel so good. Watch this video to learn a surprising truth about what women are really attracted to in men...

[image: Ugly guy with hot cheerleader girlfriend]

[image: Fat guys with pretty women]

[image: Fat guy with a skinny girlfriend at the pool]

[image: Black guys with white women]

[image: Guy with a weird nose with a beautiful girlfriend]

[image: How is this possible?]

[image: Everyday couples]

Muscles Aren't That Important

If you've been wondering whether or not you need to work on changing the shape of your body to attract women, something must have put that thought into your mind. What was it? A billboard ad, a comment from a woman, a line from a Hollywood movie, a TV show, a music video or comments from people online?

Somewhere along the way, you've manage to start thinking that if you just get the body, you will then get the girl.

Yet, that's not how it works.

Yes, women can feel attracted to a guy's muscles, but muscles really aren't that important to a woman. What's most important is how you make her feel when you interact with her. THAT is why you will see guys who don't have muscles, but do have a hot girl.

Watch this video to understand how attraction between men and women really works...

Does Having Big Muscles Attract Attention From Women?

Sure.

If you are bigger than other guys, women are going to notice, but it's almost always not going to be the thing that makes her want to have sex with you or be your girlfriend.

Imagine this...

A woman is talking to two guys. One of the guys has big muscles, but is nervous around her and

doesn't really know what to say or do to make her feel attracted. The conversation she has with him feels awkward and doesn't create much of a spark between them.

The other guy has a normal, but slightly thin physique and when he talks to her, she is laughing, feeling good and there's a spark between them. He's confident, charming and charismatic.

Who is she going to feel more attracted to?

Simple: The guy who is making her feel a wide range of attractive emotions. The guy with the big muscles isn't really of any benefit to her life. All he seems to be good at is lifting weights up and down in the gym. Big deal.

The other guy has charm and he's going to be much more interesting, exciting and enjoyable to be around from the woman's perspective.

If you don't know how to attract women with your personality, muscles aren't going to fix that problem. Sure, some women might look at you initially and feel some attraction to your strong looking physique, but if your personality, conversation style and behavior doesn't turn her on, she will quickly lose interest.

Why Are You Really Interested in Building Muscle?

If you want to work out and build muscle because you enjoy doing it and want to feel stronger, then go ahead. However, if you're doing it because you think it will solve all of your problems with women, think again.

No matter how big your muscles are, if you lack the ability to attract women with your personality, most of the women you meet will rapidly lose interest in talking to you. They may feel a bit of initial attraction to your physique, but if you don't know what to say or do to turn them on during a conversation, it will get boring and they will lose interest.

Personally speaking, I've had sex with more than 250 women and I recently got married to a sexy 22 year old (I'm 37) who has a perfect body. Yet, I don't work out. The only exercise I do is when I bang her and when I go bike riding her and my friends.

You can work out if you want to, but just don't think that adding a few centimetres with your biceps will solve your problems with women. What is most important to a woman is how you make her feel when she interacts with you.

Does your personality turn her on or off? Does your behavior turn her on or off? Does she feel like she'd be lucky to get with a guy like you, or do you make her feel like she'd be settling by hooking up with you?

You may not know it now, but you have so much power when it comes to attracting women. You can make women feel intense attraction for you who are as a guy. You can literally attract women in more than 100 different different ways...

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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The Consequences of Not Being an Alpha Male

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The life of an alpha male is usually easier and less stressful than the life of a lower ranking male (e.g. beta male, omega male).

Women want him, guys respect him and he goes after what he wants with confidence, determination and an expectation that he will succeed. Generally speaking, most people accept that he will get the hottest women, get promoted at work and achieve whatever he puts his mind to.

Women open themselves up to him, guys follow his lead and the world generally gets out of his way as he heads towards the goals that he wants to achieve. If anything gets in his way, he just climbs over it or works a way around it and then continues onto victory.

You don't have to be an alpha male if you'd prefer to be a lower ranking male, but if you're not alpha, you will definitely experience some negative consequences throughout your life...

9 Negative Consequences of Not Being an Alpha Male

[image: A woman not feeling enough attraction for a guy to justify dating him]

Some of the many negative consequences of living your life as a lower-ranking male are:

1. Not being attractive enough for most women

Women are more attracted to alpha males than any other type of male (e.g. beta male, omega male). It's just how nature works.

A woman may accept a guy who lacks the alpha male mindset, but she will never feel as much attraction for him as she would for an alpha male. Most of the guys who come to me looking for help on how to get an ex back are guys who have either never been an alpha male or who lost touch with their masculinity and became a bit of a wuss, needy guy, clingy guy, etc in the relationship.

2. Feeling nervous or anxious in social situations

A real alpha male doesn't feel nervous or anxious in social situations because he fully believes in himself and expects to be liked.

He knows that he is more than good enough for women to like him and for men to respect him. Why? He decided that he is. His perception of himself is much more important than what others "might" think. He bases his confidence on how he thinks, not on how others might think.

A lower ranking male will decide that he isn't good enough, so he will feel worried about being rejected, laughed at, humiliated, overlooked or embarrassed in front of others. This type of thinking naturally makes him feel nervous and anxious.

3. Lacking the confidence to approach attractive women

[image: Afraid to approach women]

An alpha male knows that he deserves attractive women, so he simply approaches and expects to be liked.

A lower ranking male doubts himself and feels like he isn't good enough for the types of women he finds attractive. His lower ranking male thinking causes him to feel fear, nervousness or anxiety when

he wants to approach a woman that he finds attractive.

4. Being picked on

Bad boys, jerks and assholes almost always look for “easy targets” to pick on, so they can feel better about themselves. They avoid picking on an alpha male because they know that he is much more confident than they are.

5. Being overlooked by women

[image: Being overlooked by women]

When faced with a choice, a woman will almost always choose an alpha male over a beta male or other lower-ranking male. Why? The alpha male’s confidence and masculinity are sexually attractive to her.

These days, most women don’t desperately need a man to provide them with food, shelter and protection because they can earn their own money and be protected by the police, government and media. So, women now choose guys based on sexual attraction.

Displaying alpha male characteristics is one of the quickest ways to make a woman feel sexually attracted to you. Instead of putting lots of effort into trying to “get to know her” during a conversation or taking her out to expensive dinners, you can make her want to have sex with you right away by triggering her natural attraction to alpha male traits.

6. Being with a woman who wishes she could be with an alpha male

[image: Wishing she could have an alpha male]

A lower ranking male may be able to get himself a girlfriend or even a wife, but she will always secretly wish that she could be with an alpha male instead.

At the very least, she will fantasize about being with an alpha male when she masturbates. Most guys don’t realize that when a woman masturbates she will think about a confident, masculine man having sex with her.

If she is in love with her alpha male boyfriend or husband, she will often imagine him. However, if she is with a lower ranking male who doesn’t make her feel the type of attraction she really wants to feel, she will imagine other men instead.

Women in this position are much more likely to cheat or have an affair when the spark dies out of the relationship. In the past, women had to stay with a man for life even if they were unhappy because it was shameful to get a divorce, so they usually just had affairs while their husband was working.

These days, it’s not as shameful to divorce anymore, so unhappy women usually just get a divorce, take half of the guy’s money and try to attract themselves a guy with more alpha male characteristics than their ex.

I see this happening often because I help guys to get an ex girlfriend, fiancée or wife back. It’s sad to see because in most cases, the guy is a really good guy, but no-one ever told him that being an alpha male is not a bad thing.

Most guys grow up thinking that the key to success with women and life is to be very nice all the time. Yet, it’s not. The key to success with women is to be a good guy who knows how to attract women when he meets them and then how to deepen the love, respect and attraction of a woman in a relationship.

7. Being overlooked for promotions

Managerial or leadership promotions (these are usually the best paying jobs) almost always go to the alpha male or the most charismatic guy. Lower-ranking males aren't usually given positions of leadership and power unless they have a lot of skill in a specific area.

However, if an alpha male comes along who has just as much skill as the lower-ranking male, the alpha male will eventually be made boss and the lower-ranking male will be his assistant and get paid less. It's just how nature works.

8. Having less friends than the average person

[image: A lack of friends]

Think about the types of guys that you've met in life and wished you could be friends with. They are more alpha than you, right?

Humans are instinctively wired to get close to alpha males because for most of human history, an alpha male offered the best protection and best chance for survival. Even in today's world with our supermarkets, police and internet, being around an alpha male is still safer than being around a lower ranking male.

Guys feel "cool" when they have alpha male friends and women feel proud and excited to have an alpha male boyfriend. No woman is excited and proud to be with a lower ranking male, except other lower ranking males who think that being an alpha male is wrong, selfish or mean.

9. Being disrespected by people

For most of human history, the alpha male could punish or kill someone for disobedience and get away with it. Even though we have police, media and courts, people still have an instinctive fear of being punished by an alpha male for stepping out of line.

On the other hand, most people don't feel the need to respect lower ranking males or grant them the full privileges that an alpha male enjoys. Some people are nice and generous to even the most wimpy of guys, but most people instinctively only give their full respect to alpha males or alpha females.

How to Be an Alpha Male

Being an alpha male simply means that you expect to be respected, you expect that women will like you and want to be with you and you expect that you will win or succeed at whatever you do. Having that type of default expectation allows you to feel confident and go after what you want without fear.

The confidence of an alpha male is irresistibly attractive to women because life is challenging and throughout human history and still to this day, it has almost always been better for a woman to align herself with a stronger minded man than a weaker minded one.

Being an Alpha Male is Not About Being an Asshole

Guys who aren't alpha usually assume that to be an alpha male, they will have to stop being nice to people. They will have to be like those jerks, assholes or bad boys they've come across so far in life. Understandably, this is a huge turn off for good guys. If you're a good guy, you most-likely don't want to have to become a bad guy to make women feel attracted to you and make men respect you.

The good news is that you don't have to become a bad guy. Yes, there are some "bad boy alpha males" out there, but those guys are the minority. The majority of alpha males are "good guy alpha males" and that is what we provide advice on here at The Modern Man.

You Don't Have to Be the One and Only Alpha Male in a Group

In tribal times, there would be one alpha male amongst a small group of men and women. He would have to be the most dominant and would often have to fight to maintain his dominance.

In today's world, there can be several alpha males in a group situation because we are no longer confined to one tribe. If you are in a group situation and other alpha males are present, it's not about competing with them and trying to show that you're the "top dog." Just be one of the alpha males.

You don't have to fight for dominance in every group that you're a part of or in every environment you spend time in (e.g. at work, among friends, eating at a restaurant).

To gain the modern benefits of being an alpha male (i.e. women want you, men respect you, your boss promotes you or your staff respect you if you are a business owner), you simply have to display alpha male traits (e.g. confidence, assertiveness, leadership, drive, fearlessness, etc).

[image: Woman feeling attracted to a guy who is displaying some alpha male characteristics]

You don't have to be the one and only alpha male in a group situation or in any environment you find yourself. You can be one of the alpha males. There is room for more than one alpha male in group situations these days, because you are not tied to one group for life like men were in tribal times.

Why Do Women Hook Up With Bad Boy Alpha Males?

I often get contacted by guys here at The Modern Man who complain to me about how they often see beautiful, intelligent women hooking up with jerks and bad boy alpha males.

What these guys fail to realize is that women are attracted to their alpha male traits (e.g. confidence and masculinity), but would sincerely prefer a good guy who was just as confident as the bad boy.

The absolute truth of the matter is that most women do NOT want to be in a relationship with a bad person, but they are so attracted to alpha male traits that they will sometimes put up with a jerk or a bad boy just so they can experience the attraction that they feel to alpha male qualities.

Here's another way of explaining it....

You probably want a intelligent, beautiful, down-to-Earth, loyal, respectable woman for a girlfriend or wife, right? Yet, probably also get really excited when you look at slutty women in porn, right?

Do you also find strippers sexy when they dance naked on stage and bend over to show you their pussy? Of course you do.

Why?

You are attracted to things about women that you cannot control. Even though the stripper or pornstar may not be a nice, intelligent woman that you could introduce to your parents, you can help yourself from feeling attracted to her.

The same applies to women.

When they meet a guy who displays alpha male characteristics, they can't stop themselves from feeling an intense, natural attraction for him even if he isn't the nicest guy in the world.

So, when you see a woman with a "bad boy" or a "jerk" just understand that she is simply giving in to her feelings of attraction.

She knows that it would be BETTER to be with a good guy alpha male who is just as confident as the bad boy, but those men are very hard to find. Good guy alpha males are almost always taken or dating several women at once, so many women hook up with bad boys and assholes just so they can experience the attraction they feel to any type of strong alpha male trait.

If you are a good guy who also displays alpha male traits, you are like a 10/10 to women. Women refer to you as sexy, charming, a "catch," a "man's man" and other labels that essentially mean that you are the guy that women dream of being with.

When a woman comes across a guy like that, she will hold on tight and never want to let go. She will always know how lucky she is to have found him, attracted him and gotten him into a relationship. She knows that her girlfriends will be jealous and her parents will be proud.

If a good guy alpha male already has a girlfriend or wife, some women will try to break up the relationship or marriage so she can be with him. Personally speaking, I still get contacted by some ex girlfriends even though I recently married my sexy, 22 year old girlfriend when I turned 37.

Do You Have to Be Born as An Alpha Male to Be One?

[image: Do you have to be born alpha to be one?]

No.

Guys become alpha either via their upbringing, life experiences or active learning later in life.

The most important alpha male traits are not physical. What's most important is how you think, behave and take action in life. You either think, behave and take action like an alpha male...or you don't.

Personally speaking, I transformed myself from a self-doubting, socially anxious guy who felt as though he didn't deserve attractive women and didn't deserve the respect of others, into who I am today.

When I made the decision to become alpha, everything else began to change in my life too. Women wanted to have sex with me, people wanted to be my friend, my parents showed me more respect and I got promoted at work into higher positions of leadership.

Life is so much easier, less stressful and more productive as an alpha male. I make things happen and they happen easily because I have the confidence of an alpha male.

How about you?

Would you like to have your choice of women from now on? Would you like to have sex with hot, sexy women? Would you prefer that life ran more smoothly for you from now on? Would you like to see the shock on the faces of friends, family or coworkers when they see you with an extremely hot woman?

Would you like to get what has been denied to you all these years because you haven't been alpha

enough to attract it or take it? Would you like to feel good about yourself from now on, instead of secretly feeling like a failure?

Would you like to have women feel so much attraction for you that they confess their feelings to you and try to pick you up?

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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Attracting Women Who Are a Lot Older or Younger Than You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

One of the secrets to picking up older women is to make them feel as though they've still "got it."

Look at her in a way that makes her feel like she is the sexiest woman on Earth, but don't go overboard to the point where you are behaving as though she would be doing YOU a favor by being with you.

Let her see that you are a confident guy who could easily have sex with a younger woman, but you find her to be so much sexier.

If you can make her feel attracted to you and make her feel sexy, she will be extremely easy to pick up. Once you've had sex with her, she will usually be willing to pay for dinners, buy you gifts, etc, just to keep you around.

Some older women will even help you out financially or give you an allowance if you need it. However, you have to make sure that you're making her feel a lot of attraction for you and are making her feel like she has a lot of sex appeal.

Older Women Vs. Younger Women

Personally speaking, I used to be attracted to some cougars (women who are older than 35 years and are interested in younger men) until I develop the ability to pick up women between 18-23 years of age.

Before I worked out how to pick up younger women, I liked cougars because they seemed like they'd be easier to pick up. I didn't think that I was good enough for hot, young women.

I was wrong.

Picking up younger women essentially involves making them feel attracted, not being worried about any tests they throw at you (e.g. playing hard to get, changing their mind about things every two minutes, etc) and just confidently moving things from a conversation to kiss, to sex and into a relationship.

Most younger women don't want to get the feeling that you're trying to make them your girlfriend right away. They just want to take you for a test drive first and see how they feel.

If she feels a lot of attraction for you and notices that you're not immediately trying to get her into a relationship, she will almost always fall madly in love with you while she attempts to get you to want to be in a relationship with her.

I've broken in several virgins, had 18 year olds crying and begging me to be their boyfriend and also had a couple of threesomes with women between the ages of 19-23.

It's pretty easy to do. You basically have to rid yourself of neediness and not worry if you lose her. If you can do that (while also making her feel intense attraction in other ways), younger women will do anything to get you to commit.

Why? Watch this video to understand the reality that attractive women face in the dating scene...

What is Your Ideal Age For a Woman?

What type of woman do you most prefer for sex and a relationship?

Women who are:

1. Your own age.
2. A little bit younger than you.
3. A lot younger than you.
4. A little bit older than you.
5. A lot older than you.
6. Any woman I can get!

If you chose the number 6 option above, *â€œAny woman I can get!â€* you are making a huge mistake with your approach to the idea of attracting women.

When you try to get ANY woman, you will usually end up with no women or only unattractive women because women are turned off by men who willing to take anything they can get.

To be a man of standards, you have to only accept certain types of women of certain ages for sex and a relationship. It's the women you reject that show other women what kind of man you really are.

Personally speaking, I reject almost all women and only accept women who make me feel intense attraction. If you accept a woman who doesn't make you feel intense physical attraction, you will regret it later and will secretly feel like a failure by being with her.

Choose a type of woman that you REALLY want and then go after that type of woman with confidence. You have to believe that you are good enough for the types of women that you really want.

If you don't have that belief, you need to build it by learning how to attract women and then getting real life evidence (when you interact with women) that the types of women you want really do feel attracted to you.

It's Normal, Natural and Common to Have a Younger Woman

Throughout human history, younger women have always been paired up with older men who have gained status in a tribe or who have power in the community.

Older men having relationships younger women is nothing new nor is it something to be ashamed of if you are attracted to youthful looking women who have reached their legal breeding age. Laws are in place in each country that define the legal breeding age, so if you are attracted to women who are legally available, it is not a problem.

Jealous guys may try to make you feel unsure about it by saying that you're too old for a younger woman, but they will secretly masturbate to 19-20 year olds when they look at porn.

Personally speaking, I was 35 when I picked up my 20 year old girlfriend from a nightclub. We recently got engaged and then married shortly after. None of my friends or family said anything bad about it because they are used to seeing me with younger women (between the ages of 18-23).

I've been having sex with 18-23 year olds for years. Initially, some of my friends and family raised

their eyebrows and asked, *“Isn’t she a bit young for you?”* or *“Aren’t you a bit old for her?”* when they saw me with younger women.

I simply said (in a relaxed, self-assured manner), *“No...it’s fine. It’s totally normal”* and they eventually got used to it.

People will always have an opinion about the woman you are dating, but that shouldn’t worry you. Everyone has an opinion on everything. You just have to live your life, be a good person and do what makes you happy.

When people look back a man’s life when he is 80 years old, they will almost ALWAYS give him praise if he was the sort of guy who could pick up women who were younger than him. Women will smile and excitedly say, *“Oooh, you must have been a charmer!”* They will see him as a charming, attractive old man.

Guys will say, *“What’s the secret grandpa?”* and they will admire him.

Younger Women Now Hook Up With Men of All Ages

In the past, it was almost a necessity for a younger woman to find herself an older man who had money or status.

In today’s world, younger women can hook up with guys their own age because they don’t need to gain status in a tribe or in their community. In most cases, young women (18-23 year olds) just want to get laid, fall in love and have a good time.

[image: Women love sex just as much as men]

Some people think that modern women have become *“slutty”* or have lost their way, but they have merely adapted to a society that has changed its rules. In countries where women still can’t work or can’t take on big paying jobs, they continue to *“behave like women did in the 1950s”* by trying to find a man who can support them.

In countries where women can support themselves, they now do whatever they feel like, including sleeping with 20 year old guys when they are 30, 40 or even 50. For most of human history, many of the younger men who dated older women were perceived as being a guy who had a *“mommy complex”*.

People assumed that he wanted an older woman to *“mother him”* through life, the relationship and even sex. Today, those perceptions have changed and it is now acceptable for a younger guy to be with an older woman, although some people still perceive it to be a bit strange. Since today’s older women usually take better care of themselves, are more comfortable with their sexuality and are willing to go through cosmetic procedures to maintain their youthful appearance, they are often sought out for dating by younger men who don’t necessarily have a *“mommy complex”*.

Many younger guys simply get a lot of satisfaction out of being around, having sex with and being in a relationship with a more mature woman.

Why Do Older Men Appeal to Younger Women?

If asked the question, “*Why do older men appeal to younger women?*” most guys will immediately answer, “*Because older guys have more money! She’s a gold-digger or simply wants a Sugar Daddy.*”

While it is true that some younger women are intrigued by the idea of a Sugar Daddy or being taken care of for a while by a man of means, almost all younger women look for older men for reasons that have nothing to do with money.

One of the main reasons younger women go for older men is that they simply cannot find a guy in their own age bracket who behaves like a real man. These days, most of the guys a young woman will meet will either be too nervous around her, too shy to ask her out or too timid in the bedroom.

Many guys assume that if a younger woman hooks up with an older man she must have a daddy complex and secretly desire to be treated like his little daughter. Again, while there are some women who have that desire, almost all younger women who go for older men are doing it because they want to be with what they see as an equal in terms of sexual and emotional maturity.

Many studies have discovered that girls usually mature faster than guys their own age, so when a young woman hooks up with an older guy or man, she is often trying to be with someone who feels closer to her maturity level.

This doesn’t mean that younger guys can’t hook up with these women, but if they want to have access to the rising number of young women who demand that guys behave like men, they need to learn how to become more confident, masculine and mature. If they don’t, they will be overlooked as just another horny little boy by most women their own age.

What Type of Woman Should You Choose?

If you want to have a serious relationship that lasts a lifetime, you should choose a woman who has a similar level of maturity to you, as well as the same goals, priorities and values in life.

Choose a woman who makes you happy because she loves you, she is beautiful and she is perfect for you.

Choose a woman that you genuinely want to make happy as well. If you don’t genuinely want her to be happy for life (not just for the initial part of the relationship – that’s the easy part), you will eventually get bored of being so nice to her and you may even become a bit mean, selfish or unloving.

Don’t hide away from relationships in fear of making a mistake and ruining the love that you share with a woman. Live your life, enjoy the delicious feelings of love and experience amazing things.

[image: Stop wasting your life - attract women, choose the perfect one for you and get on with enjoying your life]

Hiding away in fear will only lead to a life of regret, loneliness and desperation. You deserve to be happy, you deserve to be loved and you deserve to live an amazing life.

Personally speaking, I have chosen the best girl that I’ve met in almost 10 years of dating and sleeping with women non-stop and I couldn’t be happier. Here’s what happened...

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Is She Hitting on You or Just Being Friendly?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

All women show their interest in guys in a slightly different way.

For example:

- A shy or insecure woman may not show a lot of obvious interest because she is afraid of being rejected by you.
- A confident woman who is looking for a confident guy might play hard to get to see if you will begin to doubt yourself around her.
- A manipulative woman might pretend to be interested in you to make you treat her nicer, do favors for her, etc.

Based on the differences in how women show interest in guys, you can't rely on a set group of signals (e.g. she looks at your lips, touches you, etc) to determine whether or not a woman likes you in a sexual way.

What you can do is focus on making her feel a lot of sexual attraction for you, so she does have sexual feelings for you. When a woman is sexually attracted to a guy, she will rarely, if ever, reject his advances when he makes a move.

So, the question now is: Have you been making this woman feel sexually attracted to you, or have you been behaving like more of an innocent friend?

Watch this video to see what I mean...

Acting like an innocent friend is one of the most common mistakes that guys make with women, which results in them being placed in the friend zone or the woman pretending to be interested just to mess with him.

If you want this woman to want you sexually, you must focus on actively making her feel a spark of sexual attraction for you, rather than just being a nice, innocent, friendly guy who just wants to get to know her.

If you have just been friendly with a woman and you then try to make a move, she will almost always reject you because she won't feel enough sexual attraction to justify kissing you, having sex with you or beginning a relationship.

To make sure that a woman likes you more than just a friend, you simply must focus on making her feel sexually attracted to you first and then everything will then naturally fall into place after that.

Turn Her On and Then Make a Move...or You Might Lose Your Chance With Her

Some guys make the mistake of being a nice friend to a woman and then hoping that the friendship somehow leads to sex or a relationship.

Yet, the friendship approach usually takes weeks, months or years and requires a lot more effort because the woman will play hard to get.

For example: A guy might be “friendly” with a woman for months and think that he is getting somewhere and then another guy will come along, make her feel sexually attracted right away and she will then start a relationship with him.

[image: Turn her on and then make a move]

It doesn't matter how much she “likes” you as a guy. If another guy comes along and makes her feel sexual attraction, she will be more drawn to him. If he also has the confidence to make a move and kiss her, he will begin having a sexual relationship with her.

You have to start with sexual attraction. When a woman is attracted to you, she will then appreciate the fact that you're also a good guy.

However, if your main approach to women is to just be nice, friendly or polite, most women won't feel enough sexual attraction for you to be interested in anything other than a friendship.

If you attempt to make a move on a woman that you've only nice and friendly to, she will almost always reject you. Why?

3 of the Many Different Types of Women You May Encounter

Although there are many similarities, women are all different and come in all sorts of shapes, sizes and personality types.

For example: Some women will pretend to really like a guy even though he hasn't done anything to attract her (e.g. a typical nice guy who is acting like an innocent friend, but obviously has a crush on her), only to turn around and say, *“Sorry, I'm not looking a relationship. I must have given you the wrong idea”* when he confesses his feelings for her or tries to make a move.

Why would a woman do such a mean thing like that? For an insecure woman, getting lots of random guys interested in her, giving her compliments and trying to impress her will boost her self-esteem so she then feels more confident around guys that she actually feels attracted to.

It may sound like a cruel, selfish thing that a woman will do, but it's actually pretty normal in the dating world.

Here are just three of the many different types of women that you may encounter when trying to attract and date women...

Woman #1: The Friendly, Good-Natured Flirt

[image: The good natured flirt]

This is the type of woman that most guys love because she's pretty, intelligent, down to Earth and is nice and easy to talk to.

Due to her good nature as a person, she is friendly with almost every guy she meets, which means that most guys think that they have a chance with her.

A woman like this might engage in some “friendly flirting” with you (e.g. smile at you in a girly way, behave in a submissive way around you, say that you're cute, etc), but it doesn't mean that she is sexually interested in you.

If she is a friendly, good natured flirt, she is a woman who likes making people happy. She knows

from experience that she can bring a smile to a guy's face by flirting, being friendly with him and making him feel attractive or at least noticed.

For her, it doesn't matter who the guy is. It can be a waiter taking her order, a coworker in the office or the delivery man who arrives at her door with a package. Whatever the case, she will turn on her charm and make him feel like he is the most important, desirable person in her life at that very moment.

A guy who lacks experience with women and doesn't know that beautiful women get hit on all the time, will often make the mistake of confessing his feelings to a woman who is a friendly, good natured flirt.

He will think that she is the only guy that she has been nice to, or that he is the only guy who sees her as being "special." Yet, if she is attractive, most of the guys that she meets will be willing to have sex with her or begin a relationship with her.

Since most guys like her, a woman like this eventually gets bored of how easy it is to get guys interested and begins to wish that she could find a guy who is more of a challenge...

Woman #2: The Starved-for-Attention Flirt

This type of woman is almost the exact opposite of the "Friendly, Good-Natured Flirt" because she doesn't flirt with men to make THEM feel better; she does it to make HERSELF feel better. She couldn't care less how it makes the man feel.

She uses her charm to make guys fall madly in love with her and then gives them hope that they might get a chance with her...one day.

Yet, that day rarely ever arrives.

In most cases, the interest she shows in you is all about feeding her ego or boosting her self-confidence.

Guys who are inexperienced with women or who are desperate for ANY female attention, will usually lavish a woman like this with compliment after compliment, gift after gift and never really get anywhere.

However, what works with a woman like this is to make her feel attracted to you and then only show interest when she is on her best behavior.

If she plays hard to get, just pull your interest back. As long as you've been making her feel attracted to you, she will worry and try harder to impress you to regain your interest in her.

Woman #3: The Confused Girl

This is the type of girl who may be genuinely interested in you in a sexual way, may respond well to your attention and flirting and may even kiss you and hug you in a loving way, but all of a sudden she will pull back and go cold on you.

In most cases, a woman like this is struggling with her sense of identity.

She goes through the world behaving as though she is an innocent girl who doesn't want to have a lot of sex, but secretly she wants to be free to do whatever she wants.

When things begin to escalate to kissing or sex, she will often pull back because she wants to maintain her superficial identity of being an innocent woman who doesn't have sex so easily.

She doesn't want to look too easy because you might then find it difficult to trust her later in the relationship.

You might think, *"Well, it was very easy for me to kiss her and get her into bed, so if a confident guy meets her and she's feeling a bit horny when drunk, who knows what she might do."*

Even though a girl like this may want to have sex with you immediately, she will often behave as though she isn't ready for anything to make you work for it.

When a "Confused Girl" suddenly stops showing interest, you need to remain confident and believe in your attractiveness to her.

Don't start behaving nervously around her, or trying to get her to explain why she is suddenly behaving that way...

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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What Women Want Men to Know

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

When it comes to dating and relationships, women expect us men to know all sorts of stuff and if we don't, they reject us, overlook us, cheat on us or dump us.

That may feel like women aren't fair, but it's just how nature works. We men either know what we're doing with women or we don't. If we don't, we will suffer the consequences now or in the long run.

As a man, you're pretty much expected to know what a woman is thinking and what she wants you to be thinking at any given time simply by:

1. Observing her body language.
2. Reading in between the lines of her behavior.
3. Listening for clues in what she says...and doesn't say during a conversation.
4. Watching for clues based on what she does and doesn't do.
5. Knowing what makes a woman angry, happy, sad, frustrated, delighted, etc with a man.

The Big Juicy Mystery That is the “Woman”

If women are a bit of a mystery to you right now, you might feel a confused about where to begin on your quest to understand and conquer the big juicy mystery that is the “woman.”

For some guys, being on a date or being in a conversation with a woman that they are very attracted can be a confusing, anxiety-producing experience. He wants her to like him, but he has no idea how to make her feel attracted to him.

Trying to understand what women want can seem so difficult that some guys choose to avoid women altogether and end up going through their life feeling lonely, left out and miserable. Week after week, they masturbate to porn to dull their built up sexual desire and hope that one day, something will change.

Yet, nothing creates nothing. You've got to do something to make something happen. You've got to actively approach women and interact with women so you can attract them and have sex or begin a relationship with them.

What Makes Her Feel Like a Real Woman?

While some things about women might be more difficult to understand than others, **the #1 thing that a woman expects you to know** is *how to make her feel like a real woman*.

A woman feels like a real woman when she's in the presence of a real man.

It doesn't matter if you're 16, 26, 36, 46 or 56 – the same rules apply. You are either what women (at that age) refer to as a real man or you're not. You either make her feel girly in your presence because of how masculine you feel to her, or you don't.

The AMAZING, EXCITING, THRILLING and HYPNOTIC sexual dynamic that is created when a man behaves like a man and thus allows a woman to behave like a woman, is one of the most

beautiful and sought after experiences for us humans.

Women CRAVE the experience, but most guys don't know how to give it to women. Most guys simply use the nice guy approach and hope to get lucky with a woman who is nice enough to give them a chance.

Being the Man That Women Are Desperate to Find

To make a woman feel like a real woman, you've got to be what she refers to as a real man. These days, "most guys haven't been taught how to be a real man" and aren't entirely sure how a real man talks, walks, behaves, thinks and responds to life.

Unfortunately, most fathers out there basically "learn on the job" when it comes to raising their children (my dad included!) and when it comes to their relationship, most of them got lucky and stumbled into it and usually don't understand what it takes to be successful at picking up women in the first place and then being able to maintain not just a relationship where the man and woman "put up with each other," but a relationship full of sexual passion, exciting love and heart-warming happiness.

When they "pass on" their "knowledge" to their sons, it is usually filled with all sorts of insecurities, mistaken assumptions and outdated "dating advice" like buying flowers, being really nice, asking to kiss her, arriving to the date with a gift, etc.

All women yearn to experience the exhilarating sexual sparks that ignite when they find themselves in the company of a real man. If you don't know how to be that guy, you will always be Mr.

Average to women and in the modern world, where women are more ready and willing to divorce or break up, being Mr. Average is a sure ticket to an unhappy relationship or a devastating conversation that starts with, *"We need to talk"* and continues on with, *"I've been sleeping with someone else...and I'm in love with him. I'm sorry, but we are finished."*

1. She Wants You to Know How to Lead Her

In a woman's eyes, a real man is a man who makes the rules.

She's looking for a guy who knows who he is, knows his own mind and knows where he's going in life, so she's looking for a guy who has already made his own rules and is sticking by his own rules. Likewise, a woman is deeply turned off by a man who looks to her to establish and enforce the rules of the relationship.

The same applies to an initial conversation with a woman. A lot of guys make the mistake of waiting to see really obvious signs that the woman is interested in talking to him before he feels comfortable doing so. An alpha male doesn't do that. He makes his own rules.

He does what he wants and women love and respect that. However, when a guy PRETENDS that he has the confidence of an alpha male, all a woman has to do to find out if he is a fake, is put even more pressure on him by being bitchier, colder or by not really engaging in the conversation other than short replies like, *"I don't know"* and *"Oh, okay."*

Guys who don't actually know how to be a true alpha will be revealed as a fake in those moments and the woman will be turned off.

2. She Wants You to Know That She Wants to Chase YOU

According to all available historical data and research, women have always been instinctively attracted to the men who proved themselves to be the best survivors. In earlier times, that would have meant being able to hunt and provide and in modern times it means being able to succeed in your career and provide.

Women always want to be with an alpha male because he usually offers the best chance of survival and safety. However, since he is the type of man that most women want, he can have his choice with women and is usually not an easy catch. For most women, to successfully attract and secure an alpha male into a relationship means that they have to chase after HIM and do whatever it takes to get HIS attention.

If you haven't grown up around male role models who could teach you HOW to be an alpha male (one part of being what women refer to as a real man), consider learning from us here at The Modern Man. We are the experts in this field and have been teaching guys the secrets to success with women for almost a decade now. It's not your fault that you currently don't know how to be an alpha male, but it will be your fault if you continue living life as a lower ranking male!

As I always say, *â€œYou only know what you know. You can't know what you don't know if you don't learn.â€* The answers are only a few clicks away, but it's up to you to take the next step and learn the real secrets to success with women.

Being an alpha male doesn't mean becoming a jerk, an asshole or a bossy prick. What we teach here at The Modern Man is how to be a good guy alpha male. If you think about the men that you look up to and respect most in life, they will almost certainly be good guy alpha males.

Most guys go through life never feeling like they deserve the title of alpha male because they assume that the alpha male has to be the leader of the pack all the time. That's how it works for wolves and wild dogs, but not for humans.

Being a human alpha male is a lot more simple and enjoyable than that.

3. She Wants You to Know What Type of Man is REALLY Attractive to Women

Most guys will say, *“Oh, you have to be tall, dark and handsome. Rich and famous. Drive an expensive car and have a big penis.”* Yet, they forget to look around the REAL WORLD and see that MOST beautiful women are MADLY IN LOVE with guys who don't have any of those traits.

Furthermore, guys who make the all too common mistake of lavishing sweet attention on a woman they've just met and then being harshly rejected, will often jump to the conclusion that being *“nice”* doesn't work.

They then conclude that it must be true that women are only interested in *“bad guys”* or tall, dark and handsome guys or rich men or guys with a big penis. Wrong! She doesn't want a *“bad”* guy who is going to treat her mean to keep her keen, she wants a strong *“good”* guy. When you learn the difference between the two, you will finally understand what it is that a woman really wants and you instantly be on your way to becoming one of the guys that women are willing to chase after.

In today's world, you don't need to be able to outrun a saber-toothed tiger to be a *“protector”* and you don't need bulging biceps to be strong either, but you do need to

have strength of character and the confidence to walk to the beat of your own drum.

When youâ€”ve got that, youâ€”ve got what it takes to let a woman know youâ€”re the â€”real dealâ€” and sheâ€”s not going to want to let you get away...but, of course, she wonâ€”t want to tell you that straight away because she EXPECTS you to know it and wants to experience the thrill of the chase.

It might seem like a pointless game to you, but that is what women want to experience when they come across a guy they like. Getting her to chase you and earn your affection allows the right type of relationship dynamic to be created and also allows her to fall in love more rapidly.

4. She Wants You to Know How Be a Man, No Matter How Old/Young You Are

The bottom-line is that women want men to be men so that they can be women and this applies whether the woman is 16, 26, 36, 46 or 56. A woman wants to feel “weak at the knees” when sheâ€”s around a guy and she wants a guy to know how to do that without having to tell him.

If she has to tell a guy how to be a man, the exciting sexual chemistry just won’t be created.

You cannot create the exciting sexual chemistry that women yearn to experience, simply by being a normal guy. You have to be what they refer to as a real man. If you’re not, it just isn’t going to happen. You might be able to get lucky and start a few relationships, but they will fizzle out over time because once a woman loses respect for you (she will lose respect for you when you fail to be a man in critical moments), she then begins to lose attraction and once she loses attraction, she begins to fall out of love for you.

A woman will never love a guy who ISN’T a real man as much as she will love as a real man. She could be in a relationship for 10 years with a normal guy and 2 months with a real man and she will love the real man 100 times more.

It’s like you being in a relationship with an unattractive or barely-attractive woman and then being in a relationship with a beautiful woman who also has all the personality traits and qualities you really want in a woman.

When a woman is as young, say 18 years old, she may not be using “real man” in her vocabulary to describe all of this. Instead, she may say “hot guy” or “sexy guy” to describe how he makes her feel. However, as women get older, you will hear them asking, “*Where are all the real men??*” when they talk about how guys behave these days.

If no-one has ever taught you to be what women (of your age) refer to as a real man, then I am here to help you. Click around my site and continue learning. Each article you read or video you watch will open your mind and provide you with useful ways to begin attracting women and making them see you as a real man.

×

[image]

Almost there! Please complete this quick form to gain instant access.

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Online Dating: Does it Still Work?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

BTW: [Click here](#) to see all the comments from guys on Youtube about this video. They support what I am saying in the video by sharing their experiences using online dating.

The Fastest Way to Get Laid or Get a Girlfriend

[image: Making women feel attracted is easy]

Despite the ever-increasing popularity of the internet, there is no faster way to get laid or find yourself a new girlfriend than to walk up to a woman and talk to her IN PERSON.

It has always been that way and it doesn't look like it will be changing anytime soon.

Why?

What you actually want is a woman right there with you physically and she wants exactly the same thing. Online dating simply doesn't come close to providing that feeling.

[image: Almost any guy can attract women]

When you talk to a woman in person, you make her feel attracted to you and turned on by you. It doesn't matter if there are 200 guys trying to pick her up via online, what she feels with you is real.

You're a warm, real human man with a beating heart and a penis in your pants.

The guys on online dating are just random profiles and messages. You are real.

Almost all men still meet women in bars, at work, by getting introduced through family or friend introductions or in other situations where they can actually talk to the woman in person. Despite the advertisements from online dating sites and the heavy promotion of sites like "Plenty of Fish" in Hollywood movies, almost everyone is still meeting IN PERSON.

"Always do what you are afraid to do." **Ralph Waldo Emerson (1803 – 1882). American Essayist & Poet.**

Approaching women in person is actually one of the easiest, most rewarding things that you will ever do. You simply need to build up the confidence to do it and then approach women and make them feel attracted to you.

Due to shyness, nervousness or simply not knowing what to say to women in person, a lot of modern men hide away and waste years of their life trying to get results from online dating.

After hundreds of online rejections, some of these men may begin to think that they are ugly or that women must be too picky about what they want in a man these days.

Yet, what is really going on is that women are much more picky online than they are in person. Online, women have hundreds if not thousands of guys hanging out, messaging and wishing they could bang her.

In person at a bar or a club, there are guys around, but the majority of them will never have the balls to approach and talk to her. In most cases, the only guys that women get approached by in person are nervous nice guys or sleazy drunk guys.

It's extremely rare for a beautiful woman to be approached by a normal, confident guy who knows how to make her feel attracted. When I first began approaching women, I was surprised to notice that most guys simply stand around looking at the women.

There is almost NO competition compared to online dating.

Online Encounters vs. Real Life Dating

If you "meet" a woman online (i.e. you are one of the hundred or more guys messaging her and trying to get her attention), you won't be that important to her until she has felt attracted to you in person.

You might be confident and witty online, but if don't meet up with her and make her feel attracted to you in person, she is going to lose interest in you pretty quickly.

It doesn't matter if you and her have exchanged messages online and she has replied with, "LOL!" or "LMAO...ur so funny!!!"; if a guy meets her in real life and makes her feel sexually attracted to him, she is most-likely going to hook up with him and forget about you.

If you want to use online dating, you have to understand that nothing happens until you meet her in person. Anything prior to that is just a maybe and can easily be forgotten if she meets a guy in person.

When a guy doesn't get much attention from women offline, he may think that a woman that he's chatted to online is thinking about him just as much as he's thinking about her. Yet, in most cases, especially if she is attractive, she has 100s of guys interested in her and messaging her.

If he doesn't get her to meet up with him in person, she will continue to remain open to dating other guys. All of sudden, she might stop returning messages and he will panic and start asking her what's wrong and why she isn't replying. Simple: She is having sex with another guy who met up with her in person.

Many Women Pretend to Like Guys Online

[image: Women pretending to like guys online]

Imagine if you have 100s of women sending you messages saying how much they liked you and wanted to be with you.

It would make you feel pretty special, right? You'd feel confident, wanted, loved and in demand.

Well, that's how women feel online. To increase the amount of guys that give them compliments and boost their ego with comments like, "You're so beautiful!" or "I wish I could be your boyfriend" women often reply to those guys and show a little bit of interest to encourage them.

For example: She might reply with a smiley face and an â□□Lol!â□□ but in person, she is actually rolling her eyes and thinking, â□□Weirdo...!â□□ or "Loser...I would never sleep with you."

Remember: You are nothing to her until you meet her in person and attract her. Prior to that, you are simply another random guy out of 100s and maybe 1,000s who are pursuing her online.

The only way to stand out as being special is to get her on the phone, make her feel attracted to you on a phone call, arrange a time to meet up, attract her in person and then kiss her and have sex with her.

Anything other than that means you are nothing to her and can be forgotten or replaced with a click of a button. It may sound cruel, but that's online dating for you. Women have 100s and often 1,000s of options to choose from.

When you approach a woman in person, it's just you and her. You are either going to make her feel attracted to you or not. If she feels attracted, she will give you her number, kiss you or begin having sex with you that night. If she doesn't feel attracted, just talk to another woman.

When you know how to attract women, most (not all) of the women you meet will feel attracted to. You will be able to talk to women in a bar, club, shopping mall or anywhere else and make most of the women you meet feel attracted to you and be interested in seeing where it goes...

×

[image]

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[image: Dan Bacon]

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6 Deadly Dating Mistakes That Can Ruin Your Chances With a Woman

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Dating is easy when you know how to make a woman feel attracted to you, enjoy her time with you and feel like she'd be lucky to get a chance with you.

If you can do all that, most of the women that you date will happily sleep with you and get into a relationship with you.

On the other hand, if you don't really know to make women feel attracted to you on a date, you make them feel awkward or like they are probably too good for you, most of the women you date will play hard to get or lose interest after the first date.

Here are some classic dating mistakes that cause a woman to lose attraction for a guy...

Mistake #1 â◻◻ Being Too Nice

Youâ◻◻ll often hear women talking about how they are looking for a nice guy because most guys are jerks, assholes or only interested in having sex. Hearing that, a lot of guys get confused and assume that if a woman wants a nice guy, then being REALLY nice to her will REALLY impress her.

Yet, that's not what the woman means when she says "nice." What a woman means by "nice guy" is a guy who makes her feel sexually attracted to him AND is also a good guy.

Being nice to a woman isn't the thing that will make her feel turned on or become wet down there. She might like you as a person, but she won't have an intense desire to have sex with you because you are nice and polite to her.

If you want a woman to feel the desire to have sex with you and begin a relationship, you have to focus on making her feel sexually attracted to you and turned on by the way that you interact with her.

Some women are a lot easier than others though. You will come across women that will hook up with a guy who doesn't even make her feel much attraction and is simply a nice guy who has been very persistent. Yet, those relationships rarely last.

What women are really looking for a good guy who ALSO knows how to turn them on. When a woman finds a guy like that, she latches on and doesn't let go.

Mistake #2 â◻◻ Not Taking on the Leadership Role

There's nothing wrong with asking a woman for her input on things or letting her choose where to eat or where to go for some of their dates together. Women are just as intelligent as men and are perfectly capable of leading the way if necessary.

However, when a woman is forced into the leadership position too often because a guy doesn't have the confidence or desire to lead, she begins to lose respect for him. When a woman loses respect for a guy, she then begins to lose attraction for him.

Generally speaking, a woman wants to be with a man who has the confidence and desire to "be the

man” in the relationship, rather than expecting her to do that. She wants to relax into her feminine role and feel more girly around him, rather than having to think, behave and feel like “the man” on a regular basis.

Mistake #3 â□□ Trying to Buy Her Affection

Taking a woman out to an expensive dinner, buying her expensive gifts or splurging money on things for a woman isn’t what will create lasting feelings of respect and attraction.

There’s nothing wrong with taking a woman out to dinner or even getting her a gift if you want to, as long as you’re not doing it as a way to make up for the fact that you don’t even know how to make her feel attracted to YOU as a person.

Some guys make the mistake of trying to buy a woman’s love, respect, attraction and affection with gifts. Yet, the woman isn’t in a relationship with the gift.

Money shouldnâ□□t play a major part in your dating life. It doesnâ□□t matter if you have a lot of money and can afford to spend it on her. The best gift you can give to a woman is to deepen her feelings of love, respect and attraction for YOU over time.

Mistake #4 â□□ Constant Compliments

Everyone likes the occasional, sincere compliment, but if you are constantly complimenting her throughout the date, she may feel like there is a huge value discrepancy between you and her or that she is probably doing you a favor by going out with you.

Give her honest compliments, but don’t try to win her over with compliments. What matters the most is whether or not she feels sexually attracted to you. If she feels sexually attracted to you, she will appreciate a compliment from you so much more.

Mistake #5 â□□ Asking Permission to Kiss Her

Imagine this...

Youâ□□ve been out on a great date with a beautiful woman. Youâ□□ve laughed together, enjoyed each otherâ□□s company and had amazing conversations where you really connect. She may have even leaned against you for a lingering moment or â□□accidentallyâ□□ stroked you softly with her hand sometime during your date.

Now that the evening is ending, youâ□□re both moving in closer and speaking more quietly and intimately. She’s looking at you in the eyes and displaying girly, submissive body language at times to show that she is sexually attracted to you.

Yet, instead of taking her into your arms and kissing her, you stop and ask for permission to kiss her. You ask, “*Can I kiss you?*” or “*Is it okay to kiss you?*”

This kills the mood.

The woman realizes that you lack confidence and need her to reassure you that she wants you to kiss her. A confident guy would know that he is attractive to her and would simply lean in and kiss her.

A woman expects you to be able to read her body language to see if she is ready to be kissed or not. If she is ready for it, she expects you to have the confidence to go ahead and do it and if you don’t, she will begin to lose respect and attraction for you.

This isn't the 1950s where boys asked girls for permission to give them a goodnight kiss at the doorstep. Today's women are much more sexual and expect that the man they're dating is going to go in for a first kiss and possibly even lead her to the bedroom...without first asking for her permission.

If a woman doesn't want you to kiss her, she will say no when you lean in. If that happens, simply say, *"Oh, okay...I must have read that wrong...I thought you wanted me to kiss you."*

Then, simply focus on building up the sexual tension between you and kiss her later on when the mood is right, or when she gives you more obvious signals like cuddling into you, touching you when she looks into your eyes, etc.

Mistake #6 â€• Getting Too Serious Before She's Earned it

If a woman is attractive, most guys get really keen on her right away and share their "feelings" with her.

If the girl that you're dating is beautiful, she will be bored of guys giving her the same experience every time. She knows that if she is nice to a guy, he will develop "feelings" for her and then want to be her boyfriend, or at least have sex with her.

She won't have to do anything special other than look good and most guys will want her.

Yet, that's not fun for her.

After a while, most women develop a desire for a guy who is more of a challenge. She wants to feel like she has to earn his interest, rather than getting 100% interest from him just because she looks good.

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[image]

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How to Get Lucky With Women

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you're not having any luck with women lately, you may have begun to think that modern women are too picky, too difficult and oftentimes, not worth the effort.

Yet, attracting and picking up women is actually one of the easiest things that a guy can ever do in life. When you know how to attract women, you don't have to rely on getting lucky because most of the women that you meet feel attracted to you.

Watch this video to understand how it works...

It's so damn easy to attract women for sex or a relationship these days.

Most women are totally open to having sex with you to see how things go and many women are fine with starting a relationship to see if it turns into something special.

Waiting to Get Lucky is a Waste of Your Precious Lifetime

[image: Stop wasting your life]

You can actually attract women now. You don't have to sit around waiting and hoping that something magically happens one day.

Right now, you are good enough for MOST women.

All you need to do is learn how to turn on your natural ability to make them feel attracted to you. When you do that, most women like you and you can then get on with enjoying your choice of women until you are ready to settle down with your perfect girl.

Don't waste your life thinking that you're not good enough because you ARE.

Don't hope that a woman will overlook the fact that you don't even know how to make her feel attracted. She might initially accept that (i.e. you will get lucky), but the relationship almost always won't last.

Most guys in this world don't even know that it's possible to attract with women their personality, behavior and conversation style. They assume that women don't like them because they're not good looking enough, but that's not it.

This is real reason why a lot of good guys fail with women...

Some guys hope that if they just wait long enough, they might one day "get lucky" and score a beautiful woman who isn't very picky. She will overlook the fact that she doesn't feel much attraction and just love him for him.

They will then live happily ever after. Awww...sweet.

Wake up! That's not how it works.

Sure, some guys do get lucky and score themselves a hottie, but once she gets bored or finds a replacement guy, he is finished. So, why does a woman hook up with a guy who doesn't even know how to properly attract her or isn't even her real type?

Here are some of the reasons why...

1. She wants a guy that she can control

When a woman notices that a man is desperate for some female attention and doesn't believe that he can attract other women, she usually realizes that she will be able to control him in a relationship with the threat of a breakup.

She'll be the one who has the power and will end the relationship whenever she wants without any regard for his feelings or desire to be with her. Women who use this type of "dating strategy" will stay in the relationship until something better comes along.

They will even go as far as marrying a man, only to cheat on him and divorce him later when they find a better option.

2. She wants a guy that she will never truly love

If a woman hooks up with a guy who can't attract other quality women and simply got lucky with her, she will never love him as much as she would a guy who makes her feel more and more attraction over time.

A lot of guys don't realize that it's possible to deepen a woman's love, respect and attraction over time in a relationship. When you have that skill, your relationship will not break up. There is no need to break up because the feelings become more and more powerful over time.

If a guy is insecure about his ability to attract women (including her), it will turn her off on a deep level. She might love him and really like him as a person, but she will never experience the type of love that she would with a guy who is truly attractive to her.

Since the love that she feels the guy who got lucky with her won't ever become too deep and meaningful, it won't hurt her very much (if at all) to break up with him. He will be the one who is devastated by the breakup and she will move on quickly and easily without having to go through much of a grieving process.

Some women do this to guys because they have been broken up with or cheated on by more confident men in the past. Instead of having to go through that painful experience again, a woman will accept a lesser man whom she will never truly love.

She might stay with him for a few years or even for life, but she will never truly love him in the way that she'd love a man who knows how to deepen her feelings of respect, love and attraction over time.

3. She lacks experience when it comes to relationships

Some younger women make the mistake of hooking up with guys who are insecure and lacking confidence and masculinity, because they lack experience with relationships and don't yet know how to identify the real men from the boys.

At the start of the relationship, she might feel as though she "loves" him because she is enjoying all the wonderful feelings that come along with lust and sex. Yet, if he doesn't know how to build on her attraction and respect for him over time, she will gradually lose respect, then lose attraction and then begin fall out of love with him.

To show you what I mean, here's a video I made for guys who've been broken up with by a woman...

4. She is insecure and doesn't feel as though she deserves a better man

Sometimes, a woman will get into a relationship with a man that she isn't fully attracted to because she is insecure and doesn't feel like she deserves anything better.

To many guys, this seems like the PERFECT solution to all of their problems. They can be insecure, not know how to attract women and they will still get a great woman. Perfect!

Not quite.

Just because she is insecure and lacks confidence in herself now, it doesn't mean that she won't become confident later on.

Many of the guys who come to me for help on how to get their ex back, managed to hook up with a woman at a low point in her life (e.g. she had been dumped by another guy). Then, when she eventually builds her self-esteem back up again, she dumps the guy who got lucky with her and decides that she now wants and deserves a better man.

It is a very confusing, heartbreaking and annoying process for a guy to go through with a woman, especially because most of the guys that it happens to are good guys with good intentions. Yet, that's how dating and relationships work with women. You either know how to attract women or you don't...

In a relationship with a woman, nothing is certain unless you make it certain. You have to know how to make her feel attracted to you and then deepen her feelings of love, respect and attraction over time.

A woman may love you today, but she will just as easily fall out of love with you next week if you are unable to be the man she needs you to be. Likewise, she may not be interested in getting engaged or married when you meet her, but if your love evolves and it feels right to take the next step together, you need to be brave enough to take it.

The Beginning of a Relationship is the EASY Part

[image: A relationship falling apart]

If a guy gets lucky with a woman that is out of his league, things can and often do run fairly smoothly at the start.

However, when the initial buzz wears off (anywhere from a few days to a year), the woman will eventually realize that she has accepted a guy who probably doesn't deserve a girl like her.

When she has that realization, she will begin to pull back her interest in him and start focussing on her career or wanting to go out partying with her single girlfriends. The guy will then begin to feel insecure about her lack of affection and interest and in most cases, he will start behaving in a clingy, needy and jealous way with her.

The more insecure he becomes, the more respect and attraction she loses for him and the relationship spirals out of control.

To keep a relationship together (whether it began with genuine attraction or luck), a man has to know how to deepen a woman's feelings of love, respect and attraction for him. If he is unable to do that, he will most-likely become insecure when the woman tests him by pulling back her interest at some point in the relationship.

If he reacts with insecurity, rather than with confidence, the woman will lose respect and attraction for him and the problems will begin.

There's Only So Much That a Modern Woman Will Put Up With

[image: The old days...]

In the past, it was shameful for a woman to break up with or divorce a man. Dating lots of men was absolutely not allowed, so women had to be very picky and select a man that they would devote themselves to.

Women would stay with their chosen man for life, even if he didn't know how to deepen her feelings of love, respect and attraction. If she was unhappy, she was stuck with him and had to put up with it by sticking to her, "*Till death do us part*" promise at the altar.

Not anymore.

If a modern woman isn't happy in a relationship or marriage, she knows that the majority of society no longer see break ups as taboo. Some TV shows, movies and female pop singers even make the idea of divorce, break ups and affairs seem "cool" to women.

The old days of women feeling obliged to remain with a guy for life no longer exist.

For an insecure guy who has gotten lucky with a woman, it is usually only a matter of time before the whole thing unravels (i.e. she realizes her mistake or finds herself a better man) and she then dumps him and gets on with her life. This is one of the main reasons why the divorce rate has been so high over the past 50 years.

Here's What Happened to Me When I Got "Lucky" With a Woman

Back when I had no idea about how to attract women, my main approach was to talk to as many girls as I could and then hope that one of them liked me.

I didn't even know that I could actively attract women based on what I was saying and doing during the interaction. Instead, I would simply use the nice guy approach and hope to get lucky one day with a woman who'd give me a chance.

After being single and alone for a long time, I eventually got lucky with a girl at a party (both her and I were a bit tipsy after having some drinks). While dancing at the house party, her and I managed to get close and then somehow I started kissing her.

She was the hottest girl I'd ever scored with. I couldn't believe it. I immediately wanted to begin a relationship with her and luckily enough, she was fairly inexperienced with relationships, so she went along with it.

Throughout the relationship, I always secretly knew that I'd gotten lucky with her, so my insecurities eventually began to change my nice behavior towards her into overly-protective, jealous, mean and sometimes even threatening behavior.

After losing a lot of respect and attraction for me, she eventually cheated on me and then dumped me. I was emotionally destroyed for a long time after that. I didn't feel like I was good enough for women and was alone for years once again.

After a while, I made a decision that I was going to work out how to properly attract women so I could have my choice with women. I went out approaching women every weekend until I worked out how to attract women and I've never looked back.

I've now had sex with more than 250 women and I recently got married to the girl of my dreams, who is 10x hotter than the ex who dumped me all those years ago...

×

[image]

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[image: Dan Bacon]

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Why Very Intelligent Men Fail With Women

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you're an intelligent man who is usually smarter than most of the people you meet, it can be frustrating to realize that other guys with far less brain power than you seem to be fighting women off with a stick.

So, what gives? Why isn't your intelligence giving you a clear advantage when it comes to women?

Mr. Right?

Throughout your life, your above average intelligence has allowed you to pass tests with ease and pretty much always know the right, no matter what the question is. You've gotten used to being Mr. Right, because you usually ARE right.

So, why can't you accurately answer the question of why you aren't getting the girls?

Well, it's not for a lack of trying or due to a lack of academic intelligence. The reason why you can't answer the question of what it takes to be successful with women, is that you're looking at it with clouded vision.

Since you are so used to being right and have always been able to use your intelligence to come up with a solution, you probably think that the way you've been approaching your dating life is CORRECT and everyone else must be CRAZY for not seeing things the way you do.

For example: Some intelligent guys believe that women should choose guys based on niceness and intelligence. Yet, no matter how nice they are or how much they demonstrate their intelligence during a conversation, women still aren't interested.

This leads some intelligent men to conclude that women are crazy and must only want bad boys, which isn't the correct answer. Here's why...

As you will discover in the video above, there is NOTHING wrong with being nice to a woman, but it isn't the thing that makes her wet or turns her on. If you want to turn women on during a conversation, you have to do things like flirt with her, display confidence, use humor and make her feel girly in response to your masculinity.

Then, when she feels attracted to you, she will come to appreciate the fact that you are ALSO a highly intelligent, good guy. She will then feel lucky to be talking to you and will be love the fact that you have a brain.

[image: Rene Descartes]

"It is not enough to have a good mind; the main thing is to use it well" Rene Descartes, French philosopher, mathematician and writer, 1596-1650

Social, Emotional and Academic Intelligence

Just because a man is academically intelligent (e.g. good at maths, has a high IQ, etc), it doesn't automatically mean that he will have a high level of emotional intelligence or be good at socializing. Here are a few, general examples to help explain what I mean...

Social Intelligence

General examples

- Great at talking with people.
- Able to adapt to varied social environments and instantly get along with people.
- Makes friends easily and maintains great relationships.

Emotional Intelligence

General examples

- Great at being positive and happy.
- Able to feel confident and self-assured in any situation.
- Experiences life with healthy emotions that lead to enjoyable and fulfilling experiences.

Academic Intelligence

General examples

- Great at maths.
- Able to analyze and solve complex academic problems.
- Gets top grades in school or university.

Some guys excel in all areas of human intelligence, but they are the minority. The majority of guys don't have perfect levels of social and emotional intelligence, but the good news is that they can learn and improve it just like another area of skill in life.

Watch this video to understand how it works...

You Only Know What You Know

One of the most interesting things about life is that there is a lot for us to learn and know. In fact, it's endless.

We humans can be ignorant if we want to be, but for those of us who like to excel, grow and become more, we know that there is always another level of learning and mastery to aspire to.

The most intelligent, successful men in this world know that they don't know it all. They continually seek to uncover more of life's secrets and know that the more they learn, the more amazing this world seems.

When it comes to the topic of what women want, most intelligent men have their theories and ideas, but that doesn't mean they are correct. Everyone can have an opinion on something, even if they are stupid.

What separates guys who are successful with women from guys who are unsuccessful with women, are those who know how to attract women. For example: The majority of guys (intelligent or dumb) think that women feel attracted to men for the same reasons that men feel attracted to women.

Watch this video to understand what women are really attracted to in men...

Intelligent men fail with women because they only know what they know. If an intelligent man knew that he could attract women in more than 100 different ways (e.g. confidence, charisma, humor, masculine vibe, flirting, etc), he wouldn't be trying to get women to "like" him as a person for being so smart and nice.

He would do the smart thing, which is to focus on making the woman feel attracted. Once a woman is attracted, she will then like the guy so much more and be open to giving him her phone number, kissing him, going on a date and having sex with him.

Another example of "*You only know what you know*" is the remaining tribal communities who live in jungles like the Amazon...

I recently saw a documentary where the researchers visited a tribe who don't understand "time" like we do. They don't have hours, days, months or years, but they do notice the changes in the seasons. They weren't aware of the latest breakthroughs that we'd been making in medicine, how we're using the internet to help each other or how societies across the world are becoming increasingly interconnected and tolerant of each other.

Even though some of the men in the tribe might consider themselves to be intelligent, they don't know what modern society knows. Those men only know what they know.

The same applies to success with women...

If you have been getting rejected by women, if you are nervous around women and if you have no idea how to attract them, it's not because you lack the intelligence or ability. It's simple: You simply don't know what you don't know.

Until you learn how to attract women, you will be in the dark on the topic.

A Hypothetical Example

The diagram below shows a hypothetical example of an "intelligent guy" who knows a LOT about mathematics, but doesn't know much about what it takes to be successful with women, how to attract women and how to maintain a great relationship with a woman.

Just because the guy is academically intelligent, it doesn't automatically mean he will be socially or emotionally intelligent or know what it takes to be successful with women.

Note: Of course, I am not saying that *all* academically intelligent men don't know how to be successful with women.

This is simply an example of one type of guy and in this case, it's the cliché "Math Genius" who is good with numbers, but not girls.

[image: Academic Intelligence Vs. Social Intelligence]

In the example above, the Math Genius doesn't know a lot about how to attract women and succeed at dating or relationships, but he does know a lot about mathematics.

Despite being an intelligent guy, he still only knows what he knows...

×

[image]

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[image: Dan Bacon]

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Do You Suffer From a Fear of Dating?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Sadly, too often I hear from men who complain about their lack of a love life, but when I dig a little deeper by asking a few questions, I usually discover that the real reason these men don't have a woman is that they don't approach enough women or go out on enough dates.

Most of these men are really good guys who have good intentions when it comes to women.

Many are also intelligent, down-to-earth, honest guys who deserve a great woman (or many great women), but for many reasons (some of which I'll discuss in this article), they are afraid to approach and date women.

Afraid to Approach

[image: Fear of dating]

Women aren't going to kill a guy for approaching them, but that doesn't matter to a guy who suffers from a fear of approaching. He may know that it's silly to be worried about what might happen, but he can't help himself from feeling nervous, anxious or afraid.

He might tell himself, "Don't worry about it...just approach and say hi," but his anxiety and fear almost always feel more powerful than his desire to approach. Week after week, month after month, he sees women that he'd love to meet, but never has the courage to follow through and make something happen.

Hiding From What Needs to Be Done

Guys who have a fear of approaching and dating women will often try to avoid places where they could meet and talk with single women. If people ask why they're not out there meeting women, they'll usually come up with an endless list of reasons why they don't have time to date (i.e. busy with work, study, family commitments, community responsibilities, etc).

Yet, what is really going on is that the guy doesn't want to face the possibility of being rejected and then feeling horrible about himself for weeks or months on end. Instead, he hides away from approaching and meeting women and then masturbates often to dull his built up sexual desire for women.

No matter how many porn videos he jerks off too, the desire just keeps coming back week after week. He sees other guys happy with real women and wishes that he could have that too, but he's afraid of being hurt.

It's the potential for rejection that scares a lot of guys, but what really puts the fear in a guy and makes him avoid approaching and dating women are the horrible feelings he experiences after a rejection.

For instance, sometimes a man will contact me here at The Modern Man and explain that he built up the courage to approach a woman, she rejected him and now he's not comfortable approaching any other women at all. However, what these guys don't realize is:

1. No man is compatible with every woman on the planet.
2. Not every woman is single when you approach her and that is NOT your fault. You would be silly to take that as a personal rejection. She simply isn't available.
3. When a man is good with women and has his choice of women, he too rejects offers from women as well.
4. The main reason women reject men is because the men approach them incorrectly and go against the flow of a natural sexual courtship.

Doubting Yourself on a Date

[image: Doubting yourself on a date]

In addition to the many guys who are afraid of approaching women, there are also many guys who set up dates with women, but then cripple themselves with feelings of self-doubt about whether the girl actually likes him or not.

I've heard so many cases where a woman has happily agreed to go out on a date with a guy, but then the "voice in his head" starts giving the guy a huge list of reasons why he'll never make it past the first date. He also sits around worrying that she might call and cancel the first date before it happens.

In his mind, he doesn't feel worthy enough for the woman and sees dating as a nerve-wracking experience where he has to hopefully get lucky. Yet, that's not how it works.

[image: Doubting yourself on a date]

To be successful with women, you simply need to know how to make them feel attracted to you. When a woman is attracted to you, she is going to be interested. So, there is nothing to worry about.

Many guys make the mistake of thinking that they have to be LIKED by a woman, but what you really need to do is make her feel sexually ATTRACTED to you. When a guy doesn't realize that, he often tries too hard to be liked as a person and comes across as the typical nice guy.

Watch this video for more info...

Taking the Matter into His Own Hands

No matter how much a man decides to avoid approaching and dating women, his sexual desire for women NEVER goes away.

He can try to blank it out by burying himself in work, going to the gym excessively, masturbating regularly (or excessively), drinking or taking drugs, watching loads of TV or spending hours playing a computer game or participating in real life sports, but the missing piece of an actual real life woman never gets filled.

It's an empty feeling.

You don't have a beautiful, sweet, loving woman cuddling you and saying with heartfelt sincerity, *"I love you so much."* No computer game or TV show can give you the indescribable pleasure that you experience when you and a woman truly love each other.

Additionally, no porn movie can ever come close to giving you the pleasure of having a real,

beautiful woman right there with you, bouncing up and down on your â□□you know whatâ□□ and screaming out your name in pure ecstasy.

Unfortunately, too many of the men who are afraid of approaching and dating women will revert to having an empty relationship with porn. As their sexual urges rise up during the week, they will â□□get rid of themâ□□ by watching porn and dulling their desires once again.

When they see a woman in real life, they will feel attraction, but their unwillingness to face their fears and become the man they really should be will ensure that they hide away from her in fear as usual.

While everyone else is living a normal, healthy life and having real sex and enjoying love and companionship, the guys who are afraid of women stay alone with their pain.

They look on with sadness and feel left out when they see couples walking along hand-in-hand, arm-in-arm or in a loving embrace and wonder, â□□*Why don't I have that? Why don't women like me?*â□□ never realizing the simple truth that I first told a client, coaching him over the phone, around five years ago. I said, â□□You can't have a girlfriend if you don't talk to women and escalate to a phone number, kiss, sex or a date.â□□

It sounds very simple, but in life, often the simplest things are overlooked by the smartest of people.

No Man is Compatible With Every Woman on the Planet

Guys who suffer from a fear of dating are worried about being rejected. They've usually made a few attempts to approach and escalate with women, but because it didn't work out they begin to assume that women don't like them and they are probably â□□doomed for lifeâ□□ when it comes to women.

The simple truth is that no man is compatible with every woman on the planet. If you want to be more compatible with more women, you have to become the type of man that women desperately want to be with.

No man is â□□doomed for lifeâ□□ when it comes to women.

Any guy can learn how to actively attract a woman when he meets her and then deepen her feelings of love, respect and attraction over time when in a relationship.Â

Here's how I turned my life around and became so attractive to women that a hot, young woman proposed marriage to me. We're now married and are happier than ever.

Don't Look Back in Regret

Over the years, I've been contacted by so many older men who have said that they wish something like The Modern Man was around for them when they were in their â□□hey-dayâ□□ so to speak. They've told me that much of their life has been spent alone or spent wallowing in self-pity after a woman broke up with them. Now that their life is slipping away and they are heading towards old age, they look back with a sick feeling of regret when they realize how much they missed out on with women.

At the same time, I've also been contacted by thousands of guys who say that they've been having

the time of their lives with women since using my advice.

The question is: How will you let your life play out? Are you going to let a fear of not meeting a compatible women, EVERY time you approach a woman, stop you from enjoying all the love and sex that you deserve?

Will you be looking back in regret at the life you let slip away because you were too afraid to stand up and be the strong man you know you can be? The choice is yours.

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[image]

Almost there! Please complete this quick form to gain instant access.

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5 Things to Avoid Saying On a First Date With an Attractive Woman...

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you're on a date with an unattractive woman, it doesn't really matter what you say – she will most-likely still be interested in seeing you again because she won't have many or any options with other guys.

However, if you're on a date with a beautiful women who could easily attract other men, you have to play your cards right otherwise she will lose interest and hook up with a guy who makes her feel the way she really wants to feel.

The Most Important Part of a First Date is to Make the Woman Feel Attracted to You

It's very easy for beautiful women to make us men feel attracted because we mostly feel attracted to a woman's looks. However, women look for other things in men that aren't just about looks.

For example: Does your conversation style turn her on and make her feel excited to be interacting with you, or does it turn her off and make her feel bored? Does your body language make her feel attracted to you or turned off by you?

Will She Want to See You Again?

A first date is essentially about checking whether or not there is enough sexual chemistry between you to justify having sex or beginning a relationship.

To ensure that you hook up with her after the date or get a second date, the best approach to use is to be your true self while also making sure that you're actively saying and doing the sorts of things that will make her feel attracted to you.

It's important to be your true self, but you also need to know what not to say on a first date. Here are some conversation mistakes that some guys make on first dates, which can ruin a woman's attraction...

1: "I have an expensive car/house/boat/etc"

When a guy tries to impress a woman with material possessions, gifts or anything else that involves flashy cash or riches in her face, he is essentially saying to the woman, *"I don't think that I'm good enough for you as I am, but hopefully this will make you want to give me a chance."*

There's nothing wrong with talking about material things if it comes up in conversation, but just don't actively try to impress a woman with things that are not you.

2: "Where should we go?" or "What do you want to do?"

Asking a woman where she'd like to go for a first date may sound like a good idea in theory, but

itâ□□s not what she really wants.

Women are more attracted to guys who have the masculinity and confidence to lead the way. You don't have to lead everything all the time with a woman, but you at least have to take the lead by suggesting a place or something to do for a first date.

A woman wants to be able to relax into your masculine direction, rather than having to take on that role herself. If she is forced to take on the leading role, she will feel less feminine (girly) and will feel less respect and attraction for you as a result.

3: “So, How do you feel about me?” or “How do you like me so far?”

Women are attracted to guys who believe in themselves, so asking questions like that is a huge turn off.

When a guy asks a woman what she thinks of him, whether or not she likes him or if he is doing a good enough job of impressing her, she will immediately lose interest in him.

A woman doesn't want to have to be gentle with an insecure guy and reassure him that everything is okay. She wants a confident guy who believes in himself and allows her to relax into feeling girly around him.

4: “Can I kiss you?”

Asking for a kiss is another big mistake. It may seem like a â□□gentlemanlyâ□□ approach to ask a woman if it's okay to kiss her, but in her mind, it simply marks you out as a wimpy guy who needs a woman to guide him through the process of hooking up with her.

If there is sexual chemistry between you, she wants you to kiss her whenever you feel like the moment is right.

5: “Do you want to see me again tomorrow?”

It's exciting when you meet a beautiful woman that you really click with. It's an amazing feeling. However, don't forget that she is a woman. If she is attractive, the majority of guys who date her really like her, want to have sex with her and want to get into a relationship with her.

When a woman experiences that over and over throughout her life, she begins to want to meet a guy who is a bit more of a challenge. A guy who really likes her, but doesn't immediately go into “marriage mode” and see her as his bride to be.

She wants to experience the feeling of really wanting to be with you and not knowing for sure that you are going to commit to her. So, by making plans for a second date the next day while still on your first date, you literally steal the challenge experience away from her.

She knows that you're smitten and can't wait to see her again. In fact, you're most-likely already beginning to fantasize about her being your girlfriend and then wife. Slow down and offer her more of a challenge and she will reward you with more love, respect, attraction and devotion than she has likely ever given to another guy before...

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[image]

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5 Reasons for Not Getting a Second Date

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

First dates don't always lead into second dates, even when you really want them to. Here are some possible reasons why she won't want a second date...

Reason One: Being Indecisive

If a guy is indecisive about where to go on a first date, a woman will lose interest in having a second date because women are instinctively attracted to men who can take lead.

Some guys make the mistake of thinking that it's the right thing to do to ask a woman where she wants to go or what she wants to do because she deserves to have an input. However, what a woman really wants is to follow the man's masculine direction so she can relax into being a woman and just going with the moment.

From a woman's point of view, a guy who doesn't take the lead on a first date is a guy who probably doesn't take the lead in other areas of life.

She can safely assume that he's not comfortable being an alpha male, so he will likely be pushed around in life, looked over for promotions to higher ranks in his work and so on. A woman instinctively looks for a man who can lead the way and protect her; a guy who knows how to show her a good time without her having to tell him how to do it.

Showing her a good time and taking the lead doesn't mean picking up the tab wherever you go, it means being decisive about where you choose to go and being confident in your decisions.

Reason Two: Trying Too Hard

Decisiveness and confidence are traits that women find attractive in a man, but these things have to be displayed naturally to her. Nobody likes a fake and women can spot a faker a mile off. Some guys make the mistake of trying too hard to be someone they're not, by acting overly confident or overly "cool" about everything.

They slip into thinking that they need to be a certain kind of guy to impress a woman, but what she's looking for is an opportunity to get to know who he really is. When a woman sees that a guy is trying too hard to impress her, it is very unimpressive and she will lose interest in having a second date.

A bit part of getting a second date is believing in yourself and knowing that who you are is good enough for her. If you're on a date with a woman, there must have been something about you that she liked otherwise you wouldn't be on that date.

When a guy tries too hard to be liked by a woman, he will often make the mistake of coming across as the typical nice guy. There's nothing wrong with being nice to a woman, but if you are too nice in an attempt to be liked by her, it will often lead to rejection.

Reason Three: Making it All About You

Okay, let's cut to the chase here "women like to talk! If a guy gets so caught up in trying to impress a woman by telling her everything about himself, she's not going to be able to

get much of a word in about herself.

One of the main reasons people like to talk about themselves is to get other people to understand them and know what is happening in their life and how they are dealing with it. If you don't let her connect with you in that manner, she will be less interested in a second date because she'll feel as though you don't really understand her.

Of course, she's not going to be impressed if she's forced into doing all the talking either. Sitting in silence and hanging on her every word is not helping her to get to know you, which is what she also wants to do on the date.

Getting a second date hangs on your ability to engage in natural, enjoyable and interesting conversation. She wants to feel desirable emotions when talking to you, rather than hear you rattle on about yourself and your achievements, or watch you sit there in a stunned silence because you're nervous.

Reason Four: Being Too Keen

If you're on a date with a really hot woman that you really like, it's natural that you're going to want to secure a second date, but if you come across as too keen to the point where she feels like you probably don't deserve her, then she'll be turned off.

Women recognize a good thing when they see it, but they don't like that good thing to be too easy to catch. Instead, a woman wants to experience the thrill of the chase first.

Some guys make the mistake of becoming infatuated by a woman and declaring their absolute devotion to her, even before she's had the chance to develop her feelings and experience a desire to snag you as her boyfriend, before another girl comes along and takes you.

If she gets the impress that you're desperate to get her and probably couldn't get many or any other girls like her, it will turn her off. She wants to be getting a good deal out of the relationship too, rather than feeling like she is doing you a favor by hooking up with you.

If she's an attractive woman, she will be used to guys coming along and falling in love with her instantly. In fact, my current beautiful girlfriend told me about how much she used to hate how guys would tell her that they loved her within minutes or hours of meeting her. It happened to her all the time and she always had the same reaction: End of conversation or no second date.

I've been dating since I was fifteen. I'm exhausted. Where is he? â

Kirstin Davis, Actress

Some guys even go as far as bringing a gift (or gifts!) to a first date to show their love and devotion upfront. This is a huge turn off for most women because they want to earn that type of treatment from you over time, rather than being given it all upfront just for going on a date!

Personally speaking, I never get women gifts except for their birthday and at Christmas time. Even then, I'd like to avoid it if I could because I believe that being with me is enough of a gift to a woman. I really feel that a girl is lucky to have a guy like me and because of that, girls think the same way about me.

Reason Five: Not Being Keen Enough

Okay, this seems to fly in the face of the last point, right? However, there's a fine line between

being too keen and not being keen enough. If you act too keen, she will probably think you're desperate and don't deserve her.

If you don't show enough interest, she will assume you don't like her or don't believe you can have her. So, it's important to show interest, but just come across as though you are 100% sold on her and that she will never, ever have to do anything else to impress you ever again.

While this might seem like some kind of impossible balancing act or unnecessary "game" that needs to be played, it's actually quite easy to do. It's the default mating dance that humans all over the world instinctively perform to ensure they are choosing the right person.

Some guys might feel annoyed at women for wanting to play a little first, but it is simply a result of humans being an intelligent species. If a male lion wants to have sex with a female lion, he has to come into the other lion's territory and fight or kill him. This demonstrates to the female lion that he is strong and can protect her.

If a male human wants to have sex with a female human, he has to show her that he has the social and emotional intelligence that is critical for survival in the human world. This demonstrates to the female human that the guy has what it takes to thrive, prosper and survive in our challenging modern world.

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[image]

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Erogenous Zones: Are They Important?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

We've all heard of "erogenous zones" before, but how important are they and what do you need to know about them?

Erogenous zones are specific parts of a woman's body that are more pleasurable to be touched than others. For instance, she is going to feel more pleasure when you grab and caress her breasts, compared to her elbows.

However, what most guys don't realize is that when a woman is attracted to a guy, every part of her body becomes an erogenous zone when he touches her. So, it's not important to study the locations of erogenous zones as much as it is to understand how to attract a woman and turn her on.

You can go look up "erogenous zones" in Google images if you want, but knowing the locations of the erogenous zones is NOT important for your success with women. What IS important is knowing how to approach a woman, make her feel naturally attracted to you and then escalate to kissing, sex and a relationship (if you want one).

If you waste time trying to study unimportant things like "erogenous zones" even before you've mastered approaching women and getting laid, then the only sex scenes you will be witnessing are those in porn movies.

Approach, make women feel attracted to you, escalate to kissing and sex and THEN (if you want) learn about other things like erogenous zones, which in my opinion are not important anyway.

The reason I was able to have sex with more than 250 women before marrying my sexy wife (we met when she was 20 and I was 35. We're now 22 and 37) is that I've never been worried about trying to master my knowledge of the erogenous zones and other random things that don't really matter.

What matters is that you have the confidence to approach women, you know how to attract women and then you are able to move in for a kiss and then take a woman home for sex, or simply get her phone number so you can follow up for a date and then have sex.

Nothing big will happen in your life if you learn about erogenous zones. Knowing how to touch a woman is great, but if you don't even know how to attract women when you interact with them, they aren't going to feel very turned on by your touch and may even be rejected.

Even now, after all my success with women and my now happy marriage, I still don't care about erogenous zones. I might mess around with them one day, but thus far, I've had an amazing sex life with women and have never had to worry about it.

It's Not Just About Breasts and Butts

A woman's breasts are an undeniable erogenous zone and many women can experience an intense orgasm through breast and nipple stimulation alone. It's also true that a masculine grab of her feminine butt can really get a woman aroused. However, a woman's biggest erogenous zone is her mind.

| "The mind can also be an erogenous zone" — Raquel Welch, actress

A woman has to feel turned on mentally before she can feel turned on physically, which is why women are less like men when it comes to the speed in which they want to escalate to sex. Men can look at a woman and want to have sex with her immediately, whereas most women want to be turned on by who you are and how you make her feel.

Turn Her On During Conversation

When a woman is mentally and emotionally turned on by you, any type of touch can send rushes of pleasure coursing through her body and mind. Unfortunately, most guys unknowingly turn women off during conversation for way too many reasons that I won't go into here.

What I will say is that conversation is like the key that opens the door to a woman's heart, mind and body. When you have the ability to turn a woman on during conversation, there's no need for expensive dates or extensive dates over a long period of time, before things eventually (but not always) move towards sex and a relationship.

When you can turn a woman on during conversation and touch the erogenous zone of her mind, things just flow naturally from one stage to the next; from conversation, to kiss and to sex.

Get Closer and Closer and Closer, Until...

When a woman is clearly interested in you and attracted to you, it's a great opportunity to turn her on by being subtly sexual. A lot of guys ruin this moment by being too afraid to close the distance and get really close to her. For instance, putting an arm around her shoulder and whispering in her ear is a subtle and sexy way to get closer.

As you whisper, you can then comb her hair behind her ear with your fingers and move in even closer to whisper, with your lips gently brushing against her ear as you speak. Touching her hair like this then gives you the opportunity to gently stroke the side of her neck or kiss her earlobe or neck briefly while you're there.

The Kiss

[image: The kiss]

The lips are another well-known erogenous zone and if a woman is attracted to you, she wants you to kiss her. Don't believe what you see in Hollywood movies where guys get slapped for moving in for a kiss with a woman.

In all my years coaching guys in person and getting them to approach and escalate to kissing with women in bars and clubs, I have never, ever seen a client get slapped. The worst reaction has been the woman just moving back, shaking her head to say *"No, not interested"* or gently pushing the guy back a bit to create some distance between them.

That only happened because the guy wasn't good enough at sparking enough attraction. Most guys get it right on their second or third attempt though. It all depends on how much you need to learn to get to a normal level.

Don't Be Afraid to Touch Women...As Long as You Are Being Attractive

[image: Woman slapping man]

On TV shows and in movies, men are forever being given a slap on the face or a drink tipped over their head for touching a woman, so it's no surprise that a lot of modern men who are keen to make a good impression on a date feel as though they should keep their hands to themselves.

Most guys don't realize that Hollywood movies and TV sitcoms are designed to ENTERTAIN. Although some may be a bit EDUCATIONAL, they usually do NOT reflect what happens in REAL life especially when it comes to men picking up women.

Usually, for the sake of ENTERTAINING the audience, a guy will get slapped or have a drink tipped over his head for showing his sexual interest in a woman.

...but that is NOT what happens in the real world. I've been approaching for years and coaching guys in bars/clubs/malls for years and I have never seen a woman react like that. NEVER.

Touching a woman does not have to be blatantly sexual and it's the subtle, spontaneous touches that really turn her on. It is NATURAL, normal and a NICE thing to do to make physical contact with other people in everyday situations, so touching a woman during a conversation or on a date is no different.

Of course, depending on the woman, not every part of her body will be an appropriate part to reach out and touch while you're just getting to know each another. Yet, the fact of the matter is that she DOES want to experience the "spark" that physical contact brings.

Avoiding any physical contact through fear of "getting it wrong" takes away any potential to experience the thrill and pleasure of that spark and that's an opportunity that should not be missed.

In the real world, it doesn't take a slap in the face for a woman to let you know she's not comfortable with your approach or touching. Although, in most cases, a woman will pretend to be offended or taken aback by your touch to see how you will respond.

If you respond apologetically, then she's just found out that she's speaking to or on a date with a weak man who doesn't understand women. If you respond with a smile and confidently continue the conversation, she knows she's with a real man.

If a woman feels naturally attracted to you (e.g. you're a confident, masculine guy), then she will welcome your touch. Personally speaking, I've always touched women (e.g. on the shoulder, waist or outside of her upper arm) when I meet them because I assume that women will find me attractive.

After all, confidence and masculinity are naturally attractive to women, so it's pretty much guaranteed that most women I meet will feel at least some level of sexual attraction for me as soon as they notice my confident, masculine energy, body language, tonality and vibe.

How about you? Are you able to automatically attract women when you meet them? If not, click around my site and you will learn simple, easy-to-use techniques that you can use immediately...

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[image]

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How to Be a Charismatic Man

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

A big part of being a charismatic man is having the ability to trigger feelings of sexual attraction inside of a woman, simply based on your body language, vibe and conversation style.

Charisma is one of those words you will often hear being used to describe amazing people, but what does it really mean to be charismatic and is it possible for any guy to become a charismatic man?

Can a guy like you be looked upon as a charming, loveable and charismatic man by women? Is it possible for you to become the man that women go â€œweak at the kneesâ€ over?

Popular culture will tell you, *â€œNo! You have to be tall, dark and handsome and live a James Bond lifestyle to have that type of effect on women.â€* Yet, as history has continually shown, the masses are usually wrong.

The truth is that you, yes you, can be a highly-charismatic man that women lust after, people love and men respect and admire. You are allowed to be a charismatic man. Charisma is not reserved for celebrities, rich people or good looking people.

Don't believe the masses of people who simply don't understand how attraction between men and women really works. You can be the sort of man that makes women feel intense attraction for you and see you as being a charming, charismatic man.

Charisma is Invisible, But the Effects Are Easy to See

[image: Charisma]

Although charisma isn't something that can be seen with the naked eye, it is something that has a visible effect on the people who encounter it. People sense it and naturally react in a positive way to it.

Charismatic men have an almost â€œunrealâ€ ability to light up a room simply by being in it. People suddenly pay attention and are keenly interested to watch him, listen to him and get involved in whatever he seems to be interested in. When a charismatic man interacts with a woman, you will almost always see her smiling and showing excited interest in him right away.

You've Got it in You Too

According to the findings of various psychologists over the last few decades, charisma is thought to be only 50% natural born ability and the remaining 50% is based on a set of skills that can be learned. I tend to agree, but I have a different way of looking at it.

The way I see it is that everyone has their own natural â€œvibeâ€ and charisma about them. When they develop the additional 50% by improving their overall social skills and confidence, they create a unique type of charisma that only they can have.

[image: Charismatic conversation]

I believe that each of us has the potential to become a more amazing and charismatic version of ourselves, simply by developing a certain set of skills that all charismatic people have. This is one of the reasons why The Modern Man approach to success with women always leads guys to amazing

results.

We always advise that you should BE YOURSELF, while also adding in the extra skills and socializing techniques that we provide through our programs. The end result is that you become the most charismatic, interesting, likeable, confident and happy version of yourself possible.

Women love you for YOU, not for some â€œactâ€œ that you put on. You get to be the REAL YOU and women love you for that. It's just that you're a much cooler, confident and more interesting version of you. You're not being held back by insecurities, nervousness and misunderstandings about what women really want from men.

What Makes a Man Charismatic?

[image: Charismatic approach]

According to a study carried out by psychologists in the UK, charismatic men possess three distinct qualities:

1. A charismatic man feels strong emotions.

Uncharismatic guys usually hide their emotions during conversation by sticking to polite, safe and boring conversations. They find it hard to express themselves and be real in the moment. Women feel bored when interacting with them and most people either don't notice them or don't want to include guys like that in social activities.

Additionally, guys who lack charisma feel sexual attraction for a woman, but hide it behind an act of being a really nice guy or pretending like they only want to be friends. Charismatic men, on the other hand, are confident and socially intelligent enough to embrace the emotion they are feeling and allow it to come to the surface.

2. A charismatic man compels others to feel the same emotions as he does.

Uncharismatic guys don't have enough confidence and presence to effect other people with their emotions.

An uncharismatic man might be talking to a group of people and feel excited about a topic of conversation that comes up, but even though he is excited about it, he fails to get others interested in talking about it and an awkward vibe ensues. He then wonders why such a thing keeps happening to him, but doesn't know where to turn to learn and fix his problems.

Research into the â€œcharmingâ€œ effect of charisma has revealed that individuals with an infectious personality, unknowingly encourage others to copy the body language they use and adopt the attitude and mood they represent.

This means that on meeting a charismatic man, most people will find themselves beginning to copy his body language and mimic his facial expressions. Without being aware of it, they will automatically begin to hold themselves in a matching posture to mirror his movements and expressions. When he smiles, they smile.

3. A charismatic man is his own man, uninfluenced by other charismatic individuals.

A big part of being charismatic is about having great social skills and a good understanding about people and psychology. Personally speaking, when I'm in a social situation, I'm not worrying about what other people are thinking of me and I'm not doubting myself and I'm not comparing myself to others.

I'm on a completely different level than most people in the room. Regardless if there are other charismatic men in the room, venue, bar, club, etc. it simply doesn't affect me. I'm Dan and I know that as soon as a woman begins interacting with me, she is going to feel something that she's been yearning to feel for a long time.

Recently, a new friend of mine (who is 6 feet 2 inches tall, has a gym body and would be considered by many as being "good looking") asked me, *"Dan...you have a presence about you that turns heads, makes guys move out of the way when you walk through the room and makes women keep looking at you. How do you do it?"*

I explained some of the essential things we teach in our programs (which I won't reveal in this article) and also added, *"Basically, I don't have the insecurities that most of these guys are plagued by. I'm standing here in a state of true confidence."*

I understand things that most people will never understand about socializing, psychology, attraction and being an alpha male. Knowledge is only power if used...and I use it."

Famous Charismatic Men

[image: Johnny Depp]

Johnny Depp is a great example of how charisma is not about having a specific type of personality (e.g. a bubbly, outgoing personality) or having model looks. Each man has his own unique type of charisma, yet most men don't know how to bring it to the surface.

Depp is a man with undeniable, yet understated charisma is the actor Johnny Depp. He has a likeability factor that is hard to define but, like all charismatic men, he is able to win the affection of others without any apparent effort.

Since they don't know how to be a charismatic man, a lot of men try to convince themselves that it's all about looks, money, cars and any other insecurity guys like cloud their mind with.

"Oh, but Johnny Depp isn't ugly. Look at him in Pirates of the Caribbean. People think he is good looking" guys will say, not realizing that women wouldn't be interested in Depp if he wasn't the cool, charismatic individual that he is.

I've lost count of how many times I've been contacted via the site and a guy says, *"Everyone tells me I'm good looking, but I haven't had a serious girlfriend and am still a virgin"* or *"I work out at the gym, I'm fairly good looking, I have a great job, but women aren't interested in me when I talk to them. What am I doing wrong?"* The fact is, charismatic men draw others towards them with their personality. You don't get to be charismatic because you have a certain facial structure or have built up your biceps in the gym.

Charisma is a deeper trait that is way more valuable than mere looks. If you aren't ready to accept that, then you aren't ready to become a charismatic man. You're probably going to put yourself through more years of unnecessary self-doubt, frustration, loneliness and feelings of worthlessness, until you finally can't take it anymore and want to change. If you believe that it's all about looks and money, then you have been brainwashed by what you've been watching on TV commercials, in music videos or in Hollywood movies.

Charismatic Leaders

Charisma is a quality that is often found in men who are great leaders rather than great â□□lookers.â□□ Winston Churchill, for example, had charisma; Martin Luther King and Napoleon also had a charismatic ability to attract the attention and support of others.

They weren't charismatic because they were â□□tall, dark and handsomeâ□□ – they were charismatic due to deeper, more important traits that most guys simply don't know how to develop.

One of the qualities that all three men shared in common, was the ability to communicate as a leader; as an alpha male.

When Churchill gave his famous, *â□□Never before was so much owed by so many to so fewâ□□* speech in reference to the Royal Air Forceâ□□s defense of Britain during World War II, it was his posture, tone of voice and facial expressions as much as his word choice that rallied an entire nation behind him.

In all three cases, their natural charisma was probably something they werenâ□□t even consciously aware of, it was just who they were and how they expressed themselves.

If you asked them to teach you how to be charismatic, they'd simply have to guess, because studies conducted by psychologists over the years have found that charismatic people usually don't know what it is that makes other people see them as charismatic.

Think about this...

If Winston Churchill, Martin Luther King and Napoleon were not alpha, but instead were shy, nervous types, do you think they would have had the charisma and charm to achieve what they did? Who would listen to them and follow their lead, if they were too nervous, shy and fearful to charismatically state their case?

If you continue to go through your life being suppressed by your fears, insecurities and anxieties, don't expect the world to start falling at your feet. Uncharismatic men are forgettable, barely noticed and miss out on many of the joys of life.

Every man has the potential to be a charismatic alpha male, it's just that most guys don't know how to do it. You have an opportunity to be a great man.

The question is: Are you man enough to take the first step in the direction of becoming a charismatic man? Or, will you put yourself through more years of brainwashed torture, thinking that you're not good enough and could never be the man you imagine being in your daydreams?

Observing Charismatic Guys in Social Situations

A great starting point when beginning your journey to become a truly charismatic man that women lust after, people love and other men respect, is to simply become more aware of the effect that charismatic people have on you.

Most men with charisma don't know why people see them as charismatic or HOW they are doing it, but you can learn a lot by observing their communication style, the body language they use and how they approach social interactions with women.

One of the first things you may notice is that charismatic men donâ□□t try too hard. They donâ□□t try to make themselves the centre of attention, by acting like a loud and annoying person. Their true

skill is drawing people towards them through being genuinely likeable. One of the most important ways to be likeable is to understand and live one of the golden rules of charisma.

A Golden Rule of Charisma

One of the golden rules of being charismatic is to focus more on making others feel good about themselves and less on trying to make them feel good about you. Stop trying to look good and start making people feel good.

It's not about you, it's about them and how they feel when around you.

This is not to say that you should become Mr. Complimentary and spend your time faking your interest in people. People who are over-complimentary and insincere are not charismatic. It has to be real.

You have to be unafraid to be there in the moment, embrace the feelings you have (instead of hiding them away in fear) and be your true self. You have the ability to be a charismatic man, with your own unique, amazing type of charisma. It is within you, but it's up to you whether you are going to be brave enough to unleash it and live it.

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[image]

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Body Talk: Get Her Attention Without Words

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Women are definitely impressed by a man who can engage them in an interesting two-way conversation that allows them to feel a wide variety of exciting and desirable emotions.

Yet, a good conversation isn't all about the words. A big part of having a great conversation with a woman that makes her feel attracted to you, is to include flirting. Watch this video for some examples of how to use flirting during a conversation with a woman.

Most of the Communication Between You and Her is Non-Verbal

[image: Non-verbal communication examples]

While it's true that words are a critical part of a conversation, there is an incredible amount of non-verbal communication that goes on between you and a woman as well. To be successful at attracting women when you talk to them, you also need to know:

1. What to say and what not to say.
2. How to keep a conversation going and keep it interesting.
3. How to attract a woman in many different ways during the conversation.
4. How to use tonality to show your sexual interest in her, make the simplest line sound funny, attract her and connect with her on a deeper level, etc.
5. How to use body language to get your message across without using words, show your sexual interest in her, make the simplest bit of conversation seem funny, attract her and connect with her on a deeper level, etc.

Learning what to say to make women feel attracted to you is important, but make sure that you also learn what personality traits and behaviors make women feel attracted to a guy. When you can attract women with your conversation style and your personality and behavior, you will find it too easy to attract and pick up women.

Women rarely come across guys who know how to turn them on with both their conversation style and personality and behavior. When you do it, you will literally see a woman's face light up with excitement and she will make it incredibly easy to pick her up.

About the Classic Statistics on Body Language

Way back in the 1970s, research carried out by Albert Mehrabian concluded that body language accounted for a massive 55% of communication, with the spoken word accounting for only 7% and the tone of voice accounting for the remaining 38%.

You've probably heard that (or similar statistics) before, right? What you may not know is that Mehrabian's studies focused specifically on what makes a person like or dislike someone based on their communication style.

While he didn't offer any advice on body language, Mehrabian concluded that even if a person could

keep a conversation going, they would experience problems making friends or attracting someone if they were unaware of how to use body language to gain a positive response.

Unfortunately, most guys don't know that there are many things about their body language and tonality, which automatically cause many people to dislike them. As they go through life, they wonder why women are so difficult and why alpha males are often so mean to them.

Yet, these people are merely responding to the communication (the "body talk") he is sending out.

[image: Turned off by a guy's body language and vibe]

For instance, if a woman talks to a guy who, via his body language and tonality, appears wimpy, nervous, hesitant or lacking in self-esteem, she will naturally feel turned off by him because women are naturally attracted to confident men.

Attraction is an instinctive response that happens very quickly, so if you cause women to instinctively feel turned off by you, it doesn't matter what you say next — she's not going to be interested.

Likewise, if a mean-spirited alpha male notices that a guy is fearful of him, he may use that knowledge to pick on him, make him the butt of jokes in front of others, manipulate him or cause him harm in some way.

Body Talk: You Can't Turn it Off

[image: Can't turn off body language]

Body language is something you are already using in everyday life without having to be consciously aware of it. The posture and body movements that you use, all — speak — for you without you having to utter a word. Your body talk isn't something that you can turn off, but it is something you can improve.

— *I speak two languages. Body and English* — Mae West, actress

Body Talk: Use it Wisely

The first step in correcting your body talk is to ensure that you are — saying — what you really want to say. Some guys come across as awkward, creepy or sleazy simply by making small errors with their body language. No matter how many — funny lines — they learn to say to women, they are turning women off at a more fundamental and important level that cannot be overridden by hours in a conversation.

Here are some common examples of body language and how it — speaks — for you:

Head movements: Some guys make the mistake of nodding too much during a conversation with a woman, signaling their desperation and incredible excitement at the opportunity of being able to talk to a woman. However, other guys make the mistake of not moving their head much at all, signaling a fear to express themselves. Women can also perceive a lack of nodding or head movement to mean that the guy isn't interested or isn't *interesting*.

Facial expressions: A smile, frown, or — look — on your face can speak volumes about you. — Are you relaxed about the idea of making eye contact with her, or does your facial expression show that you're feeling nervous inside?

Do you maintain — a straight, plan, polite, friendly type of facial expression when talking to a woman that you find attractive, or are you one of the cool, confident guys who aren't afraid to be sexual,

playful or very masculine with your facial expressions at times?

Shoulder movements: The angle and positioning of your shoulders can say a lot about your emotional state and confidence.

For instance, picture a man sitting at a dinner table with people he isn't very familiar with. His shoulders are hunched downward and he keeps looking down, instead of sitting upright or back in the chair and keeping his chin level, while making eye contact with the other dinner guests.

Handling of objects: Excessive fiddling with objects, such as a pen or a set of keys can signal to a woman that you're nervous, anxious or unsettled by the situation.

On the flip side, women often consciously (on purpose) play with their necklace, earrings and other bits of jewelery when talking to you to signal their interest. So, when it's coming from a woman, it's usually a good thing and when it's coming from you, it's usually a bad thing!

Body Talk: Get Physical

[image: Body talk - get physical]

Friends naturally get physical with one another and women are attracted to men who are not afraid to get physical with them.

Guys who are relaxed in one another's company will sometimes pat each other's shoulders, punch each other on the arm or ruffle one another's hair during the course of a normal conversation. Women reach out to touch their friends by putting their hands on each other's arms, linking arms, or putting their arms around one another.

Close contact is a normal part of being relaxed and at ease around other people and it goes a long way to demonstrating the self-confidence that attracts a woman to a man.

Confidently taking the lead in social situations by putting your arm around a woman's waist to guide her across a crowded room, or putting your arm on her shoulder to bring her closer so that you can hear what she's saying at a noisy party are great ways to send out the message that you know how to take care of her and are comfortable leading her.

That's a body language signal that gets a woman's attention during conversation in a positive way.

Women Are Always Looking Out For Clues to Discover the Real You

[image: Body language during a conversation]

A guy can only pretend to be confident for a short period of time. Before long, a woman will be able to pick up on various body language signals that tell her what his real state of mind is.

By looking at the posture, facial expressions and gestures that a guy uses, a woman can tell whether he's nervous, worried, fearful, intimidated or a variety of other emotions, without necessarily having to listen a word he is saying.

Of course, it's not just women who have the ability to read a body talk and assess what is really going on in a situation. For instance, a friend might say they like your new haircut, but you intuitively know when they're lying, right?

You can tell by the facial expressions made and the tonality of the comment, whether it was actually

an honest or insincere compliment. We all have the ability to read body talk.

Body Talk: Keep It Real

Learning to understand every nuance of body language related to interactions with women, is a skill that takes years of dedicated practice (or a matter of hours if you watch our video programs), but at a more basic level, one of the most important things you need to know about using your body language to attract women is to be real.

Trying to be someone you're not is not attractive. At best, it just makes you appear awkward and at worst, it makes you feel like someone who can't be trusted. Trying to be someone you're not and attempting to "trick" women with body language amounts to the same type of reactions.

As we always say at The Modern Man, *"You never need to lie to a woman"* and that fundamental principle applies when you are speaking words as well as using body talk.

A guy who is clearly relaxed, confident and able to be himself is much more attractive to women than a guy who appears to be stiff, awkward, and who is ultimately trying too hard to look "okay" in the eyes of others.

Women are naturally attracted to confident guys, so if your body talk is sending out signals of nervousness, self-doubt and fear, you will always have a hard time attracting women and getting them to open up and show immediate interest...

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[image]

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5 Sex Myths That Make Men Feel Bad About Themselves

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

There are many sex myths that kill the confidence of men and make them feel guilty about wanting sex.

While the following sex myths may seem fairly harmless on the surface, they actually cause a lot of unnecessary problems in society for individuals and for relationships.

Sex Myth #1: Men Think About Sex Every 7 Seconds

One of the biggest sex myths of all is that we men think about it every 7 seconds.

According to a study carried out by Dr Terri Fisher at Ohio State University in the US, there is absolutely no evidence to suggest that men think about sex â€œnearly constantlyâ€œ or that men think about sex far more often than women.

The study recorded the daily thoughts of 163 women and 120 men aged between 18 and 25 years and concluded that men think sexual thoughts on average around 19 times in a day and women on average around 10 times each day.

Why the big difference?

Researchers believe that women are more likely to give â€œsocially acceptableâ€œ answers to sex questions rather than honest ones. The reason why is that women have to pretend not to be very interested in sex, otherwise most people will label them as slutty.

Additionally, if a woman is too easy and open about sex, most guys will assume that she would be untrustworthy in a relationship. So, she has to put on an act of innocence to avoid being looked down on by others and not being trusted by guys.

The reality is that both men and women think about sex often. There's nothing wrong with thinking sexual thoughts, but most women will never admit to having sexual thoughts as often as men do.

Sex Myth #2: Women Want Tantric Sex That Goes on For Hours

Have you ever heard of couples who have sex for hours or days on end?

Good for them.

However, it's not what you need to do to make a woman happy. 99% of women do not need to have sex with you for hours to feel the type of pleasure that they crave.

What you need to do is have sex with a woman in a way that makes her feel feminine in response to your masculinity. This simply comes down to your body language, vibe, movements, energy and actions.

Most women talk about, crave and want to be on the receiving end of sex from a masculine man. When she feels your masculinity coming through, she will orgasm more easily and the sex will be more fulfilling, exciting and enjoyable than sex with a wimpy man or a man who is just neutral (i.e.

not very masculine, just a kind of “whatever” type of guy).

Sometimes you and your woman might have sex for 30 minutes to an hour, but most times doing it for 5-10 minutes is absolutely fine as long as you have the right dynamic set up and she is getting deep pleasure from every moment of being sexed by you.

Sex Myth #3: Women Prefer a Man With a Huge Penis

Guys who have an insecurity about their penis size either watch too much porn or haven't actually looked at penis size statistics.

The fact is, most guys have around about the same size penis, within a 1-2 centimeter difference. Sure, there are guys out there who walk around with a “baby arm” in their pants, but they are the minority. Almost all guys are average sized.

Additionally, I have a lot of female friends and they tell me all about this stuff. Many women have told me about an experience they've had where they were unable to have sex with him because his penis was too big. It was just too painful for her, so she had to break up with him.

She didn't say, “*Wow! It was so cool to hook up with a guy with such a huge penis!*” Instead, she was just disappointed and explained that after trying to have sex and it being so painful, she lost interest and wanted it to be over.

If you watch a lot of porn, you will see women talking about huge penis sizes and making videos with guys who have a massive dick. However, you have to stop and realize that these women are loose women who have a LOT of sex and who like a bit of pain.

The male actors are hired because of their size and ability to perform on camera. Pornography is not normal reality. These people are the exception, rather than the rule.

What really matters to most woman is HOW you have sex with them, not how big your penis is. It's about how manly you behave, how you touch her, how you look at her and how much love you've created between you prior to sex.

Sex Myth #4: Women Don't Like Sex As Much As Men

[image: Women love sex just as much as men]

Women love sex and are almost always open to having it with you right away.

Here are some statistics to help prove that to you:

- An American study found that 55% of couples have sex on their first date.
- Durex Condoms survey in Norway found that 70% of people had experienced a one-night stand.
- Student Beans survey in the UK found that 51% of men and women admitted to having experienced a one-night stand.
- The National Survey on Sexual Attitudes and Lifestyles found that the average amount of men that a woman had sex with before marriage has almost doubled in the last 10 years from an average of 3.7 to now 7.7.

Personally speaking, I've had sex with more than 250 women and about 100 of those women have come from one night stands where I met the woman at a bar, club or during the day. Today's women are much more open to having sex than most men realize.

[image: The old days...]

In the past, women had to save themselves for marriage because pre-marital sex was forbidden. Sex was seen as something that only a married couple did and anyone who had sex outside of marriage was committing a sin.

Even to this day, most men want to feel like their woman is "untouched" and hasn't had sex with many or any other men prior to meeting him.

Based on this, many women will behave as though they aren't interested in having sex or that they haven't had much sex before, but behind closed doors, women are being banged senseless all day and night by guys who know that the act of innocence that most women put on is simply an act.

[image: Women love sex just as much as men]

Women do like sex just as much as men and in many cases, women like it even more than men do. So, don't be ashamed of your sexual thoughts. It is perfectly natural for you to want to have sex with women and for women to want to have sex with you.

Sex Myth #5: Sex Addiction is a Disgusting Trait of Men

According to the American Psychiatric Association, there is no scientific proof to back up any claims of sex addiction.

When I was a boy, my mother once said to me, *"Dan...you know that actor Michael Douglas? Well, they say he's a sex addict..."* She then shook her head in disapproval.

Ironically, my mother has been happy to see me have many women in my life over the past 10 years, before recently settling down with my wife.

My mother, who is still happily married to my father, would always has a big smile on her face when she saw me with a new woman. She'd sometimes say, *"Good on you. Enjoy yourself until you're ready to settle down."* The last time she said that I replied, *"Don't worry, I am!"* and we both had a laugh.

Now that I am married (I recently got married at age 37 to my sexy, 22 year old wife), I am glad that I enjoyed myself by having sex with more than 250 women. It was a lot of fun and now I've got the girl of my dreams.

Some people might look at the fact that I've had sex with more than 250 women and say that it's wrong or that I'm a sex addict. Yet, I'm just a modern man who realized that there's nothing wrong with having sex with beautiful women who want to have sex with you.

It's not an addiction, it's just a part of modern life if you want to experience it. Sex before marriage is no longer forbidden, so a lot of men and women are now enjoying themselves sexually before settling down the right person for them.

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[image]

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How to Be the Life of the Party ...and Get the Girl!

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

A big part of being the life of the party is trusting in yourself to go with the flow and be your real self.

When you can do that, people naturally gravitate towards you because you are seen as the cool guy who is being authentic and having a great time. When women see that others like you, they like you even more and picking them up becomes twice as easy.

Being the Guy Who is Attractive to Women

Have you ever been to a party and noticed that some guys (even though they aren't good looking, tall or rich) are liked by almost all of the women there?

Have you also noticed that some guys (even though they are good looking, tall or have a great job) are overlooked by almost all of the women there?

What is going on when that happens? Why do some guys get more attention from women than others?

Feeling Awkward at Parties

[image: Feeling awkward at a party]

Have you ever gone to a house party or social function and found yourself sinking into the background, wondering how you can join in with the “popular people”?

As you feel left out and worry that you're not making a good impression, you notice another guy who is effortlessly holding everyone's attention, having great conversations with lots of laughter and having women fall all over him.

What does he have that you don't? What makes him such a “people magnet”? How is he able to be so comfortable around all the girls and be so calm, confident and cool when talking to the other alpha males?

A big part of the other guy's secret is that he knows how to make women feel attracted to him. When he interacts with women, they laugh, smile and feel excited because he knows how to trigger their feelings of attraction.

Even if he is just being friendly to most of the women, they still feel good when talking to him because he is actively saying and doing the sorts of things that make them feel attracted.

Another secret of the guy who is popular at parties is that he also gets involved in the party. He trusts that he can handle himself and just goes with the flow. However, as for you, the more time you spend hiding away from the action and wondering what his “secret” is, the more you begin to fade into the fixtures and fittings of the house, bar or venue of the party.

Instead of trusting yourself to go with the flow and have a great time, you begin to go into your head, constantly worrying what people are thinking, assessing your “coolness” in comparison to others and trying to fit in.

What you need to realize is that people go to parties to be sociable and to have fun. They go with the expectation of mingling and meeting new people and they also go with every intention of taking part in some social flirting and funny banter that goes on.

So, if you're the guy who hides away in a quiet corner observing what everyone else in the room is doing, you're missing out on building new friendships and finding yourself a girlfriend, or at least a woman to have sex with for the night. You've got to learn to trust yourself. Trust that you can hold your own in a conversation and be confident when the attention is on you.

How to Be the Life of the Party: Go With Your Gut Instinct

The people who appear to be the most charming and interesting at a party are usually those who trust their gut instinct and be themselves. Think about the times in life when you are the most comfortable being yourself. Maybe it's when you're chatting with a close friend or discussing business with your co-workers.

Whatever the case, in those moments, you are going with the flow and trusting that you can handle yourself in the moment. You're not sitting there worrying about making a mistake or looking stupid.

How to Be the Life of the Party: Flirt with the Women

Flirting is the way that a man and a woman communicate their sexual interest in each other, without actually saying the words, *"I like you and want to have sex with you."* It's a discreet form of communication that takes place during a conversation or interaction between a man and a woman.

According to the Social Issues Research Centre (SIRC) in the UK, flirting is a fundamental part of human nature: *"Flirting is much more than just a bit of fun: it is a universal and essential aspect of human interaction. Anthropological research shows that flirting is found, in some form, in all cultures and societies around the world."*

They also go on to say that without our instinctive ability to flirt, the ability to initiate contact and express interest in members of the opposite sex would also be lost, meaning we'd become incapable of progressing to reproduction and the human race would become extinct as a result! No pressure to get your back off the wall and start mingling in!

How to Be the Life of the Party: Joke with the Men

A big part of being the life of the party is being able to talk and joke around with the alpha males in the room. If women see that you are intimidated by the alpha males, they will naturally lose their feelings of attraction for you.

If other guys see that you are intimidated by the alpha males, they will sometimes begin to treat you disrespectfully by making you the butt of jokes or excluding you from conversations.

How to Be the Life of the Party: Help People Feel Good About Themselves

If you want people to show interest in you at a party, you often need to make them feel good about themselves first. Since most people are insecure and lack confidence in themselves, they respond very positively to those who make them feel good about themselves. So, avoid being the guy who talks about himself the whole time, focuses on negative conversation topics or points out mistakes a person is making in life, in the conversation, etc.

When you say something that makes someone else feel good about themselves, you make yourself a more attractive person to be around and you instantly come across as a more "likeable" guy.

Warning: I am not saying that you should be handing out insincere compliments or loads of compliments. It needs to be sincere and it needs to be a minor part of the conversation you have with the person.

Focussing too much on saying nice things will make you come across as insincere or as an a** kisser. Neither is good at a party or in life for that matter!

How to Be the Life of the Party: Talk to as Many People as Possible

The more people you talk to, the more popular you will become at the party. After speaking to people in five separate groups, don't be surprised if, on your way to the toilet/bathroom, you are stopped once or twice by people who want to talk to you again.

This is much better than feeling like an outsider and going to the toilet/bathroom to merely "hide" for a while until you recover from the anxiety you're feeling.

So, talk to everyone. Talk to the cool people, the "uncool" people, the grannies, the young people, the staff (if there is any), the host of the party and anyone else who happens to be around. Soon enough, you'll have people walking past and tapping you on the shoulder to chat to you again or calling you over to rejoin their group.

How to Be the Life of the Party: Be the Guy You Imagine Yourself Being in Your Daydreams

Every guy who wants to become more attractive to women, more skilled socially and an all-round confident guy, will spend many hours a week daydreaming about how things "could be." Don't worry about how things could be. Make it happen in reality by DOING IT.

The guys you see at parties who seem to be effortlessly holding everyone's attention, they're just mingling. They're putting themselves in a position to meet the maximum number of people and, crucially, they are trusting their gut instinct and going with the flow.

You need to learn to trust yourself and be the guy who imagine yourself being in your daydreams. People are rarely going to come looking for you if you're hiding out somewhere in a quiet area of the party, and no one is going to hang around for very long if you're not fun to be around when they do find you.

To be the life of the party, you have to trust your gut instinct and allow the real, confident and charismatic version of yourself to come to the surface.

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[image]

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Rejection Isn't What Most Guys Think it is...

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

No man is compatible with every woman and no woman is compatible with every man.

Just like every piece of a jigsaw puzzle doesn't fit together with any piece, nature is designed in a way where every person is not a perfect match for every other person.

If you meet a woman and it doesn't end up in a sexual relationship, don't look at it as a rejection. Instead, simply understand that no man is compatible with every woman and no woman is compatible with every man.

When you understand that, you will realize that rejection isn't the horrible, scary experience that you've been making it out to be.

Are You Afraid to Approach Women Because You Fear Being Rejected?

For many guys, the thought of approaching a woman and experiencing an interaction that doesn't go from a conversation to phone number (or kiss) and then to sex or a date causes them to feel enough fear to hide themselves away from dating altogether.

They don't like the idea of things not working out because they assume that if it doesn't work out with one woman, they are being rejected by all women.

Here's what is really going on...

If you approach a woman and it doesn't work out, it means that you're either not compatible with each other or you simply didn't say or do anything that made her feel attracted to you.

To increase the chances of a woman feeling like you are a compatible match, you have to make her feel attracted to you. If a woman doesn't feel attracted to you, she might like you as a person, but the lack of attraction will make her feel like you are romantically incompatible.

If you were able to make her feel a lot of attraction for you, she would most-likely be interested in having sex with you or giving a relationship a shot, even if she felt like the relationship might not last for a life time.

Looking at Rejection in a Different Way

I often receive e-mails from guys who have lost a lot of confidence in themselves after asking a woman out and discovering that she's not interested in anything other than being friends, or after approaching a new woman only to discover that she isn't interested in talking to him.

It saddens me to hear that sort of thing from guys because if he just understood what I know about rejection, he wouldn't have to go through such an unnecessary and painful experience.

Here are two common "rejection scenarios" that men encounter with women. I'll explain what is really taking place and why rejection has nothing to do with it...

Rejection Scenario #1: Approaching a New Woman

The Situation: This can be anywhere that you see a woman you are interested in meeting â€” nightclub, bar, store, park, party, cafe or restaurant and so forth. When you approach her, she ignores you or behaves as though she's not interested in getting to know you.

Your Reaction: You feel rejected.

Why She Didn't Show Interest: Itâ€™s very possible that the woman is already in a relationship and isnâ€™t interested in getting to know you (or any other man) at this time in her life. So, she just wants to make it clear, as quickly as possible, that she's not interested in talking to you or getting to know you. She simply doesn't want to give you the wrong impression.

Itâ€™s also possible that she might be with a group of her friends and is not looking to meet anyone that night because itâ€™s a â€œgirls night outâ€ or they are celebrating something important and she doesnâ€™t want to be rude to her friends. Her lack of interest in talking to you can be for dozens of reasons that have nothing to do with you as a man.

Itâ€™s also possible that your approach was a bit awkward. You may have appeared nervous and, as a result, you weren't able to demonstrate the essential confidence that women look for in a guy. She may also have noticed you looking nervous and tense as you tried to work up the courage to approach her.

In short, you failed to display the essential traits that women look for in a man. Because of that, she was able to quickly determine that you and her weren't compatible with each other and thus, she did not want to continue interacting with you.

That isn't rejection.

It's just a case of you and her finding out whether or not you are compatible with each other at that moment in time. Had you approached in a more confident way and made her feel attracted based on what you were saying and doing, she would have most-likely been more open to you and the interaction would have ended up with a phone number exchange, kiss or sex that night.

If your approach was good and you did make her feel attracted to you, but she played hard to get, it means that she was testing your confidence level. If a woman is attractive, it's very easy for her to get men interested in her, but it's not easy for her to find a guy who doesn't become nervous, desperate or insecure when she plays hard to get.

Rejection Scenario #2: A Woman That You Are Dating

The Situation: Youâ€™ve been out a couple of times with a woman, but she suddenly stops answering your calls or replying to your texts.

Out of nowhere, she becomes too busy to see you and doesn't make an effort to fit you in to her schedule. She might even be straight-forward and tell you sheâ€™s no longer interested in anything â€œromanticâ€ or â€œsexualâ€ and just wants to be friends.

Your Reaction: You feel rejected.

Why She Lost Interest: In most cases, the reason why a woman will go from wanting to be with you to not wanting to be with you is a lack of attraction.

You may have been able to attract her initially, but your inability to maintain a woman's feelings of attraction for you has led to her losing interest in being with you. You can get her back if you are

able to trigger her feelings of attraction for you again.

Watch this video for more info...

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[image]

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How to Attract a Classy Woman

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

To truly understand how to attract a classy woman, you first must understand what attracts women to men in the first place.

It doesn't matter if a woman is rich, poor, classy or classless, the things that make her feel sexually attracted to a guy are going to be very similar.

I'm not talking about her "liking" a guy or appreciating that a guy is from the same class in society as she is, but what makes her feel sexually turned on.

How Do You Define Classy?

When a guy is seeking to learn how to attract a classy woman, he won't always be imagining a classy woman in the same way as every other guy.

Some guys might consider a very posh, rich woman with expensive taste to be classy, whereas other guys might feel as though class has more to do with her manners and attitude to life.

So, how do you define classy? In the dictionary, classy is listed as meaning "***stylish and sophisticated***," but does that definition describe what you're looking for in a woman?

A woman may be considered **stylish** because of she is wearing nice clothes, but does that really make her classy? She might seem to **sophisticated** because of her worldly experience or cultured tastes, but does that make her truly classy?

When it comes to defining classy in reference to a woman, there is no clear-cut answer. You could say that class, just like beauty, is in the eye of the beholder. It also depends on a person's perspective and upbringing.

For example: If you meet a woman at a party and she uses the word "classy" to describe herself, would that make you see her as classy? Most guys would say "No" because when someone claims to be classy (or cool), they are usually labelled as being a "try hard."

Class isn't something a woman (or a man for that matter) can go out and buy and then wave in the face of others. This is where some of the guys who are looking to attract classy women go wrong. They assume that to attract a classy woman, they have to impress her with nice clothes, money and means.

In my opinion, real class has nothing to do with the clothes you wear, the car you drive, or where you've just flown in from. Class is about who you are (your character), where you're going in life and how you treat others on the way to that destination.

By the way, if you're wondering what I meant by "character" in the context of being attractive to women, here's the dictionary definition:

Character (*noun*): The sum of features and traits that form the individual nature of a person. Qualities of honesty, courage, integrity, determination, etc.

One of the mistakes that a lot of men make when trying to convey their true character to women is to be extra nice in the hope of being liked. Yet, goodness and niceness isn't enough to impress or attract

women.

Watch this video to understand why...

Classy Women Are Attracted to Men of Substance

If you are the sort of guy who knows exactly who he is and has the confidence and courage to be his true self around others, you are very attractive to all women.

If you are also fearless when it comes to love and relentless when it comes to achieving your true purpose in life, you are extremely attractive to all women. Then, if you can just add in respect, love and compassion for others, you become what most women refer to as a man of substance.

You're an aware, enlightened man who isn't hiding from his true potential in life. You love and accept people for who they are, while also being an inspiration for them to become an even better version of themselves.

You aren't afraid to think deeply and ponder the big questions of life, while at the same time being wise enough to still appreciate the simple things in life.

Who a guy is a person is what a classy woman is really interested in, not the superficial stuff that can be bought from a shop (e.g. colognes, nice shirts, shoes, a flashy car, etc).

A classy woman is looking for the real deal because she sees herself as the real deal. She will settle for nothing less than a fair exchange.

She's sophisticated enough to know when a guy is genuinely being himself and when he's trying hard to be someone that he's not. A classy woman wants a real man, so you need to be able to communicate who you really are when you interact with her.

Classy Women Can Spot a Fake

Classy women don't feel attracted to a faker who is posing in an expensive suit and shoes. They are looking for a genuine guy who doesn't feel the need to put on an act, but who can also get along with them on their level.

You have to believe that you are good enough for her and you have to allow her to feel that when she interacts with you. To attract a high quality woman, you have to have a high quality personality and character as a man.

If you are just pretending to be confident enough, cool enough or valuable enough for her, but deep down you don't believe you are, she will spot it. She will pick up on the small cues from your body language, tonality, eye contact, vibe and conversation.

She will know that you're trying to attract a woman whom you perceive to be way out of your league. When she notices that, it will turn her off on a deep level because she will feel as though hooking up with you would mean that she is losing value.

All women, not only classy women, want to feel as though they are trading up in value when they hook up with a guy. That doesn't mean that you have to be wealthier than her or better looking than her at all; it just means that she has to feel as though she is lucky to be getting a guy like you.

That will happen when you know that you are more than good enough for her. How can you know that? Simple: You learn how to attract women when you interact with them. When you do that, you

will notice that almost all of the women that you properly meet will feel a lot of attraction for you. After experiencing that for a while, you get to a point where you just know that you're good enough for most of the women you meet. When that happens, you have a certain vibe about you that is irresistibly attractive to women.

Just by interacting with you for 30 seconds to a minute, women can tell that you're the sort of guy that most women want to be with. How? They feel a lot of attraction for you based on your body language, vibe, attitude and charisma and they realize that other women would feel that way too.

When you get to that level of skill with attracting women, it doesn't matter if the woman is classy or classless – she will feel attracted to you. You will know exactly what to say and do to make her want to be with you sexually.

Classy Women Aren't Attracted to Desperate Men

There are some guys out there who dream about attracting a classy woman, but at the same time – they also dream about attracting ANY woman.

If a classy woman notices that you're not only trying to pick her up, but you're also keenly interested in women who are less attractive and less classy than her, it will completely turn her off. Classy women and beautiful women prefer men who are less easy to impress.

In other words, a guy who is a bit of a challenge...

If a woman gets the sense that you're desperate to score with any woman who will give you a chance, it will turn her off on a deep level.

For example: When a party is winding down at the end of a night, a desperate guy will settle for any available woman and forget about his dreams of attracting a classy or very beautiful woman.

It may seem like a harmless act to hook up with any woman, but if you are willing to drop your standards and have sex with the "leftover" women that other guys don't want, it may make you begin to feel like that's all you really deserve.

After a while, you may come to believe that you're the sort of guy who can only get women that other guys don't want...and that just isn't true.

Classy people demonstrate self-respect (to themselves and to others) by expecting their standards be met. They know what they want out of life, they know what they value and they're not prepared to settle for anything less.

The guys who settle for any woman have no self-respect and no self-respecting woman will want to be associated with a guy like that. A classy woman wants a man who has high standards that he will stick by, rather than accepting whatever he can get.

For some guys, having sex with any type of woman feels like a better option than another night alone, but accepting junk affects your character. Think about the classy men that you've met who have high standards and only accept the best.

They have a certain air about them that is impressive. They are strong-minded and are the sort of man who get what they want out of life. Classy women pick up on those subtle cues and it is what makes him stand out from the crowd.

If you want to attract a classy woman, you have to start treating yourself with more respect. Expect

the best and stop at nothing until you get it, because you really do deserve it.

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[image]

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The Kissing Drug

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Kissing a woman instantly releases natural drugs in her brain that cause her to consider having sex with you.

So, if there's a woman that you like and you are aiming to have a sexual relationship with her, stop talking to her or trying to get to know her and just kiss her.

[image: Just kiss her!]

Some guys make the mistake of hanging around a woman for months and sometimes YEARS, hoping that something will happen.

Guys like that will often lose sleep at night wondering if the girl likes them or not, never realizing that a sexual relationship with her is just a kiss away.

Most women won't kiss a guy first because they want to see that he has enough confidence and masculinity to do it on his own.

Women don't want to have to guide an insecure, hesitant or clueless guy through the process of hooking up with them. They want you to know when they are interested and then kiss them when the time is right.

Kissing Releases a Natural Drug That Makes Her Want Sex

Scientists have discovered that when a man and a woman kiss, it triggers the release of several neurotransmitters in their brain, such as:

Dopamine: Dopamine is directly associated with the reward system of the brain. The chemical induces enjoyable feelings in a person to help motivate them to continue performing certain activities. So, when you kiss her, the dopamine naturally increases her feelings of desire for you.

Serotonin: An increase in a woman's serotonin levels creates that feel-good mood associated with kissing. Both of you might feel that "buzz" in your heart where you suddenly feel like you have connected and there is a unique and exciting spark between you.

Oxytocin: Also known as the love hormone, oxytocin is released during orgasm, kissing and foreplay. The release of oxytocin is believed to increase the bond of attachment between couples.

No amount of talking or being nice to a woman is going to get this chemical flooding through her brain. If you want a woman to have sexual desire for you beyond her initial attraction, you have to make a move and kiss her so you can get some oxytocin flowing through her brain.

Kissing Her Changes Everything

[image: Kissing changes everything]

The end of the friendship (or a friendly interaction between two strangers) and the beginning of a sexual relationship, starts with a KISS.

No amount of talking to a woman will cause her to feel the same kind of sexual desire that will occur

when you kiss her. A woman might really like you and want to be with you, but without a kiss, those feelings can fade away.

If you just talk to a girl and hope that something magically happens or that she makes the first move, you run the risk of being replaced by another guy who knows how to make her feel attracted and then has the confidence to make a move.

[image: Took too long to kiss, so he lost her]

Nothing bad will happen if you move in for a kiss and she doesn't want to. You just have to say in a confident, relaxed manner, "Oh, okay...I guess I was reading the signals incorrectly. You're not ready to kiss me yet."

If that happens, you haven't been fully rejected. It's just a temporary obstacle that you need to overcome by making her feel more attraction for you. Here's how it works...

Kissing Quickly

Personally speaking, I will sometimes kiss a woman within minutes of first meeting her.

I know that once I have kissed a woman, it instantly becomes so much more likely that I will have sex with her that night, or at least have sex with her on the first date.

The reason I am able to kiss women so quickly and easily is that I start by attracting women first. I don't talk to them like a friend who is trying to get to know them. I do talk to them in a friendly way, but I also make the interaction feel sexual in a subtle way.

The woman feels attracted to me, notices my sexual attraction for her and then a window of opportunity will open and I'll have a chance to kiss her. When I see the opening, I just go ahead and do it. If I don't see that she is open for a kiss, I usually just wait and build up more attraction first and then make a move when the window of opportunity does appear.

What Your Kiss Reveals to Her

The first kiss is very important to a woman.

When you kiss her for the first time, she wants to feel your confidence, masculinity and love.

However, she doesn't want you to go overboard with it. She wants to see that you find her incredibly sexy, but you can also control yourself.

You really like her, but you're not needy or desperate. You're very confident, but you're not trying to show off. You're masculine, but you're not trying to be overly dominant to impress her.

Instead, you're just relaxed, confident and doing whatever you feel like doing in the moment.

If a woman gets the sense that you're not worrying about trying to impress her and are just doing whatever you feel like doing in the moment, it will be deeply attractive to her. Being like that allows her to trust in your ability to be the man.

She doesn't have to continually question whether or not you are confident enough to be with her. She can see it. You are the man.

When she sees that, it allows her to relax into being girly around you, which is hugely satisfying for women. Most guys can't make women feel that way.

When she feels girly around you and trusts in your confidence, your kiss will feel a million times better than it would if she felt awkward around you because you lacked confidence.

In a study carried out by evolutionary psychologist Gordon Gallup, 66% of women reported that they had once ended a new relationship because the guy they were dating was a "bad kisser." That's a pretty big percentage and a very strong case for not just planting your lips onto a woman's face and hoping for the best.

"Any man who can drive safely while kissing a pretty girl is simply not giving the kiss the attention it deserves" — Albert Einstein

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[image]

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Why Don't Women Like Me?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you haven't been able to get laid or get a hot girlfriend in quite a while, you may have begun to ask yourself the question, *"Why don't women like me?"*

You may have also begun to believe that you're just not good enough for beautiful women and that attracting and picking up women is just too difficult.

Yet, here's what you probably don't realize: **You are already good enough for most women.**

Additionally, attracting women is VERY EASY once you know how to do it and have tried it once or twice.

[image: Start off by creating a spark of sexual attraction]

Pretty much any guy can instantly learn how to begin attracting women during conversation, so he can then get laid or get a girlfriend.

Yes, even you.

[image: Why don't girls like me]

You are a fairly likeable guy, right? You're not a horrible person who women hate, right?

Sure, you haven't been getting laid and women haven't been lining up to be with you, but that's not because they hate you.

Why is it happening? Why have you gotten to the point where you've been wondering, *"Why don't women like me?"*

Simple.

You're not actively making women feel sexually attracted to you when you talk to them...and other guys are.

You might be a good guy, but that isn't what gets a woman sexually aroused.

The difference between a good guy who gets laid and has his choice of women and a good guy who has to jerk off to porn all year long, is that one good guy ACTIVELY makes women feel sexually attracted during a conversation and the other guy just make women feel nice, friendly or neutral emotions.

In other words, you have to MAKE women feel sexually attracted to you when you talk to them.

Watch this video to learn more...

When you trigger feelings of sexual attraction inside of a woman, she will then appreciate all the other good things about you (e.g. you are a smart guy, you have good intentions with her, etc).

However, if you don't make her feel much or any sexual attraction, she won't be turned on by the fact that you're smart and that you'd treat her well if she got into a relationship with you.

Are You Being Too Much of a Nice Guy?

When a guy contacts me to ask, *"Why don't women like me?"* he is almost always type of guy who is too nice to women.

There's nothing wrong with being nice to a woman and there's nothing wrong with being a good guy, but you also have to be able to make women feel sexually attracted to you by displaying the personality traits and behaviors that naturally attract women (e.g. confidence, charisma, masculine vibe, charm, etc).

If your main approach to women is based on showing them that you're a nice, friendly guy who has good intentions, it's not going to make you stand out from the crowd.

Watch this video to understand why...

Most women do want to find themselves a good guy, but that guy also has to make her feel attracted. Without sexual attraction, there will be no reason for her to want to be anything other than a friend or stranger to you.

When you make a woman feel sexually attracted to you, she then really appreciates that you're also a good guy. She is excited to have met a good guy who also turns her on.

Are You Too Easily Impressed By a Woman Just Because She Looks Good?

If a woman is attractive, most of the guys who see her will be willing to have sex with her simply based on her appearance. Many of those guys will also be willing to have a relationship with her, even though she hasn't done anything other than look good.

This is a boring, repetitive, unexciting experience for an attractive woman. When a girl grows up and realizes that she doesn't have to say or do anything special to impress the majority of guys, she starts to feel more attracted to guys who offer a bit more of a challenge.

Watch this video to understand this further...

It's very easy for women to make men feel attracted because we men feel an intense attraction to a woman's physical appearance. Women can feel attracted a man's physical appearance, but the most intense types of attraction that women feel are to a guy's personality and behavior.

When a woman interacts with a guy, his personality, vibe and behavior is either going to turn her on, make her feel neutral or friendly towards him or turn her off. When she talks to him, his conversation style is either going to make her feel happy, excited and turned on or it's not.

Improving Your Ability to Attract Women

[image: Rejected yet again...]

If you want girls to like you and want to be in a sexual relationship with you, the main thing that you need to focus on is your ability to make women feel attracted to you when you interact with them.

You can't just rely on looking good or being a good guy. You have to display the personality traits and behaviors that naturally attract women.

When you know how to properly attract women, you will see that picking up women for sex or a relationship is actually one of the easiest things that a guy can do in life. Women are much easier to pick up than most guys realize.

Back when I had no idea how to attract women, I would talk to women for as long as I could and hope that she would “like” me enough to give me a chance with her. Women could sense the desperation in my body language, conversation and overall vibe and it turned them off.

It took me a long time to work out that guys can actively make women feel attracted to them based on what they SAY and DO during an interaction. When I worked that out and began doing it, everything changed.

Instead of trying to get women to like me, they automatically liked me because they were feeling sexually attracted and turned. Instead of struggling to keep a conversation going and keep it interesting with a woman who was rapidly losing interest, women began to eagerly keep conversations going with me.

Your current lack of ability to attract women is the real reason why women don’t like you. It’s not because you’re a guy who cannot be loved or wanted by women. You are most-likely an awesome guy and you don’t need to change who you are to get girls to like you.

What you need to do is learn how to make women feel sexually attracted to you. Luckily, it’s a very and natural thing to do.

If you’d like me to teach you how to attract women so that they automatically like you when they meet you, click below to unlock my best secrets...

×

[image]

Almost there! Please complete this quick form to gain instant access.

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How to Stop Feeling Intimidated By Beautiful Women

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

One of the best ways to stop feeling intimidated by beautiful women is to understand that they don't actually want you to feel that way.

Most of the guys that a beautiful woman meets will feel intimidated by her and try really hard to impress her.

Simply based on her looks, guys will behave as though she is so valuable and is something to be afraid of.

Yet, she's just a normal girl and she doesn't want you to be afraid of her.

In fact, she actually wants you to be more of a challenge for her to overcome, rather than being so keen on her just because she looks good.

If She Acts Cold, She is Usually Just Testing Your Confidence Level

Some beautiful women are open, easy and friendly when guys approach them.

Yet, the majority of beautiful women have to put up their guard and act a bit cold and disinterested, otherwise they will make it easy for nervous, insecure guys to get a chance with them.

Women are mostly attracted to a guy's confidence, so acting cold towards you is one of the quickest ways to find out if you have enough of it. You want to have sex with her because she is beautiful and she wants to have sex with a guy who has the type of confidence that she is looking for.

When a woman tests you by not contributing much to a conversation or by looking at you in a judgemental way, the trick is to just maintain your confidence. Don't think, "*Oh no! I'm losing her!*" and start panicking or looking nervous.

Simply relax and let the silence happen in the conversation, or smile at her judgemental look. She will so impressed by that and excited to finally be talking to a guy who doesn't panic when she offers a bit of a challenge.

She Doesn't Want You to Be Extra Nice to Her Because of Her Looks

One of the biggest mistakes that guys make around beautiful women is to be extra nice to her in the hope that it makes her "like" him.

There's nothing wrong with being nice to a beautiful woman, but it isn't the thing that turns her on and makes her want to have sex with you.

If you want to feel confident around beautiful women, you have to focus on making them feel attracted to you. When a woman feels attracted to you, she will help to keep the conversation going and will be much more open and friendly with you.

When you know how to attract beautiful women and have a few experiences doing it, you begin to feel more confident around them. You stop feeling intimidated because it's no longer a case of you trying to get a chance with her, but her hoping to get a chance with you.

Personally speaking, since working out how to attract women, I've had sex with more than 250 women.

Some of my girlfriends would be considered to be very pretty, some cute and girly, some girl next door types, while others have clearly been model material or actually working as models (I hooked up with four catwalk models over the years).

Despite the differences between each woman that I've had sex with over the years, one thing has remained the same every time – *the way I treat each woman*.

I don't care if she is a TV reporter (an ex-girlfriend of mine was), a catwalk model (same again) or a dental nurse (that was the one time I actually enjoyed going to the dentist), I always treat each woman the same.

They don't get extra special treatment from me just because they happen to be pretty, sexy or beautiful. In fact, that approach to women is one of the main reasons I have been able to have my choice of women.

So many women are relieved, impressed and utterly intrigued that, unlike other guys, I am not shaking in my boots because of their beauty and sex appeal.

She Doesn't Want You to Feel Afraid to Come Over and Say Hi

Most beautiful women only ever get approached by drunk guys or nervous, nice guys who are hoping to get a chance with them.

What beautiful women are hoping to experience is a cool, confident, charming guy to walk over and be NORMAL around them. Yet, most normal guys are too intimidated to approach.

...and that is a huge opportunity for you.

One of the things that amazed me when I began to approach and pick up women, was the fact that most guys just stand around and stare at the hotties in a bar or club. They are too afraid to make a move and get rejected in front of everyone because they don't even know how to attract women.

Secretly, they know that they have no idea what to say or do to get the beautiful woman to feel attracted and are just going to hope to get lucky. Yet, after a few failed approaches, most of those guys give up and just stand around looking at women.

When you can be the guy who is not only confident enough to approach beautiful women, but you also know how to attract them, you will realize that you have hardly any competition from other guys. It's basically you vs. drunk guys and nervous guys.

Most "good looking" guys don't want to look desperate by approaching, so they just stand around trying to look good. What allowed me (an average to below average looking guy) to have so much sex and choice with women was that I actually approached and also focused on actively attracting women.

So, if you are interested in approaching and talking to beautiful women, but need a bit of a confidence boost first, check this video out...

2 Ways to Feel Less Intimidated Around Beautiful Women

Here are 2 more ways to relax and feel less intimidated around beautiful women...

1. Don't Place Her Above You in Terms of Value

When a guy approaches a beautiful, he usually blows it by acting like a little boy who has just met his superhero. He's feeling so much attraction for her that he comes across as excited to be talking to her and eager to get her approval.

Yes, a beautiful woman is great to look at and she is special, but she doesn't want to be with a guy who feels like her is less valuable than her. A guy like that will most-likely become insecure and clingy in a relationship and she will then have a hard time when trying to break up with him.

She wants a guy who at least feels like her equal, but ideally, a guy who feels like he would be doing her a bit of a favor by being with her. Beautiful women won't go around admitting that openly because many guys will take it as an invite to treat her badly.

Beautiful women expect a guy to know the deal and if he doesn't, she just rejects him and waits to meet a guy who understands.

2. Remember That She is Actually Insecure About Her Looks

[image: Women being insecure about their looks]

According to a global survey on beauty conducted by Dove cosmetics, 96% of women do not consider themselves to be beautiful.

Weird, I know, but it's true.

Even though a woman will act like she is very confident and as though she thinks she is the hottest woman in the world, she will almost always be insecure.

She knows that she doesn't look as good without make up and that she doesn't look like the perfectly Photoshopped women in magazines and on TV commercials. She knows what she looks like when she wakes up and it's a lot different to how she looks after doing her hair and putting on make up for 1-2 hours.

[image: Blonde before and after make up]

[image: Blonde before and after make up]

[image: Dark blonde before and after make up]

[image: Brunette before and after make up]

[image: Brunette before and after make up]

Learn More?

If you are sick and tired of feeling intimidated by beautiful women and would rather be having sex or enjoying a relationship with them, make sure that you continue to learn from us here at The Modern Man.

We've been hooking up with beautiful women for years and we've also taught 1,000s of guys to enjoy the same type of success with women that we've been enjoying...

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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The DO's and DON'Ts of Dating Multiple Women at Once

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

These days, dating multiple people at once is something that both men and women do to enjoy a fun and exciting lifestyle full of sex, love and rollercoaster emotions.

Some people want to settle down and get married right now, some want to start a family as soon as possible and others just want enjoy sex and good times for a while.

How about you?

If you are a man who is interested in dating multiple women at once, you may:

- Have just come out of a long-term relationship and are now looking to have some fun, before committing yourself to another serious relationship.
- Be too busy at the moment (i.e. with work or study) to devote yourself to a committed relationship.
- Enjoy having new women in your life all the time.
- Get bored after having sex with a woman for a few months.
- Have not found the right girl yet who makes you feel like you want to commit for real.
- Have recently been dumped or cheated on by a woman you really loved and now want to get some revenge by having sex with many women and breaking hearts along the way.
- Enjoy pulling one night stands from bars and nightclubs and then dating women for a while before replacing them with new girls.
- Be bored in a relationship or marriage and want to get some action on the side.
- Be tired of jerking off to porn every week and now want to have sex with hot women in real life.
- Be with a woman who doesn't want a fully committed relationship right now. SheÂ just wants to enjoy sex and good times for a while and see where it goes.

The Most Important Skill That You Need if You Are Going to Date Multiple Women at Once

The ability to make a woman feel attracted to you at will, is the most important skill you need to attract and date multiple women at once.

If a guy doesn't know how to make a woman feel a lot of attraction for him, he won't be able to pull off the lifestyle of dating multiple women at once because he will be relying on 'getting lucky' every once in a blue moon.

If you want to be the kind of guy that women date and hook up with, even though you are seeing other women, you need to be able to make them feel a LOT of attraction for you based on what you say and do when interacting with them.

You can't just make a woman feel an average or low amount of attraction for you and then expect that she will put up with you wanting to sleep with other women.

If a woman can tell that other women aren't very interested in you, she will find it easy to gain

control over you.

For example: If you're trying to pick her up and she isn't contributing much to the conversation, she will be able to see that you're worried about losing her.

She will sense that you need her way more than she needs you. She will pick up on the fact that you don't really have many or any options with women.

You can still pick women up if you don't have any other options, but you won't be able to date multiple women at once because all a woman will have to do is stop calling you or pull back her interest and you will naturally begin to chase her...because she is all you have.

To get to a point where you can successfully date multiple women at once, you have to know how to make women feel INTENSE attraction for you. When you can do that, you will see that most of the women you meet feel attracted to you.

From there, you will develop a type of confidence in yourself that only a small percentage of guys have. This type of confidence is something that women notice in men and it attracts them like a magnet.

My Dating, Sex and Relationship History

[image: Dan Bacon - dating coach]

Personally speaking, I had sex with more than 250 women before settling down with my perfect girl two years ago and then recently getting married after a short engagement.

As you will see if you watch the video below, I had an amazing time having sex and enjoying fun times with many women and I'm now enjoying deep love and commitment with my perfect woman, which is just as, if not more amazing than dating multiple women at once.

If didn't have sex with so many women before settling down, I don't think I would have felt satisfied enough to settle down. I always held the view that there were way too many sexy women in the world to just have one of them. Yet, by the time I met my girlfriend, I had enjoyed more than enough women to satisfy my insatiable appetite.

Poll

"What is Your Relationship Goal?"

- ☐ Marry a woman and stay with her for life
- ☐ Stay with one woman for life without getting married
- ☐ Have relationships with many women throughout life
- ☐ Still not sure

Vote

[View Results](#)

[image: Loading ...]

How Many Women Did I Date at Once?

There were times when I had five or six women on rotation, who were all actively pursuing me and coming around to my place for sex.

Most of the time though, I just kept to three women at once because any more than that and it began to cause more problems than it was worth (e.g. It became difficult to remember who you took where, what you talked about, what movies you saw, their personal interests and so forth).

Seeing more than three women at once also eats up too much of your time, which then takes you away from achieving your life purpose or career goals, so I recommend that you limit the number of woman you are seeing to two or three at once.

When you're dating multiple women at once, they won't all be in your life full time all the time. Sometimes, you will have women who come in and out of your life every few months just to see you a few times and then they leave again because they know they can't get you to commit.

I always had those girls in the background and when they were bored or feeling lonely or were sick of meeting guys who didn't make them feel the type of attraction they were really looking for, they'd text or Facebook message me and we'd catch up at my place for sex.

Some of them wanted to be "wined and dined" before the sex because they didn't want to make themselves look cheap, which was fine by me because I love women and enjoy spending time with them. It was always a good break away from the endless hours of work that I put into The Modern Man.

With those women, I would go out to dinner or a movie, go for a drive down to the beach or go out clubbing with them and then go back to my place for sex.

That went on for many years and I never, ever got bored of it.

When I met my girlfriend (who recently became my wife), we immediately fell in love with each other.

It was weird because even though I had other women in my life when I met her, she instantly became my number one girl. Both her and I couldn't eat or sleep properly after meeting each other because we knew that this was it.

She moved in with me almost immediately (she stayed over after the first two days of knowing each other and then packed up from where she was living to come and be with me) and we've been inseparable ever since.

I sent text messages to four different women to let them know that they wouldn't be able to come around to my place for sex anymore. Two women called me up crying, another one called up and told me that should would wait until I dumped my girlfriend and the other said that I was an asshole.

Two months later, the girl who said I was an asshole sent me a Facebook message saying that she missed me and hope that we might be able to be together again one day. I wasn't surprised.

6 DOs and DON'Ts of Dating Multiple Women at Once

[image: The DOs and DON'T of dating multiple women at once]

1. Don't Call, Text or Message Her Once You've Begun Having Sex

The golden rule of dating multiple women at once is to never call them after you've had sex.

Get to sex and then don't call. The point of this is to let her understand that you're not chasing a relationship with her and will only catch up with her when she reaches out to see you.

Dating multiple women is different to dating one woman and courting her into a committed relationship. If you are courting a woman, you might proactively text her, talk to her on the phone or see her in person a few times a week.

Yet, if you're dating multiple women, you should stop calling or texting after you've had sex with the woman for the first time. It's fine to make a comment on her Facebook status update, click "like" on a photo, etc, but avoid proactively chatting with her online, on the phone or via text.

If you don't want to fall into the trap of seeing her as your girlfriend or potential wife for life, never, ever initiate a call or text with her. Always be the one who is replying. Just wait and let her be the one who calls, texts and sends Facebook messages to you.

When she does reach out to you, only answer your phone calls from her sometimes and then take your time to reply to texts and Facebook messages; sometimes immediately, sometimes an hour or two later and sometimes the next day.

If you are the one who is always calling her and texting her, she will assume you want to be her committed boyfriend, so just let her do all the chasing after sex has happened between you.

When you answer your phone (you should only answer it sometimes), keep the conversation brief and positive, but try to get her to get to the point of the call instead of wasting your time chatting about random stuff.

If she asks to see you or go out on a date again, but you're going to be busy on the day she wants to meet, just set up another time to meet her. If you are free to meet her, it's fine to go ahead with that, but just make sure that you avoid seeing her too often.

If you want to date multiple women, you've actually got to spend time with multiple women. Don't spend too much time with one girl.

Seeing her once a week is perfect. Twice a week and it starts getting too much like a boyfriend/girlfriend situation and three times a week means you're pretty much committing yourself to one girl.

If you are actually dating multiple women and have a life purpose that you are following through on, you simply won't have the time to see her more than once a week.

If you don't maintain a balance of seeing her once a week (or less), as well as having a life purpose that you're actively pursuing, then it will be difficult for you to control your emotions (e.g. eagerness to see her, feeling lonely and bored, etc) and successfully date multiple women at once.

Bonus tip: Having a life purpose that is more important to you than just a woman is an important part of being what women refer to as a real man. They won't go around admitting

it in public, but the majority of women want a man who doesn't base his life on a woman.

Women want a man to love them, want them, appreciate and respect them, but they also want that man to have more to his life than just her.

Think of the men that you respect and look up to most in this world and you will realize that they are men who are on purpose. They have a big goal, mission or purpose and they are going after it with unrelenting determination.

When a guy lacks purpose in life, he is more likely to become needy, clingy and insecure when in a relationship with a woman. When that happens, the woman loses respect and attraction for him and the relationship begins to fall apart.

2. Do Be Honest When She Asks You, “Are You Seeing Anyone Else?”

Once you’ve had sex with her a few times, but are not behaving as though you want a committed relationship, a woman will usually ask if you’re seeing any other women or where you think your relationship with her is headed.

The best approach is to be honest with her.

For example:

- **Her:** *Are you seeing anyone else?*
- **You:** *Yes, I’m seeing other women as well because I don’t want a fully committed relationship right now. I like you the most though.*
- **Her:** *Where is this going? Are we going to have a committed relationship or do you just want me for sex?*
- **You:** *All I know is that I really like you, that you’re sexy and that you’re a great woman. Right now, I just don’t want a committed relationship though. If you can’t handle that, then we won’t see each other anymore, but if you can, then we can keep seeing each other like this and see where it goes.*

To lessen the blow and not bruise her ego too much, you can also reply with a bit of humor instead of immediately giving her a serious response.

For example: If she asks you whether or not you are dating multiple women, you can smile and look around the room and say, “Hmmm, let me see. Nope. It looks like you’re the only one I’m with. Only you baby...” and then change the subject. Some women will laugh and then read between the lines to determine that you’re only having sex with her and are not in courting mode.

It’s important to point out here that many women actually **want** you to avoid answering the question because they just want to have casual sex with you for a while. Not all women are looking for a committed relationship.

Sometimes, it’s best to turn the question back on the woman by saying in an easy-going, kind, but also assertive way, “Why are you worrying about that? I’m here with you, we’re having a great time...there’s no need to worry about that stuff...I like you...don’t worry so much about those things.”

You can then add in that since you’re not in a committed relationship with her right now, you wouldn’t think of asking her if she’s dating other men at the same time. That will make some women feel a guilty for bringing up the subject or hesitant to ask you about it again in future.

After telling a womanÂ not to worry so much about whether or not you and her are in a committed relationship, expect her to try all sorts of things to get you to commit (e.g. saying she doesn't want to see you anymore, not calling for a week, crying about you not committing to her, calling you an asshole, etc).

Personally speaking, most of my women knew that I was dating other women without me even having to say it. How? They noticed how intensely attracted they felt only after a few minutes of interaction and many would say, *"Hmmm...you're trouble."*

Taylor Swift sings about that sort of thing in a couple of her songs. The lyric in one of her songs that goes, *"I knew you were trouble when you walked in"* is about her knowing that the guy just wanted sex, but she went for it anyway.

In another of Swift's songs, she openly admits to loving guys who are players, *"Cause you know I love the players...and you love the game."*

Yet, in real life, Swift wouldn't go around admitting that on camera because people would think she was slutty. Instead, she puts on her happy, innocent face that people like her for and then gets on with her real life behind the scenes.

Anyway, back to my story...

After I would have sex with a woman and she got to experience my raw, masculine confidence in the bedroom, she would know for sure that other girls would gladly come around to my apartment just for sex even if they didn't get be my exclusive girlfriend or not.

It was obvious by the way I spoke to her, looked at her, touched her and behaved around her that I found her incredibly sexy and really enjoyed the sex, but I didn't need her in my life.

Sometimes, women would say, *"You're baaaaad..."* or they would flat out ask me, *"How many other girls are you sleeping with?"* and I would just laugh.

If they persisted and kept asking me about other women, I would just say something like, *"Yes, I'm seeing other girls, but I like you and when I'm with you, I only think about you. Don't worry about the other girls...we always feel good when we're together, right?"*

The woman would then either answer, *"Yes"* or try to make me feel guilty by saying, *"No, you're the only guy who makes me cry. You treat me so badly. I don't know why I continue seeing you."*

I wouldn't ever get sucked in by a woman's attempt to control me with guiltÂ because I know that women love being with a guy who can make them feel so much love and yearning that they cry about not being able to get him to fully commit.

In fact, when my now wife started trying to control me in other ways in the early part of our relationship, she ended up bawling her eyes out on several occasions because I would just tell her to leave. In the end, she was so happy that I never crumbled and always retained the position of power.

Why did my wife like that I was a challenge (and still am) and why do other attractive women like it?

Back to my story about dating multiple women...

After confirming to a woman that I was indeed seeing other women, I would then usually draw her into me, hug her, start kissing her neck and grabbing her butt at the same time (in other words, begin to lovingly devour her), firmly caressing her all over her body and then have sex with her.

Instead of me being pulled into drama and useless conversation about committing, I would use my masculinity to lead her and I out of that conversation and into a more enjoyable emotional state of

being. I would turn her on and love her in the way that she really wanted in that moment.

She would look at me with excitement, hoping that somewhere deep in my mind, I was beginning to change and would only want to be with her. She would hope that if she gave me enough sexual pleasure, I would realize that she was the girl for me.

During those moments, a woman often try her very best to please you during sex in the hope that you will possibly change your mind and commit to her...even if she has done that 10 times over the past few months.

It's similar to "make up sex" after a break up, but more erotic because she also feels like she is being used for sex...and loves it at the same time.

3. Do Let Her Be Your Time to Unwind, Not Your Girlfriend

If you're constantly taking a girl out to expensive restaurants and trying to organize additional dates, then it means that you're most-likely trying to be her boyfriend. You are putting a lot of active time and energy into wanting to be with her, rather than just seeing her whenever she wants to see you.

If you want to date multiple women at once, you need to have a more balanced approach to how you invest your time and energy.

By going after your life purpose with unrelenting determination, you won't always have a lot of time for her. If you are man who is rising through the levels of life, you will be under a lot of pressure to continue succeeding at whatever you do.

I'm not talking about working your normal hours at a job or spending a lot of time lifting weights up and down in a gym. I'm about talking about you having huge life goals that stretch out as far as you can envision into the future and then going after that with unrelenting determination.

That is one the main things that ensures a man does not incorrectly prioritize a woman in his mind. For example: Even though I am now married and see my wife as the most important person in my life who I love one million percent, my main focus is still my mission with The Modern Man.

When I was dating multiple women at once, they had to fit into my lifestyle or they didn't get to be with me. Simple as that.

When I did have time to "hang out" with one of my girls, I'd just get her to come over to my place and then take it from there. My girls knew the deal and were fully aware that they were coming over for sex, but I still needed to be respectful and sometimes take the girl out to do something instead of just having sex with her and then watching TV.

Since I was working so hard on The Modern Man, I really enjoyed the quality time that I spent with my girls because it helped me take my mind off my work.

Seeing my girls was my time to unwind and breathe in some feminine energy after being so masculine all day long while I worked on my purpose (The Modern Man).

When I would see my women, I would enjoy doing things like going for a walk down by the river (Southbank in Melbourne), going for coffee, watching a movie at the cinema, grabbing a bite to eat somewhere, chilling out at the beach around sunset or even going out to party with her and our friends.

The same now applies with my wife; I work my ass off all day long for The Modern Man and then at night, I spend time with her. Some nights, we hang out with my friends together and other nights she

will catch up with her friends and I will catch up with mine.

Maintaining a balanced life like that is important and is one part of what it takes to keep the passion alive in a relationship.

4. Don't Get Too Close With Her Family

When couples transition from casual dating to building a serious relationship, they will usually then formally introduce each other to their family.

When dating multiple women at once, you will want to completely avoid meeting her parents if possible. If she invites you to a family get together, you can go to it as long as she is already aware that you are dating other women and are not exclusive with her.

She has to know that you're not looking for a relationship. If she's cool with that, then meeting her parents isn't a big deal to her.

However, if you've been lying to a woman and pretending that you are committed to her, then she will likely be mighty disappointed and hurt when you eventually break up with her or tell her the truth.

5. Don't Give Up Seeing Other Women, Unless You Want to

Some women won't like that you're seeing several women at once because that's just not how they roll.

They will demand that you only see them and will not be willing to share you with other women. If you want to have multiple women in your life at once, you have to be willing to risk losing some of them along the way. If you aren't willing to risk losing a woman, you aren't ready to begin dating multiple women at once.

When one of your women demands that you stop seeing other women and only see her, you should only accept that if you want to truly commit to her.

If you know that you just want to have sex with her for a while, then simply laugh at her and the situation and let her know that you will think about it.

Why not tell her "*No*" directly? Many women (in fact, most women) only demand that you stop seeing other women so you can say, "*Okay, I will only see you*" and then they feel better about themselves. However, she knows very well that you will continue seeing other women and she will just have to try harder to get you to commit to her.

When I met my wife, we knew right away that we weren't going to be having an open relationship. It was serious and both of us knew that right away.

When she said to me, "*I don't want you seeing other women, okay? It's just us, right?*" I paused to think about it for a few seconds and then said, "*Yes, just you and me*" and then I stuck to that promise. I was willing to stop seeing other women because she was and still is more than enough for me.

6. Do Try to Look After Her Feelings

It's impossible not to break the heart of some women when you're dating multiple women at once.

It is just part and parcel of having many women in your life and whether most women admit it or not,

most women love being with guys who make them feel intense emotions. That said, when dating multiple women, you shouldn't intentionally try to hurt a woman's feelings and you should always try to look out for her feelings as much as possible.

For example: Many women will ask you things like, *"Am I not good enough for you?"* to which some guys will just be an asshole and say, *"I don't know..."* and leave her to think that maybe that means she isn't good enough.

My response to that type of question is, *"I think you're sexy, beautiful and I really like you, but I'm not looking for anything serious right now. If you don't want to see me anymore and have fun like we do, then I encourage you to go and find another man. Go for it."*

Some women took me up on that offer and would call me up or text me from a bar/nightclub to say that they were out partying with their girlfriends.

I would always reply with something short like, *"Have fun!"* and then think nothing of it. Why? I had other women in my life and if I wanted to commit to her, I would have already done so. The truth is, the women that I didn't commit to weren't good enough for me, but that doesn't mean I should have hurt them by saying it directly.

Some people may say that I should have just said to each woman, *"No, you're not good enough...I will never commit to you because you have the following flaws..."*, but that's not how dating works and most women don't actually want to be told those things anyway.

Additionally, women who are in demand (i.e. women who date multiple guys at once) do the same thing to men. They dump men, lead men on and they often say all sorts of hurtful things to men who really love them.

Before I worked out the attraction secrets that I now teach here at The Modern Man (and that I've been using more about 12 years now), I used to get rejected and overlooked by women all the time.

I couldn't even get one girlfriend, let alone date multiple women. Women would reject me, overlook me and basically look at me like I was nothing. When I did manage to get a girl on a date, she would dump me and leave me feeling worse off than I was before meeting her.

I turned my life around by learning how to attract women. I worked out how to make women feel so much attraction, love and respect for me that they were willing to put up with me having sex with other women, just so they could get a chance to be with me.

Yes, I broke some hearts along the way, but women who are in demand also break the hearts of many guys in their life.

Ready to Get Started?

Would you like to enjoy your choice of beautiful women until you are ready to settle down into a relationship with your perfect woman?

Can you imagine what life would be like if most of the women you met from now on really liked you and wanted to get you to commit to them? Can you imagine having multiple women come over to your place every week for sex?

If you are serious about having this sort of power with women, I am ready to teach you right now...

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Experience the Mastery Level of Success With Women

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The Programs

1. [Better Than a Bad Boy](#): 10 hours, 50 minutes of video.
2. [The Modern Relationship](#): 1 hour, 45 minutes of video.
3. [Alpha Male Power](#): 5 hours, 33 minutes of video.
4. [Coaching Call Breakthroughs](#): 6 hours, 54 minutes of video.

Total amount of video: 25 hours, 33 minutes.

[image: Better Than a Bad Boy]

Better Than a Bad Boy

Transforms you into the real man that all women are desperately looking for.

- **Pass a woman's tests with ease:** Today's women are more challenging, confident and independent than women of previous generations. To find a man who is stronger and more confident than they are, women have to test to see how much of a man you really are. If you can't pass a woman's tests, you'll make her feel as though she is stronger/tougher than you and it will turn her off at a deep level.
- **Supreme sexual confidence:** You cannot be what women refer to as a "real man" if you're not sexually confident. In this program, you'll go through the mental transformations required to be truly sexually confident. You will also learn how to treat a woman during the lead up to sex and during sex to demonstrate your supreme sexual confidence. She'll love you like you've never experienced before. Note: These techniques work even if you have plenty, little or no sexual experience at all.
- **Sexual charisma:** Powerful, transformational techniques that will turn you into a sexually charismatic, sexually confident and sexually attractive man. These techniques change everything. Your whole game is about to change. You will have never, ever experienced anything quite like it. These techniques are the shortcut to get to the mastery level of success with women. You will finally get to experience what it's like to be a master with women; to be the type of man that women go "weak at the knees" over and want to have sex with immediately.
- **Deep attraction, love and respect:** Most guys can't really capture a woman's heart. They might have plenty of sex and good times in the early part of a relationship, but once the novelty wears off the woman's attraction, love, respect and interest begins to fade. In this program, you will learn how to capture a woman's heart at the deepest level and cause her to feel the deepest level of attraction, respect and love for you possible.

- **Mastery level flirting examples:** Watch and listen as I demonstrate the mastery level flirting techniques that turn women on at a deep and exciting level. These flirting techniques will make women refer you to as charming and sexy and if you use them when talking to groups of women, you will notice that they compete with each other for your attention.
- **Mastery level confidence techniques:** Most guys know the basics when it comes to confidence and as a result, they only ever feel a “bit confident” or feel confident in some situations, but not all. In Better Than a Bad Boy, you will learn new, mastery level mindsets that unlock more of your confidence and allow you to connect with a confidence that NEVER goes away.
- **Mastery level conversation techniques:** To be successful with very attractive women or women who play hard to get, you need to know how to dominate the woman during the conversation and “show her who’s boss” so to speak. It’s not done in a aggressive way, but in a savvy, confident and assertive way while still being the good guy that you are. When women feel your strength during challenging conversations and moments with them, they won’t be able to stop themselves feeling deep attraction and beginning to fall for you.
- **Mastery level transformations:** A lot of guys who begin learning how to be successful with women never really get to the mastery level; they stop many levels short and wonder why they aren’t experiencing the success that everyone else seems to be talking about. As you watch Better Than a Bad Boy, you will feel yourself going through the final “mental transformations” required to reach a mastery level understanding of this. From there, it’s all smooth sailing and you will find success with women to be one of the easiest things in the world.
- **No more awkward feelings during interactions:** Some guys can approach women and start conversations, but they can’t stop themselves from feeling nervous and awkward during the interaction. Prepare to say goodbye to all that unnecessary nervousness and awkwardness and say hello to feeling confident, comfortable and totally in control.
- **Core mindsets of a real man:** What differentiates a “run of the mill” man from a “real man”? How does a “real man” think when it comes to approaching women, talking to women, flirting with women, having sex with women, etc? What does he focus on in life? Where does he get his passion, drive and determination? What defines him? How do women instantly know that he is a real man?
- **Managing multiple relationships:** These techniques will allow you to have one girlfriend or many at once. I explain how I manage the conversations and challenging moments while having multiple girlfriends, so my girlfriends fall further in love rather than getting upset and leaving.
- **Masculinity and being a real man:** Get an in-depth education on how to be the type of man that other men respect and that women desperately want to be with.
- **Lifetime solution for success with women:** The principles, techniques and strategies

will help you throughout your entire life. They apply to your success with women from the very first conversation and all the way throughout an entire, lifetime relationship.

- **Your ideal life:** So many guys have so much potential, but they waste their years being afraid to go after what they truly want in life and with women. In *Better Than a Bad Boy*, you will connect with your truest, deepest desires about life and women and begin taking the exciting steps towards success.
- **Your life purpose:** Do you know what your life is about? Do you have dreams of becoming something or achieving something big, but are holding back out of fear or lack of clarity on how to make it happen. In *Better Than a Bad Boy*, we'll go deep into your mind to find out your true purpose in life and then give you the tools, steps, techniques and mindsets to make it happen.
- **Different types of men and consequences:** There are negative consequences for living your life as a nervous nice guy, just as there are negative consequences for being a bad boy. Discover the most effective type of man to be and enjoy happiness and easy success in all areas of your life.
- **Make a woman feel like a woman:** These days, most guys suppress their masculinity and are confused about how manly they should behave around women. Since today's women have become so confident and independent, men often don't know how to treat them and make them feel like a real woman. When you use the techniques from this program, you will be like a breath of fresh air to a woman; she will welcome you with open arms because you are the real man she's been looking for all along.
- **Sex on the first date:** What to say and do so pretty much any woman will be turned on and eagerly wanting to have sex with you on the first date.
- **Sex on the first night:** Examples of how I pull one night stands, which then turn into relationships. Discover the techniques that I mastered and perfected over the last 7 years that have allowed me to consistently pull one night stands every time I go out with the intention to do so.
- **What women really want:** Discover what women really want; the things that they simply cannot say publicly out of fear of being judged. Go deep into the female mind and understand what she really wants from you in terms of sex, conversation, love and relationship.
- **Make her never want to leave you:** What is it about a man that makes a woman want to stick by his side for life? Discover the surprising, rarely-known secrets in this program. Unlike other men who often worry about their woman losing interest or leaving, you will experience the opposite – your woman will worry about you losing interest and she will continually and desperately try to please you.
- **Make your ex-girlfriends want you back now:** Most guys who want their ex-girlfriend back had been dumped or cheated on because they weren't enough of a man for her; They became too protective, needy or wimpy and she simply lost attraction and interest. The

techniques in this program will show her that you truly have changed and if your love was real the first time around, she will be drawn right back to you for the reunion of a lifetime!

- **Turn women on without words:** Discover the mastery level body language techniques that turn women on instantly. You will have to experience this to believe how amazing it is! Women simply cannot help themselves – they want you and they want you NOW! Think of it as your new secret weapon to have basically any woman you want.
- **Make your girlfriend/wife go “love mad” for you:** Learn the mastery level conversation, body language, flirting and relationship techniques that cause a woman to fall deeper and deeper in love with you. She will never want to leave you.
- **Mental and emotional strength:** Become tougher than you already are. The powerful masculine mindsets in this program will supercharge your strength and allow you to handle situations that others see as stressful or difficult with calm, control and everyday ease.
- **Simply irresistible:** Discover how to be the type of man that women simply cannot resist. You won't have to worry about trying to get girls to like you from now on – they will like you automatically and without you having to try.
- **Simply unforgettable:** Be the type of man that a woman simply cannot forget or get over if you break up with them. If you have an ex-girlfriend that you want to get back, use these techniques and she will see the changes in you and feel compelled to give it a second chance. If you want to meet new women, these techniques will make women fall for you during the first conversation.
- **Instant attraction:** The techniques in this program will get women attracted to you instantly. They will feel attraction for your body language, vibe, presence and masculinity. Then, when you talk with them they will feel even more attraction as a result of your charm, flirting, humor, conversation and “coolness” as a man. Get ready to experience a whole new level of success with women. This is it.
- **Instant respect:** Today's women can be quite cruel and insensitive and if you approach them in the wrong way, they will sometimes openly disrespect you. When you use the techniques from Better Than a Bad Boy, women will instantly know that they are in the presence of a real man and they will show you respect. The respect will then deepen further as the interaction continues.
- **Better than a bad boy:** Discover how to be the type of man that women refer to as a “Real Man.” Being a good guy or a nice guy is not enough; you also need to be strong (mentally and emotionally) and have all of the powerful personality traits that are taught in this mastery level program.
- **The best comeback lines EVER:** You know those tricky moments where women put you on the spot by saying something challenging? Well, if you're like most guys you get tongue tied in those moments and only think of great things to say AFTER the

conversation has ended. You're about to learn all of my best comeback lines that show women who's boss and make them laugh hysterically.

- **Get women who were previously out of your league:** It's time to step up your game and get with the type of women you REALLY want. No more accepting second best, third best or worse – get what you really want. When you use the techniques from Better Than a Bad Boy, women who were previously out of your league will begin trying to impress YOU. Don't think that's possible for a guy like you? Try it and you will see that you had the power all along and just didn't know it.

[image: Buy Now]

[image: The Modern Relationship]

The Modern Relationship

Gives you the tools and techniques required to create the ideal relationship dynamic, where you are in the position of power and your woman continually tries to impress you and maintain your interest. Her attraction, love and respect for you deepens rather than fading away.

- **Cutting-edge approach:** Relationships are not the same as they were for your parents, their parents, their parents and so on. Things have changed and to be successful in a modern relationship, you need to use a modern approach. In this program, you will discover how to create the ideal type of relationship dynamic that makes a woman never want to leave you or lose you. This cutting edge approach to relationships borrows from what has worked traditionally and what is necessary in today's relationship environment.
- **Modern relationship killers:** Discover the fundamental mistakes that modern men make, which then cause their girlfriend/wife to lose interest in sex, want to cheat on them, dump them or even treat them badly.
- **Super sex drive:** How to create tremendous amounts of sexual drive, tension and desire between you and your woman by way of your behavior, conversation and actions. You will be amazed at what happens to your sex life from now on – it will be supercharged!
- **The ideal relationship dynamic:** How to create the ideal relationship dynamic where your woman is madly in love with you, loves taking care of you and doing things for you (e.g. cooking, cleaning, oral sex, etc , is incredibly turned on by you no matter how you look, is deeply happy and wants to be with you until the day she dies.
- **The next 15 years:** How relationships between men and women will change over the next 15 years. Plus, what you need to do to enjoy relationship success now and prepare for the changes coming in the near future.
- **Maintain power and control:** How to maintain power and control in your relationship, so you are the “boss” and your woman wants to impress you and keep you happy. This is

a very important aspect of what it takes to be success in a modern relationship.

- **The 5 categories of compatibility:** Learn the 5 categories of compatibility that will determine whether or not you and a woman get along with each other naturally and easily during a conversation, on a date or in a relationship.
- **Perfect compatibility:** Discover the two most important compatibility factors that determine a successful relationship. Plus, how to identify whether you and a woman are truly compatible on a deep level.
- **The wrong woman:** The right woman can totally light up your life with endless love, happiness and good times. However, the wrong woman can end up causing you endless pain, heartache and despair. Discover the process that you simply must go through if you want to find your perfect woman in the modern world.
- **The perfect balance:** Have you ever seen a man and a woman who have been together for 30+ years, but are still totally in love, happy and fulfilled by the relationship? In this program, I explain how to create the perfect balance in a relationship so you and your woman are equally as happy, in love and fulfilled.
- **Deep satisfaction:** How to make her truly satisfied about your relationship at the deepest levels of her being. She will base her life around the love, intimacy and companionship that you share, rather than feeling like she needs to do something with her life and eventually drifting away from you.
- **Stopping her tantrums and bad behavior:** When you watch The Modern Relationship, you will get to hear what I say and learn what I do that turns my women into the perfect girlfriend. My friends are always commenting about how happy and well-behaved my girlfriends are, even though they are challenging, confident women. I'll explain how to stop her tantrums and make her want to treat you like a king.
- **Making her addicted to sex with you:** Discover what to say and do to make your woman chase you for sex and want it all the time. In this program, I explain what I say and do to make my women feel LUCKY and honored to be getting sexed by me. Plus, the approach I use so my women eagerly want to give me oral sex, even while I'm kicking back and watching TV.
- **Making her orgasm without trying:** How to create the right dynamic between you and your woman so she can easily and consistently orgasm. Most guys don't know that a woman's ability to orgasm has more to do with her mental and emotional state than anything else. In this program, I explain how to get her turned on in both body AND mind so the orgasm comes easily and naturally.
- **Stopping your relationship from becoming boring:** Most people can get through the EASY early stages of a relationship when there is plenty of lust and romance. However, once the natural novelty and excitement has died down, a lot of people struggle to keep the relationship exciting and interesting, so they decide to break up and start again with someone new. In this program, you will learn the core fundamentals that will keep your

relationship exciting even if you're not doing much other than hanging out at home, working and catching up with friends.

- **Deepening the love, attraction and respect:** Love, respect and attraction are all things that can DEEPEN as a relationship continues. A very small percentage of couples have the “relationship intelligence” to be able to make that happen, so they end up losing attraction and respect and falling out of love. In this program, you will discover the secret to deepening the love, attraction and respect. As each year of the relationship passes, you will feel happier, more fulfilled and more in love with each other than ever before.
- **Facebook, Skype and other modern relationship killers:** Before Facebook, Skype and e-mail, your girlfriend's ex-boyfriends would STAY in her past. However, in today's world, those guys are just a Facebook message, Skype call or e-mail away. Find out the critical conversations you need to have with your girlfriend to avoid her ex's ever getting in the way of your relationship with her.
- **Avoiding divorce:** Marriage and keeping a relationship together was a lot easier for previous generations. To keep your marriage together you simply must use this modern, up to date approach. Try to do what previous generations did and hope that it works will increase the chances of divorce happening to you. This new approach pretty much guarantees that you and your wife will never get divorced.
- **Modern romance:** Old approaches to romance are seen as cheesy to most modern women. Discover a simple, modern approach to romance that will satisfy your woman on the deepest levels.
- **Maximum love and happiness:** A lot of couple only ever get to experience a superficial type of love in their relationship. After the relationship is over, they often look back and wonder if it really was love at all. Discover the secrets to true and endlessly fulfilling love between you and your woman.

[image: Buy Now]

[image: Alpha Male Power]

Alpha Male Power

Transforms you into a powerful, supremely confident alpha male. Eliminates all fear, nervousness and anxiety related to women and socializing. Allows you to attract women on the deepest level possible.

- **Guaranteed CURE for approach anxiety:** Many guys waste years of their life being too afraid to walk up and talk to women they find attractive. No matter how much they pump themselves up or how much they learn about “pick up”, they just can't seem to stop feeling anxious and nervous when it comes time to approach a woman they find attractive. If you experience approach anxiety, get read to GOODBYE to it forever. We

have found the CURE! From now on, your approach anxiety will literally CEASE TO EXIST. Prepare to experience a life completely free of anxiety and unnecessary nervousness!

- **Elite alpha male mindsets:** These powerful mindsets will change the way you view your own personal power from now on. No longer will you experience periods of weakness, self-doubt or insecurity. You will feel powerful, unstoppable and always able to take on anything, no matter how challenging. As a side bonus, women can SENSE when a man has these mindsets and it is DEEPLY attractive to them on the most primal of levels. Other guys will pale in comparison to what she feels for you.
- **Making women like you automatically:** Imagine if the next time you spoke to a woman she liked you AUTOMATICALLY. Meaning, you did NOT have to try to get her to like you. This is not only possible, it is NORMAL and a small percentage of men around the world know how to do it. You can have this type of power over women. Just use the techniques in this program and you will experience it IMMEDIATELY. Say goodbye to trying to pick women up or hoping that they like you. From now on, women will like you automatically.
- **Overcoming your “inner game” issues with women:** Knowing what to say is important, but a woman can TELL if you are nervous or anxious when talking to her and it turns her OFF at a deep level. Women don’t want to feel like they are more powerful than you. So, fixing your inner game/confidence issues with women is CRITICAL if you want to enjoy the success you’ve been dreaming about. In this program, you will discover how to instantly and painlessly eliminate all of your issues with women. From now on, you will experience a life of confidence, self-esteem, power and control. No more insecurities, no more nervousness, no more fear.
- **Constant confidence:** Do you feel confident in some situations, but really nervous and unsure of yourself in others? Get ready to experience life with unwavering confidence that NEVER goes away. You will have to experience it to believe it because we are well aware that it sounds “too good to be true.” Try it and you will see.
- **Powerful presence:** Your presence and vibe is one of the top two most important things for success with women. If you’re vibe is off or you are “all in your head” because of nervousness or anxiety, women simply won’t be able to feel proper (if any) attraction for you. In this program, I talk about the four most important types of presence: Assertive presence, sexual presence, relaxed presence and loving presence. Get ready to experience a completely new level of success with women! You will be simply amazed at what happens when you use these techniques around women.
- **Having sex with a LOT of women:** A lot of guys dream of being able to “get laid” with a new woman every week, or even a few women every week. Yet, the closest most guys ever come to that is by watching porn. The fact is, there is a small percentage of men in the world who do most of the sexing of the available women. Discover a SURPRISING way of interacting with women that causes them to want to have sex with you IMMEDIATELY. To say that you will be AMAZED by the reactions you get from

women when you use this technique is an understatement. This is going to change your life BIG TIME.

- **Attracting very beautiful women:** Why do so many ordinary and “ugly” looking men have very attractive girlfriends? What is going on there? Any guy can attract very beautiful women, but most guys simply don’t know what to do. In this program, you will discover the fastest, easiest and most powerful ways to attract beautiful women on the deepest level possible. You may not believe that you can do it until you use the techniques from this program and see it happening before your own eyes. Get ready to experience success with the types of women you’ve always wanted.
- **Respected by other alpha males:** If other strong men don’t respect you, then you will often be the butt of their jokes, will be overlooked for many promotions in work environments and most importantly – you will be overlooked by women. When women see that you are an alpha male who is respected by other strong men, they will feel attraction for you on a level that they simply cannot experience for weaker men.
- **Being a powerful man:** A lot of men are afraid of their true potential and shy away from positions of power and responsibility. When it comes to talking to women, many men would rather hand over their power to a woman in the hope that she will choose them and give them a chance to have sex with her. Yet, that is not how an alpha male behaves and it is NOT what a woman wants. Women are attracted to men who rise up (even slightly or momentarily) into positions of power. Don’t shy away from being the powerful man you know that you can be.
- **Maximum masculinity:** The fact is, the more masculine you are, the more attractive you are to women. A lot of modern men have been turned into “half men, half women” by pop culture and have suppressed much of their masculinity in a confused attempt to impress women. Women are NOT impressed by men who drop their rank and place the woman as the alpha. Women are impressed by MEN and PREFER men to be in the top position
- **Making friends with the “cool crowd”:** Some guys find it difficult to relate and get along with the “cool crowd,” especially if there are a number of alpha males or very attractive women in the group. In this program, you will discover how to behave, how to talk, what body language to use and what vibe to have so you easily get along with that crowd. You’ll also learn how to make them want to be your friend and want you to stick around and be a part of the group.
- **Deepest level of confidence:** Confidence is not finite. Your confidence can grow, build and increase as time goes on. However, most guys will only ever experience a superficial level of confidence, confidence in some situations or fleeting/temporary confidence during good times. In this program, you will discover the secrets to deepening your confidence to levels that you simply cannot imagine right now. This will not only help you with women, but in all areas of life.
- **Using your alpha male power:** Once you know what this elusive and highly-prized

power is, how do you use it? Discover how to use your natural, alpha male power to change your life (and the world if you want to) for the better. Your Alpha Male Power will make women submit to you, make other men respect you and make you feel like a king.

- **Alpha male behavior:** Learn the many important behaviors that are critical to being a true alpha male. Find out the many mistakes that men make, which place them below alpha males and cause them to live the life of a lower ranking male.
- **Alpha male body language:** Watch as I (Dan Bacon) demonstrate alpha male body language for various situations, such as: During conversation, making eye contact with a woman to make her attracted to you, making eye contact with a man to make him respect you, etc.
- **Alpha male conversation style:** Listen as I (Dan Bacon) demonstrate the key tonality changes and intonations that will make everyone instantly regard you as an alpha male.
- **Being a “good guy” alpha male:** Some men use their position as the alpha male in a bad way, to hurt, harm or hinder others. Yet, if you’re reading this right now – you’re probably not a bad guy with bad intentions with women and the world. Most guys who arrive at The Modern Man site are good guys who want more success with women and more respect from others in general. In this program, you’ll learn how to maintain the good guy part of yourself while also rising up to become the alpha who others follow and whom women lust after.
- **Mojo for life:** Discover how to tap into an endless source of motivation, drive, determination and passion unlike anything you have ever experienced before. This section is quite “deep and meaningful”, but also simple and practical at the same time. From now on, you will feel like you can take on the world and will be full of confidence, drive and mojo for life. Nothing will bring you down, nothing will make you feel insecure and nothing will stop you from getting what you truly want with women and in life.
- **Being alpha around women:** A lot of modern women behave as though they are alpha females, but in reality it’s just a test to see if you’ll fold and hand over your power. In this program, you’ll discover many things to say and do around women to show them that you are a true alpha. You will also learn how to be a true alpha because women can spot a fake and when they do, they lose interest immediately.
- **Avoiding bullying/being picked on:** Bullies, bad men and mean people are ATTRACTED to weaker people as their victims. If you don’t display alpha male behavior and psychology and place yourself below other men in terms of rank, you will invite these people to pick on you, cause problems for you and harm you to make help feel good about themselves. In this program, you will discover the best way to AVOID being picked on as well as what to say (to make it stop permanently) if you are ever picked on.
- **Attracting women on the deepest level:** Most modern men don’t understand what

REALLY attracts women, so they get caught up in what they see in TV advertisements, magazines and movies. They assume that if they wear a nice shirt, build some muscle and have a nice hairstyle, they will then be attractive to women. Yet, that is only SUPERFICIAL attraction. The most powerful type of attraction is what a woman feels DEEP down; her primal, instinctive attraction. In this program, you will learn EXACTLY how to trigger a woman's deep, instinctive attraction for you no matter what you look like, what race you are or what you do for a living. You will have to experience it to believe it, but when you do – you will smile because you will KNOW that your life will never be the same again. Suddenly, you will have the power to attract basically any woman you meet.

- **No more fear:** Most men experience some level of fear when it comes to women, some more than others. However, as a true alpha male, you WILL NOT experience fear around women. Whether you are approaching a woman for the first time, in the middle of a conversation, escalating to sex or in the middle of having sex with her – you will NEVER experience fear. Instead, you will be powerful, confident and calmly in charge and women will LIKE that.
- **Being an alpha male:** How do you actually be an alpha male? Is there a set list of things you simply must do? Discover the “blueprint” for being an alpha male and use the practical advice in this program to begin immediately.
- **Being alpha in work environments:** When I (Dan Bacon) first developed my techniques for success with women and being an alpha male, I got promoted to a leadership position in my office job. 6 months later, I had been promoted a total of 3 times to a high ranking position in a global company. From this, I have learnt a great deal about how to be a respected leader (alpha) in work environments and in the Alpha Male Power program, you will learn all of my best techniques and insights in this area.
- **Being alpha during sex:** There's nothing sexier for a woman to be with a man who is truly THERE when he is sexing her. If you're afraid to embrace your alpha position, you will never sex her in the way that she truly desires. In this program, you'll learn the deeper side to sex as well as ways to be alpha during sex. If you've been one to hold back a little during sex and hide your alpha, you are about to experience a whole new level of sexual pleasure and love with your woman.
- **Alpha techniques for approaching women:** What does an alpha male think before approaching women? How about while he is talking to the woman? What body language does he use? How does he talk about sex with her? How does he approach groups of women? Discover the answers to all of these questions and a whole lot more. Learn the fearless, powerful approach methods that the true alpha males use.
- **Pick up ~ simplified:** Approaching and picking up women can be the easiest or most complicated thing in your life. Learn the 3 most important things you need to do to be successful with women and discover how simple it really can be. I (Dan Bacon) have taught this secret to many clients over the years and watched them transform in minutes, suddenly thinking, behaving and acting like a guy who has reached the mastery level.

You will experience a rapid and remarkable transformation when you know this secret.

- **Avoiding sexual rejection:** A lot of guys are afraid to show their sexual interest or escalate to kissing or sex, in fear of being rejected...and they have proper reason too! Many women DO reject the sexual advances of men because the men do it incorrectly. In this program, you will learn the alpha male approach that my friend and I use to pull NEW women for sex EVERY weekend. Includes examples for: Conversation, touch, kissing, body language and leaving the bar/club. You will also learn how to get a woman (who you've met in any environment, not just a club) eagerly wanting to have sex with you, to the point where SHE makes the first move on you.
- **Approaching women during the day:** We all see women that we find attractive during the day, but most guys simply don't know what to say or do to pull it off, so they let the opportunity slip through their fingers. In this program, you will discover the natural, easy-going approach that I (Dan Bacon) use the pick up women in places like shopping malls, on the street and in basically any daytime environment.
- **No more worrying what people think:** Do you sometimes feel self-conscious in social environments because you worry about what other people think? It's a common problem and most people secretly suffer from it. If you're one of the many people who do feel nervous, self-conscious or anxious because you worry about what people think, then get ready to say goodbye to that FOREVER. We have found the cure to that unnecessary problem and you're about to step into a new world devoid of all the anxious noise that comes with insecure thinking. Get ready to experience a world of confidence, relaxation, comfort, calm, power, control and positive, easy-going feelings. Get ready to be a true alpha male!
- **Making women have a "WOW" response when you approach:** A lot of guys fear approaching women because they don't want to experience the dreaded response where the women don't seem that interested in talking. Or worse, they reject him and ask him to stop talking to them. Is it possible to get a WOW response from most women you approach? Yes. You would have seen normal, every day guys have that effect on women. Why does it happen for them? Can you get that type of reaction from women? Yes. Just wait and see what happens when you use the techniques in this program! It may sound impossible to some guys who really doubt themselves...and if you're one of those guys, at least give yourself the opportunity to TRY IT first before counting yourself out. There is no harm in trying, but cheating yourself out of the chance to experience amazing success with women is no fun at all.

[image: Buy Now]

[image: Coaching Call Breakthroughs]

Coaching Call Breakthroughs

Helps you overcome the final obstacles on your way to mastery success with women. Allows you to get results with women NOW, not next year or in 10 years time.

- **Get results now, by avoiding common mistakes:** A lot of guys think that it's only THEM who is making mistakes or struggling to get to the mastery level. The fact is, every guy makes mistakes along the way. By watching this program, you will SKIP all the mistakes and save yourself years of wasted time and unnecessary heartache. You will get results now, not in a few years time.
- **Advanced customer questions:** As guys develop their understanding of what it takes to be successful with women, they begin to ask more advanced questions about more complex problems that guys encounter on their way to mastery success with women. Rise through the levels faster by getting the answers to questions you probably haven't even thought of yet!
- **Stop messing up great opportunities:** If you make mistakes during the "pick up process" or sexual courtship, most modern women will simply give up and lose interest. These days, women expect men to have "good game" and if you don't know what you're doing, you'll find that a woman who was interested in you suddenly loses interest and the whole opportunity is gone. In this program, you will learn all the little mistakes that guys make along the way that ruin their opportunities with women...and you'll learn what to do instead so you can enjoy the opportunities you come across with women.
- **Pick up examples (different scenarios):** You don't always see women you want to meet in bars, club or at shopping malls. Sometimes you see them as you're walking along the street, getting a coffee or sitting in a restaurant. In this program, you will learn how to approach and talk to women in many different scenarios, so the next time you see a woman you like, you will know exactly what to do.
- **Right or wrong:** Do you know EXACTLY where you've been going right and wrong when it comes to your success with women? Most guys will answer "Yes" because they mistakenly believe that they know everything about themselves. More commonly though, you will be surprised to find that you're doing more things wrong (and right) than you realize. This program will give you true clarity on what YOU need to do to overcome the final hurdles before you get to enjoy the type of success that you want with women.
- **Get missing pieces to the puzzle:** Success with women is simple WHEN you have all the pieces to puzzle, but if you're missing some of the pieces it just won't make total sense to you. Some guys know what to say, but don't know what they shouldn't say. Some guys know how to approach, but find that attractive women lose interest after a few minutes of conversation...and they can't work out why. In this program, you will get the FULL PICTURE of what it takes to be successful with women. You'll get the pieces to the puzzle that YOU have been missing and it will all finally make sense.
- **Virtual coach:** To hire me (Dan Bacon) as your personal coach costs \$447 per

hour.Â The Coaching Call Breakthroughs program runs for a total of 6 hours, 54 minutes and is only \$397. If you booked phone coaching with me for that amount of time, it would cost you \$3,000+. With this program, I will be your virtual coach for a fraction of the cost. Plus, since you'll be listening to phone coaching calls with other guys who are on their way to mastery success with women, you will get answers to questions that you probably wouldn't have thought to ask if we spoke on the phone!

- **Guaranteed ways to eliminate fear, nervousness and anxiety:** Many guys learn what they need to do to approach and pick up women, but they get stuck at a certain level of success because they are held back by their fears, nervousness and anxiety. In this program, you will hear about the fears, nervousness and anxieties that other guys experience, as well as tailored solutions to eliminate it and transition to a world of confidence, self-esteem, relaxation, calmness, power and control.
- **Get motivated and inspired:** When guys first start learning how to be successful with women, they usually get inspired, motivated and pumped up about the amazing possibilities. Yet, after making a few mistakes (or more commonly, getting the wrong advice) they go back into their shell and start to lose belief in their ability to be successful with women. When you watch this program, you will not only get the RIGHT advice, but you will learn how to BUILD on your motivation and drive to succeed, rather than letting it wither away and die. You will feel pumped up and inspired and that feeling will REMAIN and grow as each day passes.
- **Conversation techniques:** During each call, you will hear unique examples of what to say in various conversational situations. For example: Talking to a woman you already know who likes you, but is playing hard to get. Talking to a waitress and getting her to invite you to a party with her friends. Responding to challenging things that women say when you ask for their number or call them to set up a date, etc.
- **New flirting techniques:** Flirting is one of the most IMPORTANT pieces to the puzzle of success with women. If you don't use it properly, you will never reach the mastery level of success with women. Period. In this program, you will see me (Dan Bacon) demonstrating flirting conversation, body language and vibe for various situations you'll find yourself in with a woman. This video training is PURE GOLD and could have easily be packaged up and sold as a separate program for twice the price. The flirting examples and training in this program will change everything for you. Suddenly, you will notice how OFTEN women flirt with you sexually to show you their interest...and you'll know what to do to capitalize on that so you actually end up having sex with her!
- **Advanced body language demonstrations:** Unknowingly, a lot of guys use body language that turns women off or makes women overlook them as a sexual option. Once you watch these demonstrations, you will instantly know where you've been going wrong and will know the right body language to use from now on. Plus, you'll notice that most guys make these body language mistakes without knowing it!
- **Unique approaching examples:** During each pre-recorded phone coaching call between Dan and the client, you will hear discussions about approaching women in various

scenarios. Along with those discussions, you will discover unique and interested techniques and insights for approaching women. As you listen in, you will have many “ah hah!” moments as previously complex areas of approaching women finally make sense and suddenly become simple for you.

- **Getting a girlfriend:** Getting a girlfriend is EASY if you know what mistakes to avoid along the way. As you listen in to the coaching calls, you will discover the many minor and major mistakes guys make that RUIN the final step in the process from dating to girlfriend. Plus, I (Dan Bacon) will expand with video commentary to further highlight those mistakes and tell you exactly what you need to do instead so you can smoothly transition from a conversation, to date, to sex, to having a girlfriend...and even how to skip the dates and get straight to sex!
- **Having multiple girlfriends at once:** Not every guy wants to marry the next girl he meets. Some of us want to enjoy many women before settling down. That is the situation I (Dan Bacon) find myself in these days. Basically every girlfriend I've had wants to marry me, but I don't want that now so I've been having multiple girlfriends at once! ...and my women don't complain! In this program, I'll share my secret techniques for having multiple girlfriends at once and keeping your girlfriends happy with MINIMAL effort...in fact, less effort than you've probably put into previous girlfriends! I could have easily packaged this up as a separate program and charged big bucks for it, but I've thrown these secrets in for free with the program.
- **Escalation (to kissing, sex) techniques:** How do you move in for the first kiss? What can you say to make a woman desperately want to kiss you? How do you transition from a restaurant date to sex at your place? How do you leave a bar and take a woman home for sex? What do you do when you're back home with her? You'll get the answers to all these questions and more in Coaching Call Breakthroughs!
- **Stop her from losing interest during conversation:** One of the biggest problems guys face is being able to keep the conversation interested and keep the woman interested in talking to them. After they run out of things to say, they often begin to panic and show signs of desperation, which then turns the woman off. Discover how to effortlessly keep conversations going, keep them interesting AND best of all – make a woman try to keep YOU interested in talking to HER.
- **Rise through the levels:** There are certain levels that you need to go through to reach the mastery level of success with women. Some guys get stuck at the newbie level, too afraid to take the action they need to succeed. Other guys get stuck at an intermediate level, able to approach, but not able to consistently seal the deal. Others get stuck at an advanced level, able to close the deal, but unable to do so with attractive women. Whatever level you're currently stuck at, this program will help you rise through the levels rapidly so you can reach the mastery level and experience all the fun that comes with it.
- **Confidence explained:** Every guy knows that he needs to be confident to be successful with women, but very few guys actually know what true confidence is and how to build it. In this program, you will discover the answers you've been seeking about confidence

as well as practical, ready-to-use techniques that you can apply to begin building true confidence immediately.

- **Overcoming approach anxiety:** The feelings of anxiety, fear and nervousness that most guys experience before they approach women are NOT necessary. There is a way to avoid feeling that way altogether and instead feel confident, calm, relaxed and in control. In this program, you will hear the problems that other guys are experiencing with approach anxiety and as I (Dan Bacon) coach them and cure them over the phone, you too will go through the same transformations...you too will finally get the answers you need to rid yourself of the unnecessary fears, anxieties and nervousness associated with approaching women.
- **Avoiding rejection:** Do you know the many mistakes men make that cause women to reject them? There are several little errors and mistakes that guys make, which cause a woman to automatically go into “rejection mode” and the guy to lose his opportunity. In this program, you will discover the causes of rejection and how to avoid them. Plus, you’ll know exactly what to do so a woman is receptive and open to you when you approach her, escalate to a kiss, ask her out on a date, etc.
- **Becoming a natural with women:** Any guy can become a natural with women if he follows the right path and has the right advice to guide him along the way. There are 4 specific stages you must go through to become a natural. In this program, you will be provided with guidance and advice for each stage of the process, so you can finally breakthrough the success that you’ve been dreaming of!
- **Facebook secrets:** Techniques to use when on Facebook to make women start chasing you. Plus, how to pimp up your Facebook profile so new women that you add instantly fall in love with you and want to be your girlfriend.

[image: Buy Now]

Prepare to Rise Up to the Mastery Level of Success with Women!

[image: Mastery level success with women is within your reach]

You are about to experience a life where women try to pick YOU up during interactions and desperately trying to maintain YOUR interest during relationships. No more rejection. No more being overlooked by women.

No more feeling nervous, fearful or anxious around women or in social environments. From now on, you’re ALWAYS going to feel powerful and confident and you’ll always have your CHOICE of women.

No more settling for second best (or nothing at all). These are the best years of your life and you are not going to waste another day feeling unhappy about your lack of success with women. This is the year where it all finally changes and the daydreams you have about being successful with women

become a reality.

More Info About Each Program

Watch these videos to learn more about each program:

1. Better Than a Bad Boy: 10 hours, 50 minutes of video.
2. The Modern Relationship: 1 hour, 45 minutes of video.
3. Alpha Male Power: 5 hours, 33 minutes of video.
4. Coaching Call Breakthroughs: 6 hours, 54 minutes of video.

Each video includes FREE mastery level insights, so you will learn a LOT about mastery level success with women just by watching these intro videos.

Have a Question?

Please ask it below in as a comment. I look forward to hearing from you.

Cheers

Dan Bacon

P.S. These new MASTERY LEVEL programs will transform you into the real man that women are desperately looking for. You will enjoy natural and easy success with women during conversation, on dates, during sex and in relationships. Women will try to pick YOU up when you meet them and they will try to maintain YOUR interest during a relationship.

I've been having a lot of FUN using these techniques over the last 7 years of my life to enjoy endless love, sex and happiness with beautiful women. Now, I am looking forward to sharing these amazing, revolutionary and life-changing secrets with you, so that **YOU** can enjoy all the love, sex and happiness that you desire with women.

P.P.S. I'm so confident that the information in these programs will positively change your life and get you the results that you truly want with women, that I am willing to take ALL THE RISK by offering you a 100% satisfaction guarantee and a 30 day money back guarantee.

I will give you all my amazing secrets and if you don't like what you learn for any reason, just contact me and I'll refund your purchase.

However, I'm sure that if and when I do hear from you, it will be because you want to share a success story or an excited comment on the site saying how much you love these programs.

×

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How to Get a New Year's Eve Kiss

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

There is nothing worse than being single and alone at midnight on New Year's Eve and having to stand aside while all the happy couples kiss and embrace each other.

It's such a sad, empty feeling.

[image: New years eve forever alone]

You want to be part of all the love and happiness going on when the clock strikes midnight, but you feel like a bit of an outsider because you don't have a woman...and that just sucks.

Well, I can tell you that it won't suck this New Year's Eve...that's for sure!

In this post, I'm going to give you some of my best techniques for getting a kiss at midnight on NYE.

Getting a Kiss Before Midnight

[image: Getting a kiss before midnight]

First and foremost, you must realize and accept that on New Year's Eve, most single women are open to random a kiss for the sake of tradition and to have a little bit of innocent fun.

People wanting to kiss a random stranger on New Year's Eve has become quite a tradition, so don't think that it's just you who wants to lock lips when the clock strikes 12.

You're not desperate, you're not strange and you're not weird for wanting a kiss on NYE.

Almost everyone who is single on NYE is hoping to get a midnight kiss and maybe even meet someone special to begin a relationship with at the start of the new year.

There's nothing wrong with starting a new relationship on NYE either.

It's just love found in a fun way on a very special night of the year.

So, when you go out this NYE, just know that both men and women are secretly hoping to be able to find someone special.

You can be the man that many women are looking for, so don't shy away from the action.

In the lead up to the big countdown just before midnight, there are plenty of opportunities to meet women, get to know each other and even get an early kiss.

As the drinks flow and people start to loosen up, you'll often see a lot of new "couples" passionately kissing each other and embracing.

So, how can you get in on the action?

The Hug Technique

[image: The hug technique]

The best way to get yourself a kiss before NYE and is to use what I call **The Hug Technique**.

Essentially, The Hug Technique is used by walking up to a woman (or group of women) in a playful,

genuinely happy mood and then initiating a hug for a certain reason.

The hug immediately gets you and a woman being physical with each other, but more importantly, it feels great for both of you and will sometimes lead to kiss right then and there, or at least get the interaction started on the right foot so that getting physical won't feel so awkward later on.

Example scenario: You see a group of women walking around and having fun on New Year's Eve. Walk up and say, "*Heyy! Happy New Years guys!*" with a smile.

If the women respond well and turn their attention to you (indicating that they are open to continuing to interact with you), smile, move in a little closer and say, "*Come here – Give me a New Year's hug!*"

Make sure to walk towards them in a calm, confident and easy-going manner. Be happy, relaxed and enjoying yourself.

If you can just relax, be confident and enjoy yourself, almost all women will go through with the hug. It's very easy to do.

Then, if the mood is right between you and a particular woman, you can transition to a kiss.

So, whatever you do, at least get to a hug hug on NYE and show women that you are a fun, confident guy who isn't afraid to have a good time.

How do you know if she wants to kiss when you hug her?

Simply continue holding her in the hug for an extra couple of seconds, but pull back from the hug a little and gaze into her eyes with a smile.

If she keeps looking at you and smiling and doesn't pull away from the hug, then go ahead and move in for a kiss.

[image: The hug technique]

Her friends will most-likely be excitedly cheering her on and enjoying the moment.

On the other hand, if she pulls away from the hug and just wants to talk or continue having fun together, then do that. Just hang out, flirt and have a fun time together and let the sexual tension build up until the moment is right.

As the night progresses, make sure that you genuinely connect with her, build on her attraction for you and focus on having a fun time.

How can you attract her?

Watch this video to understand how a woman's attraction for a man really works...

After you have established mutual attraction, look out for signals that show she is interested in kissing you and just move in for it, or wait until midnight for the big moment.

[image: Flirting eye contact - interested in a kiss]

Signals can include her holding eye contact with you and smiling, hugging you again, looking at your lips while biting her own lip and regularly touching you in a playful and warm/loving way.

By the way...

You can also use The Hug Technique on many other occasions while meeting women, such as when a woman says it's her birthday. You can say, "*Cool! Happy birthday!*" and then open your arms to hug her and move in while saying, "*Happy birthday hug!*" with a smile. I've never had a woman

reject that.

Don't be afraid to hug a woman to congratulate a woman on her birthday. Share the love. Be happy, confident and outgoing and just enjoy yourself. There's nothing to be shy about when it comes to being a cool, confident, loving guy.

When you're out meeting new women throughout the year, it is important to be in a fun, social and outgoing mood so that women feel great when they meet you.

However, on New Years Eve it's even **MORE** important to bring that type of energy to an interaction, because everyone wants to be having fun on that night of the year and you don't want to be seen as a downer.

When you are in a fun, social and outgoing mood, the Hug Technique will serve you extremely well and will either lead to an instant New Year's Eve kiss or you will have one lined up and waiting for midnight.

Getting a Kiss at Midnight

[image: Kissing at midnight]

If the clock strikes 12 and you still don't have a woman to kiss, look out for:

1. Women who are not being kissed

[image: Lonely women on NYE]

Many single women will go out on NYE with friends who are already in a relationship, so she will have to stand to the side while all the couples kiss at midnight.

Simply walk by and say in a positive, happy way with a smile, *"Happy New Years. You look like you could do with a New Year's Hug!"* or *"Happy New Year! We don't have to have a New Year's kiss, but let's at least have a New Year's hug."*

Say it in a confident, happy, positive, easy-going way. Be the cool, confident, happy guy who has stopped by to cheer up her night.

If you want to charm her, you can add in (with a smile and in an easy-going way), *"You're easily the most beautiful women in here. I thought there'd be a line of men waiting to kiss you at midnight. Have you been rejecting guys all night?"*

This will make her feel confident about her attractiveness and will give her an excuse as to why she is alone on NYE.

2. Women who are smiling mischievously and looking around at guys, but are not "with" any of them.

Approach her with a smile.

Look her in the eyes and if she holds eye contact with you and keeps smiling, just go ahead and kiss her, or begin with the Hug Technique by smiling and saying, *"Give me a New Year's hug!"* and then kiss her afterwards.

Don't Wait Until Midnight With Every Woman

Getting a midnight kiss is the aim of the night, but if you meet a woman at 10:00pm and she seems interested, DON'T wait until midnight to kiss her.

Why? Most women are more open to moving things forward much quicker on NYE.

[image: Waited too long to kiss her]

If you don't move things forward quickly enough, she might think, *"Hmm...maybe this guy will be too scared to kiss me when midnight comes around...I should find another guy...fast!"*

On New Years Eve, almost everyone wants to be having as much fun as possible NOW, before the night is over.

So, don't waste too much time getting to know a woman; get stuck into the New Year's Eve kiss bright and early if she seems flirty and open to it.

Have Transportation Sorted Out

If you are aiming to meet women on New Year's Eve, it's important to work out how you are going to get home with the woman you've just picked up.

Where I live, it is virtually impossible to get a taxi or an Uber in the city after midnight on NYE.

I remember a time when I had to get a woman (my first ever catwalk model) to walk 20 minutes to my car to come home with me on NYE.

She almost turned back and lost interest about 5 minutes into the walk, but I reassured her that we were almost there and we kept on walking...for another 15 minutes!

When I finally got her home (a 45-minute drive from where we met! I used to live outside the city, but I now live right in the city), the effort was definitely worth it. She was a very sexy woman and we ended up staying awake until 6am just getting it on. It was an awesome NYE.

I was lucky enough to not mess it up on the long walk back to my car, but the fact that her and I almost parted ways (even though we had been kissing at the bar) taught me a lesson to be better prepared next time, rather than parking my car so far away.

If you are driving, try to get to where you're going a bit earlier than usual so you can park closer to the action.

Go Out With Fun People

Go out with fun people on New Year's Eve and get involved in the party action.

Be the easy-going, happy and upbeat person that people can have a good time with.

If you are hanging out with people who are quiet or aren't open to being fun and social with others, it'll be more difficult for you to get results on New Years Eve.

On NYE, almost everyone wants to be having the best fun possible and to be hanging out with the coolest people they know or can meet on the night.

[image: Attracting women on NYE]

If you're a single guy who is looking to meet women, I recommend that you either go out with:

- A confident male friend (or friends) who can be fun, social and outgoing.
- A cool couple that you know, who are fun to hang out with and who will also be social with other people.
- Female friends who are fun, happy people.

Just remember: It's your responsibility as a man to initiate things with women. Don't sit back hoping that women will hit on you because of your nice shirt, cologne or hairstyle. Be confident, walk over to say hello and use the Hug Technique.

Have a great NYE!

×

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Question: How Do You Overcome the Fear of Rejection When You Want to Ask a Girl Out?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

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Sir Richard Branson: Male Role Model

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

[image: Richard Branson: Role model for modern men]

Role Model Traits

It is his extraordinary abilities as an entrepreneur, adventurer, futurist, environmentalist, and philanthropist that makes mega-billionaire Sir Richard Branson such a great role model for modern men.

Entrepreneur â□□ Founder of the Virgin Group which is made up of more than 400 companies in the music, communication, beverage, and transportation industries.

Adventurer â□□ Branson has traveled the world by air and sea on some of the most exciting, record-breaking adventures ever documented. He is one man who is living his life to the fullest and taking risks that lead to fulfilling experiences and achievements.

Environmentalist â□□ Bransonâ□□s efforts to help rid the world of the â□□greenhouse effectâ□□ has led him to be one of the most respected environmental leaders who is working to keep our planet clean and safe for generations to come.

Humanitarian â□□ He has campaigned for the end of nuclear weapons worldwide, worked to end the genocide in Darfur, built schools in Africa and has helped tens of thousands of people worldwide through his efforts, donations and fundraising.

His Story

Sir Richard Branson was born into an aristocratic family and he could have had a very comfortable, affluent life with little effort on his part.

However, despite being born with dyslexia (a manageable but incurable learning disability), at a young age, his entrepreneurial spirit and â□□street smartsâ□□ allowed him to build a mega-billion dollar empire with a brand name that is recognized throughout most of the world.

His love of adventure has taken him on record-breaking journeys and his humanitarian passion has led him to strive to make the world a better place for all.

While his life has not been without controversy or setbacks, his philosophy to do whatever is necessary to follow his dreams can easily be recognized by the title of one of his best-selling books â□□ â□□Screw It, Let's do It. Lessons in Life.â□□

How often have you let naysayers, roadblocks, setbacks or a lack of confidence stop you from realizing your personal goals? If you have, then you should look to Richard Branson as a role model for the determination to persevere and succeed and see your dreams turn into reality. He is a interesting type of alpha male.

He uses alpha psychology and purpose to push through and “beat” other men. Contrary to the mistaken belief of many modern men, you don't have to be aggressive or overly arrogant to be an

effective alpha male.

Barely into his twenties, Branson made deals with American record manufacturers to purchase some of their excess stock of music albums which he then sold out of the trunk (boot) of his car to individuals and then to retailers in England before starting a mail order discount record business.

He then opened his first Virgin record store in London. (The name "Virgin" was at the suggestion of an employee because they were all so young and new to the business.)

Although he was initially arrested for not paying his export tax on the discounted records, with his family's help, he paid off his tax debt and then set about lobbying to make changes to restrictions which had previously governed how low record sales could be discounted.

Selling highly discounted records turned his Virgin record store into a huge success which ultimately led to his opening thousands of other stores around the world.

With his growing fortune, he bought a country estate and built a recording studio where he discovered unconventional (but ultimately popular) musicians and groups that other labels wouldn't sign such as Culture Club, Mike Oldfield, and the Sex Pistols.

His diverse interests led him to start other businesses including Virgin Atlantic Airways, Virgin Cola, Virgin Vodka, Virgin Express, Virgin Mobile, Virgin Communications, Virgin Trains and Virgin Galactic among his many other enterprises.

While not all of his business ventures have been successful and he's often had to use his holdings in his more prosperous companies to support those that were floundering, he still has seen commercial triumph much more often than failure.

Branson's business interests were not the only type of conquests that he had sought. Although some adventures did not have an initially positive outcome, he persisted and has crossed the Atlantic by sailboat, floated above and around the world by hot air balloon and crossed the English Channel in an amphibious vehicle – all in record-breaking feats.

He also has engaged in a far range of other exciting escapades that most men would not dare.

No one is saying you should or even need to be reckless in your life to live each day to its fullest.

It is essential, however, that you sometimes take risks that might bring you benefit and attempt something exciting (even if it's just walking up to a beautiful woman and having a chat with her for a few minutes) to feel a rush of adrenaline and reap the rewards of knowing that you can do whatever you want to achieve in this life.

Often provocative in his approach but always inspiring and exciting to watch, Sir Richard Branson is willing to constantly strive to be better and go after all that he wants. He is quoted as saying, "My interest in life comes from setting myself huge, apparently unachievable challenges and trying to rise above them...from the perspective of wanting to live life to the fullest."

What huge challenges do you set for yourself? How do you strive to live the fullest life that you can and have the world become a better place just because you're living in it?

His Achievements

- Worked with Nelson Mandela to found and fund the Group "The Elders" which includes leaders such as Desmond Tutu, Nelson Mandela, Jimmy Carter, Mary Robinson and

others whose purpose is to help solve world problems.

- Founded and raises funds for Virgin Unite, his non-profit foundation, which provides education and start-up costs for small business owners in third world countries as well as provides scholarships, funds research, educates and helps to create a better world.
- Hosted a gathering of world and business leaders including former British Prime Minister Tony Blair, Wikipedia co-founder Jimmy Wales and Larry Page of Google to discuss ways to help stop global warming along and other environmental issues.
- Was named in [Time Magazine's](#) list of the Top 100 Most Influential People in the World.
- Was awarded the United Nations Correspondents Association Citizen of the World Awards for his environmental and humanitarian efforts.
- He was awarded the Knight bachelor (which gives him the designation of Sir) by the Queen of England for his [services to entrepreneurship](#).

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Quincy Jones: Male Role Model

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

[image: Quincy Jones: Role model for men]

His Role Model Traits

Quincy Jones is more than just one of the legendary greats of the music industry. He is a pioneer, humanitarian, visionary, activist and more. His life and achievements can offer many important lessons that modern men can learn from.

Multi-Talented ■■■ As a musician, record and film producer, music arranger and composer, Quincy Jones has created a body of work in multiple genres of music that is unparalleled in the industry.

Broke Racial Barriers ■■■ With a talent that could not be denied, Quincy (or Q as he's known by his friends) literally changed the face of the music business with a wide appeal to people of all races and nationalities even during the turbulent 1960s.

Leader ■■■ In the 1980s, wanting to raise funds to help starving Ethiopians, Jones enlisted some of the world's most famous musicians and singers to produce the recording ■■■ We Are the World ■■■ written by Michael Jackson and Lionel Richie.

As a way to deal with the varying personalities of the sometimes temperamental artists, he posted a sign on the recording studio entrance that read ■■■ Leave Your Ego at the Door. ■■■ His point was well taken and the recording raised millions.

Leadership is an important alpha male quality that any guy can develop. You don't have to be "born an alpha male", rather you "make yourself into an alpha male" by adopting certain mindsets and approaches to life.

Humanitarian ■■■ Among his other philanthropic work, Jones created the ■■■ We Are the Future ■■■ project aimed at giving children in poor and conflict-ridden areas of the world resources and hope for a better future.

His Story

Born into a lower middle class family in Chicago with a mother who suffered from a mental illness, Quincy Jones (known as Q by those close to him) sought refuge from his home life by studying music and learning how to play the trumpet.

His family moved to Seattle when he was ten and it was then that he began his lifelong friendship with another boy who would also become a music legend, Ray Charles. After he finished high school, Quincy was offered a music scholarship to college but instead chose to travel as a trumpeter for jazz great Lionel Hampton.

While touring with Hampton's band, he discovered a gift for arranging music. This led to more opportunities for him to work with other renowned artists of the time such Count Basie, drummer Gene Krupa, Duke Ellington and his long-time friend, Ray Charles.

Q traveled the world playing with various groups and eventually formed his own band, the Jones Boys. Knowing that they were going to be on the road much of the time and wanting his musicians to maintain a quality family life, Quincy arranged for the musicians to bring along their families as they traveled around the United States, Europe and other parts of the world.

When youâre a single guy, itâs great if you want a job that will have you constantly traveling, but once youâre in a steady relationship or have a family, itâs important to recognize that your presence is more important to those who love you than is your paycheck.

When you decide to âsettle downâ you may find that your âtraveling manâ days are either going to be limited or that you have to make some concessions to be home more often, bring your family along when possible or connect with them more consistently (through the phone or internet chats) to ensure that your relationships last and are more meaningful.

Yes, thereâs the old saying âabsence makes the heart grow fonder,â but itâs also true that âout of sight is out of mind.â

Realizing that he lacked the necessary training to become as great a musician, Q went to Paris to study music composition and to work with other music greats as his mentors. While having a natural talent or ability is a wonderful asset, having a good educational foundation is often essential for a man to go from being merely gifted at doing something to being great.

Although Q was constantly on the road and playing to enthusiastic audiences with his band, he also discovered that his paycheck didnât match their popularity. In fact, the band wasnât making ends meet.

He was quoted as saying in âMusicianâ magazine, âWe had the best jazz band in the planet and yet we were literally starving. Thatâs when I discovered that there was music, and there was the music business. If I were to survive, I would have to learn the difference between the two.â

During the 1960s when there was a great lack of racial equality, Jones set about to improve opportunities for himself and ultimately for other black musicians.

Because of his talent and reputation, he was able to break into the predominately white world of record producing and started to work at Mercury Records. There he proved himself and eventually became the first African-American promoted to vice president of that company.

He also used his talent to help him break into another music arena where blacks had not previously had a significant influence âcomposing film scores. Producer Sidney Lumet hired Jones to write the music for his film âThe Pawnbroker.â The power of his film score broke down barriers and since then heâs composed scores for more than 30 major movies.

While working on the movie âThe Wiz,â Michael Jackson (who appeared as the Scarecrow in the movie) asked Quincy for music producer recommendations for his new album. Q suggested a number of producers but Jackson so enjoyed the work that Jones was doing on âThe Wiz,â he asked him to produce the album.

That recording, âOff the Wall,â sold more than 20 million albums and made Quincy Jones the most powerful record producer in the industry. Their next collaboration on Jacksonâs âThriller,â which remains one of the best-selling albums of all time, reinforced Quincyâs reputation. Soon musicians from around the world were begging Jones to produce their music for them.

This might seem like a lucky break that he got to work with the talented Michael Jackson, but when

you are good at what you do, surround yourself with successful people and are persistent in your pursuit to become successful, the right opportunities will tend to pop up for you.

As Calvin Coolidge is famously quoted as saying, "Nothing in the world can take the place of persistence. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education will not; the world is full of educated derelicts."

In Quincy's case, he not only used his talent for music, but he used his intelligence to seize upon an opportunity that many others could have just as easily passed by.

Jones's influence among musicians and recording executives was never more evident than when he was able to get dozens of the biggest names in the music industry to record "We Are the World" as a fundraiser for starving Ethiopians.

He used his considerable influence to get their record companies to sign waivers that allowed their artists to create this cross-over sensation.

With a simple sign he posted on the recording studio's entrance that read, "Leave Your Ego at the Door," in one unprecedented evening he worked with singing sensations and musicians such as Ray Charles, Bob Dylan, Michael Jackson (who co-wrote the song with Lionel Richie), Waylon Jennings, Billy Joel, Stevie Wonder, Cyndi Lauper, Diana Ross, Paul Simon, Whitney Houston, and many more to create a recording-breaking hit that raised millions for Africa's poor. After the tsunami in Haiti in 2010, the song was re-written and re-recorded with another group of highly-regarded singers and musicians in another historical recording feat that also raised millions for the tsunami victims.

But his humanitarian efforts aren't limited to disasters. Q has worked with Bono and U2 on many humanitarian projects. He is also the founder of the "Quincy Jones Listen Up Foundation" that connects poor young people with technology, education, music and culture and even has developed an intercultural exchange program between poor youths from Los Angeles and their counterparts in South Africa.

Jones and his foundations have worked with the World Bank, the United Nations, and major corporate sponsors to create programs that will provide help and hope for underprivileged young people around the world. Their first fundraiser was a concert in Rome, Italy before an audience of more than a half million people.

Quincy Jones has had to overcome many hurdles to become the legend he still is today. Many men have talent and passion in their field but how many men are willing to break down doors to achieve their goals and create a better life for themselves and others as Quincy Jones has done? Imagine where your talent, passion and compassion could take you.

His Achievements

- Received 79 Grammy nomination and won 27 Grammy awards.
- His arrangement of "Fly Me to the Moon" recorded by Frank Sinatra was the first music played for NASA's first lunar landing mission.
- Has received numerous honorary degrees from multiple universities and has had scholarships and schools named in his honor.

- Named after the former U.S. President Bill Clinton, Jones has received the Clinton Global Citizen award for Leadership in Philanthropy.
- Received the Kennedy Center Honors award which recognized his life-long accomplishments and talents and has only been given to a handful of the United States's most prestigious artists.
- Was awarded the National Medal of the Arts by U.S. President Barack Obama.

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William Shatner: Male Role Model

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Role Model Traits

[image: William Shatner: Role model for modern men]

What makes William Shatner such an interesting male role model is not his successes, but rather his failures and his ability to bounce back from them to become an even stronger man.

Tenacious and Hard Working â In the best sense of the term, William Shatner has always been a âworking actor.â Whether he had a starring role, a guest spot or even took some questionable parts in low-budget or low-quality projects, he has always stayed devoted to his craft. For him, âWork equals work.â Of his early career a producer said, â(Bill) became a working actor who showed up on time, knew his lines, worked cheap and always answered his phone.”

Self-transformation â Shatner has seen his acting career rise and fall many times so he constantly re-invents himself as an actor, spokesperson, singer, author, interviewer and more so that he is always able to earn a paycheck.

Self-Deprecating â Much has been made about Billâs (as his friends call him) strange staccato line delivery, most noticeable in one of his most famous roles as Captain James T. Kirk in the âStar Trekâ series and movies.

His acting style is often great fodder for celebrity impersonators and endless comedy skits have been done at his expense. But the person who generally laughs the loudest at these âtributesâ is Bill himself.

Inquisitive and Disarming â William Shatner is fascinated by people and thatâs most obvious in his series âShatnerâs Raw Nerveâ on the Biography Channel where he interviews celebrities and other notables.

He digs deep in these discussions and often asks insightful questions in such an authentic and disarming way that he gets his guests to open up and talk about their personal life in ways they say theyâve never done before.

His Story

William Shatner was born and raised in Canada and has been acting since his childhood. As a young man, he was a trained Shakespearean actor who showed much promise. It has often been said that he is as gifted as his acting contemporaries Paul Newman, Steve McQueen and Robert Redford.

It took him a long time to live up to that promise, but he worked hard to become an award-winning talent who has earned much respect in the acting community.

In his early career he suffered by making some poor choices and accepting many of the low-quality roles that he was offered. His strong work ethic and desire to support his family made him select

almost any role rather than waiting until something more substantive was offered to him.

When he initially took the role of Captain James T. Kirk in the series *Star Trek*, Bill never thought that it would become something that he would be associated with for the rest of his life. The show was canceled after the first season due to poor ratings and Shatner was almost relieved.

It wasn't until *Star Trek* went into re-runs that viewers developed such an interest in the show that they demanded that the series be returned. And although he had been working steadily for decades, this is when William Shatner became so well known to the public.

For Bill (as he's called by friends and family), the return of *Star Trek* was a mixed blessing. It was a steady paycheck in a lead role of a popular series, but his ego soon took a big bruising when fans started clamoring to see more of *the guy with the ears* — Leonard Nimoy in the role of Spock.

Suddenly Bill's leading role and screen time had to be shared and he admits that he wasn't always gracious about it. Even though he was a professional on the set, he made it clear that he wasn't happy with the script changes that gave bigger roles to his co-stars.

His foul mood often caused considerable tension on the set. (He has since made public and private apologies to his castmates and, in fact, eventually developed a close friendship with Leonard Nimoy.)

Unless you're a sole-proprietor of a business, it's essential to work as a team player with the other employees. You should always do your best to encourage others to do their best work and cheer them on when they succeed.

Ironically, this type of approach will get you promoted to leadership or bigger roles more often than trying to steal attention away from other people. As the old saying goes, There's no *I* in the word TEAM.

Bill decided to use his new-found popularity to record albums. While not sung, they were dramatic spoken interpretations of songs such as *Tambourine Man*, *Lucy in the Sky with Diamonds* and *Rocket Man*. While critics blasted his efforts, his fans supported his creative endeavor and the albums became big hits.

When *Star Trek* was canceled, Bill was typecast as Captain Kirk and found it difficult to get acting work. At the same time, his first marriage fell apart and he and his wife divorced. He lost his home and spent several months living in his truck while still pursuing acting roles.

Eventually he was offered small guest spots in sitcoms and other shows which then led him to being cast in the lead role of the *T. J. Hooker* TV series. While popular with the audience, Bill didn't get enough professional satisfaction from the role.

He stayed with it because he felt the responsibility to support his children from his first marriage and his new wife and worked with the producers and writers to try to make the show better.

After *Hooker* ended, he took whatever jobs he could get including making public appearances at *Star Trek* conventions. Although he had a distain for Trekkies (loyal *Star Trek* fans), he was relieved to receive a paycheck.

In today's economy, modern men will often find that they have to take a job even if it isn't in their ideal profession. There's no dishonor in taking a job that doesn't meet your capabilities to support yourself or your loved ones. However, you should never give up on your true purpose. Spend your after-work hours equipping yourself with the skills to eventually work in your dream job.

When the *Star Wars* movie series became so popular, the *Star Trek* producers

decided to cash in on the outer space science fiction craze and resurrected the Star Trek characters in feature-length motion pictures. Because he was such an icon in his role as the captain of the Starship Enterprise, Bill began receiving greater financial rewards. He also began to get more professional enjoyment in reprising his role as Captain Kirk for the big screen. The movies were a financial success but Bill still looked for greater artistic outlets.

He's credited with writing a series of books based on the Star Trek characters that were a huge hit with sci-fi fans. He also made numerous guest appearances on a variety of popular television shows. Bill eventually came to terms with his popularity with Trekkies and embraced their adoration. He also discovered that several young producers were also his fans and were anxious to cast him in their projects.

Although not a typically good looking man, his role in Star Trek turned into a bit of a heartthrob and many women felt attracted to him. This happens because women are more attracted to things about a man other than his looks.

A couple of years after his second marriage came to an end, he married a woman he called the love of his life. Unfortunately his new wife had a drug and alcohol addiction. Despite his best efforts to get her treatment, she accidentally drowned in their family pool after consuming sleeping pills and alcohol. He was devastated to find her body and learn of her death.

Bill was hired to do a popular series of commercials for Priceline, a discount travel website. As the website's spokesman, the commercials took advantage of Shatner's comedic ability to parody himself.

The popularity of the commercials resulted in him landing the role of Denny Crane in the final season of The Practice. His bombastic character portrayal was so well received that writer/producer, David E. Kelley, hired Shatner to reprise the Crane character in his new spin-off series, Boston Legal.

In an interview about Shatner and the series The New York Times Magazine described the casting as "William Shatner the man...playing William Shatner the character playing the character Denny Crane, who was playing the character William Shatner."

Shatner is happily married to his fourth wife who shares his love of equestrian riding and raising horses and is one of the busiest working actors in show business.

His Achievements

- Received an Emmy Award and numerous nominations for his character Denny Crane on Boston Legal.
- Recorded a wake-up call for the space shuttle Discovery as it finished its final mission at the International Space Station using the music theme from Star Trek and parodying the opening statement he made each episode of the series.
- Received the Governor General of Canada's Performing Arts Award for Lifetime Artistic Achievement. He recorded a humorous short film for the occasion William Shatner Sings O Canada.
- Raises champion American Saddlebred horses with his wife and rides in charity equestrian events.
- When he passed a kidney stone, he sold it for \$75,000 on an auction website. That money,

along with donations from the cast and crew of [Boston Legal](#), [built a home for](#)
[Habitat for Humanity](#).

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Christopher Reeve: Male Role Model

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

His Role Model Traits

[image: Christopher Reeve: Role model for men]

The late Christopher Reeve played Superman in his *reel* life, but more importantly he was a super man in his *real* life.

He was a devoted father and husband, he was well educated, philanthropic, dedicated to his work and continually displayed positive role model qualities before and especially after the accident that left him a quadriplegic.

Socially Conscious Even before his paralyzing accident which led him to work toward raising funds to find a cure for spinal cord injuries, Christopher Reeve was often willing to help various charities.

He served as a track and field coach for the Special Olympics, spoke before the United Nations on behalf of Amnesty International and appeared at numerous fundraisers for (Actors) *Equity Fights AIDS* as well as using his celebrity to help other causes he believed in.

Strong Work Ethic Chris (as his friends and family called him) caught the acting bug early and began working on the stage at the age of nine. Even after his debilitating injury caused him to be paralyzed at the age of 43, he continued to work on writing, acting, producing and directing.

Perseverance Although he briefly thought about ending his life after discovering the severity of his condition after the accident, with his family's encouragement he quickly resolved to do everything he could to improve his own condition.

He made enormous strides that not only impressed the medical community, but allowed him to be able to continue in his existing career and work toward finding ways to help others who suffered from spinal cord injuries.

Determined When he was cast as Superman, he had the prerequisite height and blue eyes to play the iconic legend, but he lacked the powerful physique.

Instead of wearing padding under his superhero costume as suggested by the studio, he trained vigorously for months with British weight lifting champion David Prowse to build up the necessary muscles to naturally fill out the Superman costume.

(Although James Earl Jones provided the voice of Darth Vader in the *Star Wars* epics, it was Prowse who actually wore the costume.) Determination is a key quality of an effective alpha male.

His Story

Most of us became aware of Christopher Reeve when he was cast as the iconic comic book hero Superman in the 1970s film, but Chris (as he was known by his family and friends) had been

regularly working as an actor since he was a child.

Chris was raised in an upper middle class family, but he never let his family's affluence keep him from getting out there and earning his own paycheck. He used his acting talent to land small roles in amateur productions and also worked backstage doing anything necessary to help earn his keep.

His powerful presence on the stage eventually brought him to the attention of agents, producers and legendary actors who helped him along his acting path.

As his career progressed, he was offered a number of roles but felt that he still had much to learn about acting. He went to Europe to study and perform the classics and later attended Cornell University and was eventually admitted to the prestigious Juilliard School of the Arts where he met and became lifelong friends with Robin Williams.

His handsome looks made him a natural for soap operas and he quickly landed a role on a popular daytime drama.

Katherine Hepburn was so impressed by his talent when he auditioned for the role of her grandson in the Broadway production of "A Matter of Gravity" that she used her considerable influence to get the producers of his daytime drama to schedule his TV appearances so that he could also perform in the play to impressive reviews.

Chris's star was rising and he eventually went and won the role that would make him a household name "Superman."

While shooting "Superman" in England he developed a relationship with British actress Gae Exton. Through mutual agreement they chose not to marry, but together they had a son and a daughter and Chris was most proud of what he considered to be his greatest role "devoted father."

After filming, and with Chris's career on the rise, they moved back to the United States. While Chris's career was going well, his relationship with Exton amicably came to an end and she moved back to England with their children.

Chris was given several long-term opportunities to work in Los Angeles but he turned them down and chose to stay on the East Coast so that he could hop aboard the Concord and see his children frequently.

Not all long-term relationships last forever, but with maturity it is essential, especially when there are children involved, to strive to maintain a friendly relationship with your ex. If you take on the responsibility of fathering a child, it is essential to remember that your first obligation is now to your children.

That's why making the decision to have children or being sexually responsible to avoid unexpected pregnancies is such an important choice as a man in the modern world.

Months after his split with Exton and while working in Willamstown, Massachusetts he became attracted to a singer, Dana Morosini. Within months they were married and soon after Dana (Morosini) Reeve gave birth to their son.

Always a sports enthusiast who excelled in water sports, track and field, hockey, tennis, baseball, mountain climbing, parasailing, cycling and more, and even though he was highly allergic to horses, it wasn't surprising when Chris chose to take up equestrian riding.

As he did with everything else, he threw himself into the sport and quickly became an accomplished rider who often participated in equestrian events. It was that love of horseback riding that eventually

changed his life forever.

On May 27, 1995, while participating in a charity steeplechase event, Chris's horse stopped short at one of the jumps and with his hands tangled in the horse's bridle, Chris went flying over the rail and landed on his head.

While his helmet prevented brain injury, the weight of his body crashing down destroyed his first and second vertebrae causing his skull to become detached from his spine. The result was that he became paralyzed from the neck down.

Upon hearing the news and fearing the burden he would become to his wife and family, he said to Dana, "Maybe we should let me go." Upon which she told him, "You're still you and I love you." Her words changed his thoughts immediately and he never considered suicide again. At that moment he began the fight of his life.

Finding the right woman to marry and saying vows like "in sickness and in health" and "for better or for worse" are not just words. They are promises that need to be kept. It's obvious that Chris chose well when he married Dana because she stood by him throughout his ordeal.

Over the next few years, Chris endured numerous painful surgeries to reattach his head and spinal cord and rehabilitation to keep him as physically healthy as possible. He was forced to use a ventilator to breathe which made communicating especially difficult.

As an actor who was used to having vocal command, Chris found this unacceptable and astounded the medical community when his determination and hard work through gruesome therapy was successful and he could be off his ventilator for periods as long as 30 minutes at a time.

Whether you have a physical or learning disability or an emotional hurdle you have to deal with, like Chris, you should always strive to become the best man you can be by using determination and working hard to achieve your goals.

With incredible empathy for the other patients he met in rehab he decided to use his celebrity and media coverage to help raise awareness and funds to research spinal cord injuries. He made physically difficult public appearances, worked with scientists around the world, encouraged the government to fund research and fought to have spinal injury research become a medical priority.

When he was physically strong enough, Chris returned to his first love the movie business. He made his directorial debut in the award-winning HBO film "In the Gloaming" and produced and starred in the remake of the Jimmy Stewart classic "Rear Window."

His autobiography, "Still Me," detailing his life, accident and recovery spent several months on top of the "New York Times" best seller list and his second inspirational book, "Nothing is Impossible" was also well received.

As hard as he fought, Chris endured numerous setbacks in his recovery and it was ultimately an infection and his reaction to an antibiotic that ended his life on October 10, 2004 at age 52.

Throughout his too-short life, Chris proved that he was a "super man" in the best sense of the term. He is definitely a man that any modern man can look up to for inspiration and as a positive role model.

His Achievements

- Named the Chairman of the American Paralysis Association and Vice Chairman of the National Organization on Disability.
- Co-founded the Reeve-Irvine Research Center which is now one of the leading spinal cord research centers in the world.
- Formed the Christopher and Dana Reeve Foundation with this wife to receive grants and to raise funds for spinal cord injury research. To date, the Foundation has raised over \$70 million.
- Urged California voters to vote "Yes" on Proposition 71 which would establish the California Institute for Regenerative Medicine. The bill allotted \$3 billion of state funds for stem cell research which is an approach that scientists believe has the best potential to help or cure those with spinal cord injuries. The bill was approved shortly after Chris's death.
- Received five Emmy awards including one for Chris as "Outstanding Director for a Miniseries or Special" for his film "In the Gloaming."
- Won a Screen Actors Guild Best Actor Award for his role in "Rear Window."
- Flew solo across the Atlantic twice (before his accident) and when he was filming the movie "The Aviator," he did all of his own flying stunts.

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Bill Rancic: Male Role Model

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

[image: Bill Rancic - Male role model]

His Role Model Traits

If I was only going to recommend one male role model for modern men, it would definitely be Bill Rancic.

Rancic is the well-known winner of the first season of “The Apprentice”, who went on to marry a beautiful and famous TV personality, Giuliana DePandi. Yet, that’s not why he’s such a great role model for men.

Bill exhibits a number of admirable qualities such as leadership, masculinity, determination and much more that modern men can aspire to. These are traits that are not only naturally attractive to women, but also traits that cause men to respect and admire him.

Masculinity â□□ Although Bill is married to a strong, influential woman in the entertainment industry – Giuliana (DePandi) Rancic â□□ it’s easy to see when watching their reality TV show “Giuliana and Bill” that Bill still wears the pants in their relationship.

Although they compromise well, when a difficult decision needs to be made, Bill is generally the final decision maker.

Leadership â□□ Whether he was the designated Project Manager or if he was simply assigned tasks as part of a team, his leadership skills were quickly apparent in the first season of “The Apprentice.” Although his competitors were trying to win the title, they often turned to Bill for advice about how to manage situations or sought his help to complete complex tasks.

Confidence â□□ When Guiliana DePandi of E! television was assigned to interview Bill, you could immediately see the sexual sparks flying between them. His cheeky humor and flirting made her drop her guard and relax. Guiliana suddenly became flustered (in a good way) and briefly lost her professional demeanor as he turned on the charm and quickly won her over.

Supportive Husband â□□ Bill and his wife desperately wanted to start a family but soon discovered that their best chance for her to get pregnant was for Giuliana to go through the physically and emotionally difficult In Vitro Fertilization (IVF) process.

As much as Bill wanted to be a father, he told Guiliana that he wouldn’t push her. He said that she should make the final decision as to whether or not she was willing to attempt to get pregnant through IVF and he would support any choice she made.

They tried again and again, but were unsuccessful. Still, Bill has been supportive and cares about the health of her body and how it can become damaged by further IVF attempts.

Charitable â□□ The proceeds from his book, “Beyond the Lemonade Stand,” go to various charities and he works closely with numerous charities such as Gradient Gives Back, which helps economically-challenged families get back on their feet. Among his other charitable efforts, he actively serves on the board of the Mercy Home for Boys and Girls.

His Story

Can you remember the names of any of the other people who have won “The Apprentice”? Most people can’t, but almost everyone who has seen the show remembers Bill Rancic and it’s not simply because he was the first winner.

It’s because Bill took that initial opportunity to work for Donald Trump and went on to use the experience to create further opportunities for himself. He has milked the opportunity for all it is worth, rather than stopping at winning the title of the show.

Bill Rancic’s entrepreneurial spirit began early in his life. Coming from a humble, middle-class family (his parents were educators), he needed a way to earn money while attending college, so he started a boat detailing business.

Then, while still in his twenties and with a love of a good cigar, he started an internet-based business, Cigars Around the World, in his 400-square foot apartment that went onto become a multi-million dollar business enterprise.

Almost every successful entrepreneur started by discovering his personal passion and building on it, or finding a niche that needed to be filled and then filling it.

Bill’s early passion was great cigars and he recognized that there were others who also enjoyed the occasional quality smoke but were limited in their choices from their local cigarette shop.

So, he set about researching supplier options and started his online cigar business. Why not take a day to decide on what your true passion is or work out what niche you can fill and test your own entrepreneurial spirit?

When Bill applied for the first season of “The Apprentice,” because of his already proven success in the cigar business, he beat out over 250,000 other hopefuls.

Not only did he participate as one of 16 competitors on the new show, but he continually persevered and moved ahead as others were fired until he was one of only two finalists standing to ultimately hear the legendary Donald Trump say, “You’re hired!”

Within three minutes of hearing he’d won the title as “The Apprentice” and earned a year-long contract to work on one of Trump’s projects, Bill quickly decided to take on the task of overseeing the building of a new Trump Tower in his hometown of Chicago rather than helping to build a new Trump golf course in another state.

He felt the Tower project would be a better learning experience and would help him with his personal goal to be another real estate development mogul. This ability to make quick decisions showed yet another aspect of Bill’s leadership qualities and business insights.

Although his contract as “The Apprentice” was due to end a year later and Bill initially planned to go out and start his own company, he decided to stay on to not only further his opportunity to learn under Trump’s tutelage but to see the Trump Tower project completed and become one of the most impressive and highly-sought after addresses in the Chicago skyline.

“The Donald” soon realized what a tremendous asset Bill was to the Trump Organization and gave him many more responsibilities than was originally planned. While most men will never have a mentor with a track record as outstanding as Donald Trump’s, work toward finding a successful man or men who shares your same business or personal interests to mentor you.

If you take that relationship seriously and sincerely show a genuine interest in their teachings, you can avoid the mistakes that most people make and glean priceless ideas from the mentors to possibly enjoy even greater success than they achieved.

Bill Rancic continues to work on projects with and/or for Trump and often serves as a guest judge (and Mr. Trump's "eyes and ears") on other seasons of "The Apprentice" where his input about the competitors' abilities helps Trump to decide who should stay and who should go.

Since leaving the Trump Organization as a full-time employee, Bill has gone on to build his own highly lucrative real estate development (commercial and residential) company. He also now travels the world as a successful and well-paid motivational speaker for groups and major corporations.

He met and married Guiliana (DePandi) Rancic, a well-known TV host and producer on the E! television and Style networks. Together they've written a book "I Do, Now What?: Secrets, Stories and Advice from a Madly-in-Love Couple" and Bill has authored "Beyond the Lemonade Stand" and "You're Hired: How to Succeed in Business and Life from the Winner of The Apprentice."

Along with Guiliana, he has starred on their highly successful reality series "Guiliana and Bill" which focused on the trials and triumphs of married life.

They have also started a successful television production company, You and I Productions, which produces scripted and reality shows on several networks. Bill makes frequent TV appearances and hosts and produces a popular Saturday morning business-based TV show on A&E called "We Mean Business."

His Achievements

1. Bill's internet-based company, Cigars Around the World, has grown into a multi-million dollar enterprise showing his early aptitude for business and his ability to find a niche that needed to be met.

He acted on his passion in an uncompetitive niche and saw it through to tremendous success.

2. Is a highly paid and much-sought-after motivational speaker brought in by groups and Fortune 500 companies to inspire and inform their members or employees.

3. Co-wrote the book (with his wife) "I Do, Now What?: Secrets, Stories and Advice from a Madly-in-Love Couple" to frankly and humorously discuss what it's like when you're a newlywed (or start living together) and how to deal with all of the big and small decisions in life as a couple.

4. Wrote two additional books "Beyond the Lemonade Stand" and "You're Hired: How to Succeed in Business and Life from the Winner of The Apprentice."

The first book helps parents prepare their children for financial success by starting them to learn about money and business at an early age.

The second book deals with the hard-earned lessons about life and business that Bill learned for himself and insights shared by people in his life whose opinion he trusts.

5. Successful in real estate even during down-turns in the market. He is savvy in knowing what properties to buy, when to buy them and then how to turn them into a highly profitable venture when he sells them.

For instance, he and his wife bought an unfinished 12,000 square foot mansion for \$1.56 million. Three months after they remodeled it and moved in, they sold it for \$4.6 million! (Not a bad profit for

less than a year's work!)

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Chris Gardner: Male Role Model

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

His Role Model Traits

[image: Chris Gardner - Male role model]

Chris Gardner, whose remarkable story was portrayed by Will Smith in the award-winning blockbuster, “The Pursuit of Happyness,” started out with a life that by no means spelled future success. Yet, with extraordinary courage, a positive attitude, tenacity and resourcefulness, he became the type of man whom any modern man could look to as a role model.

Tenacious â□□ Despite his lack of education and resources, he persevered until he achieved his goal to be a successful stockbroker.

Resourceful â□□ Even though he was working in a somewhat promising sales job, he was often homeless as he started on his road to riches. Since he had his young son to care for, he always made sure to find a place for them to spend the night.

Today, his son doesn’t recall feeling homeless. Rather he says he just remembers that they moved around a lot and his father made it an adventure.

Philanthropist â□□ Remembering what it was like when he was starting out and was broke and desperate, he makes it his mission to help others who are less fortunate so that they too can achieve their own success.

He helped fund a project that provides housing and employment opportunities in the area of the city that he was once homeless in.

Devoted Father â□□ Because Chris’ father left him as a small child, he vowed that he would never abandon his children. He took sole custody of his son and daughter when he divorced their mothers.

His Story

Chris Gardner’s early life was marked by poverty, abuse, abandonment, family illiteracy and alcoholism.

However, because of Chris’ desperate situation (his father abandoned him and his siblings at a young age, his mother was arrested on several occasions and he was often placed in foster care), his mother taught him that he had to become self-reliant. He quotes her as saying, “You can only depend on yourself. The cavalry ain’t coming.”

Without any positive male role models in his life, Chris could have easily followed his family’s unfortunate pattern of poverty and problems. However, he was determined to seek a better life for himself and ultimately his family. While it wasn’t always a straight path, Chris had big dreams and was determined to pursue them.

When he left high school and wanted adventure, he joined the United States Navy. While in the service, he met a respected cardiologist, Dr. Robert Ellis, who offered him a position assisting him in

clinical research.

When he ended his four-year stint in the Navy, Chris moved to San Francisco to work with Dr. Ellis and learned how to manage a laboratory and perform some basic surgical procedures. He even co-authored several articles with Dr. Ellis that were published in medical journals.

Chris decided that he wanted to become a successful doctor. However, when he realized that he would need to spend another ten years training and tens of thousands of dollars he didn't have to become a doctor, he decided that it was an unrealistic goal.

His marriage to his new bride began to fall apart when he told her that heâd given up on his dreams of becoming a doctor. Soon enough, he began having an affair that resulted in him fathering an out-of-wedlock son, Christopher Medina Gardner, Jr. The affair ended his marriage and he went to live with his mistress to help raise their son.

Chris continued to work as a lab technician, but with his small salary the couple had difficulty making ends meet. Chris then set about taking a slightly more lucrative job selling medical equipment.

One day, while out making sales calls, he spotted a well-dressed man parking his red Ferrari. He stopped the man and asked him how he got so rich.

The man told him that he was a stockbroker and from that moment on, Chris knew that he'd found his career path. He then asked Bob Bridges, the owner of the sports car, how he could become a stockbroker. Bob took Chris under his wing and introduced him to many people in the business and set up interviews for him with brokerage companies that had training programs.

The numerous interviews kept Chris from being able to keep appointments to sell his medical equipment and that drastically impacted his salary (and he simultaneously managed to rack up numerous parking tickets while he was out doing interviews and making sales calls).

Eventually he landed a trainee position with a major brokerage house and quit his sales job so he could work at his stockbroker training full time. But just when it seemed that Chris was finally going to be back on the road to success, he hit several major obstacles.

On the day he was scheduled to begin his training program, he learned that the man who had hired him had been fired. Chris was once again without a job.

His relationship with his mistress was going badly and she (allegedly falsely) accused him of beating her and he was arrested and taken to jail. In court, the judge dismissed the abuse charges but sentenced him to ten days in jail for not being able to afford to pay the \$1,200 he had accrued in parking tickets.

When Chris returned home from jail, he found that his mistress, his son, and all of his possessions (including his clothes) were gone and she had moved to the East Coast. Chris was devastated.

Not willing to give up on yet another big dream, Chris went to one more brokerage house (in the casual clothes he was wearing when he was arrested) and was so persuasive that he convinced them to give him a stockbroker trainee job (with a very small salary that didn't allow him to pay for most of his living expenses).

He was determined to be the best stockbroker candidate that he could be. He came to the office early, stayed late, made hundreds of cold calls to strangers each day and eventually worked his way up to being their top trainee. When he passed his difficult securities licensing test on the first try, they offered him a full-time position.

Whether it's meeting a girl, getting a job or trying any number of pursuits, you can come up with numerous excuses about why you won't be able to succeed.

If you're like Chris and are determined enough and show enough drive and confidence, you'll eventually be able to convince others that you should be given a chance. Then it's up to you to prove that their trust in you was well deserved.

Still, as a beginner, his salary and commission schedule was extremely small and he was forced to live in a run-down rooming house. Then four months later, his mistress returned and gave him full custody of their son. While Chris was thrilled to have his young son back with him, his landlord didn't allow children and he was forced to move out. In the movie, "The Pursuit of Happyness," for dramatic dialogue purposes, Chris' son was portrayed as a five-year-old. In reality, Chris' son was only a toddler.

Without enough income to afford a traditional apartment, Chris and his son had to stay in abandoned buildings, low-rent rooming houses (often called flophouses), churches, after hours in his office in the after hours, shelters and even a locked toilet in a train station.

So that he could still work, Chris was often forced to leave his son with virtual strangers, and when he could afford it, he put Chris, Jr. in a child care facility called "Happyness" (which explains the odd spelling of the word "happiness" in the title of Chris' book and the movie). Leaving his son each day was the hardest thing he had to do.

No one at work realized that Chris was homeless and he was too proud to let them know. Yet, despite his desperate situation, Chris persisted and became such a successful stockbroker that he was ultimately recruited and hired by another firm. By then, he was able to afford proper housing for him and his son.

Four years later, Chris formed his own brokerage firm, Gardner Rich & Co., in Chicago with a \$10,000 investment and one piece of furniture (a desk that doubled as a work space and dining table). His ultimate goal to be the best at something was finally coming true.

He worked very hard to build his firm and it paid off...big time. He eventually became a multi-millionaire when he sold his shares in his firm and then he went off to pursue his next dream which was to start Christopher Gardner International Holdings with offices in New York, San Francisco and Chicago.

News of his "rags to riches" success story led him to be interviewed on the highly-rated American televised news magazine "20/20." This exposure attracted much media and public attention. Chris then realized that his story could possibly help others who also found themselves in difficult situations.

It was then that he wrote the best-selling book, "The Pursuit of Happyness." The success of the book and more media attention led the book to be made into a movie of the same name. Notably, Chris didn't attend the premiere of his own life story because he felt it was more important to give an inspirational speech to a group in Wisconsin.

As a multi-millionaire Chris has turned his attention to more philanthropic pursuits that combine his knowledge of finance and his great desire to help others like him who have found themselves in financial straits.

He and his firm have raised money to build low income housing, provide career counseling and job placement services and even offer job training for the homeless and poor in at-risk communities in

Chicago. Interestingly, because he understands the importance of proper attire for job interviews, he donates clothing and shoes to numerous homeless shelters.

He has gone to Africa to help create training and finance programs for the poor and he travels the world as a popular and well-paid motivational speaker.

His Achievements

- Received an Image Award from the NAACP and a Humanitarian Award from the Los Angeles Commission on Assaults Against Women.
- Worked with Nelson Mandela and received The Continental Africa Chamber of Commerce's Friends of Africa Award.
- Recognized by innumerable charitable and business organizations around the world.
- A popular guest on news and talk shows. Chris has also been interviewed by countless newspapers and magazines from around the world.
- Written two books about his experiences and his advice to help others like him â□□ "The Pursuit of Happyness" and "Start Where You Are: Life Lessons in Getting from Where You Are to Where to You Want to Be."
- Served as an Associate Producer on the film about his life, "The Pursuit of Happyness" starring Will Smith.
- Bought a black Ferrari from legendary basketball player Michael Jordan. Chris had customized license plates made that read "NOT MJ."

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Aron Ralston: Male Role Model

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

[image: Aron Ralston - Male role model]

His Role Model Traits

Aron Ralston, the man that the Hollywood movie “127 hours” is based on, rose up to become a role model for modern men after his harrowing ordeal of being left for dead in a rock crevice in the middle of nowhere. His strength after his nightmare experience in the desert has shown what kind of man he really is.

Brave beyond measure – When his arm was pinned down by a fallen boulder in a rock crevice in the middle of nowhere, Aron eventually decided to cut off his arm and get to safety before he died.

How many of us men would have the bravery exhibited by Aron Ralston during his ordeal to survive at all costs? Most men would have just given up and reluctantly died rather than be willing to do something as horrific as breaking their own bones and using a crude instrument to painfully amputate their own arm.

Aron not only did that, but he then had the courage to climb out of the almost impassable canyons and rock walls, using only one of his arms, in an attempt to travel the several miles to his car and then get to a hospital.

Traits such as bravery, masculinity, confidence and emotional strength are things that women find very attractive in men. Unlike us men who select women purely based on looks, most women select men based on certain personality traits and behaviors that have nothing to do with a guy’s looks.

Masculinity – While many men would have developed a “pity me” attitude after such a horrific experience, Aron never lets his physical limitations stop him from doing what he loves – exploring the great outdoors.

He also didn’t let the fact that he was disfigured by his accident to stop him from pursuing, falling in love and marrying a woman he met years after his accident and eventually becoming a father to a son. This is key trait of an effective alpha male.

Adventurous – Aron has spent much of his life exploring the great wildernesses of the world while rock climbing, skiing, and hiking and often going solo on his journeys despite his new handicap. Although he is naturally shy, he also now travels the world as a motivational speaker.

Determined – Instead of allowing his understandable panic to paralyze him when he was trapped, Aron fought through his fears and did what was necessary to save his life. While most men won’t ever find themselves in a situation as life-threatening as Aron did on that fateful day, we can all learn from this excellent male role model.

When we are faced with a difficult situation, the only thing that matters is getting the result we need to succeed. Everything else is just “details” while you are getting there. Focus on the end result and go after what you want.

Humble – While recovering in the Intensive Care Unit of the hospital, Aron was watching CNN and saw that they were reporting on the remarkable ordeal of a rock climber who cut off his arm to save

himself.

He didn't immediately associate the story with himself and when he realized that there was national and international coverage of his own story, he couldn't understand why it was newsworthy.

His Story

Aron Ralston is a seemingly ordinary man with an extraordinary spirit whose love of the outdoors and rock climbing led him to face one of the most harrowing and death-defying experiences any man could ever experience.

His story became the basis of his book "Between a Rock and a Hard Place", which was so compelling that it was eventually turned into the award-winning movie "127 Hours" starring James Franco.

Growing up in Colorado, Aron Ralston always had a love of adventure. Although he was an honor student at a prestigious university and studied to be a mechanical engineer, he gave up that career path and chose to make it his mission to climb and explore mountains.

On a fateful day in April, 2003, he decided to investigate the Blue John Canyon in eastern Utah.

When he initially set off on his afternoon hike, he brought along only some bare essentials â a few bottles of water, some energy bars, rope, a small video camera and an inexpensive pocket multi-purpose pocket tool (the type of tool that looks like an elaborate pocket knife with a screw driver, small knife, pliers and similar attachments).

Miles away from his car and the cell phone he left there, he decided to explore a crevice he'd read about in a guide book. Unfortunately the experienced climber slipped and during his fall, he dislodged a giant boulder that subsequently pinned his right arm down and pressed his body against the narrow canyon wall.

Unable to dislodge his arm no matter how much he struggled and yanked at it, he suddenly remembered his fateful mistake of not informing anyone of his hiking plans. He wasn't expected to be back at work for several days, so no one would realize he was missing. He had to work out how to rescue himself.

Despite his repeated efforts over a couple of days, he could not move the enormous boulder. Throughout scorching days and freezing nights he used his pocket tool to try and chip away at the rock to free himself, but his efforts were futile and hardly had any effect on the boulder.

His supplies were also rapidly running out. Feeling a little desperate and almost conceding that he may in fact die, he used his video recorder to document his plight and to supply his family's contact information in the hopes that if his efforts to free himself were unsuccessful and if his lifeless body was ever found, his family would learn of his fate.

On the fifth day of his captivity, dehydrated and delirious, he continued to chip away at the rock with his now dull and bent knife. During the process, his knife slipped and painlessly sliced into his thumb. He realized that his arm was rapidly decomposing and that his only hope to free himself and survive was to amputate his arm just below his elbow.

Again, using his pocket tool and through the searing pain he attempted to cut off his arm. Recognizing that he wouldn't be able to cut through his bones, he made the agonizing decision to break the bones of his pinned arm and then cut through the skin.

He painfully and repeatedly broke multiple bones and continued through the excruciating process of

cutting and freeing himself until he was no longer pinned by the rock.

He then painfully worked his way back up through the crevice with one arm cut off and bleeding and was eventually able to climb out of the canyon.

Six hours after he amputated his arm, still weak and in tremendous pain, he happened upon a tourist family from the Netherlands on the way to his car. They applied minimal first aid and found help to have him airlifted to a hospital where he spent months recovering and was ultimately fitted for a prosthetic arm.

His Achievements

- Returned to the site of his accident more than a dozen times and had the courage to document his story by mentally reliving it for both his book “Between a Rock and a Hard Space” and the movie “127 Hours.”
- Became the first person to scale all 53 of Colorado’s majestic mountains. He has now also skied down massive mountain summits and continues to find other international outdoor adventures to experience, despite his handicap.
- Married in 2009 and became the father to a son in 2010.
- Has become a celebrated motivational speaker and travels internationally telling his remarkable story.

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Daniel “Rudy” Ruettinger: Male Role Model

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

His Role Model Traits

[image: Daniel "Rudy" Ruettinger - Male role model]

Daniel “Rudy” Ruettinger, the subject of the popular movie, “Rudy” starring Sean Astin, offers modern men lessons about the 4 C’s he lives by – commitment, character, courage and contribution.

Commitment – Despite being told time and again that he could never be accepted as a Notre Dame student due to his poor grades (much less become a member of their football team because of his small size), Rudy never let anyone or anything stop him from achieving his dream.

In the end he succeeded and showed the world and other men that no matter what limitations others place on you, your life is in your hands and you can achieve what you dream of.

Character – Rudy’s dreams didn’t end on the football field at Notre Dame. He believed that his story could inspire others so he worked for a decade to learn what he needed to know about the movie business and kept knocking on doors and telling his story until Hollywood made a movie about his life.

Courage – Rudy Ruettinger had been literally knocked down hundreds of times on the football field leaving him bloodied and bruised. Yet, each time he was knocked down – often by much larger players – he kept getting up and fighting back. This is a clear example that you don’t need to be a big man “physically” to be an alpha male.

Contribution – Rudy continues to help others achieve their goals through his speeches, training seminars, interviews and scholarship programs.

[tab:His story]

Most men who have seen the movie “Rudy” starring Sean Astin think that Daniel “Rudy” Ruettinger is a great role model because of the story that was told about him in the film – but they would only be partially correct.

Rudy Ruettinger has devoted his life to being the best man he can be and that pursuit didn’t stop after his teammates carried him off the field after his Notre Dame victory.

The film “Rudy” depicts the life of Daniel “Rudy” Ruettinger and how he grew up the third child of 14 in a lower middle-income family.

It shows that Rudy was a below-average student who left high school, served in the military and then went to work in a blue collar job. However, when an industrial accident killed his best friend, Rudy began to re-evaluate his life and decided to do everything he could to finally achieve his life’s goals.

The thing that Rudy wanted most was to attend the University of Notre Dame and play on their football team. However, his academic history wouldn’t qualify him to meet Notre Dame’s high scholastic standards. In fact, he was barely able to get into a local junior college.

Despite almost everyone trying to dissuade him from his pursuit; he continued to try to get admitted

into Notre Dame.

His poor grades weren't because Rudy wasn't smart; it was because he had a learning disability that was only discovered after he was tested in junior college. Once he understood the problem, Rudy worked with tutors and professionals to rise above his dyslexia (a manageable, but currently incurable learning disability) to make himself a more viable candidate for the prestigious university.

With great determination, he improved his grades, added community service to his resume and continued to apply to Notre Dame until he was finally accepted as a student in his junior year.

Whether your problems in life have been of your own making or were circumstances that were out of your control, you can't change your past. But with confidence, commitment, character, courage and contribution, you can change what your future will be if you want it badly enough and if you are willing to work hard enough to make those changes. Look to Rudy as a classic example of that.

Being accepted to Notre Dame as a student was only part of Rudy's dream. He and his family were lifelong fans of the Notre Dame football team and it was Rudy's greatest desire to play for the "Fighting Irish." But at 5'7 and 185 lbs., Rudy was tiny in comparison to the other football players. Still, when they had open tryouts, Rudy gave it his best effort to show that he could be an asset to the team.

His determination, persistence and "heart" eventually won over the coaches and they agreed to let Rudy be a part of the team's practice squad. In short, he was often a human tackle dummy that was hit again and again leaving him bruised and battered, but he never gave up. He felt it was his contribution on the practice team that would let the varsity players do their best in the real games.

Despite the depiction in the movie where Head Coach Dan Devine had to be dramatically persuaded by other team members to let Rudy suit up, Coach Devine says he always had planned to let Rudy run onto the field in the last game, if only to stand on the sidelines.

He was then encouraged by one of the other coaches to let Rudy actually play in the game (the only way he could be acknowledged as an official member of the Notre Dame team). And when Rudy was given the opportunity to play, he knew his dream was coming true.

In the final 27 seconds of the game, Rudy mustered all of his strength and determination and tackled the Georgia Tech quarterback and helped his team to victory.

When he made the tackle and the team won and he was carried off the field amid cheers of "Rudy! Rudy!" his former teammate (who isn't depicted in the film), legendary quarterback Joe Montana, said in an interview years later, "Oh, the guys just went crazy on the sideline. I mean, it was like we had won the national championship almost. I mean, that's howâ€¦how excited everybody was for him."

But after being carried off the field, Rudy realized that with these dreams fulfilled, he needed to find his life's next dream. And that dream was to have his story told on film.

Too many men only have one or two short term goals for their life, which end up leaving them confused, lost and depressed when they reach them.

Whether it's to attract a girl you like or to be hired for a particular job, once they achieve what they set out to do, they stop dreaming and they give up on becoming and achieving even more in life.

If you want your life to have true purpose and happiness, you must always strive to do better and achieve more. You should always endeavor to be the best man you can be for yourself, your family, your woman and your community and never settle for anything less.

With no experience in the movie business, but highly determined to see his story on the big screen, he used the success of movies like “Rocky” and “The Field of Dreams” as inspiration to propel him forward.

Rudy went to Los Angeles, hung out where he heard film producers were, read the trade papers, networked and told his story to virtually anyone who would listen. For the most part, while people liked his story, they never would commit to making a film about it.

Each time he was turned down, it made him stronger and more focused and after ten years of being rejected, he was finally able to convince a producer to make a film about his accomplishments in life. It was that same dedication and commitment to see his dream come true of getting into Notre Dame and playing for the “Fighting Irish” that helped him to eventually succeed once again.

What are your dreams? How much determination do you have to see them come true? What are you willing to do to achieve your goal? How soon will you give up if you don’t see success quickly? If you are a man like Rudy, you will believe in yourself and know that you will eventually succeed, letting nothing and no one stop you from getting to where you want to be.

With the success of the film “Rudy,” which is as much a story about determination and inspiration as it is about sports, the real Rudy received much media attention and public interest.

Rudy turned those opportunities into a book, a career as a well-paid motivational speaker, and he also started a foundation and scholarship program to assist other worthwhile individuals to achieve their dreams. Today, Rudy continues to inspire people everywhere he goes.

Here’s what he had to say about dreams and the excuses many men give about why they don’t achieve their goals.

“What we’re really talking about here is commitment. Until you make a commitment to your dream, it’s not really a dream â□□ it’s just another fantasy full of excuses. Fantasies don’t come true because they’re not real; we’re not committed to them. When we make commitments, we eliminate excuses and they become dreams and dreams are definitely real.”

His Achievements

- Founded the Rudy Foundation with his wife to help other young “Rudys” to achieve their goals.
- Is the author of “Rudy’s Lessons for Young Champions.” A portion of the sale of his book goes to the Rudy Foundation and the Rebecca Wolfe Atkinson Fund for Diabetes.
- Acted as technical advisor on the film “Rudy” and appears as an extra in a scene at the stadium behind Ned Beatty who was cast as Rudy’s father.
- Was invited to the White House to watch “Rudy” with President Clinton, Colin Powell and Joe Montana.
- Travels the United States as a successful motivational speaker and has often shared the stage with former President George Bush, Super Bowl champion Joe Montana, inspirational guru Zig Zigler, the late actor Christopher Reeve and other notable men.
- Has been honored by the White House and President George Bush, received the Distinguished American Award, been awarded with proclamations from numerous U.S. cities and has been inducted into the National Speakers Hall of Fame.

Books

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Ryan Seacrest: Male Role Model

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Role Model Traits

[image: Ryan Seacrest - Male role model]

Most people think of Ryan Seacrest as a man who got lucky when he became an overnight sensation after he landed the job as host of “American Idol.” In reality, he’d been preparing for success most of his life.

Resourceful â□□ Throughout his life, Ryan had been complimented on the sound and quality of his voice. Recognizing this asset at an early age, he proactively sought out opportunities to use that talent to help him become successful.

Easy-Going & Charming Personality â□□ Although he started out as a co-host along with comedian Brian Dunkelman in the first season of American Idol, his easy-going personality and charm allowed him to effortlessly relate to the contestants, audience and judges and to then become the show’s only host from the second season on.

Confident â□□ While many people feared former “Idol” head judge, Simon Cowell, Ryan was always willing to go toe-to-toe with the often cranky and opinionated judge when he felt Simon had come down on a singer too harshly.

However, he almost always did it in a way that wasn’t too confrontational, but rather witty and relaxed. Cowell would quickly calm down and the contestants and audience would be spared from a potentially nasty verbal fight between Cowell and Seacrest.

Hard-Working â□□ In addition to his duties as the host of “American Idol,” Ryan also has developed his own successful television production company (Ryan Seacrest Productions) and hosts other highly successful TV and radio shows.

Charitable â□□ Along with his diverse philanthropic efforts, Ryan uses his influence as a popular spokesman to negotiate with major corporations to help sponsor his favorite charity, “Operation Smile,” which provides dental services to children in third world countries.

Great conversationalist and communicator – not only has he been able to host TV shows and radio shows, but is also a great interviewer when the time calls for it. If you’ve ever overheard him talking to women at parties or events, you will have noticed that he definitely knows how to put on the charm and attract women when he wants to.

Story

Most people became aware of Ryan Seacrest when “American Idol” became such a huge international hit, but his huge success as a public personality didn’t come overnight. His path on the road to fame and fortune can help you as a modern man to find your own road to success in whatever field you work or aspire to be in.

From an early age, Ryan was told how pleasant the sound of his voice was and he recognized that this

was a talent that could one day prove profitable. (Each of us has a talent. You just have to find yours and decide how you're going to use it to your advantage).

So instead of playing with toys as a kid, Ryan began practicing with a microphone and was eventually asked to make announcements over the loudspeaker at his high school. Then, at age 16, he worked his way to obtaining a much-sought-after internship at a local radio station in Atlanta.

Ryan sought out the mentorship of a disc jockey veteran at the station who taught him a number of aspects of the radio business. He quickly excelled at all that he was being taught and one night when one of the regular hosts called in sick, Ryan was given the opportunity to fill in for him.

By the next day the station's managers, realizing that Ryan showed a lot of potential, decided to give him his own weekend radio show.

Finding a mentor to help you learn the ropes is always an excellent tool for getting ahead in any field. Most successful men are generally more than willing to help the next guy scale his own ladder to success. Find a mentor or two to help you learn what it takes to be successful in whatever endeavor you wish to pursue.

When you reach the top, consider helping someone lower on their success ladder to climb up and reach their goals. Helping someone doesn't diminish you nor does asking for help make you appear needy. In the end, this type of collaboration will make you both stronger.

While he initially went to college to study journalism and was keeping his options open, Ryan soon realized that he was gaining popularity and notoriety in the business so he decided to move from Georgia to Hollywood to find bigger avenues for success.

By the time he was 20 he landed a job with a highly-rated Los Angeles radio station and hosted his own program, "Ryan Seacrest for the Ride Home." The show rapidly became the station's number one program and was eventually nationally syndicated. He then decided that the television industry was the next step he should take in his climb to entertainment industry success.

Soon, Seacrest was hosting several television programs for the American cable sports network ESPN and eventually moved to NBC where he hosted several shows before being asked by TNN, then a new cable network, to host one of their original programs. All the while, Ryan maintained his work as host on his radio programs which led to even more TV projects. While not all of the TV shows were a ratings success and several were quickly cancelled, Ryan's status in the industry continued to grow.

When the new singing talent show, "American Idol," was looking for a likeable co-host to work with comedian Brian Dunkleman, they quickly hired Ryan Seacrest to be one of the main "faces" of the show. Ryan came off to the audience and contestants as being relaxed, confident, warm and relatable while Dunkleman (who quit the show after the first season amid rumors that he was going to be fired) appeared ill-at-ease and looked as if he wished he was anywhere but on the "Idol" stage.

Dunkleman has since gone on to say that leaving "American Idol" was "the biggest mistake in the history of show business." As "American Idol" took off and became a ratings blockbuster, so did Ryan's status as a rising star.

His hosting abilities were soon being desperately sought by other shows and he later signed an initial three-year, \$21 million deal with the E! Network to co-host their daily evening entertainment news program and red carpet coverage of major award shows alongside Bill Rancie's wife, Giuliana (DePandi) Rancie.

Other TV hosting jobs also came his way including “Rockin’ New Year’s Eve with Dick Clark Hosted by Ryan Seacrest” (where he also acts as executive producer), a “Walt Disney World Christmas Day Parade,” a Daytime Emmy Awards broadcast and many others.

Ryan also became the new host of the internationally syndicated weekly countdown radio show, “American Top 40” (created and formerly hosted by the iconic and early Seacrest idol, Casey Kasem) and he also replaced Los Angeles radio legend, Rick Dees, to host the renamed “On Air with Ryan Seacrest” radio program.

On the later show, Seacrest not only acts as host of this internationally-syndicated show, but he also works as an executive producer. If his hosting days ever come to an end, he can still produce quality shows and continue to build on his fame and fortune.

Now that you know Ryan Seacrest’s story, you can see that his success wasn’t just luck. He worked hard to build his brand and continues to work toward creating his own career destiny. Take a few minutes to think about your own natural talents and start carving out your own path to a rewarding career and life.

Achievements

- Formed Ryan Seacrest Productions (RSP), which has produced original TV shows such as “Denise Richards’s It’s Complicated” following the life of the actress (Charlie Sheen’s ex), “Keeping Up with the Kardashians,” “Jamie Oliver’s Food Revolution” and several other series and televised specials.
- Works as the spokesman for Crest and Scope dental hygiene products. Ryan has worked out a deal with Scope so that they will match any funds he raises for his favorite charity “Operation Smile,” which provides poor children throughout the world with proper dental care.
- A partner with major corporations such as Microsoft, Proctor and Gamble, Coke and others on a series of significant projects.
- Signed a \$45 million deal with “American Idol” to continue his hosting duties and earns tens of millions from other projects and contracts.
- Although he’s often called “one of the hardest working men in show business,” he still finds time to maintain a thriving romance with former “Dancing with the Stars” dance professional/choreographer and multi-season champion and now award-winning country singer and beauty, Julianne Hough.

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John Walsh: Male Role Model

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Role Model Traits

[image: John Walsh - Male role model]

John Walsh took an unspeakable tragedy and turned it into hope and justice for others following the abduction and murder of his young son Adam. How he reacted to this life-altering path defines lessons of loyalty, devotion and leadership that many modern men can learn from.

Loyal â□□ When there was some media and public criticism and talk of parental irresponsibility for John's wife, RevÃ©, who allowed six-year-old Adam to play in a department store's toy section where he was abducted while she briefly shopped several aisles away, John quickly and publicly came to his wife's defense.

Family Man â□□ Enduring that sort of tragedy causes the vast majority of relationships and marriages to end because the couple can only focus on their grief and loss. Conversely, John and his wife grew even closer and chose to have three more much-loved children.

Leader â□□ Rather than allowing himself to be swallowed up by his grief, instead John became a leading activist for change regarding the human rights of missing and exploited children.

Being a leader in any way at any time is one of the many personality traits and behaviors that naturally attract women. You don't have to be the biggest leader in the world or boss people around; you just need to have the balls to lead as often as you can.

Emotional Strength â□□ Although it was obvious that John and his wife were desperate to find their son, John held himself together emotionally enough to work with law enforcement to give them the help they needed and hounded the media to cover the story so that his son could be found.

His Story

John Walsh never set out to be a leading human rights activist. He was a successful, upper-middle class hotel developer with a career on the rise. But on a fateful day in July, 1981, his six-year-old son, Adam, was kidnapped and murdered. That day, his life changed forever.

In a quiet suburban area in South Florida, John Walsh's wife, RevÃ©, took Adam for a quick trip to a local department store. As was common practice with parents and children in those more innocent times, she allowed Adam to play in the toy department while she briefly picked up some household items several aisles away. When she went to look for Adam a few minutes later, he had disappeared.

The Hollywood, Florida local police department immediately stepped in and began looking for Adam and his abductor. However, since they had never encountered a kidnapping case like this, they lacked the adequate skills and resources needed to find Adam.

Not willing to let the local law enforcement agency's inexperience hinder the search, John stepped up and used all of his clout with influential friends and local businesses to help find Adam. With much prodding from John, the kidnapping was picked up by the local media and he then pushed even

further until it received national coverage.

Two weeks later, just as John and his wife were getting ready to be interviewed about the kidnapping on a national morning talk show, they were told that Adam's severed head had been found more than a hundred miles from his home and the grieving process began anew.

Thousands of letters began pouring into the Walsh family home, offering sympathy or sharing their own story of loss or abduction. While John struggled with his grief and watched his thriving business begin to fail, his wife began reading the letters for comfort.

She told John about the letters and that there were many other abduction victims whose stories weren't being told and that they needed someone like John to take up their cause.

John then decided to expand his knowledge and build on the political, media and law enforcement contacts he had acquired while searching for Adam to not only continue to search for Adam's killer but to try to help other families.

He recognized that too many families were desperate, but didn't have his resources or inner strength that John and his wife has developed to help find their loved ones. He chose to step up and become their advocate.

In the garage of their home, John and his wife founded the Adam Walsh Child Resource Center, a non-profit organization dedicated to legislative reform. Later, John worked with the NBC network to produce docudramas about the Walsh's story â□â□ "Adam" and several years later, "Adam: His Song Continues."

The movies helped to raise public awareness of the widespread and growing problem of missing and exploited children and also led to legislative changes. At the end of the movies, photos were shown of missing children and 66 of them were recognized by viewers who called their law enforcement agencies and the missing children were returned home. What an achievement!

John and his wife's efforts in this area helped to pass the Missing Children's Act of 1982 and the Missing Children's Assistance Act of 1984.

The latter bill founded the National Center for Missing and Exploited Children, which maintains a toll-free hotline to report missing or exploited children or the sighting of a lost/abducted child. The Adam Walsh Child Resource Center eventually merged with the National Center for Missing and Exploited Children where John serves on its Board of Directors.

If you have a cause that you are passionate about, don't let your voice end at the voting booth or think that you as a sole individual are powerless. Visit your local representatives, start public campaigns and do whatever you can to seek changes to those things that you believe need reform.

John's proactive stance and his campaign to help families like his gave him much national media exposure and when ABC was planning to produce "America's Most Wanted," to find criminals and missing persons, they sought John Walsh as their host.

With John at the helm of the highly-rated show, more than 1,100 international criminals from more than 35 countries have been brought to justice and more than 50 children have been reunited with their families. Yet, John and the show have achieved even more.

Due to the media coverage John garnered and the public campaigns he started to aid victims, punish their attackers and bring to justice other child predators, stronger legislative acts have been passed and signed into law. The world has become a safer place because of his efforts, because countries around the world are following the lead of what John has achieved in America.

John has also created plans to help law enforcement agencies both nationally and internationally to work together to help arrest criminals and find missing children.

Twenty five years to the date of Adam's abduction, at a ceremony at the White House attended by John and his family, then-President George W. Bush signed the toughest legislation in history aimed to track and apprehend convicted sex offenders who disappear after their prison release — the Adam Walsh Child Protection and Safety Act — into law.

John has written three books, is one of the most highly-decorated citizens to ever be honored by law enforcement agencies and continues to fight to find justice for missing and exploited children and adults around the world.

Achievements

- Has written three best-selling books, "Tears of Rage: From Grieving Father to Crusader For Justice: The Untold Story of the Adam Walsh Case," "No Mercy" and "Public Enemies," which talk about his family's story and the toughest "America's Most Wanted" cases he's worked on.
- Honored five times by four U.S. Presidents for his work in criminal justice and for fighting for tighter legislation on child advocacy laws.
- Named "Man of the Year" by numerous law enforcement agencies throughout the world including the U.S. Marshals Office and the FBI citing his work to pass stronger laws and his help in capturing criminals.
- Named as an honorary U.S. Marshal. This is a distinct accomplishment in that he is only the third non-law enforcement citizen in the agency's 200-plus year history to receive such an honor.

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George Clooney: Male Role Model

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Role Model Traits

[image: George Clooney - Male role model]

George Clooney has always felt that his fame has given him an opportunity to use his good fortune to help others.

There are many lessons that a modern man can learn from George about loyalty honesty, compassion and how a positive attitude can help you achieve success and more.

Clooney is also famous for being a charming, flirtatious man. He is now married to Amal Alamuddin (now Amal Clooney) and he hasn't lost his flirtatious charm whenever being interviewed by women.

I reference him as an example in this video about flirting...

Loyal â□□ While George has certainly made a number of close friends with other big name celebrities during his career, the men he still considers his best friends are the guys he hung out with when he first moved to Los Angeles and was starting out as a struggling actor.

Honest â□□ He has repeatedly stated and is completely open with the women he dates that he has no intention of ever marrying again (he had a short-lived marriage to actress Talia Balsam) nor does he wish to father children.

Compassionate â□□ Whenever there is a major disaster or massive civil unrest (Darfur, Hurricane Katrina, Haiti, tsunamis, etc.), you will usually find George front and center to lead or participate in fundraising or global humanitarian relief efforts.

Humble â□□ While much is often made of his good looks and effortless, sophisticated charm, George will always deflect any such compliments with self-effacing humor. While he takes his work seriously, he never takes himself seriously.

Dedicated â□□ While shooting "Syriana," he suffered a severe injury to his head, neck and back. Despite his incredible pain, as soon as he was released from the hospital, he returned to the set to complete the film before going through two painful surgeries and a lengthy recovery to repair the damage to his body.

Charming â□□ When George Clooney looks at a woman while talking to her, it is obvious to see that he loves women for what they are. He isn't frustrated by women and all their complexity. He adores them and finds amusement in flirting with them.

It is from this mindset that he is able to â□□put on the charmâ□□ so easily when interacting with women. It seems effortless to him because it is. Compare that to a man who is frustrated by women and can't seem to understand them. Such a man will always be trying to change women into something more logical and â□□workable.â□□ George accepts women for what they are and they love him for that.

His story

The son of a former beauty queen and a respected journalist in Kentucky, George Clooney's life as a youngster was remarkably normal.

His father, a strong proponent for education, would quiz George and his brother about history and current events and even went so far as to have them research and write book reports about the topics he quizzed them on. George believes it was the efforts of his father to make his sons aware of the greater world that has led him to be so socially conscious.

While in high school, George contracted Bells Palsy, a nerve disorder that paralyzed half of his face for months. To deflect the often cruel remarks of his classmates over his deformity, George developed the self-deprecating humor he's still so well known for and deepened his compassion for others who suffer from misfortune.

When his aunt, legendary singer and actress Rosemary Clooney, and his uncle, Oscar-winning actor Jose Ferrer, were in Kentucky filming a movie, George was given the opportunity to work on the film as an extra. It was on that set that the unassuming, but charming youngster caught the acting bug.

Following a boring summer of doing a variety of menial jobs including cutting tobacco, his cousin, actor Miguel Ferrer, suggested that George come to Hollywood to try his hand at acting. With no better options in sight, he jumped at the opportunity.

He initially stayed with his aunt in Hollywood, but after overstaying his welcome, George literally moved into a friend's closet for more than a year while he continued to knock on Hollywood's tightly-closed doors.

One day while riding a bus to yet another audition, George realized that he needed to change his attitude about getting work as an actor. Instead of thinking that the studios would be doing him a favor by hiring him, he thought that they were the ones with a problem; they were the ones who had roles that needed to be cast and he was the man who could fill their needs.

His change of mindset must have worked because he quickly scored acting roles in a number of TV pilots and sitcoms. Eventually, he was cast in his star-making, breakout role as Dr. Doug Ross on the hit series "ER."

This same mindset can be used to land your dream job or dream girl. If you think of yourself as the person that an employer needs to hire and show the confidence that you will be a valuable asset to the company, you'll do better in interviews and will likely get a great job.

The same holds true for meeting women. A woman wants to feel like you are a little bit better than her. She doesn't want to feel like she is doing you a favor by going out with you.

If you approach a beautiful woman with the attitude of, "*Hey, I hope you will do me a big favor and go out with me,*" she probably won't. On the other hand, if you approach her with the state of mind and confidence that you have everything she's looking for in a great date or boyfriend, she's going to be happy that a terrific guy like you entered her life.

The truth is, you're already good enough for most women. Women are just waiting for you to believe that and move things forward to a kiss, sex and a relationship.

George showed a strong work ethic and a loyalty to the series that gave him his big break. With his rapid rise to fame, he was offered a number of lucrative movie roles, however, he chose to act only in those movies he could do in his down time from "ER" until his contract ran out, rather than breaking

his TV contract to work full time doing films.

It was the type of move that earned him enormous respect in the industry and with producers who were willing to wait until he was available because they knew he'd be as loyal to them as he had been to the producers of ER.

Too many people complain about the work they have to do, rather than doing their best at the job they have. With a positive attitude about the job you were hired to do and a great work ethic, people will take notice and will be more likely to think of you for other job opportunities and a larger paycheck.

George's acting career continues to thrive and he's also taken on the role of producer, director and/or screenwriter for several critically-acclaimed films. However, it is not simply his talent that necessarily makes George such a good role model for men.

It is what he does with his celebrity status that makes him special. Whenever a catastrophe hits home in the United States or takes place a world away, you will often find George Clooney using his clout to organize and/or support fundraisers for the victims of tragedies such as the genocide in Darfur, Hurricane Katrina, the Haitian earthquake, tsunamis and many other natural and man-made disasters. When he thinks he can help, he'll often head to the site and see if there's anything he can do or he will use his influence to bring additional help or exposure to a problem, even if heading to a location can be a risk to his own life.

No one is saying you should spend all of your time raising money for a good cause or volunteering for every charity out there, but occasionally doing something nice for someone else without wondering about what's in it for you will make you feel good, you'll help someone else out and you'll be an example to others by your mere actions.

Ultimately, while some movie stars will speak out for a cause or simply write a check; George Clooney literally puts his hands where his heart and his social consciousness are. Wouldn't the world would be a better place if we all put ourselves out there, even a little bit to benefit others?

Achievements

1. Organized a celebrity-filled telethon that raised over \$129 million for the United Way, following the 9/11 attack.
2. Earned an Academy Award as Best Supporting Actor for his role in "Syriana," and was nominated for his directorial role in "Good Night, and Good Luck" in which he also acted and co-wrote.
3. Went to Darfur with his father (whom he calls his hero and role model) to make a documentary about that country's genocide. He then used his celebrity to go on talk shows to show footage of the film to raise international awareness of the victims' plight.

This led him to be asked to speak before the United Nations Security Council about the human toll in Darfur. Going a step further, he and several other celebrities including Don Cheadle (one of his co-stars in the "Oceans 11" trilogy) formed a non-profit organization called "Not on Our Watch" to further aid the victims.

This activism led to him and Cheadle to share a Peace Summit Award at the 8th Annual World Summit of Nobel Peace Prize Laureates in Rome.

4. Officially appointed as a United Nations peace envoy.

5. Honored with a Robert F. Kennedy Center award for Justice and Human Rights.

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Ty Pennington: Male Role Model

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Role Model Traits

[image: Ty Pennington - Male role model]

More than being a charismatic carpenter and designer, Ty Pennington has turned his talents and personal challenges into opportunities to improve the lives of many. Modern men can learn as much about building their own character from Ty as they can learn about building a house.

Passionate and Personable â□□ Ty Pennington's creativity and outgoing personality has led him to fame and fortune, while he simultaneously used his talents and passion to positively affect the lives of others.

Courageous â□□ Dealing with the challenge of being diagnosed with Attention Deficit/Hyperactivity Disorder (ADHD), Ty has taken this potentially negatively life-altering disability and turned it into a positive to help himself and others like him.

Dedicated â□□ While shooting his hit series, "Extreme Makeover: Home Edition," Ty was struck with appendicitis. Recovering from surgery in his hospital bed, he continued to lead his team to complete the rebuilding of two homes.

Accountable â□□ When Ty was arrested for a drink driving incident, he admitted his wrong-doing, apologized, took his punishment like a man and now encourages others not to commit the same mistake he made.

Multi-talented â□□ In addition to his carpentry work, Ty is a popular TV host, spokesman, actor, model, author, entrepreneur and humanitarian.

Goes after what he wants – Have you ever heard a woman say, *"I like a man who knows what he wants and isn't afraid to get it?"* It's one of the many traits that women seek in men because men who lack confidence in themselves often find it hard to survive, thrive and prosper compared to men who are confident.

Women want to see that you are confident when you first approach them to introduce yourself, confident on a date, confident in a relationship and confident in life. It allows a woman to relax and trust that everything will be okay now that she has met you.

His Story

Born and raised in Atlanta and in nearby Marietta, Georgia, Ty Pennington is a self-taught carpenter and self-described "jack of all trades." His first big construction project as a young boy was to design and build a three-story treehouse in his backyard.

Since his father didn't own any of the necessary tools to build the treehouse, Ty gave his friends his comic books in exchange for them allowing him to use their fathers' tools to build the treehouse. His resourceful spirit showed itself early and in a unique way.

When Ty was 17, he was diagnosed with ADHD (Attention Deficit/Hyperactivity Disorder) that could have negatively affected his education, career and life.

Instead, with his family, he fought hard to find treatment that would allow him to concentrate and continue to build his skills and reach his goals. Today he works with foundations, pharmaceutical companies and medical experts that are looking for more ways to help others who are stuck with the same disability.

As an art student in college, Ty realized that he could use his carpentry skills to earn extra money. He recognized that carpentry allowed him to use his creativity, which would in turn enhance his artistic training.

Everyone has a natural ability or one that can be further enhanced through education and a passion for learning. Think about what natural skills you possess that you can use to either supplement your earnings or that you can capitalize on to create your career. Ask yourself, *What am I good at? What could I be the best at, or one of the best at?*

Most people first became aware of Ty Pennington when he appeared as one of the carpenters on the popular TLC TV series “Trading Spaces.” It was the perfect match for Ty’s personality and imaginative skills.

Outgoing and creative, Ty was often called upon to implement the visions of the show’s interior designers on a very limited budget. While that might be a disadvantage to most craftsmen, Ty looked at it as an opportunity to make use of his inventiveness.

In one episode he used a large, metal salad bowl to make a bathroom sink. Ty, who admits that he’s not the best carpenter in the world (although he’s also stated that he has above average skills) found that the challenges he was presented made him a better craftsman because it forced him to “think outside the box” on a regular basis.

When life throws you a curveball you have two choices. You can look at it as yet another problem you have to deal with or an opportunity to get creative and find a solution that will allow you to succeed anyway. Ty’s ingenuity and his often whacky practical jokes made him an audience favorite and helped him to achieve other opportunities.

When ABC was developing the idea for a show about providing a deserving family with a totally renovated or completely rebuilt home that would be completed in a week, they pegged Ty Pennington to not only host the show and lead the eight-member design team but to also supervise the dozens of other craftsmen needed to complete the task.

“Extreme Makeover: Home Edition” was an instant hit and spawned copycat shows around the Western world.

Ty and his team quickly realized that they were doing more than rebuilding a home; they were rebuilding people’s lives. It was a responsibility that Ty and his crew didn’t take lightly. He has often said that it has made him want to accomplish even more and be able to help more people.

He’s also said he’s always impressed not only by how willing so many companies are willing to donate their products or services to the needy family, but how each community they visit embraces the show’s cast and quickly steps forward to help one of their deserving neighbors.

The show often starts a wave of giving in the communities it visits, bringing companies and people together to seek out others in their community that need their help long after the cameras and cast have moved on.

You don't need a TV show to find neighbors or causes who can benefit from your help. Deserving neighbors or charities are often featured on the evening news, on community websites or in your local paper.

Your time, your physical presence and your willingness to help is often much more appreciated and needed than a monetary donation. So, even if you can't afford to offer a person or a charity some money, use your natural talents and time to help others in person. You will both be rewarded by your actions.

Ty's success with "Extreme Makeover: Home Edition" in the States led him to be asked to host "Ty's Great British Adventure" in the U.K. He has since written two books, created his own magazine, is a highly-paid spokesman for several major corporations, has his own furniture design company and designs home furnishings for several other companies.

When Ty was 12 and built that first treehouse, he probably never imagined how far those skills could take him, but he always dreamed big and was willing to work as hard as was needed to make a great life for himself and others. Where can your dreams and skills take you?

Achievements

- Author of two books â□□ "Ty's Tricks: Home Repair Secrets Plus Cheap and Easy Projects to Transform Any Room" and "Good Design Can Change Your Life: Beautiful Rooms, Inspiring Stories."
- Writes and publishes a quarterly publication, "Ty Pennington at Home" which not only offers home improvement tips, advice on new home products, how-to articles written by him and readers, but also showcases a number of charities that Ty is involved with.
- Has used his charisma and celebrity to become a popular spokesperson for Sears, Bayer Aspirin, and several other major companies.
- Designs a home décor line for Sears, flooring for Lumber Liquidators and furniture for the Howard Miller Company.
- Designs home décor products for his company, Furniture Unlimited, which has locations in Atlanta and Los Angeles.
- Started a scholarship program for adults diagnosed with ADHD.
- Travels the world reaching out to people who also suffer from ADHD giving them hope and help.
- Helped "Extreme Makeover: Home Edition" win two Emmy's and two People's Choice awards.
- Maintains a great, long-term relationship with his girlfriend, Drea Brock despite being on the road often to work on a project (they film the building of two homes simultaneously for "Extreme Makeover: Home Edition") or doing charitable work.

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How to Break Up With Your Girlfriend

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Ending a relationship with your girlfriend is often a difficult decision, especially if you have shared true love and enjoyed many great times together.

Break ups can be painful, but that shouldn't make you avoid doing it. Sometimes a break up needs to happen and will be of benefit to you both in the long run.

Imagine if you accidentally get her pregnant and you then have to pay her child support for life, or have to live with her and raise the child, even though you're not in love with her.

Breaking Up a Casual Dating Relationship

If you've only dated a girl a few times, haven't met her family or friends or otherwise are involved in what would be considered casual dating relationship, the break up will be pretty simple.

Just tell her, *"I think you're great, but I just don't think this is going to work out. I want us to stop seeing each other because I don't want to lead you on or for us to get more involved in a relationship that is most-likely going to end soon anyway. I wish you well and I'm sure you're going to find a great guy who's right for you."*

Keep it short and sweet. If she really likes you, she's most-likely going to offer to give you some space for a while or to remain your friend. Just tell her that you think it's best that you stop seeing each other and if your feelings change in future, you will call her. If not, she should move on.

Breaking Up a Long-Term Relationship

Breaking up a long term relationship is where things get tricky, especially if you want her friends and family to still like you.

You need to be direct about what you want (i.e. for you and her to break up completely), but tell her that you still love her and respect her. Let her know that you have realized that you and her are not a perfect match and you want to break the relationship up now, rather than living a lie.

Tell her that you're willing to be seen as an asshole by her for breaking up the relationship, but you're doing it because you feel it's the right thing to do.

"We Can Stay Friends" Approach

Some guys try to use the, "We can remain friends" approach thinking that it will soften the blow. Yet, it rarely works.

Offering to be her friend simply leaves the door open for a clingy woman to think that there is a chance of reconciliation if she just plays her cards right. She may hope that you just "need a break" and will want her back if she gives you space and takes on the role of a great friend.

If you want the relationship to be over, you need to make a clean break and be firm that you want out of the relationship for good.

You have to be clear and tell her, *“I don’t want this to become a messy break up for us both. I care about your feelings and mine and don’t want to give you the impression that I will change my mind.”*

She will likely call you a selfish prick for breaking up with her like that and ask how you could be so cold, but really – you’re doing both you and her a favor. If you’re not a compatible match, it’s better to make a clean break than to drag things on for months or years.

The last thing you want is to accidentally get her pregnant and then be stuck with her for life, or to fall back in love with her and then have her break up with you as a way of gaining emotional control over you. If your gut instinct is telling you to break up with her, just do it.

Believe me, you will KNOW when you are truly in love with a woman. When you are in a relationship with a woman that you truly want to be with, you will not be thinking about breaking up with her. Breaking up will seem like the silliest, most irrelevant, unnecessary thing to ever do in the relationship.

So, if you have a persistent feeling that this girl isn’t for you, then she isn’t.

Don’t pretend to want to be her friend and don’t take on the role of her friend. Doing so may lead you back into the relationship if you ever start to feel lonely because you’ve been unable to approach and pick up new women.

Don’t Make Her Hate You

When a guy can’t work up the courage to break up with a woman on his own, he will sometimes begin to behave like an asshole to her. He will treat her badly, make her feel like crap and hope that she breaks up with him.

After helping 100s guys to get their ex back, I have come across many cases where a guy really wanted to break up with a girl, but then drove her away by being an asshole or rejecting her desire for him to commit to marriage or to move in together.

Then, when the woman had enough and broke up with him, he struggled to pick up new women and then began to miss her. She then had all the power and he started begging, pleading and offering the world to come back to him.

To avoid that type of messy outcome, just be a man about it. Tell her that you love her, respect her and think she is beautiful, but you just don’t want to be in a relationship with her. Tell her that you know deep down that you and her shouldn’t be together, even though you’ve had great times in the past.

Tell her that she will probably hate you for a while for breaking up with her, but she will most-likely end up thanking you for breaking up a relationship that needed to end. She may not be able to see that now because it hurts to get broken up with, but she will eventually see it.

Pick the Place

If you think she is going to behave badly (scream, cry, throw things, etc), you should likely pick a place that’s at least semi-public (restaurant, park, or anyplace where there are others around) so she’s less likely to go ballistic and make a scene.

On the other hand, if she is normally composed, then choose a more private space to end it, but preferably not in your apartment because if she doesn't want the break up it will probably take hours to get her out. If she has her own apartment, go there and do it so you can make a fairly easy exit after all is said and done.

Let Her Vent

You're breaking up with her and chances are she's going to have a few nasty things to say to you. As long as she isn't getting violent or overly crazed, let her get what she wants to say off her chest and hear her out. You owe her that much.

She'll probably tell you that you're selfish, that she now hates you, that you'll never find another woman like her, that you're ugly and all those kind of things. That's okay; she needs to vent and she'll likely try to make you feel as insecure as she can so you stick with her.

Just don't take what she is saying seriously because she will be in a highly-emotional state and will probably say many horrible things to you in the heat of the moment.

When she's had a chance to vent, you can say, *"I'm sorry for making you feel upset. I understand if you want to see me as an asshole right now, but I really do love you and care about you. I'm going to go now, so if you want to scream at me some more over the phone, I will answer your call and let you vent. If not, I will just hope that you're happy without me."*

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Modern Day Heroes: Who Are They?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

A modern day hero is someone who fights for a good cause and positive makes a difference in the world.

There are so many things that can be improved about our great world and if you stand up to be the man who can lead the way or at least help lead the way, you will be seen as a modern day hero.

Men who have the capacity to be a hero or who take on the role of the hero, even in subtle ways, often find that women feel an intense and irresistible attraction for them. Why?

Women Love Real Men Who Aren't Afraid to Stand Up and Make a Difference

Way back in 1984, Bonnie Tyler had a hit song titled *Holding Out For a Hero* that included the lyrics, “Where have all the good men gone...where’s the street-wise Hercules, isn’t there a white knight upon a fiery steed?”

She was singing about the lack of available men of which women refer to as “real men.” The kind of guy that is confident, masculine, makes her feel girly and has the capacity to lead the way, make her feel safe and protect her if need be.

In today’s world, too many guys are afraid to be the man that women want because a lot of the messages we get from TV and movies tell us that women are just fine without us.

For many people, the word hero makes them think of caped crusaders or Hollywood characters with a muscular physique, square jaw line and who spend their days rescuing women from burning buildings or sinking ships.

Yet, is that a modern day hero? Are modern day heroes only found in the movies and is all about saving a woman or saving the world?

Dictionary Definition

To make sure that you are clear on what a hero is supposed to mean, according to the dictionary, let’s have a look at the definition.

Hero (noun): A person, typically a man, who is admired or idealized for courage, outstanding achievements, or noble qualities.

According to the dictionary, men are typically the ones to be referred to as heroes. Being a hero is typically not a woman’s role. Many modern women behave as though they can do everything on their own, but the truth is that they want to feel protected by a man who has the capacity to switch to “hero mode” when the time calls for it.

Heroes Past

Heroes are often associated with battle and conflict. In recent history, heroes of war are the men who displayed bravery *above and beyond the call of duty*, having selflessly risked their own lives in an effort to save the lives of others.

Andy Rooney, now an old man at 92 years of age, recently spoke on the 60 Minutes program and said, *There aren't many heroes these days and there isn't much opportunity to be heroic when we are at peace.*

He makes the point that soldiers face daily opportunities to be heroic in times of war and they so often willingly risk their own lives to protect others. He then questions whether the same soldiers would display the same bravery, courage and outright care for others in times of peace.

It's certainly food for thought, and what he's really questioning is why war historically reveals heroes, yet relatively few are ever revealed (or noticed) in everyday life.

Heroes Present

Heroes in the traditional sense may be uncommon today, but the term hero is still commonly used. Movie stars are hailed as heroes, sportsmen are hailed as heroes, and even the electricity-line repair man is hailed a hero if you've been without power for a few hours!

Yet, are any of those men courageous and are any of their achievements outstanding to the point of being heroic?

You could argue that winning an Oscar or an Olympic gold medal is a pretty outstanding achievement, but no matter how heroic they may seem to us lesser mortals, they are professional people who earn a living by doing what they do and in that sense, their achievements are no more outstanding than those of the repair man who has fixed your electricity line.

It's not what you do in your everyday job that makes you a hero, it's what you do *above and beyond* your normally duties in times of struggle or pressure that marks the distinction.

Reluctant Hero

In 2009, Captain Chesley 'Sully' Sullenberger became the *Hero of the Hudson* when he safely ditched his stricken US Airways Flight 1549 into the Hudson River, saving the lives of all 155 passengers on board.

To all those who survived the ordeal and to the viewing public who watched the event unfold on their TV screens, Sully's actions were nothing short of heroic. Yet, he sees what he did that day as nothing more than doing what he was trained to do – he was just doing his job.

It's true that he was doing what any trained pilot with over 40 years of experience would have tried to do, but it's the way he did it that makes him an undeniable hero. Additionally, the way he did it warmed the hearts of women the world over. Women absolutely crave to have a man who can handle himself under pressure and take care of a situation.

His remarkably cool head and quick thinking under extreme pressure not only led to him being able to ditch his plane successfully without the loss of any lives, he was also able to ditch it in the best

location he could to maximize the potential for rescue from the freezing water.

He later authored a book about the experience titled *The Highest Duty: My Search For What Really Matters*, which sold and has continue to sell very well. He turned the simple occurrence of a plane crash (there are about 120 plane crashes a year worldwide) into history that people want to know about and be associated with.

Heroes of the Moment

2011 was a year that saw more than its fair share of natural disasters. The earthquake that shook New Zealand in February revealed a great many heroes as ordinary people joined the rescue effort to do whatever they could to free the people trapped under the rubble of buildings in Christchurch.

One man hailed a hero is builder Carl Stockton who managed to pull six people out of the rubble and save them. He was not the only volunteer rescuer, but his actions stand out as particularly heroic because of his claustrophobia.

Stockton squeezed through a tiny gap and crawled for several meters under the debris to reach the voices he could hear before smashing at the concrete with a hammer to make a space large enough for them to follow him out. He faced his own fear and risked his own life in an effort to save the lives of others and his courage makes him worthy of his hero status.

This year, more modern day heroes have been jumping into the national and international spotlight with their heroic efforts in life. Will you ever be labelled as a hero amongst family, friends, at work, nationally or internationally?

National Heroes

The so-called Fukushima 50 are the band of heroic men who stayed behind in Japan's nuclear power plant to attempt to prevent a full-scale meltdown after the devastating earthquake and tsunami that hit the country on March 11th 2011.

They are reported to be low and mid-level managers and it's thought that the majority of them volunteered to stay behind to prevent millions of Japanese civilians being negatively affected by a meltdown.

Once more, it's their willingness to put their own lives on the line in an effort to save the lives of others that makes the anonymous 50, believed in fact to be closer to 100 volunteers, worthy of being hailed heroes.

Andy Rooney made a valid point about the relative lack of peace-time heroes, but the heroic men who have emerged in the aftermath of the world's fight against the power of nature are an inspiration to us all.

They demonstrate that when push comes to shove, your fellow man will be there to help keep this ship afloat. Are you one of those types of men? What would you do if the chips were down?

If you want to be a modern day hero, you don't need a white horse, a suit of armor, a Herculean physique or even a square jaw line; all you need is the courage to go above and beyond to help your fellow man or woman when the pressure is on.

Going After Your Dreams

In a lot of cases, you can help your fellow man and be a modern day hero by simply by going after your true dreams in life. Do you sometimes dream of a better world? Then go ahead and help make it happen...

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Is Attraction the Same Regardless of Culture?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

I'm often asked if the techniques that we teach about attracting women are universal. In other words, do all women, no matter their race, culture, nationality, upbringing or where they live all want the same basic traits in a man? The answer is "Yes!"

Culture is a superficial reaction to life that changes over time. Attraction is a deep, primal reaction that has remained the same for humans, regardless of culture.

Of course, no two women are alike and while some women might have certain cultural preferences or a comfort level with some men who have a similar background to theirs, in the end, attraction usually overrides any other considerations.

Some women even may say they have certain physical preferences (muscular/slim, tall/short, brunette/blonde, etc.) that they look for, but the fact is that the men that they often date and develop relationships with men who rarely look like the type of man they had pictured in their mind.

[image: Attraction - different races]

The same goes for men; while they might dream of being with a blonde, most will just as happily fall for a pretty brunette.

For women, if a man possesses the right personality and character traits, his looks are usually the last thing that enters into the equation when she decides whether or not she will date him.

This is why you see "unattractive" men with beautiful women. Often, to their own surprise, you'll hear one woman tell one another, *"He's not at all like the type of guy I'm usually attracted to, but I really like him!"*

Confidence is Key, No Matter Where You Come From

Above all else, women look for a man who is confident in who he is, which can be seen by how he carries himself (shoulders up, head held high), how self-assured he is and if actually knows what he wants out of life for himself and for those he loves.

Regardless of culture, women are attracted to men who can speak to them clearly and easily (no mumbling, speaking too softly or shyly) and who are not afraid to say something interesting, funny and/or cheeky whenever the hell they feel like it.

Men who put on an act of being a really nice guy in the hope of being liked by a woman, usually end up turning her off.

Once a relationship has formed, a woman wants to know that her man has a plan for his (and possibly their) life and that he's willing to go out and do what's necessary to achieve these goals. She also wants to see that he has the belief in himself that he capable of achieving whatever he sets out to accomplish.

True Masculinity

Despite popular opinion (usually by men), true masculinity has little to do with how a man is physically built. Masculine men come in all sizes and shapes. It's the inner masculinity that men display that attracts women.

A woman wants to know that her man can take care of himself (and possibly her) in virtually any

situation. It doesn't necessarily mean that he'll start beating up any bullies that come his (or her) way. Sometimes the most masculine and mature way to handle difficult situations is to avoid turning them into confrontations or talk in an assertive but calm way with the men who are posing a threat. In the modern world, unless you need to fight to protect your life or hers, it is not a sign of weakness to avoid a fight with a random stranger who just being an idiot.

Rather it's a sign of wisdom and maturity and women actually feel safer around you because they know you don't lose your control easily.

Every woman also wants to know that while her man will treat her as his equal, when it's most important, he will take on the leadership role in their relationship and will use all of his available resources to make the best decision for them both.

Great Humor

Humor is an essential ingredient in almost every great, lasting relationship. The proper use of humor is a fantastic tool not only to meet women, but to attract them as sexual partners and to then keep them happy in a relationship.

If you can make a woman laugh by using your cheeky, easy-going charm, you will rise head and shoulders above any other male out there. Laughter is a universal language and will appeal to every woman you will ever meet regardless of her culture.

While silly, slapstick humor is occasionally fine to use around a woman, more often than not, what most women really appreciate is a man who is witty, a bit cheeky (without being offensive) and who can find the humor in the most basic daily occurrences.

Honesty, Trust and Loyalty

Honesty, trust and loyalty go hand-in-hand as traits highly prized by women in the men in their lives. It goes without saying that once you're in a committed relationship, a woman expects you to be loyal and that you won't go out with, obviously flirt with or otherwise have inappropriate relationships (in person, on the phone, or online) with other women.

Most women resent when men keep too many things from them, whether it's to protect her or because a man's done something in his personal or business life that he doesn't want his woman to know about.

Most women will forgive a man who has made a mistake, used poor judgment or behaved badly if he's honest and upfront with her about it, but if he keeps it from her and she subsequently finds out, regaining her trust will be difficult if not impossible.

The New 'Open World'

In the modern world, we are able to travel and stay in most countries. As such, more and more interracial relationships are occurring. Regardless of your background or the woman's, she will be looking for the same traits in you that she looks for in any man.

If you have those traits, she will feel attracted to you and want to be with you. It is as simple as that.

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Do You Freeze Up Around Women You Really Like?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Are you confident and easy-going around women that you don't find attractive, but freeze up around women you really like?

Does your mind sometimes go blank when talking to a girl you like? Do you sometimes notice women that you'd like to approach and who seem open to you, but you freeze up and let the opportunity slip through your fingers?

If you answered "Yes" to any of those questions, don't worry – most guys experience that. So, how can you get over it and start being the confident guy around women that you know you can be?

Tip 1: Learn How to Attract Women

The main reason why guys freeze up around girls they like is that they don't even know how to make her feel attracted.

Most guys know how to get women to "like" them as a person, but making her feel sexually attracted to you is a completely different thing altogether. Watch this video to understand how attraction between men and women really works...

Tip 2: Build Up Your Confidence to Approach the Women You Find Attractive

When you know how to attract women, approaching them becomes less of a big deal because you know that most of the women you approach will be attracted and interested in you.

However, if you're like most guys, you can rarely work up the courage to approach and talk to the girls you really like. This, by the way, will become a HUGE advantage for you when you actually build up the confidence to approach women.

When you are one of the rare guys who isn't afraid of approaching and talking to pretty girls, you will notice that there is hardly any competition. Most guys just wait in the shadows hoping that women "like" them enough to approach or give a signal that they want to be approached.

Yet, women rarely do that unless a guy is really good looking. Most guys (including me), don't get approached by women because of their looks, so they have to grow a pair of balls, walk up to the girl and then make her feel attracted in ways other than looks.

Tip 3: Stop Trying to Be Liked For Being Nice

There's nothing wrong with being the good guy that you are, but being nice to a woman isn't what makes her wet.

If you want a woman feel sexually attracted to you, it won't happen by being nice to her. You have to make her feel sexually attracted to you in other ways (e.g. being confident, having a masculine vibe,

making her laugh, etc).

Watch this video to understand why being too nice to women rarely works...

Tip 4: Be a Bit of a Challenge to Impress

If a woman is attractive, most guys will be willing to have sex with her simply based on her appearance. Many of those guys will also be willing to start a relationship with her, even if she doesn't have the type of personality that he really wants.

After a while, a woman gets bored of this and hopes to meet a guy who is a bit more of a challenge to impress...

Tip 5: Improve Your Conversation Skills

If you often run out of things to say when talking to women you like, most of those women won't help you out. They would rather lose the opportunity to be with you than guide you through the process of picking them up.

To be successful at picking up women for sex or a relationship, you have to be able to keep a conversation going and keep it interesting for long enough for you and the woman to truly connect with each other.

If a woman is attractive, most of the guys who see her will be willing to have sex with her. To stand out from the crowd, you've got to be able to make her feel attracted to you during a conversation and then create a unique and unforgettable connection.

Here are some classic conversation mistakes that guys make, which ruin the attraction and cancel out the chance of creating an enjoyable connection...

Being Confident Around Women is Within Your Control

If you get tongue tied around beautiful women, it doesn't mean that you can't ever get to a point where you are completely confident and in control.

The reason why you freeze when you talk to her is because you are putting more focus on the conversation going on inside your head, rather than the conversation you're having with her.

For example: You might be thinking, "Does she like me?" or "What should I say?" or "How can I impress her?" rather than just being confident, relaxed and allowing the interaction to play out.

Women are turned off by guys who are too "in their head" during a conversation because it indicates a lack of confidence. A woman knows that she will have the best type of sexual experience with a guy who isn't worried about messing up or impressing her.

When having sex with a guy, a woman wants him to not worry about a thing and just be who he is. The same applies to when you're talking to her and seducing her into a sexual relationship; she doesn't want you to be worrying a lot and trying hard to impress her.

As long as you are making the woman feel attracted to you, there is no need to try hard to impress her or get her to like you because she will already be impressed and like you because she feels attracted

to you.

If you want to be successful at picking up women, you have to start everything off with attraction. If you approach and talk to women and try to get them to “like” you, most women will get bored and play hard to get.

After a while, she will either leave the conversation, reject you or simply hook up with another guy in front of you who is actually making her feel attracted...

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[image]

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Should You Text Her or Sext Her?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Sexting doesn't have the same effect on women as it does on men.

Think about it...

Men look at porn and masturbate to visual images of women in photos or videos. Why? Men feel an intense attraction to a woman's physical appearance and that is usually enough for a guy to want to have sex with the woman.

Yet, the same rule of attraction doesn't apply to women. Women can feel attracted a man's physical appearance, but most women are more turned on by a man's personality and behavior than his physical appearance.

Watch these two videos and you will understand why...

Texting Isn't the Way to Attract a Woman or Turn Her on

After more than a hundred years of phone calls, text messages suddenly came on to the scene and quickly developed into the main way of communicating for many people.

With the availability of camera phones, it was expected that sending sexy pictures would eventually become normal to the younger generations. As you may have noticed, this has happened. So, young, middle aged or old, should you sext or stick to text? Is sending a sext the best way to seduce a woman?

The Basic Rule

Sexting is not a necessary step before having sex with a woman, so the basic rule is that you do not need to do it to be successful with women.

When you see a guy in public place with his lover, girlfriend or wife, almost all of them have never even sent a sext. Personally speaking, I've had sex with more than 250 women and I've never sent a sext.

It's not because I'm "old" either. I'm 37 now and my wife (we recently got married is 22). I picked her up when she was 20. My girlfriend before her was 18 and I broke in a 21 year old virgin on the night of my 32nd birthday.

All without sexting. Instead of sending texts to women, I actually have sex with them. Believe me, it's much better.

However, if you are keen to try sexting or you simply want to reply to a sext that a woman sent you, here is some advice to consider...

Only Talk About Sex Via Text if She's Very Attracted to You or You've Already Kissed or Had Sex

Most guys who hide behind texts don't really know how to attract women in person.

Unless you are one of the rare guys who knows how to attract women in person and turn them on by what you say and do, don't try to turn a woman on with text. It won't work. A text is just words on a screen and if she doesn't already feel sexually attracted to you, she will most-likely look at the text as

a wimpy attempt to turn her on without actually having to speak to her.

Sneaky or wimpy behavior like that shows a definite lack of confidence, which will be a major turn off to most women. On the other hand, if you've already had sex with her on several occasions and you have a certain level of comfort where she would welcome your sexts, then go for it.

When and When Not to Sext

Sometimes a text will be visible to some people within close proximity of the person getting a text. Plus, a lot of women tend to glance over and look at their girlfriends's phones to see what's being texted to them.

Women love to gossip, talk about relationships and discuss the man or men they're involved with. So unless you're positive that the woman your sexting is not going to be around her workmates or other people she has to maintain a reputation around, don't send the sext.

Can you imagine the problems you might cause your girl if your sexy text arrives when she's with her boss, clients, parents or anyone else whose ability to read your text would cause her great embarrassment?

If you want to send her a funny text, a flirty one or a quick note after a date, that's fine. Or if you want to confirm any plans you've made, that's also an acceptable text. Other than that, be cautious texting anything else. Until you've actually had sex, it is better to keep it fun and flirty, rather than sexy and sleazy.

Will a Photo of Your Dick Turn Her On?

[image: Man looking at porn. Men are mostly attracted to the physical appearance of women]

Men are sexually visual creatures which is why most pornography is aimed at men. There is a reason why women don't go searching and looking for porn pictures or videos of men to masturbate to.

It is not a mistake or an accident that most of the porn industry ignores women and doesn't waste time making videos to (try to) sell to them. While men get turned on visually, women, on the other hand, first get turned on mentally.

So texting a photo of your 'private parts' or anything else you think would be a turn-on is likely to be a major turn-off for her instead. It should, therefore, go without saying that videos of you playing with your pecker are also not necessary.

Does Sexy Talk Equal Sexy Texts?

You also have to be sure that the woman in question would be open to receive a sex talk text from you. Some women just can't handle it, while others love it and thrive on it.

Yes, your new girl might be a wild sex creature in the bedroom, but it's equally possible that she thinks she is a lady everywhere else. So make sure that you've not only had sex with her more than once, but that you've also discussed (or at least she's implied) that she'd enjoy that type of communication.

Just because she and/or you are very verbal and graphic in things you say between the sheets, it doesn't mean that she would be open to that type of language via text. Sometimes, a good indication of her receptiveness to a sext is to consider whether she would be too embarrassed to talk dirty over dinner at a restaurant while others nearby can hear what you're saying.

Pre-Pillow Talk

If you want to get her mentally ready for your next date or bedroom romp, then reach out and 'touch'

her with your voice directly (and not on her answering machine). Hearing you say something provocative about your next sexual encounter is going to be a lot more effective if she hears you tell her with your own voice rather than reading it on her phone.

Since 90% of communication is conveyed by your body language and vocal tone and, since women are most turned on by how you behave around them and talk to them in person, don't cower behind the safety of a text. Make her really feel it by saying it over the phone or while looking into her eyes.

To sum it up, unless you're positive that your sext messages or questionable images would be welcomed by your woman, just avoid them altogether. Despite the ready availability of sexts, they simply aren't necessary for success with women in the modern world.

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Visualization: Does it Actually Work?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Visualization can definitely help a person become clearer about what they want to achieve and more determined to follow through and make it happen.

If you aren't clear about the exact goals that you want to achieve, you will likely spend a lot of time going around in circles. Likewise, if you aren't determined enough to succeed, you might give up when things begin to become challenging.

Preparing Yourself For Success

Over the years, many studies have shown that visualization helps you to mentally prepare so that you feel confident enough to take action when an opportunity to achieve your goal presents itself. It allows you to experience what success might look like and feel like, even before you take any action.

Here's an example of how visualization helps a man build up the confidence to approach women:

To make visualization really work, you must follow through on what you've been visualizing. In other words, you have to take action and head towards the vision. Just sitting around and thinking about what you want doesn't get you very far, as you have probably already discovered in life so far.

Olympic Mindset

Jamaican sprinter Usain Bolt is the fastest man on earth.

He won gold medals in both the 100 meters and 200 meters events at the 2008 Beijing Olympics and the following year he confirmed his status as the world's fastest man by setting a new world record time of 9.58 seconds for 100 meters at the 2009 Athletics World Championships.

In a track side interview after his phenomenal performance he said, *âI just visualized and then executed my plan.â* So, does that mean visualization was the reason he won the race? Of course not, but it definitely would be one of the many tools and techniques that he uses in combination to perform at such an elite level.

The same applies to my success with women. I have had sex with more than 250 women because I use powerful techniques that make women feel incredible levels of attraction and lust for me. I spent a bit of time visualizing that things would go well and imagining how I would do it...and then I did it.

Muscle Memory

The term *âvisualizationâ* describes a technique used in sport by top class athletes, also known as mental rehearsal or imagery. It's a learned mental skill that, in a nutshell, involves the athlete relaxing in a comfortable position and thinking about their sport. It sounds very simple but, like all skills in life, it requires dedicated time and practice to master.

Scientific research has found that thinking about a physical activity literally stimulates the brain to

send electrical signals to the muscles involved in that particular physical activity, even though no actual physical movement is taking place.

For example: A soccer player can visualize himself kicking the ball in a detailed image in his mind's-eye and the muscles involved in that movement will be stimulated by electrical impulses sent from his brain.

The benefit of this type of thinking is that it strengthens the neural pathways and helps promote what is termed "muscle memory." This means that by mastering the art of visualization, an athlete can mentally practice their sport and develop the successful patterns of movement needed without the need to physically fatigue the required muscles in the process.

Clear Vision

Being able to visualize a winning performance has obvious advantages in sport, but it is also a useful technique that can be used to equal advantage across all areas of life. Learning how to visualize is like having your own inner cinema screen on which you can play any movie of your choice.

You can produce, direct, and star in your very own movie and watch the story of your success unfold in front of your mind's-eye. Just as an athlete can have the starring role in a story of sports success, you can have the starring role in your own movie of your own success whether it's related to your career or your personal life.

Of course, like the athletes do, you also need to take action and go after what you are visualizing. Otherwise, it will just remain a private fantasy.

Virtual Reality

Visualizing positive outcomes under every conceivable set of circumstances is a tried, tested and proven method of coping with competitive stress in the sports world but it's equally effective in the business world.

A sportsman can visualize the precise thoughts and actions needed to secure a win and a businessman can do exactly the same in terms of visualizing the thoughts and actions that will lead to him securing an important deal.

Former British javelin thrower Steve Backley, now a motivational speaker, used visualization throughout his entire competitive career. He says he prepared himself for the high pressure environment of competitive sport at top level by imagining himself in a losing position in the last round of a major competition with only one throw left.

He then saw himself throwing a technically perfect final throw to win the competition.

Visualization is all about creating positive images so although Backley's vision began fairly negatively, the end result was totally positive. He used visualization to not only see a winning performance but also to see how a winning performance could still be achieved under less than perfect conditions.

Seeing is Believing

Champion athletes don't get to the top of their game without first believing that they are capable of becoming a champion and spending endless hours visualizing themselves at the top of their game. Most professional athletes also practice mental skills training alongside physical skills training to achieve peak fitness and the winning "edge". In sport, this is often referred to as having the "mental edge" with the winner being the athlete who has the most belief in their ability as opposed to simply having superior physical ability.

The Easy Way to Practice Visualization

Relax – You need to be comfortable to be able to concentrate on your vision, so find a quiet, peaceful place and a position that allows you to totally relax. Initially, you'll need to be in a place where you won't be disturbed or distracted but with practice, you'll be able to remain focused even when lots of other things are going on around you.

Begin at the end – Create a mental image of yourself as the success you want to become.

If it is about your success with finding a perfect girlfriend, the image might be of you and a loving girlfriend embracing and kissing, then telling each other how much you love each other. If your visualization is about your career, you might picture yourself being praised by a boss for doing such a great job while working in your ultimate dream job.

Build your story – Now that you've crafted the closing scene of your success movie, you must go back to the start and begin building the rest of the movie scene by scene. Each scene tells the story of how you are going to get from where you are to where you want to be at the end of the visualization movie.

Make it real – add as much detail as possible to each image. Go beyond simply viewing the movie, give it the 3D, cinema surround-sound treatment and bring each scene to life.

See the images and also hear everything that's going on, smell everything around you, taste the food, and feel every emotion just as you would in reality. Use all of your senses to make your visualization experience as "real" as possible.

When you first begin, you may find it difficult to maintain concentration for more than a few minutes at a time, so try to schedule short periods of time to practice every few days.

As your skills develop, you will be able to stay focused for longer periods of time and you will also be able to add greater texture to your images, allowing you to play out every stage of your journey to success in your mind's-eye.

Of course, visualization is only one element of preparation for success but being able to see a positive outcome and being able to believe in that positive outcome is essential if you are to achieve that success.

It might be unrealistic to visualize yourself crossing the finish line ahead of Usain Bolt, but you'll definitely be able to "win the race" that you're trying to win in your life "whether" that be the race to find a great girlfriend, build a successful career or live a truly fulfilling and happy life.

So, Does Visualization Actually Work?

Yes.

In my opinion, I think that positive visualization helps a person become more successful because it makes you feel more confident, more clear on what you want and more determined to get there.

I don't think that visualization is the answer to success, but it is a useful tool that I use and that I recommend to others.

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3 Common Habits of Successful Men

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Unsuccessful men aren't unsuccessful by accident. Their failure in life is usually as a result of doing things the wrong way, or not doing what they need to do to be successful.

For instance, men who aren't experiencing success with women will usually have a big list of excuses and ways of blaming everything and everyone else except themselves.

Unsuccessful men often go through life thinking they know it all and don't need to learn from anyone, or they make the mistake of trying to learn from the fictional reality they see on TV and movies, instead of learning from people who are successful and are willing to teach others how to be successful in their field of expertise.

Focus on the reasons why you can succeed, not on the reasons why you might not be able to.

â□□ Dan Bacon (@Dan_Modern_Man) [December 31, 2013](#)

If you copy the thinking of unsuccessful men or hope that your life magically changes like it does for characters in a Hollywood movie, then you're most likely going to end up failing and being very disappointed in yourself throughout life.

In real life, success comes to those who don't make the same mistakes as the masses. You've to be smart and effective to succeed in today's competitive world.

Success Happens When You Develop Effective Habits of Being

Successful men are usually successful because they have learned the right habits from successful people, or they worked it out on their own. For successful men, being successful is simply a habit of being that they have developed OVER TIME, not OVERNIGHT. When something that you do or some way that you think becomes so routine that you do it automatically, then it has become a habit.

For successful men, thinking, *"Oh okay, that didn't work out. What did I do wrong? What did I do right? What do I need to change next time so I get it right?"* is simply a habit of being.

For unsuccessful men, they will usually think in a less productive way, such as, *"See, it happened again. I always stuff up with this. I'm hopeless at it. I guess I can't be successful like those other guys."*

For successful men, stopping to learn from people who are more successful at them in whatever area of life they are trying to succeed at, is a HABIT. They do it automatically.

For unsuccessful men, they tend to go around in circles, looking for the answers in all the wrong places. Often, this is because they are intelligent men who are making the mistake of thinking that they know it all already.

Yet, months or years later, they look back and realize how wrong they were and regret wasting those years of their life. We all have things that we routinely do on a daily basis, so we all have habits.

The question is, are your habits *successful habits*, or are they leading you down the wrong track?

â€œWe are what we repeatedly do. Excellence, then, is not an act, but a habit.â€

Aristotle, Ancient Greek philosopher

Old Dog, New Tricks?

You probably think of habits in terms of being either good or bad, and you most likely consider the majority of your existing habits to be the â€œhabits of a lifetimeâ€ because youâ€™re unable to remember a time when you didnâ€™t have them.

The habits you have are all patterns of behavior that youâ€™ve learned somewhere along the way. For many guys, a lot of their habits were picked up from their parents or from those around them in childhood without actually realizing it.

So which ones are good and which ones are bad, and can old habits be changed?

The good news is that itâ€™s always possible to change your habits, no matter how long youâ€™ve had them. Old or bad habits can be dropped and new, good habits can be established at any point in your life. The key to developing successful habits is to recognize which ones they are.

Change is always possible when you learn to focus on the positive and begin taking steps to eliminate the negative.

3 Common Habits of Successful Men

1. *They create success, instead of waiting for it*

Successful men create their own success, they donâ€™t hopelessly wait for success to come and find them.

American industrialist Henry Ford is a great example of a successful man who found his own success by creating it. His Model T, built in 1908, heralded the beginning of whatâ€™s now termed the â€œmotor ageâ€ as cars were once luxury items that could only be afforded by the very wealthy.

He said, *â€œI will build a car for the great multitude,â€* and he did; he made a car that ordinary working people could afford and then he sold it to the masses.

[image: Muhammad Ali - Mindsets]

“The repetition of affirmations leads to belief. And once that belief becomes a deep conviction, things begin to happen.” Muhammad Ali, Former Professional Boxer.

2. *They believe in themselves*

Successful men know that the only way to get others to believe in them is to first believe in themselves.

Champion heavy-weight boxer Muhammad Ali is perhaps one of the sporting worldâ€™s most well-known faces and he became as famous for his, *â€œI am the greatest,â€* self-belief statements out of the boxing ring as he did for his ability in the ring. He knew that self-belief was the key to achieving his dreams and to getting others to believe in him.

3. *They donâ€™t give up*

Successful men see lessons where others see failure. It took Thomas Edison 10,000 attempts to create

the electric light bulb but he famously said, *“I have not failed. I’ve just found 10,000 ways that don’t work.”* Men who become successful are positive thinkers and they are certainly not in the habit of giving up.

Getting into the Habit of Being a Success in Everything That You Do

As a general rule, you should try to do things PROPERLY in life. Don’t glaze over the instructions to complete a task or ignore the rules of a game. Get into the habit of doing things properly and you will find that your success rate at almost everything will skyrocket.

It’s not about being overly serious about things, but it is about respecting yourself as a man and being able to maintain the respect of others. There’s nothing wrong with bending the rules of a game for a bit of fun, or being creative in the way you create something, but just do it properly.

If you aren’t sure how to do a certain thing PROPERLY, get into the habit of doing it the way that SUCCESSFUL people do it and then, you too, will be successful.

Most people know that if they aren’t successful at something, the fastest and easiest way to change that is to adopt some of the success habits of those who ARE successful at what they want to achieve.

“It is not enough to have a good mind; the main thing is to use it well” **Rene Descartes,**
French philosopher, mathematician and writer

Changing Your Old, Unhelpful Habits

Experts in the field believe that it takes 21 days to form a new habit or to change an existing habit. Once you’ve identified the successful habits of the people you admire, decide which ones you already have and which ones you most want to acquire.

You may have a list of several successful habits that you’d like to be able to adopt, but choose just one to focus on for a period of at least 21 days. Trying to do more than one at a time is a recipe for failure, no matter how keen you are to succeed.

Habits are the things you repeatedly do so to create a new habit you must repeatedly do the new thing. This means making a concentrated effort and dedicating time to repeating the new behavior every day until it becomes a part of your routine way of doing things.

Once you’ve established a habit, it’s a pattern of behavior that’s likely to stick with you even if it’s no longer something you repeat every day.

Keeping the Habit

One of the most effective ways to keep a new habit is to surround yourself with visible reminders of what it means to have that new habit. For example, if you’re dedicating time and effort to developing a positive thinking habit, hang out with people you know who can keep you motivated, inspiration and on track for success.

Additionally, when you spend time with people who already have the successful habit that you want to establish, you are reminded of why you want to adopt that habit. However, if you hang out with people who will cause you to think negatively and avoid developing the positive, new habit you need for success, it will become difficult for you to make solid progress towards your goals.

So, choose your friends and influencers wisely. There are lot of insecure people out there who think that success is too difficult and life is unfair. Make success happen by taking one step after another towards your goals.

Don't give up.

Keep going and keep taking action and then someday soon, you will stop and realize, *"Hey! I did it! I'm successful at this now! I did it!"* From then on, your life will have changed forever.

Don't hide away from your goals. Don't give up. Take action.

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Dealing With Regret: If Only You'd Done it Differently...

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Do you often find yourself thinking, *â€œIf onlyâ€* and dreaming about how things might have been if only youâ€d done things differently?

That's called living a life of regret and is totally unnecessary. A life of regret is a life spent looking backwards; looking at what could have been rather enjoying what actually is and looking forward to what could still be for you.

You can live that way if you want, but guess what? It only leads to more regret.

The type of life that leads you to feelings of happiness, pride and fulfilment is a life spent rising through the levels of your life purpose as a man, while also being successful with women.

What is the Real Reason Why You've Been Failing With Women?

Many guys go through life never knowing what it really takes to be successful with women. Lacking the answers they seek, many guys begin to come up with excuses or reasons about why they've continued to fail with women.

Watch this video to understand the real reason why a lot of good men fail with women...

No More Repetitive, Unproductive "If Only" Moments

If you find that you've been wasting a lot of your lifetime thinking, *"If only I did it that way...if only I said this or that"* then you're going around in circles and heading down a path that will lead to more regret.

You've got to start thinking, *"Here's what I'm going to do today"* or *"Here's what I'm going to do the next time I have an opportunity like that"* and then move forward in life. You've looked back already and now it's time to move forward, not go around in circles.

Maybe you have made some bad choices in life, maybe you have made mistakes, but here's the thing – you don't have to carry the regret around with you for the rest of your days. Regrets are like excess baggage.

Every regret or *â€œif onlyâ€* is simply another item of excess baggage that you're lugging along with you through your life. Excess baggage not only slows you down, it takes up loads of space and the only way to make more room in your life for today is to let go of yesterday.

When you lighten your load by accepting the mistakes you've made and then letting go, you become free to do the things you want to do, go where you want to go, and be who you want to be, today. The only thing standing between you and a life of no regrets is you.

Live for Today and the World Will Open Up to You

The key is to live proactively in the present. If you give yourself every opportunity to live the life you want, every single day, what is there to regret? Instead, you will move through each day with a feeling of purpose and gratitude, for you are always doing what you want, when you want.

Strangely, when you really do live for today and start opening up and following through on opportunities that come your way, the world seems to respond in step with you. It's like the world has been waiting for you to wake up and live your life, your entire life.

For example: If you're one of the many modern men who are having trouble finding yourself a woman or being unable to keep a relationship together, then start working on that area of your life. Don't sit around thinking that you've stuffed it all up and can never improve your situation.

Appreciate Your Previous Experiences in Life

Try to remember the expression "nothing ventured nothing gained" and then use it to change the way you think about the events of your past. When you do, you will realize that mistakes are nothing more than experiences and the only real mistake you could ever make is to not learn from those experiences and then move on.

Most people are too afraid of making a mistake, so they settle for mediocre lives and live with regret. However, successful people are not afraid to TRY even if they make mistakes on their way to the top. Eventually they work it out and get there, but success is rarely a straight line to the finish. There are many obstacles along the way that build and strengthen your character and resolve. So, keep pushing through even if you make some mistakes along the way.

Think about it...

Every experience from your past has molded you into the person you are today so every experience you have today and, crucially, what you learn from it, will continue to influence who you are tomorrow.

Drawing a Line in the Sand

If you're carrying excess baggage with you, it's time to lighten your load. This means drawing a line in the sand and separating yourself from "regretful" events in your past. By letting go of them, you leave yourself free to move forwards into today and tomorrow without them hanging around you.

Question 1: *What do you regret right now?*

Figure out exactly what your excess baggage is. What are your "if only" and what do you wish you'd done differently? For instance, how do you feel about your success with women so far in life?

Question 2: *Can you make amends?*

Sometimes you are holding regrets about how you treated another person. So, if any of your "if only" are regrets concerning other people, make amends by apologizing to them.

Apologizing lightens your load and allows you and the other person to make a fresh start, but itâ€™s not always necessary to seek the forgiveness of others to be able to move on. In fact, sometimes dragging up old hurts from the past might do more harm than good.

In those cases, simply acknowledge your mistake, accept that you made the mistake, take responsibility for your part and then forgive yourself. Stop beating yourself up about past events that canâ€™t be changed. Learn from them and then just let them go.

Question 3: *What can you still do about it?*

If any of your *â€œif onlyâ€* are regrets over things you didnâ€™t do, why not do them now? For example, if you regret not going on a training course that could have allowed you to make a career change, why not look into taking that course now?

That new career could still be yours. The opportunity you had to take the course first time around has gone but that doesnâ€™t mean all opportunities are now gone. New opportunities are all around you if you make space for them. Dump the *â€œif onlyâ€* that are obscuring your vision and give yourself a much clearer view of what you can still do with your life.

Are You Ready to Let Go of Your Regrets and Make Something of Your Life?

If letting go of your regrets doesnâ€™t feel right at the moment, try turning your focus away from those past events that you regret by focusing on the events you donâ€™t regret. Microsoft founder Bill Gates dropped out of college but does he regret it?

Basketball legend Michael Jordan didnâ€™t make his college team at one point because he didnâ€™t play well enough, but did he sit around thinking *â€œIf only Iâ€™d made the team...then I would have a better chance of becoming an NBA superstarâ€*?

No.

He learned from his experience and he moved on – big time.

Look back at the past events of your life in a new light. Turn your attention to the good decisions youâ€™ve made and the positive actions youâ€™ve taken. Not every choice youâ€™ve ever made was a bad one and not everything youâ€™ve ever done was a mistake.

Recognize your successes and realize that each new day brings with it new opportunities to succeed. Each new day represents another opportunity to live your life the way you want to live it so all you have to do is make room for the new opportunities that continue to come your way by letting go of the events of yesterday.

Look at it this way; Scientific research has found that our memories of past events change over time and often become exaggerated versions of actual happenings.

Chances are, the big *â€œregretâ€* youâ€™re lugging around with you is not actually such a big deal after all.

â€œWhen one door closes, another opens; but we often look so long and so regretfully upon the closed door that we do not see the one which has opened for usâ€ **Alexander Graham Bell**

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Should You Always Be Totally Honest With a Woman?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Honesty is synonymous with truthfulness, decency and being an all-round genuine person, but is honesty always the best policy in a relationship? Is a 100% truthful answer always the best response when asked questions like, *“Does my butt look big in this?”*

Dictionary definition of honest:

Honest (*adjective*): Free of deceit; truthful and sincere. Morally correct or virtuous. Simple and unpretentious.

Little White Lies

So does this mean that to be an “Honest Joe” you must always tell the truth, the whole truth, and nothing but the truth, or is there room for the occasional “little white lie”? After all, everyone tells little lies from time to time – don’t they?

White lies are those little harmless lies you use to avoid hurting someone’s feelings so there can be times when it’s possible to put forward a strong case for their defense. However, you might also use an occasional little lie to get yourself out of a tricky situation, and if so, are they still harmless?

Let’s say your girlfriend asks you to post an important letter for her and you forget to do it. When she asks if you posted it you say yes, making a note of it in your smart phone to make sure you don’t forget again.

Should you have actually told her the real truth? Or, maybe you were meant to book a restaurant table for a special occasion as soon as the phone-lines were open to take reservations but you forgot. When she asks if you managed to get a table, you lie and say that by the time you got through, all the tables were taken for the day you wanted; still just harmless lies?

Pants on Fire?

If you consider yourself to be a fairly Honest Joe, it might be worth taking a moment to consider how many little lies you tell on a regular basis.

If you had to put a dollar in an “honesty box” every time you stretched the truth even a tiny bit during the course of a normal day, how much money would be in there by the end of a week? If most men were totally honest with themselves and really kept a tally, they might be quite surprised by just unnecessarily dishonest they actually are.

How many of your little lies are in fact quite big, and how do you determine the difference between the two? It’s quite possible that you’ve been telling little lies so routinely that you no longer even think about it; lying has become a habit.

“A half truth is a whole lie” **Proverb**

A Habit of Being Honest

Neuroscientists at Harvard University in the US conducted the first ever neurobiological study of honesty and deceit. As a result of their research, they concluded that genuine Honest Joes don’t make a conscious effort not to lie, they’re simply never tempted to be anything other than honest: Being honest for them is just a habit.

Abraham Lincoln is one of history's most famous Honest Joes. In fact, he was known as "Honest Abe".

Many years before he became the 16th President of the USA, Abraham Lincoln worked as a general store clerk. The story goes that when he was counting the takings one day after the store closed, he discovered they were a few cents over what should have been taken.

He realized he must have short-changed an earlier customer, so he walked to the customer's home, quite some distance, to give her the change she was owed. His honest reputation stayed with him in his later career as a lawyer and he became renowned for his steadfast belief that the truth was never worth sacrificing, not for any gain.

| "If I were two faced, would I be wearing this one?" **Abraham Lincoln**

Choose Honesty

Old habits can be changed and new habits can be established, so the habit of being honest is no exception. Changing any habit is an on-going process, but to start all you need to do is choose to be honest because there really isn't any value in lying.

For example: Instead of lying about posting the letter, own up to the fact that you forgot. Of course, you don't have to own up if you're not asked but you don't have to lie about it if you are. Sure, you owe your girlfriend an apology for forgetting but you can still post the letter, it's not the end of the world!

By choosing to be honest, you're choosing to break a dishonesty habit and choosing to become a genuine Honest Joe. Unlike living a life of a liar who always has to be on guard and tell further lies to cover up previous lies, being honest is simply less stressful and easier way to live your life..

Does My Butt Look Big in This?

So what about those potentially awkward, "Does my butt look big in this?" questions? If you'd been honest with your girlfriend the entire time you'd been with her, she would already know the answer to that question. She would already know that you find her sexier when she stays in good shape.

If she is currently working on getting back into shape and asks you that question while getting ready for a party you're attending together, you don't have to be brutally honest and kill her self-esteem before the big night.

Since she already knows how you feel, you can answer with an honest, but tactful response like, "Babe, I think you look a lot sexier in the red dress...I really want to see you in that tonight..."

Always look for a way to be positive and tactful with your honest, especially when someone else's feelings are concerned. However, remember that honesty is always the best policy even when you first meet a woman. For instance, if you think she is sexy, don't lie to her by saying, "You have beautiful eyes." Instead, be honest and say with a smile, "I think you're sexy."

Avoid any temptation tell little white lies because they have a habit of snowballing into much bigger and more complex lies. Sir Walter Scott said it best with his famous words. "Oh, what a tangled web we weave, when first we practice to deceive." Avoid the tangled mess by just being honest.

As I've said to guys since we started The Modern Man, "You never have to lie to a woman. It is

totally unnecessary. Women find you more attractive when you just stop with the BS and be an honest, real man. It's also a lot easier than coming up with lies all the time!"

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10 Ways Being a Man Has Changed Since 1911

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The definition of being a man has changed so much over the last 100-150 years that many men now feel confused about how they are supposed to think and behave and what they are supposed to strive for in life.

In the past, life was pretty simple...

Get a job, find a wife, build a house, have children, raise them and then die. These days, life presents us with countless paths to choose from. I could have written about a thousand or more ways that being a man has changed since 1911, but let's just have a look at 10 for now.

10. Clothing

In 1911, slacks, a collared shirt, and shined shoes were minimal attire for the outdoors. A well-to-do man could seldom leave the house without a full suit, coat and hat. There was a lot of emphasis on fitting the mold that society felt every man should fit.

Denim was reserved largely for laborers and kids and open-toed shoes for men were unheard of.

Today, most men are able to don a t-shirt over their jeans and sneakers, even when going to work. Collared shirts are typically reserved for white-collar jobs and going out. The definition of a 'well-dressed man' has changed completely to the point where many of us can look great by wearing a good pair of jeans, a t-shirt or polo and good shoes/sneakers.

9. An Even Playing Field With Women

Young women were only sometimes educated and certainly did not have many rights or much of a say in how society functioned. Most women were simply being trained to be good housewives for the husband their parents would often find for them.

Today, not only do women have equal rights, but most have a good education, a career and their own dreams and aspirations, which they are free to pursue.

Women can also pick their own suitor, or even suitors. This, as most men now know, means you have to be compatible with a woman and attract her with your personality instead of expecting to be paired up with her via an arranged marriage.

8. Dating

[image: Dating - Sex before marriage]

Dinner dates were and still are common, but premarital sex was considerably less common than it is today. In 1911, dates were usually a short precursor to marriage and had to be worked out with the girl's father.

At the end of the night they seldom led to anything other than a *â€œThank you for a wonderful eveningâ€œ* and a kiss on the cheek if you were lucky.

Today, we have the option of meeting as many women as we want in bars, online at singles night (speed dating) and no longer have to ask the woman's father for permission to take her out. Heck, a lot of modern women now prefer to skip the dates altogether and get right into kissing and having sex.

7. Marriage

Not only was marriage the obvious goal of dating 100 years ago, but men who did not get married were thought of as strange, gay or as a freak of nature.

Divorce was uncommon and frowned upon by the religious establishment, family and society at large. Today, most people date for many years before getting married or and many don't ever intend to get married at all.

Divorce has become a common part of modern life. Strangely, it is often even encouraged by family, workmates and even TV hosts who say things like, *â€œIf he isn't treating you right, leave!â€*

Understandably, this has turned most modern men off the idea of marriage completely. It no longer seems like a smart decision, especially given the high divorce rates, the legal costs of divorce and the woman eventually taking half of everything you own just for being in a relationship with you.

I used to be completely against marriage, until I realized that it was possible to deepen a woman's love, respect and attraction for you in a relationship. After enjoying my choice of women for many years (having sex with more than 250 women), I finally decided to accept my girlfriend's marriage proposal.

Here's what happened...

6. Feelings

In 1911, a strong man did not show any emotion. Emotions and feelings were left to women while men had to bottle up their emotions.

Sharing his emotions about something was seen as unmanly, whereas today it is a necessary part of our more complex dialogue as modern human beings.

After going through many different eras of change, such as the hippy movement, the SNAG (Sensitive New Age Guy) phase and the Metrosexual phase, men have finally realized that women want men to be more emotionally open, but still remain strong, stable and in control.

It is certainly okay to share your feelings with a woman these days, although some men obviously take it too far by crying or looking for pity, which is a huge turn off to women. A man these days is expected to be more complex than the average man a century ago whose job was to simply work and support the family. Complex does not mean wimpy, however.

5. Communication

100 years ago, if you wanted to speak to a woman you were attempt to *â€œcourtâ€* (attract into a relationship with you), you'd have to write a letter and wait for it to be delivered up to a week later or get on your horse and ride to her home. Her parents would usually listen in, sit nearby in earshot or have many questions to ask to determine your intentions with their daughter.

These days, we've got home phones, mobile (cell) phones, e-mail and Facebook, so getting in touch is quick and easy.

Better still, a simple text message to a woman at 1am on a Friday or Saturday night can often lead to some late night sex; otherwise known as a *â€œbooty callâ€*. In 1911, most men wouldn't have dreamed of the communication technology we now have. Imagine what human to human communication will be like by 2111.

4. Education

In 1911, most men didn't finish school, attend any kind of university or go on to achieve formal qualifications. There was a lot less demand for white collar workers than there was for laborers. Today, the white collar workforce is becoming more competitive and more employers are now

beginning to expect that potential employees arrive with a completed degree.

Luckily however, the internet has come along and is allowing people to use their available skills to find suitable work online. This trend of "working from home" is set to increase and expand over the next decade, as we move more and more of our life online into the cyber world.

3. Smoking and Drinking

100 years ago most men hit the cigarettes and alcohol pretty hard "even in the office, in restaurants, on the bus and anywhere else they felt like it. They hit it so hard, in fact, that by the end of the 1910s American women got so worried that they banded together to prohibit alcohol across the country.

Obviously it didn't last but heavy drinking and smoking has been becoming increasingly taboo over the past few decades. Certainly you cannot smoke in most places these days and many women will lose interest in a guy if they discover that he is a smoker during their first conversation. Similar is the case with heavy drinking, because it usually leads to unwelcome problems in relationships.

2. Travel

Certainly there were plenty of people who got on their horse or wagon and hit the road for the promise of a better future. In 1911, however, traveling was dangerous and many people were not able to get where they wanted.

Today, hop on the web, book a ticket and you can be across the world tomorrow morning. We no longer have to settle for living where we were born, because a century of global politics and open trading has allowed most cultures to become comfortable with the idea of mixing together.

If you are not happy with your current environment, you are just a few hours and a few hundred bucks away from almost any place in the world.

1. We Don't Die at 45

Partly because of the above mentioned decline in alcoholism and smoking, as well as lowered infant mortality rates, but mostly thanks to the advances in modern medicine and availability of nutritious food from supermarkets and green grocers, we now live much longer than we did a hundred years ago.

In 1911, the average man did not make it to 50 years old. Today, the average life expectancy for a man is near 80 years old in most of the industrialized world. In the next 30 years, the average life expectancy is set to rise to 120.

If you are 30 years or under now and can make it to 60, you might be able to stay alive to 120. However, during those extra 60 years, experts are now predicting that lifespan will increase even further to 150-170 years (or more), so don't plan on dying any time soon!

The idea of growing old and sitting with your wife on rocking chairs on the front porch is no longer applicable in the new world that is emerging before us. Who knows what the world will be like in 30-40 years time. I would suggest some things, but most people will think it is science fiction, so I will keep that out of this article.

A longer expected lifespan now means we do not need to rush to get married while we are young. Instead, we need to think about a very long retirement and be open to exploring many career paths throughout our lives.

Being a man has certainly changed incredibly over the past century, but the biggest change is most certainly in our ability to choose what path we want to take in life. We have an unlimited amount of

options when it comes to jobs, women and almost everything else...

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How to Be More Assertive at Work, With Women and in Life

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

There are many benefits to being assertive as a man.

Being assertive:

1. Ensures that you don't get pushed around by people who pick on the weak.
2. Reminds people that you are a guy who should be respected.
3. Makes women feel naturally attracted to you.

On the other hand, being a passive type of guy who lets people push him around:

1. Makes you the target of bullies, jerks or manipulative people who want to take advantage of you.
2. Reminds people that you are a guy who doesn't need to be respected.
3. Makes women feel turned off by you.

9 Ways to Be More Assertive

Any guy can learn to become more assertive.

Just like with any other behavioral habit in life, it takes a bit of practice and effort before it becomes natural, easy and automatic. Here are 9 ways to get you started on your mission to become a more assertive man...

1. Speak Up

Most people in this world are nice, good people, but you will always come across some who aren't. It's just the nature of how this world works.

When you come across someone who is trying to take advantage of you or is disrespecting you, don't be afraid to speak up. It's not about getting angry or aggressive, but it is about being assertive.

The key to being assertive in a way that doesn't come across as aggressive is to be light-hearted about the situation. Talk with a tone of voice suggesting that it's not a big deal, but you're going to say it anyway.

For example: Maybe someone rudely cut in front of you in a line or you were overlooked for a raise even though you'd been doing a great job.

Sometimes this happens entirely innocently and other times the person doesn't realize that you're a guy they should respect.

When this happens, the first thing you need to do is speak up and make your position clear, but be light-hearted about it.

You can smile and say in an easy-going, but assertive way, *"Hey mate – I'm waiting in this line here and I'm in front of you. You can go behind me if you want, but I've been waiting here and I'm not losing my spot."*

“I noticed I was passed over for a raise again. I feel like I’ve been doing a great job. Is there any reason why I have been overlooked by you again?”

If you don’t speak up, people will just assume that you are a guy who doesn’t need to be respected. The majority of people will show you respect and be considerate because they are nice people, but when you come across people who don’t give you the treatment you deserve, don’t be afraid to speak up in an assertive, but easy-going manner.

2.Â Make a Clear Decision About What You Want

If you don’t know what you really want out of a situation, you won’t know when you need to be assertive to stand up for what you want.

Before you enter a negotiation or approach a woman that you find attractive, make sure that you know exactly what you want.

Women respect guys who know what they want and go after it with confidence, so if you approach a woman and don’t feel like you deserve to have her, she will pick up on that and it will turn her off.

Likewise, if you’re entering a negotiation at work or in business and you don’t feel like you deserve a good outcome, it will come across in your body language, tonality and vibe and you will almost always get less than you deserve.

3.Â Hold Your Ground

A lot of men give up way too easily when they are faced with a challenge.

For example: Many women play hard to get when a guy approaches them because they want to see if the guy is truly confident.

So, if you are about to approach a beautiful woman and usually can’t get past the first few minutes of conversation, make it your aim to stay in there when it reaches that “awkward point” where you often run out of things to say.

Be assertive by staying in there and talking to her about whatever you feel like talking about, even if you’re worried that those subjects might not be interesting to her.

You’ll be surprised at how impressed women are that you don’t back down so easily. As women often say, *“I like a man who knows what he wants and isn’t afraid to go after it.”*

4.Â Show Strength and Composure in Your Body Language

Your body language is a vitally important part of your communication. You can’t turn your body language off; it is always on.

No matter how much you try to hide your intentions, fears or insecurities, they will always come through via your body language in subtle and sometimes obvious ways.Â People are always reading your body language to assess your confidence level,Â state of mind and intentions.

If you understand how to be confident on the inside, your body language will naturally display confidence on the outside.

5. Be Clear, Confident and Calm When You Explain Yourself

Not only do you need to be clear on exactly what you want from a situation, but you also need to clearly explain your position as well. If you are not clear on what you want or what you mean, the other person may misunderstand your intentions or needs.

To make sure that a person understands you, make an assertive statement like, *“Okay, to make sure that you and I are completely clear on this, can you tell me your understanding of it now?”* after you have explained your position.

6. Don't Be Afraid to Say No

In most negotiations, the initial offer that is made needs to be met with a counter offer before it really becomes fair for both parties.

So, if you're looking to get a proper raise at work and have noticed that other employees are getting more than you, don't be afraid to say, *“Thanks for the offer, but I'm interested in seeing at least a \$6,000 pay rise, considering others have gotten that and I have done an equally good job. How can we make the same pay rise happen for me?”*

You may not get the \$6,000 pay rise right away, but you might get a 20-30% boost on top of what you were going to get, as well as instructions from your boss on how to get a bigger raise next time. That is much better than just being passive and accepting whatever is given to you.

7. Be Assertive, Not Rude

Some guys mistake assertiveness with aggressiveness or rudeness. By being rude or aggressive when trying to get your way, you will usually only make the person want to give you a worse deal.

The key to being effective while being assertive is to be respectful, easy-going and considerate of the other person's needs. It can't all be about you. If a person respects you and likes you as a person, you will almost always get a way better deal compared to when they don't like or respect you.

8. Seek First to Understand, Then to Be Understood

When negotiating, one of the best techniques to use is to ask the other person what they are looking for from the deal. Once you know what they are willing to settle for, you can then make your offer. Often, the other person will aim pretty low, because most people just aren't that assertive in negotiations.

So, if you end up giving them a slightly better deal than what they hoped for, they will be extremely appreciative of your generosity.

Also, sometimes the other person may have to answer to someone else before making a decision and won't have the authority to grant you what you want. Listen to the other person's situation and be willing to work with them. This will make them much more likely to be willing to work with you.

When you know what the other person wants and can show that you are willing to give them that,

they will be more willing to listen to your needs and give you what you want from the deal.

9.Â Don't Apologize For Wanting Success

One of the biggest keys to success is to be absolutely unapologetic about wanting it.

Think of the most successful people you know and you will see that the majority of them, if not all, feel like they deserve to be successful. They have embraced success and are enjoying it.

Many unsuccessful guys feel like they would be taking away success from others if they became successful. However, thinking in that way doesn't do anyone any good.

If you are a good guy and want to help others when you become successful, then do that. However, you're not going to have much to offer if you're just another unsuccessful guy. So, go after what you want, become successful and then do whatever kind deeds you want to do when you are in a better position to do so.

If you feel ashamed of being successful or feel like you don't deserve it, the world won't come knocking at your door to hand you huge success. In this world, you have to stand and go after what you want, otherwise you get pushed aside by others who are more assertive than you are.

Being an assertive guy and going after what you want not only leads you to having a much more enjoyable and exciting life, but it also makes women feel naturally attracted to you. Women love a guy who isn't afraid to go after what he wants.

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The Blind Date Survival Guide

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

A blind date is when you go on a first date with a woman you don't know.

Usually, a friend or coworkerÂ arranges for you to meet aÂ women they know who is single and looking to find a guy like you.

It all sounds good in theory, but in most cases the woman you're set up with isn't very attractive. Why? If she was, she wouldn't need to go on a blind date.

About 20% of the time,Â you will get lucky and be introduced to a beautiful, emotional stable girl, but from all the cases I've heard of over the years, 80% of the women arriving to blind dates are unattractive or a bit on the crazy side, which explains why theyÂ can't get a date on theirÂ own.

Don't Agree to Meet Her Before Seeing aÂ Few Recent Photos

In the past, blind dates really were blind. Most people didn't have cameras and photos weren't taken as often as they are today.

However, nowadays, each women has plenty of photos of herself, so before agreeing to meet her, make sure you see a few recent photos of her. If you can, make sure you check out photos that show her full body.

Start Off With a Brief Date

If your blind date turns out to be boring, weird or unattractive, pre-planning an entire evening with her will be a mistake. Instead of committing to a long date, have an exit plan by set up a Quickie Date (i.e. a one hour date/meet up).

That way, it won't be awkward when the hour ends and you say, *"Okay cool, well it's been nice to meet you. I'm going to head off now. Good luck with your stamp collecting project – that sounds interesting."*

You've helped out a friend, weren't rude to your date and only had to hang out with her for an hour or so. On the other hand, if she is beautiful and you are compatible, it will be an acknowledgement from both of you that you like one another if you want to keep the date going as long as possible.

Setting up the Date

Be sure that the person who is setting you up for a blind date, first lets the woman know that you will be calling her to say hi. When you call her, simply introduce yourself and remind her about who suggested that you call her.

Have a chat with her first and get to know her over the phone for at least five minutes before setting up a time and place to meet. Don't call it a *date*; just refer to it as you and her catching up to say hi. Keep it casual and relaxed, rather than formal and serious.

Being the man, you should have a few ideas ready about where to meet her. Don't ask her to take the

lead and suggest meet up places for you. It's usually best to choose a lounge bar or café that will be close to where you both live or work.

Just say something like, *"Okay cool...so, you're working in the city. How about we meet at XYZ bar on XZY Street?"*

It's totally fine to discuss different venues with her and be accommodating, but just make sure that you have location suggestions ready, rather than expecting her to think of everything. Women like to relax into the masculine direction of a man, rather than having to take on the masculine role themselves.

On the Date

The most important things to remember for any date that you go on with a woman are:

Attraction: Just like you want to have sex with women that you are sexually attracted to, a woman wants to feel sexually attracted to you. So, make sure that you make her feel attraction for you by being confident, masculine (in how you think, behave and take action) and by flirting with her.

Relaxation: Always aim to make a first date feel like you're hanging out, relaxing and having a good time. Don't ruin the vibe by turning it into a serious interview type date. Just relax and enjoy the time that you're spending together. If she feels relaxed and comfortable on a date with you, she will be much more interested in seeing you again.

Conversation: Keep the conversation fun, interesting and light. Express your real personality, rather than being overly formal or trying to be perfect.

What to Do if You Don't Like Her

If you find yourself on a crappy blind date with a woman who just doesn't interest you, simply tell her the things that you like about her as a person and then tell her that you're happy to just be friends.

For example: *"You seem like a great girl. You're very pretty, intelligent and interesting. I will be honest though, I don't think we are a match, but we could be friends. I'd rather be honest with you now, so we neither of us leave this catch up wondering what to do next."*

Even if you don't think she is a great person or pretty, it's good manners to at least compliment her. That way, you won't ruin the relationship you have with your friend or coworker.

If you are asked, *"Why don't you think we're a compatible match?"* you can simply say, *"I can just sense it. I'd rather be honest with you now than pretend that I want to start a relationship. You're a great girl and you deserve an honest response from me."*

Approaching and Picking Up Women That You Choose

[image: Approaching women in a bar]

Blind dates are great if you are actually set up with beautiful women. However, in most cases the woman won't be exactly what you're looking for. If you do happen to start a relationship with her, it might be cool to have sex for a while, but imagine getting her pregnant and then being stuck with her

for life.

If you want to live a happy life with a woman of your choosing, I don't recommend that you leave it to chance. The best approach to success with women is to have the confidence and skills to approach and pick up women that YOU find attractive. When you're out looking for a woman in a bar or club for example, you have control over which women you approach.

If you want to end up with a beautiful girlfriend or wife (or just have sex with hot women) only approach women that you feel a lot of physical attraction for. Don't approach ugly or unattractive women because you think they are easy targets because you will end up having sex with some of them.

If you accidentally get a woman pregnant and you don't feel much attraction for her, then you're stuck with her for life. She is most-likely going to be a huge part of your life from now on.

So, choose women wisely. Don't accept a woman that you're not attracted to.

Would You Like to Have More Choice With Women?

I can provide you with conversation and attraction techniques that make pretty much ANY woman you meet want to date and have sex with you. When you use my revolutionary approach to women, you will have your choice of beautiful women.

Most of the woman that you meet will feel attracted to you and will be interested in taking things to the next level. My approach literally makes women begin to flood into your life.Â Ready to begin?

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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Will She Ever Want to Be Your Girlfriend?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Okay, so there's a girl that you really like, but for some reason you can't seem to get her to feel the same way about you. She is friendly with you and she likes you, but she doesn't want to have a sexual relationship with you, right?

So, what is really going on?

2 Common Mistakes That Turn Women Off Having Sex With a Guy

When a guy has a crush on a girl and really likes her, he usually makes the following mistakes that stop the girl from wanting anything other than a friendship.

1. He is way too nice to her

There's nothing wrong with being nice to a woman, but it's not the thing that will make her want to have sex with you or be your girlfriend. Why? Watch the video below for the answer...

2. He is too easy to impress

If a woman is attractive, most of the guys that see her will be willing to have sex with her. Many of those will also be willing to have a relationship with her.

Why? A man's initial attraction to a woman is mostly based on her physical appearance. If a woman looks good, most guys will be willing to have sex with her, which then leads the woman to be more attracted to guys who offer her a bit of a challenge.

Using the Wrong Approach on a Woman Almost Always Leads to a Rejection

[image: Unless you first attract a woman, she will usually reject you regardless of how much interest you show in her.]

If you don't start by making a woman feel attracted to you first, she will almost always reject you when you show interest in kissing her, having sex with her or being her boyfriend.

You absolutely have to start with attraction. Attraction comes first and everything else follows that. When a guy attempts to seduce a woman incorrectly (i.e. by being a nice guy, pretending to be an innocent friend and then eventually asking her out), he will usually get one of the following responses:

- *"Sorry...I'm not looking for a relationship right now."*
- *"I like you, but don't rush me."*
- *"Give me some time. I don't know what I want right now."*
- *"I only like you as a friend."*
- *"I don't want to ruin our friendship."*

So, what does she mean by those statements?

She is trying to tell you that she doesn't feel sexually attracted to you. She might like you as a person, but liking a guy in a friendly way isn't what makes a woman want to have sex with him.

Sexual attraction is what makes a woman want to have sex and unless you are making her feel that, anything that you say about "seeing each other" or "dating" or "going out" will seem weird, awkward and even wrong to her.

If you try to get a woman into a relationship before you've even made her feel sufficient sexual attraction for you, she might also say that you're "coming on too strong." It will feel strange to her that you're wanting her to commit to being your girlfriend, even though you haven't kissed her or had sex with her yet.

In the early 1900s, approaching women in that way was the right thing to do because almost all women didn't have sex before marriage. In today's world, you have to make a woman feel attracted to you and then at least kiss her (but preferably have sex with her first), before you even get to talking about seeing each other again or starting a relationship.

Today's women don't need men like women did in the past and unless you know how to properly attract women, most women will reject you. The flow of a sexual courtship HAS changed and if you use the approach that men used in the early 1900s, you can expect to be rejected almost every time.

Using the Right Approach on a Woman Almost Always Leads to Success

[image: Make her chase you]

If your current approach to the woman you like hasn't been working, you have to stop doing that and start doing what will actually work.

Here's what you need to do:

1. Focus on attracting her

Stop trying to get this woman to LIKE you as a person and start making her feel sexually ATTRACTED to you. A woman liking you as a person is not the step before starting a sexual relationship with her.

If you want this woman to feel sexual feelings and want to begin a sexual relationship, you have to make her feel sexually attracted to you. If she only likes you as a friend, another guy can come along and instantly take her from you by making her feel sexually attracted to him.

2. Adjust your interest level

It is fine to be 100% sexually attracted to a woman that you're seducing, but it is not fine to be 100% interested in her prior to starting a sexual relationship.

Instead of being 100% interested (otherwise known as "being too keen"), allow your interest level in her to rise and fall based on how well she is treating you. For instance, if you're talking to her and she only gives short answers or says, "Uh-huh...uh-huh" and doesn't even care what you're saying, then stop talking to her.

Pull back your interest and do something else.

Don't reward her bad behavior with increased interest. If she isn't behaving in the way that you want, pull back your interest. That is an example of the challenging behavior that women LOVE from guys.

3. Stop acting like a friend

[image: I've been a great friend to her for months, but she doesn't want to have sex with me. Bitch!]

Being a woman's nice friend is not the way to become her lover or boyfriend.

You've got to talk to her in a way that makes her feel turned on, as well as directly show your sexual interest (e.g. by the way you look at her) or express it, (e.g. by smiling at her and telling her that you think she's sexy).

If you act like a friend, you will be in the friend zone with her and all it will take for another guy to steal her from you is for him to attract her, kiss her and then have sex with her. If the guy knows what he is doing and doesn't make the mistake of acting like an innocent friend who isn't sexually interested in her, he will usually begin having sex with her right away.

4. Make her chase you

Women want to feel LUCKY to be chosen by YOU.

They do not want to feel as though they are doing you a favor by going out with you. To make a woman chase you, she first has to feel attracted to you. From there, you need to raise and lower your interest level based on how good she is being to you. You also need to be confident so that other women feel attracted to you and she notices it.

When women see that other women are attracted to you, their attraction for you skyrockets. It's just how a woman's brain works, so use it to your advantage.

We men usually decide if we want to have sex with a woman based on her appearance alone, but women take many different factors into account, including whether or not other women like you. If a woman senses that you are desperate and can't attract other women, she won't feel special or lucky to be with you.

She will feel as though you only like her so much because other women aren't interested in. She will then feel like she'd be doing you a favor by hooking up with you, which will turn her off on a deep level.

×

[image]

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How and When to First Kiss a Woman

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

For most women, the first kiss you share is something that she'll not only always remember, but something that she'll look to as an indicator of how enjoyable your sexual relationship will be.

When you have a first kiss with a woman, you need to:

Display confidence: You can do this by the way you look her in the eyes, the way you touch her body and how relaxed you are about kissing her.

Display masculinity: You can be masculine in the way you touch her (e.g. with masculine passion and assertiveness) and the masculine facial expressions you make (e.g. when you pull back and look her in the eyes).

Provide a varied experience: Don't just keep kissing or touching her in the same manner. Mix it up with gentle, light kissing and touching and then with passionate, assertive kissing and touching.

Pause sometimes to look her in the eye, or to stop kissing and just relax together (without looking her in the eyes) with a hug or just by kicking back in the chair, on the sofa, bed, etc.

Choosing the Right Time and Place

[image: First kiss]

Some women will be open to kissing you immediately, within seconds or within minutes of meeting you. This usually happens in bars and nightclubs where women tend to be more relaxed and carefree about hooking up with guys.

Women who are open to kissing you very quickly after meeting you are almost always open to having a one night stand (sex on the first night) as well. However, if you're looking to have a great first kiss with a woman you already know (e.g. a coworker, a woman you're going on a date with, etc), you will usually need to do it at the right time and the right place.

For example: During your first date, the first kiss may take place in the corner of a dimly lit lounge bar, in your car, on her doorstep, in her apartment (or yours) or anyplace else where you have enough privacy.

Most guys don't really care about what people will think if they kiss a woman in public, but some girls are pretty particular about it. Unless she is giving you clear signals that she wants to kiss you in public, just kiss her when you have enough privacy away from prying eyes.

If you do attempt to kiss her in public and she says no, just say, *"Oh, okay I understand. You don't like to kiss in public, right?"* and she will say yes and the awkwardness will be immediately diffused.

In most cases, her saying no doesn't mean you have been rejected. It simply means that it's either not the right type, or she is testing your confidence in yourself. She wants to feel more attracted to you, so she will test your confidence and if you maintain your confidence rather than getting nervous, it will turn her on even more.

“Chick Flick” Lessons

While most Hollywood movies will give you the WRONG idea about what women really want in a man, the kissing scenes are usually spot on.

For example: One of the things you will often see is that the first kiss appears to take place in slow motion because that's how most women like it. When a woman fantasizes about experiencing a romantic, fairy tale type kiss, she imagines a confident guy holding her, looking her in the eyes and then slowly moving in for the kiss.

It takes a lot of confidence to kiss a woman like that and if you can pull it off, she will see you as her very own Prince Charming. As you may know, confidence is the number one trait in men that causes women to feel sexual attraction. The more confidence you can display to a woman, the more she will feel attracted to you.

Don't Ask For Permission to Kiss Her

Women hate it when a guy lacks so much confidence in himself or lacks the emotional intelligence to notice her signals that he ASKS for permission to kiss her. “*Can you I kiss you?*” or “*Do you want to kiss me?*” are questions that you do not need to ask.

If she is giving you signals, then she is giving you permission to kiss her, so just move in and do it.

Yes, I know that moving in for a kiss is scary for some guys because they are worried about being rejected. Yet, if you want a woman to be amazed and feel intense attraction for you, you must demonstrate confidence.

Women are attracted to the strength in men (e.g. confidence, mental and emotional masculinity) and turned off by the weakness (e.g. nervousness, self-doubt). By moving in for a kiss, you are demonstrating that you are confident and masculine, which is attractive to women.

The reward you get for demonstrating that type of confidence and masculinity is that a woman feels so much more attraction for you than she would for a guy who is self-doubting. She feels lucky to have scored herself an alpha male who isn't afraid to take action and go after what he wants. That type of alpha male behavior is deeply attractive to women.

Do It Right

[image: Make the first kiss memorable]

Okay, so the moment has and you and your woman are standing close together, looking into each other's eyes and wanting to kiss. Gently, but firmly reach around her waist and pull her closer to you. If you're sitting, gently but firmly reach around her neck to pull her in for a kiss or if you're sitting close, cup her face with your hand(s) when you kiss her.

Look her in the eyes and smile confidently for a second or two and then lean in for the kiss. You can start by lightly brushing her lips with yours and then softly moving your mouth along her neck and/or cheeks. This will make her heart begin to race and she will become excited that her romantic fantasies are coming to life.

After the introductory kiss, you may find that you and her begin passionately kissing. If she doesn't rush to do that and instead wants to enjoy more of your sensual seduction, head back up to her lips for a soft, romantic kiss that lasts about five to ten seconds. Then pull back a bit and look her in the eyes with a completely relaxed, confident smile.

If you've kissed her the way I'm suggesting, she'll be pulling you in for another kiss immediately or at very least, she will hug you tightly as though she's falling in love. You can then turn the kiss into a more passionate, energetic kiss where you begin rubbing your hands all over her body.

The Goodbye Kiss

If you're not confident enough to move in for a first kiss, you can at least do what I call, *The Goodbye Kiss*.

When leaving or parting ways (e.g. at the end of a date, when you're leaving the bar or nightclub), tell her to kiss you by saying, "*Okay, well it's been good meeting you. Let's have a kiss goodbye. Give me a kiss on the cheek*" and point to your cheek. Lean in and offer your cheek to her.

About 85% of girls will giggle and immediately give you a kiss. The 15% who don't usually just need a bit of extra encouraging like, "*Oh, it's just a goodbye kiss on the cheek. Come here – give me a kiss goodbye.*" By saying that, you will raise the percentage of women who kiss your cheek up to 95%.

After she kisses one cheek, turn your head and point to your other cheek and say, "*Okay, and one more here.*" Then point to your lips, "*...and one on the lips.*" If you have attracted her enough during the interaction, most women will give you all three kisses.

From there, many of those kisses will turn into a full on make out session or even sex that day/night.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Do Women Respond Negatively to You?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Most guys get shot down and rejected when they first start approaching women because it seems like an easy thing to do.

Yet, to successfully approach and pick up a woman, you have to have a certain skill set. You have to know how to be confident around women, you have to know how to talk to women and you have to know how to attract women. Without those those skills, you will rarely get positive results with women.

If a guy doesn't have the skill set required to approach women (e.g. doesn't know what to say, doesn't know how to flirt with women and create a sexual vibe, doesn't know how to pass a woman's tests), he will be rejected by almost every woman he approaches.

After getting rejected a few times, a guy will usually give up and begin to develop insecurities about why women might not like him (e.g. not good looking enough, rich enough, tall enough, athletic enough, etc).

Even though he often notices average, below-average or even "ugly" looking guys with beautiful women, he only wants to pay attention to the things that help reinforce his insecurities (e.g. he only remembers the times he has seen a beautiful woman with a good looking guy, or when he has overheard a woman saying that she only dates hot guys).

How about you?

Maybe you are one of the intelligent guys who understand that most women choose men for reasons OTHER than looks, money, height and muscles. You have seen average, below-average or even "ugly" looking guys who aren't successful in life with a sexy woman as a lover, girlfriend or wife.

Yet, if that is true, why aren't you getting the same positive results that other guys are getting with women?

Are those guys getting lucky, or are they using attraction techniques that you are simply unaware of? Is it possible that you may have a few things to learn about women before you can start getting the results you want?

Do Women Feel Compatible Enough With You?

[image: How to Avoid Awkward Silences]

Often, the reason why a woman will responded "negatively" towards you is that she just doesn't feel like compatible with you based on how you are making her feel. For example: If your conversation style is boring or if you are focussing more on being friendly than creating a sexual vibe via flirting, then she isn't going to be very interested.

You may be compatible with her in many ways, but if you can't make her feel emotionally turned on during a conversation, then she will find it difficult to maintain her interest in you. Something just won't feel right to her. She will like you, but since your conversation style is boring or is lacking a sexual vibe, she will assume that a relationship with you or having sex with you may be boring too.

Women in the Year 1900 vs. Today

[image: Women: 1900 vs. Today]

These days, if a guy doesn't know how to attract women properly, he will have a hard time getting laid or getting a girlfriend. Why? Women don't NEED men like they used to.

In the early 1900s for example, most women couldn't earn their own money and needed a man to support them. Back then, society expected women to remain a virgin, find a man, marry him, lose her virginity, make children, raise the children, cook and clean for the man and then die.

Today, society tells women to do what ever they want to do. Women are free to have sex, focus on a career and put off marriage and childbirth for as long as they want. As a result of this change, women play harder to get. If a guy doesn't know what he's doing in terms of attraction and escalating to sex, women will just ignore him and hook up with a guy who does.

A guy who doesn't understand how to attract and hook up with women will feel as though most women don't like him. However, the truth is that most women would like him if he approached the sexual courtship correctly. Yet, since he isn't doing it right, the woman just doesn't feel like he's a compatible match.

3 Common MistakesÂ Guys Make That Cause Women to React Negatively

Here are some common mistakes that guys make, which almost guarantee that the woman will respond negatively:

1. Being Too Nice

[image: I'll be 100 times nicer than all the other guys...THEN women will like me!]

There's nothing wrong with being nice to a woman, but being too nice to her in the hope that she **LIKES** you is a problem.

When interacting with a woman, you have to first make her feel **SEXUAL ATTRACTION** for you and then you can get her to like you as a person. The classic mistake of a nice guy is that he tries to get girls to **LIKE** him as a person and then hope that the woman then wants to have sex with him because of that.

[image: Fuck you bitch. I'm a nice guy]

Being a nice guy or a friend to a woman is **NOT** the step before sex. As you would have seen, guys who know what they are doing with women can walk up to a woman and be kissing her within minutes and then have sex with her that night. It's not about being a bad boy, being a jerk or an asshole – it's about making the woman feel sexual attraction for you, while **ALSO** being a good guy.

[image: I've been a great friend to her for months, but she doesn't want to have sex with me. Bitch!]

If you're just a nice guy and that's all you've got to offer a woman, 99% of women will reject you. They just won't be interested because they've experienced that boring, confused approach from men all their life.

She wants to feel the excitement and pleasure of sexual attraction. Once a woman feels sexual attraction for a guy, everything else about him that is good or interesting becomes so much more special to her.

2. Trying Too Hard to Impress

[image: I really care about you. Please give me a chance to be with you. I will do anything you ask]

Women are funny creatures. They will go around acting as though they want men to impress them, but will then lust after guys who don't try to impress them.

Weird huh?

Well, it actually makes total sense when you know what I know about women. Women don't want to lead us men, but they will act as though they expect men to bow down to them. Why? It's a test to see which guys are the alpha males.

As you would have seen in nature, females are always the most attracted to alpha males in the animal kingdom. The same applies to humans; women are most attracted to alpha males. Acting as though they expect men to try hard to impress them serves as a test to identify the lower ranking males who are willing to submit to the leadership of women in the hope of getting laid.

Alpha males simply laugh at any tests that women put them through. It's not about disrespecting women, but knowing that you are **ALREADY** good enough. When **YOU** believe that you are already good enough for the woman you are interacting with, **SHE** will believe it too.

She will test you (e.g. by acting as though she isn't interested, teasing you, playing hard to get, etc), but if you remain confident and continue to believe that you deserve her, she will eventually let down her guard and hook up with you.

This process can happen within 20 seconds to 2 hours, but it always ends up the same way: You kissing her, then having sex with her and then deciding whether or not to start a relationship with her. That is how alpha males hook up with women.

On the other hand, the guys who get a negative reaction from women are those who try so hard to impress them. Women instinctively know that guys who try hard to impress them are not alpha males. An insecure guy who is trying to get the approval of women (i.e. looking to women as being the leaders of the dating scene, the choosers, the alphas) is a lower ranking male.

If he was alpha, he would simply talk to a woman and **KNOW** that he is **ALREADY** good enough for her, regardless of what he does for a living, what he looks like or any other superficial thing. He knows that his confidence and masculinity (i.e. how he thinks, behaves and takes action in life) is more than enough to attract almost any woman he meets.

3. Being Nervous and Self-Doubting Around Her

Women are attracted to the strength in men (e.g. confidence, mental and emotional masculinity) and turned off by the weakness (e.g. nervousness, self-doubt, anxiety). This is why you will often see average, below-average and even "ugly" guys with beautiful women.

If the guy is confident enough, he will be able to attract and pick up many women (not all) purely based on their attraction to his confidence and emotional masculinity. However, if a guy lacks confidence, most women will not be interested in him and may even respond negatively if he persists

in trying to get a woman to LIKE him, rather than feel attracted to him.

Women are always scanning a guy's body language, actions, vibe, conversation and behavior to assess his confidence level. If a woman spots holes in your confidence and realizes that you are an insecure guy who is simply putting on an act of being confident, she will reject you.

You Only Know What You Know

I hope this article has helped you and opened your eyes to secrets about women that you weren't aware of.

In life, you only know what you know. I can teach you thousands of mind-blowing, life-changing secrets about women that most guys will NEVER know. When I discovered what I teach here at The Modern Man, women began FLOODING into my life and I've been having an amazing time ever since.

If you find that a lot of women have been responding negatively to you, maybe it's time to learn what you don't know. If you've read this article and can relate to some of the mistakes, the fact is that you have a lot more to learn. This article is only the tip of a very large iceberg.

Would you like to have your choice with women? Would you like to attract women and make them feel as though they MUST have sex with you?

×

[image]

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Why Do Some Women Play Hard to Get?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Two of the most common reasons that a woman will play hard to get with a guy are:

1. He's not being enough of a challenge for her.
2. He's being really nice to her and expecting to be rewarded with sex, love and relationship because of it.

Watch these two videos to understand how it works...

Playing Hard to Get is Beneficial For Her

Women aren't stupid. Well, most aren't.

When a woman plays hard to get, she knows that it will be much more beneficial to her than being too easy to pick up.

A woman will play hard to get because it will allow her to find a very confident guy (confidence is irresistibly attractive to women) and it will usually make guys want her more and value her higher than other guys.

Guys will say, "This girl is special. I really like her. She's not like other girls. I really want to be with her" because the woman will be making herself out to be the prize to be won. She is placing a lot of value on herself and because the majority of guys don't know how to counter that, they fall right into her trap.

Playing Hard to Get Protects Her From Getting Hurt Too Easily

At some point in her life, a woman will be told by friends or family members that if she agrees to go out with a guy too quickly, she might appear "easy" and the guy will lose interest.

A woman who plays hard to get will often hide her true feelings and get a guy working hard to keep her attention because she is insecure about her attractiveness. Most guys don't realize that the majority of women are insecure about their looks, even if they behave as though they are confident.

According to a global study on beauty conducted by Dove Cosmetics, 96% of women do not consider themselves to be beautiful.

In other words, women ACT like they are hot stuff and that a guy would be so lucky to be with them, but deep down, almost all women are insecure about their attractiveness to guys. A lot of this has to do with the way that women are presented in magazines, porn and advertisements.

A modern woman will look at women in magazines and porn and realize that she looks NOTHING like that unless she really puts a lot of effort in to pile on loads of make up and keep body in perfect shape. Every little pimple/blemish or bit of cellulite makes a woman feel that little bit more insecure about herself.

She will hide it by ACTING confident, but she knows that she's not perfect.

[image: Blonde before and after make up]

[image: Blonde before and after make up]

[image: Dark blonde before and after make up]

[image: Brunette before and after make up]

[image: Brunette before and after make up]

She Has Been Hurt or Tricked By Guys Before

Some women are guarded because they have been hurt by an ex-boyfriend, or may have been quickly dumped once a man was able to attract her and get her interested. For these men, they're playing the "*Can I get her?*" game and once they do, they lose interest.

It might also be that while a man has never showed this type of behavior to her, her friends have been the victim of men playing these types of games and she wants to make sure it doesn't happen to her.

[image: Lonely women]

To avoid being hurt by you, some women will play hard to get to hopefully make you feel more desperate to be with her.

She will attempt to make sure that you are truly interested in a possible relationship with her, before she fully opens herself up to you. Unfortunately, in most of these cases, men go too far when trying proving themselves and end up turning the woman off by becoming desperate and being too keen.

The best strategy is NOT to try to convince her to like you or pour your heart out to her and explain how much you like her. The best strategy is to get her chasing you and desperately trying to be your girlfriend.

Get her to become so attracted and interested in you that she blurts out her feelings for you. Don't let her play you with her games because if you get sucked in by it and become needy, insecure and desperate, that will actually turn her off.

She is Tired of How Other Guys Approach Her

[image: Women with their guard up]

Many women, especially beautiful women, get hit on all of the time. In most cases, they get approached by men who try to amaze them with a pick up line or by guys who are too nervous, too eager or too awkward.

After a while, they have an automatic response ready to reject guys and ask to be left alone. A woman will rarely meet a guy who can approach and talk to her in a confident, easy-going manner while also being able to make her feel attracted to him. When she does meet a guy like that, she immediately opens up to him.

If you want to be successful at approaching and meeting women, you've got to drop all the bullshit and acting. You've got to be real, easy-going and confident. Don't put on an act, don't think that women are stupid and will be amazed by a pick up line and don't put too much pressure on the

interaction.

Just be the cool, confident guy that you are and have a fun, interesting conversation with the women.

She Plays Mind Games Because it Works

[image: I really care about you. Please give me a chance to be with you. I will do anything you ask]

Let's face it, playing hard to get works for many women. There are a lot of desperate men who will do pretty much anything to get some attention from women. What these guys don't realize is that women are attracted to the strength in men (e.g. confidence, masculinity) and turned off by the weakness (e.g. desperation, self-doubt, insecurity).

Begging and pleading a woman to give you a chance never works. Spending hours trying to convince her to like you doesn't work either. What works is making her feel sexually attracted to you by being confident and masculine around her.

Many women use the desperation of guys to increase their self-confidence. They eat up all the compliments offered and try to use that to feel confident enough around guys who actually make them feel attraction.

Remember: 96% of women don't think they are beautiful. They make ACT as though they are the hottest girl in the world, but they do not believe that. Most women you meet are insecure about their looks.

Give Her Some of Her Own Medicine

[image: Make her chase you]

One of the best ways to win over a girl who is playing hard to get, is to simply turn the tables on her. Get her chasing you and hoping to win you over.

How to get her chasing you:

1. Attract her by being confident and masculine.
2. Make her feel girly in response to your masculinity.
3. Flirt with her and create a sexual vibe.
4. Be 100% attracted to her, but do not be 100% interested in her.
5. Allow your interest level in her to rise and fall based on how well she treats you.
6. When she begins treating you well, don't show intense interest. Just let your interest rise slowly.
7. The nicer she is to you and the more interest she shows, the more you reward her by slowly raising your interest level.

I've used that approach to sleep with models and women who usually reject 99% of the men who try to pick them up. Women LOVE being put in the position where they feel lucky to be with you. Beautiful women are usually bored to death of guys who are desperate to get a chance with her. She wants to have the feeling that she is winning you over.

Lessons from “The Bachelor”

You might have heard of or watched the reality television show called “The Bachelor.” The basic premise is that 25 beautiful women vie for the attention of one man, *The Bachelor*, in the hopes of finding a husband.

During the course of the show, “The Bachelor” dates the women to find out who he likes until he’s left with two women, one of whom he supposedly proposes marriage to or at least suggests that they enter into a monogamous relationship after the show ends.

What makes the show so interesting is how these beautiful women (who would normally play hard to get in a one on one situation) behave as they try to win “The Bachelor’s” heart.

It’s a fact of nature (even if women deny it to your face) that women are more attracted to men who other liked and wanted by other women. In the case of The Bachelor show, they want to be the girl he chooses for several reasons (e.g. fame, feel special on TV, beat the other women, etc), but the fundamental instinct of being attracted to men that other women want is a huge driver.

You can have the same effect on women in the real world. Instead of being the super keen guy who hopes to be chosen by women, get women hoping to be chosen by you. Be the sort of guy that women want (i.e. confident, masculine, real) and just believe in yourself. Allow your interest in women to rise and fall based on how they are treating you.

If you are behaving in an attractive way, most or all of the women will show signs of interest in you. When a woman notices that all the other women in the group are interested in you as well, she will become desperate to win your attention.

When her friends see that, their attraction for you will rise as well. It’s pretty cool how it works. Just make sure that you remain humble and don’t get big-headed about it though.

Just smile, relax and know that most women like you and want to be with you. It’s an awesome way to live life and it makes the dating process simple and effortless...

×

[image]

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Do Women Like Sex as Much as Men?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

I'm often asked if women enjoy sex as much as men and the short is yes, but it's not as simple as that.

We know that most men love sex and many are ready, willing, and able to enjoy sex with a variety of women. Yet with women, the answer to the sex question isn't so simple. While most women enjoy sex very much, getting a woman to the stage of wanting to have sex works differently than it does for men. And that's what we're going to explore here.

Watch this video to learn how attraction between man and women really works...

Men and Women Are 'Wired' Differently

Men are biologically hard-wired to procreate and therefore, they not only think about sex regularly and masturbate more often than women, but they are also continually *on the hunt* for almost any desirable woman willing to engage in sex.

Women, on the other hand, generally think about the sex act less frequently, masturbate less than men do and are more particular about whom they have sex with.

Men are primarily and very quickly aroused by the physical attractiveness of a woman. From that type of attraction, a man can decide in milliseconds whether or not he wants to have sex with her. However, before a woman can engage in an enjoyable sex act with a man, she usually needs to be emotionally attracted to him.

Generally speaking, women mentally assess their potential sex partners as possible life partners as well. They tend to mentally determine how a man would be as a possible husband and father. Not only are women *wired* that way, but most are often raised with a 'fairy tale' mentality where the next guy she meets might be her 'Prince Charming.'

When meeting an attractive woman, a lot of men instantly think, *"You're hot! I want to have sex with you!"* When women meet a guy they like, they think, *"You're funny and charming. I think you might be 'the one' so let's make love and see where this goes."*

A (Somewhat) More Open Society

It's been socially acceptable for unattached men to go out and have sex with as many women as possible for hundreds of years in most cultures. However, until the last few decades, any woman who engaged in pre-marital sex was shunned and in some strict cultures could even be murdered for engaging in sex before marriage.

And while for most of the world that mentality has changed dramatically and sexually active women are no longer considered to be 'sluts' or other derogatory terms (whore, an easy lay, etc.) if they have sex with a man other than their husband, there is still some social pressure for a woman to be 'a good girl' and not to have sex indiscriminately.

So some women will still play 'hard to get' just so that the man (and her family and friends) don't lose respect for her.

It's Also About 'Chemistry'

[image: Sexual chemistry makes women want sex just as much as you do]

Getting to the act of sex involves establishing a critical step in connecting with each other called 'chemistry,' which many men fail to realize when trying to attract women for sex or a relationship. In this context, it is about the physical chemistry that happens internally in the human's body with the production of testosterone.

Men and pre-menopausal women (all women between 13 to about 50) both produce testosterone but the amount of testosterone levels in women is considerably lower than men. Testosterone plays a great part in a person's libido (their sex drive). With so much testosterone running through a man's body and such a high libido, his need for sex is greater than a woman's.

Since women produce less of this drug, in addition to testosterone and estrogen, they often require other stimulants to get their libido going. And that's where their emotional chemistry comes into play, which is why a woman will often subconsciously play the "*Can he be the one?*" game with herself before engaging in sex with a man.

Understanding this reality of the human mating dance will allow you to approach women in a more effective manner, allowing her the opportunity to feel you emotionally before trying to escalate to sex.

Orgasm as the 'Payoff'

More than 75% of men will have an orgasm when having sex. On the other hand, women will achieve an orgasm during sex less than 25% of the time unless special care is taken by the man and woman to increase her chances to climax.

Since she understands that she likely won't reach an orgasm, when a woman enjoys sex it's often more about the closeness she may feel by the physical contact and emotional connection with a man she's mentally and physically attracted to.

But here's the interesting thing that modern men need to know. Women generally have a great ability to 'fool' themselves when determining if a man might be 'the one' her future husband, long-term lover or the like.

So if she likes a charming, funny guy she can mentally psych herself up to want to jump into bed with him by fooling herself that he can be a long or short term relationship. Although women refer to men who have this effect as 'womanizers' or 'charmers,' they certainly do not stop themselves from having sex or falling in love with these men.

The One-Night Stand

So, if a woman thinks that she might not have an orgasm and/or that a man might not be 'the one' but she's still attracted to him, why would she still be open and willing to engage in a one-night stand with him?

There are a couple of reasons for this.

Many women, even beautiful women, often suffer from low self-esteem (Really, it's true. It is a documented fact that women are twice as likely to experience depression as men.) and are flattered that a man they're attracted to would want to take them to bed and make love to them.

It can be that she's come off a bad relationship where she was treated poorly or suffered a recent heartbreak and wants to mentally 'get back' at the guy who broke her heart.

It also can be as simple as a woman being horny from a lack of recent, satisfying sex and needing sexual release without all of the drama of having a relationship. This is the most common type of woman you'll encounter when you have one night stands.

Today the majority of women have as many business, home and social obligations as men do and don't have the time, energy or desire to go out and find a guy for any relationship that lasts longer than breakfast.

So they are often ready and eager to find a bedmate that can 'do the job' for the night (or the afternoon), so she can get back to her 'real life.' And that's a huge plus for guys who also might be more interested in getting it on, getting off and then getting out without the drama.

These women just want to find guys who can literally charm the panties off of them and who appear to be someone who can give her 'a good ride' by being funny, confidently sexy, and slightly aggressive (not pushy).

These relationships can last one evening, become a perfect connection for a booty call when one or the other just wants sex or they eventually can turn into a lifetime, committed relationship if the chemistry and compatibility is there between you.

So the answer to the question of "Do women like sex as much as men?" the answer is you may have to work a little harder to get her into bed, but once you and you do it right, she'll thank you.

×

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Dating Power Seminar: Photos

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[image:]

Camera crew ready to go

[image:]

Audience beginning to arrive

[image:]

Dan

[image:]

Dan

[image:]

Ben

[image:]

Ben

[image:]

Stu and Ben

[image:]

Question and Answer session with the audience

[image:]

Stu answering a question from the audience

[image:]

Having some laughs with the audience

Watch [Dating Power](#)

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[image]

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Seminar by The Modern Man: #3

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[image:]

Welcome

[image:]

Ben

[image:]

Stu

[image:]

Q&A session with audience

[image:]

Q&A session with audience

[image:]

Q&A session with audience

[image:]

Stu

[image:]

Watch [Dating Power](#)

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[image]

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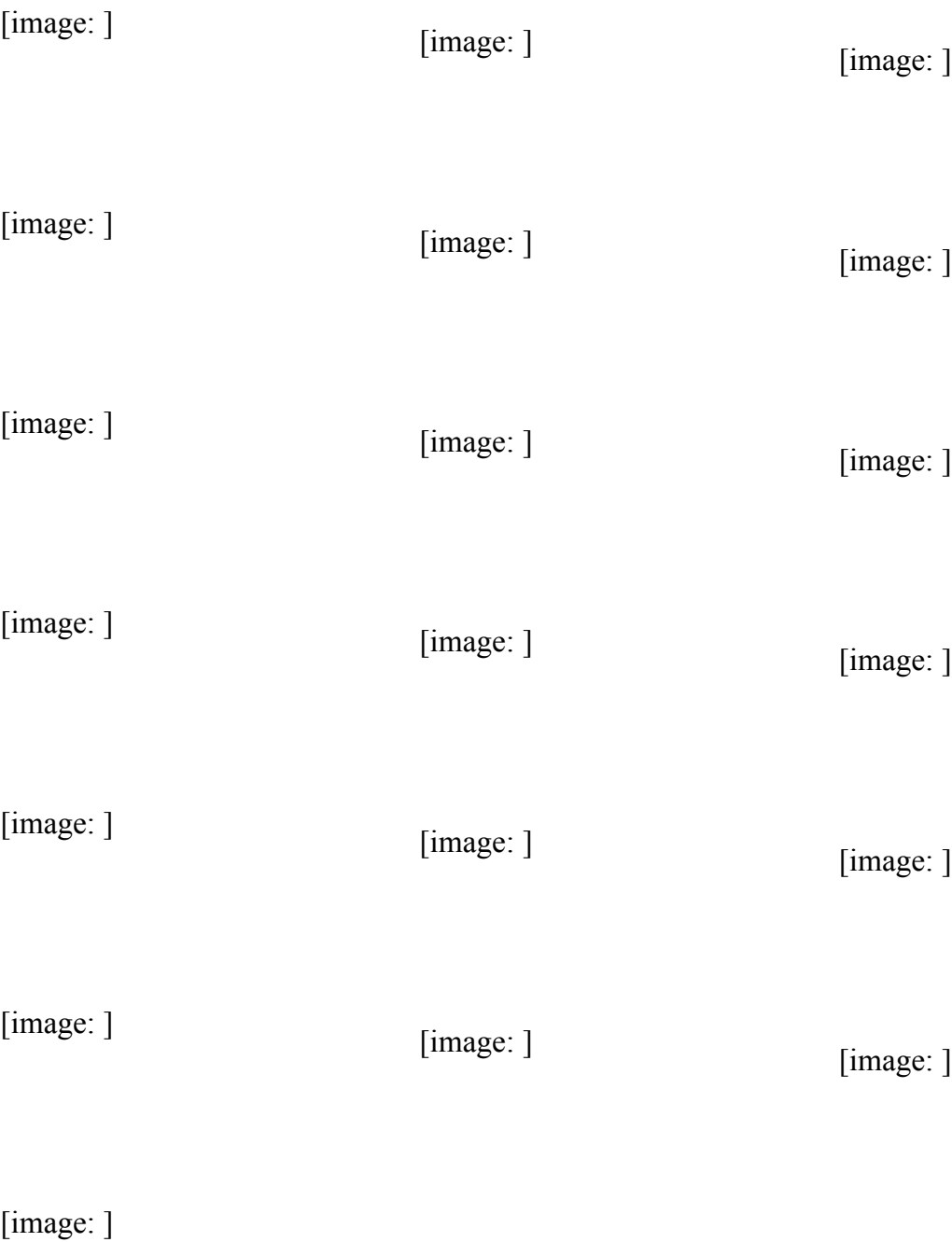
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The Fear of Success

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Are you letting the fear of success steal your life away from you, day by day?

Are you going after what you really want with women and in life, or are you hiding from it because you're afraid of failing?

To some people, it may seem strange to think that a man could fear success so much that he avoids becoming successful in many areas of his life. After all, what man wouldn't want to have a great job, a loving relationship with a beautiful woman and achieve anything else in his life that he desired?

Although success brings more happiness and fulfilment to a man's life, fear of success is one of the primary reasons why men steer clear of going after what they really want.

In the case of a beautiful woman, a man will often avoid approaching her and picking her up because he fears that begins a relationship with her, he won't be able to keep her happy.

Instead of facing his fears of approaching women, he will wait in the shadows in the hope of "getting lucky" and will accept a woman that he isn't truly happy with.

Are You Afraid of Success?

[image: Fear of success]

In most cases, success means that you need to do things that are not familiar to you, which can make you afraid. To get what you really want, you might have to step outside of your comfort zone and talk to high status business people or to beautiful women and the cool crowd.

For you, success might mean that you have to take on bigger responsibilities, take more of a leading role at work or around friends, or you may have to do things that you've only ever fantasized about being able to do.

As you imagine being successful, you then begin to fear that if you become too successful it will then change the relationship you have with friends or family members, because you might have less time to spend with them or they may become jealous of your accomplishments and resent you.

For instance, if you suddenly become more successful at meeting attractive women or finding a great girlfriend, you may fear that your friends who don't have your level of skill with women might feel uncomfortable around you.

Perhaps if you start to earn more money, you might assume that your friends will either resent you or try to take advantage of your new wealth.

You may also believe that you don't deserve real success or that if you get that new job you want, you might not be able to accomplish everything that's expected of you. So, why even bother?

If you succeed in your love life, you may fear that you don't have the skills to build and maintain a relationship with the quality woman you have attracted. So, why even talk to her?

There are many reasons why you might fear success, but let me ask you this: Do you really think it is an intelligent thing to do to let your fears be stronger than your desire to succeed?

Do you feel as though hiding in fear is better than being a true success and enjoying all the benefits

that come with it? Would you rather let this life pass you by or live this life to it's fullest?

Answering those questions is hard for someone who fears success because the fear is usually more powerful than the desire to succeed. Additionally, someone who hides from success usually doesn't know how good it feels to be successful.

One of the biggest differences between successful people and unsuccessful people is that successful people get EXCITED about any small step of progress they make towards their goal. Any little win fires them up even more and gives them more passion and drive.

Yet, unsuccessful people focus on their lack of success. Any little slip or mistake serves as additional fuel for their fear of success. They think, *"See! I can't do this. I am hopeless. I will never be successful"* and give life to the fear.

To kill fear, you have to stop giving it fuel. You have to give fuel to the fire of your desire. The bigger your desire, the easier it is to succeed now and in the long run.

Take the Test

If you have been making any of these mistakes, you have been adding fuel to the fire of your fear...

1. Procrastination

Do you spend too much time on unimportant things to delay doing the things that you actually need to do to be successful?

For instance, do you use your phone or computer to "check Facebook," read unimportant news or follow sports that you don't need to following all week long?

Do you watch a lot of TV or spend way too much time at the gym, when you should be putting some of that time towards achieving the long-term goals that you really want to achieve in life?

2. All Talk, No Action

Do you spend a lot of time talking or daydreaming about meeting a new woman, landing the job you want, getting a better education or wanting to live a healthier, more active lifestyle rather than putting in the time and effort to make it happen?

3. Self-Doubt

When you see a beautiful woman that you want to approach, do you sometimes think, *"She'd never go out with a guy like me, so why should I even try to talk to her?"*

When you think about getting a better job, do you sometimes think, *"What's the point in even applying? There are so many applicants; I'll never get the job (or promotion) because they are most-likely going to be better than me."*

4. Misplaced Guilt

When good things come your way, do you feel guilty that you got it and others didn't? Do you feel like you don't deserve to be successful, but you feel happy for others who succeed? When something good happens to you, does you sometimes feel like you shouldn't be that successful or lucky?

5. Laziness

Do you know what you should be doing, but just can't be bothered doing it because you're afraid that you won't succeed anyway? Have you become addicted to your laziness, to the point where you

actually make yourself feel good for staying at home alone and not doing anything?

How do you think you will feel in 30 years time when you look back and realize that you wasted your life, while people around you have been getting ahead of you and enjoying life so much more?

5. Embarrassment

Do you know people who could help you to achieve your goals, but are too embarrassed to ask for their help? Have people offered to help you to accomplish something, but you then turned them down because you'd rather do it yourself?

Do you feel like you're most-likely going to fail, so you don't want anyone else to get involved because you will then let them down?

Entering the Unknown

You are always in control of how you perceive the world.

You can either look at the unknown (things you haven't done or things you don't know about) as a scary thing and then feel fearful about it, or you can look at the unknown as an exciting thing and feel exhilarated by it.

Remember when you first learned to drive a car? Getting behind the wheel for the first time was an example of you entering the unknown...but, guess what? You survived and you succeeded because your willingness to learn outweighed your fears. That's how you have to look at all of your possible success fears.

For example: This is how a guy can begin overcoming his fear of approaching women and then use his newfound confidence to approach and attract women that he chooses...

Overcoming your fear of success is simply a matter of understanding that if you have a strong enough desire to succeed, you will eventually get there and reach the level of life and experience you are aiming for.

It doesn't matter if you make mistakes along the way to success because EVERYBODY does. The most successful people in the world have made 100s, if not 1000s of mistakes to reach the success that they now feel so proud about.

The basic steps to become successful at something are:

1. Learn what you need to know.
2. Give yourself the time to practice and become better at whatever tasks are necessary to achieve what you want.
3. Don't give up at the first sign of difficulty or challenge.

No elite athlete, musician, actor, businessman or anyone you admire who is a success was born with all of the tools necessary to become great at what they do.

They learned, practiced, made mistakes, practiced some more, made whatever sacrifices were necessary and had enough self confidence and drive to eventually achieve greatness and succeed.

How willing are you to be successful?

Will you hide away in fear, or will you take control of your life and live it to the fullest while you still can?

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7 Simple Ways to Achieve and Maintain a Positive Attitude

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

As you face the various challenges that life seems to throw at you, it may not feel so easy to maintain a positive attitude the entire time.

Yet, the truth is that you are in control of your attitude. You get to decide how you feel about things and the importance you place on certain events in your life.

For example: Some guys will feel negative, frustrated and annoyed while walking through a busy city, while other guys will feel positive, relaxed and happy in the same environment.

The difference between the guys is in how they think, feel and perceive the world around them.

Your attitude towards certain things is not fixed.

Think back to a time in your life when you hated something, which you then later loved or were more open and accepting of.

It doesn't matter what your attitude is right now (i.e. whether it's kind of positive or very negative), you CAN become a more positive, forward moving guy who feels more happiness and joy about life than you have in the past.

A Positive Attitude Gets You Places

Having a positive attitude is absolutely essential to achieving continued success in life.

You can achieve random successes with a negative attitude, but a positive attitude makes success a more regular, consistent part of your life.

It doesn't matter if you're looking for a job, approaching women that you find attractive or attempting a new sport or hobby; a positive attitude makes it so much more likely that you will succeed.

Women notice your confidence in yourself and potential employers feel your positivity and it has a magnetic effect. There is something about you that is more charismatic and enjoyable to be around compared to the negative guy they recently encountered.

Look on the bright side of things in life is a choice. You can focus on the negatives if you want, but it won't get you far. It may make you feel more intelligent than everyone else because they can't see the problems that you can, but you will feel like crap.

If you spend more time focusing on the negative side of life rather than the positive, you will naturally feel down and depressed. You may also feel a lack of motivation to take the action required to get the results you really want.

You just let life pass you by because in your mind, the world is all screwed up anyway. You don't understand why people are smiling so much or find reasons to be happy, when from your perspective, the world is going down the drain and we're all doomed.

If you want to get on the path to having and maintaining a more positive attitude, here are 7 ways to start....

1. Build a Mental Bridge

If you feel negative, insecure, fearful or anxious about a specific area of life, the best way to start feeling confident and positive about it is to use bridging mindsets.

A bridging mindset is where you create a *bridge* between your current negative mindsets and the positive mindset that you want to achieve.

For example: If you do a great job on a project at work and your boss compliments you, use that as an opportunity to add to your positive attitude about becoming successful in your career.

Negative mindset: *“Yeah, big deal...I got congratulated. I’ll probably never get promoted anyway because the other guy has a degree and is better friends with the boss...it doesn’t matter how good of a job I do, I’m stuck in this position.”*

Bridging mindset: *“Cool! I’m great at what I do and the boss notices it. The better I do at other projects, the higher my chances are of being promoted in future. With every little improvement I make to my work, I get closer to reaching my goal of being promoted. I’m going to thank my boss for the compliment and ask him what else he would like to see from me at work.”*

This type of thinking allows you to achieve and maintain a positive attitude. By using Bridging Mindsets you feel more inspired to go after what you want with more confidence and determination. After a while, you naturally think in a positive, confident and forward moving way and things really start to happen for you in life.

2. Get Positive Reinforcement From Successful People

While some men will get more benefit out of reading motivational books, others respond better to watching motivational videos, or listening to motivational CDs, radio talk shows or even online training.

Others may prefer to post positive motivational messages around their home, car and/or workplace. Ultimately it really doesn’t matter how you intake positive messages; it’s only important that you give yourself the gift of taking advantage of these helpful psychological tools because they do work.

Here are some positive reinforcement messages that should keep you focused on taking the action you need to succeed...

“Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time” and “Many of life’s failures are people who did not realize how close they were to success when they gave up.” **Thomas A. Edison** (1847-1931. Inventor of the light bulb, phonograph, motion picture camera and many other important pieces of technology).

“Success is walking from failure to failure with no loss of enthusiasm.” **Winston Churchill** (1874-1965. Former Prime Minister of the United Kingdom)

“Believe that you can and you’re half way there.” **Theodore Roosevelt** (1858-1919. Former President of the United States)

“Twenty years from now you will be more disappointed by the things that you didn’t do than by the ones you did do, so throw off the bowlines, sail away from safe harbor, catch the trade winds in your sails. Explore, Dream, Discover.” **Mark Twain** (1835-1910. American author).

“Successful people do what unsuccessful people are not willing to do. Don’t wish it were

easier; wish you were better.” **Jim Rohn** (1930-2009. American author)

“You may have to fight a battle more than once to win it.” **Margaret Thatcher** (1925-2013. Former Prime Minister of the United Kingdom)

“It is what we think we know already that often prevents us from learning.” **Claude Bernard** (1813-1878. French physiologist).

“Success depends upon previous preparation, and without such preparation there is sure to be failure.” **Confucius** (551 BC – 479 BC. Chinese philosopher).

“Live as if you were to die tomorrow. Learn as if you were to live forever.” **Mahatma Gandhi** (1869-1948. Indian lawyer and philosophical leader).

“All life is an experiment. The more experiments you make the better.” **Ralph Waldo Emerson** (1803-1882. American philosopher)

“By failing to prepare, you are preparing to fail.” **Benjamin Franklin** (1706-1790. Founding Father of the United States)

“The best time to plant a tree was 20 years ago. The second best time is now.” **Chinese Proverb**

“Life shrinks or expands in proportion to one’s courage.” **Anais Nin** (1903-1977. French author)

[image: Make a choice to take a chance or your life will never change]

Another source of motivation can come from your friends who are successful in life, or who have a pro-success attitude.

In life, you should surround yourself with positive, forward moving people who have a positive outlook rather than people who always seem to focus on the negative side to pretty much everything in life. Don’t ever be afraid to make new friends and leave negative friends behind until they change their ways. You deserve to have great people in your life.

3. Have a Flexible Plan

No matter how good your plan is, roadblocks are usually going to pop up and get in your way from time to time.

Success almost never, ever happens in a straight line from A to B. There are almost always obstacles to overcome along the way, which is where the majority of people give up.

They initially look at their goal as just going from A to B, but when they realize that they can’t reach B until they clear many obstacles, they change their mind about getting to B and just stay where they were. Then, years later, they regret not trying and realize that years or decades of their life have gone by feeling unhappy, lost and unsatisfied with life.

If you want to achieve big things, you have to be flexible with your plan. You can’t just stick with the idea of going straight from A to B. Sometimes, you have to take detours and then get back on the road to B to eventually reach the goal.

Simply having the wisdom that random things can unexpectedly alter your plans and then being flexible in how you deal with them will allow you to work through the obstacles in a positive,

effective manner.

You won't say, *"Ohh! This is too hard! I give up."* You will say, *"Okay, fine...an obstacle to overcome. I can do that. I'll get past this and then I'll be closer to reaching my goal. I'm not going to give up like a weak person would. I am strong. I can do this."*

Don't doubt your ability to succeed. See obstacles or setbacks and perfectly normal things that happen to almost everybody. Be an extraordinary guy by remaining strong, positive and forward moving no matter what obstacles you encounter.

Paul Jeffers, who lost his hearing at age 42 and yet went on to become one of the world's best known salesmen is quoted as saying, *"Setbacks are given to ordinary people to make them extraordinary."*

While we all may not agree with his overly positive attitude about such a bad circumstance, if you can show that much determination and positive self-regard when you face a minor or major setback, you will definitely achieve extraordinary things in your lifetime.

4. Sleep Well

It's difficult to perform well and feel your best when you're sleep deprived.

Sure there are the occasional times when you're out partying or spending the night making love to a beautiful woman that may result in losing some important sleep. Yet, routinely sitting up watching TV or playing around on your computer is not a good enough excuse to deprive yourself of the renewing benefits of a good night's sleep.

Optimal sleep patterns require that you consistently sleep seven to eight hours straight each night so that your brain's neurotransmitters can function at their best. You can't make up for it by sleeping more on weekends your body doesn't understand that logic.

In numerous sleep studies they also discovered that sleep deprivation not only affected the study subjects' ability to think properly, solve problems, and caused certain neurological and psychological problems, but it also caused subjects to experience greater physical strain on their organs such as their heart and digestive systems, which in turn created more emotional problems.

5. Get into the Habit of Exercising a Couple of Times a Week

Exercise is one of those things many of us put off believing it to be a luxury that only people with loads of time can enjoy.

The irony is that exercise actually gives you more energy to do more with your life, whereas not exercising leaves you tired and susceptible to feeling down, dejected and depressed. You might be able to get away with it for a while, but a lack of exercise may eventually catch up with you.

Science has proven that exercise releases endorphins (natural mood elevating 'drugs') that give you a euphoric feeling making it easier to achieve and maintain a positive attitude about yourself and your life.

6. Eat Well

Just as your body needs the right types of food to work optimally, your brain also requires the same healthy diet to function at its peak and to produce the chemicals needed such as endorphins, dopamine, glutamine and serotonin to help regulate your mood and sleep cycles.

Many athletes load up on simple carbohydrates (white bread, sweets, potatoes, pasta, etc.) for extra energy before a race or a game because simple carbs quickly turn into sugar and that sugar is transformed into available energy right away.

Educated athletes also know that this type of diet is only useful in the short term and a healthy regimen of fruits, vegetables, complex carbohydrates (grains, nuts, green vegetables, etc.) and that protein is essential for their body and mind to work at their best.

Through laziness, habit or a misguided attempt to lose or maintain weight, many people will skip meals such as breakfast. However, skipping meals can be as psychologically and physically bad for you as feeding your body the wrong type of foods because it causes your sugar levels to rise and fall unnaturally which can then result in mood swings.

7. Focus on the Opportunity to be Great

If you often daydream or fall asleep to fantasies about being a greater man than you are right now, why not make those dreams a reality?

You can be an even greater man than you are right now, but it won't happen if you sit around doing nothing because you are afraid of success. You can be the amazing, respected man that you sometimes imagine yourself to be.

Work out what you really want from life right now and then go after it with passion. When you approach life in that way, you will find that achieving and maintaining a positive attitude will be natural, easy and automatic...

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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10 Toxic Friends That Will Bring You Down

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Toxic friends are those who continually have a negative effect on your life, no matter how nice or considerate you are towards them.

While some toxic friends can add some value to your life, they usually end up causing you more problems and misery than theyâre worth.

What makes most toxic people so difficult to recognize is that they're usually quite funny, charming or cool when you first meet them. That's how they manage to weave their way into your life, so that when their true personality is finally revealed, you are more likely to make excuses for them, cut them some extra slack or want the friendship to succeed despite their faults.

You should never hang on to a toxic friendship in fear of feeling a little lonely without him or her in your life. Having just a few great friends will bring more happiness into your life than 100 toxic friends could.

Here are 10 types of toxic friends that you should avoid or at least spend the minimum amount of time around as possible:

10. The Negative Guy

[image: The very negative friend]

There's nothing wrong with looking at the positives and negatives of a situation, but the Negative Friend will always focus on the negatives. No matter what good thing has happened to you, this type of toxic friend will always find a way to point out the downside or potential negatives of it.

Got a promotion? He'll tell you how much more work and pressure you will now have. Gotten yourself a new girlfriend? He friend will remind you of your past romantic failures and why this one is just as likely to end badly.

Bought a new car? He'll research the statistics on why the car you purchased was a poor choice and then tell you about the other cars that he thinks would have been a better choice.

In short, no matter what happy event lights a positive fire in your life, he'll be the wet blanket that puts it out. From his perspective, the world is doomed and everyone is a lying, greedy asshole who can't be trusted.

9. The "It's All About Me" Guy

[image: It's all about me]

When you speak to this type of toxic friend, the conversation always revolves around him. Whatever is happening in his life is much more important than what's happening in yours. He thinks he is cooler, better, smarter and more important than you, so you should just shut up and listen to him.

There is really no value in having "friends" like that in your life. Feel free to keep them as acquaintances, but life is so much better when you are only great friends with people who actually

care about you.

8. The Compulsive Liar

[image: Compulsive liar]

A compulsive liar is someone who is more comfortable with lying than telling the truth. Lying is their automatic response to questions. They enjoy weaving big lies that go on for months and even years at a time.

This type of toxic friend will lie to you about anything and everything. It doesn't matter how important something is to you, he will get more enjoyment and satisfaction out of lying to you and deceiving you than being a good, honest friend. When you catch him out in the lie, he will have all sorts of excuses for his actions, which will be additional lies. It never ends with a compulsive liar.

Relationships are built on trust. If you cannot fully trust your friend, you will never be able to have a great relationship.

You may still be able to maintain an "on again, off again" friendship, but the closeness that would share with a real friend will never be there with a Compulsive Liar Friend. You will always have your guard up and a compulsive liar and you will never know when you will catch them in yet another elaborate set of lies.

Instead of trying to make a friendship work with a friend who regularly lies with you, keep your distance from him. Don't feel as though you can't make friends with people who are honest and stick by their word.

For every liar in this world, you will find 10 people who are honest, loyal and have your best interests at heart. Most people in this world are good people, so don't settle for liars who will stab you in the back when you least expect it.

7. The Moocher

[image: The moocher friend]

A moocher is someone who always seems to want something from you, but never gives you much or anything in return.

The Moocher may not ask you for money directly, but he always seems to have forgotten his wallet or is running low on money when it comes time to pay for something.

He never offers to pick up a bill, he complains if he pays more than you on a bill, regularly takes things refrigerator or always expects you to provide him with some form of hospitality (food, booze, a place to party or a couch to sleep on).

This toxic friend is simply a deadbeat who will drain as much as he can from your wallet. A Moocher is not the type of friend you can count on in a time of need, so don't be afraid to steer clear from his "friendship."

When you begin avoiding a Moocher, they will usually begin hassling the next easy target they can find. The Moocher will often ask to be introduced to your friends, so he has other people to mooch from. Avoid those introductions if possible, because he will do the same thing to them.

6. The Steal Your Girlfriend Guy

[image: The Steal Your Girlfriend Guy]

No matter much you love you your girlfriend, this toxic friend will gladly give up your friendship for a chance to hook up with her. He will flirt with her right in front of you, send her private messages and even try to catch up with her when you're not around.

Guys like this are usually desperate and insecure and will hardly, if ever, approach a woman that they don't know. Instead of being a man and approaching a woman on his own, a guy like that tries to steal what you have.

If you tell him to stop hitting on your girlfriend, he'll tell you that you shouldn't be so insecure. He'll explain that if your girlfriend really wanted to be with you, she wouldn't be showing much interest in him.

A great friend knows that he should only act like a friend to your girlfriend, instead of trying to attract her with every seduction trick he has in his arsenal. Friends who try to attract and pick up your girlfriend are simply not trustworthy and loyal enough to be a close friend.

Explain your concerns to the toxic friend and if he changes, keep his as a friend. If he doesn't, ditch him completely without a second thought. Friendship is nothing without loyalty and untrustworthy friends like that will always screw you over in the end.

5. The Constant Corrector

[image: Constant Corrector]

Have you ever met someone who always tries to find something to correct you about? Maybe you said a word wrong, you got the dates wrong when referring to a story or you don't know the exact details of something.

The Constant Corrector will always be there to point out where you are wrong. You might be right 99% of the time, but he will focus on the 1%. Why? He's insecure about his intelligence, competence and value as a human being.

In his insecure way of thinking, he feels that if he can just point out your faults and mistakes as often as possible, you will really need him as a friend because he seems to know everything.

Constant Correctors usually have little to no real friends because people just don't feel good when interacting with them. Until a Constant Corrector changes his ways, steer clear of him. You do not need him.

Get some more emotionally balanced friends and enjoy life, rather than squabbling over trivial details or constantly having to apologize or admit that you're wrong about little things.

4. The Malicious Guy

[image: Malicious friend]

A malicious "friend" will secretly hope, wish even plan to make you fail. Since he is unhappy with

his life and lack of success, a guy like this will want to see his “friends” suffer like him.

A toxic friend like this might intentionally encourage you to do things that will cause you harm, or to make decisions that he knows will cause you pain or troubles. If he doesn’t like to see you succeeding in a particular area, he will do whatever he can to bring you down to his level.

Having a friend like that in your life is always more harm than good. The malicious friend might seem like an innocent, charming and even loyal and trustworthy guy, but deep down, he hopes that you suffer and fail so he can feel good about himself.

3. The “I Can Top That” Guy

[image: I can top that]

Whether a crisis has come your way, you’ve achieved something great or something funny has happened to you, the “*I can top that!*” toxic friend will talk about something that happened to him that was either worse, better or funnier â□□ at least in his mind.

That’s fine every now and then, but the “I can top that” friend will do pretty it much every time. He wants you to think that he is better than you, his life is more interesting and that you should be so lucky to know him. He is insecure about his value to you, so he will constantly try to talk himself up.

You can usually help friends like that to become more secure by talking to them about how they always seem to want to top what you are saying. Some guys will respond to that by changing their ways, but the ones who never change should be avoided. They are usually just a huge waste of time and energy.

2. The Now You See Him, Now You Don’t Guy

[image: The now you see him, now you don't friend]

This guy is only around when it suits him or when he needs something from you.

You may go for weeks or months without seeing this toxic friend or hearing from him. He won’t return your phone calls and you’ll think he’s vanished.

When he reappears (usually because his other â□□ friendsâ□□ got wise to his toxicity and no longer want to hang out with him) he’ll tell you all about the wonderful adventures he’s had since last seeing you. If you ask him why he didn’t ask you to join him, he will have an excuse for every occasion.

This type of friend doesnâ□□t really care about you and is better kept as a casual acquaintance until he matures and becomes a better man.

1. The Blabbermouth

[image: Blabbermouth friend]

Your first indication of trouble with this buddy is that he’s always talking about people behind their back. He loves to gossip, talk about other peopleâ□□s relationships and share what he thinks they’re all doing wrong in their lives. He repeats things that he was obviously told in secret (“*Listen, I told*

John I wouldn't tell anyone about this, but I'm sure he wouldn't mind you knowing.")

If you think that you will never be the target of his type of disloyalty, think again. If it will make him feel "cool" to other people, he will tell almost anyone who'll listen about the things you've shared with him and what his true opinion of you actually is.

Great Friends Make Life So Much Better

[image: Great friends]

I'm grateful for knowing early on that I should avoid toxic friends. One of the reasons I was able to let go of so many friends is that I started going out to approach women every weekend to get myself a girlfriend. While doing so, I made a bunch of new friends and got a lot more than just a girlfriend.

I actually discovered the secrets to success with women and to having loads of amazing friends in one's life. Since discovering what I now teach here at The Modern Man, my life has been full of amazing women and friends.

The toxic friends that I used to give time to and even regularly hang out with, are now ancient history and I prefer it that way. Having great friends allows you to experience more happiness and success in life.

There's also nothing better than knowing that you have a bunch of great friends who truly "have your back" are always there to help you out if you need it.

By the way...

If you're a guy and you need a friend to help you become successful with women, then let me introduce myself. My name is Dan Bacon and I'm a dating and relationship expert.

I can teach you the techniques and give you the skills that will allow you to have your choice of women, so you can either have sex with a lot of women or find yourself a girlfriend or wife. If you're interested in learning from me, please click around here at The Modern Man and see what I've got to offer you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Online Friends: How Many Friends Do You Really Have?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

These days, most people have upwards of 150 online friends, while some people have thousands. When you look at your Facebook, Twitter, LinkedIn and other social accounts it may seem like you've got a lot of friends.

Yet, you still feel lonely and isolated.

Almost all of your free time is spent alone. You rarely get invited to parties and no matter how much you comment or click like on your friend's social media posts, you still spend most of your time alone.

It's like your real social life would almost be exactly the same with or without Facebook. You have an "online social life," but is that what you really want?

How many of the people that you're connected to online truly care about you? Who are your real friends and are you actually spending enough quality time with them?

True Friends

Unlike the small talk, chit-chat that you might have with an acquaintance (e.g. *"How's things?"* or *"Having a good day?"*), conversations with true friends are often about things that really matter to each of you.

With a true friend, it doesn't how much you or they change throughout life, you always still manage to share the same great connection with each other that you did in the old days.

You can share your happiness, disappointments, tragedies and triumphs with your true friends. They'll tell you the truths about yourself that they think you need to hear, even if they know you won't like hearing it. They will stand by you when life throws you a curve ball and will cheer for you when great things come your way.

True friends are loyal and trustworthy. You can share your most intimate secrets with them and know they'll never reveal anything that you've told them in confidence.

Acquaintances

Acquaintance (*noun*): A person one knows slightly, but who is not a close friend. A person with whom one has been in contact with or is still in contact with, but who is not a close friend.

Most people that you "know" in your life are really just acquaintances that you are "friends" with because you have to. An acquaintance can be a friend of a friend, a coworker, someone at a club or organization that you belong to or your neighbor.

You may occasionally be at a social function (e.g. drinks, dinner, party) with an acquaintance, do favors for each other such as taking care of pets when someone's away, help out with a minor problem or be there for them in a real emergency.

Yet, because they are not a true friend, your association with them is casual and your conversations are mostly superficial (e.g. *“How’ve you been?”* or *“How’s the cat?”*).

With an acquaintance, you usually wouldn’t have deep and meaningful discussions or discuss private things about your life. To become true friends, both of you would have to want to commit to a more real friendship by sharing more about yourselves with each other.

Online Friends

[image: Facebook friends]

Sites like Facebook, Twitter and LinkedIn and apps like Instagram and Vine have brought loads of people into our lives that we most likely wouldn’t have met in the real world.

We can also chat to random people on forums, hobby sites and chat sites or apps.

Yet, despite knowing a lot of people online, you really aren’t friends with someone until you’ve spent time together in real life and have the desire to spend even more time together. It may seem cool that someone online replied to your comment with “LOL! So funny,” but it doesn’t mean that they really laughed out loud or that they’d find you funny in real life.

These days, online friends also can be people that you’ve reconnected with from your past, or a mutual friend of someone that you know who asks to be connected with you on some social networking site.

It may feel like your social circle is growing, but unless you meet these people in real life to share experiences together and create positive memories that cause you to want to spend more time together, they are only an “unfriend” click away from not being in your life anymore.

The Secret to Making More True Friends

[image: Dan Bacon at home alone]

As a man, the secret to making more friends is to be the guy that women feel attracted to and men look up to and respect.

I remember back when I was single, lonely and when I only had one true friend in my life. I was and still am the good guy that I am today, but back then, pretty much no-one was interested in being my friend.

I didn’t have a clue about how to attract women, so I would be nervous around attractive women in social situations. Sometimes, I would secretly wish that I could hook up with my friend’s girlfriends because at least they seemed interested in me.

My lack of ability with women made me come across in a subtly needy, insecure way, which not only turned women off, but it also made me feel uncomfortable around the “cool crowd.”

I had no idea what women are really attracted to, so I basically tried everything from wearing expensive fashions, working out at the gym and going to tanning salons.

Yet, no matter what I tried, women just weren’t interested in me...and my lack of success with women was OBVIOUS. I was always the single guy at a party, my family would always ask me, *“Dan...why don’t you have a girlfriend?”* or *“Do you have a girlfriend yet?”* at Christmas or other

functions.

[image: Dan Bacon at lunch alone - work]

At work, some people talked behind my back and a couple of women even asked me if I was gay. I remember one time, a female coworker said to me when she was a bit tipsy at a work function, *“So, Dan – why don’t you have a girlfriend? Are you into girls, or?”*

I was shocked. Being accused of being gay is basically the worst thing that a straight guy can ever be accused of. .

I assured her that I wanted a girlfriend, but just hadn’t found the right girl yet, which was bullshit. The real reason I didn’t have a girlfriend was that I was like a lot of modern men who had no idea how to actually attract women. I was doing all the stupid stuff like buying expensive clothes and shoes and hoping that women would like me for that.

My coworker then said in an almost condescending way, *“Oh, never mind, Dan...you’re a nice guy. You’ll find the right girl one day.”*

I thought that she might be right. I thought maybe I just hadn’t found the right girl. Maybe that was it. Yet, what I didn’t know back then was that being a nice guy wasn’t good enough. Why?

Watch the video below to understand why...

Have you ever noticed that when a guy doesn’t know how to attract women, he has a strange vibe to his personality?

He seems awkward. He’s often “all up in his head” rather than being present in the moment and being his true self. He tries hard to impress women and people that he meets, but something is off. Something isn’t quite right.

Not only can you sense that, but others can do. Pretty much everyone picks up on it when a guy doesn’t actually understand what women are really attracted to. The difference between his vibe and the vibe of another guy who understands how to attract women is subtle, but you can still notice it.

Being a guy who doesn’t know how to attract women (and having that strange, weird or awkward vibe as a result) isn’t type of personality in a guy isn’t something that leads to a lot of people wanting to be your friend.

Women can smell the guy’s desperation a mile away and the confident, cool guys also don’t want him hanging around trying to hit on their girlfriends or get the leftovers from women they don’t want. As a guy, you have to know how to attract women. If you don’t actually understand what women are REALLY attracted to, it affects pretty much every other part of your life. It makes you think, behave and act in a weird way around women that you find attractive.

Watch this video to learn more about why the ability to attract women is so important in a guy’s life...

The main thing that changed my social and dating life was learning how to attract women properly. When I discovered how to attract women, most of the women that I met suddenly liked me and were interested in being with me.

That success then lead to me becoming more confident with women rather than needy and secretly desperate, which allowed me to have more female friends because they weren’t worried about me trying to pick them up. To this day, women immediately get the sense that I’m not trying to pick them up and that draws them to me.

Since a woman will feel attracted to what I'm saying and doing around her and will then notice that I'm not even trying to pick her up, this leads her to see me as a challenge to overcome. As a result, she starts making it obvious that she likes me and then I simply kiss her or have sex with her.

Watch this video to understand why women like guys who are a challenge...

When I discovered how to attract women, I not only began having sex with lots of new women, but I also attracted a lot of female friends. What followed that? Loads of guys wanting to be my friend to hopefully get some of the scraps that I didn't want.

All of a sudden, I was getting invited to parties and arriving with a woman that I was having sex with or some of my female friends. Whatever happened, I would always end up having sex or at least kissing a new woman.

It's been like that for me for many years now, which is one of the main reasons why I have too many real life friends now. I literally don't even call people anymore because people are always calling me.

If you are a guy who is looking to make more friends, don't try to make friends by kissing people's ass. You are most-likely already a good guy like me, so being any more of a good guy than you already are (e.g. doing more favors for people, being nicer, listening more, etc) isn't going to make people respect you more and want to invite you to parties.

The main thing that changed everything for me was learning how to attract women. When a guy knows how to attract women, pretty much every other area of his life instantly begins to improve...

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[image]

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How to Survive a Breakup and Emerge a Better Man

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Surviving a breakup, whether it was your idea or hers, can be a difficult thing to go through for most modern men.

When a relationship ends, it often feels like you're grieving a death; and in a way you are – it's the death of the dream life you had with your ex.

If you start having relationships with women in your teens, you will probably go through a few break ups before you finally find the right woman for you when you're in your 20s or 30s.

When you go through a break up, it's vitally important that you grow from the experience and become an even better, wiser and more emotionally attractive man than you were before.

How can you do that?

1. Learn from your mistakes

Most guys make the same classic mistakes with women. What separates the guys who eventually succeed with women compared to those who continue to fail is whether or not they learn from their mistakes.

Do you make any of these mistakes with women?

2. Accept The Positive and Negative Feelings You Have About the Break Up

One of the best ways to get over a bad feeling is to consciously tell yourself that you accept it.

For instance if she broke up with you when you didn't want to break up with her, simply say to yourself, *"I accept that I feel down right now. I don't like the fact that I'm alone without my ex, but I accept it. I also accept that I have a lot of good things to look forward to with other women, as long as I can get my confidence and self-esteem back to where it was when I was with her."*

The worst thing you can do to yourself is to keep playing the relationship out in your head and focussing on all the good times. Doing so will extend your grieving phase unnecessarily because you will begin to believe that other women couldn't make you feel as good as she did.

If simply accepting it in your head doesn't ease your despair, you might benefit from writing it down. Try to write down the reasons why you accept what has happened between you and your ex. Then, write a letter to your ex (without ever mailing it to her) accepting what has happened.

Try to accept why it happened, rather than going around in circles about how bad you feel. A circle will always remain a circle – to cure your pain you need to break out of the circle by accepting what happened.

A bonus of writing it down is that it usually becomes easier to understand what you're feeling and easier to analyze where things went right and wrong in your relationship. You can then use this knowledge as an opportunity to further mature as a man and grow from the experience.

3. Accept the Reality of Modern Relationships

In the past, a woman had to stay with a man for life because it was shameful to get divorced. Not anymore.

Today's women are free to have sex with as many men as they want before settling down into a relationship. Then, when in a relationship, they can break up with or divorce a guy if the relationship isn't what they really want.

To be successful with a relationship in today's world you have to:

1. Choose the right woman for you, rather than accepting whatever you can get and trying to make it work.
2. Deepen the love, respect and attraction in a relationship, rather than taking her for granted and letting the love fade away.

4. Do New, Fun and Interesting Things With Other People

After a breakup, many men go into seclusion by watching lots of TV and movies, or by playing video games. This doesn't help and usually ends up making a guy miss his ex even more.

Instead of hiding away on your own, look upon this phase of your life as an opportunity to do things that you didn't have time to do when you were with your ex.

Take a class to learn something cool (you'll likely make new friends at the same time), catch up with old friends and do something new and interesting together, visit your parents, volunteer for something for one day (they always welcome new people), go on a weekend trip with a friend (or friends), read some self-help books by the beach or in a park, start learning a martial art or work on a hobby that involves interacting with people.

Basically, you need to focus on doing anything positive and social that will keep you busy so you can take your mind off missing your ex.

Sitting around and avoiding social activities will only make the depressing feelings that exist during the grieving phase of a break up last longer. There's no need to put yourself through unnecessary emotional pain - you can be feeling happy, positive and confident much quicker if you get out there - do some positive activities with other people.

5. Exercise

Exercise is a great remedy for sadness, stress or general melancholy because it releases endorphins in your brain that make you feel happier, more positive and more optimistic.

While exercise is not a cure for surviving a break-up, it certainly helps to pep you up and avoid you feeling miserable, melancholy and hopeless about life.

6. Don't Masturbate Too Much

How often do you masturbate?

- ☐ Once a month
- ☐ Once a week
- ☐ A few times a week
- ☐ Every day
- ☐ Multiple times per day

Vote

[View Results](#)

[image: Loading ...]

Loading ...

These days, many guys masturbate way too much.

There's nothing wrong with masturbating to get rid of some built up sexual desire at times, but if you're trying to get back into the dating scene or have the confidence and desire to approach new women, you have to tone down the jerking.

Too much wanking will deplete your built up sexual desire and mess with your perception of women. For example: When you watch porn, you will feel attracted immediately and the woman will be ready to have sex immediately. It will seem so easy.

Yet, in real life, most women don't behave that way when you meet them; they only behave that way behind closed doors. So, when you meet new women and there doesn't seem to be a lot of sexual attraction and desire from her part, you may think that you're not doing enough to turn her on.

7. Start Playing the Field

Meeting lots of new women is the best way to get over a break up and help remind yourself of what a desirable guy you really are.

You don't have to go out and get a new girlfriend, but at least start having sex with new women. Having sex with new women is the fastest way to get over an ex, especially when the new women are hotter than your ex-girlfriend.

If she broke up with you, your ego has probably taken a bit of a bruising and you need to get yourself in front of other women who will appreciate what a great guy you are. If you are too afraid to get out there and start having sex with new women, time will tick away and you will most-likely lose more power, confidence and self-esteem as a man.

However, if you can accept what has happened, learn from it and move on â□□ you will emerge a better man.

8. Improve Your Skills With Women

If you have recently been broken up with and are still recovering from the pain of being dumped, why not turn that horrible experience into an opportunity to make your life great?

If you improve your skills with women and become the type of guy that women desperately want to be with, you will see that most of the women you meet feel attracted to you. When most of the women you meet are keen and show loads of interest, you cannot help but feel happy, inspired and excited to be alive.

Yet, if you hide away from women or believe that you're doomed for life when it comes to relationships, you can really only look forward to a lot of isolation, feeling left out and reliving the bad memories about your ex over and over again.

Make a change.

Become the type of man that women desperately want to be with and you will emerge from this break up as an even better man that you are right now...

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Trusting Your Gut Instinct

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

As a human being, one of the amazing powers that you have available to you is your gut instinct.

It's a strange power that can really give us an advantage when approaching and meeting women, advancing our careers or taking a chance on a great opportunity that we stumble across in life.

Women refer to their gut instinct as "women's intuition," while men refer to it as gut instinct. Women don't have more gut instinct than men do, but they like to go around saying that they have "women's intuition" and claim that it allows them to know things that men cannot.

To this date, there have been no scientific studies to prove that women are more intuitive than men. It's just that society has allowed women the freedom to use and exhibit their emotions more freely, so we hear about a *woman's intuition* all the time.

The media is also very careful when talking about women. While men can and often are put down, picked on or teased in the media, women are almost always spoken about in a positive light. Modern society seeks to build women up and expects us men to build and maintain our confidence and self-esteem on our own.

Based on the use of the word "women's intuition," many modern men are less likely to ever admit to using their intuition to solve a problem or come to a decision on something.

Instead, most men will confess to having a hunch, a gut feeling, an instinct or possibly even a sixth sense (and no, we're not talking about the ability to see dead people). Whatever word or label is used, they are all related terms for the concept of intuition and men use their intuition almost as often as women without realizing it.

What Exactly Is Intuition?

Intuition (noun): The ability to understand something immediately, without the need for conscious reasoning. A direct perception of truth fact, etc independent of any reasoning process; immediate apprehension.

Intuition is a higher thought process that most of us aren't trained to use and that many people don't even know that they are using. The term intuition is derived from the Latin word "intueri" which means "to gaze at, contemplate."

Brain Files

Like a computer full of random files of information, your brain is jam-packed with countless bits of knowledge that you have acquired over the years. It's not only what you've learned in books, but it's an evolving compilation of everything you've experienced throughout your lifetime.

Everything you have learnt so far goes into helping you make correct, gut instinct decisions in life. The more you learn about life, the better decisions you will make.

Using Your Brain Files

[image: Harness the power of your mind]

Often you'll find yourself in a situation and you'll make a snap judgment about something or someone without even giving it thought.

For instance, you might instantly feel a connection with someone. It doesn't matter if it's a guy you think you want as a friend when you first meet him, a woman you instantly know you want to date or just someone who immediately "rubs you the wrong way." It isn't even necessarily something that they said or did "you just got a certain sense about them. Your gut instinct or male intuition accessed your Brain Files to come up with an assessment of the situation, without you having to think about it.

Think about some more times you might have accessed this higher thought process in the past! Have you ever walked into a room full of people and had a gut feeling that a fight was going to break out and a short time later one did? Or perhaps one morning you grabbed an umbrella as you went out the door even though the weather forecast wasn't predicting rain and then there was an unexpected storm?

Are you one of those people who correctly guesses who the killer is in a movie long before you're shown obvious evidence that you're correct? Are you able to make quick judgments on a person character within minutes of meeting them, only to find out later that you were completely correct in your assessment?

And if you were asked to analyze why you thought what you did, you'd be hard-pressed to come up with a logical answer. "It's just the way I felt," you might say. And that feeling is your human intuition.

You subconsciously used the Brain Files that you'd acquired over your lifetime to instantaneously and correctly analyze a situation or a person.

Coincidence or Intuition/Gut Instinct?

A friend of mine travels a busy highway to get to work every day. One day, he was driving and noticed a truck pulling a trailer. There was nothing unusual about it. It looked just like the dozens of other trucks hauling trailers on the road near him.

However, as he got closer to the truck and trailer, he had "a bad feeling" about it and instinctively sped up and passed it. Seconds later, in his rearview mirror, he saw the trailer detach itself from the truck and flip into the oncoming traffic.

Another time, he was driving behind a moving van. Again, there was nothing odd about the truck except that my friend had a hunch that he should get out of the way and changed lanes. Within seconds the van's rear doors flung open and a large armchair tumbled out onto the highway hitting several cars.

Coincidence? Male intuition? It's hard to say, but you can be sure that when my friend's inner voice starts talking, he listens.

No doubt you have experienced similar things in your life. The big lesson to learn is that you should

trust your gut instinct as much as possible, because it is usually more accurate than your logical, conscious assessment of a situation.

For instance, maybe you're buying a coffee one day and have a strong gut feeling that you should approach and talk to a woman in a cafe. Yet, you ignore your gut instinct and let your insecurities creep up and tell you not to do it. Could she have been your ideal woman?

Developing Your Male Intuition/Gut Instinct

Like any muscle, your intuition must be exercised regularly to perform at optimum levels. Here are some exercises to help develop your power of intuition/gut instinct.

1. Trust Yourself This is the most important one of all and will also help you to develop your inner alpha male. An alpha male (the most attractive type of male to women) is a guy who trusts himself and takes action whenever he wants to.

He goes after what he wants in life with the trust in himself that he will mostly make the right decisions and will correct any errors or mistakes along the way. When you have a hunch or a gut feeling, pay attention and act upon it without allowing your logical mind to dissuade you.

Approach that woman and start the conversation you're thinking of in your head, head to the gym and get into shape like you keep telling yourself to do, or stop allowing yourself to stress out over minor things.

2. Be Aware Instead of distracting yourself by talking on the phone, texting, listening to your iPod or doing anything else that alters your focus, take in everything that surrounds you as you walk, sit or drive around so that you can absorb more data for your mental computer. The more aware of your reality you become, the better your gut instinct decisions will be.

3. Keep Records Whenever you have an intuitive feeling, write it down and see how often your instincts turn out to be correct. Recording your physical reactions can be particularly effective for understanding and trusting your ability to be intuitive.

Physical reactions might include feeling the hair on the back of your neck or arms bristle, a tightening in your stomach (a.k.a. a gut feeling), your heart beats faster or you experience a sudden feeling of clarity and focus.

By documenting your physical reactions and any outcomes that turned out to be correct, you will allow your logical mind to better accept intuitive thoughts because you can prove to yourself that your feelings were accurate.

4. Meditate Most people don't have time to meditate, or they at least don't make time for it. However, if you want to develop your ability to trust your inner voice, try to experiment with meditation once a week even if it is only for 10 minutes.

Find a calm, quiet spot when at home and let your mind roam free without allowing rational thoughts to interfere with the process. Notice where your calm thoughts lead you and if you tend to keep focusing on something you want (e.g. a girlfriend), then trust yourself that you need to start putting more effort into achieving that goal.

While it's a good thing to refer to your intuition as your gut instinct, don't make the mistake of ignoring it because you think it's only for women. You have the same ability to think in this way and you should use it to better your life.

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[image]

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[image: Dan Bacon]

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Five Must Do Buddy Road Trips

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

When it comes to strengthening the friendship you have with your buddies, or even helping new friendships to develop, there's nothing quite like a road trip adventure.

Ever since the release of the classic cult film "Easy Rider" in 1969, road trip movies have been a popular theme in cinema and on television.

The Road Trip, Smoky and the Bandit, The Gumball Rally, The Cannonball Run and Road Hogs all have the idea of men on the open road meeting women, getting up to adventures and learning new life lessons.

The BBC's car program "Top Gear" has featured endless episodes where the presenters undertake crazy road trips all over the world and actors Ewan McGregor and Charlie Boorman's epic road trip "The Wrong Way Round" from London to New York has become a popular series. So given the opportunity, what are some awesome roads trips for you and your buddies to check out?

1) Route 66, USA

Mention road trips, long car journeys, the free open road and the iconic Route 66 will automatically spring to mind. Made famous in hundreds of songs, books and a bunch of movies, this road symbolises the thrill of wide-open spaces and the wind in your hair.

The original highway of America travels from Chicago to Los Angeles and covers 2,448 miles (3,940 Km). Although officially declassified in 1985 the route still draws thousands each year to follow its course.

There is plenty to do and see along Route 66. Recommendation: Add to the adventure by hiring a couple of Harley Davidson motorcycles and take turns at driving the car and riding the bikes along this scenic, iconic road.

2) Ho Chi Minh Trail, Vietnam

The Ho Chi Minh Trail was made famous during the Vietnam War as the perilous route used by the North Vietnamese soldiers to transport men, weapons and supplies southward. The Ho Chi Minh trail takes you from Hanoi to Hoian, covers dense jungle, mountainous routes and through picturesque Vietnamese scenery.

Along the tour you take in battlefields, tunnel complexes and ancient towns. There are organised trips for this adventure that use cycles or motorbikes depending on your preference. The Ho Chi Minh Trail is definitely a road trip with a difference.

3) Monte Carlo or Bust, UK and France

For classic car owners (or those willing to hire a classic car for the trip), the best run has to be the London to Monte Carlo run, made famous in the 1969 film "Monte Carlo or Bust". This trip immediately has the feel of car problems, breakdowns and mechanical failure written all over it.

While making the trip in an old classic car may not be financially possible for most people, why not add to the excitement by buying a car for £100 in London and see how far you can get? Remember to take a tuxedo with you and visit as many casinos as you can find on the way down to the South of France!

4) Machu Picchu Trail, Peru

If driving or riding the entire trip is not your style then the ultimate trekking road trip is the Inca Trail to Machu Picchu in Peru. Over four days you will cover 88 km and climb over 12,000ft (3,660m) into the Andes Mountains, through misty gorges, Inca tunnels, alpine forest and experience the challenge of altitude sickness.

They offer beginner to advanced treks, so don't be put off if you're not usually that outdoorsy. You'll most-likely walk away feeling confident, inspired and refreshed.

5) Sydney to Alice Springs, Australia

Travelling through the Australian bush is another cinematic gem. The 2776Km journey will take you through some breathtaking, desolate landscapes with places like Wagga Wagga, Narrendra, Coober Pedy and Ayres Rock/ Kata Tjuta on your way to Alice Springs.

While you can cruise through this road trip fairly unhindered on the main tarmac road, it is also possible to hire a 4WD vehicle and go across country to add to the adventure.

So, whether you want to work on developing better friendships with new friends you have, or you want to strengthen the bond that you and your mates share any of these trips will surely help.

There's just something about achieving a goal with friends that creates a lasting bond – Especially if you have a whole lot of fun while doing it!

If we have missed out your favourite road trip, we are keen to hear about any great journeys you have taken. Let us know by commenting below!

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Making New Friends is Easier Than You Think

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Without good friends, life can be pretty boring, miserable and lonely!

If you and your friends have recently drifted apart or are no longer living in the same area, you might have found yourself wondering how you can make some new friends. Maybe most of your friends now have a girlfriend or are married and you are still single and looking to find the right girl for you.

Having friends in your life is especially important if you're a single guy because meeting women through friends is one of the easiest ways to get a girlfriend. With a lot of guy friends, you also have wingmen to go out approaching women with, which is definitely helpful and speeds up the process.

Whatever the reason you might be looking to make more friends right now, I am going to help you.

First, let me start by asking you an important question...

What Do You Really Care About?

I ask you that question because it is a critical step to finding the right type of friends for where you are at in life right now.

Sometimes, we find ourselves hanging around and being friends with people who don't really care about the types of things we're interested in. When this happens, it is usually difficult to have free-flowing conversations, crack relevant jokes and enjoy meaningful connections.

Whereas, when we spend time people who care about the same things as we do, it is easy to hang out and be friends. It feels good to be around each other and you know that you're in the right place at the right time.

If you find that you've been hanging out with people who really aren't helping you move forward in life or who don't really care about the things that you do, the solution get in contact with people who are just like you or who want the same things in life that you do right now.

Having common interests is one of fastest ways to become friends with someone because it gives you both a REASON to hang around each other and develop a friendship.

However, if you meet people who are very different to you and want different things than you do, it doesn't feel necessary to become close friends or spend a lot of time together. If you do manage to hang out, it will often feel forced or awkward.

To find people who have exactly the same interests as you, I recommend that you use Meetup.com. Just join a bunch of groups, attend and use your confidence and conversation skills to make a bunch of new friends. If you are currently lacking in confidence or need to improve your conversation skills, then I am here to help you.

Being the Guy That Everyone Wants to Be Friends With

[image: Friends hanging out at home]

You may have noticed that some guys have a certain knack for getting people to like them

immediately. It doesn't matter where a guy like that goes, people like him. They smile, laugh and talk with him like he's an old friend. How does it do it?

Well, it's actually a complex social skill that any guy can develop. Initially, it feels awkward to do the sorts of things that a guy like that does (e.g. making small talk, showing genuine interest in people, being your real self no matter what, smiling, having an easy-going vibe about you, etc), but after a while it becomes natural.

Some of the elements that make up the complex social skill of being the guy that everyone wants to be friends with includes:

1. Being great at conversation: A lot of guys who struggle to make friends or get themselves a girlfriend aren't the best conversationalists when they meet new people or new women.

Some guys *think* that they are making great conversation and then end up being ignored or rejected and wonder what just happened. Unless a guy like that actually learns where he is going wrong, he will likely make the same mistakes throughout his entire life.

2. Being confident: Confidence is attractive to women, but it also makes people respect you and want to be associated with you. Generally speaking, confident guys get laid more often, are happier, make more money, live a more interesting lifestyle and are more fun to be around.

People instinctively know that and gravitate towards the confident guys. If you lack confidence in social situations or around women, people will naturally feel repelled by you on an instinctive level. You will definitely be able to make friends with other people who lack confidence, but the "cool crowd" and the attractive women will usually remain out of reach.

3. Being a cool guy: It almost sounds childish or immature to talk about "coolness," but instead of fighting against the idea of being a cool guy, think about it this way: Whenever you've been in a social situation and wished you could be friends with a particular person, you considered them to be cool, right?

You didn't hate them for being "cool," you liked them for it. The fact is that the cooler you are as a guy, the more of a friend magnet you become.

Coolness is trait that is difficult define. However, we all know it when we see it and it usually has a lot to do with a guy's confidence and social intelligence.

Guys who struggle to make friends or attract themselves a girlfriend are almost always coming across in ways that make them appear "uncool" or socially awkward to people.

Getting People to Like You Immediately

Over the years, a lot of guys who struggle with women and don't have many friends have said to me, "Dan...I'm fine once people have a chance to get to know me, but when I first people I'm shy and it takes me a while to open up."

Guess what? That's not good enough.

If you want to make friends or get yourself a girlfriend, you have to exude confidence right away and talk to the person as though you know that like you and want to talk to you. If you talk to people in a self-doubting way, most people won't want to feel responsible for making you feel that way and will try to end the interaction as soon as possible.

The trick is to automatically *assume* that the other person likes you even before theyâve had a chance to get to know you. Do not try to get a person to like you. Just talk to them with the belief that you are a likeable person and assume that they will like you immediately.

This allows you to display the easy-going, relaxed confidence that you need to make people like you. Itâs funny how it works, but itâs one of the biggest secrets to success when dealing with people in all areas of life.

What Would You Like to Do For Fun?

A big part of making new friends is engaging in activities that you consider to be fun, interesting and exciting. Iâm not talking about solo activities like playing computer games, watching TV or going to the gym to lift weights. Iâm talking about activities where you are interacting with other people in a fun, interesting and exciting way.

So, what do you usually do for fun that includes other people? If you donât really know the answer to that right now, what would you *like to do* for fun if you had the opportunity? For instance, can you imagine yourself having a cool group of friends and being at a house party on a Saturday night that is full of single women? Would that be fun, interesting and exciting for you?

How about sports? Are you a sports fan? If you want to hang out with people who are into sports, head to a local sports bar or sports club. Talking about the team who is playing works as a great conversation starter.

You can say something like, *“Hey, how you doing? Who do you think will win today?”* and then have a general chat with the person. Many local bars and pubs are the designated hangout for a particular team and if youâre a fan, youâll find others who will be happy to cheer along with you as you watch the team play.

Would you prefer to play a sport? If youâre more of a participant than a spectator, then join a team. Do a Google search or check out a local newspaperâs community calendar for information on neighborhood teams.

Baseball, bowling, pool, darts, martial arts, golf â whatever your interest, you will find people who share your enthusiasm for a sport or activity. As a bonus, if you join a mixed sports team (where men and women play together) you might just find your next girlfriend.

Are you into computer games? Head to a gaming conversation and approach people to ask for advice, or just make general chit-chat about something to do with the event, *“Wow, there are a lot of new cool games this year...which one is your favorite?”*

From sci-fi fans to sports car builders, spiritualists to woodworking hobbyists, there are conventions you can attend to meet others with your same interest. Most hobbies have associations with local chapters you can joinÂ or you can simplyÂ head over to the store where you buy your supplies.

Chances are you will bump into other hobby enthusiasts and strike up a conversation like this, *“This shop has such a good selection hey? I love this place. How about you? What are you working on at the moment?”*

It Only Takes One Friend to Get Things Going

Once you find one new friend, chances are that he or she will have other friends to introduce you to. With a little effort and a true desire to meet new people, in a short time you'll find that your new phone book and Facebook (or whatever app you use) is filled with many new, real-life friends.

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What Type of Cougar is Right For You?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

These days, there are millions of older, divorced women who are starving for sex, love and attention

Cougar (*noun*): An older woman, aged between 30 and 60 who prefers to have sex with younger men.

If you feel like mixing things up by having sex or even having a relationship with an older woman, make sure you read this article to understand what you're getting yourself into first!

1. Hot-to-Trot Cougar

She is generally more interested in "just sex" rather than a serious relationship. You'll find her in clubs that normally attract a younger, hip crowd.

She will look and dress younger than her age and often more provocatively than the younger women (i.e. showing more cleavage, wearing shorter skirts and really "flaunting it" with her outfit). This type of cougar is just as likely to seduce you as you are to try to get her into bed.

Her type of man: Looks aren't important as long as you're flirty, great in bed, and can make her feel incredibly sexy, young and desirable.

2. Took the Money, Now Let's Have Fun Cougar

She's done very well in her divorce settlement and now prefers to have expensive fun with younger, more virile men. She doesn't like guys who want to sit around on the couch all weekend and she is even willing and eager to pay for your social companionship.

However, although she is willing to pay, it is always a good idea to at least attempt to pull out your wallet or credit card regularly so she can stop you. This is especially true in the beginning and occasionally later while you're dating.

If you have a longer relationship with her, you will likely travel often and dine in great restaurants. She will be very adventurous in bed and just like the "Hot-to-Trot Cougar," you will find her at trendy dance clubs, upscale hotel bars and country clubs.

Her type of man: She wants someone fun, energetic, flirty and adventurous; and while looks and attire aren't her top concern, she is looking for a well-groomed companion. Basically, she wants to live out the sort of fantasy romances that she's seen in movies and TV shows.

3. I Want Revenge Cougar

Her husband cheated on her with a much younger woman and possibly even married the younger woman and now she wants to show him that two can play at that game. If you're looking for a discreet relationship, this isn't going to be it.

She's going to want to show you off as often as possible and in as many places as her ex-

husband/boyfriend or his friends may frequent.

She will discuss you with almost anyone she can to ensure that the word of her desirability gets back to her ex-boyfriend or husband. You'll find her at country clubs, on the golf course or tennis courts as frequently as you'll find her at trendy restaurants, bars and clubs that attract a considerably younger and fashionable crowd. She will be aggressive in bed to prove that "she's still got it."

Her type of man: She likes men who are young, confident, attentive, athletic and fun. You have to be a grade above her husband in all areas, or else the revenge plan won't work and she'll feel worse about herself.

4. Corporate Cougar

This cougar is well-paid, in a position of power in her workplace and busy with work. Similar to the "Hot-to-Trot Cougar," she's more interested in a quick roll in the sack than a relationship because she simply wants to get laid while she's away on a business trip, or wants to squeeze in some quick sex before she gets back to thinking about her work.

She will likely be eating alone or having a martini at one of the town's best business hotels, while she is in town for a business meeting.

She'll probably be working on her laptop or Blackberry or chatting with the bartender, but she'll also be scanning the room to see if there is any potential prey. Look out to see if she isn't wearing a marriage or engagement ring on her finger and walk up to start a conversation.

Her type of man: She likes a cub (slang for the men who cougars prey on. Also referred to as: Cougar Bait or Boy Toy) who is intelligent, articulate, and great in bed and who has a flexible schedule (or who can take a long lunch break so you can hook up and have a quickie).

She's attracted to someone who dresses in a suit or business-casual attire (in case she runs into a client or business associate). She wants you to allow her to take the lead both in and out of bed, while also being ready to take charge of her when the time is right.

5. The Society Cougar

With her, you will be as much of an escort as you will be her lover. So if you love the theatre, art, museums, music (opera, symphony, classics â not hip-hop or techno), then she's the cougar for you. She wants someone that she can show off to her friends, is articulate on a variety of subjects and can join her for a tennis match or golf game.

She will expect you to look good in a tuxedo, suit or in country club attire.

She will also usually expect you to be very attentive to her, show great social skills and etiquette and handle yourself with confidence on the ballroom floor. You need to be able to mix well with her other society friends (who could also be great business or social contacts for you) and she will assess this when you meet for the first time, so make sure you brush up on your conversation skills.

You'll find her at high-profile local charity events that deal with the arts, children, education and animals (favorite causes of the wealthy), having lunch at an expensive restaurant, playing a round on the golf course, tennis court or taking her time walking through an art show, museum or any cultural venue.

Once you've snagged your "Society Cougar," you may not have to pay for most things you do together. You may even be given an allowance or taken shopping as the relationship develops.

Her type of man: Upscale appearance, wears business or preppy attire, is knowledgeable about the arts and mixes well with a variety of people.

So, if you'd like to mix things up and start sleeping with the many available cougars, stop for a moment and work out where you fit in. Then, go on the hunt for the type of cougar who is right for you. There are a lot of divorced women out there these days that are starving for some cougar-cub sex.

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Video Testimonial: Tyrone, USA

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

“...and that girl is now my girlfriend...”

Tyrone used the techniques from the [Dating Power](#) program to attract a girl in school. He used the conversation and attraction techniques to make her want him and she is now his girlfriend.

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Video: Jonathan, UK

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| Advice that actually worked...

Jonathan used the techniques from the [The Flow](#) to overcome his lack of self-belief. After following the simple steps, Jonathan now has a girlfriend.

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Video: Andrei, Romania

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I picked up one of the waitresses

Andrei used the techniques from [The Flow](#) to pick up a waitress in a bar in front of his friends.

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How to Turn Rejection Into Success

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

[image: Turn rejection into success]

https://s3.amazonaws.com/tmm_audio/johndatingpower.mp3

Listen in as Dan and Ben from The Modern Man interview a customer named “John” who attended the [Dating Power](#) seminar.

John was rejected by a woman he worked with. He liked her, but didn’t know the difference between getting a woman to “like” him and feel “attraction” for him. He decided to learn how to attract women after a recommendation from a friend, but had no idea how much his life was about to change.

After learning the required process to become confident with women and actually following through on it (it’s easy and it is explained in [Dating Power](#)), John became confident enough to approach women during the day.

He used the conversation and attraction techniques to pick up his girlfriend and they eventually moved in together. Months prior, he was alone and hopeless when it came to women, but he changed that.

He turned the rejection that he once faced at work into success at picking up women outside of work. How about you? Interested in turning the rejections that you’ve experienced into new and even better success with women than you’ve ever had before?

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Should You Date Your Friend's Ex-Girlfriend?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Sometimes it is fine to date your friend's ex, but it really depends on the type of relationship they had and the kind of friendship that you have with him. Here are some examples:

1. A woman that your friend was having casual sex with: These guys, many guys date and have sex with multiple women at once. So, if you're hanging around with friends who do that regularly, you will usually end up sleeping with a few of the same girls at times.

Personally speaking, one of my close friends slept with a woman we had nicknamed "tits" (because her breasts were so amazing.

Her tits were so unreal, they were like something out of an anime cartoon). We were fine about him sleeping with her when I got bored of it, because we both noticed her at the same time, but I had sex with her first because I am better with women than he is. See: [What is Your Skill Level With Women?](#)

2. Your friend's girlfriend from high school: Relationships that you had in high school may have felt like they would lead to marriage and "happily ever after," but they usually don't. If you want to date your friend's ex from high school who he no longer cares about or barely remembers, he should be totally fine about it.

However, if she is his "high school sweetheart" and has recently dumped him, then he's probably not going to continue thinking of you as a true friend. A true friend cares about his friend and puts "bros before hos."

If you want to hook up with his ex-girlfriend because you are too afraid to approach and meet new women, your friend will realize that and see you as an untrustworthy person who can't be relied on. Trust is the backbone of a great friendship or relationship and if you break it, the relationship comes crashing down.

3. Your friend's girlfriend who dumped him and broke his heart: As the old saying goes, "*Time heals all wounds*" and that is fairly true when it comes to being dumped by a woman you love and having your heart broken, but it really depends on the person.

For example: In my case, I got cheated on and then dumped by the love of my life because I became clingy in the relationship and wasn't enough of a man for her. It ruined me for years, but I eventually picked myself off the floor and transformed myself into the man I am today.

If one of my friends wanted to date, have sex or even marry my ex-girlfriend, I would now be able to say, "*Go ahead!*" and would be genuinely happy for him, because I've enjoyed my choice with women for many years and am now in a relationship with my perfect woman.

However, if a friend wanted her shortly after she dumped me, I would no longer consider him a true friend. His actions would suggest that he didn't care about me at all and simply went after her because he was afraid to get out there and approach and meet new women.

4. Your friend's girlfriend who he happily dumped: If she's a girl who he has happily dumped, then he will be fine about it in most cases.

5. Your friend's wife who left him: This one is a big one. I mean, marriage – come on – it's a big deal. If your friend married a woman, then he most-likely really loved her. So, if you really love your

friend, you will try hard to steer clear of his wife and hook up with other women.

However, if your friend got lucky when he scored his ex-wife and they were never really a compatible match, then it is okay for you to begin seeing her (if you and her are a perfect match). If you're only sleeping with his ex-wife because you're too afraid to approach and meet new women, then you already know what you're doing is "wrong."

Either way, when it comes to telling your friend that you're sleeping with his ex-wife, the news will rarely be happily received. If you feel as though your friend needs help meeting new women, feel free to suggest that he visit my site and learn from me.

6. Your friend's wife that he happily left: If he happily left his wife and is glad to be hooking up with new women now, it shouldn't be too much of a problem. The best way to tell him is to just be straight about it.

Say something like, "*Peter...just letting you know – I've been sleeping with your ex-wife Rebecca lately*" and then explain what your intentions are with her. Just be matter of fact about it. Don't try to sugar coat it or hint at it. Just be real, honest and relaxed about it.

Why Do You Want Her Instead of the Billions of Other Women on Planet Earth?

What you really need to do in this situation is be **completely honest** with yourself about why you want to be with her. Is it because you and her are a perfect match, or is it because you fear putting yourself out there to meet a new woman like most guys do?

Sure, it's comfortable and easy to date a woman you are familiar with because you know what to expect and won't have to risk getting reject by new women you approach. Yet, how much of man will that make you feel like in the end?

Won't you feel like a snake for taking your friend's ex-girl instead of being man enough to confidently approach and pick up new women?

The truth is, with very little effort you could be dating and having sex with many new women, without ruining the relationship with your friend. Doesn't that sound like a much better plan? When you meet new women (who haven't already been sexed by your friends) there isn't any awkwardness in any of your relationships.

Your friends are also much more impressed that you've managed to pick up new women outside of the safety of your "social circle."

Value Contrast: A Potential Problem

Picture this scenario...

You decide to go ahead and date your friend's ex-girlfriend, regardless of the problems it might cause in your friendship. Then one night, you go out to dinner or drinks with your friend and his ex-girlfriend (who is now your girl).

How are you going to feel when they bring up conversations that start with, "*Remember the time when we*"? This is where something that I call "Value Contrast" kicks in.

If the relationship that you are having with her is not as good as the one they had, or if he behaves in a more attractive way than you (i.e. more confident, funny, masculine), then she will naturally compare you to him and may reconsider her feelings for you.

You will suddenly seem less valuable and attractive to her. However, if your relationship with her is better and you're a more confident guy than he is, then she will see you as more valuable and it will help deepen her attraction for you.

Finally, what will you do if you break up? Not only might you have to deal with the pain of losing her, but you may have also lost one of your good friends. Now that you understand some of the potential problems of dating a friend's ex-girl, what do you think when you ask yourself, "*Should I date my friend's ex-girlfriend?*"

If you don't want to risk ruining your friendship, then do what millions of brave men from around the world are now doing: Learning how to have their choice of women, instead of hoping to get lucky or take a friend's ex. Don't settle for scraps, don't sit around waiting to get lucky and don't hide from being the powerful man you dream of being.

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[image: Dan Bacon]

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Video: Confidence Boosters to Help You Approach Women

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

When is the best time to approach a woman? What should you say to her first and after that? What if she is talking with her friends?

When it comes to approaching women, guys have 100s of questions that they need answers to. That is why we created [Dating Power](#), the start to finish solution for approaching and picking up women.

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Video: Eliminate Awkward Silences in Conversation

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here is a free video that provides you with three examples of what to say to make a woman feel attracted to you. If a woman feels attracted to you, she will often try to fill in the “awkward silences” to ensure that she doesn’t lose her chance to talk to you and potentially hook up with you.

Here is another video with some examples of what to say to avoid silences in a conversation with a woman you like:

Finally, here is a video that explains some very common mistakes guys make that instantly turn women off during a conversation:

Do you run out of things to say when talking to women? If so, we can provide you with loads of things to say, plus easy to use techniques for keeping conversations going and keeping them interesting. Check out [The Ultimate Guide to Conversation](#).

Not knowing what to say to make women feel attracted to you and eager to begin a relationship with you means that you’ll be pretty much trying to get lucky. That is a bad strategy to use because when you meet a woman you are REALLY attracted to, she usually won’t be that easy.

The types of women that you currently see as being out of your league will become available to when you know how to attract them and connect with them during conversation. Instead of hoping to get lucky by meeting an amazing women who will be kind enough to give you a chance with her, make your own luck by actively attracting women during conversation.

Once you try a few of our conversation techniques, you will regret not knowing this stuff earlier because you will see how EASY it is to make women want to be with you sexually and romantically.

×

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The Ultimate Guide to Conversation: Behind the Scenes Video

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Above: Behind the scenes for the making of [The Ultimate Guide to Conversation](#) – a 10 hour audio program. The above video includes some free techniques for flirting, keeping conversations going and keeping them interesting.

[image: The Ultimate Guide to Conversation - Plus Bonus]

Have a question about conversation?

Feel free to ask it below in a comment and Dan will provide you with some advice.

Related articles:

- [5 Conversation Killers You Must Avoid](#)
- [What Women Think When Talking to You](#)
- [How to Tell a Woman That You Like Her](#)
- [What Conversation Topics Are Best When Talking to Women?](#)
- [3 Things You Must Do When Talking to Women](#)
- [Why Conversation Skills Are Critical to Your Success With Women](#)
- [How to Make Your Conversation More Interesting to Women](#)

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Do You Make These Mistakes With Women?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

This video has now been upgraded from 5 classic mistakes that guys make with women to 10 reasons why good men get rejected by women.

1. He tries to get her to like him, before she is attracted to him.

Attraction has to come first, even before getting her to like you as a person.

Women can like many guys as friends, but that isn't the same as her feeling sexually attracted. You have to start with sexual attraction and then everything else comes after that. The fact that you're a good guy is simply a bonus to women, but the main thing that they are looking to feel is sexual attraction.

Without sexual attraction, you are just another guy who is willing to have sex with her.

2. He tries to get her to commit to a relationship before sex.

Back in the 1800s and 1900s, getting a woman to commit to a relationship before sex was mandatory. Most couples lost their virginity on the wedding night and then carried on from there.

In today's world, most women have already had sex with other men by the time you meet them and in many cases, the woman had sex on the first date or even first night.

Having sex before starting a relationship allows both of you to test out how you feel. It's essentially like taking each other for a test drive and seeing if you want to buy.

3. Being too nice.

There's nothing wrong with being nice to a woman, but it doesn't mark you out as special. Why? Most good guys don't realize that most other guys in this world are good guys too.

What marks you out as special is when you make a woman feel sexually attracted to you and you are ALSO a good guy. That is when you are referred to as a "catch."

4. Being the friend.

Being a woman's friend is not the same as being her lover or boyfriend. If you try to "grow" on a woman over time by being her friend, you risk being rejected when you eventually make a move because she doesn't feel much or any sexual attracted to you.

Additionally, another guy can come along and take her from you within minutes by simply starting off with sexual attraction. It doesn't matter if you've been her friend for years. What matters is whether or not she feels turned on by you.

5. Placing her above himself in terms of value.

Women (especially attractive women), don't want to feel like they are doing a guy a favor by going out with him, having sex with him or becoming his girlfriend or wife.

Women want to feel as though they are lucky to be scoring you, so if you place a woman above you in terms of value (i.e. by behaving, talking, thinking and acting like you're not good enough for her), it won't make her think, "Wow! He feels like he doesn't deserve me. I want him!"

Instead, the woman just accepts that you don't feel worthy and she then hooks up with another guy who does.

6. Not building up sexual tension.

Sexual tension is built up when you make a woman feel attracted to you, but you then make her work a little maintain your attraction and interest.

When sexual tension builds up to the point where she really wants to kiss you or have sex with you, the release of that tension is exhilarating for both of you.

Most good guys don't give that experience to women though because they want to be 100% clear that they like her and are ready and willing to begin a relationship ASAP, even if she is saying or doing things that he doesn't like.

7. Waiting too long to make a move.

Most women give you a window of opportunity to make a move. If you don't see the opening and make a move, many women feel turned off by your lack of balls.

8. Lacking confidence around her.

Just like we feel an intense attraction to a woman's physical appearance, women feel an intense attraction to our confidence. I'm not talking about over the top, show off type of confidence, but the relaxed, masculine confidence of an alpha male.

9. Thinking that being a gentleman will win her over.

Being a gentleman is only appreciated if you are also making her feel sexually attracted to you. If your only approach is to be a nice gentleman, you will be rejected by most of the women you meet.

Some women may give the relationship a chance because they are enjoying being treated like a princess, but they will quickly get bored of the lack of sexual attraction. You will then hear her say to you, "We need to talk," which is the classic, pre-break up conversation.

She then might tell you, *"It's not you...it's me"* or *"I don't deserve a guy like you"* or *"I need time to find myself."* Yet, what is really happening is that she likes you as a person, but you don't make her horny. Simple as that.

10. Pretending not to be interested in sex.

Almost every woman you meet these days has already had plenty of sex.

Women like sex just as much as men do, but they can't go around admitting that otherwise men will assume she is a slut and others (e.g. coworkers, fellow university students, etc) will treat her disrespectfully.

Most women are insecure about their looks and they actually NEED you to show your sexual interest. If you don't, many women will play hard to get as a way to get you to show a lot of interest in them. Yet, when you show lots of interest in a desperate or needy way, most women will reject you.

To cut out all the mind games, just be honest about your sexual interest in her. Show her that by looking at her in a sexual way or saying, *"You're sexy...I like you,"* but ONLY if you have already made her feel sexually attracted to you first.

Learn More?

- Check out our [advanced programs](#) for success with women.
- Find out more [about us](#) and how we can help you.

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3 Funny Ways to Increase Your Popularity on Facebook

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

A couple of guy friends of mine always get loads of likes and comments whenever they post up a status update. They have girls saying, “You’re so funny” and “Hahaha! Cool” and things like that all the time.

So, I thought I’d share some of what they are doing to get so much attention on Facebook.

Personally speaking, I rarely post anything on Facebook other than photos from catching up with friends, family or attending a big event or special day (e.g. wedding, birthday, etc). I also get tagged in a lot of photos that my wife (I got married recently) posts up.

When I post up things on Facebook, I do get a lot of clicks and comments, but it’s pretty rare that I’d post something up, so maybe that has something to do with it.

What I know for sure though is that those two guy friends of mine just kill on Facebook. People click like, comment and share their stuff all the time.

How Popular is Your Facebook Profile Today?

You may have 225 friends on your Facebook list of friends, but just how many of them regularly check out your page to see what you’ve been up to?

These days, Facebook has become so influential that being popular on Facebook can actually mean being popular in the real world. If you want people to start noticing you, you need to start doing more than just adding random pretty girls as friends.

Here are 3 funny ways to increase your popularity on Facebook that I’ve seen my friends do. You won’t come off as desperate and you won’t have to wrack your brains to think of witty status updates on a daily basis.

1. “It’s My Birthday” (Every week)

Out of the 365 days a year, there is one day when most people will click on your Facebook profile. Your birthday!

Once a year, you’ll find yourself inundated with well wishes and congratulatory messages on turning a year older. It has become a Facebook tradition. I think it’s pretty annoying, but that’s probably because I am so busy online with The Modern Man and can’t be bothered replying to 100+ family and friends to say, “Thanks!” so I just click like on their comments.

However, I understand that some people LOVE the Facebook birthday attention, so if you do love it, why not try what a couple of my friends did for a couple of months? They changed their birthday every week, so it kept appearing for everyone as a reminder and they kept getting inundated with happy birthdays, confused messages and LOLs from people.

Thanks to Facebook’s birthday notifications, people you have not spoken to in years will be reminded to drop by your page and wish you a happy birthday. This includes ex-girlfriends and ex-crushes, so who knows what could happen when you start “talking” again.

Go to your account settings and change your birth date to the date for next Tuesday. Watch as traffic

trickles and laugh as everyone wishes you great happiness for your birthday.

Some of your *“real friends”* and family will pick up on the fact that it's not your birthday, so just say *“Yeh, I've decided to change my birthday to _____ (whatever date you've chosen). It works better with my schedule”*

Then, do the same thing next week. You'll get a lot of *“LOL!”* and *“WTF!”* responses, but that's the point. People will be posting and you will be more popular on Facebook.

2. *“Say Something Funny”*

After seeing 20 really funny status updates from my friends, I began to wonder. “Are these guys making up the jokes themselves, or getting it from somewhere online?”

I searched around online and instantly saw that there are loads of sites dedicated to funny status updates (e.g. SillyFacebookStatuses.com).

Yet, that hasn't make me think any less of the guys. I still appreciate that they bring a laugh into my life every few days with a quirky or funny status update.

Some examples that I saw on a site I just looked at:

“Didn't Selfie Sticks used to be called Friends?”

“I'm beginning to think that for some of you, the wheels on your bus do not go round & round.”

“Do people with cats not know about dogs?”

“Whoever said “What goes around, comes around”, never passed around a bag of Doritos.”

Some examples from my friends:

“If I ever get arrested I am going to ask for a status update instead of a phone call.”

“It's amazing how long you can hold your farts at the beginning of a relationship.”

“If a guy wants to find out all of their flaws in under a minute, they just have to ask their girl if she has gained weight.”

“If a man says you're ugly, he's being mean. If a woman says you're ugly, she's jealous. If a little kid says you're ugly, then you're ugly.”

3. *“I'm in a Relationship”*

If you are single, a good way to keep your page abuzz with rumors and frivolous talk is to change your relationship status to *“In a Relationship”* on Facebook.

This usually generates a myriad of comments from nosy and poky friends. Sit back, relax and laugh as some of your friends open a discussion about your romantic life. *“Who is the lucky girl?”* *“Is it Ann from high school?”* *“OMG who is she? I want details!”*

Keep it mysterious and don't reveal too many details. The less you comment, the more prying they become. The less you give them, the more they want. You don't have to state who your girlfriend is, just say something like, *“It's all moving very quickly.”* *“I'm actually quite shocked.”* *“sorry for not telling you guys earlier...”*

If they ask you for details, you can then laugh and say that you were only joking. My friend wrote, *“Sorry, I was just dreaming. I want a girlfriend. I am over being single.”*

What happened next? People started suggesting he meet some of their single girlfriends and a couple of women said that he was hot.

Personally speaking, I've never done anything like that (the only time I changed my relationship

status was when I got into a relationship with my now wife), but if you want to get a laugh and have some temporary buzz on your Facebook profile, go ahead.

If you like to joke around and don't want to take life seriously, then make sure that you embrace that. Some of my best friends in life are those who are always looking to have a laugh. People love those who can make them laugh, so if that's your thing – go for it!

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10 Things That You Probably Don't Need to Post in a Facebook Status Update

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Facebook gives people an opportunity to connect with people ranging from their closest friends, long lost friends, high school teachers and former co-workers.

With Facebook, a person can follow the daily lives of these people without actually having to speak to them or meet up with them in person, which is one of the things that makes Facebook so addictive.

Yet, this is where it gets tricky. Do you really want to know everything about your friends, family and people you haven't seen in a long time? If you are like most people, there are some things you probably don't want to know.

You Can Post Whatever Crazy Stuff You Want on Facebook, But it Will Have a Negative Impact on Some of Your Relationships

At the end of the day, it doesn't really matter what you say or do in life. It's completely up to you.

You can decide to be a slob or a gym junkie, a nerd or a cool guy, a family man or a player. It really is up to you and there is no ONE way that everyone has to live life.

However, when you post up unnecessary things on Facebook, it can and will have a negative impact on some of your relationships.

For example: Women may think that if they get into a relationship with a guy who behaves in an "uncool" or weird way on Facebook, they will then become a part of the crap that he posts on Facebook.

If you don't really care about having good relationships with people that you know via Facebook, then go ahead and post up whatever you want. However, if you want to have good relationships with people and be liked, focus on being positive and keep your status updates to a minimum.

Only post up what absolutely needs to get posted up (e.g. photos of events like birthdays, weddings, hanging out with family and friends, etc) and share things that are genuinely going to help people that you know on Facebook.

To guide you through the murky waters of Facebook status updates, we've made a list of things that you should try to avoid in Facebook status updates...

Top 10 Things You Probably Don't Need to Post in a Facebook Status Update

10. Your sex life

[image: Bragging about sex on Facebook]

Bragging to your Facebook Friends (often including family and co-workers) about how great your girlfriend or wife is in bed isn't the coolest thing to do in the world.

Most people have no sex life or a crappy one that they are bored to tears with, so they aren't going to rush to your Facebook profile and congratulate you — they're probably going to resent you instead.

9. The details of your recent surgery or illness

Facebook is the place to share information about your life and if you are sick, it's okay to tell your family and friends.

However, some people take it too far and begin revealing the gritty details of bowel movements, leaking surgical wounds and other nasty details in their Facebook Status Updates. Some take even further and post pictures of their surgery online. Is this what you want to see as you check Facebook while eating breakfast?

8. Anything relating to your divorce

This is a bad idea for so many reasons.

According to the American Academy of Matrimonial Lawyers, 66% of divorce lawyers say they search Facebook for evidence on their client's soon-to-be ex-spouse. Updating your status with a description of the great time you've been having with your current girlfriend may not go over too well with the family court judge in your divorce case.

7. Trash talk about your boss

These days, many employers monitor how much time employees spend on social networking sites during work hours. Imagine their surprise when they learn that you call them Douchebag, Numpty or some other creative nickname behind their back.

Likewise, an unflattering comment about a co-worker can cause serious tension in the office or may result in you being fired.

One of the best ways to use Facebook is to just keep it simple. Post positive stuff online, click like, comment nicely and then just shut up. If you have something mean to say, don't post it online. Say to a friend in person or say it to the person's face.

6. Company trade secrets

Sometimes an innocent comment about the details of your work can give away a trade secret to a competitor. In most cases, this will be a direct breach of the confidentiality agreement you may have signed when you began work at the company.

5. Drug use

"Man that was a good joint!" or "Stoned..." or "Got the munchies"

Declaring that you smoked marijuana won't bring the police to your door instantly, but it can cause all types of problems for you.

For example: If you are going through a divorce (see #3) or fighting a custody battle over children, if you work in a drug-free workplace or you end up getting caught with drugs in a foreign country (that treats drug use very seriously) and claim to have never used drugs.

4. A sales pitch

â□□I can make you \$5,000 in the next 12 months if you go to my website and sign up now!â□□

Facebook is an excellent place to market products, because you have 100s of millions of users to advertise to. However, marketing your products or services to friends on Facebook is just not cool. Create a Facebook fan page or group instead.

3. The cryptic plea for pity

While it's fine for a women to post a status update like, *"Arrrrgh....what a day! I need a hug"* or *"Why does it always happen to me? Life sucks"* a man behaving in that way looks pretty lame.

We men are expected to be pillars of strength in this world. If you want to be attractive to women, you can't behave like a little boy or girl who needs a hug from mommy to feel better. You have to deal with your problems like a man (i.e. feel the emotion and then do something about it without whining or crying out for pity...especially from women).

What's even worse in the cryptic pleas for help is when people ask, *"Why? What's wrong?"* or *"What happened? Are you okay?"* and then a guy replies, *"Nothing...don't worry."*

Lame. So lame.

2. Unimportant details about your life

â□□I had two eggs, toast and orange juice for breakfast. Yum!â□□

Some people use Facebook Status Updates to tell everyone the most mundane things. Most people donâ□□t care that you ate turkey or watched a certain TV show. They only really care about the important things going on in your life.

It's up to you though what you post on Facebook. If you don't care about annoying people, then go ahead and post up everything. It doesn't really matter, but it will have some negative impacts on some of your relationships with people you know via Facebook.

1. A declaration of your sadness

The last thing you ever want to do is bring attention to the passing moments in your life when you feel down, frustrated, lonely or heck – even temporarily depressed. Everyone goes through ups and downs. Part of being an effective, attractive and likeable man is staying in control of your emotions and how you display them.

It's fine to be angry, upset or annoyed at something, but Facebook is definitely not the place to show your temporary shifts in emotion. That's what girls do...

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Top 10 Ways to Look Like a Loser on Facebook

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Thanks to Facebook's "Status Update" feature, some users feel the need to tell their Facebook Friends what they're doing on a minute-by-minute basis.

While a small percentage of people enjoy reading the sometimes lame status updates or comments of their Facebook Friends, the majority quietly laugh at the person for being so dramatic about their daily life.

Read the following tips to ensure you don't end up looking like a Floozier (Facebook Loser) in the eyes of your friends.

10. Copy the Girls

Have you ever seen Status Updates from girls that go something like this, *"No! He didn't just say that to me!"* or *"Why is life so hard?! I need a hug..."*

It is fine for girls to behave like that, but it is not fine for men to do it. That is, unless you want to others to think you're a sissy, wussy or pussy.

Naturally, women are more feminine and men are more masculine. One part of a woman being feminine is expressing herself in reaction to her ever-changing emotional state. This is why women make such dramatic, emotional posts so often. It is natural and normal for women to behave like that.

However, this sort of behavior is not seen as normal for men who are looking to attract women for sex or relationships, or be respected by other men.

As such, if you 'act like a girl' in this way, women will not feel attraction for you because they are naturally designed to be attracted to men. Yes, except for the lesbians.

9. Be Encouraged By Other Floozers

Just because one or two other Floozers respond to almost every one of your updates, it doesn't mean anyone else is interested. You may think that having someone else comment (no matter who it is) makes you look cool. It doesn't. People know a Floozier comment when they see one.

8. Don't Say it in Person

Airing your dirty laundry in public has never been cool. Likewise, it's not cool to use a Status Update to send personal attacks or apologies to someone. Say it in person, send a personal message or forget about it. It's tacky and immature to do it in front of everyone on your Facebook Friend list.

7. Post Everyday

It doesn't matter how interesting your Updates are if you post too often it just makes you seem like a lonely loser with nothing better to do.

Resist the urge and if you absolutely must do something on Facebook, make a comment on another person's Facebook stuff (i.e. a photo, video, comment) they'll appreciate it and most-likely return the favor every once in a while when you make an interesting update to your profile.

6. Quote Like Crazy

A recent trend is for Facebookers to quote lines from their favorite movie or song. The occasional funny quote can be a great way to add some much needed humor to the Live Feed, but being serious

about your quotations is just corny and lame. Keep the serious, deep and meaningful stuff amongst your close friends in person or in personal messages.

5. Tarnish Your Work Reputation

The occasional, 'Ugh work!' might seem funny to you and a couple of like-minded friends, but if you have work colleagues (or worse your boss) on your list of Facebook Friends, don't expect them to see the humor in it.

4. Don't Think

Before you click 'Share' and reveal your Status Update to your list of Facebook Friends, think about whether you'd honestly be interested in reading what you're about to post if one of your friends did the same.

Would you really want to know that they've just had a glass of milk in the last couple of minutes and are settling down to watch an episode of CSI New York? If not, chances are that most people feel the same way. It's up to you if you want to post uninteresting Status Updates, but doing it regularly is a sure way to look like a lonely loser.

3. Post When You're Feeling Highly-Emotional (or Drunk)

The most regrettable things are done on Facebook when we are highly-emotional. If you're angry about a certain situation, or madly in love and want to tell everyone about it wait 24 hours. While it's fine for women to air their emotions on a daily basis, you need to show control as a man. You're not a woman, so don't act like one.

2. Look for Pity

We all know a person who constantly posts the worries and woes about their personal life. They're hoping to get a, 'There, there poor you' pat on the back from their friends and family. Don't do it. You're a man, not a boy, not a girl. Men don't whine and complain about their problems in life they deal with them logically and with minimal emotion.

1. Type 'Lol' all the time

An occasional 'Lol' (Laugh out loud) is fine, but including an lol in all of your comments, Status Updates and messages is one of the fastest ways to look like a girl. The funniest men are those who don't need to laugh at their own jokes or comments. They have the balls to say what they want and then let the silence or the pause after the joke to be the funniest part.

In conclusion: If you're a guy who simply must make Status Updates pay attention to these tips to avoid coming across as a Floozer and ruining your chances with women you're hoping to impress.

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She's Hot, You're Not! Now What?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Most beautiful women are less picky about a guy's looks than you think.

Additionally, while you might think you don't look good enough for a beautiful woman, the truth is that you can actually make women look at your physical appearance in a more positive light. How?

When you make a woman feel attracted to you for other reasons (e.g. charm, humor, confidence, masculine vibe, etc), she will actually look at your physical appearance in a more positive light because she is feeling attracted to who you are as a guy.

While it is true that some beautiful women will only ever have sex with a perfectly good looking guy who is tall and has loads of money, most beautiful women have what I call an Open Type, which means that they are open to having sex with many different types of guys (and even marrying them) if the guy can make her feel enough attraction in other ways.

As you may have seen, even guys that you might consider to be "ugly" can and do pick up beautiful women all the time ([some photo proof](#)).

Making Her Feel Attracted to You

As long as you are confident during an interaction with a woman and can make her feel attracted to you in other ways (e.g. charm, humor, flirting, masculine vibe, etc), most women will give you a chance.

A woman would rather be with a confident guy who isn't good-looking (i.e. average looking or below average looking) than a good-looking guy who is nervous around her, intimidated by her and who would likely become clingy in a relationship.

Imagine This...

Imagine that you're at a busy nightclub and notice a very beautiful woman you'd love to meet. You would really like to approach and talk to her, but you're not exactly a male model. You're just...well...average. So, what are you going to do? Should you go over and talk to her?

"No," you say to yourself, "I can't do that. She's probably used to having handsome guys in her life and might even have a good-looking boyfriend. She'll most likely reject a guy like me in an instant. What's the point of trying?"

If you approach a beautiful woman with that attitude, then you are right — she is going to reject you. Why? Women are attracted to the strength in men and turned off by the weakness. So, when you appear nervous around her or seem to be second-guessing yourself, she will be turned off by your mental and emotional weakness.

Gift Wrapping Example

Consider this...

Two people give you presents for your birthday. One has it professionally wrapped in expensive paper and decorated beautifully with ribbons and says to you, *"I didn't know what to get you, so I got you some stupid shirt. If you don't like it, you can return it."*

The other person happily hands you their present with a smile. It's unwrapped and still in the plain, original department store gift box, but the person confidently says, *"I wanted to get you something special and when I saw this, I knew you'd love it."*

It's exactly same shirt as the other person got you, but this present was given to you with a very different approach. You don't need two identical shirts. So which one would you keep? The one that was given to you with love has more meaning, but if you're a superficial person then you might want to keep the one with the pretty wrapping to make yourself feel good.

That's about how it works when women judge men on looks. Some women want guys who "look good" because it will make them feel better, whereas most women just want a guy who makes them FEEL good.

Have you ever seen a beautiful woman reject a handsome guy after a few minutes? Of course you have. Why? In most cases, all he has to offer her is his "beautiful wrapping paper" and nothing more. He thought that his good looks should have been enough to impress her, but most women need to feel sexually attracted to a man's personality before they will become truly interested in being with him. That is why you see average and below-average looking men walking along with a beautiful girlfriend; these men attract women just by being themselves.

If a good looking guy lacks confidence, conversation skills and charisma, a woman will quickly lose interest in him. After a few minutes of seeing him awkwardly try to keep the conversation going and appearing nervous while doing it, she will begin to realize that what she is looking is little more than an empty box.

Most women will then reject him and keep looking for a man of substance.

You've Got to Believe in Yourself

As a man, most of your success with women simply comes down to believing in yourself. You have to believe that you are not only good enough, but that you are more than good enough...especially when you're talking to attractive women.

If attractive women can see that you believe in yourself and don't get nervous around them, they will be much more eager to kiss you, go on dates with you and have sex with you.

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Top 10 Things Not to Do on a First Date

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

How you conduct yourself on the first date will determine whether or not you get a second one.

If you really want to keep seeing this woman that you've worked so hard to find, here are the top 10 things not to do on your first date...

10. Put on an act

Many men will acquire the skills to attract a woman, but then screw things up by trying to be someone they're not on the date. They'll act richer, cooler, more ambitious, more rebellious or anything else they think will impress the woman.

Don't put on an act. Simply be the same guy she was first attracted to when you asked her out on a date. Not only can most women see right through the act, but you'll lose her trust early on, which will destroy the foundation of your budding relationship.

9. Discuss past relationships

Yes, you have a past and so does she, but a first date is not the time to talk about or complain about your ex. Right now she is living in a fairy tale (that line is very important. I recommend you read it again. She is living in a fairy tale with you) where she's met her potential prince.

If you want to drown her dreams immediately, start trash-talking your ex. Not only will that remind her of your love for previous women, but it will show her how you might behave if you and her broke up.

If she asks you about your past girlfriends just say (in a friendly manner), *"Yeah, we've all had previous relationships. Personally, I'd rather enjoy this time with you now instead of talking about other women wouldn't you?"*

8. Use the "You remind me of..." line

Women like to feel as if they are unique and special to you. If you tell her that she reminds you of a woman you liked but never got to have a relationship with, it can set off alarm bells in her mind. She'll think that you obviously still like the woman and given the chance, would probably leave her for the woman you couldn't score with.

Another bad idea is to compare her to your mother, sister, aunt, or, worse, your ex. No matter how much it was meant as a compliment, it's going to turn her off.

7. Drink too much

You may be tempted to down an extra glass or two (or more) of alcohol to calm your nerves when you're on a first date, but the more you drink the greater your chances are of doing or saying something stupid that insults your date or makes you look foolish.

The only exception is if you're both having plenty of drinks together. In those cases, enjoy the drinks but make sure you're still sober enough to perform your duties later on.

6. Forget to look your best

You don't have to wear a tuxedo or a suit (unless your planned date calls for it), but you should put in some effort to look good. There is a fine-line here: We're not recommending you care *too much* about your appearance, but at least respect yourself by presenting yourself well.

Dress appropriately for the occasion, even if it's just a casual date. She will undoubtedly go to a lot of trouble to look nice for you. The least you can do is return the favor by being properly groomed and wearing nice enough clothes.

5. Show up too late or too early

If you make the date for a set time, make sure you are on time. Arriving late (especially if you don't call to say you're delayed) is rude.

Picking up from her place: Arriving too early will not only make you appear over-anxious, you'll likely catch her unprepared if you're picking up from her home. If you arrive earlier than you planned, wait until your scheduled arrival time before you knock on her door.

Meeting her somewhere: Walk into the venue on time, not a minute later. Walk up to her in a confident, relaxed manner and with a smile, ask her she is doing and tell her how great she looks.

4. Stick to boring, polite conversation

When you're on a first date, it's not unusual to experience a few silences where either of you don't know what to say next.

If you are worried about awkward silences or pauses, you might want to go to the date prepared to talk about a funny current event (not boring political or negative stuff), a cool new movie, TV show or a similar topic that will keep the conversation moving along or bring it back to life if it dies.

If you are stuck for something to say, the best option is almost always to get her to talk about herself and things she's passionate about. People love to talk about themselves when a great listener is present.

3. Talking on your phone for too long

Unless it's a matter of life or death, there's no reason to have a call interfere with your date and that means no texting either. Your only focus should be on your date. If you need to keep your phone on and it happens to ring, check who is calling and if it's not an emergency, hit the "end call" button and ignore it. If it is one of your close friends, feel free to answer it, say hello and let them know that you'll be back a little later.

2. Forget to listen

A lot of guys make the mistake of trying too hard to come up with things to say, when if they listened to the woman and expanded on her conversation they'd never run out of things to say. Check out this article to learn 3 ways to keep a conversation going.

If she's talking and you're really listening, you'll always find an opportunity to comment on something she's said. The conversation will flow easily and naturally and you won't run out of things to talk about with her.

1. Make a big deal out of who pays the bill

Our golden rule for paying the tab is: If you're going to date her again, pick up the tab and tell her she can get it next time. If you know you won't be seeing her again, split the bill.

However, don't make the mistake of letting the check sit on the table for a prolonged period of time. It creates an unnecessary awkwardness where she feels unsure if you're expecting her to split the tab with you, or whether you're waiting for her to pick up the bill.

If you think that by picking up the check too fast you'll look as if you're trying to end the date too quickly, simply move the check next to you so she can see that you plan to pay the bill. Then

continue on with your conversation.

By avoiding these first date mistakes, you can look forward to more dates or a great relationship with the woman youâ€¦ve chosen.

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Top 10 Ways to Get Rejected

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

You've spotted a beautiful woman and you've decided that you're going to approach her.

However, if you're not careful about how you handle the next few minutes, the only thing you might score is a negative response from her and the stinging feeling of rejection as you walk away with your tail between your legs.

Here are the top 10 ways to get rejected when approaching women.

10. Show a lack of confidence

If you want to be rejected immediately, approach a woman with your shoulders slumped and a nervous, almost "terrified" expression on your face. She'll be able to spot your fear and desperation and will immediately lose interest.

On the other hand, if you stand tall, smile and approach her with self-confidence and a casual attitude like you were just going over for an easy-going chat, you'll instantly make a much more positive first impression.

9. Be way too nice to her

There's nothing wrong with being nice to a woman, but if you're being extra nice and polite as way to impress her, it will usually end up in rejection. Why?

8. Apologize for your appearance

If you just came from your "work-up-a-sweat" job, have been exercising or you generally don't look your best when you spot a stunning beauty, don't use that as an excuse not to approach her. Remember, it's your inner confidence and cheeky charm that a woman will respond to, not your looks and attire.

Whatever you do "never" apologize about your appearance when you meet a woman, because you'll make her start thinking about it.

A woman wants to be positively affected by your personality, rather than have to interact with you like she would with a woman who is concerned with her appearance. If you try to make it about 'looks', she'll probably agree that you don't look good enough to be with her because 99% of guys are just ordinary-looking guys.

7. Talk softly or mumble

If you walk up to a woman and say something like, *"Hi! I'm uh John, and I uh, just want to um say hello because I uh noticed you and I thought umm that maybe if you wanted, you don't have to, of course, but uh we could maybe umm"*

You get the point. By this time, if she hasn't already fallen asleep you can be sure that she's going to ignore you and walk away. Mumbling and speaking softly shows a total lack of confidence and that is going to kill your chances with women. Women are naturally attracted to a man's confidence, just like we men are naturally attracted to a woman's physical appearance.

Speak loudly enough to be heard and sound upbeat, self-assured and clear to spark her interest. You have nothing to hide "you're exactly the type of guy that you are. Be proud of yourself and enjoy being you. When you do that, you will find women who love you for you, rather than for an act

you put on from time to time.

6. Unnecessarily invade her space

Unless you're in a loud environment like a nightclub, you should keep about 1.5 meters between you and the woman to begin with.

Everyone has a personal space that they are comfortable with. If you invade her space by stepping up too closely for no reason when you first meet her, you'll freak her out. Keep a reasonable distance from her so she doesn't feel as though you are treating her like some gorgeous supermodel that is being approached by a desperate fan.

If you want to get closer, take her for a spin on the dance floor where touching and closeness is not only legal, it's desirable. Alternatively, use flirting to create sexual tension and she will naturally begin to get closer to you.

5. Compliment her too much

If she's beautiful, she already knows it. If you repeatedly tell her how sexy and stunning she is when you first meet her, you're going to come off like every other wannabe pick-up artist she's met. Treat her like any other average-looking girl.

She'll assume that you're used to being around beautiful women and are more interested in her as a person. That will be a turn-on for her and soon she'll be trying to turn you on.

4. Come across as too eager

Some women like to test a man's confidence level, so they'll ask him to run and get drinks for her and her friends or perform some silly task. If you fall for that type of request, she'll immediately label you needy and desperate and she will either reject you or continue to humiliate you in front of her friends.

You wouldn't run off to fetch drinks if a guy asked you to do it, so don't be so eager to please when you first meet a woman.

3. Use a bad pickup line

For some reason, many guys feel they have to come up with a line when they meet a woman. A simple, "Hi, how's it going?" or "Hey, I'm John, I thought I'd come over and say hi, what's your name?" will usually do the trick as long as you smile with confidence and take a light-hearted approach when starting the conversation.

Canned lines like, "Did it hurt when you fell from heaven?" will turn her off quicker than a flick of a light switch.

2. Think that it's all about you

When you first approach a woman, if you start spouting your resume or biography as if you were applying for the position as her boyfriend, you're not going to get the job.

Instead, simply start a laid-back, light-hearted two-way conversation. Playing tease her a couple of times about stuff she says, make some jokes on the fly, ask her a casual question or two and just talk to her like you would any other person, not as though she is someone super special to you.

Trying too hard to impress her makes you look needy and desperate, which will lead to rejection almost 99% of the time.

1. Approach her when you're drunk

We all know when we are in the process of drinking too much. However, once you get there it's not as easy to collect your thoughts and realize how drunk you are. So, take it easy.

If your goal is to meet a beautiful woman and get her interested in you, forget the liquid courage or at least, don't overdo it. A few drinks throughout the night (to join in on the fun) are fine, but clouding your fears in alcohol so you can talk to women isn't the solution and won't ever help you overcome your fears.

Approach women with the mindset of: Having a good night and enjoying some easy-going, fun and light-hearted conversations. That way you can be the interesting, appealing guy that she has been dreaming about and not a sloppy drunk that she wants to distance herself from.

Avoid these top 10 ways to get rejected when you meet an interesting sexy woman and before you know it, you'll be dialing her for a date.

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Top 10 Reasons to Break Up with Her

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Romantic relationships can end for a variety of reasons.

Generally speaking, the break up will total make sense and both of you will part ways without too much heartache and drama. However, sometimes youâll get into a relationship with the wrong woman and need to initiate the break up on your own.

If you notice that your girlfriend is the wrong woman for you, the best advice to cut your losses and move on as quickly as possible. The longer you leave it, the worse it will be for the both of you...especially if you accidentally get her pregnant.

Some guys stick with the wrong woman for way too long because they either fear approaching and picking up new women or they don't know how to attract other beautiful women, so it feels easier to stay with their current girl.

Break it Off With Her Before She Breaks Up With You...or Before She Gets Pregnant

If you feel like you're in a relationship with the wrong girl, here are the top 10 reasons to break up with her fast....

10. Your personal life is no longer personal

Picture this â you're out with friends on a group date and your girlfriend suddenly says, *"Hey, did he ever tell you that he wet the bed until he was 12?"* and if you call her on it, she'll say, *"Oh, come on. It's funny. You're being too sensitive honey."*

It doesn't matter if you're humiliated; if she thinks it will make for an amusing bit of conversation, she's going to tell the world. Find a more caring woman who wants to see you happy and confident about yourself and your life.

9. She interferes with your other relationships

At first it may seem endearing when she says, *"I want you all to myself,"* but when she gets so upset whenever you want to see your friends that you'd rather retreat from your buddies than incur her wrath, you need to realize her behavior is not normal and will most-likely get worse as the years go on.

Or, perhaps, there's a family function that you want to attend but she refuses to go with you, so you go to it by yourself. When you return, she pouts and punishes you because you left her alone. So gradually you draw back from your family. Before you know it, she has you totally isolated.

Find someone else who enjoys being with all the people you care about. If she can't do that, your relationship is going to be full of negative tension, frustration and resentment.

8. She's too nosy

She reads your e-mails over your shoulder, monitors your messages and texts, looksÂ through your personal mail and when your phone rings – you have to lock yourself away in your car or the back room of your house just to have a little privacy.

If you don't put an end to her snooping early on, eventually she'll question every purchase on your credit card bill, check your phone messages and e-mails and discard or erase anything that SHE doesn't think is essential. Remember, you want a loving woman, not a controlling parent who monitors your every move.

7. She's already planned your wedding

It's your second or third date, and she tells you all about her dream wedding.

While it's not unusual for women to dream of their wedding day from the time they are little girls, this is obviously a woman who's so enamoured with thought of being the star on her wedding day that she doesn't even care who she's marrying, just as long as she can have her dream wedding.

You want to be with a woman who is excited to spend the rest of her life with you. Whether that includes a wedding is up to the both of you and what you believe in.

6. She makes plans for the two of you without consulting you

You've only had a few dates and she calls to say she's made plans for you and her to go out with another couple.

Why is this a warning sign? You're not in an exclusive relationship and she doesn't know if you had other plans. Plus, it's apparent that she's so anxious to be a part of a couple that she doesn't care who she is coupled up with. She most-likely just wants to prove to her friends that she isn't a loser who can't get a boyfriend.

You want a woman who wants to be with you because she is attracted to you and is interested in who you are as a person. Not a woman who wants to use you to calm her trivial insecurities around friends.

5. She's everywhere you turn

Whether you've mentioned to her where you plan to be or not, she's there. It doesn't matter if it's a night out with the guys, a business meeting or a family gathering; she just happens to be in the same place you are. This is stalking behavior. It's scary and it's serious. Get rid of her.

4. She constantly lies to you

Trust is essential for the health of any relationship. The same need for truth is present in a romantic relationship with a woman as there is in a friendship with a buddy. When you notice that you're being deceived, the fabric of the relationship deteriorates and you start to question everything about the person.

If you discover that your girlfriend lies about where she's been, how much money she has or what she does in her spare time get rid of her. If she is lying to you when her sexual desire for you is at its highest (the first year of the relationship), imagine what she will do when the sexual passion begins to die away.

Don't fool yourself into thinking that she will stop lying when she falls in love with you properly. If she is a liar, she is a liar. Find another woman.

3. She's excessively jealous

It doesn't matter if you're talking to a co-worker or a waitress; she throws a fit whenever you speak to any other woman. Or, perhaps she constantly accuses you of having affairs without having any

evidence to substantiate her claims. This behavior isn't going to get better with time. She's completely insecure and there's nothing you can do to reassure her.

A lot of insecure guys like this behavior from their girlfriends because they believe it will ensure that she won't cheat in the relationship and will stay loyal out of fear of losing him. Ironically, jealous women are the most likely to cheat on their partners; they want to make their man jealous and get revenge for his excessive flirting with other women.

2. She's not over her ex

Unfortunately, you're the rebound guy. She had a bad breakup that wasn't her idea and even though she claims to be over her ex, she shows signs that she's still in love with him. Trust your gut feeling in these situations 99% of time you are correct.

She talks about him often. She displays framed pictures of the two of them in her apartment. She constantly suggests places for you to go on your date where you accidentally bump into her ex. When you're there, her eyes follow him like a laser beam. She's distracted when you talk to her and more than once she's called you by his name.

Look for someone who's open to a relationship with you and is not just biding her time until she can figure a way to get back with her ex.

1. She cheats on you

Do you really need an explanation of why you should break up with someone who cheats on you? Trust and loyalty are the backbone of any relationship. When that is gone the relationship will never be the same again.

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10 Ways to Make Her Reach Orgasm

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Great sex is the key to a successful, lasting relationship between a man and a woman.

Without it, the relationship feels more like a friendship and in the modern world, where it is no longer taboo to break up a relationship, many women will leave you to find a new man who can make her feel sexually satisfied.

Making a woman orgasm is mostly about getting her in the mood prior to sex by triggering her feelings of attraction for you.

You can trigger her feelings of attraction by way of your actions, touch and behavior.

Her ability to orgasm (or “come”) has more to do with her perception of you as a man, how she feels about being penetrated by you and the emotional state you get her into before and during sex.

When you create the right type of relationship dynamic between you and your woman, it will be easy for her to reach orgasm without you having to spend a lot of time on foreplay or romance.

However, if you create the wrong type of relationship dynamic (i.e. where she can’t fully look up to you and respect you as her man), most women will be unable reach orgasm and the relationship will begin to fall apart.

10. When Licking Her Pussy, Focus Mostly on Her Clitoris

Oral sex is the easiest ways to make a woman orgasm. The secret to making a woman orgasm with oral sex is to simply focus on licking her clit.

Gently lick up and down the front of her pussy for a bit in a soft and slow way and then just focus on the clit.

Putting your fingers in (i.e. fingering her), sticking your tongue in and out, or aggressively licking all around her pussy usually doesn’t make women reach orgasm, so I don’t waste my time with that. I only do it if I feel like it because I’m in the mood and want to devour her.

The thing that makes most women orgasm is to simply focus on licking her clit in consistent, repetitive patterns. Get into a rhythm and stick with it, so she can relax and begin to guide herself (mentally) towards an orgasm.

When you notice that her body starts to tense up, don’t switch to another licking pattern – just keep going until she orgasms.

If she is tensing up and appears to be close to having an orgasm, but still doesn’t have one after about 30 seconds, rapidly switch to another licking pattern and keep that going at a fast pace. In those cases, she will usually orgasm within 10 seconds after that.

When she is experiencing the orgasm, don’t switch to another licking pattern – just keep going until she pushes you away.

When she pushes you away, it means she peaked, enjoyed the orgasm and is now finished. When the orgasm finishes, her clitoris will become very sensitive and any licking or touching will usually be slightly or even very painful for her.

BTW: How do I know so much about sex? I've had sex with more than 250 and am now in a committed relationship, in which I make my girlfriend orgasm almost every time (about 95% of the time) because sometimes she doesn't want to orgasm.

Great sex is one part of what keeps us madly in love, but there is a lot more to making a relationship last that I teach here at The Modern Man.

9. Don't Rush Through the Kissing...Sometimes

For women, kissing is huge. Sometimes, a woman would rather than make out with you and experience the intimate closeness than comes with that, rather than just having sex. To paraphrase a scene out of the movie "Bull Durham" with Kevin Costner and Susan Sarandon: *Women like long, slow, deep, soft, wet kisses that go on for three days.*

I've been with my girlfriend since October 2012 and even though we've past the initial phase of the relationship that typically includes a lot of kissing, I have made sure that I don't deprive her of it now. I won't do it every time we have sex, but I will do it sometimes and to be honest, BOTH of us get really turned on by it.

So, whether your relationship is new or you are 20 years into it, make sure that you don't forget how powerful a kiss can be.

If you and your woman feel like you've passed the "kissing days," then I recommend loosening up with a few drinks on a Friday or Saturday night at home.

If you've been with each other a long time and no longer jump all over each other and make out, just have a shower and brush your teeth before getting into bed so you both feel fresh.

Then, when you do have sex later than night, the alcohol will make you both loosen up and the fresh breath will make you feel more open to kissing and behaving like you did in the old days.

[image: Dan Bacon with girlfriend]

That's me (Dan Bacon), chillin' with my woman. She orgasms easily with oral sex focusing on her clit and when she is on top.

8. Set the Stage For Sensuality...Sometimes

Some women really like sensual mood lighting and romance.

However, from my experience, many modern women laugh when they see that you've set up mood lighting with candles, are burning some incense and playing some soft music in the background.

It just feels corny, staged and even a little outdated to most women. However, if you remain confident, calm and in control and simply smile at her as you walk over and begin kissing her and rubbing her body, she will open herself up to the experience and really appreciate the effort you put in.

The mood lighting, the massage oil, incense and music will help her relax and get into the mood for an orgasm. This is especially useful when having sex with women who seem confident, but are actually quite insecure. In other words, most beautiful women.

To set the stage for sensuality, you might have a steamy, candle-lit bubble bath together or soap each other up in the shower with a new soap that you both selected. Get some massage oil or lubricant and

use it to play with each other's genitals while kissing for a while before sex.

Play some relaxing music while burning incense. Anything like that to add a bit more romance and sensuality to the experience. However, make sure you only do this *sometimes*, because it will get boring and lose its effect if you do it too much.

7. Make Her Feel Lucky to Be Having Sex With You

Fact: Women want to feel lucky to be with you in a relationship; they don't want to feel as though they are doing you a favor by being with you or having sex with you.

When I realized that women wanted to feel lucky to be with the guy they'd chosen, it suddenly made sense to me why women always seemed to reject wimpy nice guys and go for confident guys who believed in themselves.

If you think it's a little chauvinistic or arrogant to feel as though she is lucky to be with you, then you've probably been brainwashed by modern TV culture and advertisements that continually portray men as stupid, incompetent, clumsy, nervous, lacking confidence and having to continually try to impress the almighty woman.

A lot of modern men make the mistake of trying to get in a woman's "good books" by being really nice to hopefully then get some action in the bedroom. However, that type of weak, submissive male behavior actually turns women off at a deep level.

The right dynamic between a man and a woman is to make her feel lucky to be having sex. It's not about telling her that she should feel lucky, but being the sort of man that she knows other women would love to be with in a relationship as well as in the bedroom.

6. Talk About What You've Enjoyed So Far

[image: What is Pillow Talk With a Woman?]

When you're outside of the bedroom in a quiet, safe zone (e.g. a quiet night in front of the TV), tell her how much you enjoy when she does certain things to you. For example, you can say with a cheeky smile, "*Babe...I really enjoy the way you suck it...you're good at it. I've taught you well :)*"

If you have a great relationship where both you and her are comfortable to be your true self around each other, she will laugh along with you and enjoy the moment. More importantly, she will feel more confident the next time she decides to give you oral sex.

She will feel more sexy in your eyes and as a result, will be more-likely to achieve orgasm when you give her oral sex or while you're having intercourse.

If you're still dating and haven't had sex yet, you can tell her how sexy her kissing is. You'll boost her sexual self-esteem around you and that will allow her to feel more emotionally open during sex, which will increase the chances of an emotionally-driven orgasm.

She'll think, "*Well, if you liked my kissing, wait until you see what I can do to you in bed!*" and will be keen to let relax, show off her skills and enjoy the sex with you.

After letting her know what you like, make sure that you also ask her if there's something she particularly enjoys. Don't cross-examine her in an overly-serious way, just casually ask her. Smile

gently and look her in the eyes and ask, “*So, what have I done so far that really turned you on?*”

5. Turn Her on With Your Behavior

A woman’s physical appearance is what turns us men on in an instant.

However, for a woman, she gets turned on more from how your behavior, actions and vibe makes her feel. So, instead of worrying so much about how you look physically, you need to focus more on how you are making her feel.

Does she feel protected around you, or does she feel as though she needs to protect you from the world? Does she see you as a real man, or as a wimp who she will put up with until she finds a better man?

An example of turning her on with your behavior is what I call the Clit Call. When the relationship has reached the point where you are having regular sex and are comfortable being yourselves around each other, pick your moment to call her on her phone a day before a date that you have scheduled together.

Get her on the phone and say, “*Hey...listen there’s something I want you to think about. Imagine this...my tongue, your clit. See you tomorrow.*”

Then hang up.

After that, she will naturally begin to imagine and daydream how the sex will play out after your date. In fact, it’s very possible she’s going to want to skip the date and head straight to bed.

4. Experiment to Find Out Which Position Makes Her Come

Due to the position of her clitoris, it’s extremely difficult for most women to achieve an orgasm from the standard missionary (man on top) position.

If you’re on top and pumping inside of her, try lightly stimulating her clitoris with a moistened finger at the same time (find out if she prefers to have you play with her clit directly, or from the outside of the hood of her clitoris).

Some women are too sensitive down there and it hurts, while others love it) or get her to play with her clit while you focus on penetrating her with varying degrees of force with your penis (e.g. long light strokes, fast aggressive strokes, etc).

One of the easiest ways to make a woman orgasm is to get her on top, because it allows her to effortlessly stimulate her clitoris against your body and control the speed, penetration and length of the strokes to her satisfaction.

Her on top is the easiest position for a woman to orgasm, but you need to work out the right rhythm and technique for each woman – not all women are the same. Some women prefer sex lying side-by-side facing each other (push her head down sometimes to allow her to see you pumping her), doggy style or back to front.

Have fun experimenting and see what she responds to, but don’t change positions too often and too quickly. When you keep switching positions, she will often lose her heightened emotional state (e.g. feeling intense feelings of love for you, feeling naughty, feeling dominated and loving it, etc) which

is a big part of how a woman reaches an orgasm.

Let her get caught up in the emotion and delve into the feelings, thoughts and sensations that will drive her to orgasm. Help her along by groaning (in a masculine way) with pleasure at times, breathing heavily and using your masculine facial expressions to show her how into it you are.

3. Don't Make it Your Fault or Her Fault

[image: Make her come]

Never, under any circumstances, apologize about her being unable to reach an orgasm. Also, don't make it out as though she has some sort of problem. Orgasms will have more often if you can just be easy-going about it and allow both of you to relax.

If you turn it into a huge problem, both of you will be so tense and thinking way too much during sex that it will be difficult to enjoy it. Instead, have the sort of attitude that, *"No orgasm is no big deal. Maybe next time"* and just be easy-going about it.

When she does orgasm, just smile and allow her to enjoy it without you interrupting with questions or comments. You can then ask her, *"Nice baby?"* or *"How was that darling?"* while smiling in a relaxed and sexual way.

It's good to acknowledge her having the orgasm because you want her to know that you know. She'll likely respond with, *"Yes, that was an amazing orgasm"* or *"Wow, that was good"* or something along those lines.

The more often she orgasms with you, the more she will be able to orgasm in future because simply by believing that she can orgasm dramatically improves her chances of achieving orgasm the next time. In time, she'll get good at going to "that place" in her body and mind that delivers her to the point of orgasm.

2. Mix it Up

Oral and hand stimulation can often provide her with an even greater chance of success of reaching orgasm. Since the clitoris is the most sensitive spot on a woman's body, it's much better to go with a light touch that isn't too prolonged and then go back to it sporadically.

When touching her clitoris, always ♡ I repeat, always ♡ ensure that your finger is lubricated by her juices or your saliva. A dry finger on her clit hurts like hell and is a big turn off. Combine light flicks of your finger or tongue on her clit and long strokes in and out with your fingers. Then, alternate by putting your penis back in and then going back to finger and oral stimulation. You'll both have an explosive sexual experience.

It really depends on the woman. As mentioned, I've had sex with more than 250 women and after a while, I became confident enough to just talk about what I liked and what she liked or wanted. Sometimes, women were too shy to say a lot, so I waited for a night when we were out partying and having a few drinks to ask her.

Either way, I got my answers and found out what she liked. Some girls liked being fingered, some hated it. Some girls wanted to be slapped on the face, while others wanted really soft and sensual sex.

Some girls loved copping it doggy style, while others loved being on top.

If you are unsure what might work for her, just ask her in an easy-going way. Don't stress out about it, just ask in a relaxed manner and then get on with what you're doing.

[image: Make her orgasm]

1. Be a Man

The most important element in making your woman able to reach orgasms with you is to be a man. From the very first moment a woman meets you and right through the entire relationship, she will constantly be assessing your level of masculinity.

Sometimes your masculinity is expressed in very subtle ways, while other times it is extremely obvious. A subtle example of masculinity is how you respond to another man when he is being pushy, or trying to undermine you.

A woman will look to see if you can remain confident or be assertive, without losing control of your emotions or getting pushed around. An obvious example of masculinity is the way you hug her (e.g. when on the couch). Do you cuddle up to her, or do you get her to cuddle up to you?

Getting a woman to reach an orgasm is both simple and complex. If you can take on your role as a man consistently, your woman will find it easy to orgasm with you (even after only a few minutes of sex). Most of my women orgasm within the first 1-2 minutes of sex, or within the first minute of oral sex.

This isn't because I have a big penis (I'm just average) or because I am using amazing physical techniques, it is because women see that I am a man all day, all night, no matter what situation I'm in. That's the big difference.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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The Pros and Cons of Online Dating

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you haven't been dating in a while, if you're new to dating or if you're want to improve your skills with women, online dating can sometimes be a good stepping stone. The truth is that online dating is best used in combination with actually going out and talking to women in bars.

However, since many guys are interested in online dating these days, let's have an honest look at the pros and cons.

Online dating wasn't very popular before the late 1990s and early 2000s, but today it has become a much more viable option to make initial contact with women. Unlike in the past, you'll find that there are more women who are also looking to meet their match online.

It's no longer just the homely girls who frequent the online dating sites. Many beautiful women, especially those with busy careers, are now finding that meeting someone online suits their busy lifestyle.

After all, they don't have to get dressed or deal with the noise and crowds generally associated with the club scene and they can better fit it into their schedule.

Today, there are free sites with many active members, but sometimes paying a small fee will give you access to women aren't being flooded with messages by free users.

While you can correspond with women internationally and nationally, some sites will give you the option to search for women within a short drive from where you live.

It's a good feature, because unless you're ready and willing to move to the other side of the world if you become serious with the woman, or you simply don't want to have to spend a fortune traveling back and forth to date, you might want to limit your search to a girl who is relatively close to you; at least within the same state, country or region.

Remember, if you're going to have a true relationship with, or at the least, have sex with your new lady, you're actually going to have to be in the same room. (Online sex doesn't count for anything).

Let's cover some of the other pros and cons.

Pros

1. You can target potential women not only by looks, age and location but also by common interests.
2. Before you even begin corresponding with the woman, there is usually some information on her available on the site that will make starting a conversation easier.
3. You can talk to many women at the same time.
4. On the outside chance you don't hit it off with a woman you like; you're only a few key clicks away from your next potential conquest. No fear of rejection there.
5. You can determine how quickly or slowly you want to get to know the women. Although, due to the removed nature of online dating, people have a tendency to open up more quickly about themselves.
6. You can apply your skills of flirting online before going out into the real world to experiment.
7. When you finally do meet in person, you've already established a relationship or at least have a familiarity with each other.

Cons

1. Women aren't always honest when they put up their photo. You can't tell how recent her picture is or if it is really her. Some women feel that once you get to know them, their appearance won't matter as much so they are deceptive about the photos they upload.
2. You can easily get into the bad habit of using online dating as a substitute for going out and meeting women in person.
3. Some sites charge a recurring fee, while others are â€œpay as you goâ€œ. You could end up spending a lot of money over the course of a year.
4. The so-called â€œrelationshipâ€œ you build with a woman online (sometimes over months) might not match the actual relationship you have once you meet in person. Many guys report feeling worse when they rejected by an online love than if they got rejected by a woman they met briefly in a bar.
5. Most women use online dating to boost their self-esteem, so they are more confident when they meet guys in person. They check their online dating accounts before going out on the town to see all the adoring messages from guys (sometimes 100s of messages per day). Most guys say the same thing, â€œHi, youâ€œre beautifulâ€œ Iâ€œd like to get to know youâ€œ and boring stuff like that.
6. Online dating has to be one of the slowest ways to get a girlfriend when compared to just walking up to women in bars, shopping malls, etc and starting a conversation.

Online dating relationships tend to take many months to build up, whereas you can get a phone number in one minute by walking up and talking to a woman in person. If you fear approaching women, watch the free video to learn how to begin building up the confidence to approach women in real life.

Going on a date

If you do decide to use online dating and score a date in the real world, make sure you take proper precautions so you aren't stuck on a date with an overweight woman or a psycho chick.

Choose a public place with lots of people and plan for it to be a quick initial visit such as meeting for drinks, lunch, coffee or some other arrangement that will allow you to make a graceful and speedy exit if necessary.

You don't want to spend several hours at dinner with a woman that you have no real chemistry with. On the other hand, if you're enjoying yourself, you can always extend the time of your date.

Online dating can be a great way to meet women as long as you don't substitute online dating for the real thing. The best way to use it is in combination with actually going out on weekends and talking to women in bars.

Talking to women in bars is the fastest way to improve your conversation skills with women as well as your confidence. Women EXPECT to be approached in bars and they WANT it.

If you are a good guy with good intentions, you are almost doing women a favor by approaching and talking to them, so don't ever feel bad about it in anyway. Women don't hate good guys who are confident enough to walk over and say hello...

×

[image]

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What Do Modern Women Want in a Man?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

What do modern women want when it comes to dating, sex and relationships with men these days? While some particulars may vary from woman to woman, most things women want from men are virtually universal and here is where you'll find the answers to this age-old question.

A Man With a Great Personality

Above all else, a great personality is what women are searching for in a man. Why? A woman wants to be with a man who makes her feel desirable emotions. The man has to make her FEEL something and behave in certain ways that will make her fall in love and stay in love.

She can't fall and love and stay in love with a pretty boy just for his looks. Both men and women eventually stop feeling the initial lust they felt for the other person, so there needs to be more substance if the relationship has a chance of lasting.

If you're the guy who can make her laugh by cracking jokes, being a little cheeky, and teasing her, you'll literally charm the pants/skirt off of her. Her natural instinct will tell her that if she hooked up with you and happened to get pregnant, at least the relationship will be fun of love, happiness and laughter. That is way more important than a fleeting bit of lust based on the physical.

A Man Who Exhibits a Relaxed, Masculine Confidence

Women also like a man who exudes a relaxed, masculine confidence when he approaches, talks to her for the first time, is on a date with her and in the bedroom with her.

A woman pays special attention to see if you carry yourself with self-assurance, whether you are at ease when you talk to her and if you are a man who is comfortable with yourself.

If you can be confident and easy-going when talking to a woman, it is very appealing and she will find it almost impossible to reject any offers you make to date her.

A Man Who is a Bit of a Challenge

A Man Who is Comfortable to Treat Women as Equals

When a woman says that she wants to be treated like your equal, she doesn't mean that she wants you to treat her like one of the guys. She just wants you to respect her, appreciate her intelligence and value her opinions. She still wants you to be the man ☐ don't ever forget that.

A Man Who is Supportive

She also wants someone who has her back, is there to support her and, when necessary, can protect her. That doesn't mean that she always wants you always to run to her rescue, but she does want to know that if she needs your help you'll be there. You ☐ have to tell her this ☐ she will pick up on it by observing your overall character as a man.

A Man Who Allows Her to be a Woman

Men are natural problem solvers and when a woman airs a problem to a man, many men often feel that it's their job to solve the woman's dilemma. However, that's not necessarily what she wants.

Most of the time (80%), she's just looking for you to lend an ear but sometimes (20%), yes, she does want your input. So how can you tell the difference? Well, when a woman comes to you with a

problem, just sit there and listen. Usually that's all that she wants.

Too often you might have the natural male impulse to jump in with a solution and say, "*Here's how you should handle this,*" or "*Do you want to know what I think you should do?*" Politely, she'll say, "*Yes, okay*" as you give her your advice.

Then, she'll likely do what she feels is best and not necessarily use the advice you offered. Some guys find this behavior from women confusing, frustrating and insulting. However, the main reason why you shouldn't take offense in these situations is that she didn't actually ask for your help. You offered it first and, being a woman (who naturally submits to the masculine), she simply listened.

On the other hand, if she's sharing a problem with you and you are actively listening, when she's finished you can ask, "*So how are you going to handle it?*" At that point, she will either tell you what her plans are or she'll ask you what you think she should do.

If she does ask, then she is looking to you for a possible solution. Once you give her your opinion, she very well may go with your suggestions but even if she doesn't, you can be sure that she will weigh them carefully â€" most women do have a brain.

Most importantly, the way you handled the situation will make her happy with you as a man. She'll realize that you believe she is capable of using her judgment and she won't feel as if you're forcing your opinions on her.

A Man Who Treats His Woman as Special

Women like to feel special and cherished. This doesn't mean she wants you to put her on a pedestal â€" a common mistake of the nice guy.

When you first approach a woman or are just getting to know her, she wants you to treat her like you would any other woman; not any better or any worse. She wants you to be yourself â€" your best self â€" in her presence.

Of course, once you're in a relationship, yes, she does want you to remember things that are special to the two of you (or to her) like birthdays, anniversaries, Valentine's Day, where you went on your first date, special holidays and so forth.

Women are usually very sentimental. If you can show that you understand a woman's sentimentality by remembering things that are important to her, you will be greatly rewarded for your efforts.

A Man Who is Comfortable Showing Affection and Attention

Most women love occasional, impulsive gift giving. And, no, a first date is not the time to bring candy or flowers â€" it's a surefire case of â€"trying too hard" and will turn 99% of modern women off you in an instant.

Once you're in a relationship â€" the game changes. Every now and then, do something really special for her or buy her something that you know she'll like when it's not a gift-giving occasion. Most women respond to this by becoming more loving and affectionate to the man as long as he has not been doing too many special things for her â€" that's when she takes it for granted and begins feels bored.

Speaking of affection, most women adore sudden public displays.

We're not talking about mauling her in a supermarket, but giving her a warm, affectionate kiss on the cheek or lips, telling her you love her (once you've reached that stage of your relationship) once in a

while, or holding her hand as you walk down the street. These are all loving acts that when done in public will usually be reciprocated ten-fold in private by her.

A Man with Ambition

While most women aren't necessarily looking to marry a millionaire, she does want to know that you have a good work ethic and that you have at least some ambition to improve yourself.

Whether it's taking a class to advance your career or reading books that will improve your mind, women love men who aren't content to just always sit in front of the tube or hang with their friends. They want a man who actually shows a desire to improve his life and possibly their life together.

You see, it's not the grand gestures that most women want. It's the little things that tell her that she's chosen a great guy. Don't believe what you see in TV sitcoms and magazine advertisements, telling you that you need to be tall, rich and handsome to be what a woman wants.

It just isn't true. Women want you to be a man that they can feel attracted to, respect and love that is what's most important...

×

[image]

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Sex Talk: When No Means Yes

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Women don't always make it completely obvious when they want to have sex with you.

For example: Sometimes, when a woman says, "No" to sex, what she really means is, "Not yet."

This can be frustrating for guys who don't know how to read between the lines of what a woman means, or may mean by her words.

It leads many guys to wonder, "*Why can't women just say what they really mean when it comes to sex?*"

Here are some of the reasons why:

1. She doesn't want to look "too easy" in your eyes

If you meet a woman and she immediately says, "Let's have sex" or makes it too easy to have sex with her, you might then find it difficult to fully trust her when in a serious relationship.

Think about it.

If she goes out to a bar or nightclub with her girlfriends without you by her side, you might think, "*I had sex with her very easily, so if she has a few drinks and is feeling horny, who knows what she might do?!?*"

This is why, even if a woman likes a guy, she may behave as though she isn't even interested in sex.

She wants to show the guy that she can be trusted.

She is a woman that he could invest his time and himself into to build a future with.

She's not a loose, easy woman who would sleep with any man at the drop of the hat.

She wants him to see that has control over herself and can be trusted to be a loyal girlfriend or wife.

Another reason why a woman will say, "No" to sex when she really means, "Not just yet" is:

2. She wants to test your confidence

Most women are attracted to the strength in men (i.e. confidence, masculinity) and turned off by the weakness (e.g. being nervous around women, shy around women, clingy in a relationship and insecure about his value to her).

Generally speaking, the more confident you are, the more sexually attracted a woman will feel.

I'm not talking about over the top, arrogant, aggressive confidence (i.e. being a loudmouth, angry macho guy, etc).

Instead, I'm talking about relaxed, masculine confidence that can't be broken, no matter what.

That is what is most attractive to women.

So, if a woman tests your confidence by playing hard to get during the lead up to sex and notices that you become nervous and begin to doubt yourself around her, then she will assume that you're not a very confident guy.

She may also assume that you're just hoping to get lucky with a girl who gives you a chance.

She doesn't want that.

She wants a guy who remains confident in himself regardless of what people say or do around him. If a guy can't remain confident just because she isn't jumping all over him and making him feel wanted, it will turn her off if she is the sort of woman who is looking for a truly confident guy. Instinctively, she will assume that his confidence won't be strong enough to handle challenging people in life because he's the sort of guy who needs people to be sweet, nice and easy for him in order to feel confident.

If she happens to get pregnant to a guy like that, what would it mean for her future and the future of the offspring? Would she ever feel safe with him? Would he be able to handle the pressures of life.

Of course, those are not questions that a woman literally asks herself when she's with a guy.

Instead, her instincts automatically assess a guy's attractiveness (i.e. worthiness of having sex with and potentially breeding with) based on how he makes her feel when they interact (i.e. is he confident enough for a girl like her).

Essentially, do her instincts warn her that he is a guy who lacks confidence and therefore can't be relied on to make her feel safe around other people, or do her instincts assure her that he is a confident guy who could most-likely keep her safe and handle the challenges of life?

That is what matters to most women, even though they don't go around talking about it in that way.

Instead, most women say, "*He has to be confident*" when asked what type of guy they want, without giving an explanation as to why.

Another reason why a woman might say, "*No*" to having sex when she really means, "*Not yet*" or "*Yes*" is....

3. She is fighting with her self-image

Many women go through life trying to conform to the standards that society expects of them.

In the past, that meant a woman would have to wait until marriage before having sex.

Although millions of men and women had a one night stand last night, society still expects women to be quiet about it and not go around saying that they enjoy sex so much.

Even though a woman might want to have sex with you immediately, she will often say "*I'm not sure*" or, "*Maybe we should wait*" because she's trying to conform to the superficial identity she has to live with, day in and day out, to be seen as an acceptable or classy woman in society.

4. She likes to build the tension that way

[image: Building sexual tension by not allowing sex to happen immediately]

Some women enjoy playing with a guy and making him work for it for a while.

They get turned on by the tension and anticipation of what is potentially going to happen.

She can go home and masturbate herself and fantasize about how the sex might be when it happens.

She'll fall asleep daydreaming of the first time you will have sex and will imagine herself doing all sorts of naughty things.

When the sex finally happens, it will be a beautiful release of tension for her and if you can make her orgasm, that will be a welcome bonus.

However, if you lose confidence in yourself with a woman who is playfully resisting sex to build up

tension, she may begin to lose interest in you, or completely lose interest.

Most women want to see that you maintain confidence in your attractiveness to her, even though she is playing a little hard to get initially.

In most cases, a woman like that will have lost interest in many guys who weren't able to maintain their confidence around her.

The guy could have had sex and possibly a relationship with her, but she didn't want to be a part of it because she's looking for a guy who can maintain his confidence.

She wants a truly confident guy who doesn't crumble and become insecure if she isn't jumping all over him and making it obvious that she wants sex.

If you can handle the playful pressure, you will usually get to sex and she will like you all the more for it (i.e. because most guys can't handle it and simply lose confidence).

Another reason why a woman will often initially say, "No" to sex is...

5. She's not feeling enough attraction for you

Sometimes, a woman will say no to sex because she's not feeling turned on by the guy's approach.

For example: A guy might be a good guy and be having a nice conversation with her, but he may also be displaying a lot of nervousness and anxiety around her, which is a sexual turn off for most women.

Most women are attracted to the emotional strength of men (e.g. confidence) and turned off by emotional weakness (e.g. nervousness, anxiety), so when a guy displays emotional weakness, it can cause her to reject him, even though she probably would have liked him and even had sex with him if he was confident.

When "No" Really Does Mean "No"

There are times when women say "No" to sex and they *really* mean it.

If a woman firmly pushes you away, raises her voice when saying "No!" or is clearly serious about not having sex, then she usually isn't messing you around.

If that's the case, then obviously you shouldn't proceed any further.

Just stop.

Don't try to push anything.

If she is still open to interacting with you and hanging out with you, then you can begin to build up her sexual desire for you based on how you talk to her and interact with her, but don't try to make any moves on her.

If she changes how she feels and begins showing sexual interest in you again (i.e. touching you, initiating hugs and kisses), then you can begin to reciprocate her advances and it may very well then lead to sex.

[image: Playfully resisting sex]

When “No” Means “Yes”

Imagine this....

You and a beautiful woman are hugging and kissing each other passionately and you decide that you want to take things up a notch.

You slowly work your way up to her breasts and start to caress them from the outside.

You may even get as far as unbuckling her bra and slipping your hand under her top.

Up until now, she’s right there along with you.

She’s loving it.

She’s responding to your kisses and strokes and is maybe even stroking you back, but as your hand touches her naked skin under her top, she says, “*No...we shouldn’t*” or “*Stop*” or gives you another obvious signal that she doesn’t want you to go further, such as moving your hand away.

Does she really mean for you to stop completely?

For the moment let’s assume that, yes, she really does want you to stop and to respect her wish.

Don’t push it.

Just stop.

Kick back and relax with her on the bed, couch or wherever you are.

After a few minutes, she may begin to hug and kiss you again and begin to stroke you, in which case you may want to hug, kiss and stroke her back.

In many cases, a woman will then have sex at that point.

Why?

She was just saying, “*No, we shouldn’t*” to not look too easy in your eyes, even though she really want to have sex.

You didn’t push it on her.

You stopped.

She reinitiated and you then went along with it.

No problem.

On the other hand, if she didn’t push you away and simply said, “*Maybe we’re rushing things...I don’t know...maybe we should wait...I don’t know*” in a shy sort of way, then she is most-likely just trying to look innocent in your eyes.

Simply relax for a few minutes and then begin kissing and cuddling again.

If she is open it and you can hear her moaning to encourage you along, then proceed to begin unzipping her jeans/lifting up her skirt, etc.

If she doesn’t stop you, then sex is only a few moments away.

Of course, if she does stop you, just stop and respect her decision to want to stop.

She might not want to have sex right away, the next time or even next week, so make sure you respect that.

There’s no rush.

You and her can have sex right away if that's what you both want, but you can also wait for 5 or more dates or longer.

There's no problem with that.

Just pay attention to the signals you are getting and proceed without trying to rush things.

Reverse the Situation

Some women love the start and stop action that happens leading up to sex and how it affects a man.

Some women love it how it often turns a man into her willing slave â□□ ready to do anything or say anything that pleases her, in the hope that she will finally give in and have sex with him.

Yet, this can get very tiring for and frustrating for a guy.

So, depending on how much you like her, you need to decide whether she is worth the hassle.

The best strategy with women like that is to reverse the situation on her, so it is you who is doing the stopping and starting.

For example: Get her turned on with some passionate kissing and when she grabs your penis, tell her *"Wait...not yet..."* and then slow things down to a hug.

Wait a minute or two, then get started again and turn her on with some slow kissing (not passionate, strong kissing like before).

When she tries to grab your lower-regions again, say, *"Okay, just for a bit, but we are stopping after a minute..."*

Good luck trying to stop!

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Dating a Co-Worker Dating in the Workplace

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Growing up, you most-likely made most of your friends and love connections with other kids you went to school with because that's where you spent the bulk of your time.

Following the same pattern, you wouldn't be silly to think that your workplace might be a great place to meet a woman...but is it really? Let's take an honest look at the pros and cons of dating women in the workplace.

The Pros

It's a Great Place to Practice Talking to Women

Most workplaces have a good ratio of men and women these days, so you should have plenty of women to practice your conversation skills on.

If you're a little shy, you can practice introducing yourself and experiment with being confident and funny to a wide variety of women before you go after a girl that you're truly interested in. However, you shouldn't practice flirting or engaging in sexual conversations until you are skilled at doing that OUTSIDE of the work environment.

All guys make mistakes when they first learn how to flirt with women and making such mistakes in the workplace will often end up getting him in trouble. So, just focus on practicing to TALK to women, rather than picking them up, flirting with them, etc. It's too risky of an environment to begin your practice in.

You Can Take Your Time Getting to Know Her

If you don't know much about women & dating, you might find it difficult to determine whether a woman is behaving like her true self around you when you first meet her. Very often, a woman will put on a persona to impress you initially.

She'll act cooler, happier and more popular than she really is. Ironically, most guys are put off by this and feel like they couldn't add much value to such a woman's life.

On the other hand, you'll have plenty of opportunities to spend time around a woman in your workplace to see her true personality. Since she will be mostly focused on her work rather than making a dating impression, it's easier to see her true colors much faster. You'll be able to determine how loyal, hard-working and intelligent she is before you ask her out.

It Can Speed Up the Dating Phase of Your Relationship

Spending entire work days with a woman you're in a relationship with is much different than seeing her once a week for a 3-hour date. In fact, when you work with a woman you're dating, it's much more like living with or being married to her.

So you can determine if she is the right girl for you much quicker than the usual dating process.

You'll have a Major Common Interest

When you talk to someone about your job who doesn't work with you, it's often difficult for them to relate to your situation or to care for more than 10 minutes of conversation. Without having a vested interest, knowing the work environment or the people involved, they can't truly appreciate what you're discussing.

On the other hand, if you date a woman you work with, she can commiserate with the highs and lows of your work life because she has experienced it all and knows who you are talking about. If you're having a problem, she can make more useful and relevant comments rather than just guessing about what you're going through.

However, for every situation that has a pro, it must also have a con and dating women in your workplace is certainly no exception. Let's review the reasons you might want to consider for not dating a woman you work with.

The Cons

You'll be Under Greater Scrutiny

Depending on your position in the company or organization, you will expose yourselves to closer examination from coworkers and bosses. Often, people who date in the workplace become subject to accusations of favoritism from co-workers when it comes to promotions, restructuring of teams or financial bonuses.

If youâre both involved in a joint-project that goes wrong, blaming each other could kill your romantic relationship and put serious tension on your working relationship. Worse still, if either of you is in a supervisory position over the other, dispensing discipline can be extremely awkward.

Your Personal Life Will No Longer be Personal

Office gossip spreads like wildfire, especially when itâs a chance to gain an advantage over someone else by spreading damaging information about them.

You might suddenly feel like a mini celebrity because people will be suddenly trying to pump you for information about your new relationship and/or whisper things behind your back that may or may not be true. Since these allegations are rarely favorable they can, and likely will, negatively affect your career.

It May be Against Company Policy

Many companies either frown upon inter-company dating, or absolutely forbid it by making it one of their rules.

If your company has a policy against hooking up with women in your workplace and you try to get around it, you may find that you and your lady end up be fired with cause. Unfortunately, in such cases youâre usually not entitled to unemployment benefits and wonât get good recommendation for a future position elsewhere.

You May be Subject to Sexual Harassment Complaints

If your relationship does not work out, you may find that you are the subject of a sexual harassment complaint that could not only affect the company your work for and your wallet, but also will ruin your reputation with future employers and other women.

Yes, it's often a he said/she said situation with little or no proof of wrong-doing, but with even the slightest whiff of sexual harassment, most companies would rather distance themselves from the accused worker so they aren't considered an accessory to the situation.

Whether the allegations are true or not, you and/or her likely will be let go or you both won't be considered for future promotions for a long time.

You May Have to Face an Unpleasant Workplace if You Break Up

Breakups are never fun and running into your ex is always a difficult situation, but imagine that your

ex is a co-worker that you now have to see every day. Youâ€¦d have no escape from the situation and when word gets back to you that sheâ€¦s dating new men, it probably wonâ€¦t feel that good. If the break up was nasty, donâ€¦t be surprised if she cries and tells your coworkers about all the bad things you said or did to her. From there, you can expect that many of your coworkers and even bosses will start to look at you in a negative light.

Yes, finding a woman to date at work might initially feel easier than going out and talking to new women, but make sure you weigh up all of the pros and cons before choosing to date in the workplace.

If you are worried about messing up and getting into trouble by dating a coworker, you might want to try approaching women outside the workplace instead...

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Foreplay Begins on the Dance Floor

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

It's no secret that most women like to dance. If you think back to school dances, girls liked to dance so much that even when the boys sat on the sidelines, girls would get up to dance with each other.

When it comes to dancing with women, you don't have to be as smooth as Fred Astaire, Usher, Justin Timberlake or be good enough to compete on one of the popular TV dance shows. But having a sense of rhythm, having confidence and knowing a few moves will help you to attract women like nothing else can.

The reality is that a guy who is a great dancer can usually have his pick of women in a club. It won't matter if he's short, fat, bald or generally not what you'd consider a stud. If he can dance well, women will gather around to dance with him. The great thing about dancing is that it's a legal touching, so you can escalate to physical touching (and kissing) naturally and easily.

Some dancing styles, like ballroom dancing require men to take the lead and be in charge – and women love that. Latin dancing requires you to press your body tightly against a woman, grind your hips against her and stroke her arms, legs, neck and back in ways that if you attempted to do this to a woman you'd met only moments before, would likely get you rejected.

Guys who master at least the basic moves of dancing and have the right attitude are considered hot and sexy by women because many women associate how well a man moves on the dance floor to how well he'll do in the bedroom.

Let's look at a couple of examples...

In the movie, "Shall We Dance" starring Richard Gere and Jennifer Lopez, there are a couple of pivotal moments in the movie that equate dancing with mating. "Yeah, sure," you might say to yourself, "What woman would turn down Richard Gere in his prime?"

Although that's probably true for a lot of women, his character in the movie isn't the one we're going to focus on right now (although we'll get back to him in a bit).

One of the minor characters, played by Stanley Tucci, is a balding corporate attorney who loves to dance. Even though he knew the dance moves, his obvious lack of confidence in himself made him feel as though it was necessary to develop a bigger persona to impress the women. The persona he developed wore a wig, false teeth (to make his smile bigger) and a really bad spray tan.

No matter how well he danced, he had trouble finding women partners who weren't turned off by his fakeness and vibe of desperation. During a dance competition where a woman had to be forced to dance with him, his wig came flying off causing him to literally lose his footing.

Moments later, when he returned to the floor without the hairpiece, he realized that the crowd was now with him and his partner looked at him in a much different light. His confidence soared and he got the girl.

Now let's get back to Richard Gere and Jennifer Lopez's characters, John and Paulina. Without going into the movie's plot, there is a scene where Paulina, John's dance teacher, wants him to learn to take control and not think about the steps.

John starts to tango with Paulina and she keeps pushing him away because he's not leading and taking command properly. When he finally begins to take control of her, they go on to have one of

the “hottest” (that’s how women refer to it) dance scenes in the history of cinema.

By the time the dance is over, she’s breathless and quivering – and if he wanted, he could have had her right there on the studio’s dance floor.

OK, you’re still thinking, “Yes, but whatever the character, it was still Richard Gere.” So let’s talk about another example – Donny Osmond – King of the Nice Guys and a dorky-looking dude at that. He’s in his 50s, is the father of five and the grandfather of two.

While more than 30 years ago he was a heartthrob to pre-teen girls, sexy is not the first word that would ever come to mind for women when talking about him. Cute in an earnest, moon-faced way with a toothy grin? Sure. Sweet? Very. Sexy? Not so much.

When he was on “Dancing with the Stars,” he performed well. He was more like a good entertainer rather than a great dancer, but what no one could anticipate was what happened the night that he and his partner took the floor to do the Argentine tango.

For the first time in the competition, he was in command. He took total control. He pressed her body against his. He lifted her. He dragged her by her toes. He caressed her naked thigh and when the dance was over, women around the world, from 18 to 80, put together four words together that most thought they’d never say, “Donny Osmond is hot!”

It wasn’t that he was the best dancer that women had ever saw, but he displayed such power, such confidence, such manliness and control that women couldn’t help but be stunned and think, “Whoa! I never saw that coming.”

The point is it doesn’t matter who you are, how old you are or what you look like. If you display confidence and control when you dance with a woman, she’ll follow you anywhere.

Do you need to take dance lessons or get a couple of videos to learn some moves? Maybe, that’s up to you. If you think it will help with your confidence, go ahead. But if you can move reasonably well (with relaxed confidence) and show command and assurance on the dance floor, lessons aren’t necessary for you to attract women.

Picture this.

Caressing, stroking, pressing your body against a sexy woman and having her submit to your every whim and movement. That’s foreplay. If you want to get her to eagerly follow you to your bedroom, start by leading her to the dance floor.

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How to Be a Gentleman and Still Get the Girl

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Can you be a gentleman and still get the girl? Yes, you can!

“But, I keep hearing that beautiful women like bad boys, so how am I supposed to be a gentleman and still attract the women I want?”

The first thing you have to understand is that beautiful women don't like being treated badly. They simply don't want to be put on a pedestal and treated like an unattainable goddess by a overly-polite gentleman or really nice guy.

Watch this video to understand why...

Women Love it When a Gentleman Can Also Offer a Bit of Challenge

There's nothing wrong with being a gentleman to a woman, as long as you also make her have to impress you too. If your approach is all about trying to impress her to hopefully get a chance with her, most women won't be interested.

There is a very specific reason why women love it when a guy offers a bit of a challenge. Watch this video to understand why...

Being put on a pedestal is the standard reaction that attractive women from all around the world get from desperate nice guys who are hoping to get a chance with them. After a while, that desperation and eagerness to please becomes boring and sometimes even annoying for beautiful women.

Since many bad boys have little respect for women, they often treat women poorly and put themselves on the pedestal instead.

In the beginning, some women feel attraction for bad boys because the woman assumes that the bad boy must be valuable, because he isn't as desperate to please her like all the other guys are. However, over time, most women are turned off by the lack of respect they receive from a bad boy and they dump him.

Women are not actively looking for a bad boy. What women really want is to find a guy who makes them feel sexually attracted. If that guy also happens to be a charming gentleman, then she will feel as though she's hit the dating jackpot.

The Ultimate Gentleman

The ultimate type of gentleman that women are hoping to meet is one who:

- Makes her feel sexually attracted by way of his conversation style, body language and vibe.
- Makes her feel special by giving her compliments and making her feel like the most beautiful woman on Earth.
- Gets along well with her and any friends she is with at the time.
- Has manners, but isn't an overly polite guy who is trying too hard to impress her.

However, a word of warning...

Compliments are only really appreciated by a woman if you've made her feel sexually attracted to you first. If a woman sees you as a typical nice guy who is just trying to kiss her ass and hope to get a chance with her, your compliments won't hold much weight.

The secret to complimenting a woman in a way that makes her swoon is to first make her feel turned on by what you're saying and doing when interacting with her (e.g. your confidence, humor, charisma, masculine vibe, etc).

When you make a woman feel attracted to you and then give her a compliment, she sees you as a charming guy. Then, if you have better manners than the average guy, she will see you as the ultimate gentleman.

Classic Mistakes That Guys Make When Trying to Be a Gentleman

1. Behaving like it's the early 1900s

Men in the early 1900s had to behave in a more polite, non-sexual way compared to today's men. Sex is no longer taboo in our society and most women have plenty of sex with different men before settling down with their perfect guy. So, when you meet a woman, don't behave like a gentleman from the early 1900s who treats her like she is still a virgin and would never, ever think of having sex.

2. Thinking that being a gentleman will be enough to impress her

Being nice to a woman and having manners is great, but it's not enough to attract the interest of most modern women.

If you want to be successful at getting yourself a girlfriend or wife, you have to make sure that you also make women feel sexually attracted to you. It's very easy for women to get us men to feel sexually attracted to them because we feel that mostly based on the woman's appearance.

However, for us men, we have to actively say and do things that turn women on...

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20 Cheap Date Ideas

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

With the current state of the economy, many modern men would love to know the secrets to keeping their relationship exciting without having to empty their wallet.

The good news is that if you use the following date ideas, your woman won't know that she's been on a cheap date and you won't look like a cheapskate!

Here are 20 date ideas to help you get started.

First Dates

1. Head to a flea market or night market: You can have a lot of fun going through other people's unwanted products without spending a lot of money.

Plus it will give you an opportunity to laugh with your date about the odd things you'll find (toilet seats turned into bar stools anyone?). You might even discover that your date has hobbies or collections that you didn't know about.

2. Get groovy: Head to a thrift shop (secondhand shop) and take turns trying on truly tasteless outfits. (A Hawaiian print shirt with checkered shorts and knee socks, perhaps?)

3. Cruise for some brews: Many local wineries and breweries hold tours and tastings for little or no money. It's a great way to spend the afternoon and enjoy some free wine or beer. And, if you like, you can always pick up a bottle or two of her favorite to enjoy when she comes over for a visit.

Second Dates

4. See a concert or play: Colleges, universities, high schools and community theaters are a great way to see a play, concert or musical for free (or for very little money).

5. Get active: Any time of year there is always something you can do outside.

Swimming, skating, building a snowman, bicycling, sledding, hiking, walking along and kicking the autumn leaves (or rolling around in them), heading up to a mountain chalet for a coffee and cake, or just having a relaxing walk through a park or botanical gardens. A world of possibilities awaits you once you step outside your door and into the great outdoors.

6. Have an indoor picnic: Get some drinks and snacks and stretch out on a blanket in your living room. Play some music or, if you have any musical abilities, play some songs for laughs. Don't try to be romantic just do the whole thing for fun and laughs.

The best part about an indoor picnic? No ants, no flies and you don't have to worry about getting caught having sex in public!

7. Talk to the animals: Most women love animals and it will only cost you for admission and maybe some food for the animals in the petting zoo. You can pack a pre-made lunch (I'd ask her to make it if she likes cooking and preparing food) or pick up something at the zoo.

Bonus: You'll both come back home stinking of animal smells so it's a great excuse to shower

together!

8. Test your haggling skills at a yard sale (garage sale): Be sure to buy her something silly that she thinks is cute so that she can think of you whenever she sees it.

9. Be quiet: Libraries are great places to visit because you can take out books, music and movies all for free. Turn it into a bit of fun by seeing if you can be in there together for an hour without using words to communicate with each other.

10. Go to an open mic night at a local pub: Watch other people perform. You'll see anything from poetry to music to comedy or perhaps you might want to head to a karaoke bar.

Admission is usually only the cost of a couple of drinks. Who knows, you might discover the next big star or a cool band you'd both like to see again.

If you're brave enough, take a turn at the mic yourself, or get up to sing a duet with your girl.

11. Pimp your pad: Almost every bachelor pad can use a woman's touch. Ask for her help in rearranging your small furniture items or picking out some inexpensive accessories.

You may need to do some heavy lifting on this date, but she'll be very flattered that you admire her taste. Plus, it's a good excuse to get her over to your house if you're finding that to be a difficult thing to do at this stage in the relationship.

12. Play tourist in a nearby city: Find a map/guide and explore places in your city that you've never been to or don't know much about.

Driving out to a little town, a beachside village or something like that can be a great bonding experience. Take turns asking local shopkeepers what they recommend you check out, or if they know of any cool places away from the main tourist attractions.

Any Dates After That

13. Pretend to be house hunting: Come up with fake names to give the real estate agent and start exploring people's homes at open houses.

You can comment on their taste in furniture, argue over where you're going to put your coffee table and disagree over paint colors.

Women love exploring other people's homes and should your relationship progress, it will give you some insight into whether the two of you could find a home that you both would enjoy living in.

14. Explore a used book store: Pick funny/wacky/weird books for each other or find one that you would both enjoy and then head back home to take turns reading from it to each other, while drinking some wine or your having some tea and biscuits (just for fun).

15. Forget the fancy club: Take her to a local pub (a good one) for a couple of beers and a game of darts or pool (snooker). Challenge the locals or each other to a 3-game duel. Just be sure to play fair and if you happen to lose, be a good sport.

16. Go to a free art show or gallery opening: If you are seriously interested in art, you can genuinely discuss it.

However, if you're like most people it will be more fun to pretend to be pretentious art connoisseurs and discuss the questionable value of the work exhibited or for sale. (But if the artist is nearby, be kind. They tend to be very sensitive people).

17. Volunteer for a day: Find a cause you both care about and spend a day volunteering together. It will give you both a good feeling and you'll be helping someone who will benefit from the time you generously donated.

18. See an outdoor show in summer: During the warmer months, many cities and towns hold outdoor concerts. Admission is often free so all you'll have to bring is a blanket or chairs to sit on, snacks and beverages (and maybe some mosquito repellent).

19. Go fly a kite: Buy one or make one (instructions can be easily found on the Internet) and have an enjoyable afternoon flying a kite on a windy day.

Then, have some lunch and go for a short walk around wherever you are (e.g. park, beach). Don't try to be romantic or overly serious about this – just do it for some relaxing fun.

20. Host a potluck dinner party: If you've been dating a while and have mutual friends, invite them over for a potluck dinner party.

This is a dinner party where each guest who attends is asked to bring food or drink to share with the other guests. Ask your friends to bring the appetizers, snacks, drinks or dessert and you and your girl can cook the main course together.

After dinner, you can all play a silly board game, charades or, if the conversation is going well – just keep chatting and having a laugh. See, you don't have to empty your wallet to keep your woman excited and having fun in your relationship.

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How to Succeed at Speed Dating

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Speed dating is one of the easiest, fastest and most fun ways to meet a lot of single women in one evening.

How it Works

If you've never tried speed dating before, it's a little bit similar to the game called "musical chairs." Basically, the women are seated at tables and the men rotate around the room until each man and woman has had a chance to meet each other. You will sit and talk to a woman for about 5 to 10 minutes and then you'll hear a signal that tells you it's time to switch and you'll move to the next woman.

Each person is given a "score card" and if you like a woman (or several women) and would like to get their contact information, you will mark their name(s) on the card. And if those same women also have an interest in seeing you again, they will mark your name down.

At the end of the speed dating event or soon after, the event's organizers will compare the cards. If the women you meet are also interested in you, you will each get the other's contact information (e-mail or phone number). You then contact the woman to talk further and arrange a date.

However, if she likes you but you weren't attracted to her or vice-versa, then neither of you will receive the other's contact information. No rejection worries there. These events are often held at bars or clubs and there's usually a nominal fee to participate.

The Main Thing You Must Do When Talking to a Woman

At a speed dating event, it doesn't matter how expensive your clothes or shoes are or if you are wearing cologne.

What matters is this: When you talk to the woman, do you make her feel attracted to you? Does your conversation style turn her on or turn her off? Does she feel bored or awkward when talking to you, or does she feel happy, excited and attracted?

That's what really matters. Why? Watch this video to understand how attraction between men and women REALLY works...

Speed Dating is Quick and Easy

We recommend speed dating for guys who are:

- Too busy to meet women in other environments (e.g. bars, clubs, etc) because they work long hours or are studying hard at university.
- Don't have many (or any) friends to go out approaching women with.
- Lack experience with approaching and meeting new women.

- Want to quickly begin having sex or relationships with some new women to build up their experience.
- Only want to meet single women to ensure that the chance of being rejected is minimized.

One of the best things about speed dating is that if you're not feeling it with a particular woman, your "date" with her will only last a few minutes anyway.

Even if you have to talk to a woman you're not interested in, it's a great way to help you feel more relaxed and ready to talk to a more attractive woman.

Tips For Success at a Speed Dating Event

Since the women will be meeting many men, you'll want to make a memorable first impression. This is the perfect time to stand out from the crowd by using your sense of humor and teasing her a bit.

Just be sure not to use the same jokes and teases with each girl since you often will be sitting close to the last woman you spoke with and if she overhears you, you don't want her to think that you were giving her a line. Lines are lame.

To come up with some funny to say, you might notice what a girl is wearing and say (with a smile), *"That's looks like an expensive outfit. I don't know – you look kind of high maintenance to me!"* Or you might take a similar tact and say something like, *"My wife forced me to do this! she's at home waiting to see how many I get!"*

The point is to tease her, shock her, say something funny and throw her off her game a bit so she laughs and remembers you. The subject of what you do for a living will invariably come up. This is another chance to stand out and not give a boring recitation of what you do for a living.

For instance, if you are a construction worker, you might say something like, *"I play in the dirt all day and build things..."* Or if you're an accountant, you might answer, *"I make sure that the numbers add up and I help people to get rich."* If you're a student, you might comment, *"I spend my day working on my future!"*

No matter what you do, just figure out a way to discuss your occupation in an interesting and unusual manner. Remember, you're not at a job interview, so don't hog the conversation and don't be formal – it's supposed to be fun and interesting.

Get her to talk about herself and listen to what she's saying. Even if you're not attracted to the woman you're talking with and spot someone more striking a few tables over, don't keep glancing over at the other woman.

You'll get to her soon enough. Women rarely attend these events by themselves and that gorgeous gal you've been eyeing, might turn out to be the friend of the girl you're ignoring.

When they compare notes later, if the beautiful woman thinks you were rude to her friend, even if it was because she was the object of your attention, you're probably going to be a goner. So focus on the woman you're with. It's good practice and good manners.

When you've been talking to a woman you do like and you realize that your time is going to be up, smile and say, *"Finally! I get to talk to someone else! That was the worst 10 minutes of my life!"* Then tell you're kidding and say, *"No, I've enjoyed talking to you! you seem pretty cool. We should chat again sometime"* and get up and leave. It's just that easy.

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Having Sex With a Single Mother

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you're out there meeting women and looking to find yourself a nice girl, you will often come across single mothers who are looking for a new man for love and commitment, a one night stand or just some casual sex for a while.

In the past, a single mother would be ashamed of her position in life and would have been shunned and even disowned by her family.

In today's world, being a single mother is considered normal and acceptable and an increasing number of men are becoming open to being in relationships with these women.

Are Single Mothers Easier to Pick Up Than Women Without Children?

Not really.

If you know [how to attract women](#), most women are easy to pick up.

However, it is sometimes easier to pick up a single mother because there's a lot less competition to date and have a relationship with her because most men don't want to end up paying to raise another man's child or have to deal with the "other man" in her life.

Since a single mom has to spend most of her time taking care of her child(ren), she usually won't have a lot of free time to spend hanging around clubs and waiting to meet a potential date.

If she's like most single mothers, she has to plan her free time in advance around the schedule of her children, as well as find and pay for a trustworthy babysitter. So when a single mom does go out on the town, she is usually doing it with a purpose â find a man, fast! She knows that she may not have another opportunity for months.

[image: Single mom sex]

This is not to say that all single mothers are an "easy lay" or desperately looking to jump into a serious relationship immediately. Many single mothers are intelligent, savvy women who just happened to accidentally get pregnant to a boyfriend, or who had a child with a guy who didn't turn out to be the right man after all.

So, don't look at these women as though they are any less special, smart or deserving of your respect than other women are. Single moms are usually just the same as other women, except they are plus one.

When you meet a single mother, the same [rules of attraction](#) apply (i.e. she will be checking to see if you are a confident, charismatic guy who would be a great boyfriend and lover or a nervous, shy or insecure guy who is just hoping to get lucky with any decent woman he meets).

Be Honest About Your Intentions

If you know that you're only going to be interested in a fling or a one night stand and definitely don't want to be saddled with the additional responsibility of paying for someone else's child, it would be unfair to pretend that you're a potential husband or father figure.

Single mothers really appreciate it when guys are honest about their intentions, as long as he still remains respectful. For example: If you only see her as a temporary lover for a while, you have to let her know that you're not looking for a girlfriend.

At some point in the conversation, she will ask you, *"So, do you have a girlfriend?"* to which you can reply, *"No...I don't have a girlfriend at the moment. I've been really busy with work (or study) and I'm not really looking for a girlfriend right now...but, I do think you're sexy though. You're a very sexy girl."*

She will appreciate your discreet honesty and your ability to maintain the positive vibe between you and her. She will know that you're a guy who will be open to having sex with her that night, but you probably won't want to have a relationship.

Funnily enough, that will usually make her want to have a relationship with you even more. Why? Watch this video to understand why many women like a guy who is a challenge...

Don't Pretend to Be Her Knight in Shining Armor...Unless You Intend to Be

A single mom will often meet guys who show a lot of interest in taking care of her and the children. The guy will act like a knight in shining armor and make promises to stick around and be a father figure for the children, only to then stop calling a week later after they've had sex with her a few times.

After she experiences that more than once, she will begin to raise her guard and feel suspicious of guys who seem too good to be true.

Unless you intend to really stick by her and help raise her children, don't even touch that subject unless she asks you. If you're unsure, simply say, *"I don't want to make any promises that I can't keep. When I can promise you that, I will say it. For now, I just want us to get to know each other, maybe fall in love and see what happens."*

How to Know if She Wants a Relationship or Just Sex

If she talks about her children a lot, asks if you have children of your own or questions whether you want children someday, especially early in your conversation, chances are good that she's looking for a husband/replacement father and is trying to weed out any men who won't take on that role.

On the other hand, if she doesn't mention her children until later in the conversation and acts as though she is single, then she's probably just looking to have a one night stand or a casual relationship with you.

She might be interested in something more after that, but for now – it's most-likely just about her

getting some sexual satisfaction and experiencing the new love of a dating relationship.

Once you know her intentions and you have determined what you want, you need to make a move and take things to the next level. Most single moms are open to moving things along fairly quickly, so don't waste too much time trying to get to know her.

Suggesting that a single mother come back to your place for a drink (or head to her house to let the babysitter go home) will result in a "Yes" more often than other women who aren't in as much of a rush to find a guy.

If she says, "No" just remind her of how difficult it is for her to have free time like she has that night and suggest that she consider having some fun with you tonight. She will then be more likely to act on that suggestion and open herself up to having a one night stand with you.

Accept the Limitations

If you are interested in having a long-term relationship with a single mother, you need to accept that her availability will be limited. For instance, when you're dating a single mother, last-minute dates (e.g. calling her up and saying, *"Hey, get dressed – let's go have dinner and watch a movie tonight"*) are pretty much out of the question.

If you're sincerely interested in her, you have to be willing to give her enough advance notice when you set up dates, so she can make arrangements to find someone to watch her kids. She also may have to cancel some dates with you unexpectedly (e.g. if one of her children is sick or needs her for something). If that happens, don't take it personally.

Single mothers also tend to have a lot more additional expenses than other women, so you might want to offer to pay for a babysitter on some occasions. She might reject your generosity, but she will appreciate it and consider it very thoughtful that you offered.

Dealing With Her Ex

When in a relationship with a single mother, you will have to deal with an ex-boyfriend or ex-husband at some stage. After all, someone fathered her child.

The simple way to deal with her ex is to not see him as competition for her. You have to trust her 100% that she is broken up with him and doesn't want to be with him. If you don't give her your full trust and become insecure about her being in contact with him, it will actually make him seem more attractive to her.

As you get deeper into the relationship, her children eventually will become a part of your life as well.

If you can handle the fact that you're not going to be the center of her world 100% of the time, then you just may find that the rewards of finding your perfect woman and all baggage and all is worth all of the extra effort you have to put into the relationship.

As a modern man, you can't always look to your parents or grandparents as role models of how to plan your life with a woman. Things have changed and whether we like it or not, the world will continue to change. Dating a single mother was once taboo and now it's normal. Who knows what will be normal in 20 years time.

So, if you like a certain woman – don't worry what people think about her already having a child. Go with what makes you happiest because 20 years from now, people will most-likely be doing much wilder and more "out there" things than dating a single mother...

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

You are about to discover my personal secret for success with women. This FREE video will BLOW YOUR MIND (I promise!)

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Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

How to Make a Woman Treat You Well and Want to Take Care of You in a Relationship

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

When in a relationship, how can you make a woman want to treat you well, be good to you, be attentive, be affectionate, be loving, be caring and so on?

How can you effectively turn on what I call, *The Good Girl Switch* in her mind, where she loves the feeling that she gets when she's good to you?

One way to do it is to be truly emotionally independent.

This is where you do not need her emotional support or attention.

The reason why that works is that for women, there is a big difference between being in a relationship with a guy who needs emotional support in order to feel good about himself and feel okay, compared to being in a relationship with a guy who doesn't need emotional support from her and doesn't even need any of her attention.

[image: Make her want to be important in your life]

As a result of him being like that, she wants to feel needed in his life.

She wants to feel important in his life.

She wants to be a good girl for him because he is clearly a man who has got his stuff together.

He's not like an emotionally needy guy who needs a pat on the back, or a hug to feel better about himself.

He already feels good and as a result, she feels like she needs to do something to feel needed and important in his life.

So, what's an example of how that works?

Well, imagine that an emotionally needy man came home from work, he had a crappy day at work and he comes home and he meets up with his girlfriend or wife.

He then starts saying, "*Yeah, I had a really crappy day at work today. Oh, my boss is being a pain in the ass. So, I really need a hug. Come here honey*" and then he wants to talk about his crappy day.

He wants her to listen and essentially give him a pat on the back and tell him that everything's going to be okay.

Now, compare that to an emotionally independent man who had a crappy day at work.

He comes home and his woman asks him, "*How was work today?*" and he says, "*Well, it was a pretty crappy day at work today, but you know, you have those days*" in a way that suggests he doesn't need to talk about it any further.

She will then almost certainly want to find out more about what made the day crappy, or she might not ask any further because she may know that he has got his stuff handled.

He doesn't need her to be patting him on the back, telling him that everything's going to be okay, trying to motivate him and encourage him to keep walking and keep going in life and tell him that everything's going to be alright.

Yet, in most cases when a man is emotionally independent his woman will want to find out more.

She'll want to feel needed in his life.

She'll want to try to help and be there and give him love and attention and so on.

She will want to feel needed and important in his life, so she might ask him, "*Oh, what happened, honey? Why was it a crappy day?*"

He can answer that question in many different ways.

He can joke around with her and turn it into something to laugh about, so they don't have to go deeper into the crappy day that he really doesn't care about anyway.

He can let her see that he's got it handled and is already thinking about how he can get a promotion at work, or get out of that job and get into another one.

So, he has his stuff sorted.

He doesn't need her to get too involved in his life, but he can also open up and talk about the crappy day while letting her see that he has got it handled and that everything is okay.

So, with the example of joking around with her and turning it into something to laugh about, when she asked him, "*So, what made the day crappy? What happened?*", he can joke around and jokingly say something like, "*Well, it was a crappy day because...you weren't there.*"

He can then laugh, give a bit of a tickle, have a hug and they can have a laugh together and then get on with the rest of their evening together.

Alternatively, if he wanted to answer the question and give her some more details, there's nothing wrong with that.

It's not emotionally needy to talk about what has gone on in your day, to talk about some emotions and so on.

The difference is when a man *needs* a woman to give him that support and if she doesn't give him that support, he is going to feel really sad and down and she's going to have to keep patting him on the back and telling him that everything is okay.

If an emotionally independent man were to talk about the day being crappy, he might say something like this, "*Well, it was a pretty crappy day at work, because I'm already overloaded with work and my boss came over and gave me another project to work on, on top of that so on. So, it's like, 'Come on, how hard do you want to work me?' You know, I'm actually thinking about maybe getting another job or something because I think I have the type of skills now that can get me a better job. I don't need to stay at that level. I can start moving up.*"

She can then see that he is able to take care of himself.

Just like every other man in the world, he experiences problems and challenges and issues, but an emotionally independent man will take care of the situation himself.

So, when you're truly emotionally independent and you don't need a woman's support or attention, she wants to give that to you because she wants to feel needed and important in your life.

As a result of being like that you're doing one of the things that turn on what I call *The Good Girl Switch* in a woman's mind, where she naturally wants to be a good girl for you.

She treats you well.

She cares about you.

She is attentive and she loves you and wants the best for you.

Unfortunately, a lot of guys don't learn what you have been learning so far in this video and as a result, when they notice their woman losing interest in the relationship and no longer being as attentive or interested and essentially being more interested in her phone, her friends, her studies or her work than him, he will often go down one of the following routes which don't work.

He might get angry at her and start having arguments with her about the fact that she has changed.

[image: Why won't you give me the love and attention I need?]

He might start sulking and complaining and saying that she's making him feel upset because she's not giving him the attention and love that he wants in a relationship.

He might start to treat her badly because he wants to get revenge on her for making him feel the way that she's been making him feel.

On the other hand, what some guys do is that they see that their woman has changed and is no longer really in love with them and doesn't really seem to care anymore and the guy will then start to suck up to her.

He'll start buying her things.

He'll start taking her out to nice restaurants.

He'll start doing more chores around the house and will essentially try to make her life as easy and nice as possible.

Yet, no matter what he does for her, it's never enough, it never works, or he's never able to flick on that Good Girl Switch again, the way that she was at the start of the relationship.

He's not able to get her back to that state of being.

He's not able to bring out that behavior inside of her.

So, what I want you to know is that when you're in a relationship with a woman, you do not have to put in loads of effort and buy her lots of things and do loads of things for her in order to make her happy enough to treat you well.

That's not how it works.

As a man, the best way to approach a relationship with a woman is to interact with her in ways that naturally make her feel respect, attraction and love for you without you having to do loads of work, put in loads of effort, buy her things and treat her like a princess and so on.

Now, there's nothing wrong with treating a woman well in a relationship.

There's nothing wrong with being a good man, but you don't need to put in loads of effort and suck up to a woman and you don't need to stress out and have arguments with her and try to tell her to change and go back to the way that she used to be.

That doesn't work.

You've just got to interact with her in ways that naturally bring out the best in her.

What you'll find when you approach your relationship in that way, is that it becomes pretty much effortless for you.

[image: Bring out her good girl side]

You no longer have to put in loads of effort to try to get something from her.

Instead, she gives and gives and gives because it feels good to her to be like that for you.

She wants to be a good girl for you.

Learn More?

Okay, I hope you've enjoyed this video and learn something from it.

If you'd like to learn more, I recommend that you watch or listen to my program, [Make Her Love You For Life](#).

When you watch or listen to the program, you will learn exactly how to make your woman respect you, feel sexually attracted to you and be totally in love with you for life.

You will learn my best techniques for making a woman be a good girl for you, making her be loving and affectionate and attentive and actually care about you and the relationship.

As I said earlier on in the video, being emotionally independent is one way to flick on that Good Girl Switch inside of a woman.

There are many other ways that you flick on that Good Girl Switch inside of her, so she is a good woman for you and you will learn all about that in the program.

Bring Out the Best in Her, or Some Other Guy Will

[image: Bring out the best in her, or some other guy will]

One final point that I want to make for you in this video, is that pretty much every woman on the planet has it within her to be a good girl.

She's got it inside of her.

Some guys don't know how to bring that side out of a woman when in a relationship with her.

As a result, she doesn't ever show her loving, supportive, attentive, caring, good girl side to him.

Yet, if she breaks up with him and gets into a relationship with another guy who brings out the good girl side of her, then she'll be a completely different person in that relationship.

She always had it inside of her to be that type of good girl who is loving and attentive and affectionate, caring and actually wants to do good things for her man, but the other guy wasn't able to bring that side out of her.

What you need to understand about women is that they are the happiest when they are in a relationship with a guy who brings that good girl side out of them.

A woman doesn't want to be in a relationship where she's being a pain in the butt, she's being a nag, she isn't being affectionate, she doesn't want a hug, doesn't want to have sex and so on.

She doesn't want to be in that situation.

She wants to be in love, she wants to be happy and you can literally bring that side out of a woman.

When you do, she treats you so much better.

She's more affectionate, she's more attentive, she cares about you and she wants to do good things for you.

You deserve that type of respect, affection and attention from a woman and you can literally bring

that out of her based on how you interact with her.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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How to Stop a Break Up Before it Happens

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

How can you stop a break up before it happens?

How can you get a woman to change her mind and not go through with wanting to break up with you?

What you need to do is change your approach.

You need to start saying and doing things that make her feel a renewed sense of respect and attraction for you.

If you keep using the same old approach that you've been using, you're going to get the same old results.

However, when I say that you need to change your approach, I don't mean that you should make any of the following mistakes.

1. Asking her what she needs you to change.
2. Becoming extra nice, sweet or considerate.
3. Doing extra chores around the house.
4. Pouring your heart out to express how much you feel for her.
5. Being romantic or having date nights.
6. Ignoring her to hopefully make her realize how much she needs you.
7. Giving her an ultimatum.
8. Playing it cool and acting like everything is okay.

I will now go into detail with some of the mistakes...

1. Asking her what she needs you to change

[image: Please tell me what you want]

When a man asks a woman what he needs to do to make her stop being so distant, be more affectionate, be in love with him like she used to, in most cases, she's not going to tell them the real answer.

The main reason why is that a woman doesn't want to be a guy's teacher in life about how to be a man.

Another reason why is that in many cases she is embarrassed to tell him what she really wants.

For example: Sometimes a woman finds herself in a relationship with a guy who has become a bit of a pushover. He has become insecure and he doesn't feel very confident in his attractiveness to her anymore and he puts up with her bad behavior just so he can stay with her.

What she would like to tell him is, *"Hey, I actually need you to stop being so insecure about your attractiveness to me. I need you to believe in yourself and I need you to not put up with my BS. If I get out of line, I need you to put me back in my place in a dominant, but loving, way. I don't want you screaming at me and getting aggressive, but I want you to put me back in my place in a dominant, but*

loving, way. I want you to make sure that you don't let me walk all over you."

Most women are embarrassed to admit that they want that sort of thing.

Likewise, most women don't actually want to take on the teacher role for a guy and say, *"Alright, look. Sit down. I'll teach you how to be a man. This is what I need from you..."*

She doesn't want to take on that role because it'll make her feel like his big sister or mother or teacher.

She wants to feel like she's his woman.

She wants to be able to look up to him and respect him as her man.

She doesn't want to look down on him as a boy or a little brother or a confused guy that she has to continually lift up and guide as they go through life.

She just wants a man who understands how to be a man now or a guy who is willing to figure it out and then start doing it.

So, if you're in a situation where your woman wants to break up with you, do not rely on asking her what she wants you to do because she will either not be able to tell you because she's embarrassed or she won't want to tell you because she doesn't want to feel like your mother or big sister.

The second mistake is becoming extra nice, sweet, or considerate. Third one, doing extra chores around the house.

Now, I'll go into detail with the 4th mistake....

4. Pouring your heart out to express how much you feel for her

When a woman is thinking of breaking up with a man, it means that she has lost respect for him.

As a result, she will then stop feeling proper attraction for him. If that goes on for long enough, she'll fall out of love with him.

So when a woman gets to the point where she actually says to a man, *"Hey, I don't feel the same way anymore, I think we should break up,"* or *"I don't want to be in a relationship anymore,"* she's not going to care about his feelings for her.

She doesn't have strong feelings for him anymore because she's fallen out of love.

He lost her respect and she stopped feeling attraction for him as a result and fell out of love.

So, if the guy actually wants her to care and wants her to stay with the relationship, he needs to change his approach and start saying and doing things that make her feel a renewed sense of respect and attraction for him.

In some cases, a guy can pour his heart out to his woman and get another chance.

This will happen if the woman is young or inexperienced with relationships.

Yet, for most women, when they get to the point where they actually say that they want to get out a relationship, they're not going to change their mind unless the guy changes his approach.

When you change your approach to her, she changes how she feels.

When you start making her feel respect and attraction for you, she feels that.

Then she starts thinking, *"Okay, I don't want to break up with him anymore because I feel something for him now. I feel like I can love him again. I feel like there can be a future for us. I respect him*

again. I feel attracted to him. I actually want to be around him now."

That is what matters.

You've got to focus on making her feel a renewed sense of respect and attraction for you.

When you do that, she reconnects with the love that she used to feel for you.

The reason why I say reconnect is that love doesn't actually die.

When a woman falls out of love with you, she simply disconnects from the love.

Yet, the love is still there in the background and she will reconnect with that if you make her feel respect and attraction for you again.

She will naturally reconnect with the love.

She'll start having those loving feelings for you again.

She will look at you from a different perspective.

She will respect you now.

She'll feel attracted to you again and as a result, she will start thinking about you in a positive light.

She'll start thinking of things about you that she actually likes. When that happens, she'll start to reconnect with the love.

5. Being romantic or having date nights

[image: Being romantic or having date nights to stop a break up]

Like I said, in a previous example, if she doesn't have strong feelings for you, then sucking up to her with date nights and being romantic isn't going to mean crap to her.

You can be as romantic as you want to be, put some candles out, take her to an expensive dinner, doesn't mean a thing if she doesn't actually respect you.

If she has lost respect for you and you don't get that back, nothing that you do is going to work.

You can take her on the most romantic date that the world has ever seen but inside of her, she's still going to feel like she wants to break up with you because she doesn't actually respect you.

She might enjoy the date and be laughing and happy for that time, but when the date is over and she's interacting with you and realizes that you're still making the same mistakes that caused her to lose respect for you, then she's still going to want to go through with the break up.

6. Ignoring her to hopefully make her realize how much she needs you

[image: Ignoring her to hopefully get her to realize how much she needs you]

This will work when a woman is just being a pain in the butt and she really does love and respect her man, but she just wants to mess with him by threatening to break up with him.

So, if he then ignores her and just gets on with his life without her, she's going to feel like she doesn't want to break up and she wants to be with him.

Yet, if a woman wants to break up with a guy that she has lost respect for and is not feeling attracted to anymore and is fallen out of love with, then him ignoring her isn't going to mean much to her at all.

If the woman has some experience with relationships, she's just going to use that time that he's ignoring her to move on.

She's going to go out with her girlfriends and meet some guys or she's going to let the guy who has been hitting on her at work take her out on a date or she's going to get on an online dating app or an online dating site and have 100s of guys overnight who want to meet up with her for a date.

The thing is if a woman threatens to break up with a guy and he thinks, *"Alright, well, I'm just going to start ignoring her now and teach her a lesson,"* it can work in some cases, but if the same problems exist in the relationship when she starts interacting with him again, she's still going to want to go through with the break up.

If he's still saying and doing things that cause her to lose respect for him and she isn't able to look up to him and feel respect and feel attracted and be in love with him, then she's going to want to go through with the break up.

Additionally, if she senses that he's trying to play mind games with her by ignoring her all of a sudden, she might decide to get revenge by going and hooking up with another guy.

So, if your woman wants to break up with you, don't run that risk of pushing her into the arms of another guy.

Simply change your approach.

When you change your approach, she changes how she feels.

When she changes how she feels, she changes her mind.

She doesn't want to go through the break up anymore because she feels respect and attraction for you now.

She feels that love that she used to feel for you. She feels good around you now. She wants to be around you.

7. Giving her an ultimatum

Giving an ultimatum and saying, *"Hey, you either decide to be with me now or leave,"* can work in some cases.

For example: If the woman is inexperienced with relationships and can't handle the pain of going through a breakup, if she thinks that she's not going to be able to move on quicker than him, or if the problems in the relationship really aren't that bad and can be worked through.

However, if a woman doesn't respect her guy and isn't feeling much attraction for him anymore and has fallen out of love with him, she's not going to really care about his ultimatum.

She doesn't have strong feelings for him at that point, so it feels like there's more benefit breaking up with him than actually staying with him.

When he gives her the ultimatum, she say something like, *"Okay, cool. Let's breakup then,"* and she leaves.

If she's inexperienced with relationships or can't handle the pain of the break up, she'll come running

back.

However, if she's experienced with relationships and can move on, she's going to move on because she's leaving behind a guy that she doesn't even respect, doesn't feel strong attraction for anymore and isn't in love with.

That is why if you want to stop a break up, you have to change your approach.

You've got to start saying and doing things that make her feel respect and attraction for you again.

You got to make her feel that renewed sense of respect and attraction.

She then starts to look at you differently. She looks at you in a positive light. She starts feeling good around you again, she reconnects with the love and then she doesn't actually want to break up with you.

There's more benefit in staying with you than breaking up with you.

8. Playing it cool and acting like everything is okay

The thing is, if a woman is considering breaking up with her man, then everything isn't okay.

What guys need to understand about women is that they don't actually want to go through a break up.

Most women don't want to be that woman who is unlucky in love. She's always getting in and out of relationships and getting hurt.

She always has to face up to her family and friends and say, *"Yeah, we broke up,"* and be that woman who's unlucky in love.

Her friends and family members and coworkers are in happy relationships and enjoying life and she's breaking up all the time.

She doesn't want to be that woman.

She just wants a man that she can be proud of, a man that she can look up to and respect and feel attracted to and be in love with.

She doesn't want to have to go through break up after break up.

She wants to have a relationship that works, so you and her can reach new levels together as a couple.

So, if you want to stop a break up before it happens, you need to make sure that you are willing to change your approach.

For example: If a guy has become insecure in a relationship with a woman, he suddenly becomes confident. Nothing that she says or does makes him lose confidence in himself.

Another example is where a woman will throw tantrums and insult her guy and he will usually become angry about that. Suddenly, he changes and he's able to turn situations like that into something to laugh about together.

For example: A couple is driving along in a car and a woman tests her man by saying something like, *"You're such a crap driver. Get in the right lane. What are you doing?"* and rather than getting angry at her and feeling insulted he just turns it into something that they can laugh about together.

He might say, *"Yeah, it's true. I'm the worst driver in the world. I should probably get a trophy for it"* and then continues driving along.

She then looks at him as a man that she can respect.

He doesn't lose control of his emotions.

He's cool and calm and confident under pressure. Nothing that she says makes him lose control.

He's a man that she can rely on, he's a man that she can look up to and respect and he's also a man who makes her feel happy.

He's able to create moments of laughter. He's able to get her smiling.

He's able to turn situations that would make other couples get into fights into something that they can laugh about together and feel good about.

Avoiding a Break Up and Keeping Your Relationship Together

[image: Avoiding a break up and keeping your relationship together]

Okay, so I hope you've enjoyed this video and learned something useful from it.

If you'd like to learn more, I recommend that you watch or listen to my program, [Make Her Love You for Life](#).

When you watch or listen to the program, you will learn exactly what to say and do to make your woman respect you, feel sexually attracted to you, and be totally in love with you for life.

When you start using the techniques from the program, she will not want to break up with you.

She will change how she feels and as a result, she will change her mind about wanting to break up with you.

What I want you to know is that you actually have a lot of control over the situation.

You may feel like the situation is out of control at the moment because she wants to break up but what you've got to understand about women is that they are reactive.

Women react to the dynamic that men create.

If you create a dynamic in a relationship where she respects you and feels attracted to you and is happy to be with you and is in love with you, she will go along with that.

She will react to your lead.

However, if you create a dynamic in the relationship where she doesn't respect you and she doesn't feel happy with you, she doesn't really feel attracted to you, and she's falling out of love with you and she's distant, she will go along with that as well.

In most cases, women don't want to take on the leadership role and fix the relationship themselves.

They want to be with a man who can take the lead and guide the relationship towards deeper feelings of respect, attraction, and love.

When you start doing that she will stop wanting to break up with you.

When you change your approach, she changes how she feels.

So if you want to stop the break up, just make sure that you are willing to change your approach to her.

When you do that, she will change how she feels and as a result, she will change her mind about the break up and want to stay with you.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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Winning the Power Struggle in Your Relationship

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Women always test their man regardless of how happy the relationship is.

Some guys know how to handle the tests that women dish out, but other guys don't.

When a guy doesn't know how to handle his woman's tests, he will end up getting into arguments with her and destroying the feelings of love between them.

Alternatively, he will hand over his power to her in the hope that it makes her happy and makes her stop testing him and making life difficult for him.

Examples of Power Struggle Tests

So, what are some examples of the tests that women put men through to gain power over them in a relationship?

1. Saying that he has put on weight, has become too thin or is losing his hair.

A man's girlfriend or wife might say, *"Oh, you have become really thin these days. You don't even have muscles."*

Women often say these sort of things to see if they can gain power over you.

Are you going to become insecure or are you going to maintain confidence in yourself?

If a man becomes insecure and feels like he's not worthy of his woman, she then gains a little bit of power over him.

He feels like she's more attractive than him and that he's really lucky to have her. He may then start to treat her even more nicely and try to suck up to her and begin to fear that he's going to lose her.

2. She gives him the silent treatment.

A common reaction from a man in this situation is that he panics and worries that he's losing her.

[image: Power struggle in a relationship]

He might then begin to suck up to her and try to be even nicer to her which is essentially handing over more and more power to her.

3. Saying, "No" to his requests.

Common reactions from men: Getting angry, annoyed, or frustrated, or begging, pleading, or sucking up to her.

A guy might also decide to just let her have her way all the time so he doesn't have to try to get her to comply with his requests, yet he then loses power.

She then loses respect for him, and as a result, she doesn't really feel much attraction for him anymore and begins to fall out of love with him.

Passing the Tests to Move to the Next Level of Love, Respect and Attraction

[image: Passing her tests]

Some men know how to handle the tests that women put them through in a relationship and as a result, they maintain their position of power and deepen their woman's feelings.

They don't become flustered and get angry or insecure when their woman is testing them.

Men who understand how women think and how they operate, know that women test for a reason.

A woman is testing because she wants to make her man a stronger man.

She wants to see if he's capable of standing up for himself.

By the way: Standing up for himself in a relationship isn't about being angry and getting aggressive and intimidating his woman. Instead, it's about being assertive and dominant in a loving way.

Say for example, a man and a woman are sitting on a couch and the man says to the woman, "*Come here,*" and wants her to essentially come and sit next to him and cuddle into him.

She then says, "*No*" to his request.

What should he do at that point? Should he get angry at her and be aggressive and say, "*Hey, come and sit next to me!!*"

Obviously not.

Should he become insecure and start to doubt that she likes him and loves him and wants to be with him? No, that's not the answer either.

Instead, he needs to be dominant and assertive in a loving way.

For example: He says, "*Come here. Come and sit over here,*" and she says, "No," and then he just reaches over and brings her over towards him, and say, "*Come here,*" and simply brings her over towards him.

Now, he's not forcing her against her will. They're in a relationship together. They're sitting next to each other on the couch.

She's just testing him.

She's testing to see how he's going to react.

Is he going to become insecure? Is he going to get angry at her? Is he going to start sulking?

Those are the reactions that she doesn't want to see.

She wants to see a strong man who maintains his composure and is still able to be a loving man even though he's being dominant and assertive.

If he can do that, he passes the test and the love, respect and attraction that she feels for him goes to another level.

Learn More

If you want to learn many examples of how to win the power struggle in your relationship, make your woman respect you, feel attracted to you and love you for life, I recommend that you watch my

program Make Her Love You For Life.

Make Her Love You For Life is available on video and it's also available on audio.

When you watch or listen to the program, you will learn exactly what to say and do to make your woman love you for life.

You will learn how to make her respect you and look up to you as her man.

You will discover how to make her feel sexually attracted to you for life. You will also learn how to deepen the love that both of you feel for each other.

You will learn how to communicate with her in a way that strengthens the bond that you share and you will learn exactly how to make her only want to be with you for life.

Where a lot of you guys go wrong is that they think that a woman will stop trying to test them later on in a relationship.

Some guys think that the nicer they are to a woman and the more things they do for her, the less she will test.

He is essentially trying to suck up to her and be the best man that he can in the hope that she is gentle with him and stops trying to test his confidence by seeing if she can gain power over him.

Yet, that is never going to happen.

A woman will always test.

It doesn't matter how amazing your relationship is, a woman will always test.

So, you need to understand how to pass those tests, otherwise your woman loses respect for you.

When a woman loses respect for you, she then can't feel proper sexual attraction for you and when that happens, she starts to fall out of love with you.

Winning the power struggle in your relationship isn't about making her lose, but it's simply about being the man that she can look up to and respect.

It's about being the man that she can rely on to be strong all the time.

No matter what she says and does, you always remain strong. She cannot gain power over you.

That's actually what she wants.

She doesn't want a man who puts her down, demeans her and doesn't let her say or do anything. That is not being in the position of power in a loving way.

What she really wants is a man who maintains the position of power while also be loving, caring and supportive towards her.

Women are embarrassed to admit it when asked in public, but the truth is that a woman wants to be in a relationship where she is so in love with you, so attracted to you and so respectful of you that she feels compelled to be her BEST BEHAVIOR to please you and maintain your interest in her.

A woman WANTS to have that feeling where she is eager to impress you and make you happy.

That actually makes HER happy.

Of course, it makes you happy too because you get an awesome woman who loves you and is so good to you.

So, if you want to experience the ultimate kind of relationship, watch Make Her Love You For Life and I'll teach you my secrets right now.

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How to Make Her Never Want to Leave You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

How can you make a woman never want to leave you?

How you can make sure that she always wants to be with you?

[image: The start of a relationship can easily be forgotten if the dynamic changes]

Well, the thing is, at the start of a relationship between a man and a woman, it's very easy for a woman to say things like, *"Oh, I love you so much. I want to be with you forever. I want to grow old with you. I want us to be together and never break up. Give me your word that you'll be with me forever,"* and all that sort of stuff.

Yet, that doesn't mean anything if later on in the relationship her feelings of respect, attraction and love start to be ruined by the guy.

For example: If a guy is confident at the start of a relationship and his woman falls in love with him and they have great sex together and they go on nice dates and holidays and vacations, but he eventually becomes insecure, needy and clingy, then the promises that she made before don't mean anything.

She's going to change her mind about what she said to him before.

The way that it works is that a woman will go along with whatever relationship dynamic that you create and maintain.

[image: When the relationship dynamic changes]

For example: With the guy who became insecure and clingy and jealous, if he had remained confident and didn't turn into that guy, then her attraction and respect and love for him would have been maintained and she would have gone along with that.

She's got herself a man who is confident, she's in love with, she respects and she feels attracted to. Great, so they stay together then!

Yet, if he changes and becomes insecure and clingy and jealous then okay, she is stuck with an insecure, clingy and jealous guy.

Therefore her feelings are not going to change and she will begin to think about breaking up with him or cheating on him and then getting into a relationship with the new man.

The reason why a woman will do that is because women are not attracted and turned on by emotional weakness in men such as insecurity, neediness, clinginess and so on.

Women are attracted to confidence in men, self-belief, self-esteem, determination.

That's the sort of thing that attracts women to men in the first place and maintains their attraction.

Women Wait to See Where You Take the Relationship

What you need to understand about women in relationships is that they essentially wait to see where it goes and where you take it. They follow the man's lead.

If you think about when a woman is ballroom dancing with a man. What do women like?

They like it when the man leads.

The man leads the dance and she goes along with him.

She feels feminine and she enjoys it.

She doesn't like it if a man just stands there awkward going, *"Oh, I don't really know what to do here. You lead."* If he does that, she has to take the lead and the dance feels awkward for her.

Now, think about what women do when it comes to dating. They go out to bars and clubs and places like that and what do they do? They stand around looking pretty. They're waiting for the man to come over and take the lead and make something happen.

The same applies with relationships.

Women go along with what the man does and a woman is at her happiest when a man creates the relationship dynamic where she is his woman.

She's not his friend, she's not his partner, she's not his neutral buddy or anything like that. She's not 50-50 with him. She is his woman.

That's what makes a woman the happiest.

You won't hear many women admitting that in public because they're embarrassed to admit that they want to be a man's woman.

Yet, when you see a woman who is the happiest with her man and she looks at him with loving eyes, she cuddles into his arm, she kisses him, she's attentive towards him, she respects him, she does nice things for him and she is happy doing that, that's when she's his woman.

It's not when they're neutral partners in love and they're 50-50 and it's not when she is the boss and he does whatever she says.

It's also not when she's a pain in the butt and he puts up with it.

It's when she is his woman. She looks up to him, respects him and she actually gets pleasure and happiness out of being a good woman for him. When she does good things for him and is nice to him, it actually makes her happy.

Yet, a woman isn't going to give that to a man unless he creates that type of relationship dynamic.

What women usually do is they give that at the start.

They're often very passive at the start, might be a little submissive and be really nice to the guy to get him into a relationship.

Yet, if the guy doesn't maintain the dynamic of him being the man and her being his woman, then the whole thing changes.

She begins to change.

She loses interest in having sex with him.

She stops being affectionate towards him. She stops respecting him and listening to what he says. She starts being a pain in the butt.

She starts wanting to get everything her way and if he doesn't do it, she throws a tantrum or gives him the silent treatment.

[image: When she is ready to leave you]

At that point, a lot of guys will start to become angry, insecure or treat her badly because he wants to

get her back for treating him badly.

Then, the whole relationship starts to fall apart.

Make Her Feel Like Your Woman

The secret of how to make a woman never want to leave you is to flip that switch in her mind that makes her your woman.

Not your partner, not your friend, not your equal buddy, none of that stuff.

That's politically correct, confused people out there repeating things that they don't really understand.

Those confused, politically people usually don't know how to maintain a relationship between a man and a woman. They simply follow along with what they hear politically correct people talking about at work, on TV and in general life.

Yet, they fail to notice that most of those people are not happy in there relationships because the man is not clearly the man and the woman is not clearly the woman.

They more like friends or neutral partners in life and their sex life dries up in pretty much every relationship they get into.

The answer to the question of, "How can I make her never want to leave me?" is to make her feel like your woman, not your friend, buddy or partner.

Being a man's woman is what a woman REALLY wants. It's not what she will usually admit in public because it's not politically correct to say it, but it's what makes her the happiest when in a relationship with a man.

Just think about those women that you see that are so happy with their man.

When she cuddles into his arms, she looks at him with loving eyes, she's attentive, she's affectionate, she treats him well, she respects him, she listens to what he says, she's his woman.

Then you think about those guys who get treated badly by their woman.

She's a pain in the butt, she puts him down, she throws a tantrum and expects everything to go her way.

In relationships like that, the man isn't in the power position and he's headed for a break up or he's headed for getting cheated on or he's headed for a divorce.

Be the Man She Never Wants to Leave

By the way...

If you've enjoyed this video and article and you'd like to learn more, I recommend that you [watch or listen to my program, Make Her Love You for Life.](#)

In the program, you'll learn exactly how to make your woman respect you, feel sexually attracted to you and be totally in love with you for life.

When you have this knowledge, you don't have to live in fear that your woman is going to cheat on you or leave you one day. You will know for sure that she is totally in love with you and only wants

to be with you.

What you need to understand is that when you hear statistics like approximately 50% of relationships or marriages end in a breakup or divorce, what that actually means is that approximately 50% of relationships and marriages don't end up in a breakup or divorce!

What you need to know is that it is possible to keep a relationship together for life and it is possible to make a woman love you for life.

Unfortunately, a lot of people just don't get to experience that.

One study that I came across found that 60% of couples were unhappy in their relationship or marriage.

What do you think the problem is there?

In most cases, it's going to be that the man hasn't flipped that switch in his woman's mind and made her become his woman.

That's what she actually wants.

A woman is at her happiest when she loves and respects and feels so attracted to her man, that she gets pleasure out of doing nice things for him.

She gains pleasure from that.

She enjoys cooking for him, she enjoys sucking him off, she enjoys being nice to him, being affectionate, listening to him and being a good woman for him.

That actually makes her happy.

Yet, when you hear about men and women who are unhappy in their relationship, just take a look at the relationship dynamic.

The woman isn't the man's woman. They're equal partners, neutral buddies or the woman is in charge and is wearing the pants.

That's just not the way to have a happy, sexual, loving relationship with a woman.

What she wants and what a woman is waiting for when you're in a relationship with her is to flip that switch in her mind. Make her be your woman.

Make her take on that role where she gains pleasure from doing good things for you. It makes her happy to be a good woman for you.

That's what women really want.

Most Women Avoid Break Ups Unless Absolutely Necessary

[image: When she starts thinking about leaving you]

Another thing to point out is that women are hardwired to not want to break up with their man.

If you think about what happens when a man and woman are in a sexual relationship, it can often result in the woman getting pregnant.

So, a woman has a natural tendency to want to make a man fall in love with her and stay with her.

If they happen to have a child one day, she doesn't want to have to then raise that on her own or go out there and have to attract another guy and hopefully get him to accept the fact that she's already

got a child.

She has a natural tendency to want to find a man and stick with him.

So, you need to remember that women usually try to avoid breaking up with you unless they feel that it's absolutely necessary (i.e. you don't even know what she wants you to change, so giving you another chance would just mean more of the same).

In most cases, a woman will wait and give a guy plenty of chances to change and correct his mistakes.

Even after a break up, a woman will open to giving him another chance if he truly does change and starts being the kind of man that she can look up to and respect from now on.

She wants to go back to being good to him, loving him and being happy with him.

She's not going to tell him that though. She wants him to figure it out on his own and start doing it.

So, when in a relationship with a woman, always remember this...

The best way to make a woman want to stick with you for life and never want to leave you is to flip that switch in her mind where she gets to be your woman.

Remember that what makes a woman the happiest is when you create the relationship dynamic where she wants to be good to you and please you. It actually makes her happy to do be like that for you.

Again though, you won't get women admitting that in public.

They don't want to go around saying that, but just look at the women who are the happiest with their man and that is how they behave.

×

[image]

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[image: Dan Bacon]

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Are Relationships Hard Work?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Have you ever heard people say, “*Relationships take a lot of hard work. You’ve got to put in loads of word and loads of effort all the time otherwise your relationship won’t work*”?

Luckily for us men, those people are wrong.

They’re completely wrong.

I’ll give you an example...

Three Different Types of a Guys and One Woman

So, there are three different types of guys and one woman who’s being moody and bitchy and throwing tantrums.

Guy 1

With guy number one, he’s in a relationship with a woman and they’ve been together for a year. Suddenly, she starts becoming moody, she’s not affectionate anymore, is being bitchy and throwing tantrums all the time.

How does he react?

He reacts by trying to make her happier through gifts and taking her out to dinner and being really nice to her, doing house work and taking her on a holiday.

Yet, even though he does all that for her, she’s still being moody and isn’t being affectionate.

She doesn’t want to have sex with him, she’s throwing tantrums, she’s creating arguments over little things and she’s essentially being a pain in the butt.

For him, he’s going to think, “*Damn, relationships are such hard work. It takes so much hard work to keep a relationship together. Women are so complicated. Why are they so hard to please?*”

He doesn’t get it.

Guy 2

He’s in a relationship with a woman, they’ve been together for about a year, same story.

How does he react?

He reacts by getting angry at her for being like that.

He verbally attacks her and insults her. He is really frustrated at her and is saying things like, “*Why are you being like this? I’m really good to you. We’ve had a relationship now for a year and all of a sudden you’re acting like this. What’s wrong with you? Why are you being like this?*”

She then closes up and when he asks her what the problem is, she says nothing or says, “*Figure it out yourself. Otherwise, we’re going to break up.*”

He then thinks, “*Well, relationships are such hard work! Women are such a pain in the butt. Why are women so complicated and hard to please?*”

Yet, he doesn't get it.

Guy 3

He's in a relationship with his woman, they've been together for about a year and the same thing happens.

Suddenly, she starts becoming moody, she's not affectionate anymore and she starts to create arguments over little things.

How does he react?

He doesn't get worried about the changes in her behavior. He doesn't overreact like the other guys have done.

Guy #1 overreacted by being really nice to her and doing nice things for her and buying her lots of things and Guy #2 overreacted by getting angry and emotional and attacking her.

Guy #3 simply takes control of the situation and changes her mood by getting her laughing and feeling good again. He cracks a joke, makes light of what's happening or he makes fun of her in a playful way.

The reason why that works is that women don't actually want to be a bitch to you.

They don't actually want to be treating you badly.

A woman wants to be in love. She wants to be happy but a woman will go along with whatever relationship dynamic that you create.

With guy number one for example, a woman will go along with the relationship dynamic of him sucking up to her and doing whatever he can to hopefully please her. If that's the relationship dynamic he creates, she will follow his lead.

Of course, she's not going to stay with a guy like that forever. She's going to cheat on him or break up with him at some point because she's going to be unhappy. Yet, she will go along with it because women react to men and follow their lead.

Likewise, with guy number two, she's going to go along with the angry, argumentative, conflict based relationship.

If the guy is being angry and verbally attacking her and turning things into a yelling match, she'll go along with that. At the end of the day, that is the relationship dynamic that he will create.

It's literally in his hands. He is in control. He is leading the relationship to that by reacting with anger, rather than being like Guy #3 and remaining in control.

So, with Guy #3, if he creates the relationship dynamic where when she throws a tantrum, or is being moody or is being difficult, he's able to change her mood with humor and get her laughing and feeling good again, she goes along with that and she's a good woman for him.

She follows his lead.

That's the way women are.

Women are so much easier to work with than most guys realize. Most guys think that they have to do so much to please a woman, but women are so easy to work with in a relationship.

She is Waiting For You to Change the Dynamic

[image: She is waiting for you to change the dynamic]

When a relationship has gone sour or is falling apart, the woman will literally be waiting for you to create the dynamic in the relationship that results in her being a good woman for you again.

That's what she actually wants.

She wants to be good to you.

She wants the relationship dynamic where it actually makes her happy to please you sexually.

It actually makes her happy to do good things for you.

That's what she really wants.

Learn More About How to Make a Relationship Easy and Effortless For You

Okay, so I hope you've enjoyed this video and article and have learned something from it.

If you'd like to learn more, I recommend that you [watch or listen to my program, Make Her Love You for Life](#).

When you watch or listen to the program, you will learn exactly what to say and do to make your woman respect you, feel sexually attracted to you and be totally in love with you for life.

You will learn how to make a relationship easy by flicking on what I call the "Good Girl Switch" in a woman's mind where she wants to be a good woman for you.

It actually makes her happy to do good things for you and to be a good woman for you. That is what she really wants.

Of course, you won't get a lot of women going around admitting that.

Women are often very embarrassed to admit what they really want from a man in a relationship.

For example: If a woman were to go around and actually admit, *"Yeah, I want to be with a man who makes me be a good woman to him,"* some people are going to look down on her and maybe her friends will say things like, *"Hey, get him to do things for you. Don't be like that, get him to do the housework. Get him to suck up to you. You've got to be in a position of power, girl. Girl power. Women power. Be strong."*

She's going to get those sort of reactions, so she avoids admitting what she really wants in a relationship with a man.

Yet, when you look at women who are the happiest in their relationship with a man, you will see that she is being a good woman for him. She loves doing good things for him. It makes her happy to be a good woman for him.

When you create and maintain that type of dynamic in a relationship, your relationship isn't a lot of hard work.

It's so easy.

Yet, if a guy creates the relationship dynamic where he has to suck up to his woman to get some

action, then that's a lot of hard work. She's wearing the pants, she's in control and he essentially has to do whatever she wants, otherwise she's not happy.

Likewise, if a man creates and maintains the relationship dynamic of it being a screaming match and a war against each other, then that's a lot of hard work.

It's a constant battle of who's right and who's wrong and *"You said this"* and *"I said that"* and *"This is not fair!"* sort of relationship dynamic.

That's a lot of hard work.

To avoid that nightmare, all you've got to do is give a woman what she really wants and that is the relationship dynamic where she actually gets pleasure and happiness out of being a good woman for you.

×

[image]

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Taking a Break While Living Together

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 common reasons why a couple will take a break while still living together, as well as what you can do to get your relationship back together before it's too late.

The first reason is due to a woman secretly trying to lead up to an actual break up or divorce with her man.

1. She hopes that the break causes him to lose interest in being in a relationship with her, before she breaks up with him for real

[image: She hopes that he will start to get over her, before she breaks up with him for real]

To avoid things getting tense, uncomfortable or even ugly (e.g. being mean and hurtful to each other, having intense arguments, having her man cry, beg and plead with her not to break up with him or divorce him), a woman will sometimes try to lead up to a break up, rather than going right to it.

So, she will ask to take a break while they are still living together, to hopefully create some distance between them and give her man the chance to potentially lose interest in being in a relationship with her.

Then, by the time she decides to say that it's officially over, he will hopefully take it a lot easier and allow her to move out without much fuss, or vice versa.

So, if you and your woman are currently taking a break up while living together and you want to keep the relationship together, don't just sink into the background of her life and hope that she changes her mind.

Instead, what you need to do is use any interactions that you have with her from now on, to reignite her sexual and romantic feelings for you.

One of the many ways you can do that, is by getting rid of some of the negative tension between you with humor, light-hearted teasing and playfulness, rather than being so serious, uptight or reserved around her.

For example: If she says, *I'm going to the supermarket. I will be back in an hour,* rather than just saying, *Okay* like an unwanted ex, playfully tease her by saying, *Cool. Don't rush back though. I won't miss you* and have a laugh with her.

Alternatively, you might half-jokingly, half-seriously say, *Cool. Can you get the ingredients to make a lasagna? You haven't made that in a while and I'm in the mood for it* and smile.

Essentially, have the balls to playfully talk to her as though things are still totally cool between you and her and you are able to get her to cook dinner for you, or whatever it may be.

Don't act like the rejected guy, or the unwanted ex who is only allowed to be around her because you live together.

Behave like a man who knows that he's attractive, worthy and lovable and who knows that women find that kind of confidence attractive and charming, so you can't lose.

That's just one example.

I can teach you so many more examples, if you keep reading and learning here.

Another reason why a woman will want to take a break while still living with her boyfriend or husband, isâ€¦!

2. She would move out instantly if she could, but she currently canâ€™t due to financial issues, obligations, lack of options or other issues

[image: She would move out instantly if she could, but she currently canâ€™t due to financial issues, obligations, lack of options or other issues]

Sometimes, a woman will feel stuck in an unhappy relationship, but wonâ€™t have the money or the options (i.e. no friends to move in with) to move out and start a new life for herself.

As a result, she might start to feel resentful and even angry towards her man because itâ€™s like heâ€™s happy that sheâ€™s still around, but has no clue how unhappy she really is.

From her perspective, they have already broken up, but she is just saying that theyâ€™re â€œtaking a breakâ€ until she can figure out a way to move out (e.g. find a better job that pays more, find another place she can afford on her own).

So, even though the man might be thinking, â€œWell, weâ€™re just taking a break. Thereâ€™s still hope that we can fix things,â€ she is secretly just biding her time before she can leave (or make him leave).

Now, the man is right though.

They are taking a break (even though they are broken up in her eyes) and they can fix things, but it all depends on how he approaches it from that point.

The same rule applies to your situation.

When you begin reactivating her feelings of respect and attraction for you, she can literally go from counting the days until she can move out, to wanting to stick around and give the relationship another chance because she feels as though she is falling back in love with you.

How can you make that happen?

Essentially, you have to change the way you interact with her and respond to her from now on, so she goes from feeling angry, disappointed or stressed, to feeling happy, relaxed and open.

For example: Rather than being too serious or being on your best behavior when around her to hopefully impress her or get her to take pity on you (which is not attractive to women BTW), turn your interactions with her into moments of laughter and light-heartedness (as often as possible), so she enjoys spending time with you again.

Another example is to not get upset with her if she gives you the cold shoulder and instead remain calm, easygoing and confident no matter how she is behaving.

If youâ€™re able to do that, she will start to feel as though you are the more mature, sensible one and she is wasting her time and energy by being a pain in the butt around you because youâ€™re not reacting negatively to it.

As a result, she will start to relax and follow your lead of being more easygoing, calm and lighthearted when interacting with you.

When that happens, her guard comes down and she naturally opens back up to the idea of giving the relationship another try.

3. She is sick and tired of having the same kind of arguments and problems over and over again

[image: She is sick and tired of having the same kind of arguments and problems over and over again]

If a woman notices that no matter how often she argues and fights with her man, nothing really ever changes, she might eventually ask for a break in the relationship to create some space between them to ease the tension and decide what she wants to do next (i.e. fix things or break up for real).

At that point, although the situation might seem hopeless to the man, he really can turn things around and reactivate her feelings of love, respect and attraction, so she doesn't want to end the relationship for real.

One of the ways he can do that, is by showing her that he's understood and fixed some of the things that caused them to argue and fight in the past and recently.

For example: Some of the changes a woman might want to see in her man, include:

- When she throws a tantrum or creates drama, rather than getting upset or angry with her, he remains calm and uses humor to change her mood.
- When she complains about a problem that she's experiencing (e.g. at work, with one of her friends) rather than give her a solution and expect her to just stop talking about it and use the solution, he instead allows her to express herself like a woman and listens and offers support. Unlike men, most women just want to vent and talk about their problems in an emotional way, without actually focusing on a solution. She is perfectly capable of focusing on a solution, but in most cases, a woman just wants to express her emotions and have her man listen, ask questions and support how she is feeling. If a man can do that, it's like a huge breath of fresh air to a woman, because he isn't expecting her to think, behave, feel and act like a man and instead, is allowing her to be a real woman around him.
- Rather than him feeling attracted to her, but not doing anything to make her feel the same way about him, he now focuses on making her feel sexy and desirable in his presence (e.g. by flirting with her, being more masculine in his behavior, being more assertive, while still being loving).

When she notices that she is feeling differently around him in a good way, she will naturally begin to question her decision to want to break up.

She will also realize that she would most likely regret breaking up with him if she went through with it, so rather than going through all that, she will just decide to stick with him and see how things go.

In other cases, both the man and the woman agree to take a break for this reason:

4. Both of them hope that by taking a break, it will give the relationship a chance to breathe and they will then get back together

That approach can work if the man is able to create a new relationship dynamic (e.g. she feels loved, appreciated and taken care of, but also feels the need to show him respect, appreciate him and be loving towards him), but in most cases, he doesn't really know how to do that, so he opts for a break to hopefully allow the relationship fix itself somehow.

Then, if he doesn't use a new approach with her during the break, she ends up feeling the same way about him, or worse, which makes her just want to go through with the break up when she can.

5. Neither of them know what else to do because they seem to have tried everything already

Yet, have they really?

For example: Here are some of the things couples will do to hopefully fix the relationship:

- Ignore each other around the house, in the hope that the spark comes back on its own because they've had some time apart. Yet, they just end up getting used to not being with each other physically and emotionally and it drives them apart further, or one of them becomes needy and begins to plead with the other to show more love, affection and interest in them.
- Have date nights to hopefully bring the spark back, but they end up feeling disconnected and don't enjoy being out together like they used to because the relationship dynamic isn't working (e.g. The man is too neutral and treats her more like a friend, the man tries too hard to impress her and comes across as desperate, the woman is moody and irritable because she's not getting the kind of attraction experience she really wants in the relationship). So, it doesn't matter where they go, or what fancy restaurant they eat at, the spark never comes back.
- Get engaged to hopefully make them feel more committed, but the woman ends up feeling trapped because she's engaged to a man that she's not truly in love with.
- Decide to have a baby to hopefully bring them closer, but end up getting stressed out over the amount of responsibility that comes with being a parent. Not to mention the crying and screaming from the baby during the day and night, changing smelly diapers, feeding the baby and having it vomit up the food shortly after and so on.
- Go away for romantic weekends, but they don't feel like being romantic towards each other, or the romance is one-sided (e.g. the man is trying to get her to love him again by being nice, sweet and romantic, but he doesn't realize that women only appreciate romance when they are sexually attracted to a man and want to be with him. He doesn't realize that he needs to change his behavior around her to be more attractive and arousing, rather than trying to win her love back with flowers, or weekend getaways).

So many couples go around in circles like that, until they eventually break up.

Don't that make mistake.

Understand that fixing your relationship is easy, when you understand how to create a dynamic between you and her where respect, attraction and love flows naturally and consistently.

When you do that, both you and her are so much happier and the thought of breaking up is laughable.

It's just not something that you or her would want to do, because you're so happy and fulfilled being together.

3 Mistakes That Can Cause Her to Want to Break Up For

Real

1. Assuming that the nicer you are to her, the more she will want to stay with you

If you had been treating her badly prior to the break, then being nice to her will help a little, but itâ€™s not the answer.

The answer is a new relationship dynamic that makes both of you feel happy, in love, attracted and excited about a future together.

If you try to make the solution to the problem be about you being extra nice to her, letting her have her way, making her feel like sheâ€™s more valuable than you and so on, then you will be painting yourself into a corner.

You will create a relationship dynamic where the only way to avoid getting dumped is to continually put in loads of effort to hopefully make her happy, by doing whatever she wants, sucking up to her, putting up with her bad treatment of you and so on.

Thatâ€™s no way to live life as a man and itâ€™s also not what a woman wants from a man.

What a woman really wants is to be with a good man who is confident, treats her well and loves her, but also naturally makes her feel the need to show him respect, be affectionate, loving and supportive.

A woman will do that if the relationship dynamic is right.

For example: A woman can be a total bitch to one guy (i.e. who is sucking up to her) and be an angel to another guy (i.e. who is more of a challenge to her and makes her feel the need to impress him, while still treating her well).

Itâ€™s the same woman, but a different approach is used and as a result, a different relationship dynamic is created.

So, in your situation, donâ€™t make the mistake of thinking that the nicer you are to her, the more she will want to stay.

Nice guy fail badly when it comes to dating, get used and often cheated on in relationships before being dumped and struggle to get ex women back.

If you want her to love you again and want to stay with you, then be a confident, good man who is a challenge for her (i.e. make her feel the need to impress you and gain more of your love, rather than giving her everything of you for nothing in return).

Another mistake to avoid isâ€¦

2. Avoiding flirting with her because you assume she will get angry and want to move out faster

Some guys assume that itâ€™s not their place to flirt with and seduce their girlfriend or wife, while on a break from her.

So, the guy will act like a neutral friend around her and she will realize that sheâ€™s not feeling attracted or interested in him anymore in a sexual way, which will make her want to go through with an actual break up when she can.

If youâ€™re serious about fixing your relationship, donâ€™t be afraid to show your woman that you still find her attractive and want her back (i.e. by flirting with her to create sexual tension between

you).

When you create sexual tension, she will then naturally want to release that tension with hugging, kissing and sex.

When that happens, it becomes a lot easier to go from taking a break to being a couple again.

3. Not using the time you still have with her to re-attract her romantically

A woman's romantic attraction for a man is based on her feeling sexually attracted to him and wanting to be with him.

Without romantic attraction, she won't want to be boyfriend and girlfriend or husband and wife anymore.

Instead, she will see you as a roommate, housemate or ex that she is trying to work on getting herself away from.

So, while you are still living together and have a chance to save your relationship, make sure that you focus on making her feel attracted to you in new ways, so she feels romantically attracted to you and doesn't want to go through with an actual break up.

Here are some ways that you can attract her:

- Rather than always being very serious around her, start to use more humor to create moments of laughter, smiling and happiness whenever she's around you.
- Instead of feeling unsure of yourself around her or feeling rejected by her, start displaying confidence and self-assurance, so she can feel attracted to your emotional strength.
- Instead of getting upset when she acts cold or distant towards you, remain calm, easy-going and behave as though everything is totally cool between you and her. That doesn't mean just think that everything is totally cool between you and her. It means, really feel it and talk to her and interact with her as though everything is totally cool between you and her and she's just in a bit of a mood at the moment, but that's her problem and she'll snap out of it. When she notices that her bad moods or cold behavior isn't affecting you or causing you to react negatively, she will eventually follow your lead and start being nicer, more friendly and less stressed around you.

There are so many ways you can attract her today and over the next couple of weeks to get your relationship back on track.

So, don't lose hope!

You can turn things around.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to

you and be totally in love with you for life

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7 Things That Can Ruin a Relationship Rather Than Fix it

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

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4 Reasons Why a Woman Will Hide Her Love For You in a Relationship

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

One of the things that makes a relationship feel amazing for you and for the woman, is when the love isn't hidden or suppressed.

Both the man and the woman have the courage to show each other the love that they feel.

They don't hide it.

Yet, what will often happen for guys is that they'll find themselves in a relationship with a woman who showed a lot of love initially, but gradually began to suppress that and she began to hide it.

She stopped being as affectionate and attentive as she used to be.

So the question is, why does that happen and more importantly, how can you reverse it so your woman is showing you the kind of love, attention and affection that you want and deserve?

The first reason why a woman will love you, but hide it from you is that...

1. She's worried that you might change how you treat her

[image: She's worried that you might change how you treat her]

For example: A couple will get into a long-term relationship, the woman will love the man, but she will be worried that if she shows him too much love, then he might begin to take her for granted.

He might begin to treat her badly because he may think, *"Well, I've got this girl wrapped around my little finger, she's under the thumb, she's in awe of me"* and so on.

It might go to his head.

She's worried about that.

So, she just plays it cool so to speak and doesn't show him too much love.

Yet, it's a bad strategy on her part because what ends up happening is that the man and the woman begin to feel disconnected.

They don't feel like they're in love anymore.

As a result, all sorts of problems begin to emerge in the relationship.

For example: The man or the woman may realize that they're not as happy as they used to be and they may begin to then blame the other person for that lack of happiness in the relationship.

Yet, what's really happening is that because she is suppressing her love for him and isn't showing that to him, it's creating a situation where both of them feel disconnected.

He doesn't feel respected.

He doesn't feel wanted and loved and as a result, in many cases, he then stops showing his love to her.

Both of them then begin to feel lonely in the relationship.

Another reason why a woman will love you, but hide it from you is that...

2. She hopes that it will lessen her pain if you and her ever do break up

This can often happen if a woman has been heartbroken in the past by a previous boyfriend, or if she comes from a family where her parents got divorced or were fighting a lot and breaking up and getting back together.

So, to hopefully avoid the pain of a breakup, she begins to hide her love for you, she begins to suppress it.

Yet, by doing that, she causes herself and the man years of emotional pain, frustration, loneliness and so on.

That's one of the things about being in love in a relationship.

[image: Both of you have to take the risk of feeling the love and showing it to each other]

You have to take the risk of feeling the love and showing the love.

If you hide it and suppress it, you end up experiencing a disconnected relationship.

Both you and the woman don't feel as happy as you could be together.

You don't feel like you're in love and as a result, a breakup will most likely happen at some point.

Another reason why a woman will love you, but hide it from you is that...

3. She's worried that you won't feel the same way in return

Now, of course, both men and women do this in relationships.

It's not just women.

Sometimes a man will really love a woman, but he will suppress that, he will hide it.

He will worry that if he shows love to her in a moment and expresses it, then she might not show it back and he will then feel rejected.

The thing is though, as a man, if you want to be successful with women, you have to have the courage to show some interest in a woman, or show some love in a woman without having that fear of rejection.

It's not about always showing how much you love a woman and putting in loads of effort.

Instead, it's about having the courage in a moment where you're feeling some love towards your woman to show that rather than hiding it, rather than suppressing it.

When you do that, it helps your woman come out of her shell and start to show you the love that you deserve.

Of course, some guys don't like that.

They don't like it that a man has to be strong emotionally and take the lead with a woman.

Yet, it's just how nature works.

We men are stronger than women and they love that about us.

They don't necessarily admit that in the mainstream media, but the reality is that men are stronger than women.

Additionally, when you embrace your masculinity, when you embrace your strength and courage and then act upon that, you enjoy an amazing life not only with women, but life in general.

You embrace your masculinity.

You use your courage to take the action that you want.

You don't live in fear.

You don't fear rejection.

You don't fear your feelings not being reciprocated in a moment when you're with your girlfriend or wife.

You don't fear that.

As a result, she feels so much respect, attraction and love for you.

She then naturally goes along with the flow of that type of relationship where it's totally fine to show each other love, to have that courage to show the love in the moment.

You and her then are so much happier together.

Finally, another reason why a woman will love you, but hide it from you is that...

4. She's worried that you might think you can do better than her and then decide to leave her

[image: She is worried that you might start thinking that you can do better than her and then leave her]

Essentially, she worries that if she shows a lot of love towards her man, then she's going to become the less valuable one in the relationship.

Her man is going to start thinking, *"Well, this girl loves me. She's totally in love with me, she adores me, maybe I can do better than her. If I can make her love me this much, then maybe I can get an even harder woman. This girl doesn't deserve my respect, she loves me way too much."*

The thing is, that does that happen in some cases.

Sometimes a man finds himself in that situation and then begins to think that he can do better than her.

[image: When one person loves the other person much more]

Likewise, if a man is showing loads of love towards a woman, it can, in some cases, make the woman feel as though she could probably do better than him because he's so infatuated by her and she's not feeling the same way in return.

So, what works?

What keeps a relationship together?

What makes both the man and the woman happy for life?

It's when you create a relationship dynamic that causes both of you to be in love with each other and not be afraid to show it.

It's not about going overboard and showing loads of love and affection and attention in every moment.

Instead, it's about having the courage to show some love in the moments when you're feeling it rather than hiding it, rather than suppressing it.

When you do that, both you and her feel amazing in the relationship.

You don't feel alone in the relationship.

You don't feel disconnected.

You feel connected with each other, you feel loved, wanted, adored and the relationship naturally works.

Learn More?

Okay, I hope you enjoyed this video and learned something from it.

If you have struggled to keep your relationships together in the past, or if you're in a relationship at the moment that isn't happy and in love, then I recommend that you watch or listen to my program, [Make Her Love You For Life](#).

One of the many important sections in the program is about communication.

I provide several examples of conversations that you should have with your woman to ensure that both you and her don't experience the common relationship problems that other people experience, which then lead to breakups.

In the program, you will also learn how to create the type of relationship dynamic that causes your woman to always show you the love and respect that you deserve.

If you are interested in learning how to easily create that type of dynamic in a relationship, then watch or listen to [Make Her Love You For Life](#).

Playing it Cool in a Relationship Doesn't Work in the Long Run

One final point that I want to make for you in this video, is that playing it cool and hiding your love from a woman might seem like a great technique initially.

Yet, if you continue to do it throughout a relationship, or if your woman is doing it and you don't address it, then the relationship will end up feeling empty.

[image: Feeling lonely and disconnected in a relationship]

Both you and her won't feel connected.

You'll feel lonely in the relationship and a breakup will most likely happen.

The best way to approach it is to create a relationship dynamic that causes both of you to be in love with each other and not be afraid to show it.

If you don't approach your relationship in that way you, her, or both of you will end up feeling unsatisfied in the relationship.

As a result, you'll start looking elsewhere for the love that you seek.

So, if you find yourself in a relationship with a woman that you love and want to be with, then be fearless with your love.

Don't be afraid to show your love to her and at the same time, make sure that she's not afraid in your relationship to show her love for you.

Let you and her experience the full level of happiness and love that you can experience together in a relationship.

When you approach it in that way, it's going to last because both you and her have found what you're looking for from a relationship.

×

[image]

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[image: Dan Bacon]

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Should You Ask Your Girlfriend if She is Still Attracted to You?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

When you're in a relationship with a woman, should you ever ask her, "*Are you still attracted to me?*"

The answer is not only "*No,*" it's "*Heck no!*"

The reason why is that when a guy asks a woman a question like, "*Are you still attracted to me?*" in that moment, he is displaying traits that are unattractive to a woman; those being insecurity and self doubt.

That is not attractive to a woman.

So if a man asks a woman, "*Are you still attracted to me?*" he will usually get answers like, "*I don't know. Don't ask me those sorts of things. You're being annoying*" or, "*Maybe, maybe not, I'm not sure.*"

The reason why, is that women are attracted to confidence and turned off by insecurity and self doubt in a man.

[image: Are you still attracted to me?]

So in that moment, she's going to be unsure about her feelings of attraction for him and, as a result, will make comments like, "*I don't know, I'm not sure, maybe,*" or she'll try to avoid hurting his feelings by answering the question in that moment and will instead ask him, "*Why are you asking me this?*"

The thing is understandably, some guys find themselves in a situation where they're in a relationship and they don't really know if their girlfriend or their wife loves them and feels attracted to them anymore.

It's understandable for a guy to think that or to consider it, but it's not something that you should go and ask a woman.

Instead, as a man, what you need to understand is that attraction is something that you **CREATE** based on how you interact with her.

She is looking at you and if she can see that you're being confident, emotionally masculine, you're not placing her above you in terms of dominance and you're able to make her feel the kind of respect for you that makes her feel motivated to treat you well, then she's going to feel attracted to you.

Additionally, if you're approaching the relationship correctly, then her love for you is going to deepen over time rather than fading away.

She's going to fall more and more in love with you because of the man that you are and how you make her feel.

So to avoid ever becoming insecure and doubting your attractiveness to your woman, what you need to do is understand how to make her feel attracted, understand how to approach a relationship in a way that builds on the love, respect and attraction that you and her feel for each other.

Then focus on what is most important to you in life, other than her, that being your purpose in life,

your goals as a man, your dreams and so on.

[image: See her as the most important person in your life, but not the most important thing]

Make that your main focus in life, rather than her.

It's fine for her to be the most important person in your life, but not the most important thing.

If you make your woman the most important person and the most important thing, then you're naturally going to start to feel insecure.

You may begin to worry that your life is going to start falling apart if you see changes in her behavior, mood and the way that she is approaching the relationship with you.

After all, everything in your life is based on her and the relationship.

As a man, you should never put yourself in that situation.

It's completely fine to love, respect and appreciate your woman and see her as the most important person in your life, but don't make her the most important thing in your life.

Don't get the two confused.

The way to do is to love and appreciate her, but put the majority of your focus into what is most important to you in life, other than her.

When you approach your life in that way and you also know how to make her feel attracted and how to approach the relationship in a way that builds on the feelings between you and her, then you have nothing to worry about.

She's going to feel attracted to you because you know how to make her feel sparks of attraction as you interact with her.

You also know how to approach your relationship in a way that builds on the feelings of respect, attraction and love over time.

The thing is though, even though you know how to make her feel attracted, you know how to approach a relationship correctly and her feelings are building, you still shouldn't ever go and ask her, "*Are you still attracted to me? Do you still love me?*" because in that moment you'll be displaying traits that are unattractive to her and as a result, in that moment, she won't feel very attracted to you.

[image: Do you still love me?]

She will feel turned off by your insecurity and self doubt.

So you have to know what you're doing, believe that it's working and then get on with being the man that you want to be in life.

As a result, she will naturally look up to you, respect you, feel attracted to you and be in love with you.

Okay, if youÂ enjoyed that quick insight into attraction and self confidence and how they link together, then you will love my in depth relationship relationship program, [Make Her Love You For Life](#).

When you watch or listen to the program, you will learn everything that you need to know to make a woman feel increasingly respectful, attracted and in love with you over time.

The techniques and methods that you will learn in the program make your woman want to treat you

well, be attentive, be affectionate, be loving and always look her best for you.

She wants to impress you.

She doesn't want to lose you.

She only wants to be with you.

You Have a Lot of Control Over How Much Attraction She Feels

One final point that I want to make for you in this video, is that it's important to understand and remember how much control you actually have over a woman's attraction for you.

It's essentially based on how you talk to her, how you interact with her, how you approach the relationship and how you approach your life in general.

She's looking at you and if she can see traits that make her feel attracted, then she's going to feel attracted.

For example: If she sees that you're confident and emotionally masculine, then she's going to feel some attraction for you as a result of that.

If you also know how to approach the relationship in a way that makes her feel loved and appreciated while also feeling motivated to make you feel loved and appreciated, then she's going to respect you and love you for that.

When a woman finds herself in a relationship like that, she feels lucky that she feels loved and appreciated, but also feels excited and lucky that she feels the motivation to make you feel loved and appreciated.

Women love to be in that type of situation where they feel motivated to treat you well, be attentive, loving and so on.

Yet, all of that stuff can begin to be ruined by simple insecure questions like, *"Are you still attracted to me?"* or, *"Do you still love me?"*

Don't go to her with questions like that.

Instead, make her feel attracted to you, make her love you and then get on with being the man that you want to be in life.

She will respect you for that, she'll feel attracted to you for it and she'll love you for it.

×

[image]

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[image: Dan Bacon]

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A Weird Thing That Women Do in Relationships

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Something weird that women do in relationships is what I call a Feminine Request.

This is where she wants to do something with you, or for you to potentially do something for her, but she doesn't want to tell you to do it, she doesn't want to order you around.

In a relationship, women will also make requests in a masculine way at times, of course.

However, when a woman makes a Feminine Request, it's an opportunity for you to make her feel more respect, attraction and love for you based on how you respond.

[image: She tries to not take on the masculine role, which can result in behavior that is confusing or even annoying for some guys]

So what's an example?

Well, imagine that you're sitting on the sofa with your woman and it's a cold Sunday afternoon.

If she were to make a Masculine Request about what she wants, she may say something like, *"Honey, I'm cold. Go and turn the heating up."*

She's telling you what she wants and she's telling you to do it.

If she makes a Feminine Request, she might say, *"Honey, it's cold in here, I'm cold."*

When she's making a Feminine Request like that, she's not telling you to turn the heating up.

Instead, she's leaving it up to you to do what you want with her request.

Some men will jump at the chance to do something for her and will go and turn the heating up.

Other men might playfully tell her to do it herself.

Other men might ignore what she is saying about being cold and just get on with watching TV.

[image: Feminine Request - optional reactions]

Every man can react and respond in whatever way he wants.

However, the way that you react and respond to a woman's Feminine Requests will shape the dynamic of the relationship and directly influence how much respect, sexual attraction and love she feels for you.

[image: Don't be an Order Boy or an MIA Man]

For example: Have a look at this scale here with exaggerated versions of guys on the left and right.

On the left is what I call an Order Boy.

An Order Boy does whatever a woman wants, whether she tells him to do it in a masculine way or she hints at it in a feminine way.

He's always trying to please her and is essentially under her control.

On the right is an MIA Man or Missing in Action Man.

He either doesn't hear her Feminine Requests and understand that she's communicating with him in an indirect feminine way, or he doesn't care enough about her or the relationship to want to act on her Feminine Requests.

In the middle, is what women refer to as a Real Man, which is essentially a good loving man who isn't under her control.

Since he is a good loving man, he will act on some of her Feminine Requests, but he will also exercise the freedom of choice to say no, to playfully tell her to do it herself or to ignore her requests at times.

He's not under her control like an Order Boy and he's not missing in action.

He's there in the relationship, he notices her, he appreciates her, but he's not under her control.

The thing is, while it might be interesting for certain types of women to be with a Missing in Action Man or an MIA man, eventually, they get sick and tired of it and break up with men like that for never really making them feel appreciated and valued.

Alternatively if she doesn't break up with him, what a guy may find is that his woman is always annoyed at him for seemingly no reason.

She's trying to communicate to him in her feminine way and he's not picking up on it.

That may be because he doesn't want to pay attention to it, or it may be because he sees her comments as just comments, not requests.

He doesn't understand that she's trying to communicate in an indirect feminine way to not take on a dominant role in the relationship.

In cases like that, it's not really his fault.

Instead, he's just unaware of the differences between how men and women typically communicate with each other when in a relationship.

In terms of an Order Boy, while it might be flattering for a woman to be with a guy who is willing to do absolutely anything to make her happy, eventually, she starts to lose respect for him because he is essentially under her control.

She may also begin to sense that he's doing it out of insecurity and neediness.

He doesn't really know how to make her happy, he doesn't feel like he's good enough for her and as a result, he tries to do whatever she tells him to do or hints at wanting to hopefully make her happy.

Finally, with what women refer to as a Real Man.

This is about a man being a good loving man, but also exercising the freedom to choose how he responds to her Feminine Requests.

For example: At times, he can playfully mess with her.

She's saying, *"Honey, I'm cold, it's cold in here"* and he can say something like this, *"Ah, you're cold, are you? Hey, have you ever heard of this thing called a blanket? There's about seven of them in the cupboard over there, go get one."*

Next example.

"Poor you come here." (and he then gives her a cuddle to make her warm).

Next example.

"Well, get over there and start doing some sit ups and push ups, you'll warm up pretty soon."

Next example.

"Oh, you poor little thing, I'll go and get a blanket for you." (Said playfully as though she is a

helpless little girl).

Being the good loving man that he is, at times, he's going to go and get the blanket for her and they can then get on with enjoying the evening together.

However, at times, he will also tell her to go and get it herself and she will respect him and love him for that.

She will respect him and love him for the fact that he is not under her control, he's not her little Order Boy who does whatever she wants or hints at.

Additionally he's not a Missing in Action Man where he doesn't pay attention to what she's saying or what she may want and as a result, ends up making her feel like she's being taken for granted.

Instead, he uses a balanced approach where, at times, he will do what she wants to do with him or he will do what she's hinting at wanting or needing, but he will also exercise the freedom to tell her to do it herself or to playfully mess with her when she's asking him to do something.

[image: She feels like eating something sweet]

Okay, so another example for you is if you're walking down the beach with your girlfriend or your wife and she says something like, *"I feel like eating something sweet."*

She's most likely hinting at she wants to eat ice cream.

You don't have to know that, you don't have to ask her that, you don't have to act on that like an Order Boy, but you can just pay attention at times and understand that she's making a Feminine Request.

She doesn't want to behave in a masculine way all the time and say, *"Alright, I feel like something sweet, let's go get some ice cream. Now, we're going to go to that store over there. Sit down here. I'm gonna go buy some, I'll bring out the ice cream for us."*

She doesn't want to take on that role.

Instead, she wants to be in her feminine and allow you to be in your masculine because that is what will make both you and her feel the most amount of sexual attraction and love for each other.

So if you're walking down the beach with your woman and she says something like, *"Oh, I feel like eating something sweet,"* you can say something like this, *"Well, you're pretty sweet, I feel like eating something sweet as well. Come here."*

Next example.

"You feel like eating something sweet? Me too. I tell you what – when we get home, bake a cake."

Next example.

"If you're hinting at wanting some ice cream, the answer is no, I'm not in the mood. Just kidding, alright, let's go get some ice cream."

What's important to understand is that a woman will make Feminine Requests in a relationship to avoid taking on the dominant role and leaving her feminine and entering into her masculine.

A woman can make Masculine Requests and she will do that even if she is a feminine woman, but when she is trying to maintain her feminine identity and maintain the ideal masculine-feminine dynamic in a relationship, she will lean towards making Feminine Requests.

She will want you to be the man so she can be your girl.

Learn More?

Okay, hope you enjoyed this video and learned something from it.

If you'd like to learn more about all of the important elements that you need to be aware of to keep a relationship together for life, then I recommend that you watch or listen to my program, [Make Her Love You For Life](#).

When you watch or listen to the program you will learn how to make your woman feel increasingly respectful, attracted and in love with you over time.

As a result, she will be more attentive, more affectionate, more loving and she will only want to be with you.

Don't End up Feeling Just Like Friends or Housemates. Keep the Spark Alive For Life

One final point that I want to make few in this video, is that most women make Feminine Requests instinctively.

It's part of their natural feminine instinct.

However, many women also consciously do it.

They purposely make Feminine Requests as an opportunity for you to be the man in the relationship.

She doesn't want to take on the role as being the dominant one and have to exit her feminine.

She wants to remain in her feminine way of being so you can remain in your masculine.

When you understand how to create, maintain and build on the masculine-feminine dynamic in a relationship, both you and your woman will always feel more and more attracted to each other over time.

So many couples out there start off feeling attracted to each other and in love and then they end up feeling more like friends, housemates or roommates.

A relationship doesn't have to go down that path.

You and your woman can literally feel more respect, attraction and love for each other over time.

When that is in place in a relationship, it feels amazing.

It's a great time for the both of you and neither have you ever feel like you want to leave the relationship.

You just want to be with each other.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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How to Deal With Your Girlfriend on Her Period

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Some women are fine when they're on their period, whereas others can seem a little bit crazy.

[image: How to handle your girlfriend when she's on her period]

They become annoyed, short-tempered and irritated at the slightest thing.

As a man, it's very important that you understand how to deal with your woman when she's on her period, so she doesn't make her bad behavior out to be your fault.

So it doesn't become that time of the month where you need to tiptoe around her and be on your best behavior.

Instead, she becomes accountable for her behavior.

She knows that she has to do her best to manage your emotions and treat you with respect.

In this video, I'm going to give you 6 tips that will save you from a lot of stress, arguments and unnecessary frustration when your woman starts getting her period, or when she's on her period and her behavior and mood starts to change.

Let's begin with number 1...

1. Let her know that you're aware of how the changes in her hormones can temporarily affect her behavior and mood, leading up to and during the first few days of her period

[image: Let your girlfriend know that you are aware that she goes through hormonal changes every month and that it can affect her mood and behavior]

This is a very important fundamental conversation that you need to have with your woman.

She needs to know that you know what is going on.

It also needs to be out in the open so she doesn't end up blaming her behavior on you.

So, this is essentially what happens to most women.

[image: A woman's monthly period cycle]

Days before her period, her estrogen and progesterone levels begin to drop.

As a result, she may begin to feel a bit foggy mentally.

She may also tend to get irritable and annoyed for seemingly no reason.

There is a reason though and that is her changing hormones and how they are affecting her brain and mood.

[image: Menstrual cycle]

On the first day of her period, levels of estrogen, progesterone and even testosterone are low which can lead to her feeling moody, confused and irritated about how she is thinking, feeling or behaving.

She may also lose some self-esteem during this time of the month and feel unreasonably insecure about her body or appearance.

It's during the days leading up to her period and the first few days of that some women can become

unusually aggressive, angry and argumentative about things.

Something that her boyfriend would normally be able to say to her, suddenly sets her off and she becomes angry at him.

She throws a tantrum and gets into an argument with him.

Due to the changes in her hormones, a woman can become extra sensitive towards things that she would normally be easygoing about, or would be able to laugh about.

Then all of a sudden, within the first few days of her period, estrogen levels begin to increase once again which, for most women, leads to them feeling happier, more energetic and in good spirits once again.

So, once you've made your woman aware that you are aware of the changes and it's out in the open, she is much more likely then to admit when she is behaving badly leading up to her period and during the first few days of her period.

For example: If she becomes irritated and annoyed at you for no reason, then she is much more likely to apologize to you after she comes to her senses and realizes that it was just her hormones messing with her mood.

However, it's very important that when she does apologize and blame her period for her behavior that you don't jump all over that and start making her feel really bad about it.

Just thank her for saying it and let her know that it's a good thing that she's aware of it.

Then, get on with having a good interaction with each other.

When you approach it in that way and she knows that she's not going to be attacked when she admits that she was behaving badly, then she is much more likely to continue to admit when she is acting up because of her period and she'll become more conscious of it.

She'll become more aware of it and she'll be able to control it more and more over time.

2. Don't let her period become an excuse to treat you badly

[image: Don't let her period become an excuse to treat you badly]

The thing is, leading up to her period and during the first few days of her period, she can experience all sorts of physical discomfort and pain.

For example: She may get headaches, aches and pains in her lower back and hips, an upset stomach, bloated stomach and cramping.

So, it's understandable that she might be a bit annoyed and irritated during that time.

However, it's not an excuse to treat you badly and disrespect you.

If a man lets his woman treat him badly during certain parts of her menstrual cycle, it can become a habit for her in the relationship.

She can develop a habit of behavior of being annoyed with him, being irritable, being short-tempered.

The more he allows that to occur, the less happy the relationship will be.

So, while it's a good thing to be a bit understanding and have some empathy for your woman as she's going through these hormonal changes throughout the month, it's not a license for her to treat you badly.

[image: Her period is not a free pass to treat you badly]

Her period is not a free pass to start screaming at you, yelling at you, being irritable, being short-tempered and just expect you to put up with it.

She has to be able to take responsibility for her emotions around you.

The way to tell your woman that isn't to sit her down and give her a stern talking-to, or demand that she control her emotions at all times.

Instead, it's best to be assertive about it, but be loving and easygoing at the same time.

"Hey, by the way, just because you go through hormonal changes every month, it's not a free pass for you to start being a pain in the butt, screaming at me, starting arguments for no reason and so on. You got to try your best to control your emotions during those times. You've got try."

Saying something like that to your woman, creates a relationship dynamic where she knows that you're being understanding and respectful towards her.

You're still being playful and loving when you tell her that she's got to control herself and be a good woman, but at the same time you're letting her know that she does need to keep herself in line.

The hormonal changes that go on in her body and the subsequent changes in mood and behavior are not a free pass for her to start being a pain in the butt.

She needs to respect you by doing her best to behave well and not be annoying during that time of the month.

3. Don't get moody in response to her moodiness

When a guy gets moody in response to his woman's moodiness around her period, she can end up saying that her bad mood and the arguments they're having are his fault, not hers.

As a man, you've got to be able to control your emotions so your woman can see the clear contrast between her behavior and yours, between her emotional control and yours.

When she sees that you don't lose control of your emotions and become moody when she is being a bit moody, then she can see that her bad mood is as a result of her, not you.

Since her hormones change all throughout the month, you can't expect a woman to be consistent all the time.

Instead, what you can expect is that she gets better and better at being respectful around you, trying her hardest to be on her best behavior and not become too annoyed or irritable leading up to her period and during the first few days of her period.

4. Don't be afraid to laugh at her in a loving way at times

When you're in a relationship with the woman, she has to know that her anger and tantrums do not intimidate you.

If she can see that her anger and tantrums intimidate you, what is she going to do?

She's going to do more of it.

What a woman will do, she will get angry, throw a tantrum and if a man can't stand up to her in a loving way, then she loses respect for him, she loses sexual attraction for him.

She feels like the more dominant one in the relationship.

As a result, it doesn't feel good to her to submit to him sexually.

With this point, I'm saying don't be afraid to laugh at her in a loving way at times.

I'm not saying always laugh at her when she is angry.

If you do that, then she will naturally become more and more angry because she will say that you're not taking her feelings seriously.

The difference here is that you need to have the freedom as a man to not take your woman's outbursts seriously, because she is not in the dominant position in the relationship; you are.

You need to be able to laugh at her as you would laugh at someone who you're not intimidated by when they're throwing a tantrum.

Yet, with your woman, you do it in a loving way.

You still love her, you still respect her, you still appreciate her, but you're just laughing at her little girly outburst.

That's the way you see it.

You're not intimidated by her feminine anger.

So, if your woman gets angry at you and is yelling and screaming for no real reason when she's on her period, here are some examples of how you can laugh at her in a loving way.

**Say any of the following in a positive way with a smile, not in an attacking way with bad intentions. You are only joking when saying something like this.*

"Look at you getting all worked up. You love drama, don't you? You love it."

Next example.

"You are one crazy girl, you know that?"

Next example.

"You freaking nutcase."

Next example.

"Whatever, come on, get your butt in the car, let's go."

The thing is, if you went out and asked women how they would want a guy to respond when they're on their period, most woman will say be nice, be patient, don't joke around, stay out of her way, buy her flowers, do nice things for her and so on.

Yet, if a guy approaches his relationship in that way, then his woman isn't going to want to have sex with him very often, if at all.

[image: Don't be afraid to joke around with her when she's on her period]

She's going to feel like she is more dominant than him.

She's going to see that he is intimidated by her and that doesn't turn women on.

What does work is when you are loving and respectful towards your woman, but you also show her that she's not in the dominant position.

You're not intimidated by her.

That is what works.

You need to be able to have that freedom as a man.

Otherwise, you may put yourself in a situation where you're thinking, "Can I joke today? What day is it in her menstrual cycle? Is she leading up to her period? Is she starting to get moody and irritable? Is she on her period? Man, I can't joke today because she started her period."

No.

You shouldn't have to live like that and you don't have to live like that.

Instead, she needs to be able to laugh at herself when she is acting up.

She needs to be able to see that her man respects her, loves her, but doesn't take her outbursts seriously.

He also doesn't appreciate when she is out of line and starts treating him badly as a result of her period.

It's not a time of the month where she gets a free pass to be a pain in the butt.

Over time, she needs to learn to control herself and be on better behavior during that time of the month.

5. Don't use her period as an excuse to blame her for everything

Just because women tend to become more moody and irritable leading up to their period and during the first few days of their period, it's not a free pass for a man to say that everything is her fault during that time.

If a man starts blaming every argument and every bad mood on her period, then it can be very annoying for her especially if she senses that he's blaming everything on her as a way to avoid improving his approach to the relationship.

If she is upset about something and is trying to talk to him about that and he then blames it on her period, it can cause her to feel as though he doesn't think her feelings are valid or that he just doesn't care about her.

6. Be sure to also give her positive feedback on her good behavior to keep things balanced

A mistake that some guys make is that they only tend to comment on their woman's behavior when it's negative.

When she's being a pain in the butt, when she's being irritable or annoying, the guy will then get into an argument with her about that or give her some feedback about it and tell her that he doesn't appreciate it.

Yet, when she's on good behavior, he won't really say anything about that.

He will think, *"Well, that's how she should be all the time. So, why should I say anything, it's just normal. A woman should be on her best behavior all the time."*

Yet, to encourage a woman to be on her best behavior all the time or as much as possible, you also need to make sure that you make her aware that you're aware of her good behavior.

You don't need to say it all the time, every day, but you do need to make sure that you add it in.

"Hey, honey, thanks for making me a coffee. You're a good woman. Come here."

Next example.

“You’re really much more relaxed and easygoing these days. I like it.”

Next example.

“Now THATÂ I like. I like it when you’re like this. You’re much more kissable like that. You’re much more bangable. You’re copping it tonight.”

Learn More?

Okay, I hope you enjoyed this video and learned something from it.

If you’d like to learn more about how to maintain a happy, loving, sexually attracted relationship with a woman, then I recommend that you watch or listen to my program, [Make Her Love You For Life](#).

The approach that I teach to relationships in the program brings out the best in your woman.

It makes her feel increasingly respectful, attracted and in love with you over time.

Bring Out Her Good Girl Side

One final point that I want to make for you in this video is that you or your woman can’t control the hormonal changes that she’s going through every month.

Yet, what youÂ CAN do as a man is create a relationship dynamic where your woman feels accountable for her behavior.

She takes responsibility for her part in the relationship.

She doesn’t take you for granted by treating you badly during certain periods of the month.

The thing, is relationships with women are easy when you set and maintain the right relationship dynamic.

A woman who is a pain in the butt to one type of guy, won’t be a pain in the butt to another type of guy.

It’s the same woman, but each guy will allow a certain relationship dynamic which will bring out a certain side of her.

For example: If a guy allows a relationship dynamic to be created and maintained where he has to be on his best behavior during her period, then that’s not going to be fun for him and it’s not going to be fun for her.

He’s going to have to tiptoe around her, be really nice, make sure that he doesn’t say anything to set her off and she’s not going to be having fun because she’s going to be with the man who is intimidated by her and can’t get her to be a good woman to him.

The reality is that women are at their happiest when they’re with a man who brings out their good girl side, who makes them want to treat him well.

That is when a woman is at her happiest; not when a guy is tiptoeing around her, walking on eggshells and trying hard to not say the wrong thing around her.

It’s not what women will go around saying in the media, but if you pay attention to the women who are the happiest in their relationships with a man, it’s going to be a man who makes her feel accountable for her behavior, who brings out her a good girl side and naturally makes her want to

treat him well.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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How to Get Your Girlfriend or Wife to Lose Weight

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

So, how can you get your girlfriend or wife to lose weight?

Over the course of being with you in a relationship, she's put on a fair few extra pounds or kilos.

[image: Get girlfriend to lose weight without hurting her feelings]

You want her to go back to the way that she used to be or something similar.

How can you make her feel motivated to lose the weight and to feel happy about doing it, rather than having to get into unnecessary arguments with her where you try to convince her to lose the weight and then, she ends up getting angry at you and it causes problems between you and her?

I'm going to explain all of that for you, as we go through this structured video with 8 tips that I've personally tested in my relationship and have caused my wife to always want to stay in shape and look good for me.

1. Tap into her natural motivation to look good for you

[image: Tap into her natural desire to look good for you]

What you need to understand is that her level of motivation to look good for you is directly linked to her level of attraction for you.

The more attracted she feels to you, the more motivated she will be to make you feel attracted to her so she doesn't lose you.

The best way to understand this is to imagine that you're in a relationship with a woman that you're not very attracted to and you don't care if you lose her or not.

She then starts asking you to put in loads of effort to improve your physical appearance for her.

She starts complaining about your body and saying that you're either too skinny or you're too fat, or you need to put on more muscle and she starts putting pressure on you to improve your body for her.

Now, how are you going to react?

Some guys might dump her on the spot.

Other guys might think, *"Well, alright, I'll put in some more effort and see if that will shut her up."*

Other guys might think, *"Well, I'm not going to put in any effort for this woman. I'm not even attracted to her and I don't care if I lose her."*

The guy might then tell her that he likes his body the way it is and he's not going to put on weight or lose weight for her regardless of what she says.

So the point here is that if you want your woman to lose weight, you first have to make sure that she feels enough attraction for you to actually care about maintaining your interest and to not want to lose you.

2. Let her know what you find attractive about her now while also saying that if she did lose some weight, that would look good too

Saying what you find attractive about her now, isn't about being politically correct, being a nice guy or anything like that.

It's got to do with the psychology behind sexual confidence.

For example: When she knows that you find very specific things about her to be sexy and attractive, it's much easier for her to feel confident when having sex with you.

The best way to understand it is to flip the example and think about a skinny guy in a relationship with a woman.

She sometimes grabs at his skinny arms and she says that she finds it unattractive.

She gives him weird looks when she sees him naked and she touches his bony ribs and says, "*Gross*" and things like that.

Now, some skinny guys aren't going to care.

They're just going to laugh at their woman and say, "*You love it. Come here*" and get on with being in an intimate relationship with her.

Yet, some skinny guys are going to start feeling insecure.

For example: When the skinny guy is on top of his girlfriend and he's giving it to her missionary style, he's probably going to be feeling a bit insecure about his body.

He may begin to look at her eyes and her facial expressions to try to understand what she may be thinking or feeling.

If she doesn't seem to be enjoying it, he may assume it's because she is turned off by his skinny body.

The same thing applies if a man is in a relationship with a woman and he looks at her weird when she's naked, or when he sees her in her underwear and bra.

Alternatively, if he grabs at her fat or pokes her in the stomach and has a bit of a laugh or makes a bit of a face that shows her that he doesn't like it and so on.

Yes, he wants her to lose the weight and yes, he doesn't find it attractive, but what's important to understand is that she doesn't have to lose the weight if she doesn't want to.

Just like a skinny guy doesn't have to start eating loads of food and going to the gym all the time to build up muscle for his girlfriend or wife.

So, the best way to approach it is in a loving way and with a long-term perspective, rather than in a hateful or spiteful way with a short term prospective.

Approaching it in a loving way with a long-term perspective means that you actually care about how she feels.

You actually care about the consequences of your behavior and actions in the relationship.

You are creating a loving relationship dynamic between you and her that is going to last for life.

In terms of having a long-term perspective rather than a short-term perspective, if you plan on staying

with her for life then you don't need to rush her into losing the weight in the next couple of weeks or months.

It may take her six months to get back in the top of shape that you want her to be in.

So, a personal example with my wife...

[image: Dan Bacon wife weight]

When I first met her, she was 46 kilos, which is 101.4 pounds.

Yet, at one point in our relationship, she got up to 53 kilos, which is 116.8 pounds.

Now, the thing is, she wasn't really overweight that much, but for her petite frame, it was starting to build up around the stomach area and her cheeks were starting to fill out and so on.

When she has occasionally put on weight during certain parts of our relationship, she has asked me things like, *"Do I look fat?"* or, *"Does this top make me look fat?"* or, *"Do these pants make me look fat?"*

I gave her honest answers like, *"You don't look fat. You don't look skinny. You look good."*

In terms of the top she was wearing, *"No, the top doesn't make you look fat. It looks fine."*

The thing is, all the way throughout our relationship, I've always said to my wife that I think she's beautiful and I look at her as being sexy and she knows that.

So, she knows that if she's thinking that she's fat and is starting to feel insecure about that, it's not my fault.

It's not because I've said to her, *"You're fat, you need to lose weight."*

I've never said that to her.

She has always been the one asking, *"Do I look fat? Do I need to lose weight? Does this top make me look fat?"* and so on.

When she has asked me, *"Do I need to lose weight?"* I've given her an honest answer and that is, *"You can lose weight if you want to. It's up to you."*

That's the reality of relationships.

You're an individual and she's an individual.

You can do whatever you want, but if you want the relationship to work, you're going to do things that bring you closer together, that make the other person happy and make the other person want to stay with you.

So, in terms of number 2 here, let her know what you find attractive about her now, while also saying that if she did lose some weight, it would look good too.

Actually, before I move on to the third tip, I'll give you another example for number 2 to make sure that you really understand it.

Think about an example of where a guy is skinny or overweight in a relationship with a woman and she then told him what she found attractive about him *before* saying that if he were to put on weight, that would look good too.

So, she tells him that she finds him attractive and sexy because he is confident, charming, makes her laugh, he's charismatic, he's cool to hang around with, he's a good man and so on.

That way, he doesn't have to become insecure about his attractiveness to her.

No doubt, he may develop some insecurity about his skinny arms or his belly if she talks about how it would look good too if he were to lose that belly, or if he would have put on some muscle, but he's still going to feel as though his girlfriend or wife feels attracted to him because she has made that clear.

So, if you want your girlfriend or wife to lose weight and to feel happy about doing it, then make sure that you tell her what you find attractive about her and make it genuine.

Let her sense that you really do find her attractive and that if she were to lose weight, then that would look good too.

3. Don't try to motivate her to work out by talking about the importance of health or telling her how much you care about her health

If a man starts telling his woman how much he cares about her health and how he only wants her to be happy and healthy, she can easily say that she's already happy and healthy.

Additionally for every person out there who follows a strict diet and exercises all the time and is healthy as a result, there is another example of a person who doesn't follow a strict diet, doesn't even exercise and is healthy and doing fine.

When it comes to diet and exercise, a new study comes out all the time that contradicts the previous studies.

There are all these weird diets that people say will work where you don't even have to exercise and where you can eat junk food and you'll be totally fine.

So, if a guy starts pressuring his woman to eat perfectly and exercise all the time because he secretly wants her to lose weight, then she can easily say that she doesn't need to do that because other people don't do it and they're healthy, fine and they have no problems.

4. If you don't find overweight women as attractive as slim women or slender women, then don't pretend to

[image: If you don't find overweight women as attractive as slim or slender women, then don't pretend to]

Some guys find overweight women attractive, no problem.

Yet, most guys don't.

So, if you're one of the guys who doesn't find overweight women attractive and you prefer women who are slender and in shape, then make sure that your woman is aware of that.

For example: You may be watching TV with your woman and she will test you by asking you something like, *"Oh, she looks good. What do you think?"* about a slim woman and see how you react.

She may then ask you about a certain female celebrity who is overweight and see how you react to

her as well.

By the way...

For the men watching this video, you're probably aware that men aren't allowed to talk about women being overweight in the media or on social media and if they do, they get a whole bunch of hate.

So, if you're enjoying this video so far, make sure that you show your support by clicking like, otherwise I'll probably get a whole bunch of dislikes from overweight women who are angry at me for talking about a woman needing to lose weight.

Okay, so back to the example...

Say for example you're sitting on the sofa with your girlfriend or wife and she points out a female celebrity that used to be slim, but has put on weight and is now overweight.

She asks you what you think of her and she says, *"Oh, she looks good. What do you think?"*

If you think she looks good as an overweight woman, then go ahead and say that, but if you think that she looked better when she was slender and she wasn't overweight, then say that.

"No, she looked way better when she was slim. She is a bit too overweight now. I don't like it."

Alternatively, *"Oh, she still looks pretty cute, but I prefer her when she was slimmer."*

Since I've had those type of conversations with my wife, she knows that I don't find overweight women as attractive as slender women, or slim women.

She knows that.

I've never had to say when my wife put on a few extra kilos, *"Oh, you're looking fat. I don't like that."*

I've never had to say that to her because she knows that I find women more attractive when they are in shape.

When you're in a relationship, it's important not to be politically correct with your woman by telling her that you think overweight women are just as attractive to you as slender women, if you don't actually think that.

You've got to be real so she knows the deal.

You're not saying that she's fat, you're not saying that overweight women can't be attractive to other men and you're not saying that you're going to dump her if she doesn't lose weight ASAP.

Instead, you're answering her questions about other women in an honest way, so she understands what you prefer.

5. Workout as something fun to do together, while understanding that it might take some time for her to develop a liking for it

[image: Make working out fun, without any pressure to succeed]

Make working out fun, easygoing and without any pressure to succeed.

Just do it for the fun of it, rather than being like a drill sergeant and trying to push her to do more and more.

Just let her have fun coming to the gym with you or going for a run with you, but understand that she may not be consistent initially.

Most people aren't.

If she doesn't like the idea of going to a gym, you should initially be open to going for bike rides together, going for a run at the local park, going for walks along walking trails on the weekend, trying a group exercise class or doing something like boxing.

Essentially, you want you and her to genuinely be able to have a fun time as you get into the habit of being active together.

As you may know, most people who get a gym membership or decide that they're going to start working out don't actually follow through on it for years and continue it on for life.

Many people will feel motivated initially and then they will stop, they will give up.

If you want your woman to remain motivated to continue to work out and stay in shape, it's best to link it to you and her having some fun together.

Don't make it about, *"We have to go to the gym to lose weight or to stay in shape. We have to go for this bike ride because we ate pizza the night before."*

Don't link it to something that feels like work.

Link it to you and her having fun together.

Now, it doesn't need to be a whole bunch of fun where you're jumping around the gym and saying, *"Wow, I'm having so much fun,"* or you're going for a run together and high-fiving and laughing all the way.

Instead, just go and do something active and focus on having a good time together, focus on being in an easygoing relaxed mood and being able to not take things too seriously and just have a good time together.

When a guy doesn't approach it in that kind of way and instead approaches it in a way where he tries to make her feel guilty for not coming to the gym all the time, or make her feel like she's not doing good enough and she needs to work out harder, then she will naturally start to build up some feelings of resentment.

She will start to feel like it's too stressful and as though he's putting all this pressure on her because he wants her to lose weight and he's not being loving about it.

Once again, the best way to understand the example is to flip it around and think about a woman trying to force her guy to go to the gym and put on some muscle and she's putting loads of pressure on him at the gym.

She's looking at his skinny arms, she's grabbing onto them and saying, *"Come on, you need to build up more muscle"* and forcing him to go to the gym all the time.

He's not going to enjoy that and he may dump her as a result.

So, just link working out and being active to having fun together, being relaxed, being easygoing.

You don't have to go overboard and have loads of fun, but be in a good mood, be in an easy going mood, be relaxed about things, be lighthearted about things and don't put too much pressure on yourself or on her.

6. Don't be too serious about food initially

[image: Don't be too serious about food initially]

It's not reasonable to expect someone to go from eating fun comfort foods and having a fairly relaxed lifestyle where they're not very active, to then change and only eat the right foods at the right time, work out consistently and work out intensely from now on for the rest of their life.

That's not reasonable to expect.

So, don't try to get her to be perfect about her diet right now.

Instead, allow her the time to feel motivated to want to cut out some sugar from her diet, to stop eating so much before she goes to bed, or to make sure that she isn't snacking a lot during the day.

Don't expect her to do it right away.

Instead, allow her to naturally start to want to do it because when she sees some results of working out and starts to enjoy working out with you or going by herself, then she will most likely become more interested in improving her diet.

For example: If a couple eats out often and the woman is in the habit of ordering a sugary soda drink like a Coke or something like that, then it's going to be best for her to drink a glass of water instead.

She's going to cut out a lot of sugar and she will naturally start to lose weight as a result of that.

Yet, she may not want to do that all the time right away.

So, her man shouldn't be looking at her with disappointment, picking on her and talking down to her if she decides to order a Coke every now and again.

He should allow her to eat and drink whatever she wants, while also giving her the chance to naturally start to decrease the amount of food that she's eating and decrease the amount of times that she orders a sugary drink that is going to add more weight to her body.

By the way...

In terms of not being too serious about food initially, if a guy is in shape and he has muscles, but he also tends to eat burgers and pizzas and that's fine for him, then he doesn't need to stop eating that around her.

He doesn't need to be that serious, where he is trying to make sure that he's not being a bad influence around her.

She needs to take care of herself.

She needs to be responsible for what she's eating.

So, if a guy happens to eat a burger every now and again or a pizza, or he enjoys some sort of comfort food and he's able to stay in shape because he lifts heavy weights and does high-intensity workouts, then he can continue doing that.

Yet, he needs to give her the chance to naturally start to decrease the amount that she eats when she's around him when he's eating a burger, a pizza or some other type of comfort food.

7. Understand that sometimes things can get in the way of the progress that she has been making

For example: You and her go on a holiday and end up eating and drinking lots, or you attend a bunch of parties or birthdays, you go to yearly traditional days with family that involve a lot of eating, you have a few too many drinks together, she gets sick with the flu or she gets injured in some way or another.

All of that can temporarily add weight to her body.

Additionally, sometimes she probably won't be in the mood to go and work out and you need to be okay about that.

So, you need to let her get into the habit of working out, enjoying it and being more consistent, but you also need to be lenient and not be so serious about her sticking to a rigid workout plan and having to go all the time.

For example: If you ask her, *"Hey, honey, I'm going to go work out tonight. Are you coming?"* and she says *"No,"* you need to be okay about that.

You have to give her the chance to feel a bit guilty for not going.

If she feels motivated to make you feel attracted, then she will feel the pressure to go the next time or the next.

Just don't make the mistake of getting angry at her, or getting into an argument with her about her not being consistent.

That will backfire her.

Instead, allow her to naturally feel the pressure of needing to look good for you.

If you have the right dynamic in your relationship where she respects you, feels attracted to you and she looks up to you, then she will naturally want to impress you.

She will naturally feel that pressure to look good and maintain your interest in her.

8. Get her to have realistic expectations so she doesn't lose motivation

For example: She goes to the gym, works her butt off for an hour or so, comes home, looks at herself in the mirror and nothing has changed.

She goes the next time, works out on the treadmill for an hour and a half, comes home, looks at herself in the mirror and nothing has changed.

The reality is that a person usually needs to work out for weeks or months, before they start noticing real changes in the shape of their body.

So, get her to understand in advance that it may take a couple of weeks or months to see real noticeable changes that she's going to be very happy about.

In the meantime, just make sure that you make working out be something that is fun, enjoyable, relaxing and easygoing for the both of you.

If you do that, then you and her are going to enjoy being active together, getting out and doing things together.

Before you know it, you and her will be in the habit of working out together and because she's doing it so regularly and because she feels motivated to look good for you, she will almost certainly begin to lose those kilos, lose those pounds and get back into the type of shape that you like seeing her in the most.

Learn More?

Okay, I hope you enjoyed this video and learned something from it.

If you'd like to learn my best relationship techniques for making a woman respect you, feel sexually attracted to you, be totally in love with you and want to impress you and maintain your interest, then I recommend that you watch or listen to my program, [Make Her Love You For Life](#).

Being Forced to vs. Wanting to

[image: You get to choose what body shape you want]

One final point that I want to make for you in this video, is that you don't have to improve your physical appearance in response to the demands of your woman when in a relationship.

You are an individual and if you want to be slim, you want to have an average body type or you want to have muscles or you want to be overweight, then you can do that.

She can't force you to be a certain body shape physically.

Likewise, you shouldn't be trying to force your woman to be a certain body shape for you.

Instead you create the type of relationship dynamic that naturally makes her **want** to look her best for you.

She wants to impress you.

She doesn't want to lose you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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5 Common Relationship Mistakes That Lead to Break Ups

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Have you ever been in a relationship with a woman that you were really attracted to and really in love with?

You wanted the relationship to work, but it didn't.

It fell apart.

No matter what you tried to do to fix the relationship and make it work, you couldn't make it work.

You and her ended in a breakup.

If that has ever happened to you, or if you're going through that at the moment with a woman, then it's probably because of one of the following common relationship mistakes that lead to breakups.

1. Taking each other for granted

[image: Taking each other for granted]

The relationships that you have seen, where a couple is still attracted to each other, in love and happy 30, 40, even 50 years into the relationship are the ones where they don't take each other for granted.

They continue to love the other person, respect them and appreciate their presence in their life.

Unfortunately, what happens for a lot of guys is that they end up allowing their woman to take them for granted, or they make the mistake of taking her for granted.

So, to talk about the woman taking them for granted, this often happens when a guy is putting in more effort into the relationship than the woman is.

He's trying hard to impress her and live up to her standards and she doesn't feel the same motivation because she doesn't feel attracted to him in the same kind of way.

A guy like that will find that no matter what he does for his woman, it's never enough.

It never pleases her in the way that he wants it to please her.

In other words, she doesn't look at him with the attraction, respect and love in her eyes.

She just sees him as a bit of a burden, a bit of a nuisance and she has to put up with him.

Now, sometimes that's because the woman is a horrible woman who doesn't deserve to be in a relationship with him.

If that's the case, then he should dump her.

However, it can also happen when the woman is a good woman and would treat her man well, but the man is creating a relationship dynamic that makes her feel like she is way more valuable than him, even though she isn't.

They are equals, or he might even be a more valuable person than her and she should be feeling lucky to be with him.

Yet, based on his approach to the relationship where he is trying to win her love and hopefully, be good enough, it gives her a false sense of superiority over him and she ends up taking him for granted.

In other relationships, a guy doesn't allow his woman to take him for granted, but he ends up taking her for granted.

He may have started out being a good guy, treating her well and making her feel loved and appreciated.

Yet, over time, he stops being the good guy that he was at the start and he begins to change.

He thinks, *"She's so in love with me, the sex is great, she's lucky to have me. I can treat her however I want to. She just has to put up with it."*

In yet another example: A guy will start out being a good guy, continue being a good guy, but he will take his woman for granted in another way.

He will expect her to put up with the fact that he is becoming increasingly insecure, jealous and needy.

He's still being good to her, but he's becoming increasingly jealous, needy and insecure.

He expects her to put up with that and just understand that the reason why he's being so insecure, jealous and needy is that he loves her so much.

She has to understand that.

She's just got to deal with it.

Finally, in another example, a guy starts out being a good guy, continues being a good guy, doesn't become insecure, jealous, or needy, but he doesn't want to work on the relationship problems between them.

For example: There's no spark between them anymore and he expects her to just put up with that.

From his perspective, he believes that relationships have a honeymoon period and that there's no way for a couple to be attracted to each other and in love with each other 5, 10, 15, 20 years into a relationship.

Yet, the fact is, that it is possible and easy for a man and a woman to keep the spark alive and be in love for life.

Millions of couples all over the world are able to do it and many men and women know that.

They know that it's possible.

They know that they can be happy and in love for life.

So, in today's world and in the future, if a man or a woman finds themselves in a relationship where they're being taken for granted, they can decide to leave the relationship, unlike in the past.

In the past, a couple had to get married and stay together for life, even if they were unhappy or miserable in the relationship.

They had to stay, even if they were being treated badly or being taken for granted.

They essentially had no choice because it was absolutely shameful to get divorced.

However, these days, relationships are a choice.

If a relationship works and the couple is happy and in love, they will gladly choose to remain together for life.

On the other hand, if a couple can't figure out how to get their relationship to work, it will usually end in a breakup or a divorce regardless of how good things were in the beginning.

So, the solution is to create a relationship dynamic where neither of you take each other for granted. Both of you continue to love each other, respect each other and appreciate each other's presence in your life.

When both of you feel loved and appreciated, then it's all good.

The relationship feels like a benefit to both of you rather than a burden.

Neither of you want to lose the other person.

You're both in love with each other, you both feel appreciated and it's all good.

Yet, when a relationship gets to a point where the man is taking the woman for granted, or the woman is taking the man for granted, or both of them are taking each other for granted, then the relationship is doomed to fail.

2. Ineffective communication

[image: Ineffective communication]

You may have heard that great communication is very important in a relationship.

That's even a bit of an understatement.

It's absolutely essential.

The way that you approach communication in your relationship can cause you and her to feel in love with each other and happy, or it can cause you and her to feel disconnected from each other, resentful, angry, annoyed and frustrated.

Ineffective communication can ruin a perfectly good relationship.

The couple was a great match, the relationship was working, but then they got into misunderstanding after misunderstanding and it led to arguments, disconnection and feelings of unhappiness in the relationship.

Some examples of ineffective communication are:

1. **Not addressing issues before they turn into a bigger problem.** When issues aren't addressed and they're swept under the carpet and avoided, it can end up causing you and her to feel resentful towards each other and eventually blame each other for the problems in the relationship. As a result, you can end up getting into heated emotional arguments that didn't need to happen.
2. **Bringing up issues at the wrong time.** When you and her are arguing and you are feeling angry or irritated, it's not the time to bring up lots of random things that she is doing wrong, that you don't like about her, or that you would like her to improve on. It's better to bring those things up in a lighthearted, easy-going way and even have a laugh about it with her when both of you are in a good mood, rather than unloading personal attacks on her when you happen to be feeling angry. If you tell her what she's doing wrong, or what you'd like to improve when you and her are in a good mood and you do it in a lighthearted, easy-going way, then she is more likely to be open to improving yourself and even be able to have a laugh about herself and where she has been going wrong in the relationship.
3. **Not using a lighthearted, easy-going approach to communication.** If one of you or both of

you is way too serious about what the other person says, then it can end up feeling like you're walking on eggshells around each other. Say one word wrong and an argument breaks out. It's a stressful, unhappy experience. Yet, when both of you know that it's perfectly fine not to take everything so seriously and you start getting used to being like that, you can quickly begin to build a relationship that is relaxing, loving and forgiving rather than stressful, hateful and unforgiving.

Okay, the next common relationship mistake that can lead to a breakup is...

3. Giving her too much power

[image: Giving her too much power in the relationship]

This can often happen when a guy believes that if he lets his girlfriend or wife get her way more often than he gets his way, then she's going to be happier.

This particular area of a relationship can be confusing for a lot of guys because many women will demand more power.

They will act as if they are unsatisfied with the amount of power they have in the relationship.

They'll complain about things and expect a guy to do a lot for them, but it won't actually be about wanting the power.

In most cases, it's just going to be a test of the guy's confidence and ability to be the dominant one in the relationship.

She wants to see whether or not he is going to submit to her will and start doing whatever she wants him to do in order to stay with her, or if he has the masculinity and the confidence to laugh at her when she's out of line, to not take her seriously and to not crumble under her pressure.

The relationships that you see where the man is clearly still the man in the relationship and the woman is clearly still the woman, are the ones where the man remembers that the woman doesn't need to be the more dominant one.

A relationship can exist where the woman is more dominant than the man, but it's not going to be the most happy relationship on the planet.

Additionally, sex is going to be on her terms and he's going to have to try to get her to want sex.

She's going to be in the dominant position in the relationship, so she's not going to feel good about submitting to him.

On the flip side, when the man maintains his dominance (or if he's lost his dominance, he reclaims his dominance in the relationship), then a woman naturally feels good about submitting to him.

She naturally feels good when she touches him, when she hugs him, when she is close with him.

Unfortunately, what happens for some guys is that they get with a woman that they really love and they really feel attracted to, so they see her as being so special.

The guy wants to do everything for her and give everything to her because she's so special to him.

Yet, in the process of behaving in that way, where he's essentially doing whatever she wants and trying hard to make her happy, he ends up giving her too much power, which causes her to lose respect for his lack of dominance and masculinity in the relationship.

In cases like that, the woman usually ends up breaking up with the guy and saying that it's not his fault, it's her, not him, or that she loves him as a friend, but isn't in love with him.

Alternatively, she says that wants some time to find herself and so on.

Essentially, what she's saying is that she can't look up to him and respect him as her man and as a result, she doesn't feel that sexual romantic attraction for him.

By the way...

One thing to point out here, is that the solution here is not to take away all of a woman's power and give her no power in the relationship and be completely dominant (i.e. tell her to sit, rollover, play dead, shake hands, good dog).

That approach doesn't work either, unless, of course, the woman has some real issues and she likes to be treated in that way.

What works, is where the man and woman respect each other, they love each other and they appreciate each other, but the man is in the one up position in terms of dominance.

They are not equal.

The woman is not way down there.

The woman is not way up there.

The man is here, the woman is there in terms of dominance. (Watch video at the top of this page for a visual demonstration of this).

When the dominance levels are equal, they are going to feel more like friends so the sex is going to dry up.

When the woman is all the way down, sure, she's going to feel some sexual attraction for a while, but she's going to get sick of being treated in that way and she's eventually going to leave.

When the woman is all the way up there in terms of dominance, she's not going to feel good about submitting to a guy who isn't more dominant than her.

When the man is in the one-up position in terms of dominance and the woman is here, then she's going to feel loved, respected and appreciated.

She's also going to feel really good about submitting to the dominant man that she is in love with, is attracted to, respects and appreciates.

4. Forgetting what is attractive to a woman

[image: Forgetting what is attractive to a woman]

When in a relationship, a woman feels most attracted to you when she sees evidence of your confidence and emotional masculinity.

You can display this to her based on the way that you talk to her, touch her and how you generally behave and act around her.

Unfortunately, some guys tend to forget what is truly attractive to women and when they're spending a lot of time with their girlfriend or wife, they end up adopting some of her behaviors, some of her mannerisms and some of her feminine ways of thinking and feeling.

Here's a bit of an obvious example here to illustrate the point where a guy starts crying a lot like a

woman, or when he's watching TV with this woman, he's scared and reacting to what he's seeing on the TV and essentially behaving like a woman.

Now, not every guy goes to that extreme, of course.

Instead, what many guys do is they forget what is attractive to a woman, what actually sets off feelings of sexual attraction inside of her.

For example: He might forget that just because they're in a relationship, it doesn't mean that her attraction to confidence goes away.

So, if he becomes insecure and stops being the confident guy that she initially fell for, then she's naturally going to start losing attraction for him.

Now, some guys might ask, *"Well, what about women? Sometimes women put on weight in a relationship and they stop making themselves look physically attractive for their men. They forget what is attractive to a man."*

Well, if you want your woman to feel motivated to make yourself look attractive to you, then you've got to make sure that she is actually feeling attracted to you, so she feels like she's got something to lose.

She's got to be able to see that you're the sort of guy (i.e. confident, able to flirt, able to make her feel attraction as you're talking to her, not a pushover) who could easily attract another woman because you know what is attractive to a woman.

She knows that if you and her were to break up, you would easily be able to attract another woman and she would end up feeling hurt and left behind as a result.

She then feels the motivation to make herself look attractive to you, so she doesn't lose you.

As a result, what happens is that both of you are being attractive to each other, so both of you feel attracted and both of you feel good about the relationship.

5. Trying to suppress the other person's emotional development

[image: Trying to suppress the other's emotional development]

This can often happen when a guy gets into a relationship with a woman who was shy and a bit unsure of herself at the start, but over time, she becomes more and more confident.

She starts to believe in herself.

She gets to the point where she has the confidence to say, "No" to him and the confidence to feel good about herself without needing him to make her feel good about herself.

She starts becoming independently confident.

She's no longer fully reliant on his words and actions to make herself feel worthy and confident as a woman.

As a result, her behavior will start to change.

She will stop being as needy as she was at the start.

Now, some guys are able to develop along with that and not worry that she's no longer being as needy as she was at the start.

The guy still believes in his attractiveness to her.

He maintains his confidence and he loves the fact that she is growing up and becoming more confident as his woman.

Yet, for some guys, they don't like it when a woman starts becoming more emotionally independent and independently confident.

The guy complains that she no longer makes him feel loved in the way that she used to.

She has changed and she seems selfish now to him.

If the man can't deal with her developments as an individual and tries to hold her back emotionally, then they will get into continuous arguments.

Eventually, she will start to feel like a break up is necessary.

On the other hand, when a man is able to continue developing emotionally and ideally, is able to surpass his woman and become more confident and emotionally secure than her, then she feels a deep respect, attraction and love for him.

[image: Growing together as a couple]

He becomes the man that she looks up to and respects, which causes her to treat him better, trust in him, be more loving and affectionate and want to impress him so she doesn't lose him.

As a result, both the man and the woman enjoy a better relationship experience and neither of them wanted to end.

Learn More?

Okay, I hope you enjoyed this video and learned something from it.

If you'd like to learn more about how to increase your woman's feelings of respect, attraction and love over time, then I recommend that you watch or listen to my program, [Make Her Love You For Life](#).

When you watch or listen to the program, you will learn communication and attraction techniques that I don't teach on YouTube.

These techniques bring you and her closer and closer together.

Your feelings of respect, sexual attraction and love increase over time.

Both you and her fall more in love and you enjoy the relationship more and more over time.

Building a Relationship That Works, Lasts and Makes Both of You Happy

One final point that I want to make for you in this video, is that your relationship with a woman can either be one of the things that causes you to feel so happy and fulfilled by life, or it can be one of the things that causes you to feel a lot of frustration, stress and unhappiness in life.

It really depends on how you approach it.

Now, the thing is there are some women out there who are horrible women and don't deserve to be in a relationship with you.

If you get into a relationship with a woman like that or you're in a relationship with a woman like that, dump her and find a new one.

However, if you're in a relationship with a good woman that you love and feel attracted to, then you can make the relationship last for life.

You can create a relationship dynamic where both you and her feel increasingly respectful, attracted and in love with each other over time.

When you create a relationship dynamic where both you and the woman are in love with each other, respect each other and feel attracted to each other, then you and her can go on to experience an amazing life together.

Both of you feel confident in the relationship and you know that it's going to work.

You and her are going to last, so you have the security of knowing that you can build a future together and a life of happy memories that you're going to cherish.

Alternatively, you can get into a relationship with a woman that you feel attracted to and you love and you can potentially make one of the many common relationship mistakes that end up leading to a breakup.

It really depends on how you approach it.

As I said, some women out there are horrible women and you shouldn't try to make a relationship work with them, but if you find yourself in a relationship with a good woman that you love and feel attracted to, then you can create a relationship dynamic that makes both you and her feel increasingly respectful, attracted and in love with each other over time.

As a result, there's no need for a breakup.

Instead, you go on and enjoy your life together.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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How to Fix a Relationship That is Falling Apart

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

How can you fix a relationship that is falling apart?

Your girlfriend is on the brink of breaking up with you, or your wife wants to separate or file for divorce.

How do you actually fix that?

How do you make her want to be in a relationship with you and for the relationship problems to come to an end, for you and her to have a new beginning where the relationship feels better and better every day from now on?

[image: Stop relationship from falling apart]

Well, what you need to do, since you can still interact with her and contact her and you possibly still live with her, is to *stop the negative chain reactions while you still can*.

Essentially, everything that you say or do in the relationship sets off a *positive* or *negative* chain reaction effect.

Here's an example of a negative chain reaction:

Getting into *regular arguments* usually leads to anger, blaming and maybe even personal attacks of the other person's character that result in more and more distance between you and her.

As a result, both of you feel less and less happy with the relationship.

Eventually it's one of the things that adds up to her wanting to break up with you.

A positive chain reaction effect is *regular laughter*.

Regular laughter makes both of you feel more relaxed and happy in the relationship.

It makes you feel closer and enjoy each other's company more.

It's one of the things that keeps a relationship together.

Another example of a negative chain reaction effect is where a man is jealous and insecure.

As a result, she loses respect for him, she stops feeling attracted to him and begins to fall out of love with him.

As the man notices that she is losing interest, he becomes more insecure and possibly even more jealous.

She then loses more respect for him. He then becomes more jealous and more insecure.

It then leads to a breakup.

On the flip side, a positive chain reaction effect is where a man is trusting and confident.

She respects his emotional strength, feels attracted to it and loves him for it.

He notices that she wants him more and more and is committed to him.

It then becomes easier and easier for him to fully trust her and be confident that she wants to be with him.

As a result, it's one of the things that keeps the relationship together.

So, if you want to fix a relationship that is falling apart, you need to *focus on creating positive chain*

reaction effects, so both of you can breathe a sigh of relief and feel some hope that you can work things out and that the relationship is going to get better and better over time.

What's an example?

Well, imagine that a couple has been together for five years and the woman has gotten into the habit of asking her man, *"Have you put the trash out yet? Have you put the garbage out yet?"*

He tends to forget, or he doesn't like doing it and it tends to create an argument between the both of them, before he then reluctantly puts the garbage out.

Alternatively, if he's the type of guy who keeps forgetting, then he may make the mistake of coming up excuses, where he says, *"Oh, I was watching this on TV and I forgot,"* or *"I was busy doing this or that. I'll do it now"* and he then rushes to do it because he doesn't want to get into 'trouble' with her.

He doesn't want to see her get angry at him.

Now, in this example, the woman cooks and cleans for them, but the man has some responsibilities such as taking out the garbage and mowing the lawn, for example.

Yet, he tends to not want to do that, or he tends to forget about it and that sets off negative chain reaction effects in the relationship.

She gets frustrated at him for forgetting his responsibilities because she tends to take care of her responsibilities on a consistent basis.

Alternatively, if he doesn't like doing it and tends to be in a bit of a mood if she asks him, *"Have you taken that garbage out yet?"* then it will set off a negative chain reaction between them.

She will see that a simple task like taking out the garbage, is such a big deal to him when she's taking care of other tasks around the house.

So, what should the guy do?

How can he set off a positive chain reaction effect around the subject of taking out the garbage or taking out the trash every week?

What could he do?

Well, obviously he can just start taking the garbage out and not make a big deal out of it.

However, that's not really going to set off a very enjoyable positive chain reaction.

Instead of just taking on that responsibility and doing it from now on, which is fine, he can instead turn it into something that brings them closer together.

For example: He can start creating a more lighthearted attitude in the relationship, where they can laugh about things rather than taking everything so seriously and getting into battles with each other.

For them, it's usually a case of, *"I do this and you've got to do that!"* and it becomes a tit for tat war between them and becomes an ongoing battle, which isn't fun for either of them.

So, the man can start to break that pattern by injecting some humor and making light of the situation.

Here are some examples of what he could say if his woman came home and she asked him, *"Have you put the garbage out yet?"*

"No, no I was waiting for you to come home."

She then asks, *"Why?"*

"So I can put you in the garbage as well. Come here."

[image: What to do when your relationship is falling apart]

He then goes over and tickles her and hugs her and has a bit of a laugh about it and says, *"Yes, I'll put the garbage out. Now, what are you cooking for dinner?"*

Another example, *"No, no, I haven't put it out. It was too heavy for me. I need you to lift it because you're such a strong woman. You have bigger muscles than me, so come on, go put the garbage out."*

He is saying that in a joking manner and if he's smiling and having a bit of a laugh, she's going to be able to see that he's joking.

They can have a laugh about that together and he can tell her that yes, he put the garbage out and now, *"Get your butt in the kitchen make some food."*

Another example response to her asking, *"Have you put the garbage out yet?"* is *"No. Why would I do that? That's a woman's job. Go put the garbage out. Make yourself useful."*

He can then have a laugh to let her see that he's joking and he can tell her that yes, he put the garbage out and then tell her to get her butt in the kitchen and make some food.

Finally, another example is before she asks the question, *"Have you put the garbage out?"* he can say something like this, *"Before you ask me if I put the garbage out, the answer is no."*

She then seems a bit stressed and annoyed and asks, *"Why?"*

He then says, *"Just kidding, look at you getting all stressed out. You little stress head...give me a hug."*

He then gives her a hug, tells her that he put the garbage out and now it's time for her to get her butt in the kitchen and make herself useful.

[image: Create a happier, more easygoing vibe to bring you closer together]

By approaching it in that way, he starts to set off more positive chain reaction effects in the relationship.

She starts to feel happy again.

She starts to be able to laugh and be more lighthearted about things, rather than having to get into a war with him, a battle and end up feeling frustrated and as though she doesn't want to be in the relationship anymore.

By the way...

That's not the only thing you can do to fix a relationship that is falling apart.

I can teach you so many techniques that you can start using right away.

There are so many techniques you can use now and there are techniques that you can use over the coming months and even years and decades in your relationship.

If you'd like to learn the secret of keeping a relationship happy, attracted and in love over time, then I recommend that you watch or listen to my program, [Make Her Love You For Life](#).

When you watch or listen to the program, you will learn communication techniques that I don't share on YouTube that will bring you and her closer and closer together.

You and her will be able to breathe that sigh of relief and start to feel relaxed and happy in the relationship again.

She will start looking at you with the kind of love in her eyes that she had in the beginning.
She will begin to want to treat you better, respect you more, be affectionate, be attentive and be loving.

Change Your Approach to Change How She Feels

One final point that I want to make for you in this video, is something that really simplifies how relationships work.

When you change your approach, she changes how she feels.

When her feelings start to change and become more positive, her behavior changes.

She may feel frustrated with you at the moment and she may be tired of working on the relationship, but you can get rid of those negative feelings inside of her.

You can change your approach to her and her feelings will literally begin to change.

She will start to fall back in love with you and the relationship will start to feel happy, easygoing and enjoyable once again.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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When Your Girlfriend Loves You, But Isn't Happy

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

So, what should a man do if his girlfriend loves him, but is telling him that she is not happy?

Well, one drastic solution to the problem that can work for some guys, is to dump her before she dumps him.

Teach her a lesson by making her realize that she has a great man and should be grateful and happy about that.

However, what else can a guy do?

What can a guy do to make his girlfriend feel happy with him, without having to go through a breakup and without having to put loads more effort into the relationship?

That's what I will talk about in this video.

Firstly, one thing I want to point out is that it's not your responsibility as a woman's boyfriend to make her feel happy about herself and her life.

[image: When she loves you, but isn't happy]

Yet, your approach to the relationship will influence how happy she is.

You're not responsible for her happiness, but the approach that you take does have an effect on how happy she is with you, the relationship and her life.

So, let's have a look at why a woman will love her boyfriend, but won't be feeling happy with him and the relationship.

Here are some of the reasons why...

The relationship feels more like a friendship to her. She loves him as a friend, but isn't in love with him in a romantic way.

He has given her too much power over him, to the point where she feels like the more dominant one in the relationship.

Alternatively, he has taken away her freedom by being way too controlling, jealous or wanting to always spend every spare moment with her.

Another possible reason why a girlfriend will love her boyfriend, but won't be happy is that she is tired of arguing with him all the time and just wants a more easy-going, relaxed, relationship.

Another reason, she notices that they are stuck in a rut and aren't really making much progress in life, or are just doing the same old things all the time.

Alternatively, she has been making a lot of progress in her career and getting promoted over the years, but he is still basically stuck at the same level that he was at when she first met him.

Another reason why is that the sexual spark has faded away and the guy just doesn't know how to get it back.

Finally, another reason why is that she thought she wanted to be in a committed relationship for life, but now feels like she wants to be on her own, or to enjoy single life like her girlfriends.

What's important to understand is that many women marry their high school sweetheart and stay together for life.

They are happy in a relationship together for life.

Additionally, many women settle down in their 20s and stay together with their husband (or with their boyfriend if they don't get married), for life.

My wife is an example of this.

I met her when she was 20 and I was 35 and we immediately got into a relationship.

We eventually got engaged, we got married, settled down and now we have twin girls.

Even though my wife has girlfriends who are still single and living that lifestyle, she isn't interested in that.

She is happy in a relationship with me.

That's not because I'm Mr. Perfect.

Instead, it's because of the relationship dynamic that I have created.

She feels like my girl.

I'm the man, she is the woman.

She looks up to me and respects me.

The thing is though, I wouldn't have had a happy relationship with her, a happy engagement period and now an amazing marriage if I used a different approach to the relationship.

Still the same person, still the same body, but a different approach to the relationship.

For example: If I didn't make her feel like my girl, if I didn't take on the role in the relationship as being the dominant man, then we would have a different relationship dynamic.

If I created a relationship dynamic where I was chasing her affection, trying to live up to her standards and putting up with bad behavior, then we would have a completely different relationship dynamic.

So, what I want you to understand is the most important thing in a relationship is the dynamic that you create.

[image: Making your girlfriend happy to be with you]

You can create a relationship dynamic that makes your woman look up to you and respect you, feel happy to be with you, feel lucky that she has a man like you.

Alternatively, you can create a relationship dynamic that makes your woman look down on you, feel like she has probably made a mistake in being with you, that she might be happier with someone else and so on.

It's still you, still the same person, but the dynamic is different.

It all comes down to the way that you approach interactions with her, how you behave around her and how you get her to behave around you.

An example of this, is where a guy is hesitant and a bit nervous and unsure of himself when initiating physical contact with his girlfriend or wife, when initiating some affection and trying to get something going between them in a sexual way.

If the guy is being hesitant and she can see that he is worried about her potential reaction to how he's going to touch her, or how he's touching her, then she's going to feel turned off by that.

She's going to feel like the more dominant one in the relationship.

She's going to feel like he is trying to live up to her expectations.

He's trying to be on his best behavior around her and he's hoping that she lets him initiate affection and be physical with her.

On the flip side, is a guy who believes in himself and he confidently, lovingly initiates touch with his woman.

She senses his confidence, she senses the fact that he isn't afraid.

As a result, his confident loving touch feels completely different than if he were to be hesitant, insecure and unsure of himself as he was doing it.

It feels completely different to her.

It's the same guy, the same body, but he's using a different approach with her.

Learn More?

Okay, I hope you enjoyed this video and learned something from it.

If you'd like to learn more about how to attract your girlfriend and make her fall more and more in love with you over time, then I recommend that you watch or listen to my program, [Make Her Love You For Life](#).

When you use the techniques from the program, she will feel the happiest she has ever felt in life.

One of the reasons why is that you will bring out her good girl side.

She will gain pleasure and happiness out of being a good woman to you.

She will want to treat you well, be attentive, be affectionate, be loving and so on.

When you use that approach in a relationship, it's so much easier for you and it's so much more enjoyable for the both of you.

She Can Be Truly Happy With You

One final point that I want to make for you in this video, is to point out the fact that it's not as if you are incapable of making her happy in a relationship with you.

You are.

However, you have to be willing to try different things in the relationship to get the result that you want.

It doesn't mean that everything you are doing at the moment is wrong.

It just means that some of the things that you're saying and doing around her are causing her to feel turned off, to fall out of love with you and so on.

You are capable of making her feel happy in the relationship and you are also capable of bringing out her good girl side, so she gains pleasure and happiness out of being a good woman to you.

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[image]

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How to Make Your Girlfriend Feel More Attracted to You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

How can you attract your girlfriend?

What's the secret?

Do you have to put in loads more effort into the relationship?

Do you have to be even nicer than you are to her already?

No.

The secret and the one main thing that you need to do is to give her the kind of attraction experience that you really want, but is most likely not telling you about.

Here are a couple of examples to help you understand the attraction experience.

So, with regards to a woman's boyfriend...

What she really wants: Him to be more dominant, so she can feel like his girl.

What she actually gets: Him being neutral like a friend and sometimes being passive around her, which makes her feel like a friend to him and at times, makes her feel like the more dominant one in the relationship.

Another example...

What she really wants: Him to be more confident, so she can respect him and trust in him as the emotionally strong one in the relationship.

This allows her to feel like his girl because she feels protected by a strong man.

What she actually gets: Him being insecure at times, or being insecure very often.

As a result, she can't trust in him to always be stronger than her emotionally.

This can make her feel like she needs to man up for the both of them, so she can get that feeling of safety and protection that women look for when in a relationship with a man.

Another example that isn't related to a guy's issues is based on a guy's thoughts about how a relationship should take place between a man and a woman.

For example: A guy will be getting along well with his girlfriend and they'll be able to talk about anything, they'll have a great connection, but the one thing that will be missing is her feeling butterflies in her stomach around him.

Her feeling that sexual attraction for him.

Her feeling like she is his girl.

Yet, from his perspective, he feels like everything is fine.

He gets along with her well, they're able to go out and watch movies together and have a great night together and come home and have some sex occasionally and things go pretty well.

The relationship isn't that unhappy.

That type of relationship can last for a while, but usually only as long as the initial lust of a new relationship.

Yet, sometimes a boyfriend and girlfriend will stay together for a year, or two, or maybe even a bit

more, even though they kind of feel more like friends than anything else.

She doesn't feel like his girl.

The dominance between them is basically even.

Alternatively, she feels like the more powerful one in the relationship.

If the attraction experience that she really wants is to feel like his girl because he is a confident, dominant man, then she's going to start to feel unsatisfied if she just feels like his friend.

At some point, a woman may complain about that and say that she's not happy in the relationship, or something is missing, or she doesn't feel butterflies in her stomach around him, or she's starting to feel like maybe she wants to be on her own for a while and so on.

Alternatively, just like some men do when they're not happy with a woman, she might go and cheat on him and then break up with him.

Or, she might just go straight for a break-up by saying that she's not happy and has realized that even though she has tried to keep the relationship together and has tried to work on things, the spark just isn't there.

She doesn't feel like she's in love with him.

So, if you want to attract your girlfriend and you want to make her be in love with you romantically, then it's essential that you understand the type of attraction experience she really wants and then allow her to experience that.

However, you shouldn't ask her for instructions on what you need to do to make her feel attracted to you.

Why is that?

Well, if a woman has to explain to her boyfriend how to be more manly around her and he then starts doing those things that she said, she may see his attempts at being more manly as just being an act.

He's just doing whatever she wants him to do.

This can make her feel like a mother figure in his life or like his big sister, which immediately ruins her feelings of sexual attraction for him.

The thing is, a woman doesn't want to be a man's guide in life on how to be a man.

She doesn't want to have to continually teach him how to be a man.

She wants him to figure it out for himself and then just start doing it.

She doesn't need him to discuss it with her and start saying, *"Oh, I'm going to be more manly now"* or, *"Look at me, I'm being more manly."*

She just wants him to get on with doing it, if that's the thing that he's lacking in the relationship, of course.

For example: If a boyfriend is already fairly manly around his girlfriend and she feels that and she likes it, but the area that he is lacking is emotional openness, then that's an area that he needs to work on.

Some guys tend to get confused about being manly and think that it means they can't tell their woman that they love her.

They can't enjoy an intimate moment with her and give her compliments and express how they feel emotionally because that would make them look less manly.

Yet, it doesn't.

If a manly type of man tells a woman that he loves her and that she's special to him, then she's going to appreciate that and she's going to be really excited about it.

However, if emotionally sensitive needy man is telling a woman that he loves her on a regular basis and saying how special she is because he hopes that that will make her love him more, then she's not going to enjoy that.

She's not going to fall more in love with him because he needs her so much.

Women fall more in love with you when they feel that romantic sexual attraction for you and if you want to make your girlfriend feel that, you have to give her the type of attraction experience that she really wants, but probably hasn't been telling you about.

Learn More?

Okay, I hope you enjoyed this video and learned something from it.

If you'd like to learn more about how to attract your girlfriend and make her fall more and more in love with you over time, then I recommend that you watch or listen to my program, [Make Her Love You For Life](#).

In the program, you will learn my best ever techniques and methods for making a woman feel increasingly respectful, attracted and in love with you over time.

The approach that you will learn to relationships brings out the best in her.

It makes her want to treat you well, be affectionate, be attentive, be loving and only want to be with you.

She Will Change When She Feels Like She's Got Something to Lose

One final point that I want to make for you in this video, is that when you make her feel more attracted to you by giving her more of the attraction experience she really wants, she will then start to feel like she has got something to lose.

She will realize how much she feels for you and will feel motivated to want to treat you better.

However, sometimes a woman will test the waters.

She'll test to see if she does have to put in more effort or not.

She'll test to see whether or not you're going to continue to let her get away with not treating you as well as you want to be treated.

Even though she feels more attracted to you and knows that she would be heartbroken and would want to get you back if you did break up with her, she may try to continue to be a bit lazy in the relationship (i.e. not be as attentive, loving, affectionate).

This is why it's absolutely essential for you to understand what really attracts women, so you can always be confident knowing that you are making her feel attracted without needing her reassurance of that.

You don't need her to be telling you that she feels attracted and making it obvious, because not every woman will.

Every woman is different.

Some women are a bit more feisty, some are a bit more difficult, some have more difficult tests that they put their guys through and so on.

You need to understand how a woman's attraction really works, so you know for sure that what you're doing is making her feel attracted.

It's sort of like how we men are attracted to a woman's tits, or to her cleavage when she's showing it. Men can pretend that they're not finding her attractive and can look away and pretend that they haven't even noticed her cleavage, but the reality is that they will be feeling attracted to it on some level.

There are things about attraction that are fundamental and always work apart from a few exceptions. They're always going to be a small percentage of men who don't find tits attractive and good for them, but for the most part, most men are going to find tits attractive.

Likewise, most women find confidence and dominance attractive in a man.

A man doesn't have to be overly confident just like a woman doesn't have to have huge tits, but a man does need to have confidence and depending on the girlfriend that you've got, you need to have a certain level of confidence that is going to be different compared to if you were with another woman.

Some women require a man to have a very high level of confidence, whereas other women are happy with their man having a fairly good level of confidence.

You need to understand what type of attraction experience your girlfriend wants and then give that to her.

When you do that, she is definitely going to feel attracted to you and as a result, you won't have anything to worry about.

You will know for sure that your girlfriend is attracted to you.

You can then get on with enjoying your life together as a happy couple, who are mutually in love and want the relationship to stay together.

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[image]

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How Often Should You Tell Your Girlfriend That You Love Her?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

So, how often should you tell your girlfriend that you love her?

Well, while there is no set amount of times that you should tell her per day, per week, or per month, there is an effective time to say it and that is when you genuinely feel it and when you have a relationship dynamic where she is in love with you.

For example: If a boyfriend is in love with his girlfriend and he's continually telling her that he loves her and it's genuine, but she doesn't love him and she's not in love with him, then him saying that is going to cause problems in the relationship.

She's going to start to realize that he loves her way more than she loves him.

She's going to realize that she's not feeling like she's in love with him.

She doesn't feel those butterflies in her stomach around him.

As a result, she may begin to feel that she's going to have to break up with him and try to find a new guy that she can actually be in love with.

The ideal situation that a woman wants to find herself in, is when she is in love with you so much that she wants to tell you that she loves you and make you feel loved.

When she's making you feel loved, she feels happy in the relationship.

[image: How often to say, "I love you" to girlfriend]

She feels like the dynamic between you and her is right.

It's what she wants.

She wants to be in love with a man.

She wants to be good to him.

She wants to feel that motivation, that desire to make him feel loved.

[image: She gets butterflies in her stomach when around him]

She gets butterflies in her stomach around him.

He means more to her than pretty much anything else, or anyone else in her life.

So, that's the ideal situation that a woman wants to find herself in.

However, sometimes a woman isn't comfortable saying the words, *"I love you."*

Sometimes she's a bit insecure about that.

Sometimes she has some issues from her childhood.

Sometimes she's had her heart broken from a previous relationship, where she really put herself out there and put her heart on the line and she got her heart broken.

Other times, she's worried that if she says *"I love you"* too often, it may make her boyfriend start to feel a bit arrogant and take her for granted.

The boyfriend may feel like he's gotten her to fall in love with him and he doesn't really need to do

anything anymore.

He's got her wrapped around his little finger.

So, all sorts of problems can arise from your side, or her side simply based on saying "*I love you*" or not saying it.

To avoid all the problems, the best approach to take is to cause your woman to feel so attracted and in love with you that she really wants to tell you that she loves you and she wants to make you feel loved.

When you have that type of relationship dynamic and you occasionally tell her that you love her, when you genuinely feel like saying it, then she feels excited.

She feels lucky to be hearing that from you.

She feels lucky to be the girl that you're in love with.

So, there doesn't need to be any counting of how many times you've said "*I love you*" and there doesn't need to be a focus on who should say it next and who said it last.

Instead, create a relationship dynamic where a woman feels lucky to be hearing those words from you.

When that type of relationship dynamic is in place, you can say "*I love you*" whenever the heck you feel like it.

Of course, don't go overboard with it though.

Saying it every day can be overkill and can turn it into something that a woman takes for granted.

She hears you say "*I love you*" every day and it becomes, "*I love you*" and then she responds, "*Yeah, I love you too.*"

It's basically just a routine thing that doesn't have much emotion or excitement attached to it.

It's important to understand that because even though it might seem like a woman wants to hear it every day, women thrive on the feeling of anticipation in a relationship.

Anticipation (*noun*): A feeling of excitement about something that is going to happen in the near future. Expectation or hope.

Women love to be thinking about their guy and wondering what he's feeling, what he's thinking.

A woman wants to be in a position where she feels motivated to be good to you.

She feels motivated to be on her best behavior, to make you like her and love her more and more over time.

Learn More?

Okay, I hope you enjoyed this video and learned something from it.

If you'd like to learn more about how to increase your woman's feelings of respect, attraction and love over time, then I recommend that you watch or listen to my program, [Make Her Love You For Life](#).

When you watch or listen to the program, you will learn the ultimate relationship dynamic that causes your woman to feel increasingly respectful, attracted and in love with you over time.

Her feelings do not fade away.

Instead they become stronger and stronger over time.

A Truly Loving Relationship

[image: A truly loving relationship]

One final point that I want to make for you in this video, is that when you create a relationship dynamic where both you and your woman are totally in love with each other and you then say that you love her and she says that she loves you, or she says it first and you say it second, it's an amazing feeling.

It's an amazing experience to be part of a mutually loving, respectful and attracted relationship where both of you really want to be with each other.

However, what's important to understand as a man is that the ideal type of relationship dynamic for a woman is where she feels like she is more in love with you than you are with her.

She then has to try harder to make you love her more.

She has to put in more effort into the relationship.

She has to be on her best behavior.

She has to present herself well physically.

She has to make you love her more and more over time.

[image: Making your girlfriend love you]

As long as she knows that you do love her, but she can see that there is even more of your love for her to find and discover, then it becomes a lifelong quest for her to find that, discover it, capture it and experience it.

Love is an unlimited thing so you're not going to run out of it.

Just don't give her the impression that what you're giving her now, the love that you feel for her now is at 100%.

Don't let her sense that your love has reached its limit.

Based on your behavior and the way that you interact with her, give her the sense that there is still more of your love for her to discover.

If she wants to discover that, then she has to impress you.

She has to win you over more and more over time.

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[image]

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you and be totally in love with you for life

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What Should You Expect From Your Wife?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

So, what should you expect from your wife?

Well, you can expect a lot of things from her, but whether or not she does them depends on the following 2 things.

1. The relationship dynamic you create.
2. The amount of respect attraction and love you make her feel.

[image: What to expect from wife]

When you make a woman fall madly in love with you and you create the type of relationship dynamic that causes her to want to be good to you and impress you, then she's going to feel motivated to live up to your expectations.

Of course, not every man out there is experiencing that in his relationship or marriage with a woman.

It really comes down to the 2 things I mentioned:

1. The relationship dynamic you create.
2. The amount of respect attraction and love you make her feel.

So, what can you expect from your wife?

What type of treatment can you get from her?

What type of behavior can you get from her?

Let's have a look at what a man can expect and what many men, including myself, get from their wife.

For her to be:

- Loving and kind.
- Affectionate and warm.
- Enjoyable to be around.
- Willing and happy to cook and clean.
- Supportive of your dreams.
- Loyal and reliable.
- Sexy and desirable.

The list goes on and you really can expect those type of things from your woman.

Yet, a woman is only going to feel motivated to live up to those expectations if the relationship dynamic is right and if you are making her feel an increasing amount of respect, attraction and love for you over time.

To help you understand what I mean by the relationship dynamic and how important that is to your woman's behavior and attraction and respect and love for you, here are some comparisons.

A man wants his woman to be loving and kind, affectionate and warm, enjoyable to be around, willing and happy to cook and clean, supportive of his dreams, loyal and reliable and sexy and

desirable.

Yet, he gives her too much power over him, so, she doesn't respect him.

Since she can't look up to him and respect him, she doesn't feel motivated to do all of those things for him.

She doesn't feel like there is a need for her to impress him and treat him well.

A contrast example to that is where a man is in a relationship with a woman and he doesn't allow himself to get walked all over.

He still allows her to have a voice and he respects her opinion.

Yet, he is the more dominant one in the relationship.

She looks up to him and respects him.

She respects his opinion, she respects his decisions and it feels right for her to do that.

This is a very subtle, but important area of your relationship with a woman.

Some guys allow themselves to get walked all over and they hand over all of their power to the woman, which results in the woman not respecting them.

Some guys don't allow their woman to have any power and they become too controlling.

Other guys are too neutral and it becomes 50/50 between themselves and their woman.

He isn't the more dominant one.

Instead he is neutral around her.

It's basically 50/50.

They're housemates, they're partners in life and there is no real difference in the relationship in terms of who is more dominant.

In those neutral relationships, a man and a woman end up feeling more like friends.

They're basically working towards goals together, they live together, they pay bills together and there isn't that sexual spark that occurs when the man is more dominant than the woman.

Alternatively, a man doesn't create a neutral relationship dynamic and instead makes the mistake of creating a relationship dynamic where he is chasing his woman's affection.

He is chasing her love.

He is pursuing it and when he doesn't get it, he may then sulk, he may complain, get angry and she's not going to be able to respect him based on that.

She's going to see that he is losing control of his emotions, he doesn't know how to deal with the situation and he's becoming emotional and moody as a result.

Alternatively, some men don't get moody about it.

Instead, they think, *"Alright, well, if she doesn't want to be affectionate towards me, I'm just going to treat her like a friend. I'm not going to chase her affection, I'm not going to look needy or desperate, I'm just going to get on with living my life and if she shows me some affection, then great. If not, then I'm not going to chase it. I'm just going to be talking to her and acting like a friend around her and that's it."*

Yet, by approaching it in that way, the man creates a relationship dynamic that is neutral and is based on being friends.

It's based on them getting along in a friendly way, being housemates, working towards goals together and he doesn't end up getting what he wants.

As a result, he may grow to resent his woman.

He may eventually get really angry at her if he initiates some affection and she doesn't reciprocate, or she doesn't seem interested.

So, a better relationship dynamic happens when a man stops being so neutral around his woman and starts being more masculine around her.

This change happens in the way that he talks to her, in the way that he touches her, in the way that he looks at her, in the way that he initiates some affection.

He doesn't do it in a hesitant way.

He doesn't do it as though they are friends.

He does it as though he is a confident, masculine man.

She then feels the kind of sparks for him that she felt in the beginning and as a result, it's a much better relationship dynamic for the both of them.

Then, if the man understands how to make his woman feel increasingly respectful, attracted and in love with him over time in the relationship, he can expect more and more from her and she will want to do it.

She will feel motivated to live up to his expectations because she will know that she has a man that is very difficult to find.

She will know that it would be pretty much impossible for her to get out there and find another man like him.

The way that she feels in the relationship makes her girlfriends jealous.

They talk about their boyfriend or husband being boring, the spark has died, but she's able to say, *"No, we're in love, the spark is there. It's getting better and better all the time."*

Learn More?

Okay, I hope you enjoyed this video and learned something from it.

If you'd like to learn more about how to get your wife to feel increasingly respectful, attracted and in love with you over time, then I recommend that you watch or listen to my program, [Make Her Love You For Life](#).

In the program, you will learn the relationship dynamic that I use with my wife, to get her to be loving and kind, affectionate and warm, enjoyable to be around, willing and happy to cook and clean, supportive of my dreams, loyal and reliable and sexy and desirable.

I've taught this relationship dynamic to many phone coaching clients from all over the world and they've used it in a boyfriend-girlfriend relationship, or in a husband-wife relationship.

Men contact me all the time to say how amazed they are at the changes in their girlfriend or wife.

She stops being distant and unloving and starts being loving, affectionate, attentive and enjoyable to be around.

If you want that to continue and to get better and better over time, you just have to implement the

techniques that you will learn in [Make Her Love You For Life](#) and it will happen.

Your relationship literally gets better and better over time.

Getting Her to Treat You the Way You Want to Be Treated

One final point that I want to make for you in this video, is that while it's fine to expect a lot from your wife, it's not something that you need to demand of her by getting into an argument with her or pointing out her flaws.

The best way to get your wife to treat you with the respect, love and affection that you deserve is by creating a relationship dynamic that naturally produces that type of behavior from her.

You don't ever have to force your wife to be a certain way.

Instead, you simply bring out the best in her by creating the right type of relationship dynamic and making her feel increasingly respectful, attracted and in love with you over time.

A man can do that at the *start* of a relationship, heÂ can do it a *few years* into a relationship and he can do it *decades* into a relationship.

You can **always** change the relationship dynamic and start making your woman feel more respect, attraction and love for you.

When you do that, her behavior will change.

She will start wanting to live up to your expectations.

She will feel motivated to do it.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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How to Be a Challenge in a Relationship

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

How can you be a challenge in a relationship with a woman, where it becomes a lifelong quest for her to win your affection, to win you over, to impress you?

How can you put yourself in that position, rather than being in the position that a lot of guys find themselves where they're trying to get their girlfriend or wife to love them more and more and nothing that they do seems to work?

The dynamic never seems to change.

She doesn't look at him with love in her eyes, want to win his affection or be good to him in the ways that matter to him.

He doesn't ever get to experience that with her.

He may have experienced it at the start, but the relationship has changed.

She no longer looks at him in that way.

There are so many examples that I can give you of how to be a challenge in a relationship with a woman, so she is trying to win your affection win you over and impress you.

In this video, I'm going to give you four examples.

Let's begin with number 1...

1. Don't worry about what she is thinking or feeling from moment to moment

[image: Don't worry what she's thinking from moment to moment]

Women feel more attracted to a man who stops thinking about them moments after a conversation has ended.

They don't feel attracted to a guy who is talking to them and then worries about what he has just said and how that may have affected how she feels.

For example: A guy who asks questions like, *"What are you thinking?"* or, *"What does that look mean?"* from a place of insecurity where he's trying to figure out what she's thinking.

Does she love him?

Does she feel attracted to him?

Is she into him in that moment?

What is she thinking?

What's she feeling?

The thing is, it's fine for a man to ask questions like that if he's asking it from a place of confidence; if he's doing it from a place of confidence.

For example: If he's sitting next to his girlfriend or wife, has just been flirting with her and she gives him a bit of a look, he can then say something like this.

“Hey, what’s that look all about? Someone’s feeling a bit horny, aren’t they?”

Or something like this.

“What was that look for, huh? What are you trying to say? You want to jump on me right now? Come here.” (Watch the video at the top of this page to hear the tonality used and see the body language expressions that go along with the words).

That type of interaction between a boyfriend and a girlfriend, or a husband and a wife is totally fine.

That’s going to create a spark of attraction.

That’s going to be fun for them and so on.

Yet, if a man is asking questions about what a woman is thinking, or why she looked at him in a certain way from a place of insecurity, then it’s not going to be fun for either of them.

The man is essentially placing too much importance on the random fluctuations in a woman’s mood.

The random subtle changes in her body language are throwing him off.

He is unsure about his position in her life.

Does she feel attracted to him?

Is she losing attraction for him in that moment?

What’s going on?

What is she thinking?

Why is she behaving like that all of a sudden?

He’s concerned, he’s worried, he’s insecure.

So, when a woman is in a relationship with a man who is constantly trying to win her affection, attention and win her over and is worried about the fluctuations in her mood and body language, then it’s not a challenge for her.

She can see that her man is coming at her 100% of the time with full interest and trying to work out what she is thinking from moment to moment.

In other words, she is a challenge for him.

He is in the position where he is chasing, he is pursuing.

The thing is, if a man wants to have that type of relationship with a woman, he can do that.

A man can do whatever he wants to do.

Yet, if a man wants to be in a relationship with a woman who is pursuing him, being affectionate towards him, being loving towards him and trying to win him over, then he needs to allow her to be in that position, rather than taking the position of the chaser and pursuer by worrying what she is thinking, trying to understand her, trying to figure out what she’s thinking from moment to moment.

When a guy takes the approach where he’s trying to figure out his woman’s thoughts and feelings from moment to moment, day to day, week to week, month to month and so on, he can end up thinking that his woman is crazy or bipolar.

One day she’s like this and the next day she’s like that.

One moment she’s smiling and happy, the next moment she’s pushing me away and she’s sitting on the other side of the couch.

What’s going on?

Why is she like this?

As a man, what you need to understand is that you don't need to follow a woman's change in mood from moment to moment, minute to minute, hour to hour, day to day and so on.

If a man follows a woman's changing moods, is constantly thinking about it and concerned about how she's behaving, then the woman is going to get frustrated.

She's going to see that her man is looking at her as the leader between the dynamic between him and her.

She doesn't want to be the leader where the man is following her moods.

A woman wants to be in a situation where a guy can be unreactive and reactive, depending on what he wants to do, rather than always being reactive to her changing moods and behavior.

So, part of being a challenge is you reacting if you want to react and not reacting when you don't want to react.

It's about you being in control of your emotional state, rather than her being in control of your emotional state and you constantly following her changing moods, trying hard to make her happy, keep the peace between you and her and so on.

Okay, the next one, number 2...

2. Make her feel motivated to improve and to impress you

[image: Make her feel motivated to improve and impress you]

A mistake that some guys make is to not expect their woman to improve or to impress them.

A guy doesn't want to put that type of pressure on his woman.

He doesn't want to make her annoyed.

He doesn't want to make her feel pressured and potentially then leave him, or get angry at him.

He's seen her when she's throwing a tantrum.

She also may have threatened to break up with him at one point, so he doesn't want to push it.

He doesn't expect her to improve anything, or to try to impress him because he feels like she is the more valuable one in the relationship, so he needs to be careful, otherwise he's going to get dumped.

Alternatively, some guys go to the other extreme where they demand that their woman improve.

The guy demands that she is more affectionate.

The guy demands that she is nice and sweet all the time, rather than being a little bit difficult at times to test his confidence.

He doesn't want any part of that.

She has to be sweet, docile and do what he says at all times, otherwise, he's going to get angry at her.

Both of those approaches don't work.

With the first approach, the woman doesn't feel like there is any challenge and she takes the guy for granted.

She's bored of him and it usually results in a breakup or cheating.

With the second example, they get into fights all the time.

The woman doesn't feel respected.

She feels like her man is insecure, he's too emotional and it becomes very difficult to sustain a relationship.

If the guy goes too far and becomes too angry at her, too controlling and too aggressive, she may get to the point where she breaks up with him and just wants to get away from him.

So, what is the solution?

Well, what you need to do is give her the feeling that she has got something to lose.

If she doesn't try to improve herself and impress you, she could lose you.

You don't need to make her feel that way by threatening to break up with her.

Instead, you do it in a loving way where you make her feel increasingly attracted to you as the relationship continues.

She feels so much respect, attraction and love for you that she realizes it would be very difficult, if not impossible, to find another guy like you out there.

She knows that she has found a guy who makes her feel amazing and she has got something to lose now.

She needs to improve herself and impress you, otherwise you may lose interest in her.

3. Don't let her control you with ridiculous rules

[image: Don't let her control you with ridiculous rules]

If a man puts himself in the position where he's trying to win over his girlfriend or his wife, he's trying to win her affection, he's trying to live up to her expectations and standards, then she is going to come up with what I call *ridiculous rules*.

For example: She may say to her boyfriend, "*You can pat me on the butt, but you can't squeeze me on the butt*" or, "*We can sit next to each other on the couch, but you have to sit over there*" or, "*We can text, but only text me from 10:00 PM to 11:00 PM*" and so on.

Ridiculous rules.

If a guy listens to her ridiculous rules and starts to abide by them, he becomes less and less of a challenge for her.

She can essentially control him because he is trying to win her affection.

He is trying to win her love.

He is trying to live up to her expectations and standards.

He's worried about potentially losing her.

Now, that doesn't mean that every request that a woman comes up with in a relationship is ridiculous.

It's just the ones that are ridiculous such as, "*You can pat me on the butt, but you can't squeeze me on the butt*" or, "*We can go to the movies, but I'm never going to watch an action movie with you. I'm only going to watch a romantic comedy or a cartoon.*"

If a woman comes up with ridiculous rules like that, a man needs to be able to laugh at her.

He needs to be able to not take her ridiculous rule seriously.

He doesn't need to be taking her seriously and thinking, *"Wow, I need to abide by her rules now, otherwise I'm going to lose her."*

So, how can a man respond?

Well, some guys might think that a man just needs to put his woman back in her place and say, *"Hey, we're going to watch whatever movie I decide on. I'm the man. You come along with me, end of story!"*

Yet, that's not done out of love and it's not going to work in a long-term relationship or marriage.

Instead, what a man can do is say something like this.

"Yeah, whatever. Look, we'll watch a romantic comedy or a cartoon tonight, but next time, we're going to watch an action movie. Next time we go to the movies, it's action."

Now, if the woman says no to his idea of watching an action movie the next time, he simply needs to say, *"Okay, no movie tonight. Let's just stay at home."*

He doesn't need to abide by her ridiculous rule.

He doesn't need to take it seriously.

He also doesn't need to become angry at her, get into an argument and try to convince her to please let him watch an action movie the next time.

Instead, he has said to her *"Cool, we'll watch a romantic movie tonight or a cartoon or whatever, but next time we're going to watch an action movie."*

He's being mature about it.

He's being a loving, respectful man, but he's also letting her see that he's not following her ridiculous rule of, *"Hey, we're only ever going to watch romantic movies or cartoons at the cinema."*

By the way, with the ridiculous rule where a woman says to her boyfriend or husband he can pat her on the butt, but not squeeze her on the butt, he can say something like this to her, *"Whatever. No squeezing of the butt, but patting of the butt. I'll tell you what, from now on, all you're getting is butt squeezes from me, come here."*

They can then have a laugh about that together and in most cases, a woman is going to respect her man for not taking her ridiculous rule seriously.

However, some women are a little bit more feisty and some are a little bit more stubborn, so in that moment a woman might say that she's serious and that she only wants butt pats, but no butt squeezes.

Additionally, in a worst-case scenario, a woman might even say to her boyfriend or husband that if he continues to squeeze her butt, then she's going to break up with him.

In that case, he can then jokingly, lovingly say something like this to her.

"Oh, poor you! You got your butt squeezed. Imagine this, we break up and you go and talk to your girlfriends about how we've broken up and they ask you what happened and you say...he squeezed my butt. He squeezed my butt! I told him to pat it, but he squeezed it."

Absolutely ridiculous.

Yet, sometimes a woman will come up with ridiculous rules in the relationship because she's testing how much her man will actually put up with, how much of her BS he will take seriously, how much power she has over him.

Will he stop taking her BS seriously?

Will he be a bit of a challenge for her, or will he always be trying to live up to her standards and expectations and follow her increasingly ridiculous rules on how he needs to behave around her?

The next example of how to be a challenge in a relationship with a woman is to...

4. Let her win you over about certain things

[image: Let her win you over about certain things]

For example: A girlfriend says to her boyfriend or a wife says to her husband, *"Let's go out and eat Italian food tonight."*

The guy doesn't immediately have to say yes.

He can say yes if he wants to, if he's in the mood for eating Italian food, but if he's not in the mood for eating Italian food that night, he can say something like this, *"Well, I've actually been in the mood to eat Indian tonight, but I'm open to your suggestion about Italian. What have they got on the menu that you think I'd like?"*

She then has to win you over in that moment and tell you about the garlic bread that they have, or the bolognese pasta that they have and how you like carbonara or whatever.

She has to make you want to go out and eat that, rather than you always being agreeable with her and going along with what she wants to do.

Learn More?

Okay, so those are a few of the many ways that I can teach you to make your woman want to impress you, want to win you over, want to be good to you.

If you'd like to learn more about how to get your woman to respect you, feel sexually attracted to you, be in love with you and always try to be winning you over, then I recommend that you watch or listen to my program, [Make Her Love You For Life](#).

When you watch or listen to the program, you will learn the ultimate relationship dynamic that causes your woman to feel increasingly respectful, attracted and in love with you over time.

The spark doesn't die out.

It doesn't fade away.

It just gets stronger.

Make Her Feel Motivated to Be an Even Better Woman For You

[image: Make her feel motivated to be an even better woman for you]

One final point that I want to make for you in this video, is that there's nothing wrong with a man impressing his woman or trying to improve himself to be a better boyfriend or husband for his

woman.

There's nothing wrong with that.

However, if you want to have a relationship dynamic where your woman is being affectionate and loving towards you and treats you the way she treated you at the start, then it's important for you to be a challenge for her to win over.

It's important to make her feel like she has something to lose if she doesn't try to impress you, if she doesn't improve herself and continually become a better woman for you.

It's great to have a relationship where the man and the woman are improving and they're becoming a better and better couple over time, but the best type of relationship dynamic is where the woman feels more need to impress you and improve herself to win you over, to win your affection, to make you love her more and more.

That type of relationship dynamic results in your woman cuddling into your arm as you walk along somewhere, cuddling into you on the couch or the sofa, initiating affection and sex when you're in the bedroom.

It makes her want to be close to you.

It makes her want to experience moments with you.

It makes her want to find more and more of your love that you have for her.

By creating that type of relationship dynamic, you always feel respected and wanted.

You feel loved and appreciated and as a result, it's so much easier for you to love and appreciate her.

It's the ideal type of relationship dynamic that makes both you and her the happiest and most in love with each other.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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Relationship Advice For Men

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The way that you approach your relationship with the woman can end up causing it to be a very stressful and frustrating experience for you, or an easy and enjoyable experience for you.

So, in this video, I will talk about some of the mistakes guys make that cause a relationship to become stressful and frustrating for them and what you should do instead to make it easy and enjoyable.

Let's begin with number 1...

1. Creating a relationship dynamic based on the fear of getting dumped, usually leads to it happening

[image: Creating a relationship dynamic based on the fear of getting dumped or cheated on, usually leads to it happening]

For example: A guy gives his woman too much power in the relationship and allows himself to be walked all over by her because he fears getting dumped if he doesn't let her get her way.

On the flip side, another guy doesn't allow his woman to have any power or say because he fears getting cheated on or dumped if he doesn't control her.

In both cases, the guy is acting out of fear and that's not the way to have an easy, enjoyable relationship with a woman.

That's going to cause a relationship to be stressful and frustrating.

In the first example, where a guy is letting a woman walk all over him and doing whatever she wants to do and giving her all the power, that's going to be very frustrating for him because no matter what he does for her, it's never going to be enough.

She's never going to truly respect him, feel attracted to him and be in love with him.

Instead, she will see him as a bit of an annoyance, a burden and as someone that she's with, but isn't quite sure about.

She is turned off by him, she is frustrated around him and she may or may not know why.

In cases like that, a guy's biggest fear is getting dumped or cheated on and that's what usually ends up happening to him because his woman just doesn't feel like she's in love with him.

She can't respect him and she doesn't feel enough attraction for him, so it usually ends with her cheating on him or dumping him.

With the other example, some guys go to the other extreme, where they don't give their woman any power and they walk all over her.

The guy doesn't allow her to have any say, he tries to control her, he is very jealous and protective because he's worried that she might cheat on him or leave him if he lets her out of his sight.

In cases like that, the woman feels smothered by his neediness and turned off by his insecurity.

She doesn't respect him.

She doesn't feel attracted to him and she can't remain in love with him.

So, if you want to make a relationship with a woman easy and enjoyable, you have to let go of your fear.

You have to let go of the fear of potentially being left or cheated on, because if you focus on being left or cheated on, it will change your behavior in a negative way.

You will start worrying about things that you don't need to worry about.

You will stop behaving in ways that are uncharacteristic of you (e.g. cool, laid back, easygoing, relaxed), or you may become jealous, controlling, needy and so on.

Behaving in those ways isn't attractive to women and only pushes them away.

If you want to attract a woman to you and keep her with you, then you have to let go of your fear.

You have to know that you are good enough for her and know that you and her are becoming an increasingly better couple over time, so there is no reason for her to leave you.

Yet, how can you become an increasingly better couple over time?

How can you make her feel increasingly attracted to you?

How can you make her feel like she doesn't want to leave you?

Well, it's definitely not about doing more and more for her.

It's definitely not about putting loads of work to the relationship.

That is a frustrating, stressful way to approach relationships.

You do not have to do that.

On that note, let's discuss number 2...

2. Putting way more effort into the relationship than a woman does, isn't the way to get her to fall more and more in love with you

When a relationship first starts out and a couple is falling in love, having sex and enjoying each other's company, a guy will usually feel confident about his position in the woman's life.

He will look at her and say that she wants to be with him.

He will feel confident about that and as a result, he'll be enjoying the relationship.

Yet, somewhere along the line, the woman may begin to test him by pulling back some interest and seeing how he reacts.

Does he become insecure?

Does he start sucking up to her and try to get her to show love to him the way she used to by doing more and more for her?

Does he fall into that trap, or does he understand that the way to get a woman to fall more and more in love with him isn't about doing more and more for her?

Instead, it's about bringing out her good girl side, making her want to be good to him, making her respect him, treat him well, be affectionate, be attentive and more importantly, for her to enjoy doing

that.

[image: Get her to enjoy being a good girl for you]

That is what really works with a woman.

That is what makes her fall more and more in love with you because pretty much every other guy that a woman has met cannot make her behave in that way for very long.

It's very easy to have a woman behave that way at the start of the relationship, but getting her to behave in that way 2, 3, 10 years, 20 years into a relationship; that is what makes a woman fall more and more in love with a guy.

When he makes her feel motivated to treat him well, to be attentive, to be good to him and she actually enjoys it.

That is what works.

3. Relationships are not hard work

A common phrase that some people say when referring to their relationship and how they've managed to make it work and keep it together is *"Hard work...a lot of hard work. Relationships are hard work. You have to put in loads of hard work."*

For them, that is true because they're using an ineffective approach.

For example: A guy takes his woman's tantrums too seriously.

He takes her tests too seriously.

She starts testing his confidence by being a little bit difficult at times and he takes it too seriously.

He takes it personally.

He gets annoyed with her.

He gets into arguments with her.

[image: Avoid creating an unnecessarily stressful relationship experience]

That's an ineffective approach and it leads to a frustrating, stressful relationship.

An effective approach that leads to an easy enjoyable relationship is to not take a woman's tests seriously.

Now, that's not to say that a man shouldn't take anything that his woman says seriously.

Instead, what I'm saying is that when a woman is acting up and being a bit of a pain in the butt, teasing him, trying to put him down and make him feel insecure, a man doesn't have to take that seriously.

He doesn't have to take it personally.

He doesn't have to get involved in the drama.

He can laugh at her.

He can turn it into a joke.

He doesn't have to take it seriously.

Men who are in control in their relationship with a woman don't take her BS seriously.

I say BS because when many women are asked what type of guy they really want to be with and they list off qualities, they say things like, *“A man who doesn’t take my BS seriously”* or, *“A man who doesn’t put up with my BS.”*

Now, that’s not to say that a man should treat his woman badly, put her down, get angry at her or anything like that.

Instead, what I’m saying is that a man doesn’t always have to take a woman’s drama seriously.

He doesn’t have to get dragged into drama.

He can laugh at her for being a bit of a drama queen, or just for fun, he can briefly get involved in the drama and turn it into something for them to laugh about.

He doesn’t have to take it as a personal attack.

He doesn’t have to start getting emotional with his woman.

He doesn’t have to put in loads of hard work and tiptoe around to her to hopefully not set her off, to hopefully not make her feel annoyed.

He doesn’t have to take that approach to the relationship.

He can take a much more relaxed approach and not take her BS seriously.

For example: A bit of BS behavior from a woman where she doesn’t want her man to take it seriously, is if they’re deciding where to go and eat that night or what type of food to eat.

He might suggest eating Chinese, or Indian, or something like that and then she might say something like, *“You always come up with stupid ideas. I don’t want to eat that. I hate Indian food. I hate Chinese food. Your ideas are stupid.”*

At that point, a man can get angry at his woman, get frustrated and get into a pointless argument with her and he will have a stressful, frustrating relationship.

Alternatively, he can decide not to take her fake BS seriously.

So, if he didn’t take it seriously, he get say jokingly something like this, *“Okay then Miss Smarty pants, what ideas have you got then?”* or, *“My ideas are stupid. No, no, no. You don’t like Chinese food because you’re not cool. Only losers don’t eat Chinese food. You’re a little loser”* or, *“Alright, so you don’t want to eat Chinese, you don’t want to eat Indian, my ideas are stupid, okay. Well, how about this? Get your little butt in the kitchen and make some food. Make yourself useful.”*

Of course, when a guys says that to a woman, he’s *only joking*.

He’s not saying it seriously and saying something like this.

“Alright, well, get your butt in the kitchen then, make yourself useful!!!”

He’s not being angry about it.

He’s not getting into a pointless argument with a woman.

You don’t need to get dragged into the fake drama that a woman is creating. You don’t have to take it seriously.

Now, I just want to point out again here that I’m not saying that a man shouldn’t take a woman seriously in a relationship.

There are times when a woman is being serious.

There are times when a man has said or done something wrong that he should be taking seriously, he

should apologize for, he should change and adjust, etc.

That's fine.

Yet, when a woman creates unnecessary drama in the relationship and a man gets involved in that and then starts to worry about experiencing that type of drama again, his relationship can become a lot of hard work.

He can get in to the habit of trying to not set her off, by tiptoeing around her and making sure that he's saying all the right things, behaving in all the right ways to hopefully ensure that she doesn't start creating any drama.

He's afraid of that in a way.

He doesn't want to have to experience that because it could result in her not want to have sex with him.

It could result in her saying that she's not going to cook anymore, or that she's not going to clean and so on.

He doesn't want to annoy or like that.

Therefore, his relationship becomes a lot of hard work because he's taking her drama and her tests too seriously.

He's slowly letting her walk all over him and he's losing his balls in the process.

4. Turning sex into something that you're getting from her, gradually makes her stop wanting it

An example of this, is if a couple are sitting on the couch together and the woman initiates affection. The guy then behaves as though he's shocked and giddy that getting something from her. He shows her that he's feeling lucky that he is being touched by her in that way.

That turns her off.

What's going to turn her on is reacting in a masculine way (see video at the top of this page for example), or in a way that's going to make her feel more attracted in that moment and may potentially lead to kissing and sex right then and there.

What often happens for a lot of guys, is that their woman is initially interested in sex when the relationship begins and maybe for the first couple of years, but after that, she gradually starts to lose interest in sex and essentially doesn't want it anymore.

Either that or she just doesn't initiate.

She seems like she could take it or leave it.

Who cares?

It's just sex.

That happens when the guy creates a dynamic where it seems like sex is about him getting something from her.

He wants to have sex with her because he wants to feel good, he wants to be close with her, he wants to experience that.

It's all about what he wants from her.

Now, if you think about that in a pick-up scenario when a guy trying to pick-up woman; he's trying to hopefully pick the woman up.

He's trying to get her to like him to hopefully get somewhere.

How does that work out for guys when they're using that approach with a woman?

The woman feels like she is the more valuable one and if she gives this guy a chance, she's essentially going to be doing him a favor.

She doesn't feel like he is the more valuable one and she would be lucky to get with him.

The same fundamental principle applies in a relationship.

The best approach to take, is to create a dynamic where sex is something that she is exciting to get from you.

It's something that she wants and she needs to feel good about herself and feel connected with you.

Yet, if a guy creates a dynamic where everything related to sex is about him getting that from her, then she will close up.

Her interest in sex will gradually to dwindle away.

5. Being emotionally fearless in a relationship will give you far greater rewards than being emotionally guarded

An example of this, is where a guy has been heartbroken by a previous relationship breaking down.

When he gets into a new relationship, he keeps an emotional distance from his woman.

He doesn't want to get too close with her.

He doesn't want to put himself out there too much in case he gets hurt.

Yet, as a result of using that approach, there isn't a deep, enjoyable, emotional connection between him and his woman and the relationship become stale.

In some cases, it will then lead to the woman breaking up with the guy and if he really did want to be with her and was just being emotionally guarded because he didn't want to get hurt, he's going to regret it.

He's going to regret that he wasn't more emotionally fearless.

He was trying to protect himself so much that he ended up creating a relationship dynamic that didn't have an enjoyable emotional connection.

So, what's the solution?

The solution isn't for a guy to go on and on about his emotions like a girl.

It isn't about becoming very emotional and talking about feelings all the time and so on.

Instead, it's about being emotionally fearless, not being afraid of the consequences of saying "*I love you*" to a woman, not being afraid to fall more and more in love with a woman and enjoy the next levels to a relationship.

Additionally, being emotionally fearless isn't about a guy telling a woman how much he loves her all the time.

It's not about a guy becoming obsessed with a woman and saying, *"I love you. You're the best. You're the best woman I've ever had. I would be lost without you. You're amazing. All I want is you"* and so on.

That's not what I'm talking about.

It's about being emotionally fearless in the relationship, not worrying about the consequences of loving a woman, not trying to protect yourself from potentially getting hurt if you put yourself out there.

The thing is, if you look at breakup and divorce statistics and you see 50% breakups or 60%, 30%, 40%, whatever it is depending on the country, it may make you feel like that could happen to you too. It could.

Yet, what I recommend, is that you focus on the OTHER side of that statistic.

If it's a 50% break or divorce rate in your country, then realize 50% of those relationships stay together for life and understand that you can be one of the couples who happily stay together for life.

Additionally, understand that there are ways that you can go about your relationship that makes it easy and enjoyable and makes you and your woman fall more and more in love over time.

Okay, on that note, I hope you enjoy this video and if you do want to learn more about how to keep a relationship together for life, how to make your woman respect you, feel attracted to you and be totally in love with you, then I recommend that you watch or listen to my program [Make Her Love You For Life](#).

Make Her Love You For Life is the ideal relationship dynamic that causes a woman to feel increasingly respectful, attracted and in love with you over time.

It brings out her good girl side where she wants to be good to you, where she actually feels good and gains happiness by being a good woman to you.

Bringing Out Her Good Girl Side

[image: Bring out her good girl side in the relationship]

One final point that I want to make for you in this video, is that the dynamic in a relationship can be changed.

If a man has created a relationship dynamic where his woman isn't respectful of him, doesn't initiate affection, doesn't treat him as well as she used to, it doesn't mean that he can't change the dynamic of the relationship and get her to respect him, be affectionate and treat them well.

Pretty much every woman out there has it inside of her to be a good woman in a relationship; to treat her man well.

She has that inside of her and one of the really interesting things about it is that when a guy brings that side of a woman out in a relationship, she respects him, feels attracted to him and loves him so much more.

The fact that he can bring that side of her out and keep it out makes her happy to be who she is.

It makes her happy to be alive.

It makes her enjoy the relationship.

It makes her enjoy her life.

Of course, more importantly, it's much more enjoyable for the man as well.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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A Man's Role in a Relationship

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

What is a man's main role in a romantic sexual relationship with a woman?

What is the one, fundamental thing that applies all over the world, regardless of culture?

[image: A man's role in a sexual, romantic relationship with a woman, is to provide a feeling of protection]

It's to *provide a feeling of protection*.

When a man is able to provide a woman with a feeling of being protected by a man, it allows her to feel safe in the relationship and as a result, she will respect him, feel attracted to him and love him for that.

On the flip side, a woman's main role in a relationship with a man, apart from cooking and cleaning, of course, is to challenge him and make him stronger emotionally.

[image: A woman's role is to challenge her man and make him emotionally stronger, so she feels safer]

A woman challenging her man emotionally is known as a test.

She is testing his confidence.

She's testing to see whether he can remain emotionally strong under pressure and so on.

Her instincts drive her to occasionally test her man to see if he has any chinks in his emotional armor, if he is weak in some areas, if he needs to toughen up in some areas.

[image: Her instincts drive her to test her back, so she can feel safe in knowing that he is emotionally strong and will be respected by other men as a result]

The reason why she does it is instinctive.

She has an instinctive need to want to feel protected by a man in a relationship.

If he's not emotionally strong to the point where he can't handle the fake pressure that she puts on him at times, then she's not going to feel safe with him.

She's going to feel like she's with a man who is emotionally sensitive and needs to be patted on the back and supported at all times.

She doesn't want to be in that situation, because it doesn't make her feel safe.

So, occasionally, she will test his emotional strength to see how he will react.

For example: He might get himself a new shirt, put it on and show it to her.

In that moment, she could be encouraging and say, "*Oh, you look very handsome, that looks great on you,*" but she can also test him and challenge him to see:

- Is he going to lose confidence in himself and start becoming emotional if she doesn't support him in that moment?
- Does he always need her constant support and pat on the back in order to feel confident about himself?

The thing is she might actually like the shirt and think that there's nothing wrong with it, but instinctively, she will say something like, *"That doesn't look good on you"* or, *"You look dorky in that. You look like a nerd"* or, *"What are you wearing that for?"* and so on, to see how a man is going to react.

[image: Don't take her tests personally]

If the shirt is really dorky and he knows that, then he can accept it and can say, *"Yeah, well, it's a pretty dorky shirt,"* but if it's a normal shirt, say, for example, just a plain black shirt and she's saying, *"That doesn't look good on you, that looks nerdy,"* or whatever, he can laugh at her and not take it seriously.

He can also turn the joke on her if he wants to.

"Whatever. You're just jealous. You know I look good. You're just too shy to admit it. That's alright" or something like this, *"Well, the fact is that I am the sort of guy that makes a black shirt look good. It's just the way it is. Say what you want. I know I look good"* or something like this. *"Yeah, it's true. I look like a total dork. I mean, who wears a black shirt? What a dork. I mean, what was I thinking to wear this? What an idiot? Black shirt. Where did I get my fashion sense from? You, huh?"* or something like this, *"Whatever, you're just jealous because I look handsome today and you don't look very good."*

[image: Turn the test back on her for a laugh]

He can then have a laugh with her about that and she can see that he doesn't crumble under her fake pressure about his shirt.

He doesn't say something like, *"Well, what did you say that for? I got this new shirt. I like it. What's wrong with it?!"*

He doesn't say something like that.

He doesn't sulk and get into a bit of a mood.

He doesn't get angry.

He doesn't crumble under her pressure because he is an emotionally strong man.

Now, the thing is some guys don't like that.

They don't like it when a woman isn't 100% supportive and encouraging all the time.

Some guys will say, *"Well, if a woman said that to me, I'd dump her. You know, there's no need to keep a woman like that if she's out of line. Put her back in line by telling her to stop it and if she doesn't stop it, dump her."*

Well, if a guy tries to use that approach with women, he will never have a happy successful relationship that lasts for life.

Women are never going to stop testing because they're instinctively looking for that feeling of protection and safety that comes from being with an emotionally strong man.

They're looking for that feeling of protection and safety that comes from being with a man who believes in himself and doesn't suddenly start doubting himself because someone said, *"Your shirt doesn't look good."*

It's just a bunch of words.

"Your shirt doesn't look good. What have you done to your hair? That doesn't look good."

Whatever.

If a man knows that his shirt looks good, then he doesn't need to start questioning himself, getting upset, feeling insecure, sulking, getting into a mood and so on.

He doesn't need to get into an argument with his woman.

He can simply laugh at her and not take it seriously.

[image: Being a good girl in response to her man's strength]

So, what is it about a man being able to pass a woman's occasional tests in a relationship that makes her feel safe?

Well, instinctively, a woman knows that if a man doesn't crumble under her pressure and he's able to remain in control of his emotions, then other men are going to respect him.

That makes her feel safe.

She feels safe that he isn't the sort of guy who is going to become nervous and unsure of himself around other men.

He is the sort of man that other men are going to respect and treat well and therefore she is in less danger.

Of course, we live in a modern civilized society, but you have to understand that attraction is something that is instinctive and primal.

It's something that's deep within the human wiring.

It's not something that changes when we suddenly live in a civilized society that, for the most part, is safe and isn't breaking out into riots and there aren't hurricanes or tornadoes every day and causing people to go back to basic survival.

Just because we live in a modern civilized society, it doesn't mean that a woman's instinctive need to feel safe and protected by a man who won't crumble under pressure goes away.

It always remains inside of her.

A good example of this is the former UFC fighter, Ronda Rousey.

She is a tough woman.

She could easily beat a lot of guys in a fight.

Yet, she still has her feminine side.

She still has her feminine instincts and she ended up marrying another former UFC fighter, Travis Browne.

When he was asked whether or not they were dating, because it was still a bit of a rumor at that point, he didn't use a politically correct term like and say, "*Yes, she's my partner.*"

Instead, he unapologetically said, "*She's my woman and I'm her man.*"

He didn't refer to her as his partner.

He referred to her as his woman.

Some feminist women end up watching my videos and they comment sometimes and they say that I shouldn't be referring to women as a man's woman.

I should say partner and all these other politically correct terms, but no, I'm not going to say that.

My woman is my woman.

[image: Dan Bacon with wife at home]

She's my girl and she gets to feel like a feminine woman, a feminine girl around me because I look at her in that way.

I don't look at her as my equal in terms of dominance.

She is my equal in terms of importance.

She is just as important as me in the relationship.

I respect her and I treat her well, but she is not more dominant than me.

The thing is, a lot of guys run into problems when they buy into the politically correct version of relationships and they end up in a situation where they are in a neutral relationship with a woman.

The guy ends up looking at her as his equal in terms of dominance and it becomes a 50-50 relationship.

Relationships like that can last for quite a while, but the sexual spark isn't going to be there.

For most women out there, apart from a small percentage of exceptions, they want to be in a relationship dynamic where the man is stronger than them emotionally, where they get to feel girly around him because he's so strong emotionally.

He doesn't crumble under pressure.

That gives a woman a feeling of being protected and safe.

As a result, she easily feels respect, sexual attraction and love for him.

One thing I want to point out here is that over the years, some guys have contacted me and said that it's not fair how a man needs to be confident and emotionally strong in a relationship.

Some guys have said, "*Why can't a woman provide me with emotional support and help me feel better about myself when I'm feeling vulnerable and insecure?*"

[image: She wants to take care of him because he doesn't need her support. She wants to feel important in his life and be a good girl to him]

The thing is, a woman will do that when she is with a man who is emotionally strong and doesn't *need* her emotional support.

She will see that he's under a bit of pressure with something that's going on in his life and *she will want to* provide some support.

She knows that *he doesn't need it* because he's an emotionally strong man, but she's going to be more loving and supportive as he goes through a stressful or difficult time in life.

Yet, when a man is emotionally weak or sensitive and always *needs* his woman to be patting him on the back and trying to make him feel better, then *she doesn't want to* do it because he isn't providing her with that instinctive primal need to feel safe and protected in a relationship.

So, an important thing to understand is that even if you and a woman are happy and in love, her instincts are still going to drive her to occasionally test you.

She's going to challenge you and look for chinks in your armor.

She's going to try to find out where you need toughening up.

Can you handle a negative comment about something that you feel a bit insecure about, or do you

crumble under that kind of pressure?

Do you take her words too seriously?

Do you give her too much power and control over how you feel, or can you control your emotions and be the sort of man that she can naturally feel safe and protected by?

Learn More?

Okay, I hope you enjoyed this video and learned something from it.

If you'd like to learn more about how to maintain and build on a woman's respect, attraction and love for you in a relationship, I recommend that you watch or listen to my program [Make Her Love You For Life](#).

The approach to relationships that I teach in this program brings out the best in a woman.

It makes her treat you with respect and give you the affection and love that you deserve.

She looks up to you, she respects you and she only wants to be with you.

There's No Escape From Challenges With Women or in Life

One final point that I want to make for you in this video, is that there is no escaping the challenges and tests of a woman in a relationship, just like there is no escaping the challenges and tests of life.

The thing is, every challenge in your life presents you with an opportunity to become stronger as a man and to reach your potential.

You can either walk away from challenges that will get you to where you want to get to, or walk away from a woman who is testing you and trying to make you stronger.

Alternatively, you can stand up and say, *"Hey, I'm going to level up. I'm going to become emotionally stronger and stronger over time."*

If you take that approach where you become emotionally stronger over time, you will see that all other areas of your life improve at the same time.

You will get promoted at work so much more easily, or if you're in business, you'll be so much more effective.

With your friends, with your family, they'll respect you so much more.

You will feel like more of your real self around people because you won't be afraid to be judged.

You'll have that emotional strength where you can be your real self and not worry about being judged by people.

That makes you feel happier and more fulfilled as a man.

When you're in a relationship with a woman, it makes her feel so much more attracted to you and love you for who you are, but who you are is a confident man that she can look up to and respect and that she feels safe and protected by.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How to Stop Feeling Insecure Around Your Girlfriend

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

How can you stop feeling insecure around your girlfriend?

Those moments where you worry if she loves you or not, if she's attracted to you or not, if she might like someone else, if she's going to cheat on you, or if she might be chatting with someone else on her phone and so on.

How can you avoid being insecure like that?

Well, first, let's begin with the dictionary definition of insecurity, so you understand what you need to address and fix.

Insecurity (*noun*): Uncertainty or anxiety about oneself; lack of confidence.

So, what causes that insecurity?

What causes one guy to feel insecure with a woman, whereas if another guy was with her, he wouldn't feel insecure?

One of the main things that causes a man to feel insecure around his girlfriend, is when he feels unworthy of her sexual and romantic love.

[image: Stop feeling insecure around your girlfriend?]

From his perspective, she is more valuable than him and he needs to try to impress her, to live up to her expectations.

Otherwise, she might eventually realize that she is more than valuable than him and then cheat on him, or dump him and leave him.

The thing is, you get to decide whether or not you are worthy of her sexual and romantic love.

It has to be something that you decide.

Confidence is having belief in your abilities, in your skills and so on.

When it comes to being in a relationship with a woman and not feeling insecure around her, it's about believing in yourself in terms of your value to her, believing that you are worthy of her love, worthy of her feeling attracted to you.

Not just worthy, more than good enough.

You are more than good enough for her.

You have to believe that about yourself because if you don't, all sorts of problems begin to emerge in the relationship.

[image: Girlfriend feeling turned off by her boyfriend's insecurity]

For example: When a man feels unworthy of his woman's sexual love, he may react in one of the following ways, which then makes the situation worse.

- Be emotionally distant, so he doesn't become too attached to her, but then she starts feeling unsatisfied, because there isn't a real emotional connection between them.
- Try hard to be perfect around her and live up to her expectations, which just keep getting added to. When a woman sees that a guy is trying hard to live up to her expectations, she will test him

by asking him to do more and more for her. The more he does for her out of desperation, the less respect and attraction she feels.

- Try to ruin her confidence by pointing out her flaws or making her feel like an unlovable woman, so she then feels like she needs him. That can work temporarily on a woman who isn't very confident or isn't experienced with relationships, but once she understands what's going on, she will begin to resent her man and she will lose respect and attraction for him as a result.
- Threaten to break up with his woman to hopefully gain some power over her. That can work in some cases to get a woman's attention and make her realize that she doesn't want to lose a guy, but if she senses that he's just doing it to hopefully gain some power over her, she might decide to call his bluff. The first time he threatens to break up with her, she might try to improve her behavior to make him feel more confident and reassured with her, yet, the next time around, she might decide to say, "Okay, fine, let's break up then," to see how he's going to react. If he really doesn't want to break up with her, then he's probably going to say that at that point, or he might accept it and then try to get her back after that.
- Stay out of her way as much as possible to avoid annoying her.
- Do whatever she wants to do in the relationship to hopefully make her feel happy to be with him.

This is why a lot of people out there mistakenly say that relationships are hard work.

They go about it in a way that causes the relationship to become hard work.

You don't have to go down the path of making your relationship difficult.

You can make it easy.

A relationship can literally get better and better over time.

So, how can a guy avoid creating all those problems in the relationship by feeling unworthy of his woman's love?

How can he get to the point where he feels worthy of her love?

How can he get to the point where he feels confident about his value and attractiveness to her and as a result, he doesn't feel insecure?

The only way to do it for real, is to be able to *make her feel more attracted to you than you feel to her*.

If you've been in relationships before, think about a time when you are in a relationship with a woman who was more attracted to you, than you were to her.

You didn't feel insecure, because you knew how much she wanted to be with you.

You've got to create a similar dynamic with your current girlfriend.

When you do, you'll no longer feel insecure.

This doesn't mean that you shouldn't feel attracted to her, or that you shouldn't show your attraction to her.

Instead, you have to be able to make her feel more attracted to you than you feel to her.

This starts with feeling worthy of her sexual and romantic love.

Yet, you can't expect her to help you feel worthy of her love, so you can then feel confident and secure about yourself.

Your girlfriend wants you to decide that you're worthy and then to begin acting on that belief around her.

Since women are attracted to confidence in a man, they want to see that he has real confidence and isn't only feeling confident because she's helping him feel that way.

This comes from her instinctive need to feel safe and protected by a man.

It's important to understand this and recognize that attraction works differently for men and women.

For example: Most men don't look at a woman and say, *"Wow, I'm so attracted to her because she's so strong, confident and powerful looking. She looks like she could protect me. I'd be safe with a tough girl like her. I want a girl who makes me feel safe and protected from the world out there."*

The thing is, there are some men who are into that and that's fine.

However, for the majority of men, their attraction to a woman isn't based on how powerful she is, how strong she is and how she could protect them.

In fact, some men actually prefer a woman who is shy or self-conscious because it makes them feel more confident around her.

[image: Stop being insecure with your girlfriend]

Not all men want that, but most men do prefer a woman who makes them feel like the man, where she is less dominant and looks up to him and respects him.

When she is like that, it creates a natural, ongoing sexual attraction between the man and the woman based on the masculine-feminine dynamic.

However, to achieve that dynamic, where the man is more powerful emotionally and the woman looks up to him and feels sexually attracted to him because she feels protected and safe, the man has to be more emotionally strong than the woman and it has to be genuine.

This is why a woman will often say or do things in a relationship to try and make her man feel insecure around her.

She wants to know whether or not his confidence is genuine, or if he can only feel that way if she's saying or doing nice things to boost up his confidence.

If she can consistently see that her man doesn't become insecure by what she says or does, then she naturally starts being more complimentary towards him.

She starts saying and doing things that make him feel even more confident, like telling him that he looks good, that he's great in bed, that he's better than other men, or that she's lucky to have a man like him.

However, it's important to understand that she will also continue doing what is natural in the male-female sexual dynamic, which is to occasionally say things to test his confidence.

If she occasionally tests his confidence and continues to see that he doesn't become insecure because he's no longer rattled by her mere words, then her respect, attraction and love for him increases.

She sees that no matter what she says or does around him, he remains confident.

So, his confidence is genuine and isn't based on her making things easy for him.

This satisfies her instinctive need to feel safe with a man and as a result, she feels a deep respect, attraction and love for him.

When a woman is with a man who doesn't become insecure by what she says or does to occasionally

test his confidence, her level of respect, attraction and love gets to a point where it surpasses what she has felt for other men in the past, if she has been in relationships before.

She begins to realize how lucky she is to have a man like you.

That's when your relationship becomes so much more fulfilling for the both of you.

She is deeply attracted to you and is giving you the respect, love and affection that you deserve.

As a result, you naturally find it easier to love her and treat her well.

As her feelings of respect, attraction and love for you deepen even more, she also begins to see you as being the more valuable one in the relationship because she knows that it's next to impossible to find a man like you.

As a result, you don't feel insecure with her anymore.

You know that she loves you.

So, if you want to stop feeling insecure around your girlfriend, start feeling worthy of her sexual and romantic love.

Know that you are good enough.

Decide that about yourself.

Believe in yourself in that way and then back it up by making her feel more attracted to you, than you feel to her.

One of the ways that you can make her start feeling more attracted to you is to be more confident in yourself around her.

If you have taken an approach to the relationship where you look at her as being more valuable than you and as a result, you behave in an insecure way, then her attraction for you is going to be pretty low at the moment.

Yet, when you start believing in yourself and seeing yourself as worthy of her sexual and romantic love, then you're going to start feeling more confident around her.

She's going to be able to look at you and see that you believe in yourself.

You know that you're good enough for her.

As a result, you behave in confident ways around her even when she's not helping you feel more confident.

When she tests you and tries to make you feel insecure, it doesn't work the way it used to.

You're becoming more and more confident every day.

As a result, her attraction for you is growing stronger and stronger by the day.

Learn More?

Okay, I hope you enjoyed this video and learned something from it.

If you'd like to learn more about how to be confident in your relationship with your woman, I recommend that you watch or listen to my program [Make Her Love You for Life](#).

When you watch or listen to the program, you will learn the ultimate approach to a relationship with a woman that increases her respect, sexual attraction and love for you over time.

You will also learn what to say and do, to always feel confident in the relationship and be in the position of power.

Making Her Feel the Way She Used to About You

One final point that I want to make for you in this video, is that if your woman has fallen out of love with you and the spark isn't there anymore, it can be brought back to life.

As a smaller example: Think back to a time in the relationship where things were going well between you and her.

There would have been times where you said or did something that she didn't like and made her feel turned off.

Then, you made an adjustment, you did it differently and she was happy with you.

Her attraction increased.

Her respect increased.

Essentially, what happens is that the way you approach interactions with your woman either increases her feelings of attraction or decreases her feelings of attraction.

It's basically within your control.

The way that you approach your interactions with her determines everything.

So, when you start being more confident around her, you honestly believe in yourself and you start attracting her in ways that she hasn't been expecting, she's going to be able to look at you as the man that she was always hoping you would be.

You're going to be able to see that she sincerely feels attracted to you and she really wants to be with you.

As a result, you feel confident in yourself and increasingly, you see that there's no reason to feel insecure anymore.

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[image]

Almost there! Please complete this quick form to gain instant access.

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How to Maintain a Woman's Attraction in a Relationship

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

How can you maintain a woman's attraction in a relationship and achieve what I call *Never-Ending Attraction*?

One of the ways to do it, is to not let her take away your masculinity.

To be clear here, the dictionary definition of masculinity is:

Masculinity (*noun*): Possession of the qualities traditionally associated with men.

In a relationship or a marriage, a woman will test her man's ability to hold onto his masculinity by pretending to get angry about certain ways that he behaves, or certain things that he says to her.

She will essentially tell him to behave more like her or to behave like a woman.

She will pick on his behavior when he is being masculine and say that it's wrong, that she doesn't like it and so on.

If the man takes what she is saying seriously and starts being softer, more docile, more hesitant and obedient around her, then she is going to lose respect for him.

As a result, she will stop feeling sexually attracted to him because she will see that he can't even withstand the fake pressure that she is putting on him.

Her instinct to want to submit to him sexually starts to diminish, because she can see that he isn't a more powerful force than her emotionally.

She feels like he can't handle a woman like her because he so easily buckles under her pressure in moments like that.

[image: Don't suppress your masculinity in response to her fake anger]

The thing is, though, women are very good at making a man feel like he's really done the wrong thing.

In a relationship, a man might say something to his woman in a certain way, he might behave in a certain way and then she will verbally attack him for that.

She will pretend to be really angry about it.

In the moment, the guy can feel like he has really stuffed up and he's out of line and he should be behaving more like her, he should be behaving like a woman.

Yet, if he falls into the trap of suppressing his masculinity around her, then she's going to lose respect for him and she's going to struggle to feel sexual attraction for him.

So, what's an example of how it works?

Well, imagine that a couple is in the car together and the man is driving.

While he's driving, he ends up making a little bit of a mistake on the road by going into the wrong lane, turning at the wrong time or whatever.

[image: Pretending that she's letting him drive the car]

His woman then says, *"You're a horrible driver. I'm a way better driver than you. I don't even know why I let you drive when I'm in the car. The next time we go somewhere, I'm driving."*

Now, some guys may have noticed a particular word in the example that stands out and suggests she thinks she's in the dominant position, or she is testing to see if he will accept her being in the dominant position in the relationship.

That word is "*let*."

She said, "*I don't even know why I let you drive when I'm in the car.*"

So, how can a guy deal with that type of interaction with his woman in a way where he doesn't suppress his masculinity and look at her as being in the dominant position?

When faced with a situation like that, each guy will react differently.

Some guys will react in a way that deepens the woman's respect for them, makes her feel attracted and gets rid of the negative tension between them.

On the other hand, some guys will get angry at their woman and get into a pointless argument with her about it.

Another guy will think that he's really stuffed up and he will try to drive better for the remainder of the trip to hopefully impress her and so on.

So, what's the type of approach that a guy can take that will end up making her feel more respect for him, feel attracted and ease the tension between them?

Well, first of all, he shouldn't take what she is saying so seriously.

That's one of the things about interacting with a woman in a sexual, romantic relationship.

When you're interacting with a woman in the workplace, it's important to take her seriously.

You have to be able to take your coworker seriously and your manager or your boss, if she's a female, you have to be able to take her seriously.

That's a different environment.

However, when you're in a sexual, romantic relationship with a woman and you want her to feel respect, sexual attraction and love for you, then you can't take what she is saying seriously all the time.

If she has an emotional outburst, don't take it personally.

It's her having an emotional outburst, not you.

You don't have to get emotional with her.

It's fine for a masculine man to feel emotion and it's fine to sometimes get frustrated with your woman.

Yet, if you want to make your relationship as easy as possible and you want to make her feel the most amount of respect, sexual attraction and love for you, it's best that you maintain control of your emotions when she is getting emotional.

You don't have to do that 100% of the time and be an unemotional robot.

Instead, you're allowed to feel emotions, but the more you can control your emotions when she's being emotional, the more she will respect you.

The more she respects you, the more she will feel sexually attracted to you.

So, what can a man say in a moment like that when his woman is accusing him of being a horrible driver and saying that she is *letting* him drive and that she doesn't know why she lets him drive?

Rather than getting angry and getting into a pointless argument with an emotional woman, a man can chuckle, not take her seriously and say something like this,

“Yeah, it’s true. You got me there. I’m a horrible driver, probably the worst. Dan Bacon, World’s Worst Driver. It’s got a good ring to it. I like that.”

Alternatively, he might say something like this, *“What did you say? The next time we go somewhere, you’re driving? Sweet. I can relax. Thank you.”*

[image: Put her back in her place with some humor]

Alternatively, he might jokingly say something like this, *“Yeah, I don’t know why you let me drive either. It’s so dangerous when I’m driving. An accident can happen at any moment. Watch out, keep your seatbelt on. Get ready.”*

Something to point out here is that when you’re in a relationship or a marriage with a woman, it’s still very important and essential that you treat her well and that you’re a good man.

That’s fine.

However, in moments where she is attacking you and saying that you’re the worst at something or you’re this or you’re that, it’s fine not to take her so seriously and lovingly put her back in her place.

For example: She’s saying that she’s letting you drive and then you’re thanking her for letting you drive, but making a joke out of it and letting her see that you don’t actually feel like she’s letting you drive.

You are driving because you want to drive and you don’t need to get permission from her.

Where some guys go wrong with this particular area of a relationship is that they end up taking what the woman is saying too seriously.

They end up giving her too much power and dominance in moments like that, or they end up getting into a pointless argument with an emotional woman where she ends up blaming him for the argument in the end.

Women are very good at pushing a man to get more annoyed and angry to the point where he ends up saying or doing something that causes her to say, *“Well, now you’ve crossed the line. Now you’re being very angry. Now I’m scared, or now you’re behaving in this way or that way. You’re crazy. You’re this, you’re that.”*

It can so easily end up being the man’s fault if he gets dragged into the drama that a woman is trying to create.

This is why you need to be able to control your emotions around her.

It’s fine to get frustrated at your woman at times, no problem, but if you want her to respect you, feel sexually attracted to you and be in love with you, it’s very important that you’re able to maintain control of your emotions and not allow her to push your buttons so easily.

The thing is, these little battles will happen in your relationship with a woman regardless of how nice or good of a woman she is.

Every woman is going to test her man’s confidence and masculinity.

It’s just the way that the nature of attraction works between a man and a woman and it’s actually one of the biggest benefits of being in a relationship.

Your woman constantly makes you stronger by instinctively testing your confidence at what seems

like the wrong moment.

That's when women really tend to do it, in a moment where it's like, *"How could she say something like that? Why is she saying that now? You know, I'm feeling stressed out about something, I'm feeling vulnerable about something, I'm feeling frustrated about something, I'm feeling unsure about something and then she goes and says this or that. That really annoys me. Why does she have to say something like that when I'm feeling this way or that way?"*

Well, it's part of a woman's instinct to make her man stronger.

It's a primal instinct where a woman wants to feel safe and protected by her man.

She wants to be with a man who doesn't crumble under pressure, who is able to maintain control of his emotions, like a masculine man.

This is her instinct.

Some women know it consciously, but most women just act on their instincts.

Her instincts know that if a man doesn't crumble under pressure and doesn't become emotional, then other men are going to respect him.

As a result, she feels safer and more protected when she's with him.

Another example of this is that many men struggle to deal with is when their woman says something like, *"You're stupid."*

That sort of comment really digs deep for a lot of guys because they see themselves as being intelligent and they want to be respected for being an intelligent man.

So, when their woman says something like, *"You're stupid or you're dumb, you're an idiot,"* it can really dig deep and make a man feel annoyed and lose control of his emotions.

However, if you can show her that it doesn't negatively affect you and that you're able to remain being a good, loving man, she will feel like she is the one who is in the wrong and she will eventually apologize for saying that about you.

If she doesn't apologize because she's so used to being negative, you can help her transition from communicating in a negative way to complimenting you, thanking you for being such a great man and acknowledging how lucky she is to have you.

Many women will do that on their own, but sometimes, you do need to encourage a woman by giving her some compliments yourself and then saying something like, *"It's okay for you to give me a compliment like that every now and then if you want to."*

Yet, if you take her comment of, *"You're stupid, you're dumb, you're an idiot"* or whatever too seriously and end up verbally attacking her, then she's almost certainly going to end up making it seem like your fault.

You got angry, you're acting emotional, you're saying all these things to her and she then makes it out to be your fault.

Additionally, she feels turned off that she can negatively affect you in that way by saying a simple thing like, *"You're stupid or you're dumb."*

So, essentially, what you need to do is take your woman seriously when she is saying something serious or sincere, but don't take her seriously when she is being emotional and saying things about you that aren't true.

The thing is, sometimes there are going to be situations where you say or do something that isn't effective in the relationship or isn't loving and is causing problems between you and her.

In moments like that where she gives you feedback and tells you to stop doing that or to change or adjust, that's fine.

However, when a woman is essentially trying to get you to behave like her or like a docile man, don't take that seriously.

If you take that seriously and you start behaving more docile, hesitant and soft around her, then she's not going to feel attraction for you, it's just not going to be there.

What women naturally feel attracted to is a man's confidence and masculinity, so you must maintain that when you're in a relationship with her.

An important thing to point out here is that masculinity isn't all about how you look.

Some guys get confused and think, *"Okay. I have to go to the gym and I have to build up big muscles and then she's going to feel attracted to my masculinity."*

The thing is, having big muscles and being physically strong is a sign of masculinity, that's fine.

If a guy wants to do that, no problem.

However, the fact is that a man does not have to build up big muscles in order to make his woman feel attracted to his masculinity.

[image: Maintain your masculine position and she will naturally feel attracted, even if she doesn't admit it]

The most important type of masculinity comes from within.

It's about how you think.

How you think determines how you behave, how you move, how you take action, how you speak, how you touch her and so on.

If a man thinks that it's wrong to be masculine around his woman and he thinks that it's right to be soft and docile, then his behavior is going to reflect that.

He's going to be hesitant when he touches his woman.

He's going to worry how she might react if he says or does something.

However, when a man embraces his masculinity in a relationship, it comes through in the way that he talks to his woman, the way that he touches her, the way that he behaves and the way that he takes action.

As a result, he's able to naturally maintain her attraction in the relationship.

Learn More?

Okay, I hope you've enjoyed this video and learned something from it.

If you'd like to learn more ways to maintain a woman's attraction in a relationship, I recommend that you watch or listen to my program, [Make Her Love You for Life](#).

The techniques that I teach in Make Love You for Life increase a woman's respect, sexual attraction and love for you over time.

It doesn't fade away.

Her Tests About Something Will Stop When...

One final point that I want to make for you in this video is that when your woman can see that you are honestly not bothered by a particular test of your confidence or masculinity, then she will stop doing it.

If she's not 100% sure, then her instincts will urge her to test you one, two or three more times, but if she can see that it doesn't bother you anymore, then there's no more point for her to do that.

However, her tests in other areas just won't stop.

Now, some guys might think that that's a bad thing.

Yet, it really is a good thing.

What happens is that when you don't take your woman's tests seriously and you're able to withstand that, it makes you stronger and stronger over time.

It makes you become such an emotionally strong man and as a result, other men respect you.

It has a flow on effect to your work or your business where you get promoted, or you get things done better because you just don't get rattled.

People respect you, they can trust in you and they can see that you are an emotionally strong man that doesn't crumble under pressure.

The thing is, so many guys out there go through life thinking that relationships are hard work because they take their woman's tests or outbursts too seriously.

It's fine to take a woman seriously if she really has a point and you're behaving in a way that isn't loving or isn't effective, that's fine.

However, when she's being ridiculous, or she's being overly emotional or saying something that isn't true, you shouldn't take that seriously.

Additionally, if she's trying to get you to behave like her and be more feminine in a way, don't take that seriously.

You can't let go of your masculinity.

If you want to maintain a woman's attraction in a relationship and you want the sex to happen easily and regularly, you have to maintain your masculinity.

Be man enough to withstand her fake pressure for you to stop being manly.

If you can do that, it will be one of the things that easily and naturally makes her respect, attraction and love for you increase over time.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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How to Get Your Relationship Back to the Way it Was

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

How can you get a relationship back to how it was at the start, when you and her were falling in love and you really wanted to be with each other?

You couldn't keep your hands off each other, you loved spending time with each other and you looked at each other in a positive light.

You had good thoughts about each other.

You behaved well around each other.

You wanted to treat each other well and as a result, you and her had a really good time together.

Well, one school of thought is that a couple should go back and do what they used to do when they were falling in love, whether that be going to the movies, having dinner, going to a certain park, going to the beach, hanging out with friends and so on.

[image: Getting a relationship back to the way it was?]

Does that work?

Can it work?

It depends.

For example: Many couples end up doing the same thing over and over again for years and even decades, so they're *already* doing what they did at the start of their relationship.

As a result, that's not going to make things go back to the way they were at the start because they're already doing it.

Their relationship isn't fun anymore, they're not feeling like they're in love and they are going and doing the things that they used to do together.

On the other hand, if a couple has fallen into a boring routine and they don't really do any fun things together anymore like they used to, then going and doing those fun things together *may* bring back the spark.

I say "*may*" because sometimes a couple will start doing the things that they used to do at the start, but then will realize that it doesn't feel the way it used to.

When they used to go to a dinner and a movie, it felt great.

They were in love.

They looked at each other in a positive light.

They got along.

They flirted.

They laughed.

They had a good time together.

Now, they're just going through the motions...

Let's go and get the car parked.

Now, let's go and get a ticket.

Let's eat some food.

We'll go to the movies now and we'll get some popcorn and some Coke or whatever.

We'll sit down and we'll watch the movie and after the movie, talk about the movie a little bit, go home, go to sleep, no sex, good night.

[image: No sex after date night for unhappy couple]

So, if a couple is trying to get their relationship back to the way it used to be and they go and watch a movie and have some dinner, it isn't necessarily going to make things go back to the way they used to be.

Going somewhere and doing something with your woman isn't the point.

What you need to do is bring out the side of her that existed when you first met and bring out the side of yourself that existed when you and her first met.

This is where a lot of guys go wrong.

A guy tries to get things back to the way that they used to be by being a bit more flirtatious, touching her more, hugging her, trying to give her a kiss, trying to be a bit more playful and she doesn't immediately get on board with that.

She's in the habit of being moody and disrespectful towards him so she keeps doing that.

At that point, some men will just give up and think that the spark is dead, she doesn't think of him in that way anymore and there's nothing that he can do about it.

Whereas another man might get angry at her for behaving like that.

He might feel resentful and say that he's trying to make the relationship work and she's not even willing to make an effort.

She is just being moody and disrespectful and he's very annoyed by that.

Another guy might see his woman's reluctance to be affectionate and loving as meaning that he has to try harder so he will try harder and harder to impress her.

He will buy her things, he will try to suck up to her and he will hope that she will eventually see how good of a man he is and how much he deserves her to treat him better.

Yet, those approaches don't work.

Instead, what you need to understand is that sometimes it takes a little bit of time for a person to change.

For example: When your woman wants you to change something, even though you want to do it, sometimes you'll make a mistake.

Sometimes you'll slip into your old patterns of behavior and do the thing that she doesn't want you to do anymore.

It doesn't mean that you're a bad man, or that you're not listening to her.

Instead, it just takes a bit of time to change a habit or behavior.

If she's in the habit of being disrespectful and moody and she isn't in the habit of being affectionate and loving, sometimes it can take a little bit of time for her to warm up to that, get used to it and feel comfortable with that type of behavior again.

Now, that doesn't mean that you should wait months or years for her to eventually change.

Instead, you can make her feel motivated to change very quickly and be more loving and affectionate towards you and really enjoy that side of herself.

For example: If a couple went back to a particular park or a beach that they used to like going to and the man is in the habit of not initiating affection with this woman because he is afraid of getting rejected by her, or he is annoyed at how she keeps rejecting him, then he needs to break that pattern of behavior.

He needs to have the confidence, the courage and the masculinity to be the stronger one in that moment, to let her see that he's not afraid to initiate affection with her.

Let her see that he doesn't back down and become insecure, annoyed or even angry when she doesn't immediately warm up to him.

What happens then, is that a woman naturally feels respect and attraction for her man's confidence, courage and masculinity in that moment.

It literally triggers her feelings of sexual attraction and respect for him.

When that happens, she starts to reconnect with the love that she used to feel for him and in that moment, the relationship begins to go back to the way it was at the start.

Learn More?

Okay, I hope you've enjoyed this video and learned something from it.

If you'd like to learn my most powerful techniques for making a woman feel increasingly respectful, attracted and in love with you in a relationship or a marriage, I recommend that you watch or listen to my program, [Make Her Love You For Life](#).

What you'll learn in this program will completely transform your relationship with her.

You will see a totally new side of her where she is so much more affectionate, loving, caring and enjoyable to be around.

An important thing to point out here is that [Make Her Love You For Life](#) is for a relationship or a marriage that is still together, but is no longer happy.

The respect, attraction and love isn't there anymore and the couple is experiencing problems as a result.

If you're in a situation where your girlfriend has broken up with you, or you and your wife have separated or divorced, then the program for you is [Get Your Ex Back Super System](#).

This is my tested, proven to work method for getting a woman back after a break-up, separation or divorce.

I thoroughly tested this step-by-step method by helping over 100 phone-coaching clients to get their ex girlfriend or ex wife back and then I recorded the program.

So, when you watch the program, you will find that it resonates with you.

You will realize that you've been making a lot of the mistakes that I point out in the program and you will learn the right way to do things from now on, so she feels a renewed sense of respect, attraction and love for you and wants to get back with you.

So, if you've already broken-up, separated or divorced, the program for you is [Get Your Ex Back](#)

Super System.

If you're still in the relationship or a marriage, but you're having problems with her, the program for you is Make Her Love You For Life.

The Changing Relationship

One final point that I want to make for you in this video is that a relationship will always change over time, but a truly happy relationship is where the love, respect and attraction deepens over time rather than fading away.

Every relationship changes based on the obstacles that you and her face, the experiences that you have together and the goals and dreams that you have about the future together.

Yet, regardless of what you and her have faced in the past and what you may encounter in the future, it doesn't mean that you and her have to fall out of love.

You've seen those couples who fall more and more in love with each other as the years and decades go on.

That is what's possible.

You really can experience that with your woman, even if you and her have gotten to a point where the spark has died, the fun isn't there anymore and you just don't feel like you are in love with each other anymore.

You can literally turn things around and create a new relationship dynamic that gets better and better over time.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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How to Turn On a Woman's Good Girl Switch in a Relationship

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

How can you flick on a woman's good girl switch in a relationship, where she gains pleasure and happiness out of being a good woman for you?

There are so many different examples I can give you on how to flick on that good girl switch and in this video, I'm going to give you 2 examples to give you an introduction to how it works.

Let's begin with number 1...

1. Lovingly expect more of her

Some guys approach their relationship with the woman by going to one extreme or the other.

One extreme is where a guy is doing way too much for his woman.

He essentially wants to do everything for her and make her life as easy as possible.

He fears that if he puts any pressure on her to be a good woman for him, then she's going to be unhappy and she's going to leave him.

She's going to start threatening to break up with him.

She's going to start kicking up a fuss and he's not going to know how to handle that.

So, he just gives and gives and gives and he doesn't ever really get back what he wants from her.

He doesn't get the affection, the love, the respect that he deserves and that he wants.

On the other end of the spectrum, some guys demand that their woman be good to them and they get angry about that.

They get frustrated about it.

They get into arguments with their woman and try to force her into being a better woman by belittling her, pointing out her flaws, getting angry, kicking up a fuss and so on.

That approach doesn't work either.

That approach doesn't flick on a woman's good girl switch.

The way to do it, is to lovingly expect more of her.

So, what's an example of how it works?

Well, imagine that a couple are sitting on the couch and the guy wants a coffee.

He can go and make the coffee himself and there's no problem with that, but he can also get her to make the coffee and make her feel happy about doing it.

He can actually make her feel happy about doing those sort of things for him and gain pleasure by doing it.

It makes her feel happy to be that attentive and caring towards him.

Now, every woman is different.

Not every woman is going to react in the same way, if her boyfriend or husband asks to make him a

coffee for the first time if he's never done that before (i.e. if he's never been sitting next to her on a couch and just asked her to do something for him like that).

So, if a man is in the habit of making a coffee for himself and then he asks his woman to do it for him, sometimes a woman will be like, *"Cool, okay, I'll go and make it for you."*

Sometimes a woman will say, *"Why?"*

Sometimes a woman will say, *"No."*

Sometimes a woman will say, *"Make it yourself"* or, *"I'm busy"* or, *"I'm checking something on my phone, you go and do it."*

There're going to be all different types of responses and reactions.

I'll skip over the easy reaction, which is you just ask her and she does it and I'll deal with the more difficult one where she says *"No."*

So, a man is sitting next to his woman on the couch.

He then asks her to make him a coffee.

"Hey, honey, can you go make me a coffee? Thanks."

She then says, *"No"* and he says (in a relaxed, easy-going, non-sulking tone of voice), *"Come on, go make me a coffee. I'd do it for you if you asked me. Come on, go make me a coffee."*

She then says, *"No"* again.

What is he going to do at that point?

Well, what he needs to do is let her see that she is missing out on making him a coffee and getting to feel good emotions as a result.

How can he do that?

Well, that happens a little bit later.

For now, he should go and make the coffee and not make a fuss about it.

He should say, *"Okay, cool, I'll make it myself"* and go and make a coffee.

He should then come back, sit down, enjoy the coffee and not make a big deal out of it.

In some cases, a woman will apologize and say that she will do it next time, but in other cases she won't say anything and she'll just get on with the evening.

Then, the next night, if they're sitting on the couch watching TV together again, he can ask her once again.

"Okay, honey, can you make me a coffee tonight? Go make me a coffee."

She then says, *"No"* and he says (in a relaxed, playful tone of voice), *"Well, thanks for nothing then. Alright, I'll make it myself."*

He then makes the coffee himself.

Now, the thing is, if he has been making her feel respect and attraction for him in the relationship, then she is going to start to feel a little bit bad about not doing that for him.

She's going to start to think, *"Well, he's not reacting in a negative way, he's not sulking, he's not getting angry, he's not complaining and kicking up a fuss when I refused to do something for him. He's being loving about it."*

He's expecting more from her, but he's being loving about it.

He's not being an asshole about it, he's not being controlling and so on.

She's going to start to feel like she is in the wrong and most women are going to want to start to do that for their man, if he asks her to do it.

So, the next time he asks her to make a coffee, she's most likely going to do it and at that point, he can then make her feel good about doing something for him.

For example: If she says, *"Okay, fine, I'll make the coffee"* and she gets up to make him a coffee.

He can then say (in a confident, easy-going tone of voice) something like this, *"Nice, now we're talking. I knew the loving you was in there somewhere. Now, get in there and make me a coffee"* and then playfully smack her on the butt.

When she comes back with the coffee and puts it down, the guy can stand up and grab her, give her a bit of a kiss and maybe a spank on the butt as well and say, *"Thank you."*

As a result of approaching it in that way, she is almost certainly going to laugh, smile, feel respect for him and more importantly, feel sexual attraction for him.

She's going to feel sexually attracted to the fact that he can get her to do something for him and make her feel good about it.

Why is that attractive to a woman?

Well, that type of behavior from a man transfers over into the bedroom.

It makes a woman feel excitement and anticipation about what may happen in the bedroom between them.

The guy might be able to have the confidence to tell her to do something for him and make her feel good about it doing it.

He has that type of confidence which is magnetically attractive to women.

She gets to imagine what might happen and be mentally ready to go along with what he wants to do in the bedroom and enjoy it.

It's exciting for a woman to be in that position.

By the way...

Something important to point out here, is that every man out there doesn't have to tell his woman to make him a coffee.

That's not the point.

The point is to lovingly expect more from your woman.

You can lovingly expect more from her in so many ways.

It's not just about sitting on the couch and saying, *"Get your butt off the couch, make me a coffee. Go make me some food and come back and give me a foot massage."*

It's not about ordering her around like that.

However, it is about understanding that when you approach your relationship with the woman in a way where you expect her to be good to you, it actually makes her want to be good you.

Of course, as long as you do it in a loving way.

It's not about demanding things of her and saying, *"Hey, I do all these things for you, you should do this for me."*

It's not about that, it's not about tit for tat.

Instead, it's about lovingly expecting more of your woman.

For example: You can lovingly expect her and get her to...

- Show more affection.
- Be more caring and attentive.
- Be more patient with you about certain things.
- Take more care of her physical appearance around you.
- Appreciate the nice things you do for her.
- Make more of an effort in the relationship in ways that you would appreciate.
- Treat you with the respect that you deserve and show you love in the way that you enjoy the most.

Another thing to point out here is that when your woman does something for you that is out of character, where she is being extra nice to you, extra attentive, caring and so on, you don't always have to stand up, give her a hug, give her a kiss and give her a spank on the butt.

You don't have to make a big deal out of it.

Instead, what really excites a woman and makes her want to do it more and more is where you vary your reactions and responses.

For example: Where a woman makes a coffee for her man, he doesn't always have to stand up and give her a hug.

Instead, sometimes he'll just say, "*Thanks,*" take the coffee and get on with what he was doing.

Sometimes he'll take the coffee and then say a joke to her like, "*Alright, go make some food now, make yourself useful.*"

Other times, he might jokingly complain about the temperature of the coffee saying that it's too hot or too cold and so on.

He'll create a moment between himself and his woman where she can feel some attraction for him.

So, when she does something good for him, there is always the potential that she's going to feel a burst of sexual attraction for him, a rush of sexual attraction for him.

That builds up the sexual tension between him and her, which naturally leads to her being affectionate and them having sex on a more regular basis.

Now, compare that to a guy who doesn't want to expect anything of his woman.

He doesn't want to push her in any way to do anything.

Instead, he just wants to give and give and give or he wants to have a 50/50 relationship where they're just more like partners, or friends, roommates, housemates and so on.

With those type of relationship dynamics, it does not bring out a woman's good girl side.

It does not make her feel motivated to be affectionate, attentive, loving and so on.

So, while every man out there doesn't have to tell his woman to make him a coffee, what he does need to understand is that it makes women feel attracted, excited and in love when a man can make her feel like she wants to be good to him.

She wants to do good things for him.

When she does, she ends up getting a rush of sexual attraction out of it.

She ends up feeling attracted to his confidence.

In some cases, they end up laughing together.

In some cases, they end up hugging and kissing and so on.

What happens then is that her good behavior becomes linked to affection, to sex and to deeper and more exciting feelings of love between her and her man.

2. Address her bad behavior in a loving, supportive way

Everyone makes mistakes in a relationship and everyone has an opportunity to become a better person than they already are.

The same applies to her.

Sometimes she will say or do something that may really annoy you.

You may think, *“How dare she say that? How dare she behave in that way?”*

It may cause you to lose control of your emotions in one way or another.

Yet, if you want to flick on her good girl switch and make her treat you better and better and better over time, the best approach is to directly address her bad behavior, but do it in a loving, supportive way.

For example: Imagine that your girlfriend or wife says or does something that annoys you.

Rather than getting angry at her and getting into an argument that becomes a huge bit of drama between you and her, the best approach to take is to maintain control of your emotions and directly address her bad behavior in a loving, supportive way.

You don't have to do that all the time.

Sometimes it's totally fine to get a bit frustrated at your woman and let her know about that.

However, if you want your relationship to get better and better over time, it's important for you as the man to get better and better at maintaining control of your emotions, so, she doesn't have that ability to push you over the edge emotionally.

She can't just say something and make you angry because you are stronger than that.

You can maintain control of your emotions because you're not intimidated by her and you're not triggered by her words or behavior.

You maintain control of your emotions in a way that only a real man can.

As a result, she feels a deep respect and attraction for you.

So, if she says or does something that would normally annoy you or frustrate you, say something like this instead. *“Hey, that wasn't cool. You're usually a great woman, but that, no. I don't like that. That wasn't cool”* or something like this, *“Well, I'm disappointed with you based on that. I know that you can be a much better girl than you're being right now. That isn't cool.”*

Now, compare that to addressing her behavior in a way that isn't loving and is going to cause more problems.

“What did you say that for?! Why are you talking to me like that?! You need to stop this!”

Talking to her in that way isn't going to flick on a woman's good girl switch.

What you want to do is be loving and supportive when you give her some feedback on her behavior that you're not liking or appreciating.

When she can see that you are maintaining control of your emotions and are giving her the benefit of the doubt (i.e. that she's usually a good woman), but you don't like that she's saying this or that, then she can see that you're not just looking at the negatives.

You're looking at her as a woman that you love and appreciate and you can see that she isn't normally like that.

As a result, she then feels like the one who has stuffed up in that moment.

Of course, depending on the woman, in a moment like that, she may or may not admit that she is in the wrong.

If she doesn't admit that she is in the wrong and doesn't accept that she has been behaving badly, or said something that was out of line, she will realize that later when she has a chance to think about it. She will replay the scene over in her mind again and she'll realize that she was out of line and that you didn't react badly.

You gave her the benefit of the doubt.

You maintained control of your emotions and gave her the feedback on her bad behavior in a loving, supportive way.

Then, as soon as you see that she has improved her behavior or is talking better to you, thank her for that.

Give her feedback on that as well.

Let her know that you have noticed that she is treating you better, that she is talking to you in a more respectful, loving way.

For example: If you're sitting next to her on the couch and she shows you the improved behavior or talks to you in the improved way, you can then thank her for that.

"Thanks, honey. I appreciate that you're not reacting in the same way you used to. That's much better. Thank you."

If you want to spice up the moment right there and then and not make it too soapy and romantic, you can add in a bit of a joke, which is kind of serious at the same time.

"Alright, well, anyway make yourself useful and go make me a coffee. Get in there."

You can then have a laugh with her about that.

It doesn't really matter if she goes and makes the coffee for you, but you can turn it into more of a playful moment between you and her by jumping on top of her and tickling her on the couch and so on.

You and her end up laughing and having a great moment together.

This way, when she becomes a better woman for you, it's a good feeling for her, rather than a woman doing something better for her man and him then ruining the moment by saying something like,

"Well, finally you've changed. Well, that wasn't hard, was it?"

Instead, you make her changing and becoming a better woman for you to feel good for her.

She then wants to become a better and better and better woman for you over time.

Learn More?

Okay, I hope you've enjoyed this video and learned something from it.

If you'd like to learn more about how to flick on a woman's good girl switch in a relationship, then I recommend that you watch or listen to my program [Make Her Love You for Life](#).

Everything that you learn in this 9-hour video or audio program flicks on a woman's good girl switch.

Everything that I teach in the program makes a woman become a better and better woman for you over time.

It also makes a woman respect you, feel sexually attracted to you and be totally in love with you for life.

Bring Out the Best in Her

One final point that I want to make for you in this video, is that there are different approaches that you can take with your relationship, which will bring out a different side of your woman.

For example: If a guy takes the approach of doing too much for his woman, he might create a relationship dynamic where no matter what he does for her, it's never enough.

She wants more and more and more and she gives less and less over time.

Additionally, the position that she's in in the relationship, where he's always trying to do things for her and live up to her expectations, makes her lose respect for him.

As a result, she stops feeling sexually attracted to him.

Then, she starts to withhold sex and not want sex and the relationship isn't fun for either of them.

On the other hand, a guy might take an approach to the relationship where he is being neutral towards his woman.

He treats her more like a housemate or roommate and there isn't that dynamic between them, where she is his girl and he is the man.

He doesn't want to create that type of relationship dynamic.

It makes him feel uncomfortable to do any of those sort of things.

So, he just wants to be neutral with her.

As a result, the sexual spark just isn't there between them and they feel more like friends than anything else.

A relationship like that can continue on for quite a while, but it's not going to be truly enjoyable for either of them.

The man won't get to experience a woman who is very affectionate and sexual towards him and she won't get to experience being that type of girl for him.

Instead, they'll just end up feeling more like friends and that can become very boring over time and lead to a breakup or a divorce.

The best approach to take in a relationship turns out to be the easiest approach to use.

It's practically effortless on your part when you bring out a woman's good girl side.

When you approach it in that way, the relationship is so much easier.

She gets what she wants, which is to be happy and in love and being a good woman for her man and you get what you want, which is a loving, affectionate, attentive woman.

As a result, both you and her don't feel any need to ever break up because your relationship is getting better and better over time.

It's becoming more and more enjoyable and you're both falling more and more in love over time.

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[image]

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How to Stop Getting Angry at Your Girlfriend or Wife

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you tend to get angry at your girlfriend or wife fairly often, one of the main reasons why will be that you're expecting her to be more like you.

In other words, be consistent, be logical, makes sense, don't create any drama, be straightforward and so on.

Yet, that's just not going to happen because she's a woman and she's going to want to behave like a woman.

There's nothing wrong with a man behaving like a man and there's nothing wrong with a woman behaving like a woman.

In fact, when a man behaves like a man and lets his woman behave like a woman, they will naturally feel sexually attracted to each other.

It's when a man expects his woman to be more like a man that the sexual attraction between them begins to fade away.

So, if you want to enjoy a happy, attracted and in love relationship with your woman, you have to allow her to be a woman and at times, that's going to mean she behaves in ways that you wouldn't behave and that you might think silly, or are childish and so on.

So, what's an example?

Well, imagine that a man is sitting on the sofa with his woman on a Saturday evening.

They're just kicking back and relaxing and he then says, *"Hey, honey, let's go and watch a movie,"* and she says, *"No, I don't want to go and watch a movie, movies are boring."*

At that point, some guys will get angry at their woman and say, *"Why are you being like this? You know, we have fun when we go and watch a movie. I want to go and relax. I've been working hard all weekend, I want to go and just kick back and watch a movie and unwind. Why are you being like this?"*

Yet, that's not an effective approach to use in a relationship with a woman.

You don't need to drag yourself into unnecessary drama with a woman.

You just don't need to create that type of stress for yourself.

There are better ways to handle it.

So, for example: If he said, *"Hey, honey, let's go and watch a movie,"* and she said, *"No, I don't want to go and watch a movie, movies are boring,"* he can then say something like, *"Yeah, cool. Well, let's just kick back and relax then and watch some TV."*

Then, because he didn't react in an angry way and was able to maintain control of his emotions, she is then going to feel like the one who has messed up.

She's going to feel like she was being a bit of a pain in the butt in that situation.

So, then 15 minutes, 30 minutes or maybe even an hour later, she might say something like, *"Well, what movies are on?"*

He can then continue to maintain control of his emotions, check what movies are on and talk about it

and they can go watch a movie and enjoy themselves that night.

[image: Avoid the argument so you can get on with enjoying each other's company and being in love]

As a result of using that approach, he didn't need to waste loads of energy and stress out getting into arguments with her and create divisions between him and her.

For example: If a woman said, *"Hey, so what movies are on?"* after an hour, some guys will get angry at that and say, *"Well, now you want to watch a movie? I said I wanted to watch a movie an hour ago, now you want to watch it? Well, it's too late now"* and then get into an argument with her about it.

That is not an effective approach to use in a relationship with a woman.

You don't need to drag yourself into unnecessary drama with a woman.

One of the other reasons, in addition to not wasting your energy on that sort of stuff is that, if you create drama with a woman based on those sort of things, she will almost certainly end up making it out to be your fault because you will end up becoming angry.

She will end up saying that you're being ridiculous, you're scaring her or whatever and it will end up being your fault.

So, don't play the angry game and the drama game with a woman.

The best approach is to maintain control of your emotions and interact with her in ways that make her respect you, make her treat you better, make her behave better.

The thing is, sometimes when a man says to his woman, *"Hey, let's go and watch a movie,"* she will say, *"Yeah, cool, let's go honey"* or sometimes she'll come over and snuggle into him, give him a kiss and say, *"Want to watch a movie, honey?"* and she'll be really sweet about it, but sometimes she'll be in a bit of a mood.

As a man, you need to be prepared for that.

You need to be prepared for the fact that she's not going to be consistent and straightforward like a man.

You're not wrong for behaving like a man and she's not wrong for behaving like a woman.

If you allow her to behave like a woman and have those little moments where she isn't being consistent and you don't get angry, then she's going to feel so much more respect, attraction and love for you.

As a result, she'll naturally feel the motivation to be a good girl for you.

She'll want to be on her best behavior or be on better behavior and get better and better for you over time.

She won't want to continue being a pain in the butt when you interact with her in ways that let her realize that it's her fault, rather than you getting angry, getting into a huge argument and her making it out to be your fault.

Learn More?

Okay, I hope you've enjoyed this video and learned something from it.

If you'd like to learn more, I recommend that you watch or listen to my program, [Make Her Love](#)

You For Life.

When you watch or listen to the program, you will learn techniques that take the stress out of being in a relationship with a woman.

You will learn how to bring out the best in her, how to make her treat you with more respect, be more attracted to you, be more loving and be a good girl for you.

As a result, you and her can get on with enjoying your relationship together and not having to waste time and energy getting into stressful arguments that don't need to happen in the first place.

Women Don't Always Mean What They Say

One final point that I want to make for you in this video, is to point out the fact that sometimes a woman will say something that she doesn't mean just to test how you'll react.

For example: A woman will say that she doesn't like movies and they're boring, even though she likes going to movies and she enjoys eating some popcorn and kicking back with her boyfriend or husband.

One of the reasons why a woman will do that is based on her instinctive need to feel safe with a man. She wants to be able to see that you can handle yourself emotionally, you don't lose control of your emotions and get rattled by things based on what other people are saying and doing.

You are an emotionally independent man and you can handle yourself in social situations.

You're the sort of man that other men naturally respect because you have your stuff together.

When you're in a situation socially, people can see that you don't get rattled by what they're saying or doing.

You are in control of your emotions.

As a result, people respect you more and as a result of that, your woman feels safer with you.

So, one of the most important roles that a woman plays in a man's life when in a relationship is to make him emotionally stronger.

If her man is unable to handle her challenges and tests and loses control of his emotions all the time and gets angry or sulks and whines and complains, then she will know that he isn't yet strong enough for a woman like her.

He doesn't have the emotional strength that she wants in a man to feel safe.

Yet, when a man can handle his woman's tests and doesn't lose control of his emotions and get angry or whine and complain and sulk, then she can look up to him and respect him.

She naturally feels a deep respect, attraction and love for him.

As a result, she feels motivated to be a good woman for him.

Her tests start to decrease because she knows that he is man enough for her and her good behavior begins to increase.

Over time, she becomes a better and better woman for him and as a result both him and her are happier together.

So, if you've been getting angry with your girlfriend or wife, then just understand that there are other ways to approach the situation.

You don't have to waste energy and time getting into pointless arguments with a woman who will end up making it out to be your fault anyway.

There are better ways to approach it.

The best approach to take is to maintain control of your emotions and interact with her in a way that brings out the best in her.

Get her to be a better woman for you.

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Does a Man Have to Make All of the Decisions When in a Relationship With a Woman?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

So, does a man need to make all of the decisions when in a relationship with a woman?

Heck no.

A common misconception out there is that to be the man in a relationship, you have to make all the decisions, do all the work and the woman just comes along for the ride.

That's not how it works.

To help you understand how it works, think about a leader or a boss in a work environment.

A leader or a boss in a work environment will have people that work for him.

They will make decisions for him on his behalf and they'll do things for him.

They will also try to impress him and get his approval.

What the leader or boss does is provide *general leadership*.

He doesn't have to decide on everything and do all of the work.

The same fundamental principle applies to a relationship with a woman.

Now, of course, if some feminists ever see this video, they'll probably get angry at me for comparing a woman to an employee, but I don't care what they think.

This is an example to help men succeed in their relationships with women and it doesn't actually mean that a woman is an employee).

It's an example to put it into context.

So, to expand on the example, imagine that you want to go out and eat at a restaurant with your woman.

Do you need to always make the decision on where you're going to eat?

Do you need to force her to go along with your decision?

No.

The way that it works is that a man can make the decision on where to go and eat, but if his woman doesn't agree, he doesn't have to be inflexible about that.

He can come up with some other options or get her involved in the decision-making process and they can decide together where they going to eat that night.

So, for example: A man might say to his woman, "*Hey, I'm in the mood for Indian food tonight.*"

She might then say yes and then they go out and eat Indian food together and have a great night.

However, what happens if she disagrees and says that she's not in the mood for Indian food that night?

He has a number of options.

He might say to her, "*Hey, come on, I want to eat Indian food tonight, come along, you'll enjoy it.*"

She might then go along with him.

Alternatively, he might say to her, "*Alright, well, if you're not in the mood for Indian food tonight,*

how about Mexican?"

She might then agree or disagree.

That's okay.

He doesn't need to force her to go along with one of the options that he has come up with.

For example: If she disagrees, he might then say to her, *"Alright, cool, what are you in the mood for eating tonight?"*

She might then come up with a couple of options and he might like one of those options and give approval for one of those options (like a boss or a leader in a work environment).

For example: She says that she wants to eat Japanese food, or Chinese food that night and he might say, *"Yeah, cool, I'm in the mood for Chinese, let's go and eat that."*

Yet, what about if he doesn't like the options that she has come up with?

What does he do then?

Well, what you have to remember is that as the man, all you need to do is provide the *general leadership* for the relationship.

You don't have to decide on everything and you don't have to force a woman to go along with your decisions.

So, for example: If she said that she wanted to eat Japanese food or Chinese food, the man might then say, *"Well, I'm not in the mood for that tonight, what else can you think of?"*

She might then think of another option.

However, if she's really set on eating Japanese or Chinese food that night, he can make an exception.

He can say, *"Yeah, cool, well look, you sound like you really want to eat that tonight. You haven't had it for a while, so let's go and eat that."*

As you might be able to notice though, when the man says that and goes along with her idea, it doesn't mean that she is the leader.

He is still providing *general leadership* for the relationship, he is still giving approval for the direction that they are going on that particular night.

Now, as I said earlier, a man doesn't always have to make the decisions.

Sometimes he might say to a woman, *"Hey, what do you in the mood for eating tonight? I don't really care, whatever you want to eat, I'm going to eat that tonight. I just don't really care about what we eat tonight."*

She might come up with an option and he will go along with that.

No problem at all.

Where guys run into trouble is when they say that to their woman every night, or about pretty much everything in the relationship, where they say, *"I don't really care, I'll do whatever you want to do, you decide, I'll go along with it and so on."*

Most women don't like to be in that position with a guy because they end up feeling like a mother figure to him, where they have to decide on everything, take care of him, bring him along to what they're doing and essentially carry him throughout life.

The best and easiest approach to a relationship with a woman is where you provide the *general leadership* and you give approval for things, but you get her to make decisions as well, you get her to

do some of the work as well.

So, when it comes to a relationship with a woman, don't ever stress out and think that you're not manly enough because you're not making all of the decisions.

All you have to do, like a leader or a boss in a work environment, is provide general leadership for the relationship.

You don't have to make all the decisions for her and you don't have to do all the work.

Instead you provide the general leadership for the relationship and you get her to make some decisions and get her to do some of the work as well.

Learn More?

Okay, I hope you've enjoyed this video and learned something from it.

If you'd like to learn more, I recommend that you watch or listen to my program, [Make Her Love You For Life](#).

When you watch or listen to the program, you will learn exactly how to make your woman respect you, feel sexually attracted to you and be totally in love with you for life.

Making Decisions in a Relationship

[image: Couple decision making - the man provides general leadership]

One final point that I want to make for you in this video, is that you can decide on things if you want to, but you can also hand over responsibility to her.

If you want to decide where to go and eat or where to go on a holiday and so on and then plan that, you can go ahead and do it, but you can also hand over responsibility for certain things in the relationship to her.

She can take on responsibility for some things in the relationship.

You can help her with it and provide some guidance and give approval for things if she needs it, but you don't have to make all the decisions and do all the work.

The same applies when you're a leader or a boss in a work environment.

You don't have to make all the decisions and do all the work.

So, I hope this video has helped you to understand that as a man, you don't have to make all the decisions and do all the work.

Instead, when in a relationship with a woman, all you need to do is provide general leadership for you and her.

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Should I Trust My Wife When She is Asking For Time Apart?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

It depends.

5 things to consider:

1. Has she cheated on you before?

Naturally, if your wife has cheated on you before, trusting her when she is asking for time apart might be too much to handle.

You may begin to worry and think, *“She’s only asking for time apart so she can do it again,”* or *“What if she meets someone else while we’re separated? I don’t think she’ll be able to resist cheating on me again.”*

On the other hand, if your wife has always been a loyal, trustworthy woman, you might think something like, *“What if she gets tempted to cheat on me when we’re apart? I know it hasn’t happened before, but if she meets someone while we’re not together, she might not be able to resist. Maybe this is going to be the end of our marriage. Maybe she already has someone else in mind.”*

Although in both instances, you will probably feel justified in feeling as though you can’t trust her, the truth is that in a relationship, you have to be able to trust each other fully and completely, or else it simply won’t last because the distrust will cause one or both of you to resent the other and want to be in a relationship where you are trusted, loved and appreciated for who you are.

So, if you do decide to give your wife the time apart she’s asking for, make sure that you do it with the intention of trusting her.

In that way, she can feel respect for you based on you for being an emotionally strong man during such a difficult time.

When she feels more respect for you, it will be easier for her to feel attracted to you and when that happens, she will feel unsure about wanting to have time apart.

If you do end up having time apart, her feelings of respect and attraction for you will help reduce her need or desire to start dating or sleeping with another man.

Another thing to consider is

2. Has she lost respect and attraction for you and no longer feels like she is in love with you?

For a marriage to last for life and be happy, a woman needs to be able to continue feeling respect, attraction and romantic love for her man over time.

If her man doesn’t know how to maintain those feelings inside of her (e.g. because he assumes that she will always love, respect and feel attracted to him because she felt that way at the start of their relationship), her feelings will naturally start to fade away.

When the love seems to have died and the spark hasn’t been there for quite some time, she might begin to look for ways to get out of the relationship (e.g. spending more and more time away from

him and with her friends, family or coworkers, taking up hobbies or sports that allow her to meet new people, asking for time apart to work on herself or find herself).

In most cases, by the time a wife is asking her husband for some time apart, itâ€™s usually not that big of a surprise to him (e.g. because theyâ€™ve been arguing and fighting for a while, theyâ€™re no longer as close as they were at the beginning of the marriage, the intimacy between them has dried up, she has been distant for quite a while).

So, even though he might not want to admit it to himself, a guy will likely know that his wifeâ€™s feelings of respect, attraction and love for him have started to fade, which is why he will then wonder whether or not he can trust her when she asks him for time apart.

He may think something like, *â€œIâ€™m afraid that her asking for time apart is just an excuse to end our marriage in a way thatâ€™s easy for her. I just donâ€™t feel like she still feels enough for me to stay faithful if another guy comes along and lays the charm on her. She may just focus on all the bad times weâ€™ve been having together lately and allow herself to get swept away in the heat of the moment. Iâ€™m so scared that this might be the end for us. I donâ€™t want to lose her. What can I do to stop this from happening?â€*

To ensure her faithfulness while you and her have time apart, you need to use every interaction that you have with her from now on to re-spark her feelings of respect and attraction.

The more honest, sincere respect she feels for you as her man, the more attracted she will become.

With those two feelings building back up inside of her, it becomes easier for her to reconnect with her original feelings of love that made her want to be yours for life in the first place.

She will then be much more likely to be faithful to you while she sorts things out in her mind when having time apart.

Another thing to consider isâ€

3. Do you think spending time apart will make her miss you?

Sometimes, a week of space is just what a woman needs to make her realize that sheâ€™s still in love with her husband and that regardless of how difficult things might have been lately, life with him is still better than the alternative (i.e. separating or going through with a divorce).

So, if you believe that giving your wife a few days of space will make her realize that your marriage is worth saving, then yes, you should trust her.

Just back off for a few days (7 at the most) and give her a chance to begin missing you.

Then, interact with her over the phone or in person and re-spark some of her feelings of respect, sexual attraction and love for you, so she remembers why she married you in the first place (e.g. because you make her feel like a feminine woman, youâ€™re emotionally strong and she can always depend on you to be the man in the relationship, you and her have the same dreams and plans for the future that youâ€™re working towards).

Another thing to consider isâ€

4. Are there men in her life (e.g. at work) who are interested in her?

Unfortunately, there are some men out there (usually men who struggle to attract women and get a girlfriend) who prey on lonely, unhappy married women.

Guys like that try to grow on her over time and hope that they will eventually be able to get a chance to have sex with her, or even a relationship.

So, if you and your wife at a point where you're no longer having sex or being intimate with each other in any way, or if she's been feeling neglected and taken for granted, then having another man available to her who is willing to flirt with her and make her feel desirable can be a threat to your marriage.

Of course, not all women will cheat on their husband during time apart, but it is a risk, especially if her real reasons for wanting time apart are that she no longer loves you in a romantic way and has a crush on a guy at work.

It all depends on how much trouble you feel your marriage is in and on how vulnerable your wife is at the present moment.

Either way, if your wife is currently not getting the attraction experience she wants from you in the marriage, she may be open to getting it from another guy and that can happen whether she's still in a relationship with you, or taking some time apart.

The main thing to remember is that if you don't want her to stray, you need to use every chance you get to restore her sexual and romantic feelings for you.

Another thing to consider is!

5. Is she going to be going out for girl's nights with her friends?

Going out with the girls doesn't guarantee that your wife will be unfaithful to you, but going out with single girlfriends when she's feeling vulnerable in her marriage can definitely lead to trouble.

The fact is that nightclubs, bars and parties are designed for drinking, partying, dancing and finding someone to hook up with sexually or romantically.

If your wife is going to bars, clubs and partying with her single girlfriends, she is going to be bumping into a lot of guys who will want to hook up with her.

Add few drinks and she may become more open to the idea of having a one night stand than she would be if she was sober (alcohol temporarily raises a woman's level of testosterone, thereby increasing libido and reducing inhibitions).

So, unless your wife is the type of woman who doesn't drink alcohol, if she is going partying with her single girlfriends, she will usually be having a drink or two and becoming more open to flirting with other men, especially if she hasn't been feeling very desirable in her marriage of late.

Where Some Husbands Go Wrong When a Wife Asks For Time Apart

Whether you should trust your wife when she is asking for time apart is entirely up to you.

However, if you want to stay married, there are definitely some things you should avoid doing from this moment onwards:

For example: Here are where other men go wrong when in your situation!

1. Not reactivating her feelings of respect, attraction and love before she has time apart from him

If your wife is determined to take some time apart, trying to stop her can be a mistake.

Unfortunately, she is your wife, but she's not your property and she can go if she wants to.

Saying things like, *â€œI won't let you leave,â€* or *â€œI don't want time apart and if you love me, you will stay and try to fix things between us,â€* will only make her more determined to get some space away from you.

So, what can you do instead?

You need to use whatever time you have left with her to restore some of her positive feelings for you (e.g. respect, sexual attraction, love).

You need to make her feel so good again that she starts to wonder, *â€œWhy am I even thinking about taking time apart? Why would I want to leave my husband when it feels so wonderful to be around him again?â€*

Then, not only will she likely change her mind about taking time apart (i.e. because you're making her feel the way she wants to feel when she's with you), if she does decide to go, she will probably spend most of her time thinking about you and missing you.

Alternatively, if you just let her go without doing anything to restore some of her feelings for you, then she will be much more tempted to stray if another guy is able to attract her and turn her on as he talks to her.

The next mistake that other men make in your situation is

2. Putting so many restrictions on the time apart that she feels compelled to cheat out of spite

A guy might say to his wife, *â€œOkay, I will agree to time apart, but only if you promise me that you won't go out partying with your friends, you won't work late or go out with your colleagues (especially with the men in your office that are probably interested in you) and that you'll text me and call me every day to tell me what you're doing and who you're with.â€*

As you would understand, acting like your wife's jailer and treating her like a little girl that needs to be kept under strict supervision, is the quickest way to make her want to do naughty, bold things just to spite you.

3. Trying to make her feel sorry for him because he doesn't want the time apart

In some cases, a guy might try to put his wife through a guilt trip to hopefully stop her from taking time apart.

For example: He might say things like, *â€œI love you and I took our marriage vows to you seriously. I said that I would commit to you for life and you said the same thing to me. We promised each other that we'd stick by each other through good times and bad. So, why can't you just put in the effort to work things out? Why do you have to get away from the marriage for that to happen? Can't you see that I don't want to be apart from you for even one day? When I said â€œI doâ€ to you, I meant it. Being married includes putting in the effort to fix things when*

everything isn't going well, not running away just because you don't like something. All I care about is you and what we have together. If you leave me, I will be destroyed. I will lose the will to live. What's worth living for if I don't have you? Don't do this to me, to us. Please.

Essentially, he's hoping that if she feels sorry for him, she will change her mind about taking time apart.

Yet, attempting to make a woman feel guilt for how she's feeling and what she wants (i.e. to take time apart) only turns her off even more.

Why?

When a man does that, it comes across as selfish and possibly even a little bit immature and childish.

The man is going on about his feelings, what he wants and is trying to manipulate her into staying with him so he can feel good about himself.

Yet, he's not considering her feelings and what she wants.

Here's the thing!

A woman doesn't like to feel like she's doing a man a favor by being with him.

She wants to be with a man that she is in love with, respects and naturally feels attracted to because he is a good man that she can look up to and rely on.

Even if a woman is really soft-hearted and agrees to stay and try to work on their marriage, if the man is unable to restore and build on her romantic feelings for him, she will want to have time apart so she can start to move on.

So, if you don't want to drive your wife further away from you and the marriage, make sure not to play the pity card with her.

Instead, focus on restoring her feelings of respect, sexual attraction and love for you.

Make her want to stay with you, rather than making her feel as though she is being made to feel sorry for you and has to give you another chance out of pity.

Another mistake that other men make when in your situation is!

4. Not being able to trust his gut instinct to sense her true intention

Sometimes when a man is asking, *Should I trust my wife when she's asking for time apart?* it's usually because deep down, his gut instinct is telling him that the answer is *No.*

He can sense that she's just asking for time apart as an excuse to start creating a life without him, so she can then divorce him with less hassle.

Here's the thing!

You probably already know whether or not you can trust your wife.

So, what you might want to ask yourself instead is, *If my wife's true intention is to get out of our marriage, what am I going to do about it? Am I going to sit back and let her go, or am I going to actively focus on re-sparking her feelings for me so that she wants to stay?*

×

[image]

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[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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How to Become Closer as a Couple

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Relationships usually start out pretty well.

The couple feels attracted to each other and they go on nice dates and they fall in love.

They feel like they're close because they start kissing and having sex and they feel so good around each other.

They're around each other all the time, talking to each other and getting to know each other.

It's fascinating and interesting to get to know each other.

Yet, somewhere along the line, she changes.

[image: She starts to become distant]

She doesn't feel the same way anymore.

She starts to become distant.

She changes into a completely different person than she used to be.

She used to be so nice and sweet but now she's distant and doesn't really care much about the relationship or him.

So, how can a man fix that?

How can he make sure that she starts being close with him again, she starts being affectionate, she starts being loving and warm and attentive?

How can he make sure that she doesn't become distant again in the future? Here are three examples of how to do it.

1. Overcome problems together

As you go through life, you will encounter challenges and obstacles that you need to overcome.

Some guys see that as bad luck.

They see it as their life not working out well.

They look at other people experiencing success and achieving the things that they want but they don't have it in their life.

So, the guys starts thinking, *"I've just got bad luck. Things never work out for me. Life is too difficult, it's so unfair. Why is this happening to me?"* and so on.

A woman doesn't want her man to react to life in that way.

If he is always getting upset or playing the victim or feeling like life is too difficult, then she has to take on more of a mother or big sister role in his life.

She doesn't want to feel like she is the stronger one or the more mature one.

She wants to see that her man can handle life no matter what comes his way, he's able to remain strong and overcome problems and challenges and obstacles.

If it's a problem, obstacle or challenge that both you and her are facing together, she will be happy to

participate and help out but she will want you to be the stronger one.

She will want to see that you don't crumble when faced with challenges, obstacles or problems in life.

What a real man does is that as he encounters challenges and obstacles in life, he steps up to the plate to meet the challenge and overcome it.

The thing is some guys are very good at doing that when it comes to video games.

They play video games and are happy to go through the levels.

The levels get increasingly challenging as they go along but the guy doesn't complain and say, *"Oh, this is unfair. Life is unfair. It's all too difficult. I can't do it. Things don't work out for me."*

What he does is he keeps playing and he gets past that level and he goes on to the next level. His skills improve and he can access new levels.

The same applies with life and relationships with women.

As you're going through life with your woman, you will encounter challenges and obstacles and as you and your woman overcome those challenges and obstacles and reach a new level, you become closer as a couple.

What she wants to see is that you don't lose confidence and start complaining and getting depressed when you encounter challenges or obstacles.

You step up to the plate and you meet that challenge, you overcome it and you step up to the next level.

When you and her overcome challenges and obstacles together as a couple, you then begin to develop good history together where you can look back and say, *"Hey, remember when we overcame that and then we were able to do this? Remember when this happened and we did that and it brought us to this level and now we're at this place and it's so much better?"*

If she can see that you have been her rock all along and she can always rely on you, she will be close with you.

She will hold onto your arm. She will look at you with respect. She will look at you with loving eyes. She will want to be close to you because you are her man. You are the man that she looks up to and respects.

2. Discuss rather than argue

[image: Discuss rather than argue]

In a relationship with a woman, it's impossible to never disagree on something.

You're going to come across things that you disagree on. That's completely natural and normal.

Yet, rather than getting into arguments with her and verbally attacking her and insulting her, you need to discuss things.

As the man, you need to maintain control of your emotions. So, you discuss things with your woman rather than arguing with her.

Women hate it when a man can't control his emotions and reacts to her tantrums and insults and moody behavior.

She doesn't want a man who reacts to her and starts losing control of his emotions. She wants a man who maintains control.

If you get into the habit of arguing with your woman and reacting negatively to her tantrums, then she's not going to want to be close with.

She's going to start to become distant. Women feel turned off by men who can't control their emotions around a woman.

The third example of how to be closer as a couple is...

3. Don't put her in the position of power

[image: Don't put her in the position of power]

What a woman really wants is to be in relationship with a man that she can look up to and respect.

She wants a man to create the relationship dynamic where she actually feels happy about doing good things for him.

She feels happy to follow his lead, to listen to what he says. She wants to be a good girl for him.

Yet, what some guys do is they give their power over to the woman because she starts becoming demanding and throwing tantrums and he thinks, *"Screw this. I don't want to have to deal with all that. Just let her have whatever she wants."*

What happens then is she starts to become distant.

She is with a man who is following her lead. She's with a man who is reacting to her.

He's not in control.

He can't handle a woman like her.

So, she's not going to feel the want and need to be close to him.

She's going to feel like she wants to get away from him because she's not being her true self around him.

She's changed. She has become a woman that she doesn't want to be. She wants to be a good woman for her man.

She wants to be a woman who is happy to do good things for her man, to treat him well, to be affectionate, to be attentive, to look out for him. She wants to be like that.

Summary

Okay, so the three examples of how to become closer as a couple are:

1. Overcome problems together.
2. Discuss rather than argue.
3. Don't put her in the position of power.

So, with the first one, she wants to see that you are a strong man that she can rely on.

When you do that, she will naturally want to be close to you.

She will respect you and feel attracted to you and remain in love with you.

You will be her strong man that she can always rely on. However, if you aren't able to overcome problems and challenges and you crumble when faced with obstacles in life, she will start to distance herself from you.

A woman doesn't want to be stuck with a weak man.

Some women put up with it but most women just don't want to be stuck with a man that they need to carry throughout life.

The next example, discuss rather than argue.

If you're always arguing with your woman, then you're obviously not going to be close as a couple.

It's going to make you and her disconnect from each other. However, if you can be the stronger one and discuss things rather than arguing, she will naturally respect you, feel attracted to you and feel love for you.

Finally, don't put her in the position of power.

If a woman is in a position of power and you're always sucking up to her or doing whatever she wants, then she's going to lose respect for you.

When a woman loses respect for you, she stops feeling proper sexual attraction for you.

It's difficult for her to feel sexually attracted and want to submit to a man that she doesn't even look up to and respect.

If that goes on for long enough, she starts to fall out of love with her guy.

She begins to become distant and he may then become insecure or angry at her for changing like that, yet she doesn't actually want that to be happening.

She wants to be in love, she wants to respect her man, she wants to feel attracted to him and she wants to be close to him.

Okay, so those were three examples of how to become closer as a couple.

If you've enjoyed what you've learned so far and you like to learn more, I recommend that you watch or listen to my program, [Make Her Love You for Life](#).

When you watch or listen to the program, you will learn exactly what to say and do to make your woman respect you, feel sexually attracted to you and be totally in love with you for life.

When you use the techniques in the program, you and her will become increasingly close as a couple.

You'll be one of those couples that other people look at and think, *"How do they do it? Why are they so happy? Why are they so close? How do they get along so well? Why are they still affectionate years or decades into their relationship or marriage? Why is she such a good woman to him?"*

She Wants to Be in Love and Be Close With You

What you need to understand about a relationship with a woman is that she actually does want to be in love.

She does want to be close with you.

She does want to be able to respect you and feel sexually attracted to you and be totally in love with you.

The way that women work in a relationship with a man, is that they are reactive (i.e. they react to

your approach).

If you change your approach, she changes how she feels.

For example: If a guy is being insecure in a relationship, it's going to make his woman feel turned off and she's going to become distant.

Yet, when he starts being confident in his interactions with her and in the relationship in general, her feelings start to change.

She starts to feel attracted to him again. She starts to feel respect for him again.

That's the way that women work. They react to the man's lead.

If you are saying and doing things that make her feel respect, attraction and love for you, she's going to go along with that.

She's going to feel respect, attraction and love for you.

Yet, if you are saying and doing things that cause her to lose respect for you, feel turned off by you and fall out of love with you, she'll go along with that, too.

What she really wants is to be close with you.

She wants to be in love with you.

She wants to respect you.

She wants to feel attracted to you.

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[image]

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Stopping Negative Chain Reactions in a Relationship

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Everything that you say or do in a relationship with a woman has a positive or negative chain reaction effect.

For example: A negative chain reaction effect is where a man is in a relationship with a woman and he becomes insecure about his attractiveness to her.

He starts to doubt whether he is good enough for her and begins to feel as though she is more attractive than him and she could probably find herself a better man.

As a result, he begins to change his behavior.

He becomes insecure. He might become a bit clingy and needy and he just won't be that confident guy that she met at the start.

[image: Woman reacting to her man's insecurity]

She then notices the change in his confidence and self-esteem and it turns her off because women are turned off by emotional weakness in men.

She then stops being as affectionate as she used to be and she starts to become a bit distant. He then notices that she's not being as affectionate and is being distant, which makes him feel even more insecure about his attractiveness to her.

As a result, the relationship starts to fall apart and soon enough she says that she doesn't feel the same way anymore and wants some space or she cheats on him or breaks up with him.

So, it all started from that initial mistake of becoming insecure and letting it snowball into something that became bigger and bigger and causes more damage in the relationship.

Now, let's look at a positive chain reaction effect...

A guy is in a relationship with a woman and he maintains his confidence in his attractiveness to her. She notices his maintained confidence and it maintains and builds on her respect and attraction for him.

She knows that pretty much every other guy that she has met has become insecure at some point.

Yet, the guy that she's with now is able to maintain his confidence. He hasn't become insecure.

As a result, the respect, attraction and love that she feels for him deepens over time rather than fading away.

Lessons About Love

[image: Lessons about love]

The thing is, when we're growing up, we don't get taught how to have a successful relationship with a woman when we're at school or at university.

You have to figure it out on your own, learn from people who know what they're doing, or if you're lucky, you have a role model in your life like a father or an uncle or a big brother who understands women and teaches you all about it.

At the end of the day though, a guy needs to know what he's doing with women otherwise, he'll be creating negative chain reaction effects that will destroy his relationships.

It doesn't matter if the relationship starts out well and he and the woman go on nice dates and they have great sex and they go on holidays or vacations.

That doesn't mean anything if later on he is setting off negative chain reaction effects that ruin her respect, attraction and love for him.

For example: Rather than becoming insecure and becoming clingy, some guys become careless with their woman.

They start taking her for granted and treating her badly and just expect her to put up with it.

Some women do put up with being taken for granted and treated badly if they're really attracted to their guy, but eventually, it will just be too much for her.

She'll get to the point where she will realize that she's not really being respected and she could find herself another guy and be loved and respected so she breaks up with the guy who's taking her for granted.

2 Examples of Positive Vs. Negative Chain Reaction Effects

Okay, so to make things really clear, here are two examples of positive and negative chain reaction effects.

The first example is a positive chain reaction effect...

A guy remains confident in his relationship with a woman. As a result, the woman's respect, attraction and love deepens over time.

The negative chain reaction effect is where a guy becomes insecure in his relationship with a woman. As a result, the woman's respect, attraction and love for him fades away over time.

The next example...

Positive chain reaction effect: A guy remains in control of his emotions when his woman throws a tantrum. He uses humor to change her mood and stop her from creating drama. Her respect, attraction and love for him deepens over time.

Negative chain reaction effect: a guy loses control of his emotions when his woman throws a tantrum. He gets into a battle with her and her mood worsens. When that happens often enough, the woman's respect, attraction and love fades away over time.

You Don't Have to Be Perfect

[image: Using positive chain reactions to cement your relationship together for life]

What you need to understand is that you don't have to be perfect, but you do need to make sure that you are in control of the chain reaction effects in your relationship.

For example: When a man is in a relationship with a woman, he will sometimes say or do something that he thinks is fine, but really upsets her. He won't know why it has upset her, but it really has upset her.

She may then stop being affectionate and she might become distant and she might start changing her behavior and treating him badly.

He might then think, *“What is wrong with this woman? Why is she being like this?”*

Yet, what she is waiting for is for him to understand what has caused the problem and to begin to change that.

That annoys some men because they think, *“Why are women so complicated? Why don’t women just say what they mean and tell us men what to do in a relationship?”*

The thing is though, a woman doesn’t want to be the leader, the boss, or the guide in a relationship. She wants a man who understands how to be the man in a relationship.

She doesn’t want to have to say, *“Hey, when I’m being bitchy towards you, don’t put up with it. Say this and do this and put me back in my place. But do it in a loving way, too. Don’t be a prick about it but put me back in my place.”*

She doesn’t want to have to say that.

She wants a man who understands how to be a man and if he doesn’t understand how to do it, she wants him to go and figure it out and then start doing it.

Most women are reactive in a relationship (i.e. they react to what the man does, they follow his lead, go along with the relationship dynamic he creates even it turns her off).

If the man creates a relationship dynamic where the love is flowing and she’s respecting him and she feels attracted to him and she’s a good woman to him, a woman goes along with that.

However, if a man creates a relationship dynamic based on insecurity and lack of trust, then she goes along with that as well.

She reacts to his lead.

He’s setting off those negative chain reaction effects of mistrust and insecurity and she allows it to exist.

She doesn’t say, *“Hey, hang on, hang on, hang on. Sit down. Let’s have a conversation here. All right, I noticed that you’re becoming insecure. What I need from you is to be a man who’s emotionally strong and confident. If you become insecure then I’m going to start to lose respect and attraction towards you and the relationship is going to begin to fall apart. So I need you to remain strong. Be a strong man for me. Be someone that I can look up to and respect.”*

She doesn’t want to take on that role because it makes her feel like his mother, or big sister, or teacher in life about how to be a man.

She just wants a man who understands how to be a man in a relationship or a man who will go and figure it out and then start doing that.

When a guy figures out how to be the man in a relationship and starts doing it, he sets off positive chain reaction effects and the woman reacts to that by being a better woman for him.

She respects him. She feels sexually attracted to him. She’s in love with him and she treats him well.

You Change, She Changes

[image: Her respect, attraction and love deepens over time]

When a man makes some small changes and tweaks to what he's saying and doing around his woman, she changes.

For example: If a woman is being distant and isn't being affectionate, she will then change and start being more loving and affectionate towards him.

The reason why is that most women are reactive.

They follow the man's lead.

If a man creates the relationship dynamic that results in her wanting to be affectionate and loving, she will go along with that.

However, if a man creates the relationship dynamic that causes her to be distant and not want to be affectionate, she will do that.

She is simply reacting to what he is saying and doing in the relationship.

What a woman wants is for a man to create the type of relationship dynamic that results in her feeling respect, attraction and love for him.

If that isn't there, a woman will wait and hope that the man creates that.

When he does, she will change.

She'll start being a better woman for him.

She'll be more affectionate.

She'll be more loving and she'll treat him with respect.

However, if he doesn't fix the problem and continues to set off negative chain reaction effects, the woman will become increasingly unhappy and she will break up with him.

Okay, so I hope you've enjoyed this video and learned something from it.

If you'd like to learn more, I recommend that you [watch or listen to my program, Make Her Love You for Life](#).

When you watch or listen to the program, you will learn exactly what to say and do to make your woman respect you, feel sexually attracted to you and be totally in love with you for life.

You will learn how to effortlessly set off positive chain reaction effects in your relationship.

When you do that, your relationship literally gets better and better every day, every week, every month and every year that you're together.

Your woman becomes more respectful, more attracted and more in love with you all the time.

When you are setting off positive chain reaction effects in a relationship with a woman, her respect, attraction and love deepens over time.

It doesn't fade away.

She becomes an increasingly better woman for you.

She is always trying to impress you and maintain your interest and be a good woman for you.

She feels so much love, so much attraction and so much respect for you, that it actually makes her happy and gives her pleasure to be a good woman for you.

That's what happens when you are in control of the chain reaction effects in your relationship.

You set off positive chain reaction effects and you and her become one of those couples that other people look at and think, *"How do they do it? Why are they so happy? Why don't I have what they*

have?"

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[image]

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The Fear of Losing Your Woman

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Have you ever found yourself in a relationship with a woman where you were secretly worried about her cheating on you or finding another guy attractive and then deciding to break up with you and be with him?

Some guys feel that fear at the start, but for most guys, it usually happens when the woman starts testing him during the first few months of the relationship.

At the start of the relationship, the woman may have made him feel very safe by showing how in love with him that she was.

She was so affectionate, so loving and would look at him as being the one and always want to be around him.

She may have also talked about how she wanted to settle down with him and start a family with him maybe and be with him forever.

So, he felt safe at the start.

Yet, somewhere along the way, something she has said or done has made him feel insecure.

He doesn't feel safe about her attraction and commitment to him and starts to feel as though he's losing her.

He might then start unnecessary arguments based on suspicions he has that she might want to cheat or she might like another guy.

He might start to become controlling (e.g. demand that she returns home at a specific time, look through her phone, not allow her to talk to certain friends and so on).

He might also become needy (e.g. needing her reassurance that she loves him and would never leave him).

He might also display insecurity about his attractiveness to her (e.g. asking her if she still finds him attractive or being overly sensitive about any comment she makes about his appearance or attractiveness that don't make him feel good).

[image: Woman losing respect and attraction for her man in a relationship]

She then begins to lose respect for him and she stops feeling attracted to him.

When that happens, she begins to fall out of love with him and she actually starts thinking of maybe wanting another man.

He then notices the change in her and becomes even more insecure, which turns her off even more.

She then begins to feel attracted to confident guys or even just normal guys who seem a bit more confident and balanced than her current guy.

Eventually, she cheats on him or dumps him.

A lot of guys go through that cycle of insecurity in their relationships with women.

For some guys, the insecurity starts immediately.

For other guys it takes a few months to start feeling that insecure and for other guys, it may take years.

Yet, the result is always the same.

When a man becomes insecure in a relationship and develops the fear of losing his woman to another man, it turns her off at a deep level and begins to make the relationship fall apart.

As I said, when he becomes insecure, she then starts feeling turned off by him. She then shows less affection and interest which makes him feel even more insecure and the problem gets worse.

So how do you avoid that happening?

How can you escape the fear of losing her to another man?

How can you stop yourself from ruining a relationship due to insecurity?

What you need to do is be in control of the amount of respect, attraction and love that you're making your woman feel.

For example: If a man is in a relationship with a woman and he's being insecure, then he is contributing to her loss of respect, attraction and love for him.

Women aren't attracted to the emotional weakness in men. They're attracted to the emotional strength, so a man needs to be confident with his woman.

He needs to be emotionally strong.

When he does that, she naturally feels respect, attraction and love for him.

Another example is where a man is in a relationship with a woman and she treats him badly. She disrespects him.

He gets that gut instinct reaction that she has crossed the line yet he doesn't know how to get her to start treating him better again.

He doesn't know how to get her to stop disrespecting him.

So, what some guys will do is they'll think, *"Oh well, this is just the way that women are. They are a pain in the butt. You can't really get them to be nice to you. You've just got to put up with it and you know, she's going to be a bitch. That's just the way it goes."*

Yet, when he doesn't put her back in her place and get her to say sorry and respect him, she notices that.

She feels his inability to be the more dominant one in the relationship.

When I talk about being the more dominant one and putting her in a place, I'm not talking about being aggressive and angry and shouting at her or anything like that.

It's simply about being the man in a loving but assertive way, letting her know that you're not going to put up with bad behavior and bad treatment of you.

The thing is, women actually respect that and actually feel attraction and love for men who don't let themselves be pushed around.

You might have heard some women say that they don't like pushover type of guys, but you might have also heard women say that they like nice guys and good guys.

So, what's going on there? What do women really mean and what do they really want?

What a woman really means and what she really wants is a good man who doesn't let himself get pushed around by a woman.

When you're able to get your woman to respect you and be a good woman to you, she feels respect,

attraction and love for you on a level that she has most likely never felt for another man.

She knows that other men simply can't handle a woman like her, but you can.

She looks up to you and respects you. She always feels sexually attracted to you and she's totally in love with you.

When that is the case in a relationship, she doesn't want to hook up with another guy and she doesn't want to leave you, because she knows that other guys don't even come close to you.

Other guys are unable to manage and control the attraction in the relationship. They lose control.

Most guys become insecure. They give the woman too much power or they get angry and try to control the woman.

[image: Man losing control of his relationship with a woman]

That's not what she wants.

What a woman wants is a good man who doesn't let himself get pushed around by a woman.

A man who lets her know her place and her place is not above him in terms of dominance.

Of course, that's not a politically correct thing to say.

A lot of women these days think that women rule the world, that women are the new men and men need to bow down at women's feet.

Yet, the reality is a woman is at her happiest and she's the most in love, she's the most attracted and she's the most respectful of her man when he is above her in terms of dominance.

It doesn't mean that she's beneath him in terms of importance, or value, or intelligence.

It just means that she's beneath him in terms of dominance.

That's what women really want.

They're not going to go around necessarily saying that because they don't want other guys to get the wrong idea.

For example: If a woman goes around saying that she wants to be beneath a man in terms of dominance, a lot of people are going to look down on her.

They're going to start saying, *"Hey, be stronger, girl. Be the dominant one. Women power. Girl power. Women rule the world."* She's going to get reactions like that.

Alternatively, some guys might be confused about what she wants and think, *"Oh, she wants a dominant guy. She likes that, does she? Well, I'll show her. I'll be really dominant. I'll be super-dominant and aggressive and then she's going to really like me."*

Yet, that's not what she's asking for.

She's not asking to be pushed around or disrespected.

She just wants a good man who doesn't let himself get pushed around by a woman.

So, when a man is able to do that in a relationship, his woman's feelings of respect, attraction and love deepen over time.

She doesn't want to leave him or be with any other guy, so he doesn't have to live in fear that she's going to leave him, or cheat on him, or dump him one day.

He knows that she wants to be with him and that her feelings of respect, attraction and love are growing stronger by the day.

She respects him, she feels sexually attracted to him and she's totally in love with him.

To summarize, two things that you can do to escape the fear of losing your woman to another man are:

1. Be in control of the amount of respect, attraction and love that you're making your woman feel.
2. Don't put up with her bad treatment of you.

What you've got to remember is that women don't actually want to treat you badly.

Women test men by treating them badly and seeing how much they can get away with.

They don't want a man to react by getting angry and aggressive and controlling.

A woman wants a man to put her back in her place in a dominant but loving way.

It's not about being bad to her.

It's not about being aggressive.

It's simply about being a good man who puts her back in her place in a dominant, but loving way.

Although you won't see many women going around admitting that they want a man to treat them in that way, it's actually what women want.

A woman is at her happiest when she fully respects her man, she feels sexually attracted to him and she's totally in love with him.

Yet, if he lets her get away with treating him badly and disrespecting him and he doesn't know how to put her back in her place in a dominant but loving way, she will lose respect for him.

When a woman loses respect for a guy, she stops feeling proper attraction for him.

Then if that goes on for long enough, she begins to fall out of love with him.

When she no longer feels a lot of respect for him and doesn't really feel attracted and has fallen out of love with him, then she's going to start thinking of cheating on him, or breaking up with him so she can find herself a new man.

With the first example, what a lot of guys don't realize is that they can be in control of the amount of respect, attraction and love their woman feels for them.

The reason why you can be in control is that a woman's feelings for a man are mostly based on how he thinks, talks, behaves and acts around her and in life.

For example: In the relationship, has he become insecure or has he maintained his confidence? Does he make her feel like a feminine woman or does he make her feel like more of a friend or worse, make her feel like she's more powerful and dominant than him?

Likewise, has he continued to make his woman feel happy to be with him or has he slipped into a habit of becoming annoying and irritating to her?

The thing is when you are in control over the amount of attraction that you're making your woman feel, you don't have to live in fear that she's going to leave you.

You know that she wants you.

You know that she respects you.

You know that she feels attracted to you and you know that she's totally in love with you.

With the second example, you must ensure that you don't put up with her bad treatment of you.

The reason why is that if you put up with a woman's bad treatment of you, she will lose respect for

you and when that happens, she will stop feeling proper attraction for you.

If that goes on for long enough, she'll fall out of love with you.

When that happens, she will then want to be with another man or leave the relationship.

You Can Be in Control of How Much She Feels For You

What I want you to know is that you can be in control over the amount of respect, attraction and love that you woman feels for you.

You can also be in the position of power.

You can be the man that she looks up to and respects and treats with respect. She treats you well and she is a good woman to you.

When you create that type of relationship dynamic, a woman is so happy and she does not want to leave you.

Okay, so those are two examples of how to escape the fear of losing your woman to another man.

If you've enjoyed what you've learned so far and you'd like to learn more, I recommend that you [watch or listen to my program Make Her Love You for Life](#).

When you watch or listen to the program, you will discover powerful techniques that make a woman respect you, feel sexually attracted to you and be totally in love with you for life.

When you have this type of knowledge, you don't live in fear that your woman is going to leave you one day.

You know that most guys out there simply don't compare to you.

It's only a very small percentage of men out there who are able to give women the type of relationship experience that I'm talking about here.

Most guys are able to make a woman feel attracted and respectful and in love at the start of a relationship, but most of those guys do not know how to maintain that and build on it over time.

You see, in a relationship a woman tests a man.

She throws out all sorts of tests to see if she can make him feel insecure, to see if she can gain power over him.

If she is able to make him feel insecure and gain power over him, she starts to lose respect and attraction for him.

If it happens too often and for too long where she's able to make him feel insecure and take power away from him in the relationship, she will start to think about wanting to be with another guy.

She will naturally start to find other guys more attractive than her man because she doesn't respect him.

She doesn't feel much attraction for him anymore and she's falling out of love with him because of her lack of respect and attraction for him.

Yet, here is the really cool thing...

When you're in a relationship with a woman, in most cases she's just waiting and hoping that you get her respect and attraction back so she doesn't have to go through a breakup.

Most women don't want to have to go through break up after break up their entire lives.

They don't want to be that woman who's unlucky in love while their girlfriends and family members get into happy, loving relationships that last for life.

She doesn't want to be that woman.

She wants to be lucky in love.

She wants to stay with one man and be happy with him for life.

So, if you want to escape and avoid that fear of losing your woman to another man, you need to understand how to maintain and build on a woman's attraction in a relationship.

It's actually a very easy thing to do once you know what you're doing.

Yet, when a guy doesn't know what he's doing, women seem so complicated and they just don't make much sense to him at all.

For example: A man will be in a relationship with a woman and he'll say something or do something that really upsets her and he doesn't understand why.

He just doesn't get why that upset her, why she's being so distant now and why she's not being affectionate.

It just doesn't make sense to him.

Yet, for a guy who understands how to maintain and build on a woman's attraction in a relationship, it's a snack. It's easy.

Women's behavior is so predictable and easy to understand.

For example: A lot of the times when women treat you badly and disrespect you, it's simply a test to see if you'll put up with that type of behavior.

They're looking to see how you're going to react.

Are you going to just put up with it by being silent?

Are you going to try to suck up to her and hopefully get her to be nicer to you?

Are you going to get angry and lose control of your emotions or are you going to put her back in her place in a dominant, but loving way?

What you need to understand with women when it comes to relationships is that they essentially wait to see where you take the relationship.

If you allow the relationship to go down a path where she disrespects you and treats you badly and gets away with it, a woman will go down that path.

Yet, if you guide the relationship down the path of her respecting you and being good to you, being loving and being a good woman, she will go down that path as well.

What a lot of guys don't realize is that most women are at their happiest when they're in a relationship with a man who flicks on what I call the good girl switch in her mind.

This is where you create the type of relationship dynamic where she wants to be good to you and it actually makes her happy and gives her pleasure to be a good woman for you.

When you create that type of relationship dynamic, your woman feels so much respect, attraction and love for you that she's not interested in other guys.

Other guys simply don't compare.

You're making her feel like a real woman in a relationship because she has a man that she can look up to and respect, feel attracted to and be totally in love with.

The best thing about this though is that when you create that type of relationship dynamic, it's easier for you.

You don't have to constantly be trying to suck up to your woman.

You don't have to put up with her bad behavior and you don't have to waste time and energy getting into pointless arguments with her all the time.

She's on her best behavior.

She's being a good woman to you and it makes her happy to be good to you.

So, at the end of the day, by putting in less effort than other guys do, you get a happier, more loyal woman who loves you and looks up to you and always feel sexually attracted to you.

When you create that type of relationship dynamic and you maintain it, you don't have to live in fear that she's going to go and find another man attractive.

You know that she wants to be with you and she knows it and there's nothing to worry about.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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The Good Girl Switch

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

What a woman really wants to do when she's in a relationship with a man is to be a good girl for him. Some women start off being that good girl for a man when the man and woman first begin dating (e.g. she's nice, sweet and affectionate and attentive towards him).

Yet, somewhere along the line, the good girl switch flicks off and she turns into a bit of a bitch, or she starts becoming very moody and withdraws her affection. She loses interest in having sex. She throws tantrums and seems to want to get everything her way.

[image: When a guy is unable to flick her good girl switch on and keep it on]

The thing is though, she doesn't actually want that to happen.

What she wants is to be a good girl for her man.

She wants to be able to cuddle into his arm and look at him with loving eyes and be sweet and affectionate towards him.

She wants to have the relationship dynamic where she enjoys getting down on her knees and sucking him off.

She enjoys asking something like, "*Honey, do you want a coffee?*" and she goes and makes a coffee for him and brings it back like a good girl.

He then gives her a spank on the butt and she sits next to him on the couch and cuddles into him.

She wants to be a good girl for him.

Yet, you won't often get women going around admitting that in public.

These days, a lot of women are embarrassed about wanting to be girly and feminine.

There are so many so-called strong women being role models in the media and saying that you've got to be strong, be like a man and essentially telling her not to be girly and feminine.

Yet, when you look at women who are the happiest in their relationship with a man, what's their behavior like?

She cuddles into his arms, she looks at him with loving eyes and she's a good girl to him.

She treats him well, she enjoys being affectionate with him and she enjoys doing nice things for him.

That's what a woman really wants.

A woman is at her happiest in a relationship when she's with a man who flicks that good girl switch on and keeps it on.

Some guys are able to get a woman to flick that good girl switch on when they begin dating, but somewhere along the way, the guy loses his way and the good girl switch flicks off.

For example: He becomes insecure, gives her too much power, can't handle her tests of his confidence or he just doesn't know how to maintain her respect and attraction for him, so the good girl switch goes off.

She turns into what he might refer to as a bitch, a pain in the butt, a moody woman, an annoying woman, a woman who is treating him badly.

Yet, what he doesn't realize is that she doesn't actually want to be doing that.

She wants him to bring out that good girl side of her and she's waiting for him to do that.

If he doesn't do it, she's disappointed.

She's in a relationship with a man who she's treating badly and she doesn't really respect and feel attracted to anymore.

She doesn't have that feeling where she wants to be good to him.

She wants to get down on her knees and suck him off. She wants to cook him food. She wants to be attentive and affectionate towards him.

Yet, that feeling is gone.

She doesn't want it to be gone, but it's gone because that good girl switch has been flicked off.

If a woman is in a relationship with a man who is not bringing her good side out, she will eventually start to want to leave the relationship.

She might cheat on him and then dump him, or just break up with him and try to find a new guy.

Yet, what often happens for women is that they find a new guy and he's able to bring that good girl side of her out at the start, but then he loses his way.

He basically makes the same mistakes as the other guy!

This is one of the reasons why rebound relationships fail so often.

What happens is that a woman breaks up with a guy who isn't bringing that good girl side of her out and she gets into a new relationship and the guy brings that side of her out, but then he starts becoming insecure.

He gives her too much power and doesn't know how to handle her changes in mood. When she starts becoming moody and testing his confidence, he just doesn't know how to handle it.

She then starts to change and she becomes a little bit bitchy or moody or selfish or demanding.

If the guy doesn't know how to flick her good girl switch back on, she just gets worse and the relationship gets worse, then they break up.

The thing is, women don't actually want that to happen.

A woman doesn't want to have to go through break up after break up and have to tell her family and friends, *"Yeah. I'm single again,"* and be one of those women who can't get a relationship to work.

She doesn't want to be one of those women who are unlucky in love.

She wants a man who makes her feel like she wants to be a good woman for him.

He flicks that switch on in her mind and she actually gets pleasure and happiness out of being a good woman for him. It actually makes her happy to be good to him.

That is what most women really want.

I say most women, not all. Most women want to be a good woman for their man.

It actually makes them happy when the man is able to flick that good girl switch in her mind and she gets pleasure out of being a good woman for him.

When you see couples where the woman is cuddling into the man's arm and she's looking at him, she loves him and is attentive towards him and affectionate, you'll realize that the guy is doing it right.

He has flicked that switch in his woman's mind and he's kept it on.

Yet, when you see a guy in a relationship with a woman and she's being bitchy and selfish towards him, she's not affectionate, she expects so much from him and gives so little, you'll see that good girl switch has been flicked off and she's unhappy.

[image: Women don't want to treat you badly]

She doesn't actually want to be like that and if he doesn't flick that good girl switch back on, he's headed for getting cheated on, broken up with, or divorced.

Then she goes and tries to find herself another guy.

Often, she's unlucky. She finds another guy who's able to make her feel like that at the start, but then he screws it up and she turns into the woman who isn't affectionate anymore, who's being a pain in the butt, who's being moody all the time and essentially wants everything her way otherwise, she throws a tantrum or threatens to break up with him.

Women Don't Want to Change and Treat You Badly **Learn How to Flick the Good Girl Switch On and Keep it On**

[image: Flick her good girl switch on and keep it on]

I hope you've enjoyed this video and article.

If you'd like to learn more, I recommend that you [watch or listen to my program, Make Her Love You for Life](#).

When you watch or listen to the program, you'll learn exactly what to say and do to make your woman respect you, feel sexually attracted to you and be totally in love with you for life.

When you use the techniques from Make Her Love You for Life, a woman is affectionate, she's nice to you and it makes her happy to do good things for you.

You flick that good girl switch on in her mind and she only wants to be with you.

Nothing makes her happier than being in love with you, being good to you and enjoying her life with you.

What you need to understand is that women actually want it that way!

A woman wants a man to bring that good girl side of her out.

That makes her happy and it makes you happy.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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The 5 Stages of a Relationship

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

There are five stages of a relationship between a man and a woman.

1. Lust and romance.
2. Power struggle.
3. Working.
4. Commitment.
5. Blissful love.

Unfortunately, most couples only get to stage two and then break up.

Some couples get to stage three and four, but they're not really happy.

They feel more like friends, there's no sexual spark, or the woman or the man is thinking of maybe leaving and trying to find someone else.

The real prize of a relationship between a man and a woman is to get to the fifth stage, the Blissful Love stage.

When you reach the Blissful Love stage of a relationship, the love, respect, and attraction that you and your woman feel for each other deepens over time.

You feel sexually attracted to each other for life.

You're in love with each other for life.

You respect each other for life.

You have an amazing relationship and you're one of those couples that people look at and think, *"How do they do it? Why are they so happy? Why don't I have what they have?"*

The Stages, How Each One Works and Where Couples Go Wrong

So, let's have a look at each of the stages of a relationship.

I'll explain how it works, where couples go wrong and what you need to do to get to stage five where you experience Blissful Love and want to stay together for life.

1. Lust and Romance

[image: Lust and romance stage]

This is where you feel very sexually attracted to each other at the start and you fall in love, which is different to true committed love at the Blissful Love stage of a relationship.

In stage one, you don't really care about each other's faults.

You just want to be together, have sex and enjoy each other's company.

According to scientists, at this stage of a relationship, natural chemicals are released in the brain to make a couple want to be together, have sex and stay together long enough for offspring to be created.

[image: Love and lust chemicals released into the brain]

So, in the lust and romance stage of a relationship, which is otherwise known as the dating phase, the man and woman will experience a dump of natural chemicals in their brain.

Chemicals like dopamine, oxytocin, phenylethylamine and norepinephrine.

Unfortunately, most Hollywood movies show this stage of a relationship as being the peak of a relationship, so many people expect a relationship to just be like that for life, without having to go through any other stages of development.

The couple walks off into the sunset to live happily ever after.

So, for a lot of real life couples these days, when the first stage of a relationship starts to calm down, they begin to wonder, *“Hang on, is this the right person for me? I’m not feeling the way I used to feel about her and she’s not behaving the way that she used to behave. She’s not looking at me in the same way as when we were dating. Does that mean that we’re not a match?”*

As a result of the confusion, a lot of couples break up shortly after the Lust and Romance stage starts to calm down.

They simply don’t know that there are different stages to a relationship and that they can eventually get to Blissful Love if they stick together and ride the bumps all the way to victory.

The next stage of a relationship is the power struggle...

2. Power Struggle

[image: Power struggle stage of a relationship]

This is also where a lot of couples break up because their behavior changes and depending on how each person reacts, it will either bring them together or drive them apart.

For example: Sometimes a man will be shocked to realize that his woman isn’t behaving in the same way that she used to.

She was so nice and sweet to him at the start, but now she’s arguing with him, throwing tantrum and trying to get her way all the time.

When a guy is faced with that situation, he will sometimes make the mistake of gradually giving his woman too much power.

[image: Relationship falling apart at the power struggle stage]

The more power he gives her and the more he tries to suck up to her and do whatever she wants, the less respect and attraction she feels for him.

Some couples can stay together for a long time if the man hands over his power to the woman, but neither of them will ever truly be happy and reach Blissful Love.

When a man hands over his power to a woman because he doesn’t know how else to please her, she loses respect for him and gradually stops feeling attracted to him.

Eventually, she falls out of love with him.

She might stay with him (e.g. to pay off the mortgage, raise the children, avoid the embarrassment of breaking up or getting divorced), but she won’t be blissfully in love with him.

He handed over his power to her and she no longer feels like a real woman (i.e. feminine, girly, free

to be emotional, totally in love with her man) anymore.

So, the relationship begins to feel strained, forced and could break up at any moment if a serious fight or argument makes one of them feel like enough is enough.

To get past the Power Struggle stage, you need to make sure that you are in the position of power as the man.

What a woman really wants is for a man to be in the position of power (even though she will rarely, if ever, admit that in public because she doesn't want men to get the wrong idea and start bossing her around because they hope it will make her want sex or a relationship).

Even though a woman does want a good man who treats her well, she doesn't want a pushover type of guy who does whatever she wants because he's either afraid of losing her, or lacks the emotional masculinity to stand up and be a man.

She wants a man that she can look up to and respect, not a guy that she has to carry throughout life. Being a man in the relationship isn't about bossing her around, being rude, being aggressive or anything old school like that.

It's simply about being the more emotionally strong one in the relationship, leading the way and allowing her to feel like a real woman in the relationship.

When you do that, she will naturally and happily support you, love you and be there for you in any way she can.

In other words, she will be devoted to you and be a loving, caring, supportive woman.

However, if you hand over power to her, she will feel stressed and resent you for not having the balls to be the man.

If she gets bored of the relationship and happens to meet a man who can take on the position of power, she will naturally feel attracted to him and may open herself up to cheating, or to breaking up with you to then be with him instead.

The third stage of a relationship is the Working stage of a relationship...

3. Working

This is where the relationship is working.

So, let's assume that a man was able to get past the Power Struggle stage with his woman and he is clearly in the position of power.

They're in love with each other and the relationship is working.

A lot of couples do get to this point, but this is also where a lot of couples break up.

[image: Relationship losing its spark at the working stage]

What happens is that over time, they start to become more like friends.

They don't put in the effort anymore to make each other feel attracted and they start to take each other's love, attraction and commitment for granted.

The relationship then goes from Working, to boring and then to falling apart.

Either the man or the woman will start thinking about cheating or leaving because they just don't feel like they're in love anymore.

The man doesn't feel much attraction for her.

She doesn't feel much attraction for him.

They feel more like friends, roommates or housemates and it's quite boring.

That's not a fun type of relationship.

It's not the Blissful Love type of relationship that you experience at stage five.

By the way...

Some men will ruin the relationship when it has been working by becoming too domineering or controlling.

A man will assume that if she liked him taking on the position of power, then she will really like him taking away all of her power and essentially controlling her life, her decisions, her feelings and her actions.

Obviously that isn't what a woman wants.

A woman wants a man who has the confidence and emotional masculinity (i.e. balls) to take on the position of power, but she also wants him to be respectful, loving and kind to her.

Being the man isn't about being a domineering asshole who rules over a woman's life.

It's about being the emotionally strong man (i.e. you're always emotionally strong no matter what you and her face or encounter in life) that she can look up to, respect and love.

If you do that, a woman will be so damn good to you for life.

She will know that it would be next to impossible for her to find another man like you and as a result, she won't want to ever cheat on you or leave you.

The fourth stage of a relationship is commitment...

4. Commitment

So, let's assume that the man was able to get past the Power Struggle stage, he then got the relationship to the Working stage and they remained in love.

As a result, the love, respect and attraction between him and her started to deepen over time.

The love wasn't fading away. The spark wasn't dying out. The spark was still there.

They were still in love and it was starting to deepen.

At that point in a relationship, it makes total sense to the man and the woman to commit to each other.

Most couples then either commit to having a relationship and staying together for life, but not getting married, or they get engaged and married.

If they haven't already moved in together, they do that at stage four.

If they've already moved in together, they start thinking about planning a family and begin working towards long-term mutually rewarding goals.

Unfortunately, though, many couples also break up after the Commitment stage of a relationship.

[image: Relationship falling apart after commitment]

When they first moved in together, got engaged or married, it all felt great.

However, over time, the relationship started to fall apart.

For example: The man started to cause his woman to lose respect for him by getting into arguments with her all the time and creating stress in their relationship.

Alternatively, he may have become clingy, needy or controlling and caused her to lose respect and attraction for him as a result of that.

What happens in a lot of relationships is that once a man has gotten his woman to move in with him, or get engaged or married, he slowly changes how he treats his woman.

In the first stage of the relationship (Lust and Romance), he may have taken her on lots of sweet, romantic or loving dates and seduced her into having a relationship with him.

When the relationship was Working and he got her to commit to him, he was most likely still on his best behavior, treating her well and keeping the relationship together.

Yet, after she committed to him and moved in with him, he gradually started to take her for granted (e.g. he became irritable around her, got into pointless arguments with her, insulted her often, complained about unimportant things all the time, stopped caring about how she felt and only cared about how he felt, expected her to respect him at all times, but he didn't offer her the same in return).

[image: Relationship falling apart after commitment]

Unlike in the past where a woman would stay with a man for life because it was shameful to break up or get divorced, in today's world, women are free to break up with or get divorced from a man.

So, to keep a relationship together for life, you've got to make sure that you get it to the fifth stage, Blissful love.

5. Blissful love

[image: Blissful love]

This is the ultimate prize of a relationship between a man and a woman.

It's the ultimate reward.

This is the best part of a relationship that you can ever experience, where you finally reach what people refer to as true love.

From that point onwards, you then experience lifelong happiness together as a couple where you enjoy spending time together, cuddling, kissing, having sex and achieving long-term mutually rewarding goals together.

[image: Blissful love]

Getting to the blissful love stage of a relationship also prevents both you and her from wanting to cheat.

The idea of cheating or leaving each other for someone else seems like the dumbest idea in the world because you're so in love.

You enjoy each other's company so much.

You're sexually attracted to each other, even though you've been together for years or decades.

You feel so good around each other and are achieving mutually rewarding long-term goals together, so there's no reason to leave each other.

By the way...

I know this from personal experience because I'm happily married and my wife and I have been at the Blissful Love stage of our relationship for a long, long time.

It literally gets better and better over time.

That's how it supposed to be.

When you get to Blissful Love and keep it there, you and her only want to be with each other.

There is no desire to cheat or leave because you already have exactly what you want and it feels amazing.

So, when you get your relationship to Blissful Love and keep it there, your woman will also never want to leave you.

Women know (from personal experience and from seeing what other women they know have gone through) that it's very difficult to find a man who can get a relationship to Blissful Love and keep it there.

So, when she finds a man who has that ability, there is no reason to leave him or cheat on him.

She already has her perfect man.

There's nothing that she needs from other men because she's already getting it with you.

The type of love that you experience at the Blissful Love stage of a relationship is different and arguably, it's way better than what you experience at the start (Lust and Romance).

What you experience at the start of a relationship is enjoyable.

It's fun.

You get that brain dump of chemicals and you want to be around each other all the time, but the same thing applies at the Blissful Love stage of a relationship.

Yet, it's a little bit different.

What happens is that both you and her experience what I call *love attraction*.

Love attraction is where both you and her feel completely attracted to each other even though you've been together for years or decades.

Even though you may have gotten some wrinkles over time, put on some weight, lost some weight, no longer have the muscles that you used to or she doesn't have the shapes that she used to, you are still both completely attracted to each other.

None of the changes to your physical appearance really matter because you are experiencing love attraction for each other, which is deeper and lasts for life.

You might have seen love attraction in action when you've observed older couples who are still madly in love even though they've been together for decades.

They still hold hands, they cuddle, they kiss and they look at each other with loving eyes.

That is what happens when you get to the Blissful Love stage of a relationship and keep it there.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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When a Woman Loves You, But Isn't "in Love" With You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

When a woman loves you but isn't in love with you, it means that you have lost her respect and attraction somewhere along the line.

When a man gets into a relationship with a woman at the start, he is usually able to make her feel respect and attraction for him and make her fall in love with him, but somewhere along the line he loses his way.

For example: He becomes insecure, jealous, controlling, argumentative, or he gives her too much power and starts sucking up to her. She then feels like she can't look up to him and respect him anymore.

[image: When she just doesn't feel the same way anymore]

When a woman can't look up to and respect her man, she doesn't feel good about having sex with him anymore.

It just doesn't feel right to her to submit to a man that she doesn't look up to and respect.

She loses that urge to want to lay down and spread her legs and receive the man because she just doesn't look up to him and respect him so it feels it feels kind of awkward for her.

She feels like she's stronger than him, so why should she be submitting to him?

[image: She loves you, but isn't in love with you]

It just doesn't feel right to her.

So, when a man is in a relationship with a woman who loves him as a person, but isn't in love with him, what she's waiting for is for him to regain her respect and flick her attraction switch back on.

The thing is, when a woman is in a relationship with a guy, she doesn't actually want to fall out of love with him.

She wants to be in love with him and she wants to look up to him and respect him and feel attracted to him, but she can't make that happen on her own.

It comes down to how you interact with her, what you say, how you behave, how you react to her.

In other words, when you're interacting with your woman, are you making her feel respect and attraction for you or are you turning her off?

For example: If a guy is interacting with his woman and he's being insecure, jealous, or controlling, that isn't going to make her feel respect and attraction, obviously.

However, if a man is interacting with his woman and he's being confident and emotionally strong, then she's going to feel respect and attraction for him.

Regain Her Respect First and Everything Else Will Flow on Naturally After That

So, what you need to understand is that if you want to make a woman love you again in a relationship, you've got to regain her respect (which is very easy to do) and then her attraction

automatically starts to come back.

When that happens, the love starts to flow again.

She starts looking at you the way that she used to. She has those loving eyes. She wants to be affectionate towards you.

She wants to be close to you. It feels good to hug you and have sex with you and kiss you and be close to you. That makes her happy again.

Whereas, if a woman doesn't respect her man and she doesn't feel attracted to him, then it doesn't make her happy to be close with him.

It doesn't make her happy when he's trying to have sex with her and she's just not in the mood because she just doesn't feel it.

She doesn't respect him, doesn't feel much attraction for him and therefore she's not in love with him.

Yet, she's waiting.

She's waiting for him to flick that back on.

[image: Get the love flowing again]

She's waiting for him to regain her respect and allow her attraction to flick back on and the love to begin to flow once again.

By the way...

If you'd like to learn exactly how to get your woman to fall back in love with you again, I recommend that you watch or listen to my program, Make Her Love You for Life.

When you watch or listen to the program, you'll learn exactly what to say and do to make your woman respect you, feel sexually attracted to you and be totally in love with you for life.

Love Doesn't Die

Another thing that you need to understand about love is that it doesn't die.

When a woman loves you in a relationship and then falls out of love with you, the love doesn't die and completely disappear.

What happens is it that just goes into the background. It's there in the background and it's waiting to be activated again.

You can reactivate your woman's feelings for you.

They don't have to be turned off forever.

Feelings are not set in stone.

They can be turned back on and the process is that you get her respect back then her attraction starts to come back and the love starts to flow again.

It's a completely natural process and it's very easy to do.

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[image]

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How to Be One of Those Happy Couples Who Never Fight

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

So, how can you be one of those happy couples that never fight?

You might have seen those couples that always get along and they always support each other.

They're always so happy together.

No matter what they face, they always keep a positive attitude and work through the situation together and come out stronger as a result.

The thing is, it's not possible to never ever disagree on something with your woman.

You're going to have disagreements and sometimes you're going to misunderstand each other, but when you have the right foundation in place in your relationship, it won't turn into a big problem.

For example: If your woman respects you, feels attracted to you, is in love with you and you have great communication together, she's going to have a much higher tolerance to work through a problem with you rather than just getting angry, throwing her hands up and saying, *"Screw this. This relationship is too stressful. I don't want to do this. I'm out."*

However, if you're in a relationship where your woman doesn't respect you, she doesn't feel attracted to you anymore, she's not really in love with you and the communication between you and her doesn't flow very well, then when you and her experience problems together, she's going to have a much lower tolerance to put up with it.

If a woman is really happy, she's going to be willing to put up with a few bumps along the road, a few obstacles to overcome, a few hard times, but if a woman isn't happy in the relationship then her tolerance is going to be low.

[image: Woman with low tolerance for additional problems with the relationship]

She's not going to be willing to put up with a lot before she decides to either cheat on her guy and then leave him or just dump him and start anew.

Here's the thing...

Most relationships start off pretty well.

The man and woman are attracted to each other, they're interested in each other and they start kissing and potentially having sex very early on.

They go to dinner dates, go watch movies together and maybe go on holidays and vacations. They meet each other's friends and family and it's all great.

There are so many good feelings going on at the start.

Yet, all of that stuff doesn't count for much at all, if later on in the relationship, the guy starts to change.

If the guy starts becoming argumentative when he's talking to his woman and starts demeaning her or can't handle it when she tests his confidence by saying something mean to him, then the whole relationship dynamic starts to change.

Yet, when you think about the couples who are always happy together and they don't get into arguments, the guy will be very easy-going.

He's not going to react and get angry and emotional when his woman says or does something.

He's going to be easy-going.

He's going to maintain control of his emotions and he's not going to turn it into a big deal.

On the other hand, when couples get into fights all the time and can't really seem to get along after maybe two or three years together, it really comes down to the fact that the guy doesn't know how to react and respond correctly when his woman tests him, throws a tantrum, changes her mind all the time and essentially tries to stir the pot.

By throwing a tantrum, she's trying to make something happen. She's testing to see how he's going to react and if he reacts by getting angry or sulking or getting into a huge argument with her, then she starts to become distant.

She withdraws some of her affection and she doesn't look at him the way that she used to.

When a guy is faced with that type of situation in a relationship, he may become insecure and start to be jealous and controlling and needy, or he might start to become angry and really tell her off for changing and not behaving the way that she used to.

"Why are you being like this? I love you so much. I care about you. I'm such a good man to you, and why are you behaving like this?"

Yet, none of those approaches don't work.

So, what does work?

What does work is being able to be that confident, easygoing guy that doesn't react in a huge burst of emotion when his woman says or does something.

You maintain control of your emotions.

That is something that I provide many techniques and examples for in my program, [Make Her Love You For Life](#)

If you watch or listen to the program, you'll learn exactly how to keep a relationship happy, in love and passionate for life.

It's actually very easy to do, but most guys don't get this education when they're growing up.

It really depends on what role models they have around them.

Some guys are lucky to have a father or a grandfather or uncle or maybe an older brother who can teach them about women, who can teach them exactly how to react and respond to women, how to deepen a woman's respect, attraction and love overtime.

Yet, a lot of guys don't get that education.

As a result, a lot of guys get into relationships with women and at the start it seems all fine, but then the spark dies out.

She stops respecting him, she's no longer really in love with him and they might end up feeling more like friends or they might even feel like enemies in their own relationship.

What I can tell you from my personal experience being in a happy marriage that gets better and better all the time is that it's actually easy.

Once you know what you're doing, it's actually very easy to make a woman love you and be totally committed to you for life, but if you don't understand how to react and respond to women, relationships are difficult to maintain.

For example: If a woman throws a tantrum and the guy doesn't know how to respond to that and he gets angry or soaks or he turns it into a bigger thing than it is, then that's a huge waste of time and energy for him.

It also turns her off.

She doesn't want to get that sort of reaction from him.

However, if he's able to maintain control of his emotions and turn it into something that makes them love each other more and feel attracted and feel more respect for each other, then that's a good time.

The relationship gets better and better over time.

This is just one example, being one of those couples that never get into arguments.

There is much more to relationships than just that.

It's also about maintaining and building on a woman's sexual attraction for you.

A lot of guys find that their relationship with a woman is great at the start, but then the spark dies. They end up feeling more like friends.

That's not a good time, because there is no sex happening. There's no affection.

The guy might then end up looking at a lot of porn and the woman might end up thinking about having an affair.

For example: One study found that 39% of married women cheat on their husband and another study found that 68% of women admitted to cheating on their boyfriend during university years.

For the guy being cheated on in those situations, that's not a good time.

That's not fun.

Yet, have a think about that 39% statistic there.

39% of married women cheat on their husband. That means 61% don't.

You CAN have a relationship where your woman doesn't cheat.

You can have a relationship where the respect, attraction and love deepens over time.

You can also be one of those couples who are happy and never fight with each other.

You'll have things that you disagree on, and there will be misunderstandings, but it won't be a fight.

It'll just be a misunderstanding and then it turns into something to laugh about and feel good about and you fall more in love.

You feel more respect for each other, you feel more attracted to each other and your relationship gets better and better over time.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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What to Do When the Feelings Aren't Mutual in a Relationship

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

So what should you do if you find yourself in a relationship with a woman where the feelings aren't mutual?

You love her, you feel attracted to her, and you're willing to work on the relationship but she isn't. She seems to have checked out and she doesn't really care anymore.

She's lost interest and she doesn't want to try anymore.

Well, what a guy needs to realize is that if his approach hasn't been working, then he needs to change his approach.

For example: Some guys slip into the habit of complaining to their woman that she's not treating him the same way as he's treating her, she's not being affectionate, she's expecting so much of him and isn't giving much back to him.

She seems to have changed and become a completely different person and he wants to talk to her about that, complain about it and discuss it with her and he hopes that it will make her change.

Yet, that is not what makes a woman change.

On the other hand, some guys make the mistake of thinking, *"Alright, she doesn't really feel the same way about me anymore. I know what I'm going to do, I'm going to be the best boyfriend or husband that I can be. I'm going to be really nice to her, I'm going to do the housework, I'm going to do sweet things for her, I'm going to be romantic, have date nights, buy her things, take her places, and hopefully, that's going to make her happy and feel the way that she used to feel about me."*

Yet, it doesn't work because that is not what she's really looking for.

She doesn't want you focusing on how she's feeling and how she's behaving and then you reacting to that. It makes her feel like she's the leader. It makes her feel like you're following her.

That's not how women like their relationships and interactions to go with men.

If you think about the example of a woman dancing with a man, she likes a man who takes the lead with the dance.

She goes along and he turns her this way and that way and twirls her around, and that is when she's at her happiest.

She bends over backwards for him, she does whatever he wants and she's actually happy about that.

That dance analogy is a perfect way of explaining the simplicity of relationships between men and women.

You see, some men make it too complicated by sucking up to their woman and doing lots of things to hopefully please her, or by trying to discuss things with her and essentially get her to think and behave like a man.

For example: He'll say, *"After all we've been through, now you're behaving like this. What has gotten into you? I'm a good man, I do all these things for you. We used to be so happy and now you've changed. Why can't you just go back to how you were before?"*

She's not going to do that, though, because she wants to be able to react to her man's lead.

When dancing, reacting to a man's lead is pretty obvious.

She just turns where he wants her to turn, she twirls around when he wants her to twirl around, and she bends over backwards when he wants her to do that. That's pretty obvious.

Yet, how does it apply to a relationship? What sort of lead is she waiting to react to?

Well, it's actually very simple.

She's just waiting to react to how he talks to her, how he interacts with her, how he behaves around her, how he acts around her, what actions he takes.

She's waiting to react to that.

She's not expecting him to buy her lots of things, do all the housework, suck up to her, or sit her down and try to explain to her that she needs to think more like a man and really understand that, *"Hey, we've been through a lot and you need to make sure that you're not changing."*

She just wants to be a girl and react to how the man is making her feel.

The way that works with dancing is that the woman just wants to be the girl.

She wants the man to lead the way around the dance floor.

She follows his lead.

She reacts to his strength.

He turns her this way or that way and she just goes along with it.

He twirls her around, and she feels like a girl. She feels like the man is in control.

That's what women love.

That's what they want.

They don't want the man focusing on how she's feeling and what she's saying and what she's doing and then following her lead.

She wants to just let go and have the man lead her. What that means is that she just wants to react to how the man is talking to her and how he's behaving around her.

For example: If a woman is being distant with her man in a relationship and he makes her laugh by joking around and being a bit playful with her, then she's going to come alive.

She's going to be more present in the moment.

That doesn't mean that he needs to tell jokes 24/7 to make her not be distant.

It's just one of the things that he can do to get her to stop being so distant, to bring her back into the relationship where she is reacting to him, because that's what she really wants.

She doesn't want him looking at her behavior and her mood swings and either losing confidence in himself or getting angry at her.

What she wants is for him to start being the man that she can react to in a positive way.

What Women Say They Want and What They Really Want Are Usually Completely Different Things

Women often go around saying that men should do whatever women say.

Be nice to her if she's in a bad mood and do everything that she demands.

Yet, that's not what actually makes a woman happy when in a relationship with a man.

A woman is at her happiest when she is reacting to the dynamic and mood that the man is creating.

For example: He creates a relationship dynamic where they laugh and feel good around each other, are affectionate and support each other.

he then happily goes along with that and is one of those rare women who remain madly in love with their man for life and always want to impress him and treat him well.

Yet, if a man follows the woman's mood swings and tries to jump through endless hoops to impress her all the time, she becomes frustrated and annoyed that he is following her lead.

A woman will rarely explain that to a man, though, because she doesn't want to teach him how to be the man that she needs.

She doesn't want to feel like his big sister or mother and have to teach him all the time about how to be a man in a relationship with a woman.

She just wants a man who understands how to do it or is willing to figure it out and then start doing it.

What she wants is a man who doesn't get caught up in reacting to his woman's changing mood.

She wants you to know that you don't even need to worry about most of the things that she says or does.

Just take charge and lead the way, rather than getting caught up in reacting to her mood swings and things that she says.

She wants you to take charge and create the kind of relationship dynamic where it makes her happy to be a good woman to you, where she does what you want without making a big fuss about it.

She's a good woman to you and it makes her feel happy to do that.

When you take that approach in a relationship, it means that you get a better, more loving, and affectionate woman by putting in less effort.

You simply create feelings of respect, attraction, and love based on what you say and do around her, and she reacts to that by being the best woman that she can be for you.

She is loving, attentive, supportive, affectionate, sexual, and proud to be your woman. She is happy that she is in the role of reacting to you, rather than you getting caught up reacting to her.

Don't React to Her Mood Swings. Remain Confident and in Control

When you see women who are unhappy in a relationship with a man, you will notice that he is reacting to her mood swings and looking to her as being the leader of the relationship.

She doesn't want that.

She doesn't want a man who is always worried about her feelings and what she's thinking and what she's doing.

She just wants a man who makes her have strong feelings for him, based on what he says and does around her.

For example: If a guy is saying insecure things and being insecure around his woman, she isn't going to feel respect and attraction for him.

She's going to feel turned off by his emotional weakness.

She will then begin to become less affectionate and interested in him.

If he reacts to that by becoming even more insecure, he just makes the problem worse.

In cases like that, the woman will be waiting and hoping that he just starts being a confident man that she can look up to and respect.

If he doesn't, she will begin to give him warning signs that she's thinking about breaking up with him to hopefully get him to be motivated enough to fix his insecurity and become a more confident man.

If he doesn't change, she will eventually get to the point where she has to break up with him and hope that he finally puts in some effort to fix his problem of being insecure in a relationship.

If he doesn't fix the problem, she will force herself to get over him and try to move on.

She Would Rather Keep a Relationship Together and Be Happy

An important thing to understand about women in relationships is that they have a tendency not to want to break up.

Unless the woman is absolutely crazy or she is one of those rare, small percentage of women who are nuts and they'll just break up with a guy for nothing, most women do not aim to break up with a guy as their first reaction.

When a woman gets into a sexual relationship with a man, her aim is to make sure that it works.

The reason why is that if she were to get pregnant and then the relationship broke up, she would have to raise that child on her own.

Alternatively, she would have to try to attract a new man who would put up with the fact that she's already got a child.

Even if a woman doesn't want to have children, or is completely focused on her career, or is studying, or hates children, her instincts are going to kick in.

When she's in a sexual relationship with a man, her instinct is to make it work.

She doesn't want to have a sexual relationship with a guy and fall in love with him and then just leave him.

So, most women will stick around in a relationship that they're not happy with and hope that it changes.

The woman will hope that the guy changes his approach, so she can change how she feels.

A woman's natural tendency is to want a relationship to work.

She wants to be with one man who she's in love with, and she respects, and she feels attracted to and they can build a future together.

They can stay together, she can be safe with him, things can unfold in their relationship and it can get better and better over time.

Most women don't want to be that woman who is unlucky in love (e.g. she gets into a relationship and it's good at the start and then it breaks up).

Alternatively, she gets into a relationship and the guy was nice at the start and he was sweet and romantic, and then he turns out to be a bit of an asshole.

He treats her badly and takes her for granted and then she's in a relationship that she regrets getting into in the first place. She doesn't want to feel like she's wasted her time being with the guy.

Her natural tendency is to wait and hope that the guy changes how she feels.

So when you're in a relationship and a woman has fallen out of love with you or doesn't feel attracted to you anymore and is becoming distant and you feel like you're growing apart, what she really wants is for you to be able to get that spark back.

She doesn't want to have to go through a breakup or a divorce and then have to go and find another guy and let him start having sex with her and potentially get her pregnant and leave her and then she's back out into the dating scene again.

In most cases, a woman doesn't want to also have to face up to her family and friends and say that yet another relationship of hers has failed.

She wants to be that woman who has a man that she's proud of, that she's in love with, that she respects, that she feels attracted to, and that she's happy to be with.

She wants to have that so she can get on with enjoying a great life with him.

Make Her Never Want to Leave You

By the way...

If you're in a relationship with a woman where the feelings aren't mutual and you want her to feel the way that she felt about you at the start, then I recommend that you watch or listen to my program [Make Her Love You For Life](#).

When you watch or listen to the program, you will learn exactly what to say and do to make your woman respect you, feel sexually attracted to you, and be totally in love with you for life.

When you use the techniques from the program, you won't find yourself in a situation where the feelings aren't mutual in a relationship.

Your woman will always feel respect, sexual attraction, and love for you.

She will always be in love with you.

She will always be affectionate towards you and she will always be happy to be with you.

She is Waiting

[image: She is waiting for you to change how she feels]

To close up here, I just want to remind you of something.

That is, if you're in a relationship with a woman that is falling apart or where the feelings aren't mutual, what you need to understand is that **she will be waiting and hoping that you change your approach, so she can change how she feels.**

The way that women work is that they react to men.

I gave the example earlier of a dance.

The woman reacts to the man's lead and she loves it.

Women love it when a man can take the lead, so they can react to him. That's when a woman is at her happiest.

She doesn't want a man focusing on what she's saying and doing and trying to follow her lead in that way.

She wants him to take the lead and guide him and her to feelings of mutual respect, attraction, and love.

She wants him to flick on what I call "The Good Girl Switch" in her mind.

This makes a woman want to be a good woman to you.

It gives her pleasure and happiness to be a good woman for you.

That's what women really want, and if a guy doesn't provide that in a relationship, a woman will wait and hope that he does.

If it goes on for long enough, she'll start to become distant, she'll start to become annoyed and irritated that she's stuck with a man who isn't able to make her feel the way that she wants to feel.

She doesn't want to have to go through a breakup or divorce and be one of those women who are unlucky in love.

She also doesn't want to experience the pain of a breakup and have to go through all that.

She just wants a man that she can be proud of.

She wants a man that she can respect, and feel attracted to, and look up to.

She wants a man that she can be in love with.

The way that it works is that if a woman doesn't feel that way about you in a relationship, she literally waits and hopes that you change your approach, so she can change how she feels.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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Do You Have a Fear of Relationships?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

These days, many guys are afraid to get into a relationship with a woman because they see the high divorce rates out there.

They see the high levels of cheating and they see the potential for getting hurt.

Yet, no matter how much a guy tries to avoid having a relationship with a woman, it will always be what he needs to have a balanced, happy life.

He could have a successful career, a nice car and friends, but if he doesn't have a loving, supportive relationship with a woman, his life is always going to feel a bit empty.

People may start to ask him, *"Why don't you have a girlfriend?"* and assume that there is something wrong with him, or that he maybe doesn't even like women at all.

Despite his fear of relationships, he still feels sexual desire for women, but since he doesn't have one of his own, he ends up looking at porn every week and blowing into a tissue, so to speak.

He hides from his fear of relationships and hopes that somehow he'll be able to get through life being single.

Yet, it's depressing.

His friends are enjoying loving relationships, settling down and making progress to new levels in life while he's looking on from the sidelines.

What I found is that the main reason why guys fear having relationships with women is that they don't believe that they can keep a relationship together for life.

What I want you to know is that you can be one of those couples that you've seen, who are happy and madly in love 10, 20, 30, 40, even 50 years into their relationship.

That is possible and it's easy.

If you try to avoid relationships with women and you try to keep that buried, it will just make you sick from the inside out.

You become bitter and angry and frustrated and you don't really enjoy the world that other people do. Of course, you will experience some joy in life, but it will be limited.

A famous quote by Mark Twain, the American author is, *"To get the full value of joy, you must have someone to divide it with."*

For example: If you're watching TV alone and you see something funny, you might laugh to yourself and that's it. The joke is passed. The funny moment is passed.

You might smile a bit and feel a bit happy and then it just goes away.

However, if you're joking around with some friends and someone says something funny and everyone begins to laugh, it multiplies.

Suddenly, people are crouching over laughing and they're laughing so much that they can't even breathe.

Some of them have got tears coming out of their eyes because they're laughing so much. That is joy multiplied, because other people are involved.

The joy that you get when you're in a happy, loving relationship with a woman cannot be obtained in any other area of life.

You can obtain joy in other things, but the joy that you get from a loving, happy, passionate relationship with a woman is something that you can only have with her.

Another example of this is from the old movie called, *"Into the Wild"* starring Emile Hirsch.

He plays a character called Christopher who thinks that being part of a society is a scam and that he'd rather be by himself to explore life and be with his own thoughts.

He hates how people treat each other so badly in society and just wants to be on his own and feel good by himself.

As the movie unfolds, you begin to see that he's alone and lonely.

Near the end of the movie (I won't spoil it for you by saying what happens, but) he has a massive realization and writes down the following words: *"Happiness, only real when shared,"* which is pretty much what Mark Twain was talking about when he said, *"To get the full value of joy, you must have someone to divide it with."*

So, saying something like happiness is only real when shared is essentially the same knowledge.

Happiness is better and is more real and is more valuable when it's shared with other people.

There is nothing wrong with someone who wants to spend some time alone and think about things and maybe philosophize and think about how they want their life to play out and what their goals are and so forth.

However, at the end of the day, hiding from people and hiding from women isn't going to make your life amazing.

You're never going to be able to fill the emptiness inside of you with distractions. That yearning you have for love and companionship and sex and affection and closeness with a woman isn't going to go away.

What I want you to know is that relationships aren't a scary thing if you know what you're doing.

If a guy doesn't know what he's doing and he doesn't know how to maintain a woman's respect, attraction and love over time and he ends up destroying it, then relationships are a bad thing for him.

It's going to be a horrible experience for him.

If he doesn't fix the problem, it's just going to keep happening again and again and again.

He may find a girl who is really nice to him at the start and gives him lots of chances, but eventually when the spark dies out and she's had enough of it, she's just going to dump him or cheat on him and then dump him like every other girl has.

Some guys who find themselves in that situation end up thinking, *"Well, I need to accept a really unattractive woman and just put up with it."*

No.

You don't have to do that.

You can have your beautiful woman.

You can have your amazing relationship.

You can keep a relationship together for life.

It's actually easy.

Just think about those couples that you see that 10, 20, 30, 40, 50 years into relationship, they're still madly in love. They still hold hands. They're still affectionate.

That is how it's supposed to be.

So, if you want to learn the easy way to keep the love and spark alive in a relationship for life, I recommend that you watch my program, [Make Her Love You For Life](#)

Make Her Love You For Life is also available on audio. Both the programs are exactly the same, except one is video and one is audio.

When you watch or listen to the program, you will learn exactly what to say and do to deepen a woman's love, respect and attraction for you over time.

You'll learn how to make sure that she appreciates you and she supports you.

You and her communicate well with each other and make progress together as a couple over time.

You'll learn how to make sure that no matter what you and her face together, it only makes you stronger and makes you love each other more and more.

Don't be afraid of relationships.

Relationships are scary if you don't know what you're doing.

If you don't know how to deepen a woman's respect, attraction and love for you over time, then yeah, it's scary because you're going to love her, you're going to want to be with her and then she's going to cheat on you or dump you one day.

That's not fun.

That's not a good time.

Yet, when you know what you're doing and you're able to deepen a woman's respect, attraction and love for you over time, it's the best thing in the world.

I know that from personal experience.

I lived the bachelor lifestyle for a long time and had sex with lots of women and really enjoyed my time being the single guy who had many women in his life at once.

I also had some relationship with women along the way, but I was never ready to settle down.

Then I met my wife. My wife and I met back when she was 20 and I was 35.

I'll be turning 40 this year and our relationship literally gets better and better every year that we're together.

So, don't sit on the side lines, thinking that you're never going to be able to keep a woman in love with you for life, or that you're never going to be able to keep a relationship together.

You can do it.

It's actually very easy.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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Make Her Love You For Life

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

[image: Make Her Love You For Life: Video Version]

Make Her Love You For Life: Video Version

How to make a woman feel sexually attracted to you, respect you and be totally in love with you when in a relationship.

9 hours of video.

Presented by Dan Bacon.

Instant download/watch online.

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30 day money back guarantee.

Total value: \$594

Discount price: **Only \$327** (you save \$267)

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*The video and audio versions are exactly the same content, except one is video and the other is audio. Many men purchase the audio version in addition to the video version, so they can listen to it on their phone while away from their girlfriend or wife (e.g. when commuting back and forth to work each day).

About Make Her Love You For Life

Make Her Love You for Life is a 9 hour video program that is also available on audio.

When you watch or listen to the program, you will learn how to make a woman respect you, love you and feel sexually attracted to you for life when in a relationship.

Unfortunately, for most men out there, they get into a relationship with a woman and it's good at the start, but then she eventually changes.

For example:

- She loses interest in having sex or withholds sex.
- She stops being affectionate.
- She no longer respects him like she used to.
- She falls out of love with him.
- She stops being willing to work on the relationship and just gives up even though he's treating her well and trying to make things work.
- She starts becoming interested in other men, which then makes him become insecure, angry, jealous, or controlling.
- She doesn't put in any effort to keep the spark alive.
- She expects him to do whatever she wants and if he doesn't, she gives him the silent treatment, throws a tantrum, or stops being affectionate.
- She expects romantic gestures from him, but doesn't do much or anything for him in return.
- She creates unnecessary stress and problems in the relationship by being negative, moody, or stubborn.
- She shows more respect and love for her friends, coworkers and family than she does for him.
- She starts spending more and more time away from him (e.g. with her girlfriends, with her family, focusing on her career or other interests) and gets annoyed or angry if he brings it up.

- She goes from seeing him as the one to treating him as a housemate, a friend or someone that she's only with until something better comes along.
- She gradually becomes a different person and stops treating him as well as she used to.
- She doesn't listen to what he tells her to do and often seems to do the opposite just to annoy him or spite him.
- She expects him to change a lot of things about himself, but doesn't think that she needs to change much or anything about herself.
- She doesn't really appreciate all the nice things he does for her.
- She doesn't try to make him feel loved and doesn't care if he complains about it.

Now, that's a horrible way to live life as a man.

When you're in a relationship with a woman who you really love, care about and want the relationship to work, you don't want to be getting that sort of response from her.

You want her to be loving you and feeling sexually attracted to you and putting in her share of effort. You want her to be contributing to the relationship and being a good woman for you rather than being a pain in the butt and creating drama, creating problems and not giving you the love, respect and affection that you deserve.

How do you fix the problem?

Well, as it turns out, women don't actually want to treat you in that way.

When you're in a relationship with a woman and she treats you in some of the ways mentioned above, she doesn't actually want to be doing it.

She wants to be treating you better. Yet, she's waiting for you to change the dynamic.

It really just comes down to what you say to her and what you do around her.

You might have seen other guys when they are in relationships with women and the woman is really attentive towards him, affectionate, loving, she respects him, they have a great sex life and she's such a good woman for him.

That's how a woman wants to treat you in a relationship, but the way that it works is that if you allow her to create the sort of dynamic in the relationship where she doesn't treat you well, then the whole thing starts to fall apart.

Problems begin to emerge (i.e. she stops being affectionate, she stops respecting you, she stops listening to what you've got to say and she starts becoming a pain in the butt, basically).

What you need to realize is that you have a lot of direct control over how you make her feel and behave around you.

She reacts in response to how you're talking, how you're thinking, how you're feeling and how you're behaving.

She will treat you better if you just start to talk to her in a different way and behave in a different way and react to her in a different way.

The reason why is that women (even though they don't admit it), are very passive and they go along with whatever the man does.

For example: If you allow a relationship dynamic to develop where she's not affectionate toward you, she doesn't respect you and she doesn't show love and she doesn't care about you much, then a

woman will go down that path with you.

However, if you create a relationship dynamic where she does show love and affection towards you, she initiates sex, she respects you, she listens to you, she treats you well, then she'll go down that path with you as well.

You're in control of it.

You can make her be one way or the other.

Even if she's a very independent woman and she likes to think her way and do her own thing, it doesn't matter.

At the end of the day, you are the man and she's going to follow your lead.

The truth is that **you can make her be a better woman for you** and the best thing of all is that she actually wants to do that.

A woman wants to be a great woman for you because it makes her feel good when she's like that.

When a woman is so in love with her man, so respectful towards him and so attracted to him that she treats him well, initiates sex, she gets down and sucks him off, she cooks for him, she cleans, she does nice things for you, **that actually makes her happy.**

You won't get many women admitting that in public though, but if you have a look at the women who are the happiest with their man, that's how they behave.

A woman wants to be a woman in a relationship with a man. She wants you to make her be a good woman for you, which is better for her and better for you. You get a better woman and she is happier.

By the way, that's what I can teach you in my program, Make Her Love You for Life.

I'll teach you exactly what to say and do to make her be the best woman that she can be for you.

When you use the Make Her Love You For Life approach to relationships, it makes her happy to be a good woman for you and do things that please you.

That is better for you and better for her because it's actually what women really want (not what they go around admitting though).

By the way...

I didn't always know this and as a result, I got cheated on and then dumped.

What happened to me is that I was hopeless with women in the past.

I couldn't get myself a girlfriend and I managed to get lucky one night at a party where I was a bit drunk and the girl was a bit drunk and we somehow managed to start kissing in the backyard of a house party and then we got into a relationship.

However, what happened is that I didn't know how to maintain her attraction, so she lost interest in me.

She then started showing interest in other guys and I became jealous and controlling.

She then cheated on me, dumped me and I was destroyed.

It really killed my confidence and it was back in the time where there was no one online helping other guys out with women.

I was on my own and I didn't know how to get her back.

I had lost so much confidence in myself that other women didn't like me as well.

Eventually, when I started to realize that I need to get a new woman, I tried talking to other women and they just weren't interested even though I was a good guy.

I thought of myself as being fairly intelligent, I had a good job, I was wearing nice clothes and I would treat the woman well.

Yet, women just weren't interested.

All that changed instantly for me when I worked out how to attract a woman during a conversation by displaying personality traits and behaviors that are naturally attractive to women.

After I discovered that, I began to enjoy my choice of women and I had a great time for over 10 years where I just lived that lifestyle of having many women in my life at once.

At times, I got into a relationship for six months to a year or so and what happened is that every time I got into a relationship, the woman wanted to either get married to me or start a family, but I just wasn't ready for that.

Essentially, because of the approach that I was using in the relationship (which I now use with my wife), the woman would fall madly in love and just want to be the best woman that she could for me to maintain my interest, please me and make me happy.

...and it's exactly what my wife does as well.

When I met my wife, she was 20 and I was 35 and we got into a relationship.

It wasn't until the 2 year point in the relationship where I eventually said, "Yes" and accepted her marriage proposal.

I tell you what though, it was one of the best things I've ever done in my life because even though the relationship was amazing at the start, it just gets better and better all the time.

My wife and I have been together for nearly 5 years now and just the other night, for example, we were at it for an hour before going to bed.

That's not what you normally hear people say when they talk about marriage.

What I used to hear all the time is you get married and then the sex stops, or you put a ring on her finger and then she stops putting out, or once you move in together, the spark dies out and the sex life dries up.

Well, that's not what happens for me.

The reason why is that you can literally flick a switch in a woman's mind where you make her want to be the best woman for you.

She wants to please you and she feels happy being good to you.

She feels happy going down on you before you go to bed at night, or in the morning, or she feels happy initiating sex. She feels happy cooking for you. She feels happy being a good woman for you.

That actually makes her happy.

As I said, women don't necessarily go around admitting that in public though.

It's embarrassing for most women to admit that they want that kind of relationship dynamic and that it makes them happy, but when you see a woman who is truly happy in a relationship, she's with a man who makes her be like that.

She treats him in that way and she's happy doing it.

The really cool thing is that it's so much easier for you than if you were to do it how so many other

guys do out there.

So many men out there make the mistake of essentially sucking up to their woman and trying to get their woman to love them by buying her jewelry, doing household chores, being as nice as they can to her, listening, caring, all that sort of stuff.

What do they get in return?

They get nothing.

They get a bitchy woman who is moody, doesn't listen to them, doesn't put out and essentially wants everything her way or else she throws a tantrum and gets angry and doesn't talk to him for two weeks or whatever.

That's not a fun way to live life as a man and the thing is a woman doesn't even want it that way.

A woman is at her happiest when she is with a man that she can look up to and respect and she feels sexually attracted to and she's so in love with and she's being good to him.

That actually makes her so happy.

She doesn't want to be a pain in the butt to you.

She doesn't want to have to reject sex because she's not feeling attracted.

She doesn't want to create problems between you and her and treat you badly, but the thing is a woman will go along with whatever relationship dynamic you create and maintain.

If you take her down the path of treating you badly and you put up with that and you allow her to be like that, then that's what you're going to get.

Yet, if you create the sort of dynamic where she wants to please you, she wants to make you happy, she wants to get down on her knees and suck you off, she wants to cook for you and things like that, then she's going to do that and she's going to be so happy.

If you'd like to learn how to flip that switch in a woman's mind where she wants to be the best woman for you at all times, I recommend that you [watch or listen to Make Her Love You for Life right now](#).

When you use the techniques from the program, a woman is like this...

- She looks up to you, respects you and listens to what you say.
- She feels sexually attracted to you, initiates sex often and wants to please you.
- She's not interested in other men and just wants to be with you.
- She continually tries to maintain your interest, attraction and love by being on her best behavior and treating you well.
- She lets you do what you want with your free time (e.g. catch up with friends or work on your hobbies or interests).
- She doesn't want to start fights with you or create drama over little issues because she wants to make you happy and be good to you.
- She takes responsibility for things that a man wants from his woman (e.g. pleasing you sexually, cooking, cleaning, being supportive, staying out of your way if you want some time for yourself, being affectionate, complimenting you and appreciating you).
- She takes care of her appearance and always wants to look good for you.
- She shows respect for you in front of other people rather than taking their side or putting you down in front of them.

- She is sensible and logical when you need her to be (e.g. about finances or making decisions together as a couple) and she's sexy and naughty when you need her to be (e.g. in the bedroom).
- She has such a strong attraction for you that simply hugging her or looking at her in a certain way turns her on and makes her want to have sex. She also loves to give you oral sex because it turns her on. She just loves the idea of pleasing you. It makes her happy.
- She happily does what you tell her to do without making a big fuss about it (e.g. if you tell her to make you a coffee, stop complaining or creating drama about something, to be sensible or to listen to you).
- She makes you happy by being a good woman rather than being moody and wasting your time with pointless arguments.
- She is affectionate towards you and enjoys being a loving, caring woman for you because it makes her happy to do it.
- She loves you, wants you and only wants to be with you.

Unfortunately, most guys don't experience that because they either give their woman too much power in the relationship or they just don't know how to make her feel attracted and turned on and respectful and in love anymore.

A guy is usually able to do that well at the start and he's confident at the start of the relationship, but somewhere along the way, he loses his way.

He forgets how to be that confident guy that he used to be, or he loses touch with his ability to make her feel attracted and other women feel attracted in general.

As a result, some guys start to become insecure in their relationship and they think, *"Well, I don't even know how to make her feel attracted and she's losing interest. Damn, I better be really nice to her. I better be on my best behavior. I better do whatever she wants. Otherwise, I'm going to get dumped or cheated on."*

No.

That is a huge waste of time and energy and it's not what she wants.

What she really wants is to be a good woman for you.

She really wants to be able to respect you and look up to you and feel attracted to you and be in love with you.

She really wants to enjoy pleasing you sexually.

She really wants to be like that and you can make her be like that.

It comes down to what you say and what you do, how you behave, how you react to her.

That is what counts.

If you'd like to learn exactly how to do that, just watch or listen to Make Her Love You for Life and you will instantly have all the answers of how to have an amazing relationship with a woman.

A Woman Waits and Hopes That You Create This Type of

Relationship Dynamic

One final thing to point out is that when a woman is in a relationship with a man who doesn't create this type of relationship dynamic where she's so in love with him, so respectful of him and so attracted to him that she wants to be good to him, then she feels disappointed.

A woman waits for that to happen and if it doesn't happen, she doesn't do it.

Most women do it at the start when they're trying to be nice and get the guy into a relationship and they're on their best behavior.

Yet, if the relationship dynamic isn't there later on, the woman stops doing it and she feels disappointed that the relationship is going that way.

She doesn't actually want to be treating her man badly.

She's waiting for him to take the lead and bring the spark back, get her to respect him again, make her feel attracted, get that love back, make her want to be a good woman for him.

That's what she's waiting for and if he doesn't do it, she's disappointed.

Then, if it goes on for long enough, she either cheats on him or breaks up with him.

It just happens so often out there where a relationship starts out well and then it begins to fall apart over time.

You don't have to go through that.

I'm here to tell you that a relationship becomes increasingly happy and enjoyable over time.

Your woman does not lose interest in having sex with you. She does not become a bitch and start disrespecting you. She does not fall out of love with you.

That happens when the wrong relationship dynamic is in place, but if it is, a guy can easily change that.

He has just got to start talking to her in a different way, behaving in a different way and reacting to her in a different way and she instantly changes.

She becomes a better woman.

She stops being a pain in the butt.

She stops rejecting sex and starts initiating it.

She stops creating problems and starts being a good woman for him.

That's what you can have.

So, if you want to learn my secrets for having an amazing, happy, sexual relationship with a woman that lasts for life, I recommend that you [watch or listen to Make Her Love You for Life](#).

[image: Make Her Love You For Life: Video Version]

Make Her Love You For Life: Video Version

How to make a woman feel sexually attracted to you, respect you and be totally in love with you when in a relationship.

9 hours of video.

Presented by Dan Bacon.

Instant download/watch online.

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[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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How to Get My Wife to Reconsider Divorce

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your wife has been saying, *“It’s over. I just want a divorce,”* it’s only natural that you may be worried about losing her forever.

However, the good news is that you can get your wife to reconsider divorce.

Here’s how:

1. Start giving her the attraction experience she wants.

[image: Give her the attraction experience that she wants]

Just because a man and a woman say, *“I do,”* and agree to be married for life, it’s not a guarantee that everything will remain perfect in their marriage from that moment onwards.

To make a marriage last, they both have to make an effort to make the love, respect and attraction grow over time.

What often happens is that a man might initially spend a lot of time making his wife feel loved, appreciated, taken care of and attracted because the marriage is new and exciting.

Yet, over time, other things, like having and raising children, getting a house and paying it off, ensuring that the children get a good education and managing day to day life, might take priority over the relationship between him and his wife.

There are a lot of other things to focus on and having fun with his wife or maintaining a happy, harmonious relationship at all times might not be at the top of the list.

Eventually, the wife may start to feel that something is missing in her life.

She might begin to wonder, *“Is this why I got married? Are the kids and the bills the only things that matter in our marriage anymore? Am I going to spend the rest of my life just taking care of everyone and being a mother, housekeeper and taxi driver? Do I not get to experience being in love anymore? Where has that gone?”*

Over time, her feelings of unhappiness can intensify, to the point where she starts thinking, *“I don’t want to do this anymore! I want to feel sexy and like a real woman when I’m with my man. I don’t want to feel like I’m his roommate, friend or big sister. I’m sick of all the arguments and emotional distance between us. I could be so much happier with someone else. I know it. He just doesn’t know how to make me love him again. He just doesn’t get it. I want a divorce.”*

When she hits him with the news, a man will usually be left thinking, *“What happened? I thought we were happy together. How could she just give up on us like that? We vowed to be together for life on our wedding day.”*

Here’s the thing:

A wife seldom gives up on her marriage, unless it’s absolutely unavoidable (e.g. her husband is physically or mentally abusive, he’s dishonest, he cheats on her, he turns her off with his mean, selfish or unattractive behavior and attitude).

You may be a good man, but there have been things about your behavior, attitude and approach to the

marriage that have really turned her off.

You know what those things are.

Don't worry; you're not a bad man for making those mistakes. Everyone makes mistakes in relationships.

What matters now is how quickly you fix those mistakes and transform yourself into a man that she can feel emotionally attracted to again.

For example: If a woman wants a divorce from her husband because he has become too insecure and has turned her off for years as a result, he needs to connect with a newfound confidence and let her experience that during every interaction with him from now on.

You can show her that you've changed.

Don't try to tell her that you've changed; show her. Let her feel differently around you and she will change her mind about the divorce on her own.

Up until now, she just hasn't been getting the attraction experience she wants when around you (e.g. she feels bored, feels like she's your big sister or mother, is stuck in a rut of being the good wife and not getting much benefit in return) so she wants to get away from that to make herself feel better.

To get your wife to reconsider divorce, the main thing you need to focus on is changing the way you interact with her and communicate with her from now on, so that she naturally changes how she feels about you and being with you.

You need to say and do the types of things that will reactivate her feelings of attraction, respect and love for you again.

Some of the ways you can do that is by:

- Showing her (by the way you talk, behave, act and respond to her), that you've understood and fixed some of the issues that have been turning her off (e.g. you're more confident and emotionally strong now, rather than insecure and needy, you're more goal oriented and driven, rather than wasting more time in your comfort zone that has been getting you nowhere for years).
- Focusing on making her smile, laugh and feel happy to be around you, rather than making her feel like your roommate or friend.
- Confidently leading the way in the relationship, thereby allowing her to relax into feeling totally feminine and girly around you.

When you start giving her the attraction experience that she really wants in the marriage, a woman naturally begins to feel more respect and attraction for you.

She then begins to ask herself, *"Can I really give up on our marriage when I still love him and it's obvious that he's changed for the better? I think we can make this work after all."*

So, just because your wife is currently saying, *"I want a divorce,"* it doesn't mean that she won't change her mind when you start making her feel the way she wants to feel in the marriage with you (e.g. loved, appreciated, attractive).

Feelings change all the time.

You can change her feelings and get your wife to reconsider divorce, simply by giving her the attraction experience she wants from you.

The next step is toâ€¦!

2. Turn arguments or cold conversations into laughter, smiling and feel good emotions by not allowing you or her to take things so seriously.

[image: Laugh and smile more]

When a marriage reaches the point where the wife is asking for a divorce, a couple might find themselves getting into arguments, fighting over seemingly insignificant things, or treating each other in a cold, distant and unfriendly way.

However, if a man and his wife continue to communicate with each other in a negative way (e.g. arguing, being cold and closed off towards each other), the chances of resolving their problems and making her reconsider divorce become slim.

Instead, they both continue to feel hurt, betrayed and misunderstood. The marriage just doesn't feel good anymore.

[image: Constant arguing]

Out of frustration, he might say to her, *â€œWhy are you acting like this? Why are you doing this to us? Why are you being such a cold-hearted bitch? Don't you remember that we promised to be together for life on our wedding day?â€* causing her to become even more defensive and closed off from him.

She might then say, *â€œAs usual, you think the problem in this relationship is me. You still haven't taken any responsibility for what has happened between us. Nothing has changed. You can't accept that our marriage just isn't working. I'm sorry, but divorce is the only option here. There's nothing you can say to change my mind.â€*

Don't worry; she will change her tune if you change how she feels.

How can you do that?

Rather than getting into endless, pointless arguments with your wife, just focus on making her laugh and feeling good to be around you again.

For example: If your wife gets angry with you about something, rather than react in the usual way (e.g. by defending yourself, accusing her of being unreasonable) turn it instead into something you can both laugh about.

Note: It doesn't mean you have constantly crack jokes or not take anything seriously.

It simply means you're looking for something positive to laugh about together in stressful moments, rather than getting sucked into the negative feelings and arguing and feeling disconnected from each other as a result.

If you can make her smile, laugh and drop her guard around you, it will make it more difficult for her to stay stuck on the idea of getting a divorce.

Instead, she will start thinking, *â€œWell, things aren't so bad now. At least we can still have a laugh together. Maybe getting divorce isn't the answer after all. Maybe it's not too late to actually*

work things out between us.

She will then begin feeling good around you again and the negatives of your marriage will feel less serious to her.

Don't waste a lot of time trying to convince your wife to reconsider divorce by trying to reason with her.

Instead, make her change her mind by reactivating her feelings of respect and attraction for you, and building on that until she's saying, *Okay, I'm sorry for thinking that divorce was the answer. I love you and I was just being selfish. Our marriage is now working and we don't need to end it.*

3. Start getting rid of your insecurities, so you can be the emotionally strong man that she needs.

[image: Get rid of your insecurities and be the strong man that she needs]

As painful as it might be to admit, your wife probably wouldn't be asking you for a divorce if she didn't believe she had some very good reasons to do so.

So, if you seriously want to get your wife to reconsider divorce, the first thing you need to do is get rid of any insecurities that might be coming between you and her.

For example: A guy might feel as though he got lucky when he met his wife.

He knows that a woman of her quality could have easily picked a man who was better looking, richer, taller or whatever.

As a result, he may become insecure over the years and begin to think things like, *What if she realizes that she can do better than me? What if she meets another man, feels more attracted to him and then leaves me?*

Insecure thinking automatically changes a man's behavior and actions, and he can't stop himself from gradually becoming more clingy or needy (e.g. giving up his interests and hobbies to spend more time with her, regularly asking her, *Do you still love me?*).

He may also become increasingly jealous and controlling (e.g. he secretly reads her text messages or e-mails, forbids her to talk to other guys).

Although his heart might be in the right place, this type of behavior makes a woman pull away even more. Why?

Insecurity, clinginess, neediness or jealousy are not qualities that women find attractive in men.

Rather than make a wife think, *I'm so lucky that my husband loves me so much that he goes crazy when he thinks about losing me,* she will usually just think, *I thought he was emotionally stronger than that when I married him. What happened? Why has he suddenly changed into this insecure, needy guy who is always trying to control me? Yes, it's nice to have a husband who loves and adores me, but he's going overboard. He's stopped being the type of man I can look up to and respect and he's become an emotional child that constantly needs me to support and reassure him that everything will be okay. I just can't live like this. Maybe he wasn't so confident in the beginning after all. Maybe that was an act. Maybe he has tricked me all this time. What have I done? Why did I marry him? I've got to get out of this marriage and find myself a real*

man, and she will then ask for a divorce.

Another example of insecurity is when a guy remains stuck in a dead end job because he's too afraid of taking a risk in his life and stepping up to a higher level of responsibility.

His wife might initially try to motivate him to overcome his fears by saying things like, *Why don't you apply for that promotion? You can do it,* or *If you don't feel like you're getting what you deserve at work, why don't you take that night class to help you get a better qualification so that you can get a better job?*

Yet, if he just keeps making excuses and remains stuck in a rut in his life out of fear, his wife will eventually start losing respect for him as a man.

She may think, *Is this how it's going to be for the rest of our life? Is he going to hide from becoming a bigger and better man? Has he given up out of fear, or because he is taking my love and commitment to him for granted? I can't respect a guy who doesn't even have the balls to change the things in his life that are making him unhappy. I want a real man, not a wimp.*

Over time, if he doesn't pick up on her hints (e.g. tantrums, lack of affection, verbal attacks of his strength as a man, emotional distance) and make the effort to be the man she needs him to be, she will get fed up with trying to make him be the man she wants him to be and will decide to leave.

So, if you have been insecure in some way in your marriage with your wife, to get her to reconsider divorce, you need to show her that you've changed and that you're now the emotionally strong man she needs you to be.

For example: If you were needy, insecure and jealous in your marriage because you felt that got lucky with your wife, you need to show her that you are more confident and self-assured now.

You believe in yourself and in your value to her.

Alternatively, if you lacked the courage to rise through the levels of life and be the kind of man she can look up to and rely on, you need to show her that you are now more focused and driven.

You're taking action.

You have decided on your big goals and ambitions for life, and you have started to make progress towards them.

You're no longer hiding from your true potential as a man. You are taking action and making things happen.

When your wife sees that you're working on completely getting rid of your insecurities, she will naturally start to feel respect for you again.

When she feels respect she'll start to reconnect with her feelings of attraction and it will then be difficult for her to hold on to her negative feelings about you, because you are no longer the man that she wanted to leave.

So, if you're at a point now where you're asking, *How can I get my wife to reconsider divorce?* start by getting her to respect you again by eliminating and overcoming your insecurities.

4. Flirt with her to create sparks of attraction.

When a husband is wondering, *“What is the secret of how to get my wife to reconsider divorce?”* flirting with her probably seems like the last thing he should do.

He may think, *“Things are so tense between us right now. I just don’t feel like it’s my place to flirt with her anymore and try to make her feel attracted. If I try something like that, won’t she just become angrier with me and make her want the divorce even more?”*
No.

There’s absolutely nothing wrong with a husband flirting with his wife and making her feel attracted to him.

As her husband, it’s your place.

You’re allowed to do that.

You are not doing anything wrong by being a loving, confident man who can still make her feel some attraction in a moment when there is tension between you and her.

In fact, when you can create sparks of attraction between you and your wife at a time when she’s saying, *“I want a divorce,”* it will automatically bring her guard down.

When you confidently flirt with her, she is going to feel good around you and will begin to think, *“Hmmm! I haven’t felt like this in such a long time. It feels good to interact in this way with him again. I like this feeling and I don’t want to lose it. Maybe we can make things work after all.”*

When that happens, it’s up to you as the man to take the lead and continue saying and doing the types of things that will show her that your marriage is worth fighting for.

However, if you just act neutral by not flirting, she’s just going to be thinking, *“It’s over. I need to get out of here. There’s no spark between us anymore”* and she’s just going to continue on with the divorce.

You Can Make Her Reconsider the Divorce By Reactivating Her Feelings

[image: An example of how to reactivate some of her feelings for you]

Sometimes, a guy will hold on to the belief that just because him and his wife pledged to be together for ever on their wedding day, it means she won’t ever go against it or that she shouldn’t.

Of course, it would be really nice if life worked that way, but it doesn’t

A marriage or relationship will stay together if both people remain relevant to each other and the love, respect and attraction deepens over time.

If the love, respect and attraction is destroyed by the man, the woman doesn’t actually have to stay with him, regardless of what she promised on the wedding day.

I know, her act could be considered a sin, but sinners are forgiven. Don’t forget that.

If you want the love to last for life, you need to create the type of relationship dynamic where that

happens.

You can't expect her to stick with you for life just because she said, "I do" on a happy wedding day. You've got to make her feel happy with you now.

You can do that by reactivating her feelings of respect, attraction and love and then building on it.

So, rather than trying to convince your wife to reconsider divorce by saying things like, *â€œDidn't our wedding vows mean anything to you?â€* or *â€œWhat happened to all the promises we made each other to stay together forever? Are you just going to quit so easily?â€* or, *â€œWhat about the kids? How could you do that do them?â€* you have to get her to reconnect with her old feelings of love, by making her feel respect and attraction for the new and improved version of you.

When you do that, her feelings about the divorce automatically begin to change.

She starts to feel respect and attraction for you again and her guard comes down.

The idea of a divorce seems too harsh and unnecessary.

[image: Making her fall in love with you all over again]

After all, she respects you now. She feels some attraction again and is falling back in love with you.

Don't worry about how angry or distant she feels about you today.

You can change that.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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Why Am I Insecure in My Relationship?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you're asking, *Why am I insecure in my relationship?* here are 5 possible reasons why you could be feeling that way:

1. You lack purpose outside of your relationship with her

[image: You lack purpose outside of your relationship with her]

When a man lacks purpose in his life (e.g. doesn't have big dreams and goals that he is working towards), he will often choose to make his girlfriend (fiancée or wife) his main purpose in life.

Being in a relationship with her becomes the main part of his identity as a man and of his place in this world.

Without her, he would feel lost, alone and confused about what he should be doing with his life.

[image: You lack purpose outside of your relationship with her]

When a man approaches a relationship with his woman in that way, it's only natural that he would begin to feel insecure and worried about losing her.

If he is hiding from his purpose in life behind the safety of being in a relationship with her, he might try to convince himself that he is doing the right thing.

For example, he might think, *"She is my soul mate. Without her, I am nothing. We are meant to be together. This is what my life is all about. I just want to devote all my time, energy and love to her. I don't care about anything else in life but her. She is what matters to me."*

To show her just how much she means to him, he will begin to:

- Give up all his friends and other interests to spend every spare minute with her.
- Shower her with gifts and other tokens of his love and affection.
- Make himself available to her 24/7.
- Help her out with everything (e.g. housework, errands, homework).
- Tell her repeatedly how much he loves her and how lost he would be without her.
- Do whatever she wants him to do.

In his own mind, he is simply being a good boyfriend (fiancé or husband).

However, even though you might agree with him and think that a man should be like that with his woman, it's actually a recipe for disaster.

Although it is true that a woman wants a man who will love her, take care of her and make her feel special, most women also want to know that their man has more going on in his life than just her.

[image: You are my everything. Don't you see that?]

Most women understand that a real man is someone who will love her, while also working hard at achieving his own dreams and goals in life that are independent of his relationship with her.

Of course, there are some women (e.g. insecure, unattractive) who like it when a guy has no life

purpose and makes everything about her, because she can then feel safe that he won't leave her.

However, if a woman is attractive and wants a real man, she isn't going to be able to continue feeling respect, attraction and love for a guy who is afraid of reaching for his true potential as a man.

She will know that she deserves better than to waste her life with a man who is afraid of failure and is hiding behind her and the relationship.

On the other hand, if you are a man of purpose who can also deepen her feelings of respect, attraction and love over time, you don't have anything to be insecure about.

Women know how difficult it is to find a real man and once then get one, they hold on tight and never let go.

2. You don't believe that you could easily attract another quality woman if she dumped you

[image: You don't think that you could easily get another quality woman if she dumped you]

If you feel that you got lucky when you hooked up with your girlfriend (fiancée or wife), and found it difficult to attract other quality women before you met her, then it's only natural that you will feel insecure in your relationship with her.

You may have thought something like, *"If I lose her, I will have to go out there and talk to attractive women and hope to get one of them to like me. I know that it wasn't easy before, so it will probably be even harder now that my game is a little rusty."*

You might know that you could easily attract average or unattractive women, but you know that hot girls require a certain level of confidence and social skills to pick up.

Here's the thing!

When a guy is insecure in his relationship with a woman, it's not something he can keep hidden from her completely.

Eventually, the insecurity takes on other forms (e.g. clinginess, jealousy, over-protectiveness) and starts to impact how he interacts with her.

For example: If his woman decides she likes to have a girls night out with her girlfriends once a week, rather than use this time to catch up with his friends as well, an insecure guy might react by being:

- **Clingy:** Saying things like, *"Are you going to cheat on me? Are you going to flirt with other guys? What will you do if a guy starts hitting on you? Are you going to be faithful to me?"* or *"Wouldn't it be better if we just stayed home together? Please don't go! Please!!!"*
- **Over-protective:** Asking her to tell him exactly where she is going, what she plans to do with her friends, who is going and exactly what time she'll be back, *"Just to make sure you're safe."* He might also decide to text her once every two hours to make sure that she is okay.
- **Jealous:** Getting angry about her wanting to do things without him, and accusing her of flirting or cheating with other guys when she's out by herself.

Initially, a woman might think this type of behavior is sweet because it shows how much her man loves her and wants to be with her.

However, over time if the behavior continues and he doesn't ever get to a point where he gives her his full trust, she will begin to feel turned off by his emotional weakness (e.g. his insecurity, self-doubt).

[image: Clingy boyfriend pleading with girlfriend]

Eventually, she will find herself feeling less and less respect for him as a man and she will actually start wanting to flirt with and maybe even hook up with another guy.

When a woman loses respect for her man, her sexual attraction for him also fades, and eventually all the love she feels for him gets pushed into the background and gets replaced by negative feelings and emotions (e.g. irritation, anger, resentment, disgust).

When her insecure man notices that she's pulling away from him, his insecurity grows strong and he becomes even more clingy, needy and jealous.

Unfortunately, this only causes her to shut herself off from him, creating a negative cycle that usually leads to a break up.

3. You lack confidence in your attractiveness and value to her

If you are the type of guy who is afraid that, every time your woman looks at, or talks to another guy, you might lose her to him, then it's probably because you're not very confident about your attractiveness and value to her.

For example: If a guy sees his girlfriend (fiancée or wife) talking to a guy who is better looking, richer or more successful than him, he will begin to feel insecure about his relationship with her.

He is creating the insecurity by assuming that the other guys must be more attractive to her than he is because they look better, are richer or more successful.

What he doesn't know is that while a woman might feel some fleeting attraction to a random guy (like he feels fleeting attraction for random girls he sees), it doesn't mean that she is going to leave her current man to pursue the random guy.

However, if you continue to doubt your value to her and are worried about her feeling more attracted to other guys, eventually your insecurity will turn her off and she will begin to wonder whether you are right.

4. You're afraid of being alone again

Guys who have grown up feeling unloved (e.g. parents got divorced, parents were emotionally closed off, parents who preferred certain children more than others in the family), who don't have many friends or who haven't had many relationships in their life, will often cling to a woman out of fear of ending up alone again.

This fear of loneliness may cause a guy to close himself off from expressing emotions in his relationship (e.g. by being open and loving), because he fears getting hurt or being rejected.

Instead, what he will do is take as much of her love as he can and store it all up to hopefully not feel

so bad if she decides to leave him.

For example: He will take her love by getting her to regularly reassure him of her love for him or getting her to tell him how much he means to her.

Essentially, he needs her to show him a lot of love so he can feel good about himself, because he is hurt on the inside.

The mature way to have a relationship is to share love.

You both make each other feel loved, wanted, appreciated and accepted, rather than trying to take more love than you give in case the other person wants to leave you.

Some guys who take love from women will close himself off and only give a woman half or even less of his heart.

What he doesn't realize is the more closed off he is from his woman, the more he is pushing her away.

Women are emotional beings and like to feel the flow love in their relationship.

A woman wants to be with a guy who wants her, loves her and respects her, but if she feels that she's giving so much of of herself, without ever getting enough love back in return, she will begin to feel like he isn't the guy for her.

5. You have trust issues

When in a relationship, you have to accept the risk that your woman might break your trust and hurt you in some way (e.g. cheat, lie) one day, just like she has to accept that you might break her trust too.

If you want your relationship with your woman to be successful, you have to give her your full trust and let her take care of it.

Regardless of what has happened to you in the past (e.g. you've been hurt, cheated on by an ex, treated badly by your parents), if you want your current relationship to last, you have to trust her to be good to you now and in the long run.

If you can't give her your trust all the time, you will end up destroying the attraction, respect and love she has for you as a man because she will feel turned off by your insecurity and lack of deep heart connection with her.

Remember: She's With You For a Reason

Being insecure will never, ever make your relationship better with a woman.

It's just not something that women ever want from a man.

You've got to get rid of your insecurity and be an emotionally strong man for her, otherwise she will get turned off and the relationship will begin to fall apart.

How can you start to get rid of your insecurity?

Firstly, you need to start focusing on the good things about your relationship and how much potential it has.

You attracted her to you in the first place, so you have the potential to become an even better man now and in the near future, which will make her feel even more attracted to you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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Why Do Women Expect Men to Do Everything?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

A woman will act as though she expects you to do everything for her as a way of testing how emotionally masculine you are.

If you follow all of her orders, obey her and do whatever she wants, she will lose respect for you and won't feel sexually attracted to you.

Why? It's a woman's natural instinct to find a man who doesn't put up with being treated badly or unfairly in this world.

[image: Unable to handle her tests]

She wants a man with a strong backbone who won't allow himself to be pushed around by anyone, especially her.

This goes back to early times where a woman was completely dependent on a man for her protection and survival.

Even though women can survive and prosper without a man in today's civilized world, she still has a natural instinct to reject or dump a wimpy guy to find herself a more masculine minded man who won't put up with anyone's crap.

So, if you're asking, *Why do women expect men to do everything?* you've probably been failing one of the most basic confidence and masculinity tests that women put men through.

She Doesn't Want to Be Able to Boss You Around

[image: She doesn't want to be able to boss you around]

When a man feels less dominant than a woman, a woman will notice and begin to boss him around, treat him badly and see how far she can push him.

This applies all the way from first meeting a woman, going on a date with her, being in bed with her and being in a relationship with her.

Most women will reject a wimpy guy upfront, but some women (usually the unattractive ones) will accept a wimp and use his desperate interest in her as a way to boost her self-esteem, so she can feel more attractive around confident men.

A woman like that might date a guy for a few weeks, get into a committed relationship with him or even marry him for a while, but it will almost always end up with her cheating on him or dumping him.

That's not because she's a bad bitch who can't be trusted, but that she doesn't want to be stuck with a wimp for life.

It's just the nature of women's attraction for men.

When a Guy Expects Women to Approach Him

[image: Why don't women approach me?]

Most guys fear approaching women that they find attractive, so rather than overcoming that inner fear, the majority of guys try to improve their external appearance (e.g. build muscle at the gym, wear expensive clothing) and succeed in their career in the hopes that it will make women approach them or accept them if they happen to accidentally start talking (e.g. at a cafe, at an event, through friends).

When women don't approach after all the work he's put in to look good and become successful, a guy might feel frustrated and wonder, *"Why don't women approach men? Why do women expect men to do everything?"*

[image: Why don't women start conversations with me?]

Yet, in a woman's mind, if she approaches a guy first and gives him a chance to meet her, she has no way of knowing if he would have had the confidence to approach her on his own, or if he's only feeling confident because she approached him first.

When a Guy Thinks That He Has to Be Extra Nice to Make a Woman Like Him

Sometimes, a guy might convince himself that if he's a really nice guy to a woman (e.g. he pays for her drinks, gives her lots of compliments, does everything she asks him to do) she will then give him a chance to be with her.

Guys like that usually lack confidence in themselves around women because they have no idea how to actively make a woman feel sexually attracted and turned on.

So, not knowing what else to do, he tries to be the perfect gentleman to a woman in the hopes that she overlooks the fact that he has no idea how to turn her on during a conversation.

When she interacts with him, she will be able to sense his self-doubt and insecurity and it will turn her off, because women are attracted to emotional strength in men (e.g. confidence, high self-esteem) and turned off by emotional weakness (e.g. self-doubt, insecurity).

He will notice that she is losing interest and he will then try to impress her even more by talking about how much money he makes at his job or how much he plans to make in future.

Yet, she seems to lose even more interest.

He then tries to buy her more drinks, give her more compliments and suck up to her as much as he can/

Yet, her interests keeps fading away.

In his mind, he might start to wonder, *"What else can I do to make her like me? I've been doing my best and it still hasn't been enough for her. Why do women expect men to do everything? Why are they so picky and up themselves? Why does this have to be so difficult?"*

However, instead on focusing on the real reason he was rejected (i.e. he failed to make her feel sexually attracted to him via his behavior, actions and thinking), he puts the blame on women by accusing them of expecting him to do everything.

He tries his best to please women by being really nice, but they just don't care. Why?

Being nice is only appreciated by a woman after you make her feel sexually attracted and turned on by you.

The same rules apply in a relationshipâ€¦!

Masculine Vs. Feminine

When a guy gives up his dominance in a relationship (e.g. by letting the woman make all the decisions, by doing all the housework, looking after the children, cleaning up after her), itâ€™s only natural that she will then fall into a habit of expecting him to do everything for her.

[image: Men doing the ironing]

Yet, rather than pleasing her, making her love him more and making her want to have lots of sex with him, when a guy does everything in a relationship, the complete opposite happens.

She loses respect for him and then begins to find it difficult to feel attracted to him.

After a while, she begins to disconnect with her original feelings of love for him too.

Why? He's being her bitch, that's why.

According to a study conducted by the National Survey of Families and Households, sociologists have discovered that married men who do the cooking, vacuuming, laundry and shopping in the home, report having sex 1.5 times less per month than husbands who don't do their share of the housework.

You will hear women complaining about men not doing enough housework, but if you listen to women and follow their orders, you don't get laid as often.

That's not to say that you should never help out or be kind to your woman, but just don't be her little bitch.

Be a good, loving man, but don't be pushed into being a pussy-whipped guy who doesn't get laid or loved.

You've got to stand up for yourself and your manhood. Don't listen to the politically correct things that dumb celebrities say on TV talk shows.

Just because a man stars in movies or TV shows, it doesn't make him an attraction or relationship expert, so don't just listen to the politically correct things he says to be nice when he's on TV.

We all know how often celebrity relationships end in divorce, so if you hear a male celebrity saying that the key to happy relationship or marriage is to do whatever the woman says, take note and you will see that relationship break up sooner or later.

If the relationship does stay together, statistically speaking, he won't be getting any sex and his woman will be secretly fantasizing about finding a masculine man to replace him.

Not Doing Everything She Wants Makes Her Love You More

Logically speaking, you would think that if a man does what ever a woman wants, it should make her happier and want to have more sex with him.

So, why doesn't it?

Women are genetically programmed to respond positively to dominant male traits (e.g. confidence, masculinity, drive, determination), and to be turned off by submissive male traits (e.g. insecurity, self-doubt, being a push-over).

[image: Turned off by his lack of emotional masculinity]

The more a man gives in to a woman, lets her be in control and keeps looking for her approval by trying to please her, the less he appears as a man in her eyes, and the less respect and attraction she feels for him over time.

If he becomes her bitch and does whatever she wants, she simply can't look up to him and respect him.

She might care about him as a person, but he simply stops being a man that she wants to submit to or open up her legs for.

She just won't enjoy the feeling of being penetrated by a pussy guy who can't even stand up to her. It just doesn't feel right.

What Women Expect From Men

Just because women don't expect men to do everything for them, it doesn't mean they have no expectations at all.

Here are some of the things that most women expect from men; when they meet for the first time, on a date and in a relationship.

These are the things that you should do if you want to be successful with women!

1. When she meets him for the first time.

- *To approach her and make the first move.*

Even when a woman really likes a guy and is secretly hoping that he will approach her and talk to her, she will usually avoid making the first move, or even showing too much interest.

If she makes the first move, she will feel as though she's taking on the role of the man, and if she is like most women, she will want him to take on that role, so that she can relax and feel like a feminine, girly woman in comparison to his masculinity.

Essentially, a woman expects a man to make the first move, and lead her from a conversation, to kissing, sex and a relationship.

If a guy can't do that, then she assumes that he doesn't have the kind of balls that she needs in a man to feel safe with him in this world.

- *To trigger her feelings of sexual attraction.*

Some guys make the mistake of trying to get a woman to like them as a person by being really nice to her, chatting in a friendly way and trying to "get to know her."

He will talk to her for as long as possible and try to show her that he's a sweet, innocent nice guy who has good intentions with her.

Yet, hereâs the thingâ!

She wants to feel sexually turned on and attracted, not just experience friendly feelings.

If a guy is only being nice and friendly to her, a woman isn't going to think, *âAwww, how sweet. Heâs such a nice guy and heâs doing everything for me. I think I want to have sex with him now and be his girlfriend!*â

Why? A woman liking a guy and thinking that he is a nice person, is not the same as her feeling sexual attracted and turned on by him.

If you want to get a woman into a sexual, romantic relationship, you have to focus on triggering her feelings of sexual attraction first, by displaying some of the personality traits and behaviors that are naturally attractive to women (e.g. confidence, masculinity, charisma, sense of humor).

Then, when you do nice things for her, she will consider herself lucky to have met you because you are everything that a woman looks for (i.e. a good guy who also makes her feel sexually attracted and turned on).

- *To impress her with who he is as a man on the inside, rather than trying to impress her with looks or money.*

Most women donât expect men to be male super models with millions in the bank, before they will be interested in them.

Of course, some women do expect men to be at their beck and call and will only date men who are very good looking or rich.

However, the majority of women are most attracted to how a guyâs personality and behavior makes them feel, which is why you will see average, or even unattractive guys dating, or married to beautiful women.

The mistake that many guys make is in thinking that they have to put on a fake persona to impress a woman (e.g. by dressing in a way they think women like, pretending to be richer or more successful than they really are, by paying for everything and buying her expensive gifts).

Yet, the truth is, what an attractive woman wants to experience is a guy who can spark her feelings of sexual attraction by who he is a man, rather than try to impress her with a fake persona.

2. When in a relationship with him.

- *To take the lead and be the dominant one in the relationship.*

Even though most women now have a job or career and can take care of themselves financially, when she is with her man, she still wants to know that he is the man and is the one directing them through their every-day life towards a better future.

If a woman cannot relax and be the woman in her relationship (i.e. feminine, girly, emotional, changing her mind like the weather, being silly), she will eventually begin to lose respect and attraction for her man, and the relationship will either end, or they will end up living as roommates rather than lovers.

To allow her to feel feminine around you, it's important that you always strive to think, talk, feel, behave and take action in a masculine way.

Don't copy her feminine behavior. Be a man for her and she then will be your girl.

- *To deepen her feelings of respect, attraction and love over time.*

In a relationship, it is the man's responsibility to maintain and deepen the feelings of respect, attraction and love between him and his woman.

To do this, he has to be an emotionally strong, honest man that she can look up to and respect, rather than an emotionally weak man (e.g. insecure, self-doubting) that she looks down on.

A woman might enjoy bossing her guy around at the beginning of a relationship, but when she begins to notice that she can push him around and make him do everything for her, she will rapidly begin to lose interest in being with him.

No matter how hard he tries to please her, she just won't be able to feel much or any attraction for him anymore because she doesn't respect him and look up to him.

A woman instinctively knows that her place in life isn't to dominant a wimpy man.

She knows that she feels happier when she is with a man who can lovingly, but assertively put her back in her place when she steps out of line.

- *To have dreams, goals and a life purpose that he's working towards.*

A woman expects a man to be rising through the levels of life and reaching for his true potential, rather than hiding behind her and the relationship out of a fear of failure.

A guy who doesn't have any plans for his life, and is using her, and their relationship as an excuse to hide behind, isn't attractive to a woman.

Women know that life can be challenging at times and that it often requires mental and emotional strength to continue on and succeed in many areas of life (e.g. career, business, fitness, relationships, finances).

A woman wants to feel that if things do get tough, her guy will be able to take care of them and their children if they have any.

She doesn't want a guy who will crumble under the pressure of life and want to cuddle into her and cry, or go inward and become a grumpy, depressed alcoholic who tries to dampen his emotional pain by intoxicating himself.

She wants a guy who can handle the challenges of life and turn them into things that make his life and her life even better than it was before.

For example: If a guy loses his job, he does what is required to get an even better job next time.

If his business is failing, he learns from business experts, applies the knowledge and doesn't give up until he succeeds.

If they are having problems in their relationship, he learns, applies the knowledge and makes the relationship even better than it was before.

That's what she wants.

Yet, some guys think that is unfair and ask, *Why do women expect men to do everything? Isn't it enough that I love her and take care of her?*

What he doesn't realize is that, if a guy is hiding from his true potential behind his woman and their relationship, she will not be able to look up to him and respect him as her man, and without respect, her attraction and love will also fade.

In this life, you're either going to be a man that a woman can look up to and respect or you're not.

[image: Divorce or break up]

If you're not, you will experience rejection, break ups and divorces until you change and become a man that a woman can look up to and respect.

She Doesn't Want You to Do Everything

Hopefully by now you realize that women don't expect men to do everything.

In fact, the more that a guy runs around trying to please a woman and meet her every need, the less respect and attraction she feels for him.

That's not to say that you shouldn't put in any effort to please her or meet her needs, but just don't be her little bitch.

Be a good man, but don't let her push you around.

If she is being too demanding, just laugh at her in a loving way and say, "*Hey, what am I, your slave?*" or jokingly say, "*Do it yourself you lazy bitch! :)*" and have a laugh with her about it.

If you can't jokingly talk that way to your woman because you are worried that she will get angry, then you are her little bitch.

In my marriage, my wife always tests me by complaining about things, but I don't fall for it and will jokingly say things like, "*Shut your mouth. You're much prettier when you don't speak*" or I will let her speak for 30 seconds and then say, "*Huh? I wasn't listening to anything you said. Say it all again*" and then laugh at her in a loving way.

Of course I am joking and she knows that.

I treat her very well and she is loved, appreciated (I thank her all the time for the things she does for me) and is taken care of in the bedroom.

We have a no BS approach to our relationship, where she can jokingly speak like that to me too.

We just don't take things so seriously and that all came from me leading the way to create that dynamic.

If I had no backbone and let her push me around, she would have me scrubbing floors, massaging her feet, washing the dishes and making her food while also running The Modern Man.

Of course, if I had done that, her and I would not be married now.

So, whatever you do, don't fall for the tests that women put you through.

Women don't want you to cower and follow their orders like a good, little boy.

They simply want you to respect them, love them and care about them, while also not putting up with their crap.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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Why Do Women Dump Men?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The main reason why a woman will dump a man is if he has failed to deepen her feelings of respect, attraction and love for him over time.

In a relationship, it is the man's responsibility to guide himself and his woman into deeper feelings of love and attraction.

A woman can help and even get really involved in the process, but it's still the man's responsibility to make sure that, regardless of any challenges they face as a couple, their love, respect and attraction for each other deepens over time.

3 Of the Most Common Reasons Why Women Dump Men

There are many reasons why a woman will decide to dump a guy, but 3 of the most common ones are:

1. He stopped caring about making her feel the way that she wants to feel in a relationship

[image: He stopped caring]

The start of a relationship is usually the easy part because everything is new, exciting and fun.

You and her are getting laid, kissing, hugging, laughing and joking around together and will find doing simple things like going to a movie or eating at a restaurant fun and exciting because you are together.

Based on how much you feel for her, you might try hard to make her feel happy, loved, appreciated, noticed and all that other sweet and lovely stuff.

However, over time, some guys start to become a little comfortable in the relationship and slip into the habit of taking their woman for granted.

For example: While at the beginning of the relationship a guy might make the effort to go out with his woman (e.g. take her to a nice restaurant for dinner, go bowling together, go to the beach and watch the sunset, go to the movies), once things get comfortable between them, he might fall into the habit of staying home, watching TV and expecting her to cook all the meals.

After all, she is his girlfriend and they've already been out to restaurants plenty of times, so she should just be happy with that initial experience and get on with being a housewife/housegirlfriend.

Initially, being a kind of housewife for him might feel good to her because staying home means they can spend more time together in private, but if you know women, you will know that their excitement about something doesn't last forever.

If you want to keep a woman happy for life, you've got to mix up the experience to keep things interested, otherwise she will start to get bored and want to find stimulation elsewhere.

The excitement of being with you and doing the same things over and over again might last for months or even years, but eventually she's going to be a woman and say, "I'm bored" and if you don't care to change things up, she will eventually cheat on you or break up with you.

Here's the thing!

100 years ago, most men didn't have to worry about doing that because it was shameful for a woman to get divorced.

In today's world though, women are free to get in and out of relationships until they find the right guy and the right relationship dynamic for them.

If a modern man fails to deepen his woman's feelings, she will gradually disconnect with her original feelings of love for him and then cheat on him or dump him.

Yes, it isn't a nice part of modern life, but it's the reality and you can either be sad about it or use it to your advantage.

You can use it to your advantage by being the type of guy that no woman would want to break up with, which is actually pretty easy to do.

All you really need to do is:

- Be confident and emotionally strong.
- Reach for your true potential as a man by following your big dream, goal or ambition in life.
- Share love with her, rather than trying to take it all from her to keep for yourself.
- Be a man of your word.
- Don't remain at the same level of life together until it gets boring and stale. Grow together as a couple, try new things or proceed through the traditional levels of a relationship (i.e. engagement, marriage, children, grandchildren).
- Create and maintain a relationship dynamic that naturally inspires mutual respect, attraction and love.

As long as you do that, you are better than 99% of guys out there and a woman will know it and not want to leave you.

She won't want to risk losing an awesome man like you and having to date lots of new guys to hopefully find another guy who even comes close to you.

Let's have a look at the next common reason why a woman will dump a manâ€¦!

2. He became needy, insecure and jealous

[image: He became needy, insecure or jealous]

Women are instinctively attracted to the emotional strength in men (e.g. confidence, masculinity, drive and determination) and they are repelled by emotional weakness (e.g. self-doubt, insecurity, nervousness).

So, when a woman decides to date a guy and become his girlfriend, itâ€¦s usually because she has seen some of the attractive emotionally strong qualities in him.

For example: He might have confidently approached her, confidently asked her out on a date and confidently moved on for a kiss.

However, if he gradually begins to behave in a needy, jealous or overly possessive way, his emotional weakness will become a turn off to her.

She will then lose respect for him and then her attraction for him will also begin to fade away.

In a relationship, a woman wants to be able to relax into her feminine self, knowing that her man is the man all the time.

She doesn't want to be with a guy who needs her to be the strong one, so he can be weak and cuddle into her when he is feeling emotionally weak and vulnerable.

She wants a man who is emotionally strong with or without her reassurance and assistance.

If a guy falls into a habit of needing her to reassure him of her love all the time, uses their relationship to hide from his true potential in life and generally behaves like a lost, confused guy around her, she will feel deeply turned off by him.

When she notices that the other men around her (e.g. at university, work, her favorite hangout spot) are behaving in emotionally stronger ways than her man (e.g. are more confident, have purpose and direction), she will begin to lose respect for her boyfriend, fianc  or husband and start to question why she is sticking with him.

If he gets worse, she will either cheat on him or dump him for a more emotionally strong man.

3. He stopped living up to his full potential as a man

[image: He stopped trying to live up to his potential]

Most women see themselves as the little girl that they used to be growing up, who would cuddle into daddy when she felt scared or unsure of herself.

As an adult woman, she will still have that desire to be protected by an emotionally strong, masculine man even if she is confident, successful and independent.

Of course, she won't go around admitting that, but her fantasy guy is a man who can make her feel as safe as her dad made her feel when she was a little girl.

That doesn't mean she has "daddy issues," but that she simply wants to be able to feel like a feminine woman when she is with her man.

She doesn't want to have to feel like she is a guy's mother or big sister figure in his life. Instead, she wants to look up to him and feel proud to be his girl.

Based on this inner desire, women love the idea of a man who is confidently rising through the levels of life by reaching for his true potential as a man.

A man who doesn't need her to pat him on the head and say, *"Good boy"* or *"Go on, you can do it. Just give it a try. Believe in yourself."*

A man who believes in himself no matter what she or anyone else says about his ability to succeed.

Men who have that confidence instantly make a woman feel like he could provide for her and their children if they ever ended up having any together.

Of course, don't let that become a reason for you to make up excuses and say that you're not ready to have a woman because you're not successful enough at what you do.

A guy does not have to be successful at what he is aiming to achieve before he will be attractive to women.

As long as a woman can see that he has the drive, confidence and determination to become more successful in the future, she will feel attracted to his emotional strength and potential.

However, if a woman starts a relationship with a man and realizes that he has no intention of following through with his goals or pursuing the dreams he told her about when they began dating, she will naturally lose respect and attraction for him and want to dump him.

Why Women Give Vague Reasons For Dumping Guys

When a woman dumps a guy, she will rarely tell him the subtle, secret reasons she is doing it. Why? Here are 3 of the main reasons!

1. Fear of being physically hurt

For most of human history (and even to the present day) women have been hurt and even killed by their man when they attempted to break up with him.

So, a woman has the natural instinct to let her guy down as gently as possible so that he won't react badly (e.g. become angry, shout, make a scene in public, become violent).

She will do that by saying vague things like, *"I just need some space,"* or *"I just don't feel the same way anymore; it's not you, it's me,"* or *"I just need some time apart to figure things out"* hoping that it will be enough of an excuse for her to break up with a guy without him making a scene.

She can then use the time apart to find a replacement guy to protect her, move to another city or make friends with a new crowd of people who will protect her and stand up for her.

2. She doesn't want to waste time working on the relationship anymore

If a guy failed to notice and fix the things that were making her feel unhappy in the relationship, then she will feel that it doesn't matter if he doesn't know what those things are now that it's already too late.

She will be thinking, *"If he wasn't paying attention to all the hints and messages I was giving him in the past, why should I bother spelling it out for him now that it's over between us?"*

She would have thrown tantrums, warned him, gotten into arguments and requested that he change many times before, but he either took her for granted by expecting her to just put up with it, or he was clueless about how to change so he just kept doing the same thing.

3. Not wanting to teach him how to be the man she needs

One of the most important reasons why a woman won't tell a guy why she is dumping him is because she doesn't want to have to hold his hand and show him how to behave like a man in the relationship.

If she has to teach her guy how to be a man for her, she will end up feeling like his mother or big sister, and her respect and attraction for him as a man will then fade away.

Preventing a Break Up

If you are currently making any of the following relationship mistakes, you need to begin to change now, before it's too late:

- Being clingy.
- Taking her for granted.
- Getting into constant arguments.
- Breaking her trust.
- Not following through on your word.

- Not being the man in the relationship.
- Lacking purpose and direction.
- Being unable to control your jealousy.
- Not making her feel feminine in comparison to how masculine you think, talk, feel, behave and take action in life.

You can stop a break up before it happens.

Watch this...

By the way...

If she has already broken up with you, I recommend that you watch this: [How to Re-Attract Your Ex](#)

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[image]

Almost there! Please complete this quick form to gain instant access.

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Why Am I a Hopeless Romantic?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

When a guy identifies himself as a hopeless romantic, it's usually because he has fallen into a pattern of thinking that in order to get a woman to like him, want to have sex and be in a relationship with him, he has to behave like the guys in romantic movies.

The knight in shining armor, the nice guy who saves a woman from all the bad guys, the helpful friend guy who lifts a woman out of poverty or serious life problems and the nervous, nerdy guy who somehow saves the world from destruction and then gets the girl by the end of the movie.

It's all just so sweet and wonderful, isn't it?

No, it's not.

It's a movie.

In real life, you don't get to save the planet from invading aliens and women don't reward super nice guys with sex, love and devotion for doing favors for them.

When meeting a woman for the first time (e.g. at a bar, party, social event), you have to make her feel sexually attracted and turned on by you when you meet her, or else she will reject you or put you in the friend zone.

When in a relationship, you have to make her look up to you and respect you as a man, not act like a guy from a romantic movie who devotes his every waking moment to thinking about her, loving her and following her around like a lost puppy.

If you find that keeping your relationship together has required you to put in a lot of effort and hard work to make her happy, then you've been doing it wrong! ð□□□

Watch this...

A relationship with a woman is easy when you use the approach outlined in the video above.

Say Thanks to Your Mother (She Had Good Intentions)

Many of the guys who are hopeless romantics were raised by well-meaning mothers who told them things like, *â□□To get a nice girl, you have to be a gentleman and do nice things for her,â□□* or *â□□The reason I fell in love with your father is because he was so romantic. He always bought me flowers for no reason and took me on romantic picnics on the beach.â□□*

Over time, this seemingly innocent (and good intentioned) advice from mother is reinforced by women's magazines, TV sitcoms, romantic movies, and of course the internet.

A guy only has to browse through Pinterest to be bombarded by quotes written by women telling him how to behave to impress them (e.g. *â□□Don't put up with anything less than a gentleman,â□□* or *â□□It's never out of style to pull out her chair, open her door, or lay your coat on the ground for herâ□□* or "Real men buy women flowers" or "Real men wait until marriage to have sex") and other nonsense.

Yet, here's the thingâ□|

A guy who behaves in the ways that women request ends up getting rejected by most women. Why?

Women don't select guys based on how nice and well behaved they are.

Women select guys based on how turned on he makes her feel during an interaction.

When she feels attracted and turned on by him, she will then LOVE the fact that he is also being romantic.

However, if she only experience friendly or neutral feelings for a guy and he is being very romantic, it will actually turn her off to the point where she will feel a bit sick in the stomach.

She might not be able to explain why she is feeling that way, but something just won't add up.

She will sense that something is wrong or not quite right.

The thing that is wrong or not quite right is that he is sexually attracted to her, but she isn't sexually attracted to him.

Think of it this way!

When a woman isn't fully attracted to a guy, she will perceive him as being either a friend (at best) or just some random guy (at worst).

Even if she's agreed to go on a date with him, it doesn't mean that she wants to get into a relationship with him.

A date is just a woman's way of testing whether she actually feels attracted to him enough to want to take things further.

On a date, it's a man's responsibility to create more sexual attraction between him and her so that she will feel excited about starting a relationship with him.

So, if he focuses all of his attention on trying to impress her by being romantic and going overboard with flowers, candlelit dinners, romantic songs, etc., she will feel like he's coming on too strong and may even feel creeped out by him.

When the guy gets rejected, he will often blame the woman for not recognizing how good of a guy he is.

Yet, what he doesn't realize is that sexual attraction needs to come first and only then will a woman appreciate the romance.

Accepting Reality

If you've always been a nice guy around women and treated them like the perfect romantic gentleman, and have been continually rejected and hurt, it's only natural that right now you might be saying, *"Why am I such a hopeless romantic when all I get is pain? Women just don't appreciate romantic guys any more!"*

Here's the thing!

There is absolutely nothing wrong with being a nice guy to women, being a gentleman and being romantic.

I treat my wife well and do romantic things with her, but it's only a small part of our amazing relationship.

Most women love a guy who can be romantic, but if he can't trigger her feelings of sexual attraction for him when they interact, being romantic isn't going to convince her to want to have

sex, become his girlfriend or stay married to him as his wife.

Sure, some women will accept it initially, but they will quickly get bored when they realize that the guy mistakenly thinks that being sweet and romantic is the secret to keeping her happy.

She might appreciate that he's a romantic guy and feel flattered by all the effort he puts in, but in the end, if she's not feeling sexual desire for him, she's going to lose interest in being with him.

Part of being the kind of man that your woman respects and feels attracted to, is being in the position of power.

Watch this...

It might make you feel good to be a gentleman and give her all the power, but it's not what she really wants.

Where Romance Came From

In the past, most marriages were arranged by a woman's father or guardian, and it was more of a business deal than a romance.

A woman had to be a virgin on her wedding night and she couldn't go out and earn her own money, or make her own decisions regarding marriage, sex or life in general.

So, during medieval times, as a backlash to arranged marriages, the importance of love in a relationship began to flourish, and young men began to romance the women they desired as a way to gain their love.

This is where the concept of serenading a woman, writing flowery poetry and sending her a posy of flowers to woo her, first started.

In today's world, most relationships start with kissing and sex, not long, drawn out courtships filled with long love letters, bouquets of flowers or other romantic gestures.

In fact, according to a recent study, it turns out that 55% of couples had sex on their first date.

Most of the couples who didn't have sex on the first date would have done it on the second date, rather than getting involved in a long courtship before they eventually got it on.

In other words, being a hopeless romantic and trying to impress a woman with romantic gestures is no longer necessary to get her to want to have sex with you.

In fact, if you approach modern women in that way, they will almost certainly reject you because they now know that a real relationship starts after sex.

Most modern women aren't interested in wasting time dating a guy for weeks or months before he eventually sticks his wiener inside of her.

She wants to get it on early, so the relationship can begin and they can start progressing through the stages of a relationship all the way to true love and potentially marriage and family.

How do you get a woman to want you sexually?

When you make a woman feel sexually attracted to who you are as a person (e.g. confident, charismatic, reaching for your true potential as a man, interesting to talk to, charming), she will instinctively want to kiss, have sex and be in a relationship with you.

Then, when you are also romantic, she will consider herself lucky and she will feel even more

attracted to you and will want to become your girlfriend.

Being Romantic in Ways That Women Like

Rather than wasting time and energy being romantic in ways that women aren't going to appreciate, here is how to be romantic and get the girl!'

1. Turn her on and then treat her with romantic conversation.

As long as you have turned her on first and know that she is sexually attracted to you, she will then love it when she hears that you think she is pretty and smart.

So, during a conversation, you can jokingly ask her something like, *â" Okay, so youâ"re smart, beautiful and sexy. So, whatâ"s the catch Cinderella? Do you turn into a pumpkin after midnight?*â"

This is a great way to create attraction because:

- Most women are insecure about their attractiveness to men, so you are making it clear to her right away that you think sheâ"s sexy.
- She will feel attracted to you for being confident enough to tease her like that, and she will also feel attracted to how you can make her laugh and feel good when sheâ"s with you.

Then, if you also happen to do something romantic (e.g. pull out a chair for her, open a door for her, pour a drink for her before you pour one for yourself), she will see it as being sweet and exciting, and she will be happy to be with a guy who not only triggers her feelings of sexual attraction and respect for him, but is also a romantic, good guy.

2. Donâ"t be predictable.

The key to romance is to use it unpredictably.

If you fall into a pattern of being a predictable romantic (e.g. you buy her flowers before you meet her for every date, you take her to the same restaurant for a romantic dinner once a week, you always pull out a chair for her or open doors for her), she will eventually begin to expect these things and then they will stop being romantic to her.

Instead, she will start to look at you as being too serious and proper and will want you to relax and ease up on the chivalrous behavior.

To be unpredictable, you donâ"t have to come up with bigger and better romantic ideas every time; you simply have to vary when and how you romance her.

For example: Rather than buy a woman a big bunch of flowers before a date, you can pick a wildflower from a bush during a walk and put it in her hair.

Alternatively, rather than take her to a restaurant every time you go out together, you can invite her to your place for dinner, and then instead of having something prepared, you can get her to help you cook.

Continue to build up her feelings of sexual attraction while you cook together by teasing her about her chopping skills, smudging her cheek with tomato sauce, or joking about her panda eyes caused by her runny mascara from chopping onions.

Essentially, itâ"s not what you do, but rather the feelings and emotions you evoke inside of her

when you do it that counts.

When a woman is attracted to who you are as a man, she will regard most of the nice things that you do as being romantic.

As long as you remain spontaneous and attractive (e.g. be confident, masculine in the way you talk, behave, feel and think), anything that you do will be romantic to her and she will feel lucky to have found a great man like you who also happens to be a hopeless romantic (but in a good way).

Then you will never have to ask, *â€œWhy am I a hopeless romantic?â€œ* like itâ€™s a bad thing, because you will have discovered that thereâ€™s a lot more to you as a man than just romance.

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[image]

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Why Do My Relationships Never Last?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

In today's world, if you want your relationship to last, you have to deepen a woman's feelings of love, respect and attraction for you over time, rather than taking her commitment for you for granted.

In the past, a woman had to stay with a man for life even if he made her feel unhappy or treated her badly, but in today's world, a woman has the freedom to get in and out of relationships until she finds a man who gives her the relationship experience that she feels she deserves.

To ensure that your relationship stays together, you need to be setting off more positive chain reactions than negatives.

Watch this video for more info...

If you're constantly setting off negative chain reactions (e.g. because you're being insecure, emotionally sensitive, are unable to handle her tests of your confidence, giving her too much power), she will lose interest.

Once you understand what women REALLY want (which is different to what they say), you will realize that relationships with women are SO EASY.

So, if you're wondering, *Why do my relationships never last?* here are 5 of the most common reasons why women lose respect for, and break up with, a guy.

1. He Makes Her the Center of His World

Many guys make the mistake of focusing all of their attention on their woman, thinking that it will make her feel so special, loved and appreciated that she won't ever want to leave him.

For example: A guy like might stop hanging out with his friends, give up his interests and hobbies, and he may even stop pursuing his dreams so that he can focus all his attention on his girlfriend.

He might spend all his free time with her, do whatever she wants, and shower her with attention and gifts, and constantly tells her things like, *You mean the world to me. I don't know what I would do without you,* or *You are so special to me. I would do anything for you* or "My life would have no meaning without you in it."

He sounds like every woman's dream guy, right?

No.

Life isn't a romantic Hollywood movie.

It's just not how things work in real life.

Even though a woman may enjoy his undivided attention at the start of a relationship and feel flattered, over time that approach to a relationship begins to feel smothering.

A woman's instincts kick in and she starts to wonder why he only cares about her and is essentially turning his back on other important things in life that other men usually care about (i.e. following through on and achieving their big goal, dream or ambition in life).

If his only ambition is to have her and keep her, she will begin to wonder whether she is with a man

who is afraid of rising up through the levels of life to reach for his true potential.

She then might begin to feel as though she's too good for him and consider leaving him to find a more courageous man who doesn't hide from life behind her and a relationship.

Of course, there are many unattractive women out there who are happy to date insecure guys who make her their life's mission, but the majority of attractive women prefer a guy who is confident in himself and has more going on in his life than just her.

So, a key thing to remember when in a relationship with a woman is that to continue building on her love, respect and attraction for you, you need to be able to balance your love and attention for her, while at the same time striving to reach your true potential as a man.

She will then look up to you and respect you. She will feel proud to be your woman, rather than feeling like she's stuck with yet another fearful guy who is hiding from being the man he should be in this life.

2. He Becomes Clingy, Needy and Insecure

[image: He becomes clingy, needy and insecure]

There's nothing wrong with loving and wanting your woman 100%, but when you need her for your emotional security and stability as a man, that's when problems begin to arise in the relationship.

For example: An insecure, clingy, needy type of guy might insist that his girlfriend give up her friends just to spend time with him.

He might also begin to prevent her from hanging out with her colleagues after work in case she develops a crush with one of them, stop her from pursuing her interests, or call her many times a day to check up on her.

He might also get angry or upset if she takes too long to answer a text message from him or return his call.

If a woman resists this type of behavior, he might say things like, *“If you loved me as much as I love you, you wouldn't do this to me,”* or *“You would do this for me if you really loved me,”* or even accuse her of cheating or wanting to cheat, *“Do you like a guy at your work? Is that why you've been acting distant recently? Do you think he is better looking than me? Do you fantasize about having sex with him? What is going on? Tell me!”*

If you want to make sure that your relationship last, one of the most important things to remember is that clingy, needy and insecure behavior is a big turn off for most women.

Most women love the idea of being with a guy who loves them, but who is also confident enough in himself and in his value to her, not to need to control her every move.

The more confident you are as a man, the more attractive you become and the more a woman's respect and love for you will grow.

To avoid being clingy, insecure and jealous, you need to give your woman your full trust and let her take care of it.

Yes, she could ruin your trust one day, but that will be her fault, not yours.

However, if you try to control her and smother her due to insecurity, she will lose respect for you,

then attraction and then fall out of love and that will be your fault.

Giving your woman your full trust is something that takes a little getting used to, but once you do it, you will see that the love, respect and attraction deepens in your relationship rather than fading away like it did in previous relationships.

Essentially, giving your woman your full trust is the mature, grown up way to approach a relationship and make it last.

3. He Takes Her for Granted

[image: He takes her for granted]

This is one of the main reasons why relationships don't last these days, because women just don't put up with it as much as they used to.

In the beginning of the relationship, a guy is usually very loving, attentive and kind towards his woman.

Yet over time, either he becomes complacent in the relationship and thinks that she will stick around even though he's not paying her much attention, or other things become more important than keeping the attraction, respect and love alive between him and his woman (e.g. he puts all of his attention on work and gives none to her, he uses his spare time to play video games or drink with friends, he spends too much time at the gym).

If you want your relationship to last, you've got to love her all the way, instead of getting her to love you and then expecting her to stick around now that you've hooked her in.

For example: At the beginning of the relationship, a guy might take notice of his woman's appearance and will compliment her for looking good.

He might take her out to restaurants and spoil her with a surprise weekend away once in a while, or give her an occasional surprise gift or bunch of flowers.

Yet, once he feels comfortable in the relationship, he stops noticing his woman's efforts to look good, and he settles into a routine of doing the same thing week in week out.

That is fine for a while, but if it's on repeat for more than a year without much variation, a woman will begin to feel as though he's taking her commitment to him and the relationship for granted.

Gradually, she will get tired of seeming unimportant to him and she will either threaten to break up with him, cheat on him and then break up with him or just break up with him and try to find a new guy to replace him.

So, when you are in a relationship, it is very important that you continue to make your woman feel loved and appreciated no matter how busy or comfortable you get.

Personally speaking, I am extremely busy as I build the gigantic movement that is The Modern Man.

Yet, I always make sure to balance my time to give my woman plenty of love, attention, laughter and enjoyment of being with me.

I would love to devote more time to work (I work about 50 hours a week), but I have to maintain a balance.

Life is all about balance.

You've got to eat well, exercise, love well, bang your woman well and sleep well.

Keep everything balance and life is great. Tip things out of balance and eventually, problems begin to arise.

So, even if you are really busy with work or with studies, taking the time to give your woman a compliment on her appearance, or to arrange a night out together, will go a long way towards making her feel loved, and will help to deepen the respect, attraction and love that she already feels for you.

By the wayâ€¦!

If you've gotten dumped for taking a woman for granted, here's how to recover from itâ€¦!

As you will discover from the video above, taking a woman for granted isn't a good thing to do, but it's also not the worst, most unforgivable thing in the world.

Most guys make the mistake of taking their woman for granted, but if you have done that and then become a better man, there's no need to keep beating yourself up about it.

Instead, be a great man by learning from the experience and becoming a better man as a result.

4. He Allows Her to Wear the Pants in the Relationship

To avoid fights or confrontations, some guys choose to step back and allow their woman to take the lead.

A guy like that believes that letting her make all the decisions will make her happy because she gets what she wants.

Yet, thatâ€¦s not how a woman's happiness with a man works.

While a woman does want to be heard, listened to, respected and loved, she doesn't want to have a pushover for a man who lets her walk all over him.

Only unattractive women like men like that. If an attractive woman accepts a man like that, she will eventually cheat on him, break up with him or divorce him.

A woman wants to be with a man who takes the lead in a relationship and makes her look up to him and respect him, while also listening to her and respecting her.

If a woman finds that she is bossing her man around and getting away with whatever she wants, she may enjoy it for a little while, but eventually she will lose so much respect for him, that she won't care how much power she has because she's not feeling respect, attraction and love for him.

Itâ€¦s a fundamental fact of nature that women are attracted to the emotional strength in men (e.g. confidence, masculinity, determination, the ability to stand up for himself) and turned off by the emotional weakness (e.g. insecurity, nervousness, letting her push him around).

So, even though a guy might get lucky and find himself in a relationship with a woman who overlooks his insecurities and self-doubt in the beginning, if he fails to man-up and become the man that she needs him to be (i.e. lead in the relationship), she will eventually break up with him.

I know this because I've personally helped 100s of guys to get their ex back in situations like this, where the woman has lost respect for him because he just wasn't enough of a man for her.

It doesn't matter how rich, good looking or tall the man is, a woman is still going to break up with him if he doesn't make her feel the fundamentally important emotions of respect, attraction and love.

This is why you will see men who aren't financially successful, who aren't good looking and aren't tall and muscular with a beautiful girlfriend or wife for life.

Women place much more importance on how a guy's personality, behavior, thinking and actions make her feel than on superficial things like looks, money and height.

Of course, there are women out there who enjoy being the boss in the relationship, but these types of relationships are more about convenience than true love.

The woman (usually unattractive) simply accepts an insecure man so she can stop her parents or girlfriends from hassling her about still being single or not having children.

Yet, the relationship will almost certainly end in a break up or divorce.

So, to avoid being dumped for giving a woman too much power, you simply need to accept the fact that women remain attracted to emotionally strong men who have the balls and heart (i.e. you care about how she feels) to take the lead in the relationship.

When you embrace your role as the man and take the lead, a woman can then relax into your masculine direction and be a loving, feminine woman for you.

Of course, a woman can and will take the lead at times (e.g. doing the cooking, keeping your home neat and tidy, keeping your books and finances in order), but generally speaking, she will want you to take on the role of leader and director in the relationship.

If you don't, she will instinctively begin to feel unsatisfied, her love will fade into the background and you will find yourself wondering, "Why do my relationships never last?"

5. He Tells Her He Loves Her Too Soon

[image: He tells her that he loves her too soon]

Some examples of when a guy should not express his feelings of love too soon in a relationship include the following:

1. When a woman isn't yet fully attracted to him.

Attraction is always the first step that a guy needs to go through with any woman he wants to have sex with and be in a relationship with.

If a woman isn't fully sexually attracted to him, she might like him as a person and enjoy hanging out and doing things together, but she won't feel excited about exploring a committed sexual, romantic relationship with him if she's not completely attracted to him first.

2. When a woman is not as serious about the relationship as he is.

In today's world, women are free to have casual sexual relationships with guys without the need to become serious.

Some women enjoy one-night stands, while others enjoy having a sexual relationship with a guy (or multiple guys) without wanting the seriousness and commitment that comes with a long-term relationship.

However, some guys make the mistake of thinking that if he tells a woman who doesn't want to be in a committed relationship with him how much he loves her, she will change her mind and will fall in love with him too.

Yet, thatâs not how it works.

If a woman is trying to avoid a serious relationship, she will have had loads of guys saying, “I love you” and hoping to get her into a relationship.

What she wants is a guy who is more of a challenge to win overâ!

She wants to feel so much respect, attraction and love for him that she can’t stop herself from saying, “I love you” during or after sex.

Most guys can’t give her that experience though because they think they’re being original and romantic by expressing their feelings of love when things seem to be going well.

3. When a woman feels more valuable than the guy.

A woman doesnât want to feel like sheâs doing a guy a favor by being with him.

She wants to feel know that her guy could have his pick of other women if he wanted to, but he has chosen her.

That is what makes her feel special, even though she would rarely admit that if asked in person.

Almost all women say that they hate it when a guy thinks that most women like him, but he is actually the kind of guy that they lust after and hope to get.

It’s not about bragging about having other women interested, but simply being able to attract women during interactions without desperately trying to pick them up.

When women feel attracted and turned on by you and then notice that you’re not desperate to pick them up, they will know that you could easily get other women.

A woman will then feel special and lucky to be chosen by you.

So, when you are in a dating a new woman, rather than wear your heart on your sleeve and immediately telling her that you love her, simply focus on making her feel so attracted to you that she can’t stop herself from saying it first.

She will love you so much more for giving her that priceless gift that she can then brag about to her girlfriends for life.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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Why Do Women Act Crazy During Their Period?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The main reason why some women act crazy during their period is because of the changes that occur to their hormone levels at this time.

Basically, when a woman's progesterone levels drop too quickly before menstruation, she experiences something called Pre Menstrual Syndrome (PMS), which then impacts her mood during.

This may cause her to behave in ways that are uncharacteristic to her normal behavior (e.g. she becomes overly emotional and cries for no apparent reason, is irritable, gets really annoyed over seemingly insignificant things, experiences mood swings, feels depressed, anxious).

According to the National Association for Pre-Menstrual Syndrome, 90% of women suffer from PMS, with up to 10% seriously affected, so chances are that, as long as you're in a relationship with a woman, once a month she will probably act a little bit crazier than usual.

The best way to handle her mood change is to love her and laugh at her.

Love Her and Laugh at Her

[image: Love her and laugh at her]

When your woman gets really emotionally and acts weird during her period, just love her and accept that she is experiencing hormonal changes.

Don't get angry at her or take it personally. She can't turn her hormonal changes off, so you are either going to love her for who she is, or get annoyed when she changes once a month and have unnecessary fights and arguments.

The other part of Love Her and Laugh at her is to laugh at her.

So, rather than taking everything that she says or does so seriously, just laugh at her and the situation.

If she is getting angry for no good reason, laugh and say something like, *"You look funny when you get angry."*

If she is threatening to hurt you or hit you, just laugh and say, *"Oooh, you're a little tough girl now. Oooh, how scary. Let me feel your muscles. Wow, you're tough"* and laugh at her and the situation.

If she is going crazy and throwing a tantrum, start laugh and take out your phone and say, *"I'm going to record this and post it on Youtube. I'll call it Crazy Girlfriend Throws a Funny Tantrum."*

The whole point of laughing is to take away the seriousness of the crazy, angry behavior and bring the interaction back to love.

If you want your relationship to last a lifetime, you as the man need to be the more emotional strong one who has the ability to bring interactions back to love.

Most guys can't do that, so when you are the guy who can, a woman loves and appreciates you in a way that makes her want to stick with you no matter what.

Period or Not, Women Are Emotional Beings

The more feminine and girly a woman is, the more likely it is that she gets emotional while on her period or not.

For example: A woman might be the boss at her work where she is always serious and in control of her emotions.

Yet, when she comes home at night, she might break down and cry because she had a stressful day at work, or she might blow up at her boyfriend (or husband) for something completely irrelevant; simply because she's feeling moody and emotional.

For many guys, this type of behavior comes across as being crazy, because that's not how men behave.

Unlike a woman who will pick a fight with her man for no apparent reason, a loving, masculine man won't take out his bad mood on his woman.

A feminine or insecure man will, but a loving, masculine man won't.

A loving, masculine man will generally keep his emotions in check, and if he had a bad day at work, he will get over it immediately because unlike a feminine-minded man who wants to whine, bitch and moan, a masculine man doesn't feel the need to.

If he can't get over it on his own, he might go to the gym, go for a run, wash his car, or do something else that will help him to work off some steam and relax.

That way, when he interacts with his woman, he can have a positive, loving, fulfilling interaction with her, rather than taking out his negative emotions on her and ruining her respect for him in the process.

A masculine man knows that men and women are different and he doesn't expect a woman to think, talk, feel and act rationally like a man.

He knows that his sexual attraction for her exists because she is a woman and if she were to think, talk, feel, behave and act like a man, they would both begin to lose interest in having sex with each other.

So, if you find yourself getting frustrated every time your girlfriend (fiancée or wife) gets emotional and starts to act crazy (especially during her period), it could be because you're making the mistake of wanting her to behave more like a man (e.g. be in control of her emotions, be logical and serious like you are).

Let Her Be a Woman and She Will Love You For it

The majority of women are feminine beings and getting emotional is not only natural to them, it's also a way for them to test how much of a man their guy really is.

For example: Sometimes, when a woman throws a tantrum, is moody, or bursts into tears over nothing around her man, a guy can easily get caught up in her drama and become angry at her, shout and get upset, storm off in a bad mood, or even cry and beg her to forgive him for whatever it is that she is blaming him for.

[image: She will always be different to you. Let her be a woman]

When he reacts in this way, rather than actually make her stop her bad behavior, she actually becomes even more moody and she may even stop wanting to have sex with him. Why?

If he loses his cool and becomes emotional (like a woman), she can no longer relax into her feminine self around him because he's clearly not a masculine man, and as a result, she begins to lose respect for him.

The more respect a woman loses for her man, the less sexual attraction she feels for him and all that leads to her losing interest in sex and intimacy.

This is the main reason why, no matter how crazy a woman acts during her period, or at any other time, you have to remain calm and simply accept that she won't always behave in a rational way like you do and that's okay.

She's a woman and you're a man.

Accept it and love her for who she is, rather than trying to get her to be more manly like you, where she remains in control of her emotions and acts sensibly all the time.

Could Her Tantrums and Tears During Her Period Be Caused By a Deeper Problem in Your Relationship?

Although a woman experiences hormonal changes before her period that she has no control over, the truth is that she won't go completely crazy if her relationship is going well.

For example: A woman might get annoyed if her man forgets to put the cap back on the toothpaste, and she might even say, *"Why do you always do that? It drives me crazy!"*

Yet, small things like that aren't going to make her want to break up with him.

It's only when there are deeper problems in the relationship (e.g. she feels taken for granted, her guy is clingy or insecure, he doesn't have any goals or ambitions) that make most women want to leave.

If there are deeper problems in your relationship, you will find that when she is pre-menstrual, she focuses on the negatives and begins to treat you badly as a result.

When the problems don't go away, she will then begin to question whether she wants to be stuck in a relationship with a guy who takes her for granted, is going nowhere in his life, or who is constantly insecure and self-doubting.

Using the example of the toothpaste above, that small irritation can turn into an opportunity for her to attack a deeper character flaw in her man.

Instead of her just getting annoyed and forgetting about it, she might react by saying things like, *"You're so unreliable. You never do anything right,"* or *"You always expect me to pick up after you. I'm not your damn maid you know!"*

In reality, what she could be saying is, *"You never follow through on anything. You are not a man of your word,"* or *"I feel like you are taking me for granted in this relationship."*

While she might be able to forgive her guy when she's not feeling hormonal, during her period, she will experience the problems in the relationship full force.

So, if your woman acts crazy during her period, it is possible that there are certain issues that are not

being dealt with in your relationship.

Ask yourself:

- Have her and I been dealing with issues in the relationship as they crop up, or have we been sweeping our problems under the carpet?
- Have I been a man of my word, or have I been making promises to her that I haven't kept?
- Have I made her feel loved and appreciated in the relationship, or have I been taking her for granted?
- Do we have similar goals and dreams that we are working towards as a couple, or are we aiming for different things in life in the long run?
- Do I have interests and friends outside of the relationship, or have I made my woman the main focus in my life?
- Am I the man in the relationship, or is she wearing the pants?

By answering these questions, you will be able to determine whether your woman acting crazy during her period is hormonal, or if there are deeper, more serious issues you need to face.

There's Nothing That Cannot Be Fixed

If there are deeper problems in your relationship that will lead her to break up with you soon, you can fix them now.

Don't panic.

Instead, just become a better man and make her feel the way that all women want to feel in a relationship (i.e. feminine and girly in comparison to you, safe about the future, loved and accepted, respectful of you).

Make sure that the problems that are turning her off begin to go away in the next few weeks to a month and you will notice a big difference in her behavior during her period.

For example: During her period, a woman might get angry with her boyfriend and say things like, *â€œYou are so needy! You are smothering me! Iâ€™m your girlfriend, not your child! I can make my own decisions!â€*

A guy might then realize that he is generally behaving in a clingy, needy, insecure and possibly controlling way.

He can fix this byâ€¦

1. Making progress on his biggest dreams, goals and ambitions in life, rather than focusing all of his attention on her.
2. Finding a hobby to pursue separately from her (e.g. playing a musical instrument, running, restoring old cars).
3. Reconnecting with old friends that he might have lost touch with when he started dating her, or making new friends.

In this way, he will be fixing the root of the problem, and the next time she has her period, he will more than likely notice that she's not acting as crazy as before.

Of course, she will probably still get irritable or tearful, but rather than direct her tantrums and tears

towards him, she might just cry over a sad movie, or call up her best friend to have a good whine with her instead.

Don't Crumble Under Her Pressure

[image: Don't try to change her into a man]

When your woman acts crazy, you have to remain strong and not become overly emotional with her. When you remain in control of your emotions (i.e. you remain calm, positive, confident, easy-going, respectful towards her, respectful of yourself) you are showing her that you are the man, while at the same time allowing her to feel totally feminine in contrast to you.

The truth is that your woman will always experience life differently to you, so don't focus your energy on trying to tame her and make her think, feel, act and behave more like you.

If you do that, she will lose touch with her femininity and your relationship with her will seem more like a neutral friendship, which will kill the sexual attraction between you.

So, the next time your woman acts crazy during her period, simply show her that you love her (e.g. by giving her a backrub to relieve the pain, prepare a hot water bottle to help with her cramps), and accept the fact that she will likely be more temperamental, moody and irrational during this time â€œ and thatâ€œs okay.

To get rid of the seriousness of the situation, be the one who laughs and brings it all back to smiling, laughter, love and happiness together.

Of course, she might snap and get angry an hour later, but hey â€œ she's a hormonal woman on her period.

Just laugh and say, *"Oh, here we go again. Crazy girlfriend is back. Got to get a video of this and post it on Youtube"* and have a laugh with her.

Of course, you don't actually post the video online.

It's just something to get her to become conscious of her behavior, get distracted from the tantrum and have something to laugh about with you as you bring the interaction back to love.

Alternatively, you can say things like, *"Huh? What did you say?"* after she rants and raves for a minute about something and add in, *"Sorry, I wasn't listening the entire time"* and have a laugh with her about that.

Essentially, don't take her tantrums so seriously.

Love her and laugh at her.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to

you and be totally in love with you for life

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Why Do Women Act Distant in a Relationship?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you believe that you're doing everything right in your relationship, it only makes sense that you'd be wondering why she is being distant.

After all, if you're a good guy, you love her and you're doing your best, then what is her problem?

So, why do women act distant, when to a guy, everything seems to be going perfectly on track?

Here are 4 common reasons why!

1. She's testing your confidence

[image: She is testing your confidence]

Women always test a guy's confidence because they have an instinctive need to ensure that they are coupled up with a confident guy who will remain emotionally strong with or without her reassurance.

If she becomes distant to test how you will react and you then become emotionally sensitive and insecure, she will instinctively lose respect and attraction for you.

Even though she might not be able to explain it herself, instinctively she will know that something just isn't right.

A woman will happily stick with a man if he is able to remain confident in his attractiveness and value to her no matter how she tests him.

However, if he can't handle her confidence tests, she will instinctively begin to lose interest in being with him.

Each woman uses confidence tests in a different way and with different timing.

For example: Some women are easy to pick up and get into a relationship, but about 2-3 months in, she will completely change and play hard to get.

Likewise, some women test a guy's confidence a lot when they first meet him by playing hard to get, but once they are in a relationship, they soften up and fall madly in love.

Each woman is slightly different, so to be successful at picking up women and keeping a relationship together, you've got to be emotionally strong enough to handle the confidence tests of women.

2. Her feelings for you aren't strong enough yet

Another reason why your woman might be acting distant is that she's just not fully in love with you yet.

The beginning of a relationship is always the easy part because of the excitement of being with someone new, kissing, having sex and enjoying the feelings of lust and new love.

However, after a while (how long depends on the woman), it's not unusual for a woman to ask herself:

- Is this the guy that I see myself being with in the long term?

- Is he really the best that I can do?
- Can he deepen my respect, attraction and love for him over time, or is this as good as itâ€™s going to get?
- Can I love him, faults and all, or is he only good enough for now, until someone better comes along?

Naturally, while all of this is going on in her head, she will act distant and pull away from her man, causing him to feel shut out, and possibly even worried about losing her.

He might then begin to think, behave, talk and act in insecure ways, which will turn her off and start making her think about breaking up with him.

What a guy needs to do is to simply relax, maintain his belief in his attractiveness to her and let the relationship unfold naturally.

As long as he is able to deepen her feelings of respect, attraction and love over time, she won't want to break up with him.

However, one of the reasons why some women won't fall madly in love quickly is that she doesn't want to go through the process of giving her complete love and trust to a guy, only to find out a short while later that he has no idea how to guide her into deeper feelings of respect, attraction and love in the long term.

For example: Some guys think that once they get a girlfriend to fall in love with them initially, she's going to stick around and put up with him for a long time or for life.

A guy like this might then relax and assume that hanging out together, watching TV, going out to eat once in a while and kissing and having sex is enough for her to want to stay with him for life.

Yet, thatâ€™s not how it works.

If you want your relationship with your woman to grow and flourish over time, you have to be the one leading both her, and yourself, to deeper levels of respect, attraction and love.

If you can't do that, then why should she stay interested?

Look at it this way: When you plant a seed, you have to then continue watering and nurturing it for the rest of your life, if you want it to grow into a big, strong healthy plant.

The same applies to a relationship.

The initial feelings of attraction are not enough to last for a lifetime, unless you can nurture them into something bigger and more meaningful.

The more attraction, love and respect you can make her feel for you, the quicker she will decide that youâ€™re a catch worth keeping, and then she will draw closer to you and open up, because she won't want to lose you.

3. She's feeling turned off by your excessive need for her

[image: She is turned off by your neediness]

There's nothing wrong with really wanting your woman and enjoying spending time with her, but when it gets to the point where you need her for your emotional security and stability, that's when problems begin to occur.

Itâ€™s a womanâ€™s natural instinct to be attracted to the emotional strength in men (e.g. confidence, masculinity, drive and determination, high self esteem) and be turned off by the emotional weakness (e.g. insecurity, self-doubt, clinginess, neediness).

If a woman is a little preoccupied and distracted in her relationship (e.g. sheâ€™s having a hard time at work, sheâ€™s in the middle of big exams) and her guy reacts by becoming clingy and needy towards her, she will instinctively pull away and start acting distant.

If he then keeps asking, *â€˜Why are you being so distant? Whatâ€™s wrong? Whatâ€™s changed between us; donâ€™t you love me anymore?â€™* or *â€˜You know that you are everything to me. Youâ€™re the only thing that I care about? Canâ€™t you see that when you act distant and keep me shut out I feel like Iâ€™m dying inside? What do I need to do make things go back to the way they were at the beginning? Just tell me and Iâ€™ll do anything for you. Anything!â€™* she will feel turned off by what she perceives as his emotional weakness.

She might then start thinking, *â€˜Why is he so insecure in our relationship? What is he hiding from? Have I hooked up with a guy that other women wouldnâ€™t want? Is he needy for me because he knows how difficult it would be to find another woman? What kind of man do I have here? Is he needy for me because he lacks purpose in life? Is he afraid of spending time rising through the levels of life to reach for his true potential as a man? Do I have a failure of a man here? Am I going to be safe staying with him in the long run?â€™*

If she senses that he is using her and the relationship as an excuse to hide from his true potential as a man in life, she will naturally distance herself from him even more.

A woman definitely wants a man who loves and respects her and is there for her, but she doesnâ€™t want get stuck with a guy who hides from the challenges of life behind a relationship with her.

When a guy is needy, clingy and insecure in his relationship, it makes a woman feel as though she has to mother him and take care of him emotionally, which is a huge turn off for her.

4. Sheâ€™s trying to tell you that something is wrong

Every couple goes through some ups and downs in a relationship. Itâ€™s completely normal, expected and natural.

However, if a woman suddenly realizes that her instinctive desire to distant herself isnâ€™t because of little things (e.g. he doesnâ€™t take out the garbage when she asks him to, he forgets to call her when he said he would), but because of major issues, she will begin to distance herself from her guy.

For example: A woman might realize that, even though at the beginning of their relationship, her guy attracted her with certain personality traits and behaviors (e.g. confidence, masculinity, charisma, charm), it was all an act to get her into a relationship.

Now, after she has fallen for him a little, his true colors are coming through (e.g. heâ€™s insecure, jealous, doesnâ€™t have much purpose or direction in life, prefers to watch TV rather than face his problems head on, canâ€™t handle her confidence tests, argues with her over unimportant things, needs her emotional support to feel strong).

She might then start dropping hints to let him know whatâ€™s bothering her (e.g. she might say, *â€˜Why are you always watching TV? Why donâ€™t you do something with your life?â€™* or *â€˜Youâ€™re smothering me. I need some space.â€™*)

If he doesn't get the message, she will begin pulling away and distancing herself emotionally until she is ready to break up with him.

Unfortunately, most guys don't notice what's going on until it's almost too late.

They often ask, *But, why doesn't she just tell me what's bothering her? How am I supposed to guess what's going on?*

Yet, here's something that you need to understand and accept about women!

Most women won't come out and tell a guy what's bothering them and give him a nice list of things to fix. A woman will hint and then she'll distance herself and wait for her man to figure things out by himself.

Why?

She doesn't want to have to mother him or teach him how to be the kind of man she can look up to, respect and feel attracted to.

If she has to take on the role, she will feel more dominant than him and that will kill her feelings of sexual attraction.

So, if your woman is acting distant, it may be her way of trying to get your attention focused on the fact that there is a deep problem with how you are approaching the relationship dynamic (e.g. you're giving her too much power, your insecurity is ruining her attraction for you).

The sooner you understand what is causing her to pull away from you, the sooner you can fix any issues and re-spark her feelings of respect and attraction.

Making Your Relationship Better Than it Was Before

[image: Making your relationship better than it was before]

Right now, if you're asking, *Why do women act distant in a relationship?* it's quite obvious that your relationship is not the way you want it to be.

The good news is that this can change and you can actually make your relationship even better than it was before.

Start by figuring out the real reason your woman is acting distant.

Ask yourself!

- Have I been turning her off by acting jealous, needy or insecure?
- Have I been making her feel the way she wants to feel when she's with a man (i.e. making her feel feminine and girly in comparison to how masculine I think, talk, feel, behave and act)?
- Am I rising through the levels of life like a man, or am I using her and the relationship as an excuse to hide from my fears of failure?
- Have I been deepening her feelings of respect, attraction and love, or have I been sitting back hoping that it will happen all by itself?

Regardless of what your answers are, when you start fixing your issues and show your woman that she's been heard, she will naturally start to feel respect for you again.

Then, you simply need to continue deepening her feelings of attraction for you and her love for you

will become stronger every day.

She will open up to you and feel lucky to have found a man that is so emotionally strong and mature compared to other guys.

Instinctively, she will know that her best chance at a happy, fulfilling life is to hold on to you and never let you go, rather than risking being a guy who isn't able to make her feel what you do.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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What to Say to Your Girlfriend After a Fight

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

People don't always see things the same way all the time, which is why it is perfectly normal for a couple to fight once in a while.

However, if you want your relationship to stay together for life, you must always try to bring everything back to laughter, smiling and love, rather than trying to outwit her, make her look stupid or intimidate her with aggression.

Fighting is fine, but bring it back to love.

[image: Bring it back to love]

How you handle arguments and disagreements is very important because what you say and do during those moments will either bring you and your woman closer together, or cause you to grow apart.

So, if you're wondering what to say to your girlfriend after a fight, here are some quick do's and don'ts to keep in mind:

1. Don't Beg For Her Forgiveness

[image: Please I'm begging you]

Apologizing and saying *I'm sorry* after a fight is perfectly okay; especially if you're responsible for what caused the fight in the first place (e.g. you broke a promise, said something hurtful to her).

However, no matter how badly you messed up, pleading and begging her to forgive you is the worst thing you can do at this time. Why?

Right now, your girlfriend is feeling angry, hurt and maybe even a little turned off by you.

By breaking down and behaving in a way that makes you appear emotionally weak, she will begin to lose respect for you because you are showing her that you lack the emotional strength and maturity of a real man.

In most relationship break ups, the main reason why a woman decides to end the relationship is that she loses respect for her guy and no longer sees him as being man enough for her.

With that in mind, you will then understand that what you say to your girlfriend after a fight is very important because it will either make her respect, attraction and love for you grow, or it will make her feelings for you shrink.

So, when you apologize to your girlfriend, do it in a way that is loving and sincere, but also emotionally strong.

For example: Rather than say, *I'm so sorry!! Please forgive me!! I'll do anything you want me to do and I promise never to do that again!!* which will make her see you as emotionally weak and will make her lose respect for you as her man, you can say, *I apologize for what happened. I've had a chance to think about it and I can now see that what I did was wrong and why you feel that way about it. I'm going to use a different approach next time so we don't have to end up feeling like this again.*

Not only does this make her feel understood, it also shows that you're man enough to accept responsibility for your actions and then take action in improving yourself; and her respect, attraction and love for you will grow.

2. Don't Give in Just to Please Her

A big mistake that guys make in relationships with women, is letting her have her way just to keep the peace.

When a guy lacks experience with relationships or still doesn't understand what women really want, he will often believe that keeping a woman happy is about doing whatever she wants.

Essentially, she wears the pants, calls the shots and leads the dynamic.

Yes, relationships work like that in the movies, but in real life, women get sick and tired of that very quickly.

Doing whatever a woman wants only leads to more fights because most women need to know that their man is man enough to stand up for what he really believes in; even if it's standing up to her.

When a guy can stand up for what he believes in, a woman believes that he will probably be strong enough to handle what life throws at him, so he will be better equipped to guide both of them to a better future together.

On the other hand, if he always gives in to her, what else is he giving in to?

Will he be able to stand up for himself in a difficult situation (e.g. at work, in a social setting), or will he just keep quiet and take it?

Will she have to stick up for him at family get-togethers or around friends?

Will he be able to speak up confidently when they are faced with a challenging or awkward situation as a couple, or will he expect her to be the stronger one?

Again, it all boils down to her being able to respect him as her man.

So, if you've had a fight with your girlfriend and you feel strongly about the issue, don't just say what she wants to hear just to make peace.

You can still make up with her without having to compromise what you believe in.

For example: A guy might be taking extra classes to improve his qualifications so that he can get a better job, which will benefit both him and his girlfriend in the long-run by giving them a better financial future.

Right now, the extra classes might be taking up a lot of his spare time and his girlfriend may be feeling unloved and neglected, which is causing a lot of fights.

Rather than him saying, *"Okay, I'll cut down on my classes so that we can spend more time together if that's what you want,"* if he really believes in what he's doing he needs to stand up for himself, while still being a loving and caring boyfriend.

He can say something like, *"I see why my working so hard is making you feel like this. I can't stop going to classes, because it's important to me that I finish this so that I can secure a better future for both of us. However, I really care for you and it's also important for me that you feel happy, so I will make sure that we spend as much of my free time together. It would mean a lot to me*

if you supported me with this because I am doing it for both of us. â□□

By standing up for what you believe in, you are establishing the correct relationship dynamic with your girlfriend, where you, as the man, are in charge.

She can see that even if she throws a tantrum to test your will and determination, you don't bow down and kiss her ass to please her.

Instead, you stay focused on creating a better future for yourself and for her, while also giving her some more of your free time.

Standing strong in that way makes her respect, attraction and love for you grow, because she knows that sheâ□□s with a real man and that if she loses you she probably wonâ□□t be able to find someone as strong as you.

What you may not know is that it is very difficult for women to find a man like that.

Women are always saying, "*Where are all the real men?*" and complaining that guys are too weak when it comes to relationships.

When you can be the real man that pretty much all women want to be with, your girlfriend will know that other women will quickly try to hook up with you if you became single.

That alone is often more than enough motivation for a woman to want to be a good girlfriend and please her boyfriend for life.

Of course, you must ensure that you continue to treat her well also.

Part of being a real man is treating your woman well, while also making sure that she treats you well and respects you.

3. Do Look at the Situation from Her Point of View

For example: A guy and his girlfriend might get into an argument over a seemingly minor thing (e.g. he forgot to call her when he said he would, or he didnâ□□t take out the garbage).

In his opinion, sheâ□□s being petty and is fighting with him over something ridiculously trivial.

However, if he puts himself in her shoes and digs a little deeper, he will discover that sheâ□□s not mad at him about the garbage or a phone call, but rather because she is feeling as though he has been taking her for granted lately.

So, the urge to fight is just a result of her feeling unloved and unappreciated and not knowing how else to express it.

As a man, it's important for you to take a moment to understand why you and her had a fight, without actually coming out and saying, *â□□I donâ□□t get it. Why are you so mad at me over such a small thing?*â□□ because she wonâ□□t want to explain it to you.

A girlfriend doesnâ□□t want to have to hold your hand and mother you through the relationship, explaining how women think and how you can be a more mature, appealing man in her eyes.

She wants to see that you are paying enough attention to her to understand why she is reactively negatively to you.

If you don't know why, she wants you to figure that out by yourself by talking to a masculine man that you know in your life or by reading an article like mine like you're doing right now.

When you do understand where she is coming from (e.g. about not calling her or taking out the garbage), a good way to make her feel understood is to say something like this, *“Hey babe. I can see where you’re coming from and I understand how my behavior might have come across as uncaring and inconsiderate. I want you to know that I love and appreciate what you do for me and I’ll do my best to follow through with things from now on.”*

When a woman feels that you’re taking her feelings into consideration and not just brushing her off, she will feel happy to let go of her anger and resentment over whatever it was that she was feeling upset about.

Also, by putting yourself in her shoes and showing her that her feelings matter to you, she will feel loved and appreciated in the relationship, and this will naturally build her feelings of respect, love and attraction for you.

4. Do Reconnect With Her and Move On to a Better Relationship Together

[image: Reconnect with her]

Fights are a natural part of any relationship.

As long as you and your girlfriend treat each other with respect, and don’t say or do anything that is hurtful or damaging (e.g. call each other demeaning names, get violent, break furniture), there is no reason why bad feelings should continue long after the fight is over.

Holding grudges is simply a sign that you and your girlfriend have not fully worked through the issues that caused the fight in the first place.

Clear the air between you and her and allow the love between you to flow freely once again.

Always bring everything back to smiling, laughter and love. When you get into the habit of doing that, both of you will feel so much more in love with each other.

However, don’t expect her to do that though. As the man, you are responsible for leading the dynamic of the relationship.

If you lead the relationship towards negativity and fighting, a woman will almost always follow until the relationship falls apart.

On the other hand, when you lead the way to smiling, laughter and love, a woman will almost always follow and slowly begin to copy your positive behavior and attitude.

[image: Bring it back to love]

So, if you fight about something, understand why the fight is happening and try to steer the dynamic towards a solution or towards mutual understanding.

Then, just start joking around, smiling, laughing and feeling good, so the anger goes away for both of you.

For example: If the fight was due to something that you did (e.g. not listening to her), take responsibility and make it clear to her that you’ve heard her concerns and you are going to pay more attention to her from now on.

On the other hand, if the fault was hers (e.g. she didn’t follow through on something that she

promised), forgive her and let her know that you love her no matter what, but that you would appreciate it if she works on fixing that about herself.

If she loves and respects you, she will be happy to work on fixing herself and getting your approval the next time.

A Fight Can Sometimes Be the Best Thing For a Relationship

Most people would say that having a fight with your girlfriend is a bad thing, but rather than see it that way, you can see it as an opportunity to deepen the love, respect and attraction between you both.

To maintain a successful relationship, both you and your girlfriend need to be trying to make each other happy no matter what; not trying to get one up on the other person and make each other feel bad.

So, rather than worry about what to say to your girlfriend after a fight from now on, just show her that youâ€¢re the kind of man she can depend on and rely on to be the man all the time.

When she can see that youâ€¢re leading the way by being a loving, complete man while still respecting her feelings and opinions, the respect, love and attraction between you and her will grow stronger over time.

Your fights will turn into a moment of love, connection and sexual tension, rather than a time of anger and hurt feelings.

You will be able to laugh, smile and feel good very quickly after having a fight because you know that there's nothing to worry about.

Both of you are always become better for each other and a fight about something is simply another opportunity to learn, improve and become even better for each other.

×

[image]

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What to Say When Your Girlfriend is Mad at You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

It's normal for a couple to have an argument once in a while because it's often a way to bring attention to problems in the relationship and then come up with a solution.

However, no matter what the argument is about or how mad your girlfriend is feeling at you, **there are some things that you should avoid saying to her**!

1. "Why are you so mad at me? What did I do?"

[image: Why are you so mad at me?]

When a woman is mad at her boyfriend, the last thing that she wants to do is calm down, relax and explain why she is feeling that way.

She doesn't want to have to be the more emotionally mature and masculine one and be responsible for guiding interactions back to calmness, love, respect and rationality.

She's mad and she just wants you start being the kind of man that she will naturally respect and look up to.

For example: A guy might be in the habit of always putting his girlfriend second and not giving her enough time and attention.

He might often cancel plans with her at the last minute, or hang out doing nothing with his friends rather than spending a bit of time with her.

So, if she is getting tired of being neglected and he once again calls her up to cancel their plans together because he has to work late, she's probably going to get mad.

In his eyes, he doesn't see anything wrong with cancelling plans due to work commitments, but she does because he's always taking her commitment to him for granted and making everything else more important than her.

When he tells her that he has to cancel, she gets angry and hangs up on him, or refuses to talk to him when he gets home or calls her the next day.

When a woman reacts in this way, it's only natural for a guy to be asking her why. *"Why are you so mad at me? What did I do? I had to work late. What do you expect me to do? Leave work so I can be with you?"*

From his perspective, a guy might feel that she's just being unreasonable and making a big deal out of nothing.

After all, he has to work and he can't just tell his boss that he is leaving to go see his girlfriend.

His boss will likely tell him that he can see her anytime, but he is needed at work now.

Yet, from her perspective, she's beginning to feel neglected and unloved because he keeps putting her second all the time.

However, most women won't come out and say, *"You're always putting your job above me and I'm feeling like you're taking me for granted in the relationship,"* because she needs him to be able to figure this out for himself, and then make some adjustments to his behavior to

make her feel loved and appreciated.

She doesn't want to have to spell it out for him and teach him how to be the man in the relationship that she needs him to be.

So, when your girlfriend is mad at you, don't make the mistake of asking her to explain why.

Most women don't want to take on the role of being a guy's mother or teacher in life or in a relationship.

A woman doesn't want to take on that role because it doesn't make her feel the way she wants to feel in the relationship (i.e. like your girl).

Your girlfriend wants to feel like you're the kind of man that she can look up to and respect, lean on and rely on; rather than have to be the one guiding you and showing you how to be the man that she needs you to be.

2. "I'm so sorry! Please forgive me. It's all my fault! just tell me what you want me to do to make things right and I will do it. I will do anything!"

[image: I will do anything. Please don't me mad at me]

When a guy is faced with an angry girlfriend that he truly loves, it's only natural that he will want to apologize to her and make things right.

Yet, a mistake that a lot of guys make is assuming that a groveling apology will fix the real reasons why she is mad.

A guy like that assumes that if he takes the blame for what happened between them, gives her a sincere enough apology, and lets her have her way from now, she will stop being mad at him and everything will go back to the way it was at the beginning of their relationship.

Yet, that's not what happens.

By taking the blame and being willing to say and do anything to please her, he is simply handing all his power as a man over to her, and putting himself into a weakened position in her eyes.

What most guys don't realize is that rather than make a woman happy, hanging over all of his power makes her lose respect and attraction for him as a man because:

1. He's taking the blame without even knowing what he did wrong in the first place (i.e. the real reason why she is mad that she won't tell him).
2. He's letting her take the lead in the relationship and become the dominant one.

So, rather than just blindly apologizing and hoping that she falls for that trick, you need to be a man about it and figure out what is really going on.

Yet, she's not going to tell you.

Women don't want to be your teacher on how to understand women or them.

A woman wants a ready-made man who understands what women are attracted to about men.

She also wants you to know how to keep her happy in a relationship, without trying too hard.

Watch this video for more info! 

Your girlfriend will lose respect, attraction and love for you if you just blindly apologize whenever she gets mad or throws a tantrum.

Why? In most cases, her getting mad or throwing a tantrum is simply a way to test if you are going to crumble under the pressure.

If you panic, get angry, fear losing her, suck up to her, blindly apologize or throw a tantrum yourself, she will know that you still haven't figured out how to be a man for a woman when in a relationship.

A woman doesn't want to see that she can control you with tantrums or by getting mad.

She wants to see that you can lead her out of a tantrum or bad mood by getting her laughing and smiling, making light of the situation or being assertive in a loving way.

She doesn't want you to cower and crumble under the weak pressure of a woman's tantrum.

She wants you to laugh at it (in a loving way, not in a disrespectful way) and then guide her back into feelings of love, happiness and connection with you.

Always remember: She is the woman, and you are the man.

You are the leader in the relationship and in order to maintain your girlfriend's respect and attraction you need to be the dominant one.

This doesn't mean that you don't listen to your girlfriend, take her concerns into consideration, or accept responsibility for your actions, but it does mean that you maintain your power as the man in the relationship; even when she is mad at you or throwing a tantrum.

3. Why are you not answering any of my calls and text messages?

[image: My girlfriend is mad at me]

Regardless of the reason why your girlfriend is mad at you, it's only natural that she might want to spend some time by herself to sort out her emotions or calm down.

Where many guys go wrong is that, instead of giving their girlfriend some space after a fight, they begin to overwhelm her with endless text messages, phone calls, or instant messages on social network sites like Facebook, Instagram, etc., trying to convince her to stop being so angry with them.

Yet, that's not what she wants.

Consider this!

When your girlfriend is mad at you, how do you think she's going to perceive any messages or calls from you?

Is she going to be thinking, *Oh, my boyfriend is so sweet. He's apologizing and begging me to forgive him. What a great guy!* or might she think something like, *Does he really think saying he's sorry in a text message is going to make everything okay between us again? What an asshole. He doesn't understand me.*

If you smother your girlfriend with too much attention, she will feel repelled by what she perceives to be your weak state of mind.

Even though you might not be desperate or needy, she will see your constant texts and messages as

being just that.

So, if she needs a few days of space, feel free to give her that and then contact her to say hi, get her smiling and laughing on the phone and then arrange to meet up with her.

She will appreciate your approach because it will show her that you respect her as an individual and that you also have the ability to guide her back into having feelings for you again.

4. â€œLetâ€s forget about what happened and go to that expensive French restaurant youâ€™ve always wanted to go to. Iâ€™ll even buy you the dress that youâ€™ve had your eye on.â€œ

[image: Will my girlfriend be happy if I treat her like a princess and buy her lots of expensive things?]

Another common mistake that guys make is try to brush over what happened, and try trick their girlfriend into forgetting why sheâ€™s mad at him, by distracting her with gifts, promises and other surprises.

What guys donâ€™t realize is that most women can see this for what it is: A ploy to distract her, so that she wonâ€™t notice that heâ€™s avoiding addressing the deeper issues between them.

If you want your girlfriend to stop being mad at you, donâ€™t make the mistake of trying to buy her love. She will see right through it and she will likely become even angrier at you for trying to brush over her feelings with distractions.

Use Her Tantrums to Deepen Her Feelings For You

Although it might seem like a really bad thing when your girlfriend is mad at you, rather than feel frustrated or stressed about it, you can use it as an opportunity to deepen her feelings of love, respect and attraction for you.

How? Show her that you can remain in control no matter what kind of tantrum she throws at you.

For example: Rather than getting angry when she is mad, you can laugh at her, laugh at the situation or laugh at yourself for what you did to make her angry.

You can also stand up for yourself and say to her in a loving, but assertive manner, *“Oh, stop being such a drama queen”* (say it with a smile and a bit of laugh to your voice) and then tell her what you think.

Of course, she’s almost certainly going to keep throwing a tantrum after that because she wants to see if she can make you crumble under her pressure.

What most guys donâ€™t realize is that a woman is always testing her man to see how he will respond and how much power she really has over him.

[image: My girlfriend keeps getting mad for no reason]

For example: Will he stand up for what he believes is right, or will he back down because heâ€™s

afraid of losing her?

Will he remain strong and confident, or will he crumble and hand his power over to her?

Will he bring the interaction back to love, laughter and connection, or will he get angry and try to intimidate her physically?

The weaker his responses to her tantrums and bad behavior are (e.g. if he breaks down and begs her to forgive him or give him another chance, he gets angry), the more her respect and attraction for him will fade.

Over time, she will lose interest in having sex with him altogether and eventually she will fall out of love with him.

On the other hand, if he remains strong and always seems to guide the interaction back to love, laughter and connection, her feelings for him will deepen over time.

×

[image]

Almost there! Please complete this quick form to gain instant access.

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15 Examples of What Women Need From Men in a Relationship

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

There are many different things that women need from men in a relationship, but some of the most important things are:

1. To be able to look up to him and respect him as her man.
2. To feel loved and appreciated.
3. To feel accepted for who she is deep down inside.
4. To feel supported.
5. To feel like she's beautiful in his eyes.
6. To feel that the love between her and her man is growing stronger and deeper over time.
7. To feel safe knowing that her man is guiding them both to a better future.
8. To grow together as a couple, rather than one person improving and getting better while the other one stays the same.
9. To be going in the same direction (e.g. having the same dreams, goals, plans for the future).
10. To be able to trust him (and him to trust her).
11. To be able to relax into her feminine self knowing that he's the man and he is the one wearing the pants in the relationship.
12. To have open communication without needing to hide things from each other.
13. To be able to laugh and have fun together.
14. To be made to feel special once on a while (e.g. by being treated to a special dinner, going away on a vacation together)
15. To feel heard and valued.

As you can see from the list above, what she really needs is for you to be someone that she can rely on, look up to and remain happy to be in love with.

The main thing to remember is that, as long as you are guiding both you and her into deeper feelings of respect, attraction and love over time, everything else on the list above will happen naturally.

[image: What women really need from men in a relationship]

Essentially, what women need from men in a relationship is to feel that she can respect him and look up to him. When a woman feels respect for her man, attraction will follow and will then grow into love.

The more he maintains and grows her respect and attraction for him over time, the more intense the love she will feel, and the stronger and more long-lasting their relationship will be.

Are You Giving Your Woman What She Needs in Your Relationship?

There is no greater feeling in the world than the thrill that you experience at the beginning of a relationship.

Everything feels exciting and new, and in your eyes your woman can do no wrong, and she thinks you're perfect.

However, once the dust has settled, it's up to you as the man to take the relationship from the fantasy, everything-is-so-perfect stage, and lead both of you to a deeper, more enduring love and attraction.

To do that you need to make sure that you're not making any of these mistakes!

1. Not making her feel important enough to you

Life happens, and one of the first things to suffer when the pressure of work, bills, family, etc., gets too much, is a couple's relationship.

For example: If paying the bills is a financial strain in a relationship, it's only normal for a guy to want to work harder to provide for his woman.

This might involve him taking on extra work, working longer hours, or even bringing work home.

In his eyes he is making sure that he is taking care of his woman and family, so that they will have a better future together.

However, from the woman's point of view, she feels that he's putting work before her, and she begins to feel neglected, unloved and like everything else is more important to him than she is.

It's perfectly okay to want to provide for your woman so that you will have a better future together, but if you fail to notice that she is feeling unhappy, there will be no future together.

No matter how busy you get, or how important other things are in your life, if you want to have a long and happy relationship, you have to make sure that you put your woman's needs first in your life.

That doesn't mean you sacrifice yourself to please her. It simply means that you take her feelings into consideration and do what is necessary to make her feel the way she wants to feel in the relationship with you (i.e. loved, appreciated, heard).

2. Losing your identity in the relationship

Being happy in a relationship is mostly about balance.

For example: While being together and doing things together is of paramount importance and can make the relationship stronger, living in each other's pockets will have the opposite effect.

Quite often, when a guy who has little experience with women and relationships gets himself a girlfriend, he feels so lucky to have her that he's prepared to do anything to keep her happy. This is when he makes the mistake of thinking, *"If a little is good, then more must be better."*

For example: A guy like this will start thinking, if spending a little time together is so great, then spending all their time together will be even better.

However, that's not the case at all.

Although women love it when you give them genuine affection, attention and love, most women (not all), don't like it when their guy makes her his sole focus in life to the point where she feels smothered rather than happy.

A guy who makes this mistake may stop hanging out with his friends, or may give up his hobbies, so

that he can spend a lot more time with her.

He may also run all her errands for her, help her out with work or homework assignments, spoil her with gifts and expensive dinners, and will often tell her things like, *“I love you so much.*

You are the most important person in my life. Without you my life would be meaningless,” or, *“You make me so happy. I just can’t get enough of you. I want to be with you night and day.”*

Sounds romantic, right? Not really.

Naturally, there are some women in the world who love the idea of being with a man who puts her on a pedestal and spends his life catering to her every whim, but that’s not the kind of relationship dynamic that will make for a lasting relationship.

Eventually, either she will get tired of being with a guy whom she can dominate, or, he will realize that he’s always giving but she’s never giving back and the resentment between them will begin to grow.

Most women know this and they want to be in a relationship with a man who loves her as much as she loves him. She wants to know that although he gives her the love, time and emotional support that she needs, he also:

- Has more going on in his life than just her.
- Is someone she can look up to, respect and trust to be the man all the time.
- Is striving to reach his true potential as a man.
- Has his own purpose, direction and goals in life.
- Is someone she can depend on to help guide them both to a better life together.
- Loves, respects, values and supports both her and her goals and ambitions in life.

So, contrary to what you might have heard growing up, or seen on TV and at the movies, real women don’t want a man to give everything up for her.

Quite the opposite in fact. When a woman truly loves her man, she wants him to strive through the levels of life and reach for his true potential.

3. Not making her feel attracted in your presence

Before your woman even met you, she spent a lot of time making herself look attractive (e.g. by dressing in sexy, revealing clothes, wearing makeup, doing her hair) to attract the type of man who would not only appreciate her efforts, but would also take the time to make her feel even more attractive and sexy in his eyes.

That man is you.

Essentially, even though a woman might be very beautiful, deep down, most women feel insecure about their attractiveness to men.

So, it’s up to the man, to continue making her feel as though she’s as sexy as the day he first met her (even if she’s put on a bit of weight, is dressing in frumpy clothes, is getting wrinkles).

If he, as her man, cannot see her as being beautiful and sexy, and stops doing all the things that made her feel attracted at the beginning of their relationship (e.g. flirting with her, having sex often, showing her affection by touching and kissing her in passing), she will begin to feel unattractive and

unloved.

When this happens, she will naturally begin to pull away from him and the relationship, and eventually they will be living in a sad, unhappy, sexless relationship; or she will break up with him. However, when you really love your woman and she loves you, no matter how you both change over time physically (e.g. get older, get grey hair, put on weight), the deep love and attraction you feel for each other will only grow stronger with the passing of time.

For example: When you look at your woman's grey hair, instead of seeing a woman who is getting older, you can choose to see the woman who has been with you through the good times and the bad times.

The more you can do this, the more loved and attractive she will feel and she will do whatever it takes to please you.

As long as you continue to guide both you and her into deeper feelings of love, respect and attraction over time, the more she will feel that her needs are being met, and the better your relationship will be.

She Needs You to Lead

No, that doesn't mean that what women need from men in a relationship is for a man to boss them around.

It also doesn't mean that you have to do all the work.

It simply means that a woman wants to know that she can relax into her feminine self, knowing that her man has things handled and is leading the way for them both to a better future.

Leading the way includes getting her to do a lot of things for you too.

For example: In my case, my wife has quit her job and stays home to cook and clean for me. She also takes care of all the bills and runs errands for me.

She does a lot of work, even though I am leading.

So, don't confuse "being the leader" with, "*Damn...now I have work harder, do everything, boss her around*" and so on.

If your woman respects you and looks up to you as her man, she will be happy to be a good woman for you. Often, that includes doing a lot of things for you.

Of course, I treat my wife well too. It's not just one-sided.

As long as you keep maintaining the respect, love and attraction you and your woman feel for each other, you will both feel fulfilled, and you will experience that deep, enduring love that you hear about from couples who have been married for 50 years or more.

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[image]

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What's the Difference Between Lust and Love?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The main difference between lust and love is thisâ€¦|

Lust is the initial surge of sexual desire you feel for a woman (and her for you), and love is the emotional desire to stay with her over the long-term.

Lust is what attracts you, and love is what keeps you there.

According to the dictionary, lust and love are defined as follows:

Lust (*verb*): To have intense sexual desire; desire, be consumed with desire for, find sexually attractive, find sexy, crave, covet, want, wish for, long for, yearn for, hunger for, thirst for, ache for, burn for, pant for.

Love (*verb*): To have love or affection for; to have a profoundly tender, passionate affection for (another person), to have a strong liking for; take great pleasure in.

However, both lust and love are more complex than that.

To fully explain the difference between lust and love, you first have to understand how each one works.

Before I do that, you might be interested in watching my video about the 5 stages of a relationship (Unfortunately, most couples don't get to stage 5)...

What is Lust?

Imagine that youâ€¦re in a bar...

You notice a beautiful woman across the room.

Suddenly you are completely focused on her, you feel aroused and you know that you have to have her.

Everything about her is attractive to you, and the only goal on your mind is to get her into your bed as quickly as possible.

It doesnâ€¦t matter to you whether she is interesting to talk to, has a sense of humor, or is confident or shy. The only thing that matters is that you feel sexually attracted to her (i.e. you feel lust), and you want to kiss her and have sex with her.

Thatâ€¦s how lust works for men.

On the other hand, she might notice you too and feel attracted to you in some way, but as yet, sheâ€¦s not feeling the same intense lust that you are. Why?

Women are not attracted to men for the same reasons that men are attracted to women.

In other words, although a man will feel attracted to a woman based simply on her appearance, most women need to experience a manâ€¦s personality as well, before she will feel fully attracted to him.

For example: A guy might be very good looking and from a distance a woman might feel sexually attracted to him.

However, if he approaches her and behaves in a nervous, insecure way, or if he puts on a fake

persona and pretends to be nicer than he really is, the woman's initial attraction for him will fade, because he is turning her off with his behavior.

On the other hand, a woman might notice a guy and not feel much attraction for him (e.g. she might think he's too short for her, has a big nose), yet, when he approaches her and behaves in ways that are naturally attractive to women, (e.g. confident, masculine, charismatic), he will be triggering her feelings of lust for him.

The Science of Lust

On a scientific level, lust is simply explained as a bunch of hormones surging in the body and ensuring that the fittest of the species, i.e. the most beautiful woman and the strongest (not physically but emotionally) male, will hook up and have babies together, therefore ensuring the optimal survival of the human race.

Basically, that initial feeling of lust that you feel when you first interact with a beautiful woman is when the sex hormones testosterone and oestrogen kick in.

Then, your stress response is activated and adrenalin and cortisol are pumped into the body making your palms sweat, your heart race and your mouth go dry; and it doesn't stop there.

As the connection between you and her grows (by interacting, kissing and possibly even having sex), the hormone dopamine, which stimulates desire and reward, is released by triggering an intense rush of excitement and pleasure.

The final hormone associated with lust is serotonin, which scientists say makes a person behave like they are temporarily insane.

This helps explain why when a couple in the beginning stages of lust (anywhere from 2 months to 2 years), they behave like they are star struck, where everything about the other person is perfect, and they both can barely keep their hands off each other.

What is Love?

So, let's go back to the woman you first felt lust for in the bar.

After the initial stages of lust and passion, between you and her, something strange starts to happen.

The more you get to know each other on an emotional level, the more you begin to like each other as people.

You realize that not only do you both feel physically attracted to each other, you also begin to care about the happiness and life experience of the other person.

The Science of Love

Again, it seems that hormones are responsible for those loving feelings.

Apparently, love begins to blossom when the hormone oxytocin (which is also the hormone that bonds a mother and her new born baby) is released in the brain by both men and women during orgasm.

Oxytocin is believed to promote bonding and closeness between couples when they are intimate. So, basically, the more sex you and your woman have, the more in love with each other you begin to feel.

Finally, vasopressin (a hormone that is related to the kidneys, but research has found that it also plays a big role in pair bonding in long-term relationships) is released, and a couple will find themselves wanting to commit to being with each other in the long-term.

However, something that science does not take into account, is that when the respect and attraction between you and your woman becomes deeper over time, and your relationship simply gets better and better â thatâs truly what love is.

Are You in Lust or in Love?

If youâre in a relationship right now, you might be feeling a bit confused about whether youâre in lust or in love.

So, hereâs how you can determine in which category youâre in at the moment.

9 Signs that youâre in lust:

- Youâre totally focused on your womanâs appearance and body.
- Your relationship revolves around having lots of wild sex any chance you get.
- Your dreams and long term plans for the futureâ aren't really the same.
- You never talk about being together in the long-term.
- You havenât introduced her to your friends and family.
- You donât talk things through with her if thereâs something bothering you in your day-to-day life.
- You donât feel bad if she cancels a date with you.
- You donât ask her for her opinion when you have to make an important decision in your life.
- Youâre both free to hang out and have sex with other people if you want to.

9 Signs that youâre in love:

- You love her looks and appearance but you also enjoy her intelligence, sense of humor, personality, etc.
- You enjoy hanging out with each other even if youâre not having sex.
- You talk about the future together.
- You have common long term goals, dreams and interests.
- Youâre excited about introducing her to your family and friends.
- You bring out the best in each other and you motivate each other to reach for your true potential in life.
- Youâre not dependent on each other but itâs better when youâre together.
- You trust her views and opinions.
- Youâre dating each other exclusively.

Turning Lust into Love

It's not difficult for lust to turn into love.

Once a couple moves past the initial thrill of the fantasy stage of the relationship, love can take root and blossom.

Rather than just feel the thrill of passionate sex, a friendship and deeper love begins to develop based on mutual respect and attraction.

At this stage of the relationship it is the man's responsibility to maintain and grow the respect, attraction and love that him and his woman feel for each other over time.

So, if you're still wondering, *What's the difference between lust and love?* as you can see, they are both an important part of a relationship.

Sometimes lust is just an intense sexual desire for a woman, and sometimes that lust can lead to a long-lasting, loving and happy relationship that stands the test of time.

Whether you're in lust or in love right now; just relax and enjoy each stage and allow things to evolve naturally.

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[image]

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What to Do if Your Wife Doesn't Love You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your wife doesn't love you, the main thing that you need to do is re-spark her feelings of respect and attraction for you again.

Once she experiences a renewed sense of respect and attraction for you and notices that she is continuing to feel that way each day, she will naturally begin to fall back in love with you again.

Even if your wife is currently saying things like, *"Leave me alone. I just don't love you anymore,"* or *"My love for you is gone and nothing you say or do is going to change that,"* it still doesn't mean that her love for you is dead.

Love doesn't just die and if her love for you was real to begin with, then it has simply been smothered and pushed into the background by all the negative things happening in your relationship at the moment (e.g. arguments, lack of intimacy, lack of interest in each other, insecurity).

When you begin to change the way you treat her and start making her feel like a real woman again, her feelings of respect and attraction for you will start to creep back into her mind and body, and eventually her heart will open up to the love that has always been there in the background.

3 Things to Do if Your Wife Has Stopped Loving You

If you are going to get your wife to experience a renewed and lasting sense of respect and attraction for you, it's important that you also do these 3 things!

1. Understand What Has Caused Her to Lose Respect, Attraction and Love For You

[image: Why has your wife lost attraction for you?]

A woman doesn't just stop loving her husband for no reason at all.

If her feelings were real when she married him, then somewhere along the line something happened that caused her to lose respect for him as a man and lead to her switching off her feelings of love.

For example: He might have become too insecure, controlling, have taken her for granted, given up on his goals in life, etc.

If you want to properly re-spark your wife's feelings of respect, attraction and love, you must begin by understanding exactly what caused those feelings to fade in the first place.

Here's a video that will help you understand how to stop a separation or divorce from happening...

Thankfully, you're not yet at the stage where your wife wants a separation or divorce, but I caution you not to get too comfortable.

It's better to fix the problems between you and her now than to let it drag on and lead to a separation or affair or to just lead to a lifetime of unhappiness and emotional distance between you.

So, do you know why your wife has stopped loving you?

Here's the thing!

A woman will rarely come out and clearly say what is bothering her about her man.

[image: Why has your wife lost respect for you?]

She might fight with him about what sometimes seems like petty things (e.g. the dishes, the toilet seat, some of his habits), but underneath the pettiness, there is a deeper, more serious issue she's trying to get through to him.

For example: A woman might get into an argument with her husband about him watching a lot of TV. In his mind, he feels as though she is simply being petty and unreasonable because she won't let him relax and unwind after a hard day's work.

Yet, if he digs deeper, he might discover that the issue is not really about him watching TV, but rather about her feeling taken for granted and neglected.

Instead of her saying, *"I want you to focus more on me and spend some quality time with me when you get home,"* she nags him about watching TV.

Why doesn't she just come out and say what she really means?

Most women feel that if a man doesn't understand what he needs to do by himself, then she doesn't want to have to be the one who is responsible for teaching him.

A woman doesn't want to take on the role of being her man's teacher when it comes to a relationship, because it will cause her to feel like more of a mother figure or big sister in his life, which will destroy the sexual dynamic between them.

Of course, taking a woman for granted is only one of many reasons why a woman will lose respect, attraction and love for her husband, so it may not apply to your marriage.

To get to the bottom of why your wife doesn't love you anymore, ask yourself some of these questions:

- Have I been a confident, self-assured man that my wife can look up to and respect in our relationship, or have I been insecure and self-doubting?
- Have I been making her feel feminine and girly in my presence, or do I make her feel like more of a friend or as though she is more dominant than me?
- Have I been rising through the levels of life and striving for my true potential, or have I been using my marriage as an excuse to hide from my biggest goals and ambitions in life?
- Have I been the man in the relationship, or have I allowed her to wear the pants?
- Have I been making her feel loved, appreciated and taken care of, or have I been neglecting and giving more attention to less important things (e.g. TV shows)?
- Have we been growing together as a couple, or have one of us grown and left the other person behind?
- Have I got friends and interests outside of my relationship with my wife, or have I made her my only purpose for living and have become clingy and needy as a result?

If you answered those questions in your mind as you read through them, you will have most-likely begun to realize some of the ways that you've been ruining her respect, attraction and love for you.

2. Eliminate the Issues From Your Relationship One by One

To get your wife to love you again, you need to begin regaining her respect for you by fixing your

issues and improving yourself.

Once she sees that you really are changing, she will allow herself to feel attracted to you again and when she does that, she will naturally begin to reconnect with her romantic love for you.

For example: If your wife is saying, *“I don’t love you anymore, you’re not the man I thought I married. You used to be so ambitious but now you just sit around doing nothing with your life,”* rather than get upset or defensive about it, understand what she’s really saying and what she wants you to change about yourself.

[image: You are not the man I married]

When you think about what she is really saying by that comment, you will realize that she is feeling unsafe about the future, because she doesn’t see you reaching for your true potential as a man.

Rather than feel hurt by her words, realize that she is giving you a big piece of the puzzle to recapture her love, respect and attraction for you.

Start by setting some big, ambitious goals and then begin working towards them.

When she sees that you are continuing to follow through on your goals and are making progress, she will feel increasingly respectful of you, attracted to you and in love with you again.

She will be proud to have a husband who can listen to feedback and then use that to become a bigger and better man as a result.

3. Make a New Beginning Together

At the beginning of your marriage with your wife things were probably as close to perfect as it gets.

You may have showed a lot of interest in each other, listened and respected each other’s opinions, went on dates, had fun and laughed a lot and generally felt like you were both going in the same direction in your life together.

Yet, somewhere along the line, all that changed and you stopped having fun because you and her may have achieved all the initial goals that you set out.

For example: You had a goal to get engaged, then married, then have kids, get a house and now what?

If you have achieved most or all of those things and life is feeling a bit stale, you need to create a new vision for your future together that is going to be exciting, challenging and fulfilling for both of you (not just one of you).

Even if, right now, your wife is saying, *“I don’t love you anymore,”* or *“I don’t know if I want to be married to you anymore,”* you’ve got to know that if she fell in love with you before, she can do it again.

For both of you to get back in touch with the love that you once experienced together, you need to be the man and lead the way.

You need to lead the way by making changes to your behavior and how you treat her, so she will experience a renewed sense of respect and attraction for you.

From there, she will then become open to discussions about creating future mutual goals together that are exciting, challenging and fulfilling for the both of you.

Understanding How Love Really Works

One of the most important things to understand about love is that it doesn't die.

Love is something eternal that we human beings can connect to in various ways throughout life. In the case of a marriage, the love between a man and a woman is a very special thing that can color your life with so much happiness, joy and fulfillment.

Yet, if you don't take care to build on your wife's respect and attraction for you over time, she will naturally begin to disconnect herself from the love.

You and her might feel like the marriage is over, but in reality, it's just a simple case of you not knowing how to lead her back into feelings of love.

You can fix this.

If you are serious about getting your wife to love you again, make sure that you put in some effort to improve your ability to make her feel the kind of respect and attraction that will automatically cause her to feel love for you again.

You can't expect her to love you just because you are a good man and have her best interests at heart. Without respect and attraction, it's nearly impossible for a woman to remain connected to feelings of romantic love for a man.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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How to Stop My Girlfriend From Breaking Up With Me: 6 Steps

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

To stop your girlfriend from breaking up with you, the first thing that you need to do is change the way that she feels when she interacts with you.

If you don't change, she won't change how she feels about ending the relationship.

From now on, you need to start making her feel more respect and attraction for you when you talk to her on the phone or in person, rather than continuing to turn her off by making the same old mistakes that you've been making with her.

Here are the 6 steps that you need to follow to get her to change her mind about breaking up with you...

1. Understand her real reasons for wanting to get out of the relationship

[image: Understanding her real reasons for wanting to break up with you]

Almost all women give a boyfriend many chances before they finally decide to break up with him.

So, if your girlfriend is at the point now where she wants out, it means that (in her eyes) you've said or done a lot of things that have caused her to lose too much respect and attraction for you.

She is now beginning to think that her life might be better off without you in it, so she is either threatening to break up with you or she is pulling back her interest by no longer saying, "*I love you*" or showing a lot of affection anymore.

To get her to stop thinking about breaking up with you, it's absolutely essential that you understand her real reasons for losing respect and attraction for you, so that you can then begin to make the correct changes to your thinking, behavior, attitude and actions from now on.

For example:

- Being insecure.
- Being clingy, needy, jealous or controlling.
- Treating her badly.
- Taking her for granted.
- Being annoying just to get a reaction out of her.
- Giving her too much power in the relationship.
- Not letting her have any power.

Have you made any of the mistakes that are above?

If you have made any of those mistakes, don't worry â◻◻ you're not the only guy in this world who has made those kinds of mistakes with a girlfriend.

Pretty much every guy makes those kinds of mistakes and your girlfriend has either experienced

those with a previous boyfriend, or she will experience them again with another guy if she decides to leave you.

So, don't feel as though you're the worst boyfriend in the world because you made those mistakes. Instead, look at yourself as a great guy who is learning faster than other guys in life and you're becoming a bigger and better man over time.

As long as you learn from your mistakes at each stage of life, rather than continuing to make them over and over again, you will become a bigger and better man over time.

When are able to make your girlfriend feel the kind of respect, attraction and love experience that she cannot get with any other guy, she will not want to leave you.

2. Start being a new and improved man right away

[image: Start being a new and improved version of yourself]

Once you understand why your girlfriend has lost interest in you and now wants to break up with you, it's very important that you start making changes right away.

You need to be able to show her (by the way you now think, talk, feel, behave and take action) that you are changing; otherwise you won't be able to get past step 3 in the process of stopping your girlfriend from breaking up with you.

For example: If you have been insecure in the relationship, you need to change by becoming more emotionally secure, emotionally mature and confident.

If you lack purpose in life and have been basing too much of your happiness and identity on your girlfriend, you need to take a more balanced approach to life where you are going after your biggest dreams and ambitions while also giving time and attention to your girlfriend.

If you have been giving your girlfriend too much power (e.g. doing whatever she says, putting up with her unreasonable demands, letting her boss you around), you need to start taking back some of that power and being the sort of boyfriend that she can look up to and respect.

3. Tell that it is possible for a guy to change and become a better man

[image: Start being a new and improved version of yourself]

As long as your girlfriend can see that you are changing (e.g. the way that you now think, feel, communicate, behave and take action around her or in life), she will then have to accept the fact that you really have begun to change.

What you need to tell her is that it is possible for a guy to learn from an experience and then change to become a better man.

Tell her that everybody (both men and women) learns and grows throughout life and just because you were recently making some mistakes in the relationship, it doesn't mean that it's impossible for you to learn from that and become a better man as a result.

Let her know that lately, you've realized a lot about what it means to be a man and are changing in a

good way.

Then tell her about the things that you have changed and have also begun to change about yourself, because you want to become a better man rather than making the same old mistakes over again.

4. Regain your power in the relationship

Although some women will initially accept a guy who hands over his power in a relationship, most women won't put up with it for life.

When a woman feels like she's got too much power over her boyfriend (e.g. he does whatever she wants, he puts up with her bad behavior), it causes her to lose respect for him and when that happens, her sexual desire for him begins to fade away.

Regaining power in the relationship with your girlfriend is not about treating her badly, being mean to her, becoming a controlling boyfriend, talking down to her or bossing her around.

Instead, you simply need to be a strong, loving man that she can look up to and respect. How?

From now on, just assume that you are in the more dominant position in the relationship.

If you've been giving her too much power, she will test your newfound confidence by acting like she doesn't care what you think or by telling you that if you don't do what she says, she will break up with you.

You simply need to smile and laugh at her in a loving way for being silly, while also making absolutely sure that you feel 100% confident in her attraction to you.

Your confidence in her attraction for you is something that you have to take and own.

It's not something that your girlfriend will give to you, because she doesn't want to have to be emotionally gentle with you, especially now that she is considering breaking up with you.

To get her to feel the kind of respect for you that will allow her to accept that you are the more dominant, powerful one in the relationship, you will need to have 100% confidence in yourself and her attraction to you.

If you don't believe in your attractiveness to her (with or without her reassurance), then she is not going to be able to look up to you and respect you as her man.

Likewise, if you aren't strong enough to take the lead in your relationship with her and be the man that she can look up to and respect, then you're not giving her what she really wants in a relationship.

Here's what you always need to rememberâ€¦!

By being the kind of man that she can look up to and respect, you're actually being a mature, loving man who is giving her the ultimate gift.

In a relationship, a woman wants to feel as though she can respect her man, so if her boyfriend can't be bothered to put in any effort to give her that experience (e.g. he just wants her to like him for who he is now), then he is being selfish rather than loving.

When you take on the role of being in the power position in your relationship, you're actually doing a loving, positive thing for you and her.

5. Make her feel like your girl again

[image: Make her feel like your girlfriend again]

Regardless of how confident, independent, successful or intelligent your girlfriend is, she will always have a deep desire to feel like she is a man's woman.

In other words, she will want to feel feminine and girly in comparison to his masculine way of thinking, talking, feeling, behaving and taking action.

A woman will become unsatisfied in a relationship with a man if she feels as though he is more of a friend to her or that she is actually more dominant and masculine (in the way she approaches life) compared to him.

When a guy first begins thinking, *"I want to know how to stop my girlfriend from breaking up with me,"* he usually won't think, *"Ahah! I need to make her feel more girly and feminine, so she feels more respect and sexual attraction for me."*

Instead, many guys make the mistake of starting to buy their girlfriend presents, do favors for her, be even nicer than they already are and essentially try to suck up to her.

Yet, that isn't the way to go about it because it's not what women want.

Women do like compliments and they do like an occasional present, but both of those things mean nothing if they are coming from a guy whom she doesn't respect (i.e. she looks down on him) and doesn't feel very attracted to anymore.

So, rather than trying to make your girlfriend feel special by buying her gifts or kissing her ass in other ways, you need to make her feel feminine in comparison to how masculine you are.

When you do that, she will automatically (even if she hates you right now) feel a renewed sense of respect and attraction for you.

So, from now on, focus on being more masculine in the way that you think, feel, talk and behave when you interact with her on the phone and in person.

A mistake that a lot of guys make is to treat their girlfriend like a neutral friend, which means that they suppress their masculinity and essentially lose touch with the main element of attraction that draws women to men.

Some guys even go as far as taking on some of their girlfriend's femininity (e.g. giggling like her, being emotionally sensitive, changing the tone of his voice to be more like her), which gradually reduces her attraction and respect for him.

If you're wondering, *"How do I stop my girlfriend from breaking up with me?"* then you absolutely must realize the importance of displaying masculinity when you talk to her on the phone and in person.

From now on, you must be more masculine in the way that you think, talk, feel, behave and take action around her and in life.

If you do that, she will naturally slip back into the position of being excited to be your girl.

6. Deepen her feelings from then on

One of the most important things that a man needs to do in a relationship with a woman is to deepen her feelings of respect, attraction and love for him over time.

These days, you can't just get a girl into a relationship and expect that she will stick around for life because things felt really good between you at the start, or that she once said that you were "the one" or a "soul mate" or that she wanted to be with you forever.

When a relationship begins, it's very easy to make a woman feel that way because of all the lust, sex, kissing and exciting new feelings.

However, if you want to keep a relationship together for life, you need to deepen a woman's feelings for you over time.

To be capable of deepening a woman's feelings over time, you need to understand what really attracts women to men.

For example: If you talk to your girlfriend on the phone and you're being insecure, needy or wimpy, then she's naturally going to feel turned off by you.

However, if you're interacting with your girlfriend on the phone and you are being confident, making her laugh, making her feel girly in comparison to your masculinity and making her feel excited to be in love with you, then she's naturally going to feel attracted to you.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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What to Do When Your Girlfriend Talks to Other Guys

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here is what to do when your girlfriend talks to other guys:

- Relax, and trust that her love and attraction for you is real. Understand that if you feel insecure over about, you will most likely say or do something that you will regret later on.
- Accept that she is yours and that it's normal for her to talk to other guys, just like it's normal for you to talk to other women, but not actually hook up with those women, or leave your girlfriend because of it.
- Focus on making her feel even more respect and attraction for you as a man.
- Understand that you cannot control her and be a policeman in her life. If you try to control her or hide her away from the world because of your insecurity, she will lose respect for you and actually begin to find other guys more attractive than you.
- Realize that she could be testing you to see how confident you really are. If she notices that you remain confident in her attraction for you no matter what, she will feel more attracted to you than the other guys because you will have displayed a rare type of alpha male confidence that women find irresistibly attractive.
- Make sure that you have balance in your life (i.e. you have other important things to focus on), rather than making your girlfriend the main focus of your life.
- Accept that when you're in a relationship with a woman, you have to give her 100% of your trust, even if that trust might be broken. Giving 100% trust is an essential part of allowing the love, respect and attraction to deepen over time.
- Know that you will never be able to maintain and deepen her respect, attraction and love for you by being jealous and insecure.
- Believe in yourself and your attractiveness to her to ensure that you never feel insecure, jealous or clingy ever again.
- Understand that if you become clingy, insecure and jealous about it you will only make other guys look more attractive in her eyes, because women are turned off by emotional weakness.

Why Does it Bother You When Your Girlfriend Talks to Other Guys?

[image: What to do when your girlfriend talks to other guys more than you]

Just because you and your girlfriend are together, it doesn't mean that you own each other for life or that you will never temporarily find other people attractive.

Look at it this way:

You most likely talk to other women all the time, either at work, university or in social situations.

You might also have female friends that you enjoy hanging out with. You probably also feel attracted to some of them and have imagined what it would be like to have sex with them.

However, that temporary attraction or interest you have in those women or other women hasn't yet caused you to dump your girlfriend or cheat on her, right?

In the same way, just because your girlfriend is talking to other guys and may even feel attracted to some of them, it doesn't mean she views them as being better than you or thinks that she has to leave you and hook up with those guys instead.

As long as you are deepening your girlfriend's feelings of love, respect and attraction for you over time, there is no reason for her to want to leave you.

Watch this video to understand how a woman's attraction for a man works and how you can use it to make sure that your girlfriend is more attracted to you than other guys!

In the video above, you will learn that you actually have a lot of direct control over how much or little attraction your girlfriend feels for you.

So, if you are being attractive in her eyes and her respect and love for you is deepening over time, there's no reason for her to leave an awesome guy like you.

What is Your Gut Instinct Telling You?

Do you feel as though your girlfriend is cheating on you or wants to cheat on you?

Do you think that your gut instinct is correct in assuming that she wants to cheat or has already cheated, or do you think it's possible that you're just being insecure and imagining that she wants to cheat?

For example: If your girlfriend is a decent, trustworthy woman who has never given your cause to doubt her love, attraction and loyalty to you, then why should it matter when she talks to other guys?

Talking to another guy does not equal cheating.

It's normal for a woman to interact with different people and even have friendships (some of them with guys) outside of her relationship with her boyfriend (fiancé or husband).

When a man makes his girlfriend feel intense attraction and respect for him, even if she feels attracted to other guys, in her mind she'll be thinking, *"This guy is cute, but he just can't compare to my boyfriend. He doesn't make me feel the way that my boyfriend does."*

She will know that it would be a mistake for her to cheat on her boyfriend because she would end up with another guy who isn't able to make her feel the kind of respect, attraction and love that her boyfriend does.

Are You Feeling Insecure About Your Attractiveness to Her?

An important question to ask yourself is, *"Why does it bother me so much when my girlfriend talks to other guys?"*

For example, could your insecurity about her talking to other guys be due to one of the following things?

- You feel insecure about your attractiveness to her (i.e. you are worried that she finds other guys much more attractive than you).
- You believe she is too good for you and that she can do better and you're worried that she is beginning to realize that.
- You don't have anything else going on in your life besides your relationship with her...so

you have become clingy and controlling because you're worried about losing the most important thing in your life.

- You have trust issues that stem from your childhood or past relationships.
- She is an untrustworthy woman who has cheated on you in the past.

Depending on how you answer these questions, you will realize that the problem is either you or her.

If it's you, then you need to focus on becoming more emotionally strong and emotionally mature.

If it's her (i.e. she is untrustworthy), then you need to realize that your relationship with her probably isn't going to last a lifetime unless you can make her feel so addicted to being with you that other guys seem unappealing.

Being Confident About Your Attractiveness to Her

If you don't believe that you deserve your girlfriend (i.e. you "got lucky" when you scored her), then it's only natural you would be worried if you see her enjoying herself when talking to other guys.

You might then react by having a jealous tantrum, becoming clingy and needy around her or constantly needing her to confirm her love for you.

Here's the thing though!

If a guy doesn't believe in his ability to attract his girlfriend, nothing she says (e.g. *"Don't worry, I love you. I wouldn't ever want to cheat on you or hurt you"*) will ever calm his fears because he knows that other guys make her feel more attracted than he is.

If you are insecure about your attractiveness to your girlfriend, then you absolutely must improve your ability to trigger her feelings of attraction for you.

On the other hand, if your girlfriend has given you cause to doubt her trustworthiness, (e.g. she has cheated on you before), the question you should be asking is not, *"What should I do when my girlfriend talks to other guys?"* but rather, *"Why am I putting up with this bad behavior? Why haven't I dumped her already and found myself a better, more beautiful and more trustworthy woman?"*

Sometimes a guy will find himself stuck in a toxic relationship and he will be afraid to leave because he fears that it will be difficult to get another, even better girlfriend than the one he's got.

Yet, when he feels like this, not only does he go through his life fearing that she will find another guy and dump him, he also ends up giving her too much power over him.

When an untrustworthy woman realizes that she can do anything to her man and he will never put her back in her place, address her bad behavior or dump her if she is out of line, she will usually do bad things to him just to show him who is boss.

However, this is not the basis for a healthy and lasting relationship.

When a woman controls her man, the relationship dynamic is out of balance because deep down she simply doesn't respect him as a man.

Without respect, a woman will not be able to feel proper attraction for her boyfriend, so she will begin to wonder why she is staying committed to him.

If she talks to other guys and meets a guy who triggers exciting feelings of attraction, respect and

love, she will naturally begin to lose interest in being with her boyfriend.

Good News: She's Most Likely Just Testing You

Even when a woman is in an established, loving relationship, she will regular test her boyfriend to make sure that he is still the confident man she hooked up with.

She will also test him to ensure that his confidence is growing stronger over time, so he becomes a more capable man in this life and is then a better provider and protector.

When a woman tests your confidence and sees that you remain emotionally strong and unfazed, it allows her to further relax into being your woman and for her feelings of respect and attraction for you deepen further.

So, rather than get upset when your girlfriend talks to other guys, use it as an opportunity to deepen her feeling of respect and attraction for you by not losing confidence in yourself and your attractiveness to her.

When you have that mindset, it will come through in your behavior, actions and your conversation style and no matter how many guys she talks to, she will always prefer the deep attraction she feels for you compared to the superficial, temporary attraction that she feels for other guys.

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[image]

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[image: Dan Bacon]

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My Girlfriend Doesn't Trust Me: 4 Ways to Fix it

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your girlfriend doesn't trust you, don't worry â you can fix it.

In fact, helping her overcome her trust issues will deepen her respect, attraction and love for you and make the relationship better than it ever has been before.

Most people will tell you to dump your girlfriend and move on because it's impossible for her to change, but they are only saying that because they don't know how to fix the problem.

So, if you've found yourself saying, "My girlfriend doesn't trust me" and are wondering what you should do about it, here are 4 ways to fix the problem and get your relationship back on track â

1. Explain the consequences of a lack of trust in a relationship

[image: Explain the consequences of a lack of trust in a relationship]

The most important part of getting your girlfriend to trust you again, is about getting her to have certain realizations about relationships.

The first realization is to get her to understand the negative consequences of not trusting the person that you're in a relationship with.

To get her to have the realization, here's what you need to say (in a relaxed, easy-going manner, rather than an angry, defensive or argumentative manner):

"Listen â I understand that you don't trust me and you will have your reasons for that, but I want to ask you this question: Do you understand how a lack of trust affects a relationship?"

Get her to explain herself and give you her understanding of the situation.

For example, she might say, "Yeah, of course I know â you're going to feel bad, I'm going to feel bad â we're always going to be fighting and so on."

From there, you need to say something like:

"Yes, what you've just mentioned are definitely some of the negative consequences of a lack of trust in a relationship, but lately I've realized that there are more.

For example: For a couple to stay together for life and to actually be happy and never want to leave each other, their love needs to mature and grow over time.

Love can only mature and grow when there is a strong foundation of trust.

If one person or both the man and woman have trust issues, the love is always going to be constrained and both of them aren't going to fully open their heart to experience what real love feels like. It's just going to be insecure love.

The same goes for us. Based on how bad each of us is feeling about this trust issue, we're going to build up unnecessary feelings of resentment towards each other.

We're not going to feel happy and secure in the relationship because there will always be an underlying mistrust and resentment for not allowing each other to experience what true love and commitment feels like."

Once you have explained that to her, you will have gotten her attention in terms of how important it is for her to stop being so mistrusting of you.

After getting her attention, you then need to move on to the next step of the process.

2. Ask her what it would take for her trust you again

[image: Ask her what it would take for her trust you]

It's one thing to get your girlfriend to understand the negative consequences of not trusting you, but she then has to take the next step to realize what is required to help her overcome her trust issues.

Trust issues don't go away on their own; something has to be done about them, otherwise they always hang around in the background of a person's mind and cause problems.

Ask her something like this:

"What I want to know now is this: What is it going to take for you to fully trust me in this relationship? I want to know what it will take for you to fully give me your trust and let me take care of it. I will also give you my trust and put it in your hands to take care of."

If both of us can be mature enough to make this relationship great, we will fully give each other 100% trust and just let go of any mistrust, which will then allow our relationship can get better and better over time.

So, I want to know what will it take for you to fully trust me in this relationship and to give me that full trust from this moment onwards?"

In most cases, if a woman has trust issues, she will make some unreasonable requests of her boyfriend at this point.

For example: She might tell her boyfriend to close his Facebook account, unfriend his female friends, stop talking to female coworkers or let her check his phone every day.

If she makes unreasonable demands like that, it means that she still doesn't trust you and is just being the same old, insecure girlfriend. So, whatever she asks you to do, make sure that it's not coming from a place of insecurity.

If she is unable to come up with a reasonable solution about what will make her fully trust you, here is what you can say:

"Couples who have a happy relationship that lasts for a lifetime are able to trust each other and not worry about ever being cheated on."

Of course, in a relationship, a person can never be 100% sure that the other person won't ever cheat on them or leave them.

Yet, for the love to grow and mature and for the relationship to become even more amazing and enjoyable, both the man and woman need to give each other their 100% trust.

It's a risk, but the trust has to be given. If you don't give me your trust, we're never going to get to experience how amazing this relationship could be.

We won't be able to get to the point where both of us would laugh at the idea of ever cheating or leaving each other, because we will be stuck in an unhappy, untrusting relationship that doesn't even seem like it will last."

Neither of us want the stress and unhappiness of being in a relationship like that, so we need to be mature enough to take the risk of giving each other our 100% trust.

If we do that, our love and relationship will get better and better over time and we'll never want to leave each other because our relationship will make us feel so happy.

So, what I can promise you is that I'm not going to cheat on you, I'm not interested in leaving you for another woman and I'm not going to want to dump you in future if our relationship continues to get better over time.

However, if you continue not to trust me and keep accusing me of wanting to cheat on you or leave you, then I'm going to be happy, you're not going to be happy and it will lead to a break up at some point.

So, if you do want this relationship to last, both of us have to take the risk of giving each other our full trust and just letting the other person take care of it and respect it.

I know that I can do that and I trust that you can do the same, so from today onwards I recommend that we need to be more mature about the way we are approaching our relationship. "

3. Get her to forgive you and start from a clean slate

[image: Get her to forgive you]

When a girlfriend doesn't trust her boyfriend, it's not always because he has done something to break her trust.

In fact, in many of these cases, the boyfriend is a good, trustworthy man who works hard and is sincerely committed to his girlfriend. He has no intention of ever cheating on her or leaving her, but she can't bring herself to believe that because she's been hurt in the past by someone else.

Sometimes though, the boyfriend isn't so innocent and will have done some bad things (e.g. lying, cheating, not following through on promises) to cause his girlfriend to lose trust in him.

Regardless of whether you are a good, trustworthy man or whether you have been dishonest with your girlfriend in a way that caused her to lose trust in you, it's important that you still ask her to forgive you for anything that you have done to cause her to mistrust you.

Here's what you can say to her:

"I don't know if it's my fault or if it has something to do with what's happened in your past, but something has caused you to not be able to fully trust me in this relationship."

If it is all my fault, then I accept that and don't hold anything against you for it. Regardless of who's fault it is, you are only going to start feeling happier and less stressed if you can forgive what has happened in the past.

Unless a person forgives the thing that is causing them pain, they can never fully let go of it and grow as a person.

They will always keep getting pulled back by that pain and it will become an insecurity for them.

So, what I'm asking you to do is to forgive me or forgive whoever or whatever it was that caused you to have your trust issues.

Are you willing to do that? Are you willing to take the next step as a woman and actually become

more emotionally secure, so you don't have experience all the stress that occurs when you can't trust in a relationship?"

Once she has forgiven you, it will then make her feel more relaxed about life, love and her relationship with you.

It may also make her feel a bit silly when she looks back at how she had been thinking, acting and behaving.

4. Stop apologizing for her insecurity

[image: Stop apologizing for her insecurity]

From that moment onwards, your girlfriend should begin to trust you and let go of her insecurities.

However, if she continues to be untrusting of you, it's important that you don't waste time going around in circles and apologizing or reassuring her that she can trust you.

What should you do instead?

Laugh at her, in a loving way.

[image: Laugh at her in a loving way]

Rather than getting angry at her or trying to reassure her that she can trust you, just laugh at her (in a loving way) for being so silly.

Laughter lets the love flow, but it's up to you as a man to make the laughter happen. You can't rely on her (an insecure woman with trust issues) to have the emotional strength and maturity to laugh and smile when she is worried about whether or not she can trust you.

So, if she is being insecure by not trusting you again, simply turn it into something laugh and smile about. She will then realize that she's being silly and that it feels so much better to just trust you and enjoy the relationship.

For example: If you happen to check your Facebook and she sees that you're responding to a private message, she might ask, *"Who is that? Who are you talking to? Is it a girl?"*

What you need to do at that point is smile and laugh at her in a loving way and then say something like this (while smiling and being easy-going and loving):

"We've already talked about this. You're much more mature now and you're not worrying about your old trust issues.

You and I trust each other.

You can have a look at this message if you want, but next time I'm not going to let you look at my message and I'm just going to laugh at you for being silly."

Then, let her look at your message and tell her, *"Next time, just relax and simply trust me. You can do that."*

If she ever does the same thing again, simply laugh at her and say, *"No, I'm not playing these silly games anymore. You can either believe me or leave me. The choice is yours."*

If she is still having trouble trusting you, simply go back through steps 1-3 and get her to realize it all again. Let her know that the only way to get over her trust issues, is to take a risk and let her take care of her trust in you.

Tell her to put her trust in your hands and just let go of it, rather than putting it in a steel box with a lock and feeling like she has to guard it 24/7.

Tell her that if you break her trust, it is your fault, not hers and that you have no intention of ever doing that.

Likewise, if she breaks your trust, it is her fault, not yours and you trust that she has no intention of ever doing that.

×

[image]

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What Not to Say to Your Wife: 5 Examples

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The ideal type of relationship dynamic is where you and your wife can say whatever you like to each other without taking it so seriously, getting offended or getting into an argument.

To have that type of relationship dynamic, you need to:

- Lead the way by not getting offended or angry by things that your wife says to you.
- Always try to smile, laugh and approach situations with a more light-hearted attitude, rather than stressing about it.
- Be a man that she can look up to and respect, so she feels proud to be with you and will be more willing to overlook any little mistakes you make.
- Make her feel attracted to you in different ways, so she continues to feel excited about being in love with you.

If you are being that type of man, your wife is going to be more easy-going and willing to forgive you if you happen to say something “wrong” to her.

5 Things to Avoid Saying to Your Wife

[image: Things to avoid saying to your wife]

You don't have to be Mr. Perfect and never say the wrong thing to your wife.

Instead, you simply have to be mindful of what turns a woman on and what turns her off when in a relationship with a man.

As long as you are mostly doing things that deepen her respect, attraction and love for you, any little mistake you make won't be such a big deal to her.

Just make sure that you learn from your mistakes and that you always try to become an even better man for her as the days, weeks, months and years pass by.

If you're doing that, your wife will naturally feel more respect, attraction and love for you over time. She will then become a more loving, caring, attentive and affectionate wife over time.

However, you can't expect her to do that unless you hold up your end of the bargain.

In a marriage, it is the man's responsibility to grow the respect, attraction and love that his wife feels for him over time.

If he fails to do that, she will begin to lose respect for him and when that happens, she will also lose attraction for him, which means the sex will dry up.

Eventually, she will fall out of love with him and possibly even ask for a separation, cheat on him or ask for a divorce.

So if you want to prevent the worst from happening to you, here are 5 things not to say to your wife:

1. Anything That Puts Her Down and Makes Her Feel Stupid

[image: Husband belittling wife]

It should go without saying, but criticizing or belittling anyone, even if it's for their own good, is not only not a nice thing to do, but it's also the quickest way for a woman to lose respect for her man. There is absolutely nothing wrong with teasing and being playful with your wife about certain things, especially if it's done in a fun, light-hearted way.

However, if you constantly criticize her or belittle your wife, she will close herself off from you emotionally and eventually, she will begin fall out of love with you as well.

For a marriage to thrive, a woman needs to feel that her husband respects her, and in turn she needs to respect him.

When a man belittles and criticizes his wife, she doesn't feel respected and this makes her feelings of respect and attraction towards him die as well.

If there is an issue in your marriage that you want to address with your wife, it is always best to do it in a kind, loving and respectful way.

For example: A woman might have added on some weight over the years that she has been unable to lose.

A negative way to address the issue of her weight would be to say, *"You have gotten so fat. Look at you! you don't look good anymore. Why don't you do something about it?"* or when she is eating, *"How can you eat so much? Can't you see how overweight you are? Stop eating!"*

In his eyes, he might feel that he is trying to motivate her and get her back to being the sexy, thin woman he married.

Yet, from her point of view, he is simply being critical, unkind and hurtful.

If a husband wants to get his wife to lose weight (or do something that he feels she should be doing), a better way to do that would be to say something like, *"I know you've been trying really hard to lose weight and I appreciate your efforts. I'd love to help out, so if you want, I will come along to the gym with you to make it more fun. I think it will be fun working out together and I'm going to enjoy watching you become sexier every day."*

In this way, rather than feel like a failure in his eyes, his wife feels loved and supported, which motivates her to try even harder to lose the weight and be the woman he wants her to be.

So, if there is something you want your wife to address, change or improve, the best way to go about it is by being open, kind and respectful towards her, rather than criticizing or belittling her.

Another way of approaching the weight issue is to ask her.

For example, a husband can say, *"I know that you've been trying really hard to lose weight and I appreciate your efforts. I wanted to ask you though what kind of approach would you prefer from me? Do you want me to help you stay motivated by going to the gym with you and making it a time for us to be able to laugh and have a good time? Do you want me to ask you how you're going once every two weeks? Do you want me to never mention it again and just let you handle everything on your own? Everyone likes to approach weight loss, health and fitness in different ways, so how do you want to approach it and what role, if any, do you want me to play?"*

Approaching it in that way allows a wife to feel supported, but also to feel as though she's not being rushed into losing weight.

After all, you and her are married and have your entire lives to spend together, so there usually isn't

going to be an urgent rush to lose the weight.

Try to get a clear answer from her on how she wants you to approach the subject with her and then follow through on it.

2. Anything That Makes Her Feel Taken For Granted

[image: Wife tired of being taken for granted]

The start of a relationship is always the easy part for most couples.

Everything is new and exciting and in the beginning it's easy to put your wife first above everyone else because the thrill of being in love overshadows everything else.

I'm married now, so I know how great the wedding day feels. My wife was crying tears of joy and admittedly, I got a bit teary eyed as well, which is highly unusual for me. It's a pretty amazing thing when you find the right woman for you.

I'm proud to call her my wife, but what I'm most proud of is the fact that our marriage has only gotten better and better since the wedding day. I have no fear of divorce because to her and I, the idea of parting ways seems like the worst decision either of us could make.

Both of us feel loved, appreciated and respected and although we have had an occasional argument from time to time, I make sure that I always turn it into a learning experience for us so we can feel united as a couple and so she can relax as I lead the way to a better future for our relationship.

Yet, how about you and your wife?

Have you deepened her feelings of love, respect and attraction for you over time?

Were you able to do that in the beginning, but then lost your way with it? Have you been taking her love, respect and attraction for you for granted?

Don't worry, a lot of men make that mistake in a relationship or marriage.

It's not that a husband goes out of his way to take his wife for granted, but other, more pressing things, (e.g. work, paying the bills, taking care of the kids) start to come between him and his wife.

Yet, regardless of how crazy, busy or stressful life gets, a woman still wants to feel that her husband loves, values and appreciates her.

For example: A man might feel as though he is doing a great job or taking care of his family's needs by working very hard to provide for them.

In his mind, he is doing it for his family so he focuses entirely on being the provider and fails to notice that he is taking his wife's romantic commitment to him for granted.

She might feel happy that he works so hard to provide, but at the end of the day, she is still a human being and instinctively, she knows that there's more to life than just work, work, work.

She wants to see that her husband still has the presence of mind to make her laugh, smile and feel good when he's around, rather than having to tip-toe around him because he is so stressed, irritable and worn out because of work.

Here's another example: A guy might have a very demanding job, which means that he can't always be home with her and the children (if they have any).

Yet, even though his wife works full time too, she has to come home and cook, clean, take care of the children and manage any problems that might arise in the home.

Most women will put up with that for a long time, as long as the husband takes the pressure of his from time to time and makes her feel appreciated.

However, if he simply expects her to do that because she is his wife or the mother of their children, she will gradually become to resent him for taking her for granted.

If he regularly calls her up to say, *â€œSorry honey, but Iâ€™m going to have to work late again,â€* or *â€œI know you're busy and don't want to be driving with the kids in the car, but just pop over to the dry cleaner and pick up my suitâ€* or, *â€œIâ€™m bringing a client home for dinner, can you whip up something special?â€* she will naturally begin to feel like he is putting her needs second to everything else in his life.

If it isn't a regular thing, a wife will happily accommodate that. However, if her husband always does that to her and expects her to just put up with it, she will eventually start feeling unloved and unappreciated.

She might tell him that she isn't happy with how he is treating her and all he needs to do then is fix that by making some changes.

However, if he doesn't make any changes and expects her to just put up with it, she will eventually begin to feel unhappy and out of place in the marriage.

3. Anything That Makes Her Feel Unattractive in Your Eyes

Most women are insecure about their physical appearance, (up to 96% of women according to a global study conducted by Dove cosmetics) and this is even more true when it comes to married women.

Most married women change over time, (e.g. she might have a baby, which will then cause her to put on some weight and get stretch marks).

No matter how well a woman takes care of herself, she will grow older and wrinkles will inevitably begin to line her face and that is something that her husband needs to accept and love about her in advance.

When a woman's appearance changes from being youthful to aging, it can be a huge whack to her confidence if the man in her life begins to lose touch with his feelings of attraction for her.

In many cases, she will then begin to flirt with men at work or other places she goes, as a way of feeling sexy and attractive again.

Her fairly innocent flirting can then easily turn into an affair if she happens to meet a confident man who knows how to make a woman feel attracted and turned on by the idea of having sex with him.

So, to avoid any of that happening, make sure that you understand and accept that it's a husband's responsibility to make sure that his wife feels sexy and beautiful in his eyes no matter what.

To make her feel sexy in your eyes, let her see that you react by feeling attracted and turned on when she puts in any effort to look good.

For example, you might say, *“Wow, look at you. My sexy wife”* and then spank her on the butt, pull her in for a kiss or pick her up and carry her around the house for a few seconds.

On the other hand, an example of what not to say to your wife would be: *â€œWow! Look at her. She looks good. Look how toned her body is. I wish you stillâ€* looked like thatâ€ or *â€œSheâ€™s so sexy. You used to look like that before the kids came along.â€*

If a woman doesn't feel sexy and desirable in her husband's eyes, she will end up avoiding being affectionate or having sex.

So, always aim to make your woman feel like she is the sexiest woman in the world to you.

Naturally, there's nothing wrong with saying that other women are beautiful or sexy, but never say that they are more beautiful or sexier than She is.

Additionally, never make her feel as though you are more attracted to other women than her.

4. Anything That Makes Her Feel Like the Man in the Relationship

These days, many women are involved in building their own careers and pursuing their own dreams. Yet, regardless of how dominant a woman is outside of her marriage, when she is with her husband, she wants to know that he is the man and that she can rely on him to take care of them both now and in the future.

This then allows her to fully relax into being a real woman (i.e. feminine, emotional, free to girly and giggly, focused on love) around him.

A mistake that some husbands make is to assume that because women are now working as leaders in the business environment, they also want to take the lead at home.

It doesn't matter how successful a woman is in her career, she still wants to be able to feel like a woman around her man.

She doesn't want to have to act like a man all day at work and then come home and have to take care of her confused husband, who thinks that she wants to be the boss at home too.

For example: When a woman is strong willed and capable of leading, she will often try to impose her will and get her husband to follow her orders.

For some husbands, the idea of getting into an argument every time a decision has to be made becomes a nuisance, so rather than argue, he might say, *I don't care. You decide,* or *It's up to you. Whatever makes you happy.*

Although this might seem like it's what his wife wants (i.e. total control), it isn't.

A woman doesn't want to feel like she is the one wearing the pants in the relationship, because it ruins her respect for the man, which then begins to diminish her feelings of sexual attraction for him.

Of course, some women like to be the dominant ones in the relationship (e.g. a dominatrix type woman, a butch lesbian who gets married to a man to hide the fact that she's gay from her family, an unattractive woman who wants to control a weak man so he won't leave, etc), but most women want to know that when she's at home with her man, he is the boss and she can relax and simply be his woman.

Wearing the pants or being the boss is not about putting her down, treating her badly, being domineering or behaving in any other unloving ways.

Instead, it's simply about being the man and being confident enough to lead both you and your wife towards a better life together.

You can let her make decisions, but you should be the one who is responsible for the direction of the life that you and your wife are sharing together.

The more of that responsibility you take off her shoulders, the more womanly she will feel around

you and the more attracted and in love she will be with you as a result.

5. Anything That Makes You Seem Needy, Clingy, Jealous or Insecure

[image: Wife unhappy with insecure husband]

If a guy who lacks purpose in his life, (e.g. he doesn't have any big goals or ambitions in life, or he has goals, but is using the responsibilities of marriage as an excuse for why he can't pursue them), he will usually become too focused on controlling and protecting his wife from other men.

She will become his purpose in life, which will then cause him to feel insecure whenever she stops being affectionate, doesn't answer his calls when she's out or happens to even look at another man.

Unless a man has a very good reason not to trust his wife, in which case he should just address the issue directly, what he should not do is try to control her as a way to calm his insecurities.

For example: Most women don't like to feel smothered in their relationship, so if a husband is constantly asking his wife, *Who was that on the phone? Where are you going? Who are you hanging out with?* only makes her feel trapped.

Most women don't want to be a man's purpose for living.

Of course, some insecure women do want that, but most women like to know that their man has a plan and a purpose for his life outside of his relationship with her.

For example:

- He is working hard to get promoted at work, so he can then afford to open the gardening business he has always dreamed about.
- He is studying the rules of football and the art of coaching, because he wants to coach the local team one day.
- He is studying after work because he is training to become a doctor, which will then allow him to leave the job that he hates and fulfill his dream.
- He is training hard at the gym because he wants to win a triathlon race and then become a coach for other athletes.
- He has an idea that will change the world and he is working hard to attract investors, so he can then make the idea real.
- He is working his way up at his government job because he wants to become the town major and make a difference.
- He is improving his ability to make music because he wants to eventually write songs for big artists, movies or TV.
- He is volunteering at a local charity and doing his best to make a difference in the lives of people who are less fortunate.
- He is studying property investment because he wants to eventually leave his job and become a property developer, which will then allow him to give his family a better standard of living and go on enjoyable holidays together.

Whatever it is, a husband essentially needs something BIG to work on, so he doesn't base his emotional security and happiness on his wife.

There's nothing wrong with her being one of the things that makes him happy or gives him a sense of identity and purpose in this life, but she should not be his main purpose.

If a man makes a woman his purpose, he will almost always become insecure when she tests his confidence by being less affectionate, attentive and loving.

If he fails the test and becomes insecure, clingy or needy, his wife will lose respect for him, which will then begin to eat away at her feelings of attraction for him.

When that happens, she may also begin to fall out of love with him and eventually either leave, ask for a separation, have an affair or ask for a divorce.

Building on Your Wife's Love, Respect and Attraction For You

If you are ever in doubt about what not to say to your wife, ask yourself, *Will what I'm about to say increase or decrease her feelings of respect, attraction and love for me?*

In most cases, your gut instinct will let you know if what you're about to say is loving and caring, or hurtful, needy or weak.

If you trust your gut instinct and it turns out to be wrong, then you probably need to spend a bit more time understanding what really makes a woman tick, rather than going through life assuming that you've got it all worked out already.

After all, we all learn and grow in this life and you are no exception to that rule.

You may be a great man today, but you know that you can be even better.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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What to Do When Your Girlfriend Stops Loving You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Right now you might be feeling helpless and maybe even a little bit hopeless about the possibility of making your girlfriend fall in love with you again, especially if she's been saying things like, *"I don't feel the same anymore"* or *"I don't know if I want to be with you anymore."*

The good news is that you can change how she feels and get her to fall in love with you again even harder this time.

As you will discover from the video above, just because your girlfriend has stopped loving you, it doesn't mean she is going to be stuck in that state of mind forever.

When you make her feel a renewed sense of respect and attraction for you, she will naturally reconnect with her feelings of love for you.

Note: If she is now your ex girlfriend and you're trying to get her back, then watch this:

So, if you're wondering what to do when your girlfriend stops loving you, then keep reading and I'll explain how to fix the problem!

Avoid Making These Mistakes

[image: What to do when your girlfriend falls out of love with you]

When a guy begins to worry about losing his girlfriend, he will often begin making mistakes that will turn her off even more and push her further away.

So, if you're concerned about your girlfriend not loving you the same way anymore, here are some things that you should avoid doing if you want to change how she feels right and make her love you again.

- **Asking her why.**

[image: Why don't you love me anymore? What is your problem?]

It's normal for a guy to want to know what he has done to cause his girlfriend to stop loving him, and it probably seems quite obvious that the best person to ask would be her.

Yet, asking a woman, *"Why don't you love me anymore? Just tell me what I have to do to get you to love me again,"* will only make it clear to her that he hasn't been paying attention to the warning signs she has been sending him for some time.

A woman doesn't just fall out of love with her man; it is usually a gradual process that happens over weeks, months or even years.

Along the way she will argue, fight and say things that she hopes will get through to him to let him know how unhappy she is feeling.

She won't sit him down and teach him how to be the man she needs because that is not a role that a girlfriend wants to be burdened with for life.

[image: Why won't you tell me what is wrong?]

She wants a ready-made man who already knows how to make a woman fall more deeply in love with him over time.

If her man doesn't know how to do that, she wants him to figure it out on his own, rather than expecting her to take on a role as a teacher, big sister or mother figure in his life.

Asking his girlfriend why she doesn't love him anymore, is like saying to her, *"I never noticed what was happening between us and I really have no idea what I did wrong. Can you please spell it out for me? I don't know how to be the man you need. I need you to teach me and help me become a real man. Please guide me and be my mentor."*

At this stage of the relationship, his girlfriend is already feeling little or no respect for him as a man, so by him asking her to explain what he did wrong only makes her think, *"If he doesn't understand what he needs to do, then I don't want to have to be the one teaching him. I don't want to mother him and teach him how to be a man in a relationship."*

She needs him to figure things out by himself, without her having to hold his hand and guide him.

If she has to teach him how to grow up and be at her level of maturity, she won't be able to respect him and without respect, she won't be able to properly feel attracted to him or feel excited to be in love with him.

- **Whining, begging, pleading or crying.**

It's normal for a guy to feel sad, hurt and emotional when he discovers that his girlfriend doesn't love him anymore.

However, the worst reaction he can have is to whine, cry or beg her to change her mind.

Why?

When a woman stops loving a man, it's because at some point during their relationship she stopped feeling respect for him, and this then led her to lose attraction for him and finally fall out of love with him.

If he then confronts her with tears and whining (like a boy would do to gain the pity of his mother), she will lose even more respect for him.

A woman wants to know that her man is emotionally strong enough to handle any situation, no matter how challenging.

If a guy breaks down, cries or begs for a second chance with her, rather than think, *"Ah, poor guy, he really looks so miserable. Maybe I should give him another chance; after all he seems so lost and sad,"* she thinks, *"I never realized he was so weak. I think it would be better for me to break up with him and find myself a guy who is emotionally strong and can handle his problems like a real man. I don't want to be stuck with a guy like this. What if I get pregnant to him? I will be stuck with him for life now. I've got to get away from him while I still can."*

So, whatever you do, just don't make the mistake of seeking her pity by showing her how emotionally sensitive, insecure or hurt you are.

That is not going to make her love you again and will only cause her to fall further out of love with you.

If you want to get your girlfriend to fall in love with you again, you have to make her feel respect for you as a man by being a man that she can look up to, not a guy that she has to look down on.

If you've already made the mistake of getting emotional and even crying or begging her to change her mind; it's okay. You can still turn it around and make her see you with fresh eyes. From this point forward you just have to focus on regaining her respect and attraction for you by being a man that she can look up to and respect, and her feelings of love will naturally follow.

- **Trying to convince her to change her mind.**

[image: She needs you to change first]

Many guys make the mistake of assuming that when a woman says, *"I don't love you anymore,"* she will change how she feels if he just promises to change.

Yet, he will most-likely have made promises about changing before, which he wasn't able to follow through on.

When she gave him another chance, he slowly reverted back to being his old self and making the same mistakes, hoping that she would just put up with it this time and not complain any further.

Here's the thing!

When a woman stops loving her man, she doesn't want to hear empty promises.

She wants to be able to see, feel and experience him in a different way (via his behavior, actions and communication style), before she will believe that he's really changed and thus open herself up to the idea of loving him again.

If a guy makes promises and doesn't keep them, it only adds another reason why she can't respect him.

In the past, a woman had to remain a virgin until marriage and then stick with her man even if she was unhappy, because it was shameful to get a divorce.

However, in today's world, women are free to get in and out of relationships until they find the right man for them.

If you currently aren't the right man for your girlfriend, you need to start fixing your issues (e.g. insecurity) and improve your ability to make her feel respect, attraction and love for you.

If you don't do that, you might have to face the dreaded talk with your girlfriend where she starts off by saying, *"We need to talk"* and then proceeds to say, *"I don't want to be with you anymore. I am leaving you."*

You can stop it before it gets to that point, but you have to be willing to fix your issues and improve your ability to make her feel the way she really wants to feel.

Identify the Real Reasons Why She Stopped Loving You and Fix Those Things

To get your girlfriend to respect you again, you have to show her that you now fully understand what caused her to stop loving you in the first place (e.g. insecurity, taking her for granted, being too clingy, having commitment issues, not being enough of a man for her).

If you're unsure about what caused your girlfriend to lose respect, attraction and love for you, here are some questions that will help you gain clarity:

- Have you been making her feel loved and appreciated in the relationship, or have you been making her feel taken for granted (e.g. expecting her to do certain things without helping out, not noticing when she did something nice for you, placing more importance on being with your friends than her)?
- Do you have a clear purpose and direction in life that you are following through on with determination, or have you been using her and the relationship as an excuse to hide from your true potential as a man?
- Have you been kind, loving and supportive towards her, or have you been criticizing or belittling her too much?
- Are you a strong, confident man she can rely on, or have you insecure, clingy and needy?
- Did you make her feel girly and feminine in contrast to your masculinity, or does she feel like more of a friend to you, or worse — does she feel like more of the man (more dominant, more emotionally strong) in the relationship?

These are just a few reasons why your girlfriend might have stopped loving you.

When you can identify the real reasons, you can then take proper action to fix those things.

You will then begin to offer her what she really wants, rather than what you think she might want.

For example: If one of the reasons why a woman stopped loving her man was because he wasn't living up to his true potential as a man, she's not going to care if he's promising her more time together, or more romantic dinners.

She is going to want to see him starting to live up to his true potential, so she can trust him to guide him and her to a better future.

If he takes action towards improving himself, (e.g. by applying for a better job, trying to get promoted, going to university to improve his qualifications, working towards achieving certain goals) she will see that not only has he really understood what was bothering her, he is also man enough to do something positive about it and this will attract her and make her feel respect for him like never before.

She will then begin to reconnect with her old feelings of love for him, but this time it will be stronger because it will be based on deeper feelings of respect and attraction for him.

Her Love for You Isn't Really Dead

Right now, your girlfriend might be saying, *"Leave me alone! I just don't love you anymore,"* but it doesn't mean that her love for you is dead.

Instead, it simply means she doesn't feel like she can love you right now.

Her love is somewhere in the background but, right now, she's not willing to let herself feel that love for you because she's focusing all her feelings on the negative things about you and your relationship.

When you change those negative things about yourself and start offering her what she really wants, she won't be able to keep that love buried inside her for long.

When she sees that you are now the kind of man she can respect and look up to, her guard will naturally go down and she will start feeling attraction for you again.

She will then begin to reconnect with the love she felt for you, but this time it will be even stronger because she will believe in you as a man and feel a deeper respect and attraction for you as a result. So, when you woke up this morning wondering about what to do when your girlfriend stops loving you, and feeling like you might not be able to change how she feels, as you can now see, itâ€™s not impossible or even difficult.

You can do this.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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What Do Happy Couples Do?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The key to a happy relationship is when a man can guide both himself and his woman into deeper feelings of respect, attraction and love for each other over time.

Just because things felt good at the start, it doesn't that either you will want to stick around later on.

To keep a relationship strong, you've got to deepen feelings of love, respect and attraction for the both of you.

When those three things deepen over time, it not only makes a couple happy to be together, but it also helps to ensure that their relationship has the best chance of lasting a lifetime.

So, if you want to know what happy couples do, here are some of the most important things to keep in mind.

Happy couples:

1. Feel attraction and respect for each other.
2. Love each other despite their differences.
3. Touch, hug, kiss and have sex often.
4. Don't take each other for granted.
5. Have mutual goals and ambitions that span out years or decades ahead.
6. Have interests, hobbies and friends apart from each other.
7. Grow together as a couple, rather than only one person growing and leaving the other behind.
8. Love and accept each other for who they are deep down.
9. Help and support each other to reach for their true potential in life.
10. Have a relationship dynamic where she feels feminine in response to his masculinity, rather than her "wearing the pants" and being the more dominant one in the relationship.
11. Communicate openly with each other.
12. Trust each other.
13. Can depend on each other for support during difficult times.
14. Have shared interests and enjoy spending time together.
15. Keep the romance alive in their relationship, (e.g. by going out to a special dinner once in a while, taking a weekend away, watching a sunset together somewhere quiet).
16. Laugh together.
17. Support each other even when they don't always agree with the other person's decisions.
18. Bring out the best in each other and make the other person feel good about herself or himself.
19. Have fun together.
20. Don't put other people or things above each other (e.g. he doesn't make the mistake of disregarding her opinion and only listening to his family or friends, or she doesn't place a greater importance on going out with her friends rather than being present in the relationship with him).

The truth is, that although the list can go on, the most important thing to remember is that for a couple to be happy, it all boils down to being able to guide both yourself and her into deeper feelings

of respect, attraction and love for each other over time.

A woman will remain happy to be with you if you continue to build on her feelings of attraction, respect and love for you over time.

For example: If a relationship starts off well, but a guy then becomes insecure, controlling and clingy, the woman's feelings for him won't be able to deepen much at all.

If that kind of behavior continues from him, she will eventually lose respect for him, stop feeling attracted to him and then begin to fall out of love with him.

How You Make Each Other Feel is What Matters the Most

[image: Happy couples]

If you were to base your happiness as a couple on what the media recommends, you would be having romantic candlelit dinners every day, going off for romantic weekends every other weekend, and buying her flowers and gifts on a regular basis.

Although these things are nice and definitely help spice things up in a relationship when they happen from time to time, it's not what makes a couple happy.

For example: A guy might buy his wife flowers and take her out to a romantic dinner every week, but if he criticizes her or belittles her the rest of the time, she's not going to think, *Wow!*

I'm just so happy! I know he treats me badly most of the time but that's okay because he buys me flowers and takes me to nice restaurants.

In the same way, a woman might buy her man gifts often, but if the rest of the time she's a nag who disrespects him in front of others, he's not going to think *I'm happy because she buys me nice gifts,* he's going to think, *This woman makes me feel miserable.*

This is why the most important thing that happy couples do, is make each other feel loved, respected, cared for and appreciated over the long-term.

Essentially, it's not the superficial things that make a couple happy.

If you want to be happy in your relationship then you have to actively deepen the love, respect and attraction that your woman feels for you by being a man that she can look up to and respect.

As a man, you have to know how to create that type of dynamic and then you need to maintain it throughout life.

4 Relationship Hacks That Will Keep You Both Happy

Here are 4 simple ways in which you can keep growing the respect, attraction and love your woman feels for you.

1. Always remember that laughter is the best medicine

[image: Laughter is the best medicine]

Laughter is the best medicine, so always try to smile and laugh at the things that you would normally get angry or upset about.

Some situations can be very stressful and you might feel the urge to argue or get angry, but with a

smile or a laugh, a difficult situation can be made a little lighter.

If you're in the habit of getting stressed, angry, frustrated or being irritable around her, you have to force yourself to develop a new habit of being more light-hearted, cheerful and happy.

You might make a mistake and get frustrated 5 times out of 10 for the first week, but if you stay focused for a couple of more weeks, that will eventually come down to 2 in 10 and then 1 in 10. Eventually, you and her will be laugh, smile and be happier almost all the time.

As a man, it's up to you to lead the way to more smiling and laughter. You can't expect a woman to be the emotionally stronger one and lead the way like that. You also can't expect her to develop the habit first, or to lead you to develop the habit.

You have to lead the way and guide both you and her to more happiness, because a woman will usually just react and respond to the lead and direction of her man and if he tends to get stressed, argue and get angry, she will usually just follow along and do the same.

When you create a happier, more cheerful dynamic in your relationship, it will definitely bring you closer together as a couple over time, which will make both of you happier.

If you don't take on the responsibility for doing that, the spark may die out and you may end up feeling more like enemies than lovers.

The start of a relationship is usually the easy part because you're both feeling a lot of lust and excitement about being in love.

However, the test of a good relationship is not what happens at the beginning of the relationship, but rather what happens over time when the excitement wears off and you are faced with real life and real problems.

Every couple has to face some kind of difficulty in their relationship, (e.g. financial trouble, a difficult pregnancy, work stress, family problems) and it's easy to take life's problems out on each other.

To stay happy as a couple, you have to make sure that no matter how angry or stressed out you get, you never stop making each other feel loved and appreciated.

You have to be on each other's side and work towards a better life together, rather than letting problems come between you and tear you apart.

There's no doubt that you will encounter challenges and obstacles individually and as a couple, but if you can help promote a more lighter, cheerful approach to life, both of you will be so much happier together throughout it all.

2. Lead the relationship, but don't be controlling

You are the man and it's your responsibility to lead.

That's not to say that your woman's needs and wants don't count, or that she doesn't have a say, but it's still your responsibility to take charge so that she can relax into being a real woman around you (i.e. feminine, free to be emotional, focused on being in love with you, giggly and girly around you).

No matter how confident, independent and successful your woman is, she still wants you to be her man.

It's up to you to take on the role of being the one who is mostly responsible for guiding you and her towards a better life together.

She can help and she can contribute, but you need to lead the way. If she wants to lead on certain things, you should allow her to do that.

Leading a woman doesn't mean taking away her power and controlling everything.

You can still have a balanced power dynamic in a relationship, where she accepts you as the leader and you respect her as your woman.

She needs to still have a say and be able to tell you if you're making a mistake, but it's ultimately up to you as the man to lead the way to a better life and better relationship.

3. Respect, respect, respect

Respect must be mutual.

You have to respect your woman and make sure that you support and encourage her to accomplish her own goals, but at the same time make sure that you are the sort of man that she can look up to and respect by being confident, honest, driven and someone she can rely on and trust no matter what.

Maintaining mutual respect is very important in a relationship because without respect attraction fades and then the love will die too.

However, being respectful towards her doesn't mean that you should allow her to treat you badly.

If she steps out of line, it's up to you to let her know that you don't appreciate it and expect better from her next time.

If she's a good woman who loves you, she will listen and give you the respect you deserve.

4. Be aware that if her respect and attraction for you dies, she will begin to fall out of love with you

Without mutual attraction a relationship will become a friendship at best, or break up at worst.

While being the kind of man who is rising through the levels of life and reaching for your true potential is definitely attractive to a woman, she also wants to feel that she is special in your eyes.

Women often feel a lack of confidence about their attractiveness when in a relationship, so it's up to you as the man to make your woman feel like she is the sexiest and most beautiful woman on Earth to you.

When you make her feel the way she wants to feel, not only will she feel attracted and happy, she will know that she cannot find a better man than you and she will do everything she can to please you too.

Staying Happy Together For Life

When you know how to deepen a woman's respect, attraction and love for you over time, a relationship naturally feels good for both of you.

She is happy that she has a real man and you are happy that you have a beautiful woman who loves you and never wants to leave you.

You then become one of those couples that other people look at and ask, *â€œI wonder what those two are doing in their relationship to be so happy? I wish I could have a relationship like that.â€œ*

×

[image]

Almost there! Please complete this quick form to gain instant access.

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How Do I Know if My Girlfriend Loves Me? 10 Signs That Signal Danger

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Every woman expresses her love for a man in slightly different ways.

However, there are similarities that almost all loving relationships have in common.

For example: A woman who loves her boyfriend (fianc  or husband) will show affection, care and support for her man, she will get excited talking about their future together, she will feel a little bit protective of him and won't want other women having a chance to take him away from her and she will miss when they spend time apart.

So, if your girlfriend is showing any of the following 10 signs, then you may be in danger of getting broken up with or being cheated on soon or in the near future.

Some worrying signs to look out for are...

1. She takes without giving

[image: She takes without giving]

If your girlfriend is the kind of woman who always expects you to do things for her, listen to her and care about you, but she doesn't do the same in return for you, then it's a sign that she's not interested in giving you the type of love that you want or need.

This may be as a result of her having a troubled childhood (e.g. she was abandoned, treated badly), giving her love to ex's in the past and been taken for granted or it could be that she simply doesn't feel enough respect and attraction for you to truly love you.

If you feel as though she doesn't feel enough respect and attraction for you, it's possible that you may have been giving her more power than she actually wants to have over you.

Watch this video for more info...

If your girlfriend tends to take without giving back to you in return, you need to make sure that you change that dynamic.

How? You've got to become the type of man that she will look up to and respect and you then need to tell her to start loving and attentive towards you, otherwise you will break up with her.

To be the kind of man that she will look up to and respect, you need to:

- Be emotionally stronger than her (i.e. don't cry, don't be so sensitive about things, remain strong during challenging times or moments, etc).
- Have purpose in life that is based on you achieving your biggest goals and ambitions in life.
- Continually make real progress towards achieving your biggest goals and ambitions.
- Love and accept her for who she is, but gently encourage her to be even better from time to time.
- Be a man of your word.
- Don't expect her or yourself to be perfect right now, but always make progress to becoming a

better man.

When a woman is truly in love with her man, she will feel happy about doing things for you that make you happy, make you feel loved and help you become the man that you are aiming to be.

Yet, not all women are the same.

Some women have had a troubled childhood, are still carrying baggage from a previous relationship or simply haven't yet worked out how to properly love a man.

So, if you are asking the question, "*How do I know if my girlfriend loves me?*" you need to have a more open mind about what the real problem could be with her.

She may have had a troubled past, or it may also be that she simply doesn't feel enough respect and attraction for you to really care enough about her relationship with you.

If a woman is with a man who makes her feel deep attraction, respect and love she will naturally want to please him by being more caring, loving and attentive.

If she doesn't love him in that way, the man will simply threaten to break up with her and she will then change, or he will break up with her and make her come back to him begging for another chance.

If you want to have that kind of power over your girlfriend, you must ensure that you are making her feel the type of love, respect and attraction that she really wants to experience when in a relationship.

2. She prioritizes everyone else over you

[image: She prioritizes everyone else over you]

If your girlfriend tends to put you last in terms of priority (e.g. she regularly cancels plans with you to catch up with people who contact her at the last minute, she ends a phone call with you to reply to unimportant text messages, she is more interested in being around other people than you, etc) then it's a sign that she isn't truly in love with you.

When a woman is truly in love with a man, she will want to be around him as much as possible.

There's nothing wrong with her wanting to hang around other people, do things by herself or be independent in some ways, but a woman who is truly in love with her boyfriend (fiancé or husband) will spend most of her time around him because it feels better to be around him than to be apart from him.

When you're in a love, being around the other person makes you feel so much better and makes life less stressful.

If your girlfriend gets more happiness and enjoyment from being around other people, then it's a sign that she's not excited about being in love with you and is using other people to fill up the emotional gap that exists in your relationship.

3. She still talks about missing her ex's

[image: Girlfriend missing her ex]

If your girlfriend says that she loves you, but then also says that she misses an ex-boyfriend or a

number of her ex's, then it can mean that her love for you isn't as strong as it was for her ex.

If you want your girlfriend to love you more than her ex, you need to be a man that she can look up to and respect, so her love, respect and attraction can deepen for you over time rather than fading away after the initial, easy part of a relationship.

When a relationship begins, it's very easy to feel love because you are both feeling a lot of lust and excitement about being with someone new.

However, relationships go through stages and after that initial stage, a man must have the ability to deepen the woman's feelings of love, respect and attraction for him, otherwise her love will begin to fade away.

When the love begins to fade, she will naturally begin to miss an ex who made her feel a stronger love, or she will open herself up to being seduced by other men who seem more capable of giving her the love and relationship experience she seeks.

4. She hides you from her family and friends

[image: She hides you from her family and friends]

If your girlfriend doesn't want you to meet her friends or family, it could mean that she isn't proud of having you as her boyfriend or simply wants to have a brief, casual relationship with you.

When a woman is in love and sincerely wants to stay with a man for life, she will introduce her man to her family and friends and if they don't like him, it's their bad luck because she is in love, is happy and is going to have a future with him whether they like it or not.

5. She talks about her future, but it doesn't include you

If your girlfriend gets excited talking about her future plans and goals in life (e.g. I want to have this, I want to do that, my dream is to have this), but rarely or never includes you in those plans, it could be a sign that she doesn't truly love you or see a future with you.

Of course, all women are different, so in some cases when a woman is only talking about herself when imagining the future, it could be that she is shy about using the word "we" or talking about you and her together in the future.

A woman might do that because she doesn't want to appear too keen at the start of a relationship or is trying to gain some more power in the relationship by making you feel as though she could be happy without you.

So, it's not always a sign that she doesn't love you because it also means that she is simply a bit immature when it comes to love.

She hasn't yet realized that in order for love to be true, powerful and last a lifetime, it needs to be fearless.

When a man and a woman love each other fearlessly and don't hold anything back, it creates a type of love that will last a lifetime.

With that type of love, both the man and woman feel excited, happy, hopeful and safe when they talk about their future together.

Although they may have individual goals and dreams, it will always link up and benefit their mutual goals together and that will make them feel as though they are working towards a mutually beneficial future and are better off together than apart.

6. She says that she won't get angry if you want to see other women

A huge red in a relationship is when a woman says that she doesn't mind if you want to see other women and have a more open relationship.

When that happens, there is a 99% chance that she already likes another guy, has cheated on you, is planning on cheating on you soon or is trying to give you a signal that she doesn't want to be in a committed relationship with you anymore.

Saying that she won't be angry if you sleep with other women, is usually just an attempt to create a new dynamic in your relationship that will make her feel less guilty when she eventually says, *"Don't get angry, but I have to tell you somethingâ€¦I've met someone else."*

So, if your girlfriend has said that she would be okay if you wanted to see other women, then it means that she might love you in a casual way, but doesn't see herself being committed to you for life.

7. She seems to have a wandering eye when other guys are around

There's nothing wrong with your girlfriend briefly looking at other guys, because it's perfectly natural and normal for humans to feel physical attraction for someone and then forget about a few seconds later.

If your girlfriend looks at a guy and then gets back to talking to you and doesn't keep staring at him or glancing at him, then there's nothing to worry about.

She is simply reacting to her normal human instincts, just like you will look at other women, feel attracted and then get back to enjoying your time and relationship with your girlfriend.

You looking at other women doesn't mean that you are going to have sex with those women and then dump her.

You're simply looking at them, feeling some attraction and it then fades away and is replaced by the love and attraction that you have for your girlfriend.

However, if your girlfriend is the type who seems to keep looking at guys repeatedly, staring at them and actively trying to make eye contact with them, then it's pretty clear that she is open to other guys trying to seduce her into having sex and leaving you.

If you're not around, your girlfriend will most-likely do that twice as much and it will take for you to lose your girlfriend, is for a confident guy to approach her, make her feel attracted and then get her phone number or hook up with her that night if she happens to be out partying.

8. She doesn't miss you when you spend time apart

[image: She doesn't miss you when you spend time apart]

There's nothing wrong with a girlfriend not contacting you after a few days apart if she is busy with her career, studies or is an independent woman who enjoys spending time on her own.

However, if you and her are apart for more than a week or are in a long distance relationship because of work or university and she doesn't seem to miss you when you are apart, then it could mean that she isn't truly in love with you.

Of course, all women are different and her being so emotionally distant could be her way of coping with the distance of your relationship.

It could also be her way of trying to protect herself from falling in love with you too much, so she will then have an easier time getting over you if the relationship ends.

If you are in a relationship where your girlfriend really seems to need you or miss you, it's critical that you change that dynamic before she meets another guy who makes her want to be more devoted.

I know this because I help guys to get women back after a break up, so over the years, I've heard all the stories and all the different reasons why a woman will break up with a guy.

For example: Sometimes, a couple will gradually become so emotionally detached from each other that they will begin to grow apart and then one of them will break up the relationship, or cheat and then break up the relationship.

In other cases, the woman will become emotionally detached, but the man will remain fully invested and he will then become insecure and needy, which then turns her off and makes her feel attracted to more confident, emotionally mature guys.

9. She expects you to adapt to her, but won't make any changes for you

One of the easiest ways to tell if your girlfriend really loves you is to think about how much she has adapted to you, compared to how much you've adapted to her.

For a relationship to last a lifetime, both the man and the woman need to adapt to each other and make small changes in how they communicate, feel and behave so that the relationship can be more harmonious and mutually enjoyable.

For example: If a woman wants a committed relationship where she can spend 3-4 nights per week with her boyfriend, but can only spare one night for her because he works long hours and then goes to the gym 5 nights per week, it is going to make her feel as though he isn't ready to be a truly loving man.

She might accept it for a while at the start of a relationship because she is so attracted to him and the sex is great, but she will eventually come to resent him and feel as though she needs to fill up that emotional gap in her life somehow.

She might try to distract herself with hobbies, TV, social media and other things to put up with the one night per week that she gets to see him, but she will eventually feel as though he just isn't giving

enough to the relationship for her to justify committing herself to him.

She will then either break up with him, ask for time apart or open herself up to being seduced by other guys into having sex and leaving him.

If her boyfriend wants to avoid that kind of thing happening, he needs to be willing to give up a couple of nights per week at the gym (or whatever hobby he is addicted to) and allocate that time to her.

However, for the relationship to be successful, it can't just be him who is adapting. She has to adapt to his needs and wants to.

For example: He might want a girlfriend who enjoys cooking for him, but she might not want to do that because she thinks that it's old school for a woman to cook for a man.

If she wants him to become more available to her, she needs to be willing to do something for him to (e.g. cook for him one night per week and he will free up two extra nights per week for her).

For a relationship to be successful, both the man and woman need to be willing to adapt to each other, rather than it being one-sided.

So, if your girlfriend expects you to adapt to her and isn't willing to change anything for you, it shows that she not only doesn't truly love you, but she doesn't respect you enough to feel as though she should do that.

10. She doesn't really seem to care about you or what is happening in your life

If your girlfriend doesn't ask you much about what is going on in your life, doesn't listen when you talk about what is happening in your life and only seems to care about herself and her friends and family, then it's a sign that she isn't proud to have you as her boyfriend and isn't excited to be in love with you.

When a woman is in love with you, she will be happy to listen to you talking about things that she doesn't even care about (e.g. fixing cars, football, etc), she will support your goals and ambitions and she will be interested to hear about what you and your friends have been up to lately.

Essentially, she will be happy to listen to you talk about anything because she is getting to spend time with you and have some of your precious attention.

Making Your Girlfriend Love You

One of the most important parts of making your girlfriend love you is making her feel sexually attracted to you and respectful towards you as a man.

Being able to trigger a woman's feelings of attraction for you is extremely important when you first meet a woman, are on a date with her and in a relationship with her.

If you can only make your girlfriend experience light feelings of attraction, respect and love, then she's not going to want to stick around for long.

When a relationship begins, it can often feel as though it will last forever because both the man and

woman feel excited to be in love due to the lust they are experiencing for each other.

As they begin to have sex, a man and woman will then begin to say, “I love you” and “I want to be with you forever” and all sorts of sweet things like that.

However, none of those things will mean anything to a woman if the guy isn’t able to deepen her feelings of love, respect and attraction after the relationship passes the initial stage.

The love that happens at the start of a relationship is nowhere near as deep, meaningful and enjoyable as the love that a couple feels when they are years into a relationship that has gotten better and better over time.

If you feel as though your girlfriend is falling out of love with you or doesn’t love you enough to want to stick with you for life, then you need to actively change the dynamic of your relationship.

Unlike women in the past who would stay with a man for life because it was shameful to break up, today’s women are free to get in and out of relationships until they find a man who is capable of giving her the love experience she truly seeks.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

My Girlfriend is Ignoring Me: How to Fix it

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you have found yourself in the unfortunate position where you are saying, “*My girlfriend is ignoring me*” and you’re not sure why, this post will explain how to fix the problem.

Here are 5 honest questions to ask yourself that will give you the exact answer you need to get her to stop ignoring you!❏

1. Have you been turning her off lately?

[image: Have you been turning her off lately?]

When you first get into a relationship with a woman, she will usually put up with a lot of the mistakes you might make (e.g. being insecure, jealous, too protective, etc) because she is feeling a lot of lust and excitement about being with someone new.

When you begin having sex, it will be usually be more than enough pleasure and enjoyment to make both of you want to see each other on a regular basis, so there will be no reason for her to ignore you.

However, once you pass that initial phase of the relationship, if you’re still making the same old mistakes and possibly gotten worse (e.g. become more insecure, being clingy, not being enough of a man for her, not having much purpose in life and focusing too much of your time and energy on her as a result, etc), then she will start to feel as though she is making a mistake by being with you.

At this point, you should honestly ask yourself the question, “*Have I been turning her off lately?*” and if your answer is “Yes,” then you need to get clear on how you can actually start turning her on and making her feel attracted and drawn to you from now on.

For example: If you interact with her and display traits such as confidence, charisma, humor, a masculine vibe and high self-esteem, she will naturally feel attracted to you and will begin to feel proud to be with you.

She will then to feel drawn to you and will stop ignoring you.

When a woman feels a lot of attraction for her boyfriend, she doesn’t want to ignore him because interacting with him makes her feel so good and she also doesn’t want another girl to come along and take him from her.

2. Does she truly want to be committed to you for life?

[image: Is she committed to you for life?]

Just because you’re in a relationship with a woman, it doesn’t mean that she is thinking, “*I’m only ever going to be with him for life. I will never do anything else other than be in a relationship with him.*”

These days, many women get in and out of relationships throughout their late teens, 20s, 30s and even 40s and they continue to do that until they find the right man for them.

A woman can be 20 years old and decide that she wants to settle down and get married, but if that

same women didn't find the right guy for her until she was 35, she might wait until then.

If she didn't wait and got married to a guy who she didn't truly love, respect and feel attraction for, she will potentially divorce him later on if he doesn't improve and become the man she really wants him to be.

So, the question you really need to ask yourself is this, *"Is my girlfriend committed to me for life? Does she truly see me as the man that she wants to spend the rest of her life with?"*

You might be answering "Yes" to that because a lot of women do say things to their boyfriend like, *"I love you so much"* and *"I want to be with you forever"* during the initial parts of a relationship, because she is feeling so much lust, love and excitement.

Yet, that doesn't mean that she can't change her mind later on if her boyfriend is unable to deepen her feelings of love, respect and attraction.

If her feelings fade (e.g. because her boyfriend has been too insecure, too clingy, controlling, lacking purpose, etc), then her thinking will change from, *"I want to be with you forever"* to *"I don't feel the same way about you anymore."*

These days, the only way to keep a woman in a relationship for life is to actually have the ability to deepen her feelings of love, respect and attraction over time.

As a man in the modern world, you now need to know how to deepen a woman's feelings over time, because women no longer have to stick with one man for life if they are unhappy.

In the past, a woman had to stick with one man for life because it was shameful to get divorced.

There was no sex before marriage, so a woman would get married and lose her virginity on the wedding night.

She would then have to stick with her man for life no matter what.

[image: No sex before marriage vs. have sex whenever you want]

However, today's women are free to do whatever they want. If a modern woman is unhappy in a relationship, she can get out of it and simply find a new guy if she wants to and society will not look down on her.

In fact, many people will "pat her on the back" and say that she is strong and courageous for breaking up with a guy who doesn't have the ability to make her feel the kind of love, respect and attraction that she wants in a relationship.

Here is a video that I made for guys who have already been dumped by their girlfriend (fiancée or wife).

Watch this now and it should help you prevent a break up from happening!|

If she does end up breaking up with you because you don't take action to fix the problem, [watch this video](#) to learn what you need to do to get her back.

If your relationship does stay together, you need to ensure that you begin deepening her feelings of love, respect and attraction for you from now on.

When you do that, she won't want to ignore you anymore because she will feel better when she spends time with you or at least remains in contact with you via phone, text and social media.

Essentially, it all comes down to how you make her feel. If you are making her feel a lot of love, respect and attraction for you, then she will have absolutely no reason to ignore you.

If you approach your relationship in that way, you and her will be able to be together for life.

3. Have you given her too much power in the relationship?

[image: Have you given her too much power in the relationship?]

A girlfriend will always test her boyfriend to see how much she can get away with and see how much power she can gain over him.

For example: She might throw tantrums, treat him badly, be less affectionate, ignore him, tease him, demand that he do things for her, etc.

If her boyfriend puts up with the bad treatment because he is afraid of losing her, the power will gradually shift to her and she will lose respect for him.

It may then get to a point where she calls the shots on pretty much everything (e.g. she says when they can hold hands, kiss, have sex, go out and how often they see each other) and if he complains about it, she will threaten to break up with him.

That is not the position that you ever want to be in with a woman. The position that you want to be in and that women actually want you to be in, is where you love and respect her, but you remain in the position of power.

To achieve that, you need to maintain belief in yourself and know that she is attracted to you, respectful of the emotionally strong man that you are and she is also in love with you.

If she gets out of line, you need to let her know that you are disappointed in her and expect better from her from now on.

You need to be light-hearted and easy-going when you tell her that, but you also need to be assertive at the same time.

If she continues to make the same types of mistakes, it should be you that is ignoring her or saying that she doesn't get to hold your hand or kiss you.

That is actually what women want a man to do. A woman hates it when her boyfriend puts up with her bad behavior because he is afraid of losing her.

Women want to be with a guy who has a backbone and is willing to stand up for himself in a loving, but assertive way.

Women don't want to be stuck in a relationship with a wimp who allows himself to get pushed around by a woman, because that suggests to her that he will also allow himself to get pushed around at work or will be overlooked for promotions because he simply isn't emotionally tough enough.

4. Has she become your main purpose in life?

[image: Has she become your main purpose in life?]

A classic mistake that guys make in relationships, is to feel as though once they've gotten themselves a girlfriend, the rest of the world can go get stuffed.

A guy will often want to spend all of his time with his girlfriend (e.g. hanging out with her on the couch, in bed, going places with her, etc), but a woman instinctively knows that he shouldn't be

spending most of his time just hanging out with her.

Instinctively, she knows that (if he is a real man), he should be rising up through the levels of his true potential as a man by striving to achieve his biggest goals and ambitions in life, rather than just sitting around wasting time with her.

If you make a woman your main purpose in life, she will begin to say things like, *“I need time to find myself”* or *“I need to clear my head”* or *“I need to figure out what I want to do with my life”* because she is reacting to the lack of purpose and direction that you have been unable to provide.

There’s nothing wrong with spending a lot of time with your girlfriend, loving her and wanting to be around her, but your main focus in life needs to be your purpose as a man.

If you approach life in that way, your girlfriend will feel more respect, attraction and love for you over time, as long as you also treat her well and respect her and love her.

5. Are you going to fix the problem, dump her or wait to be dumped by her?

If you’re in a position now where you are saying, *“My girlfriend is ignoring me”* then you have a choice to make.

You’re either going to:

1. Fix the problem (i.e. identify where you’ve been messing up and then begin to change that) and then deepen her feelings for you.
2. Dump her because you feel as though she’s going to dump you soon, so you might as well do it first.
3. Not do anything and simply hope that she doesn’t dump you.

So, what you are going to do? Are you going to:

1. Fix the problem?
2. Get rid of the problem by dumping her?
3. Hope that the problem goes away on its own?

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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Keeping a Woman Interested in You: 4 Stages

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Keeping a woman interested in you is very easy to do when you use the right approach to attraction, dating and relationships.

Here is correct, fundamental approach to use at each step of the way with a woman, to ensure that she remains interested in you and never wants to leave you...

1. When you first meet her

[image: Keeping a woman interested in you when you first meet her]

The main thing that you need to do when you first meet a woman, is trigger her feelings of sexual attraction for you.

For example: If a guy walks up and begins talking to a woman and displays signs of nervousness and self-doubt, while also putting on an act of being an ever nicer guy than he really is, then the woman's feelings of sexual attraction are not going to be triggered.

She will feel turned off by his emotional weakness and lack of authenticity as a man.

On the other hand, if a guy approaches a woman and displays signs of confidence (e.g. relaxed, easy-going body language, confident tone of voice, believes in himself and allows his natural charisma to come through), the woman's feelings of sexual attraction will be triggered.

Yet, even if a woman is attracted to you, she won't always respond or behave in the exact same way as other women you meet.

For example: Sometimes you will meet a woman and sparks will fly immediately and she will then make it very easy for you to touch her, move in for a kiss, get her phone number or take her home for sex.

Other times, it might take you 30 minutes to 2 hours of hanging out with a woman before she feels ready to kiss, give you her phone number or go home and have sex with you.

There are also women who will play really hard to get, even if they really like you.

For example: If a woman only wants a very confident guy, she will test him by acting uninterested, teasing him (e.g. *"I hate your hairstyle"* or *"That's a lame shirt you are wearing"*) and even saying that she doesn't like him.

She tests a guy like that because she wants to see if he has the balls to remain confident and believe in himself, no matter how challenging she gets.

The most important part of keeping a woman interested in you in cases like that, is to make sure that you don't buckle under her pressure.

You need to remain calm, confident and continue to display the personality traits, behaviors and inner qualities that are naturally attractive to women (e.g. confidence, charisma, the ability to make her feel girly in comparison to your masculinity, getting her to laugh and relax around you â◻◻ especially if she is testing you by acting cold, etc).

2. When you're on a date with her

[image: Keeping a woman interested in you on a first date]

One of the biggest mistakes that guys make when trying to keep a woman interested on a date, is to try too hard to impress her and end up coming across as nervous, self-doubting and awkward as a result.

There's nothing wrong with showing a woman that you do like her, care about her and are interested in her, but she doesn't want you to try so hard that she ends up feeling like she's probably too good for you.

She wants you to believe in yourself, relax and let your personality naturally make her feel attracted to you. She then wants you to seduce her into kissing you, having sex with you and falling in love with you.

If you can't do that, she will lose interest in having a second date and may even tell you, *"We'd be better off as a friends"* or *"This was nice, but I just want to make it clear that I'm not looking for a relationship"* as a way of trying to end the dating process.

There's nothing wrong with impressing a woman on a date by taking her somewhere nice, dressing well and treating her well.

However, the point is that you need to make sure that you believe in yourself and know that you are good enough for her no matter where you take her for a date, or what clothes you happen to wear that day.

Watch this video to understand some of the classic mistakes that guys make when trying to get a woman interested and keep her interestedâ!

As you will discover from the video above, guys who try too hard to keep women interested are usually the guys who have no idea how to make women feel attracted to them.

Without that skill, they over-compensate by being really nice, buying her things, over-complimenting her and essentially being willing to do whatever she wants as long as she doesn't lose interest.

There's nothing wrong with being nice to a woman, buying her something, giving her a compliment or even being willing to do what she wants every now and then.

However, women hate it when a guy goes overboard with those things because he doesn't even know how to attract her and turn her on with his natural personality.

When on a date, the main thing that you need to do is make her feel relaxed by being confident and relaxed yourself, while also building on her feelings of sexual attraction for you by displaying some of the personality traits, behaviors and inner qualities that naturally attract women.

The video above explains how a woman's attraction for a man really works.

After you watch it, you will know things about attraction that most guys on this planet are clueless about and probably won't ever find out.

3. When you're in a new relationship with her

[image: Keeping a woman interested in you when in a relationship]

The secret of keeping a woman interested in you when in a relationship, is to deepen her feelings of love, respect and attraction over time.

The start of a relationship is the easy part, because both of you will be feeling a lot of lust and excitement about being with someone new.

If you begin having sex, that will usually be more than enough enjoyment and pleasure to make both of you want to see each other on a regular basis.

Yet, once you get past that initial stage of the relationship, you need to start to deepen her feelings of love, respect and attraction for you over time.

For example:

- Being a man of your word.
- Being emotionally strong.
- Being a man that she can look up to and respect.
- Having purpose in life.
- Rising through the levels of your true potential as a man, by striving to achieve your biggest goals and ambitions in life.
- Making her feel girly and feminine in comparison to your masculinity (i.e. how you think, feel, behave, move, take action compared to her).

There are many different ways that you can deepen a woman's feelings of love, respect and attraction for you, which I teach in my programs here at The Modern Man.

4. When you have been together for many years

[image: Keeping a woman interested when in a long term relationship]

If you have been deepening a woman's feelings of love, respect and attraction for you over time, then she's not going to want to leave you even if she has been with you for 20, 30 or even 40 years.

She will know that it would be a mistake to leave an amazing man like you and risk never being able to find another guy who could deepen her feelings the way you have.

The fact is, most guys don't really know what is involved in deepening a woman's feelings and they simply take their girlfriend, fianc   or wife for granted, until one day she turns around and says, *"I don't feel the same way anymore. I think we should break up."*

Statistically speaking, approximately 50% of relationships and marriages end in a break up or divorce, while at least 25% of couples still together even though they are unhappy.

So, that is 75% of people who either break up or stick around in unhappy, unfulfilling relationships.

That leaves us without 25% of people who are happy and have the ability to deepen each other's feelings when in a relationship, so they can stay together for life.

Most guys (up to 75%) tend to make classic mistakes with their woman (e.g. being insecure, taking

her for granted, creating unhappiness, ruining the sexual attraction, etc).

If you want to keep a woman interested in you for life, all you need to do is be one of the 25% of guys who actually know how to love a woman and deepen her feelings over time.

When you are that type of guy, no woman is going to want to leave you.

You can see evidence of this being true when you see couples who are still madly in love and excited to be together after 20-50 years of being together.

The woman has found herself a man who is much better than anything she could find if were leave him.

Leaving a man like that is just way too much of a risk for a woman because she will almost always know (from past relationship experience) how difficult it is to find a real man.

Rather than wasting time and energy jumping from relationship to relationship, she is able to fall more deeply in love with her man over time, which is much more fulfilling and rewarding for the both of them.

Keeping a Woman Interested in You For Life

[image: Keeping a woman interested for life]

Keeping a woman interested in you for life, essentially comes down to you being a consistent man.

You need to understand that you have the capacity to learn, grow and become a bigger and better man over time.

Don't ever think that you're finished and that you can't become any better of a man than you are right now, or achieve even bigger things over time.

You can.

You have unlimited potential.

To ensure that your woman is able to maintain and deepen her feelings of respect for you over time, you need to always strive to rise up to the next level of your potential as a man.

As long as you love her, care about her, respect her and treat her well while you live the life of a man who has purpose, your woman will always remain interested in you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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My Girlfriend Kissed Another Guy: What Should I Do Now?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your girlfriend has kissed another guy, she will usually then break up with you because was already planning to, or she will wait to break up with you based on the way you react to the news.

For example: If you get angry, become insecure, cry, call her names or threaten to hurt her or the other guy, she can then use that as a reason to break up with you (e.g. she might say, *“I am scared of you now”* or *“The way you are reacting is a huge turn off. I’m glad I kissed him now because it has allowed me to see this side of you”*).

So, what you say and do at this point is very important if you want to keep your relationship together or if you want to break up with her without getting even more hurt than you already are right now.

What Should You Do About it?

[image: What should you do about it?]

If you’ve found yourself in the unfortunate position of saying, *“My girlfriend kissed another guy”* the way you respond and react needs to be based on the kind of relationship you have with her (e.g. truly committed, kind of like each other, long distance, co-worker relationship, high school sweethearts, etc) and why she kissed him.

Here are 6 different scenarios of a girlfriend kissing another guy, when she is already in a relationship and what her boyfriend should do about itâ□|

1. If she kissed another guy because she was very drunk and now deeply regrets it.

[image: She got drunk and kissed another guy]

If your girlfriend kissed another guy because she was extremely drunk and sincerely didn’t even know what was happening (e.g. sitting on a couch at a house party and the guy sitting next to her started kissing her, a guy took advantage of her in the back of a taxi, if she was almost at the point of passing out, etc), then it is possible to forgive her for that and continue on in a committed, trusting relationship.

However, if she was just having a few drinks and she actively kissed a guy for more than 10 seconds while out partying, then it is something that you should be very concerned about.

If she didn’t want to do kiss the guy, she would have reacted within 5 seconds and stopped him from kissing her any further. She would have then begun to deeply regret the mistake she made, to the point where she felt sick with guilt about it and apologized to you.

If that’s what your girlfriend did, then it’s fine to forgive her if you have the emotional strength to do so and you know that she wouldn’t ever want to do that again.

You can simply see it as a once in a lifetime mistake she made due to getting a bit too drunk and then laugh it off as nothing to worry about.

However, if your gut instinct is telling you that she willingly kissed him and would probably do it again, then the best approach is to break up with her, but only temporarily.

Essentially, what you need to do is make her feel the pain of losing an awesome guy like you, so she then realizes that she has made a mistake and comes back to apologize and ask for another chance.

If you decide to trust her and continue on with the relationship, you need to make sure that you don't keep bringing up the kissing mistake with her and turning it into an issue that destroys the relationship.

You have to forgive her, forget about it and then continue on, knowing that it was a silly mistake and she won't ever want to go through a break up with you like that again.

If she wants to be in a relationship with you that lasts a lifetime, she is going to change and will no longer want to go out partying and getting drunk if you aren't there.

She will want you to come along too because you are the man that she is proud to be with and you are the man that she wants to be kissing, hugging and hooking up with at the end of the night.

If she does go out without you there (e.g. at a bachelorette night, hen's night, bridal shower, baby shower, etc), she should be sensible and make sure that she doesn't get wasted and allow a similar situation to happen again.

If she is truly committed to you, she will definitely become more sensible, but if she isn't really sure about her commitment to you, the same mistake will almost certainly happen again in future.

So, if you do take her back, you need to let her know that if you do see her putting herself in that type of situation again, you are simply going to break up with her and the relationship will be over with no chance of ever getting back together again.

2. If she kissed another guy because she no longer has strong feelings for you.

[image: She no longer has strong feelings for you]

A woman will often kiss another guy as a way of quickly getting out of a relationship.

Women know that it's very painful for a guy to find out that his girlfriend has kissed another guy behind his back.

Hearing news like that is enough for most guys to instantly dump a woman and never want to talk to her ever again.

Yet, for guys who are difficult for a woman to break up with (e.g. a clingy, needy guy who would never want to lose her), kissing another guy is also an opportunity for her to speed up the process of breaking up with him.

How? He will almost certainly react to the news by becoming more clingy, insecure, needy, angry and maybe even violent or abusive towards her, which will give her more than enough reason to explain her reason to break up with him.

She will say that the way that he has responded is very unattractive, it's a turn off, it's scaring her and she now wants to get out of the relationship.

[image: She no longer has strong feelings]

So, what should a boyfriend do in this situation?

What he needs to do is stop saying and doing the sorts of things that are causing his girlfriend to lose touch with her feelings of love, respect and attraction for him.

For example: If you are insecure, then you need to become emotionally strong.

If you don't have much purpose in life outside of the relationship and are clinging to her as a result, you need to approach life in a more balanced way. Rather than only being focused on her, you need to develop a strong sense of purpose as a man by starting to make progress towards your biggest dreams and ambitions in life, while also giving time and attention to her.

If you tend to get angry and get into arguments with your girlfriend too often, you need to start being more light-hearted about things and force yourself to laugh and smile about the kind of things that would normally make you angry or annoy you.

If you and her feel more like friends these days and there's no sexual spark anymore, you need to start being more masculine in the way that you think, feel, behave and take action so she can feel feminine in comparison to you.

When she feels feminine in comparison to your masculinity, the sexual spark will naturally reignite between you.

3. If she kissed another guy because she is untrustworthy.

[image: She can't be trusted]

Not all women are 100% trustworthy, which is a simple fact of life that you need to accept and deal with.

- According to the Journal of Marital and Family Therapy (USA), 57% of men and 54% of women admit to having cheated at some point in their lives when in a relationship.
- 74% of the men surveyed said they would have an affair if they knew they would never get caught and 68% of the women surveyed said the same.

As you can see, it's not only women who cannot be trusted. Many men are also willing to cheat on a woman too.

There are some women out there who will be 100% faithful to you for life and never cheat on you, but there are also some women out there who will cheat on you and not really care about it at all.

A cheating woman is the type who will often say, *"I love you"* to your face and say things like, *"I want to be with you forever,"* and *"I would never cheat on you,"* but when she's not around you, she will flirt with other guys, kiss them and even have sex with them without worrying about breaking her promise to you.

So, if you've found yourself saying, *"My girlfriend kissed another guy"* and you believe that she is an untrustworthy, cheating type of woman, then you're not going to have much success keeping a relationship together for life with her.

Your best bet in a situation like that is to dump her and start hooking up with other women to move on, rather than forgiving her and getting more involved with her (e.g. moving in together, having children, getting married, etc) only to find out that she's done it again.

Of course, if you've just found out that your girlfriend kissed another guy, you are probably feeling hurt, betrayed and may not feel like approaching and talking to other women because you're worried about the same thing happening to you with another woman.

However, you need to be stronger than that.

You can't let an untrustworthy woman destroy you and turn you into an insecure guy who hides from women because he is afraid of being hurt.

You need to improve your ability to attract other women, so you can then choose a trustworthy woman, rather than simply accepting whatever you can get and ending up with the wrong woman again.

Watch this video to understand how a woman's attraction for a man works and how you can use it to enjoy your choice of women and help keep her faithful for life! 

Most guys don't realize how easy it is to attract women by displaying the personality traits, behaviors and inner qualities that naturally attract women (e.g. confidence, charisma, masculine vibe, humor, etc).

When you are one of the guys who can actively attract women during interactions, you will see that it's extremely easy to attract and pick up women.

With that power, you can then choose the right woman for you, rather than accepting whatever you can get and potentially accepting yet another untrustworthy woman who will simply cheat on you, dump you or divorce you later on.

4. If she kissed another guy because she doesn't really want to settle down at this point in her life.

[image: She doesn't want to settle down yet]

Not all women want to settle down for life with the first great boyfriend they find.

You and her might have been having great sex, had fun on holidays together, lived together and even talked about having kids, but that doesn't mean she can't change her mind about wanting to be settled down for life.

Her capacity to be faithful to you for life really depends on her upbringing, beliefs and what stage of life she is at right now.

If your girlfriend is the type of woman who doesn't yet feel the need to settle down into a truly committed, lifetime relationship, then she's going to change her mind unless she realizes that you are the man for her.

The best way to make her realize that is to make sure that you're not making the classic mistakes that turn a girlfriend off (e.g. being insecure, clingy, not having much purpose in life, not being masculine enough in how you think, feel and behave, etc) and you then need to dump her, so she can feel the pain of losing an awesome guy like you.

When she feels that pain, she will then begin to realize that she does want to be with you and you can then accept her back under certain conditions.

You can tell her that you are looking for a serious, committed and if she wants that, you are willing to give it to her, but if you notice that she doesn't want that, you and her are simply going to break up and go your separate ways.

If she isn't truly committed and you don't dump her, she will drag you deeper into the relationship and make you feel like you need her and she will then dump you, so you can feel the pain of losing her.

So, rather than getting emotionally bruised by a woman who is not ready for a committed relationship, just break up with her and move on by getting yourself a new girl.

5. If she kissed another guy because you are in a long distance relationship.

It is possible to keep a woman faithful to you when in a long distance relationship, but if she doesn't really feel a lot of respect, attraction and love for you, then the chances of her remaining are greatly reduced.

If you haven't established a truly committed relationship with her where you and her know for sure that you want to spend the rest of your lives together, then it's only natural that she will begin to stray if you spend too much time apart.

She will feel as though she is wasting time just waiting around for you because she doesn't even know if you are the one for her.

Of course, on the phone, Skype, Facebook, via text and other forms of communication, she might say that she loves you, misses you and feels like you are the one for her, but that doesn't guarantee that she won't think differently when she's around other guys who are making her feel attracted.

If your girlfriend has been actively hanging out with her single girlfriends to go out and party and get drunk, then it's only natural that she will eventually cheat on you if you don't have a deeply committed relationship where both of you know for sure that you want to be together for life.

So, what should you do?

If you want to keep her, you've got to continually be the sort of guy that she wants to remain faithful, rather than expecting her to remain faithful because things used to be good between you and her at the start of the relationship.

Women can remain faithful in a long distance relationship and a perfect example of that is when men are deployed overseas for their work with the armed services (e.g. army, navy, air force, etc).

These men are often away for more than 12 months at a time and they come back to women who have been waiting for them, excited to see them and have been completely faithful the entire time.

It is possible to make a woman remain that madly in love with you and be excited to see you, but you have to be the sort of man that she feels proud to be with.

If your girlfriend doesn't feel proud to be with you and doesn't really have much respect for you (e.g. because you've been insecure, don't have much purpose in life outside of the relationship, etc), then she will more likely to cheat while you are apart.

6. If she kissed a guy that she spends a lot of time with.

[image: She kissed a friend or a co-worker]

If your girlfriend spends a lot of time alone with a guy who is a co-worker, a fellow student at university or a mutual friend in her group of friends, then she's most-likely going to continue to spend time with him even though she has now kissed him.

If you want to keep the relationship together, you can't demand that she no longer spends any time with that guy because that is a choice that she needs to make.

Think about it this way□!

Before getting into a relationship with you, your girlfriend was an individual. While in a relationship with you, she is an individual and if she gets out of a relationship with you, she will still be an individual.

The same goes for you as well.

Regardless of how close you and her felt, you have always been individual to her. She doesn't own you and you don't own her.

However, what makes a relationship a relationship is when two individuals make a decision to be together and be committed to each other.

Being in a relationship is a decision that both of you need to make on your own.

You can't force your girlfriend to make a decision to only spend time with you, because she is an individual and can ultimately choose to do whatever she wants.

If she is going to stop spending any time with him, it has to be something that she decides on her own.

So, if you begin to demand that she stops talking to certain people (e.g. co-workers, friends, etc) and cut people who are close to her out of her life completely, then it's not going to make her feel as though she is an individual who has the freedom to decide things on her own.

Regardless of how good your intentions are and how great of a guy you really are, demanding that of her will make her feel like she is trapped in a relationship with an insecure guy, which will actually make her feel more attracted to the guy she recently kissed.

As long as the guy that she kissed is being more confident and emotionally secure than you are, he will be more attractive to her.

Why? Women are naturally attracted to the strength in men (e.g. confidence, high self-esteem) and turned off by the weakness (e.g. insecurity, low self-esteem).

What Are You Going to Do About it?

[image: What are you going to do now?]

Right now, you're probably feeling hurt and betrayed by your girlfriend and maybe even a bit angry about the whole situation.

Regardless of how bad you feel right now, the best thing for you is to remain emotionally strong and clear headed so you can make the best decision for your unique situation.

So, are you going to dump her and find a new woman, or are you going to forgive her, forget about it and continue on with the relationship?

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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My Wife Doesn't Respect Me: 5 Possible Reasons Why

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you've gotten to a point in your marriage where you have realized that your wife no longer respects you, the good news is that you can turn it around and regain her respect.

Here are 5 common reasons why a wife will lose respect for her husband and how you can turn it around:

1. Insecurity

[image: Wife losing respect for insecure husband]

Regardless of how confident or successful a man is in his working life, a woman still needs to be able to rely on him to be an emotionally strong man around her to be able to maintain her respect for him.

For example: If a woman's husband is insecure about his looks (e.g. he is balding, has put on some weight, no longer has the athletic physique that he once did, is getting wrinkles, etc) she isn't going to find that cute and endearing.

Instead, she will lose respect for him for thinking like a woman (i.e. thinking that the most attractive thing about him is his looks) when in reality, what actually maintains and builds a woman's attraction for a man over time is how he thinks, talks, feels and behaves around her and in life.

For example: Has he remained emotionally strong, or has he become too emotionally sensitive over the years?

If a man is able to remain emotionally strong and secure in all areas of life, his wife will not only respect him, but she will also maintain her sexual feelings for him.

However, if a wife is unable to respect her husband, her feelings of attraction will begin to dwindle away and she will gradually fall out of love with him.

2. Lack of dominance

[image: Lack of dominance]

One of most common mistakes that men make in a marriage is to believe that the way to a happy marriage is to let his wife "take charge" and effectively "rule the roost."

The reason why so many modern men go down that route is largely due to the way that "happy marriages" are portrayed on TV and in the movies.

More often than not, a married couple is shown to consist of a domineering wife and a meek, mild, "hen-pecked" husband who just goes along with whatever the wife wants because it keeps her happy and he can then enjoy a quiet life.

Many men see that version of "marriage" so often that they become conditioned to believe it is true.

It's not.

Well, itâ€™s not true if you actually want to be in a happy marriage in the real world.

So, let's clear things upâ€™|

If your wife doesn't respect you because you've fallen into the trap of letting her run the show, get her way all the time and essentially boss you around when it comes to sex, then you need to put a stop to it.

Being a dominant husband is not about becoming a domineering, selfish asshole who approaches the marriage with a "my way or the highway attitude."

Instead, it's simply about starting to laugh at her attempts to boss you around and lovingly guide her in the direction that you want, while also taking her opinion and ideas into account.

Of course, if your wife is used to having you under her control, she's almost certainly going to test your newfound dominance by saying that you're being mean, selfish, rude or anything else she can think of.

Simply smile, laugh at her in a loving way and tell her to relax and stop being a little Miss Bossy about everything.

Then, draw her in for a hug and let her feel your masculine dominance. Make her feel feminine and girly in comparison to your masculinity and she will not only gain a newfound respect for you, but she will also begin to have stronger sexual feelings for you as well.

Don't get me wrong hereâ€™|

I know how marriages work because I am married and I also help men via my phone coaching service every day to fix their marriages with unloving, dejected women, so I know that your wife will probably try to push you away when you try to hug her and make her feel lovingly dominated by your masculinity.

She will probably also tell you to stop interfering and let her run the show, if you try to take on a more dominant position in the marriage.

Just smile, laugh at her in a loving way and let her feel feminine and girly again by continuing to be a strong, masculine, dominant man when you interact with her.

Let her see, feel and experience your masculinity in the way you talk, move, think, behave and touch her. As long as you do it from a place of love, you are certain to get positive results from that type of approach.

I know that because I've taught it to many men and I also do it to my wife everyday. She knows who the man is around my houseâ€™|and she loves it.

3. Lack of purpose in life

[image: Lack of purpose in life]

One of the best ways to maintain and build on your wife's respect for you over time, is to have a strong sense of purpose in life.

In other words, you have big ambitions and dreams that you're aiming towards as a man and that you're continually making progress towards.

A mistake that many husbands make after marrying their wife, is to slowly slip into a mindset of

accepting a mediocre life by coming up with excuses as to why they can no longer strive to do anything (e.g. busy with the kids, have to pay the bills, need to watch TV, etc).

For example: A man might be working in a job that he really doesn't like, but he sticks with it to pay the bills and then comes home and complains about how crappy his job is and how hard it is to pay the bills.

[image: Wife unhappy that husband has given up on trying to achieve anything big in life]

Yet, he doesn't really do anything to change it. He has big dreams and ambitions, but he has a list of excuses that he uses to explain why he can't work on those goals.

Another man might be working in a job that he likes, but he doesn't try hard enough to learn and develop into the kind of man who could land a promotion that would allow him to earn more money and become a more accomplished man that his wife could be proud of.

Outside of work, he might have some hobbies (e.g. riding bikes, fixing cars, flying model airplanes, working out in a gym, etc), but unless he has huge ambitions and dreams in the area of his hobby and he is continually making progress towards realizing the massive dream, then he is essentially just wasting his time like a boy or young man would who doesn't yet know what his purpose is in life.

What makes a wife look up to and respect her husband is when she can see that he is rising through the levels of his true potential as a man, by reaching for his biggest ambitions and goals in life.

To have purpose in life is about big dreams and ambitions that span out 30, 40 and even 50 years into the future.

You don't have to know exactly how you are going to get there, but you need to have a big dream and something that you're aiming for that will lead you to becoming a bigger and better man that your wife can feel increasingly proud of over time.

If your dreams and ambitions are truly big ones, then you will definitely encounter challenges and obstacles along the way and it will be how you handle those moments that help to deepen your wife's respect and admiration for you.

For example: If a husband is trying to fulfill his lifelong dream of owning a restaurant and then gives up a month after opening the restaurant, because he doesn't know how to manage the staff properly, it will destroy his wife's respect for him.

If she is a loving, caring, dedicated woman, she might feel sorry for him, but she will lose a tremendous amount of respect for him not being able to handle a simple challenge like that.

Rather than giving up, he should do what any other successful restaurateur or business owner does when they face new challenges: Learn.

The path to greatness in any area of life requires a man to be willing to learn what he doesn't know, so he can then experience the next level of success in that area.

If he refuses to learn and develop as a man, it's only natural that his wife will lose respect for him over time because he will increasingly feel like a burden to her rather than a benefit.

4. A Lack of ability to make her smile, laugh and enjoy life with

you

[image: Unable to relax and allow his wife to smile, laugh and enjoy life with him]

We all face challenges and obstacles throughout life and it is how you handle those moments that will either deepen your wife's respect for you or be another thing that eats away at it.

It's very easy to fall into the habit of getting irritated and annoyed around your wife, but one of the most important lessons that you will ever learn about life is that you don't need to take most things seriously.

You can if you want, but it's only going to lead to stress, frustration and an unhappy marriage.

Of course, there are some serious things in life that need serious attention, but for the most part, there is always an opportunity to laugh, smile and be more light-hearted about anything.

For example: If a wife is doing the dishes and she drops a plate that then breaks into many pieces on the kitchen floor, a man who is easily irritated or annoyed might snap at her for wasting a good plate or ruining his favorite plate.

He might feel like snapping at her is the right to do if she has a habit of dropping things once in a while, because he wants her to take more care and never make that mistake again.

Although it is an added expense to their budget to have to buy another plate or have to continue on with a set of crockery that is missing a plate, it's not the end of the world.

Instead, it's actually an opportunity for a husband to make his wife love and respect him even more. How?

He can laugh at her in a loving way and call her a klutz or a clumsy housewife and then spank her on the ass in a playful way.

She will most-likely tell him to help her clean up the mess and he can then laugh at her and say something like, "Clean up your own mess, you hopeless housewife."

If he wants to, he can help her clean it up or he can walk away laughing about it.

If they are in the habit of laughing, smiling and being light-hearted about things, she will simply laugh and then clean it up herself.

She won't take the comment of "hopeless housewife" seriously because she knows that her husband loves her, respects her, appreciates everything she does and more importantly, he always tends to joke around about things, so she knows that he's not putting her down or being mean; he's just joking around and helping both of them to feel happy in times when they could easily explode into a pointless argument that drives them further apart.

This is the type of easy-going, light-hearted, loving relationship that I have with my wife where we are able to say things to each other and not take it so seriously.

For example: She will sometimes poke fun at me for having a bit of belly, losing my hair and having wrinkles and I will poke fun at her for silly things she says or does.

Of course, if you are in the habit of getting irritated and annoyed at your wife, then you will need to develop a new habit, which will not happen overnight.

Human beings typically take 21 days of consistent, conscious effort to change a habit, but that doesn't mean you need to get it done in 21 days.

If you are going to be developing a habit of being more light-hearted and easy-going about things and you won't have the time to put in a consistent, conscious effort, then it may take you 2-3 months to develop the habit.

This is something that you should talk to your wife about and be easy on yourself about as well. After all, you don't need to be too serious about things.

It doesn't matter if it takes you 3 months to develop the habit of being more light-hearted, easy-going and willing to laugh about things when other people were able to get it done in 21 days.

If it takes you 3 months, simply turn that into something else that you can laugh about together.

5. Doing most or all of the housework

A common mistake that modern men make in marriages is to copy the fictional relationships they see on TV drama shows or sitcoms, follow the advice of politically correct TV talk show hosts and believe the advice from random articles online that are not written by male relationship experts who are actually in a successful, happy relationship with a woman.

For example: A common piece of advice hear or a storyline that you will see on TV is where the husband takes on a lot or all of the housework to impress his wife and hopefully gain her respect and get laid.

Yet, that is not it works in real life.

I say that it doesn't work based on my expert opinion and on the basis of studies that have proven it to be inaccurate advice for men:

- A Norwegian study found that divorce rates were 50% higher amongst couples who share the housework, compared to marriages where the woman takes on the lion's share on the work.
- An American study found that the frequency of sex decreased the more that a man took on the traditional role of a woman in the household.

I was recently coaching a man (via my phone coaching service) who had been married to his wife for 14 years.

His wife had lost respect for him and was no longer interested in sex. So, what did he do?

He did what pretty much everyone does these days when they need some help: He Googled it.

What did he find?

Rubbish articles written by politically correct women or wimpy men who suggested that he clean up the rouse, run her a bath, massage her feet and she would then be interested in sex.

Well, he clean up the house and made it absolutely spotless. He then offered to run her a bath and she didn't want one. He offered to massage her feet and she accepted, but then wasn't in the mood for sex.

So, does this mean that a man should never clean up, run his wife a bath or give her a foot massage.

Of course not.

There is nothing wrong with helping a wife to clean up the house every now and then, doing something romantic for her like running her a hot bath and tell her to call you into join her or giving

her a foot massage.

Yet, that isn't the path to a woman feeling the most amount of respect, attraction and love for her husband.

The truth is, a woman will only respect her husband more, feel more attracted to him and fall more in love with him if she already feels a lot of respect, attraction and love for him and he then does those things every now and then.

Why shouldn't he treat her like that all the time?

Well, if he was what women refer to as a real man, he wouldn't have time for that. He'd be rising through the levels of his true potential as a man to achieve his biggest goals and ambitions in life.

Of course, there is nothing wrong with helping around the house if your wife is extremely busy with her career, the kids and the cooking, but if she is that successful and you are also making progress with what you do, then you should work out some way to fit in a housekeeper or maid into your budget, even if they only come over once a week for an hour.

Rather than constantly cleaning up the house, your free time should be spent on relaxing and enjoying life and your wife, spending time with your kids if you have any and fitting in a bit of learning to help you grow and be more capable of achieving what you're aiming to achieve in life.

If you can't afford a cleaner to visit the house once a week, then you should look at things you can cut from your budget (e.g. some alcohol, some snack foods, some memberships, etc) to clear up some funds to hire a cleaner that will give take the pressure of the both of you.

If you still can't afford that, you should help her out with the kids or do some cooking, rather than cleaning up and letting her sit on the couch watching TV or looking after the kids.

Essentially, the main thing you need to remember is this: Your wife will lose more and more respect for you if you attempt to suck up to her by taking on the role of a traditional housewife in the hope that it makes her happy.

Even though she might not be willing to admit it or may not have ever realized it, she will feel much more respect for you if you are rising through the levels of your true potential as a man, rather than spending most of your time helping her around the house.

Deepening Your Wife's Love, Respect and Attraction Over Time

In the past, a woman would stay with a man for life even if she didn't feel much respect, attraction or love for him because it was shameful to get divorced.

In today's world, a woman is free to divorce a man that she is not happy with, so if you continue to destroy your wife's respect for you as a man, you cannot expect her to stick around for life just because she said, "*I do*" on the wedding day.

These days, a woman will get up and leave if she feels as though her man doesn't have what it takes to develop and become a bigger and better man over time that she can look up to and respect.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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Maintaining a Long-Distance Relationship: 4 Things You Must Do

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 4 essential things that you must do when maintaining a long distance relationship with a woman:

1. Be the sort of man that she feels proud to be in a relationship with

When your relationship began and you starting having sex and getting to know each other in an intimate way, it might have seemed as though you and her would last forever no matter how vast of a physical distance was between you.

However, for a relationship to last a lifetime or even just for many years, the initial lust that a couple feels when they meet, kiss and begin having sex has to be transitioned to deeper feelings of respect, attraction and love for each other.

This is very important from a woman's perspective because a woman makes decisions about long term relationships based on the long term consequences or benefits of being with a guy.

Why? Unlike men who can continue to impregnate women up to the age of 50, 60 and even 70 in certain cases, most women rapidly begin to become less fertile after the age of 35 years of age.

Naturally, a woman wants to ensure that she is with a man who will be beneficial to her in the long run, rather than only in the short term.

She might like a guy because he is fun to be around or physically good looking, but if she feels as though he's not a good match for a long term or lifetime relationship, she will begin to look elsewhere.

So, how can you be the sort of man that she feels proud to be in a relationship with?

This includes doing things like:

- Going after your biggest dreams and ambitions in life, rather than just sitting around waiting for her or working in a job that will get you nowhere in life.
- Being confident and emotionally secure with or without her reassurance.
- Rising up to reach your true potential as a man, rather than accepting a mediocre life and expecting her to continually feel impressed by you.
- Having good friendships with people to maintain a balanced lifestyle, rather than only focusing on your relationship with her.
- Being the sort of man that other people in your life can look up to, respect and rely on to be a pillar of strength.

When a woman is in a relationship with a man like that, she's not going to want to leave him if they happen to go long distance for a while.

Of course, there's absolutely no guarantee that a woman will not cheat on you, because all women are different.

Some women are of excellent character and would never cheat on their man, whereas other women

have cheated on ex-boyfriends or are the type who will cheat if they get drunk and are feeling horny. To ensure that you have the highest chance of maintaining a faithful long distance relationship with a woman, you must be the sort of man that she feels proud to be in a relationship with.

Being that man isn't only for her. It's also for your protection.

If you are being the sort of man that she feels proud to be in a relationship with, then you're going to find it extremely easy to get a replacement woman if you and her decide to split.

Most women dream of finding a good man who also has the traits that I've listed above, so if your woman makes a mistake and cheats on you or if you decide that you want to call it quits, you will be ready and able to effortlessly attract another women right away.

If your woman knows that you could easily replace her with another quality woman, it will actually be one of the main things that will keep her faithful to you.

2. Give her space, but don't ignore her or stop caring

Part of maintaining a long distance relationship is about giving the woman space to feel independent and do what she wants to do, rather than always breathing down her neck or harassing her with phone calls about where she has been and with who.

The last thing that you want to do in a long distance relationship, is to become the insecure, needy boyfriend who is being unreasonable about what she can and cannot do while you are apart.

However, you also shouldn't get to the point where you stop caring and just ignore her.

So, what should you do instead?

You and her need to come to an agreement on how often you feel it will be necessary or enjoyable for you and her to talk.

Then, agree that both of you will basically stick to that and trust the other person.

Of course, it's fine if you or her text or call one extra time every now and then, but you should try to stick to what you agree on.

For example: Some guys who are very busy working on their career, degree or business don't really have the time to be sitting around talking to a woman on the phone every night.

Likewise, a woman might be in that situation herself where she is very career focused and has a lot of other things to do (e.g. go to the gym, cook food, clean her apartment, etc), so she won't always have time to be sitting around texting or talking.

So, you need to come to an agreement on what works for both of you and then try to stick to that.

3. Maintain countdowns to planned meet ups

[image: Maintaining a long distance relationship with your girlfriend]

A big part of maintaining a long distance relationship is having planned meet ups as often as is possible for the both of you.

This may be once every two weeks, month, two months or even 6 months, but it's important to lock in some dates that you can both look forward to.

For example: If you're planning to meet up 6 months from now, make sure that both of you know the date so you can drop it into conversation sometimes when you talk or text.

You might say, *“Only 4 months to go”* or ask her, *“Do you know how many weeks there are left before we meet up?”* and have it as something that you’re both counting down to and looking forward to.

You can also add in some sexual flirting and say something like, *“Only 4 more weeks until I can see your beautiful smile and give you a spank on the ass.”*

This helps to maintain a feeling of being together in an intimate relationship that is still alive, rather than feeling as though you used to be together as a couple and are now just hanging onto a relationship that without any definite plans to see each other on specific dates.

Both of you need to feel as though, despite being apart for short or long periods of time, you do still get to be together at times and in future, you will be together in the same house and living the life of a close, loving, committed couple.

4. Set rules about what you will and won’t accept while apart

[image: Maintaining a long distance relationship]

This is a tricky one to accomplish with a woman because no woman wants to feel as though she is being controlled by an insecure man.

Yet, at the same time, to properly maintain a faithful, committed long distance relationship, you do need to set some ground rules about what is and isn’t acceptable while you are apart.

For example: She’s most-likely going to make some new friends while away (e.g. at work, university, while travelling, etc) and they may want her to sometimes join them for a drink or party at a bar or club.

Some women will say that they’re not interested in doing that while away from their boyfriend, fianc   or husband and won’t ever go out partying without him.

However, most women will want to at least attend some of the events so they aren’t being anti-social and are giving themselves the best opportunity to build friendships or fit in with co-workers.

In that case, it’s important to let her know that if she does attend a few outings, she should only attend the things that she absolutely has to as a show of respect and commitment to you.

Tell her that if she wants to go out and party a lot, then it’s going to best for you and her to simply break up because you’re not going to want to sit around wondering if she’s going to get drunk and make a mistake.

Let her know that if a man and a woman are committed to each other and they want to be with each other for life, they’re not going to be going out and getting tipsy or drunk with people on a regular basis.

How she responds to that will tell you what type of woman she really is and how committed to you is. If she is serious about you and does want to stay with you for life, she will be happy to agree to that, but if she is the sort of woman who will potentially cheat if she gets drunk, then she’s going to be a bit annoyed by it.

Regardless of how she reacts, you need to put those ground rules in place and let her know what you will and won’t accept.

From then on, you need to give her your full trust and believe her when she tells you that she is sticking to your agreement.

If you are constantly asking her about it, you're going to come across as insecure and needy, which is going to turn her off and make her want to find a new guy that she can actually feel proper respect and attraction for.

So, it's a fine line that you need to walk when maintaining a long distance relationship.

Essentially though, it's about being the sort of man that she wants to stick with and then continuing to push forward in your life while she is away.

In most cases, that will ensure she wants to stay faithful to you and that she will feel excited to see you at the planned meet ups that you have agreed on with her ahead of time.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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How to Keep Your Relationship Strong

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

To keep your relationship strong, you need to:

1. Deepen the love, respect and attraction that you both feel for each other over time.

[image: Deepen the love, respect and attraction]

Feeling love, respect and attraction for each other at the start of a relationship is easy because both of you are feeling a lot of lust and it is exciting to be with someone new.

Both men and women tend to be on their best behavior at the start of a relationship because they want to impress the other person and keep the excitement and good feelings going.

However, that initial stage of being really excited to be with someone new eventually starts to calm down and needs to be replaced with deeper feelings of love, respect and attraction for other reasons.

For example: A woman will feel deeper respect, attraction and love for a man if he has purpose in life and is going after his biggest ambitions and dreams, while also continuing to treat her well, make her feel loved and appreciated.

On the other hand, a woman will lose feelings of respect, attraction and love for a guy if he chooses to hide from his true potential as a man behind her and the relationship and gives her way too much of his time and attention, to the point where she begins to feel suffocated by the relationship.

2. Continue to work towards mutually exciting and rewarding goals.

[image: Mutually enjoyable goals]

When I help phone coaching clients with relationship issues, a common problem that I come across is how a couple will achieve certain goals together (e.g. getting married, buying a house, having children) and then start to feel lost and confused about the remainder of their life story.

This is often referred to as a mid life crisis, but it's also something that can happen later in life or even a few years into a young relationship.

Essentially, the couple begins to feel as though they are drifting apart and are no longer fully relevant or necessary to each other, because there isn't much left to do together other than wait around to get old and then die.

One person may begin to develop goals and ambitions that are completely different to the other (e.g. the woman wants to travel the world, while the man wants to stay at home and rest), so they might start to feel as though staying together as a couple no longer suits them.

So, a big part of how to keep your relationship strong is to ensure that you have mutually exciting and rewarding goals that you're working towards in the future.

Initially, a couple's mutually exciting and rewarding goals might be something like moving in together, getting engaged and married, buying a house together, having children and going on holidays with their new family.

Some couples will then be happy to just relax and enjoy their later years of life, staying focused on

their children and helping them to achieve things and enjoy a good life.

Yet, in today's world where we have so many options of things to do, many couples tend to feel bored about the idea of just waiting around to die after they have achieved their initial goals together.

So, if you and your woman are feeling bored about where your life is heading together as a couple, you need to sit down and talk about what your dream future scenario together would be.

You and her may decide that you want to be in business together, or you want to leave the city life to go and live on a farm and grow your own food.

You might decide that you want to travel the world and party without ever having children, or travel around your home country with your children.

Once you decide on what you both feel are exciting and rewarding long term goals, you need to start working towards those goals together.

It can't be something that you are only excited about or that she is only interested in; it has to be exciting and rewarding for the both of you.

There are so many different things that you can do in life and aim towards as a couple, so there is always going to be something that both of you will enjoy working towards together as a couple.

3. Stay faithful to each other, rather than screwing up your relationship because of FOMO

FOMO (*noun*): Fear of missing out. A feeling of regret that participating in one activity prevents you from participating in another activity, which might be more enjoyable or rewarding.

FOMO is a slang acronym that stands for Fear of Missing Out, which a lot of modern people suffer from.

For example: A guy might get into a relationship with a beautiful woman and after a few years, he may start to feel bored of having sex with her and want to hook up with other women.

He might find himself looking at a lot of porn and feel as though he's not getting the same kind of excitement from his sex life as he experiences with what he sees in porn.

If he begins to FOMO, he might begin to want to cheat on his woman or leave her and start a new relationship with another woman, so he can feel the excitement of having sex with someone new again.

Likewise, a woman might watch a lot of TV drama shows and romantic Hollywood movies and feel as though her relationship and love isn't as complicated and passionate as what she is seeing on the screen.

She might also listen to a lot of female pop songs and hear lyrics about how the woman broke up with a guy and is now enjoying her single life or has a new man who is much better than her ex.

She might then begin to FOMO and consider cheating on her man or leaving him so she can experience the drama of breaking up and the excitement of getting with someone new.

When people are bombarded with the mixed messages from the media, they can often begin to suffer from FOMO and begin to wonder whether it is a wise decision to remain faithful to just one person for life.

So, part of how to keep your relationship strong is for both of you to realize that there are millions of couples out there who remain happy and excited to be in love for just one person for life.

It is possible to do that, but you must have the right mindset and not get sucked into modern feelings of FOMO based on what you see other experiencing in relationships.

What Stage is Your Relationship at Today?

Making your relationship stronger also involves being able to go from one stage to the next, rather than getting stuck at earlier stages or losing interest each other after the first few months or years of being together.

Which stage is your relationship at now?

1. The head-over-heels stage

[image: Head over heels stage]

In this stage of a relationship, you can't get enough of each other and even just thinking about the other person releases a potent mixture of feel-good hormones and brain chemicals.

If your relationship is in this stage, your girlfriend may seem perfect for you in every way. If you notice any flaws in her, you will see them as unimportant and something that you are willing to put up with because you feel so good when you are with her.

If everything is going well, you will feel as though you could last forever.

She may even say things to you like, *"I want us to grow old together"* or *"I want to be with your forever,"* but that is simply the result of her brain chemicals and activated hormones.

That initial feeling will not last if you don't deepen her love, respect and attraction for you over time.

I have lost count of the amount of phone coaching clients I've helped to get an ex back, where the guy has explained to me that she used to say how in love she was with him and that she wanted to be with him forever.

Remember: What you feel in the first few months is a nice gift from nature to get you and her to have sex and hopefully make some babies. It doesn't mean that you and her will be in love forever.

What keeps a relationship strong is what I outlined earlier in the article and that I go into more detail on in my program, [Make Her Love You For Life](#)

2. The power struggle stage

The head-over-heels stage can last anywhere from a couple of months to a couple of years, but statistics show that the majority of first marriages break down as a couple move from the head-over-heels stage (otherwise known as the honeymoon stage) into a power struggle stage.

The struggle for power happens when one or both parties begins trying to change the other, so they can get the person they really want or the relationship they really want.

The couples who last are those who are willing to adapt and change together over time, while couples who are unwilling to change or are asking for too much change eventually begin to fight and fall apart.

Personally speaking, both my wife and I have made a lot of changes to how we approach the relationship. We didn't do that overnight, but over the course of the last 3 years.

That is how it should be done, rather than expecting that everything changes dramatically overnight. Knowing that the other person is patiently loving you and sticking by you (rather than threatening to break up with you if you don't change immediately) allows you to have the time to change at your own pace.

Of course, if you take too long to make changes and fix any problems, then it's only natural that other person will feel upset or taken for granted, so you do need to fix problems and make changes at an acceptable pace.

3. The reaching stability stage

Eventually, you will both reach a point where the right power balance is achieved in the relationship and you're both getting what you really want from each other and the relationship.

Over time, more changes will need to be made as you encounter new challenges in life or attempt to achieve new and bigger goals together, but with the foundation of patient, mutually respectful love in place, you will be able to accomplish anything together as a couple.

If you've reached this stage of a relationship, you will be no longer trying to change each other and it is at this stage that a genuinely strong relationship begins to develop and grow.

4. The true commitment stage

[image: Truly committed]

Couples in a truly committed relationship have moved from feeling infatuated to being deeply in love with other for reasons other than just initial feelings of intense love.

In this stage of a relationship, flaws and differences no longer cause power struggles as they are simply accepted as being part of what makes the person who they are.

If your relationship is in this stage, you will have a shared vision of your future together as a couple and you will also have a deep respect and appreciate for each other as individuals.

How Strong is Your Relationship?

If you are worried about your relationship falling apart over time, I would recommend that you at learn more about how you can deepen your woman's attraction for you.

Most of her attraction for you is based on how you think, behave, feel and take action in life and around her.

Watch this for some examples of where guys go wrong and what you should do instead...

If you make your woman feel a lot of attraction for you based on who you are as a man and how you treat her, she will love you and want to stay with you regardless of whether you put on a few kilos/pounds, or if no longer have the young, strong body that you did when you were young.

Getting Past the Roadblocks That Lead to True Love and Commitment

All relationships go through stages and a couple either gets to the higher stages, or they peak at an early and then begin to fall apart because they either aren't ready for the higher stages or don't have the relationship skills to get there.

In the video below, I explain how I went from telling my girlfriend that she could be with me on the condition that I would never get married or have children, to me eventually accepting her request to marry me.

Update: Since posting this video, my girlfriend and I have gotten married and our relationship continues to be better every day. Even though it was amazing at the start, it just keeps getting better.

As you will discover from the video above, I wasn't ready for the higher stages of commitment in a relationship when I first met her, but I was willing to do something that is a very important part of how to keep your relationship strong...

Adapt.

Both her and I have made many changes to the way we think, behave, feel and take action in life because we are both willing to adapt to each other.

In relationships that fall apart, it's usually because one or both parties aren't willing to adapt their approach to the unique dynamic of the relationship. Rather than compromising, changing or adapting, one or both parties will constantly clash and end up getting into arguments over who is right.

Yet, a big part of how to keep your relationship strong is to realize that you need to adapt to each other's unique personality to allow the relationship to grow and mature over time.

If you expect her to adapt and change to you, but you're not willing to make any adjustments, then she will eventually get tired of giving way too much in the relationship and begin to resent you.

In my case, I was happy to adapt to her wants and needs because she has always been happy and willing to do that for me. As a result, our relationship just gets stronger and stronger by the day.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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Is My Girlfriend Cheating? 6 Mistakes to Avoid if You Think She is

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Both men and women are good at hiding any signs of cheating, so it's not always easy to know for sure whether your girlfriend is cheating or not.

For example: If you have ever cheated on a girlfriend in the past, you would know that it was pretty easy for you to meet up with your girlfriend hours or days later and act completely normal and natural around her like nothing had happened.

So, unless you have really obvious signs that she is cheating (e.g. you see texts in her phone where she is arranging to meet up with a guy that she's been flirting with, a friend tells you that she was holding hands with another guy, etc), it's usually very hard to tell for sure.

Where Guys Go Wrong When They Suspect a Girlfriend of Cheating

[image: Where guys go wrong when they suspect that their girlfriend is cheating]

When a guy asks, *“Is my girlfriend cheating?”* he usually already thinks she is, so he will become insecure and begin to change his behavior, attitude and communication style towards her as a result.

For example...

1. He overreacts to the differences in her behavior and treatment towards him.

[image: Over-reacting to suspicion of cheating]

If she has always been very affectionate and attentive in the past and suddenly begins to give him less of that, he might see it as a sign that his girlfriend is interested in another guy or possibly even cheating on him already.

At that point, he might begin to feel insecure and then ask her if she is still in love with him, is thinking about leaving him, is interested in another guy or if she would ever cheat on him.

So, how can a guy avoid overreacting at times like this?

What a guy needs to understand is that after the initial excitement of starting a relationship, having sex and getting to know each other better, most women will pull back some of their interest and affection to test a guy's confidence and emotional stability.

A woman wants to be able to see that her boyfriend is not going to become insecure, jealous and controlling if she doesn't give him 100% of her focus, attention and affection all the time.

Women instinctively know that they are going to be much safer with a guy who is emotionally stable, happy and secure in himself with or without a woman's constant reassurance.

However, it's important not to just ignore your girlfriend's sudden lack of interest.

Sometimes a woman's interest in her boyfriend will change because she actually is cheating or is going to cheat soon with a guy that she has been flirting with.

After all, cheating is pretty common in relationships. Depending on the study, anywhere from 50-60% of women admit to cheating on their boyfriend or husband.

So, if you are in the position where you're asking, *"Is my girlfriend cheating?"* because your gut instinct is telling you that she is, then you need to do something about it.

Ask her in a relaxed, emotionally stable manner (i.e. don't get crazy about it), *"Hey â□□ this is a tough question to ask anybody and I want you to feel safe to be honest with me. I want to know â□□ are you actually cheating on me? If so, I will accept it and we will break up, so please just be honest with me. If you have cheated, you are free to leave me and go and be with the other guy. I will simply have to move on."*

Saying it in that way will ensure that you have the highest chance of getting her to admit to it.

Most people (not just women) don't feel good about admitting to cheating, so if she feels as though you're going to get angry (and possibly even violent) if she admits to cheating, she will most-likely deny it and then slowly try to break up with you.

So, be calm and make her feel safe to tell you. If it turns out that she has cheated, then you can decide to forgive her and start from a clean slate, or dump her and find yourself a new woman.

2. He begins to constantly call and text her to ensure that he knows where she is and what she's doing at all times.

If a guy is worried about being cheated on by his girlfriend, he might also begin to constantly call her, text her and track her whereabouts.

It's pretty obvious that if a boyfriend is treating his girlfriend in this way, it will not deepen her love, respect and attraction for him. Yet, when a guy is feeling insecure about the idea of being cheated on, he often can't stop himself from doing it.

If you've been falling into the trap of becoming a controlling, jealous boyfriend, you need to force yourself to relax and just give her your trust from now on.

In a relationship with a woman, you can never really trust her 100% that she will be faithful, loyal and committed for life because she's a human being, not a robot.

Human beings can change the way they feel and even if a woman says, *"I do"* on her wedding day, it doesn't mean that she can't change her mind about that later on.

It sucks, but that's how human relationships work. There is no guarantee unless you make the relationship work by deepening her feelings of respect, attraction and love over time.

When it comes to trust, you have to bravely give her 100% of your trust in her and let her take care of it. She might betray your trust one day, but she might also be one of the women who remain faithful, loyal and committed for life.

To make a relationship work, you have to give the woman 100% of your trust and just let her be in control of maintaining it. It's the only way to allow the relationship to mature and develop over time.

If you don't give her your trust, you will simply turn her off because you will be acting insecure, jealous, controlling and being too possessive of her.

As a man, you need to be the more emotionally courageous one in a relationship. You've got to be willing to put your trust on the line and let the relationship unfold naturally.

3. He stops trying to achieve anything else in life and puts his entire focus on her.

[image: How to tell if my girlfriend is cheating]

Guys in this situation may begin to make mistakes at work (or at university) and get into trouble with their manager or boss, call in sick for work, stop hanging out with friends and essentially turn into an obsessed boyfriend who feels as though his life is falling apart because his girlfriend may be cheating.

It's understandable that a guy will feel shocked and disappointed by the possibility of his girlfriend cheating.

I know that all too well because it happened to me many years ago, which eventually lead me to fix my issues with women and become the sort of guy that woman would never want to cheat on or leave.

That then lead me to create The Modern Man and here I am today, typing up my 657th article for this site to help you and guys like you.

Based on my personal experience of being cheated on and then dumped by a woman many years ago, I can understand that if you are worried about being cheated on by your girlfriend, you might allow that fear to take up a lot of your time and attention.

However, being insecure, worrying and obsessing over her is not going to achieve anything positive.

So, what should you do instead?

What you need to do is make sure that you continue to become a bigger and better man in life, by rising up to reach for your true potential as a man.

That way, your girlfriend can feel increasingly proud to be your woman. She can look up to you and respect you as her man who is becoming a bigger and better man in life, because you are rising through the levels of life and reaching for your true potential.

You are not one of those lost, insecure guys who hide from their true potential as a man behind a relationship with a woman.

You are constantly striving to make progress on your mission to achieve your biggest ambitions in life because you're a brave, courageous, masculine man that a woman would never want to cheat on or leave.

4. He tries to make her feel guilty for causing him feel so

insecure and desperate.

[image: Blaming his girlfriend for making him feel insecure]

Regardless of whether a woman is at fault, she doesn't want to find herself in a situation where her boyfriend is blaming her for his insecurity, desperation, neediness and clinginess.

What a woman wants to see is that her man remains emotionally strong, secure and mature no matter what challenges life throws at him.

Yes, it's tough to be that strong at times, but you will get used to it the more that you live your life.

Part of what women refer to as being a real man, is when a guy has the emotional strength and maturity to remain in control of his emotions and keep moving forward in life, no matter how challenging things get.

So, any attempts to try to make your girlfriend feel guilty for causing you to feel insecure or upset, will not make her change her behavior or feel any more respect, love and attraction for you.

In fact, it's just going to make her lose more respect, attraction and love for you than she already has. It may also make the idea of cheating on you or leaving you seem like an increasingly good idea to her.

5. He tells her that she can't have any male friends or talk to any other guys unless he is there.

When a guy is inexperienced with relationships, he will often make the mistake of thinking that he owns his girlfriend and can tell her what she can and cannot do.

Yet, as he gains experience with relationships, he may one day come to realize the truth that a relationship is a decision by two individuals to be together.

Both he and the woman were individuals before they met, they are individuals when in a relationship and they will continue to be completely separate individuals if the relationship breaks up.

So, if a guy wants a woman (a human being with free will, just like he has) to stay in a relationship with him, he needs to be the sort of guy that she will want to stay with for life.

After all, she can decide to be with him or leave the relationship to find herself a new guy.

It may annoy you that women could do such a thing, but that's how human relationships work.

People only stay connected with people who are relevant and beneficial in their life or are a part of their long term goals.

Everyone else is pretty much ignored and in the case of a boyfriend/girlfriend relationship, a woman will simply dump a guy and move on with her life if she wants to because, after all, she is an individual who is trying to live a happy, safe, enjoyable life.

This is confusing for a lot of guys, especially when their girlfriend has said things like, *"I want to stay with you forever"* or *"I promise that I will never leave you"* or *"I want us to grow old together."*

Yet, that's just what women say when they are in love. If a guy ruins her feelings of respect and attraction for him (e.g. by being controlling, insecure, clingy, etc), she can just as easily fall out of love and change her mind about wanting to be with him for life.

So, what should you do if your girlfriend has male friends and you suspect that she is cheating or going to cheat?

Be the sort of man that makes other guys look less attractive in comparison (e.g. be more confident, make progress towards achieving your biggest ambitions in life, make her feel feminine in comparison to your masculine way of being, etc).

What you need to realize is that you have a lot of direct control over how much or little attraction your girlfriend feels for you.

For example: If a boyfriend is being jealous, controlling, clingy and needy, he will be actively making his girlfriend lose respect for him and feel less attracted to him as a result.

However, if a boyfriend has the emotional maturity to remain confident, have high self-esteem and continue to push forward in life, his girlfriend will naturally respect him and feel attracted to him.

6. He begins spying on her emails, texts or social media messages.

Sometimes, a boyfriend will have access to his girlfriend's e-mails, Facebook or other social media account because he knows the password or can look at her phone or use her computer when she's not around.

Spying on his girlfriend's e-mails, texts or social media messages will often make a jealous, insecure boyfriend feel shocked at how his girlfriend is talking to other guys (e.g. co-workers, fellow students at university, or even past boyfriends or lovers).

Here's the thing though...

Most guys in this world are afraid to approach and talk to women in person, so they hide behind texts, e-mails and social media messages and attempt to get women to like them that way.

Even if a woman already has a boyfriend, fianc   or husband, she will always get messages from random guys from her past, guys that she knows from work or random guys that she has never met.

If your girlfriend is committed to you and has no plans of cheating on you or dumping you, then she will naturally ignore most message and only reply to some every now and then.

However, if you go and look through them, you might be shocked if she is having a fun conversation with a random guy from work, who clearly seems to be flirting with her.

At that point, you might feel annoyed and want to confront her about it, but it really isn't the best approach to use.

What you should say (in a relaxed, emotionally stable manner) is that you had a suspicion that she might be cheating on you or about to cheat, so you had a look at some messages on her phone or Facebook.

You can then say, *"I'm disappointed that you've been doing that. At this point, you're either going to apologize to me and promise me that you'll never do that again, or we are going to break up now and part ways."*

As long as you are being the more mature, emotionally stable one, she will respect your approach and feel guilty for having done it.

Stopping Her From Cheating

The best approach to use that will prevent your girlfriend from wanting to cheat is to be the sort of man who she can be proud of being with.

You've got to deepen her feelings of love, respect and attraction for you over time, rather than thinking that she's going to stick around forever because things felt good at the start.

To keep a relationship together in today's world, you literally have to be the sort of guy that a woman really wants to stay with.

If you don't approach it in that way, she will naturally get bored and may break up with you, cheat on you behind your back or treat you so badly that you eventually break up with her.

So, if you're worried about being cheated on your girlfriend, the best way to prevent it or stop it from happening again is to become and be the sort of man that she really wants to be with.

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My Girlfriend Looks at Other Guys

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your girlfriend looks at other guys, you have to make sure that you don't turn it into a bigger problem than it actually is.

She might just be looking to test your confidence, or she might be looking because she feels some fleeting attraction for those guys, just like you feel fleeting attraction for random women you see.

Either way, you have to maintain your confidence, otherwise you will cause her to either cheat on you or break up with you.

Watch this video for more info...

All women are going to look at other men, but it's how you react to it that matters the most.

Everyone is Different

If you're saying, *"My girlfriend looks at other guys,"* you're probably like a lot of guys who have a very set idea about what a relationship should be like.

However, the truth is, we are all different and we all want different things when it comes to relationships.

For example: Some guys want to get married to one woman for life.

Others want to stay with one woman for life without getting married.

Then there are those who want to have many relationships with many women throughout their life, and finally there are even those who aren't sure what they want.

There's no right or wrong when it comes to what people want from a relationship.

Everyone is different and everyone wants different things, and this is as true for women as it is for men.

However, unlike in the past where women were forced to get married at a very young age to a man picked out for them by their father or guardian, and regardless of whether the guy was cruel, lazy or a bad husband, she was stuck with him for life.

Today, women can choose who they marry and if the guy doesn't live up to her expectations and make her feel the way she wants to feel in the relationship, she will easily dump him for someone else.

That being said, you and your girlfriend may have fallen madly in love with each other, but that doesn't automatically mean that either of you is suddenly going to become immune to the rest of the world, i.e. other men and women.

She Will Feel Attraction For Other Guys. That is Normal

Your girlfriend is going to look at other guys. Your girlfriend is even going to feel attraction for other guys. That in itself is not a terrible thing.

After all, if you're totally honest with yourself, even you feel attraction towards other women

(and maybe you even look at porn). However, that doesn't mean that you would cheat on your girlfriend and it doesn't mean that your girlfriend would cheat on you. In fact, attraction is normal and healthy.

But, if you're still asking, *Should I be worried when my girlfriend looks at other guys?* something is clearly making you feel uncomfortable.

The question is: Is she giving you other reasons to question her loyalty to you, or are you simply feeling jealous and insecure?

Just because your girlfriend is looking at other guys, it doesn't have to mean anything more than the fact that she's a healthy, hot-blooded woman.

However, if her looking includes any of the following warning signs, it could mean that she's losing interest in being in a relationship with you and is looking for another guy.

1. Does she insist on going out without you?

It's normal and healthy for a man and a woman in a relationship to have interests and friends apart from each other.

You don't want to be living in each other's pockets, so if your girlfriend goes out occasionally to a girlfriend's house, or to a coffee shop, etc., there's nothing wrong with that. However, if your girlfriend insists on going out alone, especially to clubs, bars or parties, and especially with other single women, her looking at other guys is not as innocent as she may be pretending.

When a woman is in love, going out without her guy doesn't appeal to her.

If your girlfriend loves and respects you, she might look at other guys, but her main focus will be you and she will have little interest in going out without you.

2. Does she blatantly flirt with other guys in front of you?

Looking at other guys is one thing, but flirting in front of you is a completely different thing.

When a woman flirts with other guys in front of her boyfriend, it's her way of crying out for help.

She's clearly saying to her guy, *You're not making me feel the way I want to feel when I'm with you. Either you shape up or, as you can see, I can easily get myself another guy who WILL make me feel like I want to feel.*

If your girlfriend is looking at AND flirting with other guys, she's clearly trying to get your attention.

The question is: Are you going to sit around saying, *My girlfriend looks at other guys* and feeling like it's all out of your control, or are you going to realize that you're no longer making her feel respect, love and attraction for you, and fix that?

3. Does she avoid having sex, or being affectionate with you as much as possible?

Being intimate is the sign of a healthy relationship. Even if you and your girlfriend aren't having sex, there must at least be a level of intimacy. This includes kissing, holding hands and touching.

However, if every time you try to touch or kiss your girlfriend she makes an excuse like, *Not now, you'll ruin my lipstick* or *Stop. I'm not in the mood* she's probably pulling away from the relationship and her looking at other guys is her way of simply seeing what type of guys might be available to her as a replacement.

4. Does she make excuses not to see you?

When a woman is in love, she will do whatever it takes to make herself available for the man she loves, because being around him makes her feel good about herself.

Of course, we all get busy sometimes.

Not being able to see you because she's studying for important exams, or has a huge project at work, is understandable.

Yet, if your girlfriend is making excuses not to see you ALL the time, you need to pay attention to the warning bells.

Is There Something About Your Behavior That is Making Your Girlfriend Look at Other Guys?

[image: What is causing her to look at other guys?]

It is perfectly okay for your girlfriend to want to look at other guys, as long as she's giving you the love and respect you deserve.

Yet, if she's saying and doing other things that are making you question her loyalty to you, then this indicates a more serious problem with your relationship.

It means that she is now looking for excitement and fun in her life that she is not getting from you.

Right now your natural reaction might be to get angry, but ask yourself, *“Is there something about my behavior that is causing my girlfriend to lose love, respect and attraction for me?”*

For example:

- Are you giving her what she needs?
- Are you making her feel sexy and feminine?
- Are you taking her for granted in the relationship?
- Are you letting her wear the pants in the relationship?
- Does she respect you and see you as the kind of man she wants to spend her life with?
- Are you letting your jealousy and insecurity come between you?
- Do you secretly believe she's too good for you?
- Do you believe you got “lucky” when she agreed to go out with you?
- Are you being clingy and needy?

By answering these questions honestly, you can pinpoint any problems in your relationship and then you can fix them before it's too late.

Make Her Feel the Way She Wants to Feel and She Will Lose Interest in Other Guys

What you need to understand, is that the romantic love between a man and a woman is not unconditional and there are no guarantees that it will last.

It is your job as the man, to maintain and grow the respect and attraction your girlfriend feels for you,

to ensure that the love between you will deepen over time.

Rather than waste time saying, *“My girlfriend looks at other guys”* and feeling like your relationship is spinning out of control, you can learn how to make your girlfriend fall deeper and deeper in love with you.

You can learn how to make her feel increasingly more attracted to you sexually and have a deep and loving respect for you as a man. Doesn't this sound like something you would rather have happen to you than worrying about her looking at other guys?

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My Girlfriend Wants to Have a Girls Night Out

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you're asking, *Should I be worried that my girlfriend wants to have a girls night out?* you need to understand that the answer is not a simple *yes* or *no*.

Every relationship is different, and every woman is different.

Women today are a lot more confident and independent than ever before, and they don't have to live their lives based on what their man will allow them to do.

The modern woman isn't dependent on a man to protect her, provide for her or entertain her, which means she can choose to do whatever she wants, like have interests, hobbies and even the occasional girls night out, without having to ask her man for permission or approval.

That being said, when a woman is in a loving relationship with a guy, she will naturally take his feelings into consideration before she does something without him. She will generally prefer to spend most of her time with him and doing things together. However, that's not to say that she'll want to live in his pocket either.

In a relationship it's normal and healthy for each person to have their own interests, hobbies and friends.

So, should you be concerned if your girlfriend wants to have a girls night out?

It depends!

Are You Letting Your Insecurities Come Between You?

In a relationship, you have to give the other person your full trust and let them take care of it.

A person can never fully trust another human being, but they just have to give their trust to others to make their relationships and society function. Without trust, a relationship simply will not function harmoniously and it will eventually fall apart.

At the same time, a lack of trust in a relationship breeds insecurity, anger and frustration and it ruins the chance for the love between a guy and his girlfriend (or fiancée or wife) to grow and mature.

If right now you're saying, *My girlfriend wants to have a girls night out*, and it's something that's really bothering you, you have to take a deeper look at yourself and your relationship.

For example, if your girlfriend wants to have a girls night out because she's going to a girls only birthday party, to a friend's wedding shower, why are you feeling so upset and insecure about it?

Quite often, guys who feel that they got lucky when they scored with their girlfriend feel threatened when she wants to have interests outside of the relationship. This is often because he lacks the confidence in himself and in his ability to get another (even better) girlfriend than her, if she decides she wants to break up with him.

Here are some common mistakes that guys make when they lack confidence in themselves, which actually end up ruining their relationship and causing a break up.

Mistake #1: â€œYouâ€™re my first, my last, my everythingâ€!

Guys who have little or no experience with women, often get their â€œromanticâ€ advice from the movies, TV, or songs. Women also give men â€œmixed signalsâ€ because theyâ€™ll often say, â€œOh wow! Listen to the lyrics of that song; I wish I could meet a guy who would say Iâ€™m his first, his last and his everything!â€

However, in real life, although a woman will genuinely appreciate it when her man gives her his attention, affection and love, she doesnâ€™t appreciate it if he goes overboard, becomes clingy and needy and ends up making her the only focus in his life.

When a guy stops having a life outside of his relationship with his girlfriend, (i.e. gives up his friends, interests or hobbies) and instead spends every spare minute living for her â€œwhether thatâ€™s actually spending his time being with her, or doing things to please her, like running errands for her, doing shopping or cooking or cleaning for her, helping her study, etc., â€œrather than think to herself, â€œWow! What a cool guy! Iâ€™m so lucky to have him,â€ a woman will feel suffocated.

Generally speaking, women today are repelled by needy, clingy men. Why? Women are attracted to the strength in men and repelled by weakness.

A guy who uses his girlfriend as an excuse to hide from his true potential in life doesnâ€™t make her feel special. Instead she feels like she has to â€œmotherâ€ him and guide him and hold his hand because he canâ€™t face his fears (i.e. life) by himself.

Ask yourself, *â€œWhy does it bother me that my girlfriend wants to have a girls night out?â€*

Could it be that youâ€™re using your relationship to hide from life? Are you afraid to become a bigger and better man and just want to hide from the world behind her and a relationship? Do you feel insecure about her attraction for you as a man?

Consider that this behavior could be pushing your girlfriend away. Even if sheâ€™s the most loving, loyal and trustworthy woman, if you behave this way every time she attempts to have some â€œaloneâ€ time, you WILL end up pushing her away.

Mistake #2: â€œDo you love me?â€

Just as itâ€™s a big mistake for a guy to make his girlfriend the center of his world, it is equally unwise to expect her to give up her interests, friends, ambitions and social lifestyle for him.

Guys who make this mistake often allow their insecurity to get in the way of their relationship because they end up becoming overly-protective and jealous of their girlfriends.

Â A guy like this lacks confidence in himself, he lives in constant fear that if he lets his girlfriend out of his sight, even for a moment, she will suddenly realize that she can do much better than him and she will dump him.

This is why a guy like this will often ask his girlfriend, *â€œDo you love me as much as I love you?â€* or *â€œYou know I would never be able to live without you, donâ€™t you?â€* or *â€œI feel physically sick when Iâ€™m apart from you. Why would you want to do that to me?â€*

Although a woman will feel respect and attraction for a man who shows that he cares for her and wants to be around her, she doesnâ€™t need him to focus on her 24/7.

If you always need to be around your girlfriend, to the point where you expect her to give up her life for you, she will feel that youâ€™re mentally and emotionally weak and that she has to take care of

you emotionally, which is a huge turn off for women.

You must understand that even though you love your girlfriend, you don't own her. You can't control what she does because that will only make her lose respect, love and attraction for you.

Are There Deeper Problems in the Relationship?

It's perfectly normal for your girlfriend to want to have a girls night out occasionally. In fact, you should encourage her to do this because if you're the kind of man who knows how to build and maintain the attraction between you, when she goes out without you she will realize how lucky she is to have you in her life.

However, if your girlfriend wants to have a girls night out ALL the time, then there could be a deeper reason.

Ask yourself:

- Are you making her feel the way that she really wants to feel when she's with you (e.g. attracted to you, respectful towards you, proud to be your girlfriend)?
- Are you growing and maintaining the love, respect and attraction between you and her?
- Are you allowing your insecurities (like clinginess, neediness, jealousy, etc.) to come between you?

When a woman is happy in her relationship she will not look outside of the relationship for fun and excitement. Even if your girlfriend isn't looking for a replacement guy right now, if you don't fix your issues and improve the behaviors that are turning her off, she WILL eventually look for another guy.

Be the Best Man You Can Be

It's up to you to figure out if, right now, there's a serious problem in your relationship, or if you're allowing your insecurities to cause you to make a big deal out of something normal.

Rather than sit around saying, *"My girlfriend wants to have a girls night out,"* and letting it bother you, you need to get clear on what things you and your girlfriend can go to together and alone and why.

Unless there's a good reason why you don't trust her, in which case you should ask yourself, *"Why am I still dating a woman that I don't trust?"* you should give your girlfriend your trust and let her enjoy herself with her girlfriends once in a while.

Not only will this make her respect and love you more, she'll also feel lucky to have you as her boyfriend.

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[image]

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What Causes a Woman to Fall in Love With a Man?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

There are two main things that cause a woman to fall in love with a man, and those two things are: Respect and attraction.

Of course there are many other things as well, but when a man displays the behaviors and personality traits that women feel naturally attracted to (.g. confidence, drive and ambition, masculinity, emotional strength), he will be able to trigger a woman's feelings of sexual desire for him.

From there her feelings of respect for him will grow and she will then begin to fall in love with him.

It's the man's responsibility to then keep nurturing and growing those feelings of respect and attraction in her over time, so that her love for him will also get stronger and deeper over time. If he does that, the relationship will almost always last a lifetime.

How to Get a Woman to Fall in Love With You: 3 Mistakes to Avoid Making

It's actually quite easy to make a woman fall in love with you and want to be in a relationship with you; even if right now she is behaving (or even saying) she's not interested in you.

However, you have to bear in mind that to get a woman to fall in love with you, you first have to trigger her feelings of sexual attraction for you. Attraction comes first and then everything else will follow quite naturally.

So, if you want to get a woman to fall in love with you whether it's a woman you've just met, someone you know from work, or at university, or even a friend that you want to turn into a girlfriend realize that you can, but not if you make any of these common mistakes that guys make.

1. Thinking that he has to be tall, dark and handsome to get her love.

Many guys go through life believing that the reason they can't get a woman to fall in love with them, is because they don't fit into some ideal package of physical attraction.

For example: A guy might be very attracted to, and even secretly in love with, a woman he works with, or goes to university with. However, because he knows that men are mostly attracted to women because of their physical appearance, he assumes that women are attracted to men for the same reasons.

So, instead of approaching her and attracting her with his confidence and masculinity, he makes excuses like, *"Women don't fall in love with guys like me?"* or, *"Women are only attracted to good looking guys, so I don't stand a chance with her, so why should I even bother?"*

Yes, there are some women in the world who will only date and marry good looking guys, but the majority of women are more interested in the other qualities that a man has, than just his looks.

If this wasn't true, most men in the world would be unloved and single, because most men in the world are not male model look-alikes.

Most guys have â€œflaws,â€œ like being bald, short, tall, fat, thin, or have big ears or a big nose, or some other weird characteristic, but if you look around you the next time you are out in a public place, you will see that these â€œflawedâ€œ guys are with attractive women who clearly love them. Why?

These guys have learned that what causes a woman to fall in love with a man is his ability to make her feel attracted to him for other reasons (e.g. he can make her laugh, he can make her feel girly and feminine in his presence, etc.) besides his looks.

If you want to get a woman to fall in love with you, donâ€™t get hung up about your looks. In almost all cases, if your personality and the way you interact with her makes a woman feel attracted to you, and makes her feel the types of emotions that she wants to feel when sheâ€™s with a man, she will overlook the fact that you donâ€™t look like a male model.

2. Getting stuck in the â€œfriendâ€œ zone.

If you want to get a woman to fall in love with you and see you as someone she wants to have sex and a relationship with, you have to make her feel attracted to you first.

A common mistake that a guy can make, is that when he is secretly in love with a woman (whether sheâ€™s someone heâ€™s acquainted with, or whether sheâ€™s a good friend), he assumes that by hanging around her and pretending to be her â€œgood friendâ€œ all the time, she will eventually feel the same way about him too.

Heâ€™s hoping that by being really nice around her, and by not showing his sexual attraction for her, she will see him as being different from all the other guys that hit on her, and she will fall in love with him because he is not being disrespectful and has â€œgoodâ€œ intentions towards her.

However, there is a big difference between a woman really liking you as a friend and her really wanting to have sex with you and wanting to be in a relationship with you.

When a woman likes a guy as a friend, it might be because heâ€™s sweet, reliable, and someone she likes to talk to and hang out with without the pressure of having to dress in a sexy dress, or wear makeup, because in her mind she doesnâ€™t have to impress him.

On the other hand, when sheâ€™s around a guy she wants to have sex with and be in a loving, committed relationship with, she will do whatever it takes to be more attractive to him, because he is actively triggering her feelings of sexual attraction for him.

So, if you want a woman to stop seeing you as a friend and start seeing you as a man she wants to have sex with and be in a relationship with, you have to stop pretending to be her friend, and actively start triggering her feelings of sexual attraction for you.

3. Chasing her like a puppy dog.

Women are instinctively attracted to the strength in men and repelled by the weakness.

However, this has nothing to do with the size of a manâ€™s muscles, or how much weight he can bench press. The strength that a woman is attracted to is the confidence and emotional strength that causes a man to have a purpose and direction in his life.

For example: What some guys do when they feel love for a woman is behave like a love-struck puppy around her in the hopes that she will begin to love him if heâ€™s always â€œthereâ€œ for her.

This can mean that he allows her to push him around and have him do favors for her, e.g. run errands

for her, or help her with homework, or even give her money to pay her rent or to buy something trivial because she doesn't want to spend her own money.

However, the worst mistake he can make is that he puts his life on hold, by giving up on his dreams and ambitions, giving up his own interests and hobbies, and even giving up his friends, so that he can be at her beck and call.

This is not attractive to women, and rather than make her fall in love with him, when a man gives up on his own dreams and aspirations for her, a woman feels turned off by that at a deep, instinctive level.

A woman likes to know that the man she is with is mentally and emotionally strong enough to be able to have his say in the world. She wants to know that if she gives her heart to him and chooses him as her mate, he will be able to provide for himself, her and their offspring if they have any.

Being with a man who is of weak character (i.e. someone who cannot stand true to his own dreams and ideals), is not appealing to women.

Remember: What causes a woman to fall in love with a man is his ability to trigger her feelings of respect and attraction for him, and a woman cannot respect a man who does not respect himself enough to follow through on his dreams.

You Can Make it Happen

[image: What causes a woman to fall in love with a man?]

Regardless of who the woman is that you want to have fall in love with you, and regardless of whether she doesn't know you exist, or she's told you, *âIâm not interested*, or, *âI only like you as a friend*, when you change the way you interact with her, she will naturally change how she feels about you too.

If the way you have been interacting with women has been turning them off the idea of being in a relationship with you (i.e. you were nervous, insecure, awkward, lacking in confidence, turning them off with your conversation style, etc.), it's only natural that you might be thinking, *âI just don't have what it takes to make a woman fall in love with me*.

Yet, that's not the case at all.

When you behave in the ways that are attractive to women and make them feel the way they want to feel when they are with a man by triggering their feelings of attraction and respect, you won't have to make a woman love you, because it will happen naturally, all by itself.

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How to Make My Girlfriend Feel Special: 8 Examples

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Making your girlfriend feel special, loved and appreciated is an important part of relationship, but you need to make sure that you don't go overboard with it.

For example: If a guy is very insecure and worried about losing his girlfriend, he may make the mistake of trying way too hard to impress her and make her feel special, which will actually end up turning her off.

Watch this video for some examples...

Despite the fact that he is being a good boyfriend and is sincerely trying to make her feel special, she won't be able to stop herself from feeling turned off by his desperation.

[image: How can I make my girlfriend feel special to me?]

Women are naturally attracted to the emotional strength of men (i.e. confidence, high self-esteem, bravery, etc) and turned off by the emotional weakness (e.g. insecurity, low self-esteem, being wimpy, etc).

So, when a guy feels so insecure about losing his girlfriend that he constantly feels like he needs to make her feel special, she will actually feel turned off by his emotional weakness.

A woman does want to be made to feel special, loved and wanted, but not if you're doing it because you're insecure or trying desperately to make her want to stay with you.

So, if you're keen to make your girlfriend feel special, here is how you can approach it in a way that deepens her feelings of respect, attraction and love for you, rather than turning her off...

8 Ways to make Your Girlfriend Feel Special

The first example is...

1. When you are at home together

[image: Making your girlfriend feel special when you're at home together]

Making her your girlfriend feel special when you're at home together is about her appreciating the fact that she gets to spend time with an awesome guy like you.

For example: If a guy spends most of his time with his girlfriend and isn't really rising through the levels of life and reaching for his true potential as a man, she might initially enjoy his undivided time and attention, but she will eventually get bored of it and begin to lose interest in him.

Why? Women maintain their feelings of respect and attraction for guys who do not hide from life behind a relationship with a woman.

Your girlfriend wants to know that when you spend time with her at home, it's because you love her and want to give her some of your valuable time that you could easily be spending on continuing to making progress towards your biggest ambitions in life.

That is what makes her feel like the special woman in your life who gets to spend quality time with you.

She doesn't want to feel as though you always want to be around her because you're a guy who is hiding from life behind the comfort of hanging out with her.

2. When you are out in public

[image: Making your girlfriend feel special when you're out in public together]

Something that makes a girlfriend feel special when in public places with her boyfriend, is knowing that he has the confidence and emotional masculinity to handle any situation that might come up.

He confidently moves through the world and goes after what he wants, while being a good guy and getting along with other people, rather than causing trouble or getting into fights.

If a woman is with a guy who becomes nervous or insecure in social situations and doesn't really get along well with people, then she might put up with that for a while, but she's not going to feel special to have a boyfriend like him.

Women instinctively know that they are going to be much better off in life if they couple up with a guy who can confidently move through the world and get along with people, rather than a guy who feels insecure in social situations and has difficulty getting people to respect him, like him or treat him well.

When a woman is walking through a public space and holding onto the arm of her boyfriend that she feels proud of and safe to be with, it makes her feel special and lucky to be his girlfriend.

3. When you are away from each other

If you and your girlfriend don't live together or if you spend a lot of time apart because you work long hours or do different shifts, then what can make her feel special is knowing that an awesome guy like you is still in love with her, cares about her and is committed to her even though you are not around each other all the time.

When you are the sort of guy that she can look up to and respect like that, even a simple text of, "*Hey babe, I miss you*" or "*I love you*" is going to make your girlfriend feel special.

However, if a woman is with a guy who she doesn't look up to and respect, doesn't feel much attraction for and is slowly falling out of love with and he then sends her a text saying, "*I miss you*" then she's not going to feel very special to get a message like that from him.

Based on her lack of respect for him, she isn't going to be missing him and wanting to see him as much as he wants to see her, so she won't feel much of a need to reply or may simply reply with something simple like, "*Thanks.*"

4. When you text her

The way to make your girlfriend feel special via text is to not text her too often.

These days, most people have their smartphone with them wherever they go, but that doesn't mean you should use it to text your girlfriend every day and night.

Essentially, you want your girlfriend to feel lucky to get a message from you, but you don't want to go too far with it where you never message her at all or begin to take her for granted.

You simply need to take a more balanced approach to life as a man, where you are moving forward in life and rising through the levels of your true potential, while also sending her an occasional text or giving her a call when you can.

As a man, the majority of your focus has to be on rising through the levels of life and reaching for

your true potential.

If you make the rookie mistake of basing your life and identity on the relationship with your girlfriend, she will eventually get annoyed by that because women instinctively know that they don't want to be stuck with a guy who is hiding from his true potential behind her.

So, to make her feel special, simply reward her with a text from you every now and again. Don't waste your time or her time texting back and forth like girls do.

If she wants to text back and forth and chat on the phone for hours with her girlfriends, then let her do that. However, you shouldn't copy her and take on the role of a woman in your relationship as well.

You need to be a man in this life and bravely rise up to reach for your true potential as a man, rather than wasting time like many feminine women do because they expect that a guy will support them, take care of them and protect them if they need or want it.

Women instinctively know that a guy isn't achieving anything and isn't becoming a bigger and better man in life when he wastes a lot of time sending loads of texts messages back and forth with her.

It doesn't make her feel special to be with a guy who doesn't have anything else to do other than text her and focus his attention on keeping her.

5. When you talk to her on the phone

A way to make your girlfriend feel special when you talk to her on the phone is to get her laughing, smiling and feeling attracted to how masculine you are compared to her.

Some guys make the mistake of always talking to their girlfriend in a neutral, friendly way and some guys even get into the habit of talking a little bit like a woman (e.g. giggling, being emotionally sensitive, gossiping, etc).

Here's what you always need to remember about women...

One the most important, fundamental things that attracts a woman to a man is how feminine she feels in comparison to his masculinity.

So, rather than talking to your girlfriend and trying to be like her in some ways, make sure that you keep being a masculine guy in the way that you talk, feel, think, behave and take action in life and when on the phone with her.

Her feelings of attraction will remain and deepen over time if you can be a man for her, so don't slip into being like her or giving up on your biggest ambitions in life because you think it will make her feel special for life if you just hang out with her all the time.

The fact is, if you are the type of guy who is attempting to achieve his biggest ambitions in life, you're not going to have a lot of time to waste chatting about nothing on the phone with her or other people.

You're going to have much more important things to do than talk endlessly on the phone like girls do, or like lost guys with no purpose do.

When you are a guy who is bravely rising up to reach your true potential as a man, your girlfriend is going to feel special to have quality time with you on a call of any length. She will feel lucky, happy and attracted to you when you give her some of your time and get her laughing, smiling and enjoying talking to you on the phone.

So, don't slip into a routine of calling her every day or night. These days, a lot of confused guys (who still don't know what it means to be a real man) make the mistake of calling their girlfriend every

night to speak on the phone to show her how much he cares.

While that is nice that he cares so much, it's not what a woman really wants from a man.

A woman wants to enjoy missing you and wishing that she could spend more time with you, rather than having to talk to you every night and never getting the chance to wish that she could hear your voice.

6. When you have sex with her

One of the ways to make your girlfriend feel special when you're having sex with her is to be present in the moment.

Being present in the moment means that you're not worried about a thing and are simply there in the moment with her, enjoying her, giving her your masculine presence and connecting with her in an intimate way.

Yet, you shouldn't do that all the time, but you should add in Presence Sex every now and again.

If you always do the same thing with her, it will become predictable, boring and annoying that she has to experience the same thing over and over again, so make sure that you just mix it in, rather than drowning her in it.

Why a girlfriend feels special when she is treated to Presence Sex is that it makes her feel as though you are truly attracted to her and really want to be with her in that moment, rather than wishing you could be with another woman or simply wanting to have sex with her so you can ejaculate and get it over with.

7. When in a long distance relationship

What makes a girlfriend feel special when she's in a long distance relationship with a guy is when he continues to be the awesome guy that she fell in love with, while also becoming a bigger and better man in life everyday.

A woman needs to be able to see that her boyfriend is continuing to move forward in life, but at the same time, he is still continuing to love her, care about her and be committed to her.

If a guy is in a long distance relationship with a woman and puts his life plans on hold just to focus on her all the time, then she will eventually lose respect for him as a man and feel turned off by him.

Essentially, you need to take a balanced approach where you move forward in life on your way to becoming a bigger and better man, while also making her feel special, desired and wanted.

8. When it's her birthday

[image: Making your girlfriend feel special on her birthday]

Not all women care about their birthday, but it is a good opportunity to make her feel special.

As long as your girlfriend respects you, is attracted to you and in love with you, she will feel special in response to pretty much anything you do for her birthday.

However, if your girlfriend has lost respect for you, isn't very attracted to you anymore and is starting to fall out of love with you, then she's not going to really care if you buy her an amazing gift, take her to an expensive restaurant or declare your undying love for her.

Unless she has strong feelings for you, she's not going to really care about your strong feelings for her.

So, when it comes to your girlfriend's birthday, the most important thing that already needs to be in

place is that you've been guiding her into deeper feelings of love, respect and attraction for you in the relationship.

Then, when her birthday comes around, anything that you do (e.g. take her out to dinner, go away for a weekend, write her a love note, cook dinner and give her a sensual massage, etc) is going to make her feel special, because she's already deeply happy about the love, respect and attraction that you feel for each other.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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My Wife Wants Me to Sleep With Another Woman

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

When a man says, *“My wife wants me to sleep with another woman,”* his friends might laugh and encourage him by saying, *“I wish my wife would say that to me!”*

Yet, getting her husband to sleep with another woman is often just a way to open up their relationship and potentially make him leave her, or give her the chance to say, *“I want to sleep with another man. I’ve let you sleep with another woman, so now it’s my turn.”*

So, if you’re in the position where you are saying, *“My wife wants me to sleep with another woman,”* it’s likely that you’re not comfortable with the idea; even if part of you feels quite excited about it.

You may be asking yourself some of the following questions:

- What is making my wife say she wants me to sleep with another woman?
- Is this just a random fantasy that she’s voicing out loud and if I ignore it, she will eventually lose interest in the idea?
- Is she testing to see if I would actually be willing to have sex with another woman, rather than wanting to remain completely devoted to her?
- What if I do sleep with another woman and I end up liking it and want to do it again?
- What if I do it and my wife ends up hating me for it?
- What if I do it and we end up getting a divorce because of it?

I’ve been helping men to fix their relationship and marriage problems with women for years now and every time sex with another person was added into the relationship, it ended in a break up, separation or divorce.

In other words, I would not recommend that you sleep with another woman if you actually want to stay with your wife.

Most people cannot handle it.

She might act like she can now, but things can and usually do change...especially, if she then starts talking about wanting to sleep with another man to even the playing field.

To keep your marriage together, you’ve got to avoid setting off negative chain reactions that will tear you and her apart.

Different Strokes for Different Folks

Although sleeping with other people is not recommended, the reality is that there is no one size fits all when it comes to the rules of marriage.

Every husband and wife is different and every relationship is based on a unique combination of likes, dislikes, morals, beliefs, interests and attractions.

In today’s world, ideas about marriage are not as hard and fast as they used to be in the past where classic monogamy was the norm (i.e. the man and woman marry as virgins, remain sexually exclusive to each other throughout their lives and become celibate after the death of one or the other)

and everything else was considered taboo.

Today, some couples are more relaxed about what marriage and have become open to the idea of serial monogamy, which essentially means that the couple chooses to be sexually faithful for the duration of that relationship, (i.e. until they break up, get divorced or one person dies) and then they are free to move on to their next monogamous relationship.

Essentially, they agree to be together until the old saying, *“Till death do us part”* or until they no longer want to be together.

Although serial monogamy is now the most common form of relationship between men and women in today’s world, there are also couples that choose to be in non-monogamous relationships.

This can include cheating without telling (i.e. secret affairs), polygamy, open relationships, swinging, polyamory relationships, etc.

So, if a woman tells her husband that she wants him to sleep with another woman, it may be because she’s the type of person who is interested in being in something other than a traditional, monogamous relationship.

If both agree to it and they feel that it’s a lifestyle they can easily pursue together that will bring them the most joy, while still being in a loving, happy relationship with each other, then so be it; there’s no general rule that says every couple has to be the same.

However, although there are many husbands and wives that this free love type of lifestyle appeals to, in most cases, when a wife tells her husband she wants him to sleep with another woman, it may stem from a deeper underlying issue in the relationship.

Fantasy vs. Reality

Modern-day psychologists generally agree that it’s perfectly normal and healthy for both men and women to have sexual fantasies, and that having fantasies while married is no longer a sign that the person is unhappy with their spouse.

For example: Just because a man will jerk off to porn once in a while (and really feel attracted to the women in porn while doing it), it doesn’t mean that he no longer loves his woman and wants to break up with her.

In most instances, fantasies are generally just a form of escapism and nothing more.

It’s a chance to experience something kinky or unusual without the risks that would be involved if it were to happen in real life.

Fantasies can seem very erotic, arousing and daring, but it doesn’t mean that a husband and wife have to actually act out that fantasy in real life to be happy.

If your wife wants you to sleep with another woman, it may simply be a fantasy that she has brought back with her into the real world.

For example: She might have been masturbating to the idea of you having sex with another woman in front of her, or walking in on you giving it to another woman doggy style and then joining in herself.

That might sound worrying to you, but it’s no more worrying than you jerking off to hardcore porn. It’s an arousing thought and idea, but it doesn’t mean that you and her have to act out either of those things in real life.

So, the question now is this...

Do you think that you sleeping with another woman is something that should stay in the realm of fantasy, or is it something that you think needs to be turned into a reality?

Why is She Suggesting it?

There are many reasons why a wife might suggest that her husband sleeps with another woman, includingâ

1. She is testing to see how devoted he really is

[image: Testing to see how devoted you are]

If your wife is insecure about your attraction for her and your devotion to the marriage, she might be bringing that up to see if you will go through with it.

She wants to see if she can push you to have sex with another woman and if you do, it means that she was right to think that you couldn't be trusted.

According to studies conducted by several psychologists and relationship therapists, when a woman fantasizes about her husband having sex with another woman, itâs often because she fears being cheated on.

2. She wants to get rid of him

[image: Is she trying to get rid of you?]

Another reason why a wife will want her husband to begin sleeping with other women is that she knows that he won't accept a divorce if she just goes for a clean break up.

She feels as though he will probably beg her and plead with her for another chance, which will drag the marriage along further. She will then find it very difficult to move out or to get him to sign divorce papers.

3. She wants to get a better divorce settlement and get custody of the children

When a husband is already sleeping with another woman, it doesn't look good to the judge at family court.

A wife can easily make herself look like an innocent victim of horrible infidelity and get a much better divorce settlement and control of the children.

4. She is trying to get the spark back in the marriage

In most relationships, the idea of taking a fantasy or a fetish into the realm of reality is not really that appealing because the couple is already happy with their love and life together.

So, although a wife might be saying that she wants her husband to sleep with another woman, itâs possible that itâs just her weird way of trying to spice up their sex life.

Deep down, she might know that it's a bad idea, but she is simply trying to get the spark back in the marriage so she doesn't end up losing you if you decide to have an affair behind her back.

5. She wants him become open to gradually the idea of her sleeping with another man

[image: She wants to be able to sleep with other men]

Think about it...

Why would your wife want you to enjoy the pleasure of sticking your penis into a woman and enjoying yourself? What enjoyment does she get from that?

Why would she want you to passionately kiss another woman or develop feelings for her? Is she not going to feel jealous?

It just goes against human nature.

A woman won't encourage her man to go and sleep with other women unless she has an ulterior motive or if she is very sexual and wants to try all sorts of fantasies throughout her life.

So, if you do decide to go ahead with it, just know that there is usually much more to the story than she is letting on.

If you want to avoid destroying your marriage by sleeping with other women, here's what you need to do...

Create a Relationship Dynamic Where You Become Her Fantasy

On a deep and instinctive level, today's women are still looking for the kind of man that can both provide for them and protect them.

Even though a woman no longer needs her man to be able to hunt down a buffalo or take on a rival tribe to protect her, she does need him to be emotionally strong enough to survive and thrive in modern society.

A woman also needs a man who has what it takes to take the lead in a relationship, which then allows her to relax into her feminine self. She can feel protected and safe knowing that she is with a man who will remain strong no matter how challenging life gets.

When she can see that on a consistent basis, she knows that she can relax and she doesn't have to think, feel, behave and act like a man would.

She can be a real woman (i.e. feel feminine, be girly, be emotional, focus on being in love), rather than having to be a neutral woman who takes on a more masculine, manly way of being.

So, if you want to be your wife's fantasy man, you've got to let her think, feel, behave and act like a woman when she is around you.

By being this type of man for your wife, she will naturally feel turned on by you and her fantasies will revolve around the ways you can make her feel good when you're together.

When you can turn your wife on and make her feel sexy around you in new and exciting ways, she will automatically feel happier and more content in her relationship with you.

From there, she will naturally begin to fantasize more about what you can do to her, rather than what you can do to another woman.

The more attraction you can make her feel for you, the more intense her sexual desire for you will become and the less she will turn to weird, possibly marriage-destroying fantasies to make her feel the way she wants to feel.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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What a Woman Needs in a Relationship

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are some of the things that a woman needs when in a relationship with a man:

1. To feel loved and accepted for who she really is deep down.
2. To feel sexy and attractive in your eyes.
3. To be able to look up to you and respect you as her man.
4. To feel attracted to you in many different ways.
5. To fall more deeply in love with you over time.
6. To feel safe that you will guide both you and her to a better future.
7. To grow together as a couple, rather than only one person growing and leaving the other behind.
8. To always feel feminine in comparison to your masculinity, rather than her becoming the more dominant one or both of you becoming neutral equals.
9. To have open communication about everything (you need to lead the way with this by being emotionally strong), rather than feeling as though you and her need to hide things from each other.
10. To feel appreciated for the little or big things she does.
11. To feel as though she can always count on you to be emotionally strong no matter what and to stick to your word like a man.
12. To see that you love her so much that you still put in some occasional effort to be romantic, regardless of how busy your life is.
13. To see that you continue to respect her, care about her and have her best interests at heart.
14. To be able to laugh and smile with you, regardless of how challenging or stressful life gets.
To be surprised every now and then (e.g. a weekend away, a massage, go out for ice cream, go watch a sunset somewhere relaxing, etc).
15. To see that you are willing to compromise on things every now and then, rather than always trying to get your way.
16. To feel as though she can trust you to remain faithful, even though you're an awesome man who other women will flirt with and hit on.
17. To feel as though you and her have the same long term goals for the future.

Sounds like a lot, hey?

Well, there's actually an easier way to look at all the items listed above.

Watch this...

Essentially, keeping a relationship together all boils down to being able to guide both yourself and her into deeper feelings of respect, attraction and love for each other over time.

That's what really counts.

A relationship will become stuck together with super glue if both you and the woman develop deeper, more meaningful feelings for each other over time.

So, how can you do that and give her what a woman needs in a relationship?

Here are 4 examples of how to do itâ□|

1. Be the Kind of Man That She Can Look Up to and Respect.

[image: What a woman needs in a relationship with a man]

One of the most important things in a relationship is for a woman to be able to respect her man.

Without respect, a woman is unable to feel proper attraction for her man and without respect and attraction, she will gradually fall out of love with him.

So, first and foremost, you have to make sure that you are the kind of man that she can continually look up to and respect.

Part of this includes not giving her too much power...

If you give her too much power, she will naturally lose respect for you because you can't even keep a woman under control.

Women want to be with a man who can handle himself in the world and not get walked all over by challenging people, bad people or bossy people.

If you can handle her at her worst (i.e. when she's throwing tantrums, being unreasonable, testing your confidence by verbally insulting you), then she believes that you can handle yourself in the world.

As a result, she respects you, feels attracted to you and loves you all the more.

According to the dictionary, the definition of respect is as follows:

Respect (*noun*): A feeling of deep admiration for someone based on their personal qualities, abilities or achievements.

Here are some examples of things that make a woman lose respect for her man include:

- Being insecure, needy or clingy.
- Belittling her and embarrassing her in front of others.
Using her and the relationship as an excuse to hide from his true potential in life.
- Being jealous, over-protective or suspicious of her.
- Being the kind of guy who regularly breaks his word.
- Being critical of everything she does.
- Being insecure and submissive around other people at work, socially or at family gatherings.
- Trying to control her (e.g. not letting her catch up with friends, forbidding her to wear sexy or revealing clothes, etc).
- Letting her be "the boss" or "wear the pants" in the relationship.

Essentially, to be the sort of man that a woman can continually look up to and respect, you need to make sure that you:

- Remain emotionally strong, rather than becoming insecure.
- Have her back by pointing out good things about her and making her feel confident, rather than belittling her and embarrassing her in front of others.
- Work hard at achieving your biggest ambitions and dreams in life, rather than using her and the relationship as an excuse to hide from his true potential in life.
- Trust her, rather than being jealous, over-protective or suspicious of her. If she breaks that trust,

it is her mistake, not yours.

- Be a man of your word, rather than being the kind of guy who regularly breaks his word.
- Focus on her good points, rather than being critical of everything she does.
- Be a confident, self-assured man, rather than being insecure and submissive around other people at work, socially or at family gatherings.
- Let her feel as though she is free to express her true identity and hang out with friends, rather than trying to control her (e.g. not letting her go out with her friends, forbidding her to wear sexy or revealing clothes, etc).
- Maintain your masculine position in the relationship (i.e. you lead the way as the man), rather than letting her be “the boss” or “wear the pants” in the relationship.

Respect is essential for keeping a relationship together.

It’s very easy for a guy to be really nice and get a woman to respect him in the early part of a dating relationship, but if that’s just an act to get her into a relationship, his true colors will soon show and she will begin to lose respect for him.

Unlike in the past where women had to stay in a loveless relationship for life because it was shameful to break up or get divorced, most women today will gladly break up with a guy they don’t respect, love and feel attracted to.

It might suck to hear that, but it’s actually a good thing.

The pressure that we men are now under is turning us into wiser, stronger and more truly loving men who can give a woman what she really wants and needs from a relationship.

In the past, men didn’t have to worry about women and simply married one, made her pregnant and expected her to cook, clean and take care of the children.

In today’s world, we men actually have to know how to deepen a woman’s respect, attraction and love over time, otherwise we end up as yet another break up or divorce statistic.

2. Lead Both of You to a Better Future Together.

[image: guide-you-and-her-to-a-better-future]

Even though today’s modern woman usually has her own job or career, makes her own money and can usually buy most of the things she wants for herself, most women (not all) still like to know that the guy they are with, will be able to take care of her and guide both him and her towards a better future.

This doesn’t mean she expects him to do all the work, but most women in a relationship need to know that their man is the one who is making sure that they will be reaching their future goals together as a couple.

After all, if she is like most women, she wants to be feminine, which means that she isn’t going to be as emotionally consistent and strong as a masculine man.

For example: A masculine man will make sure that they stay on track to buy a house together, rather than use all their savings on frivolous things like going out to expensive dinners every week or buying too many clothes, shoes, or other things that they can do without for now.

Of course, some women are great at saving, staying on track and sticking to a budget, but if a woman

doesn't have that ability (i.e. because she gets excited while walking around a shopping mall and wants to buy everything in sight), she needs a man who can allow a little bit of luxury at times, but will be the sensible one who keeps them on track to achieving their future goals.

Another example is where a guy will continue improving his qualifications so that he can get a better job, which will then provide a better future for both of them.

This then allows the woman to give up on her career if she suddenly decides that she wants to be a mother, because her man is rising through the levels of his potential and putting himself in a position where he can be a better provider.

Alternatively, he might also encourage his woman to carry on with her studies, so that she can accomplish her goals and they can have a better life together in the future, rather than only focusing on partying and having fun.

When your woman can see that you are rising through the levels of life, while also encouraging her to become the best she can be, her feelings of love, respect and attraction for you will grow and she will feel happy to be in a relationship with you.

Of course, the roles of men and women are different. Just because you are rising through the levels of your potential as a man, that doesn't mean that you can demand the same of her.

Although many women build up their own career these days, most women eventually get to a point where they want to stop running in the rat race and become a mother instead.

She might make that shift when she is 22, 32 or if she leaves it very late, when she's hit 40 and suddenly realizes that if she doesn't try to have a baby now, she will never be able to become a mother.

Whatever happens and whatever the woman decides now or in the future, she wants to know that she can rely on you to lead both you and her to a better life together as the years go on.

3. Follow Through on Your Goals and Ambitions.

It's only natural that when you are in love with a woman, (especially at the beginning of a relationship when everything is new and exciting), that you're going to want to spend as much time with her as possible.

The sex is so new, fresh and interesting and the conversations that you have are enjoyable because you're falling in love, happy to be around each other and learning more and more about each other all the time.

However, in a relationship with a woman, problems will begin to emerge if a guy stops focusing on other areas of his life and instead focus all his attention on her.

Although a woman might initially love the feeling of being the center of her man's world, she will want it to calm down eventually and will want to see him put just as much focus on achieving his biggest goal and ambitions in life.

If he doesn't calm down and take a more balanced approach, behavior that was initially seen as sweet or cute (e.g. when he showers her with gifts, takes her out on romantic dates, hangs around her every spare minute he gets, etc), will quickly begin to seem needy, clingy, jealous or insecure.

Of course, there are some women who love to have a man at their beck and call and to cater to their

every whim, but most women hate it.

What a woman needs in a relationship is to know that she is loved and valued by her man, but he also has a lot more going on in his life than just her. He's not hiding from his true potential as a man now that he's scored himself a girlfriend, fiancée or wife. He's pushing forward in life like a man.

A woman wants to know that her man is excited about his own life and is working towards achieving his goals and making his dreams come true, while still being able to give her the time, attention, love and support she needs to accomplish her goals too.

If you give up your old friends, give up your interests or stop pursuing important life goals just to spend time with her, she's going to gradually lose respect for you because of it.

4. Make Her Feel Loved, Appreciated and Sexy in Your Presence.

[image: What a woman needs when in a relationship]

At the beginning of a relationship, a man and a woman will usually find it difficult to keep their hands off each other.

Based on this physical passion and attraction, a woman will know that her man is attracted to her, appreciates her, finds her sexy and wants to be with her.

Yet, over time, some guys make the mistake of continually pointing out any physical flaws (e.g. if she puts on a bit of weight, has pimples, is getting wrinkles, etc), rather than continuing to look at her as being sexy no matter what.

The couples who are still attracted to each other even after decades of being together have a dynamic where they still look at each other as being sexy and attractive.

Of course, this is all a matter of perspective and it comes from what I call, the Love Goggles.

Essentially, when you're truly in love with a woman (and she's truly in love with you), both of you will look at each other's physical appearance in a positive light. You have Love Goggles on, so you focus on feeling good about the things that you like, love, admire and respect about each other.

Rather than focusing on any negatives about each other, you will feel turned on to have sex with each other based on the loving attraction you feel.

It will feel amazing to kiss each other, your heart will flood with feelings of happiness when you cuddle up on the couch and you will mean it when you say, "*I love you.*"

So, how do you get to that point with a woman?

You've got to be able to guide both you and her into deeper feelings of love, respect and attraction over time.

Respect + Attraction + Love = A Happy Relationship

A big part of what a woman wants in a relationship is to be able to look up to you and feel proud to be your girlfriend, fiancée or wife.

When you continue to deepen her feelings by being the best man you can be (e.g. by following

through on your promises, pursuing your dreams and ambitions, supporting her and making her feel feminine in comparison to your masculinity), not only will your woman be happy in her relationship with you, she will feel so much love and respect for you that she will never want to let you go.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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My Wife Nags Me

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your wife is nagging you, it's easy to just put the blame on her and assume that she's being annoying.

Yet, rather than writing it off as her simply being a moody woman, or wasting time getting mad or frustrated about it, what you need to do is understand the real reason for it, make the appropriate changes and you can then get on with enjoying a happy, harmonious marriage once again.

So, let's have a look at some of the common reasons why a wife will nag her husband...

3 Behaviors That May Be Causing Your Wife to Nag You

[image: My wife keeps nagging me]

The most common reasons why a wife will nag her husband, is when...

1. He gives up trying to be the man, hands over his position of power and just lets her wear the pants

No matter how confident, independent or demanding a woman is, she doesn't want to get stuck in a situation where her man gives up trying to be the leader of the relationship and just lets her take over.

For example: It's completely normal for a couple to have the occasional argument, especially when it comes to who is in charge of making decisions.

However, when arguments happen often, a husband may make the mistake of giving away too much power to his wife, without realizing that she doesn't really want to be in that position over him at all.

Rather than get into a big argument about something or end up being criticized by his wife for not doing something perfectly, he will simply step back and just let her do everything her way.

In his mind, he will assume that he is being a good, loving husband who doesn't want to annoy his wife, *"I'll just let her do it. Then she'll be happy and she won't fight with me or nag me."*

Yet, rather than make her happy, she ends up nagging him even more. Why?

Regardless of how capable a woman is of leading the way, she doesn't want to get stuck having to wear the pants in her romantic relationship with a man. It's fine to take on that role at work, but not at home.

A woman doesn't want to feel like she has to lead her husband around and take on the role of being the man, or worse, have to take on the role of mothering him for the rest of her life.

A wife wants her husband to be emotionally masculine (i.e. take the lead, be the protector, be the emotionally strong one, etc), so that she can relax and feel feminine in comparison to his masculinity.

Being masculine doesn't mean being domineering or treating a woman like she's a useless young girl who needs a daddy figure in her life. It simply means taking on the lead in the relationship, while still taking her opinions, needs and wants into consideration.

If a husband gives up trying to be the man and expects his wife to take on that role, she won't feel like a real woman and she will end up losing respect for him, which will then cause her to nag him, argue with him and throw annoying tantrums.

When a woman stops respecting her man, she eventually also stops feeling attraction for him, and if she doesn't respect him and feel attraction for him, she will then fall out of love with him.

So, if you're in a position at the moment where your wife effectively calls the shots, you need to get that power back asap. She doesn't want to be in that position over you and if it goes on for too long, you might get the, *"I want to separate"* or worse, *"I want a divorce"* one day.

2. He takes her for granted.

[image: My wife nags me all the time]

Life can get really busy at times and once a man gets married, he may begin to feel the pressure of his new responsibilities as a husband.

This may lead to him doing more and more to be a good husband and provider for his wife and family (i.e. working longer hours, trying to start a business in his free time, etc).

Although his intentions are good, if he doesn't make sure that he still puts in some effort to make his wife feel appreciated, she may begin to feel restless while she waits for him to achieve whatever it is he is trying to achieve.

She might say something like, *"You're always working late. Your job is more important to you than I am. When was the last time we went out for a date night? I work too and I still have to come home and cook and clean, but where are you? You're never here. I'm not your maid you know, I'm your wife!"*

Naturally he might think, *"Here we go again! Everything I do is for her, but she never appreciates it! I have to work my ass off to provide all the nice things that she wants. Yet, does she ever appreciate that? No! She nags and complains instead!"*

It's normal and admirable for you to want to be a better provider for your wife and family.

Yet, even more important than being a good provider, for your marriage to flourish, it is essential that you also put in some effort to deepen the love, respect and attraction between you and her rather than take it for granted and assume that a big fancy house, or more things are more important to her than feeling loved, appreciated and valued by you.

Unlike women from 1900, today's women aren't so worried about the idea of getting divorced.

All a modern woman has to do is turn on a TV drama show and she'll see a storyline of an unhappy wife leaving her husband, finding a new man and looking so much happier in the end.

If she listens to music, she'll hear female pop, country, hip hop or rock songs about breaking up with a man and moving on.

If she watches a TV talk show, she'll see female celebrity guests talking about how they are so much happier now that they've gone through with the divorce.

If she listens to women at work, she will hear stories of how they left their husband and are so much happier now.

So, it's a different ball game in today's world.

Back in 1900 for example, the divorce rate was less than 10% across the developed world. Women

were dependent on men and it was seen as shameful and wrong to get a divorce, so it rarely happened, even if the couple wasn't happy.

Not anymore.

To keep a marriage (or relationship for that matter) together in today's world, a man needs to be able to deepen a woman's feelings of love, respect and attraction for him over time.

He just can't take her for granted and expect that she will stick around because she said, "*I do*" on the wedding day.

It sucks, but that's the reality of modern life.

You either have the ability to keep your wife feeling attracted to you, respectful of you and in love with you, or you don't.

3. He stops following through on his goals and ambitions in life.

[image: My wife nags me when I watch TV]

Another example of when a woman nags is when she feels that her man isn't living up to his full potential in life.

For example: Her husband might come home from a long day at work and, just to unwind, he will sit down in front of the TV and vegetate all night.

In his opinion, he's just letting off a bit of steam from a long, hard day and he has no idea why she would constantly nag him about that; especially when she knows how difficult his job can be and how he is only doing it to be able to keep paying the bills.

Yet, if he digs deeper, he might find that she wants him to help her out with some of the housework (e.g. take out the garbage, help make dinner once in a while, etc) especially if she also has a full time job.

She might also just want to have more of a balance in their life where the two of them go out together more often.

Alternatively, she might feel annoyed that he is settling for a dead-end job and doing just enough to get by and have a comfortable life, instead of rising through the levels of life and reaching for his true potential as a man.

She may not be able to express that to him in a clear way, so she resorts to nagging him about watching too much TV in the hopes that he will pick up the real meaning and make changes to his behavior.

Is it All My Fault That My Wife Nags Me?

[image: My wife nags me constantly]

No.

However, as the man, you need to be the one who "steers the ship" or "leads the dance" in your relationship, so to speak.

You can't expect her to take on the leading role by fixing her own behavior, fixing whatever is making her nag you and then guide both you and her into deeper feelings of love, respect and attraction for you.

It's not enough for you to just be a good man who wants the best for your wife.

Instead, you've got to be able to make her feel the respect, attraction and love for you that will make her want to stay in a relationship.

For example: If a husband was initially confident when he met his wife and was determined to succeed in life, but he ended up becoming an insecure man who had given up on trying to achieve his biggest ambitions and dreams, his wife isn't going to say, *"Wow! What a great man I have ended up with!"*

To get her to respect him and feel attracted to him again, he simply needs to begin rebuilding his self-confidence and start making good progress towards achieving his ambitions and goals.

He doesn't have to become perfect overnight, but he has to at least show his wife that he is making progress and that he isn't going to give up until he achieves what he is setting out to do.

What is She Trying to Tell You By Nagging So Much?

Most women won't come out and tell you what is bothering them and will instead use hints, arguments, tantrums or nagging as a way of conveying their unhappiness about something to their husband (or fiancé or boyfriend).

For this reason, many men often ask me, *"Why do women have to be so difficult? Why can't they just come out and say what they really mean? Wouldn't that be better than being a nag all the time?"*

Although that's how we men behave, women are different.

A woman doesn't want to have to spell things out for her man because she doesn't want to teach him how to be a man.

A woman wants her man to be able to figure out for himself what is wrong and then make it right like a real man would. She wants to be able to look up to him and respect him as her man.

She doesn't want to have to train him to become the man she wants, or have to wait for years in the hope that he'll finally understand and behave in the ways she needs him to.

So, rather than sitting him down and having a masculine, man-to-man conversation, she will simply nag him until he changes his behavior or thinking, and if this doesn't work, she will eventually lose respect, attraction and love for him and she will break up with him or divorce him.

If you're saying, *"My wife nags me,"* it's highly likely that you're currently unable to see things from her feminine perspective.

Yet, if you take some time to decipher her coded messages, you might discover that she has a point and that, unintentionally, you've slipped into certain behaviors or ways of thinking that are making her lose respect for you as a man.

This is A Great Opportunity to Deepen the Love Between You and Her

When you take the time to understand where your wife is coming from, you're likely to realize

that sheâs not trying to be a bad person.

You might be a really good man and have the best of intentions, but if sheâs nagging you and getting on your case, there will be a very clear for reason for it.

So, rather than feel frustrated and thinking to yourself, *âMy wife nags me and sheâs driving me crazy!*â pay attention and you will undoubtedly find ways to improve your relationship with her and deepen the respect, love and attraction she feels for you.

For example: If a wife is nagging her husband about tiny, insignificant things all the time, itâs often just her way of letting him know that the balance of power is out of sync in their relationship.

Rather than get frustrated or cower and give into her demands, a husband in that situation can simply smile, laugh at her for being so dramatic about such an insignificant thing and then take the lead to fix the problem.

When she sees that he no longer gets frustrated or intimidated by her nagging, she will begin to respect him again and relax back into her feminine position (i.e. in the âone down positionâ in the relationship where she is the less dominant one).

Remember: You are the man in the relationship and if you lead, she will naturally be able to relax and be the feminine woman that she really wants to be when sheâs with you.

When she feels the way she wants to feel, her nagging will begin to slow down and then stop.

She might test you every now and then by throwing a tantrum or nagging, but just remain calm, smile, have a little laugh and then take the lead to fix the problem or deal with the situation.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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My Girlfriend is Changing: Will My Relationship Last?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your girlfriend is changing and is no longer treating you the way she did at the beginning of the relationship, it could mean that:

- You have stopped making her feel enough attraction for you, so she is losing interest in being in a relationship with you.
- She's starting to want to be single (e.g. her girlfriends have recently become single and have been having a lot of fun partying and meeting new guys).
- You have been behaving in a way that has caused her to lose respect for you, so she is beginning to change her attitude towards you and her perception of you.
- You and her are simply transitioning to a new stage of the relationship and are past the initial puppy love stage.
- She is growing up and doesn't want to think, feel, behave and act like she did when you and her first got together.
- She is just pulling back her interest to test your confidence and emotional security. If you become insecure, she will lose respect and attraction for you.

What you need to understand is that you have a lot of direct control over how much or little attraction your girlfriend feels for you.

For example: If a guy is being insecure and clingy around his girlfriend, then she is naturally going to feel turned off by him because women are attracted to the emotional strength in men (e.g. confidence, high self-esteem, determination to succeed) and turned off by the weakness (e.g. insecure, low self-esteem, defeatist attitude, etc).

So, if you're currently not making your girlfriend feel enough attraction for you and have slipped into thinking, behaving or acting in an unattractive way, make sure that you fix that immediately.

There's only so long that a modern woman will put up with being with a guy whom she doesn't respect, feel attracted to or love.

If she's currently losing touch with her feelings for you, then it's only a matter of time before she potentially breaks up with you.

Is Your Girlfriend Behaving in Any Of These Ways?

[image: Is your girlfriend behaving in any of these ways?]

Although changes in a relationship are normal over time, if your girlfriend is behaving in any of the following ways, it's a pretty certain sign that she's losing interest in being in a relationship with you.

1. She doesn't return your text messages or calls.

When a woman is in love, she will take any opportunity to stay in close contact with her man.

Short of being really busy with a huge project at work, or having a really heavy exam schedule, it is very rare for a woman to not reply to a message from her boyfriend.

If your girlfriend is not texting or calling you back and when you ask her about it she always makes lame excuses like, *â€œOops, sorry. I forgotâ€* or *â€œDonâ€™t be so needy! I had things to doâ€* or *“My phone died,”* then it is clear that sheâ€™s no longer feeling the same way about you as she did in the beginning.

If she is falling out of love with you, it's important that you fix the problem now. Otherwise, it will eventually lead to either cheating or a break up.

Watch this...

2. She makes excuses not to see you.

Another clear sign that your girlfriend is losing interest in being in a relationship with you is when she makes excuses not to see you.

A woman in love will go out of her way to spend even a few minutes with her man. So, if your girlfriend is suddenly too busy to see you, sheâ€™s clearly losing interest in the relationship.

3. She makes excuses not to touch, kiss or have sex.

[image: My girlfriend is changing her attitude towards me]

Physical attraction and expression is one of the key elements to a healthy and happy relationship.

If your girlfriend pulls away when you try to touch or kiss her, or she makes excuses not to have sex, like, *â€œIâ€™m really tired right nowâ€* *â€œNow is not a good timeâ€* *â€œYouâ€™re going to mess my hairâ€* or *â€œIs sex all you ever think about?â€* then sheâ€™s definitely no longer feeling the same level of attraction for you as she did in the beginning of your relationship.

However, be warned: Don't start whining or sulking to her about her behavior. If you do, it will just turn her off even more.

Watch this...

You've got to focus on saying and doing the types of things that will make her feel respect, attraction and love for you.

She will become a better girlfriend to you if you can get a handle on that.

Another girlfriend behavior that can be a strong warning sign of a pending break up is...

4. She avoids making future plans with you.

In a relationship, itâ€™s natural for a couple to want to make plans for the future together.

This doesnâ€™t always have to be major plans like moving in together, getting married or having children, but when a woman is in love with a man, she likes the idea of knowing that they are moving forward in the same direction and are planning to be together in the long term.

If you find that your girlfriend wonâ€™t even commit to short term plans, like going with you to your brotherâ€™s wedding, or to your best friendâ€™s birthday party thatâ€™s only a few months away; she is clearly not seeing herself sticking with the relationship for the long term.

Most Women Take a While to Make a Break Up Decision

[image: Should I break up with him?]

A woman's feelings for her boyfriend don't change overnight.

It usually takes a while for a woman to lose enough respect and attraction that she eventually begins to fall out of love and believe that he isn't capable of being the man that she wants and in needs in the long term.

So, if your girlfriend is losing interest in being with you and you want to turn things around and regain her respect, attraction and love, you must first understand what caused her feelings for you to change, and then take the appropriate action to fix those things.

Here are some questions to help you pinpoint where you might be going wrong with her:

- Have you been taking her for granted?
- Have you been neglecting her?
- Do you notice the efforts she makes to look nice for you?
- Do you take her into consideration when you make, or cancel, plans?
- Have you been clingy and insecure?
- Do you feel lucky to have her and fear losing her?
- Do you believe that if she breaks up with you, you won't be able to get another quality girlfriend?
- Are you moving up through the levels of life like a real man, or are you using her and your relationship to hide from your true potential?
- Do you lead in the relationship, or are you letting your girlfriend wear the pants and make all the everyday decisions for you both?

When you offer your girlfriend what she really wants (not what you think she wants), she will feel understood and then open herself up again to feeling love for you again.

When You Give Her What She Wants Her Feelings Will Change Again

It's easy to sit around moping and saying, "*My girlfriend is changing*" and worrying that you're about to get dumped or go through a long, messy break up process.

Yet, it's a waste of time to just focus on worrying.

The best way to approach this situation is to look at it as an opportunity to become an even better man than you are right now.

Start to improve the things that have been holding you back so far in life (e.g. a lack of self confidence, a fear of not being good enough, a lack of purpose in life, etc) and become an even better version of who you are.

When you do that, you will not only feel better about yourself, but your improved confidence, drive and determination to succeed in life will make your girlfriend feel more respect, attraction and love for you.

She will naturally begin to change and be a better, more loving and affectionate girlfriend to you.

That's just how women are.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Why Does My Wife Hate Me? 10 Possible Reasons Why

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Some of the reasons why a wife might come to hate her husband are that:

1. He lets her wear the pants in the marriage, so she no longer feels like a feminine woman around him.
2. He has turned her off the idea of having sex with him.
3. He doesn't spend enough quality time with her.
4. He has slowly destroyed the love that she once felt for him, rather than deepening her love for him over time.
5. He hasn't stuck to the promises he made when they first got married.
6. He lacks purpose and direction in life, so she feels as though she needs to carry him rather than be supported by him.
7. He has become annoying and insecure about her lack of affection for him, which is making her feel even less interested in being around him.
8. He has become selfish in the way he approaches the relationship, compared to how sweet, caring and considerate he was when they first met.
9. He isn't making any effort to get the spark back in the marriage and expects her to just put up with it.
10. He doesn't know how to make her feel happy and excited to be in love with him anymore.

So, if you've been asking yourself, "Why does my wife hate me? and you can relate to any of the problems listed above, don't worry â they are all fixable.

I know that those problems are fixable because I help new men everyday via my [phone coaching service](#) to either fix a problematic relationship before it gets to a break up, or to get a woman back after she has left.

So, if you want my help to fix your marriage before it falls apart, here are...

7 Ways to Turn Things Around and Get the Love Back on Track

[image: Changing how your wife feels]

If your wife currently hates you and you want to change that hatred into love, happiness and a renewed feeling of passion for each other, the following 7 tips should really help you...

1. Laugh and smile more, especially during times when you usually feel angry, stressed or frustrated.

[image: Laugh and smile more]

Life can be very challenging at times.

It's not always easy and success usually isn't handed to us on silver platter.

We often have to work our butts off to get anywhere in life and even if you do a really good job, we

can still encounter all sorts of obstacles and roadblocks along the way.

The same applies to a marriage between a man and a woman.

Regardless of how intelligent, wise or kind-hearted a couple are, they can still fall into the trap of taking life way too seriously to the point where they forget that it's better to try to smile, laugh and be more light-hearted about things.

So, if your wife has gotten into the habit of getting angry, irritated, annoyed and stressed over little things, then as the man, you need to take on the role of leading the way to a better state of being.

When you interact with her about something that would normally cause you to get irritated, angry or frustrated, you need to force yourself to not follow that emotional path.

Instead, try to smile, relax and be more light-hearted about it. If possible, turn it into something to laugh about together.

For example: If a couple are on a tight budget and their car gets a flat tire and it will cost money to be replaced, they might want to get angry and feel stressed about it when they consider how the cost of fixing the tire will impact their lifestyle that month or for the next couple of months.

However, it's not impossible in that moment to have the emotional strength to relax, smile and try to have a laugh and feel good about life anyway.

A husband might sarcastically say, *"Oh well, this means that I won't be able to buy beer this month, so I will lose a few pounds/kilos and get my six pack abs back. I'll be beach body ready for the summer!"*

Alternatively, he might say something like, *"Okay, we'll get this tire fixed and hopefully our luck will be good from now on. If so, we can put a little money away each month and go on a holiday near the end of the year. In the meantime, we will drive around on 3 wheels and have it scraping around and spitting out sparks" and we'll create fires wherever we go* and then have a laugh about that together as a couple.

Essentially, just try to get into the habit of being able to smile, laugh and be light-hearted about things that would normally stress you and her out.

Lead the way to a better way of thinking, feeling and being from now on and she will love you and appreciate you for it.

2. Be a man that she can look up to and respect in every way.

Regardless of how intelligent, successful and independent a woman is, she still wants to be able to look up to her man and respect him.

She wants to be able to feel safe in the knowledge that her man is someone that she can rely on to be emotionally strong no matter life gets and he rely on him to follow through on his promises.

A woman's respect is something that a man needs to earn and maintain over time. A man might be someone that she can look up to and respect for the first 5-10 of a marriage, but if he stops being that man and is no longer someone that she can look up to and rely on anymore, her respect for him will naturally begin to fade away.

For example: He might have initially been a confident guy for the first few years of the marriage, but he then becomes insecure, jealous, clingy or needy.

Alternatively, he might have said that he wants to be successful in life and work his butt off until he gets there, but a few years into the marriage, he gives up on his dreams, says that life is too hard and

then settles for a mediocre life.

He might have said that he wants to have a close relationship with his family and her family, but over time, he continually talks badly about her family or creates problems in the family relationships.

So, if you want your wife to stop hating you and start loving you again, you need to make sure that you don't lose focus of being a man that she can look up to and respect in every way.

The benefit of doing that is not only that you will then have a wife who respects you, loves you and appreciates you, but you also become a much more effective man in life.

It carries over into the workplace and into your relationships with friends and family, where people can look up to you, respect you and rely on you to be a strong, consistent man all the way.

3. Show her that you're making improvements on the things that have been annoying her.

If your currently hates 5 different things about you (for example), it's not going to be possible for you to completely fix all those things about yourself within 24 hours.

Just like her, you are also a human being and human beings usually take 1-2 months to fully develop a new habit or to overcome and replace a bad habit.

So, if a husband is in the habit of being irritable around his wife, then it's usually going to take him 1-2 months to fully change that habit.

However, during those 30-60 days, he needs to show her that he is making some improvements on the things that he is trying to fix, overcome or replace.

For example: In times where he would usually get annoyed or irritable 100% of the time, he's now only doing that 50% of the time or 30% of the time, which is a big improvement on the way to completely changing the bad habit.

A wife can then see that he is changing and improving and if her husband also explains to her that it can take 1-2 months to completely change a habit, she can then relax and allow that to happen rather than expecting him to change overnight.

4. Get back into the masculine, dominant position in your marriage.

Almost all women want to be with a man who is more masculine and dominant than they are.

There are some unusual women out there who like a pussy-whipped guy that they can control, but in most cases, such a dynamic leads to a lack of sexual in a relationship and a lack of respect shown to the man.

An example of this is a British woman named Kate Thompson, who only has sex with her husband once every 10 years...

[image: Pussy whipped man]

Kate Thompson's husband does most of the cooking, cleaning and ironing. He only gets sex on birthdays that end with zero (e.g. 40, 50). A classic example of what happens when a woman wears the pants.

In Kate's own words:

"My husband is the kindest, most considerate man in the world. During the seven years we've been married, Ben has done most of the cooking, cleaning and ironing without ever being asked. And yes, he works full-time. And if you think I reward his sterling domestic efforts with treats in the bedroom, I'm afraid I fail in that department, too. Intimacy is reserved only for his birthdays – and then just the ones with a zero.

I am shamefully neglectful of my wifely duties. In fact, I am the anti-wife. The truth is that

I'm just too busy and involved in my career as a writer to be a traditional, caring wife. The truth is that Iâm in awe of the way he looks after me, our sons and our home. He makes my life easier.

Does that make me a selfish, slovenly, neglectful wife?" Probably – but it also makes me a happier one." **Kate Thompson**

Regardless of what outspoken feminist women say on TV and in pop songs, almost all women want a man who is more confident, masculine and dominant than they are. If a woman does get stuck with a man who allows her to dominate him, she will simply lose respect for him and withhold sex.

I've heard of this happening time and time again when I've helped men via my phone coaching service. When you make a woman feel like the man, she loses her interest in having sex with you.

So, if you want your wife to stop hating you and start loving you, appreciating you and respecting you more, you need to put the pants back on your legs and let her relax into being a feminine woman.

Being a feminine woman essentially means that she is free to be emotional (e.g. be sad one minute and happy the next, throw an occasional tantrum, be irrational, be girly, etc), rather than having to think, behave, feel and act like you do (i.e. like a man).

To make your wife feel feminine around you, it's absolutely essential that you think, feel, behave and take action in masculine way around her in life.

If you are just being neutral around your wife like a friend, then there's no real space for her to be a very feminine woman around you. If she giggles like a girl for example, she will feel awkward because you're not even that masculine, so her behavior will feel out of place or uncalled for.

It's very important that you get the masculine/feminine dynamic right in your relationship, otherwise it will cause all sorts of fundamental problems between you that destroy your sexual desire for each other.

For example: If a man is very feminine around his woman (e.g. he is emotionally sensitive, acts a bit girly at times, is afraid of things that women are usually afraid of, etc), then she will naturally begin to slip into a more masculine energy and way of being around him.

So, if you want your wife to feel happy in her natural feminine state, you need take on the role of being the dominant, masculine one in your marriage.

Being dominant and masculine doesn't mean that you boss her around, treat her like she's a slave or like she's a naïve young woman who needs a daddy figure in her life.

Instead, you simply take on the role of being the one who remains strong no matter how challenging life gets or how challenging she gets.

You don't have to make all the decisions for both of you, but ultimately, a woman wants you to be present enough to make decisions that will lead to a better life for you and her.

For example: It doesn't matter so much if you decide what to eat to dinner on Monday and she decides what to eat for the rest of the week, or if you choose a restaurant to eat at this week and she chooses next week.

That stuff really doesn't matter.

Overall, all that a woman really wants to see is that her man cares enough to lead the way rather than being lazy, taking her for granted and expecting her to take on the role of a traditional man in the relationship.

5. Make her feel sexy in your eyes.

Have you ever seen those couples who are still madly in love and attracted to each other even after 30-40 years of a relationship or marriage?

This is only possible when a man is able to deepen his woman's feelings of love, respect and attraction for him over time, while also making her feel like she's the most sexiest woman on Earth in his eyes.

If he makes the mistake of taking her for granted and ruining her respect, attraction and love for him, then she's not going to really care that he finds her sexy because she doesn't find him appealing.

Likewise, if a man deepens his wife's feelings of love, respect and attraction and then doesn't really look at her as being sexy (i.e. he focuses on the negative aspects of her physical appearance, rather than basing his attraction for her on his love for her), then he's not going to feel very attracted to her and their sex life will dry up.

However, if the man deepens her love, respect and attraction and then maintains the mindset of seeing his wife as the most beautiful, sexiest woman on Earth in his eyes, then both of them will feel good about having sex.

He will naturally flirt with her (e.g. spank her on the butt in the kitchen, complimenting her on how sexy she looks, trying to get an extra kiss, etc), which will make her laugh, giggle and feel more sexually confident around him.

She will be happy and excited that she is still able to make her husband (who she respects, feels attracted to and loves) feel turned on and attracted, even though she doesn't look the way she did when they first met.

6. Stop being insecure.

As a man, one of the most important things that you can ever give a woman in a relationship is the gift of your continued emotional strength.

Women are naturally attracted to the emotional strength of men (e.g. confidence, high self-esteem, determination to succeed, etc) and turned off by the emotional weakness (e.g. insecurity, low self-esteem, defeatist attitude, etc).

In the past, a woman would put up with a man and stick with him for life no matter what because it was shameful to get divorced.

In today's world, women are free to leave if they aren't happy or if they find themselves stuck with a man who is either unwilling to change or incapable of changing.

So, if you've found yourself being insecure around your wife, you need to realize that we're no longer living in the old days where a woman would put up with that for life. You've got to fix your insecurities as a man and become an emotionally strong man that she can rely on.

When in a relationship, a woman will always test her man's level of emotional strength by teasing him, throwing a tantrum when he's feeling emotionally vulnerable, picking on him and saying mean things to see how he reacts.

It sounds like a horrible thing for women to do, but it's actually a very important part of what has made the human race so strong and resilient. Women push men to become emotionally stronger, rather than rewarding emotional weakness with love, respect, sex and devotion.

An emotionally weak man will explode with anger and feel betrayed by her for being so insensitive

and disrespectful towards him, whereas a wiser, more emotionally strong man will simply laugh at her and her attempts to piss him off.

When she sees that he remains emotionally strong and secure no matter how much she tries to push his buttons, her respect, attraction and love for him deepens.

However, if he crumbles under pressure, she instinctively loses respect and attraction for him because women are hard-wired to ensure that they are coupled up with a man who can survive, thrive and prosper no matter how challenging life gets.

7. Get her feeling excited about new, mutual life goals.

After a couple achieves their initial life goals (e.g. get married, start a family, buy a house, raise the children, etc), they might find themselves feeling happy and content or confused and restless about what they should do with the rest of their life together.

If your wife is the sort of woman who wants to achieve more in life in addition to what you've already done together, then you need to be aware of that and begin to develop new, exciting, mutual life goals together.

If you sit down and discuss it together in a "dream big" type of conversation, you will no doubt come to a mutual goal that both of you are excited to work on achieving.

If only one of you are excited about it, then it will eventually lead to boredom, fights and potentially make you grow apart over time, so make sure that it's something that both of you will feel excited, happy and proud to achieve over time.

If you continue on in an unhappy marriage and there isn't much to aim for anymore, it's highly likely that your wife will begin to create arguments and build up resentment towards you.

As a man, it's your role to steer the ship and guide the way to a better, happier life for the both of you.

Don't leave that in her hands because she will probably go around in circles (i.e. change her mind all the time, start and stop projects, want to move house and then regret it, etc) and will end up resenting you for not allowing her to relax into her masculine direction.

Okay, I hope this article has helped you gain more insight into how you can turn your wife's hatred around and get your marriage back on track.

If you need more help, please have a click around my site to learn more.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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Different Ways of Saying I Love You to Your Girlfriend, Fianc  or Wife

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Every woman is unique and prefers to be shown that she is loved in slightly different ways.

For example: A man might say, “*I love you*” to his girlfriend or wife every morning and night, but if she is the type of woman who prefers to be shown that she is loved, she’s not going to appreciate the words much at all.

Think about it this way...

Do you feel most loved by a woman when she tells you or shows you by way of her actions, behavior and attitude?

If a woman only showed you that she loved you (e.g. by cooking dinners for her, cleaning up the house, ironing your clothes, asking how your day was, etc), but never said, “*I love you*” or didn’t say it often enough, would you feel as though she wasn’t being loving enough towards you?

Each of us require a slightly different style of love, so rather than focussing on different ways of saying “*I love you*” to a woman, what you really need to do is work out the exact way that your woman prefers to be shown love.

Different Ways That Women Want to Be Shown They Are Loved By You

[image: Different ways of saying I love you]

The style of love that you need to show a woman to make her feel happy will always differ from woman to woman.

For example...

1. Some women want you to show your love through your actions.

Actions might include: Moving in with her, getting engaged to her, getting married, buying a house together, starting a family, etc.

Prior to all of that, actions might include: Taking her out to wine and dine her, doing fun things together, meeting her friends and family, etc.

However, be warned: Many guys end up turning their woman off by being way too good to her, even though she doesn’t treat him well.

You’ve got to make sure that there is a balance in your relationship where you are good to her and she is good to you.

If it’s one sided and you’re just being good to her, she will lose respect for you for not being able to get her to be a good woman for you.

She will also grow to hate the woman she is in her relationship with you (i.e. she is more selfish than she usually is, she takes your efforts for granted, she treats you badly and gets away with it).

2. Some women want you to show your love based on how you behave.

Behavior might include: Being considerate, caring, loving and respectful. It can also be when you love her unconditionally, even if she is having a bad day and happens to throw a tantrum.

3. Some women want you to show your love via gifts and financial rewards.

Gifts and financial rewards might include: Birthday presents, engagement ring, going on holidays, buying a house together, etc.

4. Some women want you to show your love physically.

Physical displays of love might include: Loving, passionate sex, hugs and kisses, massages, etc.

5. Some women want you to show your love by how deeply you connect with them.

Connecting might include: Sincerely listening to her, really getting to know the real her, loving and accepting who she really is deep down, etc.

6. Some women want you to express your love in words other than just, “I love you.”

Expressing your love in words might include saying things like: “*You’re the sexiest woman on Earth in my eyes*” or “*You are just as beautiful without make up.*”

However, some women hate it when guys are too nice and sweet all the time and sometimes, they want a bit of edge. For example: After saying, “*You are the most beautiful woman on Earth in my eyes,*” a guy could smile and add in, “*I love everything about you, especially the way you suck my...*”

3 Different Ways to Show Her That You Love Her

Okay, so let’s assume that you have the perfect relationship dynamic where she respects you as her man, she feels attracted to you and is as in love with you as you are with her.

When you do nice things for her, she appreciates it and she then puts in even more effort to become a better girlfriend, fiancée or wife for you.

If that dynamic is in place, then great ☐☐ keep rewarding her with more of your precious love, attention and affection.

However, if that dynamic is in place, you need to stop kissing her ass and get her to respect you, feel attracted to you and enjoy being in love with you again. If you don’t know how to do that, I recommend that you watch [Make Her Love You For Life](#) for instructions.

With the perfect relationship dynamic in place, here are some ways to show her that you love her:

1. The Love Gaze

[image: The love gaze]

Studies have proven that if a couple looks into each other’s eyes for a couple of minutes and asks each other questions about their future dream scenario together, it helps them connect on a deeper level and feel happier, more excited about their future together and more excited to make it happen.

If you’re in a relationship, your woman might cringe at the idea because she might see it as being too romantic or even too serious of a thing to do. Simply laugh and tell her to try it. She will love it.

If she just wants to relax and look into your eyes for a couple of minutes without talking, it’s totally fine to do it that way too. After the Love Gaze, you can then hug, kiss or relax and talk about your dream future scenario together (e.g. you travel once a year, you have a family or you party all around the world rather than having children, etc).

2. The “3 Things I Love About You” Conversation

Go to somewhere that you can watch the sunset with a good view (e.g. beach, mountain, rooftop café or bar) and have a relaxing late Sunday afternoon chill out.

When there, tell her, *“Hey, tell me 3 things that you love about me and I’ll tell you 3 things that I love about you.”* If she wants you to go first, then go first to lead the way.

For example: A man might say to his woman, *“I love the way that you look in the morning when you wake up, how you look when you get yourself all done up and how you look when you’re riding me on top in the bedroom.”*

Of course, if she enjoys it, you can continue on with the exchange of compliments.

For example: *“I love the way I can go from being pissed off to happy in a few seconds, just by seeing you smile and knowing that we are awesome together as a couple.”*

3. The Loving Massage

Give her a massage when she is complaining about feeling aches or pains, especially at a time when you are feeling tired after work or at a time when you just don’t feel like doing it. This shows her that you love her enough to push through that and do it for her.

Personally speaking, my wife often complains that her legs ache because she wears high heels a lot. With other women that I was in casual, sexual relationships with, I would just laugh and say something like, *“Ahh, you’re always sore or aching—go get a massage,”* but with my wife, I mix up the responses I give.

Sometimes I will laugh at her for being such a tender, fragile little thing and tell her to stop moaning or to go get a massage (women like it when a man mixes up his responses, rather than just being a super caring, attentive guy all the time because sometimes, the woman is just complaining and doesn’t need a serious response), but other times, I will actually sit down and give her a massage without asking for anything in return.

If I didn’t actually care about her, I wouldn’t do that and she knows it, so it’s a minor, but important expression of love.

Most Modern Women Don’t Romance to Be Sappy and Corny Like the Old Days

These days, most women still do want to feel special and enjoy a bit of romance when first dating a guy and when deep into a relationship or marriage, but they don’t like it when guys go overboard with sappy romantic gestures during the dating process or even deep into a relationship.

For example: If a guy arrives at a first date with flowers for a woman, she will usually feel as though he’s trying a bit too hard to be seen as a nice guy.

In the 1960s, bringing flowers to a date would have been fine because most women rarely had sex and many would still save their virginity for marriage. Yet, in today’s world, a woman doesn’t need a guy to show her that he’s the sweetest, most innocent guy in town before she will hold his hand.

In fact, a study in the USA found that 55% of couples had sex on their first date and a European study found that 70% of women admitted to having experienced a one night stand before.

In other words, sex happens very quickly these days and it doesn’t take flowers, a teddy bear and a

box of chocolates to get the job done. All you need to do is make the woman feel attracted to you and then be the good guy that you are and she will see you as a sexy, charming man.

In terms of relationships, there's nothing wrong with a bit of romance, but a woman will only appreciate it if she respects her man, feels attracted to him and is still in love with him.

If you're a romantic guy at heart, this doesn't mean that you should go against your nature and pretend to be someone you're not (e.g. a careless bad boy, an asshole who doesn't care about women, etc), but it is worth stepping back for a moment to consider whether your "romantic" actions are generating the type of responses that you really want.

Tuning Into Her Style of Love

If you have a girlfriend, fiancée or wife and you want to take your love to a deeper place that will strengthen your relationship, you need to tune into what style of love she prefers and really wants to experience with you.

For example: Does she need you to come up with different ways of saying I love you, or does she actually want you to show it via your behavior or actions? Is she happiest when you show her how much you care, tell her how much you care or a combination of both?

How does she want you to express your love for her? What will make her the happiest?

Of course, sometimes a woman doesn't know how to express it and if you ask her, she might say, *"I don't know, as long as you love me and we stay together, I don't care,"* but if you pay attention, you will be able to pick up on what kind of love expression she responds to the most.

You then need to stop wasting time expressing love in ways that you think are important and focus in on what she cares about the most.

A word of warning though...

As a man, you have to ensure that your woman loves you and respects you in return. You shouldn't ever have a relationship dynamic where you're always giving to her and not expecting anything in return.

Women resent men who do that.

Love needs to be a two-way thing, so if you are giving love to your woman and she's not giving it in return, you need to address that with her.

If you are being a great man to her and she respects you and feels attracted to you, then she will naturally express love to you in her own unique way. You won't have to tell her to do it, because she will naturally do it.

However, if she happens to be a little immature when it comes to love and relationships, she might make the mistake of taking your love for granted.

In cases like that, you need to point it out and let her know that you are disappointed in her and know she can do better than that, but that you forgive her if she has simply made a mistake because she wasn't aware that she was behaving in that way.

A woman wants to be able to express her love for you in her own unique way, but if she's not doing a good enough job of it, there's nothing wrong with telling her where you'd like to see some improvements.

Essentially, you need to tell her where you'd like to see improvements, but you also need to show her that you are emotionally strong and secure with or without those improvements.

Why?

Women are naturally attracted to the emotional strength in men (e.g confidence, high self-esteem, etc) and turned off by emotional weakness (e.g. insecurity, self-doubt, etc).

She doesn't want to feel as though you will be insecure unless she showers you with love and affection.

She wants to see that you are emotionally strong and secure no matter how much love she shows you, but she also wants to see that you don't allow her to take you for granted.

Most women hate it when a man lets himself be walked all over by a woman. She wants you to love and respect her, but not be a doormat for her to walk all over.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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My Girlfriend's Parents Hate Me: 9 Possible Reasons Why

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your girlfriend's parents hate you, it's not always going to be your fault (e.g. they could be trying to keep their daughter single for now or they may find it difficult to get along with people who are different than they are).

However, sometimes it will be your fault.

For example: Sometimes a girlfriend's parents will hate her boyfriend because

1. He Lacks purpose in life.

Most parents want their daughter to find a guy who is capable of succeeding in life.

A guy doesn't already have to be successful to be impressive to the parents, but he has to at least show that he has the capacity to achieve an acceptable level of success in life.

So, when a woman's parents notice that her boyfriend lacks purpose and direction in life and is essentially making his whole life about his relationship with their daughter, they begin to worry that she is wasting her time with a no hoper.

How about you?

What are you aiming to achieve in life other than have a relationship with your girlfriend? Are you making constant progress towards achieving your biggest ambitions and dreams, or are you hiding from your true potential as a man behind the safety and comfort of your relationship with her?

2. He continually fails at what he is trying to achieve in life.

[image: Constantly making the wrong decisions in life]

There's nothing wrong with failing at what you are trying to achieve, as long as you learn from your mistakes and do a better job the next time you try.

If a guy fails at something and then pushes onto victory the next time or after another couple of attempts, he will be perceived as a fighter and a man of strong character.

On the other hand, if he constantly fails at the same or similar things, never learns from his failures and doesn't show enough progress and improvement, it can understandably cause tension between him and his girlfriend's family.

The parents may begin to worry that their daughter is in a relationship with a guy who is going nowhere fast. If she happens to get pregnant to him by accident or on purpose, they worry that life will probably always be a struggle for them.

3. He ignores them and only cares about her.

Her parents conceived her and her mother gave birth to her. She is their child, no matter what guy comes into her life.

So, if a boyfriend perceives his girlfriend's parents as an annoyance or as people that he wishes would get out of their life, they are naturally going to feel resentful towards him.

4. He is selfish.

[image: Selfishly ignoring parents and only focussing on her]

Most parents want to see that their daughter's boyfriend is in the relationship because he has the intention to be a part of their family for the rest of his life.

So, if a guy doesn't treat their daughter well and only really cares about himself and his life, they will know that he isn't yet capable of having a grown up relationship.

They will look at him as just a kid or a confused guy (regardless of whether he is 18 or 50) who still doesn't know what it means to be a man in a relationship with a woman.

They will also feel as though he doesn't yet understand how to be a loving person who is capable of adding love to their family unit.

Selfishness is not an endearing quality and will not be easily overlooked or forgiven, especially when it comes to a parent's precious daughter.

5. He doesn't make her parents feel good about themselves.

Some women aren't close with their parents or family at all, but if you've found yourself saying, "*My girlfriends parents hate me*" then you're probably in a relationship with a woman who does care about her parents and family.

If you are in a relationship with a woman who values family and loves and respects her parents, you need to realize that you're not only in a relationship with her, but with her parents as well.

When you do interact with her parents, you need to treat them as though they are great friends of yours that you love and respect. It has to be genuine too.

You don't have to go overboard and spend a lot of energy trying to make her parents happy, but you at least need to love them and be kind to them. Treat them as though they will be important people in your life for the rest of your life.

6. He doesn't seem committed enough to their daughter.

[image: Boyfriend disrespecting girlfriend]

Some guys make the mistake of thinking that they can disrespect their girlfriend in any way they want and she will stick around because she has said, "*I love you*" and wouldn't want to lose him.

What parents want to see is that their daughter's boyfriend is truly committed to her and only her. That doesn't mean that he can't find other women attractive or have female friends, but it does mean that he should be more than happy to be with her and only her for life.

When a parent notices that their daughter's boyfriend doesn't seem to be the type of guy who will truly commit to her in the long run (e.g. eventually get engaged, marry her, protect her and provide

for her, etc) it makes them resent him as a guy who is simply wasting her time.

Of course, she might not ever want to get engaged or have a family, but her parents will still want to see that her boyfriend is the type of guy who would be willing to give her that if she wanted it.

They also want to see that he is the type of guy who wouldn't stray and begin cheating on her later on in a relationship or marriage. If they get the sense that he is untrustworthy in that way because he isn't truly committed to the idea of being with their daughter for life, it's only natural that they will begin to dislike him.

7. He doesn't make her parents feel proud.

Every parent wants to feel proud of their children and what they accomplish in life.

One thing that adds to a parent's pride is to know that their daughter is dating someone who they regard as being "a catch", someone they can "show off" to their friends.

If a guy is a slob, rude, lazy, doesn't get along well with their family or lacks ambition and drive, then they will feel embarrassed rather than proud that their daughter is dating him.

8. He argues a lot with their daughter in front of them.

[image: Boyfriend arguing with girlfriend]

A woman's parents want to see that she is with a man who can control his emotions, rather than getting angry and arguing with her in front of other people.

Ideally, they want to see that he can turn what would have been an argument into something laugh and smile about.

If a guy argues with his girlfriend all the time, especially in front of her parents, it's not going to make them feel as though she would be safe with him for life.

Arguments should always be conducted in private and if a couple argues in front of parents, then this shows cracks in the relationship that can lead to bigger problems later on.

Parents do not want to see their children in a potentially abusive and unhappy relationship and they will not like the guy if they suspect that he is abusing her or making her miserable.

9. He is too protective and controlling of their daughter.

[image: Too protective and controlling]

It goes without saying, parents want their children to be safe, protected and taken care of.

However, a boyfriend who is so protective to the point where he stops her from having fun and enjoying her life, it isn't going to earn him her parents' respect.

Although being protective is a good thing, being stifling and overbearing is not.

A woman may feel flattered that her boyfriend starts out being protective, but if he becomes controlling, she will begin to lose respect for him because she will know that is coming from his insecurities.

Women are attracted to the emotional strengths of men (e.g. confidence, self esteem) and turned off by the emotional weaknesses (e.g. insecurity, self doubt).

Keeping Your Relationship Together

What you need to do from here is:

1. Make sure that you are following through on your biggest ambitions in life, as well as loving their daughter.
2. Treat her parents with respect and as though they are great friends of yours. Love them, be kind to them and genuinely care about them.
3. Show her parents that you are continually taking steps to become a better man in ways that you've been lacking up to this point in the relationship.

Depending on how badly you've made the parents feel up to this point, they may not be willing to immediately forgive you and forget about your past mistakes.

If that is the case for you, then I recommend having a conversation with them and starting off by saying, "I just wanted to apologize to the both of you" and then apologize for the mistakes you've made.

After apologizing for your mistakes, you then need to explain what you are now doing differently and what you are aiming to do differently in future (e.g. you've got more purpose in life, you will pay her parent's the respect they deserve rather than ignoring their place in her life, etc).

From there, you need to make sure that you follow through on your promises to become a better man than you already are right now. Let her parents see that you can make a promise and then follow through on it like a man.

When they see that from you on a consistent basis, they will begin to forgive you and then love you as the man who will always be in their daughter's life.

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My Girlfriend Said I'm Not the One For Her

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

When a guy contacts me to say, *“My girlfriend said I’m not the one for her,”* he’s usually assuming that it is her FINAL decision and that he can’t do anything to change how she feels.

Yet, after helping 100s of guys to bring dead relationships back to life or to get an ex girlfriend, fiancée or wife back I know for sure that a woman’s feelings can change.

How?

You need to get her to respect you again and she will then open herself up to feeling attracted to you (e.g. when you make her laugh, when you’re confident around her, when you’re charming, etc).

When she opens herself back up to feeling attracted to you again, she will then begin to reconnect with her love for you and when that happens, she will then begin to see you as being the one for her.

She will literally get to live out the classic Hollywood movie storyline where a relationship breaks up, changes happen, the couple then gets back together and fall even more madly in love than ever before.

They then live happily ever after with a new and improved relationship dynamic that naturally creates feelings of respect, sexual attraction and passionate love.

You can guide your girlfriend back into feeling love for you again by making her feel respect and attraction for you in new ways.

For example: If a boyfriend is being insecure, clingy, needy and controlling in a relationship with a woman, then he is behaving in a way that will destroy her feelings of respect, love and attraction for him.

However, if a boyfriend is emotionally strong and confident and is able to love her in an emotionally balanced and mature way, then he will be behaving in a way that naturally deepens her feelings of respect, attraction and love for him over time.

Did You Miss the Warning Signs?

[image: My girlfriend said I'm not the one for her anymore]

These days, many guys don’t grow up around male role models who can teach them how to deepen a woman’s feelings of respect, attraction and love over time.

Without that early education, some guys make the mistake of assuming that once they get a woman into a relationship and she says, *“I love you”* he can pretty much do whatever he wants (e.g. treat her badly, be insecure, cry to her, stop making progress in life, etc) and she will stick around no matter what.

Yet, that’s not how it works anymore.

In the past, women were completely dependent on men and had to stick by a man for life even if he treated her badly or if she was horribly unhappy. Back then, it was shameful to get divorced, so women just put up with their man and stuck out until death did them part.

Not anymore.

In today's world, a woman is allowed to get in and out of relationships (and even marriages) as often as she wants. She will be supported and encouraged by society and even the government.

So, for us modern men, the only way to keep a relationship together for life is to have the ability to deepen a woman's feelings of respect, attraction and love over time so she never wants to leave.

If you are unable to do that, your girlfriend will likely turn to you at some point and say that she doesn't think you are the one for her.

Who is the one for her?

A guy who is able to make her feel deeper feelings of respect, attraction and love over time. A guy who makes her happy, proud and excited to be in love with him, rather than a guy who simply takes her for granted and expects her to stick around for life because things felt good at the start.

When a guy asks me, "*Dan â€œ my girlfriend said I'm not the one for her. How do I fix this?*" he either lacks relationship experience or hasn't yet been taught how to keep a relationship happy with a woman for life.

He has also either missed her signs of unhappiness in the relationship or chose to ignore them in the hope that she gets over it by remembering how good things used to be.

Yet, as you have probably discovered with your girlfriend â€œ ignoring the issue doesn't fix it.

You've got to do something about this, or else she will break up with you and move on with another guy who can make her feel the type of respect, attraction and love that she feels she deserves when in a relationship.

What She Really Means When She Says â€œ Youâ€œ re Not the One for Meâ€œ

[image: My girlfriend said I'm not the one]

When a woman says, "*You're not the one for me*" it simply means that she doesn't feel as though you have the ability to make her feel the way she wants when in a relationship.

For example: If a woman is beautiful, socially confident and determined to succeed in life, she is usually going to want to have a boyfriend who has similar qualities.

If she finds herself stuck in a relationship with an insecure guy who lacks confidence in social situations or a guy who doesn't have enough belief in himself to follow through on his biggest goals and ambitions in life, she might start to feel as though she is too good for him.

She might complain to him that she always wants to hang out with friends, while he just wants to stay at home on the couch with her, or stay home alone and play video games.

She might also complain that she is making progress in her career, while he still doesn't even know what he wants to do with his life. In situations like that, the woman will often say that she needs time alone to find herself, work on her life or she might even be more direct by telling her boyfriend, "*You're not the one for me.*"

Making your girlfriend see you as the one is actually a very simple thing to do. You can make it complicated if you want, but it essentially boils down to thisâ€œ!

When you make your girlfriend feel the way that she wants to feel when in a relationship, she will

automatically perceive you as being *the one* for her.

For example: If your girlfriend wants to be able to look up to you and respect you as her confident, emotionally strong man, you need to show her that you have now changed and are that kind of man anymore.

When she sees that you are no longer insecure and are now a confident, emotionally strong man, she will feel a renewed sense of respect and attraction for you and will stop being in such a hurry to get herself away from you and the relationship.

Don't Expect Her to Teach You

If your girlfriend doesn't feel as though you're the one for her, it means that you need to make some changes to how you think, behave and act around her.

Up to this point in the relationship, you will have been saying and doing things that have been turning her off and slowly ruining her feelings of respect and love for you.

Yet, this isn't something that your girlfriend is going to want to discuss in detail because she won't want to become your teacher in life on how to be a man.

Women want to have a ready made man, rather than having a confused guy that they need to guide and carry through life.

A big part of what attracts a woman to a man is his ability to be a man and take the lead in the relationship without needing her to carry him, or continually lift his spirits and reassure him that everything is okay.

Women are naturally attracted to the emotional strength in men and turned off by the weakness, so if a woman senses that her boyfriend is emotionally weak or confused about how to be a real man, she loses respect for him and ends up feeling more like his *mother* than his lover.

Feeling that way is a turn off for a girlfriend and she would rather just say, *I don't feel the same way about you anymore* or *You're not the one for me* than have to stick around to teach him how to be the man that she needs and wants him to be.

When You Make Her Feel Differently, Her Thinking and Behavior Will Change Too

What you need to do is begin thinking, talking, behaving and taking action in ways that are going to make her feel respect and attraction for you.

She's not going to be interested in any conversations about love, commitment and promises that she made in the past, unless you can first get her respect back and then begin to make her feel attracted in new and exciting ways.

Not knowing this, many guys make some of the following mistakes when their girlfriend says, *"You're not the one for me"*

1. Begging and pleading for her to give him another chance.

This is a common reaction that guys have when they're faced with the possibility of being

dumped by a girlfriend.

A guy will often beg and plead because his girlfriend may have forgiven him and given him another chance in the past when he did it.

Yet, begging and pleading rarely works for long and even if it does work once, it doesn't deepen a woman's feelings of respect, attraction and love!

Begging and pleading comes from emotional weakness and confusion about what it means to be a real man in a relationship with a woman.

Even if begging or pleading seems to "work" the first few times, it's only because the woman is not ready to dump him yet (i.e. they are paying rent together, they work together or go to the same university, she hasn't found a replacement guy yet, etc), which is why she "changes her mind" and gives him another chance for a while.

In reality though, she is gradually losing more and more respect and attraction for him and is continuing to close herself off from him emotionally until she is ready to fully break up with him.

Closing herself off from him (e.g. becoming less affectionate, not saying "I love you" as often or at all, not wanting to spend much time together, not answering all his calls or texts, etc) is a tactic that some women use to gradually make their boyfriend more and more secure, so when the break up finally happens, he is an emotional mess and she can move on feeling good about herself.

It sucks that some women would do that to guys, but the reality is that some guys do it to women as well.

The only way to avoid being treated badly by a woman and avoid getting dumped after being put through weeks or months of rejection, is to actually start being the sort of guy that she can look up to and respect, feel attracted to and feel excited to be in love with.

Watch this video to find out what you need to do:

What you need to understand is that you can CREATE new feelings of respect, attraction and love inside your girlfriend.

How she feels about you is pretty much within your control because it's based on how you think, talk, feel, behave and act around her.

So, if you're begging and pleading to her, it isn't going to make her look at you and think, *"Oh, how sweet. He's begging and pleading. He must be the one for me after all."*

All it's going to do is turn her off more because you are being emotionally weak and don't even know what to say or do to make her feel attracted to you anymore.

She wants a ready made man, not a guy that isn't ready for a woman like her.

You've got to make a decision today whether you are going to step up and become a better man, or just lose her because you didn't want to improve or change.

2. Asking her to tell him what she needs him to do to make her change her mind.

When a woman is unhappy in a relationship, she will usually give her boyfriend a few chances to figure out what's bothering her and then to take action and fix those things.

Yet, if he never figures it out and keeps asking her to tell him what to do to make her love him again, she will begin to pull away and become colder towards him, until she's ready to completely break up with him.

When a woman gets to a point where sheâs saying, *âYouâre not the one for meâ* itâs because sheâs lost all hope that you will change and has closed herself off from the love that she used to feel for you.

It doesnât mean that her love is completely dead, but that sheâs simply no longer willing to try to connect with the love that she used to feel for you.

She doesnât see the point of staying connected to the love because youâre not doing enough to make her feel the type of respect and attraction that will justify a decision to stick with you.

Your Actions Speak Louder Than Your Words

Right now you have several choices.

You canâ

- Give up, let her dump you and then deal with the pain for months or years afterwards.
- Dump her, have sex with new women or get a new girlfriend and then move on before she does.
- Get her to feel a renewed sense of respect and attraction for you, which will then lead her to reconnect with the love. From there, you will make the relationship even better than it ever was before.
- Get dumped and then go through the process of getting her back again.

So, what do you want to do?

If you want to keep the relationship together and avoid getting dumped, you need toâ

1. Understand what is really causing her to lose love, respect and attraction for you.

Ask yourselfâ

- Have I been taking her for granted?
- Have I been clingy, needy and insecure?
- Have I been making her feel like a real woman (i.e. feminine, girly, free to be emotional)?
- Have I been going after my true potential in life like a real man?
- Have I been letting her âwear the pantsâ in the relationship?

Your answers will determine what you will need to fix and improve.

2. Begin thinking, behaving, talking and taking action in a more attractive way.

You donât have to fix everything and be perfect to convince her to give you another chance, but you do have to show her that youâre working on your issues and improving yourself.

Are you prepared to do what it takes to keep your relationship alive?

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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How to Make Your Wife Fall In Love With You Again: 7 Tips

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

One of the greatest things about love is that it doesn't die.

Lately, it might seem as though your wife has stopped loving you or that the love between you is dead and gone.

Yet, what I've found is that love always continues to exist in the background and can be brought back into the foreground when a man retriggers a woman's feelings of respect and attraction for him again.

In other words, the love that your wife feels for you is still there in the background, but it is currently being suppressed by negative feelings such as frustration, resentment, stress and disappointment.

So, what is the secret of how to make your wife fall in love with you again? How can you get the old feelings of love to come out from the background and back into the foreground between you and her?

In addition to what I teach in the video above, here are 7 ways to do bring back the love...

1. Bring her happy, loving smile back

[image: Bring her happy, loving smile back]

One of the easiest ways to help make your wife fall back in love with you again is to stop taking things so seriously.

Life is serious at times, but for the most part, I've found that people tend to take things much more seriously than they need to.

Little disagreements turn into big arguments, minor annoyances turn into huge stressful problems and over time, it pushes the love out of the way and forces it into the background.

The man and woman want to be able to love each other like they used to, but they are so damn pissed off at everything.

Life becomes so difficult to even think about and the next thing they know, they've fallen out of love with each other and are starting to think that they might be happier with someone else.

Yet, what they don't realize is that they are creating their own problems by taking everything about life so seriously, rather than looking at the funny side of things or looking at things from a more light-hearted perspective.

What I've found is that love flows so much more freely between a man and a woman when they are able to smile, laugh and look at life in a more positive light.

Yet, as a man, you can't expect your woman to be the emotionally strong one for the both of you and then lead the way to a positive outlook on life.

When a man expects his woman to be strong and lead the way to better feelings for both of them, she feels turned off that she is stuck with a man who needs her to be the stronger one.

She also begins to resent him for it.

Over time, her resentment towards him builds up to the point where she finds it difficult to love him as easily as she did in the early days.

So, if the happiness has gone out of your marriage, how can you bring her smile back and begin the process of getting her to fall in love with you again?

From now on, you need to be willing to smile, laugh and look at things in a more light-hearted manner. This especially applies to things that usually make you irritated or frustrated.

Initially, this might be a bit of a struggle for some men who've gotten used to being so serious and easily irritated, but you have to be prepared to fight through the urge to get frustrated and force yourself to smile and be more light-hearted about it.

Find a way to turn it into something to laugh about or smile about. Use your unique sense of humor to put a funny spin on it and make you and your wife laugh like you used to in the early days.

When you are able to get her to laugh, smile and look at life in a more positive, light-hearted manner around you on a consistent basis, her love for you will begin to flow more freely, effortlessly and willingly.

2. Make her feel girly and feminine again

Another easy (and free) way to get your wife to fall in love with you again is to consistently make her feel feminine and girly in response to your masculinity.

When a man and a woman become too neutral around each other (i.e. neither one of them is very masculine or very feminine around each other), the sexual spark and excitement goes away.

Think about it this way...

For a battery to work, it needs a positive and negative to create an electrical charge. For two magnets to be attracted to each other, there must be a negative and positive pole. Two positives repel each other.

The same applies to human sexual attraction in terms of masculine and feminine energy.

For sexual attraction to exist and remain charged and alive, there needs to be a clear masculine and feminine energy.

A mistake that some husbands make is to continually treat their wife as though she is a neutral friend rather than treating her like a feminine woman. Some husbands also make the mistake of expecting their wife to think, feel, behave and act like more of a man rather than being emotional, irrational and girly like a woman.

Making a woman feel neutral or have to adopt a more masculine way of being not only ruins the sexual dynamic, but it also makes it difficult for the wife to love her husband in a romantic way.

She might love him as a friend and her companion, but she won't feel like loving him in the way that she used to when there was a better energy dynamic between them in the early days of the relationship.

When you make your wife feel feminine and girly in response to your masculinity, she will immediately begin to feel excited about being in love with you again because you will be making her feel like a "real woman."

Making a woman feel like a real woman essentially means that she feels feminine, girly and free to be emotional like a woman around you. She doesn't have to think, act, behave and feel like a man does when around you.

When you make a woman feel feminine and girly in response to your masculinity, she will instantly feel attracted to you in a deep, primal and fundamental way that she cannot switch off.

Making your wife feel feminine and girly is one of many different ways that you can get her to feel more attracted to you again.

You actually have a lot of direct control and influence over how much or little attraction your wife feels for you, because much of a woman's attraction for a man is based on how he makes her feel when he interacts with her.

3. Get excited about new, mutual goals

In a long term relationship or marriage, most couples team up and combine their efforts to achieve mutually beneficial and enjoyable goals over time.

For example: In the early days, a couple might work hard towards the goal of buying a home, raising children and sharing fun experiences with extended family (e.g. birthday parties for the kids, dinner parties, etc).

However, when most of a couple's major goals have been achieved or are almost achieved, the man or woman may begin to feel restless or as though the relationship or marriage doesn't have much purpose or meaning anymore.

So, it's always important to make sure that both you and your wife to have big, exciting goals that you're aiming for that will be fulfilling for the both of you.

If it's only you who has long-term goals and she has nothing to do (or vice versa), then problems may begin to emerge in your marriage.

For example: If a wife is pushing forward to achieve big and exciting goals and her husband is content to just sit on the couch for the rest of his life, she might end up feeling as though they are growing apart.

She might end up spending a lot of time outside the home and if she happens to meet a man who doesn't care about seducing married women into having an affair, she might stray and possibly even leave her husband.

On the other hand, if her husband works too much and doesn't have much time to spend with her, she might begin to seek love and attention in other ways.

If gets on an online dating site or loads up an app like Tinder, it won't take her long to set up a profile and she will then have 100s of men in the surrounding area who are willing to meet up with her right away even though she is married.

So, it's always important to make sure that you and your wife are working towards mutually enjoyable and beneficial goals; otherwise you may begin to drift apart over time.

4. Turn her on without expecting sex

After being in a relationship for a long time, it's understandable that a man and a woman might fall into some routines regarding sex.

One of the routines that tends to make a woman feel unhappy, is when her man only really wants to

touch her and make her feel turned on if it means that he is going to get some sex in return.

What a man needs to do is to keep things fresh, stimulating and unpredictable by not always wanting a full, sexual result in return for his foreplay efforts.

For example: Give her a neck rub, tickle her on the couch and then spank her on the butt, or hug her and then look her in the eyes for a relaxing 5-10 seconds before telling her that you love her and think she is the sexiest woman on Earth.

Then, just get back to doing what you were doing without expecting her to want to have sex as a result of your efforts to turn her on.

Rather than feeling as though you are two, robotic human beings who are going through the same old repetitive cycles, she will feel the excitement of not knowing exactly what's going to happen around you.

She will know that you love her so much that you are willing to give her the experience of feeling turned on, without expecting anything in return.

Ironically, this will make her want to be more sexual with you more often. The more sexually interested she is in you, the more easily she will love you in a romantic, intimate way.

5. Consistently be the man she can look up to and respect

As you would know, life isn't always easy and straightforward.

Throughout life, we often encounter challenges and obstacles along the way to success, happiness and personal fulfilment.

To cope with life's ups and downs, it's important to have a more patient, open-minded perspective about life, rather than being naïve and expecting that everything should go perfectly 100% of the time.

Lacking that fundamental wisdom about life, some men fall into the trap of becoming depressed and stressed out when they realize that no matter how hard they try, life just doesn't seem to go perfectly all the time.

Confused and feeling emotionally beaten up by the ups and downs of life, these men will often make the mistake of looking to their wife for constant emotional support and guidance.

While there is absolutely nothing wrong with having an emotionally vulnerable moment as a man when you are under tremendous pressure, what a woman wants to see is that you deal with the situation like a man by focussing on a solution rather than wasting time feeling emotional.

Unlike women who are free to go around in emotional circles for life (that's part of being feminine), we men need to be clear, direct and forward moving (that's part of being masculine).

We can feel the emotions, but to be a masculine man that a woman can look up to and respect for life, we need to get on with it by focussing on a solution and moving forward, rather than wasting time feeling emotional.

When a man goes around in circles emotionally (e.g. feels depressed, complains, gets motivated and then loses motivation, throws his hands up in the air, gets excited, loses interest again, etc), a woman naturally loses respect for him as a man.

She might feel sorry for him and still love him in a pitiful way, but she's not going to love him in a

romantic, sexual way.

Since she can't fully respect him as her man, she won't be able to feel enough attraction for him and when that happens, she will begin to fall out of love with him over time.

So, if you cause your wife to lose enough respect and attraction for you over time, she may fall out of love with you and then begin to stray emotionally or physically.

What's an example of how you can make her look up to you and respect you?

Stick to your word in terms of what you've promised to change about your thinking, behavior and actions.

When your wife can see that you stick by your word no matter what, she can then relax into your masculine direction and feel free to be a feminine woman.

She doesn't have to worry about being responsible for managing the direction of your life, or the happiness in your marriage.

She knows that you've got things under control and if you have promised that you will do something, she can rely on you to follow through until it's done.

Of course, approaching life in that way is beneficial for both you and her. She gets to feel like a feminine woman around you and you get a woman who loves you and looks up to you as her man.

6. Change how she feels, rather than trying to change how she thinks

In any long term relationship or marriage, it's only natural that a woman's thinking, behavior, attitude and actions might annoy her man at times.

However, how he approaches the annoyances will either bring him and his woman closer together or drive them further apart.

For example: If a husband hates how his wife enjoys talking on the phone with her family or friends for hours, it isn't something that he should demand that she change.

He might want her to be interested in spending more time with him, but if talking on the phone with family and friends is what makes her happy at that point in time in her life, he should be willing to let her have that happiness.

Of course, if he gives her all the time in the world to chat on the phone and she doesn't ever want to spend any time with him at all, then there is clearly a problem in the marriage.

Yet, the problem is not going to be fixed by demanding that she spend more time with him rather than yapping away on the phone.

The way to fix the problem and change how she feels is to begin to do some of things that I've already outlined in this article, which will trigger her feelings of respect and attraction.

When a man triggers a woman's feelings of respect and attraction for him, she will immediately begin to reconnect with her loving feelings for him.

Since she will now feel so much better when around him, she will be more eager to spend time with him and won't want to waste so much time away from him while on the phone.

7. Give her a lot of compliments without needing any compliments in return

[image: Give her compliments without needing anything in return]

One of the easiest ways to get love and compliments from your wife is to be the sort of man who remains emotionally strong and secure no matter what she says or does.

An example of this is to give her a lot of compliments without expecting or needing any compliments in return.

Of course, a wife who doesn't respect her husband or feel much attraction for him isn't going to care too much or appreciate a lot of compliments coming from him.

So, if your marriage is suffering from a lack of respect, attraction and love, make sure that you do the other things that I've mentioned in this article first, rather than trying to suck up to her with a bunch of compliments.

Your wife will value your compliments much more when she can look up to you and respect you as her man, so make sure that you work on that as the number one priority first.

When you see her responding positively to the changes in how you think, behave and act around her (i.e. she becomes more loving and attentive towards you), you can then reward her with an increase in free compliments (i.e. compliments where you don't expect anything in return).

Ironically, when you give a woman compliments without needing anything in return, she will naturally want to express more love to you and give you compliments in return.

She will be feeling good around you because you are able to be so emotionally strong and loving with or without her reassurance, so it will feel natural for her to compliment you and express her love for you.

A mistake that some men make is to give their woman compliments, but then complain and whine if she doesn't return the favor.

It's fine to complain to a woman in a confident, easy-going way to alert her to her unsatisfactory behavior (e.g. if she is the sort of woman who normally doesn't express her emotions with words, or has gotten used to taking you for granted and just assuming that you know she cares), but problems occur when a man whines and complains about things in an emotionally needy way.

Why? Women are naturally attracted to the emotional strength in men and turned off by the weakness, so when a husband smothers his wife in his emotional neediness, it's not going to have a positive effect on her.

She ends up feeling like loving him is too much work, compared to how easily it is to love an emotionally secure man. She would rather ignore him and keep out of his way, than have to deal with his emotional insecurity and neediness.

So, what should a husband do?

Essentially, you are going to get much more compliments and expressions of love from your wife when you are able to consistently be the more emotionally courageous one in the marriage.

In other words, you are able to love her and give her compliments without needing her to constantly reassure you or pump up your self-esteem. You are confident and emotionally strong with or without

her assistance.

Regardless of what she says or does, you remain emotionally strong and keep bringing everything back to laughter and love.

You believe in the love that you and her share and no matter what type of challenges that you encounter throughout life together, you always remain as the one, strong, emotionally stable person that she can rely on.

When times get tough or you're faced with a challenge, you are emotionally full and strong enough to be able to make her laugh and smile and keep her feeling special, loved and appreciated.

When you approach life with her in that way, the love that she feels for you will flow effortlessly and in abundance. You will be making her feel emotionally safe, protected and hopeful about life and her future and for that, she will love you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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How to Fix Relationship Problems: 6 Examples

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

In this post, I'm going to talk about how to fix relationships problems from the perspective of a man. A relationship between a man and a woman isn't always going to be smooth sailing and sometimes there are going to be rough patches that a couple goes through along the way.

How they approach those relationship problems will either tear them apart or bring them closer together over time.

So, here are 6 relationship problems and how to fix them:

1. Boredom

[image: Boredom in a relationship]

Once the initial excitement of being with someone new has worn off, a couple may become bored with the relationship if they don't really have much to aim for together anymore.

In the beginning, the aim was to go on dates, have sex, fall in love and see what happens. After that, the aim may have been to move in together and go on a holiday or vacation together.

However, once all that has been done and the couple has also been to most of the tourist attractions around town and been out to "dinner and a movie" 20 times, if they don't have anything else to aim for, they might start to feel bored and restless.

So, part of keeping a relationship exciting and relevant to both of you is to always have something bigger to aim for together.

You've got to think about how you can take your relationship to the next level in a way that will be exciting, enjoyable or fulfilling for the both of you.

2. Constant arguing

[image: Constant arguing]

All couples will argue at some point, but when a couple is constantly arguing, it's often because they don't realize that it's okay to make communication and behavioral mistakes around each other at times.

For a relationship to remain happy, relaxed and stress free, both the man and the woman need to be able to give each other a chance to improve over time and get better at communicating and behaving in a way that leads to perfect harmony in the relationship.

Rather than expecting each other to think, behave and communicate perfectly all the time, the expectation needs to be that you're willing to grow together as a couple and improve over time.

When a couple has that understanding, there's no need for constant arguing and bickering over small things. Instead, a couple simply has discussions and gives each other feedback in a more patient and loving manner.

Knowing that you don't have to be perfect 100% of the time, takes the stress out of being around

each other. It also allows you both to be able to laugh at any mistakes you make, rather than thinking that it's the end of the world.

3. Jealousy

For a man to avoid becoming overly jealous of his girlfriend (fiancée or wife), he needs to make sure that he is the type of man that she respects, feels attracted to and is excited to be in love with.

Watch this video to understand where some guys go wrong and ruin a perfectly good relationship...

When a man is able to make his woman feel a lot of respect, attraction and love for him, he will automatically be the sort of man that other women find attractive and appealing as well.

When a woman is with that type of man, she will always notice that other women find him attractive when they interact with him. She then doesn't want to find herself a better man, because she knows that she already has the type of man that other women wish they could be with.

She might test her man's confidence by pretending to show interest in other guys, or by talking about other guys who like her, but what she hopes to see is that her man remains confident in his attractiveness and appeal to her no matter what.

4. Lack of sexual desire

[image: Lack of sexual desire in a relationship]

The sexual spark between a man and a woman will die out if the difference between their masculinity and feminine energy is neutralized.

For example: A lot of guys will make the mistake of turning their relationship into more of a neutral friendship, or expecting the woman to think, feel and behave like more of a man.

Rather than allowing her to be feminine, girly, emotional, irrational and act silly and unreasonable at times (e.g. throwing a tantrum), a man will often try to teach his woman to be more like a man.

Another example of when the sexual spark will die out is where a man will stop being "the man" in the relationship.

He will allow his woman to wear the pants and essentially take charge, because he is either too lazy or lacks the emotional masculinity required to consistently be the man in the relationship.

Some guys get annoyed at how easy it is for women, because all they really have to do is look pretty and follow the direction of a man. Yet, if women were to think, behave, act and feel like men, we wouldn't find them as attractive.

Just think about how attractive you find butch, masculine lesbians compared to feminine, girly women. A man may want women to be more like men because it will be easier on him, but he then would miss out on feeling attracted.

It's the clear masculine/feminine difference between men and women that make men and women feel attracted to each other. So, when a man and a woman become neutral around each other in a relationship or when a man is too lazy or stubborn to be the man, the sexual spark will die out.

So, if the spark has died in your relationship, then you need to go back to being a very masculine man. You need to be able to make her feel feminine and girly in response to your masculinity.

When you do that, both you and her will naturally feel attracted to each other again.

In the beginning of a relationship, a woman will often put up with a guy not being able to make her feel feminine and girly, because she is desperate to get into a relationship or because it's exciting enough to be with someone new.

However, when a relationship gets past the initial stages, it's extremely important that a man maintains (or creates) a clear masculine/feminine difference between himself and the woman. If he doesn't do that, the spark will naturally die out and there will be nothing to feel attracted to anymore.

5. Trust issues

When in a relationship with a woman, you have to give her your full trust and then let her take care of it.

There's no guarantee that she will be an honest, loyal, trustworthy woman for life, but giving your trust ensures that the love, respect and attraction between you can mature and deepen over time.

If you are unable to trust your woman, she will be turned off on a deep level by your emotional insecurity and she won't be able to fully respect you as a result.

When a woman cannot fully respect her, she will be unable to feel the deeper type of attraction that grows over time in a relationship between a man and a woman.

If there other relationship problems in addition to trust issues between the man and woman, then she may begin to fall out of love with him and then either break up with him or cheat on him.

If trust issues are one of the relationship problems that you're trying to fix, then you need to make sure that from now on, you are emotionally strong and brave enough to give her your full trust.

As a man, you need to be the braver, stronger one for the both of you. You can't expect a woman to constantly have to reassure you of her devotion and commitment. You have to be strong enough to give her your trust and wise enough to know that there are no 100% guarantees with human relationships.

Something might go wrong in the future, or you and her might remain together in perfect harmony forever. It cannot be guaranteed.

However, the best way to ensure that the love, respect and attraction grows between you over time, is for you to be the emotionally stronger and braver one in the relationship.

Give her your trust and let her take care of it. Your trust will be left in her hands and she's either going to abuse it or respect it and honor it for life.

Either way, you need to make sure that you remain emotionally strong no matter what. When she sees that you are emotionally strong enough and brave enough to give her that trust no matter what, it will make her feel a deep respect and attraction for you.

Of course, if your wife (girlfriend or fiancée) is a liar and you can't trust her alone for 2 minutes with a guy, then it won't matter if you give her your full trust or not.

If she's a woman of bad character (i.e. disloyal, likes to hurt people emotionally, untrustworthy, etc), then she's probably going to screw you over no matter what.

Is your woman an honest, trustworthy woman, or is she the type who lies and would cheat on you if she could get away with it?

If she is honest and trustworthy, then fix your relationship problems and make her never want to leave you...

However, if she is dishonest and untrustworthy and isn't a good match for you, then you might want to think about replacing her...

6. Lack of respect

A woman can lose respect for her man for many different reasons.

For example, if he:

- Is too insecure.
- Belittle or criticizes her too often.
- Is docile or wimpy around confident men (e.g. at work, around friends, service staff at restaurants, etc), but then bossy and aggressive around her at home.
- Takes her for granted.
- Is too protective and controlling.
- Hides behind his true potential as a man behind the safety of their relationship (e.g. becomes a couch potato, distracts himself with pointless hobbies, etc).
- Always lets her win and get her way, or never lets her win or get her way.
- There are many reasons why a woman will lose respect for her man, but essentially it all comes back to him not being the sort of consistent man that she can look up to and respect.

The type of man that a woman can look up to and respect consistently throughout life, is a man who passionately goes after his true potential in life and pushes forward to success no matter how challenging it gets.

While he is doing that, he also makes sure to give her enough of his love, attention, respect and appreciation. He doesn't push her to the side and take her love, respect, attraction and commitment for granted.

Do You Want to Stay With Her For Life?

If you're committed to the idea of staying with your girlfriend, fianc  or wife for life, then make sure that you don't sit around taking her love and commitment for granted.

A woman will often put up with weeks or months of unhappiness in a relationship, but she won't put up with it forever.

What you need to understand is that it really is possible for a man and a woman to develop deeper feelings of love, respect and attraction for each other over time.

You don't have to be one of those couples who break up or get divorced, or who end up hurting each other emotionally (e.g. cheating, emotional abusive, etc).

You can be one of those happy couples that you've seen who are still madly in love with each other 10, 20, 30 and even 40 years into a relationship.

That is what's possible for you and her.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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My Wife Wants to Sleep With Another Man

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your wife wants to sleep with another man, it could be because:

1. She's trying to find a replacement guy, so she can then ask for a separation divorce and move in with him right away.
2. She's become bored with her sex life and life in general with you and has fallen victim to being seduced by a coworker, old friend or a man who likes to prey on married women.
3. She never really intended on staying married for life anyway and always secretly felt as though she'd had an affair one day and leave you.
4. You have encouraged her to want to sleep with other men by talking about affairs, swinging, partner swapping or other sexual fantasies. She now wants to live out the fantasy and see what happens.
5. She has been watching one too many drama TV shows that glamorize extra marital affairs, cheating, passionate new romance and divorce.
6. A married female friend of hers has an open relationship with her husband and they seem to be having the time of their lives.
7. She wants to get you back for cheating on her in the past.
8. You are unable to keep up with her sexual appetite and she is asking to be able to have sex with another man, but is promising to keep it non-emotional.
9. She no longer believes in the traditional view of marriage and wants to simply follow her heart and see what happens.
10. She regrets not having much (or any other) sexual experience before getting married and now wants to see what it's like to have sex with another man.
11. She now believes that sex is somehow more important than your marriage and that it will change her life, make her happier or improve your marriage.
12. She believes that it will be easy because it will be "just sex" with no emotional attachment involved.

Here's the thing...

I spend a lot of time every week coaching men over the phone who are trying to get a wife (fiancé or girlfriend) back.

I've heard all the horror stories.

In all my experience, I've only ever heard of one man who was successfully able to have an open relationship with his wife...for a year.

Yet, after the year was up, both of them had become emotionally involved with other people.

He met a new woman who made him feel alive again and his wife met a rich man who took her away on expensive travels around the world.

In other words, if your wife wants to sleep with another man, it might not seem that serious to her right now because it's "*just sex*," but when a man and a woman connect during sex, they can then develop a unique emotional connection that they really enjoy.

For example: The new man that she begins having sex with might make her laugh so much more than

you do, or he might make her cry and chase after him, whereas with you, she always feels safe and doesn't need to try hard to get your attention.

Redefining the Path of Your Marriage

[image: Redefining the path of your marriage]

For a marriage to stay alive, it usually needs to have an ongoing, mutually enjoyable storyline that it is aiming to unfold over time.

For example: When a couple first gets married, the life story that they are aiming for is usually to get a house together, have children and enjoy the fun, responsibilities, love and challenges that come with maintaining close family relationships.

Part of the story might also be career or business goals, which then link to other goals that each or either of you want to achieve for the sake of the marriage and a better life.

So, if your wife now wants to sleep with another man, it might be a case of her no longer having enough of a story to aim for with you in the long run.

You may have fallen into a routine and simply gotten used to the idea of being with each other and not having much else to aim for, other than to stay alive and see your children grow up and be happy.

For some women, that life story is more than enough to keep them satisfied for life. However, not every woman or marriage is the same.

[image: Wife unfulfilled by the marriage]

Some women need to have more of a compelling storyline to their life to keep them interested and engaged in the marriage.

So, if your wife is now seeking happiness and personal fulfillment outside of your marriage, it may be time to redefine the storyline of how your marriage can play out over the next 20, 30 or 40 years depending on how old you are.

For example: You can ask your wife, *"If we were to stay faithful to each other and remain married for life, how would you like to see that play out?"* and try to get her to imagine a happy, fulfilling marriage that didn't involve having sex with other people.

Of course, not every wife is going to be willing to have that conversation (e.g. if she secretly never wanted to commit for life anyway, if she doesn't respect or feel attracted to her husband, if she just wants to end the marriage so she can get a divorce payout and then live a fun lifestyle for several years before settling down again, etc).

Marriage Isn't the Same For Everyone

[image: Marriage isn't the same for everyone]

In a perfect world, a man and a woman would get married, have a great sex life, have a loving family and live happily ever after in a monogamous marriage.

Yet, in real life, not everyone gets to experience a perfect marriage.

For example: Sometimes, a couple are not a perfect match, but they try hard to make the relationship

work and after being together for a while, they decide to get married despite their gut instinct telling them that they probably shouldn't.

In cases like that, a husband and wife will be able to stay together if they can ignore the temptations of affairs and focus on other things in life (e.g. being a close and loving family, spending a lot of time working on lifelong projects, etc).

[image: Redefining the path of your marriage]

It also helps if they are able to be friends with other married couples who don't believe in divorce. When that happens, the happily married couples will usually help keep them on track, especially when they go through rough patches.

Yet, if an unhappily married woman finds herself working with other women who've gone through divorce and are now happier as a result, or works with men who constantly try to seduce her into having an affair, she might eventually get fed up of being unhappily married and either ask for a separation, have an affair behind her husband's back or even ask to be able to sleep with other men.

So, when a guy says to me, *“My wife wants to sleep with another man”* and asks how he can stop it from happening, it's not always a clear-cut answer because sometimes it is the woman's fault (e.g. when she is an untrustworthy woman, no longer believes in marriage or never believed in it and just put up with it for a while, etc).

However, when it is the man's fault, there is a clear-cut solution and that is to make his wife feel a renewed sense of respect and attraction for him again.

In other words, he needs to get the spark back and get his wife to respect him again as her husband for life.

As you will discover from the video above, the amount of attraction your wife feels for you is mostly within your control.

For example: If a husband has stopped flirting with his wife and tends to make her feel like more of a friend than his woman, then she's not going to be feeling very turned on and excited to be in love with him.

Whereas, if a husband is able to make his wife feel feminine and girly in response to his masculinity, she will more naturally feel respectful of him, attracted to him and more excited to be in love with him as his woman.

When a Wife Tries to Fix the Marriage in Weird Ways

People don't always do things correctly, especially when it comes to relationships.

For example: When a wife is unhappy with her marriage, she might concoct elaborate schemes or come up with strange ideas to hopefully fix the complex problems between herself and her husband, or to make herself feel happier in life.

Wanting to sleep with another man is her weird way of hopefully shocking her husband into realizing she's desperately unhappy in the marriage.

She might even believe that it will be good for the marriage or their sex life, because she doesn't know what else to do.

Her husband doesn't know how to get her to respect him enough to not want to sleep with another

man and he also doesn't really know how to make her feel enough attraction and love for him to be satisfied with their marriage.

So, he will often feel like he has to go along with it to keep her happy.

Yet, that will be a huge mistake in most cases because her wanting to have sex with another man is not "just sex."

It's more than that, even if she doesn't openly admit it.

In most cases, a wife wanting to have sex with another man is because she is trying to fill the gaps in her relationship with her husband by sleep with another man.

For example: Sometimes a husband may fall into the habit of spending most of his time working, or at work. In his mind he is doing this because he wants to be a better provider for his wife and his family.

Even though his intentions are good, his wife may have to endure long periods of time where she's alone. If she has a full-time job herself, she still might have to do all the housework and wait around for her husband to be free to spend sometime with her.

She might have to regularly reheat dinners for him because he can't guarantee when he'll be home. Then, when he gets home, he might be too tired and worn out to pay her much attention or joke around with her and make her laugh, smile and feel good around him.

This can make some women feel taken for granted and like she's not that important to him (even though, in his mind, he's working so hard for her and the family).

Naturally, if then she meets another guy (e.g. at work) who is charming, attentive and pays her some compliments about her appearance, she might begin to see him as being a better relationship partner than her husband.

Even if the new guy has got many flaws that will turn her off over time (e.g. he is a bit insecure, is too much of a nice guy, etc), right now, she finds him attractive and wants to sleep with him because he's making her feel the way she wants to feel when she's with a man.

Letting Her Wear the Pants

Another common cause of a wife wanting to sleep with other men is when her husband has allowed her to "wear the pants" in the relationship.

Essentially, he just goes along with everything she wants, because he thinks that will make her happy and because he doesn't have to spend any time or energy trying to argue or compete with her.

Yet, here's the thing...

No matter how independent, confident or successful a woman is, she will always still want to be with a man who is dominant enough in the relationship to make her feel like a feminine woman.

This doesn't mean that she wants to be bullied or pushed around by him, or to not have her opinions taken into consideration, but she does want to be with a man who can take the lead and guide them both through life's ups and downs.

She wants to feel that when she's with her man, she can relax into being feminine and not have to worry about taking care of him emotionally (i.e. he is emotionally strong with or without her help or reassurance).

Essentially, the more a woman is put in the position of having to lead in the relationship or take care of her man emotionally because of his insecurities, the less feminine she feels and the less sexual attraction she feels for him as a result.

When the relationship dynamic is out of sync in a marriage (i.e. the man and woman become neutral around each other rather than being clearly opposite in their masculine and feminine energy), the all-important sexual spark also begins to die.

Some guys who had little, or no, relationship experience before they got married, just assume that become neutral around each other each other is a normal thing that happens in a marriage. He doesn't realize that as a man, he needs to lead both himself and his wife into deeper feelings of love, respect and attraction for each other.

In the distant past, a wife would have to stay with her husband for life, even if she was unhappy. Unfortunately, that's no longer the case in today's world.

These days, a woman often has far too many confusing influences on TV, in the lyrics of pop songs, in movies and from people around her to remain fully committed to an unhappy or dysfunctional marriage.

If her husband isn't able to make her feel the way she wants to feel, a modern wife will sometimes feel like it's okay for her to look to another man to make her feel the attraction, femininity and sexual attraction that's missing in her marriage.

So, if you want to make your wife see you as her ideal man and forget about her unnecessary quest to sleep with another man, you need to start focusing on improving your ability to deepen her respect, attraction and love for you.

You have to show her that no matter where she looks, no other man can compare to you and no other sexual experience is going to be as important as the story that you and her can live out for the rest of your lives together.

Why Do Women Break Up With Men?

Below is a video that I made for guys who have already been dumped by their woman and are now looking to get her back.

In your case, your wife is still with you and most likely hasn't yet asked for a separation or divorce. However, if she wants to sleep with another man, then you better believe that separation and divorce is definitely something that she has been considering.

In her mind, she will most likely be thinking that if it feels right to leave you later on, she will do that, but for now, she will keep you close by saying that it's just a bit of innocent sex and won't mean anything.

Don't let her do that to you.

I've heard so many horror stories from men who've been in your situation or a similar situation and they became an emotional wreck while going through it all.

You've got to regain control of the relationship.

You must ensure that you fix and change whatever has been causing her to lose respect and attraction for you up to this point of the marriage.

Don't continue on making the same old mistakes (e.g. being insecure) and assume that everything will be fine. You've got to make sure that you make her feel a renewed sense of respect and attraction for you.

When she sees that you have transformed yourself and she then feels differently about you as a result, she will then naturally begin to change her mind about potentially destroying your marriage by sleeping with another man.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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She Doesn't Have Feelings For Me

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

When a woman says that she doesn't have feelings for you, it can mean different things depending on the status of your relationship.

For example:

1. If you are still only friends and haven't even kissed or had sex yet.

[image: Only friends and haven't kissed or had sex yet]

Most women (except unattractive women) hate it when a guy says that he has "feelings" for her, before she has feelings for him.

Why?

She wants to feel attracted too. It's clear that you are attracted to her, but have you done enough to make her feel sexually attracted and turned on by you? Without sexual feelings, what you have with her is just a friendship.

So, she might have friendly feelings for you, but sexual feelings are what really count when it comes to a relationship between a man and a woman.

Watch this video to understand how a woman's attraction for a man works and how you can use it to get her to have feelings (i.e. sexual and romantic feelings for you)â□!

As you will discover from the video above, you can actively create feelings of attraction inside of her. When you do that, she then have "feelings" for you.

2. If you are already in a relationship.

[image: No feelings when already in a relationship]

The relationship may have started out well, with her developing feelings for you and maybe even saying that she loves you, but that's not the case anymore.

Somewhere along the way, you've destroyed her feelings of respect and attraction for you and she has now fallen out of love with you.

Watch this video to understand how to change how she feels before she breaks up with you...

As you will discover from the video above, you can get her to reconnect with her old feelings, but you have to make sure that you change and improve yourself to stop making the same old mistakes that have been turning her off.

3. If you have already broken up

[image: No feelings after breaking up]

It used to be really difficult for guys to get a woman back after being dumped...and then the internet came along.

Now, guys like me can help you to get your ex girlfriend (fiancée or wife) back into a relationship with you.

Watch this video to understand where guys go wrong when trying to get an ex back who doesn't have feelings for them and what you should do instead if you want to be successful.

As you will discover from the video above, the "feelings" that a woman needs to feel to justify being in a relationship are respect, attraction and love.

If she currently doesn't respect you (e.g. because you've been insecure), then she's not going to allow herself to feel much attraction for you, which will also keep her disconnected from the love.

If you want to get her to have feelings for you again, you need to start by fixing your issues and improving yourself enough so you can get her respect back.

You CAN Change How She Feels About You

If you're currently in a position where you are saying, *"I really want this woman to be my girlfriend, but she doesn't have feelings for me,"* it's only natural that you might be feeling discouraged about your chances of making her feel differently.

After all, you've most-likely tried everything to get her to like you in the same way as you like you, including being an even nicer guy than you usually are to women.

Yet, no matter what you say or do, she remains emotionally closed off to you.

So, you might start to think things like:

- Am I not good looking enough for her?
- Am I not tall enough?
- Am I not rich enough?
- Do I need to work out more in the gym to look stronger?
- Should I wear cooler clothes?

It's all very confusing.

Yet, to someone like me, it is very simple.

The reason why she doesn't have feelings for you is that you're not doing enough to make her feel sexually attracted and turned on.

You might be a really good guy, but that just isn't enough for a woman to want to be in a relationship. The sexual element also has to be there in a strong and powerful way.

If she only kind of feels attracted to you, then she's only going to kind of have feelings for you.

You have to focus on improving your ability to attract her when you talk to her and interact with her, otherwise she just won't feel motivated to be in a relationship with you.

What you need to realize is that you have a lot of direct control over how much or little attraction you make her feel for you.

Just because she you like currently doesn't have feelings for you, it doesn't mean her feelings

for you can't change.

In fact, feelings change all the time.

Have you ever noticed how a person can literally go from hating someone to forgiving them, liking them and possibly even loving them?

Maybe that even happened to you with a coworker or someone at university. You didn't like them initially, but they were then able to change how you felt about them to the point where you might have even become close friends and really liked each other.

How did this happen?

When a person changes the kind of behavior, communication style and attitude that was causing you to dislike them (or not have feelings for them), you can then begin to see them in a different light and as a result, your feelings towards them will also change.

In the case of this particular woman that you like, she can literally go from not having feelings for you, to really wanting to be with you.

It all depends on your ability to trigger her feelings of sexual attraction for you.

Right now, she most likely has "friendly" feelings towards you, but the sexual element is missing because you haven't been doing enough to trigger her feelings of sexual attraction for you.

This problem often happens when a guy is very nice to a woman because he is hoping that she will "like" him enough as a person to give him a chance to be with her.

Yet, that approach usually ends up in a rejection where the woman says something like, *"Sorry, I don't have feelings for you"* or *"You're a nice guy, but I just don't feel the same way you do."*

Watch this video to find out why being too nice to a woman and acting like just a friend is usually a recipe for disaster...

As you will discover from the video above, there's nothing wrong with being nice to a woman and being her friend, but that isn't enough to cause a woman to have strong sexual and romantic feelings for you.

You have to focus on making her feel sexually attracted and turned on by how you talk to her and interact with her.

When you do that, she will be motivated to want to kiss you, have sex with you and be in a relationship with you.

She Wants a Man Who Can Make Her Feel Like a Real Woman

One of the ways to make a woman feel like a real woman is to make her feel feminine and girly in response to your masculinity.

Making a woman feel girly in response to your masculinity is just one of more than 100 ways that you can make women feel attracted to you, but it's definitely one of the most powerful and direct ways.

A lot of guys make the mistake of suppressing their masculinity around women to seem nice, neutral and sweet.

They want to show the woman how nice, sweet, trustworthy and kind they are in the hopes that it will make her think, *“WOW! He’s so nice and considerate! I have to be with him!”*

Yet, the truth is that women only appreciate nice, sweet behavior from men whom they are sexually attracted to.

When a guy makes a woman feel sexually attracted to him by being masculine around her, she will then see him nice, sweet behavior as charming, sexy and lovable.

However, if a guy suppresses his masculinity (i.e. puts on an act of being an even nicer, sweeter guy than he is) around a woman and showers her with nice behavior, compliments and sweet gestures, she will see that he is trying to win her over in that way.

She will then play hard to get because she will realize that he’s a desperate guy who doesn’t even know how to attract women and is simply hoping to be liked enough to be given a chance.

Women don’t want to feel like they are doing you a favor by being with you. They want to feel lucky to score an awesome guy like you, which is why women love guys who are more of a challenge!

As you will discover from the video above, most guys are way too easily impressed by women simply based on the woman’s looks.

Attractive women get really bored of how easy it is for them to attract guys for sex and romance. All she has to do is be nice to guys and most guys will jump at the chance to be with her.

Yet, she wants more than just to give a sex-starved guy a chance to be with her.

She wants a guy who can easily attract other women, but will give her a chance to be with him if she impresses him enough.

Some guys hate to hear that women think that way and complain about how women make things so complicated. Yet, it is how the human mating dance works.

In this life, you will either that nature works that way and flow with it, or you keep trying to fight against nature and experience rejection after rejection.

Sexual Feelings Are What Really Count

You’re probably a really good guy, right?

You know in your heart and mind that you would treat her so well. You have absolutely no intention of treating her badly like you’ve seen other guys treat her. You only want good things for her and you.

Yet, she doesn’t care about that right now.

Why?

All of your good qualities (i.e. the fact that you’re a nice guy, are intelligent, have good intentions with her, are trustworthy, etc) are not important to her before she feels like you are a sexual match.

Essentially, to get a woman to have “feelings” for you and want to be in a sexual relationship with you, she needs to feel sexual attraction for you first.

At this point, some guys might wonder, *“She has so many other, better looking guys to choose from, so why would she go for me? Surely those guys are going to be more sexually attractive to her than I am, right?”*

No.

Some women do choose men based on looks, but the majority of women have what I call an Open Type, which means that there are open to being with all different types of guys, as long as the guy can make her feel attracted in other ways.

For example: If a guy makes her feel attracted to his confidence, masculine vibe and makes her laugh, she is going to feel attracted to him. The more ways that he is able to use his personality to attract her and turn her on, the more attraction she will feel for him.

When she feels a lot of attraction, she will actually start to look at his physical appearance in a positive light.

Even though he doesn't have male model features, she will say that he is good looking, handsome or sexy, because she is feeling attracted to him and is looking at his physical appearance through the lens of her attraction for him.

Most guys on this planet aren't aware of the knowledge that you just uncovered in the previous paragraph.

Most guys believe that a woman's attraction for a man is all about his looks, money, height and social status.

Yes, those things certainly can attract women, but women are not limited to feeling attracted to men for just those things alone.

You can attract women in other ways.

Yet, the same rule doesn't apply for our attraction for women.

We men are mostly attracted to a woman's physical appearance. We don't care if an unattractive woman is confident, tall, muscular or has a lot of money â€" she is still unattractive to the majority of us men.

Her looks are her main weapon of attraction, but for us men, who we are on the inside (and how that comes out via our body language, attitude, behavior, conversation, actions, etc) is our main weapon.

Although a woman can feel attracted to a man's physical appearance, the most intense types of attraction she can feel are based on what a guy says and does when interacting with her.

So, if you're saying, *"She doesn't have feelings for me because I'm not good looking enough,"* you can forget about using that as your excuse from now on.

Yes, there are some women who only have sex with and date good looking (or rich) guys, but they really are a minority.

Most women will have sex with, get into a relationship with and even marry a man who is perceived as being unattractive or ugly by other people. Why?

To her, he is attractive because a woman can have feelings for a guy based on a lot more complex things than his looks, money or status.

If a guy can make her feel attracted to his personality and who he is as a man, most women won't care about his looks, his race or any of the other excuses that guys use to stop themselves from getting the women they really want.

So, when a woman says she doesn't have feelings for you, it generally has nothing to do with your looks and more to do with how you are turning her off with your behavior, attitude, body

language, conversation style and actions.

3 Mistakes That Prevent a Woman From Feeling Enough Attraction

While reading through the list below, don't worry if you've made one or more of these mistakes. Why?

Women are very forgiving. If a guy changes his ways and becomes more attractive and appealing to her, a woman will almost always be willing to forgive and forget the mistakes he made in the past.

So, if you've screwed up in any of the following ways, don't worry â€¢ you can recover from it and get her to have feelings for you.

The first mistake isâ€¢|

1. Assuming that by being her friend, he will eventually â€¢ growâ€¢ on her enough that she will want to be with him in a sexual way.

[image: Mistakes that prevent a woman from having feelings]

This is probably the most common mistake that guys make with a woman they like.

A guy will assume that, because he's not a model or rich guy, the best way to get a woman to like him is to be a great friend to her first.

Yes, itâ€¢s true that a woman will sometimes â€¢ likeâ€¢ a guy like that, but liking a guy as a friend is not the same as wanting to have sex with him.

In fact, if a guy spends a lot of time building a friendship with a woman and then suddenly tells her heâ€¢s interested in her in a sexual way, she will usually be quite upset about it and may react by saying, *â€¢ You know I like you as a friend, but I donâ€¢t have feelings for you in that way.â€¢*

She might then give him a classic line like, *“I don't want to ruin our friendship”* or *“I'm not looking for a relationship right now”* or *“I see you as more of a brother than anything else”* or *“We're better off as friends and I don't want to ruin that.”*

Essentially, this is a woman's way of trying to hint at the fact that she isn't sexually attracted to the guy.

Why doesn't she just come out and say that?

Simple.

She doesn't want to teach him what he needs to do to be sexually attractive to her. She wants a ready made man who already gets it.

If she has to teach a guy how to initially attract her, what else is he going to be clueless about in a relationship and in life? Will he be the sort of guy that needs her to teach him how to not be insecure and jealous in a relationship?

Will the relationship have a teacher > student dynamic or big sister > little brother feel to it?

That's not what she wants.

A woman wants to feel girly and feminine around her guy, rather than feel as though she has to take on the role of being the stronger, wiser and more mature one.

So, if you've been acting like a friend to this woman when you really want to be her lover or boyfriend, then she already knows that you have sexual feelings for her.

She's not stupid.

She can tell when a guy likes her in that way.

Yet, because you've been hiding behind an act of just being a friend, she has secretly been losing respect for you and doesn't have any sexual feelings for you.

She might act like she really likes you and there is a chance for you and her in future, or she might flirt with you to make you chase her more, but until she can see that you now understand what to say and do to turn her on, she is going to remain closed off to you.

She wants you to figure this out on your own, rather than hoping that she takes pity on you and gives you a chance for being so nice to her all this time.

Of course, the same rule doesn't apply to unattractive women.

I need to point that out to be clear here.

If a woman is unattractive, then she will love it when a guy acts like a friend and sucks up to her in the hope of getting a chance. She knows that she is unattractive, so she is actively looking for a guy who doesn't believe in himself.

She needs an insecure guy who isn't going to leave her easily, or who can't easily attract other women. She knows that she can't keep a guy in a relationship for long if he is confident and can easily attract other women.

Yet, if the woman that you like is unattractive, you wouldn't be reading this article and would already be with her.

So, that means that this woman you like is either attractive, pretty or fairly pretty. In other words, she is going to be in a position in the dating market to be more picky than an unattractive woman.

If that's the case for you, then you need to stop acting like a friend and start triggering her feelings of sexual attraction for you. The more attraction you make her feel, the stronger her feelings will be for her.

In fact, as soon as you begin triggering her feelings of sexual attraction properly, you will notice a sudden, distinct change in her behavior and attitude towards you.

She will smile and look at you in a different way. She will have feelings for you.

2. Assuming that being a â□□gentlemanâ□□ is what she wants.

Many guys grow up without proper male role models to teach them how to behave like men who can naturally and easily attract women.

Without that guidance, most of a guy's information about how to behave around women comes either from the characters in movies, on TV, from their mothers or from random women they meet along the way.

Yet, getting advice on how to attract women from those sources is one of the worst things you will ever do.

For example: How many times have you heard a woman say, â□□I just want a guy who is nice and who treats me like a princessâ□□ and then seen her lust after and date jerks and assholes?

How many times has a mother told her son, â□□To get a nice girl you need to be a gentleman,â□□

but other guys are able to get laid and get a girlfriend by just being a normal guy?

The reason why that happens is that attraction is not what most people think it is. Attraction is different to the superficial cultural ideas that float around or come out of people's mouth when they give their random opinion.

A woman's attraction for a man is instinctive and happens automatically when she notices that he has certain personality traits and behaviors (e.g. confidence, masculinity, the ability to make her laugh, charming, charismatic, etc).

A guy can attract women with his personality in literally more than 100 ways, while just being a normal good guy, rather than putting on an act of being an extra nice, super polite, very generous and considerate gentleman.

Although there is nothing wrong with being nice or being a gentleman around women, many guys make the mistake of thinking it will be enough to make a woman have sexual, romantic feelings for them.

It's not.

Nice, gentlemanly behavior is only exciting to a woman if she has sexual feelings for a guy.

If a woman only sees a guy as a friend (i.e. she doesn't have sexual feelings for him), then she will appreciate and like him for how nice he is to her, but she won't be thinking, *"WOW! He's being nice to me! I have to sleep with him and get into a relationship with him ASAP!"*

If you want to be successful with women, you must start with sexual attraction first. When you do that, everything else flows on smoothly and effortlessly after that.

3. Telling her about his feelings before he has even had sex with her.

Most women don't like it when a guy says that he has feelings for her, before she has sexual feelings for him.

Why?

It's just so EASY for her to get guys to feel that way about her.

If a woman is physically attractive, most guys that she meets would be willing to have sex with her simply based on her looks.

Many of those guys would also be willing to begin a relationship with her, even if they don't particularly like her personality.

Why?

A man's attraction for a woman is primarily based on how she looks. Although we humans now date and have casual sex, the real purpose of our attraction is to find someone to breed with.

If a woman is of breeding age, looks healthy and has an intact body, then she is good enough to breed with.

Yet, the same doesn't apply for a woman's attraction to a man.

For most of human history, it has been a struggle for humans to survive, thrive and prosper.

Even in today's world with our smartphones and supermarkets, a woman still has the natural instinct to breed with a guy who seems like he would be a good survivor.

After all, humans are often just a hurricane or tornado away from being shoved back into basic survival conditions.

Rather than having to think, act, feel and behave like men, women rely on us men to be confident and brave enough to survive and protect her and any children they have.

Even though most people don't start having babies until later on in life these days (because of the dating and hook up culture), a woman's attraction for a man is still based on his ability to survive, thrive and prosper as well as protect her.

So, if a guy looks good, is of breeding age and has an intact body, a woman's attraction doesn't get triggered automatically like ours does for women.

Instead, she has to first assess what type of guy he is first and when she notices attractive personality traits and behaviors, her attraction then begins to switch on.

For example: Is the guy confident or nervous? Is he emotionally masculine or an emotional wimp? Is he socially intelligent or is he clueless about how to get along with all types of people?

This is what really matters to most women.

So, when a guy comes along and says, *"I really like you. I think you're different to all the other women I've known. I want to treat you with the respect you deserve,"* he assumes that he's making his intentions clear with her.

He thinks that by showing her that he doesn't just want to have sex with her, she will think, *"Wow! This guy is special. He isn't like all those other guys who only want me for sex. He's a gentleman who is honestly expressing his feelings for me! WOW! I definitely want him!"*

However, that's not how it happens.

Revealing your feelings to a woman before sex almost always takes away the excitement and the suspense and anticipation that she hopes to experience with a guy.

When You Make Her Feel Attracted, She Will Have “Feelings” For You Too

You might have been thinking something like, *"She doesn't have feelings for me. Have I screwed up my chances with her?"* before you arrived at my site.

However, I hope that you now understand that you can change how she feels about you.

The secret is not to be even nicer, friendly and more considerate than you've already been around her. All that stuff is nice, but it doesn't mean anything unless you are triggering her feelings of sexual attraction for you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to

you and be totally in love with you for life

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My Girlfriend Flirts With Other Guys: 5 Reasons Why She Might Be Doing it

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your girlfriend flirts with other guys, it could be due to one of the following 5 reasons:

1. She is untrustworthy and won't feel bad if she cheats on you.

[image: Untrustworthy woman flirting with other guy]

Most women are trustworthy and can be relied on to be faithful, but there are some women out there who will lie, cheat and betray their man and not even feel bad about it.

The same applies to men.

Some men will happily cheat on their girlfriend (or wife), lie to her and betray her and not really worry about it.

If your girlfriend fits into that category, then you should dump her right away to teach her a lesson.

Then, make her promise to stop doing that in future, otherwise you will dump her again.

Important: When you tell her to stop flirting with other guys, you have to do it in a confident, self-assured way, not a needy, insecure way.

Telling her to stop in a confident, self-assured way: You have to know that you are more than good enough for her and that she is the one making the mistake of flirting with other guys.

You could easily attract another woman if you wanted to, but you are going to give her a chance.

Telling her to stop in a needy, insecure way: You are insecure about your attractiveness and value to her and need her to stop flirting with other guys, because it is causing you a lot of emotional pain and stress.

Watch this video to see how some guys mess up when their woman begins to lose attraction for them and what you should do instead...

Just make sure that you don't overreact to her flirting with other guys, to the point where you come across as emotionally sensitive or weak.

Remain calm, be confident and let her know that you don't appreciate her flirting with other guys in front of you.

If she respects you, feels attracted to you, loves you and wants to be with you, she will want to stop so she doesn't lose you.

Another reason why your girlfriend may flirt with other guys is that...

2. She is trying to get you to pay more attention to her.

When a first begins, a guy will usually give a woman a lot of attention and affection because he's feeling lust and it's exciting to be falling in love with her.

As good as the beginning feels, some guys make the mistake of taking their girlfriend's love,

attraction and respect for granted as the relationship continues.

Rather than making her feel sexy, appreciated and loved, he might expect that she will stick around and be faithful to him because things felt so good at the start.

So, if your girlfriend flirts with other guys, it might be that she's trying to get you to pay more attention to her like you did in the beginning, by showing you how interested other guys are in her.

3. She is trying to gain power over you.

[image: Woman trying to gain power over boyfriend]

If your girlfriend knows that you could easily attract other women, she might be flirting with other guys to make you worried about potentially losing her.

She hopes that if she flirts with enough guys, you will become insecure and she can then gain power over you by threatening to break up with you if you don't do whatever she wants (e.g. ask her to marry you, move in with her, start a family with her, clean up the house, do the dishes, run her errands, etc).

4. She doesn't respect you.

[image: Girlfriend who doesn't respect her boyfriend]

Some guys make the mistake of allowing a woman to disrespect them and treat them badly, just so he can spend time with her and be in a relationship with her.

Other guys start off a relationship well, but then screw things up by allowing the woman to gain too much power over them or by being emotionally insecure too often in the relationship.

The correct relationship that you need to have with a woman is where she respects you and looks up to you as her confident, emotionally strong man. She will then be able to remain open to feeling attracted to who you are and feel excited, proud and happy to be in love with you.

If you're unable to maintain a woman's respect in a relationship (i.e. you let her treat you badly because you're afraid that she will leave, you let her flirt with other guys in front of you, you become insecure when she talks about other guys, etc), she will then begin to lose touch with her feelings of attraction for you.

If a woman doesn't respect a guy, she will automatically begin to lose touch with her feelings of attraction for him. If she loses enough respect and attraction, she will then begin to fall out of love with him.

When that happens, a guy might find himself asking, *"My girlfriend flirts with other guys. How can I stop her from doing it?"*

To get things back on track, you need to get to respect you again by being emotionally strong and standing up for yourself in a confident, self-assured way rather than a needy way.

Once you get her respect back, you need to maintain that and build on it by continuing to be a confident, emotionally strong guy who doesn't put up with being disrespected. You have to know that you could easily attract another woman, but are giving her a chance to be a better girlfriend for now.

When your girlfriend respects you, feels attracted to you and is proud and excited to be in love with

you, she won't feel the need to flirt with other guys because she will already have an awesome boyfriend.

5. She's not that serious about your relationship.

These days, most people don't settle down and get into a lifetime relationship or marriage until their late 20s or early 30s.

So, if your girlfriend is flirting with other guys, she might secretly look at your relationship with her as just another casual, dating relationship that she is going to have at this point in her life.

She might not be ready to settle down and fully commit herself to just one man, so she doesn't really care about showing how loyal and faithful she is.

In her mind, she's not worried if you and her break up tomorrow, next week, next year or five years from now because it's not that serious to her.

What Flirting Usually Means

When a woman flirts with a man that she is sexually attracted to, it usually means that she is signaling to him, *â□□ I like you, I'm attracted to you and I wish something could happen between us.â□□*

However, sometimes a woman will flirt with guys because it's her way of making guys feel good in her presence. She knows that if she flirts with guys, they will treat her better, give her more compliments and make her feel better about herself.

She might not have any intention of ever sleeping with those guys, but might simply be flirting with them because it's her way of maintaining a high level of self-esteem.

For example: She will flirt with other guys to get them interested in her and giving her compliments, which is going to be much better for her self-esteem than simply talking to them in a neutral, friendly way.

So, if your girlfriend is flirting with other men, should you stop her?

Yes and no.

You really can't stop your girlfriend from doing what she wants because you don't own her.

However, you can get her want to be loyal and only have eyes for you from now on.

How?

By making her feel fully respectful and attracted to you once again and then, continuing to build on that so she falls more deeply in love with you.

As you will discover from the video above, you have a lot of direct control over how much or little respect, attraction and love your girlfriend feels for you.

If your not currently doing much to make her feel respect and attraction for you, then you can expect her to remain madly in love with you.

You've got to make sure that you build on the respect and attraction that your girlfriend feels for you over time, otherwise she might fall out of love with you and begin flirting with other guys for real.

Being Emotionally Strong Around Her

The most important traits that women look for in a man are based on his emotional strength (e.g. confidence, high self-esteem, assertiveness, determination to succeed, strong when under pressure, emotional toughness, etc).

While a little bit of humility can be endearing to some women, being insecure (i.e. emotionally weak) and feeling like you're not good enough for her compared to other guys will rapidly destroy her feelings of respect and attraction for you.

In fact, if she notices that you are insecure about other guys being more attractive and appealing than you are, she might eventually get to the point where she thinks, *"Yeah...maybe he is right. Maybe he isn't good enough for me. If so, why am I with him at all? I can do better than him...maybe I should start flirting with other guys and see who likes me and then break up with him when I am ready."*

Don't put that idea in her head!

Remain confident in your attractiveness and appeal to her and as a result, you will naturally think, behave and take action in ways that are going to be more attractive to her because you will be coming from an emotionally strong place.

However, if you doubt your attractiveness and appeal to her, it's only natural that you're going to start talking, thinking, behaving and taking action in an insecure way, which is going to turn her off.

Instead of being at ease and not seeing other guys as competition for your girlfriend, you might begin to appear nervous, uptight and worried when other guys say something funny, do something *"cool"* or even just have an interesting conversation with your girlfriend.

When she notices that you're feeling threatened by other guys, it actually makes the other guys appear more attractive than you because women are mostly attracted to a guy's confidence and belief in himself, which you will be clearly lacking in her eyes.

As a man, you have to maintain control of your attractiveness to women by remaining confident and self-assured at all times. No matter what a woman says or does, you have to maintain your belief in your attractiveness and appeal.

When a woman sees that you have that type of emotional strength, she will naturally respect you and feel attracted to you. She will look at you as being a real man, compared to other guys who simply aren't as emotionally tough and resilient as you are.

Have You Been Putting Up With Her Bad Behavior?

[image: Putting up with her bad behavior]

Some guys make the mistake of assuming that it's good for women to be *"in charge"* and for men to just go along with whatever she says, by adopting an *"anything for a quiet life"* attitude.

While some unattractive women do want a pushover guy that they can control, the majority of women are disgusted by men who don't have the balls to put her in her place.

What's her place?

She needs to respect you. If she doesn't respect you, she will lose you. It's as simple as that.

You are the man, not her. She needs to know her place as your woman and the only way she is going to know that (and stick with it), is if you are capable of being a man that she can consistently look up to and respect.

If you put up with her bad behavior because you're worried about losing her and then having to find another girlfriend, then you're doing it wrong.

If a woman doesn't respect you, she's going to lose touch with her feelings of attraction for you and if that goes on for long enough, she will fall out of love with you.

After a while, she will feel as though there's no point staying faithful to you, because she's secretly planning on dumping you at some point anyway. So, she will then open herself to flirting with other guys to find a replacement guy, before breaking the news to you.

So, before things spiral out of control between you and your girlfriend, make sure that you put her back in her place.

How can you do that?

First and foremost, you need to be respectful towards her, show her that you love her and be a good boyfriend overall. When that is the case, you are then in a position to ask for better treatment.

So, you then tell her that you don't appreciate her flirting with other guys and if she doesn't stop doing it, you're going break up with her.

Don't say it in a whiny, bitchy type of way where you're being insecure and emotionally sensitive. Say it like a strong, self-assured man and simply let her know the deal.

When she sees that you're not being insecure and that you do respect her and love her, she will most-likely feel guilty and sorry for treating you in that way.

From then on, you need to relax and just trust that she will stop flirting with other guys. She might flirt in a friendly way with some guys just to be nice, which is fine and nothing to worry about.

However, if she flirts in an obvious way where she is sexually interested in the other guy, you need to dump her right then and there.

Again, not in a bitchy, moaning, insecure way where you are being emotionally sensitive. Just dump her and tell her that she's not the girl for you.

She will either then accept that because she doesn't care about you anyway, or she will cry and beg for another chance, at which point you can decide to give her that chance or not.

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[image]

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[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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How to Be the Man in a Relationship

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 4 examples of how to be the man in a relationship:

1. Be emotionally stronger than she is

Life is tough sometimes.

Every now and then, life tends to throw you a curveball and a woman wants to be able to rely on her man to remain strong no matter what happens.

She doesn't want to have to be the strong one or "the man" and take care of a scared, sensitive or insecure guy who can't handle the pressures of life as a human being. She wants to be able to relax into being the more emotionally sensitive and vulnerable one, rather than having to be strong for her guy because he is weak.

All across the world, women are naturally attracted to the emotional strength in men (e.g. confidence, determination, high self-esteem, calm under pressure, etc) and turned off by the weakness (e.g. insecurity, shyness, anxiety, nervousness, etc).

When a woman can see that her man always remains emotionally strong no matter how tough life gets or how much she tests him (e.g. by being less affectionate, throwing tantrums, etc), it deepens her respect and attraction for him in a profound way.

She can look up to him and respect him as the man in the relationship, rather than looking down on him and feeling as though she's gotten herself involved with a half a man or a wimpy guy who isn't emotionally strong enough for a woman like her.

These days, millions of guys across the world spend 100s of hours per year in gyms trying to build up muscle in the hope that they can appear strong to women.

There's nothing wrong with a guy working out, building muscle or staying in shape, but it's not the type of strength that makes him the man in the relationship.

He might be able to lift heavy weights, but if he crumbles under the pressure of life or becomes emotionally sensitive and weak in response to the tests of his woman, she is going to look at him as a weak, almost useless man regardless of how big his muscles are.

In today's world, physical strength rarely gets a guy promoted at work, top grades at university or success in business. As men, our inner strength is what is most valuable to women and to ourselves...and women instinctively know that.

A woman might not be able to explain it in that way, but she knows that big muscles on an emotionally weak guy (e.g. nervous, low self-esteem, lack of belief in himself, gives up easily when things get challenging, etc) is not going to pay the bills, make her feel happy and lead both of them to a better life in the future.

There's nothing wrong with having muscles, but if you're not strong on the inside, a woman isn't going to be able to look up to you and respect you as the man in the relationship.

2. Maintain mutual respect

Relationships will often fall apart when a man is unable to maintain the respect between himself and the woman.

For example: He will allow her to disrespect him and treat him badly. In an attempt to change how she is treating him, he will be extra nice to her and try to kiss up to her (e.g. by being very generous, cleaning up around the house, etc) in the hope that she will reward him with more love and respect.

[image: Don't expect her to take charge and lead the way]

Yet, the more he rewards her bad behavior, the less respect she will have for him.

Alternatively, a guy may react with anger and frustration and treat his woman badly if she doesn't respect him, which will only destroy her respect for him even further.

Neither of those approaches work in the long run because the woman loses respect and attraction for the guy and then begins to fall out of love with him.

So, how can you maintain mutual respect in a relationship?

Maintaining mutual respect is about not letting your woman push you around and treat you badly, but at the same time, making sure that you respect her and treat her well too. If either of you are out of line, as a man, you need to be the one who pulls everything back into line.

You can't expect her to "be the man" in the relationship and take charge of the situation.

If you get into an argument, you need to be a man by gaining control over your emotions (i.e. be calmer, more loving, being patient and understanding, etc) and then guide both you and her back to a more harmonious way of communicating, behaving and treating each other.

When you are able to take charge and lead the way like that and guide both you and her back into a more loving, respectful way of being, both you and her grow together as a couple, rather than falling apart through pointless arguments where you end up wasting time and energy blaming each other and trying to make each other feel bad.

For the love and attraction to stay alive in a relationship, you have to make sure that you maintain mutual respect. If a woman doesn't respect you, she will then lose attraction for you and if it goes on for long enough, she will begin to fall out of love with you.

3. Lead the way to a better life for the both of you

To succeed and live a comfortable lifestyle where you can afford to go on vacation and buy nice things, it often takes a lot of hard work, determination and persistence to get there.

Unlike those who are born in a wealthy family and live a comfortable life (often without having to work a day in their life), the rest of the population usually has to work hard and for a long time to be able to enjoy a great life in today's world.

In the competitive world that we now live in, success isn't handed out easily. If it was, everyone would just do a little bit of work and then be hugely successful in life.

It would be nice if life was like that, but down here on planet Earth, life is often a challenge and requires a lot of emotional strength and persistence to achieve great things.

Part of being the man in a relationship is taking on the role of being the person who is mostly responsible for guiding you and her to a better life in the future.

[image: Lead the way to a better life for both of you]

This doesn't mean that you have to do all the work or earn all the money, but that you have to make sure that both of you stay on track to getting where you're aiming to be in 10 or 20 years time.

When a woman sees that her man is rising through the levels of life and reaching for his true potential as a man, she will feel safe with him, respectful of him, attracted to him and will be more in love with him, compared to if he were to hide from his true potential because of laziness or a fear of failure.

4. Make her feel like a real woman

[image: Make her feel feminine in response to your masculinity]

To make a woman feel like a real woman, you need to make her feel girly and feminine in response to your masculinity.

When you are consistently a masculine man (e.g. you are emotionally strong, you don't suppress your masculine vibe around anyone, you are confident, etc), she can relax into being a feminine woman around you.

A mistake that a lot of guys make in a relationship, is to get too comfortable with their woman to the point where he treats her like a friend or "one of the guys" rather than treating her as his girl or woman.

Treating her like a neutral friend or like she is one of the guys, doesn't make her feel like a real woman.

You've always got to let your woman to be in a position where she feels girly and feminine around you. When you do that, she will naturally see you as being the man in the relationship.

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[image]

Almost there! Please complete this quick form to gain instant access.

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Should a Man Pay for Everything?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

No.

Why?

- Some women get offended if a man insists on paying for everything.
- Some women like it when a man pays for everything on a date.
- Some women like it when a man only pays for the first date and then gets her to pay for the second date.
- Some women like it when a man pays for some dates and accepts her offer to pay from time to time.
- Some women want to pay 50/50 for the first date.

In other words, women are crazy!

No, I'm just kidding.

In other words, all women are different, so the answer to the question of, *Should a man pay for everything?* is that it depends on you and the woman.

Another answer to the question is that it really doesn't matter.

If you want to be successful with women, you should worry so much about what they might think.

For example: If you happen to "offend" a woman for insisting on paying for the first date, then simply laugh at the situation rather than seeing it a huge mistake has now screwed up your chances with her.

It's no big deal.

Just get the bill paid for and get on with kissing, having sex and enjoying a relationship together.

Don't make your relationship any harder than it needs to be.

Relationships are easy when you use the right approach.

Watch this video for more info...

As you will discover from the video above, many men create unnecessary problems in their relationship with a woman and then try really hard to fix those problems in ways that just don't work with women!

Back When Men Had to Pay For Everything...

[image: Back when men had to pay for everything]

In the past, a man usually had to court a woman (with the permission of her father or guardian) and if they happened to go out together, a family member would come along to make sure that they didn't touch or kiss.

In those days, it was taken for granted that the man should pay for everything and the woman simply went along looking pretty.

Even if a woman wanted to pay, she usually didn't have any money of her own because women generally didn't have jobs and were taken care of by their family until they got married.

Today's women are a lot more confident and independent. They can have job and make their own money, so they don't need a man to pay for everything during the dating process.

Yet, people aren't all the same.

Some women still hold onto the idea that a man should pay for everything, while other women don't care and just want to get on with kissing, having sex and enjoying a relationship.

When You Trigger Her Feelings of Sexual Attraction For You, it Won't Matter Who Pays

[image: Should a man pay for everything on a date?]

When a woman agrees to go out on a date with a guy, it usually means there are qualities about him (such as his confidence, masculinity, social intelligence, sense of humor, etc.), which are more attractive to her than just his looks or financial and social status.

Yes, there are some women who will only go out with a guy because he's rich, good looking or has high social status and she will then expect him to pay for everything.

Yet, most women just aren't like that at all these days.

So, when a woman is out on a date with you, it's mainly because she is already attracted to you, and she will be excited about being with you, so the minor details of who pays aren't really going to be that important.

If you're on a date with a woman and aren't sure about whether you should pay or not, you can use it as an opportunity to create even more attraction between you and her. How?

Let's assume that you and her are in a restaurant and the waiter has just brought you the bill.

Rather than feel awkward about it and get into a serious, *â€œIâ€™ll payâ€* | *No, Iâ€™ll pay,â€* discussion with her, be confident and use some humor to get her feeling attracted to you.

For example: The conversation may go something like this...

You: Iâ€™ve got this one.

Her: [Possibly looking shy and a little nervous]: No, let me pay for at least half.

You: [Smile and say in a joking manner]: Hmmmâ€¦|actually, maybe you should pay for all of it because you were such a chatterbox over dinner. I had to sit here listening to you for like an hour. So, you pay for it.

Her: [Most likely laughing and blushing]: Um, okayâ€¦|really?

You: [Smile and say] No, I'm just kidding. I love talking to youâ€¦|you're beautiful and interesting, so I'll get the check this time. We can split the bill next time.

Her: [Giggling and blushing some more] Okay.

Of course, saying that she was a chatterbox is just a JOKE. You are not seriously complaining about having to listen to her talk so much.

It's just silly chitchat where you are making fun of her in a playful way. As long as you understand

that, she will see that you are just saying something silly for a laugh.

[image: If she is very attracted to you, she won't really care who pays for the first date]

Talking to her like that will make her feel attracted to you because you're being confident, masculine (i.e. slightly dominating her for fun) and are making her laugh.

Another example of what to say is:

You: I've got this one.

Her: Oh, okay.

You: [Smile and say] Actually, I've changed my mind. You pay for it.

Her: [Smiling, shocked, etc] Huh?

You: [Smile and say in a joking manner]: Yeah [and buy me an extra dessert to take home. I'm hungry.

Her: [Smiling, confused, etc]

You: [Smile and say]: Just kidding. I'll get the check, but you have to give me a tip for taking you on such a great date. Tip me like \$100 or something.

Her: [Laughing]

What's happening here is that you are being confident and funny, which is going to make her feel attracted to you.

You are also making fun of the big "issue" about paying the bill. You're showing her that she doesn't have to be so formal around you and that she can just relax and be real.

Most of the awkwardness that comes with dating happens when one or both of the people is putting on an act of being nicer, more polite and more formal than they would normally be.

If you want the date to go smoothly, drop the act and just be your normal cool, confident and charming self. When she sees that you're being real and not putting on an act, she will then relax and enjoy herself more with you.

Where Guys Go Wrong

[image: Why don't you like me? What's wrong? I've paid for everything. I'm a gentleman!]

As you can see from the examples above, deciding on who pays can be turned into an opportunity to make her feel more attracted to you.

Yet, not all guys understand how to do that.

Here are some common mistakes that guys make when it comes to deciding who should pay!

1. He insists on paying for everything because his mother told him that's what a gentleman will do.

Growing up, most guys get their first bit of dating advice from their mother, who will usually say something like, "If you want to get yourself a nice girl, you have to be a gentleman. Treat her like a princess."

According to most well-meaning mothers, a woman will only be impressed by a man if he buys her

flowers before a date, opens the car door for her every time, pulls out her chair at the table, and most importantly, pays for everything.

As great as this advice might have been back in the early 1900s, it doesn't impress the women of today. Why?

When a guy puts on an act of being much nicer than he normally is, a woman can sense it and it makes her guard go up. She's not interacting with the real version of him, so she feels like she needs to be cautious about letting him get to a kiss or sex with her.

So, what should a guy do instead?

Simple.

Make her feel attracted to him by displaying the personality traits and behaviors that naturally attract women (e.g. confidence, charisma, humor, masculinity, etc).

Once the woman feels a lot of attraction for him, she will then appreciate the fact that he also happens to be a gentleman and has good intentions with her.

She will feel excited the guy who turns her on, is also a good guy. It's like hitting the dating jackpot.

However, if a guy is just nice and is putting on an act of being a caring gentleman, the woman isn't going to be feeling turned on by him and will be wondering why he is acting like that.

It's strange how a woman's attraction works, but that's life â□□ things are strange sometimes.

A similar example is how guys who are too nice to women when they meet them, usually end up getting rejected when they try to make a move.

Watch this video to understand whyâ□|

As you will discover by watching the video above, there is nothing wrong with being nice to a woman or being friendly.

However, if you haven't first made the woman feel sexually attracted to you, she's not going to fall madly in love with you because you're being nice to her.

You have to begin by making a woman feel sexually attracted and turned on by you and then everything else flows on naturally and effortlessly after that.

The same applies to an established relationship or marriage.

If you have slipped into just being a caring, friendly type of boyfriend or husband, your woman will begin to lose touch with the spark she once felt for you.

All of a sudden, you will begin to feel more like friends and the idea of cheating or leaving will start to run through her mind.

2. He thinks that paying for everything will buy her attraction or love.

Some guys assume that if they pay for everything, (e.g. expensive dinners, drinks at a club or bar, movie tickets and snacks, etc.) a woman will automatically like him more.

While there are some women who only want money, gifts and to be treated like a princess, the majority of women don't see paying for things as the step before kissing and sex.

Most women will kiss you and have sex with you for free, without you having to buy ANYTHING.

Why?

The most important thing to most women is that they respect you (i.e. you're not a wimp, you're

confident, etc), feel attracted to you and enjoy interacting with you.

I've slept with many women who paid for their own drinks at a bar, came over to my place for a first date and even brought wine or ingredients to cook up some food.

So, don't think that the secret to success with women is to pay for everything.

The most important thing is that you make her feel respect and attraction for you and that she actually enjoys interacting with you.

If she's feeling turned on, falling in love and feeling good, she's not going to anything else other than a kiss to want to have sex with you and begin a relationship.

3. He always lets her pay for everything, without ever offering to chip in or take care of some of the checks.

Some guys hear that they shouldn't pay for everything when dating a woman and they end up taking it too far by not paying for ANYTHING at all.

Although it's perfectly fine to let a woman pay for things sometimes, if a guy doesn't even offer to pay once in a while, he simply comes across as being arrogant and disrespectful, which isn't impressive to women.

Yes, some do women like rude, arrogant, selfish guys, but the majority of women do not.

If you want to be successful with women, don't put on an act of being anything other than yourself.

If you are a good guy, then be a good guy. You will then attract women who are compatible with who you really are.

If you are being real, the love and connection between you and her will be more real as well.

So, if you want to pay 50/50, pay for most dates or take turns to pay, just go ahead and do that.

Do what feels right for you, as long as you're not putting on an act of being a more generous guy than you actually are in the hope that it will impress her.

Just be your real self.

If you are being your real self and you then realize that you've been too generous or too much of a cheapskate with women, then you can decide to make some changes to who you are.

You who are is always changing, improving and growing. You're not a fixed point of consciousness that will never change.

You are learning, becoming wiser and becoming more effective at living an awesome life.

What Really Matters to Her

So, should a man pay for everything or not? The answer is: It doesn't really matter to most women.

What really matters to most women is whether or not they feel enough respect and attraction for you to kiss you, have sex with you and give a relationship a chance.

So, don't worry about the details and simply focus on making her feel sexually attracted to you and then getting to a first kiss.

Everything prior to the kiss is just details that don't really matter much at all.

As long as you are being authentic, being respectful and making her feel attracted to you, everything

will work out just fine.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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My Girlfriend Said She's Too Busy

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Life happens.

We all have schedules, appointments and deadlines to keep, so it unrealistic to expect your girlfriend to be available to you 24/7, 365 days per year.

Yet, if she's constantly making herself unavailable to see you and the best excuse she can come up with is, *"I'm just too busy,"* then there is clearly cause for concern.

[image: My girlfriend said she's too busy for me]

A woman who is in love with her boyfriend will always make herself available for him, no matter how busy she gets.

Women thrive on having love flowing through their life, and they have a deep-seated need to stay in close contact with the man they love.

[image: Girlfriend wanting to be around her boyfriend]

So, if you're in the position where you are saying, *"My girlfriend said she's too busy,"* then you need to ask yourself, *"What is she trying to tell me?"* and *"What can I do to make her change how she's feeling right now?"*

3 Signs That Indicate She's Losing Interest in Being in a Relationship With You

Major work projects, a hectic exam schedule or family emergencies aside, when a girlfriend says she's too busy to see her boyfriend, she is trying to avoid him for some reason.

For example: She might have lost attraction for him and is no longer interested in the relationship, or she might just be testing to see if he will chase her and stay interested if she doesn't.

It's also possible that she is insecure and worried about getting into a more committed relationship with him and is trying to create space between them so she can have some time to think about whether a committed, lifetime relationship is what she wants.

In most cases though, when a girl says that she's too busy to see her boyfriend, it means that she is going through the process of breaking up with him.

Instead of just coming out and saying, *"It's over,"* she will slowly pull away from him in the hope that will eventually drift apart and she won't have to go through an intense break up with him.

For example:

1. She no longer enjoys being affectionate with you.

Most women enjoy holding hands, hugging, kissing and having sex with the man they love.

If your girlfriend is always making lame excuses like, *"You'll mess up my hair,"* or *"I'm just too tired,"* or even, *"Is that all you ever think about?"* to avoid kissing you or having sex with you, then your relationship is probably in trouble.

Some women have a low sexual libido and don't want a lot of sex or physical contact, but most women do. If your girlfriend used to be very physical and affection with you in the early days and is no longer interested in that, then she's probably not feeling much attraction for you anymore.

Do you know how to make her feel attracted to you again?

If you're currently not talking to her or behaving in a way that sparks her feelings of sexual attraction, then you can't expect her to feel eager to see you.

To keep a relationship together with a woman, you need to deepen the love, respect and attraction that she feels for you.

You can't just expect her to stick around because things felt good at the start.

Women are no longer dependent on men and are allowed to get in and out of relationships with guys until they feel as though they've met "the one."

If you want to be the one for her, you need to make her feel the way that a woman wants to feel when in a relationship with a man.

You can't just expect her to want to stay because you're a good guy and you love her.

There's more to love, respect and attraction than just that.

The feelings have to be mutual in a relationship in order for it to last and become better over time.

If you are the only one feeling attracted and in love, then your relationship will be coming to an end pretty soon.

You've got to focus on improving your ability to make her feel attracted to you, so she actually feels motivated to want to be around you.

2. She is no longer answering your calls or text messages.

[image: Girlfriend ignoring texts from her boyfriend]

Even worse than saying she's too busy to see you, if your girlfriend is not taking your calls or responding to your text messages, she is probably trying to detach herself from you and the relationship.

No matter how busy a woman gets, she will always find a spare minute to text or chat with the guy she's in love with.

A good way to test her commitment to you is to stop all contact with her for a week.

Naturally, if she's still interested in being your girlfriend, she will contact you and say something like, *"What's wrong baby? I haven't heard from you. Are you okay? I've missed you!"*

On the other hand if you don't hear from her within a couple of days, then you can be sure that it's not a good sign.

She is either an insecure woman who can't deal with a real relationship, or she has lost respect and attraction for you and no longer wants to be with you.

If that's the case for you, then you need to focus on getting your ex back because, in her mind, it's already over between you and her.

3. She is going out partying without you on a regular basis.

When a woman is committed to a man and her relationship with him, she won't feel the need to go

out without him, especially to places like bars or night clubs where she will be hit on by men.

Of course, there are some occasions where it's not appropriate for you to join her (e.g. a girl's only birthday party, a bridal shower, a baby shower with all women, etc).

However, if your girlfriend insists on going out partying without you on a regular basis, it's usually because she's opening herself up to meeting a new guy before she fully breaks up with you.

Is My Girlfriend Going to Break Up With Me?

[image: Is my girlfriend going to break up with me?]

If you can relate to the signs mentioned in the previous section, then your girlfriend is either going to break up with you soon or wait until she is ready (e.g. she has found a new guy, she can afford to pay rent on her own or is moving in with a friend, etc).

The signs above show that, at the moment, she seems to be pulling away from you and the relationship. ...but, don't worry.

The good news is that you've noticed just in time.

Even though right now you're saying, *"My girlfriend said she's too busy,"* and feeling like you have no control over the situation, by following the advice in this article, you can easily make her fall back in love with you.

Here is what you need to do!

1. Identify what is causing your girlfriend to lose respect, love and attraction for you.

Unless a woman is a crazy psycho, she doesn't just decide one day that she no longer feels love for her man and wants to break up with him.

Deciding to break up is a gradual process that happens over a period of time where her boyfriend (or fiancé or husband) keeps behaving in ways that are turning her off and making her lose respect for him.

For example: He's being insecure, jealous, controlling, taking her for granted, etc.

For a while, she will try to ignore it and then eventually begin to nag him about it in the hope that he'll realize she's unhappy and make some changes.

Unfortunately, most guys fail to notice the signs until it's too late.

A guy might ignore the signs because he assumes his girlfriend will stick around because they love each other, or because he feels like they are meant to be together so she wouldn't want to break up.

Yet, that's not how it works.

Today's women can easily break up with a guy and have 100s of guys interested overnight by using a dating app or using online dating. If she wants to meet guys in person, all she needs to do is dress up and look a bit sexy and go to a bar or nightclub.

It's easy for women to find a replacement guy, so before your girlfriend decides to leave you, now is the time for you to decide to make some changes to how you make her feel.

Start by identifying what is causing her to lose respect, attraction and love for you.

For example, ask yourself:

- Have I been taking her for granted and expecting her to stick with me because things felt so good between us at the start?
- Am I being too needy, clingy or insecure?
- Am I rising through the levels of life like a real man, or am I hiding from my true potential behind her and the relationship?
- Am I letting her wear the pants in the relationship?
- Have I stopped trying to make her feel attracted to how I treat her and behave around her?
- Am I being too nice to her?
- Am I being too much of an asshole to her?
- Do I even know what it takes to deepen a woman's love, respect and attraction for me?

If you want to successfully change the way your girlfriend feels about you right now, you need to discover the real reasons why she is pulling away from you and then you need to make the correct changes to your behavior, conversation style and how you treat her.

For example: A girlfriend might begin to lose interest in her boyfriend if she notices that he has made her become his purpose in life. He's not following through on his biggest dreams, ambitions and goals in life and simply wants to sit on the couch/sofa with her and waste his life away.

While a woman might put up with that initially, she won't put up with it forever.

A woman wants to be with a guy who has the balls to rise up through the levels of life and reach for his true potential as a man. She doesn't want to be stuck with a guy who lives a mediocre life because he's too afraid to face up to his true potential and become successful.

How about you?

Why do you think that your girlfriend has been pulling away from you lately? What is it about your thinking, behavior or actions that has been making her lose respect and attraction for you?

2. Fix your issues and improve yourself.

It won't matter if you know WHY your girlfriend is losing interest in you, if you then don't act on that knowledge.

Actions speak louder than words, so making promises to change if she gives you another chance is only going to push her even further away.

Some women will temporarily stick with a guy who promises to change, but if he's all talk and no action, she will quickly lose interest in being with him once again.

If you want your girlfriend to stick with you for real, you've got to be going through a constant stage of change, improvement and growth as a man.

Yes, it goes on for your entire life.

You will always be learning, growing and improving.

If you think that you've worked out the entire world already, you are kidding yourself. You might be an extremely intelligent guy, but believe me there is always more to learn about life.

You are always going to becoming a wiser, more well rounded, capable man.

So, don't stop now and think that since you've got yourself a girlfriend, you've now achieved everything in life.

Your life is just beginning.

It will always just be beginning as long as you are alive. There is so much to learn and understand about this life.

Show you girlfriend that you have that wisdom by constantly making improvements and becoming a bigger and better man over time.

When your girlfriend sees that you're making a real effort to improve yourself and be the man she needs you to be, she will naturally feel drawn to you and want to be around you.

When You Make Her Feel Differently, Her Thinking and Behavior Will Change

If the way that you've been communicating with your girlfriend lately has been turning her off, then it's only natural that she's not going to want to make a lot of effort to talk to you or see you.

Instead, she will continue making excuses about being so busy that she can't possibly fit you into her busy schedule. She will continue to push you away and with her actions, she will make it clear that she just doesn't feel the same way about you anymore.

However, by changing your communication style with her in a way that makes her feel attracted to you, she will naturally begin to think and behave differently.

She will feel the need to talk to you and see you in person.

Right now, you might be saying, *"My girlfriend said she's too busy"* and feeling worried about potentially getting dumped, but it's not too late to turn things around.

You can change how she feels.

How?

When talking to her on the phone, via text or social media or when you see her in person, you need to focus on making her feel the type of respect and attraction for you that has been missing lately from your relationship.

If she continues to see that you still don't understand what type of attraction experience she wants from a relationship, she will continue to be distant.

So, I'd recommend that you start fixing things now before she sends you a break up text, calls you to break up with you or says, *"We need to talk"* and then ends the relationship.

You can get her to change how she feels and become a better girlfriend for you.

In fact, it's she's like most women, that's what she will be hoping you do.

She will be hoping that you have what it takes to turn things around before she has to go through a break up with you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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Signs That My Girlfriend Wants to Break Up

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you're asking, *What are some signs that my girlfriend wants to break up with me?* then your gut instinct is telling you that something has changed between you and her.

You might have woke up today feeling concerned that you're about to lose her, but don't worry – you can fix this.

Even if, your girlfriend is currently thinking about breaking up your relationship, you can still change how she feels by re-sparking her feelings of love, respect and sexual attraction for you.

Watch this video to understand how...

As you will discover from the video above, your girlfriend has probably been losing touch with her feelings of respect and attraction for you, which has caused you to begin worrying that she might be about to break up with you.

So, what are some of the signs to look out for?

4 Signs That Your Girlfriend Wants to Break Up

[image: How to know when your girlfriend wants to break up]

Most women don't want to have a nasty break up with their boyfriend, so instead of just coming out and saying they want to break up, a woman will often avoid the issue and hope that the relationship just fizzles out over time.

For example: Has your girlfriend been doing any of these things?

1. Has she stopped calling or texting you? Has she stopped returning your calls or text messages? Has she been ignoring you on social media?

Unless something really serious is going on in her life (e.g. she's working long hours to finish a project at work or university, a friend is going through a really tough time in life, a loved one has died, etc), a woman will always make herself available for the man she loves.

So, if your girlfriend is essentially ignoring you for no apparent reason, she's probably trying to send a message that she's losing interest or has lost interest and is about to break up with you.

2. Does she avoid telling you where she's been and with whom she's been hanging out?

When a woman loves and respects her man, she will be very open and honest about what she's doing and the people she's hanging out with.

If this is not the case for you, then your girlfriend is probably hiding something (i.e. she's hanging out with a new guy, partying with her girlfriends and trying to find a new guy or has even begun dating a new guy behind your back).

3. Is she uninterested in sharing any details about her day-to-day life with you?

[image: I think my girlfriend wants to break up]

In a healthy and loving relationship, a couple wants to listen and share details about their life, even if those details are trivial.

It feels good to talk to each other about anything and everything because you're in love, you're attracted to each other, you respect each other and you're also like best friends at the same time.

So, if your girlfriend isn't interested in talking about her life with you, she's clearly shutting herself off to you.

If she's closed off to you, she will be opening herself up to other people.

That doesn't necessarily mean she is opening herself up to other guys, but she feels better opening up to others than she does with you right now.

4. Is she going out partying without you?

When a woman loves a man and is truly committed to the relationship, she will want to party with him.

Going out partying and getting drunk (especially with her single girlfriends) without inviting her boyfriend means she's opening herself up to meeting other men.

If your girlfriend goes out with girlfriends who have a boyfriend, then you don't have much to worry about. However, even still there's no reason why she shouldn't be inviting you along.

If she doesn't want you around when she's having a good time, then she is definitely open to finding herself a new guy.

Essentially, if a person is still playing games like that, then they aren't ready for an adult relationship. It's just a dating relationship and it will break up sooner or later unless the person changes their ways.

Avoiding a Break Up

[image: How to know if she wants to break up]

Rather than feeling hopeless about the situation and simply letting her slip away from you, take charge of the situation by making her feel a renewed sense of respect and attraction for you.

As you will discover from the video above, you have a lot of direct control and influence over how much or little attraction your girlfriend feels for you.

For example: If you're being insecure, needy, clingy and jealous around your girlfriend, you are going to be ruining her feelings of respect and attraction for you and therefore, she is going to fall out of love with you.

To make her feel attracted, you need to remain confident in yourself, display high self-esteem, make her laugh and feel good around you, make her feel girly in response to your masculinity, etc.

You don't have to become perfect to keep your girlfriend, but you do need to fix the things about your behavior, attitude and vibe that are currently turning your girlfriend off.

Finding yourself in this situation with your girlfriend is an opportunity for you to not only make your girlfriend feel respect, attraction and love for you again, but to become the kind of guy you've always wanted to be.

To do that, you have to be honest with yourself about your current ability to make her feel the kind of respect, attraction and love that will keep the relationship together.

Ask yourself:

- Have I been behaving in ways that are turning my girlfriend off (e.g. being too jealous, needy, clingy or insecure)?
- Have I stopped making my girlfriend feel the way she wants to feel when she's with me?
- Have I stopped trying to reach for my true potential as a man because I now have a girlfriend?
- Am I making her feel proud to be my girlfriend?

These are important questions that you need to ask yourself because unlike in the past, today's women don't stick with a guy for life just because they get into a relationship.

In the past, a woman had to save her virginity for marriage, marry one man and stick with him for life even if she was unhappy.

In today's world, a woman can have sex with whomever she wants and get in and out of relationships until she feels like she's found the right guy for her.

So, if you want to keep a relationship together in today's world, you've got to know what you're doing. You can't just expect a girl to stick around because things felt good at the start.

Are You Unknowingly Pushing Your Girlfriend Away?

Classic examples of behaviors that make a girlfriend (or fiancée or wife) want to break up with her man include the following:

1. Being clingy, needy and insecure.

Relationships change all the time and you need to be emotionally prepared for the ups and downs, otherwise you might make the mistake of becoming insecure when things don't feel like they did the week before.

For example: At the beginning of a relationship, there will be new and exciting feelings of lust and physical desire. It will feel amazing just to hug each other, touch each other or kiss.

Eventually, the, '*I want to rip your clothes off every time I see you*' phase wears off (this is perfectly normal and natural) you transition to a deep respect, emotional attraction and love for each other.

Sex, kissing, hugging and touching still happens very often, but because you are feeling a deep love, respect and attraction for each other, you begin to display that in other ways (e.g. caring for each other, building relationships with each others family, sharing experiences together, building a shared future together, etc), rather than just sex.

This is not only normal, but it's a sign that the relationship is real and has a chance at lasting for life. So, if your girlfriend is no longer behaving the way she did during the first couple of months, don't worry it's normal. Just relax and enjoy the transition to deeper love.

As long as you remain confident in your position as her boyfriend and believe in your attractiveness to her, she will remain attracted to and respectful of you based on your emotional strength and maturity.

Guys who lack relationship experience, or who are unaware of the stages of a relationship, will often mistake these changes in their girlfriend as being something bad.

Rather than see that things are actually developing in a natural and healthy way, they assume that something is wrong and then begin to feel insecure.

Feeling insecure, he then begins to behave in jealous, clingy, controlling or needy ways.

[image: What's wrong? Are you going to break up with me?]

For example: He might panic and ask his girlfriend the following types of questions, which will only make things worse because she will feel turned off by his insecurity...

- What's wrong with you? Do you still love me or not?
- Why don't you jump all over me like you used to?
- Are you going to break up with me?
- Are you still interested in being with me?
- Are you interested in another guy?
- Are you seeing another guy behind my back?
- Are your friends trying to get us to break up?

Feeling insecure about losing her, a guy might then stop hanging out with his friends so he can spend even more time with her. He won't want to let her out of his sight because he's worried that she might stray.

Rather than maintaining a balanced lifestyle and being a man that she can look up to and respect, he might also give up his own interests and hobbies to ensure that all of his spare time is devoted to her.

While a woman may feel somewhat flattered to see that her man is so devoted to her and that he likes to spend all his time with her and even worries about losing her, she will eventually begin to feel smothered by him and will then feel turned off. Why?

That type of needy and insecure behavior doesn't make her look up to him as a strong, confident man who believes in himself and his value to her.

Women are naturally attracted to the emotional strength of men and turned off by the weakness.

It doesn't matter if a guy really cares about his girlfriend and loves her with all of his heart if he's emotionally weak, she's not going to be able to maintain her feelings of respect and attraction for him and the relationship will fall apart.

2. Having no real purpose or direction in life.

Women are attracted to men who know what they want in life and aren't afraid to go out there and get it.

Life is challenging and it takes balls to achieve big things in this world. You've usually got to work very hard and overcome a lot of challenges and obstacles to achieve true greatness and massive success in this competitive world.

When a guy makes a woman his most important purpose in life, she instinctively knows that he's a lost guy in this world and doesn't yet know how to be a real man.

He's hiding from his true potential as a man behind the safety of a relationship with her. He doesn't want to face the big bad world out there and wants to be able to do as little as possible outside of the relationship with her.

It's not that women want a man who is already successful in life if that was the case then the only guys with girlfriends and wives would be the successful ones but a woman wants to know that her man has the potential to become more powerful and successful, and he also has the courage to make things happen; even if that means he has to fight for what he wants and overcome

many obstacles to finally achieve success.

If a guy wastes most of his time watching TV, browsing social media and being stuck in a dead end job that isn't ever going to lead to a promotion, it's not attractive to a woman because it's not achieving anything.

A woman wants to feel safe that if she stays with a guy, he is going to guide both himself and her to a better life over time.

A real man rises through the levels of life, reaches for his true potential and goes after his true purpose in life without fear.

So, the question is: Are you living life on purpose, or are you just going through the motions?

What are your biggest dreams and ambitions in life? Are you making real progress towards achieving them?

If you're not living life on purpose, make sure you begin doing so right away.

Nothing makes a woman feel more lasting respect and attraction for a guy than seeing him rise through the levels of life and reach for his true potential as a man.

It's Not Too Late to Change How Your Girlfriend Feels and Make Her Fall in Love With You All Over Again

Right now, you might be feeling like it's too late to make her change how she feels because you've made too many mistakes with her prior to today.

It's never too late.

I know this because I've helped 100s of guys to get a girlfriend, fiancée or wife back in situations where the woman is saying things like, *"I hate you! Get out of my life! I never want to see you again."*

If situations like those can be turned around, then getting your girlfriend to fall madly in love with you again is going to be a piece of cake.

When you can show your girlfriend that you have fixed your issues (e.g. being clingy, taking her for granted, being needy or insecure, etc) and have improved and changed, she will instinctively stop closing herself off from you and then allow herself to feel attracted to you and respectful towards you once again.

When your girlfriend opens herself up to feeling respect and attraction for you again, it won't take long before she falls back in love with you and decides that she wants to stick with the relationship rather than break up.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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My Girlfriend Told Me to Leave Her Alone

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

So, what actually brings a woman to the point where she tells her boyfriend to leave her alone?

In most cases, it's because the guy has gradually destroyed her feelings of respect and attraction for him (e.g. by being insecure, treating her badly, being needy).

If your girlfriend told you to leave her alone, it's most likely her way of letting you down easy.

In other words, she is preparing to fully break up with you, so now is the time to fix things between you and her before it's too late...

You can change how she feels from now on.

Just make sure that you focus on making her feel a renewed sense of respect and attraction for you whenever you interact with her, otherwise she will break up with you.

When She Wants to Leave the Relationship, But You Don't

[image: Trying to let her boyfriend down easily]

Relationships rarely fall apart all of a sudden without any prior problems or issues.

Most women take a while before they start to give up on their boyfriend and say something like, *"Leave me alone"* or *"I need some time away from you for a while."*

Even though to you it might seem totally unexpected that your girlfriend has told you to leave her alone, she most likely gave you plenty of warning signs beforehand.

For example: She may have warned you!

1. Verbally

By saying things like, *"I need you to stop doing that,"* or *"If you keep doing that, I'm going to break up with you,"* or *"This just isn't working for me. You have to change or else you and me won't last."*

2. With her behavior

By being angry, cold or aloof or by sulking or crying a lot.

3. With her body language

By pulling away from you physically, rejecting your attempts to hug or kiss her, avoiding sex, etc.

4. Through her actions

By arguing or fighting with you about the same things over and over again. She might have also stopped answering your texts or calls for a while, in the hope that you would get the message and change.

Unfortunately, in most cases, guys completely miss these signs, or simply write them off as her just being a moody woman.

Other guys (I used to make this mistake) take their girlfriend for granted and expect that she will stick around because things were so good at the start.

Yet, today's women are like the women from 100 years ago who were completely dependent on a

man and were not allowed to have pre-marital sex.

[image: Marriage in the old days]

Today's women can break up with a guy whenever they want and if they want to sleep with 5 or 10 more guys before settling down, no one has a problem with it anymore.

[image: Dating - Sex before marriage]

When a guy overlooks the warning signs that his girlfriend is giving him, he is usually surprised when she says, *“Leave me alone”* and doesn't care about losing him.

The fact is, a woman will rarely tell her boyfriend what is REALLY bothering her about his behavior. Why?

A woman doesn't want to become a guy's teacher in life about how to be a man, because that will then create a teacher/student or mother/son or big sister/little brother dynamic between them.

For a woman to remain respectful of and sexually attracted to a man in a relationship, she has to be able to look up to him and respect him as her man.

So, rather than teaching a guy how to be a man, a girlfriend will usually continue dropping hints and if he fails to pay attention and make the changes she needs, she will cut him out of her life by saying something like, *“Leave me alone”* or *“I need space.”*

3 Things You Can Do Right Now to Make Her Change Her Mind

[image: Change how your girlfriend feels about you]

Right now, you're probably wondering, *“Even though my girlfriend told me to leave her alone, I still love her! So, is there anything I can do to make her change her mind?”*

Definitely!

Here's what you need to do!

1. Understand what she really wants you to change about yourself.

As I mentioned above, most women will avoid giving you the real reasons why they are breaking up with you.

A woman does this because she doesn't want...

1. To have to teach him how to be the man she needs him to be. She wants him to know how to be a man without her having to lead him and take on the role of his mother, or teacher who has to educate him about what it takes to be a real man.
2. To have to deal with his emotional reaction to her feedback. Depending on what has caused her to lose respect, attraction and love for him (e.g. he is too insecure, he acts feminine at times, etc), she will know that he could react badly to what she has to tell him and he may even become aggressive or violent if she doesn't give him another chance.
3. To give him the opportunity to try and talk her out of her decision, or worse, have to put up with an emotional break down, or listen to him making promises to change.

For these reasons, you may not know exactly WHY your girlfriend has told you to leave her alone,

which is why your first step to getting her back is to figure out what REALLY caused her to lose respect, attraction and love for you and make her want out of the relationship.

If you don't find the REAL reasons, you will be promising to change things that she secretly doesn't even care about.

For example: She might have felt that you were being needy and clingy and that you were using the relationship with her to hide from your true potential in life.

If that's the case, she wants to see you get clear on your biggest ambitions and goals in life and then begin making progress in that direction, rather than clinging onto her as being your one and only reason for living.

So, if you start buying her flowers and gifts, and you text or call her incessantly (basically making her feel even more smothered by you and grateful that she broke up with you), she's going to feel pissed off that you don't understand what she really wants from you.

However, don't expect her to spell it out for you. She doesn't want to be your teacher.

If you really want to get your girlfriend back (or keep the relationship together if you're not broken up yet), you've got to be offering her what she really wants, not what you think she might want.

If you are trying to get her back with the wrong offers, she will continue to feel misunderstood and she'll see no reason to stay with you.

2. Fix your emotional issues and show her that you've really changed.

Some guys get annoyed when they hear that they'll need to fix their issues (e.g. insecurity, neediness, clingy behavior, etc) to get a woman back.

A guy might ask, *"Why do I have to change for her? Why can't she accept me for who I am?"*

The fact is, right now your current behavior and thinking is not making your girlfriend feel enough respect, love and attraction for you.

To quote Henry Ford:

"If you always do what you've always done, you'll always get what you've always got."

In other words, if you are so set on staying the same and not making an effort to fix negative thinking, behaviors or insecurities, you will continue to present your girlfriend with the same things that caused her to tell you to leave her alone.

If you don't make any changes, your girlfriend will continue to behave coldly towards you and continue telling you to go away because there is no reason for her to change her mind.

Rather than get caught up feeling defensive about her rejection, try to realize that changing limiting behaviors and attitudes benefits you too.

It's not about becoming a "perfect man" for her, but about becoming a better version of who you already are.

When you do that, you will not only get your girlfriend back in your arms again, but you will also find that the new, improved version of you is more successful in social situations, at work and in life.

Isn't that worth changing for?

When your girlfriend sees that you have begun to fix your issues and improve yourself emotionally as

a man, she will naturally be able to feel attracted to you again.

After all, love doesn't die.

If you and your girlfriend did experience love together, it is still there in the background and she will naturally become open to reconnecting with that love when she sees the new you.

As you will discover from the video above, it is possible to change the way that your girlfriend currently feels about you.

Her emotions are not set in stone.

When you present her with a more attractive version of yourself (e.g. you're more confident, more able to make her feel girly in response to your masculinity, you're emotionally stronger, etc), she will naturally become open to feeling attracted to you again.

3. Make her see you as a better option compared to other guys.

At this point, your girlfriend is probably going to be doing whatever it takes for her to get over you (e.g. going out partying with her friends and maybe even dating other guys).

The biggest mistake that you can make at this point is to become jealous, insecure or even start begging her to give you another chance. This type of behavior is totally unattractive to a woman because women are naturally attracted to the emotional strength in men and turned off by the weakness.

If you are being emotional weak and needy towards her, she will naturally find herself feeling attracted to guys who are emotionally stronger than you are—even just a little bit stronger.

Pretty much any guy who is emotionally stronger than you are at this point will seem like a better option.

So, make sure that you don't beg or force her to experience your emotional insecurity or weakness. It will only make things worse.

Your girlfriend won't want to feel like she is doing you a favor by getting back with you. She wants to feel like you are the best guy for her, rather than feeling like she is settling for second best.

Getting her to see you as a better option to other guys is easier than you think. There are things that you can say to her right now on the phone, and there are also many things that you can say and do when you meet up with her that will make her see you in a different light.

Your Situation is Fixable

If you're saying, *"My girlfriend told me to leave her alone,"* you might be thinking that your situation is hopeless because she seems determined not to have anything more to do with you anymore.

Yet, as you can see by what you've read so far; there are many things that you can do right now to change how she feels and get her respect, attraction and love for you back again.

You actually have a lot of direct control over how much attraction your girlfriend feels for you.

For example: If a guy is confident, charismatic, funny, masculine and charming around his girlfriend, she is going to feel much more attracted to him than if he were insecure, needy and emotionally sensitive.

When you change your behavior and the way you interact with your girlfriend, she will automatically begin to see you in a new light and she will feel drawn to you again.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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My Girlfriend Won't Answer My Calls

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your girlfriend won't answer your calls, it either means that:

1. She's annoyed at how often you contact her and is hoping that you get the message and then slow down a bit.

[image: Why is he calling me so often? It's so annoying...!]

To maintain the respect and attraction of a woman in a relationship, you've got to make sure that you maintain a balanced lifestyle as a man.

As a man, you need to be pushing forward in life and trying to achieve your biggest goals and ambitions, rather than spending all your time and energy on a woman.

At the beginning of a relationship, a woman will usually eat up all the attention that a guy gives her and she will be happy with that for a while, but if she eventually realizes that she is his purpose in life, she will rapidly begin to lose interest.

A woman does want to feel loved, respected and wanted by her boyfriend, but she doesn't want to feel like she is his "everything" and that, without her, his life would be boring, hopeless, etc.

2. She's testing to see how you will react if she isn't so available.

Sometimes, a woman will stop answering her boyfriend's calls to see how much power she can get over him or to see how much he really cares.

Here's the thing though...

While it might be fun for a woman to gain power over her man, when it eventually happens, she will then begin to lose respect and attraction for him.

3. She wants to break up with you, but doesn't have the courage to tell you yet.

Women don't always come right out and say, *"It's over. We're breaking up"* and will often begin to ignore a guy and avoid him in the hope that he gets the message and moves on.

4. She is busy and doesn't have time to be chatting on the phone all the time.

Not all women love to answer their phone every time it rings.

If your girlfriend is focused on her career or studies, or is a popular or busy person, she won't always want to answer her phone when you call.

4 Signs She Wants to Break Up With You

[image: 4 signs she wants to break up with you]

Right now, you need to determine whether or not your girlfriend is trying to break up with you, or whether she is simply trying to test your reaction to her sudden unavailability.

If she does want to break up with you, she won't necessarily have the guts to tell you that right away.

For example: Many women will say something like, *"I want some space to find myself,"* or *"I think we should just take a break from each other for a while and see what happens"* or, *"If we had met each other at a different time in our lives, we would have more time for each other...but, I don't know"*

if I can give you what you want right now.”

So, if you’re saying, “*My girlfriend won’t answer my calls,*” it could be that she wants to break up with you, but simply can’t work up the courage to say that to you directly.

Here are 4 signs that suggest she wants to break up!

1. She’s constantly unavailable to see you.

Unless she is completely bogged down by a hectic work schedule or a crazy study schedule, a woman will always make herself available for the man she loves.

Always.

No matter how busy she gets, a woman who is in love with her man will do anything and everything to try to meet up with him in person to feel his love up close; even if it’s just a 10 minute date during her lunch break, or on a quick kiss on her way to work in the morning, between classes, etc.

For a woman, being in love with a man and having the flow of his love run through her life and mind is what sustains her.

Not being able to be with the man that she loves is something that makes her feel terribly unhappy and she will do whatever she can to avoid being without him.

So, if your girlfriend is constantly making lame excuses like, *“I’m just SO busy right now,”* or *“Something came up. I’ll see you when I can,”* to avoid seeing you, then she is hoping that if she stays away long enough, the relationship will fade away without her having to come out and tell you directly that she wants to break up.

2. She’s physically and emotionally closed off from you.

Nothing makes a woman feel more alive than the opportunity to demonstrate her love for her man by holding his hand, hugging him, kissing him and having sex with him.

In a loving relationship, physical intimacy is an essential way for a couple to connect with each other and express their deeper feelings of love and attraction.

If your girlfriend has been avoiding any displays of affection and is suddenly not interested in having sex with you, it means that she is no longer feeling the respect, attraction and love for you that first drew her to you.

When a woman loses respect for her guy, she will then lose feelings of attraction for him.

If it keeps happening, she will then begin to fall out of love with him.

So, if your girlfriend is falling out of love with you, then you need to focus on making her feel a renewed sense of respect and attraction for you ASAP.

If you are displaying the personality traits and behaviors that naturally make women feel respectful towards and attracted to a man, then your girlfriend is not going to want to leave you.

3. She goes out without you on a regular basis.

[image: Why won't she answer my calls?]

Part of being in a healthy relationship (i.e. full of love and free of insecurity) is being cool with the idea that your girlfriend will sometimes go places without you.

She will have friends, interests and hobbies that are separate from you and your relationship. The same must apply to you too.

However, if your girlfriend is constantly going out without you, often to places like clubs or bars where she's likely to get hit on by other men, while you're sitting at home pining over her and avoiding going out with your friends, it is a clear sign that she's opening herself up to meet new men.

Personally speaking, I would dump my woman if she suddenly started going partying and clubbing with her friends and didn't want me to come along.

I would never, ever put up with being treated like that.

If she wanted to go once so she could have a girl's night with her girlfriends who were in relationships, I would be fine with that. However, if she wanted to go out and party with her single girlfriends, I would be disappointed that she wouldn't want me to come along.

[image: Dan Bacon at a nightclub with girlfriend]

In my relationship (that's her in the photo above), my girlfriend (who recently became my wife), has never wanted to go out without me.

She feels better when she's with me and has no desire to be hit on by other men.

Why?

I've been deepening her love, respect and attraction for me over time, rather than destroying it by being insecure, unloving, taking her for granted, etc.

You can have that effect on your girlfriend too.

You don't just have to sit around hoping that a woman will never leave you.

You can deepen her feelings for you over time.

Being able to deepen your woman's feelings of love, respect and attraction for you is extremely important in today's world.

[image: Marriage in the old days]

Unlike in the past where a woman would stay with a man for life even if she was unhappy, today's women dump or divorce guys who aren't able to give them the type of relationship experience that women really want.

[image: Women meeting and hooking up with men]

Today's women can easily go out and meet a new guy and not feel ashamed about it.

If you want your girlfriend to feel an undying desire to be with you in a relationship, you've got to begin deepening her feelings of love, respect and attraction, rather than expecting her to stick around because things felt good at the start.

4. She's been texting, calling or chatting with another guy, but tries to hide it from you when you ask her about it.

It's normal to have separate friends from each other and a couple shouldn't have to live in each other's pockets or have to report their every move to each other.

However, if your girlfriend has been texting, calling or chatting online with other guys and isn't responding to you, then she might be opening herself up to the idea of cheating or leaving you and then hooking up with a new guy.

You have to be careful how you approach her about it though. If you accuse her of flirting with

another guy and tell her to stop, she might say, *â€œYou donâ€™t own me. I can talk to whoever I want to talk to. I donâ€™t have to report to you every time I talk to someone.â€*

What should you do instead?

Simple.

Get her to feel a renewed sense of respect and attraction for you (i.e. by replacing your unattractive behavior with attractive behavior) and she will usually change automatically.

If she doesn't, you need to tell her that you feel like she's disrespecting you by ignoring you and then chatting heavily with other guys, so if she doesn't stop treating you that way, you and her are finished right now.

Don't say that in a needy, insecure way. Just be confident in yourself (i.e. know that you're more than good enough for her) and tell her that if she is unable to respect you, then you don't want to be in a relationship with her anymore.

She Might Just Be Testing You

[image: She might just be testing you]

When a woman is in a relationship with a man, she will always continue to test his confidence and challenge his position as the leader of the relationship.

The testing happens when you first approach, when on a date, in a long-term relationship and even when you've been married for decades.

The testing never stops.

Why?

Women instinctively test you because it's the most important and powerful way for them to remain attracted to you and respectful of you.

If a woman tests you and notices that you don't break down and become insecure and instead remain strong and confident, the respect and attraction that she feels for you deepens.

However, if you become insecure when she tests you, a woman will then begins to question whether or not you are strong enough to be her man.

So, if you're saying, *â€œMy girlfriend wonâ€™t answer my calls,â€* and it's not because she wants to break up with you (i.e. she's not displaying any "break up" signs), then she is most-likely just testing to see how much control she has over you and how confident you are in your sex appeal and value to her.

A confident guy who knows that he is more than good enough for his girlfriend won't waste time worrying if she suddenly stops answering his calls.

He will feel like it's her loss if she stuffs the relationship up and will simply continue on with his life as normal, knowing that his girlfriend feels lucky to be with him.

Additionally, because of his confidence, he will be naturally attractive to other women and there will always be women in his life who like him and hope that he breaks up with his girlfriend so they can get a chance to be with him.

Yet, guys with that sort of confidence are rare.

Most guys don't really know how to attract women with their personality and they lack confidence around women really like.

So, when a guy like that gets a girlfriend, it's usually as a result of him "getting lucky" (e.g. the woman was drunk, she just got out of a relationship and wanted a replacement guy fast, he grew on her over time and eventually got a chance, etc).

Guys who get lucky with women are usually able to feel confident at the start of a relationship, but when the woman starts to test his confidence by playing hard to get, the "lucky guy" becomes insecure, jealous and clingy.

She notices and it begins to eat away at his respect and attraction for him, which then causes her to begin treating him badly (e.g. ignoring his calls, being less affectionate, etc).

The lucky guy will then put up with her bad treatment to keep her around, or accuse her of being a bitch and demand that she changes and shows him some more respect.

Yet, neither of those approaches will keep the relationship together for long.

Essentially, he has no control over how she feels for him and simply trying to do whatever he can to hang onto what he has gotten via luck.

He doesn't know how to get her to feel a renewed sense of respect and attraction for him, and he's not confident about being able to find a replacement girlfriend, so he feels stuck.

When faced with a girlfriend who won't answer his calls, a guy like that may begin to call her multiple times per day to make sure that he stays on her mind.

He may even text her or leave her voicemail messages like, *What's wrong? Why won't you answer my calls?* or *What's going on? Don't you love me?* or *How can you do this to me? Don't you realize that I'm falling apart here?*

However, rather than make her happily pick up the phone and call him back, she's going to be thinking, *What a loser! Is this all it takes to make him lose his confidence? Pathetic!* and she will lose respect and attraction for him as a man.

It's Up to You to Make the Relationship Work

[image: It's up to you to make the relationship work]

Whatever is going on in your relationship right now, you can't expect your girlfriend to tell you about it or fix it.

As the man, it is your responsibility to take the lead and make a woman feel the way she wants to feel in the relationship.

Why?

A woman doesn't want to have to take on the role as a guy's teacher in life about how to be a man.

She wants you to figure that stuff out yourself (or already know it) and then just be the man she needs.

She doesn't want to create a dynamic in the relationship where you are the student and she is the teacher, or you are the boy and she is the mother figure, because it will destroy her respect and attraction for you.

She wants to be able to look up to you and respect you as her man, not look down on you and feel as though she needs to take care of you emotionally because you're so confused (about how to be a man) or are so emotionally sensitive and insecure.

If you want to stop saying, *"My girlfriend won't answer my calls,"* then it's up to you to figure out what is causing your girlfriend to lose respect, love and attraction for you and to then fix it.

Women are naturally attracted to the emotional strength in men and turned off by the weakness, so when you begin to show your girlfriend that you're the confident, masculine and mentally and emotionally strong man she really wants, she will feel much more excited and eager to call you.

If you're currently in a situation where you feel like all hope is lost with your girlfriend, think again.

You might have started out today thinking, *"Is my relationship over? Am I going get dumped by my girlfriend?"* but as you can see, that's clearly not the case.

There's always a way to re-spark a woman's feelings of respect and attraction for you as a man. When you give her what she needs, other men will begin to pale in comparison to you.

She will realize that she already has an amazing boyfriend and doesn't need to waste time trying to find a replacement.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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Do Long-Distance Relationships Last?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

It's an interesting question, but of course, there's no definitive answer to the question of, *do long-distance relationships last?* because some do and some don't, just like some non-long-distance relationships last and some don't.

A woman will stay in a relationship with a man for life if she:

- Respects him and looks up to him as her man.
- Feels deeply attracted to his personality and who he is as a man.
- Is proud to be called his girlfriend, fiancée or wife.
- Can see that their life together is just going to get better and better.

On the other hand, a woman will want to get out of a relationship if she:

- Can no longer respect her man (e.g. he is insecure, clingy, too jealous, etc).
- Is turned off by his personality and who he has become since being with her.
- Often feels embarrassed to be known as his girlfriend, fiancée or wife.
- Can see that their life seems to be going nowhere fast and she might enjoy life more if she started afresh with a man who could guide both himself and her to a better life.

Of course, it's not always the guy's fault.

Sometimes, a woman just isn't ready for a truly committed, adult relationship and is simply with her boyfriend for a while (e.g. for fun, to help pay the rent, for sex, etc).

If your woman isn't truly committed to the idea of you and her building a life together, then it's either going to be because she's not ready for that, or because you haven't flicked that switch in her mind that makes her ready for it.

The Distance Between You

Being separated by a lot of physical distance does bring a different set of challenges into a relationship, but the couples who make it work are those who have the right foundation in place from the beginning.

What is the right foundation for a successful relationship?

- You attracted her on purpose and not by luck.
- You chose a compatible woman for you, rather than taking whatever you could get.
- She feels lucky to be with you because you're such an awesome guy.
- You've been deepening her feelings of love, respect and attraction for you over time.
- You are clearly the man (i.e. you are masculine in how you think, behave, feel and take action in life and with her) and she is clearly the woman (i.e. she is feminine, free to be girly around you, free to be emotional, she feels safe and protected in her relationship with you, etc).

As long as that dynamic is there prior to you and her going long distance, then she's not going to

want to leave you.

[image: Long distance relationship: Soldier returning home]

[image: Long distance relationship: Soldier returning home]

Just think about some of the soldiers who are deployed overseas for 12-18 months and come back to an excited, ecstatic, loving woman who cannot wait to be in his arms once again.

As long as the right dynamic is in place, your woman will be patient and your relationship will last, despite going long distance for a while.

Young Relationships Vs. Mature Relationships

A long distance relationship can happen when a couple is in college, or when they are 25 years into a marriage in their 50s and have to be apart for long periods of time because of work or business commitments.

So, it can happen to anyone.

Statistics gathered from an American survey revealed that approximately:

- 14 million women and men considered themselves to be in a long-distance relationship.
- 3% of all marriages are long-distance relationships.
- 10% of relationships that start out as long-distance relationships go on to become marriages.
- 75% of engaged couples have been separated by distance at some point in their relationship.

According the same survey, approximately 32% of college student relationships are long-distance.

This comes as no surprise when you consider that the relationship probably began in high school and then they went to different colleges after graduating.

When you consider these statistics along with the estimation that around 40% of all long-distance relationships eventually break up, the odds of a college student long-distance relationship surviving don't seem that promising.

Yet, statistics from a survey don't always tell you the whole story.

For example: It's now fairly easy to get an ex back after a long-distance relationship has broken up. I've personally helped 100s of guys and men of all ages to get a woman back after their long distance relationship breaks up.

The reason why so many guys are getting women back after break ups now, is that guys can now learn how to trigger a woman's feelings of respect and attraction for them.

You can literally control how much or how little respect, attraction and love she feels for you.

It's within your control.

However, if you're approach to her regularly makes her lose respect, feel turned off or disconnect from her feelings of romantic and sexual love for you, then the relationship will fall apart.

It won't matter if your relationship is long distance or if you're living in the same house as your woman, she's going to want to break up.

If you want a relationship with a woman to last in today's world, you've got to be able to deepen her feelings of love, respect and attraction for you.

In the past, a woman had to stay with one man for life because pre-marital sex was forbidden and divorce was seen as shameful.

Yet, in today's world, women can get in and out of relationships for as long as they please. A woman will only commit herself to one guy when he is able to click the commitment switch in her mind and make her want to be with him and only him.

Two Examples to Consider

Here are a couple of hypothetical examples of long distance relationships.

Have a read through and you will see why one of the relationships lasted and the other didn't.

Example 1: Todd and Jeanette

After being in a relationship for just over a year with Jeanette, Todd was given the opportunity of being promoted at work.

The promotion meant that Todd would receive a significant rise in salary, and since he and Jeanette were saving up to buy a house, the extra income was a big incentive.

However, by taking the promotion, it meant Todd would be relocating to a different city for the first 12 months and would then be able to return and work from the office in the city that he and Jeanette were from.

After discussing the pros and cons of the opportunity, both Todd and Jeanette decided it was the right thing to do and they prepared themselves for the challenges of physical separation that lay ahead.

In this case, the strong emotional connection shared by Todd and Jeanette helped them to cope with the lack of physical connection during their time apart, and the shared incentive of being able to save up the money they needed for a house deposit helped to keep them focused on the good times that lay ahead when the year of separation was over.

Todd was a confident, masculine man who was rising through the levels of life and reaching for his true potential as a man, which made Jeanette feel proud to be his girlfriend.

Jeanette was a loving, supportive woman who believed in marriage and was hoping that her and Todd would some day tie the knot.

So, when Jeanette's single girlfriends asked her to go out to nightclubs when Todd was away, Jeanette suggested that they catch up for coffee, dinner or lunch instead because she didn't want to put herself in a position where she'd be hit on by other guys.

Jeanette was committed to Todd because she respected him, felt attracted to him, loved him and was excited about where their life was heading together. She also had the maturity and good personal values to be able to say no to the requests she was getting to go out and party and get drunk with her single girlfriends.

Example 2: Matt and Tyra

For Matt, the circumstances were different.

His hot girlfriend was offered the chance to work in her company's overseas office for three months because she'd been doing an amazing job at her office.

She was really excited about the opportunity and proud of her achievement, but Matt felt resentful because he was the one being left behind.

Matt didn't care about his career and spent most of his life watching TV, playing video games, catching up with friends to drink and hang out and basically being devoted to his girlfriend.

In other words, he didn't have much purpose in life outside of relationship with Tyra. She was the most important, significant thing in his life and everything else was just a bit of fun or the responsibilities of life (e.g. earning money to pay for food, rent, etc).

Tyra tried to make him feel better about the situation by pointing out that it was only for 12 weeks and assured him that they could stay in regular contact every day.

Matt was unhappy about it and eventually said, *"Well, I guess you're going to go anyway. I just want you to assure me that you're not going to cheat on me while you're away. You are my everything and I'd be nothing without you."*

Tyra secretly felt turned off by his lack of purpose in life and resented him for making her feel so responsible for his sense of identity and emotional security, but she said, *"Yes babeâ€¦|don't worry, I'm all yours."*

While she was away, they did stay in contact every day via phone calls, video calls, text, or email, but Matt's insecurities very quickly began to turn the relationship sour.

For example: Tyra would tell him about her day at work, but every time she mentioned another man's name, he would become very jealous and demand to know all the details of who he was and how she felt about him.

He started sending her a lot of text messages during working hours and then accused her of flirting with other guys and wanting cheating on him if she failed to reply immediately.

His unfounded jealousy and the neediness of his behavior led to his girlfriend losing all respect for him and she quickly began to fall out of love with him.

A couple of weeks into her time away, she went out with coworkers for after work drinks, got drunk and ended up kissing one of her male colleagues. She kept it a secret from Matt and simply began a new relationship with the guy on the side.

By the time his girlfriend returned, she no longer saw Matt as the confident, secure man she fell in love with and she said, *"I want us to take a break for a while. I'm moving out into an apartment on my own."*

The guy from the other office was far away in another state, so that relationship ended too, but she kept flirting with him over text and video chat.

So, why didn't Matt and Tyra's long distance relationship last?

Essentially, Matt did way too much to turn her off and destroy her respect for him, which then caused her to begin to fall out of love with him and open herself up to other guys.

If Matt was a perfect boyfriend to her, it is still possible that Tyra would have cheated and left him anyway, but it would have been less likely.

There's never any guarantee of keeping a woman for life, but you can avoid running into problems by choosing a truly compatible woman in the first place and then deepening her love, respect and attraction for you over time.

Making it Last

Thereâs no guaranteed formula in terms of letters, e-mails, video chats or phone calls that will make a long-distance relationship work.

So, if you look around online and people are telling you to call her 3 times a week, don't be so naïve that you then follow that advice like it's a guaranteed plan.

The only thing that really makes a long distance relationship last is the same thing that makes a normal relationship last.

She has to respect you, feel attracted to you, be excited to be in love with you and be happy about where your life is heading together.

If you're lacking in any of those areas, that's what you need to work on.

Calling her up every couple of days to have a video chat is only going to make things worse if you're turning her off in subtle ways.

So, if you're going to work on anything, I recommend brushing up on your skill of attracting a woman when you interact with her.

Watch this video to understand how that works...

As you will discover from the video above, you have a lot of control over how much attraction your woman feels for you.

Her attraction for you will rise and fall based on how well you display the personality traits and behaviors that naturally attract women...

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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My Girlfriend Says I Take Her For Granted

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your girlfriend is telling you that you take her for granted, you simply have to change a few things to fix the problem and get the relationship back on track.

Here's what you need to do...

1. Apologize for taking her for granted

[image: Apologize for taking her for granted]

For example, you can say, *"You're absolutely right. I'm sorry. You're so important to me, but I've been behaving like I don't really care what you think or feel. That was wrong."*

Try not to turn the apology and the current situation between you and her into something hugely serious.

Hear what she saying, sincerely apologize and then get back on with loving her, laughing, smiling and enjoying yourselves together.

Try to avoid getting angry and turning it into a huge argument that drives you and her further apart.

Take the feedback, but don't see it as an attack. Look at it as an opportunity to deepen her feelings of love, respect and attraction for you by instantly beginning to change and make her feel happier with you.

2. Remind her that everyone makes mistakes

Tell her that you're glad she has told you that you've been taking her for granted, because it has woken you up.

Then, let her know that although you did stuff up, no one is perfect and everyone makes mistakes sometimes.

3. Get her to feel a renewed sense of respect and attraction for you as a man

If your girlfriend doesn't respect you enough or feel enough attraction for you, she will gradually begin to fall out of love with you.

When she falls out of love with you, she will then either break up with you or ask for some time apart so she can figure out what she wants.

So, before she gets to that point, make sure that you're thinking, behaving, feeling and acting in the ways that naturally make a woman feel attracted to you.

You can literally change the way your girlfriend is currently feeling by changing how you approach your interactions with her.

Getting a Bit Too Comfortable

[image: My girlfriend said that I take her for granted]

When a guy lacks relationship experience (or hasn't learnt from his past relationship mistakes), he will usually reach a point where he gets a bit too comfortable with the idea that his girlfriend belongs to him.

What a lot of guys don't realize is that a woman no longer has to stay with a man if she doesn't want to.

In the past, a woman had to save her virginity for marriage, get married and then stick with a man for life, even if she was unhappy.

In today's world, women are free to do whatever they want. If a woman's boyfriend (fiancé or husband) takes her for granted and stops caring about making her feel the type of love, respect and attraction she wants, she will usually give him a few warnings first and if he doesn't change, she will break up with him.

A lot of modern men are shocked when their girlfriend breaks up with them because they are operating under the idea that once a couple says, *"I love you"* and gets into a serious relationship, they are pretty much set for life.

For example: A guy will spend too much time playing video games, watching sports, working or hanging out with friends and he will just expect his girlfriend to keep putting up with it no matter what.

A modern woman will put up with that type of treatment for a while, but not forever.

If she's attractive and can easily get herself another guy, it's not difficult for her to open up a dating app or register for online dating and 100s of guys interested in her over night.

It's not like it was back in 1900 for example, where a woman was almost completely dependent on a man.

A modern woman can earn her own money, rent her own house, buy food on her own and use a smartphone to instantly connect with 100s of horny guys.

So, if she finds herself in a relationship with a guy who is taking her for granted, she knows that she can leave and move on if she wants to.

When she gets to the point where she's had enough, she will then tell her boyfriend something like, *"You take me for granted"* or *"You treat me like shit and expect me to stick around."*

Later on, when the guy tells his buddies about what she said, he might say something like, *â€œI never saw it coming,â€œ* or *â€œIt was so out of the blue,â€œ* or *â€œShe never told me what was bothering her and then all of a sudden, she said that it was over between us.â€œ*

Here's the thing...

A woman doesn't usually come out and tell her guy exactly what is bothering her and exactly what he needs to do to make her happy.

Instead, she will usually give him hints during arguments (e.g. *"You treat me like crap"* or *"I'm sick of the way you treat me"*), but in most cases, a guy will overlook what she is trying to tell him and will then feel completely shocked when she breaks up with him.

It's not all his fault though, because women don't provide instructions on how to fix relationship problems. They usually just argue, complain and nag in the hope that a guy will change.

Why? A woman doesn't want to be a guy's teacher on how to be a man. Instinctively, she knows that if she has to take on the role of his teacher, it will destroy her feelings of respect and attraction for him.

A male-female relationship that has little respect or attraction cannot continue for very long. A woman might stick around because she can't afford to leave and pay rent (or a mortgage) on her own,

but she will be gone as soon as it is possible for her to leave.

So, if you're currently saying something like, *"My girlfriend says I take her for granted,"* then you are in the very lucky (yes, lucky) position of having a girlfriend who is actually taking the time to tell you what is making her unhappy in her relationship with you, before she actually breaks up with you.

You can choose to ignore her and wake up one morning to the sound of the door closing behind her as she leaves your life forever, or you can use this as an opportunity to make your relationship with her better than it has ever been.

If you don't want to lose her, you've got to understand where you've been going wrong and what you need to change to make her feel respectful of you and attracted to you again.

If you don't make changes now, she will probably break up with you pretty soon.

In many cases where a woman feels taken for granted, she will usually cheat or have another guy lined up before she breaks up with her guy.

She does that to ensure that he can't seduce her back into a relationship easily.

She wants to make him feel the kind of pain she has felt while being taken for granted for so long.

So, if you want to avoid all that mess, just start changing now.

It's so much easier than going through a messy break up and then having to get her back (if you want to, that is).

Have You Been Making Any of These Mistakes in Your Relationship With Her?

When a guy's girlfriend says that he takes her for granted, he will usually first respond by denying it. He's thinking, *"But I love her more than anything. How can she even say that to me? Don't I do nice things for her to show her how much she means to me? What is her problem?"*

Yet, if a woman is saying that her man is taking her for granted, there is going to be a real reason for it.

Sure, she might be crazy and demanding way too much of her boyfriend, but in most cases it is legit and you need to pay attention, apologize, change, re-attract her and then get the relationship back on track.

Here's the thing...

You are probably a really good guy with a good, kind, honest heart.

Maybe you always remember her birthday, Valentine's Day and any other special holiday and dates (like the day you met, or the first time you kissed, etc.).

However, no matter how great she feels when you buy her gifts and spoil her on those days, it will mean nothing to her if the rest of the time you are behaving in a way that makes her feel unloved and unvalued.

Consider this...

Have you been behaving in any of the following ways?

1. Failing to notice her efforts to look good for you

Women know that to attract a man and keep him interested in them, they have to look good physically.

It's not enough for a woman to just be a nice person, because we men want to have a physically attractive woman. Just think about the women you masturbate to in porn â it's pretty much all about the physical attraction you feel for how they look.

Men are naturally attracted to how a woman looks, so a guy will often overlook a woman's personality flaws (e.g. her not being very intelligent, not being very nice, etc) just to get her to have sex with him and begin a relationship.

When in a relationship, a woman knows that she â caughtâ her man by looking good initially and if she feels lucky to be with him, she will continue to make every effort to KEEP looking good for him so that he will stay with her.

However, if her guy stops noticing the efforts she is making to remain physically attractive for him, she will begin to feel unhappy and feel like he is taking her for granted.

This applies even if your girlfriend has put on some weight in the relationship, but still makes an effort to look as pretty and appealing as she can in other ways (e.g. applying make up, wearing new clothes, etc).

So, ask yourself...

Have you been failing to notice when your girlfriend is wearing a new outfit to impress you? Do you assume that she's just doing it for nothing, rather than hoping to get a, "*Wow babyâ you look hot*" reaction from you?

Have you ever brushed her off when she asked you for an opinion on what to wear by saying, *â I don't care. Whatever you decide is fine with me babe.â*

This may seem fine to you because you may not care too much about fashion or looking good, but it means a lot to her because she knows that a woman's physical appearance is the most attractive thing to a man.

You might think that your girlfriend looks great no matter what she wears, but not taking the time to pay attention to things that matter to her will cause her to question whether you actually care about her at all.

It may sound so trivial to you (don't worry, I get that. I'm a man too), but it's important to her.

If you ignore her efforts often enough, she will feel like you are taking whatever she does to please you for granted. She will then begin to feel unhappy and may start being annoying, distant or begin to nag you about random things just to make you feel bad too.

2. Putting her in second place in your life

As you go through life, plans can and do change.

Your girlfriend would be unreasonable if she got mad and said that you were taking her for granted, if you only had to change your plans with her once or twice at the last minute.

However, if it's an ongoing habit of yours, where you make plans to do something that she really wants to do with you, only to call her up at the last minute to cancel because you have to work late, or you got caught up with some friends, or your mom wanted you to go over for dinner, etc she will naturally begin to feel second best in your life.

She will feel as though you make time available for her when it's convenient for you, which makes her feel like she is just waiting around for you.

So, what place should she have in your life?

Should be your number one priority with everything?

No.

The right way to approach a relationship with a woman you love is to make her the most important person in your life, but not the most important thing.

The most important thing in your life needs to be your purpose in life.

In other words, your mission in life, your big dreams and ambitions that you are aiming to achieve throughout your life.

Never make a woman the most important thing in your life.

However, do allow her to become the most important person if you love her and are truly committed to her.

If she's just another girl that you're dating, then don't give her that level of commitment and importance.

Yet, if you see her as the one for you and the girl you love and want to commit to, then make her the most important person in your life.

To do that, you just have to care about her, love her and want the best for you and her.

It's not about lavishing her with gifts, doing loads of nice things for her or anything like that.

Instead, it's about genuinely treating her like the most important person in your life, while you also continually focus on the most important thing in your life (i.e. your purpose, dreams and ambitions).

If you are spending time with her, away from focusing on your purpose, then give her your time and attention.

If you are focussing on your purpose, then she needs to respect your focus and not be wanting to always take your attention and time away from that.

In fact, if you let her take your time and attention away too much or too often, she will lose respect and attraction for you due to letting yourself be distracted by her.

So, give her time, attention and love, but don't go overboard and make her feel like everything you do is about her.

Instead, know what is the most important thing to you, focus on that, make progress on it AND give her time, love and attention too.

If you do that, she will respect you, feel attracted to you and stick with you because it's so rare to find a man like that.

Women refer to men like that as real men and they are very hard to find.

When a woman finds one, she knows that it would be a huge mistake for her to ever leave him because other guys just wouldn't compare.

3. Not pulling your weight in the home or the relationship

In a relationship, you need to be the man and be the more dominant one, otherwise your woman will lose respect and attraction for you over time.

Being the more dominant one doesn't mean that your girlfriend is less important, less intelligent, doesn't have a say in the decision-making, or has to get stuck with doing everything around the home.

If she is always the one doing the cooking, cleaning and other housework, or, if she's always the one changing her plans to suit you, or running errands for you while you never do the same for her, she will naturally feel like you're using her.

Her opinions, needs and wants are just as important as your own because she is a living, breathing human being who deserves respect and love just as much as you do.

If a woman feels as though her guy doesn't see her as being equally important or deserving of love, then she will naturally grow to resent him and may eventually seek to get emotional revenge by dumping him (usually when he is at a weak point in life emotionally) or cheating on him to make herself feel better.

So, if you want a relationship to be happy, balanced and last for life, you need to let a woman sense that you are the more dominant one, but you still love her, respect her and appreciate her.

When you approach it that way, she will stick to you like glue for life.

She Loves You Enough to Want You to Fix Yourself

Although it never feels nice to be accused of behaving in a selfish or inconsiderate way towards someone, rather than get defensive about it, or worse, feeling hurt and misunderstood, use her feedback to become an even better, more well rounded man than you are right now.

In a relationship, it is the man's responsibility to maintain the love, respect and attraction that his woman feels for him, and a big part of that is making her feel the way she wants to feel (i.e. making her feel feminine, loved, appreciated, lucky to have you, etc).

If a boyfriend stops making his girlfriend feel loved, appreciated and valued, she will become increasingly unhappy in the relationship and she will then begin to look for ways to change his behavior (e.g. threatening to break up with him, flirting with other guys to make him jealous, etc).

With you saying something like, *"My girlfriend says I take her for granted,"* means that somewhere along the line you stopped making her feel the way she wants to feel in a relationship, so it's now up to you to change your approach to her and the relationship.

This is where many guys go wrong, because they think, *"Why should I change who I am or what I'm doing just to suit her? If she wants to be my girlfriend she should love me exactly as I am! Isn't that what love is?"*

Guys like that assume that being loved for who you are means a woman should put up with a guy's insecurities or bad behavior just because they are in a relationship.

What a lot of those guys fail to realize is that negative behaviors such as taking a woman for granted, being needy and insecure, forcing the woman to lead in the relationship, etc., are common reasons why many women break up with their boyfriend (fiancé or husband).

Unlike in the past where a woman had to grin and bear it for life, today's women will leave a guy if he fails to make her feel the way she wants to feel in a relationship.

It might suck to hear that, but welcome to life as a modern man. You either know how to deepen a

woman's feelings of love, respect and attraction overtime or you don't.

If you don't, then you unfortunately have to suffer the consequences of getting broken up with over and over again throughout life, before you eventually work out how to be the type of man that a woman will stick with.

Right now, you can change any of your negative, unattractive behaviors and become an ever better man that you already are.

Not just for your girlfriend, but also for yourself.

By becoming a better, more emotionally balanced and well rounded version of yourself, you will not only make your girlfriend feel intense respect, love and attraction for you as a man, you will also improve other areas in your life (e.g. your relationships with friends and family, your potential of getting promoted at work, etc).

You may be a good guy already, but you become an even better man.

If you want to live a successful, happy life as a man, you should always be aiming to become an emotionally stronger, wiser and more well-rounded man than you are at the time.

Guys who keep pushing forward and reaching for their true potential as a man are the guy who others look up to and who women feel attracted to and never want to leave.

So, if you're at a point now where your girlfriend feels like you're taking her for granted, don't worry.

It's not the end of the world.

You can turn the situation around by getting her to forgive your mistaken approach and then feel a renewed sense of respect and attraction for you as a man.

When she does that, she will naturally begin to reconnect with the love that she once felt for you and your relationship will be back on track.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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My Wife Thinks We Need Time Apart

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you're saying, "*My wife thinks we need time apart*," then you might be feeling as though your life is falling apart at the seams right now.

All those promises you made to each other when getting married seem to mean nothing to her now.

If she is asking for time apart, it means that she is breaking up with you in the most subtle way possible.

She wants to create some distance between you and her, so she can hopefully move on without you.

Chances are, you might be asking yourself questions like:

- Does "time apart" mean that we're essentially headed for a divorce?
- What if she really enjoys the time apart and then decides that she doesn't love me anymore and no longer wants to be married?
- Do I want to start from the beginning with another woman after all her and I have been through?
- Will the time apart possibly help our marriage, or will it make us grow even further apart than we already have?
- Will I be on my own for years or for the rest of my life, while she happily moves on without me?
- What if she meets another man during the time we have apart?
- Has she already met another man, which is really why she wants time apart from our marriage?
- Is it already too late to fix the problems in our relationship?
- Is there anything I can do to change her mind?

Right now, you might not be feeling very hopeful or optimistic about your chances of keeping the marriage together, but the truth is that it's not too late to change how your wife feels and get her to change her mind.

How?

When you get her to feel a renewed sense of respect and attraction for you again, she will naturally reconnect with her feelings of love for you and begin to reconsider her decision to want time apart.

When you make her reconnect with her original feelings for you and fall back in love with you, she will stop feeling the need for time apart.

However, if you continue to keep making the same old mistakes and setting off negative chain reactions in your marriage, she will move forward with her idea to be apart.

What is She Not Telling You?

[image: What is your wife not telling you?]

When a woman decides that she needs to separate from her husband, her decision is not based on her feelings over just one fight or argument.

In other words, sheâs not going to sincerely say, *â We need time apart,*â just because of an argument, or because, just this once, he forgot to pick up his clothes off the floor, or he didnât do the dishes even though he promised he would.

Most women take a long time to come to the decision of separating from their husband.

Of course, there are some women who are immature and who arenât truly ready to take marriage seriously (e.g. think of some of the celebrities whoâve gotten married and divorced within a year).

There are also some women who arenât fully committed to being married and at the first sign of a disagreement, they give up and begin to think of divorcing or spending time apart.

However, in most cases, from the moment a woman says *â I do,*â on her wedding day, she is going to be committed to making her marriage work.

So, when she eventually makes a decision to ask her husband for time apart, something very negative and ongoing about his behavior, thinking or attitude has brought her to this decision.

After helping a lot of men successfully fix their relationship problems with women, Iâve found that at this point of a relationship, many guys arenât sure what has caused the womanâs desire to finally ask for time apart.

For example: A guy will usually say things like, *â We have been fighting a lot lately, so I guess itâs because of that,*â or *â I donât think itâs about specific things; itâs probably just because sheâs tired of fighting with me.*â

This isnât the guyâs fault, but itâs simply because most women donât come out and explain what the real reasons for her loss of respect and attraction are.

A woman might say things like, *“I donât love you anymore”* or *“You donât make me feel happy anymore,”* but that is rarely (if ever) followed with instructions on how to get her love you again and how to make her feel happy in the relationship.

A woman will usually give vague excuses like, *â I think we need time apart,*â or *â I just need some space to think things through,*â or even, *â Things might improve between us if we take some time apart.*â

Why donât women give instructions on how to win them over and be the man they really want?

A woman doesnât want to take on the role of being a guyâs teacher on how to be a man or how to be attractive and loveable in a relationship.

If she takes on that role, it changes the dynamic of a relationship from a man and a woman, into a mother and child or teacher and student dynamic.

For a woman to remain respectful of her man, attracted to him and in love with him, she needs to be able to look up to him as her man, not look down on him as a lost guy who still hasnât worked out how to be a man.

So, if youâre saying, *â My wife thinks we need time apart,*â and donât really know why, then you need to start by working out what youâve been doing over the course of the marriage to eat away at her respect and attraction for you.

Getting Her to Feel Attracted to You Again

Growing up, most guys are never taught how a woman's attraction for a man really works.

We get told things like, *"Be nice, listen and treat her like a princess,"* but we don't get told, *"Oh, but a woman will only appreciate that nice treatment if she respects you and feels attracted to you."*

No one tells us that niceness isn't what turns a woman on and makes her remain madly in love with a guy.

What does attract women?

Watch this video for an example of how to make your wife feel more attracted to you and stop your wife from feeling the need to have time apart .

As you will discover from the video above, you have a lot of direct control over how much attraction your wife feels for you.

It's up to you how much you decide to attract her by displaying the personality traits and behaviors that are naturally attractive to women.

Likewise, it's up to you how much you decide to continue displaying the personality traits and behaviors that turn a woman off.

Mistakes to Avoid When Trying to Get Her to Reconsider Her Desire For Time Apart

[image: Why does my wife think we need time apart?]

If you want your wife to reconsider having time apart, you need to make sure that you focus on making her feel what she wants to feel.

It can't be about you getting what you want from her. At this point, she likely doesn't care too much about what you want because she is fed up of not getting what she wants.

With that said, here are some common mistakes to avoid making .

1. Making desperate promises that you're not sure how to keep

[image: Husband making desperate promises]

Most guys are good guys and it's natural that if they see their wife crying or being unhappy, they will want to make her feel better.

Although it might seem like the right thing to do to apologize to her and even to say, *"I promise I'll do whatever you want me to do to make you happy and make our marriage work,"* it's not what she wants.

The problems in your marriage probably didn't just happen overnight, which means that you've probably apologized to her many times before.

You may have promised to change, but because you weren't fully clear about what she really wanted from you, it's possible that you've been offering to change the wrong things.

For example: A husband and wife might have had several arguments about him working late. In his mind, the husband concluded that the issue was his long working hours so he might have said,

“I’m so sorry honey. I promise I’ll stop working so late.”

In his mind, he had already solved what he perceived to be the problem and he was making things right again.

However, to her, the problem was a lot more complex than that, and his working late was only a small example of his taking her for granted in many other areas in their marriage.

Yet, by promising to fix only a small part of the problem, (i.e. by working less hours), he was clearly showing her that he didn’t fully understand the root of the real problem.

Rushed apologies don’t work on wives who want to leave, because they’ve usually gone through a lot with their husband already and know when he is clueless vs. clear on what he really needs to do.

Women instinctively know that a man first needs to understand what is causing her to be unhappy, and it will then take some time (days or weeks) for him to fix any emotional issues that he may have and improve on the mistakes that he’s been making.

So, if he makes desperate promises and claims that he’s already changed or “it won’t happen again,” a wife will usually know that he’s not going to be able to follow through on his promise.

2. Crying, begging or pleading with her to stay

When a wife says to her husband that she thinks they need time apart, it’s only natural that he might feel shocked and emotionally stunned by the news.

However, if he then loses control in front of her, it only accomplishes 1 of 3 things:

1. She loses even more respect and attraction for him because he’s behaving like a weak man in front of her.
2. She feels like she holds all the power in the relationship, which then makes her question whether or not he deserves her.
3. She feels like she has to console him because he is so emotionally sensitive, which kills her attraction for him as she takes on the role of mother, big sister or friend.

Women are attracted to the emotional strength in men and repelled by weakness.

No matter what a woman says to other people, deep down she wants a masculine man who makes her feel safe and taken care of; not a guy who loses control of his emotions like a boy or who can’t face the challenges of life or relationships.

Fortunately, even if a husband slips up and makes this mistake, it is still possible to regain her respect, attraction and love; so don’t worry if you’ve begged, pleaded or even cried to her.

There is a way back.

It’s Not Too Late to Regain Her Respect, Love and Attraction For You

Right now, it might seem like an impossible task to get your wife to change how she feels. However, there are so many easy things that you can do today to begin re-sparking her respect and attraction for you.

Remember: If the love was really there between you and your wife, it will still be there in the

background; even if right now sheâs disconnected from it.

You donât have to sit around wasting time, saying, *My wife thinks we need time apart*, and hoping that if you give her enough space, she will miraculously change her mind and come running back to you.

What you need to do is change how she feels about you right now, before it's too late.

You need to make her feel a renewed sense of respect and attraction when you interact with her in person, on the phone, via text messages or on social media.

When she feels a renewed sense of respect and attraction for you, she will naturally begin to reconnect with her feelings of love for you and she will then reconsider her need for time apart.

Sometimes, a wife will come back after time apart because she's just not used to being on her own.

However, if she comes back and her husband is still unable to make her feel like she's in love with him, she will just want to leave again.

So, if you want her to stay with you for life and be in love with you, make sure that you are making real changes today.

There's only so much that a modern woman will put up with these days.

All she has to do is turn on the TV and there new examples every day of women who divorce their husbands and enjoy a better life without him.

You've got to get the spark back with her before it's too late.

Get her to fall back in love with you again and she will stop feeling the need to be apart from each other.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

My Girlfriend Keeps Texting Another Guy

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

When an attractive woman first gets into a relationship, she'll usually still have a number of other guys who are trying to pursue her.

If she is serious about you, she will let the other guys know that she is no longer available because you are her boyfriend and she's not planning on break up with you.

However, sometimes a woman will text other guys to make you jealous because she doesn't feel like she has enough power over you, or she wants to test how confident you are in your attractiveness to her compared to other guys.

If you fail her test and become insecure, it will set off a whole series of negative chain reactions that could lead to her cheating on you or breaking up with you.

What Happened to Me and How I Fixed it (Personal Story)

[image: Dan Bacon - wife]

Personally speaking, my girlfriend (who recently became my wife) was 20 when I met her and I was 35.

That's her in the photo above. Obviously, she is hot, young and sexy, so it was no surprise to me that other guys were pursuing her around the time I met her.

When we first began our relationship, she had one particular guy (who she'd hooked up with a few months before) who was trying to pursue her via text and Whatsapp.

What did I do when I saw that he was texting her?

Nothing. I simply ignored it. From my perspective, I am a highly valuable guy and if a girl messes up with me, it's her loss, not mine.

So, when I was sitting with her on the sofa during the first week of our relationship and some other guy kept texting her, I just let it unfold. I didn't bother me at all because it's normal for a hot girl to still have other guys hovering around hoping to get a chance.

I didn't feel jealous or worry about losing her. Instead, I simply waited to see what would happen and just got on with being my normal confident, positive, forward moving self.

The only thing that crossed my mind was that I wanted to see if she'd eventually talk to me about it and ask me for advice on how she could get rid of him.

When she continued to see that I wasn't reacting an insecure way to the texts and Whatsapp messages that kept coming through, she eventually said, *"Hhh! This guy keeps texting me. He's asking if you and me are serious. What should I say?"*

We were in my lounge room at the time and I said in a confident, easy-going and sincere way, *"Whatever you want. If want to be serious with me, then tell him that and if you don't, then meet up with him. It's up to you."*

She said something like, *"No way! I'm not meeting up with him. I'm with you now. I'm just replying to his texts."*

It took about 4-5 days for her to get to that point.

Essentially, because she was a hot, 20 year old girl, it was only natural for her to want to text and get attention like that from another guy.

Although her and I have never discussed it since (I don't care because I know that I'm much more attractive and appealing than any guy she's met before), I know that one of the reasons she kept texting him was to see if I would get jealous.

The fact that I didn't get insecure or jealous allowed her to be able to feel a deep respect and attraction for me that would have been impossible to feel otherwise.

She knew that I could easily attract other women (I had 4 other women in my life at that time), so she didn't want to play hard to get with me and get dumped.

She's a very confident girl who knows that she's hot, so the only type of man who can truly match up with a girl like that for life, is a man who knows that he is attractive as well.

Bringing this back to your girlfriend...

If your girlfriend is attractive and could easily get another guy, you've got to make sure that you feel like you are more than good enough for her, rather than feeling like she is making a mistake by being with you.

Don't ruin your chance at deepening your girlfriend's respect and attraction for you by being unnecessarily insecure or jealous.

If she's just texting this other guy to test you, then she's going to want to see that you are confident in your sex appeal and value to her.

If you can honestly believe that the other guy is nothing compared to you, then you will naturally come across as more attractive and appealing to her because you will be confident and emotionally secure, rather than insecure.

Knowing that you're better than him is not about putting him down or saying that you're more appealing and attractive than he is. Instead, it's just about knowing that you're better than him because he said so.

Each man gets to decide his own worth in this life, so don't make the mistake of deciding that you're unworthy of your girlfriend's attention, love and devotion.

Know that you're more than good enough for her.

When you know that you're more than good enough for a woman, you can smile and even laugh at any tests she tries to put you through.

When a woman sees that you have that kind of belief in yourself, it makes her feel a deep respect and attraction for you that she could not experience if you were insecure.

Women Don't Always Behave Like We Do

Over the years, I have helped many guys understand why women behave in the strange, weird and odd ways they do.

Here are some examples for you in this video...

The first thing you need to understand is that women often think, behave and act in a completely

different way than most men expect them to.

This is why, when a guy asks me, *“Should I be worried that my girlfriend keeps texting another guy?”* I have to explain that even though in certain circumstances it can be okay (e.g. when the guy is a very good friend she’s known for many years, if she’s working on a big project at work or in college that requires she communicate with this guy, or she’s just testing his confidence to see if he’ll become jealous), more often than not, her texting another guy is not a good sign.

[image: Texting and calling behind her boyfriend's back]

Although it is fine for a woman to be social and friendly with other men at times, if she is flirting and texting with another guy when you’re in a long-term relationship, then there is a problem.

For example: Although I was completely fine to let my girlfriend slowly get rid of a texting guy when her and I first got together, I definitely wouldn’t accept her texting now.

She hasn’t ever done anything like that since (otherwise I wouldn’t have married her) and simply laughs at any attempts that guys make to try and chat with her (e.g. she still gets random guys trying to add her and chat with her via Facebook, even though her relationship status is set to married).

I don’t care if another guy tries to contact her via Facebook, because I know that she won’t flirt with him.

I’ve made her feel deep and intense respect, love and attraction for me from the start, to the point where she has literally said things like, *“If you ever dumped me, I would be screwed. There’s no way I could ever find a guy like you out there again.”*

Something like that anyway. She said it in a more romantic, loving way, but that should give you an idea of her mindset prior to us getting married.

She is 100% committed to our relationship and knows that being with me is much better than risking being stuck with a guy who doesn’t have half the attractive qualities (e.g. true confidence, the ability to make her laugh and feel girly, charisma, masculine vibe, etc) that I do.

Yet, how about your girlfriend?

Does she you as being better than other guys? Does she feel like she’s got herself an awesome boyfriend, or does she feel as though she might have settled for a guy who may not deserve her?

If you’re worried that she’s rapidly losing interest in being with you, what should you do that she’s texting another guy?

[image: Why is my girlfriend texting another guy?]

You probably don’t want to become one of those insanely jealous, controlling boyfriends who forbid their girlfriend to talk to other guys, right?

Hopefully not.

However, if your girlfriend texting another guy is making you feel disrespected, it’s definitely up to you to make her stop, especially if you’ve been in a relationship more than a couple of months.

[image: Why do you keep texting this other guy?]

If your relationship is only beginning, don’t worry about it, but if you’ve been together for a long time, you need to stand up for yourself in a calm, confident way.

You have to get her to respect you, but don’t try to achieve that by getting angry and forcing her to show you respect. You have to tell her how you feel and give her an ultimatum.

For example: If I was in that situation, I would say something like, *“Hey, we’ve been together for a while now and we’re a couple, but by texting other guys like that, you are showing me that you’re committed to this relationship and to us being together. I feel like you’re disrespecting me when you do that and I’m not going to put up with it. If you don’t stop texting him, then you and me are finished.”*

If she keeps texting him after then, simply dump her and teach her a lesson.

If you’re worried about dumping her because you think she will run to him, then you’ve set the relationship up incorrectly.

For a relationship with a woman to be successful, you have to make her feel lucky to be with you.

If it’s you who feels like the lucky one to be with her, then it’s only natural that she will begin to stray if you stop making her feel a sufficient amount of attraction to justify being in a committed relationship with you.

What’s important is whether or not you are making her feel attracted to your personality and who you are as a man.

If the guy she is texting is making her feel more attracted to his personality, confidence and potential as a man, while you’re turning her off with insecurity and jealousy, then it’s only a matter of time before she breaks up with you.

Watch this video to understand how to stop a break up from happening...

As you will discover from the video, you actually have a lot of control over how you are making your girlfriend feel.

If you’re turning her off, making her lose respect for you and causing her to fall out of love with you, then it’s only natural that she will begin to stray emotionally.

Eventually, it will lead to her cheating or just breaking up with you.

So, I’d recommend you fix the problem now before it gets even messier and more difficult for you.

What is Causing Your Girlfriend Turn to Another Guy?

[image: Why is she losing interest in you?]

Although it’s politically correct to say that a modern relationship is a 50/50 partnership, I can assure you that this is what causes most relationships to lose the spark and break up.

If your girlfriend is feminine, then you have to make sure that you are very masculine in how you think, feel, behave and take action in life.

You can’t be neutral like a friend and expect that the sexual spark will remain. You have to be masculine, which then allows her to be feminine.

Just like a magnetic force attracts with a positive and negative, humans feel attracted when there is a clear difference in masculine and feminine energy.

If your girlfriend is turning to another guy, you may have been making the mistake of being too neutral, too masculine (e.g. aggressive, cold, etc) or possibly too feminine (e.g. being cutesy, giggling like her, etc).

Although it’s important to be masculine, you have to make sure that you also love and respect her and

don't take her feelings for you for granted.

As a man, you've got to take on the responsibility of deepening the love, respect and attraction that your girlfriend feels for you over time.

You can't expect her to do that and hope that it happens magically on its own. Love, respect and attraction deepens over time when a guy is confident, masculine, but also loving, caring and considerate.

It's about being a man that she can look up to and respect, rather than being a sensitive, insecure guy that she feels she needs to take care of emotionally or a careless, asshole of a boyfriend who expects her to stick around because things were good at the start.

If a guy fails to deepen a woman's love, respect and attraction for him over time, the woman will gradually begin to lose interest in being in a relationship with him. She will slowly fall out of love with him and open herself up to the idea of being with another guy.

Of course, it hasn't always been like that for men.

In the past, women had to stick with one man for life because it was shameful to get divorced (people got married, rather than being boyfriend and girlfriend), but in today's world, a woman can break up with as many guys as she wants.

If a woman isn't happy, she no longer has to stick around, which is why it has become essential for modern men to be able to deepen a woman's feelings of love, respect and attraction over time.

If your girlfriend is texting another guy, whether behind your back or even right in front of you, she is clearly letting you know that something about your attitude or behavior in the relationship has changed, and it is causing her feelings for you to change.

From now on, you are either going to change your approach to her and get her to feel a renewed sense of respect and attraction for you, or you're going to potentially ruin the dynamic further and lose her.

Now that you've managed to find my site here, you don't have to sit around and wait for the day when your girlfriend comes to you and says, *â€œIt's over. I'm in love with another guy and I'm leaving you.â€* If you do that, you'll most-likely be back here again watching [my video on how to get an ex back](#).

If you want to avoid getting dumped by your girlfriend because of this other guy, you've got to make some changes right now.

Here's what you need to do!

1. Identify the real reasons why your girlfriend is losing interest in you.

If you have a think about it for a minute, you could probably come up with several reasons why your girlfriend is unhappy with you.

Although it would be nice if your girlfriend sat you down and explained exactly where you've been going wrong and exactly what you need to do to get her to feel enough respect, love and attraction for you, she's probably not going to do that.

Why? A woman doesn't want to have to teach her guy how to be a man. She wants him to figure that out himself and then simply be the man she needs.

If she has to spell it all out, she will end up feeling like his mother who has to teach him the rules of life or in this case how to behave like a real man in a relationship.

So, the first step you need to take is to figure out what is really causing your girlfriend to lose interest

in being in a relationship with you.

For example: Have you been behaving in any of the following ways lately?

- Taking her for granted.
- Being needy and clingy.
- Failing to rise through the levels of life and your true potential, because you're hiding behind the safety of your relationship with her.
- Letting her wear the pants in the relationship.
- Lacking in self-confidence around her and in social situations.
- Feeling insecure about losing her to the point where you can't control your jealousy.

When you know the real reasons why your girlfriend is losing interest in you, you can make the correct changes that will make her feel understood and happy again.

When she feels a renewed sense of respect and attraction for you, the other guy will become less appealing to her.

On the other hand, if you don't know exactly what she really wants you to change, you might keep making the same old mistakes, or you might try to change the wrong things.

For example: A woman might be losing interest in a guy because he is insecure and he's not reaching for his true potential as a man. Yet, he will try to impress her by taking her out to expensive dinners, telling her how much he loves her and trying to be a nicer, more caring boyfriend.

Until he fixes the real issues that are causing her to lose respect and attraction for him, she won't really appreciate all the other things he does because it's not what she really cares about or wants to see from him right now.

2. Make the changes now, before it's too late

There's really no point in figuring out what is causing your girlfriend to turn to another guy, if you don't then make a serious effort to begin improving your appeal to her.

Your girlfriend is only going to begin taking you seriously again, when she sees that you're rapidly improving in the areas that were turning her off.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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My Wife Wants a Divorce and I Don't

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Right now, if you're saying something like, "*My wife wants a divorce and I don't*," then you probably believe that there's not much you can do to change her decision.

You can.

Just because the situation might look hopeless to you, the truth is that it's not too late to make your wife reconsider her decision; even if she's saying there's nothing you can say or do that will change how she feels.

What you need to realize is that when you make her feel a renewed sense of respect and attraction for you as a man, she will naturally feel more willing to reconnect with the love she felt for you at the beginning of your marriage, and make her want to be in love with you again.

How can you do that?

You Need to Begin Offering Her What She Really Wants, Not What You Think She Wants

[image: What to do when your wife wants a divorce]

It's natural that if you're saying, "*My wife wants a divorce and I don't*," you will be feeling desperate to change how she feels immediately.

However, desperation can lead to behaving in an insecure way, which will turn your wife off further and make her even more determined to go through with the divorce.

Where Many Husbands Go Wrong When Faced With the Possibility of Being Divorced

When a man is suddenly faced with the possibility of being divorced by his wife, he will usually make one of the following classic mistakes:

1. He will ask his wife to tell him what he's done wrong and what needs to do to be the man she wants.

[image: Tell what to do and I will change]

On one hand, it seems makes total sense to ask your wife what you're doing wrong, so you can then fix the problem and get on with enjoying married life together.

Yet, women don't like it when a man asks for instructions on how to be the man she needs.

Why?

A woman doesn't want to be responsible for teaching her husband how to make her feel the way that she really wants to feel in a marriage.

If the student/teacher role becomes an ongoing theme in the relationship, the sexual dynamic will go

out of sync.

Rather than feeling naturally attracted to a husband that she looks up to and respects, she will feel turned off by the ongoing cycle of a teacher/student or mother/son type of relationship, where she essentially has to teach him how to grow up and be the man she needs him to be.

By asking his wife to explain what heâs been doing wrong, a man is essentially telling her heâs unable to work it out by himself. The wife then feels as though he isn't going to be the type of man she wants unless she takes on the role of being his teacher and tells him what to do and how to behave.

To a man, it makes total sense, *"Tell me and I'll do it. Simple. Now, let's get on with enjoying married life together,"* but it's not the role that a woman wants to take on.

Most men don't care who they get their instructions from, which is fine for us men, but it's not fine from a woman's perspective.

Women instinctively know that they shouldn't be the teachers of men. They know that men shouldn't need a mother figure or female teacher to help them to be an attractive man that they can look up to and respect.

Being her husband's guide on how to be a man makes a woman feel turned off at a deep level because she has to take on the responsibility of being the âmanâ or the "mother" figure in their relationship, which doesn't allow her to feel like a real woman (i.e. feminine, girly, free to be emotional, etc).

Sometimes, a wife will tell her husband what the problem is, but she won't always be explicitly direct about it. Some wives are committed to the marriage no matter what and will forgo their natural instinct to be feminine, in the hope that they can save the marriage.

Yet, she won't like how it feels to be her husband's teacher. It will turn her off on a deep level.

In most cases, a wife will avoid the responsibility of being her husband's relationship teacher and will instead give him plenty of warning signs and hints that she is unhappy. She will then hope that he gets the message and changes before it's too late.

Although some women might come right out and say something direct like, *âWhen you choose to spend every Saturday with your friends instead of me, I feel that you are putting me in second place in your life and that makes me feel neglected and taken for granted,*â most women will simply show their dissatisfaction via their behavior, body language and actions.

By the time that a wife has reached the point where she wants a divorce, she usually feels that sheâs exhausted all her options in getting through to her man.

Despite all her hints, he still hasn't taken the initiative to change and become the sort of man who is deepening her feelings of love, respect and attraction over time, rather than destroying them.

When a wife gets to the point where she's now considering divorce, she might say something like, *"That's it! I've had enough! I want a divorce. I'm leaving you"* and will tell her husband that she no longer feels happy and doesn't love him like she used to.

If her husband then says, *âDon't do this to us! We made a vow to stay married for life. Tell me what I need to change and I'll do it,*â she will feel even more misunderstood and turned off by him.

For her to take on the role of teacher, it will mean that she has to forgo experiencing the type of

respect, attraction and romantic love that a woman wants to feel for her man.

Rather than being with a husband that she can look up to and respect, she will feel as though she's stuck with a confused guy who doesn't yet know how to be the type of man that a woman will remain attracted to, respectful of and in love with for life.

How about you? Do you know how to make your wife feel attracted to you? Do you know how to deepen her feelings over time, rather than having them fade away?

What you need to understand is that the amount of attraction that your wife feels for you is largely under your control.

You control how many attractive personality traits and behaviors (e.g. confidence, drive, determination, emotional security, etc) that you display around your wife.

Likewise, you also control how many unattractive traits and behaviors that you display around her (e.g. insecurity, jealousy, taking her for granted, not following through on your biggest ambitions in life because you're hiding behind the safety of the marriage, expecting her to think, behave and act more like you than a man, etc).

2. He falls to pieces and ends up crying, begging and pleading with her.

Divorce is a really big deal, so it's completely understandable that a man will be shaken if his wife wants a divorce and he doesn't.

Yet, falling to pieces in front of a woman and crying, begging or pleading with her to change her mind will simply turn her off even more.

Women are instinctively attracted to the emotional strength in men and turned off by weakness, so when a man cries, begs and pleads because he is feeling emotionally weak and insecure, it's a huge turn off for a woman.

This is especially true in a marriage. A married woman understands that life can often be challenging and that a man requires mental and emotional strength to be able to properly survive, thrive and prosper in this world.

A wife wants to know that she can rely on her husband to be a strong man in difficult times, rather than feeling as though she is the stronger one in the marriage and needs to take care of him emotionally.

Falling to pieces in front of her at such a crucial moment, only serves to reinforce her opinion that he's not enough of a man for her and that she would probably be better off divorcing him and moving on.

However, don't worry if you have momentarily lapsed into behaving in an emotionally weak way around your wife. You can still change how she feels right now by being emotionally strong from now on and focusing your attention on making her feel a renewed sense of respect and attraction for you as a man.

If there's any hope still left in her heart that you and her can make the marriage work, she's going to need to see that you have the ability to get her respect and attraction back.

If you can't do that, then she probably won't take any of your promises seriously and will simply stick to her decision to get divorced and move on without you.

3. He makes her promises that he can't really keep.

In most cases, when a marriage gets to a point where divorce is being discussed, a husband may have

already promised to change many times during prior arguments or fight with his wife.

Yet, once he and his wife have â□□kissed and made up,â□□ itâ□□s common for the man to then slowly forget about his promises and go back to his old patterns of behavior and thinking once again.

As a husband, he mistakenly feels as though he is fully protected by the vows they made on the wedding day and that she will stick by him for life, because it would be shameful, embarrassing and exhausting to go through a divorce.

It would be nice if those things were enough of a deterrent for divorce for women, but they're not, which is why the divorce rate is so high these days.

In the past, a woman would stay with a man for life, even if she was unhappy and being mistreated, because it really was shameful to get divorced.

It was also very difficult for a woman to be able to earn her own money, support herself and find a new guy after already being married before because divorcees were looked down upon.

Yet, in today's society, divorce is often pushed as "the right thing to do" by TV talk show hosts, Hollywood movies, female pop singers and TV drama shows that glamorize the process of having affairs, getting divorced and starting over afresh with someone new later in life.

It sucks, but that's how the modern world works. Women have a voice on TV and many TV shows are aimed at female audiences, who usually love to watch the drama of affairs, divorces and new love stories playing out.

In today's world, if you want your marriage to last for life, you have to be able to deepen your wife's feelings of love, respect and attraction for you over time.

In the past, men didn't have to learn about how to deepen a woman's feelings and keep her happy because they could simply take their wife for granted.

Not anymore.

You've got to be able to guide her into deeper feelings of love, respect and attraction for you over time, or else she will start talking about divorce if the relationship makes her feel unhappy for long periods of time and doesn't seem like it will ever change.

A husband making promises to his wife that he will change usually doesn't work when she's asking for a divorce, because sheâ□□s probably heard it all before and knows that heâ□□s only saying what he thinks she wants to hear to stop her from divorcing him.

For example: He might be promising her that heâ□□ll stop spending so much time with his friends, that he'll take her on the holiday she has always wanted.

He thinks that it will make her happy and shut her up, but that may not be what the real problem is for her.

To her, the real problems in the marriage might be that heâ□□s too insecure and has been turning her off for years because of it. She feels as though he lacks the all-important mental masculinity that she finds so attractive about men and tends to be a bit of a woman at times because he's so emotionally sensitive.

It might also be because she feels that heâ□□s been putting off having a baby, or moving to a new house, even though he knows how important it is to her.

Whatever the case, if you make promises to your wife without actually knowing what is really causing her to want a divorce, you will only highlight to her that youâ□□re still clueless about the

real problems in your marriage and that even if she changes her mind, the same problems will probably continue.

The Really Good News

Your wife's current, negative feelings for you are not set in stone.

You can change how she feels.

How?

Think about this!

Have you ever really disliked someone (maybe even her at some point), but you then really liked that person when they changed the way that they interacted with you, treated you or communicated with you?

The same fundamental law of human emotion applies to your wife as well. She can change how she feels if you change your approach to her.

If the current way that you've been communicating with your wife has been turning her off, then it's only natural that she seems unwilling to reconsider her decision to get a divorce.

In fact, it's more likely that she's going to be behaving coldly towards you and maybe even saying things like, Leave me alone or *I don't love you anymore.*

However, when you change the way that you approach your interactions with her and begin to make her feel differently about you as a result, she will automatically begin to reconsider her feelings for you.

No matter how bad things look right now, your wife's feelings are not set in stone. Feelings can, and do, change all the time. You can change how she feels.

Just think about how you felt when you first arrived at my site to how you feel now.

You most-likely feel a lot more hopeful, happy and inspired than you did before you read my article or watched some of my videos on this page.

True?

This is because human emotions are fluid and open to change. Emotional states are not set in stone and unchangeable.

You can change the way that your wife is feeling right now, by changing how you approach your interactions and communication with her.

When your wife feels enough respect and attraction for you, she will become open to forgiving your past mistakes and will begin reconnecting with the love that she felt for you on your wedding day.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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My Girlfriend Won't Open Up to Me

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you're saying, *"My girlfriend won't open up to me,"* then you're most-likely at a stage of your relationship where she's lost respect for you and is no longer attracted to you like she was at the start.

Here's the thing!

The start of a relationship is usually the easy part because the man and woman will usually both feel a lot of lust, excitement and love, so it will be enjoyable to spend time together.

Even if you and your girlfriend aren't 100% compatible with each other, the thrill and excitement of being in a new relationship will often overshadow any doubts that you each might have about the chances of your relationship lasting a lifetime.

Yet, when the initial buzz actually does wear off, it might become obvious that something between you and her isn't quite right.

So, what it is that makes a woman not want to open up to her boyfriend anyway?

5 Reasons Why She's Closed Up Around You

[image: My girlfriend won't talk to me]

Have a read through these reasons and decide which one of them most applies to your situation!

1. She doesn't have strong enough feelings for you yet.

A woman doesn't always immediately open up to a guy and fully devote her heart and mind to being in a relationship with him. Sometimes, it takes a bit of time for a woman to check and see whether you're someone worth giving that type of commitment to.

The beginning stages of a relationship are where a woman decides, *"Is this guy worth it? Is he going to be someone I can look up to, respect, love and appreciate in the long term, or is he just good for a few laughs and some sex until something better comes along?"*

Consider this...

Nothing is worse for a woman than being seduced into a new relationship with a guy who initially seems great, only to discover that he doesn't know how to guide her into deeper feelings of love, respect and attraction.

Either that or he gets laid and gets to be her boyfriend and then just relaxes and takes her interest in him for granted.

Sometimes, a guy will assume that if he and his girlfriend hang out together, go to the movies, the beach or to eat out together, hold hands, kiss and then have sex, then it will be enough for her to want to open up to him and be his girlfriend forever.

Yet, if that's all he's got to offer, they may as well be friends or brother and sister.

Getting past the initial stages of a relationship and moving onto higher levels is what allows the love, respect and attraction to grow between a man and a woman.

Additionally, having the ability to deepen the attraction that you and her feel for each other is the key

to her and yourself turned on and wanting more as the years pass by.

When you say, *“My girlfriend won’t open up to me,”* consider that right now you may not have created strong enough feelings inside her yet, for her to be looking at you as someone that she truly wants to open up to and be with in the long term or for life.

When a woman has strong, intense feelings for a guy, she usually won’t want to be closed up and ruin her opportunity with him.

Instead, she will allow herself to fall madly in love with him and open her heart and mind to the experience of being in a loving, committed relationship with him.

As you will discover from the video above, you have a lot of direct influence over how your girlfriend feels and behaves around you.

The more attraction, love and respect that you make her feel for you, the quicker she will want to open to you and stick with you before another woman takes you from her.

Another possible reason why your girlfriend isn’t opening up is that...

2. She doesn’t trust you with deeply personal information.

[image: My girlfriend doesn't appreciate me]

You can never fully trust another person to have your back 100%, but when in a relationship with a woman, you both have to be able to take that leap of faith and give each other your full trust.

That being said, sometimes a woman may have trust issues and won’t be willing to trust a guy for months or even years until she feels safe enough to do so.

If your girlfriend won’t open up to you, it may be because:

- She was raised in an unstable environment where her trust was broken many times while she was growing up (e.g. her parents got divorced and her father often promised to take her places, but didn’t follow through on his promises, etc).
- She may have had a previous relationship where her boyfriend proved to be untrustworthy, even though he seemed like a really nice guy initially (e.g. he may have lied to her, cheated on her or may have become emotionally or physically abusive).
- She’s afraid that if she opens up to you, you will use whatever she tells you against her, or you will use it to gain power over her.
- She’s afraid that if she tells you all of her deep dark secrets, you will secretly feel turned off by it, find a replacement girl and then break up with her.

If you want her to relax and open up to you, you have to be the one to give her your full trust first, so that she can relax and respect you as a man.

If she continually sees that you’re not insecure and that you can relax enough to just love her for who she is, she will naturally also start to relax and feel more trusting of you, which will eventually lead to her opening up to you.

3. She doesn’t want to tell you what you’re doing wrong.

[image: My girlfriend has closed her heart off to me]

Once a relationship becomes more established and the initial excitement begins to calm down, a couple will often begin to become aware of each other’s imperfections.

At this point, your girlfriend may have noticed certain “problems” that she overlooked at the beginning of your courtship together (e.g. you’re insecure, you don’t have much purpose in life and are essentially basing your whole life around her, etc).

If you don’t fix those things about yourself, she will naturally begin to lose touch with her feelings of respect, love and attraction for you over time.

However, like most women, she’s not going to come out and tell you what you’re doing wrong and explain how to fix it. Instead, she’s going to give you hints and will sit back and let you figure things out by yourself.

You might see that as her closing off and no longer being willing to open to you, but it may just be her way of trying to get you to pay attention to the fact that she’s rapidly losing interest in being with you.

So, where do you think you might have been going wrong with her so far?

- Have you fallen into the habit of taking her for granted?
- Have you been letting her “wear the pants” in the relationship, boss you around, control you or treat you badly?
- Are you failing to rise through the levels of life like a real man and are instead hiding from your true potential behind her and the relationship?
- Have you been feeling really “lucky” to have her (i.e. because it’s not easy for you to attract women) and are now really afraid of losing her?
- Are you failing to make her feel the way she wants to feel when in a relationship?

Whatever the case is with your relationship, she’s not going to tell you exactly what you need to change and how to fix it. She might tell you some things, but she won’t tell you everything because she doesn’t want to have to become your teacher on how to be a man.

She doesn’t want to teach you how to be the sort of man that will be attractive to her, because she will then be taking on the role of “mother” or “big sister” to you, which will destroy her feelings of sexual attraction for you.

Instead of being your teacher, she wants you to be able to work this stuff out by yourself and just start being the type of man that she actually wants you to be.

When you allow her to relax into her true feminine self and consistently be the man that she can respect, she will then feel as though it is safe and wise to finally open up to you and give you her heart.

4. She will only open up to you when she sees that you don’t need her to.

[image: Why is my girlfriend so mean to me?]

Most women don’t like guys who are clingy and needy for love, attention and affection. If a woman feels that a guy is using her and the relationship as an excuse to hide from reaching for his true potential as a man in life, she will feel turned off by him on a deep and instinctive level.

If he then keeps asking, “Why won’t you open up to me? Don’t you trust me?” or “You know you mean everything to me. Don’t you realize that staying closed off from me like that is killing me? I love you so much” she will instinctively pull away from what she perceives as emotional weakness and immaturity.

Women are instinctively attracted to the emotional strength in men and repelled by weakness. If youâre saying, *âMy girlfriend wonât open up to me,â* ask yourself these questions:

- Why do you need her to open up to you? What will that do for you?
- Why canât you relax and let her open up in her own time?
- What important things are you truly focused on in your life outside of the relationship?
- Do you feel as though she is all that youâve got in life and without her, your life would be empty and meaningless?

A woman definitely does want a man who also wants her back (and who loves her and respects her), but she doesnât want a guy who feels as though he canât function without her in his life.

If a guy needs a woman like that, it makes her feel as though she has to take care of him emotionally, which is a huge turn off for her. Women want to have a man that they can look up to and respect, not a confused, emotional immature boy that needs to be take care of.

5. She doesnât respect you enough to share the information.

One of the most important things that you need to do to get your girlfriend to open up to you, is to make her feel respect for you as a man.

Sometimes, a woman will be in a relationship with a guy who she secretly doesnât respect, so his opinion about things or his feelings for her really wonât be that important to her.

What are some of the things that will make a woman lose respect for a guy?

- Not following through on his promises.
- Being too protective of her or suspicious about what she is thinking, feeling or doing when he isn't around.
- Belittling her or continually criticizing her.
- Putting her down.
- Being insecure, clingy or needy.
- Hiding from his true potential in life behind her and the relationship.
- Being nervous in social situations, especially around confident guys or attractive women.
- Always letting her win arguments or get her way because he is afraid that she will break up with him.
- Never letting her win or get her way because he wants to control her.

There are many different reasons why a woman will lose respect and attraction for her man.

Regardless of what is true for you and your girlfriend, the only way youâre going to stop saying, *âMy girlfriend wonât open up to me,â* is to make sure that she not only feels attracted to you sexually, but she also looks up to you and respects you as her man.

When she can look up to you and respect you as her man, while also feeling a deep, sexual desire for you, she will instinctively relax and let her guard down around you.

Opening up to you will feel like the right thing for her to do.

It will happen naturally and as long as you are deepening her feelings of love, respect and attraction, your relationship will naturally continue on through all the subsequent stages until you reach true, commitment love and devotion for each other.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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My Relationships Never Work Out

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Guys who say, *“My relationships never work out,”* often end up believing that they’re not good enough for women and are destined to spend a life alone with a trail of broken relationships.

Either that or they blame it on women for being so crazy, demanding, irrational and unstable.

Consider this though...

Could the reason why you haven’t succeeded in previous relationships simply come down to the fact that you don’t really know what women want in a guy?

If so, don’t worry *“you’re not alone.”*

Most guys find women confusing, which is why I have made this video to clear up some of that confusion...

As you will discover from the video above, you shouldn’t try to base your understanding on women based on what they say.

Women don’t go around giving the instruction manual on how to attract them into a relationship and then keep them happy.

Instead, women simply reject or dump guys who don’t understand them. Why? Women don’t want to have to be a guy’s teacher on how to be attractive to women.

[image: My relationships never work out with women]

If a woman has to teach a guy to be confident and masculine in the way that turns her on, it makes her feel like more of a mother figure or big sister to him, which is a complete turn off.

Women want to be able to relax and just be feminine around a guy who already knows how to be an attractive man.

Did You Make Any of These Mistakes in Your Previous Relationships?

Some of the most common mistakes that guys make, which lead to a woman losing respect, attraction and love for him include*“*

1. Thinking that being nice to a woman is what makes her want to stick with you.

[image: Thinking that being nice to her will be enough to make her want to stick around]

Most guys have heard women saying, *“I just wish I could find a nice guy,”* or *“Why are all the nice guys taken? I always meet jerks who are only interested in one thing. Why can’t I just meet a nice guy who treats me like a princess?”*

When a guy hears that, he might then assume that to attract a beautiful woman and keep her happy in a relationship, he has to be really nice to her and show her that he’s not like all the other guys.

Yet, it doesn’t work. Why? Being nice to a woman isn’t what makes her feel sexually turned on and keen on being in a relationship with you.

What does?

Sexual attraction.

When a woman says that she wants a nice guy, what she really means is a good guy who also makes her feel very attracted.

She isn't looking for a nice guy to kiss her ass and bow at her feet.

Being nice to her is great, but she isn't going to appreciate that unless she feels very attracted to the guy.

If he's just being nice, then there's nothing about what he is doing that will turn her on sexually. Instead, she just feels nice, friendly and platonic around him.

What a lot of nice guys don't realize is that they're not alone in being a nice guy.

The fact is that there are millions of nice guys in this world and it is very easy for a woman to meet a nice guy who is willing to worship the ground she walks on if she will just give him a chance to be with her.

If a woman is attractive, most of the guys that she meets in her life are going to be nice to her in the hope that it makes her "like" him enough to be given a chance.

So, when she meets another "nice" guy she's not going to fall head over heels in love with him, because he doesn't really stand out from every other guy she's already met.

The first mistake that I outline in this video is "*Thinking that being nice to a woman is good enough*" and if you've made that mistake in the past, you will probably learn a lot from watching the entire video!

As you will discover from the video above, there's nothing wrong with being nice to a woman, but it isn't the thing that is going to make her say, "*WOW!*" she meets you and it isn't what will make her want to stick with you for life when in a relationship.

The truth is, a woman really only appreciates a guy's nice behavior in a relationship when she feels attracted to him, respects him and loves him.

2. Thinking that putting her on a pedestal will make her stick around because she feels worshipped.

Guys who lack confidence in their ability to attract women and keep them interested often make the mistake of putting their girlfriend on a pedestal.

Essentially, a guy will assume that by hanging on a woman's every word, agreeing to everything she says, allowing her to make all the decisions about where she'd like to go and what she'd like to do, etc., will make her like him more and want to stick with him because he makes her feel so special.

Aww, how sweet.

Although there are some women who enjoy being "worshipped" by a man in this way, most women realize that this type of behavior stems from the guy's lack of confidence in his ability to attract her and other women.

The woman realizes that he hasn't been very successful with other women so he is hoping that if he lets her have all the control and power in the relationship, she will stick with him out of pity.

What he doesn't realize is that in a relationship with a woman, a man has to be the leader.

Yes, a woman will sometimes make decisions and take the lead (and that is absolutely fine), but ultimately it's the man's responsibility to lead and a woman won't fully respect him or feel attracted to him if he hands over his power to her.

3. Being insecure.

Insecurity can manifest itself in many different ways.

For example: When a guy is approaching and talking to women, his insecurity may manifest itself as shyness, trying too hard to be liked or nervousness during a conversation.

Rather than being confident and saying whatever he feels like, he will worry about saying the wrong thing and will soon run out of things to say.

On a date, his insecurity might cause him to try too hard to be liked and he may come across as nervous, which will turn the woman off.

In a relationship, his insecurity might manifest itself as neediness, clinginess, jealousy and over protectiveness.

Although a woman may put up with a man's insecurities for a short while when in a relationship, she will eventually break up with him if she loses too much respect and attraction for him.

[image: Leaving a family behind after a break up]

A woman doesn't want to "baby" a guy and have to teach him how to be a man. If he can't fix his issues and overcome his insecurities on his own, most women will not stick around to hold his hand.

Some guys feel annoyed that women can't accept their insecurity, shyness or lack of confidence and just like them for who they are; but it's not the woman's fault.

A woman is instinctively attracted to the emotional strength in men and turned off by the weakness because for all of human history, life has been challenging.

Even though modern life is easier in some respects, it's still very challenging to be successful and a guy needs to have emotional strength to remain strong when life throws him a curveball.

Women might not be able to go around explaining why they feel attracted in that way, but they have a natural instinct to pair up with a guy who has emotional strength.

Instinctively, a woman knows that a real man will rise through the levels of life, reach for his true potential and go after his true purpose in life without fear.

A woman might not be able to explain why she broke up with an insecure man, but her feelings will be very clear. Deep down, she will know that it's probably not a good idea to stick with him.

That said, it doesn't mean that the guy can't be forgiven. I've personally helped 100s of guys to get an ex girlfriend, fiancée or wife back and many times, the main reason why the woman had broken up with him was due to insecurity and him not being enough of a man for her.

Luckily for us guys, that is something that can be easily fixed. All you need to do is learn how to be a confident, emotionally strong man and a lot of your problems with women will instantly begin to disappear.

You Can Be Successful With Your Next Relationship

Rather than going through the heartache of another relationship break up, decide now that you will begin the rapid transformation into the type of man that women desperately want to be with.

Watch this video to understand that relationships go through very specific stages and if you want your next relationship to work out, you've got to get past the initial stages and reach stage 5.

When you reach the blissful love stage of a relationship and keep it there, life is just feels so damn amazing together than you never want to leave each other.

I know this from personal experience as well because I've been with my wife now for 5 years and it just keeps getting better and better.

It all starts with your ability to attract women when you meet them and then deepen the woman's feelings of love, respect and attraction for you when in a relationship.

You don't have to go through life saying, *"My relationships never work out,"* and feeling like nothing will ever work out for you.

You can be one of the guys who effortlessly deepens a woman's feelings of love, respect and attraction for you over time.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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My Girlfriend Said I'm Too Nice

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Some guys who grow up without strong male role models in their life, end up getting their dating advice from their mother who may tell them things like, *"If you want to get a decent girl to like you, you are going to have to be a nice guy."*

He will told that he needs to be a gentleman, be patient and essentially treat the woman like a Disney princess, even though she's just a normal, everyday girl.

On top of all that, a guy will often overhear women say things like, *"I wish I could just find a nice guy to date"* or *"Why are guys such jerks? All they're interested in is sex. I just want a nice guy who cares about me."*

With all that combined, is it any wonder that millions of guys across the globe grow up believing that being nice is the key to getting a woman and then keeping her interested when in a relationship?

Watch this video to understand some of the common lies that women tell men...and what they REALLY want men to do instead...

There's nothing wrong with being a good man, but if you're too nice to a woman (especially when she doesn't treat you well), she just won't be able to respect you.

Women don't actually want to be in the position of power in a relationship.

A woman wants you to respect her and treat her well, but she wants you to get her to respect you too. If you can't do that, she fears that she is with the kind of guy who will get walked all over in life (e.g. taken advantage of by bad people or manipulative friends, ignored for promotions at work, picked on).

Women don't want to have that feeling when they are with their man.

So, if you're saying, *"My girlfriend said I'm too nice"* you need to understand that women have a primal need to feel like a guy can protect them and keep them safe for life.

It's not about being macho or being a tough guy.

Instead, you just need to have a bit more balls around her and stop letting her walk all over you.

There's nothing wrong with being a good guy, but you just have to ensure that she is being respectful and nice to you too.

Don't let it become a one-sided relationship where you are doing everything for her.

[image: Am I too nice to my girlfriend?]

To be clear: You do not have to become a bad boy or treat her badly to keep her happy.

You can continue to be the good guy that you are, but you have to understand that she also needs to feel sexually attracted to you.

Being nice does not trigger feelings of sexual attraction inside of a woman, but being confident and making her feel girly in response to your masculinity does.

If you are too nice to her, too generous, too sweet and too gentle, then you will lack the all important ingredient of masculinity in your behavior and she will feel turned off.

Women only truly appreciate and feel turned on by sweet gestures from a man that they look up to and respect (i.e. he is the clear leader of the relationship, he is masculine in his thinking, behavior and actions, she feels like his woman rather than his mother or friend).

If you are trying to keep your woman happy by being sweet and nice, then it's just not going to work.

Women need to feel sexually attracted to you and a big part of that comes from the very clear difference between you and her in terms of your energy.

If you are too sweet and nice, you will seem more feminine than masculine and since she is feminine too, she won't feel like there is much of a difference between you and her.

It will feel like she is in a relationship with half a man, or a man who lacks the balls and masculinity she needs to feel attracted and turned on.

Nice Guy Confusion

[image: Does she want me to treat her badly?]

Most of the guys in this world who label themselves as being "nice" really don't know the difference between being a "nice" guy and a "good" guy.

A "nice" guy believes that to get a woman to like him and remain interested in him, he has to do whatever it takes to please her by being really nice, polite, gentlemanly and caring.

For example:

1. He must always be available to her.

Always putting her needs before his own is a common mistake that nice guys when trying in a relationship with a woman or even when trying to get a girl to become interested in dating him.

For example: Regularly canceling his own important plans to do something for her.

He might not go to see a sick friend or family member, put off an important meeting or cancel plans with friends just to run a small, unimportant errand for her, because he believes that he has to always put her needs first to keep her happy in the relationship.

Yet, what he doesn't realize is that type of behavior usually makes a woman lose respect for a guy.

When in a relationship, a woman will test her boyfriend to see how much she can boss him around and control him.

If she realizes that he's essentially her little puppy dog and will sit when she says sit, she then loses respect and attraction for him on an instinctive level.

Why? If he lets her push him around like that, will he be also be the type of guy who isn't respected in the workplace and therefore misses out on promotions? Will he be the type of guy that his male friends pick on and look down on?

2. He must put up with her bad behavior.

Regardless of how much she loves, respects and feels attracted to her boyfriend, a woman will always continue to test him.

Testing him by behaving badly is her way of seeing how far she can push him and how much she can get away with.

[image: My girlfriend says I'm too nice]

For example: She might cancel her plans with him, not reply to his texts, hang up on him, throw tantrums, demand that he buy her expensive things, or flirt with other guys in front of him.

She will test to see how much he is willing to put up with just to be with her.

From the nice guy's perspective, he assumes that he's doing the right thing by showing her that he's willing to put up with anything because he loves her so much.

Yet, from her perspective, he's probably only putting up with her bad behavior because he knows how difficult it will be to get another girl to give him a chance.

3. He must spoil her and accept all her demands.

Nice guys believe that keeping a woman interested is about spoiling her, paying for everything and lavishing her with gifts.

Of course there's nothing wrong with a guy occasionally getting his girlfriend a gift, but it has to be when he feels like doing it because she deserves it.

If he's buying her gifts or taking her out for expensive dinners, etc., because he thinks that it will please her and she'll then remain interested in him, it's likely that she'll end up using him for what she can get out of him and then dump him when he can't keep up with her demands.

4. He must constantly stay in touch with her.

Some nice guys believe that texting and phoning their girlfriend all the time is the best way to let her know how important she is to him.

However, this behavior simply never allows her to miss him and instead makes him come across as being needy and insecure.

There's nothing wrong with being available to talk or text with your girlfriend, but if you're the type of guy who "insta replies" (replies instantly to everything she sends you), she's never going to have the emotional time and space to miss you and really want your reply.

5. He must let her make all the decisions and let her dictate the pace of the relationship.

This is a common mistake that nice guys make in relationships. He believes that to keep a woman happy in a relationship, he has to hand over all the power to her.

When a woman ends up being forced to lead a relationship, she gradually stops feeling respect and attraction for her man. She might like having all the power for a while, but when she realizes that she's essentially taking on the role of "mother" or "big sister" or of "the man" in the relationship, it turns her off at a deep and instinctive level.

If you're behaving in any of the nice guy ways outlined above, then you've made the fundamental mistake that guys make of believing that your niceness is what attracted you to her.

What you've failed to understand before reading this article is that it's easy for a woman to find a "nice" guy out there because most guys in the world are nice guys or at least good guys.

However, what a woman really wants is a good guy who can also make her feel sexually attracted, respectful towards him and fall more deeply in love with him every day that they spend together.

My Girlfriend Said That I'm Too Nice. What Did She Mean?

If your girlfriend said that you're too nice to her, she's trying to give you a hint that you don't need to kiss her ass as much as you have been. You need to have a bit more balls and stop letting her push you around.

It's not about becoming disrespectful, rude or treating her mean, but simply about being more masculine and ballsy.

Whether she is a young girl or a mature woman, your girlfriend wants to feel feminine and girly in contrast to your strength and masculinity.

She can't feel that way if you're suppressing your masculinity because you're being a super nice guy around her instead.

You don't have to become a bad boy or a jerk, but just stop being so agreeable, nice, polite and overly considerate about everything.

Try to be more real around her, rather than thinking that you need to be Mr. Perfect or Prince Charming.

If your doesn't start feeling more sexually attracted to you soon, she'll simply end up seeing you more as her friend rather than as her man. If she doesn't feel sexually attracted to you, then she'll definitely lose interest in having sex with you.

[image: Am I being too nice to my girlfriend?]

So, if you're saying, *âMy girlfriend said I'm too niceâ* you have to understand that this is her way of saying she's not feeling the way she wants to feel when she's with you.

Even though your girlfriend may love you, if she's not feeling sexually turned on by you, she will eventually give you the, *âI think we should just be friendsâ* speech.

She will then go out and find herself another guy who can make her feel the way she wants to feel in a relationship.

In the past, women had to choose one man stick with him for life because pre-marital sex was forbidden.

Yet, in today's world, a woman is free to get in and out of relationships until she feels ready to settle down or feels like she's met the one for her.

By the way!

Even if your girlfriend initially referred to you as "the one," it doesn't mean that she will continue to see you that way if you no longer make her feel the way that she really wants to feel when in a relationship.

To keep a relationship together in today's world, you've got to be able to deepen a woman's feelings of respect, love and attraction for you over time, rather than taking her for granted and expecting her to stick around because she loved you so much in the beginning.

Saying that you're *âtoo niceâ* is your girlfriend's way of telling you that she needs you to change!very soon.

She wants you to be a confident and emotionally strong man who can make her feel intense sexual attraction, rather than just being a really nice man who makes her feel like a nice friend.

If you ignore what she is saying now, you might become one of the guys who write to me saying, “My girlfriend dumped me and I don’t know why. Please help!”

Ask yourself:

1. Does interacting with you make your girlfriend feel excited, attracted and in love, or has she been feeling like your big sister or best friend?
2. Has your relationship been filled with intimacy, sex and lustful emotions or has it all been too friendly, gentle and nice?
3. Does your girlfriend feel turned on by you and your actions, or is she feeling bored with the approach that you’ve been using lately?
4. Do you have a masculine/feminine relationship dynamic where you are clearly the man and she is clearly the girl, or are you drifting along together like nice, equal friends?

One of the keys to getting your girlfriend to feel attraction for you is by creating a relationship dynamic where she feels like your woman (or your girl).

A woman wants to feel as though she can rely on you to be her confident, masculine man all the time rather than feeling as though you aren’t prepared to be that strong and masculine and just want to be neutral around her like a friend.

As you may know, life is often very challenging and a woman needs to know that when things get difficult, you’ll be mentally and emotionally strong enough to stand up and take care of yourself and her.

She doesn’t want to feel as though you’re going to be “too nice” and worried about taking the lead or asking for what you want because you’re afraid of hurting anyone’s feelings or of coming across as being a badass.

Be a Strong, Good Guy Rather Than a Weak, Nice Guy

When your girlfriend says that you’re being too nice, she’s simply telling you she needs you to be more of a man in the relationship.

Rather than being a pushover for her and other people (which makes her feel like she has to protect YOU), she wants to know that you are her man, she is your woman and you are capable of taking care of her and yourself.

So, instead of sitting around saying, “My girlfriend said I’m too nice,” you need to focus on making her attracted to you and respectful of your masculinity.

Don’t make the “nice guy” mistake of handing over your power to her and hoping she plays nice in return.

Women secretly hate it when they have to lead a man and take on the role of “the man” in a relationship.

What women are really looking for in a man is a good guy who they can love, respect and feel attracted to for life, not a nice guy who they disrespect and feel hardly any love or attraction for.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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My Wife is Not Affectionate Anymore

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your wife isn't affectionate anymore it could mean one of the following:

1. You have slipped into being neutral around her, rather than being masculine and making her feel girly in your presence.

Inside, you may feel very masculine or confident, but she's not going to feel any desire to be affectionate if you don't use your masculinity to make her feel girly in comparison to you.

If you just generally behave like a confident, masculine man, but don't put that on her (i.e. playfully tackle her onto the bed and hug her and kiss her, pick her up (if you are able to) and carry her over to the couch, be a little rough with her in a loving way), then she's not going to be feeling girl in comparison to you.

As a result, you and her will feel more like friends, than a man and wife who are attracted to each other and excited about being in love with each other.

[image: My wife is no longer affectionate towards me]

2. She feels as though affection and sex no longer need to be a big part of your marriage because you've already done that in the past and now she just wants to grow old together.

You can change how she feels about that, but you need to ensure that she is not getting the impression that you NEED affection and sex from her to feel okay about yourself.

Let her affection and the sex that you have come naturally as a result of you creating a loving relationship dynamic and occasionally making her feel very girly in comparison to your masculine approach.

3. You have done things that have caused her to lose respect and attraction for you over the past few months or years and she no longer feels that kind of spark with you.

[image: No longer feeling the spark after experiencing ongoing problems]

If you have been turning her off (e.g. by being insecure, moody, argumentative, irritable, needy), you can fix that and start making her feel attracted to you from now on.

4. She doesn't feel much excitement about the idea of getting sexual with you at the moment, because the energy you bring to the sex is too predictable.

For a long time, you've pretty much done the same thing every time, or your sexual approach to her has been quite neutral (i.e. more like a friend).

To make her enjoy the sex more, start looking at her as being less dominant than you and then doing what you want with her during sex.

Let her feel as though you're not holding back on what you really want to do to her (e.g. the way you squeeze her breasts, grab her body, move her around, kiss her neck, give it to her from behind).

5. You have been too serious in your interactions with her and there is no longer enough laughter and humor between you to make her feel comfortable about being affectionate.

As a result, she feels uptight around you rather than happy, positive and relaxed.

It seems as though you are just hanging around each other, tolerating each other and hoping that

things might improve in future.

Yet, things remain pretty much the same because you're doing the same things as before, or you've tried to improve or change, but have only really changed a little bit.

For example: Sometimes a man will need to become 100% more masculine in his behavior around his woman, or the way he touches her, but he will become 20% more masculine.

She will feel a bit more attracted to him, but not enough to get excited about, especially if she senses that he fears being more masculine around her in case she challenges him (e.g. pretends not to like it, pretends to get angry, says that he's acting weird).

If he's not prepared for the fact that a woman WILL challenge a man (to see if his newfound grasp on masculinity is real or not) when he starts being more masculine around her, then he will mistake her reaction as rejection or disapproval.

The reality is though that women ALWAYS feel more attracted when a man is more masculine.

There is no doubt about that at all.

However, if you are unable to handle her challenge when she tests you, then she won't feel more attracted and will instead feel as though you still haven't fully grasped how to be a man.

So, with the 5 possible reasons above, which of the above do you think applies to your situation the most?

Whatever the case is for you and your wife, just know this: You CAN get the spark back.

The reason why, is that the amount of attraction that your wife will feel for you on a day to day basis, is pretty much within your control.

It's based on how you think, talk, feel, behave and act around her.

So, the question is: Have you been actively making your wife feel attracted to you as a man, or have you slipped into taking her feelings of attraction for granted?

Have you been simply being a good man and trying to be a little more confident, less insecure and manly, but haven't really let her el that when you touch her, or interact with her closely?

Blaming Her

[image: Why aren't you affectionate with me anymore?]

Sometimes, the guys who say, *â€œMy wife is not affectionate anymore,â€* will make the mistake of assuming that if a woman stops wanting to hug, kiss, hold hands and have sex, itâ€™s pretty much her fault.

For example: He might say things like, *“She’s turned into a plain Jane women who isn’t interested in sex”* or *“She baited me into marrying her with sex and now she’s withholding it”* or *â€œShe always seems to have a headache, be too tired or not be in the mood,â€* or *â€œShe used to be so loving and affectionate when we first got married, I just donâ€™t understand whatâ€™s wrong with her.â€*

Yes, it can sometimes be the woman's fault, but in a relationship, it's the man's responsibility to lead the way to deeper feelings of love, respect and attraction over time.

A woman reacts to the dynamic that a man creates.

If a man creates a dynamic where they both have equal dominance, the woman will go along with it, but she will feel as though they are more like friends and as a result, will slowly lose her desire to be affectionate or sexual with him.

If a man creates a dynamic where the woman is more dominant (in her energy, her ability to sway the mood in her direction, get her husband to bend to her will), then she will go along with it, but she will struggle to feel attracted to him because he is a weaker force than her.

If a man creates a dynamic where he is always only more dominant in a subtle way, then she will feel respect and attraction for him, but won't be jumping all over him with affection, or regularly desiring sex.

If a man creates a dynamic where is dominant in a subtle way a lot of the time, but much more obviously dominant occasionally (i.e. based on how he touches her, lovingly laughs at her when she is trying to intimidate her with her anger or tantrum, the way he pushes up against her and makes his presence felt) and is a good man to her, then she will naturally feel desire to be affectionate and to have sex.

The woman is simply reacting to the man.

So, while it's okay to blame her for being a pain in the butt, you're not really going to win anything by doing that.

As a man, you just have to take responsibility for the dynamic and turn it into what you want.

It might feel a bit scary, awkward or difficult to suddenly be more masculine, but just know that it will make your relationship so much easier when you get used to it.

She will naturally respect you more, be more affectionate and be much more into sex than she has in a long time.

She is Reacting to the Dynamic You've Created Between You and Her

Have you ever seen those married couples who, after decades of being together, are still madly in love, affectionate and happy to be around each other?

If that is happening, the husband has created a relationship dynamic where love and affection flows.

Just know that he could ruin the relationship by creating a different dynamic.

For example: Over time, she could go from loving him to resenting and then hating him, if he became an insecure, needy (in terms of affection), irritable man around her.

Yet, if he keeps the dynamic right, then they will remain happy and love each other more over time.

That's how it works.

Yet, not all couples get to experience that because the relationship dynamic isn't right and the man (or the woman) doesn't know how to fix it.

Before they know it, they're arguing about a lack of respect, love, affection or sex and feeling like they've made a mistake in marrying each other.

Yet, they haven't made a mistake in marrying each other, but simply have a relationship dynamic that isn't allowing respect, love, affection and sex to flow naturally and consistently.

Have You Been Making Any of These Mistakes?

1. Have you been taking her for granted?

The love, respect and attraction that you and your wife feel for each other is something that will fade away if it isn't taken care of, nourished and built on over the long term.

Essentially this means that you have to make sure that even when life gets crazy, you don't stop making her feel loved, appreciated, valued and attracted.

Unfortunately, some guys buckle under the pressure of everyday life and they stop genuinely noticing their wife and showing interest in the efforts she makes to be a good wife, look good for her husband, keep a neat and tidy home, cook all his favorite foods, take care of the children, etc.

The husband comes to expect that she should be doing that and that's just how things are. Yet, it isn't 1900 anymore. Women can leave a marriage if they want to.

[image: Where has the spark gone between her and I?]

Your wife might not be the type who wants to break up a marriage, but if she feels like you take her for granted, it's only natural that she isn't going to want to reward you with affection for that.

Has this ever happened to you?

Has your wife ever asked you for your opinion on an outfit she was wearing, and instead of really looking at her and taking the time to appreciate her efforts to look good, you glanced up from the TV or your paperwork and grunted a stock standard reply like, *â€œYeah, sure honey, that's fine,â€* or *â€œWhatever you like is fine by me.â€*

Although chances are high that you think she looks beautiful no matter what and that she's a better judge of fashion than you, it's not what she is wearing that matters to her.

What matters to her is whether you are noticing that she's trying to please you because she knows that her appearance is what men are attracted to the most.

She knows that you will find other women attractive and she wants to know that you still look at her as the sexiest woman on Earth. She wants to feel as though you get a "Wow!" feeling inside of you when she puts in an effort to look good for you.

If she doesn't get that from you, she may try to get that reaction from other men (e.g. coworkers) who are interested in her.

Another example is letting her down or changing your plans with her at the last minute and just expecting her to keep putting up with that type of treatment.

Let's say she's booked a babysitter so that the two of you can go out for the night for the first time in months, but at the last minute you call her to tell her that you have to work late, or you've been invited for a drink with the boss after work (and how could you possibly say no to the boss?)

You might not see it as a big deal because you and her can reschedule your night out some other time, after all work is important because it's your way of taking care of her, but to her it is a big deal because you're choosing to put your job and other people before her.

Obviously, plans do need to change at the last minute from time to time, and obviously taking care of your job is important, but if you've slipped into the habit of putting her second on a regular basis, then you are taking her for granted and she is naturally going to start feeling unloved and

undervalued.

There's nothing wrong with changing plans, but if you do it too often because you essentially take her for granted, it isn't going to make her feel like rewarding you with loving affection.

Playing hard to get works with women in the dating stages, but in a marriage, you actually have to care about your wife and her feelings. She's got to be the person that you love and care about the most.

2. Have you put her in the position of power?

Caring about your wife and her feelings doesn't mean that you should let her walk all over you.

A woman will always test you to see how much she can get away with and to see whether or not you are still the man (or the one wearing the pants) in the relationship.

If you let your wife boss you around and step all over your feelings, needs and wants, she will naturally lose respect for you as a man.

When a woman doesn't fully respect her man, she also loses the desire to be affectionate with him.

Touching him in any way, whether it's just to hug or kiss or hold hands, or being more intimate and having sex, will make her feel a bit repulsed and uncomfortable.

Why? Women are sexually attracted to confident men who are mentally and emotionally strong and who can, and will, continually take the lead in a relationship.

When a husband gives in to whatever his wife wants because he is fearful of losing her, she naturally loses respect for him and when that happens for long enough, she loses touch with her feelings of attraction for him.

3. Have you been hiding from your true potential as a man?

A woman will marry a man even if he isn't powerful and successful because she can see that he has the potential to succeed.

However, if when they get married, he begins to use her and the relationship as an excuse to hide from his true potential in life, she will feel turned off by him, annoyed by him, betrayed by him and disappointed in him.

She will feel as though he lured her into the marriage with the false bravado of one day getting promoted at work, taking on a better job or succeeding with the business he's always wanted to run, but when she said, "*I do*" he felt like he'd gotten her and could now relax and stop putting in so much effort to become successful.

Have you been following through on your dreams and ambitions since you got married to your wife?

Are you still rising through the levels of life with purpose, or are you making excuses about why you're not becoming more successful or why you've stopped following through on your goals and ambitions?

Having a setback is absolutely fine, but falling into a pattern of hiding from success and your true potential will cause your wife to lose respect and attraction for you and she'll feel repulsed by the idea of touching you or getting intimate with you.

A woman wants to feel proud of her man. She wants to be able to feel safe in the knowing that her man will continue to push forward to create a better life for himself, her and any offspring they have.

Opening Up the Flow of Love and Affection Again

It can be difficult to break a habit, but it can be done.

Right now, you're saying, "My wife is not affectionate anymore," because she may have fallen into the habit of being negative and not caring about the physical side of your relationship or even about being affectionate towards you.

To change that, you have to chip away at the bad habit, by slowly introducing better habits.

For example:

1. From now on, make an effort once per day to notice her and genuinely complement her about how she looks, or for cooking a nice meal. Mean what you say, rather than just saying it without emotion or authenticity.
2. Ensure that unless it is absolutely necessary, you keep all your promises to her and try to place her needs before things that can be placed second.
3. Once a week, tell her what you are grateful for about her as a wife and a lover (yes, even a lover. Find a way to put a positive spin on it).

Eventually, when she realizes that you're being genuine and honest with her she will start telling YOU why she's grateful for you. She will also appreciate that you're not nagging her about the lack of sex and are instead focusing on the positives of the sex that you and her have.

4. Don't wait for her to initiate affection once every few days (to begin with), stop and give her a warm, loving hug. Hold her hand for 30 seconds to a minute when you're watching TV or at the movies, even if she initially squirms or doesn't want to. Eventually she'll stop being so cold and she'll begin to initiate those things herself.

5. Smile and laugh more often.

Giving off positive vibes and being in a good mood will help to create a more loving environment, allowing her to become more open and interested in being more affectionate towards you.

Okay, I hope that helps and if you need any more help, I hope that you check out my programs on relationships here at The Modern Man.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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My Girlfriend Says Other Guys Are Hot

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your girlfriends say other guys are hot, she is either:

1. Testing to see how confident you are.

This is the common reason why a girlfriend will talk about other guys being hot, attractive or appealing.

Having unshakeable confidence in your sex appeal to her is the #1 trait that will maintain her attraction for you when in a relationship.

If she talks about other guys being good looking and sees that it makes you feel insecure and begin to doubt her attraction for you, then she knows that you don't have the type of confidence that will keep her interested in the long run.

Personally speaking, my wife always tests my confidence and I never fail her tests.

I always remain 100% confident in my attractiveness to her, regardless of what she says and as a result, she feels more and more attracted to me over time.

She teases me about my receding hair line, my lack of a six pack, my lack of muscles and my deepening facial wrinkles.

She always tests to see if I have any emotional weak points and when she continually finds that I'm strong and don't have any insecurities, it deepens her respect for me.

BTW: This is her and I when we met about 2.5 years ago...

[image: Dan Bacon at a nightclub with girlfriend]

She's 22 and I'm 37, so she sometimes refers to me as *Old Man Dan* sometimes and says things like, "You're so old."

It's all a test and I just laugh it off or laugh at her.

From the day I met her, no matter what she has said or done around me, I have maintained absolutely belief in my sex appeal to her and other women.

For example: The other night, we were sitting on the sofa and watching some TV. She was looking through some old photos of us on her iPad and said, "Eww...look at you in this photo...you don't look good at all" and I said, "Let me see."

I looked at the photo and said, "I look awesome...I look handsome in the photo" ☐ that's a great photo." She then laughed and said that I always think I look so good.

10 seconds later, she rested her head on my lap and played with her iPad while I watched TV.

She then started talking about positive things and moments later, she will giggling and laughing and grabbed my hand, brought it to her mouth and kissed it.

A long time ago, I would have never been able to handle a woman's tests like that.

I was too emotionally sensitive and needed a woman to help reenforce my confidence with compliments, positive affection and reassurances that she liked me, loved me, wanted to be with me, etc.

However, that isn't the case anymore and hasn't been for the last 10 years of my life because I understand why women test and I accept it.

A woman will test you because she wants to reconfirm to herself that you are a confident man. Experiencing a man's confidence is an irresistible attraction drug for women. They can't get enough of it.

If your girlfriend is trying to experience your confidence by testing you, don't get angry at her for it. Instead, embrace the opportunity to make her feel even more attracted to you.

2. Trying to gain more power over you in the relationship

There is always going to be a power struggle in a relationship.

Regardless of how submissive a woman is, she will always attempt to gain power over her man here and there.

Some women are a lot more intense about it though and will consciously try to gain more and more power over you, to the point where you feel like you'd be lost without her.

A woman who tries to make her boyfriend feel insecure by saying that other guys are hot, will often be doing so because she is insecure about how much he wants her.

She may have seen him looking at other women and finding them attractive, so she tries to let him know that she can find other men attractive too. Essentially, the warning is: If he isn't careful, she might leave him for one of those guys.

3. No longer feeling enough attraction for you.

In some cases, a guy will get with a girl and they'll have a fun, enjoyable start to their relationship, but the initial attraction buzz will die off.

For example: Maybe he "got lucky" when he met her and she was feeling lonely or trying to get over an ex boyfriend, so she hooked up with him, or he grew on her over time (e.g. they started out as friends, coworkers, etc).

The start of a relationship is the easy part.

To keep the spark alive and make sure that your girlfriend doesn't want to leave you for other guys, you have to be able to deepen her feelings of attraction over time.

4. Not serious about being in a relationship with you.

Not all relationships are 100% serious and heading for marriage and a lifetime commitment.

These days, many women are happy to get in and out of dating relationships for years before they settle down with the right man.

Even if she tells her boyfriend she loves him and they enjoy a great relationship together, it doesn't mean that she is 100% committed for life.

When she's had her fun with a guy or her girlfriends suddenly become single after breaking up with their boyfriends, you can expect her to suddenly start to feel restless and want to join them if she's not truly committed to you.

Do you think that she's potentially that type of girl, or are both you and her fully committed for life?

If she is committed to you and you are committed to her, then you need to understand thatâ€¦!

Feeling Attracted to Other Men Doesn't Mean She is Cheating or Will Cheat on You

Think about it this way...

Despite the fact that you love your girlfriend, find her attractive and want to be with her, you can't stop yourself from feeling attracted to other women, right?

If you see a hot girl walking down the street, you can't stop yourself from feeling attracted because it's an automatic reaction. Additionally, if you open up a porn site, you probably can't stop yourself from getting a boner and wanting to do something about it.

Attraction is a natural reaction that men and women have when they encounter attractive traits in each other. It can't be turned off, but it can be kept under control.

For example: I still feel attracted to other women, but I find my wife much more attractive than any of them. My attraction for her is fixed and I'm not changing how I feel because I'm committed to her.

There are millions of other women in this world that I find attractive, but I'm not going to sleep with them. I've already done that and now I'm in a committed relationship.

The same goes for my wife. She will see other guys as being attractive, handsome, etc, but that doesn't mean she is going to get up and leave me just to act on her feelings of attraction.

Why? The potential loss for her far outweighs the gain of acting on a feeling of attraction for a guy who probably isn't half the man that I am. Sure, he might be better looking than me, but is he going to have all of the other fundamental traits that women find irresistibly attractive in men?

I'm in the same boat. I could easily have sex with new women (there are women interested in me in my social circle), but the losses would far outweigh the gains.

I would lose the best woman I've ever met in my life. My sexy, 22 year old wife.

I would then have to go through all the initial stages of a relationship again and then decide whether or not she was worth committing to.

If I only wanted sex with her, that probably wouldn't be a possibility because she'd cling on to me and want to get in the way of my marriage.

So, have a think about the position that your girlfriend is in now...

- Does she see you as being much better than the majority of options that she choose from with other men?
- Have you been deepening her feelings of love, respect and attraction for you over time, or have you been taking her for granted?
- Are you rising through the levels of life and reaching for your true potential as a man, or are you hiding from your biggest dream goals behind her and the relationship?
- Does she look up to you and respect you, or has she lost a lot of respect for you lately?
- Are you and her both still excited to be in love with each other, or have you slipped into being more like casual friends?

If you think that your relationship has lost the initial spark and her attraction for you is beginning to

fade, make sure that you watch the video above.

In the video, I explain how a woman's attraction for a man really works and how you can make a woman feel more attracted to you than guys who are better looking than you are.

Getting to the Root of the Problem

Your girlfriend saying that other guys are hot is not a terrible thing in itself. Attraction is normal and healthy.

So, the question you should ask yourself is, *What is causing me to feel upset when my girlfriend says other guys are hot?*

Let's look at several reasons why her recent behavior could be bothering you.

Do You Have Trust Issues?

Unfortunately, these days, a lot of guys grow up without good relationship role models.

Many guys come from broken or unhappy homes and often, all the relationships around them, like those of uncles, brothers, friends, etc., are also unhappy or broken.

This sets up a negative idea in their minds, which ultimately translates into serious trust issues when they find themselves in a relationship.

Trust issues can also come from being one of many children and never really experiencing what it's like to be fully loved by a parent.

So, when a guy like that gets into a relationship with a woman, he wants her to devote to him and only him to fill up the emotional gap that has haunted him since his childhood.

Here's the thing though:

To be successful in a relationship with a woman, you HAVE to trust her and she has to trust you. You have to trust that she loves you, wants to be with you and will stick by you.

Yes, she might break that trust, but if you don't give it to her (all of it), your relationship will never mature and grow to the next stages.

It will always feel stuck and the love will never reach its full potential.

A lack of trust breeds insecurity, anger and frustration and changes the way that you think, behave, feel and act around each other.

You and her always feel separate and even though you might live together or see each other regularly, there always seems to be something missing between you.

If your girlfriend ends up breaking your trust one day, then it's only natural to feel hurt, betrayed and disappointed about it.

However, you will never be able to prevent bad things from happening in a relationship by removing the element of full trust.

Insecurity, controlling behavior, fighting, accusations and excessive jealousy all work together to push and your girlfriend further apart.

The less emotionally strong you are as a man, the less respect and attraction she will feel for you and if that goes on for a long time, she will fall out of love with you.

If you're saying, *"My girlfriend says other guys are hot,"* and she has given you no other cause to doubt her loyalty to you, then you are making the mistake of allowing yourself to become clingy, insecure and mistrusting towards her.

You've got to get control back over how you think, feel and act around her.

If you present her with your weakness and insecurity, it will gradually destroy her attraction, respect and love for you as a man.

Do You Crumble When She Tests You?

Guys often assume that just because they're in an established, loving relationship, their girlfriend (or fiancée or wife) will eventually stop testing them.

The assumption is that tests are what women give to guys that they are screening as potential boyfriends and once they've settled on a guy, the tests will suddenly stop.

That's not how it works.

Women test guys ALL the time. It never ends. Why? It is a woman's natural instinct to do it to ensure that you are still "the man" and she is the woman.

Testing your confidence and masculinity and seeing it come back as strong and powerful each time, allows her to further relax into being your woman and to continue feeling respect and attraction for you.

The key here is to realize that she is testing you to reconfirm that you are the man she should be giving herself to.

You need to be able to take it in your stride without losing it every time she says that another guy is hot.

Over time, her respect and attraction for you will deepen as she compares you to the other men that she interacts with, and even though she may still comment about other guys to you, inside she will be thinking, *"There's no point being with another guy. I would probably never be able to find another man who is as emotionally strong and secure as my boyfriend is."*

Rather than get upset when your girlfriend says other guys are hot, you try to instead feel grateful for her tests.

When you have that mindset, it will come through in your actions and your conversation style and she will be all over you because she will know that she cannot do better than you.

Even if the other guys are more physically handsome than you, in her eyes you will always be the best.

Is She Behaving in Other Ways That Are Making You Doubt Her Loyalty to You?

Most women don't just come out and say they want to break up with a guy. Instead, they will show him signs that they are losing interest in being in a relationship.

So, the question is: Is your girlfriend doing more than just saying that other guys are hot? Is she also behaving in any of the following ways?

Ask yourself:

- Does she make herself available to you no matter how busy she gets, or does she regularly

make excuses not to see you?

- Does she actively try to stay in contact with you as often as possible, or is she taking days and even weeks to reply to your text messages or return your calls?
- Is she loving, attentive and keen to touch, kiss and have sex with you, or does she make excuses pretty much every time you try to touch her or initiate sex with her?
- Does she always want to go out with you, or does she regularly insist on going out without you; especially to places like clubs or bars where she had a good chance of getting hit on by other guys?
- Is she still making an effort to look good for you, or has she let herself go?

These are all signs that thereâs a deeper reason why she says other guys are hot, and if you want to save your relationship with her, you have to find out what is causing her to fall out of love with you and fix that.

As you will discover from the video above, a woman will fall out of love with a guy after losing respect for him and then losing touch with her feelings of attraction.

If your girlfriend is genuinely finding other guys to be hot and is losing attraction for you, then you need to work on fixing that now before she cheats on you or breaks up with you.

Are You Allowing Your Insecurities to Ruin a Good Thing?

In many cases, a woman who looks at other guys is doing just that â looking. It doesnât mean she has any intention of cheating on her guy.

However, when a guy feels like he got âluckyâ when he hooked up with his girlfriend, her natural appreciation for other guys will bring out his insecurity and jealousy and make him feel like heâs not good enough for her.

Hereâs the thing thoughâ!

If you let your insecurities control you, you will eventually end up losing her. Women are turned off by emotional insecurity and turned on by emotional strength.

The only way to stop feeling insecure is to be the opposite of insecure, which is to be confident.

Here are the dictionary definitions to show the difference between confidence and insecurity:

Insecurity (*noun*): Lack of confidence or assurance; self-doubt.

Confidence (*noun*): Belief in oneself and oneâs powers or abilities; self-confidence; self-reliance; assurance.

No matter how often your girlfriend says other guys are hot, you need to believe in yourself and know that she wants to be with you more than she wants any other guys. You need to believe this completely and not worry about it at all.

If you donât believe in your attractiveness and sex appeal to her, you will keep looking for reasons to prove that youâre not good enough for her.

You might allow your insecurities and jealousy to slowly erode the trust, attraction and love she feels for you and she will then eventually dump you for one of those âhot guysâ, which will make you feel justified in being upset every time she made a comment about another guy.

Donât aim for that bitter sweet ending where you can say, *“Hah! I told you so â I wasnât good*

enough for her.”

Instead, make sure that you are good enough for her by believing that you are. It all comes back to how you perceive yourself and your sex appeal to her.

Personally speaking, I stick to the idea that I’m the most appealing, attractive guy in the world, even though I know that there are handsome men, models, etc out there.

What matters most when you’re attracting a woman for the first time or maintaining the attraction of your woman in a relationship is that you have an unshakeable belief in your sex appeal.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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My Girlfriend Wants a Threesome

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Having a threesome is considered to be one of the top male sexual fantasies and contrary to popular belief, it's also a top female sexual fantasy too.

However, the problem is that sexual fantasies are usually meant to be just that, fantasies.

In life, you don't have to make all of your fantasies become a reality to be happy.

It's fine to imagine doing some crazy things that may mess up your relationship, but that doesn't mean you have to follow through on it.

Some couples do act out the fantasy of having sex with other people, but from my personal experience helping 100s of men fix relationship problems, I've never heard of a threesome improve a relationship.

According to studies done on the subject, rather than revving up the sexual spark in a relationship, bringing other people into a relationship rarely works out in the way it was intended.

Should You Go Ahead With the Threesome?

It depends.

If you know that you aren't intending on staying with your girlfriend for life, then go ahead and enjoy it.

Sure, it may end up causing you and her to break up a lot faster, but at least you get to experience a threesome.

On the other hand, if you are intending on marrying your girlfriend and staying with her for life, then having a threesome probably isn't going to help your relationship.

Watch this video to understand the 5 stages that a relationship goes through...

If you have a threesome, it will become very difficult to keep the relationship at the blissful love stage if either of you develop insecurities about it.

However, having a "three way" might work out to be a good thing if both of you are:

- Completely committed to each other.
- Absolutely secure in the fact that you both find each other incredibly attractive.
- Only doing it for a bit of fun because you are both daredevils and love to push the limits.
- Are not looking for an easy way out of the relationship by hopefully falling for someone else and then leaving before the other person finds someone new.

That last point there is usually the problem point.

If your girlfriend is already thinking that if she likes the new guy, she will continue seeing him on the side in secret and then eventually break up with you if she has feelings for him, then having a threesome isn't going to be of benefit to you.

Instead, it's just going to be an easy way for her to break up with you and move on without you before you find another girl.

That way, she can escape the pain of being the one who was broken up with.

Yet, if your girlfriend only wants to have a threesome with another woman once (e.g. because she's always been curious about what it would feel like to be with a woman, or she wants to feel the jealousy of you being with another woman), then it should be okay.

[image: What's it like to be with two women at once?]

Not all relationships are intended to last for life and your girlfriend may just be with you for fun for a while.

That's okay if you're cool with it.

You and her can enjoy yourselves and explore different things together, as long as you know that the relationship will probably end in the near future.

In most cases though, having a threesome might be a shared fantasy, but the chances of you both getting out of it what you originally imagined is unlikely.

A threesome will usually just cause a couple more pain, problems and heartache than it's worth.

Of course, the exception is when you and your girlfriend aren't very committed to each other, are just with each other for fun and are secretly intending to break up one day anyway.

What's it Like to Be With Two Women at Once?

Personally speaking, I've had three threesomes in my life and while it was good for my ego, it wasn't that amazing in terms of the sex.

It was enjoyable, but it isn't something that even makes the top 5 list of great things that I've done in my life.

Essentially, you've got two women who are looking to take turns to ride your rod and if you ignore one of them, she usually feels left out and sort of becomes useless unless you're instructing her to do extra things (e.g. play with your balls, suck the other girl's tits, etc).

That said, there are some really good moments and it does feel great where you're skin-to-skin with two women and they're taking turns to kiss you, while stroking your middle leg.

It's nice, but it doesn't compare to the heart buzz you get when you're kissing and having sex with a sexy woman that you truly love.

It is fun though.

The most glorious moment that I had in a threesome was when I was standing on a bed and the two women (that I picked up from a nightclub) were on their knees taking turns to suck me off.

That was pretty good.

However, I have to be honest and say that nothing compares to the love, sex, intimacy and companionship that I've shared with my girlfriend (who recently became my wife after a brief engagement period) over the past 2.5 years ([this is her](#) if you wanted to check her out).

I'm not saying that to be nice to her or to be politically correct. It really is true. She is more than enough woman for me.

I don't have any desire to add more women into our relationship and I certainly wouldn't approve of her wanting to add a guy into our bedroom.

If my wife wanted that, she'd be dumped in an instant if she didn't change her mind. There's no way that I would put up with that sort of emotional disloyalty.

Of course, she wouldn't ask for that because I've chosen to marry a hot, sexy woman who is as loyal as it gets.

She is all for family, sticking together for life and laughs at any idea of ever breaking up or giving up. She's once said that it would be a nightmare for her to try to find another guy like me.

I'm not saying that to brag, but to point out something important about your girlfriend...

If your girlfriend wants to have a threesome, she probably isn't seeing you as a guy that she wants to keep all for herself for life.

She might start out saying that she just wants a threesome with another woman, but that may turn into a request to add a man into the mix if she sees you enjoying yourself with the new woman.

In theory, having a threesome when in a relationship can work for some people.

However, it takes emotional maturity and a high level of confidence in all three people involved to be able to handle the reality of acting out a fantasy and then parting ways without destroying the relationship.

Personally speaking, my wife is very confident and knows that she is hot, but I know that she wouldn't be able to handle seeing me with another woman.

She just wouldn't want another woman getting the experience that she gets with me in the bedroom. She booked that for herself when we said, "*I do.*"

However, I did have a girlfriend about 4 years ago who was keen on having a threesome with another woman or man.

It never happened, but I eventually broke up with her anyway because she wasn't the type of girl that I could trust for life.

She wanted to settle down and start a family, but her parent's were divorced, her best friend was divorced and she didn't think that there was anything wrong with that.

She saw divorce as normal and almost expected, which was one of the main reasons I broke up with her.

What about you and your girl?

Is she serious about you? Does she want to settle down with you? Is she just with you for a bit of fun for a while?

You have to get clear on that and then make your decision based on that.

You might feel like you really love her and don't want anything to get in the way of your relationship, but if, deep down, you secretly think you will break up with her one day, then you should probably open up to the idea of having a threesome.

Examples of How a Threesome Affected a Relationship

The names and some details have been changed to protect privacy, but this is roughly what I was told by two phone coaching clients...

Tom's story

“When my girlfriend first suggested the idea of a threesome, I couldn’t believe my luck. I thought to myself, how many guys get to say ‘my girlfriend wants a threesome’ in the real world, I thought it was just something that happened to rock stars, celebrities or pro athletes. I was really turned on by the idea and she couldn’t wait to start discussing which people we should invite into our bed. That’s when things changed for me. She was talking about women that she knew who would be interested in taking part and it was clear that she was really turned on just thinking about it. She said that she had always wanted to kiss a few of those women and had fantasized about having sex with them. I then started to wonder if the sex with me was no longer doing it for her. I started to feel like maybe I would just be the ‘extra’ person in the bed, so I then became insecure about my role in her fantasy. That insecurity led to me to begin doubting myself and doubting our relationship, and my constant need for reassurance from her after that, eventually led to her changing her mind about the threesome. A few months later, she broke up with me.”

Drew’s story

Drew’s story is different to Tom’s in that he and his girlfriend went ahead with the idea of acting out her threesome fantasy.

Again, this isn’t exactly what was said, but is based on my memory of what was said.

“At the time the idea first came up, all I was thinking was – awesome! The idea that there might be drawbacks didn’t enter my mind. However, after the event I realized that I probably enjoyed the experience more than she did. When we talked about it, she said that in her fantasy she got aroused by watching me with another woman, but in reality she felt insanely jealous and it hurt her to think that I might be enjoying sex with another woman more than her.”

The fallout from the event is that Drew’s girlfriend then had much lower self-esteem around him than before and became insecure about being naked around him.

She compared herself to other women all the time, and questioned Drew’s feelings for random women that he would happen to mention in conversation.

For her, acting out her fantasy was a mistake because she had not considered the emotional impact it would have after the fact.

For Drew, he essentially said...

“Having a threesome was not all it’s cracked up to be. I had a great relationship with my girlfriend before we went ahead with it and now we’re struggling. We’ve gone from having an adventurous and active sex life to hardly ever having sex at all. It was fun, but it’s not worth breaking up a relationship over. Now I want to repair this, so what do I say to her? What is my next move here?”

What Will Your Next Move Be?

If you don’t want to let a threesome ruin the great relationship that you have with your girlfriend, explain to her that in life, people don’t have to act out random fantasies to be happy.

Let her know that millions of couples from all over the world have worked out how to remain happy and in love for life, without having to add other people into their bedroom.

On the other hand, if you don't care about messing up your relationship with her, go ahead and enjoy yourself in the threesome.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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My Girlfriend Wants to Go Out Alone With Her Friends. Should I Be Worried?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If youâre thinking, *âMy girlfriend wants to go out alone with her friends*” and are now asking, *“Should I be worried?”* or *“Should I stop her?”* the answer is that it depends.

If she is untrustworthy and has been openly flirting with other guys in front of you lately, then she may end up giving out her phone number, kissing a guy or even sleeping with him if she goes out alone with her friends.

On the other hand, if your girlfriend is trustworthy, most of her female friends are in relationships and they simply want to have a girl’s night for once, then you should trust her.

If you don’t give her that trust, she will lose respect and attraction for you because you will be coming across as insecure.

Women are naturally attracted to and respectful of men who are confident and secure in who their attractiveness to women.

5 Questions You Should Ask Yourself About Your Girlfriend and Your Relationship With Her

Before you talk to your girlfriend about the possibility of her going out without you around, ask yourself the following questions...

1. Is she an honest, loyal trustworthy woman, or have you caught her lying to you many times before?

You can never fully trust a woman in a relationship, but if you want the relationship to mature and reach its true potential, then you just have to give her your full trust.

If you don’t, the relationship will get stuck in the early stages, she will lose respect and attraction for you and it problems will begin to emerge.

If your girlfriend is a decent, trustworthy and loyal woman who has no difficulty saying *âno* to men hitting on her, then you really have nothing to worry about when she goes out alone with her girlfriends.

In fact, itâs important that you give her your trust so that she can see that you are confident in her desire for you and her loyalty to you.

She will be happy to see that youâre not worrying about her cheating on you every time she has a harmless hook up with her friends.

On the flip side however, if your girlfriend is a liar, enjoys flirting with other guys or has given you cause to doubt her loyalty to you, then obviously youâre not going to give her your full trust.

A woman who enjoys lying, flirting with other guys and being disloyal should be dumped and if youâre not dumping her, you should ask yourself why youâre prepared to put up with her bad behavior.

Could it be because you feel lucky to have scored with her and you doubt your ability to get another (even better) girlfriend than her?

If she can't be trusted, then my advice to you is to dump her and then begin to move on without her. If that doesn't teach her a lesson and make her change her ways, then she would have cheated on you anyway and it would have been you who was taught a horrible lesson by her.

On the other hand, if she can be trusted, you should let her go out alone with her friends, but only if it's to catch up with her girlfriends who are already in relationships or to have a "once off" party night with her mix of single and taken girlfriends.

If she just wants to catch up with girlfriends who are in love with their boyfriend, fianc  or husband, then you've got nothing to worry about.

However, if she wants to go out and get wasted with her single girlfriends, then you have a valid reason to begin worrying that she might be thinking of straying.

2. Is she going out alone with her friends all the time, or is it an occasional thing?

Being in a relationship should only be a part of your life, not your whole life.

In other words, even though you and your girlfriend love, respect and adore each other, you don't have to live in each other's pockets 24/7 to prove your love and devotion for each other.

It's perfectly normal and healthy in a relationship for both you and your girlfriend to have interests, hobbies and friends that apart from each other. There is nothing wrong with that and in fact, it can be good for you and your girlfriend to maintain some separate interests and relationships to keep a healthy balance in your life.

That will likely change if you get married, but if you're just boyfriend and girlfriend and are still learning about life and wanting to feel free at times, you need to be able to give her that space to explore her thoughts and be around people without you sometimes.

This is why, if your girlfriend wants to go out alone with her friends occasionally, you should actually encourage her to do so.

Tell her, *"Cool, have a great time. I'll miss you, but I'm happy that you're going to catch up with your friends and I hope you enjoy hanging out with them."*

Then, get on with doing whatever you are focused on achieving in life (e.g. passing your university course, building up your career or expanding your business).

Don't sit around worrying what she might be thinking, feeling or doing when she's not around you. Be a man and get on with moving forward in life when she's not around. When she sees that you're doing that, it will deepen her feelings of respect and attraction for you.

What if she goes out alone too often?

If going out alone has become something that she wants to do ALL the time, it could mean that she's no longer feeling the way she wants to feel with you and she's trying to distance herself from you and the relationship.

You will know if that is the case if she's no longer very affectionate, doesn't really care if you and her cancel plans on each other and is no longer telling you that she loves you and wants to be with you for life.

3. Is she going to places like coffee shops, restaurants or bookshops, or is she going out to nightclubs or bars?

When a woman is committed to a man and her relationship with him, she won't feel the need to go out without him to nightclubs or bars and potentially put herself in a position where she will get hit on by other guys.

It just won't be of interest to her.

Instead of getting attention from other men, she would prefer to be around her man or to spend time with her friends doing things that won't expose her to being hit on by random guys.

For example: She will meet her friends at a coffee shop or restaurant, or they will meet at a friend's house, go to the beach together, etc.

However, sometimes there are occasions when your girlfriend will have to go out on her own with her friends (e.g. a "girls only" birthday party catch up or a "bachelorette" party / hen's night).

4. Are your girlfriend's friends all women, or are there single guys in the group too?

It's one thing if your girlfriend is hanging out with a group of female friends, but if her friends include single guys, then there's a possibility that these guys may be interested in her.

A lot of guys don't have the confidence to approach and pick up single women, so they often resort to trying to steal women from other guys, especially by using the "friends" approach.

A guy will hang around a married woman or a girl who has a boyfriend and he will act like he just wants to be friends. Yet, the entire time, he will try every trick in the book to try to get her to like him and become open to leaving her guy for him, or at least having a fling.

Even if your girlfriend isn't interested in any of the single guys right now, if she puts herself in a compromising position (e.g. like getting very drunk), she may end up kissing him or having sex with one of those guys at some point.

When a woman is in a committed relationship with her boyfriend and loves and respects him, she will not regularly hang out with other single men. It simply will not be of interest to her at all.

5. Do you and your girlfriend have a great relationship filled with mutual love, respect and attraction, or has your behavior been turning her off lately?

Have you been deepening the love, respect and attraction that your girlfriend feels for you?

Have you been giving your girlfriend the love and attention she needs in the relationship? Do you still hold hands, kiss and have sex like you did in the early days?

Does your girlfriend respect and love you as her man? Does she feel like a real woman (i.e. feminine, girly, proud to be your woman, safe and protected by you, etc) when she's with you?

If the relationship that you and your girlfriend have is solid and if you are giving her what she needs, then there is absolutely no reason why she would be looking outside of the relationship.

So, you have nothing to worry about. She will stick by you and if she does make a mistake, then clearly she has stuffed things up with an awesome man. If you are able to make her feel the type of love, respect and attraction that a woman wants to feel in a relationship, then you are what women refer to as a "catch."

However, if you've been unable to keep the spark alive and you pretty much "got lucky" when you met your girlfriend, then you're probably worried that another guy will make her feel more attraction than you do.

Be careful how you react to the situation now because if you react with insecurity, it will set off a

whole series of negative chain reactions.

Watch this...

So, if you're worried that she is going to meet another guy who makes her feel more attracted than you do, don't let that show.

Rather than turning your girlfriend off with insecurity, you need to show her that you're confident in yourself and believe in your sex appeal to her.

If you don't know how to make her feel a lot of attraction for you, then don't shy away from learning about that.

Not every guy is an expert at attracting women initially and then maintaining a woman's attraction in a relationship, but you can learn how to do it.

Some guys are naturals when it comes to women, but most guys need to learn a little or lot on the subject of attracting women.

Just make sure that you don't become insecure about the idea of her potentially meeting a guy who makes her feel more than you do.

If your girlfriend sees that you are insecure, she will naturally feel turned off by you.

When she goes out alone with her friends and happens to interact with other men who are more confident than you, she will actually begin to feel attracted to them.

Why? Women are attracted to the confidence and strength in men, so your insecurity and jealousy will look like a weakness to her and will begin to turn her off.

She will contrast how she is feeling around the new guy compared to you and she will realize that he is more of a match for her, mentally and emotionally.

Make Her Feel Lucky to Have You as Her Boyfriend

As a man, it is your responsibility (not the woman's) to deepen the love, respect and attraction in your relationship.

Most women wait for their man to lead the way to a better relationship and if he doesn't, they become unhappy and look for ways to get out of it.

Rather than saying, *"My girlfriend wants to go out alone with her friends,"* and feeling like you're losing her, work on deepening the attraction, love and respect that she feels for you.

When you do that, she will want to stay home with you because she'll be afraid of losing you.

She will want to show her commitment to you and ensure that other women can't get access to you.

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[image]

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[image: Dan Bacon]

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My Girlfriend Thinks We've Grown Apart

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your girlfriend thinks that you and her have grown apart, it can mean that:

1. She feels as though she's now a lot more mature than you are, or that you are now much too mature and sensible for her.
2. She no longer feels attracted to you in the ways that she once did because she's grown out of that type of relationship (e.g. a cute, puppy love type of relationship).
3. She is rising through the levels of life and reaching for her true potential, but you're not reaching to achieve much at all.

[image: We've grown apart]

4. You don't seem to fit in with her new friends and she feels like you're dragging her down, or holding her back from becoming a cooler, more interesting person or living a cooler, more interesting lifestyle.
5. The relationship has become more of a friendship, rather than a traditional man and woman dynamic where you are clearly the man and she is your woman.
6. She no longer feels interested in having sex with you because you haven't been able to deepen her respect and attraction for you over time.
7. She loves you as a person, but she doesn't feel like she is "in love" with you anymore.

There are many different reasons why a woman might say that you've grown apart.

Which of the 7 examples above fits your situation the best?

4 Words That No Guy Wants to Hear From His Girlfriend

[image: Growing apart in a relationship]

Your girlfriend most likely began the conversation with you by saying these dreaded four words, *"We need to talk."*

Hearing her say that probably made you feel sick to the pit of your stomach because, instinctively, most guys know that when a woman says that she needs *"to talk"* it's probably not going to be good news.

Fast forward a short while later and you've now found yourself in the position where you're saying, *"My girlfriend thinks we've grown apart,"* and wondering what you can do to fix the problem.

You might be feeling as though you're about to losing someone who is really important to you and your sense of happiness and well-being life and wondering, *"Is it over between her and I now?"* or *"Is there anything I can do to change things or is it already too late?"*

She's Not Going to Tell You the Real Reason Why Her Feelings For You Have Changed

[image: We've been growing apart lately]

Few guys really understand what a woman means when she says, *"I think we've grown apart"* because it's not a very detailed, clear explanation of the real problems between you and her.

Growing apart can mean a lot of different things, as I pointed out at the start of the article, but what it means to your girlfriend isn't necessarily going to be something that she wants to openly share.

In most cases, when a guy directly asks his girlfriend to explain what she means, she's just not going to tell him.

Instead, she will give a fairly vague answer like, *"We're just too busy in our lives right now,"* or *"We just aren't spending the same time together like we used to."*

However, if you tell her you can change this, she'll more than likely brush you off with another classic statement like, *"Maybe we should just take some time apart and see how things go from there. I think we've lost track of what we really want from each other."*

This is her way of letting you down easy without actually having to get into the details of what is causing her to lose love and attraction for you. A woman will rarely come out and tell you that certain attitudes and behaviors have been turning her off.

Instead, she will start off by giving you hints by saying things like, *"I think we're drifting apart,"* in the hopes that you'll get the message, figure out the deeper problem and then take action to fix it.

Why don't women just come out and say what the REAL problem is?

Essentially, they don't want to have to lead you through the situation and feel like your mother or teacher.

Your girlfriend doesn't want to have to teach you how to be a man, because this will put her in the position of power in the relationship, which will not only put the relationship dynamic out of sync between you and her, but she will also end up losing respect for you as her man, which will then make her begin to fall out of love with you.

The good news is that you can fix the problems between you and change how she feels about the relationship.

You just have to make her feel the way she wants to feel in the relationship and her feelings for you will naturally begin to come back to life.

If you let things slide and don't take action to make her feel a renewed sense of respect and attraction for you, she will most-likely say, *"We need to talk"* again sometime soon.

Yet, this time around, she might want to break off the relationship with you for real.

Understand What She Really Wants You to Change About

Yourself

[image: She is waiting for you to change how she feels]

If you're saying, *"My girlfriend thinks we've grown apart,"* you might not really know what she really wants you to change.

In your mind, the relationship seemed to have been going along fairly well until she said that you and her had grown apart. While you were feeling fine and were happy to continue on as is, she wasn't feeling what she wants to experience in a relationship.

To get your girlfriend to feel attraction for you and fall back in love with you again, you need to discover the real reasons why she believes that you have grown apart. You then need to make the correct changes to your behavior, attitude, conversation style and the way you treat her.

Consider the following:

1. Have you been taking her for granted?

[image: Have you been taking her for granted?]

This is one of the main reasons why a woman will stop feeling the way that she wants to feel in a relationship.

Certain behaviors (e.g. failing to take a genuine interest in the efforts she makes to look good for you, or not appreciating the nice things that she does for you, etc) can lead to her feeling unappreciated and under-valued.

Some guys feel as though once they get a girl as their girlfriend, she will stick around for life because the sex was great in the beginning, they both fell in love and they've shared a lot of good times together.

Yet, that's not how it works in today's world.

For a woman to want to stay in a relationship with a man for life, the man needs to be able to deepen the love, respect and attraction that she feels for him over time.

He can just take her love for granted and expect that she will stick around because things felt good at the start.

Another common mistake that guys make in terms of taking their girlfriend for granted, is letting her down at the last minute after she has gone to a lot of trouble to cook a special dinner, or even just plan a quiet evening at home together.

Even though plans can and do change (and that is fine), if you cancel on her at the last minute repeatedly, she will naturally begin to feel unloved and she will start to feel as though you are growing apart and that she's only there for your convenience.

2. Have you failed to move up the levels of life like a man?

In a relationship, a woman wants to be able to see that, if she sticks with you, life is going to get better, more interesting and more enjoyable over time.

She wants to see that you have big goals and ambitions that you're working towards and that you have the confidence and drive to follow through and succeed, no matter what challenges life throws at you.

If a girlfriend feels as though her man is just sitting back and letting life pass him by, she will feel

insecure in the relationship.

She will begin to question her place in his life and she will wonder if they could have a great future together.

If a guy spends more time watching TV, hanging around in a dead-end job and generally drifting through life while his girlfriend is busy working her way up in the business world or improving herself through her studies, she's going to feel as though they are growing apart.

She might put up with it for a while, especially in the early stages of a relationship where the sex is new and she still enjoys hanging out with the guy, but if it goes on for too long, she will begin to lose respect for him.

3. Have you stopped making her feel the way she wants to feel?

In the past, a woman had to stay with a man for life, even if she was unhappy.

Women had to save their virginity for marriage, marry one man and stick to the vow of "*Till death to us part.*"

Not anymore.

Today's women can get up and leave if they aren't happy.

In case you haven't noticed, there's an approximate divorce rate of 50% across most of the developed world today, compared to less than 10% back in 1900.

In other words, you have to be able to deepen your girlfriend's love, respect and attraction for you and take the relationship to the next level if you want it to last for life.

In a relationship, it's the man's responsibility to maintain and grow the attraction between himself and his woman.

If he slacks off, her feelings for him will gradually diminish and she will begin to become open to partying with her single girlfriends again or flirting with guys to see what happens.

If you've slipped into a "comfort zone" with your girlfriend and aren't really concerned with how she feels, then it will only be a matter of time before she pulls the plug on the relationship.

You can turn things around, but you have to be prepared to improve your ability to make her feel the type of attraction that she wants to feel in a relationship.

As you will discover from the video above, if you keep causing her to feel turned off by you, it's only a matter of time before she will cheat on you or break up with you.

What you need to understand is that you can actively re-attract your girlfriend by beginning to display more of the personality traits and behaviors that women naturally find attractive about men.

You can also get her respect back by beginning to show her that you are rising through the levels of life and reaching for your true potential as a man and you are also paying more attention to her feelings and to making her feel loved, noticed and appreciated.

Love Doesn't Die

Even though you are currently saying, "*My girlfriend thinks we've grown apart,*" and possibly feeling worried or depressed about the idea of potentially losing your girlfriend, you need to understand that love doesn't just die.

Yes, it may feel like the love is dead right now and your girlfriend may even be saying, *“I don’t feel the same way about you anymore,”* but, what that really means is that she doesn’t feel like she used to feel in the beginning of your relationship.

It doesn’t mean that you can’t rekindle that love inside of her and make her love you the same way again. It also doesn’t mean that you can’t make the love stronger than it was before.

When you give her what she really needs, her feelings for you will naturally begin to change because she will be feeling the way she wants to feel.

Rather than looking at this situation as a bad thing, you can use it as an opportunity to not only make your girlfriend fall deeper and deeper in love with you, but also as a chance to fix any insecurities you may have and become a better, stronger and more complete man than you are right now.

You might be a great guy, but you can always do better.

If your girlfriend feels as though you’re drifting apart, there’s no doubt that you can do a better job of being the man that she needs you to be.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Am I a Good Boyfriend?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you're asking yourself, *Am I a good boyfriend?* what is motivating you to ask the question?

Are you asking the question because:

1. You are in a relationship and are suddenly feeling insecure about your girlfriend's feelings for you?
2. You've recently been dumped and are now feeling insecure about your chances of getting another girlfriend and keeping her happy in a relationship?
3. You've never had a girlfriend and you're wondering if you've got what it takes to be a good boyfriend?

Whatever question applies to you, the fact that you're asking yourself, *Am I a good boyfriend?* suggests that you're feeling unsure of yourself.

The irony is that being unsure of yourself is something that makes her think of you as being an unsatisfactory boyfriend.

A woman wants you to believe in yourself and your attractiveness to her, no matter what, while still being a good man to her.

Whether a guy is meeting a woman for the first time, on a date, in a relationship or having sex with a woman, the main trait that she hopes he will have is confidence.

In other words, that the guy is sure of himself, believes in himself and can simply be present with her and enjoy the moment.

Women are naturally turned off by guys who second-guess themselves all the time because women don't want to be paired up with a guy that might crumble under the pressures of life.

[image: Why am I not good enough for her?]

A woman wants to see that, no matter what happens, you always retain your belief in yourself and if you make a mistake or are lacking in a certain area, you remain confident and work on fixing the mistake or improving your weakness.

So, if you want to be a good boyfriend, the first place to start is within.

You've got to know that you are good enough and if there is anything that you need to improve, you can work on improving that while retaining your belief in yourself.

The Perfect Boyfriend on TV or in Movies

These days, a lot of guys get confused over what it means to be a good boyfriend because they are constantly bombarded with conflicting messages from movies, TV shows, pop songs and random opinions from people who aren't relationship experts.

For example: The guy that a woman describes as the perfect boyfriend in a movie is more than likely going to be the guy with perfect Hollywood good looks. He's also going to have

the perfect body, perfect job, perfect house, perfect car and probably the perfect fluffy pet too.

Yep, he's just perfect in every way, but here's the thing - he's not real. Nobody is absolutely perfect in every way.

Some women are delusional and expect a guy to be perfect in every way, but the majority of women are much easier to impress and keep happy in a relationship.

Watch the video below to understand how some guys make their relationship more difficult than it needs to be...

As a man, you simply have to continue making your woman feel attracted to you by displaying the personality traits and behaviors that naturally attract them.

For example:

- Being confident, rather than being insecure.
- Sharing love with her in a balanced way, rather than constantly needing her to reassure you that she loves you.
- Making her feel feminine and girly in response to your masculinity, rather than making her feel like "one of the boys" or like your neutral friend.
- Being in the position of power, rather than handing over your power to her in the hopes that it makes her happy.
- Being a man that she can look up to and respect, rather than being a man that she feels pity for.

Are You Being the Type of Guy That She Really Wants?

A woman wants to be in a relationship with a guy who has what it takes to naturally lead the way and allow her to relax into being a feminine, emotional woman.

Although a woman might put up with it for a while (sometimes even years), she will gradually fall out of love with a man who expects her to think, behave, act and feel like he does.

If a woman isn't able to think, behave, feel and act like a feminine woman (i.e. girly, emotional, etc) in a relationship, she will eventually become bored, restless and frustrated. She will then often begin to flirt with other guys who have the ability to make her feel more girly and feminine.

How do you make your girlfriend feel? Does she feel like a sexy, feminine, girly woman around you because you're such a confident, masculine guy?

If not, maybe you should ask yourself the following questions...

Have you become too needy or emotionally sensitive?

When a guy is feeling insecure and unsure of himself in a relationship, he will sometimes slip into seeking constant reassurance from his girlfriend about her feelings for him.

If he continually asks her things like, *"Am I a good boyfriend?"* or *"Do you still love me?"* then he isn't behaving in the confident, self-assured, emotionally secure way that his girlfriend needs to see to retain her feelings of respect and attraction for him.

If he keeps behaving like for long enough, her feelings for him will begin to change.

She will then become less interested in sex, will feel annoyed when he asks for a hug and will begin

to feel smothered by how often he texts her, calls her or wants to see her.

In most cases, the boyfriend will then feel even more needy and emotionally sensitive, which will turn her off even more.

Watch this video for an example...

Are you being too possessive or jealous?

Following on from the above, being needy often leads to being too jealous or becoming overly possessive of a woman. If you begin to question your girlfriend's every move and attempt to spend every available moment with her, then you're in danger of suffocating the life out of your relationship.

If you then begin to sulk and feel hurt every time she chooses to do something that doesn't include you, she's going to see your behavior as weak and wimpy and a complete turn off as a result.

There's nothing wrong with wanting to spend a lot of time with your girlfriend or protecting her from situations where other guys might take advantage of her, but you've got to give her your trust.

If you can't give a woman your 100% trust, the love cannot grow and mature between you.

It will always be blocked by the fact that you are unwilling to trust her and the more jealous and possessive you become, the more respect and attraction she will lose for you.

When a woman begins to lose a lot of respect and attraction for her boyfriend, she then begins to fall out of love with him.

Are you putting her on a pedestal?

[image: Am I a good boyfriend?]

A "perfect boyfriend" in the movies will often shower his girlfriend with gifts and throw himself at her feet.

He will do absolutely anything and everything for her to hopefully impress her and keep her happy.

This might make a woman's heart skip a beat in the movies, but in the real world it will usually just make her sick.

Real women do not want to be put on a pedestal or have a guy behave like a slave in the hope that she sticks with him.

A woman will stick with a guy that she can look up to and respect, not a guy that she can push around and disrespect.

Some women do keep a guy like that around (often for life), but the guy's life is almost always miserable and she rarely will want to have sex with him.

The real way to not only get a woman to stick with you for life, but to love you, desire you, respect you and feel happy to be with you, is to deepen her feelings of love, respect and attraction over time.

This is done by being the sort of man that she can look up to and respect, while also being the guy that she feels attracted to and is excited to be in love with. It's actually a lot easier to do that most guys realize.

The reason why so many guys have difficulties with their relationships with women, is that they never get taught how to deepen a woman's feelings of love, respect and attraction over time.

So, without that education, they unknowingly turn their girlfriend off, ruin her feelings of respect and attraction and gradually destroy the love that existed at the start of the relationship.

It's not because the guy is a bad person or lacks intelligence, but that he simply doesn't know what else to do to succeed.

To him, women are difficult, a mystery, too complicated and too hard to please.

Yet, for a guy who understands women, being successful at picking up women and keeping a relationship together is a very simple, natural and effortless thing to do.

Women are a lot easier to attract than most guys realize, but if you never get taught what women really want, it will likely remain as a frustrating mystery for you for life.

For example: If you try to be the perfect boyfriend by doting on a woman and making her every wish your command, it doesn't mean that she will stick with you for life, respect you and desire you sexually.

[image: Now do you like me?]

If you go overboard with your attempts to kiss up to her and essentially be her "yes" man who does whatever she wants, you will end up making her see you as a weak, desperate man and she will no longer feel sexually attracted to you as a result.

You might have great intentions by being so nice to her, but that isn't what makes a woman deepen her feelings of love, respect and attraction for a guy.

Being nice to her only deepens her love, respect and attraction if you are also the type of guy that she can look up to and respect, rather than a doormat boyfriend who she can walk all over.

Are you taking her for granted?

[image: Am I being a good enough boyfriend?]

Some guys make the mistake of thinking that once a woman says, "*I love you*" she is essentially his and he can do whatever he wants.

While that approach worked back in the time where a woman had to save her virginity for marriage and then stick with her chosen husband for life, it doesn't work in today's world.

If a woman is not being treated with love, respect and care, she now has the right to get up and leave a man.

The society around a woman today even encourages her to do so, compared to how things used to work in the past when society demanded that women stay with one man for life.

If you want a woman to stick with you, it's no longer possible to treat her badly and take her for granted. She might put up with it for a while, but she won't put up with it forever.

In today's world, it's just too easy for a woman to put up an online dating profile and have 1,000s of matches overnight or go to a bar or nightclub and have sex with a guy on the first night.

She doesn't have to stick with a guy who takes her for granted, so if you want her to stick around, you've got to be able to deepen her feelings of love, respect and attraction for you.

Are you being enough of a man for her?

Every day, I help new guys to get an ex-girlfriend, fianc  or wife back.

One of the most common reasons that I see as being the cause of the break up is that the guy essentially wasn't enough of a man for her.

In other words, he wasn't rising through the levels of life to reach for his true potential as a man, or he wasn't manly enough and had become a bit feminine around her.

It can also be that he isn't emotionally strong enough and has made her feel as though she almost has to take care of him emotionally.

What a woman really wants is to not have to worry about her man.

She wants to be able to trust that he will remain strong no matter what and he will keep pushing forward to create a better life for himself and her.

She doesn't want to be stuck with a guy who needs her to "mother" him or constantly lift his spirits because he's unmotivated, depressed or lacking mojo for life.

She also doesn't want a guy who expects her to take the lead or "wear the pants" in the relationship because he can't be bothered doing so.

If you want to be a good boyfriend, you've got to be able to allow your woman to feel feminine, girly and free to be emotional like a woman.

You can't expect her to be sensible, rational, logical and strong like a man all the time.

Yes, she likely has the capability to be like that (e.g. at work, at university, etc), but when in a relationship with a man, she wants to be able to relax into being her most natural, feminine self as possible.

If you can allow her to relax into being a woman, while also giving her the trust and space to grow and explore life in the ways she wants, she will see you as being much more than a good boyfriend.

You will be her chosen man for life.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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My Girlfriend Told Me She Likes Another Guy

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your girlfriend has told you that she likes another guy, it is either your fault or hers.

If it's your fault, it means that you haven't been doing enough to build on the attraction, respect and love that she feels for you.

You may have been slowly destroying her feelings for (e.g. by being jealous, insecure, needy, etc) rather than building on her feelings.

If it's her fault, it means that she is disloyal, untrustworthy or was only using you for a while because you were nice to her.

She knew that she could control you in a relationship and secretly, she always intended to break up with you or cheat on you at some point and it has now gotten to that point.

So, what should you do if you've found yourself saying, *"My girlfriend told me she likes another guy"* and wondering what your next move is?

Should you put your hands up in defeat and watch her walk out of your life with the other guy, or should you fight to keep her?

It depends...

If the fault rests with you, then you need to improve your ability to make her feel the type of respect, attraction and love that she needs to feel for you to justify staying with you.

If that is the case, then watch this video...

If the blame rests with your girlfriend (i.e. she is disloyal, untrustworthy, was just using you for a while, etc), then you need to decide whether or not you're going to keep putting up with her lack of respect towards you, or if you are going to dump her and move on.

If you were a guy who can easily attract other women, then you might dump her and then begin hooking up with other women.

However, if you know that it's going to be difficult to find another hot girl like her, then you might try to hang on to her as long as possible, even though you know that she's probably going to begin cheating on you soon unless you change your approach and begin attracting her.

What Caused Your Girlfriend to Fall For Another Guy?

[image: What caused her to fall for another guy?]

Whether you feel comfortable to admit it or not, something happened (or stopped happening) in your relationship to cause your girlfriend to lose touch with her feelings of respect, attraction and love for you.

For example: You became insecure about your attractiveness to her and as a result, you started being jealous, controlling or emotionally sensitive.

She then started losing interest in you because women just can't maintain feelings of sexual attraction for a guy who is insecure.

Here's the thing...

Unless she is a habitual cheater or enjoys getting guys to love her and then dumping them, a woman doesn't wake up one day and decide she's suddenly interested in another guy and wants to leave her boyfriend.

For most women, this is something that happens over a period of time and mostly because she's not getting what she needs from her boyfriend.

When a woman stops feeling the way she wants to feel, (i.e. valued, appreciated, attracted, loved, etc.), she will naturally start to feel unhappy in the relationship.

During that time, if she meets a guy who is charming, confident, masculine and interesting and who fills the gaps that she is missing in her relationship with her boyfriend, she will naturally open herself up to feeling attraction for him.

If she is a loyal, trustworthy woman and really wants to stay faithful to her boyfriend, she might try to fight her feelings of attraction for a while, but it won't be easy if she has lost touch with her feelings of love, respect and attraction for her boyfriend.

This is why, if you're saying, *"My girlfriend told me she likes another guy,"* the first question you have to ask yourself is, *"What is this guy giving her that I'm not?"*

If you dig deeper, you are likely going to discover that your girlfriend likes this other guy because he is filling the gaps you have been leaving open in your relationship with her.

For example: If you have been taking your girlfriend for granted by failing to notice and appreciate the efforts she makes to look good for you, or if you've been canceling dates with her on short notice and putting her in second (third or fourth) priority to your work, friends or family, it's only natural she will feel that she's not very important to you.

A woman definitely appreciates it when a man works hard to achieve his goals and maintain great relationships with friends and family, but not if he goes too far and takes her love, respect, attraction and commitment for granted.

After all, she is a human being and needs to feel loved, wanted, appreciated and desired too.

She might be able to put up with being ignored for a while, but if it goes on for too long and happens too often, she will begin to feel restless.

Then, when she meets another guy who is much more attentive, interested and available, she will begin to like him because he is giving her what she is not getting from you and is making her feel the way she wants to feel.

Another thing that this other might be offering her that you are not is confidence and emotional maturity.

For example: If you are being needy, clingy and insecure around her and he is being confident and emotionally strong, she's going to feel a natural attraction for him compared to you.

Why? Women are naturally attracted to the emotional strength in men and turned off by the weakness.

A girlfriend will often put up with her boyfriend going through a tough time emotionally, but if he doesn't pick himself and use the experience as a lesson to become an even stronger man than before, she will lose respect for him.

Women want to be with the sort of guy who can take life's challenges in his stride and keep growing

and becoming stronger every day, week, month and year of his life.

If your girlfriend now likes another guy, he might be a more mature guy than you in that sense. He might be a guy who is rising through the levels of life by reaching for his true potential as a man.

On the other hand, maybe you are the kind of guy who has been using your relationship as an excuse to hide from your true potential in life.

Instead of facing your fears like a man, you choose to “hide” away from life by watching TV, checking social media, playing computer games and hanging around your girlfriend all the time.

If that’s the case, then a guy who is more ambitious than you is going to be more appealing to her.

She may feel like if she gets with him, she will be happier and he will lead both himself and her to a better life together.

The good news is that, given enough time, chances are very high that your girlfriend will realize that this guy is only filling in the gaps that are missing with you and her attraction for him will end.

If you do let her go or if she does leave you to be with him, he will most likely be a “rebound boyfriend.”

65% of rebound relationships fail within 6 months because the woman realizes that while the new guy certainly filled some emotional gaps, he doesn’t have everything that she is looking for.

However, you don’t sit around waiting for her to hook up with him and then break up with him.

If you want to keep her as your girlfriend, you need to begin focusing on improving your ability to deepen her love, respect and attraction for you.

If you’re going to get her to see you as her ideal man, you have to show her that no matter where she looks, other guys pale in comparison to you. You can only really do that by:

Fixing the gaps that exist in your relationship with her (e.g. things like being needy or insecure, being unable to make her feel like a real woman, being unable to commit fully to the relationship, etc.)

Being the kind of man that she really needs you to be.

Showing her that you’re a better man and that no other guy (not even the guy she likes right now) can make her feel the way that you can.

Mistakes to Avoid

If your girlfriend has told you that she likes another guy, it’s completely understandable if you feel hurt by that.

However, rather than losing control of your emotions and saying or doing something that you will regret later on, you need to stay strong and do what it takes to make her feel the type of love, respect and attraction that she will need to feel to justify staying with you.

Here are 3 classic mistakes to avoid making in this situation!

1. Trying to compete with the other guy.

Trying to compete with the other guy in any way (e.g. by badmouthing him, showing off that you have a better car/job/bank account to him, etc), is only going to make you look like a petty, immature and childish sore loser in this situation.

Here’s the thing...

Your girlfriend is already comparing you to him subconsciously (and even consciously) and by trying to compete with him, she will actually see him as the better man.

Why?

She will see that you feel insecure about your attractiveness, value and worthiness compared to him.

What she actually needs to see to feel respect and attraction for you, is to see that you're not threatened by the idea of her liking another guy.

Now, that's not to say that you need to show her that you don't care.

You do need to care, but just don't be insecure and threatened by it.

If you do become insecure, the other guy will automatically seem more attractive than you if he has been thinking, behaving and acting confident around her.

Rather than try to convince her you're better than him, have the mindset that you already ARE better than him.

If you believe in your attractiveness to your girlfriend and to other women, then your actions, conversation style and body language will come across in an attractive way.

Your girlfriend will notice that, regardless of what she says about liking another guy, you still believe that you're much more attractive and appealing than he is and you don't even need to try to prove it to her.

You just know and she can see it in your body language, feel it in your vibe and see it in your actions.

When your girlfriend sees this, she will naturally feel attracted to you because women are instinctively drawn to strong, masculine men who believe in themselves no matter what life or anyone else throws at them.

2. Trying to make her jealous by talking about other women who like you

Tit for tat (an eye for an eye) might seem like a good idea, but unless you're actually able to begin dating and having sex with new women right away, your girlfriend will see right through any attempts that you make to cause her to feel jealous.

3. Promising her that you will change if she gives you another chance to prove yourself

A woman will often give her boyfriend a few chances to improve or change before she makes the decision to break up with him, especially if she still has hope for the relationship.

However, if he never seems to change and ends up making her feel the same way after she has given him yet another chance, she will switch off her feelings for him and open herself up to other guys.

This is why making promises and telling her you that you change is not going to make her suddenly see you as a better option than the other guy.

After all, if she has given you chances before and you still haven't worked out how to be the sort of guy she needs you to be, how can she be sure that you will get it right this time?

If you want your girlfriend to take you seriously and feel committed to making the relationship with you work, then you are going to have to fill the gaps that are causing her to feel attraction for the other guy, and show her that she matters enough for you to change.

If you aren't willing to fix any emotional issues that you have (e.g. insecurity, neediness, jealousy, etc) and improve yourself, she will feel as though you aren't taking how she feels seriously.

Itâ€™s up to you to show her that not only do you value yourself, but you also value her and the relationship. You can show her that by actually changing, rather than promising to change.

Make Her Feel Lucky to Have You

[image: Make her feel lucky to be your girlfriend]

You can sit around all day saying, *â€œMy girlfriend told me she likes another guyâ€* and feeling like youâ€™ve already lost her, or you can take control of the situation and turn it around and make your girlfriend not only feel respect, attraction and love for you again, but also make her feel that sheâ€™s lucky to have you and that sheâ€™d lose if she ever let you go.

Then it will be your decision if you want to stay in a relationship with her, or if you would rather break up with her and find yourself another woman.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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My Girlfriend Says I Am Selfish

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your girlfriend is suggesting that you are selfish, the question now is: Do you agree with her and if so, what are you going to do about it?

If you love your girlfriend and want to make sure that your relationship doesn't end up in a break up, make sure that you read through this entire article so I can help you fix the problem and get things back on track with her.

Use This as a Wake Up Call

[image: My girlfriend thinks I am selfish]

The most successful men in this world always keep an open mind about feedback that they get from others.

Rather than thinking that he does everything perfectly all the time, a successful man will remain open to the idea that he might be able to improve some things about his communication style, attitude, behavior, vibe and actions to become an even better man.

This is the opportunity that your girlfriend is now presenting you with, so use it as a wake up call.

For example: Watch the video above and you will discover that a relationship needs to get past the stage of just “working” for it to last.

If you don't want to end up getting cheated on or dumped, then now is the time to make changes before she gets tired of being taken for granted.

The problems in the relationship are not all your fault, but as the man, you have to take responsibility to fix any problems and guide you and your woman to a better feeling place, rather than just expecting her to put up with it for life.

So, if currently you're saying something like, *“My girlfriend says I am selfish,”* then you may not be not feeling great about yourself (or her) right now.

You might even be feeling angry or resentful towards her for saying such a thing and thinking, *“How dare she that say I am selfish. I love her and care about her...I'm a good man! What is she talking about?”*

So, what is she talking about?

What Does She Really Mean When She Says That You Are Selfish

[image: How am I being selfish?]

Most women don't explain the real reasons why they are unhappy with a man, so they will instead say things like, *“You're selfish,”* or *“You're so self-absorbed,”* in the hopes that you'll realize that there is a deeper, more pressing issue in the relationship that is making her

lose respect and attraction for you.

Now at this point you might be thinking, *“Why must women be so confusing? Why don’t they just SAY what is really bothering them and be done with it rather than make guys guess?”*

Well, to begin with, for most of human history, women have been oppressed by men.

This oppression meant that a woman had to endure a man who behaved badly towards her and she couldn’t say or do anything about it because chances were, if she did, she would get beaten, or even killed for her efforts.

Unfortunately, even today there are many places in the world where this can and still does happen. Although women today are much more confident and independent than women from prior generations, they are still hardwired to avoid saying something that could potentially cause her man to hurt her.

Another reason why a woman won’t just say what is really bothering her is because she doesn’t want to have to teach her man how to BE a man.

She expects him to be able to take what she tells him, (e.g. *“You’re selfish”*) and then understand the deeper meaning behind those words.

She hopes that he will take on that feedback, fix his issues and improve himself, without her having to hold his hand and guide him through the steps of being a man.

Naturally, if her man doesn’t figure things out by himself, she will slowly begin to lose respect for him.

Over time, this will erode the love that she feels for him too and he’ll end up being dumped and wondering to himself what went wrong.

So, rather than feeling bad about her calling you selfish, ask yourself this!

Have You Been Taking Her For Granted?

[image: You're so selfish! You don't even care about me!]

At the beginning of a relationship, a guy will usually do whatever he can to create attraction between himself and his girlfriend.

He’ll do everything he can to keep her happy, excited and attracted (e.g. take her out to dinner, get her laughing, make her feel happy, etc).

Yet, over time, as they get more familiar with each other and the initial “fireworks” wear off between them, some guys then make the mistake of slipping into taking their girlfriend for granted.

In most cases, this isn’t something that a guy does intentionally, but the pressures of everyday life, like a hectic work schedule, exams, paying bills, etc., can lead to him forgetting to pay her the attention that she needs to feel loved, appreciated and valued in the relationship.

When this happens, he might find himself fighting with his girlfriend more often over seemingly “minor” things.

He won’t be able to understand why she seems to want to argue about every little thing and why she has stopped being so affection towards him, so he might react by getting angry or losing interest in trying to make her smile, laugh and feel happy.

Some classic examples of a boyfriend taking his girlfriend for granted (Note: Taking her for granted is essentially being selfish), could include the following:

1. Not appreciating the efforts that she makes to look good for you.

[image: Not appreciating your girlfriend's efforts to look good for you]

If a woman is actively trying to keep the spark in a relationship alive, she will try to make herself look more physically appealing and attractive because this is what men are most attracted to about women.

So, she might buy new shoes, wear sexier or more fashionable clothes, change her hair, wear more makeup or lose some weight.

While this might seem unimportant to her boyfriend (e.g. he might think, *â€œShe is beautiful no matter what she wears or how she looksâ€œ*), she will see it as important.

Women know that their appearance is what men are attracted to the most and if she lets herself go, she fears that her boyfriend's attraction for her will eventually begin to fade away.

This is why, when you fail to notice her efforts, or worse yet, if she asks you, *â€œHow do I look?â€œ* you just grunt in reply or say something like, *â€œYou look fine,â€œ* she will feel hurt and unappreciated.

She will feel as though with you, she just doesn't seem to be able to create the right spark of attraction and desire that she hopes a guy will continue to feel for her.

If she becomes insecure about that, she will often begin to flirt with other men and get them showing sexual interest in her, to hopefully boost her self-esteem.

Yet, when she starts flirting with other men while she's not feeling much respect, love and attraction for her boyfriend, she will be more likely to become open to cheating or will actually cheat if she meets a guy who makes her feel the way she really wants to feel around a man.

Even though she might be flirting with other guys behind her boyfriend's back, she will still accuse her boyfriend of being selfish because he just isn't showing her the type of appreciation that she wants to feel about her attractiveness to him.

2. Not noticing most of the little things that she does for you.

When a woman loves you, respects you as a man and feels attracted to you, she will do all sorts of nice, little things for you.

For example: She will make you a coffee, clean up around the house, do your laundry, let you take up most of the bed when sleeping, etc.

However, if you don't ever compliment her or thank her for some of the little things that she does and you are also thinking, behaving and acting in a way that is eroding her feelings of love, respect and attraction for you, then she might eventually get to a point where she says that you're selfish.

In a relationship, it's easy to fall into patterns.

For example: You might have established a routine where your girlfriend cooks dinner for the both of every night.

Maybe you have a really busy schedule so she has agreed to run some errands for, like do your grocery shopping, pick up your clothes from the dry cleaners, etc.

Helping each other is a normal and healthy part of being in a relationship with someone.

Yet, when you start assuming that she should always do the cooking, or she must always be the one to fetch your dry cleaning or do your shopping, without ever telling her how much you appreciate her efforts, or do something really nice for her in return, she will naturally begin to see you as being selfish and ungrateful.

3. Not taking her feelings into consideration when you make plans.

Another example of a boyfriend's selfishness is regularly letting his girlfriend down or changing his with her plans at the last minute.

Let's say that you made plans with your girlfriend to spend a quiet night at home and watch a new chick flick she's been wanting to see for a long time.

You then call her up at the very last minute because you and some friends got caught up having fun after work (or college), and you lost track of the time.

You might not consider that to be a big deal because you might think, *"I'll make it up to her some other time,"* but to her it is a very big deal.

Why? In her eyes you're choosing to put other people before her and if you do this type of thing a little too often, she will naturally assume that you're not only being selfish, but you're simply not putting the same value on being with her that she is putting on being with you.

It's fine to treat a girl like that if you're dating multiple women at once and don't care if she dumps you, but if it's your one and only girlfriend, it's just not cool. You've got to show her more respect than that.

Yes, even with a committed girlfriend, plans will have to be changed at the last minute sometimes, but if you've made a habit of breaking your promises to her, she will naturally feel unhappy about it and will call you selfish in the hopes that you'll realize your behavior is making her feel taken for granted and unhappy to be around you.

You Can Change How She Feels Today

Rather than feeling annoyed or confused and saying, *"My girlfriend says I am selfish,"* consider yourself lucky, because you have the opportunity to fix your behavior before it's too late.

Other guys sometimes get dumped by a woman right away, but your girlfriend clearly cares enough about you to fire off some warning shots first. So, make

If you want to change how your girlfriend feels about you right now, you have to be the one who actively makes her see you in a new light.

Don't expect her to see that you really aren't selfish, without you changing anything about your thinking, behavior, attitude, vibe or actions around her.

You don't have to fix everything and become perfect to make her see you differently, but you also can't say you will change at some point in the future if she just shuts up and stops referring to you as selfish.

Instead, what you need to do is sincerely ask yourself, *"Why did my girlfriend say that I am selfish? What is she really telling me and how can I use this to improve our relationship and make her feel more respect, attraction and love me than ever before?"*

From here on in, focus on making small changes and improvements every day and this will show her that you have taken her concerns seriously and have taken steps to become and be the man she needs you to be.

She will then naturally drop her guard and open herself up to feeling much more love, attraction and respect for you again.

In fact, when she sees how much you've changed so quickly, she will feel excited about the fact that she has a man who can take feedback and use it to become an even better man.

Men like that are rare and when a woman realizes she has a man like that, she holds on and never lets go.

Of course, that is just one of the many secrets that I can teach you.

Continue learning now and I'll teach you how to make her feel sexually attracted to you, respectful of you and totally in love with you for life.

Don't worry – it's easy.

My approach to relationships is essentially about getting the woman to be a good woman for you, rather than you having to put in loads of work to keep her happy.

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[image]

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[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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My Girlfriend Wants to See Other People

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your girlfriend wants to see other people, it means that she's not feeling enough respect and attraction for you to justify remaining committed to you anymore.

She doesn't really think that staying in a committed relationship with you is a good investment of her time, so she is thinking of replacing you.

She may have also met a new guy recently who has the ability to make her feel the type of attraction she really wants, so she is starting to value the attraction experience with you less and less.

As a result, she would be thinking that she'd be cheating herself out of a great opportunity if she didn't see what it feels like to be with him for a while.

She knows that something isn't quite right with your relationship, but may not know exactly what it is.

She just has a feeling that you're probably not the one for her because she's not falling more and more in love with you over time.

Instead, she is starting to feel like you just don't make her feel that attracted anymore.

So, your girlfriend might really like you as a person and feel some attraction for you, but something about you or your relationship is telling to her that you're not the guy that she should settle down with right now.

For example:

- She might have just wanted to be with you for a short while to make herself feel better after breaking up with another guy who she really cared about.
- You might find it difficult to attract women and she has now realized that you got lucky with her.
- She has been feeling turned off with the approach that you've taken to the relationship (e.g. if you've been too clingy, needy and emotionally sensitive around her).
- You might not have much purpose and ambition in life and she's worried that over time, you will become more of a burden than benefit to her.
- She might have been hoping that your relationship would progress to the next levels (e.g. engagement, moving in together, marriage, children, etc), but nothing was happening, so she gave up on that with you and opened herself up to other guys.
- You might have wanted to settle down with her too quickly, whereas she still wants to be young and free with you for a while, without having to think about getting engaged, married and having children.

I know that it might suck to have to think about those possibilities when it comes to you and her, but if you want to stop her from feeling the desire to see other people, you're going to need to focus on improving your ability to make her feel the way that she wants to feel.

Your girlfriend hasn't fully broken up with you yet, but if she's interested in seeing other people, then it's only a matter of time before she does.

At this point, you have a few options:

1. Dump her and let her feel the immediate pain of losing you. Then, when she comes back to you, make sure that you focus on deepening her love, respect and attraction for you.
2. Hang in there and hope that she doesn't find another guy to replace you.
3. Focus on making her feel more respect and attraction for you than she ever has before, therefore making other guys seem like a less appealing option.

If you're interested in giving number 3 a go, then watch this video to understand where you might have been going wrong with her and what you can do to change that...

As you will discover from the video above, you have a lot of control over how much or little attraction your girlfriend feels for you.

As a man, you need to actively make a woman feel attracted to you based on what you say and do around her.

For example: If you're being insecure, needy or clingy around her, it means that you are actively turning her off.

She's Probably Not Going to Tell You the Real Reason Why

When a girlfriend tells her boyfriend, *"I want to see other people,"* she's usually taken by surprise and shocked that she would be thinking in that way. He will often feel as though this has come *"out of the blue"* and that she's making a rash decision, or making a mistake.

Yet, in most cases, a woman will have given her boyfriend plenty of *"hints"* (e.g. with her body language, by telling him to stop annoying her, by arguing with him over seemingly unimportant things, by saying that she isn't sure why she got with him in the first place, etc) to let him know that she is unhappy in the relationship.

Unfortunately, most guys either miss these *"hints"* completely, or simply write them off to her being a moody woman. A guy will often think, *"Ahh, she'll get over it"* because he assumes that once he gets a woman into a relationship, she is now *"his woman"* and she will never leave him.

Then, seemingly out of the blue, his girlfriend says, *"We need to talk,"* and tells him that she wants to see other people. If he then asks her why, she'll simply brush him off by saying something like, *"I'm just not ready to be in a serious relationship with just one guy right now,"* or *"I'm just too young to have a serious boyfriend"* or *"I don't know, I just think that we should see other people."*

Whatever the reason your girlfriend gave you when she told you she wants to date other people, you can be sure that she didn't tell you the real reason.

Why? A woman doesn't want to teach a guy how to be a man because if she teaches him once, she'll have to teach him twice and then that type of dynamic will grow in their relationship. After a while, she will feel like a bit of a *"mother"* figure, big sister or friend to him, which will ruin her feelings of sexual attraction.

Women also have a natural instinct to let a guy down as softly as possible and give him a feeling of hope that if he just keeps his distance, she'll eventually change her mind and come back to him.

Why? For most of human history and even to this day, a woman could be hurt or even killed for

breaking up with a guy.

Women know that even the nicest of man has the potential to snap and become violent and since she probably won't be able to defend herself, she simply lets him down lightly and tries to find another guy who will hopefully be able to keep her ex boyfriend away.

If your girlfriend wants to see other people, it means that she is most-likely trying to find a replacement guy, so she can eventually say to you, *"Sorry, I don't want to see you anymore. I have a new boyfriend and I am in love with him. Never contact me again."*

If you want to avoid getting to that point, you have to work out where you've been going wrong in the relationship (e.g. taking her for granted, being clingy or insecure, etc) and correct that. You also need to focus on making her feel attracted to you in new and exciting ways (e.g. by being more charismatic, confident, fun to be around, masculine, etc).

3 Common Mistakes to Avoid

If your girlfriend wants to see other people, it essentially means that she is breaking up with you slowly.

So, like a typical break up situation, make sure that you don't make any of the following mistakes, which will turn her off you even further!

1. Begging and pleading with her to change her mind

Sometimes, the shock of potentially being dumped gets the better of a man and he ends up begging and pleading with his girlfriend for her to change her mind.

Some guys even try to make their girlfriend feel guilty, by telling her, *"I can't live without you. If I can't be with you then I'd rather die."*

Yet, this type of behavior is not going to make her change her mind and will simply make her feel more turned off. Women want to be with a man they can look up to, respect and admire not a guy they look down on, disrespect and dislike.

Although begging and pleading is a classic how to get your girlfriend to take you back technique in romantic comedy movies, in the real world it only makes a woman lose even more respect and attraction for a guy.

So, rather than begging or pleading with her, just take it like a man.

Accept it, but then switch into making her feel a renewed sense of respect and attraction for you.

2. Promising her that you will change if she gives you a chance to prove yourself

In an effort to get his girlfriend to change her mind, some men will promise to change anything that she wants.

He will tell her that if she just gives him a chance to prove himself, he will show her that he is the man for her.

Yet, the problem with that approach is that women don't want to feel like they are doing a favor for a guy by being with him. A woman wants to be with a guy who makes her feel lucky to be with him and who she has to continually impress, not the other way around.

Since a woman will rarely give her boyfriend advice on how to be the type of man that she really

wants, he will end up offering her things that don't hit the mark.

For example: A boyfriend might say to his girlfriend, *â€œLet's just go away together. I know we've been busy at work/college so this will help us reconnect with each other.â€*

Yet, she might have felt that he was always being clingy, needy and insecure in the relationship and to her, this is just another example of his needy behavior. She perceives it as him just wanting to be around her more, so he can feel good about himself, but she knows that she's not going to be feeling the way that she wants to feel, because he doesn't know what she really wants from him.

Without understanding the actual attitudes and behaviors that you really need to change to make her feel the way she wants to feel, most of the things that you promise will not connect with her.

3. Trying to make her jealous by lying about being with other women

Although going out, dating and having sex with other women is definitely a good way to make a woman feel jealous, what sometimes happens is that a guy will lie about it to his girlfriend to *â€œshockâ€* her into wanting him back.

He might say something like, *â€œSure, no problem if you want to see other people, go ahead. I've already got other women who are interested in me and I've already been out with some hot new women,â€* or something along those lines.

In reality, he's just sitting around alone at home pining over his girlfriend, but because he doesn't know what else to do, he's hoping that if he shows her that she's about to lose him to another woman, she'll suddenly realize what a great guy he is and she'll come running back to him.

That isn't a good strategy though because a woman has a simple and easy way to catch him out if he's lying to her. All she needs to do is to congratulate him and pretend that she's happy for him.

If he then quickly tells her, *â€œIt's not serious between me and these women. I'll stop seeing them if you want to try again. You know you're the one for me,â€* she will know that he was just lying to make her feel jealous.

Naturally, at this point, she will lose even more respect and attraction for him as a man and she'll make an effort to start seeing other people as soon as possible to make sure he won't try to manipulate her in that way again.

So, you shouldn't try to lie or deceive her into thinking that you're fine without her.

You actually have to be fine without her to truly make her feel the type of jealousy (and other painful emotions) that will make her reconsider her decision to want to see other people.

Getting Her to Change Her Mind

Just because your girlfriend wants to see other people, it doesn't mean that her love for you is dead.

One of the most important things that I've learned about love is that it doesn't die.

The love is still there in the background, but she is simply not willing to connect with it right now.

At the moment, your girlfriend doesn't feel like she wants to be in love with you, but you can change the way that she feels about you by doing 4 simple things:

1. Learn to understand what she really wants you to change about yourself. Reminder: A woman will rarely explain what she really wants.
2. Fix your emotional issues (e.g. insecurity, clinginess, jealousy, commitment issues, etc) and show her that youâve improved and changed.
3. Get her on the phone as quickly as possible to arrange a meet up so she can experience the new you in person.
4. Make her feel a renewed sense of respect and attraction for you at the meet up.

Donât spend one more day saying, *âMy girlfriend wants to see other people,â* and feeling like youâve lost a good thing.

When your girlfriend realizes that youâve fixed your issues and improved yourself and that youâre now a much better man than the one she originally fell in love with, she will naturally open herself up to reconnect with the love, respect and attraction that she felt for you before.

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My Girlfriend Wants to Break Up. How Can I Change Her Mind?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Before your girlfriend said that she wanted to break up with you, she would have gone through the following, 3 step process:

1. She lost respect for you as a man.
2. She then lost touch with her feelings of attraction for you.
3. She then began to fall out of love with you.

If your girlfriend wants to break up, the secret to changing her mind is to make her feel a renewed sense of respect and attraction for you.

You can make her feel a renewed sense of respect and attraction for you by beginning to show her that the relationship between you and her is getting better and better every day.

If she can see that and feel it, she will stop wanting to break up with you and she will fall back in love with you.

Common Mistakes to Avoid

I often get emails from guys who ask me things like, *“My girlfriend wants to break up. What should I do?”* or *“My girlfriend wants to break up, but she still loves me. How can I get her to reconsider her decision?”*

Unfortunately, the majority of the guys who contact me have already made some classic mistakes that have caused their girlfriend to feel even more certain that she wants to break up with them.

So, if you are a guy who is saying, *“My girlfriend wants to break up”* and you want to know what you can do to convince her to change her mind, make sure that you don't make the following classic mistakes...

1. Begging or pleading with her to change her mind.

If a girlfriend says to her boyfriend, “I want to break up” and he then says, *“Okay, I love you and want to be with you, but if you want to break up, I accept that”* and then gets her to leave, she is going to think, *“What the?”* but she will also be feeling respect and attraction for him at the same time.

Women naturally respect and feel attracted to men who love them, but who not need them. So, when a boyfriend makes the mistake of begging and pleading with his girlfriend to not break up with him, she naturally loses respect for him and begins to lose touch with her feelings of attraction for him.

If a boyfriend begs and pleads not to be broken up with, he is essentially revealing to his girlfriend that he needs her more than she needs him.

In some cases, the boyfriend will know that he had gotten lucky when he got into a relationship with her and he will have a difficult time finding another girl, so when she decides that she wants out, he naturally feels desperate to hang on to what he has got.

Yet, that isn't attractive to women.

Women are naturally attracted to guys who can easily pick up other women, but who decide to devote themselves to a woman if she meets his standards and continues to treat him well in a relationship.

Unless a woman is unattractive or insecure about her attractiveness, she will not want to be with a guy who needs her more than she needs him. For an attractive woman who knows that she is attractive, she will be aware of how easy it is for her to get other guys interested.

All she has to do is put up an online dating profile and she will have 100s of matches overnight, or head out to a bar or nightclub on the weekend and she is guaranteed to get laid.

With a woman like her, no amount of begging or pleading will change the way she is feeling because she knows that she doesn't have to settle. She knows that it will be easy for her to find a new guy, so nothing that her boyfriend can say to her will actually change her mind.

To get her to change her mind about breaking up, you need to show her by the way that you think, act and behave that you've learned from the mistakes you've made and you are now a better, more attractive and appealing man as a result.

Your behavior, body language, vibe, conversation style and attitude need to be making her feel respect and attraction for you, not pity and disgust. Unless you are focussing on making her feel what she wants to feel, she's probably not going to change her mind unless she breaks up with you and finds it difficult to get a new guy.

The mistake of begging and pleading also includes hounding your girlfriend with calls and messages and thinking that if you just message her enough, she will eventually understand where you are coming from and change her mind.

Yet, that is not the approach that works.

To get her to change her mind about the break up, you have to understand where she is coming from and make the necessary changes to your behavior, thinking, actions, vibe, attitude and approach to her and the relationship.

If you've already made the mistake of begging and pleading and she has now broken up with you, don't worry.

We all make silly mistakes in life and as long as you learn from it and don't do that again, you've become a better, wiser man from making that mistake and it's now something to laugh about.

Don't let her make it out to be something worse than it was.

If you begged for another chance, it was simply a silly reaction that you and her can now laugh about. Nothing more, nothing less.

Don't take it so seriously.

Focus on what actually works: Changing your approach so you now give the attraction experience she really wants from a relationship.

Another mistake to avoid is...

2. Asking her to explain exactly what you need to change

A woman doesn't want to have to take on the role of a man's teacher in life, so while she might give her boyfriend some vague reasons for the break up (e.g. *"I don't know if I want to be in a relationship right now"* or *"I need time away from you to figure out what I want"* etc), she won't

actually tell him what he needs to do to keep her.

For example: Many women will break up with a guy who simply isn't enough of a man for her. He might be too neutral around her, which makes her just feel like a friend to him, or he may have become a bit too feminine and emotionally sensitive, which then robs her of the attraction that she needs to feel for a man's masculinity.

When a girlfriend breaks up with a guy, it's usually for very specific, deeper reasons (like the example of him not being enough of a man for her, not making her feel girly in response to his masculinity, etc) that she isn't going to be willing to share.

So, when her boyfriend then tries to get her to change her mind by saying, *â€œWhatever it is that you want, I promise that I will do it. Just tell me what you want. I can change. Just tell meâ€* it rubs her the wrong way.

A woman doesn't want to have to spell out what she needs from her man. Instead, she wants to relax into being a feminine, emotional woman and that can only truly happen when she is with a guy who knows how to be a man.

Some guys are lucky enough to grow up around male role models who can teach them how to be the type of man that women love, respect and feel attracted to. However, most guys just don't ever get taught that type of thing and are instead told incorrect things like, *“Treat her like a lady. Buy her nice things. Listen to her.”*

Yes, that is great advice if she actually respects you and feels attracted to you, but if she doesn't have those feelings for you, she's not going to want to stay with you for life because you're nice to her and buy her nice things.

Rather than expecting your girlfriend to teach you fundamental lessons on how to be the type of man that women want, you need to learn that stuff yourself.

What you need to understand is that you have a lot of control over how you make your girlfriend feel. If you are saying and doing the types of things that make her feel respect and attraction for you, then she's naturally going to feel that way towards you.

However, if you're saying and doing things that are turning her off, then she's naturally going to feel turned off and will want to continue with her idea to take a break and then break up with you.

The next mistake to avoid is...

3. Handing over your power in the hope that she will take pity on you.

Putting a woman in charge of the relationship isn't what she really wants.

Sure, a woman wants you to respect her, listen to her and care about how she feels and what she wants, but she doesn't want you to be a guy that she walks all over in a relationship.

Some guys make the mistake of thinking that they can prevent a break up with their girlfriend by giving her all the power. Essentially, he will do, say and think whatever she wants him to, in the hope that it makes her feel pity for him and want to stay.

In his mind, he feels like it is the perfect way to show how much he cares, but to her, it's just another reason why she can't respect him as a man.

4. Involving her friends or family in the break up.

A classic mistake that some guys make when trying to get a girlfriend to change her mind about

breaking up, is to call in the help of her friends and relatives.

Guys who do this assume that by showing her friends or family how devastated he is by her desire to break up with him and what a "nice guy" he really is, they will take pity on him and try to convince her that she should reconsider and change her mind.

Yet, this is an approach that will backfire in a big way because a guy who actively seeks the pity of others is not the kind of guy that women respect or feel sexually attracted to.

How to Keep Your Relationship Together

If you want to go from saying, "My girlfriend wants to break up" to, "My girlfriend is madly in love with me and never wants to let me go," then you need to commit to changing the things about you that have been ruining her feelings of respect and attraction for you.

When you make changes for the better and show her that you've now got what it takes to make her happy, she will naturally begin to change her mind about the break up.

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My Girlfriend Said We Need to Talk

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

When a girlfriend tells her boyfriend that they need to “talk” it essentially means that she’s no longer feeling enough love, respect and attraction for him to justify being in a relationship.

Her instincts are telling her that she should break up with you, but she’s not quite sure how to go about it.

So, before she decides to fully break up with you, watch this video to ensure that she changes her mind about breaking up...

To get her to reconsider her decision, you need to get her respect back, then her attraction and she will then begin to reconnect with her feelings of love for you.

However, if you ignore what she is saying and just hope that she gets over it, she will gradually begin to fall out of love with you and may eventually break up with you.

Stay Calm and Re-Attract Her

If your girlfriend has given you those four, horrible words of, “*We need to talk*,” then you’re probably not feeling optimistic about what’s going to follow.

Chances are that you’ve been thinking things like...

- She’s going to dump me, I can feel it!
- I don’t know what I’m going to do if she breaks up with me. I can’t live without her in my life.
- There’s probably nothing I can do to make her change her mind.
- It’s too late; it’s over for us.
- What if she hooks up with another guy immediately after breaking up with me?
- Is she interested in another guy already?

Prior to her saying that you and her have to “talk,” you were probably feeling relaxed, happy and content about the fact that you have a girlfriend, she loves you and she will be yours for life.

Yet now, you’re probably feeling as the rug has been pulled out from under your feet. You might not be able to eat or sleep properly because you’re worried about losing her.

Don’t worry! you can fix this.

Even though your relationship looks like it’s in serious trouble at the moment, there are many things you can do immediately to make your girlfriend feel differently about you. You don’t have to wait for her to break up with you and you don’t have to wait until it’s too late.

When you make her feel differently about you and get her to see you in a new light, and you can do that starting right now, she will automatically begin to reconsider her feelings for you.

Making her feel differently about essentially comes down to making her feel attracted to you and respectful of you as a man once again.

For example: To make her feel respectful towards you, she’s going to need to see that you’re pushing

forward in life towards your biggest goals, ambitions and dreams, rather than hiding behind the safety of being in a relationship with her.

In terms of making her feel attracted to you, a lot of that will come down to your ability to make her feel girly and feminine around you, rather than feeling neutral or worse, feeling like the more masculine/dominant one in the relationship.

It's up to you to begin interacting with her in ways that trigger her feelings of love, respect and attraction for you.

You cannot expect her to want to stay in a relationship merely because you love her and care about her; you have to let her experience the types of emotions that she needs to feel when in a relationship.

Don't expect her to explain all this to you either, because

Women Usually Don't Say What They Really Mean When it Comes to Dating and Relationships

If you have the talk with your girlfriend, she's probably not going to tell you what's really bothering her about the relationship.

She's more likely to use one of those clichéd statements like, *I don't feel the same way about you anymore*, or *I need some space to figure out what I really want in my life*, or *It's not you, it's me*, rather than actually come out and tell you what is really bothering her.

Why? Women don't want to give you all the real, deeper reasons why they are unhappy in the relationship because they don't want to teach you how to be a man.

A woman wants her boyfriend to know how to be a man without her having to teach him. If she has to mother him and show him how to be the kind of man she really needs, her respect and attraction for him will diminish and she will feel turned off by him at a deep level.

This is why guys who are able to get their girlfriend to feel differently about them, start by identifying the real reasons for her unhappiness in the relationship.

Right now you might not know what these reasons are, but consider the following

1. Have you been taking her for granted?

Most guys would not intentionally do things to make their girlfriend (or fiancée or wife) feel neglected, unloved or unappreciated. Yet, life sometimes has a way of getting in the way and some guys end up taking their woman for granted without even noticing that they're doing it.

Taking your girlfriend for granted is not just about getting her do all the housework or all the shopping by herself. Often, it's simply failing to appreciate the efforts that she makes to look good for you.

It can also come down to canceling your plans with her at the last minute. Yes, plans do change, but if you've been canceling your plans with your girlfriend regularly by using the *We can do something together another time*, excuse, it's only natural that she will begin feeling that she's taking second place in your life.

To keep a woman happy to be in a relationship with you, it is vital that you continue to deepen the love, respect and attraction between you, rather than taking it for granted and thinking that she

won't ever leave you.

In the past, a woman would stay with one man for life because she had to save her virginity for marriage and then respect the vows she made on her wedding day.

In today's world, a woman can leave whenever she wants. If a guy wants a woman to stay with him for life, he has to be able to guide her into deeper feelings of love, respect and attraction, rather than just expecting that she will stick around because things felt good at the start.

2. Have you been letting her wear the pants in the relationship?

Some guys believe that the only way to keep a woman happy in a relationship is to let her "wear the pants" and follow her lead. Yet, although a woman might enjoy having power over a guy for a while, she will eventually lose respect for him because of it and when that happens, she will lose touch with her feelings of attraction for him.

You will often hear women on TV saying that today's woman is independent and doesn't need a man to lead and tell her what to do. This can be confusing for guys who aren't experienced enough with women to know that what women say and what they actually do are often two completely different things (e.g. a woman says she wants a nice guy and then hooks up with a bad boy).

Confused guys often end up suppressing their masculinity in a relationship (i.e. they let her wear the pants, they try hard to impress her and get her approval, etc) because they assume this is what their woman wants.

In reality, regardless of how intelligent, strong and independent a woman is, the truth is that she still wants her man to be a man.

She doesn't want to feel that she has to "mother" a guy and lead him through the steps of a relationship. A woman wants a guy to be mentally and emotionally stronger than her so she can relax and be the feminine woman she wants to be.

If you force your girlfriend to take on your natural, masculine role in the relationship, she won't feel like a real woman and she will not enjoy being around you.

By you "wearing the pants," it doesn't mean that you have to lead everything, decide on everything and boss her around. Instead, it means that you simply need to take on the role of being the more emotionally strong one and lead the way to a better life for you and her.

You can also get her to take responsibility of certain tasks, make decisions at times and lead the way, but you still have to be the one who she can rely on when she breaks down and cries or gives up when things get tough.

Not all women will break down and cry or give up when things get tough, but if a woman is feminine (i.e. she is girly, emotional) and doesn't have the mindset, energy or attitude of a man, she won't like having to think, act and behave like a man.

If you make your girlfriend feel like she has to be a man like you, she will eventually become bored of being around you and will yearn to be with a man who can make her feel like a feminine woman again.

3. Have you become clingy, needy and insecure?

A common mistake that is often made by guys who say, *"My girlfriend said we need to talk,"* is to become emotionally needy or insecure.

For example: A guy might begin to ask for regular reassurance that she still loves him and wants to be with him and will explain that without her, he is nothing and will essentially crumble and die. He might also try to make her feel guilty by suggesting that he would commit suicide if she left him.

“If you and I weren’t together, I don’t even know if I would want to live. How would you feel if you were responsible for me committing suicide? I will do it. You are everything to me, so what’s the point of living if I don’t have you?”

Any type of emotionally weakness (e.g. insecurity, neediness, anxiety, clinginess, social fears, etc) is a sexual turn off for women. A woman might put up with being with a guy who is emotionally weak for a while, but if he doesn’t fix his issues and improve himself, her lack of respect and attraction for him will cause her to begin falling out of love with him.

Women are attracted to the strength in men, not the weakness, so the more a guy tries to hold on to her in an emotionally weak way (e.g. begging, crying, pleading, etc), the more she pulls away and the less attractive he becomes in her eyes.

You Can Change How She Feels About You

It doesn’t matter if your girlfriend currently isn’t feeling what she really wants to feel in a relationship. What matters is that you now begin to trigger her feelings of respect and attraction for you. When you do that, she will naturally begin to get over her idea of breaking up with her.

Right now, she is in a relationship with you, so you have a perfect opportunity to fix things before it results in an actual break up. Getting her to reconsider her decision essentially comes down to you improving yourself to become more attractive to her that you have been lately.

There may be some things that your girlfriend finds attractive about you at the moment, but if she feels like she needs to talk, it means that the things that are turning her off are outweighing the things that are keeping her in the relationship with you.

If you want to change the negative feelings she has towards you right now, you have to make changes to your way of thinking and behavior that is turning her off.

For instance: If you’re being clingy and insecure, you need to become more confident in your sex appeal to her, your value to her and your ability to keep her happy in a relationship.

If you’ve been letting her wear the pants in the relationship, you have to start taking the lead and allowing her to relax into feeling like more of a feminine woman when she’s with you.

You don’t have to fully fix everything and become perfect to get her to feel differently about you, but you do need to start working on those emotional issues properly.

If you have begun to fix your issues and improve yourself emotionally as a man, she will be able to see it in your actions, body language and conversation style and she will feel a renewed sense of excitement about being in a relationship with you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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How to Know if Your Wife is Having an Affair

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

There are many signs that might suggest your wife is having an affair, but they don't always mean that she actually is doing it.

For example: A wife may have stopped wearing her wedding ring so often, or come home late from work without it on.

A husband might worry that it's a sign she is having an affair and is taking it off when she's with her new man.

Yet, in reality, it could just be that she is bored of wearing it, wants a better ring because she's embarrassed of her ring compared to those of her co-workers or is starting to outgrow the ring because she has put on some weight.

Of course, her not wearing the wedding ring could mean that she is having an affair.

However, it is how you REACT to these clues and signs that really matters. Watch this video for more info...

Some husbands ruin a perfectly good marriage simply by overreacting to potential signs or clues that their wife is cheating.

She may have been thinking about it, but hadn't done it.

Yet, because he is being so unattractive now (i.e. by being insecure, doubting his attractiveness to her, being emotionally sensitive), she is starting to really like the idea of potentially having an affair or asking for a separation or divorce.

So, make sure that you aren't creating a problem where none exists.

Signs That Could Mean She is Having an Affair

Of course, sometimes a wife is having an affair, so a husband does have cause to be worried.

What should he do before confronting her?

Look for more clues, but be calm and don't jump to conclusions.

Some obvious clues, which may just be innocent and might not mean that she is having an affair, include:

- Suddenly spending a lot more time trying to look pretty, but not actually caring what you think. Sometimes, a faithful wife will do this to regain some power in the relationship, make you chase her a little or to test your confidence in your attractiveness to her. It doesn't always mean that she is having an affair.
- Regularly going out for a girl's night out with single girlfriends from work and coming home very late, smelling of alcohol and not ever being in the mood for sex with you. While she may not have cheated yet, if she keeps doing that, she most likely will cheat. There's only so many confident, charming guys that she can resist before alcohol finally causes her to make a silly mistake.
- Spending a lot of time texting on her phone, but always making sure that you are unable to see

who she is texting or what she is writing. Sometimes a faithful wife will do this because her husband has a habit of being too nosey or controlling. She might also do it to regain some power in the relationship or make him chase her a little more. However, in some cases, it means she is flirting with a guy and is either having an affair or heading in that direction.

- Suddenly putting a pin lock on her phone to keep you out, even though you haven't accused her of anything and have simply attempted to have a quick look at her messages because you think something is up. A faithful wife might react in this way to punish her husband for not trusting her. It doesn't always mean she is having an affair, but it could be a sign.
- Her being unable to maintain eye contact with you when you ask her why she is home late, how the girl's night out went or why she is putting so much effort into her appearance all of a sudden. At this point, she might not have cheated, but body language like that usually indicates that she is no longer in love with you or feeling like she has to be totally faithful and committed to you.

If you suspect that your wife loves you as a person, but is no longer in love with you, I recommend that you fix that problem ASAP.

When a woman isn't in love anymore, she starts to feel less committed to a relationship or marriage.

If another guy comes along and creates a strong feeling of attraction and new love inside of her, while you keep turning her off at home (e.g. by being insecure, being too neutral around her), she will start to feel drawn to him and may decide to go ahead with an affair.

Why Have You Started to Wonder if Your Wife is Having an Affair?

[image: Find out if your wife is having an affair]

If you are a man who looking for information on how to know if your wife is having an affair, an important question that needs to be answered first is, why are you looking for this info?

What has happened to raise your suspicions and make you feel worried that she might be sleeping with another man? What has happened to make you feel as though your wife might now be having an affair?

Chances are high that you're worried she might be having an affair because you have been experiencing troubles in your relationship that you just can't seem to fix (e.g. she has lost interest in sex, is no longer affectionate, doesn't say "*I love you*" anymore, seems to be more interested in her phone than you).

Sometimes those suspicions and worries are valid, but you have to very careful not to turn her off even further than she is already.

In many cases, a husband will actually lead his wife to cheat because of how badly he reacts to her lack of affection, desire to look better or overly keen interest in her smartphone.

Mistakes to Avoid

How to know if your wife is having an affair is one of those queries in Google that points to you directly to evidence to suggest that she is, but jumping to conclusions without any real evidence is a mistake that must be avoided.

If something about her behavior has raised your suspicions and sparked an idea in your mind that she might be having an affair, then it's quite possible that your subsequent behavior may make things worse between you and her.

For example: Let's say your wife has started to go out with her friends more frequently than before. Until recently, she met up with her girlfriends a couple of times per month, but lately she's been organizing outings a couple of times a week.

Instead of finding your own things to do when your wife is away, you may have been sitting at home on your own feeling left out and your mind has started to go into overdrive as a result.

You're now questioning whether she might be having an affair because after hanging out with her friends, she always says that she's too tired for sex. Your suspicions and insecure feelings cause you to seek regular reassurance from her that she still loves you and isn't thinking of having an affair or having one already.

Unfortunately, approaching her in an insecure way and asking her about or accusing her of having an affair will only create more problems between you.

If you and your wife are able to talk about serious issues like that in an easy-going, light-hearted way and are able to have a laugh about it, then it won't be a problem. However, if the communication between you is more serious and insecure, then expressing your fears about her potential infidelity isn't going to go down too well.

If she isn't having an affair, but you are convinced that she is and you become needy, insecure and over-protective as a result, she is going to lose touch with her feelings of respect and attraction for you.

She will then begin to feel suffocated by your neediness, causing her to look for more opportunities to do her own thing out with the relationship...and so a vicious cycle begins.

Who or What is to Blame For the Current State of Your Marriage?

If you suspect that your wife really is having an affair, then something about your attitude or behavior in the marriage may have caused her to lose respect for you, lose attraction for you and begin to fall out of love with you as a consequence.

Of course, it may not be all your fault. If she is having an affair, it could also mean that she is a woman of bad character and despite saying, "*I do*" on your wedding day, she always knew in the back of her mind that she would be open to having an affair or divorcing you if she was no longer happy.

Yet, if your wife is the type of woman who really believes in marriage and has been loyal to you all the way, then her desire to have an affair may come down to your lack of ability to deepen her love,

respect and attraction for you over time.

Most guys don't get taught how to create and maintain the ideal relationship dynamic with a woman and simply try to guess their way through it. In the past, this was absolutely fine because a woman had to stay with a man for life.

Back in 1900 for example, divorce was still taboo (the divorce rate was less than 10% across the developed world) and even if a wife was unhappy, she had to stick by her promise of "*Till death do us part.*"

[image: Marriage in the old days]

Not anymore.

[image: Modern women]

In today's world, a woman can get up and leave if she wants to. The society around her will support her and even encourage her actions if she is leaving an unhappy marriage with a man who is unable to make her feel the way that she really wants to feel.

For example: A lot of men unknowingly cause their wife to lose respect and attraction for them by slipping into the false belief that women are happier in a relationship when they're put in the position of wearing the pants.

This is a mistake on many levels, but not least because it leads to a wife seeing her husband as a weak, wimpy and sexually unattractive man.

[image: Sucking up to her by doing housework won't last]

Women are naturally attracted to men with alpha male qualities.

Alpha males are confident, masculine men who are natural leaders in life and in a relationship.

Regardless of how intelligent or successful a woman is with her career, she will almost always prefer to be with a man who takes on the role as the more dominant one in the relationship.

That doesn't mean she wants to be bossed around, corrected and control, but instead that she wants to relax into the feminine role.

In other words, she wants to be your woman and to be able to look up to you as her man.

She wants you to be the strong one in the relationship, rather than making her feel like she needs to support you emotionally and lift you up.

She wants you to be the pillar of strength in her world and the man that she feels excited and proud to be in love with.

If a wife feels her husband is taking a back seat and putting her into the driving seat of the marriage, it doesn't make her feel happy.

She might like the feeling of control for a while and get off on bossing her husband around, but she will eventually grow tired of it because it will cause her to think less like a feminine woman and more like a logical, masculine man.

When the relationship dynamic makes a woman feel less feminine, the all-important sexual dynamic that is needed to keep a relationship on track is knocked out of balance.

To keep the sexual spark alive, there needs to be a clear masculine/feminine dynamic.

Being 50/50 is being neutral and doesn't create a sexual charge.

Likewise, putting your wife in charge and asking her to be the strong, masculine one will ruin her feelings of sexual desire for you when she notices that she is stronger than you.

When this happens in a marriage, a wife may begin to notice the exciting affairs that other women in TV sitcoms are having and feel attracted to how masculine the men that they have affairs with always seem to be.

If you've ever seen an affair play out in a TV drama show, the man will always make the woman feel like a feminine, sexy woman. This is not a coincidence.

Additionally, if a woman feels like something is missing in her romantic life and she hears her work colleagues or friends discussing their sexy affairs, she may become open to the idea of straying and looking for the excitement of an affair herself.

She might have started out as a trustworthy, loyal wife who was committed to the idea of only being with you for life, but if you've been taking her love, respect and attraction for granted, she may have become open to exploring new ways of feeling happy.

Can You Fix the Troubles in Your Marriage Before it's Too Late?

Yes.

The good news is that human emotions are not fixed in a permanent state.

If your wife is currently feeling unsatisfied by the way that you make her feel, it doesn't mean that you can't change that.

When you learn how to bring the qualities that first attracted your wife to you back to the forefront and then focus on creating the ideal relationship dynamic between you, then you have a great chance of fixing the troubles that you're having in your marriage.

Do you know how to trigger your wife's feelings of respect and attraction for you? Do you know how a woman's attraction for a man really works?

You were obviously able to attract your wife into a relationship and then marriage, but have you lost touch your ability to make her feel attracted?

To keep a relationship or marriage together, a man has to be able to keep his woman's feelings alive. You can't just expect her to stick around, even though she's not feeling what she wants to feel in a relationship.

Unfortunately, the world isn't the same as it was 100 years ago, when it was shameful to get divorced.

These days, we men need to be able to keep a marriage together, rather than just taking our woman for granted and doing whatever we want.

So, if you feel as though you haven't yet lost your wife to another man, you should really think about switching your focus from, *"How to know if your wife is having an affair"* to *"How to be the type of man that a woman feels more attracted to, respectful of and in love with over time."*

When you have what it takes to rekindle the deep love, respect and attraction that she felt for you when you got married, you will have what it takes to get your marriage back on track.

All of a sudden, other men won't seem so appealing to her and she will begin to reconnect with her original feelings of love for you.

Except this time, it will be much more meaningful and exciting because she will be falling in love with you all over again.

She will feel happy and proud of her decision to marry you because, unlike many of her friends who are unhappy with their husband, she has a husband that she is more in love with than ever.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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My Girlfriend's Ex Boyfriend Wants Her Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you are making your girlfriend feel more attraction, respect and love than her ex-boyfriend did, then you've got nothing to worry about.

However, if he using an ex back system like the one I provide here at The Modern Man, you need to careful because he will most-likely be making her feel a lot of respect and attraction for him and making her question whether or not she should be with you.

Regardless of how good your relationship is right now with your girlfriend, she can instantly begin to feel turned off by you if she notices that you feel threatened by her ex-boyfriend.

Watch this video for an example of how insecurity about your attractiveness to her can ruin your relationship...

What your girlfriend will want to see is that, no matter what he says or what she does, you always maintain confidence in yourself and know that you're a better option than him.

She also wants to feel like if she did get back with her ex boyfriend, you would easily be able to attract another women like her or a woman who is even more beautiful than her.

If your girlfriend gets the sense that you feel insecure because you think her ex-boyfriend is more attractive to her than you are, it will automatically begin to make him more attractive in her eyes. Why?

It will create a contrast between you and him. He will seem confident and you will be coming across as insecure. Since women are attracted to the emotional strength in men and turned off by the weakness, your girlfriend will automatically begin to feel turned off by you.

[image: Is she going to leave you for her ex-boyfriend?]

Of course, none of this would be happening to you if you were your girlfriend's first love, but, if you're saying, *"My girlfriend's ex boyfriend wants her back,"* then she's clearly had some previous experience with other guys.

Inevitably, your girlfriend has love and relationship baggage, which right now is coming back to haunt you.

So, a question to ask and answer here is: Should you be at all worried that your girlfriend's ex boyfriend wants her back?

It depends...

Is Your Girlfriend Giving You Reasons to Doubt Her Full Commitment to You?

[image: Are you going to cheat on me with your ex boyfriend?]

Your girlfriend's behavior will let you know whether she's interested in taking her ex boyfriend up on his offer for a reconciliation, or whether the idea of being with him makes her cringe. For example: He might be texting her or trying to chat to her online.

If your girlfriend seems upset about this and tells you, *â€œDamn! Itâ€™s my ex again! Heâ€™s really driving me crazy...I wish heâ€™d just get the message and leave me alone!â€* while she deletes his message, sheâ€™s clearly letting you know by her conversation, actions and body language that sheâ€™s not even remotely interested in getting back with him.

If she runs into him when youâ€™re out together and she gets aggravated and says something like, *â€œDamn! Thereâ€™s my ex again. Can we leave?â€* then it means that is probably over him and is now focused on being in a relationship with you.

On the other hand, if sheâ€™s being secretive about his messages, or if you detect some underlying sexual tension between them when they meet unexpectedly, then you may have cause for concern.

If you ask her something like, *â€œSo, whatâ€™s really going on between you and your ex?â€* or *â€œSo your ex boyfriend wants you back, how do you feel about it?â€* and she seems uncomfortable and answers vaguely, *â€œItâ€™s complicated,â€* or *â€œIâ€™m just not sure how I feel about him right now,â€* then she clearly hasnâ€™t resolved her issues with him.

If this is the case, it might be a good idea for you to step back and let her figure out who she really wants to be with.

This might mean that you will choose to cut your losses and move on and find yourself another, better girlfriend than her who is emotionally ready to commit fully to you.

Alternatively, you might choose to move on and date other women and wait until she comes crawling back to you with an apology.

However, what you must not do is make any of the following mistakes that guys who find themselves saying, *â€œMy girlfriendâ€™s ex boyfriend wants her back,â€* usually tend to make.

My Girlfriend's Ex Boyfriend Wants Her Back: 3 Mistakes to Avoid Making

It's not a nice feeling to know that your girlfriend might be interested in opening herself up sexually to her ex-boyfriend. Just the thought of her having sex with her ex probably gets you feeling nauseous, angry or panicked.

However, regardless of how much it might hurt you to think that she might be considering him over you, it's important that you don'tâ€

1. Become clingy and needy.

[image: My girlfriend has been contacted by her ex boyfriend]

Sometimes, when a guy feels like his girlfriend is losing interest and opening herself up to the idea of being with another guy (or guys), he will react by becoming clingy and needy.

For example, he might:

- Constantly call or text her.
- Regularly need her to reassure him that she loves him and will pick him over her ex.
- Avoid hanging out with his friends or working on his life goals just so he can be available to her 24/7.
- Feel sad, lonely or lost without her and need her constant reassurance that she loves him and

wants him, in order to feel good about himself.

A guy like this might believe that all heâs doing is lavishing his woman with the attention, love and adoration that she deserves; after all, what better way to show her that heâs a better guy than her ex, right?

Yet, this type of behavior often has the opposite effect and results in turning the woman off both him and the relationship.

Generally speaking, a woman wants to be in a relationship with a man who makes her feel lucky to be with him, rather than feeling like sheâs doing him a favor by being his girlfriend.

If your girlfriend is being pursued by her ex boyfriend, being clingy and needy around her will only make him look more appealing to her.

Rather than thinking, *âWow, Iâm so lucky to have such a wonderful boyfriend. I would never go back to my ex because he could never give me this type of attention,â* she may instead begin to think, *âRight now, any other guy would be a better option than feeling suffocated like this by my boyfriend. Maybe my ex isnât that bad after all...maybe I should meet up with him.â*

2. Pick a fight with her ex boyfriend.

Yes, itâs not cool when your girlfriendâs ex boyfriend doesnât get the message that sheâs with you now, but thatâs his problem not yours.

Again, unless your girlfriend is giving you cause to doubt her loyalty to you (in which case, you should just dump her and walk away if she doesn't change), picking a fight and trying to beat up her ex boyfriend up for wanting her back will only make you look childish, immature and insecure.

Getting into a fistfight to defend your woman might seem like the romantic thing to do; after all, isnât that what they do in the movies, TV shows and music videos? Yet, in real life, picking a fight with her ex will only make your girlfriend question her decision to be with you.

She wonât necessarily pick her ex over you because you got into a fight with him, but she may begin to think that you are insecure about your attractiveness and value to her.

She may also begin to worry that you are the type of guy who canât control his emotions when threatened, so she will wonder if you would ever get violent with her too.

You simply have to realize that her ex-boyfriend is nothing compared to you. You are better than him and if she doesn't realize that, you need to dump her.

If you are afraid to dump her because you're worried that you won't be able to get another hot girlfriend, then you will most-likely fall into the trap of being emotionally insecure during this time, which will turn her off and may cause her to want her ex back.

3. Try to compete with her ex boyfriend.

Youâre in, heâs out. Your girlfriend picked you and sheâs with you now.

You've got to see it that way and believe in yourself, rather than thinking that you now have to compete with him.

Badmouthing your girlfriendâs ex boyfriend by giving her a long list of all his faults, or telling her how much better looking, muscular, rich, smart or good to her you are, only makes you look insecure.

Your girlfriend already knows all these things about both him and you. Just as thereâs a lot of

good reasons why she broke up with him, there are also a lot of good reasons why she is with you. Right now, she has picked you. She likes you and wants to be with you, so embrace that and don't worry about her ex.

Women are very good at reading a guy's body language to determine whether or not he feels insecure. If you think that your girlfriend's ex boyfriend is better than you, it will come across in your body language, vibe and conversation style and your girlfriend will pick up on it.

She will then instinctively feel more attracted to him because he will appear more confident and masculine in the way he thinks, feels and behaves. All women are more attracted to men who believe in themselves and don't see other men as being competition to them, so make sure that you hold onto the belief that you are better than him.

4. Accuse her of cheating or wanting her ex boyfriend back.

Most people have a past, which is why it would be naïve of you to assume that your girlfriend never had feelings for another guy before she met you.

Yes, she may have loved him and enjoyed being with him, but he is her ex and you are her new boyfriend. You need to believe in yourself and your attractiveness to her, otherwise her ex will become a more appealing option than you.

Just because your girlfriend's ex boyfriend wants her back, that's not her problem.

Even if she has some unfinished business with him (like she's still collecting all her stuff from his place, etc.), and she has to meet up with him from time to time, or chat to him online, via text or on the phone, it's not a sign that she's cheating on you with him, or an indication that she wants him back.

Some insecure guys will regularly check their girlfriend's Facebook, LinkedIn, Whatsapp, Twitter, Instagram or other social media pages to see how often she's communicating with her ex. They might also read her text messages while she's not looking.

A guy like that may then question her about certain posts or text messages, especially if, in his eyes, they sound suspicious. If he's feeling especially insecure, he might even accuse her of being unfaithful or of wanting to get back with her ex.

However, it's understandable that when you're saying, *My girlfriend's ex boyfriend wants her back*, being suspicious of your girlfriend's loyalty and intentions might feel like the natural, normal thing to do.

Yet, you must understand that doing so is the quickest way to lose her respect and attraction for you as a man.

It's fine to feel a bit protective over your woman and to show her that you care. However, if you're too suspicious and protective because you're afraid she'll go back to her ex boyfriend, it will only cause her to lose respect and attraction for you.

You have to ensure that she can naturally maintain her positive perception of you, and that her feelings of respect and attraction for you continue to grow over time.

If you chip away at that respect and attraction by being insecure, she will naturally begin to look at her ex (and even other men) in a more positive light and she will begin to wonder why she is with you.

If you want your relationship to work, you have to give her your full trust knowing that she may

break that trust. If she breaks your trust, then that is her problem.

You have to know that you're a great guy and that she is lucky to be with you. Fearlessly give her your love and trust and if she decides to stomp all over that, it is her loss.

She will only want to leave you though if you are making her lose respect and attraction for you. Right now, you have a perfect opportunity to improve her feelings of respect and attraction for you by remaining confident in yourself and your attractiveness to her.

Deepen the respect and attraction she feels for you by showing her that you don't feel threatened by her ex-boyfriend and you know that you're a better option than he is.

Even if you secretly think that he might be a better option than you, it's important that you don't let your girlfriend pick up on that. Let her see that you believe in yourself and your attractiveness to her.

Make Your Girlfriend Feel Lucky to Have Picked You

[image: Make her feel lucky to be your girlfriend]

No matter what your girlfriend's ex boyfriend says or does, you need to remain relaxed and easy-going. It's not a competition between you and him because your girlfriend has already picked you.

When your girlfriend can see that you aren't worried that she might have some lingering feelings for him and are completely confident about your place and value in her life, it will make her feel a whole lot of respect and attraction for you.

Rather than sit around doubting yourself by saying, *"My girlfriend's ex boyfriend wants her back,"* realize that you are really better than him.

Once you adopt this belief, you will have nothing to worry about because you will naturally be thinking, behaving and acting in a way that deepens your girlfriend's feelings of love, respect and attraction for you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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My Girlfriend Thinks We're Moving Too Fast

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

There are several reasons why your girlfriend will tell you that you're moving too fast.

Sometimes, this can happen if she has just come out of a long relationship and is feeling unsure about getting involved with someone else so soon after her break up.

Other times, it could be because the relationship is really new and you seem to already be thinking about settling down with her.

[image: Why are you acting like this? I love you. Don't you feel the same way?]

In other words, there is no challenge, no thrill of the chase and nothing for her to aim for with you.

You are smitten about her and will do anything to hopefully get her feel the same way about you, even though she isn't treating you well or respecting you as her boyfriend.

If you have been making your girlfriend feel like she doesn't have to do anything to impress you and can even treat you badly and you'll still be 100% keen on her, then she's going to start to feel turned off by the lack of challenge.

She's going to feel like she has too much power over you and as a result, it just won't be exciting to her.

Women aren't don't remain madly in love with guys who hand over their balls to a woman and hope that she is nice to them.

Women remain madly in love with men who remain in the position of power, while also being a good man to her.

By the way...

Preferring a guy who is more of a challenge isn't about her wanting to waste time with "silly mind games" that she should just grow out of.

Instead, it's about knowing that her man respects himself enough to not allow her to treat him badly and continue to get away with it.

For example: If a woman is always being demanding, rude and selfish and her guy is being increasingly nicer, more generous and more submissive around her, she isn't going to respect him.

Instinctively, she is going to be turned off by his weakness because he can't even handle her, so how is going to handle challenging people out there in his daily life?

You've got to remember that a woman's attraction for you is directly wired to her survival instincts.

She wants to be able to feel safe with her man, knowing that he is a good man who also knows how to get her and other people to respect him, without having to get into arguments or fights.

A man who has confidence in himself and also has the social intelligence to be able to handle himself around any type of person.

That is what really makes a woman feel safe.

So, if you're putting up with your girlfriend's bad treatment of you and being even nicer to her and sucking up to her, she isn't going to be feeling a lot of attraction and love for you.

She will feel turned off and will say things like, "I think we're moving too fast" because she can see

that you are totally in love with her, while she is secretly feeling turned off by you.

By the way...

Women know that most of the guys who are willing to put up with a woman's bad behavior and who don't require the woman to impress them in any way, are the type of guys who really don't know how to attract other beautiful women.

Guys like that rely on getting lucky, being a woman's friend and trying hard to get a chance with her or sucking up to a woman to get a chance.

They don't actually know how to actively attract beautiful women, so they can have their choice.

So, a guy like that will lock onto pretty much any good looking woman who shows him interest and gives him a chance.

He will then try his hardest to impress her and make her happy, even if that means putting up with her bad treatment of him, her lack of affection or her selfish attitude.

Women hate that.

It's not a turn on at all.

So, when a woman gets the feeling that she's made a mistake by allowing her boyfriend to "get lucky" by getting a chance to be with her, she will then begin to want to slow things down.

It might have felt good for her at the start or when you first kissed, but if your girlfriend is getting the sense that you would struggle to attract other women if she dumped you, then she's going to begin saying things like, *"This relationship is moving too fast. I think we should slow it down or spend less time together."*

As you will discover from the video above, you can turn things around with your girlfriend if you can start approaching her and the relationship correctly from now on.

Where Guys Go Wrong

If you are now in the position where you're saying, *"My girlfriend thinks we're moving too fast,"* you might be making one or more of these classic mistakes that are turning her off and pushing her away...

1. Not creating enough attraction.

[image: I don't know if I want this as much as you do]

As a guy, you have to actively make a woman feel attracted to you when you interact with her. You can't expect that because you feel attracted to her, she will magically feel the same way about you.

You've got to actively turn her on by what you say and do when you're with her in person, when you're talking to her on the phone and when she checks you out on social media.

A big mistake that guys who don't know how to make women feel sexually attracted to them make, is to behave like a good friend to her, even though they are interested in being in a sexual relationship with her.

They give off the "friend" vibe by always being available to her and doing favors for her like fixing things around her house for free, helping her out with money, running all her errands for her, etc. Then, out of the blue, they suddenly try to hold her hand, kiss her or move to sex.

If a woman doesn't feel attracted to a guy sexually, she will think, *What is this guy doing? Why is he trying to kiss me? How do I let him down without hurting his feelings?*

If she is particularly comfortable having him around to do all those nice things he's been doing for her, she may even say to him, *I think we're moving too fast.* In this way, she gives him enough hope to keep him around, but puts the brakes on his advances.

Another example is a guy who lacks confidence and has low self-esteem, but who gets lucky with a woman he really likes, and she agrees to go out with him.

Yet, over time, he allows his insecurities to cause him to doubt himself, which she instinctively begins to pick up on. She will sense that he doesn't feel as though he is good enough to be with her and she will begin to lose respect and attraction for him as a man.

Why? Women are attracted to the strength in men and repelled by weakness.

They don't want to feel that they're doing you a favor by being with you; they want to feel lucky to be with you.

If you're not making your girlfriend feel intense attraction for you, and if you're not making her feel like she's lucky to have you, she will naturally not feel respect and attraction for you.

So, although she may not fully want to dump you because you're convenient for her, she WILL tell you that you're moving too fast. However, if she meets a guy who can spark intense feelings of sexual attraction in her, she will drop you like a hot potato to be with him.

2. Sharing his deep feelings for her too soon.

Some guys make the mistake of revealing their feelings too soon. For example, a guy might have only been on a few dates with a woman and they may have only held hands, or briefly kissed goodnight, when he tells her, *I'm CRAZY about you! You're the one for me! I really think we're meant to be together!*

Quite understandably, if a guy reveals his feelings to a woman before they have sex, it almost always takes away the romance, excitement, suspense and anticipation that she hopes to experience with him.

The fact is, if a woman is attractive, she knows that there are numerous men who are willing to have sex with her and be in a relationship with her.

If you're saying, *My girlfriend thinks we're moving too fast,* you need to understand that you're not the only guy who is interested in her, and she doesn't really care that you have feelings for her.

Essentially, if you're not making her feel the way she wants to feel when she's with you, she will look for any excuse to get you to back off.

You might think that it's wrong to hide your feelings from her, you might even be saying, *Why is it wrong to tell her how I feel? Why should I play games with her? I thought women WANT men to be honest about their feelings.*

However, creating and maintaining the right dynamic when in a relationship with a woman is very important, and if she doesn't feel respect and attraction for you, she will not be interested in being in a relationship with you.

3. Being a needy, insecure, jealous boyfriend.

[image: Being a needy, jealous or insecure boyfriend]

Sometimes guys make the mistake of trying to become the most important thing in their girlfriend's life.

This isn't so much about just being important to her, but rather about wanting her to give up other things that are important to her, like her hobbies, her friends, ambitions and dreams, and only be with him.

They become clingy, over protective, jealous and smothering, and they live in fear of losing their woman.

A guy like this constantly needs his girlfriend to reassure him that she loves them and wants to be with him, and he constantly says things like, *"I really love you, you know that don't you?"* or *"You mean everything to me. I couldn't take it if we broke up."*

[image: But, I love you and you mean everything to me]

That type of behavior is not attractive to a woman.

If your girlfriend perceives you as being mentally and emotionally weak she will be turned off by you and she will look for an "easy" way to get herself out of the relationship like telling you you're moving too fast.

4. Needing her more than she needs him.

Although some women (masculine women or insecure women), like it when their guy needs them more than they need him, most women don't.

Most women want to feel lucky to be with their guy. They want to feel that even though he could have any woman he wants, he chose her and this makes her feel attracted and turned on.

When a guy needs his girlfriend more than she needs him, it's usually because he is missing a key ingredient in his life; that being a life purpose that is more important to him than her.

When a guy makes a woman his life purpose or his reason for living, she feels turned off by that.

If she gets the feeling that his life would crumble if she wasn't in it, and that she's the one that is keeping him together and that, in a sense, she is what is supporting him and without her he'd be lost, she instinctively loses respect for him.

A woman doesn't want to feel like she is the one leading in the relationship and the one who has to be responsible for the future of the relationship, because being in that position makes her feel like less of a woman.

Make Her Feel Lucky to Have You

[image: Making her feel lucky to have you]

Even though right now you're saying, *"My girlfriend thinks we're moving too fast,"* it doesn't mean that you can't turn things around and get her feeling lucky to be with you.

When you fully understand what is causing your girlfriend to tell you that you're moving too fast, you can make the changes she needs to make her feel that if she "plays games" with you, she will lose you and that will be a bad thing for her.

As a man, it's your responsibility to guide both yourself and your woman into deeper feelings of love, respect and attraction for each other.

You have to take the lead and be the man in the relationship so that she can relax into her feminine self and know that she can fully rely on you.

When you make her feel like this, she will feel lucky to have you and she will be the one who wants to move things faster.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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My Wife Doesn't Want to Be Married Anymore

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your wife doesn't want to be married anymore, it's because she has stopped feeling the way she wants to feel in a marriage. She's not experiencing the type of feelings that warrant dedicating herself to one man for life.

You may have done a great job of making her feel a lot of love, respect and attraction for you in the early stages of the relationship, but if she's feeling like she wants out, then those elements are now missing from the marriage.

If your wife cares about the commitment she made to you on your wedding day and is concerned about how she might be perceived by family, friends and coworkers if she becomes a divorcee, she will be more open to you winning her love back.

When you make her feel how she wants to feel with you, she will naturally change her mind about not wanting to be married anymore.

You might have started out today thinking, *"My wife doesn't want to be married anymore,"* and feeling like you were going to lose her forever, but it doesn't have to be that way.

Even if your wife is currently saying, *"I don't love you anymore,"* or *"My feelings for you are dead,"* what she really means is that, right NOW, she doesn't feel like she can be in love with you.

However, the love that you and her tapped into early on is still in the background; she's just not willing to connect with it right now. She doesn't feel like she wants to be in love with you right now, but that doesn't mean it's hopeless and you can't change the way that she feels about you.

When you make her feel enough respect and attraction for you, while also getting her to forgive you for your past mistakes, she will naturally become open to reconnecting with her loving feelings for you and will stop looking for a way to end the marriage.

So, how can you change how your wife feels right now and save your marriage?

Understand What is Causing Her to Say That She Doesn't Want to Be Married Anymore

Chances are that if a guy is saying, *"My wife doesn't want to be married anymore,"* then the next words coming out of his mouth are, *"I never saw it coming. It came like a bolt out of the blue."*

Yet, the reality is, his wife probably gave him numerous signs and warnings before she reached breaking point it's just that he either never noticed them, or he chose to ignore them or write them off to her being *"moody"* or *"just a typical woman."*

Regardless of what is true for you and your wife, it's unlikely that she woke up one morning and, over a cup of coffee, thought to herself, *"Hmmm! I don't want to be married"*

anymore.â

In fact, she likely went through a long and difficult process, while also trying to get through to you to let you know how unhappy she was feeling, before she came to that decision.

So, if youâre going to make her change her mind, you have to make sure youâre giving her what she really needs and not what you think she needs.

When you know the REAL reasons why your wife doesnât want to be married to you anymore, you can make the correct changes that will make her feel understood and happy to be interacting with you again.

On the other hand, if you donât know exactly what she really wants to change, you will most likely be making classic mistakes that will be turning her off and convincing her even more that she doesnât want to be married.

For example:

1. Donât ask her to explain why.

Right now youâre probably thinking, *âWhy donât you want to be married anymore?â* or *âWhat have I done? What can I change to make you feel differently?â*

However, actually coming out and asking your wife these questions is not a good idea (but donât stress if youâve already done it; itâs only natural to want some answers from her).

Why shouldnât you ask her to explain why?

A woman doesnât want to be a manâs teacher in life.

She doesnât want to teach him how to be the kind of man who makes her feel the way she really wants to feel.

If she teaches him once, he will probably want to be taught again later on and it will create an ongoing cycle of a mother-to-son type of relationship, where she essentially has to teach him how to grow up and be a man.

By asking your wife to explain *âwhyâ* she doesnât want to be married anymore, youâre essentially telling her youâre unable to work it out by yourself.

You're saying that you don't know how to be a man and unless she can teach you what to do, you are stuck, lost and hopeless.

This simply makes her feel disappointed in you as a man. She feels that you canât be the type of man she needs you to be if she doesnât teach you how to do it.

Most women donât want to play the role of being a guyâs teacher or mother in life, because taking on that role doesnât make them feel like they want to feel, (i.e. feminine, girly and like a real woman).

Your wife wants to feel like youâre leading in the relationship and that she can respect you and look up to you. She wants to feel feminine in your presence, not like she has to *âwear the pantsâ* and lead you.

2. Donât put yourself into a position where youâre apologizing and promising her anything just to please her.

It might feel like the right thing to do to constantly apologize to your wife and tell her that youâre sorry for everything youâve done to make her feel like she doesnât want to be married to you

anymore, but believe it or not that's not what she wants to hear from you right now.

In fact, chances are you've already apologized many times before and you've probably even promised her you'll change every time she threatened to leave you. Yet, once the initial shock wore off and things went back to normal you forgot your promises.

The truth is, a rushed apology won't work, because her decision to stop being married is not based on superficial problems, but rather on deeper, more complex issues.

For example: She might need you to become more proactive in pursuing your goals and rising through the levels of life.

Maybe she needs you to stop being so jealous and insecure, or perhaps she feels that she's been taken for granted for too long.

Whatever the case, by apologizing without actually knowing what is causing her to want out, you're simply making her feel that, if she changes her mind, all she'll have to look forward to is a lot of the same old problems.

3. Don't cry, plead, beg or whine for another chance, even though you haven't yet changed.

Even when a break up is just between a boyfriend and his girlfriend of a few months, many guys become very emotional. So how much more justified is a guy to cry, beg, plead or whine when his wife tells him she doesn't want to be married anymore.

Sadly, this is the worst type of behavior he could be displaying at this time.

Although right now you might be in shock and feeling justified in your emotions, you must understand that women are extremely turned off by emotional weakness in a man.

Whenever a guy gets emotional in that manner, it's a major turn off for most women.

Besides, this is not what your wife wants.

She wants to know that you've understood what is causing her to feel the way she's feeling and for you to focus on fixing your issues and improving yourself.

Then, and ONLY then, will she feel comfortable with the idea of giving you another chance; NOT because you've begged or cried.

Love Doesn't Die

Right now it doesn't feel like you can make your wife change how she feels about you, and about being married to you.

Yet, if there ever was love between you and her, it is something that she can and almost certainly will reconnect with if you switch your focus to making her feel the type of respect and attraction that she wants to feel for you.

The key to that is you believing in yourself and believing that you can make her feel differently about you, and that you can get another chance with her.

Some men get their wife back immediately, while for others it takes a couple of days, weeks of months.

Maybe it won't happen overnight for you, but if you believe in yourself it will happen.

Just having that belief in yourself, and being a mentally and emotionally strong man who is dealing with his issues head on, will make you more attractive to your wife.

Why sit around saying, *“My wife doesn’t want to be married anymore,”* and feeling like all hope is lost, when you can see by what you’ve read here that you CAN make her change how she feels.

Not only that, but you really can make her fall even more in love with you than ever before.

To accomplish that, you need to switch your focus away from trying to be even nicer to her and instead focus on being attractive to her.

Let her see that you know where you’ve been going wrong and have already begun to change.

When she sees that, she will feel a renewed sense of respect for you as a man.

Then, as long as you are also focussing on getting the spark back between you and her, she will naturally begin to reconnect with her feelings of love and will then begin to reconsider her decision about leaving the marriage.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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How to Stop Being Jealous in a Relationship

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

To stop being jealous in a relationship with a woman, you need to:

- Trust in her love and attraction for you.
- Believe that you are more than good enough.
- Know that by being jealous, you actually make other guys appear more attractive than you because women are turned off by emotional weakness.
- Know that you will never improve your woman's love, respect and attraction for you by being jealous.
- Make sure that your life is balanced and you have other important things to focus on, rather than putting too much focus on her.
- Understand that if she messes up the relationship by cheating on you with another guy, then it is her loss, but don't push her into doing that by turning her off with your emotional weakness.
- Understand that women want you to love them, want them and protect them, but they don't want to feel as though you would be lost without them.

You need to be able to trust in the fact that she is with you, rather than worrying that some other guy is going to attract her away from you.

You need to believe that you are more than good enough for her and then get on with becoming and being an even better man.

You should always be aiming to improve yourself as a man by reaching for your true potential and following through on your biggest goals, dreams and ambitions in life.

If you do that, your woman will naturally feel a deep respect, attraction and love for you.

You will be what women refer to as a real man.

By the way...

If you have been finding it very difficult to stop yourself from being jealous in a relationship, you might find it helpful to answer the following questions...

Do You Have Purpose in Life Outside of the Relationship?

[image: Has she become your main purpose in life?]

If you lack purpose in life, it's quite possible that the woman in your life has become the center of your universe.

She is a main part of your identity as a man and without her, you'd probably feel lost and alone.

Think about it for a moment...

If a guy has nothing very important that he's aiming for (i.e. his biggest goals and ambitions in life) and has no important, independent interests outside of the relationship, it stands to reason that he's going to feel jealous of anything his woman does that doesn't involve him, right?

She is his world, so if she is enjoying things without him or seeming like she is losing interest or

drifting away from him in any way, it's going to send a shockwave through his emotional mind. In his mind, she is the most important thing in the world and without her life almost isn't worth living.

If his girlfriend (fiancée or wife) chooses to spend time with other people from time to time doing her own thing and following her own interests, he will naturally feel jealous and even protective of her.

Problems occur when his feelings of jealousy lead to blaming her for making him feel that way.

Yet, she's most likely not doing anything that she intended to make him feel jealous and his feelings are being caused by his own lack of purpose and balance in life. She is living a more emotionally balanced life, but he has everything stacked to one side.

Professor Richard Smith from the University of Kentucky says, *"Jealousy arises when a relationship is infringed on by a rival who threatens to take away something that is in a sense rightfully yours."*

If a guy who lacks purpose (i.e. he isn't going after his biggest goals and ambitions in life and is hiding behind the safety of a relationship with a woman), then he's going to see her independent interests as rivals that are threatening to take her away from him. Yet, the only real threat to the relationship is his emotional dependence on her.

Being joined at the hip and doing everything together does not make a relationship a healthy one.

A relationship can only grow and become stronger when the two individuals involved also have the opportunity to grow as people and to follow their own individual passions, as well as doing things together as part of a couple.

It doesn't mean that a couple has to spend a lot of time apart, but they do need to be able to feel free to do whatever they feel like, while also maintaining their commitment to each other.

A woman will remain committed to a guy who has the ability to deepen her feelings of love, respect and attraction. However, jealousy, clingy behavior, neediness and other emotional issues put a stop to a woman's capacity to fall deeper in love with her man.

Women are attracted to men who have purpose in life; men who have personal ambitions they want to achieve, and, most importantly, men who are passionate about achieving those ambitions.

You don't need to be passionately pursuing some lofty ideal (e.g. creating world peace, curing cancer, ending poverty, etc), but you do need to know where you're going in life and be passionate about getting there.

Regardless of what your biggest dreams are as a man, you need to show a woman that you're making progress towards achieving your true potential and realizing your biggest dreams.

The bottom line is that if you lack purpose and your world essentially revolves around her, then the feelings of jealousy that you will naturally experience as a result may eventually tear your relationship apart.

Are You Insecure About Your Attractiveness and Value to

Women?

[image: Becoming insecure and developing a fear that she will cheat]

Psychological studies have shown that jealousy is likely to be a much bigger problem for guys who are insecure in themselves as men, especially when it comes to attracting women for sex and relationships.

In the same way that a guy who lacks purpose may view his woman's individual interests as rivals to their relationship, a guy who is insecure about his attractiveness to women may feel threatened anytime she is around other.

For example: If his girlfriend always goes to an exercise class or a hobby club on a Tuesday evening. He calls her when he knows that she should be back at home and she doesn't answer.

He then panics and his insecurity leads him to repeatedly calling her cell phone, texting her and leaving voicemail messages to check up on her whereabouts.

When she finally answers, she informs her boyfriend that she's just having an after class drink to celebrate someone's birthday. Yet, he can hear male voices in the background and he wants to know who is there.

The moment she mentions a guy's name, he feels a surge of jealousy and either tries to play it cool or asks more questions about the guy, such as, *"What does he look like?"* and *"Have you met him before?"*

He then spends the rest of the evening sitting alone dwelling on whether she might be cheating on him. He imagines her getting drunk and being hit on by guys who are more attractive than him and he begins to feel angry at her for doing this to him.

Yet, she isn't doing it. His insecurity is causing him to feel that way.

If he was confident in his attractiveness and value to his girlfriend and other women, he wouldn't be worried about it.

He would know that the majority of guys she meets would pale in comparison to him and if she did get drunk and cheat on him, it would be her loss because many other women would love to take her place as his girlfriend.

Being insecure about your attractiveness and value to your woman will never help you.

It's always better to believe that you are more than good enough for her and do not question that in your mind. Just believe it and live it.

Accusing your girlfriend or being interested in other guys or seeking her constant reassurance that she loves you will not make your feelings of jealousy go away. Instead, it is more likely to lead you into a vicious cycle of neediness and even more jealous behavior as a result.

Insecurity in a man is not attractive to women and behaving this way will become a complete turn off to your woman.

Successful relationships are built on trust and even though you might feel worried to trust her, you simply have to.

If you don't give her your trust and let her take care of it, your insecurity will eat away at her respect and attraction for you.

After a while, she will fall out of love with you and may end up dumping you or cheating on you.

Stopping the Jealousy

[image: Stopping the jealousy]

The answer to the question of how to stop being jealous in a relationship is to become and be a confident, secure man who knows who he is and where he's going in life with or without her.

You have to know that you would be happy with or without her because you have the ability to easily attract other women and you also have purpose in life that is extremely important to you.

You are a man who is rising through the levels of life to reach your true potential.

She is simply your beautiful woman who you love, respect and want in your life.

Don't base your entire sense of identity and purpose in life on her.

Make her a big part of your life, but approach life in a way where you would be happy with or without her.

This doesn't mean that you should ever say to her, *"Hey, I don't need you to be happy"* because that would be rude and would make her feel unappreciated.

Instead, you simply have to love her, respect her and be good to her, while also following through on your biggest goals, dreams and ambitions in life.

Don't make her your #1 ambition or goal in life.

Women don't want that from a man.

A woman wants a man who stands up and rises up through the levels of his true potential as a man, with or without her support.

If you need her to be constantly supporting you and encouraging you along, she will resent you for it.

A woman wants a man who is strong with or without her support and reassurance.

Ironically, when you do that, she actually gives you her support and reassurance.

She becomes a better girlfriend or wife and always wants to show you and tell you how much she loves you, supports you and feels happy to be with you.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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My Girlfriend Wants to Leave Me

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your girlfriend wants to leave you, it means that she's no longer feeling enough love, respect and attraction for you to warrant being in a relationship.

She might like you as a person or care about your feelings, but she just isn't able to feel what she wants to feel when in a relationship.

The Shock of Potentially Losing Your Girlfriend

[image: Why does my girlfriend want to leave me?]

If you're saying, *My girlfriend wants to leave me*, chances are high that you're feeling shocked, surprised and hurt right now.

You may even be saying to yourself, *I don't understand what happened. I thought we were doing fine. Yes, we had our ups and downs, but isn't that how all relationships are? I just never saw it coming; this is just so sudden. Why can't she just give it another chance?*

The first thing you have to understand is that a woman doesn't just suddenly decide she wants to leave you. She goes through a long process and will first give you plenty of warnings (whether verbally, or by the way she behaves), to let you know how unhappy she is.

If you miss these warnings, you will find yourself saying, *My girlfriend wants to leave me*, and wondering what went wrong and how she could have fallen out of love with you so easily.

Secondly, just because your girlfriend is saying she wants to leave you right now, it's not something that has to actually happen. When you change your thinking, communication style and behavior and make her feel heard and understood, she will naturally open up to the idea of staying with you.

After all...love doesn't die. Right now your girlfriend may not want to connect with the love she felt for you, but it's still there in the background and you can change how she feels. Love always remains alive, but it sometimes gets pushed into the background because superficial feelings (e.g. resentment, frustration, confusion) make it difficult to connect with it.

One of the most important things that you need to do to get her to reconnect with her feelings of love for you, is to begin to trigger her feelings of respect and attraction for you as a man.

If you don't do that, then you will want to stay with her, but she just won't be interested because the feelings won't be mutual...

You've got to make sure that from now on, you are actively making her have feelings for you again. That is what matters the most to her. She isn't really concerned about your feelings right now.

She is thinking of leaving you, so she has reached a point where she thinks that you just won't ever understand how to make her have feelings for you again.

Her Secret Reasons For Leaving You

[image: I don't want to be with you anymore]

Do you know the real reasons why your girlfriend wants to leave you, or just the superficial reasons that she's given you?

For example, did she say things like, *"I just need some space to sort myself out right now,"* *"I think we've grown apart,"* *"I don't feel the same way about you anymore,"* or *"I don't want to be in a relationship right now?"*

A woman won't always tell you exactly what has caused her to lose respect, love and attraction for you.

Why? She doesn't want to be your teacher on how to be a man.

She doesn't want to have to teach you how to be the man that she needs. She wants you to work that stuff out on your own and then come back to her and show her that you have truly improved and changed yourself. Only then will she feel happy with the idea of opening herself up to loving you again.

Most guys never truly know why their girlfriend (or fiancée or wife) wants to break up with them, so they never make the correct changes to their thinking and behavior. So, when they try to get their girlfriend back or make her change her mind, they end up offering her the wrong things.

If you want to stop your girlfriend from leaving you, you have to know the REAL reasons she wants to break up with you.

For example!

1. Did you stop making her feel loved, valued and attracted?

This is one of the main reasons why so many relationships fail. Usually at the beginning of a relationship, a guy goes out of his way to be romantic, attentive and loving. Yet, over time, he becomes more neglectful and stops taking notice of his girlfriend the way he used to in the beginning.

Usually, this is not an intentional thing. But, often guys allow *"life"* (e.g. paying bills, working late, studies, etc.) to intrude on their relationship.

Ask yourself, have you been taking your girlfriend for granted? When was the last time you genuinely noticed her and gave her genuine, positive feedback on how good she looks?

Have you fallen into a pattern of saying, *"Mmmm"* that's okay, when she wears a new outfit or does something thoughtful for you? When was the last time you genuinely told her that she's special and that you're grateful for the efforts she makes to look good for you and spoil you?

Or what about putting her first in your life; have you cancelled a date with her at the last minute because you got caught up with friends, more than once or twice?

Although it's likely that it's not your intention to make your girlfriend feel like you don't value and appreciate her, this type of behavior says the opposite.

To keep a woman happy in a relationship with you, it is essential that you deepen the love, respect and attraction between you rather than taking it for granted and assuming that just because in your mind you love and appreciate her, she will automatically know this.

Actions speak louder than words and if your actions have been giving her the impression that you don't care for her or appreciate her, she will naturally tell you she wants to leave you.

2. Did you become insecure, needy and clingy?

[image: How can I stop her from leaving me?]

On the opposite side of taking a woman for granted, some guys get too involved in the relationship and become needy or clingy. They lose focus on all other areas of their life and end up using the relationship as an excuse to hide from their true potential in life.

For example, a guy may stop hanging out with his friends because he wants to spend all his time with his girlfriend.

Or, he might give up his hobbies because he'd rather take up something new that they can do together. He may spend all his spare time helping her with chores, running errands for her or helping her study.

He may shower her with gifts he can't really afford. He may even give up the opportunity to get a promotion or a better job because it will take time away from her. He'll often tell her, *"You're everything to me. There's nothing I wouldn't do for you."*

In his mind he's being the romantic, loving and attentive boyfriend, but to her he's being clingy, needy and overbearing.

Although initially a woman will be flattered by all the attention, eventually the novelty will wear off and she will begin to wonder why you're using her and your relationship to hide from the world. She'll begin to question why you're afraid to become a bigger and better man who likes to work hard on his purpose in life or his career, while also being able to give plenty of time, love and emotional support to her.

To be the kind of man your girlfriend will want to stay with, you have to make her feel respect for you. You have to be the kind of guy she can look up to and feel that if she sticks with you, you'll take her places.

Showing Her That You've Improved and Changed

If you want to stop your girlfriend from leaving you, you have to first fix any emotional issues that are turning her off (i.e. you're unable to control your jealousy, you are clingy, you take her for granted, you are afraid to commit, etc).

You can't promise her, *"Just give me another chance and I'll change,"* or *"Whatever you need me to do I'll do it if you stay."* You actually have to make the changes first and then let her see these changes in you, either in person or via your online presence on social media sites such as Facebook, Instagram, etc.

You don't have to fully fix everything and become perfect to get her to change her mind, but what you need to do is start working on those emotional issues properly so that when she interacts with you, she will be able to pick up that you've really improved and changed.

She Won't Leave You if You Make Her Realize That You're a Better Option Than Other Men

You can sit around saying, *"My girlfriend wants to leave me,"* and wait for the day when you'll hear that she's got a new boyfriend or that she kissed a guy after going clubbing with her girlfriends on a Friday or Saturday night. Alternatively, you can show her that she'll be a fool if she lets you go, because no other guy can make her feel the way that you can.

When you make the right changes to your thinking and behavior and present yourself in a way that makes her feel love, respect and sexual attraction for you, then she will naturally start thinking differently, talking differently, behaving differently and she will then instinctively feel drawn to you again.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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How to Know When Someone Loves You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Love comes in all different flavors and strengths and for different reasons.

For example: The love that a mother has for her children, the love that a friend has for a friend, the casual love that a woman might feel when she's dating a guy, the love that a truly committed wife feels for her husband, etc.

Even if a man and a woman are in a relationship and a woman says, "*I love you*," to him, it doesn't necessarily mean that she is experiencing the strongest type of love that is possible between them.

Not all couples get to experience what truly committed, deep, unconditional love feels like.

You will know it when you're experiencing that type of love with a woman because you will both:

- Love each other for who you are individually and together.
- Be patient as each of you grow, mature and develop individually and together.
- Sincerely care about the happiness and life experience of each other.

If you're in a relationship with a woman and the love isn't true, each of you will always keep the real you shut away from the other.

You may love each other at the beginning of the relationship when experiencing new feelings of lust and going through the honeymoon stage of the relationship, but once the initial buzz wears off, you may begin to take each other for granted or fall out of love.

A couple that is truly in love will literally feel better around each other as each day passes. The love will become stronger, deeper, more meaningful and more genuine as time goes on.

Are You a Loveable Kind of Man?

[image: Are you a loveable kind of man?]

The short answer to the question of how to know when someone loves you is to be a man with loveable qualities.

In other words, be the type of man who women not only respect, but feel sexually attracted to. A man who knows that he is good enough for women and therefore loves women fearlessly.

When you know that women respect you and feel attracted to you, there is nothing to be afraid of.

You can love a woman and if she doesn't love you back, it's almost as though you will then feel sorry for her. She misses out on being with such a great guy, so it's not your loss, but hers.

At The Modern Man, we're often contacted by guys who doubt themselves around women and don't know how to get women to feel enough for them to want to begin a relationship or remain in a relationship.

For example: Some guys are interested in a female co-worker, but they're unsure of whether or not to approach her and ask her on a date or suggest catching up outside of the workplace.

Other times, guys want to know exactly how to tell if a female friend is interested in becoming more than a "just friend" or how to go about getting a girl to fall in love with them.

Whatever their particular circumstances are, the bottom line is that these guys feel insecure in themselves and are afraid to go after what they want because they fear rejection.

They know that they are unsure of how to make the woman love them back, or even feel attracted to them. A guy might be able to get a woman to like him as a friend, but that isn't the same as her feeling sexually turned on by him and wanting to begin a sexual relationship.

Do you know how to make a woman feel enough attraction for you to want to have sex with you when you meet her and then want to stay in a relationship with you for life?

Watch this video to find out...

You Have to Believe That You Are Worthy of Her Love

Women are instinctively attracted to confidence in a man and insecurity of any kind is a real turn off. The harsh reality is that your need to ask how to know when someone loves you is a good indicator that you're feeling insecure, making it very unlikely that the "someone" in question loves you.

Women are naturally attracted to guys who believe that they are more than good enough to be loved. If a woman gets the sense that you doubt your attractiveness to her or don't feel worthy of her love, she will feel naturally turned off by you.

Women want to be in love with a man who knows that he is more than good enough and, if she is on her best behavior around him, she might be able to get him to truly love her.

He can have pretty much any woman he wants, but if she is a good girlfriend to him, a great lover and a great friend, she might get to experience truly committed, deep and unconditional love with him.

Women would rather experience love with a great man like that, than be loved by a guy who doesn't feel like he's good enough. Why? Women are attracted to the strength in men and turned off by the weakness.

Knowing that you are more than good enough to be loved by her is a display of emotional strength, but doubting yourself displays the type of emotional insecurity that turns women off.

Where Guys Go Wrong

When a guy can't really work out if a woman loves him or not, he will often make the mistake of trying way too hard to be liked.

He will hope that if he is just likeable enough, it will eventually lead to love.

Yet, that's not how it works.

If you want a woman to love you, she has to respect you as a man (i.e. look up to you, respect your emotional strength, etc) and feel sexually attracted to you (i.e. because you're confident, charismatic, charming, funny, etc).

When guys don't know how to get a woman to truly respect them and feel attracted to them, they often make one or more of the following mistakes:

1. Behaving like her in an effort to be more likeable or relatable

When a guy desperate to be liked by a woman, he will often hope that becoming her "best friend" will make her eventually fall in love with him.

He will hang out with her and gossip, pretend to be interested in fashion and the girly TV shows she likes or music she loves and generally act like one of her girlfriends.

While this approach to women certainly helps you be able to get along with them on their level, it does not create the type of respect and attraction that leaves to truly passionate love.

Instead, it leads to a friendly type of love where the woman loves the guy like a best friend or big brother.

There's a big difference between a woman liking a guy and lusting after him with sexual desire.

A woman needs to feel sexually attracted to a guy to be able to fall in love with him and if there are no feelings of lust, it ain't going to happen.

Being "one of the girls" does not make a guy a sexually attractive or position him as a loveable guy in a potential boyfriend way.

Instead, most women will assume that he is secretly gay, confused about how to be a man or lacks the balls to show his real interest in a woman.

2. Always being available

Another common mistake that guys make when they're desperate to be loved by a woman is to make themselves available to her around the clock.

Sometimes, a guy will think that by being at her beck and call and always dropping everything to run to her whenever she needs help, she'll eventually come to realize that she can't live without him and that she has been in love with him all along.

That kind of stuff really only happens in movies, not in real life. It's a good storyline for some people to watch because it's "entertaining" to see the clueless guy eventually get the girl.

In the real world, it rarely plays out like that because women are more attracted to men who have important things going on in their life other than just a woman.

If a guy appears to have nothing going on in his life other than her, he becomes less sexually attractive.

She may not consciously think it, but her instincts will tell her that if a guy is behaving like that, it means that he will most-likely become insecure, jealous and over-protective if they had a relationship.

Watch this video for an example...

Women instinctively know that the confident, masculine alpha male they are hoping to meet is going to be hard to find and they will have to compete with lots of other women to "win" him for themselves.

If you're effectively handing yourself to a woman on a plate and showing her that your entire life purpose is about her, then you're not that guy.

3. Being super-nice

Following on from the above, guys often fall into the trap of being super-nice by putting a woman on a pedestal in an effort to make her fall madly in love with them.

This approach worked in the fictional reality of romance novels set in the 19th century, but it doesn't

work in today's world.

Modern women do not want to be put on a pedestal and behaving in a super-nice way makes a guy come across as weak, wimpy, and desperate and these are not sexually attractive traits.

There's nothing wrong with being a nice guy, but to be loved by a woman, you need to be an emotionally and mentally strong, sexually attractive nice guy.

There's nothing wrong with being nice to a woman when you're picking up women or in a relationship.

However, to ensure that a woman is feeling what she needs to fall in love and stay in love, you must also focus on actively triggering her feelings of respect and attraction for you.

Just being a nice, good guy is not good enough.

You've also got to be the sort of guy that women respect and feel attracted to.

It's easy to make a woman feel some respect and attraction for you at the start of a relationship, but where guys really struggle is in maintaining and building on that over time.

The men who are able to build on their woman's feelings for them are the ones who never get dumped, cheated on or divorced.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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My Girlfriend is Still in Love With Her Ex

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

So, youâre dating a really great woman.

You love her and in your mind you see you and her being together for a long time, except thereâs one major problem...

She is still in love with her ex.

The question going through your mind right now may be, *âIf my girlfriend is still in love with her ex, do I even stand a chance with her? Can I get her to forget him, or will I end up losing her?â*

Well, that depends!

Are You Her Rebound Guy?

[image: Girlfriend missing her ex-boyfriend]

As much as you might hate to admit it to yourself, if youâre saying, *âMy girlfriend is still in love with her ex,â* then youâre probably asking yourself, *âAm I her rebound guy?â*

There are many definitions for ârebound guyâ but the simplest definition according to the Urban Dictionary is:

Rebound guy: A rebound guy is someone who you date or go out with to keep yourself busy, and you use him to keep your mind off your ex who you still have feelings for.

This doesn't mean that your girlfriend doesn't have feelings for you.

However, if she is still in love with her ex, it means that he makes her feel more love, respect and attraction than you do...

If you are her rebound guy, it doesn't mean that you can't be her main man and get rid of her ex.

You can, but you have to focus on giving her a better attraction experience than he ever could.

At the moment, she is probably attracted to you because you are filling certain gaps that were missing in her previous relationship with her ex.

For example: If her ex was a self-absorbed guy who took her for granted, she may be attracted to you because you are a nice guy who treats her like a princess.

On the down side, if youâre too nice to her and lack the balls that she finds attractive in a man (e.g. you let her decide everything, you are too generous to her, you treat her so nicely even though she treats you badly, you don't know how to put her back in her place in a loving, but assertive way), she will miss that from her ex.

She will start to compare how he made her feel compared to you and even though you are being good to her, she will feel more drawn to him because the attraction she felt for him was much more enjoyable.

Women know that a guy who is super nice to them is usually hiding something.

What is he hiding?

The fact that he can't really attract other women by choice, so he overcompensates by being really nice, giving and sweet in the hopes that the woman will be happy.

Yet, although she might like being treated like a princess for a while, she just won't be feeling a strong spark of sexual attraction for him because he lacks the balls that she needs a man to have around her.

Are You Making Her Feel Attracted to Him?

Many guys unknowingly push their girlfriend into the arms of another man or a former flame, by being insecure.

Watch this video for an example...

For example: If feel insecure about her still being in love with her ex, she will feel turned off by your emotional weakness.

If she then remembers how confident he used to be about his attractiveness to her, she will focus on the fact that she is now with a guy who feels like he isn't good enough for her.

Women hate that.

What a woman wants is a man who remains confident in his attractiveness to her no matter what she or anyone else says or does.

It's not about being arrogant, showing off or putting the other guy down.

Instead, it just about having that relaxed confidence in yourself where you know that you are the man and that her ex guy isn't better than you.

If you doubt that for a second, she will pick up on it and it will turn her off.

So, be strong, otherwise you will be making her feel attracted to him and as a result, she will feel like she is more in love with him than you.

She is Forgetting a Lot of the Negatives About Him

Now that she's dating you, he is no longer treating her badly like he used to, so it's easy for her to focus on his positives and forget his negatives.

If you are being insecure, clingy or needy, she won't be feeling attracted to you and will begin to focus on your bad qualities in comparison to him.

Attraction has a funny way of messing with our minds (just think about how you suddenly think, feel and act when you see naked women), so if your girlfriend is feeling attracted to her ex, she isn't going to be thinking straight.

To stop her from wanting to be with him, you have to stop saying and doing the things that have been turning her off about you.

Once she sees that you make her feel the way she wants to feel (e.g. loved, appreciated, valued, taken care of, like she's with a man who knows what he wants in life and isn't afraid to go and get it), her ex will begin to fade in her mind because she will be getting what she needs from you.

You Have to Make Her Ex Pale in Comparison to You

Yes, it sucks having to be the guy who's saying, *â€œMy girlfriend is still in love with her ex,â€* but just because she feels like that now, doesn't mean you have to sit around in the sidelines and hope she'll miraculously change her mind and decide that you're the man she really loves.

You've got to start being the type of man that makes her ex-boyfriend pale in comparison to you. Let her see by way of your behavior, actions, attitude and vibe that you are a way better man than her. This doesn't mean that you should suddenly be nicer to her than you already are, but instead, you need to focus on triggering her feelings of love, respect and attraction for you.

Right now, you have the advantage because she is already dating you.Â If you do the right things, she will naturally stop thinking about him and fall more deeply in love with you. To achieve that, make sure that you...

1. Don't compare yourself with, or compete with her ex.

[image: Sorry, but I still love my ex]

Yes, her ex is an ex for a good reason, and yes you're probably a great guy in many ways that he's not.

However, telling your girlfriend, *â€œBut, Iâ€™ve got such a great job and he is so brokeâ€* or, *â€œWhat could you possibly see in that loser?â€* or, *â€œHow can you forget how badly he treated you? I do everything for you...I have always treated you so wellâ€* will unfortunately make you look insecure to her.

Even if all these things are true about her ex, the more insecure she perceives you as being, the bigger the *â€œgapâ€* in your attractiveness to her will grow and the more appealing her ex will look to her.

If you want your girlfriend to see you as being *â€œbetterâ€* than her ex, you have to BELIEVE that you are.

You can't convince her with words or by badmouthing him. You have to show her with your actions, your body language and in your conversations with her.

2. Don't try to make her feel sorry for you.

[image: Don't try to make her feel sorry for you]

If you think saying to your girlfriend, *â€œHow can you do this to me?â€* or, *â€œBut, I love you so much and youâ€™re hurting meâ€* is going to make her suddenly realize that you're the love of her life...you're unfortunately wrong about that one. In fact, what's more likely to happen is you'll push her right back into the arms of her ex.

Women are attracted to the strength in men and repelled by weakness. Nothing is a bigger turn off for a woman than a guy who is *â€œfeeling sorry for himselfâ€*.

3. Don't sit back and hope that she'll eventually choose you.

Yes, you shouldn't compete with her ex, but sitting around hoping she'll choose you without making any effort to fix your issues and improve yourself, is just wishful thinking.

If you don't know what things are attracting her to her ex and repelling her from you, you

won't know what gaps to fill.

For example:

- If you're insecure, you have to work on becoming more self confident.
- If you let your girlfriend make all the decisions in the relationship, you have to take the lead and be the man in the relationship.
- If you're needy and clingy, you have to work on fixing that and becoming more mentally and emotionally strong.

When your girlfriend sees that there's nothing her ex can give her that you can't, she will naturally begin to see you in a new light. She will begin to see you as the better option because you can make her feel the way she wants to feel in her relationship.

Do you know how to make your girlfriend feel the type of attraction that she really wants to feel?

If not, you need to focus on improving your ability to give her the attraction experience she really wants.

If you don't, she will naturally feel attracted to other guys (or her ex) and will be wondering how she can end things with you, so she can get the attraction experience she really wants in a relationship.

Why Are You Putting Up With Her Lack of Love and Devotion to You?

[image: Why are you putting up with her bad treatment of you?]

You don't ever have to settle for being second best in anyone's life. If you're saying, *"My girlfriend is still in love with her ex,"* it means that right now you're settling for second place. Ask yourself why?

If right now you could date any woman you wanted, would you still be with your girlfriend? If your answer is *"Yes"* then clearly you love her and that's okay.

By improving yourself and fixing any issues that are making you unattractive to her, you can make her feel a deeper respect and attraction for you. When she sees that you are better than her ex she will naturally realize that her feelings for him are nothing compared to how she feels about you.

On the other hand, if your answer is *"no"*, then you need to ask yourself why you're putting up with a woman who is clearly not treating you with respect. Could it be that you lack belief in yourself and in your abilities to attract other (even better and hotter) women than her?

Alternatively, could the problem be that you simply don't know how to get your girlfriend to feel a lot of love, respect and attraction for you?

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Is Marriage Obsolete? Modern World Facts

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

With the latest statistics showing that around half of all marriages will end in divorce, it's no surprise that many people are now asking, "*Is marriage obsolete?*"

According to the findings of a recent survey, 25% of Americans now believe that marriage is becoming obsolete. This is a viewpoint shared by young people in particular with 44% of those in the 18 to 29 year-old age bracket considering marriage to be a thing of the past.

Yet, is marriage really obsolete? Could it really be the end of marriage as we know it?

Well, the fact that around half of all marriages end in divorce indicates that around half of all marriages survive and there's plenty of evidence to suggest that many of those marriages remain happy for life.

We've all seen those couples who've been married for 40+ years yet still remain madly in love with one another, right? Of course, not all couples who stick together are happy in their marriage and there are those who simply resign themselves to putting up with what they've got rather than going through a divorce.

So, if you're asking, *âIs marriage obsolete?â* because you're questioning whether or not it's going to be right for you or because you're in a marriage that's already on the verge of breaking down, you may also be wondering what it is that the couples who stay madly in love have over those who simply put up with each other in an unhappy marriage.

What is it that makes the difference between a happy marriage and a marriage that ends in divorce or a couple living separate lives?

In the video below, [Dan Bacon](#) (founder of The Modern Man) explains why he decided to accept his girlfriend's marriage proposal, as well as how he has been able to maintain a happy, passionate, loving relationship, despite the 15 year age difference between himself and his now wife (he recently married her).

As you will see from the video above, marriage isn't something to be afraid of if you go into it with the right mindset and you also have the ability to deepen a woman's feelings of love, respect and attraction for you over time.

Marriage Wreckers

[image: Marriage wreckers]

One of the most common reasons for a marriage breakdown is simply a lack of understanding over what it takes to make a marriage work in the real world.

These days, guys get bombarded with misleading messages when they watch how TV marriages work and they get sucked into believing that the way to keep a woman happy in a marriage is to let her wear the pants and to put her in the position of taking charge.

This is not what real women living in the real world want. Sure, it makes for some comedy moments for TV viewers (i.e. when the wife is yelling at the cowering husband or when the husband seems like a total idiot compared to his smart, sensible wife, etc), but it's not the way successful marriages

in the real world work.

In the real world, a woman wants to feel like a woman in a relationship (i.e. feminine, emotional, girly at times, irrational at times, etc) and it takes a man who knows how to be a traditional masculine man to make her feel that way.

[image: Marriage wreckers]

These days, a lot of guys make the mistake of being too neutral with their woman (i.e. the guy is neither very masculine or very feminine, but is somewhat in between) by losing touch with their masculinity.

The more that a woman is made to feel neutral or masculine around her man, the less like a woman that she feels and the resulting imbalance in the sexual dynamic causes the all-important sexual spark to fade. Without a clear masculine/feminine dynamic between a man and a woman, the sexual desire cannot remain alive.

[image: Man who has lost touch with his masculinity]

Another mistake that husbands often slip into making in a marriage, is taking their wife for granted. A good example might be showing up late for dinner on a regular basis, not making her feel sexy and noticed or often calling her at the last minute to say he's going to be late because he and a friend are heading out for a drink on the way home.

Adopting an attitude of, *"I'll get something to eat when I'm out"* or, *"Keep dinner in the oven and I'll get it later"* might seem harmless and unimportant to him, but if it's something that he makes a habit of doing, he will gradually make his wife feel that her efforts and her contribution to the marriage are unimportant therefore she's unimportant to him.

Marriage is Not Obsolete

Marriage was created help ensure stability in personal, family and community relationships. Rather than having no trust in the other person's devotion and loyalty to you, marriage offers a new level of perception and emotional connection that can only be understood by those who have actually gotten married.

Prior to getting married, many guys see marriage as only being beneficial to women, but in reality, it's a good deal for both men and women. As long as the man is able to deepen his woman's love, respect and attraction for him over time, the experience of their love and relationship becomes more amazing for both of them.

Even though marriage seems like an out-dated idea to those who haven't tried it, the fact remains that it is a beneficial tradition when approached correctly. Many people know this, which is why marriage doesn't like it will become obsolete anytime soon.

There have been some changes to how and when people get married, but it's still happening in record numbers all over the world.

Today's women are much less dependent on men than previous generations of women, which has changed the average of when a woman gets married. The average age for a woman to get married has risen to 26 years compared to back in the 1950s when the majority of women married in their teens.

This may make it appear as though modern women aren't interested in marriage and only want to

date and have sex with men all their life, but statistically speaking, most women eventually settle down and get hitched.

The average age for men to get married is now 28 years, highlighting the fact that many couples don't immediately move out of their parents' home into their marital home, but instead live independently or live together before considering tying the knot.

Many couples live together and have children without ever marrying and evidence suggests that more and more men are choosing not to settle into a life of sticking with one woman.

How about you? What is your relationship goal with women?

Poll

"What is Your Relationship Goal?"

- ☐ Marry a woman and stay with her for life
- ☐ Stay with one woman for life without getting married
- ☐ Have relationships with many women throughout life
- ☐ Still not sure

Vote

[View Results](#)

[image: Loading ...]

Loading ...

The choice to marry later in life has led to statistics showing that there are now more unmarried people in the 25 to 34 year-old age bracket in America than married people in the same age bracket. Interestingly, for those who do choose to marry, stability is no longer considered the main reason for doing so and virtually every couple questioned gave love as their number one reason for getting hitched.

Is Marriage Right For You?

The bottom line is that whether or not marriage is right for you will depend entirely on your individual view of life and what's important to you. It will also depend on whether or not you have actually experienced the type of true love that makes both you and the woman feel like you would never, ever want to split up.

You don't ever have to get married if you don't want to. You can decide to sleep with new women for life, or get in and out of relationships for life.

The world has changed and the days of having to marry to be able to hold your head up as a respectable member of society are gone. Likewise, the days of being labelled a social outcast for living together or having children out of wedlock are gone.

As a modern man, you have a choice to make...

Go down the traditional path of relationships by getting married to one woman and staying with her for life.

Have sex and relationships with many new women throughout your life and never get married.

Either way, you can be happy and you can enjoy your life. You can enjoy your life with or without marriage. It all comes down to what you really want and what makes you the happiest as a man.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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My Girlfriend Has Changed Her Behavior Towards Me. How Can I Get Her to Change Back?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your girlfriend has changed her behavior towards you and is no longer treating you with love, care and warmth like she did when you first got into a relationship, it means that she's losing touch with her feelings of respect, love and attraction for you.

This can happen if it's her fault (e.g. she gets a promotion at work and suddenly feels like she is more valuable than her boyfriend, she meets new friends who convince her that she's too good for her boyfriend, she goes out and parties with her girlfriends and flirts with other guys), or it could be partly your fault.

If it's her fault and she is just treating you badly all of a sudden, then you should warn her that you will break up with her if she doesn't change and if she doesn't, you should break up with her.

If she feels a sense of loss because she is being dumped by a great man like yourself, then she will want to change and make you forgive her for straying or treating you badly.

However, if she doesn't feel like she'd be losing out on much by not being with you, she may decide that a break up is fine with her.

That's why you need to be clear on what you want from her and what you're willing to do to make the relationship work.

For example: If you believe that her change in behavior is partly your fault, then you can do something about that by beginning to stop setting off unnecessary, negative chain reactions in the relationship.

Watch the video above for more information.

Stop the Changes and Get Her to Reconnect With Her Original Feelings For You

How can you avoid her changing even more and get her to reconnect with her original feelings for you?

The easiest way to get her to care about you like she used to and begin being a good girlfriend again is to begin triggering her feelings of attraction, respect and love for you.

If you don't do that soon, she will most-likely fall out of love with you and then break up with her. Just because you attracted her at the start of the relationship, it doesn't mean she is attracted to you now.

If you have been turning her off, you need start turning her back on and making her feel happy and excited to be with you.

You don't have to do a lot of work to achieve that.

You just need to focus on giving her the attraction experience she really wants (e.g. if you're too soft and gentle with her, but she needs a guy with a bit more balls, you need to start being more assertive.

If you're too selfish and take her for granted, you need to start being more loving and giving). Don't go overboard though and go from one extreme to the other. Whatever you have been lacking, you need to start adding that in, rather than flooding the relationship with it.

Understanding What Caused Your Girlfriend to Change

[image: Her behavior changed because she no longer feels attracted and in love]

There's no getting away from the fact that if your girlfriend is no longer the way she was at the beginning of your relationship, there has to be a good reason for it.

Something happened to cause her feelings for you to change, and if you're saying, *"My girlfriend has changed"* and wondering how you can get her to change back, then you probably aren't really sure why she stopped feeling the way she used to.

Women will rarely come out and say what is really bothering them.

A woman would rather say things like, *"You're so selfish"* or *"Why do you always play those stupid video games?"* or *"Why do you always let everyone push you around?"* than say what she really means. Why?

2 main reasons:

1. To avoid being hurt

In the past, and even in many places around the world today, women have been beaten and even killed if they tried to stand up to, or break up with a guy.

So, in order to protect herself, a woman would rather *hint* at what's bothering her, in the hopes that her boyfriend will figure it out and fix himself, rather than actually say what's on her mind and face getting hurt.

You might be the sort of boyfriend who would never physically hurt your girlfriend, but she is still going to have that survival instinct to protect herself.

2. To avoid taking on the role of teacher

Almost all women do not want to be a guy's teacher on how to be a man.

She wants her boyfriend to figure out (without her guidance or leadership) what the issues in their relationship are, and then take action like a real man to fix them.

She doesn't want to feel like she is his mother or teacher in life because that would ruin her feelings of sexual attraction for him.

Being a mother figure, big sister or teacher to her boyfriend is unattractive to almost all women.

If she is forced into that role, she won't be able to fully respect, love and feel attraction for her boyfriend because she will see him as being immature and childish compared to her.

A woman wants to be able to look up to her man with respect and rely on him to be emotionally strong and wise, rather than having to lift him up, carry him along and help him grow up and be a real man.

As a boyfriend, not getting a clear reason about what is bothering her in the relationship can make it difficult for you to be certain about what really made her feelings for you change.

This is why you have to be brutally honest with yourself and decipher her hints so that you can understand the deeper meaning behind her casual words.

For example: Here is what a woman usually means when she says:

You are so selfish.

This is a woman's way of saying, *You are taking me for granted and I am no longer feeling loved, appreciated or attractive when I am with you.*

When a woman stops feeling the way she wants to feel, it's natural that her feelings for her man will change and she will start losing respect and attraction for him.

If he doesn't catch on to her hints and make changes to regain her respect and attraction for him, she will eventually fall out of love with him.

Unlike in the past where a woman had to be stuck in a bad relationship for life, today's women will quickly break up with a guy for not making them feel the way they want to feel in a relationship.

Why do you always play those stupid video games?

There's nothing wrong with a guy playing video games, but if a woman is saying that to her boyfriend, it usually means, *What are your goals and ambitions for your life and for our future together?*

Why are you spending all your time and energy on this, rather than becoming a bigger and better man in the real world?

Can I rely on you to provide and protect me in the long run?

Have you given up on reaching for big goals in life now that you've got me? Is this all that your life is going to amount to?

In a woman's eyes, playing video games is not achieving anything in the real world.

She wants to know that she can rely on her man to lead them both towards a better life, rather than hiding behind games, or whatever excuse he's using not to pursue his dreams.

There's nothing wrong with playing video games (I play and I'm happily married), but video games cannot come before you achieving your big goals or making your woman feel attracted and in love with you.

You should only be playing video games when you really have spare time, rather than playing because you are avoiding working on what you know you should.

Why do you always let everyone push you around?

This is a woman's way of saying, *I need you to take the lead and be the man in the relationship* or *I don't want you to let me boss you around all the time. Grow some balls.*

One of the biggest mistakes guys make in a relationship is believing that a woman wants a nice guy who is always agreeable and easy going and lets her (and everyone else) make all the decisions for him.

In the real world, women are attracted to confident, masculine men who can take the lead in a relationship and in life.

A woman will lose her respect and attraction for her guy if friends regularly disrespect him or if he is looked down on in social situations.

If she realizes that his behavior stems from insecurity, neediness, lack of confidence or an inability to

be a masculine guy who is respected by others, she will find it difficult to maintain any real feelings for him.

She might like him as a person and care about him as a friend, but she won't want to have sex with him or be stuck with him for life.

Feelings Always Change

As you've probably seen throughout your life, feelings are not cast in stone.

For example: There may have been times where you originally liked someone, and then for various reasons, your feelings changed and you started disliking them.

Of course, the opposite is also true.

Just because right now you're saying, *"My girlfriend has changed her behavior towards me"* it doesn't mean her feelings for you cannot change again for the positive.

Right now, your girlfriend may not feel like she wants to be with you in a relationship.

She might have even said that she doesn't love you anymore, or even that she wants to break up with you. However, her feelings about you can definitely change.

If the way in which you're currently communicating with her is turning her off, she's going to be behaving coldly towards you and it's even likely that she's going to be pushing you away and saying she doesn't want to be with you anymore.

For example, if you're:

- Begging and pleading with her to give you another chance.
- Asking her to forgive you for your past mistakes (e.g. insecurity, neediness, jealousy, etc), even though you don't know how to properly fix those mistakes.
- Promising her that you'll change.
- Asking her to explain why her feelings for you have changed.

Approaching your girlfriend in that way isn't going to fix the situation.

It will simply remind her that you don't understand her, don't understand how to be the man she needs and you probably don't even care about improving yourself.

You just want her to love you the way that she used to.

On the other hand, when you change your communication style with her and present yourself as a man who has already begun to fix his issues and improve himself, she will naturally begin to think about you differently.

She will start to feel renewed sense of respect for you as a man and this will make her open to feeling attraction and love for you again.

Changing How She Feels Before You Lose Her

[image: Why don't you love me the way you used to?]

Right now, you might not know how to make your girlfriend feel attraction and respect for you again.

Maybe you feel like youâ€™ve lost your way with her and that itâ€™s too late to get her back.

You might feel as though you’ve tried everything (you haven’t) and nothing that you’ve done has worked (you’ve been trying the wrong things).

So, just relax.

Know that you can fix this.

You are a smart man, but you have simply been missing a few pieces to the puzzle and have been trying all the wrong things to fix the problem (e.g. being nicer to her, trying to get her to work on the relationship, showing her how upset you are).

Don’t worry – today is a new day and you really can turn this around and get her to be a good girlfriend to you once again.

At The Modern Man, weâ€™ve helped men from all over the world to fix a broken relationship with a woman or get a woman back after breaking up when everything seemed so lost and hopeless.

We’ve seen all sorts of cases where a woman will say, *â€˜I hate youâ€™* or *â€˜I never want to see you againâ€™* and yet when her guy made her feel differently, she naturally opened herself back up to the relationship again.

She reconnected with her feelings and her behavior went back to being loving, caring and warm once again.

As long as you focus on triggering her feelings of respect and attraction for you as a man, she will naturally begin to reconnect with her feelings of love for you.

Her behavior may have changed recently, but that doesn’t mean she can’t change back and become an even better girlfriend to you.

In fact, what most women really want is a man who makes them feel motivated to be a better woman to them.

Women don’t want you to say, *“Hey, be a better girlfriend to me,”* though.

Instead, it’s about making her feel so respectful of you, so attracted and so in love that she does it because she wants to make you happy and never lose you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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My Girlfriend Said She Doesn't Feel the Same Way Anymore

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

One day you are cruising along in a happy relationship with your girlfriend and believing that everything is fine and the next you find yourself saying, *“My girlfriend said she doesn't feel the same way anymore.”*

Right now, there may be hundreds of questions going through your mind, like:

- How long has she been feeling this way?
- Why didn't I see it coming sooner?
- What did I do to make her stop loving me?
- Has she found someone else?
- Does this mean she's dumping me?
- Is there anything I can do to make her feel love for me again?

The good news is that you can definitely change the way she feels. What you need to focus on from now on is making her feel a renewed sense of respect and attraction for you as a man. If you don't do that for her, she may eventually fall out of love with you completely and then break up with you.

Watch this video by Dan Bacon (founder of The Modern Man) to understand how a woman's attraction works and how you can use it to reignite your girlfriend's feelings for you...

As you will discover from the video above, you have a lot of direct control over how much or little attraction your girlfriend feels for you.

No matter how bad things seem between you and her right now, you need to understand that your girlfriend doesn't have to be stuck on a negative feeling about you forever.

Human emotions always change and just because your girlfriend is currently saying she doesn't feel the same way anymore, it doesn't mean her feelings have to stay like that forever.

For example: Even if she has now moved out (if you were living together), or is now avoiding seeing you or answering your calls, if you respark her feelings of respect and attraction, she will naturally become more open to the idea of being with you within a few days, or after a couple of weeks depending on how badly things have been messed up between you.

Essentially, when you present her with a new and improved version of yourself, it's only natural for her to drop her guard and open herself back up to the idea of being with you again.

However, what you need to understand first, is that even though you can change the way that she feels about you, you also have to be willing to face up to the fact that, for her to be feeling the way she's feeling about you now, there must have been certain attitudes and behaviors in your relationship that were turning her off.

By changing some of those things about yourself first, or at least by giving her the impression that you've changed, you will be making her feel understood and she will be more open to the idea of being with you again.

She's Not Going to Spell it Out For You

[image: Why don't you feel the same way anymore?]

A classic mistake that guys who say, *"My girlfriend said she doesn't feel the same way anymore"* make, is to ask their girlfriend for an explanation. *"Why have your feelings for me changed? Why don't you love me anymore? What did I do wrong? What can I do to make you love me again?"* etc.

Often, guys who have little or no experience with women (or don't know what women really want in a man) will react in this way. If you've reacted in that too, it's okay. It's only natural for you to a bit more information from her other than the *"I don't feel the same way about you anymore"* speech.

Unfortunately, most women won't give you the real reasons why their feelings for you have changed. Instead a woman would rather give you a vague, *"I think we should give each other some space for a while"* or *"I just don't feel the same way anymore."*

Why are women so vague?

A woman doesn't want to mother the man in her life. If she has to teach her man how to BE a man, the relationship dynamic goes out of balance. She ends up wearing the pants in the relationship and that is the quickest way for a woman to lose respect and attraction for her man.

[image: If you don't change how I feel, then it's over between you and I]

Most women do not want to play the role of being a guy's mother or teacher in life, so if you can't figure out what the problems in your relationship are on your own, it means that she has to teach you, and doing that doesn't make her feel the way she wants to feel.

So, if you're going to make your girlfriend change how she feels about you now back to feeling intense love, respect and attraction for you, you are going to have to show her that you fully understand what caused her to lose love and attraction for you.

How?

Understand What Caused Her Feelings For You to Change

Somewhere along the line, something about your attitude or behavior in the relationship must have changed to cause her feelings for you to change. So, by understanding which attitudes and behaviors caused her to stop loving you, you can fix those things and make her see you in a new light.

Ask yourself:

- Did I take her for granted?
- Was I needy or clingy?
- Did I become too jealous and turn her off?
- Did I use our relationship as an excuse to hide from my true potential as a man?
- Did I make her feel loved and appreciated?
- Did I make her feel like a real woman?
- Did I let her have all the power in the relationship?

- Did she feel taken care of?

Those are only a few examples of what may have caused your girlfriend to stop feeling the same way about you. Yet, there could be other, more subtle reasons why she no longer feels the same way.

A woman will decide to break up with a guy for many different reasons.

She may tell her boyfriend some vague reasons why she is ending it, such as, *“I don’t feel the same way anymore,”* but she will rarely tell him some of the more subtle reasons, such as, *“You’re not enough of a man for me”* or *“You don’t make me feel girly enough...I feel like a friend to you, rather than your woman.”*

Why do most women withhold the more subtle reasons? Essentially, she doesn’t want to teach her boyfriend how to be a man and doesn’t want to teach him how to win her back. She wants him to work it out on his own and be the man that she needs him to be. If he can’t do that, then he’s not the man for her.

Do I Have to Become Something I’m Not to Get Her to Love Me Again?

No.

Fixing your issues (things like neediness, insecurity, jealousy, clingy behavior, lack of confidence, etc.) is not just to please her. Although getting your girlfriend to fall even deeper in love with you than before is a great bonus, improving yourself is of benefit to YOU.

Becoming a stronger and more well-rounded version of who you are right now, you get to win. Not just in your relationship with your girlfriend, but in your life as well.

Imagine how wonderful it would be to go through life feeling confident and self assured. Imagine how you would feel if everyone you met gave you instant respect. Imagine how it would feel to have your girlfriend do whatever it takes to please YOU because she’s afraid of losing you. This isn’t a fantasy. This is what happens when you improve yourself.

You don’t have to fully fix everything and become perfect to get your girlfriend to feel love, respect and attraction for you again, but you do need to start working on those emotional issues immediately.

If you’re currently in a situation where you feel like all hope is lost with your girlfriend, think again. You might have started out today thinking, *“My girlfriend said she doesn’t feel the same anymore”* and felt like you were going to lose her forever, but it doesn’t have to be that way.

You can respark her feelings of respect and attraction for you as a man and when you do that, she will naturally begin to reconnect with the love.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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My Girlfriend is Always in a Bad Mood

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

In the beginning, a relationship is almost always full of exciting, fun and hopeful feelings.

A couple will naturally spend as much time together as possible because it feels so great to be around each other.Â Â

For the guy,Â everything aboutÂ his girlfriendÂ mayÂ seem wonderful in his eyes. He might look at her as being perfect for him and she will feel the same way back.

Yet, if he isn't able to guide her into deeper feelings of love, respect and attraction over time, she may begin to lose interest because the relationship just doesn't seem to be going through the requiredÂ stages to reach a state ofÂ true love and commitment.

This is why it can come as quite a shock when a guy's girlfriendÂ â□□suddenlyâ□□ changes from being a happy, fun-loving woman to always being in a bad mood.Â

If youâ□□re finding yourself saying, *â□□My girlfriend is always in a bad moodâ□□* then youâ□□re probably at the point in your relationship where the initial thrill of being together has worn off.

Suddenly, youâ□□re stuck with a girlfriend who has gone from being happy and fun to one who is always grumpy and in a downer mood.

You may be asking yourself, *â□□What is wrong with her? Why has she changed?â□□* and *â□□What can I do to make her change back to being the happy and fun person she used to be?â□□*

Don't worry – it's just a natural phase of a relationship and you can get past it. Watch this video for more info...

If you'd like to learn how to get to the blissful love stage of your relationship, where your girlfriend stops being so moody all the time, watch [Make Her Love You For Life](#)

Understanding the Signs

[image: Understanding the signs prior to a break up]

Right now youâ□□re probably feeling frustrated and even a little angry with her. You might even have had fights with her and in your frustration told her, *â□□Whatâ□□s wrong with you? Why are you always in a bad mood? Is it that time of the month AGAIN?â□□* More than likely this only made her even angrier and put her in an even worse mood.

To begin with, you should understand that a woman doesnâ□□t just suddenly change for no reason at all. If youâ□□re finding yourself saying more and more, *â□□My girlfriend is always in a bad mood,â□□* then she is â□□tellingâ□□ you (via her behavior and body language) that sheâ□□s no longer feeling the way she wants to feel in the relationship.

The â□□bad moodâ□□ is literally your girlfriendâ□□s way of telling you how unhappy sheâ□□s feeling. She is hoping that you have the masculine wisdom or awareness to begin making her feel a renewed sense of respect and attraction for you, so she can begin to let go of the unhappiness she is currently feeling with you.

[image: What's wrong with you? Why are you acting like this?]

At this point youâll probably be saying, *âWhy canât she just spell it out? Why all the mind games? If sheâs unhappy about something why canât she just tell me what it is so I can fix it?â* Right?

As nice as that would be if women just told men what is bothering them, itâs not how it works. A woman doesnât want to have to âmotherâ her guy and teach him how to lead and be the man she needs in the relationship. She doesnât want to have to teach him how to behave like a real man and then wait for years in the hopes that he will get the hint and change.

She will give him signs, like ânaggingâ him about the same things constantly, or acting in a bad mood when he behaves in a certain way.

If over time he continues to behave in the same ways because heâs missing her signs, she will slowly begin to lose respect and attraction for him, making her seem even more grumpy and disagreeable. If he still doesnât change the behaviors and attitudes that are turning her off, she will eventually fall out of love with him and she will dump him.

So, rather than just assume that your girlfriend is being a moody woman, consider that sheâs telling you there are certain behaviors and attitudes that are making her lose respect, love and attraction for you

Have You Been Behaving in Any of These Ways?

There are many reasons why a woman will decide to break up with a guy, but some of the common ones are:

1. Becoming too clingy and needy

[image: How to stop being clingy]

Naturally, itâs nice when at the beginning of a relationship a couple can barely keep their hands off each other. However, over time feelings of lust will mature and transition into feelings of deeper love, respect and emotional attraction.

This is normal and even healthy. However, for some guys who lack experience with women, when this happens they begin to panic and start thinking, *“Does she still love me?”* or *âWhat if sheâs met another guy?â* etc.

They then do the one thing they think will make her change back to the way she was âbeforeâ âthey become clingy and needy. A guy will want to show his girlfriend how upset he is about her lack of affection and how horrible he feels without her constant assurance that she finds him sexy.

He will feel like he is losing his girlfriend, when in reality, the relationship is simply transitioning to a more advanced stage on the way to true love and commitment. Not knowing that, he might begin to:

- Desperately ask her things like, *âWhatâs wrong? Do you still love me?â*
- Repeatedly text, call or message her on social media sites like Facebook, etc. He will then get upset or angry at her when she doesnât respond IMMEDIATELY.
- Put his dreams and goals on hold so that he can spend every waking moment with her.
- Neglect his friends and family to hopefully show her how devoted he is to her.

- Feel that she's the only woman who could make him feel love, respect and attraction and without her, he would be lost.

That type of behavior is a big turn off for a woman. Why?

Women are attracted to the strength in men and turned off by weakness. A clingy, needy guy comes across as being mentally and emotionally weak and a woman doesn't want to constantly have to reassure and baby her guy to make him feel confident about himself and the relationship.

If you have been behaving in these ways, it's natural that your girlfriend will be pulling away from this neediness and she will respond by being in a bad mood.

2. Taking her for granted

On the opposite scale of the clingy, needy guy is the guy who takes his girlfriend for granted.

Although this is rarely and intentional act, many guys often get caught up in the day-to-day hassles of life and slip into behaviors that make their girlfriend (fiancée or wife) feel unloved, unappreciated and unattractive.

Examples of this can include:

- Failing to notice the effort she makes to look good for you.
- Making plans with her and then canceling at the last moment. Obviously, the occasional cancellation is normal as life happens, but if this happens all the time, she will begin to feel that she's not important enough to you to put her first.
- You never pitch in and help out where appropriate and expect her to do everything for you without doing anything for her.

A woman doesn't expect you to devote every waking moment to her (because that will be needy and clingy and she will feel turned off by you), but she does want to feel that she's important enough for you to appreciate her and make her feel good about herself and what she does for you.

3. Letting her wear the pants in the relationship

Some guys believe that in order to make their woman happy, they have to agree to everything she says and to let her wear the pants in the relationship, i.e. let her take charge of all the decisions. This might be a great scenario for a TV sitcom or romantic comedy, but in real life, a woman is attracted to a masculine, confident man who can take the lead in the relationship.

Yes, of course she still wants to be heard and have her opinions taken into consideration, but she wants to know that she can rely on her man to take the lead and make the ultimate decision that will be right for them.

When a woman ends up taking the lead in the relationship, she naturally stops feeling respect and attraction for her man because she has to mother him.

She will become moody and unhappy, and eventually she will fall out of love with him and she will look for a man who can make her feel the way she wants to feel in a relationship, i.e. feminine, protected, safe and like a real woman.

It's Not Too Late to Change How She Feels

You don't have to keep saying, *"My girlfriend is always in a bad mood"* because now you know that she's basically calling out to you to change before it's too late. Clearly her feelings for you are not dead and if you make the right changes to your behavior and attitudes right now, you can re-spark the respect and attraction in her and make her fall even more in love with you than before.

Don't waste another day putting up with her bad moods. Find out what the underlying problem is and take action to fix it right now, before she ends up doing something silly like breaking up with you...

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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My Wife Wants Me to Move Out: Mistakes to Avoid

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Relationships of all types break up for many different reasons and even the most successful of marriages can go through rocky patches and difficulties from time to time.

Whether or not a marriage can be saved or a relationship can get back on track depends entirely on the individual circumstances and the feelings of those concerned, so if you're a guy saying, *My wife wants me to move out*, the first step towards putting things right is to take a long hard look at exactly what happened to cause her feelings to reach this stage.

Watch this video by Dan Bacon (founder of The Modern Man and creator of [Make Her Love You For Life](#)) to understand how to get her to change her mind about wanting you to move out...

Once you understand what is really missing in your marriage, the next step is to consider how much effort you are prepared to put in to turn things around.

In other words, how much are you willing to improve yourself to make your wife feel like it's justified to change her mind and give you another chance?

If you are willing to do what is required to turn things around, read on...

Why Does She Want You to Move Out?

[image: Just leave me alone. I'm done. I want you to get out of this house.]

Long before reaching the point of saying, *My wife wants me to move out*, a husband will have received plenty of warnings from his wife to let him know about her unhappiness.

The problem is that a woman does not always voice her unhappiness, choosing to communicate through her body language, vibe and attitude instead.

However, not all guys are tuned-in to a woman's non-verbal communication and this why being asked to move out by their wife, often comes as a surprise.

[image: Wife wanting her husband to leave]

Even though her request for you to move out might have come as a shocking surprise, it's something that has been building up for quite a long time in her heart and mind.

The thing is, it's highly unlikely that your wife just woke up one morning and decided that she wanted you to move out for no reason.

This is why the first step toward [fixing the relationship](#) must always be to take the time to figure out exactly what happened to cause her to feel so badly that she wants you to get the heck out of the house and possibly her life.

Of course, if you already know what happened to cause the upset perhaps you cheated on her or some aspect of your behavior led to a similar degree of emotional turmoil then you already know that changes for the better will need to be made if there's to be any chance of turning things around.

Whether or not infidelity can ever be forgiven is ultimately down to your wife but it's only by taking personal responsibility for your actions and demonstrating through your attitude and behavior

that you are truly sorry for the mistakes youâ€¢ve made and that you are committed to making changes for the better, that you can begin to earn back her trust and respect.

Whether you know her reasons for wanting you to move out or you are currently in the dark and reeling over her suggestion that you should move out, the bottom line is that her desire to put some distance between herself and you is the result of her falling out of love with you.

Why Has She Fallen Out of Love With You?

[image: Should I break up with him?]

It takes time to fall deeply in love with someone, and it takes time to fall out of love with someone, but the process of falling out of love begins with a loss of respect and a consequent loss of sexual attraction.

A woman falls in love with qualities in a man that mark him out as someone who has what it takes to make her continually feel like a woman (i.e. feminine, girly, protected by her man, etc).

When your wife became your wife, she must have seen all of the qualities she was looking for in a man in you and something must have changed to cause her feelings for you to change.

For example: Have you become less of an alpha male throughout the marriage (e.g. you have become insecure, emotionally sensitive, afraid to rise up and reach for your true potential as a man)?

The qualities that women are instinctively attracted to are alpha male qualities, even if women don't know that themselves.

Women are naturally attracted to men who are confident, know what they want and aren't afraid to go after it.

An alpha male is also a man who doesn't become emotionally sensitive and need his wife to be constantly reassuring him of her love or commitment.

He knows that he is the man and as a result, she respects him and feels attracted to him.

Of course, I'm talking about good guy alpha males here, not bad guys.

Some men take the alpha male concept too far and end up becoming rude, selfish, obnoxious and heartless.

That's not what a woman wants either.

She wants a balanced man, who is emotionally strong, loving and fearless when it comes love and life.

As a result, she can look up to him and respect him as her man.

An alpha male has what it takes to be a "provider and protector" in a relationship, making him a man who offers a woman the security she's instinctively looking for in a marriage.

That's not just about money.

Providing and protecting has a lot to do with the kind of attraction experience you provide (e.g. are you too nice or too neutral around her, or are you charismatic and attractive in your behavior) and the emotional protection and security you provide for her.

As an alpha male, you're a natural leader and you're a man who can be relied upon to always be true to himself; a man who has the strength of character to always stand by what he values and

believes in.

If married life has led to becoming less alpha (i.e. letting your dreams and ambitions take a back seat and opting to accept an easier, generally less ambitious route through life instead), then your choice to let things pass you by instead of pushing yourself to achieve your true potential can cause a woman to lose a lot of respect for you.

When a woman loses respect for you, she then finds it difficult to feel sexually attracted to you.

When that happens, she begins to fall out of love with you.

By the way...

The same thing happens if you fall into the trap of believing that the way marriages are popularly portrayed on TV is a true reflection of the way marriages should work in real life.

TV marriages generally show the wife *â€œwearing the pantsâ€œ* and the husband adopting an *â€œanything for a quiet lifeâ€œ* approach by just going along with whatever she wants.

This is not what real women in real marriages want.

Remember, women are attracted to alpha male characteristics in a man.

Behaving in this way and effectively putting your wife *â€œin chargeâ€œ* in your relationship makes her feel less feminine, and this in turn leads to her feeling less sexually attracted to you.

Mistakes to Avoid

When a man says, *â€œMy wife wants me to move out,â€œ* he's really asking for help because he wants to know what he should do to make his wife change her mind, right? With this in mind, the following mistakes must not be made.

1. Don't beg or plead with her to give you more chances

[image: Begging and pleading for forgiveness]

Begging and pleading with her in an attempt to get her to change her mind will do nothing to change the way she feels about you.

Whatever has happened to cause her to lose respect and sexual attraction for you, behaving this way will only reinforce her opinion of you as a weak, wimpy, and sexually unattractive man.

2. Don't make empty promises

Following on from the above, making promises of every description in a desperate attempt to get her to change her mind will backfire.

For example: A man might say, *â€œI promise I can change; just tell me what you want me to do and I'll do it,â€œ* or words to that effect, but in doing so, he's simply highlighting the fact that he has no idea what the problem is or what he needs to do to fix things.

A woman doesn't want to have to spell out what the problem is, she wants her man to be mentally and emotionally committed enough to her and the relationship to be able to work it out for himself *â€œ*and to take the initiative to fix things by himself.

3. Don't attempt to *â€œbuyâ€œ* your way back in

Another common mistake husbands make is to think that buying things for his wife will help him to *â€œbuyâ€œ* back her affections.

This might mean promising to buy her something he knows she has always wanted, or promising to take her on a special "romantic" holiday, but none of that changes the way she is feeling.

Unless you've been super tight with her throughout the marriage, your wife is most-likely not going to be interested in what you can "buy" for her.

Instead, she's going to be interested in how you make her feel on a day to day basis in your marriage.

She wants her husband to have what it takes to make her feel madly in love and feel a deep respect and sexual attraction for him.

If you want to learn more about developing the qualities that make you the alpha male your wife wants you to be, and you want to know how to create the ideal sexual dynamic in your marriage so that she will never want you to move out ever again, [watch this video...](#)

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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My Girlfriend is Texting Her Ex Boyfriend

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The truth is, you can never trust a woman to be 100% faithful and honest for life, but when you are in a relationship you have to give her your full trust if you want it last.

Without trust, a relationship cannot grow and develop through the necessary stages to reach what I call, Blissful Love.

So, if you have been finding yourself saying, *“My girlfriend is texting her ex boyfriend”* and are worrying that she will leave you for him, then you need to calm down and trust in her attraction for you.

Of course, what she is doing isn't the nicest thing, but you have to maintain your cool, otherwise you might make her feel more attracted to him than to you.

Watch this video to see what I mean...

So, although it's not your fault that she is texting her ex and making you question your trust in her, you have to maintain your cool.

Then, you need to work out if you have been turning her off and start making changes to your behavior and communication style, so she feels more attracted to you than to him.

Why is Your Girlfriend Texting Her Ex Boyfriend?

[image: Why is your girlfriend texting her ex boyfriend?]

Before you jump to any conclusions about your girlfriend, you need to get clear on a few things first.

For example:

- How often does your girlfriend text her ex boyfriend? Did she do it once? Is it something that she does once in a while just to be polite? Does she text him every day?
- Is she texting him because she's asking to give her something of his that he has (e.g. her books, clothes or favorite chair?), or is she texting him to find out how he is, what he's doing, etc?
- Does she show you the texts, or does she try to hide it from you?

How you answer those questions will determine what you need to do.

Essentially, if she is just texting him to politely say hello back, then you need to control your jealousy and maintain belief in your attractiveness to her.

When she sees that you're not threatened by a casual text exchange with her ex, she will actually feel a lot more respect and attraction for you, which is a good thing.

However, if she is flirting with him via text and still misses him, then you have a problem to deal with because she is likely considering breaking up with you.

If you think she might be considering breaking up with you, make sure to watch the video above.

Is Your Relationship With Her a Rebound Relationship?

[image: Why rebound relationships fail]

Rebound relationship: The relationship that a person has immediately after breaking up a long-term relationship with someone else.

Sometimes, a woman will get into a rebound relationship with a guy who is the complete opposite of her ex boyfriend, to make herself feel better (e.g. He was mean to her, but you are nice. He was insecure, but you are confident).

Yet, rebound relationships don't always last, especially if you are unable to offer her a full attraction experience (e.g. you're a good guy, but she just doesn't feel much of a spark with you).

So, if you are the "rebound guy" and she is still texting her ex, then your girlfriend probably has unresolved feelings for him.

She may still love him and want to be with him, so unless you can make her feel more attraction, respect and love than he does, she will naturally gravitate back to him.

Often a woman will break up with a guy not because he's a terrible boyfriend that she would never get back with, but simply because he was displaying certain attitudes and behaviors that were putting her off.

This is also why many women will go straight into a new relationship after a break up as they are looking for a guy who will fill the gaps that were there in their past relationship.

For example: If a woman breaks up with her boyfriend because he was de-motivated and lacked goals and ambitions in his life, she is then more likely to date a guy who is ambitious and who is rising through the levels of life like a man should.

If her ex was shy, nervous and insecure she will look for a guy who is confident. If her ex failed to make her feel loved and valued, she will look for a nice guy who makes her feel like a princess.

If you're going to make your girlfriend forget her ex and fall deeply in love with you, you have to ask yourself what gaps are you filling for her that her ex boyfriend wasn't doing.

Yet, you also have to ask yourself, what gaps does her ex boyfriend fill that you're not filling?

Have you been actively making your girlfriend feel attracted to you, or have you been turning her off?

You Can Make Her Forget Her Ex Boyfriend

If you want your girlfriend to stop texting her ex boyfriend and fall deeply in love with you, you are going to have to make some changes.

Of course, some guys will ask, *"She's the one texting her ex boyfriend and breaking my trust, why should I be the one who changes?"*

What you need to understand is that a woman will often date a guy who is not her ideal man, but who simply fills the gaps she felt were open in her previous relationship.

If your girlfriend is still texting her ex, quite clearly she's not finding everything she's looking for in a man with you.

So, if you want her to forget her ex and have a happy and lasting relationship with you, then you need to start giving her what she really wants when with a man.

To do that, you need to start becoming a stronger more well-rounded and complete version of who you are right now. This will not only make your girlfriend forget her ex and feel more respect, love and attraction for you as a man, it will also improve other areas of your life too.

For example: If you're a really nice guy who always lets other people have their way in an attempt to be liked, by building your confidence you will not only be more attractive to your girlfriend, you will also be treated with more respect in social situations, in your work and career and with your family.

3 Ways to Begin Changing the Way She Feels

1. Identify the gaps in your relationship with your girlfriend

For example: Are you needy, clingy and insecure? Do you lack drive and ambition? Do you let her wear the pants in the relationship?

If so, you must begin doing the opposite so that she can feel the type of respect and attraction for you that is required to keep a relationship together.

2. Put in some effort to fix your issues and improve yourself

Whatever your issues are (e.g. you're unable to control your jealousy, you are clingy, you lack purpose in life and are placing way too much importance on your girlfriend, etc), you need to sort that stuff out asap.

You can't say to your girlfriend, "*I promise that I will change*" or "*Tell me what you want to do and I will do it*" to get her to change the way she feels about you.

Why? Most women don't want to be a guy's teacher on how to be a man. A woman wants you to sort that stuff out yourself and be the type of man that she needs you to be.

If you're not willing to put in any effort to fix your issues and improve yourself, her ex-boyfriend is going to look like an increasingly attractive option to her.

3. Show her that you're a better man than her ex boyfriend

When she can see that you are fast becoming the type of man that she always wanted you to be, she will begin to lose interest in texting her ex.

However, if you can't make her feel that way and instead begin to turn her off by being overly jealous or insecure, she will become increasingly interested in the attraction that she feels for her ex.

All her ex has to do is be more confident than you to be more attractive than you.

So, don't fall into the trap of becoming insecure about the texts. Instead, just remain calm and find out what the reason for the texts is.

If she is texting to be polite, then it's fine, but if she's flirting with him via text, you should tell her to stop and let her know that if she doesn't, you are going to dump her.

If she doesn't stop, dump her.

[image: Dump her and let her come crawling back]

If you've been focussing on becoming a more attractive man, then she is going to regret losing you and she will try to get you back.

You Deserve to Be Happy

Right now you're in a relationship that is making you feel insecure, unhappy and even stressed. No matter what is going on with your girlfriend and her ex boyfriend, you deserve to be treated with respect and consideration.

This is why you have to ask yourself honestly, *“Is she worth it?”* and *“Is she really the girl for me?”*

If you had a few, really beautiful women fighting over you right now, would you still want to be with your girlfriend?

It doesn't matter if you answer yes or no.

What matters is that you believe in your attractiveness to other women, believe that you deserve to be happy and believe that you deserve respect from the women you are committed to.

If you are willing to accept a woman who isn't 100% devoted to you, what does that say about you?

If you are the type of boyfriend who has been deepening her love, respect and attraction over time in the relationship, then she needs to show you more respect and devotion.

If you put up with her lack of respect for you, it's usually just going to make her feel less respect, attraction and love you for you.

So, right now, you have to decide what you're going to do about her.

You can get your girlfriend to fall deeply in love with you and forget her ex-boyfriend, or you can attract another beautiful woman to replace her.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How Can I Get My Wife to Love Me Again?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

We all know that relationships don't always run smoothly and that rocky patches are par for the course.

Yet, when a guy contacts The Modern Man for advice by asking, *"How can I get my wife to love me again?"* it's usually gotten to a point where the problems that he's now having in his marriage have become much more difficult to resolve than any other rough patches he's found a way through before.

If a husband really wants to get his wife to truly love him again, he must begin by taking a long, hard look at himself and his marriage and from there figure out what has changed to cause his wife's feelings for him to change.

To begin with, have a watch of this video by Dan Bacon (founder of The Modern Man) and creator of [Make Her Love You For Life](#)

Why Has Your Wife Fallen Out of Love With You?

[image: Why has your wife fallen out of love with you?]

In the same way that it takes time to fall deeply in love with someone, falling out of love with someone is also a process that happens over time.

If you are asking, *"How can I get my wife to love me again?"* finding an answer comes down to figuring out what has happened to cause her to fall out of love with you in the first place.

At the time of getting married, she must have seen all (or at least a lot) of the qualities that she was looking for in a husband in you, so what has changed to cause her feelings to change?

Chances are high that something about your attitude or behavior in the marriage has led to your wife seeing you differently and therefore feeling differently about you.

For example: Is it possible that you've lost touch with your masculine charm and have slipped into being a bit of a softie around her?

Maybe you've become a bit too emotionally sensitive or you haven't been able to control your jealousy in the relationship?

Maybe you end up taking her for granted and she lost respect for you?

As you may know, women feel the most amount of attraction for emotionally secure, loving, confident alpha males.

This type of alpha male has qualities that mark him out as a man who has what it takes to be a provider and protector in a relationship, as well as a lover.

He's someone that she can look up to and respect, as well as the man that she can feel girly and sexy around.

You may have been that guy for her early on, but if you weren't able to build on her feelings of love, respect and attraction for you over time, she would have placed less importance on the fact that your relationship and marriage was so good in the early days.

[image: Marriages around the year 1900]

In the past, a woman had to stick with her husband for life, even if she was no longer happy or no longer in love with him.

It was shameful to get a divorce at back in 1900 for example, the divorce rate was less than 10% for most of the developed world.

Not anymore.

[image: Modern women]

Today's women don't have to stick with a marriage if they aren't happy.

Unfortunately, they are surrounded by a culture that is okay with divorce and often even promotes it as a good solution to a problematic relationship.

After a divorce, all an ex-wife needs to do is open up Tinder or put a profile on Match.com or one of the thousands of other online dating sites and she will instantly have 100s, if not 1,000s of men complimenting her and trying to get her out on a date immediately.

[image: Modern women]

To get your wife to love you again, you need to fix the issues and problems that you have been bringing into the marriage, rather than expecting her to accept you without any changes or improvements.

From now on, in any interaction you have with her, you need to focus on making her feel respect and attraction for you as a man.

You need to make sure that whatever you say and do around your wife and in your life from now on is actively triggering her feelings of respect and attraction for you as a man.

When you can do that, she will naturally drop her guard and begin to reconnect with the love that she has for you.

The mistake many husbands make is allowing their marriage to change their attitude to life.

It can be all too easy to slip into "lazy" patterns of behavior such as giving up on personal dreams and ambitions, choosing to hide behind their wife as an excuse for not continuing to push themselves to achieve their full potential in life.

This might lead to taking the "easy option" in the marriage by falling into the trap of thinking that a woman wants to be "in charge" and wants to "wear the pants" when it comes to making decisions on a daily basis.

This is not what a woman wants.

Sure, it's the way marriages are popularly portrayed on TV and in the movies, but it's not what real women living in the real world want.

In the real world, women are initially attracted to alpha males and they then remain attracted for life if the guy remains alpha and is able to deepen her feelings of love, respect and attraction over time.

If your attitude or behavior in the marriage leads to your wife seeing you as less alpha, she begins to lose respect for you as a man and feels less sexually attracted to you as a result.

Without feelings of sexual attraction, she then begins to fall out of love with you.

With all of the above in mind, the answer to the question of how to get your wife to fall in love with you again is to show her (via your attitude and actions) that you have what it takes to make her feel

the way she wants to feel in your marriage again.

4Â Classic Mistakes to Avoid

If youâre asking, *âHow can I get my wife to fall in love with me again?â* the only effective answer is to identify the changes you need to make in yourself as a man to become the man she first fell in love with and then make those changes.

This is not necessarily going to be a âquick fixâ but itâs the only way to get your wife to not only fall in love with you again, but also stay in love with you. With this said, the following âquick fixâ approaches are mistakes that must be avoided:

1. Making empty promises

Many husbands make the mistake of realizing thereâs a problem in the marriage and then asking their wife to tell them what that problem is.

Theyâll say something along the lines of, *âWhat can I do to fix things; whatever it is you need I can do; just tell me what you want me to do differently and Iâll do it.â*

The mistake theyâre making is promising her that they can fix things when they clearly have no idea what needs fixing.

A woman does not want to have to spell out what the problem is and she does not want empty promises.

She wants her husband to be emotionally committed enough to her and their marriage to be able to work it out for himself. She wants him to confidently take the lead as the man so that she can relax into being a woman.

2. Attempting to âromanceâ her

All too often a husband will attempt to âromanceâ his wife into falling in love with him again by behaving in an overly romantic way.

This might mean being especially sweet and attentive around her or doing extra things for her.

Yet, the problem with this sort of approach is that while being âniceâ and doing âniceâ things is fine if youâre a confident, masculine, sexually attractive alpha male, it will do nothing to make her feel sexual attraction for you if she sees you as a weak, wimpy, lower ranking male.

3. Attempting to âbuyâ her love

Following on from the above, buying your wife extravagant presents or cute, fluffy tokens of affection, or treating her to expensive candlelit meals, will not change the way she is feeling about you.

Sheâs not interested in what you can âbuyâ for her or what material possessions you can offer her, sheâs only interested in what you can offer her as the man you are in the marriage.

She wants her husband to have the inner qualities it takes to make her feel deeply and madly in love.

4. Devoting even more time to her

Another common mistake is to think that spending more time together will bring you more âtogetherâ as a couple.

However, if your wife has fallen out of love with you because you have become insecure and needy in the marriage, behaving this way will only make things worse.

The same applies if she has fallen out of love with you because you have given up on your dreams and ambitions and settled for an "easy life."

The man she fell in love with had personal drive and ambition; he had purpose. Your lack of purpose makes you a less attractive man.

Bringing the Love Back

All of the above "quick fix" approaches fail to address the fact that all relationships, marriages included, go through natural stages.

A wife doesn't need her husband to regain the excitement of the "honeymoon" stage by whisking her off on a romantic holiday or attempting to paint over the real cracks in their relationship in any other way.

Instead, she wants him to be the man she fell in love with and she wants her love and respect for him to continue growing as he continues to be a man that she can rely on to be her "provider and protector" at each new stage of the marriage.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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My Girlfriend is No Longer Interested

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

A common reaction that guys have when they start thinking, *“My girlfriend is no longer interested”* is to assume that their relationship is headed for a break up and there’s nothing they can do to stop it.

Fortunately, there is always a way to rekindle a woman’s feelings for you and avoid a break up.

In fact, if you watch the video below and follow the advice provided, your girlfriend will not only change how she feels about you right now, she will even fall deeper in love with you than she was before.

You can get her to become interested in being with you again.

Her feelings for you are based on what you say and do when interacting with her.

As long as you begin making her feel a renewed sense of respect and attraction for you from now on, she’s not going to want to leave you.

She will begin to reconnect with the love she used to feel for you, except now it will be much more deep and meaningful.

You will have given her the exciting experience of falling in love with the same man all over again, but this time she feels even more for you.

Women love that, so don’t waste time worrying that you’re going to lose her forever.

Focus on attraction and she will change how she feels about you and the relationship.

She will have strong feelings for you again and will want to stick with the relationship and see where it goes.

All you have to do then is to make sure that you guide the relationship to Stage 5.

What is Stage 5? Watch this video for more info...

As you will discover from the video above, it’s not enough for a woman to just feel attracted to you at the start.

There is much more beyond that, which is so much more enjoyable, meaningful, exciting and fulfilling.

All of it happens at Stage 5.

By the way...

People’s Feelings Change All the Time

Did your girlfriend feel a lot of love, respect and attraction for you during the first few minutes of knowing you?

Probably not.

However, by talking to her and building up a connection, your body language and communication style made her feel attracted to you.

She went from thinking, *“Who is this guy and what does he want?”* to *“Wow! I like him.”*

Iâ€¦ definitely go out with himâ€¦ all in the matter of a few hours, days or weeks.

This means that when you met, your behavior and communication style was attractive enough to her for her to be interested in becoming your girlfriend.

So, quite clearly, her feelings for you changed from â€œnot interestedâ€ to â€œinterested.â€

Unfortunately, somewhere along the line you stopped behaving in the ways that initially attracted her to you, which is why you now find yourself saying, *â€œMy girlfriend is no longer interested.â€*

Basically, her feelings changed again from â€œinterestedâ€ to â€œnot interested.â€

The good news is, if her feelings for you changed once before, they can easily change again.

At the moment she may not feel like she wants to be with you anymore. She might even be saying things like, *â€œI think we need to break upâ€* or *â€œI need some spaceâ€* or *â€œI just donâ€t feel the same way about you anymore,â€* but her emotions can definitely change again.

How quickly your girlfriend is going to go from not being interested in you anymore, to being open to feeling respect, attraction and love for you again, depends on the approach that you use.

Remember, there may be things about you that are still attractive to your girlfriend, but if sheâ€™s losing interest, right now the things about you that are turning her off are outweighing the things that are drawing her to you.

If youâ€™re going to make her change the way she feels about you right now and make her feel interested in you again, youâ€™ve got to be able to present her with qualities and features about yourself that are attractive to her.

Itâ€™s actually very easy to make her change how she feels about you once you know what youâ€™re doing.

You donâ€™t have to sit around wasting time saying, *â€œMy girlfriend is no longer interestedâ€* and hoping that if you pretend nothingâ€™s wrong, she will magically change back to being in love with you. What you need to do is make her feel differently.

How do you do that? By making her feel understood, and by making her feel attracted to you when you interact with her, whether that is in person or on the phone, via text, or on social media.

What Has Caused Her to Lose Interest?

[image: Are you a loveable kind of man?]

If your girlfriend is no longer interested in being in a relationship with you, something about your behavior or attitude in the relationship must have also changed to cause her to lose interest.

So, if you want to re-spark the respect, attraction and love your girlfriend felt for you before, you must first understand what has caused her to lose interest, and then you must fix those things and get her love back.

To help you figure out what may be causing your girlfriend to lose interest, ask yourself if youâ€™ve been behaving in any of these ways...

1. Are you being clingy and needy?

[image: Clingy, jealous, insecure boyfriend]

Does the more your girlfriend pull away from you make you cling to her tighter? Do you keep asking

her *“Why?”* or, *“What’s wrong?”* or, *“Do you still love me?”* or, *“What can I do to make you love me again?”*

2. Are you too jealous or insecure in the relationship?

Does seeing her talk to other guys make you feel jealous? Do you constantly ask yourself, *“What is a girl like her doing with a guy like me?”*

Do you feel lucky to have her, almost to the point where you feel like she deserves someone better?

Do you believe that if she breaks up with you, you won’t be able to find another girlfriend like her?

3. Do you let her wear the pants in the relationship?

Do you believe that if you ever disagree with her she will stop loving you?

Do you let her have her way and make all the decisions in the relationship because you fear that she will break up with you? Do you let her take the lead?

Fix Your Issues and Improve Yourself

[image: Fix your issues and improve yourself]

As a man, it’s up to you to understand the emotional issues and behaviors that are turning your girlfriend off and then fix them.

For example: Have you become too insecure, jealous, controlling, needy or argumentative? Have you been taking her for granted and treating her badly, or have you been sucking up to her and giving her way too much power in the relationship?

The thing is, just knowing why your girlfriend is no longer interested is not good enough.

To get her to feel respect and attraction for you again as a man, you need to actually start fixing those things and improving yourself right now, before it’s too late.

You don’t have to become perfect to make her feel attraction for you again, but you do need to show her that you’ve understood what has been causing her to lose interest in you, and that you’re working on fixing your emotional issues.

Once you’ve begun fixing your issues and improving yourself emotionally as a man, it won’t take long before your girlfriend will begin noticing these changes in you.

She will begin to sense it in the way you interact with her, see it in your body language and hear it in your voice. She will naturally feel renewed attraction for you because you will be giving her what she really wants in a man.

On the other hand, if you try to get her to *“change her mind”* about how she feels about you right now without really fixing or improving anything, she will simply stay *“turned off”*.

It’s Almost Never Too Late to Make a Woman Feel a Renewed Sense of Respect and Attraction For You

Right now you’re probably feeling confused and desperate and it’s easy to make mistakes that will push your girlfriend further away. What you need to understand is that women are attracted

to the strength in men and repelled by weakness.

Qualities like, insecurity, neediness, a lack of self confidence, etc., are not going to be attractive to her, so if you want to get your girlfriend to feel attracted to you again, you have to make her feel the way she wants to feel when she's with her man.

If you feel that you don't have the type of confidence in yourself that will make your girlfriend (and other women) feel attracted to you, then that is where you have to start improving yourself.

Rather than sit around saying, *"My girlfriend is no longer interested"* and feeling like there's nothing you can do to change it, click around and keep learning from us here at The Modern Man.

We'll show you quick and easy ways to get her love, respect and attraction back...

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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How to Make a Woman Fall in Love With You Again: 3 Mistakes You Must Not Make

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you're looking for advice on how to make a woman fall in love with you again, the first thing you need to do understand why a woman falls out of love with a man.

Essentially, she has lost touch with her feelings of love with you because you ruined her feelings of respect and attraction for you.

Don't worry, you can get that back.

Just because she has lost interest in you now, it doesn't mean that you can't get her to feel respect and attraction for you again. You can!

Once a woman feels a renewed sense of respect and attraction for a guy that she once loved, she will reopen her heart to the love that she used to feel for him. It's a completely natural and normal thing and it happens all the time.

What Changed?

[image: What changed about your relationship?]

A lot of the guys who contact us for advice on how to get a woman to love them again say that the change in their woman's feelings for them came out of the blue — one day she was in love and then the next day she was out of love.

However, this is unlikely to be the case as falling out of love with someone is a process that takes time, just like falling in love with someone takes time. To get her to love you again, you first of all need to look for some answers to the question of what changed about you to cause her disconnect with the love she once felt for you.

1. Did you become less sexually attractive?

Women are instinctively attracted to alpha males. If you have alpha qualities, you have genuine self-confidence and a masculinity that women can sense when they're in your company. When your woman fell in love with you, she must have seen these sexually attractive qualities in you, so what changed?

If you want to know how to make a woman fall in love with you again, something about you or your behavior must have changed to cause her feelings for you to change and getting those feelings to change back again comes down to figuring out what changes you need to make for the better.

As Dan Bacon (founder of The Modern Man) explains in this video, a man's ability to trigger a woman's feelings of sexual attraction is critical to maintaining her desire to want to stay in the relationship.

Do you have the skill of being able to actively trigger a woman's feelings of sexual attraction and then deepen that attraction over time in a relationship?

If not, then it's only natural that a woman will fall out of love with you and want to leave the relationship.

2. Did you become clingy or overly possessive?

One of the most common love killing mistakes guys make in a relationship is becoming clingy and overly possessive, or behaving in any other kind of way that shows him to be insecure.

Women feel the most amount of sexual attraction and respect for confident, emotionally secure alpha males and guys with the type of qualities that effectively give them their pick of women.

If a guy then begins to behave in a clingy or overly possessive way, he's showing himself to be a guy who lacks confidence and fears losing his woman because he's unsure of himself and his ability to attract another woman into his life.

Insecurity of this type is a complete turn off and a woman won't feel flattered by a guy wanting to spend every moment with her or showing jealousy if she chooses to spend time with friends and doing things that don't include him, she'll feel suffocated and turned off by his weak and wimpy behavior.

3 Mistakes You Must Not Make

With the above in mind, if you're looking for answers to the question of how to make a woman fall in love with you again, the following mistakes are mistakes you must not make:

1. Don't make promises you can't keep

If you've realized that your woman has fallen out of love with you or that her feelings for you have changed, it can be all too easy to promise her the earth in an attempt to get her to feel differently again.

You might say something along the lines of, *âWhatever it is you need from me, I can do itâ* or, *âI can change; whatever you want me to be or to do differently, I can do it.â*

The very fact that you're looking to her to tell you what she wants or to tell you what changes she wants to see in you only backs up her feeling that you don't know what the problem is and you don't know what negative changes have taken place to cause her feelings for you to change.

If you don't know what changes need to be made to fix things, you can't make changes for the better and your promises are all empty.

To get her to fall in love with you again, you need to show her that you have what it takes to confidently take the lead in your relationship and to turn things around by making changes for the better, becoming a better man and a more sexually attractive and loveable man in the process.

2. Don't try to âbuyâ her affections

Another common mistake guys make when they think their woman is falling out of love with them is to lavish her with gifts and tokens of affection in an attempt to maintain her interest. A woman doesn't fall in love with a guy because of what he can buy for her, she falls in love with a guy because of the way he makes her feel.

To feel sexually attracted to a guy, she needs to feel like a woman in his company and it takes alpha characteristics, alpha thinking, and alpha behavior to make her feel this way.

Lavishing her with gifts or devoting every spare moment to doing things for her might be something you want to do but unless you're doing it as a confident, masculine alpha male, behaving this way will make you come across as a guy who is so insecure in himself and what he's got to offer

as a man that he has to **buy** a woman's affections with material possessions.

To get a woman to fall in love with you again, you need to show her through your thinking and your behavior that you've got the alpha qualities she's looking for in a man.

3. Don't try to talk her into feeling differently

When a guy wants a woman to return to the feelings she once had for him, he'll often try to get her to focus on the **good times** they've shared in an attempt to get her to feel that way again.

The problem with this is that there's nothing you can say that will make a woman feel differently about you and reminding her of times past will only remind her of how much you've changed and not in a positive way.

If you're trying to get a woman to fall in love with you again, you need to show her through your actions and your attitude that you've recognized the mistakes you made to cause her feelings for you to change and you've taken action to make improvements for the better.

Saying that you can change is not enough to make her feelings for you change, but showing her that you have developed the qualities that make you a more attractive man will.

When she feels a renewed sense of respect and attraction for you, she will look at you again through different eyes and rediscover what it was about you that she fell in love with the first time around.

When you've got what it takes to make her feel the way she wants to feel in your company, you've got what it takes to not only make her fall in love with you again, but fall even more deeply in love than ever before.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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My Girlfriend is Losing Interest

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The love, respect and attraction that a man and a woman feel for each other needs to be taken care of, because a relationship is not a static thing.

A relationship is always changing and transforming and as a man, it's your responsibility (not the woman's) to make sure that you guide both you and her into deeper feelings of love, respect and attraction over time.

Why it is the man's responsibility to keep a relationship on track?

Women don't want to have to lead the man that they are in a romantic, sexual relationship with because it makes her feel like his big sister, teacher or a mother figure in his life.

When a woman feels that way about her boyfriend, she loses respect for him and then stops feeling sexually attracted to him.

[image: Why is my girlfriend losing interest?]

She then stops feeling like she is in love and as a result, she loses interest in him and the relationship.

A woman wants to be able to relax into her feminine role, rather than having to take on the masculine role of being the leader, boss or the person responsible for all the big decisions.

She wants to be free to feel like a girl, think like a girl and behave like a girl around her man, rather than having to feel, think and behave like a responsible man.

A woman will sometimes take on the masculine role because her boyfriend can't and she may even feel like she is enjoying it initially, but after a while, she will realize that her boyfriend doesn't make her feel very feminine.

She will feel like more of "the man" in the relationship, which isn't what she really wants.

A woman wants to be able to feel girly and feminine around her man because he is so masculine in his thinking, behavior and the way he takes action in life. She wants to relax into his masculine direction and be free to be the woman she is deep down.

The Start Doesn't Make it Last

Unfortunately, most guys end up taking their girlfriend for granted and assuming that because things felt good at the start of the relationship, she will stick around and put up with him for life.

Yet, most modern women know that they can easily break up with a guy and find a replacement boyfriend almost instantly, so they usually don't put up with it for long.

To keep a relationship together, you've got to build on your girlfriend's feelings for you, rather than just taking them for granted and expecting her to deal with being unhappy and turned off.

If a guy takes his girlfriend for granted, expects her to guide and lead the relationship or behaves in ways that are a natural turn off for women, then the respect, love and attraction between him and her will NOT last.

Eventually, he will find himself saying, *My girlfriend is losing interest* and wondering why it is happening.

[image: My girlfriend is losing interest in me]

So, if you're in a situation where you have recently noticed that your girlfriend is losing interest, you're probably feeling worried about losing her and afraid of feeling the pain of being dumped. You may be asking yourself, *"Is there anything I can do to re-spark her feelings for me before she breaks up with me?"*

Fortunately, the answer is *"Yes!"*

By understanding what is causing your girlfriend to lose interest in you and then making the appropriate changes to the behaviors and attitudes that are turning her off, not only can you re-spark her feelings for you, you can even make her fall even deeper in love with you than before.

Here's what you need to do....

Step 1: Avoid These Classic Mistakes

When a guy is faced with a potential break up because his girlfriend is losing interest, he might begin...

1. Asking her what's wrong.

It seems like a good idea, but it's not what she wants you to do.

She wants you to understand how to be the kind of man she really wants, without her having to explain everything to you.

That might seem a little annoying because she has the answers, but won't tell you.

Yet, she doesn't want to take on the role of being your guide in life about how to be a man.

If she takes on that role, she fears that she will have to keep helping you and teaching you for life, which will be unattractive to her sexually.

She will literally feel turned off by the fact that she is with a guy who needs to be coached by his own woman on how to be a man.

Yet, you probably don't see it that way or can't understand why she just won't tell you.

After all, what's simpler than asking her, *"Why are you pulling away from me? Why are you so cold? Don't you love me anymore?"* or even, *"What do you want me to do to make you love me like you used to?"* and then getting her to tell you what you can do to make things right.

However, a woman doesn't want to hear these things from her man. She doesn't want to have to be his teacher or mother and have to teach him how to behave like a man.

She doesn't want to have to give her man a list of things he needs to do to make himself attractive to her because she wants him to be able to work that stuff out himself. She wants him to already know how to be a real man because if he can't do that on his own, she will have to take the lead in the relationship and show him how to do it.

Naturally when a woman has to lead in a relationship and has to teach and guide her man on how to behave like a real man, she will slowly lose respect and attraction for him. She will also stop feeling feminine and taken care of, and eventually her love for him will start to die.

2. Promising to change.

Another normal reaction that many guys have when they notice that their girlfriend is losing interest,

is to try and appease her by telling her what she wants to hear.

Telling her, *“I can see your feelings for me have changed. Tell me what you want me to do and I promise I’ll do anything. I just don’t want to lose you”* seems like the right thing to do.

He assumes that if he sincerely apologizes and then promises to give her what she wants, it will change her feelings for him. Yet, this doesn’t work.

[image: Don't promise to change. You need to actually change if you want her to take you seriously]

Just like she doesn’t want to have to teach him how to behave like a real man, she also doesn’t want him to promise her that he WILL change one day.

A woman wants to know that her man is clear about what is causing her to lose interest in him, without her having to tell him, and that he’s already taken steps to fix those behaviors.

Promises can be easily broken and she doesn’t want to stick around hoping that ONE day he’ll change and be the man she wants him to be.

3. Hanging on to her like glue.

What’s the first thing most of the guys who say, *“My girlfriend is losing interest”* do?

They become clingy, needy and insecure.

They instinctively attach themselves to her like glue, hoping that if they hold on to her tightly enough she will have a change of heart.

They’re hoping that she’ll think, *“Wow! How could I have missed how much he loves me? The way he clings to me must mean we’re meant to be together forever. Yes, I see it now! I was wrong in thinking I’m losing interest. In fact, I’m more in love with him now than ever before! Yayy for clingy, needy guys!”*

However, in the real world this just doesn’t happen. Why? Women are attracted and drawn to the strength in men.

When a guy becomes needy and clingy he only comes across as being mentally and emotionally weak and that turns a woman off.

In the end, rather than make her feel more love and attraction for him, his clingy, needy behavior only manages to push her even further away.

Step 2: Identify and Fix the Behaviors That Are Making Her Lose Interest

We’ve established that a woman isn’t going to tell her man what behaviors are causing her to lose respect, attraction and love for him because she doesn’t want to have to be his teacher.

This is why, if you want to turn things around with your girlfriend before it’s too late, the first thing you have to do is identify what behaviors and attitudes are turning her off.

For example:

- If you’ve been clingy, needy and insecure, you need to work on building your self confidence.
- If you’ve been neglecting her and taking her for granted, you need to make her feel loved,

appreciated and cared for.

- If you are the kind of guy who is afraid of the future, you need to start making goals for yourself and you need to start moving up through the levels of life despite those fears.
- If you have allowed your girlfriend to wear the pants in your relationship, you need to take the lead and behave like a real man.

Whatever, the cause for your girlfriend to lose interest in you, it's up to you to find what is relevant in your relationship.

However, knowing the cause is not enough. You also have to take action and fix those things. Once your girlfriend sees that you have changed, it's only normal that her feelings for you will change too.

It's Up to You to Turn Things Around

Right now your girlfriend might not be feeling much respect and attraction for you, but feelings can change.

When you change the way you are behaving and communicating with her to a way that makes her feel more attracted to you, she will naturally begin to think and behave differently.

You don't have to change into someone you are not just to please her.

Instead, you simply need to understand that fixing your lack of confidence, insecurity, clinginess, etc., is a benefit to you in all areas of your life.

Even though you might be a great guy already, you can do better and be better.

Your life isn't complete yet.

You still can grow, improve and become an even better man that you already are.

So are you just going to sit around saying, *"My girlfriend is losing interest"* and feeling like there's nothing you can do about it, or are you going to take action right now to make her regain her respect, attraction and love for you?

What you need to realize is that times have changed.

Men all over the world are starting to learn how to be truly attractive to women.

If you don't understand how to maintain and build on your girlfriend's attraction for you, don't be embarrassed to learn about it.

When you start making her feel attracted to you in new ways, you will be amazed at how much better of a girlfriend she becomes.

All of a sudden, she goes back to the sweet, warm, loving girl that you used to know.

Yet, this time, she falls more in love with you than ever before because you are an even better man that you were before.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How to Get a Woman to Love You: Mistakes Guys Make

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Love is a beautiful thing.

Unfortunately, a lot of guys go through life never really experiencing what true love feels like. They have relationships with women and after it breaks up, they are left wondering, *“Was I really in love? Did she really love me?”*

If that happens often enough to a guy throughout life, he may eventually begin to wonder what it takes to make a woman really love him. He doesn't want to end up as another divorce statistic or be dumped by yet another girl that he really loves.

So, what is the answer to the topic of how to get a woman to love you?

Be Attractive, Be a Man and Love Her Fearlessly

The secret to get a woman to love you is to:

1. Be attractive to her

Do you know how to make a woman feel attracted to you? Are you aware of how to deepen her feelings of attraction over time when in a relationship? Watch this video by Dan Bacon (founder of The Modern) to understand how a woman's attraction for a man really works and how you can use it to get a woman to love you...

2. Be a man that she can always look up to and respect

This means that you are a man of your word and that you always follow through on your promises. It's also about being the sort of guy that other men respect, rather than being the guy that others pick on. In other words, being an alpha male.

Being a man that she can always look up to and respect is also about having big dreams and ambitions in life and going after those with unrelenting confidence and determination.

3. Love her fearlessly

Loving a woman fearlessly is about giving her your love without being afraid of the consequences. You're not worried that there is a certain level of uncertainty when it comes to human relationships and that you can't fully trust her to stay with you for all of eternity.

Rather than wasting time worrying and being afraid, you simply love her with a full and open heart. You know that if you are attractive to her and you are a man that she can look up to and respect, then there will be no reason for her to ever want to leave you.

The only way the relationship will fall apart is if you choose a woman with bad character (e.g. a lying, cheating woman) and she ends up doing something stupid.

Being Fundamentally Attractive to Her

If you love a woman and you want her to love you back, loving her alone is not enough to get you what you want. You need to have the type of fundamental qualities that she's looking for in a

man and she needs to fall in love with you because of who you are, not just because you want her to. So have you got what it takes to be attractive to the woman that you're hoping to get to love you back? Some of the fundamental qualities that women are attracted to in men include...

1. Confidence

Women are instinctively attracted to men with genuine self-confidence. This means that if you're secretly in love with a woman, but you don't have the confidence to believe in your sex appeal or attractiveness to her and only see yourself as being good enough to be a friend, then she's probably going to agree with you.

If your interactions with her are missing the all important self-confidence that attracts women, then she might develop friendly feelings for you like having you in her life as a friend, but she probably won't fall madly in love with you.

A guy who lacks confidence in his sex appeal to a woman can talk to her for months or years, only to be instantly pushed to the side when another guy comes along who has the confidence to attract her and move the interaction forward to kissing and sex.

2. Masculinity

The type of masculinity that most women are turned on by is not the bulging bicep type, but the type that shows in the strength of a man's character and the way he handles himself in life. A man with true masculinity has a strong presence about him that women can feel. It can make a woman feel literally weak at the knees with desire for him.

Just by the way that he looks her in the eye, sometimes looks her up and down when she talks to him or in the way that he seems to be confident, relaxed and in control when talking to other men is the type of masculinity that really impresses a woman. She feels girly and feminine around him because he is so wholly masculine in how he thinks, behaves and takes action in life.

Having what it takes to make a woman feel feminine and girly in response to your masculinity is a big part of how to get a woman to love you.

3. Social Intelligence

A guy with social intelligence has what it takes to be get along with all types of people in different social environments. He's the sort of guy who is respected by others, but also respectful towards others too. He easily makes friends because he makes people feel good when around him, while also ensuring that they respect him.

A man with confidence, masculinity and social intelligence has a likeability factor that makes him someone other people — men and women — respect, and this in turn makes him a sexually attractive man in a woman's eyes.

When a woman meets a guy who is confident, masculine and socially intelligent, he doesn't have to do anything special other than be himself and she will naturally open herself up to falling in love with him.

Women are looking for guys who have those fundamental qualities, so when she meets a guy who she and other women would label as a "catch," it only makes sense to deepen the connection by falling in love in the hope that it will mean she gets to be with him for life.

Do You Have What it Takes to Be Easily Loveable For Most Women?

Some guys who contact The Modern Man for advice on how to get a woman to love them, have already made the classic mistake of trying way too hard to be liked by the woman. This is especially the case for guys who know a woman as a friend, but secretly want her to be more than just a friend.

Unfortunately, many guys make the mistake of thinking that by being her best friend, doing stuff for her, always being there for her and generally making themselves available to her whenever she needs help or just needs a shoulder to cry on – she will eventually fall in love.

Sure, this might be the way things work out in the movies, but real life isn't like the movies. In real life, the more desperate a guy thinks, behaves and acts in an attempt to be liked by a woman, the less sexually attractive he becomes in her eyes.

Being liked by a woman is not the same as being loved by a woman. If you want to know how to get a woman to love you, you need to know how to get a woman to feel sexually attracted to you and that means learning how to demonstrate the fundamental qualities that she's going to be looking for in a man.

For example...

Are you currently too shy around women that you find attractive?

If you don't have the confidence to approach a woman or you behave in a shy, anxious, and insecure way when you're around a woman you like, you're not showing her the inner confidence she's looking for.

Are you being masculine enough around her?

Some guys make the mistake of almost behaving like "one of the girls" as a way of being liked by women. They gossip, have a sudden interest in fashion and say, "OMG!" a lot when talk about celebrities.

When a guy behaves like "one of the girls" around a woman in an effort to be liked, he's not going to be displaying the masculine qualities that she's looking for in a guy. Behaving this way might make a woman like him more as a friend, but it won't make her feel sexually attracted or turned on.

Women might fall in love with shy guys, girly guys and socially awkward guys in the movies, but it's not the way to get a woman to love you in real life. In the real world, women usually fall in love with a guy who has the fundamental qualities that she's looking for and the ability to make her feel more deeply in love over time.

Are you offering her enough of a challenge?

A lot of guys don't like it when women play hard to get during the dating process, but there is very specific reason why women do it. Watch this video by Dan Bacon to understand why women play hard to get when guys are too keen and why women prefer guys who offer a bit of a challenge in the beginning...

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[image]

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My Girlfriend Makes Me Angry

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

No relationship is perfectly happy, calm and harmonious all the time.

There are always going to be times when you and your girlfriend (or fianc  or wife) disagree on something.

There are times when you will argue and there are also times when you  ll briefly get angry at each other.

That  s perfectly normal and natural.

However, when you wake up one morning and you realize that instead of thinking, *  Wow, I really love my girlfriend and enjoy being around her so much  * you  re thinking, *  My girlfriend makes me angry,  * then you know that there is a real problem and something about your relationship needs to be fixed, before it  s too late.

Luckily, it  s usually a simple thing to fix.

If your girlfriend makes you angry, then you  re probably didn  t know that women always test a guy  s confidence and ability to maintain control of his emotions under pressure.

Women test guys when they first meet them, on a date, during sex and in a relationship.

It doesn  t matter if you are an amazing guy and have a great relationship with your girlfriend, she will ALWAYS test your emotional strength.

[image: Couple fighting: Woman testing her man's emotional strength]

Women always try to get under a man  s skin and provoke some kind of a response out of him, which is why you are probably getting angry with your girlfriend.

She  s found your weak spot (emotionally or mentally) and is simply pushing your buttons.

She  s hoping that you stop reacting with anger or insecurity, but she  s not going to tell you that because women don  t ever want to have to teach a guy how to be a strong man.  

If you become insecure or get angry and lose control of you emotions, she simply   loses respect and attraction for you and if that goes on for long enough, she will eventually fall out of love with you.

So what can you do about it?

Feel the Anger, But Don  t Lose Control of Your Emotions

[image: Why is she always trying to make me angry?]

There  s nothing wrong with getting angry at your girlfriend if she is out of line or treats you badly.

Being treated with disrespect is not acceptable and if you find that your girlfriend disrespects you, lies to you or treats you badly in any way, it  s perfectly natural that you will get angry with her.

In fact, not only is it natural, it  s vital that you show her that her bad behavior is not acceptable.

She has to know that if she doesn  t treat you with love and respect, you aren  t going to remain committed to the relationship and will seek to end it.

However, regardless of the circumstances or her behavior, your anger should always be controlled. Essentially, this means that you shouldn't become irrational and start saying or doing silly things that you'll regret later on. You can be angry at her, but make sure that you're calm and in control of your emotions and your thinking.

At this point, some guys may ask, *“Yet, how do you remain in control of your emotions? Anger is a wild, powerful emotion, so how can you control it? When my girlfriend makes me angry, I can't pretend that it's not affecting me... I have to express that anger, and anger by definition is being out of control; right?”*

Wrong.

If you look up the dictionary definition of anger, it is:

Anger (noun): A strong feeling of displeasure and belligerence aroused by a wrong; wrath.

Anger (verb): To arouse anger or wrath in.

Anger is not being out of control by definition. Anger is a strong emotion (like fear or jealousy), that allows you to express your displeasure about something.

A man who is emotionally strong and mature will feel the anger, but will remain in control of his emotions and thinking by not letting his thoughts run wild and become irrational. He will focus on trying to get to a solution, rather than trying to get into a heated argument and end up saying hurtful things to his girlfriend.

A guy who lacks the emotional strength and maturity may end up activating his fight or flight response and then lose control of his emotions. He'll let his thoughts run wild and say things to his girlfriend that fuel his anger even more.

For example: If a guy's girlfriend disrespects him and he wants to correct this behavior in her, he may begin to shout at her and show her how angry he is. Yet, shouting at her will almost always just make her become defensive and possibly even more disrespectful towards him, so nothing positive is achieved at all.

Seeing her man being out of control emotionally (no matter how justified he thinks his anger is), is not attractive to a woman and causes her to lose respect for him as a man. Being out of control with angry not only leads to more arguments and more reasons for you to say, *“My girlfriend makes me angry,”* but it also erodes away at the trust, love and attraction you feel for each other.

Mistakes You Should Avoid Making When You Get Angry

Expressing your anger is sometimes a good way of letting your girlfriend know that you're not happy with what she has said or done. However, there is a right and wrong way to do it.

Here are 3 classic mistakes you should avoid making when feeling anger around your girlfriend:

1. Trying to convince her that you are right and she is wrong

Sometimes, a guy will find fault with almost everything his girlfriend says or does, to the point where she ends up feeling smothered and controlled by him. When she doesn't live up to his expectations and demands, he feels angry at her.

Yet, if he just stopped to realize that no-one (including himself) is perfect and that the purpose of a relationship is to calmly, lovingly grow together as a couple while deepening the love, respect and

attraction, he wouldn't feel the need to lash out at her.

Instead, he would feel the emotion of anger or disappointment and then focus on trying to make the situation better through love, understanding and calm patience, rather than heated arguments.

Regularly correcting so that you can show her that you are right and she is wrong is not healthy for a relationship. For the love, attraction and respect to grow and deepen over time, a woman must feel free to be feminine around you.

When a guy regularly gets angry at his girlfriend and tries to change her behavior to be more masculine (i.e. logical, sensible), he is essentially trying to turn her into a female version of himself. In other words, he's trying to get her to think and behave like a man at times, which then makes her feel annoyed that she can't be a feminine woman around him.

To maintain a successful relationship, both of you need to be trying to make each other happy no matter what, rather than trying to win arguments and make each other feel bad, or conform to each other's idea of perfection.

When you realize that you are in a relationship where neither of you is perfect, you can then both agree to try to do better and be better because you love and respect each other. However, don't expect her, or yourself, to be perfect tomorrow.

If you work towards a better relationship from a place of love, you will eventually be saying, "*My girlfriend makes me happy*" rather than, "*My girlfriend makes me angry*."

2. Being mentally or emotionally (or physically) abusive

The glue that keeps a relationship between a man and a woman together is mutual respect, love and attraction. If a guy loses control of his emotions almost every time his girlfriend makes him angry, over time she will lose touch with the feelings of respect, love and attraction that she once had for him.

If your girlfriend is being disrespectful towards you at times, just be the man in the situation and don't get dragged into name calling, put downs and abuse.

When you find yourself in a situation where you're losing control of yourself, tell her that you want to take a couple of minutes to cool down and you will then continue the discussion. It's better to do that than lose control of your emotions and then do something that you'll regret later on.

3. Letting her get away with bad behavior to avoid a fight

To make a relationship successful for life, both the man and the woman need to make sacrifices and compromises along the way to keep each other happy and maintain the harmony.

If her behavior is causing problems, there's no point in letting her continue along that path. She has to be willing to make compromises and changes just as much as you do. If you never confront the issue that's causing you to get angry with her, neither of you will be able to grow and become better for each other.

Rather than avoid a confrontation, talk things through with your girlfriend in a way that allows both of you to feel understood, loved and cared for. By being willing to compromise and see each other's point of view, you will effectively be keeping the peace and harmony in the relationship.

Guide Her into Deeper Feelings of Love, Respect and Attraction For You

In almost every case, when a guy says *“My girlfriend makes me angry,”* his intentions are usually good (i.e. he doesn't want to get angry at her, but just don't know how to fix the problems between them). Generally speaking, although most guys want to be in a loving and harmonious relationship; they simply don't know how to create and maintain that dynamic.

In a relationship, you need to love each other and help each other grow as individuals and as a couple. However, that doesn't mean you have to give in to her or let her have her way, nor does it mean you must make her do what you want all the time.

One of the keys to a balanced and happy relationship is for you to be a strong, emotionally secure man, so she can relax and be your woman. If you get angry when your girlfriend tests you, she will lose respect and attraction for you and if that happens too often, she will eventually begin to fall out of love with you.

×

[image]

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[image: Dan Bacon]

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My Girlfriend Said I'm Insecure

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you are saying, *“My girlfriend said I’m insecure,”* then today is a great opportunity for you to grow as a man.

You can let her accusation sit inside your head and make you feel even more insecure, or you can choose to take it as a piece of *“constructive criticism”* that will literally change your life and fix many of the problems in your relationship.

Watch this video for an example of how a guy will ruin a perfectly good relationship with a woman due to his insecurities...

As a man, you have to make sure that you remain confident at all times about your attractiveness to your woman.

If you become insecure and then start behaving in jealous, controlling or needy ways, your girlfriend is guaranteed to feel turned off by you.

It's just how nature works.

Women just can't maintain a feeling of sexual attraction for a man who is emotionally weak.

So, even though your girlfriend may really like you and love you as a person, she is going to fall out of love with you if you continue being insecure.

What is Insecurity?

According to the dictionary, insecurity is explained as follows:

Insecurity (*noun*): Lack of confidence or assurance; self-doubt.

Insecurity is one of those universal qualities that women find unattractive about a man, whether they are meeting him for the first time or in a relationship.

Even though some women might accept an insecure guy initially, almost all women are turned off by emotional weakness in men.

Regardless of whether she's a mature woman or a young girl, a woman will be instinctively drawn to the strength in a man and repelled by any weakness.

It won't matter if the guy is good looking, tall or making a lot of money – if he is insecure, a woman just won't be able to maintain her feelings of respect and attraction for him.

If that goes on for too long, she will eventually fall out of love with him and potentially break up with him.

Do You Really Understand How to Attract Women?

It's very easy for a woman to attract men for sex or a relationship.

In fact, all she really has to do is wear a short skirt to show off her legs, or a tight top to show off her boobs, put on some make up, do her hair and guys will be falling all over themselves to ask her out.

This is because men are mostly attracted to a woman's physical appearance and they will often overlook a woman's shortcomings, (e.g. if she's not very intelligent or not very nice, loving or caring as a person), because of the intense attraction they feel for her physically.

On the other hand, for most women, the most important thing is how a man makes her feel.

When a man makes a woman feel turned on by his self confidence, masculinity, mental and emotional strength, social intelligence, humor, etc., most women will place less importance on the fact that he's not a tall, male model with loads of money.

So, if you're saying, *"My girlfriend said I'm insecure,"* you have to understand that somewhere along the line, you stopped behaving in the ways that initially attracted her to you. Rather than giving into feelings of emotional weakness (e.g. jealousy), you need to force yourself to be strong for her.

Why is Your Girlfriend Calling You Insecure?

[image: Being a needy, jealous or insecure boyfriend]

Some guys will say, *"My girlfriend is making me feel insecure by the way that she behaves,"* without realising where their insecurity really stems from and how to change it.

For example: For some guys, their insecurity is something that they've carried along with them since childhood and made worse over time by dwelling on it and attaching it to their deep sense of identity.

Maybe they were raised by parents who weren't very supportive or loving. Maybe they struggled to make healthy, nurturing friendships. Maybe they were bullied at school.

Whatever the case, because of certain experiences early on in life, he grew up believing that he's not good enough and that no matter what he does in life, he's destined to be hurt and disappointed by those he loves and counts on.

These are the type of guys who usually avoid approaching attractive women because they don't feel worthy.

However, despite his insecurities and inability to attract women by choice, sometimes a guy gets lucky and scores himself a girlfriend.

Without really knowing how to approach and attract women on purpose, he somehow he manages to get a girl to begin a relationship.

Yet, once in the relationship, those nagging doubts that are stored deep in his mind begin to creep in.

The old negative voice in his head begins to say, *"You're not good enough for her"* or *"She's beautiful and you are nothing...she will leave you soon"* or *"What's a guy like you doing with an amazing girl like her? This isn't going to last...she will fall for another guy soon"* or, *"You just got lucky, but she'll soon realize that she can do better than you and she'll dump you."*

Slowly, but surely, that little voice erodes any self belief he might have had and he starts doing things to hold on to his girlfriend.

For example:

1. He becomes needy or clingy.

[image: He becomes clingy, needy and insecure]

A common reaction for the guy who thinks he got lucky with his girlfriend is that, once she's in a relationship with him, he stops doing anything else with his life and sticks to her like glue.

He might stop hanging out with any friends that he had prior to the relationship and spend all of his time with her.

Yet, the more he alienates himself from people who were once in his life, the more he feels like he needs his girlfriend for his emotional security and sense of identity.

Other behaviors include texting her numerous times a day to remind her how much he loves and misses her, or making plans to be together every spare minute he gets.

If she tries to do anything without him, (e.g. hang out with her friends or pursue a hobby) he feels hurt and betrayed, which then often leads to arguments where she tells him that she's tired of his insecurity.

Women are attracted to the strength in men, not the weakness, so the clingier and needier a guy behaves, the less attractive he becomes in her eyes.

So, a vicious cycle begins where his needy behavior becomes clinginess, which in turn causes his girlfriend to lose even more respect and attraction for him, resulting in him becoming even more needy and clingy.

Get the idea?

2. He constantly needs reassurance about her feelings for him.

Another common sign of insecurity is when a guy constantly asks his girlfriend, *"Do you still love me?"* or *"Have you ever thought about breaking up?"* or saying, *"I don't know if I could live without you. I would rather kill myself or die in an accident than be without you."*

Although he believes he's being romantic and showing her how much he loves her, to her he's simply highlighting his insecurity as a man in this strange, challenging world that we live in.

If he asks her insecure questions like that once or twice, she may just write it off as him having a bad day, but if he behaves like this ALL the time, she'll start to feel turned off by him at a deep level.

She'll start to ask herself, *"Do I really want to be stuck with an insecure guy like this for the rest of my life?"*

If she then sees her friends dating strong, confident, masculine men, she will begin feel jealous of what they have.

This will lead to her telling him that if he doesn't stop being so insecure, she doesn't know if she wants to be with him anymore.

Unfortunately, this doesn't help an insecure guy feel better about himself or the relationship, so he will usually become even more insecure, making her lose even more respect and attraction for him.

3. He becomes jealous and possessive.

[image: Possessive boyfriend]

Obviously, when a guy feels lucky to get his girlfriend (rather than feeling like she is lucky to be with) and also believes that if she dumps him he will find it difficult to find a new woman, his behavior will reflect that belief.

Naturally, he will become jealous and possessive over her and have a hard time letting her do her own thing, have her own friends or have fun in a social environment without him.

Unfortunately, this behavior only makes her pull away from him even more, reinforcing his negative belief about himself and his ability to attract (and keep) a woman.

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[image]

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My Girlfriend is Always Negative

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Why is it that some people are so positive, upbeat and always see the best in others and in life, while others are always negative and nothing ever seems to be right or can please them?

Ideally, we would all like to avoid negative people and would prefer to surround ourselves with people who are always happy and positive.

Yet, sometimes this just isn't possible (e.g. at work, university, at family gatherings).

So, what do you do if you find yourself in a relationship with a negative woman?

How can you get her to change?

Well, part of getting her to change is by you leading the way to a different way of reacting to things that would normally make her be negative, get angry, feel stressed or throw a tantrum.

Watch this video for an example...

Although she is the one being negative, it's actually up to you as the man to guide the relationship to a better dynamic.

That may seem unfair, but it's just how relationships between men and women work.

If a man is unable to get his woman to be a good woman and instead allows her to become a negative, angry, bitter, annoying girlfriend, then she's eventually going to get tired of being that way and blame it all on him anyway!

So, as a man, it's always better to take control of a situation and make it work the way you want to.

If you can get her to be a good girlfriend to you, feel happy and be more positive, she will stick to you like glue because she needs your influence to be like that.

Are You Wondering if She is Worth the Effort?

[image: Are you wondering if she is worth the effort?]

If you're saying, *"My girlfriend is always negative,"* then you are probably feeling lost and confused about what you should do about her.

Part of you might be saying, *"I really love my girlfriend and I want to help and support her. I don't want to lose her over this"* while the other part of you is saying, *"Her negativity is starting to affect my life. I feel useless because I can't help her...and her attitude is starting to make me feel negative too. Should I dump her, or keep putting up with this?"*

That, of course, is a personal choice.

You have to do what makes you happy, but just remember: She will most likely be a much better girlfriend if you lead the way to a better relationship dynamic.

Women are very responsive to the leadership of a man, so if you can lead you and her to a happier, more positive way of being around each other, things will automatically start to improve in your relationship.

All of a sudden, she will feel happy about being a good girlfriend to you.

If other guys haven't been able to make her behave in that way, she will respect you, feel attracted to you and love you so much more than she ever felt for them.

What Being Negative Says About a Person

Over time, I've learned that most people are good on the inside and have good intentions.

Yet, sometimes people just don't get the right guidance they need while growing up, so they end up lacking in social and relationship skills.

For example: A woman might want to be positive and be a good girlfriend, but she just doesn't know how to be that way and is so "stuck in her ways," that she doesn't really see any other way of being.

In some cases, a person is filled up with so many insecurities, or they've associated with the "wrong" people for too long, that they end up behaving in ways that go against their inner (good) nature.

For example:

- They often feel depressed.
- They have a negative self image.
- They always criticize others.
- They get jealous easily and often feel insecure in their relationships, sometimes going as far as accusing their boyfriend (or visa versa) of cheating on them.
- They often fight with everyone in their life and have a sense of "everyone is out to get me."
- They lack confidence in themselves and are always comparing themselves (and coming up short) to others. Even if they appear to be acting superior deep down they are feeling insecure.
- They feel insecure about their value as a person, so they put others down in order to feel good about themselves.

With this in mind, when your girlfriend is being negative, it is possible that deep down what she really wants is to be liked, loved, understood and appreciated by you and by others.

My Girlfriend is Always Negative: How Can I Get Her to Stop?

[image: My girlfriend is always negative]

The best approach to take is not to dump her, but to try to get her to laugh and smile more often about things. She will do that more often if you can show her that life doesn't have to be that serious and that it's okay to laugh and smile about things.

It's not always easy to get a negative person to start laughing and smiling more often, but if you are persistent and can show them that laughing and smiling is much more enjoyable than complaining and frowning, they will eventually get used to being a bit more positive.

Another thing that you can do is to address the issue of negativity with your girlfriend. Sometimes a person isn't aware about how negative they are really being until someone objective points it out to them.

Remember itâ€™s not about criticizing her and making her feel even worse about herself than she already does. If she feels understood and supported she may be open to seeing that her behavior is negative and that itâ€™s also affecting you and your relationship.

If she opens up to you, you can then help her get professional help (if sheâ€™s depressed). Or, you can help her by being patient and supportive while she works at developing her social skills and improving her self esteem issues.

How can you get hurt to open up to you? Simply ask questions and listen. Don't try to prove your point by attacking any mistakes she makes in her thinking. Simply let her speak and when you notice a mistake in her thinking, ask her if she thinks that thinking that way is the best way to approach things.

She may say that she is correct in that moment, but she will likely admit that she was wrong later on when she's had time to think about it.

Sometimes People Are the Way They Are

On the other hand, if you talk to her about it and she denies it, or even accuses you of trying to make her feel bad about herself, or of being jealous of her, then maybe itâ€™s time to ask yourself, *â€œWhy am I putting up with a negative girlfriend? What is stopping me from breaking up with her and finding myself a new, better, more positive woman than her?â€*

Sticking around a negative woman who doesn't want to fix herself is also a reflection on you. You don't have to break up with her if you don't want to, but you should ask yourself what is attracting you to her and keeping you around?

Often guys will stay in a relationship with a woman who is negative, selfish, domineering or even abusive because they fear that if they dump her, they won't be able to find anyone else. Either that or it's convenient to stay with her because she's paying half the rent and bills.

So, what is the case for you? Answer these questions to your self and you will probably work out why you are really sticking with her rather than dumping her to teach her a lesson and hopefully wake her up out of the negative state of mind that she's been living in...

- Do you feel confident about yourself and find it easy to talk to attractive women in person, or do you often feel shy, insecure and nervous around beautiful women?
- Do you take the lead in your relationship with your girlfriend and make the decisions like a man, or do you let your girlfriend wear the pants?
- Are you rising through the levels of life by pursuing your goals like a real man, are you using your relationship with your girlfriend to hide from your true potential?
- Do you believe in yourself and your ability to attract quality women, or do you fear that your current girlfriend is the best you can get?

If you answered Yes to the second half of any of the above questions, then putting up with your negative girlfriend may stem from your own insecurities and lack of confidence around women in general.

As a man, you have to be able to attract women by choice, rather than taking whatever you can get. If you don't have confidence in your ability to attract other quality women, you will often fall into the

trap of putting up with crap from a unworthy woman when in a relationship.

It's Up to You

You can sit around feeling helpless, saying, *My girlfriend is always negative*, and letting her pull you down into a negative state of being with her, or you can decide to take control of your life right now.

If you know that you can easily attract other beautiful women, then your decisions about the relationship will be made from a position of strength.

However, if you feel like you'd be lost without her, then it's only natural that you will keep putting up with her negativity, rather than breaking up with her or at least threatening to break up with her to wake her up.

If you decide to stay with your girlfriend and work things out, it will be because you know you can find another woman who is even better, more positive and hotter than your girlfriend; but that you CHOOSE to stay with her for the time being.

You are a good, loving man and you want to help her become more positive because you love her and you believe that she can break free from her negative way of being.

On the other hand, if you decide that your current girlfriend is bringing you down and is never going to change, will you have the confidence to break up with her? Do you have confidence in your ability to attract new, quality women?

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[image]

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How to Deal With a Long-Distance Relationship: Golden Rules

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you're wondering how to deal with a long-distance relationship, you may be:

1. About to get into a long-distance relationship and feeling concerned about how to deal with it (e.g. [how to control jealousy](#), how to maintain attraction, etc).
2. Already in a long-distance relationship and struggling to deal with it.

Either way, there can be no denying that a long-distance relationship brings with it the potential to experience a different set of challenges than you might expect to have to deal with under normal circumstances.

So, how do you deal with it and are there any "golden rules" a guy should know about to help him make a go of a long-distance relationship?

Golden Rules For Long Distance Relationships (LDRs)

[image: Golden rules - long distance relationship]

Each couple has to find their own way to suit their own particular circumstances because each long distance relationship is different.

However, there are some golden rules that really must be obeyed if a relationship is to stand any chance of survival once it becomes a long-distance one.

The first thing to be aware of is that unless a relationship is already fairly well established before it becomes a long-distance one, there's very little chance of it surviving once there's distance between you.

Couples who deal with it and manage to make their relationship work are couples who already have a strong emotional connection before there's physical distance between them.

It's having that connection that keeps them together when physical contact becomes limited, and without it, the lack of physical contact and the feelings of closeness it brings will inevitably lead to them drifting apart.

Assuming your relationship is already established, the BIG golden rule that must be obeyed as it becomes a long-distance one is to make sure you continue to be the man that she fell in love with in the first place.

In this sense, the question of how to deal with a long-distance relationship is no different to the question of how to deal with any relationship.

If you change in a negative way and become less attractive as a man as a result, your relationship is doomed to failure whether there's physical distance between you or not!

With this in mind, the "rules" are as follows:

1. Don't become a jealous man

This is one of the toughest challenges a guy has to deal with in a long-distance relationship.

Most guys even struggle to avoid jealousy when they are in a normal relationship with a woman (e.g. live together, see each other many times during the week) and it's sometimes even more challenging when you're long distance.

Watch this video to understand how some guys ruin a perfectly good relationship with a woman due to insecurity...

Let's say you and your woman are hundreds of miles apart and talk to each other every day by phone.

All of a sudden, she happens to mention another guy's name in conversation and you instantly feel jealous.

The name she mentioned is probably just someone from her work or someone connected to one of her friends, and under normal circumstances you probably wouldn't even have noticed it being mentioned, but, and it's a big but, because you're hundreds of miles apart, you can't help yourself from being consumed with jealousy at the thought of her being around another man.

This is not good!

Think about it for a moment, if you were in an ordinary relationship and you became jealous every time your girlfriend mentioned another guy's name, how would she react?

Imagine how she's going to feel about you if you begin to question her every move and make her feel guilty about speaking to other guys.

She's going to see you as an insecure man and that's not an attractive trait.

Women find it difficult to maintain feelings of respect and attraction for insecure guys, so you need to continue being the confident, secure guy she fell in love with if you want to make your relationship work.

2. Don't become overly-possessive

Feelings of jealousy can lead to behaving in an overly-possessive way. In an ordinary relationship, this might mean being clingy and wanting to do everything together, and in a long-distance relationship it's going to mean wanting her to limit what she does on her own so that you don't have to feel jealous about her doing stuff that doesn't include you.

This is not good!

In any relationship, whether it's long-distance or not, being overly-possessive will eventually suffocate the life out of it.

Women are turned off by clingy, possessive behaviour.

A clingy man is a weak man in her eyes, and that's not an attractive trait.

Sure, in the early days of a relationship it's natural to want to spend every waking moment together, but in relationships that work, each individual has their own separate interests out with the relationship and that's what gives them space to grow as people, allowing the relationship to grow stronger as a result.

Women don't feel sexually attracted to weak, wimpy guys, so you need to continue being the strong, confident, and masculine guy she fell in love with if you want to make your relationship work.

3. Don't become less of a man

Abiding by the golden rule of continuing to be the man that she fell in love with means making a conscious effort not to become less of a man (e.g. by slipping into the common pitfalls of jealousy or overly-possessive behaviour). Relationships that work have the ideal relationship dynamic, and the same principles can be applied even when the relationship becomes a long-distance one.

The bottom line is that a woman wants to be able to feel like a woman in her relationship, and this is why women fall in love with strong, confident, masculine men who have what it takes to make them feel feminine.

A man doesn't need big muscles to be strong and masculine, all he needs to have is strong alpha male characteristics that naturally maintain the attraction and respect of a woman.

A man with genuine self-confidence, true masculinity, and an understanding of how to use his alpha male power is a man who knows how to lead the way in a relationship, even when physical contact is limited and that's how to deal with a long-distance relationship

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[image]

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My Girlfriend Said I'm Too Clingy

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Recently, a guy wrote into The Modern Man to ask for help.

He said, *"My girlfriend said I'm too clingy, but I don't think I am."*

He then asked, *"Why does showing her how much I love her make her say that I'm being too clingy? Isn't she just being unreasonable?"*

Although it's natural to feel defensive when someone attacks your good intentions, especially when it's the woman you love, it's important not to write it off and assume that she's just being unfair in her criticism of you.

Why?

A woman's attraction for a man is mostly based on how his behavior, thinking and actions make her feel.

If you are being clingy, insecure and needy, it is going to make her feel turned off by you and if that keeps happening for long enough, she will eventually break up with you.

You're actually lucky guy to have a girl like her because, instead of dumping you or cheating on you like a cold-hearted woman would, your girlfriend has made the effort to tell you that your behavior (i.e. being too clingy) is turning her off and making her feel smothered and unhappy in the relationship.

Watch this video to learn how many guys ruin a relationship with a woman by being insecure...

Your girlfriend is putting up with your clingy behavior now, but she is eventually going to get tired of it and start feeling attracted to confident guys who seem more independent.

You don't need to suddenly act like you don't care about her or anything drastic like that.

In fact, you don't need to act anything.

Instead, you've just got to start being a more emotionally balanced and emotionally strong man who isn't so dependent on her for your happiness, sense of worthiness or sense of identity in this world.

Emotional Strength vs. Emotional Weakness

Women are naturally attracted to the strength men, so showing signs of emotional weakness (e.g. neediness, clinginess, unreasonable jealousy, etc) is always going to be a turn off to women.

A guy's real strength isn't necessarily about his muscles, but rather about his mental and emotional strength, his masculinity and self confidence.

When a guy is being clingy with his girlfriend, he is showing her that he lacks the all important emotional strength that women look for in a man.

[image: Clingy, jealous, insecure boyfriend]

She automatically feels as though she can no longer rely on him to be the man in the relationship and begins to feel responsible for his emotional well being, almost like a mother or big sister would for a young boy.

Instead of being amazed by his desperate need for her, the girlfriendÂ feels turned off by him on a deep and instinctive level.

When that happens, she begins to withdraw from him both physically and emotionally.

Of course, when he realizes that sheâs pulling away, he makes the mistake of giving her more of what she doesnât want â clinginess, neediness and unreasonable jealousy.

Right now, you might be asking yourself, *âHow am I being too clingy? Why does she think I am a clingy boyfriend?â*

So, let's look at some examples...

My Girlfriend Said I'm Too Clingy: 3 Reasons Why She Could Be Right

If your girlfriend is telling you that she thinks you are too clingy, it means that she's losing respect and attraction for you.

If you cause her to lose too much respect and attraction for you, she will eventually fall out of love with you.

When that happens, she will probably break up with you or cheat on you.

So, make sure that you fix the problem now rather than letting it get worse...

1. Do you constantly bombard her with text messages or phone calls so youâre never out of her mind?

[image: Bombarding girlfriend with texts]

Some guys believe that the key to a successful relationship is making sure they stay on their girlfriendâs mind by regularly texting her or phoning her when they are not together.

To a guy like that, it is a sign that he is being romantic, treating a woman well and making her feel loved.

A guy willÂ believe that she may think, *âWow! My boyfriend is so attentive and caring. Look how he never stops thinking about me. Iâm so lucky to have an awesome boyfriend like him. Iâll never leave him for another guy because heâs just so nice and romantic.â*

The truth is that, although a woman will definitely feel respect and attraction for a man who shows her that he wants her, she doesnât need to be reminded about it 24/7.

If youâre constantly texting or calling her, youâre making her feel like she has to mother you and take care of your fragile emotional state, especially if youâre the type of guy who gets upset if she doesnât answer her phone every single time, or reply to your text messages immediately.

Behaving in that way is a hugeÂ sexual turn off for a woman.Â A woman doesnât want to feel like sheâs a manâs mother.

That is un-sexy to her and it switches her off emotionally.

Of course, the more âswitched offâ she becomes, the clingier and needier he becomes and the more she pulls away.

Rather than be smothered by calls and messages, a woman wants to be in the position where

sheâs always thinking about YOU and missing YOU.

She wants to feel consumed by her love for you and she wants to consider herself lucky to have â caughtâ such a great guy like you.

Not thinking, â *Heâs so clingy and needy. I just wish he could behave more like a real man.*â

2. Do you need her to constantly reassure you that she still loves you and wants to be with you?

[image: Being clingy or overly-possessive]

When a guy has grown up without having many close friends, has been single most of his life, or has experienced an unloving relationship with his parents, it can then negatively affect his romantic relationship with a woman.

For example: When he finds a woman who will go out with him, he might latch on to her emotionally because heâs afraid that she will dump him and heâll end up feeling lonely and unloved once again.

He will constantly look for emotional reassurance from her and heâll regularly ask her questions like, â *Do you still love me?*â or â *Youâd never leave me, would you?*â

If she says, â *Will you stop asking me whether or not I love you all the time?*â or â *You know I wonât leave you, but youâre driving me crazy with all your insecurity,*â instead of realizing that heâs just being too clingy and heâs turning her off, he begins to think, â *Why is she being so offish with me? Why wonât she say she loves me? Is she going to break up with me? Has she met someone else?*â

Of course the more insecure he feels about her answers, the clingier he becomes and the less reassuring she becomes.

As I said before, a woman is attracted to the strength in a man and repelled by weakness, and clinginess is the quickest way to make a woman lose respect and attraction for you.

3. Do you have hardly any friends or interests outside of your relationship with her?

Some guys get totally â swallowed upâ by their relationship, to the point where theyâll say, â *My girlfriend is my life. We do everything together and when we are apart I feel physically sick. I canât stand even being a few hours away from her. My life would be so empty without her. I donât know what Iâd do if she ever broke up with me.*â

Again although he might think this is romantic and what she wants to hear, a woman is more attracted to a guy who goes after his true potential in life and does not hide from the world behind his relationship, than she is to a guy who declares his undying love for her all the time.

To keep a relationship together, you need to keep a balanced life going for yourself and for her. It can't all be about being together all the time or doing everything together.

Living in each otherâs pockets and avoiding the rest of what life has to offer is not attractive to a woman and can, in fact, make her feel smothered and trapped

Clinging to her and sacrificing all other areas in your life is not a romantic turn on for her.

Rather than focus all your energy on her, having friends and interests outside of the relationship is not only healthy, it also allows her to miss you and enjoy you more when you get together.

You Can Be the Strong Man That She Wants and Needs

[image: Become emotionally stronger]

If you want to get back your girlfriend's respect and attraction for you as a man, you have to stop your clingy, needy behavior.

When you get rid of your insecurities and become the kind of man who can make her feel the way she wants to feel, she will change and become an even better girlfriend to you.

You will realize that the inconsistent reassurances she was giving you, pale in comparison to the love, respect and adoration you are getting from her now.

She will literally become a completely different woman around you and will stop looking at you as being a nuisance or an annoying boyfriend that she has to get rid of somehow.

So, if you sincerely want to stop being clingy and start having a better relationship with your girlfriend, you must be willing to eliminate your insecurities and become a mentally and emotionally stronger man than you are right now.

Clinginess is just a reaction to a belief that you're not good enough and that you have to overcompensate in your relationships (with your girlfriend and even with friends and colleagues) to get the respect, love and approval you crave.

You Can Make Her Feel Respect, Love and Attraction For You

[image: Woman feeling properly turned on by her man]

If you're smart (I know you are), you will use this as an opportunity to become an even better and stronger (mentally and emotionally) man than you are right now.

You may be a good man today, but you can be even better tomorrow.

If you take on this opportunity to improve, you will raise your relationship to the next level where your girlfriend will feel even more respect, attraction and love for you.

She will stop referring to you as a clingy and will start looking up to you and respecting you as her emotionally strong, masculine man that she is madly in love with.

On the other hand, if you don't do anything about your clingy behavior, she will likely decide to break up with you or worse, cheat on you and then break up with you.

Make a decision now to begin changing the way you behave around her.

Learn to trust that she does love you and want you in her life.

Don't smother her with your need for emotional reassurance.

Be strong.

Be the man that she needs you to be.

When you change, she will change.

Women are very responsive to men and when in a relationship that is falling apart, most women just want the man to get things back on track again.

She doesn't want to have to go through a messy break up with you.

She loved you at the start and she now wants you to man up and make her fall even more in love with you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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Is My Girlfriend Going to Break Up With Me?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

No guy is going to ask himself, "Is my girlfriend going to break up with me" if he doesn't already feel like there is something wrong in the relationship.

Whether it's because she's already said, "I need some space to think about us" or because she's been behaving a little weird lately, the fact is, if you're asking the question, something is definitely not feeling right in your relationship.

To get a quick understanding of where things might be going wrong, you should watch this video by Dan Bacon (founder of The Modern Man):

Note: The video above will help you prevent the break up from happening.

However, if she ends up breaking up with you and want to get her back, watch this video: [How to Get Your Ex Back: 5 Common Mistakes to Avoid](#)

How Can You Know When Your Girlfriend Wants to Break Up With You?

When a woman stops feeling the way she wants to feel when she's with her man, she slowly begins to lose attraction, respect and finally love for him. Over time she begins to detach herself from him and from the relationship.

However, instead of just breaking up with her guy when she first begins to fall out of love with him, a woman will, instead, begin to show signs that she is losing interest in him, or is no longer interested in being in a relationship with him.

If you're asking, "Is my girlfriend going to break up with me?" begin by looking at the following list to determine if she's been behaving in all, or some, of these ways.

1. Has she become unavailable to you?

In today's world, we all lead busy lives and it's perfectly normal to sometimes be unable to answer the phone, respond to a text message or even arrange a meet up at certain times. However, no matter how busy it gets, when a woman is in love, she will always make herself available for her man.

If your girlfriend is suddenly avoiding you or is taking too long to respond to your calls or texts, she is clearly saying, "I'm not feeling the same urgency and attraction to get in touch with you that I did in the past." Try to stop calling or texting her entirely for a few days.

If she doesn't call you to see why you're not calling her (unless there's a really serious reason), then she is definitely cutting herself off from you and getting ready to break up with you. If that's the case, you must switch gears and do your very best to begin making her feel attracted to you again.

2. Has she become reluctant to have sex or even be affectionate with you?

A classic sign that things are not as they should be in a relationship is when a woman stops wanting to have sex or even being affectionate.

If every time you try to touch, kiss or initiate sex with your girlfriend she pulls away from you, or says things like, *â€œDonâ€™t! Youâ€™re going to smudge my lipstick,â€* or *â€œNot now! Canâ€™t you see Iâ€™m busy?â€* when she never used to react in this way before, then it is a definite sign that her attraction for you has waned.

3. Has she started going out without you more and more?

When a woman is with a man who makes her feel attractive, loved and appreciated, it is natural for her to want to spend most of her time with him.

Yes, itâ€™s natural and even healthy for a man and a woman to spend some time away from each other with their own friends and pursuing their own hobbies. But, when she would rather go out with her friends than be with him or inviting him to join her, it is a clear sign that she is pulling away from him and even making herself available to meet other men by appearing to be single.

4. Has she started flirting with other men when youâ€™re around?

In the best case scenario, when a woman flirts in front of her boyfriend, it is her desperate way of telling him that sheâ€™s not getting the attention she needs from him. If a woman stops feeling the way she wants to feel when sheâ€™s with her man, she will look for someone else who can give her what sheâ€™s craving.

However, in the worst case, sheâ€™s already lost respect, love and attraction for her man, and flirting with other men in front of him is less of a cry for attention and more a statement of, *â€œIâ€™m moving on and I want you to see it.â€*

5. Is she spending more time talking on the phone, chatting online or texting people you donâ€™t know?

When a womanâ€™s social life suddenly picks up and she starts putting a lot of time and energy into it, you can be sure somethingâ€™s going on.

Especially if when he asks her who sheâ€™s talking to she brushes him off with a casual, *â€œNo-one important,â€* or *â€œNo-one you know.â€* Once again, like going out without him, talking to strangers on the phone or online all the time is a womanâ€™s way of opening up her social circle and making herself available to meeting new men.

Okay, So Your Girlfriend Wants to Break Up With You. What Now?

Assuming that all, or some, of the above warning signs have occurred in your relationship, right now youâ€™re probably thinking, *â€œDamn...it looks like my girlfriend is going to break up with me...! Is there anything I can do to stop it from happening?â€*

Luckily, the answer is yes and it's not something that has to take months or years either. There are practical things you can do right NOW that will help re-spark the attraction between you and her so that you can regain her love and respect for you.

As explained above, the main reason a woman starts pulling out of her relationship is because she has stopped feeling the way she wants to feel when sheâ€™s with her man, which in turn makes her lose respect, attraction and love for him. However, those feelings can re-sparked.

Basically, the real secret to keeping your relationship together is to deepen the love, respect and

attraction that your woman feels for you so that she will no longer have thoughts about breaking up with you. The best way to do this is to understand what is causing her to stop loving you in the first place.

Start by making a list of things that you believe are causing problems between you. For example:

- Have you been neglecting her?
- Have you been taking her for granted?
- Do you still take time to make her feel feminine and attractive?
- Are you clingy? Are you smothering her with your neediness and insecurities?
- Have you been unable to control your feelings of jealousy in the relationship?
- Are you afraid of losing her because you think she's too good for you? Is this making her have power over you?
- Are you leading in the relationship, or are you letting her wear the pants?
- Do you have plans for your future, or are you pretty much stumbling through your life?

By understanding what behaviors are pushing her away, you will be able to take steps to change these things. Remember, your girlfriend already has feelings for you. Even though right now these feelings may be leaning towards the negative, you can easily regain her love and respect by showing her that you are taking her seriously.

Preventing the Break Up

By being brave enough to ask, *"Is my girlfriend going to break up with me?"* you are clearly the kind of guy who's prepared to do what it takes to change; and we can help you. By using the techniques from The Modern Relationship, you can regain her respect and attraction again and prevent the break up.

When you change the way she feels by changing how you think, behave and act around her, your girlfriend will see that you're serious about making your relationship work and her attraction for you will grow.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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My Girlfriend Said I Don't Understand Her

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

When a girlfriend tells her boyfriend that he doesn't understand her, it's almost always about how she feels attracted to a man.

For example: Sometimes, a guy will be really good to his girlfriend. He will treat her well, compliment her all the time, let her decide pretty much everything and do whatever he can to make her happy.

Yet, all the while, she will be treating him badly and he will just put up with it.

He just doesn't have the skills to make her want to be a better woman to him and as a result, she simply doesn't feel enough attraction for him.

When he notices that she doesn't love him the same way as he loves her, he might try even harder to impress her and treat her even better than before, but it just doesn't have any effect on her.

She still doesn't love him because the attraction just isn't there.

Only when you truly understand what your girlfriend wants in terms of attraction, will she then begin to change and be a more loving and attentive woman to you.

She will open up, fall more in love with you and want you and her to stay together for life.

However, if you keep offering her the wrong attraction experience (e.g. you're too nice, but she needs a guy to have more balls and not let her push him around), then she's going to be frustrated that you just don't understand her and what she really wants.

She Thinks Differently to You...and That is Okay

[image: You just don't understand me]

Fact: Men are different to women.

Generally speaking, when faced with the same situation, a man will react and feel differently than a woman would.

For example: A woman will watch a sad movie and may react by crying and needing her man to hug her and comfort her, whereas the man will feel the emotions, but won't feel the need to shed tears like a woman would.

Even if a man is deeply affected by the movie emotionally, and even if he gets a little misty eyed, he will still remain in control of his emotions and be the man.

However, what many guys fail to realize is that this is true for EVERYTHING.

Women will see and interpret things differently to men, and this usually includes how she interprets his attitude, behavior and reactions to what she tells him.

If he says or does the "wrong things" in her eyes, she will get angry with him and she'll accuse him of not understanding her.

If he then doesn't make the effort to understand her point of view, she will end up feeling misunderstood and even resentful towards him. Over time this can lead to her breaking up with him.

If youâre saying, *âMy girlfriend said I donât understand her,â* it is possible that youâre not fully listening to what sheâs really trying to tell you, which makes her feel frustrated and angry towards you and probably leads to many arguments and even full-blown fights between you.

Rather than get frustrated and angry with her, you need to understand what sheâs trying to tell you so that you can make the necessary changes to make her feel heard and understood.

Try to Understand Her Point of View

[image: Trying to understand her point of view]

Most guys are good guysÂ and donât intentionally go out of their way to behave in ways that will make their girlfriend angry or feel misunderstood.

However, despite their good intentions, sometimes they will behaveÂ in ways that turn her off.

No-one is perfect.

However, no-one likes to be told that they are wrong.

If, when your girlfriend tells you that your behavior or thinking is wrong in some way, for example she says youâre being selfish, or inconsiderate, or lazy, etc., itâs natural for you to want to deny it and lash out at her.

Often you may even feel that youâre doing the right thing but sheâs making you feel like youâre in the wrong and naturally you want to tell her, *âYouâre just being so unreasonableâ* or *âYouâre always being so petty.â*Â This only makes her feel even more angry and misunderstood.

Rather than jump to your own defense every time your girlfriend âattacksâ you or accuses you of doing something wrong, try first to understand where sheâs coming from. By putting yourself in HER shoes, you can determine what sheâs thinking and feeling.

Right now you might be saying, *âWhy must I be the one who puts myself in her shoes, why doesnât she try to see things from MY point of view?â*

First of all, youÂ are the man in the relationship...not her.

When you show her that youâre man enough to listen to her and make her feel heard, she will naturally follow your lead.

In a relationship, you need to love each other and help each other grow, not win arguments or try to prove each other wrong.

Secondly, when you try to see things from her perspective, you will be surprised to discover that her explanation alerts you to a misunderstanding between you which will allow you to see where sheâs coming from rather than just assume you know.

2 Common Reasons Why Women Feel Misunderstood

[image: Tell me what I need to know]

Most guys who say, *âMy girlfriend said I donât understand her,â* also say *âI TRY to*

understand her or I THINK I understand her but when I ask her to tell me what she wants, she pulls away from me."

If you don't know exactly what she wants from you, you will most likely be offering her the wrong things when she accuses you of not understanding her.

You've got to be offering her what she REALLY wants, not what you THINK she wants, if you're going to make her feel understood.

However, a woman is NOT going to come out and tell you exactly what's bothering her. Why? Because she doesn't want to be your teacher and have to teach you how to be a man. She wants you to know how to be a man without her guiding you or teaching you.

If she has to spell it out for you she will feel like she is taking on the role of your teacher and this is a turn off for her.

All this might feel confusing to you if you don't really have much experience with women. However, when a woman says she feels misunderstood, it's often because a guy is making some of these classic mistakes:

1. He's taking her for granted.

Here's a common reason why some couples fight. Let's imagine that your girlfriend bought a beautiful new dress and made herself look pretty for you.

When you see her, instead of saying, *"Wow! You look sexy! I'm going to take you out and show you off,"* you either don't even notice her, or worse yet, you wait for her to ask you what you think of her new dress and then say, *"Oh, is that new? It's nice."*

Then, when she gets upset with you and you say, *"What do you want me to say?"* or *"Why are you getting so upset over a dress?"* she will naturally respond by saying, *"Forget about it! You just don't understand me!"*

Generally speaking, most guys are not being cruel or inconsiderate; it's just that they don't realize how important this is to her.

Many guys don't realize that although a woman wants to be with an independent man who has purpose in life and independent interests apart from her, if he slips into neglecting her and failing to meet her needs in the relationship (e.g. making her feel loved, appreciated, attractive), she will feel misunderstood and begin losing respect and attraction for him.

2. He's not listening to her.

Most misunderstandings in a relationship begin when a man fails to really listen to what his woman is trying to tell him.

You don't have to give in and do what she wants (doing so will just put her in a position of power and she will lose respect for you as a man), but when a woman wants a certain thing from you and the relationship and you want something entirely different, and you write her concerns off, then it's only natural that she will feel that you're not listening to her.

For example: Your girlfriend might want you to stop watching TV every night and when you ignore her, she gets upset with you or even starts an argument.

To you, the argument over you watching TV might seem petty and you might even feel like she's trying to control you, or like she's trying to take away the things that you like.

However, if you dig deeper and listen to her, you might find that she wants to have a more

balanced life with you where you and her get to spend more time together, go out together or do things that you both enjoy together.

Alternatively, this might be her way of telling you that youâ€”re not really making the effort to reach your true potential as a man. Rather than go out and better yourself and make things happen for you and her, youâ€”re lazing in front of the TV in your â€”comfort zoneâ€” and doing enough just to get by.

Even though she may not be able to come straight out and say that to you, she will make a big deal about the â€”TVâ€” hoping youâ€”ll figure it out for yourself.

When you write it off as her being a nag instead of making her feel heard, she will naturally feel hurt and sheâ€”ll accuse you of not understanding her.

By being more open to listening to her, rather than getting annoyed or writing things off to her being in a bad mood, you have the opportunity to improve your relationship with her.

Making Her Feel Understood

[image: Making your girlfriend feel understood]

When a woman says, *â€”You donâ€”t understand me,â€”* she expects you to figure out by yourself what is actually bothering her, and then make the appropriate changes to your thinking and behavior to show her that sheâ€”s been heard and understood.

If you try to get her to tell you what she wants, she will only close up and pull away from you even more.

If you want to stop saying, *â€”My girlfriend said I donâ€”t understand herâ€”* you have to show her that sheâ€”s been heard.

So, the next time she brings up an issue, even something minor, like you watching too much TV, or that youâ€”re texting her too much, or that youâ€”re being too jealous or insecure, rather than get annoyed with her, ask yourself, *â€”What is she REALLY trying to tell me here?â€”*

Dig a little deeper and youâ€”ll soon discover that thereâ€”s usually a deeper reason for her saying what sheâ€”s saying.

Then you can take the necessary action to change those things and improve yourself.

You don't have to be perfect or change everything about you just to please her, but, by showing her that youâ€”re taking her seriously and understand her point of view, she will naturally feel a renewed sense of love, respect and attraction for you.

She will feel like there is hope for you and her and that you're not so bad after all.

Additionally, if you're making her feel attracted to you in new ways, she will begin to feel excited that she is in a real relationship that keeps getting better over time.

Women know how difficult it is to find a guy who can make the relationship feel better and better over time, so when she realizes that you are that man, she will not want to let you go.

She will start being a better girlfriend to you and making sure that you feel happy, loved and appreciated.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Is it Okay to Let Your Girlfriend Have Guy Friends?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Over the years, we've received thousands of questions from guys about women and dating. A common question we get asked is: Is it okay to let your girlfriend have guy friends?

The answer is: It depends.

If your girlfriend is a woman of good character who is loyal and trustworthy, then okay. Having friends, both female and male, outside the relationship is quite normal and common for many couples.

However, if she has given you reason to doubt her loyalty, if in the past she has cheated on you or if she goes out often without you with these guy friends, there could be an underlying problem in your relationship.

Generally speaking, if a woman loves you, adores you and respects you as her man, she will prefer to spend most of her time with you than with other men; even if they're just friends.

[image: Girlfriend hanging out with guy friends]

Of course that's the simple answer. However, to best answer whether it is okay to let your girlfriend have guy friends, it's important to look at where the question is coming from.

Basically, when a guy is concerned about his girlfriend having guy friends, it usually boils down to 2 main reasons:

1. He is feeling jealous and insecure.
2. He has noticed that the relationship is no longer the way it used to be and he's worried that she's going to break up with him.

Finding Out What's Really Going On in Your Relationship

If your girlfriend having male friends is bothering you enough to ask, *Is it okay to let your girlfriend have guy friends?* then you probably have cause for concern. Not because this means she's going to cheat on you with them, but because you're feeling insecure about it.

Essentially, being jealous and insecure in a relationship leads to negative behaviors, such as being needy and clingy, which can lead to problems in the relationship. The truth is, women don't want to be stuck in a relationship with a clingy or needy guy. Why? Because this type of behavior can signal deeper underlying causes such as:

1. Making his girlfriend his purpose in life.

When a guy lacks purpose in life, he will often make the mistake of making his girlfriend his be-all-and-end-all so to speak. He will use the relationship to hide from the world instead of rising through the levels of life to reach his true potential as a man.

A common example of this is a guy who says, *My girlfriend is my entire life. I do everything just for her*, and who not only stops making goals for himself, but even stops hanging out with his friends or doing anything without her.

Yes, a woman wants to be with a man who loves and adores her, but she also wants to know that he

has a plan for his life and his future (and hopefully her future with him).

If a guy uses his relationship to hide behind so that he doesn't have to face up to life, she will feel turned off and will instinctively look to other guys (even in the form of guy friends) to experience what it feels like to be with a real man.

2. A lack of confidence about his value to her.

Guys who spend all their time worrying about every guy who talks to, or even looks at, their girlfriend because they're afraid they will steal her away, only do so because they don't believe they are as valuable to her as she is to them.

These guys usually feel "lucky" to have snagged her because in reality they're not very confident in themselves and their ability to attract another woman if she dumps them.

Remember: Women are attracted to the strength in men and are turned off by weakness. So, if you are the type of guy who sees any other man (even her guy friends) as your competition, then it will actually turn her off you and will even push her towards perceiving these other guys as being more attractive to her than they really are.

She will begin to wonder if you're really the alpha male she thought you were and she will begin looking at other guys as being better than you.

3. A lack of trust.

As I mentioned earlier, unless there's a very good reason why a guy doesn't trust his girlfriend around other guys (because she cheated on him), constantly being distrustful of her only highlights his lack of confidence in himself as a man who can give his woman what she needs to stay faithful to him.

You can never really trust a woman 100%. However, to have a healthy and successful relationship with a woman, you HAVE to give her that trust.

That doesn't mean you are guaranteed that she won't betray that trust and that you won't end up feeling hurt and disappointed, but if you don't give her your trust fully, you'll end up falling into the trap of behaving like a weak, clingy insecure guy who lacks confidence.

All of which will end up destroying her attraction, love and respect for you as a man. And in the end she WILL break your trust and dump you for the kind of man who doesn't feel threatened by other guys because he knows he's good enough for her.

Sometimes Where There's Smoke There's Fire

Sometimes when a guy asks, *"Is it okay to let your girlfriend have guy friends,"* it's because this is just one more thing in the relationship that is bothering him. If you're concerned about your girlfriend's guy friends, could it be that you noticed other signs that indicate she might want to break up with you?

Do any of these signs ring warning bells?

- Does she insist on going out with her guy friends all the time?
- Does she spend more time with her friends than she does with you?
- Does she dress up more attractively when she goes out with her friends than she does with you?
- Does she avoid communicating with you (via phone call or text message) when she's out

with her friends?

- Has she stopped being affectionate with you and do you still have sex regularly?
- Does she prefer to go out clubbing with her friends and not have you around?

Answering yes to all or some of these questions could mean that your girlfriend is no longer feeling the way she wants to feel when she's with you, so she is looking to other men (even guy friends) to make her feel good about herself.

When You Feel Good About Yourself You Will Also Feel Good About Your Relationship

Ultimately, it only matters if it is okay to let your girlfriend have guy friends if you don't feel confident enough in yourself to maintain her attraction for you as her man.

If you feel that you could use some help overcoming your insecurities and building an even stronger and more loving and emotionally and sexually fulfilling relationship, we can help you.

Our programs have already changed the lives of 1,000s of men from around the world and we are confident that they can help you too.

×

[image]

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[image: Dan Bacon]

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My Girlfriend is Trying to Make Me Jealous

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you're saying, *My girlfriend is trying to make me jealous* then you're probably feeling frustrated, confused and maybe even a little betrayed by your girlfriend right now.

You may be asking yourself, *Why is she doing this to me?* and even, *Am I doing something wrong?*

To better understand why your girlfriend is trying to make you jealous, you first need to understand that women behave in completely different ways to men. For men, things are usually as simple as What you see is what you get. Most men will say and do what they mean. Simple and straight forward.

However, women will rarely say (or do) what they mean. They'll say *It's fine* when they really mean *It's NOT fine*, or they'll say, *I need space* when what they really mean is, *I want to break up with you*.

When it comes to relationships, just because a guy manages to get himself a girlfriend, it doesn't mean he can then sit back and relax and just assume that the relationship will flow naturally by itself. In any relationship, it's the man's responsibility to maintain the love, respect and attraction that his woman feels for him.

Yet, at the same time, he needs to understand that it doesn't matter if him and his girlfriend have only just met, or if they've been dating for a long time, she will always test him. It doesn't matter how much attraction she feels for him, or how much she respects him; she will keep testing him. It doesn't even matter if she's head over heels in love with him; she will test him.

And one of the many tests women will subject a man to, is trying to make him jealous.

Why Do Women Test Men?

Often guys will ask us here at The Modern Man, *Why are women so complicated? Why do they always do things that men can't understand? Why should a woman test a man; especially when they're in a relationship?*

The fact is, a woman will test a man to see how much power she has over him. This is her way of checking that he is really the kind of man she wants him to be. If, when she tests him he faces her test with confidence and mental and emotional strength, she will feel attracted to him. Her respect for him will increase and she will naturally fall more deeply in love with him.

On the other hand if when a woman tests her man he crumbles under the pressure because he can't deal with it in a masculine and confident way, she will more than likely begin to question whether he's really the man she wants to be with.

When a guy who is inexperienced with women, or who simply doesn't understand women says, *My girlfriend is trying to make me jealous*, he naturally panics and ends up making mistakes that in her eyes add up to **TEST FAILED**.

3 Mistakes to Avoid Making When Your Girlfriend is Trying to Make You Jealous

The best approach to take when your girlfriend is trying to make you feel jealous is to simply not get involved in it.

Put your focus on other things, laugh at her attempts to make you jealous and just keep moving forward in life. If you can show your girlfriend that you have that type of emotional strength where you love her and want her in your life, but are not dependant on her for your emotional security or confidence, it actually makes her respect you.

However, if you don't take that approach, you might end up making one of the following mistakes...

1. Feeling insecure.

[image: Feeling insecure in a relationship]

Women are naturally attracted to confident, emotionally secure men and turned off by insecure, emotionally weak men. When a woman tries to make her boyfriend jealous and he reacts by becoming clingy, needy and insecure, she will feel repelled by him on a deep level.

Although it may seem normal for you to get upset when your girlfriend comments about, or flirts with other guys, the real reason is not her behavior but rather how you feel about yourself.

[image: Feeling insecure in a relationship]

If you feel that you're lucky to be with your girlfriend and that if she leaves you, you won't be able to get another girlfriend, you will naturally feel insecure when she appears to be interested in other men. However, all that you are doing is making her lose attraction and respect for you as a man. Don't get involved in her games. Simply love her and laugh off any attempts that she makes to cause you to feel jealous. Do that and you will pass most of the tests that women put you through.

2. Trying to make her jealous in return.

It might feel like a good idea to try and make her jealous back when she tries to make you jealous, but ultimately this is pointless and will only lead to needless arguments where she will try to make you out to be the bad guy even though she's the one who started it.

When you're confident in yourself and in your abilities to attract women, you don't have to try and make her jealous because deep down you know that you're already good enough and much better than any guy she could potentially hook up with.

3. Fighting over her.

Just because your girlfriend is trying to make you jealous, it isn't anyone else's fault. Picking a fight with another guy over her is just playing into her hands. She will get the satisfaction of knowing that she got to you and then she'll end up being the dominant one in the relationship.

However, if this happens, the relationship dynamic will go out of sync and she will end up dominating you, which will eventually lead to her losing respect for you.

You Can Pass Her Tests With Flying Colors

The next time you catch yourself thinking, *“My girlfriend is trying to make me jealous and I don’t like it,”* instead of getting upset or angry about it, use it as an opportunity to make her feel more attraction for you. As long as you believe in yourself, you can handle what she throws at you with a casual confidence that will draw her even closer to you.

When you’re confident in yourself it comes across in your actions, in your tonality and in your body language. No matter how she behaves, your actions (and re-actions) will be saying to her, *“It’s okay if you want to make me jealous, I know I’m better than any guy you flirt with.”* At the same time by not taking the bait, you are turning the tables on her.

When a guy doesn’t get jealous, a woman will naturally begin thinking, *“Why isn’t he afraid of losing me? He must know he can easily replace me.”* Without having to say it, you’re letting her know that you can have any other woman if you wanted to, but you are choosing to be with her.

This makes HER feel like she needs to be the one to work hard to keep YOU and this only makes her feel even more turned on and attracted to you.

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[image]

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[image: Dan Bacon]

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What Makes a Healthy Relationship?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

All relationships go through stages and it's unrealistic to expect everything to be a bed of roses all of the time.

However, if the following elements are in place, the relationship should remain healthy:

1. The man is actively deepening the woman's love, respect and attraction over time, rather than taking her for granted.
2. The man has purpose in life and is rising through the levels of his true potential as a man, rather than hiding from it behind the woman.
3. Both the man and woman are able to love each other fearlessly, rather than loving each other in an insecure manner where they always try to protect their heart.
4. Both the man and the woman are genuinely committed to growing as a couple and creating a future together.
5. Both the man and the woman have the same type of long term goals for the relationship and are excited whenever they make any progress towards those goals together.
6. There is a clear masculine and feminine dynamic in the relationship (i.e. the man is clearly the man and the woman is clearly the woman, rather than the man and woman being equal in their expression of masculinity and femininity), which ensures that the sexual desire for each other doesn't die.

In your attempts to understand what makes for a healthy relationship, it's also helpful to look at where things often go wrong...

Common Problem 1: Living in Each Other's Pockets

Living in each other's pockets and being practically joined at the hip is not what makes a healthy relationship. Unfortunately, a lot of couples fall into this trap and they seem to think that spending every waking moment together is what "togetherness" is all about.

For some guys, this means not having any individual interests out with the relationship, and not spending any time with friends unless their girlfriend comes along. This is not healthy.

Firstly, "togetherness" does not necessitate being physically together at all times, it means feeling connected emotionally as well as physically, and it's a connection that can only be made when both parties are on the same wavelength in terms of what they want out of the relationship.

Secondly, not having any individual interests will eventually lead to both parties feeling suffocated by the relationship. Unless you're able to do your own thing, you're unable to grow as a person, and without individual growth, your relationship can't continue to grow - it stagnates.

A good example of this came from a guy called Alex who contacted The Modern Man for advice on how to get his sex life back on track. He'd been living with his girlfriend for just over six months and his sex life had taken a dive from once or twice every day to once a week if he was lucky.

Well, the first thing that needed addressing was that Alex should not be feeling "lucky"

to be having sex on his girlfriend's terms, it should really be the other way around.

When a man creates and maintains the ideal sexual dynamic in a relationship, his woman will feel more than lucky to be having sex with him and she's going to be wanting it more than once a week.

When Alex and his girlfriend first moved in together, they effectively shut themselves off from the rest of the world in their own little loved-up cocoon.

They stopped hanging out with their friends and doing the individual stuff they used to do, choosing instead to stay in and snuggle up on the sofa every evening or only go to social events together as a couple.

To make matters worse, they also met up every day for lunch as their workplaces were just a short walking distance apart.

In Alex's words, he described his relationship as very close and his girlfriend as his soul mate because they were able to hang out and do everything together, without having to be around anyone else. Too much together time and the consequent lack of opportunity to grow as individuals was suffocating the life out of their relationship.

Eventually, they had nothing new to talk about; they had no time alone to discover anything new about themselves as individuals, and the relationship was becoming stale as a result.

The bottom line was that Alex's girlfriend was becoming less interested in sex because she was beginning to see him as more of a friend than a boyfriend.

Common Problem 2: Being Equals in Everything

Time and again we hear from guys who want to know why their relationship is not as happy as it once was when they've been doing everything by the book. Well, it all comes down to which book they've been learning from...!

Unfortunately, it has become quite a popular belief that modern couples should share all relationship responsibilities on a 50/50 basis.

This is based on the fact that it's now normal for both men and women to have full-time jobs, so both of them should do their fair share of household chores etc.

It's a theory that sounds good on paper, but the reality is that it doesn't create a healthy relationship in practice.

To create the ideal relationship dynamic, a man and a woman need to have their own roles within the relationship.

Now, before you start complaining that this all sounds a little too 1950s and not relevant to modern life, consider the fact that recent research has proved that role sharing makes it 50% more likely that a relationship will fail or end in divorce.

Statistics show that when men take on traditionally female roles and vice versa, relationship breakdowns are 50% more likely than in relationships where men are men and women are women, so to speak.

The reason for this is simple: Women want to be in a relationship with a man that they describe as a real man.

A man going by the "modern" idea of shared responsibility is a man who in a sense becomes less masculine and more feminine, and the same can be applied to women as they become more masculine and less feminine.

This upsets the all-important balance in sexual chemistry and the end result is less sex.

Maintain a Healthy Relationship By Embracing Your Role as the Man

The answer to the question of what makes a healthy relationship is really quite simple.

It takes a man with strong, alpha male characteristics to lead the way and to allow a woman to relax into feeling like a woman to create a healthy relationship dynamic.

When you accept your masculine role in the relationship, you allow yourself to create the ideal sexual dynamic between you and your woman and you create a stronger, happier, and healthier relationship as a result.

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[image]

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My Girlfriend Nags Me All the Time

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Nothing can be more frustrating than being in a relationship where you feel you're walking on eggshells around your girlfriend (fiancée or wife) all the time.

When you find yourself saying, *"My girlfriend nags me all the time,"* and when nothing you seem to do is right for her, it's easy to start thinking, *"I can't take this anymore"* *"Why is nothing I ever do good enough for her?"* and *"I love her, but I don't know what's wrong with her all the time."*

Although it's easy to just write it off as her being difficult or fussy, or even to just ignore it and hope that somehow she'll miraculously stop behaving this way, when your girlfriend nags you, it's her way of telling you, *"I'm not happy with the way things are in the relationship. You're not making me feel the way I want to feel and if you don't shape up and make some changes, I'm going to break up with you."*

In a relationship, it's the man's responsibility to not only maintain the love, respect and attraction that his woman feels for him, but also to maintain the correct relationship dynamic.

If he fails to do that, she will gradually begin losing respect for him as a man, and she will start behaving in *"negative"* ways, like nagging him all the time, in an attempt to make him realize that she's not happy in the relationship.

If he fails to take any action and make her feel understood, she will become irritated and frustrated by the relationship and will usually end up breaking up with him.

What Is She Trying to Tell You Every Time She Nags You?

[image: My girlfriend nags me all the time]

A woman doesn't just *"nag"* because she likes the sound of her voice, so to speak. Even if to you she's being petty or unreasonable, like if she nags you to put the cap back on the toothpaste, or if she nags you because you came home late from work or college, to her these things pinpoint a deeper underlying issue.

A woman will nag a man because:

1. She feels more masculine than him.

In the past, men and women lived by clearly defined gender lines. The men had all the power and the women were forced to do what their father, and later on their husbands, told them to do.

In today's world, women have become so confident and independent, that most men end up believing women no longer need a man to lead in a relationship. This is why so many modern men no longer know how to behave around women. Add to this the fact that the media is constantly bombarding us with confusing signals.

Take for example the lyrics in popular songs like *Destiny's Child* *"Independent Women"*:

*"Tell me how you feel about this
Try to control me boy you get dismissed"*

Pay my own fun, oh and I pay my own bills

Always 50/50 in relationshipsâ€”â€” Destinyâ€”s Child

It almost seems like women want to think, behave and act like men and that guys have become an optional extra in their life. Yet, that isn't what is really going on. Women are simply becoming stronger and more independent and they want men to become even stronger than they are.

Most guys end up feeling confused about the â€”rightâ€” way to behave around women because they don't really know what their true place in a woman's life is. Some guysÂ respond by suppressing their masculinity and letting the woman â€”wear the pantsâ€” in the relationship because they think thatâ€”s what she wants.

Yet, regardless of how intelligent, strong and amazing a woman is, she still wants her man to be the man.

If youâ€”re saying, *â€”My girlfriend nags me all the time but I donâ€”t know whyâ€”* let me tell you why: Itâ€”s because sheâ€”s feeling more masculine than you. You are forcing her to be somewhat of “the man”Â in the relationship and sheâ€”s feeling the burden of always having to make the everyday decisions, or tell you what to do.

[image: My girlfriend nags me all the time]

Her nagging you is her way of letting you know that she wants you to be mentally and emotionally stronger than her, so that she can sometimes relax into being a feminine woman.

She doesnâ€”t want to feel pressured into being the man in the relationship, or have to â€”motherâ€” you because youâ€”re sitting back and suppressing your masculinity because you think thatâ€”s what she wants you to do.

If you keep forcing her to take on the masculine role, she wonâ€”t feel like a real woman and she will not enjoy being around you.

2. She feels he is taking her for granted.

For a woman to relax in the relationship and be a feminine woman, she needs to feel that her man is making her feel the way she wants to feel. It is the manâ€”s responsibility to maintain and grow the love, respect and attraction that him and his woman feel for each other.

However, many guys who lack experience with women often assume that getting a woman to go out with him is where the hard work lies and once sheâ€”s â€”hisâ€” he can relax and revert to old (negative) patterns and behaviors. Add to this the pressures of everyday life, and it often leads to him becoming neglectful of his girlfriend (fiancÃ© or wife).

When this happens, a woman naturally begins to feel taken for granted. She feels un-loved and un-appreciated and she resorts to nagging him in the hopes that heâ€”ll notice how miserable she is and make changes in his attitude and behavior.

3. She feels like she has more purpose in life than he does.

A woman likes the idea of being with a man who is able to have his say in the world and who will ultimately be able to provide for himself, her and their children if they have any. The idea of being with a man who is going to struggle to put food on the table is not appealing to women.

Yet, a woman will be just as attracted to a man who has the potential to become more powerful and successful, as she is to a guy who is already powerful and successful.

When a woman ends up in a relationship with a guy she perceives as having potential to become

more successful in his life, only to discover that heâs hiding from his true potential and using his relationship with her as an excuse because he actually lacks purpose, she will naturally feel turned off.

She will end up becoming a nag in the hope that heâll pick himself up and rise through the levels of life like a real man. If he fails to do that, she will eventually lose respect and attraction for him and eventually her love for him will die.

When She Feels Heard She Will Stop Nagging

When a woman nags her guy, she will rarely come out and say what is actually bothering her. So, rather than say, *âIâm tired of being in charge and I need you to step up and man up,*â sheâll say things like, *âWhy canât you ever make a decisionâ* or *âIâm tired of telling you to put your stuff away / take out the garbage / pay the billsâ* etc.

If youâre going to stop saying, *âMy girlfriend nags me all the time,*â youâre going to have to improve your understanding of women. You need to understand what your girlfriendâs body language, actions and behavior is really saying. You need to âdecipherâ her nagging so that you can figure out what is really bothering her.

Once you know what is causing her to be a nag, you need to take action and fix those things in yourself. Iâm not saying you have to become someone youâre not, but rather a better, more complete version of who you are right now.

When your girlfriend feels understood, she will naturally relax and open up to the idea of being your woman, because she can fully rely on you to be her man. She wonât feel the need to nag you anymore because sheâll be feeling the way she really wants to feel when sheâs with you.

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[image]

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How to Survive a Long-Distance Relationship

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you're wondering how your long distance relationship is going to survive, the first thing you need to know is this...

She will wait for you, be faithful to you and yearn to see you, as long as you are continuing to trigger her feelings of love, respect and attraction for you. If you are doing that, then there is no reason for her to want to leave you and find a new guy.

Most women spend much of their lives trying to find a guy who can deepen their feelings of love, respect and attraction in a relationship and when they find it, they rarely let go.

Watch this video by Dan Bacon (founder of The Modern Man) to understand how a woman's attraction for a man works and how you can use it to protect your long distance relationship...

How Long Have You and Her Been Together in Person?

We often get emails from guys who want to know how to survive a long-distance relationship and not lose their girl in the process.

Sometimes it's because the woman they are in a relationship with is relocating temporarily through her work or going travelling for a few months but usually it's because she's been offered the job opportunity of a lifetime with the only downside being that it'll mean moving to a different town or spending long periods of time overseas.

Whether or not a long-distance relationship can survive or not is down to how much both parties want it to survive, and a big part of that is going to come down to how long they've been together and how well-established the relationship is.

Generally speaking, relationships that are in their early days are unlikely to survive. When two people are still getting to know one another, putting distance between them inevitably leads to drifting apart because the emotional bond that's needed to hold them together when they're not physically together hasn't had a chance to form.

However, the majority of guys who email us here at The Modern Man have been in their relationships long enough to know that it is a serious relationship that they want to keep alive, even though it's now going to be a long-distance one.

The very fact that guys ask how to survive a long-distance relationship reveals that they already have concerns about whether or not the woman will want to keep it alive. Sometimes they are already a few months down the line and the reality of a long-distance relationship is much tougher than they imagined.

Sometimes they are just about to relocate and the reality of what it's going to mean in terms of their relationship is just beginning to hit home. Either way, the concerns guys have are generally always the same, and they are concerns that revolve around their own insecurities.

What If She Meets Someone Else?

[image: What if she meets someone else?]

When a guy's main concern is that she might meet someone else, he needs to ask himself why. Is his gut instinct telling him that she will cheat, or is it just a case of him being insecure?

If you are in an established relationship and you both want to keep the relationship alive even though it's going to become a long-distance one, why would she start looking for someone new the moment you're gone?

Look at it this way, you're still going to be the same guy she fell in love with and the guy she wanted to get into a relationship with even when you are hundreds of miles away from each other, right? Well, let's just say that if you're not, then that's where you're getting things wrong.

If you allow the change of circumstances to change you into someone else because it unleashes a truck-load of insecurities in you, you might not be the same guy she fell in love with any more.

Women are attracted to confident men, men who are secure in themselves and in who they are, and men who have a relaxed, self-assured attitude to life as a consequence.

Women know that a man with these qualities is a man who has his pick of women so they work hard at chasing him down and securing his affections for themselves. If you become an insecure guy who questions her every move, and you become desperate in your need for constant reassurance from her, you're in danger of losing her respect and killing the sexual attraction in the process.

What If She Cheats on Me?

[image: What if she cheats on me?]

Feelings of insecurity coming from you will change the way she feels about you. The way you feel affects the way you think and the way you behave.

If you are consumed with feelings of doubt and feelings of jealousy every time you hear another man's name mentioned, you are more than likely going to behave in an overly-possessive way. Your insecurities force her into "taking charge" in the relationship and she will feel under pressure to constantly reassure you and constantly bolster your flagging self-esteem.

If this is allowed to happen, you're really getting it wrong, because she's no longer able to feel like a woman in the relationship. In fact, she's going to feel like a mother caring for a child and the all-important sexual spark that's needed between a man and a woman is lost.

If she then meets a man who possesses all the character traits that first attracted her to you, she may well cheat on you because she will feel powerless to resist a man who reminds her of what it feels like to be a woman.

How Can I Make Sure That I Don't Stuff Up the Relationship?

Getting it right comes down to not letting the change of circumstances in your relationship change the man you are, or change your masculine role in the relationship.

A temporary distance between you need not change the relationship dynamic if a successful dynamic already exists. When you are an emotionally stable man; a man with genuine self-confidence, a man with strong alpha male characteristics, and a man who is genuinely comfortable in his own skin, then you are a man who sparks an instinctive sexual attraction in your woman.

When a successful relationship dynamic exists, there's no place for unwarranted jealousy, over-protectiveness, clinginess, or any other destructive negative emotions and behaviours. You feel confident in your role as the leader in the relationship and she feels confident in her role as the woman in the relationship.

Sure, you're going to miss each other and you're going to have to figure out ways of keeping each other satisfied when you're apart, but when you get it right, the emotional connection you have will make sure that sexual sparks are going to fly whenever you happen to get together physically.

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[image]

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My Girlfriend Had a Fling

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you're saying, *My girlfriend had a fling*, you are probably feeling very hurt, betrayed, angry and confused right now.

You are probably asking yourself, *How could she do this to me?* *Does this mean our relationship is over?* *Was it my fault; what did I do wrong?* or even *Can our relationship be saved after what she did?*

Well, it depends.

The key to any successful relationship is trust and although you can never fully trust a woman 100%, you just have to. A relationship cannot function without trust, which is why you should now honestly answer these questions to yourself:

1. Do you want to stay in a relationship with your girlfriend who cheated on you, or do you want to break up with her?
2. Can you fully forgive your girlfriend for having a fling, put it all behind you and learn to trust her again so that your relationship can move forward and become better than before?
3. Can you accept that certain behaviors and attitudes from you may have caused your girlfriend to stop feeling the way she wanted to feel when she was with you, so she turned to someone else to get what she felt was lacking in your relationship?
4. Are you willing to make changes, fix any of your issues (that may have caused her to lose respect and attraction for you) and become an even better man than you are right now, so that you never again have to find yourself in the situation where you are saying, *My girlfriend had a fling*?
5. If you had your choice of women right now and could be dating and having sex with as many hot women as you want, would you still be thinking about staying with your girlfriend?
6. Are you simply holding on to a woman who cheated on you because you're afraid that if you dump her you won't be able to find another (even better) woman than her?
7. Do you lack confidence in yourself and in your ability to approach, meet and date new women?
8. How would you feel if you married your girlfriend or had a family with her and she cheated on you again? Do you really want to go down that path?
9. Do you sincerely believe that she made a mistake and will never do it again?

You Can Make a Fresh Start

Right now you're probably switching between feeling angry with your girlfriend and wanting to hurt her back, and feeling like you don't want to lose her.

Either way, when your girlfriend had a fling with another guy, she highlighted the fact that your relationship is not what it should be. This is why, although what she did really, really sucks, it's also a good thing because you can make a fresh start.

How?

1. Understand what caused her to have a fling.

Whether you want to stay in a relationship with your girlfriend, or you want to dump her and go out and get yourself an even better and more attractive girlfriend than her, you first have to understand what caused her to cheat on you. Why?

Understanding what caused her to have a fling benefits you because when you know the real reasons why she did this, you can make the correct changes that will then make her feel understood and happy to start the relationship again with a clean slate.

Alternatively, if you get into a relationship with a new woman, you won't be at risk of making the same mistakes that caused her to have a fling in the first place. On the other hand, if you don't know exactly what she really wants you to change, you will most likely end up making the same mistakes again.

Although it's easy to put the blame entirely on her for what happened, blaming her is not going to make the underlying issues in your relationship, (and in future relationships) go away. If you decide to stay with her, and then only "sweep everything under the carpet," what will happen is, eventually she will either have another fling, or, she will dump you.

2. Fix your issues and improve yourself.

If you renew your relationship with her without fixing your issues and becoming the kind of man that she needs you to be, she will most-likely cheat on you again.

On the other hand, if you dump her and get into a new relationship without fixing the issues from your current relationship, you will inevitably repeat the same mistakes and end up being cheated on again, or simply being dumped.

This is why it's so important to understand what caused your girlfriend to have a fling; so that you can fix those things and avoid repeating past mistakes, whether in your current relationship, or in a new relationship.

But, you'll probably be saying, *"SHE is the one who had a fling, why should I be the one who has to change?"* Basically, you have to understand that when a woman is getting what she needs from her man, she will never cheat on him because no other guy will be able to make her feel the way her man already does.

However, when a man behaves in ways that turn her off, she will look for a guy to fill the gaps that she's feeling in her relationship.

For example: If a guy is clingy, needy and insecure in his relationship, his girlfriend (fiancée or wife) will feel smothered. If he doesn't fix this behavior she will naturally find herself drawn to men who are confident and independent. Why? Women are instinctively drawn to strength in men and repelled by weakness.

Another example is if a guy takes her for granted, is careless with her feelings and doesn't put in the effort to make her feel loved, appreciated and cared for in the relationship. Naturally, when this happens, she will look for a guy who is attentive, caring and treats her like a princess and makes her feel the way she wants to feel.

Whatever you decide to do with your current relationship; understanding and then fixing the issues that caused your girlfriend to have a fling will help you in the long run.

3. Decide what YOU want to do.

The changes you make in your attitude and your behavior will definitely help make your girlfriend regain respect, love and attraction for you as a man. However, whether you're prepared to give

your relationship with her another chance depends solely on you â€œ NOT her!

You can decide if you want to forgive her and trust her again. If you do, it will be because you want to, not because you are afraid that if you lose her you will never be able to find another girlfriend again.

Don't Let Her Actions Destroy Your Sense of Self-Worth

You can sit around saying, *â€œMy girlfriend had a fling,â€œ* and feeling like a worthless victim, or you can use this bad experience as an opportunity to improve yourself and become an even better man than you are already.

The fact is, youâ€™re not changing for her, or any other woman, youâ€™re changing for YOU. Youâ€™re not changing who you are deep down as a guy, instead you are adding to who you already are right now.

When you become a stronger, more confident and more well-rounded man than you already are, your girlfriend (and other women) will see it in your actions and in your body language and will be drawn to you.

Your girlfriend (present or future) will feel like SHE has to work hard to maintain YOUR interest, because she knows that if she steps out of line, not only can you dump her, you can also replace her in a heartbeat.

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[image]

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Can Long-Distance Relationships Work?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

A long distance relationship will work if:

1. You are the type of guy that she is willing to wait for and be faithful to.
2. You are able to build on her attraction and respect for you from a distance.
3. You don't become insecure, overbearing or boring during the times she is away from you.

Her feelings of respect and attraction for you are going to be based on how you make her feel when she interacts with you on the phone or a video call (e.g. Skype, Facetime, etc) and when she looks at how you are living your life via social media.

If you're unsure how a woman's attraction for a man really works, watch this eye-opening video by [Dan Bacon](#) (founder of The Modern Man) to understand how it works...

Mixed Opinions

If you look around online, there are just as many people saying that long distance relationships cannot work as there are people saying that they can work.

People who have been there and tried it for themselves will tell you that the reality of not spending physical time together makes it impossible to maintain any kind of lasting emotional connection and the outcome is that you eventually drift apart.

Yet, should their personal experience lead to the conclusion that all long-distance relationships are doomed to failure? It didn't work out for them, but could it work out for you? Can long-distance relationships work?

Making Connections

If you have just met someone who lives in a different location to you and it's not a distance that makes for an easy commute on a regular basis, there's little chance of your relationship going anywhere. A successful relationship between a man and a woman is a relationship built on sexual attraction.

If you are in the early stages of a relationship, there's going to be an instinctive need for physical contact when the sexual dynamic is right, and it's the physical connection that leads to the development of a meaningful emotional connection.

If you don't have that physical contact, you're going to struggle to get connected or stay connected on any level. So, in this case, the answer to the question of, "Can long-distance relationships work?" is no.

Unless a solid physical and emotional connection has been established in a relationship before it becomes a long-distance one, it's not going to work out.

Phil's story...

Phil met Jude at a mutual friend's wedding. In his email to me, he wanted to know where he was

going wrong with his relationship because four months down the line he had still not had sex with her.

In that four months, Phil had been away on three business trips and each trip took at least 10 days, so they had actually only been on six dates since the wedding. Because of this, physical contact was limited, but the real problem was that Phil was *on his best behaviour* each time they got together.

Unfortunately, Phil had made the all too common mistake of thinking that *treating a lady right* meant being a *gentleman* and keeping his hands to himself until he was given the go-ahead.

The *go-ahead* was never given because Phil's hands-off approach was standing in the way of Jude being able to feel like a woman in his company. The lack of physical connection left Jude feeling she needed to keep her guard up, so the relationship couldn't move forward.

Making it Work

The world is a much smaller place now than it was even just a generation ago. If you go back two or three generations, the majority of men only met women who lived in their local area and it wasn't unusual for people not to have moved away from the town they were born in.

This is no longer the case. Today, a typical night out socialising in bars and clubs can lead to meeting women from all over the world, let alone different towns in your own country.

If you're a guy who has taken my advice and learned how to approach women, get engaged in conversation and move things forward into kissing and sex, you might find that you're in the position of wanting to develop a more committed relationship with a woman you've met.

So what happens if she's only in your area temporarily, or what happens if you're in a job that involves spending three months of every year working overseas? If there's already a physical and emotional connection, can long-distance relationships work?

The answer is yes, they can, but only when both parties are willing to do whatever it takes to make it work.

Mark's story...

Mark and Kate have been together for three years. They met at work when they both worked for the same company and moved in together 10 months later. Two months after setting up home together, Mark was head-hunted by another company and offered a *dream job*. However, accepting it was going to mean frequent overseas trips for up to three months at a time.

It wasn't an easy decision, says Mark. *Kate had only just moved in and we were really happy with life, but I knew that the job offer was the opportunity of a lifetime for me.*

Two years after accepting the new job, Mark and Kate are still together, so how did they make their long-distance relationship work?

It all comes down to wanting the same things in life, says Mark.

Kate and I both wanted to keep our relationship together so we sat down and had a totally open and honest discussion about what being apart for months at a time would mean for us. Sex was a big concern, so we had to be up-front about how we felt and then figure out ways to deal with the separation and still satisfy each other's needs. For us, the time apart has allowed us to grow as

*individuals and our relationship has grown stronger as a result.*â€œ

Mark's story is proof that long-distance relationships can work, and Mark and Kate are not alone. Couples with a strong physical and emotional connection can find ways to make temporary separations work when they already have the right relationship dynamic.

Modern relationships are different to the relationships our grandparents had, and many modern relationships become long-distance relationships simply because the world and our lifestyles have changed.

However, something that hasn't changed is the need for sexual attraction to bring a couple together and then keep them together. In Mark's case, the sexual spark wasn't dampened by being apart, in fact, being able to grow as a result of his new job fanned the flames.

*It was being my own man and knowing where I wanted to go in life that attracted Kate to me in the first place. Getting the chance to further my career and going for it turned out to be a real turn on for her. She loves the man that I am, and she loves supporting me in my opportunity to realise my ambitions. If anyone asks me how we manage to make it work, I tell them I found the right woman.*â€œ

×

[image]

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Is it Okay to Cry in Front of Your Girlfriend?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

It depends.

In most cases, a woman will lose respect and attraction for a guy who cries in front of her. However, there are exceptions, which we will discuss throughout this post.

The first thing we need to get clear when answering the question, “*Is it okay to cry in front of your girlfriend?*” is to understand the dynamic between a man and his girlfriend when they are in a relationship.

Naturally when a guy is single he will behave differently to when he is in a relationship. Of course, a man’s fundamental beliefs will always stay the same, but some guys who have no, or little, experience with women, will put on an act to initially attract a girlfriend.

Once they settle into a relationship, all the qualities that attracted her to him begin to fade away. For example, a guy might pretend to be more confident, masculine, strong and in control than he really is, but when he settles into the relationship’s comfort zone he allows his insecurities and fears to come out.

Instead of continuing to take the lead in the relationship and being the more dominant one so that he can maintain his girlfriend’s respect and attraction for him, he instead allows her to become more dominant and he starts behaving like a woman, while she is forced into the role of wearing the pants in the relationship.

Which brings me back to the question: *Is it okay to cry in front of your girlfriend?*

2 Example Scenarios

Scenario #1 Jason and Donna

Jason is a single guy.

One day he’s at a party with some friends when he spots a beautiful woman. The first thing that goes through his mind is, “*Wow! She’s really hot! I’d definitely have sex with HER!*” Casually he walks up to her and starts a conversation.

He’s funny, interesting and flirts with her creating sexual attraction between him and her. Her name is Donna. Slowly Jason starts thinking, “*I really like her. I want her to be my girlfriend.*” He asks her out on a date and she accepts. Soon Jason and Donna are a couple.

Jason’s friends are jealous because they can’t believe Jason managed to get such a beautiful woman to be his girlfriend. In the beginning while they are still dating Donna wants to impress Jason, so she makes an effort to please him by always looking beautiful, wearing make up, doing her hair and taking care of her figure so that she can retain the attraction between her and him. She feels lucky to have such a strong, masculine guy interested in her and she is doing her best to make him her boyfriend.

However, over time things change!

As soon as Jason and Donna settle into a comfortable relationship, Donna starts letting herself go. Instead of dressing up, she hangs around in an old, dirty tracksuit all day. When they go out together

she never wears make up anymore and she always wears boring clothes that aren't flattering. Worst of all she eats all day. Suddenly her hot body turns to fat. Jason feels turned off by her now and he avoids wanting to have sex with her and he doesn't go out in public with her anymore.

As you can see, all the things (her looks) that attracted Jason to Donna are no longer there. The thing is, Jason is not being shallow. It's just a fact that men are mostly attracted to a woman's physical appearance and how that makes him feel.

When a woman lets herself go, a guy may stop feeling attraction for her and the relationship will then suffer.

Now let's look at a scenario from the woman's perspective.

Scenario #2 â Frank and Cindy.

Frank and Cindy meet in much the same way as Jason and Donna. Cindy is really beautiful and most guys think she's quite a catch. Frank on the other hand is just an ordinary guy (maybe even a little bit ugly).

In fact, Frank is so unattractive physically that a lot of other guys see him with Cindy and wonder, *What has he got that I don't? Why would a beautiful woman like her choose HIM?*

Cindy would say, *Frank is SO confident. He's a real man who knows how to make a woman feel safe and taken care of.* You see, what has happened between Cindy and Frank is a classic example of what happens between men and women ALL the time.

Like I mentioned before, men are mostly attracted to women based on how they look. This is why a guy will even date a beautiful woman even if he doesn't much care for her personality. On the other hand, women are mostly attracted to the things about men that are not related to looks.

When Frank approached Cindy he behaved in ways that made her feel instant sexual attraction for him. What she didn't realize at the time was that Frank was only pretending to be confident, self assured and mentally and emotionally strong.

Deep down Frank feels shy, insecure and nervous around beautiful women. However, as luck would have it, Cindy fell for him that night and soon they were boyfriend and girlfriend.

Then things began to change.

Soon Frank's real personality began to come through. You see deep down Frank felt weak and insecure. These feelings began to come through in strange ways. When Frank had a bad day at work, he'd come home and CRY.

If someone upset him; Frank would CRY. In the beginning Cindy would comfort him. She'd think, *It must have been a really bad day. I'm sure Frank won't do this again.* However, Frank began to cry over things that 99% of men wouldn't even get watery eyed over.

[image: Is it okay to cry in front of your girlfriend?]

Whether he was watching a sad movie or if his boss was being difficult with him at work, he'd cry. Eventually, Cindy and Frank started fighting; and guess what? Yes, Frank would CRY!

Eventually Cindy had enough and she broke up with him (and yes he cried then too and begged her to stay).

Yet, WHY did Cindy break up with him?

Was it because she was a cold hearted bitch?

No.

Just like Donna stopped making Jason feel attraction for her by letting herself go, in the same way Frank stopped making Cindy feel the way she wanted to feel. In the beginning Cindy was attracted to the strength in Frank.

She felt attraction for his confidence, masculinity and mental and emotional strength. When Frank started behaving like a woman, Cindy began to feel insecure in the relationship. She began to lose respect for Frank as a man and finally she stopped feeling attraction for him too. This is normal. Women are attracted to the strength in men and repelled by weakness.

[image: Feeling turned off after her boyfriend cried]

And this is why real men don't cry in front of their girlfriends over minor, insignificant things.

There Are Exceptions

Of course there are always exceptions to any rule.

For example: When a close loved one, such as a parent, grandparent, sibling or close friend dies, it's perfectly okay for a guy to cry at the funeral or get watery eyed. A few tears can even be considered a good and healthy thing and a woman will not lose sexual attraction for her man because of it.

Another example of when it's okay for a guy to watery eyed in front of his girlfriend is when he achieves something great, like receiving a great award or accomplishing a great feat (climbing a mountain, crossing an ocean solo, winning a gold medal, etc.). In cases such as these getting watery eyed (but not crying) in front of your girlfriend will not diminish her attraction for you.

However, if you cry, sob and loose control of yourself, she will more than likely turn away and wait for you to regain control of yourself. She won't want to see if you in that emotionally weak state because women aren't attracted to emotional weakness.

Getting watery eyed because you are real enough to feel emotions is different than crying uncontrollably. If you carry on too long she will naturally start thinking, *"I wish he'd stop crying now. He's behaving like a girl."*

Be the Strong Man That She Needs

I hope that by giving you the above scenarios I have been able to answer your question of, "Is it okay to cry in front of your girlfriend?"

Ultimately, a woman is attracted to a man because of how he makes her feel and the stronger he is (emotionally), the better she will feel around him. When a guy behaves in ways that make her feel feminine, protected and taken care of, she feels attraction.

If on the other hand she feels that she has to carry the slack in the relationship to compensate for her man's weakness, she will at best, begin to feel like a mother figure or sister to him and at worst, she will begin to lose respect and attraction for him.

Get watery eyed if want to, but make sure you stay in control of your emotions and make sure that you remain being the *"man"* in your relationship.

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[image]

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My Girlfriend Likes to Party and I Don't

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Being in a relationship doesn't mean you should live in each other's pockets.

Having friends and interests apart from each other is normal and healthy, and unlike in past generations where men could leave the house whenever they pleased while the women stayed at home, women today are as likely to have a girls night out as guys are to have a guys night out.

However, where do you draw the line? For example: Is it safe to let your girlfriend to go partying without you?

It depends. If you're okay with it and it's something the two of you agree to, then sure. However, if you're saying, *"My girlfriend likes to party and I don't"* you're probably not feeling entirely comfortable with the arrangement. However, you don't want to come across as being the clingy, needy, jealous and insecure boyfriend who tries to control his girlfriend's every move, right?

Here's the thing: If partying is an essential must do thing in your girlfriend's life that she simply can't live without, then she has to do it even if you don't like it. She has to trust her gut instinct and follow her heart. However, that being said, when in a loving relationship, it's also normal and natural for her to change over time.

Often, a woman will naturally reach a point in her life where she needs to change. She will find that she wants to stop behaving like she used to, stop doing what she did when she was single and she will start doing what is necessary to keep her relationship together for life, or at least for the long term.

She will realize that for a relationship to be happy, healthy and lasting, both her and her boyfriend have to work at growing the trust, respect, attraction and love they have for each other and this includes giving up certain things, like partying all the time.

The question is: If your girlfriend likes to party and you don't should you be worried about it, or should you just relax and let her enjoy herself?

Trust is Vital in a Relationship

Being able to trust each other in a relationship is vital if the relationship is going to last and be happy. However, trust is also a very fragile thing. Although when in a relationship you HAVE to trust each other, you also have to be aware of the fact that that trust can easily be broken one day.

If your girlfriend is a decent woman who treats you with respect and generally doesn't give you any reason to doubt her loyalty to you, then partying with her girlfriends once in a while is perfectly okay.

The question is: Is your girlfriend giving you other reasons to doubt her loyalty to you? Is she behaving in any of these ways?

1. Does she go partying with single girlfriends?

[image: My girlfriend likes to party, but I don't]

Itâ€™s one thing for a woman to hang out with friends who also have boyfriends. Even going to a club can be okay if she goes with other women who are in a committed relationship, because in a case like that itâ€™s not about going out to find a man, but rather about dancing and having a good time together.

However, if your girlfriend is going out to clubs, bars and parties with SINGLE girlfriends who are looking to find a man, she is putting herself in a position to get hit on too.

By their very nature, nightclubs are designed for partying, drinking, dancing and finding someone to have sex with. Even if your girlfriend is not open to being hit on, simply by being around women who ARE, she is opening herself up to being approached by other men.

After a drink or two a personâ€™s inhibitions naturally lessen, so, if your girlfriend continuously puts herself in a situation where sheâ€™s hanging out with other women looking to be picked up, and then has a few drinks and gets approached by a guy, she will be less likely to resist him.

This can mean she will openly flirt with him and she may even end up kissing him or taking his phone number.

If your girlfriend loves and respects you, she wonâ€™t be interested in going partying with single girlfriends and putting herself in a position to get hit on by men. Instead sheâ€™ll have just as much fun going out with her friends to restaurants, coffee shops or to each otherâ€™s houses.

2. Does she go partying with single men?

When a woman goes out with single, men such as guy friends or work colleagues on a regular basis, itâ€™s not a good sign. Even if sheâ€™s not interested in them herself, someone in the group may be interested in her and is just waiting for her to have a few drinks and let her guard down to make his move.

No matter how much your girlfriend likes to party and you donâ€™t, if itâ€™s a choice between partying it up with other guys, or going somewhere else with you, you should always be her first choice. If youâ€™re not, sheâ€™s clearly not as committed to being in the relationship as you are.

3. Does she insist on going partying without you?

When a woman feels love and respect for her boyfriend she would rather have him come along to most things with her. Short of it being a â€œgirls onlyâ€ birthday party, or wedding shower, if your girlfriend insists on going out partying by herself, she is clearly opening herself up to meeting other men.

In a relationship, you have to give a woman your full trust, but you still have to be aware of the red flags when they pop up. If your girlfriend would rather go out without you, it doesnâ€™t sound like she considers you to be â€œthe oneâ€ for her.

Maybe youâ€™ve also simply stopped saying and doing the types of things that make her feel attracted to you. Youâ€™ might have fallen in the trap of taking her love, respect and attraction for granted and are just expecting that she will stick by you because things felt good at the start of the relationship.

4. Have you ever found an unknown guyâ€™s number on her phone after a night out?

If a woman has a boyfriend and isnâ€™t open to cheating on him, she wonâ€™t take another guyâ€™s number. That being said, she could have taken the number just to get him to leave her alone, but if that was really the case, she would have at least told her boyfriend about it, or she would have deleted it quickly off her phone as soon as he turned his back.

What Are You Prepared to Do About it?

You can sit around saying, *“My girlfriend likes to party and I don’t”* and hoping that things will change by themselves. However, if your girlfriend is giving you cause to doubt her loyalty to you, you have to ask yourself, *“Why am I putting up with this?”* and *“What am I going to do to change it?”*

If you love your girlfriend and you want to keep her in your life, it’s your responsibility as her man to grow the love and attraction between you so that she only has eyes for you.

If her eyes are wondering, then somewhere along the line you stopped making her feel the way she wants to feel, and she’s looking outside of your relationship for the attention, attraction and excitement she’s not getting from you.

Rather than sit around hoping she’ll *“grow out of it”* and eventually get over her desire to party, you have to identify the problems in your relationship and make an effort to fix any issues and attitudes that are pushing your girlfriend away from you.

On the other hand, if this is really a problem in your relationship, and no matter what you do, your girlfriend still wants to go partying when you don’t, ask yourself, *“Why am I sticking around with a woman who doesn’t have the same values and interests as me?”* Could it be that you don’t believe you can do better?

Whatever the case, we are here to help you. Whether you need to become the man that your girlfriend really wants you to be, or whether you want to build your confidence and go out and get yourself an even better girlfriend; we have everything you need right here on this website.

Click around and you will discover all the answers you need to fix the problems between you and your girlfriend...

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[image]

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How to Control Jealousy in a Relationship

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you're looking for advice on how to control jealousy in a relationship, the first thing that you need to know is this...

You shouldn't try to "control" jealousy in a relationship; you should try to get rid of it completely.

How can you get rid of your feelings of jealousy?

Give Her Your 100% Trust and Let the Relationship Unfold Naturally

[image: Give her your full trust]

When in a relationship with a woman, you have to give her your 100% trust so that the relationship can be free to grow, mature and reach higher levels of love, respect and attraction. You have to trust that she feels attracted to you, trust she loves you and trust that she is committed to you.

She might break that trust, but that's the risk you have to take if you want the love, respect and attraction to grow and mature between you. Without the foundation of unconditional trust, neither of you will ever be able to fully relax and enjoy the type of companionship, intimacy and closeness that comes with an emotionally secure relationship.

You Have to Remain Strong, Especially When She Tests You

[image: You have to stay strong]

Women are not attracted to the emotional weakness or insecurity of men, so if you want to remain attractive to your woman in a relationship, you have to remain emotional strong and secure at all times.

...especially when she tests you.

Regardless of how great the relationship felt early on (e.g. you had awesome sex, she said "*I love you*" 20 times a day, you could talk to each other on the phone for hours, etc) or how smooth things seem to be going between you and your woman right now, she will ALWAYS test your emotional strength to see if you are man enough for her.

The tests that a woman will put you through will go on for the rest of your life, so you'd better get used to it now. It never ends and there is a good reason why, which I will explain later.

Two of the guaranteed tests that a woman will put you through during a relationship are:

1. When she pulls back her interest and stops being affectionate towards you.
2. When she tries to make you jealous in very subtle or obvious ways by saying that other guys are interested in her, or that she finds another guy attractive.

How a guy reacts to those tests will determine the path that the relationship will take. If he reacts with insecurity and jealousy, she will begin to lose respect and attraction for him and if that happens often

enough or for long enough, she will gradually begin to disconnect with the desire to be in love with him.

On the other hand, if he reacts with confidence, love and emotional strength, her feelings of love, respect and attraction for him will deepen over time. The couple will be able to reach the higher levels of the relationship and get to experience what it feels like to be truly in love in an emotionally secure relationship.

A personal example of a test that my girlfriend (who is now my wife) hit me with happened while we were watching MTV on the sofa at home. The singer Will.i.am came on the screen (the black guy from Black Eyed Peas) and she said, *"I love his eyes. Now, he's a handsome black man...I like him."* She didn't have to say that out loud to me. She could have kept it to herself, rather than putting it out there to see how I would react. Yet, she was just doing what women do; they instinctively test men to see how emotionally secure they are.

Why? Women are attracted to the strength of men and turned off by the weakness. If a man continually reacts in an emotionally insecure way to her tests, a woman will not only lose touch with her feelings of attraction for him, but she will begin to lose respect for him and then begin to fall out of love with him. It's just how it works.

Anyway, so when my girlfriend mentioned that Will.i.am was handsome and that she loved his eyes, I could have begun to feel insecure and jealous about her finding Will.i.am to be attractive. Yet, I didn't. Why?

I am aware that the fleeting attraction that I feel for 100s of women that I see on TV means nothing compared to what I feel for her. She's the one who I am sitting on the sofa with and she's the one who I've chosen to be with in a relationship, not those random women on TV who will be gone in a flash.

The same applies to her.

I am the guy that she is in love with, in a committed relationship with and it doesn't matter to me if she feels a fleeting attraction for some random guy on TV or a guy walking past us on the street. I trust in the fact that we love each other, are attracted to each other, respect each other and are growing together as a couple.

Me feeling a temporary attraction to a woman walking by us on the street or a woman on TV isn't going to make me break up with her and vice versa.

By the way...

In case you're wondering what my reaction to her comment was, it was this, *"Yes, he's a handsome man..."* and I then talked about how great his music is and what the Black Eyed Peas did for the music industry.

30 seconds later, her and I were reminiscing about a time when we were dancing to the Black Eyed Peas song, "Don't Stop the Party" at a club with some friends and one of our friends got up on a podium and started dancing like a nutter. He ended up getting so into the song that he spilt his drink on his shirt. We were laughing and shaking our heads at the same time. Crazy night.

Can you see what happened between me and my girl there? Instead of allowing a situation like that to make me feel jealous and insecure, I actually used it as a way to deepen her love, respect and attraction for me. We connected about the some good times we had in the past and she felt respect and attraction for me because I didn't become insecure and jealous.

She knows that no matter what she says or does, I will always remain strong and I won't be affected by it. Knowing this, she cannot help but feel respect and attraction for me. As a result of being that emotionally strong, I feel better and she feels better, so everyone wins.

Yet, if I had reacted with jealousy and insecurity to her comments, neither of us would have felt good.

How to Avoid Being Jealous in a Relationship With a Woman

[image: How to avoid becoming jealous in a relationship]

If you want to avoid being jealous, controlling and insecure in a relationship, you need to establish the right foundation as a man.

You've got to:

1. Be able to attract women by choice, rather than accepting whatever you can get and then trying to make it work with an incompatible woman

If a man "gets lucky" with a woman and somehow fumble his way into a relationship with her, he is always going to secretly know that he got her by chance and doesn't really know how to attract and pick up other quality women like her.

So, when she begins to withdraw her affection or tries to make him jealous as a way of testing his emotional security, he will most-likely react in an insecure way because he will be very afraid of losing what he's got.

Her sudden lack of interest in him will make him begin to doubt himself, accuse her of being interested in other guys, ask her if she still feels the same way about him or tell her how much he needs her in his life.

He may even begin to treat her nicer, buy her lots of gifts or try to convince her to marry him or start a family with him, because he doesn't know how else to get her old feelings back.

When he reacts with insecurity or desperation in response to a woman's test of his emotional strength, it will instantly begin to erode her feelings of respect and attraction for him.

It doesn't matter how good the relationship was up until that point; the fact that he can't be the emotionally strong man that a woman ultimately wants and needs will make her begin to question her decision to be with him in a relationship.

As a man, you have to be able to know how to actively attract women so you can have your choice of women, otherwise you will probably accept second best or end up with a woman who isn't a compatible match for you.

The relationship might feel good in the beginning when all the lust and new emotions are present, but once the dust settles and you really aren't a good match for each other, the relationship will gradually begin to fall apart.

By the way...

Do you know how to attract women when you meet them? Are you able to naturally trigger feelings of intense sexual attraction inside of woman when you talk to her, or do you hope to get lucky or be liked because you're such a good guy?

Watch this video to find out...

2. Your woman cannot be your number one purpose in life

When in a relationship with a woman that you are truly committed to and in love with, she should definitely be a very important part of your life, but she should not be your “everything.”

If you make a woman your “everything” and base your most of identity, sense of self worth, happiness and emotional security on your relationship with her, she can easily make you feel jealous and insecure by pulling back her interest in you as a test.

Women test men in this way because they are instinctively driven by nature to encourage men to be stronger. It’s much more beneficial for everyone if a man is brave enough to do more, achieve more and make life better for her and humanity, rather than just hiding behind a woman and the safety of a committed relationship.

If you make a woman your number one purpose in life, she will resent you for it. She might like all the attention and endless time on the couch with you in the beginning, but she will eventually grow tired of it and begin to complain that you are not doing enough with your life.

3. You have to be fearless with love

Love is at it’s best when you can be fearless and let it grow and unfold naturally. If love is being held back by the constraints of insecurity and emotional weakness, it will never reach its full potential and you won’t ever get to experience what it’s like to be truly in love.

As a man, you have to be able to love your woman completely and fully open up your heart to the love without worrying about the potential negative consequences (e.g. feeling hurt if the relationship breaks up, being cheated on, etc).

You have to be brave and love fearlessly. Without that, the love will only ever be shallow or temporary and will easily be forgotten if the woman moves on and gets into a relationship with a guy who loves more fearlessly than you do.

However, despite his best efforts, a man will never be able to love a woman fearlessly if she is his purpose in life, as mentioned in point 2 “Your woman cannot be your number one purpose in life.”

If a man doesn’t have any dream, ambition or purpose that he is working towards in life, which is much bigger and more important than her, then he will naturally fall in to the trap of fearfully loving his woman.

Instead of being a balanced man who loves his woman and wants her in his life, but doesn’t need her for his emotional security, he will be an imbalanced man who needs his woman more than she needs him. He will be worried that his world might come crashing down because she is his world and she is responsible for his emotional security, sense of purpose, self-worth, etc.

All it will take for a relationship like that to begin to fall apart is for the woman to test the man by pulling back her interest, trying to make him jealous or pressing down on some his emotional weak spots.

As soon as she does that, she will see the change in him and realize that he isn’t a complete man and has been hiding from his true potential as a man behind her and relationship. That will be a killer blow to her feelings of respect and attraction for him. Instinctively, she will feel turned off at a deep level. Why?

We men instinctively seek to breed beauty and health into the human race via women, which is why

we are mostly attracted to beautiful, youthful looking women who are of breeding age.

Women instinctively seek to breed strength, bravery, skill and innovation into the human race, which is why they are mostly attracted to confident, alpha males who go after what they want, challenge the status quo and seek to create a better life and a better world for themselves, the woman and for humanity.

Jealousy is a Choice

[image: Jealousy is a choice]

One of the most important lessons that you will ever learn about handling your emotions as a man, is that pretty much all of it comes down to a choice.

Happiness is a choice, confidence is a choice and likewise, jealousy is also a choice.

It's all a choice.

As a man, you have to be emotionally intelligent enough to make the choice to be happy, confident and emotionally secure, rather than choosing to be unhappy, self-doubting, insecure and jealous.

It's all within your control. You have to take the reins of that control and build on what you already have emotionally. For example: You have to build on the confidence that you have, you have to build on the happiness that you have and you have to build on the emotional strength that you have.

It's a constant evolution, development and strengthening of who you are as a man. The stronger you become, the more attractive you are to women and the more effective, productive and successful you will be in life.

Yet, if you choose to regress, fall back into your old ways or be controlled by painful memories from your childhood or the painful experiences of your early dating and relationship life, it means that you're not growing up as a man. You're not becoming a bigger and better man because you are choosing hold yourself back.

From this day onwards, what you need to know is this...

You can be a confident, happy man who is successful in a loving, committed and trusting relationship with a woman. You can pass a woman's tests with ease and you can become an increasingly strong, wise and powerful man over time throughout your life.

As a Man, You Have to Be the Brave One

When you look at the world around you, it will become clear that we men are expected to be the brave, emotional strong ones and women are free to cry, complain, bitch and moan about anything and everything. That's just how nature works and when you understand and accept the deeper reasons why it works that way, you will really appreciate it.

The tests that women put us men through are well designed by nature to ensure that the human race continues to become stronger and reach its ultimate destiny. It's a very good system that works surprisingly well.

Yet, imagine if it didn't work the way it did...

Imagine a world where women reward men with sex, love and devotion for being emotional weak

and afraid. It would be a completely different world. Countless generations of humans would breed more and more weakness and fear into the human race and we'd probably end up living underground in fear. *Laughing as I imagine it*

So, learn to appreciate the way that women work. It really is a blessing to you as a man that women will always test you. The more emotionally strong and secure that you become as a man, the better you feel and the more love, respect and attraction that your woman will feel for you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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Is My Long Distance Relationship Working?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Even if a man and a woman are on opposite sides of the world while in a long distance relationship, the woman will stick by her man and be 100% faithful to him if she feels that he is worth it.

If your woman feels proud to be with you and feels a lot of respect, love and attraction for you, then there is no need for her to cheat on you or break up with you. If you are making her feel that way, other men simply won't compare to you.

She will know that it would be a big mistake and a huge personal loss for her to choose a lesser man over you.

Think about it...

Many soldiers go off to war and come back to a woman who has faithfully waited for months or even more than a year for him to return. While he was away, she didn't cheat, she didn't want to leave him and she couldn't wait to be in his arms once again.

[image: Long distance relationship: Soldier returning home]

She literally counted down the days until she could see him again. She excitedly planned many things for them to do together when he got home. She kissed him and blissfully hugged him and didn't want to let go.

[image: Long distance relationship: Soldier returning home]

That is what is possible when you have the right relationship dynamic and make a woman feel increasing amounts of love, respect and attraction over time.

Not all guys get it right though.

Continuing on with the soldier example here, many soldiers come back to find that their girlfriend or wife is no longer in love with him, has moved on with someone else or has been sleeping around behind his back.

In cases like that, the woman is either someone of bad character (i.e. disloyal, untrustworthy), immature and not ready for a truly committed relationship or it is actually about him not being worth sticking by and being faithful to.

So, if you are wondering, "*Is my long distance relationship working?*" then it's safe to bet that you're probably not really sure how much love, respect and attraction your woman truly feels for you, right?

The fact is, you may not even really know how to deepen a woman's respect, love and attraction for you in a relationship. You may be one of the guys who are making the mistake of just hoping that the relationship works because you've been a good man to and have been telling her how much you love or need her in your life.

As you will discover in this post, being good to her is not enough. You also need to make her feel a lot of respect, love and attraction for you. Without that, it's very easy for a long distance to fall apart.

4 Signs That Your Long Distance Relationship is in Trouble

No relationship runs perfectly 24/7, 365 days a year, but what separates the strong relationships from the weak ones is that couples in strong relationships fix any problems that come up and become even closer as a result.

If there are problems in your relationship that keep happening over and over again and you haven't been able to fix them, it means that your relationship is in trouble. You have to grow and become even closer by fixing any problems that come up and becoming a more harmonious, in love couple.

If you are wondering, *"Is my long distance relationship working?"* you may have been experiencing one or more of the following problems with her:

1. She doesn't return your calls or text messages.

[image: A woman beginning to lose interest in talking to her man]

Unless something else in her life, such as a hectic work schedule or having a crazy study schedule, is taking up all of her free time, a woman will always make herself available for the man she loves; especially in a long distance relationship.

No matter how busy she gets, a woman who is in a loving relationship will crave to get a little love fix from her guy. She will need the constant flow of his love into her heart and mind. His love will be something that comes to define who she is and she will feel like it is part of the sustenance that keeps her alive and happy.

This means that no matter what else is going on in her life, she will proactively talk to him by returning his calls, or at the very least text him a quick, *"Sorry, I'm really busy right now, but I'm thinking of you! I love you. Talk tomorrow."* She will then contact him the next day and be happy to talk to him.

If your girlfriend is not returning your calls or texts and when you mention this to her she gives you a vague excuse like, *"Oh, sorry, I was just SO busy,"* or *"My phone is acting weird and I didn't get your message,"* more than once or twice, it is a clear sign that she's losing interest in you, or at least losing interest in continuing with a long distance relationship.

A good way to test this is to stop calling and texting her for a few days. If she's still into you, she will call you up and be worried about why you haven't called her. On the other hand if she doesn't, you have some serious decisions to make.

Personally speaking, since working out the attraction and relationship techniques that I teach here at The Modern Man, I have never had to proactively call my women to stay in touch. They have always eagerly stayed in touch with me.

Now that I'm engaged and planning to get married in the future, the same rule still applies. My fiancée is madly in love with me and can't stand to be apart from me, even though she is a perfectly confident and emotionally secure woman.

The reason she can't stand to be apart from me is that she feels so much love, respect and attraction for me. It feels good to be around me, even if we are sitting on the couch and watching TV or if I'm in my office here writing up new posts for The Modern Man and all she gets is a 15 minutes with me every hour or so when I take a break.

The love that we share in our relationship is far beyond what we would experience if either of us hooked up with someone new. When you have that type of love in your relationship, there is no need to break up, cheat or fight. You just love each other so much and happily and very gladly move forward in life as a couple.

2. She's almost always unavailable when you try to reach her and she's vague about the people she hangs out with.

[image: Huh? Why is he texting me this insecure crap?]

Part of what you have to accept when you have a long distance relationship is the fact that your girlfriend will be going out without you.

She will be going out to coffee shops and restaurants, to parties and even to bars and clubs with other people, which will most likely include other guys in the group.

This is the challenge of not being together; you both still have to have normal, fulfilling lives without each other. This is natural and normal and if your girlfriend keeps you up to speed with what she's doing and whom she's with (and visa versa), there shouldn't be anything to worry about.

However, if you're sitting at home pining over her and avoiding going out with your friends so that you can call her 3 times a day or night and she's out partying it up and never telling you where she's going and who she with, it is a clear sign that she's either opening herself up to meet a new man, or is already dating and having sex with other men without you knowing about it.

If she loves you, respects you and wants to be with you, your girlfriend will be very open and honest about what she's doing and whom she's hanging out with while she's away from you. If this is not the case, she clearly has something to hide.

Personally speaking, I have come to realize that you can never trust a woman 100% in a relationship, but you simply have to. Likewise, she can never trust you 100%, but she has to in order for the relationship be harmonious and for the love to mature between you.

You've just got to give her your trust. If you don't feel that she deserves it because she keeps lying to you, then you simply have to dump her to show her that you're serious. If that doesn't wake her up and get her to apologize profusely to you, then she doesn't even love you or care about the relationship.

3. She isn't very interested in sharing many details about her day-to-day life with you.

In a loving relationship, a couple wants to listen and share details about their life, even if those details aren't even very important. You love her and care about her, so you are willing to listen (even if it's just for 30 seconds to a minute) as she tells you about something she was thinking that day or that happened during her day.

Likewise, if you want to talk about something random that you were thinking or that happened during your day, a woman who loves you will listen and be there with you in the moment, even if she doesn't think what you're talking about is very important. The fact that you are saying it is important enough to give her attention to it.

If your girlfriend isn't telling you what's going on in her life, she is clearly beginning to distance herself from you. She might not want to lose you, but based on how she is feeling, she is beginning to become open to not having you in her life.

This may be because she's tired of having to be in a long distance relationship while all her friends are able to kiss, hold hands and have sex with their boyfriends, while she can only talk to you on the phone, Skype, Facebook video call, Facetime, etc.

Her being distant with you may also be because she's trying to push you into taking the lead in the relationship by making plans to bring the two of you together. She wants to see if you will step up and make something happen before it is too late, even if that means arranging for her to come to see you or to meet half way.

4. She makes excuses when you try to arrange a meet up.

One of the most important aspects of a long distance relationship is the number of times a couple can get together in person. Even if it is once a month or once a year, seeing each other in person helps to keep your feelings alive and fresh.

By getting together in person and creating memories with each other, you will create a special bond that she can hold on to when she's at home alone, or when she's out with her girlfriends who are hugging and kissing their boyfriends.

When she can remember the last time you went out together on a romantic date, had passionate sex and spent time building a deeper connection, it will be easier for her to remain faithful and happy until your next hook up.

On the other hand, if every time you suggest getting together in person, she gives you a lame excuse like, *It's just not a good time for me right now*, or *I think you should concentrate on work (or your studies)*. *We can get together when things aren't so busy for you*, she's likely moved on with her life (maybe has even found herself another boyfriend), but just doesn't want to come right out and tell you.

A woman who is in love with her man and needs to feel his love in person will do anything and everything to try to meet up with him. She might even work two jobs or sell items from her house or apartment to be able to afford a ticket to come and see you.

That's how powerful true love, respect and attraction is. Nothing else compares to it. The feeling that you get together when in a relationship is better than a new person could offer you in a relationship. You want to be together and nothing will stop you.

On the other hand, if your woman doesn't really care whether or not she sees you, it means that you've unknowingly set up the dynamic of the relationship incorrectly. In other words, you've made the mistake of needing her more than she needs you.

To make a relationship with a woman last for life, she has to feel like she is lucky to be with you. She has to look up to you and respect you and feel like she is lucky to be with a great guy like you.

That doesn't happen by treating her even nicer than you have been already. It's about being a man that she can look up to and respect and it's about ensuring that she knows how valuable of a man you really are.

If your woman feels like she is more valuable than you and that you're the lucky one, then she may open her heart to another guy who makes her feel lucky to be interacting with him.

A woman wants to feel excited to be with her man, rather than feeling like she is doing him a favor by being with him.

Are You Making Her Feel Enough Attraction For You?

[image: Are you making her feel enough attraction for you?]

Women are attracted to the strength in men and turned off by the weakness.

To be successful in a relationship (long distance or not), you have to make your woman feel the default types of attraction for you by at least being a confident, masculine and emotionally strong man. If you are insecure and emotionally weak, it will turn her off on a deep level and she will find it difficult to hold onto any feelings of attraction she once had for you.

It won't matter to her if you build more muscle at the gym, lose weight or put on weight, wear stylish new clothes or get a new haircut; she still won't feel much or any attraction for you because you aren't even getting the fundamentals (i.e. confidence, masculinity in how you think, behave and communicate with her, emotional strength) right.

When in a long distance relationship, she will be meeting other guys throughout her daily life and if the only recent memories she has of you are that you are insecure and feeling desperate or lost without her, a new guy's confidence will be even more appealing to her.

She will compare you to him and wonder why she is with you when you can't even make her feel attracted. She will think about why she feels attracted to the new guy and, if the love and connection that you share isn't very strong or worthy sticking around for, she may decide to open herself up to being with the new guy.

In a long distance relationship, it's easy to let your mind run wild with insecure thoughts like *“What if she meets another guy?”* *“What if she starts thinking that a long distance relationship is not for her?”* *“What if she gets tired of waiting?”* *“What if she gets horny and just wants to have some casual sex?”* etc.

It is understandable that you might think that way, but it will never, ever help you. Being insecure in a relationship is never, ever something that will make your woman feel more attraction and respect for you.

She has to see that you are not worried and are not threatened by other guys. Yes, she may still cheat on you or leave you depending on how loyal of a woman she is, but that is not something you can prevent by being insecure.

[image: Girlfriend on an annoying call with her long distance boyfriend]

In a relationship, you have to give the woman 100% of your trust and let her take care of it. If she doesn't take care of it, there is nothing you can do about it. However, if you are constantly checking on her or asking her if she has been with other people, you are sending her a clear signal that you're an insecure man who needs her more than she needs you.

That's not how she wants to feel.

Yes, a woman does want to feel appreciated, love, wanted and missed, but she doesn't want you to be insecure about it.

In a long distance relationship, it is very easy to ruin things by becoming jealous, clingy or even angry when she takes a bit too long to call you back or when she goes out with her friends.

Always remember this: A woman in a long distance relationship doesn't have to put up with a nervous, insecure, jealous guy. She can simply start dating and having sex with others guys whenever

she wants to.

In today's world, a woman won't feel ashamed for breaking up a relationship and hooking up with a new guy. In the past, when women had to save their virginity for marriage and stick by their man for life, that would have been a very shameful thing to do. However, in today's world, if a woman isn't happy, the society around her encourages her to move on and find love with a more compatible man for her.

As the man in the long distance relationship, it's up to you to create, and keep creating, attraction between you so that even if she goes out and meets other guys, the only thing on her mind is, "I can't wait to get home to phone my man. I just miss him so much and all these other guys are just jerks compared to him."

How can you make her feel attracted to you? Watch this video below to understand how it works!

It's Up to You to Make it Work

[image: Couple chatting on Skype - long distance relationship]

As a man, it is your responsibility to take the lead and make her feel the way she wants to feel in a relationship.

As long as her man makes her feel attracted, respectful of him and in love with him when they interact, a woman will remain interested. Of course, some women are immature and disloyal and there's not much you can do about those women.

If she is still at a stage in her life where she doesn't want to settle down and her girlfriends are going out and hooking up with guys every weekend, then you're going to need to be really skilled at making her feel attracted to you and wanting to be with you.

If you don't know how to make her feel intense attraction for you and really want to see you, she will probably just hook up with another guy and move on without you.

If you want to stop asking, "*Is my long distance relationship working?*" then it is up to you to take the next step.

I am here to help you if you want to learn how to make her feel intense love, respect and attraction for you.

You can make her only want to be with you, even though you are currently in a long distance relationship.

You can do it.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

Watch Video (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Why I Decided to Accept My Girlfriend's Marriage Proposal

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

[image: Dan Bacon with wife]

Update: We are now happily married and have twin girls.

It's official.

Dan Bacon from The Modern Man is engaged and is now on the path towards marriage.

So, what is going on?

Why would someone like me get married when I've had so much choice with women over the years?

Why would I decide to go down a more traditional path of a relationship?

Before I get into that and answer some other questions about relationships and the state of marriage in today's world, one thing that I want to point out first is that marriage is not for everyone.

I understand that.

I understand that some guys want to have sex with many different women throughout their entire life and never get married.

Every guy should choose the path that he feels will bring him the most happiness, joy and fulfillment in life.

So, the question that I want to ask you before I begin talking about my experience is, *"What is your relationship goal with women?"*

Survey: What is Your Relationship Goal?

I ran a small survey recently and the results at the time of typing this article are:

- Marry a woman and stay with her for life: 43%
- Stay with one woman for life without getting married: 10%
- Have relationships with many women throughout life: 32%
- Still not sure: 16%

Total voters at the time of writing this: 338

Please have your say by adding in your vote below.

Poll

"What is Your Relationship Goal?"

- ☐ Marry a woman and stay with her for life
- ☐ Stay with one woman for life without getting married

- ☐ Have relationships with many women throughout life
- ☐ Still not sure

Vote

[View Results](#)

[image: Loading ...]

Loading ...

Now that I'm engaged, I'm definitely not saying that everyone should get engaged or that it's the best thing to do to make a relationship work.

Deciding whether or not to live as a de facto boyfriend and girlfriend couple or as a wedded husband and wife is a personal choice that a man and a woman need to make for themselves.

Your decision will be based on what you really want in the end with women.

Deciding whether or not to get hitched only makes sense when you find the right girl and have the sort of love that I'm going to talk about in this post.

In This Post

Here are the questions that I'm going to answer in this post and after I've finished with that, I have some important questions for you about your success with women and your relationship goals.

1. Why did I accept my girlfriend's marriage proposal after rejecting other girlfriends in the past?
2. Why not keep having sex with new women for life?
3. Isn't marriage a risky thing to do in a world with such a high divorce rate?
4. Am I worried about the 15 year age difference between her and I?
5. Is it really possible to stay together for life anymore?
6. What are my future plans for The Modern Man?

1. Why did I accept my girlfriend's marriage proposal after rejecting other girlfriends in the past?

When I say marriage proposal I don't mean that she got down on a bended knee and asked me to marry her.

It has simply been a case of her asking me to marry her on a number of occasions and me finally saying yes.

When her and I first met and were about 2-3 weeks into the relationship, she had already began talking about marriage and family with me, like most women did throughout all the years that I was living the bachelor lifestyle and enjoying my choice of women.

Whenever she brought it up, I told her that I wasn't interested in family or marriage and if she wanted to be with me, she could be with me in a committed relationship and that would be it.

[image: Dan Bacon - grocery shopping with wife]

Back then, that was basically my attitude towards her and the future of our relationship, but over time I have developed a newfound appreciation, love and wanting for family.

It's something that her and I want to build together and whenever we talk about family, we always talk about having a really close, connected and loving family.

We're excited about all the things that will come along with that.

So, why I chose her and accepted her proposal compared to the other women that I've been with over the years is mainly that I just wasn't ready in the past.

Over the years, I've had some amazing girlfriends and have been in love and had an awesome time with so many women, but I just wasn't ready to settle down.

Yet, that has changed now and I'm more open to it.

There are so many reasons why I have said yes to her request to marry me (e.g. compatibility, true love, a relationship that just keeps getting better and better, etc).

[image: Dan Bacon wife kissing]

We both have the same long term goals and views about life, we're in love, we respect each other, we're attracted to each other and we have an awesome relationship.

So I thought, "*Why not?*"

She definitely deserves it more than other women I've been with, because she willing to go without family and marriage just to be with me.

She was never a pain in the butt about the fact that I said I would never marry her and would never want kids.

She just loved me patiently and waited in hope that I would change my mind.

When I did change my mind, it sincerely felt like the right thing to do.

When you meet the right girl, it just feels right, so why not?

2. Why not keep having sex with new women for life?

[image: Dan Bacon - when it all suddenly changed for me]

If you know about my story, you'd know that I used to be hopeless with women and couldn't get myself a girlfriend.

I then discovered all of the techniques that I now teach here at The Modern Man and I've enjoyed my choice of women for more than 10 years and for the last 2 years and 4 months, I've been with my girlfriend who is now my fiancé.

It never got boring having sex with new women all the time.

[image: Dan Bacon picking up women]

[image: Dan Bacon - dating expert]

[image: Dan Bacon - dating coach]

[image: Dan Bacon - playin']

[image: Dan Bacon in field]

[image: Dan Bacon - The Modern Man]

Picking up new women all the time is a really fun lifestyle to live and I would often say to myself, “*I love my life*” because it feels good to be getting so much love, affection and pleasure from women.

I was perfectly happy with the path I was following, but then I met my girlfriend and we developed an amazing love and connection and it’s not something that needs to be thrown away.

Our relationship has always just kept getting better and better and I have a newfound appreciation, love and wanting for family, so my perspective has changed.

Hooking up with lots of women was so much fun, but true love is just as fun.

I could have kept going down the old path and continued to be happy being the playboy type of guy, but there is another side of life with women that I want to explore and I think that it’s going to be just as amazing, especially when we start a family and let all that unfold within our close, loving relationship.

3. Isn’t marriage a risky thing to do in a world with such a high divorce rate?

[image: Dan Bacon - heading away on a holiday with wife]

If you look around the world, the divorce statistics are pretty high in most countries. Depending on the country it can go up to 40, 50 and even 60% in some places.

When looking at those numbers, marriage can seem like a daunting or scary thing to enter into.

However, if you look at the positive side of things, with a divorce rate of 50% for example, it means that 50% of the couples are able to stay together.

Not all of those marriages are going to be happy, but there are couples out there who after 30, 40 or 50 years into a relationship are still completely happy and in love.

In fact, they are in more in love than ever before and have built a lifetime of memories together.

That type of relationship success is possible.

I’m going to walk that path now and I hope to be an inspiration to you if you want to go down that path also.

I want to show you that you don’t need to be afraid of the divorce rate.

I want to be living proof for you that when you use the right approach in a relationship, it stays together and it gets better and better over time.

Update: My wife and I have been together for almost 5 years now. You can now learn how to keep the love and sexual spark alive in a relationship for life in my new program, [Make Her Love You For Life](#)

If you are one of the guys who have gotten some or all of my programs about approaching and

picking up women, you would already know that the wisdom I provide about women and about being a man really does work.

If you have been using my techniques, you would know that you can have your choice with women and you would have been experiencing that already.

All of those foundational programs have been created and now I want to show you what is possible with relationships.

I have already begun to do that with my program The Modern Relationship and with Better Than a Bad Boy and I am going to continue building more wisdom and knowledge for you about success with women.

Iâm going to continue to provide you with more techniques, more insights and more inspiration for you to go after what you want and achieve what you want with women. (I’ve now done that with my new program, Make Her Love You For Life).

One thing to point here about marriage is that I donât think that marriage is the ultimate thing that people have to do to keep a relationship together for life.

There are couples out there who stay together for life and never get married, so I am definitely not saying that you have to get married and that marriage is the way to keep a relationship together, but it is something that can be done.

Getting engaged and then getting married is something that a couple can do to show their commitment to each other.

In the case of my relationship, I donât really have a massive desire to get married at all, but itâs something that Iâm not afraid of doing.

Iâm mostly doing it out of respect for my girlfriend and her family.

She comes from a family that places a lot of importance on marriage and staying together for life and thatâs fine by me.

Her family loves me with or without the marriage, but Iâm happy to enter an engagement and go down that path as a sign of respect to them and also because Iâm just not afraid of it.

Iâm not worried that if I get into this marriage it will end up in divorce.

I donât see any reason why her and I would want to break up, especially when our relationship just gets better and better all the time.

If our relationship was getting worse and there were problems, then I would be doubting it, but we just get better and better for each other every day.

It sounds a bit corny, a bit romantic and maybe a bit selfish because Iâm talking about myself, but Iâm just telling you for the sake of showing you that itâs possible.

You can have a relationship that gets better and better over time.

4. Am I worried about the 15 year age difference between her and I?

[image: Dan Bacon with wife at beach]

When I met my girlfriend back in 2012, she was 20 and I was 35.

As of writing this, Iâ€™m now 37 and sheâ€™s 22.

15 years is a big age difference between her and I.

Some studies will suggest that itâ€™s risky to have such a difference in age and that it will most-likely lead to a break up or divorce very soon.

Yet, Iâ€™m not afraid of those studies, just like Iâ€™m not afraid of the divorce statistics where approximately 50% of couples end up divorcing.

I know that my relationship with her gets better and better every day.

Whatâ€™s been happening between her and I is that the love, respect and attraction has been deepening over time.

Itâ€™s not fading away.

That is the sort of thing I teach in my relationship program, Make Her Love You For Life and in a completely different way in my dating/relationship program, Better Than a Bad Boy.

It's about being the sort of man that a woman respects and looks up to.

She feels like a real woman around you (i.e. feminine, free to be girly and emotional, engulfed by the love she feels for you).

Iâ€™ve been doing that and it is working as described in the program.

Iâ€™ve taken on a bit of a challenge by having a younger girlfriend, but Iâ€™m not afraid of the commitment I have made with her.

I know that love is a powerful thing and that when a man and woman truly love each other, respect each other and feel attraction for each other and then build a life together, it can stay together for life.

If you look at the world around you, it's obvious that there are so many couples who get it right and live a life of love and happiness together.

Of course, there are a lot of people who get it wrong, but Iâ€™m going to be one of the people who get it right.

[image: Dan Bacon at a nightclub with girlfriend]

Another thing about my girlfriend is that I actually met her in a nightclub.

A lot of people say that you can't meet your perfect girlfriend or a potential wife in a nightclub.

They will suggest that women in nightclubs are the sort of women who can't be trusted and you can never settle down with them, but Iâ€™m going to be living proof that they are wrong.

Iâ€™m going to show you that wherever you meet a woman (e.g. in a bar, online, through friends, at a cafe, university, at work, etc), you can make the relationship work.

Whatâ€™s most important is that you deepen the love, respect and attraction that she feels for you and that you are the sort of man that she wants to be with and stay with.

On paper, it seems like a risky situation that I'm in.

Itâ€™s like, *"Hang on...she was 20...you met her in a nightclub...thereâ€™s no way you can get that to work."*

Well, Iâ€™m going to show you that you can make it work.

Iâ€™m going to show you that it is possible.

Iâ€™m going to show you that you don't need to be afraid.

Iâm going to show you that you can have a relationship with the type of woman that you want. Whether you want to pick up your next door neighbor, a girl at university or a woman at work, Iâm going to show you that you can have the woman that you want and you can make it work.

5. Is it really possible to stay together for life anymore?

If you know a lot about science and about fields such as nanotechnology, artificial intelligence, biotechnology, gene therapy and other technologies that may contribute to human life extension, you will know that a lot of the top scientists in the world are talking about humans being able to live a lot longer very soon.

So, what would happen to your relationship if you were able to live for 100, 150 or even 200 years in a healthy state of being?

Are you going to be able to keep a relationship together for life if you’re essentially ‘young’ for 200 years?

Additionally, what if the divorce rate goes up higher than it is right now? It is going to be possible to stay together for life?

You canât say, “*Yes! 100% for sure*” because it seems like there will be a lot of changes to society and humanity in the coming decades.

In my case, there are absolutely no guarantees that her and I will stay together ‘forever’ and for all of eternity.

What I do know is that we are in love now, weâre going forward with it and are going to build a family.

If the world changes in 40 years time, then so be it.

If the world does change dramatically and it becomes impossible to stay together with one woman, I donât think it will be seen as a failure to have lived an amazing life with a woman whom you truly love and who truly loves you.

If you have lived a life and enjoyed a lifetime of amazing experiences together, it wonât be your fault if the world suddenly changes and divorces rates skyrocket.

However, if things continue on and it remains possible to stay together in a relationship for life, then it will continue to be possible for you to do it too.

If you look out there into the world today, you will see couples that are still happily married or happy in a relationship 30, 40 or 50 years in.

That is possible.

A lot of people get it wrong, but that doesnât mean that itâs not possible to get it right.

6. What are my future plans for The Modern Man?

All of the structured training programs about approaching and picking up women and getting yourself a girlfriend are available on my site.

All of the techniques are there and are ready for you to use.

Iâve been using the techniques and 1,000s of guys from around the world have been using them as well.

Theyâve been enjoying success with women and so have I.

From here on in, Iâm going to continue being an inspiration, a role model and a guide for you in terms of success with women.

Iâve already helped 1,000s of guys to get themselves a girlfriend, Iâve helped 100s of guys to get their ex back and Iâve helped guys to get the spark back in a dying relationship with a girlfriend, fianc  or wife.

Iâm going to continue on that path, working full time on The Modern Man like I always have.

In my personal life, I am continuing to gain more and more wisdom, knowledge, insights and experience about how to be happy in a relationship, how to live a balanced lifestyle, how to be in love and stay in love and enjoy an amazing life.

Iâm continuing to gain more and more knowledge of those things and Iâm intending on sharing that in the future.

In the meantime though, before I even get to all of that, Iâve got some more programs that I want to make about texting/SMS.

A lot of guys have been asking me for advice on that.

I will also be releasing a product about sex and I have some relationship programs planned as well.

[image: Dan Bacon - Dating Power seminar]

Above: Photos taken at the Dating Power seminar.

Iâve been working on The Modern Man since 2005 and Iâm not going away.

I am someone that you can count on now and in the future.

Iâm going to be here for you as a guide, as an inspiration and as a teacher to help you get the results that you want with women.

Talking about that, here are some questions for you...

Important Questions About Your Success With Women

- What do you want to achieve with women?
- What are your ultimate goals?
- What have you already achieved by using my techniques and methods?
- What do you still need help with?

All different types of guys come to my website looking for help with women.

Some guys have never had a girlfriend and are still a virgin.

Some guys have a girlfriend, but arenât sure if she is good enough for them.

Some guys are afraid to approach women, while others are comfortable approaching women, but canât seem to get women to feel enough attraction for them.

Some guys are in a relationship with the woman they love and it is falling apart or has already broken

up and they are trying to get her back.

There are so many different needs that guys have in terms of their success with women and Iâ€”ve got all the programs for that.

So, I hope that if you are enjoying my advice in the posts and videos that Iâ€”ve been making, you actually take the next step and invest in my programs for your success with women.

The wisdom, skills, understanding, power, confidence and success that you will get from using the advice in my programs is priceless. Yet, which program is ideal for you?

You most-likely fit into one of the following three categories:

1. You are interested in approaching women and getting a girlfriend or getting laid.
2. You are in a relationship that seems to be falling apart and you want to fix it before it breaks up.
3. Your relationship has already broken up and you want to get her back.

If you are interested in approaching women, getting a girlfriend or getting laid, then I recommend that you read The Flow and then get any or all of the other programs that I have at The Modern Man, except for Get Your Ex Back: Super System.

If you're in a relationship that seems to be falling apart, I recommend that you watch Make Her Love You For Life to prevent a break up, get the spark back and make her love you the way she used to.

If your relationship or marriage has already broken up and you want to get her back now, the program for you is Get Your Ex Back: Super System.

When guys are starting out and they haven't got any of my programs, it can be difficult to instantly understand the enormous value contained within them.

The wisdom, experience, techniques, insights, mindsets and realizations that are contained within those programs are priceless.

Most guys really don't know that until they've gone through the programs and had the realizations, gone through the transformations, used the techniques and gotten the results.

So, it's hard for me to tell you to go and try my programs if haven't ever experienced it.

It's not like suggesting that you purchase a bottle of water.

Everyone knows what a bottle of water is and what is going to happen if you buy it.

You buy the bottle of water, drink it and are hydrated once again.

Yet, with my programs, it's difficult for some guys to understand what they are going to get in the end.

So, I will explain a bit about it for you now...

The more that you learn from my programs, the more confident that you become with women.

As you learn from my programs and have the realizations, you become more sure of yourself as a man and you truly begin to understand what it means to be a man.

Women feel intensely attracted to you when you meet them; they feel emotionally connected with you, they want to be with you and they want to stay with you.

Instead of you trying to get women to like you and hopefully getting one woman to say yes to going out on a date with you, most of the women that you meet are attracted to you so you get to enjoy your

choice of women.

In terms of a relationship, your woman feels more and more respect, love and attraction for you over time.

She is in the position where she wants to impress you and make you love her even more. She wants to build the relationship and she wants to be with you.

She doesn't have one foot out the door thinking, *"I've got to get out of here. This guy isn't for me."* She's thinking, *"I want to be with this guy. This is the man for me"* and she sees other guys as being nothing compared to you.

That is the sort of position that you can be in as a man in a relationship with your perfect woman.

To some guys, that might sound unbelievable or impossible.

Yet, all you need to do is look out there in the world; there are couples in relationships where the woman does feel that way and the man doesn't look like anything special.

In terms of approaching and picking up women, look out there into the world around you; there are guys who don't look like anything special and they've got a beautiful girlfriend, fiancée or wife or they are enjoying their choice of women.

You can do it too.

Going After What You Want With Women

The most important part of this post is for you to be inspired to go after what you want, whether that is having sex with lots of women and enjoying that lifestyle or settling down with your perfect woman.

You can be successful with women.

You don't need to be afraid of relationships.

You don't need to be afraid of approaching women.

If you are afraid of approaching women, then learn my confidence techniques, learn my conversation techniques, learn my attraction techniques and then use them and you will see that approaching women is one of the easiest, most exciting things that you'll ever do in your life.

When you use the right approach and techniques, approaching women is so much fun because they like you when you begin talking to them, they feel attracted to you and it's easy.

When it comes to relationships, don't be afraid of the divorce statistics.

There are couples out there who do it right and when you use the right approach to relationships, it gets better and better over time.

The main point of this post is for you to think about what you really want with women.

I hope that me sharing my experience serves as an inspiration for you to not be afraid of going after what you want with women.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

Watch Video (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Why Do Women Want to Feel Protected By Their Man?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

In today's world, a woman can get her own food, buy her own home, lock her own doors and if she needs help in an emergency situation, she is perfectly capable of calling the police or fire department on her own.

She can now be a leader of men, pursue her dreams and change the world how she sees fit.

She can fight battles alongside men, be a stay at home mom, or party like there's no tomorrow.

She can have sex before marriage, break up with a guy who isn't treating her well and travel around the world for as long as she feels like it, without feeling like she has to settle down and get married to be considered a real woman.

[image: Modern women enjoying their freedom]

The world is her oyster.

Yet, if she is like most women, she doesn't feel safe on her own and still has an instinctive desire to feel protected by her man.

If she's so good at taking care of herself, why does she need to feel protected by a man?

It is Still Dangerous For Women Out There

[image: Women feeling unsafe in public]

Unfortunately, despite the heavy police presence in today's world, a woman can still be taken (and kept) against her will, raped or even killed.

Evidence of this can be found in the almost weekly TV news reports shown across in the world. This is as true for women today as it was a thousand years ago or even 10,000 years ago.

So, a woman's instinct to feel protected by her man isn't about our long forgotten "caveman days" or some other obscure evolutionary theory like that. Instead, her ongoing need to feel protected is simply about the fact that we still live in a very challenging and sometimes dangerous world.

The danger for women is not only about men who might want to hurt or kill her; it's about the challenge of survival against the elements of nature. Despite our supermarkets, highways and smartphones, human societies are usually just a hurricane or tornado away from basic survival.

[image: Life isn't always easy. Humans are often just a hurricane or natural disaster away from basic survival]

We're not out of the woods yet in terms of having this reality completely under control.

Whether or not a woman is consciously aware of the fact that we're only a hurricane or tornado away from basic survival, she is still naturally going to feel more attracted to a man who seems like he would keep her safe under any circumstance.

This is her natural instinct and it isn't something that women will be changing anytime soon.

Hard-Wired Human Instincts Don't Go Away Overnight

For most of human history, a woman had to rely on a man to physically protect her and her offspring. If a man was unable to protect her, she was at risk of being taken advantage of, hurt or even killed by other men who didn't have to worry about being sent to prison or being shamed on TV by the media. For 99% of human history, there was no TV, no telephone to call the police and no advanced medical treatments for serious and painful injuries. It was basically the survival of the toughest. The physically weak could be taken advantage of and they often were.

Only in the last 50 to 100 years have women begun to feel safe when home alone or while walking along some well-lit streets at night without the protection of a man by her side. It really depends on the city though because most cities still have a lot of rapists prowling around.

According to a recent study, it was found that 68% of sexual assaults and rapes are not reported, so just because it doesn't appear on the news every night, it doesn't mean that it isn't happening.

Despite the increase in feelings of safety while living in a modern, civilized, a woman's instinctive desire to feel protected by a man hasn't gone away. It's a hard-wired instinct and it is difficult to ignore for even the most independent of modern women.

Should Men and Women Switch Roles? Should Women Start Protecting Men Now?

[image: Should men and women switch roles?]

No.

Reading this article, some women may think, *"Why do men have to keep us safe? Many of us women are perfectly capable of keeping men safe. We can fight in wars or even in cage fights for the UFC, so why can't we be the ones who protect men?"*

I say, *"some women may think"* because most women still like to feel protected by a man and don't ever plan on fighting in a war or a bloody cage fight for the UFC.

It is awesome to see women on the front lines with men and even in the UFC, but that doesn't mean that men and women need to switch roles. I don't think that women need to take on the role of being "the protector" of men, unless of course an individual woman chooses to do so for her own reasons.

In my opinion, women add more value to the world when they "challenge" men to become stronger, instead of trying to "protect" men from the big bad world around them.

Why Women Challenging Men is a Good Thing

[image: Why women challenging men is a good thing]

If women accepted guys without challenging them in any way, it would begin to eat away at the emotional strength of the human race.

Here's what I mean...

When a woman interacts with a guy and rejects him because he is nervous, insecure and self-doubting around her, it represents a challenge to him to fix his emotional issues and become stronger, or face the prospect of being alone for longer.

If he doesn't improve his confidence and continues on in life as an emotionally weak man, he will continue to get rejected or dumped out of a relationship with a woman can no longer put up with his insecurity and emotional weakness.

Instead of rewarding men for being weak, women challenge men to become stronger and over time, this benefits humanity by making us all stronger and more resilient.

In the video below, I explain the real reason why a lot of good men fail with women...including why I used to fail and get rejected.

Back when I was getting rejected by women, I had no idea that my lack of emotional strength was the main reason why women didn't like me.

I didn't know how to be confident and as a result, I would display nervousness and try hard to impress women in the hope that they would like me enough to give me a chance.

Rather than women rewarding my emotional weakness with sex, love and devotion, they rejected me. It didn't matter how nice I was to women, they instinctively felt turned off by the fact that I wasn't very confident.

In fact, most women felt emotionally stronger than me, which turned them off on a deep level. It was only when I worked out how to be confident and began displaying confidence in my interactions with women, did they finally start to take me seriously.

Women Made Me a Stronger Man

[image: Dan Bacon with girlfriend at Jan Juc beach, Victoria]

My wife and I at the beach. I recently got married after living the playboy lifestyle for more than 10 years. I had sex with more than 250 women, but immediately gave up that lifestyle when I met her.

It is largely thanks to the challenging behavior of women that I am able to write this article today with clarity and confidence.

Before women challenged me to become the man that I am today, I was nervous, self-doubting and unsure of myself. I had a low level job and suffered from mild social anxiety. I was still the same good guy that I am today, but I was mentally and emotionally weak.

Sometimes, usually after having a few drinks, I could work up the courage to approach women. Yet, they would almost always challenge me by behaving uninterested, asking me questions designed to make me squirm (e.g. *"Why are you talking to us?"*) or they would simply reject me.

They could sense my weakness and they didn't want anything to do with it.

I felt horrible and I was deeply annoyed at women for behaving in that way. However, it wasn't until I sorted out my emotional issues and became a confident man that women started showing me interest and respect.

Instead of rewarding me for my weakness beforehand, women challenged me to become a stronger man or face more rejection and loneliness.

When I became a confident and emotionally secure guy, women stopped ignoring me and rejecting

me and began showing me lots of interest and falling madly in love with me if we happened to start a relationship. It was a nice reward to get for all the hard work I put into improving myself.

Back when I was getting rejected though, I really felt bitter towards women.

I saw them as being mean, bitchy and stuck up. I hated women and loved them at the same time.

Yet, when I became truly confident and was rewarded for it, I gained a newfound respect and appreciation for the contribution that women make to the development, strength and wisdom of humanity.

Now, I look at women with love and respect, for it is because of women that I have become the strong man that I am today.

[image: At the beach]

Of course, me getting my dating life sorted out wasn't the "wider benefit to humanity" that resulted from women challenging me. The bigger benefit was in the strong, clear-headed leader that I became and still am to this day.

Due to the massive amount of personal growth I had to go through to become a more confident, emotionally strong and socially intelligent guy (all to get women to feel proper attraction for me), I ended up getting promoted at work (three times within six months).

In response to the challenge from women, I went from being a self-doubting customer service employee at the bottom of the ladder in my office, to a respected leader of international company.

I didn't only become a leader of just one team; I eventually became the leader of the managers and began to teach those managers about leadership. I rose above all of my prior insecurities and self-doubt and became a powerful, useful man for the world...all thanks to how women treated me.

If women had initially accepted me as a weak man, none of that would have happened and I would not be running The Modern Man today and helping thousands of other guys to transform themselves into confident, more capable men.

I always hear back from Modern Man customers who've not only fixed their dating life by using my advice, but have gotten promoted at work, improved their relationships with family and friends and become someone that others can look up to.

In my opinion, women don't need to protect men from the big bad world.

Instead, most men actually need women to challenge them to become stronger and to be a pillar of strength for this world.

The Genius of the Masculine/Feminine Dynamic

[image: The genius of the masculine feminine dynamic]

When it comes to a sexual relationship between two human beings, there is always someone who is more masculine or more feminine than the other.

It is the masculine and feminine difference between two people that creates the sexual attraction, just like positively charged magnets will be attracted to negatively charged magnets and vice versa.

It's just how nature works and it's actually quite ingenious.

For example: In a homosexual relationship, one man is usually more masculine than the other guy

and for a lesbian relationship one woman is usually more feminine than the other woman. In a heterosexual relationship, the man is traditionally the more masculine one and the woman is more feminine.

So, what does this have to do with a woman's desire to feel protected by her man?

It helps us answer the question of why most women want to feel protected by their man, while some women are not interested in having a man give them a feeling of protection at all.

Generally speaking, a woman who does want to feel protected by her man is usually going to be a more feminine woman at heart. A feminine woman will be more interested in love and relationship that she has with her man.

Being in love and being with her man will be her number one priority in addition to anything else about life that she might be interested in (e.g. family, music, art, dancing, beauty, cooking, etc).

Of course, that's not to say that a masculine man can't be interested in any of those things; some of the best art and music of all time has been created by men.

A masculine man can take an interest in ANYTHING he likes (even if that means he works as a hairdresser or designs clothes for a living), just like a woman can take an interest in ANYTHING she likes.

However, what a guy needs to understand is that a feminine woman (the type of woman who likes being "the woman" or "feeling girly") will be more attracted to masculine men who are focused on their purpose in life, who are confident and strong and who are generally considered to be a "man's man."

If a guy feels mostly attracted to feminine women (just think about the type of porn you jerk off to – that will tell you the type of women you turn you on the most), he will need to think, behave and take action in a very masculine way in life if he wants to attract a feminine woman and maintain her attraction in a long term/lifetime relationship.

The more masculine he is, the more naturally attractive he will be to feminine women.

Just in case your wondering, by "masculine" I am not talking about lifting weights to build big muscles. The most important masculinity (from a woman's perspective) is in how you think, feel, behave and take action in life.

The truth is, you can be considered very masculine by women without ever lifting a single dumbbell in the gym.

Of course, not all women want a very masculine man.

[image: Butch lesbians or feminine women]

The type of woman who doesn't want to feel protected by her man is usually going to be more masculine at heart.

She may have grown up with a father who wanted a son (but never got one), so he showed more love to his daughter when she behaved like a boy. As a result, she developed a masculine personality and identity.

She might have also have been born with a more masculine energy, which is just as common, especially among lesbian women.

A masculine woman will be more interested in her career and will usually prefer a more feminine man who will essentially let her wear the pants in a relationship. There's nothing wrong with a

woman being more masculine at heart and having a more feminine man; if that's what makes both of them happy, then go for it.

Yet, I have found that the majority of women who have a subservient man or feminine man, wish they had a more masculine man; a man who wears the pants in a relationship and naturally makes them feel safe and protected.

What I Love About the Dynamic Between Men and Women

What I love most about the dynamic between men and women is how it challenges men to grow and become stronger.

Instead of slowing the human race down by rewarding emotionally weak, insecure men with sex, love and devotion, women speed up the progress of humanity by maintaining their preference for confident, emotionally strong men.

If men were too afraid to stand up to the challenges of life and instead wanted to feel protected by their woman, what sort of world would we be living in?

Is it really the role of women to protect weak men, or are women achieving more for humanity by challenging men to become stronger?

I think not.

Men who see this as unfair simply haven't yet experienced the type of sexual and loving bliss that comes from being a masculine man for a feminine woman. Nothing quite compares to it.

When a man refuses to be strong and happens to get a woman into a relationship, she will eventually lose respect and attraction for him and they will either continue on unhappy, or she will cheat on him or dump him.

[image: Breaking up with an emotionally weak man]

I know this because it happened to me and because I've helped 100s of guys to get a woman back after being dumped for that very reason.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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How to Stop Being Clingy: The Secret

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

When a man's clinginess begins to overshadow the good parts of the relationship, it's only a matter of time before the woman's love will start fading away.

Bit by bit, his clingy behavior sucks the happiness, the harmony and carefree feelings out of their relationship and creates an annoying, negative tension that makes it difficult for his woman to be around him.

Since women are naturally attracted to confident, emotionally secure men and turned off by insecure, emotionally weak men, she will feel repelled by him on a deep and instinctive level.

[image: Why am I feeling clingy around my girlfriend? How can I quit being needy like this?]

When he notices that she is pulling away and losing interest, he will often make the mistake of becoming even more clingy and needy, which will turn her off even more. It's a vicious cycle that usually ends in a break up for most couples.

To help you understand how and why that happens, here's a video that I made for guys who have already been broken up with and are trying to understand how to get their woman back...

As you will discover from the video above, a woman will usually go through 3 stages before she decides to break up with a guy.

Being clingy will ruin a woman's respect for a guy and if he keeps doing it, she will stop feeling attracted to him (remember: Women are attracted to the emotional strength of men and turned off by the weakness) and will gradually begin to fall out of love with him.

[image: Why are you being so distant?]

If you are sincere and serious about wanting to know how to stop being clingy in your relationships with women, you first need to understand what is causing you to behave in a clingy way.

After helping many guys to eliminate their clinginess and become a confident, independent man that women respect, admire and remain attracted to in a relationship, I have identified the following common causes of clinginess for men in relationships with women...

1. Lack of purpose

If you lack purpose in life, you will often make the mistake of making your girlfriend (fiancée or wife) your purpose in life. Women want a man who loves them, but who is rising through the levels of life and reaching for his true potential that is related to his purpose in life.

A woman doesn't want a boy who hides behind his mother from the big, bad world. In other words, they don't want a guy who hides from the world behind her, the relationship and household responsibilities.

2. Inability to attract other beautiful women

If you got lucky when you met your girlfriend (fiancée or wife) and found it difficult to attract other women before you met her, then your secret insecurity about this will cause you to cling to her.

You will see her as your safety blanket and protection from the world of rejection around you.

How good are you at attracting other women?

Watch this video to understand how a woman's attraction for a man really works and whether or not you need to improve your ability to attract women...

3. Lack of confidence about your value to her

If you are worried that every guy who talks to her or who she looks at is going to steal her away from you, then aren't very confident about your value to her. Remember: Women are attracted to the strength in men and turned off by the weakness.

If you are the type of guy who sees other men as your competition, then it will actually turn her off you and make other guys seem more attractive. She will sense that you're not an alpha male and are looking at other guys as being better than you.

4. Loneliness

Guys who've experienced a lot of loneliness (e.g. due to not having many friends, not having great relationships with friends, being single for long periods of time, feeling unloved by his parents, etc) will often become clingy when they find a girl whom they love and want to be with.

Since he is so worried about her potentially losing interest and leaving him, a guy who has experienced a lot of loneliness will cling to him woman like glue because he doesn't want to lose the feeling of togetherness that he has been experiencing.

For a relationship to be successful, it has to be a give love dynamic rather than a take love one. For example: If you need to take love from her to make yourself feel better and don't have much love to give to her, the relationship will lack balance and will begin to feel unfair.

A woman wants to be with a guy who wants her, loves her and respects her, but doesn't NEED her for his emotional security and sense of identity. You have to be your own man (i.e. a man who is going after big ambitions and dreams in life), in addition to the man that you are for her.

5. Trust issues

[image: Being insecure]

The truth is, you can never really trust a woman to be 100% loyal, honest and loving to you for life. However, to be successful in a relationship with a woman, you HAVE to give her that trust.

You also need to be wise enough as a man to know that you can't trust another human being 100%, so if she ends up breaking your trust, then it is fine to feel disappointed and upset, but you shouldn't be so surprised that you let it crush your world.

Without giving her your trust all the time in a relationship, you will fall into the trap of being insecure, clingy, protective and mistrusting – all of which will destroy her attraction, respect and love for you as a man.

Remember: Women are attracted to the emotional strength in men and turned off by the weakness. You've got to become and be a strong man, otherwise you won't ever be what women really want.

For a relationship to reach the higher stages of true love and commitment, you have to allow the love and connection to mature and deepen over time, rather than destroying it or halting it by being emotionally weak or untrusting.

Failing to Be the Strong Man That She Really Wants and Needs

[image: How to stop being so clingy]

As a man, the most important thing you can offer a woman is your emotional strength and the worst thing you can offer is your weakness.

When I talk about strength, I'm not referring to your ability to lift heavy weights in the gym; Iâ€¢m talking about your mental and emotional strength (i.e. confidence, drive, self-belief, self-esteem).

Insecurity (*noun*): Lack of confidence or assurance; self-doubt.

Confidence (*noun*): Belief in oneself and one's powers or abilities; self-confidence; self-reliance; assurance.

As you can see from the dictionary definitions above, confidence is the opposite of insecurity.

If you are insecure when in a relationship with a woman, it is only natural that you will feel clingy, needy and possibly overly-protective of her at times.

However, if you are a confident guy who knows that he could easily have other women and who also has the right approach to life (i.e. your life purpose is your number one priority and she is a close second), then you will be less likely to ever become clingy.

Why is a Man's Confidence So Important to a Woman?

A man's confidence is important to women because the world we live in is a challenging place and at her core, she is a feminine woman who wants to feel protected by a mentally and emotionally strong man.

She wants to be able to stand next to you in this world and feel like she will be okay because you are there with her.

This is made clear by the honest lyrics of the Miley Cyrus song, *â€¢Adore Youâ€¢*.

*"I'm scared oh, so scared
But when you're near me
I feel like I'm standing with an army of men
Armed with weapons"* – **Miley Cyrus**

Regardless of whether you love or hate Miley Cyrus, the fact is that her lyrics in that song are honest and explain what women really want to feel when around a guy.

That song is not about a clingy guy who is afraid of the world and needs to feel protected behind her emotional strength. It's about a confident man who knows who is, what he wants from life and he will stop at nothing to achieve it.

The guy she is singing about would be confident in social situations, other guys would respect him and heâ€¢d make her feel girly and feminine around him because of how mentally and emotionally masculine he is.

All women (except for butch, masculine lesbian women) want to feel girly around guys, even if they deny it in public situations, such as on a talk show or during an interview.

If you want to get to the point where you are the sort of man that makes a woman feel like she is standing with an army of men that are armed with weapons, then you must start getting rid of your insecurities and become a real man who can make women feel girly in response to your masculinity. If you are a clingy guy, then you need to face up to the fact that you are an insecure guy. Accept it and then do what it takes to not be that weak guy any more.

You are better than that.

You're not a weak, clingy guy. You are a strong man. It's there inside of you and you've just got to let it exist, rather than adding fuel to the fire of your insecurities and letting your weakness control your life.

Let your strength be the basis of who you are, not your weakness.

If you let your weakness define who you are, you will think, behave and act in all sorts of weird ways that are based on that insecurity.

A clingy guy will feel like his only hope is to spend more time with his woman and show her how much she means to him. He'll constantly try to show how much he loves her, he will constantly text or call her when they are apart and he will ask if she has missed him.

[image: Constant texts from a clingy man]

To a guy who is feeling insecure, all of this feels like the right thing to do because in his warped emotional state, he believes that his clinginess will demonstrate how much he loves his woman and she'll feel compelled to stay with him.

Yet, that isn't the way it works.

Women are not attracted to emotional weakness.

If you don't want to be yet another dumped guy who comes to me to learn how to get an ex back, I recommend that you fix your clinginess now.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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My Girlfriend Doesn't Love Me Anymore

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your girlfriend doesn't love you anymore, she may still be telling you that she cares for you and doesn't want to hurt your feelings, but she's just not in love anymore.

So, how can you fix that?

Simple.

You need to make her feel a renewed sense of respect and attraction for you as a man.

When you make her feel respect and attraction for you again, the love that she used to feel for you will naturally begin flowing back into her heart and mind.

However, if a woman doesn't respect her boyfriend (e.g. because he is insecure, has been annoying her, lacks purpose in life, is emotionally weak or sensitive, etc), then she will begin to lose touch with her feelings of attraction for him.

If that goes on for long enough, she will eventually fall out of love with him, which is the stage that you're at now.

All Relationships Go Through Stages

[image: Why doesn't she love me like she used to?]

All relationships go through stages and the initial feelings of lust and, if the couple approaches the relationship correctly, their intense physical desire for each other will eventually transition to deeper feelings of love, respect and emotional attraction.

A change in how you feel is normal and both you and your girlfriend should expect that to happen and be happy when it does, because it means that you're on your way to reaching the deeper, more meaningful stages of a relationship.

If a guy lacks relationship experience, he might notice the change in feelings and begin to worry by thinking, *"My girlfriend doesn't love me anymore. What do I do?"*

When he sees that she isn't trying to rip his clothes off for sex anymore, or she doesn't rush over to cuddle him at every chance she gets, he needs to understand that it doesn't necessarily mean she has stopped loving him.

Instead, it usually just means that she's secure in the relationship and is enjoying the next stage of it.

So, should you be worried about your girlfriend?

It depends.

If you have caused her to lose love, respect and attraction for you because you've become insecure, needy, too protective or haven't been enough of a man for her, then yes you have cause to be concerned.

To get her love back, you will need to first get her respect back for you as a man, then her attraction and after that, she will naturally open herself up to loving you again.

Love is something that can be brought back to life under the right conditions, so you just need to

make sure you create and maintain those conditions.

Your girlfriend may currently be saying that she doesn't have feelings for you anymore, but that's simply because you're not saying and doing the kinds of things that will make her feel a renewed sense of respect and attraction for you.

If you're slowly losing her, you're probably coming across in a way that is further destroying her feelings of love, respect and attraction for you (e.g. you're being insecure, needy, clingy or angry when interacting with you).

Why Has She Fallen Out of Love With You?

[image: Why has she fallen out of love with you?]

If your girlfriend has fallen out of love with you, something about your attitude or behavior in the relationship must have changed to cause her feelings for you to change.

If you want to turn things around and get your girlfriend to even more deeply in love with you than she was before, you must first understand what caused her change of heart before you can take the appropriate action to fix things and get her love back.

Consider the following...

1. Have you become needy or clingy?

A common mistake that is made by guys who begin to feel their girlfriend doesn't love them anymore, is to start seeking her constant reassurance by asking things like, *do you still love me?* or *how much do you love me?*

Being needy like that is a complete turn off for women.

Why? Women are attracted to the emotional strength of men, not the weakness, so the more that a guy asks her if she still finds him attractive or still loves him, the less attractive he becomes in her eyes and so a vicious cycle begins.

Very often, needy behavior leads into clinginess, which then causes a woman to lose even more respect and attraction for her guy.

2. Have you become too possessive or controlling?

Neediness and clinginess usually go hand-in-hand with jealousy, overly possessive and controlling behavior.

For example: If a guy's girlfriend is suddenly spending more time with her friends, he will see as a sign that she doesn't love him anymore or that her friends are trying to get in the way of their relationship.

He might then try to stop her from hanging out with her friends or make her constantly reassure him that she still loves him and isn't going to cheat on him or leave him. That type of insecurity is such a turn off for women that it's almost enough of a reason for most women to break up with a guy and never look back.

Women feel naturally attracted to confident guys who are secure in who they are (i.e. they don't feel threatened by their girlfriend's friendships and don't become overly-possessive of her when

she chooses to spend time away from him).

Neediness, being overly possessive and being controlling will not make a woman feel more love for you at all. Instead, it will simply make her feel suffocated by you in your relationship and begin falling out of love with you as a result.

3. Have you been showing her enough appreciation?

Some guys aren't needy, insecure or clingy at all.

In fact, they are the total opposite and essentially don't care about their girlfriend. He simply expects her to stick around and put up with his bad behavior because they are a couple.

Yet, unlike women from the early 1900s, today's women don't have to stick around if they are unhappy in a relationship. It's no longer shameful for a woman to break up with a guy and get in and out of relationships until she feels like she's experiencing the kind of mutual love, respect and attraction that she deserves.

Here's the thing...

A woman does want to be with an independent man who has purpose in life and independent interests outside of the relationship that are important to him (e.g. his ambitions and goals, friends, family, etc), but if he constantly neglects her and fails to meet her needs in the relationship, she will eventually feel unappreciated and lose touch with her feelings of love for him.

An example is if the guy cancels plans with her at last minute, or lies about how busy he is to get out of doing certain things with her.

If he regularly change his plans at the last minute because something else comes up, she's not going to feel important like an important person in his life.

What I Know About Love

[image: Dan Bacon with girlfriend at Jan Juc beach, Victoria]

In the lead up to getting engaged to my girlfriend (update: We recently got married), I slept with more than 250 women and had a number of great relationships.

Every time I was with a woman in the past, I had to break up the relationship because she would want to marry me or start a family with me, but I just wasn't ready.

I'm glad that I didn't settle down so quickly though because all of that experience has taught me a LOT about love.

One of the most important things I've discovered is that the love between a man and a woman will fade away if it isn't taken care of.

You can't just expect that a woman will continue to feel excited about being in love with you just because things felt good at the start. You have to deepen her feelings of love, respect and attraction for you over time.

The romantic love of a man and a woman is not unconditional and there is no guarantee that it will stay alive unless you actually take care of it.

For example: You and your girlfriend may have fallen MADLY in love with each other and been like that for years, but if you stop being a man for her or turn into an insecure, jealous, overly-protective

guy, then her love will begin to fade away.

Knowing this, I educated myself on the right way to behave when in a relationship and then did that. The result was that the love between me and my girlfriends has always deepened and become stronger over time.

Since discovering what I now teach here at The Modern Man, no woman has ever wanted to break up with me. Even though I am in committed relationship with my perfect woman now, I still have ex-girlfriends contacting me and hoping that I might become available once again.

It's a nice feeling to know that you're wanted by women and that you're going about things in the right way. It's much better than sitting around worrying if her love will last or if she's beginning to look elsewhere.

Getting Her Love Back

If you're saying to yourself, *"My girlfriend doesn't love me anymore"* and you want to get her love back, you just need to flick her "Good Girl Switch" back ON.

The truth is that a woman doesn't want to fall out of love with her boyfriend.

She wants to be a good girlfriend for him, love him and treat him well.

When you flick her Good Girl Switch back ON, she immediately starts to behave differently around you.

She goes from saying that she doesn't love you anymore, to saying that she loves you more now than she ever has.

From there, the relationship just gets better and better every day, week and year that you are together...

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How to Be a Good Boyfriend: 4 Mistakes to Avoid

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

To keep your girlfriend happy and ensure that she wants to stay with you for life, you need to commit to the idea of loving her, as well as being the type of man that she can be proud of in every way.

For example, to be a good boyfriend you should:

1. Continue to put in effort to trigger her feelings of attraction for you, rather than taking her for granted.
2. Continue to follow through on your biggest goals and ambitions in life, rather than getting lazy and hiding from your true potential behind her and the relationship.
3. Not expect her to be perfect 100% of time, but do expect her to continue to put in real effort to be the best girlfriend she can be for you.
4. Keep your lifestyle together varied (i.e. don't focus all of your energy on work and not have any time for play, vacations, quality time together, etc).

If your behavior and attitude makes her unhappy and if you don't really care about giving her your love, then the relationship will gradually fall apart.

Being a good boyfriend is easy to do, as long as you have the right mindset and attitude. Love her for who she is and be patient as both of you grow together in the relationship.

Above all, make sure that you continue to make her feel attracted to you. Unlike in the past, women are no longer ashamed to break up with a guy if the relationship isn't working out or if she isn't feeling the type of love, respect and attraction that she wants to feel when in a relationship with a guy.

Watch this video for more info...

As you will discover from the video above, you can deepen your girlfriend's feelings of respect, love and attraction for you over time. You don't have to be another one of those couples who fall out of love and break up before the relationship reaches the stage of truly committed love.

Mistakes to Avoid

Here are some common mistakes that guys make when trying to be a good boyfriend, which actually end up ruining their relationship and causing a break up.

1. Saying, "You're My Everything...and Without You, I'd Be Nothing"

[image: You're my everything. Without you, I'm nothing]

Women really love it when you give them genuine affection, attention and love, but they don't like it when you go overboard and make them the only focus of your life.

Some guys stop focussing on other areas of their life and zone right in on their girlfriend, which ends up making her feel smothered instead of happy.

A guy who makes this mistake may try to spend every spare minute he has with her, or spend his

spare time helping with her homework, household chores and errands.

He might buy her lots of expensive gifts, take her on trips he can't afford or or shower her with other tokens of affection. He might regularly tell her how much he needs her in life his and that his life would be nothing without her. Sounds like a good boyfriend, right? Wrong.

Yes, there are women who want everything to be about them, but that isn't the woman you should want to be with anyway. The perfect girlfriend is one who loves her boyfriend as much as he loves her and who goes out of her way to make him feel special too. She wants a man who:

- Has more to his life than just her.
- Is an alpha male is striving to reach his true potential as a man.
- Will work hard on his purpose in life or his career, while also giving plenty of time, love and emotional support to her.

If you make her your “everything” and hide away from other areas of life, she will naturally begin to lose interest after the initial novelty of being flattered by all your attention wears off.

She may even come to the conclusion that you're afraid to become a bigger and better man and just want to hide from the world behind her and a relationship. To be a good boyfriend, you have to be a man that she can look up to and respect.

2. Asking, “I’m Your Everything, Right?”

[image: I'm your everything, right?]

Just as it's a mistake to make your girlfriend the center of your universe, it is equally unwise to try to convince her give up her dreams, ambitions and social lifestyle for you.

Men who make this mistake often begin to think, behave and act in an insecure way around their girlfriend. They become clingy, overly-protective, jealous and so forth. They live in terror of losing their woman and constantly need to be reminded of how much she loves them.

A man like this might demand answers to questions like, “*How much do you love me?*” or “*Have you loved other guys like you love me?*” Other men will insist that their girlfriend should focus her life only on him and spending time on other things or with friends is disloyal to him.

He will try to control her and will think that by showing her his “supremacy” over her, she will be impressed by his “strength” and will respect him. However, the result he gets will be the exact opposite; his girlfriend will lose more and more respect every time he tries to control her or behaves in an insecure way.

If you want to know how to be a good boyfriend, you must understand that you don't “own” your girlfriend and you should never try to control what she does. It's up to her how many times she sees you per week or whether she wants to catch up with friends without you.

The more you try to control her, the more she will want to rebel against you or get away from you.

On the other hand, if you give a woman the freedom she rightfully deserves, while also being attractive to her (i.e. by being a confident, strong man who is reaching for his true potential in life, while also giving love, attention and emotional support to her), then she is going to want to see you all the time and will rarely want to go out with friends if you're not by her side.

3. Not Taking the Lead

[image: Not taking the lead in a relationship]

Women can make their own decisions and lead people in many areas of life, such as in the workplace. However, when it comes to a boyfriend-girlfriend relationship, most women want to relax and allow you to take the lead.

Instead of asking her, *“Where should we go tonight?”* or saying something like, *“I don’t care what we do. You decide where we can go tonight and I’ll go”* a woman wants you to take on the leading role and allow her to relax into your masculine direction.

She will want to take the lead at times, but generally speaking, she will want you to take on that role in the relationship. If you don’t, then she will feel unsatisfied at her core and will naturally begin losing respect and attraction for you. When that happens, she will gradually begin falling out of love with you.

4. Copying the Behavior of Men From TV Sitcoms or Movies

When a man is in a relationship with his ideal girlfriend and wants to know how to be a good boyfriend, he often will look for advice in all the wrong places.

He will watch TV shows or romantic comedies and think that what he is seeing on TV is how relationships are supposed to be. For instance, he’ll see a boyfriend behaving in a nervous way around his girlfriend and essentially being a doormat for her to walk all over.

Despite the fact that a woman wouldn’t enjoy being with a boyfriend like that in the real world, the TV scriptwriters will turn the situation around by the end of the episode or series and his girlfriend will be madly in love with him and everything will be just fine.

These days, a lot of men don’t stop to think that TV sitcoms and movies are generally designed as entertainment. The scenes are meant to amuse the audience and keep them watching, not educate them on how to be happy in a relationship.

Be the Best Man You Can Be

To be a good boyfriend, you should focus on becoming and being the best man you can be.

Be someone whom she can be proud of and look up to. However, at the same time, make sure that you encourage her to be the best woman she can be.

Don’t try to get her to hide away from life because you’re afraid she’ll meet another guy. Love her and encourage her, but don’t get in the way of her doing whatever she wants to do.

If you can do that while also becoming a bigger and better man every day, then you won’t be a good boyfriend, you’ll be an amazing boyfriend.

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[image]

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[image: Dan Bacon]

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The Modern Man's Guide to Gift Giving

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

'Tis the holiday season and whether we like it or not, this is the time of year for gift giving.

However, before you rush out to the stores to spend a fortune on your lady, stop for a moment to think about what really matters to her.

Physical gifts can be special reminders of your love or a small token of your affection, but gifts come in many other forms and don't all need to be bought from a store at the mall.

For instance, the ultimate gift that you can give to a woman is your love. If she is truly loved by a man whom she respects, feels attraction for and loves in return, then she isn't going to be very worried about whether or not you spend a lot of money on a physical gift.

From her perspective, anything you get for her will be special because it's coming from you, the man whom she loves, respects and feels attraction for.

Do you know how to make a woman feel attracted to who you are, rather than what you buy for her?

Watch this video to understand how a woman's attraction for a man works and how you can use it to make her appreciate anything you get her...

As you will discover from the video above, your real value and worth to a woman is in how you make her feel by way of your personality, confidence, vibe and attitude.

Don't Try to Buy a Woman's Love

[image: Trying to buy a woman's feelings]

Where a lot of guys go wrong is in thinking that they can buy a woman's love and commitment with gifts, weekends away and other expensive objects.

What really matters to a woman is whether or not the love you share is true, whether or not she can respect you as a man and whether or not she is attracted to you.

[image: Don't try to buy a woman's love]

Without those three elements in a relationship, it won't matter if you buy her a Mercedes Benz for Christmas â your relationship problems will remain bubbling under the surface.

All that said, there's nothing wrong with buying your girlfriend or wife a gift to show her you care or to make her feel extra special.

Just make sure that you don't try to use the purchasing of gifts to make up for the lack of effort you put into the relationship, the problems you've been causing in the relationship or the lack of purpose and drive you have as a man in your everyday life.

The best gift you can ever give a woman is to be a real man for her, to truly love her and to always strive to deepen the love and connection that you both share. Those gifts are priceless and will always be more appreciated by her than any physical object you can buy for her from a store.

Gifts That Show You Care

Weâve all heard the expression, *Itâs the thought that counts*, but is that really the case?

Well, in the case of buying a gift for the special woman in your life, yes it is.

Making her feel special is all about letting her know that you were thinking about her at the time of buying it. This means that you should choose something that is relevant to her interests, your relationship together or is something that she'd really like or appreciate â not just something you picked from a random store shelf at the last minute.

The ideal gift for the woman in your life is going to be something that matches her personality; something that shows you understand her and know her likes and dislikes, or something thatâs relevant to her life and your relationship. All women are different and all relationships go through stages, so your choice should ultimately reflect this. For example:

1. A new dating relationship

If youâre in the early stages of a relationship, youâre not necessarily going to know everything about your new girlfriendâs likes and dislikes, but something you can be sure of is that sheâs going to love any gift she sees as being romantic or charming.

Generally speaking, young women love to be given cute trinkets, jewelry or teddy bears that they can keep close to them to remind them of you when youâre not spending time together.

However, a more mature woman in a new, dating relationship will feel the same way, but she may prefer to be given something a little less cutesy that she can keep with her when sheâs not with you, perhaps even something that belongs to you.

If the relationship is very new, then you shouldn't go overboard and get her loads of gifts. A small gift or even a weekend away is best, but try not to shower her with gifts, unless both of you really want to do that for each other.

2. A serious, committed girlfriend

If youâve been dating a girl for quite a while or youâre in a committed relationship, you'll be more aware of her particular likes and dislikes and therefore what sort of gift would hold the most meaning for her.

In fact, itâs not unusual for steady girlfriends to drop plenty of subtle hints about what theyâd like on the run up to Christmas or to another traditional "gift giving day" such as a birthday, anniversary or Valentine's Day.

Of course, women usually don't like having to spell things out for a guy; she wants him to be able to pick up on her body language, read between the lines and be emotionally tuned-in enough to the relationship to pick up on those signals and then act on them.

Maybe sheâs running low on her favorite perfume or a new fragrance has just been released and sheâd love to have it. There may be an item of designer clothing that sheâs been longing to have, or a new autobiography out by someone she admires and would love to read about.

In this type of relationship, it's important to find a gift that is personal to her and shows that you actually listen to her and care enough to pay attention to the things she likes, even if you don't like them.

She wants to feel special, so not picking up on her hints about wanting a book and then choosing a title thatâs of no interest to her will leave her feeling that youâre not actually paying her any real attention at all.

The same applies if you don't pick up on her hints about her favorite perfume and instead buy her a fragrance she has never worn around you or doesn't like. However, thatâs not to say you shouldn't get her totally unique and original gift.

It's fine to take a risk and give her something unique that she may have never thought of, but just make sure you don't give her something that she hates, but that you like. It's about making her feel special and appreciating her, not getting her to like what you like.

3. A wife, fianc© or long-term girlfriend

The longer youâve been together, the more important it is to choose a gift thatâs relevant to her or your relationship together.

She may have a particular hobby or interest that you could support her in by giving her a related gift, or a particular luxury food or drink that she'd never buy for herself, but would love to be given as an indulgent gift.

Maybe sheâs reached a stage in her life where she already has everything she needs, so booking a weekend away or tickets to go and see a show will mean more to her than another piece of jewelry or another beautiful, but essentially useless object.

Always Remember to Focus on Giving Her the Most Important Gift of All

For most women, the most important the gift is being head over heels in love with you, being truly loved by you in return and looking forward to her future with you. When a woman has that sort of love flowing through her life, then physical gifts are merely a bonus and certainly aren't necessary to show that you care.

When you truly love a woman and you are the type of man whom she can truly love, then gifts are just an occasional, surprise bonus on top of an already amazing relationship.

If you do exchange gifts around the traditional âgift givingâ times of year, then she won't expect much at all because her heart will already be full of happiness just by being with you.

As long as the love, respect and attraction between you continues to deepen, it really doesn't matter what gift you give her â she'll appreciate it and love you even more as a result.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How to Fix a Broken Relationship

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

To fix a broken relationship with a woman, you need to work on regaining her respect and attraction for you and she will then begin to reconnect with the love once again.

Essentially, if your woman is no longer interested in being with you, it means that she's gone through the following three stages to get to this point:

1. She lost respect for you as her man.
2. She stopped feeling attraction for you.
3. She fell out of love with you.

You can change that.

As you will discover from the video above, you can fix your relationship by gaining control of the chain reaction effect in your relationship.

When you are in control of the chain reactions, you will automatically begin getting her respect back and making her feel attracted to you again. She will then reconnect with the love and will be happy with you again.

The Fear of Losing Her

[image: The thought of losing her]

Whether you've been together for a few months, a few years or for what seems like a lifetime, it's a horrible feeling to have to wake up one day and realize that your relationship is falling apart. Just imagining her with another man is enough to make you sick to your stomach.

So, how can you escape the fear of losing her? How can you regain control? Watch this video...

One of the keys to understanding how to fix a broken relationship is to understand what actually makes a relationship work.

It's only when you know how to deepen a woman's love, respect and attraction for you and then then act on that knowledge that you will naturally and easily begin to fix your broken relationship.

Essentially, a relationship between a man and a woman will work if:

- The man guides both himself and the woman into deeper feelings of love, respect and attraction for each other.
- They share the same long term (not just short term) outlook on life.
- They grow together as a couple, rather than one person growing and the other being left behind.
- The man makes her feel like a feminine woman because he remains in a masculine way of being, rather than being neutral around her or worse, being feminine around her.

When Things Fall Apart...

[image: How to fix a broken relationship]

When we first embark on a new relationship, most of us find it difficult (if not impossible) to imagine that the glorious feelings of joy, euphoria, romance, passion and even lust will ever go away.

So, when the relationship feels like it is falling apart, most people are taken by surprise and begin to question:

- How did this happen?
- Why did this happen to us? We were so in love?
- Why didn't I see the signs?
- What did I do wrong?
- What is love if it doesn't last?
- Does she still love me?
- How can she be thinking of breaking up with me, when we were so madly in love before?

And finally...more importantly:

- How can I fix it?

If you are willing to fix the problems in your relationship, then you have a great chance of getting things back on track. However, if you're just looking for a "quick tip of the day" and aren't prepared to put in some effort, then your relationship will likely remain broken and eventually break up.

Did You Miss the Signs?

[image: Fixing a broken relationship]

Another secret to the process of how to fix a broken relationship, is to take responsibility. Accept or admit to yourself that you were either not paying attention to the signs, or you did notice them, but have waited this long to do anything about it.

Depending on the severity of the signs she was giving you about her dissatisfaction with the relationship, you will be able to gauge how serious the damage to the relationship is.

Sometimes, it will only be a little bit broken and you'll be able to fix it quite quickly. Yet, other times, it's going to take a lot of effort and a lot of time before she begins feeling what she used to feel for you again.

For example: Here are some signs that suggest a relationship is broken or is on the way to breaking up.

- Often being irritated at just the sight of each other.
- Screaming/yelling at each other pretty much every time you disagree about something.
- Fighting over way too many trivial things.
- Ignoring each other because neither of you see the other as being worthy of much of your

attention.

- Spending less and less time together.
- One of you is sleeping on the couch (or in another bedroom) a lot more.
- Sheâ□□s complains about you to her mother and friends every chance she gets.
- She goes out clubbing or partying without you.
- To avoid spending time together, one or both of you are leaving the house earlier every morning and coming home from work later and later in the evenings.
- There is no more intimacy; romantic dinners, holding hands or affectionate kisses are a thing of the past.
- The sex has dried up to pretty much zero, or only happens once a month.

If you can relate to many of the signs above, then your relationship is in trouble.

You can fix it and you can get the love and harmony back in your relationship, but to do that, you're going to need to make sure that she wants to fix the relationship as well.

Getting Her to Want it Too

Fixing a broken relationship is completely possible and it happens all the time, all over the world. However, to truly be successful at it, both parties have to want it. If your woman currently doesn't want it, then you're going to first have to focus on regaining her respect and attraction for you.

Once that is back, she will then begin opening herself back up to loving you and the idea of committing to you in a relationship will feel like the right thing to do and what she wants to do.

Fixing a Broken Relationship

So, let's have a different look at how to fix a broken relationship by asking you a bunch of questions to help you understand what needs fixing, changing or adjusting.

1. Did your directions in life change?

When a couple gets together, initially it usually all about lust, sex and intimacy and only after a while do they start to discuss (or hint at) their plans for the future.

Often, these plans for the future do not match and on a subconscious level both parties will soon realize that as dating partners they are great, but as life partners they are incompatible.

If this is something that has happened to you and neither of you wants to come out and say it directly, you could find yourselves moving in opposite directions rather than moving forward to the deeper stages of a relationship.

As that happens, you and her may begin doing things to break the relationship apart because you're unwilling to fess up and admit that you're just not that compatible anymore.

2. Did one of you cheat?

Cheating is a sign that there serious problems in the relationship.

Cheating is the result of many underlying issues such as lack of confidence, the need for attention, the desire to ruin the relationship that way instead of having to tell the other person you no longer want to be committed to them, etc.

An issue like this cannot be swept under the carpet and needs to be addressed urgently. If a woman cheats, you should dump her and have sex with at least one new woman (not a hooker!), who is at least as pretty as her, but preferably prettier. Once the score is settled and you are even, you should then get back into a relationship if both of you want it.

Forgiving her cheating is usually a recipe for disaster because most men won't be able to stop feeling insecure and hurt about it.

Personally speaking, I would do what I've suggested above. I wouldn't accept a woman's cheating and then hope that we live happily ever after. Life is like the movies where actors play out unusual, strange and dramatic roles to entertain an audience.

3. Did the spark die out?

Sometimes the spark of the relationship simply dies. When couples first embark on a relationship there is often a lot of charming and romantic behavior, as well as flirting and exciting seduction.

However, when they settle into a relationship and the initial excitement wears off, most people don't know how to get that back.

4. Did you stop being the guy she fell in love with?

[image: Did you stop being the guy she originally fell in love with?]

There are certain qualities and characteristics about you that your woman was attracted to when you first began the relationship.

If those qualities disappear and are mostly replaced by unattractive qualities (e.g. insecurity, jealousy, over-protectiveness, you not having much purpose in life, etc), then she may begin to look elsewhere to find what she believed she had found in you.

How to Fix a Broken Relationship in One Night

When a relationship breaks, there is no quick fix remedy that will make it all better overnight, so if you're one of those guys who gets sucked into thinking there is a magic trick, you will be disappointed.

If you really want to fix your broken relationship, you must accept that it's going to take some effort from you to evolve as a man.

You can't go on behaving like you have been and think things will change. Likewise, you can't simply â□□plan a romantic dinnerâ□□ and expect that everything will be fine after that.

Relationships are much more complex than that and to keep a relationship together, you have to be the type of man that she respects and feels attraction for all the time, not just for one night.

What Do You Need to Improve About Yourself?

[image: What do you need to improve about yourself?]

If you're wondering how to fix a broken relationship, then chances are high that you might be contributing to at least some of the problems in the relationship.

If your woman is to blame, then you either need to dump her and get a new woman, or explain to her

what you don't like and let her know that you're willing to grow and change together, to rekindle the love and feelings that were so enjoyable for you both in the past.

However, if most of the blame falls on you, then what do you need to improve about yourself? For example, certain aspects of a man's behavior can create serious problems in a relationship, such as:

1. Thinking, behaving or acting in an unattractive way around her

Most guys don't ever get taught how to attract women by their father or other adult male role models as they are growing up.

As a result, they are left to work it out for themselves.

Some guys are naturals with women and know what to say and do to be attractive to a woman. Yet, most guys need a bit of help and in their confusion, they end up turning women off in ways that they don't even understand.

As a result, the woman who once fell in love with them is now feeling turned off and thinking about leaving or cheating on him.

Watch this video to understand what you need to do to fix the problem...

Once you have re-sparked her attraction for you and made her feel respect for you, it's so much easier and more natural for her to feel love and appreciation for you.

She wants to be around you because she feels so good with you now.

The next area of improvement that many men need help with in a relationship with a woman is...

2. A lack of confidence and self-esteem

High levels of self-esteem and self-confidence are qualities that women find sexy in a guy and are one of the things that women are most attracted to at the beginning of a courtship. This attraction will remain for life if he remains confident and full of self-esteem.

However, if he is showing a lack of confidence and self-esteem too often during the relationship, the woman will gradually lose more and more respect and attraction for him. She will start to question her choice in a guy and wonder if he was faking it just to get her to like him.

If she feels like she's been cheated into believing he is someone he's not, or if she now has to start "mothering him" to get him to believe in himself, she will definitely start backing out of the relationship.

3. Not following through on your big ambitions and goals in life

During the early part of a relationship, couples usually don't discuss their goals and ambitions in life in too much detail. However, later on, it becomes a very important part of a woman's respect and attraction for her man.

If you initially seemed to be a man of purpose and convinced her that you had big plans to succeed in life, but you then slacked off or gave up, she will naturally feel as though she's been tricked into being in a relationship with a liar.

A woman wants to see that no matter how challenging life gets, her man is strong enough to keep pushing forward to achieve his biggest goals and dreams. However, if she finds herself in a relationship with a guy who is hiding from his true potential as a man behind her and the relationship, she will naturally begin to lose respect and attraction for him.

If she doesn't change and start following through on his promises to be a bigger and better man than the guy she met, she will begin to fall out of love with him.

Get Help Now Before it is Too Late

[image: Get help now before it's too late]

I've spent the last 10 years of my life helping guys fix their problems and issues with women and have loads of success stories posted up in comments all over my site.

Your woman may currently be considering leaving you, so get started now and fix the issues between you before she opens herself up to being with someone else.

- If she hasn't broken up with you yet, I recommend that you watch: Make Her Love You For Life and if you need a lot of help, you should also watch Better Than a Bad Boy
- If she has already broken up with you, I recommend that you watch: Get Your Ex Back: Super System

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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Do All Women Cheat?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Not all women cheat, but cheating has definitely become more common these days because women don't have to put up with a man for life if they don't love, respect and feel attraction for him.

In the past, it was shameful to break up or divorce, but it has unfortunately become very common and acceptable.

If you don't want to get cheated on by a woman, you can lessen the odds to nearly zero by:

1. Choosing the right woman for you, rather than accepting whatever you can get.
2. Deepening her feelings of love, respect and attraction throughout the relationship, rather than taking her for granted.

A lot of guys simply accept whatever they can get with women and as a result, they often find themselves trying to make a relationship work with a woman who isn't compatible.

[image: Incompatible couple]

To avoid finding yourself in a relationship with a woman who isn't compatible with you, it's important that you develop your ability to attract women.

When you are able to attract women with your confidence and charismatic personality, you then have your choice with women and can choose a perfectly compatible woman for you.

[image: Compatible couples]

Watch this video to understand how a woman's attraction for a man works and how you can use that to get yourself a compatible woman and then avoid being cheated on later on in a relationship...

As you will discover from the video above, it is possible to be the sort of man that a woman never wants to leave.

Not all women cheat, but when a modern woman finds herself in a relationship with a man who she isn't very compatible with, she now has the option to leave or cheat to ensure that she has a new guy to go to when she breaks up with her old one.

Why Are You Asking if All Women Cheat?

When a man asks, "*Do all women cheat?*" it may be because the woman he loves has recently cheated on him, a friend has just been cheated on or he has suddenly realized that he's been cheated on by most women he's been with.

Either way, when a guy has been cheated on by a woman that he truly loves and is hurting as a result, it's only natural that he's going to question whether all women are likely to treat him the same way in future.

According to statistics published in the Journal of Marital and Family Therapy (USA), 57% of men and 54% of women admit to having cheated at some point in their lives when in a relationship.

Interestingly, 74% of the men surveyed said they would have an affair if they knew they would never get caught and 68% of the women surveyed said the same.

With these kind of statistics, it's fair to say that not all women cheat and not all men cheat, but clearly there's very little difference between the genders when it comes to infidelity.

So, if you ever hear someone saying that women cheat more or men cheat more, just know that they are basing it on their personal experiences.

Generally speaking, it's pretty much the same because I have found that most women are not willing to admit to cheating because it is more detrimental to a woman's social standing than it is for a man.

I would say that cheating is pretty much even amongst men and women.

What Counts as Cheating?

[image: Is she cheating?]

So, what actually counts as cheating?

This is a question that many couples in a relationship will never ask one another because they don't want to give the other person the impression of being okay with a bit of flirting or hugging when interacting with the opposite sex.

I think that it goes without saying that having sex with someone else when you're in a relationship is definitely cheating, but what about kissing someone else, or flirting with someone else, or even just having sexual thoughts about someone else?

Cheating can be physical or it can be emotional and unless both parties have clearly agreed on their expectations of one another, there's plenty of potential for upset.

A lot of the guys who contact me with questions along the lines of, *"Do all women cheat?"* or *"Why have so many of my girlfriends cheated on me?"* have found themselves in situations where they see their girlfriend's flirtatious behavior as unacceptable, yet she sees things differently.

For example: One guy explained to me that his girlfriend had become really good friends with a male work colleague of hers and had spent a lot of time with him outside of work.

He felt that by spending so much time with him sometimes sleeping over on his couch she was cheating on him, but she couldn't understand why he felt that way because her male friend was just that, a friend, and there was nothing going on between them.

If this resonates with you, you need to question whether you really want to be in a relationship with a woman who has very different relationship expectations to you.

Personally speaking, I would see that as unacceptable behavior and if my girlfriend (update: I recently got married to my sexy, 22 year old girlfriend who is 15 years younger than me) ever wanted to sleep on the couch at a guy's place from her work, it would be the last time she would be able to call herself my girlfriend.

However, I don't have a problem with her having male friends. She has plenty of male friends. It's just that she doesn't sleep over at their house! My girlfriend and I have had the chat about what we see as acceptable and unacceptable and as a result, neither of us feels as though we need to hide friends from each other.

What Makes a Woman Cheat?

If you're in a situation where your definition of cheating is different to your woman's definition, it's all too easy to slip into patterns of behavior that will make the situation worse.

For example: You might become insecure and jealous when your woman interacts with other guys or accuse her of liking guys she talks to or even looks at. Insecure thinking, behavior and actions never, ever helps the situation and only makes it worse because women are attracted to the emotional strength in men and turned off by the weakness.

If you don't want a woman to feel the need to cheat on you when in a relationship, you have to be the sort of man who she can look up to, not look down on.

As a man, it's your responsibility to guide you and your woman into deeper feelings of love, respect and attraction for each other. If you fail to do that because you're too busy being insecure and trying to stop her from looking at other guys, then she will naturally begin falling out of love with you and other guys will become more appealing to her.

The bottom line here is that women are attracted to confident men who are secure in themselves and what they've got to offer in a relationship.

Men with genuine self-confidence and true, alpha male characteristics are men who effectively have their pick of women. If you're that man, the woman you have chosen to be in a relationship with will be doing everything she can to ensure that you choose to stay in a relationship with her.

Thoughts of cheating on you are never going to be on her mind for very long, because she will always be reminded (because you will consistently be the man in the relationship) that she already has what she wants and needs.

However, any sort of behavior that reveals you to be a man who lacks confidence or a man who is insecure in any way will make her feel less sexually attracted to you and much more open to thoughts of cheating on you when she's in the company of other men.

Today's Women Can and Do Leave if They Are Unhappy

[image: Marriage in the old days]

Unfortunately, today's approach to relationships is not like how it was back in the 1800s where it was considered shameful for a woman to break up with a man.

These days, all levels of society actively encourage women to break up with a man if he isn't good enough. SO, when a woman isn't happy, she just goes out and gets herself a new man.

[image: Dating - Sex before marriage]

TV shows, TV talk show hosts, celebrities, teachers and even family and friends are saying to women, *"If you're not happy, then dump him!"* and that is giving women the freedom of mind to cheat if they want to (because relationships aren't seen as that serious, unless they are serious) and dump guys who aren't up to scratch.

Are You Causing Women to Cheat?

Personally speaking, the whole reason I started The Modern Man was that I got cheated on by the love of my life and went through years of loneliness and depression before eventually getting my mojo back.

In the relationship with the girl who dumped me, I was too needy, I wasn't enough of a man for her and she, like most modern women, realized that she didn't need to stay faithful to me. So, cheated on me and then dumped me.

Back when my ex-girlfriend cheated on me and then dumped me, I too was asking, "*Do all women cheat?*" and was turned off the idea of relationships for many years following that experience.

The pain of having my heart broken like that was just too much. I remember thinking that I was going to remain single and alone for life because women were just too difficult.

Back then, I didn't know what I eventually put into videos like this that are now helping men all around the world...

After going through years of pain and loneliness after being cheated on and then dumped, I eventually realized that just because you're in a relationship with a woman, it doesn't mean that she is obligated to stick by you no matter what.

If you end up being an insecure, emotionally-weak guy and don't make her feel what she wants to feel, she will eventually have to start thinking about herself and her needs. She will warn you and request that you change, but if nothing does, she will naturally begin to stray.

Do You Have the Ability to Maintain a Relationship That Lasts For Life?

How do *you* behave when you are deep into a relationship with a woman (i.e. past the initial dating phase and the honeymoon phase)?

Have you been causing women to cheat on you because you've always slowly ruined the love, respect and attraction you feel for each other, rather than deepening it and guiding you and her into the more advanced levels of a relationship?

If you're an insecure guy (i.e. you have low self-esteem, don't see yourself as being very valuable to most women, you aren't very confident in social situations, you need a woman to be emotionally gentle with you because you are sensitive, etc), then you're probably going to become jealous of any other man in your woman's life, even if she is just friends with him.

This insecurity may lead you to being overly-possessive and suspicious of her every move when you're not around. When she continually sees that side of you, her attraction and respect for you will gradually diminish until she begins falling out of love with you.

When that happens, she will either break up with you or cheat on you and then break up with you. Being insecure in a relationship with a woman is never helpful. It always creates problems rather than fixing them.

For example: The more insecure a guy thinks, behaves and acts around his girlfriend, the less attraction she will feel for him.

Her lack of attraction will usually lead to her behaving in ways (e.g. pulling back her interest, being less affectionate, etc) that arouses his suspicions even more, causing him to become even more insecure...and so the vicious cycle continues.

Suddenly she stops dedicating all of her time to him and begins spending more time with other friends. He then becomes more insecure, jealous, controlling and protective and she falls further out of love with him.

How about you?

Have you ever felt suspicious because your girlfriend didn't respond to a text message quick enough, or didn't pick up her phone right away even though you knew she was awake and available to talk?

Chances are she was in the shower or doing something else equally innocent at the time, but your insecurity led to you imagining she was with another man or simply losing interest in you.

That kind of insecurity is never helpful in a relationship. Sure, if she's a liar and she's always flirting with other men, then you have reason to be suspicious, but why would you be in a relationship with a woman like that anyway?

If you want to avoid being in a relationship with an untrustworthy, incompatible woman, you need to choose your women instead of accepting whatever you can get whenever you get lucky once in a while.

Some Women Use Men For a While and Then Discard Them

Always remember this important fact of nature: Women are attracted to confident, alpha males and while they may put up with a lesser male temporarily (e.g. to use him for money, to use him to get over an ex, to use him for some attention, etc), they will never be truly loyal to him.

If an alpha male comes along and is willing to commit to her, she will jump ship so fast that the lower-ranking male won't know what happened.

A woman yearns to be with a guy who can make her feel a deep and continuous attraction for him. This comes down to you being a well-rounded man who is able to deepen her respect, love and attraction over time.

These days, you can't expect a woman to stick around just because a relationship felt good in the beginning.

If you don't want to be another victim of female cheating, you need to become and be the sort of man that women don't want to cheat on.

It might sound like a lot of work, but it's actually a lot easier than going through a life of stress and worry about potentially being cheated on. When you know that you're the type of guy that a woman wouldn't want to cheat on, it allows you to relax and get on with enjoying life together.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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Things to Do In a Long Distance Relationship

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you don't want to be sitting around worrying that she might be cheating on you or thinking about leaving you, the secret is to make her feel high levels of respect, love and attraction for you.

If those three elements are not there, then it won't matter how often you chat to her on Skype, Facebook, Whatsapp, via SMS / text, email or phone. Without respect, love and attraction, most modern women will cheat (54% in normal relationships and approximately 70% in long distance relationships).

If you don't want the relationship to fall apart while you are a long distance from each other, you need to make sure that you are being the type of guy that she continues to feel a lot of respect, love and attraction for.

Watch this video to understand how it works...

Then and Now

[image: Relationships stuck together for life]

In the past, most people lived out their entire life in the original town or city where they were born. Yet, today's world is a lot different and an increasing number of relationships are becoming long-distance.

Unlike in the past where it was forbidden and taboo for a marriage to end in divorce (people didn't have casual, unmarried relationships back in the late 1800s to early 1900s), today's culture accepts break ups and divorce as normal.

[image: Women are now free to break up with men if they want to]

Women are now free to have sex with whoever they want and break up with a guy in a local or long distance relationship. If a woman isn't feeling the type of love, respect and attraction that she wants, she doesn't have to stay faithful and wait around hoping that things change.

Going Long Distance

Almost everyone knows one or a few people who have travelled and even lived overseas, or simply relocated to another part of the country.

Lately, an increasing number of guys have been contacting me looking for help before they lose their long distance girlfriend, fiancé or wife.

While most guys are looking for advice on things to do (e.g. chatting on Skype, watching a movie at the same time, etc) in a long-distance relationship, what they really need help with is how to maintain her feelings of love, respect and attraction for them.

A lot of the advice you will find online centers around "doing things together" virtually, but no matter how many things you do together online, it won't stop her from cheating on you or leaving you if she doesn't actually feel a lot of respect, love and attraction for you.

I recommend that you watch this video for more of an insight on modern relationships:

Is Your Relationship Really Ready For Long Distance?

The first thing I need to make clear to guys who are after tips on things to do in a long-distance relationship is this: Your relationship needs to be fairly well established before it becomes a long-distance one, otherwise she will be less committed and invested in the idea of you and the relationship.

It takes a strong emotional connection to be able to cope with the limitations in physical contact that a long-distance relationship will create, so unless that emotional bond has had time to form, the lack of physical closeness will inevitably lead to a gradual drift apart.

I have friends who are married and either the man or woman has to be away for long periods of time because of work commitments. They've been able to make it work because they already have an established relationship, are still madly in love and are completely committed to each other.

However, I also have friends who've lost a girlfriend (or some of my female friends who've lost a boyfriend) because of distance. In their case, the relationship fell apart mainly because they weren't completely committed to each other yet. It was love and they were enjoying the sex, but one or both of them just weren't truly ready to commit to the other.

Where Guys Go Wrong

The Internet is awesome and it's great that millions of people are blogging online and helping each other out. However, sometimes a blogger's good intentions to give dating and relationship advice ends up causing problems for men.

One common piece of bad advice online is that you should "Skype daily" or "Send her e-gifts" of some sort. While there is nothing wrong with doing something cute or sweet every now and then, you should not lay it on too thick or do it often. Why? If a woman doesn't feel much respect and attraction for you, then sending her sweet things online will have the opposite effect.

She will begin to think, *"Why am I not feeling excited to get this sweet message from him?"* or *"Why do I feel like I don't want to talk with him much anymore?"* That is obviously not how you want to make a woman feel in a long distance relationship.

Some bloggers will tell you to spend as much together with his her as possible.

This will mean doing things via video calls, watching TV shows at the same time, staying involved in each other's daily lives via phone calls, text messages, emails, and any other means of "live" communication available. It makes sense to be in regular contact, but trying too hard to be involved in a woman's life actually turns her off.

Women are naturally attracted to a man who has purpose in life OTHER than the woman. If you are sitting around thinking about her all day instead of being a man and rising through the levels of your true potential to reach for your true purpose in life, then it will naturally turn her off.

She might enjoy all the attention initially, but she will quickly begin to feel turned off by you. At that point, she will begin to open herself up to the idea of being with other men.

Guys who spend too much time pursuing a woman in a long distance relationship can easily get to the

point where they feel insecure.

When she's not in the mood to "hang out virtually" one night, he might begin to worrying that he's losing her or that some other guy has stolen her heart. He may then begin to behave in jealous and insecure ways, which will turn her off and make her begin to question the "man" she is holding out for.

Women are attracted to the strength in men and turned off by the weakness. So, showing her your emotional weakness to a woman in a long distance relationship will only cause her to lose attraction for you and for other men to suddenly appear more attractive in her eyes.

Stay True to the Man You Are

Trying too hard to make up for not being together physically, will usually lead to suffocating the life out of a relationship with a woman.

If you're not growing as a man and reaching for your true potential life as a man, then you're stagnating. When she feels that and notices it, her attraction and respect for you will begin to diminish and the relationship will begin to feel unnecessary and weird to her.

It will no longer be seen as something that is she wants or enjoys, but will instead feel like a burden for her. You will become someone that she has to take care of, rather than a man she can look up to and feel proud, lucky and excited to be with.

You need to keep being the man she fell in love with while also becoming a bigger and better man each day if you want her to stay in love with you. That principle of male-female relationships applies whether you're living together or are or thousands of miles apart.

The core thing you need to remember in terms of things to do in a long-distance relationship is that keeping any relationship alive and making it a successful one comes down to being a man who knows how to create and maintain the ideal relationship dynamic in a male-female relationship.

This means being a man who knows how to make a woman feel like a woman and a man who has what it takes to naturally lead the way in a relationship "irrespective of whether it's a long-distance one or not.

So, instead of looking for cute things to do in a long distance relationship and wasting time, energy and money buying her a bunch of gifts or gadgets, ask yourself these questions...

Am I the sort of man that she will happily stay faithful to?

Have I sparked enough attraction in her for me that she isn't interested in other men?

Have I been guiding her into deeper feelings of love, respect and attraction for me, or have I been slowly killing our relationship with my insecurities or emotional weakness?

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[image]

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[image: Dan Bacon]

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The Beginning of a Relationship

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The beginning of a relationship is the easy part because everything feels new, wonderful and exciting. The question is: Will you get past the easy part and get to the more difficult stages of a relationship where you and her truly fall in love and deeply commit to each other for life?

[image: Will you get past the beginning of your relationship?]

As a man, it's your responsibility to guide a woman into deeper feelings of love, respect and attraction for you. If you don't do that, the relationship will gradually begin to fall apart and will usually end in a break up.

Why?

In the past, a woman was almost completely dependant on a man for her survival. She had to remain a virgin until marriage and then stick with her chosen man for life, even if she wasn't happy because divorce was pretty much forbidden.

[image: Marriage in the old days]

Back in 1900 for example, the divorce rate was less than 10% across the developed world, whereas today it's at an average of 50%.

If you want to keep a relationship together with a woman, you've got to be able to deepen her feelings of respect, love and attraction for you over time. Much of this comes down to your ability to be an attractive man in her eyes.

Watch this video to understand how it works...

Feeling Gooooood

There is no greater feeling in the world than the excitement and the thrill that you experience at the beginning of a relationship. Everything is new, fresh and exciting and you and the woman are buzzing with new feelings of love, lust and belonging. It feels goooooood.

You're happy with yourself for landing a new girlfriend and that gives you a feeling of satisfaction and achievement. You are now officially a member of an exclusive club: The Couples Club.

No more lonely nights, no more hanging out trying to find the right girl and no more anxiety about approaching women. No more being the only without a woman at a party or being the third wheel when you hang out with your buddy and his girlfriend.

So, Where Do You Go From Here?

Once the dust has settled and the excitement of being at the beginning of a relationship has worn off, many guys find themselves stuck and unsure on how to proceed.

Most people assume that you should just keep hanging out, having sex and seeing each other and that will cause both of you to fall deeper in love with each other.

Yet, that's not how it works.

If you want a woman to gradually feel deeper and stronger feelings of love, respect and attraction for you, then you need to be what she refers to as a real man.

Don't Seek Advice From Women

Since a lot modern guys grow up without a lot of male role models around them, much of the information they get about dating and relationships comes from women; their mothers, grandmothers, sisters or school teachers.

The fact is, while women do know what they want from a man, they are too ashamed to say it in public or even around most friends. Why? They can't say, *"I like a confident guy who knows he can have me. He's so confident and sure of himself that I have to impress him to get with him."*

Instead, they will say, *"I like a nice guy who listens, is caring and doesn't think he can just have me"* because they don't want to give all guys the impression that they are actually a lot easier to pick up than they let on.

Growing up, a mother may tell her son to *"be a nice boy,"* to shower his girlfriend with flowers and gifts, to call her (or text her, or e-mail her) every day and to do what his girlfriend tells him to do.

She'll say that being nice and being a gentleman is the way to ensure he doesn't get dumped before the beginning of the relationship has even had a chance to get started. Yet, in reality, women do not respond well to guys being extra nice in the hope of being rewarded with love, sex and affection.

This *"getting to know each other"* period at the beginning of a relationship is crucial, and is what will determine whether the relationship is going to develop into something serious and long term, or whether it is going to fizzle out and die right at the start.

While a mother has good intentions for telling her son that sort of thing, it is not the answer to keeping a woman interested and guiding both you and her into deeper feelings of love, respect and attraction for each other.

Separating the Men From the Boys

[image: Separating the men from the boys]

Women are more attracted to an alpha male than any other type of male.

An alpha male is strong, both mentally and emotionally, he's confident, he's self-assured and he's the kind of guy who knows what he wants and goes out and gets it. The opposite of an alpha male is the lower-ranking male (starting from beta male and going all the way down to an omega male).

The lower-ranking male is mentally and emotionally weak, lacks confidence and self esteem and is the kind of guy who waits around hoping for life to happen.

A guy like that will often be able to get lucky and get to the beginning of a relationship with a woman, but once this initial lust buzz has worn off, the woman will usually dump him and move on.

Lower-ranking males will usually do whatever they can (including drinking alcohol to work up the courage to approach a woman) to put on a brave front and approach women they find attractive.

From there, they will say and do whatever they can to impress the woman and hope that she gives her phone number out, kisses him, dates him and commits to being in a relationship with him.

If they are lucky enough to get a dating relationship going with a woman, it's usually with the type of woman who doesn't have a lot of relationship experience, is desperate to find a new guy right away (e.g. to get over an ex) or who isn't very attractive to most men.

Sometimes though, a guy will score an awesome woman (the type that most guys want), but it usually won't last for very long. As the relationship gets going, he won't just can't stop his lower-ranking male style of thinking from causing problems between himself and the woman. For example, he will:

1. Become insecure:

Insecurity creeps in and he begins to question his good luck. He begins to wonder why his woman likes him and assumes that she will likely dump him soon, just like most girls have done to him before.

2. Be unable to control his jealousy

Stemming from his insecurity and lack of confidence, he will begin to feel jealous. He'll secretly feel that any guy that she interacts with will be a threat to his relationship with her.

This lower-ranking male thinking will cause him to start accusing her of liking other guys or even cheating. He might even tell her that if she wants to stay with him, she's going to have to stop talking to other guys she knows...who he thinks will steal her from him.

3. Feel submissive or powerless around her

After putting on a confident front at the beginning of the relationship, these guys will gradually become submissive by handing over their power to the woman.

He will pretty much let the woman become the dominant one to the point where she ends up feeling like "the man" in the relationship and that turns both of them off each other sexually.

4. Stop seducing her:

Nothing is worse for a woman than being seduced into a new relationship, only to discover that it was all an act or that the guy really doesn't know how to guide her into deeper feelings of love, respect and attraction.

All he can do it get to the beginning of a relationship, have sex, go hang out together at a few cool places (e.g. beach, movies, etc) and then that's all he's got to offer. Without continuous seduction a relationship, it may as well be a friendship. Continuous seduction is what keeps a woman (and a man) turned on and wanting more as the years go on.

5. Stop adoring her

He's got the girl, so now it's time to concentrate on playing the new, massive video game that has just been released, right? Wrong.

Guys who behave the same way they did when they were single will be single again sooner than they thought. There's nothing wrong with playing video games when you're in a relationship, but there is something wrong with taking a woman for granted and hiding from your true potential in life behind video games.

You've got to make sure that you maintain a healthy balance between focussing on your interests and

giving her the love, attention and respect she deserves.

Life Changes When You Get Into a Truly Committed Relationship

Here's what happened to me when I met my girlfriend, who recently became my wife (we got engaged after a short engagement period)....

Deep down, some guys don't want to have to make any changes about themselves or lifestyle when they get a girlfriend.

If, in your heart and mind, you don't want a relationship to change you in any way, then just make sure you don't try to make it a committed one.

If you're just interested in dating relationships that last a few months to a year or are dating multiple women at once, then you don't have to worry about changing anything about yourself â□□ the relationships will most-likely end.

However, if you want a relationship to last, then you need to choose the right woman and then be prepared to constantly grow as a couple. If only one of you grows, but the other remains stagnant, then problems will arise and it will all begin to fall apart, unless the other person lifts their game.

Guide You and Your Woman Into Deeper Love

As a man, it's your responsibility to guide both yourself and your woman into deeper feelings of love, respect and attraction for each other.

You have to be the leader with that. She has to do it too, but just don't expect her or request her to be the leader of it. It is your responsibility.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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Is it Okay For Men to Cry?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

A woman might not say anything in the moment, but crying like a woman would (e.g. over a movie or challenging time in life) will almost always decrease the amount of respect and attraction she feels for you.

Some women, especially those who are insecure and want an emotionally weak man who needs them, will say that they LIKE a guy who cries.

Of course she does; she wants an emotionally weak man who needs her for his emotional security and stability. She isn't confident enough in herself to be with a man who is so emotionally strong and secure that he would be absolutely happy and fine, with or without her.

So, don't get led astray by what random women say about wanting men to cry. From all of my years of research into sexual attraction between men and women, I have found that crying in front of a woman reduces the amount of attraction and respect for you. However, there are some exceptions to that rule.

Acceptable Times to Cry or Get “Watery-Eyed”

There are times when it is perfectly acceptable for guys to shed a tear or get watery eyes. Women are not turned off sexually if a guy becomes watery eyed at the funeral of a close loved one.

However, some guys don't feel the need to cry in that situation because they've already thought about life and death and knew it was coming. Instead, they will fully experience the grief, loss and sadness, but will not need to cry about it.

It really depends on the man's outlook on life. It's not right for anyone to say whether a guy can't cry at the funeral of a close loved one because it is a personal choice that has to do with his philosophical outlook on life.

I have found that a woman will still be just as sexually attracted to her man if he does or doesn't cry at the funeral of a close loved one. Yet, if he wails and sobs for a long time and she has to comfort him for hours (or days), then she will naturally begin feeling turned off by his inability to maintain control of his emotions and face the reality of life.

No matter how difficult the situation is that a guy is faced with, falling to pieces is not attractive or encouraging to a woman. A woman still wants to know that she can rely on her man; even when everything around him has hit rock bottom.

Another exception for crying is shedding â□□ tears of joy.â□□ Not actual â□□ tears,â□□ but a slight misting (watering) of the eyes is okay.

Events that warrant such a reaction can include: The birth of your child, a triumphant moment for humanity, a well deserved and hard earned graduation, victory in an ultimate sport event such as winning Olympic Gold, and other such overwhelmingly triumphant and emotional events and occasions.

Women are fine with a man becoming watery eyed in such moments, but they are not fine if he wails, sobs or cries uncontrollably.

Crying, at the above-mentioned times is normal and acceptable and does nothing to diminish a man's credibility or masculinity. In fact, a man who can experience depth of emotion can be attractive to women.

Remember: Men who wail, whine and cry at the drop of a hat are definitely NOT attractive. Women perceive such a man to be more like a woman and thus they don't feel the type of sexual attraction and respect that they naturally feel for men.

The TV Show That Gets Me “Watery-Eyed”

I am happy to admit that pretty much EVERY time I watch Long Island Medium, it gets me watery-eyed. Why? Watch an episode and see for yourself.

Prior to watching that show, I wasn't interested in having a family, but it has completely changed the way I feel about life, love and family. It reminds me of the connection we all have as humans and the bigger family we seem to be a part of.

HOWEVER, despite how emotionally moving the show is, I never let myself lose control of my emotions to the point where I actually cry or shed tears. Why? That is what the feminine does. The masculine maintains control of his emotions and the feminine loses control.

I am a man and because of that, I don't think, behave or act like a woman. I sit there watching the show with my girlfriend and the most I ever get is watery eyed, whereas she's always reaching for a tissue to wipe away her tears.

There's nothing wrong with a man acting like a woman (e.g. a gay guy), but if a heterosexual man behaves like a woman, he's not going to be seen as a masculine man that most women want to have sex or a relationship with.

He may be able to attract some very masculine women who are looking for a weak man, but most women will be turned off by him at a fundamental level.

[image: Man crying]

Think about it...

Imagine a really masculine man. He's tough, confident and alpha. When you interact with him, you naturally feel as though you should respect him. You also feel safe around him because you know that most other guys would fear him.

Then, all of a sudden, he starts crying uncontrollably about how he lost his job and looking for someone to comfort him and make it all better. Do you still look at him as a truly masculine man? If you do, then you don't understand what it means to be a man and you've most-likely been acting like a bit of a woman in your life.

If you think it is masculine to lose control of your emotions like a woman, then I don't even have to guess about whether or not women remain attracted to you in a relationship – I know for a fact that they'd lose interest in a guy like that.

A guy like that might be able to get himself into a relationship, but his feminine side (i.e lack of masculinity in the area of maintaining control of his emotions), will eventually turn the woman off and she'll lose interest.

Unacceptable Times to Cry or Get “Watery Eyed”

[image: Man crying after losing his job]

When a man is facing difficulties and obstacles in his life, it is understandable that he can (and will) become upset about it. Dealing with problems in life is normal, but weeping like a little child because of it, is not.

Life might throw you lemons at times, but whether you choose to make lemonade from those lemons, or cry over your misfortune, is what separates the men from the boys.

So here are some examples of when it is not okay for a man to cry:

- After losing his job / being fired from work.
- During a fight with his girlfriend / wife.
- While his house is beingÂ repossessed.
- When hisÂ cat / dog / canaryÂ dies.
- When isÂ passed over for a promotion.
- When the love of his life has ditched him.
- While watching The Lion King.
- When trying to get his ex back (e.g. while begging and pleading with her).

Okay, you get the picture, right? No matter how tough life gets, if you are a man and want women to perceive you as being a man, it is not okay to cry about it.

If a man cries every time heâ□s faced with a problem in life, he begins to look mentally and emotionally weak to women. Women are naturally attracted to men who are like pillars of strength in this world and naturally turned off by men who crumble into a pile of sand/gravel when pushed or challenged.

Masculine strength is what women find attractive in a man because it is what they rely on for day to day support and also in times of difficulty. Women don’t want your weakness, even if they SAY that they do when being politically correct in TV interviews.

Most Women ENJOY Crying

Many women admit that they “love a good cry” and a lot of them cry a couple of times a month. However, if a guy starts behaving like a woman and decides that he “loves a good cry” too, he will be fundamentally unattractive to a woman because unlike a man who is a pillar of strength, he is like a pillar of sand that crumbles when challenged.

A guy who loves to cry is more interested in feeling like a woman than being a strong man who can be a pillar of strength in this world. Don’t get sucked into thinking that “showing your sensitive side” will make women say, *“Awww...he’s so cute and vulnerable. I want to hold him and take care of him forever.”*

Women may say, *“Awww, how sweet”* when a guy cries, but secretly they feel NO attraction for him at all. Women are attracted to the strength in men and turned off by the weakness. It is a fact of nature.

[image: Man crying]

Be Careful Where You Get Your Advice on What it Means to Be a Man

Over the years, I've been asked all sorts of questions by guys who are seeking to improve their success with women. It's no surprise to me that lately, a common question has been, *â€œIs it okay for men to cry?â€* because the media is full of examples of men crying and then women encouraging it.

Sometimes the women are just being politically correct for the cameras and other times they are honestly saying that they like when a man cries (because they prefer weaker men).

You should also note that not all of the women will encourage it when it happens in front of them. Many of them women will shut their mouth, look down or away and then hope that the guy stops being such a girl.

In the early to mid 1900s, the "real men" were usually depicted as being the hardy guys who could raise a barn, fight a war, skin a deer, strip and re-assemble an entire car and sweep a woman off her feet, all in the space of a single afternoon.

Guys like John Wayne, Clark Gable and Humphrey Bogart were the icons of manhood; and above all else these guys depicted the feelings of the era: Real men don't cry.

Enter the 1980s and 1990s...

Fed up with the whole macho image of previous eras, popular culture began taking a more gentle and feminine approach to the issue of men crying. Women had a voice in the media and they really began to use it.

The media, women's magazines such as Cosmopolitan and even the psychologists of the day began to publicly encourage men to *â€œget in touch with their feelingsâ€* and to *â€œexpress their feminine side.â€* This heralded the beginning of a new era where men were now forcefully encouraged to, *â€œLet it all out and have a good cry.â€*

Confused by all the hype, men turned themselves into S.N.A.Gs (Sensitive New Aged Men) and began to *â€œexpressâ€* themselves by crying openly during a sad movie, crying to their girlfriend/wife or a woman they were interested in...and the backlash was extreme.

Women everywhere began running in the opposite direction, crying out, *â€œEEEEWWWW!!!!â€* Why? No matter what women might say on TV or even in person, they are not sexually attracted to the weakness in men.

Displaying emotion is fine, but emotional weakness and being overly-sensitive is not. Enter the 21st century and men are just as confused as ever. So, it's no surprise that so many guys are arriving at The Modern Man everyday and asking, *â€œIs it okay for men to cry?â€*

Be careful where you get your advice on how to be a man. Most of what you hear in the media is politically correct bullshit and will actually reduce your success with women.

If you want to be successful with women and you don't know how to go about it, learn from a proven expert like me – not from random people on TV who are almost always going to censor or tone down what they say to be politically correct and avoid offending anyone.

Staying in Control of Your Emotions: That is the Key

Hopefully, I have answered the question of, *“Is it okay for men to cry?”* clearly enough for you and have put the debate to rest.

While it is okay to get watery-eyed (teary-eyed) about something, it is not okay to lose control of your emotions like a woman. If you do, women will naturally feel turned off by your lack of masculinity.

Ultimately, success with women is about taking on your natural role as a man. Men who behave in ways that make them appear weaker than a woman (i.e. can't control his emotions) are unattractive by women.

If a man is weaker than her (emotionally), a woman will either reject him if he's just approached her, or dump him if he's managed to get into a relationship with her.

×

[image]

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Are College-Educated Women Bad Wife Material?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

According to a study published in the American Law and Economics Review, women are responsible for filing approximately 70% of divorce cases in the United States.

Statistics are hard to come by for other countries, but it's safe to guess that the average rate would be somewhere between 60-80%.

70% sounds like a big number for American couples, but it actually gets worse for men who marry college-educated women.

According to the study, evidence is given that **among college-educated couples, the percentage of divorces initiated by women is approximately 90%.**¹

What the?

Is it possible that the more a woman learns and the more money she earns, the less she wants to be tied down into a traditional role of playing second fiddle to him in a relationship?

Possibly.

However, the rates of divorce are still very high in countries where women don't attend university in high numbers and can't earn much or any money of their own, so it wouldn't be accurate to put it down to those two factors alone.

According to the above-mentioned study, *"As a woman's earning capacity increases relative to her husband's, it may be in her interest to seek out another spouse more equal in ability and earning power who will simply be a better companion or more comfortable with her high ambitions for herself"* (Sweeney, 1997).²

That sounds pretty selfish though when you think about it because in most cases, a man earns more than a woman, but he doesn't end up leaving her because she's holding him back in life.

Alas, that's where the difference lies between men and women.

Most men tend to enjoy taking on the role as a woman's protector and even provider because it can give a man a feeling of confidence knowing that his woman needs him and relies on him.

On the other hand, most women aren't naturally wired to enjoy being a protector and provider for a man.

So, if a woman ends up feeling like she is a man's protector or provider in a relationship, in addition to the relationship having other problems (e.g. lack of sexual attraction, fights and arguments, being taken for granted), it can cause her feel unsatisfied with the relationship dynamic and want to leave.

Eventually, she dumps him and tries to find a man who can give her the feeling of being safe and protected, even if he happens to be earning less than her.

Now, on one hand, you could say that a woman is selfish for leaving a man who ends up making her feel like she is providing for him and protecting him, while on another hand you could say that it's just nature playing out.

Naturally, most men are wired to want to protect and provide for women and most women are wired to want to feel protected and provided for by a man.

Of course, that doesn't mean that a woman can't earn money, or couldn't protect herself if she needed

to.

It also doesn't mean that men should provide everything for women and be servants to women.

Additionally, it doesn't mean that women shouldn't earn money and pay for things or buy things for their man in a relationship.

If a woman is earning money, then she should contribute just as much as the man does financially.

So, the fact that men are naturally wired to want to provide and protect doesn't mean that a woman should get a free ride and just sit back as her man pays for everything they need as a couple, so she can then go on endless shopping sprees for herself.

Instead, what it means is that men and women are naturally wired to like a certain relationship dynamic (i.e the traditional relationship dynamic where the man is the protector and the woman feels safe about him being able to help provide a better future for the both of them) and when that dynamic isn't in place, break ups and divorces are much more likely to happen.

Update: Interestingly, another study that I featured in a recent video found that even feminist women preferred men who treated them and looked at them in a more traditional way (i.e. as wanting and needing the protection of a man and wanting to play a more feminine role in a relationship). [Watch the video here.](#)

Career Women and Divorce

[image: Are college educated women bad wife material?]

To quote editor Michael Noer from Forbes.com, *"Guys: A word of advice. Marry pretty women or ugly ones. Short ones or tall ones. Blondes or brunettes. Just, whatever you do, don't marry a woman with a career."*

According to Mr. Noer (and many social scientists), by marrying a college-educated career woman you run a higher risk of having a shaky marriage.

It seems that recent studies have found that professional women are more likely to get divorced, more likely to cheat on their husbands and less likely to want to have children.

If they do decide to have kids, they are more likely to be unhappy about it.

By the way...

I am **not** suggesting that it's best for women not to be college educated or have a career.

If a woman wants to get a college education, she should have that option.

It should be up to her, of course.

The point of this article is to highlight the fact that, according to statistical data from sites like Wikipedia, college-educated women are more likely to initiate divorce than non-educated women.

I am a big fan of smart chicks helping to improve the world, especially in areas like science, but the statistics do show that brainy women who can earn a good living tend to be trigger happy when it comes to divorce.

I personally know of a few couples where the woman is college educated and they are doing fine, but since one of my jobs here at The Modern Man is to help guys get their ex girlfriend or wife back after an unnecessary break up, I know a lot of guys who've been divorced by college educated women or

career-focused women.

In most cases, the guy will have given her too much power in the relationship, become needy or insecure and she will then say something like, *“I need time to find myself”* or *“We’re going in different directions in life.”*

In many cases, a career woman will be getting so much satisfaction from what she is achieving at work that she will feel emotionally full enough to let a man go.

If her man isn’t rising up to his true potential as a man and making much progress, a career woman will often feel as though she is more of a “man” than he is.

She will then want to find a more masculine man that she can look up to and respect, not look down on or feel sorry for all the time, or at least a man who doesn’t make her feel like she is the protector and provider.

However, such men are hard to find and many career women often end up dating into their 40s and 50s, never being able to find what they refer to as a “real man” because those men are either taken or having sex with younger, prettier women in their 20s.

It’s price women have to pay for getting involved in the workforce and becoming successful.

Of course, all the divorcing going on out there isn’t just from career women or college educated women.

An uneducated woman or a woman without a serious career will also dump or divorce a guy who isn’t enough of a man for her, or who isn’t making her feel what she wants to feel in a relationship.

However, the statistics definitely show that college educated women and career focused women tend to dump or divorce men in higher numbers.

In other words, the more she learns and the more she earns, the higher the chance that she will stray, or just won’t stay.

So, the question is, *“Are college educated women bad wife material?”*

Well, the answer is that a lot of it depends on who she marries.

If she marries a man who knows how to make her be a good woman to him and their love is true from the beginning, then they should be fine.

Yet, if she marries a guy who allows her to get away with treating him badly and isn’t able to make her feel like she’s in love with him, then the relationship is going to have all sorts of problems (e.g. lack of sex, lack of affection, arguing, tantrums, ignoring each other, feeling disconnected).

As a result of her ability to leave and support herself financially due to her career success, she has the option to leave and in many cases, she just won’t have the motivation to keep working on a relationship where she isn’t in love anymore.

So, it could be the exact same woman, but she married a different type of guy and as a result, the outcome was either stay together for life, or end in a divorce.

Of course, sometimes it’s because the woman is a horrible woman and would divorce any man she got married to.

Yet, if you’re honest about it, you will realize that those women are the minority.

The majority of women are naturally wired to want to be in a relationship with a man who makes them feel safe and protected (even if she is earning more than him) and if a woman finds that, it’s

highly unlikely she will want to divorce him.

Why?

It will be very difficult for her to find a man who can accept her level of success, not become insecure about it and, at the same time, make her feel safe and protected with him.

Personally speaking, the men that I know who are happily married to career women or highly-educated women are men who are rising through the levels of life and reaching for their true potential as a man.

The men aren't all earning more than their woman.

The man is rising up and reaching for his true potential as a man, so he doesn't feel intimidated by or insecure about his wife's success with her career.

Instead, he is proud of her and happy that he has a woman who is capable of earning money, succeeding in her career and enjoying her life with him at the same time.

Changing Times, Changing Relationships

The world isn't the same as it was 100 years ago.

Heck, it's not even the same as it was back in the 1980s, 90s or very early 2000s.

These days, many TV dramas and sitcoms glamorize the idea of cheating and divorce.

Celebrities who appear on TV talk shows often proclaim to be so much happier after getting divorced and finding a new man.

Back in 1900, it would have been shameful to divorce or break up, but these days, many celebrities and pop idols tend to portray divorce as being a cool thing.

Times have definitely changed and along with it, so have ideas about what a relationship between a man and a woman should be.

Here are some insights from a few studies:

- **The man as the breadwinner:** A study in the research journal *Social Forces* found that most women — even the self-proclaimed feminists — are happier when their husband is the main breadwinner.³ **Many women will try their hand at a career, but will often change their mind later in life and want to be a stay at home mom.** A woman's place is not in the home or being a housewife. Instead, her place is what she wants it to be. However, in today's world, a woman grows up being told that she should have dreams like a man and do whatever she wants. For a lot of women, that sounds great until their maternal instinct kicks in and they fall in love with being a mother and supporting their husband or man by cooking, cleaning and being his cheerleader while he takes on the role as the breadwinner for the family.
- **Children later in life:** 43% of college-educated women from Generation X (born between 1965 and 1978) are not mothers — and are happy about it too.⁴ Studies in the UK, Europe and the United States show that remaining childless is now the choice of significant numbers of educated women. As one college-educated woman put it, *"I've never felt maternal and can't think of anything worse than having children. I want to do clever things and reach my full potential. A child would get in my way."* She may never change her mind, or she might suddenly change her mind and want children one day and that is okay — each to their own.

However, as you would have seen, most career women regret it later in life and end up going through a lot of stress when trying to make IVF work them, or ending up having to use a surrogate to produce offspring.

- **Dedicating herself to work rather than you:** According to data from the Survey of Income and Program Participation, the more hours a woman works outside the home, the higher the possibility of divorce. Interestingly, enough the same statistics did not apply to men, which suggests that a traditional approach to relationships (i.e. the man as the breadwinner and the woman as his cheerleader, lover and mother of his children) may still be the best option if you want your marriage or relationship to stand the test of time.Â â□µ

Conflicting Statistics

According to research at the University of Pennsylvania's Wharton School, 81% of college graduates over the age of 26 who got married in the 1980â□□s, were still married 20 years later.

For college graduates under the age of 26 who married in the 1980â□□s, 65% of them were still married 20 years later.

However, when it came to couples who got married at the same time, but who were only high school graduates, only 49% were still married 20 years later.

In 2009, 2.9% of adults aged 35â□□39 without a college degree divorced compared with 1.6% with a college education.â□·

Essentially what this means is that if you are a college-educated man married to a college-educated woman, your chances of staying married are actually higher.

Huh?

The statistics from the various studies all seem to conflict each other, so what is the right answer?

Should you marry an uneducated woman, a high school drop out or a woman with a masters degree?

Personally, I think that basing your decision to commit to a woman based on her education level is the wrong approach.

The best way to choose a woman is based on her character, values and her compatibility with you.

If you pay attention to the random statistics that the media comes out with every now and then after a new study is produced, you will notice that they usually contradict each other.

It's all a jumbled mess out there, with one study saying that you should avoid college-educated women and the other saying that college-educated women are the perfect type of woman to marry.

Are Men Still Interested in Marriage?

According to a poll that I've been running on my Youtube channel, 58% of men want to get married to a woman and stay with her for life and the majority of my audience is currently from the USA, Canada, UK, Australia and India.

So, many men out there do still want to get married, even though it might not seem that way if you talk to certain people or groups who are against it.

Although marriage is not high on the agenda for some guys these days, the fact remains that more

than 50% of Americans over the age of 18 are married.â€

Statistics from other countries show higher and lower marriage rates, but the USA is usually a good statistical base to refer to.

Choosing a Good Wife

Whether youâ€re planning to find a woman to marry very soon or may be interested in marriage later in life, choosing a woman who is a good wife material could make the difference between celebrating your 50th wedding anniversary together, or losing 50% of your assets in a divorce court.

According to John Molloy, author of *Why Men Marry Some Women And Not Others*, there are definite types of women that men should marry and types of women that men steer clear of.

In his quest to determine what makes a woman a good wife material Molloy interviewed more than 3,500 people and when he asked the guys who were about to get married to describe their ladies, only 20% of them used the words gorgeous or sexy in their descriptions. 80% of guys focused more on the personality traits of their future wife than her physical attributes.

According to many of the guys, marrying *the kind of woman you can take anywhere and be proud of* was of vital importance.

Another aspect that makes a woman a good wife material is being viewed favorably by her future in-laws.

According to psychologist Dr Jane McCartney, an expert in human behavior and relationships, *Men don't look for very sexy wives, because at a very basic animal level they want to be sure the children they are raising are their own. Men are attracted to qualities such as loyalty, discretion and kindness when they look for a wife. Feisty and flirty is fine for a girlfriend. It's just not what men want in life partners.*

I agree with McCartney, but that isn't what I have done.

When I chose my girlfriend (she was 20 when we met and I was 35), I had been on the look out for the sexiest woman I could find.

When I saw her, I turned to my friend and said, *"Now THAT is what I'm talking about."*

I then interacted with her to see what her personality was like and found she ticked all the boxes that I was looking for, so I let her be my girlfriend.

Yes, I let her.

That's how it was.

I was a player and if a girl was going to get to be my girlfriend, it was a case of me letting her have that privilege.

Of course, as I got to know my girlfriend, who is now my wife, I developed a tremendous amount of respect for her and she has turned out to be a real blessing in my life.

She recently gave birth to our beautiful twin daughters and her and I fall more in love with each other every day.

It's pretty cool, to say the least.

What is Good Wife Material?

Most guys would agree that a "good wife" is a woman who:

- Is beautiful.
- Maintains a healthy weight range throughout life.
- Doesn't smother you or block you from going after your dreams in life and instead supports you.
- Is responsible, but still knows how to let her hair down and have fun.
- Has a sense of humor.
- Knows all your faults, but still loves you.
- Is good with money.
- Is kind and generous.
- Inspires you to a better man.

Personally speaking, this is my criterion for choosing a woman.

When I met my girlfriend, I knew she was a great match because she ticked all of the following boxes and more.

Good wife material	Bad wife material
Beautiful	Average or ugly
Sexy	Plain Jane / no sex appeal
Intelligent	Dumb
Helpful / generous towards her man	Selfish
Energetic	Lazy
Cool	Socially awkward
Good family values	Doesn't care about family values
Against divorce. Believes that a couple can work through problems	Thinks divorce is a good thing. Can't be bothered working through any problems
Loyal	Disloyal
Honest and truthful	Lies often
A great cook	Hopeless cook or unwilling to cook for her man
Respectful towards her man to his face and behind his back	Disrespectful towards her man to his face and behind his back
Stays in great shape	Overweight or puts on a lot of weight when in a relationship
Healthy sex drive	Not interested in sex

Great social skills / gets along well with others	Poor social skills
Gets along well with your family and friends	Causes problems with your family and friends
Has similar or the same long term life goals as you (e.g. have a family or not have a family)	Disagrees with your long term goals
Agrees with your desire to have or not have children	Disagrees with your view on starting or not starting a family with her
Doesn't expect you to be perfect, but appreciates any extra effort you make to be an even better man	Gets angry, complains or even wants to break up over small things that can be improved or fixed with a bit of effort
Makes you a better man	Brings you down

Settling For a Crappy Woman

When it comes to choosing a woman, many guys simply accept whatever they can get and then “try to make it work” with her.

This happens as a result of a guy not knowing how to attract and pick up women in the first place, as well as thinking that women have all the power in the dating game.

If you want your marriage or relationship to last in today's world, you have to choose the right woman for you as well as know how to maintain the love, respect and attraction in your relationship.

If you don't do that, you have at least a 50% chance of being another divorce statistic.

The couples that you see who are still happily married or madly in love 40 or 50 years into a relationship are those who have met their perfect match and then approached the relationship correctly.

They have strengthened their connection and bond over time as well as deepening the love, respect and attraction they feel for each other.

If you can't deepen the love, respect and attraction in your relationship, it doesn't matter how good of a woman she is.

She will leave.

You have to be able to create and maintain a relationship dynamic that leads to both of you falling more and more in love with each other over time.

Without that, either one of you will eventually want to leave.

Meet “Britain's Worst Wife”

[image: Pussy whipped man]

Kate Thompson's husband does most of the cooking, cleaning and ironing. He only gets sex on birthdays that end with zero (e.g. 40, 50). Is it wrong for a couple to live like that?

Kate Thompson is referred to as “Britain's worst wife” and she is proud of it. In

Kate's own words:

"My husband is the kindest, most considerate man in the world. During the seven years we've been married, Ben has done most of the cooking, cleaning and ironing without ever being asked. And yes, he works full-time. And if you think I reward his sterling domestic efforts with treats in the bedroom, I'm afraid I fail in that department, too. Intimacy is reserved only for his birthdays – and then just the ones with a zero.

I am shamefully neglectful of my wifely duties. In fact, I am the anti-wife. The truth is that I'm just too busy and involved in my career as a writer to be a traditional, caring wife. The truth is that I'm in awe of the way he looks after me, our sons and our home. He makes my life easier.

Does that make me a selfish, slovenly, neglectful wife?" Probably – but it also makes me a happier one." **Kate Thompson**

I have always said that if you let a woman wear the pants in a relationship, the sex will dry up very quickly.

She will then withhold sex and reward you with it if you are on your best behavior.

Kate Thompson is a perfect example of that.

The fact is that Kate's husband would be doing a LOT of masturbating to porn, in addition to doing a lot of cooking, cleaning and being on his best behavior for her.

Is that wrong?

No, it's just different.

It's the exact opposite of what we teach here at The Modern Man, but if he wants to do that, he can.

My opinion is that you should do whatever makes you the happiest and most fulfilled in life.

I certainly wouldn't ever accept a woman like Kate Thompson, but I can see how a woman like that would make some guys happy.

After all, he does have about 1 billion porn videos to jerk off to whenever he wants to.

If he's happy with that, then all the best to him.

Additionally, somewhere along the way, they managed to have sex and create two children, so it's not all bad for him.

Not my cup of tea, but it is a way of living.

What we teach here at The Modern Man is how to create and maintain the type of relationship dynamic where the love, respect and attraction that you and your woman feel for each other deepens over time, rather than fading away.

As a result, your woman is naturally affectionate, loving, attention and kind towards you.

She wants to have sex with you, she wants to be good to you and she goes out of her way to make that happen.

You know the couples that you've seen who are still madly in love and excited to be around each other, even though they are 40 or 50 years into a relationship?

That's what we teach here at The Modern Man.

In the case of Kate and her husband, it sounds like she likes him as a person and loves him as her

husband, but she doesn't feel much or any sexual attraction for him.

Rather than being a husband and wife who still have sex and are excited to be around each other, Kate and her husband are more like housemates or friends.

It's not "wrong" to do that, but it sure would be unfulfilling and possibly even a bit lonely to spend your life with a woman who would rather work than be around you, let alone ever have sex with you.

Do You Want to Get Married?

According to our online survey here at The Modern Man:

- 37% of men want to marry a woman and stay with her for life.
- 36% of men want to have relationships with many women throughout life.
- 18% of men still aren't sure what they want.
- 9% of men want to stay with one woman for life, but not get married.

Statistics above are accurate at the time of writing this post (based on 211 votes). Place your vote below to have your say:

Poll

"What is Your Relationship Goal?"

- ☐ Marry a woman and stay with her for life
- ☐ Stay with one woman for life without getting married
- ☐ Have relationships with many women throughout life
- ☐ Still not sure

Vote

[View Results](#)

[image: Loading ...]

Loading ...

To Marry or Not to Marry

I think that marriage is becoming a bit of strange idea to the current generation, because all you have to do is turn on Discovery Channel or the National Geographic Channel and you will see people talking about the latest breakthroughs in life extension.

Flick the channel and watch Entertainment Tonight or ENews and you will see celebrities and other public figures going through a messy break up or divorce.

On one hand, it feels like marriage is the "right thing to do" and will give you a secure life all the way to death.

Yet, on the other hand, marriage has a 50% chance of ending in divorce and there is a growing belief among scientists that people may be living to 150-200 years old in the near future.

Then, if you reach that age, new technology will be available to extend your life even more.

So, what should you do?

Additionally, how have I approached that topic with my wife? Watch this video to learn why I decided to accept my girlfriend's marriage proposal and how I've handle the idea that humans (including me) could be living a lot longer than usual.

Ancient Greek Approach to Marriage: Does it Still Apply?

[image: Socrates - Ancient Greek philosopher]

Socrates (an Ancient Greek philosopher) once said around the year 430 BC, *"By all means, marry. If you get a good wife, you'll become happy; if you get a bad one, you'll become a philosopher..."*

Does that advice still apply to today's world?

Well, not quite.

That was easy for Socrates to say back then because there was no divorce court, or forced child support.

In today's world, if you marry the wrong woman, she will take 50% of your assets in divorce court and you will also have to pay child support, even if she cheated on you before divorcing you.

My advice is to:

- **Don't accept second best:** Choose a woman who is truly compatible with you.
- **Trust your gut instinct:** If your gut instinct is telling you that she's not the girl for you, then she probably isn't. Dump her and find a new woman.
- **Deepen the love:** Instead of making the mistake that millions of divorced couples have made, be smart and deepen the love, respect and attraction between yourself and your woman.
- **Maintain mutual respect:** Respect your woman and treat her right. Expect the same in return and if she doesn't provide it, have a serious discussion and get her to change her ways or lose you.
- **Make her proud to be with you:** Be the man that she wants to stay with for life by continuing to reach for your true potential as a man.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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How to Save My Relationship

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If it currently seems as though your girlfriend (fiance or wife) has lost interest in trying to save the relationship, you need to focus on making her feel a renewed sense of respect and attraction for you. Watch this video to understand how to save your relationship before it's too late...

You Can Change How She Feels

[image: Changing how she feels]

It's not impossible to change how she feels.

Think about it...

Have you ever hated someone and then really liked them later on when they changed their behavior or communication style with you? Of course you have. It's completely normal, natural and common to do that.

A human is never stuck in an emotional state forever. They can always be persuaded or influenced to feel differently if the situation or dynamic changes. If you want to save your relationship, you have to focus on changing how she feels.

This doesn't involve trying to convince her to stay or to remain in love with you. Instead, it's about making her reconnect with the love, respect and attraction that she used to feel for you, by changing the way that you approach your relationship with her.

Losing Her and Not Knowing What to Do to Stop it

[image: How to save my relationship]

There's nothing worse than knowing that your relationship is falling apart, but you don't have a clue what to do to fix it and get the spark back between you. If you really love this woman, it's only natural that you're going to be thinking to yourself, *"I want to know how to save my relationship."*

The first thing I want you to know is that it is not only possible to save a relationship, it's actually quite easy.

Why?

The love that you and a woman share NEVER goes away. What happens is that the love gets pushed into the background because of all the negative feelings in the foreground. To get back in touch with the loving feelings you once experienced with each other, you need to make changes to your behavior and how you treat her. When you do this correctly, the love naturally comes flooding back.

So, what has led you to begin thinking, *"I want to know how to save my relationship"*? Are you worried about being on your own? Are you worried about her wanting to be with other men?

Whatever the case is for you, what you must not do is try to save the relationship for your own selfish reasons.

To save a relationship, you must allow her to feel as though you are doing it for the both of you

because you want to take of the love that you and her have shared so far. It can't be just about you getting her to want to be with you. It has to be about you guiding both yourself and her into deeper feelings of love, respect and attraction. Not just for your benefit, but for her benefit also.

Noticing the First Signs of Trouble in a Relationship

[image: How to save my relationship]

Relationships rarely fall apart over night.

In most cases, a woman will be feeling unsatisfied for months or even years before she breaks up with her man. Why so long? Humans try to hold on to the loving relationships in their life. It's a natural instinct. In addition to that, break ups feel like crap. It's a horrible experience, especially if you are unsure whether or not you will feel okay on your own.

Some of the first signs of trouble in a relationship are:

1. Arguments over simple things

To sustain a relationship for life, couples need to learn how to communicate with each other in a loving, supportive and easy-going way. If it always seems to be a battle about who wins the argument, both will end up losing when the relationship falls apart.

2. Lack of desire for intimacy

The amount of sex that a couple has will generally decrease over time, but if the sexual attraction, respect and love are deepened, the couple will still want to be intimate. Even if sex only happens once a week, the couple still feels good about it and wants to do it. Outside of sex, the couple will enjoy hugging, giving each other a kiss or lovingly looking into one another's eyes for a second or two.

3. Insecurity and lack of trust

You can never really trust another human being to be totally loyal and honest with you, but you just have to.

If you can't give a woman your full trust to be loyal and respect your love and feelings, you will never have a true love connection with her. Love feels dangerous and risky, but really, it's not that scary at all. You can never lose for loving a woman. What have you lost if she disrespects your love? Nothing. She has stuffed up, not you.

To be successful in a relationship with a woman, you have to get rid of your insecurities (e.g. "*Does she find other men attractive?*") and just trust her with your love.

Avoiding the Downward Spiral

[image: How to save my relationship]

When a woman begins to lose respect and attraction for her man, she will often begin to change how she treats him.

Suddenly, she will stop being as loving and happy as she used to be. She won't be interested in hugging him, she won't give as many (or any) compliments and she will seem to be spending more

time on other parts of her life.

This is where many men go haywire and begin the downward spiral towards a break up...

Noticing the change in her behavior, many men will become needy, clingy and desperate for her affection. He may even begin to attack her character (e.g. *"Are you cheating on me?"* or *"You want to sleep other men, don't you?"*), which will cause her to lose more respect and attraction for him.

Instead of feeling loved and safe with a man that she respects and feels attraction for, she will begin to feel hated and trapped by a man that is using her for his emotional security. No matter what he says or how much he pleads with her to stop behaving that way, she just won't change.

When he doesn't see any improvement, his behavior will usually become worse and they will rapidly begin to drift apart. Then, one day, she will turn to him and say something, *"We need to talk. I'm not happy any more. I don't think we should be with each other any more."*

Unfortunately for most guys, they just don't know how to react in that moment and unknowingly turn the woman off with begging, pleading and arguing.

How to Save My Relationship: The Secret

The secret to saving your relationship is to stop doing the things that are making your woman lose respect and attraction for you. Instead, start doing the things that will regain and then deepen her respect, attraction and love for you. When you do that, you will notice that the love naturally comes flooding back.

To begin the process, I recommend that you have what I call the *Perfection Conversation* with her. Essentially, you need to acknowledge to her that you are not perfect (in terms of how you've been behaving and treating her), but for the sake of your love, you are willing to continually make a serious effort to become a better man for her. In the same conversation, you also need to get her to acknowledge and realize that she is not perfect either.

When you've both been able to say that, it helps relieve a lot of built up tension. If she doesn't realize it on her own, keep the conversation going and say to her that the reason why you would both want to become closer and closer to perfect for each other is because you love each other.

If you didn't love each other, you wouldn't be willing to improve anything, change anything or make any compromises, but you are.

Act Now, Before it's Too Late

[image: How to save my relationship]

While it is possible to get your girlfriend (fiance or wife) back if she has left you for another man, it does make things more difficult.

If you are serious about wanting to save your relationship, I recommend that you take action now before she opens herself up to being with other men. Here are the programs that will save your relationship:

- **If she hasn't broken up with you yet:** Watch [Make Her Love You For Life](#) and use the techniques to save your relationship.

- **If she has already broken up with you:** Watch [Get Your Ex Back: Super System](#)

On the other hand, if you're starting to feel like you don't want to save your relationship with her and instead want to quickly attract new women to move on before she does, I recommend that you read my book [The Flow](#).

The techniques from The Flow allowed me to have sex with more than 250 women before settling down into a relationship with my girlfriend. The choice is yours, but I just want you to know that I am here to help you.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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Is She Cheating on Me? (5 Classic Signs to Look Out For)

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Most women will never cheat on their man, but if you've started to wonder, "*Is she cheating on me?*" and are worried about losing your girlfriend to another guy, here are 5 classic signs that she might be cheating.

1. She suddenly pays a lot more attention to how she looks, but she doesn't care what you think

[image: Suddenly concerned about her looks]

If your girlfriend suddenly decides to pay a lot more attention to her physical appearance than normal, then she's probably trying to look her best for someone other than you.

If she suddenly changes her hair and clothing style and appears very interested in what you think and whether or not it impresses you, then she's probably not cheating and is simply trying to look good for you.

However, if she doesn't care what you think about her new look, then she likely cares what someone else thinks.

Sometimes, a girlfriend (or wife) will begin behaving badly because she wants to get her boyfriend's attention. She's thinking of leaving him, but she wants to see if he will change.

Could that apply to you?

Could it be that your girlfriend (or wife) has stopped seeking your approval when she changes her hairstyle (or buys a new outfit) because she feels that you no longer appreciate her and notice her like you did in the early days?

If you've made the mistake of taking her for granted and no longer really care, she may have started trying to get attention elsewhere.

2. She wants to go out partying or clubbing with her single girlfriends

[image: If she is clubbing without it, she might cheat...especially if she gets drunk]

This is a pretty obvious sign that she is thinking of cheating or she is already cheating.

When a woman is committed to her man and loves him, respects him and feels attracted to him, she will not want to go out clubbing or partying without him. She will identify herself as being his girlfriend and will not be looking to hook up with other men.

If your girlfriend goes out with her girlfriends who are all in happily committed relationships, you don't have much to worry about if it's just a once off occurrence.

However, if she goes out often without you, it means that she's got one foot out the door and is trying to find a replacement guy before she breaks up with you.

3. She immediately gets defensive when you ask her what she's been doing

If your woman is cheating on you (or at least thinking about it), she will get defensive when you

ask her about what she's been up to.

For example: If she gets defensive and doesn't want to talk when you ask where she went for lunch and with whom, it's a clear sign that she feels the need to hide something from you.

Sure, it might just be a guy that she has a crush on at work and she might just be enjoying the attention.

On the other hand, if the guy is a confident guy who knows how to make her feel attracted to him, she may find it difficult to ignore her sexual attraction for him in future.

4. Doesn't allow you to come near her when she is messaging on her phone

If your girlfriend has nothing to hide, she won't care if you're sitting next to her while she is scrolling through Facebook or chatting to a friend via SMS.

However, if she always turns her phone away from you, turns it off when you get near or asks you to go away when she's texting, it means that she has something to hide.

Again, maybe it's just a guy who is flirting with her and that she hasn't yet cheated with, but if he knows how to attract her, she might not be able to resist him for long.

5. She stops caring about you

[image: She no longer cares]

When a woman loves a guy, feels attracted to him, respects him and wants to be with him, he will be the most important person in her life.

She will care about him and want to ensure that she maintains his interest.

However, when a woman is cheating on her guy, he will suddenly become almost irrelevant to her. She just won't care.

She will end phone calls with, "*Whatever...*" and then not text or call back. She will stay over at her "girlfriend's house" (which usually means she slept at a guy's house) and won't make much or any effort to see you.

Of course, just because a woman goes cold and is no longer interested, it doesn't always mean that she has cheated.

However, if it goes on for too long and you don't turn things around and make her happy to be with you, she will either break up with you or cheat on you at some point.

Are You Asking Her Too Many Insecure Questions?

[image: Breaking up]

If you are hounding her with a lot of questions about who she was with, who she is talking to online and what she might be secretly thinking, then you're doing it wrong.

When in a relationship with a woman, you have to give her your 100% trust and then let her take care of it.

Yes, she might betray you, but chances are she won't. As long as you are deepening her love, respect and attraction for you over time in the relationship, she will have no reason to want to cheat on you or

break up with you.

When you read cheating statistics online, you might be worried that pretty much all women cheat, but it's not true.

The majority of women will not cheat on their man as long as the relationship feels good and evolves over time to become better and better.

Have You Become Clingy or Needy?

Could it be that your girlfriend is choosing to spend time with other people because she is feeling suffocated by your clingy or needy behavior?

Successful relationships are built around two individuals who are free to do whatever they want, but who choose to spend the majority of their time together.

A woman will want to spend the majority of her time with her man if he is actively saying and doing the types of things that make her feel attracted to him, not repelled by him.

If your girlfriend is spending a lot of time with friends and less and less time with you, it may be her way of trying to create enough distance between you and her, so that things can gradually fall apart and end in a break up.

That doesn't mean she is cheating on you already, but she may be trying to get some new guys interested so she can feel more confident when she does break up with you.

Changing Before it's Too Late

[image: Changing before it's too late]

These days, a woman doesn't have to remain loyal to a man if she doesn't feel like committing to the relationship.

In the past, a woman had to stay with a man for life even if she was unhappy, because it was shameful to divorce.

[image: Marriages around the year 1900]

Not anymore.

[image: Modern women]

If you want to keep a relationship together in today's world, you have to deepen a woman's love respect and attraction for you over time.

You can't expect that a woman will stick around and be faithful if you're not making her feel the way she really wants to feel when in a relationship.

If a woman is unhappy, she has the freedom to break up with her guy and get a new one. If she is a woman of bad character (i.e. disloyal, unloving, selfish), she might even cheat on him a few times before breaking up with him.

[image: Modern women]

It sucks, but that is how it works these days.

You can keep a relationship together for life and be one of those couples who are still madly in love after 30-40 years of being together, but you have to do it right.

You have to deepen her feelings of love, respect and attraction for you over time.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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Saying I Love You: How Soon Should You Say It?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

I love you.

It's a powerful statement, isn't it? It means a lot to us humans. We value it, we savor it and we want it. We want to be loved and want to love.

Saying *"I love you"* is so powerful that it can instantly bring you and a woman closer together after days, weeks, months or even years of knowing each other.

However, just because saying I love you is powerful, it doesn't mean you should rush to say it to a woman. If you begin saying *"I love you"* too early on, it can ruin the relationship before it has a chance to develop.

When Not to Tell Her That You Love Her

[image: When not to tell a woman that you love her]

There isn't a perfect time (e.g. after 5 hours and 32 minutes and 21 seconds) to declare your love for a woman, but there are a few times when saying *"I love you"* will ruin the sexual courtship before it has a chance to grow into true love.

Some of those include:

1. When she isn't fully attracted to you: Attraction is the first step you need to go through with any woman you want to have sex with.

If a woman isn't sexually attracted to you, then she isn't going to be interested in exploring sexual, romantic love with you. She might "like" you as a person, but the love that a man and a woman feel for each other in a sexual, romantic relationship is completely different.

2. When she is the type of woman who wants to say it first: Most women want to say it first. They dream of meeting a guy whom they feel so much attraction and love for that they just HAVE TO blurt out those three words before he does. More about that in the next section.

3. When she still isn't sure whether or not she wants to get serious with you: When a guy hasn't fully attracted a woman or has behaved in a way that has caused her to lose respect for him as a guy, she will be hesitant about allowing her feelings to develop.

Before getting to the *"I love you"* statement, you must ensure that the woman is really attracted to you, respects you and wants to be with you. Without that, she will usually just say, *"Thanks"* in response to your *"I love you."*

4. When she's not in love with you: Some guys make the mistake of thinking that if they tell a woman how much they love her and care for her, it will make her fall in love right back.

Yet, that isn't how it works.

First comes attraction, then comes respect and then comes love. If she looks down on you as a guy (i.e. doesn't respect you) and sees you like more of a nice guy friend (i.e. she isn't attracted to you), then she won't be romantically in love with you.

5. When she feels more valuable than you: Some guys make the mistake of giving a woman the

impression that he would be SO LUCKY to be with her. Yet, what a woman really wants to feel is to lucky to be getting a chance with YOU.

Watch this video to understand why...

She wants to see you as the sort of guy who could easily have other women, but are choosing her because you like her. She doesn't want to get the impression that you are "in love with her" because she's the only one who has been showing you any interest.

From all of my experience with women, I've found that the best approach is to get her so attracted to you that she says it first. Just let the tension build up by kissing her, having sex with her and having a great time together. Eventually, she will just come out and say it and it will be an awesome moment for both of you.

Give Her the Gift of Being Able to Say it First

[image: Waiting for her to say it first]

Being able to say "*I love you*" to a man before he says it to her, is how women *really* want it to be.

A woman wants to have her feelings build up so much that she feels like she just has to tell you that she loves. It is a rare and exciting experience for a woman and it will make her love you even more.

In TV dramas, movies and music videos, you will sometimes see women complaining about men don't say I love you first. Why? It's a good storyline that makes both men and women watch the movie, listen to the song and keeping watch the TV show.

If TV and movies were exactly like real life all the time, people would find them too predictable and wouldn't want to watch. When people are watching a movie and can see that the two characters are obviously in love, but are not saying "*I love you*" to each other, it makes them keep watching to witness the "magical moment" when they finally do.

The Story of How I First Told My Girlfriend That I Loved Her

[image: Love is sweet]

My girlfriend and I

[image: Getting packed for a weekend away]

My girlfriend and I getting packed for a weekend away

When I first met my girlfriend (update: We recently got engaged and then married shortly after), we both felt an intense attraction for each other and instantly got along with each other on various levels that are important to both of us.

I was so attracted to her that when I saw her walking into the nightclub with her girlfriends, I turned to my friend and said, *â□□ Now THAT is what I'm talking about. I'd let her be my girlfriend for at least a few months.â□□*

I said it that way because I was used to having many girlfriends at once and it was normal for women to compete to be my girlfriend. Back then, I wasn't thinking that I'd settle down with one woman anytime soon.

Nowadays though, my friend and I look back on that night and laugh because those "few months"

that I said she could have with me have continued on until this day and we're now married.

What was strange for me (a guy who was used to having his choice with women for many years) and for her (a beautiful young woman who had men offering her the world to get a chance to be her boyfriend) was that both of us couldn't eat or sleep properly for the following two days after meeting each other.

We were both "lovestruck" and we knew that we'd found someone really special.

Yet, despite our strong feelings for each other, neither of us said "*I love you*" right away. In fact, one night about a week into the relationship she thought she heard me say, "*I love you*" to her, but I had said something else (can't remember what I said, but it was completely unrelated).

She then told me how most of the guys she'd met would say, "*I love you*" or "*I think I'm in love with you*" within 20 minutes to an hour of meeting her. She then said that some of her hot girlfriends had also experienced the same thing and they hated it.

This wasn't big news to me though.

I had known about that for a long time because I'd already been sleeping with beautiful women for many years at that point. Most beautiful women experience the same thing because most guys confuse their feelings of lust with love, or they make the mistake of causing the beautiful woman to feel as though she is way more valuable than he is.

Hearing my girlfriend say that she hated how easily guys fell in love was just another reminder of how important it is to say "*I love you*" at the right time when you're beginning a relationship with a beautiful woman.

Anyway, to cut a long story short, my girlfriend (who is now my wife) eventually said, "*I love you...I really do love you*" as we were laying in bed one evening after having sex. I said it back and said, "*I love you...I didn't expect this to happen, but I really love you.*"

In total, it took her about 7-10 days to say it and she then admitted that she had wanted to say it to me earlier, but wanted to wait until it felt right. She also said that she was happy that I hadn't rushed to say it to her.

It may sound like a fairly trivial thing to discuss who should say "*I love you*" first, but creating and maintaining the right dynamic when in a relationship with a woman is very important.

We all want to be with someone who is truly compatible with us and if I had been like the other hopeless romantic guys that she had met, it would have been a minor reason for her to question whether or not we were a perfect match.

By the way: This is what happened recently between her and I if you are interested to know how everything played out...

The Difference Between Lust and Love

Lust (*noun*): Intense sexual desire. Passionate craving.

Love (*noun*): A profound affection for another person.

When you're in lust with another woman, your sexual desire for each other is like an addict's need for their drug of choice.

Many guys will begin saying *â□□I love youâ□□* at this point because of how much desire they are

feeling for the woman. However, it's not something that you should say to express your lust for her. Expressing your lust for her can be done by saying, "*Oh babe...you're so sexy*" when you're having sex or by smiling at her and saying, "*You're sexy*" when you are 1-2 minutes into your first ever conversation with her.

If you approach a sexual courtship with a woman correctly, you will effortlessly go from stage to the next until you reach the point where you and her are truly in love and committed to each other. However, if you go against the flow of a natural sexual courtship, most of the women you meet will reject you or lose interest in you in the early stages of dating.

Falling in Lust

A major reason why many relationships become lose their spark and become stale is that they were mostly based on the initial and temporary sensation of lust, rather than on true love.

Depending on the couple, intense feelings of lust can last for days, weeks or months. However, unless you build the relationship beyond that stage and establish a true, intimate bond in and out of the bedroom, the lust won't automatically turn into true love.

Instead, you will begin to feel bored around each other and the relationship will start to fall apart.

I often get contacted by guys who've just been dumped by the woman they love. Unfortunately for these guys, they just didn't know how to guide the woman into deeper feelings of respect, attraction and love. Everything was so good in the beginning, then it got stale and then she broke it off. It's a common problem these days.

[image: Marriages around the year 1900]

Back in the early 1900s, it was still shameful for a woman to break up with or divorce a man. Premarital sex was forbidden and if a couple got married, they had to stick together for life otherwise almost everyone would look down on them.

In 1900 for example, the divorce rate was less than 10% for most of the developed world, whereas it is approximately 50% and sometimes more for most of the developed world today.

In today's world, if you want your relationship to last a lifetime, you have to do it right. You can't just take a woman for granted and think she will stick around because she will feel ashamed to break up with yet another guy.

[image: Modern women]

Today's women are encouraged to break up with a guy if he isn't the right one for her. It's a completely different playing field these days and only the guys who understand how to guide a woman into deeper feelings of love, respect and attraction are able to keep their relationship together for life.

True Love Changes Your Perspective on Relationships

When a man truly loves a woman (and vice versa), his perspective of her and the relationship they share becomes bigger and more far-reaching than a woman that he is just dating or having sex with for a while.

Instead of looking at her as yet another girlfriend who he will hang out with for a couple of years, it feels right to want to commit to each other for life. Truly in love with each other, they dedicate themselves to each other's happiness, well-being and fulfillment in life, instead of just thinking as an individual or about themselves and their wants and needs in life.

Personally speaking, I went from having 4-5 women in my life at once to being completely happy to dedicate myself to one woman. I loved the other women that I was with, but it was a different kind of love. It was more of a love for them as a person, rather than the dedicated love and commitment that I now give to my wife.

You will know when you've found true love because it completely changes your perspective on relationships and your desire to commit to one woman. True love is completely different to the temporary love that you will feel for a lot of the women you meet in your life.

If you have found true love with the woman you're with now, make sure that you take care of it. If you want it to last a lifetime, you have to focus on deepening her love, respect and attraction for you over time.

What is True Love Between a Man and a Woman?

True love is when you both care as much, if not more, for each other's happiness and needs than you care about your own. You are there for each other and you know that you don't want or need to be with anyone else.

You have each other's back and are both willing to do whatever it takes to make each other feel happy, loved and fulfilled in life. You communicate openly with each other on all levels without fear because you know that the love is real. You are not only each other's greatest lover, but each other's closest companion...

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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My Wife Doesn't Love Me Anymore

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The first thing you need to know about love is that it doesn't die.

If you and your wife were once truly in love and it now seems like the love is gone, all is not lost. The love has simply been pushed into the background because of all the negative feelings that is in the foreground of her mind.

For both of you to get back in touch with the loving feelings that you once experienced together, you need to lead the way by making changes to your behavior and how you treat her. Essentially, you need to start saying and doing the types of things that will attract her to you rather than repel her further away.

When you do this correctly, the love will automatically come flooding back. Love does not die. It simply gets pushed into the background. Love is much bigger, deeper and far reaching than most people realize.

So, don't worry – you **can** fix this.

Getting Her to Love You Again

Getting her to love you again begins with making her feel a renewed sense of respect and attraction for you. When you do that, she will naturally begin to connect with the love once again.

If you don't actively make her have feelings for you again, the relationship will feel too one-sided. It will be about how much you love and need her and how much she wants to get away from you.

To fix the problem, you must make sure that from now on, the feelings are mutual in your marriage.

When you reignite your wife's feelings of love, respect and attraction, everything starts to fix itself and she begins to look at you the way she used to.

So, don't worry – you can do this.

It's completely normal and natural for a man and a woman to fall back in love with each other. Millions of couples have done it before and you can do it too.

Don't Give Up on the Love

[image: My wife doesn't love me anymore]

When a guy e-mails me with something along the lines of, *"Dan, my wife doesn't love me anymore. How do I get the love back?"* I sincerely feel sorry for him.

I hate to hear about marriages falling apart because I am a big believer in sticking to one's promises. However, I'm never worried for him because after years of helping guys to be successful with women and even to get an ex back, I know that it's easy to get a woman's love back.

If your wife loved you before, she can love you again. You simply just need to go about it in the right way and it will begin to happen naturally and automatically.

Where Husbands Go Wrong

[image: My wife doesn't love me anymore]

The biggest mistake that many husbands make is trying to fix the problem without first understanding the cause.

For example: A husband might be saying to his wife, *“Okay, look...I will start cleaning up the dishes more and I'll make more of an effort to arrange a date night for us once a month”* thinking that he has the answer to what she really needs.

Yet, from her perspective, that isn't going to make her happy in the way that she wants. Why? Depending on what makes HER happy and what SHE really wants him to improve and change, she might be happiest if he:

- Spends more quality time with her side of the family.
- Listens to her more when she ranted on about random things (like women do).
- Stops listening to her so much and instead crack some jokes sometimes when she is ranting on (e.g. Smile, laugh and say, *“You're such a drama queen...”* or *“Geez, it sucks to be you. I'm glad I work where I do...your job sucks”* and then laugh with her).
- Looks at her as though she is the sexiest woman on Earth.
- Makes her feel happy to be spending time doing the housework because you are focused on your purpose in life and are rising through the levels of life to reach for your true potential, so you can provide for the family and become the man you are capable of being.

And so on...

Being a great husband and being attractive to a woman over the long term is not something that is taught in schools, so the majority of men simply try to fumble their way through it and hope for the best.

Some men are lucky to grow up with great male role models around them who have the skill, ability and willingness to teach them how to be a great man. Yet, most men don't get that sort of education and are left to their own devices.

Whatever you decide to do right now, just make sure that you take the time to think about what she really wants you to improve about yourself and how you treat her. Think about the times when you've seen her the happiest with you and ask yourself why.

Think about the times when she's been the most turned off by you, when she's lost respect for you and when she has lost touch with her feelings for you.

Here's a video that I made to explain a major reason why many relationships and marriages break up and how you can avoid it happening to you...

Are you making any of the classic mistakes outlined in the video above? If so, you've got to start making changes now before it's too late.

Unfortunately, marriage isn't what it once was. In the old days, a woman had to stay with her man even if she was unhappy. It was shameful for her to get divorced so the old marital promise of *“Till death do us part”* really did apply.

[image: Marriages around the year 1900]

Not anymore.

[image: Modern women]

In today's world, a woman is free to do whatever she wants. She can get divorced and remarry if she's unhappy. So, if you want to avoid that happening to you, make sure that you put in the effort to make some changes now.

You have to stop saying and doing the things that are ruining her love, respect and attraction for you and start saying and doing the things that will reignite her feelings of love, respect and attraction.

“She’s Lost That Loving Feeling”

[image: My wife doesn't love me anymore]

The love between a man and a woman is something that needs to be taken care of, nourished and deepened over time. You can't just take it for granted, abuse it and expect that it will continue to feel good.

If you have been taking your wife's love for granted and haven't been able to deepen it over time, it will have been getting pushed into the background and will feel less real and true over time.

The more that your wife disconnects with her feelings of love for you, the more that she will begin to focus on the things that she doesn't like about you. She will become less forgiving and will start to feel annoyed and turned off by your quirks.

If that goes on for a long time, it may feel like you've fallen out of love with each other. Yet, in reality, you've just forgotten how to love each other.

As a husband, it is your responsibility to take care of the love and guide your wife into deeper feelings of respect, attraction and love for you. If you don't do that and instead allow the love to fade into the background, things will naturally start to fall apart.

Get Her Love Back Now, Before it's Too Late

[image: My wife doesn't love me anymore]

If you are serious about wanting to save your marriage, I recommend that you take action now before she asks to separate and then opens herself up to being with other men.

As a man, it is your responsibility (not hers) to deepen the love, respect and attraction in your marriage. Most women wait for their man to lead the way to a better relationship and if he doesn't, they simply leave.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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Is it Okay to Let Your Girlfriend Go Clubbing?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The answer to the question of, “*Is it okay to let your girlfriend go clubbing?*” is that it depends.

It depends on what type of woman she is, how good your relationship is and who she will going to the club with.

Times when it’s okay for her to go clubbing without you:

- She truly loves you and is sincerely and fully committed to your relationship.
- She is going to a club with her girlfriends who are in committed relationships or married.
- She has to go for a work function or event and she isn’t allowed to invite people from outside the company.

Times when it’s not okay for your girlfriend to go clubbing without you:

- She doesn’t feel much respect, attraction or love for you and isn’t fully committed to the relationship.
- She’s going out to a club with her single girlfriends to get drunk and dance all night.
- She’s going with a guy or a number of guys, some of which will feel attracted to her and hit on her.
- She isn’t coming home that night and will be staying at a girlfriend’s house.
- She has cheated on you before.
- She often flirts with other guys in front of you.

Why Does She Want to Go Out Partying Without You?

[image: Why does she want to go clubbing without you?]

The fact is, when a woman is happy in her relationship and is truly committed to her man, she won’t feel the need to go out clubbing without him.

Sometimes, she might want to catch up with her girlfriends by herself, which is totally fine, but if her girlfriends are single and going to be trying to pick up men, then there’s no need for your girlfriend to be there.

If her girlfriends want to go to a club and party, her number one prerequisite should be that you come along too.

If she loves you, respects you and feels attracted to you, then she’s going to want to have you around all the time.

She is going to feel better with you there because you are her man and she wants to have fun times with you.

Personally speaking, my wife (I recently got married to [my sexy girlfriend](#) that I met in a nightclub when she was 20 and I was 35 – see photo below) would laugh at the idea of going out partying without me.

She knows that without me there, guys would be trying to hit on her and she doesn’t want to be

annoyed by that.

She also doesn't need guys to make her feel sexy, wanted or loved because she already feels that way with me.

Her and I have the type of relationship that most people dream of having (i.e. we have remained in the Blissful Love stage of our relationship and it just gets better and better).

Watch this video to understand how it works...

My wife and I completely in love, we respect each other, we are attracted to each other and we're also best friends.

I couldn't be happier.

Yet, things weren't always so good for me with women...

The reason why I created The Modern Man in the first place, is that many years ago, the girl who I thought was "the love of my life," went out clubbing with her sister and a girlfriend, cheated on me and then dumped over the phone the next morning.

[image: Dan Bacon ex girlfriend]

I was destroyed.

I lost a lot of confidence and spent several years alone after she did that to me.

It was back in the time where there wasn't anyone online helping guys to get ex women back.

I was on my own.

[image: Dan Bacon at home alone]

I couldn't believe what had happened to me.

I mean, I loved her so much.

I was completely committed to her and she cheated on me.

It killed me.

It also completely turned me off having new relationships with women because I felt betrayed by her and unwilling to trust other women.

The fear of being cheated on and dumped again felt worse than being alone, so I simply avoided women that I found attractive.

Secretly, I didn't think that I was worthy enough to keep an attractive woman in a relationship.

I believed that they just wouldn't be happy with a guy like me.

[image: Dan Bacon at lunch alone - work]

Eventually though, I got tired of feeling like a reject, so I decided to work out how to attract women when I met them, so I could have my choice with women rather than getting lucky like I had with the girl who dumped me.

Back when I met my ex-girlfriend, I didn't even know how to attract women and I simply got lucky because both of us were drunk at a party.

Yet, after the initial buzz wore off, she showed less and less affection and interest, which then caused me to become needy, clingy and insecure.

I also had no idea how to deepen a woman's love, respect and attraction for me and I simply expected

that she would stay with me because things felt good at the start.

Yet, that's not how it works anymore.

In the past, a woman had to stay with a man for life even if she was unhappy because it was shameful to get divorced.

In 1900 for example, the divorce rate was less than 10% across the developed world, compared with an approximate average of 50% in the developed world today.

In the old days, a woman had to put up with her husband and he could even get away with controlling her and being an asshole if wanted to.

She knew that getting divorce would bring shame to her and her family, so she sucked it up and stuck by the old marital promise, "*Till death do us part.*"

[image: Marriages around the year 1900]

Not anymore.

[image: Modern women]

Today's women have the freedom to do whatever they want.

They can sleep with guys that they meet at a bar, get in and out of relationships whenever they want and settle down if they decide to.

They don't have to get married and they don't have to stay loyal to a guy, unless they feel like it.

[image: Modern women]

The only way that a man can keep a relationship with a woman together for life is to deepen her feelings of love, respect and attraction over time.

You cannot expect that a woman will stick around just because things felt good at the start.

Even if your girlfriend sincerely says, "*I love you*" and you have a history of good memories together, it doesn't mean that she will stick by you if her feelings happen to change.

As bad as this sounds, the truth is that she isn't yours and you don't own her. She is an individual and she has the freedom to choose who she wants to be in a relationship with.

In today's world, she's not yours for life, even if she's your wife.

[image: Divorce or break up]

To keep a relationship together, you have to be the sort of man that she wants to stay with.

It doesn't matter that things felt great at the start or that you're a good guy who really loves her.

What matters is whether or not she feels enough love, respect and attraction for you to warrant staying with you.

The couples that you see who are 30-40 years into a relationship and still madly in love is what is possible when you approach your relationship correctly.

The only way to get to that point though is to deepen a woman's love, respect and attraction for you over time.

You have to be a couple that love and respect each other and want to be in each other's life.

You can't just ignore what makes her happy or be unwilling to compromise and go out and join her to party for a while.

Why Don't You Go Out With Her?

Do you hate clubbing?

Are you not interested in building up a relationship with her friends?

Do you dislike her friends?

Are you too busy to party?

Do you hate the loud noise or the crowds?

Whatever your reason is, it's most-likely not going to be good enough for her.

If she really enjoys partying and you hate it, then it's usually only a matter of time before things start to fall apart or she simply cheats and then breaks up with you.

[image: Why don't you go with her?]

Over the years, I've helped a lot of guys to get a girlfriend back.

A fairly common reason for a break up (especially with younger guys) is that he meets a girl who enjoys partying, but he doesn't go out with her because he hates clubbing or drinking.

Instead of having a good time and getting to know her party friends, a guy like this will often stay home and expect that she will just keep coming around to see him.

He might also demand that she stop partying and start being more responsible like him.

After a while, the woman begins to feel as though they're no longer a match because he doesn't appreciate the type of life that she really enjoys.

She starts to wonder why she is with him at all and then either cheats on him or breaks off the relationship and then hooks up with a guy at a club that weekend.

This is what I call a Negative Chain Reaction in a relationship.

Watch the video below to learn more...

If you let the Negative Chain Reactions get out of control, it almost certainly leads to cheating or a break up.

So, if your girlfriend really wants to party and you don't, here's what I recommend that you do..

Go out partying with her all the time.

Yes, all the time.

Let her be the one to say that she is getting bored of clubbing and wants to spend more time with you.

Don't be the needy guy who tries to pull her away from what she enjoys because you want her to give her full attention to you.

Be the confident, cool guy who loves and appreciates who she is and what she cares about.

Build up a relationship with her friends, get drunk and party together often.

This will make her love you, respect you and appreciate you so much more.

When that happens, she will automatically feel less desire to party and more desire to start building a future together as a couple.

Yet, just make sure that you allow her to get to that point.

Don't force her away from partying because it will only make her resent you.

If you are serious about your girlfriend and you want to the relationship to last, make sure that you love and appreciate who she is.

Get involved in her life and enjoy it together until she begins to feel the desire to spend more time doing boyfriend/girlfriend things and hanging out together with other friends who are relationships.

Will Your Girlfriend Be Drinking at the Club?

[image: How to pick up a woman]

Did you know?

- Alcohol increases testosterone in the body which in turn increases libido in women.
- Alcohol increases sexual desire and arousal.
- Alcohol leads to a loss of sexual inhibition.

If your girlfriend does have a few drinks, she will naturally become more open to the idea of talking to random guys.

She might even flirt with a few guys and talk to them, but if she is truly committed to you and wants to be in a relationship with you, she will reject any attempts that guys make to kiss her or get her phone number.

However, if there are problems in your relationship and she goes out with her single girlfriends to let her hair down, she may decide to drink a few too many drinks and then end up kissing a random guy just for the fun of it.

Is There a Serious, Fundamental Problem With Your Relationship?

[image: Is there a serious, fundamental problem in your relationship?]

Take a moment to ask yourself some serious questions about your relationship:

- Are you giving her what she needs? Do you actually know what she needs to feel happy with you?
- Does she feel excited to be with you?
- Have you lost the spark that was there at the start?
- Does she seem to enjoy getting flirting/sexual attention from other guys?
- Why is she looking for excitement away from you?
- Is she loyal and trustworthy?
- Is a third party trying to split the two of you up?
- Does she see you as a man that she respects and wants to stay with, or is she just staying with you until she can find a replacement guy?

So, if you've found yourself asking the question, *â□□Is it okay to let your girlfriend go clubbing?â□□* what you might want to start asking yourself is, *â□□How can I be the type of man that my girlfriend would rather stay home with?â□□*

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Why Do Women Hate it When Men Play Video Games?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

There's nothing wrong with playing video games as a man.

Additionally, even though some men get nagged by an angry girlfriend or wife for playing, you really can get your woman to be totally fine about it.

Personally speaking, I enjoy playing video games and have created the type of relationship dynamic where my wife doesn't complain, or nag me about it at all.

[image: Dan Bacon with wife]

I don't make my wife feel left out or ignored, so she still gets the love, attention and affection she wants and deserves.

Additionally, she knows that I am focused on achieving things in real life and only play video games for a fun release, so she has nothing to complain about.

Where a lot of men go wrong is that they forget about the primal instinct a woman has, to be with a man who is focused on providing security for their future (i.e. he is focused on his biggest goals and ambitions in **real** life and is rising through the levels to make that happen).

Women want to feel safe and protected by a man.

It's just how they are.

Part of what makes a woman feel safe and protected, is when she sees that that her man is so emotionally strong and focused that he can achieve big things in real life, rather than just in a video game.

He's not like other men who feel fear when it comes to real life and hide away from their true potential as a result.

Instead, he is a man who stands up and rises through the challenging levels of real life, reaching for his true potential as a man, no matter what happens in the world around him (e.g. the Covid-19 pandemic).

That is impressive to a woman, makes her feel safe and protected and as a result, it stops her from feeling the need to nag or complain.

Of course, some women will still nag to test their man's masculinity (i.e. will he stop playing the game, even though he has been making great progress in his career, has made her feel loved and wanted and is simply playing for a while to unwind, or will he stop playing and feel like has to do even more for her?).

If a man stops playing and gives in, even though the relationship is balanced and she is being taken care of, then she will actually lose respect for him as a result.

She might then further test his masculinity, by nagging even more and making it out as though him playing video games is ruining the relationship, even though it's not.

So, make sure that you don't get tricked into feeling like the worst man in the world because you're playing a video game.

It's totally fine, as long as you are focused on your real life goals (and making progress) and have been making her feel loved, wanted and appreciated.

If you do that, a woman (for the most part, unless she is testing your masculinity) will stop nagging and feel happy that she has such a great man, who is making progress in life, making her feel safe as well as making her feel loved, wanted and appreciated.

She's a lucky girl if she has that and she knows it.

On the other hand, just playing a video game and rising up through the levels in the game, doesn't make a woman look at her man and think, "*Wow! He's kicking ass in that game! I feel so safe about our future together in real life!*"

To her, it's just a game.

So, if a woman she sees her man being so keen, excited and interested to pass levels in a video game that won't achieve anything in real life, her instincts kick in and she feels annoyed and angry that he is wasting his time and energy on something that will amount to nothing for them and won't make her feel safe and protected in the long run.

Of course, he might have a fairly good job and they might be doing okay for now, but that doesn't satisfy a woman's need to feel protected and safe in the long run.

What satisfies a woman's instincts, is when she sees her man continually rise up and reach for his true potential in real life, rather than accepting a certain level of life (i.e. doing okay, getting by) and giving up on the big dreams or ambitions he once had.

She knows that when he plays a video game, he doesn't just give up and accept a low level of success.

He keeps going, rising through the levels and make sure that he succeeds.

Yet, does he do that in real life?

Is he that much of a winner in real life?

That is what a woman is looking to see.

The thing is, he doesn't have to achieve big things in the real world today, tomorrow or even this year, but he needs to be working towards it.

When he begins working towards it, she needs to see that he doesn't give up and keeps going, just like he would when playing a video game and trying to reach a new level, or unlock a new feature.

She looks at her man kicking ass in real life (i.e. being courageous as he tries to achieve his ambitions, achieving goals, never giving up) and that is what stops her feeling the need to nag, because it satisfies her ancient, instinctive need to feel safe about a future with the man she has chosen.

Of course, it doesn't mean that a man has to do everything and a woman can just sit around on her butt and do nothing.

In today's world, most women work and strive and most couples pay bills together, but that's not the point here.

What we're talking about here is why women get annoyed and nag men who play video games.

The thing is,Â there is nothing wrong with playing video games and there are also no absolute rules on how you *have to* live.

For example: If a man doesn't want to achieve anything in real life, he doesn't *have to*.

If he just wants to work a normal job, play video games and ignore his girlfriend or wife, then he can

do that.

Yet, if his woman is pissed off with him 'wasting time' playing video games and ignoring his true potential in real life, then her commitment to him is not guaranteed.

Just like a man can 'do whatever he wants' and decide to invest his time and energy into playing video games that won't achieve anything in real life, a woman can decide to leave a boyfriend, fiancé or husband if she wants to.

If you want your relationship to last, you need to ensure that you approach your life in a balanced way, rather than leaning too much into gaming (unless of course, it's your profession and you earn money from it).

Every couple is going to be different in terms of how much spare time they have, so you need to decide how much time you can really invest into kicking ass in video games vs. achieving things in real life and making your woman feel loved and appreciated.

It's something you have to balance.

3 Other Reasons Why Women Hate it When a Guy Spends Too Much Time Playing Games

1. It makes her feel neglected

[image: Why a girlfriend will feel annoyed at her boyfriend who plays video games all the time]

In the past, a woman would stick with a man for life even if she was unhappy.

A man could neglect his wife, treat her badly and take her for granted and she would have to stick by him because it was shameful to get divorced.

[image: Marriages around the year 1900]

In most cases, women were completely dependent on men in the past, so they really didn't have any other option but to stick around and put up with it.

Not anymore though.

[image: Modern women]

These days, women earn their own money and have the freedom to have sex with whoever they want.

A woman can also break up a relationship or marriage if she feels like it.

So, if a woman finds herself in a relationship with a man who is neglecting her due to putting most of his spare time and energy to gaming, she will naturally begin to feel like he is taking her presence in his life for granted.

If there are a lot of other problems in the relationship, then feeling neglected due to her man playing video games can become one of the reasons why she just decides to break up with him, or divorce him.

From her perspective, she isn't getting the love that she wants, the relationship has loads of problems and he seems more interested in solving problems in games than solving the problems in his relationship with her.

2. She doesn't share your feelings of excitement, or sense of achievement

[image: Girlfriend gets mad when I play video games]

The person playing a video game will experience all sort of exciting emotions and feel a sense of achievement and pride when they finish the level, or unlock a certain feature or function.

It's a really cool experience.

Yet, if a woman isn't playing the game and experiencing it for herself, she is almost certainly not going to share her boyfriend's (or husband's) feelings of excitement or achievement.

She will see him being so serious, focused and keen about the game, but to her, it will seem like a whole bunch of noise and nonsense, because she's not experiencing for herself.

In most cases, she doesn't want to either.

Most women aren't naturally wired to want to engage in wars, dominate opponents and compete for victory over long periods of time.

Some women like that, but most don't.

Most women are wired to want to be a nurturer and have their focus be on relationships, which was essential for 99.9% of human history when people lived close to extended family and had to rely on maintaining close relationships to survive.

Despite the fact that we live in a modern, civilized world with supermarkets, phones, video games, shopping malls and so on, a woman's natural instincts haven't gone away.

She still wants to focus on her relationship with her man and have love be a major part of her life.

She doesn't want her life to be around waiting around in the background while you play video games.

So, if you are investing a lot of your energy into gaming and she isn't able to share in your excitement, then something will feel off to her.

She will feel as though you are more excited about the game than her, or your life together as a couple in the real world.

As a result, she sees you focusing your energy in a way that isn't productive, or effective for you and her as a couple.

When that happens, it can cause a woman to start nagging, getting mad about little things, complaining, being a pain in the butt and generally being in a bad mood.

A woman will do that in the hope that her boyfriend (or husband) will pick up on her cues and stop gaming so much, or begin approaching the relationship (and his life) differently, so she can then feel good about him relaxing and gaming every now and then.

If he doesn't listen, or he gets into arguments with her about it, then she will naturally start leaning towards wanting to break up.

3. Gaming doesn't build on her attraction for you

To keep a relationship together, you have to be able to maintain and even build on your woman's

attraction for you over time.

It's easy to do once you understand how a woman's attraction works.

When her attraction for you is maintained and built up over time, she literally doesn't want to nag, complain and be a pain in the butt because she knows that it would be a huge loss for her if the relationship ever ended.

She knows how difficult it would be to find an awesome man like you.

So, she starts being nicer, more loving, more understanding and respectful of you.

You just have to be able to maintain that and the relationship will last for life.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How to Make a Long Distance Relationship Work

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

A long distance relationship will work if you are the sort of man that a woman is willing to wait around for.

If a woman truly loves her man, respects him and feel attracted to him, she will have no reason to want to find a new guy. However, if your woman doesn't fully love you, has lost some respect for and doesn't really feel that attracted to you, then she will possibly begin to lose interest in the relationship.

In the past, a woman had to marry one man and stay with him for life, even if he was away for long periods of time. It was shameful for anyone to get a divorce, so women felt obliged to stick by their man.

[image: Marriages around the year 1900]

These days, it's a different story.

[image: Modern women]

If a man is unable to deepen a woman's love, respect and attraction for him over time, she will gradually fall out of love with him and lose interest in the relationship. She will then find love and happiness with another guy, or just have sex with other guys for a bit of fun.

[image: Modern women]

Society encourages women to be happy, free and do whatever they want. Women are allowed to kiss, have sex and get into a relationship with whoever they want. If you want to maintain the interest of a woman, you have to know how to make her feel attracted to you.

Do you know how to make your woman feel attracted to you? Watch this video to understand how a woman's attraction for a man really works...

4 Classic Mistakes to Avoid When in a Long Distance Relationship

In today's global community where many people travel for business or pleasure, it's not unusual to find yourself in a relationship with a woman who lives in another state or another country. You may have met her in a bar, through friends, at work or online. Despite your mutual desire to be together in the same place, you just can't do that right now.

If you've found yourself in that type of situation and you want to know how to make a long distance relationship work, just make sure you don't make the classic mistakes that many guys make. If you approach the relationship correctly, it will be her who is trying to keep it together and maintain YOUR interest. Believe me, that's what she actually wants in her relationship with you and that's how it should be.

1. Boring Her Via Video Chat

These days, video chat is essential in a long distance relationship, but it has to be done right.

If you approach the chats in a way where you're not even creating any attraction or sexual tension between you and her and are instead turning her off, boring her or even annoying her, video chat will actually work against you.

You have to be able to chat to her in a normal, easy-going way, but also add in things that are going to make her feel attracted to you (e.g. humor, flirting, charm, confidence, etc).

2. Being Insecure

If you want your long distance relationship to work, you have to give her your full trust.

Even though you know that you cannot trust her 100%, you still have to give her that trust. If you don't, it will cause you to think, behave and act in an insecure way, which is a huge turn off for women.

Some insecure guys will regularly check their girlfriend's Facebook, LinkedIn, MySpace, Twitter, Instagram or other social media page to see who she is communicating with and if she is hanging around anyone new.

A guy like that may then question her about certain posts or comments on photos, especially if it involves another man or men. If he's feeling especially insecure, he might even accuse her of being unfaithful or ask her if she is thinking about cheating on him or leaving him.

Although it might feel like the natural, normal thing to do, being insecure in a long distance relationship is never helpful as a man. Women are attracted to the confidence of men, not the insecurity.

You have to ensure that she retains a positive perception of you and experiences an ongoing feeling of respect and attraction for you. If you chip away at that respect and attraction by being insecure, she will naturally begin to look at other men in a more positive light and will begin to wonder why she is with you.

A mature, emotionally-secure man will simply get on with his life as per normal. He will miss his woman and want to see her, but he will charge on to achieve his ambitions and goals in life even though she isn't around.

His girlfriend will sense that he is happy and confident without her around, which will make her feel respect and attraction for him.

It's not about acting or pretending that you don't need her in your life to be happy and confident, but actually being that way while also making sure that you show her love, respect and attention when you interact with her.

3. Posting Up Lonely Photos on Social Media

[image: Posing in photos thinking that if he looks good, it will make his ex jealous]

A classic mistake that many guys make these days is posting up lonely photos on Facebook,

Instagram, etc.

In most cases, the guy thinks that if he “looks good” then his girlfriend or wife will miss him more. Yet, he’s alone in the photo.

What he doesn’t realize is that women feel turned off by lonely guys who think that they need to look good to be attractive. Yes, women can feel attracted to a man’s physical appearance, but the most important types of attraction are based on what a guy says and does.

So, if you’re in a long distance relationship and you want to make sure it works, don’t post up lonely photos. Instead, post up photos of you looking happy and confident and having fun with other people.

That is what makes a woman feel respect and attraction for a guy. She sees that he’s happy and confident without her, which makes her feel respect for him and feel attracted to his emotional intelligence and strength.

4. Disconnecting From Each Other’s Life

As the old saying goes, “*Out of sight, out of mind.*”

If your girlfriend doesn’t feel much love, respect and attraction for you and you then stay out of her life, she will gradually drift away and begin to see you as her ex, rather than her boyfriend.

The best solution is to agree to speak at a certain time every week, or even a couple of times a week if you have the time. When you talk on the phone or video chat, really get into the conversation and chat about life, what’s been going on in each of your lives and what you’re looking forward to doing together in future.

In addition to making her feel love, respect and attraction for you, it’s important to allow her to feel like you still care. When that happens, she won’t need to get those feelings from another guy.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How to Be Happy in a Relationship

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you want to be happy in a relationship, you need to:

1. Love and accept each other for who you are, while also always trying to do better and be better for each other.

Neither of you need to be perfect right now, but always try to do better, be better and love better.

2. Don't take things too seriously.

Always try to smile and laugh at things that you'd otherwise get angry at for each other. If you're not used to living life that way, you will initially have to remind yourself and possibly even force yourself to smile and laugh more.

The reward is less stress, more love and easy happiness together.

Here's a video that I made to explain this point...

3. Try your absolute best to love each other unconditionally.

Allow both of you to feel safe in the knowledge that you are loved and that the other person is going to be patient with you, stick by you and allow your love to grow and mature.

4. Deepen her love, respect and attraction for you over time.

In the past, a woman had to stay with a man for life, even if she was unhappy.

[image: The old days...]

It was shameful to divorce, so a woman would stick by her man even if he was unable to deepen her feelings of love, respect and attraction. Heck, he could even treat her badly if he wanted to and she would still stick around.

Not anymore.

[image: Modern women]

In today's world, a woman is free to do whatever she wants. She doesn't have to settle down early, remain a virgin until marriage or even get married at all.

[image: Start with kissing and sex and then take it from there]

To keep a relationship together in today's world, a man needs to know how to deepen a woman's love, respect and attraction for him over time. If he doesn't, she may eventually fall out of love with him, get bored and cheat on him, break up with him or divorce him.

5. Genuinely see each other as more than enough.

It's only natural that you will find other women attractive (e.g. when walking down a street, looking at porn, watching TV, etc) and that she will find other men attractive.

However, as long as both of you have the mindset that you are both more than enough for each other, you won't feel the need to find happiness in a new person. Sure, after 15 years of a relationship, she won't look the same as she once did, but that doesn't mean you still can't look at her as being the sexiest woman on Earth in your eyes.

You both have to decide that you've chosen each other and don't need anyone else. A woman will

stick by her decision to stay with you if you deepen her love, respect and attraction for you over time.

The Truth About Relationships Between Men and Women

Despite all the changes that have happened in our society and the effects on relationships, it is still possible to keep a relationship together for life if you approach it right.

Personally speaking, I recently got married after a short engagement to the girl of my dreams. In the video below, I explain why I got married, my approach to the relationship and what I do to make sure that the relationship will last.

Staying Happy Together For Life

Have you ever seen those couples whoâ€”ve been together for decades, but are still happy and madly in love with each other?

You can just tell how happy they are and how much they love each other by the way they look at each other. They are there for each other as best friends, but they are also lovers.

The man will look at his woman as though she's the sexiest woman on Earth and she will look at him as a sexy man. How is that possible?

Simple.

You have to deepen the love, respect and attraction that she feels for you. As a man, you have to know how to create that type of dynamic and then you need to create it and maintain it.

Leaving it to chance or taking her for granted is no longer an acceptable relationship strategy for a man. The relationship is either going to get better and better over time, or it's going to get worse.

Keeping the Sexual Spark Alive

[image: Wife doesn't want sex]

It is normal to stop having sex?

Yes and no.

When a couple reaches their 50s or 60s, they don't have much sexual drive anymore unless they are taking hormones.

However, from the ages 18-50, happy couples still have sex. In most cases, it won't happen as often as it did in the first couple of years of the relationship, but it will still happen.

If a couple truly loves each other and after 10 years of marriage, only has sex once a week, they don't have anything to worry about. When a couple is truly in love and going after mutual goals or spending a lot of time with their family, they know that sex isn't the most important thing.

There is no set number of times per week that a couple needs to have sex. As long as they find each other attractive, are in love and have sex whenever they feel like it, there's nothing to worry about.

Do You Know How to Make Her Feel Attracted to You?

One of the most important things that you need to do is continue to make your woman feel respect and attraction for you as a man.

Things that can turn a woman off and make her lose respect for a man include:

- Not following on his promises.
- Being insecure, clingy or needy.
- Hiding from his true potential in life behind her and the relationship.
- Being nervous in social situations.
- Putting her down often.
- Being too protective or suspicious.
- Always letting her win because he is afraid that she will get angry.
- Never letting her win because he wants to control her.

There are many different ways that a woman will lose respect and attraction for her man.

As a man, you have to know how to make your woman feel enough attraction for you in the relationship, otherwise she may decide to fulfil her desire to feel attracted elsewhere with another man.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How to Fix a Relationship With a Woman

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your relationship has lost its spark and now only consists of arguing, frustration and a lack of affection, here's what you need to do:

1. Stop taking things so seriously

The quickest way to fix a relationship is to stop taking things so seriously and start laughing, smiling and joking around more.

I understand that it's not always easy to do, especially if your relationship is falling apart. Life is tough sometimes and it can even get annoying...I get it. However, there's no better medicine than laughter.

You've got to do it.

Whenever you and your woman are feeling frustrated with each other, you as the man have to lead the way to a better emotional state. You've got to force yourself to smile, laugh and joke around more...especially at things that usually piss you off or annoy you.

Initially, she will almost certainly try to block your attempts to make her smile, laugh and feel good. However, if you can just persist and be the courageous one who pushes forward, she will eventually drop her guard and become more open to smiling, laughing and loving you fully again.

2. Start making her feel attracted to you in new ways

Do you know how to make her feel attracted to you? Has anyone ever taught you how a woman's attraction for a man really works?

If not, watch this video and I will explain how it works...

3. Be the man, but still respect her

No matter how successful or intelligent a woman is, she will always feel more attraction for a man that she can look up to and respect.

Some guys make the mistake of either handing over power to their woman, or taking away all of her power. Neither extreme is healthy.

To keep the love alive, you need to be the man, but also still respect her, love her, appreciate her and consider her needs and wants. You are the leading man, but that doesn't mean she doesn't get a say.

4. Give her your full trust

[image: Being insecure]

If you're at a point now where you're looking for advice on how to fix a relationship, you are

probably beginning to lose trust in her desire for you, right?

You have begun to imagine that she is thinking of leaving you and finding herself a new guy.

Don't do that.

You have to give a woman your full trust. She has to be able to see that you are confident in her desire and loyalty to you and that you're not worrying about any random thought that she might have about leaving you.

Accusing her of cheating, wanting to cheat or even feeling a passing attraction for another man (just like you feel innocent attraction for many women you see on TV, on the street, in porn, etc) will never, ever help you fix a relationship.

When she sees that you are insecure and see other guys as being more attractive to her than you are, she will actually begin to feel attracted to other guys. Why? Women are attracted to the confidence in men, so your insecurity will begin to turn her off.

If she interacts with another guy who seems more confident than you are, she will naturally feel more attracted to him than she feels to you.

This is why you have to maintain trust in your woman's desire and loyalty for you. She has to be able to see that you are confident in your sex appeal to her and are not comparing yourself to other guys and worrying that she might like them instead.

5. Go back to the beginning

One of the keys to keeping the romance alive in a relationship is to never stop treating a woman like you did when you first met her.

For example: When you first met your woman, you probably showed a lot of interest in listening to what she had to say, going out on dates, laughing together and making her feel happy with you.

Are you still doing those things?

If you are serious about keeping the love, romance and passion alive in your relationship with her, you will put in the effort. Additionally, if you truly do love her, it won't actually feel like a lot of effort at all.

In fact, you will enjoy doing it.

When a man really loves a woman, he wants her to be happy. He is flexible, open-minded, compassionate and attentive. However, when a man just wants to keep a woman in a relationship because he's too afraid to be on his own, he will find it difficult to give her his full love.

He will want to take love from her in the form of compliments, reassurance that she loves him, nice treatment, hugs, kisses, etc. He will want to store up as much of her love as possible, so he can feel good about himself.

That's no way to approach a relationship.

You've got to give a woman your love because you truly do love her. When you truly love a woman, it will feel easy and natural to be a great man for her.

×

[image]

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[image: Dan Bacon]

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Is Marriage Worth It?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Marriage isn't for everyone, but if you are a man who knows how to attract women (and you thus have your choice of women) and you also know how to deepen a woman's love, respect and attraction for you when in a relationship, then marriage isn't a scary thing.

When the love, respect and attraction between you and your perfect woman (that you chose, not that you got lucky with and have been trying to "make it work" with) deepens over time, starting a family or getting married feels like a natural thing to do.

Marriage Can Be Good For Your Health

If you're wondering, *is marriage worth it?* here are some statistics that might interest you.

In a study of over 127,000 American men, it was concluded that married men enjoyed better overall health than men who were divorced, widowed or living alone.

A separate study that ran for 10 years, also concluded that death rates among married men were 46% lower than in unmarried men. If you look at the statistics that way, it would seem that marriage might be worth it just to extend your life, right?

Not quite.

Why?

Not every marriage is a "happy" marriage and evidence from further studies suggests that the stresses of an unhappy marriage may actually increase a man's potential of developing heart disease and dying younger. So, the question remains: Is marriage worth it in today's day and age?

Changing Times

[image: No sex before marriage vs. have sex whenever you want]

Over the past couple of generations, our attitudes towards marriage have changed beyond recognition.

In the early 1900s, it was almost unthinkable that a couple would begin living together before getting married (unless the parent's were in the same house and you slept in separate rooms) and you certainly wouldn't expect to have sex before marriage.

In the old days, getting married was something that pretty much all young men and women aspired to. Being married made you a "normal" and respected member of society. So much so that reaching your early 20s and still not being married made you stand out as "abnormal" or made you look like a social reject.

Fast forward to today and things couldn't be more different....

[image: Modern women]

Many people are now happy with the idea of having many relationships throughout life or staying

with one person for life, but not getting married. Of course, that doesn't mean that it's impossible for them to change their mind later on if they find the perfect person.

Is Marriage the Right Thing For You?

Social trends and statistics can't answer the question of whether marriage is worth it for you.

Only you can decide whether it's the right path for you to follow in life.

Poll

"What is Your Relationship Goal?"

- ☐ Marry a woman and stay with her for life
- ☐ Stay with one woman for life without getting married
- ☐ Have relationships with many women throughout life
- ☐ Still not sure

Vote

[View Results](#)

[image: Loading ...]

Loading ...

Personally speaking, I was never interested in marriage at all until I met my sexy wife. When I met her, I had been enjoying a lifestyle of having sex with new women all the time, which never, ever got boring.

Yet, when I met her, something inside of me changed. I began to feel and experience love on a level that I've never experienced before. I'd had amazing, loving relationships before, but this was different.

Back when we first met, she would sometimes be feeling so much love for me that it would make her cry tears of joy, even though we'd only begun dating. She also cried tears of joy on our wedding day and I have to admit that I even got a bit watery eyed.

True love is a pretty cool thing.

I didn't agree to marry her immediately though. It took me about two years to agree to getting engaged and we then got married 4 months later because there was no need to prolong things anymore. It was also a convenient time to get all the family together (which wouldn't have been possible if we did it later in the year), so we just went ahead with it.

I haven't ever regretted getting engaged or marrying her. I enjoyed the lifestyle of having sex with lots of women for more than 10 years and now I'm enjoying married life. It's just as good, but in a different way.

Before I met my wife, I was going through life with the idea that it would be fine to just stay with a

woman for life without getting married, but it's not that simple. My wife comes from a family that is serious about marriage and they reject the idea of divorce.

So, when I met them, they weren't shy to ask me if her and I would ever get married. I initially told them, "We're not rushing things" as a way to deflect the question because I still was against the idea of marriage.

Yet, as our love deepened over time and I saw that she was a loyal, loving, caring, honest woman who always had my back, I began to relax into the idea of getting married. After a while, I stopped seeing it as a scary thing to get into and started seeing it as a natural progression of a great relationship.

How about you?

Are you worried about getting married because you are concerned about losing half your money when going through a divorce? Do you look at divorce statistics and assume that you will end up as one of them?

I used to worry about those things too. I used to think that marriage was something that could only work in the past or that was only beneficial to women. I thought that it just wasn't worth it for men. What got rid of those worries was realizing that it was actually possible to deepen the love, respect and attraction in a relationship. I realized that if 50% of marriages were ending in divorce, then 50% were remaining intact.

I also began to pay more attention to the fact that I'd often seen married couples who were still madly in love and completely happy after 20, 30, 40 and even 50 years of marriage.

When I realized that it was possible to have a successful marriage, it stopped looking like such a scary thing to get involved with.

For the record...

I did get my wife to sign a prenuptial agreement. She may be the most loving, caring, honest woman I've met, but that doesn't mean she might not ever turn into a psycho. Rather than having to worry about anything bad happening in future, I got a great lawyer and we signed an iron clad agreement.

Initially, she was offended that I wanted her to sign a prenup and suggested that it meant I didn't love her, but after an hour of sulking on her own in the bedroom, she eventually came out and said that she understood where I was coming from and would sign it.

Love is great, but it doesn't mean that you still can't be smart and protect yourself. I'm almost certain that her and I will stay together for life, but I'm also open minded about the fact that science is suggesting that human lifespans are on the verge of increasing dramatically.

Who knows what will happen if you are married to a woman for 100 years and your body is still youthful and vital. Who knows what will happen when there are virtual worlds that you can go into where you can physically feel and experience things (i.e. have sex with virtual women).

Sure, all that stuff is a possibility and can be looked at as science fiction, but it's probably going to happen. In the meantime, I'm going to continue on living a normal life. My wife and I now want to start a family and experience that side of life.

Honestly, I couldn't be happier with my decision to get married to her. If you'd asked me 5 years ago whether I would ever get married, I would laughed at the idea and told you that I was happy enjoying the lifestyle of having sex with lots of women.

Yet, now I really feel like marriage is worth it for men and women. It takes the love that you feel for each other to another level. You commit to each other in a more definite way and you begin to approach life as a couple who will be together for life.

My wife and I have plans that stretch out as far as 50 years from now (I'm 37 now and she's 22. I think science will increase lifespans in the next 30 years, so I'm open minded about living a much longer life).

It's fun to talk about our plans and begin working on them together. We're taking steps towards a future that we are excited to share together.

Are You Ready For Marriage?

If you want to marry a woman and stay with her for life, here is what you essentially need to do:

1. Only accept a woman who is perfectly compatible with you.

If you don't know how to attract women when you meet them, you won't have many options with women and you might end up feeling desperate and accepting the wrong woman for you.

Many guys do this and then try to "make it work" with a woman who isn't compatible with them. Personally speaking, when I saw my wife walk into the nightclub where I met her, I said to my friend, "Now THAT is what I'm talking about."

If you want to feel proud of your woman and remain attracted to her, you must choose woman that you find incredibly sexy. If you want the relationship to last a lifetime, she must also have great character (i.e. loyal, caring, loving).

Don't try to make it work with a woman who isn't right for you. You have to be able to attract women when you meet them so that most of the women you meet are interested in you. Only then will you be in a position to pick and choose.

2. Actively deepen the love, respect and attraction in your relationship

Unlike in the past, today's women do not have to stay with a man who isn't right for them.

Unfortunately, divorce is no longer seen as shameful by most people and TV shows, movies and pop singers often attempt to make it look "cool."

If you want to keep a relationship together for life, you have to know how to deepen a woman's love, respect and attraction for you over time. If you can't do that, marriage will not be worth it.

Marriage, or any relationship for that matter, will be a huge pain in the ass, because the woman just won't put up with not feeling how she really wants to feel. She will throw tantrums, treat you badly and potentially eventually dump you or even cheat on you.

I know this because it happened to me many years ago, which caused me to work this stuff out and become good with women. I also know it because I've helped 100s of guys to get an ex back after being dumped.

In today's world, a guy has to pick the right woman for him and then deepen the love, respect and attraction over time in a relationship.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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Falling Out of Love: 6 Common Mistakes to Avoid

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

A woman will fall out of love if you are unable to deepen her feelings of respect and attraction for you.

In the past, a woman had to marry one man and stay with him for life. Not anymore. In today's world, women can sleep with whoever they want, get in and out of relationships and only settle down when they feel it is right for them.

This is why it's so important for modern men to have the skill of being able to deepen a woman's love, respect and attraction over time.

Have you been able to do that with your woman, or have you been slowly ruining her respect and attraction for you? Here are some common mistakes guys make that cause a woman to begin falling out of love...

1. Suffocating Her

It's only natural that if you really love this woman, you're going to want to spend a lot of time with her.

However, make sure that you're not holding her back from doing things without you because you're worried she might cheat on you, leave you or fall in love with a new guy. When in a relationship, a woman needs to feel like she has the space to do whatever she wants because you are confident and have given her your full trust.

If you suffocate her with neediness, clinginess or insecurity, then she will gradually begin to lose respect and attraction for you and when that happens, she will begin to fall out of love with you.

At the start of a relationship, a woman will usually enjoy the fact that you want to spend so much time with her. However, if she isn't allowed to hang out with other people because you are worried about losing her, she will feel like she is suffocating.

2. Annoying Her

When a woman begins to lose respect and attraction for her man, she will then begin to withdraw some love, affection and attention. She will become more distant, cold and uninterested in hugging, kissing and having sex.

This is very confusing for some guys and they don't know how to handle it. Some guys make the mistake of becoming annoying (e.g. biting her, arguing with her, being silly all the time, etc) in an attempt to wake her up out of the distant emotional state that she is in.

Yet, that's not the right way to do it.

Instead of becoming annoying, what a guy needs to do is become more of a man.

He needs to be able to make her feel more respect and attraction for him because he is being more of a man, not less of a man.

When he does that, the feelings will again be mutual.

He will feel attracted to her and she will feel attracted to him. He will feel respect and love for her and she will feel respect and love for him too.

Another mistake that leads to falling out of love is...

3. Criticizing Her

Some men make their woman feel as if she can't do anything right.

If she cooks dinner, he might say that it tastes okay, but he will focus more time and energy on telling her how she could have made it better. If she cleans, he might feel happy about it, but he will focus more on telling her that it's not good enough.

If she is helping him with a project, whatever she does just won't be good enough. In short, he's a nitpicker and his constant criticism wears her down to the point that she soon begins to fall out of love with him.

The love between a man and a woman needs to be taken care of. It's not something that stays there unconditionally just because things felt good at the start. There's nothing wrong with giving a woman constructive feedback, but you should always try to focus more of your energy on making her feel good about herself, than on criticizing her.

4. Not Trusting Her

You can never fully trust a woman, but you have to.

If you don't give a woman your full trust, the love between you will never reach its full potential. She will never feel like she can relax and respect you as a man. She will always feel like you're just too insecure and can't relax and just be in love with her.

Of course, if your girlfriend (fiance or wife) is a liar, then there's no need for you to give her your full trust. Women who enjoy lying should be dumped.

I recently got married to the girl of my dreams, but if I hadn't broken up with my previous girlfriend, I would have never met my wife. My previous girlfriend was sexy, young and exciting to be around, but she had one major flaw: She lied...a lot...and she actually enjoyed it.

Only after being with her for a year did I see enough repeated evidence that she was a habitual liar. Then, when I discovered a big lie that she told me (it was a shocker), I decided that I just had to break up with her.

It wasn't easy to break up with her because she was a sexy, young, pretty woman and we had a good time with each other, but I had to do it. A couple of years later (after sleeping with about 50 more women), I met my wife. She's even sexier and prettier than my ex and best of all, she's a woman of good character (i.e. honest, loyal, caring, compassionate).

If you are currently in a relationship with a woman who deserves your trust, then give it to her. Give her your 100% trust. However, if you're in a relationship with a woman that you know you can never trust, you really should break up with her and move on.

5. Patronizing Her

Women want to be able to share everything with their man. She wants to know what is happening in his life, both good and bad.

So when a woman sees that her man is troubled about something and he won't share his concerns by saying things like, *It's business. You wouldn't understand,* or *Don't worry your pretty little head about it. I'm the man and I'll take care of it,* or words to that effect, he is causing an emotional disconnection between them.

While a woman does want to feel protected and secure by knowing that her man can take care of things and deal with challenging situations in life without her, she doesn't want to be patronized and feel as if she is merely a trophy on his arm, rather than his true love and closest companion in life.

6. Boring Her

As a man, you are responsible for taking care of the level of romance, fun, happiness and adventure that exists in your relationship.

Unless you've got yourself a woman who loves to plan everything for you both and is always a bubbly, happy person no matter what you say or do, then then responsibility is yours.

Most women want to relax into the masculine direction of a man. They want to be free to think like a girl (e.g. constantly changing their emotional state, talking about random or unimportant things in a dramatic way, being silly, etc), rather than having to take on a more masculine energy.

The more you can allow her to get in touch with her girly side, the less likely she will be to feel bored of being with you.

If all a man is interested in doing is watching TV or sports, playing video games or working, she will eventually feel bored of being in his presence.

Regardless of how busy your schedule is or how stressed you are from work or study, you need to actively add some fun, romance, happiness and adventure into your relationship. You also need to make sure that you're allowing her to feel girly, think in a girly way and act in a girly way around you as often as possible.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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Should Marriage Be a Contract With an Expiry Date?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Imagine if marriage was a contract that expired after 10 years, rather than being a lifetime contract that could only be ended through a divorce or through death.

I'm going to coin a term here and call this an *Expiry Date Marriage*, which is something that society is not ready to accept in 2014, but will most-likely be completely open to by 2045.

Here's how an Expiry Date Marriage would work:

- The marriage contract would be for 10 years and would then expire.
- If the couple did not renew their marriage certificate, they would be free to go their separate ways without having to go through a messy, costly and time-consuming divorce process.
- If a couple wanted to remain married, they would simply fill out a renewal form for another 10 years.
- If a couple wanted to end the marriage before 10 years, they would simply fill out a cancellation form and the marriage would be dissolved without any divorce proceedings.

Why Am I Suggesting the Idea of Expiry Date Marriages?

I understand that some guys who will read this won't want to face up to the reality that the world around them is changing, as it always has.

However, it is my responsibility as a role model in this area to be open and honest and to put forth ideas that will help men make more intelligent decisions regarding women and relationships.

Expiry Date Marriages might not be an option for another 30 years, but at least I will have done my job at opening a guy's eyes to what is happening to relationships between men and women in 2014.

Here are some of the reasons why I am suggesting Expiry Date Marriages as an idea to consider:

1. Human lifespans are increasing every year

[image: 100th birthday]

The old idea of "staying together for life" is no longer as simple as it once seemed.

In the past, a couple would marry, stay together and then die at approximately 70-80 years of age.

[image: Marriage in the old days]

Getting married for life was something people could accept because we had a very limited lifespan and there was absolutely no way to stay alive any longer than usual.

However, if what science is telling us is true, people who can make it to the year 2045 will have access to technology that will make a human body **revert back to being a healthy 30 year old**.

In other words, we wouldn't have to grow old and frail if we didn't want to and could choose to have a youthful, healthy body for an indefinite period of time.

What will happen to marriage when staying alive for 200+ years becomes normal? I'm not talking about staying alive and being old and frail, I am talking about being youthful.

When that happens, will humans want to stay in a marriage for 200+ years even though 50% of couples in 2014 can't even last in a marriage with our current lifespan of only 70-80 years?

Maybe some couples will be able to do it because they'll truly be in love and will have built a strong family around them, but what about the couples who don't want to stay together forever?

Should they have to go through costly, messy divorce proceedings as a punishment for not staying together forever?

Most people see the idea of increasing lifespans as "science fiction" even though life expectancy has been increasing every year for the last 100 years.

If the trend of increasing lifespans continues (I think it will actually speed up over the next 30 years), people who can make it to 2045 will *most-likely* be able to live indefinitely from then on.

When that happens (or if it happens), what will happen to marriage? Marriage is based on the idea of sticking together for life, growing old and then dying, but what will happen when death is delayed for hundreds of years, or even when death becomes optional?

Watch the full documentary below (Decoding Immortality) and you will see that, Nobel Prize-winning scientist Elizabeth Blackburn, discovered an enzyme that can keep cells young indefinitely. This is just **one** of many developments that have happened in recent years.

2. Culture always changes

[image: Racism - interracial marriage]

All across the world today, people have very strong views about how things "should be." Most people think that they know how life should be lived and that anyone who disagrees with them is wrong, naive and should just listen to them.

A classic example is how white people used to passionately protest about the "mixing of the races," only to later realize that we are all human, regardless of our different skin or hair color.

We are all from the same human family, but many thousands of years ago, we simply went our separate ways (venturing in different directions around the planet) and are now interacting and interbreeding with each other again in a more globalized, connected society.

These days, interracial marriage is seen normal and people have stopped protesting about it.

However, if you told a racist person back in the 1930s that they should be open to interracial marriage, they would've probably told you that they were 100% set on their opinion and would never change it.

Many of those people went to their grave being racist, but many also opened their eyes and stopped clinging to an incorrect perspective of the reality around them.

The same goes for guys today who believe that nothing will ever change.

Many guys want to live the same type of lifestyle that their grandfather or great grandfather lived (e.g get married and then die at 70-80 years of age), even though lifespans are increasing and science is working out how to reverse aging.

As a man in 2014, you may not like the idea of staying alive for longer, but believe me – the culture around you is going to change over the next 30 years and it will become normal and acceptable when the technology is available to the public.

Throughout history, culture has **always** changed when new technology was made available to the

public and living for longer will be no exception.

[image: Culture always changes]

Japanese Samurai: *"We will be samurai forever. Our culture will never change."* **English gentlemen:** *"Our way of life is the proper way to live. This is the way life should be and it will never change."* **Hippies:** *"We've worked it out. We'll grow our hair long, party and just do whatever we want."* **Metal rockers:** *"Society sucks! Rock on!!"*

I think it would be fair to assume that most of the Japanese Samurai didn't think past their culture and mistakenly believed that the samurai tradition and lifestyle would continue on forever.

Yet, Japanese culture changed and the samurai became irrelevant and unnecessary in their society.

The top hat wearing gentleman of early England thought they had it all worked out, but the culture changed and they became irrelevant as well, even though they would have fought against it and tried to convince people to continue behaving like they did.

The hippies thought they'd discovered a new and better way for humanity to live, but most of them gave up and got a job. Likewise, just because it has been the norm for people to get married and then prepare to die at 70-80 years of age, it doesn't mean it will always be that way.

Culture always changes, especially when new technologies are discovered and made available to the public.

3. Men usually get screwed during the divorce process

[image: Men - divorce]

In most countries, a husband usually has to give 50% (or more) of his assets to his ex-wife, even if she didn't earn any money throughout the marriage. It's almost as though the legal system is making him pay for her "services." Women in 2014 have an incentive to divorce their husband, take half of his money and assets and then go splurge it on a fun lifestyle.

The law that requires husbands to give 50% of their assets to an ex-wife was relevant back when women couldn't earn their own money, but women now have equality and can hold high paying jobs, run businesses or be supported by government payouts (in some countries).

The divorce law hasn't been changed because it's still a "hot potato" to deal with in a politically correct world. Politicians and the general public would rather ignore it than face up to the fact that men are currently getting screwed by the legal system when it comes to divorce.

Of course, I'm not talking about men being forced to pay child support – that is a completely different issue and one that I support.

Personally Speaking...

[image: Dan Bacon with girlfriend]

My girlfriend and I plan to stay together for life, but are aware that life is changing all around us and we may end up living indefinitely, if what science is telling us is true.

I'm currently 36 years of age and if no further scientific developments are made and I naturally grow old and die at 70-80 years of age, then I am almost **100% certain** that my girlfriend and I will stay together for life.

However, if scientists successfully reverse the aging process in humans (they've already done it for

some lifeforms) and I end up living indefinitely, then I'm pretty sure that my girlfriend and I may take a break around the 1,500 year mark! Lol...

My parents (and my girlfriend's parents) are still happily married and I definitely believe in the idea of marriage and staying together for life.

Update: We recently got married. She signed a prenup and she now runs a successful business of her own, so I am not worried if we part ways in 1,000s years time, lol. I believe that if her and I live out normal human lifespans, we will never break up. Our love and commitment really does become a deeper, more profound and more meaningful every day.

In 2014, I am living my life as though I will die at 70-80 years of age, but with the knowledge that I probably won't. Believe me, I know it will sound "sci fi" to some guys about living indefinitely and if that is the case for you, I recommend that you get updated on what is actually going on in your world.

Watch the entire four seasons of Through the Wormhole and you will see that the world has been rapidly changing without most people being aware of it. Technologies that will radically change the fabric of society and how it functions are currently in final testing phases in many labs and factories around the world.

Over the years, I purposefully rejected many women who wanted to marry me or start a family with me. When I was ready, I selected the perfect woman for me and we are now in an amazing relationship that seems set to last a lifetime.

However, it will be interesting to see what happens to humanity over the next 30-40 years if science does reverse the aging process for humans and presents us with the opportunity to live indefinitely.

I plan on sticking with my girlfriend for life and being a role model for other men who want to keep a relationship together with a woman for life, regardless of the changing world around them.

Along the way and over the years, I'm not going to be afraid to challenge old ways of thinking about marriage and relationships.

I know that people usually don't like change and are afraid of new ideas that make them feel uncertain, but as modern men, we need to be stronger than that; we've got to open our minds to the reality that the world around us has always been changing and it will continue to change at a faster pace than it ever has before.

The Benefits of an Expiry Date Marriage

Here's what I think would happen if we switched from a lifetime marriage contract to an Expiry Date Marriage contract:

Benefit #1: No More Messy and Costly Divorces

With an approximate 50% divorce rate in most developed countries, can you imagine how much time, energy and taxpayer money is wasted going through unnecessary divorce proceedings in lawyer offices or courts?

Can you imagine the emotional pain and turmoil that couples experience when they are forced to go through divorce proceedings?

I understand that punishing couples by forcing them to go through a divorce proceeding helps to keep some marriages together, but it's obviously not working; almost 50% of marriages end in divorce in many developed countries.

If the divorce rate was only 10% then the idea of Expiry Date Marriages wouldn't matter so much, but since almost half of married couples end up divorcing, shouldn't we be looking at cleaner, more efficient ways of dealing with the problem?

When Gweneth Paltrow and Chris Martin decided to end their marriage back in March 2014, they didn't refer to it as a divorce. They both still love each other, but decided to go their separate ways while still maintaining a positive friendship while taking turns to look after and raise their children. They haven't yet begun divorce proceedings, but if they do, it will probably get messy and even nasty like most divorces.

Paltrow and Martin were married for 10 years, so if the Expiry Date Marriage contract was available, would they have taken it? Would it have taken the romance out of the idea of getting married, or would they have signed up to a marriage that included a clean exit clause?

On her website Goop.com, Gweneth Paltrow wrote, *"We have always conducted our relationship privately, and we hope that as we **consciously uncouple** and coparent, we will be able to continue in the same manner."*

[image: Conscious uncoupling]

I know, I know...

Most guys don't want to acknowledge the idea of conscious uncoupling because we want to keep living the same way that our grandparents did.

We don't want the world to change and we don't want to feel uncertain about a relationship potentially ending sometime in the future. To many, the idea of conscious uncoupling sounds like a cop out for people who are not good at relationships...and I agree.

Whether or not you agree with what Paltrow and Martin did despite having two children, the fact is that culture has always changed and will continue to change.

Just because life used to be about working on a farm and living with your immediate family until death, it didn't stop much of the world's population from moving into cities and living a mostly independent lifestyle away from their immediate and extended family.

Things change; they always have and they likely always will. Old traditions **always** get replaced with new ones over time.

A lifetime marriage contract is no exception and I know that society isn't ready to deal with issue in 2014, but we will probably have to in the coming decades.

As I said earlier in this article, I believe in staying together for life and I really do think that my girlfriend I will be able to do it. Yet, I am also aware that the world around you and me is changing at a rapid rate. As men in 2014, we can't just sit around and expect life to stay the same forever.

We have to be stronger than that and open our mind to the reality of change. Throughout the ages, most people have passionately fought change, but it just keeps happening whether we like it or not.

I plan to stick with my girlfriend, but who knows what the world will be like when scientists reverse aging for humans, when AI (Artificial Intelligence) thinks for itself and joins minds with millions of

other AI to become billions of times smarter than humans.

All of that is on the horizon and if you want to see it unfolding, I recommend that you watch the entire series of Through the Wormhole (presented by Morgan Freeman).

You may be one of the guys who desperately wants to believe that the world never changes, but it always has and is now changing at a faster pace than ever before.

My advice on dealing with our changing world is to become a man who has purpose in life other than just a woman; to think bigger than just the way of life from people who lived 100s of years ago.

We're living a different time from that of our parents, their parents and their parents. It is fine to want to stick with one woman for life (I'm going to be doing that now, after having sex with more than 250 women), but it isn't fine to believe that the world isn't going to keep changing around you.

If you can't open your mind up to the changing world around you, then you can expect a lot of disappointment when it does and when your ideas about "how life should be lived" comes crashing down around you. Prepare yourself for change by being open to it, rather than sticking your head in the sand to ignore it and then being a sorry victim of change.

Benefit #2: It Would Keep the Pressure on to Remain Attractive, Loving and Relevant

[image: Staying relevant and attractive]

Many married couples get to a point where they stop worrying so much about making the other person feel happy, proud and excitement to be sharing life with them.

After a while, a high number of those marriages end in divorce or reluctantly remain together "for the sake of the kids."

However, if a couple knows that it is socially acceptable and legally permissible to walk away from marriage when the 10 year contract is up (without having to go through a messy and costly divorce), it will most-likely put more pressure on both parties to remain attractive, loving and relevant in each others life.

A wife who loves her husband and wants to get the marriage contract renewed will continue putting in the effort to make her husband feel the way he wants to feel in the relationship, and visa versa.

Personally speaking, my girlfriend and I have made sure to envision what our life would be like together in 40 years time. We've spent time thinking about how we want our lives to unfold together if we are to die at 70-80 years of age, or if we get to live on indefinitely thanks to breakthroughs in science.

I have a lot of plans for The Modern Man over the next 40 years, but aside from that, she and I have plans about starting and raising a family that sticks together for life. We talk about traveling to places around the world together and eventually with our children.

We currently have a great bunch of friends who are also in committed relationships, are beginning to settle down and who are still enjoying the single life.

We have "dream plans" with a few of our closest friends to hopefully buy land next to each other and have family BBQs and party nights and then grow old together (or live on indefinitely...!).

We are open to the future **together** and want to approach it together as a couple and then as a family,

if and when we decide to have one.

What About the Children?

[image: What about the children?]

According to psychologist Carl Pickhardt, Ph.D., for a young child, divorce shakes the trust and dependency on his or her parents.

The child begins to wonder, *“If my parents can lose love for each other, can they lose love for me?”* or *“With one parent moving out, what if I lose the other parent too?”* Adolescents tend to react in a more aggressive and rebellious way, believing that, *“If they can’t be trusted to stay together and take care of the family, then I need to start relying more on myself.”*²

That makes sense when talking about a traditional divorce, but with an Expiry Date Marriage, a child would grow up in a society that makes it known that couples can finish their marriage after 10 years. As a result, it won’t come as such a shock to the child and he/she will likely want do the best he/she can to make sure that his parents are happy together.

Growing up, he would know that love is something that needs to be taken care of and that relationships shouldn’t be taken for granted. In my opinion, Expiry Date Marriages would force people to become better at relationships and parenting and it might just be the thing we need to keep relationships together as our lifespans increase.

Personally speaking, if my girlfriend and I start a family in the next few years, I plan on keeping that family together for life. I think it would be a mighty fine achievement to still be happy after 200 years together, even though the world keeps changing around us.

I am continuing down the traditional path of staying with one woman for life¹ and I hope to be a role model for other men who want to do the same. However, I am going to keep my mind open to the possibility that life will continue to change around us. I’m not going to blindly believe that everything will stay the same forever, because culture **always** changes over time.

A New Idea for a New World?

Cultures have always changed throughout the ages even though many of the people involved in the culture firmly believed that their way of life was the **only** way.

Change is inevitable and I believe that people’s views about what constitutes marriage and family are beginning to shift, whether we like it or not. With so many divorces happening across the world, it has become clear that something isn’t quite right about the way things are when it comes to relationships between men and women.

If we want better relationships we should look at making changes to the agreement of a relationship between a man and a woman; and maybe a marriage contract with an expiry date is a good place to start.

Here is a summary of the pros and cons of an Expiry Date Marriage:

Pros.

1. Costly, messy and time-consuming divorce proceedings can become a thing of the past.

2. A 50/50 split of money and assets will longer be a factor â□□ what you bring into the marriage is what you take out, so women canâ□□t marry men for their money anymore.
3. Couples will need to be better at relationships and take care of their love together, rather than taking each other for granted and staying in an unhappy marriage “for the sake of the kids” or because it is shameful or costly to end it.
4. Children would grow up knowing that relationships have to be taken care of.

Cons.

1. Some couples may not commit fully to the relationship because they know it is legally simple to exit the marriage.
2. Growing up knowing that mom and dad are potentially going to split up in 10 years time may harm the development of some children.
3. Couples may feel as though they no longer have to stick with each other through tough times.
4. Children may lose faith in the idea of marriage for life.

What Do You Think?

Do you think that couples should be able to cleanly exit a marriage, without having to waste taxpayer money? Or, do you think that couples should be legally, financially and socially punished for ending a marriage?

Poll

Clean Exit or Punishment?

- ☐ Couples should be punished for getting divorced. They should be forced to go through costly divorce proceedings.
- ☐ Couples should be able to quickly and cleanly exit a marriage, without wasting taxpayer's money in the courts or having to waste their own money hiring lawyers.

[Vote](#)

[View Results](#)

[image: Loading ...]

Loading ...

Facing Up to the Reality of Modern Relationships

Believe me, I am fully aware that most guys do not want to even THINK about the possibility of a relationship breaking up.

So, talking about the concept of Expiry Date Marriages will frighten and worry some guys. However, it is my duty to make sure that guys become strong men who can deal with life, not encourage men to ignore the world around them and walk into failure and disappointment when it all falls apart.

Whether we like it or not, marriages and relationships are breaking up all over the world at an

approximate rate of 50%. Ignoring the changing world around you and hoping that it will magically go away is not the solution.

In today's world, if you want your relationship to stay together and not end in a break up or divorce, you actually have to be good at relationships.

Men in the early 1900s could get away with being bad at relationships because divorce was seen as shameful and sinful, but in today's world, it is unfortunately seen as acceptable by many and is even made to look "cool" by certain TV drama shows that depict women divorcing a husband and going onto live a fun, sex-filled lifestyle with a "better" man.

Keeping a relationship together in today's world requires that you actually know what you're doing and if you need help with that, I recommend that you watch my popular program called, [Make Her Love You For Life](#)

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1. First, marry a banker. (2003, July, 13). The Observer, Retrieved from <http://www.theguardian.com/books/2003/jul/13/society>

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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Friends With Benefits ...Can it Work?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you want a friends with benefits relationship with a woman to turn into an exclusive, committed relationship, you have to make her feel so attracted to you that an exclusive relationship becomes her idea.

When she wants to be exclusive more than you do, the relationship begins with the right dynamic because you are giving her a chance to be with you. Women love the thrill of the chase and it's much more exciting for a woman to have to convince you to be exclusive with her, than feel like she is doing you a favor by becoming exclusive with you.

Why? If she is attractive, most are way too easy to attract and seduce. Watch this video to understand why...

What to Do if You Genuinely Only Want Sex and Not a Relationship

[image: What to do if you genuinely only want to have sex with her]

If you are genuine about your desire to only be friends with benefits, you simply need to let her know that you find her sexy, but that you're not looking for a girlfriend right now.

For example: If she makes an effort to look sexy, pretty or beautiful, openly say to her, *"Wow...look at you today. You're looking sexy...I like it"* so she knows for sure that you see her in that way.

At some point, she's going to ask you about why you don't have a girlfriend. Simply, "I'm not looking for a girlfriend right now, but I like spending time with you because you're sexy." She will get the message.

Some women who really like you will hope that they can change your mind and get you to commit to them, but that's all part of the fun for both of you when it comes to FWB relationships.

Personally speaking, I've had many women cry their eyes out in an attempt to get me to feel sorry for them and commit, only to then call me an asshole for not committing...and then come to see me for sex a week later.

FWB relationships are often full of that type of drama, but if you initially made it clear that you're not looking for a girlfriend, she can never sincerely accuse you of being an asshole. Instead, she will actually secretly respect you that little bit more because you're a man of your word and are not easily swayed by the pity pleas of a woman.

Why Most Guys Can't Handle FWB Relationships

[image: "But, I want to be more than just lovers..."]

Unless a guy can easily attract and pick up other beautiful women whenever he wants, he will almost always end up developing "feelings" for a friends with benefits woman.

He might start out acting like he is totally cool with the idea of a FWB relationship, but when he

develops feelings for her and notices that she still wants to keep things casual, he will usually start behaving in a way that turns her off.

For example: He will become insecure about her desire for him and ask questions like, “*So, do you like me?*” or “*Are you attracted to me?*” or “*Do you have any feelings for me?*” or “*Do you enjoy what we have?*”

All of those questions are turn offs for a woman because women are attracted to a guy’s confidence, not his insecurity. To make her want to have an exclusive relationship with him, he has to make her feel so attracted to him that she begins to develop feelings for him.

Can You Handle a FWB Relationship With Her?

[image: Friends with benefits]

If a female friend suggests that you and her become “friends with benefits” (i.e. have casual sex and not become boyfriend and girlfriend), it’s a pretty enticing offer.

Yet, can you handle it? To clearly answer that question, consider the following...

1. Do You Really Only Want to Be Just Friends With Her?

If she’s suggesting adding sexual benefits to your friendship, you obviously get on well and feel relaxed in each other’s company. She definitely finds you attractive, but by suggesting that you become friends with benefits, it usually means that she doesn’t see you as someone she wants to be in a “serious” relationship with.

Either that, or she is trying to manipulate your emotions by pretending to only want to be friends with benefits so she can have sex with you, make you fall in love with her and then beg her to be your girlfriend. In other words, she’s insecure about your desire for her and wants to make sure she really gets you to want her and commit to the idea of being with her.

So, what do you really feel for this woman? Is it really just her friendship that you want? Is there a danger that adding “benefits” to the mix will lead to you wanting more from her than she’s prepared to offer?

Think about it for a moment....

Friends with benefits have sex together but they’re not together. Let’s say you’ve had sex with your friend on a couple of occasions when no other guys are really pursuing her. It all feels fine at that point and on the surface it sounds like a win-win situation; she wants sex and she’s calling you...why wouldn’t you give her what she wants?

Well, it’s usually not that simple...

If you don’t have any other options with women because you don’t really know how to attract women, how are you going to feel when her dating life picks up and she starts having sex with other guys?

What are you going to be doing when she starts having sex with other guys? Are you going to care? Are you going to want her to stop and just be with you because you’ve developed feelings for her? Will you feel betrayed or rejected?

If you’re not approaching and having sex with other women right now and are secretly hoping

to get into an exclusive relationship with her, it will almost certainly blow up in your face. The only way to avoid her rejecting you is to really, truly know how to attract her and make her only want you.

2. How will you feel if she gets into a relationship with another guy and stops being your FWB?

If you've been getting regular sex from her every week for a few months and have maybe even developed feelings for her, will you feel rejected if she gets into a relationship with another guy? Will you want to make her change her mind?

What if she tells you that she's now in love with the new guy and says that she can no longer be your FWB?

If you are the type of guy who can easily attract and pick up other women, you're not really going to be worried about it at all. In fact, you're probably going to be happy for her.

However, if you got lucky with her (i.e. she wasn't very attracted to you, but gave you a chance because she was bored and needed some action, or she needed a guy who make her feel loved after getting dumped by a boyfriend) and you have no other options with women, it's probably going to feel like a serious break up to you.

You will probably look at her as your girlfriend and will have been trying to get her to change her mind about the FWB.

This is why, as a man, it's so important that you understand how to attract women. If you don't know how to attract women and are simply trying to get lucky, you will almost always get rejected or dumped by women that you like.

If you start falling in love with her and want to have her as your committed girlfriend, but she's dating other guys and still looking for the one for her, how will that make you feel?

Will you be able to get her to want only you by making her feel a lot of attraction for you, or will you end up behaving in a needy, insecure way that turns her off?

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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Threesomes, Swinging, and Other Sexual Fantasies... Should You Act On Them?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Is acting upon common sexual fantasies a good or bad thing for a relationship?

For the majority of couples, deciding to be adventurous and begin acting out sexual fantasies that involve other people, usually ends up in painful break up or a messy divorce.

The simple reason for this is based on the powerful, overwhelming feelings of jealousy, insecurity and anger that a person can feel when they see their wife or husband enjoying sex much more with someone else.

If a man finds that his wife is no longer interested in sex, one of the last things he should consider is a threesome or attending a swinging party. In most real world relationships or marriages, it will simply cause more problems faster and give the couple (or at least one of them) a reason to go their separate ways.

TV Relationships Vs. REAL Relationships

If you watch enough of the latest TV shows or movies, you'll often see couples trying to â€œspice up their sex lifeâ€œ by following through on commonly known sexual fantasies like threesomes, swinging, dressing up in costumes or tying one or the other to the bed and then using a whip, feathers or whatever.

Yet, does any of that stuff bear any resemblance to the real world; and is it the sort of sex life every modern man should aspire to have with his wife or girlfriend? More to the point, if itâ€™s not the sort of sex life you have in your relationship, does that mean youâ€™re missing out?

The short answer is â€œNo.â€œ

The long answer is: The continuous promotion of these types of sex scenes on TV and in the movies has been leading a lot of modern men to feel that unless their relationship includes all or some of the â€œkinkyâ€œ stuff they see on TV, then they are boring and have failed in their sex life as a man.

It's just not true. Why? Well, firstly you should stop and understand the REASON why sex scenes of threesomes, swinging, role reversal sex, getting dressed up in costume (e.g. the woman in a nurse outfit, a black vinyl dominatrix outfit, etc) appear in movies and on TV shows.

The reason is that such scenes are more ENTERTAINING to watch for the audience, compared to only ever seeing a loving, happily married couple getting it on the bed on every TV show and movie.

Unlike the TV and silver screen movies of the 50s, in today's world it is no longer taboo to talk about sex or show sexual fantasy scenes and that is why movie directors feel free to use them in â€œeverydayâ€œ entertainment. However, thatâ€™s just it; the world of entertainment is not the real world!

If you're going to be a happy, fulfilled modern man, you need to consciously separate the â€œentertainment realityâ€œ you see on TV and in movies with the â€œactual realityâ€œ that people live on a daily basis in the real world. If you confuse the two realities, you will feel unhappy and feel like a failure as a man.

Unfortunately, a lot of modern men worry that they are missing out when they watch other guys on TV successfully convincing their wife or girlfriend to have a threesome with another woman. He thinks, *â€œWow, that would be awesome.*

Why don't I have that with my girlfriend/wife?â€œ However, what he doesn't realize is that 99% of people just have sex with ONE person at a time and he is NOT a failure for doing that too! He also doesn't realise that the couples who DO introduce other people into their sex life usually end up breaking up!

Personal Story

When I was working in the corporate world, I worked with a female manager who told me that she and her husband were thinking of getting into swinging.

This woman was a well-mannered, highly-educated woman in her early 40s, so the announcement kind of took me by surprise. Prior to their interest in swinging, she usually spoke about her husband, their children and their family life.

It sounded like a typical marriage going along fairly nicely. However, a couple of weeks after she told me that they were looking into trying *â€œswinging,*â€œ all the drama started to unfold. It was like she was living out her own TV drama show and her life had FINALLY started to mirror what she was seeing on TV.

The morning after her first night of swinging, she walked into the office with a skip in her step and a huge smile on her face. Excitedly, she told me how she and her husband had gone to their first swingers party the night before.

She said, *â€œI had two guys f**king me at once. Oh my gosh...it was amazing Dan. Simply amazing. I can't wait to go back!*â€œ I asked her, *â€œWhat did your husband think of that?*â€œ and she replied, *â€œOh, he was too busy li*king a woman out on the couch in front of everyone, while people watched and egged him on.*â€œ

At that point, I didn't have an informed opinion on whether swinging was good or bad for a relationship or a marriage, but I was amazed that they had not broken up overnight and said, *â€œOkay, well I hope all stays well for you and your husband.*

Sounds like you both had a great time.â€œ She was buzzing around the office all day, smiling and interacting with her team members. They were all looking at each other with confused expressions on their faces, wondering why she was being so much nicer and friendlier than usual. At that point, she really was happy.

Two months later, I noticed that she had been continually telling me about one of the guys she'd been sleeping with at the parties.

She was in love with him and asked me, *â€œDan, what should I do? I'm not interested in sleeping with my husband anymore?*â€œ and I was lost for words for a minute and just said, *â€œMaybe you guys should stop. This sounds like it's going to kill your marriage*â€œ and she quickly added, *â€œThat would be a good thing...â€œ* (about it killing their marriage).

Shortly after, she started working out at the gym, got a completely new hairstyle and stopped talking about her husband altogether, unless it was something negative to say about him. Another two months later, she told me, *â€œDan, don't tell anyone this, but I've had enough of him (her husband). I've told him I want a divorce.*â€œ

...and just like that, a family of six people was torn apart and she and her husband became another divorce statistic. I wasn't impressed and from that day on, I lost a lot of respect for her as a person based on the way she had been treating her husband.

I won't go into the details, but she began treating him like crap and trying to get him to hate her so much that he would ask for a divorce. It just wasn't cool.

â"Would you, could you in a boat? Could you, would you with a goat?â" â" **Dr Seuss**

Harmless Fun?

Fantasies may well be harmless â"day dreamsâ" that both men and women indulge in from time to time, but that all changes and becomes a problem when someone who is in a committed relationship becomes fixated on a need to act out a fantasy (that involves other people) to feel satisfied sexually.

Back in 1908, professor Sigmund Freud made the statement that, *â"A happy person never fantasizes, only a dissatisfied one.â"*

I don't think there's anything wrong with occasionally and very briefly fantasizing about another woman while you are in a relationship with your girlfriend or wife.

However, personally speaking, in my last three serious, committed relationships (I broke off each of them because the woman wanted to get married and start a family with me and I'm wasn't ready for that until meeting my wife), I didn't spend much time fantasizing about other women. I was completely satisfied with my woman and vice versa.

Research has found that men who are happy in their relationships and satisfied with their sex lives fantasize less about other women than men who are unhappy, thereby backing up Freud's theory. However, the opposite applies to women and that is a GOOD THING for you as a man.

The more sex a woman has with her man, the more she fantasizes about having sex with him. This is a win-win scenario in a relationship because a woman's fantasies boost her sexual desire (making her happier) and since you are getting all of her sexual attention and energy, you will be happy too.

â"She Wants a Threesome, Should I Go For It?â"

On the surface, this would seem like a dream scenario for the guy who feels he's missing out on what he is seeing on TV and in the movies, but what if she eventually wants to try a threesome with another man, not another woman?

Fantasy (noun): The faculty or activity of imagining things that are impossible or improbable.

Sexual fantasies by definition are never meant to be acted out, they are fanciful dreams that belong only in your imagination. However, if you want to act out sexual fantasies, I recommend you do it with a woman that you're just sleeping with casually, NOT when you are in a committed relationship with your girlfriend or wife.

I've personally had 4 separate threesomes (each time with different women) and I can tell you that while it's kind of cool and you feel like a bit of a king, it really isn't the answer to all of your life's problems.

Having sex with a woman who truly loves you and whom you truly love and are intensely attracted to (i.e. she is sexy and beautiful) is so much better in my opinion. I mean, threesomes are cool and a bit of fun, but they are nothing to base your life around in my opinion.

If the relationship dynamic is right between you and your woman, the sexual charge will remain strong and that is all that's needed to generate a truly satisfying sex life for both parties.

TV shows and movies promote "kinky" sex purely to ENTERTAIN the audience, so by you not taking part in daily orgies it doesn't mean that you're missing out on what everyone else is doing. The truth is that it only takes one man and one woman to experience great sex and knowing how to create and MAINTAIN that all important sexual charge in a relationship is all you need.

If you and your woman love each other and have regular sex, there is no need to change anything. Explore other parts of life together, but don't think that having sex with other people will fix any of your relationship problems. In most cases, it will just make things worse.

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[image]

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The Seven Year Itch: Fact or Fallacy?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Some people believe that after 7 years in a relationship, a couple will feel the “itch” to move on and find someone new.

Statistically speaking, most marriages that end in divorce do break up at the 7 to 8 year mark, but that doesn't mean it's impossible to keep a relationship together for life.

In the developed world, approximately 50% of marriages do remain together for life, so it is possible.

While it's true that many of those 50% of marriages are unhappy ones, there are also couples who fall more in love and experience an increasing level of happiness and satisfaction together over time.

In other words, it is possible to be even more in love with each other when you get to the seven year mark.

The way to do that is to deepen a woman's feelings of love, respect and attraction for you over time.

Watch this video to understand the 5 stages of a relationship and how to keep a relationship together for life, rather than falling victim to the 7 year itch...

Staying together past the 7 year mark really comes down to your ability to deepen the feelings that you have for each other over time, rather than letting it fade away.

Millions of couples are able to do that and the love literally become stronger, more meaningful and more enjoyable over time.

You may have seen those couples who are still madly in love 30, 40 or 50 years into a relationship or marriage.

That's what is possible.

The Rules of Relationships Have Changed

[image: The old days...]

A long time ago, a woman had to marry one man and then stick with him for life.

It was shameful to divorce and in America for example, the divorce rate in 1900 was less than 10%.

Times have definitely changed and unfortunately, it's no longer seem as shameful or wrong for a woman to get divorced.

If a modern man wants to keep a relationship together with a woman for life, he has to be able to deepen her love, respect and attraction for him over time, rather than just taking her for granted and expecting she will stick around because she “has to.”

Women no longer have to stick around and can leave whenever they want.

However, that doesn't mean that modern relationships are doomed. It is still possible to keep a relationship together for life and remain happy and in love until the end.

As a man, you simply have to be willing to adapt to the modern relationship environment by being a more well rounded man (e.g. you are confident, loving, ambitious, emotionally strong).

It's only when a guy starts becoming unattractive in a relationship (e.g. he becomes insecure,

unloving, lacks ambition and drive, becomes emotionally weak or sensitive) that the relationship begins to fall apart.

Why?

Women react to the man's lead and they will go along with whatever type of relationship dynamic you create.

If you create a relationship dynamic that is stressful based on your insecurities, the woman will go along with that and will gradually lose respect and attraction for you and then fall out of love.

However, if you maintain a relationship dynamic that feels great because you remain confident and become more confident as a man over time, a woman's feelings of respect, attraction and love for you will deepen over time.

When Did the Seven Year Itch Become a Popular Idea?

[image: Seven year itch - Marilyn Monroe]

In 1955, Marilyn Monroe starred in a movie entitled *The Seven Year Itch*.

The basic story revolves around a married man who is struggling with thoughts of walking out on his wife and child to be with a younger woman (played by Marilyn Monroe).

The idea for the "Seven Year Itch" title came from US Census Bureau statistics at the time, which revealed that a divorce was most likely to happen after seven years of marriage.

The most recent statistics available today reveal that the average lifespan of a marriage is now eight years.

Yet, just don't forget the fact that millions of couples stay together for life and are so happy and in love.

You can have that, even if the spark has died in your relationship or marriage.

Watch this video for more info...

If your woman doesn't love you at the moment, it doesn't mean that you can't get that back.

Love is something that can be brought back to life by way of your actions, behavior and attitude as a man.

When you change, she changes.

She may resist initially because she has been so fed up and tired of putting up a lack of feelings for so long, but she will smile, open up and fall back in love with you again if you just continue on being the new, improved you.

So, don't fall victim to the idea that a relationship or marriage has to end at 7 or 8 years.

It doesn't.

You can keep the spark alive for life.

The Hall Pass Trend

[image: Hall Pass]

According to a study commissioned by Warner Brothers, the seven year itch has been replaced by what they now refer to as a “three year glitch.”

The three year mark is apparently when they begin taking each other for granted and start feeling the urge to be with someone new.

The Warner Brothers study included 2,000 couples in committed relationships in the UK, to promote the release of their movie, Hall Pass.

The movie revolves around the story of two couples who are bored and unhappy in their marriages.

The wives take the advice of a doctor friend and give their husbands a “hall pass,” which is essentially a week off from marriage wherein they are free to do whatever they want, including having sex with other women.

The term “pink pass” has also recently been coined to describe a wife’s grant of freedom to her husband to have a night out with the guys or go on a sports or hobby related weekend away without her or the rest of the family.

According to the Warner Brothers study, 76% of those surveyed said that “individual space” was extremely important in their relationship and 58% admitted that they regularly go on holiday without their spouse.

Personally speaking, I disagree with the hall pass or pink pass idea.

I believe that if you get married (I recently did after being engaged for only 4 months), you are choosing someone that you love to be around and want to be with for life.

When a man has the skill of being able to deepen a woman’s feelings of love, respect and attraction for him over time, the relationship gets better and better over time.

Is the Seven Year Itch in Our Nature?

A number of theories have been put forward over the years, including anthropologist Helen Fisher’s belief that as human beings we might be programmed to be serial monogamists, meaning that by nature we only stay with one woman long enough to raise a child and then move on to the next one.

It’s an interesting theory that’s backed up by her 1980s research data, which was gathered from a study involving 58 human societies from across the world.

Her findings revealed that when a marriage ends in divorce, it tends to happen in or around the fourth year of the relationship.

This discovery ties in well with the theory that as “breeding partners,” a couple would have time to raise a child beyond the most vulnerable stage of life, which is the first four years, before moving on to the next partner to raise another child.

It could be that in Marilyn Monroe’s day, divorce was a much more taboo subject than it is today and therefore it took until the 7th year of marriage before either spouse could no longer fake it and had to make the break.

Yet, just don’t ever forget that couples do stay together for life and remain madly in love.

If the spark dies, it can be reignited.

The relationship or marriage does not have to end up in a break up or divorce.
It can be fixed and made to be even better than it was before.

When the Romance Dies

In the Warner Brothers study, couples said that long working hours and financial problems were the most common causes of stress in a relationship, with other factors such as annoying habits becoming more prevalent the longer a couple stay together.

For the purposes of the study, a “long-term relationship” was more three years of living together and a short-term relationship was defined as being together for less than three years.

Interestingly, in both the long-term and short-term relationships, couples admitted that many of the little habits they found quite endearing in the early stages of the romance, eventually became unbearable irritations by around the 36 month mark.

In the same vein, a decline in the amount of quality time spent together, including less frequent sex, was reported to cause increased negative tension in a relationship.

52% of the couples in short term relationships were having sex at least three times per week compared to only 16% of those in relationships of over three years.

55% of the couples in long-term relationships admitted that quality time was something that had to be scheduled into their busy diaries, otherwise it might not happen at all.

“A successful marriage requires falling in love many times, always with the same person” **Mignon McLaughlin, American journalist and author**

I agree with that quote.

My wife and I are always falling more in love with each other for new reasons.

It’s a wonderful process and I look forward to spending the rest of my life with her and she feels the same way.

I focus on the fact that at least 50% of marriages stay together for life, rather than getting sucked into the 7 year itch theory.

I believe in love that lasts a lifetime and so should you if you want to retain your confidence in a relationship or marriage.

If you begin to doubt her love and attraction for you, it will cause you to become insecure, which will actually ruin her love and attraction for you.

×

[image]

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[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to

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7 Reasons Why Women Lose Respect For Men

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

When a woman loses respect for you as her man, she will then begin to feel less attraction for you and when that happens, she will gradually begin to fall out of love with you.

Maintaining a woman's respect is essentially about being a strong, honest man that she can look up to, rather than an insecure, emotionally selfish or unreliable man that she looks down on.

It's also about making sure that you make her feel motivated to be a good woman for you, rather than her eventually feeling like she can disrespect you, not be affection or loving and you will just put up with it.

So, in addition to being a good man that she can look up to and respect, you need to bring out the best in her, so she is a good woman that treats you well.

Of course, that's not what women will go around saying.

If you ask women about relationships, they will usually say that a man has to do everything and treat the woman like a princess and then she might be nice to him, if he's lucky.

That's just a trick that women use to control men.

You've got to look through it and notice that the women who are the happiest, are with a good man who treats them well, but who also brings out their good girl side and makes them want to treat him well.

The Start of a Relationship is the Easy Part

[image: The start of a relationship]

When a relationship begins, most men are on their best behavior because they want to have sex with the woman and then get into a relationship with her.

Yet, after a while, a man might slip into the habit of treating his woman badly and taking her presence in his life for granted.

He assumes that because things felt great at the start, the woman will be willing to stick around even when things turn bad.

Yet, today's women don't need men like they once did (i.e. most women couldn't earn a living in the past and had to rely on men to provide), so they will break up with a guy if the relationship goes sour.

In the past, a woman had to stick by her man for life because it was shameful to break up or divorce and because she had to rely on him to provide for her.

Not anymore.

Keeping a relationship together in today's world requires a man to actually know how to deepen the love, respect and attraction that a woman feels for him over time.

If he can't do that, the relationship will almost always fall apart eventually (or very quickly).

Starting a relationship with a modern woman is the easy part because they are much more open to

having sex and seeing where it goes.

The more challenging part for most guys is being able to keep the relationship together by deepening the woman's love, respect and attraction over time.

Here are 7 common mistakes that cause a woman to lose respect for her man and begin to question whether or not she wants to be in a relationship with him anymore...

1. Being Bossy Around Her, But Submissive Around Other Men

Most women are naturally more submissive than men and when in a relationship with a man, a woman wants the man to "wear the pants" and be the leader.

Being the "leader" doesn't mean bossing her around like she is some sort of servant or employee.

Instead, it means that you are the one who takes on the responsibility of being the emotionally stronger one, especially when times get tough or when you face a challenging situation.

Being the leader in a relationship also doesn't mean that you have to lead everything or do all the work.

Most women are intelligent and perfectly capable of taking the lead and you should allow your woman to lead sometimes, but in most cases, women simply prefer the man to take charge and lead the way.

Why do women prefer that?

It allows them to relax into being a woman, instead of being forced to act like the man in the relationship.

A lot of guys lose the respect of their woman by being very bossy at home, but then being shy and submissive around other men in public.

When a woman sees that her man is bossy around her, but submits around other people in social situations, she will begin to question whether or not she should be following his lead.

Whether he's talking to other men at a party or to a shop attendant in a store, the woman is watching to see if he acts submissively and places other men above him in terms of dominance.

If he bosses her around at home, but then goes into his shell when interacting with confident men outside of the home, she will lose respect for him and won't want to follow his orders at home.

2. Being Too Suspicious and Protective

It's fine to be a bit protective of your woman to show that you care.

However, if you are overly suspicious or protective due to insecurity (i.e. you're worried that she will cheat on you), it will cause her to lose respect for you.

A woman wants to know that you care about her, love her and want her in your life, but that you would also be absolutely fine without her.

She doesn't want to feel as though you need her for your emotional stability and that she has to be stick with you because you're afraid of losing her.

Whether she is legitimately working with a male co-worker on a project, going to the movies with friends or doing some shopping, some guys find it almost impossible to trust their woman unless they are with her.

In an effort to control his woman, a man stay in constant contact with her to find out where she is and what she is doing at all times.

Women are attracted to the strength in men and turned off by the weakness, so when a woman senses a man's insecurity like that, she begins to lose attraction and respect for him on a fundamental level.

A woman doesn't want to lose respect and attraction for you when in a relationship.

She wants you to remain confident and not ruin her feelings.

If you do ruin her feelings, she wants you to fix it so you and her can go back to being in love.

3. Hiding From Your True Potential as a Man

What are your biggest ambitions in life?

Are you following through on them fearlessly and with unrelenting determination?

The most respected men in the world are through who know what they want from life and go after it will unrelenting determination.

When a man gets into a relationship with a woman, he will often make the mistake of hiding from his true potential as a man behind the relationship.

Instead of rising through the levels of his true potential as a man, he will waste time on unnecessary thing to fill up his free time so he doesn't have to face his fears.

If a woman can see that a man is hiding from his potential due to fear, then she will gradually begin to lose respect for him.

If this goes on for a long time, she will lose attraction for him and then begin to fall out of love with him.

A big part of being what women refer to as a real man is having purpose in life and following through on it until you are successful.

You don't have to be successful right now, but you do have to be on your way to success.

If you want to be the sort of man that is not only respected by your woman, but by almost everyone around you, start pushing forward towards your biggest ambitions and goals in life...and don't give up until you achieve them, or at least achieve something very similar within the same industry, field or area.

4. Whining About Life Like a Victim

For a variety of reasons, a man might find that his life plans are suddenly in jeopardy (e.g. he loses his job, his investments lose a lot of value, he gets caught up in heated disagreements with family or friends, etc.).

It's completely fine for a man to talk about his problems if life gets too tough or challenging for him to face on his own.

However, if he whines and complains about life like a victim when talking to her, without looking for solutions to the problems that he is facing, a woman's respect for him will begin to fade.

A woman wants to be able to see that no matter what life throws at you, you remain strong like a man and push for a solution to any problem you face.

She doesn't want to hear you complaining and saying that life is too hard.

She wants you to deal with the problem and move towards a solution.

We men are expected to be strong (mentally and emotionally), so when you display weakness to a woman, she will find it difficult to see you as a real man.

She might love you, care about you and even like you as a person, but when your woman loses enough respect for you, her attraction for you will also begin to fade.

If a problem needs fixing in your life, you need be a man about it by making a firm decision on what you're going to do and then acting on that decision.

As a friend said to me the other night when talking about this subject, *â□□It's not what happens to you in life; it's how you deal with it...that's what determines how your life plays out.*

If you behave like a victim and hide away in fear or drown yourself in excuses, your life will become a mess of problems, sadness and missed opportunities.â□□

This same friend lost 85% of his life savings when the stock markets crashed a few years ago, but he's managed to get back on his feet and push forward to success once again.

That's one of the things I like about him; he talks the talk *and* walks the walk.

He makes things happen and achieves big things without having to cry, bitch or moan about it.

Guys who sit around complaining, whining and feeling like a victim will only experience more pain, frustration and disappointment throughout life.

Women know that this world is a challenging place to live, survive and prosper.

As a result, women naturally look for strong men who won't crumble under pressure and will remain strong no matter what.

The stronger you are as a man (mentally and emotionally), the more naturally attractive you will be to women.

If you are emotionally weak (i.e. insecure), it's only natural that women will find it hard to respect you and feel attracted to who you are.

5. Belittling Her or Continually Criticizing Her

Belittle (*verb*): To make someone feel unimportant.

Criticize (*verb*): To find faults. Judge unfavorably.

Playfully teasing your woman in private is fun, especially if it's just a light-hearted thing between you and her.

However, if you are actually belittling or criticising her on a regular basis, she will quickly lose respect for you as a man.

In an effort to show off in front of his friends, some guys will say hurtful things about their woman in front of her and behind her back.

When a woman knows that her man doesn't respect her and doesn't have her back, she may also begin trying to undermine him or disrespect him in front of others.

When that happens, the flow of love will slow down between them and all sorts of other relationship problems will begin to arise.

6. Always Letting Her Win

Some guys make the mistake of putting up with unreasonable behavior or demands from a woman in a relationship because they are afraid of losing her.

Yet, women don't respect guys who let themselves be walked all over and treated badly.

In a relationship, a woman will always test you to see how much she can get away with.

If you do let her boss you around, she may stay with you in a relationship because it's convenient, but she will lose respect for you as a man on a fundamental level and when that happens, your sex life with her will come to a screeching halt.

7. Taking Her Love, Respect and Attraction For Granted

To keep a relationship together for life, you have to deepen a woman's feelings of love, respect and attraction for you.

One of the most important ways to do that is to focus on bringing out the best in your woman, so she feels motivated to want to treat you well, respect you, love you and be good to you.

For us modern men, it's no longer possible to take a woman's love, respect and attraction for granted and expect that she will stick around because the relationship was good at the start.

If you get into a habit of turning her off, doing things that make her lose respect for you and ruining the love over time, you can't expect her to want to stick around for life.

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[image]

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Should Men Do Housework?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

There's nothing wrong with a man helping a woman with the housework at times, but only if it's absolutely necessary.

According to Norwegian study, divorce rates are 50% higher for couples who share the housework compared to those where the woman takes on most of the responsibility.

If a man essentially gives up his will to achieve big things in life and hides from his true potential by wasting time with housework, his woman will not fully respect him.

Although she may deny that if people ask her (because she's enjoying the break from her housework), a woman will never, ever respect a housewife husband as much as a man who is rising through the levels of his true potential as a man and going after big and challenging ambitions.

So, does this mean that if a man does housework his relationship is doomed to failure? No, it's not that simple.

Sometimes, it's absolutely necessary to help out. For example: She is very busy with work and working overtime, while you work a normal job and have plenty of time at home, but can't afford to hire a cleaner to help out.

If that's the case, it is fine. However, if you have just as much free time as she does and do the housework for her because you don't want her getting angry, then she's going to lose respect for you as a man. She will let you do the housework, but she won't look at you in the same way as she would a man who made her feel like she had to do the lion's share of the housework.

Again, most women won't admit that outright and there are some women who even say that I am wrong, but statistics and real life examples don't lie.

Here's a real life example to show you what I mean...

A Real Life Example of What Happens When a Man Grows a Vagina and Becomes a Housewife

Have you ever heard of Kate Thompson? She has been referred to as "Britain's Worst Wife," which is a title that she's proud of.

[image: Pussy whipped man]

Kate Thompson's husband does most of the cooking, cleaning and ironing. He only gets sex on birthdays that end with zero (e.g. 40, 50). A classic example of what happens when a woman wears the pants.

In Kate's own words:

"My husband is the kindest, most considerate man in the world. During the seven years we've been married, Ben has done most of the cooking, cleaning and ironing without ever being asked. And yes, he works full-time.

And if you think I reward his sterling domestic efforts with treats in the bedroom, I'm afraid I fail in that department, too. Intimacy is reserved only for his birthdays – and then just the ones with a zero.

I am shamefully neglectful of my wifely duties. In fact, I am the anti-wife. The truth is that I'm just too busy and involved in my career as a writer to be a traditional, caring wife. The truth is that Iâm in awe of the way he looks after me, our sons and our home. He makes my life easier.

Does that make me a selfish, slovenly, neglectful wife?" Probably – but it also makes me a happier one." **Kate Thompson**

This is a classic example of what happens when a man becomes a woman's little bitch.

He hides from his true potential as a man behind her and the relationship. Instead of following through on his biggest ambitions and most challenging dreams in life (and becoming a bigger and better man throughout life as a result), he does the dishes.

What does he get for it? His wife is in "awe of the way he looks after her."

Kate's poor husband would be masturbating to porn every week to dull his built up sexual desire. She only allows him to have sex with her once a decade.

OMG.

Each to their own, I suppose.

The Need That a Woman Has For a Man Has Changed

[image: The old days...]

In the past, a woman had to stay with a man for life, even if she was unhappy because it was shameful to divorce and she usually wouldn't be able to support herself without him. She would stay at home and base her life around being a mother who cooked, cleaned and took care of the children and her husband's needs.

These days, most women are no longer dependant on a man's income to support the household, so divorce has become an "easier" option for unhappy women.

If a man wants to keep a relationship with a woman together for life, he has to know how to deepen her love, respect and attraction for him over time. Doing all the housework for her, or sharing it 50/50 will NOT achieve that goal.

Again, there's nothing wrong with a man helping out, but if you want to maintain a woman's respect for you, the majority of your free time should be spent on following through on your biggest and most challenging ambitions in life.

When you do that, she feels proud to be your woman. She wants to be with you and she knows that without you in her life, it would be next to impossible to find another man who is courageous as you are about following through on your biggest ambitions in life.

Not only do you love her, respect her and make her feel the sexiest woman on Earth, but you are the man. You are someone that she can look up to and feel proud to be with. When that happens, a woman does not want to leave. She is happy and the relationship feels right.

Sure, there are some women out there who are more like men and want to achieve big things too. Those types of women usually attract feminine types of men who are willing to be a housewife and stand back as she takes on the world. However, their sex life will be basically non-existent and the

husband will only be “allowed” to have sex with her when she wants.

After helping 100s of phone coaching clients fix their relationship and marriage problems, I’ve seen it time and time again. When a guy fails to be the man in the relationship and hands over his power to the woman, the sex almost always dries up and only happens on her terms.

You Need to Have Clearly Defined Roles: You are the Man and She is the Woman

Sharing the housework evenly amongst a man and a woman leads to a relationship without clearly defined roles.

You and your girlfriend (fiance or wife) feel more like friends who share a house together than man and wife. That type of dynamic doesn’t create sexual attraction because you are both neither the man or the woman; you’re neutral housemates.

After a while, the spark dies out and the sex dries up. The couple then begins to wonder if they are meant for each other, not even knowing that they are killing the potential for attraction by not having a clear masculine/feminine dynamic in their relationship.

Relationships don’t fall apart because a guy wants to be a good man by helping out with the vacuuming every now and then; they fall apart because the relationship dynamic is wrong.

When the dynamic is right, a woman feels good about taking care of her man and taking care of their home, and a man feels good about taking care of his woman by taking care of the household chores that she’s not able to tackle on her own.

It might seem old fashioned to refer to housework as “women’s work,” but when the relationship dynamic is right, a woman actually wants to be the woman and allow you to have time and space to go after your biggest and most challenging goals and ambitions in life.

She doesn’t want you to waste time dusting around the house, but she does want you to fix the leaky tap in the kitchen if you can. If you can’t, she wants you to help out by arranging for a plumber to come and fix it.

Just because a lot of men have been behaving like housewives lately, it doesn’t mean that it’s the correct way to approach your relationship. All you need to do is look at the divorce rates, especially with regards to the Norwegian study, to see that you need to be the man and allow your woman to be the woman.

Times When I Do Housework

Recently, it was my wife’s birthday and we had a bit of a party at home with some friends on the night before her actual birthday.

After a big night of drinking, laughing and partying together, everyone headed home and my wife and I went to bed.

I wouldn’t normally include this because it might sound like I am boasting, but since I’ve been talking about sex in relationships during this article, I will say for the record that we had some pretty awesome sex that night.

Anyway, in the morning, I woke up before her and headed downstairs. The place was a mess.

I was hungover, but after having a coffee and a quick breakfast, I quickly got to work on cleaning up the downstairs part of the house where all the party action was. It took me two hours of non-stop work to get it all cleaned up, but it was worth it. When my wife came downstairs, she was amazed, happy and shocked at the same time.

I don't normally have the time to be doing housework because I work so damn hard on The Modern Man (seriously – I put in 50-60 hours per week), but this was the morning of her birthday and I did it as a nice surprise for her.

For the record: I didn't buy her a birthday present. I have the type of relationship with her that doesn't require presents on every special occasion. Being truly in love with each other and doing nice things for each other is more than enough.

Regarding housework, my wife actually doesn't want me to waste time doing it because she knows that I could work endlessly on writing new articles for The Modern Man and never be finished. Helping guys to be more successful with women is my passion, not dishes or dusting.

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[image]

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Will My Relationship Last?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

In today's world, if you want to make a relationship with a woman last for a lifetime, you have to know how to deepen her feelings of love, respect and attraction for you over time.

In the past, a woman would have to stay with a man for life even if she wasn't happy because it was shameful to get divorced. These days, if a woman isn't happy in her relationship, the society around her tells her to move on.

Is She Still Attracted to You?

One of the main indicators of a happy relationship is the attraction that a couple feels for each other. If your girlfriend doesn't feel enough attraction for you, she will begin to wonder why she is even with you and may start to think about being with other guys.

As a man, you have to actively make women feel attracted to you based on how you think, behave and act around them. Although she might like the way you look or the job you have, if she doesn't feel attracted to you in the deeper, longer lasting ways, then she will gradually begin to lose interest in being with you.

Have You Chosen the Right Woman?

Most guys don't know how to actively attract women when they meet them, so they usually just try to make it work with a woman that they've gotten lucky with.

When you met your girlfriend, did you choose her over other many other women who were interested in you at the time, or was she basically the only option you had?

If you had no other options with women, it means that you got lucky with a girl who gave you a chance, rather than actively attracting women so you can have your choice of women and then choose the right one for you.

No woman is truly compatible with every man and no man is truly compatible with every woman. If you want a relationship to work without much effort and to always feel good, you have to start by choosing the right woman for you. Trying to make it work with a girl who really isn't your type will usually end up in a break up.

Assuming that you've chosen the right girl for you, here are 5 signs that your relationship with her has a chance of going the distance...

5 Signs That Your Relationship Has Staying Power

1. You are free to be yourself

If both you and your girlfriend are free to be your true selves and you both love and appreciate each other for that, then it's a very good sign that things will last. However, being forced to change your true self to fit into a relationship is a sure sign that it won't last.

For a relationship to have real staying power, both the man and the woman should be able to see themselves as individuals who form into a great couple when they are together.

One of the main purposes of being in a relationship is so that you can be more, achieve more, experience more and feel more than you would on your own. However, that doesn't mean you still can't be your true self and retain your individual identity.

Both you and your girlfriend have to love and accept each other for who you are, while also trying to love, respect and care for each other better every day. As long as you are both committed to the idea of always trying to be better for the other person, while still being your true self, both of you will be happy together.

2. You are connected, but not joined at the hip

Couples with real staying power understand the value of spending quality time together. Having shared interests and common ground is an essential element of any successful relationship, making it possible to connect on a deeper level and to really understand one another.

However, doing everything together as a couple and having no independent hobbies or interests is a recipe for disaster. As a man, you need to have ambitions and life purpose that go beyond your relationship with her. Your life cannot be about her. If you make your life only about her, she will gradually lose respect and attraction for you.

A woman does not want to be your sole purpose in life. She wants you to stand up and rise through the levels of your true potential as a man. Fearlessly go after your biggest ambitions and don't stop until you reach them.

If we don't grow, we stagnate, and if we don't grow as individuals in a relationship, the relationship is destined to stagnate and wither away into boredom, restlessness and feelings of resentment. Connected couples grow closer through having shared and separate interests.

3. You don't take arguments too seriously

Happy couples don't necessarily see eye-to-eye on everything.

There's nothing with having the occasional argument, as long as you can bring it back to smiling and laughter when you get to the bottom of the issue. Both of you have to realize that you're in this together and are not enemies.

You don't win anything by beating each other in arguments or putting each other down, so you have to learn not to take arguments so seriously. Just see them as an opportunity to clear the air, clear up any misunderstandings and get back to loving and respecting each other as per normal.

4. You are secure in your love, respect and attraction for each other

As a man, you have to know how to deepen your woman's love, respect and attraction for you over time. From there, you have to trust in her love, respect and attraction for you, rather than feeling insecure about it.

A lot of guys are fine at the start of a relationship, but as the months and years pass by and he notices that she seems to be losing interest, a guy will often become insecure, jealous, overly-protective or needy for her affection, attention and reassurance that she loves him and doesn't want to be with other guys.

That is not the type of relationship dynamic you should be creating. Insecurity will only cause you pain and cause the woman to lose her feelings of respect and attraction for you. If the problem grows, she will eventually fall out of love with you.

5. You are both equally committed to the relationship

If only one of you is truly committed to the relationship, it will almost never last.

For a relationship to stay strong during tough times, both the man and the woman need to be truly committed to the idea of staying together for life no matter what. You can't demand or request that a woman commit to you for life, you have to make her FEEL like she wants to by deepening her love, respect and attraction for you over time.

Just because a woman says, *"I love you"* or *"I want us to be together forever,"* it doesn't mean that she can't change her mind if she no longer feels that way weeks, months or years later.

The 3 Keys to a Successful Relationship That Goes the Distance

If you want your relationship to last you need to:

1. Choose the right woman for you, rather than accepting whatever you can get and then trying to make it work.
2. Create and maintain the type of relationship dynamic that women really want to be a part of.
3. Deepen the woman's love, respect and attraction for you over time.

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5 Reasons Why Women Have Affairs

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The reasons why women decide to have an affair are complex and many.

I could literally list more than 50 subtle reasons, but for the purposes of this article, I'm going to focus on the very obvious ones.

1. A Lack of Love, Respect and Attraction

It doesn't matter if a relationship felt amazing at the start, or even if a woman said "till death do us part," if the love, respect and attraction has faded away, she may begin to stray.

[image: The old days...]

100 years ago, a woman had to stay with a man for life even if she was unhappy.

It was shameful to get divorced and back in 1910 for example, the divorce rate in most of the developed world was less than 10%. These days, it's usually around 50% for most developed countries.

In today's world, a man has to know how to deepen a woman's feelings of love, respect and attraction for him over time, rather than expecting that his wife will stick around because they've "tied the knot."

These days, a relationship is only as strong as the love, respect and attraction that flows through it. If you allow your marriage to turn into a sexless friendship, you can't expect your wife to want to stick around for life.

2. Arguments That Don't Lead to Change

When arguments are frequent and a day rarely passes without some degree of emotional upset in your relationship, a woman is going to start thinking of why she puts up with it.

Women of past generations had to put up with it and try to work through it, even if the husband responded badly and his behavior got worse as a result.

These days, if a woman isn't happy in her relationship or marriage, it has become somewhat socially acceptable for a woman to leave, or worse, have an affair behind his back.

Things are not always going to run smoothly in a relationship every hour and every day, but couples in successful relationships get through rough patches by facing problems and looking for ways to fix them, not running away and hiding from them.

One of the quickest ways to stop all the arguing in a relationship is to realize that neither you or your wife are perfect. No one is perfect.

Both you and her are going to make communication and behavioral mistakes around each other.

However, for the sake of the love and your commitment together, you are going to always try your best to learn from your mistakes so you can be better for each other and have a more harmonious relationship.

When you and her have that understanding, you then don't have to be so serious about any miscommunications or behavioral slip ups.

You can both be more patient with each other and allow each other to grow and improve in a more relaxed manner.

When you see that you both have each other's back, you then feel more inclined to want to change, improve and grow to make the relationship even better than it is.

However, if you're always arguing and trying to pick each other apart, there won't be much motivation to want to change for the happiness of the other person.

3. She No Longer Feels Sexy Around You

There are desperate men out there who actively prey on married women and women in long term relationships.

They live by the old saying, *“Show me a beautiful woman in a long-term relationship and I'll show you a man who is bored of having sex with her.”*

Their approach to women like that is to give them lots of compliments, make them feel beautiful and slowly lure them into having an affair.

Guys like that can rarely, if ever, pick up women who aren't in need of a self-esteem boost, so they spend a lot of time and energy trying to convert a married woman into a lover.

To protect your relationship against men like that, you need to ensure that your woman feels sexy around you.

You've got to look at her like she is the most sexiest woman on Earth in your eyes. Let her feel it in the way that you look at her, touch her and love her.

Important: She won't care if you look at her as being sexy if she doesn't respect you and feel attracted to you.

If your woman doesn't respect you or feel attracted to you, make sure that you focus on fixing that.

Otherwise, you will give her too much power and she will lose even more respect for you.

Most men are perfectly capable of making a woman feel sexy during the initial part of a relationship when there is plenty of romance and natural lust. Yet, after a while, they simply take the woman's love and devotion for granted.

4. She's a Woman of Bad Character

It's not always the man's fault.

Sometimes, a man ends up with a woman who is simply a bad person.

She's untrustworthy, disloyal and unloving. Maybe that is because of the scars she still wears after a horrible upbringing, or because she is the sort of person who likes to do bad things and hurt people.

The last serious relationship that I was in before meeting my wife was with a girl who actually enjoyed lying.

I didn't know that initially (because she was a good liar), but after a while, I realized that she wasn't someone who I just could trust anymore.

After she told me a very big lie about a year into our relationship, I dumped her right away.

It wasn't easy to dump her because she was a very sexy girl and we really enjoyed each other's company, but it had to be done.

Despite her pleas that went on for weeks, I was able to go through with the break up because I knew that I could find a better woman than her.

Had I not done that, I'd probably be a single dad right now, paying her child support and having to listen to more lies from her.

What I eventually realized is that if you're going to marry a woman, she can't only be beautiful with a great personality. She also has to be a woman of great character.

When I saw wife walk into the nightclub where I met her, I said to my friend, "*Now THAT is what I'm talking about.*"

She was sexy and when I met her, she had a beautiful, adorable, confident personality.

Yet, I wasn't completely sold.

It took me two years of being with her until I finally accepted her marriage proposal.

Yes, she asked me to marry her.

Why?

Well, what I teach here at The Modern Man is how to be the sort of man that women desperately want to be with and then stay with for life, so it's just a case of me talking the talk and walking the walk.

The moral of the story?

If your wife has cheated on you by having an affair, it's not always your fault.

I was such a great boyfriend to my lying ex-girlfriend, but nothing that I could have done would have ever stopped her from being the dishonest person that she was.

There is no doubt in my mind that she would have ended up cheating on me or having an affair at some point, because she was the sort of girl who enjoyed being naughty and lying about things.

Sometimes, the woman is just not a good person and if that's the case for you, then you might want to think about whether you are willing to put up with the consequences of being with her.

If you are, then go ahead and enjoy the chaos that she creates.

If you're not, then you might want to learn how to have your choice of women instead, so you don't end up settling for a woman who is no good for you.

Watch this...

Another reason why a woman will have an affair is that...

5. You're Not Being Enough of a Man For Her

I've been helping guys to get women back for many years now and the most common reason I've seen for break ups is where the woman feels like her guy isn't enough of a man for her.

This can mean that he is:

- Emotionally insecure.
- Lacking in ambition and life purpose.
- Not masculine enough in his thinking, behavior, actions and energy.
- Unable to make her feel like a real woman.

Unfortunately, most guys don't ever get taught what it means to be a real man.

Some guys are lucky to grow up with a father or male role model who can teach them how to be the sort of man that a woman will cherish and stick by for life, but most aren't.

Most guys enter adulthood and are still left wondering what women really want.

Some guys end up getting lucky with a woman that they're not truly compatible with and then trying to make it work, rather than actually knowing how to attract women so they can have their choice of women and choose the right one for them.

What is the case for you?

Did you choose a good woman and then stuff it up, or was she always a bad woman to begin with?

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[image]

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[image: Dan Bacon]

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Why Am I Always Arguing With My Girlfriend?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Are you getting into regular verbal fights with your girlfriend, even though you love her and would rather not be arguing?

Does it sometimes feel like you and your girlfriend are more like enemies than lovers? Does it seem like your girlfriend actually enjoys annoying you and then getting into arguments?

Don't worry, you are not alone.

Over the years, hundreds of guys have written in to me seeking help with their relationship and looking for a solution to stop the arguments and bring back the harmony.

A recent example was this, *"Dan...my girlfriend and I keep fighting over the smallest things. Why do we always argue about trivial stuff that doesn't even matter? I explode at her and get angry and then she starts crying and I regret it. How can I get things back to how they used to be when we were happy and in love? How can I stop her from wanting to get into arguments with me?"*

A Simple Solution to Stop a Lot of the Arguments

[image: Arguing with girlfriend]

If you're always arguing with your girlfriend, it means that you're taking her too seriously.

Instead of being offended, angry, annoyed or shocked by what she says or does, just smile, laugh and relax because most of the time, she's just doing it to test you.

Most women will test you by throwing a tantrum, saying something mean or acting like they don't want you or love you.

What she is hoping to see is that nothing she says or does stops you from feeling confident, being happy loving her fearlessly.

She wants to see that you can still laugh, smile and be emotionally secure no matter what she says.

Why?

It's a woman's natural instinct.

We live in a challenging world and women instinctively seek to align themselves with a man who makes them feel safe because he remains strong and in control no matter what.

When you can see that she's just trying to test you, it makes it easier to not feel angry.

Instead, you can just smile, laugh (at her sometimes too) and deal with the situation in a more light-hearted way.

[image: Sometimes, she is just testing you]

Instead of taking her bitchiness, cold behavior, frustration or tantrums so seriously, just relax and let it play out.

Don't take it personally.

It's not about you, it's about her.

She's just acting on her female instincts.

When you can just relax and let the situation play out, it will feel better for both of you and the arguments will begin to stop.

She will see that no matter what she says or does, you remain in control of your emotions.

When she can see that you have changed the way you react to her and no longer get angry or lose control of your emotions, it actually makes her feel more respect for you as a man.

When a woman feels more respect for you, she feels more attracted to you and she will then open herself up more deeply to the love that you share together.

Arguments Are Good... Sometimes

[image: How to stop arguments with your girlfriend]

An argument between you and girlfriend (fiance or wife) can actually be used as a source of sexual tension and desire, as well as a way to deepen your love and respect for each other.

How so?

When your woman sees that no matter how much of a tantrum she throws during an argument, you still retain your masculinity (i.e. by not losing control of your emotions like a woman would and instead maintaining control of your emotions), it turns her on at a deep level.

Why?

Women are attracted to the strength in men (e.g. confidence, masculinity) and turned off by the weakness (e.g. insecurity, lack of confidence, lack of masculinity).

Most of what a woman finds attractive about a man is based on things that cannot be seen. It's not about his physical appearance, but about who he is as a guy.

[image: Why am I always arguing with my girlfriend?]

A woman will usually start an argument to test how you will respond. Will you back down out of fear of losing her? Will you respond like a woman by losing control of your emotions? If you don't respond like a man, she will lose attraction, respect and love for you...and start even more arguments!

When your girlfriend is able to feel more respect and attraction to you based on how you respond to her feminine challenges of your masculinity, it changes the way she feels about you and the way she treats you.

When you begin to maintain control of your emotions and "be the man" in the situation, you will notice that she will begin to behave in a more of a loving and caring way towards you, which in turns makes you make you love her more and feel more sexual attraction for her.

It's a win-win outcome for both of you.

Of course, I'm not suggesting that you should start arguments time just to create sexual tension by showing her that you can maintain control of your emotions, but arguments are definitely one way of recharging your sexual attraction for each other and adding to the love that you share.

From now, don't be worried, annoyed or confused about the presence of arguments in your relationship.

Instead, use them as an opportunity to deepen your love, respect and attraction for each other.

You Don't Gain Points By Winning Arguments With Her

[image: You don't win points for winning arguments with her]

It might feel like a good idea to show her how smart you are by winning every argument you have with her, but it isn't. No matter how many arguments you win, she just keeps starting new ones, right?

If you are focused on winning the arguments and proving to her that she should listen to you, then you're approaching arguments with her in the wrong way.

The truth is, no one is perfect and it's impossible for you to know everything about everything, or to do everything perfectly and correctly in life.

You are human, just like she is and all humans sometimes make mistakes in how they think, behave and act. So, instead of trying to prove to her that you know it all and that you are a better person than her, just relax.

If you have made a mistake in how you've been thinking, talking to her, behaving around her or acting, just admit it and she will soon shut up. However, if she has made a mistake, don't expect her to admit it if you're arguing with her.

Instead of telling her that she's wrong, stupid or crazy for saying or doing whatever she did, just ask her to explain why. Let her explain herself and try to understand where she is coming from, even if her way of thinking seems wrong to you.

In some cases, you will find that there was simply a miscommunication or misunderstanding between you that blew up into an argument because you both didn't understand each other properly.

So, don't focus on winning an argument every time to show her how right you are. Instead, use the argument as an opportunity to clear away any negative tension that has been getting in the way of your love for each other.

When in a relationship, you have to let the love flow freely, rather than allowing trivial disagreements or misunderstandings destroy it.

If it means that you have to admit making a mistake in how you were thinking, acting or behaving, do it right away.

[image: Admit to your mistakes rather than always trying to win arguments]

Don't hesitate to say, *"Oh, okay...I was wrong. My mistake...I didn't know that you were trying to say that."*

It's better to approach your girlfriend in that way than always trying to make her apologize to you and look like the one who is causing problems or making mistakes.

[image: Reacting negatively to girlfriend]

It's better to be supportive and compassionate towards your girlfriend, rather than acting like her enemy who is trying to bring her down or make her life a misery.

Why? Well, one reason why is that the love between a man and a woman is not unconditional.

The love between a boyfriend and girlfriend is not the type of love that will be there no matter what. To remain in love with each other, you've got to take care of the love and build on it over time rather

than taking it for granted.

In 1900, the divorce rate was less than 10% for most of the developed world. These days, it's around 50% for most developed countries because women no longer have to stay in an unhappy relationship or marriage.

So, you can't just expect her to stick around for life if you aren't even willing to be a loving boyfriend who adds happiness to her life rather than taking it away.

To avoid ruining the love that you share with your current girl, make sure that you take care of it, develop it and deepen it over time.

When you approach your relationship in the right way, you can be like one of those couples that you've seen who are still madly in love 40 or 50 years into their relationship.

That is what's possible when you do it right.

However, if you make the mistake of thinking that she will stick around no matter what, you might be shocked one day when she says something like, *"I'm leaving you. I can't take this anymore."*

Don't Let Her "Have Her Way" to Avoid an Argument

[image: Letting her get her way]

A huge mistake that some guys make in a relationship is to let the woman run the show or "have her way" all the time.

You may have heard a "man" sheepishly say, *"I'll have to ask the boss"* in reference to getting permission from his girlfriend or wife for something. While this might seem as though the guy is merely respecting the relationship that he has with his woman, he is actually turning her off on a deep level.

A woman doesn't want to feel like she is a man's mother or big sister. She wants him to respect her, love her, want her and care about her, but not fear her. She wants him to say and do whatever he wants, as long as he still loves her, respects her, wants her and cares about her.

When it comes to arguments, some guys make the mistake of just letting the woman "win" so he can avoid an argument. Yet, that is also deeply unattractive to women. Women are not attracted to wimpy guys who don't have a backbone to stand up for themselves.

What a woman wants to see is that if you believe in something, you will stand up for it, but you won't get crazy about it with her. You will be assertive and strong, but you will also be open-minded and respectful enough to listen to her opinion.

Try to Understand Her Point of View

In almost every case, you will find that you and your girlfriend both have good intentions with each other. However, despite having good intentions, you will sometimes be misunderstood and an argument might flare up all of sudden.

During an argument, neither one of you will probably enjoy being told that you're wrong, selfish, inconsiderate, annoying or anything else that isn't positive.

From your perspective, you feel like you're doing the right thing because you have good intentions,

but from the other person's perspective, you're going about it in the wrong way.

The solution is always to seek first to understand her and what she is thinking and feeling, before you try to get her to understand you. Why? In many cases, you will find that her explanation alerts you to a misunderstanding between you or an opportunity to improve your relationship.

For example: She might be angry at you for sitting down and watching TV all night, but you have no idea why she would complain about it so you become annoyed with her.

When you dig deeper, you might find that she wants to have more of a balance in life where you and her get out of the house more often. She might also be annoyed at you because you're not rising through the levels of life and reaching for your true potential as a man.

Instead, you're just doing enough to get by and live a comfortable life, but you're not striving for bigger and better things.

She may not be able to express that to you, but all women instinctively want to be a man who is reaching for his true potential, rather than hiding from it behind his relationship with her.

If you don't seek to understand where she is really coming from, nothing will ever get solved and arguments will continue to flare up between you. Once you've found out where your girlfriend is coming from, make sure that she seeks to understand your point of view also.

Discuss, Don't Attack

[image: Always arguing with girlfriend]

During an argument with a woman, it's very easy to get angry and start raising your voice because you are naturally stronger and more powerful than she is.

However, raising your voice and getting angry at her doesn't solve anything.

When a man gets emotional like that, a woman will become even more emotional and they will usually end up yelling at each other, verbally attacking each other and trying to put each other down.

No matter how much of a tantrum she throws, you have to try and be the calm sensible one. Instead of getting angry at her, laugh at her and the situation and then calmly work through it.

Instead of going on the attack and calling her names or bringing up things that you don't like about her, tell what you do like about her and what she is doing right. It will confuse her temporarily, but it will also get her to stop feeling so angry.

She will see that you are making an effort to look on the bright side of her intentions, rather than actively trying to look for faults that you can attack her about.

Instead of trying to get her to be sensible like you, just understand and accept that she is a woman and will always see the world through a different lens than you do. She is a woman and will always think, feel and act differently to you.

...and you can't stop her from doing it.

She will always want to think, act and behave like a woman and if you can let her do that without getting angry about it, you will satisfy her on a deep level.

When you understand that her attempts to argue with you are just part of her being a woman, you will stop trying to verbally attack her or get her to think like you do.

When you can do that, your girlfriend will love you, respect you and feel attraction for you on a more deeper level than she ever has before.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Your Girlfriend's Parents Don't Like You. Should You Move On?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your girlfriend's parents don't like you, don't rush to blame yourself for all the problems.

Sometimes, a woman's parents are the type who always looking for any excuse to cause problems, or they simply don't know how to deal with people who are a bit different from them.

Should You Move On or Fix the Problem?

You are in a great relationship with a woman, but there's a problem. You can tell by the way her parents behave, things they've said directly to you or comments they've made to your girlfriend about you, that they just don't seem to like you.

While it's possible that you've given them good reason not to like you, you may also be finding it difficult to click with them for reasons that just aren't your fault. For instance, some parents have certain prejudices or beliefs and, for whatever reason, they will have an almost immediate dislike of any guys who gets romantically involved with their little girl.

To them, no man will EVER be good enough for her. In situations like that, there is often little you will be able to do to change their mindset. So, is the situation hopeless to the point where you should move on and forget about her? It all depends on how you handle it.

Common Mistakes That Guys Make When Dealing With Annoying Parents

If her parents' dislike of you is putting a big strain on your relationship with your woman, you may be thinking about breaking up with her even though it's the last thing you want to do.

Before you cut off your relationship, consider the following common mistakes that some guys make which only cause these types of situations to worsen. Then, think about how you would handle the situation better.

Mistake #1 Reacting Badly to Their Hostility

When faced with initial coldness or open hostility from a girlfriend's parents, some guys react with negative, angry or rude behavior and end up making things worse. These men would do better to remember the old saying about killing them with kindness, by being cordial, respectful and by not reacting in a rude or emotional way to their taunts and tests.

When his girlfriend sees that he is continuing to be nice and respectful, despite the bad behavior of her parents, he will appear more mature and desirable, while the behavior of her parents will seem more irrational and unwarranted to her (and possibly to themselves).

Mistake # 2 ☐☐ Putting up With it For Too Long

Now, the fact is that there are some people out there who are just bad people. They are ☐☐bad eggs,☐☐ rotten and slimy to their core. When faced with people who won't change their bad behavior no matter what, a guy should not stick around to put up with it for too long.

A big mistake that guys make in their relationships with women, is putting up with bad behavior and treatment from a girlfriend or her parents for too long. No self-respecting guy will stick around if people don't show him respect.

If you can easily attract new women, you don't need to hold onto such a rotten egg of a situation with a problematic woman. If the people involved don't bend over backwards to show you respect, you can just throw the relationship in the bin and make a fresh start with a new woman.

By sticking around being the nice guy who tries to ☐☐kill them with kindness☐☐ for years on end, you are simply giving those rotten egg kind of people what they want. They want a victim to play with; someone to pick on so they feel better about themselves. You don't need that.

You deserve better than that and you will only be treated better if you show some respect to yourself by requesting they change. If they don't change, you move on. They will either buckle under the pressure of you leaving their daughter or they will happily wait for the next victim to play with.

Either way, don't sit around waiting for them to change if you're only approach is going to be Mr. Nice and Innocent. You need to make a stand.

Mistake #3 ☐☐ Whining and Complaining

Since they are feeling hurt by the poor manners of the girlfriend's parents, some guys will whine and complain to their girlfriend, like a little boy who needs help from mommy. Expecting her to ☐☐fix☐☐ the situation, he will sulk, complain and generally act like anything other than a man.

A real man faces his problems directly and fixes them with assertiveness, manners and a respectful approach, but he never looks to women to help him like his mommy did when he was a boy. He can take care of things himself. He commands respect and he gets it.

Mistake #4 ☐☐ Choosing Sides

Feeling powerless to fix the situation, a lot of guys will make the mistake of asking their girlfriend to choose between them and her parents. That is unfair, unnecessary and completely ineffective.

If her parents are absolutely in the wrong, she may eventually have to make that choice, but it shouldn't be at the insistence of her boyfriend because she may decide to choose her parents over him in the end.

As their daughter, she is naturally going to have some level of love and attachment to her parents, so asking her to choose sides just isn't fair to her as a person.

Although she might be upset by their behavior, she will usually realize that she may be unable to change their beliefs and approach to her romantic relationships. What she does about her parents should be a decision that she comes to on her own.

Mistake #5 ☐☐ Refusing Social Interaction with Her Parents

Couples who are in a committed relationship will likely be invited to various family functions and

social gatherings that will often include the woman's parents. When these invitations are extended, some guys will continually refuse to attend in order to avoid facing another unpleasant encounter with his girlfriend's parents.

A stronger man knows that throughout his relationship, he and his woman may come across strains from a variety of external sources (e.g. family, friends, work, money, etc.) and the immature, unreasonable or annoying behavior of her parents is just another thing that needs to be handled responsibly.

It's not something he needs to hide from. He is not going to be pulled into the games of the parents and if they show him disrespect, he will handle the situation like a real man.

If her parents are foolish enough to cause disagreements or otherwise show unnecessary aggression towards him in front of others and he doesn't take the bait, but instead shows his maturity, intelligence and strength, he will be looked favorably upon by the other guests.

Her parents, on the other hand, will appear shallow, childish and unreasonable to those who witnessed their bad behavior.

Mistake #6 Flunking The Father's Test

As the head of his household and protector of his family, many fathers will appear subtly aggressive, hostile and distant when they meet their daughter's new boyfriend. To these fathers, they are simply testing the new man in their daughter's life to see if he is strong and mature enough to be considered as another of her protectors (in addition to him of course).

If the new boyfriend is unable to hold his ground and behave like a man under the pressure, he will have failed what I call, "The Father's Test." On the other hand, if her father sees her boyfriend's maturity and strength in the face of his aggression, he will welcome him into his family and they will become friends and allies.

Handling Difficult Situations with Maturity

Throughout your life, you will likely come across many situations where unreasonable or immature people create unnecessary problems. As a strong man, you know that you can rise above these dilemmas and easily come out as the winner by not getting drawn into pointless disagreements or battles of will.

Leading with your strength, maturity and intelligence, you will be a man that a woman can look up to and fall deeper and deeper in love with. Others will see that you are a man of strength and maturity and they will naturally show you the respect you deserve.

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[image]

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Is Porn Good For a Relationship?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Unless you and her are completely secure in your attractiveness to each other, porn will almost always cause insecurity that will lead to problems in your relationship.

If you've read a men's magazine lately, browsed the "dating advice" section of a newspaper, watched a morning TV show or been listening to popular radio DJs, you may have heard the suggestion that you should use porn to "spice up your sex life."

Yet, is it actually a good idea?

No.

For almost every couple, the introduction of porn to "spice up their sex life" has negatives consequences.

Think about it...

- How would you feel if you watched porn with your girlfriend/wife and every time a guy who was "well hung" came onto the screen, she said, "Wow" or gaped her mouth open in amazement?
- Would it make you feel inadequate if your girlfriend/wife said, "Ooooh" when looking at a porn video where a woman was in a threesome with two men?

Likewise, how about your girlfriend/wife:

- If she has smaller sized breasts and sees you getting really excited at the sight of women with bigger breasts, how sexy is she going to feel around you from then on?
- If your girlfriend/wife is white, but you get excited every time you see a black woman, do you think she will be suspicious, jealous and annoyed when you check out black women while out in public with her?

The Real Way to Keep the Spark Alive in Your Relationship

If you are concerned that she is getting bored of having sex with you or is losing interest in the relationship, you have to focus on deepening the love, respect and attraction that you feel for each other.

Most guys grow up never being taught how to attract women. They get lucky and begin a relationship with a woman who likes them, but after a while, the initial attraction fades away and the guy is left wondering what he can do to get it back.

If you're in a similar situation now, don't use porn to get the spark back. It won't work. Making her feel attracted is based on what you say and do when you interact with her.

For example: Does she laugh, smile and feel good when interacting with you, or does she feel irritated, bored and unhappy most of the time? Does she still feel turned on by your behavior, body language and vibe or does she hardly feel anything around you these days?

Do You Masturbate Too Much?

Let's face it...

There is a LOT of really good porn online for us men. It is very difficult to not be tempted to have a look at some of the sexy women in porn every now and then. However, if you want to spark to remain alive in your relationship, you have to be careful how often you look at porn.

Poll

How often do you masturbate?

- ☐ Once a month
- ☐ Once a week
- ☐ A few times a week
- ☐ Every day
- ☐ Multiple times per day

Vote

[View Results](#)

[image: Loading ...]

Loading ...

Every man goes through a cycle of building up sexual desire and then releasing it and if you're in a relationship, the best place to release your sexual desire is with your woman. If you are constantly emptying out all the built up sperm into a tissue every week, you simply won't have any built up sexual desire to release into your girlfriend.

If you are currently masturbating a lot and have found that your sex life with your girlfriend, fiance or wife has been diminishing, you should really try to cut it in half right away. When you are used to that, try to cut it in half again.

Cutting down on your use of porn won't automatically make you want to have a lot of sex with your woman. What will make you want to have more sex with her is how you perceive her. Instead of looking at her and focussing on her faults, try to look at her in a way where you love her and feel attracted to the overall version of her.

If you spend too much time looking at porn and getting the exciting rush of feeling attracted to new women all the time, you may find it boring to have sex with your woman after a while. She won't give you that rush of attraction that you feel for porn.

Pornography Vs. Real Sex

Recent statistics released in the US claim that the number of internet porn viewers averages 28,000 people every second. Approximately 95% of that would be men.

Porn has always been directed towards men because men feel an intense attraction to a woman's

physical appearance. Some women do watch porn these days, but they focus less on the physical appearance of guys and more on what the guys are doing.

For example: When a woman masturbates, she usually imagines sexual scenarios that turn her on. If she is fantasising about her boyfriend or husband, she will imagine them having passionate sex and really connecting in a deep, loving and erotic way.

If she is fantasising about having sex with another man or other men, she will often imagine being taken advantage of or being forced to have sex against her will. Of course, most women will never, ever admit that in public, but they do fantasize about that sort of thing, just like how some men fantasize about doing all sorts of weird, strange and even “wrong” things with women.

These days, men have access to sexually explicit images of all types of women, in all types of sexual situations. Pretty much every fantasy that a guy has about women is just a few clicks away in a porn video. However, just like some people now overuse the availability of food and become obese and unhealthy, the same applies to the availability of porn.

To remain healthy and balanced, you have to use porn (and comfort foods) in moderation. If you eat too much, you will become overweight. If you masturbate to porn too often, you will lose touch with your attraction for your woman and begin to feel more attached to the secret life of masturbation that you indulge in whenever she isn't looking.

To keep a relationship with a woman together for life, you have to let her be the receiver of the majority of your sexual energy. You have to stick your boner into her and let her feel your desire for her. If you don't do that, it's only natural that you and her will begin to drift apart over time.

Should You Watch Porn With Your Girlfriend, Fiance or Wife?

In my opinion, there is absolutely no need to introduce porn into a relationship.

You can do it if you want to, but both you and your woman need to be completely confident in your attractiveness to each other. If you see her getting excited at the sight of a huge cock, will you begin to feel insecure about the size of yours?

If you notice that she prefers scenes where a woman is getting two dicks in her at once (double penetration), are you going to feel like you alone are good enough for her?

For most couples, introducing porn into their relationship usually leads to insecurity. They no longer feel like what they are doing for each other is exciting enough, which then begins to ruin the closeness they once felt during sex.

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[image]

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How to Spend Quality Time With Your Wife or Girlfriend

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Spending quality time together with your wife or girlfriend is an essential part of keeping a relationship happy and connected.

You might be familiar with the term “quality time,” but what does it really mean and how do you actually spend quality time with your woman?

Quality time is any time that you and your woman spend together that makes you feel closer, more connected and more in love than you were prior to that moment. The quality time might be 20 minutes out of an entire evening together at home, or it might be hours.

The amount of the quality time doesn’t always matter, as long as you do it often enough to keep the relationship feeling good.

Staying Connected

[image: Boring relationship]

The success of your quality time together is not about how much time you spend together, but what you do with it.

For example: Sitting in front of the TV can be quality time if it is used as an opportunity to connect with one another. Every now and then, you can talk about what you’re watching and relate it to your life together, your goals and your evolving understanding of the world.

When my wife (I recently got married) and I are watching TV, I will often turn it into quality time by making jokes about what we are watching, or have a more serious conversation about what we’ve just witnessed. Personally, I find that reality TV shows and documentary type shows offer the best opportunity to do that.

When she is watching a drama series, she usually won’t want to be interrupted. Likewise, if I’m watching a serious type of documentary that I am learning something from, I won’t want her to interrupt.

Outside of doing the typical thing of sitting on a sofa and watching TV, quality time with your wife or girlfriend can be as simple as making an effort to remain involved in one another’s lives, including talking about each other’s wants, dreams, ambitions and interests.

If you lose touch with who your wife or girlfriend really is, wants to be and loves to be, you will lose touch with the real her. The woman you got into a relationship with months or years ago, isn’t always going to have the same hopes, dreams and ambitions.

One month, she might want to restart her dream of being a dancer, while the next month she is feeling like she’d rather focus on being a mother or doing better at her job. Whatever the case, it’s important to stay connected with her and encourage her to do the things that she really wants to do.

Not showing genuine interest in what your girlfriend or wife has to say, will be taken to heart by her and seen as a demonstration of you not having much interest in her as a person. When an emotional gap begins to form, she will also begin to distance herself sexually.

However, let me be clear and say that the answer to a successful relationship is NOT about you being Mr. Attentive for her all the time. The secret to success with relationships is to focus on deepening the love, respect and attraction over time.

Staying Close

Doing everything together as a couple does not guarantee a close relationship. You and your woman will feel close, in love and happy with each other if there is mutual respect, love and attraction.

Many guys make the mistake of taking their woman's love and commitment for granted. Just because things felt great at the start and you used to be so close, it doesn't mean that she will stick around for life or for many years if that closeness no longer exists.

If she doesn't feel a lot of respect and attraction for you, she won't be excited to be in love with you. She might love you as a person and appreciate you, but if she doesn't truly respect you as a man and can no longer feel a sufficient amount of attraction for you, her desire to be close with you may begin to fade away.

It really depends on the woman. If a woman is attractive and knows that it will be easy for her to find a replacement man, she will usually break up with a guy when the love, respect and attraction fades away. However, if a woman doesn't feel like she could get a good enough replacement, she may decide to stick with the relationship even though she is unhappy.

Either way, what the man needs to do is begin saying and doing the things that will bring him and her closer together. He has to start making her feel attracted to him in new ways, building up her respect for him as a man and deepening the love that they share.

Examples of Spending Quality Time Together

Quality time can be spent anywhere while doing anything that you and her will enjoy. As long as you are able to laugh, smile, feel good around each other and connect in a positive way while doing whatever you do, it will be quality time.

Here are some things that I do to spend quality time with my wife:

- Take a relaxing walk around a night market on the weekend. Smile, relax and have a laugh as often as possible.
- Have a drink together at home and talk, laugh and smile together while we watch TV and browse the internet.
- Go for a weekend drive to a cafe or restaurant that is surrounded by nature (or that has a great view) and try to chill out and relax for an hour or more.
- Go for a ride on our bikes (bicycles) and stop at a place that has a view or area to relax. Sit down, relax and try to have a laugh as we talk about life and random things.
- Turn off all digital entertainment and disconnect from the internet. We then sit outside on the porch or go for a walk.

It's not so much about where you go or what you do, but how you make each other feel while doing it. As a man, it's your responsibility to lead the way and create a mood where you both enjoy

spending time together.

One of the easiest ways to do that is to focus on trying to smile, laugh and joke around more than you usually do. When you do that, you will find that it's much easier to spend quality time together without getting bored, frustrated or ending up in an argument.

It takes some practice to get into the habit of smiling, laughing and joking around more, but it's worth it...

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[image]

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My Girlfriend Said She Needs Space

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Has your girlfriend recently said any of the following to you?

- *“I need some space.”*
- *“I need time to find myself.”*
- *“It’s not you, it’s me.”*
- *“I don’t know what I want. I need time alone to think about it.”*
- *“I need to find out if I really want to be with you.”*
- *“I think we should have a break for a while.”*
- *“I want some space, but I don’t want to break up.”*

What made her feel as though she needs space from her relationship with you?

Your girlfriend probably began the *“I need some space”* conversation by saying, *“We need to talk...”* or *“I need to talk to you about something,”* which most-likely made you feel sick to the pit of your stomach.

All of a sudden, you went from feeling safe and relaxed around your girlfriend to that horrible feeling of panic where you know that you are losing something that is extremely important to you.

You can see it in her eyes that she no longer looks at you in the same way.

You and her have gone from being in love to feeling disconnected like a couple of strangers.

It’s a horrible experience to go through as a guy, especially when you don’t know how to fix it.

Don’t worry though...

You can definitely turn things around and change her mind. In fact, you can make your girlfriend feel like she’s made a huge mistake by even thinking about losing a great guy like you.

When she has that realization, she will come running back to you saying that she misses you and wants to give it another chance.

5 Reasons Why Your Girlfriend Might Need Some Space

There are many reasons why a woman will ask for space from a guy, but here are 5 of the most common reasons...

1. She wants to find a replacement guy before really breaking up with you

[image: Breaking up after finding a replacement man]

Instead of coming right out and saying, *“I want out.”*

This relationship is over and I am never, ever going to get back with you” some women will keep you on the side until they find a replacement guy.

When she finds a guy to replace you, she will then come right out and tell you, *“I’m in love with him and I want to be with him”* and may even tell you that she’s been having sex with him to really hurt you emotionally.

A woman will sometimes use this approach because she doesn't want to go through the pain of seeing you hook up with a new woman before she finds a new guy.

She wants you to be the one who is hurting because she moved on before you did.

A woman like that will string you along and pretend that there's still a chance for you as a couple (e.g. *"I want space, but I'm scared of losing you. I just need some more time..."*) and then suddenly turn around and say, *"There's something that I have to tell you."*

She'll say sorry for not telling you sooner, but she will explain that she is now in love with another guy and that you and her are finished for good.

It sounds cold I know, but that's what many people do to each other at the end of a relationship to avoid being the one who is in pain.

2. She's bored

[image: Boring relationship]

If your girlfriend has said to you that she needs some space or needs some time to find herself, it can often just mean that she's bored of how the relationship makes her feel.

Maybe you have:

- Gotten into a routine and haven't been doing many exciting things lately.
- Been taking her for granted and just expecting that she will stick around, even though the relationship doesn't feel as good as it once did.
- Give her the type of sexual experience that she was hoping to have with you.
- Stopped doing the things that made her feel attracted to you in the first place.

Just because things felt great between you at the start, it doesn't mean that she will be willing to put up with a relationship that has lost its spark.

To keep a relationship together, you have to deepen a woman's feelings of love, respect and attraction for you over time.

Just because things were good at the start, it doesn't mean she will stick around for life if you aren't able to make her feel attracted to you.

3. You haven't done what is required to make her want to settle down with you for life

It doesn't matter if a woman is 20, 30, 40 or 50 – she will settle down with a guy who makes her feel the way she really wants to feel.

When a guy deepens the love, respect and attraction that a woman feels for him over time in a relationship, she will not want to break up him. A relationship that gets better and better over time stays together for life.

Personally speaking, I met my wife when she was 20 and I was 35.

We got married this year (I'm now 37 and she's 22). No other guy that she'd met prior to me had ever made her feel like she wanted to settle down for real.

The reason why she settled down with me is that I've been able to deepen the love, respect and

attraction over time in our relationship, rather than it fading away like it does for most couples.

Our relationship literally becomes more and more enjoyable over time.

This is something that you can do as well.

If you currently don't know how to deepen a woman's love, respect and attraction for you over time in a relationship – you have to take the time to learn it.

In today's world, you have to know how to deepen a woman's love, respect and attraction for you over time.

If you don't do it and simply expect that a woman will stay with you because things felt good at the start, a woman will eventually dump you.

[image: The old days...]

In the past, a woman would stick with a man for life even if she was unhappy because it was shameful to get divorced.

However, in today's world, you have to know how to deepen a woman's love, respect and attraction for you over time. If you don't know how to do that, you can't expect a woman to want to stay with you for life or even for many years.

[image: Divorce or break up]

The relationship needs to get better and better over time. If it doesn't, she isn't obliged to stay with you. The society around her tells her that if she isn't happy with a guy, it's fine to leave him and move on.

When your girlfriend watches TV, movies or listens to pop songs, she is constantly being told that it's okay to dump a guy and move on. It sucks, but it is the kind of world that we live in today.

Your girlfriend has asked for some space from you, so you need to see this as a wake up call.

It is a huge opportunity for you to improve your ability to make her feel love, respect and attraction for you and become an even better man than you are right now.

If you don't change your approach to make her feel differently, you can't expect her to want to get back with you or to stay with you for very long if the relationship does get back together temporarily.

4. She doesn't want to accidentally become pregnant to you

If your girlfriend has lost respect and attraction for you, she will automatically begin to feel worried about falling pregnant to you.

She knows that if she gets pregnant to you, it will mean that you'll always be a part of her life.

If she is the type of woman to worry about an unwanted pregnancy, she will quickly lose interest in having sex and will then want to end the relationship as soon as possible.

She won't want to risk having sex with you and then being stuck feeling unhappy for life.

The only way to change how she feels is to make her feel a renewed sense of respect and attraction for you.

If you keep making the same old mistakes that have caused her to lose respect and attraction for you, her sexual desire for you will be minimal or non-existent.

5. She doesn't want to teach you how to be the man she needs

[image: She doesn't want to teach you how to be the man she needs]

A woman doesn't ever want to have to take on the role of being a guy's mother or big sister in life. She doesn't want to feel like she has to teach you how to be the man that she really needs.

We men are expected to know how to be a man and if we don't know it, women simply reject us, cheat on us or dump us.

It may sound harsh, but it's just the way nature works.

Some guys are lucky enough to grow up with a father or male role model who is capable of teaching them how to be a man.

However, the majority of guys these days never get taught what it really means to be a man.

Most guys never know how to make a woman feel like a real woman in a relationship.

They might hear some asking, *"Where are all the real men?"* and saying, *"I want a man who makes me feel like a real woman,"* but they never really understand what that means.

100 or 200 years ago, men didn't have to worry about this sort of stuff.

In the past, women needed men and had to get married and then stay with a man for life. If a woman was unhappy in her relationship, she couldn't do anything about it.

Not anymore.

In today's world, you've got to know how to be the man that women really want to be with.

If you don't, women will break up with you after the initial lust has worn off, or when she gets to a point where she is sick and tired of not feeling enough respect and attraction for you.

What you need to know is that it is possible to be one of those couples that you've seen who've been together for 30 or 40 years and are still madly in love. You've seen couples like that, right?

Even though they've been together for decades, they still hold hands, laugh and smile together, kiss and hug.

That is what's possible when you know how to deepen a woman's love, respect and attraction for you over time in a relationship.

Can You Give Your Girlfriend Space Without Fully Losing Her?

Yes.

However, the most important thing that you need to do is work out how you are going to make her feel respect and attraction for you the next time you interact with her.

If she contacts you after having some space from you and discovers that you still don't understand how to be the type of man that she needs you to be, she will want to remain broken up.

While giving her space, you have to focus on fixing your issues (e.g. insecurities, clingy behavior, etc) and improving yourself (e.g. becoming more of an alpha male, becoming more of a man, getting clear on your life purpose).

You have to get to the point where you don't NEED need her in your life, but you do WANT her in

your life.

When your girlfriend sees that you don't need her and have been improving yourself and moving forward in life, she will naturally begin to regain some of her respect and attraction for you.

Then, she will begin to worry that she is losing a great man and will reach out and contact you in some way.

However, if she notices that you are still making the same old emotional mistakes (e.g. being insecure, lacking masculinity) and need her in your life so you feel secure, it will turn her off on a deep level.

A woman never wants to be your primary purpose in life.

She wants you to love her, want her, respect her and appreciate her, but not need her.

If you don't really know how to attract women and simply got lucky when you scored your girlfriend, it's only natural that you might get to the point where you feel like you need her for your emotional security.

If you want to get to the point where you want her, but sincerely do not need her, you have to improve your ability to attract women in general.

When you know that most of the women you meet feel attracted to you and are interested in you, the need for your girlfriend decreases.

You will still want her in your life, but you won't need her.

When your girlfriend notices that, she will naturally feel more attracted to you again. She will most-likely test you by showing interest in getting back together and then changing her mind to see how you react.

If you sincerely don't need her and only want her, she will feel a renewed sense of respect and attraction for you.

How Much Time and Space Should You Give Her?

Over the years, a lot of guys have asked me, *"Dan, my girlfriend said she needs space. How long do I give her?"* and my answer is always, *"You won't get her back by giving her time and space. You will get her back when you make her feel respect and attraction for you again."*

I highly recommend that you don't waste too much time giving your girlfriend space, because it usually just gives the woman plenty of time to move on.

[image: Don't give her too much space or she will move on]

What you need to do is get her to meet up with you and then make her feel a renewed sense of respect and attraction for you.

Sometimes, a woman will get lonely and contact her guy if he gives her space, but it will NOT fix the real reasons for the break up.

Your girlfriend will have broken up with you because she doesn't fully respect you as a man and doesn't feel enough attraction for you right now. That is what you need to fix and giving her space will NOT fix that.

If you don't begin making her feel respect and attraction for you in new ways, she may give you

another chance if she is unable to find a new guy.

However, she will just break up with you again when she feels emotionally ready, or she'll string you along until she finds a new guy to replace you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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My Wife Doesn't Want Sex

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Has your wife lost interest in having sex with you?

Don't worry, you can change how she feels and make her want sex more often from now on.

If your wife currently doesn't want to have sex with you, here are some of the main reasons why that happens and what you need to do to fix it:

1. A lack of attraction

If your wife has lost her feelings of attraction for you, she won't have much or any desire to have sex with you.

The good news is that you CAN get those feelings back. Luckily for us men, the amount of attraction that a woman feels for us is mostly within our control.

You simply need to start displaying traits (e.g. confidence, charisma, humor, masculine vibe) from now on and your wife will automatically start feeling more sexually attracted to you.

2. Power problem

Some husbands hand over complete power and control to their wife in the hope that it will make her happy.

Other husbands take all power away from their wife and seek to control her as much as possible in the hope that it will keep the relationship together.

Either extreme isn't healthy and will lead to a break down in sexual desire.

The correct dynamic to have to ensure that your wife remains sexually attracted to you and sexually available, is to be a strong, leading man who takes charge, but who also inspires and encourages her to take charge of things that she enjoys.

You need to love her, respect her and cherish her, but also expect that she respects you in return. As long as your wife respects you, she will then naturally feel attracted to you and find it much easier to love you.

You can't demand that your wife feel attracted to you or love you, nor can you beg her to feel that way or convince her.

You have to be the sort of husband that she looks up to and respects, but who also respects her, loves her and cherishes her.

Here are some examples of how women test men and try to take away their power...

Even though a woman might SAY that she wants a more obedient husband or ACT like she doesn't like it when you take on the position of power, it's actually what she really wants.

Most women are not turned on by insecure, self doubting men who essentially hand over their power to her.

She wants a man who she feels good about submitting to, not a guy who makes the sex feel awkward

because he's not in the position of power in her mind or his.

3. Unnecessarily switching roles

[image: Sucking up to her by doing housework won't last]

Sometimes it is necessary for a husband to help out around the house, or even temporarily take on his wife's role around the house. Yet, most of the time, it isn't necessary and by taking on her role unnecessarily, you actually make her lose some respect for you as a man.

There's nothing wrong with a husband doing a bit of housework to help out his busy wife, but if it gets to the point where he is doing the housework so she can have more time to relax than he does, the wife actually begins to lose a bit of respect for him.

For a woman to want to have sex with a man, she has to feel attracted to him and feel respect for him.

If your approach to the relationship or your behavior around your wife has caused her to lose more and more respect for you over time, it also means that she will have lost her feelings of attraction.

Don't worry – you can get it back.

From here on in, you've got to focus on saying and doing the sorts of things that will make your wife feel respect and attraction for you.

When you do that, she will naturally begin to have more sexual urges around you or, if she has a low sex drive, she will at least be open to having sex with you if you initiate it.

When a wife feels like she has taken on the role of mother to her husband or that she is the stronger one in the marriage, she begins to lose respect for him.

He is unable to make her feel like a real woman (i.e. make her feel feminine) because he lacks the masculinity to be the man in the relationship.

If that goes on for too long in any relationship, the woman will begin to feel restless and irritable.

Hoping to wake her man out of his confused state of being, a woman will then begin to start arguments and throw tantrums, in the hope that it makes him realize that something is wrong.

Women don't ever want to have to teach a man how to be a man. We men are expected to know it and if we don't, the woman will lose respect and then begin to create drama in the relationship as a warning sign.

4. Treating her like a friend

A great friendship is an essential part of a successful relationship, but it isn't everything.

To keep the sexual spark alive, you also have to behave like her lover.

You can't always just talk to her in a neutral way like you would with one of your male buddies. Sometimes, you have to talk to her in a way that makes her feel girly, sexy and wanted.

5. Being insecure

[image: Insecure husband]

One of the biggest turn ons for a woman is a man who is emotionally secure and confident.

Insecurity about your attractiveness to her, your value to others in life or your place in the world are all turns offs to a woman.

When a man has the capacity to remain emotionally strong and secure no matter what life throws at him, it is deeply attractive to women.

6. Lacking purpose in life

Some husbands make the mistake of hiding from their true potential in life behind their wife and the basic responsibilities and tasks that come with modern life.

Some women will put up with a man who lacks purpose, but it will make her lose respect for him.

When a woman loses respect for a man, she then loses attraction for him.

To maintain the attraction of your wife, you have to be a man that she looks up to and respects, not a man that she secretly feels ashamed to be married to.

You've got to step up and be the man that you know you can be.

You've got to stop being afraid of your biggest dreams in life and start taking steps in that direction to eventually make those dreams come true.

All the while, you still have to love, respect and cherish your wife.

You have to see her as important and valuable, but not to the point where she stops you going after your biggest dreams in life.

The more that you stand up to be the sort of man that she wishes you would be, the more respect and attraction she will feel for you.

Then, if you also make her feel important, valuable and sexy, she will be much more open to having sex with you.

The Truly Happy Couple

Have you ever seen a man and a woman who've been married for decades, yet they are still madly in love?

They hold hands, flirt with each other and they laugh and joke around.

After all those years, they've managed to keep the sexual spark alive.

They may not be having sex every week or even more than once a month, but they are still doing it more often than most couples who've been married for a long time.

You know the type of couple I'm referring to, right?

Well, here's the thing...

That is what is possible when you create and maintain the correct relationship dynamic between you and your wife.

If you are interested in learning how I've done that in my marriage, I recommend that you watch [Make Her Love You For Life](#).

In the early days of the relationship between my wife and I (when we were boyfriend and girlfriend),

it was all about the initial lust and passion.

These days, our sexual desire builds up when we interact with each other during the day or while relaxing in the evening in the lounge room.

As a result, we have regular sex because the love, respect and attraction continues to deepen over time.

The spark is always there because I know what to say and do to make that happen with a woman. It's so damn easy.

When you know how to deepen a woman's love, respect and attraction for you over time, having sex isn't a chore for her. She wants to do it and so do you.

×

[image]

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[image: Dan Bacon]

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Does Treating Her Mean Keep Her Keen?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Yes, but it's not about being mean in the sense that you treat her badly.

The definition of "treating a woman mean to keep her keen" essentially means that you're not a pushover. You still need to be a good, loving, respectful man to her, but you also need to have a pair of balls.

The Correct Way to Do it

The way to "treat a woman a woman mean to keep her keen" is different when you are:

1. Picking her up for the first time.
2. Dating her.
3. In a committed relationship or marriage with her.

Here's how it works...

1. Picking her up for the first time

Treating her mean to keep her keen essentially means that you need to be a bit of a challenge, rather than being 100% interested in her just because she looks good.

Watch this video to understand why...

You don't need to be a jerk, bad boy, asshole or arrogant prick to "treat a woman mean to keep her keen." You just need to be a bit more of a challenge. You have to make her feel like she needs to impress you in ways other than just looking good to get a chance with you.

2. Dating her

When you begin dating a woman, you will usually have to pursue her until you've first had sex. Some women will pursue you, but if the woman you're dating is hot and has plenty of options or wants to test you by playing hard to get, you will usually have to pursue her for a while.

So, how can you "treat her mean to keep her keen" during the dating process? Essentially, you have to be willing to risk losing her. Some women will test a guy by continually cancelling plans or not showing a lot of interest, to see if you are secretly a bit desperate and are willing to put up with anything to get a chance with her.

[image: Treat her mean - dating]

The way to essentially treat her mean to keep her keen is to show her that you're not a pushover. For example: If you call her up to arrange a date and she says that she's busy for the next week, you can jokingly say, "*Fine...be that way...I'm never going to invite you out to anything again.*"

You have to say that in a joking way, but the point is that she will see that you have some balls. You're not a pushover type of guy who just says, "*Oh, okay...then maybe another time then? When are you free after next week?*"

3. In a committed relationship or marriage with her

Treating a woman mean in a relationship doesn't mean being a prick or an asshole to her. If you want

to keep a relationship together, you've got to deepen a woman's love, respect and attraction for you over time. Being a mean prick is definitely not the answer to that.

What the old saying of, "treat her mean to keep her keen" means in terms of a relationship is that you don't turn into a pussy. A lot of guys get into a relationship with a woman and then end up becoming too clingy and needy of her love, affection and attention.

There is nothing wrong with wanting a woman's love, affection and attention or enjoying it. The problem is when a guy needs it for his emotional security.

To avoid becoming an insecure, needy guy in a relationship, you've got to have big, important ambitions outside of your relationship. Your woman has to be very important to you and you have to respect her, love her and treat her well, but you also have to be rising through the levels of your true potential as a man and reaching for your true purpose.

Your purpose has to be more important to you than anything else, while also still loving, respecting and appreciating her. If you don't have that as a man, you run the risk of placing way too much importance on your woman.

When a woman sees that her man's life is essentially about her, she will begin to feel restless. She will realize that she is with a lost man who is afraid to rise up the levels of his true potential as a man and is just hiding from it behind her and the relationship.

Do You Know How to Make Your Woman Feel Attracted to You?

Most guys don't ever get taught how to attract women.

We're not taught this sort of thing in school and only some guys are lucky enough to have a father who acts as the perfect role model on how to be successful with women.

Yet, knowing how to attract women when you meet them and then deepen the love, respect and attraction when in a relationship is one of the most important things that a guy ever needs to learn in life.

If you don't know how to attract women when you meet them, you will have to rely on getting lucky, which means that you won't ever have your choice with women. You will likely accept a woman who isn't even compatible with you and then try to "make it work."

If you don't know how to deepen a woman's feelings of love, respect and attraction for you when in a relationship, you will likely end up as another break up or divorce statistic. In the past, women had to stay with a man for life even if they were unhappy because it was shameful to get divorced.

Not anymore.

[image: No sex before marriage vs. have sex whenever you want]

Today's women can have sex with whomever they want and they can break up or divorce men whenever they feel like it. To have a successful relationship in today's world, a guy needs to choose the right woman for him and then actively deepen her feelings of love, respect and attraction for him over time.

Make Her Feel Lucky to Have You

You don't need to treat a woman badly to keep her keen, but you do need to create a dynamic in the relationship where she is more keen to be with you than you are with her.

Although women won't go around admitting it, they want to be with a guy whom they feel lucky to be with. They won't want to feel like they are doing you a favor by being with you. If a woman is attractive, she wants a guy who she feels lucky to be with.

Most women will go around saying that they want a guy who treats them like a princess, but they will then almost always dump him because he'll usually be a typical nice guy.

Many nice guys look on at other guys who don't treat women as nicely as they do and they assume that women must be crazy for hooking up with those guys. Some nice guys feel like they have to "save" a woman from a guy who doesn't treat her as nicely as he would.

Yet, the reason why the woman is with the guy is due to her feelings of attraction for him. Women do want a good guy, but the problem is that most good guys don't even know how to make women feel attracted.

The good guys who know how to make women feel attracted usually already have a girlfriend or wife, so all women are left with are bad boys (who make them feel attracted by being confident and masculine) and nice guys (who bore them).

There is NOTHING wrong with being nice to a woman, but you ALSO have to make her feel sexually attracted to you. Treating a woman badly is not the way to make a woman feel sexually attracted. Women feel sexually attracted to guys for many reasons, such as: Confidence, ability to make her laugh, ability to make her feel girly in response to his masculinity, etc.

There is also nothing wrong with treating your woman like a princess at times, as long as she looks up to you and respects you as a man. If she doesn't respect you as a man, it doesn't matter how much money you spend on her or how many expensive holidays you take her on – she still isn't going to feel the way she really wants.

Personally speaking, I sometimes treat my wife like a princess (I recently got married after living the bachelor lifestyle for more than 10 years), but she pretty much always treats me like a king.

One of the things that attracted her to me was that I am a good guy, but I also don't take bullshit from anyone..including her. After her and I began dating, she started behaving badly and trying to get me to chase her, so I immediately dumped her.

The break up only lasted a few minutes though because she started crying her eyes out, apologizing and asking for forgiveness. That happened a few times in the first couple of months of our relationship and she eventually realized that she couldn't mess with me.

Here's what happened and why I decided to let her be my wife...

Learn More?

I hope you enjoyed this article and the additional videos.

I'd love to teach you more about how to be successful with women, so if you're interested in learning more, please click around my site....

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Who Should Wear the Pants in a Relationship?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Just because you see a lot of guys letting their woman “wear the pants” in a relationship, it doesn’t mean that it’s the right thing to do.

For example: A study in Norway found that husbands who do the majority of the housework for their wife are 50% more likely to be asked for a divorce.

Another study in the USA found that amongst college-educated couples who married, women initiated 90% of the divorces. This shocking statistic could suggest that empowered, educated women who are making enough of their own money and can survive, thrive and prosper without the help of a man are more likely to be trigger happy when it comes to divorce.

Yet, those two statistics are only the tip of the iceberg. The reasons for break ups and divorces run a lot deeper than just up cleaning the dishes for your wife or marrying a woman with a degree.

No Matter How Successful a Woman is, She Still Wants Her Man to Be the Man

[image: The Modern Man approach to relationships]

These days, many women are heavily involved in changing the world, building their career and making a difference. However, regardless of her achievements outside of your relationship with her, when she is with you, she wants to know that you’re “the man” and that she can relax into being a woman around you.

Some women have more of a masculine spirit and don’t want a man to lead the way, but most women do.

Most women want to know that the man is steering the ship and is clear on direction they are headed and how they are going to get there. A woman wants to support her man and help him achieve whatever it is that he wants for the two of them.

Knowing that you have a plan, a direction and also have the confidence, drive and integrity to see it through, allows a woman to relax into her feminine role and be your woman, rather than your buddy or “partner” in a friendly, but sexless relationship.

There’s nothing wrong with allowing a woman to make a lot of decisions in a relationship or be in control of certain parts of your life together. Women are just as smart as men and they are more than capable of leading the way.

However, in order to keep the sexual spark alive in a relationship with a woman, she has to be able to feel as though you are the man. She has to be able to look up to you and respect you, not look down on you or have to take care of you like she is your mother.

Some women do like it when a man submits and lets her take on the leading role, even to the point where she acts like his mother. However, women like that are usually insecure deep down and simply want a weak man that they can control. In her mind, it’s the best way to ensure that the relationship stays together.

Yet, guys like that usually have their confidence beaten out of them by the woman over many years and then, when he meets a sweet, loving woman who shows a lot of interest in him and looks up to him as a man, he is more likely to want to explore a relationship with her.

Letting Her Wear the Pants Usually Kills Her Sex Drive

In almost every case I've personally dealt with (by helping phone coaching clients) and from what I've seen in the media, when a woman "wears the pants" in a relationship, the couple's sex life is basically non-existent.

If they do have sex, it is on the woman's terms and only occurs if the man has been on his best behavior. An example of that is Kate Thompson, who has been referred to as "Britain's worst wife," which is something that she is strangely proud of.

[image: Pussy whipped man]

Kate Thompson's husband does most of the cooking, cleaning and ironing. He only gets sex on birthdays that end with zero (e.g. 40, 50). A classic example of what happens when a woman wears the pants.

In Kate's own words:

"My husband is the kindest, most considerate man in the world. During the seven years we've been married, Ben has done most of the cooking, cleaning and ironing without ever being asked. And yes, he works full-time. And if you think I reward his sterling domestic efforts with treats in the bedroom, I'm afraid I fail in that department, too. Intimacy is reserved only for his birthdays – and then just the ones with a zero.

I am shamefully neglectful of my wifely duties. In fact, I am the anti-wife. The truth is that I'm just too busy and involved in my career as a writer to be a traditional, caring wife. The truth is that I'm in awe of the way he looks after me, our sons and our home. He makes my life easier.

Does that make me a selfish, slovenly, neglectful wife?" Probably – but it also makes me a happier one." **Kate Thompson**

In my opinion, Kate's relationship with her husband is more about convenience than true love.

It's not the amazing, invigorating, challenging, transformative, passionate love that a man and a woman experience when they embrace their natural masculine and feminine roles in a relationship. Kate and her "husband" live together and have more of a friendly love.

Her husband would have to jerk off to porn every week to clear out the build up of sperm that naturally occurs for every man. He'd have to masturbating alone to porn and then put on his apron to cook and clean for his wife, who isn't interested in having sex with him.

Is it wrong for people to have a relationship like that?

No.

They can do whatever they want, but just because a bored, sexless couple are living together like that, it doesn't mean that it's a great idea or a solution for modern relationships. Most people would rather be in a relationship with a person with whom they love, respect AND feel attracted to. If it's just love and respect, it's a friendship.

Kate seems like a busy woman and her husband seems like he a good assistant for her, so it would be unwise for her to divorce him. She needs his help to keep her life balanced so she can focus on doing

what she wants to do.

By the way she describes her husband, it doesn't sound like she loves him in the same way that she would love (and do anything for) a real man who made her feel sexual attraction and deep respect for him.

My bet is that if she met a confident, masculine man who made her go "weak at the knees" and he was actually interested in her, it's possible that she would consider having an affair and then divorcing her assistant...oh, I meant husband.

Different Time, Different Divorce Rate

[image: The old days...]

In 1900, it was shameful for a woman to divorce a man.

Most women couldn't get a high paying job to support themselves, so they were essentially stuck with whatever man they got. Back then, it didn't really matter who wore the pants behind closed doors because people rarely got divorced anyway.

If the couple was unhappy, they just "put up with each other" until death did them part. The average divorce rate for developed countries in 1900 was less than 10%, whereas in today's world it is around or more than 50% for most developed countries.

[image: Divorce or break up]

Nowadays, you have to be smart about the way that you approach your relationship or marriage with a woman. You've got to be able to deepen a woman's love, respect and attraction for you over time or else most women will simply break up with you or divorce you after a while.

Today's women are highly influenced by TV shows, music videos and Hollywood movies that essentially tell them it's okay, or even "cool" to dump or divorce a guy.

[image: Being a man in 1911 vs. today]

A man may "get lucky" and score himself a relationship with a woman who overlooks his shy qualities in the beginning, but if he fails to become and be the man that she is really looking for in a relationship, she will almost certainly dump him or divorce him.

The Politically Correct 50/50 Relationship

Women have done so many great things for the world since they've been allowed to have a voice in society.

I could go on all day about the amazing women in this world who I respect and admire (e.g. the late Joan Rivers (a very bold, uncensored comedian who made the world less uptight and sensitive about things), Theresa Caputo (Long Island Medium), Elizabeth Blackburn (Nobel Prize winner for discovering the "immortality enzyme"), but I also have point out that women having a voice has caused a lot of confusion as well.

We humans don't always have the correct answer for complex problems and unless a person has a high level of expertise in a particular area, they are usually just guessing when they give you their

opinion.

On Oprah's original TV talk show (that ended years ago) for example, she had loads of female guests come on and say (with confidence, belief and passion) that men should do the housework, change the baby's diaper and essentially do half of a woman's traditional role.

Eventually, people started referring to this as a "50/50 Relationship" and everyone felt like they'd finally worked it all out. They thought that men and women just had to get along as good friends and everything would be fine.

Yet, it wasn't the answer.

Why?

It's not as simple as that.

There is nothing wrong with a man doing some housework or changing the baby's diaper, just like there is nothing wrong with a woman taking out the trash or hammering a nail into the wall to hang up a painting.

The problems occur when men and women start acting like FRIENDS in a 50/50 relationship, rather than being a man and a woman who are in a sexual, romantic relationship.

[image: Confused 50/50 relationship]

When the idea of a 50/50 relationship became popular thanks to confused TV talk show hosts and their guests, millions of men and women slowly transformed themselves into being neither a man or a woman, but neutral or "in between."

When men stopped being men and women started thinking, acting and behaving more like men, couples began to lose the natural spark of sexual attraction that is created when a clear masculine/feminine dynamic is present.

Just like a battery needs a positive and negative charge to create power, two humans need a clear masculine and feminine divide between them to create sexual attraction.

If you are unable to make a woman feel attraction for you when in a relationship, the spark will naturally begin to die out. You have to keep the charge alive by maintaining the masculine and feminine balance between you and her.

Watch this video to understand how attraction between men and women really works...

These days, it's not enough to just expect that a woman will stay with you because things felt good at the start. You have to know how to be attractive to your woman and to deepen her feelings over time.

The Modern Man Approach to Relationships

[image: Dan Bacon -girlfriend]

Me (Dan Bacon) with my wife

So, what approach do The Modern Man coaches (Dan, Ben and Stu) take in their relationships with women?

Personally speaking, I (Dan Bacon) am now married after a short engagement with my perfect girl. She actually asked me to marry her on several occasions, not because she wears the pants, but because, many years ago, I transformed myself into the type of guy that women refer to as a "catch."

Over the years, many women have asked (and some have even begged) me to marry them. Yet, I rejected those offers and kept on living the bachelor lifestyle, until I met my wife who is the perfect woman for me.

Here's what happened between me and my wife and how I've approached my relationship with her so far...

"What is Your Relationship Goal?"

- ☐ Marry a woman and stay with her for life
- ☐ Stay with one woman for life without getting married
- ☐ Have relationships with many women throughout life
- ☐ Still not sure

[Vote](#)

[View Results](#)

[image: Loading ...]

Loading ...

The Modern Man approach to relationships is about you being the man that she looks up to and respects. You actively deepen the love, respect and attraction that you feel for each other over time, so the relationship gets better and better.

If you've ever heard a couple talk about falling in love with each other over and over again, that's essentially what it means. You continually reach new, deeper and more meaningful levels of love, respect and attraction for each other.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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Why Do Women Cheat? 10 Reasons

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

A woman will cheat on a man for many different reasons, some of which can be prevented.

Here are 10 reasons why women cheat, even if her man is a good man who loves her and truly wants to be with her.

1. A lack of attraction

The main reason why women cheat on a man is a lack of attraction for him.

When a relationship first begins, it's very easy for her to feel attracted to the guy because she's excited about all the little things she likes about him. Yet, if he is unable to deepen her feelings of love, respect and attraction over time in the relationship, she will eventually begin to lose interest.

In the past, women had to remain a virgin before marriage, get married and then stay their chosen man for life. If she was unhappy or if he wasn't able to deepen her feelings of love, respect and attraction, she was stuck with him. She had to put up with it.

Not anymore.

In today's world, women are free to have sex and relationships with whomever they want for as long as they want. Unfortunately, many TV talk show hosts, movie stars and pop singers even make divorce and break ups out to be a cool. It's just the world we live in today.

To be successful at keeping a relationship together in today's world, a man needs to know how to deepen a woman's love, respect and attraction for him over time, rather than just expecting that she will stick around because things felt good at the start.

2. She was worried that he would cheat, so she did it first

[image: Cheated before he did]

Getting cheated on really hurts.

It's a hot, stinging pain that can remain buried deep within your mind for years after being cheated on. If a woman has experienced being cheated on in the past by a man that she loved and gave her heart to, she will often go overboard in trying to protect herself from that pain again.

Sometimes, she will get into a relationship and never really open herself up to the love because she wants to protect herself. She will enjoy being with the guy and kind of love him, but she will never give him her full heart of love.

In some cases, nothing that her boyfriend or husband says to her gives her enough assurance that she won't be cheated on. A woman like her will almost always have a nagging doubt in the back of her mind that it will happen. She will imagine her man flirting with another woman, kissing her and then having sex with her and it will make her feel sick to the stomach.

If you are with a woman who is constantly worrying about you cheating on her, then she will almost

always be flirting with other guys and keeping them waiting in the wings in case she needs them to make herself feel better.

My advice would be to dump her and move on. If you don't, you will end up wasting a lot of time and energy trying to convince her that you have been and will always be faithful to her only to then have her turn around one day and say that she has cheated on you.

When it comes to relationships with women, the best piece of advice to follow is that you don't put up with bullshit. You love the woman, respect her, listen to her and care about her, but if she introduces crazy bullshit into your relationship, you've got to dump her and have come crawling back to apologize.

Then, if she goes crazy again, repeat the process as often as you can be bothered. If she doesn't change after a couple of break ups, you're almost certainly wasting your time with a woman who is going to be more trouble than she is worth.

If you're the sort of guy who knows how to attract women, then you're not going to be worried about losing her. You can easily attract and hook up with new women whenever you want, so you begin to see her as being unnecessary.

3. She isn't ready to fully commit to just one guy

[image: Woman who isn't yet ready to fully commit to one guy]

Even though a relationship might start out well and the woman says things like, "I love you and want to be with you forever" or "I want us to get married one day" it doesn't mean that she is making an iron clad promise.

Feminine women change their mood, feelings and desires for things like the weather. One day she likes a certain song and the next week she hates it. One day she loves the new pair of shoes she spent a lot of money on and the next week she hates them.

We men are different.

If you are a man with very masculine energy, then you are most-likely going to be a man of your word. If you promise something, then it's an iron clad promise that you will stand by no matter what. If you tell a woman that you will stick with her for life, then you mean it.

Masculine women (i.e. women who think, behave and act more like men or "one of the boys") are more likely to stick by their promises for longer. They are less likely to change their mind like the weather because they approach things in a more logical, manly way.

So, if you've ever wondered why a woman said that she loved you so much and wanted to be with you, only to then cheat on you or dump you, this is the reason why: She was just expressing how she felt in THAT moment. She wasn't promising that she would feel that way forever, no matter what.

To keep a feminine woman in a committed relationship, you have to know how to deepen her love, respect and attraction for you over time. You can just expect that what she used to feel will be enough to see you through for the rest of your lives together. You have to actively make her feel more attracted to you, more respectful of you and more in love with you than ever before.

4. She enjoys the thrill of lying and cheating

Some women are bad, disloyal and untrustworthy people. That's just how nature works – there are good and bad people.

If you've chosen a woman who has bad character, then you can expect bad things to happen.

When selecting a woman as your girlfriend or wife, it's not enough that she is beautiful with a great personality. She also has to have great character (i.e. loyal, trustworthy, sincere, caring, loving, warm, friendly).

If you just accept whatever woman you can get and try to make it work with a woman of bad character, then you are asking for trouble. Some women have the type of character where they enjoy the thrill of lying to their man and cheating on him.

I was once in a relationship like that with a woman who was so sexy to me and had such a great personality (we laughed together all the time and got along really well). Yet, every now and then, I noticed that she told me a small lie and sometimes a big lie. I also noticed that she lied to other people and she actually enjoyed it.

After a while, I realized that no matter how physically attracted to her that I was and how much fun we would have together, I absolutely had to break it off with her. I didn't want to end up getting her pregnant and then have to deal with having a liar in my life for the rest of my life.

It was very difficult to break it off with her, but what I did was create a Pros and Cons (Positives and Negatives) list and tried to note down as many negatives as I could. Despite all the negatives, I was still drawn to her because she was so sexy and I enjoyed being with her so much, but I did it.

I broke it off with her.

It wasn't easy, but I did it. Now that I'm married to the girl of my dreams years later, I couldn't be more thankful that I had the courage and foresight to get rid of the dishonest woman.

If you are with a woman who enjoys lying to people, tricking people or getting herself into trouble with people, then I would recommend that you get rid of her before she cheats on you and then enjoys herself as she watches you cringe in emotional pain.

5. Her boyfriend or husband isn't enough of a man for her

I've been helping guys to get an ex girlfriend, fiancée or wife back for many years now and one of the main problems I keep encountering is that the guy just wasn't enough of a man for his woman.

Being enough of a man for a woman is about being the sort of man that she can look up to and respect. A woman will lose respect for a guy when he:

- Hides from his true potential in life behind her and the relationship. In other words, he lacks ambition and spends way too much time on things that don't get him anywhere.
- Becomes needy, clingy, jealous or insecure in the relationship.
- Stops making her feel loved and appreciated.
- Puts her down or belittles her too often.
- Lacks confidence around confident men or alpha males.

- Cries or becomes emotionally weak when life gets tough.
- Is overly bossy or controlling of her in the relationship.
- Lets her be overly bossy or controlling of him.
- Doesn't follow through on his promises.

Getting a woman into a relationship is the easy part, but what takes skill and wisdom is knowing how to keep the relationship together once you've got it.

We don't get taught that sort of thing in school when we're growing up and most of us (including myself) didn't have a good enough father figure who could teach us how to be men.

In the past, a man could be a complete failure in life after getting married and his woman would still have to stick with him. Not anymore. A big part of keeping a relationship together in today's world is to be the sort of man that your woman can look up to and respect. You've got to be the sort of guy that women refer to as a real man.

6. She is using it as a way to break up the relationship

If a woman is unable to break up with a clingy, needy boyfriend who won't let her go, she will often cheat on him and then use that as a way to destroy the relationship. To really push her guy away, she might say that she is in love with the new guy and is starting a relationship with him.

I see this a lot with the guys that I help to get an ex back. In cases like that, the guy needs to rebuild his confidence and quickly fix the issues about himself (e.g. insecurity, neediness, not being enough of a man for her, etc) before he is ready to get another chance with his ex. Essentially what needs to happen is that he needs to learn how to make her feel respect, attraction and love for him again.

With the right training, many of the guys I've helped succeed at getting another chance with the woman who cheated on them. Yet, by the time I've improved his confidence and taught him how to actively attract women, he often ends up dumping her after only being back with her for a short while because he has met a new woman on the side to replace her. What goes around comes around I guess!

7. Her boyfriend or husband doesn't turn her on or make her feel sexy enough

Most women are much more insecure than men realize. According to the global study on beauty conducted by Dove cosmetics, 96% of women don't consider themselves to be beautiful.

When in a relationship with a woman, a man will often make the mistake of regularly pointing out things that he doesn't like about her physically (e.g. "You've put on weight" or "Your hair doesn't look as healthy as it did when I first met you," etc).

While it's fine to encourage your woman to keep herself looking good, putting her down isn't the way to accomplish it. You've got to make your woman feel like the sexiest woman on Earth in your eyes, no matter what she is wearing or how she is looking. From that, she will feel sexy around you and will be much more keen on having sex with you.

She will feel confident in her sex appeal to you, which will get rid of a lot of the worries about you

wanting another woman. It will also allow her to open her heart more to you and experience the full potential of the love that you can both share.

By taking that approach, she will then naturally want to look better for you. She will know if she's looking fat or if her hair isn't soft and shiny and she will put in effort to improve that. When she does, you've got to give her compliments about that and find her even sexier as a result.

If you aren't taking that approach and are instead making her feel less and less attractive around you, she may get to the point where she begins flirting with other guys to get them interested in her so she can feel better about herself. The more she does that, the more likely it becomes that she will cheat, especially if she finds a guy that she really connects with and who makes her feel much sexier than you do.

8. To get revenge

[image: Revenge cheating]

If her man has been flirting with other women in front of her, a woman will often begin flirting with men to get revenge. Likewise, if she suspects or knows that her man has cheated, she will often be feeling so betrayed and be in so much emotional pain that she will just sleep with another guy to feel the relief of revenge.

To her, it doesn't matter if her cheating on him will cause further problems in the relationship. What she is more concerned about is getting rid of the sickening feelings of betrayal and loss that she's been feeling ever since she saw him flirt with other women or found out that he cheated.

9. She made a stupid mistake when drunk

[image: Drunk cheating]

When in a committed relationship, a woman shouldn't be going out and having regular girl's nights out without her man, especially if she is going to be drinking a lot.

There's nothing wrong with a man having a boy's night with his friends and a woman having a girl's night with her friends, but it should be a rare thing. If a couple is serious about being in a committed relationship and really love being with each other, they will want to go out as a couple with other couples who are also serious about their relationship.

If a woman is hanging around her single girlfriends all the time who want to get drunk and meet guys, it's usually only a matter of time before she makes a mistake and lets a guy kiss her when she is drunk. Once that happens, the whole dynamic of her relationship with you changes. She has now cheated on you and she's either going to tell you about it and create huge drama between you and her, or keep it a secret and maybe even do it again the next time she goes out.

Personally speaking, I met my wife in a nightclub. At the time, both of us were into clubbing and had lots of single friends who enjoyed clubbing at least twice a week. So, when we got together, I ensured that we would both transition out of the club life together by continuing to go out twice a week until she eventually began to say, 'I'm bored of going clubbing.' I'm over it.

After that happened, we began doing more things on our own and then we began to become closer with our friends who were in relationships. Now, two and a half years later, we rarely hang out with any single friends and spend most of our time with friends who are in relationships or married and with family.

So, if you've got a girlfriend, fiancée or wife who is going out and getting drunk without you often, it's a sign that she isn't taking your relationship very seriously. If she is more interested in partying without you, then it's only a matter of time before she opens herself up to being with other guys.

The way to prevent that happening is to begin going out with her and partying with her friends. Get them to like you, have a great time with it and let your girlfriend (fiancée or wife) see that her friends like you and respect you. After a while, she will want to do more things just as a couple and you will gradually be able to transition out of the party lifestyle.

If you do continue to party, it will be together, which is much better than her going out and getting drunk without you.

10. To feel love again

Love is what we really want and need.

Now that I've experienced true love and am in a relationship where the love is always deepening more and more over time, I know that love is a very powerful and life-changing thing. When other women try to flirt with me, I essentially feel nothing for them because if I were to cheat and leave my wife (I wouldn't), I would have to start from scratch again with a woman who might not even have the capacity to be in love the way that my wife and I are.

When you reach that level of love, cheating becomes absolutely unnecessary. Both of you would lose something amazing just for a quick bit of pleasure with a person who doesn't make you feel the same way.

However, if a woman is in a relationship with a man who hasn't been able to open her up to experience the full potential of love, she may begin to open herself up to feeling love with another guy.

In many relationships that end in cheating, break up or divorce, the couple became more like friends than lovers. By "lovers" I don't mean that you have to have as much sex as you did when you first met for the rest of your life, but that you still feel sexually attracted to each other and enjoy being sexual or intimate with each other.

If you don't know how to make your woman feel sexually attracted to you and look up to you and respect you as her man, those initial feelings of love can fade. Additionally, if you focus on just being her friend and treating her like one of your male buddies, you will lose that masculine/feminine attraction that made you feel so excited in the beginning.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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How to Get the Spark Back in a Relationship

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Can you get the spark back in a relationship that has become boring?

It is possible to recharge your sexual desire for each other and then build on it from there?

The answer to both questions is a definite, “Yes!”

What You Need to Do

Getting the spark back in a relationship with a woman is mostly about what you say and do around her.

It's not about how you look, although there is nothing wrong with trying to get into better shape or improve how you look.

A woman's attraction for a man is mostly based on how he conducts himself in life, at work, around friends and family and of course, around her.

As a man, it is your responsibility to get the spark back in a relationship if your woman isn't taking on the responsibility herself.

Some women will take on the responsibility, but most women will simply wait for you to take the lead and fix the relationship.

She will wait and if nothing changes, she will begin to lose respect for you, feel less attraction for you and then begin falling out of love with you.

The Start of a Relationship is the Easy Part

When you first meet a woman and begin a relationship, it's easy to feel great and get along because you're so attracted to each other and are enjoying the novelty of being with someone new.

The sex is fun and enjoyable, you have so much to talk about and there are so many things that enjoy doing together.

You make time for each other, compliment each other and you both couldn't be happier.

Yet, as time passes, other things seem to take on more significance in your life and going to the same old places often begins to feel a little boring.

Before you know it, your fantastic relationship goes from sizzling to fizzling and your exciting sex life begins to feel like a distant memory.

So, how do you get the spark back in a relationship when you reach that point?

More importantly, how do you **maintain** the sexual spark and make it grow over time?

[image: Lack of attraction]

Simple: You have to actively say and do the things that will reignite her feelings of love, respect and attraction for you.

If what you've been saying and doing around her hasn't been achieving that, you need to change it.

You can't keep doing the same old things and expect your relationship to feel exciting and alive. For example: If you've gotten into the habit of getting angry or annoyed with your girlfriend or wife, you have to change that and bring back a more easy-going, loving and harmonious dynamic in the relationship.

Here's an example of how to do that:

As you will learn in the video above, problems in a relationship are not all a man's fault.

In many cases, a woman will be the instigator and the person who creates a problematic dynamic and the man will then go along with it.

However, just because she does that, it doesn't mean that it's completely up to her to fix it.

Some women will fix and improve themselves on their own, but in most cases, a woman needs a man to react to her in such a way that it causes her to change.

In the example from the video, rather than getting angry at her for not wanting to go and watch a movie and saying that movies are boring, a man can simply avoid getting dragged into the drama and let her realize (in her own time) that she was acting up.

It's not the man's fault that she behaved in that way, but the problems in the relationship (i.e. a lack of a spark) will be partially his fault if he allows himself to get dragged into the drama that she is creating.

Avoiding a Break Up or Divorce

[image: Divorce or break up]

Unfortunately, break ups and divorce are no longer seen as shameful to most people.

In today's society, TV talk show hosts, movie stars and pop singers often glamorize the idea of break ups and divorce.

In effect, they make it look like a "cool" thing to do.

Yet, if you are interested in getting the spark back in your relationship, you are probably trying to avoid being dumped or divorced, right?

You don't want to end up being single and alone again, right?

If you want to keep your relationship together, be sure to avoid the following 3 mistakes from now on...

3 Common Mistakes That Kill the Spark

Keeping the spark alive in your relationship is possible and even easy, as long as you avoid making classic mistakes like these:

1. Making her feel unattractive

[image: Making her feel unattractive]

Most women feel insecure about their physical appearance even when they are at their prettiest.

According to a global study conducted by Dove Cosmetics, 96% of women don't consider

themselves to be beautiful.

So, if your girlfriend, fiancé or wife doesn't feel sexy in your eyes, she will either lose interest in having sex with you, reject your attempts to have sex with her or even try to make herself feel better by flirting with other men, which may lead to her cheating.

The way to prevent this problem is to look at your woman as being attractive for who she is and how she looks overall.

Don't focus in on one or two features that have changed since you got together and that you now don't like (e.g. that she's put on a bit of weight or has some wrinkles).

Continue to look at her as the sexiest woman on Earth in your eyes.

Let her feel it by the way you look at her, touch her and treat her.

2. Hiding from your true potential as a man behind her and the relationship

When a relationship begins, a woman won't mind so much if you spend a lot of time with her.

She will enjoy all the affection and attention that you're giving her.

However, after the initial feelings of excitement wear off, she wants to see that you are going after your true potential as a man with unrelenting determination.

If she notices that you're stuck in a dead end job and are always complaining about it, but not doing anything to improve your situation, it will make her lose respect for you.

Likewise, if you have a big dream to follow a certain career path or achieve something that you've wanted to do since you were a young man, but aren't doing it because you're afraid to step up to the plate, it will also make her lose respect for you.

When a woman loses respect for a man, she then begins to lose her feelings of attraction for him.

Then, if the man notices that and begins to behave in a clingy, insecure or needy way, it makes the woman lose even more respect and attraction for him.

At that point, the spark really begins to die out and the love fades into the background.

Even though the relationship started out well, the woman now starts to feel like she has made a mistake.

She will then often begin to nag and complain to her man that he just sits around doing nothing.

If he doesn't ever change, she may eventually get to the point where she asks for a divorce, breaks up with him or says that she needs time and space to find herself.

As a man, you have to decide what you want long term and then go after that with unrelenting determination.

You've got to have the balls to think big and go after your true potential or at least follow through on your biggest dreams.

If you don't do that, you run the risk of becoming the sort of man who develops an unreasonable need for his woman.

Your life becomes about her and if she pulls back her affection or interest at any point, you become insecure, angry or clingy, which then turns her off even more.

Going after your true potential in life is a good thing for you and for her.

So, step up and be the man that you know you can be, even if you are afraid to do it.

Allow her feel respect for you, not look down on you and feel regret that she ever agreed to be in a relationship with you.

3. Not flirting

Flirting isn't something that guys are taught in school, or even by their parents.

Yet, it's something that is absolutely critical for keeping the spark alive in a relationship.

If you're not flirting with your woman, then you are denying her the kind of sexual, romantic communication that she craves.

If you can't give it to her, she will definitely get from another guy (e.g. a coworker, a male friend who has a crush on her, one of your friends, random guys she meets, etc).

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Discover the secret to making her respect you, feel attracted to you and be totally in love with you for life

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How to Handle Your Girlfriend's Moodiness

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Would you describe your girlfriend as being moody?

Does she go from being in a good mood with you, to being a bitch or throwing a tantrum as though she hates you and you're the worst boyfriend on Earth?

Does she sometimes appear happy about something that you've done, only to be unhappy about it when you do it on another day?

If your girlfriend is moody and seems to love you one minute and then hate you the next, the good news is that it is NORMAL. Why?

Most Women Enjoy Being Emotional

[image: How to understand a woman emotionally]

Generally speaking, women tend to be more emotionally sensitive and moody than men.

[image: Feminine woman being emotional]

A woman can be as serious and emotionally sensible as a man in the workplace, but in her private relationship at home, she might be very moody and throw tantrums around her man.

One of the reasons why a woman will throw a tantrum and be moody around her man is to test his confidence and emotional strength.

Will he crumble and become emotionally sensitive when she teases him? Will he panic if she acts like she is losing interest in him? Will he get angry or aggressive because he can't control his emotions?

If a woman throws a tantrum and her man then loses control of his emotions, she then loses some of her feelings of respect and attraction for him.

However, if he can remain calm and not become overly-emotional about what she is saying or doing, then he is showing her that he is a strong, masculine man who isn't going to be thrown off course by a woman.

...and guess what?

That makes her feel more respect and attraction for him.

The more respect and attraction that a woman feels for you, the more deeply she falls in love with you.

A woman will love you more deeply when she can see that no matter what she says or does, you remain emotionally strong and masculine and don't lose control of your emotions or become insecure.

When she can trust in you to be the stronger one in the relationship, it allows her to relax into being a feminine, emotional woman around you.

The more feminine and girly your woman feels with you, the more sexually attracted she will be to you. However, if you are constantly trying to get her to stop being moody and be more like a man,

her sexual desire will quickly die away.

You've got to let women be women, while also ensuring that you be the masculine man that she needs you to be.

Masculine men don't waste time gossiping about others on the phone like a girl and they don't get angry, annoyed or emotional when a woman tests them by throwing a tantrum.

Masculine men are focused, driven and on a mission.

They spend the majority of their time making things happen (e.g. building a career, arranging to meet up with friends in person, following through on life purpose goals, fixing things, etc), rather than going around in emotional circles like a girl.

She Doesn't Want You to "Fix" Her

[image: Arguing with girlfriend]

When a man has a problem, he will either discuss it with others to work out a solution or he will come up with a solution on his own, fix it and then get on with life.

However, when a feminine woman has a problem and discusses it with her man, she usually doesn't want him to start offering solutions or to fix it for her. In most cases, she just wants to talk about how she feels about it.

Most women are intelligent and aware enough to come up with perfectly good solutions on their own, so they don't need men to tell them what to do. When your girlfriend brings up a problem that she is having, she usually just wants you to listen to her rant on about it.

She doesn't want you to fix it.

[image: Constant arguing]

It might seem weird to some men that most women simply want to talk about how they feel about a problem, rather than fixing it, but that is women for you.

It's just the way that most women are – they enjoy getting all emotional about things.

As a man, you might prefer to only discuss problems in a logical, problem-solving manner and might not see the need to get all emotional about it. If that's the case, then you are a very masculine man (a good thing).

Yet, make sure that you don't ever expect the same approach to life from your girlfriend. If you try to get her to behave like a man, she will lose touch with her femininity around you and thus will lose touch with her sexual attraction to you.

How to React to Your Girlfriend's Mood Swings

[image: How to stop arguments with your girlfriend]

One of the keys to successfully maintaining the attraction of a woman and keeping the spark alive in a relationship is to mix it up.

Don't always respond or react in the same way every time she gets into a bad mood, throws a tantrum or starts an unnecessary argument. Here are 9 ways to handle or deal with her mood swings:

1. Laugh at her.
2. Tickle her.
3. Pretend to get angry at her. When you see that she is shocked, laugh and then either walk off, smack her on the ass or just stand there looking at her with a smile.
4. Walk out of the room without saying a word or showing any emotion. She'll likely follow you and demand a response, to which you can then laugh at her.
5. Wrestle her to the ground and then kiss her all over.
6. Change the subject to something completely random and off topic.
7. Pretend that she is boring you and say, "*Yaaaaawn...you finished?*"
8. Scream louder than her and then start singing or laughing.
9. Pretend that you're upset and act like you're seeking pity.

When a woman throws a tantrum, has a mood swing or starts an unnecessary argument, what she is almost always hoping to experience is the full variety of your personality in response.

While we men tend to like things to be sensible, rational, logical and functional, women like to mess up the flow. She wants to see if you have the masculinity to remain in control of who you are, while also allowing her to be a woman.

The more that you can remain in control of your emotions, the more she will respect you, feel attracted to you and be excited to be in love with an emotionally strong, masculine man.

Moody by Nature

Unlike us men, women are affected by hormonal cycles (i.e. their period, ovulation, etc) that can lead to natural mood swings.

That doesn't mean you should just put up with bad behavior, but instead you should understand that she's going to come in waves. That's just how women are.

Many modern women put on a front and act like they are as sensible, emotionally stable and emotionally tough as men are, but statistically, it just isn't true.

For example:

- According to a global survey conducted by Dove Cosmetics, 96% of women don't consider themselves to be beautiful.
- Women experience depression at twice the rate of men in the USA.
- In the UK, 40% of women will require treatment for depression at some point in their life compared to only 10% of men. In other words, women are a lot more depressed than men. Almost half of the women you meet will have suffered depression at some point in their life, or will be depressed when you meet them. She might put on an act of being happy, but she's just a fragile, emotionally vulnerable girl on the inside.
- Women are twice as likely to experience anxiety compared to men.
- 60% of the people who have OCD (Obsessive Compulsive Disorders) and phobias are women.

As you can see from the statistics above, women have a lot more "emotional problems" than men do. It's just how it is.

Understanding your girlfriend's mood swings means simply accepting that she won't always respond

to everyday challenges the same way as you do – and that’s okay.

She is a woman and you are a man – accept that and love her for it.

She will be more temperamental than you and that is okay. She will likely be more difficult to talk to during an argument because she will become overly emotional and irrational and that’s okay too.

Let her be moody and let her be a dramatic woman if she wants to.

Love her for it.

Laugh about it.

Smack her on the ass for it.

Smile when she is moody and she will love you for it.

You can’t stop a woman from being moody and you can’t tell her to stop being up one minute and down the next, just like she can’t tell you to stop being an emotionally strong, sensible man.

Imagine if she told you that she wanted you to be moody, cry like her, care a lot more about shoes and make up and have more of a desire to talk about all the “drama” going on between your friends.

You’d likely tell her she was crazy for wanting you to be more like a woman.

Likewise, she will think the same of you if you expect her to think, talk, feel and behave like you do.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Opposites Attract, But Do They Stay Attracted?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

â€œOpposites attractâ€ is an expression that's commonly used in connection with relationships and refers not only to couples who are opposites in terms of their physical traits, but also to those who are opposites in terms of their personality traits.

For example, it's not uncommon to see a couple who appear to be at opposite ends of the height spectrum, but if you take a moment to think about it, you probably also know of couples who are at opposite ends of the personality scale too – an introverted woman with an extroverted boyfriend for example.

You might also see a really nice guy with a bitchy, manipulative woman. Clearly, opposites do attract, but does the attraction last beyond the early stages of a relationship or do differences eventually become annoyances?

Do You Have Everything In Common For it to Last?

It's a common relationship myth that you and your girlfriend must have virtually everything in common if your relationship is to stand any chance of lasting a lifetime.

It's true that in the early stages of a relationship, the focus is entirely on shared interests and commonalities and you may even discover that you and your girlfriend have so much in common that you both feel like you could almost be the same person.

However, it's not being the same that makes a relationship last, it is being two individuals who complement each other that makes a relationship endure through the good times and bad.

A relationship in which two people enrich each others lives rather than simply reflecting them is always going to be a more interesting and enjoyable one. Being able to appreciate the differences between you and enjoy that about each other also helps to makes a relationship work.

Are You the Ideal Couple?

Extensive research into the qualities of a happy marriage has concluded that the most important element of a long-lasting, loving relationship is a shared attitude to life.

For example: You both want to raise your own family and build on the families you've come from, by staying close with your parents, siblings and cousins. Or, you both want to avoid marriage and children for life and just go on outdoorsy adventures around the world.

Other than have a shared attitude to life, there really are no clearly defined prerequisites that must be met to qualify you as an "ideal couple". In terms of personality differences between couples, it seems that just about anything goes these days.

Interestingly, the couples (in all the studies we've seen) who were continuing to enjoy their relationships after decades all had shared core values in common with their boyfriend/girlfriend/husband/wife and were essentially working towards the same end goal together. This doesn't mean having to see eye-to-eye on every little thing in life, it simply means sharing the same attitude to the things that really matter to them in life. In a strong relationship, the things that really matter will be one and the same for both parties.

You and your girlfriend may not share the same taste in movies or the same taste in music, but in the grand scale of things, they're not differences that really matter. What really matters is sharing a

common vision of your future together or, depending on the stage of your relationship, having shared views on roles within a marriage or on parenting.

According to research carried out by the American Psychological Association, small differences and petty annoyances such as how someone eats or how they brush their teeth can cause conflict in a relationship.

Couples who are emotionally intelligent enough to actively look for ways to work through their differences are able to focus on what they love about each other and to accept each other for who they are.

In other words, if you get irritated by the way your girlfriend brushes her teeth, don't watch her or don't worry about it – it's unimportant compared to the love and relationship you share!

Celebrity – Odd Couples

A great many celebrity couples over the years have provided classic examples of opposites attracting, but not lasting. Back in the early 90s, a young, squeaky-clean Kylie Minogue paired up with Michael Hutchence of INXS who was a notorious bad boy of rock at the time.

Kylie has since said of the relationship, "He wasn't as bad as everyone thought and I wasn't as good. We met in the middle." They were arguably opposites who attracted, but it wasn't a relationship that lasted. It's difficult to speculate why because celebrities live in a different world to us normal people!

When Michael Douglas and Catherine Zeta-Jones got together in 1999, there was a 25 year age difference between them and it wasn't a relationship that celebrity watchers considered would last. Within a year they were married and are still married today – a remarkably long marriage by celebrity standards.

Interestingly, they both share the same birthday but their successful relationship despite a significant age difference highlights that being of a similar age is not nearly as important as sharing a similar outlook on life, which they both seem to share.

Another odd couple who have stood the test of time are Heidi Klum and Seal. They were both enjoying highly-successful careers when they met; Klum as one of the world's best known fashion models and Seal as a singer, but also a singer with a face visibly scarred by skin disease.

To onlookers, they appeared as opposites but they prove that it's not a match in outward appearances that makes a relationship last, it's a match in who the inner people are and what their core values are that matters.

Long-term Attraction

Studies have concluded that opposites really do attract and they can stay attracted despite having obvious differences.

However, the bottom line is that the small differences are insignificant because there will always be more similarities on a deeper level with a successful couple than there will be differences.

Being different and having two perspectives in a relationship makes it interesting but, ultimately it is the man's ability to deepen a woman's love, respect and attraction over time in a relationship that really counts.

Watch this video for more information...

×

[image]

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[image: Dan Bacon]

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Moving In With Your Girlfriend – Is it the Right Time?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you and your girlfriend are thinking of moving in together, but you're not quite sure if now is the right time, try asking yourself the following questions first.

Are you friends, as well as lovers?

If you've reached the stage in your relationship where moving in together feels like a natural progression, then it's safe to assume that you do love each other, but do you really, really like each other?

If the sexual attraction wasn't there, would you still like your girlfriend for just being who she is? Does she have the same qualities that you would look for in a great friend? When lust is a big part of the equation, the little things that would make or break a platonic friendship are often completely overlooked.

When your friends have stayed over at your place in the past, you might have found yourself feeling irritated by some of their domestic habits and then realized how glad you were that it was just for one night!

When your girlfriend stays over, she may have some of the very same habits, but if you're still in the lust stage of the relationship you might overlook them because it's her and you've got other things on your mind! But, how would you feel about it when it's not just for one night?

Before moving in together, you need to consider how strong your friendship is with your girlfriend and whether you really do enjoy each others quirks. Can you talk to her about all the things you'd talk about with your friends? Are you able to just be yourself around her – all of the time?

Are your reasons the right ones?

It's quite likely that your main reason for thinking about moving in together is simply that you want to be able to spend more time together. However, another common scenario is that moving in together represents a financial saving for you both.

If that's your main motivation, you need to consider how strong your relationship really is because sleeping with each other every night may eventually lead to a pregnancy and if you don't truly love her, you'll be attached to her for life whether you like it or not.

Moving in together should be about taking the next step in your relationship and you should be at a stage where you're thinking in terms of your girlfriend being a permanent presence in your life.

If you're more concerned with saving rental costs and splitting bills and you're thinking in terms of 'she'll do for now,' you should share a house with a friend or advertise online for free to get new tenants in to share the rent with you.

Are you ready to give up your independence?

Quite often, when you reach the stage of thinking about moving in together, you already spend the majority of your time together anyway, so it feels like the next logical step.

When that's the case, it does make sense to share one place together instead of always having to travel to each others house to meet.

When two homes become one, your independence is reduced. You can no longer come and go as you please without letting her know where you're going and when you'll be back.

Sure, you can still have independent interests as a couple and still do your own thing with your friends whenever you want, but moving in together means it isn't as easy to chill out alone for hours and take your mind off things when you need to. Making the decision to move in together means that you need to become with being two people in one shared space.

Are you truly compatible?

When you live together, compatibility goes way beyond liking the same restaurants or sharing an interest in the same kind of music.

If she's going to move into your place, what's coming with her? For example, she may have an old iron bedstead that belonged to her great-grandmother, a collection of scatter cushions that could fill a soft furnishings store and three cats, but your pad is furnished in an ultra-modern, ultra-sleek minimalist style – now what?

While you might be happier with none of her stuff coming in and ruining your cool pad, people often compromise and mix each others styles together. However, if you are truly compatible, you'd like the same sort of things and wouldn't need to change.

Make sure you are just settling for a woman because you're afraid you can't find another. Meeting and attracting new women is actually very easy when you know how.

Do you both have a shared vision for your future?

To answer this question, you have to know what your vision is for your relationship as well as what your girlfriend's vision really is in her heart of hearts.

If your ultimate goals are not shared, moving in together can only lead to heartache for one or both of you further down the line. For example: If your vision is to one day live in a city penthouse apartment, but hers is to move into a leafy suburb, you're aiming for polar extremes in terms of lifestyle.

If you both share a vision of traveling the world together or buying a country home together or one day starting a family together, then moving in together is a positive step towards making your future vision a reality.

Additionally, if you and your girlfriend haven't even spoken about your future dreams together, it is definitely not the right time to move in together.

If you do, you run the risk of making her pregnant and ending up as a single dad. While that isn't so bad for a lot of guys, it certainly isn't at the top of our list of things to do, so if you can avoid it you should try to do so.

Does she feel more respect, love and attraction for you now than ever before?

In today's world, a man needs to be able to deepen a woman's love, respect and attraction for him in a relationship. In the past, a woman would put up with not feeling more (or even any) respect, love and attraction for her man because it was shameful to break up or divorce.

Not anymore.

If you want your relationship to be successful in the long run, you must at least know how to deepen her feelings of love, respect and attraction for you. Watch this video for more info...

Taking a chance

You never really know whether your relationship is destined to last, but if you do have doubts try not to move in.

If you feel that this relationship is for keeps, then living together is a positive step towards building a stronger, more loving and long-lasting relationship and you should go ahead and take a chance.

×

[image]

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The 5 Stages of a Relationship

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

There are five stages of a relationship between a man and a woman.

1. Lust and romance.
2. Power struggle.
3. Working.
4. Commitment.
5. Blissful love.

Unfortunately, most couples only get to stage two and then break up.

Some couples get to stage three and four, but they're not really happy.

They feel more like friends, there's no sexual spark, or the woman or the man is thinking of maybe leaving and trying to find someone else.

The real prize of a relationship between a man and a woman is to get to the fifth stage, the Blissful Love stage.

When you reach the Blissful Love stage of a relationship, the love, respect, and attraction that you and your woman feel for each other deepens over time.

You feel sexually attracted to each other for life.

You're in love with each other for life.

You respect each other for life.

You have an amazing relationship and you're one of those couples that people look at and think, *"How do they do it? Why are they so happy? Why don't I have what they have?"*

The Stages, How Each One Works and Where Couples Go Wrong

So, let's have a look at each of the stages of a relationship.

I'll explain how it works, where couples go wrong and what you need to do to get to stage five where you experience Blissful Love and want to stay together for life.

1. Lust and Romance

[image: Lust and romance stage]

This is where you feel very sexually attracted to each other at the start and you fall in love, which is different to true committed love at the Blissful Love stage of a relationship.

In stage one, you don't really care about each other's faults.

You just want to be together, have sex and enjoy each other's company.

According to scientists, at this stage of a relationship, natural chemicals are released in the brain to make a couple want to be together, have sex and stay together long enough for offspring to be created.

[image: Love and lust chemicals released into the brain]

So, in the lust and romance stage of a relationship, which is otherwise known as the dating phase, the man and woman will experience a dump of natural chemicals in their brain.

Chemicals like dopamine, oxytocin, phenylethylamine and norepinephrine.

Unfortunately, most Hollywood movies show this stage of a relationship as being the peak of a relationship, so many people expect a relationship to just be like that for life, without having to go through any other stages of development.

The couple walks off into the sunset to live happily ever after.

So, for a lot of real life couples these days, when the first stage of a relationship starts to calm down, they begin to wonder, *“Hang on, is this the right person for me? I’m not feeling the way I used to feel about her and she’s not behaving the way that she used to behave. She’s not looking at me in the same way as when we were dating. Does that mean that we’re not a match?”*

As a result of the confusion, a lot of couples break up shortly after the Lust and Romance stage starts to calm down.

They simply don’t know that there are different stages to a relationship and that they can eventually get to Blissful Love if they stick together and ride the bumps all the way to victory.

The next stage of a relationship is the power struggle...

2. Power Struggle

[image: Power struggle stage of a relationship]

This is also where a lot of couples break up because their behavior changes and depending on how each person reacts, it will either bring them together or drive them apart.

For example: Sometimes a man will be shocked to realize that his woman isn’t behaving in the same way that she used to.

She was so nice and sweet to him at the start, but now she’s arguing with him, throwing tantrum and trying to get her way all the time.

When a guy is faced with that situation, he will sometimes make the mistake of gradually giving his woman too much power.

[image: Relationship falling apart at the power struggle stage]

The more power he gives her and the more he tries to suck up to her and do whatever she wants, the less respect and attraction she feels for him.

Some couples can stay together for a long time if the man hands over his power to the woman, but neither of them will ever truly be happy and reach Blissful Love.

When a man hands over his power to a woman because he doesn’t know how else to please her, she loses respect for him and gradually stops feeling attracted to him.

Eventually, she falls out of love with him.

She might stay with him (e.g. to pay off the mortgage, raise the children, avoid the embarrassment of breaking up or getting divorced), but she won’t be blissfully in love with him.

He handed over his power to her and she no longer feels like a real woman (i.e. feminine, girly, free

to be emotional, totally in love with her man) anymore.

So, the relationship begins to feel strained, forced and could break up at any moment if a serious fight or argument makes one of them feel like enough is enough.

To get past the Power Struggle stage, you need to make sure that you are in the position of power as the man.

What a woman really wants is for a man to be in the position of power (even though she will rarely, if ever, admit that in public because she doesn't want men to get the wrong idea and start bossing her around because they hope it will make her want sex or a relationship).

Even though a woman does want a good man who treats her well, she doesn't want a pushover type of guy who does whatever she wants because he's either afraid of losing her, or lacks the emotional masculinity to stand up and be a man.

She wants a man that she can look up to and respect, not a guy that she has to carry throughout life. Being a man in the relationship isn't about bossing her around, being rude, being aggressive or anything old school like that.

It's simply about being the more emotionally strong one in the relationship, leading the way and allowing her to feel like a real woman in the relationship.

When you do that, she will naturally and happily support you, love you and be there for you in any way she can.

In other words, she will be devoted to you and be a loving, caring, supportive woman.

However, if you hand over power to her, she will feel stressed and resent you for not having the balls to be the man.

If she gets bored of the relationship and happens to meet a man who can take on the position of power, she will naturally feel attracted to him and may open herself up to cheating, or to breaking up with you to then be with him instead.

The third stage of a relationship is the Working stage of a relationship...

3. Working

This is where the relationship is working.

So, let's assume that a man was able to get past the Power Struggle stage with his woman and he is clearly in the position of power.

They're in love with each other and the relationship is working.

A lot of couples do get to this point, but this is also where a lot of couples break up.

[image: Relationship losing its spark at the working stage]

What happens is that over time, they start to become more like friends.

They don't put in the effort anymore to make each other feel attracted and they start to take each other's love, attraction and commitment for granted.

The relationship then goes from Working, to boring and then to falling apart.

Either the man or the woman will start thinking about cheating or leaving because they just don't feel like they're in love anymore.

The man doesn't feel much attraction for her.

She doesn't feel much attraction for him.

They feel more like friends, roommates or housemates and it's quite boring.

That's not a fun type of relationship.

It's not the Blissful Love type of relationship that you experience at stage five.

By the way...

Some men will ruin the relationship when it has been working by becoming too domineering or controlling.

A man will assume that if she liked him taking on the position of power, then she will really like him taking away all of her power and essentially controlling her life, her decisions, her feelings and her actions.

Obviously that isn't what a woman wants.

A woman wants a man who has the confidence and emotional masculinity (i.e. balls) to take on the position of power, but she also wants him to be respectful, loving and kind to her.

Being the man isn't about being a domineering asshole who rules over a woman's life.

It's about being the emotionally strong man (i.e. you're always emotionally strong no matter what you and her face or encounter in life) that she can look up to, respect and love.

If you do that, a woman will be so damn good to you for life.

She will know that it would be next to impossible for her to find another man like you and as a result, she won't want to ever cheat on you or leave you.

The fourth stage of a relationship is commitment...

4. Commitment

So, let's assume that the man was able to get past the Power Struggle stage, he then got the relationship to the Working stage and they remained in love.

As a result, the love, respect and attraction between him and her started to deepen over time.

The love wasn't fading away. The spark wasn't dying out. The spark was still there.

They were still in love and it was starting to deepen.

At that point in a relationship, it makes total sense to the man and the woman to commit to each other.

Most couples then either commit to having a relationship and staying together for life, but not getting married, or they get engaged and married.

If they haven't already moved in together, they do that at stage four.

If they've already moved in together, they start thinking about planning a family and begin working towards long-term mutually rewarding goals.

Unfortunately, though, many couples also break up after the Commitment stage of a relationship.

[image: Relationship falling apart after commitment]

When they first moved in together, got engaged or married, it all felt great.

However, over time, the relationship started to fall apart.

For example: The man started to cause his woman to lose respect for him by getting into arguments with her all the time and creating stress in their relationship.

Alternatively, he may have become clingy, needy or controlling and caused her to lose respect and attraction for him as a result of that.

What happens in a lot of relationships is that once a man has gotten his woman to move in with him, or get engaged or married, he slowly changes how he treats his woman.

In the first stage of the relationship (Lust and Romance), he may have taken her on lots of sweet, romantic or loving dates and seduced her into having a relationship with him.

When the relationship was Working and he got her to commit to him, he was most likely still on his best behavior, treating her well and keeping the relationship together.

Yet, after she committed to him and moved in with him, he gradually started to take her for granted (e.g. he became irritable around her, got into pointless arguments with her, insulted her often, complained about unimportant things all the time, stopped caring about how she felt and only cared about how he felt, expected her to respect him at all times, but he didn't offer her the same in return).

[image: Relationship falling apart after commitment]

Unlike in the past where a woman would stay with a man for life because it was shameful to break up or get divorced, in today's world, women are free to break up with or get divorced from a man.

So, to keep a relationship together for life, you've got to make sure that you get it to the fifth stage, Blissful love.

5. Blissful love

[image: Blissful love]

This is the ultimate prize of a relationship between a man and a woman.

It's the ultimate reward.

This is the best part of a relationship that you can ever experience, where you finally reach what people refer to as true love.

From that point onwards, you then experience lifelong happiness together as a couple where you enjoy spending time together, cuddling, kissing, having sex and achieving long-term mutually rewarding goals together.

[image: Blissful love]

Getting to the blissful love stage of a relationship also prevents both you and her from wanting to cheat.

The idea of cheating or leaving each other for someone else seems like the dumbest idea in the world because you're so in love.

You enjoy each other's company so much.

You're sexually attracted to each other, even though you've been together for years or decades.

You feel so good around each other and are achieving mutually rewarding long-term goals together, so there's no reason to leave each other.

By the way...

I know this from personal experience because I'm happily married and my wife and I have been at the Blissful Love stage of our relationship for a long, long time.

It literally gets better and better over time.

That's how it supposed to be.

When you get to Blissful Love and keep it there, you and her only want to be with each other.

There is no desire to cheat or leave because you already have exactly what you want and it feels amazing.

So, when you get your relationship to Blissful Love and keep it there, your woman will also never want to leave you.

Women know (from personal experience and from seeing what other women they know have gone through) that it's very difficult to find a man who can get a relationship to Blissful Love and keep it there.

So, when she finds a man who has that ability, there is no reason to leave him or cheat on him.

She already has her perfect man.

There's nothing that she needs from other men because she's already getting it with you.

The type of love that you experience at the Blissful Love stage of a relationship is different and arguably, it's way better than what you experience at the start (Lust and Romance).

What you experience at the start of a relationship is enjoyable.

It's fun.

You get that brain dump of chemicals and you want to be around each other all the time, but the same thing applies at the Blissful Love stage of a relationship.

Yet, it's a little bit different.

What happens is that both you and her experience what I call *love attraction*.

Love attraction is where both you and her feel completely attracted to each other even though you've been together for years or decades.

Even though you may have gotten some wrinkles over time, put on some weight, lost some weight, no longer have the muscles that you used to or she doesn't have the shapes that she used to, you are still both completely attracted to each other.

None of the changes to your physical appearance really matter because you are experiencing love attraction for each other, which is deeper and lasts for life.

You might have seen love attraction in action when you've observed older couples who are still madly in love even though they've been together for decades.

They still hold hands, they cuddle, they kiss and they look at each other with loving eyes.

That is what happens when you get to the Blissful Love stage of a relationship and keep it there.

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[image]

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[image: Dan Bacon]

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Long Distance Relationship: Can You Make it Work?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

When you consider the sheer number of people who live in close proximity to each other in cities and towns all over the world, youâ€¦d think it would be possible to meet a woman who lives near you.

Yet, sometimes you meet a girl who is exactly what you want, with one exception: She lives far away from you in another country, state or city or you started out in the same place, but she has moved away.

So, when you aren't in close proximity to each other, will the relationship survive?

Chances of Survival

There are many old saying that can be applied to long-distance relationships, two of which offer completely different perspectives: "*Absence makes the heart grow fonder*" and "*Out of sight is out of mind.*"

Both of those are true, yet which one will be true for you?

It all depends on how much respect, love and attraction your woman feels for you. If your woman looks up to you and respects you as a man, feels attracted to who you are and loves who she is in her relationship with you, then absence WILL make her heart grow fonder.

However, if she doesn't feel much respect, love and attraction for you, then when you are out of her sight, you will most-likely be out of her mind most of the time. She won't feel like she is losing much by not being with you, so she will probably decide to find a new guy.

How can you make a woman feel enough respect, attraction and love for you so she never wants to leave you?

When you are always making her feel respect, attraction and love for you (even though you can only chat via phone, video chat or messages), she naturally doesn't want to leave you.

She feels drawn to you and doesn't want to lose you because you are her perfect man. You are giving her the kind of relationship and attraction experience that she really wants, even though you don't get to see each other very often.

By the way...

How Long Have You Been Together?

If your relationship is in the very early stages and you're not truly in love yet, then the chances of surviving a lengthy enforced separation are slim.

If youâ€¦re already a year or two into a loving relationship that feels great for both of you, then thereâ€¦s every chance that it will survive a period of separation, provided that it is what you both really want.

Even if a woman says that she loves you, it doesn't mean that she will stick by you. I've been helping guys to get ex girlfriends, fiances or wives back for many years and I always hear similar things from

guys.

The woman had said to him that she loves him, is considering marrying him, sees him in her future, wants to have a family with him, etc. Then, out of the blue, she says that she no longer feels the same way.

So, if you feel like your woman might decide to break up with you soon, watch this video to understand how to stop a break up before it happens...

Going the Distance

[image: Long distance relationship: Soldier returning home]

[image: Long distance relationship: Soldier returning home]

These days, there are millions of couples from all over the world who manage to make a long-distance relationship work.

One of the most common reasons for a relationship to become a long distance once is due to work commitments. Sometimes, a once in a lifetime career opportunity presents itself and the chance to go somewhere, do something, or achieve an ambition is just too great to pass up.

Sometimes being away from home is just a regular part of your job. Off-shore workers for example, soldiers, miners, business executives on overseas trips, school students who move away to study at different universities, and even movie stars and touring bands who spend long periods of time away from home while filming on location or on tour.

When you or your woman decide that you want to be away from one another, something that you need to question is whether that “opportunity of a lifetime” might be a signal that your relationship is not really working out.

Maybe one of you is trying to create a big physical distance between you, to then create an emotional distance that leads to a break up.

Know Before You Go

If a long-distance relationship is to stand any chance of survival, there must be an end goal in sight before it even begins. This means knowing exactly how long the separation will last in terms of months, weeks, or even days.

Itâ€™s not the actual length of time apart that determines whether your relationship will survive or not, itâ€™s the impact the separation will have on your existing relationship that matters the most.

If youâ€™re a soldier and your relationship has survived several six week long tours of duty already, an upcoming separation of six months will have less of an impact than if youâ€™ve never been apart from your girlfriend for longer than your eight hour working day.

By knowing exactly or approximately how long the separation will last, you can then both decide whether itâ€™s something that youâ€™re willing to go through together. Tough times are much easier to endure when there is an end in sight and without that end goal in place, giving up might become the easier option.

Avoid Cheating

If both of you are quite popular and live active social lives, it may only be so long before one of you cheats or at least starts thinking about cheating. While it might seem like an impossible thought now because you are so in love with each other, other options may begin to look good when neither of you have had sex for 60 days or more.

If you suspect that she might cheat on you, discuss it upfront. Be honest and talk about how natural it is to want sex, but then also talk about how even the slightest indiscretion will destroy the relationship.

For example: If she finds out that you've been texting back and forth with an ex-girlfriend who is trying to hook up with you again while you are in her town or city, the trust in your relationship will be forever ruined.

Decide how you will both react if people try to take advantage of the opportunity to hook up with you, so you are both less likely to become excited by the opportunity and then make a mistake.

Making it Work

Communication is key in any relationship and it's absolutely vital in a long-distance relationship. Talking on the phone, Skype or Facetime is great, but if the way that you talk to her isn't making her feel attracted to you, respectful of you and more in love with you, then it's not going to help.

[image: Huh? Why is he texting me this insecure crap?]

Additionally, if you're texting the crap out of her and saying that you miss her every day, that will be sweet for a little while, but it will get boring and even annoying if she doesn't feel much respect, love and attraction for you.

Assuming that you are the sort of guy who knows how to trigger feelings of sexual attraction inside of a woman, then e-mail, text messaging and video calling are great when you relocate to a different time-zone because you can maintain a connection that feels good for both of you.

Sending photos of where you're living, where you're working, or something unusual you've discovered that day can also help to make your girlfriend (fiance or wife) feel included in your everyday life. If she already feels a lot of respect, love and attraction for you, she will appreciate and cherish anything that you send her.

Scheduled Hook Ups

Arranging to talk at the same time every week is a good idea because it gives you both something to look forward to. It also ensures that you aren't over-communicating with each other or calling each other at inconvenient times (e.g. she's just about to go to sleep and you've just finished lunch and are full of energy).

By making it a priority to speak to each other at scheduled times, you're letting your woman know that she's still a priority in your life, but that doesn't mean you can't ever still be spontaneous.

If you're going to do something spontaneous, make it a good night text or send her a video or audio message on Facebook that will make her laugh (that will make her feel some attraction for you), smile and feel good before she goes to sleep.

Learn More?

If you would like to learn more about how to maintain the perfect relationship dynamic, I highly-recommend that you [watch Make Her Love You For Life](#)

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Maintaining a Great Relationship With a Woman

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

You attracted her, you won her over and now that you're in a relationship with her, something just doesn't feel right.

You are starting to see signs that she's losing interest and you're not sure how to get back that 'loving feeling' and excitement you both felt at the beginning of your relationship.

How can you ensure that you maintain a great relationship with your girlfriend (fiance or wife) and not have to ever face being dumped or divorced?

Love is at the Heart of it

[image: Dying love]

The love between a man and a woman is something that needs to be taken care of. Without real love, a relationship between a man and a woman is doomed to fail.

I've been helping guys to get their ex back for many years now and a consistent mistake that I've seen guys make is to take the woman's love for granted. To maintain a great relationship with a woman, you have to continually build on the love that you've got, rather than expecting that what you once had will see you through until the end.

Love can get stronger, deeper and more meaningful over time, but it can also become weaker, more shallow and less meaningful over time. If you don't actively try to deepen the love, respect and attraction over time in your relationship, it will often begin to fall apart and then end in a break up.

These days, women don't have to stick with a guy who doesn't make them feel enough love, respect or attraction. If a woman is unhappy, the society around her encourages her to move on.

As a modern man, you have to know how to deepen a woman's love, respect and attraction for you over time. If you don't know how to do that, you just can't expect a relationship to last.

2 Ways to Ensure That You Maintain a Great Relationship

I can teach you many different ways to deepen the love, respect and attraction in your relationship, but here are 4 ways to get you started...

1. Laugh and Smile as Often as Possible

Life isn't always easy.

Sometimes, it can feel difficult to smile, laugh and look on the positive side of things. Yet, it's something that you must do.

If you get into the habit of thinking, behaving or acting in a negative, unhappy or frustrated way, you will push your woman away. The truth is, it's just as easy to laugh and smile about a challenging situation as it is to become angry and frustrated.

It takes some practice and effort, but if you push yourself to be the sort of man who can smile, laugh

and be more light-hearted about things, it will attract your woman to you like a magnet.

Most people struggle to maintain a positive attitude and smile and laugh, but when you are the strong-minded, intelligent man who can put a smile on her face, you are the man that she will stick with.

You will also find that more and more people want to be your friend and spend time with you, because spending time with you makes them feel better about themselves.

When your woman sees that most people like you and want to be around you, it makes her feel more attracted to you and lucky to be with you.

On the other hand, if you are always complaining, getting frustrated or looking at the negative side of things, she will feel repelled by you.

She will also notice that only negative people like to be around you and when she spends time with you and them, she feels horrible about herself and about life.

After a while, a lack of happiness and laughter begins to eat away at the good feelings associated with your relationship.

She may even begin to think that the reason she is so unhappy is because of you. When that happens, she will most-likely come out with the classic line, *“I think I need some space from you for a while”* or *“I think we should take a break for a while.”*

2. Be a Man That She Can Look Up to and Respect

A woman will stick by a man for life if she feels enough love, respect and attraction for him.

Unfortunately, many guys get lazy when the woman falls in love and they begin to do things that make her lose respect. For example:

- Hiding from his true potential in life behind her and the relationship.
- Bossing her around at home, but being shy, nice or very accommodating to other people in public.
- Becoming overly suspicious or protective of her.
- Putting her down or criticizing her on a regular basis.
- Letting her boss him around and treat him badly.
- Not following through on his promises.

When a guy does that to a woman, she will then begin to pull back her interest. She will be less affectionate, she will say *“I love you”* less often and may even begin to talk about being unhappy in the relationship.

At that point, many guys make the mistake of becoming insecure, angry or overly jealous and protective, which makes the woman lose even more respect, attraction and love for him.

What guys need to realize is that no-one is perfect. If you make a mistake, own up to it and then change it, but don't lose confidence in yourself because you made a mistake.

See it as a GOOD thing that you've learned from your mistake by changing your behavior and becoming an even better man.

While doing that, make sure that you maintain confidence in your attractiveness to her. Don't doubt yourself.

She chose to be in a relationship with you because she liked you a lot. She then fell in love with you.

If you go through some bad times in the relationship because of your mistakes, don't worry – you can always fix it.

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How to React When You Run Into Her Ex-Boyfriend

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

It would be great if every new relationship started with neither of you having any baggage from previous relationships.

However, if you're over the age of 25, that's probably not going to happen no matter how strict the woman's parents have been about her dating life. Everyone, including you, has a past.

If your new girlfriend still lives in the same general area as her ex-boyfriend or ex-husband, then you are most-likely going to run into him at times.

So how should you react when you run into her ex boyfriend or husband? Your best bet is to pay attention to how she reacts to him.

If she spots her ex when you're out in public and then seems upset or aggravated by saying something like, "*Damn, there's my ex,*" ask her if she would prefer to leave or stick around. There's no reason to ruin your evening if she's going to be focusing on what her ex is doing rather than paying attention to you.

If she doesn't want to go, then just don't worry about the ex at all. When around an ex-boyfriend or ex-husband, your new girlfriend will want to see that you don't feel insecure about attractiveness to her compared to him.

You need to have the mindset that he isn't as good of a man as you are, no matter what she says about him or what he brags about if he comes over and talks with the both of you. You are the man, she is with you and you are better than him. End of story.

When your new girlfriend sees that you are not concerned about her ex, it makes her feel attracted to your confidence and self-belief. She may try to test you by showing some interest in him, saying that he's a psycho (to get you scared) or saying some positive things about him.

No matter what happens, just remain relaxed, easy-going and don't care about the ex's potential attractiveness compared to you. When your girl can see that you aren't worried that she might have some lingering feelings for him and are completely confident and relaxed, it will make her feel a lot of respect and attraction for you.

What if She Seems Upset?

While it would be helpful if you knew exactly why she seems to be upset in his presence, don't push for details if she's not forthcoming about it, especially if this is the early part of your relationship. However, if you've been dating for more than a couple of months, it is useful to know about their history, especially about why she's so irritated at the mere sight of him.

If she doesn't volunteer to say anything to you about him, you can casually ask her why she reacted with "*Damn, there's my ex,*" and give her a couple of minutes to get it off her chest (but not so long that she gets worked up in the wrong way). By listening to what she is saying and noticing any changes in her behavior, you'll get a good indication of how she feels about her ex.

The worst thing you can do is begin to get jealous about her ex or feel insecure about his place in her

heart. If she that says she is over him and is glad they broke up, believe her and say, *â€œIâ€™m glad you broke up too; otherwise we wouldnâ€™t have met.â€* A response by that will demonstrate your emotional maturity and she will begin to shut down her ex in her mind.

On the other hand, if she spots her ex and says, *“Oh, hey, look, there’s my ex,”* and then smiles and waves at him, then he’s most likely going to come over to say hello. After they greet each other, stand, hold out your hand and if she hasn’t already done so, introduce yourself.

Unless you detect some underlying tension (sexual or otherwise), there is no reason for you to freak out about whether or not they are still on good terms. Be relaxed and just let the situation play out. Chances are, he will leave after a short while and you can then get back to your date.

If she’s constantly scanning the room for him or staring over in his direction, there may be something else going on in her mind. She just might not be over him yet, or they may have been staying in contact all this time via Facebook, text or otherwise.

If you have reason to suspect that they are still *â€œonâ€*, you can either choose to have the *“So what’s the story with you and your ex?”* conversation or you can decide dump her after the date, cut your losses and move on to another woman until she comes crawling back to you with an apology.

If she seems interested in him, it could also be something as simple as her ex being in the company of a mutual and she wants to say hello to them, but doesn’t know how you’ll feel about it. If that’s the situation, encourage her to go over and say hi.

It doesn’t matter if she goes over by herself or with you. If you go over with her, simply be confident, relaxed and easy-going, but don’t try hard to be liked. Just be there and relax as the situation plays out. Let her/their friends see how lucky she is to have found a cool, confident guy like you who doesn’t feel insecure about running into her ex-boyfriend or husband.

Running into her ex will only become an issue if you allow it to. Remember, there is a reason that their relationship is over and none of the reasons have anything to do with you. Therefore, you shouldn’t feel threatened by him at all.

Running into a girlfriend’s ex may trigger a “fight or flight” response for some guys, but unless you have a clear reason to think she still wants to be with him, her ex may have no more romantic emotional significance to her than anyone else from her present or past that you happen to bump into.

A lot of the time running into an ex can trigger a negative emotional reaction and remind a woman of how much she doesn’t want to be with him and how happy she is to be with you. Just as there is a reason why they broke up, there is also a reason that she’s with you. She likes you and wants to be with you, so embrace it and don’t worry about guys from the past.

Be the charming, confident dude that she agreed to date in the first place. If you can do that when you run into her ex, he will remain exactly where he should be in her past and you will solidify your place in her new life.

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Top 10 Ways to Make Her Parents Dislike You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

You've been dating a girl for a while and you find out that her parents have invited you over for dinner.

You really like this girl, so you want to make a good impression on her parents so they help her realize what a great guy you are.

On the other hand, if you want to ruin that first meeting so her parents forbid her from ever seeing you again, or badmouth you so much and so often that she figures you're just not worth the effort; here are the top ten ways to make her parents immediately dislike you.

10. Dress like a slob

Go over to her house looking like you've just rolled out of bed or from under a car you've been working on all day. Don't shower, shave, remove the gunk from under your nails nor wash your hair. Hey, you're just keeping it real. What do they expect? After all, it's not important how you present yourself to the world on the outside; it's all about what's on the inside, right?

9. Arrive empty-handed

Why should you bring a gift? It's not like it's someone's birthday. After all, they invited you over for some lousy meal. Who cares if her mother spent days planning the menu and hours cooking it all up in the kitchen â□□ that was her choice.

There's no reason for you bring over a bottle of wine or anything else. Your presence should be enough of a present for them all. Note: Bringing a bottle of wine usually works a treat and is more than enough of a gift.

8. Don't act like it's a big deal when meeting them

When your girlfriend opens the door and her mother runs out from the kitchen to gives you a warm welcome, keep your hands in your pocket and act all cool and unimpressed.

Just nod and say, "Hey," when she greets you. What are you supposed to do? Bow when you meet her or stand up and shake her father's hand when he enters the room. Come on, whose kidding who? They're her parents, not frickin' royalty or anything.

7. Ask for some booze

How rude can these people be? You've been standing there for about thirty seconds and they haven't offered you a drink yet. So tell them you'd like a brew or a shot. Better yet, have them bring you the whole bottle.

With hosts like these, who knows when you'll get another drink? It's much better to have them set the bottle right in front of you so you can pour a glass when you want.

6. Rush to sit at the head of the table

When it's time for dinner, rush to the head of the table and show them who's boss. When your girlfriend mentions that her father usually sits at the head of the table, point out the other empty chairs that he can sit in.

After all, you're the guest of honor and, as such, you should be shown the most respect.

5. Be a picky eater

When dinner is put on the table and it's filled with an array of gourmet selections, look at it and say, "What the hell is this? Didn't your daughter tell you I'm a meat and potatoes guy? Maybe you can go cook up a steak or something that I can actually eat. I can't eat this crap." They will appreciate your honesty and your simple tastes so they can plan future dinners.

4. Be controversial

Whatever conversation comes up, continually give your concerned or controversial views. You don't want them thinking you don't have an opinion! Better yet, give your opposing view to what they're saying just to show that you can be objective. You love it when people get all heated when you disagree with them.

There's nothing wrong with offering your own opinions – even if they are different – and having a lively, respectful debate, but playing an obnoxious devil's advocate is not cool. No-one likes being around people who disagree just to be annoying and draw a flustered response from the other people in the conversation.

3. Tell lies

When her parents ask you about your intentions with their daughter, or your future career plans – just lie. Lie until you can lie no more. Come off as more ambitious, more righteous and more honorable than you could ever dream of being on a daily basis.

After all, her parents are from a "dumber generation" so they won't see through your crafty lies. Let them think that you are much better than you are and enjoy all the credit and praise they lavish upon you.

Proactively start conversations to brag and talk yourself up. Go for it! People love being around someone who boasts and constantly tries to look better than they are.

2. Leave the table when you're finished eating

After dinner, even if no-one else is through with their meal, leave the table, head to the den, pour yourself another drink, unbutton your pants, put your feet up and turn on a game. You might as well; the women have to do the dishes anyway so you're just giving them room to do their job.

1. Arrive late or blow off the dinner completely

You're a busy man. You've got things to do and people to see. Who cares if you're an hour or two late? They won't start the meal without you. When you show up that's when you'll show up and they'll just have to deal with it. Her mother can microwave the meal when you get there to make it hot again. No big thing.

Or maybe you'll blow off the dinner altogether. Your friends called and want to go catch a game, which sounds like a lot more fun than a boring dinner with her parents. No need to call, just send her a text.

They're going to eat the food anyway, so they won't care that you didn't come.

You know, you're probably right. It would be better to skip this dinner after all.

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[image]

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Top 10 Ways to Lose a Woman

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

You went through all the trouble to find this woman and charmed her enough to get some bedroom action. Great! Yet, if you don't play your cards right as you travel down the road to a relationship, you may be headed for a dead end and fast.

Getting her was only part of the journey. If you mess up by showing the following behaviors or emotions too often, especially when you first start dating, your relationship is doomed to crash and burn.

Note: If you are actually trying to get rid of a woman at the moment, here are the Top 10 Ways to Lose a Woman fast!

10. Be predictable

It's very important that you're predictable, so she knows exactly what to expect from you. So, yes – go ahead and make that phone call precisely at 8pm every Tuesday to ask her out for the following Saturday. Make sure you explain to her in advance everything you'll be doing so there are no surprises.

9. Always be available

Whenever she wants you, drop whatever you're doing or miss the game you've been waiting all week to watch. If she calls, run to her.

Now, no-one is saying that you shouldn't help her in a true emergency – that's what good men do in relationships, but if you're becoming her Mr. Fix-it or her errand boy, you're going to go from sexy boyfriend to unattractive wuss in one easy step.

8. Be needy

Constantly ask for reassurance that she likes you, or that the restaurant or movie you chose is to her liking. Make sure she approves of what you're wearing, "How do I look in this? Is it okay, or should I put on that other shirt you like?"

Insist that she spells out exactly what she wants you to do with her in bed and then do exactly what she says. Of course, follow that up afterwards by asking if you did good. Be a good little boy for mommy.

7. Stay in constant contact

Call her, text her, e-mail her, Facebook her, tweet her or otherwise try to stay in touch with her at least 5 times a day. Continue this behavior and you'll find that she's going to make sure you get something in return – a visit from the police with an "Order of Protection" for stalking her.

6. Be incredibly interested in everything she does

Make sure that whenever you see her or talk to her be sure to ask lots and lots of questions. "What are you doing?" "Where are you going?" "Who are you going with?" "What time will you be home?" and so forth. It's important that you behave like her parole officer or her father. After all, you're not really interrogating her, you're only being attentive.

5. Follow her like a puppy

Be certain that wherever she's going or whatever she's doing, you're right there. Make sure she never

goes shopping with just her friends. After all, she may need you to carry her bags, hold her purse or give a male opinion.

Insist that you tag along when she goes out with her friends, even if it's to go watch a chick flick or to get a manicure. She can't blame you if you really like her and love spending time with her, no matter what she's doing.

4. Tell her EVERYTHING about yourself

Be an open book. Convey your deepest, darkest secrets. Reveal all of your past triumphs, failures, hurts, wants, needs, desires and every past broken-hearted experience or childhood trauma you've ever had. Look for pity. Keep nothing secret. Maintain no mystery.

If this is to be a true bonding experience, it's essential that she knows everything there is to know about you as early in the relationship as possible.

3. Buy her love

From the beginning, shower her with spectacular presents the best you can buy. Take her on luxurious vacations. Only take her out on expensive dates. Offer to pay her bills. This is particularly effective when you're not in the financial position to do so.

Going into debt will show her that you are truly willing to make any sacrifice to buy her love.

2. Act jealous

Being jealous shows you care. If you didn't get upset when she spoke to another man who wasn't family, how would she know if your feelings for her were genuine? You should also insist that she has no conversations, other than what is absolutely necessary, with any male other than you. It's just not right. She's yours and only yours.

1. Declare your undying love and devotion as soon as possible

So what if you've only been dating a short time! You know you love her and it's important that she hears it from you the moment that you've realized you're in love. If she seems a little freaked out and backs up just a little when you tell her, or she only says, "Thank you," in response, don't take that as a sign that she doesn't feel the same way.

How could she not be in love with you? You've done so much to prove your devotion. So tell her again and again and in front of as many people as possible. Be sure to shout it out one last time as she runs out the nearest door.

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Are You Dating Her or Her Mother?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Many women want to end up just like their mother.

They adore her, they love her and they want to have the same type of life that she has had.

I remember having a girlfriend who was raised by a single mom who had broken up with her husband after a few years of marriage. My girlfriend looked up to her mom, lived with her and spoke about her to me quite often.

A year into our relationship, I realized that she would be completely happy to end up as a single mother as well. So, one night when we'd had a few drinks and were beginning to feel a bit more than tipsy, I asked her...

"How long do you think we will last?"

Her reply?

"Oh...maybe 7 years?"

That was it.

That was the moment I knew I had to dump her. Why? She had been talking about starting a family with me. In the months prior to that conversation, she had begun to bring up marriage, babies and family.

Yet, she was looking at our relationship as though it had an end date.

So, I dumped her that night. She tried to get me back, but I couldn't bring myself to have sex with her again, let alone give her another chance. I said to her, "Look, it's over...you said that you wanted babies with me and then said you thought we'd last 7 years. We're finished. I'm not going to end up as a single dad. No frikken way..."

...and boy am I glad that I broke up with her. I would hate to have ended up getting her pregnant and then having to pay child support to a twisted woman for the rest of my life.

In her mind, she saw being a single mother and perfectly normal and acceptable. She wanted to be just like her mom.

Like Mother Like Daughter?

A woman's relationship with her mother is complex.

Some women seem exactly like their mother, whilst others seem like polar opposites.

For example: Your girlfriend is neat and clean, but her mother has a messy, unorganized house. Your lady can't operate the microwave, while her mother is a gourmet cook. Your girlfriend is addicted to shoes while her mother...oh, forget that, all women are addicted to shoes.

The reality is that mothers and daughters will share a number of similar traits, whether the daughter likes the comparison or not.

[image: My girlfriend's mom is hot]

Nice to Meet You

When you first meet your girlfriend's mother, if you extend your hand and she grabs you and gives you a big bear hug, it's likely that your girlfriend is a warm and affectionate person too.

So respond back to the hug. Don't be afraid to embrace the moment and show that you aren't afraid of family affection. If her mother is more formal and simply extends her hand, greet her in kind while also understanding that this can be an indicator of how your girlfriend is likely to interact with your friends and family in future.

Show Some Pre-Interest in Her Parents

If you've been invited for dinner and are going to be spending several hours with your girlfriend's parents, try to get to know a few things about them beforehand.

Ask your girlfriend what her parents are like as people, what they do for a living, their hobbies, some of their favorite things to do and some of the things they really hate. This will help you to make small talk and give you a hint of what subjects to bring up and what subjects to avoid.

Although you should always be your completely real self and never put on an act around anyone (especially your girlfriend's family), you should also try to be respectful and show that you're interested in starting the relationship off on the right note.

The more real you can be around her parents, the more real they will be around you. Then, you will be able to get a more accurate prediction of how they will behave months or years after you've known them.

What Does Her Mother Look Like?

If your girlfriend's features closely resemble her mother's, it's a good bet that as she ages, she's going to look more like her mother.

Look around for family photos. If her mother was a slim stunner when she was younger, but has put on more than a couple of pounds over the years and is really showing her age, yes, your girlfriend can easily develop those same physical traits without much effort.

This is definitely something to take into account so you don't regret your choice of woman in the future.

Lovers or Enemies?

When interacting with your girlfriend's father – is her mother warm, loving and affectionate or does she snipe at him and bark orders? This will give you a view into your potential relationship with the daughter. It's sort of a "monkey see, monkey do" situation.

If your girlfriend learned that she can treat her man poorly once she has a ring on her finger, then it's more likely that once you're engaged or married, she will eventually start treating you in a similar way.

Of course, if you start seeing any indications of that earlier in your relationship, then you should put the brakes on that behavior immediately by letting her know that you won't tolerate that type of treatment.

Alternatively, you can choose to make a speedy exit from the relationship and find a warmer, more caring woman to enjoy a loving relationship with.

Make Room for Mother?

[image: Like mother like daughter]

Does your girlfriend still live at home with her parents, or with her single mother? If so, why?

Is it because she's helping to financially support her mother? Perhaps it's because they are best friends and need each other for emotional support. Whatever the case, if you plan a future with your girlfriend, you need to determine if she has any plans to ask you to allow her mother to move in with you at some stage.

Some men, especially those who are particularly close to or who are financially supporting their own mother, might understand this relationship and not mind having her mom in the next bedroom. If you're not one of those men, you have a decision to make. Get out now or deal with the consequences later on.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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3 Tips on How to Make Your Ex Regret Leaving You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

How can you get your ex to regret leaving you to the point where she's thinking, *"Damn it, why did I break up with him? I want him back"* and then she opens back up and you interact with her, meet up and get her back?

Well, there's a quick way to go about it and there's a slow way.

Some guys are going to be open to doing the slow way because they're not in a hurry to get their ex woman back, but most guys are going to want to do it the quick way so that they can get a chance with her and start the relationship again.

The slow way to go about it is to focus on building up your career and becoming more successful over the next 6 months to 3 years of your life.

It also includes going to the gym and building up muscle.

It takes many months to build up some muscle to the point where it's actually pretty noticeable.

Yet, here's the thing...

Even if a guy does build up his muscles and build up his career, there's no guarantee that his ex woman is actually going to care about that.

If she broke up with him because he was an insecure guy and he was too emotionally sensitive and that turned her off, then she's not really going to be caring much at all if he's put on some muscle.

He's built himself up superficially, but on the inside he's still going to be that insecure, emotionally sensitive guy that she dumped.

As a result, she's not going to regret losing him.

She's not going to regret her decision to break up with him.

She might think to herself, *"Oh, he looks a lot better these days,"* but she's also going to be thinking, *"Yeah, but he's probably still the same insecure guy on the inside."*

Of course, sometimes a guy does get his ex back by approaching it in a slower way.

He spends years building up his career and building some muscle and when he eventually meets up with his ex again or she finds out about him, she does regret leaving him and he can then get her back.

So, if a guy wants to approach you in that way because he's not in a hurry to get his ex woman back, he can go ahead and do that.

He can build himself up over time, build up his career, build up his muscles (if that's important to him) and he also might focus on the more important thing, which is to build up his confidence, his self-esteem and his emotional attractiveness.

For example, preparing himself for the point where he does interact with his ex where he is much more confident, charismatic, funny, emotionally masculine and able to make her feel feminine in his presence.

He makes her feel feminine and girly because he's so masculine in the way that he approaches conversations, the way that he talks, the way that he feels, the way that he thinks, the way that he behaves and the way that he acts.

So, a guy can approach it that way if he's not in a hurry.

The Quicker Way to Get Her to Regret Leaving You and Want You Back

Now, if you're one of the guys who are in a bit of a hurry and you want to get your ex back quickly, meaning within the next few days, within the next week or so, or a little bit more, then I recommend that you approach it using a much quicker method.

To introduce you to that method, I'm going to give you 3 tips.

Those are...

1. Level up in ways that she wasn't expecting you to

[image: Level up in ways she wasn't expecting you to]

For example, a well-mannered nice guy suddenly becomes a very confident, ballsy guy.

He's still a good guy, but he isn't as polite and reserved as he was before.

He has lightened up a bit and it makes her smile, laugh and feel good to be interacting with him.

She doesn't feel so tense around him anymore.

She can now relax and be herself a lot more, rather than feel like she has to put on an act of being nicer, more polite, or more reserved than she actually is or wants to be.

Now, with this first tip, the reason why it's part of the quicker method is that you quickly level up in ways that she wasn't expecting you to and then you interact with her.

You don't level up in ways that she wasn't expecting you to and then remain cutting off contact with her and hope that she somehow finds out through the grapevine or someone tells her.

It's about leveling up in ways that she wasn't expecting you to *and then interacting with her*.

That's a man's approach to getting a woman back.

You take control of the situation.

You don't leave it all in her hands and just wait and hope that she comes back to you one day.

If you want her back, you interact with her, you make her feel attracted to you in ways that she wasn't expecting and she enjoys the new feelings that she's having around you.

Suddenly, you don't seem like the guy that she dumped.

You're so much more interesting and attractive to her now.

As a result, she begins to regret leaving you and wants you back.

Now, look...

Some guys can improve quickly like that on their own, whereas other guys do need help.

If you're the sort of guy who can get it done yourself, then go ahead and do that.

However, if you're the sort of guy who is struggling to level up and change in ways that are going to make her feel attracted, then keep reading...

2. Let her feel like she wants you back more than you want her back

[image: Let her feel like she wants you back more than you want her back]

So, this is where you interact with her and make her feel attracted to the new and improved you, but you don't push for a relationship.

You're just interacting with her, making her feel sexually and romantically attracted to you and letting that build up.

She is enjoying the new and exciting feelings that she's experiencing around you now, but you're not pushing for a relationship.

You're fine with or without her.

You're not pushing and asking, "*Can we have another chance?*"

You're not trying to get her to decide whether or not she's going to give you another chance.

You are fine with or without her.

You don't say that to her because that would be rude and it would cause her guard to go up.

Instead, you give her the impression based on your body language and the way that you're behaving and your conversations style that you are fine without her, but you also do find her attractive, you enjoy spending time with her and you do love her and like her.

[image: Make her really want you back]

What happens when you do that, is that it builds up sexual tension between you and her.

Sexual tension occurs when a man and a woman feels sexually attracted to each other, but there's an obstacle in between them having sex.

For example, a man and a woman in an office environment are attracted to each other, but it's forbidden to hook up and have sex with coworkers.

So, there's this sexual tension that keeps building up between them.

They're both feeling sexually attracted to each other, but there's an obstacle in between the sex happening and that is the policies, the management rules on employees not being allowed to have sex with each other.

You can achieve the same effect with your ex girlfriend or ex wife by making her feel attracted to you again, but not pushing for a relationship.

She's feeling sexually attracted to you, she can see that you're feeling attracted to her, but you're not pushing for a relationship and you're not even pushing for sex.

It's just building up between you and her.

She wants it.

She finds herself looking at you and feeling so attracted to you and also noticing that she might actually want you more than you want her.

Now, at that point, most couples are going to have sex and that's fine.

You can go ahead and do that and you get her back.

However, if you really want to mess with her mind and push it really far, you can leave at that point.

For example: She's feeling very attracted to you, she's falling back in love with you and you then say

that you've got to get out of there because you've got something to do (e.g. get to work, catch up with a friend that you promised you would help or talk to, run some errand that you have to attend to). She's going to be missing you like crazy at that point and she's going to regret leaving you. She's going to want you back.

3. Become truly, emotionally independent of her

[image: Become truly, emotionally independent of her]

Now, it's one thing to act like you're fine without her and it's another thing altogether to actually be fine without her.

Where guys go wrong when trying to get an ex woman back is that they are emotionally dependent on her.

They are emotionally dependent on her making a decision about whether or not she's going to get back with him.

Without her in his life, he feels lost, he feels depressed, he feels lonely, he feels like a bit of a loser, he's embarrassed to talk to his family and friends and coworkers because he's been dumped.

He needs to have her in his life to feel like he's good enough, to feel whole again and to feel good again.

Now, the problem with that is women don't actually want to be responsible for their man's emotional state.

Your woman doesn't want to feel responsible for your level of confidence and self-esteem.

What a woman really respects and feels attracted to in a man is when he is confident, happy and forward moving in life with or without her.

As I said earlier in the video, you don't want to actually say that to a woman though because it's a rude thing to say and it's also something that's going to make her guard go up.

If you do say it and she finds it to be rude, she might decide to seek revenge on you by saying, *"Yeah? Well, you're fine without me. Okay, I'm fine without you, too. Let's not talk again."*

Then she goes out with her girlfriends, hooks up with some guys and tries to make you feel hurt for saying that to her.

So, being fine with or without her isn't something that you ever have to say to a woman.

It's just something that comes across based on how you interact with her (i.e. you're not a needy guy, you're not pushing for a relationship. You're simply interacting with her, making her feel attracted to you and letting the tension build up).

So, if you want to make your ex regret leaving you, focus on leveling up in ways that she wasn't expecting you to, then interact with her, make her feel attracted, but don't push for a relationship.

When you do that, you're either going to get back with her right away or she's going to be regretting leaving you.

She's going to be thinking about you all the time, missing you and wanting you back.

Learn More?

Okay, I hope you've enjoyed this video and learned something from it.

If you'd like to learn more, I recommend that you watch my program, [Get Your Ex Back Super System](#)

When you watch the program, you will learn my best techniques for making a woman want you back now.

When you follow the steps to the system, you will get another chance with her.

She will drop her guard, open up to you and give you another chance.

She Probably Isn't as Strong as She Makes Herself Out to Be

[image: She's probably not as strong as you think she is]

One final point that I want to make for you in this video is to remind you that most women aren't as strong as they make themselves out to be.

Many modern women go around acting as though they are really strong, emotionally independent women and nothing rattles them.

Yet, the fact is that most women do have a cry once a week or many times a week or maybe a few times a month for the really strong women.

That doesn't happen for men. Well, most men, anyway.

We men are so much stronger than women when it comes to our emotions.

Here are some statistics to put it into perspective for you.

- According to the National Institute of Mental Health in the U.S.A., women are reported to experience depression at twice the rate of men.
- According to the Anxiety and Depression Association of America, women are twice as likely to experience anxiety compared to men.
- 60% of the people who have OCD, Obsessive Compulsive Disorders and phobias are women.
- According to a study published in Evolutionary and Behavioral Sciences, women experience more emotional pain than men after a breakup.

So, your ex woman might be putting on a great act of being super strong without you, not caring, being totally indifferent, but in most cases, what I've found is that it's not true, especially if her ex guy interacts with her at some point and makes her feel a spark of attraction.

In most cases, all it takes is a spark of attraction and then she starts to change how she thinks, behaves and acts.

For example, she interacts with her ex guy and he's so much more confident now.

He talks to her and makes her laugh and smile and she enjoys interacting with him.

As a result, she's going to feel a spark of attraction for that.

As you may know, women find guys attractive when they are confident and can make them laugh.

So, she's going to feel a spark of attraction.

Compare that to a guy who interacts with her and he's just being neutral.

He's just saying, *"Hey, how are you doing? How's things?"* in a neutral way like a friend.

He's not actively creating a spark of sexual attraction inside of her by approaching conversations in that manner.

In cases like that, she's not really going to feel much or anything for him, so she's just going to move on without him.

However, when a guy quickly levels up in ways that she wasn't expecting and then interacts with her and makes her feel attracted, she automatically starts to feel drawn to him.

She automatically starts to change how she thinks and feels and as a result, her behavior changes.

She goes from not wanting to be with him at all to regretting the fact that they broke up.

She feels attracted to him in new and exciting ways now and she wants to get back together with him.

He can then hook up with her sexually and get the relationship back together.

So, it's up to you whether you use a long, slow, drawn out approach to hopefully get her back many months or years from now, or if you use a quick approach to get her back within the next few days or couple of weeks.

If you aren't in a hurry to get her back, then you can go ahead and take the slower approach.

If you are in a bit of a hurry to get her back, then I recommend using a much quicker method.

I recommend getting the job done, taking control of the situation, quickly leveling up as a man, interacting with her, making her feel attracted and getting her back.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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How to Get Your Ex Girlfriend to Come Crawling Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

How can you get your ex to come crawling back to you?

She doesn't want to be with you at the moment.

She has walked away and she isn't trying to get back with you.

You want her back, but she doesn't seem like she's ever going to change your mind.

How can you get her to change her mind, change how she feels and come crawling back?

In this video, I'm going to talk about three things for you.

1. Where guys go wrong when trying to get their ex woman to come crawling back.
2. What can work.
3. The easiest and most effective way to get her to come crawling back to you.

1. Where guys go wrong

[image: Hoping that she comes back if he just cuts off contact]

The main area where guys go wrong when thinking about how they can get their ex woman to come crawling back, is to completely cut off contact with her for 30, 60 or even 90 days.

This is what a guy is hoping for...

She breaks up with him > He doesn't contact her for 30, 60 or 90 days = She comes crawling back.

Yet, in almost all ex back cases, this is what happens instead...

She breaks up with him > He doesn't contact her for 30, 60 or 90 days = She moves on without him.

Some guys can get their ex woman back simply by ignoring her for many weeks or months, but most guys don't get that result.

In most cases, the woman remembers exactly why she broke up with her ex guy.

So, she doesn't feel any motivation to want to go back to him.

She was turned off by him.

She broke up with him and if he doesn't do anything to re-attract her, she will simply move on without him.

An important thing to point out about cutting off contact is that it really does work differently for men and women.

For example, if a man broke up with a woman and she then cut off contact with him, he might eventually get to the point where he's not getting laid and he can't find a new woman.

He knows that his ex woman really wanted to be with him, she didn't want to go through with the breakup.

So, he thinks, *"Oh, well, I might as well contact her and catch up with her. I'll hook up with her, enjoy myself and then I'll break up with her again."*

A guy will often do that rather than going out there and having to go through the process of picking

up new women.

He will just go back to a woman that he can have sex with quite easily because he knows she still wants him.

Therefore, cutting off contact works quite well for women who want to get a man back.

However, the same rule doesn't apply when a man wants to get a woman back.

When a woman breaks up with a guy, it's almost always because she is no longer attracted to him.

She doesn't want to have sex with him anymore.

She doesn't want to be in his arms, she doesn't want to be kissed by him.

The reason why she broke up with him was that there were certain things about his behavior and approach to her that turned her off and caused her to just want to get out of the relationship.

If she's not getting laid, as you would know, it's very easy for women to get out there and instantly get some action.

So, rather than going back to a guy that she's not attracted to, she simply moves on and she forgets all about her ex.

This is why most guys who cut off contact for 30, 60 or 90 days don't see their ex woman come crawling back to them.

She wasn't attracted to him, so she broke up with him.

In most cases, the woman then continues to remember exactly why she broke up with him and simply moves on without him rather than coming crawling back to a guy that she isn't even attracted to.

Of course, sometimes a woman is still interested in her ex, but isn't willing to contact him first or to push for a relationship.

Why?

She doesn't want to end up getting rejected by him and then feeling like she is the one who got dumped and left behind.

For example, she worries that if she reaches out to show interest in him and asks to catch up, he might then say no and say that he doesn't want anything to do with her.

He's happy and he has moved on without her.

She will then feel rejected, feel brokenhearted and feel like she is the one who got left behind.

She doesn't want to put herself in that position emotionally.

So, rather than having the courage to lead the ex back process and potentially face rejection, she just stays quiet.

She thinks to herself, *"Well, if he wants me, he'll come and get me. He will contact me. He'll arrange a meetup. We'll connect again, we'll hook up again and we'll get back together. If he doesn't do that, then, well, I'm just going to have to move on."*

Okay, so that's where a lot of guys go wrong when it comes to hopefully getting their ex woman to come crawling back.

Now, let's look at what can work...

2. What can work (not recommended for most situations)

[image: Making your ex want you back by hooking up with a new woman]

Now, before I reveal what can work, I want to point out that this is not my number 1 method to get an ex woman back.

This is what can work, but this is what most guys don't want to do.

What can work?

Hooking up with other women to make her jealous.

That's a pretty obvious one to get a woman to come crawling back.

Most guys can put two and two together and work that out themselves.

If a guy has been broken up with by a woman, he can then go out and hook up with some other women and make her feel jealous.

Yet, here's the thing...

Most guys who want to get their woman back do not want to have to go out there and hook up with other women.

There's essentially three reasons for that.

1. The guy just wants his woman back. He doesn't want any other women.
2. His confidence has taken a bit of a hit since the breakup, or;
3. He's not really good at attracting and picking up new women.

So, with the first one, most guys are in a situation where they just want their ex woman back.

For example, a guy knows how much he has been through with his woman and how much they have grown together, how great it was to be intimate with each other and he just doesn't want to go and do that with another woman now.

He wants to continue doing it with his ex woman.

So, this is why the option of going out and hooking up with new women to make an ex jealous can work, but it's not usually at the top of the list of the favorite things to do for a guy who wants to get his ex woman back.

Okay, so the second reason was that his confidence has taken a bit of a hit since the breakup.

When a guy gets dumped by his woman, it's often a little bit embarrassing for him to have to face up to friends, family, and co-workers and have to admit that it's over between him and his woman.

He looks around at everyone else, his friends, his family, his co-workers and they're enjoying their relationships.

They seem happy.

They don't seem to be having any problems and here he is, he's dumped.

He's on his own now.

He's no longer in a relationship.

He's the single guy.

Depending on what his woman said to him during the breakup, he may have also taken a bit of a hit to his confidence because of that.

She might have pointed out a number of things that really turned her off and he might then start thinking that it's going to be really difficult for him to attract and pick up new women.

The third possible reason is where a guy really isn't that good at attracting and picking up women in the first place.

So, this is where a guy got lucky when picking up his woman and fumbled his way into a relationship with her.

He knows that it's going to be very difficult for him to find another quality woman like her.

As a result, he doesn't want to get out there and start dating again and hopefully find a woman who is as great as her. He just wants her back.

So, while hooking up with new women to make your ex jealous can work to make her come crawling back, it's usually not the most favorite thing for guys to do after they've been dumped by their woman.

Some guys can get out there and do it and they have no problem with it, but most guys don't want to use that option.

Additionally, while it can work to make an ex come crawling back, sometimes it can backfire.

For example, sometimes a guy will hook up with a new woman and his ex woman will then get jealous.

She will be feeling hurt by that and will go out and hook up with a new guy.

She might then really like the new guy and get into a relationship with him and not want to be with her ex anymore.

Alternatively, she might want to act like she's really happy with her new guy to make her ex guy feel a lot of pain, to get revenge on him.

So, it can backfire, but it also can work.

It can make a woman look at her ex man as now being more attractive to women and she then starts looking at him in a more positive light and thinking, *"Well, if other women are finding him that attractive, maybe he's not so bad after all."*

She then starts focusing on his positive qualities and comes crawling back or comes back to him and wants to give it another chance.

3. The easiest and most effective way to get her to come crawling back to you

[image: The easiest and most effective way to get your ex to come crawling back to you]

How does it work?

What you do is you give your ex 3 to 7 days of space.

Use that time to rapidly improve your ability to attract her, then interact with her and re-attract her.

Don't push for a relationship, though.

Instead, end the interaction and leave her wanting more.

That approach = She comes crawling back to you, or she simply comes back to you.

By the way...

There are many ways to re-attract your ex.

For example, you can do it via text, on a phone call, via social media or in person.

For the purpose of this video, I'll talk about an in-person interaction.

Say, for example, a guy caught up with his ex woman and he made her feel attracted to the new and improved version of him.

He started making her feel attracted to how confident he was now, to how he could get her laughing even though she was being a bit cold to him at the start of the meetup and how he could make her feel turned on by how masculine he was being and how feminine it made her feel in comparison.

When a woman's feelings have been reactivated in that way, she then starts to look at you in a completely different light.

She starts to think about you differently.

She starts to feel differently and she starts to make different decisions.

She starts feeling drawn to you and wanting to be in your arms, wanting to kiss you, wanting to have sex with you again, but she can also see that you're not chasing her, you're not pushing for a relationship and you're not desperately trying to get her back.

If a guy then ends the catch-up and they go their separate ways, what's going to be happening inside of her?

She is going to be missing him.

She's going to be feeling drawn to him.

She's going to be feeling as though there is still something between him and her.

If she doesn't get back with him or at least give him another chance, she may end up regretting him as the one that got away.

She'll begin to worry that if she gets into a relationship with a new guy and isn't happy, she's going to be missing her ex guy.

If her ex guy has moved on with a new woman and he's happy, she's going to be feeling like she has been left behind.

She has been rejected.

She is the one who is broken hearted and missing her ex.

So, rather than going through all that pain, she decides to contact her ex, catch up with him, give him another chance and enjoy what they now have, enjoy the new feelings that they are experiencing, enjoy the relationship and hope that it continues, hope that it doesn't end.

I hope that helps you understand that contacting your ex after the breakup doesn't make you desperate!

Instead, it puts you in control.

You're in control of the process because, rather than hoping that she comes back on her own for some random reason, you make her feel attracted to you and she wants to come back because she's feeling drawn to you again.

So many guys make the mistake of just cutting off contact and hoping that their woman comes back.

Instead, she moves on with a new guy and he is left behind.

Don't put yourself in that position.

If you want your ex woman to come crawling back, it's best to be a man about it and take control of the situation.

You can take control of the situation by actively making her feel attracted to you again when you interact with her.

Don't make the mistake of just cutting off contact and hoping that she might come back to you.

If she isn't attracted to you and she was turned off by you when she broke up with you, then she's almost certainly going to move on.

The easiest and most effective way to get a woman back after a breakup is to interact with her and make her feel attracted again.

When you make a woman feel attracted again, her guard comes down, she begins to enjoy herself around you and she opens back up to wanting to be in your arms again, kiss you and have sex with you.

When that happens, you and her naturally get back together.

It's not about you desperately trying to get her back.

Instead, it's about both of you having strong feelings for each other and feeling amazing as you get back together in an even better relationship than you had before.

Alternatively, rather than getting back with her right away, you can interact with her and make her feel very attracted to you again.

You can make her want you back.

You can then end the interaction and leave her wanting more.

She will then begin to worry that she's going to lose you and you're going to be the one that got away.

As a result, she'll come crawling back to you and you can then give her another chance with you.

Learn More?

[image: Get Your Ex Back Super System by Dan Bacon]

Okay, I hope you've enjoyed this video and learned something from it.

If you'd like to learn more, I recommend that you watch my program [Get Your Ex Back Super System](#)

When you watch the program, you will learn my very best techniques for making a woman come back to you after a breakup.

When you use the techniques from the program, she will feel a renewed sense of respect and attraction for you.

She will fall in love with you again and want to be in a relationship with you now.

Which Approach Do You Think is Best For You?

One final point that I want to make for you in this video, is that it's really up to you what you do from here on.

If you want to just cut off contact and wait and hope that she may come back one day, then go ahead and do that.

If you feel like it will work for you and she won't be able to handle not being contacted by you, then great – cut off contact.

Alternatively, if you want to try to make her jealous by hooking up with new women, then go ahead and do that.

However, what I recommend is that you consider using an approach that is very easy and effective.

That is where you interact with your ex and you make her feel attracted to you again.

You give her a reason to want to be with you.

Her feelings have been reawakened.

She wants to be around you now.

She wants to be in your arms.

She wants to be kissed by you.

She wants to have sex with you.

If you do that and you're also giving her the impression that you're not desperately chasing her and trying to get a relationship back together ASAP, then she will naturally start to come crawling back to you.

She will naturally want you back for her own reasons.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

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5 “Get Your Ex Back” Myths That Can Stop You From Getting Your Ex Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

When trying to get your ex back, you have to be careful that you don't believe in some of the myths out there about what you have to do.

There are many different opinions on what you should do to get your ex woman back and that is fine. Everyone is entitled to their opinion.

However, if you believe in any of the following myths and you follow through on it, it will most likely stop you from getting your ex back...

Myth 1: Both you and her need 30 days to heal

While it is true that some people need exactly 30 days or exactly 60 days to heal, it just doesn't apply to most situations.

For example: Some guys don't need any time to heal after the breakup. They just want to get their woman back and are ready to do so now.

Likewise, sometimes a woman breaks up with a guy and she doesn't need to heal because she doesn't feel attracted to him anymore.

She's not interested in the relationship and she just wants to move on. She's fine.

In other cases, sometimes a guy just needs a few days to calm down, gather his thoughts and prepare to re-attract his ex.

Sometimes a guy needs a week to do that.

However, what you'll find is that a lot of people will say that you have to cut off contact and heal for 30 days.

Some people will even say you have to heal for 60 days.

Here's the thing though...

I've been helping guys to get women back for years now and sometimes I find that a guy hasn't healed in YEARS.

His woman broke up with him 3, 4, 5, even 10 years ago and he's still not over it.

Why?

Time is not the answer.

Being away from her for 30 days and trying to heal is not the answer.

Even if you do heal during 30 days and you feel better about yourself, you're over her, you don't really need her back, then it doesn't guarantee that you're going to get her back.

Why?

One thing...

Attraction.

It's all about attraction.

The main reason why your ex doesn't want to be with you at the moment is that she's not feeling attracted to you.

If you give her 30 days to heal and get over you, it's not necessarily going to make her feel attracted to you again.

It will in some cases. That is true.

For example: Some women will have time apart from their guy and they'll end up thinking, *"Well, he wasn't that bad after all. Maybe I should give him another chance."*

Yet, what I've found is that most guys don't get that result.

Most guys who go through with the myth of *"You've got to give her 30 days to heal and yourself 30 days to heal"* get nothing in the end.

So, while you do need to calm down your thoughts and regain control of your emotions to be able to get her back, you also need to be able to re-attract her.

When you interact with her again after giving her some space, you've got to be able to make her feel a renewed sense of respect and attraction for you.

If you don't do that, then giving her time to heal will be a huge waste of time and will most likely result in her moving on.

Myth 2: Cutting off contact will get any woman back

[image: Cutting off contact does not get every kind of woman back in any situation]

It's true that cutting off contact with a woman after a breakup can get her back in some cases.

For example: If a woman is inexperienced with relationships and can't handle the pain of a breakup, then she will most likely contact her ex when he doesn't contact her.

Another example is where she is still in love with her ex guy and when he doesn't contact her, it hurts her so much.

She can't get over not being with him.

In those cases, it can work, but here's the thing...

I've been helping guys to get women back for many years now and I rarely come across a case where the woman is still in love with her guy and she can't deal with not being with him anymore.

Guys who are in that situation don't really need help to get their ex back!

The majority of guys who need help to get their ex back are in a situation where their woman doesn't want to be with him anymore.

She has lost respect for him, she doesn't feel attracted to him anymore and she's no longer in love with him.

She doesn't want to be in the relationship.

So, when he cuts off communication and just waits and hopes that she will come running back to him, it doesn't happen.

Additionally, when he's been cutting off communication for 30 days, he's been going through a living nightmare, a living hell.

He's been worrying the whole time, missing her, hasn't been able to eat or sleep properly.

Food that he usually enjoys just doesn't taste so good anymore.

He's not really interested in things that he used to be interested in.

He's just thinking about her and missing her.

Yet, he's not improving his chances of getting her back because she doesn't feel respect and attraction for him.

She's not in love with him.

So, the fact that he isn't contacting her doesn't mean much to her at all. She doesn't really care.

What I've found is that in cases like that, a guy needs to be active rather than inactive.

By active, I mean that the guy needs to actively improve

his ability to re-attract his ex.

He needs to get prepared to interact with her on the phone and in person so he can properly re-attract her.

He can make her feel a renewed sense of respect and attraction for him.

He then needs to actively get her on a phone call and actively get her to meet up with him and actively attract her. He needs to do something about it.

By inactive, I mean that a guy just cuts off communication with his ex and hopes that she comes back because he's cutting off communication.

What I want you to know is that it's a myth that you can get pretty much any woman back by simply cutting off communication with her.

It is true that some women will come back if a guy cuts off communication, but those women are the minority.

Those women are the ones who are still in love with their ex, can't move on without him, they're inexperienced with relationships and can't find a suitable replacement guy.

Here's the thing...

Even if a woman is kind of missing her ex because he hasn't been contacting her, he runs the risk that she will then find a new guy more interesting and attractive and

hook up with him.

If she was kind of hurting because he wasn't contacting her, a woman will usually try to fast-track their relationship.

She will hook up with a guy very quickly and focus on all of his good qualities so she can fall in love with him.

The new guy might not be perfect for her, but she's going to try to make herself feel better about the fact that her ex hasn't been contacting her.

Of course, that's if she actually cares at all.

A lot of women don't care about their ex guy after they've broken up with him because they don't feel respect, attraction and love for him anymore.

When she broke up with him, she was over it.

She didn't want to be with him anymore.

He wasn't able to make her respect him.

He wasn't able to make her feel attracted in the way that she wanted and she wasn't in love with him anymore.

So, when he stops communicating with her, he simply makes it easier for her to move on.

He doesn't interrupt the process of her getting over him by re-attracting her and getting her back.

What I always recommend is that a guy gives his woman 3 to 7 days of space.

During that time, he doesn't just sit around doing nothing!

He improves his ability to re-attract her.

He gets ready to re-attract her on the phone, to re-attract her in person.

Then when he does actually contact her on the phone and meet up with her in person, he re-attracts her, he makes her feel a renewed sense of respect and attraction for him.

What I've found is that in ex back cases where the woman doesn't want anything to do with the guy anymore, that is the only thing that works.

Sometimes it does work to cut off communication when the woman is inexperienced, she can't move on, etc., but in most cases, it just doesn't work and the guy ends up missing out on his opportunity to get her back.

He could have got her back in so many of those cases, but by simply believing in that myth that cutting off communication gets any woman back, he misses out on getting her back.

Myth 3: You should refuse a friendship with your ex and say that you only want a

romantic relationship

[image: Refusing to initially accept a friendship with an ex]

The thing is, it kind of sounds tough to say that you only want a relationship or nothing.

It's like, *“Hey – I don't stand for that. If you don't want to be anything other than my girlfriend or my wife, then I can't have anything to do with you. I won't accept that. A friendship isn't good enough for me. You have to give me a relationship or nothing.”*

It sounds tough.

It sounds cool.

It sounds like you're standing your ground, yet it doesn't actually work to get an ex woman back in almost all cases.

Why?

She doesn't feel respect, attraction and love

for the guy.

She's over it.

She wants to break up with him.

Why is she going to commit to a full-on romantic, sexual, loving relationship when she's not even feeling respect, attraction and love for him?

A comparative example of that is like going up to a woman in a bar and saying, “*Hey, look. If I’m going to talk to you, I need a guarantee that you actually want to have sex with me tonight. I don’t want to stay in here talking to you for 30 minutes or an hour and then I don’t end up banging you. Look. I find you attractive. I want to have sex with you, so just make it clear for me now that if I talk to you, you’re going to let me bang you.*”

Of course, that approach doesn’t work.

It might sound cool, it might sound tough, it

might sound like, *“Yeah! That’s how we should talk to women!”* but it’s not going to work unless the woman is really drunk or really unattractive.

Most women are going to be saying things like, *“Get away from me,”* because the attraction isn’t mutual yet.

You see, most men can feel instantly attracted to a woman’s physical appearance and want to have sex with her regardless of what she’s interested in, what she wants to talk about, what brand of clothes she’s wearing and all that sort of stuff.

The guy finds her attractive.

He wants to have sex with her.

Yet, for a woman to want to have sex with a guy, he needs to be able to make her feel attracted when he talks to her.

That way, it’s a fair value exchange.

She's feeling attracted, he's feeling attracted.
“Okay, now it's mutual. Let's get something going on.”

The same principle of there needing to be mutual attraction applies when you're getting an ex back.

In order for a woman to want to get back with her ex, he needs to make her have feelings for him again so the feelings are mutual.

If she says that she's willing to be friends with him and keep the lines of communication open and he goes and says,
“Well, no. I only want a romantic relationship with you. If you're not interested in a serious relationship, then I can't have anything to do with you. It's too difficult for me.”

If he does that, he's jumping the gun.

He's trying to get the result before he's even

**put in what is required to get the result,
which is create mutual feelings.**

He feels attracted to her, he feels in love with her, but he's got to make her feel the same way first.

So, that's another myth that you'll come across out there where people say that it's cool and tough to not accept a friendship with your ex initially.

Some people will have the opinion that you have to stand your ground and say that you only want a romantic relationship.

Yet, that just doesn't work because the feelings aren't mutual at that point.

It's like walking up to a woman in a bar and saying, *"Hey. I'm only going to talk to you if you suck me off tonight. I'm only going to talk to you if you end up going home with me and I can bang you. Otherwise, I'm not going to*

waste my time.”

It sounds cool, it sounds tough, but that’s not what actually works.

What works is when you make a woman feel attracted to you.

You make her feel respect.

You make her feel love.

You create a situation where there are mutual feelings.

When there are mutual feelings, a woman wants more than just a friendship.

This is why the myth that you should never ever accept a friendship situation with your ex initially, causes so many guys to lose their ex woman.

He could have gotten her back, but he said no to an opportunity to re-attract her.

What I recommend that you do instead is that you accept the friendship, but you don’t

act like a friend.

Think about it when you're picking up women, when you're on a date or even when you're in a relationship.

If you want the woman to want you sexually, you don't just act like a friend.

If you're meeting a woman for the first time and you don't make them feel sexually attracted to you and you just make them see you as a friend, then they're not interested in almost all cases.

If you're on a date with a girl and you're not flirting with her and creating a spark, she's just going to say, *"I think we're better off as friends. Let's just leave it at that."*

If you're in a relationship or a marriage and you treat your woman like a friend and you just act like a friend, then the sexual spark is going to die out.

Likewise, when you're getting your ex back, you have to focus on actively making her feel sexually attracted to you.

[image: Using a friendship with your ex to get her back]

How can you do that?

You've got to be able to interact with her.

You've got to be able to talk to her on the phone and meet up with her in person.

What better way to do that than to be friends?

[image: Using a friendship with your ex to get her back]

Of course, you're not going to be her friend if you're making her feel sexually attracted!

The relationship is going to get back together naturally (and very quickly, if not instantly) on the basis of attraction.

She is going to feel sparks of sexual and romantic attraction for you and as a result, she simply won't be looking at you as a "just a friend."

Where guys go wrong is that they accept a friendship with their ex and then they act like a friend.

They are nice and neutral and sweet and supportive and they listen and they're patient and they're understanding and blah, blah, blah.

That doesn't make a woman feel turned on. Women do like it when a guy is a good guy and all that sort of stuff, but what is most important is that when you're interacting with her, you make her feel a sexual spark with you.

You make her feel a romantic spark with you.

You make her look at you as not being just a friend.

Myth 4: You should ignore breadcrumbs from your ex

Breadcrumbs from an ex are essentially any type of contact or interest shown, where she doesn't directly ask to have a relationship with you again (e.g. she texts you, "*Hey, how are you?*" or clicks like on one of your posts on social media).

This myth is tied up into the whole No Contact madness that you'll

find out there online.

People will say, “*If you go No Contact, it means no contact. If your ex contacts you and she says anything other than ‘I want to get you back’ just ignore her text. Ignore anything that she sends to you.*”

Yet, here’s the thing...

Women don’t always say what they want directly.

Sometimes they just give you hints and subtle cues and they show a little bit of interest.

Sometimes a woman is afraid that

you're going to reject her.

She's afraid that you've gotten over her and when she sends you a message and says that she wants to get back with you, you're going to say, "*No. I'm not interested,*" and then she is going to be the one who is feeling her after the breakup.

She broke up with you, so she got away with feeling a lot of the pain that the person who gets dumped feels.

So, what women will often do when they want to get their ex back who isn't contacting them is

that they'll send little messages here and there.

She might say, "*I miss you.*" She might say "*Happy birthday.*" She might say, "*I left something at your house that I want to pick up.*"

She might ask you something random about whatever.

Yet, what you'll find out there online when people are discussing how to get their ex back on forums, is that they will say, "*Just ignore anything that isn't an explicit request to get back with you. If she just wants to send you*

bread crumbs and mess with your head, then don't reply. Just give her some of her own medicine."

That's just not going to work in most cases, because most women aren't going to be very direct about wanting you back.

They're just going to give you hints and cues.

Additionally, what I've also found by looking at forums and I've read thousands of posts, by the way, is that women will often get on the forums and say, "*I sent my ex a text and I want him back. And he*

didn't reply. What should I do now?"

Then I read another forum post by a guy saying, “*I want my ex back so bad. I miss her, but I’m doing No Contact. She sent me a text about something random and I ignored it. Am I doing the right thing?*”

Pretty much everyone on the forum who hasn't ever gotten an ex back will then chime in and say, “*Yeah, yeah, just ignore her. If she’s not asking to get back with you, just ignore her.*”

It's just silly.

If you want to get your ex woman back, you have to be more mature about it.

You have to be the more emotionally strong one.

You have to be the man.

You have to be willing to take the risk to go through the process with her, go through the ex back process.

Get her back.

Take the risk to be the one who can potentially get rejected.

However, you're not going to get rejected if you're focused on

attraction.

If you're making her feel a renewed sense of respect and attraction for you, then she is going to start to want to get back into a relationship with you.

She's going to start feeling drawn to you.

She's going to start missing you and thinking, *“Why are we not together? Why am I imagining kissing him all of a sudden? Why am I imagining being in his arms again? Why do I want to be back with him?”*

So it's important to understand that there is a myth out there that you should ignore breadcrumbs or little teasers or feeler texts from your ex.

I say no to that.

I say be a man about it.

Take the opportunity and use it as a way to make her feel attracted to you again.

Joke around with her via text.

Get her on a phone call.

Get her to meet up with you and re-attract her the whole way.

Make her feel that renewed sense

of respect and attraction for you.

By the way...

An example of re-attracting your ex is to understand exactly where you were going wrong and where you turned her off.

In a lot of cases, this is going to be different to what your woman said to you when she broke up with you.

Sometimes a woman will say something like, *“I just need space. I need time by myself. I don’t want to be in a relationship anymore. I don’t know if I’m in love with you*

anymore. I just don't feel the same way anymore. I can't be in a relationship at the moment" and so on.

She'll give you all sorts of random, vague reasons like that.

However, one of the real reasons that a woman will break up with a guy is that he's just not man enough for her emotionally.

He's too insecure or too emotionally sensitive.

He allows her to walk all over him or he thinks that letting her have most or all of the power is going to

make her happy.

He's just not man enough for her.

Now, in most cases, a woman doesn't want to tell a guy that when she's breaking up with him.

Why?

Many reasons but, to name a few...

One, she doesn't want to feel like she's his teacher in life about how to be a man.

Two, she doesn't want to feel like the changes that he will make all of a sudden are fake. He might start acting like more of a man

and go too far with it where he becomes domineering and very arrogant.

Number three, she's worried about how he might react if she says something like that to him.

Sometimes a guy will react by crying. Sometimes a guy will react by getting angry and maybe even violent.

Sometimes a guy will react by begging and pleading and bombarding her with texts and phone calls.

Sometimes a guy will be showing

up at her front door demanding that she speaks to him and demanding that she gives him another chance to prove that he is more of a man now.

So, those are some of the reasons why women don't always tell the real reason why they're breaking up with a guy.

If you want to properly re-attract your ex, you have to understand exactly where you were going wrong and what really turned her off.

When you interact with her, you

have to be able to display that in how you talk to her, how you react to her, how you behave and so on.

Myth 5: It's needy to want your ex back

A lot of people out there will say, *“An ex is an ex for a reason. Just leave her. If she doesn't want to be with you, then screw that bitch. She's going to come back*

and it was meant to be, but if not, who cares? There's plenty women out there.

Why are you being so needy for? Just go get another woman."

You'll get that sort of opinion out there and it's okay.

People are allowed to have different opinions.

Yet, just put that person in

**your situation and see
what they'll say then.**

**If a guy ruins his marriage
or ruins his relationship
with his girlfriend, he loves
her, he really wants to be
with her and he screws it
up by making some
mistakes, then she breaks
up with him and he wants
her back.**

There's nothing wrong

with that. The guy made some mistakes. He's a good guy. He wants to get his woman back. That is not needy.

If a guy mans up, improves, stops making the mistakes and re-attracts her, then he's become a better man.

[image: Giving her a better attraction experience]

He's also offering her a much better attraction and relationship experience now, so she wants the relationship just as much as he does.

She can truly respect him now.

She can truly feel attracted to him, whereas in the past, she only kind of felt attracted to him or she

used to really feel attracted to him and then she stopped feeling attracted to him because he changed.

Likewise, the love can be so much better now because he's such a better man.

He's more of a complete man now that he has improved as a result of the

lessons he's learned from the breakup, so the love can be so much better.

Yet, you won't necessarily get that kind of understanding from people out there when they hear that you're being dumped and you want your ex back.

Some people will say to you that it's needy, it's

desperate, it's weak and all other types of negative things to get your ex back. Yet, as I said, put that same person in a situation where they lose the love of their life and see how they react.

It's totally normal and natural to love your ex woman and want her back. If you become a better

**man, a more complete man
and you can offer her a
better attraction and
relationship experience,
then everyone wins.**

You are a better man.

She gets a better man.

**You and her get a better
relationship experience,
the love is more real, it's
more meaningful, it feels
better and so on.**

Of course, that said, some guys do get needy and desperate when they're trying to get their ex woman back and that isn't a good thing.

That doesn't help them and it's not nice for the woman either.

So, when a guy is being desperate and needy and he's focusing on the fact

**that he really needs her
back and his life is
horrible without her and
he can't live without her,
then he's not doing what
he needs to do to get her
back.**

**He has to use the 3 to 7
days of space to quickly
regain control of his
emotions, calm down his
thoughts and prepare to**

**properly re-attract her.
If he's not doing that and
he's just panicking and
worrying and begging and
pleading with her, texting
her nonstop, asking for
another chance, trying to
convince her and so on,
then it's not going to work.
She is going to feel
annoyed by that.
So, the thing is, it's not**

**needy to want your ex
back if you go about it in
the right way.**

**Going about it in the right
way is where you calm
down your thoughts, you
regain control of your
emotions and you prepare
to attract her.**

**If you do that, then you
are doing a good thing for
yourself and you're going**

to be offering something to her that she is going to enjoy.

When you meet up with her, you are going to make her feel so much respect, attraction and love for you.

She's going to look at you in a positive light.

She's going to realize that you really have changed

**and she really does feel
differently around you
now.**

Things feel good.

She can feel the love.

**She feels like she should
give you another chance
because it feels right to
her.**

Learn More?

Okay, I hope you've enjoyed this video and learned something useful from it.

If you need more help to get your ex back, I recommend that you watch my program, Get Your Ex Back Super System

**It's a step-by-step system
so you will know exactly
what to do each step of the
way.**

**You will learn exactly
what to say and do to
make her feel attracted to
you so she wants to be
back in a relationship with
you.**

**It's not just you wanting to
be with her. She feels**

attracted to you. She feels respect for you. She feels love for you.

Trust Your Gut Instinct

One final point that I want to make for you in this video is to trust your gut instinct.

When you are thinking

about whether or not you should just cut off communication with your ex and wait for her to come back, trust your gut instinct on that.

If you feel like she is going to miss you like crazy because you cut all contact with her and she's going to text you and call you and want you back, then cut off

contact with her.

However, if you feel like she doesn't really care about you anymore, doesn't care about the relationship, she doesn't feel much respect for you, she doesn't feel much attraction for you and she's not in love with you, then you need to trust your gut instinct on that.

**You need to imagine how
it's going to play out...**

**You stop contacting her
and you just wait and hope
that she comes back yet
she moves on.**

She finds a new guy.

**She finds him attractive
and interesting.**

**She gets into a new
relationship and she just
doesn't care about the fact**

that you're not contacting her anymore.

Likewise, if you feel like you need a lot of time to heal, then trust your gut instinct on that, but just understand one thing...

Many guys don't get over their ex woman for YEARS, so waiting 30 days or waiting 60 days or waiting 90 days or any

**other type of number
doesn't guarantee that
you're going to heal and
get over her and never
want her back.**

**What I recommend is that
rather than waiting for
months or years to finally
get over her, you calm
down your thoughts,
regain control of your
emotions and prepare to**

re-attract her.

If you want to do that on your own, then you can go ahead and do that.

I have lots of free videos that you can watch about how to get your ex back.

I have also written loads of articles on my website about how you can get her back.

You can read and watch

**everything that I've
created on the topic.**

**Alternatively, if you want
to fast-track your success,
I recommend that you
watch my program, Get
Your Ex Back Super
System**

**When you watch the 10
hours of video, I will take
you through the process of
calming down your**

thoughts, regaining control of your emotions and preparing to re-attract her.

Most guys who watch my program are ready to contact their ex right after watching the program.

Some guys do need a week and some guys need a week and a half or so.

f you want to fast-track

your success, I recommend that you watch my program.

Alternatively, if you can't afford it or you want to take your time with it, I recommend that you watch as many of my free videos as you can and read as many of my articles on my website as you can because I always give out

free tips.

I always focus on helping you understand what you need to do, boosting your confidence, giving you examples of how you can attract her and so on.

Finally, if you want to get your ex back, just understand that it's not a needy thing to do.

In fact, it's often a noble

thing to do when a guy becomes a better man and gets his woman back and then has an even better relationship with her.

He becomes a man that she can respect, a man that she can feel truly attracted to and truly in love with.

This applies to boyfriend-girlfriend relationships and it also applies to

marriages.

Sometimes a guy has his first girlfriend and he screws it up.

Sometimes a man is married and they had a great marriage before but he ruined his wife's feelings of respect, attraction and love for him. He then gets her back and they have a happy

family again.

**Likewise, with a boyfriend
and girlfriend relationship,
sometimes a guy is on his
second or third
relationship in life and he
screws it up.**

Yet, he then regrets it.

**He knows that she is the
one for him.**

He wants to get her back.

He knows that the

**relationship can be better
this time around.**

**There's nothing wrong
with you doing that.**

**There's nothing wrong
with you becoming a better
man getting her back and
enjoying an even better
relationship than before.**

**You can do it so go and get
her back.**

×

[image]

**Almost there! Please
complete this quick form
to gain instant access.**

[image: Dan Bacon]

**Simply enter your
email address and
click the orange
button to gain**

free, instant access!

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The 5 Best Ways to Get Your Ex Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you're looking for advice now on how to get your woman back, you've no doubt tried a bunch of things already and it just hasn't worked.

You might have been able to get some initial results with her when she was breaking up with you, and you might have been able to get another chance with her, but you're most likely at the point now where nothing is working anymore.

She is not changing her mind.

She is not changing how she feels.

So, you're stuck.

To help you with that, I'm going to give you the 5 best ways to get a woman back, so you can choose the quickest approach for you to get her back.

What I've found by helping hundreds of phone coaching clients now is that every relationship is unique, every break up is unique and you can't just use the same techniques and tactics that you'll find out there online to get every or any woman back.

You've got to tailor your approach to get her back and then follow that through to the end.

So, the way I'm going to explain this all for you is to first point out the low success rate techniques that guys use, and then give the five high success rate methods that I give my phone coaching clients to get their woman back.

10 Low Success Rate Ex Back Tactics and Techniques

[image: Ex back low success rate tactics]

Low success rate ex back tactics and techniques include:

1. Begging and pleading.
2. Promising to change.
3. No contact.
4. Not giving her any space at all.
5. Crying to her.
6. Asking her to help you to change.
7. Pouring your heart out to her.
8. Being her new ATM (i.e. buying her lots of things or paying her way in life).
9. Trying to convince her to give you another chance via endless texts, emails and messages.
10. Getting her friends and family involved.

So why are they low success rate tactics and techniques to use to get a woman back?

1. Begging and pleading

[image: Begging and pleading - low success rate]

Begging and pleading is a low success rate tactic because a guy can usually get another chance with a woman by begging and pleading with her when she is initially breaking up with him, if she cares about him enough.

However, if she gives him another chance and he doesn't really change and the dynamic of the relationship is really just the same, she'll eventually break up with him again within a few days, a few weeks or a month or so.

Then, when he tries to beg and plead again, she will just say no and she won't want anything to do with him unless he can get her back using other methods.

2. Promising to change

When a woman is breaking up with a guy initially, she will sometimes accept his promises to change and that's why it's a low success rate tactic in ex back situations.

Some guys are able to get a woman to give them that extra chance, but when she sees that he hasn't changed and it's still the same thing, she will most likely just break up with him again, and then when he promises to change, she won't believe him.

3. No Contact

[image: No contact - low success rate]

No contact essentially means not contacting a woman for 30 to 60 days after a breakup.

In most cases that I've seen over the years, avoiding a woman for that long just doesn't work.

Of course, it does work in some cases where a woman really loves the guy and she can't deal with the pain of their breakup and the pain of not having him in her life, so when he stops contacting her, she feels that pain, she contacts him and wants to get back together with him.

However, with the majority of ex back situations that I've dealt with over the years, a guy is at the point where his woman doesn't have feelings for him anymore and she's had enough.

[image: No contact won't work on all women]

When he stops contacting her, she just uses that time to move on.

This is why the No Contact Rule is a low success rate tactic to use to get a woman back.

It can sometimes work with women who are inexperienced with relationships and don't really know what to do if their ex suddenly stops contacting them.

Yet, the majority of women will either contact their ex just to check that he's still missing her, and if he is, then she thinks something like, *"He's using that no contact rule that people talk about online,"* and then loses more respect and attraction for him as a result of trying to use a tactic like that on her.

4. No giving her any space at all

In some ex back cases, (e.g. when a guy has been clingy and needy and controlling and jealous), it is a good idea to give the woman 3 to 7 days of space before contacting her.

Any longer than that though and it's just a waste of time because 3 to 7 days is usually more than

enough time for a woman to calm down, feel like her ex isn't stalking her and harassing her and things, and then she becomes open to interacting with him, meeting up with him, etc.

However, despite the fact that a little bit of space can help to get a woman back, it is also possible to get a woman back by not giving her any space at all.

Some guys are able to do that by jumping all over the situation, being in her face, constantly going around to see her, constantly meeting up with her, and then they get her back and they get another chance.

Yet, it's not a high success rate technique because a lot of women get annoyed by that and they end up asking the guy to give them some space, and in most cases, the guy is not able to do that and he turns her off even more by being needy and clingy and desperate, and then she breaks up with him for real.

5. Crying to her

Not every guy makes this mistake, but some guys do.

About 30-40% of my clients have told me that they made the mistake of crying to their woman or breaking down and sobbing to her.

Sometimes, crying can make a woman give a guy another chance, because she feels sorry for him and she feels bad that she is making him feel that way.

However, it's a very low success rate technique because women don't feel respect and attraction when a guy can't control his emotions in a moment like that.

She doesn't want to see her man going to desperation mode and feel like he's got no control over a situation and start crying like a boy would cry to his mother.

Over the years, some of my female friends have shared their thoughts with me while going through a breakup, and some of the things that I've heard women say about a guy who cried to them during a breakup include, *"I've lost all respect for him at that point. I was disappointed to see him in that way. I just can't look at him the same way anymore. I didn't think he would be like that."*

Essentially what those women are saying is that they stopped looking at him as being their man. They stopped looking up to him.

Don't stress and don't worry if you have made any of the mistakes that I'm talking about so far. You can always recover from mistakes that you make with your girlfriend, fiancée, or wife.

These types of mistakes here where begging, pleading, trying to convince her, not contacting her, potentially crying, etc, are all recoverable. You can recover from it with a conversation where you get her to forgive you and to not see that as such a serious mistake.

6. Asking her to help you to change

This is a low success rate tactic because some women will be willing to help their guy change and improve, but the majority of women don't want to be in a position where they are a man's teacher in life about how to be a man.

A woman doesn't want to feel like she's in a mother-son, or big sister-little brother or teacher-student type of relationship.

She wants to feel like she is with a man that she can look up to, she is with a man who knows how to

be a man without her instructions. She wants to have a ready-made man.

7. Pouring your heart out to her

In some cases, this can work because the woman might feel as though the man is really sincere, he really loves her, and there is no point getting rid of that love if it's so strong, and she then gives him another chance.

Yet, in a lot of the cases that I've seen where a guy has poured his heart out to a woman, it's been a situation where he is already being clingy and needy, or on the opposite end of the scale, he has taken her for granted and hasn't really cared about her, and now that she has broken up with him, he is pouring his heart out, telling her how much he loves her.

The problem with that approach is that when a guy is pouring his heart out, he is often coming across in a way where he seems desperate and lost without her.

The thing is, a woman does want a man to love her and want her and appreciate her, etc., but she doesn't want a guy to be pouring his heart out and giving her the impression that his whole life is destroyed and ruined without her in it.

She doesn't want to have that sort of control over her man.

8. Being her new ATM

Some of the guys that I've helped via phone coaching have told me all sorts of things that they've bought for their woman, and ways that they've started to support her since the breakup.

For example: A guy taking his girlfriend for granted, she dumps him, and then he goes and buys her a really expensive ring. She takes the ring and doesn't get back with him, and just keeps taking advantage of him and his generosity.

Other examples include paying for her expenses in certain areas of life, and also offering to buy her things to make her happy.

In some cases, that can get a woman back temporarily where she takes advantage of her guy and gets a bit of revenge on him, but in most cases, it just doesn't work, because you can't really buy a woman's love.

A woman has to be able to respect you and look up to you and feel attracted to you in the ways that are really important in a relationship, and then the other things like buying her something every now and again is seen as a very welcome bonus and nice part of being with you.

Yet, buying her things, giving her money or paying for her expenses in life isn't the way of getting a woman back.

9. Trying to convince her to give you another chance via endless texts, e-mails and messages

Pretty much every guy that I've helped has used this tactic.

Sometimes, it does get through to a woman, something that the guy says gets through to her and she then says, *â□□Alright, I'll give you another chance,â□□* or *â□□Alright, I'll meet up with you,â□□* or *â□□Okay, you can come around or Iâ□□ll come around,â□□* etc., and he gets another chance with her.

However, the reason why it's a low success rate tactic to use to get a woman back properly is that it doesn't last.

A guy might get an initial chance back with this woman by bombarding her with loads of messages and trying to convince her, but if the dynamic of their relationship is still the same and he's still making the same communication mistakes in person, then she is most likely just going to breakup with him again.

10. Getting her friends and family involved

Sometimes, this tactic can get a woman back if the woman's parents or friends really like the guy, and they put in a good word for him and they tell her to give him another chance.

Yet, in most cases, it's one of those backfire techniques where when a guy does it, it makes the situation even worse.

People start saying bad things about him and start saying that she needs to distance herself from him because he is out of control.

The 5 Best Ways to Get Your Ex Back

[image: Ex back - high success rate]

Now that we've got the low success rate techniques out of the way, what I'm going to do now is give you the high success rate ways to get a woman back.

1. Get her to forgive you, get her respect back, make her feel attracted to you, and then get her to agree to a two-week trial where you're back together to see how it goes.
2. Get her to forgive you, get her to feel respect for you, get her to feel attracted to you then hook up one last time when you meet up, and then ask for a two-week trial.
3. Meet up with her, make her feel respect and attraction for you, and then hook up with her.
4. Meet up with her, make her feel respect and attraction for you, get her to agree to another catch up, then at the next catch up, make her feel more respect and attraction and hook up with her.
5. Get a new attractive girlfriend, make her feel jealousy and loss, meet up with her, have a discussion that results in mutual forgiveness of each other, make her feel respect and attraction for you, and hook up with her.

By the way..

Most guys don't have to use the approach of getting a new, attractive girlfriend because the other methods work fine.

I know that most guys who want to get their woman back aren't interested in dating other women right now. Thankfully, the other 4 approaches listed above work and what works even better is the 7-step solution that I provide in my program, Get Your Ex Back: Super System.

Get Your Ex Back: Super System is the very best approach that any guy can use to get his woman back. More than 100 of my phone coaching clients have successfully used the Get Your Ex Back: Super System approach to get their woman back and you can do it too.

What Are You Going to Do About Your Woman?

At this point, you've really got 3 options.

1. Do nothing

you might decide that you don't want her back or you're not prepared to do what it takes to get her back. You might then continue to live with the pain of not having her as your woman anymore and hope that you get over it at some point.

2. Take what you've learnt from this post and try to figure out what to say and do on your own

Some men are capable of getting a woman back on their own, but a lot of men really do need help at this point.

A guy will be feeling emotional, he will be feeling insecure, he might be panicking that he's going to lose her, or that she's going to fall deeply in love with another guy, and he really can't control the way that he is acting and talking to her and interacting with her, and he needs some guidance.

So, if you feel like you can figure it out on your own, then I recommend that you go ahead and do that, but if you do need some help, I recommend that you have to think about option number three.

3. Get her back by following the simple steps in my program, Get Your Ex Back: Super System

All you have to do is watch the 10 hours of video, and by the end of it, you'll be ready to contact her and get her to respect you again, get her to feel attracted to you again, and get her to open up to giving you another chance.

My system is designed to get a woman back no matter what the situation is (e.g. if it's a new relationship, if she lives overseas, if she lives with you, if you're married, if you're only together for one year, if you have children, if you don't have children, if she hates you, if she kind of likes you, if she is seeing someone else) because the same fundamental rules apply.

What you've got to do is the same as what other guys have got to do.

You've got to get her respect you again, you got to get her to feel attracted to you and you've got to establish a new relationship dynamic. So if you want me to help you get her back, I recommend that you watch my program, Get Your Ex Back: Super System

It also comes with two bonuses.

The first bonus is all the Facebook, Phone and Text Message Examples from the Get Your Ex Back: Super System program.

So, it's a quick reference guide.

Rather than you having to sift through the 10 hours of video and trying to find examples of what to text her and say to her on the phone, you've got all that in a quick reference PDF guide that you can open up on a phone, on a tablet, or on a computer.

The next bonus is Ultimate Make Up Sex and it's 2 hours and 47 minutes of video. I explain exactly how to give her the type of sex that will completely change her mind about the breakup.

My Mission is to Help You

Something, I want to point out here for you is that all I really care about is you getting results.

I really do understand the situation that you're in, because I went through it.

A long time ago, before the internet had people online helping each other out, I met a girl at a party and I got lucky with her, because I was a bit drunk, she was a bit drunk, and we started kissing and then we got into a relationship.

I became clingy and insecure, needy and jealous and she eventually went out with her sister and a friend one night, cheated on me, and then dumped me the next day over the phone.

To say that I was devastated is an understatement.

I was destroyed.

I was absolutely destroyed.

She was the love of my life, and everywhere I turned, people were just saying, *â€œOh, don't worry about her. There are plenty of fish in the sea. You'll find another girl. If it wasn't meant to be, it wasn't meant to be. Give it time. Time heals all wounds,â€* all that sort of crap.

They were telling me that kind of thing nonstop, but I didn't want to hear it.

I wanted to get her back.

Back in that time though, there was no internet with people helping each other out. So, I was stuck.

What happened for me is that I went on after that for a couple of years or so, where I was lonely, and I couldn't get an attractive woman, somewhat unattractive women were interested in me, but I wasn't interested in that.

I wanted to get my ex back, or to get a new, hot, attractive woman, but I just didn't know how to attract women.

Eventually, I got to the point where I had enough of missing out on love and sex and relationships, so I decided to go out and approach women every weekend until I worked out how to actually attract women on purpose, how to have my choice with women.

Initially, approaching and meeting new women was a horrible experience. I got rejected constantly, because I didn't know what I was doing, but eventually, I worked out the secrets.

I went on to have sex with more than 250 women. I lived the Playboy lifestyle for about 10 years and really enjoyed that and then I found the girl of my dreams.

She was 20 when I met her, and I was 35, and weâ€re now married. I'm 38, she is 23, and we are very happy married. We're at the point now where weâ€re working on starting a family.

So, it didn't turn out so bad in the end for me after all. I ended up with a very beautiful wife and weâ€re very happy.

But if I had a time machine, I would definitely want to go back and give myself the advice that I have in my "Get Your Ex Back: Super System" program and say, *â€œDan, guess what, you can get her back. Don't listen to all these other people saying that you can't get a woman back. Thereâ€s plenty of fish in the sea. If she walks away, and doesn't come back, then it's not meant to be, all that sort of crap is crap. You can get her back. Here is what you got to say, here is what you got to do, go on do it.â€*

I then would have gotten her back.

But, I suppose, I wouldn't have been sitting here now ready to help you.

What I am going to teach you in Get Your Ex Back: Super System is proven to work. I created the ex back process by helping more than a hundred phone coaching clients to get their woman back.

I've helped guys from all over the world who were trying to get women back at a point where she was saying, *â"¢No, get away from me. I don't want anything to do with you. I don't have feelings for you anymoreâ"¢* and he then got her back.

What you're going to learn in Get Your Ex Back: Super System turns the situation around and makes her want you back.

You really can make her feel differently about you, even if she currently doesn't want anything to do with you.

As you might have noticed throughout life, you can go from disliking someone when you first meet them to liking them.

You can go from disliking a person that you've known for a while and then they change the way that they interact with you and they talk to you in a different way, and then you start liking them, and you might even really like them.

That's how the psychology of human emotions work.

Human emotions are not set in stone. They're not unchangeable.

You can make her feel respect for you again. You can make her feel attracted to you again. You can bring down her guard, and when her guard is down, you can guide her back into a relationship.

Get Your Ex Back: Super System – Frequently Asked Questions

The other thing that I want to do for you in this video is answer a bunch of frequently asked questions that I get about Get Your Ex Back: Super System.

1. How quickly will I get the program?
2. Will it work for my situation?
3. What is she says that it's too late to get her back?
4. How fast can I get her back?
5. What if she's already seeing someone else?
6. What if she has blocked me on social media and won't answer my calls or texts?
7. What if she doesn't want to give me another chance?

1. How quickly will I get the program?

That's an easy one to answer. It's an instant download. You will also have lifetime access to come back in and watch it at any time in your customer account and you can download it on as many devices as you want — your phone, your tablet, your computer, etc.

2. Will it work for my situation?

Yes.

I understand that every situation is unique.

Your situation is not the same as other guys, but the fundamentals remain the same.

You need to get her to respect you, get her to feel attracted to you and establish a new, better relationship dynamic.

When you approach it in that way, it does work.

The woman does change the way that she feels. Her guard does come down, and you can guide her back into a relationship.

3. What if she says that's it's too late to get her back?

Don't worry.

Most woman say that when they go through a breakup. They say things like, *â€œGet away from me. I don't have feelings for you anymore. It's too late. I don't want to be with you. I'm over it.â€œ*

Yes, that's how she is feeling at the point of the breakup, but you can change the way that she feels. Other guys gotten a woman back even though she wasn't initially interested and so can you.

4. How fast can I get her back?

It depends.

Some guys are able to get their ex back immediately, some guys need a few days, some guys need a week or two, and sometimes it takes a bit more than a month or so.

It really depends on how strong the relationship was and how bad the breakup was.

For some guys, they finish watching the 10 hours of video and they then contact their ex and get back with her.

Some guys contact their ex, they arrange a time to meet up, they meet up with her, and then she's a little bit stubborn for a while, she doesn't want to meet up, she's still a bit 50-50, and then they're able to get her back the next week.

Some guys are blocked from everything (i.e. social media, phone, in person visits), and she doesn't want to talk to them, so they need to use techniques prior to being able to get her on the phone, to be able to get her to answer a text, get on the phone, and then meet up with him.

Sometimes, that process (of getting her to unblock and be willing to meet up) can take a couple of weeks depending on how bad the break up was and how turned off the woman is.

It really depends on your situation, but what I can guarantee for you is that my approach to getting a woman back is the fastest way to get her back because it's not about ignoring her.

I'm not telling you, *â€œHey, go no contact and stop talking to her for 30 or 60 days.â€œ* Instead, I'm saying, *â€œGet this done now.â€œ*

I'm saying watch the 10 hours of video, and at the end of the 10 hours of video, start getting her back right away. Start contacting her and start doing what you need to do to get the relationship back together.

5. What if she's already seeing someone else?

A lot of guys start off at this point, but they still get her back.

In my program, I explain exactly what to text her and what to say to her on the phone to get her to agree to meet up with you regardless of how close she is with this new guy and how protective this new guy is of her.

The way that I recommend that you explain the meet up to her is a non-threatening meet up. The new guy doesn't have anything to worry about and he has to accept it. She just has to go and catch up with you.

When you get her to catch up with you and interact with you in person, that is when the real magic happens.

That's when all of my attraction techniques and persuasion techniques start to come into play, and you're able to get her to forgive you, get her to feel respect for you, get her to feel attracted to you, and get her to bring her guard down and open back up to having feelings for you again.

6. What if she has blocked me on social media and won't answer my calls or texts?

This is actually pretty common, so don't think that you're the only one who is in that situation.

A lot of guys are at a point where their woman has either blocked them or is no longer responding.

All of the texts, social media messages, examples of what to say when you actually get her on the phone are all included in my program, and if she has completely blocked you and you've only got email, you can also send a message via email to get her to unblock you, answer a text, and get on the phone call with you.

7. What if she doesn't want to give me another chance?

In my program, I provide two plans of action.

The first plan is Plan A and the second plan is Plan B.

Plan A most guys are able to get their woman back by following that strategy. However, in extreme ex back situations, where the woman is very stubborn and she is continuing to say no matter how much respect and attraction you make her feel, you then need to go to Plan B.

Plan B makes her feel a whole range of painful and positive emotions as well as making her feel more respect and attraction for you, and you can then contact her again, meet up with her, and get her to give you another chance.

Hundreds of guys have already used my programs to get woman back and I've help countless guys via my phone coaching service, and you can do it too.

You are capable of making her feel differently. You are capable of getting her to bring her guard down.

All you have to do is watch the 10 hours of video, and then begin to follow the steps, and you'll see that things begin to change.

As soon as you use the techniques, she changes the way that she responds to you. She changes the way that she looks at you. She changes the way that she talks to you, and her guard starts to come down and you can then guide her back into a relationship with you.

So, if you are serious about getting her back, I don't recommend that you waste any more time ignoring her or trying to convince her to give you another chance.

I also don't recommend that you waste weeks and maybe months trying to figure this stuff out on your own when you learn it all in 10 hours of video training.

I offer a 30-day money back guarantee, and you're welcome to try my program.

All you've got to do is go through the training, start using the techniques, and you will see that she changes the way that she feels about you, responds to you, talks to you, and behaves around you.

Her guard will start to come down, and you can then guide her back into a relationship with you.

You Getting Her Back is What Matters the Most

I hope this post has been helpful for you, and I also hope that you take the next step and watch my program, so I can help you get her back as soon as possible.

By using the [Get Your Ex Back Super System](#) method, you're going to save time.

Rather than wasting weeks or months trying to figure it out by trial and error, and potentially turning her off even more, you'll be ready to contact her in an attractive way after watching the 10 hours of video.

The techniques and methods in my program changes how she feels and she then drops her guard and opens back up to being in a relationship with you.

[image: Ex back meet up]

When you do get back with her, the relationship is going to be better than, before because it's going to be a new dynamic without the old mistakes.

You're going to be making her feel respect attraction and love for you in ways that she hasn't experienced before. It doesn't matter how good your relationship was in the past, that has to be put aside for now.

What you need to do, if you want to get her back, is create a new relationship dynamic that feels attractive and interesting and exciting and enjoyable to her, and you can do that.

I'm ready to guide you through the process of doing it. I'm ready to give you all the examples of what to say and do to make it happen. It's now up to you to take the next step and watch my program.

Okay, so to close up here, I just want to say that, I hope this post has been helpful for you and I really do look forward to helping you get your ex back.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to

gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

The Biggest Mistake to Avoid When Trying to Get Your Ex Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

A major mistake to avoid when you're trying to get your ex-girlfriend, fianc  , or wife back is to turn into an emotional wussy.

The more of an emotional wuss that a guy becomes, the more it annoys the woman because women are not attracted to the emotional weakness of men.

[image: Women are not attracted to emotional weakness]

Women are always attracted to the emotional strength of men. For example: Confidence, self-belief, high self-esteem, self-assurance, determination to succeed, etc.

So, if a guy is displaying emotional, wussy behavior where he's being insecure, emotionally sensitive, appears to be lost without her and is also afraid to joke around because he's worried that it might upset her, that is going to turn her off.

[image: Fix your emotional issues first, otherwise she will continue to feel turned off]

When going through a breakup, what a woman positively responds to is when a man is confident in himself and he doesn't stop being his real self. He doesn't lose confidence in his ability to make her feel attracted.

He also doesn't feel like it's no longer his place to joke around with her, and flirt with her, and make her feel attracted. It is his place because he is a confident, loving man and he can make her feel attracted, and he can also make other women feel attracted.

He might not want other women because he wants her, but if he wanted to have other women, he could because he's a confident, loving man who knows how to attract women.

Using Humor Rather Than Being an Emotional Wuss

[image: Use humor rather than being an emotional wuss]

One of the best ways to show your ex that you're not emotionally weak, is to have the balls to joke around in moments where you would usually just be polite, nice and essentially suck up to her.

For example: A guy is talking to his woman and she says, *"I don't have feelings for you anymore."* He can joke around with her at that point, and get her laughing and smiling, which is going to make her feel some attraction and respect for him.

So in response to her saying, *"I don't know if I have feelings for you anymore."* He can then smile and say in a joking manner, *"Yeah, me too. I hate you now. You're my bitchy ex-girlfriend who broke my heart. Oh, I'm going to cry now."*

She's most-likely going to laugh and smile in that moment.

Important: Saying that to her isn't the magic secret to getting an ex back; it's just something in that moment that's at least going to make her smile and maybe even make her laugh. It's also going to make her feel respect for the fact that the guy isn't losing confidence regardless of what she says.

He maintain his confidence in his ability to make her feel attracted.

He knows that by getting her laughing and smiling like that, in a moment where she's not really feeling sure about her feelings, is going to make her have some feelings for him.

[image: Show her your emotional strength at all times]

She's going to feel good around him, she's going to be laughing and smiling, which is going to mean that she has some feelings for him.

He knows that he can create that.

When you know that you can create attraction inside of a woman, you've got nothing to worry about. Whatever she says to you, you can use it as an opportunity to make her feel respect and attraction for you.

If you are sincere about wanting to get your ex back, you need to use every interaction, whether that's via text, on a phone call, or in person as an opportunity to make her feel a renewed sense of respect and attraction for you.

When you approach it in that way, she will drop her guard, begin to have feelings for you again, and become open to meeting up and experiencing the new and improved version of you in person.

When you meet up and make her feel a lot of respect and attraction, she'll most likely be open to hooking up again and giving the relationship another chance.

Getting an ex back is easier when you focus on making her feel attracted to you, rather than wasting months ignoring her or wasting loads of energy on endless phone calls where you're trying to convince her to give you another chance.

In most cases, a woman is only going to give a guy another chance if he has the ability to make her have feelings for him again.

You can make her have feelings for you in many different ways. One of those ways is getting her laughing and smiling and another way is to show her that you've moved beyond the level that you were at when she broke up with you.

For example: If a guy got broken up with because he didn't have much purpose in life, he didn't have much ambition. He was just sitting around, or working in a crappy job, or wanting to spend most of his time with her and just clinging on to her.

What's going to make her have some feelings for him again (it's not going to be the ultimate solution to getting her back, but it's going to make her have some feelings for him again), is to see that he now has big goals in life and he's starting to make some progress towards that.

That is what really counts.

It's about making her have some feelings for you again, allowing her to smile and laugh when she's interacting with you, allowing her to look at you in a new, positive light and see that you have begun to move beyond the level that you were at when she broke up with you.

You don't have to become perfect though, you don't have to fix everything and become a super, amazing man to get an ex back.

It's actually a lot simpler than that.

Another example of getting her smiling, and maybe even laughing, is where she asks, *"Is it still cool to contact you? Do you want to stay friends?"* and then the guy can respond to that in a way that

makes her laugh.

So with the example of her asking, *“Is it still cool to contact you?”* A guy can then say, *“No way. Don’t ever contact me again, I never want to hear from you. Why would I want to hear from you? If you call me, I’m hanging up right away. I’m just, like, end phone call, every time.”*

At that moment, she’s going to be able to smile, she’s going to be able to feel some respect for him that he is confident and he’s in control in that situation.

Compare that to a guy who responds to her question of, *“Is it still cool to contact you?”* with *“Of course, contact me any time,”* or even worse where he says, *“No, don’t contact me again. I won’t be able to handle that. If you don’t want to be with me, then don’t contact me. I can’t deal with that, it’s going to be too painful,”* and then she loses respect for him for being an emotional wuss.

With the other example of her asking, *“Do you still want to be friends?”* a guy can also use that as an opportunity to get her smiling and maybe even laughing.

She asks, *“Do you still want to be friends?”* A guy can say, *“Yeah, we’ll be best friends. We’ll go shopping on Sundays, we’ll gossip on Mondays, and we’ll text like crazy during the week about all the TV shows that we’re watching. We’ll be best friends forever.”*

In that moment, she’s going to be able to smile and she might even laugh. More importantly, she is going to be able to feel some respect for him and isn’t going to be looking down on him for being an emotional wuss like or lacking the confidence and balls to joke around with her.

On the other hand, if a woman asks that question, *“Do you still want to be friends?”* Her boyfriend, fiancÃ©, or husband says, *“No, no, no, I don’t want to be friends. If you don’t want to be with me, then I don’t want to be interacting with you. It’d be too painful, etc.”*

That’s not going to make her feel respect and attraction for him in that moment.

She’s going to feel as though he’s not emotionally strong, he can’t even deal with what’s going on and it’s going to make her lose even more respect and attraction for him.

Need More Help?

If you need more help to get her back and you don’t know what to say or do for your specific situation, I have an amazing program called Get Your Ex Back: Super System.

It’s 10 hours of video training and by the end of it, you will know exactly what to say and do to get her to give you another chance.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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Is There a Chance to Get Back With My Ex Girlfriend?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Yes, because most relationships can get back together after a break up.

It all depends on how you approach it.

You will have the highest chance of getting her back, if you:

1. Fully prepare yourself to attract her in new ways, the next time you interact with her

[image: Fully prepare yourself to attract her in new ways, the next time you interact with her]

If a guy doesn't change his approach to attraction and then interacts with his ex, then she's not going to feel motivated to give him another chance because it seems like it would be the same kind of relationship experience as before.

For example: If he was insecure in the relationship and still seems insecure to her, then she will assume that nothing would really change.

She'd still end up feeling turned off by his insecurities and wanting to end the relationship once again.

As a result, she doesn't see any point in giving him another chance and then having to go through with another break up.

So, she ends up rejecting him when he tries.

This is why, you need to make sure that you are fully prepared and ready to attract your ex girlfriend in new, interesting and more appealing ways when you next interact with her.

For example: Some of the ways you can do that, include:

- Being a lot more confident and self-assured around her, rather than feeling insecure and unsure of yourself, or being kind of confident.
- Being an emotionally independent man who loves her and does want her back, but doesn't actually need her back to feel better about himself.
- Standing up to her or putting her back in her place in a loving, but assertive way, rather than letting her get away with bad behavior (e.g. insulting you, being unreasonable, lying about or exaggerating the reasons for the break up, throwing tantrums, completely blaming you for the break up, accusing you of being a bad boyfriend to her, making herself out to be an innocent victim, even though she contributed to the break up in many ways).
- Using humor to diffuse an angry, tense conversation about the relationship, rather than resorting to blaming her, trying to make her feel guilty or feel bad about herself. This is an example of standing up to her in a loving, but assertive way (i.e. you're not cowering under her pressure or feeling intimidated by her anger or annoyance. You have the balls to remain calm, confident and in control and use humor to lighten the mood, even though it seems risky to do so. You're not intimidated, but you're not being an asshole about it. You're doing it in a loving, but assertive way).

- Being an emotionally masculine guy that she can look up to, respect and depend on because you are in control of your emotions, rather than copying her way of being (e.g. becoming very emotional, always wanting to talk about your feelings with her, being too cute to the point where you end up acting more like a boy than a man, throwing a male tantrum, sulking, storming out of the room in a huff or because you're upset and can't control yourself).
- Being more assertive (in a loving, respectful manner) towards her, rather than acting like a nice guy to hopefully suck up to her. Women aren't attracted to nice guy who try to suck up to them. You always have to maintain your masculinity, while still being a good guy. If you stop being masculine and start being too soft, gentle, accommodating and nice, her attraction for you will switch off.
- Using ballsy humor or playfully challenging humor to make her smile, laugh and feel good in your presence, rather than being so serious about everything and making her feel tense or bored. For example: She asks you, *â€œSo, have you missed me?â€* and you say in a confident, playful manner, *â€œOnly as much as youâ€™ve missed meâ€* or, *â€œMissed you? Hang on, whatâ€™s your name again? Who are you?â€* or, *â€œIâ€™ve missed your cooking, but not youâ€* or, *â€œI only miss you when Iâ€™m doing laundry. Can you do my laundry for me?â€*
- Flirting with her to make her feel like a sexy, desirable woman, rather than treating her like a neutral friend and giving her the impression that you're not interested in her sexually and romantically anymore.

The more that you attract your ex girlfriend in new, interesting or appealing ways, the more she will feel as though it's in her best interests to give you another chance, or else she will end up regretting it later on.

However, if you try to get her back by giving her what she had with you in the past or behave like you did leading up to, during and after the break up, it's almost certainly not going to be enough for her.

So, she will keep trying to find herself a replacement man to help herself move on and discourage you from trying to get her back.

2. Don't immediately try to get her to commit to a relationship

[image: Don't immediately try to get her to commit to a relationship]

You might be totally ready to get back into a relationship with your ex right now, but she's probably not feeling the same way about you yet.

You can change how she feels, but until then, it's a one-sided relationship (i.e. you feel attracted to her and want her back, but she doesn't feel the same way).

The thing is, when a woman breaks up with a guy, she will have usually disconnected from her feelings of respect, attraction and love for him in advance.

Weeks, months and sometimes even years in advance, a woman will begin preparing herself to break up with and move on from her man.

Then, when she eventually breaks up with him, she will usually be at a point (emotionally) where she feels completely disconnected from him and ready to begin moving on.

So, if her ex then tries to push her into getting back together, without first reactivating her feelings, rather than thinking, *“Oh, wow – he sounds so sincere about changing and making me happy. Maybe I should give him another chance,”* she will usually think something like, *“How can he even think about us getting back into a relationship? Doesn’t he realize that my feelings for him are gone and that nothing about his actions and behavior has changed that so far? He wants me back now, but he hasn’t even changed yet. I have no guarantee that he will change and at this point, I just can’t be bothered waiting around to see if that will happen. I fell out of love with him a while back and it just feels like too little, too late for me now. I’m done.”*

She then tells him that he doesn’t have a chance with her, she is over it and he should just move on.

That’s why, if you want another chance with your ex girlfriend, it’s very important that you don’t put any pressure on her to commit to being in a relationship with you.

The best approach is to interact with her and focus on having fun and feeling good as you talk to each other.

Make her laugh, smile and feel good to be talking to you, rather than making her feel tense, stressed out or pressured to commit to getting back together.

The more relaxed she feels when talking to you over the phone or in person, the more open she will become to seeing you in a different light.

Then, rather than focusing on your past mistakes, she will begin to see the positive things about the new and improved you.

As a result, her guard will come down and she will begin to reconnect with her sexual and romantic feelings for you again.

At that point, she will feel as though you and her are boyfriend and girlfriend again, but haven’t officially gotten back together.

She then wants to get back with you and explore her new feelings for you, rather than risking you losing interest and moving on with another woman instead.

Another thing that will increase your chances of getting back with your ex girlfriend is

3. Don’t waste time ignoring her for many weeks or months

Sometimes a guy will the mistake of thinking that giving his ex girlfriend a lot of space, will eventually cause her to forgive his mistakes, miss him and want him back.

She will then contact him and he will get her back.

Sounds great, but it rarely works out that way.

Why?

In most ex back situations, the woman has lost too much respect, attraction and love for her ex to care that he’s not contacting her anymore.

In fact, she will usually feel relieved and happy that he (her ex who she is no longer attracted to and

no longer wants to be with) is not trying to convince her to give him another chance.

She knows that he could probably convince her to give him another chance if he re-attracted her and seduced her, but if he doesn't try, then she is free to move on with other men.

So, what a woman will usually do, is use the time that her ex isn't contacting her, to move on.

This usually involves her going out with her single friends and meeting and hooking up with new guys, for drunken one night stands that she often doesn't even admit to her friends (i.e. she tells her friends that she shared a taxi or Uber with the guy, but she got out at her house and he went home. She never admits to future boyfriends, or her husband that she has has one night stands).

Alternatively, she gets on dating apps, lines up a bunch of dates with random, handsome men, hooks up with one or two of them and possibly gets into a new relationship and falls in love.

Then, by the time her ex eventually reaches out to her again, he is shocked and disappointed to find out that she has been happily moving on and enjoying single life, or has fallen in love with a new guy and is in a committed relationship with him now.

Her ex is then left feeling devastated and wondering what went wrong.

He thought that cutting off contact with an ex woman was a great trick to use, but it wasn't.

Why?

Unfortunately, what a guy like that often doesn't realize is that ignoring an ex who doesn't have feelings for you, is the absolute worst approach to getting her back.

The reality is that even if a woman does still care about her ex and is secretly hoping he will attempt to get her back, there is no guarantee that ignoring her for weeks (or a month or two) is going to get her back.

Instead, in most cases, the woman begins thinking things like, *"Well, I guess he doesn't have feelings for me after all. If he did, he would have at least called me to check how I was doing, but he walked away and has never looked back. What a fool I've been for hoping that we could possibly work things out, while he's probably been moving on by having sex with other women. Well, enough is enough. I'm done with him. It's now my turn to move on!"*

She then opens herself up to going out, meeting, having sex with and dating new men.

Then, when her ex finally gets in touch with her, she will likely say something along the lines of, *"Why are you calling me now? We've been broken up for ages. I don't get it. Anyway, I'm seeing someone else now and I'm happy. So, please don't call me again. Bye."*

So, what should you do instead?

If you want to give your ex girlfriend some space to let things calm down between you and her, that is totally fine.

However, giving her any more than 7 days of space is a waste of time.

Why?

Waiting longer than that can cause a woman to believe that you're no longer interested in her.

So, a woman will usually then double her efforts to fully get over you and move on.

This is why, you should give her a few days to a week of space if you want to.

During that time, you should fully prepare yourself to give her an upgraded attraction experience when you interact with her again, so she actually feels motivated to get back with you.

Then, call her on the phone, re-attract her and get her to want to catch up with you in person.

In person, fully reactivate her feelings for you and get her back.

That's how real men get women back.

No games, just natural attraction and a confident, assertive, loving approach that works.

4. Level up as a man in ways that she wasn't expecting

For a woman to want to give an ex man another chance, she usually wants to see that he's leveled up as a man and is now able to offer her a new, exciting and different attraction experience than he did before.

For example: He can now stand up for himself when she is talking down to him, but do it in a way where he is being lighthearted and easygoing, while also being assertive.

As a result, he's still being a good guy, but is more ballsy or manly now, which she likes.

Alternatively, he's more confident and self-assured now, he is focused on his goals and ambitions and is starting to make progress, or he makes her feel like a desirable woman rather than a neutral friend, buddy or housemate.

If her ex can show her that he's not stuck at the same level as before, she will automatically start to feel a renewed sense of respect and attraction for him.

She won't necessarily jump all over him and want him back immediately just for that, but it will make it easier for him to get her back because she'll see that things really would be different now.

On the other hand, if a woman notices that her ex's approach hasn't really changed or improved or has become unattractive in other ways (e.g. he's become too nice, he's trying to suck up with her, he seems desperate and lost without her), she will feel as though she'd probably be better off without him.

As a result, she will want to continue moving on from the break up.

By the way!

If you're unsure how to go about leveling up in ways that she will find attractive, here are some questions that will help you figure it out.

Ask yourself:

- Do I make her feel feminine in contrast to my masculine vibe and approach, or does she only really experience neutral, friendly feelings for me now, or worse, only feel negative, uncomfortable feelings?
- Am I always able to remain confident when she tries to test my confidence by being cold and distant, throwing a tantrum or pretending not to be interested in me anymore, or do I crumble and become insecure and unsure of myself under her pressure?
- Do I believe in myself and in my value to her no matter what, or do I feel as though she's out of my league and I was just very lucky to have her?
Am I emotionally independent (i.e. don't need her reassurance to make me feel confident, happy, or sure of myself), or am I clingy, needy and insecure?
- Do I make her feel as though she needs to put in effort to impress me and maintain my interest,

or am I way too keen, nice and predictable, so she doesn't feel the need to impress me much, or at all?

- Am I able to break through her bad moods and get her to smile, laugh, open back up to me and feel like being close with me, or do her moods intimidate and confuse me?

By asking yourself the questions above, you may have begun to realize some of the ways that you had been turning off, as well how you can now re-attract her in ways that she isn't expecting.

When you re-attract her in ways that she isn't expecting, she suddenly feels drawn to you again and realizes that she isn't completely over you.

Additionally, she realizes that if she gave you another chance, it would be enjoyable for her too.

As a result, giving you another chance becomes something she warms up to.

However, if you remain stuck at the same level you were at before, not only won't she be interested in giving you another chance, but you will struggle to find or keep another quality woman like her.

When a guy experiences that, he often ends up feeling unworthy of quality women (even though is more than worthy) and eventually accepts a woman that he's not even very attracted.

Then, he spends his life feeling secretly miserable, missing his ex and wishing that he could get her, or another quality woman like her.

Yet, if he doesn't ever level up his ability to attract and keep a quality woman, he will almost certainly struggle in that area for life.

So, be sure to level up (and quickly) before you contact her in the next week or so.

Don't wait too long.

Make it happen asap and get her back.

5. Let her sense that if she got back with you now, it would be a completely new and enjoyable relationship dynamic

[image: Let her sense that if she got back with you now, it would be a completely new and enjoyable relationship dynamic]

Getting the dynamic in a relationship right, is the best ways to make a woman feel motivated to be loving, attentive and devoted to you for life.

It makes her feel as though she made the right decision to be your girl and that it would be next to impossible for her to find another man like you.

As a result, she doesn't want to leave you and works hard to maintain the relationship and be a good woman to you.

On the other hand, if you get the relationship dynamic wrong, a woman will be unhappy, fall out of love with you over time and begin heading towards leaving you.

Eventually, when is ready to do so, she will break up with you and leave.

So, if you want another chance with your ex girlfriend, it's essential that you understand how to let her sense that if she got back with you, it would now be a completely new and enjoyable

relationship dynamic.

What are some examples of good vs. bad relationship dynamics?

- A good relationship dynamic is when you are the more emotionally dominant one, so she can relax into thinking, acting and behaving like a feminine woman around you.
- A bad relationship dynamic is when youâre submissive, timid, hesitant and essentially allow your woman to walk all over you with her confident, dominant personality, which ends up making her feel like the boss in the relationship, or like the âmanâ or the one who is wearing the pants.
- A good relationship dynamic is when you make your woman feel sexy and desirable.
- A bad relationship dynamic is when you treat a woman more like one of your buddies, or end up taking her for granted and making her feel like you arenât really impressed by her appearance or feminine appeal anymore.
- A good relationship dynamic is when you believe in yourself and in your value to a woman, which then causes you to think, act and behave in a confident, emotionally strong way.
- A bad relationship dynamic is when you feel as though you got very with her and sheâs out of your league, which can cause you to become needy, clingy, jealous and overly protective of her.

So, are you ready to interact with her today, make her feel attracted to the changes in you and then get her back?

Alternatively, do you need a little more help to prepare yourself, before you interact with her, re-attract and get her back?

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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4 Mistakes to Avoid if You Emotionally Abused Your Ex and Now Want Her Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your ex feels as though you abused her emotionally and is reluctant to give you another chance, it doesn't mean that you have no chance with her at all.

Even though emotional abuse isn't a good thing, the reality is that millions of couples break up and get back together over much worse things than emotional abuse.

So, don't count yourself out yet.

You still can get another chance with her and create new, happier, more loving and mature relationship that feels amazing for the both of you.

You can do that if you approach the ex back process correctly (i.e. in a way that makes her feel attracted and drawn to you and wanting to be with you again).

If you want to achieve that and get another chance with her, be sure to avoid making any of the following common following mistakes that other guys make when in a situation like yours:

1. Not getting clear on new and better ways of communicating with her, before reaching out to her again

[image: Not getting clear on new and better ways of communicating with her, before reaching out to her again]

Better ways of communicating with her doesn't mean going from being a bit of an asshole, to being a super nice, sweet, polite, caring guy.

That's just not going to work.

Guys who use the nice guy approach with women struggle with dating, when in relationship and when trying to get an ex back, because women simply don't find it attractive when a guy is being too nice, in order to suck up to her.

Additionally, being too nice often comes from a place of desperation (i.e. the guy is desperate to get laid or get a girlfriend, but has no idea how to make women want him. The guy notices that his girlfriend is losing interest and thinking of breaking up with him, so he becomes really nice to hopefully get her to take pity on him and not leave. The guy feels guilty for emotionally abusing his ex, has no idea how to re-attract her, so starts being really nice to hopefully get her to take pity on him and give him another chance).

So, if you want to get your ex back, you need to make sure that you are ready and willing to use a communication style with her that will actually re-attract her.

For example: If you didn't really listen to her opinions before and would put her down, start listening to her opinions and being open to them, but don't just agree with everything she is saying to hopefully get her to take pity on you.

She won't.

Instead, she will feel as though she's got too much power over you now (due to your desperation

to get her back) and as a result, she will feel turned off by you.

So, listen to her opinions, be open to them and take some of them on board, but also remember to make the interactions feel fun and cause her to feel attracted to you, by adding in some humor, playfully making fun of some of the things she is saying, playfully making fun of yourself and just generally making the situation feel a little lighter and more easygoing, rather than so serious, angry and confrontational.

So, if she angrily said, *â€œYou always pointed out my faults and never complimented meâ€* you can say (in a joking way), *â€œThatâ€™s because there is nothing to compliment.â€*

You can then smile, laugh and say, *â€œJust kidding. I was an asshole for not complimenting you, when there were so many things about you that I could have complimented and that I could compliment you on now. I never told you that I thought you looked beautiful in the morning when you would wake up. You always looked cute in the mornings, but I never said it. I also never told you how much I appreciated your support of me; just the way you are as a woman. You had my back, but I didnâ€™t have yours because I was being an asshole.â€*

When a woman hears you say something like that with sincerity, she can then realize that you really do get where you were going wrong with her and more importantly, that things might actually be different if you got back together.

Additionally, this is a more subtle point, but is also very important.

That is, many women are attracted to the idea of turning an asshole of guy (or a bad boy or player,) into a good, loving, committed man, who still maintains his confidence and masculinity (i.e. he doesnâ€™t turn into a sappy, nice guy).

Itâ€™s not something that women like to go around admitting openly, but many women do feel attracted to unpredictable, challenging, emotionally unavailable men who they can potentially tame and turn into a more loving, present man.

Likewise, many women struggle with understanding what they actually want from men because a woman will often meet a really nice guy, who is kind, committed and totally serious about her, but she wonâ€™t want to be with him, even though that is what she wants.

Whatâ€™s missing for her is the attraction, because guys like that are often too nice, accommodating, predictable and easy (i.e. she doesnâ€™t really have to do anything and the guy treats her like a princess and is totally committed to her. She can even treat him very badly, ignore him, disrespect him and use him and heâ€™ll still keep treating her like a princess. As a result, she feels as though he is desperate, or has no backbone).

Itâ€™s a difficult thing for a lot of people to understand, but the answer is simple.

Itâ€™s about attraction.

If a woman feels attracted to a guy (e.g. because heâ€™s confident, a challenge, a good man, charming, charismatic, funny), but heâ€™s also a bit emotionally unavailable or emotionally abusive, she will usually be much more willing to try and make that relationship work, compared to a relationship with a guy who she isnâ€™t attracted to, but he is doing all the â€œniceâ€ things that come with a relationship.

A lot of women really struggle with that and end up getting in and out of relationships into their 30s and 40s as a result.

Yet, if one of those women were to find a good man who treated her well, but also knew how to make

her feel attracted, then she would happily settle down with him.

The problem for women is that those men are so hard to find.

So, in terms of you and your ex: You most likely have a lot of qualities that she looks for in a man and she probably felt a lot of attraction for you in the relationship.

As a result, she is probably still feeling a certain level of attraction to you and wondering why she feels that way, even though you were emotionally abusive.

Itâs not that she wants the emotional abuse, but she wants the attraction she felt with you, as well as a relationship where she is treated well, loved, respected and appreciated.

If you can interact with her and let her sense that you are now that kind of man (donât tell her that, because it can easily appear to her that youâre trying to sell yourself to her out of desperation), she will struggle to get over you and will want to give you another chance.

So, hereâs the thingâ|

Your ex is likely expecting you to talk and behave in the same ways you did before the break up (e.g. not listen to her and insist that your opinion is the right one, take everything she says too seriously and then get annoyed or upset with her), or try to get her back with a nice guy approach (i.e. suck up to her).

If you approach her in those ways, itâs an almost 100% chance of failure.

So, donât do it.

Instead, surprise her and reawaken her feelings for you by communicating in a new and better way that matches where you and her are at right now.

When you do, you will see a complete change in her and her treatment of you.

Yet, if you use the same old approach, or turn into a nice guy, then sheâs going to keep moving on without you.

Another mistake to avoid isâ|

2. Seeking forgiveness in a way that seems selfish to her

[image: Seeking forgiveness in a way that seems selfish to her]

For example: A guy might apologize by telling his ex girlfriend how guilty he feels about the pain he caused her and how he hasnât been able to sleep or eat since she left him.

He will tell her that he has been suffering emotionally and may even be depressed now because of it.

He might also say that heâll never be able to forgive himself if she doesnât accept his apology.

From his point of view, heâs trying to emphasize how deeply sorry he is, but from her perspective, all sheâs basically hearing is, *âMe, me, me!*â

As a result, she naturally perceives him as being selfish and not having changed at all.

So, she continues to move on without him.

3. Hoping she will be impressed and want him back, if he says that heâs been

going to a therapist, or psychologist to get help and fix his issues

[image: Hoping that it will impresses her if he says that he's been going to a therapist, or psychologist to get help and fix his issues]

Women don't like it when an ex guy goes to therapy, or sees a psychologist and then tells her all about it to hopefully get her to praise him for becoming a better man, or to feel pity for him and give him another chance.

It can not only make the woman feel like the guy is a mess and she should steer of him, but it can also make her feel as though he's trying to manipulate her into giving him another chance by making her feel guilty (i.e. how could she dump a guy who has huge issues stemming from his childhood, or previous relationships? How could she just leave him like that? Does she have no heart?).

So, what should you do instead?

What a woman wants to see from her ex after a break up (if she is still interested in him), is that he levels up as a man and then lets her experience that, without having to tell her all about the journey he has been on (i.e. going to therapy sessions, seeing a psychologist for hours and crying his eyes out about his childhood or previous relationships).

A woman doesn't want to feel like she has to say, *â Oh, there, there. You poor thing* like a mother, or big sister.

She wants a man that she can look up to, respect and feel proud to be with, not a guy who is a mess and needs her to take pity on him.

So, if you have to fix, adjust, change or improve certain things about yourself, then by all means, do it.

Just don't tell her all about it.

Instead, let her experience the new and improved you, feel attracted to you because of it and then naturally want to give you another chance as a result.

If she doesn't open up to giving you another chance right away, it will be on her mind all the time because she has felt a renewed sense of respect and attraction for you.

As a result, she will begin missing you, worrying about you moving on without her and fearing that she may regret not giving you a chance while she still can.

4. Writing her a letter to explain everything he has learned, what he's sorry for and how much she means to him

[image: Writing her a letter to explain everything he has learned, what he's sorry for and how much she means to him]

Sometimes a guy will do that because he hopes that if he puts himself down enough times in the letter, his ex will feel like she has finally gotten through to him and he is now worthy of another chance.

Yet, a letter leaves way too much room for misinterpretation because she can't hear the sincerity in his voice, sense his vibe or assess his body language.

As a result, rather than giving him the benefit of the doubt (i.e. totally believing that he is coming from a sincere place, is confident, has truly changed), she may assume that his letter is another way

for him to attempt to manipulate her and abuse her emotionally (i.e. by making her feel sorry for him enough to give him another chance. Then, she finds out that heâ€¢s still the same as before. Yet, before she has a chance to dump him, he dumps her for revenge).

That is why, you should try to achieve everything via texts, emails or messages with your ex.

If you want your ex to forgive you and want to give you and the relationship another chance, the best approach is to interact with her over the phone (audio or video call) and preferably in person.

When you talk to her over the phone or in person, you should give her a brief, sincere apology and then just focus on reawakening her feelings of attraction for you.

×

[image]

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My Ex Said That I Was Emotionally Abusive

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 7 common reasons why a woman will say that to her ex man.

Which one do you think most applies to you and your relationship with her?

1. She is trying to make him feel guilty, so he feels like the break up was all his fault

[image: She is trying to make him feel guilty, so he feels like the break up was all his fault]

Sometimes, a woman doesn't want to admit the fact that she was at least partly to blame for the relationship problems between her and her ex.

So, to avoid having to take responsibility for her actions (e.g. because she doesn't want to look bad in other people's eyes, she doesn't want to have to change and improve, she wants to get sympathy from people), she will accuse him of being emotionally abusive to her.

That way, she puts all the blame on him and makes him feel guilty for ruining their relationship, while she gets to be the suffering victim.

Of course, most guys are good, honest men and being accused of something like that can be very shocking and cause a guy to feel very guilty and regretful of his actions.

He can start to view himself as being a horrible boyfriend, when in fact, he simply got a little annoyed or angry at her at times, which she also did with him.

Maybe he went a little further with his annoyance or anger than her, or maybe he tried to control her or make her feel worse about herself than she did to him, but in almost all cases, he isn't a horrible, bad man that needs to feel deeply guilty.

Instead, he simply stuffed up because he didn't know how else to deal with the relationship problems.

Yet, he has learned from the experience now and knows that he would react differently, if he could only get another chance with her.

Unfortunately though, some women are very good at making their ex boyfriend feel like the worst man on Earth, so in many cases, he will feel guilty and see the break up as being all his fault.

She can then manipulate him and make him follow her wishes (e.g. tell him to leave her alone and never contact her again because she can't deal with talking to him due to all the emotional abuse and how hurt she still is from it, get him to do favors for her to help her out, force him to be extra nice to her and suck up to her), because he's feeling so much guilt for what he did to her.

Meanwhile, she doesn't have to feel any guilt for all of the angry outbursts she had, the insults she dealt him, the selfish behavior or anything else she did.

She is the victim and he is the one at fault.

Another reason why a woman will tell her ex that he was emotionally abusive is because

2. She is being overly-dramatic to make him feel as though he has no chance with her now

In some cases, a woman doesn't want her ex to try and get her back because she knows that if he does try, he will probably succeed.

She will give in, open up to him and give the relationship another chance, if he is able to successfully re-attract her.

So, to avoid giving him the chance, she will accuse him of being emotionally abusive to her, in the hope that he will feel so bad for what he supposedly did to her that he will stop chasing her and leave her alone.

She can then move on and start seeing new men, rather than being seduced back into a relationship with her ex.

Unfortunately, a lot of guys don't realize what is happening and end up believing the overly dramatic show that their ex girlfriend (or wife) is putting on when texting him, talking to him on the phone or in person.

She's acting like he was such a bad guy who has caused so much emotional damage, pain and hurt and trying to make him see that he has no chance with her now because of it.

Yet, the reality is that if her ex sticks around and uses interactions with her to reawaken her sexual and romantic feelings for him (e.g. by using humor to diffuse awkward, negative interactions and make her smile, laugh and feel good to be interacting with him. Staying calm, composed and confident, rather than panicking and getting sucked into her fake drama that she is creating to make him feel insecure and unworthy of her), she will naturally begin to change her mind about not wanting to give him another chance.

Not because she simply changes her mind, but because he is making her feel attracted to him again. Attraction changes everything.

When a woman experiences new, exciting and interesting feelings of attraction for her ex, she realizes that she's not done with him yet.

She still has feelings for him and will want to explore them, rather than missing him for months and trying to get over him, or not giving him a chance and then regretting it when she sees him with a new woman.

So, for example, if she is being a drama queen about the whole thing and the guy has already apologized to her, he doesn't need to keep apologizing.

Instead, he can remain calm, confident and composed and then laugh at her in a loving way as he says, *"You're such a drama queen. Oh, I was so emotionally abusive, wasn't I? I was the worst boyfriend in the world. Your poor thing."*

Initially, she might act shocked that he's not reacting the way she's expecting him to and she may say, *"How dare you make fun of my feelings that way! That just proves my point that you're emotionally abusive."*

Yet, she will know that he is only joking and that he is being a good guy, because he has been treating her well and said something like the above in a loving, easy-going manner.

He didn't say it in a mean, aggressive manner.

He was smiling and remaining composed, in the face of the chaos that she was trying to create in the moment.

Women respect that and they feel attracted to it, even though they might not admit in the moment.

So, when a guy has the balls to say something like that in a confident, composed, loving manner, his ex woman will respect him and feel attracted to him for not getting dragged into her drama and losing control of his emotions as a result (e.g. getting angry, pleading with her, losing confidence).

Another reason a woman will say that is because

3. He was emotionally abusive and she realizes that now

[image: He was emotionally abusive and she realizes that now]

Sometimes, a woman will be so in love with a guy that she will accept whatever he throws at her (e.g. he patronizes her, criticizes the things she is interested in, makes hurtful jokes about her, withholds affection to punish her).

She might even make excuses for his bad treatment of her by saying, *It's just how he is,* or *It's his way of talking. He doesn't mean any harm* or, *He will change. I know it.*

Yet, if nothing ever changes, she will start to wonder if she is going to be happy with him in the long run or not.

Will he just dump her and leave her for another woman one day?

Will he get worse and start being physically abusive as well?

Will he lose more and more interest in her over time and expect her to just remain in the background of his life, while he focuses on things he loves and enjoys?

Will she ever be truly happy with him?

Likewise, if she notices how well the husbands and boyfriends of her girlfriends, coworkers and female family members treat them, she may feel envious of them without fully understanding why.

She knows that something about her relationship feels off but she can't explain it to herself, or she doesn't want to completely blame her man.

Then, when she eventually decides to go through with breaking up with him, the realization might dawn on her that he was emotionally abusing her (e.g. he never made her feel good enough, he controlled her, he manipulated her, he caused her a lot of unnecessary pain and stress).

At that point, she might then feel angry with herself for putting up with his bad treatment for as long as she did.

If he asks for another chance, or asks why she left him, she might even admit it to him, *You were emotionally abusive. You made me feel like crap the whole time I was with you* or, *You made me feel guilty about everything. You tried to get me to focus only on you because you are so insecure. I couldn't even talk to anyone else without you going crazy, or making me feel like I was a disloyal, cheating bitch!* or, *You caused me so much stress and anxiety. I am no longer like that, so I know it was you* and so on.

Another reason a woman will say that her ex was emotionally abusing her in the relationshipâ!

4. He took her for granted and expected her to put up with it

[image: He took her for granted and expected her to put up with it]

Most guys are good guys.

Yet, even though a guy is a good guy and has good intentions with a woman, he might fall into the trap of believing that the love between him and his woman will last for life because it was so good at the start.

A guy like that might become neglectful and careless with his affection (e.g. stop complimenting her for the efforts she makes to look attractive for him, focus on the negatives about her physical appearance, rather than complimenting her on the positives to make her feel beautiful and feel motivated to put in more effort to look beautiful) and participation in the relationship (e.g. stop helping out with the chores, or complain or become moody when he has to do something).

So, if a woman notices that sheâs always cleaning up after him, doing most of the housework and errands and generally putting in more effort than him in the relationship, she may begin to feel taken for granted and emotionally abused.

Likewise, if he also isnât really making her feel as beautiful as he used to when they first met, she will start to feel taken for granted.

Yes, her body might have changed a little since they met, but itâs still her and she still wants to be loved and made to feel beautiful.

If he wants her to put more effort into her physical appearance, it will come from her loving her and accepting her as she is, while also creating a relationship dynamic where she wants to impress him.

When a man does that, a woman will feel appreciated and loved, but will also want to maintain her physical appearance to continue impressing him and being attractive to him.

Unfortunately, a lot of guys donât realize that until itâs too late (e.g. theyâve been picking on the womanâs appearance for months or years and criticizing her).

A woman will usually put up with it for a while, but might also begin to complain to him about it in the hope that he will change.

If he fails to change, she will eventually begin to feel resentful and will start disconnecting from her feelings of love for him.

Soon after, she will decide to break up with him.

Then, she will try to find a replacement guy who makes her feel the way she wants to feel in a relationship (i.e. loved, appreciated, respected), if she doesnât line a new guy up prior to the break up, that is.

Many women will already have a new guy lined up, or will cheat to get out of the relationship and cause their ex emotional pain, in revenge for how he treated her.

Another reasonâ!

5. He used her insecurities and fears to control her, by making her feel like she needed him

[image: He used her insecurities or fears to control her, by making her feel like she needed him]

If a guy is insecure and secretly worried that his woman could do better than him, he might try to make her feel as though she needs him more than he needs her.

For example: A woman might want to start a university course for adults, so she can get a degree, which may then lead to her getting a better job.

Yet, she's worried that she's not smart enough to accomplish it, or might not have the follow through to complete it, or might not have enough time and so on.

If she mentions her fears to her boyfriend, rather than encourage her and support her, he might say, *â€œDon't be ridiculous, you can't do that! I've never seen you follow through on anything for more than a couple of months. You'd give up, believe me. Besides, I'm here to take care of you anyway. As long as you've got me, you don't need to get a better job.â€*

He can then feel a little bit safer (even though he's still worried), knowing she probably won't leave him for another while yet because she still needs him.

6. He didn't know how else to handle the relationship problems they were having

As a result, he would get angry at her and become emotionally abusive by:

- Yelling and screaming at her as a way of intimidating her and making her give in to him and accept his point of view.
- Calling her names (e.g. stupid, bitch, idiot).
- Using the word 'always' when pointing out what he perceives as her mistakes (e.g. *â€œYou always make a big deal out of everything,â€* or *â€œYou're always on my case about something,â€* or *â€œYou're always stuffing up and then taking it out on meâ€*). Generally speaking, that is how some women (not all) talk when they are being overly dramatic about things. It's not how a man should talk though. If a man is going to be respected and looked up to by his woman for life, he needs to maintain control of his emotions and be logical and rational. She has to be able to trust in him as her rock, rather than being something that crumbles under pressure.
- Blaming her for all their problems as a couple.
- Stomping out of the room in the middle of their argument, thereby keeping the problem unresolved. Then, being very moody when she tried to talk to him, or when he went to talk to her again.

Those sorts of behaviors naturally erode a woman's feelings of respect, attraction and love for guy and then, the idea of sticking around doesn't appeal to her anymore.

When she looks back on it, she might come to the conclusion that he was an emotionally abusive guy, without ever really giving him the benefit of the doubt (i.e. realizing that he just didn't know

what else to do).

Another common reasonâ€¦!

7. He was too controlling

For example: Some of the ways that a guy will become too controlling of his girlfriend, includeâ€¦!

- He insists on knowing where she is at all times and demands that she responds to his calls or texts immediately, no matter where she is or what sheâ€™s doing (e.g. at work, driving, hanging out with a friend).
- He shows up unexpectedly to check if sheâ€™s where she said she would be (e.g. at her parentsâ€™ house, at a specific coffee shop with friends).
- He checks her internet history, emails, texts, and social media account and might even demand that she give him all her passwords.
- He insists they have a shared bank account and then makes her ask him for money or get permission to buy things, rather than trusting her to spend the money wisely, or respect their budget.
- He tries too hard to control how she talks or behaves when around him, to the point where she canâ€™t relax and be herself anymore.

What a guy like that often doesnâ€™t realize, is that even if he means well (i.e. he just wants the relationship to work), when he is being controlling, he is literally destroying his womanâ€™s feelings of trust, respect, attraction and love for him over time.

Then, without enough of those feelings present in the relationship, she simply stops feeling motivated to stick with him.

Deep down, she may still love him and wish things didnâ€™t turn out that way, but she wonâ€™t want to get back with him again, unless she can see that he truly gets it now.

He knows where he went wrong and is a completely different man now.

More importantly, she can feel that, sense that and see it when she interacts with him.

When she feels differently around him (in a good way), she realizes that what they had doesnâ€™t have to be over and could actually be a lot more enjoyable this time around.

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[image]

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Love Letter to My Ex Wife

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 4 essential tips for writing a love letter to your ex wife, which help cause her to second guess her decision to leave you:

1. Keep it brief and to the point

Women don't appreciate long-winded, emotional letters from men that they are not romantically in love with.

So, getting a letter from you going into detail about how much you love her and why you believe that you and her share a special connection and how you feel it would be a mistake to lose all that forever, is unlikely to impress her as much as you might be hoping for.

Instead, she will probably feel turned off by what she perceives as your neediness and emotional softness, especially at a time when she really needs to see that you're being manly and in control of yourself.

So, be sure not to get all soppy and emotional and hope that it will make a difference to her.

The best approach is to keep your letter brief and to the point, while still being interesting and fun to read.

In that way, you will make her feel curious about you and she will then open up to talking to you on the phone, or seeing you in person.

It then becomes a lot easier for you to reactivate her sexual and romantic feelings for you and get her back, compared to if you tried to achieve all of that in a love letter.

2. Use some humor to keep it light

[image: Use some humor to keep it light]

Humor is always an effective way to break down a woman's defenses and make her feel less closed off and defensive.

So, don't be afraid to use it in your letter to her.

Of course, that doesn't mean you should write jokes or anything like that.

Instead, while you're telling her how much you value what you and her shared together, you can then throw in a joke about something she used to do for you to make her reconnect with some positive memories from your marriage together.

For example: You might say, *"I really miss your laugh,"* you can then use some humor by saying, *"Especially when I burn dinner and you're not there to make fun of me anymore!"* and if appropriate, add a smiley face or an *"Lol"* to let her know that you're just teasing her.

When you use humor and get your ex wife smiling and laughing, it becomes a lot more difficult for her to hold on to her negative feelings about you.

Instead, she starts to feel some respect and attraction for you again.

When that happens, it becomes a lot more difficult for her to remain closed off.

She then naturally becomes open to interacting with you over the phone and in person to see how she feels (i.e. does she feel attracted to you again or do you turn her off with your attitude, conversation and behavior).

So, don't be afraid to use humor to break the ice when you write a love letter to your ex wife.

Just make sure you don't overdo it and come across as being too silly and non-serious and end up turning her off instead.

3. Say sorry, but keep it brief and sincere

It's important to apologize for the one or two main things that you know really matter to her.

For example:

- If you allowed everyday stresses and bothers (e.g. running a home, taking care of expenses and bills, looking after your children) to come between you and her and cause you to become emotionally distant and preoccupied all the time, apologize for that. Let her know that you now understand how she felt left out and alone in the relationship because of how you closed yourself off in that way.
- If you took her for granted (e.g. by expecting her to do all the housework even though she also has a job, not pulling your weight with the children, not making time to do things together anymore as a couple, not appreciating the efforts she made to be attractive for you), then say you're sorry for that.
- If you put more value in the opinions of your boss, friends, or family and disregarded her feelings time and again over theirs, let her know that you now see how that made her feel disrespected and undervalued.

Don't go on and on about it though.

Just mention the problem briefly, add that you now understand how it made her feel when you did that thing and say you're sorry.

By calmly apologizing to your ex wife, while being confident and emotionally mature enough to admit your mistakes, you're showing her that you're no longer the same man she divorced.

You have learned your lesson and are taking positive steps to become a better man than before.

This is attractive to her.

It automatically re-sparks some of her feelings of respect and attraction for you and brings down her guard, thereby opening up the way for you to seduce her and get her back.

4. Leave her wanting more

By keeping the letter short, to the point and making her laugh, you're essentially giving your ex wife a taste of the new and improved you.

She then feels curious about the changes in you and she then becomes more open to talking over the phone and meeting up with you in person to experience them for herself.

So, make enough of an impression on her to motivate her to want to find out more about you, rather than revealing too much about yourself, your feelings and what you've been up to since the

divorce so she feels like there's nothing left to say.

5 Love Letter Mistakes That Can Turn Your Ex Wife Off

[image: 5 Love Letter Mistakes That Can Turn Your Ex Wife Off]

1. Going into a lot of detail about your relationship problems

A guy might do that in a love letter to his ex wife, because he wants to show her that he's serious about her and wants to fix things so they can get their marriage back together again.

Yet, what he doesn't understand is that as his ex tries to read through the pages and pages of problems, the opposite of what he's hoping for happens.

She quickly realizes how troubled their marriage was and may begin to believe that it would be impossible to repair.

She then starts to close herself off from him even more.

Here's the thing!

When you send a love letter to your ex wife, you have to focus on making her feel attracted and happy to be hearing from again, rather than stressing her out by focusing on all the problems you experienced as a couple.

Of course, there's nothing wrong with apologizing for a mistake or two, but you shouldn't dwell on the problems and turn it into something that pushes you and her further apart.

Instead, make sure that the main focus of your letter is to make her smile, feel good and open her up to wanting to talk to you over the phone and see you in person again.

2. Constantly putting yourself down in the letter to hopefully gain her pity

In most cases, a woman can see right through a guy's secret intentions (i.e. he's putting himself down to make her feel obligated to forgive him and give him another chance out of pity).

Yet, women don't want to be with a guy out of pity.

As a result, she will lose even more respect for him for trying to manipulate her in that way.

She will then likely decide that she's better off discouraging him by being cold, distant or even ignoring him, rather than give him false hope that there's a chance of them getting back together again.

Here's the thing!

Putting yourself down a little can work, especially if you were taking her for granted, but she will already pick up on the fact that you're sorry based on the one or two main things you apologized for.

However, from there, you need to leave her wanting to know more.

You can then apologize further in person, where it really matters.

3. Hinting at or directly asking her to reconsider her decision for the sake of the

children

Even if getting back together will be the best thing for you as a family, the fact is that a modern woman doesn't want to be forced into a relationship with a man out of a sense of duty.

This takes the romance out of the marriage and turns it into an obligation.

That only creates a relationship dynamic where he's happy to have her back and she feels resentful, trapped and like she's missing out on being happy and in love with someone else.

Remember: A woman wants to be with a man because she loves him and because he's someone she can look up to, rely on and respect.

So, if you want your ex wife back, you need to make her want it too based on how you make her feel when she's with you, not blackmail her into it out of feelings of guilt.

Remember: Even if your ex wife decides to give you another chance for the sake of your children, if nothing about you has really changed or improved, she will leave again and this time it will likely be permanent.

So, don't waste your chance to get her back.

4. Telling her that you want her to be happy, when you really don't

Lying about the fact that all you want is for her to be happy now, even if that means her moving on and finding a new man to be with, is not a good idea.

Remember, your ex wife knows you well enough to know what you would be thinking (i.e. that you want her back for yourself and you definitely don't want her having sex and being happy with another guy) and the usual tricks you would use on her to keep her around.

So, don't lie.

There's nothing wrong with admitting that you still miss her from time to time, as long as you're being confident, mature and emotionally strong when you say it.

By being open and honest with your ex wife in a strong, emotionally masculine way (rather than a needy, insecure, emotionally weak way), you're building on her feelings of respect for you.

The more she respects you, the more she will feel attracted to you and with those two emotions building up inside of her, it then becomes easier for her to reconnect with her feelings of love for you.

That's how it works.

Respect comes first, then attraction and then her love for you begins to flow back into her heart.

So, focus on that and forget about trying to trick her into opening back up to you by lying to her.

That will likely only backfire on you, especially if she contacts you and says, *"Great news!*

I've met someone else and I'm happy now," and you then have to pretend that you're excited for her.

5. Using the same old approach to attraction that she became bored of in the marriage

If you try to re-attract your ex wife by using the same approach as before, (e.g. being too pushy and controlling and not taking her feelings into consideration, or being too soft and giving her too much power over you by letting her call all the shots, or trying to convince her to want a relationship even

though she no longer feels sexually attracted to you and instead has neutral feelings for you), she will most likely reject you.

This is why, you need to start creating feelings of sexual and romantic attraction inside of her instead, so she naturally opens back up to you.

For example: Some of the ways you can do that are byâ€¦!

- Showing her your confidence and emotional strength every time she pushes you away and acts cold and indifferent towards you.
- Bringing back the fun and laughter in your interactions with her rather than being so serious all the time.
- Teasing her in a ballsy, flirtatious way so she starts to feel desirable in your presence again.

When you do that, her sexual and romantic feelings for you naturally begin to resurface, whether she wants them to or not.

You can then build on those feelings and get her back, without her even realizing sheâ€™s falling in love with you all over again.

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[image]

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Making Peace With Your Ex Girlfriend

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 steps for making peace with your ex, which then also allows you to get her back if you want to:

1. Get clear on how the break up changed you in a positive way

A good way of doing that is by thinking about how you've learned from your past mistakes and how you've become a better man as a result.

For example: You might realize that

- You're now a lot more confident than you were before and this allows you to feel good about yourself regardless of what other people say or do. In other words, you no longer need your ex's approval, or anyone else's approval to feel worthy.
- You're less insecure and self-doubting now, which means you don't feel the need to get jealous or clingy when you're with a woman. You know that you're good enough and that any woman is lucky to have you.
- You're more emotionally independent, which means that even though you want her back, you don't need her back to be able to live a happy and fulfilling life.
- You've learned that to create a relationship dynamic that makes a woman want to stick around and treat you well; you don't have to suck up to her and let her walk all over you. Instead, you can be ballsy and still be a good guy.

When you realize how much you've changed and improved since the break up with your ex, you will no longer blame yourself, or her, for what happened.

You will understand that everyone makes mistakes in a relationship sometimes and as long as you learn from them and become better as a result, there's no reason not to make peace with your ex girlfriend.

When you interact with her and she sees for herself that you're no longer the man she broke up with, she won't be able to hold on to her negative perception of you anymore.

She will then want to make peace too, because it will feel like the right thing for her to do.

2. Spend an hour feeling grateful for her, the relationship and the break up

[image: Spend an hour feeling grateful for her, the relationship and the break up]

Regardless of how things turned out with your ex, when you take the time to be grateful, you will realize how much you gained along the way.

For example: By being grateful for the relationship you will be able to remember all the good times you and her shared together.

You will also recall many moments of laughter, happiness and love that will always be a part of you.

You will understand that you and her will always share a special and unique connection and that no matter what happens, she will always be a part of you because your life and hers have intertwined (even if briefly) and she helped you experience things that would never have happened without her

(and visa versa).

Of course, things didn't turn out as you may have hoped for, but even the break up is something you can be grateful for.

For example: You can be grateful that you've leveled up as a man because of breaking up with your ex and as a result, you can now easily re-attract her if you want to, or get another high quality woman (and keep her) if you prefer.

When you look at things in that way, you will naturally want to make peace with your ex girlfriend, because you will genuinely feel grateful for having had her in your life.

3. Get clear on what you would say and do to re-attract her and start the relationship again

[image: Get clear on what you would say and do to re-attract her and start the relationship again]

For example: Do you need to apologize to her, or you have you already done that?

If not, then make sure that when you do, the apology is brief and sincere, not long, complicated or overly emotional.

Additionally, make sure that you don't plead for another chance (it will make you look desperate, which is unattractive to women), or totally blame yourself (or her) for what happened.

Just briefly apologize for not living up to what she expected you to be, letting her down and causing her to have to go through a break up with you.

BTW: Don't try to do the apology via text, email or social media.

Apologies are best done in person, or at least over the phone (on a phone call, or video call) because the woman can sense the sincerity in what you're saying, rather than seeing a bunch of words on her phone or computer and having to guess at how you might be saying it.

So, try to get the apology done on a call, or in person.

Then, if you want her back: After apologizing to her, make sure that you focus on saying the kind of things that will re-spark some of her feelings of respect and attraction for you, so she feels motivated to make peace with you.

For example: Some of the ways you can do that are by

- Keeping the conversation light-hearted and fun, so she finds herself laughing and smiling rather than frowning and looking for ways to get away.
- Adding in some playful teasing now and then to create some sexual tension between you.
- Showing her by the way you respond to her that you're now a different man to the one she broke up with (e.g. more confident, ballsy, able to stand up to her).
- Passing her confidence tests by not getting upset if she creates fake drama and blames you for everything that happened.

When you approach her in that way, she naturally drops her guard and opens up to making peace with you and possibly even being with you again romantically and sexually.

4. Begin preparing yourself to be able to make her feel an undeniable spark with you again

It's very important that you prepare yourself to properly re-attract her when you contact her, so she starts to feel a spark between you again.

In other words, you need to be able to attract her in the ways that she really wants.

For example: Sometimes a guy will contact his ex girlfriend and try to make peace with her by sending her flowers, writing her a soppy card, buying her a special gift, or some other gesture that he hopes she will see as being sweet and romantic.

Yet, what he doesn't realize is that romance is only enjoyable to a woman if she respects him, feels attracted to him and is either falling in love with him or is in love with him.

So, rather than be impressed by his romantic gesture, she's instead acts cold towards him and doesn't seem interested in making peace at all.

This is why it's so important that you prepare yourself to make your ex feel attracted in the ways that matter to her.

In other words, interact with her and make her feel truly attracted to who you are now.

Don't try to sell yourself by telling her how much you've changed.

Let her experience the new you for herself, by listening to how you talk and observing your body language and actions.

When she does, even if she tries to hide it or pretend that she's not feeling it, she will be feeling a flood of renewed sexual and romantic attraction for you.

She will then want to make peace with you for her own reasons.

5. Contact her and get her to agree to catch up and say hi as friends

Once you've prepared yourself to re-attract her, go ahead and give your ex a call.

Start off by using some humor to lighten the mood and make her feel relaxed and happy to be talking to you again, especially if she's initially cold and unfriendly towards you.

Then, after a few minutes of light-hearted conversation where you reactivate some of her feelings of respect and attraction for you, you can say, *Hey, it's been good talking to you. I feel so proud of us for being so mature about things and being able to laugh again together. I think it would be fun to catch up as friends and say hi in person. Of course, it's not about getting back together again. It's just two mature exes having a cup of coffee together and making peace after everything that happened. So, how about it? Which day suits you best?*

If you've made her feel attracted, she will likely say, *Yes,* but don't be too disappointed if she doesn't.

Most women don't agree right away.

The important thing is that you maintain your confidence and then tell her that it's no big deal and that it's just two friends saying *Hi,* over some coffee.

She will then likely agree (especially if you've been making her laugh and smile during the conversation with you), because she will want to see for herself if you really have changed or not.

[image: Make peace with your ex girlfriend and then re-attract her and get her back]

You can then meet up with her, fully reactivate her feelings for you and get her back if you want to, or make peace with her so you can both move on and make a fresh start with someone else.

5 Mistakes to Avoid Making if You Truly Want to Make Peace With Her

1. Trying to make peace by sending her a long letter, email or message

If your ex is refusing to talk to you over the phone or in person, you may feel tempted to make peace with her via a letter.

Yet, in almost all cases, a letter doesn't get the results a guy is hoping for.

The main reason for that is because when a woman has disconnected from her feelings for a guy, she's prone to view everything he says or does in a negative light.

So, if your ex can't see your body language or hear the tonality of your voice, rather than give you the benefit of the doubt that you're being confident, mature and sincere, she will likely assume that you're too afraid to call her and make peace with her in person.

She will then lose even more respect for you for not being man enough to face her and say what you need to say.

2. Telling her, in detail, about all the things you have learned and gained as a result of being with her

It might look like you're complimenting her for being a great girlfriend to you, but from her perspective, she feels as though she came out of the relationship a loser (i.e. because you gained from her but she didn't get anything back in return).

She then feels resentful, used and annoyed.

So, don't try to trick your ex into wanting you back by pretending that your letter is just an innocent expression of gratitude and that it's all about her and that you don't have an ulterior motive for sending it.

Most women aren't stupid and can easily see through a guy's intentions.

If she senses that you're trying to suck up to her so she will forgive you and give you another chance, she will perceive you as being selfish and immature and then focus on moving on without you.

3. Asking her to make peace with you so you can get closure

Once again, that seems selfish to her and if she isn't attracted to you, she's not going to feel motivated to want to do it.

So, if you want to make peace with your ex, focus on doing it in a fair and balanced way.

She needs to feel as though she has also benefited by being with you and that forgiving you and making peace with you will be in her best interests as well, rather than it only being about you getting what you want.

4. Holding onto anger about your ex and it then ruining your future relationships with other women

The angrier you stay with your ex, the higher the chances of you becoming bitter and jaded.

You may then begin thinking that all women are the same (e.g. disloyal, drama queens, unable to commit).

Then, when you interact with other women, that belief will come through and make you either treat women like they can't be trusted, settle for women that you don't feel attracted to and won't fall in love with, or avoid women altogether.

As a result, you never find a high quality woman to be with and you go through your life with feelings of anger and disappointment.

5. Wanting her back, but using a slow, ineffective approach and then regretting it for many years later

If you want your ex girlfriend back, then ignoring her, waiting for her to contact you, or waiting for her to forgive you before you make a move is a waste of time.

Not only does it slow things down, you also stand the risk of losing her to another man who comes along and makes her feel strong feelings of sexual and romantic attraction for him.

That's why, you need to take action now.

Call her.

Re-spark some of her feelings for you.

Make peace with her.

Get her back if you want to.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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My Ex is Indecisive

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 6 of the most common reasons why an ex woman will be indecisive after a break up, as well as what a man can do to give her the clarity she needs to get back with him:

1. She likes him as a person, but doesn't really feel much of a romantic spark with him

[image: She likes him as a person, but doesn't really feel much of a romantic spark with him]

Basically, she likes him and cares about him, but those feelings are non-sexual and friendly, or even sisterly, rather than romantic and sexual.

As a result, she feels unsure about whether it's worth it to give him another chance and see if things improve (i.e. he relights the spark inside of her), or if she's better off moving on and finding a new man who does make her feel attracted.

This is why, rather than sit around waiting for your ex to stop being indecisive, or nagging her to make up her mind, the best approach is to use interactions with her to reactivate her feelings of sexual and romantic attraction for you again.

For example: Some effective ways to do that are by

- Being more manly around her, rather than letting her dominate you with her confident personality.
- Turning conversations into laughter and fun, rather than being too serious all the time.
- Being ballsy enough to tease her and flirt with her so that she starts to feel like a sexy woman around you again, rather than like a good friend or big sister.
- Showing her that you remain confident and continue to believe in yourself and your value to her every time she says something like, *"I can't decide what I want,"* rather than becoming insecure or unsure of yourself.

The more you relight the romantic spark between you and her, the more she will believe that being your girl again is what she wants.

2. He puts a lot of pressure on her to commit, but she's the sort of girl who likes a guy who is more of a challenge

[image: He puts a lot of pressure on her to commit, but she's the sort of girl who likes a guy who is more of a challenge]

In other words, he chases after her and makes her feel that no matter what she does to him (e.g. she's cold and aloof, she messes him around by not making up her mind), he's still willing to put up with it and wants her back.

This doesn't motivate her to put in any effort to impress him and try to make him chase her.

She knows that he will be predictable and boring (i.e. he'll continue to push for a relationship even though she's being disrespectful), so she remains indecisive.

What he doesn't realize is that she wants him to make her feel that she needs to be on her best behavior around him and chase after him because he's a catch, not like she's doing him a favor by being with him.

So, if you want your ex to make up her mind and get back with you, be more of a challenge during interactions, rather than making her feel that you're desperate for a relationship with her.

3. She doesn't want to be with him anymore and is only pretending to be indecisive for now

[image: She doesn't want to be with him anymore and is only pretending to be indecisive for now]

A woman will do that so that her ex feels the need to treat her well, to avoid her becoming annoyed and then making a final decision, usually one that he doesn't like.

This gives her time to move on.

Then, when she does find a new man, she may say, *âI've thought a lot about us and I've decided that it's better if we just take a break from each other for a while. I hope you understand,* as a way of letting him down easy and avoid him getting upset, angry or try to make her change her mind.

She will then focus on moving on with her new man.

Alternatively, she might just come out and tell him that she's seeing someone else and ask him to leave her alone.

Don't let that happen to you.

If you want your ex back, focus on making her feel attracted to you in ways that will make her want a relationship (i.e. sexually and romantically attracted).

4. She is attracted to him, but isn't sure if she should commit to a relationship at this point in her life

Some reasons for that might be:

- She's too young and wants to enjoy being single for a bit longer before she takes on the responsibilities of a serious relationship.
- She's still at university and wants to finish her studies.
- She wants to make progress in her career first before she settles down.
- She's suffering from FOMO (Fear of Missing Out) and is worried that if she settles down now, she might miss out on experiencing different kinds of love and relationships with other men.

Here's the thing though:

If a woman is happy in her relationship with her man, nothing about the single life would be able to make her feel tempted to give up what she's got.

She won't want to be single again because what she has now is so much better than anything else she might experience on her own.

This is why, if your ex is being indecisive, you need to show her that being with you again will be so

much better than anything else she might experience in her life without you.

When you make her feel attracted in new and exciting ways, she will quickly make up her mind to get back with you.

5. There are many things about him that she likes and many that she doesn't

To date, he hasn't been able to fix the things that she doesn't like about him, so she feels nervous about getting back with him and experiencing the same problems as before.

So, if you want her to give you another chance, you need to show her that you've leveled up in the ways that are important to her.

For example: Some changes she might want to see in you are!

- Showing her that nothing she says and does makes you feel insecure or doubt your value and attractiveness to her or other women.
- Constantly creating a relationship dynamic where she feels motivated to be a good, loving, attentive woman to her, while you also make her feel good.
- Being ballsy enough to tease her in a loving way and make her feel desirable, rather than being too nice and neutral so she doesn't feel a spark with you, which then makes her feel drawn to other men.

When you show your ex that you truly have leveled up in some of the ways that actually matter to her, her walls begin to crumble and she then finds it easy to make a decision (i.e. to get back with you).

6. She knows that he will put up with pretty much anything just to get to talk to her or spend time with her, so she keeps doing it

Basically, she feels as though she has power over him, so she abuses it by messing him around and acting like she's indecisive, when in reality she's not.

Here's the thing though!

A woman wants to be with a man that she can look up to and respect, not a guy that is willing to let her push him around and manipulate him, just for a chance to be with her again.

She might give him the impression that she wants to be in control, but she's not going to respect him if he actually falls for it and hands his power over to her.

If she can't respect him, she won't be able to feel sexually attracted to him and without those two things in place, being in a relationship with him isn't something that appeals to her romantically.

So, don't give your ex power over you by letting her decide.

Instead, maintain your confidence with her and focus on re-sparking her feelings for you every chance you get.

The more respect and sexual attraction she feels, the faster she will come to the conclusion that you're the only man she wants.

Make Her Decide to Get Back With You Faster, By Avoiding These 5 Mistakes

1. Not having the guts to give her a week of space, before contacting her and re-attracting her

If you maintain almost constant contact with your ex, she will eventually block you, or say that it's over and she doesn't want to speak to you anymore.

On the other hand, if you give her a week of space, where you don't contact her at all (not even a little text), you will give her a chance to actually begin missing you and maybe even start wondering if you're moving on without her.

Then, when you call her after a week, she will almost certainly be happier to hear from you than she has been up to now.

Then, focus on re-sparking some of her feelings for you again so she starts to feel drawn to you again in a good way and wants to meet up with you.

You may then be surprised at how quickly she decides that she wants to give you another chance.

2. Asking her why she is so indecisive

If she doesn't know how to explain it to you she's going to feel cornered by your question and may become defensive and closed off.

Additionally, she doesn't want to explain it to you.

Instead, she wants you to take the lead and make some adjustments to your approach to attraction with her.

She can then make up her mind based on the man you truly are, not the man she told you how to be.

3. Showing her how upset and insecure her indecisiveness is making you feel

Regardless of how frustrating it might feel to be waiting for your ex to decide what she wants, getting upset and insecure over it is one of the surest ways to turn her off and convince her you're not the right guy for her.

Remember: Women want a confident, emotionally strong man who remains strong no matter what life or a woman throws at him.

So, if she notices that you're losing it over her indecisiveness, she's going to take it as a sign that you're none of those things and therefore, not the guy she wants to be in a relationship with.

The truth is, you will have a lot more success in getting her to make up her mind about being a couple again when you portray some of the qualities and personality traits that are naturally attractive to women (e.g. confidence, emotional strength, self-belief, manliness), rather than by losing control of your emotions.

So, make sure you approach getting her back from a position of strength rather than weakness.

4. Assuming that she will be impressed if you remain loyal to her, even when she

moves on

Sometimes, a guy thinks that if he remains loyal to his ex and doesn't go out or have fun without her, she will take it as a sign that he really does love her and want him back.

Yet, it doesn't work that way.

A woman doesn't want a guy who is stuck in a rut in his life and can't be happy and forward moving without her.

She wants to know that if she gets back with him, it's because he's a catch and she will be lucky to have him, not because she's doing him a favor.

This is why, if you want your ex to stop being indecisive, don't be afraid to let her see that you're actually getting on with and enjoying your life without her.

It actually makes her feel worried about losing you.

As a result, she quickly makes up her mind about being your girl again.

5. Not knowing that you can easily turn the tables and make her really want to be with you again

The truth is, the decision about whether you and your ex get back together again is not up to her.

When you take control of the ex back process by focusing on actively re-attracting her, rather than hiding in the background and hoping she will eventually make up her mind about you, everything changes.

She realizes that you're the kind of man she always wanted you to be (e.g. confident, persistent, motivated, emotionally strong) and her walls naturally start crumbling.

She then wants to get back together again because it's in her best interests to do so (i.e. she will be getting the man of her dreams).

So, take the lead and get her back while you still can.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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After a Break Up, the Loyal One Stays Single. True or False?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Not necessarily.

Thereâs an online quote that says, *âAfter a break up, the loyal one stays single and deals with the damages until healed. The other one is already in a relationship.â*

That simply isnât true.

For example: Here are 5 common variations on what can happen after a break up:

1. After a break up, the dumper might remain single for weeks or even months, but still wonât care if the dumpee is waiting around and being loyal

[image: After a break up, the dumper might remain single for weeks or even months, but still wonât care if the dumpee is waiting around and being loyal]

Even if a woman breaks up with a guy (or visa versa) and then doesnât move on for a long time, it doesnât mean itâs a sign that she misses her ex and wants him back.

Instead, she may just be enjoying being single again and free of her unhappy relationship.

For example: She mightâ

- Focus on making progress on some of the things that are important to her like her studies or job.
- Do things she avoided because her ex wasnât interested (e.g. going traveling, volunteering at the local pet shelter or charity, taking up a new hobby or sport).
- Hang out with her single friends and go to bars, clubs and parties where she also gets to meet new guys, flirt and feel sexy and desirable again.
- Spend time by herself doing whatever she feels like (e.g. eat, sleep, watch TV) without having another person around to interrupt her.
- Make her own decisions without having to take her guyâs opinions or feelings into consideration.
- Hook up sexually or date different guys without the responsibilities of a committed relationship.

In a case like that, a woman wonât care what her ex is doing, or if heâs sitting around being loyal to her by not dating other women and moving on.

So, if you notice that your ex is still single weeks after your break up, donât assume that sheâs going to be impressed if she finds out that youâre being loyal to her by not getting on with your life.

Remember: Sheâs could be having fun and enjoying her newfound freedom, while youâre stuck waiting for her to come running back.

If you want her back, the best approach is to regularly interact with her and actively re-spark her feelings for you again.

Thatâs what works.

2. After a break up, sometimes both the man and woman move on right away and don't look back

[image: After a break up, sometimes both the man and woman move on right away and don't look back]

Moving on right away is not about being disloyal to the other person.

Instead, it's about wanting a relationship in which you are in love and attracted.

It's also not a reflection of how much you loved your ex or she loved you.

You can be completely in love with someone at the beginning of a relationship, but over time, that love can fade because of the way the other person makes you feel when you're with them.

Here's the thing!

A woman might be totally committed to being with a guy, but as the relationship progresses and she notices that he no longer makes her feel respect and attraction for him, her feelings will start to fade (e.g. because he stops being the confident guy she fell in love with and becomes needy and clingy, he takes her for granted, the sexual spark fades away and they feel more like friends).

The same applies to a guy.

He might really love his woman, but eventually, she starts to say and do things that annoy him and turn him off (e.g. she becomes whiny, she nags him all the time, she stops wanting to have sex).

In a case like that, when they break up, they will both move on and find new love with someone else, without needing to remain loyal to prove that they once cared for each other.

3. After a break up, sometimes the dumper remains single, misses the dumpee and is then disappointed to see that the dumpee moved on

[image: After a break up, sometimes the dumper remains single, misses the dumpee and is then disappointed to see that the dumpee moved on]

This can happen when the dumper realizes that she (or he) made a mistake and that she still has feelings for her ex.

In some cases, a woman might even break up with a guy to shock him into leveling up and becoming more of the guy she wants him to be (e.g. decisive and determined, less easily influenced by his friends or family, more serious about their future together).

However, secretly she may be hoping that once he changes and improves in some of the ways that are important to her, they will get back together again and have a relationship that is 100% more loving and successful than before.

So, if the guy doesn't remain loyal and instead moves on, she will feel disappointed and upset.

This is why, if you want your ex back, you don't have to move on if you don't want to, because she might be waiting for you to get her back.

Realize that, as the man, it's your role to be the more courageous one after a break up to get the ex back process started.

So, go ahead and prepare yourself (i.e. by quickly improving on some of the things that turned her off).

Then, call her, reactivate some of her sexual and romantic feelings for you and get her to meet up with you in person, so that you can seduce her and get her back.

4. After a break up, sometimes both the man and woman remain single for weeks or months

This can be a sign that they miss each other and don't want to let go of the possibility to working things out and getting back together again.

However, it can also be a sign that they're just enjoying being single and not having to deal with the commitment of a serious relationship anymore.

The good news though, is that if a guy wants his woman back in this time, it's pretty easy for him to make it happen.

All it takes is the right approach and he can quickly and effortlessly reactivate her sexual and romantic feelings for him and get her back.

For example: Some of the ways he can do that are by:

- Interacting with her over the phone and in person as often as possible (without coming across as needy or desperate) and using ballsy humor to show her that he doesn't doubt himself and his value and attractiveness to her.
- Making interactions feel fun and interesting, rather than stressful, tense or annoying.
- Teasing her in a cocky, playful way so that it creates sexual tension between them, which then needs to get released through kissing and sex.
- Taking control of the ex back process in an emotionally masculine manner and leading the way, rather than letting her call the shots.
- Being aware that she's going to test him (e.g. by pretending that she's not interested in him anymore) and remaining confident and emotionally strong, rather than feeling insecure and unsure of himself around her.

When she experiences the new version of him, she won't be able to stop herself from feeling attraction and respect for him again.

They can then get back together again and enjoy a new, improved relationship together.

5. After a break up, the dumper often won't care about, or even want the dumpee's loyalty

[image: After a break up, the dumper often won't care about, or even want the dumpee's loyalty]

That's mainly because the dumper no longer has feelings for her (or his) ex.

As a result, whatever he does becomes irrelevant to her, especially if he's not actively doing anything to reactivate her feelings for him.

She will then focus on moving on as quickly as possible by hooking up with, dating and falling in love with a new man.

That's why, if you want your ex back, you stand a better chance of making it happen if you stay in her life and use interactions with her to re-spark her feelings for you.

For example:Â The next time you talk to her, ask yourself:

- Am I making her feel feminine and girly, or does she feel more like a non-sexual friend?
- Am I being manly and emotionally strong with her, or am I being too soft and passive, to the point where she feels like the more emotionally strong and dominant one?
- Am I confident and self-assured around her, or am I feeling nervous and unsure of myself, especially if sheâs not showing a lot of interest and is being cold and distant towards me?
- Am I making her feel good in my presence by making her laugh and smile, or am I causing her to feel anxious, tense or stressed out?

When you begin to offer her the attraction experience she always wanted from you but didnât get, she will naturally begin to view your loyalty to her in a more positive light.

She then becomes open to giving you another chance.

3 Mistakes to Avoid if You Want Her Back

1. Assuming that she will be impressed by how loyal youâre being, even though she has moved on

If your ex finds out that youâre staying single while sheâs moving on, itâs highly unlikely that she will think, *âWow! Heâs being so loyal to me. Maybe I underestimated his devotion to me. Is it possible that I made a mistake by dumping him after all?â*

Instead, she may even perceive you in a more negative light and lose even more respect for you for not being able to find a new woman.

The truth is, a lot of guys donât realize that most women feel attracted to and want a man who is desired by other women. Why?

It makes her feel that he must be valuable and worth having if other women want him, especially attractive, high quality women.

She then feels more open to talking to him over the phone and meeting up with him in person to see what happens (i.e. if he will be able to reactivate her feelings for him so they can get back together again).

So, if you want to get your ex back, you stand a much better chance of making it happen by showing her that youâre moving on and living a happy and fun-filled life without her, than if you stay single to prove to her that youâre the loyal one.

2. Assuming that women know about online quotes like that and live their life by them

Even if a woman does know about the quote and thinks that itâs true, sheâs not going to want to get back with a guy that she isnât attracted to and in love with.

Itâs just a quote.

What matters to her the most is how she feels when she thinks about her ex, or interacts with him (e.g. attracted, excited, happy, in love or annoyed, turned off, tense, stressed out).

So, the best approach is to forget about what some quote might say, and focus instead on using

interactions with your ex to reactivate her sexual and romantic feelings for you.

You can do that by making her grin, giggle and feel like a cute girl in your presence.

You can tease her playfully so she feels turned on and excited again.

The more you reawaken her dormant feelings for you, the more drawn to you she will feel again

Yet, it won't matter to her if you've stayed single.

The only thing that will matter is how she feels with you now and from now on.

3. Assuming that she will be impressed by how damaged you are as a result of the break up

Although it's totally fine for you to feel hurt over the break up, letting your ex see it isn't the best way to reactivate her feelings for you.

Most women are turned off by emotional weakness and hopelessness in a man.

So, if you want her to see you as a real man and feel renewed respect and attraction for you, you need to deal with your emotions like a man.

In other words, feel the emotions, but then get on with the solution to the problem.

Don't get stuck feeling sad, lonely or lost without her.

Instead, get to a new emotional state of feeling confident, positive and hopeful.

Then interact with her, re-attract her and get her back.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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I Gave My Ex a Ring When She Broke Up With Me and She Still Left Me

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 of the most common reasons why a woman will still break up with a guy, even though he offered her a ring to show how committed he was:

1. A ring is an object and she's not in a relationship with an object

[image: A ring is an object and she's not in a relationship with an object]

Regardless of how expensive or amazing a ring is, it's not the main thing that makes a woman want to be in a relationship with a guy.

Instead, a woman falls in love with a guy and wants to be with him because of the way he makes her feel.

Of course, some women are gold diggers or desperate and will accept a proposal from a guy because he bought her a pretty ring.

Yet, most women will only stay in a relationship with a guy because he creates a relationship dynamic that makes her feel loved, appreciated and taken care of, while at the same time, motivates her to be a good woman to him too.

So, even though you gave your ex a ring when she broke up with you, what you likely didn't realize is that it wasn't the ring she was after in the first place.

She may have said that she wanted to settle down, get married or start a family with you, but in most cases a woman will say that as a way of encouraging her man to level up and be more emotionally mature and reliable (e.g. because he still doesn't have a clear purpose and direction in life and is drifting along doing odd jobs, wasting time drinking alcohol and messing around with irresponsible friends).

If he picks up on that and quickly transforms himself, she will then want to stick with him, ring or not.

However, if he continues to turn her off via his attitude, actions and behavior, she won't care that he gave her the most dazzling, expensive ring he could find, because he's not making her feel the way she wants to feel when she's with him (e.g. attracted, happy, optimistic about the future).

2. Offering her a ring after she dumped him, seems insincere and a little forced

[image: Offering a ring after she has dumped you seems forced and insincere to her]

Although your ex might have wanted you to give her a ring, if she were to accept it now, the love would feel forced, rather than natural, real and spontaneous.

She would then likely always wonder, *"Did he do it because he really loves me and wants to be with me for life, or was it a desperate move on his part to just stop me from leaving him?"*

As a result, she would struggle to feel safe in the relationship, because at the back of her mind she might be waiting for you to change your mind.

This is why, to make her believe that you genuinely want her because you love her and not because she's pushed you into giving her a ring by breaking up with you, you have to take the pressure off her.

You need to focus on making interactions with her over the phone and in person feel fun and relaxed, while at the same time, building her feelings for you in a way that reawakens her respect, attraction and love for you.

When she feels drawn to you again in a good way, the idea of accepting a ring from you will feel right to her, because it will be coming from your heart, rather than you being forced into it.

3. A ring doesn't guarantee that the relationship problems will be solved

[image: A ring doesn't guarantee that the relationship problems will be solved]

Your ex is probably intelligent and mature enough to realize that getting married, won't solve the relationship problems that you and her have been experiencing.

So, rather than accepting your ring, pretending that nothing is wrong with the relationship and then ending up going through a divorce later on, she chose to leave you.

You can get her back, but you're going to need to show her (in a non-desperate, non-pleading way) that you have already become the man she wanted you to be (e.g. more confident, have a clear purpose and direction in life, are more responsible and disciplined, no longer needing her emotional support to function as a man because you've become emotionally independent and strong).

You don't have to be perfect in all of those areas, but you do need to have clearly improved on them. It doesn't take months to make improvements either.

You can literally improve, adjust and change in clearly noticeable ways within a few days, to a week. You can then interact with her and let her experience the new and improved you, without asking her for another chance.

Just let her realize that she is attracted to you again and now feels like she doesn't want to leave you, or lose you.

When that happens, she will naturally want to accept a ring from you or at least get back together to see how things go for a while.

From her perspective, she will be gaining something (i.e. a better relationship, more intense feelings of love, respect and attraction), rather than losing something (i.e. her time with a guy who she doesn't believe in).

So, if your ex still left you even though you bought her a ring, she almost certainly felt as though the ring wouldn't change anything, or fix the relationship problems you and her had, or the ways in which you were turning her off (e.g. insecurity, too emotionally dependent on her, unreliable in certain ways).

From her perspective, she felt as though it would be better to break up now, rather than risk breaking up later on when the stakes were a lot higher (e.g. you're married and have children together, she's older and it's then harder for her to find a new man and start over with him).

4. A ring doesn't change the fact that she is no longer attracted to him or in

love with him

When a woman has disconnected from her sexual and romantic feelings for a guy, a ring is the last thing that will make her stick with him.

In fact, it might actually scare her off even more, because she won't want to risk him thinking that the reason she's breaking up with him is that he didn't propose to her earlier, when in fact it has nothing to do with that.

That's why, if you want your ex back, you need to focus on reactivating her feelings for you first. One of the ways to do that is by using interactions with her from now on to create a spark between you and her.

You can do that by:

- Realizing that your confidence is one of the qualities about you that she feels most attracted to, so you don't become insecure and nervous when she's being closed off and distant and says that she isn't interested in you anymore.
- Using ballsy humor to bring down her defenses and make her want to interact with you more and more.
- Playfully teasing her to create some sexual tension between you.
- Being more emotionally dominant than her so she can relax and feel totally feminine in your presence.

The more you reactivate her feelings for you, the more she will then want to spend time around you, which opens up the way for kissing and sex.

Sex speeds up the process of reconciling a relationship and stops a lot of the mind games or playing hard to get on a woman's part.

She then drops her guard and becomes open to being your girl again.

Only then will she be happy and excited when you give her a ring.

5. A woman wants her engagement to a guy to be something she is proud of, not secretly embarrassed about

In most cases, when a woman leaves a guy, it's after a lot of arguments, fights and near break ups.

That means, a woman's friends, family and even coworkers will have noticed her crying, feeling sad, or looking angry and frustrated several times throughout the course of her relationship with him.

If she then suddenly tells them that she almost broke up with him, but he stopped her from leaving by giving her a ring, rather than congratulate her and feel happy for her, they will likely feel pity for her.

From their perspective, they will assume that she's so desperate to get married, that she's even willing to accept a man who doesn't make her happy to make it happen.

Yet, that's not how a woman wants to feel about her engagement.

Instead, she wants to be the envy of other women, because she's marrying a great guy who she feels proud of and who is worthy of her love and affection.

She will then not only feel motivated to hold on to him and treat him like her king, she will also want

to show him off to everyone, because she knows that heâ€¦s a catch and that sheâ€¦s lucky to have him.

Get Her Back Faster By Avoiding These 4 Mistakes

1. Assuming that women can be easily tricked with rings, gifts or romantic gestures

[image: Assuming that women can be easily tricked with rings, gifts or romantic gestures]

Almost all women donâ€¦t choose to be with a guy because of what he can buy for her.

She doesn't want to feel like she is being bought, like a hooker, or feel obligated to be with a guy because he bought something for her.

Instead, a woman chooses to be with him based on how he makes her feel when sheâ€¦s with him (e.g. attracted, in love, safe, turned on, excited about the future, relaxed, happy, light-hearted).

So, when a guy tries to make her stay with him by giving her a ring, rather than see it as a romantic gesture, she instead feels heâ€¦s trying to trick her into accepting him, even though heâ€¦s not giving her the attraction experience she really wants.

For this reason, if you want your ex back, rather than trying to buy her love back, focus on making her have strong feelings for you again, based on how she feels when she talks to you and interacts with you.

Thatâ€¦s what really counts.

2. Becoming desperate and turning her off more than she already has been

For example: Out of desperation a guy mightâ€¦

- Start begging and pleading with her to change her mind, which makes him come across as emotionally weak and wimpy and turns her off even more.
- Make promises to change and become the man she wants him to be if she will just give him another chance.
- Send her a long letter, email or series of text messages telling her how much he still loves her. However, because she no longer has feelings for him anymore, she doesnâ€¦t care and even perceives him as being selfish and only thinking about himself and what he wants.
- AskÂ her to tell him what he needs to do to make her change her mind, which stresses her out and turns her off more, because he needs her to help him to become a better, more attractive man for her.

She then closes herself off even more and focuses on finding a replacement man as quickly as possible, so that she can have an excuse not to have to give him another chance.

Donâ€¦t make that mistake.

The proper way to get your ex back is to focus on making her have feelings for you by quickly changing your approach to be more attractive and appealing to her.

Not in a desperate, hurried way, but in a relaxed, confident, easy-going way.

3. Assuming that all she really wants from you is commitment

In many cases, a woman will break up with a guy due to his behavior in the relationship.

For example:

- He ignored her and placed her in the background of his life due to excessive work or playing video games.
- He became addicted to drugs or alcohol and expected her to put up with it.
- He changed from being a nice, loving boyfriend to a mean, vindictive boyfriend.
- He discouraged her from pursuing her dreams and made her feel like she wasn't good enough, because he worried that she would outgrow him and then leave him.
- He put more value on other people's opinions (e.g. his friends, coworkers, family, even acquaintances) rather than hers.

So, to make your ex want you back you first need to be able to re-attract in the ways that really matter to her (i.e. that you level up as a man), rather than giving her things that she doesn't actually want (i.e. a marriage proposal).

When she experiences your new, attractive behavior, she will naturally begin to feel more respect and attraction for you as a man.

She will then drop her guard and allow herself to open back up to the idea of being in a relationship with you again.

4. Hoping that if you cut off contact and wait, she will regret her decision and come back

When a woman is attractive, it's easy for her to find a new man to hook up with sexually, date and get into a relationship with.

So, if she has disconnected from her feelings for her guy and he then ignores her for weeks or even months, in the hope that she will come running back to him, she's probably not going to care.

Instead, she's going to focus on finding a replacement man as quickly as possible to move on with, rather than chase after a guy she no longer loves or feels attracted to.

In a case where she is hoping that they will get back together again and he ignores her, she may take it as a sign that he doesn't care about her anymore and feel rejected.

She will then hook up with a new man to make herself feel better.

Either way, he ends up losing out and regretting his decision for many years to come.

So, if you want your ex back, it's up to you, not her, to make it happen.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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My Fiancé Left Me

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 4 common reasons why a woman will do that and how you can get her back:

1. She had been having doubts for a while and could no longer deal with that level of commitment

Most couples will experience some doubts about getting married and before they, may give themselves a chance to wonder things like, *“Is he/she really the one for me?”* or, *“Am I really ready to spend the rest of my life with him/her?”*

Usually, those doubts are temporary and go away pretty quickly when the other person makes them feel loved, wanted and appreciated.

However that's not always the case.

Sometimes, the doubts will continue to eat away a woman's feelings for her guy (or visa versa). She may then begin feeling confused, unhappy, stressed out and even trapped.

Initially, she might try to convince herself that she's getting cold feet and that there's nothing wrong.

She may even hint about her uneasiness to her guy in the hope that he will say and do something that will show her he's the right guy for her (e.g. make her feel loved and appreciated in a confident, manly way).

However, if he responds in an unattractive way (e.g. he becomes clingy and needy out of fear of losing her), her doubts will intensify.

She might then decide that she can't go through with the marriage anymore and break up with him.

So, if you want your fiancé back, you need to show her during your interactions from now on, that you really are the right man for her.

When she realizes that you make her feel more respect, attraction and love than anyone else, her doubts will naturally melt away and will want to be your wife.

2. He hadn't been listening to her requests for him to change and she feared that it would just get worse if they got married

[image: He hadn't been listening to her requests for him to change and she feared that it would just get worse if they got married]

Every relationship experiences some problems at times.

Likewise, there will be some things that annoy the woman about her man and visa versa.

However, the key to a lasting relationship is that when an issue arises that can be fixed, adjusted or changed, the other person listens and then puts in the effort to fix, adjust, change or improve.

As a result, the love, respect and attraction between the couple grows and intensifies and they feel like they want to be together for life.

On the other hand, if a woman realizes that the problems between her and her man aren't going away, regardless of how often she talks to him about it, she will strongly begin to doubt her decision to marry him.

In some cases, she may even break up with him if she gets a sense that things will only become worse after they get married (i.e. because he'll assume that he's got her now so why put in the effort to change).

So, if you want your ex back, you need to make sure that you show her (not tell her) that you've truly changed some to the things that are important to her.

For example:

- You're less insecure and self-doubting now, which means you don't feel the need to get jealous and cling to her.
- You're more emotionally independent, which means that you don't rely on her for your sense of purpose and identity.
- You're less nice and sweet, which means she can't walk all over you knowing that you'll stick around no matter what.
- You're no longer being held back by the addictions or issues you might have had in the relationship (e.g. spending way too much time playing video games and not enough time on achieving goals in real life, using too alcohol or drugs too often or too much, working way too much, being overly obsessive about certain things).

When you interact with her again and she can sense that you really have changed, she will begin to open up to the possibility of forgiving you, giving the relationship another chance and then becoming your wife.

3. She wasn't feeling enough of a spark and didn't want to get into that kind of marriage

Your ex fiancée may have some feelings for you, but not enough to make her want to become your wife.

This often happens when a relationship starts off well (e.g. they had an amazing connection, he was a good guy to her, the sex was great, they had a lot of fun and interesting times together), but then, over time the sexual spark fizzled out.

In other words, the relationship ended up feeling more like a friendship than a sexual romance.

Some women will put up with having a spark-less relationship, but a lot of women won't.

If your fiancée left you, it could be because she doesn't feel enough sexual attraction for you to make her want to end up in a passionless, sexless marriage.

However, you can change that by re-sparking her sexual and romantic feelings for you.

When you make her feel very feminine in comparison to your masculinity (e.g. by not being neutral around her, being a good man but not a pushover, laughing at her in a loving way when she creates drama) she will automatically feel attracted to you.

Then, the idea of becoming your wife begins to appeal to her once more.

4. She knew that they wouldn't last and she didn't want to become a divorced woman, so she ended it while she still could

[image: She knew that they wouldn't last and she didn't want to become a divorcee, so she ended it while she still could]

A woman will sometimes accept a marriage proposal from a guy, even though she's not fully attracted to him and in love with him.

Some of her reasons might be:

- She's getting older and she worries that if she doesn't say *Yes*, she may end up single for life and lose out on having a family of her own.
- She's being pressured by her family.
- She's noticing that her friends are all settling down and she doesn't want to be left behind.
- He's a good guy and she feels he'll be a good provider for her and any children they may have, so she's willing to overlook the fact that he doesn't make her feel sexual and romantic attraction for him.

Yet, deep down, she knows that it probably won't last and that eventually, she'll begin to want more from the relationship.

So, to avoid getting divorced later on and potentially having to deal with putting children through that as well, she decides to end it now before it's too late.

She will then look to find a replacement man as quickly as possible who is good to her, but also motivates her to be a loving, devoted, faithful woman to him too.

Of course, you can still be that guy.

The more attracted you can make her feel when she interacts with you, the more she will believe that getting back with you is about her following her heart and surrendering to the exciting feelings of loving attraction, rather than settling for a man who is not her ideal match.

Getting Your Fiancée Back is Easier When You Avoid These 6 Mistakes

1. Crying to her and pleading for another chance

A woman's attraction to a guy is based mostly on his ability to make her feel like she can look up to him and respect him as a man.

So, when a guy is crying and pleading and being emotionally weak and desperate, he's essentially making her feel the opposite of the way he needs to make her feel to convince her to be his wife again.

Instead, he's actually turning her off even more when what he should be doing is quickly re-sparking her sexual and romantic feelings for him again, so she naturally becomes unsure about her decision to leave him.

2. Not figuring out the core reason for her lack of attraction

If a guy interacts with his ex woman and makes the same old attraction mistakes that he made before, it goes without saying that she won't feel very motivated to give him another chance.

Instead, she will continue to feel that something important is missing and that will convince her that she made the right decision to leave him.

So, if you want your fiancée to change her mind about being broken up, you need to show her that you understand her core, possibly even secret reason for losing attraction for you (e.g. your lack of emotional strength made her feel as though she had to take care of you so she felt more like a mother or big sister than your girl, the way you treated her made her feel like a neutral friend around you rather than a desirable woman).

You need to think, act, behave and respond to her in a way that inspires her and wakes her up to a new attraction experience.

Only then will she open back up to you again.

3. Trying to get her back before figuring out how to make her feel attracted again

If you push for a relationship with your ex fiancée before making her have feelings for you again, you will almost certainly get rejected. Why?

Even though you feel attracted to her, love her and want to be with her, right now she doesn't feel the same way.

As a result, she will likely feel that you're being selfish and only looking out for your own well-being without bothering to take her feelings into consideration.

She will then naturally push you away and refuse to work things out.

This is why you need to approach the ex back process with your ex fiancée in a way that will open her up and make her want to talk to you and be around you more, rather than less.

In other words, you need to make the feelings between you and her mutual, or at least close to mutual.

If you don't do that, she won't feel motivated to fix the relationship and be your girl again.

4. Trying to get family or friends involved to help convince her to give you another chance

This is usually a bad idea for several reasons:

Most family and friends don't want to get caught up in the middle of a break up and have to choose sides.

If she finds out that you went behind her back she might actually get angry with you and feel even more convinced that she made the right decision.

Often family and friends will try to talk you out of trying to get her back by saying things like, *It's better that you broke up now, rather than going through a divorce later on. Clearly it wasn't meant to be.*

So, if you want your fiancée back, don't get other people involved, regardless of how desperate you might feel.

5. Falling into depression and becoming unattractive to her and other women as a result

There's no denying that losing the woman you were planning to spend the rest of your life with is a big deal.

You wouldn't be human if it wasn't.

However, if you let it break you and cause you to sink into a pit depression and despair, you'll actually be hurting your chances of getting your fiancée back.

Why?

Essentially, you're stopping yourself from moving forward and becoming the kind of man who can attract her back (e.g. confident, someone who can handle adversity and come back emotionally stronger and better than before).

Then, when you interact with other women, or your ex fiancée and they notice your hopelessness, they will feel turned off by what they perceive as your emotional weakness.

As a result, you then struggle to find a new woman to move on with, or re-attract your fiancée and get her back.

6. Hoping that she will change her mind if you just wait

One of the fastest ways for you to lose your ex for real, is by waiting around for her to realize she made a mistake and come running back to you and doing nothing.

The truth is, if a woman has disconnected from her sexual and romantic feelings for you and you don't actively do anything to change that (i.e. interact with her every chance you get and spark her feelings for you again), she's likely going to focus on fully getting over you.

That usually involves her going out with her single friends to clubs and bars, drinking alcohol and flirting and even hooking up with guys she meets there.

She might also accept dates from guys that have been interested in her and have been waiting in the sidelines for her to break up with you.

Additionally, she can join an online dating site or use an app like Tinder.

Basically, it's very easy for an attractive woman to find a new man if she wants to.

So, while you're waiting around being a good, faithful ex fiancée, she will be moving on and forgetting all about you.

Don't let that happen!

You have to be active in the ex back process, not passive.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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My Ex Wife Has Started Messaging Me Again

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 6 of the most common reasons why an ex wife will do that and what you can do to get her back:

1. She wants to see if you're still missing her and wanting her back, but isn't 100% interested in getting back with you yet

[image: She wants to see if you're still missing her and wanting her back, but isn't yet interested in getting back with you]

Sometimes, a woman will message her ex husband as a way of finding out what her options are.

For example: If he's still missing her and wants her back she might be willing to work on the relationship so they can get back together again.

However, if she gets a cool response from him, she will then focus on fully getting over him and moving on (usually by hooking up with and dating other guys).

So, if you want to reconcile with your ex wife, don't let this opportunity go to waste.

That doesn't mean you should chase after her or behave in a desperate or needy way.

Instead, respond to her messages once or twice in an easy-going and fun way and then just go ahead and call her.

On the phone, it's a lot easier for you to reactivate her sexual and romantic feelings for you.

The reason is, she can hear the confidence and sincerity in your voice, which means it's harder for her to make assumptions about you like she would via text (e.g. she might assume you're feeling nervous or unsure of yourself while texting, but when she hears your voice or even sees your face on a video call she won't be able to make that mistake).

She then naturally feels drawn to you and becomes open to meeting up with you in person to see where things go from there.

2. She misses you and hopes that by messaging you, a spark will ignite and you and her can reconcile

[image: She misses you and hopes that by messaging you, a spark will ignite and you and her can reconcile]

Basically, she's likely hoping that you will take the lead and relight the spark of sexual and romantic attraction between you and her.

For example: Some of the most effective ways to do that are by:

- Using ballsy humor, or playfully challenging humor to break down her walls and make her feel at ease and happy to be talking to you, rather than just talking to her in a neutral way, or being on your best behavior to hopefully get her to take pity on you.
- Being flirtatious when talking to her to create a sexual spark between you, which then makes her want to see you and release the built up sexual tension with kissing and sex.

- Being more emotionally dominant than her (while still treating her well and being a good man), so she can feel feminine and girly inÂ comparison to you.
- Making her feel that she will be lucky to get you back, rather than like she would be doing you a favor because sheâs too good for you.

The more you attract her in ways that she doesnât expect, the more she will want to interact with you on the phone and in person to experience it.

Itâs then pretty easy for you to fully reactivate her feelings of respect, attraction and love for you and get her back.

3. She has been having a difficult time dating and has reached out to you to make herself feel better

If a woman struggles to find a replacement man to date after she gets divorced, it might dent her confidence.

So, to give herself a bit of a self-esteem boost, she might start messaging her ex again to see what happens.

If he seems overly excited to hear from her, or if she gets a sense that heâs been sitting around unable to move on without her, she will feel better knowing that he still wants her.

She might then use that confidence boost to go out and try her luck at hooking up with other men again, knowing that even if she fails, her ex husband will still be there to make her feel good about herself if she needs it.

The important thing in a situation like this is not to allow your ex to use you in that way.

Instead, use her contacting you as an opportunity to re-attract her and get her back.

4. Sheâs testing to see how you react

[image: She's testing to see how you react]

This can be out of curiosity (i.e. she may be thinking, *âI wonder if he still has feelings for me after all this time?â*), boredom (i.e. sheâs got nothing to do and thought it might be fun to text you and see what happens), or interest (i.e. she still has some feelings for you and wants to explore them).

She will then wait to see what you will do when you get her messages.

For example:

- Will you get overly excited about hearing from her and desperately chase after her?
- Will you just ignore her?
- Will you have the confidence to respond to her, reactivate her feelings and get her back?
- Will you lose control of your emotions and begin pouring your heart out to her and telling her how much you missed her and how lost youâve been without her?
- Will you try to make her feel bad, by telling her how happy youâve been without her?
- Will you show her that even though you do want her back, you donât really need her back in order to feel good about yourself or to live a happy, successful life?

Depending on your reaction, she will either go back to ignoring you and focus on moving on, or she

will open herself up to seeing you in person again to see how she feels.

5. She doesn't feel as though you and her need to continue cutting off communication like you have been

This is often the case when a woman feels that she's over her ex husband and is now ready to be friends with him instead of pretending they didn't once share a special connection.

The good thing about a situation like that is that if you still want to get back together with your ex wife, you can use the friendship to make it happen.

Of course, that doesn't mean you should pretend to be her nice, neutral friend who is no longer interested in her in a sexual and romantic way and hope that eventually she will realize what a great guy you've become since the divorce and want you back.

That's not how attraction works.

Instead, you've got to actively spark her feelings of attraction for you every chance you get (e.g. making her feel sexy and desirable when she's with you, creating exciting tension between you through teasing and ballsy humor).

Of course, it's totally fine to be friendly with her.

Just ensure that you're also making her feel strong waves of sexual and romantic attraction for you too.

When you do, the relationship will naturally get back together right away, or very quickly.

6. She has forgiven you for your part in the breakdown of the marriage and now thinks of you in a more compassionate way

She probably now realizes that mistakes were made by both you and her and the mature thing is to acknowledge that, rather than not taking responsibility for her actions and blaming you for everything.

At the same time, she understands that you shared a great love and that is something that bonds you and her forever.

Based on that, it's better that you forgive each other so that you can both move on without the baggage of the past casting a big shadow of any future relationships you might have.

Yet, the wonderful thing about forgiveness is that it automatically makes her stop looking at you in a negative way.

She recognizes that who you are now and who you were before the divorce are two different people.

You've changed as a man because of what happened and are now a better man because of it.

When she goes through that emotional transition, she automatically starts to feel better about interacting with the new and improved you.

She finds it easier to open herself back up to you and when she does, you need to make sure that you're able to make her feel enough respect and attraction for you to actually want to be in a relationship with you again.

4 Mistakes to Avoid Now That She's Messaging You Again

1. Sticking to text and she then gets her fill and loses interest

Playing it safe by sticking to only messaging back and forth with your ex wife and never calling her, is a tactic that rarely (if ever) works in getting a woman back.

The reason for that is because in most cases, a woman who doesn't have strong (or any) feelings for her ex and he in turn, isn't doing anything to make her have feelings for him, will get bored of texting with him.

She may then begin to wonder *What's the point?* and lose interest.

She will then usually focus her attention on other guys she knows who are interested in her and are bold enough to call her and meet up with her, because she can see that things are progressing with them, unlike with her ex.

So, if you want your ex wife back, it's up to you to be a man about it and lead the way by calling her and reactivating her feelings for you again.

That's what works.

2. Sticking to text and she then assumes you're not interested in anything more than that

[image: Sticking to just texting and she then assumes you're not interested in anything more than that]

If your ex wife has any feelings left for you and is secretly hoping that you and her can try and work things out, sticking to text will likely ruin that.

Why?

She may decide that if you're not willing to call her or see her in person, then you're probably not interested in her anymore and are perhaps being too polite to tell her.

As a result, she assumes that you're doing the *nice* thing of being a good ex husband who responds to her messages, but that you're not interested in anything more.

She will then likely force herself to go out and meet, date and hook up with other men to get over you and move on.

3. Having in depth conversations via text and she then becomes exhausted by it and wants to stop

It's only natural that interacting with an ex husband can be a bit stressful for a woman (i.e. they had a special connection and then things got ruined and they ended up getting divorced).

So, even if she's the one who started messaging him again, it's likely that her intention wasn't to get caught up in long, stressful discussions about the marriage and subsequent divorce.

Instead, she probably just wants to test the water and see if they can still have a nice, friendly, light-hearted chat and see where things go from there.

So, if you try to get into a deep, meaningful conversation with your ex wife via text, she will likely

start to feel overwhelmed and stressed out by it.

She may then think something like, *â€œMessaging him again was a mistake,â€* and she might then stop replying to you, or if you continue to put her under pressure, even block you.

4. Getting to a phone call, but not getting her to meet up with you to say hi as friends, so you can then re-attract her and seduce her

Something that a lot of guys don't understand when trying to get an ex woman back, is that if you're not reactivating her sexual and romantic feelings for you in person, she's going to remain a neutral friend.

Think of it this way!

A relationship is two people who spend time together, enjoy doing things with each other, touch, kiss and have sex.

You can't successfully do any of that via text or on a phone call (i.e. even phone sex can't replace the real thing).

So, if you want to get back with your ex wife, you have to be courageous enough to make it happen. Take the lead by re-sparking her feelings for you in person so she wants to be around you more and more.

She wants to touch, hold hands, hug, kiss and have sex.

Only then will she be willing to try again.

On the other hand, if all you do is talk over the phone, she will eventually feel that your interactions are leading nowhere.

She then assumes that it's over and decides to forget about you and make a fresh start with someone else.

Don't let that happen.

Get your wife back today, tomorrow or in the next 1-2 weeks.

You can do that.

Every day, new men take a chance and get their ex wife back.

You can do it too.

×

[image]

Almost there! Please complete this quick form to gain instant access.

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Second Chance Relationship Advice

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 6 essential pieces of second chance relationship advice that every man needs to know, if he sincerely wants to get his ex woman back:

1. Most ex women will seem completely uninterested, *until* you re-attract them

Sometimes a guy will try his best to get a woman back after a break up, only for her to reject him (again!) and say things like, *âSorry, but Iâm not interested. Itâs over. You need to move on.â*

At that point, he might give up and walk away, feeling as though heâs lost the love of his life forever.

Yet, what a guy like that doesnât realize is that even when a woman hates a guy, if he interacts with her and sparks some respect and attraction inside of her (i.e. by showing her that heâs truly leveled up in some of the ways that matter to her), her feelings will automatically begin to change. She might not want them to, but she wonât have any control over them (i.e. because when you display traits that women naturally find attractive, she will automatically feel drawn to you, whether she wants to or not).

On the other hand, if you give up at the first sign of resistance from her (i.e. when she says sheâs not interested in you anymore), you may lose your second chance with her.

So, you have to be ready to maintain your confidence, regardless of what she says or does to push you away.

Then, you need to spark her sexual and romantic feelings for the new and improved you, so that you can bring down her guard and get her back.

2. Asking for a second chance at a relationship before re-attracting her will usually result in a, *âNoâ*

The fundamental rule to getting an ex back is: Attraction comes first and everything else follows after that.

Unfortunately, some guys arenât aware of that fact and make the mistake of asking for a second chance before theyâve fully re-sparked their exâs sexual and romantic feelings.

The guy is then left feeling hurt and bewildered when she says, *âNo.â*

So, if you want your ex to give you another chance, you need to make sure that you reactivate her feelings of respect and sexual attraction for you first.

A few examples of how you can do that are:

- Take control during interactions in an emotionally masculine manner and lead the way, rather than constantly worrying about what sheâs thinking, or if sheâll get annoyed if you donât let her call the shots.
- Be confident and believe in your value to her, rather than thinking negative thoughts such as, *âI donât stand a chance with her anymore.â*

- Be flirtatious and create as much sexual tension between you and her so that she wants to release it with hugging, kissing and sex, rather than being nice or neutral around her and pretending that you only want to be her friend,

The more you make her feel attracted in ways that she always wanted but didn't get, the more her sexual and romantic feelings for you start flooding back.

She then wants to give you a second chance, because it feels right to her.

[image: Most ex women will seem completely uninterested, until you re-attract them]

Before you know it, she's over at your place, or you are at her place and you hug, kiss and have sex.

If you've done a great job at re-attracting her, then the make up sex will feel amazing for her.

She will feel so in love with you again and wanting to give the relationship another chance.

3. Even if your ex is interested, she might not want to show that in case you reject her

Sometimes, a woman will secretly still have feelings for her ex and is hoping that they will get back together.

However, rather than make it obvious to him, the best she might do is give him subtle signs and wait for him to take the lead and make it happen.

For example: She might be open to interacting with him via text, social media or on phone calls, but she won't openly show interest in case he says something like, *"Hey, I enjoy chatting sometimes, but I want to make it clear that I'm not interested in a relationship."*

Alternatively, she fears that if he realizes how she feels about him, the thrill of the chase will fade away for him (i.e. he sees that he can easily get her back and loses interest in chasing her).

She will then end up feeling rejected, hurt and left behind.

So, rather than her taking a risk and having it backfire on her, your ex may just be waiting to see if you have the courage to make a move.

If you do, she will quickly open up to giving the relationship a second chance.

However, if you don't she may then force herself to move on and find a new man to be in a relationship with.

4. You don't have to wait for weeks or months to start the ex back process

Some guys think that giving a woman lots of space (i.e. using the No Contact Rule and ignoring her for 30 or 60 days) will make her change her mind about the break up.

Yet, that almost never works out and the guy ends up losing her to another man.

The fact is, in most cases, the sooner you start reactivating a woman's feelings the better.

So, don't hesitate.

Strike while the iron is hot (i.e. while she's still single and possibly missing you).

Interact with her over the phone and in person and re-spark her sexual and romantic feelings for you again.

You can do that by being easy-going and flirtatious so she feels relaxed and happy around you again.

Then, when her defenses are down, initiate a hug, kissing, hook up with her sexually and get her back.

5. She will back out if she senses that the relationship dynamic will be the same or worse than before

What a lot of guys don't know is that the relationship dynamic that makes a woman feel the happiest, most in love and makes her want to stick in a relationship with a guy is one that is balanced. For example: A woman doesn't want a man who is always giving and she's always taking, because that makes her feel more valuable than him.

When she feels that way, she then can't look up to him and respect him and then the idea of submitting to him sexually doesn't appeal to her.

At the same time, she doesn't want to be the one who is always giving and he's the one who is taking, because she then feels taken for granted.

This then leads to her feeling angry, bitter and resentful towards him, which isn't a good basis for a healthy relationship.

So, if you want a second chance with your ex, you need to make sure that you create a relationship balance where you're good to her and she feels motivated to treat you well too.

Only then will she want you back.

6. Most women know that reunited love (and sex) feels amazing

If your ex loved you before and she can see that you truly have transformed yourself into a better man, then she will almost certainly want to give the relationship a second chance.

She will instinctively understand that when a couple improves and changes and becomes even better as a result of the mistakes that were made before, the relationship naturally feels more amazing.

She realizes that she could be so much happier, so much more in love and so much more fulfilled this time around.

As a result, her defenses come down and she opens back up to giving you a second chance.

You can then lead her through the final steps of the ex back process and enjoy the good times ahead.

5 Mistakes to Avoid Making if You Want a Second Chance With Her

1. Asking her for another chance because you love her

Those are your feelings not hers.

In fact, she may even get annoyed and see you as being selfish if you talk to her about how much you love her.

She only cares about her feelings right now, not yours.

So, focus on making her have strong sexual and romantic feelings for you during interactions (e.g. by breaking down her defenses with humor, being flirtatious, being more manly).

When you do, she will also appreciate that you still love her and she will open back up to giving you another chance.

2. Asking for another chance at a relationship, even though she isn't attracted

Right now, you have feelings for your ex, but she probably doesn't have feelings for you.

So, if you ask her for a second chance, she will likely refuse.

The truth is, for a relationship to get back together, there needs to be mutual feelings.

It doesn't have to be exactly mutual, but she needs to have some feelings for you (e.g. she is 60% – 70% into the idea of getting back with you).

If you try to get her back when she's at 0% or even 30%, then you're likely going to end up feeling like she's being stubborn and uncooperative.

Yet, she's not.

She's just not motivated to want you back yet.

So, if you want another chance with your ex, you need to reactivate her feelings for you first.

When you do, you will notice how quickly and easily she opens back up to being your girl again.

3. Trying to attract her in ways that don't matter to her

For example: Some of the ways guys will try to win an ex woman back are by:

- Being extra nice to her.
- Promising her that he will do whatever she wants if she gives him another chance.
- Changing his physical appearance to become more attractive to her (e.g. building some muscle, getting new clothes or a different hairstyle).
- Sending her flowers or gifts.
- Writing her a love letter or card.

Yet, that rarely works.

The thing you need to get clear on, is that what matters most to a woman is how you make her feel when she's interacting with you (e.g. happy, interested, attracted, or bored, turned off, annoyed).

When you give her the kind of attraction experience she always wanted from you but didn't get, she will naturally begin to drop her guard and allow herself to open back up to the idea of being in a relationship with you again.

4. Trying to get her back by showing her how committed you are to making it work

Sometimes, a guy assumes that if he shows his ex how serious he is about the relationship (e.g. by going to therapy, staying faithful to her even though they're broken up), she will be impressed and want him back.

Yet, here's the thing:

If she has lost respect and attraction for him, she's not going to really care.

Instead, if she currently perceives him in a negative light, she's likely just going to think that he's desperately trying to impress her and she will feel turned off by him even more.

So, rather than try to impress your ex by showing her how committed you are to making the relationship work, focus instead on reactivating her feelings for you during interactions.

Then, not only will she be happy that youâre serious about getting her back, she will feel equally motivated to make the relationship work too.

5. Trying to get her back on the basis that you are genuinely sorry for your mistakes

Actions speak louder than words.

So, donât bother telling your ex how sorry you are, in the hope that she will want you back.

Of course, itâs perfectly fine to apologize for making mistakes in the relationship with her.

However, one short, sincere apology is enough.

Then, after youâve said youâre sorry, itâs much more important to focus on showing her, via your attitude, actions, behavior and the way you respond to her that youâve leveled up in some of the ways that are important to her.

When she can see that youâre now more of the man she always wanted you to be, it will make her feel a renewed sense of respect and attraction for you.

Then, the idea of reconnecting with her feelings for you and giving you a second chance starts to feel like something she may be willing to do.

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[image]

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4 Mistakes Guys Make When an Ex Girlfriend Cuts Off All Contact

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The first thing you need to realize is that, if she cuts off contact, itâs not final and you do still have a chance.

There is always a chance to re-attract a woman and make her have a change of heart about you.

Unfortunately, most guys donât realize that and donât ever find out what youâre about to learn, so they make one or more of the following mistakes and end up decreasing the chances of getting their ex girlfriend back...

1. Waiting for a month and not hearing from her, so he decides to wait even longer

When a woman breaks up with a guy, itâs usually because she no longer feels enough respect, attraction or love to want to be with him.

In other words, sheâs done.

Sheâs over it, she doesnât have enough feelings for him anymore and wants to start moving on.

So, if he doesnât contact her after the break up, a woman usually wonât suddenly feel attracted and in love with him again and then call him, or desperately chase him and try to get him back.

Of course, sometimes a woman will feel curious about why her ex boyfriend isnât contacting her, because he seemed so upset when she broke up with him and in cases like that, she might reach out to him via text.

Yet, all she really wants to find out is if he is still missing her, still interested or hasnât moved on yet.

She can pick up on those details during a text conversation by what he is saying or suggesting, or she can fake interest in him to see if he shows interest back (e.g. *âYou knowâsometimes I miss you. Sometimes I regret the break up in a wayâ*) or directly ask him (e.g. *âSo, do you miss me?â*).

Alternatively, she can show some initial interest, get his hopes up and then start talking about her new boyfriend to assess how he reacts.

If he seems upset via text, or suddenly appears to be feeling rejected if sheâs talking to him on the phone or in person, she can then assume that he was still interested in her and hoping to get her back.

Whatever way she goes about it, she will try to find out whether or not heâs still missing her and wanting her back.

Once she gets those details, she can then continue moving on with her life knowing that he still wants her back, but she doesnât want him back.

That way, she doesn't have to feel rejected by the fact that he didn't contact her.

She gets to continue feeling like the dumper and the one who has walked away from the relationship, rather than the dumped one who was rejected and left behind.

At that point, her texts will suddenly come to a stop and she'll go cold.

Her ex is then left wondering, *"Why she did stop contacting me?"* because she did seem kind of interested initially.

If he then asks her why she has gone cold or won't reply to his texts anymore, she might tell him that she was just reaching out to say hi, or if she had given him the impression that she was possibly interested in him again, she might say something like, *"After we texted, I realized that it's best if we just continue going out separate ways. Thank you for helping me realize that. You're a great guy and I'm sure you will find the right woman for you one day. I wish you all the best."*

He is then left wondering if, *"you're a great guy"* means that she does like him and see him as a great guy, if she's just being nice or if she just sees him as a friend.

Essentially, she leaves him hanging and wondering.

In other cases though (I'd estimate about 80% of cases, based on the 1,000s I've worked on over the years), the woman won't EVER contact her ex again.

So, when the guy finally works up the courage to contact her, he finds that she's been seeing a new guy and is happy with him.

Alternatively, she's been enjoying the single life and says that she doesn't want a relationship right now because she's just having fun (i.e. in other words, enjoying having casual sex with different men).

This is why I always recommend that guys stop making the classic mistake of waiting and waiting for a woman to make all the moves.

Women rarely try to get an ex back that they have dumped!

You've got to realize that.

So, if you actually want your ex girlfriend back, don't just sit around waiting and hoping for her to suddenly change her mind about being in contact with you.

She might change her mind and contact you, but there's a high chance she won't and you will never hear from her again, unless you contact her and she actually replies.

This is why, if you want her back, you will need to build up the courage to make it happen, rather than just waiting and hoping that she does it for you.

Another mistake that other guys make in situations like yours is

2. Using the last remaining way to contact her (e.g. email) to ask her why she has cut off contact

Women hate it when guys send emotional emails, or try to ask questions after a break up via email.

These days, email is more associated with work, rather than play for most people, so when a woman gets an email, it feels more like work to her than anything else.

That aside, asking a woman why she has cut off contact will rarely, if ever, get you a truthful answer. Why?

She doesn't want to explain things like, *"Oh, it's because I'm no longer attracted to you and have dumped you. You became too insecure in the relationship and turned me off."*

Why would she want to say those sort of things?

If she did, the guy might get angry at her, annoyed or plead with her to give him a chance, by promising her to be more confident, or by saying that he has realized his mistakes and is already more confident.

She's just not going to want to open that type of conversation with him.

Additionally, if a guy asks a woman why she has cut off contact, she can feel as though he's trying to make her feel guilty for cutting him off.

He's seeking pity and trying to make her feel sorry for him, or feel as though she is going overboard by cutting off all communication.

If she's feeling pissed off with his approach to getting her back, she might even go on to think something like, *"How dare he ask me why I've cut off all contact with him! He doesn't own me! After everything he did to ruin the relationship with all of his insecurity and unattractive behavior, he should already know why I don't want anything to do with him anymore. It's just so typical of him to act like he's the victim and try to make me feel as though I'm being a bad person for not wanting to talk to him. Well, I'm not going to let him make me feel guilty for putting myself and my needs first for a change. He had his chance with me and he blew it. I don't owe him anything. I'm not reply to this crap. I'm moving on."*

She then continues to ignore him and focuses on finding herself a replacement guy as quickly as possible, so she can have an extra barrier between herself and her ex.

That's women for you.

They can get pretty emotional and angry, especially if they feel as though a man feels entitled to them after being dumped.

Also, as you would know, it's pretty easy for a woman to get laid, or line up a bunch of dates, which is what women usually do to make themselves feel better after a break up, or to create an additional barrier between themselves and their ex.

That way, if she does talk to her ex, she can say, *"I've already met someone else and we're seeing each other"* or, *"I went out recently with the girls and ended up sleeping with a new guy. I can't believe I did it. It was so unlike me. I like being single though. It's a lot of fun"* to break her ex's heart and hopefully stop him from seducing her back into a relationship.

This is why, if you don't want to push your ex even further away than she already is, don't make the mistake of asking her why she has cut off contact with you.

Another mistake that other guys make in a situation like yours is

3. Trying to get mutual friends to pass on messages to her

Putting friends, family or coworkers in the uncomfortable, awkward situation where they have to pick sides (i.e. be on his side and help him) to get messages to his ex, is one of the fastest way to convince her that she has to continue cutting him out of her life and moving on.

Unfortunately, some guys just don't care at that point.

They are in such pain from the break up, so heartbroken, so stressed and panicked that they are willing to do anything to get through to her.

Usually, this comes from a fear that she might date, sleep with or get into a relationship with a new guy, before he has the chance to get her back.

Women know this.

So, when an ex guy is trying to get mutual friends (family or coworkers) to pass messages onto her, it not only becomes an uncomfortable situation for the person or people involved, it makes him look desperate.

Women aren't attracted to desperation, so it simply pushes his ex away even more.

Another mistake that other guys make in situations like yours isâ

4. Assuming that there's no way he can get her back now

There is always another way to do something that you haven't tried yet.

I can tell you (from my many years of helping new men get women back, in all sorts of difficult, challenging situations) that getting her back comes down to your mindset and the approach you use with her.

If your mindset is one of feeling hopeless, or assuming that you've tried everything and nothing can work for you because your situation is so different, then you'll get stuck.

Likewise, if feel unworthy of her and your mindset is essentially, *âI messed up too badly. She will never forgive me or want me back,*â then she will pick up on that insecurity and self doubt if you interact with her and she will feel even turned off by you.

This is why, if you are serious about getting her back, then you need to get your mindset and approach right.

The right mindset is one of confidence, worthiness and readiness and the right approach is to focus on attraction.

When you make her feel attracted to you again, everything changes.

She goes from not wanting to communicate with you, to wanting to be around you, hug you, kiss you, have sex with you again and love you.

So, you really have to ask yourself, *âHas the approach that you have been using working?*â

If not, it's time for a new approach.

It's time for a new way.

It's time to get her back, while you still can.

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[image]

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My Ex Has Cut Off All Contact With Me. Now What?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 4 tips to make her want to communicate with you again and get back with you:

1. Get ready to use the next interaction you have with her to make her feel re-attracted

[image: Get ready to use the next interaction you have with her to make her feel re-attracted]

Just because she has cut off all contact, it doesn't mean it is permanent.

She could become open to communicating with you in the next day, few days or week or so.

If she doesn't, then I'll explain what to do about that later, but for now, let's assume that she will become open to communicating with you again in a week.

In that case, you absolutely must prepare yourself to make the most of that communication, rather than causing her to feel turned off, uninterested or uninspired by her conversation with you.

For example: Imagine that your ex does answer your text or call next week, but as she communicates with you, she senses that you're nervous, unsure of yourself and hesitant.

Women just aren't attracted to that, especially in a guy that they've dumped, so it's not going to inspire her to want to keep talking to you.

That is why you have to prepare yourself to be fully confident and ready to communicate with her in the same kind of way you did when things were good between you and her (i.e. you were together, she attracted to you, loved you, you were happy together).

Come from that place, rather than from a place of insecurity and unworthiness and your communication style will be much more attractive and appealing to her.

One of the ways you can begin preparing yourself to be fully confident, is by replacing the negative thoughts running through your head with positive ones.

For example: If you think, *"My ex has cut off all contact with me, so clearly it's a hopeless situation now. She doesn't want anything to do with me anymore. I'm only be kidding myself if I believe that she could open back up to me again,"* it's not going to make you feel confident about getting her back.

Instead, it's almost certainly going to make you feel discouraged and dejected, which will then cause you to feel depressed and lost without her.

It might also cause you to feel unworthy of her now, nervous about talking to her and afraid that she will reject you again.

As a result, when you do have an interaction with your ex and she picks up on your insecurity, self doubt and fear, she's going to feel turned off by you.

She will then close herself off and want to avoid any communication with you, which might lead to you thinking that you were right to believe you could never get another chance with her.

Then, you're on your own.

She's gone and you feel hopeless about the situation.

You might even feel turned off about the idea of being with other women, because you're so hurt by the break up and only want her or nothing.

That can lead to months of loneliness, while she happily moves on and enjoys her life without you.

Don't go down that path.

Choose the path of confidence, self-belief and possibilities, rather than insecure, doubt and negativity.

For example: Start telling yourself things like, *â€œYes, it's true that she has cut off all contact with me for now, but that doesn't mean I can't get her back. I can. I can change my approach with her and make her feel attracted in new and interesting ways. All of a sudden, she will feel surges of sexual and romantic attraction for me and as a result, she will be the one wanting to talk on the phone and meet up in person. She will feel drawn to me again and I can then guide her back into a relationship. The relationship will be even better than the one we had before because I'm going to understand where I went wrong, make some adjustments and create a new relationship dynamic between her and I that makes us both feel happy, alive and lucky to be together.â€*

When you think that way, the way you carry yourself automatically changes.

You become more confident and self assured.

You feel good about yourself.

You feel alive, inspired and motivated.

Additionally, if you improve your understanding of how to attract her, you start believing in your attractiveness and value to your ex and to other women as well.

As a result, it comes through in the way you talk, act, think and behave and you naturally seem to be a more attractive man to your ex and to women in general.

When you interact with her, she realizes that she still has feelings for you and isn't fully over you, so she stops wanting to cut off all contact and instead, wants to open up and explore what she is feeling for you now.

So,

2. Give her a week to contact you and if she doesn't, just go ahead and contact her

[image: Give her a week to contact you and if she doesn't, go ahead and contact her]

Don't give her any longer than a week though.

A week is more than enough time to prove the point that you're not being needy, desperate and chasing her.

These days, so many guys make the mistake of giving their ex a lot of space (e.g. 30 to 60 days) before contacting her.

Then, when he eventually contacts her, she either doesn't respond, blocks him or lets him know that she has moved on and is happy with someone else now.

So, don't make the mistake of sitting around for weeks or months hoping that she will eventually

text or call you.

That can happen in some cases, but a woman will usually only contact her ex to find out if heâs still missing her and wanting her back.

When she finds that out, she then stops contacting him again and continues moving on with her life.

Essentially, she just wanted to have the peace of mind that comes with knowing that he still wants her back, rather than never knowing why he stopped contacting her and potentially assuming it was because he didnât care.

So, just give your ex a week to contact you and if she doesnât, go ahead and contact her.

If you try to call her and she doesnât answer, you can text her something like this, *âHey, I know you donât want to talk to me right now and I respect that. However, I really need to ask you something quick over the phone, so Iâm going to call you in 10 minutes time. Donât worry, itâs nothing serious. Just something quick I want to ask you. Talk to you in 10.*â

Then, give her a call 10 minutes later.

If she doesnât answer, donât keep calling and calling and end up coming across as needy and desperate.

Instead, leave it for a day or two and then try to call her again.

If she still doesnât answer your call, text her this, *âHey, I hope youâre having a good day. I tried calling you a few days ago to ask you something quick, but I guess you must have been busy. No problem. I might try to get hold of you some other time so I can ask you this question.*â

She then might text you back and ask, *âWhat do you want to ask me? Just text it to me now.*â

Whatever you do though, donât text her back though.

You have to call her.

Why?

Itâs so much easier to make her feel attracted on a phone call when she hears your voice, senses your confidence and smiles or laughs when you make her feel attracted.

On the other hand, itâs so easy for her to continue being cold or distant if you just texts her.

So, if she insists that you text her, just respond with something like, *âWhat I need to ask you can only be done over the phone.*â

In most cases, a woman will be curious enough about what you want to ask her and as a result, she will then answer your call.

BTW: What you want to ask her is to meet up with you in person, but donât make the mistake of saying that to her before youâve sparked some of her feelings for you first.

If you do, she might get angry with you and end the call and then getting her to talk to you again will be a lot more difficult the second time around.

So, when you get her on the phone, start off by using some humor to get her smiling, laughing and feeling happy that she agreed to talk to you again.

Then, when she seems relaxed and open again and is possibly even saying things like, *âI really didnât want to talk to you again, but Iâm glad I did,*â get her to agree to catch up with you in person.

Tell her that is what you wanted to ask her, but you wanted to ask her over the phone, because if you

asked her via text, she would have almost certainly said no.

You can also add in some humor like (said in a playful, joking tone of voice), *â€œYouâ€™re so much nicer on the phoneâ€* if it fits the situation.

Essentially, just make sure that you are confident enough to say things like that to her, rather than holding back and seeming nervous or unsure of yourself as a result.

Let her experience your confidence and feel it, so she can feel attracted and realize that she still does have some feelings for you.

Then, when you meet up in person, build on her feelings of attraction for you, get to a hug and kiss and get her back.

By the way!

3. If she doesnâ€™t ever answer or respond, you will have to attract her indirectly

[image: If she doesnâ€™t ever answer or respond, you will have to attract her indirectly]

In some cases, an ex woman will make it very difficult for an ex to get in touch with her (e.g. she will ignore his texts, refuse to answer any of his calls or just block his number), so the only option in a case like that is to attract her indirectly (i.e. via your social media posts).

Via your social media profiles (e.g. Instagram and Facebook), you need to let her see that you are confident, happy and enjoying life without her.

Not by yourself though.

The photos (or videos) that you post to your social media profiles need to show you around other people looking confident, happy and included.

If you donâ€™t have a profile, make one.

If you donâ€™t normally post like that, start doing it.

It doesnâ€™t matter if it is out of the ordinary for you.

You are technically a single man now and in her mind, are supposed to be living your life without her.

So, donâ€™t be afraid to do what will attract her from a distance, by posting up photos or videos of yourself having fun with other people.

How will doing that help get her back?

It shows her that you arenâ€™t needy of her, which actually makes her feel subtly rejected and as though she no longer has the power over you that she once had.

It also makes her feel respect for you, for having the emotional strength to get on with enjoying your life so soon after being dumped and heartbroken.

It also makes her curious as to why you feel so confident and happy all of a sudden.

Was she dragging you down, or holding you back?

Are you happier without her?

Are you over her now?

These are questions that cause a woman to toss and turn at night and lose sleep.

You are on her mind, she's feeling drawn to you again and you don't seem to be wanting her back.

So, to make herself feel better, she will contact you to see if she can find out whether or not you miss her and want her back.

By the way!

If your ex has unfriended you on Facebook or doesn't follow you on Instagram, simply post the pictures as a public so anyone can see them.

Don't worry, she will check up on you at some point.

She might do it every day, once every few days, once a week, or she might try to avoid looking at your profiles for a couple of weeks.

Yet, sooner or later, she is going to check and when she sees you looking confident, happy and enjoying life without her (around other people, not on your own), she is going to feel compelled to contact you.

A woman will usually then send a simply text to say *Hi* or, *Hey* as a way of opening up the lines of communication again.

She might text more, but if you get at least get something from her, then it's a sign that she is feeling left behind, rejected and hurt and is trying to find out if you still want her back.

You then need to make sure that you don't give her the satisfaction or peace of mind that she is seeking.

Just flirt with her, show some interest, but don't let her sense that you've been waiting and hoping for her to call or text, so you can get her back.

Instead, keep things like and if you can, get her on a phone call and make her feel attracted to the new and improved you.

Then, arrange to catch up in person to say hi and then get her back.

4. When you do talk again, don't use the same old approach to communication that she became bored of, or turned off by in the relationship

[image: When you do talk again, don't use the same old approach to communication that she became bored of, or turned off by in the relationship]

If you were too nice to her leading up to the break up, or were insecure, unsure of yourself and gave her too much power, make sure that you don't come across in that way when you talk to her again.

If she senses that you haven't changed, then she's not going to be interested in getting back into a relationship that will most likely end up in a break up again.

This is why you need to make sure that you fully prepare yourself to use a different approach, so you can re-attract her and successfully get her back.

If you're not sure what to do differently and end up feeling stuck while talking to her, here are some questions you can ask yourself!

- Am I making her feel feminine and girly and therefore turned on and attracted, or am I making her feel like we're just friends or buddies and therefore uninspired about the idea of getting back with me? If you're making her feel as though you and her are just like friends now, you need to step up your masculine approach to the conversation (e.g. be more manly in the way you talk, have a more manly vibe, be more assertive, stop looking at her as your equal in terms of dominance and realize that she wants to feel less dominant than you, think of her as a cute, young woman who likes you and that you're trying to seduce and sleep with, rather than an ex who doesn't like you, or an ex that you're not worthy of anymore).
- Am I making her laugh, smile and feel glad that she's in contact with me again, or am I making her feel stressed, tense and regretting her decision to talk to me? If you're making her feel tense, have the courage to add in some humor, or more humor to the conversation. Have the courage to be more lighthearted about things, rather than following her serious, distant vibe and feeling like you're not allowed to joke around with her.
- Am I maintaining my confidence regardless of what she's saying or doing to make me feel unsure of myself, or am I feeling nervous, insecure and unsure and turning her off as a result? Regardless of what she says, you have to maintain belief in yourself as being more than worthy of her, while also being good to her, respectful and charming. Don't doubt yourself for a second.

When you use a new, more attractive approach with her during the interaction, she will realize that things really would be different (in a good way) if you and her got back together.

She wouldn't be getting back into a relationship that was going to be the same as before.

Instead, she would get to feel a whole new level of attraction, love and respect for you.

Additionally, because you are using the new approach already, she's going to be feeling some of that new respect, attraction and love for you.

Therefore, the idea of cutting off contact with you isn't going to feel right to her.

She's going to want to explore her new feelings for you.

She knows that if she doesn't, she's going to regret it and miss you a lot now.

As a result, it becomes very difficult for her to hold onto her previous negative feelings about you and the relationship.

Of course, she might initially act like she still doesn't really want to have any contact with you, but once her sexual and romantic feelings for you have been reawakened, her guard will come down whether she likes it or not, or whether she admits it or not.

It then becomes a lot easier for you to get her back, because she's open to it and wanting it.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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4 Mistakes to Avoid if Your Ex Doesn't Believe in Second Chances

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

It is possible to make a woman change her mind and want to give her ex man another chance, even if she had said to him, *â€œI don't believe in second chances.â€*

She will change her mind if he re-attracts her and makes her feel like she is losing him, rather than he is losing her.

Yet, a lot of guys don't know that, don't know how to do it, or aren't willing to risk making her feel that way.

As a result, they don't get her back.

Instead, a guy will often use of the following approaches, which just pushes a woman like that further away:

1. Trying to discuss your way back into a relationship with her

[image: Trying to discuss his way back into a relationship with her]

Having a discussion with an ex woman and trying to get her to see your point of view (i.e. how much you love her, how the relationship used to be good, how you can make things work, that you know where you were going wrong and just want a chance to show that to her) seems like the logical thing to do, right?

Yes, it's logical, but it doesn't work on a woman who isn't attracted, or doesn't believe in second chances and wants to continue moving on.

Why?

When a woman doesn't feel attracted to you anymore, she's just not going to feel motivated to want to discuss the relationship and work things out with you.

To her, you are an ex that she no longer feels drawn to and instead, feels like what you and her had is over now.

If she was feeling attracted to you, then it would be a different story altogether, but if she isn't, then no matter what you say to her, or how convincing you think your arguments are when you talk to her, she's most-likely just going to keep saying, *â€œNo.â€*

So, rather than wasting your time and energy trying to convince her and then getting rejected, just focus instead on doing what works on women.

What works is reactivating her feelings.

In other words, making her feel a renewed sense of respect and sexual attraction for you.

Some of the ways you can do that are by:

- Using humor to break down her walls and get her to smile, laugh and feel good when talking to you.
- Using flirting to create sexual tension between you and her, so she feels drawn to you in that

way.

- Remaining totally confident when talking to her, even if she is trying to make you feel insecure or unwanted based on what she is saying.

When you approach interactions in a way that awakens feelings of attraction inside of her, then she starts to feel as though what you and her had isn't over.

She realizes that she does want to give you another chance and best of all, you're not trying to push her to do it.

Instead, she wants to do it.

She wants to give the relationship another chance.

So, just focus on attraction and forget the discussions where you try to convince her to give you another chance.

Another mistake to avoid making if you want to get a second chance with your ex is that

2. Apologizing over and over, which is what previous guys would have done

[image: Apologizing over and over, which is what previous guys would have done]

Your ex is almost certainly the kind of woman who is used to being able to gain power over a boyfriend, by saying that she doesn't give second chances.

It's just her style.

She makes guys feel lucky to be with her, she plays hard to get, she seems unsure about her feelings all the time and tries to make a guy feel like he has to jump through loads of hoops to please her.

In the case of her saying something like, *"I don't give second chances"* it can sometimes result in her ex boyfriend chasing after her, being extra nice and sweet and even making himself available to her 24/7 (e.g. if she needs anything, wants to talk to someone, needs him to help her with something) as a way of hopefully winning her back.

[image: Previous boyfriends will have tried sucking up to her and it didn't work]

A woman like that simply uses her ex boyfriend to her heart's content and then moves on when she's had enough of him, or no longer needs him.

This then leaves him feeling as though he's been dumped twice, instead of just once.

His heart feels broken and feels lost without her.

He might also feel a bit angry, bitter or revengeful at her for using him the way she did.

Either way, she doesn't feel motivated to get back with him because he's unable to handle her usual games and is acting like pretty much every other boyfriend she's dumped, or guy she has rejected.

So, don't play into her games by apologizing over and over and trying to suck up to her to get another chance.

Instead, just give her one brief, sincere apology for any mistakes you might have made, in a calm, confident and sincere manner and then show her via your actions, behavior, vibe and the way you

respond to her from now on that you have changed.

For example: You no longer panic or worry if she isn't showing you obvious signs of interest, or seems to be rejecting you.

You are able to remain confident in your attractiveness and value to her, without needing her to reassure you.

Likewise, you no longer put yourself in a position of begging, pleading or lowering yourself to hopefully gain some pity from her and get another chance.

Instead, you show respect to her, but you also show respect to yourself by believing in yourself, knowing that you're good enough for her and behaving accordingly.

When she realizes you're not handing over your power to her like the other guys have done in her past, she will automatically become interested in you again.

After all, a woman like her will have a very difficult time finding a guy who is emotionally strong enough not to crumble under her pressure (e.g. her subtle rejections, her moods, her demands).

If she can see that you've leveled up as a man and can now handle a woman like her, she will realize that she is going to miss you and want you back.

As a result, she will open up to being with you again to see what happens (i.e. are you going to be able to continue handling her with confidence, or will she steamroll you again with her confident, independent personality?).

3. Using the same old approach to attraction that she became bored of in the relationship

[image: Using the same old approach to attraction that she became bored of in the relationship]

It's only natural that if you keep using the same approach with your ex that you've been using since the break up (e.g. being too nice and sweet with her, letting her get her way all the time, feeling afraid to be assertive with her, trying to convince her to see things your way, being afraid to flirt with her, being reluctant to touch her in case she doesn't like it), she is going to continue feeling turned off by you.

Likewise, if you use the same kind of approach that caused her to become bored in the relationship, she's not going to feel inspired about the idea of getting back with you.

Instead, she will almost certainly keep reminding you that she doesn't believe in second chances and will begin moving on without you.

That's why you need to try something new while you still can.

Do something completely different and unexpected that she will really like and feel drawn to.

For example:

- If you were too nice in the relationship, you need to start bringing out more of your bad boy side, while still being a good guy to her and treating her well.
- If you were too predictable and boring to her, you need to start being more of a challenge.
- If you were too neutral in your behavior (i.e. treated her more like a buddy), you need to start flirting with her and making her feel girly in comparison to your masculine energy, approach,

behavior, conversation style and vibe.

- If you took her for granted and stopped making her feel appreciated, you need to tell her some of the things that you love and appreciate about her, but don't forget to continue behaving in the ways that initially attracted her to you (e.g. you being a bit of a bad boy, a challenge, she felt the need to impress you). Don't make the mistake of just being nice, appreciative, grateful, loving and so on. Women aren't attracted to really nice guys, especially after they've dumped him. So, make sure that if you are going to show her appreciation, you approach it in a balanced way.
- If you would previously get jealous or insecure over little things, it's no longer an issue for you. You are so much more confident and secure in yourself now that she can sense it a mile away.

When you attract her in ways that she wasn't expecting from you, it shocks her (in a good way) and causes her to realize that you aren't so bad after all.

Additionally, she realizes that if she doesn't give you another chance, another woman will happily take you and she will then be left behind feeling rejected by you.

So, rather than feeling that rejection and the pain of losing you when she is feeling attracted to you again, she opens up and wants to give you another chance.

4. Trying hard to understand her, rather than just attracting her

Women don't want an ex guy trying to be her therapist, who digs into her childhood issues, or baggage from previous relationships to hopefully work out why she is breaking up with him.

Likewise, she also doesn't want a guy (that she has broken up with), trying to get her to explain all of her reasons for being unhappy with him, or reasons for breaking up with him.

Why?

She fears that he will then be in the position to say, *"Well, if you give me a chance, I will change that. I promise."*

Instead, what she wants to see is that you understand where you've been going wrong, have already made adjustments and changes and as a result, she now feels so much more attracted to you when she interacts with you.

That's what she wants.

She doesn't want long, drawn out, emotionally draining discussions.

She doesn't want to explain her reasons in details.

She just wants to feel attracted and in love.

You can make her feel attracted and in love, but just make sure that you are willing to try a different approach with her.

If you use the same old approach to attraction that she got bored of, then she's just going to keep believing that she doesn't give second chances.

As a result, she will keep moving on without you.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How to Get Another Chance With an Ex Who Doesn't Believe in Second Chances

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

4 things you can do:

1. Understand that women often say one thing and do the complete opposite, when it comes to men and relationships

[image: Understand that women often say one thing and do the complete opposite, when it comes to men and relationships]

It's just their nature.

For example: A woman will say that she wants a nice guy, who is sweet and caring, but then lust after a bad boy who doesn't care about her and only wants to use her for sex.

Alternatively, a guy will be talking to a woman in a bar and she might say something like, *"I just want you to know that there's no way I would ever have sex on the first night or date with a guy. I'm not like that,"* only for her to hook up with him sexually later on that night.

Another examples is where a woman will say that she doesn't give out her phone number to guys at bars, but then she gives her number to him when he asks.

Then, there is also the woman who breaks up with a boyfriend and says, *"I will never, ever change my mind about leaving you. It's over between us and the sooner you accept it the better, because I'm not getting back with you again! I'm the sort of woman who doesn't believe in second chances. I never give second chances"* only to find herself in a relationship with him again days or weeks later and feeling more in love and more devoted to him than ever before.

So, what makes a woman say one thing and then do the complete opposite of that?

Attraction.

Attraction changes everything.

When a guy triggers a woman's sexual and romantic feelings for him during interactions, everything she previously said goes flying out the window.

Not because she was lying before (most women wholeheartedly believe what they say when they say it), but because he managed to changed her feelings for him, so what said no longer applies.

It's just how women are.

Men on the other hand, tend to say what they mean and do what they say.

That's our nature.

Yet, women tend to go with how they feel, even if that means changing their mind after making a seemingly very serious statement like, *"I don't believe in second chances."*

What makes her change her mind is when you change how she feels and what you need to change about how she feels, is how attracted she is to you.

How much attraction a woman feels for you is largely under your control, because it's based on she feels in response to your behavior, attitude, conversation, tone, vibe and actions.

In other words, she reacts to who you are and if you are being attractive when you interact with her, she will feel attracted.

If you make her feel attracted enough, she will then begin to feel compelled to go back on what she said, change her mind and give you another chance, or at least open up to it and see how it goes.

So, if you want your ex back, don't give up because of what she's currently saying to you, or has recently said about herself (i.e. she doesn't give second chances).

Instead, just use any interactions you have with her, to re-spark her sexual and romantic feelings for you.

For example: Some of the ways you can do that are by

- Making her laugh, smile and feel good to be interacting with you again, rather than making interactions feel stressful, or annoying for her by focusing on her decision to give you a second chance. She will go with how she feels and if she feels attracted, she will open up to it. If not, she will remain closed.
- Flirting with her to create sexual tension between you, rather than being too serious and making the interactions feel boring and unnecessary, or being too friendly and making her feel like she only sees you as a friend now.
- Being confident and self-assured with her, regardless of what she says or does to make you feel as though she would never give you a second chance.
- Having the balls and social intelligence to use humor when she is being bitchy or cold, while also making her warm back up to you by being a good guy about it (e.g. She says, "I don't believe in second chances" and you laugh and confidently, calmly and lightheartedly say, "Okay, but you believe in third chances, right? We can skip over the second chance and just go to third base" and have a laugh with her).
- Showing her via your attitude, behavior and actions that you've leveled up as a man and are no longer the same guy she broke up with (e.g. you're no longer insecure like you used to be, you're more manly in how you express your emotions or points of view, your behavior is more manly, you seem to know how to make her feel attracted and turned on in new ways as you talk to her).

When you do that, her feelings change and what she previously said about being someone who doesn't believe in second chances, suddenly becomes less important to her.

She realizes that maybe there are times when she can make an exception and give a guy a second chance.

After all, if she doesn't give you a second chance and she's feeling attracted and drawn to you, then she's going to miss you.

If she misses you, wants you back and then sees that you move on without her and are happy with another woman, she will feel like the one who has been left behind.

As a result, she opens back to you and gives you another chance, rather than having to experience the pain and regret that will come with a rejection like that.

Another thing you can do to get another chance with an ex who doesn't believe in second chances is

2. Stop making her feel like you want a second chance

[image: Stop making her feel like you want a second chance]

If your ex currently believes that she is against giving second chances, then she won't respond well if you try to convince her to give you one (i.e. give her reasons why she should).

A lot of guys don't realize this until it's too late.

As a result, a guy will often make the mistake of:

- Begging and pleading with her to change her mind. He then comes across as desperate, emotionally weak and needy, which then turns her off even more.
- Promising her that he will change and become the man she wants him to be, if she will just give him one more chance. In most cases, a woman doesn't believe he can change, or even knows how to change, so she refuses.
- Asking her to tell him what it will take for her to give him a second chance. This causes a woman to feel stressed, repelled and turned off because the guy needs her help to understand how to be a more desirable man. She doesn't want to teach him and be his mentor. She wants him to understand how to be a desirable man, or learn it and then do it. If he needs her to tell him, then she will avoid telling him because she doesn't want him following her instructions like a lost puppy. She wants a man who knows how to be attractive and desirable and then just gets on with doing it, so she can get on with being a happy, feminine woman who is in love with her man, rather than a mentor.
- Showering her with gifts, flowers or attention. A woman doesn't fall in love with a guy because of what he can buy for her, but rather for how he makes her feel when she's with him. For example: A guy can buy her a huge ring and she can still feel turned off and want to leave him, if he is insecure, needy and fairly clueless about how to attract her naturally (i.e. with his confidence, masculine energy).
- Sending her a long series of text messages, letters or emails, where he pours his heart out and tells her how much she means to him. Yet, the woman doesn't care about his feelings anymore because she has broken up with him. Due to that, she is only focused on how she feels and what she wants. She will only want him back if he reactivates her feelings for him. His feelings for her are irrelevant prior to that.

How about you?

Can you relate to any of the mistakes above?

If so, don't worry about – you can still recover the situation.

What's most important now and what will ensure the highest chance of success at getting her back, is for you to change your approach with her from today onwards.

For example: Don't push for a second chance and instead, just focus on making her feel attracted and drawn to you when you next interact with her.

How?

Imagine that you're on a phone call or video call with your ex and she says something like, *â€œLook, I think it's pointless to keep talking to each other. What we had is over and nothing is going to change that.â€*

Rather than getting upset, feeling insecure or starting to panic like you may have done in the past, respond by saying something like, *“Hey, I know I’ve been trying to convince you to give me another chance, but I realize now that it’s not going to happen. Ever. It’s over between us. So, I want you to know I accept your decision. However, that doesn’t mean we can’t be mature adults about the whole thing and still be friends, right? We can at least be friends, even though we’re never getting back together.”*

By saying something like that to her, she can begin to relax her guard because and breathe a sigh of relief, because you’re not going to be pressuring her for a second chance anymore.

As a result, she will more than likely agree to being friends, which is exactly what you want.

Why?

Simple.

You can then use the friendship to build on her feelings of attraction and as a result, make her feel like she is missing you and wants to see you and potentially hook up with you.

Whatever she does, you’re always on her mind.

She can’t seem to forget about you.

Why?

Attraction.

When a woman is attracted to you, her focus will be on you.

Natural chemicals such as dopamine, oxytocin begin to activate in her brain and cause her to feel good about talking to you.

They also cause her to want to be close to you physically, or at least in your proximity, which results in her being more likely to say yes to catching up in person.

Of course, as long as you suggest catching up in a way that continues to make her feel attracted (i.e. say it with confidence, rather than seeming insecure, desperate, worried about being rejected, giving her too much power in the conversation, etc).

Another thing you can do to get another chance with an ex who doesn’t believe in second chances is a|

3. Make her feel like she’s got something to lose

[image: Make her feel like she’s got something to lose]

At the moment, you are the one who feels like you’ve got something to lose.

She is doing fine and will probably continue to do fine without you.

That is, until you make her feel like she is the one who’s got something to lose.

How?

Re-attract her to make you want you again and then pull away.

Give her a few days of space and let her miss you and realize that she still has feelings for you and what you and her had, isn’t over.

For example: Imagine that you’re on a phone or video call with your ex.

Initially, she might try to put you off by being cold, distant and by saying things like,

â"Hhhhhâ"|why are you calling me? I thought I made myself clear that Iâ"m not interested in getting back with you. Itâ"s over. I donâ"t believe in second chances. I told you that.â"

Regardless of what she says or does to put you off, the most important thing is for you to maintain your confidence with her.

Confidence is attractive women and whatâ"s even more attractive, is confidence under pressure.

When you can maintain confidence in your attractiveness and value to her, or your ability to attract her as you talk to her, she will sense that and it will naturally make her feel attracted to you.

On the other hand, if she senses that you doubt your attractiveness, value or ability to attract her and as a result, are insecure, she will naturally feel repelled and turned off.

In a relationship, a woman will put up with that for a while because itâ"s often a huge inconvenience to go through with an actual break up and it can end up being quite stressful (e.g. with the deep and meaningful conversations, the post break up texts, etc).

Yet, after a woman has dumped a guy, she usually has close to zero tolerance for insecure behavior.

If her ex is being insecure, sheâ"s going to sense that, feel turned off and repelled and feel more certain about her decision to have broken up with him.

So, make sure that you maintain confidence no matter what she says or does.

To amplify her attraction, you should also add in some humor to get her smiling, laughing and feeling good when talking to you, especially if she is trying to put you off by being cold, distant, rude or difficult to talk to.

When you get her to crack a smile and laugh, it begins to get rid of some of the negative feelings she may have been experiencing when she initially heard your voice.

Then, as she starts to relax and seems happy to be talking to you, have the courage to throw in some flirting to create sexual tension between you and her.

When you do that, she naturally feels sexual desire for you again and as a result, she realizes that her feelings for you arenâ"t dead.

She then begins to feel compelled to catch up with you and potentially hook up again to see how she feels afterwards.

If she doesnâ"t immediately suggest it to you, she will be forced to think about it when sheâ"s alone and missing you.

She will imagine herself meeting up with you, feeling attracted, hooking up and enjoying it.

She might also imagine herself just trying to forget about you and move on, but then seeing you with a new woman and regretting not giving you a second chance.

All of a sudden, she realizes that she has something to lose now and as a result, she opens up to seeing you before itâ"s too late (i.e. you change your mind, you attract a new woman and end up liking her more).

Another thing you can do to get another chance with an ex who doesnâ"t believe in second chances isâ"!

4. Let her see how much youâ"ve changed, so she can feel differently about you

[image: Let her see how much youâ"ve changed, so she can feel differently about you]

Itâ€™s so important that you get to an in person meet up, so she can experience the new and improved you for herself and more importantly, realize that she now feels a lot differently around you (i.e. more attracted, more challenged (in a good way), more excited, more aroused).

Essentially, you need to allow her to realize that the feelings she wasnâ€™t getting in the relationship (e.g. feeling proud to be your girlfriend, feeling girly in comparison to your masculine approach, feeling safe and protected because youâ€™re so emotionally strong, feeling respect for you because you can handle her even when sheâ€™s being moody) are now available to her because youâ€™ve changed.

What needs to be changed, adjusted or improved will be based on why she really broke up with you. For example: Some of the changes she might want to see in you are thatâ€™!

- Youâ€™re a lot more confident and self-assured now and as a result, you donâ€™t feel the need to be clingy or jealous anymore. You donâ€™t see other guys as competition for her. You see yourself as the man. Yet, at the same time, youâ€™re not being arrogant about it. Youâ€™re confident, cool and composed about it. Youâ€™re more of a challenge now and as a result, you naturally make her feel like she needs to put in some effort to impress you to maintain your interest in her. Itâ€™s no longer a one-sided relationship where you are trying to win over more of her love and attraction. Now she feels the need to use her charms (e.g. being girly, being loving and warm, giggling at your jokes, touching you in a sweet, affectionate way, making you feel manly around her) on you to make you want her more.
- Youâ€™re still a good guy who is loving and attentive, but you no longer allow her control you with her dominant personality and push you around like she used to. It doesnâ€™t matter how cold, moody or irritable she is being, you are now able to maintain your cool, remain confident and bring a loving, lighthearted vibe into the interaction. As a result, her ice melts and she always finds herself warming back up to you, rather than continuing to be cold. She also feels silly for being such a pain in the butt and then begins trying to be less moody and more loving, warm and in control of her emotions around you.
- You have a clear purpose for your life that includes real goals, ambitions and dreams and are working towards achieving those things with or without her. Yet, at the same time, you also make her feel wanted, loved and appreciated. Your life isnâ€™t all about her anymore, or all about your work. Youâ€™re more balanced now.
- Youâ€™re more emotionally mature now and as a result, you and her are more in sync with each other than you were before.
- When she experiences the right changes, adjustments or improvements in you, she will naturally feel renewed respect and attraction for you.

She will suddenly stop feeling as though youâ€™re a turn off, or canâ€™t be the kind of man she wants.

Instead, she will realize that you now make her feel differently (in a good way) and if she doesnâ€™t give you a second chance, sheâ€™s going to regret it.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Should I Act Busy When My Ex Girlfriend Calls Me?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Not necessarily.

Here are 5 possible reactions from her if you act like you're busy when she calls you:

1. She sees right through it and starts playing hard to get in return

[image: She sees right through it and starts playing hard to get in return]

If your ex girlfriend knows you even a little bit (most likely a lot), she will know how you think, or have a good idea how and why you behave in certain ways.

So, if you act busy when she calls you, she might assume that you're just playing hard to get to hopefully make her chase after you even more, or to make her suffer for breaking up with you or make her jealous and begin wondering what you're up to.

Essentially, she might assume that you're playing games with her and then possibly feel quite annoyed at you for trying to manipulate her in that way.

As a result, it can lead to her cutting off all contact with you (i.e. she stops calling and texting you. Eventually, if you don't try to contact her, she might unfriend you on social media), to punish you for playing mind games with her.

It then becomes more difficult for you to get her back, because she's not taking your calls or respond to your emails or messages.

So, don't let that happen to you.

If you want her back, the best approach is to be a man about it (i.e. answer her call, make her feel very attracted to you on the call, make her smile and laugh and feel happy that she took the chance to call you).

Another possible reaction from her if you act busy when she calls is that

2. She feels rejected and then tries to move on quicker than you, to make herself feel better

[image: She feels rejected and then tries to move on quicker than you, to make herself feel better]

For some women, calling an ex is a big deal because she's putting herself on the line and risking being rejected by him.

So, if he acts busy, rather than make her chase after him and want him more, she might just take it as a sign that he no longer has feelings for her and has been getting over her and moving on.

She then forces herself to get over him and move on, before he hurts her further by letting he know that he has met a new girl and is happy.

If that happens, then she will feel like the one who got dumped and left behind.

So, she will begin trying to move on before he does.

For example: She might

- Get on an online dating site, or use an app like Tinder, Hinge or Bumble where she can instantly start meeting guys and then line up some dates.
- Go out with her single friends to clubs, bars or private house parties and hook up with guys she meets there.
- Go on dates with men that have been interested in her all along (e.g. a guy at work or university, an ex, a guy friend who has been hanging around waiting for a chance with her, a random guy that she met while in the relationship, but only ever added as a friend on social media because she didn't want to cheat).

As you would know, it's pretty easy for women to get laid.

So, if she happens to open herself up to meeting guys, or going on dates and ends up sleeping with a guy and then really liking him, you can suddenly be seen as Plan B for her, or a back up guy in case she ever feels lonely.

Yet, if her new relationship goes well and she starts falling in love with the guy, you can suddenly be looked at as an unwanted ex, even though she was calling you and trying to get you back a few weeks prior.

So many guys experience that kind of thing, which is why I don't recommend that you act busy, or act anything when your ex calls.

If your aim is to get your ex girlfriend back, use an approach that makes her feel happy about giving you another chance.

She will feel that way when you focus on reactivating her feelings of respect, attraction and love for you when you interact with her.

On the other hand, if you play games with her, you might end up causing her to play games with you, which can result in her deciding to hook up with a new man and move on to get revenge on you for how you made her feel.

Another possible reaction from her is that

3. She feels impressed that you're no longer being needy and desperate

[image: She feels impressed that you're no longer being needy and desperate]

This will apply if a guy got broken up with because he became too emotionally dependent on girlfriend, which resulted in him being needy, jealous and clingy in the relationship (e.g. needing her to text with him all the time, needing a lot of hugs or affection to feel wanted and sulking if he didn't get it, checking her phone to see if she was messaging anyone else, feeling jealous about her past boyfriends, or about any male friends who she still knew, not wanting her to spend time with anyone else unless he was there).

In a relationship like that, a woman will feel smothered by her boyfriend's emotional weakness and neediness, which will then result in her losing a lot of respect and attraction for him.

Eventually, she will feel compelled to break up with him, even if it hurts her (i.e. because she did really love him, but didn't like who he eventually became).

In a case like that, if he doesn't respond to her calls right away, she might take it as a sign that he's improved himself since the break up and has become a more emotionally secure and independent.

She may then feel enough curiosity to wait until he does respond, to see if he really has changed in the ways that sheâs been hoping for.

If he contacts her (e.g. later that day, the next day, or the day after) and she senses that the changes could be genuine (i.e. he is more confident and emotionally independent now), she will start to feel some renewed respect and attraction for him, which will cause her to open up to meeting up with him in person.

As a result, it will become possible for him to get her back.

On the other hand, if she talks to him and realizes that he was only putting on an act (i.e. by acting busy, or ignoring her calls) and is still the same as before, she will lose even more respect for him. She will then want to try to block him out of her life and move on faster, so she can stop thinking about him and focus on a new guy.

So, while acting busy can work in some cases, at the end of the day, you still need to be able to follow through with the changes that she is hoping to see in you to decide to give you another chance. If itâs all just an act, she will be able to sense that and will lose interest.

Another possible reaction if you act busyâ!

4. She says that she will call back later because youâre busy, but is then turned off by how you react after that

[image: She says that she will call back later because youâre busy, but is then turned off by how you react after that]

A woman usually wonât mind if her ex (who she dumped and doesn't really want to be with anymore) is busy when she calls him and will simply decide to call back at a more convenient time.

Yet, if she says something like, *âOkay, fineâ! Iâll call you another time. Youâre obviously too busy to talk to me,â* a guy might panic and worry that she wonât call back and will possibly ignore his calls if he tries to follow up.

As a result, he might rush and say, *âNo! Please donât go! Itâs fine. We can talk now. Iâd rather talk to you.â*

She might then say, *âNo. You do what youâre doing. Weâll talk laterâ* and then hang up.

If he then desperately starts calling her, or texting her to apologize and try to have a conversation with her, she will start looking at him as being desperate.

As you may know, desperation is never attractive to women (unless the woman is a psycho and she wants to manipulate a guy like a victim. Those women are the 1%, not the 99%).

So, regardless of what a woman says or does, you should never become desperate because it is not attractive and therefore, will push her away further.

A lot of guys donât realize that, or canât control themselves under pressure (i.e. when he seems to be losing a woman), so they become desperate and display that to the woman.

In the case of a guy acting busy when his ex girlfriend calls and then panicking in desperation, it can cause her to wonder if he was just lying to her to make himself seem more valuable in her eyes.

She will then feel turned off by his insecurity and may just decide that sheâs wasting her time

with him and should move on.

So, she doesn't call him back later as promised and just focuses on moving on with her life without him.

Another possible reaction!

5. You acting busy seems weird or forced to her, so she puts her guard up to protect herself against being manipulated

[image: You acting busy seems weird or forced to her, so she puts her guard up to protect herself against being manipulated]

For example: A woman might call her ex at a time where she knows that he's not busy (e.g. at the start of the week, late in the evening because she remembers that he's usually preparing to go to bed at that time, Saturday afternoon when he's usually at home chilling out).

Yet, when he answers the call, he says that he's busy and can't talk to her.

From his perspective, he is trying to show her that he's not sitting around feeling lonely and lost without her and is actually living his life without her.

To her though, it just seems weird.

She knows that he really wants her back and would happily drop whatever he is doing to talk to her, but now he seems like he is busy and isn't really interested in talking to her.

As a result, she wonders if he's trying to mess with her head to manipulate her into missing him, feeling like she's losing him and so on.

So, she then becomes more guarded (i.e. doesn't want to say much, keeps her feelings to herself, seems suspicious of whatever he says or does), which then reduces his chances of getting her back.

If you really want to get your ex girlfriend back, I recommend that you be a man about it.

Don't be afraid to answer her calls and don't think that you look keen by doing it.

You can answer any call you want because it's your phone and you aren't a needy guy.

Simple as that.

If you make it more complicated than it needs to be (i.e. by acting), then you run the risk of causing her to play games back with you, which can result in her feeling the need to get revenge on you by hooking up with new guys.

4 Mistakes That Can Turn an Ex Girlfriend Off When She Calls You

1. Assuming that women don't understand social dynamics and are easily fooled

When a guy uses a trick on a woman like 'acting busy', he is often unaware that she has been doing that to guys ever since she became a woman and started dating.

She knows what he is doing, why he is doing it and how she should react in return.

As a result, a guy will often find that if he acts busy (when he's not), his ex girlfriend will

quickly pick up on that and then start playing hard to get in return, or lose interest and begin rejecting him for trying to manipulate her.

2. Assuming that if you reject her attempts to talk to you or meet up, she will want you even more

Although that can happen if a woman is still deeply in love with her ex and is secretly hoping they can get back together again, in most ex back cases, it just doesn't play out like that.

Instead, when a woman sees that her ex is being cold towards her and ignoring her attempts to contact him, she feels insulted.

She also worries that if she shows more interest, he might continue to push her away and act busy, to hopefully make her feel more rejected and needy for him.

Yet, she is the one who broke up with him and doesn't want to end up chasing him hard to hopefully get him back.

So, in many cases, the woman will stop contacting her ex and open herself up to meeting, dating and sleeping with new men.

3. Trying too hard to seem busy and unavailable, which then makes her see you as having changed in a negative way

[image: Trying too hard to seem busy and unavailable, which then makes her see you as having changed in a negative way]

She feels as though you've become cold and unfriendly and have lost the easy-going, carefree charm that initially drew her to you.

You used to be so cool, confident, warm and open when you talked to her.

Yet, now you seem self-centered, distant, uninterested and potentially revengeful (i.e. trying to move on before she does).

You seem to have changed in a negative way and she doesn't like it.

As a result, she feels that you're no longer the kind of guy she wants to be in a relationship with.

She then puts in extra effort to get over you and move on, usually by going out more often, meeting new men, accepting dates with them and potentially sleeping with one of them.

4. Not realizing that getting an ex girlfriend back can be done quickly in a very simple, straightforward way

As you would now know by reading through this article, acting busy can work, but it can also backfire horribly.

So, why take that chance when there's an easier and much more effective approach?

If your ex girlfriend calls you, just answer the call, re-attract her and make her laugh, smile and feel happy that she took the risk to call you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

4 Funny Things to Say to My Ex Girlfriend

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 4 funny things you can say to your ex girlfriend in different situations, to make her feel attracted and more open around you:

1. If she texts you and asks if you miss her

[image: If she texts you and asks if you miss her]

If your ex girlfriend texts you something like, *“Do you miss me?”* you might be tempted to just tell her that you do.

Yet, with women, it's always best when you have the confidence and courage to joke around with them, or playfully tease them, especially when they're not expecting it.

So, a funny reply would be, *“Who is this?”* or, *“Who's this?”* to suggest that you no longer have her number in your phone.

A few seconds later, you can then send a follow up text with an emoji of a smiley face with the tongue sticking out, to let her know that you were only teasing her.

Alternatively, if she texts, *“Do you miss me?”* you can reply with, *“Yeah”* and then a few seconds later follow up with, *“When I'm trying to figure out how the washing machine works. I still haven't figured it out. I think you need to come over and help me with it”* and add a laughing emoji with tears running out of the eyes.

One more example is if you respond with, *“I miss you as much as you miss me”* and then add a winky smile emoticon.

With that last one, you're essentially letting her know that she is asking you because she is missing you, but you're not directly saying that.

Women love that type of communication and find it interesting, funny, exciting and attractive because it makes them think about you non-stop and wonder, *“What did he mean?”* and so on.

2. If you talk to her on the phone

[image: If you talk to her on the phone]

So, these examples are based on her actually answering, which not all women do right away when an ex calls.

They will often ignore the first few calls, before eventually answering, or will answer right away if the ex has been making her smile, laugh and feel attracted via text beforehand.

So, let's assume that your ex does answer, but in one scenario she is happy to hear from you and in the other, she isn't and ends up being cold or distant towards you.

Let's start with her being happy to hear from you!

After the initial *“Hello, how are you?”* and a bit of chit chat, she asks you something like, *“So, what are your plans for the rest of the day?”*

You then reply with, *“It depends.”*

She will likely ask, *“On what?”* and you can say, *“Whether you’re making dinner for me tonight or not. I miss your roast chicken, or at least your pasta if you can’t be bothered making roast chicken,”* and then have a laugh with her.

By using humor in such a confident way, while still being good to her, it becomes difficult for her to keep blocking out her feelings for you.

As a result, she naturally opens back up to seeing you again, which makes it easier for you to fully re-attract her and get her back.

Yet, how about if you call her and she says something like, *“What do you want?”* and seems annoyed, cold or distant towards you?

First and foremost, don’t lose confidence.

Women are not attracted to men who are afraid of them, so always remember to maintain your confidence.

So, if she says, *“What do you want?”* you can say, *“Well, someone’s in a mood today, aren’t they? Little Miss Annoyed and Irritable”* and have a laugh with her.

Alternatively, you might say, *“Well, since you’re asking what I want – I’d love some of those blueberry muffins you used to make. I wouldn’t mine one or two of those with a coffee. You in the mood for baking?”* and have a laugh with her.

She will most likely laugh, or at least smile at how you handled her bitchy attitude in a confident, but humorous way.

Her guard will then begin to come down, which allows you to more easily reawaken more of her feelings for you and want to see you in person.

3. If she says, “No” to your initial attempt to get her to meet up with you in person

[image: If she says, "No" to your initial attempt to get her to meet up with you in person]

Imagine that you’ve been talking to your ex girlfriend on the phone for a few minutes.

You have been confident, making her laugh and as a result, you have successfully sparked some feelings for you inside of her, even if she doesn’t want to openly admit it.

Attraction is a reaction to attractive traits that are displayed, so if you display them and aren’t being desperate about it (i.e. seeming to be trying too hard), a woman will naturally feel attracted to you.

So, don’t doubt yourself if you’re being attractive.

If you’re being attractive, you are attractive (as long as you’re not being desperate about it, of course).

So, you’ve been talking to your ex girl on the phone and you then say something like, *“So, anyway, how about we meet up for a coffee sometime this week to say hello as friends?”* and she responds with, *“No, I don’t want to have coffee with you.”*

What then?

Give up?

Lose confidence?

No.

Remain confident and turn a potentially tense moment like that into laughter and smiling, by saying something like, *â€œOkay, if you donâ€™t want to have coffee with me, weâ€™ll have tea thenâ€* in a joking tone of voice.

Let her sense that youâ€™re joking, but at the same time, youâ€™re not losing confidence based on her being a little distant, or cold.

You are so confident (which is very attractive to women) that no matter what she says or does, you donâ€™t become insecure and start doubting yourself.

You know that women naturally feel attracted to a manâ€™s confidence and if a man has the confidence to deal with the cold, bitchy or distant nature of a woman, without being an asshole about it, she will respect him, feel attracted to him and like him a lot.

The reality is that a confident, independent woman will usually have a very difficult time finding a guy who can handle her.

After a break up, a woman will usually feel more confident (because her ex still wants her) and independent (because she gets to do whatever she wants now) than usual, so itâ€™s very important that you donâ€™t become less confident in reaction to her increased confidence.

Donâ€™t be afraid to joke around with her, even if she seems a little cold, distant, bitchy or moody.

Youâ€™ve got to let her sense that, even though youâ€™re continuing to be good to her and treat her well, youâ€™re not afraid of her mood and arenâ€™t going to act like an intimidated guy as a result.

Instead, you always have the balls to playfully joke with her and get her smiling, laughing and feeling good.

If you can do that, she will know that it is going to be so hard for her to find another guy like you out there.

As a result, she will open back up to you and want to see if the relationship can work this time around.

4. When you meet up with her in person

[image: When you meet up with her in person]

Imagine that your ex girlfriend agrees to catch up with you for a coffee.

You sit at a table together, say hello and a bit of chit chat and order some coffees and something to eat.

She orders a cappuccino, or a latte with a fair bit of milk foam on top and when she takes a sip, there is some milk foam on her top lip.

To make her smile and feel happy that she agreed to see you again, you can tease her in a light-hearted way by looking at her and grinning.

She will likely feel a bit self-conscious and say, *â€œWhat?â€* or, *â€œWhy are you looking at me like that?â€*

You can then say something like, *â€œYouâ€™re the only woman I know who can rock a foam mustache! It looks really sexy on you!â€* and then have a laugh with her, as she rushes to wipe it

off.

Note: You can even say that if she doesn't have any milk on her lip, just for the fun of it and when she tries to wipe it off, you can laugh and say, *â€œJust kidding. You don't have anything on your mouth. It's all good. I was just messing with ya.â€*

She will almost certainly laugh and might even lightly punch you on the arm and playfully refer to you as being a jerk, asshole or being mean to her.

As you would know, it's not a serious thing when a woman says that in response to a guy joking around with her in a confident way.

She's simply feeling attracted to guy's confidence and ability to make her laugh, feeling like she is under the spotlight and trying to deflect some of the attention off her and onto the guy to avoid looking too embarrassed.

Women love feeling that way around a guy though, as long as it's done with good intentions (i.e. he's just kidding, just messing with her, just flirting with her).

So, when you have the confidence to playfully tease your ex girlfriend about something like milk foam on her lip (even if there isn't any), she will feel a rush of respect and attraction for you, based on you not being intimidated by the moment and because you're also being a good guy to her at the same time.

As a result, she will begin reconnecting with her feelings for you and realizing that what you and her had, isn't over.

There are still strong feelings on her part and if she doesn't hook up with you, or see how things go from here, she will regret it when she sees you moving on without her.

As a result, she will naturally want to open up and give the relationship another shot, or at least hook up with you to see how she feels afterwards.

4 Mistakes to Avoid When Using Humor to Re-Attract Your Ex

1. Trying too hard to be funny and ending up coming across as a bit desperate

Humor is one of the easiest ways to get an ex girlfriend to drop her guard, smile and open up to feeling something for you again.

However, when a guy tries too hard to make her laugh (or do anything around a woman), she will see it as being desperate and then lose respect and attraction for him as a result.

So, while you should use humor, just make sure that you are relaxed, easygoing and free flowing about it.

Don't force it into conversations or moments where it doesn't need to be.

Let your humor come through naturally and in a relaxed, easygoing manner.

2. Using too many emoticons or emojis when texting her and coming across as a little cheesy or lacking in masculinity

Although adding some emoticons or emojis is a great way to reduce the seriousness of a text, or bring

a bit of playfulness and teasing into an interaction, when a guy uses too many emojis, emoticons or exclamation/question marks (e.g. *What's news???? LOL! Hey!!!! Hope you had a great day!!!!*) it can actually turn a woman off.

The truth is, women secretly feeling turned off by guys like that because it makes them feel like they're interacting with a boy, rather than a man.

So, be sure to text and respond to her in a manly way, while also adding in an emoji or emoticon here and there.

When she sees that you're being manly and confident (i.e. due to maintaining control of your emotions while texting, using humor in a manly way by being brief and direct with what you say, not overusing emojis), rather than boyish and insecure (i.e. overusing emojis or exclamation marks) etc), she will naturally feel respect and attraction for you.

When she feels respect and attraction for you, she will begin to test how she feels by reconnecting with her feelings of love for you.

If she likes what she is feeling, or is at least curious to explore her new feelings for you further, she will open up to meeting up with you and seeing what happens.

Another mistake to avoid is

3. Hoping that a funny text will be enough to make her change her mind and then show you a lot of interest

Being funny and making an ex girlfriend laugh, is only part of what is involved in actually getting her back.

As you would understand, it's not the one and only, final move to get her back.

Instead, a funny text can catch her attention and make her open up to the idea of interacting with you a bit more to see what happens.

Yet, in almost all cases, it's not going to be enough to make her want to get back with you right away.

For her to feel that way, she needs to experience the new and improved you (i.e. you are now more confident than before, more manly in your behavior, more able to handle her behavior) over the phone and in person, where she can hear the tonality of your voice, observe your body language and see how you respond to her, especially when she's being cold, unfriendly or saying she's not interested.

That's why, after you send her a funny text to open the lines of communication between, you then need to progress to a phone call (or video call) and then meet up with her in person.

Unfortunately, a lot of guys don't realize that until it's too late.

A guy will send a funny text to his ex girlfriend, get a laugh and a bit of a text exchange and then waste days or weeks waiting for her to respond further and show interest in getting back together.

Yet, she stops responding because she needs more than just a text to be certain that it would be a good idea to get back with him.

4. Not focusing on the other ways to attract her as well

[image: Not focusing on the other ways to attract her as well]

Sometimes a guy will make the mistake of thinking that if he just gets his ex laughing at his humor, it will be enough to get her back.

Yet, in almost all break up cases, the woman felt turned off in the relationship due to the man being insecure, not being manly enough, taking her for granted or being too emotionally sensitive.

So, she is going to want to see that he is now more confident, manly in his behavior and ability to handle her, loves her and appreciates her more, but isn't being desperate about it and is now so much more emotionally strong than before.

If she interacts with him via text, on a call or in person and has a laugh, but notices that he's still unable to handle her moody behavior like a man (i.e. not become insecure in reaction to her, be able to occasionally laugh at her for being a pain in the butt, not take her so seriously, smile and playfully make fun of her or focus on her until she smiles, laughs and breaks out of her bad mood), then she will feel as though the relationship would essentially be the same as before.

As a result, even though she did laugh when around him, she isn't interested in getting back together because he hasn't really changed the things about himself that caused her to want to break up with him in the first place.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

I Sent a Happy Birthday Text to My Ex, But She Didn't Respond

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 common reasons why an ex woman won't respond to a happy birthday text from her ex guy:

1. She doesn't feel attracted to him anymore and a birthday text isn't going to change that

[image: She doesn't feel attracted to him anymore and a birthday text isn't going to change that]

When a woman has disconnected from her feelings of respect, attraction and love for a guy after a break up, she usually won't suddenly feel attracted to him again and want to talk to him as a result of a getting a happy birthday text.

Instead, in many cases, she will either feel nothing and just ignore it, or may see it as a weak attempt from him to open communication with her, because he's too afraid to text her on a normal day, or give her a call and create a spark with her on the phone.

Of course, sometimes a guy isn't afraid of contacting his ex, but has simply been waiting for what he sees as the perfect time to contact her.

He hopes that by sending her a birthday text, she will feel sad that he's not there for her birthday, miss him and then want to start texting back and forth.

Yet, the reality is that if she is over him, or had lost a lot of attraction for him leading up to, during and after the break up, a happy birthday text isn't going to change her feelings.

Instead, a woman will usually ignore it, or think something like, *â€œYeah, nice tryâ€* and continue moving on.

So, if you want her back, you're going to need to be braver and more courageous enough to send more than just a happy birthday text.

On that note!

2. She was impressed, but wants to see more than just a birthday text before she shows some interest back

[image: She was impressed, but wants to see more than just a birthday text before she shows some interest back]

Even if a woman is happy to get a text on her birthday from her ex, she won't always want to show that to him.

Instead, she will wait to see if he's got the confidence to text her further, get her interested and then get her on a phone call or video call, even though she initially appears to not be interested in texting back and forth with him.

A common reason why a woman will do that is if one of her reasons for breaking up, was due to him

being too insecure and unsure of himself in the relationship.

So, to test whether or not he has changed (i.e. he is now able to maintain confidence in his attractiveness to her, or ability to attract her, despite her not giving him clear signals all the way), she will ignore him and see how he reacts.

If she doesn't hear from him again, she may assume that he doubted himself (as usual) and as a result, it still essentially the same guy, so a relationship with him would end up being the same.

On the other hand, if he texts her again and begins to flirt with her and make her feel interested to be texting with him, despite her somewhat cold or distant approach, she will begin to feel curious.

As she continues to text him, or when they get on a phone call or video call, she will see that he is so much more confident than he used to be, which will automatically cause her to feel a renewed sense of respect and attraction for him.

When that happens, she will naturally feel drawn to him and become open to catching up with him in person, to see what happens.

Then, he can give her a birthday present if he wants to, or can allow her to enjoy exciting, passionate, emotionally charged make up sex with him.

There's nothing quite like make up sex, where you and a woman hook up again after being broken up.

If you've leveled up as a man (i.e. more confident, more masculine in your behavior and approach to her), she will feel so attracted and turned on, that it will be one of the most enjoyable, exciting, sexual experiences of her life.

Of course, it will be amazing for you too.

Yet, you're not going to get there, if you give up after texting her on her birthday and not getting a response.

You need to be more brave and courageous than that, if you truly want her back, or at least want to get to the point where you and her hook up again.

Another reason why a woman might not respond to her ex's text is

3. She was worried that he might be just sending her a happy birthday text to be polite, but isn't actually interested

[image: She was worried that he might be just sending her a happy birthday text to be polite, but isn't actually interested]

Even though a guy might sincerely interested in getting his ex back and then send her a birthday text to hopefully get the process started, she might not see it that way.

Instead, she might think something like, *He's probably just being nice to me, but it doesn't mean anything. I'll ignore it. If he texts me more, then okay, but I'm not responding to that. It's probably just a polite text to be nice, or to make himself feel like a good person. Who knows. I'll ignore it though and see what he does next.*

Essentially, she is worried that if it is just a polite text and she then shows interest, or starts texting and becomes interested again, only to find out that he's not interested, she will end up feeling rejected.

Then, it will be like he has broken up with her, which will cause her the kind of emotional pain that youâve been experiencing since the break up, (not exactly, but it will still hurt her).

So, if thatâs the case with your ex, then she is currently waiting for you to do more than just send her a potentially polite birthday text that doesnât really mean you like her.

4. She was busy having a great time on her birthday and didnât feel motivated to reply to him

If a woman is having a party with her friends and is around men who are flirting with her and making her feel special on her birthday, she usually wonât be worried about her ex who she no longer has strong feelings for.

Even if he sends her a text to wish her a happy birthday, she usually wonât pay much attention to it because sheâs having so much fun without him in that moment and needs to focus on the people around her.

However, that doesnât mean she wonât respond if he gives her a call later on that night or a couple of days later and makes her smile, laugh and feel happy to be hearing from him again.

Yet, the problem is that so many guys these days just donât have the guts to call their ex girlfriend and simply stick to text.

A phone call, or video call just seems like too much, whereas a text is so much easier and less risky for him.

So, he either tries texting her again in a few days or weeks, or just waits and hopes that she will eventually miss him and text him.

He then discovers that she has moved on and is happy without him.

Donât let that happen to you.

If you want her back for real, now is the time to be courageous, not afraid.

Text her again asap and flirt with her via text, or give her a call.

5. She got a lot of birthday texts and posts on her Facebook wall from friends and family and didnât end up having time to reply right away

Then, after leaving it for a few days, she felt as though it might be too late to reply to him.

She worries that if she replies, it might make her look too keen or lonely, or whatever.

Women have all sorts of insecurities and worries, which is why itâs so important to be confident, courageous and brave as a man.

Text her again and flirt with her, or call her asap.

For example: If you call her, you might start the call off by saying something like, *âHey, how you doing? Just thought Iâd call and say hi.*

If she then responds with something like, *âOh, hi. Thanks for the birthday text by the way*, you can then jokingly say, *âNo problem. Iâll be around later on for my piece of the birthday cake. I hope you didnât forget to save me a slice,* have a laugh and tell her that youâre just kidding.

If she has been missing you, enjoys that you have the balls to joke around with her like that and still

has some cake, she might even say, *â€œWell, there is still some cake if you want.â€*

You can then arrange to catch up with her for a coffee at her place, have some cake then progress to a hug, kiss and sex.

If she doesn't say something like that though, she will still be impressed that you had the balls to call her, even though she didn't respond to your text.

You can then chat with her for a little while in an easy-going, relaxed way and then after a few minutes go ahead and get her to agree to meet up with you so that you can wish her a Happy Birthday in person.

At the meet up, continue to build her feelings of sexual and romantic attraction for you.

From there, get to a hug, kissing, sex and back together again.

5 Mistakes That Guys Make When an Ex Girlfriend Doesn't Reply to the Birthday Text He Sent

1. Giving up because his birthday text didn't do the trick

The reality is that a birthday text is a nice gesture and it can sometimes open the lines of communication between a guy and his ex girlfriend, but it's not the only trick in the book, or the only move you can make.

It's just one of countless things you can do.

Unfortunately, a lot of guys don't realize that and then give up too easily when they see that their text didn't work.

He was hoping that she would be grateful that he remembered her birthday and then call him or text him, or that she'd feel sad that he wasn't around anymore and want to reach out to him.

Yet, here's the thing!

In almost all ex back cases, a woman won't make it easy for an ex boyfriend to get her back right away.

Some of her reasons for behaving in that way, can be:

- She doesn't want to seem desperate.
- She wants to test if he's man enough to pursue her, even when she's initially being closed off or cold.
- He hasn't reactivated any of her feelings of respect and attraction yet, so she's just not interested.
- She's worried he might be stringing her along to get revenge on her for breaking up with him.
- She wants to see how interested he really is, before opening up to him and showing some interest back.

This is why, if you want her back, you can't lose hope just because she didn't respond to your *â€œHappy Birthdayâ€* text.

2. Assuming that he has to stick to text to get her back because she prefers texting

It doesn't matter what she prefers.

What matters is what works.

What works the best, is when a guy reactivates his ex woman's sexual and romantic feelings over the phone and face-to-face.

Text is fine to start things off, but don't make the mistake of sticking to text.

If you do, your ex might respond once or twice, or even be interested for a while, but if you don't progress to something more (i.e. a phone call, video call or face-to-face catch up), she will almost certainly lose interest or play hard to get by responding less and less to your texts.

So don't be afraid of making a call, even if you think she prefers text.

Get her smiling, giggling and enjoying to be talking to you on a call and she will be so much more likely to agree to catch up with you in person, compared to if you just ask her to catch up via text.

3. Not realizing that she can easily see him texting as being afraid to call her

If a woman has a low opinion of her ex (i.e. currently sees him as being insecure, self-doubting, afraid of being rejected by her, has low self-esteem), then him just sticking to text can easily be misinterpreted by her as him not having the balls to get her on a phone call.

From her point of view, she perceives him as being insecure, unsure of himself and probably a little bit afraid of her, even if he isn't afraid of her and is actually feeling very confident as he texts her.

Think about it!

How can she honestly tell how he is really feeling via text?

She has to make assumptions because it's just text, rather than his voice on a call, or his body language and facial expressions in person, or on a video call.

If her current opinion of him is negative, then she will usually make negative assumptions about his texts, which will keep her guard up and result in her being more likely to reject him.

4. Not realizing that she's probably using the No Contact rule to help herself get over him

The No Contact Rule (i.e. cutting off contact with an ex for 30 to 60 day) was something that relationship counselors, therapists and psychologists created as a way of helping couples get over each other and move on.

Almost all women are aware of it and those who aren't, quickly find out about it when they begin searching online for advice on how to get over a break up.

It doesn't take long for a woman to encounter advice like, *Ignore him for 30 days* or, *Cut off contact completely for 60 days* that is designed to help women move on from an ex boyfriend.

So, it's quite possible that your ex is using the No Contact Rule on you right now.

Of course, she might still have an interest in getting back with you, but is slowly getting over you, day by day.

If you don't find a way to contact her and reactivate her sexual and romantic feelings, she's most likely just going to move on.

Finally, another mistake that other guys make in your situation is

5. Assuming that a woman pretty much **has to** respond to a happy birthday text from her ex

The truth is, when a woman breaks up with a guy, she doesn't have an obligation to stay in contact with him anymore.

She doesn't have to reply with, *â€œThanksâ€* or anything else if her ex wishes her happy birthday.

She can if she wants to, but she doesn't have to.

So, in some cases, a woman will decide that responding to her ex's birthday text might open the lines of communication with him again and therefore, prevent her from getting over him and moving on.

She knows that he could re-attract her if he played his cards right, so she ignores his text and hopes that her feelings for him continue to fade.

Unfortunately, some guys don't realize that and end up feeling *â€œoffendedâ€* or hurt that their ex girlfriend didn't reply to an honest, kindhearted text for her birthday.

Yes, it sucks that she didn't reply, but you should know by reading through the reasons in this article, that there are many possible reasons why she didn't reply.

So, rather than taking it personally and feeling hurt by it, or losing confidence, just focus on doing what you need to do to get her back.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Ex Girlfriend Changed When She Met a New Guy

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here 8 common reasons why a woman will change her behavior, attitude or treatment of her ex boyfriend, once she meets a new guy:

1. She was only being nice to make you continue being nice to her, long enough to allow her to move on before you did

[image: She was only being nice to make you continue being nice to her, long enough to allow her to move on before you did]

Although some women have no problem ending a relationship on a bad note and never speaking to their boyfriend again, a lot of women find it difficult to be mean to their boyfriend after a break up (e.g. because she's a nice person, she doesn't want to hurt his feelings, she doesn't want him hating her, she doesn't want to make him angry, she tries to avoid confrontations as much as possible, she still loves him, but knows that they need to break up).

So, rather than just telling her ex that it's over and saying that she never wants to speak to him again, she might be sweet, nice and friendly towards him after the break up.

This can give her ex boyfriend the impression that things are still cool between them and he might still have a chance with her.

Yet, there's often a darker side to her niceness that will end up causing him a lot of pain in the end.

For example: Sometimes, a woman will be nice to her ex boyfriend after a break up to buy herself some time.

She wants to move on before he does, so she can feel better about herself knowing that he still wants her, but she's got a new guy.

That way, she won't have to be the one being left behind, feeling rejected and abandoned.

Then, when she meets a new guy and starts dating him, she can stop being so nice to her ex boyfriend because she doesn't need him anymore.

She's won the game she was playing on him.

It's pretty nasty, but as they say, *all is fair in love and war.*

In other words, *do what you have to do to get the love you want, or to survive a break up and come out better on the other side.*

As they also say, *love hurts.*

It does and I'm sure you know that by now.

She hurt you.

Yet, here's the thing!

It's not over between you and her.

Just because she has met a new guy, it doesn't mean that you have no play now, or can't make any moves.

You can.

You can re-attract her, so she begins to miss you and want you back.

I'll explain how to do that throughout this article.

For now, another reason why your ex girlfriend might have changed when she met a new guy, is that

2. She has been feeling more attracted to him and as a result, feels less motivation to be good to you now

[image: She has been feeling more attracted to him and as a result, feels less motivation to be good to you now]

If a woman starts dating a new guy who causes her to have strong feelings for him, versus the milder feelings she has for her ex, she will quickly make up her mind about which man she wants to be with. After all, women tend to just go with how they feel, so if a woman feels more for another guy and doesn't feel obligated to remain loyal to another guy (i.e. because she has officially broken up with him), then she will follow her feelings.

As a result, she will look at her ex as really being her ex now and the new guy as potentially being her new boyfriend.

If they start dating, hooking up and she begins to fall in love with him, then she might stop treating her ex as well as she did after the break up.

In some cases, she does that out of respect to her ex because she doesn't want to lead him on, but other times she does it out of spite (i.e. to intentionally hurt him).

Whatever your ex's reasons for changing when she met the new guy, the main thing you need to do is maintain your confidence in your attractiveness to her and build up your confidence in your ability to re-attract her.

You then need to interact with her, ideally on a phone call, video call or in person if possible and make her feel attracted to the new and improved you.

When you reactivate her feelings of attraction and make her feel attracted in new and interesting ways (e.g. if you were too nice before, you're more of a challenge now. If you were too neutral before like a friend, or if you suppressed your masculinity to be more like her, you are now more masculine in your energy, behavior, vibe, conversation style and actions), she will begin to feel confused about her feelings for the new guy.

She will wonder why she is suddenly feeling drawn to you and worrying about you moving on, falling in love with a new woman and potentially losing interest in getting her back.

Another reason why your ex may have changed is that

3. She's trying to get you to hate her, so you give up and move on

[image: She's trying to get you to hate her, so you give up and move on]

To avoid having to explain herself (i.e. why she doesn't want to be friendly anymore now that she's met a new guy), a woman will usually start behaving weirdly, being cold or even disrespectful in some ways, so her ex boyfriend will hate her and hopefully lose interest in getting her

back.

If her ex reacts by getting angry at her, calling her names, insulting her or threatening her in any way, she can make him out to be the problem and say that she never wants to hear from him again.

She can then get on with her new relationship, without feeling bad for leaving him behind.

So, whatever you do, don't react in an angry way to how she has been treating you lately.

Maintain your cool and maintain your composure.

When you interact with her, simply be the confident, manly, funny, charming guy that she initially fell in love with, so she naturally feels attracted to you, drawn to you and begins to miss you.

Don't talk to her as though you're a rejected guy, or an unwanted ex.

Instead, talk to her as though she is a new woman that you're attracting and picking up and you know that she likes you.

You are a confident, charming, cool and magnetically attractive guy that she wants to be with, but needs a little warming up before she fully opens up to it.

You can achieve that during a 2-5 minute conversation with her on a phone call, video call or in person, as long as you are interacting with her in a way that makes her feel attracted (i.e. being confident rather than self-doubting, being charming rather than tense, being flirtatious at times rather than always being neutral like a friend).

When you cause her to experience new feelings for you, she will realize that you and her aren't over.

There is still something there and if she doesn't open up to it, she will probably end up regretting it for the rest of her life.

4. The new guy has made her feel as though he will leave her, if she is still open to you

Some guys feel insecure if the woman they are dating is still good friends with an ex guy, or potentially still flirting with him.

That isn't going to be attractive to her (i.e. his insecurity), but a woman will usually still want to protect the new relationship she has, especially if she is experiencing strong feelings for the new guy.

So, your ex girlfriend might be willing to give up her friendship with you, rather than losing a chance at a long term relationship with him.

5. She suddenly realized that she doesn't need you and is now behaving in a self-centered way

Some women don't like the feeling of being single and alone.

So after a break up, a woman like that will continue being nice to her ex to make him feel like he has a chance with her.

If her ex boyfriend feels like he has a chance, he will usually be nice to her and make her feel loved and wanted.

She can use that interest from him to stop herself from feeling as lonely or depressed, as she tries to heal and get ready to move on without him.

Then, if she begins to get used to being by herself, realizes that she's actually doing okay and is even having fun being single, she will stop needing her ex's support.

Likewise, if she happens to meet a new guy and is feeling loved and wanted by him, she will suddenly stop needing her ex.

As a result, she might be selfish about the whole thing and begin behaving in a self-centered way (e.g. only caring about herself and what she wants, no longer showing an interest in her ex's life).

6. She worries that if she gives you positive signals, you will step up your efforts to get her back

Many women know that they are easy to seduce and get back into a relationship, or at least hook up with again.

They don't act easy, but know that they are easy, if a guy plays his cards right.

So, if a woman is trying to avoid getting back into a relationship that will essentially be the same as before (i.e. because her ex hasn't changed), she will try to discourage him by being cold and distant.

Essentially, she doesn't want to give him hope that he can get her back, because she knows that it will build his confidence and cause him to behave in ways that will re-attract her.

In some cases, the woman will even go as far as trying to meet new men as quickly as possible, so she has a reason to push her ex away, or a weapon to use to cause him to lose confidence (i.e. that she's happy with a new guy she has met).

7. She doesn't want you interfering with her new relationship

[image: She doesn't want you interfering with her new relationship]

If she really does like the new guy, she might want to see where the relationship goes (i.e. Could it lead to her falling in love? Will they become a great couple that eventually gets engaged or married?), rather than continuing to be open to you.

So, she gives you the cold shoulder in the hope that you'll leave her alone.

Yet, if you leave her alone and don't re-attract her, weeks, months and then years can go by without you having an opportunity to get her back.

That is why, if your ex girlfriend has met a new guy, you need to interrupt the relationship while you still can.

Interrupting the relationship means that you interact with her and attract her in new, exciting and unexpected ways, so she suddenly becomes confused about who she really likes.

When that happens, she opens up to you and you can guide her through the rest of the ex back process.

8. She's doing what you would probably do, if you broke up with her and met a new woman that you found attractive

Think about it this way!

If you didn't want your ex girlfriend back at all, had recently met another high quality woman

and begun dating her, would you want to maintain a relationship with your ex?

You might feel as though youâ€¦d continue to be nice to her, because youâ€¦re a good man who respects her and cares about her.

Yet, what if your new girlfriend kept seeing you messaging her and had a problem with it.

Would you simply not care about your new girlfriend and continue to text with your ex while around her, or would you start to be less chatty via text or no longer want to answer some of her calls?

Essentially, would you change as a result of meeting a new, high quality woman that you were dating, or would you be exactly the same?

The reality is that youâ€¦d probably focus on moving on and making a fresh start with your new woman, without the inconvenience of holding on to an ex girl who you no longer have strong feelings for you.

Thatâ€¦s likely what your ex is doing too.

Currently, she doesnâ€¦t have strong feelings for you because you havenâ€¦t re-attracted her yet.

Avoid These 2 Mistakes if You Want Her Back

1. Assuming that she will come back to you one day, even though sheâ€¦s no longer attracted to you

Even if things donâ€¦t work out with her new guy, she is more likely to move on and find another guy after him, rather than come running back to you.

After all, they could be together for months, or even a year or more and by that time, she might have changed as a person, or you might not even want her back.

Additionally, even if she does feel open to getting back with you after they break up, she might not make that obvious to you.

Why?

A lot of women fear that their ex boyfriend will no longer be interested and will reject them, which will cause her to feel like the rejected one.

Alternatively, the ex boyfriend might show some initial interest, hook up with her and then dump her, to get revenge and leave her behind as the rejected one.

So, if a woman does reach out after becoming single again, it will usually only be in a neutral, friendly way, rather than making it obvious that she is open to something happening.

Yet, not all women reach out.

What Iâ€¦ve found, after helping new men get women back for many years now, is that if a woman didnâ€¦t feel enough respect, attraction and love to remain in a relationship with a guy, then she wonâ€¦t reach out to him and will simply continue to move on, unless he changes how she feels.

He can change how she feels by having the courage to interact with her and attract her in new and interesting ways (e.g. he is more confident now, more of a playful challenge, make her feel the need to impress him, but is still a good guy to her, makes her feel girly in comparison to his masculine energy, vibe, conversation style, behavior and actions).

If he doesnâ€¦t have the courage to do that and simply waits, then he will usually be disappointed.

What Iâ€™ve seen for many years now, is that the men who get ex women back at the highest rate, are those who have the courage to interact with her, re-attract her and make her want him back.

If youâ€™re not willing to do that, you should prepare yourself to move on instead.

Another mistake to avoid isâ€¦

2. Putting your dating life on hold for many months, only to find out that she isnâ€™t coming back and youâ€™ve now lost a lot of confidence

Sometimes, a guy thinks that if he remains faithful and waits for his ex, she will be impressed with his loyalty and be more likely to get back with him if she breaks up with the new guy.

Yet, as he waits for her, a guy will usually begin to lose confidence in his attractiveness to his ex and to other women.

Essentially, at times, he might end up feeling like a bit of reject who is desperately waiting for his ex girlfriend and hoping that she takes pity on him and gives him another chances.

Then, if he does happen to interact with his ex and she picks up on his low self-esteem, neediness or lack of confidence, she wonâ€™t feel attracted and as a result, will feel happy with her decision to have broken up with him.

So, while itâ€™s fine to re-attract your ex over the course of 1-3 weeks, if youâ€™re not doing it right and as a result, arenâ€™t making progress, then you need to change your strategy (i.e. start dating to make her jealous) or improve your ability to attract an ex woman.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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How to Stop Being My Ex Girlfriend's Back Up Plan

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

To stop being her back up plan, you first have to understand why she currently sees you that way. Here are the 5 most common reasons why a woman will keep her ex around as a back up plan only, rather than feeling the need to get back with him right away:

1. She knows that he will wait for her, in case things don't work out with her new guy

[image: She knows that he will wait for her, in case things don't work out with her new guy]

If a woman is already seeing a new guy, but can see that her ex boyfriend is waiting around and hoping for another chance with her, she may give him signs of hope that they could get back together, as a way of stringing him along.

That way, if things don't work out with her new guy, she can go back to her ex.

Yet, if she gets into a relationship with a man that feels more respect, attraction and love for, she will usually then cut off all contact with her ex or tell him that she's not going to change her mind.

Alternatively, she might be a bit cruel to her ex and still give him hope, therefore giving him the impression that he is her back up plan.

From her perspective though, it's over and she's not going to give him another chance.

So, here are some options of what you can do at this point:

- **Option 1:** Interact with her again, make her feel attracted to the new and improved you and then tell her that you wish her all the best. Then, don't contact her for a week. If you've done a great job at re-attracting her, then her feelings for you will be reactivated, you will be on her mind and she will be missing you. As a result, she will almost certainly contact you and you can then get her on a phone or video call, attract her further and then arrange to catch up in person. You can then hook up with her and start getting the relationship back together.
- **Option 2:** Start seeing other women and let her find out about it through friends, or by seeing you in photos with a new woman (or women) via your social media profile.
- **Option 3:** Completely cut off contact and just wait.

The last option seems like the easiest option, but it's actually the hardest on the man.

Why?

If you cut off contact with your ex girlfriend, who you love and want to be with, then you're going to be missing her, stressing out about her hooking up with new guy and worrying about never hearing from her again.

Everything is going to be up to her and if she doesn't feel very attracted to you anymore, then she's almost certainly not going to come running back to you just because you cut off contact.

I highly recommend Option 1 above because it gives you control over the situation with her and is probably going to be a lot easier for you to do than Option 2, depending on your level of skill with women.

Some guys can easily go out and pick up new women, but many can't.

So, if you can't get out there and pick up other women to make your ex jealous (and impressed), then go for Option 1 so she misses you and wants to see you again.

Another reason why a woman will keep her ex around as a back up plan is that

2. She knows that if she starts feeling lonely, she will be able to reach out to him to make herself feel better

[image: She knows that if she starts feeling lonely, she will be able to reach out to him to make herself feel better]

Since he is still missing her and hoping to get back with her, he will most likely be nice, sweet and loving towards her when she calls him or texts him.

For example: He might listen to her and talk to her for hours on the phone, tell her how he will always be there for her, compliment her and tell her how much she means to him.

Then, by the time she hangs up the call, she will be feeling happy, confident and good about herself again.

She will know that she doesn't have to worry about feeling lonely, because he is there as a back up plan in case she can't find a suitable replacement guy.

So, she knows that she doesn't have to contact him often, or worry about him moving on and can relax and continue to move on behind his back.

Additionally, because he's being so nice to her, it doesn't really turn her on or make her want to rip his clothes off, so to speak.

As you probably know, nice guys struggle when it comes to dating because women just aren't attracted to "only nice" behavior from men.

It's totally fine to treat women well, but if you're only nice, then you're usually only a friend to her.

So, don't become your ex's nice, reliable friend who is always available when she's feeling lonely or needs a friend to talk to.

Sure, talk to her, but be attractive (i.e. be a bit of a playful challenge when you talk to her, flirt with her, playfully tease her).

For example: Rather than answering the phone with, *"Oh, hi, how are you?"* answer with, *"You again? hhh what do you want?"* and then pause and have a laugh.

That is attractive to women because you have the balls to joke around with her like that, rather than always being on your best behavior.

If you don't have the balls to do that and she meets another guy who does, she is going to want him, not you.

So, don't be her nice, polite, sweet guy friend.

Be the guy she wants to kiss, touch and have sex with due to the attraction she feels when she interacts with you.

3. She wants the benefits of having an ex boyfriend who still loves her and wants to be with her, but without giving him any of the commitment of a relationship

[image: She wants the benefits of having an ex boyfriend who still loves her and wants to be with her, but without giving him any of the commitment of a relationship]

Some women behave in a selfish way after a break up, where they want to keep an ex boyfriend around to have real love shown to them, but then show fake love and interest in return.

If a guy is experienced with women, or is the type of guy who can easily attract pretty women, then he knows not to accept that.

However, when a guy has been dumped by a girlfriend who is more attractive or cooler than previous women he's been with, or the types of girls he can attract, then he might feel so overwhelmed by his desire for her that he becomes willing to put up with her bad treatment just to get to spend more time with her.

When a woman senses that, she feels turned off because she sees it as desperation.

Desperation is never attractive to women, especially pretty ones.

Yet, if a woman is being selfish after a break up, she will often pretend to feel attracted or in love with her ex, just to keep him around showing her love and adoration, so she can feel good about herself as she moves on without him.

So, some guys will stick around and essentially be a woman's boyfriend without getting what comes from being in a committed relationship with her (e.g. exclusive sex, being there for him emotionally, taking care of chores, being with him the entire weekend as a couple, looking attractive for him, taking a sincere interest in his life, going to family functions with him, hanging out with him and his friends, traveling together, posting photos of them together on social media).

All he really gets are texts from her, the occasional phone call and maybe a catch up in person, but she doesn't want sex, or doesn't want to discuss the relationship.

Essentially, everything is on her terms and he's got to put up with that, or else she will cut him out of her life.

So he does.

He puts up with it, but she then sees him as desperate and loses even more interest in him.

4. She never really felt motivated to commit to him because he wasn't enough of a challenge for her

Sometimes a guy will fall for a woman too easily and without much, or any effort on her part (i.e. she never felt the need to impress him because he made it clear that no matter what, he just wanted to be with her. She could treat him badly, be disrespectful, be late, ignore him and he would still keep coming at her, hoping to get her to love him more. Alternatively, he said I love you first and often, before she even felt like she loved him).

Yet, that's not what the majority of women really want from a boyfriend-girlfriend, or even husband-wife relationship.

Instead, a woman wants a man who stands up to her in an assertive, but loving way and makes her

feel the need to impress him and maintain his interest as well.

In terms of saying, *â€œI love youâ€* most women want to be able to say it first and only when they truly love a guy.

So many guys make the mistake of saying, *â€œI love youâ€* on the first night, first date or simply before the woman says it or feels it.

As a result, he takes that away from her and she doesn't get to be a woman who is in love with her man and hoping to get him to love her as much as she loves him.

Instead, she's with a guy who is love with her, while she is still unsure if she is in love with him.

So, if something similar happened with your ex girlfriend, then you need to know that she will be searching for a rare feeling that so many women never get to experience.

The feeling of wanting to impress a man and win him over.

You can still make your ex feel that way about you, but you have to start approaching interactions with her in a completely different way.

In other words, you need to start being a challenge for her, so she lights up and feels compelled to impress you, be good to you and win you over.

In the process of doing that, her feelings for you will awaken and she will feel drawn to being with you.

She will realize that she doesn't want to keep you around as a back up plan anymore because if you happen to meet a new woman, that woman will almost certainly like you now.

So, to avoid being left behind by you, she opens up and gives the relationship another chance.

Another reason for a woman to keep her ex around as a back up plan isâ€

5. She is uncertain whether or not he is right for her, so she wants to date other guys to find out

When a woman is with a man who makes her feel the way she wants to feel in a relationship (i.e. respectful of him, attracted to him, in love, wanting to impress him and maintain his interest, proud to be his girlfriend, feminine in comparison to his masculine approach to the relationship, hopeful about a future together), she doesn't feel the need to be with anyone else.

She knows that it would be her loss to leave him, because she'd struggle to find another man who can make her feel the way he does.

As a result, she feels motivated to be the best woman to him that she can be, so he will want to stick with her for life.

On the other hand, when a woman wants to date other guys, it means that something was missing from the attraction experience she was getting from her boyfriend.

For example: Some of those things might beâ€

- He stopped being the confident guy she fell in love with and instead became insecure and needy. This caused her to stop feeling respect for him and no longer feeling as proud to be his girlfriend.
- He let her boss him around and get her way, even when she didn't deserve it, rather than be the one wearing the pants in the relationship. This stopped her from feeling the need to impress

him. She also felt turned off by his lack of masculinity because he couldn't even stand up to a woman and get her to comply and be respectful towards him.

- He made her feel more like a non-sexual friend than a desirable woman. As a result, she stopped feeling as though she was in love with him in a boyfriend-girlfriend way and started feeling as though they were just buddies now.
- He became emotionally dependent on her (i.e. needed her to show him love, interest and affection, otherwise he couldn't feel confident and secure). This caused him to become clingy and smothering, which made her lose respect for him.

How about you?

What part of the overall attraction experience in a relationship was missing between you and her?

What part of it weren't you able to offer her (i.e. did you become insecure and as a result, weren't able to offer the feeling that comes with being with a confident boyfriend)?

If you honestly want to stop being your ex girlfriend's back up plan and want to get her back, you need to focus on understanding the type of attraction experience she really wants and then begin giving it to her during interactions with you.

Don't ask her what she really wants though, because women don't tell guys about that.

You either know this stuff, or you don't.

A woman doesn't want to be a guy's teacher in life about how to be a man.

If you need to learn that, you learn it from other men, or from a lot of experience with women throughout life.

I'm here to help you, so make sure you learn what you need to learn and then interact with her and re-attract her, so you can get her back.

5 Mistakes to Avoid if You Want Her Back For Real

1. Rejecting her offer to be friends because you think it will make you seem needy

Being friends with your ex will only seem needy to her if you behave in needy ways (e.g. text, call or message her all the time and ask her what she's doing, make yourself available to her 24/7).

However, if you accept her friendship, let her know that you completely accept the break up and then calmly and confidently re-attract her, she will see you as charming, interesting and intriguing.

She will experience new, compelling feelings for you that she will want to explore by meeting up with you and hopefully getting to a hug, kiss and then sex.

Always remember though: Being your ex's so-called "friend" is not about being a nice, innocent non-flirtatious friend who is in the friend zone and isn't allowed to flirt with her.

Instead, it's about being her friend and using that as an opportunity to interact with her, re-attract her and naturally seduce her back into a relationship with you.

2. Expressing your feelings for her in the hope that it makes her realize her feelings

for you

If a woman doesn't feel attracted or in love with her ex and has dumped him as a result, she isn't going to suddenly feel attracted and in love if he tells her about his feelings for her.

She already knows how he feels and that he wants her back.

It's obvious to her.

So, what should you do instead?

If you want your ex girlfriend to care about losing you and want you back, you need to reawaken her sexual and romantic feelings for you.

You then need to let her get the sense that she is going to lose you, if she doesn't give you another chance.

When she gets that sense and realizes that other women will find the new and improved you attractive, she will naturally want something to happen between you and her.

Yet, if you try to get her back by telling her about your feelings, then it's going to be one-sided and therefore, she's not going to be interested.

3. Doing more of what got you dumped in the first place

If you keep using the same approach with your ex girlfriend that you've been using up to this point (e.g. being too nice to her, giving her power over you that she doesn't want), she's not going to suddenly think, *"Wow! He's so nice to me. He's so loyal. Why did I ever break up with him?"*

It's just not how it works.

You've got to use a new approach with her that causes her to feel the need to respect you, appreciate you and love you.

That's how she really wants to feel.

She doesn't want to feel as though it's all about you hoping to get another chance with her.

If you make her feel that way, she will make you feel like her back up plan.

Then, before you know it, you will hear, *"Sorry, but I've met someone new and I really like him. So, please stop contacting me. I wish you all the best and will hold a special place for you in my heart. Goodbye."*

4. Not letting her see that you're happy and enjoying life without her

Sometimes a guy assumes that his ex will get angry and never want to speak to him again, if she sees that he is happy and enjoying his life (around other people).

He assumes that he needs to show her that he's sitting around at home, being 100% loyal to her, even though she's out there doing whatever she wants.

Alternatively, he assumes that seeing him enjoying himself around other people (via photos or videos on his social media), will cause her to want to do the same and she might then meet a new guy.

Yet, while a woman might pretend to be angry, she will secretly be feeling worried that she is losing her ex who loved her so much, which then causes her to want to draw him back in.

In the process of doing that, she feels more desire to get him back and it then becomes a whole lot

easier for him.

Of course, sometimes a woman will go out and want to party and be around other people to make her ex feel bad, but she will be thinking about him.

If she doesn't meet a new guy that she likes and she's had a few drinks, or comes back home alone, guess who she's going to be texting?

Another mistake to avoid is

5. Assuming that she will want you back for real if you cut off contact

The reality is that your ex girlfriend might reach out to you to check and confirm that you're still missing her, but that doesn't mean she wants you back.

In fact, she might even be having sex, dating or in a relationship with another guy already and simply contact you to check to see if you still want her, so she can feel better about herself.

She can then get on with her life with confidence, knowing that she has two men who think she's amazing and want to be with her.

Alternatively, she might never contact you at all and just move on with someone else instead.

That's why, I recommend that you take control of the situation.

Prepare yourself to interact with her and re-attract her and then do it.

You will be surprised at how quickly her behavior and treatment of you changes.

Suddenly, she wants you back and she's at your place, in your arms, looking into your eyes.

You're holding her and thinking, *Yes, I did it!*

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

My Ex Said That We Drifted Apart in the Relationship

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 common reasons why a couple will drift apart in a relationship and what a man can do to get her back:

1. After the initial excitement of being with each other wore off, they gradually began to take each other's presence and commitment for granted

[image: After the initial excitement of being with each other wore off, they gradually began to take each other's presence and commitment for granted]

They assumed that because they both loved each other so much at the start, it would be enough to keep them together for life, or at least for a lot longer.

So, they stopped putting in effort to make the other person feel loved, appreciated and valued.

For example: At the start of the relationship, the guy might have been very loving and attentive towards his woman.

He did that by always noticing her efforts to look attractive for him and complimenting her on her appearance.

He also told her that he loved her and appreciated all the things she did for him (e.g. cooking, cleaning, running errands to save him time, being supportive, being fun to hang out with).

Over time though, he began to take her efforts for granted and just expected her to look good, treat him well, be fun to hang out with and remain in his life out of duty, or because they were so in love at the start.

As for her, she started out the relationship by showing him a lot of appreciation and love, but over time, she began to put more of her attention into other things (e.g. work, spending time with her friends, pursuing her hobbies, playing with her phone).

As a result, they lose the connection that initially attracted them to each other and made them want to be a couple.

2. Rather than adapting to each other and building mutual goals for the future, they worked on goals that would naturally cause them to drift apart

[image: Rather than adapting to each other and building mutual goals for the future, they worked on goals that would naturally cause them to drift apart]

For a couple to be able to stay together in the long term, they need to have important mutual goals that they're working towards achieving together (e.g. getting a house together, moving to a better area, going on holidays to places that they will eventually be able to afford, doing things that they can't currently afford, but will be able to once they achieve other career goals, getting married and starting a family, creating a close, happy family together).

It's fine to have individual goals, but there also needs to be couple goals, that are big, important, meaningful and fun to look forward to, otherwise they will naturally drift apart.

Additionally, it's also fine for a man to be focused on his purpose in life (i.e. his biggest goal,

ambition, vision or reason for doing what he does) and make that a success, but there also needs to be a vision, purpose and reason for them remaining together in the long run.

If there isn't, the relationship will start to feel unnecessary after a number of years and they will eventually drift apart.

3. The relationship became stale and didn't level up

[image: The relationship became stale and didn't level up]

The lust love that a couple feels at the start is completely different to the dedicated, unconditional love they can feel in the long run.

Not all couples get to that point though, hence the amount of break ups and divorces.

Yet, those who do are in a relationship that has leveled up in so many ways (i.e. the connection, what they achieve together, how they relate to each other, their understanding of each other, their communication style, the respect, attraction and love they feel, how committed they are to each other).

The only way to make a relationship last and be happy and in love for life is to level it up as you go along.

There's just no other way.

Without that, you will drift apart from each other and end up experiencing yet another break up in your life.

It will continue to happen until you understand where you've been going wrong and learn to do things differently.

It's just how it goes.

Now, with you and your ex – you still do have a chance with her.

You can re-attract her and get her into a new, leveled up relationship that feels better for both you and her.

You can do that, but you have to be willing to make some adjustment to how you talk to her, interact with her and relate to her.

If you are willing to that, you will bring out a different side to both of you that will bring you closer together, more in love and more attracted to each other than you have been in a very long time.

4. They treated each other more like housemates than anything else

They got so caught up in the responsibilities of life (e.g. chores, paying bills, running errands, cooking) that they convinced themselves they were too tired to put in any effort into keeping the romance alive in the relationship.

It just felt all too difficult for them, even though other couples who had even more responsibilities in life than them, were keeping the romance alive and enjoying a loving relationship.

Before too long, they stopped looking at each other as boyfriend and girlfriend (e.g. sexy, desirable, exciting, fun to be around) and began treating each other like a friend or housemate.

Yet, that dynamic will never work to keep a man and a woman together in a sexual, loving relationship.

It simply doesn't work that way.

To keep the spark alive, you have to look at your woman like a new woman that you're seducing and picking up, even if you've been with her for 10 or 20 years.

You've got to look at her as a woman that you want to pick up as well, rather than just a housemate, or a person who helps you pay the bills or take care of the house and other responsibilities.

If you don't look at her that way, you will begin to feel attracted to other women (or look at porn more than usual) because you no longer see her as what you want.

When that happens, your behavior towards her and treatment of her will change.

You might be nice to her and treat her well, but you won't really see her.

You will look 'through' her as though she is just a random woman, rather than looking at her and feeling desire and determination to turn her on, make her enjoy being physically close to you and have sex with her.

Instead, you might retreat to your phone, video games, TV, hanging out with friends or more work, to avoid approaching and seducing her as your woman.

If you can relate to treating her more like a housemate at times and letting her drift into the background of your life, it doesn't mean that you can't get her back now.

So many men get women back in a situation similar to yours.

What you need to do is interact with her again and make her feel attracted in new ways (e.g. if you were too neutral before like a friend, you are now more of a playful challenge and also flirt with her to create sexual tension. If you were distant and emotional insecure, you are now present and emotionally strong).

When you do that, it suddenly reactivates her old feelings for you and mixes them in with her new, exciting feelings for who you are now and how that makes her feel.

She then begins to feel as though she would seriously regret it and miss you if she didn't get back with you, or at least give the relationship another chance for a while to see how she feels.

As a result, she opens up to you and you can get her back.

Another reason why a couple will drift apart in a relationship is

5. One of them, or both of them secretly thought that the relationship wouldn't last, so they didn't put much effort into it

[image: One of them, or both of them secretly thought that the relationship wouldn't last, so they didn't put much effort into it]

Sometimes a relationship will start out as a hook up where the couple is attracted to each other sexually, but isn't really looking to get into a serious, committed relationship that lasts for life.

Yet, due to their attraction for each other and unique connection, one of both of them might change their mind and decide to want to have a committed, exclusive relationship.

For example: A guy might realize that he finds his woman sexually attractive and enjoys having sex with her, but he also really feels drawn to her as a person.

He loves the way she thinks, acts or behaves.

He loves the way she reacts to him, how she inspires him to be better and how he wants to be a good man to her.

As a result, he naturally begins to fall in love with her and starts imagining a future together.

Meanwhile, sheâ is secretly happy to just have a short term, sexual relationship with him, but she doesnât foresee anything more, because she feels that she will eventually get bored of his approach in the long run (e.g. heâs too nice, he isnât very adventurous and just sticks to a boring routine all the time, he mistakenly thinks that doing more and more for her is the secret to getting her to love him more and treat him better).

She knows what kind of man would make her fall madly in love (e.g. a confident man who is a bit of a challenge for her to maintain the interest of, who treats her well, but doesnât put up with her bad behavior. He has a way of making her feel happy about being a good girl for him, without him really having to do anything for her. He is ambitious, but not to impress her. Heâs doing it because he wants to and she can come along for the ride if she wants, but he isnât going to drag her there. He looks at her as a feminine woman, therefore as being less dominant than him, rather than looking at her as his equal in terms of dominance. He loves her completely, but he could fall out of love if she didnât show him enough respect, affection and keep herself looking pretty. He doesnât tell her that though. She just gets that sense about him and it drives her wild (in a good way). It keeps her thinking about him all the time, wanting to impress him and win over more of his love).

A woman will know that about her desire, but she will rarely, if ever, speak of it to a man.

A man either knows it, or not.

She doesnât want to be the one to teach him, only to then see him try to act like that man and therefore, turn her off because heâs essentially following her instructions.

This is something that men simply need to know about women, or learn from other men.

Itâs not something to ask women about because they will almost always feel uncomfortable about telling the truth (i.e. what kind of woman would want to say, *âI want you to laugh at me sometimes if Iâm being a pain in the butt, rather than taking me seriouslyâ*?).

Women canât say that because it will usually cause a man to take it the wrong way and go too far with it (i.e. laugh at her all the time, never take her seriously, assume that she wants to be disrespected), to hopefully impress her.

Thatâs not what she wants.

She wants a balanced, good man who understands the darker side of attraction that women can rarely, if ever, speak about.

A man who will treat her well, but also give her tastes of the darker side of attraction (e.g. occasionally being very masculine in his behavior around her, or when touching her or having sex with her. Occasionally laughing at her when she is trying to be intimidating, but other times taking her seriously, being loving and warm. Occasionally looking at her with raw, aggressive masculinity in his eyes and then touching her, kissing her and having sex with her, while almost all other times, being loving, warm, intimate).

If a man is uncomfortable with the other side of the Coin of Attraction (i.e. the dark side) and is only comfortable with the light side, then he will never, ever have a woman truly love him in a sexual and romantic way.

She may love him as a good friend, a nice man or as a nice companion, but she will always secretly

feel desire to occasionally experience and taste his darker side.

It might sound bad to say darker side, but it's not about good vs. evil.

It's about being nice vs. having balls, or being masculine.

There's nothing wrong with having balls around your woman (i.e. expressing the darker side of your masculinity), as long as you are also a good man to her and treat her well.

Additionally, as long as your expression of masculinity is done with love and not hate, she will respect you and appreciate you in an almost indescribable way.

Essentially, no other man will compare and she will hold you in her heart as the one.

3 Mistakes to Avoid When Attempting to Get an Ex Back After Drifting Apart in the Relationship

1. Desperately telling her that you will change whatever she needs you to change

While that seems nice, honorable and very caring, it also seems a little forced from the woman's perspective.

As a result, she will think something like, *"So, it's not that he really wants to change, but is just doing it to hopefully get me back. I'm basically going to be forcing him into it and he will probably secretly resent me for it. Then, he will either fall back into his old patterns when he gets bored or tired of pleasing me, or will end up breaking up with me when he feels ready to do so."*

Additionally, being desperate for a woman rarely works at all stages of the relationship cycle (i.e. meeting her for the first time, going on a first date, getting into a relationship, keeping the relationship together, trying to get her back).

If a guy is desperate when meeting women for the first time, they will rarely be interested in him and will almost always reject him.

He might get lucky from time to time, but it will rarely be with women he truly wants and if it is, they will dump him eventually.

The same applies throughout the rest of the relationship cycle.

So, if you want to get her back, don't make the classic mistake of promising to change whatever she wants, in the hope that she then gives you another chance.

Most women see that as desperate and as a result, they reject it.

2. Being unaware of the core things that make a couple feel close and connected and then using that to get her back

For example: Some of the core things include:

- Being able to be your true self around each other. That means being your true masculine self (that you honestly feel inside) and letting that come through. It also includes seemingly unimportant or silly things like eating the way you want at home, rather than having to put on act of eating very politely in front of each other, or letting an occasional fart or burp out and not

being embarrassed about it around each other. The more of a fake act that a couple has to put on around each other, the less close and connected they will feel.

Knowing that the other person understands you and loves you for who you are.

- Showing interest in the things that the other person likes (e.g. football, shopping, antiques, video games) or at least appreciating that they are interested in them and letting them enjoy them (e.g. if she likes certain TV drama shows and he doesn't).
- Being able to fully trust each other.
- Being able to laugh together, especially when things are stressful (e.g. at work, after a fight, during tough times).
- Having a balanced relationship dynamic where you make her feel loved and appreciated, but she also feels motivated to be a good woman back to you.
- Being able to connect on a deep level through conversation, rather than being afraid to open up and be real about things. Of course, as a man, you should still be masculine about your emotions (i.e. express emotion, but then focus on a solution, be emotionally strong), while letting her be a girl about things (i.e. express her emotion, not have to focus on a solution like a man, cry or feel vulnerable, want to cuddle into you for support and safety).

If a man is unaware of the core things that really bring a couple closer together, then he will struggle to reconnect with his ex in a way that inspires and motivates her to give him a chance.

Instead, interactions with him will feel superficial, tired and she will feel as though the relationship is done.

3. Feeling like there's no chance to get her back because she doesn't seem to care anymore

She will care when you re-attract her.

It's as simple as that.

If you try to get her back before re-attracting her, then she's going to judge you based on how she felt leading up to, during and after the break up.

So remember: Attraction first and everything else after that.

If you try to skip re-attracting her and attempt to get another chance just by talking to her, or texting her, then you will almost certainly continue to be rejected.

Why?

Most women break up with men when they no longer feel enough respect, attraction and love to be with them.

That rarely changes due to a break up (i.e. her feelings don't automatically come back for no reason).

If you want her to have feelings for you again and care about getting back together, you have to re-attract her.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

When Will She Start to Miss Me?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Whether or not a woman will miss her ex guy, depends on the following:

1. If she meets a new guy that she finds more interesting and attractive

[image: If she meets a new guy that she finds more interesting and attractive]

If she does, she might end up getting so caught up in the enjoyment of being attracted and falling in love, that she doesn't really miss her ex much, or at all.

As you may know, everything can seem perfect at the beginning of a new relationship and feel like it's going to last forever.

So, if a guy is hoping that his ex misses him, but she's happy in a new relationship, she's probably going to be focused on all of the positive things about her new guy (e.g. he's more confident, more of a challenge, seems to treat her better, seems like he might be able to offer her a more stable, secure future).

Of course, that doesn't mean her new guy is perfect.

He will almost certainly have his faults too.

However, a woman usually won't be focused on that as much in the beginning.

As a result, it's a lot easier for her to not get caught up in missing her ex and feeling drawn to him again.

Yet, if her ex builds up the courage to contact her, interact with her and re-attract her, he can reactivate her feelings and get her to begin questioning whether or not she is really over him.

Using that approach is always more effective for men (who want to get women back), then being afraid to do anything and just hoping that she will somehow miss him and come running back, for some reason.

Some guys do get women back by doing nothing, but it's so rare and in most cases, the guy waits for weeks or months for his ex to miss him, only to see her continue to move on without him.

Watch the video below if you want me to explain that in further detail, as well as other problems guys encounter when they take a passive (rather than active) approach to getting an ex woman back.

The reality is that you don't need to give your ex loads of time to hopefully miss you.

You can interact with her, re-attract her and make her want you back within days, or at the latest, 1-2 weeks.

You can take control of the situation, rather than waiting around, stressing out about her moving on and then finding out that she's happy with a new guy and now wants nothing to do with you.

Something else that will determine when she will start to miss you is!

2. If she realizes that the break up was petty and she should have been more patient with you

[image: If she realizes that the break up was petty and she should have been more patient with you]

Sometimes a break up can happen over something very small (e.g. an argument that got out of hand and turned into a big fight, a little misunderstanding over a text from another woman that made her feel insecure in that moment, or texts on her phone that made him insecure, temporary added pressure from to her studies or work).

In the moment, it can seem so serious and lead to a feeling that she should definitely break up with him.

Yet, once sheâs calmed down, a woman often realizes that she overreacted and is now actually missing her ex a little and wanting him back.

In some cases, she will then contact her ex and try to reconcile the relationship, so they can get back together.

Not all women do that though.

As a man, what you really need to understand is that a woman missing a man and making a move to get him back are two different things altogether.

The truth is, a lot of women wonât contact an ex after a break up (even if it was her fault), in case he rejects her.

Women fear that if they do contact their ex after dumping him, he may then reject her and make her feel like the one who is getting dumped.

Alternatively, he might open up to her emotionally again, seem to be getting back with her, have sex with her and then say that he doesnât want to be with her anymore because of what she did to him.

As a result, she ends up feeling rejected and like the one who is getting dumped.

This is why, a woman will usually wait for ex to make the first move, before she will then begin to let down her guard and open up to getting back with him.

So, rather than being passive, you should be active like a man and call her, re-attract her on the call and then give her a few days to miss you, before contacting her again.

In most cases, the guy doesnât have to wait a few days to contact her, because she is already missing him (due to him re-attracting her on the call) and has reached out to him.

He then arranges a catch up, builds on her attraction and gets her back.

Another thing that can determine how long it takes for her to miss you, or whether she will miss you at all isâ!

3. If she still finds you attractive or not

[image: If she still finds you attractive or not]

When a woman still feels attracted to her ex, she will naturally miss him because attraction is what motivates men and women to be together as a couple.

For example: If you turn off a manâs hormones and stop him from feeling attracted to a woman, he will suddenly lose interest in having sex with women or having a girlfriend.

The same applies with women.

Women are only drawn to men based on their attraction to them and if you take that away by switching off her hormones, then she will suddenly lose interest in men and focus on little hobbies,

hanging out with her girlfriends or other things not relationship to sexual relationships with men.

So, in terms of your ex: Her hormones make her feel motivated to be with a man that she feels attracted to.

This natural function is designed to make women come together, have sex and be together long enough for offspring to be created.

Even if a man and a woman don't want to have children, their attraction to each other is fueled by their hormones and other chemicals in their body, which are driving them to be together, have sex and stay together long enough for offspring to potentially be created.

This is why, if your ex doesn't feel sexually attracted to you anymore, then her natural, bodily functions are going to push her to get away from you and find a guy that she is actually attracted to.

Even if she doesn't want children, her body will push her to be with a man that she is very attracted to, so there will be a lot of sex and eventually, the potential for offspring to be created.

So, if you wait around for your ex to hopefully miss you, it's only going to happen if she is still actually attracted to you.

If she isn't, she will feel driven to be with a new man who makes her feel a lot of attraction.

This is why, if you think that your ex isn't very attracted to you anymore, then you should build up the courage to interact with her, make her feel attracted to you again and then give her a few days of space to miss you.

That is what works and gets the highest results when it comes to getting ex women back.

Sitting around and doing nothing rarely produces any result and results in the woman moving on with a man who makes her feel attracted.

4. If she ever did really love you or not

[image: If she ever did really love you or not]

Sometimes a woman will get into a relationship because she doesn't want to be alone.

Secretly, she plans on eventually breaking up with the guy at some point, unless he is able to level up as a man (i.e. become more confident, more manly in his behavior, be more of a challenge, make her feel the desire to impress him and treat him well) and make her truly fall in love with him and want to be with him.

So, when a woman like that gets bored of the relationship because he isn't changing and might even be getting worse (i.e. becoming more insecure), or if she realizes that her feelings for him just aren't developing, she will usually decide to just go ahead and break up with him.

In cases like that, she won't really miss him and will instead feel disappointed that she wasted her time with him.

On the other hand, when a woman truly loves a man in a relationship and honestly wants to be with him, then she will naturally miss him from time to time after a break up.

The reason why is that true love doesn't die.

Sometimes, true love gets buried under negative emotions such as anger, disappointment and misunderstandings, but it is still always there in the background.

So, what should you do?

If she didn't really ever love you, then it will be due to the approach you used with her (i.e. too nice, not enough of a challenge).

As a result, you need to prepare yourself (quickly, over the next few days) to interact with her and let her sense that you have changed and are now the kind of man she finds attractive and appealing.

Then, give her a few days to miss you and proceed with the rest of the ex back process.

If she did truly love you, then don't sit around any long wondering things like, *When will she start to miss me?* and risk losing her if she meets someone else, or if she assumes you don't care about her anymore.

Just call her, reactivate some of her feelings, meet up in person and make her fall in love with the man you are now.

Let her see that you have realized where you were going wrong, have made changes and are letting her experience those changes, but aren't trying to sell yourself to her by telling her how much you've changed and asking if she'll give you another chance based on that.

Just let her experience the new, exciting feelings that she will have in reaction to the changes and adjustments you've made.

If she truly loved you and can now feel new, exciting feelings, then she will naturally open up and want to get back with you.

Another thing that will determine when she will start to miss you is

5. If she has girlfriends who will take her out to meet new guys, or if she has no problem lining up dates via dating apps

[image: If she has girlfriends who will take her out to meet new guys, or if she has no problem lining up dates via dating apps]

If a woman doesn't have many girlfriends to hang out with, who will build up her confidence and encourage her to start dating, she might end up sitting around at home, feeling lonely and missing her ex.

On the other hand, if a woman has a lot of girlfriends who push her to go out to clubs, bars and parties with them to meet guys, then she's a lot less likely to notice her ex's absence in her life.

Alternatively, if she is the type to use dating apps like Tinder, Hinge or Bumble, then she will usually find it pretty easy to line up a bunch of dates and start hooking up with new guys to help get her over her ex and moving on.

3 Mistakes to Avoid When Trying to Get an Ex to Miss You

1. Assuming that absence always makes the heart grow fonder

[image: Assuming that absence always makes the heart grow fonder]

Sometimes being out of a woman's life does make her miss you, but in most ex back cases where a woman has dumped a guy that she no longer feels enough respect, attraction or love to want to be with, it doesn't.

Instead, the opposite happens (i.e. *â□□ Out of sight out of mind*â□□) and she begins to completely forget about him, only to randomly think of him sometimes, but not really miss him or want him back.

Essentially, if you donâ□□t interact with your ex and reawaken her feelings for you or create new, exciting, compelling feelings for you, then some other guy will attract her instead.

So, if you want her back for real, donâ□□t make the classic mistake of sitting around and waiting for her to miss you for no reason.

She will either forget about you, block you out of her mind, or actually miss you, but be too afraid to contact you in case you reject her.

As a result, she will focus on moving on with a new guy to make herself feel better.

Then, if the new guy happens to make her feel more attracted and in love than you ever did, she will put her focus on him and leave you behind.

You can get her back, but just donâ□□t put yourself in a situation where you leave everything in her hands.

Be a man about this and take control of the situation.

Get her back.

Another mistake to avoid isâ□□!

2. Not realizing that you probably wouldnâ□□t be missing an ex woman and yearning to get her back if you werenâ□□t attracted to her anymore

Think about it this wayâ□□!

If you dumped a woman that you didnâ□□t want to be with anymore, would you be sitting around missing her and wishing you could get her back, if you could easily attract and hook up with new, pretty women?

Probably not.

It might be hard for you to imagine, because your thoughts are focused on your ex at the moment and you really do want her back.

Yet, try to imagine how youâ□□d feel if you happily broke up with a woman and didnâ□□t want to be with her anymore.

Youâ□□d probably just move on.

Of course, if that ex woman arranged for you and her to meet up and then made you feel attracted to her again (e.g. by being sweet, warm, loving and looking very sexy and attractive in your eyes), then youâ□□d probably feel attracted enough to want to be with her again.

Then, if she didnâ□□t contact you after the catch up (assuming that you and her didnâ□□t hook up that day or night), you most likely be missing her and wondering what sheâ□□s up to.

Why?

She made you feel attracted to her again.

Attraction is what brings men and women together in a sexual way and without that, itâ□□s just not a boyfriend-girlfriend or husband-wife relationship.

So, if you want to get your ex back, just know that attraction is the most important, most fundamental

thing you need to get right.

When you get it right, the whole ex back process just flows from one step to the next because she wants it to happen too.

Just don't make the mistake of hoping that she'll miss you, even though she probably isn't feeling attracted to you and hasn't since the break up.

Make her feel attracted again, so she has a reason to want to open back up to you.

Another mistake to avoid is

3. Assuming that the way to get an ex woman back is to let her go and just wait

There are so many reasons why that approach can backfire on a man who wants a woman back.

For example: The woman might

- Take it as a sign that he's interested anymore and feel hurt and rejected by that. She then hooks up with a new man to feel better about herself and potentially likes the new man better than her ex.
- Focus on having a lot of fun being single, flirting with new men and forgetting all about her ex.
- Assume he's using the No Contact Rule on her (i.e. ignore an ex for 30 days in the hope that she comes back). As a result, she feels angry at him for trying to manipulate her like that and wants to hook up with a new man and fall in love, to make her ex regret ignoring her.
- Gradually get over him during the time he ignores her, so that when he eventually does get in touch, she doesn't really care about him anymore and rejects him again. He had his chance, but he left it too long to make a move.

This is why, if you want a woman back, you shouldn't wait too long.

You've got to figure out where you really went wrong with her (e.g. being insecure, not being manly enough in your behavior, attitude, actions or emotions, giving her too much power over you, which she didn't want) and then interact with her, let her experience the new and improved you and as a result, cause her to feel a renewed sense of respect and attraction for you.

When she is feeling that, she is going to be missing you and wanting you back, or at least wanting to open herself up to hook up with you again to see how she feels afterwards.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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I Want a Second Chance With Her

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

You can get a second chance with her, but the question isâ€¦!

1. Do you know what would make her feel motivated to give you a second chance?

[image: Do you know what would make her feel motivated to give you a second chance?]

To get a second chance, you first have to get clear on the subtle things about you that caused her to want to end the relationship, so you can make the right, subtle changes that will naturally re-attract her and make her want to open up to giving you another chance.

If you try to get back with her and she senses that youâ€™d probably make the same old mistakes as before (e.g. be insecure, give her too much power in the relationship), then she isnâ€™t going to feel motivated to want to give you another chance.

Some of the subtle things that women look for in men include:

- He treats her well, but at the same time, also makes her feel then need to treat him well without having to push her to do it. Where guys go wrong: Just being good to a woman and hoping that she will love them for that. Thereâ€™s more to romantic love than just being good to a woman.
- He is emotionally open and available, but is also a bit of a challenge for her at the same time. Where guys go wrong: Just being emotionally open and available, so the woman feels as though she doesnâ€™t have to try to win over more of his love. He is already giving 100%, so there is no challenge for her and therefore, no need for her to try any harder.
- He remains confident and in control when she tests his confidence and composure under pressure, by being moody and distant. Where guys go wrong: Losing confidence, becoming clingy or getting irritable or angry when a woman is moody or distant. Real men donâ€™t react negatively to a womanâ€™s ever changing moods. Real men remain confident and sure of themselves at all times, while still being respectful and loving towards the woman.
- He makes her the most important person in his life, but not the most important thing. Where guys go wrong: Making a woman the most important person and thing. Therefore, his whole life revolves around her and he then becomes jealous, controlling, needy and insecure. Real men see their purpose (or vision) for their life as the most important thing and work towards achieving the goals associated with that. A woman gets to be the most important person in his life, but she can lose that position if she doesnâ€™t respect him, treat him well or if she tries to stop him from pursuing his big goals and dreams.
- He is a good man, but he is also masculine in his energy, therefore making her feel feminine in comparison to him and happy that she is being treated well. Where guys go wrong: A guy will suppress his masculinity because he thinks itâ€™s â€œwrongâ€œ or â€œdisrespectfulâ€œ towards a woman to be anything but nice, soft or neutral around her like a good friend. As a result, she doesnâ€™t feel feminine and therefore, doesnâ€™t feel sexually and romantically attracted. Instead, she feels more like a friend, or sister to him. Real men embrace their masculinity and let it come through via their body language, vibe, conversation style, tone of voice, behavior and actions. Women rarely get to be around men like that and when they do, they feel deeply and magnetically attracted.

How about you?

Can you relate to any of the examples above, in terms of where you might have gone right or wrong with her during the relationship?

Maybe you started out being quite confident, masculine and goal-oriented, but lost some or a lot of that over time in the relationship.

What subtle things about you really turned her off and caused her to lose interest?

That is what you need to get clear on first, before you even attempt to contact her because if she senses that you haven't really changed, then she's not going to feel motivated to get back with you.

2. Would you know how to create a new relationship dynamic with her that caused her to be more respectful, affectionate and loving towards you?

[image: Would you know how to create a new relationship dynamic with her that caused her to be more respectful, affectionate and loving towards you?]

Women want to be good to their man, but you have to bring that side of them out.

One guy will bring out a bitchy, mean, cold side of a woman and another will bring out a loving, sweet and warm side of her.

It's the same woman, but each guy used a different approach with her and as a result, created a different relationship dynamic.

For example: If a guy is too nice, accommodating, nervous and unsure of himself, a woman is naturally going to feel a lot less respect, attraction and love for him, compared to a guy who is good to her, a bit of a challenge, confident and assertive.

Likewise, if a relationship starts off well, but the guy eventually becomes insecure, needy and jealous, then it doesn't how many great dates they went on in the past, how great the sex was or how much she loves him; she's going to lose interest.

Additionally, his insecurity, neediness and jealousy is going to bring out a different side of her, where she starts becoming more and more distant, unloving and detached.

If he is unable to stop behaving in that way and change the relationship dynamic, she will eventually tire of it and break up with him.

So, before you reach out to her and get her back, ask yourself: Will I be able to create a new relationship dynamic based on the changes I've made, or will it essentially be the same as before?

If you feel as though you haven't really changed your insecurities or issues, then you should address those first.

Of course, you don't need to change everything about yourself or become perfect first to get her back, but you do need to begin making some adjustments and preparing yourself to succeed at making her want you back.

3. Will you know what to do if she initially plays hard to get?

When a guy reaches out to his ex woman (who is secretly open to potentially getting back together), she will usually play hard to get, rather than being open and easy to get back with right away.

Most women do that because they want to be sure that heâs worth giving a second chance to. Essentially, sheâs looking to find the answers to questions like:

- Will you lose confidence in yourself and in your worthiness to her, if she isnât making it easy for you initially?
- Will you give up on getting a second chance if she doesnât seem interested after the first message, or first few messages you exchange?
- Will you get angry at her?
- Are you really interested in her, or just reaching out to her because you are bored, or want to get her interested again and then lose interest in her to get revenge?
- Will you lose control of your emotions and start pouring your heart out, telling her all about your feelings for her and how hard it has been for you? (Thatâs not attractive to women).
- Will you have the confidence to joke around with her and flirt with her like old times, or will you lack confidence and assume that you are only âallowedâ to talk to her in a nice, friendly, polite way?
- Do you seem to have changed based on how you now talk to her, or are you still essentially the same guy, with the same insecurities, who is giving it one last effort to try to get her back?
- Do you seem wiser, more mature and more confident now?
- Are you able to make her feel open, relaxed and interested when talking to you, or does she feel the need to remain closed up, tense and distant?

As a result, she will either feel a renewed sense of respect and attraction for you, or she will feel as though she probably made the right decision to end the relationship (i.e. because nothing has changed).

If you want her to feel a renewed sense of respect and attraction and therefore, be willing to open up and see where things go, you have to be able to give her the impression that she would have a different, more enjoyable experience with you now, based on the changes youâve made.

She will get that impression based on how differently you interact with her and how that now makes her feel (i.e. she now feels more excited, turned on, alive and interested when talking to you).

Of course, if she is the type to play a little hard to get, she might not make that 100% obvious to you right away, which is why you need to maintain your confidence, continue to build up her attraction and then move things forward (i.e. to a phone call, catch up in person to say hi, hug, kiss, sex).

4. If you dumped a woman that you werenât attracted to, what would she have to do to get a second chance with you?

Since the real, more secret reason why most men break up with a woman is due to her physical appearance, she would usually have to improve her physical appearance (e.g. lose some weight, wear sexier clothes, change her makeup) in order to get another chance.

Of course, sometimes a guy will be struggling to get laid after dumping his ex girlfriend and will take her back briefly, just so he can have sex with her and hang out with her again.

Yet, in most cases, if a man has broken up with a woman due to no longer finding her physical appearance attractive (or if he never did and was just with her for a while, or until he found something better), then sheâs going to have to make herself look a whole lot better to make him

willing to give her another chance.

Interestingly though, it doesn't work the same way for women who dump men.

Why?

Women are much more attracted to how a man's behavior, attitude and actions makes them feel, rather than how he looks.

The real, more secret reasons why a woman will break up with a man include him not being manly enough (in his attitude, behavior or actions), being too insecure, being jealous and needy and so on.

If he were to suddenly become a lot more manly in his attitude, behavior and actions, be confident, emotionally independent and sure of himself, while still treating her well and being a good man, then she would suddenly see him as being attractive again.

So, while it is totally fine to take care of your physical appearance as a man, it's truly not the deciding factor for almost all women out there, when they judge a man as being attractive in terms of relationship potential.

What really matters are things like this:

- Can she relax into being fully feminine in your presence, or does she feel more like she has to lead you and tell you what to do?
- Do you make her feel turned on and excited to be interacting with you, or does she feel bored, stressed or indifferent?
- Can you make her smile and laugh even when she is being moody or distant, or are you afraid to be another other than nice during those times, or stay out of her way to hopefully not get into trouble with her or to stay on her good side?
- Are you more confident than her in social situations, therefore making her feel protected, safe and proud to be with you, or is she more confident, therefore making her feel like she has to protect you and feel embarrassed at your lack of manliness at times?
- Do you make her feel loved, special and wanted, while also making her feel a natural desire to make you feel the same way in return? Are you only able to give love, but not get enough of it in return, or are you on the other end of the extreme where you take love, but don't give enough in return?
- Are you able to make decisions and confidently follow through on them, without needing her to encourage you along, or approve of your decisions, or do you essentially need her input and backing before you do anything important? While it's good to make some joint decisions as a couple, a man has to be able to make his own decisions about his own life as well. If he is too dependent on a woman, she ends up feeling like his mother or big sister, which kills her sexual attraction for him.

Those things and more are much more important in a relationship than a guy's appearance, so make sure that you don't make the mistake of thinking that looking good (i.e. wearing nice clothes, working out at the gym, getting a new hairstyle) will seal the deal with your ex and land you a second chance.

If she senses that the things she is really looking for in you (e.g. confidence, emotional masculinity) aren't there, then your efforts to look good won't impress her.

You can re-attract her, get her back and enjoy a second chance with her, but just make sure that you

do it right.

You have to start within (i.e. your emotional attractiveness) if you honestly want her to feel differently when she interacts with you and eagerly want to open up and give you another chance.

That's how men really get their ex woman back and you can do it too.

Just don't sell yourself short by focusing on your physical appearance, or trying to get her back without really changing anything from within.

After all, who you really are on the inside, always comes through on the outside.

She will sense it, so get it right and she will naturally feel attracted and feel compelled to give you a second chance.

Another question to ask yourself is

5. Do you think she has been missing you, or having second thoughts about the break up?

[image: Do you think she has been missing you, or having second thoughts about the break up?]

If so, then you should reach out to her and start the ex back process as soon as possible.

A classic mistake that guys make is to ignore their ex for many weeks or months, only to eventually see her move on.

The reality is that when a guy doesn't contact his ex woman, she will usually see it as a sign that he doesn't care about her anymore and is moving on.

So, rather than contacting him and risk getting rejected, she forces herself to continue getting over the break up and moving on (usually by going out on dates and hooking up with other men).

Meanwhile, her ex who wants her back, is ignoring her in the hope that it makes her build up the courage to contact him.

Yet, she never does and he ends up missing her for years or decades after that; always wishing he'd just called her and gave it a shot.

3 Mistakes That Can Reduce Your Chances of a Second Chance With Her

1. Asking for a second chance via text, message or email

It's a lot easier for a woman to assume negative things about you and reject your request for a second chance, when she can't see your body language, or hear the tonality of your voice.

Even if you really have transformed yourself into a better man, it's difficult, if not impossible, for to fully determine the changes in you via text, social media message or emails.

This is why, you should only use texts, messages or email as an initial way to get back into contact with her, but should get to a phone call (or video call) as soon as possible, so she can get a sense of the changes you've made.

Then, get to an in person meet up as soon as possible, so you can re-attract her more directly and let her see for herself that she really does feel differently around you now (i.e. she's more attracted,

feels excited, alive and turned on, drawn to you, butterflies in her stomach, feels her love for you coming back).

Then, get to a hug, kiss, sex and back into a relationship.

You can do that, but it will rarely, if ever happen, if you just hide behind the safety of texts, social media messages or emails.

2. Expressing your feelings for her and then asking for another chance

Although it would be nice if all you had to do was tell a woman how you feel and she would then instantly want you back, it just doesn't work that way.

If a woman has disconnected from her sexual and romantic feelings for you, telling her about your feelings isn't going to suddenly make her feel the same way about too.

The only way to make her have feelings for you, is to interact with her and focus on making her feel attracted to the new and improved you.

That can be accomplished during the first interaction you have with her, but it might take 2 or 3 depending on if she is playing hard to get and keeping her guard up to see how you react.

However, at the end of the day, she's going to be feeling attracted and drawn to you and as a result, be interested in exploring her new feelings for you.

You can then get her back when you meet up with her.

Yet, if you just tell her about your feelings for her and ask for another chance, then it's one-sided.

The feelings aren't mutual, so she doesn't feel motivated to give you another chance.

Make the feelings mutual, or at least close to mutual first, before proceeding through the rest of the ex back process.

This is something that can be achieved very quickly, but you have to be willing to do it in the right order.

Women respond to ex's a lot differently than men do, so you need to understand what makes a woman want to quickly get back with a guy and give him another chance.

3. Apologizing to her and then asking for another chance

Although apologizing is an important part of the ex back process, it's not the main thing that will make your ex give you another chance, because it doesn't actually fix the problems that caused the break up.

It's fine to apologize, but your main focus needs to be on re-attraction, otherwise she's simply not going to care about being with you and will continue to move on.

So, if you want a second chance with your ex, don't waste time and energy trying to do it by promising her that things will be different this time.

Show her that things will be different by letting her experience the new and improved you for herself.

She will then open back up to you naturally and easily, because she really wants to.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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5 Tips For Getting an Ex Back Who Was Your High School Sweetheart

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Millions of couples who were high school sweethearts break up when they are young and then get back together later in life.

You can be one of those couples and get her back.

How?

Here are 5 things you should do to ensure the highest chances of getting her back into a new, sexual, romantic relationship with you:

1. Clean up your social media account before re-adding her or re-approaching her

[image: Clean up your social media account before re-adding her or re-approaching her]

If you haven't spoken to her in a long time and you try to add her on Facebook, or reach out to her via email or text, then she is going to want to do a little research on you first, to see what kind of man you are today.

In other words, are you lonely, socially insecure and reaching out to her because you don't have many people in your life, or are you confident, happy and living a life that she would like to be a part of (i.e. you have friends, or get out and do fun things every now and then)?

That isn't as important to a man when selecting a woman and in most cases, he's not concerned if a woman doesn't have any or many friends or seems lonely and left out, but women do care about that because it can suggest a lot of things about the mental and emotional state of a man.

As you probably know at this point in your life, women feel attracted to men for different reasons that men feel attracted to women (i.e. women feel attracted to a man's confidence and manliness, whereas most men feel attracted to a woman's sweetness, softness and femininity).

With that in mind, if you want to get your high school sweetheart back, make sure that you approach the reconciliation in a way that attracts her, rather than repels her, or causes her to put her guard up and not want to experience new feelings for you.

The best way to start the reconciliation is to ensure that you will appear attractive to her via social media, when she checks up on you after you contact her.

So, if your high school sweetheart is already a friend of yours on social media, then spend a couple of weeks getting some photos of you enjoying life with friends, doing things outdoors and looking confident and happy, before you send her a message.

If she isn't currently a friend of yours, make sure that you update your social media profiles (e.g. Facebook, Instagram) to make you look more attractive and appealing before you contact her again.

It will help your chances and make her feel more attracted to you, if there are no posts or photos of you looking sad, lonely, bored nervous (e.g. sad selfies, you alone in a photo at an event looking a little left out or nervous).

Likewise, if you only have photo of your pet, food at a restaurant when eating alone, landscapes, gardens or buildings, then it's not going to make her see you as a man who is well liked by other

people.

Instead, it is possible that she will assume you are lonely, don't have much going on in your life and are reaching out to her because of that, which will make her put her guard up and potentially even reject your offer, suggestion or request to catch up in person.

So, what you post on your profile from now should show you looking confident, happy and enjoying time with other people (including female friends or acquaintances if possible) to let her see that you in a more attractive and appealing light.

I've been helping new men get women back for many years now and I can tell you from experience that improving your social media profiles before contacting an ex woman, is one of the effective ways to ensure she opens up, is interested and curious to meet up with you.

So, once you've updated your social media profile(s), reach out to her.

2. Start off with a friendly message that includes a bit of light flirting as well

[image: Start off with a friendly message and add in a bit of light flirting]

For example: You might say something like, *â"Hey ex girlfriend. Long time no speak! How are you? I just thought I'd get in touch to say hi as a friend. Would love to chat."*

Alternatively, if you can add in some private humor to flirt with her, or an old joke that you and her used to say, then all the better, but keep the initial message brief.

Whatever you do though, don't make the classic mistake of saying that you still have feelings for her, or haven't been able to find a woman like her again and so on.

Just keep it briefly, friendly, include some flirting and then let her get back to you.

If she hasn't heard from you in a long time, she will likely think something like, *â"Wow, this is unexpected. I wonder what he wants to chat with me about after all this time."*

In almost all cases, she will then go and look at your social media profile to see what you've been up to lately (i.e. do you seem lonely, or do you have a fun, interesting looking life?).

When she can see that you're not lonely and in fact, are liked and loved by people around you, then she will almost certainly feel comfortable replying to you.

Then, when she responds to your initial

3. Ask for her number so you can call to say hi, or go ahead and call her if you already have it

If you've misplaced her number, or if she's changed it since your break up, simply ask for it and then get her on a call.

For example: Reply to her message and add on, *â"BTW: What's your number? I'll give you a call to say hi."*

If you already have her number, you can message her and reply to what she said, while also adding in, *â"By the way – I'll give you a call to say hi sometime this week. Will be good to chat and have a laugh I'm sure."*

4. Attract her on the phone, have a laugh together and then suggest catching up in person to say hi

Make sure you start off the call by using some humor (as early on as possible) to ease any awkward tension and get you and her connecting like you used to.

At the same time, make sure that you display attractive traits, rather than just talking to her as a friend, so when you suggest a meet up, she will be more likely to agree.

For example: Some attractive traits areâ€¦!

- Being relaxed, confident and at ease, rather than seeming tense or losing confidence if she seems a little closed off, guarded or unsure.
- Letting the tonality of your voice and the way you react and respond to her, show her that youâ€™re now at a different level to when you and her broke up (i.e. you are much more confident, manly and sure of yourself, while still being respectful towards her and treating her well).
- Playfully teasing her to create a sexual spark between you again, rather than just being nice (e.g. rather than just saying, *â€œOh, wow congratulationsâ€* when she says that she achieved something big in her life, you can playfully tease her about it first, before congratulating her. So, if she got promoted at work and is now the manager, you can say, *â€œWell, that suits you because you always were kind of bossyâ€* and have a laugh with her, before congratulating her).

Then, when her guard is down and she is relaxed and happy to be talking to you again, say something like, *â€œHey, we should catch up to say hi. Letâ€™s meet up for a cup of coffee sometime this week. As friends of course. It would be good to catch up and have a laugh. Long time no speak.â€*

If you have been displaying attractive traits and making her feel attracted as a result, then she will most likely agree to catch up and you can then arrange a time and place.

5. Re-attract her at the meet up and at least get to a hug

At the meet up, continue building on her sexual and romantic feelings for you by displaying attractive traits.

Show her via your body language, attitude, conversation style, actions and behavior that youâ€™re now a very different man to the one she knew in high school (e.g. youâ€™re so much more confident now, rather than being self-conscious and uncertain like you were in the past, youâ€™re more emotionally masculine and as a result, are able to make her feel like a real woman in your presence).

To ensure that she wants to get to a hug (and even kiss with you), using flirting to build up sexual tension between you and her.

Then, if you think that she is ready for a hug while the meet up is still taking place, you can say something like, *â€œItâ€™s good to see that we still get along so well after all this time. Come here, bring it in for a hugâ€* and then give her a hug.

Alternatively, if you think that itâ€™s not appropriate to hug her during the meeting, then do it at the end.

You can say something like, *â€œWell, it was great catching up with you. I think youâ€™re even*

more beautiful today than you were back then. Anyway, let's head off. Bring it in for a goodbye hug and then give her a hug.

If she doesn't pull away from the hug and keeps holding onto you, go ahead and lean in for a kiss.

Then, if she's open and seems to want to catch up to continue, go to your place or hers and hook up with her sexually.

From there, you and her will either get back together right away, or will begin seeing each other and developing the relationship.

4 Mistakes Men Make When Trying to Get a High School Sweetheart Back

1. Being afraid to get to a phone call or meet up, so he hides behind messages and she eventually loses interest

Messages are fine as a first step, but you have to take things to the next level.

When a man reaches out to a woman he used to love, but only texts her for weeks or months, she can end up thinking, *"I don't understand why he bothered to contact me in the first place. Does he want a texting buddy or something? A pen pal? Does he like me or what?"*

She will usually then begin to respond less and less, until she eventually stops responding altogether.

In some cases, a woman will continue responding in a case like that, but will also keep moving on with her life without him (e.g. having sex, dating and falling in love with other men).

So, if you want to get your high school sweetheart back, make sure that you're bold enough to get her on a phone call and then to a meet up with you.

Don't waste time hiding behind endless messages where you are trying to get to know her again, or build up enough of a connection before you think it's time to get on a call, or set up a time to meet.

Get things moving along between you and her while you still can.

Another mistake to avoid is

2. Being too neutral when messaging her or talking to her on the phone

[image: Being too neutral when messaging her or talking to her on the phone]

If you don't actively make your ex feel attracted to you during interactions, she's probably not going to feel a spark with you.

As a result, she won't be motivated to stay in touch other than as a friend.

She will see you as an ex that she used to have feelings for, but not anymore.

This is why you need to focus on making her have feelings for who you are now, by displaying attractive traits when you interact with her.

3. Feeling like it would be wrong to flirt with her, even though it's one of the keys to making her feel a spark again

For example, a guy might think, *"I can't afford to blow my chances by coming on too strong. It's better if I just act like a friend and then hopefully something will develop."*

Yet, here's the thing!

If you don't actively make her feel sexual and romantic attraction for you, then she will probably assume that all you want is to be friends.

As a result, she won't flirt with you or show much interest, in case you reject her.

Additionally, since you're only talking to her as a friend, she will likely see you the same way too.

So, don't be afraid to flirt with your ex when you talk to her again, to create a spark between you and her and make her feel motivated to get to a hug, kiss and sex with you.

Also, remember this: For a woman to want to be in a sexual, romantic relationship with a man, she has to feel sexual attraction for him.

If those feelings aren't there, it's a friendship at best, or a waste of her time at worst and as a result, the communication will dry up and she will lose interest.

4. Not being aware that many high school sweethearts end up reuniting and then staying together for life

It's not something that has been covered in large scale studies, so it's difficult for men to know how common it is, but I can tell you from personal experience that I've heard from countless men over the years who have successfully gotten their high school sweetheart back.

It happens at all ages as well.

Sometimes, the man and woman broke up only a few years ago and then got back together, but in many cases it is 10, 20, 30 and sometimes even 40 years later.

How do they get her back?

By reawakening her feelings of sexual and romantic attraction, so she feels motivated to open up to him and see where things go.

You can have that effect on your high school sweetheart and get her back, but the question is: Are you ready to do it, or you do need some additional help to get yourself ready?

If you are serious about this, you and her could be back together within weeks and you can make her love you even more than she ever did back then.

It can be an amazing, life changing experience for the both of you, but you have to be willing to step up to the plate and do what it takes to get her back.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

We Didn't Have a Lot in Common, So She Left Me

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 7 common reasons why a woman will break up with a man for that reason and how he can get her back:

1. She didn't feel much of a romantic spark

[image: She didn't feel much of a romantic spark]

A couple can have nothing in common or a lot in common and still break up due to a lack of a romantic spark.

When it comes to relationships, a romantic spark is the thing that makes a woman look at a man and feel excited, alive or what women often refer to as 'having butterflies in her stomach.'

So, when a woman notices that that all important romantic spark is missing, she will naturally begin feeling that something isn't right.

Initially, she might make excuses (e.g. it's just a phase and things will eventually get better, or they don't have much in common now, but will once they get to know each other).

Alternatively, she might try to create a romantic spark by suggesting romantic dinners or weekends away for the two of them.

Yet, if nothing really changes and she still feels like there is a lack of a romantic spark, then she will begin to want to break up with him.

Some women go directly to a break up, others create so many problems in the relationship that the man ends up breaking up with them and others ask for space to find themselves and what they really want.

Either way, a relationship without a spark is doomed to break up at some point, or be miserable for life.

In reality, it doesn't really have much to do with not having much in common though because couples who are very different will adapt and enjoy the other person's interest if the romantic spark is strong enough.

As the old saying goes, *'Opposites attract'* and it is true, but only if there is a romantic spark.

This is why, to get an ex woman back who left you because you and her didn't have a lot in common, you need to interact with her again (using a different approach to interactions) and create a new, exciting romantic spark between you and her.

For example: If a guy was too neutral around his woman and treated her more like a friend or housemate, he needs to prepare himself to flirt with her to create a more sexual vibe between them.

Additionally, if he tended to only have serious, straightforward conversations with her, which lead to the relationship feeling boring, he needs to prepare himself to be a bit of a playful challenge (at times) as he talks to her to create more of a spark between them.

These are things that a guy can quickly prepare himself to do and then do, to get an ex woman back.

New men do it every day, all over the world in all sorts of ex back situations and they get women

back.

Itâ€™s not difficult, but you have to be willing to level up your ability to attract her and create a spark.

If youâ€™re willing to do that, both you and her will experience new, exciting feelings for each other than will bring you closer together and make her feel motivated to enjoy more things about you and what youâ€™re interested in.

As a result, she will feel as though you and her have more in common than you used to and will be happy to adapt to you further due to the romantic spark being there.

2. She didnâ€™t feel much of a sexual spark

[image: She didn't feel much of a sexual spark]

A sexual spark in a relationship is different to a romantic spark, in that itâ€™s purely about the sexual desire you have for each other and how easy it is to get turned on by each other.

Itâ€™s also something that is created based on your approach to her.

Women literally react to the manâ€™s approach and either feel turned on, or not (e.g. if he is confident vs. insecure, assertive vs. passive, masculine vs. feminine or neutral in his energy).

Some guys struggle with that their entire life and can never keep a relationship together, because they think things like, *â€œThis is just who I am. Iâ€™m a soft, gentle guy. I just want to be nice to a woman.â€*

Yet, they donâ€™t realize that itâ€™s only who they are right now, because they donâ€™t know how to be any other way, or fear being any other way in case it feels uncomfortable or unnatural for them.

For example: Being more masculine in his behavior around a woman, rather than being so reserved, soft and gentle.

Initially, a guy might feel as though he is being *â€œfakeâ€* by being more masculine, but once he does it and sees that not only does he feel better about himself by being more manly, but his woman respects him, feels attracted to him and loves him so much more because of it, he suddenly sees that as who he is now.

Itâ€™s no longer *â€œfakeâ€* to him and is now one of the most important parts of who he is.

So, just know that if you were behaving in ways that caused a lack of a sexual spark between you and her, you donâ€™t have to keep behaving in that way and suffering the negative consequences with her, or with other women for the rest of your life.

There is another way to be with women and that is; to be truly, deeply attractive to them.

Once you understand how to do that, you realize how much power and control you actually have over initially attracting a woman and then maintaining and building on her attraction for you for life.

Additionally, once you get used to it, it literally becomes automatic and natural for you.

In other words, you donâ€™t have to think about it or try to do it because you automatically say and do the things that women find truly, deeply attractive.

It becomes part of who you are and raises the quality of your life and relationships with women.

So, when it comes to your relationship with your ex and her leaving you for not having much in common, what should you do now?

Well, just understand that women go with how they feel.

If a woman feels sexually and romantically attracted to a guy, she won't be able to stop thinking about him.

That can be you.

If you're not willing for that to be you with her, let it be you with your next woman by building up your confidence in attracting and keeping a woman.

Another reason why a woman will break up with a guy due to not having a lot in common is

3. She felt as though they would grow apart over time due to their differences, so she broke it off now to avoid wasting time

A woman's natural instinct is to find a man, get him to fall in love with her and then keep him for life, so he will protect her and provide for her if they should ever have any offspring.

Even if a woman is independent, emotionally strong and says that she doesn't care about babies or marriage, she still has the instinct of trying to find herself a man that she can stick with for life.

This comes from the natural risk of potentially getting pregnant to a random boyfriend and then having to deal with being a single mother.

This applies even if the couple is using a condom, or she is on the pill.

Deep down, her instincts urge her to make sure that she is with a man that she could potentially stick with for life, rather than continuing on with a man wouldn't be a good match for her life in the long run.

So, if a woman realizes that she and her man are too different (e.g. they have completely different morals and values and neither of them are willing to make adjustments to adapt to each other, he's a loner while she's an extrovert, he isn't serious about his career while she's climbing up the levels, he is too serious about everything while she is more of a free spirit) and as a result, she believes the relationship is unlikely to last, she will often decide to end things rather than investing more of her time into him.

He can get her back, but she is only going to feel motivated to want to give the relationship another chance if he interacts with her and creates a new romantic and sexual spark.

If he is unwilling to do that, she will continue to see the relationship as over and will move on without him.

On to the next reason.

Sometimes a woman will use "not having a lot in common" as an excuse to break up with a guy when

4. She didn't feel proud to have him as her boyfriend,

especially around her family or friends

[image: She didn't feel proud to have him as her boyfriend, especially around her family or friends]

Women prefer to be with a man they can look up to, respect and feel proud of to show off to her family, friends and coworkers.

So, if a man behaves in ways that make people feel embarrassed for his girlfriend (e.g. he sulks when things don't go his way, says a lot of rude or inappropriate things around her family, treats her badly in front of them, is too shy and reserved and comes across as being unfriendly or awkward, is seen as immature by a lot of her friends and family), she will stop feeling as proud to be his girlfriend.

If she also happens to notice how happy and proud her sisters, cousins, girlfriends or coworkers are of their boyfriend or husband, she will begin to wonder why she's wasting her time trying to make things work with a guy who makes her feel embarrassed or ashamed.

In almost all cases, a woman will never admit that to her boyfriend though because she doesn't want to hurt his feelings, or have him potentially become very angry and possibly physically aggressive with her in response.

So, she will break up with him for other reasons and he will be left behind to try to figure out what really went wrong.

In some cases, he might assume that it was mostly because of him and her not having a lot in common, but deep down, he probably knows that he didn't make her feel very proud to be his girlfriend.

The reality is that if a woman feels proud to be your girlfriend and there is a strong sexual and romantic spark between you and her, then she will stick to you like glue and adapt and adjust herself to your interests and likes in life.

You need to know that to help you understand that it is possible to get her back, as well as know it for future relationships with women if you decide not to get your ex back.

Either way, you have to make sure that a woman feels proud to be your girlfriend and feels a strong enough sexual and romantic spark with you that she wants to adapt and adjust herself to fit into your life.

That is what works and results in the best relationship dynamic between men and women early on and in the long run.

5. There was some initial attraction, but the relationship dynamic soon killed that

[image: There was some initial attraction, but the relationship dynamic soon killed that]

Sometimes a woman will initially feel drawn to a guy because he's a good guy, who treats her well and makes her feel special.

Yet, after being in a relationship with him for a while, she might begin to realize that the things

about him she initially liked are actually making her feel bored, restless and even turned off.

For example: Sometimes a woman will notice that her boyfriend is very nice or generous towards her because he has no idea how to attract her, or make her happy in any other way (e.g. by being a bit of a challenge, flirting with her, creating a relationship dynamic where she wants to impress him and maintain his interest).

If she notices that heâs being very nice or generous because he has no idea what else to do, she will begin to feel as though she is with a guy who is essentially sucking up to her so she doesnât leave him.

That makes him seem desperate, which isnât a trait that women find attractive in men.

If she also notices that she has treat him badly, disrespect him and use him and he wonât stand up to her, then she will lose respect for him.

When she loses respect for him, she will struggle to feel a sexual and romantic spark with him, which will kill the relationship.

6. She felt as though they were on a different level socially

If a woman comes from a higher or lower social class than her boyfriend, she might feel uncomfortable when they go out socially (e.g. because their manners donât match, her family and friends donât approve of him or visa versa).

If she has strong sexual and romantic feelings for him, she will try her hardest to ignore that and just hope that they gel and become more socially compatible over time.

Yet, if there isnât a strong enough spark, she will struggle to ignore their differences.

For example: If sheâs from a higher social class to him, she will worry about where they might end up living together, how he will fit in with her family and friends, how they will raise their children if they have any.

If sheâs from a lower social class, she might feel judged by his family and friends, or not really enjoy going out to social functions with him due to the clear difference in how she eats/looks/what she wears/how she speaks in comparison to the kinds of people he hangs out with.

Depending on the manâs ability to create and maintain a strong enough spark with her, she will either feel motivated to make the relationship work with him despite their differences, or leave him.

7. The conversations between them often seemed to be forced

Instinctively, a woman knows that she should be able to get along with her boyfriend naturally and easily, without having to force conversations because it seems like thereâs nothing to talk about when theyâre around each other.

So, if she finds herself trying hard to keep conversations going and keep them interesting with her boyfriend, she may feel as though they have so little in coming that they canât even have a discussion without it feeling forced or awkward.

That problem can be fixed, but it requires the man to care enough to adjust his style of communication with her slightly, to make things flow more smoothly.

For example: Rather than only talking to her in a serious, straightforward, logical manner (i.e. like he would when talking to another man), he includes flirting, playful teasing and is a bit of a challenge at times, so she lights up, smiles, laughs, giggles and feels girly and energized when talking to him.

He doesn't need to behave like her of course (i.e. girly) to make her feel energized.

Instead, he needs to flirt with her, playfully tease her and be a bit of a challenge in a manly way.

If he does that, then she will naturally feel attracted to him, excited to be talking to him and won't want to leave him.

All of a sudden, she won't care if they don't currently have much in common and will want to adjust and adapt herself to suit him and his life, so she gets to be with him.

That is the kind of effect you can have on her, if you want to.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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Can I Get My Ex Back if She's Already Dating?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Yes.

Here are 5 reasons why:

1. You can interrupt the relationship by re-attracting her

Interrupting her relationship means that you use every interaction you have with her, to reawaken her feelings of respect, sexual attraction and love for you.

Some of the ways you can do that are byâ€¦

- Making conversations with you feel fun, interesting and full of laughter, so that when sheâ€¦s with her new guy, she canâ€¦t stop thinking about you and how much she enjoyed talking to you again.
- Showing her that you donâ€¦t see her new guy as competition, by always feel confident and believing in yourself and in your attractiveness and value to her.
- Being a playful challenge when you talk to her, so she feels excited when talking to you and misses you when she doesnâ€¦t. Women always feel attracted to guys who are a challenge and bored by guys who arenâ€¦t. So, when you are a playful challenge to her, you will be on her mind all the time, even if she feels guilty about it and tries to stop herself from thinking about you.
- Flirting with her to create some sexual tension between you and her, so she feels confused about who she really wants.
- Laughing at her in a loving way when she tries to make you feel jealous by saying how much better her new guy is to you.
- Using humor to break down her defenses and make her go from being cold and distant to warm and open.

The more you attract her in ways that she doesnâ€¦t expect, the more confused she will feel about her feelings for the new guy she is dating.

She will feel as though what you and her had isnâ€¦t over and if she doesnâ€¦t get back with you, or at least hook up with you again (to see how she feels afterwards), then sheâ€¦s going to regret it.

Another reason why you can get your ex back if sheâ€¦s already dating is thatâ€¦

2. Her interest in him might only be temporary

[image: Her interest in him might only be temporary]

She might seem like she is happy to be dating again, but it doesnâ€¦t mean that she is serious about the new guy, or any of the new guys she has met or gone on dates with.

Additionally, she might only be pushing herself to date for one of the following reasons:

- She doesnâ€¦t like feeling lonely, so she is dating again to make herself feel okay about being broken up with you.

- Her confidence is low at the moment (due to the relationship with you failing), so she is trying to convince herself that lots of guys like her and she can easily get herself a new boyfriend. Women often do that to try to help themselves avoid going back to an ex. It doesn't mean her ex can't get her back though. It's just her trying to move on, for now.
- She fears that her ex will move on before she does and she will be left behind. If that happens, she might end up feeling like the one who got dumped. So, she starts dating and hooks up with a man quickly, to ensure that she moves on first.
- There is a guy that has liked her for a while (e.g. at work, university, in the neighborhood, through friends) who isn't exactly what she wants (i.e. he's either too nice, or he's too much of a player), but he is good enough for now.

So, just because your ex is dating again, it doesn't mean that the new guy in her life is perfect for her.

In many cases, the guy is simply a rebound relationship (i.e. the relationship a woman gets into right after a break up to make herself feel better) and secretly, she might not see much of a future with him.

If you want her back, you need to focus on making her have strong feelings for you again during interactions, so her new guy (or other guys who are interested in her) no longer seem as appealing.

When she begins to reconnect with her feelings for you, she realizes that what you and her had isn't over because she still has real feelings for you.

Another reason why you can get her back is that!

3. You can level up and attract her in ways she isn't expecting

For example: She probably won't be expecting to see photos on social media of you having fun with other people and then find herself feeling jealous, left behind and hurt.

Instead, she might expect you to be sitting around feeling lonely and missing her, which will make her feel as though she still has power over you and has nothing to worry about.

So many guys get that wrong and assume that their ex will be impressed and want them back, if he remains loyal to her by avoiding people and women and essentially waiting around for her to come back.

Yet, what actually works on a woman who has broken up with you, is when you make her feel regret, sadness, loss and rejection by seeing you looking confident, happy and enjoying life without her.

Not only does it hurt her, but it makes her feel attracted to you and drawn to you in a good way (i.e. because you have the emotional strength to get back on your feet and enjoy life without her).

Women are naturally attracted to emotionally strong men and turned off by emotionally weak men.

So, don't ever think that you will make a woman want you more by displaying emotional weakness or neediness.

It just doesn't work.

Women are attracted to the emotional strength in men, so attract your ex by being more emotional strong than you've ever been before.

You can do that with photos on social media, or you can do it based on how you talk to her in person. Let her sense that you have become so much stronger emotionally, to the point where you no longer

feel insecure, become emotionally sensitive or lose confidence based on things she says or does.

Also let her sense that you're not afraid to joke around with her and flirt with her when you talk to her.

You're not an insecure ex who feels unworthy of her now because she has broken up with you, or has started dating again.

Instead, you are the most confident guy she knows right now and will probably ever know because you have the emotional strength to believe in yourself and your attractiveness to her, despite the fact that she is dating again.

You see yourself as the man and don't see any other guy as being competition for her because they simply don't compare.

The more you can attract her in ways she isn't expecting, the more surprised, curious and interested she will be to feeling attracted to you again.

She will realize that her feelings for you aren't dead and that other guys she has met haven't been able to make her feel the way you do.

As a result, she will naturally want to open back to you and give you and the relationship another chance.

Another reason why you can get her back is that

4. Most new relationships don't last and many exs do get back together

For example: A woman might start dating a new guy that she sees as being very different to her ex (e.g. he's more loving and emotionally open, compared to her ex who was emotionally closed off and distant. He's more confident and self-assured, compared to her ex who was insecure, clingy or needy. He's more of a bad boy and doesn't tolerate her drama, compared to her ex who was a soft, nice guy who put up with her bad treatment of him just to get to spend time with her).

Initially, that might interest her because she is finally getting some of the things that were missing from the relationship with her ex.

Yet, after the initial excitement of being in a new relationship starts to wear off, his flaws might become glaringly obvious to her, which will result in her breaking up with him.

Think about it this way

So far in life, your ex has a 100% failure rate when it comes to relationships.

As a result, it's highly likely that she won't find the perfect man right away, settle down with him and be with him for life.

Instead, she will probably break up with him soon, or getting broken up with.

So, don't assume that she is happy and will be able to completely move on without you right away.

She might seem happy, but what she probably doesn't realize now is how happy she will be to get back with you.

The reality is that getting back with an ex can feel amazing for a woman when her man has truly leveled up and is able to create a new, more enjoyable relationship dynamic with her (e.g. if he was a pushover, he is now more of a challenge. If he took her for granted, he now makes her feel wanted and loved, but doesn't suck up to her and treat her way too nicely. If he was emotionally distant

due to a fear of getting hurt, he is now emotionally open because he doesn't fear getting his heart broken anymore).

Additionally, every day, all over the world, couples break up and get back together right away, after a few days, weeks or months.

In many cases, if the couple gets back together after weeks or months, then the woman (or man) will have been dating other people in the meantime.

It still doesn't stop them from getting back together though.

So, just understand that you can be one of the men who gets his ex woman back into a relationship that is better and more fulfilling than ever before (i.e. because you have leveled up your ability to attract her and make the relationship feel more enjoyable for the both of you).

5. Dating someone new doesn't mean that she is truly committed to him and can't hook up with you if she wanted to

[image: Dating someone new doesn't mean that she is truly committed to him and can't hook up with you if she wanted to]

If your ex is dating a new guy, or going on random dates, it doesn't mean that she is engaged or married to those guys.

So, at this point, she will still be open to meeting up with you and hooking up with you, if you contact her and re-attract her on a phone call (or video) call.

Get her to catch up in person with you to say hi, re-attract her further and then get to a kiss and sex.

If you've changed and improved since the break up, then she is going to feel that and it's going to make her feel more drawn to you and open to giving the relationship another chance.

So many couples get back together in that way, so don't count yourself out just because she's already dating.

3 Mistakes That Can Stop You From Getting Her Back

1. Not realizing how much stronger and wiser you will become by getting her back

When a guy learns from the mistakes he made in the relationship, he automatically becomes more emotionally attractive to his ex and to women in general because he becomes wiser about relationships, emotionally stronger and more mature.

So, if you want her back, use the break up as your opportunity to level up as a man (e.g. become a lot more confident, more focused and determined to accomplish your goals, more emotionally independent and able to feel truly happy without her) and then interact with her and re-attract her.

When she senses that you really have changed, she will automatically feel respect and attraction for you even if she tries to hide it, or tries stop herself from feeling it.

It's a natural, automatic reaction and when it happens, she suddenly realizes that her feelings for you aren't dead.

As a result, she opens up to the possibility of getting back with you.

Then, when you get her back, you will be so much wiser and stronger when it comes love and

relationships with women.

You will know that just because a couple breaks up, it doesn't mean the relationship is over forever and can't get back together.

Additionally, you will know that even if a woman starts dating after the break up, it doesn't mean that a guy can't get her back and enjoy a relationship with her that is even better than it was before.

You will know all that because you will have had the courage to go through the ex back process and get her back.

From then on, your life will be changed forever.

You will no longer feel helpless when it comes to attracting women because you will know how to do it on purpose.

You will be in control.

Another mistake that can stop you from getting her back is

2. Rejecting her offer to be friends, or assuming that being friends will ruin your chances with her

When you remain friends with your ex, you can then openly text, call and even meet up with her to say hi in person and it's fine because that's what friends do.

Yet, if you reject her offer to be friends and essentially ask for all or nothing (i.e. she either gets back with you or nothing), then there's no reason for her to stay in contact with you, especially when she's already dating someone else.

So, it's in your best interests to accept a friendship, or if you haven't done so already, reach out to her and say hi as a friend.

Of course, when you interact with her, you need to also include flirting to create sexual tension between you and her, as well as attract her in ways that she isn't expecting.

She will then use the friendship as an excuse to contact you and suggest catching up.

You can then build up the sexual tension between you in person and release it with passionate, enjoyable kissing and sex.

There's nothing quite like having sex with an ex, especially when both of you are feeling very drawn to each other again.

It's enjoyable for both the man and the woman, so don't deprive you or yourself of that amazing experience by rejecting her offer to be friends, or by ignoring her and hoping that she comes back to you someday on her own.

Make it happen.

3. Seeing the other guy as being better than you, so you just give up

Yes, she might be dating someone else, but that doesn't mean the guy is better than you.

In fact, if you want to attract her back, you should begin to look at yourself as being better than any other man she could possibly ever meet.

It doesn't matter who it is; you are better.

You are the man.

Always remember: Women always feel less attraction for the guy who sees other guys as being more attractive and valuable than him.

Women may feel sorry for the insecure guy, but they will always feel more attracted to the more confident guy.

Even though your ex is dating, she still wants you look at yourself as â€œthe man,â€œ regardless of what she says or does.

If you interact with her and she senses that you feel inferior to the guy she is dating, or are worried that she no longer sees your value, then it will turn her off.

So believe in yourself no matter what and get her back.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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I Pushed My Girlfriend Too Far and She Broke Up With Me

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 8 common reasons why a guy will get broken up with for pushing his girlfriend too far and what he can do to get her back.

Which one of these applies to your situation?

1. He threatened to break up with her one too many times, so she eventually decided to break up with him

[image: He threatened to break up with her one too many times, so she eventually decided to break up with him]

If a man threatens to break up with his girlfriend near the beginning of a relationship (i.e. during the first couple of months) because she isn't treating him well enough, it will usually cause the woman to improve her behavior and treatment of him.

So, it's a good technique to use early on.

However, if a man continues to threaten his girlfriend with a break up after being with her for a long time, then she will start to feel as though she can't trust him.

She will feel as though if she gets more committed to him (i.e. falls more in love, opens up to getting engaged to him, does more for him), he could just turn around one day and say that it's over.

This can cause her to begin to want to change his behavior and make him more committed to her.

As a result, she will then decide to break up with him to hopefully teach him a lesson.

To get her back, he needs to avoid being desperate (i.e. begging for another chance, crying to her again and again, pestering her with endless texts) and simply remain calm, knowing that he will be able to re-attract her.

One of the ways he can re-attract her is by showing her that he is now more in control of his emotions (e.g. rather than getting upset over her cold, distant treatment of him, he now uses humor to get her laughing, smiling and feeling close to him again. Additionally, rather than losing confidence when she isn't showing him love or interest, he maintains his confidence and knows that she will find that attractive, which she does. Women always find it attractive when a man is able to remain confident, composed and in control under pressure).

When his girlfriend feels a renewed sense of respect and attraction for him, she then naturally opens back up to giving him another chance, regardless of the mistakes he made in the relationship.

She knows that if she doesn't give him another chance, she will most likely regret it and feel like the rejected one if he moves on with another woman.

So, to avoid that emotional pain, she opens up to giving him another chance, or at least hooking up with him again to assess how she feels afterwards.

Another reason why a woman will break up with a boyfriend who pushed her too far is that

2. He took her love and devotion for granted

[image: He took her love and devotion for granted]

For example:

- He spent way too much time playing video games and just expected her to wait around in the background. Thereâs nothing wrong with playing video games when you have a girlfriend (or wife), but you have to maintain a balanced lifestyle (i.e. work, sex life, social life or getting out and doing things with her, giving her enough attention and then gaming, rather than gaming and then everything else after that).
- He assumed that he could treated her any way he wanted and sheâd always put up with it because of how much she loved him.
- He rarely put in the effort to continue getting to know her family and usually avoided accompanying her on family visits, if possible.
- He eventually stopped noticing her efforts to look attractive for him (e.g. when she wore a sexy outfit, changed her hairstyle) and started looking at her as though she didnât wow him anymore. He may of even gone to the extreme of regularly criticizing her appearance, rather than praising any of her her efforts to look good and therefore, making her feel motivated to put in more effort.
- He barely pulled his weight around the house (e.g. didnât fix things that were broken or get someone to fix them, didnât take out the trash even though she did all of the other housework) and when she complained about it, he accused her of being a nag.
- He regularly got angry at her and treated her badly for hours or days, based on little misunderstandings, rather than being mature and loving about it by maintaining control of his emotions and focusing on using misunderstandings to bring them closer together and more in love (i.e. by clearing up the misunderstanding in a relaxed, loving way, rather than acting like her enemy or a person who wants to see her fail or hurt her emotionally).

When a woman finds herself in a relationship like that, she will usually put up with it for a while and give her boyfriend a number of warnings.

Yet, if he continues and even gets worse, then a woman will usually decide that it would be better for her to break up with him and try to find a new guy.

In some cases though, she will hope that by breaking up with him, it will be a wake up call for him and cause him to change.

As long as he isnât desperate about it (i.e. doesnât keep crying to her, begging for another chance) and is manly about it (i.e. owns his mistakes, apologizes briefly and sincerely, maintains belief in his attractiveness to her, guides her back into a relationship), then she will be open to seeing where things go.

3. He treated her more like his annoying girlfriend than a

woman that he was in love with

When a man is in love with a woman and wants to be with her (and if he understands how to behave in a relationship to make it last for life), he will treat his woman with respect and care.

He will know that she is important to him and it would be silly to ruin the relationship and lose her, so he will avoid treating her like she is an annoying pest in his life.

On the other hand, when a guy doesn't know how to treat his girlfriend right, or slips into a habit of treating her like an annoying pest, she will start to look at him differently.

Rather than seeing him as the man who will love her, protect her and care about her for life, she begins to see him as a guy who wants her to hurt, feel rejected and steer clear of him as much as possible.

It won't really make sense to her why he is doing it, especially since she does love him and wants to be with him.

For example: Even though she is sticking around and trying to make the relationship work, he might continue to:

- Criticize or belittle her behind closed doors and sometimes, even in front of others.
- Get irritated if she asks him to do something for her (e.g. take out the garbage, put gas in her car, pick her up from work), but then expect her to do things for him and not complain about it.
- Sulk or become very difficult to be around, if she asks him to spend time with her doing some of the things she really likes (e.g. watch a romantic movie or TV show together, go out to dinner at a restaurant sometimes rather than always ordering takeout, hang out with her friends once in a while).

If he keeps treating her that way, or gets worse, a woman will usually decide to just break up with him and try to find someone new who will give her a more balanced, loving relationship that can last for life.

Of course, her ex can still get her back, but he needs to understand where he went wrong and prepare himself to interact with her and let her see that he is now a completely different man.

He shouldn't try to sell himself to her (i.e. *âI've changed. I'm no longer like that, so please give me another chance*), but instead, should let her pick up on the changes he has made based on how he now talks to her, reacts to her, treats her and behaves.

Women prefer to pick up on details in that way, rather than having a guy trying to sell himself to her. Remember that and use it to re-attract her and get her back.

4. He became aggressive with her on one too many occasions

Sometimes a guy will fall into the habit of getting angry with his girl over little things.

At times, he might even push her, shake her, choke her or grab her arm and shake it aggressively while arguing with her.

If that happens once, a woman will usually be able to overlook it.

Yet, if it happens over and over again, she will naturally begin to worry that he might eventually go

from just being aggressive to being seriously violent (e.g. punching her, beating her or worse).

So, rather than sticking around and becoming one of those women who are stuck in abusive relationships and can't get away, she decides to break up with him now, while she still can.

If a guy wants to get his girlfriend back in a situation like that, he has to honestly make a decision to never become physically aggressive or violent with his girlfriend ever again.

If he can honestly decide that and know that he won't do it again, then he will be able to sincerely tell her that.

If she is still in love with him and is open to being with him, then there is a chance she might forgive him and give him another chance.

5. He never really committed to her, even though she treated him well, gave her heart to him and was patient for a long time

For a relationship to last past the initial phase of lust, a couple needs to connect on more than just a superficial level.

In other words, they need to ultimately want the same things in life and be heading towards that together, rather than one person wanting to settle down, get married and start a family, while the other one wants to stay boyfriend and girlfriend and avoid a serious commitment.

So, if a woman notices that she's the one investing more into the relationship and is maturing faster than her guy, she may begin to worry that she's wasting her time with him.

The reason why is that a woman's natural instinct is to find a guy, get him to fall in love with her and then stick with him for life.

It's not what women go around admitting these days, as they like to act independent and as though they don't care about men.

However, deep down, it's what almost every woman really wants when it comes to men.

So, if a woman isn't getting that from her boyfriend, she will usually hint at her unhappiness (i.e. seem distant, throw tantrums, subtly complain about his treatment of her) in the hope that he will pick up on it.

If he doesn't change, she might then directly say that she isn't happy with him and doesn't know how long she can put up with it.

Alternatively, she might go directly to a break up by saying something like, *I need time to be by myself to figure out what I want.*

In those types of cases, a man needs to become more open to committing to her and making her feel loved and wanted, but he has to avoid being desperate about it (i.e. rushing to buy her a ring, promising the world to her if she gives him another chance, crying).

If a man has already made those mistakes, then he needs to let her know that he behaved like that because he loves her so much, but now realizes that he would have looked silly.

He should then laugh at himself, rather than taking his behavior so seriously, so she can laugh at how he behaved as well, therefore making her become open to forgiving him because she sees that he now understands and isn't going to continue being desperate.

6. He was used to being a player and being able to push girls away, only to see them coming back for more

That is a technique that works early on in a relationship, but if a guy continues to do it years into the relationship, a woman will usually change her approach to gain some power.

For example: She will stop being as affectionate, start spending more time away from him and being more independent, no longer fall for his player tricks and seem distant, unimpressed and as though she is ready to break up with him for real.

If he is a real player (i.e. knows how to make women fall deeply in love with him to the point where she sees him as being better than any other guy, no matter how he treats her), then she will struggle to find a new guy who makes her feel as much love as he did.

As a result, a woman like that will pretty much always be ready to go back to her ex if he is ready to give her what she wants (i.e. commitment) without losing touch with what actually attracts her about him (i.e. that he is a player and she feels the need to impress him and maintain his interest).

7. He continued to flirt with other women, or sleep with other women even though he was supposed to be exclusive with his girlfriend at that point in the relationship

Some women will put up with being one of a number of a man's girls near the start of a relationship, but if he continues on with that approach for too long, she will eventually grow tired of it.

Essentially, the best approach to use with women is to let them see that you could have other women easily, but you are committed to them.

Women pick up on this based on how women react to you, without you having to explain it.

Unfortunately, some guys go too far with it and flirt with other women too obviously and too much in front of their girlfriend, or they even go as far as exchanging numbers, texting back and forth or even hooking up with other women when the relationship is supposed to be committed and exclusive.

Women will usually take a man like that back, but he has to let her see that he isn't like that anymore, without being desperate about it.

8. He tends to only really appreciate women who have the guts to break up with him

Sometimes a guy is very attractive to women and can easily get himself a girlfriend, which can cause him to see women who like him as being a dime a dozen (i.e. women like that are everywhere, it's too easy for him).

Yet, when a woman adores him and does everything she can to make him happy, he ends up taking her for granted (i.e. not making her feel appreciated, treating her however he wants and knowing that she'll likely just keep putting up with it to be with him, ignoring what she wants from the

relationship).

On the other hand, if a woman that he likes has the guts to break up with him, she suddenly appears more valuable in his eyes.

He finally gets to experience the pain of not being able to have the woman he really wants, because women are usually throwing themselves at him in a relationship.

Suddenly, he feels heartbreak, panic, loneliness, loss and regret, which makes him want her back.

and she knows that.

Some women simply use that as a technique to get guys to commit.

So, to get her back, he needs to ensure that he remains a challenge to her (that's what attracted her to a guy like him), but also makes her feel appreciated, loved and wanted without being desperate about it.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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My Wife and I Are Going Through a Trial Separation. How Do I Get Her Back?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you don't do what it takes to re-attract her during the trial separation, there's a high chance she will want to go through with a divorce.

So, here are 5 things you can do while you still have a chance to save your marriage and get her back:

1. Let her sense that you honestly accept the trial separation and although you will miss her, you respect her need for space

[image: Let her sense that you honestly accept the trial separation and although you will miss her, you respect her need for space]

Even though you probably just want to be back with her as soon as possible, or right away, it's best to let her sense that you do respect her need for space and trust that everything will work out the way it's supposed to.

Where a lot of men go wrong is to give the impression that they are panicking, worried and stressed that the trial separation will definitely lead to a divorce.

It won't because you are going to make her feel a renewed sense of respect and attraction for you and when she feels that, she will naturally begin to reconnect with her romantic love for you.

More about that later.

For now, here's another thing you can do to save your marriage and get you and her back together!

2. Agree not to talk to each other for a week and to then say hi after that

[image: Agree not to talk to each other for a week and to then say hi after that]

A week is a long time for a married couple not to speak and that's the point really.

When she agrees not to speak to each other for a week and starts missing you, or wanting to reach out to you during that time, she will feel the pain of not having you in her life anymore.

So, say to her, *"Let's start by giving each other some space for about a week. No calls or even texts during that. After that, I'll give you a quick call to say hi. No pressure, or even questions about us getting back together again or anything like that. Just us having a friendly chat. So, it's bye from me for now and I'll chat to you in a week."*

Then, stick to your word, give her a week of space and allow things to calm down between you and her and for her to start missing you a little bit.

After a week, make the call and be sure to use some humor to ease the tension and make her feel happy to be talking to you again, rather than having a serious, sad, or distant type of conversation with her.

By using humor and remaining calm, confident and relaxed while you're talking to her, she will naturally feel good to be talking to you again.

As a result, she will be much more likely to say *“Yes,”* when you suggest catching up to say hi.

When you catch up, you can then re-attract her by being confident, emotionally masculine, flirting with her and using humor.

You can start to get the spark back between you and her and as a result, she will realize that she still loves you and doesn't want to be separated from you anymore.

3. During the week apart, rapidly improve your ability to spark feelings of attraction inside of her

If you interact with her again and are using the same old approach to attraction that she has become bored of, then she's probably not going to be interested in getting back into a romantic, sexual relationship with you.

She might just decide to continue with the separation and go through with a divorce, so she can get out there and find herself a man who will make her feel attracted (e.g. she will go for a man who is more of a challenge or bad boy, if her husband was a pushover or nice guy).

This is why, you need to use the time apart from her wisely by preparing to give her an upgraded attraction experience, which will make her feel excited to be getting back with you.

So, what should you change about your approach to attraction with her specifically?

That depends on who you are, what mistakes you made in the relationship and what your wife really needs to experience around you to feel enough attraction to want to give the marriage another shot.

For example: A wife might want to see some of the following changes in her husband!

- He maintains his confidence when she tries to make him feel insecure by teasing him about things, rather than being emotionally sensitive like he has been in the past.
- He is more loving, caring and attentive towards her now, but doesn't suck up to her in a desperate way while doing it.
- He uses humor to snap her out of a bad mood, rather than getting upset with her and losing control of his emotions.
- He makes her feel like she's still the sexiest, most desirable woman in the world in his eyes, rather than letting the spark die between them and allowing every day routines and responsibilities turn them into roommates, rather than lovers.
- He stops doing the things that have been annoying her and pushes himself to take on new, more attractive and appealing behaviors.
- He makes her feel happy to show him respect and treat him well, rather than sulking about her treatment of him and trying to guilt-trip her into treating him better.
- He stops being so serious and stressed around her and starts being more easygoing, lighthearted and relaxed.
- Whatever you do, just don't catch up with her and essentially make her feel the way she did in the recent past.

She is tired of the old relationship dynamic and you need to put in an effort to change your approach, so she can feel differently around you and want to keep the marriage together.

4. Use any interactions you have with her (after giving her a week of space) to reactivate her feelings of attraction for you

[image: Use any interactions you have with her (after the week of space) to reactivate her feelings of attraction for you]

Rather than getting into serious conversations with her about the marriage, or only talking to her about your mutual responsibilities (e.g. the house, the kids, or pets), focus instead on making interactions with you feel fun and enjoyable.

Make your wife to feel like she did when she was falling in love with you the first time (e.g. â□□butterfliesâ□□ in her stomach, feeling excited about the sparks flying back between you and her, wanting to be around you more and more, looking at her phone all the time, in case she missed a text or call from you).

5. Let her see that you are confident, happy and enjoying your life without her, but be well-mannered about it

For example: Rather than telling her how happy you are without her, let her make that assumption by seeing photos of you on social media hanging out with other people and having fun.

Sometimes a man will be afraid to post up photos of himself having fun around other people out of a fear that his wife will get angry and say something like, *â□□Well, you didnâ□□t waste any time to start living your life without me, did you? I guess our marriage wasnâ□□t important enough to keep you home during our trial separation. Well, donâ□□t let me stop you from enjoying the good life. In fact, once the divorce is through, you can have all the fun you want!â□□*

Alternatively, he worry that family and friends will comment and ask where she is, or why he didnâ□□t invite her along.

Yet, hereâ□□s the thingâ□□!

Even though your wife probably wonâ□□t admit it, she will definitely feel more attraction for you for being emotionally strong enough to get on with enjoying life without her, compared to just sitting around feeling sad, lonely and depressed.

It might hurt her, but in many cases, that is what is needed for a wife to realize that she does love her husband and doesnâ□□t want to go through with the divorce.

As for family or friends commenting and asking where she is, he can simply say that she was busy, or â□□wasnâ□□t able to make itâ□□ and leave it at that.

However, he shouldnâ□□t avoid doing what will make his wife want him back, merely because a friend or family member might ask where she is, or think badly of him for having fun without her (i.e. if the family or friend knows that they are going through a trial separation).

So, donâ□□t worry if she pretends to be angry or upset that you seem happy without her and donâ□□t worry what friends or family might think.

Just do what works.

The reality is that women feel more attracted to emotionally independent, confident men than emotionally dependent (i.e. needy), insecure men, so you will be making her feel attracted by being strong enough to get out and enjoy yourself and seem confident and happy, despite what you and her

are currently going through.

Believe me, I know that it sounds risky to post up photos of yourself having fun with others, but Iâve been helping new men get women back for many years now and I know what works.

Youâve got to make her feel the pain of potentially losing you, even if it results in her pretending to be offended, insulted or angry at you for having fun without her.

At the end of the day, when she feels the stinging pain of seeing you confident and happy without her, it will make her realize that she does care about you and doesnât want to lose you.

As a result, she will want to cancel the trial separation and get back with you, to avoid continuing to feel that kind of pain and despair.

Of course, some men think, *âBut, what if she goes out and does the same thing back to me?â*

That could happen, but the reality is that when she sees you looking confident, happy and enjoying life without her, it will make her feel respect and attraction for you for having the strength to do that without her.

It will also make her feel a little worried that if she doesnât get back with you, she might end up losing you to another woman and will then regret it for the rest of her life.

3 Mistakes to Avoid Making When Going Through a Trial Separation

1. Forbidding her to talk to, flirt with or date other men during the time apart

[image: Forbidding her to talk to, flirt with or date other men]

If you make a point of trying to get your wife to agree to not flirt with other men during the trial separation, it will simply make her want to do it more because she will feel turned off by the fact that you see other men as being better than you, or more attractive than you.

Women are always more attracted to a man when he doesnât see other men as competition, so donât make her think that you feel threatened by men who might have a crush on her.

If you do, she will naturally feel more attracted to those men if they seem more confident and sure of themselves than you do, which can lead her to want to explore her feelings and see what itâs like to sleep with one of those men.

Additionally, if you try to prevent her from flirting with other men during the separation, she might feel more motivated to do it just to spite you for trying to control her (especially if one of the core problems in your marriage).

So, if you want your wife to remain faithful to you during the separation, donât act like an insecure guy who is worried about another man being better than you.

Instead, let her see that you believe in yourself and in your value to her, regardless of the circumstances youâre in at the moment.

You are the man, end of story.

No other man compares.

Thatâs how you should be thinking of yourself.

Another mistake to avoid isâ€¦!

2. Not using the time to figure out the core problems in the relationship, rather than the surface problems

Some men make the mistake of looking at the surface problems (e.g. arguments, disagreements, misunderstandings) and assume that fixing those things will make the relationship work.

Yet, there are usually deeper issues that lead to surface problems in the relationship.

For example: The spark has died and as a result, it feels like they are just sticking for because of the kids, to not have to go through the embarrassment of a divorce, because they are paying off a house together, or canâ€™t afford to move out on their own.

So, if a husband and wife are going through a trial separation and the husband just hopes that things will fix themselves and the marriage will get back together, he will often be shocked and disappointed when his wife says that she wants to go through with a divorce.

To avoid that happening to you, make sure that you get clear on what the core problems in the relationship are and prepare yourself to give her a different experience around you the next time she interacts with you.

Youâ€™ve got to be able to make her feel as though things really would be different if you got back together, based on how you now talk to her, react to her, behave around her and get her to behave around you.

Donâ€™t tell her that things will be different.

Let her feel it based on the adjustments you make to how you approach interactions with her.

That is what works.

3. Accepting her requests for more and more space, without realizing what she is really up to

In many cases, a woman will ask for more and more space and time during a separation to get over her husband and possibly even meet a new man to get into a relationship with.

Then, when sheâ€™s over him and ready to announce her desire to divorce, or when sheâ€™s found a new man and has decided to have a relationship with him, she can then confidently say to her husband, *â€œIâ€™ve made up my mind. Our marriage isnâ€™t going to work and I want a divorce. Iâ€™m sorry to have to do this, but itâ€™s for the best.â€*

She can then move on without too much trauma because sheâ€™s already prepared herself emotionally for it, or because she has a new man who is making her feel safe, secure and wanted.

Meanwhile, her husband is left behind feeling rejected, stressed, sad and lost without her in his life.

Donâ€™t let that happen to you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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My Girlfriend Broke Up With Me Because She Thought I Was Cheating

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 8 of the most common reasons why a woman will break up with her boyfriend for that reason and what he can do to get her back:

1. She has an insecurity about being cheated on and has been over-analyzing his behavior and accusing him of things he hasn't done

Sometimes, a woman will get cheated on by a guy in a previous relationship where everything seemed fine.

She thought that her boyfriend loved her and believed the relationship was working, so she was shocked and devastated when she found out that he cheated on her.

A painful experience like that can cause a woman to become insecure when it comes to relationships and always be secretly worrying that she could get cheated on once again.

So, even when she's in a stable and happy relationship with a good guy, she will be secretly worrying that he will end up cheating on her as well.

If she happens to notice that his behavior or actions seems similar to that of her cheating ex (e.g. he suddenly starts to work late, he doesn't answer her calls sometimes at odd times of the day or evening, he starts to shower at the gym even though he never did that before, he leaves the room when texting, he seems a little distant, he seems happier when talking to a woman who is a friend of his) she will automatically take it as a sign that it's happening to her all over again.

Then, despite her boyfriend's denials, she will struggle to believe him and just let it go because she doesn't want her worst fear to come true.

As a result, she breaks up with him and hopes that she has just saved herself from the pain of being cheated on again.

2. He refuses to let her see his texts, social media messages or emails, to give her the peace of mind she needs

[image: He refuses to let her see his texts, social media messages or emails, to give her the peace of mind she needs]

There's nothing wrong with a guy letting his girl look at his private messages once, as long as she promises to believe him from then on and not ask again.

Yet, if he doesn't allow her to look and she's an insecure woman who is worried about being cheated on, then she will usually take it as a sign that he's hiding something (i.e. he's flirting with another woman and is getting ready to cheat on her, he has already physically cheated on her with a new woman, he is emotionally cheating on her by having an online relationship with another woman, or via chat).

As a result, she will feel as though it's only a matter of time before she is forced to feel the pain of being cheated on.

To avoid getting cheated on, a woman will often just break up with her boyfriend and try to move on, or hope that he can change and be more understanding of her insecurity (i.e. let her see his texts, social media messages or emails and get the piece of mind she needs).

3. He has female friends and texts with them or talks to them fairly often

There's nothing wrong with a guy maintaining close relationships with female friends early on in a relationship.

Yet, in most cases, when a boyfriend-girlfriend relationship becomes serious, the guy should focus more of his attention on his girlfriend and only maintain casual friendships with female friends (i.e. only talk to them occasionally, or see them at times when he is with his girlfriend, only have brief text exchanges when necessary).

If he is always texting or talking to his female friends and not giving enough attention to his girlfriend, it's only natural that she might feel a little insecure, or worry that he likes one of his female friends, or one of them likes him and it's only a matter of time before he cheats.

Think about it this way!

The same would likely happen if the situation was reversed and the woman was the one regularly chatting and talking to guys, who were so-called friends.

Imagine her boyfriend sitting there and being ignored for hours and she chatted with other guys via text, or on phone or video calls.

That would be totally fine if her guy friends weren't into women, but if they were heterosexual guys and she is attractive, then they would almost certainly be secretly hoping that they could get to have sex with her, or even a relationship with her.

In a case like that, the boyfriend might end up feeling insecure and wondering things like, *Has she slept with any of those guys in the past?* or *What if one (or more) of them is secretly in love with her and is actively trying to seduce her?* or, *Does she find one of those guys more attractive than me?* or, *Is she planning on hooking up with one of those guys when she gets the chance?* and so on.

So, if a woman's boyfriend is always chatting with other girls and from her perspective, seems to like one or more of them, she will often decide to break up with him now, rather than getting cheated on in the near future.

4. He has cheated on her or kind of cheated on her in the past and she just can't get over it

[image: He has cheated on her or kind of cheated on her in the past and she just can't get over it]

Kind of cheating is when a guy likes another woman enough to be flirting with her via text (e.g. saying she is beautiful, sending her emojis that suggests he likes her), or catching up with her behind his girlfriend's back, but not kissing her or sleeping with her.

Actual cheating includes kissing and sex.

So, if a guy has kind of cheated or actually cheated on his girlfriend in the past, she will often have a difficult time fully trusting him and it may lead to a break up.

If a guy wants to get his girlfriend back in a situation like that, he needs to interact with her and make

her feel such a strong, renewed sense of respect, attraction and love for him that she feels compelled to give him another chance, despite her concerns.

Men get women back in that way all the time, all over the world.

So, if your girlfriend dumped you due to assuming you were cheating when you werenât, or even because you did cheat, just know that it is possible to get her back.

Another reason why a woman will break up with her boyfriend for this reason isâ

5. Sheâs just using the break up as a technique to get him panicking, chasing her and being willing to commit to her now

She knows that he hasnât really cheated, but she is worried about her committed to him.

So, she creates a lot of drama (e.g. by getting angry at him, accusing him of cheating, calling him all sorts of names) and then dumping him.

She hopes that he will apologize for his behavior, promise to be more committed to her and stop doing the things that are making her so insecure.

Yet, in many cases, if a guy desperately apologizes for his behavior when he hasnât really done anything wrong and then starts being way nicer, more attentive and committed, a woman will actually lose interest in him.

Women arenât attracted to desperation in men, so her plan will fail to work if her boyfriend does become desperate and she ends up feeling turned off by him.

6. He caught up with his ex girlfriend just as friends

If a woman thinks that her boyfriendâs ex girlfriend is more attractive than her, she may feel jealous and insecure about him meeting up with her.

Even if her boyfriend is 100% in love with her and finds her more desirable than his ex, she may struggle to believe him if she doesnât consider herself very attractive, or sees the other woman as being more attractive than her.

Feeling insecure like that can cause her to believe that he is cheating on her, even when itâs not the truth.

In a case like that, a guy needs to make his ex feel that sheâs truly the only woman he wants to be with.

Of course, not in a desperate, *âPlease believe me!â* kind of way, but by remaining confident, relaxed and making her feel happy, attracted and wanted when around him.

In terms of meeting up with his ex girlfriend, he should tell his girlfriend that it was a one off meet up as friends because his ex wanted to say goodbye in a mature way.

He should also tell his girlfriend that he understand it might have made her suspect he was cheating, but he didnât and she can ask his ex if she wants to.

Of course, if sheâs very insecure, she probably still wonât believe it if his ex girlfriend confirms that nothing happened, but itâs a start.

After hearing it from his ex girlfriend, his girlfriend will likely begin to feel a bit silly for overreacting and will start to miss her boyfriend.

As a result, she will naturally want to open back up to him and give the relationship another chance, or at least hook up again for fun and see what happens from there.

7. She cheated on him, he knew about it and she then became worried that he would cheat to get revenge

As a result, she began to overanalyze his behavior and worry that he was planning to cheat on her whenever he got the chance.

So she accused him of wanting to get revenge by cheating on her and break her heart for what she did to him.

If he then became desperate and pleaded with her to believe him that he wasn't cheating, or he became very angry at her and potentially a bit too physically aggressive, then she might have used that as a reason to break up with him.

8. She over-reacted to an innocent message from a girl

Jealousy and insecurity can make a woman do crazy things, including breaking up with her boyfriend because she thinks he's cheating on her.

However, if he's a good guy who wouldn't do anything to betray her trust and hurt her, then she will realize that she made a mistake and want him back.

Yet, in many cases, even if she does want him back, a woman will rarely admit it because she will worry that her boyfriend will reject her due to the way she behaved and treated him.

Alternatively, she will worry that if she comes crawling back to him, sucking up to him and apologizing, it might cause him to feel as though he doesn't need to treat her as well as he did in the past.

So, a woman will usually just wait for her boyfriend to contact her, get rid of the negative and awkward tension between them and get the relationship back together.

3 Mistakes Men Make When a Girlfriend Breaks Up With Them and Accuses Them of Cheating

1. Chasing her and begging for her trust

A woman's attraction to a guy, is based mostly on his ability to make her feel as though she can look up to him and respect him as her man.

So, when a guy is desperately chasing after his girlfriend and begging for her trust, he is making her feel the opposite of how she needs to feel to want to get back with him.

Additionally, she begins to look down on him and see him as the less valuable one in the relationship, even though he isn't.

As a result, she doesn't feel motivated to give him another chance, because she thinks she can do better.

2. Becoming a pushover, even though she prefers guys who are a challenge

If a woman is attracted to guys who are a challenge (i.e. she needs to impress him and maintain his interest), but her boyfriend is being a pushover (i.e. doing whatever she wants, bending to her will, being very soft and gentle with her, being extra nice), then sheâs just not going to feel attracted to him.

From his perspective, he may feel as though heâs âdoing the right thingâ by being extra nice to her and essentially sucking up to her, but from her perspective, his weak, wimpy behavior is just another reason to want to be broken up with him.

3. Assuming that if he cuts off contact, she will come running back

Cutting off contact can sometimes work if a woman is still in love with her ex boyfriend and only really broke up with him as a way of making him fear losing her, so that he would commit to her or treat her a little better.

In almost all other cases though, when a woman doesnât hear from an ex she thought was cheating on her, she will take it as a sign that she was right (i.e. he didnât really care about being with her and probably already cheated on her, or would have in the near future).

She will then likely hook up with a new man to make herself feel better.

Then, by the time her ex decides itâs time to contact her again (e.g. after 30 days), itâs usually too late because sheâs either moved on with someone else, gotten over him, or doesnât want to try again because she doesnât think he would actually commit to her in the long run.

×

[image]

Almost there! Please complete this quick form to gain instant access.

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Ex Girlfriend Said I Treated Her Like a Child

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

6 common reasons why a woman will say that to her ex boyfriend:

1. He tried to control her

[image: He tried to control her]

For example: Some of the ways a boyfriend might try to control his girlfriend and be somewhat of a father figure to her, are by

- Checking her phone and social media accounts to see who she's talking to and what she's saying.
- Forbidding her to hang out with her work colleagues and instead, to come straight home after work.
- Not allowing her to wear make up, or clothes that are too revealing or sexy, in case it attracts men.
- Putting her through an interrogation every time she wants to go out, insisting that she tell him where she's going and with whom and then forbidding her to go if he doesn't approve.
- Requesting that she text him throughout the day, or if she is going anywhere, so he knows that she is safe.
- Calling and texting her all the time to check up on her.

Although from his point of view, he might feel as though his behavior is totally fine and he's just being a loving, devoted boyfriend, she doesn't see it that way.

From her perspective, it feels like he's treating her like a child who can't take care of herself, make her own decisions and live her life without his constant support.

That isn't attractive and appealing to almost all women, because a woman wants to be able to feel like she has her own freedom, while still being loyal and committed to her man.

If she feels as though her boyfriend is controlling her and restricting her, due to not trusting her, or due to his insecurities, then it will ruin her feelings of respect, attraction and love for him over time.

If her boyfriend doesn't listen to her complaints and change his behavior and treatment of her, she will eventually feel like the best decision for her is to just break up with him, get her freedom back and try to find a more relaxed, loving, confident and trusting man.

2. He made her feel hopeless or dumb, so she would feel like she really needed him

[image: He made her feel hopeless or dumb, so she would feel like she really needed him]

To make a woman feel in need of his intelligent, fatherly presence in her life, a guy will sometimes take on the role of being the person who makes fun of his girlfriend's dreams, ambitions ideas or opinions, or might pick on her and put her down when she makes a mistake.

For example:

He will say things like, *You wouldn't succeed at that, so don't even try,* or

“You’re always stuffing things up, so I will make the decisions from now on,” or “You’re so dumb. You have no idea how life works. I don’t know what you’d do without me. You’d be so lost.”

Essentially, he’s hoping that by making her feel stupid, she will stick with him because no other guy would want a girl who is as dumb or lost as her, or that he’s essentially doing her a favor by being her boyfriend.

Yet, the truth is, his actions aren’t all based on kindness and generosity and she either knows that right away, or eventually figures it out.

She realizes that he is trying to break her down emotionally and make her feel needy of him, so he can hold on to her and treat her badly, knowing that she will likely just keep putting up with it because she’s lucky to have him.

Of course, that approach can work for a little while, but eventually a woman gets tired of being made to feel like she’s not good enough, being treated like a child and being treated badly by a boyfriend who is acting like he’s Mr. Innocent and she’s to blame for all their relationship problems.

As a result, not only will she disconnect from her feelings of respect, attraction and love for her guy (i.e. fall out of love with him), but she will also begin to resent him and eventually even hate him.

So, how can a guy get his girlfriend back in a situation like that?

Firstly, he needs to truly believe in himself and in his value to his ex, as well as to other women.

In other words, he needs to be totally confident in knowing that he is a cool, interesting and attractive enough guy and can re-attract his ex, or attract other women easily.

Then, he needs to interact with her and reactivate her feelings for him by showing her through his actions, behavior and how he treats her, that he’s now a much more confident, self-assured, loving, well-rounded man who can keep a relationship together.

Of course, he should tell her that he is now that kind of man and as a result, wants a relationship with her.

Instead, he needs to let her experience those changes in him by interacting with her in person, or at the very least on a phone call or video call.

When she experiences the changes in him and feels a renewed sense of respect and attraction for him as a result, she will then naturally begin to become open to the idea of getting back together.

In many cases, simply based on how differently he now makes her feel, they will end up hugging, kissing and hooking up sexually right away.

If that doesn’t immediately happen in your case though, don’t worry.

Just interact with her and make her feel attracted to the new you and how much she enjoys how she feels when around you, or when interacting with you now.

When that happens, she will naturally begin to feel attached to you again and will begin to worry that if she doesn’t get back with you, or at least give you another chance for a while, she is going to regret it for many years or potentially the rest of her life.

As a result, she will open up to spending time with you, hooking up and seeing where things go from there.

Another reason why a woman will tell her ex boyfriend that he treated her like a child isâ€¦!

3. He initially treated her like a woman, but gradually began to change and then went too far with it

[image: He initially treated her like a woman, but gradually began to change and then went too far with it]

When he first met her, he showed her respect, listened to her opinions and saw her as being a capable, grown up woman.

Yet, over time, he began treating her more like a child, by not feeling the need to show her much or any respect, disregarding her opinions and looking at her as a confused, naive girl who needs him to take care of her.

Hereâ€¦s the thing thoughâ€¦!

While a woman does like to feel taken care of by a man, she doesnâ€¦t want a man to treat her as though she is incapable of taking care of herself.

She can take care of herself and make her own decisions, but will often want to take a step back and let her man lead the way, so she can feel like his feminine woman.

It doesnâ€¦t mean that she wonâ€¦t ever want to make decisions, or canâ€¦t take care of herself, but instead, it means that sometimes she likes to relax and let her man lead the way.

If a man gets a big head about that and thinks that heâ€¦s so much smarter, better and wiser than her, to the point where he treats her like a child, then she will stop feeling respect for him.

She will start to feel as though he is taking it too far and is expecting her to act like a lost, little girl who needs daddy to take care of her.

If sheâ€¦s like most women, she doesnâ€¦t want to be like that and instead, wants her man to take charge or take the lead, but still be respectful, considerate and loving towards her.

If her boyfriend stops caring about her opinions, puts her down and expects her to just shut up and listen to him, then she will eventually grow tired of that and want to break up with him.

4. She liked it initially, but then became more mature and began to resent it

[image: She liked it initially, but then became more mature and began to resent it]

Sometimes, a woman might enjoy occasionally being treated like a little girl by her man (e.g. he pampers her, decides what she should wear, eat or watch on TV, he protects her) at the start of the relationship.

Yet, as the relationship evolves (if they are an older couple) or she becomes more emotionally mature (if they are a younger couple), she will usually want to be more independent, make her own decisions and take care of herself.

Initially, she might gently try to get him to understand that she is changing (e.g. by telling him that he doesnâ€¦t always have to make decisions for her, or take care of things for her).

Yet, if he doesnâ€¦t get the message and change, or isnâ€¦t willing to change, she will then start to become more frustrated.

Eventually, arguments will break out and she will accuse him of being controlling or treating her like

a child who can't make her own decisions, or take care of herself.

If he still doesn't change, or isn't willing to change, a woman will usually then decide to break up with her boyfriend and look for a man who treats her the way she really wants.

So, if your ex feels as though you treated her like a child in the relationship, she probably won't be feeling like giving you another chance right now.

You can change that though.

How?

Show her during interactions that you've leveled up as a man (e.g. you no longer feel the need to control her) and give her the attraction experience she always wanted, but didn't get (e.g. treat her like a mature woman while still being manly and displaying the kind of traits that attracted her to you initially, rather than making the mistake of sucking up to her and being extra nice to hopefully get another chance with her), she will naturally begin to reconnect with her feelings for you.

In many cases like that, a couple will get back together right away, but if your ex takes a little longer, don't worry or panic.

Just know that if you honestly level up as a man and are able to attract her in new and exciting ways as you interact with her, she will almost certainly feel as though it would be her loss (not yours) if she doesn't give you another chance.

So, rather than having to deal with the pain of seeing you move on with another woman while she has feelings for you and wants you back, she will most likely just open up to giving you another chance.

You can then get her back into a relationship that is happier, more mature and more enjoyable than before.

5. He is older than her and wanted her to respect him based on that, so he treated her like a child

If a guy is older than his girlfriend, he will often be a lot wiser and more experienced at life than she is.

As a result, he might feel as though she should follow along with whatever he wants because he's the wiser, more experienced one.

Yet, regardless of whether he's right or not about his level of wisdom and experience compared to her, when a guy becomes too forceful with a woman to the point where he treats her like a clueless child who needs his advice or direction, she will begin to resent him.

When she resents him, she will lose respect for him and when that happens, she will stop feeling attracted to him.

From her perspective, she figures that if he's treating her that way now and isn't willing to change, or doesn't know how to change, then he's probably only going to get worse as the years go on.

Then, regardless of the fact that he is a good guy and could possibly be her lifetime love, she will decide to break up with him to regain her sense of self-respect, rather than continue to be treated like a child.

6. He misunderstood her occasional desire to be thought of as being as delicate as a

little girl, for wanting to be treated like one all the time

For example: If a woman stubs her toe on the side of the bed, she might put on a little girl face and say in a little girl voice, *â€œHoney, I stubbed my toe,â€* and want her boyfriend to come and comfort her.

Essentially, sheâ€™s acting like a little girl who is delicate and needs to be taken care of.

Alternatively, if sheâ€™s cold, she might put on a little girl face and say in a little girl voice, *â€œBrrrâ€¦Iâ€™m coldâ€¦I need a hugâ€¦honeeeey, please hug meâ€¦Iâ€™m colllld,â€* and show that vulnerable side of herself.

In that moment, she wants to feel vulnerable and be girly around her man, knowing that heâ€™s there to take care of her when sheâ€™s feeling helpless or hurt.

In other words, she feels safe with him and wants to let her guard down for a moment and be girly.

However, that doesnâ€™t mean she wants to be treated like a child all the time, have him solve all her problems for her, or encourage him to be like a drill sergeant from the army or a personal trainer at the gym who is ordering her to push herself to be better all the time.

Instead, sheâ€™s just enjoying moments of being girly, mixed in with being a fully grown, capable woman.

Unfortunately, some men donâ€™t understand that and end up assuming that their girlfriend wants to be treated like a helpless, hopeless girl all the time.

Then, all of a sudden, she starts throwing tantrums, getting angry and starting arguments over his controlling behavior, or about him treating her like a clueless child who needs his help with everything.

As a result, a guy will often then feel misunderstood, unappreciated, unwanted and even angry at her for shoving all of his good deeds back in his face.

He has been so attentive towards her, has always had her best interests at heart and has been trying to help her grow up so she could be happier with herself and now she is throwing that back in his face.

He doesnâ€™t realize that treating a woman like a girl when sheâ€™s being vulnerable is fine, but if he does it all the time, the relationship dynamic goes out of sync because in reality, she is a grown woman and doesnâ€™t want to be thinking, behaving, feeling or acting like a child all the time.

3 Mistakes to Avoid if She Said You Treated Her Like a Child

1. Forgetting that if she initially felt attracted to it, then she prefers a guy who is more manly around her

If your ex girlfriend initially felt attracted to the fact that you were manly and she could feel girly around you, then she is still going to be attracted to that dynamic.

After being dumped, a lot of guys make the mistake of suddenly becoming very soft, gentle, nice and sensitive around her, to hopefully make her happy.

Yet, while she might appreciate the fact that he is trying, itâ€™s just not what she finds attractive about men.

So, make sure that if your ex girlfriend is the kind of woman who likes a manâ€™s raw masculinity

(i.e. his ballsiness), don't go turning into a soft, sensitive guy to hopefully win her over, because that will have the opposite effect and you'll end up in the friend zone with her.

To get her back, you need to treat her like a grown woman, but don't lose touch with the things about you that attracted her to you in the beginning.

Additionally, if you want to make sure that she wants you back, then learn and prepare yourself to attract her in new and exciting ways, so she feels like losing you will be her loss, not yours.

(That's what I can help you with).

2. Not understanding that she now feels the need to be emotionally independent and achieve things on her own, to prove to herself that she can manage without you

If you fight against your ex girlfriend trying to enjoy life without you, it will simply make her want to do it even more.

She will assume that you're still treating her like a child by trying to prevent her from making her own decisions and living her life the way she wants to.

As a result, she might end up blocking you or unfriending you, which will make it difficult for you to interact with her, reactivate her feelings and get her back.

This doesn't mean you should ignore her and give her weeks or months of space.

In most cases, that approach doesn't work.

Instead, you should give her a few days of space and then contact her and re-attract her, so she realizes that her feelings for you aren't dead.

Let her see that you're not trying to stop her from enjoying herself or moving on without you and then get her to catch up with to say hi as friends.

Then, when you catch up with her, you can attract her further and get to a hug, kiss, sex and back into a new relationship that is better than before.

Another mistake to avoid is

3. Assuming that you've totally screwed up and there's no chance that she will ever forgive you or feel attracted to you again

Yes, you did stuff up during the relationship, but that is done now.

So, just let that part of the story go.

From now on, understand that you have learned your lesson and have become a better man as a result.

You are ready to attract her and get her back.

Believe it and make it happen.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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4 Mistakes to Avoid if Your Ex is Showing Off Her New Relationship On Social Media

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Think about it...

Your ex posting up photos of her looking happy and enjoying herself without you has worked on you, hasn't it?

It has hurt you, made you feel jealous and left behind to the point where you're now searching about it and reading an article on the topic.

This is why, the first mistake to avoid when you want to get ex back who is posting about her new relationship on social media is...

1. Not doing the same or similar back to her

[image: Not doing the same or similar back to her]

Even if you don't want to get into a new relationship with another woman (because you just want her back, or you don't feel like it at the moment), you can still get out there and have fun with new people, including women and post up photos on social media.

Of course, you might be wondering something along the lines of, *â€œWon't that look obvious to her? Won't she see right through it and just think I'm trying to look happy on social media to make her jealous and want me back?â€*

No.

Ask yourself!

Was what she did obvious to you?

Did you think that the only reason she is posting about her new relationship and seeming happy, was to make you jealous?

No.

You most likely felt a little jealous, left behind and have been wanting to get her back even more since seeing it.

In other words, it doesn't even matter if her intention was to make you jealous because it worked.

It doesn't matter if it is *â€œobviousâ€* to you what she is doing because it worked.

[image: Make your ex jealous via social media]

Likewise, when you post up photos of you looking confident, happy and enjoying life without her, it doesn't matter if you are worried that she might think it is *â€œobviousâ€* what you're up to.

She will see you looking confident, happy and enjoying life without her around other people and she will respect you for that.

Why?

It takes a lot of emotional strength to bounce back after a break up, especially when you've been dumped by the woman you love.

Women are naturally attracted to men who are emotionally strong and they respect them so much more than emotionally weak and needy men.

So, when she sees you looking confident, happy and enjoying life without her, she is naturally going to feel respect and attraction for you regardless of whether she wants to or not.

It will happen automatically.

Yes, she might briefly consider whether you are trying to make her jealous, but it won't matter, because she will be looking at you in a positive light now and as a result, she will be feeling drawn to you.

When that happens, it brings up all sorts of feelings inside of her that she may have been blocking since the break up (e.g. she knows that she used to love you and wanted the relationship to work, she does still like a lot of things about you, she knows that you weren't all that bad, she knows that you could possibly change and be the kind of man she really wants and that would feel amazing to her).

Additionally, when she sees you looking happy, confident and enjoying life without her around other people, she might feel a little rejected that you're moving on and aren't feeling sad and at home alone missing her.

Suddenly, she doesn't have as much power over you as she thought she did.

As a result, she may begin to question, *Am I over him as much as he is over me? Is he happier without me now? Will he meet another woman who will love the new and improved version of him? Will my new relationship work?* and so on.

Then, when you reach out to her (via social media, text, or on a phone call), she will be much more open to interacting with you.

If you can get her on a phone call or video call and get her laughing, smiling and feeling good to be talking to you, she will almost certainly agree to catch up and say hi in person.

If you sense that she is worried about her new guy finding out, you can simply say, *No one has to know. It's just us catching up as friends, that's all. We're mature enough to do that. It's just an innocent catch up to say hi.*

Women love those sort of things because it makes her love life feeling like a drama TV show or an exciting, romantic movie.

It's exciting and pretty much any woman will want to go with how she feels (i.e. attracted and open to meeting up with you), rather than saying no and regretting it for months or years afterwards. So, don't be afraid to post up photos of you having fun, looking confident, happy, included and loved when other people.

Additionally, don't make the mistake of posting about random things (e.g. the news, memes, sports, video games, etc) that suggest you are alone.

Only post photos (and or videos) that show you looking very confident, happy, loved and included when around other people.

She will see that and naturally begin to feel a renewed sense of respect and attraction for you and as a result, will begin to miss you and wonder whether or not what you and her had is really over.

On the other hand, if you just post up lonely things, or nothing at all, she will naturally be more inclined to think negatively about you and feel like she made the right decision to break up with you. Another mistake to avoid making isâ€¦!

2. Unfriending her from social media and then losing one of the best opportunities to re-attract her and get her back

[image: Unfriending her from social media and then losing one of the best opportunities to re-attract her and get her back]

Some guys get all emotional and feel like the best revenge on an ex who has dumped them, or is with a new guy, is to unfriend her or unfollow her.

Yet, it rarely works.

In some cases, the woman assumes that he has unfriended her because heâ€™s jealous, hurting and canâ€™t handle seeing her with another guy, which makes her lose more respect for him because it suggest to her that he doesnâ€™t feel as though he can match up to the new guy.

In other cases, the woman assumes that he is trying to make her panic and worry that she is losing him forever, but if sheâ€™s no longer attracted and in love with him, then she simply doesnâ€™t care.

As a result, it doesnâ€™t work.

Additionally, unfriending her cancels out part of your ability to re-attract her via posts of you looking confident, happy and enjoying life without her.

In todayâ€™s world, the best way to get an ex back is by keeping the lines of communication open, so she can feel a renewed sense of respect and attraction for you based on how you handle yourself after the break up.

So many guys make the classic mistake of cutting off contact and hoping that it makes their ex girlfriend (or wife) panic and want them back.

Yet, most women can easily move on by opening themselves up to the hoards of guys out there who would love to have sex with her and many who would love to have a relationship with her.

As a result, if a woman breaks up with a guy that she no longer feels enough respect, attraction or love to want to be in a relationship with, then she really doesnâ€™t care if he unfriends her, or stops contacting her.

She might initially feel a bit shocked, but because she doesnâ€™t want to get back with him, she figures that itâ€™s best to just not worry about him and move on.

So, she does and her ex never gets another chance with her.

Another mistake to avoid making isâ€¦!

3. Posting lonely photos on social media

Sometimes a guy will try to make his ex feel guilty or feel pity for him, by posting lonely photos of himself on social media (e.g. photos of him hanging out with his pet, a landscape photo, eating food

for one, him alone at home, bathroom selfies, photos of him alone at a tourist attraction).

He hopes that she will see how lonely he is and realize that he hasn't moved on because he's so committed to her, or so hurt from the break up and potentially then reach out to him to say hi.

Yet, in almost all cases, rather than making a woman think, *â€œOh, wow. I never realized how hard my ex is taking this break up. He's really looking so sad and lonely, while I'm being such a selfish bitch by flaunting my happiness on social media. Maybe I should text him to see if he's okay. I feel so bad. He must really still love me. Maybe I made a mistake by breaking up with him after all,â€* she will see him as a bit of an unwanted loser who can't attract new, quality women, or can't handle a break up like a man and â€œneeds time to heal.â€

Here's the thing!

Emotional weakness or neediness is not attractive trait to women, especially after they've broken up with a man who they don't feel enough respect, attraction and love to want to be with.

So, if a woman senses that her ex is emotionally weak and lost without her, it will make her feel more certain that she made the right decision to move on with someone else.

Additionally, when a woman has disconnected from her sexual and romantic feelings for a guy and broken up with him, him looking sad and lonely without her doesn't really matter to her anymore.

After all, he is no longer her responsibility, priority or boyfriend.

He is an ex to her now.

He's on his own and needs to take care of himself, rather than needing her to be nice to him and make him feel better.

Likewise, if she has moved on and is in a new relationship, then her new boyfriend becomes her focus.

Of course, you can change that.

You can make her focus back on you, open up to interacting with you, feel attracted to you again and even want to give the relationship another chance.

Yet, you're not going to achieve that by posting up sad, lonely photos on social media, so avoid that completely.

Only post up photos where you are around other people and look confident, happy, included, loved and enjoying yourself.

That is what works.

Another common mistake guys make when their ex is showing off her new relationship on social media isâ€

4. Not realizing that, in most cases, it's easy to interfere with and break up a woman's new relationship and then get her back

Even if your ex seems happy in her new relationship right now, it doesn't mean you can't

interfere with how she is feeling and make her want you back.

In fact, that is the most common way that men get women back who are dating a new guy.

You can interfere with how she is feeling by interacting with her and letting her experience a new and improved version of you that makes her feel so much respect and attraction than before.

For example: Sometimes a guy will get dumped because he became too insecure in the relationship and stopped acting as manly as he did in the beginning.

As a result, his woman loses respect for him and then finds it difficult to feel attracted to him.

Eventually, she falls out of love with him and dumps him.

Yet, he can immediately begin to turn things around with her by interfering with her current feelings about him.

When he interacts with her and she feels a renewed sense of respect and attraction for the more confident, emotionally masculine man that he has become, she will naturally start to think about him in a more positive light.

She will then begin to realize that her feelings for him aren't dead and if her relationship with the new guy isn't perfect, she will naturally open up to meeting up with her ex.

That's how it's done.

So, don't hide away and think that you have no chance with her now that she's posting about her new relationship on social media.

You do have a chance and you can get her back.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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My Ex is Showing Off Her New Relationship On Social Media

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

5 possible reasons why:

1. She is trying to show off to friends and family to let them see that she can easily get herself a new boyfriend and be happy again

[image: Showing off to her family and friends and trying to show that she can easily get a new boyfriend]

Sometimes a woman will feel embarrassed about not being to keep a relationship together (i.e. your ex has a 100% failure rate with relationships so far), compared to her family and friends who are in happy, stable relationships that last.

A woman like that will often feel like the odd one out, who is unlucky in love and will want to prove to her friends and family that she is lovable, wanted and can make a relationship work.

As a result, she will quickly try to find herself a new boyfriend after a break up and then begin showing off her new relationship on social media, to make sure that all her friends and family know about it.

Her friends and family will then feel obliged to focus on her new relationship and respect that, which will help her get over her ex and move on.

So, while it might look like your ex is being nasty by showing off her new relationship, she might be doing it to boost her self-esteem or to make her friends and family see her in a more positive light.

Another possible reason why your ex is showing off her new relationship on social media isâ€¦

2. Sheâ€™s happy for now, but wonâ€™t necessarily be happy for long

[image: Sheâ€™s happy for now, but wonâ€™t necessarily be happy for long]

At the beginning of a relationship, itâ€™s easy for a woman to feel happy and excited because everything is new and she isnâ€™t really focusing on her new boyfriendâ€™s flaws or potential issues.

Instead, she is feeling like she is falling in love, or at least enjoying herself around someone new and as a result, she will often want to share that with all her friends on social media, so they click like, heart or whatever to show their support.

Yet, the reality is that, even though she might seem happy now, there is no guarantee that she will continue to be happy with him, or that the relationship will work.

After all, she has a 100% failure rate with her relationships so far.

So, some questions I have for you are:

- Did your ex show off her relationship with you at the start?
- Did she seem happy in photos with you at the start?
- Did it seem a relationship with her would work because you were so attracted and interested in each other?
- Did things suddenly change one day, when you reacted badly to something she said or did, or did she suddenly change without you doing anything wrong?
- Did she stop feeling as much respect, attraction and love for you as she did in the beginning and then start to pull away?

As you may have realized while reading through those questions, your relationship started out well and seemed happy, but fell apart over time.

So, thereâs no guarantee that the new guy is going to be able to make things work with her, just because she seems happy with him now.

Additionally, her posting on social media like that is most likely just the way she does things (i.e. she likes to inform people about whatâs going on in her life, even if what is going on is only temporary).

After the initial thrill of being with someone new wears off, she might realize that she isnât as happy with him as she hoped she would be.

Suddenly, his flaws or unappealing traits begin to seem obvious to her (e.g. heâs confident, but heâs kind of arrogant and selfish, or heâs really nice to her and treats her like a princess, but thatâs because he doesnât know how to attract her by being confident or masculine, or he initially seemed ambitious and as though he wanted to achieve a lot in life, but she notices that he just procrastinates, wastes time and makes excuses about why he isnât making progress in life).

When she begins to see who he really is, her initial feelings of respect and attraction will begin to fade and she may see the relationship as being a mistake, or she could simply write it off as a rebound (i.e. a temporary relationship that a person gets into after a serious break up to make themselves feel better).

So, what should you do?

If you want her back, donât just sit around doing nothing.

Instead, you need to see this new guy as just a temporary, passing phase in her life, rather than getting upset and feeling jealous, or like you have no chance with her anymore.

She is your woman and will get back with you if you are willing to go through the ex back process and make her want to get back with you.

If you are willing to do that, then you need to interact with her and reawaken her sexual and romantic feelings for you, so she starts to feel confused about her feelings for the new guy and begins to feel attached to you again.

When you plant that seed in her mind, she will struggle to keep you off her mind and will feel compelled to interact with you and even catch up with you in person.

In person, you can then build on her reawakened attraction for you and proceed to a hug, then a kiss and then sex.

That might seem impossible to you know, but that's only because you haven't interacted with her and re-attracted her yet.

When you re-attract her, you will see that her behavior and treatment of you immediately changes. She stops looking at you as her ex that she doesn't want anything to do with and starts looking at you as the man she will likely regret losing for the rest of her life, unless she opens up and gives you another chance.

No one wants to live with the pain of regret, so when your ex feels it and wants to open up to you again, you will instantly see that her behavior and treatment of you changes.

Suddenly, she becomes more friendly, chatting and open to meeting up.

Then, when you meet up with her, you can re-attract her, seduce her into having sex with you again and get her back.

Another possible reason why your ex is showing off her new relationship on social media is that

3. She's trying to make herself look happy, even though she isn't

[image: You should know that behind a happy photo, there can be other feelings as well]

Sometimes people smile for the camera, but then feel disconnected afterwards, or don't actually feel very happy while taking the photo.

If you think about it, photos like that might have even happened with you and her.

Maybe she was being distant and was losing interest in the relationship, but in a photo you took together, she smiled and cuddled up to you.

From other people's perspective, everything seemed fine.

You seemed like a happy couple with no relationship problems.

So, even though your ex might be posting lots of photos of herself and her new man, it doesn't mean that deep down, she is happy with him, or that she's still not thinking about you or missing you.

Her smiling, seeming happy and seeming to be having fun also doesn't mean that she is serious about him, totally loves him and is planning on marrying him.

Go back and look at photos of you and her at the start.

She probably seems just as happy or similar, right?

You most-likely seemed like a happy couple together in the photos you posted.

This is why, if you want her back, you shouldn't take what she's posting on social media so seriously that it ends up causing you to walk away and risk potentially losing the love of your life. Instead, build up the courage to interact with her (over the phone and especially in person), so you can reactivate and reawaken her sexual and romantic feelings for you.

When you do that, you will see a complete change in her and how she approaches you from now on.

Many guys in your situation report back to me saying that it was like night and day, in terms of how her behavior changed.

She went from being cold, distant and not wanting anything to do with him, to being warm, open and wanting to catch up.

So many guys have gotten ex women back in your situation, so don't kill your confidence by assuming that she's totally happy with him now and you have no chance.

There is always a chance to get a woman back.

Another possible reason why your ex is showing off her new relationship on social media is

4. She's trying hard to get over you and create a new life for herself that she can look at whenever she checks her phone

[image: She's trying hard to get over you and create a new life for herself that she can look at whenever she checks her phone]

The more posts she makes, the further down her memories of you and her are.

Of course, if she's like most women, she will have deleted or hidden photos of you and her, so only she can see them.

Yet, there will still be photos of her that you took, which will remind her of you and her being together.

So, if she's like most women out there, she will try to make a lot of new posts, to bury the memories of you and her further down into her profile.

That way, when she checks her phone, she can see her new life and focus on that, rather than constantly thinking about you and her and what happened.

5. She's trying to make you jealous to rub it in that she's no longer with you

There are many reasons why a woman might want to make her ex jealous after a break up.

For example: Some of those might be

- She's angry and wants to punish him for the way the relationship turned out, by rubbing her happiness without him in his face.
- He made her feel as though she wasn't attractive enough in the relationship (e.g. he made fun of her looks or her weight gain in some areas, he put her down and made her feel stupid, he treated her more like a friend or roommate, rather than a desirable woman), so she now wants to show him that she's still got it and that guys find her attractive.
- He was jealous and controlling in the relationship and she now wants to let him see that she is free to do whatever she wants, with whomever she wants.
- Secretly, she still has feelings for him and is hoping that he wants to get her back after seeing that she is moving on.
- Even though she knows that her ex regrets losing her, she wants to make him feel even more pain and realize that he has lost a great woman and will probably never find someone else like her ever again.

So, if her posts have been making you feel jealous, sad, depressed and regretful, then her strategy has worked.

Yet, hereâs the thingâ!

It doesnât actually matter why your ex is showing off her new relationship on social media.

What matters is what you are going to do about it.

Are you going to let her happiness make you feel even more depressed, rejected and left out, or are you going to do what it takes to re-attract her and get her back, so you can feel better about yourself?

Alternatively, are you going to try to forget all about her and get yourself a new, high quality woman?

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[image]

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What Does it Mean if My Ex Girlfriend Doesn't Text Me Back?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 things that her not texting you back could mean and what you should do to get her back:

1. She's playing hard to get to see how you will react

[image: She is playing hard to get to see how you react]

For a woman to really want to get back with an ex, she usually needs to feel that things will be different this time around.

She doesn't want to get back into a relationship with the same old dynamic, where she ends up feeling bored, turned off and wanting to break up with him again.

She wants to be able to see that her ex has leveled up as a man, to the point where she can now fully love, respect and feel attracted to him.

So, rather than making it easy for him to get her back, a woman will sometimes test him by playing hard and assessing how he reacts.

For example, if she doesn't reply to some or all of his texts:

- Will he just give up and walk away because deep down, he doesn't really care about getting her back?
- Will he lose confidence in himself and start coming across an insecure way via text?
- Will he lose control of his emotions and begin pouring his heart out via texts, emails or online messages?
- Will he get angry with her for not texting him back and then possibly become aggressive towards her?
- Will he have the confidence to call her and reactivate her feelings for him on a phone call or video call, or will he be too afraid to do that and instead, just stick to texting even though she's ignoring him?
- Will he lose interest and just move on with a new woman?
- Will he start begging and pleading with her to reply?

Depending on how he reacts, she will either continue ignoring him, or will open herself up to interacting with him on a phone call or in person, to see where things go from there.

So, if your ex girlfriend doesn't text you back, don't sit around thinking negative thoughts like, *"Her not texting me back definitely means she doesn't want anything to do with me anymore,"* or *"It must be a sign that she's over me and has probably forgotten all about me,"* or *"She must hate me if she's not replying,"* or *"I have no chance with her now because she's not replying to my texts."*

You've got to be stronger than that.

When it comes to relationships between men and women, the man always has to be the more courageous, emotionally strong one who isn't afraid of rejection.

So, in your case, you need to find a way to make her open up to you again, so you can start the ex

back process with her.

How?

Start by calling her.

She might not answer right away and that's okay.

You've got to be courageous, emotionally strong and not afraid of rejection.

So, if she doesn't answer, try calling her again in about 5 minutes.

If she doesn't answer, try calling her again in an hour.

If she still doesn't answer, text her this:

Hey. Just want to let you know I accept that we've broken up, but I want to ask you something really quick over the phone. Don't worry, it's nothing serious. I'll call you in 10 minutes.

Then, try to call her 10 minutes later.

If she doesn't answer, don't keep calling her over and over again because that will just annoy her and make her more determined not to talk to you.

Instead, try calling her again after a day or two.

If she doesn't answer and possibly texts you something like, *What do you want to ask me?* or, *I don't want to talk on the phone. Just say what you want to ask me via text and be done with it,* then don't panic or worry.

Instead, just call her.

If she still won't answer, text her this:

It's not something that can be said via text. I'll call you in 5 minutes. After that, if you decide that you never want to talk to me again, I promise I will never text you or call you again, ever.

She will be intrigued by that and will want to answer to find out what it is you want to ask her over the phone.

Then, call her after 5 minutes.

By the way!

What you want to ask her is to meet up with you in person, but don't ask her that right away.

Instead, start the phone call off by making her feel some attraction for you initially (e.g. using humor to break down her defenses and make her laugh, maintaining your confidence regardless of how cold or unfriendly she seems at first, bringing up a private joke you and her have, talking in a more masculine tone of voice while still being yourself).

When she sees that you have the balls to go after what you want without fear and you have the ability to spark her feelings for you, her defenses will naturally come down and she will begin to open up to you.

She might not make that obvious, but it is what will happen.

When a woman feels a rush of renewed respect and attraction for her ex, she can't stop herself from feeling good and feeling more open to him.

She might try to hide it, but she will be feeling it.

So, once youâve done that, you can then go ahead and arrange a time for you and her to catch up and say hi.

If she asks why you couldnât send that via text, simply laugh and say, *âBecause thereâs no way you would have said yes if I asked you via textâ* and have a laugh with her.

You can then add in, *âLook, I accept that weâve broken up and are never getting back together. Yet, it will be good to catch up and say hi and end our relationship in a mature way. If you donât ever want to talk to me again after that, I promise to never text you or call you ever again.â*

Since she will be feeling respect and attraction for you in those moments, she wonât like the idea of never hearing from you again.

She will feel as though she is losing you and will realize that she is going to regret it if she doesnât open up to seeing you again as assessing how she feels at the time.

As a result, she will almost certainly agree to catch up and say hi in person.

Then, when you meet up in person, you can fully reactivate her sexual and romantic feelings for you and get her back.

Another thing it could mean if your ex girlfriend doesnât text you back isâ!

2. Sheâs trying to signal to you that she doesnât just want to be texting with you

[image: She is trying to signal to you that she doesn't just want to be texting with you]

These days, texting has become the preferred method of communication for most people.

In fact, according toÂ Portio Research at the time of typing this article, people around the world already send about 16 million text messages per minute, 23 billion per day or 8.3 trillion in one year.

In other words, texting is a big deal and is only getting bigger by the day.

Additionally, people are becoming more and more used to just texting each other, rather than talking on the phone or in person.

For example: Currently, in the USA, one third of the population prefers texting over talking on the phone.

So, itâs possible that you and your ex might have texted each other a lot more than talking on the phone.

Yet, hereâs the thingâ!

Although texting is fine between a couple who are in love, it becomes a lot trickier between exâs, especially when one of them is no longer in love.

The reality is that texting leaves way too much room for misunderstandings and misinterpretations.

For example: Texting something innocent like, *âDid you get my earlier message?â* can be taken as a sign of neediness and desperation.

She can read the words in a different tone of voice that you actually meant it to be in.

You might have asked in a casual, easygoing way, but she might read it in a way that suggests you

are being demanding, angry, needy or desperate.

As a result, in some cases, a woman can end up thinking, *“Why is he pestering me with texts and expecting me to reply right away? Does he think that I just sit around all day waiting to hear from him and then text him back right away? Maybe he’s forgotten that we’re broken up. Maybe he doesn’t realize that I don’t have to text him if I don’t want to because we’re not a couple anymore.”*

So, she will begin to ignore more and more of his texts, to hopefully let him know that she isn’t interested in texting back and forth with him anymore.

Yet, it’s not just that.

As I said, texting can be easily misinterpreted and misunderstood.

For example: Sometimes a woman does want to get back with her ex boyfriend, but she wants him to do more than just text her.

If he is just texting her, she can misinterpret that as meaning that he’s only putting in a half-hearted effort to get her back.

In her mind, she feels as though a man needs to call a woman and set up a time to meet up in person if he wants her back.

Yet, her ex is just texting her, so she feels as though he doesn’t really care and doesn’t value her enough to do what it takes to get her back.

She then becomes even more determined to ignore his texts.

Then, when he stops texting her because he assumes she is no longer interested, she feels as though he doesn’t care and she then decides to go out and meet other guys, or go on dates to start moving on without him.

It was all a complete misunderstanding because he was sticking to just texting her, rather than getting her on a phone call or video call and then arranging a time to catch up in person (after he’d make her feel attracted on the call).

Always remember: It is so much easier to spark a woman’s sexual and romantic feelings for you on a phone call/video call where she can hear the tonality of your voice, experience your confidence and sense your intentions, compared to just texting her.

When you talk to her on a phone call or video call and she starts off being cold, but you are able to make her laugh and smile by using humor, then she instantly begins to feel differently about you.

She begins to realize that you’re not so bad after all and in reality, there still is something there between you and her.

As a result, she naturally begins to feel attached to you again and open to something potentially happening between you and her.

Yet, if she’s being cold to you via text and you’re trying to reason with her or explain yourself, then she’s not going to be feeling happy, attracted and drawn to you.

Instead, the texts will start to feel draining, annoying and pointless to her because she doesn’t feel attracted to you and therefore, doesn’t feel motivated to try to work things out.

Then, she will naturally stop replying to your texts.

So, don’t waste time continuing to try to text your ex girlfriend back.

Instead, have the balls to call her, re-attract her, meet up with her and then get her back for real.
Another thing it could mean if your ex girlfriend doesn't text you back is!

3. She doesn't feel attracted to you anymore, so she doesn't feel motivated to reply

When a woman disconnects from her feelings of sexual and romantic feelings for a guy leading up to, during and after a break up, she will usually feel like it would be a waste of her time to remain in contact with him.

In her mind, she knows that she's not attracted to him anymore (e.g. because he became too insecure in the relationship and has no idea how to fix it and start being the confident, emotionally strong guy she needs), so there's no point texting back and forth for weeks or months after the break up.

So, she will do her best to ignore her ex's texts and focus her attention on finding a new man to move on with.

If you want her to care about you and want you back, you must start with re-attraction.

Without attraction, there is no boyfriend-girlfriend relationship.

Attraction first and everything else after that.

Another possible reason why she hasn't been replying to your texts is!

4. She is using the No Contact Rule on you to help herself move on

[image: She is using the No Contact Rule on you to help herself move on]

The No Contact Rule (not being in contact with your ex for 30 to 60 days) was originally invented to help couples get over each other and move on.

It's essentially about getting your ex, *âOut of sight, out of mind* and moving on during a set period of time.

So, it's quite possible that your ex has been actively cutting off contact with you for 30 to 60 days to help herself forget about you, meet new men and move on without you.

This is why, if you want her back, you shouldn't waste time sending her text messages that she ignores, or rarely replies to.

You have to be more assertive and courageous than that by getting her on a phone call or video call, rather than hiding behind the safety of texts.

If you don't, then the next time you hear from her, it might be when she texts you something like, *âI want you to know that I've met someone else. I'm in love and I'm happy with him. What you and I had is over. You need to accept that and move on.*

If you don't want to find yourself in that position, then get past just texting with her.

Get to a phone call or video call and arrange a time to meet up in person.

When you meet up with her in person, make sure that you are fully prepared and ready to properly re-attract her and make her want you back.

Donâ€¢t just go to a meet up and hope that everything works out.

Get yourself ready to re-attract her (i.e. be ready to remain confident if she is initially being cold or closed off. Be ready to flirt with her and create a sexual vibe, rather than just talking to her as a friend, an ex or as a guy who is no longer worthy of her).

Prepare yourself to succeed, so you actually get her back for real.

Another thing it could mean if your ex girlfriend doesnâ€¢t text you back isâ€¢!

5. She has recently met, or hooked up with a new guy and is beginning to lose interest in you

One of the most common ways a woman will try to get over her ex, is by finding herself a new man. To accomplish that goal, she might:

- Go to clubs, bars or parties and hook up with a guy for a one night stand.
- Go on dates with guys that have been interested in her all along (e.g. a guy at work or university, a neighbor, a friend of a friend).
- Hook up with an ex who is still missing her.
- Using online dating, or an app like Tinder where she can easily set up a bunch of dates.

For most women, itâ€¢s pretty easy to quickly get some sex, or line up a bunch of dates with guys who are interested in her.

So, itâ€¢s possible that your ex girlfriend may have already gone on a date, or even kissed or hooked up sexually with a new guy she has met, or a guy who has liked her for a while and has been waiting in the wings for her to break up with you.

If that has happened, it doesnâ€¢t mean that you no longer have a chance with her.

You can still get her back if you interact with her on a phone call, video call or in person and begin reactivating her sexual and romantic feelings for you.

Then, arrange to catch up in person, attract her further and then get to a hug, kiss and possibly sex to begin getting things back on track for you and her.

Unfortunately, a lot of guys donâ€¢t follow through like that and just text their ex girlfriend and as a result, she simply continues to move on without him.

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[image]

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3 Mistakes to Avoid if Your Ex Doesn't Feel Attached to You Anymore

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Right now, you still feel totally attached to her.

You want her back so badly and think about her often, if not every day.

She's always on your mind and you just want to be able to hug her, kiss her and love her again.

Yet, she's not feeling the same way at the moment.

You're essentially alone with this.

Feeling that loneliness, rejection and the pain that comes with it can often lead a man to making one of the following mistakes, which only pushes his ex further away.

So, if you want her back, be sure to avoid the following 3 mistakes:

1. Trying to have a deep and meaningful conversation with her when she's not even attracted anymore

[image: Trying to have deep and meaningful conversations when she's not feeling attracted]

Think about it from her point of view.

She has lost touch with her feelings of love, respect and attraction for you.

As a result, she no longer really cares about the relationship and is trying to steer herself in a direction that will allow her to feel respect, attraction and love for a man again.

She doesn't feel it with you, so she is closing herself off to you.

So, if you then start talking about the relationship and saying things like, *"Yes, we went through some difficult times and I made some mistakes, but the love we shared was real. I've never loved a woman as much as I have loved you. That must mean something. You have to admit that you and I had an amazing connection before. The love was real and it is still there for me and I know you would still feel it a bit too. So, we shouldn't just be throwing this love away. You mean everything to me. Don't I mean something to you?"* she's just not going to be feeling the same way you do.

As a result, it will highlight to her that the feelings between you and her aren't mutual anymore.

She will realize that you are trying to hold onto something that just isn't there for her.

As a result, she might say something like, *"Sorry, but I just don't feel the same way as you do. We're no longer together anyway because we've broken up. So, as far as I'm concerned, the relationship is over and I really don't want to be talking about it. We gave the relationship a shot, it didn't work out and now it's time to acknowledge that and move on. So, please just accept it and let me get on with my life."*

Essentially, she doesn't have feelings for you in that moment, so discussions about being your girlfriend again will seem uncomfortable, inappropriate or unwanted to her.

So, if you want your ex girlfriend to be interested in giving the relationship another chance, you first

have to focus on making her have sexual and romantic feelings for you.

Without sexual and romantic feelings, she won't feel motivated to get back with you, or to discuss the relationship or work on it.

Yet, when you reawaken her feelings first and make her want to get back with you, then she naturally becomes open to talking about the relationship and trying to get back together with you.

2. Hoping that expressing your feelings will make her have feelings

Sometimes a guy will hope that if he pours his heart out to his ex girlfriend, she will be flattered that he really does love her and it will make her want to reciprocate his romantic words by saying that she loves him too.

Yet, it almost never works out that way.

Why?

She has broken up with you because she stopped feeling enough respect, attraction and love to want to be with you.

As a result, when she ended the relationship, she didn't really feel as though she was losing much and saw it as being more of a benefit to her to move on without you.

After the break up, she may have felt some pain that comes with a break up, but because she didn't feel much respect, attraction and love for you, the pain will have gone away fairly quickly.

In a matter of hours, or days in some cases, she will have felt as though she was over you and ready to move on by meeting and dating new men.

So, if you come to her and express your feelings and pour your heart out to her (e.g. *"I love you so much. You mean everything to me. Please just give me a chance. I would do anything for you"*), then it's not going to seem romantic to her, or seem like something she wants.

The reality is that women only appreciate romantic gestures, words and actions from a man that they are sexually attracted to and want to be with.

So, if your ex girlfriend wasn't feeling much sexual attraction for you leading up to the break up and hasn't been feeling it since, then she isn't going to want to be with you in a boyfriend-girlfriend relationship.

As a result, she isn't going to be amazed, flattered and compelled to give you another chance if you pour your heart out to her and tell her how special she is, how much you love her and how you'd do anything to make her happy.

Instead, she will see your misplaced, romantic attempt to get her back as a desperate move because you don't know what else to do.

Additionally, in cases like that, a woman will often see her ex man's actions and selfish.

Why?

Essentially, he is telling her how much she means to him and how much he wants her back, so to her, it's basically all about him and what he wants.

He wants her back so badly, he needs her back to feel okay again and is willing to do whatever it

takes.

From his perspective, he isn't being selfish and is being totally honest and sincere about his desire to make her happy and be a better man for her.

Yet, from her perspective, he's just doing it to make himself feel better so he doesn't have to live with the pain of being the rejected one and being left behind.

It's a subtle thing that plays out in break ups that most men never understand and as a result, they are unable to get their ex girlfriend back.

So, what you need to understand is this: All that matters right now are her feelings.

To her, your feelings don't matter.

She knows how you feel and knows that you want her back, but that's not what will get her back.

What will get her back is when you reawaken her feelings for you, so she naturally has the motivation to want to get back with you.

Additionally, she begins to worry that if she doesn't get back with, she will end up regretting it and missing you as you move on with a new woman who sees your worth and value.

So, when a woman feels like that, she wants to avoid the pain and rejection that will come with a scenario like that and as a result, she opens herself back up to her ex.

Suddenly, she feels attached to him again and wants to be with him.

Yet, if you approach the ex back process by making the mistake of pouring your heart out to her when she isn't attracted to you, then she's just going to want to move on and leave you behind.

3. Assuming that she will feel attached again if you cut off contact and wait

[image: Assuming that she will feel attached again if you cut off contact and wait]

This is one of the biggest mistakes that guys make when trying to get an ex girlfriend back.

She isn't attracted, doesn't care about him anymore and he thinks she will suddenly care and feel attracted to him if he doesn't contact her.

Instead, she is already over him and simply begins to move on.

Unfortunately, a lot of guys don't realize that until it's too late.

By the time a guy realizes that he's been waiting and waiting and she hasn't contacted him, she will have already moved on, or will be in the process of moving on without him.

So, when he finally reaches out to her (e.g. after 30-60 days), she will then say something like, *"I hadn't heard from you in such a long time that I assumed you had moved on. I'm actually surprised to hear from you. Anyway, I'm not going to lie to you – I'm with someone else now and I'm very happy. I don't want to be texting back and forth with you because that would be disrespectful to my new boyfriend. So, please respect my new relationship. I wish you all the best."*

Her ex is then left feeling rejected once again.

He thought that she would fall for the trick of not contacting her, but like most women, she didn't.

She had already lost a lot of respect, attraction and love for him by the time she broke up with him, so she was ready to get over him and move on pretty much right away.

and she did.

So, here's what you need to know!

In most ex back cases, 3 to 7 days of no contact is long enough to allow an ex woman to calm down, miss you and open up to the idea of interacting with you again to see what happens.

Anything longer than that and a woman will usually open herself up to meeting new guys, going on dates, having sex and falling in love again.

Over the years, I've heard from so many guys who have been disappointed after giving their ex girlfriend (or even ex wife) a month of space before contacting her.

They then find out that after a couple of weeks, she decided to go out with her girlfriends and get drunk and ended up sleeping with a guy, or she decided to get on dating apps and had gone on a bunch of dates.

In most cases, the woman then says that she is enjoying single life and doesn't want to get back together.

This is why, if you want your ex girlfriend back, you shouldn't wait too long to make it happen.

As the old saying goes, *âOut of sight, out of mind.â*

The longer you wait, the less you will be on her mind and without you around, she will naturally start to feel attracted to new men.

Like other women, she has sexual urges and sometimes feels horny and if you're not around to satisfy that urge, then she will open herself to being with a new man instead.

So, if you want your ex to feel attached to you again and to feel attracted to you, then make it happen.

Interact with her in the next few days and reawaken her feelings for you (e.g. being confident and emotionally masculine, using humor to make her feel relaxed in your presence, making her feel feminine and girly, flirting with her, being a bit of a challenge in a playful way as you talk to her).

When her feelings have been reactivated, she will naturally open up to being your girlfriend again, or at least hooking up with you to see what happens after that.

So, don't waste another day avoiding her.

Call her or meet up with her as soon as possible, reactivate her feelings and get her back.

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[image]

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How to Get My Ex Girlfriend to Feel Attached to Me Again

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your ex girlfriend doesn't feel very attached to you anymore, then she is going to open herself up to being with other guys.

When she hooks up with another guy, she won't really be missing you or worrying about you and will simply begin to move on without you.

On the other hand, if you take action now to make her feel emotionally attached to you again, then she will feel drawn to you and won't want to open herself up to other guys.

If she happens to go on a date with a new guy in the meantime, she won't be fully invested into it and will be wondering whether or not she should just get back with you.

So, how can you make her feel emotionally attached to you again, so she only wants to be with you?

Here are 5 things you can do:

1. Attract her in new, more mature ways

[image: Attract her in new, more mature ways]

For example: In the relationship, a guy stopped acting manly around his girlfriend and instead, became a bit of a wimp (e.g. emotionally sensitive, needy, jealous).

His girlfriend then stopped feeling attracted to him sexually and romantically and as a result, no longer felt that boyfriend-girlfriend attachment that she felt initially.

All of a sudden, she starts to feel as though he is like a stranger to her, or like a guy who is just hanging around her and trying to hold onto something that just isn't there anymore.

If a woman feels that way long enough, she will eventually break up with her boyfriend.

So, in a case like that where a guy is trying to get his ex girlfriend to feel attached to him again, he needs to interact with her and attract her in new, more mature ways.

Rather than being emotionally sensitive, needy or jealous, he needs to let her see that he is now very confident and emotionally independent.

When she sees that he really is different now and more importantly, she really does feel differently while interacting with him, she will naturally start to reconnect with the attachment she used to have for him.

How about you?

Can you think of any ways that you behaved in the relationship that she would have seen as immature or unattractive?

For example:

- Getting into arguments with her when she was moody, rather than being mature and emotionally strong enough to change her mood with humor, flirting or playful behavior. Mature men who know how to handle women are aware of the fact that you don't always have to get into arguments with a moody woman.

- Taking her tantrums too seriously because you expected a woman to behave more like you (a man), where she should always maintain a steady mood. You took her seriously because you didn't realize that a woman's mood changes all throughout the month (not just during her period) due to the ovulation cycle and how it effects her hormones.
- Wanting to check her phone to see if she was messaging anyone and if so, what she was saying and what it could mean. A mature man knows that the best solution to keeping a woman faithful is to create a relationship dynamic where she wants to impress you and feels lucky to be with you. Then, give her your 100% trust and don't see any other man as competition for your woman. If you do that, a woman will always respect you, feel attracted to you, love you and want to be with you and only you. She will know that it will be her loss if she loses you, because the majority of men never truly figure out how to approach relationships with women in a mature, effective way that results in a loving, passionate, happy relationship that lasts for life.

The list goes on.

There are so many subtle things that you might not be aware of when it comes to women and how to handle them in a relationship.

However, if you are willing to learn and then interact with her and attract her in new, more mature ways, she will definitely feel a renewed sense of respect and attraction for you.

When she feels that, she will then begin to worry that if she doesn't get back with you, she will regret it for the rest of her life.

As a result, she will naturally begin to feel attached to you again.

2. Meet up with her, re-attract her and create new, unforgettable moments based on how you and her now connect

[image: Create new, unforgettable moments based on how you now connect]

So many guys get stuck in the ex back process by simply texting their ex girlfriend and hoping that something happens.

Yet, the reality is that if you want to fully reawaken her sexual and romantic feelings, you need to meet up with her in person and let her experience the new and improved you for herself.

If you don't think she will agree to meet up with you, then make sure that you ask her on a phone call, or video call, rather than text.

It's way too easy for a woman to play hard to get via text, or say yes and then cancel later, but if you talk to her on the phone (and get her laughing and feeling good) and then suggest catching up, she is so much more likely to agree and stick to her decision to meet up.

One of the reasons why is that she can see that you're not being needy, desperate or awkward about the whole thing.

You're being confident, easy-going and have the courage to joke around with her to get her laughing and feeling good when talking to you.

As a result, she feels as though if you and her met up in person, it would be like that as well.

Yet, if she gets the sense that a meet up with you would be tense, awkward and uncomfortable, she will naturally want to say no, or cancel after agreeing.

So, if youâre talking to her on a phone call, or video call and have gotten her laughing, smiling and feeling good, you can then say something like this.

âHey, I know that weâre not a couple anymore and I totally accept your decision to be broken up. Weâre never getting back together and I accept that. However, I really do believe that weâre mature enough to be able to meet up for a coffee as friends and say hi. It would be good to catch up, have a chat and say goodbye on good terms. So, letâs have a coffee sometime this week. Iâm not busy on Wednesday or Thursday, so any of those days is fine. How about 7pm on Thursday?â

She will most likely agree, but if she doesnât, you can always add on this, *âOkay, well letâs agree to this then. After we catch up to say hi, if you never want to see me again, I promise that I will never contact you again. So, letâs catch up for a coffee. Thursday at 7pm. See you then?â*

Then, when you meet up, make sure that you are ready to attract her in new ways and create new, unforgettable moments based on how you now connect with each other.

Based on the changes youâve made to your approach to her, you and her connect on a whole new level.

It feels exciting for the both of you.

She feels so much more respect for you than she did in the past because you really have leveled up as a man and as a result, she feels more feminine and girly in comparison to you.

A new spark develops between you and she begins to feel attached to you in a new way.

She doesnât feel the need to keep her guard up and look at you as her ex boyfriend that she no longer wants anything to do with.

Instead, you and her automatically begin creating a new bond based on who you are and how you make each other feel now.

Once youâve established a new, more appealing connection, you should then progress to giving her a hug, a kiss and then hook up with her sexually.

Another thing you can do to make your ex girlfriend feel attached to you again isâ!

3. Attract her in new ways and let her see that you are interested in her, but donât need her back

Where a lot of guys go wrong when trying to get an ex girlfriend back, is that they make it obvious that they want a relationship BEFORE theyâve even re-attracted her.

Thatâs a failing strategy that almost always results in rejection, because without attraction, she isnât going to feel a strong enough boyfriend-girlfriend connection to feel attached and want to get back together.

So, if you begin talking about getting back together without first giving her a different and more interesting attraction experience than what sheâs had with you in the past, then sheâs almost

certainly not going to feel motivated enough to open back up and love you again like she used to. Instead, sheâs will focus on moving on by finding herself a new man who can make her feel attracted and turned on in the ways that she feels you canât (e.g. if youâve become too needy of her, then she will feel attracted to a man who is more of a challenge and who makes her feel needy for him).

So, if you want to make her feel attached to you, start attracting her in new and interesting ways so she feels drawn to you again, but donât put any pressure on her to get back together.

For example:

- If you were always nice and sweet to her in the past, start being more challenging and ballsy, while still being a good guy to her.
- If youâve become nervous and unsure of yourself around her since the break up, focus on being more confident and self-assured. Women are always attracted to confidence in men and turned off by insecurity, so make sure that she doesnât sense that you are insecure, unsure of yourself or doubting yourself around her.
- If she has become more dominant during conversations, change the dynamic from now on by laughing at her in a loving way and showing her that she canât dominate you with her confident personality anymore. Donât tell her that though. Just let her see that you no longer feel intimidated, or no longer feel the need to be cautious and worried around her. You have gotten your balls/courage back, but are still being good to her.
- If you always bent over backwards to please her in the past, start being more of a challenge around her so she feels as though she needs to work hard to impress you too, rather than everything being so one-sided.

When you have made her feel attracted in new ways, let her see that you are interested in her by flirting with her and letting her see your attraction for her via your body language.

Yet, donât come across as though youâre after a relationship.

Let her be the one who wants to get back together and she will then automatically feel attached to you in a way that is exciting and compelling for her.

Another thing you can do to make your ex girlfriend feel attached to you again isâ

4. Do fun, interesting or adventurous things with friends and let her feel like she is missing out

[image: Do fun things without her and let her feel as though she is missing out]

After a break up, many guys want to curl up in bed and hide from the world while they privately deal with their pain.

That is one of the main reasons why you shouldnât.

Women are attracted to the confidence, emotional strength and emotional independence of men (i.e. not needy).

So, if you want your ex to feel attracted and attached to you again, sheâs not going to feel that if it seems as though youâre needy for her, or in pain without her.

What makes an ex feel attracted and attached very quickly, is the fear of missing out, or the fear of being left behind and having to live with regret.

This is why it's so important for you to get out of bed, or the house and do fun, outdoor activities with friends where you can take photos and post them to social media.

Let her see how confident, happy and forward moving you are without her, so she can feel attracted to your emotional strength and emotional independence and as a result, feel like she is losing a man that she is attracted to.

Unfortunately, a lot of guys simply don't understand how a woman's attraction work.

As a result, a guy will sometimes believe that if he comes across as sad and lonely, it will make his ex girlfriend feel guilty and she will then open up to giving him another chance with her.

Alternatively, he might hope that she sees that he is being 100% loyal to her and isn't interested in being around other people and potentially meeting new women.

He hopes that will make her realize how lucky she is to have such a loyal, loving guy who is still committed to her after the break up.

Yet, that's just not how it works.

If a woman breaks up with a guy that she no longer feels enough respect, attraction or love to be in a relationship with, she isn't going to get back with him because he wants her so badly.

What makes a woman want to get back with a man is when he has the courage to make her want him back badly.

Most guys don't have the courage to do it, because they worry it (i.e. posting up photos of themselves having fun with other people) will piss her off and make her want to move on.

So, a guy will often just sit around waiting and hoping that his ex girl comes back because he's not doing anything without her.

Weeks or months later, he will find out that she has moved on with another guy and his plan didn't work.

Of course it didn't.

If you want a woman back, you've got to re-attract her so she has a reason to be back with you.

Any other plan or strategy is just gambling with your chances to get her back and it's usually a losing bet.

The winning bet is always to re-attract and let the woman feel the desire to want to be back together.

Then, you let her get back with you.

Unfortunately, a lot of guys who lose their girlfriend don't know how to do that, or don't have the courage to do it, so they never get her back.

Another thing you can do to make your ex girlfriend feel attached to you again is

5. Reawaken her feelings of romantic love

[image: Reawaken her feelings of romantic love]

A woman feels romantic love for a man that she is sexually attracted to and wants to be with.

If you want to get your ex to feel attached to you again, you absolutely must focus on making her feel sexually attracted to you in new and interesting ways.

When you do that, she will automatically begin to feel romantic love for you and when that happens, she will feel attached to you in a new way.

She will see you as the man she no longer wants to be broken up with.

She wants to be with you sexually and romantically.

She wants to spend time with you and make things work.

As a result, you get her back naturally and easily.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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4 Mistakes to Avoid if You Still Live With Your Ex and Want Her Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

When you still live with your ex, you have something almost most guys don't have after a break up.

That is, you have a chance to interact with her in person on a regular basis and make her have strong, compelling feelings for you again.

Unfortunately, on the down side, you can also end up saying or doing things that turn her off and make her want to continue going through with the break up or divorce.

So, if you want to make her feel attracted and in love with you again, be sure to avoid the following common mistakes that a lot of men make when in a situation like yours:

1. Taking on more of the household chores to hopefully score brownie points with her

[image: Taking on more of the household chores to hopefully score brownie points with her]

While it's fine to help around the house and make her life feel a little easier, it isn't going to make her fall in love with you again and want to be with you sexually and romantically.

She might appreciate it, but if she is currently feeling turned off by you, she will also be suspicious about why you're doing it.

For example: She might suspect that you're only doing it to suck up to her, to get her to take pity on you, or because you don't know what else to do to make her happy.

So, while you might feel as though you're a great man and are worth sticking with based on the extra work that you're putting in around the house, she isn't feeling the same way.

Instead, she will start to completely overlook how much effort you're putting into the housework and focus on the fact that no matter what you do, she doesn't feel the kind of respect, attraction and love that is needed for her to want to stay with you.

As a result, she will naturally start to feel as though she should go through with the break up and be with new man, or date new men and enjoy herself for a while until she finds a man who makes her feel the way she wants to feel in a relationship (i.e. attracted, in love, respectful and appreciative of him, girly in comparison to his masculine approach to her).

So, if you want her back, don't suck up to her by doing extra housework or chores and hope that it will be the thing that changes her mind and makes her want to stick with you.

It's fine to chip in and help out, but being a doormat for her to walk all over, is not the way to make her want to be with you again.

If you want her back, you've got to make her feel attracted to you based on how you make her feel when you interact with her and talk to her face-to-face.

She's got to be able to feel a spark based on how you approach conversations with her (i.e. with

confidence, not afraid to flirt with her) and how you behave when around her (i.e. you don't seem intimidated or as though you've lost confidence in yourself, she feels appreciated, but also feels like she should be showing appreciation towards you as well).

It's only when you can make her feel attracted during interactions will she then start to realize that going through with a break up or divorce, is something that she is going to regret.

Another mistake to avoid is

2. Acting neutral and nice around her, but then hoping that she feels a sexual and romantic spark anyway

[image: Acting neutral and nice around her, but then hoping that she feels a sexual and romantic spark anyway]

As you may know, nice guys don't do very well when trying to attract new women in the dating scene.

A guy being too nice (i.e. going along with whatever she wants, being afraid to truly express his masculinity around her, being extra polite or careful with what he says) or neutral (i.e. just acting like a friend with no sexual attraction for her) just isn't sexy or attractive to a woman.

The same applies when in a long term relationship or marriage.

If you want your woman to feel a spark for you, then you need to display behaviors and traits that make her feel that spark (e.g. being playfully challenging, being assertive while still being a good guy to her, expressing your raw masculinity during interactions with her while still being loving and considerate of her, never feeling intimidated by her, but still being loving towards her, using humor to break her out of her bad mood and not feeling afraid of any initial, negative reaction that she might have to you using humor in a moment like that).

Unfortunately, a lot of men end up not knowing how to handle the changes in their woman's behavior, mood and treatment of them.

As a result, a man will often resign to just being nice, neutral and putting up with her disrespectful, unloving and unappreciative treatment of him, to avoid getting into arguments with her, or worse, having her threaten to break up with him.

Yet, when a man falls into that trap, his woman can no longer feel respect for him and when a woman doesn't respect a man, she can't feel attracted to him.

If that goes on for long enough, she will fall out of love with him.

Now, in your case, you and her have broken up, but are still living together.

So, you need to be totally clear on the fact that if she no longer feels enough respect, attraction and love to want to be in a relationship with you, then she's almost certainly not going to suddenly fall back in love with you because you're being nice or neutral.

Instead, by using a default nice and neutral approach to her, she is going to feel unsatisfied by the relationship, uninspired (i.e. not feeling the need to impress you, make you feel appreciated) and restless.

As a result, she will want to move out as soon as possible, so she can start dating new men who will

actually give her the feeling that she wants to have in a relationship (i.e. to be in love).

Another mistake to avoid isâ€¦|

3. Worrying that if you enjoy your life outside of the home, she will want to hook up with a new man to make herself feel better

When a man is totally committed to a woman, he will often want to let her see that he is 100% loyal to her and only wants to spend time with her.

Yet, in order to have a balanced relationship, a man should get out and catch up with a friend or two every now and then, or at least occasionally do something enjoyable that doesnâ€™t involve her.

Women actually prefer that because it gives them a chance to miss their man, worry about other women hitting on him and as a result, appreciate him more.

Itâ€™s not 100% necessary to do that, but it does help to make a woman appreciate you in a relationship.

Of course, you and her have broken up now, but are still living together, so the question is: Should you just sit around the house showing her how loyal you are to her, or should you make her feel a little worried by getting out and enjoying life without her every now and again?

Well, it might feel a little scary to do, but in a case where you are trying to make her want you again, you should get out and have some fun with other people.

You donâ€™t have to hook up with any women of course, so you are still going to be loyal to her and the relationship.

However, you can simply catch up with friends and do some fun things, so she can see that you are happy, confident and enjoying life, rather than having her see you as being sad, insecure and lost now that she has broken up with you.

One of the reasons why that works is that women are naturally attracted to confident, emotionally strong and emotionally independent men.

In other words, confident men who donâ€™t need a woman to be by their side 100% of the time, or even to be committed to them, in order to feel confident, happy and forward moving in life.

When you can let her sense that kind of confidence in you, she naturally feels drawn to you and realizes that if she leaves you and feels sad, depressed and lost without you, itâ€™s going to hurt her to see you happy, enjoying life and potentially moving on with a new woman.

As a result, she opens up to getting back with you, rather than going through a painful experience like that, where she ends up feeling like the one who has been dumped and rejected.

So, although you might feel bad for going out and enjoying yourself without her, just know that it will have a positive effect on her.

Donâ€™t make the mistake that other guys make, where they worry that going out to enjoy themselves will push her to start dating and hooking up with new men to make herself feel better.

Of course, there is always a chance that a woman will do that, no matter what her ex man does (i.e. if she already likes a new man and has been flirting with him for months, prior to announcing her decision to break up).

However, you will always have more of a chance of making her look at you in a new, positive light and feel a renewed sense of respect and attraction for you if you confidently get on with enjoying your life, versus curling up into a little ball of insecurity who sticks around the house and hopes that she changes her mind and wants to get back together for no reason.

If you want her back, you've got to make her feel like she wants to be back with you and that comes with her feeling a renewed sense of respect and attraction for you and also beginning to worry that it will be her who is losing you, not the other way around.

Another mistake to avoid is

4. Letting her create an awkward dynamic between you and her

[image: Letting her create an awkward dynamic between you and her]

When a woman wants to make it clear that she has no intention of getting back with her ex, she will usually act cold, distant and tense around him, or when interacting with him.

If a guy falls for her hardened act, he may fall into the trap of being extra nice to her, seeming intimidated by her or just wanting to stay out of her way to avoid any trouble.

A guy like that might reason with himself and think something like, *"If I'm nice and stay out of her way, she won't have any reason to get annoyed with me. So, there won't be any arguments and fights and then hopefully, over time she will open back up to me. When that happens, we can hopefully get back together."*

It seems like a good plan, but unfortunately it almost never works out.

Why?

The woman senses his fear and hesitation around her, which makes her feel as though she is the more dominant one in the relationship.

When a woman feels more dominant than a man, it doesn't make her want to submit to him sexually, or fall into his arms and be held by him.

Instead, she naturally feels repelled by him because he clearly isn't strong enough emotionally to be able to handle her in a situation like that.

A woman I know once told me, *"A man that will stand up to me, will stand up for me and that is a turn on."*

She mentioned that when the subject of nice guys and guys who are intimidated by women came up.

She was saying that she had trouble finding a boyfriend that she could truly respect, feel attracted to and love in the long run, because guys were so intimidated by her strong, independent personality.

With a woman like her, the only guy who she is going to be satisfied with is a man who can stand up to her (in a loving, but dominant way. Not in an angry, aggressive way).

If a guy is unable to do that, she will be turned off at her core because every woman, no matter how strong or independent she is, wants to feel as though she is with a man who would stand up for her and protect her if the situation called for it.

So, if you allow your woman to create an awkward vibe between you and her around the home, then

sheâ€s not going to be impressed by you or attracted to you.

Instead, she will secretly feel repulsed, disappointed and even angry at your lack of manliness in the situation.

As a result, she will feel determined to move out (or get you to move out) and move on as soon as possible.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How to Get an Ex Back That You Still Live With

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you still live with your ex, you have the perfect opportunity to get her back by interacting with her often and re-attracting her.

Re-attracting an ex is the key to getting her back because it makes her feel drawn to you in a sexual and romantic way again.

By using that approach, rather than just being friendly or staying out of her way, you can literally turn things around in days, or at the latest 1-2 weeks and have her wanting to be back with you.

So, here are 3 things you can do to re-attract her and get her to change her mind about the break up:

1. Start setting off positive chain reaction effects during interactions

Essentially, everything that you say or do around your ex is setting **positive** or **negative** chain reaction effects in the relationship.

Here's an example of a **negative** chain reaction effect:

- You want her back, but feel insecure about your chances.
- This causes you to seem nervous and unsure of yourself when interacting with her.
- Not knowing what else to do, you start being extra nice to her, or take on more of the household chores or expenses. You hope that it will impress her, get her to take pity on you and start being nicer to you, or feel as though she owes you another chance.
- Yet, from her perspective, she looks at your approach to her as being weak and desperate. She starts to look at you as a pushover (i.e. because she can now get away with contributing less and you'll just put up with it).
- She realizes that you have no idea how to be the man in the relationship anymore, have lost most of your confidence around her and are hoping she will take pity on you.
- Women don't want to be with a man out of pity and desperation and insecurity aren't turn ons.
- She loses more and more respect and attraction as the days go on and feels increasingly certain that she wants to leave you as soon as she is able to move out on her own, or get you to move out.
- Meanwhile, she begins feeling very attracted to other men who seem confident and emotionally strong compared to you, which further reduces your chances of getting her back.

Now, here's a **positive** chain reaction effect:

- You want your ex back and believe in your ability to re-attract her and make her want you again. If you don't currently believe you can do it, you learn how to do it, so you can have the confidence that comes with it. Either way, you now feel confident and self-assured when interacting with her.
- You display attractive qualities (e.g. emotional strength, courage, charisma, ambition) and use

attraction techniques (e.g. flirting, being a bit of a challenge, using ballsy humor).

- Even if she tries to hide it, she can't stop herself from feeling a renewed sense of respect and attraction for you.
- She begins to think, *"What's going on? He seems so different all of a sudden. I actually look forward to seeing him around the house now, rather than dreading our interactions, or looking for ways to avoid him. I'm now making excuses to be around him more often than before. Maybe we can fix our relationship and get back together after all. I certainly feel okay about it."*
- You continue using attraction techniques and displaying attractive qualities and she continues looking at you in a whole new light.
- She begins to feel sexually attracted to you again and since you're not kissing or having sex yet, sexual tension begins to build up between you.
- She begins imagining hugging you, kissing you and being intimate again, which makes her want to flirt with you and be around you more.
- When you are around each other, you continue building on her feelings (e.g. by being confident, regardless of how warm or cold she is being towards you in any given moment, showing her via your attitude, actions, behavior and the way you interact with her that you're at a different level now than when you and her broke up).
- She then begins to realize that it's pointless to break up, because she feels like she loves you again.
- This then results in you and her getting back into a relationship that is even better than it was before.
- Hopefully you can clearly see the difference between using one approach vs. the other (i.e. being insecure and sucking up to her vs. being confident and re-attracting her).

When you focus on setting off positive chain reaction effects, it's almost a certainty that you will get back together.

She will realize that breaking up is just going to be pointless because she's going to miss you and probably won't be able to find a man who is able to make her feel the way you now do.

Another tip on how to get your ex back when you still live together, is to

2. Flirt with her to build up sexual tension

Sexual tension happens when the desire for sex is there, but it's not happening due to an obstacle of some kind.

With you and her, the obstacle is that you're currently not back together yet.

So, when she is feeling sexually attracted to you, but can't just walk over and kiss you and start having sex with you, sexual tension will build up inside of her so much that she will feel compelled to just give in to her desires and have sex with you again.

One of the many ways to build up sexual tension is via flirting.

Flirting is essentially where you behave as though you're attracted to her, but only in a playful way, rather than being too serious about it all.

Flirt (verb): To behave as though you're attracted to or trying to attract someone, but for

| amusement, rather than with serious intentions.

So, how can you flirt with an ex that you still live with?

Imagine that you and her are in the kitchen at the same time to make a cup of coffee.

In this case, itâs the morning.

Rather than just being quiet and staying out of her way, talk to her as though you are totally welcome and âallowedâ to flirt with her.

[image: Flirt with an ex you live with, to build up sexual tension between you and her]

You can say one of the following (or your own variation), in a playful, easygoing tone of voice:

- Good morning ex girlfriend / Good morning ex wife.
- Good morning beautiful.
- Well, someoneâs looking pretty this morning.
- Oh, youâre making me a coffee. How sweet, thank you! (Then smile and laugh).
- Oh, youâre making a coffee too. Well, they say ladies before gentleman, so you go first...and make me one while youâre at it. (Then smile and laugh).
- Good morning my beautiful ex girlfriend. How are you?
- Coffee time. Great minds think alike.

Youâve got to feel welcome to talk to her like that.

So many men make the mistake of thinking that theyâre allowed to flirt with their ex, or itâs âinappropriateâ or itâs not their place or role anymore to do that.

Donât be so serious!

Additionally, donât be so worried about how she might react.

If you want her to feel attracted to you and for sexual tension to build up between you and her, then you have to have the balls to flirt with her.

If she senses that youâre afraid to flirt with her, then she will lose even more respect and attraction for you based on you being intimidated by her.

On the other hand, if she senses that even if she gives you a bad reaction (e.g. rolls her eyes, says that you and her arenât getting back together, says youâre not funny, says she doesnât like it), you are able remain confident and continue to feel free to flirt with her in a playful, non serious way, then she will feel a renewed sense of respect and attraction for you, even if she doesnât admit it.

She will realize that you really are being the man and nothing she says or does, will knock you off balance.

That is attractive to women and it is attractive to her, but just donât expect her to admit that to you.

Of course, each situation is different and sometimes a woman will admit what she is feeling, or say that she likes the change in her man.

[image: Flirt with your ex to make her want you back]

For example: Sometimes a guy will start flirting with his ex girlfriend at home and theyâll immediately begin feeling a spark again, smiling and laughing a lot more around each other.

She will feel like getting back with him and will openly admit that she likes the changes in him, or may even say something like, *â€œWhy weren't you like this before?â€*

Yet, in other cases, a man will be flirting with his wife of 20 years and she will be as cold as ice for the first few times he does it.

Eventually though, she will crack a smile and then open up to laughing and flirting back with him. Before she knows it, she will be actively flirting with him and the spark will be back between them. She will begin looking forward to her interactions with him and even planning how she's going to flirt with him in advance (i.e. what she will say and do).

So, make sure that you are ready for whatever reaction she might give you initially and just know in advance, that it's not wrong to flirt with an ex that you live with.

Remember what flirting actually is: It's a playful display of interest for amusement/fun.

It's not a serious thing.

Yet, it works.

Flirting is extremely powerful because the confidence, charisma, charm, humor, social intelligence and masculinity you display while flirting, automatically makes a woman feel attracted and drawn to you.

When she feels attracted to you, but you and her aren't having sex yet because you're still broken up, then sexual tension will build up inside of her.

She will start feeling drawn to the idea of hugging you, kissing you and having sex with you.

When that happens, her whole thought process changes (i.e. she realizes that she doesn't want to break up, realizes that you're not so bad after all, realizes that the spark isn't dead between you and her) and as a result, her behavior changes (i.e. she initiates conversations, wants to sit next to you on the couch, flirts with you, touches you and is receptive and open when you touch or hug her).

[image: Getting an ex back that you still live with]

Before you know it, you and her will be hugging each other with love, kissing and having sex to reconcile the relationship.

3. Let her see that you aren't chasing a relationship, but still find her attractive

When she feels attracted to you, but notices that you're not chasing a relationship, hinting at it or trying to pressure her into it, there will be a space open there for her to be the one wanting it to happen.

She will get to take on the role that a woman truly wants, which is to want to be with you even more than you want to be with her.

Not many women will ever admit that because they don't want a man to take it the wrong way (i.e. say to her, *â€œI don't really care about you. I could take you or leave youâ€*).

She obviously doesn't want to hear that because it's disrespectful, unloving and doesn't make her feel safe about a future with him.

Yet, what she does want to feel is an intense desire to be with you, impress you and maintain your

interest, so she gets to keep you.

Unfortunately, a lot of men take that away from women by taking on the role of the one who is trying hard to impress her and maintain her interest, so he gets to keep her.

As a result, later on in a relationship, the woman will usually start to feel bored, take the man for granted and think about cheating or leaving because there's no challenge for her.

There's no desire to want to impress him because he will stick with her no matter what she does, how little effort she puts into looking for him or how much she disrespects him.

So, it's important to know that about women.

It's not something they will tell you, or that you need to discuss with her, but you should know it as a man.

In the case getting your ex back that you still live with, you need to start making her want the relationship more than you do.

Don't say that you don't care about a relationship, or don't want it.

Instead, just avoid talking about the relationship and focus on making her feel attracted to you in new and exciting ways.

Build up sexual tension to the point where she can't stop herself from wanting to hug, kiss and have sex with you.

Then, don't push for, hint at or even ask about having a relationship, or getting back together.

Let her be the one thinking or asking you, *â€œSo, does this mean we are back together?â€*

Also, be prepared for her to say something like, *â€œThis doesn't mean we are definitely getting back togetherâ€* to maintain her position as the dumper (i.e. the one who broke up the relationship and is in the position of power as a result).

If she says something like that, you can say, *â€œI know. We're never getting back together and that's fineâ€* in a relaxed, easygoing tone of voice.

Let her see that her pretend lack of interest in the relationship hasn't rattled you, or knocked you off balance.

Instead, it has left her feeling a little rejected because she is secretly feeling attracted to you again.

She then instantly realizes that she doesn't want the relationship to be over, but probably won't admit that to you right away.

So, from then on, just continue to flirt with her, remain confident and not push for a relationship, hint at it or even ask about it.

Just let her desire for a relationship build up to the point where she stops talking about her plans to move out, or asking you about your progress on moving out.

Instead, she becomes more open to being around you, flirting, discussing the future and acting like a normal couple once again.

Eventually, she will bring up a question like, *â€œSo, do you want to get back together or not?â€* and you can playfully say, *â€œAbsolutely not!â€* to make her feel attracted to your confidence and humor in that moment.

You can then smile, have a little laugh and say, *â€œWell, I do love you, but if you want to remain broken up, then that's how it isâ€* and she will then start to feel compelled to stop the games

and just get back with you.

She will realize that if she doesn't get back with you and either of you move out, she's going to regret it and want you back.

Additionally, if either of you move out and you end up dating and falling in love with a new woman, then she is going to feel like the one who has been dumped and left behind.

As a result, she will want to get the relationship back together while she still can.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How to Get an Ex Back Who Has Lost All Respect For Me

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 4 things you can do:

1. Understand that the amount of respect she feels for you, changes based on what you say and do when interacting with her

Your ex's level of respect for you isn't set in stone and unchangeable.

Instead, her feelings of respect are a reaction to what you say and what you do when you interact with her, other people and how you approach your life in general.

So, even though some of your actions and behavior caused your ex to lose all respect for you, it doesn't mean you can't regain that respect.

You can.

The way to do it is by interacting with her and letting her experience a completely new version of you.

A version of you who understands where you were going wrong and have already transformed, changed and adjusted your behavior, conversation style and actions as a result.

Don't tell her that you've changed and are hoping that she will respect you again.

[image: Let her experience the changes in you and naturally begin to feel a renewed sense of respect and attraction for you]

Just let her experience it for herself, by talking to her and allowing her to sense the changes in you.

For example: Imagine that a woman lost all respect for her boyfriend (or husband) because he became too needy and clingy, which resulted in him behaving like an emotional wimp, or trying to control her to avoid losing her (e.g. telling her who she can and can't speak to, monitoring her phone).

To regain her respect, he needs to show her that he's no longer that guy and that he's now an emotionally independent man (i.e. he is happy, fulfilled, confident and is making progress in his life without her).

He shouldn't tell her that, especially in a way where he is hoping that by telling her, she will take pity on him and give him another chance.

Instead, he should let her pick up on it throughout a conversation and sense that he doesn't need her approval, pat on the back or *âgood on youâ* to feel like he is doing the right thing by being so emotionally independent.

When she picks up on it, she will naturally begin to feel a renewed sense of respect and attraction for him because he has been able to quickly get over his neediness and start being his own man, for his own reasons.

He didn't need her support or encouragement to make it happen and now doesn't need her

pat on the back to keep going.

This makes her respect him and feel attracted to him in new ways, which causes her to begin questioning her decision to break up with him.

Suddenly, she feels as though the relationship might not really be over because she no longer feels like she is over him.

She is feeling drawn to him.

You can have that effect on your ex.

So, don't lose hope simply because your ex has currently lost all respect for you.

Always remember that her level of respect for you will change, based on what you say and do when you interact with her.

In other words, you have a lot of control over how much (or little) respect she feels for from now on.

[image: She can go from hating you to loving you]

When you make her feel a sudden rush of respect for the new and improved you, she can literally go from hating you (or feeling disappointed and resenting you), to feeling like she loves you again and wants to open up to the possibility of getting back together.

When she is thinking like that, she wants to forgive you for her own reasons (i.e. she doesn't want to lose the new, more attractive version of you and regret it), which results in her being willing to explore her new feelings for you.

Another thing you can do is

2. Level up your ability to attract her, so she feels motivated to respect you again

You were initially able to attract her into a relationship, which is great.

She probably felt a lot of respect, attraction and love for you in the beginning, which is also great.

Yet, if you want her to feel motivated to forgive you and respect you again, you almost certainly won't be able to do that by trying to attract her the way you did back then.

You literally have to use a new approach to attraction.

For example: If a guy got a woman into a relationship with a nice, charming approach, she isn't going to respond well to that when she is feeling turned off by him and no longer respects him.

So, what he would need to do is have the balls to be a bit of a challenge (in a playful way) when interacting with her, rather than just being a nice, ex boyfriend.

Here are some other examples of what guys might need to do, in their specific case:

- He believes his attractiveness and value to his woman, rather than feeling like he's not good enough for her, or like every other guy she meets is better than him. He sees himself as the man and her as his girl. They are meant to be together and no other guy compares to him. He is the best man out there. End of story. No doubt. No question. He is the man.
- He laughs at how silly he was behaving and briefly, but sincerely apologizes to her about it, rather than behaving in a timid, meek, unworthy way around her and constantly apologizing to

hopefully get her to take pity on him.

- He is now able to communicate with her in a way that makes her feel loved, appreciated, attracted to him and in love with him, rather than making her feel annoyed, irritated, misunderstood and turned off.
- He no longer needs her emotional support because he is a man who doesn't get emotionally sensitive about things and instead, focuses on solutions and then follows through on it, without sulking, seeking pity, complaining or wasting time. In other words, he approaches life like a real man.
- He no longer becomes flustered, angry or defensive when she is being moody, challenging him during a conversation or being a little bitchy. He now has the balls to laugh it off because he knows that he is the man and doesn't need to take the fluctuating moods of a woman so seriously. He is still respectful and loving, but he doesn't get dragged into her drama. He remains in control of his emotions like a real man, which turns her on at her core, even though she may act like she is pissed off about it. He doesn't worry though because he knows that she is simply testing his masculinity and making sure that he really is the man now.
- He stops talking about his feelings all the time (i.e. stops being so feminine when it comes to relationships) and simply focuses on making her have feelings for him by displaying attractive traits (e.g. confidence, emotional masculinity, emotional independence).
- He is able to be a good, loving man, without sucking up to her or being too nice.
- He is able to make her feel the need to impress him, show him respect and be nice to him, based on him being such a well-rounded man now (i.e. he is aware of all of the above and she picks up on that as she talks to him and interacts with him. He doesn't tell her. She picks up on it).

How about you?

Can you relate to any of the items listed above?

Were you too emotionally sensitive, jealous, controlling, needy or insecure?

Is that what caused her to lose respect for you?

Whatever the case is for you, just know that admitting to yourself that you made a mistake (or mistakes) with her, doesn't mean that you're a bad guy.

You simply messed up and as a result, the amount of respect she had for you decreased, or was destroyed.

From this moment onwards, you can increase and repair her respect for you.

It all comes down to what you say and do when interacting with her from now on.

On that note!

3. Don't make getting a relationship your number one priority right now

Even though your number one priority is a relationship, don't make it seem that way to her.

If she gets the sense that your motives for interacting with her are solely to get her to forgive you and respect you again, so you can then get another chance, she will feel pressured and keep her guard up.

If you want her to let her guard down, you have to focus on making her feel respect and attraction for you again, while not seeming to be pushing, hinting at or even trying to get her to commit to a relationship.

When she is feeling respect and attraction for you, but notices that you're not pushing for a relationship, she will begin to feel like she is wanting a relationship more than you, which will attract her more.

Women always want to be in a situation where they are more attracted to a guy and more keen to be in a relationship than he is (i.e. he is a challenge).

When a woman finds herself in a situation like that, she then has to try to use her charm to win him over and want what she wants (i.e. a relationship) and in the process of doing that, it makes her want him even more.

She ends up feeling like she has to get him back, or at the very least, she really wants to get him back and not have to see him walk away and hook up with a new woman and then forget all about her.

On the other hand, if you approach her in a way where it's obvious that you're just trying to get her to commit to a relationship, she may end up thinking things like, *â€œDoesn't he understand that I don't have feelings for him at the moment? Why would I want to get back with a guy that I don't have feelings for? I'm sure I've made my feelings clear to him, but he's acting as though my feelings don't even matter at all as long as he gets what he wants. That just makes me even more convinced that I made the right decision to break up with him. He is too selfish and doesn't know how to treat a woman in a relationship. Maybe it's time for me to cut him out of my life completely, rather than continuing to talk to him and give him the impression that I might change my mind.â€*

That can then lead to her blocking your number, unfriending you on social media and avoiding going to any of the places where she knows there's a chance she might accidentally bump into you.

So, don't push her to that point by making it seem like a relationship is your number one priority.

Remember: A relationship is the LAST step of the ex back process.

Before you get to the last step, you first have to get your ex to the point where her feelings for you are as strong, or almost as strong, as your feelings are for her.

It can't be all about you loving her and wanting her back.

She will see that as selfish on your part, even though you're not really being selfish and are simply trying to get her back.

Yet, she will see it as selfish because it's all about you wanting her back and trying hard to get her to give the relationship another chance.

To successfully get her back, it has to be about both of you loving each other and feeling as though not being in a relationship together will be something you'll regret later on.

To do that, you need to use every interaction that you have with her from now on, to make her experience new feelings of respect, attraction and love for the new and improved you.

She might not admit that she is feeling it, but she WILL be feeling it if you:

- Maintain your confidence around her, regardless of what she says and does to make you feel like you don't have a chance with her (e.g. she's cold, distant, says that she's happy being single, says that she is moving on, tells you that she hates you for what you did,

says that she can never respect you again). When you maintain your confidence and don't fall into the trap of doubting yourself, she will see that you really are different now. You are so much more confident than you ever were. That will make her feel respect and attraction for you, even if she doesn't admit it. When she feels respect and attraction, she will begin to question her decision to break up with you.

- Use humor to ease the negative tension or awkwardness between you, rather than being timid, extra nice, polite or reserved because you're worried about how she might react.
- Flirt with her to create some sexual tension, rather than making the mistake of feeling as though you're not allowed to do that now because you're her ex. You are currently her ex, but you will be back with her soon and one of the fastest ways to get back with an ex is to behave as though you and her have ALREADY made up (i.e. you flirt with her like a boyfriend and girlfriend do when they are happy, in love and attracted to each other). There are other fast ways to get her back, but that is one of the easy ones, if you know how to flirt that is.
- Stand up to her in an assertive, but loving way when she is out of line, rather than letting her dominate you (or even bully) you with her confident, independent personality.
- Show her (via your attitude, conversation style, actions and behavior) that you've leveled up as a man, rather than saying and doing the same kind of things you did before and convincing her that she made the right decision to break up with you.
- Be more emotionally independent and show her (don't tell her) that even though you want her back, you don't need her back to be happy and fulfilled in your life.

When you interact with her and display some or all of the above traits, she naturally starts to feel respect and attraction for you.

[image: She realizes her feelings for you aren't dead]

She then realizes that her feelings for you aren't dead.

She is feeling drawn to you and feels as though if she doesn't give you another chance, she's going to regret it in the weeks, months and possibly even years to come.

Rather than living with that regret, almost all women will decide to open themselves back up to their ex and see where it goes.

So, be ready for that sudden change her and be prepared to guide her through the rest of the ex back process.

Another thing you can do to get an ex back who has lost all respect for you is!

4. Increase your emotional masculinity

One of things that matters most to a woman about her man, is how he responds and reacts to the more challenging situations he encounters in life (e.g. if he loses out on getting a job or promotion, fails an important exam, loses money in an investment, is in the middle of an argument with her in the relationship).

Is he the sort of man who can maintain control of his emotions, look for a solution and then apply that solution, or does he lose control of his emotions (e.g. get angry, sulk), give up and think that it's just all too difficult?

This is important to a woman because women aren't like men.

Women tend to lose control of their emotions very easily and cry or feel sad and depressed over little things.

Women also tend to not be as competitive and driven as men.

So, women naturally feel more attracted to a man who has a competitive, driven, ambitious, emotionally strong nature to him.

When a man is like that, she can then trust in him to remain strong and ensure that the both of them keep striving forward to achieve what they want in life.

Yet, if a man tends to crumble under pressure, be too emotionally sensitive about things, not follow through on his goals to completion or blame everyone else around him for his lack of success, then a woman just won't be able to truly respect him and feel attracted to him.

She may love him as a person, or have pity for him due to him being such a good guy, but the respect and attraction that she needs to feel to remain in love and want to be in a lifetime relationship with him, just won't be there.

This is why, if you want to regain your ex's respect, you must to show her via your attitude, actions and behavior that you are a much more emotionally masculine man now.

The more emotionally masculine you are (i.e. courageous, brave, driven, fearless, confident, assertive), the more respect and attraction she will for you.

It will happen right away.

As I mentioned earlier, she might not admit it, but she WILL feel it.

When she feels it, she will naturally begin to open back up to you and you can then quickly guide her back into a relationship.

This time though, the relationship will be so much more mature, fulfilling and enjoyable for the both of you because you will have completely leveled up as a man.

As a result, her feelings for you and her desire to commit to you, will be so much stronger than it ever was before.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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6 Common Mistakes Men Make When They're Unsure How to Get an Ex Woman Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

When a man has been dumped by the woman he loves, he may find himself wondering, *âWhat the heck do I do now? Can I get her back? Will she want me back?â*

He might also feel very lonely, depressed and evenÂembarrassedÂ that his once great relationship with her has ended up in ruins.

They used to be happy, but now she doesnât want anything to do with him.

What can he do to get her back?

Unfortunately, when a man is unsure what to do, he will often make one or more of the following mistakes, which drastically reduce the chances of him getting her back.

1. Waiting too long to start the ex back process and she then moves on without him

In some cases, itâs possible to get a woman back immediately or within a few days, if a guy figures out where he has been going wrong (i.e. he has been turning her off by being too insecure) and interacts with her to make her feel re-attracted and begin to question her decision to break up with him.

He can then get to a hug, kiss and begin to make up with her.

In all other cases, a guy can get his ex woman back within 1-2 weeks if he approaches the ex back process properly (i.e. focuses on re-attraction).

Unfortunately, a lot of guys wait many weeks or even months before they build up the courage to start re-attracting their ex woman and getting her back and in some cases, the woman has already moved on by then.

He can still get her back if she has moved on, but he has made the process more difficult for himself.

If you want her back, donât put yourself in that kind of position.

Make it as easy as possible for yourself by getting started with the ex back process TODAY (i.e. figure out what subtle things about you were turning her off, learn what to do instead so you can attract her in new, subtle ways and then interact with her to make her feel a renewed sense of respect and attraction for you).

When she feels a renewed sense of respect and attraction for you, it plants seeds of doubt in her mind about the break up.

She wonders things like, *âIs it really over between me and him? Should I give him another chance? What would it be like to hook up with him again? What would it be like to see him again? What if I donât see him again and he meets a new woman who finds who he is now very attractive? What if sheâs prettier than me and he then loses interest in me?â*

When you plant those seeds of doubt in her mind about her decision to break up with you and cause her to begin imagining what it would be like to get back with you, or to lose you, she naturally opens up to meeting up with you in person.

On the other hand, if you wait many weeks or months to get started on that, you may end up

regretting it when you find out that she has a new boyfriend and is in love with him, or is at least dating him and hooking up with him.

So, if you want her back, don't wait too long to get started.

2. Sending out feeler texts to see if she is interested and then giving up if she doesn't respond positively, or at all

[image: Sending out feeler texts and then giving up, if she doesn't reply or only replies in a cold, distant way]

When a guy isn't feeling confident about his chances of getting an ex woman back, he might decide to at least give himself a chance by sending her a feeler text (e.g. *Hey* or, *Hey, how's it going?* or, *Hey, I just thought I'd say hi*) to see how she will respond.

If she sounds happy to hear from him, he'll then take it as a sign that she's interested and then keep texting, or call her and set up a time to meet.

On the other hand, if she seems cold, distant or disinterested, or if she doesn't reply to his initial feeler text, he might then assume she is over him and still doesn't want anything to do with him.

As a result, he then gives up and tries to deal with the pain of losing her forever.

Yet, here's the thing!

Even if a woman is interested, she won't always show that via text.

Instead, she will remain guarded because she doesn't want to come across as being too eager and risk him rejecting her.

For example: Sometimes a guy will text his ex girl, just to see if she is missing him and is still open to being with him.

He doesn't want to get back with her, but just wants to make himself feel better by knowing that she is open to him and has been missing him.

So, if a girl opens herself up to that, shows interest in her ex and then discovers that he's happy without her, seeing a new girl or simply not interested in getting back with her, it can make her end up feeling like the one who got dumped, rejected or left behind.

This is why, many women will either not respond to an initial feeler text, or will respond, but in a distant or cold way.

[image: Some women play mind games and string an ex along, to make themselves feel more confident as they move on without him]

In other cases, sometimes a woman will play games with her ex via text to make herself feel better.

For example: She will say that she misses him, or even ask what he thinks about the idea of getting back together.

It's simply her way of checking to see how much he is missing her, if he is unhappy without her and if he is still hoping to get her back.

If she isn't interested in him, but he is interested in her, she can then lead him on via text for days or weeks, but never agree to catch up in person.

She just feeds off the interest he is showing her and uses it to make herself feel more confident and secure as she moves on without him (i.e. by dating other men).

So, what should you do?

Essentially:

- Don't rely on your ex's response style via text to tell you how she is really thinking.
- Don't stick to just texting her. Get to a phone call (audio or video) as soon as possible, so she can feel attracted to your confidence and the conversation can be more real and effective.
- Don't ask her if she is still interested via text. Instead, make her interested by using attraction techniques (e.g. flirting, being a bit of a challenge, using ballsy humor).
- Don't give up if she doesn't respond to a feeler text, or even two feeler texts. There are other ways to get an ex to contact you.

Another common mistake that guys make when they don't really know where to start to get their ex back, or what to do to make her change her mind is

3. Feeling overwhelmed by how much he thinks he needs to do because he doesn't yet know how simple attraction really is to understand and master

Here's the thing

Your relationship and break up was unique.

That is true.

There were also some complex things that went on between you and her, which lead up to the break up.

Thankfully though, the solution to get her back is simple and natural.

It's all about re-attracting her.

When you understand how to re-attract an ex and you do it, you instantly see how easy it actually is.

You begin to realize how much power and control you actually have over your interactions and relationships with women, now that you have a better understanding of how a woman's attraction works and how women tend to just go with how they feel.

[image: Your ex can go from hating you to loving you, all based on the approach you use with her from now on]

This means that a woman can literally go from hating her ex, or feeling disappointed and turned off, to loving him and feeling impressed, attracted and excited to be around him again.

It's the same guy, but he has simply changed his approach to attraction.

So, up until this point, you may have been thinking that getting your ex back was a difficult, if not, impossible thing for you to do.

[image: Getting her back by changing your approach to attraction]

You may have even convinced yourself that there's no way she would give you another chance, after what happened between you.

Yet, the truth is, just because you don't yet know exactly how to re-attract her and get her back, it doesn't mean you can't learn it and then do it.

You can.

4. Assuming that to get a woman back, a man has to go through a long period of no contact

This is one of the biggest myths out there when it comes to getting an ex back.

The reason why is that for women to get a man back, it usually works well to cut off contact with him after he has dumped her.

The man feels like he doesn't have power over her anymore and wants to contact her to see if she is still missing him, or he can't get laid or get a new girlfriend for weeks or months and then contacts her.

The same rule doesn't apply for men who want to get women back though.

In almost all cases where a man is trying to get a woman back, she is no longer attracted to him, isn't interested in getting back with him and can easily attract new men for sex, dating or relationships.

So, when a guy cuts off contact for 30 to 60 days after a break up, he will almost always find that his ex girlfriend or wife simply moves on without him.

Now, of course, cutting off contact can work on some women in some cases, but it's usually only when the woman still has strong feelings for her ex and doesn't really want to be broken up with him, or if by some chance, she isn't able to meet a new man and move on and then becomes lonely and misses her ex.

However, in almost all other cases, if a woman has disconnected from her feelings of love, respect and attraction for her ex, then not hearing from him for 30 to 60 days actually helps her get over him and move on.

She has time to get on dating apps and line up dates with new men, or date the guy at work (or university) who has a crush on her, be introduced to men via her friends, or go out to party, get drunk and flirt with new men who are keen to hook up with her.

So, if you decide to use No Contact on your ex (i.e. not contacting her for 30 to 60 days), just know that it can backfire and result in you losing her to another man.

On the other hand, if you take action right away and begin re-sparking her feelings of respect, attraction and love for you, she could be back in your arms today, within a few days, or at the latest, 1-2 weeks.

5. Trying to get her back by telling her how you feel, before you even re-attracted her

If a woman no longer feels attracted or in love with her ex, him pouring his heart out and telling her how much he still cares, isn't going to make her say, *â€œWow! Oh, you care about me do you? You love me? Oh, well that makes all the difference then. Let's get back together!â€*

That's not how it works.

If you want her to care, you have to make her feel attracted to you again, so she looks at you in a sexual and romantic way, rather than looking at you as an ex that she is over and no longer wants anything to do with (sexually and romantically).

6. Asking her if she is open to talking about the relationship, before you begun re-attracting her

The relationship you and her had is over, at this point.

You can get the relationship back, make it even better than before and make her love you, respect you and feel more attraction than she ever did before, but youâre not going to get that by discussing the relationship if sheâs currently not attracted to you.

Always remember: Attraction first and everything else after that.

When your ex is feeling attracted to you again, she will naturally start to feel as though what you and her had isnât over.

She thought she was over you, but sheâs now getting that feeling âdown thereâ and wants to be close with you physically.

As a result, she begins to imagine kissing you, being held by you and having sex with you and it feels good to her.

She also starts to imagine falling back in love with you, feeling amazing together and being able to have more mature, harmonious relationship this time around.

When she is imagining those things (AFTER you have re-attracted her first, by interacting with her and using attraction techniques), she will naturally open up to the idea of having a relationship with you again, or at least hooking up with you to see how she feels.

You donât even have to ask her if sheâs open to discussing the relationship, or try to convince her to give you another chance because she will want to herself.

She will feel compelled to meet up with you, be close with you and explore her new, exciting feelings for you.

If you donât think that is possible with your ex, then you simply arenât aware of how a womanâs attraction actually works.

Itâs so easy to do.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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I Want to Get Her Back, But I Don't Know Where to Start

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Start the ex back process by:

1. Understanding how to fix the subtle things about yourself that were turning her off

If you don't do that first, you will almost certainly end up behaving the way you used to, which will continue to turn her off (e.g. insecure, afraid of her reactions to what you want to say or do, being too emotionally sensitive).

You can contact her all you want without changing, but she's most-likely going to keep saying no because she knows that a relationship with you would just be the same as it was before.

If she gets that sense from you, it can lead her to think something like, *"Why would I want to get back with him when he still doesn't understand what I really want in a man? He doesn't know what it takes to make a woman like me truly respect him, feel attracted to him and love him. So, if we got back together, it would just end in a break up again and there's no way I'm going to put myself through that. So, I'm better off moving on and finding myself a new man who can handle a woman like me, rather than wasting time with my ex who still doesn't have much of a clue about how to make me feel the way I want to feel in a relationship."*

[image: Understand the subtle things that turned her off]

This is why, it's absolutely essential that before you try to get her back, you first understand out her real, more subtle reasons for breaking up with you.

If you're not sure what they might be, here are some questions that can help you figure it out:

- Did she like that you were a confident, emotionally strong and independent man initially, but end up feeling turned off at how you slowly became too clingy, needy, insecure or emotionally sensitive over time in the relationship?
- Did she feel loved and appreciated in the relationship, or did she feel as though you were taking her for granted?
- Did she feel like you loved her way more than she loved you and she didn't have to do anything to impress you (i.e. there was no challenge for her)?
- Did she feel safe knowing that you and her wanted the same things for the future, or did she feel like you and her were out of sync?
- Did she feel sexy and desirable with you, or did she feel more like a neutral friend, buddy or roommate to you?
- Did she like that you took the lead in the relationship and allowed her to relax into behaving like a feminine woman around you (i.e. she could be emotionally sensitive, girly, giddy, silly, irrational, change her mind like the weather), or did she feel as though she had to be the more emotionally strong, sensible, stable one because you couldn't take on the masculine role?
- Did she feel as though she could behave badly around you and get away with it because you didn't have the balls to stand up to her in case she dumped you?
- Did she feel as though you became too aggressive when standing up to her because you

couldn't get her to respect you in other ways?

- Was she able to see you rise through the levels of life and strive to achieve your goals, or did she put up with hanging out, wasting time and secretly feeling annoyed by your lack of drive and ambition as a man?
- Did you often become enthusiastic about a new thing (i.e. a project, a job you could get, a business you could start, a sport, a hobby), only to then lose interest and never follow through until you achieved what you wanted, or fail initially and then never try again?
- Did you become too jealous, needy or controlling in terms of how often she used her phone and how that made you feel (i.e. neglected, ignored, worried that she might like another guy)?

The next step in the ex back process isâ€¦

2. Preparing yourself to interact with her and let her experience the new version of you

Don't try to attract her or get her interested using the same old approach you've used before. She's seen all that and it's not going to peak her interest.

For example: If you initially got her to become your girl by sending her flowers, buying her meaningful gifts, writing her love letters or poems and generally being nice and sweet and agreeable, she's not going to be impressed by those things the way she was back then.

One of the reasons for that is women only appreciate romantic gestures from men that they are attracted to, or interested in.

Since you are her ex that she has dumped and most-likely doesn't want to be with right now, she is almost certainly not going to be swept off her feet by romantic gestures from you.

Instead, she might think something like, *“Is that all he knows how to do? Based on his approach so far, it's pretty clear that nothing has really changed and he is still stuck at the same level he was at before. I'm not going to get back into the same kind of relationship we were in. Doesn't he get that?”*

She will then close herself off to you even more than she has and possibly even start ignoring your texts, calls or social media messages from then on.

This is why, if you truly want to get her back, make sure that you use the time that you're not interacting with her to prepare yourself to properly re-attract her.

Don't contact her and offer her the same old attraction experience that caused her to leave you in the first place.

Instead, use the time apart from your ex to improve your approach to attraction, so she can feel excited, turned on and drawn to when she next interacts with you.

Here are some examples:

- If you were needy and clingy before, you are now more emotionally independent, happy and forward moving in your life without her.
- If you were too emotionally sensitive before, you're now more manly in the way that you think, act and behave.
- If you let her dominate you with her confident personality before, you now stand up to her in an assertive, but loving way when she's out of line.

- If you were insecure and unsure of yourself around her near the end of the relationship, youâ€™re now more confident and believe in your value and attractiveness as a man.
- If you couldnâ€™t handle her tantrums or moods in the past and would go into your shell, or get angry at her about it, you can now handle it and are able to change her mood and get her laughing and smiling by using humor and flirting. If you donâ€™t have the balls to do that, then you havenâ€™t leveled up and canâ€™t handle a woman like her. Youâ€™re too scared to do anything other than be quiet, go inward or get annoyed when she is being moody, irritable or throwing a tantrum. Thatâ€™s not what she wants. A woman wants a man who has the balls to change her mood, even if it means her pretending to be angry at him temporarily before laughing, smiling and changing her mood.

When she interacts with you and realizes that she is feeling a newfound respect, attraction and love you, the relationship doesnâ€™t feel like itâ€™s over.

Itâ€™s as though you and her are still boyfriend and girlfriend (or husband and wife), but were on a break from each other.

Now, you have used that time apart to level up as a man (donâ€™t tell her about that. Just do it. She doesnâ€™t want to hear about your journey, or hear that youâ€™re using techniques on her) and she feels so much more respect, attraction and love for you as a result.

If she asks you what caused you to change, just say something like, *â€œI donâ€™t know. I just feel different. I like who I am nowâ€* and leave it at that.

[image: Let the changes you make remain a mystery]

Thatâ€™s what women want.

They want the mystery.

A woman doesnâ€™t want you telling her that you went to therapy, or you got a program online and learned how to re-attract her.

She just wants you to shut up and re-attract her, so she can enjoy the exciting emotions that come with being seduced back into a relationship.

Suddenly, you and her are having make up sex, kissing passionately and holding each other with love pulsing through your body.

It feels amazing for both of you.

Remember that.

This isnâ€™t just about you getting her back.

Sheâ€™s going to enjoy the amazing experience of getting back with an ex man who blows her mind with his new approach to attraction.

So, once you have prepared yourself to re-attract her, the next step isâ€

3. Interacting with her, re-attracting her, but not pushing for a relationship

[image: Interacting with her, re-attracting her, but not pushing for a relationship]

When you re-attract her and she opens back up to you, it can be very tempting to then start pushing for, hinting at or simply asking for a relationship.

Don't do that.

Let her be the one who is wanting the relationship to get back together and then allow her to have it. That way, she feels excited about getting back with you and invested in making the relationship work.

She feels lucky that she is so in love with you now and has been able to get a relationship back together, rather than continuing to go through life with her track record of 100% of her relationships failing.

You and her are the exception and better still, it feels amazing to be back with you.

She experiences emotions for you that she's been wanting to have all along and can see that the new relationship really is going to be different.

That is what works.

However, if your ex gets the sense that it's essentially all about you being lucky enough to get her back, then she will naturally keep her guard up.

It will most-likely be a reluctant reconciliation (i.e. where she gives in and gives you a chance, but isn't really sure about it), rather than an excited, passionate one (i.e. where she feels a tremendous amount of new respect, attraction for you and is excited about a future with you).

So, make sure you don't cheat her out of experiencing the excitement and passion, which comes with allowing her to want the relationship to be back together and then hinting at it, asking for it or even pushing for it.

To allow her to experience it, make sure to control yourself and remain calm, even when she is kissing you and telling you that she loves you again.

Tell her that you love her and kiss her back, but just don't say that you want a relationship, or make the mistake of asking, *"So, does this mean we're back together?"*

Let her be the one asking that and then jokingly say, *"Well, as long you treat me well, I'll let you be my girlfriend again"* and have a laugh with her.

Create the kind of relationship dynamic that women crave, but rarely ever find.

That is, where you are a confident, good man who treats her well, but you also make her feel the need to win more of your love over time.

Don't give her all your love right away.

Let her work for it.

Women want that experience, as long as you're treating them well and being a confident, good man.

When you do that, she is going to want to stay with you and never leave you.

So, if you want your ex back, but you don't know where to start, now you do.

You know where to start, but the question is: Will you continue?

Will you follow through on the ex back process and get her back?

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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4 Mistakes to Avoid if You Suspect Your Ex is a Dismissive Avoidant

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

1. Assuming that she must have mental problems and that's why you weren't able to get her to love you and want to be with you

Some women do have a dismissive avoidant personality, where they don't ever really open up, fall madly in love and totally commit to a man.

Yet, in most cases, when a woman isn't opening up in a relationship, it's not because she's a dismissive avoidant.

Instead, it's because the guy simply isn't making her feel the way she wants to feel when she's with him (i.e. sexually and romantically attracted, in love, confident about opening up and being vulnerable with him).

From his perspective, he has been doing everything he can to get her to open up, trust him, love him and want to be with him.

He has been extra nice, considerate, patient, loving, understanding and accommodating when it comes to her unloving, cold or distant behavior when it comes to him.

Yet, what he doesn't realize is that what a dismissive avoidant woman wants is to meet a man who doesn't chase after her when she is being distant, but does continue to make her feel attracted, respectful of him and in love with him.

This is where so many guys mess up when it comes to relationships with dismissive avoidant women and when trying to get them back.

In a relationship, a guy will chase her love and try to win her affection and then after a break up, he will go to the other extreme and totally ignore her in the hope that it will make her chase him.

Yet, that's not what works with dismissive avoidant women.

To get a woman like her to want you and only you and to open up, love you and stop being distant, you have to be more of a challenge for her, while still being a good man.

In other words, be a good man, but make her feel the need to impress you and win more of YOUR love.

The only man a woman like her will fall for, open up to and truly want to be with is a man who can do that.

Every other man who tries to make a relationship work with her will fail miserably, if he goes to one extreme or the other (i.e. being needy and chasing her love vs. being indifferent and not caring about her at all).

[image: Most guys will never understand her]

Likewise, men will fail if they just try to be a nice, good, loyal boyfriend to her, without making her feel challenged.

Then, when she breaks up with one of those men, he might think, *She's crazy! Iâm such*

a good guy. Why the heck would she break up with me? She must have mental problems. That's why she was never able to love me the way I love her. She needs help. She should go see a psychiatrist or something.

Then, after a lot of searching online, he might come to the conclusion that she was probably abused as a child, or is bipolar, depressed or has a dismissive avoidant personality.

He will try to justify why he couldn't get her to love him in the way that he loved her, or get her to want to participate in the relationship at the level he wanted her to.

Yet, in almost all cases (when women behave like that with men), the man just wasn't able to make her feel the kind of attraction and love that would cause her to open up, fall in love and totally commit to him.

She's not crazy.

She's just looking for a very specific attraction experience (i.e. a good, confident man who is a challenge and causes her to want to win more and more of his love over time) and she won't be happy until she finds it.

If she finds that, many of her ex boyfriends (who couldn't figure her out) will look on in shock, disappointment, sadness or even anger (in some cases), when they see that not only is she in love and gushing about the new man in her life, but within a short period of time, she is engaged to him.

Soon after, she then gets married and starts a family with him.

She seems so much happier than before and contrary to what he might be thinking, it's not because she's taking a new, revolutionary drug from a pharmacy to fix her so called dismissive avoidant personality disorder.

Instead, she's been seduced by the love drug that comes from real sexual and romantic attraction and has found that âlock and keyâ experience she's been looking for in a good, confident man who is a challenge to her.

So, if you want to get her back, don't try to make yourself feel better by assuming that she's nuts.

That might give you some temporarily feelings of gratification where you convince yourself that it's all her fault, but you will then have to live the rest of your life regretting losing her when you see that she is happy, in love and totally committed to another man who understands her and what she really wants.

You can be that man, but you can't do it if you think she needs help, or that a woman like her can't be truly in love, committed, affection and open.

She can, but it will take the right âlock and keyâ approach to unlock that side of her (i.e. you interacting with her and letting her sense that you are now the confident, good, challenging man that she has been looking for).

She won't immediately jump up and down in excitement and say, *âWow! You're the one,* but she will start to feel giddy inside.

She will feel excited about the new, highly desirable emotions she experiences when around you, or interacting with you.

She will begin to realize that she doesn't have to look elsewhere to hopefully find a man who gets her, because you already do.

On the other hand, if you keep using the same old approach that you've been using with her and expect that she isn't responding well because she's crazy, then you will end up regretting it later on when you realize you could have gotten her back with a different approach.

Another mistake to avoid is

2. Getting the same (or similar) type of reaction from your next girlfriend and the next and then assuming that all women are damaged

Some guys go through life getting into relationships with women who always seem to be a bit closed off initially and then become even more closed off as the relationship continues.

No matter what he tries (i.e. how much he succeeds in life, how well he makes himself look physically by working out, how loyal and supportive he is to women, how generous and kind), women always tend to give him way less love, affection and sex than he actually wants.

Additionally, women always tend to break up with him and use the reason of, *It's not you, it's me* or, *I need time to work on myself* or, *I need to be alone for a while to figure out what I want* because they don't really have any obvious reason to break up with him.

After all, he's a good guy and hasn't really done anything wrong, so it's not as if she can say, *I'm breaking up with you because you're a selfish asshole* because he's not.

This is why, he will get vague excuses that he can't really do anything about, such as, *I need space to focus on myself* or, *You deserve better than me. I can't give you what you want* or, *I can't deal with a relationship right now. I have too many issues from my childhood and need to get help to heal myself before I will be ready for a relationship* and so on.

Essentially, the woman is acting like she has issues, needs help (i.e. from a psychologist or psychiatrist), when in fact, she's just not feeling enough attraction and love for the guy to want to remain in a relationship with him.

This is usually based on him trying to win over more of her love, by being the best boyfriend he can to her.

What he doesn't realize, is that to open up a woman like her, he needs to be a good man, but get her to feel the need to impress him and win over more of his love.

Even if he does realize it, a guy like that will usually be unwilling to do it because he only wants to be nice to women and sees anything else as being disrespectful, rude, selfish, mean or unloving.

He doesn't realize that the love between a man and a woman isn't all about the nice stuff.

There is an edge to love that needs to be there as well, which comes from the challenge and desire to impress the other.

If that is one-sided (i.e. it's only the man who feels challenged, or feels the need and desire to impress her), then it won't feel like real love to the woman.

She will feel bored, restless, unsatisfied, annoyed and irritable and will want to get out of the relationship, even though the guy is a good guy and hasn't really done anything wrong.

So, if you weren't able to offer your ex the love and attraction experience she really wanted and you then do the same thing with another woman in future, you're almost certainly going to get

the same result (i.e. she won't really love you and will always have one foot out the door, ready to leave you when and if she can).

Guys who repeat that kind of pattern in their relationships with women, often end up feeling very angry and thinking things like, *â€œWomen are all messed up. You can't please them. I've tried everything and nothing ever works for me. It always ends. I get dumped, she cheats or I break up the relationship to save myself the pain. So, I'm done. I don't want another relationship. I'm going to remain alone for the rest of my life.â€*

As a result, a guy like that might then close himself off, stop dating and become a very bitter, angry person who secretly hates women.

Don't let that happen to you.

If you want to get your ex back and have a happy, successful, lifetime relationship with her, or if you want to attract a new woman and do that, you have to be willing to use a new approach that makes women truly love you.

3. Feeling like you have no chance of getting her back, due to her dismissive, avoidant personality type

If you let your feelings about her personality type cause you to doubt your chances of re-attracting her, then your frame of mind will end up turning your ex off.

She will pick up on your feelings of unworthiness and become even more closed off towards you than ever before.

She will see that you are just every other guy who doesn't understand her and what she really wants (i.e. a confident, good man who is a challenge and makes her want to win more and more of his love over time).

By feeling like you have no chance and giving off vibes of self-doubt and unworthiness, you are essentially telling her, *â€œI don't think I'm good enough because you're not showing me love. I need you to show me love before I can feel confident about my ability to make you feel love.â€*

In other words, you need her to be someone she's not (i.e. be a woman who helps a man feel confident around her).

She's not going to do that because she wants a man who is confident around her no matter how she behaves.

If you doubt yourself, you lose.

That's the deal with women like her.

You've got to be confident in yourself and your value and attractiveness to her all the time, regardless of what she says or does.

That is the man she will love, open up to and totally commit to.

Every other guy just won't be able to truly capture her heart and will be dumped.

4. Never realizing how much power and control you have over how a woman feels for you

Currently, you might feel as though little to no control over how your ex girlfriend feels about you

(i.e. because she dumped you and seems to be in control of the situation).

Yet, what you need to realize is that women are reactive and go with how they feel.

This means that when you interact with her and begin attracting her in new, exciting and appealing ways, she reacts by feeling attracted and having new desire for you.

She realizes that what you and her had isn't over and instead, is alive, new, interesting and exciting for her.

She notices that you're not behaving like you used to, or reacting to her like you used to and have completely leveled up as a man.

You have tapped into what really makes her feel attracted and in love and as a result, she begins looking at you as the one.

She knows that if she doesn't give you a chance, she will struggle to find another man who makes her feel the way you now do.

As a result, she will feel compelled to open up and give you and the relationship another chance.

In fact, a man has a lot of control over the ex back process when he focuses on making his ex woman have sexual and romantic feelings for him again.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Does My Ex Girlfriend Have a Dismissive Avoidant Personality?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

It's very easy to assume that a woman is a dismissive avoidant, but in most cases, the real reason a woman behaves like that is due to a lack of sexual and romantic attraction.

She might have been like that with you, but it doesn't mean she would be the same way with another guy.

So, here are 4 reasons why your ex may seem to have a dismissive avoidant personality when she actually doesn't:

1. She didn't feel attracted to you in the kind of way that would make her want to be close with you

Sometimes a woman will get into a relationship with a guy that she isn't fully attracted to, but hopes that she will be able to feel more attracted to and fall in love with over time.

She will justify her decision by thinking something like, *"He's a really nice guy and he treats me so well. I don't feel butterflies around him, but maybe when we get to know each other better over time, the spark will grow. Besides, there has to be more to a good relationship than sexual attraction, right? I mean, I want a good guy and I've found one, so I need to try to be happy with what I've got. Hopefully I will feel more attracted to him over time and then, I will have secured myself a good guy that I'm very attracted to, so it will work out well in the end."*

Yet, as time goes by, she may notice that she's not feeling more attracted to him and doesn't really feel motivated to fully open up, commit and be his girl for life.

What would?

Well, with a girl like her, it's almost always a guy who is more of a challenge (i.e. a guy who makes her feel the need to impress him and win more and more of his love over time in the relationship).

You didn't offer that to her, right?

What you offered her was a relationship experience where YOU were trying to win more and more of her love over time.

She didn't feel the need to win more of your love, because you took that role from her.

You played the part that she wants to play and that will make her open up, fully love and commit to a guy.

Another possible reason why your ex girlfriend may seem to have a dismissive avoidant personality when she actually doesn't is that

2. You gave her too much power in the relationship, which she didn't want

Some guys make the mistake of thinking that in order for a woman to be happy in a relationship, she needs to feel like the more powerful or valuable one who is essentially in charge of how the relationship unfolds.

A guy like that will pretty much always give in to his woman's demands (even if she is being unreasonable and disrespecting him) and leave all the important decisions up to her.

He will justify his actions by thinking something like, *"If I make decision that she doesn't like, then she will get annoyed and feel unhappy with me. Yet, if she chooses what she wants all the time and I just go along with it, then she will have no reason to be unhappy or annoyed. That way, she will always be satisfied and won't want to leave me."*

Additionally, women who tend to bring that side out of a man are usually women who complain and tell stories of how they were treated badly by ex boyfriends, or abused as a child or abandoned and so on.

Essentially, women like that will put on a "pity me" act and if the guy falls for it and starts being softer, more gentle and more timid when it comes to her, she will lose respect for him for not being able to get her behave like a sensible, grown up woman.

At the end of the day, she doesn't want a wimpy boyfriend who falls for her act of being a messed up girl who doesn't know what she wants.

She knows what she wants.

She wants to look up to a man and respect him, feel attracted to him and be in love with him.

She wants him to be able to laugh at her (in a loving way), when she's going on and on about her past and trying to use it to manipulate him into being a pussy around her.

The ONLY man that a woman like her will open up to and fully commit to is a man like that.

Not a pussy, not an emotionally sensitive guy who is always there for her and not a shoulder to cry on.

Instead, man who has the balls to laugh at her (in a loving way, of course) and get her to laugh at herself when she's being a pain in the butt.

A man who gets her to grow up and start being a sensible woman (regardless of whether she is young or very mature in terms of age) who opens up to experiencing fearless, committed love.

That's the man who will win her heart and keep her.

You can be that man, but you can't use the same old approach you used with her that lead to you getting dumped.

You've got to understand her psychology and start giving her the attraction and relationship experience she really wants.

She doesn't want to feel like she has a lot of power over you.

She doesn't want you to be afraid of saying or doing things around her, because you're worried about her getting annoyed, angry, becoming moody or throwing a tantrum.

She wants you to be fearless in the face of her ridiculousness.

She wants you to be able to do that, so she can laugh at herself and start to mature emotionally.

If you can't do that, then you're not the man for her.

If you can, then she will stick to you like a magnet and will want to continue the relationship, so she can finally grow into the fearless, loving woman she has always wanted to be.

3. You weren't able to create enough of a masculine/feminine dynamic in the relationship to make her want to be loving, attentive and affectionate towards you

[image: You weren't able to create enough of a masculine/feminine dynamic in the relationship to make her want to be loving, attentive and affectionate towards you]

Regardless of what a woman does for a living, or what kind of personality she has (i.e. submissive vs. assertive), when it comes to her relationship with a man, she almost always wants to relax into thinking, talking and behaving like a feminine woman.

In other words, even if she's the boss at work who calls all the shots, when she's with her man, she wants him to be the more emotionally masculine one (i.e. be more courageous than her, more decisive, more emotionally strong, more emotionally stable and steady) so that she can let go and be a real woman around him (i.e. she can cuddle into his arm when watching a scary movie, act girly and giggly around him, be emotional and cry when she needs to).

Only a masculine man can bring that side out of a confident, independent modern woman.

If a man is soft in comparison to his woman's strong personality, then she won't feel like being girly around him, which will make her feel deeply unsatisfied, restless and even angry.

So, if you weren't able to create a relationship dynamic where she felt girly in comparison to your masculine strength (i.e. your courageousness, your fearlessness about life, your emotional strength, your confidence) and instead, made her feel like you and her were equals in terms of emotional strength or worse, she was stronger than you, then it's only natural that she would seem like she had a dismissive avoidant personality.

Yet, I assure you that if she meets a man who can bring out her girly side, she ain't going to be a dismissive avoidant.

Instead, she will totally into him, will completely open up and be madly in love with him.

He will be the one for her.

You can be that man, but you have to be willing to create a very clear difference between you and her, rather than making her feel like your equal in terms of emotional strength.

You have to embrace your masculinity (i.e. accept and embrace that you are the man and she is the girl), so she can feel completely different in her energy compared to you.

When you do that, she will automatically feel attracted to you on a deep level that will cause her to want to see you, spend time with you and explore her new feelings for you.

4. She doesn't like guys who want to discuss their feelings all the time

If you watch politically correct TV talk shows, or read politically correct articles online, you will be told that women want to be in a relationship with a nice, sweet, dependable guy who listens to them and can open up and discuss his feelings like women do.

Unfortunately, that's only ONE side of what I call, The Coin of Attraction.

On one side, you have all the nice stuff (i.e. sweetness, generosity, gentleness, kindness and so on) and on the other, you have the things that people are rarely willing to talk about (i.e. ballsy humor, challenging behavior, an undertone of aggression while still being a good man, assertiveness, laughing at a woman when she is being a pain the butt, roughly caressing a woman during sex

sometimes, rather than always being soft and gentle and so on).

If you only offer a woman one side from The Coin of Attraction, then she's just not going to feel deeply attracted and turned on by you.

She will see you as a nice guy and will most likely appreciate you, but that primal urge to take your clothes off and start riding you or sucking you, just won't be there.

Unfortunately, a lot of guys don't realize this and end up paying way too much attention to all the nice stuff people talk about on TV shows, in person, online and in movies.

That can lead to a guy being overly emotionally sensitive in a relationship with a woman, with him constantly talking about his feelings with her (e.g. about work, their relationship, his family, his problems) and being really nice, gentle, generous and sweet to her pretty much all the time.

In his mind, he believes he is being the ultimate boyfriend (or husband) because he thinks what he is doing is what women really want in a relationship.

Secretly though, he will feel pissed off at the lack of affection and respect he gets from his woman and may even complain to her about how she treats him by saying, "I'm such a good guy to you and this is how you treat me. It's unfair. I deserve to be shown love. I deserve to be respected. Why are you treating me like this?"

Well, it's not as if the woman is going to say, "Because you're being a pussy. You're just too nice. I need you to have more balls. Put me back in place sometimes. Don't put up with my BS so much. Make me feel the need to impress you. Be more of a challenge."

She's not going to admit that because she doesn't want him focusing on one side of The Coin of Attraction and going from being a total nice guy, to a total asshole, in the hope of impressing her.

She wants a guy who has the ability to maintain the right balance, where is being a good guy to her, but is still a challenge (i.e. she feels the need to impress him, look good for him, respect him, treat him well and win more and more of his love over time).

So, if you were the type of guy who was regularly discussing your feelings with her and coming across as being a little too sensitive, it would be one of the reasons why she seemed like a dismissive avoidant to you, even though she most likely isn't one.

Here's the thing:

There's nothing wrong with feeling emotions as a man, but when you regularly want to discuss your feelings with a woman, she ends up looking at you as being more like a woman, which kills her attraction.

You're not a woman, of course, but you feel like one to her if you are always going on and on about your feelings.

It's just how it works.

Unfortunately, a lot of guys don't understand how women feel attracted to men, so they make the mistake of talking about their feelings like a woman talks about her feelings.

This often happens in a long term relationship, where a guy essentially starts to copy his girlfriend's behavior (i.e. he gets moody like her, he becomes emotionally sensitive and reactive like her and so on).

Yet, what you need to understand is that in order to make a woman feel the most attraction possible, you have to be the OPPOSITE of her in terms of your emotional energy.

In other words, you need to have the emotional energy of a MAN, so she can have the emotional energy of a WOMAN.

If she feels like you are pretty much like her, or one of her girlfriends, rather than an emotionally strong man that she can look up to and respect, then she just won't be able to feel much or any attraction for you.

What you need to understand is that, even though many women act like they are strong these days and don't need a man to take care of them, they still feel vulnerable in this world.

Instinctively, they still feel the need to be with a man who makes them feel protected, based on his emotional strength.

This is why women all over the world are attracted to men who are confident, emotionally strong and able to cope with whatever life throws at them.

Some women will temporarily accept an emotionally weak or sensitive guy, but they won't want to stick with him in the long run and will get out of the relationship when they can (i.e. when she can afford to pay rent on her own, when she meets a new guy, when a girlfriend invites her to come and live with her for a while, when the kids are old enough to take care of themselves and so on).

If you want to get your ex back and you want to keep the relationship together for life, you simply must be willing to quickly grow into your masculinity.

Embrace being the man and let her sense that things really would be different if she got back with you.

Don't tell her that.

Let her sense it based on how you now interact with her.

When you do that, you will see that she instantly stops being so avoidant and dismissive when it comes to you and instead, opens up to what she has now found in you.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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4 Mistakes Men Make When Trying to Get an Ex to Feel Sorry For Them

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Some guys never find out that making an ex woman feel sorry for them isn't the best approach to use to get her back.

As a result, many of those guys make one or more of the following mistakes, which end up pushing the woman away further.

1. Trying to show her how sad and lost he is without her, to hopefully make her to feel guilty enough to change her mind about the break up

[image: Trying to show her how sad and lost he is without her, to hopefully make her to feel guilty enough to change her mind about the break up]

When she was in love with him, she would most likely care if he wasn't feel happy and would want to make him feel happy.

She was okay about doing that every now and then because he was the man that she loved and wanted to be with.

Yet, now that she has broken up with him, he is no longer her responsibility.

As a result, in almost all cases, a woman simply isn't going to care or feel compelled to rush to her ex and help him feel better about himself if he seems sad, lost or lonely without her.

Unfortunately, a lot of guys don't realize that and end up posting lonely photos (e.g. photo of a beach or landscape that he took by himself, a selfie of himself at home, a photo of his pet dog or cat) or updates on social media (e.g. talking about how difficult love and relationships can be), or telling mutual friends how much he misses her in the hope that they will tell her, she will feel sorry for him and then get back with him to make him feel better.

Yet, it almost never works out that way because women aren't attracted to emotional weakness in men; especially when it comes to an ex man that they've dumped.

So, rather than making her want to get back into a relationship with him, she loses attraction for him for being emotionally weak and feels even more certain about her decision to move on without him.

As a result, she opens herself to dating and having sexual encounters with men to find herself a new boyfriend, or to just have fun for a while and enjoy the single life.

While doing that, she might occasionally feel sorry for her ex (if he hasn't been able to move on, or figure out how to re-attract her and get her back), but she isn't going to run back to him if she's having fun and enjoying herself with new men; especially if those men are much more confident than her ex.

Instead, she's going to feel as though her ex is showing her that he's no match for her anymore and she was right to break up with him, to focus on finding herself a more confident, emotionally strong man.

So, if your aim is to get back into a relationship with your ex, make sure that you don't let her see how sad you are without her.

Instead, show her that even though you still care about her and want her back, you don't need her back.

Don't tell her that, of course, as it's not a nice thing to say and will result in her wanting to get emotional revenge on you.

Instead, just let her see it and feel it based on what you post on social media (i.e. photos of you having fun with other people), or how you talk to and interact with her (i.e. you flirt and joke around with her, but aren't pushing for a relationship and seem totally confident, fulfilled and happy without her).

That is what makes women feel attracted to men after a break up.

They don't go around admitting it though because they don't want to encourage men to act totally uninterested.

Just think about what happens when women say, *âI just want a nice guy.â*

Millions of men all over the world hear women say things like that and end up behaving VERY nicely towards women, to the point where they are total pushovers who are trying to suck up to women and hope to be chosen for their niceness.

This is why women can't say what they really want from a man.

If they were to say, *âWhat makes me want to get back with an ex is when he seems totally happy without me and doesn't even care if he wants me back,â* because it would result in men saying to women, *âI don't care about getting you back. I'm happy without youâ* or acting very uninterested in the woman.

So, women keep quiet about what actually works on them and the men who understand it, are the ones who enjoy easy, consistent success with women.

In terms of getting your ex back, you've got to understand that she will respond with feelings of respect, attraction and love and will miss you if she can sense that you are honestly happy, enjoying life and making progress with or without her.

She may pretend to be offended or shocked if you seem so happy without her, but that's just to check if you're faking it.

If you are honestly happy without her, then you will be able to sincerely respond to any fake anger, shock, disappointment or offense from her (about you seeming happy without her), by saying something like, *âHey, you were the one who broke up with me, remember? What did you want me to do? Sit around and do nothing for the next 10 years? I do still love you, but I am enjoying my life. I'm not going to let the break up ruin my zest for life. I love life and want to enjoy it. No disrespect to you, but I have to take care of myself. We're not a couple anymore.â*

It might sound risky to say something like that to her, but it's the sort of thing that makes her feel rejected, left behind and sad that she doesn't have you, which makes her want you back.

Additionally, you're also being a good man to her when saying something like that, which makes her respect you.

You're not saying it in a mean way and instead, are saying it with love and respect.

So, she can't be mad at you for being mean, rude or selfish.

Instead, she can only walk away feeling regret for breaking up with you and a desire to get back with you to stop the emotional pain she is feeling.

That is what works.

On the other hand, trying to make a woman feel sorry for you to hopefully get her back rarely, if ever works because women simply aren't attracted to emotional weakness in men.

Instead, by making her feel sorry for you, it will simply cause her to feel more attracted to confident, happy, high-self esteem men who don't need her pity because women are attracted to the emotional strength in men, not the emotional weakness.

Another mistake to avoid making is

2. Not understanding what kind of attraction experience she really wants

[image: Not understanding the kind of attraction experience she really wants]

Imagine this!

A guy gets into a relationship with a girl and initially, things go well because he is confident around her and in life, treats her well and makes her feel loved and appreciated.

He also makes her feel the need to impress him too, which she really loves.

So, they are enjoying a relationship that is exciting, enjoyable and attractive for the both of them.

Then, one day, the guy starts becoming insecure and jealous.

He worries about who she might be chatting to on her phone.

He asks her if she is flirting with other guys and seems worried, which makes her look at him as being an insecure guy who doesn't believe in his value and attractiveness to her.

As a result, she starts to lose a bit of respect for him, but puts up with it because the relationship is otherwise all good.

Yet, a week later, he ends up telling her that he has serious trust issues because a previous girlfriend cheated on him.

He tells her that he wants to be able to monitor what she is doing on her phone, by being able to check her messages whenever he feels like it.

She feels disappointed that after all the love she has shown him and the fact that their relationship has been great, he doesn't trust her and wants to monitor her to be sure.

She also finds that insulting and is annoyed that he is looking at her as being an untrustworthy woman.

She realizes that he hasn't been able to deal with the issues he's faced in his life prior to meeting her and is now using those issues to cause problems with her.

Suddenly, she begins to look at him as a needy, insecure boyfriend and assumes that his previous girlfriend probably cheated on him because she was turned off by his insecurity.

As a result, she looks at him as an unattractive guy and begins questioning whether or not she is making a huge mistake by being with him.

She then begins to push him away, until she eventually breaks up with him.

Now, can you see what happened to the attraction experience in that relationship?

She went from feeling respect, attraction and love for him based on his initial approach to the relationship, to feeling disappointment and even disgust for the insecure guy he became, or turned out

to be in the end.

It was the SAME guy with the same appearance, but he suddenly became very unattractive to her based on the unappealing experience he caused her to continually have to face in the relationship. The relationship could have worked, but he messed it up by becoming so insecure, needy, jealous and controlling.

How about you?

What happened between you and her?

Did you start off giving her the kind of attraction experience she wants in a relationship, but then mess that up by changing your behavior around her, or your treatment of her?

That is what really counts to her.

If you want to get her back, you have to become very clear on how you messed up, so you can then make the correct adjustments to your thinking, behavior and treatment of her.

When you do that, she will naturally and automatically feel differently when interacting with you, which will allow her to see that a relationship with you now really would be so much better.

When she feels that, she can then begin to open up to the idea of getting back to you.

When she does that, she will also realize that if she doesn't get back with you right away, other women are going to find the new, improved version of you so much more attractive and she might end up losing you.

As a result, she feels compelled to get something going between you and her as soon as possible.

Yet, if you're just using the flawed strategy of hoping she will get back with you based on feeling sorry for you, then you're probably going to end up feeling sorry for yourself when she moves on.

Another mistake to avoid making is

3. Assuming that since making people feel sorry for him worked as a boy, it will work now that he is a grown man

[image: Assuming that because making people feel sorry for him worked as a boy, it will work now that he is a grown man]

If a young boy cries and makes people feel sorry for him (e.g. his parents, teachers, older siblings), he will usually get his way, or at least be shown love and attention.

Yet, when a guy becomes a man, those rules no longer apply.

In fact, if he cries or regularly seeks pity, people will see him as a bit of loser, even though to his face, they might be nice and show him some sympathy or empathy.

In terms of women, they are instinctively turned off when a grown man hopes to make a woman feel sorry for him and essentially come to his rescue like people did when he was a boy.

Of course, women don't go around telling men about this.

For example: Some women will say that men should cry like and be vulnerable or emotionally sensitive, but that's just political correctness.

In reality, women are sexually attracted to a man when he doesn't need a woman to rescue him,

pity him or feel sorry for him in any way.

Women see that man as a real man, whereas they secretly see men who seek pity as being pussies.

Itâs not just something they can openly admit though, due to political correctness and due to the fear of confrontation they naturally have when it comes to men (i.e. they donât want to make a man angry and have him become violent or aggressive in response to being called a pussy).

So, women resort to being nice and showing sympathy to pussy men, but secretly feel deeply turned off by them and want absolutely nothing to do with them sexually, or romantically.

This is why, when a guy is trying to get his ex back by making her feel sorry for him, she might be nice to him, but she will reject his attempts to get back with her and will try to find herself a replacement guy as soon as possible.

She can then scare him off by saying something like, *âIâve got a new boyfriend now and he doesnât want me talking to you. So, donât contact me anymore. I wish you all the best. Goodbye.*

Another mistake to avoid making isâ

4. Not realizing that he can get his ex woman back quickly and easily by making her feel jealous and left behind, rather than making her feel pity for him

[image: Not realizing that he can get her back quickly, by making her feel like the one who is being left behind]

Feeling jealous, left behind, rejected and unwanted by an ex man that she feels attracted to, is one of the fastest ways to make a woman want to get back with him.

Yet, as you would probably know by now, making her feel sorry for you isnât the way to make her feel that attraction.

What will make her feel attracted is when she can see that you are living a happy, confident, enjoyable life around other people.

Of course, thatâs one of the LAST things a guy wants to do when he has been dumped and is now heartbroken and missing his ex girl.

âand thatâs the reason why it works.

When a guy focuses on getting on with his life after the break up (e.g. by going out with his friends and having fun, meeting and hanging out with new women, doing exciting things that he never used to do with her), his ex woman automatically feels attracted to his emotional strength and ability to get back on his own two feet without her around.

That gets her attention and she wonders why he is feeling so confident and happy without her.

Additionally, if sheâs not feeling very happy, or hasnât really been enjoying life since the break up, she can end up feeling the one who is being left behind.

She broke up with him, but now she feels like the one who has been broken up with.

That makes her feel motivated to reach out to him, flirt with him and even get him back to make herself feel better again.

On the other hand, if her exâs strategy to get her back is to make her feel sorry for him, she will feel turned off and will focus on moving on.

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[image]

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Does My Ex Feel Sorry For Me?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

She might, but if she does, it's not actually the best approach to get her back.

Why?

1. Feeling sorry for an ex man doesn't make a woman want to be with him and stay with him, unless she is attracted to him

If a woman is very attracted to a guy, he can make a whole bunch of mistakes (e.g. appear sad, lost and a bit lonely without her) and she will often make an exception and get back with him.

She does it for herself because she is very attracted to him, not because he's making the mistake of appearing emotionally weak, lost or lonely without her.

In all other circumstances though, making a woman pity you just doesn't work and should be avoided at all costs.

In fact, using pity to try to keep a relationship together before a break up, or to get it back together after a break up isn't the right strategy to use.

Think about it this way!

If your ex girlfriend had been crying and was feeling sad and depressed, would you instinctively want to have sex with her, or comfort her?

If you're like most guys, your natural protector instincts will kick in and you'll want to take care of her, console her, comfort her and make her feel better.

You probably wouldn't be turned on by her depression and want to have sex with her due to feeling sorry for her, right?

What does make you want to have sex with her is a completely different thing altogether (i.e. her femininity, her radiance as a woman, her girly ways, her body, her cute expressions).

Likewise, if your ex looks at you as being a sad, lonely guy who is struggling to cope with the break up, she's not going to feel attracted to you and want you back because of that.

Unless she is very attracted to you and is hoping to get you back, she's not going to suddenly think, *"I have to get back with him, so I can take care of him and make him feel better"* because you seem sad, hurt, lost or dejected after the break up.

Instead, she will feel turned off by your inability to handle the curveball that life has thrown at you (i.e. the woman you love has broken up with you).

What you've got to understand is that women are attracted to the emotional strengths (e.g. confidence, self-esteem, self-assurance, assertiveness, courage) in men and turned off by emotional weaknesses (e.g. insecurity, low self-esteem, self-doubt, timidity, fear).

So, if you want your ex to feel a real, magnetic desire to get back with you, make sure that she doesn't feel sorry for you and instead, looks up to you and respects you based on your emotional strength.

2. Feeling sorry for an ex can make a woman feel like the relationship would be too much of an emotional burden for her

[image: Feeling sorry for an ex can make a woman feel like the relationship would be too much of an emotional burden for her]

If a guy behaves in ways that make his girlfriend feel more like his mother, or big sister where she essentially has to say, *“It’s okay sweetie, everything is going to be okay. I’m here for you. I know things have been tough and you’re struggling to cope, but I’m going to make everything better for you. Don’t you worry about a thing anymore; I’ve got this,”* then she will lose respect and attraction for him (for being so boyish or needy) and as a result, won’t feel much or any desire to want to keep a relationship going.

Being with him will feel like too much of a burden to her, because she is the one who needs to take care of him emotionally, which isn’t what a woman wants.

A woman wants to feel as though her man is emotionally strong and as a result, he is her *“rock”* as women call it.

Essentially, that means she can always rely on him to be the strong one in the relationship and allow her to be the girl, rather than having to be such a strong, brave and fearless woman to make him feel safe.

Women don’t go around explaining this to men, but it’s just how they feel.

Women want to be with a man who can make them feel protected, due to him being emotionally strong no matter what happens to him, them or in the world around them.

So, if your ex feels sorry for you, it’s not something that is going to make her feel like rushing back to you.

Instead, she might think, *“Why should I waste my time with a guy who can’t take care of himself emotionally? He’s just so needy. I know that I can find a man who isn’t like that. I don’t have to settle for an emotional wimp. I deserve a real man.”*

If she begins to have those type of thoughts, she will naturally open herself up to dating other men and trying to find herself a man who doesn’t need a pat on the head from mommy, so to speak.

This is why, it’s absolutely essential that you get your emotions under control right now and begin displaying confidence, emotional strength and emotional independence to her.

Emotional independence is about being confident, happy, secure and forward moving in life with or without her support, reassurance or presence.

On the other hand, emotional dependence is about needing her in order to feel confident, happy, secure and forward moving in life.

If your ex gets the sense that you’re emotionally dependent on her (i.e. needy), then you will feel more like a burden than a benefit to her life and as a result, she wants to keep pushing you away.

By the way!

There’s nothing wrong with feeling sad, dejected or even a bit lonely without your ex.

Heck, you’re human and it’s totally natural to feel things.

However, if you want to re-attract your ex so she wants to get back into a relationship with her, do not show her how sad, dejected, lost or lonely you are without her.

Youâ€¢ve got to display traits that will attract her (i.e. confidence, emotional independence, high self-esteem), not repel her (i.e. insecurity, neediness, low self-esteem, loneliness).

Another reason why your ex feeling sorry for you isnâ€¢t the best approach to get her back is thatâ€¢

3. If she meets a new man who is confident and has high self-esteem, he will seem so much more attractive than an ex she feels sorry for

Essentially, the new manÂ will be displaying qualities that make her feel sexually and romantically attracted (i.e. confidence, self-assuredness, high self-esteem).

As a result, she will feel the desire to be with him sexually, or to get into a relationship with him.

He will become her new crush, or new love.

On the other hand, feeling sorry forÂ an ex guyÂ only makesÂ a woman feel likeÂ patting him on the back like a lost child and saying, *â€¢There there, itâ€¢ll be okay. Youâ€¢ll find someone else one day,â€¢* rather thanÂ wanting to beÂ his girl.

It's just not attractive for a woman to look down on a man as needing her help to feel happy, confident or whole again.

Women are naturally attracted to men who are happy, confident, fulfilled and forward moving in life, regardless of whether a woman is there by his side or not.

So, if youâ€¢ve been trying to make your ex pity you, or if you've been hoping that sheâ€¢ll feel sorry for you and then give you another chance based on that, you need to stop using that strategy right away because it almost certainly wonâ€¢t work.

Instead, use a strategy that has the highest potential to make her feel drawn to you and want you again.

That being, interact with her and make her experience new, appealing and exciting feelings of respect, attraction and love for you.

That is what makes her want you back.

You always have to remember that women want to be with men that they feel respect, attraction and love for and ask yourself, *"Am I making my ex feel that way about me now?"*

If you're not, you need to start making her feel that way, so she can start feeling drawn to you again and want you back.

4. Pity isnâ€¢t the fundamental ingredient upon which a lifetime relationship is based

Pity is an emotion that comes with a burden for the other person (i.e. they feel as though they need to take care of, or show empathy towards the person they pity).

A woman will do that temporarily if she truly loves a man, but itâ€¢s not something she can sustain because itâ€¢s simply not what her attraction for a man is based on.

If a guy does create a relationship dynamic based on making her pity or guilt she will end up resenting him.

She will then become cold and unloving towards him, until she eventually decides that she

doesn't care how difficult it will be for him to cope without her and dumps him.

In the case of getting an ex back, if a woman doesn't feel much attraction or love for ex guy, then she's not going to draw to the idea of having to deal with the burden of taking care of a guy that she feels pity for.

Instead, she will see the relationship as being too difficult, or too much work and will naturally want to close herself off to it.

At the same time, she will begin opening herself up to new, sexual and relationships experiences with men who don't need her emotional support and just want to have fun.

So, if you want her back, make sure that she is NOT feeling sorry for you and instead, is feeling a lot of respect for the new and improved you.

Make her feel like she has got something to lose now, if she doesn't get back with you.

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4 Mistakes to Avoid When an Ex is Pushing You Away Because She is Scared

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your ex is pushing you away because she's scared of getting too attached to you and doesn't want to get too close, then make sure that you avoid the following mistakes.

1. Apologizing for making her scared and promising to take things slow from now on

Apologizing once is fine, but don't go overboard with it and promise to take things slow so she isn't scared of getting hurt.

Why?

The reality is that women who act "scared" of getting hurt, secretly hate it when men believe them and then follow along with her little "pity me" game.

She's done it to other guys in the past, they believed her, became soft towards her and she then lost interest and moved on.

[image: Stop being such a pain in the butt. You ain't scared girl. You love me]

What she's looking for is a man who doesn't take her fear of getting too close so seriously, or a man who can make her not take it so seriously (i.e. get her to laugh at herself for being so serious, worried or fearful when it comes to having feelings).

So, a mistake that some guys in a situation like yours is to be extra sweet and supportive towards their ex girlfriend, even though she doesn't need it or want it.

What she actually wants is to feel excited, open and confident about being in love, rather than having a guy fan the flames of her unnecessary fear.

Additionally, if her ex boyfriend is being extra nice, sweet, soft, gentle and supportive towards her, then she's not going to feel attracted to him because of that.

Why?

As you may know, nice guy behavior doesn't make women feel attracted and turned on.

Nice guy behavior gets guys rejected when they're trying to pick up women, makes women feel bored and turned off in a relationship and makes women feel unmotivated to get back with an ex after a break up.

If you want her back (and for her to stop acting like she is scared), then you need to have the balls to laugh at her, or get her to laugh at herself when she is acting like she is too scared to get back with you.

If you can't do that, then she will feel as though you're too weak (emotionally) and can't handle a woman like her.

If she feels that way, then she will absolutely keep pushing you away because she won't want to get back into a relationship where she knows she will continue to feel turned off.

Another mistake to avoid is

2. Never really understanding what attracts a woman on a primal level, which results in you getting rejected by her and other women you really want

[image: Never really understanding what attracts a woman on a primal level, which results in you getting rejected by her and other women you really want]

There are certain personality traits and behaviors that automatically attract women (e.g. confidence, emotional masculinity, assertiveness, purpose and direction, being a bit of a challenge) and others that turn them off (e.g. insecurity, neediness, being too nice).

The more attractive traits you display when interacting with women, the more they feel attracted to you.

Likewise, the less you display, the less they feel attracted to you.

How about you?

Are you aware of some of the attractive and unattractive traits you've been displaying to her?

Are you willing to improve, adjust and make some quick changes so you can begin displaying a lot more attractive traits when interacting with her, so she then becomes open to giving you another chance?

Unfortunately, a lot of guys who are trying to get an ex woman back are willing to improve, but they just don't know what to do.

As a result, a guy might think that his ex will stop feeling scared to commit to him if he:

- Tells her how much he loves her.
- Is extra nice, helpful and generous towards her.
- Becomes a shoulder to cry on and is "there for her" as a good friend.
- Tell her that he is willing to wait as long as it takes for her to feel comfortable about being with him.

Yet, when a guy uses that approach, it doesn't turn his ex on at a primal level.

She just sees him as a nice guy and may even appreciate that about it, but she won't much or any desire to be with him sexually and romantically.

In many cases, she won't want to admit that though (i.e. because she doesn't want to hurt his feelings, or cause him to plead with her to give him a chance to make her have feeling for him again), so she will push him away whenever he tries to get too close.

So, if you want your ex to stop feeling scared and pushing you away as a result, you need to get clear on what aspects of the attraction experience were missing in the relationship (i.e. Did she want you to be more of a challenge? Did she want you to stop taking her fake drama so seriously? Did she want you to stop acting like her savior from the big, bad world out there? Did she want you to stop entertaining or encouraging her repeated stories of how she was abused by a previous boyfriend, or has issues from her childhood? Did she want you to have the balls to get her to laugh at herself for being such a drama queen?).

Guys in your situation often fear doing anything other than being nice to their ex girlfriend who is apparently "scared" or has issues.

Yet, women like that are secretly looking for a man who has the balls to laugh at her (in a loving way,

of course), or get her to laugh at herself and stop being such a pain in the butt.

You can realize that now, start doing it and re-attract her back into a relationship, or you can continue being afraid to be like that and then realize it many years later, when she has settled down, married and started a family with another guy.

I say that because I know from experience that it takes some guys years to eventually realize the truth about their ex girlfriend and what kind of attraction experience she really wanted.

Don't let that happen to you.

Understand what she really wants and start doing it today.

3. Trying to explain yourself in long emails, texts or social media messages

Long messages from guys (especially ex guys) turn women off for the following reasons:

- It makes the guy look desperate. If a guy isn't desperate for a girl, he won't go to all the trouble of writing long, emotional messages to her. Additionally, if he is confident in his attractiveness to her (this is what your ex wants you to be and what other women want you to be, by the way), then he keeps messages brief, relaxed and playful. He won't feel the need to write long, emotional messages to her.
- It makes a guy look feminine (like a girl). Girls tend to rant and write long messages because they get caught up in the emotions of things and just go for it. Yet, just because girls do that, it doesn't mean guys should do it too. You should always make yourself different to a girl by being the more masculine one. If she feels as though you're writing like a girl, she simply won't feel attracted to you.
- It can seem selfish to her (i.e. he is talking about his feelings and expressing what he wants her to understand, what he wants from the situation, how much he cares for her, how much she means to him. It's really about him trying to get her back and nothing else).
- It can make her feel more disappointed by the fact that no matter how much he tries to write, she still doesn't feel attracted to him.

So, what can you do if your ex refuses to talk to you on the phone, or meet up in person and you've got is text or email?

It's fine to text, email or send social media messages, but just don't use it as a way to explain yourself.

Instead, use the interactions to make her feel attracted to you.

When she feels attracted to you, she will then care about losing you and as a result, will open up to talking to you on the phone (audio or video call), or meeting up with you in person so she can explore her feelings further.

Then, when you see her in person, be prepared to make her feel more respect, attraction and love for the new and improved you, so she feels as though losing you would be her loss.

When she touches on that feeling of potential loss and regret, her guard will naturally come down and she will stop pushing you away.

4. Continuing to chase until she fully closes up emotionally and possibly even blocks your number

If she gets the sense that you are only after one thing (i.e. a committed relationship) and are going to keep pushing for it, don't be surprised if you eventually scare her off completely.

Unless she has strong feelings for you (i.e. she is very attracted to you, or in love with you), being pressured back into a relationship just isn't going to feel right to her.

She's going to start to get the sense that you are trying to control her, or push her into something that she doesn't want.

Women don't respond well to that approach.

So, what you need to do instead is focus on making her feel sparks of sexual and romantic attraction for you whenever you interact with her on the phone or in person.

Let her see that she really does feel differently when she interacts with you now (i.e. she feels more drawn to you, she feels comfortable opening up to you without you reacting too eagerly and causing her to go inward again, she likes how you're more of a challenge now, she feels worried about losing you).

When she feels that way, it just won't feel right to her to leave you and try to move on because she has found what she has been looking for all along.

That elusive, hard to find feeling where she is in love, open and doesn't want to lose you, no matter what risks are involved (i.e. potentially getting hurt down the line).

She doesn't care about that and just wants to be with you.

When you approach it that way, you will see that she suddenly stops being so worried about getting hurt, or getting too close and instead, wants to open up and get as close as possible with you before she loses you.

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[image]

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Is She Pushing Me Away Because She is Scared?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Itâ€™s possible, but you should also know that a woman will push a man away after a break up for the following common reasons:

1. She isnâ€™t attracted to him anymore

Sometimes a woman will give her ex the impression that she is pushing him away because sheâ€™s scared to open up to him, in case she gets hurt again.

Yet, what she doesnâ€™t tell him is that she no longer feels a spark of attraction with him, so the idea of being his girl once again doesnâ€™t really appeal to her anymore.

If she told him that, he could then say, *â€œOkay good, weâ€™re making progress. Now that I know what I need to do, just give me a chance to get the spark back. Please. I promise you that I will do whatever it takes to make you happyâ€* and so on.

Then she would be dealing with a whole different kind of break up (i.e. where she reluctantly gives her ex another chance and he desperately tries to make her happy, which ends up turning her off because women arenâ€™t attracted to desperate men who do whatever they can to make a woman happy).

So, by giving her ex the impression that sheâ€™s scared to get hurt, she makes him feel obliged to be very gentle with her, patient and kind, or else she might push him away further.

As a result, she effectively buys herself some time to find a replacement guy and move on, without having to hurt his feelings (i.e. by telling him that she no longer feels attracted to him), or deal with him begging or pleading with her to give him another chance.

Then, weeks later, she tells her ex that sheâ€™s met someone else and is happy with him and then asks her ex to stop contacting her and respect her new relationship.

Another reason why a woman might push a man away after a break up isâ€¦

2. She only wants casual sex, but he wants a relationship

Sometimes a woman will be at a point in her life where she only wants casual sex and doesnâ€™t want to be totally committed in a relationship.

This can happen when she is single and it can also happen after a break up that hurt her emotionally. After a break up, if she just wants to be on her own for a while and have casual sex with her ex, she will rarely admit the second part to him.

For example: She will have no problem saying, *â€œI want to be on my own for a while,â€* but will only feel comfortable saying that she is open to having casual sex, if she can see that her ex isnâ€™t trying to secure a committed relationship with her.

So, if her ex clearly wants to be in a committed boyfriend-girlfriend relationship with her, then she will simply keep pushing him away.

How about you and your ex?

Do you think that itâ€™s possible that she would be open to casual sex, or a friends with benefits

type of relationship, as long as you are not trying to get her to commit?

If yes, then let her know that you accept the break up and agree that you and her will never get back together again.

Then, let her know that if she is open to hanging out as friends to have a little fun if she is ever feeling horny, you think it might be fun to do that once or twice, but you want her to know in advance that you totally agree with the break up.

She can then relax, open up and reach out to you when she is feeling horny and just wants some intimacy without the commitment.

3. She wants a guy who is more of a challenge and he just doesn't know how to offer her that experience

[image: She wants a guy who is more of a challenge and he just doesn't know how to offer her that experience]

Sometimes a guy will assume that being nice, sweet, romantic, agreeable and generous is the key to keeping a woman happy in a relationship.

So, when his girl finally breaks up with him, he will often feel confused, hurt, angry and even used by her.

He may think, *â€œI did everything to make her happy, but she still dumped me. What the heck do women want? Iâ€™m a good guy. Isnâ€™t that enough?! I donâ€™t understand women. They make no sense! How could she dump ME of all people?â€*

Yet, what he doesn't realize is that almost all women want to feel like they need to impress you and maintain your interest in a relationship, while also being treated well by you.

A relationship is not a one-way street.

Instead, itâ€™s a two way street where both the man and the woman should feel the need to treat each other well, maintain each otherâ€™s interest and make the relationship happy and enjoyable.

If itâ€™s just the guy doing that and he has no idea how to make her want to do it in return for him, then almost all women will get bored of that and leave (or cheat and then leave).

4. She can see that he hasn't changed and getting back with him would be the same

In most cases, a woman doesn't just decide to break up with her guy the first time he makes a mistake.

Instead, she gives him plenty of chances to adjust his approach and get things right, but if he can't ever do that, she will eventually decide to go ahead with the break up.

When the break up finally happens, the guy is usually shocked by it and didn't really see it coming.

As a result, he panics, feels lost without her and becomes desperate to get her back.

He might then chase after her and try all sorts of things to convince her to give him another chance.

For example: He mightâ€

- Beg and plead with her to change her mind.
- Apologize to her over and over again and promise her that heâ€¦ will do whatever she wants him to do from this point onwards, because all he wants to do is make her happy.
- Ask her to tell him what he needs to do to make her happy (i.e. reveal to her that he has no clue about how to naturally attract her and make her want him).
- Buy her flowers and gifts.
- Send her emails or texts telling her how much he loves her, how sorry he is for hurting her and how he canâ€¦t live without her.

Heâ€¦s trying, but itâ€¦s just not what works.

Rather than making a woman think, â€œThat is so sweet. He really seems to have learned a lesson this time around. Okay, I will forgive him and give him another chance,â€ she pushes him away even more.

Why?

Nothing about what heâ€¦s doing to get her back, is proving to her that he really has changed.

Instead, his actions seem to highlight to her that he doesnâ€¦t even know what she wants him to change.

Heâ€¦s just begging, pleading, asking, pouring his heart out, being extra nice or generous, but thatâ€¦s not convincing her that things would be different if she gave him another chance.

So, she remains afraid to open back up to him.

Additionally, by behaving in that way (i.e. being desperate), it automatically turns her off because women arenâ€¦t attracted to desperation in men.

This is why, if you want your ex to stop pushing you away and you really do want to get her back, you need to show her (not tell her) that you have already changed in some of the ways that are important to her feelings of attraction for you.

For example: Some of the things that are important to a womanâ€¦s feelings of attraction about a man are thatâ€¦

- Heâ€¦s loving, caring and attentive, but doesnâ€¦t let her push him around, get away with bad behavior, or be disrespectful towards him.
- He makes her feel like a feminine, girly woman, rather than treating her like a neutral friend that he wants to just hang out with. He makes her feel feminine by not suppressing his masculinity around her (i.e. to be nice, because he thinks itâ€¦s disrespectful or wrong, because he thinks she doesnâ€¦t want to experience it), which then allows her to connect with her femininity and feel like a real woman in the relationship (i.e. girly, giggly, emotional, irrational, sexual, in love).
- He uses humor to change her mood from annoyed, sulky or whiny to happy, rather than getting dragged into her fake drama and losing control of his emotions. Women often create fake drama to test how manly a guy is (i.e. does he lose control of his emotions like a woman, or does he maintain control of his emotions like a man?).
- He creates a relationship dynamic where he is good to her, but also makes her feel motivated to be good to him, treat him well and make him feel loved as well.
- He has a definite plan for his life (and by association, her life too) and he is actively pursuing

that plan, rather than drifting through life and being clueless about what heâ€™s going to do in the future, working in a dead end job that he hates, or starting new projects all the time, but never following through until he truly succeeds.

- He doesnâ€™t get insecure or doubt himself when she tests his confidence by pretending not to be interested in him, not being as affectionate as usual or pretending to be turned off by him. Women always do that to test a manâ€™s confidence in a relationship because your confidence is the number source of her attraction, which is based on her instinctive need to feel like she is safe with a strong man.

So, if you want to get her back, you have to truly understand how a womanâ€™s attraction works and then let her experience a whole new kind of exciting, irresistible, instinctively satisfying type of attraction for you.

If she gets the sense that a relationship with you would be pretty much the same as before, then sheâ€™s just not going to feel motivated to get back with you if her real, secret reason for breaking up with you was that she didnâ€™t feel enough respect, attraction and love for you in the end.

5. She is reacting to his approach to the relationship

Women essentially react to the approach that you use with them.

This applies to picking up women, going on dates, being in a relationship, having sex and getting an ex woman back.

If youâ€™re coming across as desperately longing for her, or being willing to do whatever she wants to hopefully get another chance, a woman will react by feeling as though she is more valuable than you, even though sheâ€™s not.

As a result, she will think things like, *â€œWhy should I settle for him? Heâ€™s just not good enough for a woman like me. I deserve betterâ€* and naturally push you away.

So, if you want her back, make sure that youâ€™re not giving her the impression that everything is up to her, you are at her mercy, she is the prize and you are lost without her.

If you do that, she will naturally react in a negative way towards you.

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How to Get Your Ex Girlfriend to Trust You Again

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here's what you need to do:

1. Make her feel the motivation to want to trust you again

[image: Make her feel the motivation to want to trust you again]

Her motivation to trust you, will come from her feeling attracted to you again and then realizing that she has something to lose now.

So, you need to focus on making her feel attracted to the new and improved you by interacting with her and letting her see that you're no longer behaving, thinking or reacting the way you used to. That won't instantly make her trust you again, but she will begin to feel a renewed sense of respect and attraction for you, which will make her feel some motivation to want to forgive you and trust you again.

Unfortunately, a lot of guys don't realize that and end up begging, pleading and apologizing over and over to a woman, in the hope that she takes pity on them.

Yet, a woman doesn't want to get back into a relationship with a guy out of pity, or guilt.

She will get back with a guy if she feels compelled via her newfound feelings of respect, attraction and love for him.

So, start off by building her feelings for you via text, or social media if she's currently reluctant to interact with you in any other way.

Then, get to a phone call, video call or in person meet up, rather than just sticking to text.

Don't make the mistake of getting into a long, drawn out conversation about the relationship or how you stuffed up via texts or social media messages, because too many things can go wrong when using that approach.

For example: She can simply ignore your texts or messages, which will essentially stop the ex back process in its tracks.

Alternatively, she might misinterpret a lot of what you text because she can't see you and assess your body language, or hear the tone of your voice.

If you apologize to her for what happened via text, rather than thinking something like, *â€œThat's so sweet. He's taking responsibility for his actions and I appreciate thatâ€* she might think, *â€œHe probably doesn't even mean it, he just thinks it's what I want to hearâ€* or, *â€œWhatever. He's just trying to suck up to me to get another chance. I will only believe him if I talk to him in person and can see that he is sincere and has really changed.â€*

As a result, she remains closed off and distant because you're only texting her and she doesn't have any real evidence that anything would be different between you and her, or that she'd feel differently.

So, I recommend that you only use text, social media messages or emails as a way to get her on a phone call or video call with you.

On the call, focus on reawakening her feelings of sexual and romantic attraction, so she opens up to

meeting up in person.

Then, get her to meet up with you in person, so she can see that not only have you truly changed, but she honestly feels a lot differently around you now (in a positive way).

She looks at you as being a man who has transformed and deserves her forgiveness and trust, based on the significant changes you've made and how that now makes her feel.

Another way to get her to trust you again is

2. Tell her that trust can be felt again and if she feels it now, then it's okay to go with that feeling

For example: You might say, *I broke your trust. That is true. You were totally right to lose trust in me. However, trust is something that can be felt again. If you can see that I am honestly different now and you naturally feel more trust for me, then you can go with that. You don't have to block it out and think that it's impossible to trust me again. If you do that, you're going to give yourself trust issues. The better thing to do is to be mature about this and understand that trust can be felt again and if you feel it, it's okay to go with it.*

She then feels more motivated to go with her current feelings towards you (e.g. trust you a bit more, respect the new you), rather than stick to how she felt about the old version of you.

It then becomes easier for you to interact with her and reawaken her feelings for you over the phone and in person, because she's now more open to it.

You can then build on her feelings and regain more of her trust, which will cause her to feel compelled to give you another chance.

3. Tell her that there is no rush to even think about getting back together

This is a bit of reverse psychology that works so well on women.

It's just as powerful, by the way, when meeting and dating new women.

When you say, *There's no rush for us to have sex* or, *We don't have to have sex right away* it flicks a switch in a woman's head where she then wants to.

She feels attracted to you and wants to have sex with you, but was holding back to be more ladylike (and therefore, more trustworthy and girlfriend material in your eyes) and now you're saying that you and her don't have to have sex right away.

It's just something that turns women on and makes them want to have sex.

Likewise, when your ex is feeling attracted to you again and wants to get back with you, but you say that there's no rush to even think about getting back together, it makes her want to think about it.

When she thinks about it, she realizes that she is feeling attracted to you again and wants you back, so she then opens up to giving you and the relationship another chance.

Another way to get your ex girlfriend to trust you again is

4. Let her know that people do make mistakes that can make them seem

untrustworthy, even though they are trustworthy

[image: Let her know that people do make mistakes that can make them seem untrustworthy, even though they are trustworthy]

For example: You can say, *“Look, I know I stuffed up and I’m not going to make excuses for that. However, I’m sure you know that sometimes people make mistakes that can make them seem untrustworthy, even though they are trustworthy. Sometimes it’s a mistake based on immaturity, or lack of experience. Other times, it can be because a person wasn’t in the right state of mind (e.g. intoxicated by alcohol, angry during an argument). Yet, there were also many times where that same person proved that they are trustworthy. So essentially, a trustworthy person can sometimes slip up and that’s what happened with me. That said, I know now that trust in a relationship can be fragile and even one slip can make a person seem untrustworthy. I’ve learned from my mistake and I hope that you can forgive me. I’m not asking for us to get back together, but I think we are mature enough to at least be friends now.”*

Of course, make sure that you are making her feel attracted to you as you talk to her as well (i.e. by being a bit of a challenge, flirting with her, using humor, maintaining confidence in yourself no matter what she says or does), so she feels motivated to want to trust you again and give you another chance.

If you just text her something like that above, or say it in a way where you are pleading with her, then it won’t work.

You need to say something like that while also being attractive as you interact with her, so she feels the motivation to want to forgive you and give the relationship another chance.

So, don’t forget about, or try to avoid the most important thing of all: Her attraction for you.

4 Mistakes That Slow Down the Process of Regaining Her Trust and Getting Her Back

1. Writing a long email or a series of messages or texts to hopefully regain her trust

What some guys don’t realize is that many women see long emails, texts, messages or letters from an ex as being a selfish act.

Why?

In most cases, the messages are all about the guy talking about himself, what he wants, what he has realized, what he wants her to realize, how much he cares about her, how much he appreciates the time they spent together and so on.

In other words, it’s pretty much all about him, his feelings and what he cares about.

Even though his intentions are good, a woman will usually see it as being selfish because he is expecting her to read all of his long texts, messages or emails and then trust him again, so he can get her back.

If she doesn’t feel attracted to him, or isn’t in love with him anymore, she will think, *“Why should I care?”*

The way to make her care is to re-attract her first, so don’t make the mistake of trying to fix

everything with apologies, explanations and requests via text, social media messages or emails.

Youâ€¢ve got to get to the point where she feels a renewed sense of respect and attraction for you first, otherwise she will almost certainly not feel motivated to trust you again simply based on texts, messages or emails.

The next mistake that can slow down the process of regaining an ex girlfriendâ€¢s trust isâ€¢

2. Crying to her when apologizing

If you have already ruined your ex girlfriendâ€¢s trust in you to be a reliable, emotionally strong and dependable man, then she isnâ€¢t going to want to see you lose control of your emotions and cry to her.

It doesnâ€¢t matter how sad you feel, or how sorry or bad about how youâ€¢ve treated her, or what you did to lose her trust.

Donâ€¢t cry.

Women need to be able to trust in you to be a man that they can depend on to remain strong, no matter what happens.

She might be nice to you if you cry her, but she will be secretly feeling very turned off and disappointed that you are essentially seeking pity from her based on how sad, regretful or down you are feeling about the break up.

Itâ€¢s totally fine to feel the emotions (i.e. you donâ€¢t need to be an unemotional robot. She does want to see that you care), but just donâ€¢t lose control of them and cry to her.

3. Apologizing over and over again

Apologizing is important and necessary, doing apologizing over and over again isnâ€¢t what will convince her to give you another chance.

Why?

Apologizing repeatedly doesnâ€¢t actually get to the core of the problem.

Instead, youâ€¢re just saying how sorry you are, but those are just words to her.

It doesnâ€¢t prove that you really have addressed the problem that led to her losing trust in you, or that you really would never break her trust again in future.

So, donâ€¢t bother apologizing to her over again and again.

Instead, give her one brief, genuine apology in a matter of fact way (i.e. get to the point, be real, donâ€¢t be too emotional) and then focus on showing her via your attitude, actions, behavior and the way you respond to her from now on that you really have leveled up as a man.

4. Making the conversations between you and her feel exhausting and stressful, rather than easygoing and lighthearted

Getting into stressful conversations about what happened to cause her to lose trust in you, isnâ€¢t the way to create exciting, enjoyable and appealing feelings of sexual and romantic attraction inside of her.

Instead of feeling happy and turned on, she feels annoyed, stressed and frustrated as a result of

continually focusing on all the things you did wrong in the relationship.

As a result, she wants to get away from you and try to move on.

On the other hand, when you are able to make her feel happy, relaxed, open-minded, easygoing and lighthearted, then she stops focusing on the bad things that happened.

As a result, you and her can establish a new relationship based on her growing trust in who you have now become.

×

[image]

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Get Her Back After She Lost Interest

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 tips to make her want you back again:

1. Identify the main missing pieces of the attraction experience that caused her to lose interest

The attraction experience in your relationship is the overall feeling a woman gets based on your approach to attraction.

In other words, your approach to attraction either makes her want you more or less over time.

If you approach it in a way that makes her want you more, then she doesn't leave.

If you approach it in a way that makes her want you less, then she will eventually cheat on you or dump you.

It's just how it works.

So, are you aware of what REALLY caused her to lose interest and feel turned off by you in the relationship to the point where she broke up with you?

For example: Here are 10 subtle things about a man that can turn a woman off and 10 that can turn her on.

Turn Offs:

1. He is too needy and clingy (i.e. always needs to be with her, constantly texting her, calling or spending all of his spare time with her, always needing her reassurance that she loves him, doesn't like her talking to anyone else, becomes insecure if she is around other people, needs to be close with her physically and emotionally to feel okay about himself).
2. He spends his remaining spare time watching TV, playing video games or playing with his phone because he's too afraid to follow through and make progress on his big goals, dreams and ambitions in life.
3. He finds it difficult to make decisions without seeking her input or encouragement first.
4. His body language is weak, unsure, nervous, stressed, needy, desperate or feminine.
5. He lacks presence as a man (e.g. he is too "in his head" and struggles to just flow with a moment and live in the moment, he seems intimidated by other men in social situations to the point where he withdraws his presence and allows the other men to be more powerful, he surpasses his masculine energy around her to be nice or because he's afraid of how she might react if he is a more powerful, dominant man).
6. He tends to get annoyed or angry about things that she thinks he shouldn't get so worked up about (e.g. other people's decisions or actions that don't affect him, the taste of food at a restaurant, the weather).
7. He is emotionally unavailable and distant when it comes to her, but available and close with his friends or family.
8. He doesn't put in much effort to build relationships with her family and friends and tends to avoid them as much as possible, even though she has told him that family and friends are very important to her.

9. How heâs unable to make her feel feminine and girly in his presence and instead makes her feel neutral, or like she is more powerful than him, which then causes her to feel repulsed by him, rather than feeling respect and looking up to him.
10. He doesnât feel worthy of her love and has no idea how to make her feel attracted to him and as a result, he tries to make pressure her into being loyal to him in other ways (i.e. he becomes controlling, makes her feel guilty about wanting to spend time on other things that donât involve him, makes her promise she would never cheat on him).

Turn Onâs:

1. He makes her feel loved and appreciated, but doesnât let her walk all over him. Instead, she feels the need to impress him and treat him well also.
2. He is happy and would be successful in his life with or without her (i.e. he wants her, but he doesnât need her to make progress in life, or to feel good about himself).
3. He makes her feel like a sexy, desirable woman in his presence, regardless of how many years theyâve been together or how comfortable they feel around each other (i.e. he never falls into the trap of treating her more like a neutral friend than his woman).
4. He easily passes her confidence tests (e.g. when she rolls her eyes at him, pretends to disagree with him during a conversation, or acts like sheâs annoyed about things that she doesnât really feel annoyed about) by remaining confident, rather than getting upset and doubting himself around her. This allows her to look up to him and respect him as the more confident, dominant and powerful one in the relationship, which causes her to feel a deep, exciting and ongoing attraction for him.
5. He always feels confident and at ease around other people in social situations, which makes her respect him and feel safe when with him.
6. He is a bit of a challenge to her, so she feels the need to put in effort to maintain his interest, rather than taking him for granted.
7. He has a clear and definite purpose in life and is working towards achieving it.
8. He is respected by other people because of how confident, emotionally masculine and emotionally secure he is.
9. He allows her to relax into thinking, behaving and acting like a feminine woman when sheâs with him, because he thinks, behaves and acts like a masculine man (i.e. rather than being like a neutral friend, or worse, acting like a feminine guy).
10. He is able to communicate with her in a way that deepens her respect, attraction and love for him over time (i.e. he understands that men and women communicate different and women donât always want a man to offer a solution when they bring up a problem. In many cases, a woman just wants to express her emotions and see that her man understands, rather than him immediately going into problem solving mode and making her feel like she has to think, behave and act like a man).

There are many subtle things that turn women off or on and if you want to be successful in a relationship (or with getting your ex back), you need to understand them.

If you donât ever understand how women feel attracted and what turns them off, you will never know what youâre doing and will always be at the mercy of her (i.e. hoping that she doesnât suddenly break up with you).

On the other hand, when you know how to maintain and build on a woman's attraction in a relationship, she will never leave.

She will know how difficult it will be to find another man who understands what you do and as a result, is able to make her feel so madly in love after so long.

Likewise, when you understand what to adjust and then interact with your ex and let her experience the new you, she will immediately begin to realize that a relationship with you would feel completely different now.

As a result, she will naturally drop her guard and begin opening herself back up to the idea of being with you again.

Another tip to regain her interest in you isâ€¦

2. Understand that what you think of yourself will directly affect how she perceives you

[image: Understand that what you think of yourself will directly affect how she perceives you]

Your thoughts about you and your chances of getting her back are very important.

If you believe in yourself, you will naturally exude the type of confidence that is attractive to women (what I call, Independent Confidence), but if you doubt yourself, you will naturally exude insecurity, self-doubt and fear, which will turn your ex off.

For example: A guy who doubts himself around his ex girlfriend, will often think something like, *â€œI don't deserve her after the way I treated herâ€* or, *â€œThere's nothing I can do to change her mind about breaking up with meâ€* because she has *lost interest in meâ€* or, *â€œShe said it's over and that she doesn't have feelings for me anymore, so I guess I need to accept that. I can never change how she feels and get her back.â€*

To him, the situation will feel hopeless and he will feel like he has no chance.

As a result, he will naturally feel dejected and sad about the situation.

If he interacts with his ex, she will easily pick up on that because women are hard-wired to assess a man's emotional strength.

It's one of their natural talents, which pretty much every woman masters as she goes through life and has experiences with men.

If a guy doubts himself, she will see it in his body language, hear it in the tonality of his voice and pick up on it based on what he says and how he says it.

This is why, it's very important that you gain control of your thoughts by quickly getting to the point where you are 100% confident about your chances of re-attracting her.

Don't have any doubt at all that you can re-attract her.

Know that you can and then do it, rather than placing yourself in the friend zone with her, or worse, thinking that you're not even worthy of being her friend now.

You can make her feel attracted to you again and you can get her back.

Believe it!

Then, do it and you and her will be back together within days or 1-2 weeks at the most.

3. Donâ€¢t try to get her to commit to a relationship right away

So many guys get rejected by an ex girlfriend (or wife) by focusing on trying to get her to agree to a relationship, rather than allowing the relationship to naturally get back together as a result of hooking up and beginning to see each other again.

When a guy is immediately pushing for a relationship (i.e. to get back together as boyfriend and girlfriend, or husband and wife), the woman will say no, or ask for more time to think about it, if she isnâ€¢t fully re-attracted and is still unsure.

Then, if sheâ€¢s not feeling much attraction and isnâ€¢t missing him after telling him to give her time to think about it, she will let him know that sheâ€¢s sticking to her decision to remain broken up and will wish him all the best.

Iâ€¢ve seen that happen in so many ex back cases, so donâ€¢t make the mistake of pushing for a relationship right away.

Instead, just focus on rebuilding her feelings of respect, attraction and love for you (e.g. by making her laugh and smile and feel good when she interacts with you, changing your approach to attraction so she feels as though youâ€¢ve understood what caused her to lose interest in you in the first place, making her feel like a feminine woman in your presence rather than like a neutral friend, flirting with her to build up sexual tension that she wants to release via kissing and sex with you).

The more attracted she feels, the more open she will be to hooking up, hanging out, seeing each other and assessing how she feels.

If she feels good being back with you, then you will have gotten her back.

If she doesnâ€¢t, then a break up will happen again.

So, make sure that you prepare yourself and are ready to properly re-attract her.

4. Donâ€¢t try too hard to impress her

Sometimes a guy will try to impress his ex woman being extra nice and sweet towards her, putting up with any bad treatment she dishes out to him or even helping her out financially.

He hopes that if he shows her how dependable and totally devoted he is, she will be impressed and want to give him another chance because of that.

Yet, when a guy uses that approach, a woman will usually just take advantage of him temporarily (e.g. allow him to help her financially, use his continued interest in her to feel good about herself while she secretly moves on behind his back) and then eventually tell him that she wants him to stop contacting her and leave her alone.

Alternatively, a guy might try to impress his ex by pretending that he has loads of options with other women, even though it isnâ€¢t true.

She then says, *â€¢If youâ€¢re so popular with women, why donâ€¢t you date one of them? Why are you contacting me? Are you trying to show off? I donâ€¢t care. Iâ€¢m dating new guys, so letâ€¢s just not talk to each other anymore. Iâ€¢m moving on and you should too.â€¢*

So, what should you do instead?

Let her see that you are interested in getting back together if it happens, but at the same time, you feel confident, happy and are making progress in life with or without her.

When she notices that you don't need her back, but are open to it if it happens, she will naturally begin to look at you in a more positive light (i.e. you're not needy, you have been able to bounce back from the break up and get on with life without her, you are going to be a lot more attractive to other women now based on your improved emotional strength and maturity).

As a result, she will begin to wonder whether or not things really need to be over between you and her, which can lead her to being much more willing to catch up in person if you suggest it.

5. When you get back together, make sure that it's a completely new relationship dynamic

[image: When you get back together, make sure that it's a completely new relationship dynamic]

The relationship dynamic (i.e. who is the more dominant one, how much love, respect and attraction flows between the couple, the settings they have about who does what, how they relate to each other, the expectations they have, the way the relationship operates) will determine whether or not the relationship will feel good for both you and her.

So, if you get back with her and aren't able to create a new, more enjoyable and effective relationship dynamic, a break up will almost certainly happen again.

To put it into perspective for you, here are some examples of a relationship dynamic that is out of sync:

- A guy is too submissive and allows his woman to dominate him with her confident personality. As a result, she ends up losing respect for him not being man enough to stand up to her and put her back in her place in a loving, but dominant way.
- A guy puts all his love and attention on his woman and neglects his goals, dreams, interests and friends just to spend every spare minute with her. With nothing else to focus on, it usually leads to a guy being overly clingy and needy, which cause the woman to feel smothered by him and want to get away and have her own space.
- A guy becomes overly controlling and jealous towards his woman, which can cause her to resentful and closed off towards him, or to eventually cheat on him or dump him (usually when he is at an emotionally weak point in life) to get revenge for how he has treated her.
- A guy becomes so comfortable in the relationship with his woman that he starts treating her more like one of his buddies. This leads to the sexual spark dying between them and she then ends up feeling more like a neutral friend, or a housemate than his sexy girlfriend or wife. She then starts feeling more attracted and drawn to men who see her as a sexy woman, which often leads to cheating or a break up in the long run.
- A guy spends most of his time playing video games, getting high and chatting with friends and expects his girlfriend to just wait around in the background of his life. She may put up with that initially, but she will eventually feel neglected, bored and resentful, which will usually lead to cheating or a break up.
- A guy is following through on his goals and dreams, but he is still being clingy, needy, controlling or overly jealous with his woman. So, she doesn't care that he's being a man by following through on his dreams, because she's so turned off by his emotional weakness and selfishness when it comes to her.

So, when you get her back, make sure that you are ready to create a new relationship dynamic that

causes her to fall more and more in love with you over time.

Itâs not difficult to do because youâre going to be using an approach to the relationship that causes a dynamic anyway.

Itâs simply about approaching the relationship in a way that creates a dynamic, which causes her to feel more respect, attraction and love for you as the days, weeks, months and years go by.

When you do that, she simply wonât ever want to break up with you again.

She will know how difficult it is to find that kind of relationship dynamic and also wonât want to leave you because she will be in love with you.

Women simply donât want to break up with a guy that they are in love with and want to be with.

Of course, first you have to get her back and then you can establish the new relationship dynamicâ!

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[image]

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What to Say to My Girlfriend Before Starting No Contact

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 2 examples of what to say:

1. Let her know that you accept the break up, but you and her should be mature enough to remain friends and be okay about saying hello if you ever want to

[image: Let her know that you accept the break up, but you and her should be mature enough to remain friends and say hello if you ever want to]

For example: You can say something like, *â€œHey, I just want you to know that I accept your decision to break up with me. Obviously I would have preferred it if we were still together, but I accept your decision. The only thing I would ask, is that we are mature enough to at least remain friends and even say hello if we ever want to.â€*

She can then relax and know that youâ€™re not trying to get her back, which in a way, makes her feel a little rejected.

She probably thought youâ€™d still want to plead with her and convince you to give you another chance, but youâ€™ve accepted the break up and seem like you are going to move on in your life without her.

Suddenly, she doesnâ€™t have the power over you that she once had.

Youâ€™re no longer her boyfriend.

As a result of losing that power over you, she will much more likely to say, *â€œYesâ€* to staying in touch as friends.

Then, by keeping the channels of communication and telling her in advance, *â€œand even say hello if we ever want toâ€* she knows that she can contact you if she wants to.

So, after you and your girlfriend have agreed to remain friends and to even say hello if you want to, go ahead and start No Contact.

I donâ€™t recommend 30 days of No Contact because in most cases, itâ€™s way too long and leads to the woman moving on.

I recommend that you cut off all contact with her for at least 3 days, but up to a week.

She will likely contact you during that time, in which itâ€™s totally fine to reply and even get her on a call and then arrange a time to catch up in person.

When you catch up, you can then make her feel attracted to you, hook up with her and get her back.

However, if she doesnâ€™t contact you during the 3-7 days, donâ€™t worry.

Just wait the week and then contact her.

Another thing you can say to your girlfriend before starting No Contact isâ€œ

2. Let her know that youâ€™re going to give her a lot of space and move on with your life, but you do still love her and will miss her from time to time

[image: Let her know that you are going to give her a lot of space and move on with your life, but

you do still love her and will miss her from time to time]

For example: You can say something like, *â€œIf this is what you want, I promise Iâ€™m not going to stand in your way. I accept your decision. Iâ€™m not one of those needy, clingy ex boyfriends who donâ€™t know when to let go of a relationship. Itâ€™s over. So, from today onwards, Iâ€™m going to back off and give you all the space you need to move on and Iâ€™m going to do the same in my life. Of course, that doesnâ€™t mean I donâ€™t still love you, or that Iâ€™m wonâ€™t miss you from time to time. However, I accept the break up and wish you all the best.â€*

By telling her that youâ€™re going to give her space to move on, she can then relax and drop her guard a little because she no longer has to feel ready to push you away.

Youâ€™ve already pulled back and she is now on her own without you.

As a result of saying something like that to her, she also starts to feel some renewed respect for you for being so mature about the break up, rather than acting like a desperate, needy ex and making the whole process difficult and stressful for her.

When she starts to respect you again, she will also naturally begin to feel some attraction for you, which means that when she doesnâ€™t hear from you during the No Contact phase (up to a week), she will be most likely thinking about you and missing you.

She will feel as though it really is over and she no longer has power over you (i.e. based on your desire for her).

Youâ€™ve accepted it and she really is on her own now.

So, when you finally do contact her to say hi, she will almost certainly be more open to interacting with you via text, social media, over the phone and seeing you in person.

5 Mistakes to Avoid Making When Using No Contact

1. Going No Contact for too long and ending up losing her

Some guys who use the No Contact Rule believe that it will only work if they ignore her for a full 30 or 60 days.

Yet, what a guy like that often doesnâ€™t realize is that the longer he remains out of her life, the more time she has to fully get over him and meet someone else who sparks her sexual and romantic feelings for him.

For example: In a case where a woman has lost touch with her feelings of respect, attraction and love for a guy, him disappearing out of her life will actually seem like a favor to her.

Rather than thinking, *â€œOh no! Why isnâ€™t he contacting me? I feel so worried that heâ€™s moved on without me. Maybe I should call him because I donâ€™t want to lose him,â€* she is much more likely to feel relieved about not having to deal with an ex who is constantly trying to get her back.

She will simply use the time that he is ignoring her to go out, meet new men, hook up sexually and possibly even start dating and falling in love with a new man.

Then, by the time her ex makes contact with her 30 or 60 days later, she might say, *â€œWow, why are you calling me after all this time? I thought youâ€™d moved on. I mean, you didnâ€™t call me*

or anything. I thought youâ€¦ found someone else or something. Iâ€¦ in a new relationship now and Iâ€¦ happy, so please donâ€¦ call me again. What we had is over. I wish you all the best.â€¦

He is then left feeling dejected and wondering what went wrong.

The answer is simple: He waited too long.

Hereâ€¦s the thingâ€¦!

If a woman still has feelings for a guy and is secretly hoping theyâ€¦ll work things out and get back together, him ignoring her for 30-60 days usually makes her assume that he isnâ€¦t interested in her anymore.

So, rather than contacting him and risk getting rejected she puts in the effort to get over him and move on by finding herself a new man instead.

Donâ€¦t let that happen to you.

If you intend on using No Contact on your ex girlfriend, make sure you donâ€¦t drag it out for many weeks or months.

From my many years of experiencing helping men to get women back (No Contact works differently if a woman wants to get a man back who dumped her), men only need to wait 3 to 7 days before starting the ex back process.

If they wait any longer than that, it usually results in the woman moving on, or getting over him and no longer being interested in reconciling.

Another mistake to avoid making when using No Contact isâ€¦!

2. Worrying that if you break No Contact, you will seem weak or desperate

If she doesnâ€¦t know that youâ€¦re using No Contact (i.e. you havenâ€¦t told her, *â€¦I wonâ€¦t be contacting you for 30 days*”), then sheâ€¦s not going to think youâ€¦re weak or desperate for â€¦breaking No Contact.â€¦

Sheâ€¦s just going to see that you are contacting her and she will react and respond to you in a positive or negative way, based on how much respect and attraction you can make her feel when you contact her.

Thatâ€¦s what will matter to her.

3. Breaking No Contact, but only texting her and never getting to a phone call

Even if she does respond to your texts, it doesnâ€¦t mean youâ€¦ve gotten her back, or are getting her back.

To get her back for real, youâ€¦ve got to get to an in-person interaction so you can make her feel attracted and turned on, hook up with her and get her back.

If you just stick to text, she might text back and forth with you for a while, but she will lose interest if she notices that youâ€¦re not going to do anything more than text her.

When she loses interest in texting, you might then make the mistake of assuming youâ€¦ve lost her and then give up on the idea of getting her back, which will then lead to you actually losing her for real.

So, if you want your girlfriend back, make sure that you only text her as a way of opening up communication between you and her again.

Then, proceed to a phone call where you make her laugh and smile and feel good to be talking to you again.

From there, get to an in-person meet up, where you fully reactivate her feelings of respect and sexual attraction for you (e.g. by maintaining your confidence with her regardless of how cold and aloof she's being, showing her via your attitude, actions and behavior that you've leveled up as a man, making her feel feminine and girly in contrast to your masculine vibe) and get her back.

4. Telling her not to contact you during the No Contact period because you won't be able to handle it

Women aren't attracted to emotionally weak men, so don't say or do anything that shows emotional weakness.

Instead, let her see that you are totally fine, completely confident and at ease about the break up, even though you do love her and may miss her from time to time.

Additionally, you don't have to tell her that you're going No Contact on her.

Instead, just say what I've given you at the top of this article and then give her 3 to 7 days of space.

During that time, prepare yourself to be able to re-attract her and make her want you back when you contact her.

5. Ignoring her attempts to contact you during the No Contact period

Some guys assume that when using No Contact, they then need to ignore her for the full 30 to 60 days for it to work.

As a result, a guy will ignore any attempts his ex makes to contact him during that time.

Then, by the time he eventually contacts her, she says something like, *"I tried contacting you, but you didn't reply. I guess you thought I was going to sit around waiting for you forever, right? No, I didn't. I have a new boyfriend now and I'm very happy with him. So, please leave me alone. What we had is over now. You had your chance and you blew it. Goodbye."*

Don't let that happen to you.

If your ex takes the risk to contact you during the No Contact period (i.e. she faces up to the possibility of being rejected and contacts you to try to get something going), make sure you respond to her.

Get to an in-person meet up and then hug, kiss, have sex and make her your girlfriend once again.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Grass is Greener Syndrome Reconciliation

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your ex left you because of a GIGs (Grass is Greener Syndrome) situation, then here's what you need to do to get her back:

1. Don't look at the other guy as being better than you in any way

[image: Don't look at the new guy as being better than you in any way]

If you do see him as being better than in you (in any way), you will naturally feel insecure and that insecurity will come through based on how you interact with and talk to your ex, which will turn her off.

So, the first thing you must do is see yourself as being better than him, no matter what.

It doesn't matter if you think he has some qualities that you don't.

You've got to believe in yourself and your value as a man, otherwise you just won't be able to display the confidence required to properly re-attract your ex.

This applies even if your ex has said that she's happier now she is with him.

Regardless of what she has said, or what qualities he has, it does not mean that he is better for her than you are.

The reason why she thought the grass was greener on the other side in terms of this guy, is that he is simply filling in the emotional gaps that you were unable to fill in the relationship.

For example: Imagine this:

A woman is in a relationship with a guy who doesn't take life seriously enough, so she can't ever really feel safe about a future with him.

He spends most of his time playing video games, hanging out with friends and basically acting like nothing really matters.

If she nags him to man up and start being more responsible, he might say something like, *"Stop nagging me! We're still young and should enjoy ourselves while we still can. There will be plenty of time to get serious about life's responsibilities later. All that stuff can wait."*

Unfortunately, she doesn't look at life the same way as he does.

She wants to feel safe about a future with him, based on him being the sort of guy who has big goals and ambitions and follows through on them, rather than hiding from them (e.g. behind gaming, chilling with his buddies, watching more TV than he needs to, getting high all the time and so on).

So, she breaks up with him and hopes to find herself a guy who will give her a real sense of security about the future.

She then meets a guy who is a lot more serious, focused and driven than her ex and he has already been making good progress in life (e.g. he's been promoted at work, has been able to pay off his car, is saving up for a deposit on a home, he talks about how he wants to have a family one day).

So, she starts dating him and really feels as though the grass is greener with him, because he offers so much more hope about a secure future.

As a result, she feels safer about potentially getting pregnant to a guy like that because at least he is making progress and has shown that he can get things done, compared to her ex who has been in a dead end job for a while (i.e. with no real options to get promoted) and is happy to just cruise and chill when it comes to life.

From her perspective, the grass is definitely greener with the new guy.

Yet, hereâs the thingâ!

The new guy isnât necessarily going to be perfect.

He has also had 100% of his previous relationships fail up until that point, so thereâs no guarantee that he will be able to make a relationship work with your ex.

For example: He might be driven and ambitious, but he might also be insecure, needy, selfish, controlling, untrustworthy and manipulative.

As a result, when she begins to pick up on that, she will naturally lose interest in him.

Of course, you donât have to wait for her to hopefully lose interest.

Instead, you can interrupt her new relationship and get her back.

Watch the video below for some examples.

So, if she is currently happy with the new guy, donât make the mistake of looking at him as being better than you in anyway.

Always believe in yourself and your value to your ex (and to other women), rather than seeing other guys as being better for a woman than you are.

If you can honestly believe in yourself, you will naturally exude the type of confidence that women are magnetically attracted to.

Another thing you can do to ensure a grass is greener syndrome reconciliation isâ!

2. Re-attract her with a completely new approach to attraction

[image: Re-attract her with a completely new approach to attraction]

For your ex woman to currently be feeling that sheâs getting something better from her new guy than she was with you, it must mean that heâs attracting her in new ways.

So, if you want her to feel drawn to you, itâs important that prepare yourself to attract her in new ways that you may not be used to, or that might even scare you a little initially, before you get comfortable with it and grow into it.

For example: If your approach to attraction was to shower your woman with flowers, gifts and romantic gestures, praise and attention, you should ease up on that and begin to be a bit of a challenge when interacting with her.

For example: Imagine that you call her and she answers and says something like, *âWhy are you calling me? Why canât you just accept that Iâm with another guy now?â*

If youâve been a bit of a pushover in the past, she will be expecting you to get emotional and respond with something like, *âPlease, just talk to me. Just give me a chance. I will do anything to make it up to you.â*

Yet, what you do instead is confidently say something like, *âRelax. We can talk as friends. No need to be so dramaticâ* and have a laugh.

Say it in a relaxed, easy-going, but assertive manner to let her see that youâ€¢re still being a good guy, but she canâ€¢t walk all over you like she has in the past.

Youâ€¢ve manned up.

Youâ€¢ve grown a pair of balls when it comes to her.

Of course, when you say something like that, a woman will often pretend to be shocked or offended that you would dare say something like that to her.

Yet, deep down she will be feeling a lot of respect and attraction for you having the balls to joke around with her like that and still be a good guy about it.

As a result, she will begin to think of you in a new light.

Additionally, if her new guy is starting to become a bit insecure, or is jealous of her talking to you, but you seem so confident, sure of yourself and are not jealous at all, then you are going to seem like the more attractive guy.

Women are always attracted to the more confident guy, so you must always remember to display confidence no matter what.

If you do, women canâ€¢t help but feel attracted to you.

Itâ€¢s not about being arrogant, boasting or anything like that.

Instead, itâ€¢s about knowing that your approach to women makes them feel attracted and drawn to you.

When you know that, do it and see that it always works, then you naturally feel so confident in yourself that you have the balls to be a bit of a challenge.

Itâ€¢s similar to how hot women have the guts to be a bit of a challenge, reject guys, play hard to get and so on.

She knows that guys will still try to get with her because they feel so attracted to her.

Guys will put up with her playing a bit hard to get and they will try to impress her to get a chance with her.

The same thing applies when you know how to attract women and be a bit of a challenge; women simply feel drawn to you in ways that they canâ€¢t control.

3. Talk to her as though the other guy doesnâ€¢t even cross your mind

[image: Talk to her as though the other guy doesn't even cross your mind]

Donâ€¢t even see the other guy as existing, or being part of the picture.

This is about you and her, not him, you and her.

You and her had a relationship and you and her are going to get back together.

He is irrelevant.

So, if she brings him up in conversation, just talk about something else when you can change the topic.

Donâ€¢t let him become a big part of what you and her talk about.

Make it about you and her.

Of course, donâ€¢t tell her, *â€¢I donâ€¢t want to talk about himâ€¢* because thatâ€¢s

insecure.

Simply change the subject when you can, rather than continuing to talk about him.

When she sees that you aren't asking her questions about him and her, or worrying if he is making her feel more love and attraction, she will feel curious as to how you can be so confident in yourself and your attractiveness and value to her.

If she brings him up and you don't become jealous, but simply change the topic when you can, she will also see that you aren't looking at him as being better than you.

You are focused on you and her.

As a result, she will feel like you and her still have a private connection that isn't over yet.

There's something there.

This will naturally cause her to miss you and want to see you.

4. Don't try to have deep and meaningful conversations about her leaving you and being with a new guy

She doesn't want to feel exhausted by having to get into long, deep and meaningful conversations about why she did what she did.

If you want her back, she will need to feel a renewed sense of respect and attraction for you.

So, make her feel that.

When you interact with her, focus on flirting with her and getting her laughing and smiling, so she feels as though what you and her had isn't over.

There is still a spark between you and her and she feels it every time she interacts with you.

In many cases, I've heard back from clients who have told me their ex girlfriend (or wife) had then told the new guy that she still had feelings for her ex and was feeling confused.

This usually leads to the new guy become insecure, jealous and controlling, which then leads her right back into your arms because women are always more attracted to the more confident guy.

So, keep things light between you and her and focus on flirting with her and getting her laughing and smiling.

For example: She asks how you've been lately and rather than just saying, *â€œYeah, pretty good. How about you?â€* or something standard like that, flirt with her instead.

Say something like, *â€œI've been fantastic. It's such a relief not having you in my life anymoreâ€* and then pause and have a laugh, to let her know you're joking.

Then add in something like, *â€œNo, just kidding. I've been fantastic and it's great that you and I can still be friends.â€*

Essentially, you're flirting with her by being playfully challenging and showing her that you do still like having her in your life.

Additionally, by adding in, *â€œit's great that you and I can still be friendsâ€* it makes her feel a little rejected and as though she has lost your romantic interest.

Since you will be making her feel attracted to you as you talk to her (i.e. by being confident, charming, challenging, flirtatious), she will naturally be feeling that maybe she doesn't want to just be friends with you.

That then makes her feel open to catching up with you in person to see what might happen (i.e. will she feel compelled to kiss you and have sex with you? Will she fall back in love with you and want to dump the new guy?).

5. Donât seem like youâre trying hard to impress her and win back her love

For example: Sometimes a guy will try to impress his ex by telling his ex thatâ

- Heâs working hard to get a promotion at work.
- Heâs planning on buying himself a new car.
- Other women are interested in him, but he isnât interested because only wants to be with her.
- Heâs been going to the gym to get in shape, or heâs trying to lose weight or gain weight.
- Heâs been going to a therapist to work on his issues.

Essentially, he hopes that his ex will be impressed and then want him back because of how much effort heâs putting in to improving himself.

Yet, women donât want to be with a guy who is doing everything for her.

Women are attracted to a man who does things because he wants to do them, not so he can hopefully gain a womanâs approval.

Women want a man who approves of himself right now, as is and then improves himself further because he wants to.

Additionally, women donât want to hear about their exâs âjourney of improvementâ where he goes to a therapists and tries to fix his childhood issues.

A woman just wants a man to get on with being an attractive man and not have to discuss it with her, or seek encouraging words from her.

She doesnât want to seem like a mentor to him, or like a parental figure.

She wants to feel like a guyâs girl and that can only happen if he is his own man (i.e. he does what he wants because he wants to do it, not because he hopes it will impress her).

Itâs a difficult one to understand for some guys, because on one hand, you do have to impress an ex to get her back.

However, just donât come across as though youâre trying hard to impress her to hopefully get her to say yes to taking you back.

Simply be an impressive man that she can look at and think, âWow. He has really changed. Heâs so much cooler/more confident than before. Maybe he isnât so bad after all. If I donât get back with him, other women are going to find him much more attractive now, so he might end up with a prettier woman than me. Maybe I should just give him a chance while I still can.â

3 Mistakes Guys Make When Theyâve Been Dumped in a

GIGs (Grass is Greener Syndrome) Situation

If you want to win your ex girl back, you have to make sure that what you say and do from now on reawakens her sexual and romantic feelings for you.

This is why, itâ€™s essential that you donâ€™t make any of the following mistakes that will push her even further into the arms of her new guy.

1. Assuming that she was just confused, rather than realizing that she wasnâ€™t attracted

The reality is that rather than being confused, she broke up with him due to not feeling enough attraction for him anymore (i.e. because he was too insecure, the relationship became boring and stale, he ended up being a bit too jealous or controlling).

So, if he just sits around waiting and doing nothing to improve his approach to attraction, the new guy is going to enjoy a relationship with her and will probably be attracting her in the ways that she always wanted (e.g. he is more confident, more masculine in his behavior, isnâ€™t insecure, is more driven and ambitious, knows how to put her back in her place in a dominant, but loving way).

Then, before he knows it, weeks, months and maybe even a year will pass and she might still be together with the new guy.

This is why, if your ex left you due to losing feelings for you (i.e. she no longer felt enough respect, attraction and love to want to stick with you), then donâ€™t assume she is just confused and doesnâ€™t know why she is with that guy.

She almost certainly knows that he is currently making her feel more attracted than you.

If you want her back, youâ€™ve got to change your approach to attraction, so she feels more attracted to you than to him.

2. Secretly looking at her as your only decent option, so you end up coming across as needy and insecure, even when you try to hide it

[image: Secretly looking at her as your only decent option and then coming across as needy and insecure, even when you try to hide it]

If your ex gets a sense that youâ€™re lost without her and unable to move on, itâ€™s going to turn her off.

Women arenâ€™t attracted to desperation or neediness, so make sure you show her (by the way you think, talk and behave) that you are an emotionally strong, emotionally independent and confident man who is opening to being with her, but doesnâ€™t need her back to feel good about himself.

3. Not realizing that she probably isnâ€™t completely happy with you

Sometimes a guy is so happy in a relationship that he fails to notice the signs that his girlfriend (or wife) doesnâ€™t feel the same way.

He assumes sheâ€™s just being moody, or complaining about things she doesnâ€™t need to and that she will get over it.

Yet, even though she does like him in some ways, sheâ€™s just not happy with the dynamic of the

relationship and how it makes her feel (e.g. he loves her way more than she loves him, he is needy for her, he gets jealous very easily because he isn't confident when being compared to other guys and worries she will easily like another guy, she can't be her true self around him and needs to be extra careful with her words or behavior because he's so emotionally sensitive).

She puts up with it for a while, hoping that he will change, but if he doesn't, then she will eventually dump him or cheat on him and leave him for what she sees as greener pastures.

So, here's the thing!

If your ex was tempted by another guy, it means she wasn't completely happy with you.

If you want her back, you need to be willing to change your approach to attraction, or focus on adjusting or changing things about yourself that were turning her off (e.g. if you were too insecure, weren't able to be the man in the relationship because she walked all over you with her confident personality, weren't able to make her feel ongoing desire for you, so she ended up feeling more like a friend).

If you are willing to make some quick adjustments (I can help you with that) and then interact with her, then you can re-attract her and get her back.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

	WATCH VIDEO (FREE)
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Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

My Ex Said Everything Happens For a Reason

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 4 common reasons why a woman will say that:

1. She believes that the break up happened to teach you both a lesson as you move on without each other

[image: She believes that the break up happened to teach you both a lesson as you move on without each other]

Sometimes a person needs to experience a failed relationship before they feel motivated enough to improve and become an even better person (i.e. more emotionally attractive, more honest, fair, loving, emotionally strong).

So, if your ex can see that there are things about you that need to improve in order for you to make a relationship work, then she may see the break up as fate, destiny or as happening for a reason.

Yet, hereâs the thingâ!

What your ex might not realize is that when you learn from your mistakes and make the appropriate adjustments, you and her can experience a relationship that is so much better than it was before.

The love you will both feel will be deeper, more meaningful and more fulfilling because it on a whole new level.

For example: A guy was too insecure in the relationship and his woman could never really look up to him and respect him, so she couldnât feel much attraction for him.

Then, he figures out how to be a confident man and then interacts with her to let her experience his confidence.

She is then able to feel new kinds of respect and attraction for him that were unavailable while they are in a relationship.

She then starts to realize that what he and her had doesnât have to be over.

In fact, may the break up happened so he could improve and they could then reach a new level as a couple.

Of course, thatâs not something you should tell your ex.

Instead, you simply have to let her experience the changes in you and naturally want you back.

Another common reason why an ex will say that everything happens for a reason isâ!

2. She believes that you and her met for a reason, butâ probably isn't sure what that reason is yet

[image: She believes that you and her met for a reason, but probably isn't sure what that reason is yet]

Sometimes, a woman will truly believe the old saying, *âEverything happens for a reason,â* so she will actively try to find meaning and reason when things happen to her.

In some cases, it will all make sense and she will see a clear reason.

Yet, in other cases, she will struggle to understand why something happened and may be unsure

about it for years or even decades.

In your case, she might still have some feelings for you or feel a connection with you, but not be totally sure why you and her couldn't make it work and had to break up.

As a result, she will still be open to discovering the true meaning of the situation, or the reason why it happened.

The reason could be that you and her were meant to have a break for a while and then get back together, or it could be that you and her were meant to be together for a while, break up and go your separate ways.

Which way it goes is largely within your control.

How so?

If you know how to re-attract her and get her to want a relationship again, then you will get her back, but if you don't, then you will probably end up missing her for many months or years, before eventually trying to push yourself to fully move on.

Here are some ways that you can re-attract her:

- Instead of doubting your value in her life or feeling unworthy of her, be confident enough to believe in yourself as being the one for her. Don't tell her that you're the one. Make her feel that way by re-attracting her. Actions speak louder than words, so always focus on making her feel, rather than making her think.
- Instead of being needy or clingy when it comes to her, start being more emotionally independent (i.e. feel confident, happy, fulfilled and purposeful in life, with or without her). You love her and want her, but you don't need her to feel like you have a sense of identity in this world, or to feel happy or complete. She will be a great addition in your life, but she isn't the basis of it. Of course, don't tell her that. Just make her sense it. Women want to be a part of a man's life, but they don't want to be his purpose or main reason for living.
- Instead of being a nice guy who always gives in to her demands no matter how unreasonable they might be, start standing up for yourself and being more assertive in a respectful, loving way.
- Instead of letting her dominate you with her confident personality, stand up to her and put her back in her place in a loving, but assertive manner.
- Instead of treating her like she's your friend now, treat her like the sexy, desirable woman she wants to be seen as.
- Instead of sticking to polite, nice conversations, have the balls to be a bit playfully challenging when you talk to her. For example: She says, *"Everything happens for a reason"* and you laugh and say, *"Yeah, we broke up so I didn't have to eat your horrible cooking anymore."* Obviously, you are only joking. So, you add in something like, *"Only kidding. I loved your cooking, but I agree – everything happens for a reason. We broke up and will never get back together again."* Saying that last part makes her feel like she is losing you, which doesn't feel nice right after you made her feel attracted by using some ballsy, playfully challenging humor.

When you understand how to make a woman feel the kind of emotions that cause her to want to be

with a man, it's just way too easy.

The reality is that women gravitate towards men who can make them feel attracted and feel repelled away from men who can't.

If you can make her feel attracted in ways that she really wants, but probably can't explain to you (i.e. you being more of a challenge), she will naturally feel drawn to you and want to open up and give the relationship another chance.

Another reason why she might have said, *"Everything happens for a reason"* is

3. She's just trying to brush off any conversation about the relationship with you, to avoid getting pulled back into it

[image: She is just trying to avoid any conversation about the relationship, to avoid being pulled back into it]

Many women know how easily they can be seduced back into a relationship, so they will usually try to avoid talking to their ex and giving him a chance to do it.

Additionally, many women often find themselves in a relationship with a good guy, who is sincere about making the relationship work, but just isn't able to make her feel the kind of attraction she wants.

As a result, a guy like that will often try to come up with many reasons why they should remain together.

Yet, if the woman doesn't feel the way he does (i.e. he is attracted to her, but she just doesn't feel the same way), then his reasons aren't going to be enough to make her feel compelled to get back with him.

Secretly, she will know that the relationship will pretty much feel the same for her, if not worse, if she got back with him, without him understanding how to attract her in the ways she actually wants.

So, she will say something, *"Yes, you make some great points, but I firmly believe that everything happens for a reason. We were meant to break up. If we are meant to be together, then we won't remain broken up, but right now, I feel like it is the right thing to do. I'm sorry, but I have made my decision."*

In that way, she can avoid getting seduced back into a relationship that will essentially be the same as before.

This is why, if you want to get her back, make sure that she can sense how different a relationship will be with you now, without you actually telling about it.

Don't tell her that a relationship will be different.

Just make her feel differently when she interacts with you, by using a completely new approach to attract that will excite her, interest her and compel her to give you another chance.

Another common reason why a woman will say it is

4. She simply believes that you and her were meant to break up

Sometimes, a woman will get into a relationship with a man that she doesn't feel 100% compatible with.

Yet, she will give the relationship a shot because of one or more of the following reasons:

- Her friends, coworkers or sibling have settled down into relationships and she feels left out.
- The guy is a really nice guy and even though she doesn't feel much a spark with him, she's hoping that her feelings for him will eventually grow.
- She has just come out of a long term relationship, is hurting and wants to have a new guy to make her feel better for a while.
- He seems cool, interesting and fun enough to hang out with.
- She is horny and wants to have some sex, even if the relationship doesn't last.
- She doesn't like feeling lonely and prefers to be in a relationship.
- She plans on being with him, until she finds a guy who is more suitable. She will then dump him and get with the new guy.

So, with your case, it's possible that your ex felt as though you and her were probably going to break up at some point.

As a result, she might say something like, *"Everything happens for a reason,"* but won't tell you, *"and that reason is – I never really fell in love with you completely, so I always knew this day would come. I hoped you could make me feel differently, but you didn't, so this is how it's meant to be."*

Does that mean you have no chance with her now?

No.

Of course not.

You can always change how a woman feels and when you do, her thinking, behavior and actions change (i.e. she goes from thinking that the break up was meant to be, to thinking that the break up has made her realize how much she misses you and wants you back).

As a result, she then behaves differently (i.e. is nicer, more open towards you) and acts differently (i.e. texts you more, suggests catching up to say hi, or says yes when you suggest it).

3 Mistakes to Avoid Making With an Ex Who Says Everything Happens For a Reason

Regardless of why the break up happened, the most important thing to remember is that if you want your ex back, you need to reactivate her feelings for you so she wants it too.

In other words, you need to make her feel a renewed sense of respect, attraction and love, so she realizes that what you and her had isn't over.

To ensure that you are successful in making her feel that way, be sure to avoid the following mistakes:

1. Following her direction in thinking, rather than taking on the role of a man and leading the way back into a relationship via attraction

Your ex is entitled to believe whatever she wants (i.e. everything, including your break up, happens for a reason and you and her just need to accept it).

Yet, you don't have to simply follow along with her perception of the reason for the break up. From your perspective, the reason for the break up can be that you level up as a man and then get her back.

Of course, you shouldn't try to tell her that.

Instead, you should just make her feel differently when she interacts with you, so she knows that a relationship with you would be so much better this time around.

Don't make the mistake that other guys make, where they hear their ex woman say something and then think it means it's final and he can't change how she feels.

Another mistake to avoid making is

2. Trying to discuss your way back into a relationship by talking about you and her as a couple, what went wrong and how you both could have done things differently

Even if you have completely good intentions with her when you try to discuss the relationship, what went wrong and what you and her can do to fix things, it's just not the most effective approach to use.

Mainly because it reminds her of all the problems, lets her see that you still really don't know what to do instead and overall, makes her feel like a relationship with you is just too much work.

She wants to be able to feel like love flows when you and her interact, rather than feeling like the love seem forced, awkward or stuck when it comes to you and her.

Another mistake to avoid making is

3. Not realizing that a woman can change her mind about a break up, even when she originally thought it was permanent

Just because a woman says that it's over, it doesn't mean she will feel that way tomorrow, next week or next month after you've reactivated her sexual and romantic feelings for you.

Women change how they feel all the time.

So, don't give up hope just because she said that everything happens for a reason, or that the break up is meant to be or something like that.

Instead, just take control of the situation by actively making her feel attracted to you again, so she naturally begins to think and feel differently when it comes to you.

Let her sense that there is still hope for you and her, because she now feels a real spark with you again.

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[image]

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Dumped Because I Fell in Love Too Fast

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

A lot of guys make that mistake with a woman, but are still able to get her back.

Here are 5 things you can do to get her back into a relationship and then make her love you more than she did before:

1. Tell her that you accept the break up and want to catch up as friends to say goodbye

This makes a woman feel like she is losing you and your loving, devoted interest in her, which causes her to feel a similar type of emotional pain you felt when she left you.

Itâs much less painful, but painful nonetheless.

When she is feeling that emotional pain, she will naturally want to stop it by trying to keep things open between you and her, rather than closing you off completely.

So, regardless of what your ex is saying right now (e.g. she wants space, she thinks itâs better if you donât talk to each other anymore), donât make the mistake of thinking that itâs completely over.

Be bold enough to get her on a phone call, so you can begin the ex back process with her.

On the call, tell her (in a confident, easy-going manner) that you accept the break up and only want to meet up as friends to say goodbye, before you and her go your separate ways in life.

So, after the initial pleasantries (i.e. âHey, howâve you been?â) and a bit of banter where you make her smile and feel comfortable talking to you, go ahead and tell her.

You can say something along the lines of, âAnyway, I just wanted to say that even though I initially felt a bit shocked by your decision to break up, Iâm now totally okay with it. I fully accept your decision. Itâs over and weâre never getting back together. I accept that. The only thing I ask though is that at least catch up as friends one more time, so that we can say goodbye to each other in a mature way and without any negative emotions getting in the way.â

She might initially be a bit resistant to the idea and may respond with something like, âNo, I donât want to meet up with youâ or, âI donât think thatâs a good idea.â

Regardless of what she says though, donât get upset or start thinking, âOh no! This isnât working! Sheâs not interested. Itâs hopeless. Iâve lost her forever!â

Youâve got to understand that a woman will often initially say no, but then say yes if you can remain calm, confident and get her to feel good about saying yes.

Youâve got to be able to handle that part of relationships with women, otherwise you will always struggle.

So, if she says no, just remain calm and say in a confident, relaxed tone of voice, âHey, itâs just a catch up as friends. Itâs not a big deal. It doesnât mean weâre getting back together and I can assure that Iâm not going to ask you for that. I just want to say goodbye in a mature way and allow us to part ways without any negative feelings. So, which day this week suits you best? Iâm free on Tuesday and Wednesday. Which of those days is best for you?â

In almost all cases, a woman will then agree to catch up, even if itâ€™s just so she can end things and move on.

However, donâ€™t worry about her potential reasons for meeting up with you.

Just get to the meet up, so you can re-attract her and get her to want to be back with you.

Before you meet up with her, make sure that youâ€™

2. Prepare yourself to offer her a completely different attraction experience during the meet up

[image: Prepare yourself to offer her a completely different attraction experience during the meet up]

Essentially, what this means is that you need to make sure your approach to attraction with your ex from now on, is very different to what it used to be before she dumped you.

If you get to the meet up with her and end up talking and interacting with her in a way that doesnâ€™t make her feel a renewed sense of respect and attraction for you, then she wonâ€™t feel motivated to get back with you.

This is why, itâ€™s essential that you prepare yourself to make your ex feel a renewed sense of respect and attraction for you when you see her.

When you meet up with her, you can:

- Adjust your approach and show her by way of your attitude, behavior, conversation style and actions that youâ€™re no longer the guy she broke up with (e.g. if you were too needy and clingy before, youâ€™re now more emotionally independent, if you were a sappy romantic before, youâ€™re now more of a challenge).
- React differently to what she says and does (e.g. if sheâ€™s being closed off, cold and distant, rather than being extra nice and sweet to her in the hope that she will open up, use ballsy, challenging humor to bring down her defenses instead. Women love that type of humor, as long as you are doing it in good spirits). An example is if she says, *â€œI just donâ€™t know if weâ€™re a good match,â€* and you laugh and say, *â€œYou donâ€™t know much at all. You were always pretty ditzyâ€* and let her see that youâ€™re joking, rather than being serious and pleading with her by saying something like, *â€œNo, we are a good match and I love you. Please just give me a chance to show you that we can make this work.â€*
- Make her feel feminine and girly in your presence by thinking, talking, behaving, feeling and acting in a more masculine way, rather than being emotionally sensitive around her and making her feel more dominant and *â€œmasculineâ€* than you.
- Believe in yourself and in your value to her, rather than feel unworthy. Women want to see that you feel worthy, regardless of how they are treating you (i.e. dumping you for falling in love too fast). Women respond positively to confidence and negatively to insecurity. So, be confident in yourself, even when you feel like you deserve to feel insecure. Always believe in yourself no matter what.

3. Let her see that youâ€™ve calmed down and are no longer Mr. Ready to Commit Right Now and instead, have become a bit of a challenge

[image: Let her see that you are no longer Mr Ready to Commit Right Now and have become a

challenge]

If a woman dumped you because you fell in love too fast, it will usually be because she wants a guy who is more of a challenge.

In other words, a guy who makes her feel the need to impress him, win him over and hopefully get him to commit to her eventually.

Women don't go around saying that because they don't want guys to get the wrong idea and start treating women badly, saying they will never commit and so on.

Instead, women just gravitate towards men who can offer them that attraction and relationship experience.

So, when you next interact with her your ex, let her feel as though you're not in a hurry to get her back.

Instead, you are able to remain calm and use humor, flirt with her and challenge her without expecting anything in return.

When you do that, she will immediately begin to feel more attracted to you and will want to experience more of what you are now able to offer her.

Yet, if you use the same old approach and essentially give her the sense that you're ready to commit if she is, then there's no challenge or excitement for her.

4. Flirt with her and make her smile and laugh, so she feels good around you

[image: Flirt with her and make her smile and laugh, so she feels good around you]

Some guys assume that they are no longer allowed or welcome to flirt with a woman after she breaks up with them.

A guy like that will switch into just being nice, friendly and polite when talking to her or texting her.

Yet, there are no rules that say you can't flirt with an ex.

You can.

In fact, it's one of the fastest ways to make her have sexual and romantic feelings for you again.

For example: When you meet up and see her looking pretty, don't be afraid to smile, look her up and down and say, *â€œWow, someone's looking pretty.â€*

That does not give her too much power or show too much interest or any other insecure thing that some guys worry about.

As a man, you can freely say those things without appearing needy or desperate and instead, appearing confident as you flirt with her.

How?

Don't say it from a needy place (i.e. don't say it thinking, *â€œI hope this makes her want me backâ€*).

Just say it because you're a confident, self-assured man who isn't afraid to express his attraction and knows that no matter what he says, he is always in the one up position in terms of dominance and value.

When you come from that place, women feel magnetically attracted to you.

Itâ€™s not something women tell me though, of course.

Women donâ€™t want men getting the wrong idea and thinking that they need to act like they are so much better than a woman, or so much more dominant.

Instead, women simply gravitate towards men who understand how a womanâ€™s attraction really works.

Itâ€™s a private understanding between men and women that doesnâ€™t need to be spoken about between men and women.

Instead, you just need to do it.

When you do, women feel attracted to you.

5. Leave the meet up with her feeling like she wants to see you again, but you are saying goodbye

If youâ€™ve been doing things right (i.e. being more challenging, flirting with her, remaining confident no matter what she says or does to make you doubt yourself), she will begin to show signs that sheâ€™s feeling attracted to you.

This is a very crucial point in the interaction that can either you result in making her want you more or less.

For example: When you see her signs of attraction, you may be tempted to start talking about getting back together.

Donâ€™t do that though.

Unless she specifically says, *â€œI want to get back together,*â€™ just avoid going there in the conversation.

If you see her signs of attraction and begin hinting at, asking or pushing for a relationship, she will then think something like, *â€œI almost got fooled into believing heâ€™d changed, but I see now that it was all an act. He is still totally in love with me and wants to commit. He canâ€™t offer me the kind of experience I want. Heâ€™s just not aware of how to be a challenge. Heâ€™s too easy for me. I donâ€™t want that. I want to feel excited. Heâ€™s excited, but Iâ€™m not.*â€™

So, donâ€™t make that mistake of hinting at, asking for or pushing for a relationship.

Instead, when you see that she is feeling attracted to you and possibly even hinting at catching up again, start to end the interaction to stick to the promise you made her (i.e. that you were only catching up as friends and you werenâ€™t going to try to get her back).

*â€œAnyway, Iâ€™m glad we were able to catch up and say goodbye as friends. I have to go now, so take care of yourself, okay?*â€™

Then, after she acknowledges that the meet up is ending (e.g. she says something like, *â€œOh, okay. Bye*â€™), give her a goodbye hug if she seems open and then leave.

She will then be left feeling like she has lost you and itâ€™s all her fault.

As a result, she will feel compelled to contact you and see you again.

So, donâ€™t worry about saying goodbye and walking away at the meet up.

It wonâ€™t be a final goodbye because you will have sparked her feelings for you (by being a bit of a challenge and giving her that elusive feelings she was missing), so she will naturally want to see

you again.

3 Things to Avoid When Getting an Ex Back Who Dumped You For Falling in Love Too Fast

1. Apologizing for moving too fast to hopefully get her to take pity on you and give you another chance

A guy apologizing to his ex for moving too fast might initially seem like a good idea.

After all, when someone apologizes, the other person usually accepts it.

So, he hopes that she will see how remorseful and sorry he is and then give him another chance.

Then, everything will be okay again.

Yet, regardless of how sincere his apology might be, it's not actually the thing that will convince her to forgive him and give him another chance.

Why?

Apologizing doesn't actually get to the core of the problem (i.e. that he is more in love with her than she is with him).

Additionally, in most cases, a woman can see right through a guy's secret intentions (i.e. he is hoping that his apology will make her feel obliged to give him another chance out of pity).

Yet, women don't want to be with a guy out of pity.

So, here's the thing!

There's nothing wrong with apologizing to your ex for moving too fast, especially if you use humor to laugh at yourself and show her that you've learned from your past mistake (e.g. *I have to laugh at myself now. I get it. I fell for you too fast and it was probably funny for you to see. Yet, now I don't feel anything for you, so it's all good and then laugh and say, "Just kidding. I like you, but I accept the break up and I'm sorry for being such a sappy romantic guy with you. You had that effect on me."*)

If you apologize in that way, she can then see that you've calmed down and gained control over your emotions, rather than continuing to be a lovesick puppy.

As a result, she will feel new kinds of respect and attraction for you for being man enough to learn and grow from your mistake.

2. Not being able to slow down because you don't have the right balance in life

The right balance as a man, is that your biggest goals, dreams and ambitions are your first priority and a woman is your second priority.

That doesn't mean you treat a woman as though she isn't important, or as though she isn't valuable to you.

Instead, it means that you love her and are happy to have her in your life, but your life isn't all about her.

That's what women actually want.

Unfortunately, many guys don't realize that until it's too late.

So, a guy will make his woman the centre of his world (i.e. he is essentially living for her, she is his main reason for happiness, everything he does, he does for her, he only wants to focus on the relationship with her and doesn't really care about his big dreams or ambitions anymore because he has her), which will cause her to lose respect for him for being too emotionally dependent on her (i.e being too needy).

This is why, you must be able to show your ex that even though you still care about her and want her back, you don't actually need her back to feel happy, fulfilled or confident in yourself.

Your happiness, confidence and feelings of fulfillment come from you following through on your biggest goals, dreams and ambitions in life.

You don't have to achieve them overnight or even within the next year, but you do need to focus on them and start making real progress.

When she can see that you're no longer being an emotionally needy guy and have become your own man, her guard will come down.

She will then begin to open herself up to the idea of giving you another chance.

On the other hand, if she gets a sense that you desperately need her back because you can't cope without her, she will feel happy with her decision to dump you and will want to continue moving on without you.

Another mistake to avoid making is!

3. Not realizing that you can still be a good guy and be a challenge

Being a challenge to a woman doesn't mean you have to be mean to her, treat her badly and make her feel disrespected.

Instead, it's about making her feel loved and appreciated, while at the same time creating a desire inside of her to impress you and treat you well, otherwise you might lose interest in her.

If you can offer her that type of attraction experience, she will naturally want to hold on to you because she knows how difficult that desire is to find (i.e. because most guys are just too nice, easy and willing to be with her, without her really having to do anything to impress them).

So, go ahead and continue being a good guy to your ex, but just make sure that you're also being a challenge to her, so she gets to experience the feeling she really wants when in a relationship with a man.

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[image]

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My Ex Treats Me Like Her Boyfriend, But Doesn't Want a Relationship

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

5 common reasons why a woman will do that to her ex and how you can turn things around and get her back into a relationship:

1. She is stringing you along while she secretly tries to move on

[image: She is stringing you along, while she secretly tries to move on]

Some women don't like the idea of their ex finding a new woman and moving on before they do. This is why a woman will often string an ex guy along (i.e. give him false hope that she still has feelings for him and they might get back together sometime in the future,) while she secretly focuses on finding a new man.

When she does find a new man, a woman will usually then tell her ex that she's with someone else and ask that he leave her alone from now on, or not contact her because she doesn't want him to ruin her new relationship.

Alternatively, rather than telling him that she is seeing someone else, she will simply respond less and less to his texts, avoid his calls and is generally be a bit colder towards him when they talk.

If he then asks, *â€œIs there someone else?â€* she can then say something like, *â€œI will tell you, but promise not to get angry.â€*

She can then break his heart all over again by telling him that she is seeing someone else now.

Don't let that happen to you.

If you want to be her boyfriend again, focus on making her feel attracted to you in ways that will make her want a relationship.

In other words, level up and start being the kind of man she is now looking for.

When you do that, she will begin to realize that she doesn't need to look elsewhere because you are what she wants.

2. She still loves you as a friend, but doesn't feel a spark with you anymore

[image: She still loves you, but doesn't feel a spark with you anymore]

In some cases, a woman will realize that even though there's no sexual spark anymore, she still likes having her ex around because she likes him as a person and he's a really good guy.

By approaching the break up in that way, they can continue doing some of the fun things they used to do as a couple (e.g. text, call each other, go out to restaurants, watch movies at the cinema together, go out shopping).

So, she doesn't really feel like she is losing anything and can comfortably move on behind his back (i.e. by texting other guys, going on dates, eventually hooking up with a new guy).

Here's the thing|

Just because your ex is comfortable keeping you in her life and enjoying the benefits of having a

â€œboyfriendâ€ without the commitment of a relationship, it doesn't mean you have to accept it.

Of course, you shouldn't say, *â€œI don't want you treating me like your boyfriend if you don't want a relationship with me. I want a relationship or nothing,â€* because she will likely then say something along the lines of, *â€œOkay, well I guess we should stop seeing each other then. Sorry, I can't give you what you want.â€*

Instead, what you need to do is use interactions with her from now on to spark her sexual feelings for you again (e.g. by being more manly around her, rather than letting her dominate you with her confident personality, turning conversations into laughter and fun, rather than being too serious, treating her like a desirable woman, rather than like a good friend).

The more you relight the spark between you and her, the more she will believe that being your girl again is what she wants.

For her, getting back together will be about her following her heart and surrendering to the exciting feelings of sexual and romantic desire that she's feeling for you again.

So, she will essentially be getting back into a relationship with you for her own reasons, without you having to waste your time and energy trying to plead with her or convince her based on exhausting, emotional conversations.

3. She doesn't want to give you a relationship because you haven't really changed

If your ex got back into a relationship with you now, would it really be much different?

Have you changed enough, to the point where she is going to feel very different around you now (i.e. feel the need to impress you, feel like she is lucky to have you, feel girly in comparison to your masculine approach to her)?

If she gets back with you without seeing that you've truly changed, then she fears that you won't be motivated to follow through on the changes she really wants to see in you.

As a result, the relationship will end up being the same as before.

This is why, you need to change some of the things that are truly important to her.

If you're unsure of what you might need to change, here are a few questions to ask yourself to find out:

- Do you make her feel like a hot, sexy woman when she's with you, or does she feel more like a non-sexual friend?
- Are you manly and emotionally strong with her, or are you a bit too soft and docile around her to the point where she feels like the more emotionally strong and dominant one?
- Do you approach the relationship in a way that makes her want to be a good, loving woman to you, or does she feel like she can treat you as badly as she wants and you will just put up with it?
- Are you confident and self-assured around her, or do you become insecure and unsure of yourself when she's being moody or closed off towards you?

If you're not offering her the kind of attraction experience she wants in a relationship, she simply

won't feel compelled to get back with you.

Yet, when you begin to offer her the attraction experience she always wanted from you but didn't get, she will naturally begin to look at you differently.

She will realize that a relationship with you would feel so much better than it did in the past and as a result, she will become open to getting back with you.

4. She's treating you well to make you feel obligated to treat her well in return

Sometimes, a woman wants her ex to feel as though she will get angry and cut him out of her life, if he doesn't appreciate the fact that she is being friendly towards him even though they've broken up.

As a result, a guy might make the mistake of feeling obligated to accept what she's offering (i.e. a relationship without commitment or in some cases, without any sex), because he is afraid he might lose her for real if he says anything.

5. She is currently open to having casual sex with you and seeing where it goes, but she won't tell you that

[image: She is currently open to having casual sex with you and seeing where it goes, but she won't tell you that]

Sometimes a woman will want to keep an ex boyfriend around for casual sex and just see how things go (i.e. does she fall back in love with him based on the adjustments he makes, or does she continue to see that a relationship just won't work because he still doesn't understand how to attract her in the ways she really wants?).

Yet, a guy won't always know that and as a result, he will just talk to her like a friend and end up placing himself in the friend zone.

Then, if she starts looking at him as just a friend now, she will start looking at other men to satisfy her sexual and romantic desires.

So, if your gut instinct is telling you that she is open to having sex, then go ahead and do that.

However, make sure that you also make adjustments to your behavior around her, so she can see that a relationship with you really would be different this time around.

4 Mistakes That Can Reduce Your Chances of Getting a Relationship With Your Ex Again

1. Saying that you want a real boyfriend-girlfriend relationship or nothing

Sometimes a guy will be pushing for a relationship and essentially giving his ex an ultimatum like, *It's either a relationship or nothing.*

Then, the woman will say something like, *Okay, fine. It's nothing then. I'm sorry, but I can't give you what you want. I don't want a relationship and you don't seem to understand that. So, we should just go our separate ways. Please stop contacting me from now on and I will do the same with you.*

Itâ€™s an approach that rarely works because women donâ€™t like to feel as though they are being pressured into giving an ex another chance.

Additionally, if a woman doesnâ€™t feel the respect, attraction and love that he feels for her (i.e. she doesnâ€™t have feelings for him) and heâ€™s pushing for a relationship, then it can make her feel resentful towards him.

She can end up feeling like he is being selfish and just trying to get what he wants, even though he isnâ€™t offering her what she wants (i.e. a different attraction experience).

Another mistake to avoid isâ€¦

2. Letting her see that you really donâ€™t have any other options with women

[image: Letting her see that you don't really have any other options with women]

If a woman senses that her ex wants a relationship because he would struggle to find a new, quality woman, it can make her feel as though the only reason he is clinging on is due to desperation, rather than real love.

Since women arenâ€™t attracted to desperate men, she will then feel more determined not to get back with him and just move on.

So, if you want a relationship with your ex, donâ€™t make her feel as though itâ€™s because you canâ€™t find another quality woman to replace her with.

3. Believing her when she says that she isnâ€™t interested in dating anyone else right now

Sometimes a guy might believe that his ex girlfriend is not the sort of woman to immediately, or very quickly begin hooking up with a new guy after a break up.

Yet, days or weeks later, he is surprised to find that she is dating other guys or has already slept with a new guy, while heâ€™s been sitting around in the background as her nice, dependable ex boyfriend.

So, if your ex has been saying things like, *â€œIâ€™m not going to date anyone else either. I just want to be on my own for a while,â€* you need to be prepared for the fact that she might not be telling you the 100% truth.

Secretly, she might be texting other guys, going on dates or planning to go on a date with a guy she has a crush on, or a guy who has had a crush on her and has been waiting for her to end the relationship with you.

Either way, donâ€™t rely on her simply saying that sheâ€™s not going to be dating anyone else right now.

She can say one thing today and do something completely different tomorrow.

That same principle applies to her desire for a relationship with you.

Lately, you may have been turning her off the idea of having a relationship with you, but can now start making her want it by using a new approach.

Finally, another mistake to avoid in a situation like yours isâ€¦

4. Assuming that she will become desperate and want you back badly if you stop contacting her

That approach can make her initially curious, but if she doesn't have much or any sexual or romantic feelings for you anymore, she will simply see it as the relationship breaking up and fading away.

Additionally, if she meets new men who make her feel a lot of sexual and romantic attraction, she will care less and less that you're not contacting her anymore.

Then, by the time you contact her again (hoping that not contacting her has made her desperately want you back), she might say something like, *â€œHey! How have you been?â€œ* and then tell you that she has a new boyfriend and is in love with him.

Don't let that happen to you.

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[image]

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My Ex Girlfriend Shouts at Me When I Try to Talk to Her

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 common reasons why a woman will behave that way towards an ex boyfriend:

1. She is trying to get you to react badly, so she has more of a reason to remain broken up with you

[image: She is trying to get you to react badly, so she has more of a reason to remain broken up with you]

When a guy tries to talk to his ex girlfriend, but she is shouting at him and making things difficult, it can cause him to feel very frustrated or even angry.

If he becomes angry and shouts back at her, she can use that as another reason to remain broken up with him (i.e. say that he is 'scaring her' or that she's had enough of his bad treatment of her and so on).

For example: A guy might get angry with her when she shouts at him.

He might then shout back and say things like, *What the hell is wrong with you? I'm trying to talk to you and you're f**king shouting at me. Why don't you just SHUT UP for a minute and let me talk!*

That kind of reaction might be exactly what she's been waiting for, so she can then say something along the lines of, *Why are you shouting at me? You're so angry these days. You scare me now. I mean, what would stop you from becoming violent if I keep talking to you or hanging out with you? I'm sorry, but I can't risk being with a man who loses control of his emotions so easily. You need help. Goodbye. It's over.*

Alternatively, rather than getting angry, a guy might become upset and overly emotional.

He will beg, plead and in extreme cases, even cry to her and say things like, *Why are you doing this to me? Please, just give me a chance. Yes, I made some mistakes, but I don't deserve to have you shout at me when I try to talk to you. I have treated you so well in the past. The least you could do is show me some respect. I love you. I care about you. Please don't do this to me.*

She can then use that (i.e. him crying, pleading with her) against him and say something like, *You really need to grow up. I don't know why you're crying. It's really quite pathetic. I don't want you contacting me anymore. It's over. Goodbye.*

Getting him to react in an angry, or overly emotional way, then gives her more reasons to remain broken up and not give him another chance.

This is why, if you want your ex to stop shouting at you when you try to talk to her and even begin regretting her decision to break up, you need to maintain control of your emotions around her no matter what she says or does.

When she notices that you're being calm and relaxed and are maintaining your confidence, she will naturally feel a renewed sense of respect for you.

When she respects you, she will also begin to feel attracted to you and open up to being with you again.

2. She is abusing the feeling of power she now has over you

[image: She is abusing the feeling of power she has over you now]

Some guys assume that the best tactic to use to get an ex girlfriend back is to be nice to her and put up with her moods and bad treatment.

A guy like that will hope that if he is nice enough to her, she will eventually take pity on him and give him another chance.

Yet, women see that type of nice guy reaction from a guy as being desperate and desperation isn't attractive to women.

Additionally, women just can't respect men who are desperate for them.

It just doesn't work.

Here's the thing!

A woman will often give the impression that she's the one calling the shots (and prefers it that way), but she doesn't.

The reality is that women simply do not respect men who believe their act of dominance.

Women know that they are not the more dominant ones when it comes to sexual, romantic relationships between men and women.

They also don't want to be the dominant ones.

A woman wants to be with a man who has the confidence to stand up to her in a dominant, but loving way, rather than allowing himself to be walked all over by her.

This is why, if you take your ex's drama (i.e. her shouting at you) too seriously, she won't be able to respect you because she will feel as though she is the one in control.

3. She is testing to see if you are man enough to handle her outbursts and get her to respect you again

[image: She is testing to see if you are man enough to handle her outbursts and get her to respect you again]

In some cases, a woman will shout at her ex as a way of seeing if he's man enough to handle a woman like her now (due to her changing after a break up), or if she should remain broken up with him and go for a more confident, masculine man.

She will shout, get angry and become dramatic and look to see how he responds.

For example:

- Does he crumble and start doubting that he has a chance with her?
- Does he beg and plead with her to tell him what he's doing wrong?
- Does he walk away and give up on getting her back just because she's being mean to him?
- Does he suck up to her in the hope that she will be nice to him?

If he reacts in any of those ways, she will begin to feel as though he's not the kind of man she can look up to and respect (i.e. because he's too emotionally weak and sensitive).

As a result, she will push him away by saying something like, *â€œLook, I've had enough, okay?*

Itâ€™s over. Just leave me alone. Go away and never contact me again.â€™

She might then block his number, mark his email as spam and unfriend him on social media.

On the other hand, if her ex remains calm and confident no matter how loudly she shouts at him, she wonâ€™t be able to stop herself from feeling a renewed sense of respect for him as a man.

When she feels that respect, she will then start to feel attracted to him again.

From there, her defenses will come down and she will naturally start to open up to the possibility of getting back together.

Alternatively, she will open up to hooking up with him again to see how she feels afterwards.

4. She knows you will put up with it and pretty much any other bad behavior she dishes out

When a woman knows that she can get away with treating a guy badly, it often brings out a nasty side to her (e.g. unloving, distant, selfish, inconsiderate, mean).

On the other hand, when a woman feels as though she needs to treat her man well, or else she could lose him, it brings out a different side to her.

To keep him happy and avoid losing him, she will be much more loving, affectionate, kind, thoughtful and nice towards him in the relationship.

Now that you and her have broken up, the same rules still apply.

If you want to bring out her good side, you need to make her feel so respectful and attracted to the new and improved you that she doesnâ€™t want to treat you badly.

Suddenly, she fears that if she loses you, she will regret it and miss you.

As a result, she will want to stop shouting and creating drama and instead, start being more friendly and open when talking to you.

5. She wants you to hate her, so you donâ€™t want to be with her anymore

If a guy wonâ€™t give up on trying to get his ex girlfriend back, she might begin treating him badly (e.g. by shouting at him when he tries to talk to her, being rude, being selfish, insulting him), so he can start to hate her.

She hopes that he will think something like, *â€™What a bitch. Who needs a woman like her anyway?! Forget it. Iâ€™m over her. Iâ€™m not interested in getting her back anymore. Screw her. Iâ€™m going to move onâ€™* and then walk away.

She can then get on with her life and find herself a new man to get into a relationship with.

Hereâ€™s the thing thoughâ€¦

If you want her back, donâ€™t fall for her attempts to make you hate her, so you then feel motivated to find a new woman instead.

If you want her back, maintain control of your emotions and guide her through the ex back process.

Part of that process is re-attracting her.

So, rather than getting upset when she shouts at you, focus on making her feel attracted by remaining confident, using humor and flirting with her to create sparks between you and her.

When she notices that youâ€™re not falling for her fake drama and beginning to hate her and

sheâs falling back in love with you, then she will naturally feel drawn to the idea of getting back with you.

You can then guide her back into a relationship with you thatâs based on a whole new level of respect, attraction and love.

It will feel more mature, deep, exciting and fulfilling for the both of you.

So, go for it.

4 Mistakes to Avoid Making if She Shouts at You Again

1. Appearing intimidated by her outbursts

[image: Appearing intimidated by her outbursts]

Women arenât attracted to men who are intimidated by them.

So, when your ex girlfriend is acting angry and shouting at you, she doesnât want you to take her dominant act so seriously.

She wants you to look at her as a girl and you as the man.

Sheâs not more powerful than you.

As a result, you donât feel intimidated or scared when she is angry, shouting or being ridiculous.

Instead, you remain calm, confident and in control like a real man.

You still treat her well and listen to her, but you donât get intimidated and you donât take her emotional outbursts so seriously.

When your ex notices that, she will naturally feel a renewed sense of respect and attraction for you.

2. Becoming more angry and aggressive than her to hopefully get her to respect you

In most cases, tit for tat doesnât work in relationships (i.e. if she gets angry, you get angry, or if she shouts, you shout).

So, just because sheâs behaving like an out of control brat, it doesnât mean you should copy her.

If you do, she will simply blame the drama on you and make you out to be the angrier one, or say that sheâs scared of you now or something like that.

Another mistake to avoid making isâ

3. Not getting to the core reasons why she doesnât feel the need to respect you

A woman will usually disrespect a man because heâs given her a number of reasons to not respect him.

For example:

- He became too clingy and needy, so she felt like she was responsible for his emotional well being.
- He lost confidence in his value to her, so she felt like she was too good for him.

- He always seems to become nervous and unsure of him when she was being moody, so she felt like he couldn't handle a girl like her.
- He stopped making decisions in case she didn't like what he decided and just went along with what she wanted, so she felt like he lacked masculinity.

When you know the core reasons why she lost respect, you can then quickly make some adjustments and interact with her.

When you do, she experiences newfound feelings of respect and attraction for you, based on the man you have become.

Suddenly, she starts feeling like what you and her had isn't over yet.

As a result, she opens up to seeing you or being with you.

4. Constantly trying to push for a relationship, even though she is treating you badly and currently isn't attracted to you

If you continue to push for a relationship with a woman who is disrespecting you, then you are just rewarding her bad behavior.

When you do that, a woman can't respect you and if she can't respect you, she will struggle to feel attracted to you.

Without respect and attraction, she's not going to feel like being in a relationship with you.

So, from now on, use interactions with your ex girlfriend to reawaken her feelings of respect and attraction for you.

When you approach the ex back process correctly, she naturally wants to be back with you, or at least give you another chance to see how things go.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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How to Let Go of a Relationship and Move On

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 4 optional approaches to let her go of her and move on.

Option 1: Re-attract her, have sex with her one last time and then move on

[image: Re-attract her, have sex with her one last time and then move on]

Doing that gets rid of the feeling of being rejected by her because she does want you again.

She becomes attracted, you hook up with her and she really wants it.

It's like a little victory for yourself to see that you haven't been totally rejected by her and left behind.

After hooking up with her one last time, you can then move on, knowing that she did want you, but you decided to just move on and find a new woman.

So, start by interacting with your ex over the phone (an audio or video phone call is best, rather than just sticking to texts) and in person.

Don't act like a neutral friend who just wants to be her text buddy, or call her to see how she is doing.

Instead, adding some flirting to create a spark and build sexual tension between you and her again.

Sexual tension happens when a man and a woman feel sexual desire for each other, but can't immediately release it with kissing and sex (e.g. because they are exes and it doesn't seem appropriate, they are talking over the phone or are in a public place, so it's impossible to just start kissing and having sex in that moment).

It's a powerful emotional state that makes both men and women do whatever they can to get to the point where they can kiss and have sex.

So, the more sexual tension you can build between you and her (you can do it during a 2-5 minute conversation with her), the more compelled she will feel to meet up with you and release the sexual tension with kissing and sex.

As a result, she will almost certainly say yes to meeting up for a coffee, or hanging out at your place or hers.

Then, you and her can have make up sex, which is enjoyable for both the person who got dumped and the dumper.

It can end up being quite an overwhelming (in a good way), emotional experience for the woman, where she realizes that what you and her had isn't over.

She still feels like she wants to be with you and keep seeing you.

Yet, you can then be the one who decides to end the relationship and move on.

Of course, you also have the option of sticking with the relationship as well.

The choice will be yours.

Another approach to let go of a relationship and move on isâ

Option 2: Re-attract her, make her want you back, don't have sex with her and leave with her wanting more, so you can walk away as the dumper

[image: Re-attract her, make her want you back, but don't have sex with her. Leave her wanting more, so you can walk away as the dumper this time]

This causes her to feel like there is unresolved sexual tension between you and her.

She wants you sexually and also feels romantically attracted to you again, but you are walking away.

Like the first option, it comes a little victory for you where you aren't the one who got dumped in the end.

She did.

That alone will help you move on, because you're not stuck feeling like you've been rejected, or that you're not attractive enough or lovable.

For her, you are the one that got away.

From then on, she will always look back and regret that she wasn't able to get back with you and have another shot.

Of course, that's not the only way to make an ex regret breaking up with you and then want you back!

Another approach to let go of a relationship and move on is

Option 3: Have a final conversation with her to let her know that you accept the break up. Then, start sleeping with new women who you see as being more attractive than her

[image: Have a final conversation with her to let her know that you accept the break up]

For example: You might say something along the lines of, *"Hey, I know that I didn't initially accept your decision to break up, but I just want you to know that I now completely accept that it's over between us and I'm not going to bother you again about changing your mind or anything like that. We can now both move on and be happy, without feeling like we're holding on to any negative baggage from the past. I wish you all the best."*

By saying something like that to your ex, you're effectively letting her know that you're no longer sitting around missing her and hoping she will somehow change her mind and give you another chance.

This naturally awakens some feelings of respect for you for being an emotionally strong man, rather than an emotional wuss who can't function without his ex woman.

When she feels some respect for you, she will also start to feel a bit attracted to you again, but in a new way.

She might not do anything about it though, of course, but she will be feeling.

Then, when she sees you moving on with women that she potentially sees as more attractive than her, she will feel even more respect and attraction for you.

If you happen to see the new women as being more attractive than her, then you will definitely feel a lot better about letting go of your ex and moving on.

Another approach to let go of a relationship and move on isâ€¦!

Option 4: Improve your ability to attract high quality, beautiful women and start sleeping with them

[image: Improve your ability to attract high quality, beautiful women and start sleeping with them]

There's probably no faster way to get over a woman and start moving on, than to sleep with a new, high quality woman.

Of course, not every guy knows how to do that, so let me begin to help you understand how it works. Almost all women are attracted to or turned off by certain qualities, personality traits and behaviors in a man.

These are things that you can literally learn how to display and when you do, women feel attracted to you.

For example: Some qualities, behaviors and personality traits that can make a woman feel drawn to a man are thatâ€¦!

- He maintains his confidence with her, regardless of what she says or does to unsettle him or make him doubt himself.
- He is loving, caring and attentive, without being needy or clingy.
- He makes her feel like a sexy, desirable woman in his presence, rather than making her feel like a friend or buddy.
- He has his own goals, ambitions, friendships, hobbies and interests that are separate from his relationship with her.
- He stands up to her in a loving way when sheâ€™s behaving badly.
- He doesnâ€™t let her disrespect him or be rude to him and he also doesnâ€™t disrespect her.
- He doesnâ€™t sulk or get upset when she creates drama and instead, he uses humor to change her mood and lighten things up.
- He has a plan for his life (and by association hers) and heâ€™s actively pursuing that plan.
- He treats her well, but also motivates her to be a good woman to him and treat him well in return.
- Heâ€™s a good guy, but heâ€™s also a bit of challenge, so she feels like she has to work hard to impress him and keep him interested in her.

On the other hand, some unattractive qualities, behaviors and personality traits that women feel turned off by in a man areâ€¦!

- He is too self-absorbed (e.g. only cares about his work, going to the gym, playing video games, watching TV, hanging with friends) and as a result, he takes her for granted.
- He is insecure about his value to her and it makes him needy, clingy, controlling or jealous.
- He lets her walk all over him and dominate him with her confident personality because he fears her leaving him.
- He loses control of his emotions when she creates drama, or throws a tantrum.
- He is drifting through his life without a plan, or is just settling for a mediocre life and expecting her to stick around and accept that for life.
- He does everything he can to make her happy, rather than creating a balanced relationship

where both of them want to make each other happy.

- She ends up feeling turned off because there is no challenge for her and she doesn't feel accountable to him.
- He has nothing important going on in his life other than his relationship with her (i.e. he isn't following through on his biggest dreams, ambitions and goals in life).

Those are some examples of things that attract, or repel a woman.

When you know how to attract women, they simply feel drawn to you.

They really like you and want to be with you.

You can then select from women you want.

Not many guys know how to do it, so they just settle for whatever they can get and end up unhappy in the long run.

If you want to truly let go of the relationship you had with your ex and move on, then you need to understand what makes women feel attracted to men and then start doing it.

You will see an instant improved response from women and it will become stronger and stronger every day from then on.

You literally become more attractive to women every day, because you understand and then embody the traits that are naturally attractive to them.

As a result, you can access higher quality women and even have your choice of them.

It might seem impossible for you at this point, but you're not there yet.

You will be though if you start and then continue your journey of becoming more and more attractive to women every day from now on.

4 Problems Men Run Into When Trying to Let Go of a Relationship and Move On

1. Trying to forget her, but secretly knowing that she was the best girl you have ever had

[image: Trying to forget her, but secretly knowing that she was the best girl you have ever had]

Some guys don't realize that it's possible to get a woman back after a break up, or they do know it's possible, but simply don't know how to do it.

Additionally, in many cases, a man will get dumped by a woman who seems like she wants nothing to do with him anymore.

Her words, behavior and actions when breaking up with him, make him believe that he has no chance.

As a result, he assumes the break up is final and that he has to just accept it and move on.

Yet, here's the thing!

These days, it's fairly common for couples to almost break up several times during the course of their relationship, or even go through one or more actual break ups before the relationship eventually

works out.

Additionally, men all over the world are able to get women back in seemingly impossible situations (e.g. she is seeing someone else after the break up, he reacted in a very angry way to her breaking up with him, to the point where she became a bit scared, he made classic mistakes like begging for another chance and so on).

Couples get back together all the time, even though the break up seemed totally final and that there was no chance of reconciling.

So, if you see your ex as the best girl you've ever had and you really do want her back, don't assume that you have no chance of getting her back.

You will have a chance if you interact with her and re-attract her.

The more attraction you make her feel, the more drawn to you she will be and as a result, she will become open to exploring her new feelings for you.

Men all over the world use that approach to get ex women back and it works.

It's totally natural and it's very powerful.

2. Not knowing how to re-attract her back into a relationship, or how to attract a new, high quality, beautiful woman to take her place

Some guys make the mistake of thinking they need to change their physical appearance to re-attract their ex (e.g. go to the gym, wear better clothes, get a new haircut).

In other cases, some guys assume they need to buy her flowers or a gift to show their sincere interest.

Yet, when a woman breaks up with a guy, it's almost always not because of his physical appearance, or his lack of gifts.

Instead, it's because she is turned off by his behavior and how that makes her feel.

Likewise, when it comes to attracting new women in person (not on dating apps), it's mostly about how your behavior makes her feel.

In other words:

- Do you make her feel girly and feminine in response to your masculine vibe, way of thinking and behaving, or do you make her feel like a neutral friend, a coworker, big sister or like another one of the guys?
- Are you able to maintain your confidence no matter how she is behaving, or do you suddenly appear uncomfortable and tense if she isn't being straightforward, nice and gentle with you at all times?
- Are you able to make her laugh and feel good when talking to her, or does she feel bored by your approach to the conversation?
- Do you flirt with her to build up sexual tension, or do you just try to have a nice, get to know conversation by asking her about her work, where she lives, her age, where she grew up, etc?

And so on.

Essentially, when a guy doesn't know how to re-attract his ex woman, or get himself a new, high quality woman, he will find it difficult to let go and move on.

He will keep looking back at his ex as the one for him, but will feel stuck because he won't know how to re-attract her, or replace her with a new, quality woman.

In some cases, this can lead to a guy becoming insecure, unsure of himself and nervous around women that he finds very attractive.

Deep down, he knows that he has no idea what he's doing when it comes to attracting women and is just hoping to get lucky.

Yet, when it comes to quality women, you will only ever get lucky here and there and if you do, the relationship won't last.

If you want to be successful with women for life, you have to know how to attract them initially and then maintain their interest in a relationship.

3. Assuming that he has to delete photos, videos and messages of her to get over her

That's not a real solution.

After all, he can simply search her on social media when he's missing her.

So, it doesn't work.

The only thing that works for real is re-attracting her back, or getting yourself a new, high quality woman.

Additionally, you don't need to try to hide from the fact that you're missing her.

Embrace it and use it to get her back.

Alternatively, use the emotional pain you've been feeling to motivate you to learn how to easily attract other high quality women.

Use the great opportunity in front of you to level up as a man and begin enjoying life on a whole new level.

4. Wanting her back, but never trying the ex back process and always looking back in regret

Sometimes a guy will really want his ex girl back, but can't ever build up enough courage to make it happen.

As a result, he spends a lot of time missing her and struggling to move on.

In some cases, a man never gets over his ex woman, no matter how many new relationships he has.

So, the question is: What are you going to do?

Are you going to move on by attracting yourself a new, high quality woman, or are you going to get her back?

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

My Ex Said She Will Never Date Me Again

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

4 reasons why she isn't necessarily telling you the truth when she says that:

1. She is basing that statement on how she feels about you now, not how she will feel next week or next month

[image: She is basing that statement on how she feels about you now, not next week or next month]

When you make a woman feel a renewed sense of a respect and attraction for you after a break up, her thoughts and feelings automatically begin to change.

She goes from thinking that she is over you and never wants to date you again, to feeling drawn to you again in a new way and worrying that she might end up regretting it if she doesn't give you another chance.

That opens her up to you then being able to easily attract her back into a relationship with you, or at least get her to hook up with you again and begin to establish a relationship after that.

Right now, your ex might be saying that she will never date you again, but that doesn't mean her feelings can't change.

For example: Think about how many times her feelings for you have changed in the timeline of you and her knowing each other.

Initially, she felt nothing for you because she didn't know you.

Then, she started to feel sparks of attraction when she met you, or got to know you.

When you then began a sexual relationship, her feelings probably changed from liking you to beginning to love you.

Unfortunately, somewhere along the line, her feelings changed in a negative way.

She lost respect for you, stopped feeling as much attraction and as a result, stopped loving you in a romantic way.

She might even have begun to feel annoyed and irritated by just spending time with you.

As a result, her feelings then slowly changed to disappointment and resentment she decided to just break up with you, rather than waste more time on a relationship that seemed like it couldn't work.

So, right now, if she's saying that she will never date you again, it means that she is stuck in those type of negative feelings.

However, the reality is that when you interact with her and behave in ways that she actually likes and feels attracted (e.g. you're confident rather than insecure, you make her laugh and smile rather than make her feel tense and annoyed, you're emotionally masculine rather than wimpy or insecure), her feelings will automatically start to change once again.

Of course, she won't come running back into your arms in a second just because you're being attractive, but she will begin to feel differently and as a result, she will start to think differently.

She will go from thinking, *"I will never date him again,"* to *"Why am I feeling drawn to him all of a sudden? I don't want to be with him, so why do I suddenly feel like I miss him?"*

donâ€™t know why, but I want to see him.â€

The fact is that she wonâ€™t be able to stop that from happening, because feelings are an automatic reaction to an external event.

In other words, if a woman always smiles when she sees a baby, regardless of whether she wants to or not, the next time she sees a baby, her instincts will take over and she will smile.

In the same way, because a womanâ€™s feelings of respect and attraction for a guy are triggered by his actions and behavior (e.g. his confidence, masculine behavior), then when he behaves in ways that are attractive to her, she will automatically feel attracted and drawn to him again whether she wants to or not.

Something inside of her will switch back on.

So, when you make your ex feel that way, she will stop saying that she never wants to date you again and will instead open herself up to talking to you over the phone and meeting up with you in person to see how she feels.

You can then show her that you really are a completely new man now (i.e. arenâ€™t insecure like you used to be, can now make her feel attracted to your masculine vibe and behavior, understand what really makes a woman feel attracted to a man), so she can fall back in love with you.

Thatâ€™s how men do it all over the world, every day.

Countless couples get back together, even when a woman starts out saying, *â€I donâ€™t want to be with you anymoreâ€* or, *â€Iâ€™d never date you again,â€* or, *â€Thereâ€™s no chance for you.â€*

Yes, there is a chance.

You get the chance by reawakening her feelings for you.

When you do that, she feels differently and as a result, her thinking, behavior and actions automatically begin to change (i.e. she opens up to being with you again, or at least hooking up with you again to see how she feels afterwards).

Another reason why your ex isnâ€™t necessarily telling you the truth when she says that she will never date you again isâ€

2. Many women say one thing and think another when it comes to men

[image: Many women say one thing and think another when it comes to men]

Have you ever had a female friend who said things like, *â€That guy is such a jerk.â€ I donâ€™t know why any woman would want to be with him,â€* only for her to start dating him a little while later?

Alternatively, have you ever had a female friend who said, *â€I want a nice guyâ€* only to then date a guy who a bad boy, jerk or player?

Have you ever had a woman say that she doesnâ€™t sleep with guys on the first date, only to sleep with you on the first date?

Have you ever had a woman say that she likes to get to know a guy and become friends before she sleeps with him, only to see her immediately kiss and then hook up with a guy she has met?

If you answered *â€Yes,â€* to any of those questions, then youâ€™ve had first hand experience

of a woman who says one thing, but does another when it comes to men.

The thing is, sometimes a woman will say that she doesn't like a guy and wouldn't ever date him as a strategy to actually get him to date her.

She will say something like, *â€œHe's a player. I would never date him. He only wants one thing. No thank you.â€*

Yet, she secretly thinks something like, *â€œI really like him, but I don't believe he's interested in me. So rather than letting anyone know that I like him and then seeming like a reject if he isn't interested in me, I'm going to just pretend that I'm not interested in him.â€*

She then covertly use her charms to flirt with him, build up a connection and get to the point where he and her hook up.

She then says, *â€œI found out that he's actually a really nice guy once you get to know him. I like him. I don't care if he was a bit of a player with other girls. He's nice to me and that's all that counts.â€*

That's women for you.

They will often say one thing and then do something completely different when it comes to relationships with men.

In the same way, your ex might be saying, *â€œI will never date you again,â€* but deep down she may be thinking things like, *â€œI still have feelings for him and I would actually get back with him if he would just show me that he's leveled up as a man and that things would really be different this time around.â€*

This is why, you can't take what she said about never dating you again so seriously.

Don't make the mistake of cutting off contact with her and then sitting around thinking, *â€œI wish I could get her back, but she said she doesn't want to date me again. So, I have no choice but to accept it and move on.â€*

The truth is, you DO have a choice.

If you want her back, you simply need to change how she feels about you, so she wants to get back with you.

You are in control of that, not her.

Always remember the reality of how women behave when it comes to men.

For example: A woman might say one thing (e.g. *â€œI hate you and never want to be with you againâ€* when she's feeling angry or turned off, but when you reactivate her sexual and romantic feelings for you, she will naturally change her tune and say something completely different (e.g. *â€œI miss you and just want to see you.â€*)

So, rather than taking what she's saying so seriously, you can use what she is saying to get her back.

For example: She said that she would never date you again, so you can then accept that and suggest that you and her just be friends from now on.

Of course, you're not going to just be a polite, neutral, nice friend who doesn't make her feel sexually and romantically attracted.

You're going to use the friendship as a way of keeping the lines of communication open between

you and her, so you can re-attract her and seduce her back into a relationship.

Donâ€™t doubt your ability to re-attract her.

You can do it.

A womanâ€™s attraction for a man can change in an instant.

You just have to know what attraction triggers to focus on (e.g. making her feel girly in comparison to your masculine approach to the conversation and interaction) and she will naturally feel drawn to you.

Another reason why your ex isnâ€™t necessarily telling you the truth when she says that she will never date you again isâ€¦!

3. Attraction can make her change her mind today, tomorrow or this week

[image: Attraction can change her mind today, tomorrow or next week]

Unfortunately, a lot of guys miss out on getting their ex girlfriend back because they feel hopeless when she says something like, *â€œYou have no chance to get me back. I will never date you again.â€*

They honestly believe her.

They assume that her feelings can never, ever be changed.

Yet, the reality is that just because she feels turned off in the moment when saying something, it doesnâ€™t mean she can be turned back on today, tomorrow or even this week.

She can.

What a guy has to do is focus on using the power of attraction to make her feel drawn to him and compelled to give him another chance.

Itâ€™s the ultimate weapon and itâ€™s natural and easy to use.

So, donâ€™t let what your ex has been saying lately put you off, or make you doubt your chances of re-attracting her and getting her back.

Instead, simply focus on using any interactions that with her to make her feel attracted to you again.

For example: Some of the ways you can do that are byâ€¦!

- Always projecting confidence, rather than seeming insecure, uncertain and unsure of yourself. Being more manly in your attitude and in how you think, talk, act and behave, rather than being soft and allowing her to dominate you with her confident personality.
- Adding to your strengths (e.g. becoming more confident than you already are) and improving your weaknesses (e.g. becoming more emotionally independent, so you no longer come across as being needy, controlling or jealous), rather than staying the same and expecting her to want you back without making any attractive changes or adjustments to yourself.
- Seeing yourself as a real catch, rather than thinking sheâ€™s better than you and accepting any crumbs of attention sheâ€™s willing to throw your way.
- Being more of a playful challenge to her (e.g. playfully teasing her, not always answering her questions in a straightforward manner and using humor instead, not taking everything that she says or does so seriously), rather than always being nice, accommodating and predictable. Women donâ€™t want to feel bored in a relationship with a man. They want that feeling of

challenge and as a man, you need to have the balls to bring that into the relationship, rather than being afraid of how she might react. She might initially react in a negative way to test if your new balls are real and if you don't get scared or start worrying, she will feel a tremendous amount of respect and attraction for you.

- Making her feel like a sexy, desirable woman in your presence, rather than making her feel like just a friend or texting buddy.

There are so many ways you can make her feel attracted as you interact with her and when you do, everything changes.

You will see that when you do it correctly.

It's amazing how a woman can literally go from, *â€œNoâ€* to, *â€œPlease don't go.â€*

You have to experience for yourself to see.

When you do, you will realize the power you have over attracting women and can not only use it to get her back, but to keep the relationship happy, passionate and in love for life.

Another reason why your ex isn't necessarily telling you the truth when she says that she will never date you again is

4. Many women don't really know what they want and simply go with how they feel

[image: Many women don't know what they want and simply go with how they feel]

After a break up, a woman will often feel totally convinced that she will never date her ex again, because she just doesn't feel enough respect, attraction and love for him anymore.

She will focus on the things that caused her to disconnect from her feelings and want to break up with him and it will make her feel certain that she won't give him another chance.

For example: Some of those things might be

- He took her for granted (e.g. he stopped noticing her efforts to look good for him, he rarely if ever acknowledged or thanked her for all the things she did to make his life easier, he didn't pull his weight in the relationship and ended up being more of a burden than a benefit to her).
- He was too clingy and needy because regularly needed her to show him attention, interest and tell him that she loved him and would never leave him.
- He was too immature (e.g. she wanted him to be more serious about their future together, but he preferred to just mess around, hang out with his friends, play video games, get high and let time pass by).
- He lacked purpose and direction in life (e.g. he isn't following through on his biggest goals and ambitions and instead, is simply working a mediocre job and letting life pass him by. He isn't interested in reaching for his true potential in life, or he doesn't care about having a direction in life and just prefers to do whatever he feels like).
- He stopped putting in enough, or any, effort to create feelings of love and make her laugh and enjoy being with him.
- He assumed that she would stick around for life because things were good at the start.
- He was always nice and sweet to her and let her have her way, to the point where she felt bored

and like she no longer had to do anything to impress him or be a good woman to him.

- He gave her too much power in the relationship and thought that's what she would want, but she wants a guy who is more of a challenge.

Can you relate to any of those above?

If so, just know that they are fixable.

You can change your approach to her and interact with her based on your new understanding of what women actually want.

When you do, she will go from not being interested in you to feeling the panic of potentially losing you and regretting it later on.

So, what is something a guy can do to make his ex feel attracted, change her mind and want to give him another chance?

One example is where a guy was being a pushover (e.g. he did everything he could to hopefully impress her, did whatever she told him to do, followed her lead, backed down immediately if she threw a tantrum, was in a mood or simply doesn't like something), causing his woman to feel like she had way too power over him.

As a result, she couldn't respect him and feel attracted to him, so her love for him died and she wanted to break up.

In a case like that, he needs to man up and let her experience a more confident, assertive side of himself, while still being a loving, good guy.

Manning up isn't about telling her, *"Hey, I've changed and I'm not going to let you dominate me emotionally anymore,"* because she can easily shoot him down by saying, *"Oh, you're so tough. Don't worry, I won't be dominating you emotionally because I won't be speaking to you anymore. Goodbye."*

If she says that to him, he will most likely then panic and apologize, or will have dug himself a hole that's difficult to get out of.

So, you don't need to tell her that you're much more manly now and she can't boss you around.

Instead, just let her experience it.

When she experiences it, she will feel differently and then think about you in a new way.

She won't look at you as being the same guy she broke up with.

She will see that you are a different man now; a man that is attractive to her.

When you are attractive to her, she feels drawn towards you, even though she might not be able to explain it.

It's just something that naturally happens as a result of feeling attracted.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Getting an Ex Back Who Was a Fling

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you were only with your ex for a short time (i.e. she was a fling, you were just having casual sex for a while), you can still get her back and make the relationship work for real.

Here are 5 tips on how to make it happen:

1. Interact with her in person again and let her see that you and her can be more than what you've been together so far

[image: Interact with her again in person and let her see that you and her can be more than what you've been together so far]

When you and her first started the fling, it probably seemed like that was more than good enough. You may have felt like you were cool with that kind of arrangement, but now you want her back. If she is still thinking that, *“It was only a fling,”* then you need to change her perspective of you by offering her a new type of relationship experience that she will be attracted to. In many cases, that will involve you completely changing the way you approach attraction in the relationship.

For example: She might have been happy to have a short term relationship with you because she could see that she would get bored of your approach in the long run (e.g. because you were too nice, or too much of a player).

She always knew that it wouldn't last and therefore, mentally prepared herself to be able to break up with you and move on without any worries.

Yet, when you interact with her again and let her see that you are now capable of offering her the kind of relationship experience she would happily commit to, then she feels like she doesn't want to lose you.

Another tip for getting an ex back who was a fling, is!

2. Make sure you fill in the missing pieces of the attraction experience this time around

[image: Make sure you fill in the missing pieces of the attraction experience this time around]

For a woman to feel motivated to go from having a fling with a guy to being in a more serious relationship with him, she needs to be able to see that he's the kind of guy she can look up to, respect, feel attracted to and love in the long run.

That means, he displays the kind of behaviors and personality traits that she's looking for in a man (e.g. confidence, emotional strength, dependability, emotional masculinity, courage, resilience, ability to be a bit of a challenge for her to continually win over), rather than just being a good guy and treating her well.

Women can find thousands of good guys who would treat her well, but it's the men who have the personality traits and behaviors that make women feel respect, attraction and love in the long run that they are really looking for.

This is why, if you want to get your ex back who was a fling, youâre going to have to show her that youâre more than a good-time-Charlie (i.e. a frivolous guy who doesnât take things seriously), a fuck boy (i.e. a player type of guy that women just hook up temporarily), or a nice guy who is hoping to 'save her' from all the bad boys.

By making the correct adjustments to your conversation style and how you behave and interact with her, she will naturally begin to see for herself that youâre more than as just a fling.

Instead, you are the kind of man she wants to hold on to, because she knows how difficult it is to find a wholesome man who is able to make her feel the kind of respect, attraction and love she really wants to feel in a relationship.

She also knows that if other women meet you, they will naturally feel attracted to the new and improved you and will try to get you into a relationship.

She doesnât want to lose you to another woman and she doesnât want to end up dating a whole bunch of other guys who donât understand respect, attraction, love and relationships the way you do.

As a result, she opens back up to sleeping with you again, hanging out and seeing where things go. So, the next time you interact with your ex (e.g. on a phone call or in person), ask yourself:

- Am I turning her on right now (by being confident, emotionally masculine, emotionally mature, being a bit of a challenge and making her laugh), or am I turning her off (by being insecure, unsure of myself, timid, too laid back and disinterested, too much of a try hard, too aloof, too jealous or too needy)?
- Do I make her feel like Iâm interested in more than just sex with her (e.g. by listening to her, showing interest in what she likes, doing things together without it having to end in having sex), or do I make her feel more like Iâm just passing time with her until another, better woman comes along?
- Does she feel like she could win me over and get my commitment if she treats me well enough, or does she feel like I would probably never commit, so thereâs no point?
- Does she feel the need to impress me to win my commitment (this is what women want, as long as you are also treating them well), or do I make her feel like all I want is commitment and will do anything I can to impress her and win her over (almost all quality women get turned off by that approach)?
- Am I making her smile, laugh and enjoy talking to me, or does she feel bored being around me when weâre not having sex, or does she feel like Iâm just too serious, uptight or closed up emotionally so she finds it difficult to connect with me emotionally?
- Does she feel like she can look up to me, respect me and depend on me to be an emotionally strong man, or does she feel like Iâm too irresponsible, emotionally immature or unreliable for her?
- Does she feel like weâre socially compatible enough (i.e. youâre able to vibe with her on her level, without her feeling the need to be gentle with you, or suppress her real personality), or does she feel a lot cooler than me, or as though I wouldnât be able to get along with her friends or family?

If you are doing it right, she will naturally look at you as serious boyfriend material (or husband material), rather than just a fling.

She will know how difficult it is to find a guy who can attract her in the ways you can and as a result, she will let down her guard and open herself up to seeing where her feelings for you will take her.

Another tip for getting an ex back who was a fling isâ€¦|

3. Start having more conversations that bring you closer as a couple

[image: Start having conversations that bring you closer together as a couple]

When a couple is having a fling, they will often try to avoid talking about anything too deep or significant.

Instead, the conversations will usually be kept to fairly basic topics (e.g. they might talk about movies theyâ€™ve seen, clubs theyâ€™ve been to, music they listen to, celebrity drama, food, travel) to avoid getting to know each other on a deeper, more personal level.

Yet, in order to have a relationship that lasts for life, you do need to be able to slowly open up to the other person and have them open up to you.

You need to be able to truly understand each other, because â€œfeeling understoodâ€ and supported, is one of the most fundamental things people look for in a relationship.

When someone finally â€œgets you,â€ and theyâ€™re not judging you for it AND you feel attracted to them, then itâ€™s not a relationship you want to get rid of anytime soon.

Yet, itâ€™s important to point out that just understanding a woman isnâ€™t enough.

If she secretly doesnâ€™t feel very attracted to you (e.g. because youâ€™re too nice, too gentle, not enough of a challenge), then she isnâ€™t going to want to stick with you for life just because you understand her.

Attraction is at the core of relationships between men and women.

Without that, itâ€™s just not going to last.

So, if you feel like your ex does feel attracted to you, but you just werenâ€™t connecting with her on more deeper levels, or making her feel understood, then you can do that when you next interact with her.

For example: You can have deeper, more interesting and complex conversations that allow you and her to connect on much more meaningful levels, rather than just sticking to the superficial layers of a topic.

For example: You can talk about your childhood experiences and how they shaped you into the person you are today.

However, as a man, it's always best to talk about how you overcame problems, became stronger, wiser and more resilient, rather than being one of those guys who remains stuck in life based on childhood issues.

Women are always more attracted to men who become more from the experiences they encounter in life, rather than guys who go into their shell and become less of a man as a result.

Also, don't go looking for pity from her, or a pat on the back and a, *"There there, it's okay."*

Always let her see you as a man who can overcome obstacles and become stronger, wiser and more resilient over time, so she can then look up to you, respect you and feel attracted to you as a result.

At the end of the day, a woman wants to be with a man who she feels safe and protected by, not a guy

who need her protection and is scared of things due to the experiences he has had.

So, if you are going to have deeper conversations with her that bring you and her closer together, make sure you do it in a way that increases her respect, attraction and love for you, rather than decreasing it.

Another tip for getting an ex back who was a fling isâ€¦|

4. Donâ€™t seem to be desperate for a relationship, even though thatâ€™s what you are now trying to create with her

[image: Don't seem desperate for a relationship, even though that is what you're currently trying to get with her]

If she currently believes that a casual fling was all she really wanted with you, then she isnâ€™t going to react well to you pushing for a relationship.

So, donâ€™t push for a relationship at the moment.

Instead, just make interactions with you feel fun and commitment free, while at the same time, focusing on building her feelings for you by interacting with her in a way that reawakens her respect, attraction and love for you.

Let her experience you in ways that she never has before, so she wants you back for her own reasons (e.g. sheâ€™s attracted to you again sexually, but at the same time she now feels worried that if she doesnâ€™t give a relationship with you a chance, another girl will take you and she might end up regretting that later on).

The more you make her realize that youâ€™re the man she wants to be with in the long term (e.g. emotionally strong, emotionally mature, dependable, charming, ambitious, interesting, funny, a challenge for her to win over), the more she will want to take the next step and commit to being with you.

On that noteâ€¦|

5. Make her fall in love with the man you are now, so she wants to be your girl

Some of the ways you can do that are byâ€¦|

- Making sure that you believe in yourself and in your value to her as a long term boyfriend, rather than feeling as though sheâ€™ll never think of you as anything more than a fling. If she senses your self-doubt, she will feel turned off. So, make sure that you subtly project confidence and self-belief in your attractiveness and value as a man. I say â€œsubtlyâ€œ because you shouldnâ€™t start boasting or telling her that youâ€™re a catch. Just let her sense that by subtly letting her sense that you have a lot of confidence in your value and attractiveness to her and other women.
- Being prepared for her to potentially play a bit hard to get with you, so you can maintain your confidence in the moment, rather than suddenly seeming insecure, or as though youâ€™re being rejected by her.
- Using humor to make her smile, laugh and feel relaxed to be around you again, rather than stressing her out by getting into emotionally exhausting, drawn out discussions where you try to â€œwork things outâ€œ with her and get her to commit.

- Not being afraid to flirt with her and keep the spark alive, rather than just acting like a friend and potentially making her feel like there isn't enough of a spark between you and her anymore to have a committed relationship.
- Showing her (by your actions, behavior and conversation style) that you really are the kind of man that she can look up to, respect, feel attracted to and love, rather than behaving in ways that make her perceive you as being just a fling.
- Giving her a new attraction experience that makes her see you as a man worth committing to.

When she feels the kind of respect and attraction that causes a woman to fall in love with a man, she will naturally start looking at you as more than just an ex that she had a fling with.

She will begin to worry that you might be "the one that got away" and she might end up dating a whole bunch of guys who never turn out to be the one.

As a result, she opens back up to you and starts seeing you again in the hope that you and her become more than just a fling.

3 Mistakes to Avoid Making if You Want a Relationship With an Ex Who Was a Fling

What you may not realize is that many couples start off having a fling with each other (i.e. casual sex, no commitment or not much of a commitment), and then transition into a loving, lasting relationship or marriage.

People usually don't want to admit that though, because they don't want to ruin their love story in the eyes of friends and family, but it's the truth.

Many couples who end up together life, were only dating and having fun initially and it ended up turning into something much more.

You and your ex can be one of those couples too.

Whether or not you achieve that though, all depends on your approach to her from this point onwards.

To get it right, avoid the following mistakes:

1. Coming on too strong while trying to show how keen you are to commit to her now

[image: Coming on too strong while trying to show how keen you are to commit to her now]

Essentially, women rarely respond well when a man is desperate for a relationship.

It's just not attractive.

To get a woman to want to commit to you, it's always best to make her be the one who is trying to get you to commit.

You then allow her that privilege.

Many women won't ever admit that they love it when they meet a guy who makes them chase and they then finally win him over, but it's the truth.

Women don't like to admit it because they don't want guys going too far with it and being

too arrogant, or making them chase too much.

So, what women do is that they go for guys who give them that feeling, but they rarely openly admit. Instead, they say things like, *â€œI like him. Heâ€™s really nice. Heâ€™s a great guy.â€* deep downâ€œ while her friends say, *â€œHeâ€™s a player. You can do betterâ€* and so on.

Yet, she is reacting to how he is making her feel.

She is excited to feel so attracted and in love and wants to be able to use her charm to hopefully win him over.

If he does commit, then she gets the man she wants and she feels special to have been chosen by him. On the other hand, when a man puts himself in the position of desperately trying to get with a woman who only saw him as a fling, it doesnâ€™t turn her on and make her feel special.

Itâ€™s just not how a womanâ€™s attraction works.

Women arenâ€™t turned on by desperate men who have no clue how to make them feel attracted and in love.

So, whatever you do, just donâ€™t go showing her that youâ€™re super keen to have a relationship and will do whatever you can to hopefully get her to commit.

That wonâ€™t work.

Another mistake to avoid isâ€œ|

2. Treating her way too nicely, when sheâ€™s actually attracted to more of a bad boy type of guy

Part of what is attractive to a woman about having a fling is that the guy usually displays bad boy qualities (e.g. he doesnâ€™t suck up to her with a nice guy act, he doesnâ€™t get all romantic and soppy after sex, he gives her the impression that he could take her or leave her, he has other girls interested in him and is probably seeing them on the side).

Even though women will rarely admit it, they feel attracted to guys like that because the guy is a challenge compared to how men normally are (i.e. nice, trying to secure a relationship with her, fall in love pretty much right away).

So, when a guy has a fling with a woman that he doesnâ€™t initially intend on sticking with, he will often accidentally display bad boy qualities that attract her.

Yet, if he then starts feeling attached to her, he might switch into being a bit of an insecure, needy, jealous and clingy guy, which women simply donâ€™t feel attracted to.

She might then dump him, or just say that she doesnâ€™t want to keep seeing him and that he needs to accept that it was only ever a fling.

He might then panic and think that he can get her to want more by being really nice to her (e.g. sending her sweet messages, offering to help her financially, buying her things, being the best friend to her that he can, or doing whatever he can to make her see him as a good guy).

Yet, if she senses that heâ€™s doing it out of desperation and not having a clue about how to attract women, then sheâ€™s doing to feel turned off.

She might even get to the point where she wonders what she ever saw in him in the first place.

So, hereâ€™s what you need to understandâ€œ|

Pretty much every woman is attracted to and wants to be in a relationship with a good man who treats her well, but is enough of a bad boy to also make her feel as though she needs to be a good girl for him too.

She needs to get the sense that if she doesn't treat him well, maintain her attractiveness and make him happy, then she could lose him.

Of course, women will rarely admit that, but it's what they feel most attracted to, as long as the guy is also a good guy and treats her well.

So, don't make the mistake of thinking that you need to be a good boy who agrees with everything she says, lets her call all the shots and essentially treats her like a princess in order to get her back.

Treat her well, yes, but also make her experience the exciting, irresistible feelings that come with feeling the need to impress you and maintain your interest.

Let her feel the challenge that women want to feel in a relationship, while also making her feel loved, appreciated and wanted.

If you can do that, not only will she want you back, but other women will wish they could be with you as well.

Another mistake to avoid making is

3. Hiding behind texts and ending up losing her to another guy

In today's world, communicating with people via text and social media is the norm.

Yet, when it comes to getting a woman back into a relationship after a break, just texting her rarely works.

You've got to move things forward to either a phone call, video call or a catch up in person.

If you just hide behind texts, hoping that she will eventually make it obvious that she wants you back, then you'll most likely lose her to another guy.

Another guy will come along, interact with her in person, hook up with her and you will just be a bunch of texts on her phone and memory of a fling.

If it works out with him, then you're left behind.

If it doesn't, then she might start texting you again, but you still have to make a move and get things to a phone call, video call or in person meet up.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

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policy.

I Feel Betrayed After Being Dumped Because She Promised She Would Never Leave Me

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

5 possible reasons why you feel that way:

1. You forgot that relationships between men and woman are always an ongoing choice, not an eternal obligation

[image: You forgot that relationships between men and women are always an ongoing choice, not an eternal obligation]

Many romantic relationships between men and women start off with the best of intentions (i.e. to be together forever).

Yet, it doesn't always work out.

For a relationship to last past the initial lust and falling in love phase, there needs to be more than just a superficial respect and attraction between the man and woman.

In other words, although they might initially feel physically attracted to each other, enjoy each other's company and have loads of fun together, that simply won't be enough to keep the relationship together for life.

For a relationship to last past the initial phase, a couple needs to connect on a much deeper level.

For example: They need to

- Want the same fundamental things in life (e.g. to settle down, get married, and start a family together, or to pursue individual careers, or to go traveling together) and be making progress towards achieving those goals as time goes by.
- Be able to handle and then avoid arguments by being more loving, playful and easy-going (e.g. rather than a man getting angry at annoyed when his woman is in a bad mood, or being rude, he needs to learn how to be strong enough to laugh and use humor to break her out of her bad mood. If he does that, she will then follow his lead and lean on using humor and being playful when he is being in a bad mood. They will then begin to become of the couples who don't take everything so seriously and are able to get along and enjoy each other's company, without getting into pointless arguments that drive most couples apart over time).
- Learn to communicate with each other better (e.g. being able to forgive little mistakes, understand each other's true intentions, get messages across without insulting the other person and so on).
- Be able to experience a deeper respect, attraction and love for each other over time, rather than those feelings fading away and being replaced with indifference, boredom or even resentment.
- Be happy and hopeful about a future together, rather than miserable and unsure (e.g. by talking about their goals and future in a positive way and feeling good about it, rather than talking about why things aren't going well, why it might be too difficult to succeed, why life seems so unfair to them and so on).
- Experience new levels of life together, rather than remaining stuck at the same level while

couples around them (e.g. friends, family, coworkers, acquaintances) all seem to be moving on to new levels (e.g. getting a house, getting engaged or married, being able to travel when they have time off work, having children).

- Have a balanced approach to work life and love life (i.e. a man not working so much that he neglects his woman, or not spending all of his spare time with her and smothering her).
- Have a big goal or dream in life that theyâ€”re working towards achieving together as a couple, rather than just drifting through the relationship as boyfriend and girlfriend and expecting that to be â€”enoughâ€” for life.
- If those elements are in place, a couple isnâ€”t ever going to want to break up because theyâ€”re getting everything they want and more by being together as a couple.

In a relationship like that, a woman knows that she would find it almost impossible to find another man who is able to maintain a relationship in that way, so she doesnâ€”t ever want to leave.

Additionally, when a man approaches a relationship in that way, it makes a woman feel increasingly respectful, attracted and in love with him over time.

So, thereâ€”s pretty much no chance of a break up happening, which is why approximately half of marriages still last for life.

Some couples know how to do it and other donâ€”t.

Itâ€”s as simple as that.

This is why, when a woman finds herself in a relationship that doesnâ€”t seem to be working, or making her feel increasingly respectful, attracted and in love with her man, she will decide to leave her man, even if she had once promised him that sheâ€”d never leave him (i.e. back when she was first falling in love with him, or when the relationship was going well).

At that point, a man might feel betrayed after a break up like that because she promised she would never leave him.

He really believed her.

Partly because as a man, when we say something, we mean it and we will stick by it and honor our word (i.e. the majority of divorces are initiated by women. Men rarely do it, even when things are bad because they want to stick to their word. He promised to be with her for life, by saying *â€”I doâ€”* in front of family and friends).

Yet, when a woman says something or makes a promise, it is in her very nature to not stick to that promise if her feelings change.

Itâ€”s just how women are.

If she promises to never leave a man and he is able to maintain the relationship and cause her feelings for him to increase and deepen, then she will stick to her promise.

Yet, if he canâ€”t do that, she wonâ€”t stick to it and will instead break up with him and open herself up to a new man, who will hopefully be able to maintain and build on her feelings over time.

Some men might feel pissed off about that and think that women are being unfair or unreasonable, but itâ€”s just the nature of women.

You need to be able to maintain and build on a womanâ€”s feelings, otherwise her promises donâ€”t mean anything.

She will break up with you and move on and not feel bad about it at all.

Of course, in many cases, a woman will initially stick with a relationship in the hope that things will change, but if they don't and she ends up disconnecting from her feelings of respect and attraction, the reality is that she can choose to leave if she wants to.

Her boyfriend (or husband) doesn't own her and she's not obligated to stick to a promise she made when things were different (i.e. she was in love and felt that they had enough in common to stick together for life).

So, with your ex, it's possible that somewhere along the line, she realized that you and her were no longer compatible (e.g. her attraction was fading, she couldn't really respect you anymore, she didn't feel in love), so she no longer felt the need to stick with the relationship for life, even though she may have once promised that she would never leave you.

In her mind, she didn't break her promise to you because when she made that promise her feelings for you were different.

That's not how men make a promise, but it's how women do it.

So, if you want her back, you simply need to reactivate her feelings, so she feels like losing you will be her loss.

Another possible reason for feeling betrayed after a break up!

2. You were a great boyfriend/husband to her and did everything you could to make her happy, but she still dumped you

[image: You were a great boyfriend to her and did everything you could to make her happy, but she still dumped you]

Most men are good guys and because of that, a man will usually want to treat his woman well and make her feel special.

For example: He might!

- Allow her to have things her way, even if it means sacrificing something he wants, or doing something he doesn't really like or enjoy.
- Buy her gifts or flowers for no special reason, take her out for romantic dinners, focus his attention on her to make her feel like she's the most important thing in the world to him.
- Text and calls her multiple times per the day to check up on her, say hello, tell her he loves her and make sure that she's okay.
- Try to make her life as convenient as possible by doing whatever he can for her, not expecting her to do chores and helping her manage her life.
- Let her make a lot of the decisions in the relationship because he assumes that when she's in control of everything, she will be happy.
- Stop hanging out with his friends, gives up his hobbies or interests and stop pursuing his big goals or dreams in life, to devote himself completely to her.

In his mind, he is the perfect boyfriend (or husband) because he is dedicated to making his woman feel happy and content in her relationship with him.

So, he falls into a comfort zone where he believes that she will never leave him because he's such a good guy.

Then, when she break ups with him, he understandably feels shocked, betrayed and like she has really let him down.

He might even think something like, *â€œHow could she do this to me after everything I did to make her happy? I did my best for her and it wasn't enough. I treated her better than any other woman I've ever been with. She said she loved me. How could she betray me this way after she promised she would never leave me?â€*

Yet, here's the thing!

Although he truly believes he was being a good enough boyfriend to her, what he doesn't realize is that something crucial was missing.

In many cases, it's a lack of a spark.

He's a good man, he treats her well, but she just doesn't feel that spark where she feels in love with him.

The relationship is good, their life is okay, he might have a good job and they might go on holidays, but if there is not much of a sexual and romantic spark in her heart for him, then her commitment to him isn't guaranteed.

The sexual and romantic spark is so important that even men who don't treat their woman very well, don't succeed in their career and aren't able to go on fancy holidays, are still able to keep their woman for life and have her remain in love with them.

If the spark is there, it's there and for a lot of women, that is enough to keep them around.

Not all women, of course.

Some women do want to be in a relationship where they are making progress in life with their man (i.e. are able to get a house, go on great holidays, afford to treat themselves to new clothes or phones every now and then).

Yet, if the spark isn't there, a woman will even break up with a man who is successful in life.

Just think about all the celebrity men who get dumped, or the millionaires and billionaires who struggle in their dating and relationship life.

At the end of the day, you've got to be able to create and maintain a relationship dynamic that makes a woman feel increasingly respectful, attracted and in love with you over time.

Many couples are able to do that, but some aren't and they suffer the consequence of a break up or divorce as a result.

For example: Sometimes a guy has a good job, treats his woman well, stays in shape, has good friends, has a good relationship with his family and so on.

He's also completely devoted to his woman and pretty much does everything to make sure she is happy.

On the surface, he seems like a perfect catch for a woman.

Yet, a guy devoting fully himself to making his woman feel happy is actually a secret turn off for a woman.

Secretly, a woman actually wants a man to make her feel like she has to put in some effort to impress him and make him happy too, rather than feeling like she can walk all over him and get away with it, or she can behave badly and he'll put up with it because he wants her to see how good of a guy

he is.

The reality is that without feeling the need to please her man, a woman becomes bored.

The relationship loses its excitement and becomes predictable and dull.

It's hard for some men to accept; especially men who think that doing anything other than being nice to a woman is disrespectful towards her.

A man like that essentially wants to be a woman's knight in shining armor (i.e. treat her like a princess, make her life as convenient as possible, save her from other guys), but what she really wants is to be a loving, devoted woman who feels the need to impress him and treat him well.

She doesn't want a one-sided relationship, where it's pretty much all about him doing things for her.

So, if you want to get her back and make her want to be with you for life, you need to understand and accept that being a good guy to her simply isn't enough.

You really have to come to terms with the fact that men and women are very different and as a result, what makes a woman happy isn't always what seems to make sense based on your male way of thinking.

One of the reasons why I'm able to explain all this to you, is that I've devoted my life to understanding relationships between men and women.

I've also experienced more than a decade of having multiple girlfriends at once and then settled down with my perfect girl and got married.

I've been happily married for almost 8 years now as of typing this article.

It takes a long time to figure out all the things I teach, so if you don't really understand women and how they tick, then keep learning from me.

I have all the answers you seek.

The more you read (or watch my videos), the more you will understand where you've been going right and wrong with women and what you need to do from now on to be successful; including with getting your ex back.

Another possible reason for feeling betrayed after a break up is!

3. You were serious when you said that you wanted to be with her for life (i.e. you are a man of your word)

[image: You were serious when you said that you wanted to be with her for life]

The fact that you gave her your word and were totally committed to her really meant something to you.

You didn't just say it for the sake of it.

You meant it.

Unfortunately, saying, *"I want to be with you forever"* or, *"I want to grow old with you"* or, *"I never want us to break up"* or, *"I will never leave you"* didn't mean as much to her as you would have hoped.

As a result, you've been left feeling betrayed, used and empty without her.

You might also feel a bit blindsided the break up, because it seemed to just come out of nowhere.

Yet, for her, she was most likely building up to it for quite some time.

No matter how hard she tried, she just couldn't ever feel the kind of respect, attraction and love for you that would make her want to stay in the relationship.

She stuck around for a while because you're a good guy, but deep down she didn't feel like she should be with you for life.

If you were to ask her why she wasn't feeling the way she wanted to feel, she probably couldn't explain it.

Instead, she would have said something like, *"I don't know. I just don't feel the same way anymore,"* or, *"I don't know. I'm confused"* or, *"You're a good guy, but I don't know if this relationship is going to work."*

What could you have done at that point to save the relationship?

You would have needed to understand her real reasons for breaking up with you and then made adjustments and changes, so she could naturally feel respect, attraction and love for you again.

For example: Sometimes, a woman's real reasons for breaking up with a guy, which she won't ever tell him (i.e. to avoid him promising to change that, or him becoming angry or defensive, him being insulted for life, etc), are that he just isn't manly enough for her.

She is able to walk all over him with her dominant, independent personality and he just can't handle it.

She wants a man who is able to put her back in her place in a dominant, but loving way.

A man who makes her feel the need to be a good girl for him, rather than a man who makes her feel like she can do whatever she wants and he will stick around because he would struggle to be able to attract and pick up another quality woman like her.

There are many subtle, secret reasons like that, which never get discussed and instead, a lot of guys just hear things like, *"I don't know why, but I don't feel the same way anymore. Maybe I just need time. Give me some space and time to think. Maybe I will miss you."*

She then uses that space to start dating new men and move on, so that when they talk again, she can say, *"I'm sorry, but I met someone else and I'm happy with him."*

If that happens, you will only feel betrayed once again.

So, if you want to avoid that happening, make sure that you approach the ex back process correctly from now on.

Don't make classic mistakes, don't give her too much power, don't cut off contact and wait and so on.

Do it right.

Get her back and make her feel so damn happy that she gave you another chance.

You can do that.

Another reason why you might be feeling betrayed after being dumped is!

4. You were the one who got dumped

[image: You were the one who got dumped]

Imagine if the break up was the other way around and you dumped her.

Can you imagine how she would feel, especially if you had promised to never leave her and she was still in love with you?

Naturally, she would be the one feeling betrayed, not you.

She would feel as though you lied to her and are now leaving her behind.

Additionally, she might also feel like she is unlovable, or unworthy of true love because she wasn't even able to keep it when she had it with you.

Even though she put everything into the relationship and gave you her trust, time, love, devotion and commitment, it wasn't enough to make you stick around.

That would feel like a slap in the face.

Of course, in your case, that didn't happen because she was the one who dumped you.

Why?

She didn't feel enough respect, attraction and love to stick around, even though things were really good at the start.

If you look at it from her perspective, would you like to be stuck in a relationship with a woman who is no longer attractive to you and who doesn't make you happy?

You might say that you'd stick around, but what if you knew you could easily attract another woman who would be prettier, more loving, fun to be with and a potentially better option in the long run?

What if you were unhappy in a relationship with a woman that you weren't attracted to and you met a new, beautiful woman who seemed to have everything you were looking for and was interested in you?

Would you leave the woman you were unhappy with and no longer attracted to?

You might want to say, *â€œNoâ€* and that might be true, but you might also think a little differently if you were in that situation for real.

Essentially, a relationship between a man and a woman isn't an eternal contract that must be fulfilled.

Instead, it's something that only lasts as long as both people continue wanting to be in the relationship.

If you want it, but she doesn't, she isn't obligated to stay and vice versa.

So, even though you're the one feeling betrayed because you gave your all to your ex, only for her to throw it back in your face, it's possible that she just wasn't feeling it the way you were.

Fortunately though, even if that is the case for you and her, you do have the power to change how she feels.

When you interact with her and reactivate her feelings for you, getting her back becomes natural and easy because she wants it too.

She wants to be your girl again because interacting with you makes her feel good now.

She feels drawn to you and the new, exciting, appealing and even arousing way she feels when

interacting with you.

So, don't let temporary feelings of betrayal (even though they are valid feelings) ruin your chances of getting her back.

Just do what you need to do to get her back and when you do, she may even apologize for betraying you or letting you down in the way she did.

You can then make her feel so in love with you that she never wants to lose you again.

You really can do that.

Another possible reason for feeling betrayed after being dumped is

5. You didn't realize that both men and women often say grand things when they are in love, but can then change their mind later on

Sometimes, the thrill of falling in love can make a couple feel that the relationship is perfect, 100% right for them and will last for life.

It could last for life of course, but only if the couple knows how to approach a relationship in the long term in a way that causes it to last.

Unfortunately, a lot of guys feel like they've secured a woman based on what she felt initially, but as you now know, the initial buzz of falling in love isn't enough to make the relationship last for life.

So, when a guy is falling in love with a woman, he might then tell her that he wants to spend the rest of his life with her, which is totally natural and fine.

However, he might then make the mistake (it's a needy, insecure and unnecessary thing to ask of a woman, because she will only stick to her promise if she feels like it) of saying, *Promise me that you will never leave me.*

If his woman is caught up in the romance of the situation, she might say, *I love you too. Of course I promise never to leave you. Why would I? I love you. This is what I want.*

In that moment, she's probably being totally honest about her feelings for him, but it doesn't mean her feelings won't change down the line when she gets to know him better, or if he changes his approach to the relationship.

For example: A woman might say that she loves the guy and will never leave him because he initially makes her feel a lot of sexual and romantic attraction.

Then, as time goes by, she notices that he's also a kind, caring, emotionally masculine guy who has a definite purpose and direction in his life.

That makes her respect him, feel attracted to him and love him even more.

As a result, she wants to good to him, treat him well and be affectionate and loving towards him because she feels lucky to have him.

She also never feels the need to break up with him and look for someone else.

She only wants to be in a committed relationship with him, because that's when she feels the happiest and most fulfilled.

If that's the case, then the relationship will continue.

Yet, if it doesn't go that way, then what she said initially when she was falling in love, or when

things were good, no longer stands.

For example: A woman can initially feel drawn to a guy because he makes her feel attracted at the beginning of the relationship (e.g. he is confident, cool, intelligent, interesting to hang out with, makes her laugh).

During that time, she might say that she will never leave him at when she says it, she honestly feels that she is speaking the truth.

She truly feels like she would never want to leave him.

Yet, if she begins to notice things about him that she initially overlooked because she was caught up in the thrill of falling in love (e.g. heâs actually not as confident as he appeared and is in fact quite clingy and needy), her feelings for him will begin to change.

As a result, she will no longer want to stay with him for life, even though she initially promised to never leave him.

Thatâs just the way relationships with a woman go if a man is unable to maintain and build on his womanâs feelings of love, respect and attraction for him over time.

If the relationship dynamic doesnât make her feel like she is in love (e.g. heâs too insecure, or he treats her badly for too long), she just wonât feel motivated to stay with him anymore.

It might seem like women are being selfish, mean or unloving by doing that, but thing about the result it produces.

If women were to just love a guy and put up with his insecurities (or bad treatment of her, for example), then what kind of life would women live?

Additionally, how inspired would men be to become even better, more well-rounded men?

Thatâs why itâs built into the nature of relationships between men and women.

The sooner you accept it and work with it, the sooner you will experience the benefits of it.

Yet, if you try to fight against nature and assume that women should just love and accept a man regardless of how he thinks or behaves, then you will struggle with relationships your entire life.

Avoid These Mistakes to Get Her Back

1. Trying to make her feel guilty for the emotional pain you are experiencing

[image: Trying to make her feel guilty for the emotional pain you are experiencing]

Although your pain is 100% real, trying to make your ex feel bad about it is one of the fastest ways to push her away even further.

Hereâs the thingâ

Even if a woman does feel guilty about breaking her promise to a guy, what she doesnât want is him rubbing it in her face.

If he does, it shows her that he doesnât understand how women operate (i.e. they go with how they feel).

It also shows that he is expecting her to be more like a man (i.e. be a man of his word, no matter what).

If a man is expecting a woman to be more like a man, it turns her off at a deep, instinctively level. Additionally, regardless of how much guilt a woman feels, that emotion isn't enough to make her want to get back in a relationship with a guy.

Women don't want to feel like they are being emotionally blackmailed into a relationship (i.e. being made to feel guilty for leaving a guy and having to give him another chance out of a feeling of pity for him).

The fact is, if a woman is no longer attracted to her man and can see that he has no idea how or what to change to re-attract her, then she's not going to fall for his, *â€œHow could you betray me after you promised you would never leave me?â€* routine.

It just won't work.

Instead, she will feel even more determined to get away from him and move on.

So, if you want to regain your ex's respect, attraction and love, make sure you're not trying to make that happen by making her feel guilty for not sticking to her promise to never leave you, or for making you hurt or suffer based on leaving you the way she did.

If that's your approach, she will push you away even more and possibly cut you out of her life completely (e.g. unfriend you on social media, block your number, refuse to meet up with you).

Another mistake to avoid isâ€

2. Asking her how she could promise something like that to you and then betray you

It's just not a question to ask her because, as a woman, she doesn't really have an answer that would please your masculine way of thinking.

For example: You might want to hear her logical, rational and sensible reasons for going back on her promise, but she will likely say, *â€œI don't know. It's just how I feelâ€* because women simply go with how they feel.

So, even though you might feel like you deserve to know why she changed her mind, asking her why will only cause her to put up her defenses.

Additionally, when a guy is asking, *â€œWhy? Why? Why?â€* in an emotional way where he clearly seemed confused, then she can feel turned off by his lack of awareness about women and how to make them want him.

She looks at him as yet another guy who is mistakenly thinks that women think, feel and behave pretty much like men do.

If she gets that feeling, then she will naturally want to get away from her ex and hopefully find herself a man who not only understands that men and women are completely different, but is able to make her want him and stick with him for life.

3. Showing anger and contempt for her

As you may know, getting angry with your ex, accusing her of lying to you or or being selfish isn't going to accomplish anything other than push her away further.

When a man gets angry at a woman for breaking up with him, she will see his anger and contempt as another sign that she probably made the right decision to break up with him (i.e. because he's

now coming across as a potentially scary, abusive ex who she might need protection from).

This can result in her feeling like she needs to get away from him, or get a new man ASAP, so she has a barrier in between her and him.

So, if you want to get her back, the best way to go about it is by reactivating her feelings for you, so she regrets breaking up with you and naturally wants to give you another chance, rather than trying to pressure her into changing her mind.

Another mistake to avoid isâ€¦|

4. Losing confidence over the following months and years because you remain emotionally stuck and damaged, due to the way she left you

Itâ€™s totally fine for you to feel hurt by her actions.

However, if you want her to see you as a real man (and therefore feel respect and attraction for you), you need to deal with your emotions like a man.

That being; feel the emotions, but then get on with the solution to the problem.

Donâ€™t get stuck in the emotion of feeling betrayed or let down by her.

Instead, get to a new emotional state of feeling confident, inspired, hopeful, enlightened and ready to re-attract her and get her back.

When you do that, she will naturally feel attracted to you and you will naturally feel proud of yourself, as well as feel like you are growing into your masculinity as a man.

You will see that no matter what challenges you face in life, you always come out better, stronger, wiser and more prepared to succeed.

When you approach life in that way, not only do women find you deeply attractive, but people in general respect you, admire you and want to be part of your life, or at least be around you to feel safe and protected by what they see as a real man.

Just think about the men you know who approach their life in the way I mentioned.

You respect them and look at them differently than you do men who lack the courage and masculinity to take on life with endless determination, resilience and self-assurance.

As for women, they find those men deeply attractive and wish they could find one.

So, when you let your ex see that youâ€™re now walking the path of life as what she will see as a real man, she will naturally feel like losing you would be her loss.

As a result, she will open up to you and want to get back with you.

Yet, if you remain stuck in the emotions of feeling betrayed by a woman you loved (and possibly did so much for), then you may end up losing confidence in your ability to re-attract her and other women.

This will result in your ex and other women feeling instinctively turned off by you because women arenâ€™t attracted to self-doubt and fear in men.

Another mistake to avoid isâ€¦|

5. Not focusing on what actually works to get a woman back

Every day, all over the world, men are able to get ex women back right away, within days and in

more difficult cases, within 1-2 weeks, when they approach the ex back process correctly.

This means focusing on reawakening her feelings by interacting with her.

When a woman's feeling are turned back on and she feels drawn to you, then her decision to want to be broken up with you immediately begins to change.

She goes with how she feels, which is that she feels like she wants to be back with you.

She misses you, she feels attracted to you and she loves you.

So, she gets back with you.

That's how it works and you CAN do it.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

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7 Signs That Your Ex Loves You, But is Scared of Getting Hurt

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Sometimes a woman still loves her ex and wants him back, but won't make it obvious.

You can't know for sure, but you can look out for common signs that signs that she still loves you and secretly wants to get back together.

1. She keeps reaching out to you and then pulling away when she sees that you want a relationship

[image: She keeps reaching out to you and then pulling away when she sees that you want a relationship]

Sometimes a woman will still have feelings for her ex, so the idea of getting back with him is something that she's willing to think about.

She's open to it.

Yet, that doesn't mean she wants to be rushed into making a decision right away.

Instead, in many cases, a woman like that wants to take things slow and see if her ex has actually changed before she makes her decision.

So, if she reaches out to her ex and he immediately starts putting pressure on her to get back together without first letting her experience the changes in him (based on how he now talks to her and reacts to her), she will feel like he is wanting a relationship too soon.

As a result, she may think something like, *"I do have feelings for him, but I just don't feel right about getting back into a relationship immediately. I could end up regretting it and having to go through the pain of another break up. At this point, I don't even know if he has truly understood why I broke up with him and been able to change those things about himself."*

For example: She may have broken up with him because he was too soft, too nice and allowed her to have too much power over him in the relationship.

In cases like that, she will want to see that he is now more ballsy, confident and assertive, while still being a good guy.

Alternatively, she may have broken up with him because he took her for granted, treated her badly and made her feel unloved,

In a cases like that, a woman will want to see that her ex man is now a more genuinely loving, balanced man who appreciates her and loves her, but hasn't become desperate and changed into a sappy romantic type of guy to hopefully win her back.

Essentially, the woman wants to see if her ex man is now attractive to her or not and if he now understands how to maintain a happy, successful relationship with a woman.

So, if your ex has been reaching out to you and then pulling away, it may be because you've been pushing for a relationship, or hinting at a relationship before allowing her to experience the relevant changes in you.

If that's the case for you, then stop focusing on a relationship with her and start focusing on re-attracting her and making her want you in a sexual and romantic way.

When you do that, she will naturally want to have a relationship with you again, or at least hook up with you again to see how she feels afterwards.

Another sign that she loves you and wants you back isâ€¦!

2. She says that she loves you or misses you, but isn't sure if the relationship would work

[image: She says she loves you, or misses you, but isn't sure if the relationship would work]

Imagine thisâ€¦!

Youâ€¦re talking to your ex on the phone and she then says something like, *â€œYou know, I really do miss you.â€*

If you then say something like, *â€œI miss you too. If thatâ€s how we feel, why donâ€t we just get back together?â€* she may respond by saying, *â€œIâ€m not sure thatâ€s a good idea. We miss each other yes, but the relationship probably wouldnâ€t work. I donâ€t want to go through another break up with you. It hurts too much.â€*

Although that may sound like sheâ€s saying *â€œNo,â€* to the idea of getting back with you, the truth is, sheâ€s simply hinting that she wants you to prove to her that things will be different between you if she says, *â€œYes.â€*

How can you do that?

Not by saying that things will be different, but by letting her feel and experience the difference as she interacts with you.

For example: You can do that by reacting differently than you used to before (e.g. if you and her have a disagreement about something, rather than getting upset or angry, you now use humor to ease the tension and turn the situation back to feelings of laughter and love).

You can also show her that youâ€re no longer making the same old mistakes as before (e.g. you are no longer feeling insecure, jealous or needy and are now a confident, trusting and emotionally independent man).

When she can see that youâ€re already begin changing into the kind of man she always wanted you to be, her uncertainty about giving you another chance will automatically fade away.

Her guard will come down and she will open up to being your girl again.

Another sign that she loves you and wants you back isâ€¦!

3. She puts a lot of effort into impressing you via text, but keeps backing away when you try to get her to meet up

If a woman isnâ€t interested in getting back with her ex, then she usually wonâ€t put any effort into texting him after the break up.

In fact, in many cases, a woman will completely ignore her ex after breaking up with him and might even go as far as blocking him.

While ignoring him, or while he is blocked, she will then try to move on by finding herself a new man, or enjoying single life for a while (e.g. partying with her girlfriends, hooking up with random guys).

Soon enough, her ex will start to seem like a distant memory.

So, if your ex has been texting you and seeming to put a lot of effort into her texts to you (e.g. joking with you, trying to impress you, discussing things with you), then she most likely still loves you and wants to be in a relationship with you.

However, she might also still have her doubts about whether the relationship could work this time around.

Alternatively, she might be worried about getting her heart broken (e.g. if she gets back with you, is enjoying the relationship and you then decide to break up with her to get revenge), or turned off by the idea of having to potentially deal with another emotionally draining break up if things don't go well.

As a result, she will back away when you try to secure a meet up with her and will say things like, *â€œI need more timeâ€* or, *â€œIâ€™m not sure yetâ€* and so on.

In cases like that, you just need to ensure that you're not giving her the impression that your number one goal is to get her to commit to a relationship with you.

Instead, let the interactions that you have with her be enjoyable, free of any pressure to commit to anything and more importantly, full of sexual tension.

The more sexual tension you build up between you and your ex, the more she will want to see you in person, to then release that sexual tension with hugging, kissing and sex.

Another sign that she loves you and wants you back isâ€

4. Your gut instinct tells you that she is keen, but she tries to act like she isn't

If a woman has broken up with a guy, but still secretly loves him, she will often keep that to herself and even pretend as though she isn't interested in getting back with him at all.

Why?

Each woman will do it for slightly different reasons, but some of those include:

- To hopefully maintain the position of power (i.e. as the one who dumped him and doesn't really want him back) as she gets back into the relationship.
- To see if her ex will give up because he feels rejected, therefore showing her that he lacks the emotional strength and resilience that women look for in men.
- To see if her ex gives up because he didn't really care about getting her back for real and was only initially trying to make himself feel better (i.e. by seeing that he could get her back temporarily).
- To see if her ex will lose control of his emotions (e.g. start crying to her, get angry, pour his heart out to her in a desperate attempt to win her over) or if he will maintain control of his emotions like a real man and just guide her back into a relationship.

So, if you remain calm and confidently focus on reawakening her sexual and romantic feelings and guiding her back into a relationship, then she will go along with it.

Yet, if you give up hope at her first sign of resistance or lose control of your emotions, then she will most-likely take that as a signal that you're not going to be able to give her the attraction experience she really wants from a relationship.

She will likely then decide to focus her efforts on getting over you by moving on with someone else who can give her what she wants.

Don't let that happen to you and her.

If your gut instinct is telling you that she is keen, or even open to getting back with you, then make it happen while you still can.

Another sign that she loves you and wants you back is!

5. She talks about good memories you and her had

When interacting with her ex guy, a woman will sometimes talk about good times they shared together.

Sometimes, it will just be a passing thought and she will mention it, but other times, she will talk about good memories because she misses them and misses you.

Additionally, in most cases, if a woman doesn't want to get back with her ex, she will usually try to avoid talking about good memories.

Why?

She doesn't want to open up a conversation that may seduce her back into a relationship, by causing her to miss her ex, want to see him and want to experience more good memories with him.

So, if your ex is talking positively about the past, it's usually a strong sign that she still loves you and is hoping you will pick up on that and make a move to get her back.

This is why, you should waste this chance by feeling uncertain and wondering, *Does she, or doesn't she?*

Just take action and begin re-attracting her right away.

Before you know it, you and her will be back together.

Can you imagine it?

Hugging her and feeling the softness and warmth of her body against yours.

Kissing her and feeling her lovingly kissing you back.

Having sex with her and touching her body the way you used to.

Hanging out with her and seeing her smile, laugh and enjoy herself around you and then cuddle into you and show you the love you deserve.

You can have that again, but you have to make a move.

You have to stop doubting yourself and start re-attracting her and guiding her back into a relationship.

Another sign that she loves you and wants you back is!

6. Her friends or your mutual friends say that she still isn't over you

After a break up, a woman will often turn to her friends for emotional support while she tries to get over her ex.

She may hope that they will tell her what a jerk he is and that she's better off without him, so she can feel better about the break up.

Yet, in some cases, a woman will struggle to get over her ex and move on, which can result in her talking to her friends about him in a more positive way.

She will mention how good things used to be at the start, but that the relationship fell apart due to whatever happened.

If her friends, or their mutual friends, notice that she misses him and is probably still in love with him (even though she doesn't openly say it), they might take the initiative and try to get them back together again, by telling him that she probably isn't over him yet, or is probably still open to getting back together if he plays his cards right.

Essentially, they're hoping that he will take the hint and initiate the ex back process with her while he still can.

So, if you've heard from her friends or mutual friends that you had, or have been getting hints that she isn't over you, then make a move.

Another sign that she loves you and wants you back is that

7. She flirts with you, but is afraid to express her love for you

[image: She flirts with you, but is afraid to express her love for you]

As you may have noticed by dating other women, some women are very obvious when they express their interest in you, but many women feel shy about expressing their feelings because they worry about being rejected by you (i.e. by seeming too keen or easy, by misreading your signals and assuming you like her, but finding out that you only see her as a friend).

A lot of women are good at acting like they aren't afraid of rejection, or aren't even interested in guys, but the reality is that almost all women fear rejection and are super keen to find themselves a boyfriend.

Now, in your case, you're dealing with an ex woman and the same fears and insecurities that women experience also apply to a getting back together after a break up.

For example: Sometimes a woman will worry that her ex could be angry with her for leaving him and would therefore want to get revenge on her by getting back with her and then dumping her.

That way, he can walk away as the dumper and she is the one who got rejected and left behind.

This is why, rather than saying how she feels (i.e. *I still love you and I want us to get back together*), a woman will simply flirt with her ex to see how he responds.

If he flirts back with her, shows some subtle interest and then takes action to get her back, she will be less worried about getting rejected if she shows a little more interest.

On the other hand, if she flirts with him and he just responds and reacts in a way that suggests he and her are only friends, then she will usually just assume that he's no longer interested in her in a sexual and romantic way.

To avoid getting her hopes up and then being rejected, she will then focus on getting over him by dating and hooking up with other man.

So, if your ex has flirted with you lately, or the last time you interacted (even if that was months ago), don't sit around waiting for her to tell you that she loves you and wants you back.

Instead, be man enough to take the lead and get her back, with or without her giving you any more

clear signs that she wants you to.

4 Mistakes That Can Reduce Your Chances of Getting Her Back

1. Being too gentle with her to the point where you begin to seem unattractive to her

After a break up, a guy will sometimes make the mistake of being on his very best behavior around his ex girl.

Basically, heâs hoping that if she sees how gentle and patient heâs being, she will drop her guard and open herself up to giving him another chance because heâs such a nice, respectful guy. Unfortunately though, in most cases, the opposite happens because she looks at his attempts to be really nice as a desperate ploy to make her take pity on him.

Women donât want to be with a guy out of pity.

A woman wants to be with a man that she can look up to and respect, not a guy who submits to her and allows her to walk all over him, just so he can make her want him again, or a guy who turns into a really nice guy because he has no idea how to re-attract her.

So, if you want your ex woman back, make sure she doesnât look at your approach to her as being needy, wimpy or soft.

Instead, be an emotionally strong, confident and assertive, while also being a good man to her.

When she sees that youâre able to be manly, but loving when under pressure, she knows that you understand what really makes a woman feel attracted and are desperately trying to seek pity and hope that she will feel sorry for you enough to feel attracted to you and give you another chance.

Some guys are able to get a second chance from a womanâs feelings of pity, but it never lasts.

If you want to get back and have the relationship last, you have to do what makes women feel attracted and in love with a man.

2. Hoping that she will admit how much she loves you, if you keep telling her how much you love her

If a woman senses that a guy doesnât have the balls to make a move (i.e. call her, arrange a meet up and get her back) and is trying to text or email his way back into a relationship, then her guard will go up.

Women arenât attracted to fear in men.

So, donât use a fearful approach where you are afraid of being rejected and are hoping that she will take all the risks (e.g. admit that she loves you), so you can then get her back.

Youâve got to be courageous when getting an ex back, while also using an approach that causes her to feel a renewed sense of respect, attraction and love for you.

That is what works.

On the other hand, being fearful and hiding behind text messages, emails or social media likes or comments, will almost certainly lead to her assuming that you donât have the guts to guide her

back into a relationship.

If she feels that way, she will naturally feel attracted to other men who display more confidence and courage than you.

3. Promising to never hurt her, if she will just give you another chance

Even though you are sincere and have every intention to keep your word, she may see your promise as you trying whatever you can to make her take some pity on you to hopefully give you another chance.

What actually works is when you let your attitude, actions and behavior do the convincing for you, rather than trying to convince her with words.

In other words, rather than making her a whole bunch of promises, just let her experience new, more appealing emotions when she interacts with you, so she can see that there is a spark between you and her that she doesn't want to lose.

Another common mistake to avoid in a situation like yours is...

4. Waiting for her to hopefully make a move and try to get you back

What if she really does love you and would be open to getting back with you, but she can never seem to overcome her fear of potentially being rejected by you, if she lets you know that she is interested?

What if that fear holds her back and you then miss out on your chance to be with her?

What if she is missing you right now and is hoping that you contact her and get her back?

Just do it.

Realize that, as the man, it's your role to be the more courageous one after a break up to get the ex back process started.

Don't miss your chance and regret it for the rest of your life.

Get her back while you still can.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

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How Can I Make My Ex See That Our Love is Real?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 ways you can do it:

1. Stop talking about love with her and just make her feel it

[image: Stop talking about love with her and just make her feel it]

If you've ever watched a romantic movie or TV sitcom, you will have seen a guy pouring his heart out to his woman after a break up, pleading with her and declaring his undying love for her.

Initially, the woman will reject him, but if he just keeps trying (and usually saves the world, or rescues her from something), she then opens back up to him and they get back together.

Then they end up living happily ever after.

How sweet.

Yet, it just doesn't work like that in the real world.

Why?

Well, apart from a guy being unable to "save the world" or not having an opportunity to save the woman from an evil monster, a bad guy or some other situation, the reality is that most women hate it when men talk about their feelings all the time.

It's just not romantic, attractive or appealing at all.

Instead of being swept off her feet, she looks at him as being an emotionally sensitive, weak, confused guy who is so desperate to get her back that he'll practically say anything to hopefully make it happen.

Basically, he's going on and on about how much he loves her and how he believes they're made for each other and that their love is real, but she's just not feeling it.

Additionally, because she has broken up with him (due to not feeling enough respect, attraction and love to warrant remaining in a relationship), she simply doesn't care about how strong his love is for her anymore.

It has become way too one-sided, where he is essentially the rejected guy who is still in love with her and she is over it.

So, rather than falling into his arms like a woman will do in a romantic movie (when the rejected guy saves her from something), she pulls away from him and feels turned off by the "hopeless romantic" act that he has been putting on for her.

This is, if you don't want your ex to see you as being a hopeless, confused romantic, just don't bother trying to convince her that your love is real with soppy words.

Instead, you have to make her feel love based on the way you now interact with her, react to her, behave around her, feel, think and talk.

Essentially, you have to start behaving in an attractive way, so she has a reason to want to open herself back up to you again.

Without attraction, there is no romantic love between a man and a woman.

There can be one-side love, but it won't be mutual.

If you want mutual love, then you have to focus on attraction.

Another way you can make your ex see that your love is real is

2. Start being more of a challenge, so the love feels more exciting and interesting to her

[image: Start being more of a challenge, so the love feels more exciting and interesting to her]

Most guys want to be a good boyfriend (or husband) to their woman, which is great.

Yet, some guys make the mistake of thinking that to be a good boyfriend, all they need to do is be nice, sweet, supportive and loving.

That's just one side of the coin of attraction.

The other side is cheekiness, being a challenge, making her want to impress you, playfully pushing her away a little before pulling her back to you, occasionally laughing at her when she is being moody, rather than always being Mr. Supportive.

Unfortunately, some guys fear their woman's potential negative reaction to them being a challenge that they become bored, tame, neutral, predictable guys, which just isn't exciting or attractive to a woman.

With women, you have to have the balls to be a bit challenging, even though women will sometimes pretend to be angry at you about it, to test whether your balls/courage/confidence is real.

If it is real, then she feels so much sexual and romantic attraction for you that her love for you becomes real.

More real than the superficial love that comes from just one side of the coin of attraction (i.e. the nice side).

When both sides of the coin are present in a relationship, there is a beautiful balance that results in the woman feeling ongoing and building respect, attraction and love for the man.

The relationship feels so good that it becomes almost impossible to break up, because the woman knows that she would absolutely struggle to ever find anything like it again.

Sadly, many guys don't ever realize the power they have to attract and keep a woman.

Without that power, a guy will often try to keep a woman by being nice to her, giving her more and more power over him, doing whatever she wants and hoping that it will make her happy.

Yet, rather than a woman thinking, *"Wow, my guy is so loving, caring, nice, attentive and kind. He would do absolutely anything for me. I'm so lucky to have him! I will never leave him! This is what real love is supposed to be like. It's supposed to be all about niceness and sweetness. Awww! I feel giddy"* she instead finds herself feeling bored, turned off and restless.

One of the main reasons why, is that women almost always want to be in a position where they feel the need to impress you, rather than being in a position where you are always trying to impress them.

Women don't go around admitting that because if they did, people would look down on her, think less of her or say, *"No girl. A man has to impress you! He has to do everything for you! He has to treat you like a princess at all times"* and so on.

Yet, if you notice the women who are the happiest and most in love with their man, it's when the

woman feels the need to impress him, maintain his interest and try to win more and more of his love. That doesn't mean the man is a bad man who treats her badly.

Instead, when a woman is the happiest with a man, he is a good man who treats her well, but also makes her feel a strong, ongoing desire to impress him and win more of his love.

That is an exciting, ongoing, enjoyable, lifelong challenge for a woman that keeps her addicted to her man and never wanting to be with anyone else.

The same fundamental principle will apply to your ex.

Even though she would probably never admit it to you, she secretly wants to feel as though she needs to be a good, loving, devoted woman to you so that you will feel impressed by her and thereby want to stay with her, rather than feeling like she can treat you badly, take you for granted, disrespect you and just get away with it because you need to be with her.

So, if your main approach to making your ex see that your love is real has been to be a sweet, nice, caring, generous guy to her and do whatever she wants you to do, then you need to become more of a challenge.

Of course, don't be mean or unkind towards her in any way.

Instead, simply make her feel some need to chase after you for a change.

For example: Some of the ways you can do that are:

- If you tend to always respond to her text messages right away no matter what time of day or night she contacts you, from now on, take your time and get back to her when you're not busy (e.g. reply after 5 minutes in some cases, 30 minutes other times, hours other times and even noon the next day in some cases, such as her texting you late at night).
- If she is being overly dramatic about something, rather than getting upset or fearful, simply laugh at her (in a loving way) and say something like, "You are such a drama queen sometimes."
- If you want to meet up with her, rather than asking if it's okay with her and timidly asking when would be a good time, simply be assertive (in a loving way) and tell her which days you are available and suggest one or two of those days with a time (e.g. "Okay, well I can catch up tomorrow or Wednesday. So, let's catch up to say hi at 8pm"). The part about being a challenge happens if she says no, in which case you can laugh and say (in a relaxed, assertive and slightly playful manner), "Oh, it's fine. We're not getting back together. It's just a catch up to say hi as friends. We're mature enough to do that, right? Or are you scared I will make you want me and you'll jump on me and start kissing me?" You essentially don't take no for an answer and while doing that, you make her want to say yes because of how attracted to you she is feeling (i.e. due to your confidence, assertiveness, ability to still be good to her even though you are pushing for a catch up). This challenges her and makes her feel the need to be alert and ready to interact with you, rather than always knowing that she can walk all over you by being moody or demanding and shut you down with a simple no to your requests.

The more of a challenge you become to her, the more sexual and romantic attraction she will feel for you.

She literally won't be able to stop thinking about you and wondering why she is so attracted to

you all of a sudden.

Why she suddenly feels like walking away from you is a mistake and maybe it's time she opens up and gives another chance.

Then, when you get her back and she feels rushes of new, exciting love for you and realizes that she doesn't want to lose you, she will then know that the love you shared is real.

Another way you can make your ex see that your love is real is!

3. Discover the missing pieces of the attraction experience that have caused her to lose interest in the love you share together

[image: Discover the missing pieces of the attraction experience that have caused her to lose interest in the love you share together]

If your ex doesn't feel like she is in love with you anymore, she isn't going to be wowed by your declarations that you and her are meant to be and that your love is real.

It's just going to seem out of place to her.

The reason why is that the love isn't mutual because the two driving forces of her sexual and romantic love (respect and attraction) aren't being fueled enough by you.

She might feel some respect and attraction, but not enough to feel like she is in love with you.

This is why, you need to understand your ex's real reasons for breaking up with you, so you can begin giving her the kind of attraction experience she needs to feel like she is actually in love with you.

If you're unsure what parts of the attraction experience were missing in your relationship with your ex, here are some questions to help you find out!

- Did you remain being the confident, emotionally strong guy that she first fell in love with, or did you slowly become insecure, needy and clingy in the relationship?
- Did you remain emotionally masculine around her, thereby making her feel like a feminine, girly woman in your presence, or did you instead start behaving more like her friend or roommate? Alternatively, did you end up behaving in a fairly feminine kind of way, which ended up causing her to feel like the stronger, more dominant and powerful one in the relationship? Did you forget that a woman wants to be loved, penetrated and supported by a force that is more powerful than her (i.e. an emotionally masculine man)?
- Did you put her back in her place in a dominant, but loving way when she behaved badly (e.g. was disrespectful towards you, created unnecessary drama), or did you put up with her bad behavior because you were afraid that she would leave you if you stood up to her?
- Did you try to stand up to her in a confident, loving way, but she then became angry and emotional and dragged you into a heated argument?
- Did you ever realize that a man needs to be able to maintain control of his emotions around a woman, rather than being dragged into the drama she will try to create to test his masculinity and position of dominance?
- Did you have big goals in life that you were aiming for and working towards, or were you just drifting along in life, living a mediocre life and expecting her to be happy with that for life? Did she feel like a future with you would be safe or uncertain, based on your approach to life? Did

you realize that a woman wants to feel like she can rely on a man, especially if she ever gets pregnant to him and there are children to raise and take care of? Did you know that a man doesn't have to be successful or become successful in life to make a woman feel safe and happy, but instead simply needs to be aiming towards his goals and making good enough progress? Did you know that a woman will feel increasing amounts of respect, attraction and love if a man sticks to his word and does his best to succeed in life, rather than coming up with excuses, or wasting time to avoid following through on his goals?

- Did you remain emotionally strong throughout the relationship to the point where you felt confident, secure and happy regardless of what she said or how she behaved, or did you become emotionally sensitive and need her to be gentle and nice to you all the time, or else you would become upset, irritable or moody?

A lot of men don't really ever understand what you were realizing as you read through the list above.

Women and relationships remain a total mystery to them for life.

A man who doesn't understand what you're learning now, will often make the mistake of assuming that women are impossible to please and that relationships cannot work or be happy for life. Yet, the reality is that when you understand how women think and how relationships work, women become incredibly easy to please and a relationship becomes one of the easiest, most enjoyable parts of your life.

So, if you want to get your ex to see that the love you and her shared is real, start by understanding what kind of attraction and relationship experience she really wants.

When you understand that, you can then make the subtle adjustments and changes that wake her up to the fact that she loves you and only wants to be with you.

Another way you can make your ex see that your love is real is!

4. Blow her mind by attracting her in the new ways you have discovered by understanding what has been missing

[image: Blow her mind by attracting her in the new ways you have discovered by understanding what has been missing]

Most guys have a general idea of how to make a woman feel happy in a relationship (e.g. treat her well, make her feel loved and appreciated, communicate well).

Yet, even though a woman does appreciate those things in a relationship, quite often there are other, more subtle things she wants from her man that he might not be aware of.

For example: A guy might be a good guy to his woman, but he treats her more like a good friend or a roommate than a sexy, desirable woman.

She knows that other guys would find her very sexy and attractive and as a result, they would look at her and touch her in a way that makes her feel sexy and attractive.

Yet, when she is with her boyfriend (or husband), it seems as though he doesn't see her in that way anymore.

He might find her attractive, love her and want to be with her, but she just doesn't feel that from

him because he doesn't seem to show it.

So she feels as though something vital is missing from their relationship (i.e. a mutual spark).

Even though she does love him and was hoping to be with him for life, it has ended up feeling more like a friendship than a romantic relationship, which makes her feel restless and unhappy.

If that goes on for long enough, she will break up with him, or in some cases, cheat on him and then break up with him.

Another example is when a guy is so good to his woman that he ends up being a pushover (i.e. he does whatever she wants, is way too nice and accommodating, is afraid to be assertive in case she gets moody).

Rather than being an emotionally dominant man who leads in the relationship, he becomes timid around her and hopes that she will start treating him better one day if he just keeps on being really good to her (e.g. generous, kind, caring, understanding).

What he doesn't realize is that a woman doesn't want a pussy for a boyfriend.

It's just not attractive to a woman.

A woman does appreciate it when her boyfriend takes her feelings into consideration, asks her opinion about things and cares, but when it comes down to it, she wants him to man up and be in charge, so she can be a feminine woman in the relationship.

If she is always in control, making decisions, leading the way and setting the tone of the relationship, she ends up feeling more like "the man" in the relationship (i.e. the more emotionally dominant one, the more powerful one).

Women don't want that.

A woman wants to be with a man that she can look up to and respect, not look down on and treat like a boy who needs to be scolded and kept in line by his mother.

If a guy is unable to man up to the point where she can relax and start being a real, feminine woman around him, she will always be unsatisfied, regardless of any good thing he does for her (e.g. how caring, generous, kind, understanding, patient and nice he is).

How about you?

What fundamental pieces of the attraction experience were missing in your relationship with her?

Here are some questions to ask yourself to find out now:

- Did you start out being a confident guy in the relationship, but end up becoming insecure, needy and clingy (e.g. because you began to doubt your value and attractiveness to her over time, you gave her too much power, you feared her reactions if you were confident or assertive, you lost touch with your ability to be "the man" in the relationship)?
- Did you make her your sole reason for living (or main source of happiness, identity and security as a man) and as a result, end up becoming jealous, controlling and overly protective of her? Did you realize that you were turning her off due to your emotional dependence on her (i.e. your neediness for her), but didn't know how to stop yourself from being that way?
- Did you make her feel feminine and girly in your presence, or did she feel more like your neutral friend or roommate?
- Did you create a relationship dynamic that caused her to want to be good to you, treat you well, be affectionate and be loving towards you, or did you unknowingly cause her to feel like

- pulling away from you, being closed off and treating you with less and less respect over time?
- Were you a challenge to her, so she felt like she had to work hard to impress you and keep you interested in her, or did she feel as though you would put up with anything (i.e. her bad behavior, lack of respect towards you, lack of affection) just so you could stay with her?

By understanding what was really missing in your relationship with her, you can then blow her mind by attracting her in the ways that she always wanted to experience with you, but never got to.

You can literally make her begin to experience that during a 2-5 minute interaction in person.

When she begins to experience it, she will instantly feel a new kind of respect and attraction for you.

This causes her to drop her guard and open up to interacting with you more, so she can continue to experience more of the respect and attraction you are making her feel.

When she does that, she naturally begins to feel new sparks of love for you, which then causes her to realize that the love you and her share is real and hasn't died.

In fact, the break up has been what you and her needed to level up your love and both realize that you and her are meant to be.

5. Attract her again and then pull away, so she misses you and knows that her love for you is real

[image: Attract her again and then pull away, so she misses you and knows that her love for you is real]

Have you ever heard expression, *â€œYou don't know what you've got until it's goneâ€*?

It's true, but it doesn't apply to every ex back situation.

Why?

If your ex doesn't feel much (or any) respect, attraction and love you and is certain about her decision to break up with you, then you not being in her life probably won't change that.

She will simply begin to move on by dating new men and will then completely or pretty much completely forget about you.

You might pop into her mind from time to time, but since she will be happy and in love with another man, or enjoying a fun, single life, she just won't care that you're not in her life anymore.

So, that's why you have to do this correctly.

How so?

Before you cut off contact with her, you have to interact with her and re-attract her, so she will actually miss you when you're not contacting her.

Important: Don't go overboard and act too hard to get by ignoring her for weeks or months.

That doesn't work in almost all ex back cases.

[image: Give her a chance to miss you after re-attracting her]

What works is 3 to 7 days of space after re-attracting her.

She feels attracted to you, begins questioning her decision to break up with you and feels like she wants to see you in person, but you then cut off contact for a few days, or up to a week.

She then feels like she is losing you.

In many cases, a woman won't be able to stand that for very long and will reach out to her ex (e.g. via text or a phone call) to say hi.

He can then go ahead and get her back.

However, it's very important for you to understand if she doesn't contact you after a few days to a week, it doesn't mean that she's not missing you.

In some cases, a woman will avoid reaching out to her ex in case he rejects her.

Why?

If she contacts you and you don't answer, don't seem interested or worse, tell her that you're not interested anymore, then she ends up feeling rejected and broken up with.

So, to hold onto her position as the one who broke up with you, she doesn't contact you and secretly hopes that you will contact her.

This is why, if you've done the right thing of re-attracting her before cutting off contact for a few days to a week, then just go ahead and call her.

On the call, make her feel sparks of attraction for you (e.g. by being confident, using humor, flirting with her) and get her to meet up with you in person.

When you meet up in person, make her feel sparks of attraction for you and then progress to a hug, kiss, sex and back into a relationship with her after that.

Avoid These 4 Mistakes to Make Her See That Your Love is Real

When you use the right approach to getting an ex woman back, things just flow and you and her get back together.

She automatically feels a renewed sense of respect and attraction for you and wants to be your girl again.

On the other hand, when you use the wrong approach, it results in the woman putting her guard up, wanting to get further away from you and in some cases, even blocking you from seeing her or contacting her.

If you want to use the right approach, be sure to avoid the following mistakes that guys often make when in a situation like yours:

1. Trying to explain all the reasons why your love is real

You probably have plenty of great reasons why the love between you and your ex is real and shouldn't be thrown away.

Yet, if your ex woman has detached from her feelings of respect, attraction and love for you (i.e. she doesn't feel like she's in love with you anymore, she's over it, she doesn't feel the way you feel), then she's not really going to care about your reasons.

What she cares about now is how she feels.

You may be in love with her, but that doesn't make her be in love with you.

So, if you try to explain why the love you and her share is real, she just won't connect with it in the same way you do.

In a case like that, she may end up saying something like, *â€œI do care about you and I appreciate everything you've said, but I've made my decision and you need to respect that. I cherish the time we spent together, but it's over and we need to move on. I'm sure you will find someone special who loves you as much as you deserve to be loved. I can't be that woman for you anymore. I wish you all the best.â€*

Alternatively, in a case where a woman still does feel some love for her ex, she may stop for a moment and consider what he is saying, but she will ultimately come to the same conclusion of wanting to remain broken up from him.

For example: She may think, *â€œI want to believe that our love is real, but I can't help but wonder – if it is real, then why do I want to break up with him? Surely if it is real, then I will want to be with him and only him. Yet, I think something is missing. Maybe that's because he just doesn't understand the subtle things that have ruined my feelings for him over time, like his insecurity, lack of manliness around me or inability to put me back in my place when I'm being bitchy. There have also been way too many arguments, disagreements and misunderstandings between us that never really got resolved properly. We just kept sweeping things under the carpet and hoping they'd go away, but they didn't. The same fundamental problems between us were always there and he didn't know how to fix them. It's like we did love each other and it was real, but he wasn't ever able to make the relationship work with me. So, now I just want to move on with my life and find a man who understands me, knows how to make me remain in love with him and wants to build a future with me.â€*

In a case like that, a woman will then close herself off from you (e.g. by unfriending you on social media, blocking your number, refusing to meet up with you in person), making it difficult for you to re-attract her and get her back.

This is why, you shouldn't waste time trying to explain to her why you believe your love is real, because at the moment, she probably doesn't care.

If you want her to care, you have to focus on one thing and one thing only: Her feelings for you.

You can make her experience strong, renewed feelings for you by interacting with her and making her feel sparks of respect and sexual attraction for you (by being confident, being a bit of a challenge, using humor and flirting, making her feel girly in comparison to your masculine approach to the interaction).

When you do that, she will naturally begin to think about the reasons why the love you and her share is real and shouldn't be thrown away,

When that happens, she naturally starts to feel as though the relationship is worth fighting for and that she would be losing out if she didn't give you another chance.

2. Asking her to try and remember how much she used to love you

It doesn't work.

Why?

By getting her to focus on how good things used to be between you and her, it simply highlights how bad things have become.

It reminds her that what she wants to feel is the kind of love she experienced in the beginning and that just doesn't seem possible with you anymore.

So, what you need to do instead is focus instead on building new, exciting feelings for you based on how you make her feel now.

When you interact with her, does she feel new sparks of respect and attraction for the new and improved you?

Have you made the correct adjustments to how you approach attracting her, or are you essentially using the same kind of approach that caused her to want to break up with you?

3. Asking her what you can do to get her to love you the way she used to

It seems like it makes good sense to ask a woman what you can do to get her to love you.

After all, she knows exactly what she wants, so if she tells you, then you can follow her instructions and everything will be great.

Unfortunately, that's not how love and attraction works between men and women.

In fact, when a man asks a woman what he needs to do to get her back or what he can do make her love him the way she used to, rather than please her and make feel excited, it overwhelms her and disappoints her.

She feels overwhelmed when she thinks about the amount of work she'd have to put into changing him and transforming him into the kind man she wants him to be (e.g. deeply masculine to his core, a challenge that she wants to impress and win over more and more throughout her life).

When she imagines what she'd have to go through with him to make that happen, it's disappointing because she knows other women get that without having to teach and mentor their man.

So, don't make the mistake of asking your ex what you can do to get her to love you the way she used to.

Instead, just start being the kind of man she truly wants you to be.

You don't have to be perfect and have mastered everything.

Instead, you just have to let her see that you get it now and are already beginning to think, feel, behave and act like the kind of man she always wanted you to be.

When she sees that, she won't be able to stop herself from feeling respect and attraction for you again.

When she's feeling a renewed sense of respect and attraction for you, she will automatically begin to connect with the love she used to feel for you, as well as experiencing the new, more exciting love she now feels for you.

4. Pouring your heart out to hopefully change her mind based on how much you care about her

A woman only cares that you have feelings for her, if she has feelings for you.

If your ex has disconnected from the love, respect and attraction she once felt, then you telling her how much you love her isn't going to make her suddenly want to be your girl again.

The feelings (of respect and attraction) have to be mutual, or at least close to mutual before a woman

will care and be excited that you love her and want to be with her only her.

If it's a one-sided thing where you are so in love with her, but she feels nothing or little for you, then a woman can even get a bit annoyed and react in an angry way.

For example: She may think, *“Why do you keep telling me that you love me and need me in your life? Why are you being so selfish that all you care about is how you feel? What about how I feel? Don't you understand that I don't love you anymore? Do you even know why? Do you realize that every time you tell me about your feelings, you make me feel as though you're disregarding my feelings? It's like it's all about you and what you want. You don't even know what I want.”*

When that happens, she closes herself off even more (e.g. ignores your texts, doesn't reply to emails, unfriends you from social media) so she can begin moving on without you.

Don't let that happen to you.

If you want her to realize that your love is real, then make her feel it, rather than trying to explain it to her.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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Is it Possible to Get Back Together After a Bad Breakup?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Yes.

Here are 5 reasons why:

1. As the old saying goes, *“All is fair in love and war”*

[image: All is fair in love and war]

In other words, people don't always stick to being as nice as they usually are, or follow normal rules of behavior when it comes to love or war.

Sometimes, due to becoming so emotionally attached, a person will lash out or end up saying or doing things that they later regret.

So, it's totally understandable that you might not have behaved in totally perfect ways during and after the breakup with her.

The reality is that both men and women often behave completely out of character (and end up regretting it) when going through a break up with someone they truly love and don't want to lose.

For example: In terms of a man:

- He starts begging, pleading and even crying as a way of hopefully making his woman change her mind.
- He gets angry with her for wanting to leave him and says things that he regrets later on (e.g. *“I can't believe you're being such a bitch to me! What the f**k has gotten into you?”* or, *“I was so stupid to trust you and get into a relationship with you. After all I've done for you. How dare you break up with me like it's just nothing. I'm going to make sure you regret this”* or, *“Yeah? Well I never loved you anyway. F**k you! Get the f**k out of my house!”* and so on). It can get pretty nasty between some couples.
- He becomes physically aggressive and possibly even violent towards her (e.g. he grabs her arm during arguments, he slaps her, he tries to choke her, he chokes her, pushes her or hits her).
- He accuses her of cheating on him and calls her names (e.g. slut, tramp, whore, skanky ass bitch).
- He insists that she owes it to him to stay in the relationship and work things out. He becomes very serious about that and pressures her to the point where he is being unreasonable.
- He demands that she tells him what he's done wrong and how to fix it, so they can work things out.
- He panics and sends her a whole load of texts; most of them emotional and irrational.
- He writes her long, detailed texts trying to fix the relationship, which only causes her to feel exhausted to have to read it all and turned off by the fact that he's ranting on so much to her via text.
- He starts calling her friends and family names behind their back to her (e.g. *“You're family are a bunch of clueless idiots”* or, *“Your friend is a bitch. She has been trying to ruin our relationship from the beginning”* or, *“Your sister is a mean, manipulative, jealous bitch who can't stand you being happy. Can't you see that? You're delusional if you*

think she has your best interests at heart” and so on).

- He turns up at her work with flowers and card, pleading for another chance, or simply leaves the flowers and card at reception and asks them to be passed on to her. Then, had the office knows she is experiencing relationship problems, which then annoys her and causes her to want to distance herself from him even more.
- He arrives at her home in tears, hoping that she take pity on him and allow him inside.
- He threatens to kill himself or hurt himself if she doesn’t give him another chance.
- He doesn’t let her leave his house/apartment when she is trying to break up with him and forces her to stay there and continue talking to him about everything.

Of course, with a lot of those things above, they aren’t ‘fair’ and accepted just because it’s a break up.

Some of those things can get a man into trouble and shouldn’t ever be done (i.e. physical violence towards a woman), so I have to say that for the record.

All that aside, it’s important to understand that both men and women sometimes end up acting a little crazy, or a little out of character when they are being dumped.

In some cases, women get physically violent towards men and scratch, hit, bite, push and punch them during a break up.

Things can really get nasty between some couples.

Yet, the reality is that many of them do get back together, apologize and aim to never make the same mistakes again.

So, if you reacted in a way that you’re not proud of during and/or after your relationship with her, just know that you’re not alone.

Both men and women often mess up when they’re in the process of getting dumped, but thankfully, in many cases, the break up can be reversed and the couple can get back together.

The most important thing right now, is that you learn from the mistakes you made during/after the break up and adjust the way you act, behave and interact with your ex from now on.

For example: One adjustment that a man can make when talking to his ex woman, is to literally laugh at himself regarding how he behaved and then apologize.

He might laugh at himself and say, *“Wow! I really lost it, didn’t I? I can’t believe I reacted that way. That was me being a real jerk. I’m sorry about that. I feel like a real idiot now for behaving in that way. I don’t expect you to forgive me of course, but I am sorry. It was very silly of me to react in that way”* and try to have a laugh with her about it.

By being able to laugh at yourself and honestly apologize, it show her that you’re fully aware your behavior was unattractive, immature and silly.

As a result, she can then feel some respect for you based on you taking responsibility for your actions, rather than trying to sweep it under the carpet or pretend that it didn’t happen.

When she can see that you’ve learned from the experience and have already taken steps to become a better, more emotionally strong and mature man, she will naturally be able to drop her guard a little bit.

You then have your opening to reactivate her feelings for you and get her back.

All over the word, millions of couples get back together after being able to forgive the other

personâ€™s overreaction to the break up.

In fact, even in something as horrible as a divorce (thatâ€™s a really bad break up involving lawyers, separation of assets, division of family members and a whole lot of stress), couples are able to get back together and then stay together for life.

For example: According to research conducted by Nancy Kalish, Ph.D., professor emeritus of psychology at California State University, Sacramento, married couples that reunite after divorce have a 72% chance of staying together for life.

In other research from the Department of Communication Studies at the University of Texas, it was found that approximately 65% of U.S. college students had broken up and then gotten back together.

I can also tell you, after more than 15 years (as of typing this article) of experience helping men succeed with women that I hear back from new men every day whoâ€™ve gotten a woman back after all sorts of horrible break up situations.

Pretty much every man starts out thinking, *â€œBut my situation is differentâ€* and he is right.

His situation is different, but the solution to get a woman back is the same (i.e. you need to get her respect back, make her feel attracted to you again and she will then open up to loving you again).

That can literally happen in minutes, hours or over the course of a few days to a week.

Itâ€™s only when you understand that, accept it and begin to do it that your ex then opens up and wants you back.

So, donâ€™t go through the next few weeks or months of your life thinking that your situation is too different, or is impossible.

Every guy thinks that at the start.

Yet, the smart men realize that although their situation isnâ€™t the same as other people, the steps to get an ex woman back are the same, so they go ahead and do it and get her back.

Another reason why it is possible to get back together after a bad breakup isâ€¦!

2. Sexual and romantic attraction is more compelling to a woman than almost anything else in life

[image: Sexual and romantic attraction is more compelling to a woman than almost anything else in life]

Although women donâ€™t often like to admit it, they do think with their heart and pussy, not just their brains.

Women often like to try to demean men by saying, *â€œMen think with their dick,â€* but women have urges too.

The reality is that pretty much every woman on the planet has found herself lusting after a guy that she knows isnâ€™t good for her (e.g. a bad boy, a cheater, a guy who doesnâ€™t care about her, a guy who would only use her for sex; otherwise known to women as a f**k boy).

Additionally, pretty much every woman has found herself behaving totally out of character and bending over backwards to please a man, when she has been romantically attracted and in love with him.

So, although most women like to give everyone the impression that they are totally in control of their

emotions and attraction for men, it simply isn't true.

The majority of women will change their mind about a break up, if their ex suddenly causes them to feel strong respect, attraction and love again.

She will then rationalize it by saying, *"I think he has changed. It's different this time. I can feel it. My woman's intuition is telling me to give him a chance."*

Yet, she is simply feeling a renewed sense of sexual and romantic attraction for him based on the way he is now interacting with her, or possibly making her feel from a distance via social media.

So, even if your ex has said things like, *"I hate you and I will never forgive you for how you behaved during our breakup. I don't care how sorry you are now, nothing you say or do will ever be able to change how I feel about you now,"* it still doesn't mean her feelings are cast in stone and never change.

The truth is, feelings change all the time.

Think about it!

There was a time when you and her were complete strangers and she didn't have any feelings for you whatsoever.

Then, when you met, she began to feel sparks of sexual and romantic attraction for you.

Then, when she became your girlfriend, her feelings for you intensified and she started to really love you and adore you.

Yet, somewhere along the way, the relationship began to fall apart and her feelings started to change in a more negative direction.

Rather than feeling love, respect and attraction for you, she began to feel anger, resentment, disappointment, frustration and regret.

The reality is that your ex's feelings for you have changed multiple times in the past and they can easily change again.

How?

By making her feel the way she wants to feel when interacting with a man (i.e. feminine, girly, excited, challenged, comforted, in love, open).

It's a special mix of feelings that women search for and rarely find, so when you are the kind of man who can offer her that experience, she feels attracted to you like a magnet.

When a woman feels that level of attraction for a man, she will almost always be willing to forgive him and get back with him, even if they had a bad break up.

Of course, women will rarely admit that openly, but they pretty much all do it and will do it again if they feel like it.

Another reason why it is possible to get back together after a bad breakup is!

3. You and her can quickly get to a point where you forgive each other and even laugh about how badly the break up went

[image: You and her can get to a point where you forgive each other and even laugh about how badly the break up went]

Forgiveness can make a woman drop her guard and open back up to the idea of being with you again

right away, or soon after.

Itâ€™s sort of like a melting of any resistance that a woman is holding onto against you.

Forgiveness allows her to let go of all of that and just see you for who you are now.

Yet, you have to go about it in the right way.

For example: Getting her to forgive you isnâ€™t about begging and pleading with her by saying things like, *â€œPlease, forgive me. I know I stuffed up, but Iâ€™ll do anything to make it up to you. Just tell me how and I will do it I promise. Please just forgive meâ€* because it gives her a power over you that she doesnâ€™t want.

It can also make you seem desperate, which is never attractive to women.

So, what should you do instead?

Telling her that forgiving you will be for her benefit, not just yours and more importantly, that itâ€™s not about getting back together.

At this point, itâ€™s just about forgiveness so her remaining feelings of resistance against you can melt away and she then open up.

Whether you get her back at that point depends on your ability to attract her sexually and romantically.

For now though, just focus on getting her to forgive you.

For example: You can say (in a relaxed, easy-going manner without any trace of desperation or pleading) something like, *â€œLook, I know that I messed up and Iâ€™m truly sorry for hurting you. Breaking up was a big wake up call for me. It actually made me understand that I was making a whole bunch of mistakes in the relationship and I deserved to get dumped. On a more positive note, it also made me realize how important you are to me and how silly I was for treating you the way I did. I donâ€™t expect you to believe me, but I really have changed and I would appreciate it if youâ€™d forgive me, so we can both move forward without being negative and bitter about our past. We all know what it feels like to be angry and bitter at another person and to carry that around for a long time. Itâ€™s not a nice feeling. If you arenâ€™t able to forgive me, then you might carry that into your next relationship it might cause problems for you. So, the mature thing to do here is to forgive me by understanding that people do make mistakes and sometimes, they can learn from those mistakes and change. Iâ€™m not asking you to give the relationship another chance. Weâ€™ve broken up and that is done. All I ask is that you forgive my mistakes, so we can both move on with a clean, healthy state of mind. So, can you forgive me and be able to walk away as friends, without any negative feelings?â€*

Note: Getting her to forgive you like that isnâ€™t about literally encouraging her to move on and find a new man.

Instead, when she genuinely forgives you, she naturally begins to look at you in a new light, without so much negatively, or without any negativity at all.

This causes her to not want to completely block you out of her life and instead, to remain open to interacting with you, even if youâ€™re just interacting as friends.

Then, you can use that to interact with her and make her feel new sparks of sexual and romantic attraction for you, which will naturally make her want to hook up with you again, or even get back with you for real.

When that happens, the bad break up that you and her went through will become something you can both look back on and laugh about.

Another reason why it is possible to get back together after a bad breakup isâ€¦!

4. What you might feel was a bad breakup, others may see as pretty normal

The truth is, no relationship is perfect all the time.

Couples often fight, disagree and even get to the point where one or the other is saying things like, *â€œThatâ€™s it! Iâ€™ve had it! I am fed up with your crap. Itâ€™s over! Iâ€™m leaving you. Goodbye!â€*

In fact, itâ€™s fairly normal for couples to almost breakup several times during the course of their relationship.

For example: According to a study conducted by Amber Vennum, an assistant professor of Family Studies and Human Services at Kansas State University, about 37% of couples living together, and 23% of married couples have broken up and then gotten back together again.

Additionally, as mentioned earlier in the article, the Department of Communication Studies at the University of Texas found that approximately 65% of U.S. college students had broken up and then gotten back together again.

So, breaking up and getting back together is pretty normal.

The reality is that many relationships even go through one, or even several actual breakups before it eventually works out (i.e. theyâ€™re happy and stay together for life).

Additionally, just because your breakup seems bad to you (e.g. because itâ€™s your first serious breakup with your girl, youâ€™ve never experienced a breakup before this one, things got a little heated, you said or did things that you now regret, she seemed very upset with you), it probably wouldnâ€™t seem as bad to someone else who has more a lot more experience with relationships.

Sure, you may have stuffed up, but many people (men and women) overreact or react badly to getting dumped and then get the relationship back together.

If you are willing to learn from your past mistakes and change your approach to attraction with your ex (i.e. understand how to attract her in new ways and then interact with her to let her experience it), you will be surprised by the results you get (i.e. you will almost certainly get her back).

So, donâ€™t let a bad breakup stop you from being with the love of your life again.

Get her back.

Another reason why it is possible to get back together after a bad breakup isâ€¦!

5. Women donâ€™t always walk away feeling 100% sure about the breakup

[image: Women don't always walk away feeling 100% sure about the break up]

Even if a woman breaks up with a guy, swears that she never wants to see him again, says she hates him and that nothing he says will ever change her mind, itâ€™s no guarantee she will feel that way a few days, a week or a month from now.

When the dust settles and the negative emotions associated with the break up (e.g. anger, resentment, bitterness) start to fade into the background, her view on never forgiving her ex may start to change.

For example: She may begin to think, *â€œI said that I would never forgive him, but Iâ€™m starting to realize that some of the reasons we broke up over were trivial and heâ€™s not all that bad. Maybe I overreacted. Maybe we could have saved the relationship. I donâ€™t know. Iâ€™m just not as sure about this as I was a few days/weeks ago.â€*

She then naturally drops her guard a little bit and opens up to at least texting or talking with her ex again, even though she initially said that she never wanted to talk to him or see him again.

This small opening, is all a guy needs to then reactivate her feelings and make her want him back for real.

Couples get back together based on that all the time.

In the same way, regardless of how bad your breakup was, it doesnâ€™t mean your ex will continue to feel as certain about never wanting to see you again as she did when she broke up with you.

The reality is that after she calms down and begins to remember some of your good qualities (this usually happens within 3 to 7 days), she will begin to think of you and the break up from a different perspective.

This is why, if you donâ€™t think you can get her back immediately, giving her 3 to 7 days of space will help calm things down.

While giving her space, you need to get yourself ready to properly re-attract her, get her to forgive you and make her want to give the relationship another chance.

Donâ€™t just wait a week and then contact her via text with a, *â€œHeyâ€* or some other type of feeler text to see if she is responsive.

Then, if she isn't, just waiting and seeing if she will eventually respond.

Youâ€™ve got to be more thorough than that if you want her back, especially after a bad break up.

Get Her Back After a Bad Breakup By Avoiding These 4 Mistakes

1. Feeling like you have no chance, so you just cut off contact and wait and hope that she reaches out to you

Feeling dejected and discouraged after a bad breakup is normal.

Yet, if you want her back, you have to get past those feelings, rather than letting them consume you and stop you from taking the action you need to take to get her back.

In many cases, guys have no idea how to get their woman back, so they just cut off contact and hope that she reaches out to get him back.

It rarely works though.

Why?

When a woman has had enough of her boyfriend (or husband), is turned off by him, wants to remain broken up and is planning on moving on without him, then sheâ€™s usually not going to care if he doesnâ€™t contact her anymore.

Instead of thinking, *â€œOh no! Why isnâ€™t he calling me?â€* or, *â€œI miss him so much now that Iâ€™m not hearing from him. Maybe I should text him to say hi,â€* she will usually feel

relieved that she no longer has to deal with him.

The time he wastes cutting off contact, will almost always be the time a woman uses to open herself up to dating and hooking up with new men, so she can make herself feel better and move on from him.

So, by the time he realizes that she's not going to make the first move and decides to contact her (e.g. 30 or 60 days later), a guy is often shocked to find out that she has already moved on.

In many cases, she is happy in a new relationship and in love and asks him never to contact him again.

His whole plan to cut off contact backfired completely and he ended up losing her.

So, don't fall into the trap of thinking that giving your ex a few weeks or even months of space is what will make her come running back to you.

In almost all ex back cases I've seen, it doesn't.

Instead, the woman gets over him and moves on.

What should you do instead?

Interact with her, get her to forgive you, reawaken her feelings of respect, attraction and love and get her back.

That's how men all over the world do it and it works.

It's the manly way to do it because you take control of the situation, rather than waiting around in the hope that she takes control of the situation.

In almost all cases, a woman who has dumped a guy won't suddenly take control of the ex back process and get him back.

She will just move on.

So, if you want her back, you need to man up by taking control of the situation and guiding her back into a relationship with you.

2. Apologizing over and over for how badly you behaved

Sometimes a guy feels that if he apologizes over and over again, his ex will take pity on him and give him another chance based on that.

Yet, women don't want to feel as though they are being manipulated into sticking with a man out of pity.

This is why, one sincere apology is enough.

You can also add in a "Sorry" here and there in the natural course of a conversation with her, but try to avoid repeating your overall apology (i.e. where you briefly go into some detail about why you are sorry).

If you do keep repeating the overall apology, a woman can get the sense that you're desperate or confused about how to re-attract her, which will turn her off.

Repeating the overall apology can also give her a false sense of superiority, where she feels like she is the more valuable one in the relationship compared to you.

If that happens, she can begin to look down on you and feel as though she'd almost be doing you a favor by getting back with you.

That is a total turn off for women, so don't make her feel that way.

It may feel like the "right thing to do" because you behaved so badly and want to show her how sincere you are, but repeating your apology over and over (especially with a sense of desperation, pleading or unworthiness) isn't going to make a woman feel attracted.

It's very important for you to understand that a woman's attraction for a man doesn't work the same way as a man's attraction for a woman.

For example: If a woman apologizes over and over and even in a desperate way, it can make a man feel more attracted to her because she is showing him so much respect and devotion.

Yet, a woman's attraction for a man is largely based on her being able to look up to him and respect him as a man, so if he gives off a sense of being desperate or pleading with her, she simply can't look up to him in those moments and will therefore be turned off.

Another mistake to avoid making is

3. Trying to repair the damage by explaining yourself via an email or a series of long texts or social media messages

Apart from seeming desperate (i.e. for putting so much effort into writing long texts, emails or messages to her), it can also be emotionally exhausting for a woman to have to read it all and then reply.

Essentially, if something needs to be discussed in detail or if you are trying to explain yourself in detail, it needs to happen on a phone call (audio or video) or in person.

If you try to do it all via texts, social media messages or emails, a woman will usually get to the point where she ignores the emails, doesn't reply to the texts or messages or even doesn't read them at all anymore.

In some cases, she will get so turned off and exhausted by her ex guy ranting that she will block him.

Another mistake to avoid making is

4. Feeling like she must truly hate you now

Even though your situation might seem completely hopeless, the reality is that when you begin to reawaken her sexual and romantic feelings for you again, anything becomes possible.

Every day, all over the world, women go back to men that they've broken up with and in many cases, after a bad breakup.

So, regardless of how your ex feels about you at the moment (e.g. turned off, over you, disgusted by you, scared of you, pissed off at you), her feelings aren't cast in stone.

Her feelings can change.

You can get her to forgive your mistakes and bring her love for you back to life by interacting with her and showing her that you truly are a better man now.

When she sees that you really have changed in the ways that actually matter to her, she won't be able to stop herself from feeling some respect for you.

When she starts to respect you, she naturally also starts to feel attracted to you again and she then becomes open to reconnecting with her feelings of love for you as well.

So, don't continue feeling hopeless about your situation and assuming that it's unfixable. Don't miss out on the opportunity to get her back and have her be in love with you again. Every day, all over the world, men get women back after all sorts of horrible, bad break up situations. You can do it too.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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My Girlfriend Broke Up With Me For Another Guy She Met Recently

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 reasons why a woman will do that and how to get her back:

1. She fell out of love with you, so she no longer felt the need to be loyal

[image: She fell out of love with you, so she no longer felt the need to be loyal]

When a guy begins to behave in unattractive ways in a relationship with a woman (e.g. he becomes too needy and clingy, he treats her like a buddy rather than like a desirable woman, he gets angry at her too often, he becomes emotionally sensitive), she will gradually begin to disconnect from her feelings of respect, attraction and love for him.

When that happens, she may begin thinking things like, *â€œIâ€™m just not happy anymore. Being with him used to feel so good, but now Iâ€™m just miserable all the time. The spark between us is dead and it makes me feel jealous every time I see a couple that looks happy and in love. I want that to be me. I want to be with someone who makes me feel love and desire for him, rather than stay stuck with a guy that no longer makes me feel the way I want to feel. Iâ€™m so confused. Is it time for us to break up?â€œ*

If she then meets another guy who sparks her sexual and romantic feelings for him, she will naturally feel drawn to him.

Hereâ€™s the thing thoughâ€¦

Even though a woman in a relationship might feel attraction for someone else other than her guy, because she loves him, feels sexually attracted to him and respects him, she wonâ€™t be tempted to break his trust by following through on her feelings (i.e. cheating on him with the other guy).

On the other hand, if her feelings for her man have been eroded over time, then she almost certainly wonâ€™t feel like she has to be loyal to him anymore and she may use her attraction for the new guy to break up with him and move on.

So, in a case like this, for you to get your girlfriend back, you will have to interact with her (over the phone and in person) and begin reactivating her feelings for you.

The more respect and attraction she feels for you again, the more she will be able to see the flaws in her new guy (e.g. what seemed like a strong sense of confidence before now comes across as arrogance, what felt to her like he was taking the lead in the relationship now feels like heâ€™s being controlling).

At the same time, she starts to remember all the good things about you that she misses (e.g. you always treated her with respect and kindness, you have a great sense of humor and made her laugh, you got on well with her family and friends) and she realizes that she made a mistake.

She then naturally begins to reconnect with her original feelings of love for you and wants you back.

Another possible reason why your girlfriend broke up with you for another guy she met recently isâ€¦

2. She never planned on committing for life

[image: She never planned on committing for life]

Sometimes a woman will get into a relationship with a man because she doesn't want to be single while all her friends and female family members have boyfriends and husbands.

However, at the back of her mind she may be thinking things like, *He's really a good guy and I know he will treat me well, but I can tell that he's not the one for me. So, I'm just going to enjoy it while it lasts, without worrying about things getting too serious.*

She might enjoy hanging out with him, going on dates, being spoiled by him and always having a partner to accompany her to weddings, parties and other couples events, but she never fully commits herself to him because she doesn't really feel that all essential spark of attraction with him.

Instead, she views him more as a friend than a boyfriend that she wants to be with in the long-term and possibly even for life.

So, when another guy comes along and ignites feelings inside of her that her boyfriend never did, she won't hesitate to get into a relationship with him.

Here's the thing!

Even though a woman might not openly admit that she is looking for a man to settle down with, her biological clock is ticking and she knows it (i.e. she needs to have children before she gets too old).

If she doesn't want to have children right away (or at all), her instincts will still push her to find a man to be with for life.

So, every day she wastes in a relationship with a guy she believes is not the one for her, is another day she risks losing her perfect man to another woman.

This is why, if she meets a guy who is better able to fill her needs in a relationship (e.g. he makes her feel like a sexy, desirable woman rather than making her feel like a neutral friend), she will listen to her instincts and hook up with him.

In a case like this, if you want to get your girlfriend back, you are going to have to make her see you as the guy for her.

That means, you can't approach her as a sweet, reliable friend who is willing to hang around and wait for her to realize her mistake and come back.

Instead, you need to use every chance you get to interact with her (especially over the phone and in person) and make her feel strong surges of respect and sexual attraction for you.

The more attracted you make her feel again, the more likely it is that she will begin seeing you as more than just the ex she didn't want to commit to.

Suddenly, you seem like the right guy for her after all and she feels compelled to give you another chance in case she ends up regretting it later on.

You can then easily get her back.

However, you must spark her feelings for you first.

If you don't, she will continue to explore her feelings for her new guy.

Another possible reason why your girlfriend broke up with you for another guy she met recently is!

3. She is using him as a rebound to help her get out of the relationship with you

[image: She is using him as a rebound to help her get out of the relationship with you]

Sometimes, a woman will find herself stuck in a relationship that doesn't seem to be living up to her expectations.

It's not that bad, but it's not that good either.

However, every time she attempts to break up with her guy, he will talk her out of her decision by saying things like, *"Please don't go. I promise I will change if you give me just one more chance,"* or *"Please baby, don't do this to us. I can't live without you in my life,"* or *"After everything we've shared together, we owe it to ourselves to try and make this relationship work. I promise things will be different this time."*

Over time, she may begin to realize that nothing will ever change with her guy and that the only way to break up with him is to find a new man to get into a relationship with.

She will then use the new guy to help herself get over her ex.

Yet, once she is over her ex enough to handle being on her own, or when she meets another man she feels more attracted to, she will quickly dump the new guy.

The best way to get a woman back in a situation like this is by changing your approach to attraction.

Don't contact her and offer her the same old attraction experience that she got bored of in the relationship.

Instead, make her feel attracted to you in new and interesting ways, so she feels compelled to give you another chance, or at least meet up with you and sleep with you to see how she feels after that.

Another possible reason why your girlfriend broke up with you for another guy she met recently is

4. She didn't intend for it to happen, but she feels a better connection with him

[image: She didn't intend it to happen, but she feels a better connection with him]

In some cases, a relationship will be going along fairly well and a woman won't intend to cheat on her boyfriend, but she does.

Why?

It's usually because, despite her boyfriend being a good guy, she isn't really in love with him.

She's fairly happy, but something is missing.

Yet, because she can't put her finger on it, she usually decides to just ignore it and hopes that things get better.

That is, until she meets another guy with whom she has a much stronger connection (e.g. he's equally kind and attentive, but he's also more of a challenge which makes her feel more attracted to him, he is a good man to her, but he also makes her feel like a desirable woman when she's with him rather than treating her like a neutral friend).

Then suddenly, the missing pieces of the attraction experience between her and her guy become glaring and she feels like she can no longer stay with him.

She then breaks up with him so that she can be with her new guy.

The good news though, is that her ex can still get her back.

All it takes is for him to interact with her over the phone and more importantly, in person and give her an upgraded attraction experience.

For example: Some of the ways he can do that are byâ€¦!

- Being the same good guy to her, but also being more of a challenge so she now feels as though she has to work hard to impress him and keep him interested in her, rather than feeling like she doesnâ€™t have to put in any effort.
- Becoming more confident and self-assured about his attractiveness and value to her, rather than feeling insecure and unsure of himself around her.
- Seeing himself as more than good enough for her, rather than thinking that the other guy is better than him.
- Being more manly in his attitude and in how he thinks, talks, acts and behaves, rather than allowing her to dominate him with her confident personality.
- Improving his ability to make her feel like a desirable, sexy woman during interactions, rather than making her feel like a neutral friend, or worse, turned off by him.

The more attracted he makes her feel again, the less sure she will become about her feelings for the new guy.

She will then start to want him back for her own selfish reasons (e.g. she feels that what she has with her new guy is average compared to the way she now feels with her ex, she fears that she made a mistake and if she loses her ex she will never find true happiness again).

So, by approaching the ex back process in that way, getting her back becomes easy for him, because getting back together is what she wants to do.

Another possible reason why your girlfriend broke up with you for another guy she met recently isâ€¦!

5. She was planning on breaking up with you for quite a while and was trying to find a way to do it

[image: She was planning on breaking up with you for quite a while and was trying to find a way to do it]

Sometimes, a woman might find herself stuck in a relationship that no longer makes her happy.

Somewhere along the line, she stopped feeling respect, attraction and love for her guy, but never could find the right moment to break up with him.

In her mind, she may have even thought things like, *â€œItâ€™s his birthday soon. I canâ€™t dump him now. That would be heartless,â€* or *â€œAs soon as the holidays are over, Iâ€™ll break up with him,â€* or *â€œI donâ€™t know what to say to end this. I donâ€™t want to hurt him, but I also donâ€™t want to give him the chance to try and talk me out of my decision to leave.â€*

So, when she finally met a man who sparked her sexual and romantic feelings for him, she finally had the excuse she was looking for to break up with her guy.

If he then tried to talk her out of her decision, she could say something along the lines of, *â€œSorry,*

but Iâ€™ve met someone else. I never meant to hurt you, but things just happened. I hope you can accept it and move on,â€™ and avoid getting into long, drawn out conversations about the relationship and what it would take to make her change her mind.

Win Her Back From the Other Guy By Avoiding These 6 Mistakes

Right now you might be thinking that getting your girlfriend back now that sheâ€™s with another guy is impossible.

Yet, itâ€™s not.

When you give her an upgraded attraction experience, she wonâ€™t be able to stop herself from feeling drawn to you again.

This is why, what you say and do from now on matters.

It will either turn her on and make her want you back, or push her even more into the arms of her new guy.

Itâ€™s up to you.

This is why, avoiding the following mistakes is crucial:

1. Getting angry at her and trying to make her feel guilty for the pain you are now experiencing

Being dumped for another man is not a nice experience and understandably, a guy might feel angry with his girl because of it.

Yet, venting his anger on her is actually a bad idea, because not only doesnâ€™t it change anything, it usually adds to her reasons for leaving him.

Hereâ€™s the thingâ€¦

A woman is not a manâ€™s property and she doesnâ€™t have to stay in a relationship with a man if she doesnâ€™t want to.

So, getting angry with her and trying to make her feel guilty because he canâ€™t handle being dumped by her, isnâ€™t going to change her mind.

In fact, she will most likely lose even more respect and attraction for him as a man and convince her that her new guy is the right guy for her.

As a result, getting her back becomes even more difficult, because sheâ€™s now emotionally closed off to him.

Another mistake to avoid isâ€¦

2. Asking her too many questions about the other guy and coming across as insecure

Sometimes, a guy might try to understand why his girl left him for the other guy, by asking questions about her new man.

For example: He might ask things likeâ€¦

- What has he got that I donâ€™t?
- What do you see in him?
- What does he do?
- What kind of car does he drive?
- Is he better looking than me?
- Does he have a lot of money?

Yet, even though his questions might simply stem from curiosity, in a womanâ€™s eyes it will likely look as though heâ€™s feeling insecure about himself and in his attractiveness as a man.

As a result, she will lose even more respect and attraction for him.

So, regardless of how curious you feel about your girlfriendâ€™s new guy, asking her a bunch of questions about him is not a good idea.

Not only wonâ€™t that help you get her back, it may even make him appear more attractive in her eyes (i.e. because he seems more confident and self-assured compared to you).

Another mistake to avoid isâ€¦

3. Never really understanding what pieces of the attraction experience were missing

[image: Never really understanding what pieces of the attraction experience were missing]

A woman wonâ€™t always tell a guy her secret reasons for breaking up with him.

Instead, she might just move on with another guy rather than have to explain herself to him.

This is why, if you want to get your girlfriend back, you have to get to the core reasons for the break up (other than her meeting someone else) and begin to fix those things, rather than giving up and walking away, or trying to patch up the relationship by offering her things that she doesnâ€™t want or even care about.

If you canâ€™t give her the attraction she really wants in a relationship, she will continue to move on with the other guy instead.

So, if you want to get her back now, youâ€™ve got to be willing to first understand what was missing in the relationship and then, to use a new approach to attraction to re-attract her.

Donâ€™t try to get her back by thinking, acting and behaving in the same old ways that caused her to look to another guy in the hope of finding what she felt was missing in her relationship with you.

Itâ€™s time to use a new and unexpected approach that shocks her into wanting to be your woman again.

Another mistake to avoid isâ€¦

4. Hoping that she will come back on her own, if you just wait long enough

If your plan to getting your girlfriend back is to wait for her to get tired of her new guy and come back to you, youâ€™re likely in for a big shock.

Hereâ€™s the thingâ€¦

When a womanâ€™s sexual and romantic feelings are being sparked by another guy, chances are pretty high, sheâ€™s not going to suddenly start missing an ex who is ignoring her.

Instead, sheâ€™s going to be falling more and more in love with the guy who is there and is making

her feel the way she wants to feel (e.g. attracted, excited, exhilarated, turned on).

So, if you want her back, you need to make sure that you're the one who is sparking her feelings. The more respect, attraction and love she starts to feel for you again, the more she will want to be your girl again.

On the other hand, if you wait on the sidelines for her to come back on her own, you could be waiting in vain.

Another mistake to avoid is

5. Losing confidence in your ability to keep a woman happy, which ends up coming through in your vibe when interacting with new women

Sometimes, when a guy gets dumped for someone else, he might begin thinking that he just wasn't good enough as a boyfriend.

However, when a guy starts thinking like that, it begins to show in his attitude and in the way that he talks, thinks, acts and behaves around his ex and other women (e.g. he puts himself down during conversation, he has a defeatist attitude, he seems nervous and unsure of himself, he uses self-deprecating humor).

What he doesn't realize is that kind of thinking is naturally unattractive to women.

Of course, when he notices that his ex and other women feel turned off by him, he then loses even more confidence in himself and in his ability to get her back.

Don't put yourself through that unnecessary pain.

If you want to win your ex back, or even attract another, high quality woman, then you have to believe in yourself and in your value to her.

If you can't believe that you're good enough for her, neither will she.

Then, the idea of leaving her new guy for a man who isn't worthy of her, simply won't appeal to her.

Another mistake to avoid is

6. Not knowing that you can break up her new relationship and get her back fairly quickly

When a woman looks like she's moving on with someone else, a guy might start believing that getting her back will be impossible.

Yet, here's the thing

Just because your ex is with someone else right now, it doesn't mean he's the right guy for her.

So, don't give up.

You really can change how she feels about you and get her back, if you want to.

You can take control of the ex back process by focusing on reactivating her sexual and romantic feelings for you, so she feels confused about her feelings for the other guy.

Then kiss, have sex and get her back into a relationship with you that 100% better than before.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

How Will I Know if My Ex Wife Misses Me?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Not every woman makes it obvious that they're missing their ex husband.

Many women don't want to give their ex husband the satisfaction of knowing she is missing him.

Others are worried that if they seem to be missing him, he won't feel much need to improve or impress her in any way if they get back together.

Here are some potential signs that she is missing you, but always remember that you shouldn't get too caught up in the signs and should instead take action to get her back.

1. She gets in touch with you when she doesn't have to

[image: She gets in touch with you when she doesn't have to]

Many wives walk away from a separation or divorce absolutely hating their ex husband.

It's pretty sad to see.

In cases like those, the woman doesn't want to be in contact with her ex husband unless absolutely necessary (e.g. they have shared custody of their children together and have to text or talk on the phone to arrange times and dates, they have mutual business and financial interests and have to discuss things regularly).

She doesn't want to give him the impression that she is open to talking to him casually, or still unsure about her decision to leave him, so she will avoid contacting him at all costs.

This is why, if your ex wife has no excuse to contact you, but has been doing it anyway (and being friendly), there's a good chance that she still thinks about you and misses you.

Of course, there can be other sneaky reasons why she is doing it, which I will discuss in this post, but for now, let's just assume that she is contacting you because she still does miss you and is unsure whether you and her will remain separated or divorced for life.

If she is missing you, the most important question you need to answer is, what are you going to do about it?

Are you going to take the bull by the horns and begin re-attracting her and then seducing her, so and her can get back together, or are you going to keep waiting for more signs from her and then potentially risk losing her if she opens herself up to dating new men and falls in love with someone else?

Here's the thing:

A lot of men allow their self-doubt to ruin the chance they still have with their ex wife.

For example: A man might get contacted by his ex wife and rather than take it as a positive sign and then begin the process of getting her back, he thinks, *Well, it's nice that she contacts me, but that doesn't necessarily mean she misses me. She's probably just trying to find out if I'm still missing her so she can feel good about herself. Alternatively, she might just feel sorry for me, or wants to be friendly. I don't want to read too much into it, make a move and then get rejected by her. I couldn't handle losing her again.*

The thing is, he could be right, or he could be wrong.

She may only be contacting him to be nice, to find out if heâs still missing her or because she wants to see if heâs okay.

Yet, she might also be contacting him because sheâs feeling lonely, missing what they had and secretly wishing they could reconcile and get a relationship started again.

Which one is true?

Well, when it comes to getting an ex back, you never know for sure, which is why you have the confident and courageous, rather than insecure and afraid.

Unfortunately, a lot of men donât learn what you are learning now and as a result, a man will doubt his chances with her and just wait for her give him a crystal clear signal that she misses him and wants him back.

Yet, that almost never happens because the woman usually doesnât want to risk getting rejected if her ex husband has completely lost interest in her.

Additionally, in many cases, she quickly gets tired of contacting him without him doing anything to get her back, so she stops trying to interact with him and begins opening herself up to dating new men.

If she happens to meet a man who makes her feel the kind of respect, attraction and love that she has been looking for, then she will rapidly lose interest in trying to rekindle things with her ex husband and will try to move on with the new man.

If you donât want that to happen in your case, then donât sabotage yourself by filling your head with negative self-talk (e.g. *âThereâs no way she would want me back. We went through a horrible separation/divorce. She was totally over meâ*).

Youâve got to believe in yourself and be courageous if you want her back.

So, if she has been contacting you when she really didnât have to, then take it as a sign that sheâs missing you.

Thereâs no guarantee that it means she is missing you, but take it as a sign that she is.

Use it to feel confident and as though you have a real opening to get her back.

By interacting with her in a confident way, she will naturally feel some respect and attraction for you, which will open her up further to the possibility of rekindling with you.

So, call her on the phone or better yet, meet up with her in person (e.g. to catch up for a coffee to say hi as friends) and start reactivating her feelings of respect and attraction for you again.

After all, for her to have wanted to marry you in the first place, it means that she once had very strong feelings of love, respect and attraction for you.

That will still be there in the background and you can get her to reconnect with it.

Why?

The fact is that love doesnât die.

It simply gets pushed into the background and covered over with negative feelings (e.g. frustration, disappointment, anger, resentment).

You can replace those negative feelings with positive feelings and when you do, the love will come back into the foreground.

She will literally begin to connect with the love that she used to feel for you.

Another potential sign that your ex wife misses you isâ€¦!

2. She likes your social media posts

[image: She likes your social media posts]

Although itâ€™s possible that your ex wife is only clicking like for the heck of it, to be nice, to be seen as a good person by other, or even because she wants to mess with your head.

Yet, itâ€™s also likely that she has been clicking like because misses you and is trying to show you that she doesnâ€™t hate you.

As a result of missing you, thinking about you and wondering what youâ€™re up to, she has been checking your social media as a way of keeping in touch with you, without making her feelings too obvious.

Why?

In many cases, a woman doesnâ€™t want to get rejected by the ex that she dumped, separated or divorced.

She has been able to walk away in the position of power (i.e. she left you) and doesnâ€™t want that to be switched around now if she shows interest and you reject her.

This is why, in almost all cases, a woman will wait for her ex man to take the lead in the reconciliation process.

She will give him subtle hints and signs, which could be seen as innocent (e.g. clicking like, staying in contact when she doesnâ€™t have to), rather than directly saying, *â€œHey, I miss you. Want to get back together?â€*

This is why, you canâ€™t get stuck doubting yourself and wondering whether or not she is showing enough positive signs of interest.

You just have to be courageous and get things moving along.

For example: Donâ€™t just click like back on her photos or leave nice comments on her posts, because that will most-likely lead nowhere.

Instead, have the balls to pick up the phone, make her laugh and smile and feel good to be talking to you again and then get her to meet up with you in person.

In person, you can then fully re-spark her feelings for you (e.g. by showing her via your attitude, actions, behavior, conversation style and the way you respond to her that youâ€™re a completely different man to the one she divorced).

She will then naturally open back up to seeing you more often to see where things go, or will at least walk away feeling drawn to you and wanting to see you again, in which case, she will text, call or message you to stay in contact and hope that you have the courage to arrange another meet up when the time is right.

By the wayâ€¦!

If youâ€™re not on social media, you should start.

I often get contacted by men saying, *â€œOh, my wife and I didnâ€™t use social media muchâ€* or, *â€œIâ€™m not into Facebook or Instagram.â€*

Believe me, I get it.

Iâm a married man and I donât spend much time on Facebook, let alone Instagram.

My wife is the one who posts 99% of anything that is posted about me, herself and our kids on Facebook.

I rarely post anything on social media.

However, if a man is trying his ex wife back, social media is the perfect place to let her see how confident and happy he is without her and how good life is now.

When a woman sees that, she feels respect and attraction for a man.

Contrary to what some guys believe, a woman doesnât feel attracted to a guy who is sitting around feeling sorry for himself and canât cope without her after a break up.

It doesnât make her think, *Wow, heâs so loyal* and instead makes her think quite negatively about him.

On the other hand, when a woman sees that her ex man seems very confident in himself, is happy and is moving forward in life, it makes her feel like he isnât a lonely loser who canât cope without her.

In fact, it makes her realize that if heâs that confident now, then other women will find him attractive and if she doesnât make a move soon, he might meet a new woman who adores him and he may end up falling in love with her.

When she feels sparks of respect and attraction for him, misses him and is also beginning to worry that she might lose him to another woman, it naturally motivates her to contact him and be open to his suggestions to catch up in person.

So, donât be afraid to show your ex that youâre doing great by posting up confident, happy photos of yourself having fun with other people.

Donât post up photos of you alone though.

That does not work.

The photos have to be of you with other people where you look confident and happy and where the other people look happy that you are there with them.

In other words, donât make the mistake of asking random people to take a photo with you.

Itâs often possible to tell when a person has done that because the body language in the photo suggests a lack of a connection between the people, or itâs obvious that the people donât really want to be in the photo with the other person.

So, make sure that you get photos of yourself looking confident, happy and included/loved by the others in the photos.

Photos like that show your ex wife that you really are happy, confident and enjoying life with other people.

Additionally, it also shows her that youâre not alone, youâre not being rejected by people and you have options.

That makes a woman feel respect and attraction for a man, even if she doesnât openly admit it.

Another potential sign that your ex wife misses you isâ

3. She still texts you as though youâre in a relationship

[image: She still texts you as though you are in a relationship]

One of the biggest clues that a woman misses her ex husband is when she talks to him as though theyâre still together.

For example: She mightâ

- Gossip about her family and friends to him like she used to when they were married.
- Ask for his advice about random things.
- Tell him things about her life like she used to in the past (e.g. her visit to the doctor and the results, her problems at work).
- Discusses her day in detail with him (she talks about work, who she bumped into during her lunch break, how she forgot to put gas in the car and almost didnât make it home).
- She sends him old photos of the two of them, or of them with their kids.
- She sends cute emojis, emoticons or stickers via chat like she used to when things were good.
- She regularly cracks jokes/uses humor (which takes a bit of effort for most people) to keep things feeling fun between them.

If a man is getting those sort of signs from his ex wife and he wants her back, then he should really make a move now while he still can.

Of course, itâs also reasonable to say that some women will contact their ex husband like that just to string him along to make herself feel better, as she secretly moves on behind his back.

Some women can be vindictive and manipulative like that.

However, you are going to be the best judge in terms of your ex wife and what your gut instinct is telling you she is up to.

So, if your ex wife has been contacting you as though you are still together, what is your gut instinct telling you?

Is she doing it to string you along, or is she showing you interest and trying to hint at her desire to reconcile?

Regardless, if she contacting you and being friendly, then you have an opportunity to re-attract her and get her back.

Use the interactions as a way to re-spark her feelings of respect, attraction and love for you by being flirtatious, making her feel girly by being very manly, being a bit of a challenge and so on.

Get the spark back and then make a move to arrange an in person meet up.

Another potential sign that your ex wife misses you isâ

4. Her attempt to date and move on without you doesnât seem to be working out

[image: Her attempt to date and move on without you doesn't seem to be working out]

After a divorce, some women try to move on as quickly as possible by dating new men.

Some women find it easy, or get lucky and find themselves a great replacement man, but many struggle.

Often, by the time a woman divorces, she has already had children, has lost her youthful good looks

and no longer feels confident about her body or overall attractiveness to men.

This can cause her to approach dating in a hesitant way, where she is unwilling to open herself up to men easily, which can lead to awkward first dates, a lack of connection and hardly any second dates.

Alternatively, she can be unlucky and meet a lot of duds (i.e. men who have no clue how to attract women and are still single into their mid to late life because other women don't want them), which can cause her to realize that her ex husband isn't as bad as she once thought he was.

So, if your ex wife hasn't been able to successfully move on with a new man, it can result in her missing you and wishing that you and her could just sort things out.

Additionally, in some cases, a woman just can't ever get herself to feel ready to move on with a new man, even though she has divorced her husband.

This is why, rather than continuing to ask yourself questions like, *"How do I know if my ex wife misses me?"* just start making the right moves to get her back.

Don't make the classic mistake of thinking, *"I'll just wait for her to come to me when she's ready"* like other men do and then end up missing out on your chance to get her back.

Additionally don't make the other classic mistake of thinking, *"I'll wait for more obvious signs before I try to re-attract her and get her back"* and then feeling disappointed and rejected once again when you see that she has moved on.

The reality is that if you wait too long for her to make it obvious that she wants you back, she might get the feeling that you're no longer interested in her and as a result, push herself to start moving on with new men to make herself feel better.

Another potential sign that your ex wife misses you is!

5. She is open to catching up with you as a friend

[image: She is open to catching up with you as a friend]

If your ex wife hasn't slammed the door on interacting with you and instead, has been open to catching up to say hi from time to time, it's a good sign that she still has some feelings for you.

Of course, sometimes a woman wants to be friends with her ex as a way of keeping him holding on (i.e. hoping that they can get back together again), as a way of making herself feel good about herself.

She can then secretly move on behind his back and then when she's in a new relationship, she can rub it in her ex husband's face as way of getting emotional revenge for what happened.

Alternatively, a wife will sometimes remain friendly with her ex husband to make things easier for the kids, or for herself (i.e. not having to deal with an angry, rejected, humiliated ex husband).

There are many different scenarios and motives for friendly behavior from an ex wife.

However, regardless of what applies to your situation, the reality is that if your ex wife is still open to catching up as friends, then you have a perfect opportunity to re-attract her and get her back into a relationship.

Whatever you do though, don't make the mistake of acting like her nice, platonic friend who isn't interested in her sexually and romantically.

If she thinks that, she may feel hesitant to show interest in you in case you reject her, or she might force herself to get sexual with other men to make herself feel sexy, loved, wanted and attractive.

So, from now on, make sure that you use every interaction you have with your ex wife to re-spark her feelings for you and make her feel sexy in your eyes.

From there, you can progress to giving her a hug, a kiss and then having sex.

You might not get back together just because of that, but it will be a start.

You won't be in the friend zone with her anymore and if you are both feeling attracted and drawn to each other, you will both feel more comfortable about hugging and kissing from then on.

If you have also improved a lot as a man and now understand how to make a relationship feel happy, in love and fulfilling for the both of you, then she will naturally feel drawn to getting back with you for real.

Get Your Ex Wife Back Faster By Avoiding These 5 Mistakes

According to research conducted by Nancy Kalish, Ph.D., professor emeritus of psychology at California State University, Sacramento, married couples that reunite after divorce have a 72% chance of staying together for life.

That means, if you begin the ex back process with your ex wife right now and get her back, your chances of "living happily ever after" together are pretty high.

So, do what needs to be done to get her back.

You can get her back and keep the relationship together.

You really can.

However, just make sure that you don't mess up your chances with her by making any of the following mistakes:

1. Reading way too much into what she says or texts

If you know how a woman's mind works and how they feel attraction, you will know that women rarely say what they really mean.

For example: *"I am fine" when she's really pissed off, or "I just want a nice man,"* but she actually feels turned off by men who are too nice and turned on by men who are a challenge and cause her to want to be on her best behavior around him.

So, you can't always take what a woman says as what she really means.

For example: If your ex wife is having a particularly good day and is remembering how happy you and her used to be, she may text or say something along the lines of, *"Hey, I was just thinking about you and I wanted to say hi."*

Alternatively, she may be having a bad day, be on her period, be feeling angry about how things ended up between you and her and as a result, end up responding to you in a cold, distant way.

Yet, neither of those two reactions prove anything other than that she's a typical, emotional woman.

It's not her way of saying she misses you, or that she hates you.

She's just in a mood.

So, don't waste your time trying to make sense of what your ex wife really feels about you based

on what she says or texts.

If you try to follow a woman's moods, she will lead you around in circles to feelings of self-doubt, confusion and frustration.

So, don't focus so much on what she is saying to you, or texting to you and hoping to figure out her real feelings.

Instead, just take control of the situation by re-attracting her and guiding her through the ex back process.

In other words, interact with her, re-attract her, make her want to get back together, reconcile, establish a more effective relationship dynamic and enjoy the great times ahead with her.

That's what men do to get their ex wife back.

Yet, the men who fail often make the mistake of reading into the different things their ex wife says to them, or texts them.

It causes them to doubt themselves, hesitate, wait and before they know it, she's in love with another man.

Another mistake to avoid making is

2. Assuming that the ball is in her court

For example: A man might think, *"She was the one who wanted the divorce, so if she wants me back, it's up to her to make it happen. I don't want to make a move and get rejected by her again. She has to make it 100% clear to me that she wants me back."*

Yet, here's the thing

An ex wife (who was the one to initiate the separation or divorce) will rarely take control of the ex back process for the following reasons:

- She doesn't want to put herself on the line and risk getting rejected by her ex husband if he doesn't have feelings for her anymore.
- She doesn't want to come across as being too easy and therefore, give him the impression that they can get back together without him really having to change anything about his approach to the relationship.
- She wants to see if her ex husband has the confidence to reactivate her feelings for him and get her back, or he has lost all confidence due to her rejection.
- She is enjoying her freedom and knows that she can move on without her ex, or get back with him, but either way, she will be okay.
- She wants to see if her ex has enough interest in her to be bothered to get her back.
- She wants to be seduced and romanced back into a relationship, so she feels special and wanted, rather than just getting back together for the heck of it.
- She is worried what her family, friends, children or coworkers will think if she suddenly changes her mind and starts trying to get back the ex husband that she was speaking so badly about.

This is why, it's always best that you just build up the courage to get things moving along with her, rather than waiting for her to do everything to get you and her back together.

If you wait around for too long, she may just decide that youâre not interested in her anymore and will then almost certainly put her efforts into getting over you and moving on (usually with another man).

Another mistake to avoid making isâ!

3. Assuming that other men are going to make her feel the way you did when you and her were in love

The love, good times and connection you and your ex wife shared was completely unique.

No other man can give her the exact same experience, connection and memories that she had with you.

So, although she might be able to find another man, he will never be able to offer her the feelings that she experienced with you.

If you want to use that to your advantage, you need to interact with her and make her feel a renewed sense of respect and attraction for you.

If you do that, she will naturally start to reconnect with the love she used to feel for you.

Of course, she wonât necessarily jump into your arms right away, but she might.

Additionally, if she sees that you really have become a totally new and improved man since the divorce (in terms of how you think, behave, feel, act and react when interacting with her), then she will feel like sheâd be missing out if she didnât give you another chance.

As a result, she will open up to you and you can then get her back.

So, donât go wasting time worrying that other men might be more attractive to her, or make her feel a new kind of love.

You can make her feel attracted to you in new ways and then, when she reconnects with her old love for you and experiences newfound love for you, it will be a new and exciting experience for her.

4. Not improving your ability to attract women in general

There are certain male behaviors and personality traits that women are attracted to, regardless of culture, age and experience with men and relationships.

For example: In a relationship, a woman will feel attracted to a manâsâ!

- Confidence and emotional strength.
- Ability to make her feel like a feminine, girly woman in his presence.
- Ability to stand up to her in an assertive, but loving way.
- Ability to make her feel important, special and loved, even though he is totally focussed on his goals and ambitions in life.
- Belief in himself and in his value and attractiveness.
- Ability to be a bit cheeky, or be a bit of a challenge.
- Masculine way of behaving, thinking, feeling, acting and reacting.
- Courage.
- Ability to flirt with her and build up sexual tension and desire.

On the other hand, here are some of the things that will turn a woman off about a man when in a

relationship:

- His insecurity and self doubt.
- His inability to stand on his own two feet without her support, guidance or reassurance.
- How she can walk all over him and treat him badly because he doesn't know how to put her back in her place in a dominant, but loving way.
- His inability to handle her moods (i.e. he gets moody and upset when she gets moody or upset, rather than maintaining control of his emotions like a man).
- That he's always so neutral towards her, so she feels more like his friend than a sexy, desirable woman.
- His lack of manliness in the way he thinks, behaves, feels, acts and reacts to her or to life (e.g. always complaining, whining about things, making excuses about why he isn't as successful as he wants to be, being emotionally sensitive).
- His 'my way or the highway' attitude when it comes to a relationship, rather than being the leader in the relationship, but also being loving, flexible and willing to take her feelings, needs or wants into consideration.
- His emotional dependence on her (e.g. needy, clingy).
- His tendency to ignore relationship problems and just expect a woman to put up with them for life.

Unfortunately, a lot of men try to get their ex wife back without ever truly realizing where they've been going wrong, or not being willing to make real improvements to their approach to the relationship.

As a result, the woman simply isn't interested because she feels as though the relationship will end up being the same as before.

So, if you want to get your wife back for real, make sure that you prepare yourself to re-attract her with a new approach, so she feels refreshed and open to giving you and her a real chance.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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5 Reasons Why You Can't Just Be 'Friends' With Your Ex Girlfriend if You Want Her Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Telling your ex girlfriend that you and her should be 'just friends' from now on is a great way to remain in her life, so you can then re-attract her sexually and romantically.

However, if you only ever act like a 'friend' to her (i.e. neutral, nice, helpful, sweet) and don't focus on attracting her sexually (i.e. flirting with her, being a challenge, making her feel girly in comparison to your masculinity), then you will almost certainly just remain in the friend zone and she will move on with a new guy who focuses on making her feel sexually attracted.

So, if you and your ex are going to be 'friends' now and you want her back, then you need to use the 'friendship' an opportunity to re-attract her sexually and romantically.

To help you understand why, here are 5 reasons why you can't just be 'friends' with your ex girlfriend if you want her back:

1. Being a nice, friendly guy isn't what turns a woman on sexually

[image: Being a nice, friendly guy isn't what turns a woman on sexually]

Wouldn't it be great if being a nice, friendly guy was what made a woman feel turned on and want to stick with him for life?

If that was how life worked, all the nice guys out here would be dating beautiful women and the bad boys would be single and alone.

Yet, it simply doesn't work out that way.

Here's the thing!

Although a woman will usually appreciate good things about a guy (e.g. he's nice to her, he's reliable, he gets along well with her family and friends, he's stable), it takes more than niceness and friendliness to keep her interested in him in a sexual and romantic way.

She might like him and care about him as a person, but without that special spark of sexual attraction, the relationship will feel more like a good friendship, rather than a lust-filled romance.

Of course, from the guy's perspective, he will feel the spark and the lust even if the woman is only being nice to him.

Why?

A man's attraction for a woman works differently to a woman's attraction for a man.

Women get turned on by guys who are a challenge (i.e. she has to impress him, put in effort to maintain his effort, win more of his love) and they get very bored with guys who offer no challenge.

Yet, for a man, he doesn't need a woman to be a challenge and in many cases, he will assume that guys who are a challenge are just playing stupid mind games.

He will say things like, *"Love should be based on kindness, care, commitment and connection"* because he wants women to like him and love him based on his nice side.

Yet, women can't stop themselves from feeling attracted to what he might see as the 'bad' side to

men (i.e. making a woman feel the need to impress him, occasionally behaving in a masculine way when interacting with her so she feels feminine and girly, playfully teasing her to keep her off balance, making her feel nervous (in a good way), not chasing after her when she is moody, not putting up with her tantrums and instead, putting her back in her place in a dominant, but loving way).

The same applies to men and what we feel attracted to about women.

We can't stop ourselves from feeling more attracted to women who are slim or slender and less attracted to women who are overweight.

Women may complain and say, *"Men should want women for who they are on the inside, not what they look like on the outside"* but it's just not the way our attraction to women works.

We can't turn off the fact that slender or slim women are more attractive than overweight or obese women.

Likewise, with women, they simply can't feel turned on (in the long run) by a guy who is just being nice to them.

This is why many women reject nice guys upfront, because they know how boring the relationship will end up feeling.

So, if a guy wants to get his ex girlfriend back, he has to understand that just being a nice, helpful friend who is there for her, isn't going to make her want him back, especially if she can sense that he would still make the same kind of relationship mistakes that lead to the break up (e.g. he is still kind of insecure, he doesn't know how to make her respect him or want him, he can't handle her tantrums or moods and doesn't know how to get her to be a good girl to him).

If a guy is trying to get his ex girlfriend back and is just being a nice friend to her, then she is still going to be a normal human being who occasionally feels horny and wants to have sex, or at least kiss a guy.

If she doesn't feel that desire with her ex, then she will push herself to interact with new men and if she feels a sexual spark with them, she will open herself up to dating and having sex with them, rather than going back to an ex that she doesn't feel much or anything for anymore.

This is why, if your intention is to get your ex back,Â only being nice and friendly with her just won't cut it.

If you're only nice, friendly and 'being there' for her, then you're almost certainly going to end up in the friend zone.

Of course, you can still be friendly and nice to her.

However, you also have to step up your game by making her feel real sparks of sexual attraction for you again.

If you fail to do that and she just sees you as a friend, she may just decide to keep you around as a friend while sheÂ secretlyÂ moves on behind your back.

Another reason why you can't just be friends with your ex girlfriend if you want her back isÂ

2. Just being her friend can make her assume that you no longer look at her in a sexual way

[image: Just being her friend can make her assume that you no longer look at her in a sexual way]

Imagine this...

After a break up, a guy hangs out with his ex girlfriend often, but is only nice and neutral towards like a friend, coworker or big brother.

He rarely (or never) flirts with her or uses ballsy or challenging humor to spark her sexual feelings for him.

Instead, he's pretty much always just a polite, helpful, nice, generous and agreeable, good friend to her.

Secretly, he hopes that she will eventually realize how good of a guy he is (for treating her so well after the break up) and will then want to get back with him, because no one will ever treat her as good as he does.

Yet, although a woman may feel relieved that the break up went well and they're not angry exes who hate each other, his behavior can cause her to assume that whatever they had together is now over (i.e. there's no spark anymore, he doesn't seem to want her sexually, they seem more like brother and sister, coworkers or good friends).

As a result, she focuses on fully switching off her feelings for him and begins opening herself up to dating new men (who want her sexually), so she can move on and get on with her romantic life.

Then, if he happens to mention how he still wants her back, she might respond with something along the lines of, *"Huh? Why didn't you let me know sooner? I assumed that you only wanted to be friends, so I started moving on. You should have done something to let me know how you felt sooner. It's too late now though. Sorry. I'm already dating a new guy and I'm happy. I'm sure you will find someone else too."*

If she didn't tell him about the fact that she was dating a new guy, he might then be left feeling hurt, betrayed and wondering what went wrong.

What went wrong is pretty simple.

A friendship is different to a sexual, romantic relationship.

A woman will naturally feel horny and want a sexual relationship, or want to be in love romantically and if she isn't getting that from her 'friendship' with her ex, she will get it from a new man instead.

So, if you don't want your ex moving on because she assumes you only want to be her friend, then make sure that you're not pretending to be an innocent friend who isn't interested in her in a sexual or romantic way.

Spark her feelings of respect and attraction for you again (i.e. by flirting with her, building up sexual tension, being a challenge, making her feel girly in comparison to your masculinity) and when you do, the relationship will naturally get back together, or you will at least start sleeping with each other again and can take it from there.

Another reason why you can't just be friends with your ex girlfriend if you want her back is that

3. If you're just friends, she won't feel like she has to remain loyal to you

[image: If you are just friends, she won't feel like she has to remain loyal to you]

When a guy breaks up with a woman and only acts like a platonic friend to her (i.e. a friend who doesn't want her sexually or romantically), he can't expect her to remain loyal to him and not

date other men.

At the end of the day, she is an individual and has the freedom to whatever she wants with other men now that she's not in a boyfriend-girlfriend relationship with you.

She is also human and will naturally feel horny, or want to pursue a romance so she can move towards an actual relationship that may lead to an engagement, marriage and then family.

It's a natural drive that women have and it doesn't stop just because an ex is a good friend to her.

If you just act like a friend and then get mad, seem upset or try to make her feel guilty is she starts sleeping with new guys, she might say something like, *"It's none of your business who I date or decide to sleep with. You are no longer my boyfriend, so you don't have a say in what I do anymore."*

She might then decide that remaining friends with you is a bad idea for now, so she will ask for space or cut you out of her life.

So, if you want her back, don't just pretend to be her nice, neutral friend who wants to 'be there for her' and then expect her to avoid all other men based on that.

You have to make her feel sexually attracted and romantically to you, so she doesn't want to be 'just friends' with you anymore and instead, wants to be your girlfriend again.

Another reason why you can't just be friends with your ex girlfriend if you want her back is

4. If she senses that you're afraid of getting rejected by her, it will turn her off big time

[image: If she senses that you're afraid of getting rejected by her, it will turn her off big time]

Sometimes, a guy will pretend to be friends with his ex girlfriend because he doesn't have the courage to try and get her back.

He might try to convince himself that he's doing the right thing by thinking something like, *"There's no rush to get back together. We can just hang out as friends for a while. I will help her out with whatever she wants and be there for her like a good friend should. When she notices that no other guy is as dependable and devoted to her as I am, she will naturally want to get back with me."*

Yet, what a guy like that often doesn't realize is that by thinking in that way, he is seriously reducing his chances of ever getting her back.

Why?

Firstly, if he sticks around pretending to be her friend, then he's almost certainly just going to end up in the friend zone because she won't feel enough of (or any) spark with him anymore.

Of course, she might turn to him when she needs something (e.g. to run an errand for her, help her fix something at her house, be her emergency date for an important function, help her pay bills or rent).

Yet, she will be secretly moving on by dating new guys behind his back. .

Secondly, when a woman senses that a guy has feelings for her (e.g. based on the way he talks, acts, behaves and responds to her), but is too afraid to make a move, she will lose a lot of respect and attraction for him.

His inability to be a man of action and go after what he really wants in life (i.e. in this case, her) will be a clear sign that he's not going to be the kind of man she can look up to, respect, feel attracted to and love for life.

Women instinctively want to be with a good man who has balls, not a good man who is afraid of the world around him, or of what a woman might say, think or do.

So, if a woman senses that her ex is probably too emotionally weak for a woman like her, she will begin to distance herself from him as much as possible.

He may then find that the friendship he's been relying on to interact with her, starts to fade away (i.e. she ignores some of his texts, takes a long time to reply to others, doesn't answer when he calls or doesn't return his calls, makes excuses not to meet up with him in person and generally avoids him whenever she can).

Eventually, she will tell him that she is in a new relationship now and that her new man doesn't want her talking to him anymore.

Here's thing!

In life and with women, if you allow fear to stop you from going after what you want, you may not like the results you get.

Right now with your ex and for the rest of your life, courage is what's needed a man.

You've got to man up and make a move.

In terms of your ex, man up and do whatever it takes to re-attract her, seduce her into hugging and kissing you and then have sex with her again.

When you get to that point, you and her will naturally get back together in a relationship, or at least start sleeping with each other again and see how things go.

On the other hand, if you sit around feeling afraid to take action and pretending that you only want to be her friend, she will probably just move on without you.

If that happens and you secretly do still love her and want to be with her, it will hurt you.

Many men end up missing an ex woman for years or even decades after a break up.

They wish that they would have just manned up and made a move while they could.

Another reason why you can't just be friends with your ex girlfriend if you want her back is!

5. She has sexual needs too, so she will probably start dating other guys pretty quickly

[image: She has sexual needs too, so she will probably start dating other guys pretty quickly]

Imagine a woman who has just broken up with a boyfriend who she no longer feels enough attraction for to be in a relationship with.

She may love him in a way and even miss what they had, but it's over and she is now single.

As a result, she will feel like she's on her own again and will want to do something about that.

Soon enough (or right away in some cases), she will start going out with her single friends to parties, bars and clubs.

She may end up drink a little bit too much and guys are likely going to be ready to flirt with her and

try to hook up with her.

If she happens to meet a guy who makes her feel more sexually attracted and turned on than her ex did, then she may end up opening herself to hooking up with him that night, or at least giving him her phone number and going on a date with him.

Alternatively, she might end up going on a date and then kissing and hooking up with one of the guys who have been waiting in the wings for her to be single again (e.g. coworkers, friends who have a crush on her, ex boyfriends).

[image: She has sexual needs too, so she will start dating again]

Many guys are often surprised at how quickly their ex girlfriend kisses or has sex with a new guy after they break up.

I've been contacted by so many guys over the years who assumed that their girlfriend wouldn't ever do something like that because she was different to other girls.

Yet, to their surprise, she was already sleeping with a new guy days after they broke up, or went out the night after they broke up and passionately kissed a guy.

That doesn't mean she is slutty.

It just means that she has sexual desires like any woman and if she is trying to help herself get over a break up, she knows one of the fastest ways to do that is to passionately hook up with a new guy.

Additionally, if a woman hasn't felt very attracted to her ex in a long time, or if her ex didn't make her feel very sexy and attractive, then she will be ripe for the taking if a confident guy interacts with her and makes her feel sexy and desirable.

Additionally, her ex is only treating her as a neutral friend and not doing anything to re-spark her sexual feelings for him.

She hasn't felt that way in a long time, so she will be craving that kind of attention and those type of feelings, so she will just go for it.

Meanwhile, her ex who is being a nice, good friend to her and 'being there' for her during the break up, is left feeling shocked and often betrayed and angry at how quickly she began dating, kissing or sleeping with new men.

This is why, you can't just be nice friends with your ex girlfriend if you actually want her back.

If you pretend that you only want to be her nice, neutral friend, then she's almost certainly going to seek to fulfill her sexual needs with other men.

3 Mistakes to Avoid When You're Friends With Your Ex But You Want More Than That

1. Assuming that she will eventually realize how honorable and loyal of a guy you are and want you based on that

Sometimes a guy assumes that if he sticks around and proves his loyalty to his ex (e.g. he's always available to her no matter what, he doesn't move on with other women, he continues to put her first in his life, he doesn't go out to socialize because he doesn't want her worrying that he might meet another girl, he stays in regular contact as a friend), she will fall back in love and want

him back.

Yet, here's the thing!

While your ex might appreciate the fact that you're being a really good guy to her after the break up, appreciation is not the same feeling as sexual and romantic attraction.

If you want her back, you really have to understand what motivates a woman to want to be with a man in a relationship.

It's not just niceness, feelings of appreciation or gentlemanly behavior.

It's that feeling in her you know what, where she wants you to put something of yours inside of her.

It's that desire she feels where she feels turned on and excited when she imagines you and her having sex, kissing, holding hands, hugging and spending time together.

If she doesn't have those feelings for you, then you're just a friend.

Of course, she might not directly say that she only sees you as a friend and may hint at seeming like she wants you to be a permanent part of her life.

For example: She might say things like, *"I can't tell you how happy I am that we remained friends after we broke up. You're an amazing guy and I don't know what I would do without you in my life. You're special to me and I'm so grateful that we can still rely on each other."*

Yet, that doesn't mean she wants to be your girlfriend again.

Instead, it usually means that she only sees your new relationship as a brother-sister type relationship, where you are there for each other, take care of each other and love each other in a friendly way.

It's not a sexual thing and it's not going to result in you and her becoming boyfriend and girlfriend again, but it is convenient for her (i.e. because she doesn't have to feel like she is losing you) as she moves on without you.

Another mistake to avoid is

2. Texting like just a friend, to the point where she gets bored and starts texting with other guys who want her sexually

Regardless of how open your ex is about texting back and forth with you, if you don't ever progress to a phone call and then a meet up in person to seduce her sexually, you will probably just remain a texting buddy to her while she moves on behind your back.

Unfortunately, a lot of guys mistakenly believe that texting is their way back into a relationship with their ex girlfriend or wife.

As a result, a lot of guys remain stuck texting back and forth with their ex woman for weeks or even months, without ever getting past that point.

They try very hard to 'be there' for her, to be funny, to be interesting and to cool via text, but it doesn't ever progress past texting.

The guy is somehow hoping that if he just keeps texting her, she will eventually say that she misses him and wants him back.

Yet, in almost all cases, a woman simply gets bored of waiting for her ex guy to man up and do

something, so she starts dating new guys and moves on without him.

Alternatively, she gets bored of texting with him and gradually responds less and less, until she pretty much goes cold.

So, if you want her back, don't make the mistake of becoming her texting buddy while she dates, sleeps with and then falls in love with a new man.

If you want her back, you've got to take control of the situation and get her back.

That means, call her on the phone, reawaken her sexual and romantic feelings for you, get her to meet up with you, hook up with her sexually and get her back for real.

If you don't, another man will take her and she may end up really loving him and even marrying him.

So, get her back while you still can.

3. Feeling unworthy to be more than just a friend of hers

When a man feels like he is mostly to blame for the break up (e.g. he became too insecure, he turned her off in many different ways), he might fall into the trap of romanticizing about how perfect she was and how he was so lucky to have her.

Yet, by thinking like that, he naturally begins to put himself down in comparison to her.

For example: He may think, *She's just too good for me. I was lucky to have her and she probably knows that. Maybe I should be grateful for the fact that she is still willing to be a friend. I can't expect anything more than that. I had my chance and I blew it.*

Unfortunately, what he doesn't realize, is that feeling unworthy of his ex's love only makes him seem less attractive to her (and to other women as well).

Why?

Women are instinctively attracted to the kind of man who can always remain confident and believe in himself, no matter what happens.

So, if his ex woman senses his self-doubt, insecurity and feelings of unworthiness, she will instinctively feel turned off by him, regardless of how much of a good friend he has been to her.

She might continue to be nice to him as a friend, but if he can't even believe that it's possible for him to get her back, then he has already lost.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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I Want to Be With My Ex Girlfriend in a Relationship Again

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 tips to ensure that you make it happen:

1. Understand the very specific thing that would make her want to be in a relationship with you again

[image: Understand the very specific thing that will make her want to be in a relationship with you again]

If you really want to be with your ex girlfriend in a relationship again, you can't just assume that saying you're sorry for what happened and promising to be better this time around is going to do the trick.

If you want the relationship to work this time and for her to want to stay with you, you need to improve your ability to keep a woman happy in a relationship.

When you do, she will then also feel motivated to be a good woman back to you and treat you with love, respect and devotion.

This is why it's very important that you understand what specific thing you need to do to make her want you back.

However, before you rush off and buy her flowers or expensive gifts in the hope that being more romantic is what she wants from you, take the time to figure out her real, deeper reasons for breaking up with you instead.

When you change your approach and make your ex girlfriend feel that she's now getting what was missing in her relationship with you, she will automatically drop her guard and open up to the idea of being with you again.

For example: Some specific reasons why a woman will fall out of love and end a relationship are:

- Her guy started off being confident and self-assured, but over time he became insecure, needy, clingy and unsure of himself. As a result, she lost respect for him and stopped looking at him as being a man that she could look up to and feel proud of.
- At the beginning of the relationship the attraction between them was intense, but after the initial thrill wore off, he started treating her more like a friend than a desirable woman. She soon became bored and disinterested and felt she would be better off finding a new man who can spark her feelings for him, rather than staying stuck with a guy who made her feel like his roommate or big sister.
- She felt insecure about her future with him because he didn't have any big goals or dreams that he was actively working towards achieving in his life. Alternatively, he did have big dreams, but he kept failing at them, wasn't making any progress for years and constantly blamed external things for his lack of success in life (e.g. the government, his parents, society), rather than taking responsibility for his life and learning from his past mistakes and improving until he succeeded at whatever he was trying to do.
- She got tired of always being the boss in the relationship and making all the decisions for the both of them. This made her feel much more dominant than him resulting in her losing respect

for him for being too wimpy and submissive.

- She felt like she was always in second place in his life, or that she wasn't important compared to his family, friends or hobbies. As a result, she felt unappreciated and unloved which led to her breaking up with him.

Do any of those things sound like a possible reason why your ex girlfriend broke up with you?

When you fully understand what turned her off, you can then change your approach and begin re-attracting her (e.g. if you became too needy and clingy you now show her that you're emotionally independent).

The more you start giving her the attraction experience she always wanted from you but never got, the more she will drop her guard around you.

It then becomes possible for her to see herself being your girl again.

Another tip to help you get your ex girlfriend in a relationship again is

2. Don't shy away from starting the ex back process

[image: Don't shy away from starting the ex back process]

Sometimes a guy worries that if he approaches his ex too soon after the break up, she will almost certainly reject him.

So, he might decide to give her some space (quite often a few weeks or even months of space) as a way of letting things cool down and making her miss him.

Yet, that approach almost always backfires.

Here's the thing

When a woman has disconnected from her feelings of love, respect and attraction for a guy, not seeing him or hearing from him for a long time actually helps her get over him.

Rather than sit around thinking things like, *"I was so annoyed with him when we broke up, that I never realized I would miss him so much if he stopped contacting me. Now I think about him all the time and wish we could just go back and make things right again,"* she instead uses the time to move on (usually by hooking up with other guys until she finds a new boyfriend).

Alternatively, a woman might be waiting around and hoping that her ex will do something to re-spark her feelings for him, so that they can work things out.

Yet, the longer she waits for him to make a move, the more disappointed she feels when she doesn't hear from him.

She may then begin thinking things like, *"I guess he never loved me as much as he said he did. He's not even trying to get me back. Well, I'm done waiting around for him. There are plenty fish in the sea and I can easily find myself a new man if I want to. So, I'm going to stop waiting for him to make a move and I'm going to find myself a new man who does want to be with me. It's over. It's time to move on."*

She then focuses on fully getting over him and moving on (usually by hooking up with other men until she finds one she wants to be in a relationship with).

Then, by the time her ex plucks up the courage to call her after a few weeks or months (in some cases it can even be years), rather than jump at the idea of getting back together again, she will likely say

something along the lines of, *â€œIâ€™m sorry but I thought youâ€™d lost interest, so Iâ€™ve moved on. Iâ€™m with someone else now and Iâ€™m happy again. So, please donâ€™t call me again.â€*

This is why, if you want to be with your ex girlfriend in a relationship again, you canâ€™t wait too long to begin the ex back process with her.

If you waste time waiting, she may eventually get to the point where she moves on way too far to want to get back with you.

Remember: Giving her 3 to 7 days of space to allow of things to calm down between you is perfectly fine.

However, anything longer than a week and youâ€™re risking giving her the time she needs to get over you and move on.

Donâ€™t wait!

Get her on a call with you right away and spark some of her feelings of respect and attraction for you (e.g. by making her laugh and smile and feel good to be talking to you again, by maintaining your confidence with her regardless of what she says to make you feel nervous or tense).

Then, when sheâ€™s feeling happy and relaxed get her to agree to meet up with you in person so that you can fully reactivate her feelings for you and get her back.

Another tip to help you get your ex girlfriend in a relationship again isâ€

3. Know that you can make her feel more respect, attraction and love for you than you ever did before

[image: Know that you can make her feel more attracted to you than you ever did before]

Everyone makes mistakes at some point in their life.

However, the greatest people in the world are those who learn from those mistakes and come back even better and stronger than before.

So, regardless of what happened in your relationship with your ex girlfriend previously, you now have the opportunity to start fresh, having learned from your past mistakes.

That means, you are now in the unique position of being able to offer her a new and improved attraction experience, mainly because youâ€™ve become a better man since the break up.

This is why, the most important thing for you to do right now to get your ex girlfriend in a relationship again, is to interact with her and make her feel sparks of sexual and romantic attraction for you again, based on who you are now.

For example: Some of the ways you can do that are byâ€

- Maintaining your confidence with her regardless of what sheâ€™s saying or doing to put you off (e.g. sheâ€™s saying that thereâ€™s no chance of her changing her mind, sheâ€™s being cold and aloof towards you).
- Showing her via your attitude, conversation style, actions and behavior that youâ€™re no longer the same guy she broke up with (e.g. youâ€™re more confident and self-assured rather than insecure and self-conscious, youâ€™re more of a challenge now rather than being too easy and predictable, youâ€™re more emotionally independent rather than being clingy and

needy).

- Reacting differently to what she expects, (e.g. if she tries to make you jealous by talking about other guys, rather than get upset like you used to, you now laugh and say things like, *â€œGood for you,â€* or *â€œSounds great.â€* She then feels shocked (in a good way) by your confidence and emotional maturity and she naturally starts to feel sparks of respect and attraction for you again).
- Being less of a nice, sweet, pushover with her and more of a challenge, thereby making her feel like she is the one who now has to work hard to impress you and keep you interested in her, rather than the other way around.
- Being more emotionally masculine around her and making her feel sexy and desirable, rather than being too nice and neutral and making her feel like a friend or an acquaintance in your presence.

The more your ex girlfriend interacts with you and discovers that youâ€™ve leveled up as a man, the more her feelings of respect and attraction for you will be re-sparked.

As a result, her defenses start to come down and she then becomes more open to talking with you over the phone and meeting up with you in person, to see what happens from there.

Another tip to help you get your ex girlfriend in a relationship again isâ€¦

4. Stop thinking that the ball is in her court

[image: Stop thinking that the ball is in her court]

After they get broken up with, some guys fall into the trap of thinking that getting back with her is totally up to her and he just has to wait around and hope that she changes her mind.

As a result, he may end up thinking something along the lines of, *â€œI want to be with my ex girlfriend in a relationship again, but itâ€™s not up to me. If she says no, then it has to be no. Thereâ€™s nothing I can do to change that. So, even though I really want her back, I have to wait and hope that she will eventually forgive me and then give me a sign that sheâ€™s open to at least talking to me again. My hands are tied. Itâ€™s all up to her now.â€*

Yet, hereâ€™s what he doesnâ€™t understandâ€¦

A man has a lot of control over the ex back process when he focuses on making his ex woman have sexual and romantic feelings for him again.

When he makes her feel surges of respect and attraction for him again via the way he thinks, talks, acts and behaves around her, she naturally begins to want him back for her own reasons (e.g. she realizes that she now feels attracted in new and exciting ways and she wants to explore those feelings, sheâ€™s worried she may have made a mistake by breaking up with him).

As a result, he can then easily get her back into a relationship with him, because she is open to seeing where things go.

On the other hand, if a guy just sits around waiting for her to make the first move, or give him a sign that sheâ€™s open to interacting with him again, he could be waiting for a long time.

In the meantime, sheâ€™s busy hooking up and dating other guys and moving on.

This is why, you need to start the ex back process with your girlfriend right away.

Donâ€™t sit around waiting for signs from her and risk losing her to another man.

Remember: The ball is in your court, not hers.

So, if you want her back, you have to have the courage to take the lead and make it happen.

Another tip to help you get your ex girlfriend in a relationship again isâ

5. Don't aim for a relationship right away

[image: Don't aim for a relationship right away]

Even though you're pretty sure that you want to be with your ex girlfriend in a relationship again, it's very likely that she doesn't feel the same way right now.

So, if you push her into committing to getting back with you before she feels ready (i.e. you've reactivated her sexual and romantic feelings for you), rather than get her back, you will almost certainly achieve the opposite and scare her away.

She might then say, *"Look, I know you mean well, but it's over between us. Please accept that and move on."*

Here's the thing

[image: A woman doesn't want to be pressured into a relationship with an ex that she is unsure about]

A woman doesn't want to be pressured back into a relationship with her ex if she doesn't feel the same way about him as he does for her.

So, to avoid scaring her off, what you need to do is stop trying to get her back into a relationship right away and focus instead on having fun together.

Build on her feelings first and then from there, progress to hugging, kissing and sex.

Sex speeds up the process of reconciling the relationship and makes her feel more open to the idea of being your girl again.

Remember: Just because you're ready for a relationship again doesn't mean she is.

This is why, you have to relax and stop pushing her.

From now on, use any interactions you have with her (e.g. on the phone and especially in person) to make her laugh, smile and feel good to be around you again.

The more you do that, the more she will stop putting up walls.

When she's no longer feeling so defensive around you all the time, she will be able to reconnect with her feelings of respect, attraction and love for you.

When that happens, the idea of being in a relationship with you again will start to feel good to her too.

On the other hand, if you give her the impression that the only thing on your mind is to get her back into a relationship with you, she will probably clam up even more and maybe even try to cut you out of her life completely (e.g. by blocking your number, refusing to see you in person, unfriending you on social media).

Don't let that happen to you.

If you're serious about getting her back into a relationship with you, the main thing you need to focus on from this point onwards is sparking her feelings for you.

When you do, it won't take long before you get what you wanted all along (i.e. a relationship

with her).

Quickly Get Her Back Into a Relationship Again By Avoiding These 2 Mistakes

Getting an ex girlfriend back into a relationship is actually easier than some guys think.

Itâs just a matter of using the right approach.

This is why itâs important that you donât turn her off by making the following mistakes:

1. Giving her the impression that you donât have any other options

In some cases, a guy makes the mistake of thinking that the best way to prove to his ex that he only has eyes for her, even though theyâre broken up, is by avoiding other women.

Essentially, heâs hoping that when she finds out that heâs being so loyal to her, she will feel flattered and that will then make her open up to the idea of being in a relationship with him again.

Yet, what he doesnât realize is that, giving a woman the impression that he doesnât have any other options besides her can actually make her lose even more respect and attraction for him. Why?

Essentially because, almost all women want to be with the type of man that other women feel attracted to and want.

They might never openly admit that to you, but thatâs how they secretly feel.

So, if your ex girlfriend gets the sense that youâre clinging to her because no other women want you, she is going to be quite happy with the decision she made (i.e. to break up with you).

This is why, if you want her back, you need to make her feel worried about losing you, rather than turning her off by seeming desperate and like a relationship with her is the best you can do.

That doesnât mean you have to date other women to make her feel that way.

Instead, you just have to start being the type of guy that she knows other women would want to be with (e.g. confident, emotionally strong, focused and determined, charming).

When she realizes that not only are you now the man she always wanted you to be, but that she also risks losing you, she will automatically start wanting a relationship with you too.

The next mistake to avoid making isâ

2. Not realizing that she didnât want the old version of the relationship you offered and may be completely into the new version

Some guys give up hope after a break up, because their ex says things like, âThereâs nothing you can say or do that will make me change my mind.â

A guy like that often mistakenly assumes that thereâs nothing he can do to convince her that things can be different between them this time.

Yet, thatâs far from the truth.

When you change your approach to attraction, she will change how she feels about you.

It happens naturally and without you having to force it.

So, if you want to be with your ex girlfriend in a relationship again, focus on giving her an upgraded attraction experience from now on.

Show her by way of your behavior, conversation style and actions that you have already improved on some of the issues that were turning her off before.

For example:

If you were insecure and self-doubting before, youâre now more confident and believe in your value as a man.

If you were too nice and let her dominate you with her confident personality, youâre now more of a challenge to her so she feels like she has to try and impress you.

If you treated her more like a friend before, you now make her feel sexy and desirable in your presence.

The more she realizes that being in a relationship with you now will be completely different to the way it was before (because youâre now a new and improved man), the more she will want to give it another go.

So, donât spend any more time thinking *âI want to be with my girlfriend in a relationship again.*

Instead, start doing something about it right now.

Before you know it, you and her will be back together.

You will feel the kiss of her lips, the softness of her naked skin and you will hear the beautiful sound of her voice when she says, *“I love you”* again for the first time in a long time.

Those are some beautiful moments that you can experience with her, but you have to start doing something about it while you still can.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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She Said We Want Different Things From the Relationship, So She Wants Out

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

5 common reasons why a woman will say that:

1. She wants casual sex, but you want commitment

[image: She just wants casual sex, but you want commitment]

Sometimes, for reasons that have nothing to do with him as a person (i.e. he's a good man), a woman just doesn't want to settle down with him at this point in her life.

Instead, she just wants to have a fun, relaxed relationship with him where they get together from time to time, hang out, have some laughs and some casual sex , but without the hassle of being in a serious committed relationship with each other.

For example: Some of her reasons for only wanting a casual sex relationship might be

- She's really young and she still feels that she has a lot of things she wants to do before she finally settles down fully in a relationship with a guy.
- She currently wants to focus on her studies or career and she doesn't want a relationship to distract her from that.
- She has some dreams that she wants to accomplish first (e.g. go traveling, write a book, enter a talent show) and she's afraid that a serious relationship will get in the way of that.
- She's afraid of settling down too quickly and ending up like her mom/a female relative who got married and had children really young and never got a chance to enjoy her life first.

On the other hand, the guy might feel as though he's found the woman he wants to spend his life with and is happy to make a serious commitment to her right away.

He might then put pressure on her to move in together or even buy a house, buy a pet, get engaged/married, or start a family.

In his mind he may be thinking that he's doing what all women want (i.e. being a serious, committed boyfriend), so naturally, when his woman breaks up with him and says something along the lines of, *"I'm sorry, but we want different things from the relationship. So, I want out. I can't be with you if it's going to be like this"* he's left feeling hurt confused and wondering what he did wrong.

Well, to begin with, he didn't do anything wrong, except perhaps not noticing that while he was pushing his woman for a commitment, she was pulling away.

The good news though is that he can still get what he wants (i.e. a committed relationship with her), even though she currently feels that she only wants to have casual sex with him.

How?

Firstly, by not pushing for a commitment from her.

Instead, he needs to relax and accept what she's offering him.

Then, he needs to simply use his interactions with her to build her sexual and romantic feelings for

him, to the point where she is the one who wants a commitment with him, because she's afraid of losing him.

So, if your girl said that she wants out of the relationship because you wanted a commitment while she didn't, don't worry about it.

Just accept it and say something along the lines of, *â€œHey, I get it. I became too serious too quickly. I realize that now and I can see how it would freak you out and for that I'm sorry. So how about we just hang out as friends for a while instead? No pressure, just two friends having fun together. We can do that, right?â€*

She will likely agree to that because you're taking the pressure off her and giving her what she wants (i.e. a casual relationship which can become a 'friends with benefits' relationship later on if you both want it).

You can then use the friendship with her to really amp up the attraction between you and her.

The more you make her feel sexually and romantically attracted to you, the more she will begin to want something deeper than a friendship or a casual sex relationship with you.

She will then likely end up pushing you for a commitment so that she can hold on to you, rather than keep things casual and risk some other woman snapping you up.

Another common reason why a woman will say that you want different things from the relationship so she wants out is

2. She wants commitment, but not with you based on what you've shown to her so far

[image: She wants commitment, but not with you based on what you've shown to her so far]

In some instances, a woman will feel ready to settle down and start a family right away.

Yet, deep down she can still fear that if she gets serious with him, they might end up breaking up somewhere along the line.

This fear can develop when there are certain aspects of his thinking and behavior that aren't really in line with what she's actually looking for in a man (e.g. he's not manly enough, he's too insecure, he gives her too much power in the relationship, he doesn't make her feel the need to impress him much at all).

Of course, if he can change those things about himself and give her the attraction experience she really wants from him, then a woman will usually stop worrying and start committing to him.

However, if he stays the same, she doesn't want to risk committing to him and then having to go through a divorce or a serious break up sometime in the future when they have so much more at stake (e.g. they've bought a house, have children together, she's so much more emotionally attached to him).

As a result, she may decide to just cut her losses before the pain of a break up is too much for her.

So, if you suspect that your woman was ready to commit to you, but something made her run instead, it may be because she wasn't getting the attraction experience from you that she wanted.

You can change that though.

By understanding what aspects of your attitude, thinking and behavior she felt she couldn't live

with, you can make some quick adjustments to your approach to her and get her back.

For example: Some of the things that a woman may want from her guy are that:

- He maintains his confidence regardless of what life throws at him and he doesn't need her approval or encouragement to feel good about himself.
- He laughs at her in a loving way rather than getting upset and feeling unsure of himself and his value to her when she teases him, throws a tantrum or creates drama.
- He's loving, caring and attentive, but he doesn't let her push him around and get away with bad behavior or being disrespectful towards him.
- He makes her feel like she's a sexy, desirable woman, rather than treating her like a neutral friend or a roommate.
- He has a strong purpose and direction in life and he's motivated, focused and active in pursuing his goals, rather than being a grown man who still behaves like a teenager (e.g. immature, doesn't take responsibility for his life, wastes his spare time by hanging out with friends and getting drunk, watching too much TV or playing video games).
- He is secure in his masculinity and doesn't doubt that his woman would never betray him, rather than being a jealous and controlling boyfriend who constantly lives in fear that some other guy might attract her away from him.
- He leads in the relationship, rather than taking a back seat and expecting his woman to make all the decisions and carry all the responsibilities for the both of them, making her feel like she has too much power over him which turns her off as a result.
- He knows that in order for a woman to want to stay with him for life and be a good, devoted loving woman to him, the attraction between them needs to be mutual, rather than him feeling attracted to her, but not doing anything to make her feel the same way about him.

Those are just a few of the things that a woman looks out for, when in a relationship with a man.

So, the question that you should ask yourself is, "Did I do those things for her or did I unknowingly do the opposite most of the time?"

When you discover where you really went wrong, you can then quickly change your approach and easily re-attract her and get her back.

Remember: Admitting that you made a mistake doesn't make you a bad guy, terrible boyfriend or that you can't change and then give your ex what she really wants from you.

Instead, it actually makes you even more attractive to her for being a man of action who admits he made a mistake and does something about it.

She then naturally feels a renewed sense of respect and attraction for you and from there, getting her back becomes easy because you are now both in sync (i.e. you want the same things from the relationship).

Another common reason why a woman will say that you want different things from the relationship so she wants out is!

3. She wants to be able to see other people, but you only want her

[image: She wants to see other people, but you only want her]

Sometimes, a guy might feel that he's found the perfect woman for him.

In his opinion, sheâs everything heâs looking for in a woman he wants to spend his life with and no other girl compares to her.

Unfortunately, the woman might not feel the same way about him (yet).

So even though heâs a good guy and she enjoys his company and he has many qualities and behaviors that she feels attracted to (e.g. he makes her feel loved and appreciated, heâs ambitious and is working towards achieving his goals in life, heâs a responsible guy rather than being immature), she doesnât quite feel like heâs the one she wants to settle down with for life.

There are some aspects of his thinking and behavior that she doesnât feel are compatible with what sheâs looking for in a man she wants to commit to (e.g. heâs too jealous and controlling, he doesnât have much confidence in himself and that makes him needy and clingy, heâs too nice so she feels more emotionally dominant than him).

As a result, she prefers not to get stuck in a serious relationship with him so she can date other guys.

Essentially, sheâs still looking for the perfect guy for her.

Of course, when she finds him, she will quickly settle down and do whatever it takes to hold on to him.

So, if your ex said that you and her want different things from the relationship and she wants out, it may be because you wanted her more than she wanted you.

In your opinion she was the only girl for you, but in her mind, she was likely just using you as stepping stone to finding the perfect guy.

Fortunately though, it doesnât mean you canât become that guy to her.

However, your approach should not be about trying to get her to commit to you exclusively.

Instead, you need to make her regret breaking up with youâ!

How can you do that?

By first re-sparking her sexual and romantic feelings for you during interactions (e.g. by making her laugh and smile and feel good to be around you, flirting with her to create sexual tension) and then showing her that youâre more emotionally independent now.

Yes, you still care for her and want her to be your girl, but you donât need only her to feel happy and enjoy your life.

That means you need to get out and start having fun with other people and possibly even go out with other women.

Show your ex that youâre not desperate to hold on to her.

Naturally, itâs not about going out and dating a new woman every night, especially if you donât want to.

Instead, it simply means you should start to move on, so she feels the pain of losing you and then realizes her mistake.

She will be thinking about you and how you now make her feel and her desire to see other people will begin to fade away and she will start to want you and only you.

Another common reason why a woman will say that you want different things from the relationship so she wants out isâ!

4. You want to just be boyfriend and girlfriend and not worry about the future so much

[image: You just want to be boyfriend and girlfriend and not worry about the future]

In most relationships, a couple will usually start off wanting the same things.

For example: They might be young and they agree that it's too soon for them to settle down into a serious relationship.

Instead, they prefer to hang out together, party and have fun, without putting any pressure on each other about what will happen sometime in the future.

However, although that might be fine in the beginning, after a while, the woman might start to mature faster than her guy and suddenly, what felt okay to her before (i.e. that they just hang out as boyfriend and girlfriend and not worry so much about the future), suddenly doesn't make her happy anymore.

Instead, she begins to feel that her guy is stuck behaving more like a teenager than a grown up man, while she is ready to settle down and take things more seriously.

At the same time, if she notices that all her friends, female family members and coworkers around her are moving forward in their relationships (e.g. getting married, starting a family) and she isn't, she may begin to wonder if her relationship is worth holding on to.

She may then start thinking things like, *"How long must I wait for my guy to take things to the next level between us? I'm not getting any younger and I don't want to invest even more months/years of my life in a relationship that just isn't going anywhere. If I wait too long I may miss my chance to find a man who does want the same things in a relationship that I do (move in together, get married, start a family). I don't want to risk that. I need to get out of this relationship and find a guy who is ready to commit to me in the ways that are important to me. This relationship just isn't going anywhere."*

Of course, because she does care for the guy, she will likely try to give him a chance first by hinting about her need to be in a more serious relationship with him.

However, if he doesn't pick up on her needs, or brushes them off by saying things like, *"Why do you want to ruin what we have? Most of my friends are jealous of our relationship, so stop being a downer. This is fun,"* she will almost certainly get to the point where she feels the relationship isn't going anywhere and decide to break up with him.

She may then say something along the lines of, *"I'm sorry, but we want different things from the relationship and I want out."*

If this was the case between you and your ex and you want her back, the first thing you need to do is remain calm and not go rushing off and doing something crazy like asking her to marry you.

Instead, you need to change your approach so that when you interact with her, she can see, without you saying anything, that you're now a more emotionally mature man than before.

For example: During conversation you can talk about your goals for the future and how you're working towards achieving them.

You might mention in passing that you've stopped hanging out with some of your irresponsible, immature friends.

You may tell her about a new promotion at work, or how you're attending night classes to improve your education so that you can get a better job.

Don't force the conversation in that direction, just let it flow so that it seems natural to her, rather than you trying to impress her.

The more she realizes how emotionally mature you are now, the more respect and attraction for you she will feel.

Even if she initially tries to fight it, she won't be able to stop herself from feeling drawn to you again in a way that feels good to her.

After all, you're now the man she always wanted you to be.

She will then naturally drop her guard and open back up to hanging out with you more to see what happens from there.

Another common reason why a woman will say that you want different things from the relationship so she wants out is

5. She wants to be able to party with her single girlfriends, travel and not feel tied down right now

[image: She wants to be able to party with her single girlfriends and not feel tied down by a relationship]

There are many reasons why a woman might get into a relationship with a guy.

Of course, the main reason is usually because she feels attracted to him and wants to explore those feelings in a relationship, but other reasons might be:

- Her family is pressuring her to settle down.
- She notices that her friends are getting into relationships and she feels left out.
- She worries that if she doesn't find a guy soon she might end up being single for life.
- The guy keeps pushing her to be his girl and she eventually gives in to him.

In most instances, a woman may even convince herself that settling down with a good guy is exactly what she wants to do.

Of course, if the guy then builds on her feelings for him and makes her feel strong surges of respect, attraction and love for him, she will quickly go from not being sure if she wants to settle down with him for real, to holding on to him and doing whatever it takes never to lose him (i.e. being a good, loving, devoted, loyal woman to him).

On the other hand, if the guy fails to create the kind of relationship dynamic that will motivate her to be a good woman to him, she will almost certainly begin to feel unhappy in the relationship.

If she then also notices how much fun her single friends are having (e.g. going out partying, hooking up with different men, traveling), she may start thinking things like, "Here I am stuck in a boring relationship while the best years of my life are passing me by."

When that happens, she will likely break up with her guy so that she can be free to enjoy some of the things she feels she has been missing out on.

Here's the thing though

If a woman is happy in her relationship with her man, nothing about the single life would be able to make her feel dissatisfied or like she's losing out.

Instead, she would feel sorry for all the single women out there who are missing out on the joy of being in a relationship built on mutual respect, attraction and love.

So, if your girlfriend said that you want different things from the relationship mainly because she felt being single was better than being with you, it's up to you to change how she feels. How?

By making her feel so much respect, sexual attraction and love for you again based on your approach to attraction with her (i.e. you're now making her feel attracted in new and exciting ways), that she only wants to be in a relationship with you.

She doesn't want to be single anymore, because what you have together is way better than anything she's experienced by herself.

4 Mistakes to Avoid When Trying to Make Her Stick With the Relationship

Depending on your approach from this point onwards, your ex will either realize that she made a big mistake by breaking up with you and want you back, or she will feel like she made the right decision and will then focus on moving on.

This is why, it's very important that you don't give her any more reasons to feel happy that she broke up with you.

That means, you need to avoid making any of these mistakes:

1. Promising to accept whatever kind of relationships she wants, as long as she doesn't leave you

To make your girl want to stay in a relationship with you, she needs to get the sense that things will be different this time around.

However, different doesn't mean you give up everything you want to please her.

Not only is that a bad idea for you, because you will likely end up resenting her for making you do things you don't want to do (e.g. settle down when you prefer to be more care-free, have an open relationship where you both see other people when you want only her), in the end, giving a woman whatever she wants as a way of keeping her, actually turns her off even more.

Why?

She starts to feel like she has power over you.

As a result, the relationship dynamic goes out of balance and she ends up acting like the man and being more emotionally dominant, while you fall into the more submissive role.

She then loses respect for you because she can push you around.

Without respect, she also stops feeling attracted to you and then she can't see any reason to be in a relationship with you.

Another mistake to avoid making is:

2. Trying to make her feel okay about just being friends with benefits, when she really wants to be madly in love with her guy and building a future with him

Sometimes, a guy might try to hold on to his woman by suggesting they remain friends with benefits. Yet, what a guy like that doesn't realize is that regardless of what a woman says (e.g. she wants to enjoy the single life, she wants to see other people), in most instances, all it takes is for a guy to spark her sexual and romantic feelings for him and she will quickly change her mind.

Suddenly she feels motivated to be loyal, treat him well and make him feel loved and appreciated, so he only wants to be with her.

It's just how a woman's instincts work.

When a woman finds a man she can look up to, respect, feel attracted to and love, nothing feels more attractive to her than being in a committed relationship with him.

So, rather than offer your ex something she likely doesn't want (e.g. to be friends with benefits), make her feel so much respect and attraction for you instead, so she wants to hold on to you and never let you go.

Another mistake to avoid making is

3. Turning into an emotional wuss, which turns her off even more

If a woman smells desperation from a guy (e.g. he starts begging and pleading with her to give him one more chance, promises to do whatever she wants him to do to make her happy), she will automatically feel turned off, because she perceives him as being too emotionally weak and wimpy for her.

At the same time, she also starts to get a false sense of superiority over him, which makes her end up thinking that she is more valuable than him, even though she isn't.

Then, rather than think, *"Maybe we can work things out between us after all,"* she instead thinks things like, *"It's so annoying to see a grown man act so desperate because he thinks that sucking up to me is the key to holding on to me. The funny thing though, is that if I had any doubts before about breaking up with him, him being such a wuss has convinced me that I made the right decision after all. I can now move on without any regrets. He's not the one for me. He's not man enough for a woman like me."*

Remember: A woman wants to be with a man that she can look up to and respect, not a guy that submits to her and allows her to walk all over him, just so that he can hold on to her.

So, focus on saying and doing the types of things that will spark her feelings for you, rather than turn her off even more.

Another mistake to avoid making is

4. Never really knowing the critical, missing pieces of the attraction experience that really caused her to break up with you

Many guys go through a break up with a woman never really knowing her deep, secret reasons for leaving him.

As a result, if a guy like that tries to get his woman back, he often gets rejected, because he's usually offering her the wrong things (e.g. she wants him to man up and take control of his life but he

offers to be more romantic with her, or she wants him to relax and have more fun and he offers to work longer hours at work to be a better provider for her).

This is why, if you want your ex to change her mind about the break up, you need to understand what was missing in your relationship with her and give her that.

When you change your approach to attraction with her, everything changes.

She starts to look at you from a new perspective and then, the idea of losing you becomes something she really doesn't want to risk anymore.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

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How to Convince Her Not to See Other Guys While We're On a Break

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

5 ways you can ensure that she doesn't see other guys while you're on a break:

1. Don't try to get her to promise to not see other guys

[image: Don't try to get her to promise not to see other guys]

You might be tempted to say something like, *â" Okay, I accept that we need to take a break, but promise me you're not going to start seeing other guys during this time,â" but you shouldn't.*

Why?

Trying to prevent her from seeing other guys simply makes her want to do it more because she feels turned off by the fact that you see other guys as being better than you.

You should never, ever see other guys as being competition for your girl.

As a man, you always have to see yourself as the man, as being more than good enough for you woman and as being irreplaceable.

There is only one you.

No other guy compares.

That's how you need to think because it stops you from ever becoming insecure and jealous and it also maintains and builds on your woman's attraction for you over time.

Yet, if you try to convince her to not see other guys while you're on a break from the relationship, she will simply feel compelled to do it to spite you (i.e. to feel like she is free to do whatever wants) and because she feels turned off (i.e. based on you seeing other guys as being better than you).

She then begins to think something like, *â" Maybe he thinks that if I hook up with other guys, I will realize that I can do better than him and then dump him for real. If he feels that way about himself, then it only highlights to me that I could be settling for a guy who isn't good enough for me after all. Maybe I can do better. Maybe I should try dating other guys to see how I feel.â"*

So, if you want your girl to feel motivated to remain faithful to you while you're on a break from each other, don't go acting like an insecure guy who is worried about another guy being better than you.

What she wants to see from you is that you believe in yourself and in your value to her, regardless of what she says or does to try to make you feel insecure.

She also wants to see that, even if she mentions hanging out with other guys or even dating another guy, you still don't lose confidence because you know that you are the best.

She won't tell you that of course, but it's what she really wants from you.

[image: Don't cause her to want to defy you]

Additionally, apart from feeling turned off if you are being insecure and worrying about other guys,

she will also feel angry and annoyed if you try to control her or restrict her freedom while youâ€™re on a break.

In many cases, if a guy tries to convince his girlfriend to remain faithful while theyâ€™re on a break, she will date and sleep with new guys just so she doesnâ€™t feel controlled and restricted.

She will want to defy her ex and reclaim her sense of freedom and individuality and as a result, she may even end up having a one stand or sleeping with a guy on the first date.

So, whatever you do, donâ€™t make the classic mistake of trying to control a girlfriend while youâ€™re on a break from each other.

It simply doesnâ€™t work and almost always backfires.

What you should do instead isâ€¦!

2. Make her feel attracted to you in new ways before you take a break

[image: Make her feel attracted to you in new ways before you take a break]

If you want her to regret the break and feel compelled to get back with you as soon as possible, make sure that you leave her feeling very attracted to you.

When she is attracted to you, she wonâ€™t be able to stop herself from missing you and wanting to see you again, especially when she is feeling horny and wants someone to have sex with.

Yet, if she walks away feeling more like a friend to you, or a girlfriend that used to be attracted to you, but no longer feels enough of a spark, then she wonâ€™t feel that need to get back with you asap.

Instead, if she is feeling horny, she will direct that feeling towards new men and start seeing other guys while youâ€™re on a break.

After all, she is human and she does get horny.

If she feels horny and doesnâ€™t miss you or want to do it with you, then she can easily get laid by arranging dates via a dating app, going out to party with her girlfriends or hooking up with one of the guys that likes her (e.g. coworker, friend, friend of a friend, old crush, ex boyfriend), but hasnâ€™t made any moves because she has been in a relationship.

So, before you and her officially take a break, make sure that you put in some extra effort to attract her in new ways.

For example:

Use ballsy humor when talking to her, rather than being too nice, polite or reserved with your humor or conversation style.

Flirt with her to create some sexual attraction between you and her, so she feels like the spark is still there.

Make her feel girly and feminine in comparison to your masculine approach to conversations and interactions, so other guys (who are neutral, nice and only friendly to her) seem less attractive compared to you.

If you already use that kind of approach with her (rare), then try to think of new ways to attract her instead.

For example: Sometimes a guy is very confident around his girlfriend, uses ballsy or challenging

humor, flirts with her, creates sexual tension so she wants him and is very masculine around her.

As a result, she feels attracted to him.

Yet, what is missing from the attraction experience in the relationship is him being more open, loving, appreciative and committed.

If he shows glimpses of that prior to the break, she will naturally feel curious about whether he could be like that more often and as a result, she will cancel the break by contacting him again and wanting to see him.

So, before you and her officially begin the break, make sure that you are making her feel sparks of attraction in new, interesting and appealing ways.

If you do that, she will walk away feeling like she is missing out, which will make her want to interact with you or see you again, rather than seeing other guys.

Another thing you can do to help ensure that she doesn't see other guys while you're on a break, is

3. Let her see that you're not hurting from the break up and are feeling confident and happy about life

[image: Let her see that you are not hurting from the break up and are actually confident, happy and enjoying life]

If your girlfriend wants to take a break, but you love her and want to be with her, it can really hurt your confidence and happiness.

Yet, if you want to re-attract her, make her want to stop the break and get back together, then it's essential that you don't say or do things that turn her off.

Instead, you only say and do things that make women feel attracted to men.

Two very attractive traits that a man can display to a woman after a break up, or during a temporary break, are emotional strength (i.e. confidence, self-assuredness, high self-esteem) and emotional independence (i.e. not needy, you don't need her to feel good about yourself).

Women are naturally attracted to men who have the emotional strength and independence to remain confident, happy and forward moving in life, regardless of whether a woman is by his side or not.

Unfortunately, a lot of guys don't understand that and instead, mistakenly assume that appearing sad, lost or lonely without her will show her how loyal he is to her and then, she will want him back.

A guy like that may think something like, *"I can't get on with my life and feel happy without her. That would imply I don't want her back, which is far from the truth. I want her back so much that even taking a break feels like torture to me. If I gave her the impression that I was happy without her, she would assume that I was over her. Then, it would motivate her to see other guys. That's why I think it's better if I show her how sad and unhappy I feel without her, so she can realize the depth of my love for her. Then, maybe she will stay faithful and even want to get back together because she will realize that no other guy will love her as much as I do."*

I feel sorry for guys like that because they simply do not understand how a woman's attraction for a man works.

As a result, they struggle with women for many years or decades in their life and in some cases, their

entire life.

If you want to be successful with women (including getting your ex to not see other guys during your break and then want you back), you have to say and do the things that make her (and women in general) feel magnetically attracted to you.

So, the next time you interact with her (i.e. over the phone or in person), you must ensure that she senses your confidence and emotional independence, rather than your insecurity or emotional dependence (i.e. neediness for her).

If she senses neediness and insecurity, she might just decide right then and there that a real break up is a better option for her.

Of course, she probably tell you that because she won't want you pleading with her to give you another chance.

Instead, she will silently decide and then say that it's only a temporary break and you and her may get back together after that.

Then, she will do everything in her power to quickly start seeing other guys, so she can eventually tell you, *"Sorry, but I met someone else while we were on a break. I wasn't intending it. It just happened. We've been dating for a couple of weeks now and I'm really happy. So, I ask that you respect my new relationship by not contacting me anymore."*

So, don't show neediness or insecurity at all.

Don't make her feel like she would be doing you a favor by getting back with you because you need her back to feel good about yourself again.

Don't do that.

Understand that she wants to feel as though you could easily have other women if you wanted to (i.e. because you are so confident and know how to attract women), but you are choosing her.

Don't tell her that.

Let her feel it based on your confidence and ability to attract her as you interact with her.

Women know when a guy gets it and when he doesn't, in terms of attracting women. Some guys are totally clueless, others fumble their way into relationships and others know exactly how to attract women and make women want them.

If you are the kind of guy who understands how to attract and seduce women, then she will feel turned on by that, even if she never admits to you.

So, when you interact with her, let her sense that you are happy, confident and enjoying life without her.

Of course, don't rub your happiness in her face (e.g. talk about how great your life is now that you and her are on a break, talk about other girls hitting on you, saying that the break has been the best thing that has happened to you in a long time).

Instead, just let her sense your confidence and happiness based on how you talk to and interact with her, while also making her feel good about herself too while she's interacting with you.

If you do that, she will realize that you are one of those rare men who is both confident and loving at the same time.

Men like that are a catch and women know, so she will then feel drawn to you and want to get back

together before another quality woman meets you and wants you.

Another thing you can do to help ensure that she doesn't see other guys while you're on a break, is

4. Post up photos on social media of you having fun with new people and doing new things

[image: She will worry that another girl might like you and snap you up]

Put it this way

You can either sit around feeling lonely, left out and waiting for your girl to hopefully come back one day, or you can use the time apart to quickly become a more appealing man so she wants you back.

You might not be in the mood to have fun with new people while on a break with her (e.g. because you're feeling rejected, you only want her, other women don't make you feel the same way), but you've got to do what will attract her back to asap.

If you let her see that you're lonely or just alone during the break, while she's out having a great time with friends (and possibly seeing other guys), then you're not going to seem very appealing to her, especially if she meets a new guy that she finds very attractive.

[image: Have fun with your friends, or make new friends to show her that your life is great without her]

So, while and her are on a break, push yourself to:

For example

- Have some fun with your friends, especially if you've been neglecting that because of the relationship with her.
- Go out to parties, the beach, concerts, festivals or clubs with friends and post up photos on social media.
- Try new things that involve other people (e.g. a mixed martial arts course, group exercise class, go on a bar tour or pub crawl in your city even though you're not a tourist, hold a house party or invite a bunch of friends to party at a bar or club, participate in a wine tasting night, join a sports team fan club and attend some events where people meet up and hang out, invite a bunch of friends to the beach or to play some sort of ball game at the park, go to a festival with a friend and talk to some random people or just have fun there with your friend and post up photos on social media).

The important thing is that she sees you having fun with other people.

Photos of you on your own, with a pet, of a pet, of landscapes, of the food you're eating, at the beach by yourself, or other lonely photos do not work to re-attract an ex.

Women aren't attracted to lonely, left out men.

Women are attracted to men who are confident and enjoying life, regardless of whether a woman is by his side or not.

So, during the break, she will feel attracted to you if she can photos or videos of you smiling, looking confident and happy around other people.

Photos or videos like that give her real evidence, so she can believe that you aren't just sitting around feeling lonely and sad without her.

Instead, you seem confident and like you are enjoying life, which will naturally make other women feel attracted to you.

[image: Post photos on social media of you having fun with new people and doing new things]

Your girlfriend can then begin to worry that if she doesn't get back with you right away or soon, another girl might snap you up.

You might really like the new girl and not want to get back with her, so to avoid feeling rejected and left behind like that, she will want to cancel the break and see you as soon as possible.

5. Focus on improving your ability to attract her, so you are totally prepared and ready to wow her the next time you interact with her

If your current approach to attraction in the relationship doesn't make her feel like she should stick with you, then she's probably not going to want to remain faithful during the break.

She will almost certainly want to experiment with new guys to see how she feels (i.e. Do they make her feel more attracted and in love? Do they naturally understand more about what a woman really wants compared to you?).

So, while you're on a break, make sure that you put in some effort to understand the missing gaps in the attraction experience you have been offering her.

For example: If you've been too timid, nice or reserved around her, but you sense that she wants you to be more ballsy and challenging, then learn how to be like that and get ready to let her experience it.

If you've been too closed up emotionally because you're worried about her judging you or rejecting you and you sense that it has caused you and her to feel distant, or to struggle to connect deeply, then learn how to be emotionally ballsy and real.

If you've been too clingy, needy and emotionally sensitive and you know that you shouldn't be, then learn how to be more emotionally independent and strong.

Then, when you next interact with her and she senses that you can now offer her the kind of attraction experience she really wants, she will naturally feel drawn to you and want to be with you.

Yet, if you interact with her again and she senses that nothing much has changed and other guys she has met have made her feel more attracted, then she's not going to feel compelled to get back with you.

As a result, she will either want to extend the break up, ask for a little more space (so she has more time to find a replacement guy), or she will say that it's better if you and her just remain friends for now.

4 Common Mistakes to Avoid if You Want to Convince Your Girl Not to See Other Guys While You're on a Break

1. Letting her see that she holds all the power now because you are worried that she will sleep with another guy and decide not to get back with you

Almost all women prefer to be in the position where they are trying to win more of your love and commitment, not the other way round.

Unfortunately, a lot of guys never realize that and spend their entire lives trying hard to get a woman to love them as much as they love her by treating her as nicely as possible, buying her things, making her life as easy and convenient as possible, helping her in any way they can and so on.

Yet, all it takes for a woman to lose interest in a guy like that, is for her to meet a man who makes her feel the need to impress him and win more and more of his interest.

In other words, the guy is a challenge.

Women love that, but don't usually go around admitting it (especially to their boyfriend) because they don't want guys to get the wrong idea and start acting like assholes.

Instead, they just keep quiet and naturally feel attracted to guys who get it.

The guys who are clueless about it simply get friend zoned by women they like, rejected when in a relationship, cheated on or dumped (or divorced).

It's pretty sad, but it's one of the most common experiences for men out there because they simply don't understand what attracts women, or they don't want to accept it.

For example: A lot of guys want women to be attracted to niceness, politeness and generosity, rather than being attracted to a good guy who makes her feel the need to be nice, polite and generous with him.

Guys essentially want to save women, but women aren't looking to be saved.

Women want to be madly in love and they can only feel that way with a guy who is a challenge to acquire and keep.

That's the reality.

When a guy isn't aware of that, he might worry so much about his girl cheating on him during the break that he will say things like, *Please promise me you won't see other guys when we're apart* or, *Let's agree not to see other people while we're on this break, okay?*

What he doesn't realize, is that by showing her his weakness (i.e. his fear of her hooking up with other guys, his insecurity that other guys might be more attractive to her than him), he is failing to be the challenge that pretty every woman on the planet wishes she had when it comes to a man.

He's also making her feel like she has power over him that she doesn't want.

Unfortunately, that then leads to her losing respect and attraction for him.

As a result, she might begin to wonder things like, *What did I ever see in him? He's so insecure and needy these days. Has he always been like that, but seemed confident because I was showing him interest? Is he one of those guys who can only feel confident when a woman is being reassuring? Maybe this break is going to end up being permanent because I really don't see myself getting back with him at this point. He's just not confident enough for a woman like me.*

She will then open herself up to meeting new men and if she meets a more confident man who can

handle her type of personality and make her feel a lot of attraction, she will be drawn to him. She may even start seeing him and fall in love with him. Another mistake to avoid making isâ€¦!

2. Trying to convince her with your words, rather than with her feelings

Right now, it doesnâ€™t matter what you say to her.

What matters is how you make her feel.

If you try to convince her to remain faithful by providing her a list of reasons (e.g. guys will only want to use her for sex, there are so many STDs out there these days, you love her more than anything), sheâ€™s just not going to listen.

The only thing that will stop her from wanting to see other guys while youâ€™re on break, is to make her feel so attracted to the new and improved you that she realizes other guys pale in comparison to you.

Another mistake to avoid making isâ€¦!

3. Not giving her a sense that she really could be losing you

If she gets the sense that youâ€™re just going to wait around for her while you and her are on a break, then she wonâ€™t feel compelled to get back with you quickly.

Instead, she can think, *â€œI donâ€™t have anything to worry about because he canâ€™t get other girls like me, so heâ€™ll wait. Even if I hook up with other guys, heâ€™s going to forgive me and take me back. So, Iâ€™m just going to enjoy myself and if I find a new guy that I like, Iâ€™ll start seeing him. If I get bored and want to see my ex, I might do that too.â€*

Yet, if she meets a guy that she finds more attractive and exciting to be with, she may end up getting serious with him and even falling in love with him.

This is why you need to give her the sense that she really could be losing you for real.

You might even say to her, *â€œOkay, well I accept the break, but you need to know that you and I will probably never get back together. I canâ€™t guarantee that I will still be available for you after the break.â€*

As a result, she feels like this could be it.

You might meet another girl, who she might see as being prettier than her.

If that happens, she will feel rejected and like she is the one being left behind.

To avoid feeling that way, she will want to cancel the break and get back with you, or at least keep seeing you for a while to see how she feels.

Yet, if you give her the sense that you wonâ€™t be doing anything and will be sitting around waiting for her to return after being faithful to you, then you will probably end up very disappointed.

Remember: Women are attracted to emotional independence in men, not emotional dependence, so donâ€™t display emotional dependence (i.e. neediness for her, the need to get back with her to feel good about yourself again).

Another mistake to avoid making isâ€¦!

4. Trying to control her activities or decision making while on a break from you

If she feels like you are trying to restrict her during the break, she will naturally want to defy you and be a little naughty, just so she can feel like she owns her own life.

So, if you don't want to push your girlfriend into another man's arms while you're on break, then don't tell her what to do.

If you want her to remain faithful and come back to you asap, then you need to focus on how much attraction you are making her feel.

The more attracted she feels to you, the less appealing other guys will seem to her.

Making her feel attracted isn't about improving your physical appearance, buying new clothes or going to gym.

It's about what you say and do when you interact with her via text, on the phone and in person, as well as how you make her feel via social media.

You can easily attract her in those ways and cause her to regret taking a break from you and want you back right away.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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How to Make Your Ex Miss You Without Talking to Her

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

3 things you can do:

1. Post up photos on social media of you having fun with other people

[image: Make her miss you via social media posts]

Some guys worry that their ex girlfriend will be turned off, angry or will be disappointed if he seems confident, happy and forward moving in life without her.

Yet, the opposite is true.

The reality is that women are attracted to men who are able to be confident, happy and forward moving in life with or without them.

Some of the reasons why include:

- It shows that he isn't emotionally needy (i.e. needs to be with her to feel confident, happy and secure).
- It shows that other people are enjoying hanging out with him.
- It shows that he would naturally be attractive and appealing to other women based on his confidence and state of mind. Therefore, he might move on before her, resulting in her feeling like the one who got left behind.

All of that causes a woman to look at her ex boyfriend in a positive light and begin to feel a renewed sense of respect and attraction for him.

Of course, she may pretend to be angry at him, so he then stops doing the thing that is working.

Yet, he has to be prepared for that.

For example, if she complains to him and says something like, *"Well, I see that you clearly didn't ever care about the relationship. I suppose you're sleeping with new women now already too? Now I know how a little I actually meant to you" or, "Why are you posting up those annoying photos? Don't you have any respect for me? I will unfriend you if you keep doing that" and so on.*

Essentially, she is hoping that she can stop him from making her feel attracted, so she can continue moving on without him.

Additionally, she wants him to feel bad about feeling good without her, so he stops and then gives her time to move on before he does.

Then, she can move on first and make him feel like the one who is getting left behind.

Yet, if he doesn't stop and instead says, *"You know that I care about you, but you broke up with me. I can't change your mind about that, so I'm simply not trying to. I'm just living my life. Sorry if that hurts you, but I've got to move on" it* causes her to feel rejected and as though she is being left behind, which is a powerful motivator for a woman to want to get her ex guy back.

Heck, the feeling of being rejected and left behind is actually one of the top reasons you want her

back.

She dumped you, rejected your attempts to get her back.

She has walked away and left you behind in pain.

Itâs a horrible feeling and a part of you wants to stop that pain by getting her back, even if just temporarily.

Thankfully, you really can get her back, but you have to be willing to make her feel positive emotions about you (i.e. respecting how emotionally strong you are for being confident, happy and enjoying your life without her) and painful ones as well (i.e. regret for breaking up with you, feeling like she is missing out, feeling like she is being left behind, worrying that other high quality women will find you attractive and you will then move on before she does).

This is why, you shouldnât be afraid to show her that even though you may still miss her and want her back, youâre not letting it stop you from living your best life.

In fact, you seem even more confident and happy thanÂ you have been in a long time, or ever.

Since women are naturally attracted to a manâs confidence and emotional strength, this automatically makes her feel attracted to you.

She might not openly admit it to you, but she will feel it.

So, if you want to make your ex miss you without talking to her, do your absolute best to post up photos of you having fun with other people (e.g. at a party, at the beach, at a concert, dinner with new friends, fun outdoor activities with new people, BBQ with friends, rooftop party).

Make sure the photos are set to public, so she can see them even if she isnât your Facebook friend or Instagram follower.

The truth is that even if an ex woman once said something like, *âI never want to see you or hear from you again,*â when she broke up with her boyfriend, she will check his social media profiles to see what heâs up to.

Initially, her main reasons for doing that are usually just to see that he seems lonely and miserable without her, or that he isnât moving on before she does.

[image: Make her feel like she is the one being left behind]

Yet, if she notices that you seem very happy, confident and are enjoying life by having fun with interesting people and doing new things, she will naturally feel attracted to your emotional strength and ability to move forward without her.

As a result of feeling attracted, she will naturally start to feel drawn to you.

She will then either contact you right away to say hi, or she will keep going back to look at the photos and wonder why she is missing you and feeling drawn to you all of a sudden.

Most women donât understand why they feel attracted to certain things about men (e.g. why they feel attracted to guys who are a challenge vs. guys who are too nice) and instead, just go with how they feel.

Additionally, a lot of guys donât understand how a womanâs attraction works and as a result, they make assumptions on what might work.

For example: A guy may think, *âIf I appear sad without her, maybe she will take pity on me and give me another chance*â not knowing that women are turned off by neediness and emotional

dependence in men.

Alternatively, a guy may think, *“If I show her that I am still single, not doing much, not moving on and enjoying myself and am just working hard and staying fit, she will see that I am loyal to her. Then, she will realize that no guy will ever love her as much as I do, or be committed to her as I am”* not knowing that when a woman breaks up with a guy, she usually isn't testing his loyalty or commitment to her.

Personally speaking, I've been helping new men to successfully get women back after breaks ups and divorces for many years now.

I've heard all the break up stories and dealt with every break up scenario possible.

One thing remains the same every time: What makes women feel attracted makes them feel attracted. Every woman is different in terms of her personality and every relationship is different in terms of what happened.

Yet, what makes a woman feel attracted remains the same.

When you do what makes a woman feel attracted to you (e.g. display confidence, emotional strength, emotional independence), she automatically feels attracted to you.

Your ex might not openly admit that she's feeling attracted and may even pretend to be angry at you for seeming to be happy and confident without her, but the fact is that she will be feeling a renewed sense of respect and attraction for you.

As a result, she will begin to miss you and feel drawn to you again, without you having to talk to her.

Of course, if she doesn't contact you within a week of you posting photos on social media of yourself having fun with others, don't keep waiting for her to contact you.

You need to have the balls to contact her, attract her on a call and get her to meet up with you in person, so you can then get her back.

Why should you call or contact her and get things moving along, rather than wait for her to do all the work?

In many cases, even if a woman does miss her ex boyfriend, she won't contact him because she wants to see that he has the balls to contact her and is genuinely interested in her enough to do so.

Women are pretty always like that with men.

When women go out to a bar, they wait for men to approach them.

When a woman likes a guy, she waits for him to ask for her number, or ask her out.

When a woman is attracted to a guy and hanging out with him, she waits for him to make the first move and kiss her.

See the pattern there?

The only difference is that sometimes a woman will break that pattern and approach guy, ask a guy out or move in for a first kiss.

Additionally, with an ex, a woman will sometimes feel so compelled to contact him that she will do it first.

In all of my years of experience helping men get women back, I can tell you that the number one thing that caused an ex girlfriend (fiance or wife) to contact a man after not contacting him for days, weeks or even months, was him posting up photos on social media of himself looking confident,

having fun and seeming loved and included by others.

That is the number one thing.

So, don't avoid doing it because you're not in the mood to be around other people, or because you worry that your ex won't like it.

Get yourself in the mood by getting around other people and having and your ex will like it.

Women are naturally attracted to confident men who are able to be happy and forward moving in life with or without them.

You may not want to socialize, party or have fun with other people right now and that is one of the main reasons why you need to do it.

It shows your emotional strength, your emotional independence, your confidence and your ability to be happy and forward moving without her.

All of those traits are attractive to women and will result in her beginning to miss you and want to talk to you again.

If she doesn't contact you within a week of you posting up photos though, you have to build up the courage to contact her.

Don't wait too long.

If you want your ex back, you do need to talk to her at some point.

For example: Another thing you can do to make your ex miss you without (initially) talking to her is

2. Give her a week of space where you don't talk to her. Then, contact her, re-attract her and walk away without trying to get her back

[image: Don't talk to your ex for a week, then re-attract her and walk away]

Giving an ex a few days to a week of space after a break up, allows things to calm down between you and her.

It also gives her a bit of time to stop feeling so upset, annoyed, disappointed, frustrated and even spiteful about the break up.

During the 3-7 days, she can calm down and gradually begin to think of you in a slightly more positive light.

Yet, if you give her more than a week of space before you contact her and begin getting her back, it will often result in her having too much time, to the point where she then begins to get over you, or starts moving on by dating a new guy.

Many women often have 2-3 guys waiting in the wings, hoping that she will break up (e.g. coworkers, friends, friends of friends, old crushes, ex boyfriends).

If you wait too long, she may decide to open herself to one of those guys, or simply get on a dating app and line up a couple of dates per week to meet new guys and potentially start sleeping with a new guy to get over you.

So, if you want her back, don't wait more than a week to begin re-attracting her and making her want you back.

Some of the ways you can re-attract her when you contact her, include:

Using humor to make her laugh and smile and feel good to be talking to you again.

- Showing her your confidence, especially when she pretends to not be interested in you anymore to make you feel nervous or unsure of yourself around her.
- Not holding back on how you really want to behave (e.g. being too nice, being overly polite, seeming hesitant, letting her make most or all of the decisions because you're worried that she won't like it if you are assertive in any way, letting her lead the dynamic of the conversation because you don't want to interrupt her, being on your best behavior to hopefully make her take pity on you) and instead, letting her see that you are confident enough to talk to her using the same charm, charisma and vibe that you once had when things were good between you and her.
- Not getting into exhausting discussions about the relationship and instead, just focusing on building up exciting sexual tension between you and her by flirting, being a bit of a challenge and making her want more of you.
- Showing her (not telling her) based on how you now talk, behave and react that you've already changed and have become a much more attractive, appealing man.
- Reacting to her in a way that makes her feel attracted (e.g. staying calm when she tries to make you angry, laughing when she tries to make you jealous, flirting when she tries to act like she isn't interested).

When you approach interactions with her in a way that creates attraction, she naturally starts to drop her guard and want to open up to you to more.

Then, when she seems open, attracted and relaxed, you can pull the rug out from under her by ending the interaction and as a result, cutting off her access to the attraction she has been feeling.

You can say something like, *Anyway, it was good chatting to you. I have to get going now, but maybe we can talk another time. Who knows* and then leave (if you're interacting with her in person), or hang up the phone after she gives you the appropriate response (e.g. *Oh, okay. Bye*).

By walking away, or pulling back like that, she is then left feeling attracted to you and wanting you, but without any access to you.

This naturally results in you being on her mind and her beginning to miss you without you even talking to her.

Of course, if you want her back, you will have to talk to her again, so make sure not to avoid her for too long.

After an interaction like that, it's best to just give her a few days of space so she can miss you and want to talk to you again.

She might contact you during that time, but if she doesn't, don't wait.

Simply contact her, attract her some more and then arrange to catch up in person.

When you catch up in person, attract her more and then get to a hug, kiss, sex and back into a relationship.

Another thing you can do to make your ex miss you without talking to her is

3. Let her find out (via mutual friends) how awesome your life is without her now

[image: Let her find out how awesome your life is now via mutual friends]

Jealousy, the fear of missing out and the feeling of being left behind or left out are all powerful motivators that can cause a woman to want to get back with her ex, at least talk to him again.

Yet, so many guys who get dumped are totally afraid of making their ex woman feel that way, in case she gets angry and seeks revenge (e.g. starts sleeping new men).

Instead, most guys want to make their ex girlfriend feel comfortable in the idea that he is still missing her, loyal to her and wanting her back.

As a result, she doesn't have to experience any painful emotions and can instead move on in peace.

Several scientific studies have found that people are much more motivated to avoid the emotional pain of losing something, rather than the pleasure of potentially gaining something.

So, if you only make your ex girlfriend (fiance or wife) feel like the option of getting back with you is there for her, because you aren't trying to move on without her, then she doesn't have to feel the pain of potentially losing you.

Yet, if you show her that you are confident, happy and forward moving in life regardless of whether she is in your life or not, then she begins to worry about the potential of losing you to another quality woman who sees your attractiveness and value.

If you start dating a new woman who your ex sees as being prettier than her, then she will feel like she is missing out on being with you and is now the one who has been left behind as a result of the break up.

Women don't want to be stuck feeling rejected like that, so to avoid that potential emotional pain, a woman will usually give her ex another chance, or at least open up to talking to him again or catching up with him in person to see how she feels.

So, don't be afraid to enjoy your life without her over the next week and let your mutual friends find out about it.

Note: I say 'over the next week' because it's important that you don't take too long to do this.

If you build up to enjoying your life over the next few months, then your ex will almost certainly have moved on by then.

Enjoying your life without her doesn't mean that you don't care about her anymore, or don't want her back.

Instead, you are simply displaying traits that are naturally attractive to women (e.g. confidence, emotional strength, the ability to cope well in emotionally difficult situations, emotional independence).

Some of the ways you can let her find out via mutual friends, how awesome your life is without her, is to:

- Go out with mutual friends to clubs and bars and have a great time, joke around, be confident and even flirt with some women if you can. You don't have to hook up with any women or even get a phone number, but be willing to talk, have a laugh and even flirt with some women.

- Do something daring that you always wanted to do (e.g. go bungee jumping, motorbike racing, participate in a martial arts boot camp, stand up comedy workshop) and let your mutual friends find out about it. Make sure that it involves you being around other people though. For example, going camping on your own, doing a solo road trip, surfing on your own and so on, aren't going to make your ex feel like you are being loved and included by other people. You might feel confident and happy, but by being alone, she can easily assume that you're isolating yourself to deal with the pain of losing her and because you can stand being around other people at the moment. This turns her off because women are not attracted to emotionally weak or emotionally dependent (i.e. needy) men, especially after dumping them.
- Do some traveling with friends or join a travel group for singles, even if you only go somewhere close by where you can get outside and have fun with other people.
- Catch up with mutual friends at a cafe or restaurant and have a great chat with plenty of laughs.

After getting dumped, you might not be in the mood to do any of that, but it's important to do it to help get yourself into a more emotionally attractive state of being.

If you interact with your ex and she senses that your life sucks without her, you've been miserable and lonely and you need her back to feel good about yourself again, then she is going to feel turned off.

On the other hand, if you interact with your ex and she senses that your life is great without her, you've been happy, loved and included and even though you do care about her, you don't need her back to feel good about yourself, then she is going to feel attracted to you.

She will also begin to feel the emotional pain of regret, being left behind and worrying that you might end up being the one who got away.

To avoid feeling that pain, she will then open herself up to communicating with you again to either get you back, or just check that you are still missing her and need her back.

If she senses that you are missing her and need her back, she can then continue moving on in peace without having to feel rejected.

Yet, if she senses that you do care about her, have missed her from time to time, but don't need her back, then she will feel rejected and will want to interact with you more, or catch up with you to avoid feeling that pain.

So, don't be afraid to let her find out how awesome your life is without her.

It works.

On the other hand, here are!

3 Mistakes to Avoid When Attempting to Make an Ex Miss You Without Talking to Her

1. Wasting too much time waiting for her to eventually miss you

[image: Wasting too much time waiting for her to eventually miss you]

Some guys make the mistake of thinking that every woman needs 30 to 60 days of space before she will want her ex boyfriend back.

Itâs a huge ex back myth that costs millions of confused men to miss out on getting their ex woman backâ!

In some cases though, a guy waits a long time before contacting his ex woman because he is nervous about interacting with her and just can build up the courage to do it.

Rather than risking a potential rejection, he makes the assumption that if he just waits long enough (maybe a few weeks or even months), the anger, disappointment and lack of attraction she felt will evaporate and she will then start to miss him.

Yet, hereâs the thingâ!

If a woman has broken up with a guy that she no longer wants to be with (e.g. due to a lack of attraction, him unable to handle a woman like her, him losing too much confidence and becoming insecure in the relationship), she will rarely want to go running back to him, just because heâs not contacting her.

In most cases, she just moves on with a new guy because her ex isnât doing anything to re-attract her and seduce her back into a relationship.

Even if she does miss her ex from time to time, a woman will rarely contact him and try to get her back because she doesnât want to risk getting rejected by him if heâs lost interest in her.

This is why, waiting weeks or months for your ex to hopefully miss you and come running back to you, will usually be a total waste of time.

Itâs fine to give her a little bit of time to calm down after the break up, but if you wait too long, she will almost certainly just move on without you.

The next mistake to avoid making isâ!

2. Assuming that the 30 Day No Contact Rule works on any woman

The 30 Day No Contact Rule essentially means that you donât contact an ex for 30 days, in the hope that they miss you and want you back.

It can work in some cases, but it doesnât work in most cases.

For example: It can work if a woman is still in love with her ex and canât deal with not hearing from him anymore.

Him ignoring makes her miss him so much that she reaches out to him.

He can then potentially get her back.

Alternatively, if a guy ignores his ex long enough and she struggles to find a replacement guy, then she might end up reaching out to her ex to go back to something familiar.

Those are rare cases where all a guy has to do is wait and his ex girl will come crawling back.

Yet, in almost all other cases, if a woman has dumped a guy, she doesnât want to go back to him just because heâs not contacting her.

She remembers exactly why she broke up with him, doesnât want to experience that anymore and so, she continues to move on without him.

Yet, if he had the balls to interact with her and let her experience the new and improved him, then she would have something to think about.

If she felt attracted to him during the interactions (e.g. via text, on phone calls, via social media or in

person) and he wasn't desperately trying to get her back, then she will feel like she is being left behind or rejected, which will usually cause a woman to show more interest and try to get the guy back.

In the process of showing more interest and trying to get him back, she misses him and feels more drawn to him.

Her desire for him increases and she just wants to get the relationship back together.

On the other hand, if her ex never contacts her, or waits 30 days to eventually contact her, then she will almost certainly start getting over him and moving on without him.

In some cases, a woman doesn't even have to work at getting over her ex boyfriend because she was already over him weeks and sometimes months before the break up.

In cases like that, not contacting her and re-attracting her, simply gives her space and time to move on in peace.

Then, by the time her ex contacts her after 30 days, she says something like, *â€œWhat? Why are you contacting me? We broke up a month ago. I'm happy now and I'm dating someone else. So, I ask that you respect that and don't contact me anymore. I wish you all the best. Goodbye.â€*

So, if you're thinking of cutting off contact for 30 days and waiting for your ex to miss you, then you need to ask yourself this question: Does my ex secretly still love me and want me back?

If yes, then you might have a chance of her contacting you if you cut off contact, or she might never contact you because she fears you will reject her.

If no, then you're almost certainly not going to get her back by waiting 30 days.

It won't achieve anything.

If you want her back, you've got to actively re-attract her now by contacting her, or at the very least, attract her from a distance (via social media posts) for a week before contacting her.

When you contact her and re-attract her, you need to get her to meet up with you in person.

In person, you can fully re-attract her and initiate a hug, kiss and potentially then sex as well.

If she is feeling very attracted to you, then she will be open to a hug.

When she opens up to a hug, feels warm and turned on by it, she will almost certainly open up to a kiss.

When you kiss and she feels sparks with you, then she will automatically begin thinking about the possibility of having sex with you.

If you are able to continue making her feel turned on, it will naturally happen.

Then, you and her can decide what to do after that.

Yet, if you just cut off contact and wait, she's almost certainly not going to care and will simply begin moving on without you.

Another mistake to avoid making isâ€

3. Being afraid to talk to her because you're unsure how to re-attract her

When a guy doesn't know what to say or do to make his ex want him sexually and romantically, he will often decide to just ignore her in the hopes that it somehow results in her missing him and wanting him back.

As I said earlier, it can work in some cases if the woman is still in love with him, or can't find a suitable replacement guy to move on with and she then contacts him.

Yet, in most cases, not talking to her anymore simply doesn't work.

The reality is that as the man, it's up to you to initiate the ex back process and guide her back into a relationship with you.

Don't be afraid to call your ex, begin re-attracting her and making her want you back.

Create sparks of attraction inside of her, so she naturally feels drawn to you and wants to interact with you further.

Then, arrange to catch up in person to say hi.

In person, build on her sexual and romantic feelings and then get to a hug, kissing, sex and back into a relationship.

That's how most men get women back immediately, or very quickly (i.e. within a few days to a couple of weeks).

The guys who remain afraid to talk to their ex are almost always the ones who have to live with regret for the rest of their life.

I've literally been contacted by 1,000s of men about getting ex women back and have often heard them say things like, *"I waited too long to contact her and she moved on"* or, *"I wish I would have just gave it a try. I was too afraid to contact her and she eventually moved on"* and so on.

I've also heard from a lot of men who say they are still missing their ex girlfriend years and even decades after the break up.

They struggle to enjoy new relationships because they always miss her and want her back.

So, if you want your ex back, take the action needed to get her back.

Don't sit around feeling afraid to talk to her.

Man up, interact with her, re-attract her and get her back while you still can.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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Should I Call My Ex Girlfriend if She Hasn't Called Me?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Yes.

Here are 7 reasons why:

1. Most women won't make the first move to get an ex guy back, especially after they broke up with him

[image: Most women won't make the first move to get a guy back, especially after dumping him]

A lot of guys hope that if they just don't contact their ex girlfriend, she will miss him like crazy, contact him and try to get the relationship back together.

It sounds like a good plan, but it rarely, if ever works.

Why?

When a woman breaks up with a guy, she usually has a bunch of real reasons (e.g. he became too insecure, was too jealous, didn't make her feel appreciated enough) why that she does not forget.

Yet, sometimes, regardless of how turned off she was and how clearly she remembers why she was turned off, she still can't stop herself from missing her ex a little.

That's when she might become open to getting back with him, if she hasn't been able to find a new guy that is.

However, even if a woman misses her ex boyfriend a little, she usually won't do much or anything about it.

Why?

In many cases, a woman fears getting rejected by her ex if he has moved on since the break up, or if he decides to reject her because of how much he hates her now.

After all, he hasn't been contacting her since the break up, so what else is she to think?

She's almost certainly not going to be thinking, *"Oh, he's not contacting me because he loves me and wants me back"* and will instead be thinking, *"Maybe he's moved on. Maybe he will reject me to spite me if I contact him. Maybe he'll ignore me and then I'll feel rejected."*

So, rather than risking feeling rejected, she simply waits for him to make the first move.

If he doesn't contact her, then she will usually see it as a sign that he is no longer interested in her, or has moved on with a new girl.

As a result, she will then focus on fully getting over him and moving on by dating and hooking up with new guys.

So, don't believe in the myth that you need to cut off contact with a girlfriend and wait for her to eventually contact you and want you back.

It's a total myth that waiting 30, 60 or 90 days will magically make an ex girlfriend want you, contact you and get back with you.

A woman will only do that in rare cases, where she is still attracted to or in love with her ex, or

can't find a good enough replacement guy, so she goes back to an ex that she is still kind of attracted to.

If your ex girlfriend isn't still attracted to you or in love with you, or if she can easily find a good enough replacement guy, then she will almost certainly never try to get you back.

This is why, if you want to get back with your ex girlfriend, don't continue asking yourself, "Should I call my ex girlfriend if she hasn't called me?"

Instead, just call her.

Interact with her, re-attract her, meet up with her, hook up with her and get her back.

If you waste time wondering whether or not you should call her, then days or weeks may pass by. Then, you might end up missing your chance with her.

So, just be courageous enough to take the lead in the ex back process by calling her.

By making the first move, your ex girlfriend will automatically start to feel some respect for you again (i.e. because you weren't afraid to call her, even though she broke up with you).

Women respect that kind of courage and confidence.

When a woman respects you, she will naturally start to feel sexually attracted to you again.

When she feels respect and attraction, she will naturally feel drawn to you and open to giving things another shot.

Another reason why you should call your ex girlfriend if she hasn't called you, is that

2. She will only wait so long before she moves on

[image: She will only wait so long until she moves on]

Regardless of her potential remaining feelings for you, she won't sit around waiting for you to contact her forever.

If she happens to meet a guy who makes her feel more respect, sexual attraction and love than you did, then you might just become a distant memory that becomes less and less important to her by the day.

This is why you need to strike while the iron is hot.

Get her on a phone call with you right away and make her laugh, smile and feel good to be talking to you again.

The more you can make her laugh and feel good on the call, the more open she will become to meeting up with you in person because she will know that things would most likely feel good between you and her in person.

When you meet up in person, you can then fully reactivate her sexual and romantic feelings and get her back.

Another reason why you should call your ex girlfriend if she hasn't called you, is that

3. Many women hate it when guys play the No Contact game after a break up. So, they decide to play mind games with him in return

[image: No contact often causes a woman to play mind games with her ex, before rejecting him once

again]

If a woman searches online to find out why an ex boyfriend would avoid contacting his girlfriend after she dumped him, she will eventually stumble across the No Contact Rule.

The No Contact Rule is essentially where you wait 30, 60 or 90 days in the hope that your ex will go crazy missing you and wondering why you aren't contacting them.

Then, the ex will contact you and you can get them back.

Yayyy!

If only it were that simple.

The reality is that even if a woman does contact her ex boyfriend (who she dumped) out of curiosity, she will usually only do so to confirm that he is still missing her and wanting her back.

That's all she wants to know.

When she finds that out, she can then stop feeling bad about him not contacting her and move on in peace without him.

As a result, he doesn't get his ex back via No Contact.

This is why most guys who try to use No Contact will either say that their ex girlfriend never contacted them, or she did send a couple of texts, but then went cold.

Yet, so many guys hold onto the hope that if they just keep waiting and waiting, their ex girlfriend will eventually come running back.

The reality that the No Contact Rule rarely works for men who want to get back with a woman who dumped them.

So, I highly recommend that you have the balls to call her and re-attract her instead of waiting around and hoping that your ex girlfriend, who willingly dumped you, will suddenly come running back for some reason.

Not only because it works, but because most women are aware of the No Contact Rule these days.

If you try to use it on your ex girlfriend and she knows that you want her back badly, then she will feel turned off by your lack of balls/courage and will want to distance herself from you even further.

Additionally, she might even decide to hurt you by playing mind games with you in return.

For example: She might initially show some interest via text and give you some hope that you and her might get back together.

Then, if she sees that you are totally keen and most likely have been all along, she will then change her mind and say that it's best that you and her just remain broken up.

This might then result in you trying to change her mind, convince her to give you another chance and so on.

All of that will be fuel for her confidence as she moves on without you, knowing full well that you want her back and always have.

As a result, she doesn't have to feel rejected or hurt by you not contacting her.

Instead, it empowers her and makes her more confident, happy and at peace as she moves on without you.

So, don't let that happen to you.

I highly recommend that you stop ignoring your ex girlfriend and get her on a phone call with you right away.

On a phone call, you can instantly begin to re-attract her and make you want you back.

Yet, if you wait for her to call, then she will probably take your silence as a sign that youâ€¢re playing mind games with her, or simply donâ€¢t have the balls to call her.

As a result, she will feel determined to move on, or play mind games with you (initially show some interest via text to confirm that you are still interested) while moving on behind your back.

Then, you will probably get a message like this from her sometime soon, *â€¢Iâ€¢ve got something to tell you.â€¢*

She then tells you that she has met someone else, has been dating him, is happy and wants to stop communicating with you out of respect to him and the new relationship.

So, you got dumped, cut off contact and waited, she contacted you to confirm you were still interested, got your hopes up and then rejected you again.

Not a nice experience.

If you want to avoid that, youâ€¢ve got to make a move and call her.

Another reason why you should call your ex girlfriend if she hasnâ€¢t called you, isâ€¢!

4. Some women still love and miss their ex boyfriend after breaking up with him

[image: Some women still love and miss their ex boyfriend after breaking up with him]

Sometimes woman will break up with a guy, even though she still has strong feelings for him.

She wants to break up though becauseâ€¢!

- Sheâ€¢s tired of fighting about the same things over and over again (e.g. how she doesnâ€¢t give him enough attention because she spends most of her time on her phone, how he gets jealous about how much time and attention her friends get compared to him).
- She has been waiting too long for him to commit to her and she feels the need to move on, so she can find a more secure relationship.
- Sheâ€¢s tired of him promising to change and then he doesnâ€¢t (e.g. he said he would stop being so angry and irritable, but it hasnâ€¢t ever changed).
- She hopes that by breaking up with him, it will shock him into wanting to improve now, so they can get back into a relationship that is better than before.
- Sheâ€¢s tired of being taken for granted by him (e.g. he spends a lot of time playing video games on weekends and essentially ignores her, he showed her love and affection at the start, but just expects her to stick around and put up with being in the background of his life now, he gets into heated arguments with her and shows his lack of respect, love and patience when it comes to her).

Sheâ€¢s unhappy in the relationship and doesnâ€¢t know what else to do to fix it.

Despite all that, she still might be secretly hoping that her ex boyfriend doesnâ€¢t give up on their love and instead, mans up and takes the action needed to get her back.

If he does that, they can then get back together and experience a new relationship that is more

evolved, meaningful and enjoyable for both of them.

Yet, if he just sits around waiting for her to call him, she will almost certainly reach a point where she realizes that it's hopeless to keep waiting for him any longer.

She may even start thinking things like, *â€œWell, I guess he didn't love me as much as I thought. I can't believe he hasn't even tried to call me once, even to check if I'm okay. It was so easy for him to just move on and forget about me, while I've been sitting here like a fool missing him and wishing we could work things out. No more! I'm done with waiting. I'm going to put myself first from now on and focus on moving on by finding myself a new man who deserves me.â€*

She then makes herself available to meeting, hooking up with and dating other guys, so she can get over her ex boyfriend and move on.

In the meantime, he's still waiting around wondering whether or not he should call her.

Then, if he eventually decides to call her, he may be disappointed to discover that she has a new boyfriend.

So, don't waste another day.

Call her.

She's probably waiting for you.

If she's not waiting for you, then you can reawaken her feelings and make her want you back.

You have nothing to lose and everything to gain if you just take action.

Get her back.

Another reason why you should call your ex girlfriend if she hasn't called you, is that

5. You can easily attract her on a phone call and then get her to meet up with you in person

Some of the ways you can attract her on a phone call include:

- Making her laugh, smile and feel good to be talking to you again.
- Showing her your confidence, especially if she's trying to make you feel nervous or insecure about yourself by saying things like, *â€œWhy are you calling me? I told you when we broke up I never want to talk to you or see you againâ€* or, *â€œI'm really happy now and I don't want you to ruin thatâ€* or, *â€œI don't know why you are calling me after all this time. I'm over us now. I'm enjoying being singleâ€* and so on.
- Having the balls to joke with her as though she still likes you, or as you would have when you and her were boyfriend and girlfriend. For example: Start off the call by jokingly saying something like, *â€œHey ex girlfriendâ€* or *â€œhow you been?â€* rather than being too reserved or polite, *â€œOh, hi Sarah. How have you been?â€* Calling her your ex girlfriend in a playful way is a form of flirting because you're showing some interest, but only in a playful way. Additionally, it's also attractive because it takes balls to say something like that to her, where you are assuming that she is still cool with you joking with her like you used to when you and her were together.
- Letting her feel and sense that she can't dominate you with her confident, strong personality in the way she used to. This is a huge turn on for women who find that most men

are intimidated by them. If she can sense that you have manned up and can now be the more powerful, dominant one while still being a good man, then she will feel attracted to you like a magnet. Women know how difficult it is to find an emotionally strong man these days, who doesn't crumble under a woman's pressure.

When you make your ex girlfriend feel attracted in new and interesting ways, she instantly becomes curious and intrigued about her new feelings for you and wants to explore them.

She begins to worry that if she cuts you off and doesn't give you another chance, she will regret it later and maybe even for the rest of your life.

As a result, she becomes open to meeting up with you in person.

Then, when you see her in person, you just need to be prepared to build on her newfound feelings and then guide her back into a relationship with you.

Another reason why you should call your ex girlfriend if she hasn't called you, is that

6. For some women, a phone call shows that you actually do care and the relationship is worth saving

[image: For some women, a phone call shows that you actually do care and that the relationship is worth saving]

Sometimes a woman will break up with a boyfriend because she feels as though he doesn't love her as much as she loves him.

Throughout the relationship, she feels as though it was her who put in most of the effort to make the relationship work (e.g. she cooked for him, she bought him gifts, she did sweet things for him, she always forgave him when he stuffed up, she let things slide to avoid getting into arguments, she spent less time with friends or family and spent more and more time with him to hopefully keep him happy, she did a lot more for him than he ever did for her, she tried hard to make him happy).

Yet, despite all of her efforts, she ended up feeling like he was just using her (e.g. for sex, to have someone to hang out and have fun with, to go places and do things together as a couple that he couldn't do alone, so he didn't have to be single, so he wouldn't feel lonely).

So, an ex boyfriend like that doesn't call her, she may begin to think something like, *He hasn't even called me. Why did I ever waste my time with him? He clearly doesn't care. Well, at least now I know where I stand with him. It's time to put myself first by finding a man who will love me and appreciate me.*

Little does she know, her ex boyfriend is missing her and searching things like, *Should I call my ex girlfriend if she hasn't called me?*

Yes, you should call her.

Call her, re-attract her on the call, get her to meet up with you, attract her at the meet up and get her back.

You can do it.

Another reason why you should call your ex girlfriend if she hasn't called you is that

7. For many women, a phone call shows how manly you really are

[image: For many women, a phone call shows how manly you really are]

One of the qualities that women feel most attracted to about a man, is his ability to be fearless, regardless of how challenging a situation might be.

In other words, he has balls.

So, when you take the initiative and call your ex girlfriend even though she's not calling you, it says a lot about your character to her.

Unlike other guys, you're not afraid of taking the risk to call your ex girlfriend, even though she might reject you.

You have balls, so you're not afraid of a potential rejection.

You're also not afraid of a possible awkward first 1-2 minutes of a phone conversation, before things feel good between you and her again.

You're an emotionally strong, emotionally courageous man.

That is attractive to her.

As a result of the attractiveness of your emotional strength, she starts to feel drawn to you again, even though she might not want to openly admit it.

Of course, the phone call is the first step in getting her back.

You also need to be able to re-attract her on the call, get her to meet up with you, attract her at the meet up and make her want to get back with you.

You can do that, but just make sure that you are prepared to do it.

If you don't feel confident in your ability to re-attract her, be sure to watch the videos I've added in on this page for you.

Additionally, if you're still worried about calling her, make sure that you're not holding yourself back with the following negative assumptions.

4 Negative Assumptions That Can Hold You Back From Calling Her and Getting Her Back

[image: Negative assumptions to avoid]

1. Assuming that not contacting a woman after a break up always causes her to come back

It can work if the woman is still in love with her ex, or attracted to him enough where she just wants to hug, kiss and have sex with him again.

Yet, in almost all cases where a man needs help to get a woman back, she simply isn't feeling that way about him.

So, when he doesn't contact her, she doesn't come back.

The reality is that when a woman has lost touch with her feelings of respect, attraction and love for a

guy (enough to dump him), she usually won't chase after him just because he's not contacting her.

Instead, she will be able to move on easier because her ex isn't seducing her back into a relationship.

He could call her, re-attract her on the call and arrange a meet up, where he could then attract her and seduce her back into a relationship.

Yet, he is just waiting around for her to call her.

Days, weeks and then months can pass by.

Eventually, the woman realizes that her ex isn't going to try to get her back and she then starts hooking up with new men to make herself feel better.

So, if you're assuming that waiting for your ex girlfriend to call is the best way to get her back, you may end up regretting it later on.

If you don't act now, she might decide to start moving on and may end up finding a man who she feels more attracted to.

If that happens, then you've just made the process of getting her back more difficult than it needs to be.

Getting an ex girlfriend back is usually an easy process, as long as you go through the steps needed to make it happen.

If you don't take any steps and just wait around for an ex girlfriend to come back, she will usually just remain an ex to you.

Another negative assumption that may be holding you back is

2. Assuming that you will look desperate if you call

You will only look desperate if you behave in a desperate way (e.g. begging and pleading for another chance, crying to her, promising her that you will do absolutely anything she wants if she will change her mind).

You're not going to behave like that, so don't worry.

You are going to be confident, calm and in control as you talk to her on the phone, which is going to make her feel a renewed sense of respect and attraction for you.

She is going to realize what a great catch of a man you really are because you are one of the rare men who can remain calm, confident and in control when under pressure.

Additionally, she is going to enjoy talking to you because you're going to flirt with her and use humor to get her smiling, laughing, feeling attracted and feeling good on the call.

As a result, her guard is going to come down and she is going to open up to meeting up with you in person.

Then, when you meet up with her in person, you're going to get her back.

Another negative assumption that may be holding you back is

3. Assuming that you will be handing over your power to her if you call

Real men go after what they want in life.

Lesser men hide behind the fear of being rejected, or looking like a failure if they try something and fail.

Yet, because lesser men rarely try to go after what they really want, they rarely succeed and end up settling for second, third, fourth or even last place in life.

Real men succeed because they go after what they want in life without fear.

You are a real man.

You are confident, brave, courageous and go after what you want in life.

As a result, you are not handing over any power to her by calling her and instead, you are giving yourself more power by taking control of the situation.

It doesn't matter if she dumped you and you then call her.

That is not weak.

It takes a lot of emotional strength to call and not be afraid at all.

On the other hand, hiding away from calling because you hope that she builds up the courage to call you is a weak move.

With women, weak moves are rarely rewarded.

Another negative assumption that might be holding you back is that

4. Forgetting that women almost always wait for men to make the first move

This principle applies to approaching a woman for the first time, exchanging contact details, calling to set up a date and so on.

Almost all women wait to be approached, wait for a guy to ask for their number, wait for a man to ask them out on a date and so on.

It's just the way it works.

So, don't waste another minute and risk losing her to another man who has the balls to make a move.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

My Girlfriend Wants to Be a Part of My Life, But Not as My Girlfriend

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

5 possible reasons why:

1. She wants to keep you around while she moves on behind your back

[image: She wants to keep you around, while she moves on behind your back]

Sometimes, a womanâs ego canât stand the idea of her ex moving on before she does, especially if sheâs the one who dumped him.

In her mind, she might see him finding a replacement woman before she finds a new man as a sign that heâs actually more desirable than her and her confidence canât take that kind of knock.

So, rather than risk that happening, she might keep him interested by saying that she wants to be part of his life, but not as his girlfriend.

This will hopefully make him think things like, *âIf I stick around long enough, she could realize her mistake and come back to me.â*

Then, while heâs hanging around being a nice, useful, reliable friend to her (e.g. he makes himself available to her when she needs him, he helps her out when she needs a favor, runs errands for her, is her plus one to parties or weddings when she doesnât have a date), she secretly focuses on finding herself a new man.

When she finally does, she will then be able to fully drop her ex, because she no longer needs him hanging around her.

She will then likely say something along the lines of, *âLook, I know I said that I want to be part of your life, but I donât think I can do that anymore. Iâve met someone else and it wouldnât be fair to him if I hung out with you like Iâve been doing up to now. I will always care for you, but maybe itâs time we went our separate ways now.â*

She can then move on, knowing that she wasnât the one left behind.

Donât let that happen to you.

If you accept your girlfriendâs request to be part of your life but not as your girlfriend, make sure you use interactions with her to spark her feelings for you (e.g. by making her laugh and smile and feel good to be around you, showing her that youâve changed and improved in some of the ways that are important to her, by changing your approach to attraction with her).

The more respect and attraction you make her feel for you again, the less motivated she will feel to move on with another guy.

Instead, she will slowly change her mind about not wanting to be your girlfriend anymore and realize that losing you will be a big mistake.

So, donât play it safe.

If you do, donât be surprised if she eventually does move on with another guy.

Another possible reason why your girlfriend wants to be a part of your life but not as your girlfriend

isâ□|

2. She loves you and appreciates you as a person, but just doesnâ□□t feel sexually and romantically attracted to you at the moment

[image: She loves you and appreciates you as a person, but doesn't feel sexually attracted to you at the moment]

Sometimes, a womanâ□□s feelings for her guy will begin to change and she will go from being in love with him and feeling sexually attracted to him, to no longer wanting to be in a committed, romantic relationship with him.

For example: Some of the reasons why that might happen areâ□|

- He stops treating her like a sexy, desirable woman and instead treats her more like a buddy or a roommate.
- He doesnâ□□t have much of a purpose and direction in life so she no longer feels safe in the relationship with him.
- He doesnâ□□t lead in the relationship and instead expects her to call the shots and make all the decisions for the both of them, which she doesnâ□□t want.
- The sex has become boring or has even dried up altogether.
- Heâ□□s too nice to her (even when sheâ□□s behaving badly) so she feels like she has power over him.

So, to get out of the relationship without really having to get into long discussions with her guy about how she no longer feels attracted to him (i.e. in case he tries to talk her out of her decision), a woman might just say something along the lines of, *Â â□□I want to be part of your life, just not as your girlfriend.*â□□

This may leave a guy feeling confused and wondering things like, *â□□What does she mean by that? Does she just want some space? Will she change her mind and want to get back with me if we take a break?*â□□

Yet, hereâ□□s the thingâ□|

A woman will rarely get back with a boyfriend who she no longer has sexual feelings for.

Instead, she will usually stick to being friends (in some cases, text friends only), while she actively focuses on finding herself a replacement guy to move on with.

So, if you want to prevent that kind of thing from happening, you need to take control of the situation.

Hereâ□□s howâ□|

Firstly, accept her decision to break up and tell her you can just be friends.

However, donâ□□t act like a neutral friend who isnâ□□t sexually and romantically interested in her anymore.

Instead, use a new approach with her from now on, over the phone and especially in person, to re-spark her feelings for you.

You need to make her smile, laugh and feel good to be around you, so that when youâ□□re apart, she canâ□□t stop thinking about you and wanting you back.

That is what works on women.

The more you make her feel sexually attracted and aroused by your new approach to conversations and interactions, the more she will want to be your girlfriend again.

Another possible reason why your girlfriend wants to be a part of your life but not as your girlfriend isâ€¦

3. She is afraid that if she opened up to be your girlfriend, the relationship would be the same as before

[image: She is afraid that if she opened up to be your girlfriend, the relationship would be the same as before]

Sometimes, a woman might still care for her guy, but she may also feel that she just can't live with certain aspects of his thinking and behavior.

For example: Some of the things that can cause a woman to feel that being in a relationship with a guy is impossible for her, even though she does still care for him areâ€¦

- He's too submissive around her so she feels like she has power over him.
- He's clingy and needy.
- He takes her for granted.
- He's not affectionate enough.
- He doesn't make her feel appreciated.
- He has no focus or direction in life and is just drifting along. In her eyes, he is being irresponsible.
- He doesn't make her feel like a desirable, sexy woman and instead, makes her feel like more a good friend.
- He doesn't put much or any effort into the relationship anymore.
- He is emotionally closed off from her.
- He expects way too much of her, without giving much in return.

So, if a woman breaks up with her guy because of some of these reasons, she's naturally going to be afraid of the same thing happening again if she gives him another chance.

If he then tries to get her back, she might say something like, *â€œSorry. I really do want to be part of your life, but just not as your girlfriend.â€*

Essentially, what she's not saying is, *â€œYour approach to the relationship no longer makes me feel the way I want to feel. I do care for you, but I can't risk getting back with you and finding that nothing has really changed. I'd probably be better off trying to get over you and finding myself another guy who will give me the attraction experience I really want, rather than hoping you will change.â€*

So, if you want to convince your ex girlfriend to give you another chance, you need to change your approach to one that will convince her that things will be different this time around.

How can you do that?

Firstly, by taking the pressure off her to commit to a relationship again.

Then, just focus on making her have feelings for you again.

Some of the ways you can do that are byâ€¦!

Making interactions between you and her fun and enjoyable, rather than tense and stressful.

Using humor to take away the awkwardness and make her feel relaxed and open, rather than being too serious or trying too hard to convince her youâ€¦ve changed and causing her to put up her guard even more.

Maintaining your confidence around her, even if sheâ€¦s insisting that she doesnâ€¦t want to be your girlfriend anymore, rather than becoming despondent and giving up at the first sign of resistance from her.

Believing in yourself and in your value to her, rather than feeling like youâ€¦re no longer good enough for her.

Flirting with her and create some sexual tension between you, rather acting neutral or like just a friend.

Showing her via your attitude, actions, behavior and conversation style that youâ€¦re now a new and improved man that she can truly look up to, respect, feel attracted to and love, rather than continuing to make the same old attraction mistakes as before.

When she can see for herself that you really are different now, she naturally lowers her guard and opens herself up to the idea of trusting you again.

She then easily and naturally begins to change her mind about not wanting to be your girlfriend anymore, because she can see that things really are different now.

Another possible reason why your girlfriend wants to be a part of your life but not as your girlfriend isâ€¦!

4. She currently believes that it will be easy for her to find another guy who will be better for her

[image: She currently believes that it will be easy for her to find another guy who will be better for her]

Sometimes, a woman feels pretty confident in herself and in her attractiveness to men.

That is why, after a break up, she doesnâ€¦t feel too worried that sheâ€¦s going to struggle to find herself a replacement guy almost immediately to move on with.

Additionally, because she no longer has strong feelings of respect, attraction and love for her ex, she doesnâ€¦t want him holding her back from moving on, by constantly trying to convince her to give him another chance.

So, to avoid that, she says something along the lines of, *â€¦I want to be part of your life, but not as your girlfriend.*â€¦

In that way, she doesnâ€¦t completely cut him off, in case she does end up struggling to find a new man, then she has him as a backup.

At the same time, she has the freedom to move on, meet, hook up with and date new guys, without ever having to worry that her ex still thinks thereâ€¦s a chance of getting her back.

Of course, if things donâ€¦t work out as she wants them to (i.e. she doesnâ€¦t find herself a new man right away), she can always go back to her ex, who is likely waiting in the wings anyway.

Then, if another guy comes along and sparks her sexual and romantic feelings for him, she will dump him again and quickly move on.

So, don't let that happen to you.

Don't let your ex use you as a backup plan while she moves on without you.

So, go ahead and accept her offer to be "friends" from now on rather than a couple.

Then, use every interaction you have with her to reactivate her feelings of respect, attraction and love for you.

The more drawn to you she feels, the less she will feel motivated to replace you with another man.

Suddenly, she will start to feel as though she already has the man she wants and that it would be a mistake to let you go.

You may then notice that she begins talking about being part of your life as more than just a platonic friend.

It's then up to you if you want to fully re-spark her feelings for you and get her back, or stick to what she said she wants (i.e. for her not to be your girlfriend anymore).

The choice is yours.

Another possible reason why your girlfriend wants to be a part of your life but not as your girlfriend is

5. She wants to let you down lightly, to avoid you getting angry or making the break up more dramatic than it needs to be

[image: She wants to let you down lightly to avoid you getting angry]

Even if a guy is a really good man who would never do anything to hurt his ex, a woman has a natural instinct to protect herself from a potentially tense or even explosive situation when breaking up with a guy.

Essentially, she doesn't want him losing control of his emotions and trying to stop her from leaving him (e.g. by getting angry and threatening to hurt her, breaking down and begging, pleading and crying as a way of making her change her mind, refusing to let her go unless she promises to stay with him).

So, rather than saying, "Look, it's over. I'm leaving and I want you to accept that and leave me alone. I don't want you anymore," she instead lets him down easy by saying something like, "I want to be part of your life, but not as your girlfriend, okay?"

Basically, she's likely hoping that by saying that to him, it will lessen the chance of him causing a scene and making things uncomfortable, or even scary for her.

Additionally, saying that to him might give him a bit of hope that she's at least sticking around and that he might be able to get her back.

This belief can cause him to back off for a little while, giving her the time she needs to find a replacement guy and move on.

Then, by the time her ex realizes that she was just looking for the easy way out of the relationship, she will have moved on and has possibly even fallen in love with a new man.

Here's the thing though

You can still turn the situation around if you want to.

Start by accepting her offer to be a part of your life and then use every interaction you have with her (especially over the phone and in person) to reactivate her sexual and romantic feelings for you.

The more you do that, the more she will want to be your girl again.

5 Mistakes to Avoid Making if You Want her to Be Your Girlfriend Again

You can change how she feels if you want to.

However, it can't be about begging, pleading or offering her things that she doesn't want.

Instead, it needs to be about making her have strong feelings of respect, attraction and love for you again.

That's why, your approach to attraction from this point onwards is very important.

It will either be turning her on and making her want you back, or pushing her away even more.

So, make sure you're not turning her off by making the following mistakes:

1. Accepting her terms of just being friends and then acting like just a friend

Sometimes a guy will hand all of his power over to his ex woman by allowing her to call the shots (e.g. he accepts her decision to only stay friends and doesn't do anything to reactivate her feelings for him and get her back).

Essentially, he's being a good little boy who follows her orders in the hope that she will eventually change her mind and give him another chance.

Yet, that's not how it works.

If you just accept your ex's decision to be friends and then act like just a friend, not only are you handing your power over to her, you're also losing more of her respect in the process (i.e. because a woman struggles to respect a man she feels more emotionally dominant to).

Of course, if she can't respect you, she won't be able to feel sexually attracted to you and without those two all-important feelings, the chances of her wanting to be your girlfriend again simply fade away.

So, if you want to get her back, make sure that you maintain your position of power as the man, rather than thinking she will be impressed if you follow her orders (i.e. accept a friendship with her without making any effort to get her back).

In other words, be her friend if you want to, just make sure you're not pretending to be an innocent friend who isn't interested in her in a sexual or romantic way.

If you act like just a friend, you will end up in the friend zone.

So, make the feelings sexual, initiate a kiss and then enjoy the great times ahead with her.

Another mistake to avoid making is

2. Pretending that you just want to be part of her life as a friend, when you really want to be in a sexual, romantic relationship again

When a woman says she wants to be part of a guy's life but not as his girlfriend, he might begin thinking things like, *"Well, at least she's not cutting me out completely. Hopefully, if I stick around and act like a good guy and I don't push her for a relationship, she will relax around me. Then over time, when she notices that I'm always there for her and I do whatever she asks, she will realize that I really love her and that no other guy is as good to her as I am and she will then change her mind and want to be my girl again."*

He will then use interactions with her as a way of convincing her that he's only interested in being her neutral friend (e.g. he talks in a nice, polite way to her, he doesn't flirt to build up sexual tension, he only uses polite humor, rather than using ballsy humor to make her feel attracted), even though what he really wants is to be her boyfriend.

Naturally, this has the opposite effect to the one he's hoping for.

Essentially, because he's pretending that he's not interested in her in a sexual and romantic way, she remains closed off because there's no sexual spark between them.

At the same time, she will likely be opening up to another guy who is actively sparking her feelings for him.

This is why, if you want to get your ex back, you can't sit around pretending that all you want is to be her nice, sweet, neutral friend.

Be her friend if you want to, but also make sure you use every interaction you have with her to make her experience strong, sexual feelings for you.

The more you do that, the more she will start wanting to be a part of your life as your girlfriend again.

On the other hand, continue pretending you only want to be her friend and chances are high, that's the only thing you'll be to her from now on.

Another mistake to avoid making is!

3. Letting her see that you don't have any other options with women, in the hope that she is impressed by how loyal you are

Sometimes, a guy will deliberately avoid dating, or even just hanging out with other women after a break up, because he doesn't want his ex girlfriend to think that he's over her, when what he really wants is to get her back.

The thinking behind this approach is that by showing her how loyal he's being to her, even though they've broken up, she will feel flattered by his devotion and she will then change her mind and give him another chance.

Yet, here's the thing!

Avoiding other women can actually turn a woman off a guy, rather than make her want to be his girl again. Why?

Essentially because, almost all women (even if they won't admit it to your face) want to be with the type of man that other women feel attracted to and want.

Women love the thrill of the chase and competing with other women to win a man's affection is

part of that chase.

So, if your ex girlfriend gets the sense that sheâs the best you can do and that no other women are interested in you, she is going to be quite happy to stick to just being your friend.

This is why, itâs important that you make your ex feel as though sheâs going to lose you if she doesnât open back up to being your girl again pretty quickly.

Sheâs going to let a man who is a real ‘catch’ get away (i.e. you) and sheâs likely going to regret it later on.

Of course that doesnât mean you have to go out and hook up with or date other women to make her feel that way.

You also shouldnât pretend youâre dating other women when youâre not.

Instead, you need to show her via your actions, behavior and attitude that youâre now the type of guy that other women want.

She will then naturally start to feel worried that she made a mistake by breaking up with you.

Then getting her back becomes easy, because she wants it too.

Another mistake to avoid making isâ|

4. Remaining a part of her life, but only via texts, social media messages or emails

Thereâs nothing wrong with staying in contact with your ex via text, social media and email, but that cannot be your main form of communication with her. Why?

Firstly, itâs a lot harder to make a woman feel sparks of sexual and romantic attraction when she canât hear the tonality of your voice or see your body language.

Secondly, she might be texting and messaging back and forth with you, while all the while opening herself up to being seduced by guys who she gets to see and interact with personally every day.

Think about it this wayâ|

If you have a choice between being with a photo of a hot woman or an actual, real life hot woman, which one would you pick?

Itâs pretty obvious that youâd most likely pick the real life woman over the photo any day.

In the same way, if a woman has a choice between a bunch of words written by a guy on a screen and real guy who is in front of her and is making her laugh, smile and feel good to be around him, sheâs almost certainly going to go for the real guy.

So, if you want your ex girlfriend to become your girlfriend again, you need to be the real guy who is making her feel attracted over the phone and in person.

Donât hide behind texts, social media or emails.

If you do, donât get surprised if she eventually tells you sheâs in a new relationship.

Another mistake to avoid making isâ|

5. Not realizing that you can change her mind very quickly by attracting her in new ways

Right now, your girlfriend only wants to be a part of your life, but not as your girlfriend, because

sheâs likely not feeling sexually and romantically attracted to you anymore.

However, if you change your approach and begin sparking her feelings for you in new and exciting ways (e.g. you make her feel like a desirable woman around you rather than a neutral friend, rather than being Mt. Nice Guy with her all the time youâre now a bit more of a challenge so she feels as though she needs to work hard to impress you), sheâs almost certainly going to change her mind.

Sheâs going to feel attracted, sheâs going to feel respectful and sheâs going to want to explore her new feelings for you, rather than let you go and potentially regret it later on.

So, donât waste another minute pretending that youâre okay with being just a friend to her.

Make her feel attracted to you in new and interesting ways, so she feels compelled to at least hook up with you sexually to see how she feels after that.

Then, once she experiences the new you for herself, there will be no turning back for her.

She will want to be your girl again because it feels so good.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

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My Girlfriend Said That I'm Too Good For Her and Deserve Better, So She Broke Up With Me

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Many women use that as an excuse to break up with a good guy who hasn't really done anything wrong in the relationship.

She can't really complain about him, except for one, little thing.

A lack of attraction.

On the surface, he seems like a great catch and she feels like she should be happy with him, but she's not.

This is because the lack of attraction causes a relationship dynamic where there isn't much of a spark.

Of course, he feels the spark and he is definitely attracted to her, but it's not mutual.

In most cases, it's because he's too nice to her, too giving or predictable.

For her to be happy with him, he needs to be a bit more ballsy, challenging and masculine at times, so she can feel attracted to him in the ways that matter most to her (I'll explain those ways in this article).

So, if your girlfriend has said that you're too good for her and deserve better, you have a perfect opportunity to re-attract her and make her want you back more than ever.

Here are 5 ways you can do it...

1. Use her comments as a way to attract her back with humor

[image: Use her comments as a way to attract her back with humor]

Humor always makes women feel attracted to a man, as long as he is being confident and masculine when using it.

It's not about being overly silly, constantly cracking jokes with her or being her personal comedian.

Instead, it's simply about being confident, masculine and a bit ballsy and as a result, making her feel girly in comparison to you and therefore, attracted to you.

So, the next time your girlfriend says something along the lines of, *"Look, you're too good for me and you deserve better. I can't be the woman you want or deserve. So, stop making this harder for me than it already is. You need to just accept the break up and let me go. You deserve a better woman than me"* you need to shock her (in a good way) and diffuse the situation by using confident, ballsy humor (while still being a good guy, of course).

Remember: She will probably be expecting you to get upset and respond with something along the lines of, *"No, please don't say that. You are perfect for me. I don't want any other woman. I only want you! You are more than good enough for me. Please, don't do this. Just give us another chance."*

Don't say something like that though.

Instead, when she says that she's not good enough for you, respond by saying something like, *â€œYes, you're right. I am way too good for you, aren't I? I always thought that,â€* and have a laugh with her about that.

Note: Don't text that line to her.

Why?

When a woman can't see your body language and facial expressions (e.g. see that you are smiling, you look calm and relaxed) or hear the tonality of your voice (e.g. you sound confident, she can hear you laughing, she can tell you're only joking), then can easily take what you're saying the wrong way.

Even if you do add some smiley face emojis, she might still misinterpret your joke, especially if she feels really insecure about herself and her value to you.

Then, rather than have the desired effect (i.e. get her to relax and start feeling drawn to you again in a good way), she may end up closing herself off even more, which will make it difficult for you to re-attract her and get her back.

This is why you need to say it to her on a phone call (audio or video), in a voice text (in a chat app for example), or in person, rather than via text.

When you say it on a call, in a voice text or in person, she can sense that you're only joking and as a result, she can then feel attracted to your confidence and ability to make her laugh when in a pressured situation.

As a result, she can then start thinking things like, *â€œHmmâ€¦ I thought he'd get upset and tell me that what I was saying isn't true, or tell me how amazing I am. Instead, he has the balls to joke around with me like that. I like it. Yet, now I feel so confused. This other side to him is attractive to me. I want to see if it's real. Could he really break out of his Mr. Nice Guy mode and be a bit more ballsy with me at times? Maybe breaking up with him was a mistake. Maybe I should just give him another chance.â€*

Another thing you can do to get your girlfriend back isâ€¦

2. Accept the break up, wish her the best, but get her to agree to remain â€œjust friendsâ€

[image: Accept the break up, wish her the best and agree to be just friends]

Remaining â€œjust friendsâ€ means that you can keep the lines of communication open and then use that to re-attract her.

It also makes a woman feel like she is losing your romantic interest, which can then cause her to want to show you interest to get you showing romantic interest again.

In the process of doing that, it can cause her to really want to be with you again, or at least hook up with you to see how she feels afterwards.

So, don't worry about accepting the break up, wishing her all the best and then getting her to agree to be â€œjust friendsâ€ from now on.

It works.

On the other hand, if you try to debate her about her belief that she is too good for you, then she will know that you simply don't understand what she really means (i.e. you're too nice to her. She

needs you to have more balls. That's why she is really breaking up with you).

As a result, she will end up saying something like, *"Please just accept that it's over. You need to take care of yourself and stop worrying about me. You will find yourself a better woman than me. Good bye. I wish you all the best."*

So, to avoid going down the path where she pushes you away, be smart about this and accept her decision.

For example: Say something along the lines of, *"Hey, if that's how you feel, then I accept it. We are broken up and will never get back together. That's okay. All I would ask is that we are mature enough to at least be friends."*

She might accept that right away and then, you simply keep the lines of communication open and use it to re-attract her and make her want you back.

However, if she says something like, *"I'm not sure that's a good idea. I think it's better if we don't talk to each other anymore"* or, *"I don't know. I don't think I can be just friends with you. It would be too difficult for me,"* don't just accept it and walk away defeated and rejected.

Instead, just maintain your confidence and say in a relaxed, light-hearted way, *"Hey, you don't need to be so serious about it. We can be friends. It's not difficult to do that. It's simply being able to say hello to each other as a friend from time to time. Our relationship is over and I accept that. I'm sure you accept it too. So, now we can do the mature thing and just be friends."*

At that point, she will most likely agree (e.g. because she doesn't want to come across as being too stubborn or seem like the immature one, or because she really does still have feelings for you and doesn't want to completely cut you out of her life).

Whatever the case, you can then use the friendship to attract her in new ways that she's never experienced with you before.

For example: If a guy has been dumped by his girlfriend, who used the old excuse of, *"You're too good for me. You deserve better"* then he needs to:

Realizing that she isn't breaking up with him because he's too good for her. She's breaking up with him because he's probably too nice, too generous (e.g. gifts, financial assistance, paying for everything) and has allowed her to control him in the relationship. She likes him, but she just doesn't want that type of relationship dynamic with a man.

Being more of a challenge to her, so she feels the need to impress him, rather than being so nice and accommodating with her all the time.

Having the balls to stand up to her by being a bit more assertive at times, while still being a good man to her.

- Laughing at her (in a loving way) when she tests his confidence and masculinity by pretending to be moody, or take what he is saying the wrong way. He still treats her well and is good to her, but he stops taking her fake drama so seriously. This makes her feel the kind of respect and attraction that she is truly seeking from a relationship experience, but will rarely, if ever admit to a man; especially a man that she is dumping with the reason of, *"You're too good for me"* when she really means, *"You don't have enough balls for a woman like me."*

Youâre too soft. You take what I say too seriously. You are too accommodating to me. I need a man who doesnât put up with my BS, but is still a good man to me.

- Not trying to discuss his way back into a relationship with her (e.g. by giving her a list of reasons why she is good enough for him). Instead, he needs to focus on making her feel attracted to him in the ways that have actually been missing (e.g. making her feel the desire to impress him and do good things for him, rather than him being the one who is putting in most of, or all of the work in the relationship).
- Not trying to be her counsellor in life and help her heal from the baggage she is carrying from previous relationships, or her childhood. When a woman doesnât know how to break up with a good guy, she will often use the excuse of saying that she has issues and as a result, doesnât deserve a great guy like him. She will say that she needs time to sort herself out. Yet, the real reason she is breaking up with him is that she just doesnât feel enough attraction based on his nice guy, or âsave the messed up girlâ approach to the relationship. She doesnât need to be rescued. She needs to feel the kind of attraction she is searching for in a relationship. That can only happen with a guy who isnât trying to save her, or who doesnât jump through all of her hoops to hopefully impress her.

Your girlfriend isnât going to tell you the kind of things that Iâve just outlined above.

Additionally, what you probably donât realize is that your girlfriend has dumped previous boyfriend(s) for the same reasons.

She doesnât need to be saved or rescued by a guy.

Instead, she wants to be with a good man, who makes her feel the desire to impress him, be good to him, to do good things for him and maintain his interest.

If you can give her that relationship dynamic, she is yours.

If you canât, then you will continue to get excuses from her as to why she doesnât want to give you another chance (e.g. *âSorry, I canât be the woman you want. You deserve someone better than meâ* and so on).

Itâs just her way of trying to be nice and not hurt your feelings by telling you the truth (e.g. *âSorry, I donât want to get back with you because you still donât understand how to make me feel attracted. Youâre too nice, you give me way too much, you allow me to walk all over you and thatâs not what I want to experience in a relationship with a manâ*).

So, rather than trying to convince her that she is good enough for you, just get her to agree to just be âfriendsâ for now and use that as a way to remain in contact with her to re-attract her.

To re-attract her and make her want you back, focus on attracting her in the ways that she really wants, but will probably never tell you about.

Another thing you can do to get your girlfriend back isâ

3. Let her see you hanging out with women via your social media profiles

[image: Let her see you hanging out with woman via your social media profiles]

Even though women rarely admit it, they are so much more attracted to men who have other women around them, compared to men who are just on their own.

I know this from personal experience in my life, from coaching guys and helping them get ex

girlfriends back and from scientific studies done on the topic.

For example: A study in the Journal of Experimental Social Psychology, found that 90% of women found a guy attractive if they were told that he was already in a relationship with a woman, compared to 59% being interested if they were told he was single.

There is also a large body of evidence in mating psychology that suggests women engage in what is known as *mate choice copying*.

This is where women feel more attracted to men who other women are attracted to, or who other women are with.

One of the reasons a woman's attraction works that way, is that the majority of what makes a woman feel attracted to a man is based on his personality traits and behavior and how that relates to how others will respect him and what he will be able to achieve in life.

On the other hand, a man can decide to want to have sex with a woman instantly based on how she looks and can then fall in love with her based on her looks.

If she also has a nice, friendly personality, then great, but he would still want to at least have sex with her at least once.

Yet, for women, they see men and think, *What kind of guy is he? Is he confident around others? Do others respect him?* and so on.

In most cases, women need to find out what kind of guy he is, before they can truly decide if they would have sex with him.

This comes from the fact that, despite women participating in the workforce and being protected by police and the court system into today's civilized society, women still feel like they need to rely on a man for protection and to provide for them if they were to get pregnant.

One of the fastest ways for a woman to find out if a man has what other women are really looking for, is to check whether or not other women like him and want to be with him, or he already has an attractive woman as a girlfriend or wife.

If other women like him or if he has an attractive girlfriend or wife, then she doesn't need to waste time trying to figure out whether or not he is attractive.

Other women have already confirmed it for her.

This is why, you should never, ever be afraid to let your girlfriend see you enjoying life without her, even if that includes having women in some of the photos that you post to social media.

If women are in some of your photos, make sure that you look confident and that the women seem very happy to be in the photo with you.

If they look distant, or if the photo looks staged (e.g. you ask a couple of random women to take a photo with you and they don't seem to like you, or want to be close to you), your girlfriend will pick up on that and it will turn her off.

Yet, if you post up photos and some of them include you around other women who are clearly enjoying spending time with you and really want to be close to you, it will absolutely, without a doubt, make your girlfriend feel more attracted to you.

Additionally, letting your ex see you around other women also serves another very important purpose.

That being, it shows her that you're not lonely and sitting around at home feeling sad and

depressed because she has broken up with you.

Instead, you are confident, you believe in yourself and are moving forward in life without her.

That is attractive to her.

Of course, she probably won't admit that and might even get annoyed and say something like, *â Well, obviously you don't care about me anymore. Fine! I can't believe you've moved on already. I guess I was right to break up with you. You clearly didn't love me as much as I loved you. You just screwed up your chances with me. Goodbye!*

Yet, here's the thing!

Getting annoyed is a woman's way of hiding her deeper feelings (e.g. she feels jealous and is worried that you've already replaced her, she's angry that she no longer has control or as much power over you as she once thought she did).

She also doesn't want to admit that seeing you with other women makes her feel attracted (i.e. because it proves to her that you're the kind of man other women feel attracted to in other words, a catch).

She doesn't want you to know that (i.e. because it will mean that her defenses are down and she's more vulnerable to being seduced back into a relationship with you), so she hides behind anger and hurt feelings.

Additionally, a woman will also get annoyed or pretend to be angry to see if your photos were fake.

In other words, can she act so angry that you then say, *â Please, I only want to be with you. I didn't even like those women* and as a result, she can then relax and know that she still has the same power over you as she always had?

If so, then the photos instantly lose their most of their effect.

So, if she reacts badly (most women don't BTW. I'm just preparing you for the worst, so you don't make a mistake), don't get sucked into her fake drama and start defending yourself.

Remain calm, confident and in control and just know that she is feeling attracted to you, even if she doesn't want to be.

Based on the attraction that she is feeling for you, it will drive her mad thinking about you potentially sleeping with another woman.

She will literally lose sleep over it and before you know it, you will be getting texts or calls from her. You can then use that to get her to meet up with you in person and then hook up with her sexually to get the relationship back together.

Of course, not all women react badly to seeing photos of their ex looking confident, happy, included and loved.

Most women simply react by texting or calling their ex and hoping that he has the balls to make a move by arranging a catch up in person, so she can then get him back, or at least hook up with him again to see how she feels afterwards.

So, if you want to spark your ex girlfriend's feelings again, don't be afraid to make her jealous via social media.

Remember the science.

It works.

I know it from my personal experience with women (I lived a player lifestyle for over 10 years, having multiple girlfriends at once and then settled down with my perfect girl and am now married), from helping guys from all over the world to get women back and from the science that I have studied on the topic.

You might be worried about doing it, but please don't be.

If you are worried about hurting her feelings, then you're just going to be continuing on with the Mr. Nice Guy approach that got you dumped in the first place.

She wants to feel the pain of potentially losing you.

So, you need to have the courage to make her feel that pain and then prepare for any fake anger she might display to test your newfound confidence and ability to attract her.

Put it this way, if you see her get angry, then it means she cares, so don't ever worry.

Just make her feel the pain of potentially losing you and then make her feel positive emotions (i.e. a renewed sense of respect, attraction and desire for you) when you talk to her.

If you do that, she simply won't be able to stop herself from missing you and wanting to see you.

You will be on her mind all the time.

Another thing you can do to get your girlfriend back isâ

4. Get her to catch up with you as a friend, re-attract her sexually and then walk away without trying to get her back

[image: Catch up as friends, re-attract her and then walk away without trying to get her back]

This is very powerful, especially with women who have used the old, *âYou're too good for me* excuse for a break up, when they really mean, *âI don't feel enough attraction for you because you're not enough of a challenge for me.*

So, when you have interacted with her on a phone call (audio or video) and she is feeling attracted to the new you, suggest catching up as friends to say hi.

Let her know that you accept the break up and know that you and her aren't ever going to get back together, but that it would be good to catch up and say hi as friends, even if it's the last time you ever see each other.

You can suggest it as a mature goodbye as friends, to leave things in a good note as you both move on with your life.

She might immediately say *âYes,* to that, in which case you just go ahead and make arrangements.

However, if she tries to wriggle out of catching up, just tell her that it's totally fine to catch up and say hi as friends and it's the mature thing to do, given the circumstances (i.e. you do still like each other, but you are going to break up and never get back together. So, the least you could both do is catch up and say hi once last time before you move on with your life).

The important thing is to not just give up if she is initially being a bit resistant about catching up.

Of course, that doesn't mean to whine, sulk or beg.

Instead, just maintain your confidence, maintain your cool and be a bit assertive as you suggest just catching up to say hi, or to say goodbye and part as friends as you both then move on with your life.

Make sure to add in the *â€œmatureâ€* word too.

After more than a decade of testing while helping men get women back, Iâ€™ve found that ex women respond well to the *â€œmatureâ€* word.

The woman doesnâ€™t want to seem like the immature one of the two and will then agree to catch up.

Itâ€™s those kind of subtle secrets to getting an ex woman back that make all the difference.

Sometimes, a guy is so close to getting his ex girlfriend back, but he then says or does the wrong thing, which causes her to say, *â€œNoâ€* or to keep her guard up.

So, make sure that you are aware of what you need to do to ensure that this break up between you and her is reversed.

One of the ways you can reverse the break up with her is to make her feel a renewed sense of respect and attraction for you (in person) and then not try to get her back.

Suddenly, she is feeling so attracted and open to you again, but youâ€™re not trying to get the relationship back together.

She always wanted to feel the desire to impress you more, make you want her more and now she is feeling it.

She knows that she wants you, she wants to impress you, but you now seem like you have really accepted the break up.

This then causes most women like that to say something like, *â€œIâ€™ve decided that I want to give us another chanceâ€* or at the very least, to keep in contact with the man to hopefully show him that she is still interested.

So, if she says that she wants to give you and her another chance, you can then accept that and get back into a relationship with her.

If she doesnâ€™t say something directly and just keeps texting you after catching up with you, then you can take that as a sign that she is still interested.

Then, after a couple of days of texting, she will either make it obvious that she wants to see you again, or wants you back.

Yet, if she doesnâ€™t, just call her, make her laugh and feel attracted on the phone and arrange another catch up.

Then, when you catch up, continue making her feel attracted and she will naturally want to get back together.

Before you know it, you will be hugging, kissing, having sex again and will almost certainly get back into a relationship after that.

Of course, she might play hard to get after that and use her old tricks on you by saying, *â€œIâ€™m still not sure.â€*

If thatâ€™s the case, donâ€™t be afraid to make her feel attracted with some ballsy or challenging humor.

For example: You might react by saying, *â€œYeah, me too. Maybe I am too good for youâ€* and have a laugh with her about that, rather than believing her fake drama and taking it all so seriously.

Only a man who can do that will truly win her heart.

She doesn't want a guy who sits when she says sit, or rolls over when she says roll over, or essentially does whatever she says all the time.

She wants a guy who knows how to handle her fake drama and tests of his confidence.

If you can do that, she is yours.

Why?

She knows how difficult it is to find a man like that.

Another thing you can do to get your girlfriend back is

5. Stop doing the things that turned her off and made her feel like she could take you for granted

[image: Stop doing the things that turned her off and made her feel like she could take you for granted]

In most cases, a guy will be aware of some of the thing he did to turn his ex girlfriend off, but he won't know everything.

Her true reasons for breaking up with him will remain a mystery to him, often for the rest of his life.

He may think, *She said I was too good for her and that I deserved better. Don't women want an amazing guy? If I was so perfect for her and was an amazing guy, then how could she break up with me? Why didn't she hold on to me instead of push me away? Why do women break up with good men? Do they want bad men? I don't get it.*

Some guys may eventually figure it out the truth (i.e. it wasn't that he was too good for her. Instead, she simply didn't like the relationship dynamic of him trying to buy her love or try hard to win her over all the time. She had too much power and he was too giving. She wanted a man who is more of a challenge), but many don't.

In fact, I hear from new men all the time and sometimes a guy is making that mistake when he is 18 years old with his first girlfriend, 30 years old after having a few failed relationships, or when he is 50+, has experienced 2 failed marriages and is still making the same old mistakes with women.

Some men simply never learn that women want to feel like they have to impress you and win you over, while also seeing that you are a good man to them.

Essentially, women want a good man who is a challenge, not a nice man who will do everything for her regardless of how she treats him.

How about you though?

What are some of things that you think your girlfriend was turned off by, based on your approach to her and the relationship?

If you're unsure, here are some questions for you:

- Were you always nice and sweet to your girlfriend, regardless of how badly she was behaving (e.g. sulking, throwing tantrums, being in a bad mood all the time) or how horribly she treated you?
- Did you often downplay your strengths and achievements around her to make her feel better about herself (e.g. if she was insecure about your intelligence vs. hers, you often acted goofy or pretended not to know as much as you do to hopefully make her happy)?

- Were you always putting your needs in second place to hers, as a way of keeping her happy in the relationship?
- Did she mostly get her way in the relationship, even if you really didn't agree with her?
- Did she feel as though she could simply throw a tantrum, threaten you with a break up or act like she was losing interest and you would then panic, apologize over and over and try hard to impress her?
- Did you make her feel like you were always trying to fix her issues (i.e. the trauma she experienced from being with a bad ex boyfriend, or how she was treated as a child)? Do you now realize that a woman like her doesn't want to be saved by a nice guy? If she was attracted to bad guys in the past (because they didn't put up with her fake drama), she almost certainly won't settle down with a nice guy who saves her. If she does settle down with a nice guy, she will cheat on him or divorce him. What a woman like her wants is to be with a good man who doesn't take her fake drama and moods seriously. That isn't a bad man. It's a smart man who understands how to handle a woman like her. So, were you trying to fix her issues and save her from her past?

If you answered *â€œYes,â€* to any of the above questions, you were turning your ex girlfriend off in ways that she will probably never tell you about.

Here's the thing:

Even though a woman may seem like she wants a guy who is always nice to her, agrees with everything she says, gives her whatever she wants and tries hard to always make her happy, the truth is, she doesn't actually want a guy like that.

Why?

When a man hands over his power to a woman in a sexual, romantic relationship (especially if he thinks it will make her happy, or because she has been threatening to break up with him), she simply won't be able to respect him anymore.

She will see him as a guy who can't even stand up to a woman and get his way with her.

It doesn't matter how successful the guy is in life, or if he is the manager of 100 people in an office.

When he comes home to her, or when they meet up, if he can't even keep her in line and make her feel the desire to impress him and be a good girl to him, then she just won't be able to respect him.

[image: You need to make her feel the need to impress you]

If a woman can't respect you, then she won't be able to feel sexually attracted to you and without those emotions in a relationship, she will look for any excuse (e.g. that you're too good for her and deserve better, she needs time to figure out what she wants, she isn't ready for a relationship because of her issues) to get out of the relationship.

So, if you want to get your girlfriend back, don't let her control your behavior by listening to her sob story about not being good enough for you.

Don't bend over backwards to convince her that it's not true by saying, *â€œNo. You are good enough for me. You're better me. I am the one who is lucky to have you. Please, don't do this. I love you. You are perfect for me. I am so lucky to have youâ€* and so on.

If sheâs had previous boyfriends who were nice guys or who tried to save her from her past, then they will have reacted in the same way.

3 Mistakes to Avoid When Getting an Ex Girlfriend Back Who Said That Youâre Too Good For Her and Deserve Better

1. Trying to get her to change her mind by expressing your undying love for her in an email, or in a series of texts or messages

In some cases, a woman really does think that a guy is just too good for her (e.g. heâs too good looking, too wealthy, comes from a great family, lives in a rich neighborhood, hangs around intelligent, successful people and so on).

She just doesnât feel like she is good enough for him.

She looks at him as being so high status that she canât help but feel insecure and worry about him cheating on her and leaving her down the road.

If thatâs the case and he then keeps emailing, texting or messaging her to declare his undying love for her, it can end up making her wonder if maybe sheâs the one who is too good for him.

She may think, *âWhy does he want to be with me so badly? Is it because he struggles to get himself a girlfriend? Do other women not like him? I know that he has been dumped by other women in the past. Maybe those women knew something about him that I didnât. Maybe he isnât such a great guy after all. If he was, then heâd have plenty of high quality women wanting to be with him and heâd choose one of them. Yet, Iâve never seen high quality women hitting on him. Maybe thatâs why he is so desperate to get me back. Maybe I am high quality and Iâm the best woman heâs ever gotten because other women donât want him. Maybe thatâs why he was trying to win me over so much.â*

Remember what I said earlier in the article about the science of attraction?

Women are more attracted to men that other women want, or are actually in a relationship or marriage with.

On the same note, women are turned off by men who are desperate for women.

Women also feel less attracted to the exact same man, when they are told that he is single vs. when they are told that he is already in a relationship with a woman.

In other words, women arenât attracted to desperate, needy or unwanted men.

So pouring your heart out to your girlfriend and declaring your undying love isnât going to make her want you back.

Instead, it may end up causing her see you as desperate, which will turn her off even further.

Another mistake to avoid making isâ!

2. Never having the courage to attract her in any new ways, losing her and then potentially experiencing the kind of break up with another great woman months or years later

If you never make an attempt to change your approach to attraction with your ex girlfriend (e.g. by

becoming more of a challenge, laughing at her in a loving way when she creates drama about not being good enough for you, making her feel the desire to impress you), she's probably not going to feel motivated enough to get back with you.

So, you will lose her.

Then, you might eventually find another great woman and get into a relationship with her.

Yet, you may end up making the same old mistakes as before (e.g. being too nice, always putting yourself in second place to please her, letting her take you for granted) and get dumped once again, or get cheated on or divorced.

I've heard from so many men over the years who've settled down with a woman they couldn't handle, only to then get cheated on and divorced by her, where he/she took half of everything he owned.

The man thought he had her when they got married because she seemed happy enough.

Yet, if a man doesn't know how to make a woman like that feel the desire to impress him and maintain his interest, she will never be happy with him.

It doesn't matter what he buys her, how many good things he does for her or how successful he is in his career.

She will cheat on him, dump him or divorce him because a woman like that simply cannot be happy with a guy who doesn't know how to put her back in her place in a dominant, but loving way.

So, if you honestly want to get her back and have a happy, successful relationship, then you need to have the courage to try a new approach to attraction.

If you don't, then you may end up experiencing a pretty darn crappy life with women, where they take advantage of you, never appreciate you and dump you even though you're a good man.

Right now, you have the perfect opportunity to turn your life around and be respected, loved and appreciated by her.

Alternatively, you can continue on making her feel like she doesn't need to appreciate you because you will just keep blindly offering yourself and everything you can to her, never understanding the real reasons why she is feeling turned off.

Another mistake to avoid making is

3. Trying to convince her that she is good enough for you and shouldn't be putting herself down like that

After working on countless ex back cases over the years, I can tell you that she is almost certainly saying, *"You're too good for me"* as an excuse to break up with you due to not feeling attracted, or not enjoying the relationship dynamic (i.e. you're too giving, accommodating, she can easily control you with her tantrums or moods and she doesn't like that. She wants a guy with more balls and composure, not a guy who crumbles under feminine pressure).

So, it won't matter if you spend the next 6 months telling her why she is good enough for you.

She already knows that she is good enough for you.

What is missing is that feeling a woman gets when she is with a man who makes her want to impress him, maintain his interest and be a good woman for him.

If you can't give her that feeling, she will continue to move on without you.

If you can, then she will feel magnetically attracted to you and get back with you in a heartbeat.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Ex Girlfriend Texts Me Late at Night

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

4 possible reasons why she does that:

1. She wants to check and see if youâre still missing her, so she can sleep better at night

[image: She wants to check if you are still missing her, so she can sleep better at night]

After breaking up with a guy, a woman will sometimes worry that her ex will fully move on before she does.

Essentially, she doesnât want to end up feeling like the one who has been left behind, if she sees him happy with a new girl before she has met a new guy.

So, she will check her exâs social media pages for clues about whether or not he is dating other women yet.

She might also ask mutual friends about what heâs up to.

Additionally, in your case, she will text you late at night and assess how you respond.

She will look at how youâre texting her and if she can tell that you havenât moved on yet and are still interested in her, then she can rest easy, knowing that she still has more time to move on before you do.

That might sound a bit selfish on her part, but itâs just what happens.

What matters most is what youâre going to do about it.

When a guy is in your situation (i.e. his ex girl is still texting him), he has a perfect opportunity to flirt with her, re-attract and get her back.

Yet, so many guys mess up their opportunity to get their ex girlfriend back by just continuing to text her in a friendly and hoping that she eventually says something like, *âI miss you. I want to see you.â*

Unfortunately, the message a guy usually receives goes something like this, *âDonât be mad okay? Iâve met someone else recently and weâve dating. I really like him. He doesnât want me texting with you anymore, so I need you to respect that. Iâm sure you will find someone too. So, I wish you all the best. Goodbye.â*

Alternatively, his ex girlfriend simply gets bored of texting with him and eventually goes cold, or she blocks him as a way of trying to help herself move on without him.

So, if your ex girlfriend is texting you late at night at the moment, you need to use that opportunity to get the ex back process moving along (i.e. flirt with her via text, get to an audio or video phone call, get to a meet up, hug her, kiss her, have sex with her, get the relationship back together).

Donât just get stuck at the stage of texting.

Another possible reason why your ex girlfriend texts you late at night isâ|

2. She genuinely misses you and wants you back

[image: She genuinely misses you and wants you back]

Even if a woman regrets breaking up with her boyfriend, she usually won't directly say that to him.

Instead, she will either wait for him to get her back on his own, or if she notices that he's not doing it, she give him a nudge by opening the lines of communication with him (e.g. she texts him, likes his posts on social media).

So, if you ex girlfriend is texting you late at night, it might be her way of trying to let you know that she misses you and wants you back.

However, don't expect her to do more than that, because she probably won't.

It's like just when women go out to bars and clubs to meet men.

Women stand around waiting to be approached by men.

The same applies when a woman likes a guy and want to date him.

She almost always waits for the guy to ask her out on a date.

Generally speaking, it is the man's role to pursue in a confident, calm manner and get things moving along between himself and a woman.

So, your ex will probably just keep texting you for a while in the hope that you make a move (i.e. arrange a meet up in person, hook up with her, get the relationship back together).

If you just keep texting and don't arrange a meet up in person, she might take it as a sign that you're not interested in a sexual, romantic way anymore.

Then, you might find yourself searching for articles titled, *Why did my ex girlfriend stop texting me?*

You will probably find an article by me and I'll be telling you that you texted her for too long and should have made a move.

So, do it now.

Take control of the ex back process.

Be a man about it and get things moving along with her.

You can do it.

Another possible reason why your ex girlfriend texts you late at night is

3. She's confused about whether or not she wants you back

[image: She is confused about whether or not she wants you back]

Sometimes, a woman will be confused about the mixed feelings she has for her ex.

In some moments, she finds herself missing him and wondering if she made a mistake by breaking up the relationship.

In other moments, she will remember why she stopped feeling respect, attraction and love for him (e.g. he was too insecure, he couldn't handle arguments with her, he took her for granted and stopped caring about her, he was too nice to her and gave her too much power in the relationship) and

feel happy about her decision to end the relationship.

Yet, because she is still feeling positive emotions about him and missing him, it is difficult for her to just let him go.

Something inside of her is saying, *“Just give him another chance”* and she is hoping that he can build on her feelings and make her really want to do that.

So, if your ex girlfriend has been texting you late at night, it might be more about her checking to see if there is still a strong enough spark between you, or if she should continue moving on.

Don't let this amazing opportunity go to waste.

Make sure that the next time she texts, you are fully ready to re-attract her in new and exciting ways, so she feels compelled to give you another chance.

You can even be the one who texts her first, rather than waiting.

Then, when you've flirted with her a little via text, get her on an audio or video phone call at a time you think will suite her (i.e. when she's home and relaxing vs. when she's at work/university, driving or likely to be busy with something else).

Then, begin reawakening her feelings of respect, attraction and love for you on the call.

For example: Some of the ways you can do that are by:

- Making her laugh and smile and feel good to be talking to you again, rather than being too serious or neutral with her (i.e. like just a friend). If you are too serious or neutral, she will probably feel a bit flat after the call ends, thereby convincing her that you and her may not have enough of a spark anymore.
- Maintaining your confidence with her regardless of whether she sounds open and happy to be talking to you, or cold and aloof. If you can maintain your confidence no matter what, she will naturally feel respect and attraction for you, which will draw her to you.
- Flirting with her to create sexual tension, rather than pretending you just want to talk as friends and that you're not really interested in getting back with her. If she senses that you only see her as a friend now, she may pretend to only see you as a friend, which can confuse you and make you lose confidence. Yet, when you have the balls to flirt with her and she senses your sexual and romantic interest, she will feel more confident and willing to flirt back with you and show some sexual and romantic interest too.
- Believing in yourself and in your value to her, rather than letting doubts about yourself come through in the tonality of your voice and the way you respond to her. Women aren't attracted to emotional weakness and insecurity. If you want to be successful with women, you have to believe in yourself no matter what.
- Being a good man, but also being confident and assertive while talking to her, so she doesn't feel more dominant than you during conversations. Women aren't sexually attracted to men who are afraid of them. You've got to let her sense that you are confident and in control by being assertive, while also being a good man to her. That is a big turn on for women.

The more ways you can reactivate her sexual and romantic feelings, the less confused she will feel and the more she will want to get back with you.

When she's feeling that attracted, you can easily get her to agree to meet up with you in person.

In person, you can build up her sexual and romantic feelings as you talk to her and then progress to giving her a hug, a kiss and then hooking up with her sexually.

When that happens, she will know for sure that youâ€¦re a man worth holding on to and then, getting back into a relationship will be something she really wants to do.

Another possible reason why your ex girlfriend texts you late at night isâ€¦|

4. When sheâ€¦s alone with her thoughts, you are always there in her mind

[image: When she is alone with her thoughts, you are always on her mind]

Some women secretly struggle to get over an ex boyfriend, while putting on a brave face to others and acting totally fine when interacting with him.

Yet, no matter how much a woman like that acts like she is okay, the feelings she has in the background always remain.

Essentially, because she still feels drawn to him, she regularly thinks about all the good times they shared together and the positive things she misses about him.

Yet, because they are broken up, theyâ€¦re no longer talking.

So, she texts him to experience more of the exciting, warm, positive feelings that come from interacting with him.

At that point, her ex can get her back quite easily.

Yet, so many guys unfortunately mess it up by just texting and texting and texting until she eventually gets bored, or until she loses interest based on how he is responding to her.

Donâ€¦t put yourself in that position.

If you want her back, seize the opportunity by moving things forward to an in person meet up, hug, kiss, sex and back into a relationship.

For example: The next time your ex girlfriend texts you, rather than texting back and forth things like, *â€¦How are you? How was your day? What have you been up to? What are you doing this weekend?*â€¦ just transition to a phone call with her before she goes to sleep.

For example:

Her: So, how was your day?

You: Crazy.

Her: What happened?

You: Iâ€¦ll call you and tell you.

You: (Call her).

Then, when you have her on the line with you, use some humor to get her smiling and laughing right away.

For instance, she might ask, *â€¦So, tell meâ€¦|what happened?*â€¦

You might then say something like, *â€¦Well, okay, are you ready for this? I woke up this morning and my coffee machine was broken. Then, on the way to work, I stopped at that little cafÃ© round the corner from my house for a coffee, but apparently their coffee machine was broken as well. Then, when I got to work, the coffee machine there was also busted.*â€¦

She will most likely be laughing and wondering what the heck happened to all those coffee machines,

or if youâre only joking.

You can then say, *âThenâI woke up. It was a nightmare!*â and have a laugh with her.

You can then continue by saying something like, *âSo, I got out of bed, went straight to my coffee machine and I was like, ahhh, yesâcoffee. Everything is fineâ and have a laugh with her.*

You can then jokingly ask her, *âAnyway, nightmares asideâhow was your day?*â

Then, have a little chat with her, have a laugh together and arrange to catch up in person.

In person, you can then fully reawaken her feelings for you and get to a hug, kiss, sex and back into a relationship.

Donât Let Her Late Night Texts Go to Waste. Get Her Back by Avoiding These 5 Mistakes

[image: Texting mistakes to avoid with ex girlfriend]

Your ex girlfriend is literally giving you a chance to re-attract her and get her back right now.

If you want her back, donât waste it by making one or more of the following mistakes:

1. Being her texting buddy, but never taking it to the next level

Sometimes a guy will wait for an obvious sign from his ex girlfriend that she wants him to call her.

If she doesnât seem to be mentioning wanting to talk on the phone, or meet in person, he might make the mistake of thinking that sheâs ânot readyâ for that.

So, rather than going through the ex back process with her (i.e. getting to a meet up, hug, kiss, sex and back into a relationship), he ends up texting back and forth for days, weeks or even months.

Eventually, his ex girlfriend begins to think things like, *âWell I guess nothing is going to happen between us after all. I gave him an opening by texting him, but heâs not really taking things any further than that. Maybe heâs not interested in getting back together, or doesnât have the balls to meet up with me and get me back.*â

Rather than continuing to waste her time texting an ex who probably isnât interested, or doesnât have the balls to take action and get her back, a woman will then often stop responding and go silent.

If her ex keeps texting her and she sees nothing different, she might even block him so she can try to move on without him bothering her.

If you donât want that to happen between you and your ex girlfriend, just stop texting her and get her on a call.

On the call, you can then re-attract her and get her to meet up with you in person.

Why a phone call?

On a phone call, itâs just so much easier for her to experience the new you (e.g. via the tonality of your voice, the way you respond to what she says, your overall vibe, the way you approach the conversation, the way you say things, the confidence in your voice).

As she listens to you talk and notices that you are remaining confident no matter what she says and

are able to her smile and laugh, she realizes that her feelings for you are still very real.

As a result, she allows her wall to come down and opens up to seeing you in person to explore her new feelings for you.

When you meet up in person, you can then show her that you really are a new man and more importantly, she really does feel more attracted to you than ever before.

When she feels that, she will naturally want to get back with you, or at least hook up with you sexually to see how she feels afterwards.

Yet, if you just become her texting buddy, she will almost certainly get bored of texting you, assume youâre not interested and start dating other men to make herself feel better.

Another mistake to avoid making isâ

2. Always replying quickly because you worry that she will stop texting if you take your time

Quickly replying to your ex girlfriend every time she sends you a text late at night, is one of the fastest ways to give her an, *âI donât have a life anymore and Iâm just sitting around waiting for you to text meâ* vibe.

Obviously that isnât attractive to women.

Women are attracted to men who are confident, emotionally independent (i.e. not needy) and are able to enjoy life with or without their girlfriend around.

So, if you give your ex girlfriend the impression that youâre desperately waiting around for her texts to come in every day or night, then sheâs naturally going to lose attraction for you.

Then, the thing youâve been trying to avoid (i.e. she stops texting you) actually happens because she feels turned off by you.

This is why, no matter how badly you want to instantly or quickly respond to everything your ex texts you, just donât do it.

After all, if sheâs texting you late at night, youâre allowed to already be sleeping, out partying with your friends, talking to a friend on the phone, watching something on TV, or even busy entertaining someone (maybe another woman) at your place.

The point is, you have a life of your own and shouldnât be afraid to let your ex girlfriend imagine you being happy without her.

That doesnât mean you should ignore her for days and then brag about what you were doing in an attempt to make her jealous.

No.

That isnât cool.

Instead, if you are actually busy, then donât drop everything to reply to her right away.

Just take your time to reply when you are genuinely busy (e.g. in the shower, already dozing off, busy with a personal project, talking to a friend, playing a video game, watching TV, out partying with friends) and if you are available, reply quickly or fairly soon after she texts, as long as itâs not all the time.

In other words, even if you arenât busy and really are just sitting around at home waiting for her

texts, then at least give her the impression that youâ€™re not sitting around at home waiting for her texts.

So, reply to some of her texts right away, but leave gaps of time (5, 10, 15, 30 minutes and even up to an hour) in some cases.

Donâ€™t overdo it though, or not reply in the middle of a conversation because that would be weird. Instead, for it to feel natural, donâ€™t immediately reply to some of the new texts she sends you when she starts a new conversation.

If she asks where you were, you can tell her what you were doing (e.g. *â€œI was watching something on Netflixâ€*) and if you want to make her feel attracted by using some confident humor and flirting you can add it, *â€œSorry, it was more interesting that your texts :Pâ€*) and have a laugh with her.

That is so much more attractive to a woman than a guy who always replies to everything right away, or quickly, because he is worried that she will lose interest in texting him.

Always remember: Women are attracted to emotionally independent men (i.e. not needy) and repelled by emotionally dependent men (i.e. needy).

Neediness wonâ€™t make you successful with women, or successful in getting your ex back, so donâ€™t let her sense that from you.

Another mistake to avoid making isâ€¦

3. Ignoring her texts to seem like you donâ€™t care, but she then assumes that youâ€™re not interested and she starts moving on

While responding to an ex instantly is a big turn off to a woman, not responding to her at all is just as bad.

The fact is, for most women, texting an ex is a big risk, because he might not be interested in her and she will then end up being rejected.

So, if your ex has made the effort to reach out to you, donâ€™t blow it by ignoring her because youâ€™re trying not to come across as needy.

If you want her back, ignoring her isnâ€™t going to achieve that for you.

Instead, she will likely feel that youâ€™re not interested in her anymore and she will then focus on quickly getting over you, usually by hooking up with another man or men, so that she can move on too.

Another mistake to avoid making isâ€¦

4. Trying to have long conversations with her via text, rather than calling her

[image: Trying to have long conversations with her via text]

Long, ongoing, in-depth conversations via text can be time consuming, frustrating and full of misunderstanding that then need to be explained away with more long, in-depth texts.

When it comes to texting an ex girlfriend, she will usually only have a certain level of patience and enthusiasm about texting with her ex boyfriend.

So, if you get caught up in long, ongoing discussions via text, it can eventually lead to your ex

thinking, â€œHhhhâ€|this is so annoying. He just keeps texting. He doesnâ€™t understand what Iâ€™m trying to say. Hhhh.â€

Yet, if you shortcut the process and just call her, you can cut through all the exhausting effort it takes to explain yourselves via text.

Heck, if you are too afraid to get on a call, or if you really believe that she wonâ€™t answer your calls no matter what, then at least send her an audio message rather than trying to get everything across via text.

If you noticed, I also have videos on this page.

Why do you think that is?

Thereâ€™s only so much you can convey via text.

By adding some of my helpful ex back videos on the page, you can instantly get a sense of who I am and how sincere I am about helping you.

You can also see how confident I am, how experienced I am with helping men get women back and how much sense my advice makes.

If I only included articles, you wouldnâ€™t know all that about me and I would have to rely on trying to help you and hope that you read every word of the article.

Yet, I know that many people scan read articles online (i.e. quickly scan through, reading parts they want).

To truly help you, Iâ€™ve got to get your attention and get the advice across to you and thatâ€™s why I also include videos.

So, when it comes to your ex girlfriend, donâ€™t just stick to text.

Texts arenâ€™t the ultimate solution to everything when it comes to women.

At some point, you need to talk to her on a phone call and meet up with her in person.

Yet, if you try to do everything via text (including having long, in-depth, detailed and emotional conversations), then she will almost certainly close up and lose interest.

So, while itâ€™s totally fine to respond to your ex girlfriendâ€™s late night texts, just donâ€™t get stuck at that level of communication.

Based on all of my experience helping new men get women back, I can tell you that just sticking to text ensures she will only ever be your ex.

If you want her back, make a move.

Call her, arrange a catch up and get her back.

5. Reading too much into what she is texting, rather than just moving through the ex back process to get her back for real

If you spend a lot of time trying to figure out what your ex means by what she is texting, then youâ€™ll end up driving yourself crazy.

For example: One minute youâ€™re convinced that sheâ€™s hinting about getting back together and the next, youâ€™re feeling sad, rejected and disappointed because she seems to saying that she is happy without you.

Youâ€™ve got to understand that most women do not directly say that they are interested, even if

they really are.

Your ex is most likely missing you right now and wants to get back with you.

So, don't spend your time looking over her texts for clues.

Instead, just call her on the phone, make her feel a renewed sense of respect and attraction and get her to a meet up with you in person.

Then, make her feel attracted to you in person and get her back.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

My Ex Thought I Was Boring

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

5 possible reasons why she felt that way:

1. You weren't enough of a challenge for her

[image: You weren't enough of a challenge for her]

Women love it when they feel love and appreciated by you, but they also feel the need to love you, appreciate you and impress you.

You can make a woman feel that way by being a challenge to impress, while also treating her well.

When your girlfriend feels the need to impress you and maintain your interest, but she also feels loved, then it becomes a never-ending source of attraction between you and her.

She tries hard to look good for you, do nice things for you and make you love her more and you occasionally let her see that her efforts are working.

She then tries harder to get more and more of your positive reactions and in the process of doing that, it becomes one of the many reasons why she falls madly in love with you, is excited by the relationship and never wants to leave you.

Unfortunately, many guys simply aren't aware of how to build on a woman's feelings of respect, attraction and love over time in a relationship.

As a result, a guy's girlfriend will usually fall out of love with him and eventually dump him.

Things may have been good at the start, but she eventually gets bored of him and wants out of the relationship, even though he is still in love with her and wants the relationship to continue.

That horrible experience can happen to a guy repeatedly throughout life, without him truly ever figuring out where he is going wrong, or what he could do differently to avoid an eventual break up.

So, once again, he meets a new woman, really likes her and manages to get a relationship going, but she eventually loses interest and dumps him.

He looks on and sees other men who are able to maintain a happy, loving, passionate relationship with a woman, but he doesn't know how the man is able to maintain her respect, attraction and love like that over time.

Why doesn't he know?

In some cases, it can be because:

- He never had an effective male role model while growing up (e.g. his father didn't teach him about women, his parents weren't very happy in their relationship, so his father wasn't someone he could look up to regarding relationships, he was raised by a single mother who taught him to be a nice guy, his father was emotionally distant).
- He has unknowingly gotten a lot of his ideas about how to behave in a relationship with a woman via TV, movies or music videos, which are all based on a fantasy version of reality, rather than how life actually works.
- He has never taken the time to learn how to maintain a happy, in love relationship with a

woman.

- The only people who have given him advice about relationships are those who are being politically correct (i.e. articles written by women or wimpy men, teachers from school or university).
- The only people who have given him advice about relationships are his friends, who also struggle to keep relationships together.

He doesn't think that there is anything to know about relationships that could help him.

As a result, he might grow up thinking that you just have to get lucky and there is no way to keep a relationship happy, in love and passionate for life.

Without ever really knowing where he has been going wrong, he might also mistakenly assume that he is already being a great boyfriend (fiancé or husband) to his woman.

Yet, just like he has experienced in the past, another girlfriend dumps him (e.g. because he was boring, the relationship didn't have enough of a spark, he took her presence in his life for granted).

In many cases, this can come down to him simply not being enough of a challenge for his girlfriend (i.e. she doesn't really feel much or any need to impress him, she rarely feels excited when she interacts with him).

He doesn't understand that just being a nice boyfriend and â€œgetting along with herâ€ is not the secret recipe for lifelong love, attraction and enjoyment in a relationship.

Why?

That approach to a relationship is boring and causes a couple to end up feeling more like friends, roommates or housemates.

That's not what a woman wants to feel in a romantic relationship.

So, if your ex thought you were boring, you can actually get her back quite easily by using a new and improved approach to attraction.

When you interact with your ex again and she suddenly feels new sparks of respect and attraction based on your new approach to her, she will naturally feel drawn to you.

She will feel as though you really have changed and aren't the boring guy she left behind, which will make her begin to imagine what it would be like to be with you again.

If she likes what she imagines, that is when feelings of FOMO (Fear of Missing Out) will kick in for her.

She will fear that if she doesn't give you another chance, she will end up regretting it later on.

She will also fear that other women will find the new, more attractive version of you appealing and you might end up falling in love with a new woman and not wanting her back.

So, this can be one of the reasons why an ex will just open up and give you another chance.

Of course, there are more ways that you can attract her and I will explain that throughout this article.

For now, another possible reason why your ex may have thought you were boring isâ€

2. Your behavior was too predictable for her

[image: Your behavior was too predictable for her]

Some guys like to stick to certain routines in life (e.g. he likes to have the same kind of breakfast every day, do the same kinds of things on weekends, go to bed/shower/eat at a specific time every day).

That's fine.

Yet, if a guy also doesn't add in much or any romance or spontaneity into a relationship (e.g. breaking out of his routine to do something different that feels special for him and her), a woman can get pretty bored with the relationship over time.

Many women will put up with it, but they will feel bored.

It won't necessarily be her main reason for breaking up with him, but she will start to question why she is sticking with a relationship that seems like it's on repeat 24/7, 365 days per year.

In another example, some guys think that they are being romantic or spontaneous, but the woman finds it predictable and boring over time.

For example: A guy might

- Always buy his woman flowers and chocolates for her birthday, Valentine's Day or their anniversary, because that's what he thinks he needs to do.
- Take her to the same restaurant for all of their romantic dinners, because it's where they went on their first date and she used to tell him that she enjoyed it.
- Call or text her every day because he feels that that is what a good boyfriend should do.
- Approach sex in the same kind of way with her, to the point where she can predict what position he will want to do and for how long.

Yet, here's the thing

Even though he's being a good guy and doing everything 'right' (i.e. he's taking her out for romantic dinners, buying her flowers or chocolates, having fairly regular sex with her), what he isn't doing is sparking her feelings of excitement and anticipation.

Women love to spend time feeling excited and wondering about something that a man might do in the future, rather than always knowing exactly what he will do, or pretty much what he will do.

When a woman can predict her boyfriend's every move or most of them, it becomes boring to her.

Why?

One of the main reasons why is that most women want to feel consumed by their love for a man, to the point where he essentially becomes what her life is all about.

She wants to think about him most of the time and try to win over more and more of her love.

This is why you will have seen some women asking their man, *"What are you thinking?"* but you might not have realized how excited she is by the thought of not knowing and how much it turns her on.

If the man doesn't tell her exactly what he is thinking, it's so much more exciting for her.

He can tell her something, but not give her the full answer, or he can give her a humorous answer, *"I was thinking about pizza"* to let her see that she can't access all of his thoughts.

He isn't an open book to her.

He is a mystery that she is constantly trying to solve, but can never quite figure out.

A woman can enjoy experiencing that in a relationship for LIFE and it can be one of the main reasons she will never want to let him go.

Yet, a lot of men don't understand it.

Additionally, they assume that it would be too much work to be unpredictable around a woman in a relationship.

Yet, the reality is that it is 100x times easier and more enjoyable to be in the position where the woman is constantly thinking about you, fantasizing about you and wanting to win over more of your love, compared to being in a position of being 50/50 equals with a woman in a boring relationship.

If you create a 50/50 relationship dynamic where you and her feel more like friends, then it might last a few months or even a few years, but she will get bored.

Additionally, if she notices that her friends, coworkers, or family members are happy, excited and in love in their relationships, she may begin thinking, *"Why can't I have that? I want to be in love like that. I want to be with a man who keeps me off balance because he isn't predictable. I want a man who can surprise me with his behavior, words or actions, rather than being with a guy where I can pretty much predict how he will react, what he will do and what he will say. I want to feel that excitement of being with a man who I actually remain in love with."*

If the relationship doesn't ever really improve and continues to feel boring and predictable for her, she might eventually decide to break up with him and try to find a new man who is less predictable.

She might not hate you or feel like she could never get back with you, but she will most likely look at you as just a friend now.

This is why, if you want to get your ex back, you need to let her see that you are no longer the boring, predictable guy she used to see you as.

You need to be able to attract her in new ways, so she no longer looks at you as just an ex who is just like a friend to her.

Instead, she feels drawn to you based on the new, more exciting approach you now take when interacting with her.

An approach that causes her to naturally feel sparks of respect, attraction and love with you.

Another possible reason why your ex may have thought you were boring, is that

3. She didn't understand your approach to life

Sometimes, a guy might not be a boring guy at all.

Yet, his woman will see him as being boring because he doesn't live his life in the way that she thinks a guy should (e.g. partying a lot, doing lots of adventurous things, having loads of friends that he catches up with all the time, holding parties).

As far as he is concerned, it's not boring to stay at home most of the time and not socialize a lot.

He only has a handful of friends that he interacts with in person and he doesn't see them very often.

He rarely posts things on social media (or doesn't use social media) and the only time he interacts

with his friends is via phone call, in person or when playing video games online.

He might also spend a lot of time doing things by himself (e.g. reading, meditating, gardening, watching TV).

When there's a party, wedding or a get-together that his girlfriend wants to go to, he might usually prefer to stay at home instead.

As a result, she ends up going alone or she doesn't go at all.

A woman might put up with that for a few months or years, but she will usually get to the point where she feels bored with him and sees him as holding her back from experiencing fun things in life.

If she is a bit of an extrovert who loves to be around people, she might begin to complain to him about the way he lives his life and say that he is boring.

Yet, here's the thing!

Just because he doesn't live life in the way his woman thinks it should be lived, it doesn't make him boring.

The same might be true for you and your ex.

Maybe she just didn't understand your approach to life and as a result, she naively expected you to be more like her.

Of course, just because you're not really a boring guy and she might have just been a bit shallow in the way she looked at you and life, it doesn't mean that you shouldn't care about her wants and needs.

If you want her back, you're going to need to adapt to her ways a little bit more.

That doesn't mean you have to change who you are, be like her and then end up resenting her for turning you into someone you're not.

Instead, it's about doing some of the things that she likes to do from time to time, so she feels like you and her have more in common and that her life with you isn't boring.

Of course, she is your ex right now, so you might be wondering how you can let her see that?

Well, one of the easiest ways is via social media where you post up photos and videos of yourself enjoying life with others and looking confident, happy, loved and included.

If you don't want to post anything on social media, then you can let her see the changes in you by interacting with her on a phone call (audio or video) or in person and letting her sense how differently you are approaching life now.

When she can see that you are now living life in a way that is appealing to her, she will begin to doubt her decision to break up with you.

You can then build on her attraction for the new and improved you and get her back into a relationship that feels better for the both of you.

On the other hand, if you don't want to adjust to your ex's way of living even a little bit, then maybe you'd be better off moving on and finding yourself a new woman who gets you just the way you are.

Another possible reason why your ex may have thought you were boring, is!

4. You held back from expressing your raw masculinity around her

[image: You held back from expressing your raw masculinity around her]

Some guys make the mistake of thinking that in order for a woman to be happy in a relationship, he needs to just get along with her by being more like her.

He might initially be a confident, masculine guy, but when she picks on him or gets annoyed at him for being masculine (a test of his masculinity), he takes it seriously and thinks that he needs to tone down his masculinity around her.

That is a huge mistake and something I explain in this video!

Some guys never find out what you're learning now and as a result, they never, ever get to maintain a woman's attraction in a relationship.

The woman always loses interest in him over time, even though he could have easily maintained and built on her interest over time.

The relationship could have worked, but he failed her tests of his masculinity and became too soft, neutral or "friend like" to her, which simply doesn't make a woman feel attracted and in love.

Additionally, some guys end up being so afraid of their woman's reaction, or so tired of dealing with her tantrums (which are fake by the way and are simply a test of his emotional strength) that they just give in and let her call most or all of the shots in the relationship.

For example: When there's a decision to be made about what to eat, where to go or what to get for the house (e.g. new furniture) rather than giving his input, he says something like, *"I don't mind. You choose. I'm happy with whatever you decide."*

When there's a problem that needs to be solved (e.g. where to get the money to pay an unexpected bill, whether to employ a helper in the home or not, where to invest their savings), he leaves it up to her to sort it out.

In his mind, he feels like he is being a good boyfriend because she is getting to do what she wants.

This can happen when a guy regularly sees women being in charge in relationships on TV, acting like a boss in music videos or complaining about men in online articles (usually written by unattractive women who can't get a man to love them, or man-hating feminists who have issues about men that stem from their childhood experiences).

By not being able to see through all the noise on TV, in music videos and in online articles written by messed up women, a guy might eventually develop the belief that women want to be in charge, all men are assholes and men need to be very nice to women at all times.

Yet, when a man approaches women in that way, they simply do not love him.

They feel bored, restless, unsatisfied and even angry at the man for being such a pussy.

Of course, there are some women who like to dominate their man in a relationship, boss him around and make all the decisions, but those women are usually unattractive or have issues.

The reality is that the majority of women do not want to find themselves in a relationship with a man who suppresses his masculinity around her out of fear.

The majority of women want BALLS.

They love BALLS.

Hereâs the thingâ!

Even though many modern women feel independent and might even go around saying that they can do anything that a man can do, they are still instinctively attracted to and respect a man who isnât afraid to express his masculinity around them (i.e. have balls).

It doesnât mean that a man should be overly domineering towards a woman, or try to control her, boss her around and make all of the decisions.

Instead, itâs simply about being the emotionally stronger one (i.e. the one with more balls) who has the courage and emotional strength to take on the role of leading the way to a better life for both of them.

That doesnât mean that a man needs to do everything.

Instead, a woman wants to contribute and help build a better future together with her man, as long as she can see that for the most part, he is leading the way for them.

This allows her to fully relax into thinking, feeling, behaving and taking action like a feminine woman (i.e. free to be emotional, illogical and silly at times, change her mind like the weather).

If a man is able to remain strong, centered and focused on moving forward in the direction that he wants (regardless of the fact that she changes her mind like the weather), then she will stick to him like glue and follow him for life.

Yet, if he canât handle her femininity and she has to tone it down completely and be more like a man, then she isnât going to be happy.

She isnât going to be able to look up to him, respect him and be in love with him.

Some men think women are crazy for being like that, but let me put it into perspective for you.

Imagine that a woman wanted you to be like a woman, instead of a man.

She wanted you to be emotionally sensitive, illogical and change your mind all the time like a girl.

She wanted you to cry over random things, feel scared when watching a movie, scream like a girl and gossip all day long.

Youâd probably laugh at her and tell her that she is nuts.

Women feel the same way about men who want them to think, feel, behave and act more like a man.

If you want to be successful with women for life and never get dumped again, you need to understand and accept that men and women are completely different.

Donât ever suppress your masculinity around a woman because you think itâs what she wants you to do, or what will make her happy.

What a woman really wants is for you to maintain your balls around her, no matter what she says or does.

If you can do that, she will never, ever see you as being boring.

Of course, she might test the strength of your balls by saying that you are boring when youâre not, but you have to be ready for that.

You canât ever expect women to be like a man, who says what he means and does what he says.

Women regularly say things they donât mean (e.g. *âYouâre boring. I hate you!*â) and donât always do what they say (e.g. *âI just want a nice guyâ* and she then lusts after guys who arenât nice to her).

So, if you want to get your ex back, don't be afraid to interact with her and let her experience your raw masculinity.

That doesn't mean you need to interact with her and be an asshole or a jerk, but you need to have more balls.

Let her feel turned on by the fact that you have leveled up and become so much more of a man since she last spoke to you.

Another possible reason why your ex might have thought you were boring, is that

5. You were too nice or too neutral

Sometimes a guy will get most of his information about attracting a woman from his mother, sister or another woman like an aunt or grandmother, who tells him things like, *Be nice to women. Be a perfect gentleman.*

Yet, what a lot of guys don't know is that there is a BIG difference between what women SAY and DO when it comes to men.

While it's true that women do want a good guy, they simply do not feel turned on and excited by nice guys or neutral guys.

Unfortunately, many guys never realize that and end up messing up relationship after relationship with women by being too nice or neutral.

For example: If a guy is a nice guy, he will aim to be polite, sweet and nice regardless of how badly a woman is treating him.

He will assume that he is being the perfect boyfriend (fiancé or husband) because he gives her more than she gives him, puts her needs in front of his own, sacrifices everything for her and only wants the best for her.

On the surface, he seems like an amazing guy and that she should feel so lucky to have him.

Yet, rather than feeling lucky, she feels bored by his unrelenting niceness.

As a result, she may begin behaving badly (e.g. being selfish, going out with her friends and not inviting him, spending his money recklessly, throwing regular tantrums, being disrespectful towards him), in the hope of getting a reaction out of him.

If he continues to be nice and sweet to her regardless of how she behaves, she will lose respect for him for not having the balls to stand up to her.

When that happens, she will also stop feeling attracted to him and without those two emotions in place, she will also fall out of love with him.

Then, staying in a relationship with him will seem pointless to her.

Alternatively, in some cases, the nice guy will bottle up his emotions for so long and feel so angry inside that he eventually explodes with anger and hurts her physically, or shows her a nasty side of himself that he has been hiding all along.

Then, the woman sees that his niceness was always just an act and in reality, he's actually quite an angry and potentially violent man.

Seeing that can make her want to dump him because she feels as though he has been lying to her all along by putting on an act of being Mr. Nice Guy.

He might then feel furious at her for dumping him, especially after all he has done for her. He had treated her so well, put up with so much crap from her and in the end, she dumped him. As a result, he might then assume that being good to a woman is a mistake and he needs to become more of an asshole instead.

Hereâs the thing thoughâ!

There is nothing wrong with being a good man when in a relationship with a woman. Yet, what you need to understand is that there is a big difference between a good man who is a challenge vs. a nice guy who puts up with whatever a woman gives him, just so he can be with her. The good man who makes her feel like she needs to impress him too (i.e. he has a challenge) wonât ever have to worry about a woman seeing him as boring.

On the other hand, a nice guy who essentially puts up with whatever a woman wants, or however badly she treats him, just so he hopefully doesnât lose her, will end up losing her because she wonât be able to fully respect him, feel attracted to him or be in love with him as a result.

This is why, if your ex broke up with you because you were too nice or too neutral (i.e. just like a friend, roommate or housemate) with her, then you need to change the way you talk to her and interact with her from now on.

When you make her feel attracted in new and exciting ways (which is easy to do by the way), she will naturally feel curious and will want to interact with you more.

If you are able to maintain your new approach to her, she will feel compelled to give you another chance, or at least hook up with you to see how she feels afterwards.

4 Mistakes to Avoid if You Want to Successfully Re-attract Her and Get Her Back

1. Promising to change and be more spontaneous and fun if she just gives you another chance

For most women, promises from men about changing are just empty words because she will have heard it before from previous boyfriends.

Only a small percentage of men have the intelligence and follow through to actually change and level up as a man.

These men not only succeed with women, but they also succeed in life.

Itâs about approaching your life in a way where you are always leveling up, even if itâs just a little bit.

Men who always approach their life in that way, are able to quickly and easily make continuous improvements that, over time, turn them into the kind of man that other men respect and that women feel sexually and romantically attracted to.

Yet, men who approach their life in a way where they only occasionally make some improvements, will find that they get left behind by more successful friends and by women who once loved them, but eventually got bored of being with them.

So, if you want to convince your ex that you really have changed man (e.g. you are more fun and

spontaneous now, rather than being what she sees as boring or predictable), then youâre going to have to prove it to her via your actions, rather than your words.

When your ex can see that youâre no longer the same guy she broke up with, she will naturally feel drawn to you again, even if itâs just out of curiosity initially.

She will want to interact with you and find out why you are being so fun, interesting and spontaneous now.

Whatever you do though, do not tell her that youâre doing it to impress her, or because she said to do it.

Always do things because you want to do them, not because a woman is telling you to do it.

Women do not want to be with a guy who essentially follows her orders, or lives life the way she wants to live it, to then hopefully be accepted by her.

So, if she asks you why youâre being more spontaneous these days, just say something like, *âI just felt like doing new things. I love my life so much more now. Itâs greatâ* and subtly let her feel like she is missing out.

She might not admit it right away, but she will begin to feel like you are leaving her behind and she is missing out on being with a more interesting, appealing and attractive version of you.

In some cases, that alone can cause a woman to want to get back with you just so she can stop feeling like she is being left behind.

Then, if the relationship really does feel better and you are able to attract her in new ways, she wonât be able to stop herself from wanting to continue to see you.

Yet, if you just promise to change and be more fun if she gives you another chance, she will almost certainly keep rejecting you and attempting to move on without you.

Another mistake to avoid making isâ

2. Not realizing that the real source of boredom was the lack of sexual and romantic attraction

At the beginning of a relationship when everything is new and exciting, itâs easy for a woman to overlook certain things about a guy that turn her off (e.g. he is a bit clingy, he lacks confidence in social situations, his struggles to make a decision without her approval, he is too nice, he seems a bit emotionally sensitive or insecure).

She is willing to overlook things based on the sexual and romantic attraction she is feeling.

Attraction is a powerful force and it causes both men and women to want to avoid thinking about the negatives, just so they can enjoy it.

Yet, if a woman finds herself in a relationship where the spark dies out and the guy has no idea how to get it back, she will naturally start to focus on the negatives about him.

If she decides to put up with them for a while, she might try to make the relationship more exciting by suggesting they go on holiday, or going out to party or be around other people.

However, if nothing she does gets the spark back, then she will gradually start to feel bored and restless in the relationship.

Eventually, she will dump her boyfriend and if he asks, she might even admit that she thought he was

kind of boring.

So, if you want to get her back, you really have to understand what creates a spark in a relationship between a man and a woman.

Additionally, youâve got to be able to create that spark when you interact with her, so she feels attracted and then opens herself up to being seduced by you again.

If you just try to get her back by talking to her as a friend, or texting with her, then sheâs almost certainly not going to feel the spark and will simply continue moving on without you.

Another mistake to avoid making isâ

3. Feeling like it would be impossible to get her back

Every day, all over the world, women go back to their ex boyfriend to give the relationship another chance, even if it was a bad break up, or if it seemed like she would never change her mind.

Women do change their mind and go back to ex boyfriends and even ex husbands.

You can be one of those men who get another chance with the woman you love.

Just because your ex said that you were boring, it doesnât mean that you canât make her see you as being interesting, appealing, exciting and attractive now.

You can.

In fact, when you interact with her and she experiences the new you for herself, she wonât be able to stop herself from feeling curious about what it would be like to be with the new, improved version of you.

When that happens, she automatically stops thinking of you as being boring because she is feeling drawn to you again in a way that feels good to her.

On the other hand, if go through your life from now on assuming that it would be impossible to get her back, then she will almost certainly continue moving on without you.

Another mistake to avoid making isâ

4. Turning into a boring guy because you assume thatâs who you are and will always be

When a woman says that a guy is boring, it can cause him to think, *âWell, maybe she has a point. Maybe I am a boring guy. Maybe Iâm doomed to be single, or to experience failed relationships for life because of how boring I am. I should just accept it and give up.*â

Yet, thinking like that only makes a guy seem unattractive to his ex and to other women as well.

Why?

Women are instinctively attracted to the emotional strength in men (e.g. high self-esteem, self-assuredness) and turned off by the emotional weakness (e.g. low self-esteem, self-doubt).

So, when a guy lacks confidence and assumes that women couldnât possibly find him interesting, he might end up coming across as boring because he surpasses his personality.

He holds back because he believes that heâs just not going to be good enough.

As a result, his ex rejects him and attractive women donât find him appealing, which then confirms his belief that heâs boring and attractive women donât want him.

Don't let that life of misery happen to you.

Just because your ex said she thought you were boring, it doesn't mean that it's your fate or destiny to be a boring guy who always has women lose interest in him.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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Does My Wife Really Want a Divorce?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

It depends.

Sometimes threatening divorce is just a ploy to get you to treat her better, or to gain some power over you in the relationship.

Other times, itâs a way to hopefully get you off her back about her bad behavior, so she doesn't have to change anything.

Yet, sometimes it is serious and she is honestly planning on going through with a divorce at this stage.

So, here are 6 ways to know if she is being serious:

1. She has threatened you with divorce many times before and is now trying to get the process started for real

[image: She has threatened divorce before and is now trying to get it to happen]

Most relationships go through ups and downs and arguments may sometimes seem very serious (e.g. a wife goes to stay with friends or family for a weekend, she moves out of the master bedroom into a spare room for a little while, she gets so angry that she says sheâs had enough, she threatens to get a divorce, etc).

Yet, in most cases, these difficulties get worked out and the relationship becomes even more solid than before if the man approaches it correctly.

If the man approaches it correctly and is able to make the relationship better than before, then her threat of divorce becomes a distant and sometimes even forgotten memory.

As far as she is concerned, they simply went through a bad patch, fixed things up and are now happy, more in love and more connected to each other than ever before.

Yet, for other couples, the arguments and disagreements donât ever get resolved properly.

Instead, after every quarrel or argument, the woman becomes more and more distant and withdrawn.

She loves her husband and wants to be with him, but she feels increasingly open to the idea of divorcing him, so she doesnât have to put up with all the stress and arguments anymore.

As a result, she starts trying to get the divorce process happening.

For example:

- She begins to divide things that theyâve usually handled together (e.g. she splits the bills, gets a separate bank account).
- She starts cleaning out her closets, putting things into bags and eventually some of her things seem to be disappearing (i.e. she has moved them to a friendâs house, to her parentâs place, into storage).
- She makes plans for future events without including him (e.g. going to a school event with the children, attending a friendâs wedding/birthday party).
- She starts talking about them as though they are no longer married.

- She brings up quotes she has read about divorce, information she has found out or references articles about divorce when talking to her husband.
- She has an initial consultation with a lawyer, or reaches out for help with a local counseling service that helps women go through the divorce process.
- She begins talking about how to handle life after divorced (e.g. visiting the children, selling your home, splitting any additional assets).

If your wife has been behaving in any of those ways or something similar, then it's highly likely that she really does want a divorce this time.

Yet, that doesn't mean she will go through with it.

You can still change how she feels.

You can change how she feels by reactivating her feelings of respect, attraction and love and then building on it.

When you change her feelings for you, her thoughts about getting a divorce automatically begin to change as well.

Suddenly, the idea of a divorce seems too drastic and unnecessary, especially since things are going well between you and her again.

Another sign that your wife really wants a divorce this time is

2. She no longer feels like she would be embarrassed to admit to family, friends and coworkers that you and her are divorcing

[image: She no longer feels embarrassed to become a divorcee]

Even though divorce is quite common these days, many women still feel embarrassed to become a divorcee.

In most cases, a woman had her family and friends at the wedding and you and her seemed so in love.

So, she most likely doesn't want to ruin that perception for her family and friends by getting divorced.

She will want to maintain an image that things are fine, or at least okay between you and her, rather than seeming like a failure to her friends and family.

This is why, if your wife has been telling her family and friends that she wants to divorce you, then it's a strong sign that she is serious about it this time.

Of course, nothing is set in stone until the divorce papers are signed.

This means you still have plenty of time to change her mind and make her want to make the marriage work.

Another sign that your wife really wants a divorce is

3. She has somewhere else to live and is making plans to move there

An unhappy wife can talk about getting a divorce for years and years, without ever following through on it.

I know that from seeing my parent's marriage, where my mother has been unhappy and

complaining about my father for over a decade.

She has never left him though.

In my marriage to my beautiful wife, I don't experience that because I've know how to have a happy, in love relationship that is full of mutual respect, attraction and love.

Yet, I've seen my mother complain about my father for so long and she has even talked to me about wanting to get a divorce from him.

One of the main reasons she hasn't done it is that she doesn't have a job, doesn't have a license and has essentially relied on my father do take care of everything the entire marriage.

So, even though feels stuck and unhappy, I doubt that she would ever leave him.

How about your marriage though?

Do you think your wife is capable of leaving you?

If your wife begins to pack up her stuff or is making plans to move out, it's definitely is a strong sign that she's serious about the divorce this time.

What you need to do is maintain your composure and avoid saying and doing things that you will regret later on (e.g. begging and pleading with her to change her mind, insulting her, accusing her of cheating on you, saying things like, *"If you leave now, don't ever come back!"* or *"A"* crying to her).

Instead, just accept her decision, so she feels like she is losing you now.

For example: You can say something along the lines of, *"Even though I don't want you to go, I won't make this any more difficult for you than it already is. So, if you want to move out, then I accept your decision. If you want to go through with a divorce, then I will have to accept that as well. However, all I ask is for you to maintain an open mind and not rush into anything right away."*

By handling her decision to leave in such an emotionally strong and mature way, you will automatically spark new feelings of respect for you.

When a woman feels respect for, she can then feel attracted to you so much more easily.

So, when she feels sparks of respect and attraction, she will naturally begin to doubt her decision to leave.

As a result, she may begin thinking things like, *"Well, maybe we can make our marriage work after all. Maybe divorce is just too drastic. There's no harm in giving him another chance."*

From that point, you just need to focus on using interactions that you have with her to fully reawaken her feelings for you, so she falls back in love with you and no longer wants a divorce.

Another sign that your wife really wants a divorce this time is a|

4. She no longer wants to be married because she just wants to be free to do whatever she wants

[image: She no longer wants to be a married woman and wants to be free to do whatever she wants]

Sometimes a woman will get married fairly young, or she marry her first love and initially feel happy about it.

At the time, she might feel 100% certain that she has made the right decision to marry and have no desire to get out there and live the single life (i.e. hooking up with random men, have fun, sexual

relationships that last weeks or months, crushing on a guy and getting him to fall for her, experiencing the drama and excitement of dating multiple men at once).

Yet, if her marriage stops living up to her expectations and gradually becomes boring and stale, her 100% certainty might change to 50% and then less.

As a result, she may begin to think, *â€œMaybe I settled down too early. I never got to experience enough of my life on my own. Iâ€™ve always just followed my husband, but I donâ€™t respect him anymore to follow him. I want to do things that I want. I want to be free to be myself and make my own decisions.â€*

In some cases, a wife might then begin to behave in a more selfish manner (e.g. she goes out to bars or parties with her friends even though she knows her husband doesnâ€™t approve of it, she accepts a promotion at work that involves a lot of traveling without discussing it with him first, she takes up a new hobby that requires her to meet new people).

She doesnâ€™t care how it makes her husband feel because she is already beginning to move on without him and is happy about it.

If her husband then tries to stop her by saying things like, *â€œWhy are you behaving like this? Weâ€™re married, or have you forgotten? This is not how a good wife behavesâ€* she might feel a bit guilty about it.

Yet, if she has lost too much respect, attraction and love for him to really care anymore, or if she has been having a great time without him and feels more alive than ever before, she might decide to ignore his attempts to control her and start moving towards a divorce, so she can enjoy her freedom without him.

Another sign that your wife really wants a divorce this time isâ€¦!

5. She hasnâ€™t been in love with you for a long time and has fallen in love with another man

When a woman is happily married and in love with her husband, she wonâ€™t want to ruin that by cheating on her husband, or leaving him for another man.

It doesnâ€™t matter how many men try to hit on her; she will simply reject them or ignore them because she has no interest in pursuing another relationship, when she is already so happy and content in the relationship she has with her husband.

Yet, if a woman falls out of love with her husband, then she might decide to open herself up to being seduced by another man, or falling in love with another man and pursuing a relationship with him instead.

So, if she then happens to meet a new man who makes her feel the way she wants to feel (e.g. attracted, in love, excited, respected, appreciated), she will naturally feel drawn to him.

She might then begin to seriously consider divorcing her husband and starting a new relationship with the new man.

Of course, if her husband reacts quickly and begins giving her the attraction experience she wanted all along, she wonâ€™t want to risk ruining her marriage for a relationship that might not even work out.

So, if you donâ€™t want to lose your wife and go through the horrors of a divorce, I recommend that

you focus on allowing her to experience a new type of attraction with you.

Understand the parts of the attraction experience that have been missing and which she has most likely been seeking or wanting to experience with a new man.

When you understand what has been missing, begin letting her experience it with you.

Donâ€¢t tell her all about it.

Just do it.

Women donâ€¢t like it when a man says, *â€¢m going to try to attract you in this way* or, *â€¢ve been learning about attraction and Iâ€¢ve realized that Iâ€¢ve been too soft with you* and so on.

Instead, women love it when a man figures out what he needs to do to attract her and then does it, without having to get into a discussion about it.

If he discusses it all with her, his efforts can seem forced or fake, which takes the romance out of it.

Yet, if he suddenly changes and is able to make her feel new sparks of attraction, she feels amazed and excited about the new dynamic between them.

As a result, the new man that she has been opening herself up to emotionally suddenly feels like an imposter in your marriage and she wants to distance herself from him.

When she feels that way, she turns back to you and you can then guide both of you into deeper feelings of respect, attraction and love that keep you together for life.

As her feelings come back to life and deepen, the thought of being with another man feels wrong to her.

It feels like she would be losing out because she knows that thereâ€¢s no guarantee the new man would be able to make her feel the way you do.

Another sign that your wife really wants a divorce this time isâ€¢!

6. She is speaking to lawyers about it

[image: She is speaking to lawyers about it]

If your wife has been speaking to lawyers, or if you have received a lawyerâ€¢s letter stating her intent to divorce you, then sheâ€¢s probably serious about following through with it.

Of course, that doesnâ€¢t mean she will completely go through with it because everyone knows how expensive and emotionally stressful a divorce can be.

So, just because she is currently talking to lawyers, it doesnâ€¢t mean that you should give up on saving your marriage.

You can still change her mind.

Feelings change all the time.

Think about itâ€¢!

There was a time when you were a complete stranger to her and she felt nothing for you because she didnâ€¢t know you.

Then, when you start dating, she was thinking things like, *â€¢I think Iâ€¢m falling for him. I wonder if heâ€¢s the one. Maybe we'll get married one day.*â€¢

As your relationship progressed, she then got to the point where she wanted to be your wife, start a family and spend the rest of her life with you.

Then, there were times where you and her had a serious argument and she disconnected from her feelings of love for you, only to then forgive you and love you again.

As you can see, your wife's feelings have always changed for better or worse and back again, which means they can change once again.

The fact is, when you reawaken her feelings of respect and attraction for you, she won't be able to stop herself from feeling drawn to you again in a way that feels good to her.

Even if she tries to resist the feeling or hide it from you, it will be there in the background of her mind.

If you continue to make her new sparks of respect, attraction and love, something inside of her will switch back on.

She will realize that the relationship between you and her isn't over.

As a result, her heart will open back up to you.

Then, the idea of divorcing you and losing you forever will be something that scares her and fills her with feelings of regret, rather than something she's looking forward to.

Avoid These Mistakes While Trying to Change Her Mind About the Divorce

1. Panicking and beginning to promise the world to her if she changes her mind

When a man suddenly realizes that his wife is on the verge of leaving him, he might start promising her all sorts of things in a desperate attempt to make her change her mind.

For example: He might

- Promise that she can get her way and he will do whatever she wants without argument from now on.
- Promise to spend more time at home with her and stop pursuing his goals and ambitions.
- Offer to take on more chores around the house so she can relax or go hang out with her friends.
- Offer to work longer hours to earn extra money, so that they don't always have to feel like they're living from paycheck to paycheck.
- Promise to be more available to drive the children to school or to drive them to their hobby classes, or extracurricular learning.
- Offer to take her on regular romantic vacations and weekends away, even if they can't really afford it.

Although a wife might be surprised to see how willing her husband is to save the marriage, his actions will almost certainly seem desperate, which will cause her to lose respect and attraction for him.

Here's the thing

A wife doesn't want her husband saying things he doesn't really mean and promising to do

things he doesn't really want to do, just so she stays married to him.

That seems fake, forced and desperate, which isn't attractive to a woman.

Instead, what a wife wants to see is that her husband understands the real problems in the relationship and is calmly, confidently and genuinely making adjustments and improvements because he cares.

She doesn't want to see him offering her the world because he's feeling desperate, or being willing to hand over all of his power to her to make her stay.

So, rather than making big promises to your wife about things that probably don't matter much to her (e.g. promising to take her out more or take her on regular vacations, when what she actually wants is for you to just genuinely appreciate her), focus on making her feel differently based on how you interact with her.

For example: Rather than getting frustrated when she isn't seeing things your way, try to ask more questions so you can understand her point of view first.

Then, talk about some of the things you agree with regarding her point of view, so she feels understood.

Then, ask her what she understands about your point of view and praise her when she is on the right track, rather than just pointing out what she doesn't understand about your point of view.

When you approach interactions in a way that causes her to feel a renewed sense of respect and attraction for you, she naturally starts to feel like a divorce is unnecessary.

Yet, if you panic and offer her the world so she will hopefully stay, it will make her lose respect and attraction for you due to most likely appearing a bit desperate.

Another mistake to avoid making is

2. Crying and pleading with her to not go through with it

Even though divorce is common in today's world, it's still a horrible thing for a couple to go through personally.

It can be extremely stressful, emotionally draining, embarrassing and soul destroying to say the least.

So, it's understandable that if a wife threatens her husband with divorce, he might feel a bit emotional about it.

Yet, if he wants to maintain what is left of her respect and attraction for him and build some more of it back, then he needs to maintain control of his emotions like a real man.

That doesn't mean he can't or shouldn't feel anything.

That's impossible and it's unnecessary, of course.

Instead, maintaining control of your emotions like a real man, means feeling the emotions, but not breaking down into tears like a woman does.

Although it's politically correct these days to say, *Oh, it's okay for men to cry. Men should be able to cry like women do*, the fact is that women do not feel attracted to men who break down and cry when under pressure.

So, if a husband breaks down, cries and begs and pleads with his wife to change her mind, rather than make her think, *Wow! He must really love me if he's crying! I can't leave him now. I have to make our marriage work now*, she will instinctively feel turned off by him.

She might be nice to him and give him a hug, but secretly she will be feeling turned off.

Why?

A woman's attraction to a guy is based mostly on his ability to make her feel as though she can look up to him and respect him.

Breaking down into tears and begging and pleading simply doesn't make a woman look up to a man.

Instead, she looks down on him and in many cases, feels deeply disappointed with the man she married.

Women yearn to feel safe and protected by a man who doesn't crumble under pressure and if a woman's husband can't offer her that feeling, it's more of a turn off that most men will ever realize.

So, when a husband is pleading, crying and being emotionally weak and needy, he isn't going to accomplish his goal of making her love him and never want to leave him.

Instead, she will feel compelled to try to go through with the divorce, so she can set herself free from the weak man that he has become.

It may seem harsh, especially after all he has done for her and all they have been through, but attraction is attraction.

Women simply aren't attracted to emotional weakness and if a woman is on the verge of wanting a divorce, crying to her and pleading with her simply makes her feel more motivated to want to go through with it.

Another mistake to avoid making is

3. Trying to make her feel guilty about how it will affect your children or extended family

[image: Trying to make her feel guilty about how the divorce will affect your children or extended family]

Sometimes, when a man doesn't know how else to convince his wife not to divorce him, he might try to guilt trip her into staying.

For example: He might say something like, *"What will we say to our family? You know how much my parents love you. You will break their heart. Do you really want to put them through a divorce? Think about them. It's not fair to them."*

If they also happen to have children, he might say, *"What will happen to our children? Do you really want them being forced to grow up in a broken home? They're still so young and they need both of their parents. Do you want to be responsible for tearing us all apart like that?"*

Yet, regardless of whether or not his arguments are valid, a modern woman doesn't want to feel like she's being forced into sticking with a man out of a sense of duty to others.

She has seen way too many examples on TV of women divorcing men and being happy afterwards, or has heard from coworkers who've gone through it and they have still managed to continue on in life without their husband.

So, if you don't want your wife to go through with a divorce, don't try to make her feel bad

(i.e. guilty, selfish, careless) about it all.

Instead, focus on making her feel good again (i.e. happy, attracted, in love), so she naturally wants to forget all about the divorce and just stick with you.

Only when her feelings change will she happily change her mind, because itâs something that she wants to do, rather a favor that she is doing for you, or a duty that she is being guilt-tripped into feeling like she needs to uphold.

Another mistake to avoid making isâ

4. Not changing your approach to attraction, but then expecting her to feel sexual and romantic love for you

If your recent approach to making your wife want to stay married to you hasnât been working, donât keep doing it.

Try something new.

Something that has been proven to work by men all over the world who have found themselves in a situation like yours.

If you keep using the same old approach with her and expecting her to suddenly like it, sheâs just going to feel determined to go through with the divorce.

You can make her fall in love with you again and never want to even talk about divorce again, but you have to be willing to give her a new attraction experience.

Let her see that if she lost you, she would lose the love of her life and may never find another man quite like you again.

Of course, donât tell her that.

Make her feel it.

That is what works.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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6 Examples of What Not to Do During a Break Up With a Woman

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The way that you approach a break up with a woman can either make it easy, or difficult for you to get her back.

If you approach it in the right way, she will change her mind, open up to you and want to give you another chance pretty much right away.

Yet, if you approach it in the wrong way, she will feel determined to stick to her decision, remain closed off you and begin moving on without you.

Now, the first example below isn't a HUGE mistake, but it is a subtle mistake that can turn some women off and make her want to stick with her decision to remain broken up.

So, here is the first example of what not to do during a break up with a woman...

1. Don't ask her if there is anything you can do to change her mind

[image: Don't ask if there's anything you can do to change her mind]

If your girlfriend (or wife) really does love you and still wants to be with you, then asking her, *"Is there anything I can do to change your mind?"* can and does often work.

In cases like that, she will be totally open to telling you how you can change her mind.

She'll stop the break up, explain where you've been going wrong and give you a chance to fix things.

Great.

Yet, if you're looking for advice on what not to do during a break up with a woman, then you're probably going through a break up with a woman who isn't in love with you anymore.

In fact, she is over it and no longer feels enough respect, attraction and love to warrant being in a relationship with you again.

As a result, she won't feel motivated to give you answers on how you can fix things with her.

Additionally, she'll likely be annoyed that you're asking her for tips on how to change her mind, when she has probably been hinting at her unhappiness in the relationship for quite some time.

If she has been hinting, or directly telling you what to change and you haven't followed through on that, she will doubt that you could change if she gave you another chance.

This is why, rather than trying to discuss how you could change her mind, you simply begin making her feel a renewed sense of respect, attraction and love for you so she naturally changes her mind and opens back up to you again.

When you focus on making her feel a renewed sense of respect for you, then she will naturally open back to feeling attracted to you again.

When that happens, she will naturally and automatically reconnect with her love for you and as a result, you and her will be able to get back together so much more easily.

Yet, if you're just asking if there's anything you can do to change her mind, you might end

up getting vague answers from her like, *â€œI donâ€™t know. I just donâ€™t feel the same way anymore. Iâ€™m sorry, but itâ€™s overâ€* or, *â€œI donâ€™t think thereâ€™s anything you can do to change my mind. I was thinking about breaking up with you for a long time, but I never did it. I just canâ€™t do this anymore though. Itâ€™s over.â€*

This is why, itâ€™s best to just understand what makes a woman feel respect, attraction and love for a man and then immediately start doing that when you interact with her.

When you change how she feels, she naturally changes her mind.

Yet, when you ask how you can change her mind, it doesnâ€™t make her feel a renewed sense of respect and attraction for you.

Instead, in many cases, a woman will feel annoyed that you just donâ€™t understand how to make her feel the way she wants to feel.

As a result, she can see that as yet another reason to remain broken up with you.

2. Donâ€™t act like a neutral friend and expect her to feel sexual and romantic attraction for you

[image: Don't act like a friend and expect her to feel attraction for you]

If your ex is still open to being â€œfriendsâ€ with you, then make sure that you use the opportunity to re-attract her (by flirting with her, making her feel girly in comparison to your masculine approach, remaining confident no matter what), rather than putting yourself in the friend zone (by being extra nice, feeling unworthy of flirting with her, losing confidence in your attractiveness to her).

Where a lot of guys go wrong during a break up with a woman, is to suddenly become a nice, helpful friend who just wants to â€œbe thereâ€ for her.

As you may know, guys who behave like that when trying to get laid or get a girlfriend usually get rejected or placed in the friend zone.

Why?

Women arenâ€™t turned on by wimpy, fearful behavior from men.

Women are turned on by balls, confidence and masculinity.

So, if your girlfriend is open to being â€œfriendsâ€ after the break up, then accept that, but donâ€™t act like a nice, innocent friend who just wants to be there for her, support her and ensure that she is okay.

Of course, if you just want to be friends with her, then use that approach.

Yet, if you want her back, then make sure that you interact with her in a way that causes her to feel attracted, turned on and full of desire for you.

When she feels that way, she wonâ€™t be able to stop thinking about you and will want to change her mind about the break up and get back together.

Unfortunately, so many guys donâ€™t realize that when going through a break up with a woman and as a result, they end up losing her.

For example: A guy might think something like, *â€œIâ€™m lucky that she still wants to be my friend. I donâ€™t want to jeopardize that by giving her the impression that I want her back â€œ*

even though I do. Instead, I need to play it cool and be a good friend to her and hopefully over time, she'll realize that I've been a perfect gentleman with her since our break up. Then, she won't be able to stop herself falling back in love with me. Yet, if I flirt with her, she might think that I'm out of line. The, she might get angry with me and cut me out of her life. Then, I'll never be able to get her back. So, I'd better just be a nice friend to her.

Yet, being the "nice guy" is the worst thing you can do if you actually want your ex back.

It's an almost definite way to put yourself in the friend zone with an ex!

If you aren't making your ex feel sexually attracted and turned on, then she will almost certainly begin to open herself up to meeting, hooking up with, dating and falling in love with other guys.

So, while you're hanging around and thinking that everything is going great between you and her (e.g. because she sometimes texts to say hi as a friend), she's busy moving on with someone else.

Then, you have to feel rejected all over again and possibly feel betrayed by her as well.

That's not a nice feeling and often causes men to lose a lot of confidence in themselves and in their ability to attract and keep a woman in a relationship.

If you want to avoid going down that road, then simply understand that what makes a woman want to get back with a man is not only a renewed sense of respect for him, but also sexual and romantic attraction.

Sexual and romantic attraction is something that you can spark up inside of her immediately when you use an attractive approach (i.e. flirting with her, being very masculine in your behavior, conversation style and vibe so she can feel girly and feminine in comparison to you, remaining confident no matter what she says or does to make you doubt yourself).

Yet, if you ONLY use a "just a friend" approach (i.e. being very nice, helpful, generous, kind, thoughtful), she will almost certainly just be feeling neutral towards you and she will then direct her desire for a man towards other men instead.

I say ONLY because it is great to be a good man and to be thoughtful and kind with a woman, but on it's own, it's not what makes her wet.

Being good to her can make her feel some respect for you, but it isn't going to turn her on.

The reality is that women only feel romantically attracted to niceness when it comes from a man that they feel sexually attracted to.

This is why women reject romantic gestures from men that they're not attracted to and go weak at the knees or swoon at romantic gestures from men they are attracted to.

The romantic gesture offered by the guy can be the exact same thing, but it will feel completely different to a woman based on whether or not she feels sexual attraction for him.

Attraction changes everything.

So, don't be afraid to flirt with her to attract her and build up some sexual tension between you both.

When you build up sexual tension (it can be achieved in minutes, hours or days), she naturally begins to feel like she wants to release the built up tension with hugging, kissing and sex.

As a result, she stops wanting to completely end things with you and opens up to being with you sexually, even if she only wants to open up to that to see how she feels afterwards.

If you are able to continue making her feel attracted leading up to, during and after you hook up again, then she will feel drawn to you and compelled to keep seeing you.

Yet, if youâ€”re just being a nice friend, then she almost certainly wonâ€”t be feeling drawn to you in a sexual and romantic way.

Instead, when she naturally starts to feel horny (like a normal person does) and realizes that she doesnâ€”t want to do it with you, she will direct that natural, persistent feeling (of being horny) towards other men.

Then, if she meets a new man who is interested in her and who she feels more attracted to than you, she will naturally begin to close herself off to you and open herself up to him.

3. Donâ€”t cry to her, or tell her that youâ€”ve cried

[image: Don't cry to her, or tell her that you've cried]

Anyone is allowed to cry if they want to.

Yet, if you want to get a woman back when going through a break up, or after a break up, then donâ€”t cry to her or tell her that you have been crying.

Although politically correct media and people will say that itâ€”s fine for men to cry and men should be sensitive like women, the reality is that women just donâ€”t find it attractive.

Iâ€”ve heard from so many men over the years who have told me how their girlfriend or wife reacted to them crying and Iâ€”ve also heard it from female friends who have gone through a break up.

[image: Women lose respect for men who cry when being broken up with]

In a nutshell, the most common phrases from men are that the *â€”woman lost respect for himâ€”* and said that she *â€”could no longer look at him the same way.â€”*

Why?

A woman will lose respect for the fact that her guy fell apart and cried due to the break up, rather than being a man about it by maintaining control of his emotions.

Maintaining controls of your emotions as a man doesnâ€”t mean not feeling anything at all.

Instead, it means feeling the sadness, the rejection, the betrayal or the overall hurt that comes from a break up, but not breaking down and crying about it like a woman does.

Of course, these days there are so many emotionally weak guys who cry on TV shows these days and you might even know a few guys who have cried about little things, rather than being manly about it.

Yet, just because a bunch of weak, lost and confused guys have been crying, it doesnâ€”t suddenly make it attractive to women.

Women are not attracted to emotionally weak and sensitive guys who cry and break down when life throws them challenges (e.g. they lose their job, they go through a break up).

As devastating as it may feel to be going through your break up right now, crying about it to her (or telling her that youâ€”ve been crying) is simply not something you should do.

If you cry to her, or tell her that you have been crying, she might be nice to you about it, but I can absolutely guarantee you that she will lose respect and attraction for you as a result.

For example: She might say, *â€”Iâ€”m sorryâ€”* and cry with you and even hug you, but secretly

she thinking, *â€œOh my godâ€¦ what a pussy. I didnâ€™t know he was like this. Iâ€™ve got to go through with this break up and not look back. I didnâ€™t know he was such a fragile guy. Iâ€™ve got to get away from him and find myself a real man. He has shown me his true colors now. He is fragile. I canâ€™t rely on him to be the man I need in this life.*â€œ

So many guys have told me that they had a â€œgood cryâ€œ with their ex and she seemed really sad, but now she doesnâ€™t want to get back together.

They donâ€™t understand it.

She seemed sad.

Yes, she was sad and was genuinely crying, but she was also feeling deeply turned off by his lack of masculinity in that situation.

Of course, if she were to be asked, she would almost certainly be politically correct about it (e.g. *â€œItâ€™s okay for men to cry tooâ€œ*), or say something nice to avoid hurting his feelings (e.g. *â€œIt showed how much he caredâ€œ*), but secretly, she will feel turned off by it.

The reality is that what a woman really wants to see is that, no matter what challenges you are faced with in life, you are always able to remain strong and maintain control of your emotions like a real man.

That doesnâ€™t mean you donâ€™t show any love towards her, or let her see that you are sad about the break up.

You can show her emotions, but keep it together.

Put it this wayâ€¦

Have a think about the men in this world who you look up to and respect the most.

Are they the wimpy men who cry when life throws them a challenge, or are they the men who feel emotions, but are able to maintain control of those emotions like a real man?

The reality is that guys all over the world respect men who are able to maintain control of their emotions (e.g. confident, leader-type males) and women feel respect, sexual attraction and love for them.

The world needs strong men and everyone knows that instinctively, but due to political correctness and the need to make everyone feel included, many people lie and say that men should be sensitive and cry just like women do.

Yet, all you have to do is think about the most respected men in the world and you will realize that they arenâ€™t pussies.

Likewise, look at the men who women lust after and in most cases, you will see that the guy is confident and is able to maintain control of his emotions under pressure better than most guys can.

So, when a guy starts crying to his women during a break up and saying things like, *â€œWhy are you doing this to me? Canâ€™t you see that I would be lost without you? Please donâ€™t leave me. I need you! Pleaseâ€œ* it automatically causes her to lose respect and attraction for him.

She might be nice to him, hug him and cry with him, but she will secretly be feeling turned off at an instinctive level.

This is why, when going through a break up with a woman, you should man up and hold back the tears.

If you cry in private, then fine, but just don't tell her about it.

Always remember that women are attracted to emotionally strong men, not emotionally weak and sensitive men.

It's not politically correct to say that, but it's the truth.

4. Don't promise to change whatever she wants if she'll just give you another chance

[image: Don't promise to change whatever she wants if she will give you another chance]

Although promising to change whatever she wants might seem like the right thing to say during a break up (i.e. because you're being sincere, you're showing her how determined you are to make her happy), in almost all cases, it doesn't have the desired effect on a woman.

Why?

When a guy is saying things like *"I will do anything for you. Just tell me what you want me to do and I'll do it,"* it suggests to her that he doesn't understand how to attract her and needs her to become his teacher on the subject.

He probably also needs her to guide him through the ex back process, so he can get another chance with her.

A woman can end up seeing that as being all about him and his needs (i.e. help him get her back, so he can feel better about himself).

Yet, when a woman is breaking up with a guy, she almost never wants to take on the responsibility of helping him get her back.

She doesn't feel motivated to help him because she has already decided to break up with him, so it just doesn't feel right to her to be helping him get her back.

Additionally, in some cases, a woman doesn't want to tell her ex what to do and then see him comply with her instructions like a good, little boy.

A woman wants to be with a man who is his own man, not a guy who is being bossed around by her and is on his best behavior like a good, little boy.

If a woman feels more like his teacher or big sister, rather than his woman, then it makes her look down on him.

As a result, it takes the romance (or the "spark") out of the relationship, which then causes her to not want to have sex with him anymore.

If she doesn't feel any sexual desire or draw to him, it helps convince her that breaking up with him is the right decision for her.

A woman will then begin to realize that there are so many men out there who already know how to be the man in a relationship and make a woman feel girly and in love.

Yet, her boyfriend (or husband) is asking her for instructions and is willing to follow her instructions to hopefully please her.

From his perspective, he's not doing anything wrong.

He's just being an honest, good man who wants to treat his woman right.

That's true.

Yet, asking a woman for instructions on how to attract her simply isn't attractive to her.

It puts her in a position that she doesn't want to be in (i.e. big sister, teacher, mentor) and makes her feel turned off because she is no longer able to look up to you and respect you as her man.

So, rather than making the mistake of promising your ex that you will do whatever she wants if she will just give you another chance, just focus on figuring out her real, secret reasons for losing her feelings for you.

Of course, don't ask her what those reasons are.

Instead, you have to figure them out for yourself, or simply learn from me.

For example: Here are some questions that will help begin to understand what some of her real reasons for breaking up with you are.

- Did you start out being confident and self-assured, but end up becoming insecure, needy and clingy later on in the relationship?
- Did she look up to you and respect you all the way, or did she gradually start looking down on you based on how you behaved, treated her or treated yourself?
- Did you make her feel feminine and desirable in your presence, or did she end up feeling more like a friend around you?
- Were you focused on achieving your big goals and ambitions outside of the relationship with her, or did you essentially make your life about her, thereby causing her to feel a bit smothered by your dependence on her and turned off by your lack of ambition?
- Did she feel loved and appreciated, or did she feel taken for granted?
- Did you make her feel loved and appreciated, but then allow her to get away with treating you badly and being unloving towards you, thereby causing her to lose respect for you lack of balls in the relationship?
- Did you become too aggressive, selfish or mean towards her, thereby causing her to feel unloved, afraid and disappointed with who you turned out to be?
- Were you supportive and encouraging of her dreams and goals in life, or did you put her down and discourage her from going after what she really wanted so she wouldn't spend time away from you?
- Did you continue to flirt with her and keep the spark alive, or did you expect that she'd stick around for life just because things were good at the start?
- Did you and her make a lot of progress as a couple (e.g. rent a nice house together, get promoted at work, go on holidays, put a deposit on your own home, get engaged) and become the envy of some of her friends, or did she end up feeling embarrassed about the lack of progress that you and her were making?
- Did you initially make her feel beautiful and wanted, but eventually start picking on her physical appearance to the point where she no longer feel attractive around you and therefore, wanted to flirt with other men to make herself feel better?
- Did you initially spend a lot of quality time with her, but eventually ignored her by overworking, playing video games all the time, hanging out with friends more than her, or doing anything that allowed you to get away from her?
- Did she initially feel like you and her were a good match, but you eventually made her feel like she was more valuable than you and as a result, she felt like she was trading down by being with a guy like you?

- Were you able to maintain your manliness in the relationship all the way, or did you end up becoming a bit too insecure and weak in your approach to her and the relationship?
- By going through those questions, you will have most likely been imagining different scenarios that you experienced with her.

As a result, you will now have more of an idea of what to change and improve to regain her respect, attraction and love.

When it becomes clear to you, don't wait too long to change and then interact with her.

Get the job done.

If you wait too long, she will almost certainly begin to move on.

5. Don't tell her that she means everything to you and you will be lost without her

[image: Don't tell her that she means everything to you and you'd be lost without her]

Sometimes a guy might try to persuade his woman to change her mind about the break up by saying something along the lines of, *â€œYou mean the world to me. Everything I've ever done is to try and make you happy. Can't you see that? Please baby, I need you so much. You're the most important thing in my life and without you, my life just wouldn't be worth living.â€*

He hopes that she will realize how important she is to him and then change her mind.

Yet, it almost never works out that way.

Why?

Although a woman appreciates it when a guy is devoted to her, loves and respects her as his woman, she doesn't want to take on the role of being his sole purpose in life, or his main reason for living.

So, when a guy is saying that he needs her and would be lost without her, rather than feel flattered by his neediness, she feels turned off by it.

The reality is that a woman wants to be with a man who is happy, confident and forward moving in his life, with or without her support, approval or guidance.

She doesn't want to feel as though he would fall apart without her.

So, if a woman gets a sense that she needs to support a guy emotionally by always being reassuring, she can never fully relax and be a feminine woman (i.e. emotionally unpredictable, occasionally illogical, throw a tantrum to test his confidence, change her mind like the weather) around him.

If she has to be like a masculine man (i.e. emotionally stable and strong, reassuring, logical, certain), she will feel unhappy to her core and that's not how she wants to feel when in a relationship with a man.

So, if a guy says that she means everything to him and he'd be lost without her, she naturally pulls away from him even more.

This is why, if you want her to be your girl again, you need to genuinely feel happy about your life without her today.

When you interact with her and she senses that you are confident and happy without her, it makes her feel like she doesn't have to keep her guard up around you.

Yet, if you come across in a way that suggests you are lost, lonely and sad without her, she will sense that you need her back to feel better about yourself.

As a result, she will put her guard up around you and remain closed off to you.

6. Don't promise to wait as long as it takes for her to change her mind

[image: Don't promise to wait as long as it takes for her to change her mind]

That's something a character will say in a movie and it's nice for a movie, because you will see the couple go through all sorts of challenges while apart from each other and then get back together at the end of the movie.

How sweet.

Yet, in real life, promising to wait as long as it takes for your ex to change her mind doesn't make her come running back to you at the end of the movie.

Why?

If your woman has broken up with you, then it's almost certainly because she no longer feels enough respect, attraction and love to be with you anymore.

Time away from her isn't going to change that either, especially when she can easily meet a new man who will make her feel the kind of respect, attraction and love she is looking for.

Here's the thing!

When it comes to getting an ex back, action is what works.

You've got to take action and guide her through the ex back process, rather than waiting around for an ex (who no longer has enough feelings for you) to come running back.

Additional Mistakes That Can Turn Her Off During and After the Break Up

1. Bombarding her with texts after the break up

[image: Bombarding her with texts after the break up]

Sometimes a guy assumes that if he stays on his ex's mind with regular texts, she will be less likely to forget about him and move on.

Yet, in most cases, his constant or regular texting annoys her.

If it annoys her enough, she might block his number on her phone and even unfriend him on social media, which then makes it difficult for him to get her back.

So, what should you do?

While it's fine to send some texts after a break up, the best way to make her enjoy interacting with you is on a phone call or in person.

That might feel like it's too much to ask of her after a break up, but it's what works.

2. Sending her soppy, romantic texts about your feelings after the break up

Although that kind of approach might work in some movies, in real life, it just makes a guy look needy, wimpy and desperate.

As a result, it turns a woman off and makes her feel as though he has lost a lot of the confidence and emotional masculinity that she originally fell in love with.

So, if you pour your heart out to your ex in an overly sentimental way, rather than making her think, *“Wow! This is sooooo romantic! I always wanted him to be lovey-dovey with me,”* she’s simply going to wonder why you’ve become so desperate and needy all of a sudden.

Since women aren’t attracted to neediness and desperation in men, the soppy romantic texts will turn her off and make her feel happy about her decision to break up with you.

The next mistake to avoid is!

3. Appearing to be sad, lonely or dejected in social media posts

Sometimes a guy will use social media (e.g. Facebook, Instagram or Snapchat) as a way of letting his ex see how sad he’s been since the break up.

Secretly, he hopes that when his ex sees how sad he’s been feeling without her, she will feel sorry for him and come running back to him to make him feel better.

That can work if a woman is still in love with her ex, has been missing him and wants to get back with him.

Yet, in almost all cases, a woman has lost her feelings of respect, attraction and love for her ex, so seeing him looking sad, lonely and desperate just turns her off even more.

It also helps convince her that she’s probably better off without him because he’s clearly not an emotionally strong man who can handle himself under pressure.

Instead, he’s a needy guy who seeks pity from friends, family and potentially from her on social media.

That’s not attractive to a woman.

So, if you want your ex back, make sure you don’t turn her off by appearing sad, lonely and helpless without her in anyway on social media or in person.

Instead, if you intend using social media to get her attention, do it in a positive way.

Post up photos of yourself having fun with other people where you look confident, happy and included.

That makes women feel respect and attraction for a guy because women know that it takes a lot of emotional strength to immediately bounce back after a break up and live a happy, confident life.

4. Completely cutting off contact and just waiting and hoping that she changes her mind

That can sometimes work if a woman is still in love with her ex and secretly wants him back.

He doesn’t contact her, she worries about losing him and then contacts him and tries to get the relationship back together.

Great.

Yet, in almost all ex back cases where a guy needs help to get his ex woman back, she isn't still in love with him and secretly hoping to get back with him.

Instead, she has lost so much respect, attraction and love for him that she wants to break up and try to move on without him.

So, waiting for weeks, months and in some cases even years for your ex to change her mind rarely works.

Here's the reality!

If you're not actively doing anything to change her feelings for you, then she's probably not going to suddenly start wishing that you and her could get back together just because you've been ignoring her.

Instead, she will begin to forget about you, move on and fall in love with a new man.

Then, by the time you build up the courage to contact her, rather than being happy to hear from you, she might say something along the lines of, *"Why are you contacting me now? We've been broken up for a long time. I'm in a new relationship, I'm happy again and that's the way I want to keep it. So, please stay out of my life and don't call me again. Goodbye."*

I feel sorry for guys who get that type of reaction from their ex woman, after using a no contact approach on her.

It simply doesn't work on the majority of women.

So, if you want your ex to be your girl again, don't take the risk of ignoring her for weeks or months.

If you do that, she will probably move on and not want to get back with you again.

If you want her back now or within the next week, call her on the phone and then arrange to meet up with her in person, so you can fully reawaken her feelings for you.

When she is feeling new sparks of sexual and romantic attraction for you, she will naturally want to change her mind and open up to you to see where things go.

Yet, if you just cut off communication and wait, she probably won't take the risk of contacting you (in case you reject her) and will likely try to make herself feel better by hooking up with a new guy.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

How to Deal With an Evasive Ex Girlfriend

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here 5 things you can do to change your ex girlfriend's evasive behavior and get her to be more open and willing to give you another chance.

1. Stop giving her the impression that you're chasing a relationship

[image: Stop giving her the impression that you're chasing a relationship]

Chasing a relationship is the #1 thing that will cause an ex girl to be evasive, cagey or unclear when interacting with you.

Evasive (*adjective*): Tending to avoid commitment. Answering questions in a way that is not direct or clear, especially because the person does not want to give an honest answer.

From her perspective, she has broken up with you and most likely wants to remain broken up.

As a result, if you're asking whether or not she will give you another chance, or if you're pushing for a committed relationship, then she might decide to be evasive with her answers rather than telling you the truth.

The reality is that you CAN make her regret her decision to break up with you and then want you back, but you won't achieve that by seeming to only be interested in getting her to commit to a relationship with you.

If you are pushing for a relationship before you make her want you back, then she will almost certainly continue to be evasive with you.

Unfortunately, when gets dumped by a girlfriend that he is still in love with, he will usually feel a lot of emotional pain and want to get her back right away to make himself feel better.

He might also begin to worry about her opening herself up to new guys (dating, kissing, having sex), which can cause him to panic and try to rush the process of getting her back into a committed relationship with him.

So will text, email, call or attempt to see her in person to discuss the relationship and try to work things out.

From her perspective the relationship is over, so there's nothing left to discuss.

Yet, from his perspective, he is still in love with her, still wants a relationship, knows that he can change or fix whatever she wants and therefore, there are many things that still need to be discussed.

As a result, he might say to her, *"Why won't you just talk about what happened so we can work things out?"* or, *"I'm prepared to do whatever it takes to make things right between us again"* or, *"Just give me a chance to talk to you. I want to work things out. We can make this work."*

Yet, rather than making her think, *"Wow! He's clearly ready to fix things so that we can get back together. Okay, well I will discuss everything with him so we can get back together"* she pulls away and tries to avoid him (i.e. she becomes evasive, hard to reach).

So, while her ex is trying hard to get her to commit to giving the relationship another chance, she may

be thinking things like, *“Why is he trying to pressure me into doing something that I don’t want right now? Doesn’t he get it that I have broken up with him?”*

She may even begin to feel annoyed that he hasn’t yet realized that if he wants her back, he has to be able to make her feel a renewed sense of respect, attraction and love for him, rather than trying to push for a relationship because he wants it, or because he is sorry and is promising that he’ll do better.

Always remember: When getting a woman back, you need to focus on making her feel new sparks of respect, attraction and love for you.

In other words, it’s about her feelings, not yours.

Unfortunately, a lot of guys never realize that until it’s too late, so they keep pushing for a relationship when the woman just isn’t feeling enough respect, attraction and love for him to want it.

Without those feelings, she remains guarded and behaves in an evasive way towards her ex.

So, the way to deal with your evasive ex girlfriend is to first make sure that you’re not putting any pressure on her to commit to the idea of a relationship.

Next, you need to change your approach so that every time you interact with her on the phone or in person, you are sparking new feelings of sexual and romantic attraction inside of her.

You can do that by flirting with her, remaining confident no matter how difficult she is being to make you lose confidence, making her laugh and smile when she talks to you, being masculine in your vibe, energy, conversation style and behavior so she feels feminine and girly in comparison to you and so on.

On that note!

2. Start using humor to get her enjoying interactions with you, rather than making her dread interactions or avoid them altogether

[image: Start using humor to get her enjoying interactions with you]

Imagine this!

Every time a guy interacts with his ex girlfriend, he tries to get into a deep discussion about the relationship to hopefully patch things up between them.

This becomes exhausting for the woman and she then begins to dread interacting with him, or she starts trying to avoid him or ignore him.

Alternatively, imagine that a guy always asks his ex girlfriend what she’s been doing and who she’s been hanging out with since they broke up.

He might also regularly ask her if she’s seeing anyone else.

As a result, she may begin to feel like he is jealous, insecure or trying to control her, which will cause her to resent him and feel turned off by him.

She might then think something like, *“It’s none of his business how I choose to live my life now. I’m not his girlfriend anymore, so why should I have to explain myself and tell him everything I’ve been doing and who I’ve been doing it with? It’s starting to get annoying.”*

If he keeps asking, she might eventually snap at him and tell him to mind his own business, which can then lead to accusations of cheating or an argument, which will then push them further apart. This is why, you need to make sure that your interactions with your are fun and enjoyable, so she naturally feels motivated to talk to you and see you.

For example: If a guy called his ex girlfriend and she rudely said, *â€œWhat do you want?â€* he could laugh and say (in a joking manner), *â€œFor you to come over and make me a sandwich. Iâ€™m hungryâ€* and then have a laugh with her.

She might initially feel a bit pissed off (she was already pissed off at the start of the call), but since he had the balls to make a joke in a moment like that while still being a good man about it (i.e. he said it in a light-hearted, easy-going, joking manner), she will naturally feel some respect and attraction for him, even if she doesnâ€™t openly admit it.

When it comes to interacting with women, you always have to remember that they love balls.

Women canâ€™t go around openly admitting it, because it would result in men being too ballsy to the point of possibly being very arrogant, but just have a look at the men who women lust after the most and you will notice that the guy has balls (i.e. he isnâ€™t afraid of women, he remains confident and masculine regardless of what people say or do around him).

As I explain in the video above, if you fear a womanâ€™s reaction, she wonâ€™t feel attraction.

So, donâ€™t ever be afraid to joke with a woman, especially when she is pissed off to begin with.

For example: If a guy called his ex girlfriend and she rudely said, *â€œWhat do you want?â€* he could laugh and say (in a joking manner), *â€œFor you to come over and make me a sandwich. Iâ€™m hungryâ€* and then have a laugh with her.

She might then say, *â€œUmm, we are broken up. Iâ€™m not making you a sandwichâ€* and he can then laugh and say, *â€œI know, but you canâ€™t blame a man for trying, especially when you make such great sandwiches. If you canâ€™t make me a sandwich, how about a coffee?â€*

Obviously, he would say that in a light-hearted, easy-going and playful manner, while also being serious about it at the same time.

He could add, *â€œWe should catch up just as friend to say hi. Iâ€™m sure weâ€™re mature enough to do that, right? You can handle it. Letâ€™s catch up sometime this week for a coffee. Iâ€™m going to be busy on Monday and Wednesday, but Iâ€™m got time available on Tuesday and Thursday. Which of those days are best for you? Weâ€™ll catch up for a quick coffee to say hi.â€*

If she reacts in an evasive way and says, *â€œI donâ€™t knowâ€* then he can say, *â€œWell look, letâ€™s say 7pm on Tuesday. If you canâ€™t make it, I wonâ€™t be mad. Itâ€™s fine, but I think it would be good to catch up as friends to say hi.â€*

If she says, *â€œNoâ€* he can always use the line that Iâ€™ve had many clients test over the years, which almost always gets a meet up locked in, even with the most stubborn of ex girlfriends.

That is, *â€œOkay, I tell you what. Letâ€™s catch up for a coffee as friends to say hi. If you decide that you never want to speak to me again after that, then I promise and you have my word that Iâ€™ll never contact you again. So, if you like, it can be a chance to say goodbye as friends in a mature way and then never speak to each other again. Letâ€™s catch up for a quick coffee on Tuesday, alright?â€*

Almost all women say yes to that and then, at the meet up, you re-attract her, seduce her and make

her want to see you again.

Therefore, you don't have to never contact her again because she actually wants to be in contact with you and see you again.

3. Make sure that you're not trying to achieve everything via text

[image: Make sure that you're not trying to achieve everything via text]

In today's world, the vast majority of interactions between people happen digitally (e.g. via text, email, social media).

So, when it comes to getting an ex girlfriend back after a break up, a guy might assume that he can achieve most of it via text.

Yet, here's the thing!

When a woman is in love with her boyfriend and is happy in a relationship, she will enjoy hearing from him via text, even if it's just a quick text to say *Hi*, or a text about something random.

Yet, when a woman dumps her boyfriend, she will usually disconnect from her positive feelings for him (e.g. love, attraction) and focus on the negative ones (e.g. disappointed in him for becoming so insecure near the end of the relationship, annoyed at how he treated her during the relationship, turned off by how he behaved leading up the break up, during it and afterwards, angry that she wasted her time with him).

As a result, she won't really be very happy to be texting back and forth with him all the time.

Additionally, if he keeps texting, she may begin to close up and become suspicious of his motives (e.g. if he says that he doesn't want her back, but then texts her every day, or if he tries to be there for her after the break up by being a good friend).

If she senses that his actual intentions are to hopefully get her back, she will naturally start to close up and keep her guard up when interacting with him.

She may even get to the point where she starts ignoring him, or in some cases, blocks him for a while so she can move on with a new guy first, before unblocking him.

So, although texting an ex girlfriend is perfectly fine, trying to go from being broken up to back together again without including phone conversations or face-to-face meet ups is not a good idea.

If you only text, it can make an ex girlfriend feel as though you're not serious enough about getting her back, you're just texting to make yourself feel better, or that you don't have the balls to call her, or suggest catching up with you in person, which will make her feel turned off.

Additionally, she can easily misinterpret your texts as being needy, insecure or rude, even if you're actually being confident, relaxed, or sincere and easy-going when you send them.

Since she can't look you in the eye, assess your body language, or at least hear the tonality of your voice, then she will almost certainly think the worst (i.e. you're desperate for her, you're trying to manipulate her, you're just acting like a friend and hoping that she eventually says she wants you back, you don't have the balls to call her).

This is why, if you want your ex girlfriend to stop being so evasive, you should aim to complete the majority of the ex back process on a phone call and then in person.

On a phone call, she can sense your confidence (via your tonality, the way you respond, the pace at

which you speak, what you are comfortable talking about) and in person, she can see it and experience it right in front of her.

When you re-attract your ex on a call (audio or video) or in person, she naturally starts to feel drawn to you again and open to interacting with you further.

When that happens, she automatically stops wanting to avoid you and starts to want to interact with you more to see how she feels.

You can then fully reactivate her feelings and get her back.

Yet, if you just text, she will almost certainly get bored or annoyed with it and end up ignoring you or temporarily blocking you so she can have space to move on with new guys.

Remember: Texting is fine if you want to open the lines of communication with your ex (especially if she's being evasive and won't take your calls or agree to meet up with you right away), but it's not the solution to fix everything and get her back.

At some point (sooner than later), you need to take things to the next level and get her on a call and then to a meet up, so you can fully reactivate her feelings for you.

So, if you haven't already done so, stop texting your ex and

4. Attract her on a phone call or in person and then don't contact her again for a week

[image: Attract her on a phone call and then don't contact her again for a week]

Since your ex girlfriend has become evasive, the best approach to use is to re-attract her (so she wants you back) and don't contact her for a week, so she misses you.

If she contacts you during that time, then answer, respond and get to another catch up.

Yet, if she doesn't contact you, just leave her and let her miss you and really hope that you contact her again.

Then, when you contact her, she will be happy to hear from you and keen to meet up.

Of course, not all women are the same and sometimes, if you don't contact a woman for a week, she won't immediately answer your texts or calls.

Don't give up if that happens.

Just understand that sometimes, a woman doesn't want to appear to desperate or keen, so she will pretend to be busy.

Alternatively, sometimes a woman will want to see that her ex boyfriend is willing to contact her again if she doesn't answer, so she can see that he is serious enough about getting her back.

However, don't be afraid to re-attract her, make her want you back and then not contact her for a week so she is missing you and wanting you back.

When she can't really sleep at night because she's thinking about you and missing you, a woman will almost always give in and contact you.

If she doesn't, you can bet that she will smile and be happy and excited when you do contact her.

Important: Make sure that you interact with her, re-attract her and make her feel desire for you before you stop contacting her for a week.

If you just suddenly stop contacting her when she isn't attracted and wanting you, then she's

almost certainly not going to care.

Some of the many ways that you can re-attract your ex girlfriend during interactions are by:

- Flirting with her to create some sexual tension between you, rather than acting just a friend.
- Being prepared for when she tests your confidence (e.g. by being cold, bitchy, acting bored with you), so you don't begin doubting yourself and reacting in an insecure way. When she can see that you are able to remain confident no matter what she says or does, she will naturally feel respect and attraction for you, even if she doesn't openly admit it.
- Making sure that you feel worthy of her, rather than beginning to act like a rejected guy who isn't good enough for her.
- Using playfully challenging humor, so she feels excited, challenged and turned on, rather than just using nice, polite, sweet or cute humor. An example of playfully challenging humor is if she texts you, *â€œDo you miss me?â€* and you then reply, *â€œHang on. Who's this? What's your name again?â€* or, *â€œOnly as much as you've missed meâ€* or, *â€œI miss your cooking, but I don't miss youâ€* and with that last one, add a smiley face with the tongue sticking out, or a laughing emoji.
- Showing her via your attitude, conversation style, behavior and the way you respond to what she says and does, that you're now a new and improved man that she can look up to, respect, feel attracted to and love again, rather than continuing to make the same old attraction mistakes as you did before, which lead to her losing interest and wanting to break up.

Once you've reawakened her feelings and she seems relaxed, interested and happy to be talking to you again, you can say something along the lines of, *â€œAnyway, I've got to go now, but it was good talking to you/seeing you again. Maybe we can do it again sometime,â€* and then end the text chat, hang up the phone, or get up to leave if you're seeing her in person (obviously after you and her have both said goodbye of course).

From there, cut off contact with her for a week to give her time to really miss you and regret not trying to arrange to see you again.

During that time, she might text to see if you respond, or call you and hope that you answer.

Alternatively, she might just wait for you to contact her again.

Many women do wait because they're worried that their ex boyfriend will reject them and if that happens, she is then the one being dumped and left behind.

So, regardless of what happens (i.e. she contacts you or not), after a week is up, you need to call her again, make her feel sparks of attraction and then arrange to see her in person so that you can get her back for real.

If you ignore her for longer than a week, you run the risk of making her think that you're not interested in her anymore, or that you don't know what else to do to get her back.

In most cases, a woman will then try to move on by hooking up with new men to make herself feel better.

So, don't leave it longer than a week.

When you do contact her again, make sure that you

5. Let her sense that youâ€¢re not trying to get anything from her (i.e. youâ€¢re not pushing for a relationship) and are fine without her

[image: Let her sense that you're not trying to push for a relationship]

This is important to do with an ex girlfriend who has been evasive to you in the past.

Itâ€¢s not about saying to her, *â€¢Hey, Iâ€¢m fine without youâ€¢* or, *â€¢I donâ€¢t need you,â€¢* but just letting her sense that based on the fact that you donâ€¢t seem insecure, tense, needy or worried when talking to her.

If she can get that sense from you, then she will be more relaxed and open when talking with you, which will result in a more natural, flowing and fun conversation.

She will feel more comfortable show some interest in you because you're not pushing for a relationship.

[image: She starts showing some interest because you're not pushing for a relationship]

Then, in the process of showing some interest in you, she will be investing herself in the process of getting you back, which then makes it easier for you.

On the other hand, if a woman senses that her ex is struggling in life without her (e.g. he feels lost, lonely, sad, depressed), then she will almost certainly pull away from him more.

Hereâ€¢s the thingâ€¢!

Even though a woman does appreciate it when a guy wants her, she also wants him to be his own man at the same time (i.e. be emotionally independent).

Being emotionally independent means that he can be and is confident, happy and forward moving with or without her in his life.

This is attractive to all types of women, even those who donâ€¢t admit it.

On the other hand, if a woman senses that her ex boyfriend (who she dumped and doesnâ€¢t really want to be with anymore) is lost, depressed and insecure without her (i.e. he is emotionally dependent on her), then she will naturally feel turned off by him.

First and foremost, women arenâ€¢t attracted to emotional weakness and dependence in men.

Secondly, women know that if they get back with a boyfriend who became lost and depressed without her, he will almost certainly become clingy, needy and maybe even controlling in the long run if she got back with him.

So, rather than having to deal with all that, she will be evasive when her ex tries to talk to her to hopefully get her back.

Essentially, she will try to distance herself from him in the hope that he will eventually give up and leave her alone.

In the meantime, she will try to quickly move on by opening herself to dating new men.

This is why, if you want to get your evasive ex girlfriend back, you must show her that even though you still care about her and want her back, you donâ€¢t actually need her back to then be able to live a happy and productive life again.

Of course, as I mentioned, you shouldnâ€¢t tell her that you donâ€¢t need her.

Instead, show her during interactions (via your attitude and the way you talk and behave) that

youâre confident, have been living a happy life without her and have making progress on your goals and ambitions.

[image: Let her experience your newfound level of confidence and emotional independence, so she can feel attracted to the new you]

Additionally, let her experience your newfound level confidence and emotional independence, so she can feel attracted to the new and improved you.

One of the ways to let her experience that is by talking to her in a light-hearted, easy-going way that shows youâre not trying to get anything from her.

Of course, it doesnât mean that you donât want her back.

You do want her back and that is fine.

You will get her back as well.

However, with an evasive girlfriend, what she needs to see is that you donât need her to feel confident, happy or to live a productive, forward moving life.

When she senses your non-neediness (i.e. your emotional independence), she will naturally relax her guard and open up to you further, which then allows you to fully re-attract her and get her back.

5 Mistakes to Avoid Making With an Evasive Ex Girlfriend

So, now that Iâve taught you what to do, hereâs what not to do if you want to get your ex girlfriend back.

1. Asking her why she is being so evasive

Sometimes a guy will feel as though he has a right to know why his ex girlfriend is being evasive.

Hereâs the reality thoughâ

A man or a woman does not have to say or do anything in a relationship, or when broken up.

Everything that a man or a woman does is a choice.

For example: A guy can choose to be a good guy, treat his girlfriend well and surprise her sometimes on her birthday.

Yet, he doesnât have to.

Likewise, a woman can love her boyfriend, be loyal to him and always treat him well.

Yet, she doesnât have to.

The same applies to break ups.

A woman can tell her boyfriend why she is being evasive, or she can decide not to.

Itâs totally up to her.

The ex boyfriend doesnât have a right to know.

Instead, it would be good if she told him, but she simply doesnât have to.

So, if an ex boyfriend keeps asking her, *âWhy are you being like this?â* and so on, his girlfriend may end up feeling very annoyed and pissed off with him.

She might think something like, *âHow dare he ask me why Iâm being evasive. Does he think*

that he owns me or something? Itâ€™s so typical of him to act like a victim and try to make me feel as though Iâ€™m the one who is being a bad person for not opening up to him. Weâ€™ve broken up. Doesnâ€™t he get that? I donâ€™t have to tell him anything. I donâ€™t owe him any explanation other than what Iâ€™ve told him. I can now do what I want now. Itâ€™s my life. He doesnâ€™t own me.â€

As a result, she might then become even more evasive when talking to him, just to prove her point that she can do whatever she wants now.

At the same time, she may be focusing on finding herself a replacement guy as quickly as possible, so she can move on and rub that in her exâ€™s face.

So, if you donâ€™t want to push your ex girlfriend further away than she already is, donâ€™t make the mistake of asking her why she is being evasive, sneaky, cagey, deceptive, vague or ambiguous.

Essentially, donâ€™t go to her with questions like, *â€Why are you being like this? Why canâ€™t you just talk straight with me? Letâ€™s clear this up. I want to talk, but youâ€™re avoiding me. Just talk to me.â€*

Instead, use interactions that you have with her to make her smile, laugh and feel good to be talking to you, rather than making her feel like youâ€™re trying to pressure her into getting back with you.

The less pressured she feels when interacting with you, the less evasive she will be.

Another mistake to avoid isâ€|

2. Seeming to be annoyed at her for how long she takes to reply, or at the short replies she gives you via text

Always remember: A man or a woman donâ€™t have to do anything at all in a relationship.

Everything is a choice.

Itâ€™s not mandatory for to reply to you at all.

She can reply quickly, slowly, rarely or never at all.

Itâ€™s totally up to her.

Yet, if you want her to reply faster and want to see you in person, then make sure that your texts make her feel attracted and drawn to you.

Additionally, when you think she is feeling enough attraction and is open to you, proceed to a phone call (audio or video) and attract her further on the call (i.e. flirt with her, make her laugh and smile, let her experience your new and improved confidence).

Then, arrange to catch up in person, so you can then fully re-attract her and get to a hug, kiss, sex and back into a relationship.

So, donâ€™t get annoyed at her texting style, or the speed at which she texts.

Additionally, donâ€™t feel like she owes you anything.

The way to get an ex woman back is to make her feel like she will regret it if she doesnâ€™t give you another chance.

The way to do that is to re-attract her.

Re-attract her, make her want you and then get her back, or re-attract her, make her want you, give her a week of space, contact her again, attract her, arrange a meet up and get her back.

Don't make the mistake of trying to get her back via text and only text.

Most women will get bored of texting their ex boyfriend and either start ignoring him, or will eventually block him.

The next mistake to avoid is!

3. Using an approach that isn't working and then continuing to do it because you don't know what else to do

[image: Continuing to use an approach that doesn't work]

If a guy continues using the same approach with his ex girlfriend (e.g. being extra nice to her in the hope that she will be more open, acting like he just wants to be there for her as a friend, sucking up to her, trying to discuss his way back into a relationship), he will keep getting the same results, or his results will get worse (i.e. she will ignore him or block him).

This is why, if your current approach to your ex girlfriend hasn't been working, you need to try something new.

You need to level up your ability to attract her, so you can give what I call a Next Level Attraction Experience.

Watch the video below (from 6 minutes, 41 seconds into the video) for some examples!

4. Assuming that she has to be available to you because she's your ex

Sometimes, a guy might think, *"After all we've been through together, she owes it to me to at least discuss the relationship. I did so much for her and was always there for her and now she's just turning her back on me. That's just not right. She owes it to me to talk to me."*

It seems like he is right, but unfortunately, there is no law that says that woman must talk to her ex boyfriend and discuss the relationship.

The same applies to men who break up with women.

No further explanations are needed from the guy, unless he wants to give them.

This is because you don't ever own your girlfriend and she doesn't own you.

You are both individuals.

You and her were individuals before getting into the relationship, during it and now after it as well.

There is no mandatory obligation to discuss anything.

Unfortunately, a lot of guys who are hurting from a break up tend to forget about that and end up complaining to their ex girl and sometimes even demanding that she discuss the relationship with him

Yet, she doesn't feel like she owes him anything and, she doesn't want to have to explain everything in case he then says, *"Okay, I get it. I will change. I will fix all of those things. Please give me another chance. I promise you that I will change."*

If she opens herself up to that, he might be able to get her back without having to change and he might then end up dumping her.

So, to avoid all of that, a woman will try to move on, unless she can clearly see that her ex has already changed.

The way to show her that is to interact with her and let her experience the changes in you (e.g. you

are so much more confident than before, you are able to flirt with her and create a sexual vibe between you and her to bring the spark back to life, you are more mature and manly in the way you think, feel, talk and behave now).

When she experiences that, she naturally stops being so evasive and begins to open back up to you again.

You can then get her back.

Yet, if you assume that she should make herself available to you just because you and her had a relationship (or because you treated her so well during it), she will feel like you're out of line and will want to show you that you no longer have any control over her.

The next mistake to avoid is!

5. Giving up on her when she eventually goes cold, or you get tired of trying to get a decent response from her

If you're serious about getting your ex girlfriend back, don't just give up because she's not making it easy for you at the moment.

Most women don't initially make it easy to get them back.

Instead, a woman will usually be evasive, stubborn or vague, until her ex can reawaken her feelings for him.

If he can do that, she will feel a renewed sense of respect and attraction for him.

Then, she naturally opens back up to him and he can get her back.

So, don't give up and end up missing out on an opportunity to be with the love of your life again.

It's actually a lot easier than you might think.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

She Loves Me, But Loves Someone Else More

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 ways to change how she feels about you, so she ends up loving you more and wanting to be with you:

1. Adjust your approach to attraction immediately

[image: Adjust your approach to attraction immediately]

If your approach to attraction hasn't worked in getting her to choose you over another guy, then don't keep using that approach on her.

Change it.

You can't use the same old approach to attraction that you used in the past and expect her to be excited about it.

She's not going to be.

Your approach might have worked when you first met her, but things have changed.

There's someone else in her life who is making her feel a more powerful type of respect, attraction and love for him.

You need to beat that by offering her the type of attraction experience she really wants, but will never tell you about.

When you adjust and upgrade your approach to attraction, she will feel more attracted to you than she ever has before.

So, don't make the mistake of using your old approach to attraction and hoping that it will work.

For example: Imagine a guy who uses an outdated, nice guy approach to attraction.

*This is probably not what you did of course, but it's a good example to help you realize where other guys go wrong with a woman when trying to make her love them.

So, he tries to re-attract his girlfriend and make her love him more, by buying her gifts.

He thinks something like, *"That's how I got her to fall in love with me in the first place, so it has to work now. I'll show her how much she means to me by buying her things and she will realize that I care way more about her than the other guy does. Then, she will fall in love with me again. She will know that no other guy will treat her the way I do."*

Yet, what he doesn't realize is that while he's trying to impress her with gifts, the other guy is making her feel like a sexy, desirable woman in his presence by attracting her in ways that actually matter to her the most (e.g. he is making her feel girly in comparison to his masculine vibe, using playfully challenging humor to make her feel excited around him, flirting with her with build up sexual tension that she then wants to release with kissing and sex).

So, from one guy she gets a bunch of flowers that make her feel appreciated, but the other guy makes her feel turned on, excited and attracted.

For the nice, sweet guy, she may feel a friendly type of love, but for the guy who knows how to turn her on (and who is most likely being a good guy to her), she feels sexual and romantic love for him.

As a result, she's more likely to choose the other guy to be in a relationship with, than to stick with a guy she perceives as being a boring and predictable.

This is why, if you want your woman to love you and want you more, then you've got to try something new in terms of your approach to attraction.

If you're not sure what you could possibly change about your approach to attraction, ask yourself, *When I'm interacting with her*

- Do I make her feel respect and attraction for me by maintaining my confidence around her regardless of what she says or does to make me doubt myself, or do I turn her off by being insecure and unsure of myself?
- Do I make her feel feminine and girly by being emotionally masculine around her, or does she feel like the more dominant one because I let her lead the dynamic between us?
- Do I make her laugh, smile and feel relaxed around me, or does she feel tense, annoyed or bored?
- Do I make her feel the need to impress me and maintain my interest (what a woman really wants), or do I put in most of the effort to impress her and maintain her interest (not what a woman really wants)?
- Do I make her look up to me and feel proud to call me her man, or do I act and behave in ways that make her look down on me or feel embarrassed to be associated to me?
- Do I flirt with her to build up sexual tension between us, or do I normally talk to her like a friend?
- Do I laugh at her (in a loving way) when she brings up my past mistakes and blames me for the break up, or do I put myself down and feel unworthy of her?

If you are behaving in an attractive way, she is naturally going to feel attracted to you and drawn to you.

Yet, if the majority of your subtle behaviors are turning her off, or dulling her attraction for you, then she's not going to feel like she is in love with you.

She may love you as a friend, or as an ex boyfriend, but she won't be in love with you to the point where she wants to be with you and only you.

If you want to change her mind, then you need to change how she feels.

[image: Adjust your approach to attraction immediately]

From now on, focus on adjusting your approach to attraction, so you are able to make her feel the way she really wants to feel when with a man.

If you do that, then she will naturally want to be with you and only you.

However, if you keep doing what you've done before, then she will naturally love the other guy more if he is able to give her the kind of attraction experience she really wants.

Another way to change how she feels about you and about him is to

2. Shock her by attracting her in new and exciting ways

[image: Shock her by attracting her in new and exciting ways]

For example:

- If you have become insecure, needy and clingy, then start being more confident and emotionally strong all of a sudden. Regardless of what happens or what she says or does when you interact with her, just maintain your composure and show her that youâ€”re now the kind of man she can rely on to be a man no matter what. This will shock her and surprise her in a positive way.
- If youâ€”ve been treating her like just a friend lately, then start making her feel like a feminine woman around you (i.e. be a lot more masculine in the way you talk, think, feel, behave and act). Women are naturally attracted to masculinity, so donâ€”t hide it. If you are just neutral with her because youâ€”re afraid to be masculine, then she wonâ€”t feel like a feminine woman when interacting with you. If the other guy makes her feel more feminine, she will naturally love him more.
- If youâ€”ve allowed her to walk all over you and call the shots, start taking the lead and be more manly and in charge around her from now on. Itâ€”s not about being overly domineering or demanding or anything like that. Instead, itâ€”s about embracing your role as the man (i.e. the one who is more dominant). You donâ€”t have to get your way all the time. Instead, you need to start taking the lead and getting her to do some of the things you want her to do.
- If youâ€”ve been taking her for granted up to now, start pulling your weight and show her that you love and appreciate her. Donâ€”t make the mistake of going overboard though and being super nice, to the point where she sees you as being desperate. Just be more loving, appreciative and warm with her.
- If youâ€”ve been unmotivated about your future, set yourself some big goals and start making progress towards achieving them. You donâ€”t have to achieve everything or anything. Just start making progress. Let her see that you are now a more driven, ambitious man and are actually starting to make progress in the direction of your biggest dreams, goals and ambitions.

When she can see that youâ€”re now the kind of man she can look up to, respect and feel attracted to, she will naturally begin doubting her overall feelings for the other guy.

This can result in her thinking something like, *â€”I never realized what an amazing guy he really is. Yes, he made some mistakes, but lately I see that he is everything I really want in a man. I thought I couldnâ€”t love him like this, but I do. I just want to be with him.*â€”

She then opens up to you with a warm, excited, loving heart and just wants to explore her new feelings with you.

As long as you know how to maintain and build on her attraction, she will be yours for life.

Yet, Iâ€”m not done with helping you yet.

Hereâ€”s another way to change how she feels about you and himâ€”!

3. Stop trying to discuss her feelings

[image: Stop trying to discuss her feelings]

You canâ€”t discuss a woman into loving you more than another guy, so donâ€”t do it.

Of course, many guys donâ€”t realize that.

So, if a guyâ€”s woman says that she loves him, but loves someone else more, he will naturally

want to discuss it with her to find out why.

Yet, hereâ€¦s the thingâ€¦!

Asking a woman about her feelings when she says she loves you but loves someone else more, is putting her in a difficult position.

To begin with, she might not know why she loves the other guy more.

She just knows that she feels more respect, excitement and attraction when sheâ€¦s with him compared to you.

She canâ€¦t put her finger on it, or explain it in words.

Itâ€¦s just a feeling to her.

Additionally, when you ask a woman if she still feels attracted to you or loves you, she will feel turned off if she senses that youâ€¦re feeling insecure or rejected.

Watch thisâ€¦!

This is why you should always believe in yourself no matter what a woman says or does, because at least then, you are displaying the type of confidence that women naturally find attractive in men (i.e. what I call Independent Confidence. This is where you feel confident no matter what people say or do around you).

Another part of this is that a woman doesnâ€¦t want to explain why she feels the way she does about the other guy, in case you start behaving more like him to hopefully make her want you.

If you do that, she may see your behavior as fake, forced or manipulative, which will then turn her off and cause her to put her guard up with you.

Essentially, she just wants you to understand how to attract her, without having to ask her all about it, so she can see that the changes in you are genuine, real and something that you are naturally doing because you are growing into your masculinity as a man.

This isnâ€¦t something you should tell her though.

Donâ€¦t tell her something like, *â€¦Iâ€™m really trying toÂ change. Itâ€™s a journey for me and I will become the kind of man you want. Just give me a chance and I will show you.â€¦*

A woman doesnâ€¦t want to hear that.

She just wants you to do it and not say anything about it because she doesnâ€¦t want you desperately changing for her.

A woman wants to see you naturally developing as a man, without having to discuss it all with her.

If you can do that, she will automatically feel drawn to you and attracted to you in new and exciting ways.

She can then begin to think things like, *â€¦Wowâ€¦I really thought I was more in love with someone else, but now Iâ€™m not so sure anymore. Maybe I made a mistake because I now know that I love him. I donâ€™t want to lose him.â€¦*

She then opens herself up to you and wants to explore her newfound feelings of love for you and the other guy gets pushed into the background, or in some cases, completely dumped and left behind.

This is why you shouldnâ€¦t try to discuss her feelings in the hope of discussing your way into a committed relationship with her.

It wonâ€¦t work.

Instead, you need to every interaction that you have with her from now on, to make her feel sexually and romantically attracted to you, so she can then naturally feel like she is more in love with you than him.

Another way to change how she feels about you and him is to

4. Don't see the other guy as being better than you in any way

[image: Don't see the other guy as being better than you in any way]

One of the fastest ways to make a woman lose respect and attraction for you is to see the other guy as being more attractive or valuable than you.

By doubting your value and attractiveness, you literally push her into his arms because he seems like the more confident one, which is what women want.

So, never, ever doubt yourself.

Ever.

Always see yourself as being better than other guys, no matter what.

It's not something that you need to say out aloud, because if you do, people will put you down and call you arrogant.

Instead, it's something you should feel.

When you feel that way about yourself, you naturally think, talk, behave and act in the way that women find most attractive (i.e. you have Independent Confidence).

You have an air about that essentially says, *I know you want me, but I don't need to make it obvious because it's already obvious. You love me.*

You may have seen guys who have the type of air about them and noticed how the prettiest, sexiest women gravitate towards him like a magnet.

It's not something that women will openly admit or talk about, but just pay attention and you will see that guys who have that type of confidence are chick magnets.

So, if you make the mistake of seeing the other guy as being better than you (e.g. because he has bigger muscles than you, has more money, is more successful than you, is taller, has cooler friends, lives in a better neighborhood), then it will naturally start to show in your conversation, vibe, actions and behavior.

She will sense it and it will turn her off to the core.

As a result, you'll simply end up pushing her into the other guy's arms and causing her to love him more than you.

The reality is that women are turned off when a guy feels inferior to other guys in terms of attractiveness.

Women don't want guys going around saying, *I'm the best. Women love me* but they want a guy to feel like that about himself.

So, don't make the mistake of sitting around thinking about the other guy as being better than you.

Being insecure like that is not going to help you re-attract her and make her fall more in love with you.

You've got to be confident and know that you are better than him, regardless of what good qualities he has in comparison to you, or how positively she speaks of him.

You've got to realize that you are a great man in your own right, regardless of what the other guy is like.

No, you're not perfect, but neither is he.

When you accept and believe that you are more than good enough to be her man, then the idea of her currently loving him more won't bother you anymore.

You will realize that you can easily make her choose you over him based on who you are as a man from now on (e.g. confident, emotionally strong, emotionally masculine, determined, loving and attentive).

So, don't worry about him, because he is nothing compared to you and who you will become in the following days and weeks ahead.

You will win.

She will be yours and he will be history.

Another way to change how she feels about you and him, is to

5. Don't give her the impression that you are in a competition for her love with the other guy

[image: Stop giving her the impression that you are in a competition for her love]

To display the right type of confidence that will attract her and make her love you more, you need to behave as though you have already won.

That's how champions behave and it's how you should **always** behave with women.

Don't try to win women over.

Believe that you have already won a woman over and then act in accordance with that belief (i.e. talk to her in a confident way, flirt with her, move things forward without fearing rejection).

When you believe that you have already won a woman over, you will naturally exude the type of confidence that women find irresistibly attractive.

Of course, women don't go around telling men that secret because they don't want guys acting arrogant.

Yet, the guys who have that type of confidence are always the most attractive to women, as long as the guy doesn't go around saying that he thinks all women like him.

Instead, he just has that confidence in himself and as a result, women are irresistibly attracted to him.

Unfortunately, most guys don't know about this secret of attraction.

So, when a woman tells her ex guy that she loves him, but loves someone else more, he might feel like he has to compete for her love and hopefully try to beat the other guy.

He won't automatically think that he is better because he's not thinking like a champion.

He doesn't know that remaining confident in himself no matter what, will automatically make her feel respect and attraction for him.

As a result, he might:

- Send her a series of texts expressing his love for her and telling her how important she is to him.
- Tell her that no guy will ever love her as much as he does.
- Send her flowers, gifts or cards as a way of expressing his love for her and making her feel that he's more loving and attentive compared to the other guy.
- Make himself available to her 24/7 and runs errands for her to appear more indispensable than the other guy.
- Her her out financially (e.g. by paying her bills, giving her money for rent, buying things for her that she can't afford), to make her see him as being a better provider than the other guy.

Here's the thing though!

Rather than making a woman feel as though he is the right man for her, it just gives her power over her ex that she doesn't really want.

Yet, since he is putting her in the position of power, a woman will sometimes take it on and begin playing him against the other guy, to get what she wants out of both of them (e.g. bills paid by her ex, sex and good times with the new guy, or compliments and expressions of undying love from her ex and exciting love with the new guy who makes her feel the need to impress him too).

If her ex keeps being nice, being there for her, doing things for her and holding onto her even though she isn't being faithful to him, she will naturally begin to lose respect for him.

She will see his behavior as being desperate and wonder if he's just holding on because he has no clue how to attract new quality women to replace her with.

She might then think things like, *"I never realized it before, but my ex is an emotionally wimpy and needy guy. I see now that he's not man enough for me at this point in his life. He doesn't know what women really. I know who I love now and I can move on with him, without worrying whether I'm making a mistake by not choosing my ex."*

She may then decide to cut things off completely with her ex by saying something like, *"I'm sorry, but even though I do love you, I love him more and I have to follow my heart. I think it will be better for all of us if you and I don't talk or see each other anymore. Please don't try to get in touch with me again, because I won't answer anymore. It's for the best. Take care. Goodbye."*

Her ex is then left feeling rejected once again and may end up losing a lot of confidence in himself as a result.

He could have caused her to doubt her love for the new guy if he used an attractive approach, but he didn't.

Maybe he thought that it would be rude or arrogant to believe in himself.

Maybe he thought that she would take pity on him.

Maybe he thought that she was the one in the power position and there was nothing he could do about it.

And so on.

Here's the thing!

In a relationship, if you hand your power over to a woman, she just won't be able to respect you anymore.

If a woman can't respect you, then she will struggle to feel sexually attracted to you and without those two things in place, she won't feel like she is in love with you.

If the other guy is making her feel respect and attraction for him, then she will naturally find it easier to be in love with him compared to you and as a result, will say something like, *â€œI love you, but I love him more. Iâ€™m sorry.â€*

So, don't make the mistake of telling your ex or giving her the impression that you believe you need to fight for her love and hopefully beat the other guy.

Assume that you are already the winner and then, allow the confidence that comes from that to influence how you think, talk, feel, behave and act from now on.

If you do, she will naturally feel more respect and attraction for you, which will cause her to feel more love you.

If she starts feeling more love for you, communicates that to the other guy and he then becomes insecure in any way, then you will suddenly seem like the more attractive and appealing one to her.

5 Mistakes to Avoid Making if You Want to Her to Love You More Than Him

Just because she is currently saying that she loves him more, it doesn't mean you can't change that and get her back into a committed relationship with you.

You can.

However, you have to approach the ex back process correctly from now on.

To do that, make sure that you avoid making the following mistakes:

1. Asking her how much she loves him

[image: Asking her how much she loves him]

When a guy is losing his woman to another man that she also loves, he might then ask her how much she loves the other man compared to him.

It seems like a legitimate question, but it's just not something you should ask a woman because it makes you seem insecure about the other guy, which automatically makes him seem more attractive than you.

Additionally, by asking a question like that, it can cause a guy to begin behaving in unattractive ways.

For example: He might suddenly find that he can't stop himself from being clingy or needy (e.g. he bombards her with texts or social media messages to stay on her mind, he keeps coming up with excuses to call her or even see her, he asks her loads of questions about the new guy, he seeks pity from her by letting her see how sad, lost and dejected he now feels).

As a result, she will feel turned off by his behavior, which will naturally make her feel more attracted and in love with the other guy.

What you always need to remember is that insecurity, clinginess and neediness are not qualities that women find attractive in men.

Some women accept it and put up with it for a while, but theyâ€¢re not attracted to it.

Women are always attracted to confidence, emotional independence and emotional strength in men.

So, if you want her to see you as a better option than the other guy, show her by the way you now talk, act, think, behave and interact with her that you really are the better man.

Of course, donâ€¢t give her the impression that youâ€¢re trying hard to compete.

Instead, just know that you are the better man and allow that to naturally influence the way you now talk, act, think, behave and interact with her.

When she experiences the new, more attractive version of you for herself, she will automatically begin feeling drawn to you in new and interesting ways.

Suddenly, the other guy wonâ€¢t seem as interesting and exciting as he used to be and she will feel compelled to see you and hook up with you to assess how she feels afterwards.

2. Asking her why she finds him more attractive, or why she loves him more

[image: Asking her why she finds him more attractive]

Although a guyâ€¢s intentions might be good (e.g. heâ€¢s honestly looking for ways to improve himself, so he can be more attractive to her), a woman is unlikely to view his questions in a positive light.

Instead, she will almost certainly assume that heâ€¢s secretly jealous and feeling inferior compared to the other guy.

As a result, she will lose more respect and attraction for him.

This will automatically cause her to feel more drawn to the other man than she previously was.

So, donâ€¢t put yourself in that situation.

Just relax, maintain your confidence and know that you are a better man than him.

Then, use that confidence to interact with her in a way that makes her feel increasingly attracted to you.

When you do that, she will naturally reconnect with her romantic love for you and want to be with you.

3. Showing her how sad and dejected you feel now

Itâ€¢s totally understandable that a guy might feel unhappy, sad and dejected when he finds out that his woman loves some other guy more than him.

Itâ€¢s understandable, but itâ€¢s not something he should ever show to her.

What a woman wants to see is that a man is able to remain confident and believe in himself no matter what she says or does.

That is irresistibly attractive to women, but itâ€¢s not something they will go around saying because they donâ€¢t want guys overdoing it and acting arrogant.

So, what women do is that they just gravitate towards the most confident guy they can find.

This is why you shouldnâ€¢t show her that youâ€¢re crushed by what she is saying and have been losing a lot of confidence lately.

Showing her your emotional pain will not help you at all.

The next mistake to avoid making isâ€¦!

4. Trying to get her to make a decision between you and the other guy

[image: Trying to get her to make a decision between you and the other guy]

Even though you might be tempted to say something along the lines of, *â€œYou need to make up your mind. Itâ€™s him or me. Who do you choose?â€* donâ€™t do it.

Why?

If you put her in an uncomfortable position like that, she might simply decide to pick him over you because currently, she loves him more than you.

If she chooses him and you then react badly, she might decide to cut off contact with you, which will make it difficult for you to be able to re-attract her and get her back.

This is why, the best approach is for you to use interactions with her to spark her sexual and romantic feelings for you (e.g. by making her laugh and smile, flirting with her to create sexual tension, showing her that youâ€™re at a different level as a man than you were before), rather than trying to discuss her back into a relationship.

When she feels a renewed sense of respect and attraction for you, she will feel more love for you.

As a result, she will begin to realize that she actually loves you more than ever before, which will be confusing for her.

Additionally, since youâ€™re not trying to push her into a relationship, she doesnâ€™t have her guard up and isnâ€™t trying to push you away.

So, all she is left with is feeling drawn to you and wanting to see you, which is what she want to do.

Then, when you have sex again, she will experience it at a whole new level because of how much love she feels for you now.

5. Making her feel like she is more valuable than you

Donâ€™t give your ex the impression that you would feel so lucky and honored if she chose you over the other guy.

She doesnâ€™t want that kind of power over you.

Women arenâ€™t attracted to guys who hand over their power, especially when another guy is in the picture.

So, if you want her to be yours and only yours, you need to start looking at yourself as being more than good enough for her.

You are her number one option, but she just doesnâ€™t realize it yet.

She will realize it in the next few days when you interact with her and attract her in new and exciting ways.

Until then, make sure that you believe in yourself no matter what.

Believe that you are the right man for her and the other guy she currently loves, just doesnâ€™t compare to you at all.

Thatâ€™s how you need to think about yourself.

Believe it and then, based on that belief, you will naturally exude the type of confidence that women simply cannot resist.

She will suddenly realize that her feelings for you are back and the other guy isn't as appealing to her as she once thought.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

4 Examples of What to Say When Your Ex Says it's Over

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

What you say to an ex when she says, *It's over* can either push her away further, or draw her to you.

Here are 4 examples of what to say that will make her feel drawn to you in different ways

[image: Example 1: Accept her decision to remain friends]

Example #1

Cool, I accept your decision. We're never getting back together and I have no problem with that. All I ask is that we be mature about this and remain friends.

By saying something like that to her, you ease the tension and anxiety that she may be feeling at the moment.

For example: Right now, she might be expecting you to resist her and possibly even cause a scene (e.g. get angry, beg and plead with her to change her mind, promise her you'll do anything to make it up to her if she'll just give your relationship one more chance).

So, when you say you accept the break up and then suggest being friends, she will be relieved that things went so smoothly between you and her.

As a result, she is more than likely to agree to being friends.

Important: When you get her to accept being 'friends' with her, don't act like a friend.

Instead, use the so called 'friendship' as a way to keep the lines of communication open, so you can then re-attract her.

If you're not sure what to focus on to re-attract her, watch the video above for some examples.

Whatever you do, don't just act like a neutral friend with her.

Behave in a way that causes her to feel attracted and see you in a sexual and romantic way.

Where guys go wrong, is that they try to be a nice friend to their ex girl in the hope that she takes pity on him and gives him another chance.

Some guys even go as far as helping their ex girl financially (e.g. paying some or all of her rent or bills) in the hope that she feels like she needs him in her life and has to get back with him because of it.

Yet, in many cases, the girl just accepts the help and moves on with other guys behind his back.

Here's the thing!

If you want to get your ex back, you can't just sit around being Mr. Nice Guy or Mr. Helpful towards her.

You have to actively make her have sexual and romantic feelings for you again by at least flirting with her to build up some sexual tension.

After all, sexual attraction is the main difference between a sexual relationship and a friendship between a man and a woman.

So, by all means be her 'friend' to keep the lines of communication open between you and her, but

donâ€™t be a platonic, non sexual friend who pretends that heâ€™s not interested in getting her back.

Actively make her experience new feelings of respect and sexual attraction for you again, by using every interaction you have with her over the phone and in person, to flirt with her and make her smile, laugh and feel excited to be interacting with you.

Thatâ€™s what really works to get a woman back, even if she started out saying that it was over.

[image: Example 2: Joke about finally being free after being trapped in a relationship with her]

Example #2

â€œFinally. I get to be single again. I was trapped in our relationship and now Iâ€™m free.â€œ

Say that to her in a joking way, of course.

Joking with her like that is a great way to show her that youâ€™re not emotionally dependent on her (i.e. you donâ€™t need to get her back to feel confident again, or to feel good about yourself).

When she senses youâ€™re emotional independence, she naturally feels respect and attraction for you, even if she doesnâ€™t want to admit it.

Attraction is an automatic reaction that happens in response to attractive traits being displayed.

Itâ€™s not something that can be switched off.

Many women pretend to not be feeling attracted, to gain power over a guy, but they are actually feeling attracted.

If a guy knows that, then he will remain confident and she will feel even more attracted to him.

If a guy doesnâ€™t know what you just learned above, he will usually doubt himself when a woman isnâ€™t making it obvious that she is feeling attracted.

When she notices that he is doubting himself, she loses attraction for him because he is so emotionally dependent on her behaving in a certain way.

Women are always attracted to emotional independence, so be sure to have the balls to let your ex see that and she will feel some attraction for you.

When she feels some attraction, she naturally feels drawn to you.

Unfortunately, the majority of guys out there just donâ€™t know that.

As a result, when a woman tells her boyfriend that itâ€™s over, a guy might then say something like, *â€œNo! Please donâ€™t say that! Donâ€™t you know that you are my life? You are everything to me. I wonâ€™t be able to cope without you. I need you in my life. I love you more than anything. Iâ€™ve never loved a woman the way I love you. Please, donâ€™t do this. Give me a chance.â€œ*

Essentially, heâ€™s hoping that she will say something along the lines of, *â€œOhh! I never realized how much you loved me and needed me. Well, that changes everything then. Of course I wonâ€™t break up with you. Letâ€™s get back together.â€œ*

Yet, obviously thatâ€™s not how it works.

Why?

Women arenâ€™t attracted to neediness, desperation and high levels of emotional dependence from

men.

For a woman to truly feel respect and attraction for a man in a relationship, she wants to see that he is capable of being happy, confident and forward moving in his life, with or without her support, approval or attention.

She doesn't want to feel as though he will fall apart without her.

So, by saying that you're happy to be single again (even if it's only in a joking way), you are showing your ex that you're not going to be sitting around feeling sad, lonely and lost without her.

Instead, you feel confident, you feel good about yourself and it seems like you are capable of enjoying your life without her.

Of course, that doesn't mean you don't want her back.

Instead, it means that you're not going to fall apart without her.

She will feel attracted to that, even if she doesn't openly admit it.

Then, if you and her don't end up getting back together right away, her attraction for you will cause her to think about you, miss you and wonder if she's made the right decision to leave you.

She may then begin to think things like, *"Why am I suddenly feeling sad about the break up? Why am I missing him? I don't know if I made the right decision. Could I still be in love with him? Maybe I should hook up with him again to see how I feel afterwards. I'm confused, but I know I miss him. Maybe I should give him a chance."*

She then becomes open to interacting with you more over the phone and in person and you can then fully reactivate her feelings for you, hook up with her and get her back.

Another example of what to say when your ex says it's over is:

[image: Example 3: Suggest a friends with benefits relationship]

Example #3

"So, when you say it's over, do you mean we're now friends with benefits?"

Then, have a laugh with her about that.

For those who aren't entirely sure, friends with benefits means that you will remain friends, won't get back together completely, but will continue to sleep with each other for a while.

Many couples do that when breaking up and it often leads to them getting back together; especially when they can't find anyone better to replace their ex.

This is why it's always a good idea to jokingly bring up the idea of being friends with benefits.

"So, when you say it's over, do you mean we're now friends with benefits?"

Saying something like that allows her see that you're being a confident, emotionally strong man about the break up.

You're not reacting in all the classic, unattractive ways like other guys (e.g. begging and pleading with her to change her mind, promising her to change if she gives you another chance, asking her what you can do to make her happy, crying to her).

Instead, you have remained confident in yourself and your attractiveness to her and have the balls to

suggest being friends with benefits, in a playful, but confident manner.

That is attractive to her.

She might not agree to it right away of course, but because you are making her feel attracted to you based on your behavior as you talk to her, she will go away thinking about it and imagining it in a positive way.

As a result, she will feel sparks of attraction for you and feel drawn to you in new ways.

So, don't be afraid to say something like that to her.

Women always feel attracted to confidence, even though they don't openly admit it.

Guys who don't understand that may think, *â What if I make a joke and she gets annoyed with me? What if she then decides she doesn't want to talk to me ever again. Then I won't be able to try and convince her to give me another chance. I have to play it safe and be nice.â*

Yet, by playing it safe and being nice, she doesn't feel attracted to him because women aren't attracted to the fear of men.

Women can smell fear in a man a mile away.

It's all over a guy's body language, behavior and the way he speaks to her and reacts to her.

If a guy has the confidence to playfully joke with his woman and make her feel attracted to him because of it, then she won't be able to stop herself from feeling drawn to him.

Yet, if a guy fears his ex woman's reaction, then she will sense it and feel turned off by him.

Why?

It all comes down to why humans feel attracted in the first place.

Women feel attracted to men who can give them a sense of safety, which isn't all about muscles obviously.

Instead, it's about your emotional strength as a man.

Your balls.

Women feel attracted to that because when a man is emotionally strong, it means that he has confidence and high-self esteem.

This can result in him being more self-assured, assertive and determined to go after what he wants in life.

There's no guarantee of him doing that, but emotional strength gives women the sense that he could be one of those guys, which is attractive because it gives her a feeling of safety and security.

It makes her feel like he's not one of those soft, wimpy guys who would be walked all over out there in the world.

Instead, he will stand up for himself, go after what he wants and be able to protect her and provide for her.

Again, a guy doesn't have to have big muscles to give a woman that feeling.

Instead, it's about your emotional muscles.

How strong you are emotionally.

How able you are to handle yourself in the world.

If a woman gets the sense that a guy has emotional strength, she will automatically feel attracted to

him, regardless of whether she admits it or not.

On the other hand, if a woman gets the sense that a man is emotionally weak, then she will feel turned off by him, even if she denies it to be nice, or to be politically correct.

When a man is emotionally weak, a woman fears that he will be insecure, self-doubting, have low self-esteem and therefore, lack the strength to follow through and achieve his biggest goals, dreams or ambitions.

She worries that he is the sort of guy who would give up when faced with challenges in his life and therefore, he won't be able to give her that feeling of safety and protection.

So, if you come across insecure and unsure of yourself around your ex, then getting back with you won't feel right to her at all.

Her instincts will be pushing her to continue moving on without you because she will feel like you just can't give her that feeling of safety and protection that all women seek from a relationship with a man.

This is why, joking with her in a way that only a confident guy would (i.e. saying you can be friends with benefits) is a great way to show her that you're not afraid of her and how she might react.

After all, you know that if you say it in a confident way and if continue to behave in a confident way afterwards, she will naturally and automatically be feeling attracted to you, even if she doesn't admit it.

Knowing that causes you to naturally display the type of confident body language and behavior that will make her feel even more attracted to you.

So, it's a positive snowball effect when you get it right.

[image: Tell her that it is only over when you say so and then playfully dump her]

Example #4

â"¢No, it's only over when I say it's over. Okay, it's over – you're dumped. Sorry for dumping you.â"¢

Once again, you say that in a joking way.

Essentially, you're showing her that regardless of how bad things turned out between you and her, you can both still have a laugh together.

This instantly takes a big bite off of any negative feelings that she may be holding towards you.

It makes her see that you and her don't have to be hostile towards each other and can relax and allow the break up to happen in a more positive way.

Of course, that's not the only effect it has on her.

By saying something like that to her, you are taking control of the situation and not allowing her to have power over you, which is attractive to her.

You're not doing it in a mean, controlling, aggressive way or anything like that.

[image: Take control of the situation, but be playful and loving about it]

Instead, you're being confident, playful and taking control of the situation, rather than walking away with your tail between your legs and feeling rejected after she said, *â"¢It's over.â"¢*

When she sees that you have the balls and the social intelligence to say something like that and still be a good man about it all, she will feel shocked and surprised in a good way.

Additionally, she won't be able to stop herself from feeling feminine and girly in contrast to your masculine approach to the conversation.

As a result, she may begin to wonder something like, *â€œHmmmâ€* | *why do I feel attracted to him all of a sudden? This is interesting. He is showing me a side to him I really like. Maybe Iâ€™m making a mistake here by breaking up with him. Maybe itâ€™s not too late to give us another chance.*

She will then most likely begin to relax her guard and open up to the possibility of hanging out with you as “just friends,” or she might even suggest that there is still a chance for you and her yet.

That then gives you the opportunity to interact with her more often on the phone, or to suggest an in person catch up.

You can then fully reawaken sexual and romantic feelings for you and get her back.

If You Want Her to Change Her Mind, Avoid the Following Mistakes

You actually have a lot of control over what happens between you and your ex from now on.

Essentially, getting her back comes down to you saying and doing the types of things that will make her have strong, sexual and romantic feelings for you again.

When she feels drawn to you in that way, she naturally begins to want you back for her own reasons (e.g. she begins to feel curious about her new feelings for you and wants to explore them, she wants to have sex with you to see how she feels afterwards, she worries that other quality women will find the new and improved you attractive and want to be with you).

As a result, it is a lot easier to get her back because she is open to seeing where things go.

On the other hand, if you say and do things that turn her off and push her away, she is going to want things to remain over.

So, make sure that you maintain your power during the break up, by avoiding making the following mistakes and turning you ex off as a result:

1. Pretending that you just want to be friends and then acting like just a friend

Being friends with your ex is a good thing because it gives you an excuse to call her, text her and see her.

However, don't make the mistake of being her nice, sweet, platonic friend who avoids flirting with her, building up sexual tension and making her want to release the built up sexual tension with kissing and sex.

The difference between a friendship and a romantic, sexual relationship is sexual attraction and sex. Without making her feel sexually attracted and then getting to the point where you and her have sex again, you run the risk of being placed in the friend zone.

So, don't place yourself in the friend zone when you are staying in touch as a friend.

If you do place yourself in the friend zone, she will simply start moving on behind your back and will eventually tell you.

Many guys are shocked to eventually get that dreaded text or phone call, where she essentially says, *â€œIâ€™ve met someone new. I really like him and weâ€™re dating now. Please donâ€™t be mad at me. I still want us to be friends.â€*

The ex who placed himself in the friend zone, is then left imagining her having sex with the new guy, falling in love with him and moving on.

If you want your ex back, donâ€™t let that scenario happen to you.

Make her feel sparks respect and sexual attraction for you during interactions, rather than pretending that you just want to be her innocent, non-sexual, non-romantic friend.

Of course, itâ€™s totally fine to be friendly towards her, but just make sure that youâ€™re not pretending to be an innocent friend who isnâ€™t interested in her in a sexual or romantic way.

Important: This doesnâ€™t mean, *â€œBe her friend, but tell her you want a relationship.â€*
No.

It means, *â€œBe her friend, but flirt with her and make her feel sexually attracted to you, so she wants to be more than just friends with you.â€*

Thatâ€™s how it works.

If youâ€™re just being friendly, she almost certainly wonâ€™t be feeling enough (or any) attraction and as a result, she will seek that feeling elsewhere.

The next mistake to avoid isâ€

2. Asking her if thereâ€™s anything you can do to change her mind

[image: Asking if there's anything you can do to change her mind]

It seems logical that if you want to fix things with your ex, a good approach would be to ask her what you can do to change her mind, right?

That way, youâ€™re less likely to make any mistakes and she will be getting exactly what she wants, right?

Wrong.

Asking a woman what you need to do to make her feel attracted to you again turns her off.

Why?

Most women donâ€™t want to have to teach a guy what he needs to do be the man that she wants.

If she has to tell him how to think, act and behave like a real man, she will feel turned off by his cluelessness about how to attract a woman.

As a result, rather than getting the effect heâ€™s looking for (i.e. her opening up to him again), she pushes him away even more.

She might say something like, *â€œI donâ€™t know what to tell you. I canâ€™t explain how I feel. I just donâ€™t feel the way I used to. Itâ€™s over.â€*

He might then feel angry and think to himself, *â€œWhy canâ€™t she just tell me what to do?*

Wouldnâ€™t it make things easier for both of us? She would get what she really wants from a man

and I won't be turning her off or annoying her. Why can't she just spell it out for me? She has the answers. Why won't she help me?

In addition to not wanting to be a man's teacher, a woman also doesn't want to have to keep trying to 'make things work' with a guy who doesn't yet understand how to be an attractive man in a relationship with a woman.

Asking her to do that puts pressure on her to be the leader of the relationship, when all she really wants is to just relax and be his woman.

She knows that other men would be able to take on the role of being the man in the relationship, without her having to teach them.

So, she doesn't feel like it's fair that she has to be stuck trying to help her guy 'man up' to create a more enjoyable relationship dynamic.

This is why, if you want to convince your ex to give you another chance, you need to figure out what she wants on your own, without seeking her input or support.

When you figure it out and then make the right adjustments to your approach to her, she will automatically feel a surge of respect and attraction for you.

As a result, she will open up to you and feel drawn to the idea of exploring her new feelings for you.

However, if you ask her what you can do to change her mind, you will almost certainly push her further away and then it will take a lot longer to get her back.

The next mistake to avoid is

3. Being afraid to use humor in case it 'annoys' her

Never forget that women are attracted to BALLS.

It might not be politically correct to say that and it might sound a bit rude or crude to some people, but it's a fact.

Women love balls.

Watch this

So, don't avoid using playfully challenging, or even ballsy humor with your ex out of a fear that she might seem annoyed.

There is a BIG difference between how women react when talking to men and how they actually feel.

For example: A woman will sometimes act annoyed around a man, when secretly, she is feeling turned on, attracted to him and wants him to keep doing what he is doing.

Why do women do that?

Because they love balls.

The only way to find out if you really have balls (i.e. emotional courage, true confidence, masculinity) is to act like they are annoyed and see how you react.

If you react with fear and begin to worry that you've 'stuffed up' for joking around with her, then she sees that you lack balls, which is a turn off.

If you remain confident and don't take her fake annoyance seriously, she may continue to pretend to be annoyed, but secretly, she will respect you and feel attracted to you on a primal level.

That is women for you and it's why so many men are confused by them.

Don't be one of those guys who never gets to truly attract a woman at a primal level.

When you make a woman feel primal attraction, she doesn't want any other guy because she knows how difficult it is to find a man with balls.

In addition to make her feel attracted, light humor is also a great way to create a relaxed, easy-going interaction between you and her, so you feel closer and more open when talking to each other.

If you're afraid to use any humor, then interactions will feel forced, awkward and more importantly, will lack an attractive spark that draws a woman to you.

So, have the confidence to make her laugh and smile when she's interacting with you.

When you do, good things will follow on from there (i.e. her defenses come down, she feels attracted to you, she becomes more open to interacting with you further to see where things go).

Of course, as I mentioned above, she may pretend that she's annoyed with you by saying something like, *âHow can you make jokes at a time like this? Why aren't you taking this break up seriously?â*

So many guys don't know how to handle that type of reaction from a woman because they're unaware why women behave in that way.

As you would probably know by now after reading this article, a woman essentially wants to see how strong of a man you really are.

If you're strong, she feels attracted, even if she doesn't openly admit it.

If you're weak, she feels turned off and may let you know by saying something like, *âLook, this isn't going to work. It's over and you need to accept it and move on.â*

So, be prepared for your ex to test your level of confidence and balls to see how you are handling yourself under the pressure of a break up.

If a woman pretends to be annoyed with her ex for making a joke, she will be looking to find the answers to the following type of questions:

- Is he going to crumble under her fake pressure and start apologizing to her for trying to make her laugh?
- Is he going to start doubting his chances with her now, just because she isn't being nice to him?
- Will he change his approach and start being extra nice and sweet to her in the hope that she will be nice to him again?

If he reacts in any of those ways, it will prove to her that he's not really the man she wants to be in a relationship with.

On the other hand, if he just laughs at her in a dominant, but loving way and, in an easy-going, light-hearted manner, he says something like, *âHey, there's no need to be so uptight about things. We've broken up, but we're not enemies. We can still have a laugh together,â* then she will naturally feel respect and attraction for him, even if she tries to hide it.

He can then build on her feelings and get her back, by continuing to remain confident and using flirting and other attractive behaviors to make her want to be with him.

Some guys are too afraid to do that though, so they decide to 'play it safe' and just be nice, friendly

and polite with their ex at all times.

Yet, as you may know, nice guys struggle to get laid or get a girlfriend when dating women because women just don't find that type of behavior a turn on.

So, when a woman has dumped a guy and he then puts on a Mr. Nice Guy act, she isn't going to feel motivated to get back with him.

Of course, it's not about being Mr. Bad Guy and being rude, mean or insulting towards her.

None of that.

Instead, it's about being a good guy with balls.

That's what women really want and what they find most attractive and appealing.

So, don't avoid using humor because you fear it might annoy her.

What will actually annoy her the most is your fear of her.

The reality is that when you fear a woman's reaction, she won't feel attraction.

On the other hand, if you are confident in yourself no matter what, then a woman will feel attracted to you, even if she doesn't openly admit it.

4. Seeming sad, dejected and lost now that she has said something so final like, *It's over*

When a woman tells her boyfriend that it's over, he might assume that her mind is made up and there's nothing he could ever do to change that.

Naturally, when he thinks like that, he may begin to feel sad, dejected and discouraged.

Yet, that's the worst thing he can do.

Why?

Not only does it keep him stuck in feelings of hopelessness and desperation, it also makes him appear unattractive to his ex (i.e. because women are instinctively turned off by signs of emotional weakness in men. Always remember: Women love balls).

So, don't kill your confidence by thinking that there is nothing you could ever do to change her mind.

You can change her mind, by changing how she feels (i.e. making her feel attracted to you in new ways, making her feel like she would be the one losing out if she doesn't get you back).

When you make her feel that way, she naturally begins to wonder if she has made a mistake by cutting things off with you.

She begins to feel like she will regret it if she doesn't give you and her another chance, because she clearly has feelings for you again.

She will worry that other women will find you so much more attractive now and you may end up meeting a new woman, who you love even more.

If that happens, she will feel like the rejected one and the one being left behind.

As a result, she feels motivated to get back with you, or at least hook up with you again to see how she feels afterwards.

So, don't let her see you appearing to be sad, dejected and lost now that she has said,

It's over.

It's not over.

You are going to get her back.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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Should I Ignore Phone Calls From My Ex if I Want Her Back?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

It depends on why she broke up with you and how serious she is about moving on.

For example: Here are 5 possible reactions a woman can have to her ex boyfriend ignoring her callsâ€¦!

1. She will worry that he is over her and then try to get him back to make herself feel better

[image: She will worry that he's over her and then try to get him back to make herself feel better]

In some cases, a woman likes the idea of her ex sitting at home alone, feeling lonely, rejecting and missing her like crazy.

She hopes that he's thinking things like, *â€œI want her back so bad. My life feels empty without her. Sheâ€™s probably happy without me. She might even regret ever being with me now. Sheâ€™s probably have sex with some new guy now and enjoying it. Itâ€™s over. I lost her. I donâ€™t know if I will ever find a woman like her again. Hhhhâ€¦I just her back.â€œ*

So, if she calls her ex, she expects him to jump at the chance to talk to her again and possibly even say, *â€œOh! Itâ€™s you. Iâ€™m happy to hear from youâ€œ* and then eventually tell her that he has been missing her and wants her back.

She can then reject him again and walk away feeling good about herself, knowing that her ex is suffering without her.

Yet, if she calls and he doesnâ€™t answer any of her calls, then it can cause her to end up feeling rejected by him.

As a result, she may then begin to wonder things like, *â€œWhatâ€™s going on? Why is he ignoring me? Has he met a new girl? Is she prettier than me? Could he possibly be over me already? I thought he loved me.â€œ*

It then starts to eat away at her confidence, which can then lead to her doing whatever she can to get him back (e.g. showing up at a place where she knows she will bump into him, arriving unannounced at his house or workplace, sending him a series of texts to spark his interest, liking his posts on social media and leaving positive comments, sending him some photos of him and her back when they were happy).

Now, thatâ€™s a possible good reaction from a woman that will help get her back.

However, it doesnâ€™t always work that way.

For example: Another possible reaction a woman can have to her ex boyfriend ignoring her calls isâ€¦!

2. She will decide to make herself feel better and hopefully get over him by hooking up with a new guy

[image: She will try to make herself feel better by hooking up with a new guy]

As you may know, itâ€™s pretty easy for a woman to get some sex.

All she has to do is get on Tinder, Hinge or some other dating app and hundreds of guys will be willing to go on a date with her right away.

Alternatively, she can go out to a bar or club, have some drinks with friends and openly flirt with other guys.

Hours later, she can be having sex with one of the guys she met at the club.

If she doesn't go for those options, there are always the guys who have a crush on her at work (or university).

In any case, it's easy for a woman to quickly get some sex and help herself to begin getting over her ex.

So, if a woman reaches out to her ex boyfriend by calling him and he never answers, she may decide to make herself feel better by hooking up with a new guy.

She might also think something like, *"Well if this is how he wants to be, then that's fine by me. I don't need him anyway. Loads of guys would love to be with me. I'll show him."*

She then goes out of her way to get laid and start dating new guys, to remind herself that she is pretty and that she can feel happy with other guys too.

If she happens to meet a guy who makes her feel more attracted and in love than her ex ever did, then she will feel motivated to stick with him.

As a result, her ex will now have a difficult time getting her back.

So, if you don't want your ex hooking up with new guys to get over you, it's always better not to ignore her, or to use what is referred to as the No Contact Rule.

For the record, the No Contact Rule works fairly well for women who want to get a man back because when a man dumps a woman and she doesn't contact him, it can really mess with his ego.

He wants to see if his ex girl is still missing him, so he reaches out to her and if he hasn't been getting laid, he will usually decide to hook up with her for something to do.

As a result, she will kind of get him back, but not really.

On the other hand, when a woman dumps a guy, she won't always care if he is still missing her or not.

Some women do, but many don't.

The majority of women simply move on after dumping a guy and couldn't care less if their ex boyfriend calls them or not.

So, don't make the mistake of thinking that ignoring phone calls from your ex is the magic solution to getting her back.

In most cases, if a woman wants her ex boyfriend back, she will call a few times, but then decide to stop putting herself in a position to be rejected like that.

She will think something like, *"Well, I've called him. He knows I've called him. If he wants me back, he'll call me. If he doesn't call me, then I'm going to start moving on."*

She then opens herself up to dating new guys, hooking up and moving on.

This is why, you shouldn't just ignore phone calls from her and hope that it will fix everything

and get her back.

It many cases it won't.

Here's the thing!

If you actually answer her calls, you then have an opportunity to re-spark her feelings of respect and attraction for you (e.g. by making her smile, laugh and feel good to be talking to you again, flirting with her, letting her sense your confidence and belief in yourself, making her feel girly in comparison to your masculine approach to the conversation), which will then make her want to meet up with you in person.

When you meet up in person, you can then get to a hug, kiss, sex and back into a relationship.

On the other hand, if you continue to ignore her, she might simply give up and stop calling you.

She may even decide to ignore your calls from now on too.

It then becomes more difficult to get her back, because you've essentially lost contact with her.

Don't let that happen to you and her.

Answer her calls.

Also, understand that you're actually in a better position than most guys who are trying to get their ex girl back.

She's the one calling you.

She's actually making it very easy for you to re-attract her and get her back.

So, don't waste that chance.

The next time she calls you, make sure that you answer the phone.

On the call, focus on saying and doing the types of things that will make her miss you even more and want to see you again.

For example: Some of the ways you can do that are by!

- Showing her your confidence and emotional strength, especially if she pretends not to be interested in being with you anymore by talking about how happy she is to be single.
- Using humor to ease the awkwardness between you and make her feel calm and relaxed to be talking to you, rather than holding back and being reserved because you think it's not appropriate to joke around with her. Have balls. Women love balls. Don't forget that.
- Flirting with her to create some sexual tension between you, rather than just talking to her like a guy who is no longer interested in having a romantic and sexual relationship with her anymore (i.e. a neutral friend). Don't think that it's not your place anymore to flirt with her. It's always fine to flirt with an ex girlfriend or a girlfriend. Flirting is an innocent way to show sexual interest in each other and to build up sexual tension, so she wants to hook up with you sexually.
- Not giving her too much power over you during conversations or interactions (e.g. by being too nice, doing everything she tells you to do) and instead, letting her see that even though you are being good to her, you still have balls. That makes her feel respect and attraction for you.

The more respect and attraction she feels for you over the phone, the more she will want to experience it in person.

When you meet up with her in person, continue to build on her feelings for you and then, when it feels like the right time, go ahead and hug, kiss, have sex and get back into a relationship with her. You can accomplish all of that within a few days, or sooner if you approach it correctly.

Yet, if you ignore her calls, the ex back process will drag on for weeks and you may end up losing her to another guy.

Another possible reaction a woman can have to her ex boyfriend ignoring her calls isâ□!

3. She will stop calling to avoid making herself look desperate

[image: She will stop calling to avoid looking desperate]

Sometimes, a woman will be missing her ex, thinking about him every day and wondering if she made the right decision by breaking up the relationship.

This can then lead her to build up the courage to call him and see what happens.

If she calls and he doesnâ□□t answer, she may say to herself, *â□□Thatâ□□s okay. Heâ□□s probably busy,â□□ or â□□I must have caught him at a bad time. Iâ□□llÂ call again later.â□□*

Yet, if she calls him again and again and he never answers, she will almost certainly stop calling because she wonâ□□t want to make herself seem too desperate.

Rather than continue call, a woman will usually wait for her ex to make the next move.

If he has the confidence and courage to call her, re-attract her on the call and then initiate an in person meet up, she will automatically feel a renewed sense of respect and attraction for him.

However, if he doesnâ□□t do anything, she might eventually get tired of waiting, block his number and unfriend him on social media so he canâ□□t easily get in contact with her.

She will then open herself up to new guys and try to move on as quickly as she can, so she can get over the pain of the break up.

This is why, itâ□□s very important that you answer the next time she calls you.

Donâ□□t missing out on getting her back by playing too hard to get with her.

Instead, focus on reactivating her sexual and romantic feelings for you on the call, so you can re-attract her, bring down her defenses, arrange a meet up and get her back.

Itâ□□s a simple, straightforward process and it works.

On the other hand, ignoring her is a complicated, messy process that usually results in a guy missing out on getting his ex girl back.

Another possible reaction a woman can have to her ex boyfriend ignoring her calls isâ□!

4. She will assume that he isnâ□□t interested, respect that and just move on

[image: She will assume that he isn't interested, respect that and then move on]

Sometimes a woman will assume that if her ex isnâ□□t answering her calls, then heâ□□s set on moving on without her.

So, she respects that and moves on herself.

For example: If she has tried calling a few times and he hasnâ□□t been responding, she might think something along the lines of, *â□□Oh well, I guess I have my answer then. Clearly heâ□□s not*

interested in getting back together. So, I need to respect that and let him get on with his life. Iâ€™ll find someone new.

She then stops calling him and focuses on getting over him by dating new guys.

Then, if her ex realizes that sheâ€™s no longer calling him and he decides to call her back, he might be shocked to hear her say something like, *â€œSorry, but itâ€™s too late now. I tried calling you, but you ignored me so I accepted that you were no longer interested. I then moved on. Iâ€™m with someone else now and Iâ€™m happy. So, you need to respect that now. Goodbye.*

Donâ€™t be that guy who loses out on getting his ex girl back because youâ€™re playing mind games with her by ignoring her calls.

If you want her back, make it happen now.

Sheâ€™s making it so easy for you by calling you, so answer her.

On the call, re-attract her, bring her defenses down, arrange a meet up and get back together.

Another possible reaction a woman can have to her ex boyfriend ignoring her calls isâ€¦

5. She will want to seek revenge on him for trying to make her feel rejected

[image: She will seek revenge on him for trying to make her feel rejected]

Most women wonâ€™t call an ex boyfriend after dumping him because they fear being rejected by him.

So, for your ex to call you, sheâ€™s probably feeling like sheâ€™s taking a big risk.

Prior to calling you, she may have even have been thinking things like, *â€œWhat if he ignores me, or tells me that heâ€™s moved on with someone else? Maybe I should wait for him to contact me instead. I donâ€™t want to feel like a reject if he doesnâ€™t respond. Then again, if I want him back, maybe I just have to take a chance and call him.*

She then took the risk of calling you (possibly several times) and when you didnâ€™t answer, she may have then begun to think that:

- Youâ€™re playing hard to get and trying to make her chase after you.
- Youâ€™re feeling full of yourself and thinking things like, *â€œYeah, I knew that she still wants me. She stuffed up by dumping me. Now I can make her grovel to try and get me back. She will have to beg me to give her another chance.*
- You have a new woman and the two of you are laughing behind her back at her for contacting you and coming across as desperate.
- Youâ€™re too scared to answer the call because youâ€™re worried that she will tell you that she has moved on.

And so on.

Of course, that might not be what you are thinking at all.

Yet, how is she to know?

She has to think something and in many cases, a woman will think that youâ€™re trying to make her feel rejected by not answering.

As a result, she may decide to get revenge (e.g. block you, ignore your calls, unfriend you on social

media, start dating a new guy and post photos of her and him on her profile).

Naturally, you probably don't want to push her into the arms of another man, right?

If you don't that and if your aim is to get her back, then make it happen.

Understand that she took a risk by calling you, so now it's up to you to make the next move.

That means, you need to be man enough to answer her phone calls and then lead the way to a meet up, a hug, kiss, sex and back into a relationship.

4 Mistakes That Slow Down the Ex Back Process and Often Result in You Missing Out on Getting Her Back

So many guys miss out on getting their ex girl back by making one or more of the following mistakes!

1. Assuming that no contact works on all women

Not all women respond the same to No Contact (i.e. ignoring an ex for 30-60 days).

For example: A woman who has disconnected from her feelings for her ex boyfriend and is feeling fine without him, will usually be happy that he's ignoring her and just move on without him.

On the other hand, a woman who still has feelings for her ex might chase after him and try to get him back if he doesn't contact her.

Yet, if he doesn't answer her calls, she may then rejected and force herself to get over him (usually by hooking up with another man), so she can move on.

That means that by ignoring your ex's phone calls, you could either be making her want you more, or pushing her away and into the arms of another man.

Do you want to risk losing her, or do you want her back?

If you want her back, then stop ignoring her phone calls and answer your phone, or better yet, call her yourself.

Then, reactivate her feelings for you and get her back.

2. Missing out on perfect opportunities to re-attract her on the phone

A phone call from your ex is a perfect opportunity to re-spark her sexual and romantic feelings for you, so she then wants to be your girl again for real.

So, don't waste those opportunities.

Instead, use the opportunities she is giving you to make her feel drawn to you again.

Some of the ways you can make her feel drawn to you are by!

- Using humor to make her relax her guard and open back up to you.
- Flirting with her to create a sexual vibe between you and to create built up sexual tension, which she then wants to release by kissing and having sex with you.
- Teasing her in a playful way during conversations, so she feels a fun, interesting and enjoyable spark with you and wants more of it.

Maintaining your confidence with her regardless of what she says to make you feel unsure of yourself.

The more you spark her feeling for you, the more open she'll become to meeting up with you to see where things go.

Another mistake to avoid isâ€¦|

3. Assuming that the more of her calls you ignore, the more she will want you

Not answering a woman's calls once in a while is not a bad thing.

In fact, it can potentially show her that you're not lonely and desperately waiting around for her to call.

A guy being independent is attractive and it does make a woman want him more.

Yet, ignoring all, or most of your ex's calls will usually have the opposite effect.

Rather than feel attracted, she will assume that you're playing hard to get with her, or are trying to signal to her that you have no interest in getting back together.

So, rather than continuing to feel rejected, she will simply stop calling.

Here's the thingâ€¦|

Your ex is almost certainly not going to sit around and let you make her feel rejected for much longer.

Instead, she will most likely focus on hooking up with a new guy as quickly as possible to get back at you.

If you truly want her back, don't mess her around by playing unnecessary mind games for too long.

Instead, get on a call or to an in person meet up with her, reawaken her feelings of respect and attraction for you and then guide her back into a relationship.

It's a simple, straightforward process and it works.

Another mistake to avoid isâ€¦|

4. Ignoring her calls and then sending her texts

Your ex is most likely calling you because she wants to hear the tonality of your voice and assess your real reactions to what she says, to determine whether or not you've changed since the break up.

When she can hear the confidence in your voice and sense some changes in you that are attractive to her, she will naturally feel drawn to you and more open to meeting up with you.

You can then quickly and easily arrange to catch up in person, where you can get her back pretty immediately.

Yet, if you're ignoring her calls and are only texting her, she won't really be able to assess how you actually feel, or if you have changed enough since the break up to warrant getting back together.

Here's the thingâ€¦|

Although texting an ex is fine, it simply leaves too much room for misunderstanding (e.g. she takes something you text her the wrong way and feels insulted, or she assumes you're not interested enough to talk to her over the phone and that's why you're only texting).

So, don't just stick to only texting.

Answer the phone the next time she calls you (or call her instead) and get her back.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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Reconcile After Divorce: 5 Best Tips

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 of the best tips to help ensure that you can successfully reconcile with your wife after divorce:

1. Agree to be “*friends*” and then use the friendship to re-attract her

[image: Agree to be friends, but then don't act like just a friend]

In other words, let her know that you and her are just friends now, but then use any interactions you have with her to flirt with her, so she feels some sexual and romantic sparks with you.

She won't necessarily want to get back with you in one day of course, but if you use this specific approach, you won't get stuck in the friend zone with her and will instead, cause her to feel so attracted to you and so curious about her feelings that she will naturally go with the flow when you initiate a hug, kiss and even sex at some point.

This is why, the most important thing for you to do right now is establish that you and her are *friends*, so she feels comfortable interacting with you and you can then re-attract her and get her back.

Right now, she might be at a point where she is hoping to get over the divorce and move on without you.

Yet, if you love her and know that the marriage could be better this time around, then you owe it to yourself and to her to get the marriage back together.

Even if she says something like, “Look, I don't want to be friends. The divorce is now final and I need some space,” you don't have to accept it right away and just give up.

After all, a woman doesn't always stick to her decisions.

She decided to marry you, then eventually changed her mind and likewise, she can change her mind back again, if you approach the ex back process correctly.

So, you can say something like this to her, *“Hey, I know that the divorce has been difficult for you. It hasn't been a walk in the park for me either. We loved each other and we hoped we could make a life together, but it just didn't work out. I accept the divorce and I'm sure you do too. It's not a nice thing to go through, but it is done. We are divorce and are never going to get back together. However, that doesn't mean we can't at least be friends. If we cared enough about each other once to want to spend the rest of our lives together, I'm sure we can at least be friends.”*

When you say something like that to an ex wife, it automatically makes her feel a surge of respect for you for being so emotionally mature about the divorce.

Since you are accepting the divorce, she also feels like she doesn't need to keep her guard up so much with you anymore either.

As a result, she feels less determined to cut you out of her life and opens up to interacting with you as a *friend* on a more regular basis.

That is the best way to re-attract a wife after a divorce.

Itâ€™s not too late.

The divorce has gone through, but feelings are fluid and they can change.

You can use your friendship with her to reactivate her sexual and romantic feelings for you, so she naturally wants to get back together again.

Just remember: Itâ€™s totally fine to be her friend, as long as youâ€™re not pretending to be an innocent friend who isnâ€™t interested in her in a sexual or romantic way.

If you act like a friend (i.e. being really nice, talking to her in a neutral way like you would a female coworker, being more polite than you normally are, trying to be extra helpful), you will end up in the friend zone.

If you put yourself in the friend zone, you can get yourself out of it, but I recommend that you donâ€™t act like a friend in the first place.

If you only act like a friend, then she might then move on with another guy who comes along and stirs feelings of romantic and sexual attraction inside of her.

Donâ€™t let that happen.

You need to make her feel sexually and romantically attracted to you during interactions (e.g. by flirting with her to create sexual tension, being more masculine in your behavior than before, making her laugh and smile and feel good to be around you, showing her via your actions and behavior that youâ€™ve transformed yourself into a new man).

Then, when the time is right, kiss her, hook up sexually and get the relationship back together again.

When you do that, it will feel amazing for both you and her.

Itâ€™s not just a good thing for you.

She will feel so much love, respect and attraction for you that it will be one of the best feelings she ever experiences in life.

The next tip to help you reconcile with your wife after divorce isâ€¦

2. Understand what really makes a woman feel sparks of sexual and romantic attraction

[image: Understand what really makes a woman feel sparks of sexual and romantic attraction]

Getting divorced by a woman you still love is a horrible experience.

It can really shake a man to his core and cause him to feel like a total failure as a man.

As a result, he may begin to wonder things like, *â€œWhat did I do wrong? Why wasnâ€™t I good enough for her? I did everything I could to provide for her and be a good husband. I even let her have her way a lot of the time just to make her happy. Why wasnâ€™t it enough? Why did she have to leave me? Sure we had our arguments, but doesnâ€™t every couple have arguments? Why did she leave me? How can I get her to want me back?â€*

Not knowing what else to do, a confused man might then assume that, to re-attract her, he needs to improve his physical appearance, do better at work or be even nicer to her than he ever was.

Yet, what a man like that usually doesnâ€™t understand is that a womanâ€™s attraction to a man is mainly based on how he makes her feel when heâ€™s talking to her and interacting with her.

Itâ€™s in his body language, his attitude, his vibe and the way he responds to her and reacts to what

she says and does (e.g. he remains calm and uses humor to make her laugh when she is being stubborn or annoying, rather than getting upset at her and starting an argument).

What is most attractive, appealing and desirable to a woman is who a man is when she's interacting with him.

For example, in a marriage:

- Is he confident and self-assured, or has he become a bit insecure and needy?
- Is he emotionally dominant, or has he become wimpy or weak-minded in a number of ways?
- Does he make her feel like a desirable woman, or does she feel like just a friend to him now?
- Does he take the lead during conversation, or is she able to walk all over him with her dominant personality?
- Does he cause her look up to him and respect him because he is so emotionally strong, or does she feel contempt for him because of his emotional weaknesses?
- Does he attract her and turn her on with his masculine presence during interactions, or does he behave more neutral like a friend when interacting with her?
- Does he feel worthy of her sexually and as a result, feel totally confident in his approach to her sexually, or has he lost confidence in himself in the relationship to the point where he behaves like a rejected man in the bedroom?
- Is he interested in experiencing sparks with her, or has he checked out of the relationship and no longer really cares about making her feel what she used to feel for him?
- Does he feel confident around other people in social situations, or has he become a bit too insecure and unsure of himself for her liking?
- Does he make decisions with confidence and then follow through on them, or has he become too indecisive and no longer follows through like he used to?
- Is he able to maintain control of his emotions under pressure like a real man, or does he lose control of his emotions (e.g. become very angry, irritable, annoyed, insecure, upset) too easily?

Those are the types of things that really matter to a woman in terms of her actual feelings of respect, attraction and love for a man.

A lot of men don't realize that, or don't want to accept that because they hope that by going to the gym, doing better at work, or being nicer to her, she will suddenly feel so attracted and in love with him.

Yet, that's just not how a woman's attraction really works.

Attraction is a reaction to how she feels when interacting with you.

If you aren't able to make her feel enough attraction during interactions, she's not going to care so much about you having a better job, adding 1-2cm to your biceps or you being even nicer to her than you already were.

Yet, if you are able to make her feel attracted to you during interactions, then anything else that has improved or is better about you or your approach to her will be appreciated and valued so much more.

After many years of experiencing helping new men get women back after a divorce, I can tell you that approximately 95% of the men who get their wife back do not have to go to the gym for months, get better clothes, improve their job prospects, be extra nice and so on.

Instead, they simply need to be able to create new sparks of respect, attraction and love inside of her when interacting with her.

Always remember: Attraction is a reaction to how she feels when interacting with you.

That's what it's all about.

So, if you're serious about reconciling with your ex wife, you have to improve your ability to make her feel attracted to you during interactions.

From now on, focus on making her feel rushes of sexual and romantic attraction when you interact with her, by thinking, acting and behaving in ways that are attractive to her.

Once you make her feel sparks of attraction, you can then turn it into romantic love by continuing to interact with her and attract her.

The reality is that when you make a woman feel the way she always wanted to feel when she was with you, everything changes.

She suddenly and automatically wants to get back together again.

The next tip to help you reconcile with your wife after divorce is

3. Remember that a woman's main motivation to be with a man comes from her feelings of sexual and romantic attraction for him

[image: Don't be put off by the tense atmosphere between you and her]

Sometimes a husband and wife will feel uncomfortable, tense and uncertain when interacting with each other after a divorce.

There will be an air of, *Don't even start with any arguments. Don't ask me about my life. Don't try to flirt with me. Don't do anything to piss me off* and so on.

It can feel very tense.

As a result, a man might end up avoiding interactions with his ex wife to not experience any of that awkwardness.

Yet, if he actually wants her back, that is the last thing he should be doing.

Why?

The reality is that if you're not actively re-attracting your ex wife and making her feel attracted to you again, sooner or later, another man will make her feel attracted.

If she falls in love with a new man, it can make it difficult to get her back.

Difficult, but not impossible

So, if your wife isn't dating new men yet, or hasn't found a man that she loves and wants to spend the rest of her life with, then focus on getting her back now.

Interact with her (preferably in person, or at the very least, on an audio or video call) and make her feel sparks of sexual and romantic attraction for you again.

[image: A woman's motivation to be with a man comes from her feelings of sexual and romantic attraction for him]

When she feels attracted to the new approach you are using with her, you will then see that there is hope for you and her.

Itâ€™s not over because both of you clearly still have feelings for each other.

That is the point where broken marriages get back together, even after going through all the horror, shame and stress of a divorce.

So, focus on making her feel attracted to the new and improved you.

Some of the ways you can do that are byâ€¦

- Maintaining your confidence regardless of what she says or does to make you feel like getting her back is hopeless, (e.g. if she is being cold towards you, blaming you for the breakdown of the marriage, saying that once itâ€™s over, itâ€™s over, saying that she is the sort of woman who doesnâ€™t change her mind, saying that she is happier without you).
- Showing her via your attitude, actions and behavior that youâ€™ve already transformed yourself into an even better man than you were before, (e.g. if you werenâ€™t responsible enough and you expected her to be the responsible one, let her see that youâ€™re being responsible about your life and future. If you took her for granted before, let her see that you have learned from your mistakes and are now a more loving, attentive man, without being a pushover about it/sucking up to her by being extra nice).
- Reacting differently to situations than you would have in the past, (e.g. if she tries to provoke you by being hurtful or mean, rather than getting upset or losing your temper like you may have in the past, you now remain calm, confident and use some humor to diffuse the situation).
- Being more emotionally dominant and causing her to looking up to you, rather than allowing her to dominate you during conversations because of how much you want her back.
- Being more emotionally masculine around her and making her feel feminine and girly, rather than suppressing your masculinity because you feel like itâ€™s no longer your place to turn her on anymore.

The more you reawaken her all-important feelings of sexual and romantic attraction, the more she feels drawn to the idea of getting back with you.

At the very least, feelings like that cause a woman to want to hook up with her husband again sexually to see how she feels, or to spend time with him just hanging out to see if the spark develops between them.

If any of those things happen, she will naturally want to give the relationship another chance.

If she doesnâ€™t give the relationship another chance, you can bet that it will be on her mind all the time.

She will know that she might end up regretting it later, if she sees that you have moved on and are happy with a new woman; especially if she looks at the woman as being pretty, or worse, even prettier than her (in her opinion).

That fear causes a woman to want to reconcile now, or at least hang out and hook up with her ex husband to see how she feels afterwards.

The next tip to help you reconcile with your wife after divorce isâ€¦

4. Donâ€™t just try to get her back based on the history you have together

Thereâ€™s no doubt that you and your ex wife used to have an amazing connection and have likely been through many intense experiences together, both good and bad.

Yet, although having a unique connection, or going through many ups and downs together can bond a couple and bring them closer when in a relationship, itâ€™s not something that keeps them together after a break up or a divorce.

If the reason why doesnâ€™t seem so obvious, here it isâ€¦!

When a woman has lost touch with her feelings of respect, attraction and love for her husband and has even gone through a divorce with him, being reminded how good things used to be between them usually only highlights to her how badly things turned out between them.

So, itâ€™s more of a disappointing feeling for her, than a regretful feeling.

When her ex husband says things like, *â€œThink about how happy we used to be at the beginning of our marriage. We loved each other so much and we really worked well together as a team back then. That was us and it worked. Surely that counts for something, right? Donâ€™t forget about all the good history we have together. Itâ€™s not something that should just be thrown away like thisâ€* his ex wife wonâ€™t always see things the same way.

Instead of regretting going through with the divorce, she will feel disappointed that she wasted so much of her life in a relationship that was going downhill for so long.

She may also realize that her ex husband still doesnâ€™t understand that what matters most, is how she feels when she interacts with him; not how she used to feel in the past.

So, if you want to reconcile with your wife, donâ€™t waste time trying to convince her to give the marriage another chance based on your history together as a couple, or on how good things used to be.

How you make her feel right now and from now on is what really counts.

When your wife is interacting with you, she needs to be able to feel respect and attraction for you based on who you are right now, not who you used to be at the beginning of the marriage, or when things were good between you and her.

When she feels respect and attraction for the new and improved you, she will naturally start to reconnect with some of the romantic love she has for you.

When that happens, she will begin to realize that she doesnâ€™t need to seek love elsewhere because she still has it with you.

The next tip to help you reconcile with your wife after divorce isâ€¦!

5. Avoid long-winded, exhausting conversations about where the relationship went wrong

When a man wants to reconcile with his wife after divorce, he might assume that the best way to go about it is to talk, talk and talk some more about the relationship and where it went wrong.

He hopes that if they can get to the bottom of what caused them to split up, he can fix it and then things will be good again.

Yet, what a guy like that doesnâ€™t realize is that the more he brings up the mistakes of the past, the more likely it is that they will get into arguments about who is to blame for the divorce.

If that happens, they will both end up feeling hurt, misunderstood and disappointed and the chances of a reconciliation will seem less likely.

So, what should you do instead?

Focus on turning interactions into pleasant, enjoyable experiences for both you and your ex wife.

Essentially, you want her to be thinking things like, *â€œI canâ€™t believe it, but I feel so happy around him now. Iâ€™m actually smiling and feeling good around him again. Itâ€™s sort of like how we used to be a long time ago. Maybe we could get back together after all weâ€™ve been through. Who cares if we divorced? Weâ€™re allowed to get back together. We love each other. He is my husband. I donâ€™t have to continue walking away.â€*

When she is thinking like that, she will naturally feel drawn to you and be opening herself up love you to see where things go.

So, how can you make interactions become a pleasant, enjoyable experience for you and her from now on?

Firstly, donâ€™t try to get into exhausting, in depth discussions about where the marriage went wrong.

Instead, focus instead on using humor to make her laugh and smile and feel good around you.

Of course, that doesnâ€™t mean you need to be constantly cracking jokes every time you talk to her.

Doing that would likely annoy her and make her feel as though youâ€™re pretending that nothing went wrong.

Instead, using some humor is about taking a tense situation (i.e. your divorce) and looking for something positive to laugh about together, rather than always focusing on the negatives and becoming even more disconnected from each other as a result.

For example: The subject of eating dinners without each other comes up and the ex husband says something like, *â€œWell, at least I donâ€™t have to eat your horrible cooking anymore. I had to put up with your cooking for years. Throwing up in the bathroom after dinner, but hiding it from youâ€* and smiles at her, or has a bit of a laugh.

She will either know that heâ€™s joking right away, or she will get it when she sees him smiling or laughing.

Of course, if she doesnâ€™t know that heâ€™s joking, he can then say something like, *â€œJust kidding. You know I always loved your cooking. I do miss your tasty meals. You always were a great cook.â€*

When you are able to make your ex wife smile and laugh, it naturally causes her drop her guard a little and interact with you like she used to when things were good.

When she does that, it becomes difficult for her to move on without you because she starts to miss what you and her used to have.

Speed Up the Reconciliation Process By Avoiding These Mistakes

With the right ex back approach, you and your wife will reconcile, get back together and remain happy.

With the wrong approach, you will remain divorced and she might then move on, leaving you behind.

So, if you want to get her back, it's important that you focus on saying and doing the type of things that will reopen your wife's heart to you again.

Make sure you avoid making the following mistakes that so many men make when in your situation!

1. Being nicer, more polite and reserved than is necessary

Although being on your best behavior around your ex wife might seem like the right thing to do so she will open back up to you, it's actually a very bad idea.

Why?

Women are not attracted to desperation in men.

Additionally, if a woman feels like a man is trying hard to be really nice to hopefully be accepted by her, it gives her a false sense of superiority over him.

As a result, she ends up thinking that she is more valuable than him, even though she isn't.

When a woman feels a lot more valuable than a man she has broken up with, it makes her feel like she made the right decision to break up with him.

The reality is that a woman wants to be with a man that she can look up to and respect, not a guy who submits to her and allows her to walk all over him, just so he can spend time with her.

So, if you want to reconcile after divorce, make sure that your ex wife doesn't perceive you as being desperate, or less valuable than her.

Remind yourself that you and her are equals.

Then, behave like a man who is worthy of her, not like a man who is unworthy and has to try really hard to be nice, in order to be accepted by her.

The next mistake to avoid is!

2. Trying to reconcile via texts or letters

Sending a few text messages, which then lead to a phone call and then to a meet up are totally fine.

Likewise, a couple of emails if she wants to write back and forth a little is also fine in many situations.

However, using text, letters or emails as the main way to reconcile with an ex wife is usually a recipe for disaster.

Why?

It's so easy to misunderstand each other and then have to explain away misunderstandings or frustrations, which can go on and on.

Frustrations can build very easily and can lead to a woman feeling resentful towards her ex husband.

Additionally, even though he is honestly trying his best to communicate with her, she can end up feeling as though he is being selfish and unloving in the way that he is communicating.

This is why, it's always best to just call her or see her in person.

The next mistake to avoid is!

3. Feeling unworthy of her when the divorce is finalized

When a man feels like he is to blame for the divorce, he might fall into the trap of thinking of his ex wife as being an innocent victim who never really did anything wrong in the marriage.

He may then feel like a failure of a man and see her as being too good for him.

Yet, what he doesn't realize is that feeling unworthy of his wife's love only makes him seem less attractive to her (and to other women).

Why?

A woman wants to be in a relationship with a man who is always confident and believes in himself, no matter what happens.

In other words, he is emotionally strong and gives her a feeling of safety as a result.

The more emotionally strong and stable a man is, the more a woman is able to respect him, feel attracted to him, love him and feel proud to be with him.

So, when an ex husband is feeling sorry for himself and putting himself down, rather than making her feel happy that he feels so unworthy of her love, she feels turned off by his lack of emotional strength under pressure.

The next mistake to avoid is!

4. Spending too much time worrying about her hooking up with other men and not enough time doing what is needed to get her back

If a man spends a lot of time imagining his ex wife kissing and having sex with new men, it can cause him to lose confidence, become insecure and behave in ways that will turn her off.

For example: He might!

- Start stalking her on both social media and in real life to see what she's up to.
- Ask mutual friends and family if she is seeing anyone.
- Leave messages on her phone warning her that other men only want her for sex.
- Regularly ask her if she is dating yet, or even hinting at the subject.
- Talk about STDs and how she needs to protect herself is she's going to start sleeping with men.
- Ask loads of questions about any male friends she has (e.g. a coworker, a friend of a friend) to try to get some clues as to whether she is dating or sleeping with any of them.

Yet, rather than make his ex wife think something like, *"Aw, he's really having such a hard time coping with our divorce. That must mean he still loves me so much. Therefore, maybe I should forgive him and give him another chance"* she feels turned off by his insecurity.

She sees that, without her, he is lost and is potentially emotionally weaker than ever before.

As a result, she doesn't feel any desire to want to reconcile.

Instead, she feels better off without her ex husband, which makes her want to get over him and move on.

Then, the thing that he fears the most (i.e. her hooking up sexually with other men) will actually happen.

The next mistake to avoid isâ€¦!

5. Trying to get her back by using the same old approach to attraction that she became bored of

If your approach to attraction in the relationship was right, then your wife wouldnâ€™t be your ex wife right now.

That might sound harsh, but harsh truths are whatâ€™s needed when getting ready to properly reconcile a marriage after a divorce.

What you may need to come to terms with (if you havenâ€™t already), is that, to get her back, youâ€™re going to need to do something new.

If you use the same old approach to attraction youâ€™ve always used (that she is no longer drawn to), then youâ€™re not going to be able to get her back and have her be in love with you.

The way to get your wife to fall in love with you again and feel excited to be with you, is to use a brand new approach to attraction.

An approach that makes her realize how sad she will be if she doesnâ€™t stop and give you another chance, before you move on with another woman who might steal your heart.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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Wife Left Me After Getting Breast Implants

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 common reasons why that happens:

1. She suddenly got a lot of attention from the type of men who weren't previously interested in her (e.g. a crush at work, men on Tinder)

Most married women don't go seeking sexual attention from other guys because they just want that from their husband.

Yet, when a wife isn't getting the kind of sexual attention from her husband that she wants, it can cause her to feel like she's no longer attractive.

As a result, she may eventually decide to begin flirting with new guys to see if she's still got any sex appeal.

This can lead her to join an app like Tinder, or to even start flirting with men at work.

If she doesn't get much of a reaction from enough men that she finds attractive, she might then start to think about how she could make herself look even more attractive.

This can lead to her deciding to get breast implants.

If she suddenly starts receiving a lot of attention from handsome men or younger men after getting breast implants, it can go to her head.

She may then begin thinking things like, *"This is fun. I feel young again. I'm excited. I'm turned on. Maybe I shouldn't be doing this, but at least I'm not cheating physically. I'm only flirting. I mean, why shouldn't I be allowed to flirt with other guys just for fun? I'm not cheating on him. I just want to be noticed, that's all."*

Yet, here's the thing!

Once the initial thrill of being noticed by random guys wears off, a woman may then begin to realize that what she has with her husband is deeper and more significant and not worth cheating on him over.

She will then stop and just focus back on her husband.

Of course, in your case, your wife didn't react in that way and has left you after getting the implants. So, what went wrong?

It could have been that...

2. She always planned to get implants and make herself look more attractive, so she could then move on from the marriage quicker and easier than you

[image: She planned it, so she could move on quicker and easier than you]

Sometimes, a woman will fall out of love with her husband and begin planning her exit from the marriage months or years in advance.

In cases like that, a woman might even go the extreme of getting breast implant surgery to prepare herself to look more attractive to other men when she eventually leaves her husband.

Then, once she is ready and feels confident about her chances of moving on quickly with a new man, or least being able to date new men easily, she will just go ahead and leave.

Her husband is then left feeling hurt and betrayed and wondering things like, *â€œWhat happened? What went wrong? Why did she leave me after getting breast implants? What if something I did? Something I said? How could she do this to me? Did she plan it? Why did this happen?â€*

Generally speaking, the answer this...

In a marriage, a man can create a dynamic that either causes his woman to want to treat him well, be attentive, loving and affectionate, or he can create a dynamic that makes her feel like pulling away, being closed off and treating him with less and less respect over time.

If a man has created and maintained a relationship dynamic where she doesn't really have to put in much, or any effort to impress him and maintain his interest, then she will naturally begin to feel bored and unhappy.

It may even get to the point where she leaves him.

That's the bad news.

The good news is that, in almost all cases, he can get her back if he wants to.

He can do that by using a different approach to attracting her now so that he can regain her respect, attraction and love (e.g. maintaining his confidence around her at all times, rather than letting what she says or does make him feel insecure, unsure of himself or unworthy of her, no longer allowing her to push him around and get away with disrespecting him or behaving badly like he used to).

When she feels a renewed sense of respect, attraction and love for him, she will naturally open herself up to the possibility of him and her being together again as a couple, or at least hooking up to see how she feels.

Another possible reason why a woman will leave her husband after getting breast implants isâ€œ

3. SheÂ was bored of having sex with her husband and the implantsÂ didn't make the sex more exciting

[image: She was bored of having sex with her husband and the implants didn't make the sex more exciting]

Sometimes, a married couple might fall in a rut sexually, because other things seem to be more important (e.g. the bills, children, work) than keeping things spicy in the bedroom.

Over time, a woman might then begin to feel bored when she has to have sex with her husband and she may even begin to think things like, *â€œOur sex life has become so routine and unexciting. I have to force myself to seem interested. In fact, lately, the only reason I have sex with him is because I feel obligated to do it. Maybe itâ€œs because my boobs are getting saggy. If I get implants and have perkier/bigger breasts, Iâ€œll become sexier and heâ€œll be more turned on by me and he will then make an effort to spice things up between us. At least itâ€œs worth a try. I want to feel like a sexy, desirable woman again, not like his roommate or friend.â€*

However, after she gets breast implants, she may discover that her husband still treats her the same way (i.e. like a roommate or friend).

He doesnâ€œt really look at her as being sexy, say that sheâ€œs sexy or make her feel sexy and desirable.

So naturally, the sex doesn't get more exciting either.

She then starts to blame him for her unhappiness and begins to imagine being with a new man who would appreciate her and make her feel sexy.

If she then opens up and begins flirting with men at work, or throughout her everyday life and notices that they find her to be sexy and desirable and many even comment about her being beautiful and how they wish she wasn't married, it might be all the encouragement she needs to leave her husband.

She might then look to hook up with other guys so that she can experience the kind of sexual excitement she's been craving, but not getting, in her marriage.

Here's the thing though!

If you want your wife back, you need to be the one to spark her feelings of sexual desire.

That means, you have to interact with her, over the phone, but more importantly, in person and make her feel like a sexy desirable woman with you.

How can you do that?

One of the best ways is to flirt with her during conversation to build up sexual tension between you.

Make her feel so attracted and drawn to you again that she feels like she just has to have you.

You can then release that tension with a hug, a kiss and then blow her mind with the best sex she's ever had, so she knows that she made a mistake by leaving you.

Another possible reason why a woman will leave her husband after getting breast implants is!

4. Her husband has lost interest in having sex with her and doesn't regain interest when she gets implants

Sometimes, a guy might still love his wife, but because of various personal reasons (e.g. stress, worries, he feels unattractive compared to her), he may stop wanting to have sex with her.

His wife on the other hand will notice that he's avoiding sex with her and she may begin assuming that he's either having an affair, or that he doesn't find her desirable anymore.

She might then decide to get breast implants in the hope that this will spark their sex life again.

However, if her new, impressive breasts don't excite him enough for him to want to have sex again, she might decide to leave him and look to hook up with other guys to prove to herself that she's still attractive and that he's the one with the problem.

Another possible reason why a woman will leave her husband after getting breast implants is!

5. She suddenly feels a type of confidence that she hasn't felt in years or decades and it causes her husband to become insecure

What a lot of guys don't understand is that in most cases, women are very insecure about their physical appearance.

In fact, according to a global study conducted by Dove cosmetics, 96% of women don't consider themselves to be beautiful.

So, if a woman feels unhappy with her appearance and decides to get implants, it's only natural that it will give her a major confidence boost.

As a result, she might also change her hair style, start wearing more makeup and even begin wearing, sexier, more revealing clothes.

Naturally, this can cause her husband to begin feeling jealous and insecure.

From there, fights break out and he begins to accuse her of flirting with men, wanting the attention of other men and possibly thinking about cheating on him.

This may cause her to begin losing respect for him and start thinking things like, *“Why is he trying to burst my bubble? Why isn’t he letting me feel good about myself for a while? I feel as though he doesn’t want the best for me and would instead prefer it if I was a frumpy, ugly woman. Well, I’m not like that anymore. I’m sexy and beautiful and I want a man who can appreciate that about me, not put me down and make me feel bad for feeling sexy.”*

When a woman loses respect for a guy, she also stops feeling attracted to him.

This may then lead to even more accusations and arguments, because she no longer feels the desire to have sex with him.

Eventually, she will get fed up with all the fighting and she may decide to leave him.

He might then think something like, *“I knew it! Those breast implants ruined my marriage. I bet she’s off hooking up with other guys.”*

Yet, what he doesn’t realize is that his insecurity and jealousy is what ruined his marriage, not the implants.

Here’s the thing|

A woman doesn’t want to feel as though she needs to make herself seem less attractive in order for her guy to feel confident and secure in the relationship with her.

She wants to feel as though he would be 100% happy, confident and self-assured in the relationship, regardless of how attractive she is.

She wants to be with an emotionally strong man who believes in himself and in his value to her, rather than a guy who is constantly assessing whether or not he is good enough for her and if she is going to cheat or leave.

So, if she notices that her husband is unable to grow up and become the emotionally strong man that she wants and needs him to be, she will almost always lose respect and attraction for him and decide to leave him.

To Re-attract Her and Get Her Back, It’s Important That You Don’t Make Any of These Mistakes

Right now, if you want to get your wife back, you need to focus less on what happened (i.e. she left you after getting breast implants) and more on saying and doing the kind of things that will reactivate her feelings for you so she wants to come back.

That means, you can’t afford to make any of the following mistakes:

1. Trying to make her feel guilty for ruining the marriage, when she is feeling so

happy and confident now about her new look

[image: Trying to make her feel guilty for ruining the marriage]

It might be very tempting for a husband to say something like, *“How can you do this to me? Do you know how shallow it looks that you left me after you got breast implants? I don’t recognize you anymore. You’re not the same woman I feel in love with and married. Can you honestly tell me that our vows meant nothing to you? I thought we loved each other. I just don’t understand how you can throw our marriage away so easily. Why are you doing this? If you weren’t happy, why didn’t you just tell me, rather than leaving? We could have worked things out.”*

Yet, that’s the worst thing he could do.

Why?

Firstly, if his wife is currently feeling happy and confident, she’s going to get defensive about him trying to burst her bubble.

She may then begin thinking things like, *“How dare he try to make me feel bad about my new look. He’s just jealous that I’ve changed and improved. In the meantime, he’s still the same as before. Nothing about him has gotten better. He’s stuck at the same level he was at when we got married, yet, he still expects me to respect him, feel attracted to him and love him. I bet he’d prefer it if I was unattractive and frumpy and just acted like his nice, obedient little woman who accepted whatever he wants without question. Well, that’s not me anymore. I’m no longer prepared to settle for being anything other than my best self and that includes not sticking with a man who doesn’t have a clue how to make me feel the way I want to feel.”*

Secondly, trying to make a woman feel guilty when she’s feeling confident and happy (possibly for the first time in a long time), usually only makes her feel more determined to move on and find a guy who makes her feel good about herself.

She wants to take care of herself and start trying to move on and find a better future for herself.

What she doesn’t want, is to be manipulated or blackmailed into staying in a relationship that no longer sparks her sexual and romantic needs.

This is why, trying to make your wife feel guilty for leaving you after getting breast implants is not a good idea and will almost certainly push her away even further.

If you want her back, the best approach is to focus on reawakening her feelings of respect and sexual attraction for you, so that interacting with you actually starts to feel good to her.

Then, working on saving the marriage becomes something she wants to do, rather than something that she is being forced to do out of feelings of guilt.

Another mistake to avoid making is

2. Not understanding the other reasons why she lost enough respect and attraction to fall out of love with you

Most women don’t just walk out of their marriage on a whim (i.e. after getting breast implants).

Instead, there are usually other issues that have caused her to lose respect and attraction for her husband over time (e.g. he started off being confident and self-assured but over time became insecure and needy, he seemed focused and driven but he was actually directionless and erratic, initially he

made her feel sexy and desirable but eventually he treated her more like a neutral friend).

This is why if you want your wife back, you need to understand her real, secret reasons for leaving.

If you don't, then you might end up trying to get her back by offering her all the wrong things (e.g. promising to change things that don't matter to her, changing your physical appearance by going to the gym or buying new clothes as a way of being more attractive to her).

This will cause her to feel misunderstood and like you just don't get her, and she will likely reject your attempts to get her back and tell you to just leave her alone.

On the other hand, if you figure out her real reasons for leaving you and then make changes and improvements based on that, you can easily re-attract her, seduce her and get her back into a relationship with you.

Another mistake to avoid making is

3. Not changing your approach to attraction and expecting to get her back based on the history you have together

What a lot of guys don't realize is that a modern woman doesn't have to stay with a guy if she doesn't want to, just because they have a shared history together

Instead, she has the freedom and the right to break up with him and take care of her own personal happiness and well being, if she wants to.

So, if you want your wife to come back, you can't use an old approach (e.g. be extra nice and sweet to her, offer to take care of her financially, promise to take her on a luxury vacation) and expect her to feel attracted.

You've got to try something new.

Only when you spark her feelings again in new and exciting ways, will she be willing to drop her guard and open back up to giving you another chance.

Another mistake to avoid making is

4. Losing confidence in yourself and your value to her and therefore, becoming even less attractive to her

If you fall into the bad habit of thinking that you're not good enough for your wife anymore, it will naturally start to eat away at your confidence.

As a result, not only will you be less attractive to her, but you will also find it difficult to attract other high quality women who are looking for a truly confident man.

Don't let that happen to you.

Don't let your wife leaving you after getting breast implants ruin your sense of self-worth.

Instead, just pick yourself up and start moving forward with confidence, knowing that you can re-attract your wife (or other quality women) if you want to.

Another way of saying that is, if you want to get your ex back, you need to believe that you can.

Believing that you can starts filling you up with the kind of confidence that causes you to think, talk, behave and act in ways that are attractive to her.

As a result, she starts regretting her decision to leave you and she becomes open to working things

out with you.

Another mistake to avoid making isâ€¦

5. Giving up and assuming that itâ€™s over now and thereâ€™s nothing you can do

Thereâ€™s actually a lot you can do.

You can interact with your wife and reactivate her sexual and romantic feelings for you, so she realizes that leaving you was a big mistake.

No, sheâ€™s probably not going to make it easy for you (i.e. because she will want to make sure that youâ€™ve truly changed and become the man she wants you to be).

However, if you maintain your confidence and continue to say and do things that spark her feelings for you (e.g. make her laugh and smile and feel good to be around you, flirt with her to create sexual tension between you), her guard comes down and she opens back up to you quickly and easily.

So, donâ€™t give up.

You can get your wife back.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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My Ex Girlfriend Doesn't Appreciate Me

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 4 possible reasons why your girlfriend doesn't appreciate you and all the good you have done for her in the past:

1. You make her feel like she is a lot more valuable than you

[image: You make her feel like she is a lot more valuable than you]

Almost all quality women out there want to feel as though their boyfriend is at least equal value to them, but ideally, is higher value than themselves.

Being higher value means that she looks up to him, respects him, sees him as being a cool guy and knows that he could easily attract other women and so on.

On the other hand, being lower value means that she looks down on him, doesn't fully respect him, sees him as being a bit of a weird guy and knows that he's struggle to attract other high quality women like her.

Unfortunately, a lot of guys don't understand the importance of making their woman feel like she is the lucky one (i.e. she is with a guy who is higher value than her).

As a result, after a break up, a guy might try to get his ex girlfriend back by making her feel like she'd be doing him a big favor if she gave him another chance.

He might say, *"Please. I will do anything. You mean everything to me. I promise to change if you want me to change. You are the most amazing woman I've ever met. I don't want to lose you. I've never loved another woman the way I love you. Please, give me a chance. I know we can make this work. Don't give up on us."*

From his perspective, he is being honest and sincere and really does have good intentions, so he doesn't see what he is doing as a mistake.

Yet, he is going against what will actually make her feel attracted to him and want him back.

He's essentially pleading for another chance, which is not what a high value guy would do.

A high value guy, who knows that she is lucky to have a guy like him, will say something like, *"Okay, I accept the break up. No problem. I wish you all the best"* and have her be the one who is feeling rejected and left behind.

After all, she has stuffed up by dumping him.

She has lost him.

He can attract another quality women easily, so if she's going to be silly like that, then she will be the one regretting it if she doesn't change her mind.

Just don't make the mistake of telling her that you're a high value guy, or quality guy and saying that she will regret it.

That's not something you need to say.

Instead, you make a woman feel it by interacting with her and letting her sense it based on how much respect, attraction and love she feels for you as you interact with her.

When you do that, she will immediately begin to see your worth and will naturally begin to appreciate you as a result.

BTW: If you and your girlfriend haven't broken up yet (i.e. you were searching for *My girlfriend doesn't appreciate me*), then watch this video!

Another possible reason why your ex girlfriend doesn't appreciate you is

2. You allowed her to take you for granted in the relationship and she is now used to treating you that way

[image: You allowed her to take you for granted, so she used to not having to show appreciation]

A relationship will never be happy if one of the people is taking the other for granted.

There will always be resentment and in many cases, it will lead to cheating (i.e. one person will cheat with someone new to make themselves feel loved and appreciated).

To avoid that, you need to ensure that there is a balance between you appreciating her and her appreciating you.

Unfortunately, in a lot of cases, a guy ends up putting in way more effort into the relationship than his woman does, to hopefully get her to love him and treat him well.

Yet, it usually has the opposite effect that he is hoping for in the long run.

In the short term, when the relationship is beginning, a woman might keep things fairly even and show appreciation and love to him, but over time, she just won't feel motivated to show it as much as he does, if he is putting in way more effort than her.

One of the reasons why is that, deep down, a woman wants to be in the position where she feels more of a need to treat her man well and appreciate him.

Of course, she won't tell a man that because he might take it too literally, start behaving like an asshole and expect her to put up with it, because she said that she wanted him to make her feel like she needed to impress him.

Since most women can't communicate their real desires to a man without him taking it too far, they just remain quiet and hope that a man can figure it out himself and start doing it.

She might hint at it, but she will rarely tell him exactly what she wants him to do to make her truly desire him and appreciate him.

So, if her guy doesn't understand how to make her sincerely appreciate him and feel the need to impress him, then she just won't be happy deep down.

She might then begin taking him for granted more and more (e.g. not pulling her weight in the house, always expecting him to drive to see her, letting him pay for everything all the time, being unreasonably bitchy or cold, not being as affectionate as she used to, being selfish).

Secretly, she will usually be hoping that he will put a stop to her bad behavior by changing his approach to her and the relationship.

If he does, she will feel an irresistible sense of respect and attraction for him and will then be motivated to treat him well and be a good woman to him.

However, if he doesn't, a woman will usually end up losing so much respect for her guy that she just breaks up with him.

Naturally, when that happens, itâ€™s unlikely that sheâ€™s going to change the way she treats him from then on (i.e. her ex boyfriend will feel as though she just doesnâ€™t appreciate him, or appreciate everything he has done for her in the past).

To her, he is now her ex and since she doesnâ€™t have strong feelings for him, she just canâ€™t be bothered to treat him well and show him appreciation for the way he still helps her out, or the way heâ€™s still good to her.

So, hereâ€™s the thingâ€¦!

If your ex girlfriend doesnâ€™t appreciate you, it may be because she hasnâ€™t appreciated you long before the break up happened.

[image: Stop allowing her to take you for granted]

Somewhere along the line in your relationship, you will have allowed her to get away with taking you for granted and now that youâ€™re broken up, she just continues to doing.

If you want her behavior to change, you have to stop letting her get away with it.

That doesnâ€™t mean you should treat her badly, accuse her of being selfish, be controlling or cruel to her.

Instead, you need to stop letting her always get her way, or always get what she wants.

For example: If she calls you and youâ€™re busy doing something, thereâ€™s nothing wrong with not answering right away.

Just let it ring and then call her back when youâ€™re free, even if thatâ€™s an hour or two later.

In other words, donâ€™t be available to her 24/7.

Alternatively, if she keeps asking you for money for things, to run errands for her, or to do things that, as her ex, youâ€™re no longer required to do, you need to just say *â€œNoâ€* in a kind, but firm way, or say *â€œYes,â€* but with some conditions.

For example: If a woman asked her ex, *â€œCan you help me pay my rent this month?â€* after he had previously helped her and not seen any improvement in her behavior, he can say (in a light-hearted, easy-going way with a smile in his voice), *â€œWell, what do I get out of that? Are you going to cook me dinner?â€*

If she agrees, then he will help her, but if she doesnâ€™t, then he wonâ€™t help her.

Of course, he will be light-hearted and easy-going about it, but he will also be firm about it too.

Heâ€™s not just going to do whatever she wants and not be appreciated for it.

Now, with your ex, she might initially be shocked that youâ€™re not being a pushover like you used to be.

However, even if she doesnâ€™t admit it, she will feel a tremendous amount of respect and attraction for you based on being able to man up and stand up to her, but still be a good guy about it.

Another possible reason why your ex girlfriend doesnâ€™t appreciate you isâ€¦!

3. Youâ€™ve been giving her the impression that youâ€™re chasing a relationship with her

When it comes to sex or a relationship, the more a guy needs it, the less a woman wants to give it to him.

On the other hand, if a man is making a woman feel respect, attraction and love for him and she can see that he doesn't need sex or a relationship with her, she will want it from him.

If he then allows her to have that, she will feel lucky.

She will feel like the chosen one; the lucky girl who scored him out of all the other girls who would love to be with him.

That's the feeling women crave, but most guys just don't know it, or they have no idea how to create it.

If your girlfriend has broken up with you, watch this!

If you're still together and she hasn't left you yet, then watch this!

Now back to getting an ex girlfriend back who doesn't appreciate you!

If a guy keeps talking about how he wants to fix things with his ex girlfriend so they can get back together, something just isn't going to feel right to her.

When she figures it out, she will realize that it's essentially all about him getting her back for his reasons (e.g. he loves her so much, he deserves to be treated better by her, he wants to make the relationship work).

She won't be getting the feeling where she feels like the one who would be losing out if she didn't get back with him.

Instead, he will be making her feel like he needs her back, which just isn't as attractive and appealing as making her feel like she will regret leaving him.

As a result, she will remain guarded and may even act like she doesn't appreciate him and what he did for her in the past doesn't count anymore.

Secretly, she may even hope that if she treats him badly enough, he might start to hate her and then decide he doesn't want her back.

So, she doesn't show him love, even though he could get her to show him undying love and devotion if he used a different approach with her.

How about you?

Have you been pushing your ex girlfriend to give the relationship another chance, based on all of your reasons for wanting her back?

If so, she may be trying to turn you off (by not appreciating you), so you will then leave her alone.

So, what you need to do is change your approach to her.

Make her feel so much new respect, attraction and love for you that she realizes her feelings for you aren't gone.

At the same time, let her sense that even though you are able to make her feel that way, you're not needy for a relationship with her.

When she senses that, she will realize that other quality women will want to be with you, so she'd better give you another chance now before you meet another quality woman and end up forgetting all about your ex.

She knows that if she gets left behind, then it will be her who feels rejected and to avoid that emotional pain, she will get back with you and see how things go.

If you have improved and changed your approach to the relationship and can now make her feel the

need to impress you, she won't want to lose you because she will know how difficult it is to have that kind of feeling in a long term relationship.

Another possible reason why your ex girlfriend doesn't appreciate you is

4. She's not a good woman and will treat most other men she meets the same way

This might not apply to your ex girlfriend, but read the following just to be sure

Sometimes a woman is just a bad person who doesn't treat men, especially ex men, with much respect or appreciation.

Instead, she is manipulative, selfish and she doesn't care who she tramples on along the way, as long as she gets what she wants.

Women like that will cheat on guys and not even think anything of it.

She won't feel like she is in the wrong.

Additionally, she will break up with a guy who has done so much for her and not even care.

Until, she meets a man who brings out her good girl side

When a man brings out a woman's good girl side and is able to keep that part of her alive in a relationship, she absolutely adores him and treats him so much better than she has treated any man in the past.

Part of what it means to be a man who brings out a woman's good girl side, is to not put up with her bad behavior, make her feel the kind of attraction she really wants and be a challenge for her to acquire and keep.

This is why, if you really feel that your ex girlfriend is the one for you and you want back, then bring out her good girl side before she meets another man who can.

If she meets a man who brings that side of her out and you're still offering the same old approach to attraction that you offered in the relationship, then you aren't going to be an appealing option to her.

So, from now on, use a new approach that brings out her good girl side.

When you do that, she will begin to realize that losing you would be something she may end up seriously regretting for life, especially if she is never able to meet another man who can bring that side of her out and keep it alive in a relationship.

As a result, she will naturally stop treating you badly and start giving you the respect that you deserve.

You can then get back with her, knowing that she will continue being a good woman to you, as long as you don't let her walk all over you like she did in the past.

Avoid Making These 3 Mistakes if You Want Her to Appreciate You and Want You Back

You can change make her truly appreciate you and not want to lose you.

However, you can also do the opposite and make her feel like she has made the right decision to

leave you.

So, if your girlfriend to want you back and appreciate you when back with you, here are some mistakes to avoid making!

1. Assuming that a girlfriend has to appreciate her ex boyfriend because of what he did for her

Based on you reading an article with this kind of title (i.e. *My Ex Girlfriend Doesn't Appreciate Me*), I can safely say that you're probably a really good guy.

You most likely have a big heart, are fairly generous as a person, have good intentions with women and just want a woman who loves you and appreciates you.

That's great.

It's all good.

However, to get that kind of treatment from a woman, you really have to understand what makes a woman appreciate, feel attracted to and love a man for life.

I can tell you it's not just being good to her, or having good intentions.

Instead, it's about the relationship dynamic that you create and maintain (i.e. where she feels the need to impress you, show appreciation towards you and make sure that you are happy as well).

If you are the one who mostly feels the need to impress her, treat her well and hope that she doesn't leave you, then she won't be happy with that type of dynamic in the long run.

Some women say they want that from a man, but if you pay attention, you will notice that the women who are the happiest, most in love and most attracted to their man, are those in a relationship where they feel the need to impress the man as well.

It's not a one-sided relationship.

She feels like she needs to impress him, make him feel appreciated and show him the respect that he deserves, otherwise she could lose him.

All of that comes down to the dynamic that you create and maintain in a relationship.

You have to get the dynamic right.

If you do, she will naturally appreciate you and feel like it would be her loss if she didn't get you back.

On the other hand, if you give her the impression that she is more valuable than you and doesn't need to impress you, then she will feel like it's your loss and not hers.

Another mistake to avoid making is!

2. Telling her how it upsets you that she doesn't appreciate you

When a guy tells his ex woman how upset he is, he will usually be hoping that she will react by thinking something like, *Oh no! I feel so bad now. He doesn't deserve to be upset. How horrible of me. I'm going to start being so much more appreciative of him from now on. After all, he was my boyfriend. So, I owe it to him to treat him well.*

Yet, in almost all cases, a woman feels turned off by her ex's emotional weakness and for him seeking pity from her.

Why?

Women simply aren't attracted to emotional weakness and desperation, especially after a break up.

To get an ex woman back, you have to be behaving in ways that attract her, not turn her off.

It's okay to make some mistakes, but overall, you need to be behaving in a way that attracts her to you and makes her feel like losing you would be her loss.

So, if you want to get your ex back, don't bother telling her how upset you feel based on her not appreciating you.

Instead, just use any interaction that you have with her from now on to show her that you're now the kind of man that she always wanted you to be (e.g. you're so much more confident, emotionally strong and emotionally masculine now) to begin reawakening some of her feelings for you.

The more attracted you make her feel, the more she will feel drawn to you and naturally want to give you another chance, or at least hook up with you again sexually to see how she feels afterwards.

On the other hand, if you are continually making subtle mistakes that turn her off, then she will just keep trying to move on without you and may end up feeling less appreciative about everything you did for her in the past because it was from a guy that she is so turned off by now.

The next mistake to avoid is!

3. Assuming that she should appreciate the fact that you put up with her bad treatment of you and kept being good to her

Wouldn't it be awesome if being a good guy to a woman guaranteed that she would appreciate you and treat you nicely for life?

All a guy would have to do is be nice to a woman and she would respond by giving him her complete devotion, respect and appreciation.

She would never treat him badly, never throw a tantrum and never disrespect him because he is a good guy.

Unfortunately, it doesn't work that way.

The reality is a woman simply cannot appreciate a guy who is always being good to her regardless of how badly she treats him.

That doesn't mean she wants him to be mean to her.

Instead, she wants him to create a relationship dynamic that automatically causes her to be good to him, appreciate him, respect him and love him.

If he does that, he will bring out her good girl side and she will love him so much more as a result. She will love who she is with him.

She will feel happy that she's being a good girl, treating her man well and feeling the love she always wanted to feel with a man.

So, if you want to make your ex appreciate you and feel drawn to you again, don't go complaining to her about that.

Simply change how she feels about you by adjusting the way you approach interactions with her from

now on.

Many guys are able to get ex women back immediately using that approach, whereas other guys need a few days to a week or so to get it done.

You can get your ex girlfriend back and make her so much more appreciative of you than she ever has been before.

Best of all, she will love you so much more for bringing that side of her out.

Women are at their happiest when they are in love with their man, appreciative of him and treating him well.

Bring that side of her out and both of you will be so much more in love, appreciative of each other and happier together as a result.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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My Ex Likes Me, But is Too Busy to Be in a Relationship

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 reasons why a woman will say that to her ex boyfriend:

1. She is genuinely busy and only wants to have casual sex, rather than having to deal with the pressures and obligations of a committed relationship

[image: She just wants casual sex and not a committed relationship]

After a break up, a woman will usually try keep herself busy (e.g. focus more on her career or studies, party with her single friends, travel, try new things that she couldn't do because of her relationship) as a way of hopefully getting over her ex and moving on.

While doing that, she might realize that even though she likes her ex and misses him, she actually enjoys the freedom of being single again.

Additionally, if she has a lot going on in her life, she may find that she doesn't have the time or energy for a committed relationship right now.

So, if her ex tries to convince her to give him another chance, she says something along the lines of, "I'm sorry, but I can't. Maybe sometime in the future we can get back together again, but for now, I can't handle everything in my life and be a good girlfriend to you as well. You deserve better. I just can't offer you what you want. I'm just too busy to be in a relationship right now."

If her ex can honestly accept that she doesn't want to be in a committed relationship where they see each other all the time, text regularly and so on, then she may open up to having casual sex with him from time to time.

Then, if he approaches the attraction process correctly, he can seduce her back into a relationship with him.

Yet, if he pushes for a committed, boyfriend-girlfriend relationship and seems to only want that, then she will most likely continue rejecting him.

Then, as a way of moving forward without her ex, she will feel motivated to hook up with another guy who isn't interested in being in a relationship and is happy to enjoy the benefits of sex without commitment.

If she happens to really like the new guy, she may even get into a committed relationship with him and then it will be a different ex back case altogether.

So, before your ex moves on, you should start approaching the ex back process in a new way.

Rather than pushing for a relationship, you should use every interaction that you have with her from now on to make her experience new feelings of respect, attraction and love for you.

You can't achieve that by using the same approach you've been using.

You have to use a new and different approach to attraction.

An approach that will make her feel like she would be the one who ends up regretting losing you, if she doesn't give you another chance.

The more you are able to attract her in new and interesting ways that she hasn't experienced with you before, the more she will feel like she shouldn't let go of what she has with you.

Based on you being able to easily re-attract her, she will begin to worry that other women will now find you so much more attractive.

The fear of you meeting a new woman who is potentially as pretty or prettier than her, can make her feel compelled to just open back up to you and give the relationship another chance for now, rather than ending up feeling like she got rejected and left behind by you.

However, if you continue pushing for her to commit to a relationship before making her feel that way, then will likely just keep saying that she is too busy for a relationship.

Eventually, she will stop replying to your texts or answering your calls and may even get to the point where she blocks your number for a while, so she can start moving on with new guys.

Don't make that mistake.

Another possible reason why your ex said that she likes you, but is too busy for a relationship, is

2. She doesn't feel enough attraction for you anymore to be motivated to have a relationship

[image: She doesn't feel enough attraction for you anymore, to be motivated to have a relationship]

She may have some feelings for you, but not enough to make her want to get back together.

This often happens when the relationship started out well (e.g. they had an unique connection, he was a good guy to her, the sex was good, they enjoyed a lot of fun and interesting times together), but then, over time, it ended up feeling more like a friendship than a romantic, sexual relationship.

In other words, the attraction was there initially, but it then fizzled out and remained that way for quite a while.

Some women will put up with that kind of relationship dynamic for years (i.e. no spark, no strong desire), whereas some will only put up with it for weeks or months and then leave.

Whatever the case is though, at some point, a woman will begin to wonder things like, *â€œWhy don't I feel as attracted to him as I used to? Should I stay in this relationship even though I don't feel like I'm in love now? Would I be better off being single for a while, or trying a new relationship? Will he ever change? Should I wait for him to change? Can he change?â€*

If a woman senses that her guy either has no idea how or what to change, or he doesn't seem motivated enough to change, she will usually go ahead and break up with him.

Yet, just because she breaks up with him, it doesn't mean that all of her feelings for him are completely gone.

In many cases, the woman still likes her ex and thinks of him as a great guy.

It's just that she doesn't feel enough attraction and love for him to justify getting back into a sexual relationship.

In other words, she likes him as person, but she doesn't feel those all important sexual and

romantic sparks with him.

As a result, she doesn't see the point to getting back into a boyfriend-girlfriend relationship with him.

She could and it would be convenient and easy, but she knows that he probably won't change and as a result, her feelings won't really be any different to before.

So, she feels confused about what to do.

In many cases, to try and work out what she should do, she will open herself up to texting with him, talking on the phone and even meeting in person.

Yet, if he still doesn't know how to give her the kind of attraction experience she wants, she will continue rejecting him and then try to move on with a new guy instead.

Watch this video to learn more about how to give your girlfriend the attraction experience she really wants!

After helping new men get ex women back for many years now, I've found that when a man is in a situation like yours (i.e. your ex likes you, but is too busy to be in a relationship), he can easily change her mind by changing his approach to attraction.

For example: If he was too neutral with her and treated her more like an equal friend, he now starts being more masculine in the way he speaks, thinks, feels and behaves, so she can then feel more feminine in comparison to him.

When a woman feels very feminine in comparison to a man's masculinity, she automatically feels magnetically attracted to him.

It's a primal, instinctive attraction that applies in today's world, regardless of how strong or independent a woman is.

At the end of the day, a woman wants to feel girly and feminine in comparison to her man's masculinity.

She may not be willing to admit that, because she doesn't want a guy to feel too empowered to be manly, but she will react to it with attraction, respect, love and devotion.

Not many guys truly understand how a woman's attraction works and as a result, they struggle to attract new women or keep relationships together their entire life.

Don't let that happen to you with your ex, or with your future relationships.

Now is the best time for you to truly understand attraction and use it to re-attract your ex back into a relationship that is even better than before.

Another possible reason why your ex said that she liked you, but is too busy for a relationship, is this!

3. It's just an excuse to hopefully convince you to give her some space while she moves on behind your back

[image: It is just an excuse to get some space to move on]

When a guy gets broken up with against his will (i.e. his girl wants to break up, but he doesn't), he will naturally feel compelled to get her back to stop the painful emotions he is experiencing.

He might then end up texting, calling, messaging, e-mailing and even showing up unexpectedly at places where he feels he can bump into his ex girl and try and convince her to give him another chance.

As a result, the girl can end up feeling quite pressured and smothered by his approach to getting her back.

So, to hopefully get him to give her some space, a woman might say something along the lines of, *â€œLookâ€¦ I like you, but Iâ€™m too busy to be in a relationship at the moment. Youâ€™re a great guy, but I just canâ€™t be in a relationship. Maybe sometime in the future when things have calmed down for me, then okay we can get back together again. For now though, I just need some space. I need you to respect that. I need time to get my life under control. Now is not the time for me to be in a relationship. You need to give me some space.â€*

Since she is saying that they can get back together in future, the guy might then back off for a little while, thinking that heâ€™s eventually going to get her back.

In the meantime though, the woman will almost always (Iâ€™d estimate at least 95% based on the 1,000s of ex back cases Iâ€™ve dealt with) use the time apart to quickly find herself a new man.

She will do that to create an additional barrier in between her and her ex getting back together (i.e. she can say that she has a new boyfriend now and he doesnâ€™t want her speaking with her ex), or to hopefully make her ex feel turned off by the idea of another man sleeping with her, which will then make him give up on getting her back.

Itâ€™s a pretty common tactic women use to get out of a relationship and reduce their exâ€™s motivation to get them back.

Yet, on the surface, she is just saying, *â€œI donâ€™t have time for a relationship now. Give me some time to get my life under control and after that, we can probably get back together.â€*

It seems totally innocent and fine.

Yet, when her ex contacts her after a few weeks or so to ask something like, *â€œHey, how are you? Have things settled down in your life, or? Iâ€™ve been missing you. Are you ready to give our relationship another try?â€* she will be able to say something along the lines of, *â€œIâ€™m sorry, but I have a new boyfriend now. I really didnâ€™t intend for things to turn out this way, but it just happened. Youâ€™re a great guy and I hate the idea of hurting you, but I met someone else and now Iâ€™m with him. Please accept that and move on.â€*

At that point, many guys will feel angry at their ex for leading them on.

Hopefully you wonâ€™t have to go through that horrible experience now that youâ€™ve read about it and know what can happen if you wait too long to get her back.

If you want your ex back, you donâ€™t allow yourself to fall into the trap of giving her too much space in the hope that she will remain single and then some day, she will suddenly be less busy and then want to be with you.

Of course, that doesnâ€™t mean you should chase after her in a needy, desperate way and turn her off in the process.

Instead, simply stick around as her â€œfriendâ€œ so you can use interactions that you have with her (e.g. via text, social media, audio or video phone calls, in person catch ups) to re-attract her.

Make her feel the type of attraction that causes her to feel as though she will be the one losing out if

she let you go.

Let her fear that you might be the one that got away for her and that she might end up regretting it and missing you her entire life.

Of course, don't tell her that (that won't work).

You have to make her feel it (that is what works).

Another possible reason why your ex said it is

4. The relationship took up too much of her time because of how much you liked to text, talk on the phone or hang out

[image: The relationship took up too much of her time, due to how often you texted and wanted to see her]

Although it can initially be fun for a woman to text, chat and hang out with a new boyfriend all the time, her instincts will eventually kick in and tell her that something isn't right, if her boyfriend continues to behave in that way.

Why?

A woman's instincts push her to be with a man who has purpose and ambition outside of a relationship with her.

Her instincts also cause her to lose interest when a guy makes his whole life about her and spends so much time with her (or on her via text) that he neglects following through on his true potential as a man outside of the relationship.

She may not be able to explain it clearly to a guy, but she will say things like, *I just don't feel the same way anymore* even if the relationship was totally amazing initially.

She goes from being completely in love with him and happy, to, *I just don't know how I feel anymore.*

It's very confusing for guys who don't understand how a woman's attraction really works.

As a result, a guy who is unaware, will often make the mistake of constantly texting his girlfriend, spending all of spare time with her and letting her see that his life has essentially become all about her.

From his point of view, he's being a great boyfriend because he is so committed to her, so in love with her and so connected with her.

Yet, from her perspective, she increasingly begins to feel as though he is a needy, clingy boyfriend who isn't rising through the level of his true potential as a man outside of the relationship with her.

Additionally, his approach to the relationship takes up so much of her time and she instinctively feels as though it's not leading to progress in life.

They're just hanging out and wasting time.

In addition to her instinctive reaction, that approach to a relationship can also cause a woman to feel resentful towards her guy for leading her along a path of essentially wasting time.

As a result, she begins to disconnect for her feelings of respect and attraction for him, which then makes her start to fall out of love with him.

When that happens, a woman will usually then decide to break up with her boyfriend and try to find herself a man who will be more focused on making progress in life.

If her ex then tries to get her back (without even realizing where has been going wrong), she might say, *“I really do like you, but I’m just too busy to be in a relationship”* to avoid hurting his feelings, or having to explain why she is feeling that way (if she can) and then having to deal with him saying, *“Okay, please give me another chance. I will change. I will focus more on my goals, I promise. Just give me a chance.”*

Many women don’t want to put their boyfriend in a position where he is desperately offering to change and be what she wants, because that is also unattractive to women.

Women are attracted to men who able to be a man, without needing a woman to help them and guide them (i.e. take on a big sister or mother role, or behave like a mentor or teacher).

So, if you made the mistake of focusing way too much on her and neglecting your progress as a man, then you need to start getting clear on what your biggest goals, dreams and aspirations are as a man.

You don’t have to achieve any of them right now, of course.

You just need to get clear on them and start moving towards them, so the next time you talk to her (hopefully within a few days. Don’t leave it too long or she may move on), she can sense that you have already begun to change and become the sort of man she really wants and she didn’t even have to tell you what to do.

That is such a relief for a woman to see.

It takes all the pressure off her shoulders when she can see that you’ve manned up, without having to turn to her for help (which she won’t want to give anyway).

It shows her that you are the sort of man who will become more of a man over time because you get it now.

Women know how rare it is to find a man like that and when they do, they hold on tight.

When your ex senses this change in you, she will then begin to crave your time and attention and put in the effort to contact you.

So, here’s what you need to do:

- Stop contacting her for a few days (or a week at the most).
- Improve your ability to attract her during interactions.
- Interact with her and re-attract her. Arrange a catch up if you sense she wants it. If not;
- Give her a few more days of space and contact her again. Arrange a catch up.

Another possible reason why a woman will tell her ex that she likes him, but doesn’t have the time or energy for a relationship at the moment is

5. She is studying for a degree that requires a lot of work, or is

involved in a demanding career where she works many hours per week

[image: She is studying or has a demanding career]

Sometimes a serious, committed relationship and all of the responsibilities that can go with it (e.g. texting, seeing her boyfriend regularly) can just be too much for a woman who is honestly busy with her life.

That doesn't mean you have to give up on her though.

Instead, simply agree to be friends with her for now and use that friendship (and the occasional interactions that go along with it) to make her miss you and want you back.

In other words, don't be an innocent non-flirtatious friend who wants to *be there for her* or anything like that.

Instead, be a sexy, appealing who she can't stop thinking about in a sexual way.

The more attracted she feels to you, the less she will want to lose you.

She will then feel motivated to find a way to career (or studies) and her relationship with you.

Mistakes to Avoid When Getting a Busy Woman Back

The reality is that, even if a woman is busy, she will go out of her way to make time for a man who makes her feel the kind of irresistible attraction that every woman tries hard to find in a relationship.

You know the feeling when it comes to women.

Maybe even with your ex.

That unstoppable, never ending desire to just be with her in every way.

You can make your ex feel like that about you, but to do so, it's important that you avoid the following mistakes:

1. Trying to work things out with her via text, which just makes her feel more stressed and overwhelmed with the workload of her life

Trying to work relationship problems out via text is exhausting.

There's just so much that could be discussed and when it does begin to be discussed via text, there are almost always misunderstandings of what the other person actually means.

Then, there more explanations are needed, apologies come in, attempts to recover from the texting mistake come in and so on.

It can turn into a lot of effort, which is something that a busy girl doesn't want to have to put in, especially after breaking up with a guy that she no longer has enough feelings to be with him.

This can result in a girl wanting to block her ex's number or social media profile, so she can try to get on with her life without him.

So, if you want to get your busy ex back, don't try to discuss things with her via text, mend the relationship or even just have ongoing, friendly chats about random things that go on and on.

What should you do instead?

Call her (video or audio call).

A call cuts through all the texting misunderstandings and allows you to instantly begin attracting her based on your confidence, masculinity, humor and so on.

When she can sense (audio call) or see (video call) that she feels comfortable talking to you and also feels attracted to you, then she realizes that catching up in person would most likely feel good too.

As a result, she is so much more likely to agree to catching up in person if you call her (and re-attract her on the call), rather than if you keep texting her and end up making her feel like interacting with you is stressful, time consuming and frustrating.

The reality is that if you hide behind texts, it just adds to her stress levels and then she feels like blocking your number, so she doesn't have to deal with you anymore.

Don't put yourself in that situation.

If you do, then you probably won't be able to talk to her again (or for a long time), which will make it difficult to get her back.

Another mistake is

2. Not realizing that she would most likely be happy with a friends with benefits relationship, if you could just adapt to that for now

[image: Get a friends with benefits relationship going for now]

Having an all or nothing mentality (i.e. she either accepts a committed, boyfriend-girlfriend relationship with you or nothing) with your ex will push her away if she is secretly just interested in a friends with benefits (i.e. casual sex sometimes, no commitment) relationship at the moment.

Don't push away an FWB opportunity with her.

Allow it, so you can then have an excuse to see each other and as result, you then have an opportunity to re-attract her further and make her feel like she doesn't want to lose you.

3. Trying to make her feel sorry for you based on how confused you are by her behavior

Sometimes, a guy makes the mistake of thinking that if he shows his ex woman how much pain and confusion he's feeling based on her reason for leaving the relationship, she will feel so bad about it that she will decide to stick with the relationship.

Yet, it almost never works out that way.

Here's the thing

It's a woman's natural instinct to be more attracted to the kind of guy who has the emotional strength to cope with the problems and challenges that life throw at him, compared to a guy who breaks down emotionally and seeks pity (especially from women).

So, when a guy is looking for pity from his ex woman, she actually feels turned off by him.

She then feels glad that she broke up with him when she did and motivated to find herself a man who doesn't seek, need or want pity from a woman.

Always remember this: A woman doesn't want to be in a relationship with a man out of a sense

of pity, or guilt.

A woman wants to be with a man because he makes her feel good.

When a woman is with a man who makes her feel good, she won't want to end a relationship due to being busy because she knows that another quality woman will get with him in a heartbeat.

If that happens, she will be the rejected one who has gotten left behind.

So, to avoid that emotional pain, she will go out of her way to spend enough time with her boyfriend to keep the relationship alive.

On the other hand, if her boyfriend is seeking pity from her due to her leaving him based on being too busy, she will feel turned off and smothered by his neediness.

Another mistake to avoid is

4. Not focusing on using humor to get her enjoying the interactions she has with you

If a woman is busy, she will usually feel stressed and pressured by all the things going on her life.

Instant relief from all of that pressure is laughter.

Real laughter.

If you can approach your interactions with her from now on, with a focus on making her laugh and feel good, she will naturally want to interact with you more and see you in person because you are her relief from all the stress.

On the other hand, if you call or text your ex and annoy her by saying something like, *"I don't understand why you are doing this. You said you like me, so why don't you want to be with me? I promise that I won't take up so much of your time anymore. I just want to be with you. Please let's give our relationship another chance,"* chances are high that she will feel stressed because you are pushing for something she doesn't want right now.

Additionally, if you interact with her and just try to be her friend and *"be there for her"* or have serious conversations about things, she probably won't feel the all important sparks of sexual and romantic attraction needed for her to want to be with you physically.

Then, if another guy comes along and sparks her sexual and romantic feelings, don't be surprised if she says something along the lines of, *"I really wasn't looking for a relationship because I was busy, but he swept me off my feet. I'm sorry, but I think it's better if we stop talking to each other. I wish you all the best."*

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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My Girlfriend Found Out That I Cheated and Then Left Me

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 4 different strategies you can use to get a woman back after cheating on her.

Have a read though the following options and choose the one you think would work best for your situation.

Option 1: Let her have some space to start dating and realize how much she misses you

Some guys are okay with this option, whereas others can't stand the idea of their girlfriend being with another man.

It really depends on you and the type of relationship you've had with her.

So, here's how it works.

If you decide to give her some space to start dating again and she then struggles to find a new guy, or doesn't find a guy who makes her feel as attracted as you do, she will naturally start to miss you.

She will realize that, although you did cheat on her, no other guy can make her feel the way you do, so there's no point trying to avoid you and pretend that she doesn't want to be with you.

At that point, she might text you to say *âHi* to show her interest and hope that you pick up on it and get her back.

Of course, not every woman will text her ex first though, even if she really does miss him.

Many women worry about reaching out to an ex boyfriend, showing interest in him and then finding out that he is happy with a new girl, dating the girl he cheated on her with, or simply doesn't have any intention of getting back with her.

If she gets that type of response from him or senses it, she will feel rejected and left behind.

So, to avoid that kind of emotional pain, most women wait and hope that their ex boyfriend contacts them and tries to get the relationship back together.

This is why, if you decide to give her some space to start dating and realize that she misses you, don't just wait for her to hopefully contact you one day.

Another strategy you can take now that your girlfriend has left you for cheating on her, is

Option 2: Make her want to forgive you and give you another chance

Firstly, if you haven't already done so, you need to sincerely apologize to her for what happened.

Just make sure that you do it over the phone, or even better, in person rather than via text (i.e. because she can easily delete the message without reading it).

Additionally, make sure that you maintain your cool and be confident in yourself, rather than breaking down and crying, or sucking up to her as you apologize to her.

A sincere, direct apology is all that is needed to make your point without coming across as desperate, or making your ex feel like she has a lot of power over you, which she doesn't want.

So, just keep it together, be your normal, cool self and sincerely apologize for cheating on her and hurting her.

For example: You might say something along the lines of, *“Look. Before you say anything, I just want to apologize to you for what happened. I know that it would have hurt you to find out that I cheated. So, I'm sorry for what I put you through. You know I love you. Of course, I don't expect you and I to get back together, but I do love you.”*

If your ex is still attracted to you and does want to be with you, then saying that will help open her back up, make her want to forgive you and cause her to want to hug you, kiss you, have sex and get back together.

On the other hand, if your ex isn't attracted to you at the moment, then it will reduce some of her negative feelings towards you.

As a result, she will open up to you a little more and you can then begin to make her feel more and more attracted as you interact with her.

When you approach it that, she will want to stop thinking about how you cheated on her and start falling back in love with the man that you are now.

Another strategy you can use now that your girlfriend has left you for cheating on her, is that

Option 3: Move on, start enjoying your life without her and let her see it on social media

One of the easiest ways to re-attract a woman after a break up is to let her see you looking confident, happy and included (i.e. around others) in photos and videos on social media.

It might seem like a cruel thing to do, but it works because women are attracted to men who remain confident, happy and forward moving in life no matter what.

Of course, it's not something that women want to admit because they don't want to encourage an ex guy to do that and then end up feeling hurt and rejected by him.

Yet, it works.

When a woman sees that her ex man is happy and getting on with his life without her, it actually makes her feel drawn to him again.

She can't help it.

It's an instinctive reaction (i.e. because women are naturally attracted to emotionally strong men and turned off by wimpy, insecure men).

Even if a woman feels angry or annoyed when she sees that her ex is happy without her (i.e. because she doesn't have power over him like she thought she did), she will also feel respect and attraction for him for being so emotionally independent and strong without her.

So, be prepared for some fake anger if she does contact you.

She might say, *“I see that you don't give a crap about me. You're already moving and enjoying your life. Well, at least now I know that you never cared. You are an asshole. Goodbye.”*

Why would she say something like that if she is secretly feeling drawn to you and hurting that youâ€¢re not in her life?

Simple.

She wants to see if you will maintain your confidence, while also being good to her (that is what works), or if you will crumble under the pressure, apologize over and over and tell her that youâ€¢re not happy without her (that doesnâ€¢t work).

By the wayâ€¢

If she has unfriended you on Facebook since the break up or doesnâ€¢t follow you on Instagram or other social media, just set your photos and videos to public so that she can see them from the outside.

Almost all women will check on an ex via social media to see what heâ€¢s up to, even if itâ€¢s only to see if heâ€¢s feeling sad and lost without her so she can feel good about herself.

So, make sure that you update all of your social media profiles to show you looking confident, happy and included (i.e. around others who want to be around you and are having a good time with you).

Donâ€¢t post any sad, lonely photos of yourself, or random memes about irrelevant things that show her that you have nothing important to do and are just passing the time while you sit at home all alone.

When she can see for herself that you are confident, happy and getting on with life without her, she will feel drawn to you again, even if she doesnâ€¢t want to.

You can then get her back and into a relationship where she really does want to be with you again.

Another approach you can use now that your girlfriend has left you for cheating on her isâ€¢

Option 4: Catch up with her just as friends, but then seduce her at the meet up

In some cases, a guy will still be able to call his ex girlfriend after she has broken up with him.

If thatâ€¢s the case for you, then call her and arrange a time to catch up as friends.

Then, seduce her at the meet up.

On the other hand, if your girlfriend isnâ€¢t answering your calls at the moment, then hereâ€¢s what you can do insteadâ€¢

Try to call her at a time when you think sheâ€¢d be able to answer (e.g. donâ€¢t call her when sheâ€¢s at work or university, on a Friday or Saturday night when she might be busy, or pretend to be busy. Try to call when you think sheâ€¢d be chilling out at home by herself).

If she doesnâ€¢t answer your call, follow up by sending her this text: *Â€Hey. I was trying to get hold of you to ask you something quick on the phone, but you seem to be busy at the moment. Itâ€¢s nothing serious, but I do need to talk to you on the phone. Iâ€¢ll give you a call tonight at about 6pm to talk to you about it. It will only take a minute or so, I promise.Â€*

She might then respond with something along the lines of, *Â€I donâ€¢t want to talk to you on the phone. Just tell me what you wantÂ€ or, Â€Iâ€¢m busy tonight. Just tell me now and get it over with.Â€*

Regardless of how she responds, don't make the mistake of texting back and forth with her. Instead, just say that you'll tell her when you call her later, or just call her right away and have the conversation.

In most cases, a woman will be curious to find out what you want to talk to her about, so she will answer the phone.

Then, once you've got her on a phone call with her, use some humor to ease the tension and awkwardness between you and her.

Get her smiling and laughing and feeling good to be talking to you.

Now, the thing that you want to talk to her about is catching up to say hi as friends.

So, after getting her smiling and laughing with some initial humor, you can say, *"Hey, it's been good talking to you again"* and let her say something.

She might then add something like, *"Yeah, you too"* and you can say, *"We should talk again sometime soon"* and let her say something.

If she says, *"Yes"* you can then say, *"Well, I'm glad we can be mature about this and talk, especially after all that happened. Look, I think it would be great to catch up as friends and say hi this week. I've got free time on Tuesday and Thursday. Which of those days would be better for you?"*

Even if she's initially resistant to the idea, don't lose confidence in yourself.

Encourage her to catch up and let her know that it's just you and her catching up as friends.

At the meet up, actively make her feel attracted to you and drawn to you once again.

Some of the ways you can do that are by

- Flirting with her to create sexual tension between you, rather than just talking to her like a friend.
Believing in yourself and in your value to her, rather than doubting yourself because of what she has said to try to hurt you and make you lose confidence.
- Making her smile and laugh and feel relaxed to be around you again, rather than trying to get into intense, deep discussions about what happened.
Showing her that you're a new and improved man that she can now fully trust, respect, feel attracted to and love, rather than behaving in ways that give her the impression that you might end up cheating on her again.
- Not losing touch with the cool, confident side of yourself that attracted her to you in the first place. In other words, don't turn into a soft, wimpy guy who is trying to suck up to her by being really nice.
- Being masculine in how you talk, behave and act, so she can feel feminine in comparison to you and therefore, feel naturally attracted to you. Don't make the mistake of suppressing your masculinity to be nice.

Once your girlfriend begins to relax and open herself up to you due to feeling attracted, you can progress to giving her a hug, a kiss and then hook up with her sexually to get the relationship back together.

Avoid Making These 3 Mistakes

You can get your ex girlfriend back after cheating on her, but just make sure that you don't make these classic mistakes!

1. Apologizing over and over

In most cases, you do need to apologize to your girlfriend for cheating on her.

Sometimes though, a woman doesn't need an apology because she knew that her boyfriend was a bit of a player and would be sleeping with other women, so it was kind of expected.

In cases like that, the guy just needs to re-attract her, hook up with her again and get her to love him.

In other cases, a woman does need to receive an apology because she loved her boyfriend and honestly thought that he was totally committed to her and truly wanted to be with her.

In cases like that, she will have invested herself heavily into the relationship and he will have been giving her the impression that he only wanted to be with her.

So, giving her an apology in a case like that is needed.

However, apologizing over and over again will not help.

Why?

Apologizing over and over seems weak to her and it begins to give her power over you that she doesn't want.

If a woman starts to feel like she has too much power over her boyfriend and he has essentially lost all confidence and become needy, then she will lose respect and attraction for him.

When that happens, she won't want to get back with him.

So, if you've already sincerely apologized to your girlfriend for cheating on her, then there's no need to keep apologizing to her about it.

Once is enough.

From now on, what is important is that you show her via your attitude, actions and behavior that you do love her and want to be with her, but aren't being needy about it.

When she senses that, she will respect you from maintaining your cool under pressure and as a result, will open up to feeling attracted to you again.

When that happens, she will start feeling love in her heart and will want to be with you.

2. Assuming that she could never forgive you and give you another chance

Most women are able to accept and deal with cheating a lot better than men, because it's actually attractive to a woman when other women want her man.

Not that she will admit that though.

On the other hand, it's much more difficult for most men to deal with the idea of another man sliding his dick into their girlfriend's pussy and mouth.

Just imagining her enjoying sucking another man's dick, or her gladly bending over to get banged by him can stress a guy out and make him feel sick to the stomach.

Yet, women don't have the same kind of reaction to their man having sex with another woman.

Why?

In evolutionary terms, a male who can attract many females is much more desirable than a male who can't attract any.

It's an ancient instinct that still applies to modern women, even if they don't want to openly admit it (i.e. because it would encourage men to be unfaithful).

So, if a guy cheats on his girlfriend, it can and will hurt her and may even cause her to break up with him and try to remain broken up.

However, she will instinctively feel attracted to him because other women find him attractive enough to sleep with him.

So, don't assume that she won't be able to forgive you and give you another chance.

She may never forget that you cheated, but if you make her feel enough attraction for you from now on by using some of the tips from this article, then she will be willing to forgive your mistake so she can get back with you.

3. Not knowing how to turn her pain into pleasure

Feelings change all the time.

She can literally go from feeling the pain of being betrayed by you, to feeling the joy of getting back with you and loving you so much more than before.

So, don't give up.

You can get her back.

You can get rid of the pain she is feeling and turn it into intense pleasure for the both of you.

You can make the relationship better than it ever was.

You can also make her want to stop thinking about the cheating and just focus on you and her.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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She Said She Might Be Moving Away, So She Wants to Break Up Now Rather Than Leaving Me Later On

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

These are the 5 most common reasons why a woman will say that to her boyfriend:

1. She doesn't know how else to say that it's over, so she is using a potentially moving away as an excuse to end the relationship

[image: She doesn't know how else to say that it's over]

Sometimes a woman knows that she isn't going to move away, but she uses it as an excuse to end a relationship that she's not happy with.

Some of the reasons why a woman will lie to her boyfriend in that way, include:

- She doesn't want him to try and talk her out of her decision if she explains her real reasons for breaking up with him (e.g. he's too insecure, not manly enough, gives her too much power). If she tells him her real reasons, he can then say, *"I promise I can change. Just give me a chance"* and she may then feel obligated to give him a chance.
- She's worried that he might lose control of his emotions and start crying, begging and pleading with her to change her mind.
- She is nervous about him potentially getting angry at her (if she tells him her real reasons for the break up) and possibly even reacting violently in some way.
- She is trying to avoid hurting his feelings by using an excuse for the break up, rather than saying something like, *"Look, you're just not manly enough, okay? You were a fairly confident guy initially, but you've turned into a sensitive, insecure over time. I don't like it. I'm leaving you. I want a confident man, not an insecure guy."*
- She is trying to get him ready for the day when she eventually breaks up with him. Her talking about moving away is just the first step to get him used to the idea of potentially breaking up. She doesn't know what else to say to him to get him to leave her.

As a result, she tries to use the excuse of not wanting to hurt him later on due to her potentially moving away as a way out of the relationship.

If she isn't actually planning on moving away for real and her boyfriend accepts the break up, she will then focus on quickly finding herself a new man behind his back.

She will do that quickly, so she can then have an additional reason why he can't be with her (e.g. she says, *"I've met someone else. We are really happy and he doesn't want me talking to you. I don't want to ruin things with him, so please don't contact me. Respect the fact that we've broken up. I wish you all the best"*).

If her ex boyfriend then says something like, *"What? I thought you said you would be moving away. Now I see that you're still here and you've got a new boyfriend. What's going on?"*

What really happened?â

She can say, âIâm sorry. I really did have plans to move away, but that all changed. I decided to stay. Then, I met someone else totally by accident and Iâm in love with him. Sorry for hurting you, but I didnât intend to. Things just happened. So, I hope you can respect my new relationship and give us the space we need. I will always have a special place for you in my heart. I wish you all the very best. Goodbye.â

She will then try to get on with her life and hope that her ex will accept the break up and move on as well.

This is why, if your ex is using the old, *âIâ might be moving away, so we should break up nowâ* excuse on you because she doesnât know how else to break up with you, then you need to change your approach with her to get another chance.

That doesnât mean you should beg, plead, cry or behave in other ways that can turn her off.

Instead, the best way to approach to use is to first accept her decision by saying something along the lines of, *âOkay. If thatâs what you want, I accept it. We are broken up and never getting back together. However, until you move away, letâs agree to at least remain friends, okay?â*

She will almost certainly agree to that because she wonât want to seem unreasonable and because you have accepted the break up, so she will want to support that behavior.

You can then use the *âfriendshipâ* to keep the channels of communication open between you and her, which you will then use to re-attract her and make her want you back.

When you reawaken her sexual and romantic feelings for you, everything will automatically begin to change.

If she really isnât planning on moving away, then she will say that she has changed her mind or is thinking of changing her mind.

If she is actually planning on moving away, then she will want to open back up to you for the time being, so she doesnât miss out on the irresistible feelings of sexual and romantic attraction that practically everyone craves.

She might also begin to have second thoughts about moving because of how she feels about you now.

She feels so much attraction for the new and improved you.

So, use the power of attraction to your advantage.

Make her suddenly feel like she doesnât want to miss out on what it feels like to be with you now.

That is what will stop her in her tracks and make her want to remain with you.

Another reason why a woman will say that she wants to break up because she might be moving away, isâ

2. She really does plan on moving and wants to be able to move to the new place feeling happy, free and ready to flirt with other guys

[image: She wants to break up now, so she feels free to meet and flirt with men at her new location]

Imagine thisâ€¦!

A woman has to move to another town, state or even country (due to a change in her job, or university, or for some other reason) while she is still in a relationship with a guy that she truly loves.

She doesnâ€™t want to have to break up with him, but she has to move away no matter what.

She believes that a long distance relationship wouldnâ€™t work between them, so she decides that it would be better to break up.

When she makes that decision, she then begins preparing herself emotionally to become single again.

For example: She imagines flirting with new guys, potentially falling in love or just enjoying casual dating and sex for a while in her new city or town.

She begins to feel excited about the adventures she might have, the new feelings and the freedom she will feel once there.

She will be a single woman.

She will be free to do whatever wants.

It could be fun and she wants to experience it.

As a result, she wants to break up with her boyfriend now, to avoid dragging things on until she leaves and then potentially having him visiting her and trying to get her back in her new location.

So, she tells him that she might be moving away and wants to break up now, rather than having to leave him later on and hurt him or both of them in the process.

She tells him that itâ€™s best for both of them, itâ€™s the mature thing to do and so on.

If he accepts it, she can then have enough time to begin getting over him before the big move.

Then, when she finally does move away, she will be emotionally ready to go out, meet new men and have fun.

She wonâ€™t have to worry about feeling guilty for cheating on her boyfriend, because they will have already broken up a while back.

So, she will officially be single and ready to mingle.

It sucks for her ex boyfriend, but itâ€™s good for her.

Of course, if a guy is in that situation right now, he can change her mind and keep the relationship together for the time being.

Another reason why a woman will say that she wants to break up because she might be moving away, isâ€¦!

3. She wants to be single again and spend time with her girlfriends, so she is using it as an excuse

[image: She's using it as an excuse to become single, so she can pick up new men with her single girlfriends]

Sometimes, a woman will get into a relationship and really love her boyfriend, but then eventually feel like she just isnâ€™t ready to settle down for life yet.

This feeling can be amplified if her single girlfriends are having loads of fun meeting new guys,

having sex and enjoying their freedom, while she is stuck in a relationship that no longer makes her feel excited, happy or in love.

As a result, she may use an excuse of having to move away sometime in the future, to break up with her boyfriend.

If he accepts it, she can then enjoy being single again and focus on having the fun that she's been craving, without feeling too guilty about it, or having to resort to cheating while still in a relationship.

Here's the thing!

In today's world, a woman won't stay in a relationship with a guy just because things felt great between them at the start.

Instead, if she notices that the spark between them has fizzled out and her girlfriends who have a boyfriend or husband are happy and in love, then she will begin to feel like she is missing out.

Additionally, if she has single girlfriends who are enjoying an exciting dating life, she might also feel like she is missing out on all the fun that comes with that as well.

When that happens, she might then begin to look for ways to end her relationship, so she can experience something more enjoyable.

It sounds selfish, but men do that to women as well.

It's a pretty common reason why people want to break up (i.e. to have more fun with someone new).

So, if your girl is saying that she might be moving away and wants to break up now rather than leaving you later on, it may be her way of getting out of a relationship that no longer excites her.

That's the bad news.

The good news is that you can change the relationship dynamic and make her never want to leave you...

If you still have the opportunity to interact with her on a daily, or at least regular basis in person, then use the interactions to reawaken her feelings for you.

Get her to experience new and exciting feelings of attraction for you based on you changing and adjusting your approach to her and the relationship.

When she feels more attracted to you than she ever has before because you are now making her feel attracted in new and exciting ways, she loses the desire to want to leave you and meet new guys.

Another reason why a woman will say that she wants to break up because she might be moving away is!

4. She feels like committing to you isn't going to work out in the long run anyway, so she doesn't see the point in staying together anymore

[image: She feels like the relationship won't work in the long run, so she no longer wants to be a part of it]

Sometimes a woman will feel attracted to a guy initially because he displays some of the qualities and

traits that she looks for in a man that she wants to be with long-term, or for life.

As a result, she might initially think, *â€œWow, I really like him. I think he might be the one.*

Heâ€™s cool, confident, funny and he makes me feel so sexy and desirable when Iâ€™m with him.

This could be it.â€œ

Yet, when she then gets into a relationship with him, she discovers that how he was initially behaving is not the real version of him.

For example: Rather than continue to be confident and self-assured, he becomes insecure and self-doubting.

This then causes him to feel needy for her affection, devotion and attention, which turns her off because she wanted a confident guy.

Additionally, he might also be a lot less emotionally masculine (i.e. ballsy, courageous, strong under pressure, determined, resilient) than she first thought.

She thought he had the potential to continue to grow as a man, which would make her feel more and more attracted and in love with him over time, but he has been going backwards (i.e. he has become a bit too timid, fearful, weak under pressure) and becoming less of what she feels a man should be.

As a result, she might then begin to think, *â€œWell, I really thought he was different than other guys, but in the end, heâ€™s just like all the other guys I broke up with in the past. He just doesnâ€™t know how to be a real man yet. I was truly hoping we would be together for life, but now I see that itâ€™s just not going to work out between us. I have to get out of this relationship before it gets worse. He clearly doesnâ€™t know how to change and improve and become the man I want, so I canâ€™t just wait around for nothing. I have to leave him.â€œ*

She may then use the old, *â€œIâ€™m might be moving away, so I want to break up now rather than leaving you later onâ€œ* excuse to dump him, as a way of hopefully avoiding him trying to talk her out of her decision.

Another reason why a woman will say that she wants to break up because she might be moving away, isâ€œ|

5. She isn't planning on moving away for real, but is saying it to see if she can get you to treat her better from now on

[image: She is just saying that to get you to treat her better]

Sometimes, a woman will feel as though her guy is taking her for granted (i.e. he expects that she will just stick around for life, even though he isnâ€™t treating her the way she wants to be treated, or making her feel the kind of attraction and love she craves).

So, to gain some power over him, she may decide say that she wants to break up because she might be moving away.

She hopes that it will shock him into appreciating her and trying to be a better man to her.

If he tries to convince her to change her mind (e.g. by begging and pleading, promising to do whatever she wants), she might then say, *â€œIf I move away, I will still have to break up with you, because Iâ€™m not prepared to be in a long distance relationship. So, whatâ€™s the point in us*

remaining together for now?â

The more he begs and pleads with her, the more power she will gain over him.

Yet, if she gains a lot of power over him and notices that he is now sucking up to her, doubting himself and feeling insecure, it will actually make her lose respect and attraction for him.

As a result, she will seriously begin thinking about breaking up with him and will often go through with it, to get revenge for how bad he made her feel (by taking her for granted) throughout the relationship.

So, the guy will go from being in the position of power and having his woman trying hard to impress him and keep him, to losing the position of power, sucking up to her, causing her to lose respect and attraction for him and then getting dumped.

Itâs a horrible thing for a guy to go through and will often be an emotionally devastating experience.

Of course, if something like that happens to you, donât worry.

You can get her back by reversing the damageâ

If a guy doesnât reverse the damage and continues to turn her off, she will feel determined to move on without him.

As a result, he might then be left wondering, *âWhy did she leave me? I gave her everything she asked for. I just donât understand.â*

The answer is simple.

A woman might give a guy the impression that she wants to be in control, but if he actually falls for it and becomes a puppy dog around her, she will automatically lose respect for him.

When a woman loses respect for a guy, she also stops feeling attracted to him and without those two emotions, her love for him will begin to fade.

So, if you want your woman not to break up with you, make sure that you donât lose even more of her respect by handing over your power over to her and just doing whatever she wants.

Of course, that doesnât mean you should be rude, selfish or controlling in any way.

Instead, you need to stand your ground with her and show her (in a loving, but dominant way) that youâre not going to let her push you around anymore.

In other words, take control of the situation in an assertive manner, but still be a good man about it all.

When you approach it in that way, she will naturally feel drawn to you and will begin to question her thoughts about leaving you now, or moving away without you later.

Be Sure to Avoid the Following Mistakes

Even if she is currently feeling determined to go through with the break up, you can still change her mind.

The way to do it is to spark so much new respect, attraction and love inside of her, that she honestly doesnât want to lose you.

It feels like it would be too much of a loss for her and that she would regret it.

To ensure that you do this right, here are 3 mistakes to avoidâ€¦!

1. Telling her that you will be lost without her and need her to stay

[image: Telling her that you will be lost without her and need her to stay]

Although that is something that works really well in romantic movies, in the real world, women just donâ€™t feel attracted to neediness and desperation in men.

It doesnâ€™t work for them.

Itâ€™s a total turn off.

So, acting like you canâ€™t live without her will simply turn her off further and make her feel more determined to move on.

If you want to convince her to stay, you have to do it by making yourself so irresistible to her that she doesnâ€™t want to lose you.

Part of that means you need to focus on being more emotionally independent from now on and living a happy, fulfilling life without her.

When she sees that you donâ€™t need her in order to feel good about yourself, she will respect you and begin feeling drawn to you again.

Of course, she might test you by saying, *â€œSo, I see that you are doing fine. Are you over me already?â€* to see if your confidence and happiness is just an act.

If she senses it is, she will lose respect and attraction for you.

If she can see that it is real, then she will feel drawn to you and feel as though she is losing you.

She will worry that if she goes through with the break up, she will end up feeling like the rejected one, or the one who got left behind.

That alone is enough to make most women (and men) want to get back with someone.

So, donâ€™t be afraid to make her feel that emotional pain.

It might seem cruel, but itâ€™s necessary, especially if she is genuinely considering breaking up with you and then moving away.

You can still save the relationship, but you have to be willing to make her feel what she needs to feel to want to stay.

If you are trying to get her back by telling her that you will be lost and sad without her, it just wonâ€™t work.

She wonâ€™t want to feel as though you are holding her back.

So, donâ€™t make that mistake.

Another mistake to avoid isâ€¦!

2. Saying that you are willing to move states or even to another country to be with her

Iâ€™ve been helping new men to get women back, or to avoid break ups with women for many years now.

Whenever I hear examples of men who have moved states or across the world to be with a woman, it

almost never works out well.

Part of the reason why is that a man will essentially say, *â€œIâ€™ll follow you anywhere. Iâ€™ll leave my job. Iâ€™ll leave my friends and family to be with you. I just want to be with you,â€* which sounds like a great scene for a movie, but in real life, if a woman is already turned off by her boyfriend and wanting to leave him, she will feel more turned off when he starts acting desperate like that.

Of course, if a couple are in love and the feelings are mutual, then it usually wonâ€™t be a problem at all.

However, if the love has become one-sided and he is desperately trying to cling onto her, then itâ€™s not attractive and appealing to the woman.

She begins to feel smothered by him and the relationship and wants to get away from him even more.

This is why, the best approach is to remain calm, composed and simply agree with the break up.

Then, suggest that you remain friends, rather than cutting each other off completely.

Then, use your interactions as a *â€œfriendâ€* to reawaken her feelings and make her change her mind about leaving, or ask you to go with her.

If you do decide to go with her, make sure that she is totally in love with you and doesnâ€™t want to leave you.

Donâ€™t follow her to another state or country if she isnâ€™t happy in the relationship.

That wonâ€™t work.

The ideal scenario, which you can achieve, is to make her feel so much new respect, attraction and love for you that she doesnâ€™t want to move away anymore and wants to stay with you.

3. Telling her that you will wait for her, no matter how long it takes

It sounds romantic, right?

It works for Hollywood movies and romantic novels, but in real life, women usually move on with new men and forget about their ex that they dumped.

Before her ex knows it, she is engaged, pregnant or married and he is then left feeling disappointed and rejected after waiting for her for so long.

So, donâ€™t tell her that you will wait for her no matter how long it takes.

Some guys do that and hope that their girlfriend will be flattered and deeply touched by his devotion to her.

The guy hopes that she will then come to her senses and change her mind about moving away and breaking up with him.

Yet, thatâ€™s rarely how things work out.

Instead, in most cases, a woman will feel turned off by what she perceives as the guyâ€™s inability to move on by attracting another quality woman like her.

Of course, she might pretend that sheâ€™s happy about him waiting, but she will secretly focus on moving on by finding herself a new man as soon as possible.

Another mistake to avoid isâ€¦

4. Getting angry at her for wanting to break up with you over potentially having to move

It's understandable that you might feel a bit angry, annoyed or betrayed by her move.

Yet, showing angry towards her won't really accomplish anything.

She will just feel threatened and smothered, which will make her want to push you away.

So, if you truly want her to change her mind, the best way to go about it is by showing her what she will be losing out if she doesn't give you another chance.

This essentially comes down to how much new and additional respect, attraction and love you make her feel from now on.

An example of how to make her feel respect, attraction and love is to maintain control of your emotions around her no matter what she decides to do, or what she says to you.

She will see that you're being an emotionally strong and mature man, which will naturally make her respect you.

When a woman respect you, she can then feel attracted to you and if you're making her feel attracted to you in other ways, she will be connecting with her feelings of love with you as well.

Then, she will begin to realize that leaving you behind could be a big mistake that she would end up regretting later on, or for the rest of her life.

As a result, she will feel motivated to try to keep the relationship together and not lose you.

Yet, if you can't control your emotions around her, she will naturally feel turned off and will then become more motivated to move away and leave you behind.

Another mistake to avoid is

5. Not knowing that you can make her change her mind almost immediately

Right now, it might feel as though there is nothing that you can do to make her change her mind.

You can.

When she feels a renewed sense of respect, attraction and love for you, her thinking, behavior and actions will automatically begin to change right away.

She will feel drawn you.

She will want to be with you and not lose you.

You can literally make her feel like that today and from now on.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to

gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

How to Act Mature After a Break up

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 things you can do to behave and act in a mature way after a break up, so your ex woman feels respect, attraction and even love for you:

1. Accept the break up and agree to be friends

[image: Accept the break up and agree to be friends]

Not only is accepting a break up a sign of maturity, but it also ensures that the lines of communication between you and her remain open, so you can then re-attract her and get her back if you want to.

You can start off by saying something like, *“If breaking up is what you really want, then I’m not going to try to change your mind. Of course, that doesn’t mean I don’t still care about you, but I accept your decision to break up. At least we can mature enough to remain friends though, right? Friends?”*

She might accept right away, or be a little hesitant and say something like, *“Well, I don’t know if I can be friends with you now that we’re broken up,”* or *“I don’t think that’s such a good idea,”* or even, *“Why keep holding on? We’re broken up for a reason and the longer we stay in each other’s lives, the more difficult it will be for us to move on.”*

Regardless of what your ex says, don’t get upset or think, *“Oh well, I tried to be mature about the break up, but she’s not interested so that’s that I guess.”*

Instead, simply maintain your confidence and in an easy-going, relaxed tone of voice say, *“Hey, there’s no need to be so dramatic about all of this. We’re mature enough to be friends. Being friends doesn’t mean that we want to get back together. We are simply being mature enough to say hi and have a chat if we want to, while we move on without each other. So, we’re friends right?”*

At that point, she probably won’t want to come across as the immature one and will then likely say something like, *“Okay, sure. We can be friends.”*

That then allows you to be able to text her, call her and even meet up with her in person, without it coming across as though you’re trying to get her back.

Of course, when you do text her, talk to her over the phone or interact with her face-to-face, don’t make the mistake only behaving like a nice, platonic friend.

If you do that, she will most likely only experience friendly, neutral feelings for you and will feel drawn to other men who actually make her feel sparks of sexual and romantic attraction.

If you don’t want her back, then use that approach. No problem.

Yet, if you do want her back, then make sure that you flirt with her to make her feel sexually attracted to you.

By the way!

Thereâs nothing wrong with flirting with your ex.

Donât make the mistake of feeling like itâs not your place anymore to flirt with her, or that it wouldnât be mature.

You can always flirt with a woman, just like a woman can always flirt with you.

Flirting is an innocent, discreet way to make a woman feel sexually attracted to you, even if you donât intend on getting with her sexually.

Women understand how to flirt, they love it and when you use it, they automatically feel attracted to you.

So, by all means do the mature thing and stay friends with your ex, but if you want her back, make sure youâre not just behaving like a neutral, platonic friend who doesnât have any desire to make her feel sexually attracted.

Remember: Sexual attraction is what brings men and women together into a romantic relationship, or at least just to have sex.

Without sexual attraction, it can only ever be a friendship and nothing else.

An agreed upon *“friendship”* is a good place to start with an ex and a great way to keep the channels of communication open between you and her, but donât act like just a friend to her.

Use the friendship to make her feel sparks of sexual attraction for you and she will naturally begin to have romantic feelings for you again, or at the very least, become curious about what it would be like to hook up with you again sexually.

After hooking up, both you and her will be mature enough to decide whether or not to stay together, or just remain *âfriends.â*

Another way that you can behave and act in a mature way after a break up, is toâ!

2. Only speak positively about her to mutual friends, so they donât feel like you want them to take sides and turn against her

[image: Only speak positively about her to mutual friends]

One thing that can make a guy seem immature is when he goes around saying bad things about his ex to mutual friends, colleagues, or family after a break up.

In some cases, a guy will do that in the hope that everyone sees him as the good guy or victim and her as the villain.

In other cases, a guy isnât trying to make people see him in a certain way and instead, just doesnât know how to deal with the situation.

As a result, he will bad mouth his ex to let off some steam and hopefully make himself feel better.

Sometimes it can make a guy feel a bit better, if he is going to bad mouth his ex, he should only do it with a close, trusted friend who is going to understand that heâs just letting off some steam.

Bad mouthing her to other people just adds the risk of them telling her about it at some point, or looking at him as being immature, unreasonable and incapable of handling a break up.

So, rather than siding with him and saying things like, *“You’re right. She was a real bitch and you’re better off without her,”* many people will think things like, *“Wow. No wonder she broke up with him. If this is how he’s behaving now that they’re broken up, he must have been very immature in the relationship with her behind closed doors. I wonder if this is how he talks about me behind my back when we have a disagreement. Did he go and bad mouth about me to her? Is that the kind of guy he is? Maybe he isn’t who I thought he was. Maybe I can’t trust him as much as I thought I could. Maybe I shouldn’t be as close with him as a friend.”*

If someone does tell her about what he said, or even hints at what he might have said, his ex can then use that against him if he tries to get her back.

For example: If he calms down and decides he wants her back, she might then say, *“Are you kidding me? You tried to turn all of our friends against me and now you want me back. No thanks.”*

On the other hand, when a guy remains calm and only says things like, *“We just weren’t compatible, but she was an amazing woman and any guy would be lucky to have her as his girl,”* when talking about his ex to friends and family, their perception of him will be completely different. They will see that he is mature enough to maintain control of his emotions and treat her like someone he loves.

This shows loyalty and unconditional love, which is a trait of real maturity and a sign of emotional strength.

His friends and family will sense that and also feel relieved that he’s not putting them in the difficult position of choosing sides (i.e. him vs. her).

He’s just accepting the situation, being a good, loving man and not turning into a sore loser who turns against people who once loved him.

Then, if his ex finds out that he’s been saying good things about her, she will respect him for that. When she respects him, she will naturally become open to feeling some attraction for him if they happen to interact on the phone or in person.

As a result, he can more easily reactivate her feelings and get her back.

So, try to only speak positively when talking about your ex.

That is the mature, classy thing to do and if your ex finds out about it, she will respect you for it.

Another way you can act mature after a break up is to

3. Suggest being mature enough to remain social media friends

[image: Suggest being mature enough to remain social media friends]

For example: You might say something along the lines of, *“Many couples who break up are so bitter and angry that they end up behaving immaturely and unfriending each other on social media. Surely, we are more mature than that, right? We can remain friends, even if it’s just on social media. So, let’s at least stay friends on social media and feel free to say hi as a friend if we want to.”*

In most cases, a woman will likely agree, even if she doesn’t really want to, because she

won't want to come across as being the immature one.

What she might not realize at the time, is that by staying connected to you, even if it is via social media, she's giving you the opportunity to re-attract her and get her back.

If you re-attract her and she really wants to get back with you, then she will be thankful that you stayed in contact as a *friend* initially.

On the other hand, if you don't know how to re-attract her and end up turning her off as a friend, then she might feel annoyed that you are staying in contact with her.

The difference is attraction.

When you make a woman feel sexually and romantically attracted to you, she is open and wants to interact with you.

When you don't, she closes up.

By the way!

Another important reason to remain friends on social media, is so that she can see that you are confident, happy and enjoying life without her.

This makes a woman feel respect and attraction for her ex guy, even if she doesn't openly admit it.

Women know that it takes a lot of emotional strength for a man to immediately get back on his own two feet and start enjoying life without her, after a break up.

More importantly, women are attracted to the emotional strength of men (e.g. confidence, self-assurance, self-esteem, determination) and turned off by emotional weaknesses (e.g. insecure, neediness, low self-esteem, lack of drive and determination).

So, don't be afraid to show her your emotional strength.

She might not admit it to you, but she will be looking to see how you handle yourself after the break up (i.e. do you crumble and go into hiding, or do you rise up and become stronger than ever before?).

An ex woman doesn't necessarily do that just because she wants her ex back though.

In some cases, a woman does still have feelings for her guy, so she checks on social media to see if he's moved on without her.

In other cases, a woman just wants to check on her ex to see if he's feeling sad and lonely without her, so she can then get an ego boost.

In other cases, a woman will check her ex's social media to see if he is moving on faster than she is.

If he is (i.e. he has new friends around him and possibly even some women hanging around), then she can feel like the reject and the one who is being left behind.

That's an emotionally painful experience for a woman, especially if she thought that she had power over her.

In many cases, it leads to a woman contacting her ex and trying to get him back, so she can feel better about herself.

In some cases though, a woman will pretend to be angry and insulted that he has been enjoying himself since the break up.

She will see if she can regain control over him and get him to admit that he still wants her back and

has been missing her, so she can then stop feeling like the reject.

So, be prepared for all of those possibilities, but don't be afraid of them.

For example: Some guys are afraid to post photos of themselves looking happy on social media.

They wonder, "Won't her seeing me have fun without her just make her assume that I've moved on and am not interested in her anymore? If she thinks that, she might find another guy and then I'll never be able to get her back."

Yet, what guys like that don't realize is that even though a woman usually won't admit it, she will definitely feel more attraction for a guy who gets on with enjoying his life, compared to a guy who sits around feeling sad, lonely and left out.

Remember: Women are attracted to confidence, self-assuredness and self-reliance, not insecurity and neediness.

So, don't be afraid to get on with your life and let her see that you are happy, confident and enjoying life without her.

Of course, doing that doesn't mean that you don't want her back.

Instead, it just means you don't need her back and that is attractive to women.

Additionally, it's not immature to enjoy your life without her.

Imagine if she start posting up photos of herself looking happy, confident and enjoying life with other people.

Would you think she was immature?

No.

You would most likely miss her even more.

That's what you need to make her feel.

You have to make her miss you and make her feel attracted to your emotional strength.

Part of being a mature man is not being reliant on a woman for your confidence.

It's about having what I call, Independent Confidence.

This means that you are confident regardless of what people say or do around you, what happens in your life and whether or not a certain woman is in your life.

On the flip side, Dependent Confidence is where you can only feel truly confident when people are nice to you, when things are going well in your life and when a certain woman is in your life.

Independent Confidence is irresistibly attractive to women all over the world and is one of the hardest traits for them to find in a man.

When you have it, you literally become significantly more attractive to women than you ever have been before.

So, don't be afraid to let your ex see that you have matured even further and now have even more Independent Confidence than you ever had before.

Another way you can act mature after a break up is to

4. Tell her that it's totally fine if she wants to ever catch up to say hi as friends

[image: Tell her that it's totally fine if she ever wants to catch up and say hi as friends]

Saying that is a great way to keep the door open, so she feels welcome to contact you when she misses you.

When she agrees to that, it also allows you the freedom to contact her and say hi as a friend as well.

When you have that agreement in place, don't be afraid to call her on the phone, spark some of her sexual and romantic feelings for you (e.g. by making her laugh and smile and feel good to be talking to you) and then get her to agree to meet up with you in person.

Why?

Another extremely attractive male trait is a man who knows what he wants and isn't afraid to go and get it.

You may have heard women say that before, but if you haven't, then just know that it's real.

Additionally, most women lack the courage to face a potential rejection from their ex guy if they reach out and show interest.

So, they take on their traditional feminine role of waiting for a man to approach, interact and make something happen.

If you take on the same role as her and just wait and wait for her to hopefully contact you one day, then you might end up feeling very disappointed if you find out that she has moved on with another guy in the meantime.

So, if she doesn't contact you, make sure that take action like a man and make something happen.

For example: You can contact her say something along the lines of, *Hey, we should meet up for a quick cup of coffee and say hello as friends. It will be good to catch up. I will have some free time on Tuesday and Thursday. Which of those day suits you best?*

Initially, she might feel a bit hesitant and say something like, *I'm not sure if we should do that,* or, *Maybe that's not a very good idea.*

If so, you can simply add, *Hey, it's no big deal. It's just a cup of coffee between friends. We're mature enough to do that. Mature people can meet up with an ex, rather than suddenly feeling like they can never say hello to each other as friends. It's not like we're getting back together again just because we say hi as friends. It's just a coffee. Anyway, so let's do it. Let's catch up and have an innocent coffee. We'll say hi as friends. Which day suits you best, Tuesday or Thursday?*

She will then be much more likely to agree (even if it's because she doesn't want to come across as being the immature one) and you can go ahead and arrange a suitable day and time.

Then, when you meet up, you can let her experience the new and improved you (i.e. more confident, more able to create sparks of attraction inside of her, more mature) and get her back.

Another way you can act mature after a break up is

5. Don't be embarrassed about the break up

[image: Don't be embarrassed about the break up]

The mature way to handle a break up is to admit to yourself that you made some mistakes, while also acknowledging all the things you did well.

You weren't a complete failure.

Yes, you made some mistakes, but many couples experience problems in relationships and it's not always all the man's fault of course.

Additionally, you're not the only man has gone through a break up recently.

For example: According to the Social Science Data Collection department of Stanford University in California, 60% of unmarried relationships break up within 2 months and 70% end within 1 year.

Break ups are very common these days and most people are used to hearing about friends or family members experiencing a break up, separation or divorce.

Of course, it hasn't always been that way.

In recent centuries, it was seen as embarrassing and in some cases, even shameful to break up a relationship (which was almost always a marriage).

Back then, a man and a woman were expected to stay together for life even if they were miserable together.

Today's world is very different.

Couples no longer have to stay in a relationship with each other if they don't want to.

They are free to leave.

In fact, if a man or a woman wants to end a relationship, most people around them (including most family and friends) will be encouraging and supportive of the decision.

As a result of this change in culture, many relationships experience a break up (or several break ups) when one or both of the people aren't happy.

Yet, despite the fact that so many couples break up these days, a lot of guys feel embarrassed or ashamed when their relationship ends, because they feel as though it's only them who is going through a break up.

You are not alone.

A break up sucks and it hurts, but it's completely normal and is nothing to be ashamed of.

Additionally, if you want to get her back, you also need to understand that getting an ex back is also completely normal and common these days.

Men all over the world get ex women back.

It's completely normal and common.

Of course, it's not reported on the news, or spoken about by many people.

Instead, it's just something that men do and are doing in increasing numbers around the world, in response to the high number of break ups that happen in modern relationships.

By the way!

If you think that your case is too different and you just can't get her back because you made this

mistake, or that mistake, then think again.

Men all over the world get women back after bad break ups, stressful break ups and complicated break ups.

How?

They re-attract the woman.

Attraction is what draws men and women together into a sexual, romantic relationship.

3 Immature, Post-Break Up Mistakes to Avoid

Now that you have a better idea of how to act mature after a break up, here are 3 mistakes to avoid making with your ex, if you don't want to come across as being immature:

1. Writing her a long letter or email to express your feelings, thank her and wish her the best, when you secretly hope it will get her back

Here's the thing:

If a woman dumped a guy and he immediately accepted it, behaved in a mature way and then didn't beg or plead for another chance, then she will be more inclined to believe a letter or email from him where he wishes her all the best.

Yet, if a guy was clearly devastated by the break up, begged and pleaded for another chance and tried hard to convince her to change her mind, she will be suspicious of a letter or email where he is now wishing her all the best.

She will wonder if he really feels that way, or is just trying to act mature in the hope that it makes her feel respect for him.

If her intuition tells her that he's just saying that to score some points with her, then she will be more inclined to close herself off even more (e.g. she stops replying to him, blocks his number on her phone, unfriends him on social media).

So, rather than writing your ex a letter or sending her a long email, just get to a phone call and in person interaction.

Let her see that you are a new and improved man and allow her to experience a new, more exciting type of attraction for you.

That is what works to get a woman back right away, whereas writing to her to express your feelings, thank her and wish her the best, will usually just result in her feeling suspicious of you and closing herself off even more.

The next mistake is:

2. Thinking that being mature and seeming to be handling the break up well, is the key to getting her back

It's not.

Being mature is great and it does help, but it's not the #1 key to getting her back.

What is?

Reawakening her sexual feelings for you.

Remember: Sexual attraction is what draws men and women together into a romantic relationship.

You can make her feel some respect and sexual attraction for you based on being mature, but itâ€™s not the only way to do it.

There are so many ways that you can make a woman feel sparks of sexual attraction for you as you interact with her.

So, donâ€™t rely on being Mr. Mature and hoping that she will think, *â€œHeâ€™s being so mature, so I should get back with him. Maturity is everything.â€*

Instead, focus on being Mr. Sexually Appealing, so she has sexual feelings and can think, *â€œI just want to kiss him again. I want to hug him. I want to have sex with him.â€*

Those feelings are what draw a woman back to a man, regardless of what problems they were experiencing in the past.

In fact, attraction is such a powerful force that both men and women will often totally ignore relationship problems, just to be able to get to the point of kissing, having sex and feeling the love that comes with it.

Of course, itâ€™s not all about sex, but without sexual attraction, itâ€™s just a friendship.

If youâ€™re just a friend to her, then another guy will step in and have a sexual relationship with her by making her feel sexually attracted.

The next mistake isâ€¦!

3. Assuming that cutting off contact and never reaching out will show her how mature you are and it will make her miss you

Unfortunately, if your ex has disconnected from her feelings of respect, attraction and love for you (highly likely if she has broken up with you), then cutting off contact probably wonâ€™t make her think something along the lines of, *â€œWow, heâ€™s being so mature about our break up by not contacting me! It makes me miss him so much and want him back.â€*

Instead, because she didnâ€™t have enough feelings to want to be in a relationship with you anymore, she will most likely feel relieved that youâ€™re staying out of the way, so she can move on without you.

If you wait long enough, she will move on without you.

If you want her back, then donâ€™t let that happen to you.

Use the straightforward, manly and practical approach of interacting with her, reactivating her feelings and then guiding her back into a relationship with you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

My Ex Girlfriend Gained Weight After Our Break Up. Does it Mean Anything?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 6 common reasons why a woman will gain weight after a break up:

1. She has been emotionally damaged by the break up and is now trying to make herself look less attractive to stop men from finding her as appealing

[image: Trying to make herself look less attractive by over-eating]

Sometimes a break up can leave a woman feeling emotionally crushed.

This can happen when a woman is deeply in love with her man and is secretly making long term plans for their future (e.g. moving in together, buying a house, getting married, starting a family).

He, on the other hand, doesn't view the relationship the same way and is only with her for superficial reasons (e.g. she's really attractive and he enjoys the envious looks he gets from other guys when they go out together, the sex with her is amazing, she's fun to hang out with).

He isn't approaching the relationship in a way that is setting them up to get married, start a family and stay together for life.

As a result, he tends to have a wandering eye (i.e. looks at other women, wishes he could be with them), or has possibly even cheated on her at certain points in the relationship.

If his woman finds out that all of her hopes and dreams about a future with him are pointless (i.e. because he doesn't feel the same way about her), then she may decide to break up with him.

Yet, when she does, rather than thinking something like, *"I'll break up with him and fall in love with another man. No problem"* she allows the break up to make her feel bitter about men and relationships in general.

She goes from being a happy, loving, trusting woman to being a sad, cold, suspicious woman, which then completely changes the way she approaches her love life.

For example: She might start thinking things like, *"I will never trust another man again. They are all jerks and the only thing they want from a woman is sex and someone to hang out with. They never want to commit for real. I'm never going to let a guy do that to me again. I'm going to become cold as ice from now on. I'm no longer going to care about guys. They are going to become totally optional in my life and I'll never love one of them ever again."*

As a result, she might then begin trying to make herself look less attractive to men by putting on weight.

Somewhere in her mind, she hopes that no guy will ask her out again, so she won't have to risk falling in love with him and then getting hurt.

Basically, it's a way of trying to protect herself from potentially having her heart broken again sometime in the future.

Of course, putting up weight is no guarantee that guys won't chase after her.

There are a lot of guys who will happily pick up an unattractive woman, or an overweight woman for

casual sex.

In fact, the majority of guys out there are so scared of attractive women that they never even try to approach and pick them up.

The women who get hit on the most are those who are average looking and below average looking. Yet, because most guys want to be with an attractive woman, they have a hard time feeling motivated to make the relationship work.

So, the relationship falls apart or she gets cheated on if he gets an opportunity with a new woman.

When that happens, a woman like her ends up distrusting men even more.

Of course, that's not what always happens.

In some cases, a woman meets a guy who makes her feel so attracted that she quickly sheds weight and gets back to a slim figure to impress him and maintain his interest.

So, if your ex girlfriend has gained weight after your break up, don't see it as a guaranteed failed move on her part.

There are a lot of desperate men out there who are willing to hook up with any half-decent woman and there are always many guys men who will attract her and cause her to feel motivated to lose weight and look more attractive.

Another common reason why a woman will gain weight after a break up is...

2. She has been missing her ex and has been trying to eat away her pain

[image: Missing her ex and trying to eat away the pain]

Many people turn to food for temporarily feelings of comfort, when they are going through a stressful time.

According to some studies, emotional eating is a way for a person to fill the emptiness they are feeling in life, by filling up their stomach.

Basically, food creates a false feeling of fullness, so for a little while, a woman doesn't have to be overwhelmed by her feelings of loss and loneliness after a break up.

In many cases, a woman who has been missing her ex and turning to food for comfort will also:

- Avoid most social interactions and spend a lot more time at home alone.
- Not engage in her usual activities and hobbies (e.g. if she used to regularly go to the gym or participate in a sport, she now avoids it because she's feeling too sad, or goes much less because she doesn't feel motivated).
- Experience elevated levels of cortisol (i.e. stress hormone).

As a result of her physical inactivity and emotional stress, she can end up gaining weight and feeling more and more miserable.

Essentially, she is temporarily caught in a negative cycle of missing her ex, eating to distract herself from those feelings (or to find some comfort), feeling guilty about eating and then eating some more to find comfort, or to distract herself.

Before she knows it, she has put on 5, 10 or 15 pounds or kilos.

She looks different and it stresses her out, but she just can't seem to find comfort in anything else

than food.

So, if your ex girlfriend has gained weight after your break up, it can mean she's missing you and is trying to overcome those feelings by using food.

If you want your ex back, you need to take the lead and snap her out of her destructive cycle.

How?

Interact with her (preferably on a phone call or in person, rather than just text) and begin reactivating her sexual and romantic feelings for you.

You can do that by:

- Making her smile and laugh and feel relaxed to be around you again. The more she enjoys being in your presence, the less she will turn to food to make her feel better because she now has you to make her feel good.
- Flirting with her to make her feel like a sexy, desirable woman again (even though she has gained weight). The more sexual tension and desire she feels with you, the less she will want to eat because she will want to look her best when you have sex again.
- Being a good man, but also being confident and assertive when talking to her, so she can see that you're not going to get caught up in any fake drama she might try to create (e.g. acting bitchy, throwing a tantrum, blaming her weight gain on the way you treated her in the relationship). Women respect men who have the balls to keep a woman in line, while still being a good man. This causes a deep type of attraction that is extremely hard for women to find with other men.
- Letting her see that you are a new and improved man who she can now truly look up to, respect, feel attracted to and love, rather than continuing to make the same old attraction mistakes as before. Seeing real changes in you will then cause her to feel motivated to be the best version of herself for you (i.e. slimmer, more loving and attentive) because she won't want to lose you.

The more attracted you make her feel, the faster and easier her walls come down.

When she feels drawn to you, she will almost certainly stop turning to food, quickly try to lose the weight and return to her former sexy self because she will want to be the best woman she can be for you.

You can then get her back into a relationship that now has a solid foundation based on mutual feelings of respect, attraction and love.

Another possible reason why a woman might gain weight after a break up is...

3. She has been partying and going out to eat with friends a lot, which has caused her to gain weight

[image: She has been partying and eating a lot with friends]

After a break up, a woman might start going out a lot with her single friends to party.

Some of her reasons might be that...

- She is excited to be out of an unhappy relationship and now wants to celebrate her freedom.

- She wants to enjoy being single and carefree again after a long time.
- She wants to forget about her ex and move on and hopes that regularly partying with her friends will achieve that.
- She wants to meet new guys and see how she feels.

Of course, if she parties too often, it can lead to her gaining weight.

Here's the thing:

Parties and going out with single friends usually comes with some alcohol consumption.

Other than making a person drunk, alcohol also works as an appetite stimulant (i.e. boosts appetite), so a woman is more likely to eat more after she's been drinking.

While drunk, she is more inclined to make bad food choices (e.g. eat a plate of cheesy nachos, or a burger and fries, rather than a chicken salad).

As a result, she will slowly, but surely gain weight.

Of course, that doesn't mean she's not aware of what's happening, or that she can't do anything about the weight gain.

In most cases, a woman will enjoy herself for a while, heal from her break up and then when she's ready, start dieting and working out and get back in shape pretty quickly.

Some women remain overweight for life, but if your ex girlfriend was slim or in fairly good shape before, then she will almost certainly get back to that (and sometimes even better) to hopefully attract herself a quality man.

So, if you want your ex girlfriend back, don't wait on the sidelines and hope that she doesn't meet a guy that she likes even more than you.

Get her back and make her feel so much attraction that she feels motivated to get back into shape and look as sexy as possible for you.

Another possible reason why a woman might gain weight after a break up is...

4. She no longer feels like she needs to be slim to be attractive and is expecting men to just like her anyway

Initially, a woman may worry about putting on weight and think, *"I have to stay slim, or else I won't be able to attract quality guys."*

Yet, the reality is that, these days almost all men are too afraid to approach women in person and as a result, they use dating apps to hopefully get matched up with attractive women.

Most dating apps have 6-10 times more men than women, so men end up competing over less and less attractive women, or pretty women who are overweight (possibly like your ex girlfriend) and all of that attention and interest can go to a woman's head.

Since she is getting so much attention, dates and sex via Tinder with good quality guys, she starts to think that she doesn't really have to care about her appearance anymore.

She might even think to herself, *"All the effort I used put into looking good and staying slim for my ex was a waste of time. Even though I've gained so much weight since the break up, I'm getting loads of matches from quality men. Men do like me. So, it's probably a myth that quality men only like thin women. Maybe men have changed these days and like women who are"*

heavier.â□□

Yet, over time, she willÂ almost certainly find thatÂ quality men donâ□□t stick around after sex because they were only using her for easy sex.

Additionally, the guys who do stick around usually arenâ□□t her type (e.g. they are insecure, willing to accept whatever they can get, give her too much power in the relationship, lack manliness, don't know how to makeÂ her feel attracted and just hope she won't dump them if they are nice to her).

When she eventually figures out that quality guys aren't sticking around because of her weight, she might then try hard to get back into shape, or feel so depressed that she ends upÂ putting on more weight by turning to food for comfort.

Another possible reason why a woman might gain weight after a break up is...

5. She wants to see if she can find a man who will love her for who she is as a person, ratherÂ than how she looks

Even if a woman is pretty and in shape, she wants to feelÂ loved and appreciated for more than just her looks.

She wants a guy to love her for who she is as a person as well.

Of course, there are some women who donâ□□t mind being a trophy wifeÂ for a man who has a lot of money, but even in those cases, the relationship will eventually fall apart (or be miserable for life) if the love is superficial.

The reality is that although women love it when a man is very attracted to their physical appearance, most donâ□□tÂ just want to be loved for their looks.

Instead,Â a woman wants a man to also fall in love with who she is as a person, her values, her behavior, her uniqueness and so on.

She wants him to love her for just being her and to continue loving her, even if her looks change over time.

So,Â if a woman breaks up with a guy who was only with her for her looks, she may say to herself, *â□□ This time around, Iâ□□m going to make sure that the next guy IÂ get into a relationship with willÂ love me for who I am as a person and not just for my looks.â□□*

She may then intentionally gain some weight, stop wearing as much makeupÂ and generally put less effort into her appearance, as a way of screening guys whoÂ would only like her when she is looking her best.

Another possible reason why a woman might gain weight after a break up is...

6. She was maintaining a slimmer figure for her ex during the relationship, but now canâ□□t be bothered doing it

[image: She can't be bothered staying in shape now]

Staying slim and looking good can take up a lot of a womanâ□□s time and focus.

For example: Did you know?

TheÂ averageÂ womanÂ spendsÂ about 22.5 minutesÂ getting readyÂ every morning.

That's approximately 137 hours in a year.

Another survey conducted on 2,000 adult women and 200 teenage girls over the age of 16, found that 78% of women spend 60 minutes a day on their appearance.

Of course, there are some women who take 5 minutes (i.e. those who don't wear makeup often) to get ready and women who spend hours applying make up and doing their hair to get ready.

So, the numbers are an average.

Yet, the point is that many women put a lot of effort into looking their best.

[image: It can take a lot of effort to always look her best]

It may look natural, but a woman often has to put a lot of effort to stay in shape, keep her skin looking young and healthy, maintain healthy looking hair (especially if she is using hair dyes/colors, which can damage her hair) and so on.

The average woman will also spend anywhere from 45 to 60 minutes working out when she goes to the gym.

Additionally, many women will also try to limit how many calories they take in from food per day, to avoid eating too much and gaining weight as a result.

It can be a real effort in today's society, especially with all the delicious comfort foods available at cafes and take away stores.

Additionally, in most supermarkets/grocery stores, there are usually a number of aisles with fun, comfort goods (e.g. chocolates, sweets, snacks, chips, cookies and so on).

When a woman is trying to stay in shape, she will try to avoid those aisles and get out of the supermarket as quickly as she can, before she gives into her temptations and gets some cookies, cakes or chips.

This is why, when a woman breaks up a serious relationship and is in a bit of emotional pain, she might decide to relax and just enjoy doing some of the things she deprived herself of for so long.

She may then say to herself, *"I spent all that time trying to look sexy for him. I couldn't eat the things I love like cheese burgers, cake or cookies and I had to work out like crazy all the time. At least now I can indulge myself without worrying about the consequences. I really can't be bothered staying in shape at the moment."*

In the same way, your ex might be enjoying the freedom of not having to put in a lot, or any, effort in to maintaining her shape to impress you.

Additionally, if she is using dating apps, then she is probably getting a lot of attention from men because many guys don't care as long as they get to the point of having sex with a woman.

If she has a pretty face or nice tits, most guys think, *"I'd bang her"* even if he only plans on doing it once or twice.

Yet, when he's messaging her or on a date with her, he will act like he is really interested, so she opens up to being with him.

It's a pretty standard and effective approach to use with women, but it works less the more attractive a woman is (i.e. very attractive women usually want a man who is a challenge and who make her feel the need to impress him).

Whatever the case is with your ex, you just need to know one thing:

You can get her back if you want to.

Most women are easy to get back when you use the right approach (i.e. you cause her to feel so much attraction for you as you interact with her that she feels like she would be the one losing out if she doesn't get back with you).

That is what works, regardless of whether your ex has lost weight, gained weight or maintained the same weight.

It's the best, most effective and natural approach to get a woman back quickly and easily.

Have You Been Making These 2 Mistakes, Which Can Result in You Losing the Opportunity to Get Her Back?

So many guys could get their ex girlfriend back easily, but they miss their chance based on making classic ex back mistakes.

If you want to get your ex girlfriend back, avoid these classic mistakes:

1. Wanting her back, but being afraid to make a move in case you get rejected

Don't waste time looking for signs that she's still in love with you (e.g. she's gained weight after your break up, so it might mean that she's depressed and missing you) and then wait around hoping that she will contact you and try to get you back.

That can happen, but in almost all cases, women worry about being rejected by the guy they dumped (i.e. because he hasn't been contacting her), so they just start moving on with new guys to make themselves feel better.

For example: A woman who is missing her ex, but hasn't heard from him, may think, *"Well, it's obvious that he doesn't care about me. He hasn't even tried to get me back since we last spoke. I actually miss him and would get back with him, but I'm not going to be the one who does it. He has to man up and make it happen. I don't know if he will though. I also don't want him to reject me if I reach out to him and show interest. So, I will hook up with new guys to help me get over my ex. Then, when I feel ready, I will contact him and if he rejects me, I won't feel rejected because I will already have a new guy, or a few new guys in my life."*

It's a silly plan, but many women do it.

Then, in the process of following through on that plan, some women end up finding a new guy that they love and want to be with.

As a result, they don't follow through and try to get their ex guy back.

They just move on.

This is why, as a man, it's up to you to take action and begin the ex back process with her.

Don't just sit around hoping that she will do all the work for you, because most women won't, especially after they've dumped a guy.

I hear from new guys all the time who say something like, *"Damnit! Why didn't I find your advice earlier? Someone told me to just wait and if it was meant to be, she would come back. Well, she didn't come back. She is in love with a new guy now."*

I also hear from guys who say something like, *"I took your advice and interacted with her to re-*

attract her. It worked! We're back together!"

It's up to you which approach you want to take, but from all my years of experience helping men get women back, I recommend that you take action.

Man up, interact with her, re-attract her and seduce her back into a relationship.

That's how it's done all over the world.

It's natural, quick and it works.

On the other hand, waiting around usually results in a woman just moving on.

The next mistake to avoid is

2. Not understanding that she most-likely needs to see that you are still attracted to her

If you have stopped contacting your ex, or if you now only talk to her like a friend, it can cause her to feel as though you're not physically attracted to her anymore because of her weight gain.

Although women will rarely admit it, almost all women do need a man to show his attraction and appreciate her beauty (even if she has put on weight) in order to feel totally confident around him.

So, if you suddenly cut off contact with your ex, she may think, *"He's avoiding me all of a sudden. I bet it's because I put on weight and he now finds me repulsive. I'll show him that I'm attractive by getting myself a new guy."*

Alternatively, if you're just talking to her like a friend, she may think, *"So, he's not interested now that I've fattened up? Okay, fine then. Well, I'm just going to ignore him from now on. If he is attracted to me and wants me back, he will show it to me. If he doesn't, then I will move on."*

This is why, if you want her back, then don't cut off contact and wait and don't act like just a friend.

Contact her, flirt with her and get her back.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

How to Mend a Broken Relationship

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The approach you need to take right now depends on whether you and her have completely broken up, or are still together in a broken, troubled relationship.

Still Together?

[image: Still together?]

If you are still together, here's what you need to do to mend the relationship and get things back on track before she breaks up with you:

1. Start setting off positive chain reactions in your relationship

[image: Start setting off positive chain reactions in your relationship]

Setting off positive chain reactions (rather than negative ones) means that you need to turn situations that would normally cause frustration between you and her into something that actually brings you closer.

In other words, rather than creating negative emotions that push you and her further apart, you create negative emotions that draw you and her together and make you feel happy and in love.

Watch the video above for some examples, or read below!

In a relationship, a couple will sometimes encounter situations where they end up having a stressful conversation about something (e.g. they encounter a challenge, are misunderstanding each other about something important).

In one relationship, the man has the ability to steer the conversation back to a more relaxed, easy-going one, whereas in the other relationship, the man usually struggles to gain control of his emotions when under pressure and as a result, he often ends up in stressful arguments or misunderstandings with his woman, which drives them apart.

Positive chain reaction: Stressful conversation > Man remains confident, calm in control > He knows that they don't need to feel increasingly stressed or annoyed during a conversation > He looks for an opportunity in the conversation to make them both laugh and be more relaxed, while still taking the conversation seriously > They both laugh, smile and relax a little as they remember that they are on the same team/in this together and are not enemies > Stress levels reduce > He continues to remain calm, listen and take the conversation seriously, but his emotional strength under pressure and ability to make them laugh in a serious moment gets rid of the stress of the conversation > This brings them closer together as a strong, capable couple who can handle challenges.

Negative chain reaction: Stressful conversation > Man becomes more and more irritated, frustrated and stresses > Becomes way too serious and intense > Both end up feeling more annoyed, stressed, frustrated and tense than they need to be > Potentially start blaming each other, or acting selfishly, which is out of character for them > Pushes them further apart > One or both of them may start to feel as though the relationship just isn't working > May then result in threats to break up > Pushes them further apart.

So, if you want to mend a broken relationship, one of the most important things you need to focus on is to start setting off positive chain reactions while you still can.

If you leave it too late to begin, she will most likely break up with you.

On the other hand, if you begin and then continue to set off positive chain reactions, you and her will fall more in love than ever before and she will realize that she is with right man and needs to stick with him.

Mr. Right for a woman is essentially a good man who understands how to maintain a relationship properly.

It simple stuff once you get it, but if you don't understand it, relationships with women will be frustrating, stressful and heartbreaking for you for life.

You will go through break up after break up, until you learn how to set off positive chain reactions that bring you and her closer together over time.

Another thing you can do to mend a broken relationship if you're still together is

2. Understand the pieces of the attraction experience that have been missing and start including them

When you understand what type of attraction experience she really wants in a relationship, you can then begin allowing her to experience it with you.

When she sees that you now get it and can make her feel the kind of attraction she has been longing for, it automatically begins to mend parts of the relationship (i.e. sexual and romantic desire, understanding of who she really is) that are important to her.

Watch this video for examples of the attraction experience and how important it is in a relationship

Unfortunately, many guys end up losing their girlfriend (fiance or wife) because they never really understand what she wants and how to give it to her.

For example: A guy might find himself in a situation where his woman is complaining that he plays video games too much and doesn't give her enough attention.

So, he naturally assumes that him playing video games is the main thing causing her to feel unhappy, so he begins to play less and spend more time with her.

Yet, rather than her becoming happy and satisfied that he is now gaming less and spending more time with her, she starts to complain about other things.

He might then feel frustrated and think, *"What the heck does she want? Why isn't she happy that I'm spending more time with her? I did what she wanted, but she still complains. It's like nothing I do makes any difference. I almost feel like she doesn't want to fix this relationship and I'm the only one trying. It's like she is just trying to be annoying. I don't get it."*

Yet, here's the thing

What he doesn't realize is her complaints about him gaming too much are hints to the kind of attraction experience she really wants (i.e. to be with a man who has purpose and ambition, rather than a man who excessively uses distractions to avoid following through and reaching his true potential as a man).

There's nothing wrong with gaming and most women are fine with it, but it's when a man

avoids rising through the levels in real life (so he can spend his time rising through the levels in an artificial life) that women start to lose respect and attraction.

If a man is heavily invested into a video game and it isn't changing their life in real life for the better, then a woman will begin to feel unsafe about their future.

She knows that even if he scores well in a video game, it's not going to benefit her or the life of their children (if they have any at that time, or if she wants to have any in future).

So, her survival instincts kick in and she begins to complain.

Then, if he stops gaming as much, but just spends a lot of time with her doing nothing, then she still won't be satisfied.

A woman's instincts always push her to urge her man along to achieve things in the real world, to help ensure their survival and the survival of any offspring they may have.

By the way!

If you don't know what part of the overall attraction experience is missing in the relationship with your woman, ask yourself: "What have I been doing that is making my woman feel unhappy in the relationship with me?"

For example:

- Maybe you are somewhat romantic when it comes to special occasions like birthdays, anniversaries, or Valentine's Day. Yet, the rest of the time, you don't really feel any need to make her feel special and assume that she should be happy that she gets a few special days a year. The relationship then becomes boring, predictable and the displays of romance and affection seem fake, forced or superficial. Some women are okay with that, but most women want to feel like a man's romantic gestures are based on real love and desire for her, not obligation.
- Maybe you're too giving to her and are always doing nice things for her, but you don't ever make her feel the need to do nice things for you. You just accept her lack of effort in the relationship and hope that if you keep giving and giving, she won't leave you. Yet, if she's like most women, she wants the attraction experience of feeling the need to impress her man, be good him, treat him well and maintain his interest as well.
- Maybe you're really nice and sweet to her in public, but when you're alone, you become more critical of her, or possibly even aggressive and controlling. Women don't feel safe with a guy like that and always begin plotting on how they can exit the relationship without getting hurt, or even potentially killed in the process.
- Maybe you spend too much time hanging out with your friends, rather than making progress in life on projects or endeavors that could really improve your life and hers.
- Maybe you do a lot of or even all of the housework for her, to hopefully make her happy. Yet, almost all women don't respect men who take on a traditionally female role. Almost all women want to be able to be the woman in a relationship, which traditionally comes along with being the one who happily does most of the housework. If you get that dynamic wrong, it can turn a woman off to her core and as a result, she will feel restless and will often want to cheat or break up the relationship so she can find the type of attraction experience she really wants deep down.
- Maybe you're very confident and assertive at work, but when you're at home with her

you become wimpy and submissive and allow her to walk all over you.

Once you are clear on what is making your woman unhappy, focus on showing her that you've already changed.

When she experiences your new, attractive behavior, she will naturally begin to feel more respect and attraction for you.

As a result, she will be more motivated to mend the relationship and make it work, rather than wanting to give up and move on without you.

Broken Up?

[image: Broken up?]

If you and her have already broken up, here's what you need to do to get her back!

1. Understand what really caused her to break up with you

Some of the things that can cause a woman to fall out of love with a guy and then want to break up with him are!

- He was confident when she met him, but after a while, he started doubting his attractiveness to her, which then caused him to become more needy and clingy. This turned her off because she only wants to be with a guy who believes in himself and in his value to her. She wants to feel like she's lucky to have him, not like she's doing him a favor by being his girl.
- She initially felt drawn to him because he was nice and sweet, but she soon realized that he wasn't manly enough for her. He just allowed her to walk all over him and get away with treating him badly, just so he could be with her. This caused her to lose a lot of respect and attraction for him because she only wants to be with a good man who has the ability to keep her in line (i.e. make her treat him well, put her back in her place in a dominant, but loving way when needed). She doesn't want to be with a guy who sucks up to her all the time in the hope that she won't dump him.
- There was a spark between them initially, but it faded because he behaved more like a good friend to her, rather than as her man. She wants a guy who has the ability to keep the spark alive between them over time (e.g. by maintaining his masculine role no matter what she says or does to test his, by making her feel girly in comparison to his masculine vibe and behavior).
- He put a lot of effort into initially chasing her and getting her to be his girl. It was fun and exciting at the beginning of the relationship, but over time, his approach became very boring and predictable (i.e. he was always trying to win her over, always putting her needs in front of his own, always being very romantic). She wants a guy who is more of a challenge, so she feels the need to impress him too, rather than it being so one-sided.

When you fully understand where you went wrong with your ex, you can then change your approach when interacting with her and get her back.

When your approach is different, her response to you will be different as well.

For example: Rather than feeling turned off, annoyed or indifferent, she feels interested, open and

attracted.

You are the same guy, but are simply using an approach that creates attraction rather than dissatisfaction.

When she feels attracted, her guard automatically comes down and she feels drawn to you in a sexual and romantic way.

This renewed feeling allows her to honestly believe that you really are different now and that if she got back with you, things really would be different and better than before.

As a result, she opens up to mending the relationship with you, rather than wanting to move on and finding a new man.

So, right now, you need toâ€¦!

2. Prepare yourself to interact with her and let her experience the changes

If you donâ€¦t prepare yourself to offer her a new and improved attraction experience and instead, just try to get her back with your old approach to attraction, then you will almost certainly get rejected.

Alternatively, if she doesnâ€¦t reject you right away, she will stall and say, *â€œIâ€™m not sure yet. Give me more time.â€*

That is usually code for, *â€œI can see that you still canâ€¦t offer me the attraction experience I want, so give me more time to move on. I will start dating and find myself a replacement guy, so I can then tell you itâ€™s over for real. I will have moved on before you, so you end up being the dumped one and the one left behind. That will be better for me. So, give me more time.â€*

A woman doesnâ€¦t want to hint at that though because her ex might get angry, or rush to move on before she does.

So, a woman will usually speak in code and string a guy along, making him feel like he has a chance, when in reality, she knows that he doesnâ€¦t understand what she wants and is planning on moving on without him.

Of course, that doesnâ€¦t mean he is stuffed now and doesnâ€¦t have any options.

He does.

He can stop using his old approach that doesnâ€¦t work and start using an approach that does and will work on her.

When you have properly prepared yourself and know exactly how you will make her feel a lot of attraction for you, then go ahead andâ€¦!

3. Interact with her in person to properly re-attract her

You can make an ex woman feel some attraction via text and a lot of attraction on a phone call, but nothing compares to interacting with her in person.

So make sure that you get to an in person meet up.

When interacting with your ex, if you feel unsure whether or not you are making her feel enough attraction, ask yourself things like:

- Am I turning her on right now (i.e. by being confident, emotionally masculine, charming,

funny), or am I turning her off (i.e. by being insecure, unsure of myself, submissive, needy or wimpy)?

- Does she feel relaxed and happy to be talking to me, or does she feel tense, stressed out and like she wants to get away from me as quickly as possible?
- Am I making her feel like a sexy, feminine woman in my presence, or do I make her feel more like a friend now?
- Does she feel strong surges of sexual and romantic attraction for me based on my attitude and on how I now talk, act, behave and respond to her, or does she feel like she could get a better attraction experience from another man?
- If you are approaching attraction correctly, she will naturally start to feel drawn to you again in a way that feels really good to her.

It will feel like a breath of fresh air to her, where you and her are finally able to connect in the way that she wished you always did.

At that point, she may feel worried about getting right back into a relationship with you, but the attraction she is feeling will overpower it.

Attraction makes both men and women want to ignore all possible problems and just proceed to kissing, sex and love.

It's an ancient instinct, force and feeling that influences what both men and women say and do when interacting, dating, having sex and being in a relationship with each other.

With a lot of attraction, the relationship feels fun, it feels right and feels good.

It's extremely hard to ignore.

With a lack of attraction though, the relationship feels boring, wrong and broken.

That is also extremely hard to ignore.

Some women put up with a lack of attraction for months, or even years, but they eventually get tired of it.

So, make sure that when you interact with her in person, you let her feel a strong, renewed sense of attraction for you based on all of the subtle changes you have made to how you now interact with her.

When you do that, she automatically senses the changes without you having to tell her and naturally feels attracted to you.

Then, getting her back becomes easy and practically automatic because it's something she wants to do, rather than you being the only one who wants to mend the relationship and get back together.

By the way!

When you see that she is feeling attracted to you again!

4. Bridge the physical gap between you with a hug, kiss and then sex

[image: Bridge the physical gap with a hug]

If you have been re-attracting her during the interaction, chances are high that she will be open to at least giving you a hug.

So, go ahead and initiate it by saying something along the lines of, *"Well, I'm happy that we're getting along again. It doesn't mean that we will get back together, but at least we are*

getting along now. We deserve a hug for that. Come here and give me a hug. ☐☐

Then, move towards her with your arms open in a relaxed, confident manner.

When hugging her, if she seems open to a kiss (e.g. she stays in your arms longer than necessary, she snuggles into your neck, she looks up at you and smiles), just lean in and give her a kiss.

Then, head to her place or yours and hook up sexually to speed up the process of mending the relationship and getting back together.

Mend the Relationship Faster By Avoiding These 4 Mistakes

Here are some mistakes to avoid when attempting to get her back.

1. Cutting off contact and hoping that she will miss you and want you back, even though you haven't changed anything

Cutting off contact and waiting (for weeks or months) can work sometimes, but in most cases the woman will just move on.

Remember: Most break ups happen because a woman disconnects from her feelings of respect, attraction and love for a guy.

In other words, she no longer has strong feelings for him.

So, if he then disappears from her life, rather than missing him and then chasing after him, she usually feels relieved that he's not contacting her.

She simply uses the time apart to find herself a new man to hook up with, date and fall in love with.

On the other hand, if she does come back as a result of him cutting off contact (very rare, especially if the woman no longer has strong feelings), she will see that nothing has changed and just break up with him again.

So, he won't get her back for real.

He will just get dumped again.

This time around, she will even more determined to start dating and moving on without him.

So, if you want to mend your broken relationship and get your woman back for real, just focus on using interactions that you have with her to re-spark her feelings for you, rather than cutting off contacting, waiting and risking losing her for real.

Another mistake to avoid is

2. Trying to work things out via text

Although texting works well when in a relationship with a woman, it's not a good way to try to get a woman back.

Why?

When a woman has broken up with you and is almost certainly thinking about you in a negative way, she usually won't be looking at your texts in a positive light.

This is why many guys find that their ex girlfriend (or wife) suddenly changes and becomes cold, bitchy and distant.

He can't work out why.

After all, he is a good guy and is honestly trying to fix the relationship.

Additionally, she is a good woman and doesn't usually act like a cold, distant, bitchy type of woman.

Yet, what he fails to realize is that the majority of communication between humans is body language and tonality and when those two things are missing, the person reading the communication has to assume what the writer's body language or tone might be.

For example: Imagine what you'd think of me (the writer of this article) if I didn't include any videos of myself.

You would have to make assumptions on what type of tonality I'd use, how confident I am, what body language I'm using, what kind of person I am and so on.

Of course, your ex knows who you are and has experienced your body language.

However, after a break up, if you only text, then she has to assume what type of mood you are in, how you would say what you are texting her if you spoke in person, how confident or insecure you would seem and so on.

If your ex currently has a negative perception of you (based on how you behaved leading up to the break up, during the break up and after it), she will naturally be looking at your texts in a negative light.

She will be assuming all sorts of negative things about you and as a result, even though you might be feeling very confident when texting, she can be imagining you appearing desperate, lost, confused and insecure, which are all unattractive traits to women.

Women are attracted to confidence and emotional strength in men and when getting an ex woman back, you need to have the balls to at least let her experience that on a phone call (audio or video), or in person, rather than trying to hopefully work everything out via text.

So, even though it's perfectly fine to use some text when getting an ex back, the majority of the ex back process should be done over a phone call and in person.

There is only so much you can achieve via text.

At some point, you need to get on a call with her (audio or video) and then get to an in person meet up.

Don't hide behind texts and end up getting ignored or blocked.

It's such a common mistake these days.

So many guys miss out on getting an ex girl back because they stick to trying to work things out via text.

Another mistake to avoid is

3. Sending her a long email or letter to explain what you have realized, how sorry you are for the mistakes you made and how much she means to you

Just like a woman can ignore your texts, she can also delete your email or throw away your letter without reading it.

She can also scan read it and roll her eyes at it.

The thing is, even if she does read it all, in most cases, she ends up feeling more annoyed and misunderstood by him.

Why?

Heâs writing about himself.

Heâs writing to explain what he has realized, how sorry he is and how much she means to him.

Yet, when a woman has broken up with a guy, she usually stops caring about him and what feels.

She becomes focused on how she feels.

So, the key to getting her back is reactivating her feelings, not talking about your feelings and your struggles to become a better man.

Another mistake to avoid isâ

4. Asking her what she thinks you should do to mend the relationship

Although that might sound like a smart thing to do (e.g. because she is the one who is unhappy and wants you to change certain things), itâs actually a bad idea.

Why?

In most cases, she wonât tell you her secret, deeper reasons for feeling turned off because itâs just not something like to talk about with men.

Many men become sensitive or upset when women say things like, *âYouâre not manly enoughâ* or, *âI donât feel turned on because youâre just too neutral. I want you to be more manly when you touch me. I want to see your masculinity when you talk to me. All I see and experience is a neutral type of guy who feels more like a friend. I want to be with a man, so I can be a woman.â*

In some cases though, men donât become upset.

Instead, a man will start saying, *âOkay, great I will do that. I promise to be more manly.â*

Yet, to most women, that seems forced, fake and weak on the manâs part.

She loses respect for him for not being able to be his own man and instead, being controlled and taught by a woman all the time.

She doesnât want fake masculinity being displayed.

She wants his masculinity to be displayed based on his deep understanding of how to be a man.

She doesnât want it to be an act to shut her up and avoid a break up.

If she gets that sense, itâs just not attractive.

It has to be real and that is why most women will stop themselves from explaining the details.

The reality is that a woman wants you to figure it out on your own, rather than leaning on her for guidance and support.

She just wants to be in love.

So, if you ask her for guidance and support, she will instinctively try to avoid it and will continue trying to move on without you.

This is why you have to figure out how to mend the relationship and re-attract your ex without asking her for instructions.

Be a man without her help and she will naturally feel a renewed sense of respect, attraction and love for you.

When she feels that, she opens back up and wants to be with you, rather than losing you.

This is something that you can achieve today, within days or at the latest, within 1-2 weeks.

It doesn't have to take many weeks or months.

Most men are able to get an ex woman back immediately, or very quickly when they use the right approach.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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My Ex Told Me Not to Contact Her Anymore

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 common reasons why a woman will say that to her ex boyfriend:

1. He was trying to work things out via text and it ended up becoming too stressful for her

Although thereâs nothing wrong with texting an ex woman, using it as your number one method of getting her back, usually wonât work.

Why?

Relationship problems can be complex and trying to discuss all of it via texts can be very exhausting for a woman, especially when she really isnât motivated to be interacting with her ex anymore.

The thing is, when a woman is in love with a guy and really wants to be with him, she will happily spend time texting back and forth and it usually wonât become a problem.

Yet, when a woman has broken up with a guy and no longer wants to be with him, his ongoing texts can end up feeling annoying, irritating and even unwanted.

A woman may feel as though continuing to communicate with him is a waste of time and energy, because she still doesnât want to get back with him.

So, she will say that she doesnât want him to contact her anymore.

Of course, that doesnât mean he canât get her back.

In almost all cases, he can.

Instead, what it means is that heâs just pushed way too hard via text and sheâs had enough of it.

If he wants her back, then heâs going to need to get to an in person interaction, so he can properly re-attract her and let her see that he has already improved and as a result, the same old relationship problems arenât there anymore.

When she can see that for herself in person, it can cause her to begin having feelings for him again within a minute or two, compared to weeks or months of exhausting texting, which usually ends up with the guy getting blocked, ignored or the woman telling him not to contact her anymore.

So, donât try to get her back and work everything out via text.

You have to get to the next stages of the ex back process, otherwise you simply wonât get her back.

Another reason why a woman will tell her ex boyfriend not to contact her anymore isâ!

2. He was trying to get her to want a relationship before he had

reactivated her feelings of sexual and romantic attraction

[image: Trying to get her to commit to a relationship before re-attracting her]

To get a woman back, you have to make her feel a strong, renewed sense of respect and attraction for you, so she naturally wants to get back with you.

If it's just about you wanting her back because you feel so much for her, then she's going to feel annoyed and turned off.

What's most important at this point are her feelings.

You have to make her have real feelings for you again, so she then wants to have a relationship with you, or at least hook up with you again to see how she feels afterwards.

This is why, if a woman's ex guy keeps talking about how he wants to fix things so they can get back together, she will often get to the point where she doesn't want to interact with him anymore because she simply doesn't feel the same way.

Initially, she might try to be gentle with him by saying things like, *"I'm not ready for that right now. Please don't push me"* or, *"Give me more time. I am still processing my feelings"* or, *"I need space for a while to figure out what I want."*

Even if he gives her some space, it won't mean that he will get her back.

What gets a woman back for sure is when you reactivate her feelings of respect, attraction and love for you.

It's a 3 step process and any guy can do it with any woman in any ex back situation.

I've literally lost count of the amount of guys who've contacted me saying something like, *"I didn't think I could get her back because my situation was different other guys. I followed your advice and it worked!"*

I hear that all the time.

It simply doesn't matter how different your situation is.

What matters is making her feel a renewed sense of respect, attraction and love for you, so she naturally wants to get back together.

She doesn't want to lose you and end up feeling regret as she sees you move on, while she still has feelings for you.

She wants to give the relationship another chance and see how it goes.

Guys all over the world are able to do this with their ex woman and you really can do it too.

So, don't try to get your ex back by pushing for a relationship before she is attracted to you again and even when she is attracted to you again.

Make her feel so attracted to the new and improved you that she wants to be back in a relationship with you and you then allow that.

Don't be the one pushing, pleading and begging for it.

Put yourself in the position of power with her.

It might seem impossible for you right now, but you really can do it.

Another reason why a woman will tell her ex boyfriend not to contact her anymore is!

3. She just doesn't believe that things will work out

[image: She just doesn't believe things will work out]

Sometimes a guy is a really good guy and truly wants to work things out with his ex girl, but she just doesn't feel like he has what it takes to do it.

She tried to get through to him in the relationship and convince him to change, but he was never been able to do it (e.g. he always remained insecure, he was never able to step up and start being more manly around her, he didn't know how to handle her tantrums, he was afraid of reaching for his true potential as a man and hid behind her or other distractions and excuses so he didn't have to take action, he didn't know how to bring out her good girl side and instead brought out a cold, mean side to her that she doesn't want to experience in a relationship).

She loves him and she thinks he's a good guy, but he just doesn't understand women at the level it takes to truly attract her and make her respect him, love him and treat him well for life.

Alternatively, maybe he was the opposite.

Maybe she loves him, but she believes that he's a bit of an asshole.

He's selfish, he took her for granted and expected way too much of her, without giving enough love back to her.

Either way, in a case where a woman is telling her ex boyfriend not to contact her anymore, she has gotten to the point where she is tired of him trying to get her back before changing.

For example: She may think to herself, *"I don't think things would really be different if I gave him another chance. He's still unable to make me feel the way I want to feel when I'm with him. Instead of feeling happy, attracted and in love, he makes me feel annoyed, turned off and like I can't get away from him fast enough. That's not how I want to feel about the man in my life. This isn't going to work out, so for my own emotional wellbeing I need to let go of the idea that we'll ever get back together again and get on with my life without him. I've got to start moving on. I will find myself a new man who will love me and make me love him the right way."*

This is why, if your ex told you not to contact her anymore, you need to quickly upgrade your ability to attract her and make love flow in interactions between you and her.

To begin with, if you haven't done so already, stop all interactions with her for a few days and just allow for things to calm down.

I don't recommend that you stop contacting her for 30 or 60 days.

Those approaches don't work well for men who want to get a woman back.

They can work well when a woman has been dumped and is trying to get a man to feel rejected, but not the other way around.

In almost all cases, if a man stops contact for 30 or more days, his ex woman will simply move on.

This is why, after years of testing and successful results with clients, I only recommend 3-7 days of space before you start the ex back process and get her back.

Watch this video of mine for more info on what to do!

What's important to understand for your situation, is that at the moment, your ex is probably feeling a bit agitated and annoyed by you.

So, any attempts you make to talk to her and try and convince her to give you another chance are probably going to be met with resistance, frustration and possibly even a bit of anger.

By giving her a few days of space (or up to a week if you feel it's necessary in your situation), you are allowing her enough time to calm down, breathe and see that you aren't chasing her and annoying her.

She can then stop focusing on things about you that she doesn't like and begin missing some of the things she does like (e.g. the way you always treated her so well, how funny, cool or interesting you are, how you really are a good guy and just made some simple relationship mistakes that could have been avoided, that you have a great sense of humor and always know how to make her smile and laugh, that you really do care about her, that you and her used to have good sex and enjoy hanging out, that you aren't that bad after all).

She may still be remembering negatives about you, but giving her 3-7 days allows her time to calm down and start remembering some good things, which opens her back up to interacting with you.

Then, after the 3-7 days, get her on a phone call and let her experience the new you.

If she doesn't answer when you call, simply wait a day and then try again.

If she doesn't answer the next time, simply send a message saying that you are just calling to say goodbye.

Hi Sandra. I accept that it's over between us. I just want to call and say goodbye. I'm sure we're mature enough to do that. So, I will give you a call to say goodbye. No hard feelings.

Then, after a few minutes, give her a call and then let her experience the new and improved you (i.e. be confident, use some humor to lighten up the situation, be masculine in how you talk and interact with her to make her feel girly in comparison to you, be a bit sweeter if you became a bit of an asshole in the relationship, or be a bit playfully challenging if you became too soft in the relationship).

Letting her experience the new you also means that you don't start discussing the relationship and where you went wrong, in detail.

Instead, you use an approach to the interaction that naturally warms her back up to you and makes her want to see you in person.

There are so many ways that you can make an ex woman feel attracted to you and warm back up to you as you talk to her.

The more attracted she feels, the quicker she will change her mind about you not contacting her anymore.

Rather than pushing you away, she will open back up and hope that you have the balls to arrange to catch up in person, re-attract her further and get the relationship back together.

Another reason why a woman will tell her ex to stop contacting her is that

4. He has made her feel way more valuable than him and she

doesn't like it

[image: He has made her feel way more valuable than him and she doesn't like it]

In almost all cases, a woman wants to feel as though she is lucky to be with her man, while also seeing that he treats her well and appreciates her.

She doesn't want to feel as though she is way more valuable than him, or feel like she is doing him a favor by being with him because she really could do better.

She wants to see that her man feels more than worthy of her, while still treating her well.

Yet, although some guys understand that instinctively, many find it difficult to act on that knowledge and remain confident around a woman that they see as being high value, or high quality.

For example: Sometimes a guy will date a woman and see her as being too good for him because she is more beautiful than women he has dated in the past, she is more educated than he is, she comes from a good family, has a better career than him and so on.

This can cause him to feel insecure about his value in comparison to her and as a result, he might be nicer than he really is or wants to be, put up with her bad treatment of him, try to buy her love with gifts and financial assistance (e.g. paying her bills) and generally try to suck up to her.

Essentially, he doesn't feel worthy of her and hopes that if he is very nice to her, allows her to get her way and puts up her bad behavior then she won't ever dump him.

Yet, the opposite is true.

The reality is that women don't respect, feel attracted to and truly love guys who let a woman walk all over them.

It's just not attractive to women, especially to pretty women or women who see themselves as being high quality.

A woman who sees herself in that way, will usually have a sense of entitlement to a great relationship, whereas a woman who sees herself as low value will sometimes feel like she can't expect too much from a man.

So, if your ex was a pretty girl, a beautiful woman or a woman who saw herself as being high quality, or high value, then she won't like it if you have been making her feel like she is way better than you.

A woman like her prefers to be with a man who is more of a challenge, where she feels she needs to work hard to impress to keep him interested in her.

She wants a man who will make her friends envious and jealous because he is so confident and sure of himself, but is also a good man.

What she doesn't want, is a guy who is so insecure about his worthiness that he allows her to push him around and treat him badly, without ever standing up for himself, or a guy who is too afraid to be a challenge in case she dumps him.

When a woman can't feel proud of her man, respect him, feel attracted to him, then she just won't feel motivated to stick with him in a relationship.

This is why, if you want your ex back, you need to make her feel like she would be winning by being your girl again, rather than making her feel like she might be settling for second best.

That means you need to show her (not tell her) during every interaction you have with her from now on that youâre a confident, emotionally strong man who believes in himself and in his attractiveness to her.

Donât tell her that.

Instead, just let your confidence come through in how you talk, behave, act and respond when interacting with her from now on.

It is especially important that you remain confident if she tries to make you feel unsure of yourself when youâre interacting with her (e.g. she puts you down, acts uninterested, acts offended or annoyed, blames you of things, says that you wonât be able to win her back).

When your ex can see that you remain confident no matter what, she will naturally feel respect and attraction for you for being so emotionally strong under pressure

If she sees that, she will naturally feel a renewed sense of respect and attraction for you again.

As a result, she will want to stop saying that she doesnât want you to contact her anymore and instead, will begin to open back up to interacting with you to see where things go.

Another reason why a woman will say that to her ex boyfriend isâ!

5. She can see that he still doesnât understand why she really broke up with him

A woman doesnât want to tell a man how to be the man that she wants.

It might seem unfair, but women have their reasons for it (e.g. she doesnât want to be his teacher, she doesnât want to tell him what to change and then see him change it like a good, little puppy dog, she doesnât want him to pretend to have changed what she has asked for just to get her back and so on).

Apart from giving him some hints along the way during the relationship (e.g. complaining that heâs not manly enough, saying that he has been taking her for granted, telling him that she doesnât feel the same way anymore and might end up breaking up with him if he doesnât change), a woman will want her man to figure things out on his own, so he can be his own man for his own reasons.

This is why, even though certain aspects of a guyâs thinking and behavior might annoy a woman and turn her off, she will rarely tell him about it (in detail).

She may give him hints or get into arguments with him about the relationship, but she will rarely explain her deep, secret reasons for feeling turned off by him.

Instead, she will want him to care enough about himself, her and the relationship to put in the effort required to understand how to be the kind of man that a woman respects, feels attracted to and loves for life when in a relationship.

If he does that, then she will feel a tremendous amount of respect, attraction and love for him and begin being a more loving, attentive, devoted woman to him.

Yet, if he continues to make the same old mistakes, then she will eventually break up with him and try to find a man who can give her what she really wants when in a relationship.

The good news is that, you can still be that man for her.

One of the main reasons why is that most guys she will meet out there will not be able to keep a relationship together for life.

For example: According to Stanford University in California, 60% of unmarried relationships break up within 2 months and 70% end within 1 year.

So, if she tries to move on without you, she has a 70% chance of failing.

On the other hand, if you can level up and be the man that a woman actually wants to be with in a relationship, then you will have an incredibly high chance of being one of the couples who happily remain together in a relationship for life.

A big part of leveling up as a man is understanding where you went wrong with her, so you can make the right adjustments and then interact with her and make her feel a renewed sense of respect, attraction and love for you.

For example: Some of the main reasons why a woman will fall out of love with a guy areâ

- He started off being a confident and self-assured man, but over time he became an insecure, clingy or needy guy.
- He stopped treating her like a sexy, desirable woman and made her feel more like his buddy, big sister or one of the guys.
- He stopped making her feel loved and appreciated because he assumed that she would stick around due to how good things were at the start.
- He allowed her to make most of the decisions and be the boss in the relationship, so she ended up feeling more emotionally dominant than him and as a result, lost respect for him for not being man enough.
- He started out being a good guy, but turned into a bit of an asshole, or became very controlling of her.
- He seemed open and ready for love when she met him, but he never really opened up to her. She tried to get him to be more real, vulnerable or unrestricted in the way he communicated with her, but he pretty much always remained closed up, so she couldn't really connect with him in a meaningful enough way.
- He has so much potential to succeed in life, but he hides from it behind TV, video games, drugs or alcohol, wasting time with his buddies and so on.
- He seemed like a manly type of guy initially, but he turned out to be a softy and ended up acting a bit too feminine in the relationship, which turned her off.

By understanding her real, secret reasons for the break up, you can then make improvements and adjustments that immediately show her you have learned from your mistakes and have already become a better, more attractive man.

When she experiences the new and improved you for herself, she will naturally feel some respect and attraction for you based on you being able to figure out where you were going wrong, fix it and then get on with being a better man.

You didn't need her to help you and you didn't need to tell her about your *âjourneyâ* to improve yourself, or therapy that you might have gone to.

Instead, you just got on with figuring out where you went wrong, fixing it and then simply being a

better, more appealing and attractive man.

That is what works when re-attracting an ex woman.

4 Mistakes to Avoid Making if You Want Her Back

Getting your ex back really comes down to whether or not your approach to her turns her on or off from now on.

So, if you want to turn her on, make sure that you don't make any of the following mistakes:

1. Assuming that it's completely over now and then losing confidence in your attractiveness or appeal to her

Just because your ex is saying that she doesn't want you to contact her anymore, it doesn't mean she will stick to that decision for life.

Feelings can change.

When you interact with her again and make her feel a renewed sense of respect and attraction for you, she naturally feels like opening back up to you, even if it's just temporarily to see how she feels.

You can make her feel a renewed sense of respect and attraction when you

- Make her laugh and smile, especially if she starts off an interaction seeming distant or cold.
- Remain confident, calm and in control no matter what she says and does to make you feel insecure.
- Show her via your actions, behavior and attitude that you've understood her secret reasons for breaking up with you and already improved.
- Flirt with her and create some sexual tension between you.
- Make her feel girly in comparison to your more masculine approach to the interaction (i.e. your vibe, behavior, style of conversation, tone of voice, the way you react to her).
- Be a good, loving man and remain confident if she tests you by temporarily being bitchy towards you, to see if you become angry.

There are so many ways to make her feel respect and attraction as you talk to her.

That is where your power is.

When you make her feel respect and attraction, she won't be able to stop herself from feeling drawn to you again in a way that feels good.

Initially, she might try to ignore her feelings and try to convince herself that she doesn't care and wants to continue moving on, but the feelings will remain in the background.

She will literally lose sleep over you.

She will be tossing and turning at night thinking about you.

Then, even though she previously said not to contact her anymore, she will change her mind and become open to communicating with you again.

She will want to explore her new feelings for you and see if they will grow or fade away after you've kissed and had sex again.

As long as you have properly prepared yourself to re-attract her, then you will be successful and get her back.

She will feel more attracted to you than she ever has and it will be so much more meaningful because you will be now attracting her in ways that she wished you had all along.

It will be a totally new and exciting experience for her and for you.

Yet, if you lose confidence in yourself because it seems *â€œoverâ€œ* now that she is telling you not to contact her, then you will end up going down an insecure path that will lead to more mistakes and less and less of a chance of getting her back.

The next mistake to avoid isâ€œ

2. Not doing anything to make her miss you while you're not communicating with each other

[image: Not doing anything to make her miss you while you're not communicating with each other]

If you don't talk to her over the next few days or a week, it doesn't mean that you can't do anything to get her back.

You.

For example:

- Post up photos on social media of yourself having fun with new people. If she has unfriended you, or isn't following you on social media, simply posts the photos or videos as *â€œpublicâ€œ* so she can see them from the outside.
- Hang out with mutual friends and let them see that you're confident and happy without her. This might then be passed onto her during conversations or interactions she has with your mutual friends.

If you think that she won't be checking up on your social media, then think again.

Women always check up on their ex via social media now, for various reasons (e.g. Are you moving on faster than her? Are you making the mistake of posting sad, *â€œpity meâ€œ* type of posts? Do you seem lost and lonely without her? Do you seem to be happy, confident and enjoying life without her? Is there a new woman in your life already?)

When your ex can see that you're not sad, desperate and lonely without her, she will become much more open to interacting with you again so she can find out why you are so confident and happy without her.

You being confident and happy without her makes her feel as though she is being rejected and left behind by you, which makes her want to stop you feeling that way (i.e. she contacts you and asks if you still miss her and if you say, *â€œYes, I've been missing you every dayâ€œ* she knows that she still has that power over you).

It may seem cruel, but in many cases, to get a woman back, you do need to make her feel some painful emotions, as well as pleasurable emotions.

So, if she asks if you have been missing her, it's best to give her a mix of pleasure and pain, by being playfully challenging.

For example:

Her: Do you miss me?

You: No, of course not.

Her: Huh? Really.

You: [Laugh and say] I'm kidding. I've missed you a bit, but not as much as you've missed me.

Women love being playfully challenged like that.

It keeps things exciting and makes a woman feel attracted to your confidence, social intelligence, balls, ability to create a moment like that and so on.

You don't have to always be playfully challenging, but you do need to have the balls to add that kind of thing in to spice things up and keep things interesting.

The reality is that when it comes to getting an ex back (especially one who has told you not to contact her anymore), if you are too afraid to make her feel any painful emotions (i.e. regret, rejection, feeling of loss, insecurity), then she probably won't feel enough motivation to get back with you.

Don't be afraid of mixing pleasure with pain when interacting with her.

Women love it and it draws them to you like a magnet.

3. Hoping that if you just wait long enough, she will eventually change her mind and contact you

That has to be one of the biggest ex back myths out there.

Just wait and if it's meant to be, she will come back.

It's laughable.

The reality is that, as a man, you have to go after what you want in life and with women.

That doesn't mean chasing women or chasing an ex, but it does mean purposely attracting women to you, so you get what you want with women.

Unfortunately, a lot of guys don't realize that and assume that just cutting off contact will work.

The reality is that, unless a woman is still in love with her man and secretly wants to get back with him, then she just won't care if he doesn't contact her anymore.

She might be curious about why he isn't contacting her and she may then end up chatting with him via text to confirm that he is still missing her and wants to get back together.

Yet, in most cases, a woman just moves on for many reasons (e.g. she doesn't want to contact her ex and get rejected if the real reason he isn't contacting her is that he over her, or she doesn't feel motivated to contact him because she isn't attracted to him anymore, or she feels like it's the man's role to get a relationship back together and if he doesn't try, then it means he doesn't care and so on).

This is why, you shouldn't just wait around hoping that your ex changes her mind and coming running back to you one day.

If you use that approach, you will probably end up feeling shocked, disappointed and rejected when you find out that she's in love with a new guy.

If you want your ex back, man up and interact with her, reactivate her feelings for you and then get

her back.

You are man enough to that.

Believe it.

You have it within you.

You are strong enough to do that.

Donâ€¢t doubt yourself.

Step up to the plate and hit the home run.

You can do it.

Donâ€¢t just wait around hoping that she comes back on her own.

If she didnâ€¢t feel enough attraction for you in the relationship and dumped you because of it, then sheâ€¢s almost certainly not going to feel enough attraction for you if you just wait around doing nothing.

The next mistake to avoid isâ€¢!

4. Not even knowing that you could change her mind today or tomorrow, if you were to use a different approach

Most guys that I hear back from get their ex woman back immediately, within days and within 1-2 weeks.

Those guys re-attract their ex woman and naturally make her want to get back together.

Itâ€¢s a natural, simple process and it works on women all over the world.

Yet, you have to be willing to start making her feel attracted in new and improved ways as you interact with her.

If you just keep using the same approach that hasnâ€¢t been working on her (e.g. promising to change, offering to do anything she wants, trying to make her feel pity for you), then sheâ€¢ll probably continue telling you to stop contacting her.

If you are serious about getting her back, then try something different that will actually work on her.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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I Thought We Were Okay, But She Wasn't Happy and Has Now Dumped Me

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 of the most common reasons why a break up will happen like that:

1. She gets tired of faking her happiness with the relationship and walks away

[image: She doesn't know how to fix the problem]

Not all women are courageous enough to say what's really bothering them in a relationship (e.g. because she's afraid that her guy might get angry and react violently towards her, she worries that he might become upset and then dump her, she doesn't want to hurt his feelings or get into a big argument with him about it, she doesn't like confrontation and would rather just swallow her annoyance) and sometimes, a woman simply doesn't know why she feels the way she does and what would fix the problem.

As a result, a woman like that will often pretend to be happy in the relationship and hope that he will somehow change some of the things that are annoying her about him, without her having to tell him.

In some instances, a woman might hint at what is bothering her, but she won't just come out and say it.

For example: A guy might be in the habit of always canceling plans with his woman at the last minute, without giving her any notice or taking her feelings into consideration.

However, rather than come and say that his behavior makes her feel unloved, unappreciated and taken for granted, she might instead just say something along the lines of, *"I really appreciate it when you let me know you can't make it to our date in advance. It gives me a chance to make other plans with friends rather than staying home alone and missing you."*

Secretly, she's likely hoping that he will realize by himself that his behavior is making her unhappy and take steps to improve.

Another example is if a guy is overly possessive and jealous of his woman and constantly keeps tabs on her by monitoring her calls, texts, social media messages and emails.

He might also forbid her to hang out with her friends unless he's with her.

Naturally, this behavior makes her feel smothered and like she's a little child rather than a mature, independent woman.

Yet, once again, rather than come out and say that to her guy and risk getting into a confrontation with him, she might instead try to reassure him by saying things like, *"You know that I love you, right?"* or, *"You're the only guy I want to be with,"* or *"One of the things I love about us is that we're 100% devoted to each other."*

[image: She walks away, even though things seemed okay to her man]

Basically, she's hoping that by saying that to him, it will put his mind to rest about losing her and stop

being so controlling all the time.

However, if the guy doesn't pick up on his woman's hints and simply continues to think, act and behave like he always has, her unhappiness in the relationship will intensify.

As a result, her feelings of love, respect and attraction will begin to fade away, until she finally decides to break up with him.

In most cases, this will come as a shock to the guy and he may say something along the lines of, *âI thought we were okay but she wasn't happy and has now dumped me.â*

[image: She was very unhappy, but he just didn't recognize it]

Yet, what he didn't realize is that his girl most-likely gave him a lot of clues of her unhappiness along the way, that he just didn't notice or recognize.

So, to get her back, a guy like that needs to first understand what aspect of his thinking and behavior caused his ex to feel unhappy in the relationship with him and then interact with her to show her that he's not that man anymore.

By making adjustments to how he approaches interactions with her, she automatically feels and experiences the changes, without him even having to say that he has changed.

She then becomes open to giving him another chance.

On the other hand, if he tries to get her back without understanding what made her unhappy in the first place, he will continue making the same attraction mistakes as before and she will remain closed off.

Another reason why a break up can happen like that isâ

2. The guy is just too nice or agreeable and that doesn't excite her

[image: The guy is too nice and agreeable and that doesn't excite her]

Most guys are good guys, so it goes without saying that a lot of them also believe that being nice and agreeable towards a woman is the key to maintaining her love and making her happy.

Unfortunately though, it doesn't actually work that way.

The reality is that although most women appreciate it when a guy is being nice to her and treats her well, it's not what causes her to have ongoing sexual and romantic feelings for him.

She might care about him as a person, but without that extra spark of sexual attraction, she ends up feeling more like his friend or roommate than his girl.

So, when a guy is being nice and sweet to his woman and always lets her have whatever she wants as a way of keeping her happy, he ends up making his miserable instead. Why?

Basically, because there's no sexual spark between them, she secretly feels like something is missing between them.

She might think, *âWhy am I being so ungrateful? He's such a nice guy. I should feel lucky to have him. He always treats me like a princess and lets me have whatever I want, but I just don't feel happy with him. What's wrong with me? Why isn't what I have with him good enough*

for me?â

Yet, no matter how much she tries to convince herself that everything is okay, she can't shake the feeling that there's a man out there who can make her feel the way she wants to feel when she's with him (e.g. sexually attracted, desirable, excited).

If that feeling of dissatisfaction gets too strong inside of her, she may then just dump her guy and try to move on.

So, if you have been a really nice, sweet, agreeable guy to your ex, don't try to get her back by using the same approach.

That doesn't mean you should suddenly be rude, obnoxious or unpleasant towards her.

Instead, you need to be more emotionally masculine with her so that she begins to feel the all-important spark of sexual attraction when she interacts with you (i.e. over the phone and especially in person).

The more you make sparks of excitement surge through her body, the more she will appreciate that you're a good guy too.

She will begin to see you as one of the rare, good men who also knows how to make a woman feel like a real woman (i.e. attractive, desirable, sexy) when she's with him.

As a result, her perspective of you will naturally begin to change and she will feel open to seeing you more often to see what happens.

Another reason why a break up can happen like that is

3. The guy is too neutral and she wants a guy who is her opposite

[image: The guy is too neutral]

Sometimes a guy will think that he is being an ideal boyfriend by being neutral (i.e. treating her like a good friend, not making her feel girly in comparison to his masculinity).

That can work initially, if there is a lot of physical attraction between a couple, but it will gradually become boring over time.

To keep the spark alive in a relationship, the attraction has to come from how you interact with her (i.e. making her feel girly in comparison to your masculinity, being confident and emotionally secure no matter what she says or does around you, flirting with her, looking at her as a sexy woman, rather than your new buddy for life).

Essentially, the amount of attraction that exists in your relationship will come from you not being neutral around her and instead, being the opposite to her (i.e. really being the man, so she can really be your girl).

Unfortunately, a lot of guys think that is "disrespectful" towards women and as a result, they treat their girlfriend like a friend and she then ends up falling out of love with him over time.

Additionally, sometimes a guy will mistakenly believe that he should go along with all of his woman's tastes and preferences and if he does, she will love him, feel so much closer to him, feel attracted to him and want to be with him for life.

Yet, in reality, what that approach, they just end up feeling like two friends, which then slowly kills the attraction between them.

There is no real difference between them (i.e. masculine vs. feminine) and instead, they seem very similar in their energy and approach to interactions.

For example: No matter what she asks him (e.g. *What do you want to eat?* *Where do you want to go?* *What movie would you like to watch?*) he just responds by saying something like, *Oh, I don't mind. You decide,* or *I'm okay with whatever you want.*

Yet, that's what a woman talks like when in a relationship.

Women say those things because they want a man to take the lead, so she can feel feminine in comparison to him.

A man doesn't have to make all the decisions, but he needs to be the man.

Here's the thing!

Even though a woman might appreciate it when she gets her way from time to time, she doesn't want to feel like she is the boss, the leader, or the most dominant one in the relationship.

Instead, she wants her man to make her feel as though she needs to do her best to keep him happy and interested in her, rather than feeling like she can do whatever she wants because he will put up with anything just to be with her.

In other words, she wants him to stop being so neutral around her and to be more of the opposite (i.e. someone who will push her into being a better version of herself).

If he can't offer her the challenge she secretly wants in a relationship, then she will naturally begin to feel unhappy in her relationship with him.

When that happens, she will stop feeling respect and attraction for him and without those two feelings, she won't see any reason to stay in a relationship with him.

She will then break up with him (even though he's a good guy and is treating her well) and find herself a man who is her opposite (i.e. more of a challenge).

So, if you want to get your ex back into a relationship with you, you need to change your approach with her from now on.

Instead of always being neutral around her, you need to take the lead and be the man.

That means, you stand up to her when you don't agree with what she's saying, you make some of the decisions for both of you and you make sure that you don't let her get away with bad behavior.

The more she can see that you're now the kind of man she can look up to, respect, feel attracted to and love, the more convinced she will become that dumping you was a mistake.

She will then naturally open back up to being your girl again, or at least hooking up with you sexually to see how she feels afterwards.

Another reason why a break up can happen like that is!

4. The woman met a new guy who made her feel a lot more attraction and, since she was unhappy in the relationship for a long time, she decided to pursue something with him

[image: She decided to pursue something with a new guy]

When a woman stops being happy in her relationship with her guy, itâ€™s usually because her wants and desires donâ€™t actually match what sheâ€™s getting.

For example:

She wants a man who is confident, self-assured and emotionally independent, but her guy is just too insecure, needy and clingy.

She wants a man who is more emotionally dominant than her, but her guy tends to be too submissive, passive, easily manipulated and allows her (and other people) to get away with pushing him around and treating him badly.

She wants a guy who is emotionally masculine and makes her feel like a sexy, feminine woman around him, but her man tends to be too nice and neutral and makes her feel more like his friend than his woman.

She wants a man who she can look up to, respect and depend on to be the man all the time, but her guy often acts too childish and immature and makes her almost feel like his parent.

She wants a man who has a definite purpose and direction in life, but he prefers to drift through life and spend most of his time doing pointless things that achieve nothing (e.g. play video games, hang out with his friends and get drunk).

So, if her guy doesnâ€™t live up to her expectations, she will gradually start to lose respect, attraction and love for him over time.

If she then happens to meet another guy (e.g. at work, university, when sheâ€™s out with friends) and he displays some of the behaviors and characteristics that are attractive to her, but lacking in her man, she will automatically feel drawn to him.

Then, the idea of sticking in an unhappy relationship wonâ€™t seem appealing to her anymore, regardless of how nice her guy is.

So, for a guy like that to get his ex back, he needs to change his approach and begin igniting feelings inside of her that no other guy can.

How can he do that?

By showing her via his attitude, thinking, behavior and the way he interacts with her that heâ€™s not the same guy she broke up with (e.g. heâ€™s no longer insecure, boring, submissive, emotionally immature).

When she experiences the new him, her curiosity will almost certainly get the better of her.

She will then want to interact with him more, over the phone and in person, so that she can experience the new and improved him for herself.

She will want to see how it feels to hug him, kiss him and have sex with him now that heâ€™s changed.

If that feels good, her attraction for the other guy will begin to fizzle out and she will naturally and easily open back up to being his girl, because she can see that heâs now the kind of man she always wanted him to be.

Another reason why a break up can happen like that isâ!

5. She never really wanted to commit for life

[image: She never really wanted to commit for life]

Sometimes a woman will see all her friends getting into relationships around her and she might begin feeling left out, so she accepts a relationship with a guy she doesnât feel 100% attracted to or compatible with.

In her mind she may be thinking things like, *âHeâs a nice guy and Iâm sure it will be fun to date him for a while. At least I wonât be single when I go out with my friends anymore and if I get bored with him, I can always move on without feeling sad and broken up about it.*â

She then gets into the relationship with the guy, knowing that she has no intention of staying with him for life.

Of course, if the guy can create a relationship dynamic where he is good to her and makes her feel respectful, attracted and in love with him, she wonât ever want to let him go.

She will then try to be a good, loving and devoted woman to him to make sure he doesnât leave her.

However, if he fails to spark her feelings for him, sheâs unlikely to stick in a relationship that makes her feel unhappy.

Instead, she will break up with him and move on to the next guy, until she can find the man who can make her feel the way she wants to feel when sheâs with him.

When she does, she will quickly commit to him for life.

The good news is, you can still be that guy.

All it takes is for you to make your ex feel attracted in new and exciting ways when sheâs with you.

When she can feel the kind of emotions that she never felt before (e.g. excited, fascinated, turned on), she will automatically drop her guard and open back up to being with you.

Avoid the Making Any of the Following Mistakes if You Want Her Back

If you want to get your ex back, youâre going to have to ensure that whenever you interact with her, what you say and do is turning her on, rather than turning her off.

This is why, itâs very important that you avoid making the following attraction mistakes with her:

1. Not improving your ability to make her feel sparks of sexual and romantic

attraction

You wanting your ex is not enough to get her back, if you continue to use the same old approach to attraction that got you dumped in the first place (e.g. being too nice with her, rather than flirting with her and building up sexual tension, being too submissive and letting her feel more emotionally dominant than you, feeling insecure about yourself and making her feel like she would be doing you a favor by getting back with you).

This is why, if you truly want to get her back, you need to make sure that you improve your ability to properly re-attract her.

If you make her feel attracted to new and interesting ways, she will naturally drop her guard and open back up to being your girl again.

However, if you use the same old approach to attraction that caused her to leave you, then she will almost certainly remain closed off and focus on moving on.

The next mistake to avoid making isâ€¦!

2. Cutting off contact and just hoping that she changes her mind

That can work if a woman is still in love with her ex and secretly wants to get back with him.

In a case like that, ignoring her can make her panic about losing him and she may then change her mind about the break up.

However, when a woman dumps a guy because she doesnâ€™t feel happy in the relationship with him, chances are pretty high that she no longer feels connected to her feelings of respect, attraction and love for him.

So, if he suddenly stops hearing from him (e.g. for a few weeks or even months), rather than change her mind and run after him, she will likely be relieved.

She may then use the time apart to find herself a new man to start a relationship with.

Then, by the time her ex realizes that sheâ€™s not coming back to him and tries to contact her again, heâ€™s shocked to find out that she has moved on and is happy with someone else.

Donâ€™t let that happen to you.

If you want your ex back, you need to stay in contact with her, so that you can spark her feelings for you.

If you ignore her, she will almost certainly move on and then getting her back will become very difficult for you.

The next mistake to avoid making isâ€¦!

3. Watching on hopelessly from the sidelines as she moves on with a new guy

If a guy doesnâ€™t take action to get his ex back quickly after a break up, itâ€™s inevitable that she will find herself another man to move on with.

Unfortunately, when that happens, a guy like that ends up losing confidence in himself and his ability to keep a woman, which makes him unattractive to other women (i.e. because insecurity and doubt is a turn off).

As a result, the break up becomes even worse for him.

Don't let that guy be you.

Be a man of action and get her back now.

The next mistake to avoid making is!

4. Forgetting that a woman can go from feeling unhappy to happy with a guy in one interaction

Regardless of how convincing it might sound when a woman says something along the lines of, *"I'm just not happy with you anymore. It's over between us,"* it's very important that you don't accept that as her final word. Why?

Right now, your ex is most likely still thinking about the break up and the things that caused her to go through with it in the end.

This then makes her disconnect for her positive feelings for you (e.g. respect, attraction, love) and connect to the more negative ones (e.g. anger, disappointment, resentment).

However, if you change your approach with her and you actively make her feel attracted to you again when you interact with her (e.g. by maintaining your confidence with her regardless of what she says or does to put you off, making her smile and laugh and feel good to be talking to you again, making her feel like a feminine woman by being emotionally masculine around her), her feelings for you will naturally start to change.

She automatically starts to feel some respect and attraction for you again.

As a result, her defenses come down and you can then confidently guide her back into a relationship via hugging, kissing, having sex and falling back in love.

All it takes is one interaction to make her change how she feels.

However, if you just accept what she's saying to you (i.e. that she's unhappy and that it's over), you may lose out on getting her back.

That would be a pity, don't you agree?

So, go ahead and interact with her, re-attract her and get her back.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How to Save My Marriage After Separation

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 4 optional approaches you can use to save your marriage after a separation:

Option 1: Make her miss you and feel worried that youâre moving on without her

[image: Make her miss you and feel worried that you are moving on without her]

If your wife is the one who initiated the separation, she may assume that youâre going to be sitting at home alone, missing her and maybe even feeling lost and hopeless without her.

What she probably wonât be expecting though is for you to be happy and forward-moving in your life without her.

Although it might seem like it would work to sit around and seem lost, lonely and sad without her, what actually makes a woman feel attracted is when a man is emotionally strong and emotionally independent enough to get on with enjoying life with other people.

Women are attracted to the emotional strength of men, not the weakness, so you need to show strength.

This is why, when your wife notices that youâre not behaving in the ways she is expecting you to (e.g. chasing after her and begging her to change her mind, asking her what it will take to make her come home, being sad and desperate without her), she will begin to feel like she is losing you.

Thatâs what you need to make her feel if you want to save your marriage now that youâve separated.

Getting her back is about her feeling drawn to you and not wanting to lose you.

That is what works.

When she begins feeling drawn to you and doesnât want to lose you now, she will naturally begin to think something along the lines of, *âThis isnât how it was supposed to be. I thought it would be over. I thought I was done with him. I also thought he would keep trying to make me change my mind. Yet, heâs not doing that. Instead, it looks like heâs getting on with his life without me. He looks happy, he seems confident and in good spirits. Now Iâm the one missing him. Why do I suddenly feel so jealous and protective of him? Why am I worrying about another women finding him attractive now? He could sleep with her and fall in love with her. I donât know if I want that. The idea of losing him for real is freaking me out now. Maybe this separation was a mistake. I want my husband back.â*

She then becomes open to the idea of trying to work things out with you, without you ever having to try to convince her.

Instead, you focused on the most important thing of all: Her feelings of attraction and desire for you. That is what saves a marriage and gets a wife back after a separation.

Itâs about her feelings, her wants, her desire and her fear of ending up regretting losing you.

When your wife sees that youâre not being a needy, insecure, emotionally broken man without

her, she will automatically begin to feel respect and attraction for you again, even though she might not openly admit it to you.

As a result of feeling a renewed sense of respect and attraction for you, she then feels motivated to work things out because the idea of losing you scares her now.

She worries that she will end up regretting it because, clearly she still has feelings for you.

That is what works.

By the wayâ€¦

Here are a few ways that you can make your wife miss you, feel jealous and feel worried that youâ€™re moving on without her:

a) *Go out and have fun with your friends, but try to make sure that there are women around too.*

It doesnâ€™t mean that you need to kiss, have sex or start dating any of those women.

Instead, you need to talk to them and have some fun with them (e.g. at a club or party dance with them, at the beach enjoy a group activity like beach volleyball, bowling, Frisbee at a park, hiking, dinner party, drinks).

b) *Join a group activity that automatically includes other women (e.g. cooking classes, dancing lessons).*

Make sure to take photos so you can show them to your wife when you catch up, or you can send via message or email.

Essentially, you want to say or send something like, *â€œHey, I hope youâ€™re doing well. I was always a clumsy dancer, so Iâ€™ve been getting some lessons. Good fun.â€*

If you look confident and happy in the photos and if youâ€™re around other women, she will worry that one or more of the women there will find you attractive.

[image: Missing her husband and wanting him back]

Although your wife might never admit it, seeing you like that will make her feel more attracted to you and increase her desire to get back with you.

Of course, like many women, she might act as though she is angry, annoyed, offended and so on.

Yet, you canâ€™t let a womanâ€™s fake anger control you.

If you want to save your marriage and then keep it together, you really have to understand how a womanâ€™s attraction works and then use that to make your wife want you more than ever.

Women are attracted to things about men that they will rarely admit because if they do, other people may negatively judge her, or in a marriage, her husband might judge her for it.

So, women will often say that they just want a man to be nice, sweet, kind, sensitive and so on all the time, but in reality, what attracts a woman to a man is when he is a good man, but has some balls and makes her feel a little challenged.

Additionally, when a woman feels the need to impress her husband, maintain her looks and treat him well, it makes her love him, respect him and feel attracted to him so much more, especially if heâ€™s a good man.

Yet, women canâ€™t go around saying, *â€œI want a man to make me feel like I could lose him if I donâ€™t impress him enough.â€*

Everyone would tell her, *â€œNo girl, he has to impress you all the time. He has to treat you like a*

princess and so on.â□□

So, she keeps it a secret.

A man who knows how a womanâ□□s attraction really works will easily get laid, get a girlfriend and if he marries, easily maintain his wifeâ□□s attraction for life.

I know this personally because I lived a player lifestyle with women for over a decade and have been with my wife now for almost 8 years as of writing this article.

Even though my wife was incredibly attracted to me initially, she is more attracted now and continually puts in effort to make herself look good and treat me well.

Thatâ□□s how a marriage can be when you truly understand how a womanâ□□s attraction works.

In terms of your wife, make sure that youâ□□re not afraid to show her that you are confident, happy and enjoying life without her.

[image: Missing her husband and wanting him back]

I know it might seem cruel, but itâ□□s what works.

Sometimes a woman needs to feel the emotional pain of potentially losing her husband to another woman, to then feel motivated to give him another chance.

It really depends if you are willing to do what it takes to save your marriage, end the separation and make her feel more attracted and committed to you than she was before.

If you are willing to do what it takes, you might also want to:

c) Join a group travel club for people your age.

There are a lot of single, separated or recently divorced people who join groups who travel or go on adventures together.

It can include domestic or international travel, as well as tours or trips to tourist attractions within your state.

Whatever you do though, make sure that you take lots of photos of yourself having fun with the new people you meet along the way.

Then, make sure that your wife will find out about it, either via mutual friends, via social media, or when you message her or email her and let her know.

For example: You might say, *â*□□*I always wanted to do a bit of travel to [wherever you went]. It has been a lot of fun. Weâ*□□*re planing on going to [wherever the next trip is to] next. Good stuff. Anyway, I hope youâ*□□*ve been well.â*□□

She will naturally feel a bit sad that you are doing things like that without her.

After all, she is your wife and youâ□□ve been together for so long.

Itâ□□s a tough thing for her to see, but it works.

BTW: Make sure the photos are of you looking confident and having fun with other people.

Donâ□□t take photos of you on your own, you looking self-conscious or you seeming like you arenâ□□t really included in the group.

Only take photos where you look happy, confident and included.

That is what works.

Then, when your wife is aware of the fun youâ□□ve been having, arrange to catch up and say hi in

person (if you're not already doing that automatically due to the kids).

When in person, continue to build on her feelings of respect and attraction for you by being confident, emotionally strong, making her feel girly in your presence (very attractive to women) and by having the balls to crack some jokes and flirt with her.

The more attracted to you she feels, the more your wife will want to get back together and make the marriage work.

Another option to save your marriage after separation is

Option 2: Give her a week of space and during that time, rapidly improve your ability to attract her. Then, interact with her, re-attract her and get her back

[image: Give her a week of space and then re-attract her with your improved understanding of attraction]

Rather than chasing after your wife and making things worse by trying to convince her to give you another chance, (e.g. begging and pleading with her to change her mind, promising her that you will change anything that she wants if she will just give you one more chance, telling her that you meant it when you vowed to love her "till death do you part", crying to her), just give her a week of space for now.

By giving her a week of space, it allows things to calm down between you and her after the separation.

She can see that you're not being a pain and annoying her with pleading requests to give you another chance.

She's on her own now (or on her own with the kids).

That's not a nice feeling after being married.

So, during the week of space, she has a chance to calm down and possibly even begin to miss you and just want to forgive you, so you and her can get back together.

Yet, be careful

Don't give her too much space before you contact her and re-attract her.

So many men make the mistake of using the one-size-fits-all, No Contact Rule and ignoring their wife for 30 days.

In cases like that, a woman will often feel determined to go through with the divorce because he clearly doesn't care and is just being reckless when it comes to their marriage.

So, don't go overboard with giving her space.

Give her a week and then focus on interacting with her and re-attracting her, so you can get her back, rather than having to go through a costly (both financially and emotionally) divorce.

The fact is, when you reawaken your wife's sexual and romantic feelings for you, she has a reason to want to get back with you that feels good to her.

As a result, she naturally opens herself up to working things out so that you can save your marriage,

or at least get back together for a while to see how things go.

To reawaken her feelings, you need to change the approach that you've been using in the marriage.

What you need to change really depends on what mistakes you were making in particular.

For example: Here are some of the changes that your wife might want to see first, to make her feel motivated to get back together:

- You're now a lot more attentive, loving and caring towards her, but you aren't being those things just to get her back. Instead, you really have changed and you enjoy being that way with her now. Additionally, you're not sucking up with her with attentiveness. You're doing it out of genuine love and appreciation of her. You really do feel she deserves it.
- You now maintain your confidence around her at all times, rather than letting what she says or does make you feel insecure, unsure of yourself, angry or jealous.
- You now focus on your own goals, dreams and ambitions in life, rather than making her the centre of your world and causing her to feel smothered and as though she can't make a move without you.
- You're more emotionally dominant than her now, rather than allowing her to push you around or get away with disrespecting you or behaving badly (e.g. throwing too many tantrums, expecting way too much from you, being very unreasonable about things). Of course, you're still a good man and you still treat her well, but you simply don't accept bad treatment from her anymore and know how to put her back in her place in a loving, but dominant way. Women love that when it's done right. It's not about being a bully. It's about being dominant in a loving way. Big difference.
- You are a more emotionally masculine guy now and as a result, she feels more feminine in comparison to you, which makes her feel more attracted to you. She no longer feels like a roommate or someone you share the bills with. She feels like your girl again and it's exciting.
- You now have a clear purpose and direction in life that you're working towards, rather than behaving in an immature or irresponsible way that makes her feel unsafe in the marriage (e.g. spending too much time watching TV or playing video games, hanging out with friends who are a bad influence on you, not making progress in your career).

When you have begun to make some adjustments (i.e. you don't have to be perfect or have achieved everything. Instead, you just need to have begun to make some progress), you are ready to begin re-attracting her and getting her back.

If you can't meet up with her in person, get her on a phone call with you and use some humor to bring down her defenses.

Then, get her to open up to seeing you in person.

In person, she will be able to fully notice the changes in you by observing your body language (e.g. you're calm, confident and relaxed, rather than nervous, tense and insecure) and by seeing your reactions to what she says or does to tick you off.

When she realizes that you really are different now, she won't be able to stop herself from feeling some respect and attraction for you again, even if she initially tries to deny it to herself.

Attraction is an automatic reaction that happens without a man or a woman having to do anything. Additionally, it happens even if you try to fight it or hide it.

Itâs an automatic reaction.

So, when you are interacting with her in a much more attractive way, she will automatically feel some attraction for you.

As a result, her defenses will come down a little and she will then begin to open back up to giving the marriage another chance.

Another option to save your marriage after separation isâ

Option 3: Move on with a new woman and be happy, so she feels like the rejected one. Then, give her another chance if/when she tries to get you back

[image: Move on with a new woman and be happy, so she feels like the rejected one]

This option might feel weird or even cruel to do when youâre still her husband.

After all, you married her and you really want to be back with her, so the thought of being with a new woman might not be appealing to you at the moment.

Yet, if your wife really doesnât want to be with you anymore and is planning on going through with the divorce (i.e. you are losing her), then sometimes, it can be helpful to make her feel like she is losing you.

One of the reasons why, is that in most cases, a woman will start dating new men while she is still separated to help herself move on from her husband, rather than going back to him.

If your wife does that to you, then you will probably feel devastated when you find out.

Not only did she want a separation, but now sheâs dating new men.

Itâs a double rejection and can cause some men to become severely depressed and stressed.

It feels like a huge punch in the guts.

After all you and her went through, she starts dating new men during your separation.

Why would she start dating so quickly though?

One of the reasons women do it is to protect their own emotions from being hurt.

How so?

Many women fear that, while separated, her husband will find a replacement woman and move on before sheâs had a chance to move on first.

She will then feel like she is being rejected and left behind, which will often make her want her husband back.

Of course, she wonât want him to know that because she doesnât want to encourage him to start dating new women.

Yet, she will be checking up on him on social media or talking to mutual friends about him as a way of keeping tabs on him.

This is why, if you want to save your marriage after separation and your gut instinct is telling that she is just going to go through with the divorce and move on, then you might want to begin moving on with a new woman to make your wife jealous.

Not only does it make her jealous, but it also makes her feel more attracted to you, especially if the woman is pretty.

Of course, itâs a big move to make, especially after being married.

Yet, if you donât do it and the separation goes on for months, then she will almost certainly do it. Then you will have to deal with the image of her sleeping with a new man, while you try to get her back.

By the wayâ!

If you decide to use the option of making her jealous by moving on, you need to do it for real, rather than just pretending to.

If you pretend to be moving on just to make your wife jealous, you stand a big chance of getting caught out in a lie.

If she finds out that you were lying, then it will backfire and cause her to lose even more respect and attraction for you.

So, donât lie to your wife about moving on with another woman.

Only tell her about it if youâre actually dating a new woman for real and are genuinely beginning to move on without her.

Then, when she asks you about it, you can honestly say, *âYes, itâs true. That doesnât mean I donât still love you of course, or that I donât want our marriage to work, but you donât want to be with me, so Iâm just moving on.â*

She then realizes that it was her fault for pushing you away.

She feels like she is losing you.

Even though she may appear to be upset and angry with you at that point, she will secretly feel attracted to you again (women always feel more attracted to men who other women are attracted to. Itâs a natural reaction that women have) and want you back.

By the wayâ!

If you donât like the thought of getting involved with another woman, then focus on just having fun with other people, including other women and letting your wife find out about it (e.g. via social media, through mutual friends).

It will have a similar effect on her, without you needing to get involved with another woman and then having to break up with her when you take your wife back.

Another option to save your marriage after separation isâ!

Option 4: Use your interactions with her to fix the relationship problems and make both of you feel good about starting over

again

[image: Use interactions with her to fix the relationship as you go along]

One of the best ways to save your marriage after separation is by showing your wife (not telling her) that you're serious about ironing out your problems with her and making the marriage feel better than it ever has.

However, it's important to understand that there is a big difference between telling a woman that you will change and actually changing and letting her experience it.

One is a maybe type of promise that could end up being a stressful, frustrating experience for her and the other is refreshing, exciting and enjoyable for her.

So, don't promise to change.

Instead, let her see that you are changing and more importantly, let her experience new, more enjoyable emotions in your presence.

Now, if you're going to use this option (I recommend this option the most), make sure that you don't ask her what you need to change, so you can then change it and show it to her.

Why?

A woman doesn't want to be responsible for shaping her ex husband into the man that he needs to become.

So, when a man asks his wife to tell him what she wants him to do to be a better husband, it usually only highlights to her that he doesn't have a clue what he's been doing wrong all along.

As a result, he needs her to hold his hand and teach him how to be the man that she wants him to be.

That's not attractive to her, or to almost every woman on the planet because it makes her feel like she is taking on a mother or big sister role in his life.

That doesn't turn a woman on.

A wife wants to feel like her husband's girl.

Of course, she will rarely admit that, but simply look at the women who are the happiest in their marriages and the woman will be the man's girl.

She will feel girly and feminine around him because he is so emotionally strong, confident, emotionally masculine and clear on his role as the man.

Unfortunately, a lot of men don't ever get taught that growing up, or they do know it, but they lose it over time in a relationship or marriage with a woman as a result, the woman falls out of love with him.

So, rather than explain to her husband why she feels turned off, a woman will usually just decide to continue with the separation and being looking for a man who already knows how to be a man without her help or guidance.

This is why, you need to change your approach when interacting with her from now on, so she can see for herself that you really do understand where you went wrong and have already begun to improve in many, subtle ways that she now finds attractive and appealing.

For example:

- If you were previously emotionally weak and insecure in the relationship, you have now become more emotionally strong and emotionally independent.
- If you were closed off, selfish and aloof in the relationship before and it made her feel taken for granted, you're now more loving and emotionally open. Yet, you haven't turned into a wimp who is sucking up to her. You're still a manly man, but are simply being more loving, affectionate and kind.
- If you fell into the habit of behaving in a less masculine way in the marriage and it made her feel more emotionally dominant than you, you are now more masculine in your attitude, thinking and behavior.
- If you treated her like a friend or roommate for a long time in the marriage, which caused her to lose interest in having sex, you now flirt with her to build up the sexual tension between you and make her feel like a sexy, desirable woman again.

The more your wife can see that if she got back with you, things really would be different this time, the more open she becomes to giving your marriage another chance.

Remember: It's about how she feels when she interacts with you now.

That is what counts.

2 Mistakes to Avoid if You Want to Save Your Marriage and Get Her Back

Although a separation can seem like it's the beginning of the end for your marriage, it really doesn't have to be that way.

Millions of men all over the world separate from their wife and manage to get back together.

You can do it too.

You can get her back.

However, if you make one of these classic mistakes, she might end up moving on and going through with a divorce:

1. Cutting off contact and waiting for her to do all of the work to get you back

Sometimes, a man will put the responsibility of getting back together on the woman's shoulders.

Essentially, he thinks, *She's the one who wanted the separation, so I'm going to give her space to make her miss me. She will then come back to me. If she doesn't, then it wasn't mean to be. It's up to her.*

He may then cut off contact with her and wait for her to make the next move.

Yet, here's the thing!

Although cutting off contact and waiting can work if a woman feels embarrassed about going through a separation and wants to get her husband back, it can also backfire pretty badly.

For example: If a woman is tired of her marriage and is no longer attracted and in love with her husband, him cutting off contact is usually the confirmation she needs to convince her that the separation was a good idea.

She thinks, *â€œWell, he obviously doesnâ€™t give a crap. Heâ€™s not even trying. So, Iâ€™m going to move on in the meantime to make myself feel better.â€*

She might then try to move on (e.g. hook up with a coworker who has always had a crush on her, use Tinder to line up dates, tell her friends to introduce her to single men) and begin starting a new life without her husband.

If she meets a new man and falls in love with him, then it can become difficult to get her back.

So, if you want to save your marriage, donâ€™t waste time ignoring your wife.

Instead, interact with her, reawaken her feelings for you and get her back.

Another mistake to avoid isâ€¦

2. Going to marriage counseling

3 main reasons why marriage counseling is usually a bad idea for a husband that wants his wife back after a separation:

In most cases, the counselor takes the womanâ€™s side and ends up making most things sound like the manâ€™s fault.

The recommendations are usually ones that go against what is actually attractive to women (i.e. the man is told to be nicer, more gentle, softer, to listen more, to be more helpful and so on).

The counselor also digs in and finds more relationship problems that the wife probably wasnâ€™t aware of, which makes her more determined to move on.

Of course, that doesnâ€™t mean counseling never works.

It can work for some couples.

Yet, in most cases, it just causes more problems for the man because he doesnâ€™t get any honest advice on how to re-attract his wife.

He just gets told to be nicer, to listen to her more and give her time.

Then, because heâ€™s not behaving in a way that re-attracts her, a wife often decides that she wants to go through with a divorce.

So, be careful about going to counseling.

Instead, focus on what you can do to re-attract her, so she wants to get back with you.

Remember: The most important thing is how she feels when she interacts with you now.

That is what counts when getting a woman back and itâ€™s what has saved countless marriages all over the world.

Re-attract her and get her back.

You can do it.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

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My Ex Said She Thinks About Me Every Day

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 3 ways you can respond to make her feel more attracted and want to be with you again:

1. Say, "Good for you"

[image: Say, "Good for you" in a joking manner]

Say that in a joking way of course.

Let her see that in a moment like that, where she's being open and vulnerable, you don't turn into a soppy romantic guy, or act extra nice and polite.

Instead, you have the balls and the social intelligence to know that women love it when a man uses moments like that to playfully mess with them.

If you have the balls to do that, she then naturally feels more sparks of respect and attraction for you, which opens her up to interacting with you more often, or just meeting up with you so she can get you back.

Another way you can respond is to

2. Say, "Really, I thought about you a couple of times after we broke up, but then forgot about you. What's your name again?"

[image: Say that you forgot about her and then ask her name again]

Once again, you're only joking.

By responding in that way, you are showing her that you're emotionally strong enough to risk making a joke to calm the tension between you and remove any nervousness she may be feeling about opening up to you further.

She can then laugh at your joke and feel like you and her are getting along as though you are boyfriend and girlfriend again, which makes her just want to be with you.

Another way you can respond is to

3. Say, "No you don't. You think about me all day, all night and even when you're in the shower."

[image: Tell her you know that she thinks about all day and night and even in the shower]

Then, have a laugh with her about that.

Side note: Many women masturbate in the shower using soap and imagine having sex. This is why I mentioned the shower, but you don't have to mention masturbation to her. She will think of that herself.

Back to the example...

Approaching the conversation in a joking manner way helps to get rid of any distance between you (as a broken up couple) and brings you back together as though you are a couple again, where it's totally fine to joke around with each other.

That's what works.

Yet, it's not what she will probably be expecting from you.

For example: Sometimes a woman will hope that her ex says, *"Yes, I think about you every day too. I've been missing you non stop"* when she says that she thinks about him every day.

She hopes that she will get that confirmation, so she can then reveal more of her feelings to him.

There is a problem with that approach though!

The thing is, women feel attracted to men for very subtle reasons and the way that a guy replies, responds or reacts to a woman can completely change the level of attraction she has for him.

For example: Many women say, *"I want a nice guy"*, but then when a man is nice, they feel bored.

What they really mean is, *"I want a guy who is challenging in a playful way, so I feel the need to impress him and maintain his interest too. I also want him to have some balls, but still be a good guy."*

Yet, they can't go around saying that because people will judge them in a negative way (e.g. friends, family or coworkers might say, *"No girl. He needs to impress you. You don't need to do anything. You're a woman. Men need to treat us like a princess at all times"*).

So, it becomes this big secret that women have to keep from men, from their family, coworkers and some friends.

The reality is that, women will say things like, *"Men should be nice at all times. Men should be very sensitive"*, but when men behave like that, women don't feel attracted to them and instead, place them in the friend zone.

This is why, if your ex has said that she thinks about you every day, it seems like the logical, nice thing to do to then say, *"Yes, I think about you every day too."*

Yet, that takes the challenge and attraction out of the equation because you are simply satisfying her need right away.

It's like there is suddenly no chase for her now.

So, what a lot of women will do when they get a response like that, is then say, *"But, I need more time to think. I don't know if we should get back together. I think we still need time apart."*

Then her ex guy is left thinking, *"What the heck? She said she was thinking about me every day. Why doesn't she want to get back with me?"*

If he then starts chasing her, appearing desperate or appears to have lost confidence in his attractiveness to her, she then loses respect and attraction for him based on him being emotionally weak.

A woman's attraction for a man is a very subtle thing and if you get it wrong, you get friend zoned.

So, I recommend that you replying, respond or react in a way where you are playfully teasing her.

In this way, her attraction and desire to be with you will increased.

Of course, it might not seem that way right away.

For example: If she is a bit of feisty woman, she might act (yes, act) like she is angry or hurt by what you have said, to test your confidence and balls.

She might say something like, *“How dare you say something like that to me? I can’t believe I opened up to you and you’re just turning it into a joke. You’re such a jerk!”*

Deep down, she will be wondering things like, *“Wow. That’s not what I was expecting from him. I thought he would get all emotional with me and begin telling me how much he misses me and how much he wants me back. Instead, he was a little cheeky and I like it. He really seems to have changed a lot since we broke up. It makes me want to see if we can work things out between us after all.”*

Yet, on the surface, she might initially pretend to be shocked by what you’re saying.

Don’t ever lose confidence when a woman puts on an act like that, even if it looks serious.

It’s never serious when you’re making a joke.

If you let a woman make it serious, she loses respect and attraction for you for getting walked all over by a woman.

On the other hand, if you simply laugh, remain confident, continue being a good man and get on with talking to her, then her respect and attraction for you will go through the roof.

A lot of guys don’t know how to handle women in that way and as a result, they struggle to attract new women or keep relationships together for their entire life.

So, don’t make the mistake of thinking you have to be nice, sweet and romantic to get your ex back.

Be a good guy, sure, but have some balls and occasionally playfully challenge her as you’re talking to her.

3 Potential Reasons Why an Ex Woman Will Say That She Thinks About You Every Day

Now, up until this point in the post, it has mainly been a case of your ex wanting you back for real and that is the reason why she said that she’s been thinking about you every day.

Great.

Yet, here’s the thing!

Sometimes a woman will tell her ex guy that she thinks about him every day, even though she has NO intention of getting back with him, or isn’t yet sure if she wants to.

For example: In some cases!

1. She is stringing him along until she finds a replacement guy

[image: She is stringing him along until she finds a replacement guy]

Sometimes a woman doesn’t want to completely cut her ex out of her life in case she struggles to find a new man.

She doesn’t want to find herself in a situation where her ex man moves on before she does and seems happy, leaving her feeling like the one who has been rejected and left behind.

So, she will continue to string her ex along by saying things like, *“I think about you every*

day.â

Meanwhile, while heâs sitting at home thinking that she wants him back and that he just has to be patient, she focuses on finding herself a replacement man as quickly as possible.

Then, when she does find a new man, she can tell her ex the news, â¹*Sorry, but I need to tell you something. Iâve met someone and weâre dating. Heâs a really great guy and I like him, so I donât want to mess things up by keeping in touch with my ex boyfriend all the time. You understand, donât you? I do wish you all the best and I hope that you meet someone too. Take care. Bye.*

Her ex is then left feeling confused and wondering how he could have misunderstood her feelings for him so badly.

In many cases, itâs because he has stuck to just texting her and didnât get to an in-person meet up, where they could actually hug, kiss and then potentially have sex and get the relationship back together.

Instead, he was trying to achieve everything via text.

Donât let that happen to you.

Take control of the situation by making her fall back in love with you in person, before she starts moving on with some other guy (in person).

Some of the ways you can begin making her fall back in love with you in person, are byâ

- Maintaining your confidence regardless of what she says or does to make you feel unsure of yourself around her.
- Being a good man, but also being confident and assertive when interacting with her.
- Making her laugh, smile and feel happy to be around you again.
- Believing in yourself and in your value to her, rather than doubting yourself and then making her feel turned off as a result.
- Flirting with her to create sexual tension, rather than acting like just a friend and then losing her to another guy who does make her feel attracted.
- Showing her that youâre a new and improved man who she can now truly look up to, respect, feel attracted to and love, rather than repeating the same old mistakes as before.

When you interact with her in person (or at least on a video call or audio call), she can sense that you really have changed and more importantly, she really does feel differently about you now.

She experiences a new kind of respect and attraction for you, which then causes her to want to spend more time with you.

By spending more time with you, she opens back up to you and you get her back, as long as you are building on her feelings and avoiding old mistakes.

Another possible reason why a woman will say that to her ex isâ

2. Sheâs just saying it to be nice

[image: She is just saying it to be nice]

Sometimes, a woman is a nice person and doesnât want to give her ex the impression that as soon as she broke up with him, she forgot all about him.

Instead, she wants to make him feel like, even though theyâre no longer a couple, she still thinks about him every day because she cares about him.

In her eyes, sheâs just being a nice, caring person and is doing her best to make sure that the break up wonât be too hard on him.

Of course, itâs understandable that when a guy hears that his ex girl still thinks about him every day, he might start thinking, *âYes! Maybe thatâs her way of telling me that she wants to get back together again. Iâm going to tell her that I feel the same way and try to get another chance.â*

Yet, when he asks for it (especially via text), she turns him down and says, *âI think itâs best that we have some space for a while. I still need to figure out what I wantâ or some other vague reason women use to maintain distance from an ex and give themselves enough time to find a new man.*

He accepts her request for space, continues to miss her every day and builds up his hopes of getting her back, only to then be disappointed when she moves on with someone else.

Donât let that happen to you.

Simply remain in contact with your ex and use the interactions you have with her to reawaken her feelings of sexual attraction for you.

When you do that, she will want you back for real.

Interacting with her means that at some point, you need to call her on the phone and meet up with her in person so you can build on her feelings and get her back.

Donât sit around hoping that everything will happen via text and that she wonât secretly move on behind your back.

Another possible reason why a woman will say that to her ex isâ'

3. She does think about him every day, but isn't sure she wants to get back together

[image: She does think of him, but isn't sure if she wants to get back together]

Sometimes a woman does miss her ex in a way (e.g. the feeling of safety, security and comfort that comes with being in a committed relationship) and that can cause her to think about him every day.

At times, when she is remembering some of the good times they shared, she might even consider getting back together with him.

Yet, if she interacts with her ex and notices that heâs still stuck at the same level he was at when they broke up (e.g. still lacking masculinity in the way he approaches interactions, still too needy, still insecure), she may think something like, *âHmmmâ!although I do miss him, I can see that nothing about him really has changed. So, if we got back together again, weâd probably just experience the same problems as before. Then, we will more than likely end up breaking up. I just donât want to put myself through all that again. So, I will have to accept that itâs not going to work between us and focus on trying to get over him so that I can move on.â*

A woman will usually then begin going out a lot more with her single friends to places where she knows she will meet other guys, accepting dates from guys who are interested in her, or joining online dating sites or using dating apps like Tinder, Hinge and Bumble to help herself move on.

Before her ex knows it, she will have moved on and he will feel rejected and left behind once again.

This is why, if you want your ex to give you another chance, you need to show her (not tell her) via your attitude, conversation style, behavior and actions that youâve made some changes to yourself and can now attract her in the ways that are important to her.

For example: Some of the changes a woman might want to see in her ex before she gives him another chance areâ!

- He is an emotionally stronger and more emotionally masculine man now, rather than an emotionally sensitive man who makes her feel like she needs to be gentle with him.
- Heâs no longer a pushover like he used to be and now takes the lead in a loving, but assertive way, rather than letting her walk all over him.
- He is now focused on his goals, dreams and ambitions like a real man, rather than being too emotionally dependent on her and being a clingy and needy guy as a result.
- He now makes her feel like a sexy, feminine woman when interacting with her, rather than treating her like a neutral friend.

When you show your ex (not tell her) that youâve learned from your past mistakes and are now a better man, she wonât be able to stop herself from feeling drawn to you again in a way that feels good to her.

She will then naturally drop her guard and open up to giving the relationship another chance, rather than feeling like she would be wasting her time if she did.

Essentially, you need to make her feel as though she would be getting to experience a new type of respect, attraction and love for you and that it really would be different.

When she senses that, she doesnât want to miss out on it and end up looking back with regret.

As a result, she opens up and give you and the relationship another chance.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

	WATCH VIDEO (FREE)
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Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

4 Questions to Ask Your Ex to See if They Still Like You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Important: Only ask your ex these questions after you have interacted with her and made her laugh, smile and feel a renewed sense of respect and attraction for you.

If you ask her questions like this before doing re-attracting her, then you will get completely different answers because a woman will typically answer questions like these based on how she feels in the moment.

For example: If a guy first doesn't reactivate his ex's feelings of attraction during interactions and instead just asks her something like, *"Do you miss me?"* she is much more likely to respond with something along the lines of, *"No. Why should I? We're broken up, or have you forgotten that?"* Because she's not feeling enough attraction to say something like, *"Yes, I do."*

Attraction is what draws an ex back to you.

Without first reactivating and reawakening her feelings of attraction, you will get completely different answers.

You have to be clear on that.

How much attraction she feels for you (and therefore, how much motivation she feels to get back with you) depends on how you approach interactions with her from now on.

If you do it right, your ex is so much more likely to respond to a question of, *"So, do you miss me?"* with something like, *"Yes, I do miss you sometimes."*

So, make sure that you attract your ex first and then ask her things like!

1. So, how much have you missed me?

[image: So, how much have you missed me?]

You might be able to notice that asking the question in that way is a lot different to just asking, *"So, do you miss me?"*

In this case, you're asking how *much* she misses you, which then results in a woman feeling much more comfortable saying something like, *"A bit"* rather than answering, *"No"* if you ask her, *"Do you miss me?"*

So, after you have made your ex feel a renewed sense of attraction for you based on how you've been interacting with her (e.g. you've been confident, you've been making her laugh, you've been flirting with her), go ahead and ask her, *"So, how much have you missed me?"*

She might answer honestly and tell you that she has been missing you a bit, or she might be reluctant to admit how she has been feeling.

In a case like that, she might say, *"You're so arrogant! Who says I've missed you?"* to see how you react.

If you react by losing confidence, then she won't feel attracted to you.

If you react by maintain your confidence, she will.

For example: You might respond by laughing in a relaxed, easy-going way and saying something along the lines of, *â€œOf course youâ€™ve missed me! Come onâ€¦ admit it. On a scale of 1 to 10 how much did you miss me? At least a 5, but maybe even a 6.â€*

She might joke back and forth with you a bit by saying, *â€œOkay fine, I missed you 1 out of 10,â€* and you can then laugh and say, in a joking way, *â€œAha! I knew it. I knew you missed me. I bet itâ€™s 2 or 3 out of 10 though. I missed you 1 out of 10.â€*

Then have a laugh with her.

Being able to remain confident and turn whatever she says into something that you and her can laugh about together makes her feel more relaxed and at ease.

As a result, she feels more willing to begin reconnecting with her feelings of respect and attraction for you.

Itâ€™s then up to you to build on those feelings and make her fall back in love with the new you. You can do it.

Men all over the world get ex women back using this method.

Itâ€™s simple, natural, automatic and it works.

Another question to ask your ex to see if she still likes you isâ€¦

2. Hey, so we should catch up for a coffee sometime this week and say hi. Cool? You in?

[image: We should catch up for a coffee this week and say hi]

Once again, even if your ex actually wants to say *â€œYes,â€* right away, she probably wonâ€™t do that.

Thatâ€™s women and itâ€™s why, as a man, you always need to remain confident in yourself no matter what a woman says or does around you.

You have to maintain belief in yourself no matter what.

Donâ€™t let a woman kill your confidence with a few words.

You have to be stronger than that.

The reality is that women are universally attracted to men who have what I call, Independent Confidence.

Having Independent Confidence means that you remain confident no matter what people say or do around you.

As a contrast, Dependent Confidence means that you can only feel completely confident if people are being nice, supportive and encouraging towards you.

Having Dependent Confidence makes a woman feel like you would be or are a burden to her.

She doesnâ€™t want to feel that.

She wants to feel safe and protected by you because you are emotionally bulletproof.

Having Independent Confidence not only to your life, but to interactions with women when you first meet them, on a date, in a relationship and when getting an ex back.

So, prepare yourself to remain confident no matter what your ex says to you.

For example: Understand in advance that she might say something along the lines of, *â€œI donâ€™t knowâ€* or, *â€œIâ€™m not sure if thatâ€™s a good ideaâ€* if you suggest catching up for a coffee sometime this week.

A guy who has Dependent Confidence will think, *â€œWell, I guess I have my answer then. Clearly she still doesnâ€™t like me. If she did, she would have agreed to catch up with meâ€* and he will then lose confidence.

Donâ€™t do that.

Instead, you need to understand that most women play a bit hard to get with an ex guy, because they donâ€™t want to come across as being too easy.

Most women do that when it comes to picking them up as well.

Itâ€™s a classic female move, so donâ€™t be surprised by it.

If she doesnâ€™t initially agree to your suggestion of catching up, simply maintain your confidence, laugh and say in a relaxed, easy-going way something like, *â€œHey, come on. Itâ€™s no big deal. Itâ€™s not as if having a cup of coffee together means weâ€™re going to get back together. Itâ€™s simply two friends saying hi in person. We mature enough to do that, right? Youâ€™re a grown woman. You can catch up and say hi and have a coffee. Itâ€™s no big deal. Weâ€™re mature enough to catch up and say hi as friends. Itâ€™s all good. So, look – Iâ€™m busy on Tuesday and Wednesday, but free on Monday and Thursday. Which day suits you best? Monday or Thursday?â€*

In most cases, a woman wonâ€™t want to seem immature based on not meeting up, so she will agree to catch up.

In other cases of course, she will say, *â€œYeah, okayâ€* or, *â€œI suppose so. Just as friends thoughâ€* or something along those line.

Just be prepared for any type of response and remember that what will make her feel attracted is if you can maintain your confidence.

She will feel even more attracted if you talk to her in a relaxed, easy-going manner, but also be a bit assertive to get her to meet up with you.

Women like assertiveness from a guy, but itâ€™s not something that they can go around admitting because most people will assume she means that she likes a guy who bosses her around all the time.

Thatâ€™s not what being assertive means.

You donâ€™t need to be totally bossy and order a woman to do whatever you want.

Instead, you just need to have the masculinity (or balls) to be a bit assertive at times, while still being a good guy.

Women love that.

So, get to the point where agrees to meet up and then catch up at a time that suits you both.

Then re-attract her further at the meet up and get to a hug, kiss and sex.

From there, you and her will naturally begin to get back together if she can see that you have changed a lot since the break up and now understand how to attract her in ways you previously couldnâ€™t.

Another question to ask your ex to see if she still likes you isâ€œ

3. So, even though you hate me now, what's one thing you do like about me?

[image: Even though you hate me now, what is one thing you like about me?]

It's a funny way of asking the question and will usually get a woman to laugh say, "*No, I don't hate you*" which then makes her connect with her positive feelings for you.

Then, since you are asking her to tell you one thing she does like about you, it further helps her to stop focusing on all of the things about you she doesn't like and begin thinking about some things she does.

For example: Some of the things she might be currently overlooking or forgetting about you are that

- You're a good guy who treats her well.
- You're ambitious and hard-working.
- You always treated her family and friends with respect.
- You're honest and reliable.
- You have a great sense of humor and can make her laugh even when she's angry or feeling down.
- You are intelligent and loyal.
- You get along well with others.
- You have great potential for the future if you follow through on your goals.
- She really did love you and feel attracted to you at the start.
- You're a cool guy in your own, unique way.

By getting her to stop and think about at least one thing she likes about you, it can lead to her thinking about multiple things she still likes about you.

This causes her to have to look at you in a more positive light, which then begins to bring her walls down.

She remember that even though you and her did have some problems, you aren't all that bad.

All you then have to do then is to get her to reconnect with her sexual and romantic feelings for you and she will feel drawn to the idea of being in a relationship with you again, or at least hooking up with you to see how she feels afterwards.

Then, if you really have changed, you and her will get back into a relationship that is so much better than before.

Another question to ask your ex to see if she still likes you is

4. I know that we've broken up and are never getting back together, but what's your favorite memory of us together?

[image: I know we are broken up and are never getting back together, but what is your favorite memory of us together?]

By asking her the question in that way, she doesn't have to put her guard up as much and worry that you're trying to get her back.

You're saying that you and her are broken up and aren't ever going to get back together and

then asking what her favorite memory of you and her being together was or is.

This helps her to stop focusing on some of the recent, negative memories she has of you (e.g. arguments, fights, disagreements, loss of attraction for you) and instead focus on some of the good times you and her shared.

As a result, she can then begin thinking things like, *â€œIf we could have been so happy before, maybe we could be happy again. Who knows? Clearly we do have chemistry. I didnâ€™t feel that much in the end, but maybe we could get back to how it felt at the start.â€*

She then becomes more open to letting her newfound feelings for you develop.

By the wayâ€

When she opens up and shares her favorite memory of you and her together, you can then reciprocate by telling her some of the things you remember that made you smile.

Yet, if you want to make sure that she feels attracted to you at that point, then add in what I call, Playfully Challenging Humor.

For example: She says, *â€œI used to really enjoy getting pizza with you and watching Netflixâ€* and rather than just being nice and saying, *â€œYeah, me tooâ€* you can be playfully challenging and say, *â€œYeah, but you did have horrible taste in Netflix showsâ€|thatâ€™s for sure.â€*

Then have a laugh with her about that.

Then you can add in, *â€œJust kidding. It was good to chill out and do Netflix and pizzas. Those days are over though. At least weâ€™re mature enough to be friends now, right?â€*

She will then most likely agree and at the same time, feel a little rejected because she will be feeling attracted to you (i.e. pulled towards you), but you are pushing her away with your words.

That makes her want you more.

In that moment, she starts realizing that she doesnâ€™t just want to be friends.

Heck, maybe she even wants to get some pizza and chill while watching TV, Youtube, Netflix or whatever with you.

When she starts feeling that, she might hint at wanting to do that, or will tell you directly.

If she doesnâ€™t want to show too much interest, she might just accept it and say, *â€œYeah, weâ€™re friendsâ€* and then continue talking to you in person or texting you, to subtly show you that she is interested.

BTW: Many women worry about showing too much interest in an ex boyfriend who is making them feel attracted because they fear that he will change his mind, reject her and she will then be the one who got dumped.

This is another reason why you need to have Independent Confidence.

Donâ€™t base your confidence on what she is saying or doing.

Remain confident no matter what she says or does and simply guide her through the ex back process while building on her feelings of respect, attraction and love for you.

By the wayâ€

When you get an ex woman to fall back in love with you after a break up, it is one of the most amazing feelings she will ever experience in her life.

Why?

Due to you improving your ability to attract her and then attracting her in new ways, she ends up feeling more attracted to you than she ever has before.

It becomes an excited attraction, mixed in with reunited love, surprise, passion, closeness and pure joy.

Itâs an amazing feeling.

When a woman feels like that, she naturally then wants to be in a committed relationship because itâs where she feels the best, most fulfilled, most loved and happiest in life.

Itâs with you.

Thatâs what you can achieve if you go through the ex back process correctly.

3 Mistakes to Avoid When Asking Your Ex Questions to See if She Still Likes You

If youâre going to ask your ex questions to see if she still likes you, make sure that you do it in a way that sparks her feelings of attraction.

If youâre not sure how, you might want to reread the section above with the examples and explanations of how to do it.

Whatever you do, make sure that you avoid these mistakes that other guys makeâ!

1. Asking her via text *before* you have sparked her feelings of sexual and romantic attraction

If your ex feels a lot of attraction for you and secretly wants to be back with you, then asking her, âDo you miss me?â via text isnât a problem at all.

She will likely say, âYesâ or even hint at a yes in a case like that.

Yet, if your ex broke up with you due to not feeling enough respect, attraction and love to want to be with you anymore and you then ask her, âDo you miss me?â she will either ignore your text or let you know that she doesnât miss you.

Texts are helpful in getting an ex back, but you shouldnât try to achieve everything via text, especially if you havenât re-attracted her yet.

The main reason why, is that when a woman canât see your body language expressions or hear your voice and is only getting text messages from you, itâs easier for her to remain closed off.

Yet, when you get on a phone call and have the confidence to make her laugh and flirt with her, she will immediately begin feeling attracted to you and realize that meeting up with you in person would actually be fun.

Then, when you meet up with her in person, you can re-attract her further and get to a hug, kiss and then sex.

Before you know it, you and her will be back together for real.

Yet, if try to achieve everything via text, you will usually end up causing an ex woman to begin responding in a cold, distant or neutral (just like a friend) way and she may even stop replying all together.

For most guys, they will then take that as a sign that their ex woman isn't interested and they should just give up.

What a guy like that often doesn't understand is that it's not her lack of feelings for him that is preventing him from getting her back, but rather his approach.

He's trying to get her back via text, which, for most women, is a wimpy-ass way of trying to get a girl back.

Most women appreciate, respect and feel attracted to a guy who has the balls to call them, create a spark, arrange a meet up and then get the relationship back together in person.

So, what you need to understand is that texts can help when getting your ex back, but you shouldn't use them as your number one way of getting her back.

If you only stick to texts and shy away from giving her a call, then all she has to do is ignore you, block your number or keep saying things like, *"I don't know how I feel. I need more time to think about it,"* and there's nothing you can really do about that via text.

However, on a phone call (where you're making her laugh, flirting with her) or in person, it is a lot more difficult for her to keep her real feelings for you hidden.

It comes through in her body language, her tone of voice, her reactions to you, her laughter, her smile and so on.

So, if you think that your ex is attracted to you and secretly missing you, then feel free to just text back and forth a little and see how that goes.

Yet, if you think that your ex doesn't want to get back with you, then it's okay to start with a text to say hi, but you ultimately need to get to a phone call so you can properly (and quickly) make her feel respect, attraction and love for you again.

Another mistake to avoid making if you want your ex to admit that she still likes you is

2. Asking her in a way that suggests if she says that she likes you, you are immediately going to see that as meaning she wants a relationship again

[image: Asking her in a way that suggests you will push for a relationship if she shows any interest]

Sometimes a woman will avoid responding to a question about her feelings, because she knows that if she says something like, *"Yes, I do still care about you,"* her ex guy might take it as a clear sign that she wants him back.

For example: He might immediately start talking about how much he missed her and how he's going to fix things and be a better boyfriend to her this time around.

If she's not sure if she wants to get back with him yet, his reaction can cause her to close up, go cold, avoid him, ignore him and so on.

He then begins wondering, *"Huh? Why is she being like that? I thought she said that she still cares about me, so why is she being so distant and cold now?"*

He might then ask her, *"Why aren't you replying? Is it something I said? If so, I am sorry. I love you and want to work this out."*

Once again, she then feels like it's too much, too soon.

So, what should you do instead?

Don't immediately push for a relationship.

Instead, make her feel attracted to you and want to be with you so much that she is hoping it becomes a relationship again.

Another mistake to avoid making if you want your ex to admit that she still likes you is

3. Remaining stuck in early parts of the ex back process and never getting to the point where she is back with you for real

Sometimes a guy will spend a lot of time trying to get his ex to admit that she still likes him, before he eventually feels confident enough to make a move to get her back.

Then, after many weeks of trying to get her back (usually via text), he is shocked when she eventually says something along the lines of, *"I think it's best if we don't talk or see each other again"* because she has met a new guy and is dating him now.

Here's the thing

If you want your ex back, you need to have the courage to move things forward with her.

Don't get stuck in early steps of the ex back process and then find out that she has happily moved on without you.

Get her back while you still can.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Should I Show My Ex That I'm Sad Without Her?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Absolutely not.

Here are 5 of the most common reactions women have when an ex man tries to show how sad he is about the break up:

1. She loses respect for him for being so emotionally dependent on her and the relationship

[image: She loses respect for him for being so emotionally dependent on her and the relationship]

Sometimes a guy makes the mistake of thinking that if his ex sees that he's sad and struggling to cope without her, she will feel flattered and possibly even think something along the lines of, *"I never realized I meant so much to him. He must really love me. Maybe I was too impulsive when I broke up with him. I feel sorry for him too. He's clearly hurting. The poor guy. Maybe I should give him another chance."*

Yet, here's the thing!

Even though a woman does like the idea of a guy who is loving, caring and committed to her, she also needs him to be his own man (i.e. emotionally independent, forward moving in his life regardless of whether she is with him or not).

So, if a woman gets a sense that her ex is sad and needs her back to feel happy and fulfilled in life, rather than feeling pleased by his emotional dependence on her, she feels more turned off by him. Why?

A woman doesn't want to be a man's main purpose and be responsible for making him feel happy, confident and stable in life.

She wants him to maintain those things on his own and to do them for his own reasons, rather than needing her in his life to be able to feel that way.

In other words, women don't want a needy guy, especially after dumping him.

Women want a guy who can be happy, confident and forward moving in life with or without her.

That is what is attractive to an ex woman.

So, showing your ex that you're sad without her will almost certainly just turn her off.

Of course, there's nothing wrong with feeling sad.

You're allowed to feel sad.

You just shouldn't show it to her.

Additionally, if she asks if you are sad, you can simply say, *"I was a bit sad initially of course, but I then accepted the break up and now it's totally fine. You and I are finished as a couple, but we can still be friends though. We're mature enough to do that, right?"*

She then feels as though she is being rejected because you aren't holding on anymore.

She feels like she has lost that power over you.

As a result, in almost all cases, a woman will then want to reel her ex guy back in by saying

something like, *â€œWell, I don't know about you, I still feel a bit sad at timesâ€* or, *â€œSo, you don't miss me?â€*

To the first comment, you can jokingly say something like, *â€œThat's because you're a softyâ€* and to the question, *â€œOf course I don't miss you. Heck, I don't even remember your nameâ€* and then laugh.

Of course, you are only joking in both of those cases.

What does joking with her and having the confidence to joke with her do in a moment like that?

It makes her feel attracted to you.

When a woman feels attracted to you, her guard comes down and you can then begin the quick and easy process of seducing her back into a relationship, or at least getting her to meet up with you and hook up with you one last time.

That's how men get their ex women back all over the world.

It's fast, natural and it works, but you have to have the balls to do it and then follow through on it until she is back in your bed, hugging you, kissing you and wanting to be close with you.

So, don't show your sadness.

Show things that will make her feel attracted to you.

Another thing that can happen when an ex guy tries to show how sad he is about the break up isâ€¦

2. Guys who have more confidence or higher self esteem than him, suddenly seem very attractive and appealing to her

[image: She feels more attracted to other guys who have more confidence and self-esteem than her ex]

Imagine thisâ€¦

A woman has broken up with a guy and every time she interacts with him (e.g. over the phone or in person), he gives off a *â€œpity meâ€* kind of vibe.

In other words, he's sad, dejected and melancholy, acts like his world has ended now that they are no longer together and is hoping that she takes pity on him and then gives him another chance because of it.

Yet, feeling pity for a sad, rejected man doesn't make a woman feel attracted to him.

Women are attracted to confidence and emotional strength in men.

So, when she interacts with new men who are more confident than her ex, they naturally seem way more attractive to her than he does.

She can then begin to think, *â€œAt times, I've been doubting if I made the right decision to break up with him, but now I see now that I've made the right decision. I don't want a wimp, I want a man. My ex is just not the kind of man I want to be with, especially now that I see there are so many guys out there who I find so much more confident than him. I'm not going back to him now. I've got to move on.â€*

She will then try to distance herself from him even further (e.g. she stops responding to his texts, unfriended him on social media, stops meeting up with him).

At the same time, she will open herself up to meeting, hooking up with, dating and even falling in

love with a new man who displays the kind of confidence that women universally find attractive (i.e. what I call Independent Confidence, where a man is confident regardless of what people say or do around him, or what is happening in his life. This is in contrast to Dependent Confidence, where a man can only feel confident if people are being nice to him or if things are going his way in life).

So, hereâs the thingâ!

Feeling sad without your ex is understandable, but you canât let that show up in your behavior, conversation style, body language or vibe in any way.

If you let her sense that youâre feeling lost without her, you will literally be doing the opposite of what a man needs to do to get an ex woman back (i.e. get her respect back, make her feel attracted again, cause her to fall back in love with him).

She will then feel more attracted to other men, which can make it difficult for you to get her back.

On the other hand, when you are able to display and let her experience your newfound level of confidence, most other guys seem less attractive in comparison to you.

She then begins to worry that she may have made a huge mistake in breaking up with you, because itâs going to be very difficult for her to find a man who has the level of confidence that you now have.

At the very least, she will be curious to see if your newfound confidence is real and will want to interact with you.

If it is, then she will suddenly feel a tremendous amount of respect and attraction for you, even if she doesnât want to.

Attraction is something that happens automatically.

Itâs an automatic reaction to attractive traits.

So, let her sense and experience your confidence, not your sadness or weakness.

Another common reaction that a woman might have when an ex guy tries to show how sad he is about the break up isâ!

3. She feels stronger than him emotionally, which turns her off even more

[image: She feels stronger than him emotionally, which then turns her off even more]

When in a relationship, a woman wants to feel safe and protected by her man, based on his emotional strength.

So, if a woman senses that she is emotionally stronger than her boyfriend (fiance or husband), it will turn her off at a deep level.

Additionally, if she was already emotionally stronger during the relationship, dumped him and then notices that he had become even weaker emotionally, then she will be doubly turned off.

So, if you show your ex that youâre sad without her, rather than making her regret breaking up with you and want to give you another chance, you will simply turn her off.

Remember: Attraction is an automatic reaction.

Itâs not a conscious thing where she thinks something like, *âHeâs sad without me and that is unattractive to me, so therefore I will lose attraction for him now.*â

Instead, she simply feels turned off and it happens without her having to do anything about it.

So, if you begin projecting a more confident, emotionally independent energy from now on, she will naturally begin to feel sparks of respect for you again, even if she doesn't want to feel it.

Secretly, she will be impressed that you are being an emotionally strong, independent man who is handling the break up in such a mature way (i.e. you're not showing her that you're sad and lost without her).

As a result, she will automatically begin thinking about you in a more positive way, which will cause her to open up to feeling a newfound respect for you.

When she starts respecting you again, she will also start to feel some sexual attraction and that is the opening you need to begin getting her back for real.

Why?

Without sexual attraction, there is no boyfriend-girlfriend relationship.

It's the core of everything.

Without sexual attraction, there can be no romantic love.

Romantic love comes from sexual attraction and is then built on with respect and connection.

Without sexual attraction, she might feel some love for you as a friend, or have nice feelings for you as a nice ex, but that won't get her back.

If you want her back, you have to approach this in a way that causes her to have sexual and romantic feelings for you.

Another common reaction that a woman might have when an ex guy tries to show how sad he is about the break up is

4. She worries that if she did get back with him, she would have to continually put in loads of effort to make him feel emotionally secure

[image: She worries that he has become softer, weaker and more sensitive]

That is exhausting for a woman.

She just doesn't want to take on the task of becoming a guy's cheerleader to make him stronger, especially after she has dumped him.

For a woman to feel respect and sexual attraction for a man, she has to feel as though he is the man and she is his girl.

The masculine-feminine dynamic is an ancient dynamic that still applies in today's modern, civilized world.

It doesn't matter how independent or successful the woman is.

At the end of the day, she wants to be with a man who has the emotional strength to make her feel like a girl in comparison to him.

This is why, if her ex guy appears sad without her, rather than thinking, *"Wow, I never realized it before, but he really does love me and need me! That's all I want a need in a man. That's it! It's so obvious to me now because I see the effect our break up is having on him. He's just so sad without me. I feel so touched. Maybe I should give him another chance. After all, what if I never find another guy who will love me as much as he does? I want to be loved and appreciated and clearly I will get that from him,"* she instead perceives him as being emotionally weaker than her

and feels turned off.

She knows that if she gave him another chance, she would have to constantly be aware of taking care of his sensitive emotional state.

This will cause her to see him more as a child in comparison to her, rather than a man she can look up to, respect and submit to sexually.

As a result, her sexual attraction will switch off and she will stop thinking, acting and behaving like the feminine woman she wants to be in a relationship and instead, start wearing the pants in the relationship like a man.

Yet, thatâs not what she wants.

Regardless of how independent or successful she is in her life and even, regardless of what she says (i.e. She says that he needs to listen to her and do what she wants or else), the reality is that she doesnât want to be the boss in her relationship with a man.

Of course, there are some women who like being more emotionally dominant than their man (usually very unattractive women, or average looking women who are secretly terrified of being in a relationship with a guy who might dump them, so they get into a relationship with a man who needs them), but most women donât want that at all.

Most women want to be with an emotionally strong man who takes the lead in the relationship (emotionally, physically) and allows her to relax into thinking, acting and behaving like a feminine woman.

In other words, she gets to be his girl.

Thatâs what women really want, but they will rarely openly admit it because they donât want people looking down on them, judging them and so on.

Yet, if you look at the women who are the happiest and most in love with their man in a relationship, you will notice that the dynamic is balanced in a way where he is the man and she is his girl.

They love and respect each other equally, but when it comes to dominance, he is the more dominant one.

So, if you show your ex how sad you are without her, you may end up making her feel that if she got back with you, she would have to hold your hand and guide you through life like youâre a hurt, little boy.

Of course, youâre not a hurt, little boy.

Youâre a man.

Yet, if you show her sadness and emotional weakness, she wonât look at you as a man.

She might be nice to you and show you some fake pity, but secretly she will be thinking something like, *â What a pussy. I need a real man and he isnât it. Iâve got to move on. Donât get back with him. Move on!*â

She then tries hard to meet new guys, opens herself up to them and quickly begins dating and falling and love.

She does her absolute best to create as much emotional distance between her and her ex as possible.

On the other hand, when you focus on re-attracting her, she does her absolute best to hint at, suggest or even ask to meet up with you so she can experience more of you.

When youâ€™re re-attracting in her person, you are then just one move away from hugging and then kissing, having sex and getting back together, or at least just seeing each other for a while to see how things go from there.

Another common reaction that a woman might have when an ex guy tries to show how sad he is about the break up isâ€”!

5. She feels turned off that he canâ€™t attract new women and is lost without her

[image: She feels turned off that he can't attract new women and is lost without her]

Women donâ€™t go around openly admitting this, but they do feel attracted to men that can easily attract other women.

For men, it doesnâ€™t work the same way.

A man will feel attracted to a woman instantly based on her physical appearance and wonâ€™t care at all if other men want her.

He will want her.

Yet, because most of a womanâ€™s attraction for a man is based on things other than physical appearance (i.e. confidence, social intelligence, charisma, masculine energy, charm), women do care if other women find a guy attractive.

To a woman, if other women (especially other attractive women) find a guy attractive, it means that those women have interacted with him and discovered that he does have the kind of qualities that women look for.

The traits that make a guy attractive are mostly things you canâ€™t see with the naked eye.

A woman has to interact with a guy and discover those qualities to then feel truly attracted to him.

This is why, if you show your ex that youâ€™re sad without her, it causes her to lose attraction for you based on not being able to easily attract new women and as a result, feeling totally dependent on her.

Most women donâ€™t admit that, but itâ€™s what they secretly think and feel.

After all, why would they admit it?

Imagine a woman saying, *â€œYeah, I like a guy who could easily attract other women, so I then feel special that he has chosen me.â€*

People would say to her, *â€œNo, donâ€™t think that of yourself. He should feel lucky to have you because youâ€™re amazing.â€*

As a result, women just donâ€™t go around admitting what really makes them feel attracted because they would be judged for it.

As a man, you have to understand what really attracts a woman and then display that, otherwise women just wonâ€™t feel it for you.

Being able to attract other women doesnâ€™t mean that you have to begin dating.

Instead, it means that you shouldnâ€™t be showing her that youâ€™re lost, lonely or sad without her because that will automatically switch her attraction off.

After a break up, a woman wants to see if you will become more attractive to her and therefore cause her to want you back, or if you will become less attractive to her and therefore cause her to feel as

though she has made the right decision to break up with you.

This is why, when a woman breaks up with a guy, she will keep tabs on him (e.g. via social media or through mutual friends) to see how he's coping without her and if he's moving on.

A lot of guys actually hope their ex woman checks their social media or asks friends, so she can then find out how sad and hopeless he is feeling without her.

Yet, that is a huge mistake.

What works is when a woman sees that you are confident, happy and enjoying life without her.

3 Mistakes to Avoid if You Want Her Back

There is an easy way to get her back without showing how sad you are without her.

The easy way is to focus on attraction.

It's simple, natural, automatic and it works.

Unfortunately, many guys don't understand how to get their ex woman back, so they end up making one or more of the following mistakes:

1. Posting up lonely status updates on social media

A guy appearing or even possibly seeming to be lonely is not attractive to women and is especially not attractive to an ex woman.

In terms of photos, this includes photos of yourself alone, landscapes, your pet, food you're eating and so on.

Here's the thing:

Posts like that are fine in normal circumstances, but not when getting an ex back.

She needs to see that you are happy, confident and enjoying life around other people, not hanging out on your own.

If she senses that it's just you on your own, she can assume that:

- You're not moving forward in life and are stuck at the same level you were at when she broke up with you.
- You're lonely.
- You've disconnected from your friends.
- You're hopefully trying to make her feel sorry for you.
- You haven't been able to attract other women since she left you.
- You are going to be single and alone for a long time as you try to heal from the break up.

Of course, none of those things might be true about you, but she can assume them based on how you were behaving leading up to, during and shortly after the break up.

If she senses that you're broken without her, then she will feel better about her decision to remain broken up with you.

So, if you're going to post on social media, make sure that you only post about positive, fun-filled events in your life (e.g. a party you went to, something exciting you did over the weekend) and

make sure that you include some photos of you smiling and looking happy with other people, including other women if possible.

You don't have to be dating those women, but merely having other women around is enough to make an ex woman look at you in a more positive light and begin to feel some attraction for you.

Additionally, when your ex sees that you're not feeling sad and lost without her, she becomes curious as to why you could be so happy and confident.

That causes her to want to interact with you.

You can then use the interactions you have with her to reactivate her feelings and get her back.

So, don't post up sad things on social media or even hint at being sad, alone, bored or anything like that.

The next mistake to avoid is

2. Not understanding the science of attraction and using it to your advantage

According to a study featured in New Scientist, it was determined that 90% of single women were interested in a man who they believed was taken.

I can back this up based on the more than 15 years of experience I've had helping men attract women.

I can also back it up based on what I experience when hooking up with and dating multiple women for more than a decade, before settling down with my pretty, young wife (she was 20 when I met her and I was 35. We now have twin girls).

Women always found me more attractive when they could see that their friends found me attractive. Additionally, one of the many reasons my wife finds me attractive is the fact that everywhere we go, she can see that women who I interact with instantly find me attractive.

She knows that I could easily hook up with new women, but I won't do that because I'm committed to her.

The fact that other women want me is one of the many reasons why my wife always puts in effort to keep herself in shape, look pretty and be good to me.

So, I can tell you that it works based on the science, based on helping new guys to attract women and from my own personal experience (as of writing this, I've been with my wife for nearly 8 years now).

If you want to re-attract your ex, you need to use the science of attraction your advantage.

Let her sense that you could easily attract other women now.

She will pick up on it based on how you now interact with her (i.e. you use attraction techniques, such as flirting or playfully challenging humor, when you interact with her).

If she currently just sees you as a friend now, you will instantly change that feeling in her by using attraction techniques

So, make sure that you understand and use the science of attraction to your advantage.

Understand that women naturally feel more attracted to men who are already taken, or who seem like the kind of guy who could easily attract other women.

For example: One of the main reasons women naturally feel more attracted to a guy who is taken, is

because most women feel that if a guy he is taken, then he must have some of the personality traits and characteristics that are naturally attractive to women (e.g. confidence, emotional strength, emotional masculinity).

On the other hand, according to the same study, only 59% of women were attracted to a man when he was single.

The reason why is that a woman has no evidence that he has the kind of qualities that women really feel attracted to in men.

She is just looking at his appearance, which can make a woman feel attracted, but in almost all cases, a woman will want to interact with a guy to find out what kind of guy he is.

If he is insecure, hesitant, surpasses his masculinity to be nice and seems to be emotionally weak, then most women will immediately lose interest even though he has good physical features.

So, if you want to get your ex back for real, then do it the easy way by using the science of attraction to your advantage.

It's simple, automatic and it works.

On the other hand, seeking pity from her is also simple, but it doesn't work.

The next mistake to avoid is!

3. Not realizing that pity isn't what drives a woman to feel sexually attracted to a guy and compelled to commit to him again after a break up

Pity is not the kind of emotion that generates feelings of attraction and respect inside of a woman.

Instead, it makes a woman want to pat a guy on the back and treat him like a boy.

When a woman sees a man as a boy, her attraction instantly switches off.

She want a man, not a boy in a man's body.

To get her to look at you as being a man, you have to let her see that even though you do want her back, you don't need her back to feel good about yourself.

You are confident, happy and moving forward in life.

You love her and have good memories of the times you spent together, but you're not stuck there.

You're not falling apart without her.

You're not an emotionally weak man.

You are an emotionally strong man.

You can re-attract her and make her feel lucky to be getting back with you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to

gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

She Said, â€œThere's Nothing More to Say. It's Overâ€

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here's what to do when a woman says that to you:

1. Initially accept it and walk away

If you haven't already done that, don't worry.

Just do it now.

Begin the process of getting her back by saying something like, *â€œI just wanted to tell you that I accept your decision to break up. I'm not going to ask you to get back together because it over for us as a couple and I accept that. I only wish you the best going forward. One thing that I want us to be able to do is to be mature enough to be friends. Okay? Let's just be friends and not be afraid to say hi as a friend if we ever want to. Both of us will move on, but we will be mature about.â€*

In most cases, the woman will then agree to remain friends because she won't want to be the one who comes across as being stubborn or immature.

Of course, you don't really want to be her friend.

You want her back as your girlfriend (or fianc  or wife, whatever applies to you).

Yet, by keeping the lines of communication open as *â€œfriends,â€* you then have an opportunity to seduce her back into a relationship with you.

For the next 3-7 days though, you will show her that you accept the break up and are walking away.

The 3-7 days will show her that you are a man of your word (i.e. you have accepted her decision to break up with you and are not trying to get her back).

Then, when you contact her as a friend, you are still being a man of your word.

She can't complain about that.

[image: Make her miss you and feel like she is losing you]

Instead, not hearing from you for up to a week will cause her to think about you and most likely miss you.

As a result, it will be much easier to attract her and seduce her back into a relationship.

BTW: If you take longer than 7 days to contact your ex, she might begin to get over you or potentially hook up with another man to help herself get over you.

If you wait even longer, she may end up in a new, serious relationship.

This is why between 3 and 7 days is the optimum amount of time that a guy should wait before contacting his ex woman and completing the rest of the ex back process.

During the 3 to 7 days, you need toâ€¦!

2. Quickly upgrade your ability to attract her and other women

The essential key to making your ex change her mind and get back with you, is to make sure that when you contact her again (i.e. after giving her 3 to 7 days of space), you are fully ready to give her

the attraction experience she always wanted from you.

For example:

If you ended up feeling insecure about yourself and your attractiveness and value to her as a man, you probably became clingy and needy in the relationship.

As a result, she will have felt turned off by your emotional weakness and would not have been getting the kind of attraction experience she wanted in the relationship.

So, before you interact with her again and try to get her back, make sure that you focus on becoming more confident in your attractiveness to her and emotionally independent without her.

Being confident in your attractiveness to her doesn't mean that you should go to the gym for months and build up your body to hopefully impress her with that.

Instead, it means being confident in your ability to make her feel attracted to you as you talk to her (i.e. refresh your knowledge on how to flirt with a woman in a relationship, how to maintain your masculinity, how to make her feel loved without being a pushover).

Watch this video for some examples of flirting, maintaining your masculinity and making her feel loved without being a pushover, based on how you react and respond to her:

Can see how it works?

The approach you take with a woman in a relationship either gives her the attraction experience she really wants, or it doesn't.

You really have to be clear on how to attract your woman when in a relationship, otherwise it just won't last in the long run.

Additionally, if you aren't able to make your ex feel as though you could give her the kind of attraction experience she wants, then she will almost certainly keep saying things like, *â€œThere's nothing more to say. It's overâ€* as she moves on without you.

Here's another example of upgrading your ability to attract her:

If you were too submissive with your ex before (e.g. allowed her to call the shots, control you or the relationship), you need to show her that you're now more emotionally strong and assertive, while still being a good, loving man.

Become more emotionally strong and assertive isn't about turning into a bully, or being overly domineering.

Instead, it's just about being more commanding, decisive and confident in your position as the man, rather than shying away from that because you fear how she might react.

[image: If you fear her reaction, she won't feel attraction]

Always remember: If you fear her reaction, she won't feel attraction.

That is a key principle of attraction that so many guys these days have never been taught by their father or father figure.

So many guys grow up being influenced and advised to be more sensitive, hesitant and feminine to hopefully make women happy.

Yet, it doesn't work in romantic relationships.

Women want balls.

If you can continue being a good, loving man, but have more balls, then your ex will automatically

feel more attracted to you.

Another example:

If you treated her like your friend or buddy, which decreased the sexual attraction and made her feel neutral around you, then you need to focus on flirting with her and making her feel like a desirable, sexy woman in your presence from now on.

Remember: It's not about becoming someone you're not, it's about adjusting your approach so that your ex can see that side to you that she was attracted to initially, but faded away along the way.

When you upgrade your ability to make her feel attracted, not only does your ex feel drawn to you again in a way that feels good to her, but you also automatically become more attractive to other women as well.

Other women see the qualities in you that they instinctively look for in a man (e.g. confidence, emotional strength, emotional masculinity, charisma) and they want to be around you.

Your ex will pick up on that, even if she doesn't see you interacting with other women.

Women know what other women really find attractive in a man and when a man displays the qualities they are looking for, they know that other women will find him attractive.

This makes your ex feel as though you aren't lost without her and could easily attract a new high quality woman.

When she feels that, she begins to worry that you might be able to move on with a woman who she would see as being prettier than her, which would then make her feel rejected and left behind.

This can cause your ex to want to get back with you and give the relationship another shot, rather than ending up feeling like a reject as you move on with your upgraded ability to attract women.

On the other hand, if you continue to use the same old approach to attraction that you've been using, or if you become less attractive (e.g. appear insecure, hesitant, unsure of yourself), your ex isn't going to feel motivated to want to get back with you.

So, upgrade your ability to attract her and then interact with her, attract her and seduce her back into a relationship.

Before you do that though!

3. Understand that there really is nothing more to say about the relationship

[image: Understand that there really is nothing more to say about the relationship]

Some guys assume that the best way to fix a relationship is to talk about it.

That works when you are in a relationship and you and the woman respect, love and feel attracted to each other.

Yet, when a woman has dumped a guy because she no longer feels enough respect, attraction and love for him, she usually won't want to discuss how to fix the relationship to get it back together.

Instead, she wants her ex to upgrade his ability to attract her, understand where he has been going wrong and fix that and then get on with making her feel attracted, making her respect him again and making her want to give him another chance for her own reasons.

She doesn't want him to try to discuss her back into a relationship, even though he hasn't

changed.

She also doesn't want him promising to change a whole bunch of things if she just gives him another chance.

Sometimes that will work when the relationship still hasn't gotten very bad, but if a woman is sick and tired of her guy making the same old mistakes and wants out of the relationship, then she isn't going to care what he is promising.

After all, she has no proof that he could actually deliver on his promises.

This is why you always need to deliver what you are actually promising, rather than promising to deliver.

Big difference.

Unfortunately, a lot of guys don't realize that when they are trying to get their ex woman back.

For example: A guy might call his ex woman, text her or see her in person and regularly be saying things like, *Let's talk about this. I'm sure if we can discuss what happened, we'll be able to find a solution. We can then get back together again. I mean, give me a chance. Why don't you want to talk about this?* and so on.

Yet, when a woman has disconnected from her feelings of love, respect and attraction for him, she just doesn't feel motivated about having a discussion to fix the relationship, so he can then get her back.

The more he tries to work things out with her, the more resistant she becomes, until she finally gets fed up and says something along the lines of. *Look, there's really nothing more to say. It's over and you need to accept it and move on.*

So, what should you focus on instead?

Attraction.

Her feelings of attraction.

Yes, you feel attracted to her and you want her, but she needs to feel that way about you to give you another chance.

At this point in the ex back process, your feelings aren't important to her.

What matters to her are her feelings.

That's all.

Does she feel respect you?

If yes, then she will be open to feeling attracted to you.

Are you able to make her feel a new kind of attraction for you?

If yes, then she will be open to reconnecting with her feelings of love for you.

That's how it really works.

So go ahead and!

4. Interact with her and make her feel attracted to you in new ways

When you feel ready to begin, go ahead and call your ex on the phone, or if possible, meet up with her in person and begin making her feel attracted to you in new ways.

You have to do that on a phone call (audio or video) or in person.

Donâ€™t hide behind texts.

Youâ€™ve got to get to a call or an in person meet up as soon as possible.

Thatâ€™s how to speed up the re-attraction process and get her back.

Hiding behind texts just slows things down and results in most guys getting rejected by their ex or ignored eventually.

Some guys also end up texting their ex girl for weeks, only to eventually get a text that goes something like this, *â€œIâ€™ve got something to tell you. Donâ€™t be mad okay?â€* and she then tells him that she has met someone else and has started seeing him.

Donâ€™t do that to yourself.

Move the ex back process along from one step to the next.

For example: When you interact with her on the phone or in person, you can begin making her feel attracted to you byâ€

- Being confident and easy-going during the interaction with her regardless of what she says or does to give you the impression that sheâ€™s not interested in you anymore (e.g. sheâ€™s cold and distant, she talks about how happy she is to be single, she keeps saying that itâ€™s over).
- Using humor to ease the awkwardness between you and her, rather than being too serious, or being on your best behavior and allowing the situation to remain tense and not creating attraction as a result.
- Flirting with her to create sexual tension, rather than â€œplaying it safeâ€ by just acting friendly, neutral or distant.
- Believing in yourself and in your value to her, rather than turning her off by doubting yourself.
- Being a good man to her, but also having the balls to be a bit assertive or direct when necessary, so she can feel attracted to your masculinity.
- Showing her (via your actions, behavior and conversation style) that youâ€™re now a new and improved man that she can truly look up to, respect, feel attracted to and love, rather than continuing to make the same old attraction mistakes you did leading up to the break up.

To attract her in new ways, youâ€™ve got to be willing to use a different approach to attraction to create a new spark.

You canâ€™t just offer her what got you dumped and think she will run back to you based on that.

Youâ€™ve got to let her feel new and different sparks of respect and attraction for you, so she can naturally feel drawn to you and want to experience more.

Once you have made her feel need sparks of respect and attraction for you, go ahead andâ€

5. End the interaction to make her feel like she is losing you now

[image: End the interaction to make her feel like she is losing you now]

As your exâ€™s guard starts to slip down and she begins feeling relaxed and happy to be interacting with you again, she may begin thinking things like, *â€œHeâ€™s seems so different from the guy I broke up with. I never thought Iâ€™d feel this way about him ever again, but Iâ€™m enjoying*

talking to him now. It feels different. Itâ€™s interesting. I wonder what else about him has changed and would change if I gave him another chance. I canâ€™t believe Iâ€™m even thinking this, but I want to see him again. Iâ€™m curious to see where things will go from here. Maybe we can even get back together again. Maybe it isnâ€™t over. Maybe the break up has been what our relationship needed to improve and become what it is now becoming. I want to see him again.â€

She might then appear more open to you all of a sudden (e.g. if youâ€™re talking on the phone, she may hint at meeting up sometime, if youâ€™re talking in person, she might start lightly touching her throat, licking her lips or touching you more often as a sign that sheâ€™s feeling attracted to you).

You can then say something along the lines of, *â€Well, anywayâ€ itâ€™s been really great talking to you again, but I guess I should get going now. I just want you to know that there are no hard feelings and I wish you only the best for the future. From here on, we can just be friends then. Okay, bye,â€* and then end the call, or get up to leave if youâ€™re talking in person.

By ending the interaction when sheâ€™s feeling drawn to you again, it ensures that she is left wanting more.

Additionally, by saying that youâ€™re not going to bother her again, youâ€™re planting a seed in her mind that sheâ€™s never going to see or hear from you again.

Sheâ€™s not going to want to have to live with that.

She will want to see you again and as a result, she will try to keep the interaction going, or will accept it ending and will then contact you minutes, hours or days later.

Of course, if you sense that she is willing to get back with you, then you donâ€™t need to play that move.

Simply hook up with her and get back with her right away.

Problem solved.

Yet, if you sense that she is attracted to you again, but needs to experience the pain of losing you first, then you can end the interaction and walk away as *â€friendsâ€* so she feels like itâ€™s not over.

In almost all cases, a woman will try to stop you leaving and you can then agree to continue the interaction and arrange a meet up (if youâ€™re talking on the phone), or hook up sexually (if you were talking in person).

However, if you leave the interaction and then donâ€™t hear from her for a week, you can always contact her as a friend after a week because you said, *â€From here on, we can just be friends then. Okay, byeâ€* when you left the interaction.

Simply text her and say, *â€Hey, weâ€™re still friends right?â€* with a smiley face, have a conversation and get to a meet up.

When you meet up in person, continue making her feel attracted and building up sexual tension between you and her by flirting and then release the sexual tension with kissing and sex.

Just know that the kissing and sex will feel amazing for the both of you.

Itâ€™s not just you who will feel amazing.

She will be rushing with feelings of respect, attraction and love for you.

Getting back together with an ex, especially when it was completely over, is an amazing experience

for both the man and the woman if the man uses the power of attraction to get her back.

That said, here areâ€¦|

3 Things You Shouldnâ€™t Do if You Want Her Back

So, hereâ€™s the thingâ€¦|

Your ex has been saying that itâ€™s over and thereâ€™s nothing more to say about it.

Yet, just because she said that, it doesnâ€™t mean she will feel that way no matter what.

You can change how she feels about you and when you, she can change how she thinks about you and the relationship.

Of course, this doesnâ€™t mean you should chase after her or make a nuisance of yourself to make her change her mind.

Instead, you need to say and do the types of things that will make her feel sexually and romantically attracted to you again.

That is what works.

When a woman feels a renewed sense of attraction for her ex guy, she naturally changes her mind without you having to try to convince her to give you another chance.

She changes her mind because she feels good about you now.

So, focus on re-attracting her, rather than pushing her away byâ€¦|

1. Trying to make her feel guilty for not being willing to discuss the relationship and work things out

Some guys become very frustrated and annoyed at their ex girlfriend when she isnâ€™t willing to discuss the relationship and work things out.

From his perspective, she is his girlfriend and because of all the good times theyâ€™ve experience and how well he has treated her (or how much he has done for her), she should do the right thing and discuss the relationship with him.

If she doesnâ€™t do that, then she is a selfish bitch, cold, unloving, unfair and so on.

Yet, he doesnâ€™t realize that if a man breaks up with a woman, or a woman breaks up with a man, it is not mandatory or a legal requirement to sit down and discuss the relationship to work it out.

Instead, each individual has the right to leave a relationship and the right to decide whether or not they want to discuss why.

Yet, some guys donâ€™t learn that until after they get angry, annoyed or irritated and try to make their ex girlfriend feel guilty for not being willing to work things out with a discussion.

As a result, he might say something like, *â€œI canâ€™t believe youâ€™re doing this to me! Did our love mean anything to you all? Do you know how much I love you and care about you? How can you just walk away from me like this and not be willing to discuss it? I know that I wasnâ€™t the perfect boyfriend, but I donâ€™t think I deserve this kind of treatment from you. Why are you leaving me without even giving me a chance to make things right? You wonâ€™t even talk about it with me. Instead, you just say is that itâ€™s over and thereâ€™s nothing more to say. How selfish of you. The*

least you could do is listen to what I have to say. Why won't you even try to make things right between us? Did you ever even love me?

From his perspective, he loves her and is sincerely trying to make things work.

So, why won't she listen?

One of the main reasons is that she has broken up with him and therefore, no longer has enough feelings for him to want to be in a relationship.

Why should she want to fix the relationship at that point?

Because he's a good guy and had good intentions?

From her perspective, it can feel like it's too late for that.

She can end up thinking, "Well, why wasn't he this serious and motivated to fix the relationship before? Is it just an act to get me back? Will he ever be able to change? I can't see any evidence that he has changed? He is only saying that he is willing to change. I don't want that. I would only want a changed version of him or absolutely nothing. I'm not getting back with him if he doesn't get why I am breaking up with him, fix it and start being the kind of man I want."

This is why, when he tries to discuss the relationship with her, rather than feeling open to talking things through with him, she closes up and feels like he is wasting her time.

She may even accuse him of being selfish, which will usually make no sense to him at all.

He may think, *"Why is she saying that I am being selfish? I am trying to work things out?"*

It just doesn't make any sense to him.

Yet, it's simple.

She says that he is being selfish because he is asking her to want to give him another chance, even though he doesn't know what the problem is and probably won't know how to fix it.

So, she would be getting back with a guy who is still going to turn her off, annoy her and frustrate her in ways that he probably won't know how to fix.

Therefore, she would only be getting back with him because he loves her and wants her back so much.

Yet, she probably won't be able to feel love and desire for him because he probably won't be able to fix the things that have been turning her off.

As a result, getting back with him would feel unfair to her and as though she is giving way more than she is getting, which can result in her using the word *"selfish"* to describe his requests.

The way women use language can be confusing at times, but the solution is always simple.

Attraction.

When you make her feel attracted to you, her perception of you and the potential of the relationship changes.

She starts feeling good about the idea of getting back with you and wants it, without you having to waste time trying to convince her (which rarely works anyway when a woman is saying, *"It's over and there's nothing more to say"*).

So, focus on attraction.

Donâ€™t try to get your ex back by discussing things with her.

Understand that if she doesnâ€™t feel enough attraction for you, sheâ€™s not going to care much about getting back with you.

Whatâ€™s in it for her?

Youâ€™ve got to understand that to get a woman back, itâ€™s about her feelings, not yours.

Itâ€™s about her feelings, not your discussions.

So, donâ€™t try to discuss her back into a relationship, or guilt trip her back into a relationship.

Those approaches push women away, especially when she feels as though thereâ€™s nothing more to say.

Use attraction to draw her to you and make her want to be back with you because it feels good for her to be around you.

Another mistake to avoid if you want her back isâ€¦

2. Assuming that her words are final and thereâ€™s no chance for you anymore

When a woman says, *â€œThereâ€™s nothing more to say. Itâ€™s over between us. Just accept that and leave me alone!â€* it can sound completely final.

So, itâ€™s only natural that when a guy hears his girlfriend (fiance or wife) say that, he might begin thinking, *â€œWell, itâ€™s over then. I have no chance now. She seems so certain of her decision. Itâ€™s like she hates me now. I guess Iâ€™ve lost her for real. Itâ€™s hopeless. Itâ€™s done.â€*

Yet, what a guy like that doesnâ€™t realize is that a womanâ€™s feelings can be changed and brought back to life based on how he talks, acts and behaves around her, as well as how he responds to what she says and does.

For example: If a man talks to his ex woman and is being confident and emotionally masculine and is making her laugh, smile and feel like a feminine woman in his presence, sheâ€™s naturally going to feel some sparks of respect and attraction for him again.

On the other hand, if a man talks to his ex woman and is being insecure and unsure of himself, then sheâ€™s not going to feel attracted to him.

As a result, sheâ€™s just going to keep pushing him away and saying that itâ€™s over.

Unfortunately, many guys out there donâ€™t realize that they can take control over how much attraction a woman feels for them.

A womanâ€™s attraction for you can literally change based on how you interact with her.

Most guys donâ€™t know that though.

So, rather than actively re-attracting an ex woman and naturally getting her back, they often give up, walk away and miss out on being with the love of their life.

Donâ€™t do that to yourself.

If you want your ex back, you have to believe in yourself and in your ability to change how she feels.

Understand that the more respect and attraction you make her feel during interactions with you, the more she wonâ€™t be able to stop herself from feeling drawn to you again in a way that feels good to her.

Even though she said it was over, she can literally change her mind and get back with you.

Don't go through your life looking back and wishing you gave yourself the chance to re-attract her.

You can do it.

Don't doubt yourself.

Another mistake to avoid if you want her back is

3. Trying to get her back with the same old approach to attraction you have always used

At this point, (i.e. she's saying, *There's nothing more to say, it's over*) you've probably tried many things to make your ex change her mind about breaking up and it hasn't worked.

This is why, if you want her back, you're going to have to change your approach.

If you don't, she will most likely just continue rejecting you and may end up blocking your number, removing you from her social media and telling you to never contact her again.

Don't let it get to that point.

Instead, use a different approach from now on.

Focus on creating feelings of sexual and romantic attraction inside of her (e.g. by maintaining your confidence around her regardless of how cold she's being towards you, using humor to break down her defenses and make her feel good to be around you, flirting with her to create sexual tension).

When you do that, her feelings for you will naturally begin to resurface, whether she wants them to or not.

It happens automatically.

It's a totally natural and irresistible process.

It's how men all over the world get women back, even when the woman was saying that she didn't want anything to do with him anymore.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

My Ex Lied to Me About Seeing Someone Else

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

A woman will often lie about seeing someone else if she started seeing the new guy *before* she broke up with you (i.e. she cheated on you), or if she started seeing him *shortly after* the break up.

There are many reasons why a woman will do that, which I will explain in this post.

I will also explain what you need to do if you want to get her back quickly and easily.

1. She started seeing him before breaking up with you

[image: She started seeing him before she broke up with you]

If she started seeing him before she broke up with you, she may have kept it a secret due to one of the following reasons:

A) She is the sort of woman who likes to move on before her guy does, so she always gets to be the dumper

Some women do that to ensure that they never end up getting dumped and left behind, especially by a boyfriend that they are losing interest in and want to dump anyway.

So, before she breaks up with her boyfriend, she will secretly begin looking for a replacement man while she maintains the relationship with her boyfriend.

If he happens to notice that she's behaving a bit suspiciously (e.g. she comes home later than usual, makes secret phone calls while he's in the shower/out for a run/watching TV, lies about where she's going and with who, always seems to be texting and turns away from him so he can't see her screen), he might then ask her if she's seeing someone else.

She will then lie to him and possibly even get angry at him for accusing her of such a thing, as a way of making sure that he doesn't dump her first.

Then, when she has secured her new man into a relationship or is at least casually hooking up with him, she will break up with her boyfriend and he will then be left behind feeling devastated.

It's a pretty cruel move that some women use, but the reality is that guys who are able to use it (i.e. guys who know how to attract and hook up with women easily) often do that when breaking up with their girlfriend.

They get a replacement girl, start sleeping with her, make her fall in love and then go and break up with their girlfriend.

In some cases, the guy will lie about it and say that he's not seeing someone else, whereas in other cases he will say, "Sorry, but I've met someone else and I really like her" to break his girlfriend's heart as the relationship ends.

It's a cruel world out there sometimes when it comes to dating, which is why you really need to be aware of how to handle yourself in a relationship with a woman.

It's not your fault that your ex lied, but if you want to avoid it happening again, then make sure that you never put yourself in a position where a woman wants to dump you like that again.

Watch this if you want to learn how to make a woman never want to leave you:

Alternatively, if you just want to learn how to get your ex back now that she has been dating someone else, watch this:

Another reason why your ex may have lied to you about seeing someone else while she was still in a relationship with you isâ€¦

B) She felt bad about cheating on you and wanted to walk away giving you the impression that she broke up with you for other reasons

In some cases, a woman will find herself feeling attracted to a man who is not her boyfriend.

This will usually happen if sheâ€™s not getting the attraction experience she wants in the relationship (e.g. her boyfriend treats her more like a buddy than an attractive, desirable woman, heâ€™s too nice, she walks all over him with her confident, dominant personality).

If her boyfriend isnâ€™t able to improve and start making her feel the kind of attraction she wants, but the other guy seems totally capable of it, then she might allow herself to get seduced by the other guy.

She might feel guilty for feeling that way, but attraction is a powerful force and can cause both men and women to do things they normally wouldnâ€™t (i.e. cheat).

So, even though she tries to stop herself from hooking up with the new guy, the powerful allure of attraction can then lead her to kissing him, having sex with him and developing feelings of love for him.

Yet, at the same time, she might not want to hurt her boyfriend by telling him that she cheated on him and is now breaking up with him to be with someone else.

[image: She was trying to avoid the drama that could come with telling you the truth]

After all, he could become really angry about that and hurt her, or he could end up crying his eyes out and guilt-tripping her into giving him another chance.

So, she lies about seeing someone else as a way of sparing his feelings and potentially avoiding a dramatic and possibly very dangerous break up scenario.

Of course, you probably wouldnâ€™t threaten or hurt your girlfriend, but thatâ€™s not the point.

Women still follow their ancient instincts to avoid putting themselves in a situation where they could get hurt physically by a man due to breaking up with him.

If you are not the kind of man who would do something like that, she will instead want to avoid seeing you break down in tears, plead with her and make her feel guilty and horrible about what she has done to you.

Situations like that can result in exhausting, emotionally draining conversations in person that go on for hours and involve a lot of tears and emotional pain.

Thatâ€™s why a woman will feel compelled to lie to her ex about seeing someone else.

She keeps it a secret so she can move on and get into a relationship with her new man, while giving her ex the impression that she broke up with him for other reasons that have nothing to do with her cheating on him.

In this way, she wonâ€™t feel so bad for her actions and her ex will hopefully feel better about being

dumped.

Yet, in your case, you ended up finding out that she lied, which would have really hurt you.

If you want to get her back though, you need to get past that hurt and focus on following through on the steps required to get her back:

Another reason why your ex may have lied to you about seeing someone else while she was still in a relationship with you isâ€¦!

2. She started seeing him shortly after breaking up with you

[image: She started seeing him shortly after breaking up with you]

In a case where a woman started seeing a guy shortly after she broke up with you, she may have kept it a secret due to one of the following reasons:

A) She wanted to hurt you by stringing you along and then eventually telling you

Sometimes, a woman will feel bitter and angry towards her ex for stuffing up the relationship, wasting her time and causing her to have to end up breaking up with him.

As a result, when she does find a new man, rather than telling her ex about it so he can move on too, she strings him along (i.e. pretends to be interested in him, says she isnâ€™t interested in dating anyone else right now, says she just needs a little time to heal before she opens back up to him, says she needs a little space first, etc) as a way of getting revenge on him.

Then, after weeks (and in some cases, months) of texting, she then tells him the truth and leaves him feeling upset, disappointed, angry and betrayed by her.

In the meantime, she has been happily hooking up with her new man and feeling smug about getting her revenge on her ex boyfriend.

Another possible reason why your ex lied to you about seeing someone else shortly after you and her broke up isâ€¦!

B) She didnâ€™t feel like she had to tell you

In some cases, a woman simply doesnâ€™t feel like she owes her ex an explanation about what sheâ€™s doing in her life now that theyâ€™re broken up.

In her mind she may be thinking things like, *â€œHeâ€™s no longer a part of my life. What we had is over. Besides, Iâ€™m not his property, so I donâ€™t have to tell him what Iâ€™m doing or who Iâ€™m dating now.â€*

If her ex then happens to ask her if sheâ€™s seeing someone else, she simply lies about it because she firmly believes that itâ€™s none of his business.

She believes that she was an individual before getting into the relationship, during it and now after it as well.

As an individual, she feels as though she can do whatever she wants and not have to tell her boyfriend about it, regardless of how it might affect him.

So, if you still want a chance of getting your ex back, donâ€™t ask her why she lied to you about

seeing someone else because she's probably going to feel as though you are treating her like your property.

Instead, just focus on reawakening her sexual and romantic feelings for you during interactions, so she has a reason to want to be with you.

Remember: Each individual gets to decide who they want to be with.

The way to make an individual woman want to be with you, is to trigger her personal feelings of respect, attraction and love for you.

When you do that, she gets back with you and wants to stay with you because of her feelings for you. Her feelings for you are the ticket to getting her back.

In fact, it's only real way to get an ex woman back and it works naturally and easily.

You don't have to waste energy trying to convince her, or waste time hoping that she might come back if you stay out of her life.

You can literally trigger her feelings of respect, attraction and love for you now or in the next few days and she will come back on her own because she will feel drawn to you for her own reasons.

Another possible reason why your ex lied to you about seeing someone else shortly after you and her broke up is that

C) She wasn't 100% sure about the new guy yet

[image: She wasn't sure about the new guy yet]

Sometimes a woman will get into a relationship pretty quickly after a break up to help herself move on, but because the new relationship is a rebound (i.e. a relationship someone has immediately or very quickly after breaking up a serious relationship), she may be unsure about whether it will last.

So, to keep her options open, she will lie to her ex and say that she currently isn't seeing anyone, is only friends with a guy, or isn't interested in dating at the moment.

She wants to give herself time get to know her new man better and see if she can establish an emotionally enjoyable enough relationship with him, before she fully cuts her ex out of her life.

She also does that to hopefully stop herself from being seduced by her ex back into a relationship, because she knows that her ex could re-attract her and get her back if he knew what he was doing.

Yet, she wants to keep her options open.

She doesn't want to completely cut her ex off at that point, so she lies.

Essentially, she's just buying time for herself until she's 100% sure of her new relationship and confident that she will be able to handle the pain of the break up enough not to go back to her back.

When that happens, she then feels comfortable with her ex finding out that she lied to him about seeing someone else, because she has already moved on much further than him, which leaves him feeling the one who is being rejected.

So, if you want to get your ex back, don't just sit around doing nothing hoping that she will comeback to you.

In almost all ex back cases, if a guy doesn't re-attract his ex and seduce her back into a relationship (after she dumped him), then she will move on while he left behind thinking things like,

â€œWhy did she lie to me about seeing someone else? Why didnâ€™t she give me a chance to get her back? Why hasnâ€™t ignoring her been working? I thought that if you just cut off contact with a woman sheâ€™d come back. It didnâ€™t work. She moved on even further without me. Why didnâ€™t she care that I wasnâ€™t contacting her? Why didnâ€™t she contact me and give me another chance?â€

The answer is simple.

In almost all cases where a woman has dumped a guy, she wonâ€™t chase after him and try to get him back for no reason.

If he wants her back, he has to take the lead and make it happen by interacting with her, re-attracting her and seducing her back into a relationship.

So, if you want your ex back, you need to go get her.

If you donâ€™t, the new guy will win.

Why let him take your girl?

Why not give yourself the chance to win her back and claim that victory for yourself?

If you do, you will be proud of yourself for the rest of your life, even if you eventually decide to break up with her after getting her back and being with her for a while.

Itâ€™s your choice though.

You can walk away defeated, or become the victor in this situation.

Itâ€™s totally up to you.

Another possible reason why your ex lied to you about seeing someone else shortly after you and her broke up isâ€¦

D) She still wasnâ€™t over you, so she wanted to keep seeing the new guy until she was. Then she would tell you

In some cases, a woman will still have feelings for her ex after a break up.

In the back of her mind, she may even be thinking things like, â€œIâ€™m going to have to lie to him and say that I need space for a while and then secretly start moving on with another guy. If I donâ€™t do that and he tries to talk me out of breaking up, I know that I probably wonâ€™t be able to resist him. Yet, our relationship just isnâ€™t working and I donâ€™t know if it ever will. So, I have to lie and get some space away from him so I can start moving on. Then, when Iâ€™m ready to fully break up with him, I will do it. For now though, I will just pretend that Iâ€™m not seeing anyone.â€

Hereâ€™s the thing thoughâ€¦

Yes, it sucks that she lied to you.

Itâ€™s a horrible betrayal.

Yet, just because your ex lied to you about seeing someone else as a way of getting over you, it doesnâ€™t mean you canâ€™t re-spark her feelings and get her back.

You can.

When you say and do the types of things that are attractive to her, she will automatically feel drawn to you again.

She will want to talk to you on the phone and see you in person.

All it takes then is for you to kiss her, hook up with her sexually and get her back into an actual relationship with you.

Men all over the world do that every day and get ex women back; including women who've cheated on them or lied to them.

Ex back cases like that happen every day.

However, for you to be successful in getting your woman back like other guys have done, you need to change your approach with her because your approach so far hasn't been working.

You have to use an approach that will reactivate her feelings for you.

For example: Some of the things that will do that are:

- Maintaining your confidence around her regardless of what she says or does to make you feel jealous, insecure, or as though you're not good enough for her anymore.
- Using humor to make her smile and laugh and feel good when she is interacting with you, rather than making her feel tense, defensive or annoyed by accusing her of lying to you about seeing someone else, or even hinting at it.
- Flirting with her to create sexual tension, rather than talking to her in a neutral way like just a friend, or in a hostile manner due to the betrayal you feel based on her lies.
- Showing her that even though you still want her back, you're not sitting around feeling depressed and hopeless without her. Instead, you're confident, happy and busy getting on with your life without her (e.g. by pursuing your goals and dreams, partying and having fun with old friends and making new ones, doing things you always wanted to do but never got around to when you were with her, taking up a new hobby or interest that involves being around other people and having fun).
- Showing her via your attitude, conversation, actions and behavior that you've leveled up as a man (e.g. you're more confident and self-assured than before, more ballsy, more emotionally independent, more mature and determined to succeed in your life).

The better you are at making her feel a renewed sense of respect and sexual attraction for you, the faster she will reconnect with her feelings of love for you.

She then naturally drops her guard and opens up to having real feelings for you once again.

It then becomes very difficult for her to stay with the other guy or to continue to date new guys, because deep in her heart she knows that you are a great man and she has probably made a huge mistake by leaving you.

As a result, she will naturally want to give you another chance for her own reasons.

4 Mistakes to Avoid Making if She Lied to You About Seeing Someone Else and You Want Her Back

If you want to forgive your ex for lying to you about seeing someone else and get her back, you can.

If you want to move on and find a new woman, you can do that too.

It's your call.

However, if you do want to get her back, you need to make sure that you use the correct approach (i.e. an approach that causes her to want you back for her own reasons).

If you donât use the correct approach with her, you will likely end up turning her off even more and possibly giving her the satisfaction of knowing that she hurt you and has probably scarred you for life.

Donât let that happen to you.

Become the victor in this situation, not the victim.

Get her back, make her fall in love you again, enjoy the relationship and then decide whether you want to remain committed to her or break up with her.

Put yourself in the position of the chooser.

Reclaim your power, rather than being hurt for life and never being able to trust your ability to maintain a womanâs attraction in a relationship, therefore causing you to always feel insecure in relationships.

If you do want her back, be sure to avoid the following mistakes:

1. Getting very angry at her about her lies and playing into her plan to hurt you emotionally

Right now, you might be feeling betrayed that she lied to you about seeing someone else.

Betrayal can naturally cause feelings of anger, as well as deep hurt and sadness.

You might want to cry and hide yourself away from the world, or you might want to shout at her and call her all sorts of names for lying to you like that, especially after everything you and her shared together.

You probably did a lot for her.

You may have been a great boyfriend in so many ways.

Yet, she lied.

It sucks, big time.

Hereâs the thing thoughâ!

If your ex wants to see you suffer as she moves on without you, then showing her your anger will simply play into her hands.

Rather than feeling guilty about lying to you, she may end up thinking something along the lines of, *âGood. Iâm glad heâs hurting. Hopefully itâs a wake up call for him. Maybe he will finally learn his lesson and start being the kind of man that a woman wants to stay with. Who knows. Maybe he will stay the same though. I am going to continue moving on though because I donât any evidence that he has changed.*â

Thatâs not what you want her thinking.

Instead, you want her to be thinking things like, *âWow, I canât believe heâs now being so calm and emotionally mature about me lying to him. Itâs really not what I was expecting at all. In fact, I thought he would lose it and instead heâs maintained his composure and seems fine. Heâs different from the guy I broke up with now. Iâm curious to find out more.*â

She then naturally wants to interact with you more over the phone and in person to see what else

about you is different.

Then, you can easily re-attract her and get her back, or at least hook up with her again to see how you both feel.

Another mistake to avoid making if you want her back isâ€¦!

2. Seeming to be insecure about the new guy

Right now, your ex would be comparing you to her new guy.

If she is trying to get over you and move on, she will be aiming to convince herself that he is a better guy than you and that she made the right decision by breaking up with you.

So, if you behave like an insecure guy when you interact with her (e.g. ask her what her new guy has that you donâ€™t, seem jealous, accuse her of dating him because heâ€™s more good looking/rich/successful), then you will be giving her the confirmation sheâ€™s looking for that youâ€™re not the man for her.

Hereâ€™s the thingâ€¦!

Even though most women wonâ€™t admit it (because they donâ€™t want men to act arrogant), they feel the most attraction for men who donâ€™t see other guys as competition.

In other words, men who honestly believe that they are the best man available and a woman would be lucky to be with them.

When a man has that type of belief in himself, he exudes the type of confidence that attracts women like a magnet.

If he is also a good guy, then itâ€™s a bonus and women love that too.

However, itâ€™s important to point out that women still feel magnetically attracted to bad men who have that type of confidence in themselves.

As I said though, itâ€™s not something most women are willing to admit because they donâ€™t want it to go to guyâ€™s heads, to the point where men start acting very arrogant.

Instead, women simply feel more attraction for men who understand it, without having to be told by a woman.

This is why, if you give your ex the impression that youâ€™re feeling unsure about yourself in comparison to the new guy, she will instinctively feel turned off by you.

She will then perceive her new man as being better than you (even though heâ€™s not) and feel like she has made the right decision to be with him.

When that happens, regaining her respect and attraction for you becomes a lot more difficult.

You can still regain her respect and attraction, but you have simply made it more difficult.

So, if you want to get her back, make sure that from now on, you come across as a man who believes in himself and his value to her when you interact with her.

Donâ€™t ever display any type of insecurity or self-doubt in comparison to other men, but at the same time, donâ€™t go saying that youâ€™re the best man in the world and any woman would be lucky to have you.

Instead, just let that belief in yourself come through in how you talk, behave and interact with her.

Be prepared though: She might test to see if your confidence is real by saying some things to see if

you become insecure.

Donâ€™t take what she says personally.

Just know that she is testing to see if your new, magnetically attractive level of confidence is real.

If it is, she wonâ€™t be able to stop herself from feeling attracted and drawn to you.

On the other hand, if you canâ€™t handle any pressure and lose your confidence, she wonâ€™t be able to stop herself from feeling more turned off and repelled.

Another mistake to avoid making if you want her back isâ€¦!

3. Calling her names

As tempting as it may be to say things like, *â€œHow can you lie to me? Doesnâ€™t anything we shared together mean anything? You at least owe me the courtesy of being honest with me about who youâ€™re seeing. I never realized this about you before, but you are lying, untrustworthy bitch. I canâ€™t believe you would do that to me! You used to say that you loved me. Was that even real? You lying bitch!*â€œ to her, just donâ€™t do it.

Rather than helping you get her back, calling her names will result her losing respect for you and losing trust in you for losing control of your emotions.

Women are attracted to men who can maintain control of their emotions under pressure and turned off by men who canâ€™t handle the pressures of life.

Itâ€™s not something that women go around admitting (because it sounds cruel), but itâ€™s the reality.

If you have already called her names, then donâ€™t worry – whatâ€™s done is done.

From now on, just make sure that you are using an attractive approach that draws her back to you, rather than pushes her away further.

Another mistake to avoid making if you want her back isâ€¦!

4. Not focusing on what actually works to get a woman back after a break up

What happened has happened.

She lied.

It sucks.

Yet, if you want her back for real, you need to reactivate her sexual and romantic feelings for you during interactions so she begins to doubt her choice to move on without you.

Donâ€™t waste interactions you have with her by going on and on about how she lied to you, or even hinting at it and how it has hurt you.

Thatâ€™s not going to work.

Likewise, if you just cut off contact and hope that she comes back, she will almost certainly just keep moving on with him or with a new guy.

Take control of the situation.

Do what works to get her back and get her back.

You can do it.

After you have re-attracted to her, gotten back with her again and are enjoying a sexual, loving relationship, you can then decide whether you want to stay with her or break up with her.

Many men do decide to stay with their ex woman, even though she lied because she ends up apologizing and wanting to make it up to him.

However, some men do report back to us that they got their ex woman back, made her fall in love again, enjoyed some great times and then broke up with her.

How you approach it is up to you.

Yet, one thing you need to know for sure is that you can get her back FAST.

In the next few days to a week, she can be back with you and loving you if you use the right approach.

It's actually easy to do.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Does No Contact Work If Your Ex Is Seeing Someone Else?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

No contact rarely works to get a woman back and is even less effective if she is seeing someone else. However, it can work in some cases, which may not apply to your situation.

For example:

1. Is your ex only seeing the new guy to make you jealous, so you try to get her back?

[image: Is your ex only trying to make you jealous, so you try to get her back?]

This is a **rare** kind of case and doesn't apply to the majority of cases where a guy is trying to get his ex woman back.

Here's how it works!

A woman breaks up with a guy, only to then realize that she still has feelings for her ex and wants him back.

Yet, she doesn't want to directly say something like, *"I think I made a mistake by breaking up with you. Can we please put it behind us and give our relationship another try?"* because she doesn't want to be rejected by him.

After all, he could say, *"No, it's over. I've moved on"* and she would then feel like the one who has been dumped and left behind.

So, to protect herself emotionally, she begins dating a new man.

She hopes that it will make her ex feel hurt enough to then try to get her back no matter what.

[image: She dates a new guy to hopefully make her ex feel compelled to get her back]

In a case like that, using the No Contact Rule (i.e. not contacting her for a period of 30-60 days) can work because she is only doing it to try to get her ex back.

So, eventually she contacts him, arranges to catch up and then tries to get the relationship back together.

Yet, the NC rule can also backfire in cases like that as well.

For example: If a woman doesn't hear from her ex for a month or more, she will often just assume that he's over her, or that he doesn't want her back now that she's been with another man.

She will then focus on her current relationship and try to make it work with the new guy instead.

So, even though she wants her ex back and he's using No Contact because he wants her back too, they both end up losing out because he didn't have the courage to contact her and get her back.

Of course, she didn't approach the ex back process well either, but that's what happens out there.

So many couples who could have gotten back together end up remaining broken up because one of them, or both of them is afraid of getting rejected.

Don't let that be you.

If you want your ex back, it's up to you as the man to make the first move, even if she is seeing someone else.

There's nothing wrong with contacting her (even if she has a new man in her life), to say hello as friends.

From there, you need to reawaken her feelings of respect and attraction for you (e.g. maintain your confidence regardless of whether she's warm or cold towards you, make her laugh and smile and feel good to be talking you, flirt with her to create some sexual tension).

The more you make her feel attracted to you, the more she will want to be your girl again, or at least hook up with you again to see how she feels.

If you make her feel more love and attraction, she will then leave her new man and come back to you.

Another factor that will determine whether or not the No Contact can work when your ex is seeing someone else is!

2. Does the new guy make her feel more attracted and in love than you ever did?

When a woman breaks up with her man, it's usually because she's not getting the type of relationship experience she really wants (e.g. her man is too nice. She prefers a guy who is a bit more ballsy around her).

As a result, she gradually disconnects from her feelings of respect, attraction and love for him, which leads to her eventually breaking up with him.

If she then gets into a new relationship right away, it will usually be with a guy who is able to give her the attraction experience that was missing in her relationship with her ex.

For example: If a woman's ex guy lacked confidence in his value and attractiveness to her, which then resulted in him become clingy and needy, she will usually get into a new relationship with a man who is very confident and sure of himself.

If her ex was too submissive around her, let her make all the decisions in the relationship and generally be the boss of the two of them, she will then feel drawn to a guy who is more emotionally dominant than her.

If her ex was too emotionally soft around her and treated her more like his best friend than his girl, she will naturally look for a man who knows how to make her feel strong surges of sexual desire by making her feel girly in comparison to his masculinity (i.e. his masculine vibe, energy, behavior).

If she gets with a new guy who makes her feel more respect, attraction and love than her ex, she usually won't care if her ex contacts her or not.

On the other hand, if her ex contacts her and uses the interactions they have to make her feel strong surges of romantic and sexual attraction for him (e.g. showing her that he's transformed himself into a better man since the break up, making her feel like a feminine woman around him, making her laugh and smile and feel good to be interacting with him), his chances of getting her back increase dramatically.

Why?

She might realize that even though she was initially attracted to the new guy, he isn't perfect and has his faults too.

At the same time, she then starts to remember all the good things about her ex that she misses (e.g. he always treated her with respect and kindness, he was supportive of her dreams, he was always nice to her family and friends, he was trustworthy) and she realizes that she may have made a mistake in breaking up with him.

This is why you need to interact with your ex and actively make her feel a renewed sense of respect and sexual attraction for you, rather than just ignore her.

What a lot of people don't realize is that the No Contact Rule works well for women who have been dumped by a man, but it rarely works for men who have been dumped by a woman.

In almost all cases, if a man wants to get a woman back after she dumped him due to her no longer having feelings for him, then he needs to interact with her to create new feelings inside of her that draw her to him and make her feel compelled to give him another chance.

Another factor that will determine whether or not the No Contact Rule will work when your ex is seeing someone else is

3. What do you think she will do if that relationship ends?

If she breaks up with the new guy, or if he breaks up with her, will she start to miss you and reach out to you, or will she move on and find herself another new guy?

If she didn't have feelings for you when she broke up with you, what makes you think she will suddenly have feelings for you after another relationship breaks up?

Time apart?

Well, that does happen in some cases, but in most cases, a woman just keeps moving on.

If you don't contact her, she can end up thinking something like, *"Well, I guess it's too late for us now. He has clearly moved on and forgotten all about me and I don't blame him since I was the one who got into another relationship after we broke up. Maybe he never realized how much I still cared for him and wished we could work things out. I don't know. He probably just assumed that my feelings for him were dead and he walked out of my life for real. I have only myself to blame, but what's done is done. I need to accept that he's gone and try to move on too. I don't want to reach out to him and show interest only to be rejected by him, or to find out that he's happy with a new girl. I'll just keep moving on."*

So, don't go through the next few months or years of your life thinking that the No Contact Rule is going to fix everything and get you and her back together.

The NC Rule just doesn't work the same on women as it does on men.

Another factor that will determine if NC will work on her is

4. Will she care if you don't contact her?

If your ex doesn't have feelings for you and has started seeing someone else, she probably won't care much if you cut off contact with her.

She may wonder why you're not contacting her, but if she broke up with you due to a lack of attraction, then she's not going to come running back because you don't contact her.

Instead, she will focus on falling in love with the new guy and gradually begin to forget about you.

Of course, sometimes a woman will worry that her ex isn't contacting her and be concerned for

him, so she will reach out to say hi.

Yet, an ex reaching out to say hi isn't the same as getting your ex back.

This is why you will see some guys saying, *â€œNo Contact works! I waited 3 weeks and she contacted me,â€* but then go on to say that they haven't gotten her back yet.

It's simply the woman reaching out to say hi and see if he's okay, or her reaching out to see if he is still missing her and wanting her back.

Many women will want to see that their ex still misses them, so she can then feel better about herself as she moves on (i.e. he wants her, but she doesn't want him. She can feel like the more valuable one. She doesn't feel rejected).

So, don't look at a text from your ex as getting her back.

Getting her back means that you and her are having sex again and are in a relationship for real.

Anything less than that means you haven't gotten her back.

To start getting her back for real, you need to interact with her and make her feel sparks of attraction for you.

Then, don't contact her for a few days unless she contacts you.

If she contacts you, then great – she is showing signs of being interested.

It's not a guarantee that she wants you back, but it's a good sign.

If she doesn't contact you again, don't worry – simply contact her again, make her feel more attraction and then don't contact her for a few days.

When you reactivate her feelings and then ignore her for a few days, it's so much more effective than the NC rule because she suddenly cares that you're not contacting her.

She has had new interactions with you that have made her feel attracted and interested.

As a result, she can then naturally start thinking things like, *â€œWhy am I suddenly thinking about my ex all the time when I have a new guy already? It doesn't make sense. I thought I was over him and even happy to be moving on with someone else, but now I'm not sure anymore. I feel so confused about it all. On one hand, I'm in a new relationship, but on the other, I'm missing my ex and worrying about him not contacting me. Maybe he will find a new girl and move on. I don't want to lose him if he's the one and I don't want to hurt my new man either. It's confusing. Maybe I should just call him and see how I feel.â€*

That's how you want her to be thinking and feeling about you, because it then becomes about her wanting you back rather than just about you wanting her back.

On the other hand, if you use the No Contact Rule on your ex before you've reawakened her feelings for you, she's probably not going to care and will simply focus on forgetting about you by committing herself to the new guy and falling in love with him.

4 Common Mistakes to Avoid if You Decide to Remain in No Contact

Right now, it may seem impossible for you to get your ex back, especially if she is seeing someone else.

However, the reality is that when you approach the ex back process correctly, the impossible becomes possible.

She suddenly wants you back and you get her back.

Yet, that will rarely happen if you make one or more of the following mistakes:

1. Waiting around for the relationship to end and losing confidence in the meantime

The longer a guy waits before he begins the ex back process to get his ex woman back, the higher the chance of him beginning to lose confidence in his value to her and as a result, in his value to other quality women.

Before long, he may start thinking things like, *It's too late now. I've lost her. She's with someone else and she'll never come back to me. He's better than me anyway, otherwise she wouldn't be happy with him. Maybe I won't be able to keep a quality woman like her. Maybe I have to accept less.*

Yet, negative, insecure thinking like that will slowly eat away at whatever remaining confidence he has.

Then, if he does interact with his ex (or tries to meet other women), he will most likely get rejected because they will sense his insecurity and lack of self-belief and feel turned off by it.

That will further reduce his confidence and by that point, he will be feeling depressed, dejected and lost about how to approach his life with women.

Don't let that happen to you.

You have to start to believe that you are good enough and that you can do this.

You can get her back.

Believe in yourself.

Give yourself a chance to do it.

You can do it.

Don't sit around waiting for her for months, which may then turn into years or turn into her getting out of that relationship and then dating new guys.

Another mistake to avoid is

2. Assuming that she will want to go back to you because you haven't been contacting her

In almost all cases, a woman will only truly care that her ex is ignoring her if she still has feelings for him and is secretly hoping they will eventually get back together.

If she feels like she is over him and wants to move on, or is happily moving on, she will rarely go back to an ex just because he didn't contact her.

You have to wake up to the reality of how getting an ex woman back actually works, before you leave this too late.

Get the ex back process started and get her back.

Don't waste months assuming that you're doing the right thing by contacting her, while she

is happily moving on and enjoying life without you.

Another mistake to avoid isâ€¦|

3. Hoping that she doesnâ€™t meet another guy after her new relationship ends

If a woman knows that she can easily find a replacement guy (e.g. she is attractive, many guys like her and are asking her out, she knows how to flirt and get men interested, she uses apps like Tinder, Bumble or Hinge), then the chances of her being single and lonely for very long are quite low.

So, if your current ex back strategy has been to wait for her to break up with her new man and then hope that she doesnâ€™t find someone else after that, then youâ€™re making a big mistake.

Remember: Itâ€™s much easier to change how a woman feels when you are actively interacting with her and making her feel sparks of attraction for you again, compared to just cutting off contact and hoping that she doesnâ€™t meet a new guy when her relationship ends and hopefully come back to you.

If you interact with her in the next few days and reawaken her feelings for you, then you and her could be hooking up days later.

You and her could be back together for real by next week.

Alternatively, if you just wait around and do nothing, you might never get a chance to be with her ever again.

Another mistake to avoid isâ€¦|

4. Not manning up and getting her back before itâ€™s too late

The longer a guy waits to get his ex back, the more likely it is that he and her will become completely different people.

By the time he eventually makes a move (in some cases it can be many months or even years later), he discovers that they no longer have anything in common (e.g. sheâ€™s more serious than she used to be, she is much more confident than he is, she has been hanging around with totally different crowd).

Then, he might even feel like he doesnâ€™t want her back.

So, after all that waiting with the No Contact Rule, he ends up with nothing.

He didnâ€™t get another chance with her and likely held back from loving new women in other relationships he had since, because he was holding out for her.

Yet, by the time he eventually contacted her, theyâ€™d both changed and become too different of people to connect and be in a relationship.

Donâ€™t let that happen to you.

If you honestly want your ex back, donâ€™t wait until you and her have become two very different people to try and make it happen, because it will probably be too late for you then.

Take action now!

Get her on a phone call, or get her to meet up with you right away and begin reawakening her sexual and romantic feelings for you.

The more respect and sexual attraction you make her feel for you when interacting with her, the more

drawn to you she will become.

Suddenly her new man won't seem as perfect to her as he once did and she will become open to hanging out with you more to see how she feels.

You can then fully reactivate her feelings for you and guide her back into a sexual, loving and committed relationship with you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Is it Normal to Feel Anger After a Breakup?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Yes, itâs completely normal and natural.

Here are a few examples of how a woman's behavior and treatment of a man can cause him to temporarily feel some anger towards her:

1. She suddenly breaks up with him, even though he had been treating her very well

[image: She suddenly breaks up with him, even though he had been treating her very well]

During the relationship, he was kind and considerate, never took her for granted, always made the effort to get on with her friends and family, showered her with attention and generally did his best to be a good boyfriend.

Yet, she just dumped him out of the blue, with seemingly no warning or little warning.

In a case like that, a guy might feel angry due to feeling betrayed by her, especially after all he had done for her and if she had previously said that she loved him and wanted to be with him for life.

Itâs like everything she said meant nothing and everything he did for her didnât count.

All the fun experiences they had, the great dates, the great sex, the happy moments together, all of the support he gave her, how much they connected and so on.

All of that just flushed down the toilet, even though he was treating her well.

As a result, he might think, *âHow could she do this to me? I did everything I could to make her happy and she just dumped me. She seems totally fine about it too. Itâs like our relationship didnât even happen. The bitch. After all I did for her. I canât believe it. Sheâs like a completely different person all of a sudden. Itâs like I mean nothing to her. The bitch!*â

Yet, although itâs totally normal for him to feel some anger due to feeling betrayed, he has to get past that so he can solve the problems that lead to the break up if he wants to get her back.

The reality is that there would have been things about his approach to the relationship that turned her off, caused her to find it difficult to be in love with him and made her feel as though sheâd be better off breaking up with him.

For example: Although he was a good guy who always treated her well, he might have also been fairly insecure about himself and his attractiveness and value to her.

As a result, he became needy and clingy in the relationship.

He needed her to show him affection, love and interest, otherwise he became emotionally sensitive.

That turned her off because women arenât attracted to emotional weakness.

Additionally, he may have also stopped doing things independently of his woman (e.g. meeting up with friends, pursuing his own interests or hobbies, following through on his own goals) and instead wanted to do everything with her.

He might have also become upset when she wanted to do things with her girlfriends that didnât involve him.

Over time, his insecurity began to erase all the good things he did for her in the relationship.

She became distant and began pulling away, which then resulted in him asking if she was still attracted to him or in love with him.

Yet, because he was asking from a place of emotional weakness, his question and behavior turned her off further and she ended up saying, *â€œI donâ€™t knowâ€* or, *â€œMaybe, Iâ€™m not sure.â€*

That then resulted in him becoming more insecure and turning her off further.

Not knowing how to fix the relationship and make her feel attracted to him again, he may have tried to do even more for her (e.g. take her out for a romantic dinner, buy her flowers, run errands for her, do household chores).

Yet, rather than making her think, *â€œWow, my guy is so amazing! Iâ€™m so lucky to have him,â€* she began to think something along the lines of, *â€œHe doesnâ€™t get it. Doing things for me isnâ€™t what will make me feel attracted again. He needs to stop being such a pushover. He needs to be able to put me back in my place in a dominant, but loving way sometimes. He needs to man up and make me feel like his girl. He doesnâ€™t know how to do that though, so thereâ€™s no point continuing on with the relationship. Iâ€™ll never be happy because he just doesnâ€™t get it.â€*

She then suddenly dumps him and he feels angry that she is leaving him after all the good things he has done for her.

He doesnâ€™t understand that a womanâ€™s romantic and sexual love is not based on what he can give to her.

Instead, a womanâ€™s romantic and sexual love is based on how your approach to interactions with her makes her feel (e.g. using an insecure, nice guy approach vs. confident, dominant, loving approach, or being way too giving or way too selfish vs. being a balanced, loving man).

Another example of a woman breaking up with a guy who has been treating her very well, is where the dynamic between them feels more like a friendship, than a mutually passionate, in love boyfriend-girlfriend.

So, in a case like that, the relationship may have started off well, but then became stale over time because he was always doing *â€œguyâ€* things with her (e.g. watching sports, discussing serious topics for hours on end, always being very practical, logical and straightforward and expecting her to think, behave and act in the same way all the time).

Although she occasionally enjoyed doing those things with him, she just got bored of the relationship being like that all the time.

She longed for him to treat her like a sexy, desirable woman and make her feel strong sparks of sexual attraction for him (e.g. by flirting with her to create sexual tension, complimenting her on her appearance, showing his desire for her, taking a more playful, light-hearted approach to conversations and interactions as times), but he either didnâ€™t want to, or he honestly didnâ€™t think he was doing anything wrong and just kept on using his approach to the relationship.

He may have thought that she would just stick around because, after all, he is a good guy.

Yet, while being a good guy is part of the recipe for long term relationship success, itâ€™s not everything.

You also need to be able to make your woman feel attracted and in love with you and that doesnâ€™t

only come from niceness, goodness and kindness.

Unfortunately, many guys never learn what really attracts women and as a result, their relationships fall apart all throughout life.

For a guy like that, no matter how much he gives to a woman, it's never enough because the fundamental feeling of attraction just isn't there.

How about you?

Is it possible that your ex felt turned off by certain aspects of your behavior and approach to the relationship that you didn't know was a problem?

If so, being angry at her won't help get her back.

What will get her back?

Understanding where you went wrong and then quickly transforming yourself into a better version of your former self (e.g. more confident and emotionally masculine, more manly, more assertive and decisive).

Then, when you interact with your ex and she experiences the new you for herself, she will automatically begin to feel new sparks of respect for you based on you having the courage and ability to face your issues head on, fix them and then get on with being a more attractive man to her.

When she starts to feel sparks of respect you, she will then start feeling sparks of attraction for you and with those two things back in place, reconnecting with her feelings of love is something that happens naturally and automatically.

So, don't waste your time feeling angry at her and what happen.

Just get her back.

Another breakup reason that can cause a man to feel angry at his ex woman is

2. She cheats on him or betrays him in some way

[image: She cheats on him or betrays him in some way]

Having your trust broken by the woman you love (e.g. being cheated on, lied to, stolen from) can be devastating and no one can really blame you if you felt a bit of anger and resentment over it.

Here's the thing though!

No matter how angry you might currently be feeling towards your ex, it's not going to help you move on and get an even better woman than her (or if you want to, to forgive her and get her back).

Instead, being angry is going to keep you stuck in a cycle of negative emotions and possibly even make you feel bitter and distrustful of all women.

Some women go down that path after being cheated on or treated badly by men and eventually say, *All men are assholes.*

Obviously, that isn't true.

There are so many good men out there who would treat a woman well.

So, whatever you do, don't become one of the men who mistakenly believe that all women are bitches, untrustworthy and disloyal.

There are so many good women out there.

Additionally, it's important to understand that a bad relationship dynamic (i.e. one person being way too nice to the other) can cause a good man or woman to turn into a bad man or woman.

For example: A man might start out being very nice to a woman, but when he notices that she puts up with anything from him because she doesn't want to lose him, he may start being less nice.

Then, over time, he might actually be a bit of an asshole to her.

He's not an asshole though.

He's a good guy.

Yet, her approach to the relationship brought a new side of him out because she was just too nice and forgiving.

The same applies to a man's approach to a relationship with a woman.

In many cases, a woman is a good woman and would be loyal to a man, but her guy brings out a selfish, inconsiderate side of her that changes how she thinks, behaves and acts regarding the relationship.

Eventually, she cares so little about him that she cheats on him, betrays him and dumps him.

Yet, if she was in a relationship with a different man who knew how to maintain the relationship correctly, she would have been loyal for life.

So, if your ex betrayed you, cheated on you, lied to you and so on, you need to be able get past the anger if you want her back.

You need to focus on what caused her to become that type of woman in a relationship with you and what would bring out her good girl side from now on.

Another breakup reason that can cause a man to feel angry at his ex woman is!

3. She blames him for everything that went wrong in the relationship

[image: She blames him for everything that went wrong in the relationship]

It's understandable that if a woman says something like, *"It's all your fault that we are breaking up. I tried, but you just kept doing (this or that) and that is why we have gotten to this point. It's your fault. I didn't do anything wrong. You messed up and now you've lost me"* you might feel a bit angry and probably resentful towards her as well.

After all, she made mistakes too.

It's not all your fault.

Yet, here's the thing!

Although feeling angry in a situation like that is understandable, you shouldn't let her see you get angry or upset.

If she sees you getting upset, it can make her think something like, *"Good! I'm glad it's irritating him. It serves him right for what he did to me."*

If she sees you becoming very angry, she may think, *"Well, I obviously can't trust him now. He's crazy. I'm afraid he might hurt me or something now, so I will have to keep my distance. Maybe I should find a new boyfriend quickly, so I at least have someone to protect me"* and so on.

So, rather than getting angry at her for blaming you for this or that, just laugh at her.

Literally laugh and say that she's a little drama queen, or say that she's funny and you never realized what a pain in the butt she was.

Say it in a light-hearted, loving manner though.

It's not meant to be an insult.

You're just being a man who has the balls to laugh when his woman is trying to bring him down.

She will almost certainly not admit it, but laughing at her (in a loving, but dominant way) will automatically make her feel sparks of respect and attraction for you.

A lot of guys don't realize that though and they go through life with a fear of women.

Guys fear the anger that a woman might show if he laughs.

Yet, she is a woman.

If a man is afraid of a woman, she isn't going to feel attracted to him.

It's just how it works.

Essentially, with a woman, if you fear her reaction, she won't feel attraction.

Remember that.

It's not about being an asshole.

Instead, it's about having balls, but still being a loving man.

So, in the case of laughing at the fake drama she is trying to create by blaming you for everything, you're simply laughing at the ridiculousness of what she is saying.

You're not taking it seriously, but at the same time, you're still being a good guy.

BTW: If you are worried about laughing at her, then you can use a different approach of just remaining calm and in control of your emotions, rather than getting angry.

That also works.

[image: Let her see that you are the man]

Essentially though, you need to let her see that you're not afraid of her, you don't get angry when she creates fake drama and you are the man in the dynamic between you and her.

If you do that, she will automatically feel respect and attraction for you, which then causes her to worry about losing a man that she has real feelings for.

As a result, she opens back up and you can guide her back into a relationship with you.

She may currently be at a point where she wants nothing to do with you anymore, but you can change how she feels about that.

If you approach the ex back process correctly, you can literally cause her to feel compelled to get back with you and give you another chance.

3 Mistakes to Avoid When Feeling Angry at Your Ex After a Breakup

Although it is normal to feel anger after a breakup, be sure to avoid making any of the following

mistakes and causing more problems and heartache for yourself in the process:

1. Showing that anger to her and hoping that it will somehow make the situation better (i.e. hopefully make her feel guilty)

In most cases, showing anger just pushes a woman away.

Rather than feeling guilty, apologizing to him and getting back with him, a woman often ends up thinking things like, *“Well, this is exactly why we broke up. I can’t rely on him handle difficult situations in life like a real man. Although I do feel a bit bad because he’s feeling hurt, I also feel relieved that our relationship is over. He’s out of control. I just can’t trust him to not hurt me physically if he’s being like that. So, I have to move on.”*

Of course, a guy often quickly realizes his mistake and regrets becoming so angry, but once he has shown that side of himself, she has seen it.

He can recover from that, but he needs to make sure that he uses a different approach that makes her feel attracted and actually want the relationship, rather than using the ineffective ex back approach that he has been using so far.

Another mistake to avoid is

2. Sending her angry texts, or writing her an emotional letter or email

Even if the breakup is your ex’s fault, or if she treated you unfairly during and after the break up, sending her angry texts, emails or a letter to proclaim your disappointment will rarely help.

If she notices that your text/email/message/letter is filled with anger and accusations, she will assume that you would be like that in person and therefore, will be less willing to meet up with you.

So, try to avoid showing any anger via texts, messages, emails or letters.

Another mistake to avoid is

3. Remaining stuck on feelings of anger, rather than being practical by working on the solution to the problem

Anger can eat away at your happiness and make you become bitter and resentful over time.

It can lead you down a path of negativity that results in insecure, fear and even a secret hatred of women.

Don’t go there.

Get on the right path by using a positive, practical solution to getting her back or happily moving on without her.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

My Ex Said We Both Need to Be Apart to Work on Ourselves

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are the 4 most common reasons a woman will say that:

1. She is hinting to you that if you change, she will be open to giving you another chance

[image: She's hinting that she will give you another chance if you change]

Sometimes, a woman might realize that although she still loves her man, she can't see herself staying with him for life unless he truly changes certain things about himself.

For example: A guy might be a good, honest, caring guy, but he may have gotten into the habit of expecting his woman to make all the decisions in the relationship and be "the boss."

In his opinion, he's doing what he believes will make her the happiest and is being a good boyfriend (fiancé or husband) to her because he is letting her get her back.

He believes that it will make her feel happy with him, love him and respect him for being so considerate of her.

Yet, it doesn't.

Rather than feeling satisfied and fulfilled with the role of *boss*, a woman will almost always become frustrated with her man and will begin to lose attraction for him.

Why?

Although a woman is happy to make decisions, a man shouldn't just hand over his power to her and hope that she will be happy to mother him, or be like a big sister to him.

Taking on that role isn't sexually attractive to almost every woman on the planet (there are some weirdo women out there who like it).

Almost every woman wants to feel like her man can and will make decisions for them, even if she doesn't always agree with him right away or make it easy for him.

In other words, he satisfies her instinctive need to be with a man who can not only handle a bit of challenge from her, but can handle himself out there in the world.

Women instinctively don't want to have sex with men who can't at least stand up to a woman in a loving, but dominant way.

If a woman is in a relationship with a guy long enough and has been turned off by his inability to put her back in her place in a loving, but dominant way, then will fall out of love with him.

She will seem fine (for a while), but underneath she will be thinking things like, "Why can't he man up and take charge for a change? Why do I always have to be the one who calls the shots?

Why can't he stand up to me? I need a man with more balls. I'm tired of leading for the both of us all the time. I would love to be able to relax into being a woman, while he acts like the man.

Maybe I should break up with him and see what happens. Maybe that will wake him up and make him motivated enough to change. If he can change and become more assertive and emotionally dominant like a real man, then we can get back together again, but if not, I will just have to move on and find another man who can."

Of course, in many cases, a woman won't come out and tell her guy what is bothering her.

Why?

Simple.

She doesn't want him to talk her out of her decision of breaking up with him by promising to change, rather than actually changing what is turning her off.

She also doesn't want to tell him every little problem with how he is approaching attraction in the relationship, because she doesn't want him doing everything she says.

If he does, he will seem like he is under control, which will turn her off more.

So, rather than teaching him how to be the man she wants, a woman will often just say something along the lines of, *"I think it's best if we take a break from each other for a while. We both need to be apart to work on ourselves before we can be in a relationship with each other."*

The guy is then left feeling very confused as to what the heck that could mean.

It could mean anything.

So, what should he be working on?

His physique? His career?

No.

In almost every ex back case I've worked on over the years, the guy simply needs to fix the subtle stuff (i.e. how he is approaching interactions with her, how he behaves and reacts to her, making her feel the need to treat him better, etc).

Yet, most guys out there simply aren't aware of that.

So, when a woman says, *"We need to be apart to work on ourselves"* a guy will often start offering her all the wrong things to try and get her back (e.g. buying her flowers or gifts, telling her how much he still loves her, promising her that he will do whatever she wants if she comes back to him, writing her a letter to express his undying love, crying to her, saying that he's going to go to therapy to fix childhood issues, etc).

Those things simply turn a woman off even more and convince her that he's not the right guy for her anymore.

BTW: One of those examples above (going to therapy and telling her all about it) is such a common mistake that guys make.

To summarize: If you have to go to therapy, then go ahead, but don't go telling her about your 'personal journey' to fix your childhood issues or other issues via therapy.

Just get on with fixing and improving yourself and then let her experience it.

The same goes with you potentially learning from me.

Don't tell her about the issues you are learning about overcoming, your struggles to change and so on.

A woman doesn't want to feel like she is being dragged down into a guy's personal issues.

She wants to see him rise above it all, without having to blab on about it or seek pity or reassurance from her.

So, if you want to get your ex back, you first need to learn where you have been going wrong (e.g. not manly enough, too nice, too neutral around like a friend) and then fix and improve those areas

very quickly.

When you understand what actually matters to her and you make those changes, it will automatically reawaken her feelings of respect for you.

When she respects you, she will then naturally begin to feel attracted to you again in a sexual and romantic way.

When that happens, she then becomes open to giving the relationship another chance because you've proven to her that you really are different now.

More importantly though, she will have evidence that she now feels differently about you.

She now looks at you with more respect, attraction and love.

When that happens, you stop hearing excuses like, *"We need to be apart to work on ourselves"* and instead start hearing, *"I want to see you. I miss you."*

Another common reason why a woman will say it is!

2. She wants to have some time apart so she can find a replacement guy

[image: She wants time apart to find herself a replacement guy]

This is fairly common, but is rarely admitted by women because it can make them seem like a selfish person.

Yet, it's just what happens.

She wants to open herself up to other guys, but doesn't want to admit it.

To let her ex down gently and give herself enough time to find a replacement guy, she might say something along the lines of, *"Look, I still really care about you, but for now, I honestly believe that we both need to be apart to work on ourselves. Let's not talk to each other for a while."*

"I'll contact you when I feel ready and we can then see if we can get back together again. In the meantime, all I ask is that you respect my need to be apart for a while. We both have a lot of work to do before we would be ready for a relationship. So, let's just take some time apart."

A guy will usually then accept her decision and stop contacting her for weeks, or even months, while he waits for her to come back to him.

In the meantime, she is now free to go out and meet, hook up with and date other guys until she finds a guy that she wants to be in a committed relationship with.

Then, when her ex finally contacts her to see if she's ready to give him another chance, she can say something like, *"I'm sorry, but I've met someone else and I'm very happy with him. I hope you understand and accept that we're just not meant to be together. I realized that when I had a chance to work on myself and find out what I really want. We had our chance together and it didn't work. You really are a great guy though and I'm sure you'll find a new girl soon. You deserve to have a woman who loves you and wants to be with you. I'm sorry I can't be that woman. It's over."*

He's then left feeling devastated and wondering why giving her space didn't work.

Here's the reality about getting a woman back (it works differently when a woman wants to get a man back)!

If you're not actively sparking your ex woman's feelings of respect and sexual attraction,

then another guy usually will.

Women tend to go with how they feel in the moment, so if she happens to meet a guy who makes her feel attracted and turned on and he has the balls and know-how to make a move and kiss her, or initiate sex, then she will usually just go along with it.

If they connect, enjoy each other and want to continue seeing each other, she can then begin to fall in love with him, or at least want to have fun with him for a while.

This can lead to both of them falling in love and becoming official as boyfriend and girlfriend and in some cases, even ending up getting married.

This is why, regardless of what your ex is saying right now (e.g. *â€œI need to be alone for nowâ€* or, *â€œDonâ€™t contact me for a whileâ€* or, *â€œWe both need to be apart to work on ourselvesâ€*), giving her way too much space will usually only result in her using that time to move on.

So, donâ€™t fade into the background and wait for her to miraculously change her mind about the break up, because she probably wonâ€™t.

You have to make her want you back.

How can you do that?

By interacting with her and making her feel a renewed sense of respect and attraction for you.

The more respect and attraction that she feels for the new and improved you, the more open she becomes to getting back together.

On the other hand, if you step back and wait for things to fix themselves (i.e. you give her weeks or even months of space to work on herself) and another guy comes along and activates her sexual and romantic feelings for him, she will almost certainly forget all about you and just starting moving on with him.

Another common reason why a woman will say that isâ€

3. She is trying to get out of the relationship with an excuse, rather than directly telling you that she doesn't want you anymore

[image: She is just using that as an excuse to get out of the relationship without you hassling her too much]

If a woman finds herself in a relationship that doesnâ€™t live up to her expectations (e.g. her guy has been taking her for granted for too long, the relationship has become boring and predictable, she no longer feels the spark of attraction she once felt, her guy has become too emotionally sensitive or insecure), then she may decide to end it rather than wasting more time.

Yet, rather than be direct about it, a woman will often say something like, *â€œI do love you, but we have had a lot of problems in our relationship. So, I think we just both need to be apart to work on ourselves for a while,â€* as a way of letting her guy down easy.

Some of her reasons for doing that might beâ€

- She doesnâ€™t want him to quickly start acting like heâ€™s changing and improving to force her into giving him another chance, even though she doesnâ€™t want to.
- Sheâ€™s afraid that if she tells him her real reasons for wanting to break up (e.g. that she no

longer feels sexually and romantically attracted to him, heâs not manly enough for her, sheâs finds the relationship boring), he might react in ways that she doesnât want to deal with (e.g. get angry or possibly even violent towards her, beg, plead and cry, threaten to hurt himself).

- She doesnât want to give him a chance to talk her out of her decision (e.g. by promising her he will change, telling her how much he still loves her).
- She doesnât want to teach him how to be the kind of man she needs in her life.
- She doesnât want him to take her feedback the wrong way (e.g. one of her secret reasons for breaking up with him might be that heâs too submissive and timid and letâs her get away with disrespecting him. She fears that if she tells him that, he might take it too far and become too assertive, controlling and aggressive in an attempt to show her that heâs not a pushover anymore).
- She worries that if she says that itâs totally over, he might move on faster than she can and she will then be the one who feels rejected and left behind. So, she wants to string him along for a while to give herself enough time to move on before he does.

Additionally, by saying that they both need to be apart to work on themselves, a woman knows that her guy will feel compelled to show her that he is willing to work on himself to fix the relationship and keep it together.

She knows that if he says, *âNo. I donât want to work on myself. You have to accept me as is, right nowâ* then she can say, *âOkay fine, itâs over then.â*

So, a guy will usually feel like he has to go along with her request to have time apart so they can work on themselves, rather than seeming unreasonable, lazy or selfish.

As a result, a woman can then get out of the relationship and give herself some time to move on without her ex making a big fuss about it.

Another common reason why a woman will say that isâ!

4. She is reacting to her loss of feelings for you and doesn't know what else to do, or how to explain it to you

[image: She is reacting to her loss of feelings for you]

Sometimes a woman might initially feel drawn to a guy because he displays the qualities and personality traits that she is looking for in a man.

Yet, when she gets into a serious relationship with him, she gradually discovers that heâs not really the man she thought he was.

For example: She realizes thatâ!

His confidence was just an act and in reality, he is actually quite insecure and unsure of himself deep down.

Despite making her feel strong sparks of sexual and romantic attraction for him in the beginning, she now feels more like his friend or roommate than his woman because heâs just too neutral around her.

Despite taking the lead initially, he has now taken a back seat and expects her to make most or all the decisions for the both of them, which makes her feel like his mother or big sister and that turns her

off.

Although he initially seemed to be easy-going, emotionally independent and carefree in the relationship with her, he soon started to worry about losing her and ended up becoming insecure, needy, clingy or controlling.

Although he seemed to be moving forward in life and have big dreams and goals, she now realizes that he's stuck at the same level and is either not truly interested in making progress on his goals, or he just isn't able to do because he lacks the competence or skills required.

The more she notices things like that, the more her feelings of true respect, attraction and love begin to fade and eventually, she may decide that he's just not the right man for her.

Yet, she might not know how to explain what she's feeling to her guy (i.e. that something feels wrong to her, that she loves him, but always feels uneasy about a future with him because their life together doesn't seem to be developing the way she hoped it would).

So, she feels stuck.

On one hand, she loves him, but on the other, something is telling her leave him and try to find a new guy who would be more capable of keeping a relationship together and in love for him.

However, rather than directly breaking up with him by saying something like, *âIt's over. You have no chance of getting me back. I am going to try to move on after breaking up with you because I want to try my luck at finding a man who gets how to make a woman remain in love* she says that they need to be apart to work on themselves instead.

As a result, he then feels confused about the break up and assumes that the best approach is just to give her space to think about things, which then leaves her free to move on without him seducing her back into a relationship.

Of course, the good news in a situation like this is that if the guy can quickly transform himself and understand how to seduce an ex back into a relationship, then he will usually be able to do that fairly quickly and easily.

So, what are you going to do from now on?

Are you going to sit around saying, *âMy ex said we both need to be apart to work on ourselves,* or are you going to quickly change and improve the things about yourself that caused her to disconnect from her feelings for you and get her back?

Are you going to wait and hope that she doesn't move on over the next few weeks or months, or are you going to seduce her back into a relationship today or in the next few days?

The choice is yours.

3 Common Mistakes to Be Aware of When Giving an Ex Time Apart

Understandably, your ex's suggestion for time apart to work on yourselves make have left you feeling confused.

It really is one of those vague things that women say to men, which can leave a man thinking that he has no choice, but to comply with what she said.

As a result, he may make one of the following classic mistakes, which just makes him feel more lost and confused and gives her more reason to move on without him.

1. Believing that time apart is the best way to get back together

Time apart works if a woman is still in love with her ex, feels attracted to him and respects him, but she is experiencing a lot of personal issues.

That can work.

Yet, it can also backfire and give a woman enough time to get over her ex, open up to new guys and try to make herself feel better by hooking up with them, or falling in love with one of them.

So, time apart isn't always the answer.

What is?

After helping new men get women back for over 10 years now, I have found that what always works is when the man focuses on re-attracting the woman, so he can then naturally seduce her into a relationship.

In other words, he makes her have strong feelings for him again based on the new ways in which he now talks to her and behaves around her.

As a result, she begins to feel differently and doesn't feel the need for anymore time apart and wants him back.

So, rather than backing off and giving your ex time to get over you and find herself another man, give her a few days of space and start the ex back process with her right away.

This means that you should use the next few days (or a maximum of a week) to:

Quickly transform yourself into a better version of the man you used to be in the relationship with her (e.g. more confident, manly, emotionally independent, assertive).

Interact with her over the phone and in person and make her feel surges of sexual and romantic attraction for you again (e.g. by making her laugh and smile, flirting with her to create sexual tension, being manly to make her feel girly in comparison to you).

Then, when she's open to you, go ahead and hug, kiss and have sex to connect in a physical and emotional way again.

After you've had sex, let her be the one who is hinting at getting back together.

Don't push for a relationship.

Just make her feel such a renewed sense of respect, attraction and love for you that SHE wants to get back together with you and YOU then say yes to that.

When you approach the ex back process in this way, you stand a much better chance of getting your ex back than any other way.

Another mistake to avoid is

2. Giving her endless time apart and hoping she comes back on her own

Sometimes a guy assumes that if his ex is asking for time apart to work on herself, then she will come back to him when she is ready.

He assumes that because they used to love each other so much, had so many good times together, had

enjoyable sex and told each other how much they loved each other, then she won't be able to move past that.

She will feel compelled to get back with him because of how good things used to be.

No.

She broke up with him because things were no longer like that and possibly not like that for quite a long time.

That was then and this is now.

So (if your ex had lost a lot of respect, attraction and love for you by the time she broke up with you), don't sit around hoping that she will remember all the good times and come back because of that.

That almost never happens when a break up occurred due to the woman losing too much respect, attraction and love for her man.

Instead, like with most things in life, when her ex is not there, a woman usually gets distracted by someone else and begins to forget about her ex and move on.

So, don't waste weeks or months avoiding your ex and waiting for her to come running back to you, because you might get a big shock when you finally contact her and she says something along the lines of, *â€œIâ€™m sorry. While I was working on myself, I realized that you and I are not right for each other after all. So, I have moved on and I am happy with someone else now. I hope you will accept that and get on with your life too.â€*

Don't make the classic mistake that so many guys make where they assume that the No Contact Rule (not contacting an ex for 30-60 days after a break up) works the same on men and women.

It doesn't.

It's a technique that works well when a woman has been dumped by a man, but not the other way around.

As a man, if you want your ex woman back, you need to interact with her and reactivate her feelings for you, otherwise she will usually just move on.

Another mistake to avoid isâ€

3. Seeking pity from her before giving her time apart from him

For example: A guy might say to his ex woman, *â€œWhy can't we just try and work things out like normal people? Why do we have to be apart? I promise I will work on myself if that's what you want. Just stay with me. I can't do this without you. Please baby, I really need to you to stick around. You mean everything to me. Without you, my life isn't worth living.â€*

He hopes that by making her feel sorry for him, she will change her mind and give him another chance.

Yet, that rarely (if ever) happens.

Instead, his attempts to manipulate her into staying with him out of pity simply turns her off even more.

Additionally, if she is asking for time apart after having had slowly fallen out of love with him over a period or months or years, then she will be at a point where she doesn't really care about how he feels anymore.

At that point, she cares about how she feels.

This is why, if you want an ex woman back, you have to reawaken her feelings for you as you interact with her, so she then has a reason to get back with you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

She Wants Me Back, But Won't Admit it

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

5 possible reasons why:

1. She wants you to suffer for a little longer, before she eventually gives you another chance

[image: She wants you to suffer a little longer, before she gives you another chance]

This often happens when a woman still feels angry and annoyed at her ex for stuffing up a perfectly good relationship.

As a result, she may think something like, *â€œIâ€™m not going to make it easy for him to get me back. Iâ€™m going to let him suffer for a while until her learns to appreciate me and treat me right.â€œ*

She might then give off all the signs that she wants him back (e.g. she agrees to meet up with him, she hugs him and kisses him), but if he asks her if she wants to get back together again, she pulls away as a way of punishing him for his past mistakes.

Naturally, this can leave the guy feeling frustrated and wondering, *â€œI sense that she wants me back, but she admit it. Why? What is she playing at? What do I need to do to change her mind?â€œ*

Hereâ€™s what you need to knowâ€¦

It doesnâ€™t matter if your ex wants to admit that she wants you back or not.

What matters is that you maintain your confidence (even though she is giving you mixed messages) and focus on making her feel so much respect and sexual attraction for you during interactions (e.g. over the phone and especially in person, not so much via text), so she naturally continues to feel drawn to you and wants something to happen between you and her.

If you can show her that you have the emotional strength to maintain your confidence and not give up until you get her back, while at the same time sparking her sexual and romantic feelings for you (e.g. by being emotionally masculine, making her laugh and smile and feel good when sheâ€™s with you, flirting with her to create sexual tension), she will feel compelled to drop her guard and open herself up to you again.

Of course, she may act like she is unsure, but if she is still interacting with you and catching up with you, then she wants you back, but simply isnâ€™t willing to admit it.

You need to be the more confident and courageous one during this time.

Donâ€™t let her mixed messages throw you off and make you doubt her interest moment to moment.

Let her see your steady, unwavering confidence in yourself.

That is irresistibly attractive to all types of women, even though some women will never give a guy the gift of admitting it to him.

So, rather than waiting for her to admit that she wants you back, just be confident enough to seduce her back into kissing, having sex and being back in a relationship with you again.

At some point, it will be very clear that she is committed again, but always be prepared to ignore her mixed messages that are designed to mess with your confidence.

Don't take her mixed messages personally.

Just let her see your steady, unwavering confidence in yourself and your attractiveness to her no matter what.

Another possible reason why your ex won't admit that she wants you back is

2. She doesn't want you to just get her back, so you can then dump her for revenge

[image: She doesn't want you to just get her back, so you can then dump her for revenge]

A woman will often fear getting back with an ex who she dumped in case he tries to get even with her, by pulling her back in, only to push her away and leave her feeling like the one who is being rejected and left behind.

So, rather than risk getting hurt in that way, she will avoid fully committing to him and will instead stick around in the hope that he will give her some kind of proof that he won't hurt her.

Of course, you're probably a really good guy and want your ex back for real, but she doesn't know that for sure.

This is why, if you want to get your ex back, you're going to have to convince her.

How?

Well, the obvious answer sounds like it would be to tell her that you are serious about wanting a relationship.

Yet, that only works if your ex is truly attracted to you and in love with you and is hoping to work things out.

If your ex is currently turned off by you, has lost respect for you, isn't in love with you and as a result, doesn't want to be in a relationship with you, then telling her that you are serious about having a relationship with her will only push her away.

So, what should you do?

This

Another possible reason why your ex won't admit that she wants you back is

3. She is afraid that the relationship won't be any better than before and will just result in a break up once again

[image: She is afraid the relationship will just break up again anyway]

Most break ups between a man and a woman don't just happen without at least a few arguments happening first, or a few relationship problems that don't seem to be going away.

In some cases, a couple might even separate for a few days (e.g. she goes to hang out with friends for the weekend, they stop talking over the phone) to allow for things to cool down between them before they reconcile again, or to hopefully have some time to think about where they've been going wrong, make some changes, catch up again and hope that things are now better.

Yet, in many cases, a guy doesn't really know what else to do in the relationship other than what he has been doing, so he continues to get the same kind of results with her.

Then, by the time they break up, the woman will have usually reached a point where she no longer

believes the relationship can be fixed and saved because the guy is unable, or unwilling to change. This is why an ex woman will often want a guy back, but not be willing to admit it because she doesn't want to give him a chance to only to then have to go through the emotional trauma of a break up once again.

So, if you want your ex back, you need to show her (not tell her) that you have changed.

Don't say, *I promise I will change if you come back*, because that is a maybe promise.

Likewise, don't say, *I've changed. Please give me another chance* because that can seem desperate, forced and needy to a woman, which will be a turn off.

What should you do instead?

Just show her.

Prove it to her through your actions, behavior, attitude and the way you talk and interact with her from now on that you have changed.

Women see that as manly, capable, confident, intelligent and smooth, which is much more attractive and appealing than a guy pleading for another chance.

Essentially, you need to make her feel like SHE wants to give you another chance because SHE now feels differently around you, rather than pleading for another chance because YOU have changed and YOU really want her to give you a chance.

Hopefully you can see and imagine the huge difference between those two approaches and how they affect a woman's feelings of attraction, respect, love and desire for her ex.

Another possible reason why your ex won't admit that she wants you back is that

4. She is interested in another guy, but doesn't want to admit it

[image: She is interested in another guy, but doesn't want to admit it]

Sometimes a woman will break up with a guy and find that she's now interested in another guy, or she will have a crush on the other guy prior to the break up and now feel free to pursue him.

Yet, at the same time, she also has feelings for her ex and is still wondering if there's still a chance they can work things out.

This puts her in a situation where she doesn't want to lose out on either option.

It may seem a bit selfish, but men who are in the same situation (i.e. have a girlfriend who they've lost interest in and at the same time, have happened to meet a new woman who is interested) will often do the same thing.

It sucks, but it happens.

The way to protect yourself against that ever happening in a relationship is to know how to deepen a woman's feelings over time and make her feel like if the relationship were to end, it would be her loss.

This makes a woman stick to a man like glue for life, whereas when a man makes a woman feel like he is the one who fears losing her, it gets rid of that glue and creates a sense of detachment from him that results in her being ready to stray if the relationship becomes stale and she happens to meet someone else.

So, back to the scenario of a woman who wants an ex back, but won't admit it (because she has

recently met someone else)â€¦!

On the one hand, she may want to explore her feelings for the new guy and see if she can have a better relationship with him than she did with her ex.

Yet, on the other hand, if things donâ€™t work out with the new man, she doesnâ€™t want to ruin her chances of getting back with her ex if she tells him that sheâ€™s interested in someone else right now.

So, she strings her ex along for now (i.e. by giving him the impression that she might be open to getting back together, but just isnâ€™t sure yet), while she explores her feelings for the new guy.

If things work out with the new guy, she can then say to her ex, *â€œI have to tell you something. Iâ€™m sorry if this hurts you and I hope you donâ€™t hate me for it. I know that youâ€™ve been hoping that weâ€™ll get back together, but Iâ€™ve met someone. Iâ€™m seeing him now and I am happy. So, I think itâ€™s better for both of us to make a fresh start with different people, rather than going back to a relationship that didnâ€™t work. I hope you understand. I wish you all the best.â€*

This is one of the reasons why you shouldnâ€™t wait around for your ex to admit that she wants you back.

Instead, you need to go through the ex back process and get her back.

Do it while you can, so you donâ€™t end up regretting losing her for the rest of your life.

Some guys get over their ex within months, but many guys still think about and miss an ex woman years and sometimes decades later in their life.

If you have an opportunity to get her back now, then do it.

Get her back.

Another possible reason why your ex wonâ€™t admit that she wants you back isâ€¦!

5. She is waiting to see if you will change the things that really matter to her first

[image: She is waiting to see if you change the things that really matter to her]

One of the main things that can convince a woman to admit her feelings for her ex and give him another chance, is when he shows her via his attitude, actions and behavior that he has fully understood some of her important reasons for breaking up with him and has already taken action to improve those things about himself.

When she can see for herself that he really is a new man now, it makes it easy for her to let down her guard and open back up to being his girl again.

For example: Some of the changes your ex might want to seeâ€¦!

- You are so much more confident and self-assured now, rather than doubting yourself around her, other people or in life.
- You no longer feel the need to be clingy or possessive towards her because you have become emotionally independent.
- You are more emotionally dominant now, but are still a good, loving man (i.e. youâ€™re not afraid to stand up to her in an assertive, but loving way when sheâ€™s out of line).
- You are now able to fully take on the role of being the manly leader of the relationship, which means she can now relax and be a feminine, girly woman around you.

- You are more focused and have a clearer picture of where your life is going now, which means that she can now feel safer about her future with you.
- You are more emotionally masculine now and you treat her like she's a sexy, desirable woman when she's with you rather than like a friend. This results in her feeling sexually attracted to you again, instead of feeling neutral around you like a friend.
- You now understand how to communicate with a woman in a relationship that not only causes her to respect you and appreciate you, but makes her feel respected, appreciated, understood and loved.
- You are able to avoid unnecessary arguments with your new approach to communication, which results in you and her feeling happier, more relaxed and wanting to spend more and more time around each other.

When your ex can experience those kinds of changes in you (even glimpses of it in a 2-3 minute conversation initially), she will naturally drop her defenses.

She may then admit that she wants you back, but if she doesn't she will show you that she wants you back by continuing to communicate with you and spend time with you.

Avoid Making the Following Mistakes When Attempting to Get Her Back

So many guys find themselves in a situation like yours and then ruin it by making one or more of the following mistakes:

1. Assuming that she is completely in control of the situation

Sometimes a guy assumes that a reconciliation between him and his ex will only happen if she wants it to and that he's literally at her mercy until she says a clear, "Yes" or "No."

Yet, here's what a guy like that doesn't understand!

He can take control the situation by focusing on making her have stronger sexual and romantic feelings for him whenever he interacts with her.

Her feelings are your ticket back into a relationship with her.

It's the path.

It's what works.

It's not about your feelings for her.

It would be nice if you could just say, "I love you and really want you back" and for her to then say, "Oh, okay. Then, in that case, let's get back together."

Yet, that's not how it works obviously.

What works is when you make the woman feel such a strong, renewed sense of respect, attraction and love for you that she either says that she wants to get back together, or she simply gets back with you and shows that she wants to be back with you by spending a lot of time with you.

That's how it works with women.

So, don't put all of the power and control in her hands by waiting around for her to give you a

â€œYesâ€ or â€œNoâ€ about reconciling.

With most modern women, they simply won't say it.

Instead, they will show it.

Another mistake to avoid is

2. Trying to discuss things in detail via text or email

If a woman is being a bit closed off and doesn't want to meet up with you or even talk over the phone, you might decide to just try to work things out via text.

Yet, texting simply isn't the most effective way of getting an ex back and can actually cause more problems than it fixes.

Why?

A woman can't see a guy's body language or hear the tonality of his voice when he texts.

So, even if he is feeling really confident when he types his messages to her and puts in a lot of effort to explain things, it can cause a woman to imagine him frantically typing up large messages and sending them to her as he desperately tries to get through to her and get her to understand.

That turns her off.

Now of course, her assumption about him might not be true, but a woman will often think that based on her current feelings and perception of him (e.g. how he behaved leading up to, during and after the break up).

So, if you want your ex to take you seriously, make sure any discussions you have with her about the relationship are done over the phone and preferably in person and then, only after you've reactivated some of her feelings for you.

If you just try to force the issue with her via text, she's likely just going to remain closed lipped and refuse to admit anything about how she really feels about you.

Likewise, if you text her too much, she can literally go from liking you to feeling annoyed by you and then feeling turned off.

You have to understand that a woman's attraction for a man works differently than a man's attraction for a woman.

Don't expect her to be sensible and reasonable like a man.

She is a woman and feels attracted to a man for all sorts of subtle reasons, which you usually cannot control via text.

So, do whatever you can to get to a phone call or in person catch up.

That's where fast, natural attraction and reconciliation happens.

Texting is where long, exhausting conversations happen that almost always lead to misunderstandings, frustrations and further problems when a guy wants to get his ex woman back.

Another mistake to avoid is

3. Cutting off contacting for weeks or months in the hope that it makes her come crawling back

[image: Cutting off contact in the hope that she comes crawling back]

That approach might work if a woman is still deeply in love with her ex and desperately wants him back.

Yet, even in cases like that, if the guy suddenly disappears from her life, she might take it as a sign that heâs over her and may then just focus on getting over him and moving in with a new man.

After all, she has to take care of how she is feeling and if she is feeling rejected by her ex because he has cut off contact, she can easily hook up with a new man to make herself feel better.

This is why itâs always best to take control of the ex back process rather than wasting time by cutting off contact with your ex and hoping that she takes the lead and gets you back.

When you interact with her and reactivate her sexual and romantic feelings for you, she then has a reason (right now) to admit that she wants you back or at least show you that she want you back by spending time with you, kissing and having sex with you again.

So, you donât have to sit around waiting and worrying for weeks and months in the hopes that she doesnât meet any other guys.

You can get her back pretty much right away, but only if you take action now.

Make it happen.

It is totally within your control.

She is your woman.

Get her back.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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How to Get Revenge on a Cheating Girlfriend

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you're serious about getting revenge on a cheating girlfriend, here are 4 options you can choose from to achieve it:

Option 1: Re-attract her so she wants to sleep with you again. Then, sleep with her, make her want to give the relationship another chance and then reject her by breaking up with her.

[image: Break up with her after sleeping with her again]

To accomplish that, you need to make her feel like you've forgiven her and just want to see her as a friend from now on.

Saying that you just see her as a friend is a little rejection to begin with, which is part of the plan.

It can make her want to make you see her as more than just a friend, which then causes her to try to use her charms on you to seduce you, get you to like her and get you to think of wanting to be with her again.

In that mode of thinking, she will open herself up to flirting with you.

So, while you are saying that you just want to be her friend and behaving in that way, you then start adding in flirting to make her feel attracted and excited that there is still a sexual vibe and dynamic between you.

This causes the irresistible feeling of sexual tension.

Sexual tension happens when a man and a woman feel sexual desire for each other, but don't immediately release it with kissing and sex (e.g. because they are exes and it doesn't seem appropriate, she cheated on him and now feels drawn to him again so she's confused about her feelings, they're in a public place and can't just start kissing and having sex there and then, etc).

To help you understand it further; sexual tension also happens between coworkers who are attracted, but can't do anything about it due to restrictions at work, or if one or both of them is already in a relationship.

Sexual tension essentially happens when you want to be having sex, but something is in the way.

This also applies to foreplay, prior to actually having sex, just as another example for you.

So, don't overlook the power of sexual tension.

Use sexual tension to make your ex feel attracted to you again and want to sleep with you, even if she is thinking, *"Just once and then I'll dump him again."*

Of course, you're not going to let her get to dump you again because you're going to make her want sex, have very enjoyable make up sex (i.e. the sex a couple has when they make up after a break up), cause her to want to make you ask for a relationship and then you will reject her when she eventually starts hinting at it.

That will be your revenge and it will work.

So, from now on, make your ex feel so attracted and drawn to you again that she feels like she just

has to have you.

When you know that she is attracted, suggest going back to your place (or hers) to talk and when you get her alone, release the built up tension between you with kissing and then blow her mind awesome make up sex.

After having sex, she may start hinting at having a relationship with you, or ask if you are hoping to work things out and get back together.

You can then laugh and say something along the lines of, *â€œNo, thatâ€™s not going to happen. You cheated on me. Weâ€™re having fun today, but thatâ€™s it. Itâ€™s over between us as a couple.â€*

She will almost certainly then start to cry and will genuinely feel the pain of rejection and you will have gotten your revenge.

Another way to get revenge on a cheating girlfriend isâ€

Option 2: Start sleeping with a new woman who your ex will see as being more attractive than her. Catch up with your ex and make her want you back, but then reject her when she tries to reconcile.

[image: Start sleeping with a woman that she will see as being more attractive than her]

One of the very best ways to get revenge on a cheating girlfriend is to show her that youâ€™ve already moved on with a woman who is even more attractive than her.

Doing that has a double effect on her.

Firstly, it causes her to feel insecure about herself and her desirability as a woman, which might make her want to get you back to prove to herself that sheâ€™s still attractive to you.

Secondly, it can cause her to begin thinking things like, *â€œWow, sheâ€™s really pretty. Maybe thereâ€™s something about him that I overlooked when we were together. Attractive women find him appealing, so they must see something that I didnâ€™t. Why didnâ€™t I see it? What was I missing? Maybe Iâ€™m not good enough for him. Maybe he deserves a more attractive woman than me. Maybe I just cheated on the best guy I will ever find in my life.â€*

Something along those lines anyway.

Essentially, she becomes insecure, starts to doubt her decision and her behavior towards her ex and becomes curious to see if he still likes her.

If your ex reaches out to say hi, you can pretend to be open to seeing her in person and then arrange to meet up.

At the meet up, focus on sparking her sexual and romantic feelings for you (e.g. by using ballsy humor to make her laugh and feel good to be around you again, by maintaining your confidence with her regardless of what she says or does to test you, by standing up to her in an emotionally masculine way when she tries to dominate you during conversation thereby making her feel feminine in comparison to you, by using flirting, by letting her see that youâ€™re not needy for her, but youâ€™re still being good to her).

Then, when sheâ€™s fully re-attracted and possibly saying things like, *â€œI know I messed things up between us by cheating on you, but I really regret that now and I want you to know that if we ever got back together, I would never do that again. Iâ€™m actually quite ashamed of myself for doing it.*

It was so childish and irresponsible of me. If we did get back together, I know I wouldn't do it again you can respond with something along the lines of, *â€œNo, we couldn't ever get back together. You cheated on me. That's not something that can be recovered from. I'm with a new woman now and we're happy, so I only wish you the best.â€*

You will then have gotten your revenge and can move on from there, while she is left behind feeling rejected and bad about herself for losing such a great man.

Another way to get revenge on a cheating girlfriend isâ€¦!

Option 3: Move on with your life and start posting up photos on social media of you having fun with new women and friends.

When a woman cheats on a guy, she will assume that he will then feel terrible about it and possibly spend a lot of time feeling sad and dejected on his own.

So, if she sees him looking happy, confident and living a great life without her, it will bother her, even if she never admits it.

For example: She may begin thinking things like, *â€œWhy is he so happy so soon after we broke up? It's like me cheating on him didn't even bother him. Is it possible that he never really loved me after all? Maybe I was the fool who believed that he cared about me. I would be devastated if I got cheated on. Why is he so happy? Is he seeing a new woman or something? Is she prettier than me?â€*

So, while you're moving on, feeling confident, living a great life and putting her and what she did behind you, she will be sitting around feeling confused about how things played out.

Seeing you so happy will make her question her attractiveness and value to you, which will often cause a woman to reach out and try to confirm that you do still love her, want her and feel attracted to her.

Yet, if you don't give her that validation, she will continue to feel lost, abandoned and rejected.

So, focus on yourself and on do things that put you around other people in places where you will be able to have some fun (e.g. hang out with friends and do new things, go out to bars and meet new women, pursue your goals and dreams, join meet up groups in your area, take up a new hobby or interest that involves other people, go traveling).

Then post up the photos on social media of yourself looking happy, confident and having fun with other people (especially other women if you can) and just know that your ex will almost certainly be looking at them and feeling twinges of regret and jealousy.

Note: If she has unfriended you, or stopped following you, simply post your photos as *â€œpublicâ€* so she can see them from the outside.

Let her see that her cheating didn't ruin you and instead, caused you to level up and become even more attractive and appealing than you were when she first met you.

Let her feel like the one who has lost something great.

Another way to get revenge on a cheating girlfriend isâ€¦!

Option 4: Get her back and make her fall back in love with you. Then, dump her on

her birthday, so she remembers you for the rest of her life.

Give her a present on her birthday with a note inside.

When she opens it and reads the note, it will have a simple message for her, *â€œHappy birthday. You're dumped. Bye.â€*

Of course, thatâ€™s not a very nice thing to do and might be a waste of your time to go get her back and then dump her.

Itâ€™s up to you.

How much emotional pain do you want her to feel for cheating on you?

Do you want to be nasty about it, or do you want to reject her and dump her shortly after getting back together?

Alternatively, do you just want to move on with a new, attractive woman and let that be your revenge?

Where Some Guys Go Wrong When Attempting to Get Revenge On a Cheating Girlfriend

When a guy gets cheated on, itâ€™s only natural that he will be feeling negative emotions (e.g. anger, betrayal, resentment, bitterness).

Yet, when heâ€™s feeling like that, heâ€™s more inclined to behave in unattractive ways that push his girlfriend away further.

For exampleâ€¦

1. Badmouthing her to her friends, family or coworkers

Although a guy might feel justified in blaming his ex girlfriend for everything and wanting to go and tell everyone who knows her (e.g. mutual friends, family, coworkers) things like, *â€œItâ€™s her fault that weâ€™re no longer together. She cheated on me, broke my trust and ruined our relationship. Sheâ€™s such a slut! She has no morals! I canâ€™t believe I ever loved her,â€* itâ€™s almost never a good idea.

Why?

Not only is it unfair to her friends, family or coworkers to drag them into the drama and expect them to pick sides, but it also just makes him seem immature and inexperienced about the reality of loyalty in male-female relationships (i.e. you never own the other person in a relationship. They can still change their mind and not want to be with you at any moment. Some women canâ€™t be trusted, but most can. Sometimes a woman might stray if there is not enough love, respect and attraction in a relationship. The same applies to men and why they cheat on women. Thatâ€™s the reality).

In some cases, badmouthing her can make the person heâ€™s talking to think something along the lines of, *â€œWell, no wonder she cheated on him. He canâ€™t cope with problems and challenges like a man. She probably cheated on him because she was looking for a real man. Maybe he deserved it. Maybe he needed to be taught a lesson for him to grow up.â€*

Of course, they will rarely say that to him.

Instead, they might simply begin to avoid him until he realizes the reality of relationships and understands that both him and her probably caused the cheating to happen.

Another way that guys go wrong after being cheated on by a girlfriend isâ€¦

2. Writing her a letter about his pain to make her feel guilty

When a guy is hurting because he got cheated on by his girlfriend, he may decide to write her a letter as a way of expressing his pain and disappointment to her.

He hopes that making her feel really bad about it all will make him feel better after he hits *â€œsend.*”

He might also hope that by making her feel bad about cheating on him, she will regret it and want him back.

Yet, rather than getting the satisfaction of seeing his ex girlfriend regretting her actions and possibly even begging for his forgiveness, writing a letter to her usually backfires and ends up making a guy feel even more angry and betrayed.

Why?

A guy in emotional pain over a woman isnâ€™t attractive to her.

Women arenâ€™t attracted to neediness and dependence on them.

Women are attracted to men who are emotionally independent and who do not need a woman to make them feel confident, secure and happy.

So, even though getting cheated on is a nightmare of a thing to experience as a man, itâ€™s not something that you should ever go sulking to a woman about.

She isnâ€™t going to be attracted to you if she senses that you need her back to feel whole again.

So, skip the letter and just talk to her in person and re-attract her, or use one of the methods mentioned earlier to get her back and then dump her when youâ€™re ready.

Donâ€™t make the mistake of pouring your heart out to her in a letter, telling her about the pain youâ€™re experiencing, or writing to express your disappointment in the hope that it will turn things around.

Focus on what actually attracts women, not on what turns them off.

3. Getting angry at her and expressing it in different ways

Understandably, anger is usually the first thing a guy feels when he finds out that his woman cheated on him.

Itâ€™s probably one of the worst feelings of betrayal that a guy can ever experience.

It hits so hard that all of a sudden, your body heats up, you feel a knot in your stomach, you canâ€™t eat, sleep or think straight and as a result, you can naturally feel a fair bit of anger towards her and the guy who kissed her or had sex with her.

Thatâ€™s all understandable, but if you want to get her back or at least win the emotional war after being cheated on, you have to avoid getting angry at her and expressing it in different ways.

For example: When a guy gets cheated on by his girlfriend, he mightâ€™

- Insult her and call her names (e.g. slut, whore, tramp, skanky ass ho, piece of shit).
- Accuse her of never loving him in the first place.
- Get aggressive towards her and start pushing her around, or, in extreme cases even slap her or hurt her.
- Throw all her things out on the street, or break her belongings that are still at his place.
- Post nasty things about her on social media (e.g. put a picture of her on his Facebook page with a caption saying something like, *â€œThis is my cheating girlfriend,â€* or *â€œDonâ€™t trust this woman, sheâ€™s a cheating whore!â€*)
- Try to beat up the guy she cheated on him with.
- Threaten to kill her or hurt her.
- Threaten to kill or hurt himself.

Yet, those things arenâ€™t going to achieve anything other than make him look like a jerk and convince his ex that he deserved to get cheated on.

She can then move on without even feeling remorse for her actions because she can say, *â€œHeâ€™s an assholeâ€* or, *â€œHeâ€™s crazyâ€* and so on.

If he picks up on that kind of attitude from her, it can make him feel even angrier than before.

So, donâ€™t let that happen to you.

Control your anger and win the emotional war by being smart and in control of the situation from now on.

Let this be a huge win for you, rather than an emotional scar that ruins future relationships for you.

Let it be something that improves you and gets you more prepared for a successful, faithful, loving relationship that lasts for life.

So, go ahead and get your revenge (e.g. get her back and dump her, or get a new woman and then reject your ex when she tries to get you back, etc) and then move on from there.

Donâ€™t make the mistake of allowing her mistake to cause you to become angry and become the villain in the situation.

Keep your cool.

Another mistake that other guys make isâ€¦

4. Getting back with her without being prepared to take on the power position in the relationship

[image: Getting back together without preparing to take on the position of power in the relationship from now on]

Sometimes, a woman immediately wants to get back with her boyfriend after cheating on him, so she will try to reconcile the relationship.

In some cases, a guy will then decide to forgive her and give her another chance.

That can be okay, but it can also be a recipe for disaster if he isnâ€™t prepared to take on the position of power in the relationship from then on.

For example: Rather than taking on the dominant role in the relationship and creating a new dynamic that causes her to respect him, love him and be loyal to him, he becomes hesitant, quiet, inward and

unsure of how he should treat her.

As a result, she takes control of the relationship dynamic and ends up feeling like the more emotionally strong and secure one, which causes her to lose respect and attraction for him.

If a woman can't respect her man, then she won't be able to feel sexually attracted to him and without those two all-important feelings, there's no reason for her to be faithful or stay in the relationship for the long run.

Another way that guys go wrong is

5. Starting to get back with her, but then ruining it by continually talking about the cheating and how it hurt him

It's one thing for a guy to say that he can forgive his girlfriend for cheating on him and another thing to actually do it.

It's not easy.

It's a huge betrayal.

Just imagining her having sex with another guy, giving him oral and enjoying it is too much for some guys to deal with.

Yet, sometimes a guy is so keen to get his girlfriend back that he tries to convince himself that it will be possible for him to look past her mistake and start a new relationship on a clean slate.

Then, if she agrees to get back together with him, all he can really think about is what she did.

Did she enjoy him more? Did he have a bigger dick? Did she try things sexually with him that we've never done? Does she wish she was with him instead? and so on.

He might then start talking about the cheating and how bad it made him feel to hopefully make his girlfriend feel so guilty for what she did, that she will then stay faithful to him and never cheat on him or leave him again.

[image: She breaks up with him again because he can't get over her cheating past]

Yet, the opposite usually happens when a guy uses an approach like that.

Why?

A woman doesn't want to constantly have her past mistakes thrown in her face by the man she loves.

She also doesn't want to be with him out of guilt or pity.

A woman wants to be with a man because she is in love with him and doesn't want to lose him.

She doesn't want to feel like being with her guy is her duty because she is a bad person and needs to be punished now.

So, if she realizes that even though her boyfriend said that he forgave her, in reality he didn't and is still really bitter about it, then she won't feel motivated to stay in a relationship where she keeps being put down.

Here's the thing

Even though you definitely have a good reason to feel hurt about what your girlfriend did to you, if you decide to get back with her, you have to be able to fully forgive her cheating and let it go if you

want the relationship to last.

If you don't, she may cheat on you again or just dump you and move on to another man who doesn't make her feel bad when she's with him.

Of course, if you want to get revenge on her, then you can pretend that you've forgiven her, make her fall in love with you again and then dump her.

The choice is yours right now.

What are you going to do?

Time is ticking!

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

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Having Trouble Getting Over a Breakup? Do This...

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you're having trouble getting over a break up, here are 4 things you can do from now on to feel better and move on:

1. Come up with a list of positives and negatives about her

[image: Come up with a list of positives and negatives about her]

Right now, you're probably still missing your ex in many ways and that alone is causing you to feel troubled by the break up.

For example, you may remember how great she was in bed, how amazing she smelled, how her skin felt next to yours, how you used to feel about her beauty, how she had a cute giggle that made you smile and so on.

Yet, continuing to think like that isn't going to help you get over the breakup.

It will just keep you stuck on her.

So, if you want to get past her and into a new woman, it's very important that you start making progress in a new direction.

One of the best ways to do that to is by making a list of your ex's positive and negative qualities, to help you realize that she isn't perfect.

In fact, there are no perfect women in the world, just like there aren't any perfect men.

Your ex may have been perfect for you in many ways, but if you want to get over the break up, you need to start focusing on the negatives too.

Here are 10 examples of potential positives and negatives that a guy might come up with about his ex girlfriend or ex wife.

Positives:

1. She's beautiful.
2. She's smart.
3. She has a great sense of humor and can make me laugh.
4. She's supportive of my goals and dreams.
5. She's nice to my family and friends.
6. She's a good cook.
7. She likes many of the same things that I do.
8. She's ambitious and driven.
9. She's fun-loving.
10. She's great in bed.

Negatives:

1. She's a bit of a nag.
2. She likes to throw tantrums and be very annoying to get my attention.
3. She's too much of a party girl and probably isn't ready to settle down.

4. She's a bit lazy and doesn't pull her weight.
5. She isn't affectionate.
6. She always insists on doing things her way.
7. She's closed-minded.
8. She refuses to try new things.
9. She is always saying bad things about other people to make herself feel better, but it just ends up making her bitter and insecure.
10. She expects me to pay for everything.

These are just some examples to get you thinking about the things that might be applicable to your ex.

What positives and negatives come to mind right now as you think about your ex?

Try to think about it for a couple of minutes.

Just make sure that you avoid focusing mostly on the positives and thinking things like, *"I can't come up with anything really bad about her. I mean, she really is an amazing girl. No one is perfect. I'm not perfect either. Maybe I need to accept her flaws."*

Yes, that is a possible path to take, but if you want to get over her, you need to focus on her negatives and use that as a reason to find a new woman who doesn't have those negatives.

If you are finding it difficult to do that, try hard to think of the potential long term consequences of her negatives.

For example: Imagine a woman who always insists on doing things her way in a relationship.

Over time, the guy might get tired of arguing with her about it and he may start giving in to her more and more.

Eventually, she ends up being the one with all the power in the relationship and she then feels more emotionally dominant than him.

When that happens, she gradually begins to lose respect for him for being such an emotional wimp around her and not being man enough to stand his ground in a dominant, but loving way.

When she stops respecting him, she naturally stops feeling attracted to him and without those two things, she will eventually fall out of love with him as well.

This can then lead to her breaking up with him, because she no longer feels like she can look up to him and respect him as her man.

In another example, imagine a woman who is lazy and doesn't really care about her man.

That type of behavior will usually only get worse in the long run, which will lead to arguments, resentment and then possibly cheating, or straight to a break up or divorce.

This is why it's important to admit to yourself that your ex wasn't perfect.

It's not about seeing her as being a bad person.

Instead, coming up with a list of positives and negatives is a way of putting your relationship with her into a more balanced perspective, so you can stop being so troubled emotionally about losing her.

The next thing you can do to get over the breakup is

2. Decide if you want to get her back just one last time

[image: Decide if you want to get her back one last time]

You might be having trouble getting over your breakup, but that doesn't mean you want your ex back for life.

Sometimes, you can feel a lot better by re-attracting your ex, hooking up with her again sexually and being together briefly as a couple, before breaking up with her on your own terms.

You can then walk away feeling less rejected and hurt because she accepted you back and you then broke off the relationship when you were ready.

Many men and women do that to the person who broke up with them, so they can then stop being so troubled by the break up and move on.

If you are willing to do that with your ex, then you will need to follow through on the ex back process to get her back and give yourself that shot.

The first step of the ex back process is re-attraction.

This means, you need to interact with your ex every chance you get via text, social media and most importantly over the phone and in person and begin re-attracting her (e.g. by making her laugh and smile and feel good to be talking to you again, being confident with her regardless of what she says or does to make you feel unsure of yourself, showing her via your attitude, actions and behavior that you've transformed yourself into a better man than before, flirting with her to create some sexual tension).

Then, after you've completed the other steps of the ex back process, proceed to hook up with her sexually and get a relationship started once again.

If you then want to break up with her at that point, proceed with it, but if you want to give the relationship a real chance and see if you and her can make it last, then go for it.

You have nothing to lose and everything to gain by giving it a try.

Alternatively, if you don't want her back at all and just want to get over her, here is something else you can do:

3. Start having fun outdoors with new people

Right now, the idea of getting out, meeting new people and doing anything fun without your ex might seem too hard for you, or just like something you don't want to do because you feel like being anti-social at the moment.

You might just want to be left alone to try and heal, or at least to hang out with friends or family where you feel comfortable and don't have to put in a lot of effort to look cheerful or interested.

Yet, that's not going to help you get over your breakup.

Here's the thing:

Catching up with existing friends (or family) will inevitably lead to discussions about your ex, which will most likely make you miss her even more than you already do.

You will likely see your friends or family happy and secure in their relationships, which will make you feel like the odd one out.

As a result, you will keep going back to missing your ex and wishing that the break up didn't

happen.

The more you miss your ex and feel the deep pain associated with it, the more likely it is that you will begin to think, act and behave in unattractive ways (e.g. you may appear sad and lonely, you might say things from a place of insecurity, neediness or loneliness, which will turn your ex off and likely any other attractive, single women that are in your life, you may keep looking at photos and videos of you and her and wishing you could go back in time to be there with her again).

If you fall into that way of thinking and behaving, you will on the wrong path to re-attracting your ex. Why?

Women are instinctively attracted to the kind of men who are emotionally strong and can cope with whatever life throws at them (e.g. a difficult breakup) and turned off by men who fall apart, go inward and feel lost when faced with a challenge.

So, if you interact with your ex (e.g. on a phone call or in person) and she senses that youâre not coping very well without her, she will interpret it as emotional weakness and naturally feel turned off.

This is why itâs so important for you to start having fun again with new people and not just with your old friends.

Even though it may be hard for you right now, make the effort to get out and meet some new people.

If youâre unsure how, here are some ideas to get you thinking.

You canâ

- Attend a meet up group in your area (for ideas check out [meetup.com](https://www.meetup.com)).
- Start a new hobby (e.g. dancing classes, martial arts, hiking).
- Join a group exercise class.
- Join a travel group and start getting away over the weekends and exploring new and exciting places with the group.

Additionally, if youâre friends arenât available to go out meeting women with you, here are some tips and techniques for you to go on your own:

The more you focus on having fun without your ex, the more you will find yourself feeling better every day.

As an added bonus, the happier you become without her, the more attracted to you she will feel if and when you interact with her.

Suddenly, youâre no longer her dumped ex who canât live without her and has had trouble getting over the break up.

Instead, you are happy, confident and getting on with your life.

Sure, you might still want her back, but you know that you no longer need her back to be able to enjoy your life or feel good about yourself.

If you do interact with her, she will pick up on that and it will make her feel a renewed sense of respect and attraction for you.

At that point, you can re-attract her and get her back if you want, or just feel good that your ex wants you back and use that as an additional confidence boost as you get on with enjoying your life without her.

The next thing you can do to get over the breakup isâ€¦!

4. Become more emotionally independent as a man

To feel emotionally independent as a man (a quality that women find irresistible in men) you need to reach the point where you canâ€¦!

- Be happy and content with or without your ex in your life.
- Be confident in yourself, regardless of what happened between you and her, or whether she is still there to support or reassure you.
- Be confident in yourself regardless of what anyone says or does around you (e.g. they arenâ€¦t nice to you, they exclude you, they overlook you).
- Believe in yourself and in your attractiveness as a man, regardless of what your ex may have said about you when you and her broke up.

Important: Being emotionally independent doesnâ€¦t have to mean that you donâ€¦t want her back no matter what.

Instead, it simply means that youâ€¦re not going to sit around and let years of your life pass you by just because sheâ€¦s not your girl anymore.

Watch this video I made about the decades of your lifeâ€¦!

How are the remaining decade of your life going to play out with women?

Are you going to always miss your ex and wish you used your chance to get her back while it was still possible?

Are you going to move on and attract new women who might be an even better match for you?

Are you going to get over your ex, move on and never look back?

Whatever you do, start making decisions and taking action from a place of emotional independence.

Itâ€¦s the best way to live life as a man.

It frees you up to go after what you want (even if that is your ex for now) without ever feeling needy, insecure or reliant on one particular woman to make you happy, secure and confident in yourself.

In the case of wanting an ex back, quickly get yourself to the point where you want her back, but donâ€¦t need her back to feel good about yourself or to live a successful, happy, confident life.

Whether you get over her and move on, or get her back, itâ€¦s just so important that you achieve emotional independence.

Why?

One of the reasons why is that some guys mistakenly think that to make a woman feel loved, happy and appreciated in a relationship, he has to make her the centre of his world.

Everything he does should be for her.

No, no, no.

Thatâ€¦s not emotional independence.

Thatâ€¦s betting his entire happiness and fulfillment in life on her being happy with how much he gives to her and does for her.

That just doesnâ€¦t work in the long run.

Yet, many guys don't realize it until they've wasted years or decades of their life trying to please women in that way.

For example: A guy like that might want to give up his interests and hobbies, put his dreams on hold and even stop hanging out with his friends to spend more, or even all of his time with his girl.

He assumes that by putting her in first place in his life, she'll see how devoted he is to her and she will then in turn be equally devoted to him too.

Yet, that's rarely how it works.

Instead, when a man makes his woman his main purpose in life and reason for living, he will eventually begin to behave in an insecure, clingy, needy way (e.g. he will need her to keep showing him how happy she is, how in love she is, otherwise his entire world will be threatened).

Over time, his needy, clingy behavior will drive a wedge between them and cause her to lose respect and attraction for him.

When that happens, staying in a relationship with him will become something that no longer appeals to her.

It will feel forced and as though she is just sticking around to help him avoid crumbling and falling apart without her.

That's not what a woman wants, even though movies and TV drama shows might pretend that it is.

Women want a man who is emotionally independent, loves her and makes her feel wanted, but also gives her the feeling that she needs him and that it would be her loss if the relationship ended, not the other way around.

So, if you want to get your ex back, one of the main things you need to show her is that you haven't been sitting around feeling sad, lonely and lost without her.

Instead, you are now emotionally independent and feel really good about yourself and your life without her.

Don't rub that in her face by saying it, but just let her sense that via your social media posts (i.e. you having fun with new people) and the way you talk and interact with her (i.e. without any sense of neediness, but while still being a good, loving man).

When she notices that, she will like it and it will attract her to you.

She may initially feel confused about her feelings, but she won't be able to ignore them if you continue to interact with her and build up more attraction.

Soon enough, she will be the one who is having trouble getting over the break up and will want to get back with you to make herself feel better.

Try to Avoid Making the Following Mistakes When Getting Over Your Break Up

These days, a lot of men have trouble getting over break ups with women and often then make one of the following mistakes, which don't solve the problem!

1. Assuming that the solution is to unfriend her, block her and completely delete her from his life

[image: Blocking her won't make you forget her]

Right now, it might feel comforting to get rid of all signs that your ex ever existed in your life (e.g. unfriend her, block her, delete photos of her, get rid of anything personal that she left behind).

Unfortunately though, that doesn't take away the pain or the deep memories of her.

Instead, you're just left with what you can remember, which is usually just going to be the stuff that makes you feel good about her.

As a result, you just end up feeling stuck, depressed, lonely and like you'll never be happy again without her, which doesn't help you feel the confidence that you need to feel to get her back, or get over her.

Remember: Hiding from your problems doesn't make them go away.

They're still there.

At some point, you will come across your ex again (e.g. at the mall, university, work, a mutual friend's house, she sends you a friend request, she opens her social media profile to be viewable publicly, you search and find photos of her at her new place of work, a friend sends you a pic, a friend runs into her and passes on a message for you, etc).

At that point, you're either going to be ready to re-attract her, or you're going to be at a loss of what to do because, up until that point, you've been pretending she doesn't exist.

She does exist.

The question is: Are you going to pretend she doesn't and try hard to ignore the deep memories you have of her, or are you going to face up to reality and decide that she exists and you're either going to get her back or move on with new women to get over her?

Try to make a decision and then begin making progress in the direction you have decided to go.

In the meantime, another mistake to avoid is

2. Not improving your ability to attract her and as a result, feeling lost and hopeless without her

One of the most important elements of being a confident man around women, is knowing how to attract them at will (i.e. on purpose, not by luck) and then how to keep a relationship together.

Watch this

If you don't have the skill of being able to attract a woman at will and make her want to please you and stay with you in a relationship, you will always feel a lack of confidence around women.

You either have it or you don't.

So, a mistake that a lot of guys make when they get dumped by a woman is to go into their shell and hide themselves away from women for a long time.

During that time, most guys won't learn how to improve their attractiveness to women, or they will focus on improving things about them that are only external (e.g. their looks, career).

Yet, even if a guy improves his appearance or career, he still has to be able to handle the first 5

minutes of a conversation with an attractive women.

He still has to be able to make her want him and hope to be his girlfriend.

He still has to be able to keep the relationship together for life, rather than ending up getting dumped again or divorced.

Itâs not something that any of us guys can escape.

So, if youâve been feeling lost without her because you know that itâs difficult for you to attract new, quality women, then now is the time to get this area of your life handled.

Donât make the mistake of just hiding yourself away and developing insecurities about women, or assuming that all of your problems with women will go away if you go to the gym or improve your career.

Guys with muscles get dumped and guys with a great job get dumped too.

What matters is your ability to attract a woman as you talk to her and interact with her and your ability to keep a relationship happy, attracted and in love for life.

When you have that skill, you will be confident with women for life.

Yet, if you remain stuck at the level you are at now, you will almost certainly always feel insecure and unsure of yourself around attractive women and fear getting dumped, cheated on or divorce throughout the rest of your life.

Another mistake to avoid making isâ

3. Focusing on the painful emotions of being dumped, rather than seeing the break up as an opportunity to become the man he knew he could have been becoming all along

You can let this breakup bring you down and cloud the rest of your life with a dull pain that you always feel in the background, or you can use it as a springboard to a much better, stronger, more desirable version of you.

You can literally become so much more confident, strong and wise from this moment onwards, or you can weaken and fade into a version of yourself that you wonât be happy with.

So many guys let a break up with a woman destroy them for years or decades.

Donât do that to yourself.

Use the break up as an opportunity to quickly become the amazing man you know you can be.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Was I Wrong to Block My Ex Girlfriend?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

It depends.

1. Did you block her to hopefully make her regret leaving you?

[image: Did you block her to hopefully make her regret leaving you?]

If so, then the act of blocking her can work if she is still in love with you and secretly wants you back.

Yet, if she doesn't secretly want you back, then she probably won't care much or at all about you blocking her.

Additionally, if she tries to contact you and sees that she is blocked, it can have a negative effect depending on the reason for the break up.

For example: If one of the main reasons she broke up with you was because she thought you needed to be more manly, then she might look at the act of blocking her as being immature and childish.

Her perception of a manly man may be a man who doesn't need to block her and instead, can handle any contact she may have with him because he is emotionally strong and mature.

She may feel as though it's only really women who block guys or who can't handle communicating with an ex, but men shouldn't be so emotional and reactive like that.

If that's the case, she might think something like, *â€œWhaaat? He blocked me? Why? I can't believe how childish he's behaving. Like a girl. This is just more proof that I made the right decision by breaking up with him. He's definitely not the man for me. I can now put that relationship behind me and move on and find myself a real man without having any regrets.â€*

So, what should you do now?

You've blocked her.

How can you reverse the situation?

Firstly, you need to be man enough to take responsibility for your actions.

So, you have two options right now:

1. Unblock her and hope that she contacts you. (That might not happen for weeks or months, during which time she may move on).
2. Unblock her and send her a message saying, *â€œHey. I blocked you and then unblocked you. Just thought I'd let you know. Sorry for being an idiot.â€* That will make her feel compelled to forgive you and possibly message you back. Either way, you can message her a few days later and then get her on a phone call.

Be prepared for the phone call though.

She might not be initially receptive and open, but you can change that by warming her back up to you as you talk to her.

So, imagine that you're on a call with your ex and she says something along the lines of, *â€œWhat do you want? Why are you calling me? Aren't you the one who blocked me? Why are*

you calling me now? I donât get it.

Rather than becoming defensive or annoyed, or losing confidence and becoming unsure of yourself, just laugh at yourself and say something along the lines of, *âYeah, that was me. I think I was suffering with a little bout of âidiotitisâ at the time. Fortunately, Iâm all better now* and have a laugh with her about it.

Then add, *âSeriously though, Iâm sorry that I was being silly when I blocked you like that. It was a childish and immature thing to do. Anyway, I accept that you and I have broken up. All I want is for us to get past that and at least be friends from now on, thatâs all. We can be friends, right?*

By laughing at yourself and then admitting your mistake, it shows her that you really have changed and are no longer the same guy she broke up with.

You have learned from the experience and have already taken steps to become a better, more emotionally strong and mature man.

Additionally, by getting her to agree to be friends, it then makes it okay for you and her to text each other, get on a call and if the vibe is good, even arrange to catch up in person to say hi.

Thatâs the smooth way to get an ex woman back.

The woman enjoys it, feels good about it and wants it and youâre just guiding her through it all.

It works and it doesnât result in you being rejected because youâre not using an approach of asking for a relationship with her.

Youâre just making her have sexual and romantic feelings for you and then guiding her towards hugging, kissing, having sex and then (and only then) being in a relationship with you again.

By the way!

Remember not to lose your confidence (or cool) if she doesnât forgive you right away for blocking her.

Many women wonât make it easy for a guy to instantly get her back after heâs blocked her.

So, in some cases, a woman will initially pretend that she wonât forgive him, that she doesnât care that he blocked her in the first place and that she doesnât want to be friends with him anyway, to see if heâs going to give up right away, or if he will remain confident enough to keep guiding her back into a relationship.

Of course, that doesnât mean you should beg and plead with her to change her mind or pressure her into wanting a relationship, because that will only turn her off even more.

Instead, just maintain your confidence and use humor to break down her defenses and make her open back up to you.

You can then use your friendship with her to fully reactivate her feelings for you, get to kissing and sex again and then get her back into an actual boyfriend-girlfriend relationship.

2. Did you block her because she was harassing you?

[image: Did you block her because she was harassing you?]

In a case like that, blocking your ex girlfriend can be a good thing, especially if you donât want her back due to her harassing you or being nasty towards you.

You can simply keep her blocked, cut your losses and move on.

Additionally, it can also lead to her wanting you back in some cases too.

For example: If your ex girlfriend still has feelings for you and has been harassing you because she's worried that you might move on without her, blocking her can cause her to finally come out and confess that she wants you back.

You are then in the position of power and can guide her back into a relationship with you.

Yet, not all women react nicely to being blocked.

Depending on the reason for the break up and how the guy behaved leading up to, during and after the break up, getting blocked can really make a woman angry for how he is now treating her.

She can feel disrespected, abandoned and used, which can result in her being nasty in certain ways (e.g. contacting his friends to reveal his secrets, causing problems for him at work, etc).

How the woman reacts really depends on what kind of person she is, how the break up went down, how much she cares about her ex, how impacted she feels by the break up, if she has a new guy and is happily moving on and so on.

3. Did you block her to prevent your new girlfriend from feeling hurt, jealous or annoyed?

[image: Did you block her to prevent your new girlfriend from getting hurt?]

If you've happily moved on with another woman and have no intention of getting back with your ex girlfriend, then blocking her for the benefit of your new girlfriend is a good thing to do.

However, depending on what type of woman your girlfriend is, she may actually like it and feel more attracted to you if she sees that your ex is still trying to get you back.

It really depends.

Some women have a really hard time trusting guys, just like some guys have a really hard time trusting girls.

So, if your new girlfriend has trust issues, wants a serious relationship and doesn't want your ex girl hanging around, then it can be helpful to block your ex and keep her out of your life.

As you probably know by now, trust is one of the most important parts of a relationship between two people.

Without trust, a relationship will erode away via fights, accusations, resentment, anger and desire for revenge until the relationship feels more like two enemies than a loving, boyfriend and girlfriend.

So, if you're worried about your new girlfriend feeling as though you can't be faithful to her, blocking your ex will let her see that she has nothing to worry about anymore.

Your ex is gone and she is your woman.

On the other hand, if you've only been dating other women to make your ex jealous and hope that it causes her to come back to you, then blocking her might not be the right approach, because she may take it as a sign that you're completely over her and she will then move on with another guy herself.

4. Did you do it because you couldn't handle seeing her social media profile?

[image: Did you block her because you couldn't handle seeing her social media profile?]

If so, then it points to a major thing you need to improve about yourself as a man to re-attract her and keep her in a relationship; your emotional strength.

An emotionally strong, masculine man doesn't run or hide from challenging situations. He faces them head on, while remaining calm and in control of his emotions.

He doesn't rely on a woman's signs of interest, nice behavior towards him or loyalty to him to feel confident about himself.

As a result, women feel magnetically attracted to him and want to be loyal for life so they don't lose him.

It's a completely different way of approaching life as a man, which results in a totally different experience with women.

Part of being able to live that type of life is being emotionally independent, or having independent confidence.

This means that you don't rely on a woman or other people around you in life to make you feel good enough about yourself so you can feel confident or worthy.

You feel that way on your own, based on your decision about yourself that you are worthy.

You are a great man and are always becoming an even greater man.

You are amazing and on your way to becoming even more amazing.

That's how you have to think about yourself to have independent confidence, or to be emotionally independent.

It's such a rare, powerful quality to have as a man, which is why women are so attracted to it.

It makes men and women respect you, look up to you and want to be like you.

It's a powerful quality and very few men have it.

So, if you want to re-attract your ex girlfriend and get her back, the first thing you need to do is to get to the point where you approve of yourself and know that you are good enough for her (and for any other woman you want).

The more you believe in yourself and your ability to re-attract your ex girlfriend, the more it will become a reality.

You will see improvements immediately and every day from now on if you adopt that mindset.

Yet, don't wait around for weeks or months to contact her and let her experience the new and improved you.

Take action like a real man and make it happen within the next few days to a week.

When your ex girlfriend experiences the changes in you (i.e. she sees that you're now more confident, emotionally strong and emotionally masculine), her feelings about you will automatically begin to change.

Even if she tries to deny it to your face, she won't be able to stop herself from feeling new sparks of respect and attraction based on you being man enough to quickly learn from your mistakes and improve.

She will then begin to feel confused about her decision to break up with you.

When those kinds of thoughts enter her mind, the door to getting her back begins to open and you can then walk right through and get her back.

Where Some Guys Go Wrong When Blocking an Ex After a Break Up

In most cases, blocking your ex will simply cut off your chances of interacting with her to re-attract her and get her back.

If she is interested, tries to reach out to you and sees that she is blocked, it can cause her to quickly try to move on with new guys to make herself feel better.

She may also decide to block you during that time, so you can't contact her and mess with her emotions.

So, apart from a few exceptions, it's almost always better to avoid blocking her (or unblock her if you have blocked her already) and just get on with re-attracting her and getting her back.

That said, here are 2 common mistakes some guys regarding blocking an ex woman.

The first one is about social media!

1. Forgetting that she can easily check his social media profile from someone else's phone, including a mutual friend if they have one

Women always want to check up on their ex after a break up.

It's a natural curiosity that is very hard to ignore, especially in today's world with access to social media.

In some cases, a woman will check her ex's social media because she misses him and wants to see if he's also feeling a bit sad and lonely without her.

In other cases, she checks to see if he's struggling without her, so she can then feel good about herself, or she wants to make sure that he doesn't move on before she does, so she doesn't have to feel like she is the one being left behind after the break up.

Whatever her reasons, an ex woman will almost always find a way to check up on her ex guy, even if he's blocked her.

If she then comes across a sad, lonely social media photo of him, or a post where he's talking about how much his life sucks, she will automatically start to feel better about herself (because the break up is hurting him more than her) and turned off about him (because women are turned off by emotional weakness in men).

So, if you've already blocked your ex, make sure that you update your social media pages and post lots of photos of you having fun with other people since the break up.

The more she can see that you're having fun without her (not photos of you doing things on your own. It has to be with other people), the more she will want to interact with you again.

She will feel as though she is missing out on experience a new, more confident and happy you, which will make her feel like she is being rejected in a weird kind of way.

Itâ€™s almost as though you are happier now that youâ€™re without her.

She canâ€™t have that happen.

She has to make you feel like you need her again.

As a result, she will most likely text you, message you on social media or call you (if youâ€™ve unblocked her) or pass a message through a friend (if sheâ€™s still blocked) and pretend that she just wanted to say hi as a friend, or to see how you were doing.

Donâ€™t be fooled by only wanting to say hi, or just wanting to see how you are doing.

Secretly, she will be feeling surges of respect and attraction for you again for being able to live a happy, fulfilling and successful life with or without her in it.

From there, you simply need to create some sparks of attraction inside of her as you talk to her and then arrange a meet up so you can get her back.

So, make sure that your social media profile is showing you looking happy, confident, loved and included (i.e. around other people who clearly want you to be there).

Let her feel like the one who is missing out.

That is what works on all types of women, young and old.

I know this because Iâ€™ve helped 1,000s of men to get their ex woman back.

It works.

Another mistake that guys make regarding blocking their ex isâ€¦

2. Assuming that she will care that she is blocked

Sometimes, a guy will block his ex girlfriend hoping that she will care so much that she will desperately try to contact him, but she wonâ€™t.

In other cases, he will hope that she notices and then tries to contact him to find out whatâ€™s up.

Yet, she doesnâ€™t even care or notice that she is blocked and simply uses the time that he is out of her life, to move on.

Hereâ€™s the thingâ€¦

When a woman breaks up with a guy, she will usually have reached a point where she has disconnected from her sexual and romantic feelings for him.

In other words, she doesnâ€™t feel much or anything for him anymore and is emotionally ready to move on.

Many women get prepared weeks or even months before a break up.

So, when she finds herself single again, a woman will often focus all of her attention on moving on, finding herself a new man and living life on her own terms without the stress that sheâ€™d been experiencing leading up to the break up.

This usually means that sheâ€™s not losing any sleep worrying about why her ex blocked her.

Instead, she may even be thinking things like, *â€œCool. Iâ€™m glad he blocked me rather than constantly texting, calling, messaging me to give him another chance. Now I can enjoy my life without him seducing me back into a relationship. I can focus on finding myself another guy, without the hassle of dealing with an ex. Too easy.â€*

So, if your ex girlfriend doesn't have feelings for you anymore, what you need to understand is that you stand a much better chance of getting her back by interacting with her (via text, on social media and especially over the phone and in person) and using those interactions to reawaken her feelings of respect and sexual attraction for you, than you do by blocking her and hoping she will somehow come running back to you.

Of course, if you've already blocked her, it's not the end of the world.

Just go ahead and unlock her, call her and begin reactivating her feelings for you.

If she doesn't answer your call, just text her.

Yet, make sure that you get to a call though.

Attraction happens so much faster and easier on a phone call compared to text, so don't hide away from a phone call behind way too many texts.

If you text too much, she may end up playing hard to get and going cold on you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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My Ex Said It's Best That We Don't See Each Other or Talk to Each Other Anymore

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 possible reasons why your ex said that:

1. She wants to create some distance between you and her so she can move on with another guy

[image: She wants to create some distance between you and her, so she can move on with another guy]

If a woman has disconnected from her feelings of respect, attraction and love for a guy and wants to remain broken up, she will usually try to avoid interacting with him too much after the break up.

She will aim to create distance between herself and her ex, so there is less of a chance of him being able to re-attract her and seduce her back into a relationship.

A woman may do that if she wants to be alone for a while, open herself up to dating other guys to see how she feels, or even if she is already interested in a new guy or dating a new guy.

She essentially wants to give herself a chance to see if she can move on without her ex.

Yet, she doesn't want to tell him that directly.

So, rather than saying something like, *"Look, I'm not going to change my mind about breaking up with you. In fact, I'm probably just going to move on and find myself a new guy. Please stop bothering me and accept that it really is over between us,"* and then have to deal with his response (e.g. he might beg and plead with her to change her mind, cry, get angry and call her disloyal or other names), she instead tries to cut him off by saying that it's best they don't see each other or talk to each other anymore.

That way, she can make a clean break and then move on with another guy if she wants to, without having to constantly deal with an overly-emotional ex.

Here's the thing though!

You don't just have to accept defeat and give up on her because she has recommended or thinks that it's best if you and her don't see each other or talk to each other anymore.

You can seduce her back into a relationship, so you and her can have a new chance at what you had!

You can literally change how your ex feels about you and the break up by changing your approach to interactions with her from now on.

So, rather than making the mistake of nagging, begging, pleading or harassing her to stay in touch with you, just focus on making her feel so good when she interacts with you (i.e. attracted, turned on by her new approach, curious about the new you, relaxed and happy when talking to you) that she wants to keep hearing from you.

She wants it.

When she wants it, she opens up to you and doesn't want to lose you.

That is the easiest, most effective and loving way to get an ex woman back.

In her mind, she feels as though it's all on her terms and she is deciding everything, but in reality, it's half on her terms and half on yours.

You are making her feel attracted to you again and guiding her back into a relationship and she is deciding to open up to that and give it a chance because it feels so good to her.

So, make sure that you are clear on this: When you change the way you interact with her (i.e. make her feel surges of respect and sexual attraction for you again), her feelings about you and the relationship will automatically change, often within minutes or hours.

She will get to the point where she thinks something like, *“I feel different all of a sudden. Now, the idea of moving on with someone else doesn't feel right to me anymore. Maybe we can work things out between us after all. I don't want to lose him. In fact, I want him hugging me right now. I want to kiss him.”*

Then, getting back together will happen naturally and quickly.

However, if you accept defeat based on her saying that she thinks it's best that you don't see each other or talk to each other anymore, you could lose her for life.

Additionally, she may decide to move on with another guy without having any regrets, leaving you behind in ruins, missing her and regretting not giving yourself a chance to get her back.

Another possible reason why your ex said that she doesn't want to see you or talk to you anymore is that

2. She is tired of you trying to get her back even though you haven't really changed

[image: She is tired of you trying to get her back even though you haven't really changed]

If a woman feels like her ex keeps trying to convince her to get back together, but doesn't want to change or doesn't even know how or what to change (e.g. she wants him to stop being so emotionally sensitive and be more manly, but he has no clue how to be like that. He thinks that he needs to be nicer, more polite and considerate. Yet, she wants him to grow a pair of balls and make her feel like a woman in comparison to his loving, but dominant masculinity), then she won't waste time interacting with him.

Instead, she will focus on getting over him and moving on by opening herself up to more masculine men.

This is why, if you want your ex to change her mind about not seeing or talking to you anymore, you need to show her via your actions, behavior and the way you talk and interact with her that you've already changed and improved on some of the things that really matter to her.

For example: Some of the things a woman might want to really see change in her guy are that

- He maintains his confidence regardless of what she says or does to make him feel insecure (e.g. she acts cold and aloof, throws a tantrum and blames him for the break up), rather than losing confidence and becoming insecure like he has, especially near the end of the relationship. He uses humor to change her mood from angry to happy, rather than getting dragged into her fake drama and losing control of his emotions. Alternatively, simply not losing his cool when she creates fake drama to test him.
- He believes in himself and in his value to her and the world, rather than feeling like he's

not good enough for her, or like other guys are better than him and she secretly wants to be with them.

- He makes her feel like a sexy, desirable woman, rather than treating her like a neutral friend or like one of his buddies.
- He is loving, caring and attentive, but he doesn't let her push him around and get away with bad behavior (i.e. being very disrespectful towards him, being selfish). He puts her back in her place in a loving, caring, but dominant way.
- He has a plan for his life (and by association her life too if she is lucky enough to be with him) and he is motivated, focused and active in pursuing that plan, rather than being a grown man who still acts and behaves like a teenager (e.g. irresponsible, immature, stuck in a rut, wastes a bit too much time watching TV or playing video games).
- He is emotionally independent and has goals, interests and friends that are independent of his relationship with his woman, rather than making her his main purpose and source of happiness and entertainment in life.

These are just a few of the changes your ex might want to see in you before she starts believing you and stops wanting to cut all ties with you.

You don't have to achieve everything all at once, but you do need to let her see that you have changed.

Don't tell her that you've changed and try to sell yourself.

Let her sense it based on how you react, respond and act and also based on what she finds out as you talk and interact with her.

When she notices that you really have changed and so quickly, she will feel a strong, surge of respect and attraction for you again.

She will then naturally stop pushing you away and start feeling like she wants to open up and experience the new and improved you.

As a result, her defenses come down and she opens back up to talking to you and being with you to see what happens from there.

If you know how to get her back at that point, you will have a very high chance of getting her back.

Another possible reason why a woman will say she doesn't want to see you or talk to you anymore is because!

3. She cares about you as a person, but just isn't attracted to you anymore

[image: She cares about you as a person, but isn't attracted to you anymore]

It can often be difficult for a woman to handle interacting with her ex when she knows that he has strong sexual and romantic feelings for her, but she no longer feels the same way about him.

Yet, because she cares about him as a person and doesn't want to continue seeing him unhappy and disappointed every time she tells him that she's not interested in getting back together, she will often suggest that they cut off all contact to make it easier for him to heal and move on.

Another reason she may suggest that is because if he sticks around and she starts dating other guys, or even gets into another relationship, she doesn't want to deal with his reactions to it all.

So, ask yourself: Could that be a possible reason why your ex said that it's best that you

donâ€™t see each other or talk to each other anymore?

Is she really just trying to avoid your reactions to what you will see happen in her life (or find out about) over the next few weeks?

If so, you need to take control of the situation and turn it around to your advantage now, before you become even less of a priority for her.

Firstly, you need to let her know that you accept the break up and that you only want to be friends from now on.

Then, you need to use the friendship (and ability to contact each other as friends) to immediately re-spark her feelings of sexual and romantic attraction for you, so she begins to be the one who wants to be more than friends.

By the wayâ€¦!

The important thing to remember is that you canâ€™t push her for a relationship commitment right now, because if you do, she will quickly close back up again and may end up saying something along the lines of, *â€œI knew I shouldnâ€™t have agreed to be friends with you. You were only saying that to have more time with me so you could convince me to get back together. Even though I really do care about you as a person, I just donâ€™t feel the same way about you anymore, and I donâ€™t want to keep seeing the hurt look on your face every time I say that. This is why, Iâ€™m going to stop seeing you and talking to you from now on. I know it seems harsh, but itâ€™s for the best for both of us. Please donâ€™t make this harder than it already is and just let me go.â€*

Sheâ€™ll say it in her own way, but she will basically mean that.

She will feel disappointed that youâ€™re pushing for a relationship when she doesnâ€™t have the same kind of feelings for you and will likely use that as a reason to further distance herself from you.

So, just focus on using interactions with her to relight the spark of attraction inside of her (e.g. by maintaining your confidence around her even when she says that she never wants to get back with you or if she talks about dating other guys, by making her laugh and smile and feel good in your presence, by flirting with her to create some sexual tension between you, by using your masculinity to make her feel feminine and girly in comparison to you).

The more respect and sexual attraction you can make her feel during interactions, the more open she will become to getting back with you.

Yet, if your plan is to beg, plead or try to convince her to change her mind by explaining why she should give you another chance, then sheâ€™s probably going to just stick to her decision to cut you out of her life.

Another possible reason why a woman will say she doesnâ€™t want to see you or talk to you anymore after a break up isâ€¦!

4. She still feels attracted to you and loves you, but her gut instinct is telling her to remain broken up with you

[image: She is attracted, but her gut instinct is telling her to move on]

There are instances where a woman will suggest cutting off all contact with her ex to protect herself because she still has strong feelings for him, but deep down she knows it just wonâ€™t work out in the long run.

For example: Some of her reasons might beâ€¦!

- Heâ€¦s a really nice guy, but he doesnâ€¦t make her feel strong sparks of attraction for him because of how he treats her. It feels more like a friendship than a relationship and she doesnâ€¦t want that. She wants a good guy who makes her feel the need to be very nice to him, rather than a nice guy who essentially tries to make her love him based on how nice, good, generous, loving and caring he is.
- Heâ€¦s stuck in a dead-end job and isnâ€¦t doing anything to improve and upgrade himself, or he works way too much and doesnâ€¦t give her enough time and attention.
- Heâ€¦s jealous and controlling and often gets very angry at her, to the point where she worries that over time, he might even become violent towards her.
- They have different ideas about what they want in life (e.g. he wants to go traveling and not have too many responsibilities in life, whereas she wants to settle down and start a family, or vice versa).
- She feels like sheâ€¦s more emotionally mature than him and that heâ€¦s not likely to change any time soon, or on the other hand, he is too serious and she prefers having a more light-hearted, easy-going and sometimes immature approach to life because she believes that in the end, nothing really matters anyway, so why not just have fun and enjoy life.
- She feels like heâ€¦s too good for her because heâ€¦s very good looking, way cooler than her or comes from a much better family and upbringing.
- Sheâ€¦s noticed that he has a wandering eye (very attracted to other women and canâ€¦t seem to remain focused on her), so sheâ€¦s afraid that he will eventually act on that desire and physically cheat on her.

As a result, she decides to distance herself from him to help herself get over him and be able to move on with a guy who she hopes wonâ€¦t end up disappointing her in other ways.

Of course, there is no guarantee of that for her and she likely knows it.

She knows that itâ€¦s not easy to find true love and if you find it, sometimes it is worth fighting for.

If you want your ex to feel as though what you and her shared is worth another try, you need to focus on quickly improving on some of the things sheâ€¦s worried about, so that she can see for herself that her concerns are unfounded.

For example: Some of the things you might do to convince her areâ€¦!

- Flirt with her and make her feel like a desirable woman when sheâ€¦s with you (so she feels that â€œsparkâ€œ with you) rather than talking to her in a neutral way.
- Start getting clear on your big goals and ambitions in life and try to make progress on them, or if youâ€¦ve been neglecting her, try to start living a more balanced life where possible, so you would actually have some additional time and attention available for her.
- Spend less time or completely cut ties (for now) with some irresponsible friends and begin hanging out with more mature friends.
- Take a moment to understand what really attracts women to men after a break up and learn that, so you can prepare yourself to properly re-attract her and get her back.

Initially, she might feel a bit nervous about giving you another chance (because she may not believe you can change), but when she sees for herself that youâ€¦re now at a different level than before,

she won't be able to hold out for very long.

Suddenly her resolve to not see each other or talk to each other anymore will begin to fade and from there, you get quickly get her back.

Another possible reason why a woman will say she doesn't want to see you or talk to you anymore after a break up is

5. She's trying to tell you to leave her alone and is simply being polite about it

Sometimes a woman will have distanced herself from her feelings for her ex, a long time before she breaks up with him (i.e. some women get ready for a break up months in advance).

So, by the time that the couple is officially broken up, the woman is emotionally ready to move on and make a clean start with someone else.

Yet, her ex, who has often be surprised by a sudden break up, will feel shocked and may begin doing all kinds of ineffective things to convince her to give him another chance.

For example: He might

- Call her on the phone to discuss the relationship and try find a solution to help them get back together again.
- Send her flowers or gifts to apologize for his mistakes.
- Send her long text messages, emails or letters explaining his feelings for her.
- Invite her out for coffee as friends and then bombard her with reasons why they belong together, plead for another chance or worse, he may even start crying.

Although his intentions are good and he's just trying to get the woman he loves back, him pressuring her for a relationship just doesn't seem fair to her because she doesn't feel the same desire and wanting for him.

She has prepared herself for the break up, has disconnected from her feelings and is now trying to get away from her ex so she can hopefully move on.

So, what she would love to do is tell him to leave her, and explain that she doesn't love him anymore and let him know doesn't want to be in a relationship with him ever again.

Yet, because she's a nice person, she doesn't want to be so blunt about it and cause him extra pain.

As a result, rather than being so blunt, she instead says that she thinks it's best they don't see each other or talk to each other anymore.

She hopes that he will just accept that, so there is then enough of a distance between them for her (or both of them) to move on.

Here's the thing though

Even if your ex is only being polite to you and currently isn't interested in getting back together, it doesn't mean you can't change how she feels.

You can.

When you reactivate her sexual and romantic feelings for you again (e.g. by using humor to break down her defenses when you talk with her on the phone or in person, showing her that you've moved past the level you were at before, making her feel attracted in new and exciting ways) she

won't be able to stop herself from feeling drawn to you again in a way that feels really good to her.

In fact, for most women, it (falling back in love with an ex who has changed) is one of the most emotional, exciting experiences they have in life.

She won't know that though if you just ignore her now and hope that she comes back.

You have to do what works to make her fall in love with you again now, or you may potentially lose her for life.

5 Mistakes That Can Slow the Ex Back Process Down in Cases Like Yours

Your situation is unique, but there are so many common things that guys experience in a break up situation like yours.

Additionally, so many guys make the same types of mistakes when in a situation like yours.

So, if what you really want is to get your her, then make sure that you get clear on what to say and do to make it happen, rather than just trying to guess your way through it.

For example: Be sure to avoid the following common mistakes that can turn her off and slow down the process of getting her back:

1. Asking her why she feels that way

[image: Asking her why she feels that way]

Even though you might believe that you have a right to ask for an explanation from her (after all, she was your girl), your ex might not see it that way.

She may then end up feeling resentful about needing to explain herself to you (about why she thinks it's best that you and her don't see each other or talk to each other anymore), which then makes her even more determined to not see you or talk to you anymore.

It then becomes more difficult for you to re-attract her and get her back because her guard is up and she is actively trying to avoid you.

So, forget about her reasons and just focus on changing her mind by reactivating her sexual and romantic feelings for you during the interactions that you have with her.

When she feels so much respect and attraction for you again, the idea of not seeing you or hearing from you won't appeal to her anymore.

In fact, she will start to feel like not getting back with you would be her loss because she will miss out on experiencing the new, exciting emotions she now feels for you.

2. Asking her what you can do to change her mind

Asking a woman what you need to do to make her want to be with you usually only makes her feel stressed and annoyed with you for needing her to explain how to attract a woman.

The way she sees it, that is your responsibility, not hers.

So, rather than feel flattered that you want her female input on how to become a better man for her,

she instead feels turned off by the fact that you can't figure out how to be the kind of man that she wants and then start being that man, without her help and guidance.

Additionally, she worries that if she tells you what to do, you will do it and then it will feel fake or forced.

She wants you to figure out how to do it and then just do it, so you and her can get on with being in love in a romantic and sexual way.

So, if you want to get your ex back, don't rely on her to tell you what you need to do to accomplish it.

Instead, make her feel strong surges of respect and attraction for you again when you interact with her and you and her will then naturally get back together immediately or very quickly.

Another mistake to avoid making is

3. Trying to get her to change her mind by declaring your undying love for her

When a woman has lost touch with her feelings of love, respect and attraction for a guy and then breaks up with him, it then changes the way she thinks about him and looks at him.

In the past, she may have only had positive thoughts about him when she was in love, but now her mind is swarming with negative thoughts that cause her to want to be apart from him and move on.

So, rather than feeling flattered that her ex still loves her so much, a woman will instead feel annoyed by his constant pressure to commit to a relationship with him when she doesn't even feel the same way.

Here's the thing

A woman doesn't want to be in a relationship with a guy just because he loves her.

Instead, she wants to be with him because she loves him.

So, if you want your ex to stop saying that it's best that you don't see each other or talk to each other anymore and open back up to giving the relationship another chance, you have to stop focusing on how you feel about her.

How you feel isn't the point.

What matters to her is how she feels.

So, start making her have strong feelings of respect, attraction and love for you again whenever you interact with her.

It might only take you one interaction to get her to change, or two or three.

Either way, you can do it if you use this approach.

Men all over the world get their woman back by doing this.

It's natural, quick and always effective.

Just remember though: Getting your ex back should not be all about how much you love her and need her back for your reasons.

It has to be about her feeling respectful and attracted to you and wanting you back for her reasons (i.e. she doesn't want to lose you).

Another mistake to avoid making is

4. Getting angry at her or accusing her of being selfish

It can come to quite a shock to some guys to hear their woman say that she no longer wants to speak to them or see them anymore.

In some cases, a guy will feel right to become very angry with his ex for wanting to completely cut him out of her life.

Yet, expressing that anger is only going to convince her that she made the right decision to break up with him and remain broken up with him (i.e. because she may fear that he will turn into an angry, controlling ex boyfriend).

So, the best way to get an ex woman back is to maintain control of your emotions and use any interactions you have with her to reactivate her feelings for you.

Let her see that even under the kind of pressure that youâve been under lately, you are still able to maintain your cool and be a confident, loving man.

That makes a woman feel a lot of respect for a man, which usually then leads to her feeling open to feel attracted to him.

When that happens, the door is open to attract her further and get her back; often right away.

Yet, what if a guy has already made the mistake of getting very angry with his ex?

In many cases, if he genuinely realizes his mistake, changes and then re-attracts her, a woman will usually be willing to forgive his mistake and give him another chance.

The reason why is that attraction has a very powerful effect on both men and women.

All over the world, both men and women are often willing to totally forgive mistakes to get back together with the person they are so attracted to.

A woman will literally say something like, *âI donât care what happened in the past. I know he has changed. I miss him so much now. I want him back. I am going to give him another chance.â*

So, be sure to use the power of sexual and romantic attraction to make your ex feel compelled to give you another chance.

5. Accepting her words as meaning that itâs over and that you can never re-attract her or get her back

A common reaction that guys have when they get broken up with is to take whatever their ex woman says to heart.

For example: If a woman says, *âI think itâs best that we donât see each other or talk to each other anymore,â* a guy might interpret that to mean, *âItâs over between us and nothing you can say or do will make me change my mind. So give up right now and go away. We will never, ever speak to each other or see each other again. Goodbye.â*

Yet, hereâs the thingâ

Feelings change all the time.

Just because your ex is feeling as though she doesnât want you in her life right now, it doesnât mean she will feel that way a week from now when youâve reactivated some of her feelings for you.

Get it?

You can literally change how she feels and as a result, affect how she thinks, feels, behaves and acts in relationship to you.

You can literally make her want to be back with you, even if she has recently told other people that itâs over.

On the other hand, if you decide to take your exâs word for it and give up on getting her back, you will probably end up missing out on another opportunity to be with the love of your life.

Youâll then never truly know if your ex was the right one for you and you may spend the rest of your life comparing every other woman you date to her and wondering what it would have been like if you hadnât given up.

So, if you want your ex back, donât give up just yet.

Re-attract her so she wants to get back with you.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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Will My Pregnant Ex Come Back?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

It depends.

Here are 5 possible outcomes for you and her:

1. She will come back if she only really left you due to big changes in her hormones

[image: Her changing hormones led to her hasty decision to break up with you]

When a woman is pregnant a lot more changes than just the shape of her body.

She also experiences fluctuating hormones that can completely upset mental and emotional well-being as well.

In fact, according to Dr. Lucy Puryear, a psychiatrist specializing in women's reproductive mental health at Baylor College of Medicine, a woman can experience six (or more) different types of emotional changes while she's pregnant and after the baby is born, in addition to all her other usual emotions.

For example:

1. Mood swings (e.g. moodiness, irritability or annoyance over things that would normally not annoy her).
2. Fear (e.g. of having a miscarriage, of doing something wrong that will impact the baby, of whether or not she will be a good mother, about the stability of her relationship in the future).
3. Anxiety (this can be intensified if a woman was prone to being stressed or feeling anxious before she fell pregnant).
4. Forgetfulness (i.e. mental fogginess and occasional memory lapses, which can add to her stress levels).
5. Weepiness (e.g. crying for no reason).
6. Nesting instinct (i.e. preparing for the baby's arrival, in some cases, obsessively).

Based on that, chances are high that your ex may have been going through a fair bit of unusual, emotional turmoil when she broke up with you.

When her hormones begin to change throughout the pregnancy, she may begin to think, *What have I done? How could I have acted so crazy? I don't want to be broken up. Why did I leave him? Did I over-react?*

Another possibility is

2. She won't come back because she isn't attracted to you and doesn't believe that will change

[image: She isn't attracted to you and doesn't believe that will change]

Once again, when a woman is pregnant, a lot of the things she may have previously suppressed or ignored suddenly come to the forefront.

For example: She might realize that although her guy is a really nice guy, she hasn't actually felt

a spark with him for a very long time and instead of experiencing sexual and romantic feelings for him, she feels more neutral or friendly towards him.

Yet, now that she's pregnant, making decisions about her future become more pressing and serious.

As a result, she might decide not to remain stuck in a relationship that doesn't fulfill her emotional needs and expectations just for the sake of the baby.

She may even say to herself, *"I know this is going to be difficult, but I honestly don't believe things will change because he doesn't know how to make me feel attracted. He makes me feel more like a friend. So, I will probably end up breaking up with him anyway and it will be harder after the baby is here. So, this break up is for the best."*

In a case like that, a woman will try to stick to her decision and not go back to her ex.

Yet, that doesn't mean her ex man can't change how she feels and as a result, get her to willingly decide to give him another chance.

If her ex can re-spark her feelings of attraction for him and show her that he's changed in some of the ways that are important to her, getting back with him will suddenly become something that she wants to do.

So, if you want your pregnant ex to come back, make sure that you give her good reasons to do so.

For example: Come up with a clear list of reasons why she broke up with you.

Then, when you know what was turning her off, start to change and improve yourself in ways that will re-attract her.

By the way!

If you're unsure where to start, here are some questions that will help you uncover the deeper, possibly even secret reasons why your woman may have broken up with you:

- Did you have a long term plan for your life together and were you actively pursuing that plan, or were you just drifting along without any serious goals or ambitions and spending more time watching TV or playing video games than focusing on your future and the future of your family?
- Were you loving, attentive and caring towards her, or were you too wrapped up in your own world (e.g. your work, hobbies, hanging out with your friends, playing video games, your goals in life) to notice that she felt neglected and abandoned by you?
Was your relationship balanced where you had goals and dreams and were making progress towards them, but you also made time to make her feel appreciated and important too?
- Did you give too much or too little to the relationship?
- Did she feel the need to impress you and maintain your interest, or was it one-sided where only you felt the need to impress her and maintain her interest?
- Were you the more dominant one in the relationship, or did you let her get away with bad behavior and become disrespectful towards you?
- Did you make her feel like an attractive, desirable woman in your presence, or did you treat her more like a neutral friend (e.g. you and her ended up hanging out like buddies)?
- Did you maintain your confidence when she lost control of her emotions and was throwing a tantrum or creating drama, or did you lose your composure, get angry or sulk?

- Did you maintain her sexual and romantic feelings for you over time, or did you just assume that because you both loved each other at the start, the relationship would last for life no matter what?

Once you know what to fix, you can then focus on fixing that and getting her back by re-attracting her to the new and improved you.

You donâ€™t have to fix everything or become perfect.

Even just letting her experience 50% improvements in who you are in most areas, will cause her to feel drawn to you and see that you really have changed.

Another possibility in your case is thatâ€™

3. She will come back because she doesn't want to end up being a single mother

[image: The fear of being a lonely, stressed single mother may drive her back to you]

In some cases, a woman might come to the realization that even though her ex was not her perfect man, itâ€™s still better to raise a child with a father figure than trying to do it all by herself.

She may come to think, *â€œWell, he really is a good guy and I could do a lot worse. So what if our relationship is not exciting anymore like it used to be? Most relationships start off great and then settle into a comfortable routine, right? Thereâ€™s nothing wrong with that. It doesnâ€™t mean we donâ€™t love each other anymore. Besides, I know he will be a good father and thatâ€™s what counts. Also, he will support me and help me raise this baby, unlike other guys who would just run at the first sign of responsibility. Iâ€™m lucky to have him. I should get back with him.â€*

She then goes back to him and settles into a mundane relationship.

She tries to put on a good act of being happy, but if the attraction and love isnâ€™t there, it wonâ€™t last.

For example: If another guy comes along and fills in the gaps that are missing in her relationship with her man (e.g. he makes her feel more sexually attracted, heâ€™s more exciting, heâ€™s more confident), she will almost certainly leave the relationship.

Of course, that doesnâ€™t have to happen to you.

If your ex comes back on her own and you want to keep her back, you need to focus on creating a relationship dynamic that causes her to feel real love, respect and attraction for you.

Get her to feel the type of love, respect and attraction that makes her realize that no other guy is necessary.

You, her and your child (or children) are all that matters.

Another possibility in your case is thatâ€™

4. She won't come back because she doesn't feel like she needs be with you to raise the baby

[image: She doesn't feel like she needs to be with you to raise the baby]

Sometimes a woman feels like sheâ€™s better off without her ex no matter what.

So, even though she risks being a single mom and all of the stress and pressure that comes with that,

she sees it as a better option than going back to her ex.

For example: A woman might feel like that whenâ€¦|

- She is the more emotionally dominant one and makes all of (or most of) the important decisions in the relationship. As a result, she thinks something along the lines of, *â€œWell, what do I need him for then? I will just end up with two babies to take care of (him and the baby), rather than the one that Iâ€™m having. I donâ€™t want to take care of him anymore like a big sister or mother would. I have enough responsibilities now without worrying about a grown man who canâ€™t make a decision on his own without my input.â€*
- She is the more financially stable one, so she will more than likely end up having to support him too.
- He has taken her for granted in the past. As a result, she worries that she would be looking after a newborn baby and potentially running around after him too (e.g. cooking all the meals, cleaning and washing, running errands for him, having to show him lots of love to keep him happy, not getting enough love in return).
- Sheâ€™s emotionally stronger than him and knows that she will be able to cope by herself, while he might become insecure about her love for the child and react by being clingy, needy, irritable and so on.

So, hereâ€™s the thingâ€¦|

In todayâ€™s world, a woman no longer feels like she has to be in a relationship with a guy if he canâ€™t give her what she wants.

Itâ€™s not like in the past where a woman was completely reliant on a man to support her and protect her.

Sometimes things change (e.g. she loses her job, thereâ€™s a natural disaster, pandemic), but for the most part, a woman is usually able to take care of herself and be protected by the police and the settings of a modern, civilized society.

So, if a woman gets a sense that her man is not really offering her anything of value (e.g. examples of value are that he is emotionally stronger than her so she feels safe to be with him, he is loving and supportive, but still puts her in her place when she steps out of line, he has goals for the future and is actively working towards them like a real man), then she will usually just stick to her decision to remain broken up.

If you want your pregnant ex to come back to you, you need to make sure youâ€™re the kind of man she would happily give another chance to (e.g. confident, emotionally strong, manly, ambitious).

Donâ€™t go to her and try to sell yourself as being new and improved and then ask for another chance based on that though.

If you do that, she will likely reject you, put her guard up or play hard to get because youâ€™re giving her so much power over you.

Instead, interact with her and let her pick up on the fact that you really have changed, so she can naturally feel attracted and drawn to you and want you back for her own reasons.

Another possibility for you is thatâ€¦|

5. She doesn't want to come back because of how badly you reacted to her change in behavior, mood and attitude during the pregnancy

Sometimes, a guy might not handle the changes in his woman very well during her pregnancy (e.g. she gets tired more quickly than she used to, she is short tempered or bursts into tears for no apparent reason, she doesn't feel like having sex anymore) and as a result, arguments will break out, resentment will build and a couple can be pushed to the brink or even break up because of it.

For example: A guy might

- Become very angry at her (e.g. if she doesn't want to have sex anymore, doesn't enjoy going out as often, doesn't have the energy to cook and clean like she used to).
- Become needy (e.g. because he's worried he will lose her love and affection to the baby, because she isn't treating him the way she used to and seems more focused on herself now).
- Begin to treat her very badly in response to her mood swings (e.g. he shouts at her about crying for no reason and says things like, *"Stop crying about trivial things. You're really annoying these days! I have a lot on my plate right now and don't need all this emotional bullshit. So stop it!"*).

In instances like that, a woman will usually be reluctant to go back to her ex and may be thinking things like, *"If that's how he behaved when I was pregnant, how will he behave with a crying baby in the house? He will probably end up treating me even worse than before. Not only don't I want to experience that side of him again, I never want to put my child in that kind of environment. I've made my decision to break up with him and I think it's best if I stick to it and move on. He's not man enough to handle a pregnancy or the raising of a child. He's too emotionally sensitive and gets way too angry at me too easily."*

So, what should you do if you reacted badly to your ex's pregnancy changes?

Is it still possible to get her back?

Yes.

You made a mistake, but everyone makes silly mistakes at some point in their life.

That doesn't make you a bad person.

When your ex can see for herself that you've learned your lesson and that regardless of how moody, temperamental or emotional she's behaving (when you next interact with her on a phone call or in person. Not via text – she can't tell via text), you remain cool, calm and collected and use humor and an easy-going attitude to turn the situation around, she won't be able to stop herself from feeling some respect for you again.

You can then build on those feelings and get her back.

4 Mistakes That Some Guys Make When Waiting For a Pregnant Ex to Come Back

When a guy behaves unattractively after a break up, it helps to further convince a woman that she made the right decision to break up with him.

This is why, from now on, it's essential you don't make any of the following mistakes that other guys make in a situation like yours:

1. Taking all the blame for her change in behavior, mood and attitude during her pregnancy

Sometimes a guy wants his ex back so badly that he's willing to take all the blame and let her walk all over him.

A guy will often do this when the break up was her fault, or mostly her fault.

He might say something like, *It wasn't your fault you felt the way you did, it was mine. I promise that if you come back, I won't step out of line again no matter what. I will do whatever you want. I was in the wrong, not you.*

Yet, here's the thing!

Taking the blame when you did nothing wrong (or when it was mostly her fault) is the worst thing you can do.

Not only will your ex perceive you as being emotionally weak, she will also lose respect for you for not being able to stand up to her when you know she was the one who was out of line.

Of course, that doesn't mean you should be nasty towards your ex, totally blame her or treat her badly in any way.

Instead, just continue being the good man that you are and let her see that, even though you understand why she was behaving that way (i.e. the pregnancy hormones), you're not going to take all the blame for the break up just to get her back.

You don't need to tell her that you're not taking all the blame.

Just don't take all the blame and don't blame her.

Focus on re-attracting her, making her feel love for you again and guide her back into a relationship so you can be a family together.

Important: Don't use that reason *be a family together* as the reason why you want to get back though.

Some guys try to manipulate their woman into getting back with them by guilt tripping her about the baby not having a family.

That approach will not work in the long run and almost never works in the short term.

A woman will get back with a man if she feels a renewed sense of respect, attraction and love for him.

Then, and only then, will she start having fond, happy feelings about being a family together.

So, don't lead with, *Let's do this for the baby. It's going to need a father and us to be a family.*

That approach doesn't work.

To get a woman back, it's about how she feels about you.

Do you make her feel like she should respect you?

Do you make her feel attracted when she talks to you?

Do you make her feel rushes of love as she talks to you?

That is what counts.

The next mistake that some guys make in a situation like yours isâ€¦!

2. Confessing his undying love for her and hoping that it makes her realize how important he is to her

In a womanâ€™s mind, she usually has a very good reason why she broke up with her ex (i.e. she disconnected from her feelings of love, respect and attraction for him over time and he wasnâ€™t able to get her to reconnect with those feelings because he kept using the same old approach with her, or ended up using an unattractive approach, such as becoming insecure, jealous, controlling or neglectful towards her).

So, if the guy then comes along and says things like, *â€œI just want you to know that I still love you and I truly believe we can make things work. Please give us another chance. I donâ€™t want to lose you,â€* rather than think, *â€œOh, well that changes everything! Now that I know I matter so much to him, I have to go back. After all, where will I find another guy who will love me like he does?â€* she instead feels annoyed with him for believing that his feelings for her are what matters the most.

Hereâ€™s the thingâ€¦!

A woman usually only appreciates it that a guy loves her and is devoted to her when she feels the same way for him.

In other words, she feels respect, attraction and love for a guy and sees that he feels the same way = She appreciates it.

However, if a guy feels respect, attraction and love for her and she doesnâ€™t feel the same way towards him = She doesnâ€™t really care.

Itâ€™s about her feelings.

The same would apply to you if a woman really loved you, felt attracted to you and respected you, but you didnâ€™t feel the same way.

While itâ€™s a little bit nice that she is that into you, it doesnâ€™t mean that you are going to settle down with her because of it.

The feelings have to be mutual.

So, if you want your pregnant ex to come back, focus on reactivating her feelings for you, rather than telling her about your feelings for her.

Only when she is feeling an outpouring of respect, attraction and love for you again (which you can make her feel within minutes to hours of interacting with her), will getting back together seem like the right thing for her to do.

The next mistake that some guys make in a situation like yours isâ€¦!

3. Assuming that because she is carrying his child, it means they have to be together or she has to love him

[image: Having your baby doesn't guarantee her love for you]

As difficult as it may be to accept, the truth is that you cannot convince a woman to come back to you

just because she's pregnant with your child.

Even if you and her talked about being a family together and even if you truly believe that you will be a great father, it just doesn't matter to a woman when she loses touch with her feelings for you.

The truth is, if a woman no longer feels the same way, she doesn't have to stay with a guy if she doesn't want to.

In the past, a woman was obligated to stay in a relationship with a guy for the sake of her baby.

She had to stick by him whether she was happy or not, because there was such a huge stigma attached to being a single mother.

Unfortunately, in today's world, raising a child without a father is no big deal anymore.

Women all over the world are doing it and are often celebrated as *heroes* or *amazing women* by the media.

So, if a woman no longer has feelings for her ex, chances are high that she's not going to go back to him just because she's having his baby.

She will rarely, if ever, feel enough guilt about being a single mother to go back to him for that reason.

The way to get her back is via her feelings for you.

That is what works, regardless of what country is from or culture the woman is a part of.

It's about her feelings for you.

Focus on that and you will get her back.

The next mistake that some guys make in a situation like yours is!

4. Not giving her the kind of attraction experience she really needs from him to want to give him another chance

If a guy interacts with his ex and makes the same old attraction mistakes that he made before, it goes without saying that she won't feel very motivated to get back together with him.

She will just feel the same towards him and she won't like it.

You need to inspire her and wake her up with a new attraction experience.

For example:

Rather than always being nice and sweet and a pushover around her, start being more of a playful challenge so she can laugh and feel like you have a lot more balls these days, but are still a good man.

Rather than pretending you want to only be friends with her now, flirt with her and create some sexual tension between you, so she naturally feels drawn to you in a sexual way.

Rather than feeling insecure and unsure of yourself when she's being cold and distant towards you, maintain your confidence with her so she can feel attracted to your confidence, emotional strength and masculinity.

Rather than getting caught up in feelings of tension and awkwardness by always being serious when talking to her, use humor to bring down her defenses and make her feel good to be around you again.

When she experiences those kinds of changes in you, she naturally drops her guard and opens up to

being with you again.

This is your chance to get her back before the baby arrives.

When the baby arrives, it will be a lot of hard work, she won't be getting much sleep and she won't have much spare time.

Now is the time to act.

Get her back.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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When is it Too Late to Contact an Ex?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

It's never too late to contact her.

Of course, it's always much better to get in touch with her before any of the following happens...

1. She gets married and starts a family with a new guy

If a woman falls in love, gets married and starts a family with another man, chances are pretty high that she won't be expecting her ex to contact her and try to get her back.

Of course, that doesn't mean you can't contact her if you want to.

Yet, if she's happy, then she's not going to be interested and she will likely say something along the lines of, *"Why are you contacting me after all this time? Don't you know that I'm married now? What we had together ended long ago and there's really nothing left for us to even talk about. Please don't contact me again, because I don't want my husband to get upset. Goodbye. I wish you all the best."*

[image: She could be unhappy in her marriage]

Naturally, there's also a chance that your ex is unhappy in her marriage.

For example: According to some research, having a baby can increase the likelihood of a break up or divorce by up to 37% due to the stress of raising a child.

Also, according to statistics, divorce in the US, Australia and UK is between 40-50% percent.

So, if your ex is currently married but experiencing difficulties in her relationship with her husband due to the stress of a new baby, or because they're not getting along, not attracted or no longer in love, then it's possible that she will be happy to hear from you again.

If that's the case, then you can focus on reactivating her feelings for you and getting her back after she goes through with her divorce.

It is possible to get an ex back in a situation like that, but it's always better not to let things get to that point (i.e. waiting until she marries and moves on) before you make a move to get your ex back.

So, don't waste a lot of time ignoring your ex for additional weeks or months.

Instead, just make a move.

Remember: The longer you take to contact her, the more time you're giving her to get over you and move on with another man.

In most cases, you only need to give a woman 3 to 7 days of space to allow for things to calm down between you and her and make her open up to interacting with you again.

During that time, you should focus on improving your ability to attract her, so that when you do interact with her again, you will be able to re-spark her feelings of respect and attraction for you.

Only when she experiences new, exciting feelings for you, will she truly drop her guard and allow herself to hang out with you more often to see where things go from there.

On the other hand, if you just sit around wondering, *"When is it too late to contact an ex? Should I give it another few weeks to see if she contacts me? Will she think I'm desperate for contacting her"*

after all this time/â€¦ then you may miss your chance with her completely.

Donâ€™t let that happen to you.

Stop waiting around and start re-attracting your ex right now, before itâ€™s too late.

Another sign that it might be a little too late to contact an ex is if...

2. She moves overseas and is loving her new life

[image: She moves overseas and is loving her new life]

When a woman emigrates to another country and starts a whole new life there, itâ€™s almost certain that sheâ€™s not going to want to take any of the old baggage from her past with her.

Instead, sheâ€™s going to want to make a fresh start by meeting new friends, dating new guys and generally getting involved with her new country and lifestyle.

So, if sheâ€™s happy, moving on and enjoying her new life in a different country, sheâ€™s very likely not going to be thrilled to hear from her ex guy all of a sudden.

Instead, sheâ€™s probably going to be on her guard and feeling reluctant to interact with him again.

Of course, even in a situation like that, itâ€™s not too late to contact an ex and get her back.

Many guys do get their ex woman back long distance, but if you want to do it, you have to be willing to contact her, re-attract her and either go and meet up with her in person, or get her to meet up with you.

Just be ready for the potential that she might initially be a bit resistant to meeting up with you again.

For example: Even if sheâ€™s somewhat happy to hear from you again, sheâ€™s probably not going to give it all up to come running back to you because you got in touch with her.

Yet, if you get in touch with her and begin reawakening her sexual and romantic feelings for you, she may decide to come back for at least a holiday to see how she feels when sheâ€™s with you again, or you can go and visit her.

You can then use the time together to show her that youâ€™re a new man and allow her to feel attracted to that.

If you do it right, she will begin to feel as if she doesnâ€™t get back with you, she may lose the love of her life and regret it for life.

Another sign that it might be a little too late to contact an ex is ifâ€¦

3. She becomes a lot more successful than you financially

Some women are totally fine with being with a guy who isnâ€™t as successful as them, but an ex who has remained at the same level and hasnâ€™t made any progress towards achieving his major goals and dreams in life is usually a bit of a turn off for most women.

Hereâ€™s the thingâ€¦

A woman usually won't care about being with a guy who earns less money than her, or has a less impressive career, as long as she can see that he has a life purpose that heâ€™s working towards (i.e. big goals, dreams or aspirations).

Yet, if she sees that her ex man is just drifting through his life without any ambition, interests or goals, she usually won't be excited if he contacts her, unless she is still totally attracted to him and

missing him.

If she isn't missing him, she will usually say something along the lines of, *â€œLook, it's really nice of you to contact me after so long, but I don't think we should talk to each other again. We're different people now. We're no longer compatible. I wish you all the best with your life. Bye.â€*

So, if you want to contact an ex who has become more financially successful than you since your break up, then make sure that you at least make some progress on your important goals and ambitions in life before contacting her.

You don't have to achieve anything big, but at least start making some progress if she has been making big progress in her life.

Then, when you contact her and she sees that you're making an effort to move up through the levels of life like she has been, you become someone she can look up to, respect, feel attracted to and feel compatible with.

She may then become open to interacting with you again to see how she feels, because you are now more of the kind of man she sees herself being with.

From there, you can then use interactions with her to reactivate her sexual and romantic feelings for you and get her back.

4 Common Mistakes to Be Aware of When Contacting an Ex Again

If you want your ex back (even if it has been a long time since the break up), the best approach is to just go ahead and contact her and begin re-attracting her.

Unfortunately, where a lot of guys go wrong, is being too hesitant (i.e. waiting additional weeks and months) to the point where they end up missing out on their opportunity to get her back.

Don't let that be you.

From this moment onwards, your thoughts, behavior and actions will determine whether you will be successful in getting your ex back or not.

So, make sure you're not doing any of the following things and unintentionally reducing your chances with her:

1. Having an opportunity to get her back, but not being man enough to start the ex back process with her

In most ex back cases, all it takes to get a woman back is for the guy to contact her and reactivate some of her feelings of respect and sexual attraction for him.

The woman then begins to open back up to the idea of giving him another chance, or at least starts to consider it.

Unfortunately though, most guys don't realize that, so they let the opportunity pass them by due to feelings of fear and doubt.

For example: A guy may think, *â€œIt's just too late to contact her now. I had my chance and I*

didn't take it. If I reach out to her now, she will probably reject me because she will almost certainly have a new man in her life by now. Even if she doesn't, any feelings she may have had for me will be long dead. It's hopeless. I have to accept that what we had is truly over and try to move on, even though I feel that she was the one for me.

Here's the thing!

If your ex is single and you contact her and reactivate some of her feelings, you and her can get back together and enjoy a new relationship with each other.

On the other hand, if you don't contact her at all, she will almost certainly find someone else soon, fall in love with him and have a happy and gratifying relationship with him instead.

Alternatively, if your ex already has a new man and you contact her and seduce her, she may dump him and decide that she'd rather be with you.

Conversely, if you do nothing, she may end up being with him for months, years or even decide to marry him (even if she isn't very happy. So many men and women do that).

Whichever way you look at it, taking action NOW means you could win her back, but doing nothing guarantees that you almost certainly won't get her back and she will probably move on with a new man.

This is why, if you want your ex back for real, don't sit around wondering any longer if it's too late to contact her.

Instead, start going through the ex back process.

Get her back.

2. Assuming that she couldn't possibly feel attracted to you again

When a guy doesn't know how to re-attract his ex woman, he will naturally feel a bit unsure of himself and his value to her.

He may think something along the lines of, *Well, it's been quite a while since we broke up. What if I contact her now and she doesn't attract me anymore at all? I will just make a fool of myself and put her in the awkward position of having to tell me that she's not interested. Maybe it's better if I just let things be the way they are. Besides, if she still had any feelings for me at all, she would have reached out to me by now.*

As a result, he avoids starting the ex back process.

He may then spend the rest of his life thinking things like, *If only I had the courage to contact her before it was too late, we could have been together now. We could have been happy again.*

Alternatively, if he does pluck up the courage to contact his ex, he might get rejected because she will sense his lack of confidence and feel turned off by it.

Here's the thing!

Women are attracted to confident men who believe in themselves.

Likewise, women are turned off by insecure men who doubt themselves.

So, if you've been waiting a long time to contact your ex and have been doubting your chances of attracting her again, you must begin to build your confidence back up right now.

Believe that you are good enough for her right NOW.

When you believe in yourself and in your value to her (and to other women as well), not only will your ex feel naturally attracted to you again, but it will also be easier for you to attract other women as well.

Stop doubting yourself.

You can make her feel attracted to you again.

You can create a new spark with her.

3. Assuming that not contacting her will make her eventually miss you and want you back

[image: Maybe if I wait a bit longer she will contact me]

If your ex hasn't started missing you and contacted you by now, chances are pretty high that she's not going to contact you if you wait even longer.

Why?

Firstly, even when a woman still has feelings for her ex and is in fact missing him, if she doesn't hear from him first, she will often take that as a sign that he's no longer interested in her.

Then, rather than contact him and make a fool of herself if he says something along the lines of, *â€œWhy are you contacting me? Aren't you the one who wanted to break up? Well, it's over. I've moved on and have a new girlfriend now,*â€œ she just tries to move on without him.

Additionally, in cases where a woman has disconnected from her feelings for a guy (i.e. because he was needy, insecure), not hearing from him for a long time doesn't make her miss him and desperately want him back.

Instead, it usually comes as a relief to her to not have to deal with a desperate, needy ex who is trying to get her back.

She just focuses on getting on with her life and finding herself a new man who is capable of fulfilling her emotional and sexual needs.

So, if you actually want to get back together with your ex for real, don't waste any more time waiting for her to make the first move.

You need to be the one who contacts her and begins re-attracting her.

Call her on the phone or meet up with her in person and actively reawaken her sexual and romantic feelings for you, so she naturally feels drawn to you and wants to hug you, kiss you, have sex with you and get back together.

What have you got to lose?

You and her could be happy again.

Just do it.

Contact her.

4. Assuming that she would think you are desperate for contacting her

She will only feel that way if you're contacting her in a desperate way (e.g. if she doesn't respond to your messages or calls you continue to contact her over and over again saying things like, *â€œPlease answer me. I really need to hear from you!*â€œ, if you sound needy when you interact

with her, if you beg for another chance).

On the other hand, if you contact her and she gets a sense that you're confident and happy without her (based on your attitude and the way you talk and behave), she's not going to think you're desperate.

Instead, she will feel respect for you for getting over the break up in such an emotionally strong way and getting yourself to the point where you are happy, confident and enjoying life.

When she feels respects for you you, she will naturally start to feel sexually attracted to you again and from there, it's only a matter of time before she will allow herself to let down her guard and reconnect with her feelings of love for you too.

So, don't be afraid to contact her.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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How to Get Her to See That We Shouldn't Have Broken Up

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 4 ways to do it:

1. Make her feel it, not think it

[image: Make her feel it, not think it]

In general, men are thinking creatures who prefer to understand things on an intellectual level.

So, for a man, a well designed explanation about something is enough to either convince him that itâs a great idea, or that itâs a waste of his time.

This is why, when a couple breaks up but the guy feels that it shouldnât have happened in the first place, his first instinct is to talk to her and convince her to see things from his point of view.

In a case like that, the guy is usually 100% sure if he explains to her why things went wrong between them and gives her a list of valid reasons why they belong together, she will start to think about the break up the same way as him (i.e. that they shouldnât have broken up).

Yet, what most guys donât understand is that women in general are feeling creatures and no matter how convincing the argument, if a womanâs heart isnât in it, sheâs not going to be convinced.

So, if you want to get your ex to see that you shouldnât have broken up, donât waste time trying to convince her with logic, because sheâs probably going to remain closed off and disinterested.

In her mind she may even be thinking things like, *âAll I hear is him telling me how we belong together and how wonderful things used to be between us, but thatâs not how I feel about it. In fact, I feel sad and disappointed and like nothing turned out the way I wanted it to. All I can think about is how he stuffed up and made me lose respect, attraction and love for him over time, not how nice things used to be in the beginning. I know he means well, but if he wants me to give him another chance, heâs going to have to do more than tell me that he believes we shouldnât have broken up. He needs to show me that he can be the man that I want him to be and that this time around he can make me feel the way I want to feel when Iâm with him. Only then will I consider getting back together again.â*

Hereâs the thingâ

After a break up, a woman doesnât want to have to put in loads of effort to make a relationship work with a guy that she no longer feels respect, attraction or love for.

Instead, she wants to be left alone so she can move on and make a fresh start with someone else who sparks those feelings inside of her.

This is why, you have to stop focusing on what you want and start giving her what she wants (i.e. to feel strong surges of sexual and romantic attraction for you based on your new and improved behavior).

It canât be all about how much you believe that you and her shouldnât have broken up.

It has to be about her feeling that way for her reasons (e.g. she likes how confident you are now

rather than insecure and needy, she likes how manly you are and how you stand up to her in an assertive, yet loving way when sheâs being difficult or putting you down, she likes how you are able to make her feel like a sexy, desirable woman when sheâs with you rather than neutral or like a friend).

Focus on that and you will naturally get her to see that you shouldnât have broken up.

Keep pushing her to logically accept that you and her are meant to be together and she will almost certainly keep pushing you away and saying things like, *âForget it! I donât feel the same way as you do. Please accept my decision to be broken up and move on.â*

Yet, when you focus on attraction, she will naturally feel drawn to you again.

You wonât have to convince her with long discussions.

She will want you back for her own reasons (i.e. she feels attracted to you again and doesnât want to end up regretting letting you go if she canât find a guy who makes her feel the same way).

Another way to get your ex to see that you shouldnât have broken up is toâ!

2. Level up as a man

[image: Level up as a man]

Basically what this means is that you fully understand all her reasons for breaking up with you (even the secret, hidden ones that she never told you about), and then taking action to improve yourself in some of the ways that are important to her.

This is not about changing yourself to become a perfect man for your ex, itâs simply about becoming a better, more well-rounded version of yourself.

For example:

- If youâre confident in certain situations (e.g. at work, when doing something you love and are really good at), but insecure in others (e.g. in your relationship with her, in social situations), you now focus on becoming more confident and self-assured no matter what the circumstances.
- If youâre a great leader in the workplace, but in your relationship you tend to be a bit of a pushover and you allow your woman to call all the shots, you now become more emotionally dominant and can stand up to her in an assertive, yet loving way when she tries to boss you around.
- If your habit is to treat your woman like sheâs your best friend, making her feel neutral, friendly feelings towards you, you now focus on flirting with her and creating so much sexual tension between you and her that not only does she feel sexy and desirable again, she also canât wait to kiss and have sex with you again.
- If youâve been drifting along and taking things slow when it comes to your goals in life, show her that youâre now making progress a lot faster than before and are moving up through the levels of life like a real man.

The more your ex can see that youâve transformed yourself into the man she always wanted you to be, the more respect she will start to feel for you again for leveling up as man.

When she respects you, she will also start to feel attracted to you again and from there, reconnecting

with her feelings of love will happen pretty quickly from there.

As a result, she drops her guard and opens up to interacting with you on the phone and in person.

You can then easily build up her feelings and get her back.

Another way to get her to see that you shouldn't have broken up is to

3. Let her see that she can still smile, laugh and feel good when talking to you

[image: Let her see that she can still smile, laugh and feel good when talking to you]

After a break up, most couples feel a lot of tension and uncertainty when interacting with each other.

As a result, conversations end up being strained and filled with seriousness and anxiety.

Yet, that's not going to help bring down a woman's defenses and make her start seeing her ex in a more positive light.

This is why, it's very important that you avoid serious discussions about the relationship and how you believe that you and her shouldn't be broken up and focus instead on making her laugh, smile and feel good every time she's talking to you.

For example: Imagine you're on a call with your ex and she says something like, *"You really do need to accept that we're broken up now and stop calling me whenever you feel like it."*

Rather than turn this into a serious discussion about how you think you and her shouldn't have broken up in the first place, use it as an opportunity to lighten the mood and make her feel happy that you called her instead.

You can do that by jokingly saying something along the lines of, *"What are you talking about? I never call you unless it's a special occasion. Today is Tuesday, so happy Tuesday!"* and then have a laugh.

She is most likely going to laugh too and will know that you're only joking.

She's also going to feel more relaxed and happy to be talking to you again, because you're being funny and care-free, rather than pushing her for a relationship again.

The more you use humor to make your ex laugh, and smile, and feel good when interacting with you, the more it gets rid of her focus on the negatives.

Suddenly your mistakes don't seem as important anymore because she is feeling good around you.

When she interacts with you now, she can laugh, and smile, and feel good, rather than feeling tense or awkward or weird.

It just feels comfortable, happy and positive.

Of course that doesn't mean you should go overboard and crack jokes all the time.

Instead, just add some humor to your interactions with her.

Get her laughing and smiling because it just relaxes the vibe between you and that then causes her to start seeing you in a different light.

She starts to feel drawn to you in a way that feels good to her and she then becomes open to the idea of getting back with you again.

Another way to get her to see that you shouldn't have broken up is to

4. Re-attract her and then let her miss you for a few days

[image: Re-attract her and then let her miss you for a few days]

One of the best ways to make an ex want you back is to spark her feelings for you and then to ignore her for a few days.

Dan Bacon (founder of The Modern Man) explains why you should re-attract her BEFORE you ignore her, rather than just ignoring her...

Essentially, what happens is that when you interact with her and make her feel surges of sexual and romantic attraction for you again and then stop calling her, she naturally starts to miss you.

She felt attracted, she felt a spark and now you're gone.

As a result, she begins thinking things like, *“Why isn't he calling me? Did I push him too far and he suddenly decided that I'm serious about the break up, so he's decided to move on? I hope not! I don't want him to get out of my life anymore. I actually want to see if we can work things out after all.”*

When she's thinking like that, all her resistance begins to fade away and getting her back becomes easy, because she's now the one worried about losing you.

So, get your ex on a phone call or to a meet up with you and begin re-sparking her feelings for you.

For example: Some of the ways you can do that are by:

- Showing her that you're much more confident than you used to be, especially when she tries to make you feel unsure of yourself by being cold, distant or by telling you that she doesn't want to get back together again.
- Using humor to bring down her guard and make her feel good to be talking to you and seeing you again (especially if she's initially being closed off towards you).
- Flirting with her to create a sexual vibe between you.
- Turning her negative feelings about the break up into something you can both laugh about together.
- Making her feel like a feminine, girly woman around you by being more emotionally masculine than before, rather than making her feel neutral or friendly feelings towards you by being too nice, sweet or submissive with her.

The more you re-awaken her feelings for you, the more she will want to talk to you and see you again.

From there, cut off contact with her for a few days (3 to 7), so she can begin to miss you.

During that time, or after a week, she might call you to say hi, or if she's a bit shy, she may send you a text instead and wait to see how you respond.

Whatever happens, you need to call her and arrange a meet up so you can fully reactivate her feelings for you and get her back.

By the way:

Even if she doesn't contact you, it doesn't mean she's not missing you.

Instead, she might be feeling too unsure of herself to reach out to you in case you reject her, especially since you were the one who cut off contact with her this time around.

So, to protect herself from being hurt if youâre not interested in her anymore, she might stay quiet and wait for you to make the next move.

This is why, if she doesnât contact you within a week, just go ahead and call her again and arrange a meet up.

If you donât make a move and instead wait from a sign from her, you stand the risk of making her think that youâre not interested in her anymore.

She may then force herself to completely disconnect from her feelings for you and maybe even finds herself a replacement guy to help her get over you faster.

3 Common Mistakes to Be Aware of When Trying to Convince Your Ex to Get Back Together

You can get your ex to see that you and her shouldnât have broken up when you approach the ex back process in the right way (i.e. interact with her, reactivate her feelings, get her back).

However, if you make attraction mistakes at this very crucial time, you may end up turning her off more and convincing her that she made the right decision by breaking up with you, instead.

This is why, itâs important that you avoid making any of the following mistakes:

1. Trying to make her understand how much she means to you, in the hope that it changes her mind about the break up

Right now, how you feel about your ex is pretty obvious.

You care about her and you want her back.

However, her feelings for you are likely not that obvious.

Instead, she will probably be feeling a range of emotions and generally speaking, most of them wonât be positive.

So, if you then start pushing her and telling her all about your feelings for her, rather than make her realize her mistake and quickly get back with you, she may instead end up thinking things like, *âHow dare he talk to me about how much I mean to him and how he still loves me! He should have thought about that before he stuffed everything up. Now he wants me to get over it and give him another chance, but he doesnât realize that I donât feel the same way about him, and until he can prove to me that heâs truly changed and that things will be different this time, Iâm not interested in any of his sweet talk!â*

She then closes herself off and refuses to listen to you, making it even more frustrating for you.

This is why, you need to forget about your feelings for her and focus on making her have feelings for you.

When she can respect you and feel attracted to you again, she will be happy to know that you still care for her and want her back, but not before that.

Another mistake to avoid isâ

2. Offering to change things that she doesn't really care about

For example: A guy might offer to be a more attentive boyfriend or husband to his woman.

In his mind heâs likely thinking, *âAll women want more attention. Iâm sure this will calm her down and make her happy again.*â

Yet, what he doesnât realize is that what she really wants is for him to become more manly and stop being such an emotional wimp around her, or in life.

Alternatively, a guy might improve his physical appearance because in the past he noticed that his woman made positive comments about guys who had big muscles, wore fancy clothes or had a specific hairstyle.

However, what really turned her off about him was his lack of confidence.

Hereâs the thingâ

If you donât get clear on what turned your ex off about you (even the secret, subtle things she never told you about), you will almost certainly offer to change the wrong things.

She will then take that as a sign that you donât understand her and as a result, she will be even more convinced that you and her are wrong for each other.

Another mistake to avoid isâ

3. Bringing up good memories from your past together in a long email, letter or social media message

This can work if a woman is still in love with her ex guy.

However, most guys who need help to get a woman back aren't in that fortunate position.

Most guys are trying to get an ex woman back who no longer feels enough respect, attraction and love to justify being in a relationship.

He really wants to be with her, but she isn't feeling it.

So, when he writes to her about good memories, she isn't fooled by that trick and sees exactly what he is up to.

She also doesn't feel like she is missing out on much because she no longer feels attracted to him.

Instead, she likely thinks something along the lines of, *âThose were different times. I was in love with him then, but I definitely am not now. All that is in the past and I donât really want to think about it. Whatâs important for me at this point is to move on and make a fresh start, not fantasize about happier times that no longer exist.*â

So, if you want your ex to care, you need to make her care.

That means you need to interact with her every chance you get (especially over the phone and in person) and make her feel strong surges of respect and attraction for you again.

When you do that, remembering the good times you and her had before takes on a special significance, because she begins to hope that maybe you can make more happy memories together.

She then becomes open to seeing that you and her shouldnât have broken up after all.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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She Wants Space. Should I Contact Her?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If she wants space, you should give her a bit of space before contacting her again.

However, don't wait too long to contact her.

Giving 3 to 7 days of space after a break up is usually more than enough to let her see that you are respecting her wishes and aren't desperately trying to force her into a relationship with you again.

Watch this to understand why waiting for longer than a week is usually a waste of time and leads to her moving on...

So, here's what a guy should do, based on the reason why she dumped him:

1. If he got dumped for being insecure and then desperately tried to get her back after the break up

[image: If she dumped him for being insecure and then he desperately tried to get her back]

After a week of space, where he allows for things to calm down between him and his ex, he needs to call her on the phone (not text her) and say something along the lines of, *"Hey, I know you probably don't want to talk to me right now, but I just wanted to apologize to you for the way I behaved in the relationship with you and when you asked for space. I see now that I made a bunch of silly, desperate mistakes because I didn't want to lose you. I don't blame you for pushing me away the way you did. However, I want you to know I accept that you want space and I promise not to pressure you into doing anything you don't want. We can just be friends for now, okay?"*

Of course, saying that to her doesn't mean she's going to immediately say, *"Oh, okay. I believe you. I'm sure you're no longer insecure and needy. That's so great! All is forgiven, so let's just forget about this whole 'I want space' thing and get back together again right away."*

Instead, she will likely test him to see if what he's saying is actually true, or if he's only putting on an act to try and get her back.

For example: She might say something along the lines of, *"I don't care whether you accept my wanting space or not. You behaved like a real jerk and you convinced me that what I actually want is to break up with you. So please leave me alone. It's over between us."*

Naturally, if he's only pretending to be more confident and emotionally strong, her saying that she wants to break up will almost certainly shock him, thereby confirming her suspicions that he hasn't changed.

However, because he used the time apart to quickly transform himself and is now genuinely more confident and self-assured, he responds by laughing at her (in a loving way) and saying something along the lines of, *"Stop being such a drama queen. Yes I made a mistake, but nobody is perfect, not even you. So, let's stop making a big deal out of what happened and let's just be focus on being friends for now."*

Initially, she might be a bit shocked that he's now actually talking to her in that way and not

taking her drama seriously.

Yet, even if she doesn't show it, she will be feeling a burst of respect and attraction for him for not behaving like the insecure, needy guy she used know.

She then naturally becomes open to meeting up with him in person as friends, to see for herself that he's really changed.

At the meet up, she's almost certainly going to test him some more (e.g. pretend that she's over him, ask for more time apart, flirt with other guys in front of him or tell him that other guys have been asking her out on dates) to see how he will respond.

When she sees that nothing she says or does makes him feel insecure anymore and instead, he remains calm, relaxed and confident around her, her guard will come down and she starts wanting to be around him again.

He then needs to use interactions with her to fully reactivate her feelings of respect, attraction and love for him, until she's the one saying things like, *"I miss you and I've changed my mind about wanting space. What I really want now is to work on our relationship and get back together again."*

Another example of how a guy can approach it is

2. If he got dumped for taking her for granted. Then, then apologized and begged for another chance

[image: Dumped for taking her for granted. Then, apologized and begged for another chance]

He needs to give her a week of space where he no longer calls her or tries to make her change her mind.

Then, after a week, he needs to call her on the phone and apologize to her again, but this time without groveling and make it clear to her that he now fully understands how he messed up.

For example: He might say something along the lines of, *"I know I apologized to you before, but I made a mess of it. This time, I just want to say I'm sorry for the way I treated you. I realize that I wasn't a very good man to you and I understand that my actions caused you to feel unloved, unappreciated and taken for granted. Of course, I don't expect you to change your mind about wanting space just because I'm apologizing to you. Instead, I just want you to know that I really do care about you, even though my past actions didn't make you feel that I do."*

He then needs guide the conversation towards the mutual understanding that it's okay for a guy (and a woman) to make mistakes in a relationship and that it doesn't always mean the end

He can then say something like, *"I know that actions speak louder than words, so I'm not going to tell you that I've learned from my mistakes and have become a better man as a result, I'm going to show you."*

By saying something like that to her and taking responsibility for his actions, he automatically sparks some of her feelings of respect and attraction for him.

She then stops being so defensive and closed off and becomes more open to interacting with him more.

He can then get her to meet up with him in person, so that she can experience the new him for herself (by the way he behaves and interacts with her).

When she realizes that he really is a better man and that heâs no longer taking her for granted, while at the same time not sucking up to her or groveling, she will automatically feel attracted to him again.

She will then naturally open up to forgiving him for real and agree to giving the relationship another chance.

Another example of how a guy can approach it isâ|

3. If he accepted the break up right away and ended things on good terms

[image: He accepted the break up right away and they ended things on good terms]

He needs to give her 3 days of space and then call her on the phone where he focuses on making her laugh and smile and feel good to be hearing from him again.

For example: When she says something along the lines of, *âSo, how has your day been so far?â* rather than reply with something mundane like, *âOh, Iâve been busy at work mostly. How about you?â* which will do nothing to spark her feelings for him, he instead says something that makes her laugh like, *âItâs been great so far and itâs about to get even better.â*

She will then likely respond with something along the lines of, *âOh, really? Why?â* and he then replies by saying, *âWell, because Iâm waiting for this really beautiful woman to invite me to lunch.â*

She will then probably feel a bit disappointed and ask something like, *âWell good for you. So, why are you telling me this?â* and he can then jokingly say, *âWell because that girl is you and Iâm starving to death here waiting for you to invite me. Whatâs taking you so long?â*

At this point, she will naturally laugh and she will also feel flattered that heâs calling her beautiful.

As a result, her guard will come down and rather than feeling tense about talking to him again, she feels relaxed and open to catching up with him in person.

Then, when she meets up with him and experiences the new him face-to-face (e.g. heâs more confident and self-assured around her, heâs more emotionally masculine and doesnât let her dominate him during conversation, he treats her like a feminine woman rather than like a neutral friend), she naturally changes her mind about needing space and wants to be his girl again.

3 Mistakes to Avoid Making When Giving a Woman Space

If you want to get your woman back into a relationship with you, you need to be able to understand what aspects of your thinking, behavior and attitude will turn her on, or turn her off.

This is why, itâs very important that you donât make the following mistakes and end up pushing her out of your life for good:

1. Giving her 30 to 60 days of space and hoping that it magically fixes everything between them

Giving a woman a lot of space is not the magic ingredient for fixing a relationship.

Instead, if a woman comes back after a few weeks or months apart from her guy and notices that heâs still making the same attraction mistakes he made before, she will usually walk away and this time, permanently.

Hereâs the thingâ!

More time apart doesnât fix a relationship.

Instead it gives a woman time to get over her guy and move on.

Even if she doesnât do that, if after 30 or 60 days she interacts with her guy and she discovers that heâs just been sitting around waiting to get her back without changing or improving anything about himself in that time, sheâs more than likely just going to walk away; this time for real.

This is why, if you intend giving your ex space, make sure that you donât think thatâs all you have to do to make things right between you and her.

You need to improve on some of the things that are important to her, so that when you interact with her and she notices youâre at a different level than you were before, she will feel motivated to work things out and get back together again.

Another mistake to avoid isâ!

2. Accepting her request for space and deciding to never contact her again unless she reaches out first

[image: Never contacting her again]

When a woman asks for space, itâs usually because she has either totally disconnected from her feelings of respect, attraction and love for her guy, or sheâs very close to it.

Basically, sheâs distancing herself from him to decide if itâs worth it to try and fix the relationship, or if she should just cut her losses and find herself a new man.

So, if the guy then completely disappears from her life and doesnât call or even text her, it makes it so much easier for her to decide that heâs not the one for her anymore.

Note: If you want to keep your girl, you canât sit around waiting for her to hopefully realize that she still cares about you and wants you back.

You have to make her care.

You have to get her to realize that even though you and her experienced some problems, what you have together is worth it and losing you would be the biggest mistake of her life.

Thatâs why, itâs important that you donât give her more than a few days of space, before you begin interacting with her again and reactivating her feelings for you (e.g. by using humor to dissolve resentments, showing her that youâve already started transforming yourself into a better man, flirting with her to create sexual tension between you and make her want to release that tension through kissing and sex).

The more she starts to miss you when youâre not around (i.e. because youâve sparked her feelings on a call or at a meet up and then didnât contact her again for a few days), the more open sheâll become to working things out as quickly as possible so that you can get back together again.

On the other hand if you donât reach out to her at all, chances are, sheâll begin thinking about

all the things you do that turn her off (e.g. youâ€¢re too insecure and this makes you clingy and needy, you take her for granted, you make her feel like the man in the relationship because you were too emotionally sensitive and this makes her feel like sheâ€¢s always taking care of you rather than the other way around) and as a result, she ends up deciding that a break up is inevitable.

Donâ€¢t let that happen to you.

You need to stay in contact with her if you want her back.

Another mistake to avoid isâ€¢

3. Not giving her any space at all

The opposite of giving your woman too much space and losing her because she moves in, is not giving her any space at all and annoying her instead.

As a result, she feels like not only arenâ€¢t you being respectful of her wishes, youâ€¢re also behaving in an immature, childish way, which gives her one more reason to consider breaking up with you for real.

If you donâ€¢t give your ex any space to allow for things to calm down and make her miss you, it makes it more difficult for you to break through her defenses and get her to open back up to you.

This is why, the rule of thumb is: Give her 3 to 7 days of space.

Then, contact her, preferably over the phone and arrange a meet up so that you can begin reactivating her feelings for you.

In the meantime, use the time apart to begin improving yourself, so that when you interact with her, sheâ€¢s bowled over by the positive changes she experiences (e.g. youâ€¢re more confident and self-assured, youâ€¢re more manly around her, youâ€¢re less unsure of yourself when sheâ€¢s being cold or unresponsive).

When she sees for herself that you really are a different man, she will likely be the one saying something along the lines of, *â€¢You know whatâ€¢ I donâ€¢t want any more space. I want to be with you. Letâ€¢s just be together again. Iâ€¢ve missed you.â€¢*

Another mistake to avoid isâ€¢

4. Not understanding her real reasons for wanting space

A woman who is blissfully happy in her relationship with her guy wonâ€¢t want to spend even one day away from him.

So, if your girl is asking for space, it generally indicates that there are certain things about you, and her relationship with you that arenâ€¢t fulfilling her emotional needs.

This is why, if you want to resolve this problem once and for all (i.e. make sure she never wants space again), you need to understand what aspects of your thinking and behavior is turning her off and undertake to improve on those things (e.g. Do you make her feel feminine and girly or does she feel more like a friend around you? Are you confident with her or do you feel unsure of your value to her? Are you manly enough for her or does she feel like sheâ€¢s the boss in the relationship?).

Itâ€¢s not about becoming some perfect, robot boyfriend (or husband) to your woman, but rather about showing her that youâ€¢re serious about making the relationship work.

When she can see for herself that youâ€¢re putting in the effort, she will automatically want to

respond by being a good, loyal, loving, devoted woman to you.

Thatâs how it works.

You make her feel loved and appreciated and emotionally safe and she tries to be the best woman she can be in return, because she knows sheâs lucky to have you.

So, focus on that and sheâll be back in your arms again within a very short time.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Ex Said, 'I Never Meant to Hurt You'

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are the 5 most common reasons why a woman will say that to her ex man:

1. She saw him as a nice guy, but always knew the relationship would end if he didn't change and become more manly

[image: She always knew the relationship would end if he didn't become more manly]

Sometimes, a woman will date a guy she perceives as being good enough for right now, but she doesn't foresee herself being with him in the long-term.

Basically, she likes him and thinks of him as being a nice guy, but he's not her ideal man and she knows that.

He is too soft, gentle, sweet and nice for her.

However, either because she's just coming out of a bad relationship and wants to just be with a good guy for a little while who will treat her well and give her the nurturing she needs to heal, or because she doesn't want to be single when all her friends are dating, she accepts him for now.

Secretly though, she's likely hoping that he'll eventually change and become the man she wants him to be.

She wants him to man up.

Yet, when that doesn't happen, she may then decide to break up with him and find herself a new man who is emotionally strong enough for a woman like her.

Of course, that doesn't mean she doesn't have any feelings for him and she might feel really bad about hurting him.

However, she knows that if she sticks with him, she will probably end up having to change her personality too much (e.g. take the lead in the relationship and be the more dominant one because he won't, become a nagging girlfriend) and she doesn't want that.

She might then say something along the lines of, *'I'm sorry about all of this. I never meant to hurt you. I really do care for you, but I think it's best if we don't see each other anymore.'* to try and ease the blow.

If this is the case between you and your ex, the good news is that it's not too late to get her back.

If you can quickly transform yourself into a more emotionally strong, emotionally masculine man, you can then easily re-attract her and get her back.

When she can see for herself that you're no longer going to submit to her and allow her to walk all over you, she will be able to reconnect with her feelings of respect and attraction for you.

When that happens, her guard comes down and she becomes open to interacting with you more and more over the phone and in person, to see where things go from there.

Another common reason why a woman will say that to her ex is

2. She cheated on him in the heat of the moment

[image: She cheated on him in the heat of the moment]

A woman might sometimes get caught in a bad situation where she ends up doing something against her better judgment (i.e. cheat on her man).

For example: A woman might go out for a girls night out to a club or bar.

There she will inevitably interact with all kinds of people and that may include guys who are there looking to pick up a woman for a one night stand.

Ordinarily, she wouldn't give any of these guys the time of day, but after a drink or two she might start feeling attracted to one of these guys if he gives her the right kind of attraction experience (e.g. he's confident, charming, charismatic, emotionally masculine, funny).

She may then drop her guard and in the heat of the moment, end up kissing him and then hooking up with him sexually.

However, that doesn't necessarily mean that she's a bad, disloyal woman (although there are some untrustworthy women out there who get a thrill out of cheating on their guy).

Instead, it simply means that she got carried away and most likely feels shocked about what happened.

Of course, if her guy finds out and breaks up with her as a result, it's only natural that she will feel guilty and she may then say something along the lines of, *I'm so sorry. I never meant to hurt you. This just happened and I couldn't stop myself. I hope one day you will be able to forgive me.*

Here's the thing though!

When a woman is truly in love and attracted to her man, she won't easily be seduced by another man, even when she's drunk.

So, if your ex cheated on you, maybe it's because somewhere deep down she felt that something was missing from her relationship with you.

For example: Ask yourself!

- Did I make her feel like a sexy, desirable woman or did I treat her more like a friend or one of the guys?
- Was our relationship still interesting, fun and exciting, or did it become a bit boring and dull?
- Did I pay attention to her needs and desires in the relationship, or did I become neglectful and started taking her for granted?
- Was I the kind of man she could look up to, respect, feel attracted to and love, or did I behave in ways that eroded her feelings for me over time (e.g. became insecure, needy, clingy, possessive, untrustworthy)?

Depending on your answers, you may discover that there were certain aspects of your thinking and behavior that may have pushed your ex into doing what she did.

That's not to say that cheating is excusable.

It's not.

However, if you're willing to forgive your ex and get her back (after you've made sure that

sheâ€¢s not a serial cheater), you need to understand what aspect of the attraction experience was missing in her relationship with you.

Then, you need to quickly change and improve in some of the ways that are important to her and re-spark her feelings for you again, until sheâ€¢s the one begging you to get back together, because she canâ€¢t bear the thought of losing you.

Another common reason why a woman will say that to her ex isâ€¢!

3. She cared about him, but couldn't stop herself from feeling attracted to another guy

[image: She cared about him, but couldn't stop herself from feeling attracted to another guy]

In some cases, a woman might find herself in a relationship thatâ€¢s become too boring and predictable.

Yes, she still cares about her man, but she no longer feels strong sparks of sexual and romantic attraction for him.

Basically, heâ€¢s become more of a friend or roommate to her than a boyfriend or husband.

So, when another man comes along and makes her feel strong surges of sexual and romantic attraction for him, she may end up feeling drawn to him and wanting to be with him, more than she wants to be with her guy.

In a case like that, to get her back, the guy needs to make her feel such strong sexual and romantic feelings for him, that the idea of losing him forever because of a casual attraction she may have felt for another guy will make her feel sick to her stomach.

Heâ€¢s got to get her to the point where she wants him back for her own selfish reasons (i.e. sheâ€¢s worried she will never find another man who makes her feel the way that he does).

This is why, you canâ€¢t sit back and let some other man walk off with your woman.

If you want her back, you need to do what it takes to get her back.

That means, you need to reactivate her feelings of respect and sexual attraction for you during interactions, so that she only has eyes for you.

Some of the ways you can do that are by...

- Believing in yourself and in your value to her, rather than doubting yourself and thinking that the other guy is better than you, just because she felt attracted to him.
- Showing her that youâ€¢re a new and improved man that she can now truly look up to, respect, feel attracted to and love, rather than continuing to turn her off by making the same mistakes as before.
- Being a good man to her, but also being confident and assertive when interacting with her, rather than agreeing with everything she says or does to please her and turning her off instead.
- Maintaining your confidence with her when she tries to test you by talking about other guys that she finds attractive.
- Flirting with her to create sexual tension, rather than being friendly, neutral or distant.
- Making her smile and laugh and feel relaxed to be around you again, rather than trying to get into intense, deep discussions about why she felt attracted to another guy.

Once she is feeling respect and attraction for you again, you can then progress to giving her a hug, a kiss and then hook up with her sexually.

Blow her mind and make her realize once and for all, that no man makes her feel the way you do. Another common reason why a woman will say that to her ex isâ€¦!

4. She was hoping that the relationship could end without either person getting hurt

[image: She was hoping the relationship could end without either person getting hurt]

If a woman discovers that her and her guy have grown apart (e.g. because sheâ€™s ready to be more serious and focused on achieving her goals while heâ€™s still partying with his friends, sitting around playing video games, or stuck in a dead-end job, she wants to settle down and have a serious relationship which includes starting a family while he wants to go traveling for a few years instead), she may start feeling restless in the relationship with him.

She might say to herself, *â€œWe no longer want the same things in life. Everything that initially drew us together is now what is pulling us apart. I just donâ€™t want those things anymore, but I can see that heâ€™s not ready to change and I donâ€™t want to waste years waiting around in the hope that it might happen someday. However, I donâ€™t want to hurt him. I just think weâ€™ll both be better off with other people.â€*

Initially, she might try to stick around and try to make it work, even though she doesnâ€™t feel fully committed to the relationship with him.

However, if she realizes that heâ€™s not going to change and mature in the same ways that she has, she will break up with him and say, *â€œIâ€™m sorry to do this to you. I never meant to hurt you, but I think this is for the best for both of us.â€*

Another common reason why a woman will say that to her ex isâ€¦!

5. She's just saying that to make herself seem innocent, so you don't get angry at her for dumping you

[image: She is just saying that, so you don't feel angry at her for dumping you]

Women often turn on the tears for this as well.

A woman will act as though she is totally heartbroken and it will seem real, even though she always knew that you and her would break up, if you weren't able to change your ways.

To protect herself from a guy becoming angry (or even violent), a woman will usually try to make it seem as though she didn't see the break up coming and always thought he was the one.

This gives a guy a better send off, rather than saying, *â€œHey, deal with it. It's over. I never truly loved you because you weren't manly enough for me. You were too soft. Goodbye.â€*

Alternatively, sometimes a woman is just the kind of person who likes to get into relationships with guys, use them and then move on to the next guy.

Basically, she never fully commits herself to one man and she always intends to cheat on him, or dump him when she feels like it.

Why?

- Maybe itâ€™s because sheâ€™s a cold-hearted person who enjoys seeing other people

hurting.

- Maybe she was badly hurt by a guy in the past (e.g. an old boyfriend, her father left her when she was young) and now sheâs vowed to never let a man get the better of her again.
- Maybe sheâs insecure about herself and her value to a man so she fears a guy will never truly love her for her, which is why she never fully opens up and allows herself to fall in love.

Whatever her reasons though, she usually makes sure that sheâs the one who ends the relationship and leaves the guy feeling brokenhearted.

However, she also doesnât want to be the âbad guyâ in the situation, so to avoid that, she says something along the lines of, *âIâm sorry. I never meant to hurt you. I hope you will forgive me and be able to move forward with a new woman. Youâre a great guy and you deserve to be happy.â*

In most cases, the guy will then feel protective towards her and he may try to make her feel better by saying things like, *âI know you didnât intend for this to happen. I love you and I hope youâll be okay.â*

She can then move on and go ahead and do this to the next guy who falls into her trap, while her ex spends months and even years pining over her and thinking about how sweet and innocent she is.

4 Common Mistakes to Be Aware of If You Want Her Back

If you want your ex back, donât spend a lot of time dwelling on why she said that she never meant to hurt you and focus instead on saying and doing the types of things that will make her want to be your girl again.

This is why, itâs important that you avoid making the following mistakes as you try to get her back:

1. Seeking additional pity from her in the hope that it gets you another chance

Seeing as your ex has already apologized to you for hurting you, going on and on about how terrible you feel and how youâre struggling to cope is unlikely to score you any more points with her.

So, rather than make her think something along the lines of, *âI really did a number on him, didnât I? He doesnât deserve to be suffering this way; heâs too much of a nice guy. I owe it to him to at least try and work things out,â* sheâs instead going to feel resentful towards you for trying to make her feel even worse than she already does.

As a result, she will lose even more respect for you for trying to manipulate her in that way and she will then likely decide that sheâs better off without you after all.

So, if you really want to get your ex woman back, donât bother trying to make her feel more pity for you.

Instead, focus on reactivating her feelings of respect and sexual attraction for you, so she naturally feels drawn to you and becomes open to giving the relationship another chance for her own reasons.

Another mistake to avoid making isâ

2. Assuming that talking about your feelings will make her have feelings and want you back

Although you still care a lot for your ex, she likely doesn't feel the same way about you, otherwise she wouldn't have broken up with you and hurt you in the first place.

So, if you then try to influence her decision by saying things like, *"You do realize that I still love you, don't you? It doesn't matter to me what happened, as long as we can work things out between us and get back together again. You mean the world to me and I can't imagine my life without you,"* rather than respond with something along the lines of, *"That's wonderful! I was hoping all along that you would say that. Now we can forget about everything in the past and start over,"* she will instead pull away from you even more.

Here's the thing!

When a woman has lost touch with her feelings of respect, attraction and love for a guy, hearing about his feelings for her isn't going to suddenly make her feel the same way about him.

So, if you want your ex to want you back, don't waste time discussing your feelings with her.

Instead, focus on using every interaction you have with her from now on to make her feel respect and sexual attraction for the new, improved version of you.

The more attracted she feels to the man you have become, the more she will start to feel drawn to you again.

When you approach it that way, you don't have to try to force an answer out of her that she doesn't want to give.

Instead, you allow her to fall in love with you again because it feels right to her to do that.

Another mistake to avoid making is

3. Not realizing the real, more subtle reasons why she felt turned off by you

In most cases, a guy likely knows what aspects of his thinking and behavior turned his ex off in the relationship with him (e.g. he spent too much time working and she felt neglected, his friends or family didn't like her, she complained about him being too irresponsible).

Yet, there are also many, more subtle things that turn a woman off and lead to a break up that a guy often doesn't even know about.

For example: Some of those things might be

- How he is too needy and clingy and always wants to spend time with her, because he's too afraid to follow through and make progress on his big goals, dreams and ambitions in life.
- How he struggles to make decisions and leaves everything up to her.
- How he seems so confident when he's at home with her, but when he's out in social situations he becomes submissive and meek.
- How he tends to spend more time working than he does with her and when he does spend time with her, he is emotionally unavailable.

These are just a few of the things that a woman will find unattractive in her man but will rarely tell him about it, because it's either too complicated to explain, it's too personal and would hurt

him, or he would start making promises to change as a way of stopping her from leaving him. So, rather than getting into all the subtle details, she instead just breaks up with him and tries to move on.

This is why, if you want to get her back, it's essential that you first understand her real, secret reasons for breaking up with you.

When she experiences your new, attractive behavior, she will naturally begin to feel more respect for you as a man.

She will then drop her guard and allow herself to open back up to the idea of hanging out with you more to see where things go from there.

4. Not leveling up as a guy to re-attract her in ways that will get her attention

For a woman to want to be with a man, she needs to know that she will be able to grow and become a better person, because he's at a level where he makes her strive to be her best self (and visa versa).

So, when she breaks up with a guy, it's usually because his level and her level are no longer in sync (e.g. she's become more emotionally mature than him, she's more emotionally independent while he's clingy and needy, she's focused on making progress on her goals while he's still messing around playing video game or watching TV).

This is why, if you want your ex to give you another chance, you need to make sure that you level up as a man and not try to get her back by giving her the same attraction experience as before.

You've got to be ready to give her the kind of attraction experience that will cause her to feel like she just has to give you another chance, or else she will regret it for the rest of her life.

When you can do that, it becomes easy to get her back, because she wants it too.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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My Ex Girlfriend Acts Hot and Cold

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

5 possible reasons why:

1. You re-attract her a little, but then turn her off again

[image: You re-attract her a little, but then turn her off again]

When a guy gets broken up with, but still loves his ex and wants her back, the first thing heâll usually do is try to convince her that heâs changed some of the things that turned her off, so she will then give him another chance.

For example: A guy might remember that most of the arguments he had in the relationship with his ex girlfriend were about him lacking ambition and being too laid back about his future.

So, to convince her that heâs changed, he might tell her that heâs busy looking for a better job, or that heâs thinking about enrolling in classes to improve his qualifications so that he can advance in his career, or that heâs applied for a promotion at work.

Then, when his ex girlfriend sees that heâs taken her feelings and concerns into consideration and is actually making an effort to better himself, she might begin thinking things like, âIt looks like I eventually got through to him, even though I had to break up with him for it to happen, but at least heâs finally making some positive changes in his life that will result in him progressing and having a better future.â

She then naturally starts to feel more respect and attraction for the new man that she now thinks heâs become and she starts to respond to him in a more positive (i.e. she acts hot) way.

Yet, over time, she may begin to realize that even though heâs saying that heâs moving forward in his life, nothing really seems to be happening.

Basically, heâs always talking about going to do apply for a promotion or, going to look for a better job, but it never actually happens.

As a result, she starts to feel like heâs messing with her and only saying those things to make her take him back and she may think things like, *âHeâs been pretending that heâs changed, but deep down heâs still the same lazy, unmotivated man I broke up with. I canât believe I fell for his lies! Heâs not really making progress in his life. Instead, heâs just saying that he is to reel me back into a relationship with him. What a jerk!â*

Naturally, when she begins thinking that way, she responds by acting cold, disinterested and possibly even annoyed and hostile towards him.

This is why itâs so important for you to truly change and improve before you interact with your ex.

That doesnât mean you have to become perfect to get her back, but you do have to genuinely make some improvements to yourself so she can see that youâre better now than you were before (e.g. more confident and self-assured, more emotionally masculine, more focused and goal oriented, more manly).

Remember: Actions speak louder than words.

When she sees the result of the changes you make to yourself, rather than you telling her about them, she won't be able to stop herself from feeling drawn to you again in a way that feels good to her. Then, she will automatically act hot all the time, because she feels respect and attraction for you again.

On the other hand, if you only pretend to change just to get her back, she will stay cold and then getting her back becomes a lot more difficult for you.

Another possible reason why your ex girlfriend acts hot and cold is

2. She is testing to see how confident you are now after the break up

[image: She is testing to see how confident you are now after the break up]

Genuine self confidence is one of the most attractive qualities a man can have.

It doesn't matter if he's not very good looking, doesn't have a lot of money or drives a small car, when he's confident, he automatically becomes more attractive in a woman's eyes.

Conversely, a man can be really handsome, rich or drive a fancy car, but if he lacks confidence in himself and is insecure around a woman, she will instinctively feel turned off by him.

That's just how attraction works for a woman.

So, after a break up, a woman will usually test her ex's confidence again (she almost certainly did it the first time around when he tried to get her to go out with him), before she lets down her defenses and opens herself up to giving him another chance.

Of course, there are many things she can do to test him, but one of the most common ways is to act hot and cold and then wait to see how he will react.

For example:

- Will he get upset and ask things like, *“Why are you doing this to me? Why are you treating me this way?”*
- Will he crumble and start doubting his chances of getting her back just because she isn't being nice to him all the time?
- Will he beg her to tell him what he's doing wrong and why she's treating him that way?
- Will he try to suck up to her even more in the hope that she will be nice to him all the time, rather than being hot one minute and cold the next?
- Will he ask her to tell him what he needs to do to make her want him back?
- Will he give up on getting her back and just walk away, simply because he can't handle the way she's behaving?

If he reacts in any of those ways, it will prove to her that she made the right decision by breaking up with him.

She will then likely go completely cold and try to push him away for real this time.

On the other hand, if he maintains his confidence with her, regardless of how she treats him, she won't be able to stop herself from feeling some respect for him again.

When she starts to respect him, she will also feel attracted to him again and when that happens her guard naturally comes down and she opens up to interacting with him more and more to see where

things go.

This is why, itâ€™s very important that every time your ex girlfriend acts hot and cold you maintain your confidence with her.

The more you can do that, the more attracted to you she will feel, even if she doesnâ€™t want to, making it easy for you to get her back.

Another possible reason why your ex girlfriend acts hot and cold isâ€¦!

3. Sometimes she feels confident and happy without you and other times she doesn't

[image: Sometimes she feels happy and confident without you and other times she doesn't]

Something that a lot of guys donâ€™t know about women is that they are so much less confident about themselves than they let on (according to a global study conducted by Dove cosmetics, 96% of women donâ€™t consider themselves to be beautiful).

So, when a woman breaks up with a guy, chances are she will initially feel a bit unsure about her decision.

In her mind she may be wondering things like, *â€œWhat if Iâ€™m just too unattractive and no other guy wants me? Will I end up being single forever? Will I be the only one of my group of friends who is alone while theyâ€™re all in love and happy in relationships?â€*

Naturally, when sheâ€™s feeling like that, she may act hot when interacting with her ex, because at the back of her mind she may be thinking something along the lines of, *â€œWell, at least he still finds me attractive and wants to be with me. I guess if I canâ€™t find another man I can always go back to him. It will be better than nothing.â€*

On the other hand, she might go out to a club or bar with friends and get approached by many different guys who tell her that sheâ€™s hot.

Alternatively, a guy at work or university may tell her that heâ€™s had his eye on her for a long time but has been avoiding her because she had a boyfriend before.

Additionally, she might join a meet up group in her area and start going out more with like-minded people and having loads of fun.

In these instances, she will almost certainly be feeling very confident about herself and her attractiveness as a woman.

She will likely also be feeling happy and more positive about her future.

If she then happens to interact with her ex boyfriend when sheâ€™s feeling like that, she will usually act cold, because sheâ€™s feeling more sure about herself and her chances of moving on with a new man if she wants to.

Another possible reason why your ex girlfriend acts hot and cold isâ€¦!

4. She wants to see if you will get angry and give her a reason to completely cut you out of her life

[image: Will you give her a reason to cut you out of her life completely?]

Sometimes, when a guy wonâ€™t let go of his ex and continuously tries to get her back, she might decide that the only way to get rid of him for real is by making him lose his temper with her.

As a result, she ends up acting hot and cold from one interaction to the next in the hope that he will get angry with her and say something along the lines of, *â€œWhat the hell is wrong with you? Why are you acting like such a bitch? Why canâ€™t you just stick to being one thing? Iâ€™m fed up with your games!*â€œ

She can then say something like, *â€œI knew that you were just sucking up to me because you wanted me to give you another chance! How dare you get angry with me? Did you forget that Iâ€™m no longer your girlfriend? You donâ€™t own me and now that Iâ€™ve seen your true colors, you can be sure that I would never get back with you. So, please donâ€™t bother contacting me again, because I never want to see or talk to you ever again!*â€œ

Sheâ€™s then able to make a clean break from her ex, without constantly having to deal with him trying to get her back.

Of course, if this is the case with your ex girlfriend, you can actually turn it around and re-attract her instead (e.g. by using humor to change her coldness into hotness, maintaining your confidence with her regardless of how sheâ€™s behaving, flirting with her to create sexual tensions between you).

Then, rather than give her a reason to completely cut you out of her life, she will instead begin feeling drawn to you again.

When that happens, her guard will naturally come down and youâ€™ll begin to notice that she no longer acts cold when she interacts with you.

You can then fully reactivate her feelings for you and get her back.

Another possible reason why your ex girlfriend acts hot and cold isâ€¦!

5. She doesn't know how else to deal with breaking up with you

[image: She doesn't know how else to deal with breaking up with you]

If a woman doesnâ€™t have much experience with break ups (e.g. this is her first or second serious relationship), she may not really know how to deal with all the different emotions sheâ€™s experiencing.

For example: Imagine a woman is sitting at home alone and remembering all the good times she had with her ex.

Sheâ€™s feeling sad and lonely and this makes her miss him.

She then decides to call him on the phone to say *â€œHiâ€œ* and to take away some of her loneliness.

Understandably, the guy might then interpret her behavior in a positive way and he may even begin thinking things like, *â€œSheâ€™s being so nice all of a sudden. Maybe sheâ€™s finally started to regret her decision to break up with me and this is her way of giving me a sign that she wants to get back together again.*â€œ

Then, a few days later the guy calls her on the phone to ask her to meet up with him.

Essentially, heâ€™s following through on what he assumes is her openness to work things out with him.

Yet, rather than happily accept his invitation she instead says something along the lines of, *â€œWhy would I want to meet up with you? Weâ€™re broken up, or did you suddenly forget? I donâ€™t want to see you. Iâ€™m busy trying to get on with my life and you need to accept that and stop*

pestering me about getting back together again, because itâ€™s not going to happen.

Naturally, the guy is left feeling hurt and wondering, *â€˜Why is my ex girlfriend acting hot and cold? What's the matter with her?â€™*

The reason is, she doesn't know how else to behave.

She's just reacting to how she feels in the moment.

When she's feeling sad, lonely or depressed, she instinctively turns to her ex for comfort and this can be interpreted as her acting hot.

Then, when she's feeling more confident and in control of her life, she pushes him away, thereby acting cold.

However, what the guy doesn't realize is that while his ex is acting hot and cold, she's still open to interacting with him and this is the opportunity he needs to reactivate her feelings for him and get her back.

This is why, if your ex is currently talking to you, it's a good thing.

Use the open communication between you and her to re-spark her sexual and romantic feelings for you and make her want you back.

3 Mistakes to Avoid Making When Your Ex Girlfriend is Acting Hot and Cold

If you want to get your ex back, you need to re-attract her first and that likely won't happen if you make any of the following mistakes:

1. Trying to get her back via text

It's almost guaranteed that a woman will be hot and cold via text.

Here's why:

Even if a woman really likes you or loves you, she will still be hot and cold via text at times.

That's just how women are.

For example:

- Some women see that as flirting (e.g. she's playing a bit hard to get and you will then chase her and this will create some sexual tension between you and her).
- Some women do it to test your confidence (e.g. will you crumble and doubt your chances of getting her back, or will you remain emotionally strong, get her on a call, then to a meet up and back into a relationship with you).
- Some women do it to reconfirm who is the boss or in charge in the relationship (e.g. will you be the man and take control of the situation by not allowing her to mess you around, or will you step back and allow her to call the shots in the hope that this will please her and make her want you back).
- Some women do it because they feel bored of texting back and forth with their ex, so they do it to amuse themselves, or to force him into calling.

The fact is, you can never fully interpret a woman's intentions via text.

This is why, if you want to get your ex back for real, you need to get her on a call or to a meet up with you.

In that way, you get to be the one who calls the shots.

No matter how much she acts hot and cold, when you focus on saying and doing the types of things that are naturally attractive to women (e.g. being confident, emotionally masculine, manly), she will automatically stop because she will feel drawn to you in a way that feels good to her.

Another mistake to avoid is

2. Offering her the same attraction experience that got you dumped and expecting her to be hot all the time

Sometimes, a guy is so eager to get his ex back as quickly as possible, that he fails to realize that to get her back this time, he's going to have to give her a new and improved attraction experience.

This means, even though things like flowers, romantic dinners, long walks on the beach, or other romantic gestures worked in seducing her before, they're almost certainly not going to work again.

Why?

Essentially, the first time the relationship was starting with a clean slate.

He hadn't made any mistakes to turn her off, so these gestures seemed sweet, romantic and special to her.

However, this time her opinion of him is clouded by what happened to cause them to break up, so she's not going to be very impressed if his idea of getting her back is to send her flowers (or something equally insignificant).

So, even though she might initially respond by being friendly and nice, once the initial thrill wears off and she realizes that he's stuck offering her the same old attraction experience as before, she will likely begin thinking things like, *"I can't believe that he thinks flowers/being extra nice to me/ romantic dinners/ buying me gifts is going to take away all the negative stuff that happened between us and make me give him another chance. Doesn't he realize that there are much more serious issues that need to be addressed before I would ever consider getting back together again? This just proves to me that I made the right decision to break up with him. He just doesn't get it and he clearly never will. I need to forget about him and move on."*

She then turns cold and pushes him away, leaving him feeling confused and wondering why she's being so inconsistent.

This is why it's very important that when you try to get your ex back, you offer her a new and improved attraction experience.

Another mistake to avoid is

3. Misunderstanding her behavior

Sometimes a woman will act hot and cold after a break up because she is worried that her ex guy will reel her back in and then dump her.

She fears that he wants to get revenge on her for dumping him.

So, when sheâs feeling positive about his intentions with her, she responds by being open and friendly towards him.

However, when sheâs feeling more insecure and unsure of herself, thatâs when the doubts begin eating away at her and thatâs when she pulls away from him, acts cold and pretends that she wants nothing to do with him.

Hereâs the thingâ

If you want your ex back, you canât let her behavior influence you.

You need to do what you need to do (i.e. interact with her, make her laugh and smile and feel good to be around you again, reactivate her feelings and get her back), regardless of what she does to put you off or encourage you.

The more that you give her the kind of attraction experience she always wanted from you, but never got, the more she feels like sheâs willing to take the risk of you dumping her, or else she might end up regretting it later on.

When you make her feel that way, her sexual and romantic feelings for you begin flooding back and you can then get her back and enjoy a new relationship.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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4 Ways to Become the Man That She Would Want Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Getting broken up with can either cause you to lose confidence in your attractiveness to women and go into your shell, or become more confident than ever before and become a magnet to women (including your ex).

What many guys don't know is that going through the ex back process is an incredibly transformative experience that helps you become an even better man than you were before.

The ex back process is essentially about finding out where you messed up (usually not what she told you), improving in subtle areas (e.g. confidence level, approach to communication, masculine expression), re-attracting her and then keeping the relationship back together.

Before you begin that process though, here are 4 ways to help you become the man that your ex would want back:

1. Become the most confident you have ever been in life

[image: Become the most confident you have ever been in life]

If you don't have a clear understanding of what confidence is, it's very easy to get caught up thinking that it's okay to feel dejected and to put yourself down after a break up.

You may even be thinking things like, *It's all my fault that this happened,* or *I didn't realize how lucky I was to have her and I stuffed everything up. I ruined her feelings for me. She deserves a better guy than me,* or *How will I ever find another woman like her to accept and love me?*

Yet, that's not what someone who has confidence in himself would be thinking.

Yes, it's only right that you will be feeling sad and disappointed about your break up.

Sure, you may experience days where you miss her so much it hurts.

Yet, feelings of sadness, disappointment or of missing your ex have nothing to do with how confident you feel about yourself as a man.

For a clearer understanding, here is the dictionary definition of confidence:

Confidence (*noun*): Belief in oneself and one's powers or abilities; self-confidence; self-reliance; assurance.

So, it's very important that you use this opportunity (i.e. your break up) to build up your confidence, to the point where no matter what life throws at you (e.g. another break up, getting fired from your job, a challenging health issue, financial problems), nothing can erode how you feel about yourself as a man.

Never again will you have doubting thoughts about yourself, your value to women or your worthiness to your ex or anyone else.

For example: Some of the ways you can do that are by:

- Seeing yourself as already being a better man than you were when your ex dumped you, because you've understood where you went wrong in the relationship with her.

- Taking definite steps to change and improve those things about yourself so that when you interact with your ex and other women, you automatically spark feelings of respect and attraction in them by displaying some of the qualities theyâ€¦re instinctively drawn to (e.g. emotional strength, assertiveness, being a man of action, self-assurance).
- Changing your self-talk (e.g. rather than putting yourself down when you make a mistake or fail at something and calling yourself things like, â€¦Loser, idiot or chumpâ€¦ you say things like, â€¦Everyone makes mistakes. This just gives me an opportunity to get even better.â€¦)
- Becoming more emotionally independent, so you donâ€¦t need your exâ€¦s (or anyone elseâ€¦s) approval or emotional support to feel good about yourself. Youâ€¦re now a self-approving, confident man with or without her.
- Believing in your attractiveness to your ex and other women, so you donâ€¦t feel as though any woman you want is out of your league. You know that you are more than good enough for any woman you choose and it comes through in your body language, attitude and behavior.

The more you believe in yourself, the more confident you will become.

Then, without even realizing it, it will become a reality.

If you then interact with your ex and she experiences the new you, her feelings will automatically begin to change.

Even if she tries to deny it to your face, she wonâ€¦t be able to stop herself from feeling some respect and attraction for you again for being so emotionally strong and becoming an even better man after the break up than you were before, rather than sinking into a pit of negativity, self-doubt and insecurity.

She will feel a spark with you and will wonder if maybe she should give you another chance.

When those kinds of thoughts enter her mind, the door to getting her back begins to open up and you can easily reactivate her sexual and romantic feelings for you and get her back.

Another thing you can do to become the man that she would want back isâ€¦!

2. Toughen up in the most important way of all: Emotional Masculinity

[image: Toughen up in the most important way of all: Emotional masculinity]

Emotional masculinity is different to physical masculinity.

So, before you rush offÂ to join a gym and begin pumping weightsÂ to get biggerÂ muscles, or change your wardrobe or appearance to look moreÂ manly (e.g. you start wearing leather jackets and dark sunglasses), consider the following:

If a guy is emotionally wimpy or sensitive, a woman isn't impressed if he has muscles or any other type of physical masculinity.

So, even though she may appreciate and even be impressed that a guy has made an effort to improve himself physically, sheâ€¦s going to be more interested in seeing whether heâ€¦s improved himself emotionally as well.

For example: Imagine a woman broke up with a guy because he was too wimpy and emotionally soft in the relationship with her.

No matter how much she pushed him, or how badly she treated him, he always backed down and let

her get her way.

At the same time, he was often clingy and needy and got upset every time she wanted to do things independently from him and asked things like, *“Do you still love me? Why don’t you want to be with me like I want to be with you?”* or *“Why do you hurt me this way? Don’t you realize you mean the world to me?”*

Then, after the break up, he put all his attention on transforming himself into a really muscular, body-builder type with new clothes and a new haircut to re-attract her.

Yet, when she interacts with him, he still reacts the same as he did before (e.g. is wimpy and weak-minded, lets her get away with bad behavior, cries about how much he misses her).

As a result, rather than think things like, *“Wow, he looks so hot and sexy now, that it doesn’t matter to me anymore that he still hasn’t leveled up as a man. I’m just going to overlook the fact that I can’t respect and feel attracted to an emotionally weak, wimpy guy and get back together with him because of his new appearance,”* she’s going to be thinking something like, *“It’s a pity that he didn’t put as much energy into improving the things about himself that really matter to me, like his emotional masculinity and his ability to make me feel respect and attraction for him as a man. If he had, I wouldn’t think twice about getting back with him. I would automatically want to give him another chance. However, he thought that his appearance was more important to me than fundamental traits like emotional strength, emotional independence and confidence. Too bad. I guess it’s truly over between us now.”*

Here’s what you need to get clear on!

What matters most to a woman is your emotional masculinity.

In other words, your balls.

When she can experience the new emotionally masculine you during interactions, she will naturally relax into thinking, talking and behaving like a real woman around you (i.e. feminine, girly).

Her guard will then start to slip down and she will open back up to being in a relationship with you again.

Of course, that doesn’t mean you should let yourself go, avoid exercising and wear old, unattractive clothes.

Instead, just know that it’s not the most important thing to a woman.

Who you are as a man is (i.e. confident, emotionally masculine, emotionally dominant).

Another thing you can do to become the man that she would want back is!

3. Become fearless when it comes to love

[image: Become fearless when it comes to love]

Too many men are afraid to show their love and appreciation of a woman in a relationship, because they worry that it won’t be reciprocated and they will then be in the one down position.

Yet, a real man doesn’t ever worry that he will be in the one down position, because he never is.

It takes balls to be fearless when it comes to love.

To not need 100% reciprocation from your girlfriend or wife all the time.

Ironically, when you are that type of man, she loves you more than she has loved any other guy.

So, if you were a bit closed off in your relationship with your ex before, you need to become more fearless when expressing your emotions now.

Of course, that doesn't mean you should suddenly become an emotional wuss who doesn't stop talking about his feelings.

Instead, it's about being fearless with your emotions like a man (i.e. maintaining your composure and masculinity, while also expressing some emotions without fearing how your ex will react or respond).

For example: Imagine you're meeting up with your ex to say *Hi* as friends.

An emotionally fearless man will have the balls to say something like, *I'm happy to see you. You really look amazing.*

On the other hand, a man who is emotionally closed off and afraid of being hurt by showing love will likely say something along the lines of, *Hey, how are things with you these days?*

As you can probably see, there's a big difference between the two.

One is open and loving, the other is closed and guarded.

Another example is if the woman then responds to the emotionally fearless guy with something like, *Thanks. It's nice of you to say that. However, I hope you don't think my agreeing to meet up with you again means I want to get back with you, because I don't.*

Once again, the truly emotionally fearless guy (not one who is pretending to be), will maintain his confidence and respond with something like, *Who said anything about getting back together again? Sure I'd really like that, but I've accepted your decision and I'm cool with us just being friends for now.*

When you do that with a woman, she naturally feels strong surges of respect and attraction for you for being man enough to open up to her, without being needy or insecure about it, even though you're broken up.

She then feels drawn to you again in a way that feels good to her and you can then build on her feelings and get her back.

Another thing you can do to become the man that she would want back is

4. Have the courage to guide awkward interactions back to laughter and feelings of easy love

[image: Have the courage to guide awkward interactions back to laughter and feelings of easy love]

In most ex back cases, the guy will usually be feeling awkward, tense and unsure of himself as he attempts to interact with his ex woman again.

At the back of his mind he may even be wondering things like, *What if she refuses to talk to me?* or, *What if she tells me that she'll never give me another chance?* or, *What if I can't convince her to give our relationship one more try?*

Yet, thinking like that only creates more tension.

As a result, the interaction becomes unpleasant for both the guy and the woman and she then likely says something like, *Look, I think we both stand a better chance of healing from this break up if we don't see or talk to each other again. Please accept that and try to move on.*

That's not what you want.

This is why, it's always best to use humor to lighten the mood when interacting with your ex, so that she ends up thinking things like, *He's so different now. I actually look forward to hearing from him or seeing him again. He really is a new man. Maybe we can work things out between us after all.*

So, don't be afraid to make her laugh and smile when you talk to her, rather than being too serious and only focusing on discussing the relationship and what went wrong.

When you use humor to guide awkward conversations or interactions back to laughter and feelings of easy love, it becomes a lot more difficult for your ex to hold on to her negative feelings about you.

She starts feeling respect and attraction for you again and her guard comes down, making her more open to the idea of talking to you on the phone and seeing you in person again and again.

You can then fully reactivate her feelings for you and guide her back into a loving relationship with you, that's even better than it was before.

Become the Man That She Would Want Back Faster By Avoiding These Common Ex Back Mistakes

You can get your ex back if you want to.

However, you need to approach it the right way.

If you don't, you may end up turning her off even more and reducing your chances with her.

This is why, you need to avoid making the following ex back mistakes:

1. Talking about how much you want her and hoping that saying it will make her want you in the same way

Sometimes a guy might say things like, *I want you to know that I still love you and really want you back. I really want us to figure this out and get back together again.*

Essentially, he's hoping that his ex will then say something like, *Oh, that's amazing! Now that I know you still care for me, I can open up and be honest with you too! I want you back too!*

Yet, here's the thing!

If a woman has disconnected from her feelings of respect, attraction and love for a man, then him telling her how much he wants her isn't going to make her suddenly feel the same way about him.

So, if you want your ex to want you back, don't waste time discussing your feelings with her.

Instead, focus on making her feel respect and attraction for the new, improved version of you, so that her wanting you back happens naturally.

When you approach it that way, you don't have to try to force an answer out of her that she doesn't want to give.

Instead, you allow her to want you back out of her own free will, because it feels like the right thing for her to do.

The next mistake to avoid isâ€¦!

2. Not knowing what women really find attractive in a man

Often, a guy thinks that what a woman wants in a man is for him to be kind and sweet and to let her call all the shots and make all the decisions.

He might also think that giving up everything else in his life (e.g. his goals, interests, hobbies, friends) and sticking solely with her is a sign of his devotion to her.

However, although he might think that heâ€™s doing the right thing by showing her that heâ€™s willing to do anything for her, thatâ€™s not what women find attractive in a man.

Yes, there are some women who like that kind of behavior in a man, because it gives them a sense of power over him (i.e. usually unattractive women who wonâ€™t be able to find another man).

The majority of women however, donâ€™t.

Hereâ€™s the thingâ€¦!

A womanâ€™s emotional attraction to a guy is based on how he makes her feel by the way he talks, interacts with her, his body language, his attitude and the way her responds to her.

Itâ€™s who he is when sheâ€™s interacting with him.

For example:

- Is he confident and emotionally strong, or insecure and uncertain of himself?
- Does he make her feel like a feminine woman when sheâ€™s with him, or does she feel neutral or friendly emotions towards him?
- Does she look up to him, respect him and feel proud that heâ€™s her man, or does she feel like she canâ€™t look up to him and respect him and even looks down on him a little bit?
- Is he manly and leading in the relationship, or does she feel like sheâ€™s emotionally stronger than him and like she has power over him and is calling all the shots?

Thatâ€™s what really matters to a woman.

So, if youâ€™re serious about becoming a better man and getting your ex back, you have to understand what attracts a woman to a man and give her those things.

When you interact with her in ways that spark her feelings, everything changes.

The process of getting her back becomes really easy, because she is feeling open to you.

She likes interacting with you. She enjoys it.

However if you continue to interact with her in ways that turn her off, then getting her back is going to be very difficult.

The next mistake to avoid isâ€¦!

3. Trying to impress her by making superficial changes to your physical appearance

The truth is, that although your ex might appreciate it if you make some effort to improve yourself physically, itâ€™s almost certainly not going to be the thing that convinces her to give you another chance.

What will?

The way you make her feel when she's with you.

For example:

- Do you make her feel like a feminine woman when she's with you, or more like a neutral friend?
- Do you make her feel safe and taken care of by being the more emotionally dominant one, or does she feel like she has to take care of you?
- Do you say and do things that earn her respect, or do you often behave in ways that make her look down on you and feel disappointed with you?

These are the types of things that really matter to a woman.

So, change your physical appearance if you want to, but be aware that it's the emotional changes you make that will get results in the end.

The next mistake to avoid is!

4. Trying to be romantic before making her feel attracted to you again

When a woman has disconnected from her feelings for a guy, him doing things to be romantic (e.g. buying her flowers, sending her love letters or poems, asking her to go out to an intimate dinner with him), doesn't appeal to her.

Instead, she feels annoyed that he thinks romantic gestures will make her forget about the reasons why she broke up with him and give him another chance.

As a result, she loses even more respect for him.

This is why you shouldn't try to be romantic with your ex if she doesn't have feelings for you anymore.

Women only appreciate romance from men that they feel sexually and romantically attracted to.

So, focus on re-attracting her first.

Then, when you're also romantic after that, she will appreciate it and feel grateful to be with a man who not only sparks her feelings in the ways that are important to her, he also showers her with romance.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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I Told My Ex That I Accepted the Break Up

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 common reactions from a woman when a man openly accepts her decision to break up with him:

1. She believes him and feels relieved that she can now move on in peace

[image: She believes him and feels relieved that she can now move on in peace]

Sometimes, when a woman breaks up with a guy, he might say something along the lines of, *â€œThatâ€™s fine. If thatâ€™s what you want, I accept your decision and I promise I wonâ€™t act like a crazy, love-struck ex who always chases after you and try to make you change your mind.â€*

In his mind, he may be hoping that if he says that to her and doesnâ€™t resist the break up, it will shock her into realizing that she actually does still care for him and reverse her decision.

However, in many cases, this approach can backfire, because rather than change her mind a woman might instead think something like, *â€œOh, thank goodness! I honestly thought he was going to make a big fuss and try to talk me out of leaving. Fortunately though, heâ€™s handled this much more maturely than I anticipated and now I can move on with my life without constantly having to deal with a desperate ex trying to get me back. What a relief!â€*

Yet, hereâ€™s the thingâ€¦!

Even if your ex does feel relieved that you told her that you accepted the break up and sheâ€™s planning to move on now, deep down, she will likely also be feeling some respect for you for not giving her a hard time about leaving you.

You can use that to your advantage, because she will probably be open to at least interacting with you now (e.g. via text, social media, over the phone and even seeing you in person).

All you need to do is to make sure that you spark some of her feelings for you each time you interact with her (e.g. by making her laugh and smile and feel good, by showing her that youâ€™ve leveled up as a man, by being emotionally masculine with her so she feels feminine and girly, by flirting with her to create some sexual tension between you).

The more you do that, the more her guard will come down around you.

When that happens, itâ€™s only a matter of time before she wants to be your girl again.

On the other hand, if you just say that you accept the break up with her and then do nothing to reactivate her feelings for you, she will likely just move on without giving you a second thought.

Another possible reaction from a woman when a guy accepts a break up isâ€¦!

2. She doesn't believe him and suspects that he's just saying that to bring her guard down

[image: She doesn't believe him and suspects he is just saying that to bring her guard down]

If a woman knows that her ex still has feelings for her and if she gave him half a chance he would do anything to get her back, then him saying that heâ€™s accepted the break up wonâ€™t sound very

convincing to her.

Instead, she will likely think something along the lines of, *It's just his way of making me think that he's moving on, so that I will drop my guard around him. Then he'll likely try to worm his way back into my heart and convince me to give him another chance. Well, I'm not falling for that. I've broken up with him for good reasons and unless he can show me that he's changed the things that truly matter to me, telling me that he accepts the break up isn't going to be enough to make me change my mind.*

She then becomes even more closed off towards him (e.g. she unfriends him on social media, blocks his number on her phone, refuses to see him in person), making it even more difficult for him to reactivate her feelings and get her back.

Another possible reaction from a woman when a guy accepts a break up is

3. She feels like the relationship is fully over now, so she begins to regret it and want him back

[image: She feels like the relationship is fully over now and she regrets it and wants him back]

In some cases, a guy saying that he accepts the break up with his ex is just the shock she needs to make her realize that she made a mistake and wants him back.

As a result, she might

Text him to say *Hey* and see what happens from there (e.g. will he start re-attracting her and try to get her back, or will he act like a nice neutral friend towards her).

Give him hints during interactions that she's open to getting back together again (e.g. she might flirt with him and act like she's still interested in him, she says things like, *What we had together was good. I wish we could go back to that again,* she makes excuses to talk to him and hang out with him more often).

Do nothing and hope that he was only lying when he said he accepts the break up and that he will actually try to get her back.

Accepts that she stuffed up and forces herself to get over him and move on.

Call him and say something along the lines of, *I know you said that you accept the break up, but I now realize that I made a big mistake. Can you forgive me and give our relationship another chance?*

Yet, here's the thing

You can't count on your ex to make it easy for you to get her back, by actually saying that she regrets breaking up with you.

In fact, it's more likely that she will try to get over you and move on, because she will fear being rejected by you if she tells you that she regrets her actions.

So, getting her back really is up to you.

If you want her, you need to make it happen and not sit around hoping for signs from her.

You need to interact with her and actively spark her sexual and romantic feelings for you again, so she can't stop herself from saying something along the lines of, *I'm so sorry about breaking up with you. It was a stupid mistake and I truly regret it. Can we just put it all behind us*

and try again?â€œ

You can then get her back into a relationship with you thatâ€™s so much better than before.

Another possible reaction from a woman when a guy accepts a break up isâ€œ!

4. She doesn't care what he thinks or feels anymore, so it doesn't mean much to her

Usually, when a woman breaks up with a guy, sheâ€™s already made up her mind about it many days, weeks or even months before she actually goes through with it.

Sheâ€™s gradually prepared herself and has disconnected from her feelings of respect, attraction and love for him, so when the time comes to say the words, *â€œIâ€™m breaking up with you. Itâ€™s now over between us,â€œ* sheâ€™s ready.

So, if he then tells her that he accepts the break up, rather than think something like, *â€œOh no! What have I done? I realize now that this is a mistake. I donâ€™t really want to lose him. I only thought I was over him, but now that heâ€™s willing to let me go, I see that I still love him. I need to tell him Iâ€™ve changed my mind before itâ€™s too late,â€œ* she instead thinks things like, *â€œWell hooray for that! He makes it sound like I care if he accepts the break up or not. Well, I donâ€™t. He can take it or leave it, but as far as Iâ€™m concerned, Iâ€™m moving on with my life and Iâ€™m making sure heâ€™s not in it.â€œ*

She then focuses on meeting new guys, hooking up and falling in love.

Meanwhile, her ex is still hoping that by telling her that he accepts the break she will suddenly realize her mistake and change her mind.

Yet, that doesnâ€™t happen, because when she broke up with him,â€œ she no longer had feelings for him.

So, she just doesnâ€™t care whether he accepts it or not.

This is why, if you want your ex back, telling her that you accept the break up canâ€™t be your main strategy.

It can be part of the ex back process, but not the only thing.

For you to get her back for real, you need to do more than that.

You need to reawaken her feelings for you, so she starts to feel as though losing you will be something that she will regret for the rest of her life.

For example: Some of the ways you can do that are byâ€œ!

- Making her laugh, smile and feel good to be talking to you again over the phone or in person.
- Maintaining your confidence with her, especially if sheâ€™s pretending not to be interested in you anymore and is trying to make you feel nervous or unsure of about yourself.
- Flirting with her to create some sexual tension between you, rather than being on your best behavior around her and treating her like a neutral friend.
- Not giving her too much power over you (e.g. by doing everything she tells you to do, letting her call all the shots) and instead, letting her see that you are now even more masculine in the way you think, talk, behave and react when interacting with her.

When you approach the ex back process in that way, your ex will naturally begin to feel a renewed sense of respect and attraction for you and start to drop her guard.

She realizes that you really are different now and that you make her feel differently when she's with you as well.

She becomes curious about her new feelings for you and wants to explore them, rather than cutting you off and then potentially regretting it later on.

She then becomes open to talking to you, hanging out with you and seeing where things go from there, thereby allowing you to fully reactivate her feelings for you and get her back.

Another possible reaction from a woman when a guy accepts a break up is

5. She feels like it's too late to tell her that now, because he has already turned her off by being needy and desperate for a while after the break up

[image: She feels like it's too late to say things like that now because she's completely turned off]

Sometimes, the shock of being broken up with might cause a guy to react in unattractive ways.

For example: He might

- Beg and plead with her and say things like, *"Please baby, don't do this to me! I can't stand to lose you. I know I've stuffed up and made you feel unhappy with me, but I promise that if you give me just one more chance I will do whatever it takes to make you happy again. Please give me a chance. I promise you won't regret it."*
- Break down and cry.
- Promise her that he will do whatever she wants him to do if she will change her mind.
- Tell her how much he loves her and how he can't live without her.
- Call her or text her constantly to try and stay on her mind.
- Show up at her house or workplace to try and talk things out with her.
- Ask mutual friends or family to put in a good word for him.

As a result, when he finally gets to the point where he tells his ex that he's accepted the break up, it's usually too late, because she's lost too much respect and attraction for him as a man.

So, if you've behaved in any of the above-mentioned ways, it's very likely that you've turned your ex off in the process.

However, that doesn't mean you can't turn things around and get her back.

You can.

As long as you focus on saying and doing the types of things that will reactivate her feelings for you from now on (e.g. being confident, emotionally strong, more manly, more emotionally independent), her defenses will naturally begin to come down.

You can then show her that you really have changed and make her fall in love with the new you.

Get Her Back Quicker and Easier By Avoiding These 4 Mistakes

If you want your ex back, it's very important that you take the right approach.

If you don't, you may end up turning her off even more and losing her for real this time.

This is why, you need to avoid making any of the following mistakes:

1. Hoping that telling her you accept the break up will be enough to make her want you back

Although telling your ex that you accept the break up is an important step in the ex back process, thereâs a lot more that needs to happen after that before she will be yours again.

If you donât take steps to fully reactivate her feelings of respect, attraction and love for you, the best you can hope for is for her to say something along the lines of, *âIâm glad youâve finally accepted that itâs over between us. At least now we can both begin to heal and move on. Maybe we can even be friends sometime in the future when things have settled down between us, okay? However, for now, letâs take some time apart and focus on ourselves.â*

So, if thatâs not the outcome you want, make sure that you follow up your acceptance with interactions that spark her feelings for you.

The more you make her feel drawn to you again in a way that feels good to her, the more open she will become to getting back together again.

On the other hand if you donât do anything else now that youâve told her that you accepted the break up, chances are high that sooner rather than later youâll be finding out that sheâs in a new relationship with a guy who isnât you.

Donât let that happen.

Take action now.

Another mistake to avoid isâ!

2. Not realizing that, whenever you interact with her, you still turn her off in subtle ways, which make her feel confident about her decision to remain broken up with you

Sometimes, a guy will continue to turn his ex off every time he interacts with her over the phone, or in person without even realizing it.

For example: Some of the ways he might do that are byâ!

- Always being available to talk to her no matter what time of day or night it is. This gives her the impression that heâs got nothing else going on in his life and that heâs just sitting around waiting for scraps of attention from her.
- Being nervous and tense while talking to her. This indicates to her that heâs lacking the all-essential trait of confidence that sheâs looking for in a man.
- Seeming sad and depressed all the time. She then gets a sense that he lied about accepting the break up and heâs sitting around moping and feeling lost without her.

As a result, she doesnât feel that all-important spark of attraction for him for being an emotionally strong, confident man that she can look up to, respect, feel attracted to and love.

She then feels that she made the right decision by breaking up with him and then opens herself up to meeting new men to move on with.

Another mistake to avoid isâ!

3. Hoping that she takes pity on you for having to accept the break up, when she's not the sort of woman to feel pity and come running back

Most women in today's world are emotionally and mentally tough.

So, when a guy tries to make an ex woman take pity on him for accepting a break up, even though he really still wants her back, rather than feel motivated to bend a little bit and give him another chance, she instead feels annoyed with him for trying to manipulate her back into a relationship.

She then becomes colder and more unapproachable, making it difficult for him to reactivate her feelings and get her back.

Here's the thing!

If you want your ex back, don't try to make it happen by trying to manipulate her feelings of pity or guilt.

If she's a strong-willed woman, she's simply not going to fall for it and it may even cause her to stop interacting with you altogether, making getting her back more difficult for you.

Another mistake to avoid is!

4. Accepting the break up and then leaving the ball in her court

In some cases, a guy will tell his ex that he accepts the break up and then distance himself from her while he waits for a sign from her that she's missing him.

Yet, that almost never happens.

Instead, the woman will take his acceptance as a sign that the relationship is truly over and she will then focus her attention on moving on and finding herself a new man.

In cases where a woman still has feelings for her ex and was secretly hoping they could work things out, not hearing from him after he accepts the break up will likely be like a cold slap in the face.

She may then start thinking things like, *"Why did I ever think that he still cares for me. Clearly he's no longer interested and I'm just wasting my time waiting for him to make a move. I need to get over him and get on with my life. After all, that's exactly what he's done."*

Naturally, that's not the outcome you're looking for, so don't leave the ex back process up to your ex.

You're the man so it's up to you to get her back if you want her.

So, now that you accepted the break up, focus on using interactions with your ex to spark her feelings of respect and attraction again.

The more attracted she feels to you again, the more worried she becomes about you moving on without her.

She then wants to talk to you over the phone and meet up with you in person more and more, making it easy for you to get her back and enjoy a new, exciting relationship with her.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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I'm Taking Care of My Ex Girlfriend's Dog. Yet, She Doesn't Want Me Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

3 things you should start to do if you want your ex girlfriend back:

1. Use the times when she visits her dog to re-attract her

[image: Use the times she visits her dog to re-attract her]

Even though your ex girlfriend is currently saying that she doesn't want you back, it doesn't mean she will stick to that decision once you've reactivated some of her sexual and romantic feelings for you.

Fortunately, unlike a lot of guys who get broken up with and who struggle to find a way to interact with their ex without being rejected by her, you have the perfect "excuse" that makes her accessible to you almost any time you want (i.e. you're taking care of her dog).

This means, every time she calls to check up on her dog or comes to visit him/her, you have a chance to spark some of her feelings for you again.

How can you do that?

Some of the ways you can do that are by:

Becoming more confident and self-assured about your attractiveness and value to her, rather than feeling insecure around her and worrying about her saying that she doesn't want you back.

Showing her that you've added to your strengths and improved your weaknesses, rather than staying the same and expecting her to want you back just because you still care for her.

- Improving your ability to make her feel like a sexy, desirable woman in your presence, rather than treating her like a neutral friend.
- Being more manly in your attitude and in how you think, talk, behave, and interact with her, rather than allowing her to dominate you with her confident personality.
- Flirting with her to create sexual tension between you, rather than "playing it safe" by pretending you're not interested in her and only talking about her dog with her.
- Making her smile and laugh and feel relaxed to be around you, rather than trying to turn every conversation with her into a discussion about the relationship and what it would take for her to give you another chance.

When you start making her feel sexually attracted to you again, it then gives you the confidence to not accept the scraps that she is giving you by letting you take care of her dog.

Not only will you feel more in control of the ex back process (rather than letting it be all up to your ex girlfriend), she also stops thinking of you as her good, old reliable ex boyfriend who is only there to take care of her dog.

As a result she starts to feel drawn to you again.

When that happens, her guard comes down and she opens herself up to kissing and sex to see where things go from there.

Another thing you should do isâ€¦!

2. Use the dog as a source of humor when you see her

[image: Use the dog as a source of humor when you see her]

It has been said that laughter is the best medicine.

So, what better way to ease the tension between you and your ex girlfriend and take the bite off any negative feelings she might still be holding onto about you than to make her laugh when sheâ€™s with you.

For example: The next time she comes to visit her dog, you might say something like, *â€œIâ€™m sorry you came all this way for nothing, but your dog isnâ€™t here right now.â€*

She might then ask something along the lines of, *â€œWhat? Where is he?â€*

You can then respond in a joking way, *â€œWellâ€¦ heâ€™s been so happy since you left that when I told him you were coming to visit today, he decided to go out for a walk. Heâ€™ll be back later,â€* and have a laugh with her about that.

Note: That kind of thing is to be said to her in person with a smile and in a joking manner, not via text.

When you use humor and get your ex smiling and laughing, it becomes a lot more difficult for her to hold on to her decision not to get back together again.

As a result, she starts feeling respect and attraction for you again and she begins thinking things like, *â€œThis is interesting. Heâ€™s so funny and confident all of a sudden. I wonder what has gotten into him. Maybe heâ€™s really changed after all. Maybe I should stop pushing him away and see what happens instead.â€*

You can then build on her feelings for you and make her want you back.

Another thing you should do isâ€¦!

3. When she is attracted to you again, use the dog to do something romantic

[image: When she is attracted to you again, use the dog to do something romantic]

Romance is only enjoyable for a woman when the feelings are mutual.

So, you need to re-attract your ex girlfriend first before doing this.

Then, when you know that she is re-attracted based on how you have been interacting with her, you can use her visit to see the dog to melt her heart a little.

For example: Something you might do isâ€¦!

Hang a little sign from the dogâ€™s collar or neck, saying, *â€œWanna go for a walk?â€* and then walk the dog together.

On the walk, if she seems open (e.g. sheâ€™s laughing and smiling a lot, playfully teasing you or touching you on the arm), you might try and hold her hand.

If she doesnâ€™t pull away, continue walking hand in hand for a while.

At the right moment (e.g. she turns to look at you and smiles, she moves closer to you), you can go ahead and give her a kiss on the lips.

[image: Kiss her when the moment is right]

From there, if she opens open to it, go back to your place and hook up with her sexually.

Then, continue showing her during every interaction you have with her that you've transformed yourself into the kind of man that she can now look up to, respect and feel attracted to (e.g. confident, more manly, emotionally mature, emotionally independent).

As you do that, she will naturally begin to fall back in love with you.

By the way!

Don't give up if she doesn't want to hold hands, kiss or have sex again.

The important thing is that you maintain your confidence with her and you continue building her feelings of respect, attraction and love for you over time.

The more she experiences the new you for herself, the more she will fall for you again, even if she initially didn't think it was possible.

You and her can then get back together in a relationship that is so much better than it was before.

4 Common Mistakes to Avoid When Taking Care of Your Ex Girlfriend's Dog if You Want Her Back

When you spark your ex girlfriend's feelings of respect and attraction for you, everything changes.

Her guard comes down and she opens herself up to getting back together again because being around you feels good to her.

On the other hand, if you keep saying and doing the kinds of things that make you appear unattractive in her eyes, she's just going to keep blocking you and saying things like, *"Look, I really appreciate that you're taking care of my dog, but we can only be friends from now on. I just don't have feelings for you anymore. Please accept that."*

She may then try to find herself a replacement man as quickly as possible as a way of convincing you that she doesn't want you back.

This is why, you need to focus on doing the right things, rather than making any of the following mistakes:

1. Taking extra good care of the dog in the hope that it impresses her and makes her take pity on you

Sometimes a guy might spend almost all of his time pampering his ex's dog (e.g. talking him for long walks, buying him new toys to play with, feeding him only the best and most expensive food).

Secretly he's hoping that his ex will think something along the lines of, *"Wow, he's really been spoiling my dog so much! That's just so sweet and thoughtful of him. It makes me feel like such a bitch for refusing to give him another chance. Based on how amazing he's been by taking care of my dog even though we're broken up, I owe it to him to at least try to work things out."*

Yet, although a woman might appreciate that he's being so kind and helpful, feeling sorry for

him isn't the main thing that will change her feelings for him.

What will?

Reactivating her feelings of respect and attraction for you, so she feels drawn to you and becomes open to giving you another chance.

So, even though the guy might be a good guy and has good intentions, a woman usually won't see it that way.

He won't see what he is doing as needy and desperate, but she will.

So, don't bother trying to make your ex woman feel pity for you for being so nice to her dog, while she's being mean to you, because it will most-likely backfire.

Instead, just focus on reawakening her feelings of respect and attraction, so she naturally wants you back because it feels right to her.

Another mistake to avoid making is!

2. Suggesting that the dog is depressed without her around

While this might be true, it's not the sort of emotional blackmail that gets a woman back into a committed relationship.

Instead, she will likely think something like, *"I can't believe that he's trying to put me on a guilt trip. Does he really think I'm going to get back with him just because my dog is depressed?"*

She will then look at her ex as being manipulative, childish and emotionally immature, which are all traits that turn women off about men.

She will then be even more convinced that breaking up with him was the right decision.

This is why, it's important that rather than looking for excuses to get her back, you instead quickly level up and become a more emotionally attractive man.

When you do that, she will have a really good reason to feel a renewed sense of respect and attraction for you.

It will be based on something solid and genuine (i.e. you've transformed yourself into a better man), rather than on something superficial like her dog being depressed.

As a result, her guard will come down a little and you can then build on her feelings and get to a hug, kiss, sex and back into a relationship.

Another mistake to avoid making is!

3. Not getting to the core reasons why she doesn't want you back

In her mind, your ex has probably got some very good reasons for not wanting to give you another chance.

The important thing, is that you understand her reasons, so you can quickly change and improve some of those things.

When you do, all her excuses fall away and she then naturally and automatically starts to feel drawn to you again.

So, you really do need to figure it out.

Don't ask her that though.

It's not her job as an ex girlfriend to explain how you can get her back.

You have to understand that without her help.

By the way

If you don't know what to look for, here are some questions to help you start figuring it all out:

- Are you the kind of man that she can look up to and respect, or does she feel like you're not living up to your full potential as a man (e.g. because you don't have any big goals or dreams that you're working towards achieving, you're too childish and immature, you don't have a purpose in life, you tend to lose confidence and go into your shell in social situations)?
- Do you make her feel the way a woman wants to feel in a relationship with a man (e.g. feminine, girly and sexually desirable), or does she feel more masculine in contrast to you because you're too insecure or emotionally wimpy?
- Does she feel lucky to be with you, or does she feel like she can do better?
- Do you believe in your attractiveness and value to her, or do you secretly believe that you got lucky and that you will never be able to get another woman who is as attractive as her?

By asking yourself questions like that, you can zone in on what is making her not want you back, and then change those things about yourself.

When she realizes that you're no longer turning her off like you used to and are instead making her feel surges of respect and attraction for you, she will naturally start to change her mind about giving you another chance.

Another mistake to avoid making is

4. Potentially continuing to be way too generous and kind to her

If one of the reasons why your ex girlfriend broke up with you was because you let her walk all over you, she isn't going to be impressed that you're now dutifully taking care of her dog.

Instead, she will likely continue to use you for her convenience, while she secretly focuses in moving on behind your back.

Then one day, she may show up at your place and say something like, *"I'm here to fetch my dog. I've met someone else and we're moving in together and there will be lots of space for my dog at our new house, so I can take care of him now. Thanks for looking after him, you've been a real sweetie."*

Here's the thing

A woman wants to be with a man that she can look up to and respect, not a guy that allows her to walk all over him, just so he can get to spend some time with her.

So, if you want your ex girlfriend to give you another chance, make sure you don't let her take advantage of you in the process.

There's nothing wrong with looking after her dog if you said that you would, but that doesn't mean you should bend to her wishes every time (e.g. you make yourself available whenever she wants to visit the dog, you agree to look after him longer even though she said it would only take a

few days/weeks/months before she was settled and could take him back).

Let her see that you are a good guy who is willing to be nice to her, but are also confident enough to say no to her when she's pushing the line.

Another mistake to avoid making is

5. Not giving her a compelling reason to want you back

The most compelling reason is when you reactivate your ex's feelings and she suddenly feels a newfound respect and romantic attraction for you.

You can do that based on how you now interact with her.

For example: Some of the things you can do to spark her feelings for you are

- Maintain your confidence with her regardless of what she says or does to mess with your head.
- Make her smile and laugh and feel relaxed to be around you again.
- Flirt with her to create sexual tension between you and her.
- Show her that you're a new and improved man that she can now truly look up to, respect, feel attracted to and love.
- Be a good man, but also be confident and assertive when talking to her, so that she doesn't take you for granted.

The more you make her feel good when she's interacting with you, the more she will want to be around you.

You can then progress to giving her a hug, a kiss and then hook up with her sexually and get her back.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How to Make Your Ex Love You Again Fast

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

How fast you can get her to truly love you again depends on why she broke up with you.

Here are some break up examples and what a man needs to do to get his ex woman to love him again.

The first example isâ€¦!

1. If she broke up with you because you gradually turned her off over time

[image: She broke up with you because you gradually turned her off over time]

In that case, you need to level up as a man and re-attract her to the new and improved you.

Don't doubt yourself.

Just interact with her, over the phone and more importantly, in person and create a new spark of romantic attraction based on the new you and how you make her feel.

Then, don't rush or push to get her back.

Just let her feel drawn to you again based on the man you have become and how she now feels when sheâ€¦s with you, which is different to how she felt before (e.g. she felt bored, turned off and annoyed with you, but she now feels excited, turned on and eager to interact with you more and more).

When she begins seeing you in a more positive light, her feelings of respect and attraction will naturally begin to resurface.

When that happens, her romantic attraction will reactivate her love and she will almost certainly want you back fast.

So, focus on that.

By the wayâ€¦!

Some of the things that you can do to reactivate your exâ€¦s feelings of sexual and romantic attraction for you are:

Understand her real reasons for falling out of love with you.

For example:

- Were you an emotionally strong and confident man in the relationship with her, or were you a bit insecure, needy and emotionally wimpy?
- Did you make her feel like a sexy, desirable woman when she was with you, or did she end up feeling like more of a neutral friend, or worse, â€¦one of the guysâ€¦?
- Did you have a strong purpose and direction in life outside of your relationship with her, or did you make her your main focus and reason for living?
- Were you emotionally masculine when around her, thus allowing her to fully relax into being a feminine woman around you, or were you too emotionally sensitive so she felt more dominant than you?

Begin fixing those things about yourself, so that when you interact with her over the phone and in person, she will be able to pick up on the changes in your attitude and the way that you now talk,

think, behave and respond to her.

Let her see that you believe in your attractiveness and value to her by maintaining your confidence when she tries to make you feel insecure.

Use humor to bring down her defenses and make her smile and laugh and feel good every time she is interacting with you.

Flirt with her to create some sexual tension and make her want to release that tension with hugging, kissing and sex.

You don't have to be perfect to re-spark your ex's feelings of respect and attraction for you.

Instead, you just need to make some adjustments and improvements to yourself and show her that you really are now at a different level from the one you were at when she broke up with you (i.e. you've leveled up).

When you interact with her in ways that spark her sexual and romantic feelings for you, everything changes.

The process of making her love you again fast becomes possible, because she actually feels drawn to you again in a way that feels good to her.

On the other hand, if you don't level up and instead continue to make the same old attraction mistakes you made before (e.g. being needy and insecure, being too nice and sucking up to her so she feels like she has power over you, not making her feel feminine and girly in your presence), then getting her to reconnect with her feelings of respect, attraction and love for you again is going to be very difficult.

So, make sure that you are ready to properly re-attract her and reactivate her feelings when you interact with her over the phone and in person.

The more you re-attract her, the faster her feelings of love will come rushing back.

Another thing that will determine if you can make your ex love you again fast is

2. If she broke up with you to teach you a lesson

[image: She broke up with you to teach you a lesson]

Sometimes, a woman might reach a point in her relationship with you where she feels like nothing she's tried to convince you to change and improve certain aspects of your thinking and behavior (e.g. she's had arguments and disagreements with you, she's nagged you, she's threatened to break up with you) is getting through to you.

So, as a last resort, she might decide to break up with you to teach you a lesson and possibly get you to transform yourself into a better man.

For example: Imagine you kept treating your ex woman badly and took her for granted (e.g. you broke most of your promises to her, you stopped noticing her efforts to look good for you, you didn't pull your weight when it came to doing chores, you let yourself go and expected her to still feel attracted to you).

As a result, she became sick of being in the one down position in the relationship.

So, she dumped you to hopefully make you realize what you have.

In that case, if she sees that you're enjoying your life without her and not trying to get her back,

she will almost certainly regret what she did and come running back to you.

So, rather than chasing after your ex and desperately trying to convince her to give you another chance and turning her off in the process, focus instead on doing some of the things you've neglected because of your relationship with her.

For example: You can

- Concentrate on achieving some of your big goals, dreams and ambitions in life.
- Do something new that involves meeting new people (e.g. take up a group sport or recreational activity such as tennis, football, martial arts, join a dance club or a photography club). Don't pick up a hobby where you are alone, or feel left out. It's essential that you get around other people, so you don't feel alone or left out.
- Reconnect with old friends and go out and have fun with them.
- Join a meet up group in your area and make new friends while doing something you enjoy.
- Join in on a pub crawl or a bar tour or any nightlife group event available in your area, even though you're not a tourist. If anyone asks why you're there when you're not a tourist in the city, just say, *"My friends were busy tonight, so I thought I'd get out and have some fun on a bar tour (or pub crawl). Let's all have a good night"* and cheers a drink with that person.

The more you focus on becoming genuinely happy and content in your own life, not only does that stop you from feeling lost or lonely without your ex, but you also become more attractive to her as well.

Suddenly, she starts to see you as being more of a catch than you were before.

She will then likely panic at the thought of losing you for real and reach out to you (e.g. send you a text, social media message or call you on the phone to say hi).

You can then re-spark her feelings of respect and sexual attraction and make her love you again.

Another thing that will determine if you can make your ex love you again fast is

3. If she broke up with you because you became too insecure

[image: She broke up with you because you became too insecure]

Insecurity is one of the biggest reasons why a woman will break up with a guy.

Here's the thing

In most relationships a guy will start off being somewhat confident and self assured, which is attractive to women.

Then over time, this confidence begins to fade and is replaced with feelings of self-doubt about his attractiveness to his woman, which causes him to become clingy and needy.

Of course, even though this behavior is unattractive to a woman, she usually won't break up with her guy right away.

Instead, she will usually try to get back the confident guy she originally fell in love with by saying things like, *"You're the guy I want to be with. No other man compares to you in my eyes. I love you and I only want to be with you. I wish you would believe me."*

However, if the guy continues to feel unsure of himself around his woman, she will eventually lose too much respect and attraction for him as a man.

When that happens, she will fall out of love with him, leading to her breaking up with him.

Does this sound a bit like you?

Did you lose confidence in yourself and in your attractiveness to your woman and became clingy and needy as a result?

If that is the case, then you need to quickly become so much more confident.

Then, interact with her and blow her mind with how differently you make her feel now.

Of course real confidence is not about being pushy, demanding or aggressive.

Instead, itâs about being relaxed and standing up for yourself in a loving way, no matter what challenges she throws your way as you are getting her back (e.g. youâre talking to her over the phone and she is being cold or even unfriendly towards you, youâre talking to her in person and sheâs saying things like, *âI donât have feelings for you anymore and nothing you say is going to change that,â* or *âIâm much happier being single and dating many different guys rather than being stuck in a relationship with one guy. Itâs a lot more funâ*).

When she can see that you remain in control of your emotions and donât begin doubting yourself and your chances of getting her back, she will automatically feel surges of respect and attraction for you again, even if she doesnât openly admit it.

You can then build on that initial spark by attracting her in other important ways (e.g. making her feel feminine and girly in contrast to your masculine vibe, being a good guy without handing your power over to her, showing her that youâve changed and improved in some of the ways that are important to her), it wonât take long before she begins to reconnect with her feelings of love for you again.

However, itâs always best to build on a foundation of complete confidence in yourself and an absolute feeling of worthiness for the woman you are interacting with.

Women love it when guys have that kind of confidence and when you do, it makes everything else that you do so much more attractive and appealing to her.

So, believe in yourself and in your value to her and she will believe it too.

She will then want to be with you again, because it feels right for her to be with you.

3 Mistakes That Slow Down the Ex Back Process

If you want to make your ex love you again fast, itâs vital that when you interact with her from this moment onwards, you focus on saying and doing the types of things that will make her smile, laugh and feel good to be around you again.

The more drawn to you she feels the more her feelings for you will return and then getting her back becomes easy for you.

On the other hand, if you say or do things that turn her off, the love will remain buried and then it slows down the ex back process.

This is why you need to make sure that you donât make any of the following mistakes with your ex:

1. Acting like you don't care about her anymore, when you really do and are missing her desperately

Sometimes, when a woman is pushing her ex away and saying things like, *â€œLook, you really do have to accept that it's over between us. I just don't love you anymore and nothing is going to change that. So, please stop trying to make me change my mind. It's over,â€* it's understandable that he might think to himself something along the lines of, *â€œFine. If she doesn't want me anymore, then I don't want her either. I don't need her in my life. I don't care if we get back together or not.â€*

So, if he then happens to interact with his ex woman and she asks how he's been, he might respond by saying something like, *â€œOh, I'm doing really well. Sure, I struggled a bit in the beginning when we broke up, but I'm completely over you now. I've moved on and I feel great about my life. How about you? How has your life been since I last spoke to you?â€*

Secretly, he's hoping that his words will shock her into saying, *â€œWhat? How can you be over me? I still love you and I was hoping that we could put all this behind us and get back together again!â€*

Yet, here's the thing!

A woman can easily pick up on whether her ex is really over her, or just saying that he is to try and make her panic and want him back. How?

She can tell by observing his body language and analyzing the tonality of his voice, his behavior and the way he reacts and responds to what she says and does.

So, even if his mouth is saying, *â€œI'm over you,â€* if she says something like, *â€œYeah, I'm over you too. I have a new boyfriend now and he's amazing!â€* his body language will almost always give him away (e.g. he flinches when she says that, his mouth turns down, he looks hurt).

She will then feel turned off by him even more for trying to fake confidence and emotional independence.

So, if you want to make your ex love you again fast, don't play games with her by pretending that you're over her.

Be calm, confident and in control of your emotions as you get her back, but don't pretend that you don't care about her anymore.

It's not necessary.

There's nothing wrong with wanting her back.

Just don't be needy and desperate about it.

The next mistake is!

2. Hoping that telling her how much you love her will make her love you back in the same way

[image: Hoping that telling her how much you love her will make her love you back in the same way]

Although you still love your ex and want her back, telling her that you do will likely only cause her to think something along the lines of, *â€œWhy is he telling me this? Doesn't he realize that I*

don't love him anymore? I'm not going to change my mind just because he still cares for me.

Here's the thing!

While you're thinking about your feelings, you've overlooked one important thing: Her feelings.

Right now, your feelings are pretty much unimportant to her.

Instead, what she cares about is herself and what she wants and the only time that's going to change is if you actively make her care.

How can you do that?

By reactivating her feelings of sexual and romantic attraction for you.

If you don't do that first and you just rush into pouring your heart out to her, she's not going to give you the response you want (i.e. tell you that she loves you to).

However, if you use interactions to make her feel surges of respect and attraction for you, she will quickly start feeling the love in her heart again.

She then feels happy when you tell her that you love her, because she loves you too.

However, you have to reactivate her feelings for you first.

The next mistake is!

3. Hooking up with a new girl to make her feel jealous

Sometimes a guy will hook up with a new woman in the hope that his ex will find out, get jealous and want him back.

Although that definitely does work on some women, it simply doesn't work on all women.

Here's why!

In some cases, a woman will see that as the final straw and then quickly flirt with new guys and do the same, so she can get revenge.

In other instances, a woman won't care at all, because she is already over him.

She's too busy living her life to even notice.

Finally, there are times when a woman does feel jealous and does care, so she comes running back to her ex as a result.

You have to use the right approach for your situation.

However, if you want to make your ex love you again fast, trying to make her jealous is usually not a good idea.

Not only could trying to make her jealous backfire (e.g. she believes you've moved on so she gives up and finds a new man, you end up hurting another woman in the process because you're only using her to get your ex back), it also takes too long.

On the other hand, if you interact with your ex and spark her feelings for you, you can get her back within a week, or a few weeks if she's really mad at you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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Ex Girlfriend Insults Me When We Talk

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 possible reasons why an ex girlfriend will do that:

1. She is testing you to see if you can now stand up for yourself in a dominant, but loving way when talking to her

[image: She is testing to see if you can stand up for yourself now]

A woman will often do that if one of her main reasons for breaking up with her man was because he was too emotionally weak and she felt more emotionally dominant than him (i.e. she could control him).

So, to see if heâs changed and stopped being such a push over around her, she might act like a bitch towards him during interactions and insult him when they talk on the phone or in person.

If he gets upset with her and maybe even says things like, *âWhy are you being so mean to me? Why do you always have to insult me when we talk? I know I made some mistakes, but I said I was sorry. What can I do to prove it to you and make you stop treating me this way?*â she will automatically know that heâs still stuck at the same level he was at when she broke up with him. She can then move on without any regrets.

On the other hand, if he handles her insults in a calm, confident, emotionally mature way and even laughs at her (in a loving way) for being so mean to him, she will naturally begin to feel surges of respect for him again.

She will appreciate the fact that he has leveled up since the break up and is now able to approach her bad behavior in a dominant, but loving way.

Heâs not getting angry at her, heâs not being overly domineering and heâs not being nasty in return for her nastiness.

Instead, heâs maintaining his cool and reacting to her nastiness with loving dominance, which shows her that he loves her, is a good man and isnât intimidated or angry by what she is saying or doing.

This makes her respect him.

When she respects him again, she will also begin to feel sexually attracted to him and with those two things in place, reconnecting with her original feelings of love for him then becomes possible.

Of course, a woman wonât only test to see if a guy will stand up to her if he was emotionally weak before.

In some cases, insulting her ex is a womanâs way of checking to see if heâs become a wimp since the break up, especially if heâs been sucking up to her and being extra nice in the hope of getting her back.

Remember: The majority of women want to be with a man who is more emotionally masculine than her and who can take the lead in a relationship, thus allowing her to relax into thinking, talking and behaving like a real woman around him (i.e. feminine, girly, emotional, in love).

If a woman gets the sense that her ex is going to continue being emotionally soft and will let her

dominate him just to get her back, she isn't going to feel motivated to give him another chance. So, if you want your ex girlfriend to stop insulting you, the first step you need to take is to stop allowing her to get away with her bad treatment of you.

That doesn't mean you should insult her back or behave in a rude or vulgar way.

Instead, you just need to firmly, yet lovingly put her in her place and let her know that it's not okay for her to talk to you that way.

Then add some humor to ease the tension and turn a difficult situation into an opportunity to spark her feelings of respect and attraction for you.

From there, you need to take the lead in the ex back process, build up her feelings for you and get her back into a relationship where the dynamic is the way it's supposed to be (i.e. you're the more emotionally dominant one and she's the more submissive one)

Another possible reason why your ex girlfriend insults you when you talk is

2. She is trying to get revenge for how you made her feel in the relationship

[image: She is trying to get revenge for how you treated her and made her feel in the relationship]

Sometimes a woman might want to get revenge on her ex for the pain he caused her during the relationship, so she treats him badly and makes a point of insulting him.

She may even say to herself, *"He was such a jerk to me. Now is the time to give him a dose of his own medicine and see how he likes it when he gets treated like crap. I bet he's not going to like that!"*

Essentially, she's likely hurting and she wants to lash out at him to make him feel what she felt when she was with him and teach him a lesson.

Yet, she's only doing that because the guy is usually letting her get away with her bad treatment of him (e.g. because he thinks he deserves it, he's too afraid to stand up to her in case she cuts off all contact with him, he believes that if he's really nice to her she will eventually stop insulting him).

Yet, that almost never happens.

Instead, she continues being mean to him and he keeps letting her do it to him.

Unfortunately though, that's not going to help with getting her back.

This is why, if you want your ex girlfriend to stop insulting you and start opening back up to you, you need to change how she feels about you.

You need to make her stop thinking about taking revenge on you and begin wanting to give you another chance, because she feels so drawn to you again.

So, focus on using your interactions with her to spark her feelings of respect and attraction for you, regardless of how much she's insulting you.

When she realizes that no matter what she says to upset you or hurt you, you just remain confident and relaxed, she won't be able to stop herself from feeling surges of respect for you again.

When that happens, she will also start to feel attracted to you again and then her walls will naturally come down.

You can then hook up with her sexually one more time.

Sex speeds up the process of reconciling the relationship.

It doesn't fix everything, but it's one part of the ex back process that you need to make sure you include along the way, if you want to get her back for real.

3. She is trying to show you that she no longer cares enough about you to be nice

In most cases, by the time a woman gets to the point where she's breaking up with a guy, it means that she has already disconnected with her feelings of respect, attraction and love for him.

So, when she interacts with him after the break up, her feelings for him are so switched off, that she doesn't feel the need to be nice to him.

At the back of her mind she may even be thinking things like, *"He deserves to be treated this way after how he behaved. I don't owe him anything and I sure don't need to be nice to him. If he doesn't like it, then he should go away and stop contacting me."*

Of course a lot of guys don't realize this and they end up feeling hurt and wondering things like, *"After everything we shared together, I don't understand why she's being so bitchy to me and insults me when we talk."*

The reason is this: If a woman doesn't have strong feelings of respect, sexual attraction and love for a guy and he does nothing to actively spark those feelings inside of her, she has nothing to make her feel motivated to be nice to him.

This is why, you can't sit around expecting your ex girlfriend to care that she's insulting you and become nicer to you on her own, because she probably won't.

That is, not until you reawaken her feelings for you, so she starts to feel drawn to you again in a way that feels good to her.

When you approach the ex back process in that way, your ex girlfriend will naturally stop insulting you, because it won't feel like the right thing for her to do anymore.

She will then drop her guard when she talks to you and you can then confidently build up her feelings for you and guide her back into a relationship with you.

Another possible reason why your ex girlfriend insults you when you talk is

4. She is testing to see if you will lose control and get angry

[image: She is testing to see if you lose control and get angry]

There are several reasons why a woman might try to trigger a man's anger.

For example: A guy might have anger issues and it's one of the things that led to the break up.

So, to make sure that he's changed before she opens herself back up to him (i.e. because most guys say they have changed to convince their ex to give them another chance), a woman might decide to test him first by pushing all his anger buttons (e.g. insult him, act cold and distant, tell him that she will never forgive him for what he did to her).

[image: She is testing to see if you lose control and get angry]

Depending on his reaction she will know if he's really changed and then decide to try again with him, or move on and make a clean start with someone else.

Another reason why a woman might test a guy to see if he'll get angry or lose control of his

emotions, is if he had a bit of a temper before and sheâs worried it can lead to more serious things (e.g. he becomes violent) and she wants to be sure first before she opens herself up to him again.

A third reason why a woman might behave this way is because sheâs actually hoping that her ex will lose it, so she then has another reason not to get back with him.

She can then say something like, *âHow can you ask me for another chance after the way you got so angry with me? I would be crazy to get back with you after that. Iâd spend most of my time worrying that if I said something to annoy you, you would lose control and possibly even hurt me. No thanks! Your reaction was the proof I needed to show me that I made the right decision by breaking up with you. So, please donât try to call or see me again.â*

So, as you can likely see, itâs very important that you maintain your composure around your ex, regardless of what she says to upset you.

Then, you need to turn her insults into laughter and smiling and begin reactivating her feelings for you, so that she will start to doubt her decision to break up.

Another possible reason why your ex girlfriend insults you when you talk isâ!

5. She is abusing her position of power now that you want her back so badly

[image: She is abusing her position of power]

When a break up happens and a guy feels mostly responsible, heâs usually very remorseful about it.

As a result, he might take all the blame for what happened on himself and allow his ex to insult him and treat him badly because he secretly feels like he deserves it.

This gives his ex power over him because she feels like sheâs holding all the cards.

She knows that heâs sorry for what happened and she also knows that he wants her back.

This makes her feel emotionally more dominant than him and it causes her to wield that power over him by insulting him and generally being quite bitchy towards him.

At the back of her mind she may even be thinking things like, *âLetâs see how much heâs going to suck up to me, even though Iâm being such a bitch to him.â*

Of course, the more he lets her flaunt her power over him, the less respect and attraction for him she feels and his chances of getting her back start to fizzle.

This is why, you canât let that happen to you.

The truth is, a woman wants to be with a man that she can look up to, respect and feel proud of, not a guy who is too timid to stand up to her and put her back in her place in a dominant, but loving way (i.e. be the man).

So, even though your ex girlfriend might be giving you the impression that she likes being more emotionally dominant than you (i.e. by the enjoyment she gets when she insults you and sees the pain she is causing you), sheâs not going to respect you if you actually fall for that act and then hand all of your power over to her.

Instead, sheâs going to walk all over you, while she secretly looks to find herself a new man that she can fully respect and submit to.

4 Common Mistakes to Avoid When Your Ex Insults You

You can take this situation and turn it around and make your ex want to get back with you if you want to.

However, that will depend on whether you say and do things that reactivate, or extinguish, her feelings of respect and attraction for you.

So, avoid making these mistakes if you want to re-attract her:

1. Seeking pity in response to her insults

A guy will usually do this because he secretly hopes that if he makes her feel sorry for him, not only will she stop insulting him, but she will also want to give him another chance.

Yet, that's not usually what happens.

Instead, a woman's instincts kick in and she begins to perceive him as being wimpy and emotionally weak.

As a result, not only doesn't she want to give him another chance, she also feels contempt for him for being so emotionally sensitive, that she ends up insulting him even more.

Another mistake is

2. Acting like her insults are a big deal

Making a big deal about it every time your ex girlfriend insults you, is the quickest way to make her feel like she has power over you.

As a result, she ends up insulting you even more, to see if you have the balls to stand up to her (in a loving way), or if you're just going to continue letting her get away with it.

Remember: Women are instinctively attracted to the qualities in a man that best display his emotional strength (e.g. confidence, assertiveness, decisiveness, determination, certainty, ballsiness, calmness under pressure), and are turned off by qualities that display emotional weakness (e.g. insecurity, self-doubt, an inability to cope in challenging situations).

So, you have to remind yourself not to take her insults so seriously from now on.

The more you can relax and maintain your confidence and composure when talking with your ex, the more likely it is that she will stop insulting you, because her insults aren't affecting you the way she wants.

Another mistake is

3. Not laughing at her (in a loving way) when she is being like that

In most cases, when a woman insults her ex, his first instinct is to be extra nice to her, or to reason with her, in the hope that this will make her stop.

Yet, that usually makes him seem emotionally wimpy to her, which only adds to her reasons for feeling turned off by him.

As a result, she instinctively insults him even more, rather than less.

Here's the thing

If you don't stand up to your ex for insulting you, in a loving way of course, she will instinctively perceive you as being emotionally weak and she will lose even more respect and attraction for you. Then, rather than open up to the idea of giving you another chance, she will likely be thinking things like, *"I'm so glad we broke up. I now realize that he's too much of a wimp for me."* So, the next time your ex insults you when you talk, rather than try to be the bigger man and be nice to her despite her bad behavior, use humor instead to put her back in her place in a loving way and show her that you're not going to take that kind of treatment from her anymore. Initially she might be shocked, but even if she doesn't openly show it, she will be feeling attracted to your confidence and emotional strength.

Another mistake is

4. Insulting her back to get even

It's only natural that when a woman is insulting you to your face, you're not going to like it. It may even spark some anger inside of you and you might want to retaliate by insulting her back and saying mean, hurtful things to her too.

Yet, although it might feel right in the moment, due to how much anger you're feeling, it's just not going to help you get her back at all.

It's childish and immature and it leads to nowhere.

Instead, it will only cause her to feel even less respect for you for losing control of your emotions and behaving like a brat with her.

She may then decide to block you on her phone, unfriend you on social media or continually reject your attempts to get her to meet up with you, making it very difficult for you to reactivate her feelings and get her back.

Another mistake is

5. Trying to get her back before re-attracting her to the new and improved you

After a break up, some guys focus more on what they want (i.e. to get their ex back) than on making her feel the way she needs to feel to open back up to the idea of giving her ex another chance.

In cases like that, when a guy is interacting with his ex, he will usually talk about how much he loves her, how he misses her and how he will do anything to get her back.

However, what he doesn't do is spark her sexual and romantic feelings for him again, so she wants to get back together.

Here's the thing though

If you want your ex girlfriend to stop insulting you when you talk and open back up to the idea of being in a relationship with you, then you need to focus on making her feel a renewed sense of respect and attraction for you, as you interact with her over the phone and in person (not via text).

Make her feel drawn to you again in a way that feels good to her and then, the idea of getting back with you seems like the next, natural step.

On the other hand, if you don't spark her feelings for you first and just focus on trying to convince her to change her mind based on your feelings for her and chances are high, she's not

going to change her mind.

What matters to her is how you make her feel right now.

So, focus on making her smile, laugh and feel good every time you interact with her.

Don't make it all about you and your feelings.

Make the feelings mutual (or at least kind of mutual) before you try to do anything else.

If you approach the ex back process in that way, she will naturally stop insulting you and begin wanting to be your girl once again.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

How to Get an Ex Back Who is Very Different Than You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 tips to help you get her back, despite the differences between you and her:

1. Understand that you really don't have to be the same to be in love

[image: Understand that you really don't have to be the same to be in love]

Right now it might seem that the main reason why you and your ex are no longer together is because you are very different to each other.

You may also believe that being different is a bad thing.

Yet, itâ€™s not.

Although itâ€™s great to be in sync with your woman (i.e. you understand each other and connect on the same level), itâ€™s not necessary to be the same.

As a man you will naturally display characteristics and personality traits that are different to your woman.

For example: If a guy is emotionally dominant, itâ€™s better if his woman isn't like that too.

If she is, they will likely get into a power struggle with each other and this will almost certainly lead to arguments and disagreements.

Another example is if a woman is emotionally sensitive and tends to cry or get upset when sheâ€™s under stress, or even for no reason at all and itâ€™s perfectly fine for her to do that.

However, itâ€™s not okay for her guy to be like that as well.

If he is, she will feel turned off by what she perceives as his emotional weakness and she won't be able to look up to him and respect him as her man.

As you can see, thinking, acting and behaving like your woman isn't the thing that keeps a relationship together for life.

What is?

Mutual respect, attraction and love.

When you have that, both of you don't ever feel the need to break up, regardless of what other people think or say, or how different you are from each other.

Instead, you only want to be together with each other in a committed relationship because thatâ€™s when you feel the most fulfilled, loved and happiest.

Another tip to help you get her back isâ€¦

2. Focus on the 3 most important feelings of all

[image: Focus on the 3 most important feelings of all]

Those feelings are respect, attraction and love.

Here's how you can do it...

The way it works is that if your ex can respect you and feel attracted to you, then she will

automatically begin to love you again (romantically, not just as a friend or ex).

It doesn't matter if you are interested in different things, are from different walks of life, or have different ways of living.

Romantic love brings people together like nothing else.

So, focus on making her feel respectful and attracted to you, every time you interact with her.

For example: Some of the ways you can do that are byâ€¦

- Maintaining your confidence regardless of what she says or does (e.g. she says something like, "This just won't work. We're too different," or "I'm sorry but our differences are too obvious. We can't be together.")).
- Making her smile and laugh and feel relaxed to be around you again, rather than trying to convince her to get back together again.
- Believing in yourself and in your value to her, rather than worrying about your differences and coming across as insecure and unsure of yourself.
- Being emotionally strong and assertive when talking to her, so she can see that you're not going to crumble just because things seem a bit difficult at the moment.
- Flirting with her to create sexual tension between you and her so she wants to release that tension with kissing and sex, rather than playing it safe and failing to make her feel attracted to you.

The better you are at making her feel strong surges of respect and attraction for you, the faster she will reconnect with her feelings of love and consider getting back with you.

So, focus on that.

Another tip to help you get her back isâ€¦

3. Try to adapt to her ways a little more

[image: Try to adapt to her ways a little more]

If a woman is totally in love with a man, she will usually try to adapt to his lifestyle and way of being (e.g. she will spend more time with him and his friends rather than her friends, take an interest in his hobbies, hang out at most of the places he likes).

However, if a woman is your ex, then she's almost certainly not totally in love with you anymore.

So, to give her some comfort about the possibility of a relationship with you, it's important that she can sense that you can now hang with her on her level and understand things that are important to her.

For example...

If you and her are from a different economic background (e.g. she's wealthier than you), then to show her that you're willing to adapt to her a little bit, you can focus more on your career.

If she can see that you're rising through the levels of life and even though you're not wealthy right now, you are on your way to being a successful man sometime in the future, she will begin to feel better about being in a relationship with you.

This isn't about her being shallow and only looking for a rich man, but more about her being able to feel proud of you and show you off to her family and friends (especially if they've been trying

to convince her to dump you).

Another example is if your ex is really passionate about a specific hobby (e.g. horse riding, paragliding, kickboxing) that you don't like, but which is a big part of her everyday life.

To show her that you're willing to meet her halfway, you might become more involved in what she's interested in.

Again that doesn't mean you have to do what she does, but if you show more interest (e.g. learn more about her hobby, join her when she goes to events, give it a try at least once), she will naturally feel some respect for you for putting in the effort.

She then becomes more open to interacting with you, which gives you the chance to fully reactivate her feelings for you and get her back.

Another example is if you're more of a loner than her and don't like to go out much and socialize with other people, while she's a bit of a social butterfly who loves to hang out in big crowds of friends or to go partying.

In a case like this, it's important that you reach a point where she feels like you're putting in the effort to have more fun with her, while at the same time, you don't end up resenting her for making you into someone you don't want to be.

That might mean you agree to go out with her on Saturday nights to any party, club or gathering she chooses, while you do something that's just the two of you on Friday or Sunday nights.

The more your ex can see that you're putting in the effort to adapt to her way of life, the more she will doubt her decision to break up with you.

She may then start thinking things like, "He really is making an effort to change and adjust to my ways. Maybe I should meet him half way and give him another chance."

You can then build her feelings for you and get her back in a relationship that's better than before, because it's now based on mutual respect and understanding.

Another tip to help you get her back is

4. Don't try to force a relationship to happen

[image: Don't try to force a relationship to happen]

Although you might really want to get back with your ex, don't make the mistake of pushing her for a relationship right away.

It should happen naturally, as a result of the 3 main feelings (i.e. respect, attraction and love) being in place first.

So, don't put that kind of pressure on her too early.

Instead, just focus on making her feel sparks of sexual and romantic attraction for you whenever you and her are interacting over the phone and especially face-to-face.

Let her really want you back, rather than trying to pressure her into making a decision she's not fully prepared for.

In that way, when she's ready give the relationship one more try, it will happen naturally all by itself, because she will really want it too, without you having to push her into it.

So, stop worrying about how different you and her are and how you can make a relationship with her

work and concentrate on building up her feelings for you.

The more you do that, the more getting her back into a relationship with you again will become a reality.

Another tip to help you get her back isâ€¦

5. Interact with her and let her feel attracted and curious about the new, more compatible you

The most important thing to do from now on, is interact with your ex and continue sparking her feelings for you.

That means, you canâ€¦t pretend that you only want to be friends now and that youâ€¦re not interested in her sexually and romantically anymore.

It also means, you canâ€¦t just text back and forth with her and expect her to suddenly begin thinking things like, â€œI know we broke up because we are very different from each other, but now Iâ€¦m ready to overlook that and get back with him because I really enjoy his text messages.â€œ

Instead, you need to get her to a meet up with you, so that she can experience the new, more compatible you for herself.

Remember: Your ex is most-likely going to be a bit resistant at first about seeing you again and sheâ€¦s probably going to test you to see if you and her really are more in sync with each other, or if youâ€¦re just pretending to be more like her to get her back.

For example: Imagine a woman broke up with a guy because heâ€¦s too serious and stern, while sheâ€¦s more light-hearted and doesnâ€¦t take things so seriously all the time.

So, to get her to a meet up with him, the guy calls her on the phone and uses humor to break down her defenses and to show her that heâ€¦s more relaxed and open now than he was before.

Naturally she feels drawn to this new, more easy-going side to him, so she agrees to meet up with him in person, because she wants to satisfy her curiosity about the new, more compatible him.

However, she also wants to make sure that how he is now making her feel is real (e.g. respectful, attracted, excited, at ease) and will continue if they get back together again.

At the meet up, she might say something along the lines of, â€œI donâ€¦t know why Iâ€¦m even bothering meeting up with you. We are just too different and if it didnâ€¦t work before, itâ€¦s not going to work again. People just donâ€¦t change,â€œ to see how he will react.

In the past, his serious side would have likely felt upset upon hearing something like that and he may even have tried to use logical explanations to try and convince her.

However, the new version of him knows from experience that that approach just doesnâ€¦t work.

So, this time, he uses humor to break down her defenses and to confirm to her that he really has changed and is now truly more compatible with her.

So, when she says that to him, he laughs and responds with something along the lines of, â€œOf course people change. Iâ€¦ve changed 3 times today. I changed my shoes, my shirt and even my socks! Are you trying to tell me youâ€¦re still wearing the same clothes from yesterday? I canâ€¦t believe it!â€œ and has a laugh with her about that.

She then begins to believe that he really is more relaxed and light-hearted than he used to be.

As a result, she starts to see that they are now more compatible in the ways that are important to her and she then drops her guard and opens herself up to the idea of getting back together again.

In the same way, when your ex becomes curious about the changes in you and how good they make her feel, she then naturally becomes more open to seeing you again to see what happens.

You then have an opportunity to continue building on her feelings so you can get her to the point where she wants to be your girl again.

3 Common Problems to Be Aware of When Trying to Get an Ex Back Who is Very Different Than You

As you may have realized by now, the differences between you and your ex won't matter, when you know what to do to reactivate her feelings for you.

However, there are also some pitfalls which you need to be aware of, so that you can avoid them.

For example: 3 of those are!

1. Seeing her as being too good for you because she is different

For example: A woman might come from a wealthy family, be smarter or seem cooler than her guy.

As a result, he might end up thinking things like, "I don't know how to make things work with her. She's just too good for me. I can't expect her to lower her standards and accept a guy like me. That just wouldn't be fair to her."

Yet, what he doesn't realize is that feeling like he's not good enough for his ex only makes him seem less attractive to her (and to other women).

Why?

A woman likes the idea of being with a man who is always confident and believes in himself no matter what happens.

The more emotionally strong he is, the more she is able to look up to him, respect him, feel attracted to him, love him and feel proud to be his girl.

So, when a guy doesn't feel worthy enough to be with her, rather than make her feel happy that he values her more than he values himself, she feels turned off by his lack of confidence.

So, make sure you're not putting your ex above yourself in terms of value.

When you accept and believe that you are more than good enough to be her man, she will start to see it too and the getting her back becomes easy.

Another pitfall to avoid is!

2. Lowering yourself to show her that you aren't too good for her

For example: A guy might be too good for his ex and try to dumb himself down, act more irresponsibly and swear a lot more to fit in with her and her friends.

He might also act like he doesn't care about success in life, if she happens to not care about it.

Essentially, he's trying to make himself more compatible with her.

Yet, hereâs the thingâ!

Initially, lowering yourself for your ex might seem like you and her now have more in common, but eventually, youâll begin to feel resentment towards her for turning you into someone you donât really want to be.

At the same time, she will pick up on the fact that youâre only doing this to please her so that you can get her back and she will feel turned off by what she perceives as your desperation.

The truth is, even though compromise is a key ingredient for a successful relationship, changing your core personality is not.

If you canât be your genuine self with the woman you love, then what you and her share isnât real and it will eventually break you apart; either because you donât like the man youâve become for her, or because she doesnât like it.

Another pitfall to avoid isâ!

3. Not focusing on what matters the most

What matters most are her feelings.

If she has strong sexual and romantic feelings for you, sheâs not going to worry about how different you are compared to her.

She is just going to want to be with you.

Thankfully, feelings can be created.

Her feelings for you are largely based on how you interact with her (e.g. are you confident or nervous, manly or neutral?).

So, just because your ex is very different than you, it doesnât mean you canât change how she feels and get her back.

You can.

You made her want to be with you once before, so you can definitely do it again.

However, for that to happen, you have to focus on making her feel a renewed sense of respect and attraction for the new you from now on.

When you interact with her in ways that re-spark her feelings for you, everything changes.

She starts to want you again because she is attracted to you and it feels really good to talk to you, be around you, kiss you and have sex with you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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Ex Wife Doesn't Want to Talk to Me

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 possible reasons why:

1. She is trying to create some distance between you, so she can move on

[image: She is trying to create some distance between you, so she can move on]

Sometimes, a woman is unsure how to go about distancing herself from her ex husband so that she can make a new start in her life without him.

For so long he has been a very crucial part of her life and in many ways she has likely been dependent on him (e.g. to take care of the finances for the both of them, to make her feel safe and protected, to contribute to the household expenses, to help out with the chores).

However, now that they are no longer together, she needs to take on all those responsibilities for herself and move on.

It's not that she necessarily wants him back, but it also doesn't mean it's easy for her to let him go.

So, rather than continue keeping him in her life (i.e. by interacting with him over the phone and in person), she may just decide to cut him off completely to make it easier for herself to let him go and move on.

In that way, she hopes that if she creates some distance between them, she can find herself another man and start a new life.

Here's the thing though!

If you don't want that to happen, you need to change your approach to interactions with your ex wife, so she doesn't want to shut you out.

How can you do that?

Rather than getting into serious discussions about the divorce or endless, pointless arguments about what happened with your ex wife, just focus on making her laugh and feel good to be interacting with you again.

For example: If she blames you for something that happened when you were married, rather than react in your usual way (e.g. by defending yourself, throwing all her mistakes in her face too) turn it instead into something you can both laugh about.

Note: That doesn't mean you shouldn't take what she says seriously.

It simply means that you're looking for something positive to laugh about together in stressful moments, rather than getting caught up in feelings of anger and disappointment and ending up arguing and feeling disconnected from each other as a result.

The fact is, if you can make your ex wife smile, laugh and drop her defenses around you, it will make it a lot more difficult for her to stay stuck on the idea of not talking to you anymore.

She may then begin thinking things like, *"Okay, maybe cutting him out of my life completely is a harsh step. After all, he is still my ex husband and we have a shared history together."*

So, don't waste time trying to convince your ex wife to reconsider her decision to not talk to you

anymore.

Instead, make her change her mind by re-sparking her feelings of respect and attraction for you, so she wants to keep you in her life.

Another possible reason why your ex wife doesn't want to talk to you is

2. You are trying to talk to her via text

[image: You are trying to talk to her via text]

It's understandable that if your ex wife is refusing to talk to you over the phone or meet up with you in person, you may have resorted to interacting with her via text, just to get through to her.

However, here's the thing

Although texting is fine if you have something quick to say to her, lengthy discussions shouldn't happen via text, especially if they are about the marriage, the kids or other in depth topics.

Here's why

When a woman has lost touch with her feelings of respect, attraction and love for a guy, anything he says to her via text will likely annoy her, because she's feeling closed off towards him.

So, rather than look at what he's texting with an open mind, she instead ends up thinking things like, *"This is so typical of him! He wants to talk about serious things via text, rather than man up and look me in the eye while he's doing it. It's just another sign that this divorce was the best decision I made."*

She then becomes more convinced that she doesn't want to talk to him anymore.

She feels turned off because he's putting way too much effort into typing long, detailed texts and trying to work through relationship problems via messages.

Basically, when a guy uses texting as his main method of communicating with his ex wife, it only highlights to her that he can't handle the situation like a real man.

She then pushes him away and refuses to talk to him anymore.

So, if you want to get your ex wife to not only respond to your texts, but also want to interact with you over the phone and in person, make sure that you only text her short messages that will make her smile or laugh.

However, don't hide behind texts.

Instead, start reactivating your ex wife's feelings of respect and attraction for you on a phone call and then follow through with a meet up, where she can see for herself that you really are a very different man from the one she divorced.

That's the real, fast, manly way to get a woman back, regardless of whether she's an ex girlfriend or an ex wife.

When you make her have feelings for you again in person and she then begins to reconnect with her feelings of sexual and romantic attraction for you again, she naturally wants to continue talking to you and seeing you.

However, when you hide behind texts, it just doesn't make a woman feel motivated to stay in touch with you.

Another possible reason why your ex wife doesn't want to talk to you is

3. She can see that you still don't understand what really turned her off, or you haven't yet changed it

[image: She can see that you still don't understand what really turned her off, or you haven't yet changed it]

Quite often a guy will attempt to stay in his ex wife's life in the hope that she will eventually reconnect with her lost feelings of love for him and give him another chance.

Although this is quite possible, the problem arises when the guy doesn't know what aspects of his thinking, behavior and attitude turned her off in the first place, so he continues to make the same attraction mistakes as before while he tries to get her back

So, while he's hoping that staying in touch with his ex wife is the key to finally getting her back, she's likely thinking things like, *â€œWhy won't he leave me alone? After all, our divorce is final and it's better for both of us if we go our separate ways and try to make a fresh start. Maybe if he had changed or improved a little bit since we broke up, I would have wanted to at least remain friends with him, but seeing as he's still stuck at the same level he was at when we divorced, I don't see any point to keeping him in my life. He's just holding me back and preventing me from moving on.â€*

This is why, if you want your ex wife to remain open to interacting with you, you need to show her that you understood her real, secret reasons for divorcing you and have already taken steps to improve some of those things about yourself.

That doesn't mean you have to be perfect in order for your ex wife to want to remain a part of your life, it just means you need to show her that some definite, positive changes have been made.

By the way!

If you're unsure of what may have caused your ex wife to want to get divorced, here are some of the things that can turn a woman off about her husband!

For example:

He stopped being the confident, emotionally strong man she married and has become very insecure, emotionally sensitive and unsure of himself, resulting in her having to be the emotionally stronger one and take care of him (e.g. by boosting his ego, encouraging him to take more risks in his life, pushing him to try new things).

Although he initially seemed to have a purpose and direction in life, she's now realized that it was all an act and that he never actually takes steps towards accomplishing his goals and ambitions. He's all talk and no action.

She fell in love with him at the start because he didn't need her and it was fun to chase him, but he ended up changing completely and becoming a needy, clingy husband.

He started off being a nice guy who could stand up for himself, but over time he became wimpy and submissive around her. He allowed her to get away with bad behavior, which made her feel unsafe about his ability to handle other challenging people in life (e.g. at work, friends, family).

He started off being loving and attentive towards her, but as the marriage progressed, he began to take more and more advantage of her (e.g. didn't pull his weight in the home, failed to show appreciation for her efforts to look good for him, didn't notice all the nice things she did for him).

Before they got married he made promises to her (e.g. to buy a house, to go traveling, to focus on

their careers for the first few years before having children, that he would provide for both of them so that she could finish her studies), but over time she realized that he had no intention of keeping his word to her.

At the beginning of the marriage he treated her like a sexy, desirable woman that he couldn't get enough of, however, over time the spark died and he started to treat her like a friend or roommate.

By understanding and then changing the things that really matter to her, your ex wife will be able to begin feeling respect for you again.

When she starts to respect you, she will also feel attracted to you and with those two very important emotions in place, reconnecting with her feelings of love won't be very far behind.

Another possible reason why your ex wife doesn't want to talk to you is

4. She is tired of giving in and letting you walk all over her

[image: She is tired of giving in and letting you walk all over her]

Sometimes, a guy will continue to treat his ex wife like they're still married.

For example: He might

- Ask her to run errands for him (e.g. fetch his suits because the cleaners are on her way home from work, buy a few things for him as well when she goes grocery shopping for herself).
- Show up at her house with his dirty laundry and ask her to wash it for him by saying that his washing machine is broken, or that it will only be a one time thing, or because he can never do it as well as she does.
- Call her all the time to ask her to help him find random things in the house (e.g. various documents, the extra washing powder, his spare car keys, the instructions on how to use the dryer/microwave oven/vacuum cleaner).
- Ask her to still host business dinners for him, entertain friends or take care of obligations they have with family or friends on his behalf.

Although a woman might initially give in and help out where she can (after all they were married and she understands that it's likely difficult for him to adjust to her not being around and doing all the things she used to do for him), if she gets a sense that he's using her and subconsciously still acting like they are married, she will almost certainly get fed up.

In a case like that, she may decide to cut him off completely and refuse to talk to him, so that she can get on with recovering from the divorce and moving on.

Here's the thing

If you've been taking advantage of your ex wife (e.g. because you miss her and it feels comforting when she still does the things she used to do for you), it's time for that to stop.

If you want her back, you need to focus on reactivating her feelings for you, rather than walking all over her and taking advantage of her good nature.

Only when she's feeling drawn to you again in a way that feels good to her, will she also be happy to help you out, not before.

Another possible reason why your ex wife doesn't want to talk to you is

5. She has heard it all before and doesn't believe you this time

By the time a divorce goes through, a couple will likely have had several fights and arguments and possibly even a separation.

So, the woman will have likely heard all her guy's promises and excuses to change before.

This is why, if after the divorce the guy continues to say things like, *"Please give me a chance to make things right between us. I know I really stuffed up, but I've truly learned my lesson now. I promise that things will be different if you just give me one more chance. I really still love you and I don't want to let you go,"* rather than feel happy that there's still a chance of reviving her marriage, she simply won't fall for it, because she's likely heard it, or something similar, before.

As a result, she may decide to cut him out of her life completely (especially if they don't have children or other binding obligations together) and refuse to talk to him or see him in person.

So, what can a guy do in a situation like that?

Firstly, he needs to take steps in actually changing and improving some of the things that caused the break up in the first place (e.g. if he was reckless and rash before, he's now more responsible and grounded, if he was lazy and lacked ambition before, he's now more focused and is actively pursuing his big goals in life, if he was too clingy and needy before, he's now emotionally independent and making progress and having fun in his life without her).

Then, he needs to interact with her over the phone and especially in person and let her pick up on the changes.

He doesn't tell her that he's changed.

He lets her pick up on it herself.

Women are very good at noticing the subtle changes in the behavior of men, which indicate a man's confidence, emotional masculinity and self-esteem, because it naturally comes through in his attitude and in how he talks to her, what he says and how he reacts to what she says and does, without him having to say anything to her about it.

So, don't bother trying to convince your ex to give you another chance by making promises to her that things will be different this time, or try to detail all the little things you've changed about yourself to hopefully hear her say, *"Wow! I'm so impressed. Okay, you can have another chance now."*

Instead, just be the new, improved, more confident and emotionally strong version of yourself when you talk to her and she will inevitably pick up on it.

However, even when she gets to the point where she can see that you really have changed and is willing to interact with you more and more, you shouldn't be asking her to get back together again.

Remember: A relationship is the final step of the ex back process, not the first.

That means, before even getting to the point where you suggest having a relationship again, you have to first re-attract her and get to a kiss and then sex.

Focus on that and a relationship will naturally begin to be discussed or considered after that.

4 Common Mistakes to Be Aware of When Interacting With Your Ex Wife From Now On

Just because your ex wife currently doesn't want to talk to you, it doesn't mean she will feel that way after you've reactivated some of her feelings of respect and attraction for you.

This is why, you need to make sure that every time you interact with her from now on, you're turning her on, rather than turning her off.

That means, you can't be making any of the following mistakes:

1. Always trying to have serious conversations with her about the relationship

[image: Always trying to have serious conversations with her about the relationship]

Right now, you and your ex wife have gone likely being going through the long and often difficult process of breaking up a marriage (i.e. getting separated or going through divorce proceedings).

As a result, your ex wife may feel as though everything that needed to be discussed has already been discussed and that there's nothing left to talk about.

So, if you continue to try and have serious conversations with her about the relationship, how sorry you are about hurting her and how you wish things could have worked out differently, without first changing how she currently feels about you (e.g. like it's all your fault), rather than make her open back up to you, it will just highlight to her all the reasons why you're divorced.

Here's the thing!

At this point in the ex back process, you need to focus on making your interactions with your ex wife feel as fun, enjoyable and stress free as possible.

It's not about constantly cracking jokes around her and not taking things seriously.

Instead, it's simply about not making every conversation you have with her about the relationship.

When she's smiling, laughing and enjoying being in your presence again, it becomes difficult for her to keep thinking, *"I don't want to talk to him anymore. I want him out of my life."*

Instead, she drops her guard and opens up to at least being friends for now and you can then build up her feelings for you and get her back.

Another mistake you shouldn't be making is!

2. Asking for another chance, even though you haven't reactivated her romantic feelings

[image: Just give me another chance, please. I love you...]

Even though you might still have feelings for your ex wife and want her back, chances are, she doesn't currently feel the same way.

The truth is, for a relationship to get back together, there needs to be mutual feelings.

It doesn't have to be exactly mutual, but your ex wife does need to still have some positive feelings for you.

If you try to get her back when she doesn't, she's naturally not going to want to talk to you or see you anymore.

She's going to be saying, *â€œNo! I'm not interested. Why are you being like this? We're divorced for a reason and you need to accept that and leave me alone.â€*

So, if you want another chance with your ex wife, you need to re-spark her sexual and romantic feelings for you first.

You don't have to be perfect to re-attract her, just better.

Then, when you interact with her again and she sees that you're at a different level than you were when you and her were married, her walls will naturally begin to come down.

Even if initially she tries to stop herself from caring about you again, she won't be able to stop herself from imagining what being the wife of the new you would be like.

She then opens back up to talking to you again and seeing you in person and you can then build up her feelings and make a fresh start together.

Another mistake you shouldn't be making is

3. Making her feel like she is obligated to talk to you because of your history together

Sometimes, a guy makes the assumption that because him and his ex wife were married, she owes it to him to stay in touch.

At the back of his mind he may even be thinking things like, *â€œI don't know why she's being like this. She was my wife and even though things didn't work out between us, she can't just stop talking to me. That's not right. After all we've been through, she can't just turn her back on me like this. What we had was big and now we're a part of each other's lives forever, whether she wants that or not. That's just how it is.â€*

Yet, that's not how it works.

What you and your wife had is in the past now and unless you and her have children together, or are business partners or something similar, if she doesn't want to keep you in her life, she doesn't have to.

So, if you want your ex wife to continue talking to you so that you can get her back, stop demanding it and start making her feel like she wants to.

In other words, don't make interactions with her feel like a pain in the butt.

Instead, make her laugh and smile when you're interacting with her.

Then, she will automatically want to keep you in her life because she feels good when talking to you, not because she has to, based on your history together.

Another mistake you shouldn't be making is

4. Sucking up to her in conversation

In some cases, after a divorce, a guy might act super nice and sweet to his ex wife, in the hope that she will feel bad about not wanting to talk to him anymore.

Unfortunately though, rather than that happening, his sucking up to her actually results in her feeling

annoyed by his lack of confidence and balls.

In her eyes, he no longer has the ability to be the man in the relationship.

He is essentially handing over all of his power to her in the hope that she is nice to him and takes pity on him.

That's not enjoyable for a woman.

She wants him to be good to her, but not to lower himself as a way of hopefully gaining her pity.

As a result, she loses even more respect for him and feels determined to cut him out of her life for real.

So, don't bother sucking up to your ex wife to make her feel pity for not wanting to talk to you.

Instead, focus on re-sparking her feelings of respect and attraction for you, so she naturally wants to talk to you and see you again.

You can then make her fall in love with the new and improved you and get her back.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

I Was the Rebound, I Got Dumped and I Want Her Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

4 things you should do right now to begin the process of getting her back:

1. Get clear on what made you seem like an appealing rebound to her, but not an appealing lifetime relationship

[image: Why she wanted you for a rebound, but not for the long term]

Sometimes, a woman might come out of a serious relationship with a guy and immediately get into another relationship to help her get over the pain of the break up.

Yet, quite often, her rebound guy is not someone she perceives as being her ideal man.

Instead, he is usually the kind of guy who different to her ex.

For example: If a woman's ex was very confident in his attractiveness as a man and it caused him to flirt with other women in front of her, she may decide to now date a guy who is a bit more insecure and who feels like he's lucky to have her as his girl.

In this way, she will be able to feel safe with him, knowing that he would never dump her for another woman.

Yet, deep down she knows that being with an insecure guy who lets her get her way all the time, isn't what she really wants in the long-term.

[image: Why she wanted you for a rebound, but not for the long term]

He's great for the time-being while she heals and gets over the pain her ex caused her, but when it comes to settling down and committing to being with one guy for life, she knows that she wants a guy who is confident, self-assured as well as loyal and devoted only to her.

This is why, if you want your ex back, you need to get clear on what it was about you that she felt attracted to versus her ex and why it wasn't what she wanted for life.

For example: Some of the things that most women look for in a man they want to settle down with are:

- He is kind, loving and devoted to her, but he doesn't let her walk all over him and get away with being disrespectful towards him or behaving badly around him.
- He is confident and self-assured, but he doesn't become insecure and starts doubting himself if her or anyone else doesn't approve of him.
- He believes in himself and in his attractiveness to her and to other women, but he doesn't have a wandering eye or make her feel like she's not good enough for him.
- He is easy-going, relaxed and playful, but he also has a plan for his life (and by association hers) that he's actively pursuing.
- He likes to be around her and spend time with her, but he also has his own interests, hobbies and friends that he likes to hang out with.
- He is the boss in the relationship and makes most of the decisions for the both of them, but he also values her ideas and opinions and lets her lead when appropriate.
- She is also his friend in the relationship, but he makes sure that she feels like a sexy, desirable

woman when sheâs with him.

- He feels attracted to her and loves her, but he also knows that in order for her to want to stay with him for life, the attraction between them needs to be mutual.

These are just a few of the things that a woman looks out for in her relationship with a man.

When you discover where you went wrong, you can then quickly make some attractive adjustments to yourself and interact with your ex to re-attract her.

She will then be able to sense the changes in you simply by listening to how you talk and by observing your body language.

When she does, she will automatically feel a renewed sense of respect and attraction for you and open back up to at least talking to you over the phone and seeing you in person more often, to explore those feelings.

Then, when she realizes that you really are everything she ever wanted in a man and more, she will naturally want to get back together again right away, before some other woman snatches you up.

The next thing you can do to get her back isâ!

2. Quickly improve on your weaknesses

By first getting clear on what made you seem like an appealing rebound to your ex, but not an appealing boyfriend/husband in a lifetime relationship, youâre likely to have a better idea of where you came up a bit short.

Thatâs actually a good thing and nothing to beat yourself up about.

You now have a chance to improve and transform yourself into an even better man than you already are.

The main thing is that you understand and improve on your weaknesses.

For example: Some of the things you can improve in yourself areâ!

- Become more confident and self-assured.
- Believe more in yourself and in your value to her.
- ImproveÂ your ability to flirt and create sexual tension between you and her.
- Be more manly in your attitude, thinking, behavior and conversation style.
- Improve your ability to make her feel like an attractive, desirable woman in your presence, rather than making her feel like a friend.
- Become more emotionally independent and get to the point where you are happy with or without her.
- Be a good guy, but stop being a pushover around her and allow her to dominate you.
- Be more fun-loving and carefree, while still maintaining your emotional maturity.
- Be a leader when it comes to your relationship with her, rather than waiting around for her to give you guidance and direction.

The more emotionally attractive you become (e.g. emotionally strong, emotionally masculine, confident, driven, emotionally independent, emotionally mature), the more your ex will begin to look at you as being someone she can be with in the long-term.

When that happens, she wonât be able to resist giving you another chance because interacting

with you feels so good to her.

The next thing you can do to get her back isâ€¦!

3. Don't overlook the things she claimed to NOT like about her ex

[image: Don't overlook the things she claimed to not like about her ex]

Just because a woman says she doesn't like something about a guy, it doesn't mean she's actually looking for the complete opposite in her next man.

For example: Sometimes a woman will break up with a guy because he didn't treat her very well. Naturally, she didn't like that about him, but she did like his confidence and manly attitude and behavior.

So, even though she may have complained about him being an asshole, that doesn't mean she is looking for a sweet, good boy type of guy to take his place.

Instead, she is looking for a man who is confident and manly, but is also a good guy.

Based on that, what are the things your ex woman hated about her ex?

Did you try to be the complete opposite of that to please her?

For example:

- If she said her ex was too possessive and jealous, did you try to be too laid back, thus making her feel like you didn't really care that much about her?
- If she said her ex was too emotionally independent and did everything without her, did you compensate for that by spending all your time with her and making her feel smothered and stifled as a result?
- If she complained that her ex wasn't emotionally open enough and never told her how he felt about her, did you go the opposite way by proclaiming your love for her all the time, turning her off in the process by what she perceived as your emotional wimpiness?
- If she talked about how her ex always made the decisions in the relationship without ever asking her for her insights or opinions, did you decide to let her call all the shots to make her happy and ended up making her feel more emotionally dominant than you?
- If she whined about how her ex always wanted to have sex with her to the point where she felt too much like a piece of meat, did you then treat her more like a friend to show her that you like her as a person, extinguishing the spark of attraction between you as a result?

Once you understand what your ex is really looking for in a guy, you can easily change and give her those things.

When she experiences some of these changes for herself, over the phone and especially in person, she will realize that you really are the man she has been looking for after all.

She will then automatically reconnect with some of her sexual and romantic feelings for you and become open to at least interacting with you more often to see where things go.

The next thing you can do to get her back isâ€¦!

4. Understand what would make her want to give you another chance

[image: Understand what would want to make her give you another chance]

Sometimes, when a rebound guy gets dumped, he might start thinking things like, *“Why did this happen? What did I do wrong? She always said that I was a nice guy and that she liked that about me, so it must be something else. Maybe, Iâ€™m just not good looking/rich/successful enough. When I think about her ex, the one thing that stands out about him is that he was really muscular and enjoyed going to the gym a lot/drove a really fancy car/was a successful business man. Maybe that is what was missing in me. Maybe I need to improve myself in those areas to re-attract her. Then, when she sees that Iâ€™m not only a nice guy, I also look good/have more money/have a better job, she will want me back again.”*

He might then put in a lot of effort into improving himself externally as a way of getting his ex back. Yet, although a woman might appreciate it that heâ€™s improved himself physically, or has made some progress in his career, in most cases, itâ€™s not going to change her mind about dumping him. Why?

Most women are more excited by a manâ€™s ability to attract them emotionally during interactions, than they are to other more superficial things such as his appearance, money or status.

So, although those things (appearance, money or status) can initially attract a womanâ€™s attention, what really attracts her and makes her want to stay with a guy for the long term is how he makes her feel as he talks to her and spends time with her.

This is why, running out and changing things about yourself like your appearance, or even your car, to impress your ex and hopefully get her back is usually just going to be a waste of your time.

What really counts is your emotional attractiveness.

When you are emotionally attractive on the inside (i.e. confident, self-assured, emotionally masculine, assertive, charming) it will automatically come through on the outside for her to see and feel attracted to.

She will feel a renewed sense of respect and sexual attraction for the real you (i.e. the man you are inside, not your muscles, car or money).

Suddenly, you seem like the right guy for her and she wants to give you another chance because she feels that if she doesnâ€™t, she may end up regretting it for the rest of her life.

3 Common Mistakes That Rebound Guys Make When Trying to Get Her Back

It doesnâ€™t matter that you were her rebound and she dumped you.

What matters is what you do from now on to get her back.

Are you going to be saying and doing the types of things that will re-spark her sexual and romantic feelings for you and show her that thereâ€™s more to you than she originally thought, or are you going to be turning her off and convincing her even more that she made the right decision to break up with you?

Itâ€™s all up to you.

However, if you want to get her back, make sure you don't make any of the following attraction mistakes that guys make in situations like yours:

1. Trying to appeal to her in all the wrong ways

For example: A woman might initially be attracted to her rebound guy because of his bad boy attitude.

However, once she dumped him, he turned into a needy, clingy guy who seemed lost without her.

In his mind, he likely thought that she would feel flattered to see how important she was to him and that he loves her and needs her to be happy in his life.

Yet, that usually has the complete opposite effect.

Rather than make a woman think, *"Wow, I never realized how important I was to him. Maybe he was the right guy for me after all,"* she instead feels turned off by what she perceives as emotional weakness and thinks something along the lines of, *"I now see that my instincts about him were right. He wasn't really as emotionally strong as I thought he was. Instead, he's actually quite wimpy and needy. I was right to dump him. He's definitely not the man for me!"*

This is why, it's very important that if you want to re-attract your ex, you don't suddenly change your core personality and start behaving in ways that actually turn her off (e.g. being needy, insecure), rather than on.

What you need to be doing is adding to your good points not taking away from them.

So, if you were a good guy to her, but a bit unsure of yourself, don't try to be extra nice and sweet to her now to get her back.

Instead, get more confident and self-assured, while still maintaining your niceness.

If you and her got on well together, don't pretend that you only want to be her friend now.

Instead, be friends with her, but also focus on sparking her sexual and romantic feelings for you during interactions.

When you give her the attraction experience she really wants, she will begin seeing you as more than her rebound and you can then get her back and keep her.

Another mistake that some guys make in a situation like yours is

2. Writing a letter or email to explain how much she means to him

Although this might seem like a good idea, it usually backfires for two main reasons.

Firstly, when a woman has lost touch with her feelings for a guy, him telling her how much she means to him isn't something she cares about or wants to hear.

The feelings aren't mutual so it doesn't matter to her what he feels or what he wants.

Secondly, a letter or email is just a bunch of words on a screen or a piece of paper.

It doesn't give her any firsthand, real life evidence that he's changed.

So, in most cases, because she can't hear his confidence in the tonality of his voice, or see it in his body language, she just assumes that he's still the same guy she broke up with (e.g. wimpy, submissive, easily pushed around).

This is why itâ€™s never a good idea to hide behind letters or e-mails with an ex woman.

If you want to convince your ex to feel the same way you do about her, the best way to go about it is by letting her fully experience the new, improved you in person.

When she can see your body language and the way you maintain your confidence around her, regardless of what she says or does to mess with your head (e.g. sheâ€™s cold and aloof, tells you she just canâ€™t love you), she wonâ€™t be able to stop herself from feeling some respect for the new and improved you.

When that happens, she also starts to feel attracted again.

From there, her defenses come down and then, even if she tries to fight it, she canâ€™t stop herself from feeling drawn to you again and wanting to at least hang out with you more to see how she feels.

Another mistake that some guys make in a situation like yours isâ€¦

3. Not changing his approach to attraction

For example: A woman might have dumped her rebound guy because she got bored of him.

Basically, he was just too nice and sweet for her and she never felt like she had to do anything to impress him or be a good woman to him.

He always accepted her no matter how badly she behaved or how she treated him.

Yet, he is behaving like that as he tries to get her back.

Regardless of whether sheâ€™s being pleasant towards him, or a cold, unfriendly bitch, he continues to be nice and sweet to her.

As result, she continues to feel turned off by him and doesnâ€™t want to give him another chance.

This is why, if you want to get your ex back, you need to change your approach and do what actually works.

What works is offering her a new and improved attraction experience (e.g. instead of putting up with her bad behavior like you used to, you stand up to her and put her back in her place in a loving but assertive manner, instead of being needy and clingy, you start being a truly confident man around her who loves her and wants her, but who doesnâ€™t need her).

The more that you give her the kind of attraction experience she always wanted from you, but never got, the more she feels like she just has to give you another chance, or else she might end up regretting it later on.

You can then get her back and get on with enjoying an amazing relationship together.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to

gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

4 Tips For Rekindling a Lost Love

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 4 tips to help you rekindle the love between you and her, so you can get her back into a relationship once again:

1. Get clear on why the love faded away between you and her

[image: Get clear on why the love faded away between you and her]

The main thing that will cause a woman's love for her man to fade away is when he stops acting and behaving in ways that make her feel respect and attraction.

For example: He stops being confident and becomes insecure and needy, he stops leading in the relationship like a real man and instead expects her to make all the decisions for the both of them, he stops making her feel loved and appreciated and begins taking her for granted instead.

So, if the guy then wants to rekindle the lost love, his first step needs to be to get clear on what aspects of his thinking and behavior turned his ex off in the first place and then take action to improve those things about himself.

Then, when he interacts with her and she notices that he's transformed himself into a better man, even if she initially tries to fight it, she won't be able to stop herself from feeling drawn to him again.

How about you?

Do you understand the secret, subtle or deeper reasons why your ex's love for you faded away?

If you're not quite sure, here are some questions to ask yourself to gain clarity:

- Did you pretty much always maintain your confidence with her, or did you slowly begin to feel insecure about yourself and your value to her?
- Did you remain emotionally strong and independent in the relationship, or did you end up becoming too clingy, needy, jealous or possessive?
- Were you the more emotionally dominant one in the relationship, or did you hand all your power over to her and allowed her to boss you around?
- Did you make her feel strong sparks of attraction for you by being emotionally masculine around her, or did you make her feel more like a friend or roommate when she was with you?
- Was she able to look up to you, respect you and feel proud of you as her man because you were rising through the levels of life with determination and focus, or did she feel a bit embarrassed by you because you were just drifting through life?
- Did you and her have the same relationship goals (e.g. to move in together, buy a house, get married, start a family), or did you want different things?

When you know where you went wrong, focus on improving those things about yourself.

Then, let your ex experience the new you during interactions.

When she sees that you're now behaving and responding in completely different ways to the way she remembers, her guard will naturally come down and she will start thinking of you in a more

positive light.

When that happens, she will be more receptive and she will feel open to the idea of exploring her new feelings of attraction for you again to see if you and her can rekindle your lost love.

The next thing you can do to get her back is toâ€¦!

2. Understand that both of you will most likely have changed a lot as people

[image: Understand that both of you will have likely changed a lot as people]

A lot can happen after a couple breaks up.

Whether itâ€™s for a short time or a long time spent apart, they will naturally change in many ways.

For example: Some of the ways that a woman might change areâ€¦!

- She dates other guys, has casual sex, or even falls in love with another guy and gets into a relationship with him, so sheâ€™s a lot more experienced with relationships and break ups.
- She becomes more emotionally mature than she was before the break up and is now not interested in the same things as before (e.g. she used to like to party and live a carefree life and now she is more serious and focused on her studies or career).
- She survives an illness, the death of a loved one, or some other challenging situation on her own and becomes emotionally stronger because of it.
- She goes traveling, interacts with people of different cultures and that changes her at a deep level.
- She gets a promotion at work with a lot more money, which then changes other things in her life like where she lives, the types of places she hangs out at, her wardrobe and possibly even the people she makes friends with.
- She dates several different guys and she learns more about what she likes and doesnâ€™t like in a man.

Of course, the changes are almost never one-sided and the guy will also change.

Some of the ways he might do that areâ€¦!

- He realizes where he went wrong in the relationship with his woman and uses the time apart to transform himself into a better man (e.g. more confident and self-assured, more emotionally masculine, more emotionally mature). As a result, he becomes more attractive to women and can now pick any woman he wants rather than settle for what he can get.
- He dates other women and even gets into another relationship and realizes that no other woman compares to his ex.
- He dates other women and learns about what he really wants in a woman.
- He closes himself off after the break up because he canâ€™t deal with the pain of losing his woman and becomes a loner.
- He focuses on pursuing and achieving his biggest goals in life and changes the direction of his life for the better.

As you can see, you and your ex will likely have both changed in many different ways since you broke up.

That means, you will have to get to know each other all over again in a whole different way.

You can't just assume things will be the same just because you knew each other before.

So, when you interact with your ex from now on, focus on making her fall in love with the man you are now, rather than letting her fall back to thinking of you the way you used to be.

The more she enjoys being around you, the more her defenses will start to fade away.

She will then open up to getting back with you, or at least spending more time with you to see what happens from there.

The next thing you can do to rekindle your lost love is to

3. Prepare to create a new spark of romantic attraction inside of her when you interact

[image: Prepare to make her feel a new spark of romantic attraction]

If you interact with your ex in a way that doesn't make her feel a renewed sense of respect and attraction for you (e.g. sucking up to her, acting like just a friend, letting her call all the shots), she's likely just going to perceive you as being only a friend at best, or feel like you're wasting her time and that you having nothing in common anymore, at worst.

This is why, it's very important that you prepare yourself to get her back.

For example: Some of the things that will spark her feelings for you during interactions and make her want to be your girl again are

- Showing her by way of your attitude, behavior, conversation style and actions that you have already fixed some of the issues that were turning her off before (e.g. if you were insecure before, you're now more confident and believe in your value as a man, if you were too nice with her before and allowed her to push you around, you're more assertive towards her now, if you were too emotionally dependent on her before, you now show her that you are happy and moving forward in your life with or without her).
- Reacting differently to what she says and does, (e.g. if she dominated you with her confident personality, you now lovingly stand your ground with her when she tries to bully you, if she previously made you feel upset or angry when she created unnecessary drama, you now relax and adoringly laugh at her attempts to fluster you).
- Making her feel feminine and girly in your presence by being an emotionally masculine man around her, rather than being extra nice or neutral.
- Flirting with her and creating sexual tension between you and her, rather than pretending you're no longer interested in having a relationship with her.

When you interact with her and she can see that you've become the kind of man she always wanted you to be (e.g. more confident and self-assured, more emotionally masculine, more emotionally independent, assertive) she automatically begins to feel respect for you again.

When she respects you, she also starts to feel attracted again and with those two things in place, she can reconnect with the love as well.

Her guard naturally comes down and she becomes open to seeing what happens from there.

The next thing you can do to rekindle your lost love is to

4. Get in touch with her and make it happen

[image: Get in touch with her and make it happen]

To effectively rekindle the love between you and your ex, you have to be interacting with her.

However, don't fall into the habit of texting your ex or sending her messages via social media, without ever working up the courage to call her, or see her in person.

You might think that it's best to take things slowly because you don't want to scare her off.

You may even be hoping that she will take the lead and let you know when she's ready to talk to you over the phone or see you again.

However, a woman will rarely make the first move with an ex she no longer loves.

Instead, she will usually message or text back and forth for a while and when she realizes that it's going nowhere, she will either stop responding to him altogether, or assume they're texting friends now and focus on moving on with a new man in her real life.

So, if you want to get your ex back, it's very important that you call her over the phone, spark some of her feelings for you and then arrange a meet up with her.

For example: Imagine you're on a call with your ex and you've been making her laugh and smile and feel good to be talking to you again.

You can then say something along the lines of, *“Hey, it's been great talking again. It's good to see that we can still have a laugh together even though we're broken up. Let's do this in person sometime this week and catch up for a quick cup of coffee to say hello as friends. Of course, it's not about us getting back together. It's just a catch up to say hello. I'm free in Wednesday and Thursday afternoon, how about you?”*

If you've created enough feelings of respect and attraction inside of her during the phone call (i.e. by being confident, flirting with her, using humor), she will likely agree to meet up with you.

However, if she doesn't say *“Yes, right away,”* don't worry about it.

Most women are usually a bit resistant when it comes to meeting up with an ex guy, because they don't want to come across as being too easy, or are afraid of getting hurt again (e.g. in case you get her back and then dump her to get revenge on her for breaking up with you in the first place).

So, just maintain your confidence and say something like, *“Hey, it's just a quick cup of coffee between two friends. It's no big deal and no strings attached. So, how about it? I'll be busy on Monday and Tuesday. Which days this week are you free?”*

She will then most likely say *“Yes,”* and you can go ahead and make plans to meet up with her at a time that suits you both.

By the way!

Make sure that when you see her again, you continue to make her feel sexually and romantically attracted to you again.

Don't meet up with her and just have a nice, friendly chat.

[image: Meet up with her and turn on the charm]

You've got to turn on the charm and make her feel like she's been missing out by not being with you anymore.

If you do that, she will naturally begin to open up and you will get her back pretty quickly and easily.

Avoid the Following Mistakes If You Want to Rekindle the Love Faster and Easier

Getting an ex woman to fall in love with you again isn't as difficult as you might think.

It all depends on your approach.

When you interact with her and say and do things that spark her feelings for you, she naturally starts to feel surges of respect, attraction and love for you again.

However, if your interactions turn her off, her feelings for you will remain buried.

So, to make her love you again, make sure you don't make any of the following mistakes:

1. Not making the feelings mutual before you even hint at a possible relationship

[image: Not making the feelings mutual before you hint at a possible relationship]

Sometimes, a guy might reach out to an ex via email, text, letter or social media and explain how he feels about her, his regrets about the relationship and how good it would be to catch up.

However, if the woman didn't feel attracted to him when she broke up with him, she likely still feels the same way and she won't feel very excited about his sudden declaration of love.

This is why, you need to do things one step at a time.

Attraction comes first, then everything else follows on from there.

It can't just be about you loving her and wanting her back.

Instead, she has to feel like she wants you back for her own reasons (e.g. she doesn't believe another guy can make her feel the way you do, she will regret it if she doesn't give you one more chance).

You can make her feel that way by reawakening her sexual and romantic feelings during interactions (e.g. by making her laugh and smile, flirting with her to create a sexual vibe, showing her you're a new man now) and then not pushing for a relationship.

She feels attracted to you again and notices that you're not trying to get her back.

As a result, she begins to worry about losing you for real this time (i.e. because you can easily attract another woman), so she becomes open to giving the relationship another try.

Another mistake to avoid is

2. Coming across as self doubting when he communicates with her

Almost nothing kills a woman's feelings for a guy faster than a lack of confidence.

He can be really good looking, rich and successful, but if he's constantly unsure of himself and doesn't believe in his attractiveness and value as a man, he's not going to be attractive to most women.

So, if he then interacts with his ex and he struggles to maintain his confidence with her, especially when she tests him by being cold, disinterested and offish towards him, she will feel turned off by

what she perceives as his emotional weakness.

Then, rather than want to give him another chance, she will likely make all kinds of excuses to discourage him from pursuing her (e.g. *â€œIâ€™m seeing someone else now,â€* or *â€œI donâ€™t want to be in a relationship with anyone at the moment,â€* or *â€œI need to concentrate on my studies/work/career, so I canâ€™t afford to get distractedâ€*).

Of course, if the guy is truly self doubting, he will take that as a sign that she doesnâ€™t want him and he will give up on getting her back, potentially missing out on being with the love of his life.

Donâ€™t let that happen to you.

From now on, rather than filling your head with doubts and negative self-talk, focus instead on imagining every conversation that you have with your ex going well.

Picture her smiling, laughing and feeling good to be talking to you because you are being confident and self-assured.

The more you do that, the more it becomes the truth, even if initially it was only a pretence.

Then, when you interact with you ex and she notices how sure of yourself you are, she will naturally start to feel a renewed sense of respect and attraction for the new, emotionally strong, confident version of you.

Then, reconnecting with her lost feelings of love happens naturally and easily, because you are now the kind of man that she always wanted you to be.

Another mistake to avoid isâ€¦

3. Acting like just a friend and not including any flirting

If you want to rekindle the lost love between you and your ex, acting like a nice, neutral friend around her isnâ€™t going to make that happen.

Why?

When thereâ€™s no sexual vibe, she just doesn't feel like the love would come back.

She doesnâ€™t see the point of opening herself back up to a man that she canâ€™t see a romantic, sexual future with.

So, even though they might share a friendship, itâ€™s unlikely going to turn into a relationship from there without the sexual, romantic component added.

For a woman to want to be in a relationship with a guy, sheâ€™s needs to feel sexually and romantically attracted to him for her to fall in love with him.

So, if you want to rekindle a lost love, you need to make your ex feel attracted, sexually and romantically.

This means you need to change your approach from being nice, neutral or friendly, to using interactions to flirt with her and turn her on sexually, so she actually wants to be with you again.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Does Active No Contact Work?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Not for most ex back situations.

Here's the thing:

No Contact is not contacting an ex for 30 to 60 days after a break up.

It also involves ignoring any attempts she makes to reach out to you (e.g. she sends a text to say "Hey", sends you a message you on social media or even calls to say hi).

No Contact is passive because you're not really doing anything (other than waiting for the time to pass until you can contact her again).

Active No Contact is not contacting an ex for 30 to 60 days after a break up and ignoring her attempts to reach out to you.

Sounds the same right?

Well, the only difference is that with active No Contact, you actively work on improving yourself and healing from the break up during the 30 to 60 days, so you can be ready to re-attract your ex.

...if she actually calls, or answers your text or call after the 30 or 60 days.

...if she hasn't moved on and found happiness with a new guy.

...if she didn't get revenge on you for not reaching out, by hooking up with new men to make herself feel better about you not reaching out.

Lots of ifs, so it just doesn't work in most situations.

What does work?

Watch this...

In addition to the 3 proven to work alternatives to the No Contact Rule that Dan Bacon teaches in the above video, here are 5 additional tips about what really works to get an ex woman back:

1. Giving her the right amount of space for your situation

[image: Giving her the right amount of space for your situation]

Not all women require a month or two of space before hearing from their ex boyfriend or husband again.

In fact, a lot of the time, the longer a guy takes to begin the ex back process with his ex, the more likely it is that she will move on.

Here's the thing:

When a woman breaks up with a guy, she's usually disconnected from her positive feelings for him (e.g. respect, attraction, love) and has replaced them with a lot of negative emotions (e.g. anger, bitterness, disappointment).

In her mind she may even be thinking things like, *"I just want to get away from him and try to fix my life. I don't want to feel this way anymore. When I see my friends, family and even strangers looking so happy in their relationships, I feel jealous because I don't have that. At least now I've taken the first steps to moving forward and finding a man who can make me feel the way I*

want to feel, when Iâm with him.â

So, if her ex then decides to use No Contact as a way of getting her back and he ignores her for 30 or even 60 days, rather than miss him and begin regretting her decision to break up with him, she will usually just feel relieved and happy.

She will then use that time to fully get over him and find herself a new man.

Naturally, there are cases where using No Contact on a woman works.

However, that usually only happens if the woman still has feelings for the guy and sheâs secretly hoping that he will try to get her back.

If he then ignores her instead, it can cause her to panic and try to initiate contact with him.

Of course, if he then continues to ignore her even more (i.e. because the full 30 or 60 days have not passed yet), she will almost certainly take it as a sign that heâs over her and she will then focus on getting over him too, usually by hooking up with a new man as quickly as possible.

Then, when he finally contacts her, she will say something along the lines of, *âWhy are you calling me after all this time? Did you think I was going to sit around waiting for you? Well I did, but you didnât want anything to do with me. Now itâs too late. Iâmve moved on and I have a new boyfriend and Iâm happy, so please leave me alone.â*

Donât let that happen to you.

The truth is, in almost all ex back cases, up to a week of space is more than enough time to allow for things to calm down between a man and a woman.

So, if your reason for using No Contact is to get your ex back, then 3 to 7 days of space is usually enough.

The next tip that works isâ!

2. Interacting with her and creating a spark of romantic attraction again

Once you contact your ex again, the important thing is not to act like a nice, neutral friend who is no longer interested in getting her back.

Instead, you need to ensure that you make her feel sparks of sexual and romantic attraction for you again.

When you do, you will see that things will automatically start to change.

She will begin to feel differently about you.

Then, getting her back becomes easier, because sheâs open to the idea, rather than her thinking things like, *âNot only did he stuff up, now heâs actually ignoring me too. What a jerk!â*

So, how can you begin changing how she feels?

Some of the ways you can do that is byâ!

- Maintaining your confidence with her regardless of what sheâs saying or doing to put you off, (e.g. sheâs being scornful or indifferent towards you, sheâs blaming you for the break up).
- Reacting differently to what she says and does, (e.g. if she tries to start an argument with you, rather than get upset or lose your temper with her like you did in the past, you now remain calm and use humor to diffuse the situation).

- Being relaxed and easy going around her and making her feel good to be interacting with you again, rather than pushing her to get back into a relationship with you and making her feel tense, annoyed or defensive as a result.
- Being more emotionally dominant with her, rather than allowing her to call all the shots, because you want her to like you again.
- Being more emotionally masculine around her and making her feel feminine and girly, rather than being too nice or neutral and making her feel like a friend, or nothing at all, in your presence.

The more your ex interacts with you and discovers that youâ€¢re nothing like the man she broke up with, the more her feelings of respect and attraction for you will begin to resurface.

As a result, her defenses start to come down and she then becomes more open to talking with you over the phone and meeting up with you in person, to see what happens next.

Another tip that works isâ€¢

3. Building on the spark to make her have sexual, loving feelings that draw her back into a relationship with you

[image: Building on the spark]

Building on your exâ€¢s newfound feelings for you is the best way to ensure that you get her back and keep her.

So, make sure that every interaction you have with her from now on (via text or e-mail, on social media, over the phone and especially in person) is turning the spark into a fire.

This means, you need to say and do the types of things that will make her feel even more respect and attraction for you than before and begin to see you as the new man you have become.

For example: Make her laugh and smile and enjoy talking to you and being around you.

Then, when sheâ€¢s alone, she will naturally begin to miss you and think things like, *â€¢I canâ€¢t believe how much Iâ€¢m thinking about him these days. I actually miss him when I donâ€¢t hear from him. What is happening to me? Why am I feeling this way about him when I was so sure before that it was over between us? Am I really falling back in love with him again? Should I give him another chance after all?â€¢*

The more respect and attraction you make her feel, the less she focuses on the negatives of the past and the more she feels drawn to the idea of being your girl again.

From there, even if she previously felt convinced that she was ready to move on, the idea of losing you for real suddenly starts to bother her.

Then, getting her back into a relationship becomes easy for you, because she wants it too.

The next tip that works isâ€¢

4. Showing her via your actions, behavior and attitude that you really have changed in some of the ways that are important to her

[image: Showing her via your actions and behavior that you have changed in the ways that are important to her]

Nothing is more convincing to a woman that a relationship is worth saving than seeing that her ex has transformed himself and is now at a completely different level to the one he was at when they broke up.

Not only does that show her that he has understood some of her secret reasons for breaking up with him, he's also taken the necessary steps to quickly change and improve and become a better man as a result.

This earns a lot of her respect back.

Then, because she respects him again, she feels more open towards him.

This then allows her to start feeling attracted to him too and with these two emotions in place, falling back in love with him is only a matter of time.

This is why, if you want to get your ex back for real, the best investment you can make is in improving yourself.

When you do that, not only does it become possible to re-attract her and get her back, you also become a better man for yourself and it improves many of the other areas in your life too (e.g. if you become more confident, not only is that attractive to your ex, it also comes through at work/university and people feel more drawn to you).

So, focus on that.

By the way!

If you're unsure about what you need to change about yourself to re-attract your ex, here are some questions to ask yourself that might help:

- What aspects of my thinking and behavior turned her off when we were together? (e.g. Did I become too insecure and emotionally dependent on her, and caused her to feel smothered by me? Did I take her for granted and make her feel unloved and unappreciated? Did I mature as quickly as her, or did she feel like she had to take care of me and act like the "grownup" in the relationship)?
- What do I think was missing from our relationship? (e.g. Did I continue to make her feel like a sexy, desirable woman or did she feel more like my friend or roommate? Did she feel safe about our future together, or did she feel uncertain? Did we have mutual goals, or was it "each person for themselves")?
- Did she want me to behave in a way that I wasn't aware of? (e.g. more ballsy, more motivated and goal oriented, more affectionate, less needy or clingy?).
- Was I trying to get her to accept things about me that she didn't find attractive? (e.g. my insecurity about my value to her, my jealous or controlling behavior, my lack of direction in life)?

By understanding where you went wrong with your ex and then changing and improving some of those things about yourself, you take away her excuses not to want to give you another chance.

You're a new man now, so she naturally starts to see you in a new (more positive way).

As a result, getting back together again becomes something she actually wants to do.

The next tip that works is!

5. Hooking up with her sexually and blowing her mind so she wants to be your girl again

Sex speeds up the process of getting the relationship back together.

It doesn't fix everything, but it's one part of the ex back process that you need to make sure you include along the way, rather than acting neutral or like just a friend to your ex.

This is why, once you've built up her feelings for you and made her feel attracted to you again, the next step is to hook up with her sexually to get her to start seeing you as her man again.

So, how can you do that?

Imagine you're at a meet up with your ex.

The important thing is that you continue making her feel sexual attraction and respect for the new you.

Then, notice any signs that she may be giving you that she's open to connecting with you on a more intimate level (e.g. she keeps touching you, licks her lips often, plays with her hair or a necklace).

When it feels like an appropriate time, go ahead and give her a hug and if she doesn't pull away, give her a kiss as well.

From there, if she's open, you can go to her place or yours and hook up with her sexually.

Remember: When you re-spark your ex's feelings of respect and attraction for you and then you blow her mind with the best sex she's ever experienced (with you or anyone else), it will be difficult for her to want to walk away from what the two of you share together.

When that happens, the relationship resumes naturally and easily, because she wants it as much as you.

Enjoy the great times ahead with her!

Problems to Avoid When Considering No Contact as Your Way to Hopefully Get Her Back

If you want to get your ex back for real, you need to make sure that you approach the ex back process in the correct way for your situation.

If you don't, you may end up making it harder for yourself than it actually needs to be.

Watch this video from Dan Bacon (founder of this website) for examples:

Here are 3 mistakes to avoid making if you are considering using NC as your way of hopefully making her want you back:

1. Assuming that cutting off contact for 30 to 60 days is necessary for every break up

Most guys who consider using No Contact to get an ex back, often make the mistake of thinking that all women respond well to being ignored for 30, 60 or even more days.

Yet, that's actually far from the truth.

Hereâ€¢s why!

In most ex back cases, the main reason why a woman will break up with her guy is because sheâ€¢s reached the stage where she no longer feels enough respect, attraction and love to want to be in relationship with him anymore.

So, if he then decides to ignore her for a few weeks, or months, rather than come running back to him, she instead feels relieved that she doesnâ€¢t have to deal with a needy, desperate ex who is trying to get her back.

She then uses that time to fully get over him and find herself a new man to have sex with, date and be in a relationship with.

Then, if her ex finally makes contact with her again after months of silence, the only response heâ€¢s likely to get is her laughing and saying something along the lines of, *â€¢Why are you calling me after all this time? Did you really think I was going to sit around waiting for you? Well hereâ€¢s a news flashâ€¢! Iâ€¢ve moved on and I have a new man now and Iâ€¢m truly happy. So please donâ€¢t call me again. What we had has been over for months. You need to accept that and move on.â€¢*

As a result, cutting off contact with her for 30 to 60 days was a completely ineffective strategy and absolutely backfired on the guy.

So, unless your ex is still secretly in love with you and is hoping that you and her will get back together again, or sheâ€¢s struggling to find herself a replacement guy, ignoring her for 30 to 60 days is not going to make her come running back to you.

This is why, the best and most successful ex back approach is interacting with your ex and actively making her feel sparks of attraction for you again, not ignoring her.

The next mistake to avoid isâ€¢!

2. Putting the ball in her court

[image: Putting the ball in her court]

Sometimes a guy assumes that getting back together with an ex is entirely up to her.

So, he decides to use No Contact on her as a way of letting her call the shots.

Basically heâ€¢s thinking something along the lines of, *â€¢If she still wants me, she will miss me when she doesnâ€¢t hear from me and she will contact me. We can then take it from there and try to work things out. On the other hand, if sheâ€¢s not interested in me, she wonâ€¢t ever get in touch and I will have my answer.â€¢*

Yet, thatâ€¢s not always how it works.

In some cases, even when a woman does miss her ex and wants to get in contact with him, she wonâ€¢t because sheâ€¢s afraid that the main reasons heâ€¢s ignoring her is that he doesnâ€¢t care about her anymore.

This makes her fear being rejected by him, so she gives up on getting him back and tries to move on.

Hereâ€¢s the thingâ€¢!

A woman will rarely take on the dominant, masculine role of the man to get the relationship back together again.

Instead, she will usually sit back and wait to see if her ex has the balls to take on the leading role in the ex back process.

If he does, she will be able to respect him again.

When she respects him, she will feel start to attracted to him and will then begin to open back up to the idea of being his girl again.

On the other hand, if he sits around ignoring her and waiting for her to make the first move, she will lose more respect for him for not having the courage to take the lead and get her back.

So, if you want your ex back, make it happen, because she almost certainly won't.

The next mistake to avoid is!

3. Trying to play games with her, rather than just being a man about it

Most of the time, a guy will use No Contact as a way of trying to get his ex back, because he doesn't really know what else to do.

Basically, he's hoping that by suddenly cutting off contact with her, she will wonder, *What is he up to? Why isn't he contacting me?* and then become curious enough about him to call him and say hi, or ask to meet up with him in person.

Yet, that approach rarely works when a woman has lost respect and attraction for a guy, because she just doesn't care enough to want to find out.

Rather than miss him, she instead feels relieved that he's out of her life without too much of a fuss and she then focuses on moving on without him.

So, if you want to get your ex back, don't waste time playing mind games with her that she may not even notice.

Be a man of action and get her back now.

If you wait too long because you keep wondering things like, *Does active No Contact work?* you may end up losing her.

So, make sure that you don't become one of those guys who are afraid to go after what they really want (i.e. in your case, getting your ex woman back).

You can get her back without having to wait 30 or 60 days if you really want to.

Believe in yourself.

Take action and make it happen!

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

The Best Thing to Do to Get Your Girlfriend Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The best thing to do to get your girlfriend back is to focus on attraction.

If she isn't attracted to you anymore, she's not going to be interested.

If you don't re-attract her and reignite her feelings in some way, she will most likely remain uninterested.

Her feelings of attraction for you are the most important feeling of all right now.

That's why you need to make sure that you're making your ex girlfriend feel surges of sexual and romantic attraction for you during every interaction you have with her from now on (e.g. via text, social media and especially on the phone and in person).

Here are 3 examples of what can make a woman feel attracted to her ex boyfriend:

1. He levels up (i.e. he's not at the same level he was when she dumped him)

[image: He levels up]

Going through the ex back process with a woman is a hugely transformative experience for a guy if he wants it to be.

He can start off feeling like a failure and having no confidence in himself and in his attraction to his ex and other women and end up becoming truly confident and realizing that he's a valuable, worthy man.

However, for that to happen, it's very important that after the break up, he levels up.

That means, he can't stay stuck thinking, acting and behaving the way he always has in the past and expecting things to change and improve (e.g. being insecure and needy, needing his woman's support and approval to make decisions about his life, having no clear purpose and direction that he's working towards and expecting his woman to accept that).

On the other hand, the more he transforms himself (e.g. he becomes more confident and self-assured, emotionally mature, determined and goal oriented), the more attractive he becomes to his ex and to other women as well.

Then, when he interacts with her and she notices that he's at a different level than he was when she broke up with him, she will naturally begin to feel some respect for him again.

When she respects him, she will also feel surges of attraction for him again and then her defenses begin to melt away, making it possible for him to re-attract her and get her back.

Another thing a guy can do to get his girlfriend back is

2. He truly understands what she wants now and she can feel that as she interacts with him

[image: He truly understands what she wants now and she can feel that as she interacts with him]

When a woman feels that her ex has understood her real, possibly even secret reasons (i.e. the things that she never told him about) for breaking up with him and has improved some of those things about

himself, she won't be able to stop herself from feeling attracted to him again.

Even if she initially felt convinced that nothing would make her change her mind about breaking up with him, she suddenly doesn't feel so sure about her decision.

She then becomes open to talking to him on the phone and meeting up with him in person more often, to see where things go from there.

This is why, understanding what a woman wants and then giving it to her is a very important step in the ex back process.

For example: Some of the changes a woman might want to experience as she interacts with her ex are:

- He's less insecure and self-doubting now, which means he no longer feels unsure of himself around her, regardless of what she says or does to test him. He now reacts differently when she doesn't agree with him or insults him and rather than get upset or feel like he's not good enough, he remains relaxed and confident.
- He's more emotionally independent, which means he doesn't need her in his life so that he can feel okay about himself. He has his own interests, goals and friends and he's busy living a happy and fulfilling life without her. Yes, he wants her back, but he doesn't need her back.
- He's more emotionally mature now, which means she can interact on the same level with him, rather than feeling like a mother or big sister around him. He's no longer drifting through life and being irresponsible, making her feel unsafe and unsure about her future with him.
- He's more manly now, which means she feels like a feminine woman around him, rather than like a neutral friend or roommate. She can no longer dominate him with her confident personality and instead feels like she can depend on him to be the man and lead the way for the both of them.
- He's much more easy-going and relaxed around her now, rather than always taking things so seriously and getting upset when she creates drama to test him.

When she experiences those kinds of changes in him, she naturally starts to feel surges of respect and attraction for him again.

When that happens, her defenses come down and she opens up to being in a relationship with him again.

Another thing a guy can do to get his girlfriend back is:

3. He attracts her in new ways

[image: He attracts her in new ways]

Most guys don't realize that what worked to attract their woman the first time around (e.g. sending her flowers, buying her gifts, writing her a love letter, being extra nice and sweet to her), is unlikely to work again. Why?

When a guy meets a woman for the first time and begins seducing her into a relationship with him, everything about him is fresh and new to her.

She doesn't know him, so everything he says or does is exciting and interesting to her.

So, she actually feels flattered and attracted when he sends her flowers or writes her a love letter, because she's beginning to fall in love with him.

As a result, his gestures come across as being romantic to her and she naturally responds to him by opening up to him sexually and romantically.

However, after a break up, the same things usually don't work, because the woman has developed a negative picture of him in her mind.

Remember: Romance (e.g. flowers, gifts, love letters, niceness) is only enjoyable to a woman if she has feelings for a man (i.e. she respects him, feels attracted to him and is either falling in love with him or is in love with him).

This is why, when a guy uses that approach on her after a break up, rather than see it as being romantic, she instead usually thinks something along the lines of, *“Is this all he knows how to do? Does he honestly believe that flowers, love letters and being nice and sweet to me is going to convince me to change my mind? Well, he's in for a big shock. I know him too well, so his usual tactics don't impress me. If he wants me back, he's going to have to show me a new side to himself, that I can actually feel interested in.”*

Basically, she's not falling in love with him for the first time.

Instead she knows him (i.e. both his good and bad qualities).

So, if for example, the guy was too emotionally sensitive and would often cry to her when faced with a challenging situation, or got upset when she didn't give him all of her attention, then him sending her a love letter and telling her how much he loves her and can't cope without her will only highlight to her a side to him that she doesn't find attractive at all.

This is why, if you want to get your girlfriend back, you need to make sure you approach the ex back process differently to the way you approached making her your girl the first time around.

Begin attracting her in new and exciting ways, so that she can start feeling respect and attraction for you again.

Only when she feels attracted to you in new ways, will she be willing to let her defenses come down and open up to the idea of being in a relationship with you again.

By the way!

If you're not sure how to attract your ex girlfriend in new ways, here are some examples of what naturally attracts a woman to a man:

- He makes her feel feminine and girly when she's with him (e.g. by being more emotionally masculine), rather than making her feel neutral because he treats her like a friend or like she's better than him.
- He makes her laugh and smile and feel good to be around him again, rather than being too serious and making her feel bored, disinterested or even annoyed.
- He maintains his confidence regardless of what she says or does to make him doubt himself and his chances of getting her back.
- He flirts with her to create some sexual tension between them, rather than sucking up to her and making her feel turned off by what she perceives as his desperation.
- He has purpose and direction in his life outside of his relationship with her, rather than seeing

her as his main reason for living.

- He takes the lead during interactions and is assertive while still being a good guy to her, rather than allowing her to call the shots and walk all over him.

The more you begin to attract your ex girlfriend in ways that she doesn't expect, the less convinced she will feel about her decision to break up with you.

Suddenly, she will begin feeling surges of respect and attraction for you again, even if she doesn't want to.

Then, getting her back becomes easy, because she wants it too.

Get Her Back Quicker By Avoiding These 4 Mistakes

[image: Get your ex back quicker by avoiding these 3 mistakes]

Getting an ex woman back is relatively easy when you say and do the kind of things that enhance her positive feelings for you and diminish the negative ones.

So, before you do anything else, make sure that you're not making any of the following mistakes with your girlfriend and turning her off as a result:

1. Hoping that simply ignoring her will make her want you back

A break up usually happens when the happy, loving feelings in the relationship fade away and are replaced by more negative emotions such as anger, resentment and disappointment.

So, if your ex girlfriend is currently feeling that way about you (i.e. negatively), chances are high that if you ignore her (i.e. you use the No Contact Rule), she's not going to care that much.

In fact, she may even be a little bit cheerful and relieved not to have to put up with you trying to get her back.

As a result, your tactic will have backfired and you may then end up losing her to another man.

Watch this...

Remember: If you're not around actively sparking her sexual and romantic feelings for you, then some other guy will be.

The No Contact Rule works well for women who use it to get a man to call them and want them back, but it rarely works for a guy who has been dumped by a woman who no longer wants to be with him.

Most women who have disconnected from their feelings of love, respect and attraction for a guy and then dumped him, don't sit around losing sleep over the fact that he's done what they asked him to do in the first place - go away/leave her alone/don't contact her.

So, if your intention is to actually get back together in a relationship with your girlfriend, then act like it.

In other words, stop ignoring her and start re-attracting her...now.

The more drawn to you she feels in a way that feels good to her, the more open she will become to getting back together again.

On the other hand, the less she hears from you, the more likely it is she'll replace you with a new

man who does make her feel attracted.

The next mistake to avoid making isâ□|

2. Trying to discuss the relationship or work things out via text

Even though it may seem like the right thing to do, trying to work things out with your ex via text is almost always a bad idea. Why?

Firstly, talking about something as serious as a relationship gone wrong via a few lines of text, only makes a woman feel like sheâ□□s not even important enough for the guy to look her in the eye while heâ□□s trying to get her back.

Additionally, when a guy keeps bringing up the relationship and all his mistakes, without the benefit of being able to throw in some humor to ease the tension between them (like he would if he was talking to her over the phone or in person), it usually only makes his ex girlfriend re-live all the negative emotions she experienced at the time.

As a result, she becomes closed off and unwilling to cooperate with him.

So, if you want things to go your way and get your girlfriend back, donâ□□t try to make it happen via text.

Instead, interact with her over the phone and especially in person and show her by the way you think, talk and behave that youâ□□ve moved past the level you were at when you were together and make her feel respect, attraction and love for the new you.

When you focus on doing that, rather than reminding her of the old you, the ex back process becomes so much more effortless.

She naturally feels attracted to you again and is compelled to at least kiss you and have sex with you again to see how she feels.

The next mistake to avoid making isâ□|

3. Talking about your feelings, needs and wants, rather than creating new feelings inside of her

A lot of guysÂ are unknowinglyÂ influenced by what they watch on TV or at the movies.

A guy may fully know the difference between what he sees on TV and the movies versus real life, but if he watches a lot of TV dramas and movies, they can affect his thinking.

For example: When a guy notices that in a romantic movie or TV drama series, all the man really had to doÂ was approach his ex and tell her all about his feelings for her and how much he still wants to be with her, for her to then give him another chance, heÂ hopesÂ that methodÂ will work in real life too.

Unfortunately though, it almost never does play out like it does in the movies or on TV.

In real life, a woman only cares about a manâ□□s feelings for her, if she has sexual and romantic feelings for him too.

If she doesnâ□□t, sheâ□□s usually just going to feel uncomfortable at best (because she wants to reject him in the nicest possible way), or irritated at worst (because heâ□□s not letting her move on).

This is why, if you want your ex to care how you feel about her, you need to make sure that you

reactivate her feelings of respect and sexual attraction for you first.

It has to be all about her feelings for you, rather than the other way around.

Right now, your feelings don't matter.

So, focus on that.

Then, when she's feeling attracted to you again, she will also be happy that you still care about her and want her back, but not before.

The next mistake to avoid making is!

4. Appearing lost, confused and emotionally insecure without her

Even if it's the truth, letting your ex know how much you're struggling to cope without her is one of the fastest ways to turn her off even more.

Here's the thing!

Although a woman appearing lost, confused and emotionally insecure without her ex is perfectly fine, a man being that way is not.

Why?

What men and women feel attracted to is completely different.

So, when a woman is falling apart after a break up, it can make her ex feel flattered that she misses him so much and can't cope without him.

Her neediness actually brings out his protective instincts and he feels the urge to protect her and take care of her.

On the other hand, when a man is losing it after a break up, a woman's instincts kick in telling her he's too emotionally weak and wimpy to be able to be able to take care of her, so she feels turned off by him even more.

So, if you want to re-attract your ex girlfriend, make sure that you don't turn her off by appearing emotionally weak and needy.

Yes, you want her back, but you don't need her back.

When she can see that you're confident, happy and emotionally fulfilled even though she's no longer your girl, she will automatically feel respect and attraction for you again.

When that happens, her defenses come down and you can then guide her back into a new and improved relationship with you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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I'm Better Looking Than Her Rebound Guy. What Does She See In Him?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 4 possible reasons why she's with her rebound guy, even though you're better looking than he is:

1. Many women end up accepting a less attractive guy (physically) in the hope that he will be motivated to stay with her for life

In some instances, a woman might hook up with a guy who is really good looking.

As a result, he might feel like he's better than her, because he often gets attention from other women.

Even though he may not come out and say it to his girl, at the back of his mind he might be thinking things like, *"She's lucky to have me. I could have my pick of women, but I chose her. I hope she appreciates it."*

This kind of thinking can then lead to him treating her badly or making her feel unappreciated.

For example: A guy like that might

- Look at and even flirt with other women in front of her, without caring about her feelings.
- Talk about his plans for the future without including her.
- Belittle her, both in private and in front of other people.
- Be unsupportive of her big dreams and goals in life.
- Look down on her (e.g. he doesn't value her friends, family, education, interests).

This may cause the woman to feel insecure, jealous, angry and even begin to behave in ways that she doesn't want to (e.g. she always checks up on him to see if he's cheating on her, she hides her true personality from him and instead tries to mould herself more into the kind of woman she thinks he wants her to be, she avoids her friends/family/pursuing her interests because he doesn't approve).

However, over time, she might reach the point where she begins thinking things like, *"I hate the person I've become in the relationship with him. I'm no longer myself. Instead, I'm always trying to be what he wants me to be so that he will treat me better and give me the love and attention I crave. At the same time, I'm always afraid he's going to find another, more attractive woman than me and leave me. I can't live like this. I feel miserable all the time. I've got to leave him."*

She will then almost certainly break up with him and look to find herself a new man.

[image: She hopes that he will stay with her]

This may often be a guy who is less attractive than her current man, because she knows that a guy like that will be grateful to have a woman like her interested in him.

As a result, he may end up treating her better, being more loyal to her and possibly giving her the security about the future that she felt was lacking in her relationship with her better looking ex.

Another possible reason why your ex is with a less attractive guy than you isâ€¦!

2. She enjoys the emotional connection she has with him

[image: She enjoys the connection that she has with him]

Sometimes, a woman might hook up with a guy who she feels a lot of physical attraction for (i.e. because he is very good looking).

However, after the initial lust wears off, she may discover that sheâ€™s not really attracted to him emotionally.

For example: She might realize thatâ€¦!

- Him and her have very different views about life (e.g. sheâ€™s serious-minded and has a definite purpose and direction in life while he is childish and immature and only wants to live in the moment, she likes to save and invest her money while he spends every cent he gets instantly, sheâ€™s more of a bookworm while heâ€™s more of an adventurer).
- She doesnâ€™t like his quirks or odd personality traits (e.g. he bites his nails, he never finishes what he starts, heâ€™s too much of a perfectionist and he gets annoyed with her when she doesnâ€™t do things his way).
- He isnâ€™t a man of his word, but you are.
- Heâ€™s too emotionally closed off, but you were more open.
- They donâ€™t share a similar vision for the future (e.g. to settle down and start a family together).
- She doesnâ€™t enjoy his company that much and prefers to hang out with her friends than with him.

She may then decide to break up with him and find herself another man who is more emotionally compatible with her.

When she does, she wonâ€™t be too concerned if heâ€™s not as good looking as her ex.

Instead, she will feel drawn to him based on how he makes her feel when sheâ€™s with him (e.g. respectful, attracted, understood, valued, emotionally safe).

Hereâ€™s the thingâ€¦!

A womanâ€™s emotional attraction to a man is much more powerful than her physical attraction to him.

So, even though she may initially feel drawn to a guy based on his appearance, if she canâ€™t connect with him emotionally as well, her feelings for him will quickly fade away.

This is why, if you want to get your ex back, you canâ€™t expect your looks to do the job.

Sure she was attracted to you once and she will likely still feel physically attracted to you now.

However, itâ€™s how you make her feel when sheâ€™s with you that matters most (e.g. does she feel feminine and girly, emotionally safe, loved and appreciated, desirable).

So, if you want to get your ex back, you have to spark her feelings in ways that are important to her emotionally and then also make her feel attracted to you physically.

When you do that, chances are high that she will quickly begin regretting her decision to break up

with you.

Her guard comes down and she becomes open to getting back together again.

On the other hand, if you don't make her feel the way she wants to feel when she interacts with you, but her rebound guy does, then she will feel more attracted to him and then getting her back becomes a lot more difficult.

Another possible reason why your ex is with a less attractive guy than you isâ€¦

3. He was waiting in the wings in the hope that you and her would break up and she's now giving him a chance

Quite often, after a break up a woman tends to feel a bit insecure about her attractiveness.

Even if she's the one who initiated the break up in the first place and even if she's a really beautiful woman, she may still end up thinking things like, *What if I can't find another guy?* or *What if no other man finds me attractive?*

She may then quickly get into a rebound relationship with a guy she's known for a while who had been interested in her, to make herself feel better.

Of course, if the guy is then able to make her fall in love with him by displaying some of the qualities and personality traits that are naturally attractive to women (e.g. confidence, emotional strength, emotional masculinity, drive and determination), she will stick with him, regardless of his looks.

On the other hand, if he thinks, acts and behaves in ways that are unattractive to her, she will quickly dump him and look for a new man to get into a relationship with, now that she feels more confident about herself.

Either way, if you want her back, you can't sit around waiting to see which way things are going to turn out with her new guy.

If you want her back, you need to interact with her over the phone and in person and reactivate her sexual and romantic feelings for you.

The more you make her feel attracted in new and exciting ways, the more likely it is that she will begin to notice her new guy's flaws (e.g. he's not as attractive as you, he's not as confident and emotionally strong, he doesn't have your charm and charisma).

She then begins to question her decision to break up with you and she becomes open to at least interacting with you more to see how she feels, opening the way for you to get her back.

Another possible reason why your ex is with a less attractive guy than you isâ€¦

4. She moved on as quickly as possible, to avoid missing you and going back to you

[image: She moved on as quickly as possible to avoid missing you and going back to you]

Just because a woman breaks up with a guy, it doesn't necessarily mean she no longer has any feelings for him.

So, to avoid being tempted by him if he calls her and says things like, *Please forgive me baby. I know I stuffed up, but I promise if you give me just one more chance, I will do whatever it takes to make you happy,* she quickly gets into a rebound relationship instead.

She will then likely use the new guy to distract her and help her get over her ex.

Then, if things don't work out with him, she can dump him and move on.

However, because she was never fully committed to him in the first place seeing as he was only her rebound guy, she won't have to go through what she did with her ex (i.e. miss him and want to go back to him).

In a case like this, getting your ex back is pretty easy.

You need to interact with her every chance you get, make her laugh and smile and feel good to be talking to you again.

When you reactivate her feelings of respect and attraction for you, she naturally gets to the point where she feels that if she doesn't get back with you, she might end up regretting it later on.

She then becomes open to dumping her new guy and giving you another chance.

On the other hand, if you just wait around hoping she will realize she wants you back and break up with her new guy, she may fall in love with him for real instead and even end up marrying him.

Alternatively, if it doesn't work out, she might find a new man who sparks her feelings in interesting ways and get into a relationship with him instead.

Either way, you will end up being the one who misses out.

So, don't wait to see what happens.

If you want your ex back, make it happen now.

Another possible reason why your ex is with a less attractive guy than you is!

5. She is only using him for now and will dump him when she's ready

[image: She is only using him for now and will dump him when she's ready]

Sometimes a woman will immediately get into another relationship after breaking up with a guy, to help her from missing her ex, or from feeling tempted to get back into a relationship with him when she knows that things won't work out between them.

Yet, her new guy may not actually be someone she perceives as being her ideal man (e.g. because he's too nice and sweet, he's insecure about himself and his value to her, he's too emotionally soft).

Instead, he's likely just the kind of guy she believes will treat her well and give her a chance to heal from her break up, without her having to worry about falling in love with him.

Then, when she fully gets over her ex and regains some of her confidence, she will usually dump her rebound guy and focus on finding herself the kind of man she really wants to be in a relationship with (e.g. confident, emotionally strong, emotionally masculine).

Of course, if her rebound guy changes his approach to attraction and begins displaying the qualities she's looking for in a man, she will quickly change her mind about breaking up with him.

She will hold on to him instead, even if he's not as good looking as her ex or other guys that might be interested in her.

Remember: A woman's attraction to a man is based more on how he makes her feel when she's with him, than on how good looking he is.

It's who he is when she's interacting with him that matters to her.

For example:

- Does she feel good in his presence or does she feel tense, annoyed or bored?
- Does she feel turned on or does she feel neutral, like a friend or even a little bit turned off?
- Does she feel like she can look up to him and respect him or does she look down on him?
- Does she feel like she can rely on him to be the man all the time, or does she feel emotionally stronger than him and that she has to take care of him?

Those are the types of things that really matter to a woman.

So, if you want your ex back, make sure youâre not using the wrong approach to re-attract her (e.g. focusing on looks rather than feelings).

When you spark her feelings again by thinking, acting and behaving in some of the ways that truly matter to her, she will not only want to be with you again, she will also appreciate that youâre a good looking guy as well.

Being Better Looking Than Her Rebound Guy Wonât Get Her Back if Youâre Making These Attraction Mistakes

You can get your ex back if you want to.

It all depends on your approach to attraction with her.

Is what youâre saying and doing turning her on, or is it convincing her even more that her rebound guy is better than you?

It all depends on whether you make any of the following mistakes with her:

1. Asking her why she is with him

[image: Asking her why she is with him]

It might be tempting for a guy to want to say to his ex something along the lines of, *âWhat are you doing with him? Heâs not good enough for you. Canât you see that heâs not good looking? Youâre a beautiful woman and you should be with a guy who is more attractive than him.*

Yet, rather than make a woman think something like, *âHe has a point. I do deserve to be with a good looking guy,* she will likely just think something along the lines of, *âOh, heâs so jealous! He canât see why I would date a guy who is less good looking than him. Yet, what he doesnât realize is that by saying that to me, heâs proving to me that he still doesnât have a clue what a woman wants in a man. He still thinks that looks are more important than how he acts, thinks and behaves in a relationship with a woman. Well, thatâs why heâs broken up with. He just doesnât get it.*

She will then feel drawn to her new man even more, even if heâs not perfect.

So, donât make that mistake with your ex.

Her reasons for being with a guy who is less attractive than you are none of your business.

What is your business though, is how you make her feel when you interact with her from now on.

The more you spark her feelings of respect and attraction for you when you talk to her over the phone or in person, the more drawn to you she will feel again.

Then, getting her back becomes easy and it will have nothing to do with your looks, but rather with who you are as a man.

Another mistake to avoid making isâ€¦!

2. Assuming that looks is what really keeps a woman impressed and interested

Although a guyâ€™s attraction to a woman is based mostly on physical appearance, a womanâ€™s attraction to a man is based more on how he makes her feel when sheâ€™s with him.

This is why, a woman can easily date an unattractive guy and in her eyes see him as the most good looking man in the world.

Hereâ€™s the thingâ€¦!

Looks might initially attract a woman when she notices a guy across a room.

However, if she interacts with him and he displays unattractive behaviors and personality traits (e.g. heâ€™s arrogant and self-absorbed, or insecure and needy, heâ€™s domineering and pushy or too nice and submissive), she will suddenly start seeing him as being less attractive regardless of his physical appearance.

The same applies to a guy who is ordinary or even a bit unattractive.

If he displays the types of characteristics and behaviors that are naturally attractive to women, (e.g. confidence, emotional strength, emotional masculinity, the ability to make her feel feminine and girly in his presence) he will suddenly become a lot more good looking to her.

So, donâ€™t make the mistake of thinking that just because youâ€™re better looking than her rebound guy, you should automatically be more attractive to your ex.

Thatâ€™s not how it works.

If you canâ€™t make her feel the way she wants to feel when sheâ€™s with you (i.e. respectful, sexually attracted, loved and appreciated, excited, emotionally secure) based on the way you talk, act, think, behave and interact with her, sheâ€™s not going to care if you have super model looks and her rebound guy is downright ugly.

Instead, sheâ€™s going to pick him over you.

That is unless you start attracting her in the ways that she wants.

Only then will she see you as being better than him and begin to want you again.

Another mistake to avoid making isâ€¦!

3. Never really understanding the missing pieces of the attraction experience you were offering to her

Sometimes, when a guy realizes that his ex woman is dating a guy who is not as good looking as him, he might begin thinking things like, â€œWhat does she see in him?â€œ

He may then waste a lot of time trying to figure that out, rather than trying to understand what pieces of the attraction experience were missing in his relationship with her.

As a result, when he interacts with his ex and she realizes that heâ€™s still stuck at the same level he

was at before, she feels happy with her decision to break up with him.

This is why, if you want your ex to see you as being better than her rebound guy, you have to understand her real reasons for breaking up with you.

Then, when you interact with her from now on, you can give her the kind of attraction experience she really wants (e.g. make her feel like a sexy woman in your presence rather than a neutral friend, stand up to her in a loving way when she's trying to dominate you emotionally, maintain your confidence with her regardless of what she says or does to get under your skin), rather than offering her things that she doesn't want (e.g. superficial things like looks).

When she can see for herself that you're now the kind of man she always wanted you to be, she will naturally drop her defenses and open back up to you.

You can then reactivate her feelings for you and get her back.

However, if you don't change your approach and hope that you'll win her back based solely on your looks, you will likely be disappointed when she sticks with her rebound guy, or finds another man to be with other than you.

Another mistake to avoid making is

4. Assuming that she must feel embarrassed for dating a less physically attractive guy

Although there are some shallow women out there who will only date guys who are very good looking or have loads of money or status, the majority of women are not that shallow.

Instead, most women will easily date a less physically attractive man if he can give her the attraction experience she really wants.

So, don't assume that your ex will care that you are better looking than her rebound guy.

As long as he is making her feel more sexual and romantic attraction for him than you are, she will stick with him.

This is why, if you want her back, you have to stop focusing on looks and start focusing on attraction.

That's the main thing that matters when getting an ex woman back.

The more attracted you make her feel, the more she will want to be around you.

Then, when the time is right, go ahead and hug, kiss, have sex and get her back into a relationship with you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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policy.

My Life Has Gone Downhill Since She Left Me

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 4 things you can do to turn things around and start cruising back uphill to get your ex back:

1. Understand that there are ways you can get her back

When a guy gets broken up, his friends and family will often want to make him feel better by trying to get him to forget about her and move on.

As a result, the main advice he will get will be something along the lines of, *“Just give it time. It’s natural to feel down after a break up, but it’s not the end of the world. Take up a new hobby to distract yourself and once things have cooled off, she might start missing you and come back again”* or, *“Get yourself a new girl and she will come running back.”*

Although that kind of advice can work for some guys, it doesn’t work for all.

In fact, ignoring her or trying to find a new girlfriend can cause a guy to feel even worse when he notices that, not only is his ex not coming back to him, but she is happily moving on with another guy.

This is why you need to use an updated, more approach to getting your ex back that actually works on today’s women.

Fortunately, today there are many more options available to you than just making your ex feel jealous, or waiting around for her to start missing you.

You can take control of the ex back process and make her actively want to be your girl again.

How?

By doing the types of things that will quickly reactivate your ex’s sexual and romantic feelings for you.

For example:

- By maintaining your confidence with her no matter how she behaves or what she says to you.
- By making her laugh and smile and feel good when she’s interacting with you.
- By showing her, via your actions and attitude, that you have improved in some of the ways that are important to her.

That way, she naturally feels as though letting you go for real will be a big mistake.

Focus on that.

The next thing you need to do is

2. Prepare yourself before beginning the ex back process

Essentially, what this means is that before you make contact with your ex and try to get her back, you need to first understand her real, sometimes even secret reasons for breaking up with you.

If you don’t, you will likely end up offering her things that she doesn’t want and as a result, she will continue saying things like, *“No. I told you that I’m not interested. Please stop bothering me. Getting back together is just not going to happen.”*

For example: A guy mightâ€¦

Offer to spend more time with his ex rather than pursuing his own interests or hobbies or hang out with his friends, but what she actually wants is for him to be more emotionally masculine and not be so emotionally dependent on her.

Promise to be more helpful around the house (e.g. take out the garbage, help with the washing and cleaning up), but what she really wants is for him to treat her more like a desirable, sexy woman rather than his neutral friend.

Be extra nice and sweet when heâ€¦s with her, but what she wants is for him to be more assertive and take the lead in the ex back process and then when he gets her back, in the relationship.

So, as you can see, understanding what your ex really wants from you is a very important step to getting her back.

If you donâ€¦t, you may end up convincing her even more that she made the right decision to break up with you.

By the wayâ€¦

If youâ€¦re currently wondering, *â€¦How do I find out what her real reasons for breaking up with me are? Should I just ask her to tell me?â€¦* the answer is, absolutely not!

If you want your ex to spell things out for you, you will end up turning her off even more. Why?

Women donâ€¦t want to be responsible for shaping you into the man that you need to become.

Essentially, a woman doesnâ€¦t want to be your teacher in life and tell you how to think, act and behave to make her respect you, feel sexually attracted to you and love you.

So, how else can you figure out what she really wants if you canâ€¦t ask her?

You can ask yourself some questions that will naturally and easily help you better understand what your ex wants from you in a relationship with you, so that you can begin giving her those things as you interact with her from now on.

For example: Ask yourselfâ€¦

- What aspects of my attitude, thinking and behavior initially attracted her to me (e.g. was it my confidence, my great sense of humor, my emotional masculinity, my drive and determination)?
- Did I continue to act, think and behave in those attractive ways throughout our relationship, or did I slowly slip into behaving in unattractive ways (e.g. feeling insecure and becoming needy and clingy as a result, treating her more like a roommate than the woman I canâ€¦t keep my hands off, taking her for granted and expecting her to do everything for me without doing things back in return)?
- Did I try to get her to accept things about me that just werenâ€¦t attractive to her (e.g. displaying annoying habits that she clearly didnâ€¦t like, becoming too jealous and angry, being too emotionally sensitive, sulking or giving her the silent treatment when things didnâ€¦t go my way)?

By answering those questions, you will begin to get a clearer understanding of what you need to adjust in order to properly re-attract your ex.

Then, once you know what you need to doâ€¦

3. Start the ex back process

When you better understand some of the issues that caused your ex to break up with you and have adjusted your approach accordingly (e.g. you're now more confident and self-assured, more emotionally masculine, less unsure of your value to her), your next step is to interact with her on a phone call or in person and show her that you're a different man now.

For example: One of the ways you can do that is by calling her on the phone and using some humor to make her smile, laugh and bring down her defenses.

Don't try to talk about the relationship, or attempt to get her to agree to giving you another chance.

Instead, focus on saying and doing the types of things that will spark her sexual and romantic feelings for you (e.g. being ballsy and confident, flirting with her to create sexual tension) and make her want you back for her own reasons (i.e. because she feels good)

Then, once she has dropped her guard a little bit and is feeling more relaxed and happy to be talking to you, say something along the lines of, *“Well this has been fun. It's really nice to see that we can actually talk as friends, rather than being tense or hostile towards each other. So, based on that, let's meet up sometime this week and say hello in person as friends only, of course.”*

In most ex back cases, the woman will be a little bit resistant at first (e.g. because she doesn't want to come across as being desperate, she doesn't want to make it easy for him to get her back).

She may even say things like, *“No, I don't think that's a good idea,”* or *“I'm sorry, but I think it's best to not see each other in person again.”*

However, regardless of how she responds, just maintain your confidence with her and say something like, *“Hey, it's just a quick catch up to say hello in person, as friends. It's no big deal and it definitely doesn't mean that if you agree to meet up with me, I'm going to assume you want to get back together again. I accept that we're broken up and I have no intention of making you do anything you don't want to do. Instead, it's just two friends having a quick cup of coffee together. So, now that we've cleared all that up, which day are you free? I have some time available on Monday or Wednesday.”*

She will then likely agree to see you in person, even if it's just to prove to you that she can be as mature about the break up as you're being.

You can then go ahead and arrange a time that is suitable for you both.

Then, once you see her in person, you can

4. Get her back and enjoy life with her from then on

[image: Get her back and enjoy life with her from now on]

At the meet up you must continue to use your new and improved approach with her.

For example: Your approach might include some of the following things

Being confident and self assured regardless of what she says or does to make you feel nervous, tense or unsure of your chances of ever getting her back.

Flirting with her to create some sexual tension between you.

Making her smile and laugh and turning her negativity into something that you can both laugh about together.

Being a good guy to her without being a pushover or letting her dominate you with her confident personality.

Holding your ground with her in an assertive, yet loving way when she tries to control the interaction (e.g. by telling you what to do).

When you make her feel surges of respect and attraction for you again, she will naturally begin to open up to the idea of giving you another chance.

Then, when the time is right, hug her or kiss her, hook up with her sexually, get the relationship back together and enjoy the good times ahead.

Get Your Life Back On Track Faster By Avoiding These Common Ex Back Mistakes

Right now, you feel like your life has gone downhill since your woman left you, but if you want to, you can start going uphill again.

In fact, you can even get her back if you want to.

It all depends on your approach.

When you think, act and behave in emotionally strong, confident and attractive ways, you automatically become more appealing to your ex.

On the other hand, if you think, act and behave, in unattractive ways, you end up pushing her away even more and that keeps you stuck on the downhill path.

So, if you don't want to stay on that path any longer, make sure you avoid making the following mistakes with your ex from now on:

1. Focusing on the pain you feel without her in your life

[image: Focusing on the pain you feel without her in your life]

There's no denying that it sucks to be broken up with.

It's also understandable that you might think things like, *"Losing her is the worst thing that's ever happened to me. My life has gone downhill since she left me. Everything about the future looks empty and pointless. I don't see why I should continue pursuing my goals now that she's no longer here to share in my successes. I wish there was something I could do to make her change her mind, but she seems determined not to be my girl anymore. It's over and I need to accept it."*

Yet, by thinking that way, not only are you staying stuck in an emotional state where you feel unhappy all the time, you're also preventing yourself from moving forward and becoming the kind of man who can easily attract her back (e.g. confident, determined, capable of turning difficult situations in life into something positive).

As a result, when you then interact with you ex over the phone, in person, or even if she just sees your sad, lonely posts and pictures on social media, she will automatically feel turned off by what she

perceives as your emotional weakness and inability to cope with your problems in life like a real man.

She then feels even more sure of her decision to leave you.

You don't want that to happen.

This is why, if you want your ex back for real, you can't allow your feelings of loss to paralyze you and stop you from living a happy, successful life with or without her.

If you do, not only will you continue feeling like your life is going downhill, you will also potentially ruin your chances of getting her back.

So, stop focusing on the pain of the situation and only focus on what is required to get your girl back.

Another mistake to avoid making is

2. Focusing on the problems you've experienced since the break up and feeling hopeless to turn things around

If you spend most of your time thinking things like, *"My life is just falling apart without her. Nothing seems to be going my way anymore. It's like she was my lucky charm and now that she's gone, everything is crumbling around me. I feel so stuck and hopeless and like nothing is ever going to get better for me,"* then you're only focusing on the problems, rather than looking for a solution.

As a result, you stay stuck in a negative cycle where you continue to dwell on how terrible your life is without her and how you don't believe things will ever get better.

That isn't going to help you recover and get her back.

So, what can you do instead?

Focus on thinking, acting and behaving in ways that will reactivate your ex's sexual and romantic feelings for you so that you can get her back.

For example: Some of the ways you can do that is by

- Being confident and believing in your attractiveness and value to her regardless of what she said when she broke up with you or since the break up, to put you down.
- Making progress on your goals and dreams in life rather than staying stuck in a rut and doing nothing just because she's gone.
- Using interactions with her to make her laugh and smile and feel good to be around you again, rather than being serious or even sad and depressed and turning her off as a result.
- Flirting with her every time you interact with her to create sexual tension rather than being on your best behavior and giving her the impression that you're no longer interested in her.

The more you stop focusing on your problems and instead take action to make yourself feel better, the more likely it is that you'll begin to notice things getting better around you.

Suddenly your ex begins to look at you with more positive eyes and then getting her back becomes easy for you to do, because she's open to you.

Another mistake to avoid making is

3. Not knowing that it is possible to turn things around with her

It's understandable that when a woman leaves a guy and possibly says something along the lines of, *"Please accept that what we had is over. I really don't love you anymore and nothing that you can say or do can change that."* he might start believing that getting her back is impossible.

Yet, here's the thing!

Just because your ex woman is saying that she doesn't have feelings for you right now, it doesn't mean she will feel the same way a week from now after you've reactivated her sexual and romantic feelings for you.

So, don't give up based on what she's saying now.

You really can change how she feels and get her back, if you want to.

So, focus on using interactions with her to reactivate her feelings of respect, attraction and love for you and you'll be surprised at how quickly she can go from saying things like, *"It's over,"* to saying, *"Maybe I made a mistake."*

Another mistake to avoid making is

4. Remaining stuck in grief, sadness and loneliness for years

Sometimes a guy will feel so emotionally damaged after a break up that he ends up staying stuck in his misery and despondency much longer than he needs to.

In some cases, it might be years before he feels ready to even go out and have fun with his friends and meet new people.

In the meantime, he's not only lost out on some of the best years of his life, he's also more than likely lost the chance to get his ex woman back.

If he then tries to make himself available to meet new women, he usually feels so rusty and unsure of himself that he ends up turning women off with his approach.

Alternatively, if he attempts to contact his ex to see if she's available, he almost certainly discovers that she has already moved on and is in another relationship (possibly even engaged or married), or is simply happy being single and sleeping with different guys whenever she wants to.

He's then left feeling sad, lonely and hopeless all over again.

Don't let that guy be you, where you stay stuck in a negative cycle for months or years and lose out on getting your ex back, or finding yourself another, even better woman than her.

What you need to understand right now is that healing from a break up doesn't have to take you very long at all.

In most cases, a guy can get himself ready to confidently re-attract his ex woman in one week or less.

So, rather than remaining stuck in grief, sadness and loneliness for months and years, focus instead on improving your approach to attraction.

Then interact with your ex over the phone and especially in person, reactivate her feelings for you and get her back.

Another mistake to avoid is

5. Becoming unattractive to other women because of the emotional pain you unconsciously communicate when interacting with them

Have you ever noticed a guy who every time he interacts with a woman, he ends up talking about his ex with her.

For example: A guy like that might say things like, *â€œI havenâ€™t been able to cope very well since my ex broke up with me,â€* or *â€œMy life has gone downhill since she left me,â€* or *â€œShe really broke my heart and itâ€™s been difficult to move on.â€*

Alternatively, he might just appear unsure of himself around women.

Basically, he just goes around projecting an image of himself that is unattractive, insecure, despondent and hopeless.

As a result, he ends up getting rejected by the women he approaches, which then makes him feel even more unworthy.

You canâ€™t let that happen to you.

You have to stop believing that your life has gone downhill since she left you and start believing in yourself and your ability to re-attract her, or any other woman you want.

When you change your mind about yourself (i.e. stop thinking about yourself as unable to cope without your ex), things in your life will begin to change too.

So, donâ€™t waste any more time allowing the emotional pain youâ€™re feeling to ruin your chances with other women or from getting your ex back.

Your life going back uphill is your choice now.

You can continue going downhill, or turn things around and head right to the destination you really want.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

What Happens if You Break the No Contact Rule?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 possible things that could happen if you break the No Contact Rule (i.e. you contact her before 30 days):

1. She's happy you contacted her because she has been missing you

[image: She is happy you contacted her because she has been missing you]

In cases like that, you can then re-attract her, build on her feelings and get her back.

Yet, if you decide to keep cutting off contact and end up waiting too long to contact her, she may just decide to move on.

This is why I recommend that you use one of the following 3 alternatives to the 30 Day No Contact Rule:

Here's the thing:

When a woman's ex man hasn't called her since the break up, she may begin to wonder, *"Why isn't he calling me? Is he okay? I know I decided to break up with him, but I do still miss him. I wish he would just reach out to me and say hi. Maybe if he did, we could actually work things out and get back together."*

In cases like that, a woman will remain open for a week and in some cases, a little longer.

Yet, if her ex continues to ignore her (e.g. for 30 or even 60 days), her feelings will usually begin to change.

She will go from missing him and being open to potentially giving things another shot, to thinking things like, *"He hasn't even bothered to contact me once to see how I'm doing. I guess he didn't care about me after all. What an asshole. It's like I meant nothing to him. Well, these are the last tears I'm going to cry over him. I'm going to start seeing other guys and get on with my life."*

She then opens herself up to going out, meeting new men, hooking up with them sexually and getting herself a new boyfriend.

Meanwhile, her ex who is using the 30 Day No Contact Rule (or even 60 Day NC Rule) is likely hoping that she is missing him like crazy and will contact him any day soon.

Yet, the phone never rings.

Instead, he watches as she moves on and posts photos of herself on social media having fun with other people, hanging out with new men and looking happy and content without him.

Then, his heart sinks and he wonders, *"Why didn't I just break the No Contact Rule and call her? Why did I think I had to wait so long?"*

Simple.

He believed that, for some reason, he needed to wait exactly 30 days.

Why 30 days?

It's just an online myth.

Itâ€™s a random number that someone came up with.

It means nothing.

It wasn't scientifically tested or proven.

It's just a nice sounding number.

That's all.

So, if you want your ex back, you have to adapt your approach to your situation, rather than blindly waiting for exactly 30 or 60 days before calling.

Watch this to understand whyâ€

The reality is that if you break the No Contact Rule and contact her, you have a much higher chance of actually creating a spark with her and getting something going between you and her once again.

On a phone call or in person, you can instantly begin to reawaken her sexual and romantic feelings for you based on how you now interact with her.

When you do that, thereâ€™s no need to wait any longer.

She is feeling attracted to you and drawn to you once again and you then hook up with her to see how you both feel, or connect on a new level and get the relationship back together.

Thatâ€™s how real men get their ex women back.

They donâ€™t sit around waiting for 30 or 60 days in the hope that it will magically change their exâ€™s mind.

They re-attract her, hook up with her and get the relationship back together right away, shortly after or a little while (i.e. a week) after the break up.

So, donâ€™t waste any more time ignoring her.

In most ex back cases, 3 to 7 days of space after a break up is usually more than enough because it shows that youâ€™re not desperately trying to get her back, but it also shows that you care and are man enough to call her and say hi to have a mature chat and see what happens.

During the 3 to 7 days, your ex will have plenty of time to stop focusing on the things about you that were turning her off (e.g. if youâ€™d become too possessive and clingy, if youâ€™d been treating her more like your friend than your lover) and begin to miss the things she does like about you (e.g. how you made her feel special when she was with you, how you were so ambitious and hard-working, that youâ€™re a really good guy, how you were able to make her smile and laugh when she was sad).

Itâ€™s enough time.

So, donâ€™t make the mistake of thinking that if 3 to 7 days of space will make her miss you, then cutting off contact for the full 30 or 60 days will make her miss you like CRAZY.

Remember: If you wait too long to make a move, your ex may take it as a sign that youâ€™re over her and move on with another guy to make herself feel better.

So, just call her and begin reawakening her feelings of respect and attraction by making her laugh and smile as she experiences the new and improved you (i.e. more confident, more emotionally masculine).

Then, arrange to meet up with her.

When you meet up with her, re-attract her, seduce her and get her back.

Another possible outcome when you break the No Contact Rule is that

2. She doesn't reply

[image: She doesn't reply]

When a woman finally hears from her ex after a long period of no contact (i.e. 2, 3, 4 or more weeks), she may decide to just ignore his message.

Here are some of the reasons why:

- She doesn't want to seem too eager to hear from him, so she ignores him to see what he will do next (i.e. Will he try again, or will he give up?
- Was he just testing the waters to see if she was missing him, so he could feel good about himself?).
- She has already moved on and doesn't care that he's trying to contact her.
- She's angry with him for taking so long to reach out to her after the break up.
- She's worried that he might be messing with her head and if she responds, he will then reject her.
- She wants to test his confidence and see if he's got the balls to try again, even though she ignored him the first time around.
- She is confused about the meaning of his text (i.e. Is he just saying hi as a friend, or is he interested?).
- She is turned off that he essentially seems to be asking for another shot at the relationship via text, even though he has been silent all this time.

So, the question is: What would you do if you broke the No Contact Rule and your ex didn't reply?

Would you lose confidence and begin thinking things like, *â Well, I guess I have my answer. She's not interested in me anymore. I should just forget about her and try to move on,* or would you remain confident and then give it a few days before contacting her again?

With women, the best option is always to remain confident.

Always believe in your attractiveness and value to a woman.

Always know that you can make a woman feel sparks of attraction for you when you interact with her.

So, even though she might be a bit cold at the moment, that can instantly or very quickly change when she begins to feel sparks of attraction for the new and improved you when you talk to her on a phone call, or interact with her in person.

Another possible outcome when you break the No Contact Rule is that

3. She replies to some of your texts and answers some of your calls, but not all

[image: She replies to some of your texts and answers some of your calls, but not all]

If you intend to break the No Contact Rule, don't do it just to spend a lot of time sending your ex pointless texts or making multiple phone calls as a friend.

Always remember: Your main goal when texting an ex is to get her on a phone call with you as soon

as possible, so you can then begin reawakening her sexual and romantic feelings for you.

From there, your main goal is to get her to meet up with you in person, so she can fully experience the new you for herself and open back up to being your girl once again.

Donâ€¢t waste time with pointless text conversations.

Donâ€¢t get on phone calls just to chat as friends, without then arranging to catch up in person to say hi.

Make progress.

Go through the ex back process and get her back for real.

Donâ€¢t hesitate.

Donâ€¢t procrastinate.

Get it done.

Get her back.

Unfortunately, many guys donâ€¢t ever read what you are reading now and as a result, they end up losing their ex in the process.

For example: Even though a woman might respond to some of her exâ€¢s texts or calls, it doesnâ€¢t mean that she will remain interested in that type of exchange forever.

If he doesnâ€¢t get things moving along to the next level, she will end up thinking something like, *â€¢Why is he just texting me like a friend? I donâ€¢t have time to chit-chat with him every time he feels like texting me or calling me. Is this his way of trying to get me back? If it is, I bet heâ€¢s waiting for me to give him a clear sign that I want a relationship before he makes a move. Well, heâ€¢s in for a long wait, because if he doesnâ€¢t have the balls to be the man and make this happen, then Iâ€¢m not going to do it for him. I donâ€¢t want to get back with a guy who isnâ€¢t man enough for me anyway. Iâ€¢m giving him another few days and if he doesnâ€¢t get things moving along with us, Iâ€¢m going to go on a date with that guy at work (or university).â€¢*

Remember: Your main goal is to reawaken some of her feelings, so she wants to see you again in person.

Then, when you meet up with her, focus on making her feel a lot of respect and attraction for the new and improved you, without trying to sell yourself to her.

Just let her experience it and feel attracted to the new and improved you, so she then drops her guard and opens back up to the idea of being in a relationship with you again.

As long as you know what to say and do at that point, you will get her back.

Guys all over the world do that every day and get their ex woman back.

You can do it too.

Another possible outcome when you break the No Contact Rule isâ€¢!

4. You realize that the so-called 'No Contact Rule' isn't actually a scientifically proven rule

[image: You realize that the so-called 'No Contact Rule' isn't actually a scientifically proven rule]

Although itâ€¢s called the No Contact *Rule*, the truth is, it's more of an *idea* than a scientifically proven rule that must be adhered to at all costs, or else!

Essentially, the belief around the 30 Day No Contact Rule is that if you ignore your ex for a month, she will eventually begin to miss you and come running back to you.

Yet, as you would understand, it's not a mandatory requirement that after a break up, a couple cannot speak to each other for 30 to 60 days.

You CAN speak to each other before then.

You CAN get her back before then.

In fact, from all of my experience helping men to get women back, I've found that the majority of men get their woman back by contacting her immediately, or after giving her 3 to 7 days of space.

If a man has waited longer that, it's not a problem in many cases.

He just has to START doing what works from now on.

What works?

Re-attracting her to reawaken her feelings, seducing her and then getting her back.

In almost all cases, it's only when a man reawakens his ex woman's that she actually begins to care about him and want him again.

Why?

When a woman breaks up with a guy, it's usually because she no longer feels respect for him as a man and isn't attracted to him anymore.

If he then uses the No Contact Rule and ignores her for a full 30, or even 60 days in the hope that it will make her miss him and come crawling back, it just not going to work in almost all cases.

Why?

She doesn't even miss him or want him back because she no longer has feelings for him.

She doesn't respect him and she's not attracted to him, so she doesn't feel motivated to go back to him.

As a result, she doesn't care that he's not contacting her.

Instead, she simply moves on by opening herself up to new guys.

By the way!

Where the 30 Day No Contact Rule can work is if a woman is still attracted to her ex guy and doesn't really want to break up with him (e.g. they broke up after a big fight, she wanted to scare him into changing).

If he doesn't contact her, she may then contact him and try to get the relationship back together.

Yet, that probably doesn't apply to your situation, right?

If it did, you wouldn't be seeking help on how to get her back.

In your situation, your ex no longer wants to be with you, but you want to be with her, right?

If so, then don't waste time ignoring her in the hope that it make her coming running back.

It won't.

You've got to interact with her and re-attract her.

When she feels a renewed sense of respect and attraction for you, she then starts to doubt her decision to end things and begins to feel drawn to you.

In that moment, you can then start to guide her through the rest of the quick ex back process and get her back.

Another possible outcome when you break the No Contact Rule isâ€¦!

5. She wants to reply, but is afraid that you might reject her

[image: She wants to reply, but is afraid that you might reject her]

Sometimes a woman will have feelings for her ex even though she dumped him.

As she tries to get over him and move on, she may continue to think things like, â€œI miss him. I hope he calls me soon so that we can work things out.â€œ

Yet, when she doesnâ€™t hear from him for a while, she may begin to doubt his feelings for her.

â€œWhy is he ignoring me? I guess Iâ€™m the only one who still has feelings for him. Clearly he doesnâ€™t feel the same way about me. Maybe he got over me right away.â€œ

So, if he then breaks No Contact and sends her a text to say hi, she may worry that heâ€™s only doing it to check that sheâ€™s still missing him as he moves on without her.

Rather than jumping at the chance to talk to him, she ignores his text.

He then takes it as a sign that she doesnâ€™t want him anymore and they end up losing each other because of a misunderstanding.

Donâ€™t let that happen to you.

Remember: If your ex doesnâ€™t initially reply to you when you break No Contact, donâ€™t assume that sheâ€™s not interested.

Instead, look at it from her point of viewâ€¦!

After all, you havenâ€™t been contacting her for quite a while already, so she may assume that you are over her and are just trying to mess with her head by contacting her again.

So, donâ€™t give up if she doesnâ€™t jump for joy when you text or call.

Instead, give it a few days and then contact her again, preferably by calling her on the phone.

Then, meet up with her, re-attract her, seduce her and get her back.

Where Some Guys Go Wrong After Breaking the No Contact Rule

1. Not getting ready to re-attract her on a phone call and in person

Sometimes, a guy will stress and worry as he counts off each day of No Contact one after the other.

Day 22, day 23, day 24â€¦only 6 more days to go.

During that time, he will be wondering if at the end he will get his ex back, or if she will have moved on without him.

Then, when the day finally comes around the he is â€œallowedâ€œ to contact her (according to the ridiculous 30 Day No Contact Rule), he forgets to prepare for the most important thing of all: Re-attracting her.

He texts her in a neutral way and gets a neutral response.

They have a friendly conversation and she then says goodbye and wishes him the best.

Alternatively, they have a friendly conversation on the phone and she wishes him the best, or he asks if she is willing to change her mind and she says no.

She then goes away thinking, *â€œWell, I finally heard from him and now weâ€™ve really parted way. I was hoping that things would be different somehow and that he would have used the time weâ€™ve been apart to at least change and improve a little bit, but that clearly didnâ€™t happen. Heâ€™s still stuck at the same level he was at when we broke up. I guess I need to accept that itâ€™s truly over and that he wasnâ€™t the right guy for me after all.â€*

She may then decide to block his number and unfriend him from social media, or keep him as a friend on social media and let him see her moving on without him, as she posts photos of herself having fun and enjoying single life, or enjoying dating a new guy.

He waited 30 days, didnâ€™t prepare to attract her, got friend-zoned and now what?

For most guys, they assume that they now have no chance with their ex.

No, no, no.

You always have a chance to re-attract her.

Just do it sooner, rather than later, before she moves on and settles down with a guy she really loves.

The sooner you re-attract her, the sooner you can get her back and enjoy a new relationship on a completely new level with her.

2. Interacting with her and coming across as pretty much the same guy she dumped

Although a guy might not always know what went wrong, his ex woman will usually be very clear on her reasons for breaking up with him.

In her mind, there were certain aspects of his thinking and behavior that she didnâ€™t want to put up with anymore (e.g. he was too insecure, too selfish, too needy, too stressful to be around).

So, when a guy tries to get his ex back after breaking No Contact, she will be looking to see if he has changed, or is still essentially the same guy she dumped.

For example: She will be wondering things like:

- Is he more confident and self-assured now, or is he still insecure?
- Is he more manly in his behavior, or is he still wimpy, hesitant or timid?
- Is he more assertive, or does he still back down too easily when I challenge him during a conversation?
- Has he figured out how to flirt with me to create sexual tension, or is he still talking to me in a neutral type of way like a friend?
- Has he realized that being selfish in a relationship doesnâ€™t work in the long run, or is he just pretending to be nicer to suck up to me so he can get another chance?

Depending on the approach that he uses and how genuine she senses it to be, she will either feel attracted and motivated to give him another chance, or she will feel that she made the right choice by breaking up with him.

So, if you want your ex to give you another chance, make sure that when you interact with her after

breaking No Contact, you don't come across as being pretty much the same guy she dumped. Additionally, make sure that you're not just putting on an act of being nicer or more considerate than you actually are, or want to be. Make real changes and make them fast. Then, interact with her, re-attract her, seduce her and get her back.

3. Thinking that she's in control of the ex back process

Even if she initiated the break up, or said that she never wants to see you again, it doesn't mean she is in control of whether you can get her back or not.

You are.

How?

You've just got to focus on re-attracting her and when you do, the whole game changes.

She opens back up to you.

She's starts wanting you back and missing you when you're not around.

You then seduce her and get her back now, rather than never.

Go ahead and make it happen.

Get her back.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

I Just Got Dumped By the Love of My Life

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 optional paths that you can now follow, with only one of them resulting in you getting her back.

Which path will you choose?

1. Quickly improve your ability to attract her. Then, re-attract her, get her back and enjoy an even better relationship with her this time around

[image: Quickly improve your ability to attract her. Then, re-attract her, get her back and enjoy an even better relationship with her this time around]

If you truly believe that your ex is the love of your life, then one of the best decisions you will ever make is to focus on getting her back for another chance at the relationship.

Getting another chance is not about chasing after her, or making the kinds of mistakes that will turn her off even more (e.g. begging and pleading with her to change her mind, promising her that you will change anything that she wants if she will just give you one more chance, telling her that sheâs the love of your life and that you canât function or be happy without her).

Instead, getting another chance is about using a different approach to her now, so you can regain her respect, attraction and love.

When she feels a renewed sense of respect, attraction and love for you, she will naturally open herself up to the possibility of you and her being together as a couple, or at least hooking up again to see how she feels.

What should you change about your approach to her?

That depends on who you are, what mistakes youâve made in the relationship and what she really needs to experience with you to feel a renewed sense of respect, attraction and love.

For example: Here are some of the changes that your ex might want to see in you, so she can feel attracted to you again.

- You now maintain your confidence around her at all times, rather than letting what she says or does make you feel insecure, unsure of yourself or unworthy of her.
- Youâre now a lot more loving, caring and attentive, but you arenât doing it out of desperation. Youâre doing it because you have changed and want to be that way now.
- You no longer allow her to push you around and get away with disrespecting you or behaving badly (e.g. throwing tantrums, sulking) like you used to. Instead, you now have the ability to laugh at her when sheâs being a pain in the butt, rather than getting angry or annoyed at her.
- Youâre a much more emotionally masculine guy, rather than being too emotionally sensitive and copying her way of being like you used to (e.g. being dramatic, or creating drama like a girl by getting annoyed over little things, sulking, being emotionally sensitive).
- Youâre more emotionally dominant than her now, rather than being timid or hesitant around her.
- You now have a plan for your life and are motivated, focused and active in making that plan a

reality, rather than being a grown man who still behaves like a teenager (e.g. wastes his spare time by watching too much TV or playing video games, distracts himself by hanging out and doing nothing with friends, rather than following through on his goals).

- You now truly believe in yourself and in your value to her, rather than feeling like you're not good enough for her.

Once you've made some adjustments, you are ready to begin re-attracting her and getting her back.

Just know that when you interact with her on a phone call and in person, she will be able to sense the changes in you simply by listening to how you talk and interact with her now.

In person, she will also notice it by observing your body language (e.g. you're calm, relaxed and confident rather than nervous, tense and insecure) and sensing your energy.

It will naturally come through and be visible to her, so don't even need to tell her that you've changed.

In fact, you shouldn't tell her that you've changed because it can come across as though you're trying to sell yourself to her, which she can see as being a desperate attempt to get her back.

So, just let her sense the changes in you and naturally feel attracted and drawn to the new and improved you.

When she does, she will feel a strong surge of respect and attraction for you again, even if she initially tries to deny it to herself.

As a result, her defenses will then come down and she will open back up to having romantic feelings for you again.

In most cases, a woman will then want to give you another chance because she worries that she will regret it if she lets you go now that you're so much more attractive and appealing to her.

That is the path that will lead you and her to getting back together.

Unfortunately, most guys don't approach the ex back process in that way, so they end up losing the love of their life.

For example: If you don't use the above approach, another path you may go down now is to

2. Be drowned by the painful emotions and lose so much confidence in yourself that you can't re-attract her or attract a new, quality woman

[image: Be drowned by the painful emotions and end up losing so much confidence in yourself that you can't re-attract her, or attract a new high quality woman]

There's no denying that being dumped by the love of your life can be very painful.

It's also understandable that you may go through a period of time where you feel sad, depressed and even a little bit hopeless.

Yet, the question you need to ask yourself is this:

Are you going to remain stuck at that stage and end up losing more and more confidence in yourself, or are you skip wallowing in self-pity and just get on with being a better, stronger version of yourself that she will find attractive?

The thing is, sometimes a guy feels so hurt and emotionally damaged after being dumped by the love of his life, that he allows those negative emotions to erode his feelings of value and self-worth as a man.

For example: He mightâ€¦!

- Start believing that his ex is too good for him and that she deserves a man who is better than him.
- Lose confidence in his attractiveness to other women, because he begins to feel like heâ€¦s not attractive or lovable enough as a man.
- Begin thinking that he will never be able to get his ex back, so why bother trying.
- Begin thinking that he got lucky with his ex and that his luck has now run out.
- Start believing that he will need to accept a less attractive woman because an attractive woman wonâ€¦t remain interested in him.
- Believe that thereâ€¦s just no way she could ever feel attracted to him again because he screwed up so badly.

Yet, thinking like that only makes him more unattractive to his ex and to other attractive women that he may meet along the way.

Why?

Attractive women are instinctively attracted to the emotional strength in men and turned off by the emotional weakness.

In other words, when a man is emotionally strong in his relationships with women, he is going to be confident, have high self-esteem, be self-assured, be determined to succeed, be assertive and heâ€¦s going to believe in his attractiveness and value to her.

Thatâ€¦s appealing to women.

Unattractive women do tend to enjoy it when a guy is weak, because the unattractive woman feels as though she may be able to keep him in a relationship due to him not even knowing his own value.

Yet, the majority of attractive women want to be with a guy who has high self-esteem, knows that he is good enough for her and can maintain and even further strengthen his confidence while in a relationship with her.

So, if you fall into the bad habit of thinking that youâ€¦re not good enough, it will naturally start to eat away at your confidence.

As a result, not only will you be less attractive to your ex, but you will also find it difficult to attract other high quality women who are looking for a truly confident man.

You may then end up having to accept a lower quality woman that youâ€¦re not sincerely attracted to, or in love with.

Donâ€¦t let that happen to you.

Sure, if you need to, go ahead and allow yourself to some of the pain of being dumped by the love of your life.

Yet, onâ€¦t allow those emotions linger for too long and cause you to start feeling insecure and unworthy of her, or other quality women.

Once youâ€¦ve allowed yourself to experience some of the pain of losing her, just pick yourself up

and start moving forward with confidence, knowing that you can re-attract your ex, or other quality women if you choose to do so.

Another way of saying that is, if you want to get your ex back, you need to believe that you can.

Believing that you can starts filling you up with the kind of confidence that causes you to think, talk, behave and act in ways that are attractive to her (i.e. you're self-assured, have high self-esteem, don't doubt yourself when around her, are comfortable flirting with her and making her want you again sexually).

So, go ahead and show her (not tell her) that you know you are the man for her.

She is the love of your life and you are the love of her life.

Believe it.

Be confident.

Believe in yourself and in your value to her and let her sense that as you interact with her.

You will then be able to re-attract her back, or attract a new woman if you prefer to do that instead.

The choice is yours.

Another path you may go down now that you've been dumped by the love of your life is to

3. Ignore her and hope that she comes back to you one day

[image: Ignore her and hope that she comes back to you one day]

Sometimes, when a guy gets broken up with, he may think, *"If I give her some space, she will calm down and begin seeing things differently. She will start to miss me and realize that I wasn't that bad after all. Then she will change her mind about us and give me another chance."*

He will then cut off all contact with her (i.e. he doesn't text, message her on social media, phone or visit her) for a few weeks or even months, in the hope that it will make her want him again.

Yet, that almost never works.

Here's why

Ignoring a woman who has dumped you and who no longer has strong feelings for you, is usually a waste of time because she doesn't feel motivated to want to get you back.

In most cases, rather than missing her ex who is ignoring her, a woman will feel relieved that he's not trying to get her back.

For example: She may think something like, *"What a relief that he's not texting me or calling me. I thought he'd make things difficult for me by begging and pleading and asking me to give him another chance but it looks like he got the message and is leaving me alone. At least now I can focus on moving on with my life and make a fresh start, without having to deal with an ex. Maybe I will go out with the girls tonight, get tipsy and flirt with some guys. This will be fun! I'm single again! I'm free! I can do whatever I want!"*

Of course, at some point, a woman may become curious about why her ex hasn't been contacting her.

In some cases, she might then text or call him to see what he's been up to.

Yet, that doesn't mean she wants him back, or that she hasn't been sleeping with new guys

and enjoying the single life.

In face, if she interacts with him (after weeks or months of him ignoring her) and realizes that heâs still stuck at the same level he was at when she dumped him (e.g. heâs still insecure and needy, he still doesnât know how to make her feel attracted when he interacts with her and instead makes her feel friendly, neutral or even negative feelings for him, heâs still too emotionally sensitive), it will only confirm to her that she made the right decision to break up with him.

So, if what you really want to achieve is to get the love of your life back, donât waste time ignoring her.

Sure, itâs fine to give her a few days of space to allow for things to calm down between you, but anything longer than 7 days is usually too much and can lead to herâ!

- Having enough time to get over the pain of the break up and believe that she might be better off without you.
- Feeling attracted to other guys (and liking it).
- Finding herself another guy and moving on with him.
- Believing that you donât care about her anymore.
- Getting annoyed with you for not having the balls to get her back and make the relationship better this time around.
- Wanting to get revenge on you for not trying to get her back. She then hooks up with a new guy and posts photos of him and her all over her social media accounts.
- Blocking your number, so you canât reach out and contact her when you eventually feel like doing it.
- Planning to mess with your head if you do contact her again (e.g. pretend to be interested initially and then reveal that sheâs in a relationship with a new guy and is happy). That way, she can get back at you for hurting her by ignoring her.

So, rather than ignoring your ex and hoping for her to come running back to you one day, I recommend that you approach it in a mature, manly way.

That is where you call her or interact with her in person and actively make her have sexual and romantic feelings for you again (i.e. by letting her experience the new and improved you, flirting with her to build up some new, sexual tension), but donât come across as though youâre pushing for a relationship.

When you replace her old, negative thoughts and memories of you with new, positive feelings (e.g. respect, sexual attraction, excitement, love), it stops the process of her getting over you and makes her feel drawn to you again.

She immediately starts to feel like she might regret it if she doesnât give you another chance.

Another path you may go down now that youâve been dumped by the love of your life is toâ!

4. Get over her and start dating new women right away

[image: Get over her and start dating new women right away]

You might decide that even though you really do love her and want her back, you donât need her back to feel happy and fulfilled in your life.

So, rather than sitting around waiting for her to come back, you may then focus on getting over her by hooking up with new women and enjoying casual relationships.

Eventually, you might find another girl that you love and want to be with and your ex will start to become a bit of distant memory.

Yet, if she is the love of your life, it's possible that you may not ever fully get over her.

Some men take years and even decades to get over the love of their life, whereas others always miss her and wish they could have gotten her back and had another chance at the relationship.

The choice is yours though.

If you want to get over her and move on, you might

- Start focusing on your big goals in life and make progress towards achieving them.
- Begin going out to clubs and bars with your single friends to meet, attract and hook up with new women.
- Begin having sex with new women and experiencing different kinds of love with them.
- Ask women that you've always been attracted to out on dates (e.g. someone at work or university, a woman in your neighborhood or apartment building).
- Start spending more time doing things that you always wanted to do, but avoided because of your relationship with your ex (e.g. travel, start a new hobby, join a meet up group in your area).

Another path you may go down now that you've been dumped by the love of your life is to

5. Become so traumatized by the break up that you avoid relationships with women and end up feeling lonely and disconnected for many years

[image: Become so traumatized by the break up that you avoid relationships with women and end up feeling lonely and disconnected for many years]

Sometimes a guy will be so badly affected by a break up that he can't deal with the risk of getting his heart broken again and as a result, avoids relationships by distracting himself with other things (e.g. video games, projects, work, hanging out with friends).

Even though he finds other women attractive, he's just too afraid to get hurt again, so he never seems to be able to get himself to do what it takes to make a relationship happen.

At times, he may think to himself, *"Love doesn't last, so why even bother giving your heart to a woman, only for her to rip it out and throw it in your face when she's had enough of you? I never want to go through what I experienced with my ex. It's just too painful. I'm better off without a woman in my life. Besides, I have more important things to focus on like my work/studies."*

As a result, he may end up being alone for years and feeling bitter that he is missing out on love and good times, while other people seem to be enjoying it and getting on with it in their lives.

Don't let that happen to you.

The truth is that you can't hide from relationships and love, just because things didn't work out with your ex.

[image: Longing for connection]

You will always feel the need to have a connection with women and to be intimate with them.

Yes, she has broken your heart, but if you want her back, or if you want to enjoy a relationship with a new woman that will work, you need to be fearless when it comes to love.

You have to be courageous enough to get the woman you want, regardless of what might happen.

You can't hide from it.

It will always be there.

You will always have that desire.

Additionally, throughout life, you will always be faced with situations that you don't like or that are challenging for you.

The sooner you can accept that and get into the habit of facing your challenges head on and succeeding, the better your life will be.

You will be one of the men who others look at and think, *â€œHow does he do it? His woman respects him, is attracted to him and loves him. He has become successful in his career. He gets things done. How does he do it?â€*

Simple.

He doesn't hide from the challenges of life.

He faces them head on, succeeds and then goes onto enjoy the next level of success that comes after that.

You can do that by starting now with the challenge of getting your ex back.

Start with the first step: Re-attract her.

Then, continue on with the next step: Let her sense that she will be missing out if she doesn't give you another chance.

Then, continue on with the next step.

Before you know it, she will be in your arms, kissing you, telling you that she loves you and never wanting to leave you.

You can do it.

2 Common Problems You May Encounter When Trying to Get Her Back

1. None of your family or friends want to help, or they simply can't offer you the help you need because they don't know how to achieve what you want

In many cases, family and friends get caught up in the middle of a break up whether they want to or not.

For example: A guy may turn to his parents, brothers or sisters after being dumped by the love of his life.

If he asks them for help to get her back, they will usually try to talk him out of the idea by saying things like, *â€œThere's plenty of fish in the sea. Just give it some time. You will find another girl*

and move on. Donâ€™t worry about her. If she wants you back, she will come back.â€

Alternatively, mutual friends may be reluctant to help, because they donâ€™t want to pick sides and seem to favor him over his ex.

In the end, the only one who can help you is yourself, or someone like me who has helped men from all over the world to get an ex woman back.

Start by watching this, if you havenâ€™t watched any of the other videos Iâ€™ve put into this article for youâ€

What do you really want?

Do you want her back?

Do you want to move on?

Remember: Itâ€™s your decision whether or not you want to get her back, or move on with a new woman.

Itâ€™s also up to you to take action and start making this happen.

I can show you the way, but youâ€™ve got to follow through on the steps to get her back.

2. No one seems to understand how much she means to you and why you want her back so badly

Most people you talk to about your break up will try and make you feel better by telling you that youâ€™ll get over it, or meet another girl one day.

They have good intentions, but it can be very annoying to see that no-one really understands how much she means to you and how difficult it will be to find another girl like her.

She is unique and the connection you and her shared canâ€™t be replicated with another woman.

Yes, you could love another woman, but it wouldnâ€™t be the same.

Most people just donâ€™t get that, or donâ€™t want to talk about it.

So, do yourself a big favor and stop discussing your break up with people who will just tell you to get over it, or to focus on meeting new women.

Of course, if you want to meet new women, then go ahead.

Yet, if you want to get her back, donâ€™t go discussing your break up with people who arenâ€™t going to support you or help you achieve that.

You know what you want, so just focus on making it happen.

Men all over the world get ex women back every day.

Itâ€™s normal, common and you might just be the next guy who does it.

Sheâ€™s the love of your life.

The choice is yours.

Move on without her, or get her back?

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

My Girlfriend Broke Up With Me Because She is Unhappy With Her Life

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here's what you need to know to get her back:

1. Understand that many women use that as an excuse to break up with nice guys

[image: Many women use that as an excuse to break up with nice guys]

Imagine this.

A woman finds herself in a relationship that seems perfect.

Her and her man never fight.

Her man always treats her well and all her friends are always saying things like, *â€œYou guys are so cute together,â€* or *â€œHe's so nice. I wish I had a relationship like yours.â€*

Yet, even though everything seems idyllic, deep down, she doesn't feel happy with him.

She knows that something is missing, but she can't seem to pinpoint it.

Eventually, she decides to break up with him, even though she can't really find a good reason why.

Yet, she can't just say something like, *â€œI want to break up with you. It's over.*

Goodbyeâ€ because her man will naturally want to know her reasons why and she won't have a valid explanation for him.

So, rather than getting caught up in a long discussion about why she is breaking up with him and possibly being convinced to change her mind, she instead decides to use her unhappiness with life as an excuse to end the relationship.

In that way, not only can she get out of the relationship without hurting her guy's feelings, or having to deal with him trying to convince her to change her mind, but she can also make him feel like he should be supportive towards her and give her space.

As a result, he will likely say something like, *â€œI don't want to lose you. If you need a little time to work on yourself, I want you to know that I will be here to support you. If there's anything you need me to do for you, you only need to ask and I will be there for you. Just know that I love you and I want to be with you.â€*

She can then use the time apart to easily move on, without too much fuss.

Of course, her sneaky way to exit the relationship doesn't mean that he can't get her back.

He can get her back if he creates a strong sexual and romantic spark that she feels like she would regret missing out on if she didn't give him another chance.

When a guy does that, a woman will almost always quickly change her mind about breaking up with him.

A woman will often then say something like, *â€œAlthough many areas of my life are really screwed up right now, I've come to realize that the one sane thing is you. You make me feel safe, grounded and happy. I think I made a mistake by breaking up with you. I'm sorry for what I put*

you through. Let's get back together. I love you

Then, rather than her feeling dissatisfied and restless, she now feels lucky to have him as her man. As a result, she will begin to try harder to keep him happy by being a good, loving, devoted woman. If he treats her well in return and is able to keep the spark alive, the relationship will stay together and remain happy for life.

The same can happen to you.

If you want your ex back, you need to focus on reactivating her feelings for you, by offering her the attraction experience she really wants, but hasn't been getting from you.

For example:

She wants you to be more emotionally masculine, rather than being so soft or timid with her.

She wants you to be more self-motivated and emotionally independent, rather than needing her to guide you and support you all the time.

She wants you to make her feel sexy and desirable, rather than making her feel neutral around you.

She wants you to be able to laugh at her when she is being a pain in the butt, rather putting up with it and treating her even nicer, in the hope that she treats you better in return.

When she can see that you're an upgraded version of the man you were before, then the idea of getting back together will naturally begin to seem appealing to her.

2. Know that she will be happy if she meets a guy who can attract her in the ways that were lacking in your relationship

[image: She will be happy if she meets a guy who can attract her in the ways that were lacking in your relationship with her]

The mistake that a lot of guys make in a situation like yours, is to assume that because a woman is unhappy with her life, she will remain single and alone for quite a while after the break up.

Yet, the reality is that the majority of women try to move on quickly after a break up so they can feel better about themselves, or so they can create an extra barrier between themselves and their ex getting back together.

Additionally, even if a woman doesn't try to move on quickly, if she meets a guy who sparks her sexual and romantic feelings in a way that was missing from her relationship with her ex, she will naturally start crushing on him and become open to being with him sexually and romantically.

This is why, if your ex is saying that she is unhappy with her life and is using that as a reason to break up, you shouldn't just assume that she's going to be too sad or depressed to move on.

She can and she will.

Additionally, what you also need to be aware of is that when a woman is happy in a relationship, she won't want to lose what she has with him, no matter how terrible the rest of her life is.

Even if she is depressed or unhappy with her life, she will do everything she can to keep the man that she is in love with, respectful of and attracted to.

She's not going to just break up with a man who makes her feel happy, because she is unhappy.

That rarely, if ever happens and if it does, the woman is mentally ill.

No normal woman is going to leave a man who makes her feel respect, attraction and love and want to be with him.

It just doesn't happen.

So, if you want your girlfriend back, the best approach is to first understand her REAL reasons for breaking up with you, so you can then adjust and change your approach to re-attract her and get her back.

For example: From now on, when interacting with your ex, ask yourself

- Am I turning her on (e.g. by being confident, emotionally masculine, charismatic, funny), or am I turning her off (e.g. by being insecure, unsure of myself, timid, hesitant or needy)?
- Does she feel relaxed and happy to be talking to me, or does she feel tense, stressed out and like she wants to get away from me to be able to feel at ease again?
- Am I making her feel like an attractive, desirable woman, or do I make her feel more like a neutral friend?
- Does my attitude, actions and behavior make her feel respect and attraction for me, or does it make her look down on me and feel like she is with a guy who doesn't yet know how to be a real man?

When you do it correctly, she naturally starts to feel drawn to you again in a way that feels good to her and makes her want to give you another chance (i.e. because you're now giving her the attraction experience she always wanted from you, but didn't get).

She then starts to think things like, *"Maybe it's not too late to get back together again. Maybe being with the new and improved version of him is what I need to finally feel happy."*

When that happens, getting her back becomes easy.

3. Get clear on what has been secretly turning her off about you

[image: Get clear on what has secretly been turning her off about you]

Sometimes a woman will feel turned off by a guy for subtle reasons, which she will never tell him about (e.g. he was too timid in the bedroom, he gave her too much power during conversations and it made her feel more dominant than him, he lacked confidence around other men, which made her feel unsafe and ashamed to be his girl).

This is why, if you want to get back with your ex, you need to understand the subtle, more secret reasons she felt turned off by you.

Only by discovering that (on your own though. She won't want to tell you), will you be able to make the correct adjustments to your approach to her to naturally re-attract her.

So, if you're unsure about what those reasons might be, here are some questions to help you figure it out

- Did you confidently go after what you want in life like a real man, or did you always seem to need your girlfriend's advice, approval or say-so before you felt confident enough to take action?
- Were you confident and self-assured no matter what you were faced with in life, or did you break down emotionally and regularly lean on her for emotional support?

- Did you pass her confidence tests by not being affected (e.g. when she threw a tantrum to get a rise out of you, when she pretended to disagree with you during conversations to see how youâ€¦d react, when she rolled her eyes at you to see if youâ€¦d become insecure), or did you mostly become upset, defensive or annoyed when she tested you?
- Did you make an effort to support her as she tried to make her dreams a reality, or were you a critical or resistant towards her making progress in life because you feared it might cause her to leave you behind?
- Did you give her the time and attention she needed, or did you tend to spend more time with your friends (on work, or playing video games) than her?
- Did you make the effort to get to know her friends and family, or were you distant and disinterested in making the effort, even though you knew it was important to her?
- Did you put ongoing, consistent effort into achieving your big goals in life, or did you prefer to live day-to-day and try to make yourself seem busy so you could avoid rising through the levels of your true potential as a man?
- Did you maintain her sexual attraction for you, or did she end up feeling more like your friend or roommate?

After reading through those questions, you will most-likely have a better idea of some of the subtle things that might have turned your ex off about you.

With that knowledge, you can now change your approach to her to make her feel attracted to the new and improved you.

When she feels a renewed sense of respect and attraction for you, she will begin to have doubts about her decision to break up with you.

You can then get her back into a relationship that is even better than before.

You can also ensure that you put yourself in the position of power, where she feels the need to maintain your interest and keep you happy.

As long as a man is treating her well, thatâ€¦s the position a woman really wants to be in when in a relationship.

Most women wonâ€¦t go around admitting it, but itâ€¦s what they really want.

All you have to do is look at the women who are the happiest in their relationship with a man, the most affectionate and who treat him with respect and you will see that the man makes her feel the need to treat him well.

â€¦and she loves it.

Unfortunately, most guys donâ€¦t realize that, so they end up putting way more effort into the relationship than the woman and hope that it makes her love him.

Thatâ€¦s not how women work.

Youâ€¦ve got to make her feel lucky to be with you, to the point where she wants to treat you well and never lose you.

That is what makes a woman feel happy, energized and excited in a relationship.

4. She will want to remain broken up if she believes that the relationship would be

too stressful to maintain

[image: She will want to remain broken up if she believes that the relationship would be too stressful to maintain]

For example: A guy will make a relationship feel too stressful because he will

- Text her or call her way too much.
- Need her constant love and attention to feel good about himself.
- Sulk and get into arguments with her if she doesn't give him her full attention, or seems preoccupied with other things (e.g. her phone, social media).
- Make horrible decisions without asking her that end up putting him and her into financial distress.
- Need to have long, stressful discussions about fairly simple things before he feels confident enough to make a decision.
- Be unreliable and not keep his word to her (e.g. she asks him to run an errand for her and he forgets to do it, which then gets her into trouble at work, with the government, with family or friends).
- Try to get her to think, behave and act more like him (i.e. a man), not realizing that women find that stressful and a turn off. He doesn't have the awareness to imagine that if she was trying to do the opposite to him (i.e. get him to think, behave and act more like a woman), then he would think she is crazy, annoying and stressful to be around.
- Spend all his spare time with her rather than doing anything else, to the point where she feels smothered by him and turned off by the fact that he's not rising through the levels of his true potential as a man by pursuing big goals.

When a woman finds herself in a relationship like that, she will begin to feel as though it's just too much for her to handle or deal with.

As a result, she may think, 'I've already got so many problems in my life. What I don't need is a boyfriend who makes me feel even more tense, stressed and agitated. This is just too much for me to handle right now. Relationships aren't supposed to be this hard. Maybe it's time that him and I broke up.'

Yet, rather than say something like, *'I don't have feelings for you anymore and I want to break up,'* and risk him trying to change her mind (making things even more stressful for her), she will just say something along the lines of, *'I'm sorry, but I can't be with you right now. I'm unhappy with my life and if we stay together, I'm just going to bring you down with me. I need time to sort myself out before I can be in a relationship. Please accept that and don't make things harder for me than they already are. Give me the space I need.'*

He then feels like has no choice but to be a good man and let her go.

In most cases, she then uses the time to move on without him.

Avoid the Following 3 Mistakes if You Want to Get Your

Unhappy Girlfriend Back

Regardless of what your ex girlfriend is going through right now, she will put all that behind her and get back with you if you make her feel a renewed sense of sexual and romantic attraction for you.

To ensure that you achieve that, try to avoid making the following mistakes that other guys make when in a situation like yours:

1. Trying to be her therapist

[image: Trying to be her therapist]

If a guy notices that his woman is unhappy with her life, he might decide to try and fix her problems for her, or at least give her a shoulder to cry on and some advice on how to deal with what she's going through.

Seems like a good idea, right?

Wrong.

Rather than making her want to stay in a relationship with him, his therapist approach makes her feel like he is trying to fix her, which automatically kills her sexual feelings for him.

What works is when you make a woman feel sexually attracted and turned on by how you interact with her in a moment, rather than trying to be Mr. Fix it, so she can then get back on with being with you.

So, when a guy tries to fix his woman's emotional progress, she simply leads him around in circles because she is unwilling admit the real, more subtle reasons why she's unhappy with him.

As a result, his attempts to fix her just end up annoying her and making her feel misunderstood.

For example: She says that she doesn't know what she wants from life anymore and he tries to fix her by getting her to think of what she wants to do in life.

Yet, that isn't the real problem.

If a woman is attracted to her man and in love with him, she will be happy and won't break up with him because she's unsure what to do with her career.

Saying that she doesn't know what she wants to do in life is just an excuse.

It's a diversion, a distraction.

She can't come out and say, *I'm breaking up with you because you're too soft emotionally. When I'm being a pain in the butt, you never have the balls to laugh at me and put me back in my place. You just try harder to be nicer and avoid my tantrums. You can't handle a woman like me.*

So, if you want to get your girlfriend back, don't bother trying to be her therapist and solve all her problems for her.

Instead, briefly (I repeat, briefly!) give her some emotional support if she wants it, but then focus on sparking her sexual and romantic feelings for you.

Remember: The more sexually and romantically attracted to you she feels, the less she will want her problems with life to ruin what she's experiencing with you.

You will be the thing that makes her feel the happiest, so she won't want to lose that.

That is how it works.

However, if you try to fix her by acting like her therapist and trying to come up with solutions for her, she'll end up feeling annoyed that you don't even understand her and what is really going on.

As a result, she won't feel motivated to interact with you or be around you, which will make getting her back difficult for you.

Another mistake to avoid is

2. Trying really hard to make her happy and coming across as desperate

When a woman is feeling sad or stressed out about her life, it's a man's natural instinct to try and protect her, take away her pain and make her feel better.

For example: He might

- Buy her things that he thinks will please her.
- Always try to crack jokes around her to take her mind off her problems.
- Offer to take her on vacations to distract her.
- Listen to her and be there for her, even when she's being unnecessarily dramatic and emotional.
- Suck up to her by being extra considerate of her feelings, needs and wants.

The thing is, if a relationship is happy and the woman looks up to her man and respects him, then she will appreciate it if he occasionally is extra nice to her if she is going through a hard time.

Yet, when a man does that because he has no idea how to make her feel attracted to him, respectful of him and in love with him, then it becomes annoying to her.

She sees his attempts as being out of desperation because he has no idea what else to do to make her happy.

He doesn't realize that making a woman happy in a relationship is simple and making a woman really happy in a relationship, is even easier.

Making a woman really happy is about making her feel the need to impress you, treat you well and show you love, while also being good to her.

That is what works.

Unfortunately, most guys don't know how to do the first part and instead try to compensate for their lack of ability in that area by doing more and more for the woman.

Yet, that isn't what makes her happy in a relationship.

It's not what women will go around admitting, but it's what happens.

Women want to feel the need to impress you, treat you well and show you love, while also seeing that you are good to them.

That is what works.

3. Trying to get her back by offering her the same kind of attraction experience that got you dumped in the first place

If your approach to her hasn't been working, don't keep doing it.

Try something different.

Start attracting her in new ways that she hasn't experienced before with you and likely never thought you were capable of.

When she experiences that, her feelings towards you immediately begin to change and she opens up to giving you another chance.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

	WATCH VIDEO (FREE)
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Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

6 Reasons Why Your Ex Girlfriend Says She Doesn't Know What She Wants Anymore

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

1. She likes you as a person, but doesn't feel a sexual or romantic spark with you anymore

If your ex doesn't want to get back with you and is using the excuse that she doesn't know what she wants anymore, the reality is that she just doesn't feel drawn to you enough in a sexual and romantic way.

She's almost certainly not going to tell you that though.

Why?

Well, she doesn't want to hurt your feelings by telling you that you just haven't been manly enough for her, so she's not feeling attracted to like she knows she should be.

[image: She wants you to be more manly, but doesn't want to have to tell you that]

She also doesn't want to tell you, *"I'm not attracted to you because your behavior isn't manly enough,"* only to then hear you, *"I promise to be more manly from now on."*

She just wants you to get it and re-attract her, or if you can't get it, just give and let her get on with trying to find a man who does.

So, do you get it?

If not, this should clear things up for you!

For a guy to maintain a woman's feelings of attraction and love and to make her feel like a real woman in the relationship with him, he needs to be able to make her feel girly and feminine in comparison to his masculinity.

Making her feel girly in comparison to your masculinity comes down to how differently you think, talk, feel, behave and act in comparison to her.

So many guys make the mistake of suppressing their masculinity around their girlfriend (or wife) and end up being too cute, boyish or even a little feminine for her liking.

She stops feeling the natural, raw attraction that females feel to masculine males and when that happens, she begins to wonder if you and her are actually a good match after all.

Unfortunately, where many guys go wrong, is in thinking that being a nice, supportive guy to a woman in a relationship will be the right approach to keep her happy, attracted and in love for life.

A guy may think, *"As long as I treat her well, take care of her and be a good man, she will be happy and want to stay with me."*

He is then shocked when his woman suddenly breaks up with him and says something along the lines of, *"I'm sorry, I think we need to take a break. You're a good man and I really to appreciate everything you've done for me, but something isn't right. I have to follow my heart. It's confusing for me. I don't know why I'm feeling this way. I just don't know what I want anymore. I think I need to be alone for a while."*

In some cases, a guy will then cry and plead with her to not leave him.

In other cases, he will get angry at her for being so selfish.

In other cases, he will try to get answers from her as to why she is feeling that way.

Yet, she won't be able to tell him because she doesn't understand it herself, or she won't want to tell him because she doesn't want him to put on an act of being manly around her when that's not who he is.

Here's the thing|

Even though a woman definitely appreciates it when her man is a good guy to her, it's not the main thing that makes her want to have sex with him and stick with him for life.

What is?

His ability to create a relationship dynamic that makes her feel the way she wants to feel when she's with him (e.g. feminine, girly, free to be an emotional woman).

Being a good man to her is definitely something that helps the relationship stay together, but without the fundamental feeling of sexual and romantic attraction based on her feeling girly and feminine in comparison to you, the relationship will go stale.

The reality is that the less feminine and girly a woman feels in her man's presence, the more she will disconnect from her feelings of sexual attraction for him.

When that happens, she will begin thinking things like, *I don't know what's wrong with me. Why am I feeling so unhappy in this relationship? He's a really good guy and he treats me well. He's better than other boyfriends I've had. Yet, he feels more like a friend to me than anything else. I like him as a person, but I just don't feel drawn to him the way that a woman is supposed to be drawn to her man. There's just no spark between us. I feel so confused. I just don't know what I want anymore. There was a spark at the beginning, but I just don't feel it with him anymore. He seems to feel it with me. What is wrong with me? Maybe I just need some time on my own to figure things out, or maybe I need to try to give him another chance for a while. Either way, I know one thing for sure| I am unhappy in this relationship and I don't know how much longer I can put up with it.*

She may then find herself becoming increasingly cold, snappy or argumentative towards him, until she eventually gets fed up and decides to break up with him.

He is then left thinking, *What the heck just happened? I thought we were good together? The relationship was working. How could she just leave me like that?*

It's simple.

A lack of fundamental attraction based on the fact that the relationship was too neutral (i.e. felt more like a friendship, than a relationship where she was able to feel girly in comparison to his masculinity).

Here's the thing|

If you want your ex girlfriend back, you have to understand that she's almost certainly not going to change her mind about you unless you begin making her feel like a feminine, girly and sexually attractive woman when she's with you.

When you make her feel that way around you, her feelings about you will automatically change, even if she wasn't intending on that happening.

She suddenly starts to think things like, *“Why am I feeling so attracted to him again? I don’t get it, but I like it. I want to kiss him now. I want to have sex with him. I should just do it and see how I feel afterwards.”*

They then hook up and if the guy is able to continue being masculine around her, she will want him back.

On the other hand, if you attempt to get her back by trying to prove to her what a good guy you are (e.g. by being extra nice to her, offering to do whatever she wants to make her happy, running errands for her, helping her with her bills, being extra supportive and sensitive), don’t be surprised if she says something along the lines of, *“I’m sorry, but I don’t know what I want anymore. I feel so confused. Maybe we’re better off just being friends for now. I don’t know. I need time to think about this.”*

Another possible reason why your ex girlfriend says she doesn’t know what she wants anymore is

2. She feels like a relationship with you is too much work

[image: She feels like a relationship with you is too much work]

In some cases, a woman might find herself in a relationship that has just become too stressful for her to deal with anymore.

For example:

He always needs her to reassure him that she loves him and if she doesn’t, he becomes insecure, clingy or controlling.

He texts her too much every day and she doesn’t have much time for anything else.

She feels like she’s always the one trying to improve the relationship and fix any issues they have, while her guy likes to act as though nothing is wrong or he refuses to acknowledge that he may be making some mistakes.

He keeps making promises to change (e.g. stop being so jealous and controlling, stop expecting her to make most of the decisions for them), but once things calm down between them again, he always goes back to his old patterns of behavior.

He makes her feel like nothing she does is good enough for him (e.g. he belittles her, mocks her, is never happy with anything she does for him).

She feels as though they have to put in a lot of effort into the relationship to make it feel like a normal relationship, because they aren’t really in love.

So, rather than continue to deal with the stress of being in a relationship with a guy like that, a woman will often say something along the lines of, *“I don’t know what I want anymore. I need some space to think things through,”* as a way of distancing herself from him.

She will then focus on finding herself a new man who doesn’t make being with him feel like hard work.

Another possible reason why your ex girlfriend says she doesn’t know what she wants anymore is

3. She wants to break up with you, but doesn't know how to say it directly

[image: She wants to break up with you, but doesn't know how to say it directly]

Sometimes, a woman might realize that although she initially felt attracted to her man and wanted to be with him, over time her feelings for him began to fade.

This can happen when:

- He started off being confident and emotionally strong, but became insecure and unsure of himself over time.
- He treated her like a sexy woman in the beginning of the relationship, but ended up treating her like a friend.
- He took the lead in the beginning of the relationship to seem manly, but eventually handed over power to her and expected her to call the shots.

When a woman notices things like that, her feelings of respect, attraction and love for him begin to fade and eventually she may decide to break up with him.

However, she might not know how to go about it (e.g. because it's her first break up, she doesn't want to hurt his feelings, she doesn't want him to talk her out of her decision, she's worried he might react badly and cry or get angry, she's had a previous boyfriend become very angry when she was too honest about her reasons for ending the relationship).

So, rather than risk things getting out of control, she may simply say something like, "I don't know what I want anymore," in the hopes that her boyfriend will back off and give her some space.

She will then try to quickly move on and find a new man, rather than having to deal with an ex who is trying to convince her to change her mind.

Another possible reason why your ex girlfriend says she doesn't know what she wants anymore is that

4. You have made her your main purpose in life and now she feels confused about how she should be approaching her life

[image: You have made her your purpose in life and she now she feels lost]

Part of what it means to be the man in a relationship with a woman, is about taking on the role as the one who is mostly responsible for guiding you and her to a better future together.

She play some part in that, but if you want you and her to be happy and not end up going around in circles (i.e. because most women change their mind like the weather), you need to embrace your masculinity and lead the way.

You need to make a decision on what you and her want for the future, make plans to make it happen and then keep going and never give up.

You don't have to achieve massive things in life to be happy.

Just set your purpose and goals based on what would make you and her happy and then work towards that, without allowing her changing moods to affect your motivation to achieve the goals.

If you can do that, you and her will have something to aim for together, make great progress in life

and most likely achieve a lot more than you intended.

Why?

Simple.

Most guys do not set big goals, follow through on them and never give up.

Most guys have vague dreams that they wish they could achieve, but they never follow through until completion.

As a result, their girlfriend becomes their purpose in life and they cling to her and their distractions (e.g. watching sports, hanging out with friends, getting intoxicated, playing video games) to make them feel as though they are living a purposeful life.

Yet, as time goes by, a guy like that will eventually notice that he has wasted so much time avoiding his real dreams, while a few other men that he is aware of in his life, have followed through on their dreams and achieved success and a feeling of fulfillment in life.

The fact is, when you can be one of the rare men who has the determination and confidence to never give up on your goals, you will be amazed at how happy you are with yourself and how respectful your woman is towards you.

It's a completely different life compared to a man who hides from his potential behind his woman and distractions.

Some women are aware of this, whereas most women just sense it instinctively.

If their man is a hider, they will naturally feel restless and unhappy in the relationship and will nag and complain about how he spends his time.

Eventually, it can be one of the things that leads to a breakdown of the relationship.

It's just how things work.

If a man doesn't provide direction for him and his woman and instead clings to her to feel safe as he hides from his potential as a man, a woman's natural instincts kick in and she begins to feel as though something isn't right.

Progress needs to be made.

There has to be clear goals, ambitions and progress together as a couple, not just a relationship based on hanging out and going around in circles.

When a woman finds herself in a relationship with a man who lacks purpose or the ability to follow through and achieve his set goals, she begins to feel unsafe around her future.

She then begins to feel as though she is going to have to step up and be a more masculine woman, by becoming determined to achieve goals to ensure a safer future.

Yet, if she does that and notices that her man is now looking at her as the leader and feeling like he can just let her make all the decisions and do all the work for them, she begins to resent him.

Not because she is lazy and doesn't want to do some of the work.

It's not about that.

It's about sexual and romantic attraction.

In order for a woman to remain sexually and romantically attracted to her man, he has to be able to make her feel feminine and girly in comparison to his masculinity.

Part of being a masculine man is not hiding behind a woman, like a boy who needs his mother.

You have to be able to stand up on your own and make things happen and when you do that, you will see your woman standing right next to you, feeling sexually attracted to you, respecting you, supporting you and loving you.

She will do some of the work too, but she has to see that youâ€¢re not hiding behind her.

So, if you made your ex girlfriend your purpose in life so you could hide behind her and avoid rising through the levels of your true potential as a man, you need to show her that you are completely different now.

You are now beginning through the levels of life and reaching for your true potential, with or without her.

You donâ€¢t have to achieve big things to show her that.

You just have to start being like that for real.

When you focus on making progress in your life and begin making steps towards achieving your goals and ambitions, she automatically starts looking at you as being much more attractive relationship option than you were before.

She stops looking at you as her emotionally dependent ex who made her feel unsure about her future and begins to feel like she could be safe with you, respectful of you and attracted to you once again.

She then starts to feel clearer about what she wants (i.e. to be with you).

Her guard comes down and she opens back up to the idea of being your girl again.

Another possible reason why your ex girlfriend says she doesnâ€¢t know what she wants anymore isâ€¢|

5. She's been feeling more and more attracted to other men lately and doesn't know why

[image: She has been feeling more and more attracted to other men lately and doesn't know why]

When a guy begins to think, act and behave in unattractive ways in his relationship with a woman, itâ€¢s usually only a matter of time before she begins to feel attracted to other guys, even if she doesnâ€¢t want to.

For example: Imagine a guy who is always getting jealous of his woman in a relationship.

He constantly reads her e-mails, texts and social media messages and gets into arguments with her if he notices that sheâ€¢s communicating with other guys, even if itâ€¢s purely platonic (i.e. the guy is just a friend or a co-worker).

This turns her off because women arenâ€¢t attracted to insecurity and emotional weakness in men.

So, if she then happens to interact with another guy who is confident in himself and seems relaxed and easy-going around her, she may begin feeling attracted to him instead.

She may then begin thinking things like, *â€¢Iâ€¢m not the kind of woman who would cheat on her boyfriend, but I canâ€¢t hide the fact that lately, Iâ€¢ve been feeling attracted to other men. I know I shouldnâ€¢t just leave him because he is insecure, but itâ€¢s really annoying to me. Sometimes I have to ask myself why Iâ€¢m putting up with his jealousy, when I could find myself a more confident man.â€¢*

When she gets to the point whereâ€¢s she had enough of feeling turned off by him, she will decide to end the relationship and try to find a guy who has the trait that her ex lacked.

For example:

If her ex was clingy, a woman will usually go for a guy who is emotionally independent and focused on achieving his goals and dreams in life, regardless of whether she sticks with him or not.

If her ex was too emotionally sensitive and often got upset or worked up about every little problem in his life, a woman will usually go for a guy who is emotionally strong and faces the challenges in his life head on, rather than whining about them.

If her ex was too submissive and timid around her, the next guy a woman feels a lot of attraction for and wants to date, will usually be much more masculine in his thinking, behavior and actions.

If her ex treated her more like a neutral friend in the relationship, a woman will usually then look for a guy who makes her feel like an attractive, desirable woman when sheâ€¢s with him.

So, if you want to get your ex girlfriend back before she moves on with another guy, itâ€¢s essential that you understand what has been attracting her to other men lately.

Then, you need to quickly make some attractive changes to yourself, so you can re-spark her feelings for you.

Essentially, youâ€¢ve got to learn from your past mistakes (e.g. youâ€¢re no longer insecure and needy, youâ€¢re so much more emotionally masculine in the way that you think, act and behave now, youâ€¢re more relaxed and easy-going than you were before, you are willing to do what it takes to achieve your goals) and bounce back with an improved ability to make her feel respect, attraction and love for you.

Another possible reason why your ex girlfriend says she doesnâ€¢t know what she wants anymore isâ€¢

6. Her girlfriends are enjoying the single life and she feels like her relationship with you is boring

[image: Her girlfriends have been enjoying the single life and she feels like her relationship with you is boring]

Sometimes, a woman will get into a relationship with a guy because sheâ€¢s bored of the single life and feels like she wants to settle down.

Yet, if the relationship feels boring, she may begin to envy the freedom and excitement her single girlfriends are experiencing.

For example: Imagine a woman is sitting at home when one of her single girlfriends calls her on the phone and tells her that she went to the new trendy club in town over the weekend.

She then goes into detail about how great the music was, how her and the other girls danced until dawn, how they flirted and possibly even hooked up for a one night stand.

If a woman is happy and in love with her man, then sheâ€¢s not going to feel like she is missing out, because she has what she wants.

Yet, if she is bored in the relationship and isnâ€¢t in love, she will naturally feel a bit jealous of her single girlfriends.

She may then begin wondering things like, *â€œMaybe I settled into a relationship too soon. Maybe I should have enjoyed being single for a little while longer. I donâ€™t feel like Iâ€™m in love and happy. Iâ€™m bored with him. I just donâ€™t know what I want anymore.â€*

She might decide to break up with her boyfriend and join her single friends on the party circuit.

Yet, to avoid a nasty break up with her boyfriend, she will say something like, *â€œI donâ€™t know what I want anymore. I need some time to be on my own.â€*

This will ensure that she has enough time to get out there, meet new guys and move on.

She can then tell her boyfriend, *â€œSorry, itâ€™s over between us now. Iâ€™ve met another guy and Iâ€™m happy with him, so please respect that. I wish you all the best.â€*

So, if your ex girlfriend is saying that she doesnâ€™t know what she wants anymore, it may be because somewhere along the line she started feeling bored in her relationship with you (e.g. because you stopped making her feel attracted, excited, turned on).

If thatâ€™s the case, she is almost certainly going to try to make herself feel better by hooking up with new guys, until she can find a guy who gives her the kind of attraction and love experience she really wants in a relationship.

This is why, if you want her back, you have to understand what to change or adjust about your approach to her, so she wants that with you.

2 Common Mistakes to Be Aware of With an Ex Girlfriend Who Says That She Doesnâ€™t Know What She Wants Anymore

1. Trying to make her want the relationship by telling her how much she means to you

Sometimes a guy will pour his heart out to his ex as a way of hopefully convincing her to give him another chance.

Yet, it usually doesnâ€™t have the effect heâ€™s looking for.

Rather than making her think, *â€œOMG! He really does love me. That clears everything up in my mind and makes me want to be with him too,â€* she usually pulls away even more and thinks something along the lines of, *â€œI know that he cares a lot for me. Iâ€™ve never doubted that. Itâ€™s just that Iâ€™m not sure about him. I donâ€™t feel the same way that he does about me. I like him, but I donâ€™t love him right now. I appreciate what we had, but Iâ€™m not feeling drawn to him anymore. The spark just isnâ€™t there.â€*

This is why, telling your ex how much she means to you is usually a complete waste of time.

You are telling her how much you love her and want her, which then makes her realize that she doesnâ€™t feel the same way about you.

If you want her back, you have to understand that what matters most right now are her feelings for you, not your feelings for her.

So, focus on using interactions to reactivate her sexual and romantic feelings to make her want you

back.

When you do that, she won't be confused about what she wants.

She will want you.

You will then give her another chance with you and build on her feelings, so she becomes worried about potentially losing you.

That's how a man should approach it.

That is what works.

On the other hand, here's an example of what doesn't work!

2. Being extra nice and supportive towards her, when what is really missing is a sexual spark

Sometimes a guy thinks that if he is very nice, sweet and supportive to his ex girlfriend, she will eventually snap out of her confused state and want to get back with him.

She will realize that no other guy will treat her as well as him and then give him another chance.

Unfortunately, sexual attraction doesn't work that way.

Here's the thing!

When there's no sexual spark, a woman just won't feel motivated to give her ex another chance because she can see that it won't work.

She will see that he's trying to get her back based on a friendship, on being supportive and on being there for her.

Yet, the reality is that, while it's totally fine to be supportive and good to a woman, it's not the thing that makes her feel sexually attracted and turned on in a relationship.

So, whatever you do, just make sure you're not pretending to be an innocent friend who isn't interested in her in a sexual or romantic way anymore.

If you act like a friend, you will end up in the friend zone with her.

Before you know it, she will tell you that she's met another guy and will ask you to respect that.

So, if you want her back, don't waste time being Mr. Friendly towards her.

Make the feelings sexual, initiate a kiss and sex and then enjoy the great times ahead with her.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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We Broke Up and Got Back Together: 4 Examples

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Every day, all over the world, couples do get back together after a break up.

Even in extreme cases, where the man thinks that it's too late, he is often able to get his woman back by re-attracting her and getting her to forgive his past mistakes.

It's so common, but hardly anyone talks about it and it's most-likely kept between the couples themselves.

Yet, it does happen.

Here are 4 common examples of how a relationship will break up and then how the man will get his woman back:

1. A woman breaks up with a guy because he has become too insecure

[image: A woman breaks up with a guy because he has become too insecure]

The relationship ended because the guy gradually lost confidence in himself and in his value to his woman over time.

Although he presented an attractive version of himself initially to get her interested and begin the relationship (e.g. he was confident, self-assured, emotionally strong), somewhere along the line, he began to change into a less attractive version of himself (e.g. insecure, self-doubting, emotionally sensitive).

As a result of his decreasing confidence, he began to realize that it would be difficult for him to attract another woman now.

He could see how nervous and insecure he felt around other women he found attractive and how they seemed to be turned off by him.

Noticing that, he naturally began to become insecure about losing his girlfriend.

For example: He began thinking things like, *“She is my everything. What if I lose her? How will I cope without her?”* or, *“What if she meets another guy who is better than me? Will she dump me for him?”*

He then began to focus all his energy on her and make her the centre of his world (e.g. by significantly reducing the amount of time he spent with friends or on his hobbies and other interests, just so he could be around her at all times).

As a result, he became clingy and would react in an insecure way if she wasn't making him feel loved and reassured.

He also felt unhappy and betrayed when she decided to go out with her friends or colleagues, or wanted to do things without him (e.g. focus on her own hobbies or interests).

He got jealous of any other guys in her life (e.g. male friends, coworkers, friends on social media).

This led to him constantly asking her things like, *“You still love me, don't you?”* or, *“You do know that you mean everything to me and that I wouldn't be able to survive if you ever decided to break up with me, right?”* or, *“You would never cheat on me, would you?”*

Initially, she tried to reassure him by saying something along the lines of, *â€œOf course I still love you! How can you even think I would do anything to hurt you? Youâ€™re my guy and I only want to be with you, so relax and stop worrying so much.â€*

However, over time, his clingy, needy, insecure behavior began to drive a wedge between them and erode her feelings of respect, sexual attraction and love for him.

Eventually, she couldnâ€™t take it anymore and the thing he feared the most became a reality â€” she broke up with him.

Fortunately though, the shock of being dumped was exactly what he needed to shake him up and set him on the path to becoming a better man.

So, although he felt devastated at first, he didnâ€™t make the classic mistake that guys make and wallow in negative feelings of loss and despair and end up losing her for real.

Instead, he stopped focusing all his energy on how much he needed her in his life to feel good about himself and he got to the point where he wanted her back, but could live a happy and fulfilled life without her.

He became a more emotionally secure, emotionally mature and emotionally masculine man, which then automatically made him attractive to her and to other women as well.

He then got her on a phone call with him and sparked some of her feelings of respect and attraction by making her laugh, smile and feel good to be talking to him again and then getting her to agree to meet up with him in person.

At the meet up, he continued to build up her feelings of respect and attraction for him by showing her via his attitude, conversation style, behavior and the way he reacted to her confidence tests (e.g. she talked about guys that are interested in having sex with her and dating her, flirting with the waiters/barmen), that heâ€™d become a more confident and self-assured man.

He also let her see that even though he was missing her, he wasnâ€™t sitting around feeling sorry for himself.

Instead, he was getting on with his life and doing all the things that are important to him (e.g. pursuing his goals, hanging out with his friends, enjoying his hobbies).

When she got a sense that he was no longer the insecure, needy guy she broke up with, her feelings of respect and attraction began to resurface.

He suddenly seemed more attractive to her than he has ever before, because he had grown up as a man and she felt herself drawn to the new, confident, emotionally strong man that he had become.

She then dropped her guard and decided to be his girl again, because it felt right.

Another example of a couple who broke up and got back together isâ€

2. A woman breaks up with a guy because he doesn't make her feel appreciated

[image: A woman breaks up with a guy because he doesn't make her feel appreciated]

In this example, the guy made the mistake of turning his woman off by making her feel unloved and unappreciated.

However, like most men, he wasnâ€™t a bad guy who went out of his way to make his woman feel that way.

In fact, in the beginning of their relationship he was very loving, devoted and caring towards her. He was always helpful and pulled his weight when things needed to be done (e.g. help clean up after dinner, run errands, take out the garbage or put gas in the car for her).

He was also very attentive and often noticed her efforts to look good for him, all the things she did for him (e.g. bring him coffee in bed in the morning, cook special meals for him, clean up after him) and how good she was to him.

Yet, over time, he became neglectful and stopped noticing and commenting on all the nice things she did for him.

He fell into the habit of assuming that it was okay for her to serve him and do everything for him (e.g. all the chores and errands) because she loved him.

He also stopped noticing and complimenting her on her efforts to look attractive for him (e.g. when she bought a new dress, changed her hairstyle).

Initially, she tried to make excuses to herself for his behavior by thinking things like, *“He’s not that bad. I know that he loves me. I guess he’s just absentminded. He probably doesn’t even realize that he’s taking me for granted.”*

However, over time, she began to feel unappreciated and unloved and unhappy in the relationship with him.

Her feelings of resentment built up and rather than want to contribute to the relationship and be a loving, devoted woman to him, she began to feel like pulling away, being closed off and treating him with less and less respect and devotion.

Eventually, she totally disconnected from her feelings for him and then decided to break up with him.

Naturally, he was stunned by her decision and kept wondering things like, *“Why did this happen? What did I do wrong?”* because from his perspective he thought everything was okay.

Yet, it wasn’t.

Fortunately though, he was prepared to take an honest look at himself and all his past behaviors and actions, so that he could find her real reasons for breaking up with him.

When he did that, he realized that even though he believed that he was a good man to his woman, the truth was that he had taken her for granted and made her feel unloved and unappreciated.

This realization shocked him into quickly changing.

He then called her on the phone to apologize to her (in a confident, emotionally strong way), by saying something along the lines of, *“Hey, I just want to say how sorry I am for what happened. I realize now what a jerk I was to you and how I took you for granted. You were a kind, loving, amazing woman to me and I didn’t show you the appreciation you deserved. Instead, I thought that because you loved me, it was okay to be selfish and not pull my weight in the relationship with you. I made a mistake, but I’m not perfect and neither is anyone else. Everyone makes mistakes sometimes in a relationship and as long as the person who messed up can learn from those mistakes and become a better person as a result, it doesn’t have to be the end. Of course, I don’t expect you to take me back because I’m saying that to you. However, maybe we can put it behind us and try to be friends now.”*

From there, he used humor to ease the tension between them and make her laugh, smile and feel happy to be talking to him again and asked her to meet up for a quick cup of coffee to say hello as

friends.

At the meet up, she was able to see via his attitude, behavior and the way he interacted with her that he truly had changed and was now a different man

Not only was he being a good, loving man to her, he was maintaining his confidence as well, rather than sucking up to her all the time.

This made her feel strong surges of respect and attraction for him again.

She then decided to interact with him over the phone and in person some more, to see if he would revert back to his old behavior or not.

After a week, she realized that he truly had changed and was a better man now and would never make the same mistake again.

She fully forgave him and they got back together again.

Another example of a couple who broke up and got back together isâ□|

3. A woman breaks up with a guy because she's tired of all the arguing and fighting

[image: A woman breaks up with a guy because she is tired of all the arguing and fighting]

In example No. 3, the couple broke up because they were always arguing about everything, to the point where they both felt like they were in a war zone, rather than in a relationship.

Once again, the relationship didnâ□□t start out badly and in fact, they were very much in love with each other in the beginning.

Yet, over time, little disagreements became huge fights where each person felt unheard and misunderstood.

This led to her thinking things like, *â□□All we ever do these days is blame each other and argue. Nothing seems like fun anymore and instead of being in love, I feel stressed out and tense all the time. I donâ□□t know why Iâ□□m still putting up with this. Iâ□□m tired of trying to make things work,â□□* until eventually she gave up and left him.

Once she was gone, the guy realized that he had allowed unimportant things to get in the way of the respect, attraction and love they felt for each other.

For example: He got angry when she complained about a problem she was experiencing (e.g. at work, with one of her friends) and when he gave her a solution she ignored him.

Basically, he expected her to solve her problems more like a man instead of allowing her to express herself like a woman and just listen and offer support, which is what she wanted.

So, to get her back, he interacted with her over the phone and in person and showed her that he had learned from his past mistakes.

When she tested him, by complaining about something that would have caused him to want to take over and fix it for her in the past, he remained calm and relaxed and just let her vent her frustrations without interfering.

She then started to believe that things really were different, so she was able to forgive him and open back up.

They then got back together and discovered that their relationship was even better this time around.

Another example of a couple who broke up and got back together isâ□|

4. A woman breaks up with a guy because he lacks purpose and direction in life

[image: A woman breaks up with a guy because he lacks purpose and direction in life]

This time, the example is about a young couple who met at university and began dating.

At first, the woman was attracted to the guy because it seemed like he had big plans for his life.

However, as time went by, she began to notice that he had no intention of getting out of his comfort zone and actually doing something productive with his life.

Instead, he was comfortable just drifting from one basic job to another and not really planning ahead well enough for the future.

As a result, she didn't feel safe and protected in the relationship with him and she began thinking things like, *"When is he going to grow up and focus on doing something with his life? I can't carry on worrying about what will happen to us in the future, or if we're even going to have enough money to cover our expenses at the end of the month. All my friends are in relationships with men who are making progress in their lives. I'm the only one who always seems to be making excuses about why my guy isn't moving forward or has any goals or ambitions in his life."*

Initially, she tried to motivate him to do better by suggesting he get a more stable job and by setting some goals for himself and work towards achieving them.

However, he just laughed at her and said things like, *"Stop worrying so much. The future will take care of itself. Just relax and enjoy yourself."*

Eventually, she stopped trying to change him and decided to break up with him and find herself another man who was more driven and goal oriented than him.

Of course the shock of losing her forced him to look at himself and what he had been doing with his life and he didn't like what he saw.

He realized she was right about him drifting through life without a purpose or direction, so he decided to change that right away.

So, he focused on quickly becoming a more emotionally mature man by getting a better job and also setting goals for his future and working towards achieving them.

He then concentrated on re-sparking her feelings of respect and attraction for him by using every interaction that he had with her (especially on the phone and in person), to show her that he had changed and was now more focused, driven and ambitious than before.

Initially, she was a bit nervous about giving him another chance, because she didn't fully believe he had changed, but when she saw for herself that he had already begun to accomplish some of his goals, she couldn't stop herself from feeling drawn to him again.

She then began to worry that she might be losing a great man.

So, when he invited her to meet up with him as friends she agreed.

At the meet up, he continued to build on her feelings of attraction for him and showing her that he has truly transformed himself into a new, more ambitious, forward moving man.

As a result, she couldn't resist him anymore.

They kissed, hooked up sexually and got back together again.

3 Mistakes to Avoid if You Want to Get Back Together With Your Ex Faster

As you may have realized by now, getting your ex back is actually easier than you might think.

When you give her the attraction experience she really wants, her defenses naturally come down and she becomes open to being your girl again.

However, if you continue to turn her off, getting her back becomes a lot more difficult.

So, if you want to get your ex back quickly, avoid making the following mistakes:

1. Asking for another chance before re-attracting her

[image: Asking for another chance before re-attracting her]

The fundamental rule to getting an ex back is: Attraction first and everything else after that.

Unfortunately, some guys aren't aware of that fact and make the mistake of asking for a relationship before they've fully reawakened their ex's feelings.

The guy is then left feeling hurt and bewildered when she says, *No.*

So, if you want your ex to give you another chance, you need to make sure that you reactivate her feelings of respect and sexual attraction for you first.

It's all about her feelings for you, rather than the other way around.

The next mistake to avoid is

2. Trying to get her to want the relationship by discussing all the good times and positive qualities of the relationship

When a woman has lost touch with her feelings of respect, attraction and love for a guy, being reminded how good things used to be between them and how happy they once were, will usually only highlight to her how bad things turned out in the end.

So, if you want to make your ex give you another chance, you have to actively make her have feelings for you based on who you are now.

Don't bother wasting time rehashing all the good times from the past.

How you make her feel right now and from now on is what really counts.

So, focus on that and get her back.

The next mistake to avoid is

3. Handing over all power and control to her

Sometimes a guy thinks that if he lets his ex call all the shots, she will perceive him as being a good guy who only cares about her feelings and will eventually give him another chance with her.

Yet, it doesn't work out that way.

In most cases, a woman wants to be with a man who is more emotionally masculine than her and who can take the lead in the ex back process, thus allowing her to relax into thinking, talking and behaving like a feminine woman around him.

If a woman gets the sense that her ex is too submissive and wimpy and afraid to assert his will with her, she isn't going to feel motivated to get back with him.

So, if you want to get your ex back, the first step you need to take is to stop allowing her to call the shots when it comes to getting her back.

Instead, you need to take the lead in the ex back process, reactivate her sexual and romantic feelings for you and make her want you, even more than you want her.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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Ex and I Have Agreed to Continue Texting as Friends

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 things you need to understand if you want her back for real, rather than just being a friend:

1. Understand that texting as friends is not the way to get an ex woman back

[image: Understand that texting as friends, is not the way to get an ex woman back]

Sometimes, when a woman agrees to continue texting her ex as friends, he might think something along the lines of, *“If she’s not cutting me off completely, it must be a good sign. Maybe, somewhere deep inside, she still has feelings for me and doesn’t want to be broken up after all. So, if I stick around and just text back and forth with her and I’m nice and don’t put pressure on her to give me another chance, she might eventually realize that she misses me. We can then get back together again and forget this ever happened.”*

Yet, that rarely (if ever) happens.

Instead, while a guy is being nice and friendly with his ex via text, she usually gets on with her life and moves on with someone else.

For example: She might

- Go to clubs, bars or parties and hook up with guys she meets there.
- Go on dates with guys that have been interested in her all along (e.g. at work or university, or that she’s met somewhere along the line).
- Join a dating site online or go on an app like Tinder where she can meet guys.

Then, one day she might text her ex something like, *“Hey, I wanted you to be the first to know! I’ve met a great guy and I’m in love! I hope you can be happy for me.”*

He’s then left feeling devastated and wondering what went wrong.

The answer is this: He believed that texting his ex as friends was the way to get her back.

Yet, in reality, it isn’t.

Why?

If a guy doesn’t actively spark a woman’s sexual and romantic feelings for him, she’s usually going to find someone else who will.

So, while he’s being nice and sweet and neutral towards her, he’s not making her feel sexually attracted to him.

As a result, she doesn’t see anything wrong with finding a new man.

After all, in her mind they’re just friends and his actions and behavior confirm that.

This is why, if your goal is to get back into a sexual and romantic relationship with your ex, then don’t make the mistake of texting her as a friend and assume that it will happen from there.

It won’t.

You have to spark some of her feelings of attraction for you first (e.g. by flirting with her, using ballsy humor) and then get her on a phone call with you.

On the phone call, she can more easily pick up on the attractive changes and improvements you've made to yourself since the break up (e.g. she can hear the confidence in your voice, notice that you seem to be turning her sarcasm or offishness into something you can both laugh about rather than feeling unsure of yourself).

She then becomes open to seeing you in person (which is what you want), so that you can fully reactivate her feelings for you and get her back.

By the way!

Make sure that when you meet up with her, you're fully prepared to re-attract her and get her back.

If you're not ready, you may end up turning her off by behaving in unattractive ways (e.g. being insecure, allowing her to have control over you, being too cautious around her, treating her in a neutral way).

She may then regret meeting up with you and say something along the lines of, *"I think this was a bad idea. I agreed to continue texting as friends, but this is too much for me. Let's just go back to texting and leave it at that. I just don't want anything more than that with you now."*

Then, getting her back becomes more difficult, because she closes herself off from you.

However, if you're prepared and ready to attract her (e.g. by being confident and believing in your attractiveness and value to her, being emotionally strong), she will automatically pick up on it via your body language, your attitude and behavior and the way you respond to her.

She then begins to feel surges of respect and attraction for you again.

When that happens, her guard comes down and getting back together becomes something that she's open to.

Another thing you need to get clear on if you want your ex back is!

2. Understand that it's so easy to turn an ex woman off via text

[image: Understand that it's so easy to turn an ex woman off via text]

Even when a woman says that she's open to texting her ex as a friend, it doesn't mean things can't go wrong.

In fact, the opposite is true.

When a woman can't see the expression on a guy's face, hear the tonality of his voice, or gauge his body language in person or on a phone call, everything he texts is open to her interpretation based on her current feelings for him.

For example: If a woman broke up with a guy because he was too insecure and lacked belief in himself and his value as a man, if he then texts something like, *"I hope I'm not disturbing you right now"* rather than assume he's being considerate of her, she will instead likely assume that he's feeling unsure of himself.

Alternatively, if she broke up with him because he was too indecisive and expected her to always lead the way in the relationship, if he then texts her something along the lines of, *"Let me know when it's okay with you for me to text you,"* rather than think he's being polite, she will almost certainly take it as a sign that he still wants her to make all the decisions and be the boss.

As a result, she feels even more turned off by him and happy with her decision to be broken up. This is why, even if your ex agreed to only text as friends from now on, itâs up to you to ignore that and get her on a phone call with you as soon as possible, so that she can experience the new you for herself.

When youâre on a call with her and you then say something like, *âI hope Iâm not disturbing you right nowâ* she will be able to determine by the tone of your voice whether it stems from a place of insecurity or politeness.

She wonât have to guess.

She will then naturally feel attracted to you, because she can sense that youâre being confident and assertive, while at the same time being a good guy.

She then becomes open to interacting with you more over the phone and seeing you in person, which makes it so much easier for you to get her back.

However, if you stick only to texting, eventually something you say will almost certainly be misinterpreted by her and then she may text something like, *âLook, I know I agreed to texting as friends, but Iâve changed my mind. I think it will be better for both of us if we just go our separate ways and try to move on.â*

Another thing you need to get clear on if you want your ex back isâ!

3. Understand that unless you re-attract her in person or on a phone call, it's pretty much over now

[image: Understand that unless you re-attract her in person or on a phone call, it's pretty much over now]

Regardless of how open and friendly your ex seems to be towards you via text, nothing definite will happen with her, until you re-attract her on a call and then in person.

You could get lucky if she doesn't find any new guys attractive and then eventually comes back to you.

Yet, in the 1,000s of ex back cases we've seen, what happens when a woman agrees to text her ex guy as friends, is that she simply moves on.

The guy listens to what she has said and actually texts her as a friend.

Meanwhile, she uses the time to secretly begin moving on with a new man behind his back.

Alternatively, she gets bored of waiting for him to realize that he can get her back if he re-attracts her on a call or in person, so she stops replying to hopefully get him to understand.

If that doesn't work, she starts moving on with a new guy.

Hereâs the thingâ!

Texting is just a bunch of words on a screen.

Itâs not real.

So, after a while of texting back and forth, a woman might begin to wonder why sheâs not important enough to you for you to bother picking up the phone to say hello to her in person.

She may then decide that sheâs better off without you in her life.

This is why, if you really want to be more than a friend to your ex, you need to be courageous enough

to get her on a phone call, or to a meet up with you.

From there, you need to reawaken her sexual and romantic feelings for you (e.g. by making her laugh and smile and feel good to be talking to you again, showing her via your attitude, behavior and actions that youâre a new and improved man, flirting with her and making her feel like a desirable woman in your presence) and get her back.

Donât stick to texting and hope that she will give you another chance.

Donât act like a nice, neutral friend and hope she will somehow feel attracted to you again.

Do things the right way and you will get her back.

Do things the wrong way (i.e. only text back and forth without getting to a phone call and then a meet up) and you will almost certainly lose her for real.

Another thing you need to get clear on if you want your ex back isâ!

4. Understand that if another guy comes along and makes her feel sexually attracted, her texts to you will most-likely stop

[image: Understand that if another guy comes along and makes her feel sexually attracted, her texts to you will most-likely stop]

Most guys assume that their ex woman will remain loyal or won't sleep with a new guy for weeks or months, especially if she has agreed to text as friends, or has said something like, *"I'm not interested in dating anyone else right now. I just want to be on my own."*

Yet regardless of what she has said to him, sheâs a single woman now and will naturally begin to open herself up meeting, hooking up and falling in love with new guys.

Then, if it happens (i.e. she kisses a new guy, they have sex, she really likes him and they start seeing each other), the chances of her wanting to continue texting as friends reduce to almost zero (e.g. her new guy might not like it that sheâs texting her ex) and you will probably stop hearing from her at that point.

This is why, if you donât want to be left behind, you need to start making her feel attracted and turned on when she interacts with you.

If you can spark her sexual and romantic feelings before some other guy does, it will be easy for you to get her back, or at least hook up with her again to see how you both feel afterwards.

On the other hand, if you wait for a sign from her to eventually let you know that sheâs open to getting back with you, donât be surprised if she tells you sheâs in a new relationship and would appreciate it if you would stop texting her.

By the wayâ!

Some of the ways you can re-attract her are by:

- Having the confidence to call her on the phone or meet up with her in person, rather than sticking to texting like a rejected, friend zoned ex.
- Believing in yourself and in your value to her, rather than doubting yourself and then making her feel turned off as a result.
- Making her smile and laugh and feel relaxed to be talking to you over the phone and hanging out with you again, rather than trying to get into heart-to-heart discussions about the

relationship and what you did wrong.

- Showing her that you've changed and improved in some of the ways that matter to her and gaining back her respect and attraction for you, rather than making the same mistakes and expecting her to accept that.
- Flirting with her to create a sexual spark between you, rather than "playing it safe" by just acting friendly, neutral or distant.

The more you awaken her feelings of respect and attraction for you, the more open she will become to giving you another chance.

Then even if she happens to meet another guy, it won't matter to her, because she has you.

Another thing you need to get clear on if you want your ex back is

5. Understand that some women say things like, "Let's stay in touch as friends" to make an ex man wait around while she moves on without him

[image: Understand that some women say, "Let's stay in touch as friends" to make an ex man wait around for her while she moves on without him]

Sometimes, a woman's ego can't stand the idea of her ex moving on before she does.

So, rather than cut off all contact with him and risk him meeting a new woman and moving on, she will instead agree to continue texting as friends.

In this way, she can give him a false sense of hope and keep him interested in her long enough for her to find a new man and move on first.

Then, while her ex is likely waiting around for her and thinking things like, *"Maybe if I give her some time to allow for things to calm down between us, we can work things out after all."*

In the meantime, she focuses on finding herself a replacement man.

If her ex then plucks up the courage to ask her if she wants to try and work things out with him, she will be able to say something like, *"No. I'm sorry if you got the wrong idea. I only agreed to texting as friends and nothing more. I'm not interested in getting back with you. I thought you knew that. Besides, I've met someone else, so maybe it's best if we stop texting each other and focus on living our separate lives. I wish you all the best. I'm sure you will find the right girl for you. Bye."*

He is then left feeling hurt, confused and wondering what went wrong.

He might then develop a fear of relationships and not only avoid trying to get his ex back, but avoid getting into relationships with other women as well.

So, don't let yourself get caught up in a situation like that.

Instead, simply take charge of the ex back process by using every interaction you have with her from now on as an opportunity to re-spark her sexual and romantic feelings for you.

The more you make her feel respect, attraction and love for you, the less likely it is that she will want to make you wait around for her while she moves on with someone else.

She instead begins to want you back herself.

You can then gently guide her back into a relationship that is better than ever before.

What to Avoid When Texting an Ex as Friends

You can use the agreement with your ex to text as friends to your advantage and get her back, or you let the opportunity slip through your hands and lose her to someone else.

The choice is yours.

However, if you decide that you want her back, make sure youâre avoiding the following mistakes:

1. Not knowing how to make her feel a sexual spark, so accepting the fate of just texting as friends

Sometimes a guy doesnât know how to go about creating a sexual spark between himself and his ex, so he gives up on the idea of getting her back and settles for just being her text buddy.

Donât let that happen to you.

Make sure that you begin re-attracting your ex right away.

For example: Some of the ways you can spark her feelings for you are byâ

- Making her laugh, smile and feel good to be interacting with you again.
- Being confident regardless of what she says or does (e.g. she pretends she has no feelings for you anymore, says that she doesnât want to get back with you again).
- Flirting with her to create some sexual tension between you, rather than just being too nice or neutral with her.
- Not giving her too much power over you and doing whatever she tells you to do and instead, letting her see that you are now even more masculine in the way you think, talk, behave and react when interacting with her.

This allows her to feel a renewed sense of respect and attraction for you and sheâll begin to see herself being your girl again.

So focus on that.

Another mistake to avoid isâ

2. Not improving your ability to re-attract her on a phone call or in person

A guy will often sit around thinking about his ex and how much he misses her and wants her back, but wonât take action to improve anything about himself while heâs waiting to start the ex back process.

Then, when he does interact with his ex on a phone call or in person, she notices that heâs still stuck at the same level he was at when they broke up, doesn't feel a spark and closes up again.

This is why, you need to make sure that you improve your ability to re-attract her.

You need to understand her real, more secret reasons for breaking up with you (e.g. your inability to make a decision without her approval or say-so, being unsure of yourself around her or in social situations, being unable to pass her simple confidence tests) and change those things about yourself.

Then, when you interact with her and she picks up the changes in your attitude, thinking, behavior

and the way you respond to her, she will automatically begin to feel respect for you again. When she respects you, she will naturally start to feel attracted to you again and then itâs becomes easy for her to reconnect with her feelings of love for you too. Another mistake to avoid isâ

3. Not taking charge of the ex back process

Some guys make the mistake of thinking that getting back together with an ex is all up to her. If she says that itâs okay, then the guy can go ahead and work at getting her back. However, if she says that sheâs not interested or only wants to be friends, then he has to accept that (even though he doesnât want to) and give up on the idea of being a couple with her again. Yet, hereâs what he doesnât understandâ

A man actually has a lot of control over the ex back process. If he takes the lead and focuses on making his ex woman have sexual and romantic feelings for him again, she will naturally begin to want him back for her own reasons (e.g. she worries that if she doesnât give him another chance she may end up regretting it later on, she feels attracted to him in new ways and wants to explore those feelings for him). He can then get her back much more easily because she is open to being seduced by him and seeing what happens. On the other hand, if a guy lets her lead in the ex back process, he may be waiting for a long time and then discover that sheâs moved on with someone else instead.

So, donât make the mistake of thinking itâs all up to your ex whether you get back together. If you want her back, you have to be bold and confident enough to take the lead and make it happen.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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She Promised That We'd Get Back Together, But Has Now Changed Her Mind

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

5 common reasons why a woman will do that:

1. She really meant it at the time, but then met a new guy and changed her mind

[image: She really meant it at the time, but then met a new guy and changed her mind]

There are many reasons why a woman will decide to break up with a man, other than that she no longer has feelings for him (e.g. she is getting pressured by family or friends to dump him because they feel that heâs not right for her, she has work or study commitments that she needs to focus on, she is really young and inexperienced and canât handle the stress of a mature relationship, sheâs moving away to a different city/state/country).

In cases like that, itâs not unusual for a woman to still have feelings for her guy, so she will likely say things like, *âI know this is difficult for both of us right now, but I promise we will get back together again one day.*â

Naturally, when a guy hears something like that, it gives him a sense of hope for the future, so he might then wait for her to come back to him and avoid moving on with his life in any way (e.g. he doesnât date other women and remains loyal to his ex).

This may go on for weeks, months and in some extreme cases, even years.

Essentially, he thinks that because heâs being faithful to his ex, she will be faithful to him.

Yet, it doesnât work that way.

Instead, if another man comes along and makes her feel attracted in new and exciting ways (e.g. he is more emotionally masculine and makes her feel like a sexy woman when sheâs with him while her ex made her feel more like a friend, heâs more emotionally independent while her ex was too needy and clingy, heâs more assertive and stands up to her when she creates drama while her ex was too submissive around her and allowed her to get away with bad behavior), she will almost certainly open herself up to him and forget about her promise to her ex.

Then, when her ex asks something like, *âHow much longer do you need before we can get back together?*â rather than give him the answer he wants (i.e. *âSoonâ* or *âLetâs do it nowâ*), she instead says something along the lines of, *âIâm sorry. I know I promised you that we would get back together again, but Iâve changed my mind. I really do care for you, but I think weâre better off just being friends. Thatâs just what I feel. I hope you understand.*â

He is then left feeling confused and probably even a bit annoyed at her for giving him mixed messages.

So, if your ex promised that you would get back together but has now changed her mind, she may have met a new guy recently who is making her feel more respect and attraction than you.

However, that doesnât mean that the new man is perfect and that you canât get her back.

In fact, when you make some attractive adjustments to the way you think, act and behave around her, you will be ready to properly re-attract her.

This is why, you need to first understand what aspects of the attraction experience were missing in your relationship with your ex and then change those things about yourself (e.g. become more confident and self-assured, more manly, less emotionally sensitive or closed off).

If you try to get her back by offering her the wrong things (e.g. she wants you to be more manly but you promise to let her make all the decisions in the ex back process), you're just going to push her even more into the new guy's arms.

You have to give her the kind of attraction experience that she really wants.

Additionally, if you are able to attract her in ways that her new guy can't (e.g. you make her laugh, whereas he's too serious, you are more supportive of her dreams and ambitions than he is), she will begin to have second thoughts about not getting back with you like she promised.

When that happens, she will open back up to you and you can then build on her feelings for you and get her back for real.

Another reason why a woman might do that is

2. She didn't ever mean it and was just trying to create distance between you and her, so she could have enough time to move on

[image: She didn't ever mean it and was just trying to create distance between you and her, so she could have enough time to move on]

Sometimes, a woman might worry that her man is too emotionally weak to cope with the idea of being broken up.

So, rather than risk him breaking down and crying, pleading and begging her to give him another chance or trying to convince her to change her mind (e.g. by bringing up the past, promising her that this time he really will change), she instead tries to buy some time so she can move on first, by promising him that they will get back together again one day.

However, in reality she has no intention of ever doing that and will likely even try to find herself a replacement man as quickly as possible.

In the meantime, her ex is left feeling hopeful and like things will eventually work out for them.

He may then give her a few weeks or months of space and hope that she follows through on her promise and comes back.

Yet, that never happens, because she's been using the time to fully disconnect from her feelings for him and move on.

This is why, if you want your ex to keep her promise to you, you can't just back off and wait for her to return to you when she feels ready.

Instead, you need to continue to interact with her every chance you get (e.g. via text, social media and most importantly over the phone and in person) and actively keep sparking her sexual and romantic feelings for you.

Of course that doesn't mean you should be clingy, needy or desperate about it and turn her off even more.

Instead, remain calm and focus on reactivating her feelings for you so that she changes her mind about wanting to move on.

For example: Some of the ways you can do that are byâ€¦!

- Making her smile and laugh and feel relaxed every time she interacts with you (especially over the phone and in person), rather than trying to get into discussions about when sheâ€™ll be ready to get back together again.
- Maintaining your confidence regardless of how many excuses she makes about it not being the right time to get back together yet.
- Flirting with her to create sexual tension between you, rather than just being nice, friendly, neutral or distant around her.
- Believing in yourself and in your value to her, rather than doubting yourself and then making her feel as though she has power over you.
- Being happy, confident and forward moving in your life, with or without her support, approval or attention, rather than sitting around waiting for her to give you another chance and making her feel turned off by your neediness as a result.

When you start making her feel sexually and romantically attracted to you again, moving on doesnâ€™t seem like such a good idea to her anymore.

As a result, her guard comes down and she opens herself up to getting back together again just like she promised you would.

Another reason why a woman might do that isâ€¦!

3. She meant it, but after thinking about it for a while, she has realized that it probably wouldn't work

[image: She meant it, but after thinking about it for a while, she has realized that it probably wouldn't work]

Sometimes, a woman might genuinely feel confident about the chances of her and her ex getting back together again when she breaks up with him.

For example: She might think to herself, â€œI know we have some problems right now, which is why itâ€™s best if we break up. However, if he makes some changes, we can work things out and give our relationship another chance.â€

However, as the days, or even weeks go by, she begins to change her mind.

Why?

She knows that her ex hasnâ€™t really changed (i.e. because she can pick it up in his actions, behavior, attitude and the way he responds to her).

So she realizes that getting back with him would not only be a waste of her time, she would also have to put herself through another break up, which she doesnâ€™t want.

This is why, itâ€™s very important that you show your ex that youâ€™ve started to transform yourself into a better man and take away any doubts she might still have about not being happy in a relationship with you this time around.

For example: Some of the changes she might want to see in you areâ€¦!

- Youâ€™re loving, caring and attentive towards her, but you donâ€™t let her push you around,

get away with bad behavior or be disrespectful towards you.

- You maintain your confidence when she tries to make you feel insecure by teasing you, throwing a tantrum or creating drama.
- You use humor to change her mood from angry, annoyed or sulky to happy and relaxed, rather than getting dragged into her fake drama and losing control of your emotions.
- You make her feel sexy and desirable, rather than making her feel friendly or neutral feelings when she's interacting with you.
- You believe in yourself and in your value to her and to other women, rather than feeling like she's out of your league, or like you could never attract another, quality woman.
- You're secure in your masculinity and take the lead in the relationship, rather being submissive and handing your power over to her.
- You understand that in order for a woman to want to stay with you for life, the attraction between you and her needs to be mutual, rather than you feeling attracted to her, but not doing anything to make her feel the same way about you.

The more she can see that you really have changed and improved in the ways that are important to her, the more likely it is that she will change her mind again (i.e. she will want to get back with you now).

As a result, she will open back up to you and you can then confidently guide her back into a relationship with you.

Another reason why a woman might do that is!

4. She didn't mean it and was trying to avoid hurting your feelings

In some cases, a man is a really good guy and a nice, supportive boyfriend.

He treats his woman well (e.g. spoils her with breakfast in bed, gives her foot massages after a hard day at work, buys her flowers from time to time) and doesn't really do anything wrong.

Yet, his woman just doesn't feel a spark with him (i.e. she's not sexually attracted to him).

So, because she can't come up with a valid reason to break up with him, she might just say something along the lines of, *"I need to take some time to figure out what I want in my life. It's not you though, it's me. I promise, once I sort myself out, we will get back together again."*

In this way, she can let him down gently, without hurting his feelings too much (i.e. because he will be expecting them to get back together again sometime in the future).

At the same time, she's likely hoping that he will give her the space she needs to move on and find another guy who does make her feel the way she wants to feel in a relationship (i.e. excited, sexually attracted, desirable).

So, if your ex promised that you would get back together but has now changed her mind, it could be because it was never her real intention.

Instead, she may have been using it as an excuse to get out of the relationship without you making a fuss about it.

Don't worry though.

If you want her back, all you need to do is relight the spark of attraction inside of her and when you do, she will start to feel drawn to you again.

So, make sure that every time you interact with her from now on (e.g. over the phone and especially when you see her in person), you actively spark her feelings of sexual attraction for you by making her feel sexy and desirable, rather than just being nice, polite, or neutral with her.

Some guys worry about doing that because they fear it might convince her even more to not give them another chance.

Yet, in almost all cases, the opposite is true.

It actually makes her want to change her mind and get back together again.

So, don't be afraid to build up the desire in her.

The more attracted you make her feel to you, the more she will want to keep her promise to you after all.

Another reason why a woman will promise to get back with her boyfriend, but then changed her mind later on is...

5. She wanted to keep you waiting around so she could move on before you

[image: She wanted to keep you waiting around, so she could move on before you]

Sometimes a woman will promise to get back together with her ex, just to keep him hanging around and prevent him from moving.

Meanwhile, she will be secretly flirting with new guys and finding herself a replacement man, so that she can move on before him.

Why?

Even if a woman seems very confident about herself and her attractiveness to her guy and to other men, deep down she might be feeling insecure about her ability to find a new man to hook up with, date and start a relationship with.

So, to improve her chances of moving on first, she promises to get back with her ex until she finds her next man and then conveniently changes her mind.

Here's the thing though!

You don't have to sit around and wait for your ex to come back to you.

In fact, if you move on before she does, it would hurt her and cause her to come running back to you.

She'd feel attracted to you for not being an emotional wreck because she left you and for getting yourself a new woman so easily.

She may then start to think things like, "I never realized it before, but I don't like the idea of him being with another woman. I don't know why, but it makes me miss him and want him back. All of a sudden the idea of losing him makes me feel scared. Hopefully it's not already too late to tell him that I've changed my mind about us getting back together again."

She might then text, call or even show up unexpectedly at your house or workplace to try and get you back.

It's then up to you to decide whether you want to stay with your new woman, or get back into a relationship with your ex, where she now feels so much more motivated to be a good, loving, devoted woman to you because she doesn't want to lose you again.

Avoid the Following 2 Problems to Get Her Back Easier and Faster

If your ex changed her mind once, she can easily change it again.

It all depends on your approach from this point onwards.

This is why, you need to prepare yourself first, by understanding the problems you might be faced with.

For exampleâ€¦!

1. Believing in a woman's promise that she made based on emotion

Emotions can and do change.

Promises from a woman that are based on a feeling in the moment are subject to change.

This applies to perfect relationships and dysfunctional relationships.

Women always do it.

The truth is, it doesn't matter what your ex promised you in the heat of the moment during your break up.

It's just how she felt then.

However, it's not how she feels now.

Yet, to get her back, what she feels now is what counts.

So, forget about everything up to now and focus instead on making her feel strong surges of sexual and romantic attraction for you every single time you interact with her.

The more intense her feelings of attraction for you become, the more she will want to get back with you again.

On the other hand, if you make her feel neutral feelings during interactions, or even turn her off, she's not going to care what she promised you before.

That's how it works.

The next problem that might slow your chances of getting your ex back isâ€¦!

2. Not knowing what parts of the attraction experience were missing, or not being willing to improve to match up to what she really wants

If you want to get your ex back for real, one of the most important steps you have to take is to understand her real, secret reasons for breaking up with you (e.g. you were too clingy and needy, you stopped being the confident man she fell for originally, you weren't assertive enough so she felt more emotionally dominant than you).

Then, when you interact with her again (e.g. on a phone call or in person), you can make her feel attracted in the ways she always wanted.

The mistake that a lot of guys make is to use old, outdated approaches to re-attract their ex, which only makes her realize that he has absolutely no idea what is attractive to a woman when in a relationship.

Alternatively, she realizes that heâs simply not interested in changing and improving and just expects her to accept him the way he was, seeing as she was the one who promised to come back to him.

Yet, it doesnât work that way.

If a woman doesnât feel that she will be gaining by getting back with you, sheâs not going to be motivated to give you another chance.

On the other hand, if she notices that youâre now at a level of understanding that surpasses most men out there, she will want to make good on her promise and get back together with you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Will a Gratitude Letter Make Your Ex Want You Back?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

No, but it can help bring down her guard if you approach it correctly.

Here are 5 tips to help you write an effective gratitude letter to your ex:

1. Keep it very brief. Less than 200 words

[image: Keep it very brief. Less than 200 words]

Sometimes, a guy will have a lot of things to be grateful to his ex about.

As a result, he might feel tempted to want to list them all in his letter to her, so that he can fully express his gratitude to her.

Yet, sending a long letter to a woman who has just broken up with you is usually not a good idea.

Why?

Firstly, when a woman breaks up with a guy, itâ€™s usually because she has disconnected from her feelings of respect, attraction and love for him.

So, when she then gets a letter from him and she sees that itâ€™s pages and pages long, rather than think something like, *â€œOh, how sweet. I canâ€™t wait to read it!â€* she more likely going to think, *â€œOh no! Why is he doing this to me? Does he really think I want to read this essay?*

Iâ€™m sure he means well, but I just donâ€™t have the time or the interest to read all this.â€

She will then likely just throw the letter away unread, or put it somewhere and forget about it, which will defeat the purpose of sending it to her in the first place (i.e. to thank her and in the process spark some of her feelings so she wants to see him in person again so that he can get her back).

Secondly, because sheâ€™s disconnected from her feelings for him, if he writes a long letter expressing his gratitude to her, sheâ€™s likely going to take it the wrong way (i.e. that heâ€™s being needy and emotionally wimpy at a time when she actually needs to see proof that heâ€™s an emotionally strong man instead) and sheâ€™s going to feel even more turned off.

Finally, even if she does have some feelings for him and decides to read the entire letter, the longer he goes on about how great she is, the more likely it becomes that she will start to resent him and think things like, *â€œIf Iâ€™m so great and he loves and appreciates me so much, why did he behave the way he did when we were together? Why does he only appreciate all my wonderful qualities and all the things I did for him now that weâ€™re no longer together? I know heâ€™s probably hoping that Iâ€™m going to be impressed by his letter of gratitude and give him another chance because of it, but it actually only makes me feel like he took me for granted in the relationship and heâ€™s now trying to make up for that by sucking up to me. Anyway, Iâ€™m glad he sent me this letter. Itâ€™s put all my doubts to rest and I now realize that I need to move on and find myself a new man who will appreciate me when heâ€™s got me, rather than after Iâ€™m gone.â€*

So, donâ€™t make the mistake of thinking that the longer your gratitude letter to your ex, the more open she will become to wanting you back.

Instead, keep it short and sweet and interesting enough (about 200 words is usually long enough to say what you need without going overboard) and make her drop her guard a bit.

When that happens, she feels like the polite thing for her to do is to text or call you to say *â€œThank You,â€* which is what you want.

You can then use the opening to begin reactivating her feelings of respect and attraction for you for again, so you can make her want you back.

Another tip to help you write an effective gratitude letter to your ex and make her want you back isâ€œ|

2. Don't go on and on about your feelings

[image: Don't go on and on about your feelings]

As difficult as it may be for you to accept this, the truth is, a woman only cares about a manâ€™s romantic feelings for her, if she has sexual and romantic feelings for him too.

So, if your ex is currently thinking about you in a negative way (e.g. sheâ€™s angry, annoyed, disappointed, resentful), then reading about how much you miss her, need her and how devastated you feel without her, is unlikely going to make her think things like, *â€œI never realized how much he cares for me. It really feels so good knowing that Iâ€™m so loved and wanted. Maybe I should give him another chance after all.â€*

Instead, sheâ€™s probably going to think something along the lines of, *â€œWell, he should have thought about how wonderful I am when he had me and been a better man to me then. Now itâ€™s too late and I donâ€™t care how he feels! In fact, I hope heâ€™s really suffering! He deserves it after the way he treated me.â€*

Remember: The only time your ex is going to care about your feelings, is when you make her have feelings for you again.

So, make sure that you focus on doing that (i.e. sparking her sexual and romantic feelings for you) when you write your gratitude letter to her, rather than discussing your feelings for her.

Itâ€™s all about her feelings for you.

Your feelings do matter to you, but at this moment, not to her.

In some cases, a woman will even feel annoyed with her ex for talking about his feelings for her and assume that heâ€™s just being a selfish, self-absorbed jerk.

Of course, thatâ€™s not how you want her to be feeling and thinking when she reads your letter.

So, make sure you understand that it canâ€™t all be about how much you miss her, still care for her, or how much you need her back in your life, because she simply wonâ€™t care about that.

What she cares about now is her feelings, not about how you feel and what you want.

So, your approach to getting her back needs to be about how you make her feel when she reads your gratitude letter (e.g. respectful, excited, attracted, happy to be hearing from you) and then when you talk to her on the phone or in person.

Another tip to help you write an effective gratitude letter to your ex and make her want you back isâ€œ|

3. Tell her that you accept the break up

[image: Tell her that you accept the break up]

One of the biggest mistakes that guys can make when writing a gratitude letter to an ex, is saying things like, *“I know you’ve made up your mind and I’m truly grateful to you for having been such an awesome girlfriend to me, but the truth is, I really can’t accept that we’re broken up. It feels like such a big mistake for us to not be together anymore. I honestly believe that you and I are meant to be together. Please let’s try and work things out.”*

However, although his intentions may be good, resisting what has already happened (i.e. the break up), only makes a woman feel defensive and like he’s trying to force her into something she no longer wants (i.e. a relationship with him).

She then closes herself off even more and that makes it so much more difficult for him to get her back, because she’ll now be refusing to talk to him over the phone or see him in person.

So, what should you do instead?

A good way to make her drop her guard and begin seeing you in a more positive light, is to actually accept the break up and show her that you’re not going to be one of those guys who can’t be happy and forward moving without his ex in his life.

For example: You can do that by saying something along the lines of, *“Hey Cassandra. Things didn’t go the way we had hoped and I’m sorry about that. I just want you to know that I completely accept the break up. Of course, I’m not saying I wouldn’t want to work things out with you, but I’m also not going to hold on to the past, or act like a desperate, crazy ex boyfriend and stalk you to try and get you back. Lol! We can now both move on and be happy, without any hard feelings. Love, Peter”*

By saying that to her, you’re letting her know that even though you do care for her, miss her and want her back, you don’t need her back to feel good about yourself and to have a good life.

This automatically makes her feel respect and attraction for you again, for being an emotionally strong, emotionally independent man.

As a result, her defenses come down and she becomes open to talking to you over the phone and seeing you in person to see how she feels.

Of course, when you do get her to meet up with you in person and then reignite her feelings for you, chances are high that she’s going to end up wanting to hug, kiss, have sex and get back together with you again.

Another tip to help you write an effective gratitude letter to your ex and make her want you back isâ

4. Add in some humor

[image: Add in some humor to the letter]

Almost nothing else breaks the ice and eases the tension inside of a person like a good laugh.

So, rather than focusing on being too serious or sentimental in your gratitude letter to your ex, consider using some humor to break down her defenses instead and make her more open to you.

Of course, that doesn’t mean you should write jokes or say silly things, or anything else like that.

Instead, while you’re thanking her for being a great person, you can then throw in a joke about something she used to do for you to make her feel good about herself.

For example: If you say something like, *“I know I never told you this before, but I really*

appreciate how you made my life so much easier, and you can then use some humor by adding something along the lines of, *I miss that about you. Like when I couldn't find my keys and you'd always know where they were, or when I didn't know how to use the washing machine properly and you showed me the on/off button* and then add a smiley face or an *Lol!* to let her know that you're just teasing her.

By using humor in that way and making your ex smile and laugh, it becomes a lot more difficult for her to continue thinking of you in a negative way.

Instead, she starts feeling respect and attraction for you again for having the confidence to joke around with her in that way, even though you're broken up.

As a result, her guard begins to slip down and she becomes more open to the idea of talking and interacting with you to see where things go from there.

The final tip to help you write an effective gratitude letter to your ex and make her want you back is!

5. Sign off with love

[image: Sign off with love]

Once you've said what you wanted to say to your ex, sign off by writing your name after *Love you.*

For example: If the guy's name is Tom, he should sign off as *Love you, Tom.*

This is a Neurolinguistic Programming technique of getting her to say that she loves you in her mind (i.e. she reads out, "Love You" followed by your name).

Her saying that in her mind, can begin to plant seeds of doubt about her negative feelings for you and makes her feel more open to interacting with you.

Then, when you follow up your letter with a phone call, there will likely be a little voice at the back of her mind telling her things like, *This is good. You want to talk to him, because you do love him.*

So, don't leave out this important step.

Quite often, a guy will be too afraid to sign off his gratitude letter with *love,* because he doesn't want to scare his ex off by showing her that he still has feelings for her.

In his mind he may be thinking things like, *If I sign off with love, she will realize that I still have strong feelings for her and she'll close herself off even more. Then, if she won't talk to me or see me in person, I won't be able to get her back.*

Alternatively, a guy might fear signing off his gratitude letter with love, because he doesn't want to give his ex power over him by letting her know that he still has feelings for her.

Basically, he's likely hoping that by sending her the letter and being grateful, it will be enough to prompt her to make the first move, without him having to reveal too much of his feelings to her to make it happen.

Yet, neither belief is true.

Firstly, if a guy pretends not to have feelings for his ex anymore, she's usually just going to move on, rather than chase after him.

At the same time, most women won't take the lead in the ex back process, regardless of whether a guy signs off with love or not.

Instead, she will usually wait to see if he has the balls to follow through with a phone call or a meet up.

So, don't be afraid to sign off with love, because women actually respect that kind of confident, non-needy honesty from a man.

She then automatically starts to feel surges of respect for you again, making it that much easier for you to fully reactivate her feelings and get her back.

Get the Result You Really Want From Your Gratitude Letter By Avoiding The Following 3 Mistakes

Now that you know what to put in your gratitude letter to your ex, here are 3 things you should avoid, if you want to successfully re-attract her and make her want you back:

1. Writing a monster sized letter or e-mail

As romantic as it may seem, writing a long letter to your ex that goes on and on about how great she is and how much she has meant to you, is usually just a waste of time.

Why?

If she's not attracted, she's not going to feel motivated to read it.

Additionally, she also feels annoyed that he's trying to suck up to her by saying sweet things that he hopes will trick her into thinking she wants him back.

Yet, she doesn't have feelings for him anymore, so it doesn't work.

Instead, she sees his letter as being a soppy, out of place, ineffective and as a desperate attempt to try to get her back.

As a result, she loses even more respect for him.

The next mistake to avoid is!

2. Talking in depth about how the break up has affected you emotionally

Being broken up with sucks and it's not unusual for a guy to feel sad and dejected because of it.

However, writing that in a letter to an ex woman and saying things like, *I feel so lost without you. I'm really struggling to cope with our break up. I haven't been able to eat or sleep since we split up,* is the worst thing a guy can do.

Why?

When a guy talks about how he can't cope, rather than make an ex woman feel pity for him, she instead usually feels turned off by his emotional weakness.

When she sees that he can't handle the challenges in his life (e.g. their break up) without her support, it makes her want to move on from him even more.

So, don't bother telling your ex how the break up has affected you emotionally in the hope that she will feel sorry for you and want to give you another chance and focus instead on re-sparking her

feelings of respect and attraction for you.

That's 100% more effective.

The next mistake to avoid is!

3. Expecting something unusual to happen by expressing gratitude for selfish reasons

It sounds like the opposite is true. When you express gratitude, it's for the other person, right?

Not necessarily.

If a guy is thanking a woman for everything she taught him and for waking him up, it's something that he has gained and benefited from, not her.

So, don't try to trick your ex into wanting you back by pretending that your letter of gratitude is all about her and that you don't have an ulterior motive for sending it.

Most women aren't stupid and can easily see through a guy's intentions.

If she senses that you're trying to act all innocent to trick her, she will perceive you as being selfish and immature and then focus on moving on without you.

Remember: The best way to make your ex want you back is by making her have strong sexual and romantic feelings for you again by talking to her on a phone call or in person.

So, focus on getting to that point and you will be amazed at how quickly you get her back for real.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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Ex Won't Tell Me Why We Broke Up

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are the 5 most common reasons why a woman will do that:

1. She doesn't want to give you clues on how to get her back

[image: She doesn't want to give you clues on how to get her back]

It's only natural that if a woman breaks up with her guy and he doesn't know why, he's going to want to know why.

He may even say things like, *"Please tell me why you're doing this? If I know what I did wrong, then I can change those things about myself and give you what you want. We can be happy together again, but that won't happen if you don't tell me why you're breaking up with me."*

In his mind, he likely believes that asking his woman for an explanation is normal.

He may even believe that she owes it to him to tell him why she's breaking up with him.

Yet, the majority of women don't see it that way.

Instead, a woman will usually avoid telling her guy exactly what her reasons for breaking up with him are and will simply expect him to either understand and change, or leave her alone and let her move on.

Why?

In most cases, by the time a woman gets to the point where she wants to break up with a guy, she's likely given him plenty of hints about what she wants him to change and improve about himself.

However, from her point of view, he has either ignored her, or he hasn't understood what she wants him to do and she's now tired of trying to make things work with him.

So, when he then asks something along the lines of, *"Please tell me why you broke up with me,"* rather than make her think, *"Okay, maybe if I spell things out for him he will finally change and improve and become the man I want him to be and we can then get back together again,"* she becomes even more closed off and uncooperative.

Here's why:

Most women don't want to be responsible for shaping a guy into the man that he needs to become.

If she has to tell him how to be the man she needs, she will lose even more respect for him because he's not his own man.

He is simply following her instructions, which then makes him come across as being emotionally weak and wimpy (characteristics that are naturally unattractive to women).

Additionally, at the back of her mind she knows that there are men out there who are aware of how to think, act and behave in a relationship with a woman without a woman's help or guidance.

So, she doesn't feel like it's fair that she has to settle for a guy who needs her help to be a better man.

She will then usually close herself off from her ex and focus on finding herself a ready-made man who can give her the attraction experience she really wants, rather than waste a lot of time trying to fix her ex so she can be with him.

This is why, if you've been asking your ex to tell you why she broke up with you, you need to stop right away.

Then you need to focus on figuring out her reasons without her help.

You can then quickly change and improve some of the things that are important to her.

Then, the next time you interact with her over the phone or in person, she will be able to pick up the changes in you (e.g. via the tonality of your voice, your body language, the way you respond to her) and she will know you're a new man.

When that happens, she naturally starts to feel surges of respect for you again for figuring things out on your own and becoming a better man.

When she respects you, she automatically begins to feel attracted to you too and with those two emotions in place, she becomes open to the idea of being your girl again.

On the other hand, if your main approach to getting her back is to continue asking her to explain why she broke up with you before you do anything else, she will likely cut you out of her life entirely (e.g. refuse to answer your texts/messages/phone calls) and move on with another man as quickly as possible.

Another possible reason why your ex won't tell you why she broke up with you is

2. She doesn't want to hear you promise to change the things she doesn't like and then feel obliged to give you another chance

[image: She doesn't want to hear you promise to change the things she doesn't like and then feel obliged to give you another chance]

Sometimes, if a woman tells a guy her reasons for breaking up with him, he will quickly begin making promises that he will change.

For example: Imagine a woman says to her ex something like, *"Okay, the truth is, I broke up with you because I feel really bored in the relationship with you. Even though we're still young and vibrant, we seem to be in a rut where we are acting like an old married couple. All we ever do is watch TV or go to the movies and hang out with our friends at the same coffee shops or restaurants and doing the same things week in and week out. I just can't take it anymore! I'd rather just be single and focus on enjoying my life on my own for while."*

Naturally, when her guy hears something like that, he will quickly try to convince her to change her mind by saying things like, *"Please baby, don't throw away what we have. I promise I will do whatever it takes to spice things up between us. I can do better. Just give me a chance to prove it to you."*

She will then feel forced to give him another chance, which she doesn't really want to do.

She wants to move on and find a new man who can give her the attraction experience she wants, rather than risk putting in all that effort with her ex and not getting what she wants, because he doesn't really know how to change and become the man she needs him to be.

For instance, her ex might begin taking her to more romantic dinners, or begin taking her to different

restaurants or coffee shops to vary things up between them.

Yet, in reality thatâs not the main thing that will stop her from feeling bored in the relationship with him.

Instead, she needs him to change at a deeper, more fundamental level (e.g. he stops treating her like a neutral friend and begins making her feel like a sexy, feminine woman around him, he stops letting her get away with bad behavior and stands up to her in a loving yet assertive way).

When she can see for herself that the changes are not superficial (i.e. a change of location or entertainment), but instead go to the core of her boredom, her defenses will automatically come down.

She then becomes open to working things out, because she can see that things truly will be different now.

Another possible reason why your ex wonât tell you why she broke up with you isâ!

3. She doesn't feel like she has to tell you

[image: She doesn't feel like she has to tell you]

In some cases, when a guy asks his ex to tell him why they broke up, she might actually feel annoyed by it and think something like, *âI donât owe him an explanation. Iâm my own woman and if I donât want to be in a relationship with him anymore, I donât have to.â*

Hereâs the thingâ!

In todayâs world, women are more confident and independent than they used to be in the past (i.e. where women were expected to stay in a relationship with a man regardless of how unhappy they felt).

As a result, a woman can now choose to break up with a guy if heâs not making her feel the way that she wants to feel in the relationship with him (e.g. loved, appreciated, attracted, excited).

Basically, if she starts to lose too much respect and attraction for the guy because of his actions and behavior (e.g. heâs too insecure and needy, he takes her for granted, he isnât manly enough so she feels like she has to lead in the relationship), she can choose to break up with him because she is an individual and is not his property.

She may then feel that itâs not necessary for her to give him a reason why.

Itâs her decision and he needs to respect that and accept it.

Of course, when youâre on the receiving end of such a decision, it definitely sucks not to know why your ex broke up with you.

However, rather than try to get an explanation from her and likely annoy her in the process, itâs better if you figure it out for yourself.

Then when you interact with her and she notices that youâre suddenly attracting her in new and exciting ways (e.g. youâre more confident and emotionally mature, youâre more ballsy in the way you respond to her, youâre more emotionally masculine in your approach thus making her feel more feminine around you), she wonât be able to resist wanting to talk to you and hang out with you more often.

You can then fully reactivate her feelings for you and get her back.

So, focus on that.

Another possible reason why your ex won't tell you why she broke up with you is

4. She is afraid to tell you the truth in case it hurts you

Sometimes, a woman just doesn't want to come across as being a bitch to her ex by saying something like, *"I don't love you anymore. It's over."*

So, rather than say things that might be hurtful to him and make him feel bad, she simply avoids giving him a reason for breaking up with him.

Instead, she might just say something along the lines of, *"Look, I just don't really know what I want in my life anymore, so until I figure things out, I think it would be better if we took a break from each other for a while. Maybe some time in the future we can get back together again, but for now I need some space to sort myself out. I hope you understand."*

Alternatively, she might not give him any reason at all and just leave him wondering what he did wrong.

This is why, if your ex didn't give you a reason for breaking up, it may be because she didn't want to hurt you by telling you that something about your actions and behavior were turning her off.

The good news though, is that if you figure out where you went wrong, you can quickly change and improve yourself in some of the ways that are important to her.

Then, when you interact with her over the phone or in person and she picks up on the changes in you, she won't be able to stop herself from feeling a renewed sense of respect and attraction for you again.

When that happens, her walls begin to crumble and she begins thinking things like, *"He's so different all of a sudden. Maybe we can work things out after all."*

Then, getting back together again becomes something she wants too, rather than you wanting it and her looking for excuses to push you away without hurting your feelings.

By the way

Here are some examples of the type of things that women find difficult to admit are unattractive in a man to help you understand what you might have done wrong...

He was too needy and clingy (e.g. he didn't have any interests, hobbies, friends or goals in life independent of her, he didn't like it when she went out with her friends without him, he constantly asked her if she still loves him), so she ended up feeling responsible for his emotional well-being, which she doesn't want.

The sex became dull and boring, causing her to stop feeling like a sexy, desirable woman with him. She began feeling more neutral around him and like they were friends, rather than a couple.

He wasn't manly enough in the relationship with her, so she felt like she had to lead and be the man in the relationship. This made her feel more emotionally dominant than him which eroded her feelings of respect and attraction for him over time.

He was too emotionally sensitive and used to respond to stressful situations in his life like a child (e.g. threw a tantrum, cried, blamed other people for his problems).

When you fully understand where you went wrong with your ex, you can then change the things she really wants you to change, re-attract her and get her back.

Another possible reason why your ex won't tell you why she broke up with you is

5. She's afraid to tell you the truth in case it makes you angry

[image: She's afraid to tell you the truth in case it makes you angry]

Sometimes, a woman will get into a relationship with a man that she's not fully attracted to, simply because he's a good man.

Secretly, she may be hoping that her barely-there feelings for him will grow over time.

So, if he fails to create a relationship dynamic that causes her to fall in love with him, want to treat him well and be a good woman to him, she will eventually begin to lose interest.

If she then happens to meet another man who makes her feel strong surges of sexual attraction for him, she might not be able to resist the urge to cheat on her man with him.

Of course, this doesn't necessarily mean that she's a bad person that can't be trusted.

She may be an untrustworthy woman, but she could also mean that she simply wasn't getting the attraction experience she wanted from her man, so she ended up turning to someone else to fulfill her sexual and emotional needs.

Yet, rather than hurting her guy by telling him that she cheated on him, she just decides to break up with him without giving him her reasons.

So, if you continue asking your ex to give her a reason why she broke up with you, make sure you can handle whatever reason she gives you — even that she cheated on you.

It's then up to you to decide if you're willing to get back together again with her and put in the effort to make the relationship work (i.e. by creating a relationship dynamic that causes her to want to be a faithful, loving woman to you), or to walk away and find yourself another, more attractive and loyal woman than her.

3 Mistakes That Slow the Ex Back Process Down

You don't need your ex to tell you why she broke up with you to convince her to give you another chance.

What you do need, is to re-attract her by saying and doing the sort of things that are naturally attractive to women and make her feel like, if she doesn't give you another chance, she will end up regretting it for the rest of her life.

This is why, it's important that you avoid making the following mistakes that turn women off:

1. Writing her a long letter to express how you feel about her being so cold

Although it's only natural for a guy to feel frustrated and even hurt to be broken up with without knowing the reason why, sending his ex a letter saying things like, *"I can't believe you can be so cold and unemotional after everything we shared together. Don't you even care for me a little bit? How can you leave me hanging like this without an explanation and expect me to be okay? I loved you and I still do and not knowing what I did wrong is driving me crazy! How can you not give a damn?"*

Secretly, he's likely hoping that if he makes her feel sorry for him, not only will she tell him why

she broke up with him, but she will also want to give him another chance.

Yet, thatâs practically the last thing that will happen.

Why?

Emotional sensitivity and helplessness are sexually unattractive traits in a man.

So, when a guy is being vulnerable and seems unable to cope with a challenging situation in life (e.g. his ex not telling him why she broke up with him), a woman feels turned off by what she perceives as his wimpy, emotionally weak behavior.

Then, rather than make her stop being so cold towards him and want him back, it makes her lose even more respect and attraction for him than ever before.

Another mistake to avoid isâ

2. Asking her if she ever truly loved you, or if the relationship was just fake

It might feel that way to you right now, but asking your ex if she ever loved you or if she was only with you until something better came along, is the fastest way to annoy her and possibly even make her say, *âI donât know if I loved you,â* just to get under your skin.

Hereâs whyâ

Women are instinctively turned off by men who need a woman to reassure them of their love or devotion, in order for him to feel like heâs good enough for her.

So when a man doubts himself and his attractiveness and value to a woman and has to ask her if her love for him was real, she loses respect and attraction for him.

So, donât put yourself in that position.

Just believe in yourself and know that regardless of what happened, she really did love you.

When you believe in yourself in that way, you naturally project an air of self-confidence that is attractive to your ex and other women.

It then becomes easier for you to re-attract her and get her back.

Another mistake to avoid isâ

3. Not realizing that his approach to attraction was most likely the main reason why

In most cases where a woman wonât tell a guy why they broke up, itâs because she doesnât want to tell him that he wasnât able to make her feel attracted in the ways that she wanted.

Some examples areâ

- He was always being really nice, when she wanted him to be a bit more ballsy.
- He kept giving her too much power, when she wanted him to take control and be the man.
- He treated her too much like a she was angelic and pure, when she wanted him to treat her like a hot, sexy woman that he couldnât keep his hands off.
- He gave up everything else in his life (e.g. his goals, dreams, friends, hobbies, interests) to devote all his time to her, when she wanted him to be more emotionally independent and not smother her so much.

Is it possible that you may have failed to notice that your approach was turning your ex off?

If so, don't worry about it.

As long you've realized your mistake, you can easily change and improve and give your ex the attraction experience that she really wants.

The more you do that, the more her defenses will come down.

She then becomes open to spending more time with you.

You can then fully reawaken her sexual and romantic feelings for you, get her back and enjoy a new and improved relationship with her.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How a Man Deals With a Break Up Compared to a Woman

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

It depends on the man, how much he loves the woman and if he is emotionally strong enough to deal with the break up properly.

Here are common 5 examples of how a man will deal with a break up:

1. A man accepts it, gives her some space for a week and then gets her back

[image: A man accepts it, gives her a week of space and then gets her back]

One of the best ways for a guy to deal with a break up, is to get his ex back by reversing the break up. This doesn't mean that he runs after her in a desperate, needy way and begs and pleads with her until he wears her down and she agrees to give him another chance, only for her to break up with him a few days or weeks later when she realizes that nothing has changed.

Instead, it's about him being emotionally mature in his approach to the ex back process and doing what needs to be done to, not only re-attract his ex, but also to become a better man in the process.

A guy like that will firstly avoid causing a scene when the break up happens.

Instead, he remains calm and emotionally strong and says something along the lines of, *â€œAlthough I do still care for you and would have preferred that we try to work things out, I accept your decision to break up. I promise I won't pressure you into doing anything you don't want. We can just be friends from now on, okay?â€*

By saying that to her, he immediately sparks some of her feelings of respect for him again, because he's being so emotionally strong and mature about the break up.

He then gives her a week of space where he doesn't contact her at all (i.e. no texting, messaging her on social media or calling her on the phone).

This gives her time to calm down and begin to miss him.

Of course, he then doesn't waste that week by sitting around moping and thinking negative thoughts like, *â€œI miss her so much! This is so unbearable. I just can't function without her in my life.â€*

Instead, he uses the time wisely, to quickly prepare himself to re-attract her when he finally interacts with her again (i.e. in a week's time).

For example: Some of the ways he might prepare himself are:

He gets control of his emotions so that he doesn't do anything stupid that could compromise his chances of getting his ex back (e.g. drunk text or call her in the middle of the night and tell her how much he still loves her, promise her that he will do anything she wants for another chance with her). He realizes that although she misses her and wants her back, he doesn't need her to feel good about himself and to be able to live a happy and successful life.

He comes up with a clear list of reasons why she broke up with him (e.g. he wasn't manly enough for her, he had become too jealous and possessive, he took her for granted, he wasn't supportive enough of her goals and dreams, he didn't make her feel attractive and desirable anymore).

He starts working on improving those things about himself.

He begins leaning on how to re-attract her in new and exciting ways.

Then after giving her a week of space, he calls her on the phone to say hello.

Of course, like most typical women, she pretends not to be happy to hear from him and says something like, *“Why are you calling me? What do you want?”* to see how he will respond.

However, rather than get upset and feel unsure of himself, he uses humor to break down her defenses and make her open up to talking to him.

He makes her laugh and smile and she begins to feel really happy to be talking to him again.

He also flirts with her to create sexual tension between them and make her open up to wanting to see him in person again.

When he senses that she's feelings sparks of respect and attraction for him again, he suggests they meet up in person as friends.

At the meet up, she notices by way of his attitude, body language, behavior and the way he responds to her, that he's a completely different man to the one she broke up with.

This causes her to feel rushes of respect and attraction for him again.

At the same time, he continues to build the sexual tension between them.

Then, when the time is right and he senses that his ex is feeling attracted to him (e.g. because she keeps licking her lips, she touches him on the arm or leg, she plays with her hair or throat), he leans in and gives her a hug and then progresses to giving her a kiss.

They then go back to his place, hook up sexually and decide to get back together again.

Another example isâ€¦

2. A man breaks down emotionally, cries and starts begging for another chance

[image: A man breaks down emotionally, cries and starts begging for another chance]

Sometimes, a guy isn't emotionally strong enough to stay in control of his emotions after a break up.

As a result, he panics and begins crying, begging and pleading with his ex to change her mind, by saying things like, *“Please baby! Don't do this to me! You know that you mean everything to me and that I wouldn't be able to live without you. I know that I stuffed up, but I will do anything to make it up to you. Please don't walk away from what we had together. I beg you! All I'm asking is for one more chance to make things right again. Please!”*

Yet, rather than make his ex think, *“Wow, I never realized it, but his feelings for me are really deep. No other guy would beg and cry this way, so this must mean he really loves me. I'm definitely going to give him another chance now, because I will never find another man who is as devoted to me as him,”* she instead pulls away from him even more.

Why?

A woman's attraction to a guy is based mostly on his ability to make her feel like she can look up to him and respect him as a man.

So, when he starts begging, crying and being emotionally weak and needy, he actually makes her feel even less respect, attraction and admiration for him as a man, than she already does.

Heâ□□s turning her off further, when what he should be doing is quickly re-sparking her feelings of respect and attraction for him again, so she naturally becomes unsure about her decision to break up with him.

As a result, she feels certain that heâ□□s not the man she wants to be with and he ends up losing her for real.

This is why, if you want to get your ex back, make sure that you donâ□□t deal with the break up in this way (i.e. cry, beg and plead).

However, if you have already lost control of your emotions in this way, it doesnâ□□t mean you canâ□□t turn things around and get her back.

As long as you have learned from your mistake, you can hold your head up high, knowing that youâ□□ve become and are currently becoming a better man because of what happened.

Youâ□□re no longer the same man who broke down and cried and begged her to change her mind and youâ□□re also not the same guy that she broke up with.

You are a better man now.

So, donâ□□t worry about how you behaved in the past (e.g. cried, begged and pleaded).

Itâ□□s what you do from this moment onwards that counts.

So, from now on, focus only on making your ex feel strong sparks of respect and attraction for the new you during interactions (e.g. by being confident and self-assured, making her laugh, smile and feel good to be around you, staying emotionally strong even when she is being cold and unfriendly towards you) and watch how easily she changes her mind about being broken up.

Another example isâ□□|

3. A man accepts the break up, but spends years trying to get over her and move on

[image: A man accepts the break up, but then spends years trying to get over her]

Another way that some guys deal with a break up is to accept it and then try to move on.

A guy like that might think something along the lines of, *â□□I donâ□□t really have a choice about this. If she doesnâ□□t want to be with me anymore, I canâ□□t exactly force her. I have to accept it and move on, even though I donâ□□t want to.â□□*

He then spends months and even years trying to get over her.

For example: He mightâ□□|

- Go out drinking and partying with his single friends and pretend that heâ□□s enjoying the single life again.
- Hook up sexually with lots of random women.
- Join dating sites or use dating apps to meet new women.
- Accept blind dates from well-meaning friends.

Yet, no matter how much he tries to forget about his ex, at the back of his mind heâ□□s usually thinking things like, *â□□Iâ□□m just not happy. No matter how many women Iâ□□ve been with since my break up with my ex, I canâ□□t seem to find a girl that compares to her. She was my ideal woman and I let her get away and I donâ□□t believe I can ever feel satisfied in a relationship with*

another woman. Maybe Iâ€™m just destined to live my life alone.â€™

He might then close himself off and stop dating other women altogether and end up living a sad and lonely life.

Alternatively, he might decide to â€˜settleâ€™ for a woman that heâ€™s not really attracted to or in love with, in the hope that she will never leave him and he wonâ€™t have to experience the pain he felt with his ex ever again.

He then either ends up feeling resentful and bitter, or is shocked when she actually does leave him, because heâ€™s not being a confident, emotionally masculine man that women are naturally attracted to and want to be with.

So, donâ€™t let this happen to you.

If you decide to accept the break up with your ex and move on, make sure that itâ€™s because you want to, not because you feel that you have to, based on her feelings at the time of the break up.

Remember: Just because sheâ€™s saying that sheâ€™s over you, it doesnâ€™t mean she will continue to feel that way a week from now when you re-attract her and make her feel strong surges of respect and sexual attraction for you again.

So, donâ€™t walk away if what you really want is to get your ex back and then find yourself wasting years of your life wanting her back.

Get her back now.

You really can!

Another example isâ€¦!

4. A man loses a lot of confidence in himself as a result of the break up and then is unable to attract a quality woman

[image: A man loses a lot of confidence in himself as a result of the break up and is then unable to attract a quality woman]

Sometimes, a guy allows the pain of a break up to destroy his confidence.

He might then begin thinking things like, *â€™Iâ€™m such a loser! If I couldnâ€™t even hold on to my ex who said she loved me, what chance do I have of ever attracting another woman who doesnâ€™t even know me?â€™*

If he then happens to go out and interacts with other women, they immediately pick up on his feelings of unworthiness (i.e. itâ€™s in the tonality of his voice, his body language, the way he seems so hesitant and unsure of himself around them and how he fails their confidence tests) and feel turned off by him.

He then gets rejected, which only validates his negative thoughts about himself.

Yet, hereâ€™s what a guy like that doesnâ€™t realizeâ€¦!

A woman likes the idea of being with a confident, emotionally strong man who believes in himself and in his value to her.

So, when a guy is being insecure and doesnâ€™t believe that heâ€™s good enough for her, it does nothing to spark her feelings for him and make her want to talk to him, have sex with him, date him or be in a relationship with him.

This is true whether a woman is someone heâs met for the first time, is in a relationship with, or is an ex.

His confidence is what attracts her and his insecurity is what turns her off.

Of course, there are women out there who prefer to be with a man who doesnât believe in himself (e.g. unattractive women, women who like to dominate guys when in a relationship) and eventually, he might find one of those.

He then ends up in a miserable relationship with a woman he doesnât really feel attracted to or want, because thatâs the best he believes he can do.

Yet, all it takes is for him to start believing in himself again and not only will he be able to attract better quality women, he can also get his ex back if he wants to.

He just has to believe that he is good enough.

Another example isâ

5. A man walks away, hooks up with new women and gets on with his life

[image: A man walks away, hooks up with new women and gets on with his life]

For some guys, a break up is a break up.

It happens, but itâs not the end of the world.

A man like that usually knows that he can have pretty much any woman he wants (i.e. because he is confident in himself and in his value to women).

So, rather than let the break up bring him down, he just moves on to the next woman and the next relationship.

He will then just enjoy having sex and hanging out with her, until she breaks up with him, or the novelty of the relationship wears off and he becomes bored, or meets another woman that catches his eye and he decides to move on instead.

Either way, he doesnât waste any time moping about and feeling sorry for himself.

He also doesnât give his ex a second thought, because heâs too busy moving on, meeting new women, having sex and enjoying his life without her.

Which Man Are You?

Based on the examples mentioned above, the question you need to ask yourself is, how do you intend to deal with your break up?

- Are you going to be the man who does what needs to be done to get your ex back as quickly as possible?
- Are you going to be the man who falls apart emotionally and then begs or pleads with her for another chance, therefore making her feel even more turned off by you than she already is?
- Are you going to be the man who wastes years of his life wishing he had had the courage to get her back when he had the chance?
- Are you the man who will lose confidence around other women, based on your inability to keep a woman interested and therefore, end up turning off quality women and only being able to

attract women that you don't really want?

- Are you going to be the man who moves on by sleeping with new women?

The choice is yours.

However, if you do decide that you want to be the man who gets his ex back into a relationship that is even better than before, you need to make sure that you approach the ex back process in the correct way.

If you don't, you could turn your ex off even more and make getting her back more difficult for you.

This is why, you need to avoid making these 3 mistakes:

1. Wanting her back, but not doing anything about it

If you know that you want your ex back, don't waste time thinking things like, *"What if she doesn't want to talk to me? Maybe I should just give her a few weeks of space to allow for things to calm down between us and then maybe I'll try and get in touch with her and see what happens. I just don't want to come on too strong right now and make her close up even more."*

The truth is, the longer you take to start the ex back process, the more time you're giving your ex to move on and potentially meet, have sex with and start dating someone else.

Even if your ex still has feelings for you and is actually hoping you will try to get her back, if she notices that you're not making a move, she's likely going to assume that you're not interested in her anymore.

She will then force herself to get over you and move on.

Don't let that happen to you.

If you want your ex back, there is no better time to make it happen than right now.

So, get her on a phone call or to a meet up with you, re-attract her and get her back.

Another mistake to avoid is

2. Sending her a text to see if she is interested and then giving up if her reply suggests she isn't

Sometimes, a guy reaches out to his ex via text, only to feel disappointed when she doesn't reply. He then just assumes that she's moved on and gives up on getting her back.

Yet, here's the thing!

She might actually be interested, but not wanting to show that too obviously via text.

So, if you happen to text your ex and she doesn't respond or she doesn't seem too interested, don't give up.

Instead, get her on a phone call where you can make her laugh and smile and feel good to be talking to you and show her (via the tonality of your voice and the way you interact with her) that you're a new man.

Then, once you've sparked some of her feelings for you, her defenses come down and she opens back up to meeting up with you in person to see where things go from there.

However, if you give up at the first sign of resistance from her, you may lose out on the opportunity of getting her back.

Another mistake to avoid isâ€¦

3. Remaining stuck at the level you were at when she broke up with you

A guy will sometimes waste a lot of time sitting around missing his ex and wanting her back, rather than actually getting to the bottom of why she broke up with him in the first place.

If he then happens to contact her to try and get her back and she notices that nothing about him has changed or improved, he makes it easy for her to permanently walk away because heâ€™s the same guy as before.

Heâ€™s stuck at the same level that he was at when she broke up with him (e.g. heâ€™s still not ballsy enough to stand up for himself when she is talking down to him, he still feels insecure and like sheâ€™s too good for him, he still treats her more like a friend than a desirable woman, he still looks at her as being the main purpose of his life, rather than being a man who is happy and moving forward with or without her).

As a result, she loses even more respect and attraction for him and feels like sheâ€™s better off without him in her life.

He then can't get her back, or attract or keep other women of her quality and caliber.

So, if you want to get your girl back, don't stay stuck at the same level you were before.

Learn from your past mistakes.

Quickly improve your ability to attract her and make her feel respect, attraction and love for you again.

Then, contact her and show her that youâ€™re a new and improved man (e.g. more confident, more emotionally masculine, more charismatic, more exciting).

When she can see that you really are at a different level as a man now, the idea of giving you another chance starts to feel like something sheâ€™s willing to do.

You can then guide her back into a relationship with you and enjoy the good times ahead.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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My Girlfriend Broke Up With Me Because I Smoked Too Much Weed

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are the 5 most common reasons why a woman break up with her boyfriend due to his use of pot:

1. She doesn't like how it affects your ambition and progress as a man

Sometimes, smoking weed can make a man feel so relaxed and laid back, that he ends up not caring very much about progressing through the levels of life like other men.

For example: He doesn't set big goals for himself and work towards achieving them, doesn't make headway in his chosen career, doesn't have any plans for his and his woman's future together.

Alternatively, he does have big goals, but in reality, they are really just big dreams that he talks about, but never achieves.

In other words, he's a dreamer, rather than a doer.

[image: She doesn't like how it affects your ambition and progress as a man]

Alternatively, he does try hard to make progress in life, but due to being high most of the time, his output is dull and doesn't end up being good enough to make him succeed.

So, even though he might feel like everything is going along fine in his life and relationship, his woman will be wondering things like, *â€œIs this it? We're stuck in a rut and not making much progress in life and all he wants to do is smoke weed. I see the boyfriends or husbands of my girlfriend or family who have goals and dreams and they're making a lot of progress. Yet, we're not. It makes me feel embarrassed around them that my life has turned out like this. I'm always making excuses for him and saying that he's going to change and improve, or that he's going to get off his butt and succeed at what he's being trying to do, but deep down I know that it's probably a lost cause. I thought him smoking weed was just a passing phase and that he'd eventually get over it, but he's just gotten worse.â€*

If she then gets to the point where she doesn't feel confident that things will change, she may decide to just break up with him and try find herself a man who is moving through the levels in life, so she can feel safe about a future with him.

How about you?

Have you remained stuck in your a comfort zone in life and stopped making a lot of progress?

Alternatively, have you been trying to make progress, but you haven't really been succeeding?

Is it possible that if you were more clearheaded, you would be sharper and be much more likely to succeed?

Have you been relying on pot a little too much?

The thing is, there's nothing wrong with smoking pot.

Yet, if it gets in the way of your life and relationships, it then becomes a problem.

It's the same with drinking, playing video games, jerking off to porn, overeating, etc.

Thereâs nothing wrong with any of those things, but if you do it excessively, it begins to negatively affect your life and relationships.

So, if youâve gone too far with pot by smoking it too often, donât worry about it.

Youâre not a villain for doing that.

Yes, you made a mistake, but now you know better and you can easily change and improve and show your ex that youâve become the kind of man she can feel proud to come back to.

A good way of doing that is by moving forward in your life without her.

Now is the time to go ahead and make progress towards fulfilling your goals, dreams and ambitions in life.

For example:

- If you have a big dream in life that youâve neglected because of your weed smoking habits, now is the time to pick up where you left off and make things happen.
- If you have been trying to succeed in life, but the overuse of weed has clouded your efforts and gotten you crappy results, then you now have an opportunity to cut back on pot and start making progress.
- If youâre not sure what you should be aiming for in life, ask yourself, *âWhat is my biggest dream, goal or ambition? What do I wish I could do with my life? What do I want to achieve, be or become? What is the most challenging, but meaningful thing that I want to work on for my entire life?â*
- If youâve been stuck in a dead-end job, start looking for ways to improve that (e.g. find another, better job, apply for a promotion, go back to university and improve your qualifications so that you can advance in your chosen career, take a nighttime course to improve your skills in a particular area, so you can then get a better job).

The world really is your oyster and you can choose to do whatever you want and be whoever you want in this life.

If you just want to smoke weed and run the risk of letting relationships pass you by, then go ahead and do that.

Yet, if you want to have the best of both worlds where you can smoke occasionally, have a successful relationship and a successful life, then try to do things in moderation from now on.

Eventually, you might find that you only smoke once every month and then once every few months and then only on special occasions.

Itâs up to you.

Yet, one thing is for sureâ!

When you begin to move forward in life and get to the point where you have big goals, dreams and ambitions, not only will you become a better man as a result, you will suddenly become more attractive to your ex as well.

Why?

You become the kind of man she can look up to, respect, feel attracted to and feel proud to come back to.

A woman naturally loves and feels attracted to a man who knows who is and what he wants in life.

So, when your ex sees that you're no longer wasting your life and are actually leveling up as a man, she will naturally begin to look at you with different eyes.

She may also start to feel worried about losing out on being with the new and improved version of you, which then makes her drop her guard and open herself up to interacting with you more.

From there, you just need to reawaken her feelings of respect and attraction for you, so she finds herself doubting her decision to break up with you.

It then becomes easy for you to get her back into a relationship that is stronger and better than before.

Another reason why a woman will break up with you because you smoke too much weed is

2. She is bored of how chill your life seems to be

[image: She is bored of how chill your life seems to be]

Not all women like to be in a relationship with a guy who is always busy, likes going out partying or doing things (e.g. traveling, volunteering, participating in sports/political campaigns/neighborhood watches) and who is an overly active extrovert.

In fact, some women enjoy a more mellow lifestyle where her and her man can just relax and take things easy together (e.g. take walks on the beach or in the park, watch movies, go to museums, stay at home and just hang out).

So, if a guy smokes weed and is quite mellow, it will appeal to certain types of women.

However, over time, his overly laid back approach can begin to feel boring to her and she may begin thinking things like, *"Life with him is so boring. I want some action in my life every now and then. Not all the time, but sometimes it would be nice to do something exciting like go to a club and dance the night away, or go on an adventure holiday, or take up a new hobby together. Anything that's different and a bit more exciting than our hum-drum lifestyle. I liked it initially, but it's getting stale. All he really does is get high and chill. If I don't get high with him, we're on a completely different level. I want to do things and he doesn't. He just wants to get high and chill."*

If he also allows smoking weed to negatively affect their sexual and emotional connection (i.e. because he's too stoned to talk or too tired to have sex and they end up being more like friends or roommates than lovers), she may start questioning why she's bothering to stay with him.

Some women will put up with that kind of relationship for years, but it will rarely last because the foundation of the relationship (i.e. lack of connection, lack of sex, lack of progress in life) is just too weak to justify sticking around for life.

Of course, if a woman breaks up with a guy like that, it doesn't always mean that all of her feelings for him are completely gone.

In many cases, the woman still cares for her ex and thinks of him as a good guy.

It's just that she doesn't feel enough of a spark with him to justify staying in a relationship with him.

Fortunately though, it's pretty easy for him to begin changing how she feels and get her back.

For example: If a guy got broken up with by his girlfriend because there wasn't enough of a spark, he can make her feel sparks for him when they chat on the phone.

He can add in some flirting and build up sexual tension, so she naturally begins to feel attracted to

him.

Suddenly, she stops feeling like they are just friends and begins to feel attracted to him in a sexual and romantic way.

As a result, she begins to see him in a new light.

Then, the idea of getting back with him starts to appeal to her once again.

Another reason why a girlfriend will end a relationship because you smoke too much weed isâ€¦

3. She can see that it's more of an addiction than you realize

[image: She can see that it's more of an addiction than you realize]

In some cases, a woman will clearly see that her guy is more affected by his weed smoking habits than he realizes.

For example: He mightâ€¦

- Be forgetful and unreliable.
- Break his promises to her because he can't be bothered following through on what he said he'd do.
- Be too stoned to fix problems in the house (e.g. leaking tap, broken toilet).
- Have problems concentrating at work or while driving.
- Make poor decisions and may put himself (and her) into potentially dangerous situations.
- Sometimes experience fear, anxiety or delusions in situations where other guys would be completely calm and at ease.
- Feel paranoid and distrustful of other people.

If she notices that, she might begin to nag and complain to her boyfriend in the hopes that he will realize that he has a problem and do something about it.

If he listens to her and takes action to improve, she will feel a deep respect for him for being an emotionally strong and mature man and the relationship will become closer.

However, if he refuses to take her concerns seriously and instead makes excuses for himself by saying things like, *â€œYou're making too much of a big deal about this. I'm not addicted. It's just something I do to relax. I can stop smoking whenever I want. Besides, it doesn't really affect me. You need to stop being such a nag about it. I'm fine,â€* she may eventually decide to break up with him.

By the wayâ€¦

As I said earlier, there is nothing wrong with smoking weed if you want to.

Yet, if you want things to work with your ex, you will need to compromise.

Every couple needs to adapt to each other and make compromises in order to make the relationship work.

In your case, it might mean you need to stop, or at least cut back on smoking weed to make your woman happy and want to be with you again.

It's not about letting her rule your life.

Instead, it's about being a balanced man who can give her what she needs in a relationship with

you (e.g. to feel like she can depend on you, to know that you're not going to hurt her or yourself while driving a car when very high, to stop feeling like she has to keep you in line).

When you can show your ex that you're the kind of man she can rely on, look up to and respect, she will be more open to giving you another chance.

Important: Don't go and tell her that she can now rely on you and then ask for another chance.

Just show her based on how differently you now think, talk, feel, behave and act in life.

She will pick up on it.

Trust me.

Women are always looking out for and observing those things in a man.

When you display traits that make women feel respect and attraction, they feel it.

It's very simple and it works.

Another reason why a woman will break up with you because you smoke too much weed is

4. You gave her too much power over you in the relationship and now she's trying to control you

[image: You gave her too much power over you in the relationship and now she's trying to control you]

For a woman to be able to maintain her feelings of respect and attraction in a relationship, the man has to be able to maintain his position of masculinity and not be walked all over by her.

So, if a man ends up smoking so much weed that his decision making ability becomes flimsy or wishy-washy, a woman will naturally step up and start being more bossy and demanding.

If he gives into her bossiness, she will naturally lose respect and attraction for him.

Here's the thing

Most women don't want to be the boss in a relationship with a man.

There are some women who like to dominate their man, but they are the minority.

The majority of women are not attracted to emotionally weak, wimpy men who allow themselves to be walked all over by a woman.

So, if your ex has gotten away with dominating you emotionally for too long, now is the time to stand up to her (e.g. by telling her that you're not going to stop smoking weed for her) and take your power back.

Don't say it in an angry way.

Say it in a confident, easy-going manner, but assertive manner.

Say it in a loving way.

Say it, knowing that, even though she may act as though she is annoyed, she will naturally feel respect and attraction for you for manning up.

The more respect and sexual attraction she feels for the new, emotionally dominant you, the less she will be able to hold on to resist giving you another chance.

Her walls will begin to crumble and then the process of getting her back becomes easier because she is open to you again.

Another reason why a girlfriend will break up with you because you smoke too much weed isâ€¦!

5. She feels like you have taken her presence in your life for granted

[image: She feels like you have taken her presence in your life for granted]

At the beginning of a relationship when things are new and exciting (e.g. theyâ€™re having sex, going on fun dates, hanging out and getting to know each other), a woman might be more open to being with a guy who happens to smoke weed.

However, over time, she may also begin to notice that his excessive smoking makes him less charming, attentive and loving towards her than he could be.

Initially, she might be okay about that, but over time, she may begin to resent that heâ€™s too busy lying on the couch stoned to pay her the attention she sometimes wants from him.

She may also find herself picking up after him and taking care of him because heâ€™s too spaced out to do anything for himself.

Over time, she might begin thinking things like, *â€œThis isnâ€™t a relationship anymore. Instead, it feels like Iâ€™m his mother or his maid. All I ever do is take care of him and pick up after him, while he spends his time smoking weed and watching TV or playing video games. Iâ€™ve had it. I feel so used by him. Itâ€™s just not fair for me. Heâ€™s taking me for granted.â€*

Initially, she might give her boyfriend hints about how unhappy she is and hope that he will then pick up on it and change.

Yet, if he continues to take her for granted and assumes that sheâ€™ll put up with it because she loves him so much, she will begin to feel resentful and will start disconnecting from her feelings of love for him.

If he doesnâ€™t change, she will eventually break up with him and look for a replacement guy who can give her the love experience she wants in a relationship.

So, if smoking too much pot led to you taking your ex for granted, to get her back, you need to show her (via your attitude, actions and behavior) that you have learned from your mistakes and have become a better man as a result.

2 Mistakes to Avoid Making When Attempting to Get Your Ex Back

If you want to get your girlfriend back, itâ€™s important that in every interaction you have with her from now on, you actively spark her sexual and romantic feelings for you.

To ensure that you do that correctly, you will need to avoid making the following mistakes:

1. Getting angry at her for not thinking the same way you do

There are many reasons why a guy might choose to smoke weed (e.g. heâ€™s a very intense person and it helps him relax, itâ€™s what his friends do and he likes to fit in with them, he uses it to help him cope with a medical condition, he likes to feel like a rebel, he feels as though it gives him access to deeper, more philosophically intelligent thoughts, he feels as though it makes his art form better,

he enjoys seeing the world through the lens of being high on weed).

So, if his woman starts to nag him about it to the point where she breaks up with him, he might get angry with her for not being able to see things from his point of view.

For example: A guy might say to his girlfriend, *“How can you be so closed minded about something that is legal now in many parts of the world? You knew that I smoked weed when we got together, but now you’re trying to change me and make me be someone I’m not. How can you not see that I smoke for my health/to relieve my stress/my music? Don’t you care about that? All you’re worried about is what you want, but you don’t care about what I want!”*

Secretly, he may be hoping that his anger will shock her into realizing that she just needs to accept that he’s a heavy pot smoker and deal with it.

Unfortunately though, it almost never works out that way.

Instead, an emotional outburst like that usually only convinces a woman even more that her boyfriend is out of control.

She then feels more motivated to move on as quickly as possible and find a man who can offer her a more stable relationship and lifestyle that isn’t based on being intoxicated or high all the time.

The next mistake to avoid isâ

2. Promising to quit weed for her

For example: A guy might say things like, *“Please baby, don’t leave me. I promise that I will quit if you just give me one more chance. I won’t ever smoke again. I promise.”*

Essentially, he’s likely hoping that if she sees that he’s willing to do anything to make her happy (i.e. stop smoking weed), she will be impressed and then open herself up to getting back together again.

In some cases (i.e. when a woman really loves her boyfriend and doesn’t want to leave him), a woman will give a guy a chance, but if he can’t stick to the promise, she will break up with him again.

In most cases though, when a woman has decided to break up with a guy, she has usually been thinking about it for quite a while and is ready to end the relationship and start trying to move on.

So, when a guy offers to quit weed for her, she actually loses more respect for him because he seems desperate because he’s willing to do whatever she wants.

Here’s the thing thoughâ

A woman wants to be with a man that she can look up to and respect, not a guy that is so desperate to be with her that he submits to her and allows her to tell him what he can and cannot do in life.

So, if you want your ex to give you another chance, make sure she doesn’t look at the approach you’re taking to get her back as being one of desperation or panic.

Let her see that even though you want her back, you’re not going to allow her to force you into doing something you don’t want to do, but at the same time, you’re willing to meet her halfway and consider her feelings on the matter (e.g. cut down 80% right now and then eventually cut down completely and only smoke on special occasions a couple of times per year).

Do it for you though, not her.

If she senses that you’re only doing it for her because you’re in a panic now that she has dumped you,

she will see it as desperate.

On the other hand, if she sees that you've significantly cut down on or have even quit weedÂ because you want to do it and not because you're in a panic after being dumped, then she will respect your emotional strength and maturity as a man.

You can then build on her feelings and get her back right then and there, or within days.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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Girlfriend Said, 'I Have No Choice But to Break Up With You'

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are the 4 most common reasons why a woman will say that to her boyfriend:

1. She is tired of being in a relationship without mutual attraction

[image: She is tired of being in a relationship without mutual attraction]

A woman will sometimes get into a relationship with a guy, even though she doesn't feel a strong spark of attraction for him (e.g. because she doesn't like being single and she likes being spoiled by a man, he kept asking her out and eventually she gave in and said yes, he was a friend and he grew on her over time).

In her mind she may be thinking something along the lines of, *'He's a nice guy and I really do like him. He's fun to hang out with and we get along well. I think that if I give him a chance, we could be happy together.'*

If the guy can continue to grow her feelings of respect, attraction and love for him, she will naturally fall more and more in love with him and begin thinking of him as her ideal man.

However, if he fails to build on her feelings for him and she realizes that even though he's madly in love with her and is always saying things like, *'I'm so lucky to have you in my life,'* or *'You're the perfect woman for me. I feel so happy knowing that you're mine,'* she just doesn't feel the same way about him, she will feel like pulling away, being closed off and treating him with less and less respect over time.

She may then begin to ask herself things like, *'Is this it? Is this how it's supposed to feel when you're in love? Well if it is, I don't want it. It just doesn't feel right to me and I'd rather be single than settle for being with a guy I don't feel sexually and romantically attracted to.'*

When a woman reaches that point in her relationship with a man where the feelings are no longer mutual, it's only natural that she may decide to break up with him.

However, rather than come out and say, *'I'm sorry but I just don't have any feelings for you anymore,'* and then have to deal with him trying to talk her out of her decision (e.g. by promising her that he will change, begging and pleading with her to give you another chance, offering to do anything she wants), she may just decide to let him down easy by saying something along the lines of, *'You really are a great guy, but I have no choice but to break up with you.'*

It then leaves it up to his imagination to try and understand what she meant by that (e.g. Is it because her family and friends are forcing her to break up with him? Is she struggling to cope with her work/university commitments as well as the relationship? Is something wrong with her and she just doesn't want to tell him?), without her having to explain her real reasons why.

Here's the thing though!

Even if your ex never felt strong attraction or love for you before, or stopped having those feelings

somewhere along the line because certain aspects of your thinking and behavior turned her off, it doesn't mean that you can't make her feel like that now.

In fact, when you interact with her and reawaken her sexual and romantic feelings for you (e.g. by making her laugh, smile and feel good to be interacting with you again, making her feel like a sexy, desirable woman by being more emotionally masculine than her, being more manly and assertive in the way you respond to her), she won't be able to stop herself from feeling drawn to you again.

Even though she may have previously felt convinced that she didn't have strong enough feelings for you to stay in the relationship with you, she will suddenly start wondering if she made a big mistake when she broke up with you.

When that happens, she will open up to kissing you and having sex with you to see how she feels from there.

Another possible reason why your ex said that she has no choice but to break up with you is

2. She doesn't want to try to work on the relationship anymore

[image: She doesn't want to try to work on the relationship anymore]

In almost all cases, a woman won't just break up with a guy before she gives him at least one chance to change and improve.

For example: If a woman feels that her guy isn't emotionally dominant enough, she might say things like, *I prefer it when you make the decisions for the both of us*, or *You're really sexy when you're in charge*, or *I can't relax and be myself when you don't take the lead in some of the things we need to do*.

If he doesn't pick up on her hints, or simply just ignores them by telling himself something like, *I don't know why she keeps saying those things to me. I just want her to be happy and that's why I let her call all the shots. Then she can have what she wants without me having to guess and then stuff things up*, her hints will then begin to turn into arguments and fights where she tries to force him into taking on the more dominant role with her (e.g. by being stubborn and refusing to make any decisions, throwing tantrums).

Eventually though, if she notices that no matter what she says to him, or how many fights and arguments they get into about the same thing, he always falls back to his old pattern of being submissive around her, she may start threatening to break up with him.

This might shock him into taking her concerns more seriously and he may then say something like, *Please don't leave me. I promise I will change*.

She may then give him another chance (and quite often more than one) to become the man she wants him to be.

However, if he breaks his promises to her over and over again and continuously reverts back to his old pattern of thinking and behavior, her feelings of love and attraction will begin to fade away, until she finally decides to break up with him.

The guy might then try to make her change her mind yet again, but by that stage she's usually feeling so fed up with him and all his broken promises that she no longer wants to try and work on the relationship.

She might then say something like, *I'm sorry, but I've given you enough chances*

*already and now, I have no choice but to break up with you.*â€œ

Hereâ€™s the thing thoughâ€”

For your ex to change her mind and open back up to the idea of having a relationship with you again, itâ€™s vital that you understand and then change the main thing that was turning her off about you (e.g. you were too insecure and needy, you were too submissive with her, you were childish and immature).

Only then will she be willing to let down her defenses and open up to the idea of working on the relationship again.

Another possible reason why your ex said that she has no choice but to break up with you isâ€”

3. She hopes this break will wake you up and force you to quickly change, so you and her can have another chance

[image: She hopes that this break up will wake you up and force you to quickly change, so you and her can have another chance]

Sometimes, as a last resort to shock her guy into changing and improving, she might decide to break up with him.

Essentially, sheâ€™s likely hoping that the shock of losing her will shake him up and force him to quickly change.

They can then get back together in a relationship that is better than ever before.

Unfortunately though, it doesnâ€™t always work out that way.

For example: In some cases, a guy might start thinking things like, *â€œIâ€™m such an idiot! I lost my ideal woman. Itâ€™s over and thereâ€™s nothing I can do to make her change her mind and get her back. Itâ€™s hopeless.*â€œ

He then closes himself off from her (i.e. he doesnâ€™t bother texting or calling her) and allows himself to fall into a negative funk where he loses confidence in himself and in his ability to get her back.

If his ex then happens to call him to see why heâ€™s not contacting her and discovers a guy who is wallowing in despair, she will feel turned off by his emotional weakness.

She will then likely give up on the idea of him being able to change and become the man she wants him to be and she will focus on getting over him and moving on.

This is why, regardless of what your girlfriend said to you (i.e. that she has no choice but to break up with you), you need to take action to get her back.

Firstly, you need to understand her real reasons for breaking up with you, so that you can quickly make some attractive changes to yourself.

Then, you need to interact with her over the phone and in person and begin reactivating her feelings of respect and attraction for you by showing her that youâ€™re a new and improved man now.

For example:

- Youâ€™re less insecure and self-doubting now, which means you donâ€™t fear losing her and as a result being too clingy and needy.
- Youâ€™re more emotionally independent, which means that you donâ€™t need her in your

life to be able to function and feel happy and satisfied. Yes, you want her, but you don't need her.

- You're more emotionally masculine now, which means that you no longer allow her to dominate you during interactions or disrespect you in any way, like she used to in the past.
- You're now less emotionally sensitive, which means you no longer cry or whine about your problems or issues. Instead, you face them head on like a man and do what needs to be done to solve them or overcome them.
- You're more of a challenge around her now (e.g. you're not always available to her when she wants, you laugh at her in a loving way when she creates drama), which means she feels more sexually attracted to you, rather than feeling friendly or neutral emotions.

When your ex can see for herself that you really have changed this time, her feelings for you will also begin to change.

She naturally drops her guard and opens up to being with you romantically and sexually again, because she can see that you're now the man she always wanted you to be.

Another possible reason why your ex said that she has no choice but to break up with you is

4. She is tired of being taken for granted

[image: She is tired of being taken for granted]

For a woman to be happy in a relationship with her man, she needs him to be good to her, but also make her feel motivated to be good to him, treat him well and make him feel loved as well.

Unfortunately though, where guys go wrong in a relationship with a woman, is by not putting enough effort into the relationship and causing her to feel like he doesn't appreciate her or what she does for him.

So, if a woman starts to feel that she is the one in the relationship who is always compromising and putting her man's needs ahead of her own, while he always seems to be the one taking, she will naturally begin to feel resentful, taken for granted and unloved.

Initially, she might try to change his attitude towards her by sulking, getting into arguments with him, or even threaten to breakup with him.

However, if he just gets annoyed with her for creating drama, accuses her of being a moody, temperamental woman, or assumes that because she loves him she will get over it, his attitude will begin to erode her feelings for him.

Eventually, she will get to the point where she's had enough and she may then say something along the lines of, *"I gave you so many chances to start treating me better and you never took me seriously, so now I have no choice but to break up with you. Bye."*

If this rings a bell for you, then to make your ex open back up to giving you another chance, you need to show her (via your attitude and the way you think, act, behave and treat her) that you have learned from your mistakes and have become a better man as a result.

Of course, don't turn into a wuss either and run around doing everything just to please her, because that will give her a false sense of power over you and make her respect you even less.

Instead, briefly apologize to her for your past behavior and then just focus on making her smile, laugh and feel attracted and in love with the new you.

4 Ways That Guys Reduce Their Chances of Getting an Ex Back

When a woman disconnects from her feelings of respect, attraction and love for a guy, for him to get her back, he needs to say and do the types of things that will reactivate those feelings inside of her and make her see him in a more positive light.

Unfortunately though, a lot of guys say and do the types of things that actually turn her off even more and as a result, reduce their chances of getting her back.

Don't let that happen to you.

Here are 4 mistakes to avoid making if you want to re-attract your ex and get her back:

1. Begging and pleading for another chance, which only turns her off more

A woman's attraction to a guy is based mostly on his ability to make her feel like she can look up to him and respect him as man.

So, when a guy is begging and pleading and behaving like an emotionally weak, wimpy man around her, rather than make her change her mind about breaking up with him, he's actually convincing her even more that she made the right decision.

Even though he has good intentions (by begging and pleading), because he really wants things to work between them, his approach is all wrong.

He's trying to get her back by displaying traits and behaviors that actually turn women off, so it's just not going to work.

Another mistake to avoid is

2. Asking her what you can fix or change to get another chance

This might seem like a great idea, after all, if you know exactly what turned your ex off, you'll be able to give her exactly what she wants, yet it's definitely not.

Why?

Most women don't want to be responsible for shaping their ex into the man that he needs to become to make her happy.

Instead, she wants him to figure out how to be the kind of man that she wants and then start being that man, without needing her input or direction.

If he needs her to tell him what to do and how to do it, it takes the romance out of it and she feels as though he's putting on an act to impress her.

This is why, in almost all ex back cases, you have to figure out how to re-attract her without asking her what you need to fix.

Then, go ahead and do that and get her back.

Another mistake to avoid is

3. Accusing her of being selfish or heartless

[image: Accusing her of being selfish or heartless]

A guy accusing a woman of being selfish or heartless to make her change her mind about breaking up with him, is like him driving past a police officer at 200mph and expecting not to get a fine.

It just doesn't work.

Not only does it make her feel defensive and annoyed, it also highlights to her that he actually doesn't understand why she broke up with him in the first place.

Here's the thing!

A woman doesn't like to be emotionally blackmailed into a relationship.

Instead, she will feel more determined to move on and find a new man as quickly as possible.

Another mistake to avoid is!

4. Trying to convince her that he can change if she just gives him another chance

Chances are high, that you've already promised your ex that you will change many times before and haven't fully followed through on that promise, otherwise, you wouldn't be in the situation you are right now (i.e. broken up with).

So, if you try to convince her that this time will be different, you're likely just going to be wasting your and her time, because she's not going to believe.

Remember: Actions speak louder than words.

So, forget trying to convince her with words and start convincing her with your actions.

Show her that things will be different by letting her experience the new and improved you for herself.

When she can sense the changes in you, her perspective of you will change and following that, her feelings will change too.

She will then open back up the idea of giving you another chance, without you having to pressure her into it.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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When Is the Right Time to Ask Her if She Wants to Get Back Together?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

In most cases, the best time to ask your ex if she wants to get back together, is after you've had sex with her again.

Before that point, most women will say no to giving a relationship another chance, or will give wishy-washy answers like, *â€œIâ€™m not sure if Iâ€™m ready yet. Letâ€™s wait a bit and see what happens,â€* or *â€œI just need a bit more time to sort myself out. Letâ€™s just be friends for now.â€*

Why?

You're asking her for a commitment after being dumped.

You're also asking for a relationship (that includes sex) even though she hasn't felt the urge to have it with you.

You're asking for too much too soon.

So, what you have to get 100% clear on here is that an exclusive relationship again is the LAST step of the ex back process, not the FIRST.

[image: Prior to sex, she will have her guard up]

Prior to having sex with her ex, a woman will almost always have her guard up and will say, "No" to a request to start a relationship again.

Only a woman who is still in love with her ex and missing him like crazy will be open to agreeing to a relationship right away, before having sex with him again.

For pretty much every other woman though, she first wants to see how she feels with him sexually again, before opening up to the idea of committing to a relationship.

If she commits before having sex with him and then changes her mind, she'll have to go through yet another serious break up with him, where he'll likely try the same approach again (i.e. ask for a relationship before even hooking up with her sexually).

For example: Here are 3 scenarios where a woman broke up with a man and he tried to get a relationship with her without actually changing and improving the things that were important to her first.

1. A woman dumps a guy for being too insecure

[image: A woman dumps a guy for being too insecure]

Imagine a woman is in a relationship with a guy who is always feeling unsure of himself and his value to her.

As a result, he becomes really clingy and needy.

For example: He gives up on pursuing his personal goals or dreams, stops pursuing his own interests and hobbies and stops hanging out with his own friends unless everyone is going out together as couples.

In his mind heâs likely justifying his decision by thinking something along the lines of, *âWhat I want doesnât matter anymore. Itâs got to be our goals and dreams, our friends and our interests from now on. After all, weâre a couple now and we have to do everything together.â*

At the same time, he also continually seeks reassurance from his woman by asking questions like, *âDo you still love me?â* or, *âYou know that I wouldnât be able to function without you in my life, right? You are everything to meâ* or, *âYou wouldnât leave me, would you?â*

Initially, his woman tries to reassure him of her love and devotion by saying things like, *âOf course I love you,â* or *âYouâre my guy and I love you. Why would I want to leave you? Just relax and enjoy what we have.â*

She also encourages him to be more emotionally independent and do things on his own from time to time.

However, over time, she notices that heâs not changing and he simply continues to cling to her in a desperate, needy way.

As a result, she begins to get tired of having to help him understand how to be the man she needs. She has tried for so long and has gotten to the point where she has given up, so she breaks up with him.

Of course, the thing that the guy feared the most just became a reality and all he can think about is that he needs her back as soon as possible.

So, he decides to wait for a week and then ask her for another chance.

In that week, he just sits around doing nothing else other than feeling lonely and sad and thinking things like, *âI miss her so much! What will I do if she doesnât want to give me another chance? Iâll never be able to move on and find another woman to replace her.â*

Then, after a week of space, he calls her on the phone.

When she answers the call, she makes sure that sheâs being cold and distant towards him and asking things like, *âWhat do you want?â*

Basically, sheâs testing him to see if heâs changed and become more emotionally strong and confident since they broke up, or if heâs still at the same level as before.

Unfortunately though, rather than maintain his confidence with her and then use some humor to turn her coldness into feelings of respect and attraction for him again, he instead starts to feel nervous and unsure of himself.

He then begins stumbling over his words and saying things like, *âLook, I know youâre mad at me right now, but I really need you. Please give our relationship another chance. I promise Iâll do whatever you want to make you happy. I just canât go on another day without you. Please babyâ| come back to me!â*

Naturally, she says *âNo,â* because she can immediately sense that heâs still insecure.

Essentially, heâs asking for the end result without even giving her what she wants first (i.e. to see that heâs transformed himself into a more confident, self-assured, emotionally independent man), so sheâs just not interested.

The next scenario isâ|

2. A woman breaks up with a guy for taking her for granted

[image: A woman breaks up with a guy for taking her for granted]

In this example, the guy fell into the trap of believing that the love between him and his woman would last for life, just because it was so good at the start of the relationship.

So, although he initially paid lots of attention to his woman and made her feel loved and appreciated by saying things like, *â€œYouâ€™re so gorgeous. I really love the way you always make an effort to look so amazing. Iâ€™m really proud to have you as my woman,*â€œ he soon began to pay attention to her less and less.

Over time, he didnâ€™t comment on her appearance at all and when she tried to get a reaction out of him by asking things like, *â€œDo I look nice in this dress?â€œ* or, *â€œDo you like my hair this way?â€œ* he would often brush her off with something along the lines of, *â€œItâ€™s fine,*â€œ or *â€œIf youâ€™re happy with it, itâ€™s okay by meâ€œ* rather than occasionally taking a moment to say, *“Wow, you look good. My sexy girlfriend. I love you. Come here”* and then giving her a hug and a kiss.

He also stopped pulling his weight around the house and fell into the habit of expecting her to always be the one who cooks/washes the dishes/cleans up/runs all the errands/pays the bills, while he watches TV, plays video games or hangs out with his buddies.

At the same time, all the thoughtful, romantic things he used to do for her (e.g. surprise her with a gift or flowers from time-to-time, take her on romantic dates to nice restaurants once in a while), fell away and got replaced with mundane things like ordering takeout rather than going out, socializing with friends rather than spending time alone, or watching TV rather than doing something interesting or romantic together.

Essentially, he made the mistake of assuming that just because his woman cares so much for him, sheâ€™ll put up with anything, forever.

However, it didnâ€™t work out that way.

Instead, she started to feel taken for granted and began thinking things like, *â€œIs this what itâ€™s going to be like from now on? Iâ€™m sorry but thatâ€™s not acceptable to me. I didnâ€™t sign up to be with a man who treats me like dirt. I want to feel loved and special, not like Iâ€™m another piece of the furniture, or like Iâ€™m his servant!*â€œ

Eventually, she lost so much respect, attraction and love for him as a man that she broke up with him. After the initial shock of losing her, the guy decided that he would wait 30 days before asking her for another chance.

So, he cut off all contact with her (i.e. no texts, social media messages, calls or meet ups) and ignored her for a full month.

Secretly he was hoping that she would miss him so much, that she would either come running back to him, or want to get back with him the minute he contacts her after 30 days.

Unfortunately though, what he didnâ€™t realize was that because she had disconnected from her feelings for him, not hearing from him at all after the break up, only gave her time to fully get over him and move on with another man who made her feel attracted, loved and appreciated instead.

So, when he finally did get in touch with her after a month of No Contact and asked her if she wants to get back together, he was devastated when she responded by saying something along the lines of,

“Are you seriously asking me to give our relationship another chance after you took me for granted and treated me like I didn’t matter and then, when we broke up, you continued to do it by ignoring me for a whole month? I’m sorry, but I don’t deserve to be messed around like that, so my answer is no! Besides, I’ve met someone else and he makes me feel the way you never could. So, please don’t contact me again. What we had is now truly over.”

The next scenario is!

3. A woman breaks up with a guy because she no longer feels attracted to him

[image: A woman breaks up with a guy because she no longer feels attracted to him]

This couple began a relationship with a lot of attraction and desire.

At first, everything felt exciting and new and they really enjoyed being together, kissing, having sex and getting to know each other.

Yet, over time, something began to change.

The woman began to notice that her guy was unable to maintain her feelings of respect, attraction and love for him, because he stopped behaving in the attractive ways that he had at the beginning of the relationship.

Instead, he began to think, act and behave in ways that eroded her feelings for him and made her want to close herself off, pull away and stop being a good woman to him.

For example: Some of the ways he started turning her off were!

- He began treating her more like a neutral friend, rather than a desirable woman, so the spark of lust faded away.
- He stopped being confident and self-assured like he was at the beginning of the relationship and started being insecure, needy and clingy all the time, which made her feel stressed and like she always had to take care of him emotionally.
- He refused to take on the more dominant role in the relationship and expected her to take the lead and make all the important decisions for the both of them, which made her feel like she had power over him

Naturally, this caused her to lose respect for him and she began thinking things like, *“This isn’t how it’s supposed to be. I should be feeling in love and attracted to my man, but instead, I feel so turned off by him. The spark is gone between us and I don’t know if we can ever get it back. I hate to admit it, but this just doesn’t seem to be working anymore. Maybe it’s time for me to find another man who can make me feel the way I want to feel in a relationship with him (i.e. attracted, excited, turned on).”*

However, rather than break up with him right away, she instead tried to shake him up a bit by making her unhappiness clear to him during conversations and even in arguments and disagreements (e.g. by saying things like, *“There’s no spark between us anymore. I feel like we’re brother and sister instead of a couple”* or, *“You’re smothering me with your clinginess”* or, *“I’m tired of making all the decisions. Why don’t you be a man and do it yourself for a change?”*).

Unfortunately, though, he didn’t really pay much attention to her, because like most guys, he assumed that she was just being a temperamental, moody woman and that she would get over it

because she loves him.

So, when she finally broke up with him, he was shocked.

Of course he wanted her back right away, but because things ended badly between them, he decided to wait 2 weeks before asking her for another chance via text.

He believed that this was the best approach and that he stood a better chance of getting her back, if he explained (via text) that heâs figured out where he went wrong and then asks her if she want to get back together.

Yet, his approach completely backfired.

Firstly, itâs very difficult for a guy to spark a womanâs sexual and romantic feelings for him with just a few words on a screen.

So, because she couldnât see his body language, hear the tonality of his voice, or judge his actions and behavior in person or on a phone call, she just assumed that he was the same guy that she broke up with (e.g. insecure, needy, clingy, not manly enough, boring).

At the same time, she felt hurt and annoyed that he didnât even have the balls to call her on the phone and ask her.

Instead, he tried to initiate an entire reconciliation with her via text as though she meant nothing to him.

As a result, she said âNo.â

He then felt like he lost any chance he might have still had with her, gave up and spent the rest of his life thinking of her as âthe one that got away.â

If You Want Her to Say âYesâ to Getting Back Together, Focus On Sexual Attraction First

As you will likely have realized by now, getting back into a relationship is the last step of the ex back process, not the first.

The first step is to re-spark your exâs feelings of respect, sexual attraction and love for you in person, so she wants to get back together for real.

Thatâs how it works.

Attraction first, relationship last.

So, donât ask her if she wants to get back together, if you havenât re-sparked her feelings for you, because she wonât respond favorably to you.

At the same time, make sure you donât turn her off even more, by making any of the following mistakes:

1. Putting her in a position of power when she doesn't want to be

[image: Putting her in a position of power when she doesn't want to be]

Sometimes, a guy thinks that if he allows his ex to call all the shots (i.e. she decides when they can talk on the phone or meet up in person, or whether sheâs ready to discuss giving him another

chance with her), she will be happy and then she'll be more open to getting back together again. Yet, rather than feel happy, she ends up not only messing him around, but also losing even more respect for him at the same time.

Remember: A woman wants to be with a man that she can look up to and respect, not a guy that is willing to submit and follow her orders like a good, little boy.

Then, because she no longer respects him, she also can't feel sexually attracted to him and without those two things, connecting with her feelings of love for him becomes next to impossible.

So, don't hand all your power over to your ex by asking her if she wants to get back together again.

It's not really up to her whether that happens or not, it's up to you.

If you maintain your confidence with her, regardless of what she says and does to push you away and then also focus on sparking her feelings for you (e.g. by making her laugh and smile and feel good every time she interacts with you), she won't be able to stop herself from wanting to be your girl again.

You can then guide her back into a relationship with you.

That's what she wants.

The next mistake to avoid is!

2. Waiting so long to start the ex back process that she just moves on

It's only natural that if you had a particularly stormy break up with your ex (e.g. the relationship ended with a fight, she said that she never wants to see you again), you might feel a bit nervous about contacting her and asking her if she wants to get back together again.

You may also have read online that guys can get their ex back by ignoring her for 30 or even 60 days.

Yet, here's the thing!

If your ex has lost touch with her feelings of respect, attraction and love for you, the longer you wait to contact her and re-attract her, the more time you're giving her to move on.

Then, by the time you contact her to try and get her back, she will likely say something along the lines of, *"Sorry, but I'm seeing someone else now, so please don't call me again."*

The next mistake to avoid is!

3. Thinking that asking her if she is ready is what will make her really want it

The main thing that will actually make a woman want to get back together with her ex is if he can show her via his attitude, actions, behavior and the way he responds to her that he's changed and improved some of the things that were turning her off before.

So, rather than asking your ex if she's ready to give your relationship another chance, focus instead on showing her that you've transformed yourself into a new man.

When she can see for herself that if she got back with you, things would definitely be different and that she wouldn't have to deal with the same problems as before, she will naturally stop putting up walls every time you interact with her.

This then allows her to begin feeling some of the positive emotions she's been trying not to

associate with you anymore (e.g. respect, sexual attraction, romantic love).

From there, just focus on making every interaction she has with you fun, interesting and relaxed (e.g. by using humor to ease the tension between you and her, flirting with her to create a sexual vibe) and she will naturally feel a desire to work on the relationship and give you another chance.

The next mistake to avoid isâ€¦!

4. Being neutral and friendly and then asking her for another chance

If you act friendly or neutral around your ex, she will probably only ever have friendly, neutral, non-sexual feelings for you.

Then, if another guy comes along and sparks her feelings of respect and sexual attraction for him, she will quickly get into a relationship with him without giving you another thought, because youâ€™re just a nice, neutral friend in her eyes.

So, donâ€™t let that happen to you.

If you want her back, make sure that you actively spark her feelings of sexual and romantic attraction for you, rather than pretending that youâ€™re not really interested in being her man anymore, or you just want to be her friend.

Of course, itâ€™s totally fine to be friendly with her.

Just ensure that youâ€™re also making her feel strong surges of sexual and romantic attraction for you too.

When you do, the relationship will naturally get back together right away, or very quickly.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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My Ex Has No Regrets About Breaking Up With Me

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are the 5 most common reasons why a woman will react to a break up in that way:

1. She knows that you haven't changed, so there's nothing for her to regret missing out on

[image: She knows that you haven't changed, so there's nothing for her to regret missing out on]

After a break up, a guy will likely have some communication with his ex (e.g. via text, social media, over the phone, or even seeing her again in person).

This means, she has a chance to interact with him and see for herself if he's made any changes and improvements to himself since the break up.

For example: Imagine a woman broke up with her man because he was turning her off by refusing to lead in the relationship and be the man.

Instead, he expected her to be the one to make all the decisions for the both of them and be in charge. This made her feel more emotionally dominant than him, which then caused her to lose respect for him and even look down on him a little bit and eventually led to her breaking up with him.

If he then tries to get her back by being nice and sweet and submissive towards her and possibly even saying things like, *"Please don't give up on us. I will do whatever you want to make things right. You can call all the shots. I promise I won't pressure you. Just think about it, okay?"* she will instantly know that he hasn't really changed.

So, while he's likely thinking that he's doing the right thing to convince her to give him another chance, what he doesn't realize is that he's proving to her that she made the right decision to break up with him instead.

She then naturally thinks something along the lines of, *"I guess I don't have to stress anymore about my decision. He's still stuck at the same level he was at when we broke up and it's clear to me now that he's not going to change. Maybe he doesn't even know how to change or what to change, but that's not my problem anymore. I have no regrets about breaking up with him."*

She will then usually push him away and refuse to give him another chance.

This might leave the guy feeling confused and even a bit frustrated.

In his mind he may be wondering things like, *"Why is she being so stubborn? Why won't she at least try to work things out? How can she just throw away what we had without a second thought?"*

Yet, what a guy like that doesn't realize, is that he's trying to get her back by offering her the same relationship experience she had with him before.

Nothing has changed or improved.

Everything is the same.

However, she doesn't want that.

After all, if she liked what she had, she wouldn't have broken up with him in the first place,

right?

This is why, if you want your ex to miss you and begin having doubts about the break up, you need to show her that you've begun to change and improve in some of the ways that are important to her.

You can't be the same guy as before and expect her to want you back.

It doesn't work like that.

By the way...

Here are some examples of the changes a woman most wants to see in her ex, before she will open up to giving him another chance!

- She wants him to be more confident and self-assured about his attractiveness and value to her, rather than feeling insecure and like she's too good for him.
- She wants him to be more manly in how he thinks, behaves, talks and acts, rather than allowing her to dominate him with her confident personality.
- She wants him to make her feel like a sexy, desirable, feminine woman when she's with him, rather than making her feel like a neutral friend, or even worse, feeling no spark with him at all.
- She wants him to grow up and make progress in his life, rather than being emotionally immature and childish and drifting along without any direction or purpose.
- She wants him to be more emotionally independent, rather than clinging to her all the time and being unable to do anything without her approval, support or say-so.
- She wants him to add to his strengths and improve his weaknesses, rather than staying the same and expecting her to be happy with it.

When you transform yourself into a better man, your ex will be able to automatically sense it by listening to how you talk, observing your body language and actions and seeing you respond to her when she tests you (e.g. she doesn't respond to your texts, she is cold and distant towards you, she laughs or is sarcastic towards you when you suggest getting back together again).

However, even if she tries to hide it or pretend that she's not feeling it, she will be feeling surges of respect and attraction for you again.

When that happens, her guard comes down and she opens up to talking to you over the phone or seeing you in person even more.

You can then fully reactivate her feelings for you and get her back.

That's how it's done.

It's easy, natural and quick.

Another possible reason why your ex has no regrets about breaking up with you is!

2. You're asking for another chance via texts

[image: You're asking for another chance via texts]

Although texting is easy to do and usually the only interaction a guy can get with an ex (i.e. because she's refusing to talk to him over the phone or see him in person), it's not a very effective way of getting her back.

Why?

It's a lot easier for a woman to reject you when she can't see you or hear your voice and is only getting text messages from you.

Via text, she can't see your body language, or hear the tonality of your voice, so rather than think something like, *It's so sweet how he feels so unsure of himself that he can't even talk to me over the phone, so he's trying to get me back via text. I love that he's so gentle and cautious. He's so sensitive about my feelings. That's so attractive to me. Maybe I should give him another chance,* she instead thinks, *Why should I even bother responding to him at all? If he doesn't even have the balls to call me on the phone to try and get me back, it's probably because he knows I'll pick up that nothing about him has really changed and that he's still the same guy I broke up with. Nothing about this behavior is making me regret my decision to break up with him. Instead, I feel even more motivated to forget about him and move on.*

She will then likely stop replying to your texts, or begin to reply in a cold, distant way.

The reason is, because you haven't re-attracted her on a phone call or in person yet, she bases her feelings on who you used to be.

So, even though your intentions might be good and even if you really have transformed yourself into a better man, because you're not calling her or meeting up with her so that she can experience the new you for herself, she's simply not going to give you the benefit of the doubt.

Instead, she's going to assume the worst of you, because that's the last thing she remembers about you (i.e. the way you behaved and responded to her leading up to, during and immediately after the break up).

For example: If you were insecure and unsure of yourself at the end of the relationship, she will probably assume that you're trying to get her back via text because you still doubt yourself.

If you begged and pleaded with her to change her mind during or immediately after the break up, she'll likely think that trying to get her back via text is another desperate move on your part.

What she's almost certainly not going to do is assume that you're now a more confident, emotionally strong, emotionally masculine man who knows how to make her feel the way she wants to feel when she's with you.

This is why, you need to stop trying to get her back via text and start re-attracting her a little bit over the phone and then fully, when you meet up with her in person.

Only when she experiences the new you first hand, will she start regretting her decision to break up with you.

Another possible reason why your ex has no regrets about breaking up with you is!

3. She prepared herself for the break up long before she went through with it

[image: She prepared herself for the break up long before she went through with it]

In most relationships, a woman won't just decide to break up with her guy the first time he makes a mistake or annoys her in some way (e.g. he becomes insecure when she spends time with her friends or co-workers, he forgets to meet up with her as arranged because he's gotten carried away playing video games with his friends, he doesn't notice that she made a special effort to look attractive for him/cook a nice meal for him).

Instead, she will usually give him multiple chances to change and improve himself.

If he picks up on his mistakes and quickly transforms himself into a better man, it will automatically renew her feelings of respect, attraction and love for him and she will then put in even more effort to be a good, loving, devoted woman to him too.

However, if she notices that no matter how many hints she gives him, or arguments she has with him about it, he never seems to change or improve, she will eventually begin to close herself off from him emotionally.

She might not break up with him right away, but at the back of her mind she may be thinking things like, "This is his absolute last chance. If he doesn't shape up soon, I'm going to walk away from this relationship and never look back."

So, if he then ignores the warning signs (e.g. because he doesn't realize how strongly she feels about the problems in their relationship, he assumes she will get over it because she loves him), she will decide to finally go through with the break up, without it being that much of a big deal.

Basically, she has prepared herself over the weeks, months and in some cases even years, so when the time finally comes, it's just a formality.

It's not a shock to her, because she has already disconnected from any feelings of respect, attraction or love that she might still feel for him.

Naturally, the guy isn't as prepared for the break up as she is, so his first instinct is to usually rush into saying and doing whatever he thinks will convince his ex to give him another chance (e.g. he promises her that he really will change this time if she gives him just one more chance, tells her how much he loves her, breaks down and cries to her).

Yet, rather than change her mind like he's expecting her to (after all, she always has in the past), she instead says something along the lines of, "Nope. I have no regrets about breaking up with you. It's the right decision for me and I'm now going to focus on moving on and living the life I want without you in it."

The guy is then devastated and can't understand how this happened and why she won't give him another chance.

Here's the thing though!

If you want your ex to start regretting breaking up with you and give you another chance, the first step is to make some changes to yourself to attract her in the ways that are important to her (e.g. by becoming more confident and emotionally strong rather than feeling insecure and hesitant around her, by not being so emotionally dependent on her and being happy and content in your life with or without her in it, being more emotionally masculine in the way you talk, act, think and behave so she feels like a girly, feminine woman around you rather than like a neutral friend).

When she experiences the changes in you first hand (i.e. on a phone call or in person), she will naturally stop being so closed off towards you.

That gives you the opening you need to fully reactivate her feelings for you (e.g. by making her laugh, smile and feel good to be talking to you again, flirting with her to create some sexual tension between you, showing her via your actions and behavior that you truly are a new man) and make her begin regretting her decision to break up with you.

She then wants to interact with you more often to see where things go.

On the other hand, if you keep trying to get her back without changing the things that matter to her, you can be almost certain she won't regret breaking up with you and she will likely just move on and find a new man to be with instead.

Another possible reason why your ex has no regrets about breaking up with you is!

4. She can tell that you still don't know what kind of attraction experience she really wants in a relationship

Gone are the days where a woman would stay in a relationship with a man regardless of how unhappy she felt, simply because she was expected to by society and her family.

In today's world, a woman will quickly break up with a guy if he can't give her the attraction experience she wants from him and she won't regret it one little bit.

Some guys just don't understand that about women.

So in a relationship, a guy will often start off by making his woman feel attracted in the ways that she wants, only to gradually slack off the more comfortable he begins to feel with her.

Then, when she finally gets fed up and breaks up with him and he tries to get her back, he doesn't realize that he's turning her off in the exact same way that caused her to want to break up with him in the first place.

This is why, if you want to make your ex change her mind about the break up, you first need to understand her real reasons for breaking up with you, so you can adjust and change in the ways that will actually give her the attraction experience she really wants in a relationship.

For example: When interacting with your ex, ask yourself!

- Am I sparking her sexual and romantic feelings for me right now (i.e. by being confident, emotionally masculine, charismatic, funny), or am I turning her off (i.e. by being insecure, wimpy, submissive, timid, desperate)?
- Does she feel relaxed and happy to be talking to me, or does she feel tense, stressed out and like she wants to get away from me as quickly as possible?
- Am I making her feel like a sexy, desirable woman in my presence, or do I make her feel more like a neutral friend, or even worse, she doesn't feel anything at all for me?
- Am I leading the interaction with her in an emotionally dominant, yet loving way, or have I handed all my power over to her and am doing whatever she wants me to do to please her?
- Am I happy and satisfied with myself and my life, with or without her, or do I still need her approval and acceptance to feel good about myself?
- Does she feel respect and sexual attraction for me based on my attitude and how I now talk, act and behave around her, or does she feel like she could get a better attraction experience from another guy?

If you are doing it right, she will naturally start looking at you in a more positive light.

When that happens, her defenses will begin to come down and she will feel drawn to you again in a way that feels good to her.

She then starts to think things like, *"I never thought he could do it, but he's really changed so much. He actually seems to understand me so much more than he ever did before. I can't believe I'm even thinking this, but maybe I made a mistake breaking up with him after all."*

Another possible reason why your ex has no regrets about breaking up with you isâ€¦!

5. You've given her a false sense of power over you and the relationship

Believe it or not, whether you and your ex get back together again is not all up to her.

In fact, you have so much control that you're not aware of or using.

So, just because your ex is currently saying things like, *â€œForget about it. I have no regrets about breaking up with you, so nothing you say or do will make me give you another chance,â€* it doesn't mean her decision is set in stone and you should give up on the idea of getting her back.

When you actively spark her feelings for you again, everything (including her opinion of you, her lack of regret and her decision to remain broken up) will change.

So, don't take what she's saying so seriously.

If you continue to chase after her and try to convince her to change her mind, you're just giving her a false sense of superiority over you and making her think that she has power over you, when she doesn't.

So, rather than regret her decision to break up with you, she continues rejecting you.

Yet, here's the thing!

In a relationship, if you hand your power over to a woman, she won't be able to respect you anymore.

If she can't respect you, she won't be able to feel sexually attracted to you and without those two things in place, being in a relationship with you isn't something that appeals to her romantically.

So, don't give your ex power over you by letting her decide whether you and her should be together again or not.

Instead, just maintain your confidence with her (especially when she tries to make you feel bad by saying that she has no regrets about breaking up with you) and focus on re-sparking her feelings for you every chance you get.

The more respect and sexual attraction she feels for the new you, the less she will be able to hold on to her decision.

Her defenses will begin to erode and then the process of getting her back becomes easier because she is feeling open to you.

By the way!

Don't Make These 3 Mistakes if Your Aim is to Make Your Ex Regret Breaking Up With You and Then Give You Another Chance

How you behave when interacting with your ex from now on will either spark her feelings for you and make her regret her decision to leave you, or it will only confirm what she already knows (i.e. that you're not the man for her).

So, avoid these 3 mistakes:

1. Seeking pity for how her lack of regret makes you feel

This usually only makes a woman feel like her ex is trying to manipulate her by making her feel guilty.

As a result, she loses even more respect for him and will feel even more convinced that she made the right decision by breaking up with him.

So, don't bother trying to make your ex feel pity for you.

Instead, focus on re-sparking her feelings of respect and attraction for you during interactions, so she naturally starts to have regrets about breaking up with you.

Another mistake to avoid making is

2. Getting angry at her, insulting her or accusing her of being selfish or heartless

In most cases, behaving like an out of control brat only convinces a woman that you're not the right man for her.

So, if you truly want to get her back, the best way to go about it is by showing her what she will be losing if she doesn't give you another chance.

How?

One way of doing that is by maintaining control of your emotions around her no matter what she says or does to get under your skin and upset you.

As a result, she will realize that you are being the kind of man she can look up to, respect and feel proud to be with.

She will then start to feel drawn to you in a way that feels good to her.

Then, the idea of being your girl again is something she becomes open to.

Another mistake to avoid making is

3. Asking her if she ever truly loved you

It never works.

It's always best to assume that you are more than good enough for a woman, while also being a great man.

The assumption of worthiness projects the kind of confidence that women are attracted to.

As long as a guy is being a great man at the same time, she can naturally respect him because of that too.

However, when a man is insecure about his attractiveness and value to her and has to ask whether or not she ever loved him, she loses respect and attraction for him (i.e. because women are instinctively turned off by a guy who needs her to reassure him of her love or devotion so that he can feel confident, worthy, or happy).

So, don't put yourself in that position.

Just believe in yourself and know that she loved you.

Then go ahead and re-attract her, make her fall in love with you all over again and get her back.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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My Ex Says We Will Get Back Together One Day

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are the 4 most common reasons why a woman will say that to her ex boyfriend:

1. She believes that it might be possible to get back together at some point

[image: She believes that it might be possible to get back together at some point]

When a woman breaks up with a guy, she's usually going through a lot of conflicting emotions. On the one hand, she may be feeling certain that breaking up with him is the right decision for her to make at that point in her life (e.g. because the relationship has become too stressful, she wants to concentrate on her studies or career for the time being, she's matured a lot faster than him, she's moving away).

However, at the same time, she may also be experiencing some sadness that the relationship is over and maybe even secretly be hoping that they will somehow be able to work through their issues and get back together again.

As a result, she might then say, *"We will get back together again one day."*

Yet, what usually happens is that both her and her ex gradually move on and don't get back together. For example: Eventually, she decides to go out with her single friends to a club or bar.

While there, she happens to meet a new man who makes her feel exciting sparks of sexual and romantic attraction.

They end up kissing and then go back to his or her place and hook up sexually.

That then leads to them dating and falling in love.

All of a sudden, thoughts of getting back with her ex begin to fade away and she enjoys a relationship with the new guy.

Of course, the same can easily happen to the guy where he meets a new woman, moves on with her and forgets all about his ex.

This is why, if you want your ex back, you need to get it done now, before you and her grow into different people and get involved in serious relationships with other people that don't break up.

So, get her on a phone call or to a meet up with you as soon as possible and begin re-sparking her sexual and romantic feelings for you again (e.g. by making her smile and laugh and feel good to be interacting with you, letting her see that you believe in your attractiveness and value to her by maintaining your confidence around her, flirting with her to create sexual tension between you).

The more respect and attraction she feels for you again, the more she will begin to doubt her decision to be broken up.

Then, when her walls have come down and she's feeling open to being with you again, you can hug, kiss and hook up with her, blow her mind and get her back.

Another common reason why a woman will say, *"We will get back together one day,"* is that

2. She is letting you down slowly

[image: She is letting you down slowly]

Even if a guy is a really good guy who would never behave badly, cause a scene or hurt his ex in any way, it's still a woman's instinct to get out of a relationship as easily and peacefully as possible even if that means giving him false hope.

So, if your ex is being nice to you and encouraging you to believe that you still stand a chance of getting back with her, it could be because she doesn't want to trigger an angry, desperate reaction from you.

So, she gives you the old, *"We will get back together one day"* or, *"I don't want to be together now, but maybe we can reunite in the future,"* excuse instead, to protect herself and get the space she needs to move on without you holding her back (e.g. by chasing after her and begging and pleading with her to change her mind, promising her you'll change, offering to do whatever she wants for another chance with her).

However, it's likely that she currently has no real intention of getting back with you.

The good news though is that you can change that, but you have to change your approach to her.

For example:

If you've been irritating her by begging for another chance, switch your approach to being easy-going and fun around her from now on.

If when you're interacting with her you're always trying to have serious discussions about the relationship and about how long it will take her to feel ready to get back together again, switch to using humor to make her smile and laugh and feel good to be around you.

If you've been treating her like a neutral friend, switch to flirting with her to build up sexual tension between you.

If you've been afraid to stand up to her and question her decisions, switch to being more emotionally dominant around her.

When you change how she feels, she will then naturally change her mind and open back up to you.

However, if you continue using the same old approach over and over again (e.g. giving her reasons why you think the relationship deserves another chance, telling her how much you love her, letting her know that you don't know if you can cope without her), she will just keep saying things like, *"Look, I know it's difficult for you, but we will get back together one day. I just need some space now. So, please hang in there and things will work out between us eventually,"* while she secretly moves on without you.

Another common reason why a woman will say, *"We will get back together one day,"* is that

3. She doesn't know what else to say to end a relationship

[image: She doesn't know what else to say to end a relationship]

Although some women have no problem saying, *"I'm sorry, but I don't have feelings for you anymore. Please accept that it's over between us and try to move on,"* when talking to an ex, a lot of women find it difficult to be that direct.

Common reasons why include:

- Sheâ□□s a nice person and she doesnâ□□t want to hurtÂ her ex's feelings, so she tries to break away from him gently, rather than dumping him all at once.
- She doesnâ□□t have a lot of experience with break ups and doesnâ□□t really know how else to handle it.
- SheÂ doesn't like the idea of her ex guyÂ hating her, so she tries to get out of the relationship while still being perceived as a good person.
- Sheâ□□s afraid that he might break down and start begging, pleading and crying with her to change her mind.
- She canâ□□t handle confrontations, soÂ letting him down slowlyÂ is her way of hopefully avoiding a big fight, or series of fights and arguments.

So, rather than just tell her ex that itâ□□s over, a woman might instead say something like, *â□□I canâ□□t be with you right now, but we will get back together one day. Iâ□□m just not in the right space at the moment for a relationship and I donâ□□t want to hurt you while I try to sort myself out. Please give me time to be on my own for a whileâ□□* as a way of letting him down easy.

Her guy might then think, *â□□Well at least she didnâ□□t say itâ□□s over, so thereâ□□s still hope for us. All I have to do is be patient and wait and eventually we can be together again.â□□*

He will then likely accept her decision and give her some space (i.e. he cuts off all or most contact with her), in the hope that the more space she has to figure things out in her life, the quicker she will come back to him.

Yet, in almost all ex back cases, giving a woman too much space actually backfires.

Then, rather than them getting back together again, she instead meets a new man, falls in love with him and moves on.

Her ex is then left feeling hurt and wondering things like, *â□□She said we would get back together one day, so why did this happen? Why did she find a new man when she knows Iâ□□m waiting for her? I just donâ□□t understand! How could she do this to me?!â□□*

The answer is this: If you give a woman too much space and she secretly doesnâ□□t have strong feelings for you, she will almost always use the time to find a replacement guy and move on.

This is why, if your ex is currently saying that you and her will get back together again some day, itâ□□s up to you to not make the mistake of thinking that if you give her enough space, she will come back to you.

She almost certainly wonâ□□t.

The only time that will happen is if you interact with her and actively re-spark her sexual and romantic feelings for you again.

So, make sure you focus on doing that, rather than sitting back and patiently waiting for her to come back on her own one day and then end up feeling betrayed when she moves on with someone else instead.

Another common reason why a woman will say, *â□□We will get back together one day,â□□* isâ□□!

4. She wants you to keep showing interest in her while she moves on without you

[image: She wants you to keep showing interest in her while she moves on without you]

Sometimes a woman is just a selfish, self-centered person who doesnâ□□t care about anyone

elseâ€‹s feelings other than her own.

So, to avoid feeling hurt if her ex moves on without her before she has a chance to get herself a new man, she keeps him hanging on by giving him false hope and promising him that they will get back together one day.

In that way, she ensures that she will be able to move on before he does and she won't feel the pain of being left behind like he will.

Of course, itâ€‹s up to you to not let this happen to you.

If you want your ex back, make sure that you actively do whatever it takes to re-spark her feelings for you and make her see you as a better option to any other man she might meet along the way (e.g. interact with her over the phone and in person, make her laugh and smile and feel good to be around you again, flirt with her to create sexual tension between you and her, show her that youâ€‹ve transformed yourself into a new man) and get her back.

Alternatively, if you donâ€‹t want to do that, then make sure that you donâ€‹t get caught up in your exâ€‹s silly mind games and waste months or even years of your life waiting for her to come back to you one day.

If she does come back and you happen to be available and still want her, great.

You can get back together again.

However, you canâ€‹t wait for that to happen.

Itâ€‹s now up to you.

Start the ex back process and get her back right away, or move on and enjoy your life with other women until you find your ideal woman, or you and your ex hook up again one day.

So, whatâ€‹s it going to be?

Avoid the Following 3 Mistakes to Get Her Back Faster

Right now, your thinking and behavior will either help you re-attract your ex and get her back, or turn her off and make her feel even more determined to put her relationship with you behind her and move on.

It all depends on your approach.

This is why, you need to avoid making the following 3 attraction mistakes:

1. Patiently waiting for her for months, while slowly losing confidence in yourselfÂ day by day

Sometimes, when a woman tells her ex that they will get back together again one day, he takes it as a sign that he needs to wait for that to happen.

He might then justify his decision not to move on by thinking things like, *â€‹If she comes back and she finds me in another relationship, she will assume that Iâ€‹m over her and move on. Then I will lose her for real. At the same time, if I just date a lot of random women, she might feel disappointed in me for not valuing our love enough to wait. Either way, Iâ€‹ll be ruining my chances of getting her back. This is why, I think itâ€‹s best if I just wait for her to figure out what she wants and come back to me when sheâ€‹s ready. Then she will be flattered and impressed that I waited for her and*

she will want me even more.

He then waits around for weeks, months and in some cases, even years for her to come back to him. Yet, the longer he waits, the more he begins to lose confidence in himself.

He then starts thinking things like, *“Why isn’t she coming back? Did she change her mind and doesn’t want me back after all? I don’t know what to do. On the one hand, I want her back so badly, but on the other hand, what if I ask her if we can get back together again and she tells me that she’s over me now? What if it’s too late to get her back? I’ve been waiting for her for so long that I can’t imagine myself moving on without her.”*

The more he thinks like that, the more he spirals into a cycle of negative, insecure thinking, which eats away at whatever remaining confidence he has in himself.

If he then happens to interact with his ex and she picks up on his low self-esteem (e.g. via his attitude, behavior and conversation style), she loses even more respect for him as a man and doesn’t want to get back with him anymore.

Here’s the thing:

Women are attracted to confident men who believe in themselves.

Likewise, women are turned off by insecure men who doubt themselves.

So, don’t sit around waiting for your ex to come back to you and end up losing confidence in yourself along the way.

That will only damage your chances of getting her back.

So, what should you do instead?

Believe in yourself and in your value to her and other women.

Not only will you then be able to make your ex feel a renewed sense of respect and attraction for you, you will also be able to attract other beautiful women if you want to.

You can then easily get her back, because she feels attracted to you again, rather than sitting around waiting for her to come back to you one day.

Another mistake to avoid making is

2. Closing yourself off to other women because you’re afraid of getting hurt again

Sometimes, a break up can cause a guy to think things like, *“Why should I risk opening myself up to another woman like I did to my ex, only for her to stomp on my heart and crush it when she’s had enough? I don’t think I can take that again. As far as I’m concerned, love just isn’t worth it.”*

He then becomes emotionally closed off from women and avoids getting into relationships with any woman that he senses might make him fall in love again.

Unfortunately though, what a guy like that doesn’t realize is that by closing himself off from love, he’s stopping himself from finding real happiness with a new woman, or with his ex woman.

In the end, he’s just making himself unhappy, rather than taking action and getting what he really wants in life (i.e. to fall in love again with a new woman, or to get his ex back into a relationship that

is even better than before).

So, don't let that happen to you.

Another mistake to avoid making is!

3. Not following through on the full ex back process to actually get her back now

Regardless of what your ex says, nothing will happen until you make it happen.

So, rather than sitting around waiting for her to come back to you one day, take action and get her back now.

If you don't, you might end up regretting it when you discover that she got bored waiting for you to make a move and found herself another man instead.

It's up to you.

Are you going to take control of the ex back process and get her back, or are you going to wait for her to come back to you one day and lose her for real?

It seems that your choice is quite easy.

Get her back today and enjoy the great times ahead.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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My Girlfriend Isn't Even Trying to Get Our Relationship Back Together

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

4 possible reasons why:

1. She isn't attracted to you anymore, so she doesn't see any reason why she should even try

[image: She isn't attracted to you anymore, so she doesn't see any reason why she should even try]

Most relationships start off with lots of sexual and romantic attraction between the man and the woman.

For example: The guy will usually be on his best behavior and display characteristics and personality traits that are naturally attractive to women (e.g. he is confident and self-assured, he is charming and charismatic, he is emotionally masculine and makes her feel sexy and desirable in his presence).

He also gives his woman his undivided attention and compliments her on her appearance, sends her romantic texts, takes her on romantic dinner dates and generally makes her feel special and loved.

At the same time, the woman will put in the effort to look beautiful for him (e.g. she dresses in sexy clothes, wears makeup and does her hair, works out to keep in shape) and be a good, loving, attentive woman as well.

However, as time goes by and the relationship becomes comfortable, the guy might begin to slack off and begin treating his woman more like his friend, or roommate, rather than the like the desirable, sexy woman she was to him at the start of the relationship.

When that happens, the spark of sexual attraction that was originally there between them starts to fade away.

This makes her feel like pulling away, being closed off and treating him with less and less respect over time.

Initially, she might try to spice things up between them (e.g. by buying some sexy lingerie or wearing sexier clothes) to make herself more attractive to him, in the hope that he will go back to treating her like an attractive, desirable woman again.

However, if he fails to do that and remains firmly in his comfort zone where he continues to treat her like his buddy, she may begin thinking things like, *â€œThe spark in our relationship is dead. All we ever do these days is watch TV, eat take out food, or go out with friends. All the romantic dinners, sexy text messages and exiting stuff we used to do together doesn't exist anymore. Not only that, he doesn't even notice me anymore. I might as well just let myself go for all the attention he gives me. He never even notices that I always try to look good for him. There was a time when he couldn't keep his hands off me and would compliment me about my appearance, but now he doesn't even notice me. I can't take it anymore! I'm tired of feeling like his buddy or roommate. I want to feel like a real woman again. I want to feel sexy and noticed.â€œ*

She will then likely decide to break up with him and find a man who makes her feel the way she wants to feel in a relationship (e.g. attracted, desirable, sexy, turned on).

If the guy then tries to get her back by being nice and sweet and treating her like a neutral friend (e.g. because he doesn't want to scare her off), rather than give him another chance, she will likely just keep pushing him away and saying things like, *âNo, I don't want to get back together again,â* or *âI'm sorry but I just don't feel like we can work things out.â*

So, if your girlfriend isn't even trying to get your relationship back together, it could be because you stopped making her feel like a feminine, girly, sexy woman around you.

Don't worry though.

If you want her back, you can begin to make her feel that way from now on.

When you do, she will automatically start to feel drawn to you again, even if she initially tries to deny that it's happening to her.

So, from this moment onwards, make sure that every interaction you have with her (e.g. over the phone and especially when you see her in person), you're actively sparking her feelings of sexual attraction for you by making her feel sexy and desirable, rather than just being a nice, polite, neutral friend to her.

Remember: Even if she pretends that she doesn't like it when you flirt with her and create sexual tension between you, deep down she will be feeling drawn to you in a way that feels good to her.

As a result, her walls will begin to crumble and she then becomes open to hanging out with you more, to see if you're going to continue sparking her feelings for you, or revert back to your comfort zone.

Then, when she sees that the changes are for real and that you're not going to make the mistake of treating her like a friend again, she will want to be your girl once more.

Another possible reason why your girlfriend isn't even trying to get your relationship back together is

2. She's tired of trying to make the relationship work

[image: She is tired of trying to make the relationship work]

Most women like the idea of being with a man who knows how to create a relationship dynamic that causes her to want to be good to him, treat him well and be affectionate and loving towards him, while he also treats her well and makes her feel loved and appreciated at the same time.

So, if she then notices that she always seems to be the one putting in the effort to make the relationship work, while he has the mindset that because they love each other he doesn't have to do anything more, she will start to feel unhappy and like she's being taken for granted (e.g. she's the first one to apologize and initiate a reconciliation after they have an argument while he sulks and mopes for days on end, she's always taking care of the household and cleaning up after him while he never seems to pull his weight, she is the responsible one who tries to budget so they can pay the bills and live a comfortable life while he spends their savings without discussing it with her).

If she then also happens to notice how happy and at ease her girlfriends, coworkers, sisters or cousins are in their relationships with their guys, she may begin to wonder things like, *âWhy am I wasting my time trying to make things work with a man who can't be bothered to take our relationship as seriously as me? Why should everyone else around me have a relationship that works naturally and*

isn't so stressful and draining?

So, rather than continuing to deal with the stress, she will break up with him to then focus more on herself and her needs.

If the guy then tries to convince her to get back together again, she just isn't interested.

He may then feel confused and hurt and think things like, *Why isn't she even trying to get our relationship back together? Why doesn't she care? All she has to do is tell me what she wants me to do and I will do it!*

Yet, here's the thing!

Women know that some men are aware of how to manage a relationship properly, so she doesn't feel like it's fair that she has to be the one who does all the work and has to help her man become the man he should be.

So, rather than get back with him and have to deal with him constantly relapsing into old patterns of negative behavior (e.g. insecurity, jealousy, laziness, immaturity), she will try to just find herself a man who already has it together.

This is why, if you want your girlfriend to give you another chance, you have to change and improve in some of the ways that matter to her, before you try to convince her to give the relationship another shot.

Then, you need to interact with her and let her experience the new and improved you, without trying to get her back.

Just allow her to feel attracted to how different (e.g. confident, assertive, driven, emotionally mature) you are now.

When she experiences the new you, she won't be able to stop herself from feeling drawn to you again in new and interesting ways.

She then wants to explore her new feelings for you, rather than walk away and regret losing you.

Another possible reason why your girlfriend isn't even trying to get your relationship back together is!

3. She fell out of love with you a while ago, so she had already prepared herself to be ready to move on

[image: She fell out of love with you a long time ago and had already prepared herself to be ready to move on]

In most cases, a woman will fall in love with a guy because he displays the qualities and personality traits that she is looking for in a man (e.g. he comes across as being confident and emotionally strong, he makes her feel like a sexy, desirable woman when she's with him, he takes the lead and arranges dates, he seems emotionally mature and like he knows what he wants in life).

Yet, when she gets into a relationship with him, she then discovers that the man she fell in love with isn't who she thought he was.

For example: She realized that!

His confidence was just an act and as soon as he had her, he began to feel insecure about his attractiveness and value to her and worry that she would leave him.

This then caused him to become clingy, needy and possessive, making her feel smothered and trapped.

Despite taking the lead initially (e.g. in pursuing her, arranging dates, making decisions for the both of them), once in the relationship with her, he handed his power over to her and essentially let her call the shots.

If she resisted and asked him to decide something, he just brushed her off by saying something along the lines of, *â€œI just want what you want. Iâ€™m happy with whatever decision you make.â€*

Despite making her feel sexy and desirable at the beginning of the relationship, he now treats her more like a friend or a roommate than anything else.

As a result, the spark fizzles out of the relationship and she stops feeling sexually attracted to him.

Although he seemed like an emotionally mature guy initially, she soon began to notice that he was actually irresponsible and childish.

Rather than focus on his goals/work/studies, he preferred to party with his friends or sit around playing video games and had no interest in making progress in his life.

This caused her to feel unsure of her future with him.

The more she noticed that he wasnâ€™t living up to the man she believed him to be, the more her feelings of respect, attraction and love began to fade away.

She will then begin closing herself off, pulling away from him and start moving on in her mind and imagining herself with a new man.

Then, by the time she decides to break up with him for real, she is already prepared to put the relationship with him behind her and move on.

If the guy then tries to get her back, sheâ€™s not going to be interested, because she has already disconnected from her feelings for him.

So, while he is still dealing with the shock of the break up and thinking about how much he loves her and wants to get her back, she has already dealt with the break up and is ready to get on with her life without him in it.

In a situation like this, if you want to get your girlfriend back, you have to stop trying to get her to want a relationship and start re-sparking her sexual and romantic feelings for you.

Remember: The first step of the ex back process is re-attraction, not a relationship.

You can get her back very quickly, but youâ€™ve got to approach it properly, one quick and simple step at a time.

Another possible reason why your girlfriend isnâ€™t even trying to get your relationship back together isâ€

4. She is now free to be her real self and it feels good

[image: She is now free to be herself and it feels good]

When a woman initially falls in love with a guy, she will usually ignore negative things about him.

She might even tell herself things like, *â€œItâ€™s not so bad. Iâ€™m sure he will eventually see what heâ€™s doing wrong and change,â€* or *â€œHeâ€™s only behaving like that because he loves me so much. Iâ€™m lucky to have a man who cares for me the way that he does.â€*

Yet, over time, when she realizes the guy's behavior is making her think, feel, talk and behave in ways that are not who she is deep down inside, she may begin to resent him.

For example: A guy might feel that his woman is too good for him, to the point where he becomes controlling, jealous and forces her to be a lesser version of herself so as not to trigger his insecurities (e.g. he insists that she doesn't wear any make up, look at other guys, or talk to single female friends, expects her to be on her best behavior around him at all times and to regularly reassure him of her love and dedication to him and the relationship).

She then might begin thinking things like, *â€œLook at what I've become. I used to be so happy, carefree and relaxed as a person and now I'm always worried about saying or doing something wrong and causing him to get angry and start a fight with me. I don't even look the way I used to. I'm this ugly mess and all because he can't handle me looking attractive in case another guy notices me. Is this how I want to live the rest of my life? Why am I putting up with this? I deserve to be who I want to be!â€*

When she realizes that he has been causing her personality to change in ways that she doesn't like, she will then break up with him and focus on reconnecting with her old self again.

The guy might then try to get her back, only to feel frustrated and annoyed when she doesn't seem interested.

Yet, here's the thing!

Event though her reluctance to try and get the relationship back together doesn't make much sense to him, it makes complete sense to her.

She feels free again and as though she can be her real self at long last.

At the same time, nothing that he's saying or doing is making her want to give up her new-found freedom to be with him again.

Of course, that doesn't mean she will stick to her decision to be broken up if he quickly changes and improves and shows her via his attitude, actions, behavior and the way he treats her that he's a new and improved man.

When she can see for herself that being with him won't change her into someone she doesn't want to be (e.g. stressed out, angry, repressed), but instead makes her an even better version of herself (e.g. happy, vivacious, outgoing), she will be more open to forgiving him and giving him another chance.

This is why, if you want your girlfriend to feel motivated to try to get your relationship back together, you need to make sure you're offering her a better attraction experience than before (i.e. by changing and improving some of the things that were turning her off and showing her that you're a new man now).

However, if you continue to make the same mistakes you made before (e.g. being too controlling and possessive, taking her for granted, being insecure and needy, not being manly enough), she's naturally going to be happier without you and she's just going to keep saying *â€œNo,â€* to getting your relationship back together.

Where Some Guys Go Wrong When Attempting to Convince an Ex Woman to Get a Relationship Back Together

For a woman to feel motivated to get back with her ex, she needs to see proof (i.e. in the way he acts, thinks, behaves and interacts with her) that he's really changed and improved in the ways that are important to her.

Unfortunately, some guys only make things worse by behaving in even more unattractive ways and turning her off some more.

For example: Some common mistakes that guys make with an ex girlfriend who won't try to get the relationship back together are:

1. Thinking that she is being heartless or selfish

What's really happening is that there's nothing for her to come back to.

She isn't attracted and he isn't changing his approach to make her feel attracted.

He's essentially just offering her the same thing and expecting a different reaction from her.

As a result, she doesn't feel like she'll be getting anything out of being in a relationship with him (i.e. she doesn't feel respect, attraction or love for him) and so she pushes him away and focuses on moving on.

So, if you want your ex to give you another chance, make sure you're making her feel the way she wants to feel when she interacts with you (e.g. attracted, respectful, excited).

If you keep offering her the same old attraction experience as before, don't be surprised at her lack of interest.

Another common mistake that guys make with an ex girlfriend who won't try to get the relationship back together is:

2. Feeling entitled to a relationship with her

Think about how you would feel if you broke up with a girlfriend because she kept turning you off.

What if she then felt entitled to a relationship because of your history together?

It actually makes her sound selfish, right?

That's how your ex is feeling with your approach right now.

Here's the thing:

Even if you and your girlfriend once talked about being together forever, none of that matters anymore if she has lost touch with her feelings of respect, attraction and love for you.

That was then and this is now.

So, if she no longer feels the same way, she's also not required to try and get your relationship back together again, just because you and her once shared a special connection.

As a result, if you keep pushing her, you will be the one who comes across as selfish and she will likely close herself off from you even more.

Then getting her back becomes more difficult for you, because she doesn't want to talk to you over the phone or see you in person.

Another common mistake that guys make with an ex girlfriend who won't try to get the relationship back together is!

3. Not realizing that it's not her responsibility to get the relationship back together

People are allowed to do whatever they want.

There is no rule that says a woman must try to get back with a guy that she dumped.

So, when a woman breaks up with a guy who has ruined her feelings for him, she will usually try to move on without him.

What she most-likely won't do, is feel the need to get the relationship back together again.

As far as she's concerned, there's no reason for her to want him back, so she focuses instead on fully getting over him and moving on.

So, if you want your girlfriend back, don't sit around hoping she's going to make it easy for you to get her back.

Instead, she will likely sit back and wait to see if you're emotionally strong enough to take on the leading role in the ex back process.

If you do, she will be able to respect you again.

When she respects you, she will feel attracted to you and she will then feel motivated to get the relationship back together.

On the other hand, if you wait around hoping that she will be the leader, she will lose even more respect for you for not having the balls to do what it takes to get her back.

When that happens, she will lose even more interest in the idea of getting back with you and focus her attention instead on moving on and finding a replacement guy who is man enough to lead the way in a relationship with her.

This is why, if you want her back, you've got to be man enough to take the lead and make things happen, rather than wait for her to do it for you.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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3 No Contact Rule Success Stories

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The following No Contact Rule success stories are from men who gave their woman 3 to 7 days of no contact after a break up.

Ever since I started helping men get women back, I've never recommended giving more than 3 to 7 days of space to a woman after a break up, before a man begins the actual ex back process.

The reason why is that, generally speaking, the 30 day No Contact Rule works differently on men than it does on women.

For example: If a woman immediately accepts a break up and doesn't contact her ex guy for 30 to 60 days, it works much better for her, because men like to feel like they have some ownership over a woman.

When a guy doesn't hear from his ex woman after dumping her, he may begin to feel like he has been rejected and then contact her to see if she is still missing him.

Additionally, a lot of guys really struggle to approach, attract and pick up new women.

So, when his ex uses No Contact after a break up and he isn't getting any action from new women, he starts to miss her.

However, the same doesn't apply to women.

Most women feel abandoned when a guy ignores her for a long time, so her natural instinct is to go out and find herself a new protector.

Also, most women can quickly and easily find a new man to hook up with, date and get into a relationship with after a break up.

So, when a guy ignores his ex after a break up, she usually just moves on without him.

This is why, if you intend to use the No Contact Rule to get your ex back, make sure you only ignore her for 3 to 7 days.

Any longer than that and you risk her getting over you and moving on.

By the way!

Here are 3 No Contact Rule success stories based on a guy giving his ex woman no more than a week of space, before beginning the ex back process to get her back:

1. He accepted the break up, cut off contact for 3 days, called her, arranged a meet up and got her back

[image: He accepted the break up, cut off contact for 3 days, called her, arranged a meet up and got her back]

In this scenario, the guy made sure that he reacted to the break up in an emotionally strong and mature way by saying something along the lines of, *âOf course, I don't want us to break up, but I accept your decision and I won't make things difficult for you. I just want you to know that I do care for you and I hope one day in the near future we can at least be friends again. Take care of yourself. Bye.â*

By not reacting to the break up in a needy, clingy, or desperate way, he automatically began sparking

her feelings of respect for him again, without her even realizing it.

He then gave her 3 days of space where he didn't text her, message her on social media, call her on the phone or see her in person.

After the 3 days, he called her on the phone and instead of saying things like, *"I miss you so much! Please can we meet up? I really need to see you,"* which almost certainly would have turned her off and caused her to say *"No,"* he instead used some humor to ease the tension between them and make her laugh, smile and feel relaxed to be talking to him again.

Then after a few minutes of relaxed conversation where he focused on sparking her feelings of respect and attraction (e.g. by continuing to make her laugh and smile, by maintaining his confidence regardless of what she said to make him feel unsure of himself), he asked her to meet up with him for a quick cup of coffee.

Initially she said *"No,"* because she didn't want to come across as being too easy, but he remained calm and confident and didn't give up and she then said, *"Yes."*

At the meet up, he continued to spark her sexual and romantic feelings for him, by showing her via his attitude, action, behavior and the way he interacted with her that he had changed and improved as a man.

When she realized that he was at a different level as a man than he was when they broke up, her defenses began to crumble.

She felt drawn to him in a new and exciting way and decided to explore those feelings by giving the relationship another chance.

In the next No Contact Rule success story

2. He cut off contact for a week, she called him on the 8th day and they met up and got back together

[image: He cut off contact for a week, she called him on the 8th day and they met up and got back together]

Rather than lose control of himself and begin behaving in unattractive ways that would cause his woman to lose even more respect and attraction for him (e.g. beg, plead, cry, promise to change, ask her to tell him what she wants him to change, tell her about his feelings), the guy instead kept control of his emotions and walked away from the relationship with his head held high.

From there, he didn't make any effort to contact his ex.

Instead, he used the time apart to:

- Improve his ability to attract her (e.g. by becoming more confident, emotionally strong, emotionally independent, assertive, mature).
- Build a strong belief in his value and attractiveness to her.
- Spend some time doing things that make him feel happy and content without her (e.g. focus on his goals, hang out with friends, do something he always wanted to do but didn't because he was too focused on his relationship).

This helped take his mind off his ex and prevented him from sitting around feeling sad, lonely and hopeless (i.e. because he knew he was taking positive steps to become a better man so that he can re-

attract her).

Of course, by not contacting his ex during this time, it made her start missing him and begin wondering things like, *â€œI wonder what heâ€™s up to? Maybe heâ€™s met a new woman already and is moving on.*â€œ

So, after 8 days of not hearing from him, she decided to call him to see why he has been ignoring her. On the call, he focused on making her laugh and smile and feel good to be talking to him again.

He made sure to flirt with her to create some sexual tension between them and to make it clear to her that heâ€™s still interested in her, rather than act nice and sweet and neutral and make her feel like he only wants to be her platonic friend.

He then asked her to meet up with him and she agreed.

At the meet up, he showed her that he had transformed himself into the kind of man that she could now look up to, respect and feel attracted to (e.g. confident, emotionally masculine, assertive, driven).

He also continued to build up the sexual tension between them.

He then progressed to giving her a hug and when she didnâ€™t pull away, he gave her a kiss as well.

From there, they went back to his place and hooked up sexually.

She then naturally began to fall back in love with him and they got back together again.

In the next No Contact Rule success storyâ€¦

3. He called her to say he accepted the break up and wished her well. He re-attracted her on the call and then ended it. She contacted him 6 days later

[image: He called her to say that he accepted the break up and wished her well. He re-attracted her on the call and then ended it. She contacted him 6 days later.]

Just like in the previous No Contact Rule success stories, the guy didnâ€™t cause a big scene when the break up happened.

Instead, he remained calm and confident, knowing that he could easily re-attract her with the right approach.

He then called her on the phone and said something like, *â€œHey, I know that you donâ€™t want me to contact you right now because youâ€™re worried Iâ€™m going to try and change your mind. However, I want you to knowâ€¦ I completely accept that weâ€™re broken up and I promise not to pressure you into doing anything you donâ€™t want.*â€œ

By saying that to her, he let her know (without actually saying the words) that he wasnâ€™t going to sit around feeling sad and depressed and put his life on hold, just because they had broken up.

This made her feel a surge of respect for him again (i.e. because he was being a real man, rather than a pushover).

He then said something along the lines of, *â€œAnyway, thatâ€™s all I wanted to say. I wish you all the best and I hope you will be happy. Take care of yourself. Bye,*â€œ and then hung up, after she said *â€œBye,*â€œ to him too.

He then didnâ€™t contact her again (not even to send her a text to say hello).

[image: She couldn't stop thinking about him]

In the meantime, she couldn't stop thinking about him and how mature and emotionally strong he had been with her over the phone.

The more she thought about that, the more respect she felt for him.

Soon, she began to feel sparks of attraction too.

After 6 days of missing him and worrying about him moving on, she decided to call him to see what happens.

On the call, he sparked her feelings even more (e.g. by using humor to make her feel at ease, flirting with her to create a sexual vibe, showing her via his attitude, the tonality of his voice and the way he responds to her that he's a new man now).

She then started to believe that things really were different, so she was able to open back up to the idea of being his girl again.

They then got back together and discovered that their relationship was even better this time around.

5 Problems to Be Aware of When Using the No Contact Rule

Before you decide if you want to use the No Contact Rule to get your ex back (i.e. ignore her for 30 to 60 days), make sure you're clear on some of the problems that might encounter when you do. For example:

1. Assuming that what works on a man will work on a woman in exactly the same way

As mentioned earlier, men and women respond to No Contact in two very different ways and the reason is, men and women break up for very different reasons.

For example: When a guy breaks up with a woman, it's usually because she's been behaving badly, disrespecting him in some ways and generally being a pain in the butt.

So, to teach her a lesson, he might decide to break up with her.

Basically, he's hoping that she will panic, change her behavior and come running back to him.

They can then get back together into a relationship where she now behaves herself.

However, if she doesn't come back to him and decides to use the No Contact Rule instead, the guy will likely be the one who starts to panic.

He might imagine her going out to clubs, bars or parties with her single friends, meeting new guys and possibly hooking up with them sexually.

Meanwhile, he's sitting around missing her and waiting for her to come back to him.

So, what does he do?

In most situations, a guy will quickly break No Contact and text, call or meet up with his ex and she'll be able to get him back.

However, when it comes to a man using the No Contact Rule on a woman, things are different.

In almost all cases, a woman will break up with a guy because somewhere along the line he has eroded her feelings of respect, attraction and love for him.

He has been turning her off by thinking, acting and behaving in unattractive ways and she no longer

feels the way she wants to feel when she's with him.

So, if he then tries to get her back by using the No Contact Rule, rather than make her come back to him, she actually feels relieved that she doesn't have to deal with a desperate ex and moves on instead.

Another problem to be aware of when using the No Contact Rule to get your ex back!

2. Cutting off contact for so long that she moves on

Most guys don't realize that ignoring an ex woman for 3 to 7 days is long enough to get the results they're hoping for (i.e. she calms down, misses him and opens up to the idea of interacting with him again to see what happens), so they end up going the full 30, or even 60 days of No Contact.

A guy like that usually thinks something along the lines of, *"My case is different. My ex really hates me now, so if I try to call her after 3 to 7 days, she most-likely won't answer her phone. I think waiting for a few weeks, or even months, is better, because it will give her enough time to calm down and not be so angry and defensive all the time. She might also miss me a little bit and then when I contact her she will be more open to talking to me and working things out."*

Yet, here's the thing!

The only thing 30 or 60 days is long enough for, is for her to meet new guys, have sex and fall in love again with someone else.

Remember: When a woman breaks up with a guy, it's usually because she's lost touch with her feelings of respect, attraction and love for him.

So, when he doesn't contact her, rather than think things like, *"Why is he ignoring me? What's going on? Doesn't he care about me anymore? I need to phone him right away before I lose him for real,"* she will likely think something along the lines of, *"Well this was easier than I thought. I'm so relieved that I don't have to deal with a needy, desperate ex. Now I can move on and live my life in peace."*

Even when a woman does miss her ex and wants to get back with him, when he ignores her for so long, she begins to feel hurt and like he doesn't care.

So, instead of running back to him, she forces herself to fully get over him and move on.

Either way, he ends up losing out on getting her back.

This is why, if you don't want that to happen to you, don't take too long to start the ex back process with your ex, because you might end up regretting it.

Another problem to be aware of when using the No Contact Rule to get your ex back!

3. Not preparing to re-attract her when he does contact her

One of the biggest mistakes that guys make when using the No Contact Rule, is to spend all that time that they're ignoring their ex, just thinking about how much they miss her and not improving at all.

For example: A guy who was too needy and clingy will sit around feeling sad and thinking things like, *"I miss her so much. I can't wait for these 30/60 days to be over so that I can hear her sweet voice again. I just can't live without her."*

Then, when he finally does contact her and she picks up that he's still the same needy, clingy guy

she broke up with, rather than open up to giving him another chance, she usually just says something like, *â€œSorry, but nothing has changed since we last spoke. I told you that itâ€™s over and I meant it. Now please accept it and move on.â€*

Heâ€™s then left feeling devastated and wondering why the No Contact Rule didnâ€™t work.

The answer is, he didnâ€™t change or improve.

So, instead of using the time apart to become more emotionally independent (e.g. by pursuing his own goals and dreams, taking up a hobby or interest, reconnecting with his old friends), he stayed stuck at the same level he was at when they broke up.

She then sees that and obviously doesnâ€™t want him back.

This is why itâ€™s so important that you use your No Contact time wisely and prepare to re-attract your ex in the ways that are important to her.

When she sees that youâ€™ve really put in the effort to become a better man, she will naturally feel a renewed sense of respect and attraction for you.

It then becomes easy for you to fully reactivate her feelings and get her back.

Another problem to be aware of when using the No Contact Rule to get your ex backâ€™

4. Reaching out via text and giving up if she doesn't seem very interested

When a woman hasnâ€™t heard from her ex for quite some time, chances are high, sheâ€™s not going to sound very happy to hear from him the first time he contacts her. Why?

Each woman has her reasons, but the most common ones are:

- She doesnâ€™t want to let on that sheâ€™s actually been missing him.
- She doesnâ€™t want to make it easy for him to get her back.
- She wants to test his confidence and see if he has the courage to keep pursuing her, even though sheâ€™s being cold and distant.
- She feels hurt that he took so long to get in touch with her and sheâ€™s now trying to teach him a lesson.

Hereâ€™s the thing thoughâ€™

Regardless of why your ex doesnâ€™t seem very enthusiastic to hear from you, donâ€™t give up too quickly and end up missing out on your chance of getting back with her.

Instead, believe in yourself and in your value to her and donâ€™t give up if she doesnâ€™t make it super easy for you right away.

Remain confident, reactivate her sexual and romantic feelings for you and get her back.

Another problem to be aware of when using the No Contact Rule to get your ex backâ€™

5. Assuming that she will be willing to put in the effort to contact him and get him back, just because he didn't contact her after the break up

Regardless of whether a woman has lost touch with her feelings for her ex, or is secretly still hoping for a reconciliation with him, sheâ€™s usually not going to be the one to make the first move.

Instead, sheâ€™s going to continue moving on without him, until she finally hooks up with a new

man, or he takes the lead and does what he needs to do to get her back.

Here's the thing!

As the man, it's up to you to be emotionally strong enough to handle the ex back process and guide her back into a relationship.

You can't rely on your ex to be the strong one and make everything happen for you and her.

So, stop waiting for something to happen (i.e. for her to come running back to you) just because you're ignoring her and take control of the ex back process and get her back.

You need to be a man about it.

Take the first step to getting her back.

Before you know it, you and her will be in bed together, hugging, kissing and feeling that love you used to feel for each other.

This time though, it will feel even more exciting because you will have leveled up and will be attracting her in new ways that make her want you and only you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

What Does it Mean If Your Ex Texts You During No Contact?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are the 5 most common reasons why an ex will text you during no contact:

1. She just wants to check if you're still missing her, so she can feel good about herself

[image: She just wants to check if you're still missing her, so she can feel good about herself]

Sometimes, when a woman doesn't hear from her ex for a long time (i.e. because he's using No Contact as a way to get her back), she might begin thinking things like, *"What happened to him? I know that when we first broke up he was heartbroken and I'm almost 100% sure that if I had given him an opening, he would have asked me to get back together again. Yet, all of a sudden he stopped texting, calling or responding to my posts on social media. I wonder what he's up to. Maybe he met another woman and is in a new relationship already. That sucks! I should get in touch with him and find out."*

She may then text him to say hi and see how he responds to her.

If he then responds to her right away with something along the lines of, *"Hey, how have you been? I've been thinking about you a lot lately,"* or *"Hey, I've missed you! It's nice to hear from you again,"* she will get a nice self-esteem boost knowing that her ex still thinks about her and misses.

She may then decide to keep texting him and allow him to assume that it's because she misses him too.

In the meantime, she will use the knowledge that he's not moving on without her and is instead thinking about her, missing her and wanting her back, to feel good about herself.

She can then go out and meet new guys to have sex with, date and fall in love with, feeling confident about herself and her value, because she knows that her ex is still missing her.

Here's the thing though!

Regardless of why your ex texts you during No Contact, don't make the mistake of ignoring her because you believe you need to stick it out for a full 30 or 60 days.

Instead, use the opening that she is giving you to your advantage and begin re-attracting her on a phone call or in person.

The more you spark her feelings of respect and attraction for you, the less she will be able to resist feeling drawn to you and wanting to see you in person.

Then, even though she initially only contacted you to make herself feel good, she may suddenly begin thinking things like, *"What is happening to me? I thought I was over him, but now I'm not so sure. He seems so different and I actually look forward to talking to him on the phone and seeing him in person. All of a sudden I miss him and the idea of losing him for real makes me feel sad. What should I do?"*

When that happens, her defenses come down and she becomes open to kissing and having sex to see how she feels.

You can then fully reactivate her feelings for you (i.e. by showing her via your attitude, behavior and actions that you truly are a new man now) and then gently guide her back into a relationship.

Another thing it could mean if your ex texts you during No Contact isâ€¦!

2. She misses you and a random text is her way of trying to tell you that

[image: She misses you and a random text is her way of trying to tell you that]

In some cases, when a guy suddenly cuts off all contact with his ex, it may shock her into realizing that she still has some feelings for him and that she misses him.

She might then text him to say hi and see what happens from there.

Secretly, she may be hoping that he will realize that sheâ€™s giving him an opening so that he can re-attract her and get her back.

Unfortunately though, a lot of guys miss out on that opportunity, because they waste a lot of time wondering things like, *â€œWhat does it mean if your ex texts you during No Contact?â€* or, *â€œShould I wait the full 30/60 days before I respond to her?â€*

In the meantime, if the woman doesnâ€™t hear from him, she may take it as a sign that he doesnâ€™t want her anymore or heâ€™s moved on.

She will then likely not want to take the risk of being rejected by him by texting him again, so she will probably go quiet and focus on getting over him and finding herself a new man to make herself feel better.

This is why, if your ex has texted you during No Contact, donâ€™t mess her around by not responding to her, or replying to her but acting like youâ€™re not really interested in her anymore (e.g. because itâ€™s not the full 30 or 60 days yet, youâ€™re unsure of her feelings for you, you donâ€™t want to come across as desperate).

Just take control of the situation so that you can re-attract her and get her back.

Remember: Even though your ex might be missing you and wanting to get back with you, sheâ€™s wonâ€™t wait forever for you to make a move and get her back.

Interact with her, reactivate her feelings for you and get the relationship back on track.

Another thing it could mean if your ex texts you during No Contact isâ€¦!

3. She's over you, but thought she'd say hi as a friend

Sometimes, a woman will use the No Contact period where her ex is avoiding her to fully get over him.

However, eventually she may begin thinking things like, *â€œI wonder how heâ€™s doing? I hope heâ€™s happy.â€*

She might then text him to say hi as a friend and see what heâ€™s been up to since they broke up.

Of course, just because a woman is over her ex when she contacts him, it doesnâ€™t mean her feelings are set in stone and that he canâ€™t change that.

If he uses the opening sheâ€™s giving him to reactivate some of her feelings again, she will quickly go from feeling like sheâ€™s over him to wanting to be his girl again.

So, donâ€™t waste the opportunity of re-sparking your exâ€™s feelings for you by thinking

negative thoughts like, *â€œSheâ€™s probably over me,â€* or *â€œSheâ€™s only being friendly. It doesnâ€™t mean she wants to get back together again.â€*

Instead, play on the fact that sheâ€™s being friendly towards you and call her on the phone, where you can reawaken some of her feelings for you.

Then, when sheâ€™s feeling relaxed and enjoying talking to you again, get her to meet up with you in person to say hello as friends.

For example: You can say something like, *â€œIâ€™m glad you texted me to say hi as a friend. Itâ€™s really good to see that we can still be mature adults and enjoy chatting to each other with no strings attached. I think it would be great to meet sometime this week. As friends of course. Nothing more. We can catch up on each otherâ€™s news over a relaxing cup of coffee and say hi as friends in person. Letâ€™s catch up on Tuesday or Thursday. Which day would be best for you?â€*

If youâ€™ve successfully sparked her feelings for you during the call and sheâ€™s feeling relaxed and open, sheâ€™ll most-likely agree to catching up for a coffee.

However, in some cases, a woman might be a bit more hesitant and make some excuse to avoid the meet up.

No matter what she says though, just maintain your confidence and donâ€™t fall into the trap of doubting yourself and your ability to attract her back into a relationship.

Relax and confidently say something along the lines of, *â€œHey, look â€œitâ€™s just a quick cup of coffee as friends. Itâ€™s no big deal and you can leave any time you want. So, what do you say? Are you in for a quick catch upâ€ Tuesday or Thursday?â€*

At that point, she will probably agree and you can then go ahead and arrange a suitable day and time.

Then, when you meet up with her, make sure that you are ready to say and do the types of things that will reawaken her sexual and romantic feelings for you (e.g. maintain your confidence around her regardless of her attitude towards you, use humor to ease the tension and make her laugh and smile and feel happy that she agreed to meet up with you, let her see some of the changes youâ€™ve made to yourself since the break up).

When she experiences the new you in person, most of her feelings of doubt about you will begin to melt away.

She will then naturally begin to see you in a different light and open up to the idea of getting back together again.

Something else it could mean if your ex texts you during No Contact isâ€

4. She decides to text you just to see what happens

[image: She decides to text you just to see what happens]

There are times when a guy uses No Contact to get his ex back and it causes her to begin to question her decision to break up with him.

So, even though she doesnâ€™t necessarily want him back right away, she may start wondering what heâ€™s been doing all the time theyâ€™ve been apart, if heâ€™s changed and if itâ€™s not too late to work things out between them.

She may then decide to text him to see what happens from there.

For example:

- Will he reply or will he ignore her?
- Will she feel a spark when interacting with him again or will she feel nothing?
- Will he know how to reactivate her feelings for him or will he turn her off even more?
- Will she suddenly miss him and want to see him again or will she want to go back to having no contact with him?

Depending on how he responds, she will either initiate a call with him to see how she feels about him, or she will go back to the way things were before.

Here's the thing though!

In most cases, even if a woman still has feelings for her ex and wants him back, texting him during No Contact is about as much as she will reveal.

Women want a man who has the courage to make a move, rather than having to be gently guided all the way by a woman.

So, if a guy doesn't have the courage to do that after she initiates contact with him, she will just focus on getting over him and move on.

This is why, if you want your ex back, you need to take control of the ex back process, rather than waiting for her to hopefully give you a clear sign that she's interested, before you make a move.

If you don't, she might decide that you're not man enough for her and find herself a new man who is.

Another thing it could mean if your ex texts you during No Contact is!

5. She's bored and decides to text you just for a bit of fun

[image: She's bored and decides to text you for a bit of fun]

Sometimes a woman will be sitting around feeling bored (e.g. on a Sunday evening, at the office, while stuck in traffic) and thinking things like, *"I wonder what my ex has been up to all this time. I haven't heard a peep out of him for days/weeks/months. Maybe I should text him and see what happens,"* so she sends him a message to entertain herself.

As far as she's concerned, it likely doesn't really mean anything (i.e. it's not her way of letting him know that she wants him back) and she's simply passing the time.

However, that doesn't matter.

What matters is that she's given him an opening to begin sparking her feelings for him again so that he can get her back.

Think about it this way!

A woman texts her ex while she's bored.

Essentially she's expecting him to be nice and sweet and have a normal conversation with her about what he's been doing all the time they've been apart.

However, instead of being predictable, he uses some humor to spark her feelings and make her feel curious about his new-found confidence.

For example: She might text him something along the lines of, *"Hey, stranger, how have you*

been?â€œ

Yet, rather than reply in the way sheâ€™s expecting him to by saying something like, â€œOh, fine. Just busy with work. How are you?â€œ he instead responds in joking way and saying, â€œWho's this?â€œ

â€œSorry, I deleted your number. Didn't want to have my sexy ex girlfriend in my phone. Too tempting. Lol, how are you?â€œ

She will then likely laugh and feel flattered that referring to her as being sexy.

She will also begin to feel surges of respect and attraction for you because you have the confidence, balls and emotional strength to text her like that even though you are no longer together.

She may then begin thinking something along the lines of, â€œWhat's gotten into him? He sounds so different now. He seems so relaxed and happy. I wonder what he's up to. I know I just texted him because I was bored, but now I want to talk to him over the phone and see him in person.â€œ

She will then naturally drop her guard and you can then call her on the phone to arrange a meet up (so that you can fully reactivate her feelings for you and get her back), and chances are high she will be more open to the idea, because you've already made her feel attracted.

What Happens Now? 3 Mistakes You Should Avoid Making if You Want Her Back

You can get your ex back right now if you want to.

It all depends on whether you make the following mistakes or not:

1. Thinking that she is in control of the ex back process

Just because your ex broke up with you and possibly even said things like, â€œI don't have any feelings for you anymore. What we had is over and you need to accept that, rather than keep asking me for another chance,â€œ getting her back is not entirely up to her (i.e. she is the only one who can decide if you and her can get back together again or not).

In fact, you have a lot of control over the ex back process.

Of course, it all depends on your approach.

For example: If you focus on making your ex woman have sexual and romantic feelings for you again, even if she tries to resist it, she won't be able to stop feeling drawn to you again in a way that feels good to her.

As a result, her walls will begin to crumble and she will naturally go from not wanting to be in a relationship with you anymore, to being open to trying again.

On the other hand, if you ignore her for too long, or do the types of things that are unattractive to her (e.g. stick to being nice and polite around her and not sparking her feelings, letting her call the shots and dominate you, being unsure of yourself when you interact with her), it's only natural that you will have pretty much no power over the ex back process.

So, don't make the mistake of thinking it's all up to your ex whether you get back together or

not.

If you want her back, you have to be ballsy enough to take the lead and make it happen.

Another mistake to avoid, isâ□!

2. Being afraid to risk rejection, so you stick to texting her and she then loses interest

Maybe your ex will reject you if you call her, but maybe she wonâ□□t.

However, if you want her back, you have to take the risk.

If you donâ□□t and just stick to texting her back and forth, chances are high, she will stop replying to you sooner rather than later.

On the other hand, if you do call her, even if sheâ□□s initially cold or even bitchy towards you, you have a chance to show her your confidence by not letting her get to you.

As a result, she will feel a spark of respect for you again for being an emotionally strong man.

When she respects you, she will also begin to feel attracted to you and with those two things, itâ□□s only a matter of time before she starts to reconnect with her feelings of love as well.

So, donâ□□t be afraid of calling her, even if you think she might not like it.

It doesnâ□□t matter what she likes.

What matters is what works and re-attracting her on a call so she wants to see you in person works almost 100% of the time.

Another mistake to avoid isâ□!

3. Assuming that No Contact is the main technique that gets a woman back

No Contact can be effective if a woman still has feelings for her guy and is secretly hoping they will get back together again soon.

If she then doesnâ□□t hear from him, it can shock her into running back to him out of fear of losing him.

Even then, she might just assume that her ex is over her and force herself to get over him and move on instead.

Another time No Contact might work is if a woman canâ□□t find a replacement guy, so she decides to go back to her ex until someone better comes along.

However, in almost all other cases, No Contact is simply the main thing that helps a woman get over her ex and move on without the drama of having to deal with him trying to get her back.

On the other hand, what works almost every time in getting an ex woman back, is actively re-sparking her feelings of respect, attraction and love and making her feel that losing you would be a mistake.

So, do you want to sit around waiting for No Contact (30 to 60 days of not talking to her) to end and risk losing your ex in the process, or do you want to do what will get her back right now?

The choice is yours.

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[image]

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3 Examples of How to Love Again After a Broken Heart

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

You have 3 main options at this point.

You can either:

1. Get her back and love her

[image: Get her back and love her]

One of the best ways to get over a broken heart, is by making your ex fall back in love with you and starting a new relationship with her that is even better than before.

So, rather than sit around feeling sad and rejected, focus instead on getting your ex back to enjoy a new relationship with her where you are in the position of power.

Of course, right now you might be thinking something along the lines of, *“How can I do that if my ex said that she hates me and doesn’t want anything to do with me? Surely that’s impossible, right?”*

No.

It’s not impossible.

When you approach the ex back process in the correct way, your ex can go from hating you and saying things like, *“I never want to see you again!”* to loving you again and saying something along the lines of, *“I’m so glad you didn’t give up on me, even when I was being so closed off and bitchy to you. I love you so much!”*

So, how can you make that happen?

It’s actually easier than you may think right now.

How so?

Firstly, you need to understand your ex’s real reasons for breaking up with you.

This is important, because a lot of the time, guys aren’t really sure about it.

Yes, most guys have a vague idea (e.g. they haven’t been getting along lately and have been getting into more arguments and fights than they used to), but they don’t really know her deep, secret reasons.

This is why you need to start with that.

By the way, if you’re unsure of how to go about doing it, here are some questions to ask yourself to help you gain clarity:

- Did you remain emotionally strong and independent in the relationship, or did you end up becoming clingy, needy or wimpy?
- Were you able to maintain her feelings of respect and attraction, or did you become insecure and stopped being the cool, confident guy that she originally fell in love with?
- Did you create a relationship dynamic that made her want to treat you well and be a good, loving, devoted woman to you, or did you make her feel like pulling away from you, being closed off and treating you with less and less respect over time?

- Were you an emotionally masculine man who made her feel like a feminine, girly woman in your presence, or were you submissive and timid and made her feel like she had power over you and like she was the dominant one in the relationship?
- Did you make her feel sexy and desirable when she was with you, or did you treat her more like a neutral friend?
- Did you lead in the relationship, or did you expect her to be the boss and make all the decisions for the both of you?

Once you know where you went wrong, you can quickly make some attractive changes and improvements to yourself.

From there, the next step is to interact with your ex and show her via your attitude, actions, behavior and the way you respond to her that youâ€¦ve moved past the level that you were at when she broke up with you and are now a better man.

When she experiences the new you (i.e. you are now behaving and responding in a completely different way to the way she remembers), her guard will naturally come down and she will start to feel a renewed sense of respect for you again.

When she respects you, she will naturally also begin to feel attracted to you.

She will then feel drawn to you and want to explore her new, fascinating feelings of attraction for you by being around you more and more.

You can then fully reactivate her feelings for you and get her back into a relationship that has withstood a break up and is now even better, stronger and more loving than before.

From that point onwards, you will only want to be with each other, because thatâ€¦s where both of you feel the happiest, most fulfilled and most loved.

Another example of how to love again after a broken heart isâ€¦|

2. Attract a high quality woman and enjoy a new kind of love

[image: Attract a high quality woman and enjoy a new kind of love]

Although it sucks to lose the woman you love, it doesnâ€¦t have to be the end of the world.

In fact, in some instances, losing one woman can open the door to finding the woman who is truly perfect for you.

So, even though you and your ex may have shared a special connection, it doesnâ€¦t mean that she is the only woman who is ideal for you.

In reality, there are many millions of different women across the world who can easily be the one for you.

All it takes is confidence in yourself and in your value as a man to find her, as well as the ability to make her feel attracted to you as you talk to her.

When you know how to attract women as you talk to them, you instantly feel a resurgence of confidence and hope about your future.

As a result, you will naturally begin to talk and behave in the kind of ways that will attract a new, high quality woman to you.

You will then discover that there are many kinds of love in the world and although what you and your

ex had together was special, you can easily find love with another woman if you want to.

Essentially, every woman you fall in love with has something special and distinctive about her that makes the relationship unique.

So, don't waste time feeling depressed or dejected and wondering if you will ever be happy again.

Instead, be emotionally strong and confident enough to go out there and find yourself another, even better woman than your ex and be happy with her.

By the way!

As an added bonus, when you are happy and moving forward in your life without your ex, you suddenly seem more attractive to her and she begins to want you back for herself.

You can then choose to stay with your new woman and build a long-lasting relationship with her, or break up with her and get your ex back.

Either way, the choice will be yours.

Another example of how to love again after a broken heart is!

3. Enjoy several casual relationships to experience different kinds of love

[image: Enjoy casual relationships to experience different types of love]

A great way to get over a break up is to have sex with and date many different women.

Not only does this restore your confidence, it also shows you that although the love you experienced with your ex was special, it is not the only love that is available to you.

Most women really love sex and want it as much as men do.

To get a lot of sex, you've simply just got to know how to make them want it with you.

It's very easy to do.

The thing is, with each woman that you have a relationship with, you will experience a completely different type of sexual experience and, if you get into a relationship, a different type of love.

It is never the same and cannot be, because each woman is a unique person and the subtle nuances and differences in your relationship will create a new type of love.

At the same time, if you learn from the mistakes that you made in the past, you will inevitably become a better and more attractive man (e.g. more confident, emotionally masculine, charismatic), and as a result, your relationships will get better too.

Then, you will have your choice of quality women that you can build a happy, long-lasting relationship with, or even re-attract your ex if you want to.

So, don't be afraid to love again after a broken heart.

Fearlessly open yourself up to love, knowing that no matter what happens, you can always find love with another woman if it doesn't work out.

4 Mistakes That Some Guys Make When Trying to Love Again

After a Broken Heart

Although losing the woman you love can be perceived as a bad thing, it can also be a time of growth and improvement if you want it to be.

Unfortunately though, a lot of guys get stuck in a cycle of negativity and despair and end up making a bunch of mistakes that prevent them from either getting their ex back, or moving on and finding another, even better woman than her.

For example: Some of the mistakes that guys make when they have a broken heart areâ€¦

1. Not improving his ability to attract women, which means that he only has access to women he doesn't want

One of the biggest mistakes that some guys make after a break up, is focus more on the pain and loss they're experiencing, rather than on the reasons why it happened in the first place.

As a result, these guys stay stuck at the same level and then end up not being able to re-attract their ex and get her back, or find a new, better woman than her.

Instead, a guy like that may end up staying single, becoming bitter and jaded about love and go around saying things like, *â€œLove sucks! It's just not worth it, because it never works out and you always end up being the loser and getting hurt.â€*

Alternatively, he might get into relationships with women he doesn't really want (e.g. unattractive or insecure women), because that's the best he can do.

This is why, if you want to get your ex back, or to find yourself another high quality woman, it's absolutely essential that you improve your ability to make women feel attracted to you.

For example: Some of the ways you can do that are byâ€¦

- Being more emotionally independent, so you don't need a woman's approval or emotional support to feel good about yourself. You're a self-approving, confident man who also knows how to make a woman feel good about herself when she's with you.
- Believing in your attractiveness and value as a man, so you don't feel as though any woman is too good for you. You know that you are more than good enough for any woman you want and that belief comes through in your attitude, body language, conversation style and behavior, which then makes women automatically feel more respect and attraction for you.
- Being more emotionally masculine now and not allowing any woman to have power over you. You're a good man to women, but you don't let them get away with walking all over you.
- Being less insecure and self-doubting, so that no woman can get under your skin and make you feel unsure of yourself around her.

The more you think, act and behave in these attractive ways, the easier it becomes for you to attract any woman you want (including re-attracting your ex).

By the wayâ€¦

When your ex sees that you are being man enough to quickly learn from your mistakes and improve, she won't be able to stop herself from feeling some respect and attraction for you again, even if

she tries to deny it to your face.

She will feel drawn to you again for her own reasons (e.g. she fears walking away from the new you and then regretting it later on, she feels curious about her new feelings for you and wants to explore them).

Itâ€™s then up to you to get her back if you want to, or get another woman if you donâ€™t.

Either way, by becoming a more emotionally attractive man, you wonâ€™t have to settle for any woman that you donâ€™t really want.

Another mistake that guys make when they have a broken heart isâ€¦!

2. Focusing more on the pain of his broken heart than the solution to getting past it

Sometimes, after a particularly bad break up, a guy might find himself stuck in a dark place where heâ€™s constantly thinking things like, â€œThis was the worst thing that ever happened to me. I feel like my heart is broken into a million pieces. I miss her so much! I canâ€™t deal with all this pain. I donâ€™t know what to do to get past it. I just want her back so badly!â€œ

Yet, by doing that, heâ€™s focusing on the problem (i.e. the pain of losing the woman he loves), rather than on finding a solution (i.e. re-attracting her and getting her back).

So, donâ€™t let that happen to you.

Of course that doesnâ€™t mean you should pretend that the break up with your ex didnâ€™t happen, or that youâ€™re not feeling sad and broken-hearted.

However, dwelling on how bad you feel and how empty and aimless your life is without her in it isnâ€™t going to help you love again or get her back.

What will?

Reactivating your exâ€™s feelings of love, respect and attraction for you and getting her back. So, focus on that.

When your ex can see for herself that youâ€™re handling the break up in an emotionally strong, confident way, rather than falling apart and being unable to function without her, she will automatically start to feel a surge of respect and attraction for you again.

She then drops her guard and opens back up to interacting with you more often over the phone and in person, to see where things go from there.

Another mistake that guys make when they have a broken heart isâ€¦!

3. Thinking that it would be impossible to re-attract his ex and enjoy a new kind of love with her

Even though right now your situation might seem hopeless, because your ex is pushing you away and possibly saying things like, *â€œI donâ€™t have feelings for you anymore,â€œ* or *â€œI never want to see you again,â€œ* or even, *â€œI hate you and nothing can ever change that,â€œ* when you spark new feelings of love inside of her, anything becomes possible.

The truth is, thousands of couples around the world break up and get back together again (often more than once), every single day.

You and your ex can be one of those couples.

Remember: Feelings aren't set in stone.

You can literally change how a woman feels about you.

Think about it this way!

There was a time where you were a stranger to your ex and she had no feelings for you whatsoever.

Then, after she met you the first time, she probably started liking you and thinking things like, *He's cute.*

From there, you built on her feelings for you (i.e. by saying and doing the types of things that are naturally attractive to women) and she began to fall in love with you.

However, over time, you stopped behaving in those attractive ways and she then started to disconnect from her feelings of respect, attraction and love for you and began to feel more negative emotions such as anger, resentment, or disillusionment.

As you can see, your ex's feelings for you have changed many times already.

So, they can definitely change again.

When you interact with her and reactivate her feelings by showing her that you truly are a better man now (e.g. more confident and self-assured, more manly, more assertive and decisive), she won't be able to stop her feelings from changing (in a good way) again.

So, don't sit around feeling hopeless and thinking, *She said it's over between us, so I don't stand a chance of getting her back.*

You can get her back.

Men from all over the world get an ex back every day and you can too.

Another mistake that guys make when they have a broken heart is!

4. Accepting a less attractive woman who he will never really love in the same way he loved his ex

Sometimes, a break up can cause a guy to become fearful of falling in love again.

At the back of his mind he might be thinking things like, *My ex was special. What we had together was unique and I will never be able to find another beautiful woman like her again. I just need to accept that and be content with what I can get from now on.*

He then settles for a less attractive woman that he just can't fully love.

Yet, here's the thing!

If you don't ever attempt to get your ex back and instead settle for second best in life (i.e. get into a relationship with a woman who you don't fully love or feel attracted to), you may spend the rest of your life regretting it and never truly being happy.

Do you really want to live that kind of life?

The answer is almost certainly, *No!*

So, if you want your ex back, don't settle for a woman you don't want instead.

Take a risk to relight the fire between you and her and experience what comes with it.

Remember: The biggest regrets people have is not the things they've done, but the things they didn't do when they had the chance.

This is your chance right now.

Take it and get your ex back.

You can do it!

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[image]

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[image: Dan Bacon]

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Will My Ex Come Back?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

It depends on the following:

1. If she meets a new guy that she finds interesting and attractive

[image: If she meets a new guy that she finds interesting and attractive]

A woman will usually have her reasons for breaking up with a guy (e.g. he didn't make her feel attracted in the ways that she wanted, certain aspects of his thinking and behavior turned her off, the relationship became boring and dull).

So, if after the break up she happens to quickly meet a new guy who seems so much more interesting and fascinating than her ex, she will focus on moving on with him, rather than going back to a relationship she no longer feels excited about.

This is why, it's up to you to make sure you don't wait around for that to happen.

Instead, you need to begin interacting with her as soon as possible (preferably over the phone and in person) and start re-sparking her sexual and romantic feelings for you, so that no other guy looks like a better choice compared to you.

For example: Some of the ways you can do that are by:

Believing in yourself and in your value to her and feeling confident of your chances of getting her back, rather than doubting yourself and thinking negative thoughts like, *"What if she doesn't want me?"* or, *"What if I contact her and she rejects me?"* and then making her feel turned off as a result.

Showing her via your attitude, conversation style, actions, behavior and the way you respond to her that you're a new and improved man that she can now truly look up to, respect, feel attracted to and love, rather than staying the same as before and expecting her to accept that.

Maintaining your confidence with her regardless of what she says or does to make you doubt yourself and your chances with her.

Not giving her power over you (e.g. by doing everything she tells you to do, accepting her decision about the break up, being too nice and submissive) and instead, letting her see that you are now even more emotionally masculine in the way you think, talk, behave and react when interacting with her and that she can't dominate you with her confident personality.

Making her smile and laugh and feel happy and relaxed to be around you again, rather than stressing her out and putting her on her guard around you by constantly trying to get into intense, deep discussions about the relationship with her.

Flirting with her to create sexual tension between you and to make it clear to her that you still feel attracted to her and want her back, rather than *"playing it safe"* by just acting friendly, neutral or distant and pretending that you only want to be her friend from now on.

This allows her to feel a renewed sense of respect and attraction for you.

At the same time, she feels curious and intrigued about the new you and wants to explore the possibility of being your girl again, rather than cutting you off and then potentially regretting it later

on.

As a result, she drops her guard with you and becomes open to talking to you, hanging out with you and seeing where things go from there.

Another possibility isâ€¦

2. If she gets into a relationship that works and that keeps getting better over time

[image: If she gets into a relationship that keeps getting better and better over time]

If a woman finds herself in a relationship with a guy who doesn't make her feel the way she wants to feel when she's with him (e.g. loved and appreciated, turned on, excited, like a girly, feminine woman), then she will eventually get to the point where she breaks up with him.

She will then try to find a new man who will firstly, fill in the gaps that were missing in her relationship with her ex (e.g. he's more confident and self-assured, he is more ambitious and goal oriented, he's more emotionally dominant than her, he makes her feel loved and appreciated).

Of course that's not a guarantee that he's perfect for her and that she will stay with him for very long.

However, if he can also create a relationship dynamic that deepens the feelings of love, attraction and respect between them over time and causes her to want to stay with him for life, its highly unlikely that she will feel the need to go back to her ex again.

This is why it's so important that if you want to get your ex back, you don't waste time waiting for her to come back to you on her own and giving her a chance to meet, fall in love with and settle down with a new man.

Don't make the mistake of thinking that it's all up to her whether you get back together again.

It's not.

It's up to you.

You need to quickly make some attractive changes to your thinking, behavior and the way you respond to her and then interact with her and allow her to experience those changes over the phone and in person

It's only when you re-attract your ex and let her experience new, exciting feelings that she opens back up to being with you again.

Even if she said that her decision was final and she was never, ever going to get back with you, or she seems cold and aloof towards you at first, all that will change when she begins to feel strong surges of respect and sexual attraction for you again.

When that happens, she begins to feel sparks of sexual and romantic love for you again and starts to fear that she could be making a mistake if she walks away from you for real.

At that point, it's easy to get to a hug, kiss, have sex and then back into a relationship.

However, if you just sit around waiting for her to make the first move and don't do anything to reactivate her feelings for you, she will almost certainly move on and may possibly end up in a relationship that works and keeps getting better and better over time.

If that happens, getting her back becomes a lot more difficult for you.

So, if you want your ex back, take action and make it happen before it's too late.

Another possibility is

3. If you don't contact her and re-attract her

[image: If you don't contact her and re-attract her]

Sometimes a guy feels too nervous or even unwelcome to contact his ex after a break up.

This is especially true if the break up was messy, or if the woman said things like, "It's over between us and I don't want to see you or hear from you again. Just leave me alone so that I can get on with my life!"

He might then decide to use the No Contact Rule (i.e. ignore her for 30 to 60 days) as a way of making her miss him and begin wanting him back.

Unfortunately though, what a guy like that doesn't realize is that when a woman has lost touch with her feelings of respect, attraction and love for him, not hearing from him for a long period of time isn't really going to bother her.

In fact, in most cases, when a woman doesn't hear from an ex she doesn't have any feelings for, rather than miss him and want to go back to him, she will likely just think something along the lines of, "I'm so relieved! I really thought I was going to have a difficult time getting my ex to accept the break up, but it seems I was wrong. He's disappeared completely out of my life and I didn't even have to be a bitch to him to make it happen. I can now move on and find myself a new man, without still having to deal with my ex as well."

Even if a woman does still have some feelings for her ex and is secretly hoping they will eventually work things out and get back together again, when he completely vanishes from her life, she may take it as a sign that he's no longer interested in her.

She might even think things like, "I really thought he cared, but clearly I was wrong. He hasn't even bothered to text me once to see how I'm doing. Well I'm not going to give him the satisfaction of hurting me again. I'm going to put my feelings for him away and I'm going to find myself a new man to have sex with and fall in love with."

This is why it's so important that if you want to get your ex back, you don't waste time ignoring her for months and risking losing her forever.

Here's the thing

If your ex has lost feelings for you, giving her more time is unlikely to change that.

What will?

Interacting with her over the phone and particularly in person and reactivating her feelings of respect and attraction for you.

On the other hand, if your ex does still care for you and you ignore her for a month or two, you will likely damage your chances of getting her back, because she will feel hurt and betrayed by you for not trying to get her back.

In either case, you stand a much better chance of getting your ex back when you take the lead and make it happen right away, rather than sitting around for weeks and months and hoping she will come back to you on her own simply because you're not contacting her.

So, don't wait around in the background all that time.

Waiting around isn't good for your mental and emotional health.

Just pick up the phone, activate some of your ex's feelings for you (e.g. by making her laugh, smile and feel good to be talking to you again) and get her to meet up with you in person and get her back for real.

Another possibility is

4. If she misses you, but decides to move on because she doesn't believe you could change

[image: If she misses you, but decides to move on because she doesn't believe you could change]

In most cases, a woman will continue to miss her ex from time to time.

For example: She might find herself spending the weekend home alone and think to herself something along the lines of, *I miss how we used to hole in over the weekend sometimes and just make popcorn and watch movies the whole day* or, *I miss how he used to make me laugh and smile even when I was really angry or sad. No one else can do that.*

Yet, in most cases, rather than contact her ex and see if they can work things out, a woman will instead try to fully get over him and move on. Why?

Even though she misses him, based on her past experiences (e.g. he promised to change before but was either too lazy to follow through, or he didn't actually know how to change and was just trying to hang on to the relationship as long as possible), she doesn't believe he can change and be the man she wants him to be.

So, rather than wasting more of her time by going back to him, she instead focuses on getting over her remaining feelings for him and moving on.

This is why, if you want your ex back, you first need to make some attractive changes to your attitude, thinking and behavior, before you interact with her again.

Then, when you are ready (it shouldn't take more than a few days to a week), get in contact with her, re-attract her on the call and get her to meet up with you in person, so that she can fully experience the changes in you and how good it now makes her feel.

When she realizes that you really have transformed yourself into a better man (e.g. you've become more confident and self-assured, you're more emotionally mature than before, you're more assertive and can now stand up for yourself when she's being out of line, you're able to make her laugh and smile when she is being stubborn or closed off), she will drop her guard and open up to the idea of getting back with you.

However, if when you interact with her, her suspicions about you not being able to change are proven to be true, she's not going to be keen waste more time on a relationship that won't work.

Then, getting her back becomes a lot more difficult for you.

3 Mistakes to Avoid While You Wait For Your Ex to Come

Back

If you want to get your ex back, make sure that you're not making any of the following mistakes:

1. Waiting so long that you develop insecurities about women and relationships

Sometimes a guy will sit around waiting for his ex to come back to him, without actually doing anything to get her back.

Then, after a while when he notices that she's not coming back, he begins to feel insecure about his value to her and to other women.

For example: He might

- Start believing that his ex was out of his league and that he got lucky with her.
- Lose confidence in his attractiveness to other women and begin to see women as being hard to get, or hard to keep.
- Doubt that he will ever be able to attract another woman as beautiful as his ex ever again.

Don't let that be you.

If you want your ex back, stop waiting around for her to come to you and end up losing confidence in yourself if that doesn't happen.

Be a man of action and be the one who takes the lead in the ex back process.

If you wait too long, you may end up losing your ex to another man, because she gets tired of waiting for you to make a move.

You might also end up losing confidence in yourself around women, because you secretly worry that you're unlovable.

So, make sure that you don't become one of those guys who end up being single and alone, because one failed relationship ruined your confidence in yourself and in your value to women.

Believe in yourself.

Then, if you want your ex back, take action and make it happen.

The next mistake to avoid is

2. Never fully opening yourself to another woman because you want your ex back

In some cases, a guy might sit around waiting for his ex to come back to him.

Then, when she doesn't, he might force himself to move on by getting into a relationship with a new woman.

Yet, he never fully allows himself to fall in love with her, because at the back of his mind he's still thinking about how much he misses his ex and still hoping that she might come back one day.

Deep down, he knows that he's not living up to his true relationship potential, because he's settled for a woman that he doesn't really love.

She's a nice enough person and technically there's nothing wrong with her, but he just can't allow himself to love her in the same way that he loved his ex.

Secretly, he wishes he could have his ex back, but he didn't do anything about it, so she moved

on.

Don't let that happen to you.

The next mistake to avoid is!

3. Daydreaming about getting her back, but never following through to actually make it happen

There's no value in sitting around and thinking things like, *"I miss her so much. I wish she would come back to me. If she did, I would do everything in my power to make her happy. I would be a much better boyfriend/fiancé/husband to her this time around."*

Although daydreaming like that might make you feel better in the moment, it's not going to make you happy in the long term.

However, taking action, getting your ex back for real and making those dreams a reality definitely will.

So, leave the daydreaming to the girls and take action like the man you are.

When you have your ex back in your arms, kissing her and loving her, you'll agree that it was the right thing for you to do.

So, what are you waiting for?

Really.

Do you want her back or not?

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Breaking Up Due to Work Commitments

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you and your ex broke up due to work commitments, here's what you need to do to get her back:

1. Initially accept the break up and give her up to a week of space

[image: Initially accept the break up and give her up to a week of space]

The last thing a woman needs when she breaks up with a guy due to work commitments is for him to create drama (e.g. beg and plead with her to change her mind, promise her that he won't interfere with her work if they can just stay together, accuse her of not loving him because she's choosing her work over him) and make it more difficult for her to cope with the situation.

She may then become even more closed off and stubborn and possibly even say things like, *â€œLook, Iâ€™m not happy about this either, but youâ€™re just making everything harder than it needs to be. I think itâ€™s better if we just stop interacting with each other altogether. It will just be easier for the both of us. So, please donâ€™t text or call me anymore.â€*

This is why the best approach is for you to make this time easier for her, so that she actually thinks about you in a more positive way and misses you.

So, just accept the break up as gracefully as possible and then give her some space to let things settle down.

For example: You might say something along the lines of, *â€œHey, I understand that this is a difficult decision and itâ€™s stressful for both of us. However, I want you to know that I accept that weâ€™re broken up and I promise not to make things harder than they already are. We can just be friends now, okay?â€*

This will put her mind to rest and make her feel a surge of respect for you for being so emotionally mature about it.

From there, just give her a week of space where you don't contact her at all and allow for her to begin missing you and possibly even regretting her decision to break up with you.

Then, after a week!

2. Contact her and create a relaxed, easy-going vibe between you and her

[image: Contact her and create a relaxed, easy-going vibe between you and her]

Once things have calmed down a bit, you can contact your ex and say something along the lines of, *â€œHey, I just wanted to see how itâ€™s going?â€* without it coming across as an attempt to pressure her into changing her mind.

However, make sure that you don't get sucked into feeling like a stranger around her now, just because you're no longer a couple.

This means, you need to create a fun, easy-going vibe between you and her when talking to her, rather than suddenly being very polite, reserved, tense and unsure of yourself around her.

For example: Some of the ways you can do that are by!

- Using humor to ease the tension between you and her and making her laugh, smile and feel happy to be hearing from you again, rather than trying to get into intense, deep discussions about the relationship and how you can make it work between you regardless of her work commitments.
- Maintaining your confidence and emotional strength around her, regardless of how much you've missed her and how difficult it now is to be talking to her again knowing that your relationship is over.
- Being more emotionally masculine in the way you think, talk, behave and react when interacting with her, rather than giving her too much power over you (e.g. by being too nice, accepting everything she tells you).
- Believing in yourself and in your value to her, rather than feeling despondent and like you've lost your chances with her forever and turning her off as a result.
- Letting her see that even though you miss her and want her back, you're busy getting on with your life without her (e.g. by talking about some of the things you've been up to since you and her last interacted), rather than sitting around feeling lost, desperate and stuck.

The more relaxed and happy she feels when interacting with you, the more respect and attraction she will feel for you.

She will then begin to wonder if breaking up with you due to work commitments was actually the best route for her to take.

When that happens, she naturally becomes open to interacting with you more and more, because she doesn't want you out of her life completely.

From there, you need toâ€¦

3. Attract her in new ways over the phone or in person

Creating an easy-going vibe between you and your ex is only the first step to bringing down her guard and opening her up to the idea of getting back together again despite her work commitments and the best way to do that is to attract her in new and exciting ways.

Essentially what that means is that you can't approach getting her back the same way you approached getting her to be your girl in the first place.

So, although being nice and sweet, buying her flowers and gifts, or taking her on romantic dates worked in attracting your ex before, for her to feel motivated to find a better solution for her work commitments so she can be with you as well, you need to do something different.

Here's the thingâ€¦

Even though the main reason she gave you for breaking up has to do with work, the truth is, in most cases, when a woman is with a guy she considers to be the one for her, she's going to fight tooth and nail to stay with him no matter what.

On the other hand, if there are certain aspects of his thinking, behavior and attitude that are turning her off in the relationship and then she also has commitments at work, she may use that as an excuse to end the relationship, without having to deal with him trying to talk her out of her decision.

So, it's always a good idea to think of areas in your relationship with your ex that could use some improvement.

Then, when you interact with her on the phone and in person, you can begin attracting her in ways that she always wanted, but never told you.

By the way, if you're unsure of what those areas might be, here are some questions you can ask yourself to help you figure it out:

- Did you make your ex feel respect and attraction for you by being emotionally strong and maintaining your confidence around her regardless of how difficult she was being (e.g. she was being stubborn, throwing a tantrum, disrespecting you), or did you turn her off by being self-doubting and insecure?
- Did you make her feel like a sexy, desirable woman when she was with you, or did you treat her more like a friend or one of the guys?
- Did you make her laugh, smile and feel good in the relationship with you, or did you make things stressful or annoying for her (e.g. by being jealous and controlling, being too childish and immature)?
- Did you laugh at her (in a loving way) when she created fake drama, or did you become submissive and let her dominate you with her confident personality?
- Did you support her in her big dreams and goals in life, or did you patronize her a little bit for her ambitions?

Depending on your answers, you will have a better understanding of where you need to improve.

Then, when you interact with her and she notices that you're attracting her in ways that she always wanted (e.g. you're now the confident, self-assured man she dreamed of, you're more supportive and loving, you make her feel like a feminine woman), she will naturally begin to doubt her decision to break up.

So focus on that.

The next thing you can do is to

4. Build up the sexual tension

Chances are high that just because you and your girl are breaking up due to work commitments, you're not going to stop talking to each other (over the phone) as well.

This gives you a chance to truly make her regret her decision to break up with you and start wanting you back.

How can you do that?

By building the sexual tension between you and her so much, that she can't stop herself from wanting to release that tension with hugging, kissing and sex.

Of course, once she has sex with you again, it becomes a lot more difficult for her to walk away a second time from what you and her share.

So, make sure that every time you interact with her on a phone call, you're flirting with her and making her laugh and smile, while at the same time, not trying to convince her to get back into a relationship with you.

Flirting makes a woman feel sexually attracted to you and the fact that you're not desperately trying to convince her to get back together again creates a build up of desire from her side.

She starts to think things like, *â€œIâ€™m always thinking about him when I should be focusing on my work. After all, the main reason we broke up is because of that. Yet, I canâ€™t stop missing him and wishing I could be in his arms again. Why canâ€™t I stop feeling this way?â€*

Thatâ€™s what you want.

Unfortunately though, a lot of guys make the mistake of thinking that flirting with an ex after breaking up due to work commitments is wrong.

For example: A guy might say, *â€œI accepted her decision to break up. If I now start flirting with her, she will probably get angry with me and then she might decide that we canâ€™t even be friends anymore. Then I will lose her for real. I donâ€™t think I can do that. Besides, donâ€™t I stand a better chance of getting her back when things at work settle down if Iâ€™ve been nice and supportive of her, rather than flirting with her?â€*

Yet, thatâ€™s not how it works.

If a guy acts like a nice, neutral friend to a woman, all sheâ€™s going to feel for him are nice, neutral, friendly feelings.

Sheâ€™s almost certainly not going to want to meet up with him so that she can kiss him and have sex with him.

So, donâ€™t be afraid to flirt with your ex and make her feel attracted to you again.

To get her back, you have to actively make her feel sexually attracted to you and flirting, laughing and smiling is the perfect way to build up the sexual tension between you and her.

From thereâ€¦

5. Make her want you so bad that she goes out of her way to see you even though she's busy with work

[image: Make her want you so bad that she goes out of her way to see you]

If youâ€™ve successfully built up the sexual tension between you and your ex over the phone, she will probably be longing to at least see you again in person.

To increase those feelings in her you need to let her see that youâ€™re happy and moving forward in your life without her.

For example: Imagine that youâ€™ve been flirting with your ex over the phone and building up the sexual tension between you.

The needy desperate thing to do would be to say something like, *â€œI canâ€™t take this anymore! I miss you so much! Isnâ€™t there any way you can make some time to see me?â€*

Unfortunately, saying something like that to your ex will probably just dampen the desire that has been building up inside of her and make her think something along the lines of, *â€œJust when I thought things were different, he had to go ruin everything by being needy and emotionally wimpy.â€*

So, what should you do instead?

When you notice that the tension between you and her is really high, you need to say something along the lines of, *â€œOkay, I guess I shouldnâ€™t keep you from your work any longer. I know how busy you are. Besides, Iâ€™m meeting up with someone in 20 minutes and I donâ€™t want to*

be late. We should do this again soon though, okay? Iâll call you sometime. Bye,â and then hang up the phone after sheâs said her goodbyes to you too.

By saying something like that to you ex, you accomplish two very important things.

Firstly, youâre showing her that youâre not sitting around feeling lost and lonely without her. Instead, youâre getting on with your life without her.

Yes, you do miss her and want her back, but you donât need her to feel good about yourself, or to have fun in your life.

This automatically sparks her feelings for you, because youâre suddenly the kind of man that she can look up to, respect and feel attracted to.

Secondly, by saying something like that to her right after youâve made her feel so attracted to you, she likely starts to feel jealous and begin thinking things like, *âThis isnât at all what I was expecting. I thought heâd be feeling sad and depressed about our break up, but instead heâs happy and clearly already moving on. Heâs not sitting around moping and missing me like I imagined he would be. Instead, heâs out having fun with someone else. Of course he doesnât owe me anything since Iâm the one who broke up with him, but I hate the idea of him being with another woman. It actually makes me feel sick to my stomach! I need to put a stop to this right now!â*

She may then call you back and say something like, *âLook, I know weâre broken up, but I really need to see you. Can we get together today or tomorrow?â*

You can then play a bit hard to get and ask her, *âSure, but what about your work commitments?â*

She will then likely say something along the lines of, *âI donât care about that. I just want to see you.â*

You can then go ahead and arrange a suitable day and time.

Note: Just make sure that you donât cancel your plans for her, because that will give her a false sense of power over you, or make her think you were only lying to her to make her want you back.

Then, when you meet up with her continue to build the tension between you and then release it with hugging, kissing and sex.

Sex gets rid of the uncertainty about how you feel about each other and opens the door to discussing working around her work commitments and giving the relationship another chance.

2 Mistakes That Can Slow the Ex Back Process Down

You can make your ex change her mind about breaking up with you.

However, you can also make her feel even more sure of her decision than she was before.

It all depends on whether you make the following mistakes with her or not.

1. Making the break up stressful and time consuming by having long text conversations with her

Regardless of how much a guy misses his ex and how difficult it is for him to accept breaking up due

to work commitments, texting her all the time to stay on her mind and hopefully change her decision, is actually the worst thing he can do.

Not only is it stressful and annoying to her to have to constantly keep texting him back while still focusing on her work, it likely also makes her feel like he doesn't respect how important her work is to her.

She then realizes that he's not emotionally strong or mature enough to be the man that she needs. So, rather than opening back up to him, she closes herself off even more and either blocks his number on her phone, or simply ignores him and tries to move on.

Here's the thing!

The best way to make your ex change her mind about breaking up with you due to work commitments, is by reactivating her sexual and romantic feelings for you.

When she is feeling so attracted to you again, then the idea of losing you for real becomes unbearable to her.

She then feels motivated to find a solution to her work problems that allows her to still be your girl.

The next mistake is!

2. Promising to remain faithful and wait for her, even though she isn't attracted anymore

Although you might want to sit around being a good boy who doesn't go out, have sex or date other women while you wait for your ex's work commitments to disappear, it doesn't mean she will be doing the same for you.

In fact, she's most likely going to move on if she meets a guy that she finds interesting and attractive. After all, women want sex just as much as men do, most of the time.

She has to get her needs met and if she's not getting what she wants from you, she'll most likely look for it somewhere else.

This is why you need to take action now and begin re-sparking her feelings for you every time you interact with her (e.g. via text, social media, e-mail, and especially over the phone and in person).

The more respect and attraction you make her feel, the more she will open back up to you.

She stops putting her career ahead of you and starts feeling like she doesn't want to lose you.

When she begins thinking that way, you can easily get her back, or at least hook up with her sexually to see how you both feel afterwards.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to

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Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

5 Examples of How to Make Your Ex Realize That She Does Love You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 ways to make an ex woman realize that she does love you, so you can then get her back:

1. Interact with her and make her feel rushes of romantic and sexual attraction for you

[image: Make her feel rushes of romantic and sexual attraction for you]

A natural reaction to getting broken up with that many guys have, is to want to close themselves off from all interactions (especially with their ex) and try to cope with the pain and loss.

As a result, they withdraw into themselves and focus on how much they miss her, how sad they feel without her and how badly they just want to make things right so that they can get her back.

Unfortunately, that behavior doesn't actually yield any results.

In fact, if anything, wallowing in sadness and despair is usually a sure-fire way to turn an ex (and other women as well) off even more (i.e. because emotional weakness is unattractive to women).

So, if you want to make your ex realize that she does love you, avoiding her or falling into a downward spiral of hopelessness is not the way to go about it.

Instead, you need to stay in her life (e.g. via text, social media, and especially on the phone and by seeing her in person) and begin re-sparking her sexual and romantic feelings for you, so that she begins to doubt her decision to break up with you.

For example: Some of the ways you can do that are by:

- Using humor to diffuse the tension between you and her and make her begin seeing you in a more positive light.
- Maintaining your confidence with her regardless of what she says or does to put you off, (e.g. she says things like, *"You need to accept that I don't love you anymore"* or, *"My feelings for you are dead"*, she blames you for ruining the relationship, she acts cold and detached).
- Showing her via your attitude, conversation style, actions and behavior that you've changed and improved in some of the ways that are important to her, (e.g. you're more assertive now rather than being submissive or timid, you're more emotionally independent rather than being needy or clingy, you're more emotionally masculine rather than being unmanly).
- Being more emotionally dominant with her, rather than allowing her to call all the shots because you're afraid she won't like it and then refuse to give you another chance.
- Reacting differently to the way she expects you to, (e.g. if you used to get jealous every time she mentioned another guy, you now just remain calm and laugh at your past behavior).
- Flirting with her and making her feel like a sexy, desirable woman when she's around you, rather than being too nice and neutral and not making her feel anything at all.

The more your ex interacts with you and discovers that you're nothing like the man she broke up

with, the more her feelings of respect and attraction for you will be reactivated.

As a result, her defenses start to come down and she then becomes more open to admitting to herself that she really does love you.

When she realizes that, her defenses come down and she starts to want you back.

Another example of how to make your ex realize that she does love you isâ€¦!

2. Stop trying to get her to understand how much you love her and how much she means to you

[image: Stop trying to get her to understand how much you love her and how much she means to you]

One of the most common ways that a guy might try to make his ex change her mind about breaking up with him is by telling her how much he still loves her.

For example: A guy might say something along the lines of, *â€œI know things seem hopeless right now, but I feel it in my heart that we are meant to be together. The truth is, I still love you so much! I donâ€™t want any other woman. I just want you! You mean the world to me and Iâ€™m willing to do whatever it takes to prove it to you and get you back. You make me feel amazing and even though right now weâ€™re broken up, I honestly believe that itâ€™s just a temporary setback. We just need to iron out some of our problems and everything will be fine between us. Iâ€™m sure of it. I love you! That has to be worth something, right?â€*

Essentially, heâ€™s hoping that if he opens up to his ex and expresses his feelings to her, it will wipe out all the negative things between them and make her open back up to him too.

She will then say something like, *â€œYouâ€™re right! Our love is stronger than our problems! Iâ€™m so glad you told me that you love me. It made me realize that I love you too! Letâ€™s get back together again,â€* and they can then live happily ever after.

Although thatâ€™s exactly what would happen in a romantic movie, in real life, things almost never work out that way. Why?

While youâ€™re expressing your feelings to your ex, youâ€™re overlooking one important thing: Her feelings.

To get your ex to drop her guard and open back up to you again, the only thing that matters is how you make her feel.

How much you love her and care for her is pretty much irrelevant and unimportant to her now.

She cares about herself and what she wants and will only start to care about you and what you want, if you first reactivate her feelings of respect and sexual attraction for you.

So, while youâ€™re thinking about how much you love her and how desperately you want to make her realize that she does love you too, sheâ€™s usually thinking about all the ways she feels you stuffed up and how that made her feel (e.g. angry, disappointed, frustrated, stuck).

She then zones in on those negative feelings to help her get over you and move on.

This is why, if you truly want to make her realize that she does still love you and get her back, you first have to make her feelings match up to your feelings.

It canâ€™t be you thinking, *â€œI love her. I want her backâ€* and her thinking, *â€œI need to forget him and find someone elseâ€* or, *â€œHeâ€™s so annoying. I wish heâ€™d stop pestering*

me to give him another chance.

In other words, you need to make her feel the way that you feel about her, before anything will happen.

So, don't bother trying to get her to understand how much you love her and how much she means to you.

Instead, use interactions to make her feel good about talking to you and being around you again.

When you re-spark her feelings for you, her guard will naturally come down.

She then becomes open to admitting that she does love you too.

However, if you focus on your feelings for her without reactivating her feelings for you first, she's likely just going to push you away and say things like, *"I'm sorry that you still have such strong feelings for me. Unfortunately, I don't feel the same way about you and nothing you say is going to change that. Please accept it and let me go."*

Another example of how to make your ex realize that she does love you is

3. Be more of a challenge for her

[image: Be more of a challenge for her]

Sometimes, to get his ex to admit that she still has feelings for him, a guy might put on his best behavior around her and act like a nice, sweet, dependable guy.

Essentially, he's hoping that she will think something along the lines of, *"I can't believe how sweet he is. No matter how cold or rude or even bitchy I am towards him, he just smiles at me. He's so amazing! I never realized it before but he's the nicest, most agreeable man I've ever known. I see now that I really do still love him and I'd be a fool to let him go."*

She will then want him back and he will be happy again.

Yet, what a guy like that doesn't realize is that a woman doesn't want to feel as though she is more valuable than him and like she has power over him.

She wants him to make her feel as though she needs to be on her best behavior around him and chase after him because the idea of losing him for real makes her feel stressed out.

Here's the thing

A woman wants to feel that her man is a catch, not like she's doing him a favor by being with him.

She might pretend that she likes a guy who is nice and sweet and who is willing to run around after her and follow her orders like a puppet, but she's not going to respect him if he actually falls for it and submits to her demands, regardless of how ridiculous she is being.

So, if you want your ex to reconnect with her feelings of love for you, be a bit more of a challenge to her during interactions, rather than being a good little boy who never says or does anything to upset her.

You'd be surprised to see how effective standing up to a woman can be in making her reconnect to her feelings of respect, attraction and love for you again.

Another example of how to make your ex realize that she does love you is

4. Use humor when she is being cold, rude or mean

[image: Use humor when she is being cold, rude or mean]

One of the best ways to spark a woman's feelings for you and make her open up to her feelings of love for you is by using humor.

When you focus on making her smile, laugh, and feel good every time you interact with her (e.g. via text, social media and especially over the phone and in person), it makes it very difficult for her to hang on to her angry, negative feelings about you.

For example: Imagine that you're talking to your ex on the phone and she's being cold, unfriendly and saying things like, *"What do you want? Why do you keep calling me when I've made it clear to you that it's over between us? What must I do to prove to you that I no longer have any feelings for you?"*

Hearing her say things like that to you can easily make you feel despondent and like you don't stand a chance with her anymore.

You might even want to defend yourself by saying something like, *"Please don't say that. All I'm asking for is a chance to make things right between us. Please just listen to me."*

Yet, by responding like that, you will miss out on the opportunity to use her negativity as a way of sparking her feelings again and at the same time, gaining back her respect for handling her bitchiness so well.

So, what would be a better way to handle the situation if your ex says something like, *"What do you want? Why do you keep calling me when I've made it clear to you that it's over between us? What must I do to prove to you that I no longer have any feelings for you?"*

You might respond to her by saying something along the lines of, *"Okay, fine. The only way I'll believe that you no longer have feelings for me is if you invite me to your house and cook me dinner. Only then, will I be convinced that it's over between us."*

She will likely sound confused or annoyed and say something like, *"What? How is that going to prove anything?"*

You can then say in a joking way, *"We both know you can't cook. So if you cook dinner for me, I'll take it as a sign that you're truly trying to kill me off,"* and have a laugh with her about that.

She will most-likely laugh, or at least smile at how you handled her bitchy attitude in a confident, yet humorous way.

By the way,

It doesn't matter if what you're saying is true or not.

If it is true and her cooking is really terrible, she will laugh because she will realize that you know her so well.

On the other hand, if her cooking is great, she will know that you're teasing her.

In either case, she will almost certainly feel curious about your newfound relaxed, confident attitude towards her, which will naturally spark some of her feelings of respect and attraction for you.

When that happens, her resistance begins to crumble and she opens herself up to the idea of talking to you over the phone and meeting up with you in person to see how things go.

You can then build up her feelings for you during interactions and get her back.

Another example of how to make your ex realize that she does love you isâ€¦

5. Re-attract her on a phone call and then don't contact her for a week

[image: Re-attract her on a phone call and then don't contact her for a week]

A really great way to re-spark your ex's feelings for you is by calling her on the phone and making her feel strong surges of respect and attraction for you again.

For example: Some of the ways you can do that are byâ€¦

- Using humor to make her laugh, smile and feel relaxed during the call with you and get her to open up to seeing you in person.
Making her feel feminine and girly in contrast to your masculine vibe.
- Being assertive and bold, rather than submissive and timid when talking to her.
- Flirting with her to relight the sexual spark inside of her that has been missing for a long time.
- Letting her see (via the way you talk to her and respond to her) that you believe in your attractiveness and value to her by maintaining your confidence when she tries to make you feel insecure and unsure of yourself (e.g. by being cold and aloof towards you, saying things like, "You really need to believe me! I don't love you anymore and I'm not going to change my mind. You need to accept that!").
- Showing her that you've changed and matured since the break up and are now a new and improved man.

As long as you remain calm, confident and relaxed while you're talking to her, she won't be able to stop herself from feeling drawn to you again in a way that feels good to her.

Then, when she sounds really relaxed and open, you can then say something along the lines of, "Well, anyway, it's been great talking to you again, but I've got to get going now. I've got to meet someone in about 15 minutes and I'm already running a bit late. Let's do this again though, okay? I'll call you again sometime. Take care. Bye," and then hang up the call after she acknowledges that the call is ending (e.g. she says, "Okay, bye! talk to you soon").

Then, make sure that you don't contact her at all, not even to send her a text or social media message, for a week.

Basically, you're giving her time to miss you and begin thinking things like, "Why isn't he calling me again when he said that he would? I don't even know why I care. After all I thought I was over him, but now I'm not so sure. I really miss him. He sounded so different on the phone. I actually want to talk to him again and see what's changed and different about him. Maybe we can work things out after all."

You're also making sure that when you do call her again after a week, she will be so excited to hear from you again, that she will want to say "Yes," when you suggest a meet up.

You can then meet up with her, fully reactivate her feelings for the new you and make her realize that she does love you and wants to be your girl again.

Make Her Realize That She Does Love You By Avoiding These 3 Mistakes

To make your ex drop her guard and open back up to you again, it's very important that you approach the ex back process in the correct way.

If you turn her off even more at this crucial time, you will just end up reducing your chances of getting her back quickly.

So make sure you're not making the following mistakes:

1. Trying to get her to love you by explaining how you feel about her

For your ex to want to get back into a relationship with you, there needs to be mutual feelings between you and her, or at least close to mutual feelings.

It can't all be about you wanting her back because you love her and need her.

That is one-sided.

So, if you want your ex back, make sure that you focus on re-sparking her feelings for you first, before anything else happens.

Initially, all it usually takes is a spark of respect and she will then start to feel attracted to you again.

When she feels attracted, her walls come down and she opens up to reconnecting with the love as well.

On the other hand, if you just focus on explaining to her how you feel about her, without sparking her feelings first, she's just going to keep pushing you away and likely thinking things like, *"I don't care how he feels. It's how I feel that matters to me now and I know that I don't love him anymore."*

Another mistake to avoid making is

2. Continually apologizing for his previous mistakes

It's perfectly fine to apologize for making mistakes in the relationship with your ex.

However, one short, sincere apology is enough.

After apologizing once, it's much more important to then show her, via your attitude, actions, behavior and the way you respond to her that you've changed and improved in some of the ways that are important to her.

When she can see that you're now at a different level as a man (e.g. more confident and self-assured, more manly, more assertive) it will make her feel a renewed sense of respect and attraction for you.

Then, the idea of reconnecting with her feelings of love for you starts to feel like something she may be willing to do.

However, if you just apologize to her repeatedly in the hope that she will suddenly realize that she loves you, you'll be very disappointed because she will likely just move on without you.

The next mistake to avoid making is

3. Not realizing that your approach to attraction just doesn't make her feel like she's in love with you

If you keep using the same approach with your ex that you've been using up to this point (e.g. being really nice and sweet to her, treating her like a friend, letting her call all the shots), she will most likely continue to push you away.

Here's the thing:

To make your ex want you back, you need to start creating feelings of sexual and romantic attraction inside of her.

It won't work if she loves you as a person, but isn't sexually attracted to you.

So, focus on building those feelings inside of her and get her back, without her even realizing she's falling in love with you all over again.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Is it Too Late For No Contact to Work?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 4 questions to ask yourself that will determine the correct answer for your situation:

1. Will she actually care if you stop contacting her?

[image: Will she actually care if you stop contacting her?]

Sometimes if a woman still has feelings for her ex, she may secretly be thinking things like, *“I just want him to realize his mistakes. Maybe if I pretend to be angry with him for a while and like I don’t want to get back with him, it will shake him up and make him change. Then, I will forgive him and give him another chance.”*

In a case like this, if her ex suddenly cuts off all contact with her and stops calling, texting or messaging her, it will likely shock her into running back to him.

However, that’s not always the case and sometimes this approach may even backfire, because the woman takes it as a sign that her ex is no longer interested in her.

So, rather than chase after him and risk being rejected by him, she focuses instead on fully getting over him and moving on.

Of course, in the majority of ex back cases, by the time they’ve broken up, the woman has disconnected from her feelings for her ex.

Additionally, if the guy spent a lot of time after the break up begging and pleading with her for another chance, or chasing after her in a needy, desperate way, she will likely be feeling even more annoyed and turned off by him.

So, if he then decides to use No Contact as a way of getting her back, rather than panic at the idea of losing him, she will usually feel relieved that he’s finally out of her life.

She will then likely focus on moving on and finding herself a new man as soon as possible to have sex with, date and fall in love with.

Then, when her ex gets back in touch with her (usually after 30 to 60 days), she will probably be over him and not interested in anything he has to offer her.

Here’s the thing!

Although using the No Contact Rule does work sometimes, it actually backfires more often than not.

The question you need to ask yourself is, *“Am I willing to take the risk of losing her forever?”*

If your answer is *“No,”* then it’s definitely not a good idea to use No Contact right now. Fortunately, there is a much easier and more effective ex back approach that you can begin using right away.

Essentially, you need to interact with your ex (ideally over the phone and in person, rather than via text) and begin re-sparking her feelings of respect and attraction for you (e.g. by making her laugh and smile and feel good to be talking to you again, showing her via your actions, behavior and attitude that you’re a new and improved man, building up the sexual tension between you and her and making her want to release that tension with kissing and sex).

The more drawn to you she feels in a way that makes her feel good, the more open she becomes to getting back with you again.

On the other hand, if you just ignore her, she will more than likely get over you and move on.

Another question to ask yourself isâ€¦|

2. Have you re-attracted her before going No Contact?

[image: Have you re-attracted her before going no contact?]

Attraction is the main thing that makes a woman drop her defenses and open up to the idea of being with a man sexually and romantically.

This is why re-sparking those feelings inside of your ex is the best approach to getting her back.

When she is feeling turned on, attracted, excited, happy and other similar positive emotions, she stops focusing on all the things about you that turned her off.

If you then decide to us No Contact for a few days (anything longer than a week is a waste of time), to make her miss you, it will actually work, because she is already attracted to you and the idea of losing you actually bothers her.

On the other hand, if you do nothing to reactivate her feelings for you and possibly even do things that turn her off even more (e.g. beg and plead for another chance, cry, get angry with her and insult her, behave like a jerk towards her), then if you start ignoring her, she will almost certainly feel relieved that she no longer has to deal with your emotional outbursts.

Additionally, she's not going to feel like she's missing out on much and won't feel drawn to you.

This is why, itâ€™s almost always better to stay in contact with your ex and focus on reactivating her sexual and romantic feelings for you.

You can then decide to ignore her for a few days to make her miss you even more if you want to, or, you can just go ahead and get her back without the need to play mind games with her.

That approach works almost every time.

Another question to ask yourself isâ€¦|

3. Do you know what approach to attraction she secretly wishes you would have used on herÂ during the relationship?

[image: Do you know what approach to attraction she secretly wishes you would have used on her during the relationship?]

Sometimes, a guy might use the No Contact Rule to get his ex back and it actually works in getting her to make the first move, only to lose her again once she realizes that he still doesnâ€™t get her real reasons for breaking up with him.

Imagine thisâ€¦|

A guy cuts off all contact with his ex for 30, maybe even 60 days to make her come running back to him.

However, after a few days or a week of not hearing from him, she calls him on the phone to say hi.

He then suggests that they meet up to say hello in person and she agrees.

She then arrives at the meet up feeling a bit excited about the possibility of working things out with him and getting back together again.

However, as the interaction progresses, she begins to notice that nothing about him has really changed and he still has no idea how to make her feel attracted in the ways that she really wants (e.g. she wants him to be more manly in his approach to her but instead he's submissive and timid, she wants him to flirt with her and create sexual sparks between them but he just acts like a neutral friend instead).

She then says something along the lines of, *"Look, it was nice seeing you again, but I don't think we should see each other anymore. I realize now that our relationship is beyond repair and we are better off letting go and moving on. Please don't contact me after this."*

He is then left feeling confused and wondering, *"I thought No Contact had worked and we were going to get back together again, so what happened? Where did I go wrong?"*

The answer is: He forgot to prepare himself to re-attract her sexually and romantically.

Instead, he used No Contact as his sole approach, which was enough to get her to call him, but not enough to make her want to get back with him.

For that to happen, he needed to offer her a new and improved attraction experience.

So, if you want to get your ex back using No Contact, make sure that you first understand the approach to attraction she wants you to use on her.

If you don't, you may end up with the same results as the above scenario.

By the way!

If you're unsure of what attraction approach your ex might secretly be wishing for, here are some examples to help you get started!

- Instead of letting her call all the shots during interactions with you, take control in an emotionally masculine manner and lead the way.
- Instead of being unsure of yourself and worrying about your chances with her, be confident and believe in your value to her.
- Instead of being nice or neutral around her and pretending that you only want to be her friend, flirt with her and create as much sexual tension between you and her so that she wants to release it with hugging, kissing and sex.
- Instead of being too serious around her and only talking about the relationship with her, use humor to make her laugh, smile and feel happy to be around you again.
- Instead of getting upset when she acts cold or aloof towards you, remain calm and easy-going.

The more she notices that you're making her feel attracted in the ways that she always secretly hoped you would, the more her sexual and romantic feelings for you begin coming back.

You can then get her back and enjoy a new and improved relationship.

Another question to ask yourself is!

4. How long are you planning on sticking to No Contact?

Generally speaking, the people who recommend using No Contact as a way of getting an ex woman back, suggest that the optimum amount of time to ignore her is 30 to 60 days.

As a result, many guys will sit around waiting for weeks and months (some guys even take it to an extreme and wait for years) for their ex to come running back.

Yet, in almost all of those cases, rather than make her come back, several other, negative things happen instead.

For example: Some of those things areâ€¦|

She forgets all about him, meets someone else, falls in love and moves on.

Remember: In most ex back cases, a woman has already disconnected with her feelings of respect, attraction and love for her guy by the time she breaks up with him.

So, if he then ignores her for weeks and months, rather than feel disappointed and worried that sheâ€™s losing him, she takes it as a clear sign that the relationship is truly over and she then focuses on moving on.

Another negative thing that might happen isâ€¦|

Waiting around for her slowly destroys his confidence with other women.

Although a guy might initially feel good about his decision to use No Contact on his ex, as the days, weeks and months go by, his confidence begins to erode.

He may then start to wonder things like, *â€œWhy isnâ€™t she calling me? How can she not be missing me by now? I guess it was too late for No Contact to work. Obviously I blew it and sheâ€™s already forgotten about me. Maybe she never even cared for me at all. Maybe she only went out with me in the first place because she felt sorry for me and then she realized Iâ€™m not that loveable, so now she doesnâ€™t want anything to do with me anymore. If she doesnâ€™t want me back, what chance do I have of ever attracting another woman? Itâ€™s hopeless. Iâ€™m just not good enough. I guess Iâ€™m doomed to be one of those guys who are destined to be alone for life.â€*

He then gives up all hope of getting his ex back, or of ever meeting a new woman and ends up being alone and bitter.

Another negative thing that might happen isâ€¦|

It makes him feel unworthy of her.

In some cases, the longer a guy goes without interacting with his ex, the more perfect she becomes in his eyes.

He forgets about all the things that used to annoy him about her and all her mistakes and he instead begins to think things like, *â€œShe was my ideal woman and I ruined it. Iâ€™m such a jerk for what I did to her. I donâ€™t blame her for breaking up with me and not contacting me all this time. If I was in her shoes I would do the same thing. Sheâ€™s just too good for me and she knows it and now so do I.â€*

Yet, what he doesnâ€™t realize is that feeling unworthy of his ex only makes him seem less attractive to her and other women (i.e. because women are instinctively turned off by emotional weakness in men).

If he then happens to interact with his ex, she will quickly be able to pick up on that based on his tonality, body language and the way he talks and behaves around her and it will only confirm to her that she made the right decision to break up with him.

These are some of the reason why itâ€™s very important that you know how long you intend to stick with your No Contact approach.

Remember: The longer you stay out of touch with your ex, the more you risk losing as a result (e.g. her, your confidence, your belief in your value to her and other women).

So, don't let that happen to you.

If you insist on using No Contact, then make sure it's not for anything longer than a week.

Alternatively, if you've already realized that ignoring your ex is a waste of time in almost all ex back cases, then focus instead on using an approach that actually works and get her back (i.e. interact with her, re-spark her feelings, kiss, have sex and start a new relationship with her).

Get Her Back Faster By Avoiding These 3 Mistakes

If your goal is to get your ex back sooner than later, then it's better to do the kind of things that will re-attract her now, rather than things turn her off or make her begin to forget about you and move on.

So, if you are serious about getting her back, make sure you don't make any of the following mistakes:

1. Begging and pleading with her and then going No Contact to hopefully make her care

If you've already made it obvious to your ex that you want her back by begging and pleading with her and saying things like, *"Please don't throw away what we had together. I know I stuffed up but I can change. Please just give me one more chance. I promise that things will be different. I will do whatever it takes to make it work between us this time around. Please baby, I beg you!"* then if you suddenly cut off all contact with her, she's more than likely going to know you're up to something.

The truth is, most women have come across the No Contact technique on the internet or heard about it from their friends, as a way of getting an ex back, so chances are high, your ex has heard of it too.

So, rather than get the effect you're hoping for (i.e. for her to miss you and come running back), she will instead likely see it as lost, desperate attempt to get her to change her mind.

Here's the thing:

If your ex has disconnected from her feelings of respect, attraction and love for you, ignoring her is hardly the way to reignite those feelings in her.

Instead, she will see it as another sign of desperation and she will lose even more respect for you.

So, if you don't want that to happen, stop trying wimpy tricks to hopefully re-attract your ex back, and just man up and re-attract her for real.

In other words, interact with her on a phone call or in person and say and do the types of things that will spark her feelings for you again (e.g. make her laugh and smile and feel good, flirt with her to create sexual tension, show her that you're a new and improved man now).

When you do that, you'll be surprised at how quickly her mind changes.

You do NOT have to sit around waiting for 30-60 days for her to change her mind.

That approach rarely if ever works for men who want to get a woman back.

No Contact is best used when a woman wants to get a man back and she cuts off contact with him

after getting dumped.

Yet, for a man who wants to get a woman back, what he will find is that if he cuts off contact with her when she isn't attracted to him anymore, she will just move on.

Another mistake to avoid isâ€¦|

2. Not realizing that No Contact is more about healing and less about re-attracting

TheÂ original purpose of No Contact is to get over an ex, not get them back.

OfÂ course, some women do come back if the guy stops contacting her, but not is she's turned off by him.

So, rather than waste even more time by ignoring your ex for 30 or 60 days, youâ€¦ are better off getting her on a phone call or to a meet with you, where you can begin reactivating her sexual and romantic feelings for you.

The more respect and attraction you make her feel, the more she will want to give you another chance.

However, if you just ignore her, youâ€¦ are giving her even more time to think about why sheâ€¦ is happy to be rid of you.

Another mistake to avoid isâ€¦|

3. Giving her too much space and she then moves on

Another drawback to using No Contact on a ex woman as a way of getting her back, is that because youâ€¦ are not around to re-spark her feelings, someone else can come along and do it instead.

So, while youâ€¦ are waiting out your 30 or 60 days and hoping that sheâ€¦ will eventually want you back, she will most-likely be meeting, having sex with, dating and getting into a relationship with another man.

Donâ€¦ let that happen to you.

If you want your ex back, donâ€¦ ignore her to make it happen.

Instead, be courageous enough to take action right now.

Call her or meet up with her, re-attract her and get her back.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

How to Resist the Urge to Text Your Ex

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 4 things you can do to resist texting her:

1. Set a goal of how long you will wait to contact her again

[image: Set a goal of how long you will wait to contact her again]

By setting yourself a definite time frame, it will prevent you from either texting your ex too soon and catching her when she's still feeling too many negative emotions about the break up so she is cold and unresponsive towards you, or alternatively, taking too long to get in touch so she assumes you're not interested in getting back with her and she moves on.

So, what is the right amount of time to wait before getting in touch with your ex again?

In most cases, 3 to 7 days is more than enough.

During that time, she will have a chance to stop focusing on all the things about you that she doesn't like (e.g. how you weren't manly enough for her so she didn't feel sexually attracted to you, how you were too insecure and as a result became clingy and needy, how you always let her have her way so she felt more emotionally dominant than you) and begin to miss the things she does like about you (e.g. the way you always made her feel loved and appreciated, that you're a really good guy, how she can always depend on you to be there for her in times of trouble, the way you know how to make her smile when she's feeling stressed or down).

However, don't make the mistake of thinking that if 3 to 7 days will make her miss you a bit, then waiting for a few weeks or even months will make her miss you a lot.

It just doesn't work that way.

Yes, that can work if your ex is still in love with you and is secretly hoping that you and her will get back together again.

However, if she's like the majority of women who have broken up with a guy, she's probably no longer feeling much (or any) love, respect and attraction for you right now.

So, if you ignore her for longer than a week, she will put her relationship with you behind her and focus on moving on and finding herself a new man to have sex with, date and fall in love with.

Don't let that happen to you.

In almost all ex back cases, 3 to 7 days is the perfect amount of time to wait before you contact her. You can then text her as a way of opening the lines of communication between you and her and get her on a phone call or to a meet up with you.

Important: If you want to get her back, you can't rely on texting to make it happen.

You have to meet up with her in person so that you can fully reactivate her feelings of respect and attraction for you so she wants to give you another chance.

Another thing you can do to resist the urge to text your ex isâ

2. Prepare to attract her in new ways when you text her and talk to her on the phone

[image: Prepare to attract her in new ways when you text her and talk to her on the phone]

When you finally do get in touch with your ex, what you don't want to do is turn her off and make her wonder things like, *What does he want?* or, *Why is he even bothering to contact me?*

This is why it's very important that you prepare to attract her in new ways than you did before.

Remember: What worked on sparking her feelings for you when she first met you (e.g. flowers, love letters, being extra nice to her and letting her call the shots), is unlikely to impress her a second time.

Instead, she will probably think something along the lines of, *Is this all he knows how to do? Doesn't he get that things have changed and that the only way I will consider giving him another chance is if he can prove to me that he will be different this time? However, based on his approach so far, it's pretty clear that nothing has really changed and he's still stuck at the same level he was at before.*

She will then likely pull away from you even more and possibly even come across as being cold, bitchy and unresponsive towards you, no matter what you say or do.

This is why, if you truly want to get your ex back, make sure that you use the time that you're not interacting with her to prepare yourself to properly re-attract her.

Don't contact her and offer her the same old attraction experience that she got used to and tired of before.

Make her feel attracted to you in new and interesting ways, so she can't resist giving you another chance, or at least meet up with you and have sex with you, to see how she feels after that.

Here are some examples of how to do it:

Show her by way of your attitude, conversation style, behavior and the way you respond to her that you have already fixed some of the issues that were turning her off before (e.g. if you were needy and clingy before, you're now more emotionally independent and are happy and forward moving in your life without her, if you weren't man enough before causing her to feel more dominant than you, you're now more emotionally masculine and stand up to her in an assertive, yet loving way when she's out of line, if you were insecure and self-doubting before, you're now more confident and believe in your value as a man).

React differently to what she says and does, (e.g. if previously you let her get away with being rude, disrespectful or demanding, you now stand up to her in a loving, yet assertive way, if you previously felt jealous when she talked about other guys with you, you now remain calm and laugh at her attempts to make you feel unsure of yourself and your value to her).

Flirt with her to make her feel like a sexy, desirable woman in your presence, rather than being too nice or neutral with her so she doesn't feel sexually attracted to you.

The more she interacts with you and realizes that you're nothing like the guy she broke up with, the more attracted to you she will begin to feel.

When that happens, her guard will naturally begin to come down and she then becomes open to giving you another chance.

Another thing you can do to resist the urge to text your ex isâ€¦!

3. Do a few fun, new things that will make you feel alive again without her

Right now you may be thinking something like, *â€œI donâ€™t want to think about being happy and how good my life can be without her. I want her back and thatâ€™s all I want to focus on.â€*

Thatâ€™s perfectly understandable.

However, itâ€™s important for your emotional attractiveness that you push yourself to feel happy and alive without her.

Itâ€™s not about moving on and leaving her behind.

Instead, itâ€™s about making yourself feel good, regardless of whether sheâ€™s with you right now or not.

At the same time, itâ€™s a good way to take your mind off your ex and help you resist the urge to text her.

Unfortunately though, one of the most common mistakes guys make in a situation like yours is to think something along the lines of, *â€œIf I start having fun and enjoying myself without my ex, if she finds out, she will assume that Iâ€™m over her and that I donâ€™t want her back. Then I will lose any chance I might have had of getting her back. This is why itâ€™s better if I just remain low key and not do anything that will convince her that Iâ€™m over her. Then, hopefully, she will realize how much I still care for her and she might then give me another chance with her.â€*

Yet, thatâ€™s the worst thing that a guy can do, because it makes him come across as needy and emotionally weak.

Hereâ€™s the thingâ€¦!

The more you put your life on hold and stay stuck waiting for some kind of contact from your ex, the harder it becomes for you to resist texting her (usually in a needy, desperate way) in a moment of weakness when youâ€™re really missing her.

She then realizes that youâ€™re feeling lost and miserable without her and rather than feel impressed by it, she instead loses even more respect for you for not being manly enough to be able to get on with your life without her.

This is why itâ€™s so important that you focus on having fun in your life without your ex.

Not only is that good for your mental health (i.e. you feel more confident and emotionally strong for being able to pick yourself up in a difficult situation), it is also a great way to regain some of your exâ€™s respect and attraction for you.

When you feel genuinely content in your life without your ex, you will also automatically become more attractive to her and other women (i.e. because women are instinctively attracted to men who are not emotionally dependent).

She then naturally becomes more open to interacting with you again, because she now feels drawn to you in a good way.

You can then build up her feelings for you and guide her back into a relationship with you.

Another thing you can do to resist the urge to text your ex isâ€¦!

4. Focus on regaining control of your emotions, so you will be more emotionally attractive to her when you do interact with her

[image: Regain control of your emotions to be more emotionally attractive to her]

Right now you might be feeling okay and are managing to resist the urge to text your ex all the time, but what happens if you go out with your friends, have a little bit too much to drink and then begin thinking about her?

Will you be able to resist contacting her then?

Alternatively, what if you are sitting at home alone and seeing signs of your ex everywhere around your house (e.g. a photo of you and her together, a favorite cushion that she left behind, her old toothbrush still in the bathroom) and begin thinking things like, *â€œI wonder what sheâ€™s doing right now? Is she also missing me, or has she already forgotten about me and busy moving on with another guy?â€*

Will you be able to stay strong then and not text her?

Well, if you donâ€™t regain control of your emotions, the answer to the above questions will almost certainly be, *â€œNo.â€*

Yet, hereâ€™s the thingâ€¦!

If you are texting your ex while in a state of desperation or panic, you will only turn her off more.

This is why, you need to keep a cool head at this very crucial time and not do anything you will regret later on, or that will convince your ex that she made the right decision by breaking up with you.

You need to get rid of the feeling of neediness and desperation and relax in the knowledge that you can re-attract her and get her back.

By the wayâ€¦!

Thereâ€™s a simple breathing technique called â€œtactical breathingâ€ that the police and military use to relax and counteract the effects of adrenaline during critical situations, that you can use whenever you feel the urge to text your ex.

It will delay you for a few minutes and allow for the impulse to pass, thus preventing you from doing something silly.

Hereâ€™s how you do it:

- Breathe in deeply through your nose for a count of four, while expanding your stomach.
- Hold that breath in for a count of four.
- Slowly exhale through your mouth for a count of four.
- Hold your breath, with your lungs empty, for a count of four.

Repeat this cycle, starting from the beginning, several times until you feel calmer and more in control of your emotions.

Then, if you decide that you want to text your ex, you will be in the right frame of mind and will naturally come across as being emotionally strong, rather than sounding needy and desperate.

3 Problems You Might Encounter When Texting Your Ex

Getting an ex back is easier than you might think.

However, that doesn't mean you won't encounter any problems along the way.

Here are 3 of the most common ones:

1. Waiting for a while to text, sending it and then losing confidence when she doesn't reply

Sometimes a guy will successfully resist the urge to text his ex after their break up, so when he finally reaches out to her, he might then be feeling pretty good about himself.

In his mind he may even be hoping that his ex will be happy to hear from him now, because he didn't come on too strong at the beginning of the break up and gave her some time to miss him.

Yet, when she doesn't respond to him, those hopes get crushed and he then begins thinking things like, *â€œWhy is she ignoring me? Maybe resisting the urge to text her was the wrong thing to do after all. Maybe I should have contacted her right away and tried to convince her to give me another chance. Now it's too late. She's not interested and she probably has a new man already. Damn it! I've lost her forever!â€*

Yet, thinking like that only causes him to lose confidence in himself and in his attractiveness and value to her.

He stops believing in his ability to reactivate her sexual and romantic feelings for him and gives up on the idea of getting her back.

What he doesn't realize is that he's the one giving up, not her.

Yes, she might have ignored his text, but that doesn't mean she's not interested in getting back together.

There are many reasons why a woman might not reply to a text from her ex (e.g. she's testing his confidence, she's worried that he might reject her if she seems too eager).

So, if you lose confidence and hope when she doesn't reply, you might miss your chance of getting her back.

Don't make that mistake.

Believe in yourself and get her back, even if she initially pretends not to be interested in you anymore.

Another problem you might encounter isâ€¦!

2. Hoping for clear signals that she wants a relationship

Most guys make the mistake of assuming that as soon as they begin interacting with their ex again after the break up, all discussions and conversations need to be about how they can get back together again.

Yet, what they don't understand is that a relationship is the last step of the ex back process, not the first.

There are several other, important steps that a guy needs to go through, before his ex will drop her

guard and give him another chance.

What are those steps?

Respect. Attraction. Love.

He needs to first reactivate those feelings inside of her and make her want to be with him again for her own reasons (i.e. she feels good to be around him again, she feels excited and turned on, she feels like she can look up to him as her man again rather than look down on him).

So, if you want to get your ex back, don't waste time waiting for a clear signal from her that she wants a relationship.

Just get her on a call and begin reactivating some of her feelings of respect and attraction for you.

Then, meet up with her in person so that she can experience the new you for herself.

When she sees that you really are a better man now, she will naturally drop her guard and open back up to her feelings of love for you.

You need to be emotionally courageous enough to take the lead in the ex back process and get her back.

Another problem you might encounter is

3. Not knowing that it's easy to get an ex woman back if he focuses on attraction and sexual tension

Sometimes a guy will try to resist the urge to text his ex, because secretly he expects her to reject him because she told him that she doesn't have feelings for him anymore.

Yet, here's the thing

Just because your ex has disconnected from her feelings for you right now, it doesn't mean she will feel the same way after you've actively made her feel strong surges of attraction and built up the sexual tension between you and her.

So, don't waste time resisting contacting her.

You actually need to text her, or even better, call her or meet up with her, so that you can reawaken her feelings for you and make her want to be your girl again.

Just take control of the ex back process, re-attract her and seduce her back into a relationship with you that she always wanted but never got.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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My Ex Wants Nothing to Do With Me Now

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 possible reasons why your ex wants nothing to do with you at the moment:

1. You were trying to get her back by offering her an attraction experience that she's not interested in

[image: You were trying to get her back by offering her an attraction experience that she's not interested in]

Sometimes when a guy gets broken up with, he gets so caught up trying to get his ex back as quickly as possible, that he forgets to make the necessary adjustments to his thinking, behavior and attitude in ways that will actually excite her and attract her back.

As a result, he might end up offering her things that she doesn't really want or care about and this only turns her off even more.

For example: He might decide to give her all the power now by letting her call all the shots (e.g. he only does whatever she says or wants, he's nicer to her, he's more considerate) if she'll just give him a chance.

Yet, rather than make her think, *"Wow, he's really trying his best to make me happy. I love that he's willing to do whatever I want. It makes me feel so attracted to him and like I want to be with him again,"* he instead comes across as desperate and like he's putting on an act to win her over.

This convinces her that he just doesn't understand how to create the kind of relationship dynamic between them that makes her feel drawn to him again and want to be a good, loving and devoted woman to him.

She may then say something along the lines of, *"Sorry, but I don't want anything to do with you anymore. What we had is over and the sooner you accept that, the sooner we can both get on with our lives."*

This is why it's very important that if you want your ex to open back up to being with you again, you offer her a new and improved attraction experience.

For example: Some of the ways you can do that are:

- Instead of being insecure and feeling like she's too good for you, you start believing in yourself and in your value to her. You now know that she's the one who is lucky to have a guy like you.
- Instead of being needy and clingy in the way that you think, talk and behave, you now start being a truly confident and self-assured man around her. Yes, you love her and want her, but you don't need her to feel good about yourself.
- Instead of being submissive around her and putting up with her bad behavior like you used to (e.g. when she sulks or throws a tantrum, when she demands that you do things her way), you now stand up to her and put her back in her place in a loving, but assertive manner.
- Instead of being a nice guy who doesn't say or do anything without her approval or say-so,

you now start being more assertive towards her, while still being a good guy to her.

- Instead of always being on your best behavior and treating her like a neutral friend, you now flirt with her and create strong sparks of sexual attraction between you and her.

The more that you give your ex the kind of attraction experience she always wanted from you, but never got, the less sure she will feel about her decision to break up with you

Suddenly, she begins to wonder things like, *â€œWhat if I donâ€™t give him another chance and end up regretting it? What if heâ€™s really changed and is now the man I always wanted him to be? What if I reject him and then never find another man who can make me feel the way that he does now?â€*

When she begins thinking like that, her defenses naturally begin to come down and she then becomes open to talking to you over the phone and seeing you in person to see what happens from there.

It then becomes easy for you to build on her feelings of respect and get her back.

Another possible reason why your ex wants nothing to do with you now isâ€¦|

2. You begged and pleaded for too long

[image: You begged and pleaded for too long]

The shock of breaking up and being faced with the possibility of losing his woman forever might cause a guy to react in a way that he wouldnâ€™t ordinarily do.

Suddenly, he panics and begins begging and pleading with her to change her mind and give him another chance.

For example: He might show up at her house unexpectedly, text, e-mail, phone or message her via social media and say things like, *â€œPlease baby, donâ€™t do this to me! Donâ€™t walk away from what we had together. I know I stuffed up, but I just canâ€™t cope without you in my life! I beg you! Please just give me one more chance. I give you my word that Iâ€™ll do anything you want me to do to make you happy. Just give me one more chance! I promise you wonâ€™t regret it. Please!â€*

Although, this is not the ideal reaction for a guy to have (i.e. because it makes him seem desperate and needy and makes his ex woman lose even more respect for him as a man), itâ€™s not the end of the world.

As long as he quickly realizes that his begging and pleading is unattractive to her and stops doing it right away, he can recover from his mistake.

He can then focus on saying and doing the types of things that will reactivate her feelings for him (e.g. being confident regardless of what she says and does to push him away, using humor to make her laugh and smile and take away the awkwardness of interacting with each other, flirting with her to create a sexual vibe) and make her see him in a new, more positive light.

Unfortunately though, this sometimes doesnâ€™t happen and the guy instead continues to beg and plead with his ex for another chance, long after he should have stopped.

As a result, rather than make his ex think, *â€œHe must really love me if heâ€™s willing to beg me for another chance for so long! After all this time he still hasnâ€™t stopped. This is so flattering! Itâ€™s like a romantic movie where the hero doesnâ€™t stop begging until he gets his girl back. Clearly, heâ€™s not going to give up until I give him another chance. How can I say no to that?â€*

sheâ€™s usually going to feel even more turned off by him instead.

Why?

A womanâ€™s attraction to a guy is based mostly on his ability to make her feel like she can look up to him and respect him as a man.

So, although she may overlook his mistake if he begs and pleads with her once off and then quickly recovers himself and becomes a better, more emotionally strong man from that point onwards, if he continues to do it for too long, she will naturally begin to feel turned off by what she perceives as his needy, emotionally weak behavior.

This is why, if you want to get your ex back, you need to focus on regaining her respect for you first. When she can respect you, she will naturally also begin to feel attracted to you and from there, reconnecting with her feelings of love becomes possible.

On the other hand, if your only approach to getting her back is begging and pleading with her to change her mind, you will unintentionally be reducing your chances by appearing needy and weak and turning her off even more.

Another possible reason why your ex wants nothing to do with you now isâ€¦!

3. She doesn't believe that you have changed or will ever change

In some cases, a guy will focus solely on the idea of getting his ex back, without ever taking a moment to think about what caused her to break up with him in the first place.

Then, when he interacts with her, his attitude, thinking, conversation style and behavior is exactly the same as it was before.

Hereâ€™s the thing thoughâ€¦!

If a woman gets a sense that her ex hasn't changed, or won't be able to change, or doesn't even know how or what to change (e.g. she wanted him to be more manly because he was too much of a pushover in the relationship with her, she wanted him to be more emotionally independent because he was too clingy and needy, she wanted him to be more emotionally masculine thus allowing her to be more emotionally feminine around him, but he has no clue how to be like that), she won't consider giving him another chance, no matter how much he wants her to.

This is why, if you want your ex to want to be your girl again, you need to show her via your actions, behavior and the way you talk and interact with her that you've already changed and improved some of the things that matter to her.

For example: Some of the ways you can do that are byâ€¦!

- Becoming more confident and self-assured about your attractiveness and value to her, rather than feeling insecure and unsure of yourself with her.
- Improving your ability to make her feel like a sexy, desirable woman in your presence, rather than making her feel neutral or even worse, turned off by you.
- Being more manly in your attitude, thinking and behavior, rather than allowing her to dominate you with her confident personality.
- Focusing on achieving some of your own goals and dreams in life, rather than giving everything up to follow her and becoming clingy and needy as a result.

When your ex can see for herself that you really have changed and are now a new and improved man and that if she gets back with you, youâ€¢re not going to go back to making the same mistakes as before, sheâ€¢ll be able to start seeing you in a more positive way.

When that happens, her defenses will come down and she will open back up to talking to you and being with you and you can then fully re-attract her and get her back.

However, if you try to get her back without changing or improving anything about yourself first, sheâ€¢s likely just going to keep saying things like, â€¢I donâ€¢t want anything to do with you anymore!â€¢ and pushing you away.

Another possible reason why your ex wants nothing to do with you now isâ€¢!

4. You still don't know the real reasons why she broke up with you

[image: You still don't know the real reasons why she broke up with you]

Often, the main cause of a break up is not the big things (e.g. cheating, arguments and disagreements), but rather the very subtle things that build up and erode a womanâ€¢s feelings over time.

For example: Some of the more subtle reasons a woman will break up with a guy areâ€¢!

- How he talks to her (e.g. he talks down to her, is disrespectful).
- How he reacts to her (e.g. he gives in to her too easily or gets angry with her when she pushes his buttons).
- How he portrays himself (e.g. heâ€¢s shy and unsure of himself in social situations, heâ€¢s clingy and needy with her).
- How he judges her (e.g. when she makes a mistake, or doesnâ€¢t do things his way).
- How he tries to change her (e.g. physically, or by expecting her to say and do what he wants).
- How he tries to make her feel insecure (e.g. by putting her down and mocking her).
- How he feels insecure when she tests him (e.g. she rolls her eyes at him, pretends to disagree with him during a conversation, or acts like sheâ€¢s annoyed about things that she doesnâ€¢t really feel annoyed about and he begins doubting himself and her love for him).

This is why itâ€¢s so important that you get to the bottom of what really turned your ex off about you.

When you do, not only can you quickly change and improve those things about yourself, then when you interact with her and she notices that youâ€¢ve understood her deeper, secret reasons for breaking up with you, she will automatically begin to feel surges of respect and attraction for you again.

Even if she initially felt 100% certain that she wants nothing to do with you now, after she experiences the new you, she wonâ€¢t be able to stop herself from feeling drawn to you again.

When that happens, she will drop her guard and allow herself to open back up to the idea of interacting with you more over the phone and in person, to see if you and her can work things out after all.

Another possible reason why your ex wants nothing to do with you now isâ€¢!

5. She doesn't see any reason to give the relationship another chance at this point

[image: She doesn't see any reason to give the relationship another chance at this point]

Unless you're saying and doing things to reactivate your ex's sexual and romantic feelings for you, it's highly unlikely that she's going to want to get back together again with you.

You've got to be active to get her back, rather than sitting around hoping she will come to her senses and change her mind all by herself.

This is why, you need to make sure that you use every opportunity you get to interact with her (e.g. via text, on social media and especially over the phone and in person) to make her have some feelings for you again.

When you focus on making her smile, laugh and feel good to be interacting with you, it's much less likely that she's going to want to move on and forget about you.

In fact, the more you re-spark her feelings of respect and attraction for you, the more she will be thinking things like, *"I know I said that I want nothing to do with him, but suddenly that's not true anymore. I was so convinced that I'm over him, yet now I look forward to hearing from him and even feel a bit disappointed if I don't. What is happening to me? Why am I feeling this way about him again? What should I do?"*

The truth is, making your ex feel like that (i.e. respectful, attracted, excited) is the easiest, fastest way to get her back.

So, stop worrying about what she said she wants and start interacting with her and making her feel respect and attraction for you again.

When you reactivate her sexual and romantic feelings for you once more, she stops focusing on your past mistakes and how bad things were before and she begins to feel drawn to you in a whole new and exciting way.

Soon she can't stop herself from wanting to interact with you more and more, even though she might previously have thought that she didn't want anything to do with you.

From there, you can build on that spark of attraction (e.g. by showing her that you've truly changed in some of the ways that matter to her, using humor to bring down her defenses, being more manly with her and maintaining your confidence regardless of how cold or even bitchy she's being towards you) and make her want to come back to you.

On the other hand, if you just sit around feeling discouraged and accepting what she says to you (i.e. that she wants nothing to do with you now), she won't see any reason to give the relationship another chance and she will then almost certainly move on and find herself a new man.

Don't let that happen to you!

Interact with her, re-spark her feelings and get her back.

You can do it!

Where Guys Go Wrong With an Ex Who Wants Nothing to Do

With Them

Some guys don't know how to handle an ex who is saying that she wants nothing to do with them.

As a result, they end up making mistakes that turn her off even more and lose their chance of getting her back.

For example: 3 common mistakes guys make are

1. Thinking that it's over forever

Although it might not seem possible to change a woman's mind when she's saying things like, *"I want nothing to do with you now,"* accepting her decision and giving up and walking away is the worst thing a guy can do who wants to get his ex back.

Here's the thing

Even when a woman hates a guy, if he interacts with her and sparks some respect and attraction inside of her (e.g. by showing her that he's truly changed and improved in some of the ways that matter to her, making her feel like a feminine woman in his presence, making her laugh and smile and feel good to be around him again), her feelings will automatically begin to change.

She might not want them to, but she won't have any control over them (i.e. because when you display traits that women naturally find attractive, she will feel attracted automatically, whether she wants to or not).

However, if you give up at the first sign of resistance from her (i.e. when she says that she wants nothing to do with you now), you may lose your chance of getting her back.

So, you have to be ready to maintain your confidence, no matter what she says or does to push you away from her for good.

Then, you need to spark her feelings of respect and attraction for the new and improved you every chance you get.

When that happens, even though she may have once said that she wants nothing to do with you, her guard will naturally come down and she will open back up to the idea of being with you again.

Another common mistake that guys make is

2. Getting angry at her

Sometimes, a guy might feel so frustrated with his ex for rejecting him, that he may begin to get angry with her.

In his mind he might be thinking things like, *"How can she say that she doesn't want anything to do with me now, after everything we had together? If she really loved me, she would at least be willing to give me one more chance. She's just being selfish, or she never really loved me at all!"*

He may then lash out at his ex.

Essentially, he's likely hoping to shake her up and make her see things from his perspective and then give him one more chance.

Yet, getting angry with an ex woman is usually the worst thing a guy can do.

Rather than make her change her mind, it usually only makes her think something like, *â€œWho does he think he is anyway? Iâ€™m not his property! This just proves to me that heâ€™s not the guy I want to be with.â€*

She then closes herself off from him even more and it becomes even more difficult for him to interact with her so that he can spark her feelings and get her back.

Another common mistake that guys make isâ€¦

3. Continuing to try to convince her to change her mind

In some cases, a guy will use every interaction he has with his ex (e.g. via text, social media, on the phone or in person) to try and convince her to change her mind.

For example: He might say things like, *â€œIf you ever loved me, please just give me one more chance. Iâ€™ll do whatever it takes to make things right between us. I promise our relationship will be better this time. I will be the man you want me to be.â€*

Yet, that rarely (if ever) works, unless the guy has actually sparked a womanâ€™s sexual and romantic feelings for him first.

If he has, her defenses will be down and she will likely be thinking that if she doesnâ€™t give him another chance, she may end up regretting it later on.

However, if he hasnâ€™t, sheâ€™ll see no reason to change her mind and will then focus on moving on as quickly as possible with a new man so that she can then say to her ex, *â€œSorry, but itâ€™s too late. I told you that I want nothing to do with you and now I have a new boyfriend. So, please stop trying to convince me to change my mind, because itâ€™s too late. Iâ€™ve moved on and you need to do the same. Bye.â€*

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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My Girlfriend and I Are Having a Break and She Admitted That She Has a New Crush

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If she has a new crush, here are 5 things you should do right now to ensure that you don't lose her:

1. Understand that it almost certainly means she is intending on dating him during your break if she can

[image: She is intending on dating him during your break if she can]

Being on break means that your girlfriend is free to explore and do what she wants.

If she can get her crush to like her and make a move on her, she may decide to date him to fully explore her feelings for him.

If he then makes her feel attracted in ways that you don't, or haven't been able to do for a long time (e.g. he's more attentive and loving towards her, makes her feel like a feminine woman when she's with him rather than like a friend, is more confident than you, behaves in a more manly way than you), she will naturally start to feel more drawn to him than she does to you.

She might then begin thinking things like, *"I know I'm currently on a break with my boyfriend, but I'm beginning to think that I don't want to get back together again. I just don't feel the same way about him anymore. My new crush has opened my eyes to what I've been missing out on and I like how I feel when I'm with him (e.g. excited, turned on, sexy and desirable). On the other hand, when I'm with my boyfriend, everything feels drab, boring and old. I think it's time for us to admit that our relationship has gone stale and it's time that we both move on and make a fresh start with someone else."*

When that happens, it's only a matter of time before she says something along the lines of, *"Look, I'm really sorry, but I've decided to make our break up permanent. I really do care for you, but I'm no longer in love with you in a boyfriend-girlfriend kind of way. I think our relationship has run its course and it's better if we both just accept being friends, move on and find someone else."*

So, if you don't want that to happen to you, you need to take action now, rather than wait around and hope your girlfriend won't act out on her feelings for her new crush.

You need to

2. Interact with her and make her feel attracted in different ways than you usually do

The main thing that you have in your favor that your girlfriend's new crush doesn't have at this moment, is that you know her better than he does.

This means that even though she feels drawn to him right now, you can still interact with her every chance you get over the phone and particularly in person and say and do the things that you know for sure she loves and feels most attracted to you for (e.g. you're loving and attentive, you're

ambitious and determined to succeed, you are trustworthy and reliable).

However, you also have to start attracting her in new ways as well.

Remember: The things that your girlfriend finds attractive about her new crush, are likely the things she feels were lacking in her relationship with you.

For example: Her new crush might be a bit of a bad boy who doesn't let her get away with bad behavior (e.g. when she's being disrespectful towards him, throwing tantrums when she doesn't get her way).

Instead, he playfully puts her back in her place and lets her see that he is the man and she needs to respect him because of it, rather than being a pain in the butt around him.

If you're the kind of guy who assumes that letting a woman always get her way is the best approach to take, you may think, *"How can she put up with that kind of treatment from him? When we were together I always let her have her way. I'm sure she won't stay attracted to him for very long. Surely she will realize that I treated her better and she will then want me back, right?"*

Yet, what you might not realize is that although a woman likes to be with a man who is good to her, if you hand over all your power to her and submit to everything she wants, it becomes very difficult for her to respect you.

If she can't respect you, she also can't feel real attraction for you and as a result, she feels more drawn to her new crush instead, because she can't dominate him emotionally.

This is why, if you want to re-attract your girlfriend and make her choose you over her new crush, you need to make sure that your approach to attraction is new and different from now on (i.e. if you've always been extra nice and submissive towards her, start being more ballsy while still being a good guy to her).

Only when she feels attracted to you in new ways, will she stop feeling more attracted to her new crush and other guys and open back up to you again.

She won't be able to stop herself from feeling a renewed sense of respect and attraction for you and then, the idea of losing you will start to worry her.

She will then naturally want to talk to you and see you in person more often to see how she feels.

This is why, the next thing you need to do is

3. Start fixing the subtle things about you that turned her off

Of course, it won't matter that you're re-attracting your girlfriend in new and exiting ways if she realizes that deep down you're still the same guy as before.

So, to successfully reactivate her feelings for you and make her want to get back together again, you first need to understand her real, more subtle reasons for breaking up with you and start fixing those things about yourself.

Then, when you interact with her, she will be able to see that not only are you able to give her a new and improved attraction experience, you've also gone deeper than that and have improved on the more subtle things about you that have been turning her off.

That causes her to feel drawn to you and intrigued by her new, interesting feelings for you and makes her want to focus on fixing things with you, rather than exploring her feelings for her new crush.

For example: Some of the more subtle things that might turn a woman off and make her want to take

a break from her guy area!

- His inability to lead in the relationship and instead expecting her to make all the decisions.
- Being unable to cope with her moods (e.g. when she's sulking, throwing a tantrum, being argumentative), taking everything personally and getting overly emotional about it (e.g. he gets angry, annoyed, upset, sucks up to her).
- He doesn't put in any effort to get on with her family or friends and instead avoids them and expects her to go to get-togethers without him.
- He takes everything too seriously and never seems to relax and just have fun.
- He expects her to agree with him on everything (e.g. politics, sports), or even when he's wrong or out of line.
- He spends more time playing video games with his friends than he does with her, so she feels excluded and like she's in second place.
- He isn't overly affectionate towards her (e.g. doesn't like to hold hands or kiss) so she feels insecure about her attractiveness to him.

By improving the subtle things about yourself, you make your girlfriend feel heard and understood. This automatically sparks her feelings of respect and attraction for you and she then feels happy to work on the relationship and get back together again.

On the other hand, if you avoid this important step, you will only be able to re-attract her for as long as it takes for her to realize you're still stuck at the same level you were at before.

She will then feel even more attracted to her new crush and she will either continue saying things like, *"I'm not ready to get back together yet. I need more space,"* in the hope that you and her will eventually drift apart, or she will simply say, *"Sorry, but this break has made me realize that we're not right for each other. I think it's best for both of us if we break up and move on."*

So, don't let it get to that point.

At the same time, you need to also!

4. Start enjoying your life without her

This is hard for most guys to do and some may even wonder things like, *"If she notices that I'm having fun without her, won't it make her angry and push her into her new crushes arms to get revenge on me?"*

Yet, here's the thing!

Even though getting on with your life might feel a bit scary to you right now, it's important for helping you stop being so attached to your girlfriend.

It also reminds you that you are your own man and even though you definitely do care about her and want her back, you don't need her back to feel good about yourself and to be able to have a good life.

At the same time, it causes her to feel like she is losing you and because you've been re-attracting her all along (i.e. by interacting with her and showing her that you've changed and improved in some of the ways that are important to her), it worries her.

By the way!

If you're unsure of how to go about having fun without your girlfriend, here are a few ideas to help you!

- Spend some time pursuing your own personal dreams and goals.
- Join a meet up group in your area that does something you enjoy doing (e.g. gaming, debating, discussing politics/philosophy/science, dancing, hiking, photography).
- Take up a new group hobby or sport where you will be able to meet and socialize with other people on a regular basis (e.g. martial arts, basketball, water polo).
- Get in touch and hang out with old friends that you may have lost contact with because of your relationship with your girlfriend and begin having fun in social situations with them, or doing outdoor activities with them again.

When you take your mind off your girlfriend and what she's up to now that you and her are on a break and start living a good life without her, you automatically become more attractive to her (and to other women as well).

As a result, she wants to be around you more and more and before long, she may say something like, *"I've had enough of this break. I don't want to be apart anymore. Let's get back together again."*

You can then guide her back into a relationship with you that will naturally be 100% better than it was before, because you're now a new and improved man.

The final thing you can do to end the break and get her back quickly is!

5. Get her to hook up with you sexually one last time and blow her mind

[image: Get her to hook up with you sexually one last time and blow her mind]

The next time you're at a meet up with your girlfriend, just focus on making her feel a strong rush of romantic and sexual attraction for you (e.g. by flirting with her to create sexual tension between you and her, using ballsy humor to bring down her defenses and make her feel turned on by your confidence, showing her via your actions and behavior that you've transformed yourself into a new man).

Then, if she seems to be open and is giving you signs that she's sexually attracted to you (e.g. touching you repeatedly on the hand/arm/leg, licking her lips, playing with her hair/throat/necklace) just lean in and give her a quick kiss on the lips.

If she doesn't pull away, deepen the kiss and keep turning her on.

From there, if she's still open to it, hook up with her sexually at your place or hers and blow her mind.

The more you make her feel attracted to you in ways that you never have before, the more confused she will be about what she wants to do.

From there, you just need to continue showing her that you've transformed yourself into the kind of man that she can now look up to, respect and feel attracted to.

She will then likely begin thinking things like, *"On the one hand, my boyfriend and I are taking a break and I'm now attracted to another guy, but on the other hand he's making me feel so*

turned on and attracted to him that all I can think about is how much I want to be with him again. I guess I have my answer. Sure, a new crush is exciting, but it just doesn't compare to the depth of feelings I experience when I'm with my guy.

When she realizes that you're actually the man she wants, she will likely forget all about her new crush and come running back to you.

What to Avoid When On a Break With a Girlfriend Who Has a New Crush

You can end the break with your girlfriend and get her back right now if you want to.

However, you have to approach it in the right way.

This is why, you need to make sure you avoid making the following mistakes:

1. Not changing your approach to attraction and expecting her to be interested

Sometimes a guy will think to himself, "I need to do something quickly to re-attract her before she falls for her new crush and I lose her forever."

He may then recall how happy she used to get when he sent her flowers, bought her gifts or wrote her love poems, so he naturally does the same thing again.

Yet, what he doesn't realize is that he's using an old approach that doesn't work the same way on a woman who has been in a relationship with a guy.

- Sure, she may feel happy if her new crush tries to attract her in that way (i.e. because she doesn't know that much about him yet and his gestures seem charming to her), but not her old boyfriend (i.e. because she likely takes it as a sign that that is all he knows how to do, but can't attract her in other ways).
- So, if you want to get back with your girlfriend, it's vitally important that you don't use the same old approach to attraction that you used in the past and expect her to be excited about it.
- You've got to try something new.

If you don't, she'll feel more excited by what her new crush is doing and she may then pick him.

The next mistake to avoid is

2. Patiently waiting around while she secretly moves on

If you sit around waiting for your girlfriend to get over her new crush and come back to you, you may be shocked when she tells you something along the lines of, *"I know we were only taking a break, but I've fallen for the guy I told you about. I'm sorry. I didn't plan for it to work out that way, but it happened. I will always care for you, but I think it's better if we make the break permanent and move on."*

The fact is, if you want to keep your girlfriend rather than lose her, then don't wait for her to decide what she wants.

The more time away from you she has where youâ€¦ are not reactivating her feelings of sexual and romantic attraction for you, the more likely it is she will feel attracted to her new crush, who probably is sparking her feelings for him.

Thatâ€¦s how it works.

So, if your girlfriend has a new crush, donâ€¦t wait for him to take your girl from you for real.

You need to use any interactions that you have with her to reawaken her feelings for you and get her back.

Another mistake to avoid making isâ€¦!

3. Becoming insecure about the other guy

So what if your girlfriend has a new crush?

If you start doubting yourself and your attractiveness and value to her, youâ€¦ll just be making the other guy seem more attractive to her.

Remember: Women are naturally attracted to men who are confident, self-assured and believe in themselves no matter what.

So, if you act all insecure and unsure of yourself with your girlfriend, even if her new crush is a jerk, he will seem more attractive to her than you.

This is why, you need to make sure that you believe in yourself when you interact with her.

Youâ€¦ve got to know that you are a better man than her crush.

Heâ€¦s nothing compared to you.

Just relax and know that you are better than him.

She will pick up on it by how you talk, behave and react to her while you interact.

When that happens, she stops thinking about anything else other than being back with you, hugging, kissing, having sex and being in love.

So, believe that youâ€¦re the right man for her and so will she.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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Sending an Anonymous Gift to Your Ex

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 possible reactions she will have when she receives an anonymous gift:

1. She knows it's from you, but doesn't value it because the feelings aren't mutual

[image: She knows it's from you, but doesn't value it because the feelings aren't mutual]

Sometimes a guy will try to do all sorts of things to make an ex woman reconsider her decision to break up with him.

For example: He mightâ€¦

- Beg and plead with her to change her mind.
- Promise her that he will do whatever she wants if she gives him one more chance.
- Be extra nice to her and do whatever she says to please her.
- Pour his heart out to her in a card or love letter.

However, if none of those things convince his ex to change her mind or if he doesn't want to try those approaches, he may decide to send her an anonymous gift instead.

Secretly, he will be hoping that she will know that itâ€¦s from him, feel flattered by his gesture and think something along the lines of, *â€œHeâ€¦s being so sweet. Maybe Iâ€¦ve been too hard on him. After all, a guy who is so romantic canâ€¦t be all bad. In fact, guys like him are hard to find and if I let him go, I may end up regretting it later on. I think Iâ€¦m going to give him another chance.â€œ*

They can then get back together again and everything can go back to the way it was.

Yet, thatâ€¦s not how it works.

Instead, when a woman who has disconnected from her feelings of respect, attraction and love for a guy, receives an anonymous gift that she knows is from him, rather than feel flattered by his token of affection, she usually feels even more turned off by him.

She might then think something along the lines of, *â€œDoes he honestly believe I wouldnâ€¦t know this is from him after everything else heâ€¦s done to make me change my mind about breaking up with him? Not only am I not impressed by his anonymous gift, it actually makes me see him as a desperate, childish guy who doesnâ€¦t have a clue about what I really want from a man. Instead, heâ€¦s hoping that he can just buy me off with a gift. Well, heâ€¦s in for a shock because Iâ€¦m not even going to mention that I received it. I wonder what he will do then. I just wish heâ€¦d get the message and leave me alone. Iâ€¦m tired of having to deal with him. I just want to move on and find a man who knows how to spark my feelings for him.â€œ*

If she doesnâ€¦t mention the gift to him, her ex might decide to confess that it was from him to see if sheâ€¦ll open up to him again, only to feel crushed if she then says something like, *â€œYes, I knew it was from you all along, but I donâ€¦t really care. In actual fact, Iâ€¦ve already thrown it away,â€œ* because sheâ€¦s hoping to discourage him from pursuing her anymore.

Hereâ€¦s the thingâ€¦

Sending an anonymous gift to your ex before you have reactivated her feelings of respect and attraction for you is unlikely to get the response youâ€™re hoping for (i.e. to impress her so that she will give you another chance).

So, donâ€™t waste your time trying to impress your ex with superficial things like gifts.

Instead, focus on using interactions with her on the phone and in person to re-spark her feelings for you.

The more respect and attraction for you she starts to feel again, the more open she will become to the idea of giving you another chance.

Then, if you want to, you can give her a gift in person and she will appreciate it, because she feels drawn to you in a way that feels good to her.

However, if your plan is to send an anonymous gift to your ex as a way of getting her back without doing anything else to change her feelings for you, you will just be wasting your time.

Another possible reaction your ex might have to the anonymous gift isâ€¦!

2. She knows it's from you, is flattered and excited and then contacts you

[image: She knows it's from you, is flattered and excited and then contacts you]

In some cases, a woman might still have some feelings for her ex and she may even secretly be hoping that he will try to get her back.

So, if she receives an anonymous gift in the post of something that she recognizes only he knows she likes, she will naturally guess that the gift is from him.

She will also be flattered that he still remembers the little things that please her and she may then contact him to say thank you, in the hope that they can work things out so they can get back together again.

Naturally this is what the guy was hoping will happen when he sent her the gift in the first place.

However, even though the woman is contacting him and is even open to interacting with him, it doesnâ€™t mean that he will automatically get her back from there.

Why not?

If the woman contacts him and he then turns her off (i.e. by making the same attraction mistakes he made before), she will likely feel disappointed and she may think something along the lines of, *â€œI really thought we could work things out between us, but I see now that itâ€™s not possible. Although heâ€™s a nice guy and I canâ€™t deny that I still care for him in some ways, Iâ€™m also aware that he is unable to change and improve. Instead, heâ€™s still stuck at the same level he was at when we broke up and I simply wonâ€™t be able to overlook that for very long. Eventually Iâ€™m going to get so fed up with it that I may end up hating him. I donâ€™t want that. I think itâ€™s better if I let him go now while we can still be friends.â€*

She might then say something like, *â€œThanks for the gift. It was really sweet of you to send it. However, it doesnâ€™t change what happened between us. We broke up for a reason and I think weâ€™re better off just being friends, rather than a couple. I hope you can accept that.â€*

So, donâ€™t let that happen to you.

If you do send your ex an anonymous gift and she contacts you, you need to be ready to show her that

you haven't been wasting the time apart.

Instead, you've changed and improved and become a better man.

For example:

- You're more confident and self-assured now, rather than doubting yourself and your attractiveness to her.
- You're more emotionally independent now, rather than needing her to prop you up and make you feel good about yourself.
- You're more emotionally masculine now and make her feel feminine and girly as a result, rather than making her feel neutral or even turned off around you.
- You're more ballsy now and stand up to her in a loving way, rather than being wimpy and timid and letting her dominate you with her strong personality.

When your ex experiences those kinds of changes in you, she naturally feels happy that she contacted you.

She then drops her guard and opens up to being with you romantically and sexually again.

However, if you continue to think, act, behave and interact with her in all the same ways as before, she will regret her decision to contact you and she will then likely make an excuse to get away from you as quickly as possible.

When that happens, it becomes even more difficult to get her back.

Another possible reaction your ex might have to the anonymous gift isâ

3. She knows it's from you and is glad that she finally has an excuse to text you

[image: She knows it's from you and is glad she finally has an excuse to text you]

Sometimes a woman may be waiting and hoping that her ex will make a move to get her back.

So, if she suddenly receives an anonymous gift and she realizes that itâs from her ex (e.g. because itâs something special that only he would know about), she feels excited and possibly even a bit relieved that heâs reached out to her, albeit indirectly.

She then feels more confident about contacting him, because she now has an excuse.

For example: She might text him something like, *âThank you for the gift. I know it was from you and I appreciate it.â*

Of course, itâs then up to the guy to take the lead and begin the ex back process for real.

He needs to call her on the phone and begin reactivating her feelings of respect and attraction for him right away, so he can get her back for real.

A mistake that a lot of guys make when their ex contacts them, is to play it safe by texting back and forth with her for a while.

A guy like that will often think something like, *âI don't really know if she's interested in getting back with me again, or if she's just being nice because of the gift I sent her. So, rather than ask her to meet up with me and risk getting rejected, or even worse, scaring her away because she feels I'm coming on too strong, I'm just going to play it cool for a while until I'm more certain that she's keen to see me again.â*

Yet, what he doesn't realize is that his ex has likely given him all the signs he's going to get from her (i.e. texting him).

From there, she's going to wait to see what he does to get her back (e.g. because she doesn't want to come across as being too easy, she wants to make sure he has the confidence to lead the ex back process).

However, if he doesn't make a move and just continues to text her about random things, she may begin thinking something like, *"I guess I misunderstood his intentions when he sent me that anonymous gift. I thought it was a sign that he still had feelings for me, but seeing as he's not actually doing anything to get me back, maybe he only just wants to be friends now."*

She then focuses on getting over her feelings for him and moving on.

He's then shocked when she one day texts him something along the lines of, *"Hey, I wanted you to be the first to know that I've met someone else. He's really so great and I think I'm falling in love with him. Maybe we can arrange for you to meet him sometime. It would be nice if you and him can be friends too, just like we are."*

So, don't make that mistake.

If you decide to send your ex an anonymous gift and she texts you, get her on a call with you right away, make her laugh and smile and feel happy to be talking to you and then arrange a meet up.

At the meet up, fully reawaken her sexual and romantic feelings for you, hug, kiss, have sex and guide her back into a relationship with you.

That's how it's done.

Another possible reaction your ex might have to the anonymous gift is!

4. She doesn't know who it's from and is too afraid to contact you to ask

[image: She doesn't know who it's from and is too afraid to contact you and ask]

Don't always assume that your ex will guess that the gift is from you, even if you send her something you believe will point to you.

Quite often, a woman might receive an anonymous parcel and wonder something like, *"I wonder who this is from. It is possible that my ex sent it to me, but I'm just not sure. What if he didn't send it and I reach out to him and he's moved on already and I look foolish for assuming it was him. Alternatively what if I text him to ask if it was from him and he is cold and rejects me? That would really hurt. I guess I just need to ignore it and wait to see if the sender will reveal himself to me."*

She then doesn't contact her ex and she also doesn't do anything to give him a sign that she's open to interacting with him.

He may then think to himself something like, *"She must have guessed by now that the gift was from me, but she hasn't even sent me a text to say thank you. I suppose she's letting me know that she's just not interested in me anymore. I need to accept that and try to forget about her, even though I still have feelings for her and want her back."*

He may then give up on the idea of getting her back, even though that's not what he wants and likely, not what she wants either.

Here's the thing!

If you want your ex back, don't miss out on the opportunity of making that happen, just because you didn't have the courage to contact your ex.

All it takes is one phone call where you make her laugh, smile and feel good to be talking to you again to reawaken some of her feelings of respect and attraction for you.

Then, when you suggest a meet up, she's more willing to say "Yes," because you've begun to replace her negative thoughts about you with positive feelings.

Then, at the meet up you can build on her feelings for you, show her that you're a new and improved man now and then get to a hug, kiss, sex and back into a relationship.

On the other hand, it will really suck if you wait for her to give you a sign, which she doesn't do because she's afraid of being rejected by you and you both end up losing out on being with the love of your life.

Another possible reaction your ex might have to the anonymous gift is

5. She doesn't care who it's from because she has a new boyfriend and is happy

[image: She doesn't care who it's from because she has a new boyfriend and is happy]

In some cases, a woman moves on pretty quickly after a break up and finds herself a new man right away.

So, if she then gets an anonymous gift, rather than sit around trying to figure out who it's from, she usually puts it out of her mind, because she's too happy in her new relationship to care.

Even if she does guess that it's from her ex, it no longer matters to her, so she forgets about it.

So, if you're hoping that sending your ex an anonymous gift is the key to getting her back, be prepared to be disappointed.

Here's the thing

The fastest and easiest way to get an ex back is to be active and direct about it, rather than being secretive and passive.

This means, you stand a better chance of re-attracting her, even if she does already have a new boyfriend, if you contact her over the phone or in person, and begin re-sparking her sexual and romantic feelings for you (e.g. by using humor to break down her defenses, being ballsy enough to flirt with her and create some sexual tension between you and her, by showing her that you're a new and improved man now).

However, if you just sit back and wait for your anonymous gift to re-attract her, don't be surprised if she ignores you and continues to be happy with her new man.

Get Her Back Faster By Avoiding These 3 Mistakes

If your aim is to get your ex back, focus on saying and doing the types of things that will make that happen, rather than making mistakes that will reduce your chances with her even more.

For example: 3 mistakes to avoid making are

1. Hiding behind anonymous gifts, texts or e-mails

One of the most attractive qualities to a woman is when a man has the balls to go after what he wants in life regardless of how difficult it may seem or how impossible the odds.

This is why, when a man doesn't have the courage to talk to his ex in person, or over the phone and instead sends her anonymous gifts, texts, or e-mails in the hope that she will figure out that it's him and make the first move, it usually turns her off in a big way.

She usually sees it as something an emotionally weak, wimpy guy would do and she doesn't want to be in a relationship with a guy like that.

As a result, his sweet gesture has the opposite effect to getting her back and instead convinces her that she made the right decision to break up with him.

So, if you want to get back with your ex, show her that you're an emotionally strong, ballsy man by taking control of the ex back process, calling her on the phone or meeting up with her in person, re-sparking her feelings for you and making it happen.

Another mistake to avoid is

2. Not knowing that there is a much more simple, more effective way to get a woman back

Maybe you think you need to hide behind anonymous gifts because your ex has said things like, *"I never want to see you again,"* or *"Don't try to text me or call me because I won't reply to you."*

Maybe you've convinced yourself that there's no other way to reach out to her and let her know, albeit anonymously, that you still have feelings for her.

Yet, here's the thing

There is another way.

The truth is, just because your ex is being closed off to you right now, it doesn't mean she will feel the same way a week from now after you've reactivated her feelings of respect and sexual attraction.

So, don't give up.

You really can change how she feels and get her back, if you want to.

You can take control of the ex back process by focusing on actively re-attracting her, rather than hiding in the background and hoping she will eventually change her mind about you.

When she can see for herself that you're the kind of man she always wanted you to be (e.g. confident, persistent, motivated, emotionally strong), her walls will naturally start to crumble and then getting back together becomes something she wants too.

Another mistake to avoid is

3. Thinking that a gift will win a woman over

Although your ex might realize that the gift is from you and even appreciate your thoughtful gesture, it's probably not going to make her think something along the lines of, *"Wow, this is so sweet of my ex. Maybe he deserves another chance."*

Why?

A woman isn't going to be in a relationship with the gift.

It is him that she needs to feel attracted to and in love with, not a gift.

So, if all she gets is a thoughtful gift, but he doesn't follow up with a call and then a meet up to fully reactivate her sexual and romantic feelings for him, she'll likely just forget about it and move on with her life.

The only way you're truly going to get your ex back is if you face her and make her feel strong surges of respect, attraction and love for the new you.

So, what are you waiting for?

She's waiting for you!

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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Should I Even Try to Get My Ex Wife Back Because She's Just Not Interested?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Yes, but you will need to change your approach to her, otherwise she will continue not having any interest in getting back with you.

Here are 5 tips to help you get her back:

1. Use new attraction techniques on her

[image: Use new attraction techniques on her]

One of the nice things about being married to a woman is that you get to know all her likes and dislikes and can then use that knowledge to turn her on, please her and make her happy.

For example: A woman might love it when her husband buys her flowers or thoughtful gifts.

Alternatively, she might respond well when he writes her a love letter.

In other instances a woman might appreciate it when her man is attentive and listens to her.

However, sometimes, the problem with knowing a woman's likes and dislikes is that a guy can become complacent and stop looking for new ways to spark her feelings of attraction.

Essentially, the guy believes that these are the things that worked in attracting her in the first place and kept her attracted for a while during the relationship, so naturally, it should also work in getting her back.

Yet, that's not how it works.

The truth is, if your ex wife is not interested in getting back together again, it's probably because your approach to attraction isn't sparking her feelings anymore.

This is why, if you want to get her back, you need to try a new approach.

For example: If your way of attracting her before was to send her flowers, buy her gifts, be nice and understanding towards her or write her a love letter/poem/card, then this time around she's unlikely to fall for it.

Instead, she's probably going to think something along the lines of, "Is this the best he can do? Does he honestly believe that flowers, gifts, love letters and sucking up to me is going to make me want to give our marriage another chance? Well, he's in for a big surprise, because I know him too well by now and his usual tactics don't impress me anymore. If he wants me back, he's going to have to show me a new side to himself that I can actually feel interested in."

So, if you want your ex wife back, you need to begin attracting her in new and exciting ways, so that she can start feeling respect and attraction for you again.

For example: Some of the ways you can do that is by:

- Maintaining your confidence around her regardless of how difficult she's being, rather than turning her off by being self-doubting and insecure.
- Making her feel feminine and girly by being emotionally masculine around her, rather than allowing her to dominate you because you let her lead the dynamic between you and her.

- Making her laugh and smile when you interact with her, rather than making her feel tense, annoyed or bored.
- Laughing at her (in a loving way) when she brings up your past mistakes and blames you for everything, rather than putting yourself down and becoming submissive and obedient around her?
- Showing her that youâ€¢ve changed and improved some of ways that are important to her, rather than making the same mistakes and hoping she will just accept it.

These are the types of actions and behaviors that will convince your ex wife that you are different now and make her become interested in being a couple again.

So focus on that.

Another tip to help you get your ex wife back isâ€¢

2. Don't aim for a relationship right away

[image: Don't aim for a relationship right away]

When a woman is at a point where sheâ€¢s disconnected from her feelings of respect, attraction and love for a man, the last thing sheâ€¢s going to be interested in is getting back together again.

This is doubly true of a woman who has divorced a man.

So, if every time you interact with your ex wife, you steer every conversation towards you and her getting back together again, sheâ€¢s most likely just going to feel uncomfortable, pressured and as though she is being forced into something that she doesnâ€¢t want.

As a result, she will likely be thinking things like,â€¢Even though Iâ€¢ve made it clear to him that Iâ€¢m not interested in getting back together again, he still continues to talk about us having a relationship. Why canâ€¢t he accept that weâ€¢re divorced now and stop stressing me out every time he interacts with me? He doesnâ€¢t get it that I donâ€¢t have any feelings for him anymore, so why would I want to get back with him? I donâ€¢t know what I have to do to show him that Iâ€¢m not interested in a relationship with him anymore.â€¢

She then begins to close herself off from him even more (e.g. by making excuses not to talk to him over the phone, or see him in person) to avoid having to deal with him pushing for a relationship with her.

Then, the more time she spends away from him, the more she begins to get over him and wants to move on and in some cases, she may even hook up with a new guy.

This is why, if you want to make your ex feel interested in getting back together again, focus on building up her sexual and romantic feelings for you during interactions, rather than pushing for a relationship with her right away.

One of the best ways to do that is by just focusing on having fun and enjoying each otherâ€¢s company.

Use humor to ease the tension between you and her and make her smile and laugh and feel more at ease around you.

The more relaxed and happy she feels when sheâ€¢s with you, the more her defenses will begin to slip down.

She then becomes open to seeing the possibility of being with you again in a sexual and romantic

way, because she feels drawn to you.

However, if you make her feel stressed out, miserable and annoyed during interactions, sheâs going to continue saying, âNo. Iâve already told you. Iâm just not interested.â

Another tip to help you get your ex wife back isâ|

3. Build up sexual tension between you and her

[image: Build up sexual tension between you and her]

One of the quickest ways to make your ex wife want you back is by building up the sexual tension between you and her, to the point where she wants to release that pressure with touching, kissing and sex.

Then, when sex happens, she becomes a lot more open to working things out so that you and her can get back together again, or at least interacting with you more often to see how she feels.

By the wayâ|

Sexual tension happens when you and your ex wife feel sexual desire for each other, but donât, or canât immediately release it (e.g. because youâre divorced and she is still nervous about going that route with you, youâre talking over the phone, youâre out in a public place).

Basically, the sexual tension builds up, but the release doesnât happen right away.

As a result, she wants to be alone with you, even though she initially resisted the idea.

So, from now on, use interactions with your ex wife to make her feel so attracted and drawn to you again that she feels like she just has to have you.

Here is an example of how you can do thatâ|

Imagine that you and your ex wife are in a coffee shop together and are just catching up on what each of you has been up to since you and her last spoke.

Basically, youâre having a normal conversation, while at the same time adding in some humor to lighten the mood and make her feel more at ease in your presence.

Then, when she seems to be relaxed and even enjoying herself, you can say something along the lines of,âBy the wayâ|is that a new dress/shirt/skirt/pair of jeans youâre wearing? Mmmmâ| It looks very sexy on you.â|

Then, just relax and switch back into ordinary conversation as if nothing happened.

Continue doing this (i.e. flirting with her in between stages of normal conversation) several times throughout the meet up, to build up the sexual tension between you and her.

She will be feeling attracted to you, even if she tries to deny it or hide it from you.

BTW: In case you didnât know, women love to be complimented and told that they look sexy, even ex wives.

Then when your ex wife is feeling turned on and open, the next tip to help you get her back isâ|

4. Release the sexual tension with a kiss

Once youâve sparked your ex wifeâs feelings of sexual attraction, look out for signs that sheâs open to you again.

For example: She mightâ€¦|

- Touch your hand, arm or thigh more often during the course of the conversation.
- Laugh at all your jokes, especially after she was cold, unfriendly and offish towards you at the start of your interaction.
- Lick her lips often.
- Play with her hair or a necklace.
- Appear to be aroused or turned on (e.g. her face is flushed, her pupils are dilated).
- She smiles and stretches her body due to the built up, positive tension she is feeling when around you.

[image: Build up sexual tension between you and her]

When that happens, itâ€¦s up to you to be the man and take the lead by releasing the built up sexual tension between you and her by giving her a hug and then following through with a kiss.

Note: Donâ€¦t wait for her to make it obvious to you by saying something like, *â€¦I want you to kiss me,â€¦* or *â€¦Letâ€¦s go back to my place now!â€¦* because sheâ€¦s not likely going to do that and youâ€¦re going to miss your chance.

Just be the man and do it.

If that goes well (e.g. she doesnâ€¦t pull away, she leans in even more and deepens the kiss), you can then suggest going back to your place, or hers and then hook up with her sexually.

Remember: No matter how great things might be going between you and your ex wife (e.g. sheâ€¦s more open towards you, she seems happy to be around you again), she wonâ€¦t be interested in being a couple again until you and her have had sex.

Sex gets rid of the uncertainty of how she feels about you and opens the door to discussing giving your marriage another chance.

Another tip to help you get your ex wife back isâ€¦|

5. Let her want you back for her own reasons, rather than trying to push her to commit again for your reasons

[image: Let her want you back for her own reasons]

Right now thereâ€¦s likely no doubt in your mind that you want to be with your wife again (e.g. because you still love her, youâ€¦ve realized that your life sucks without her in it, youâ€¦re now a better man and you know you could do better as a husband if she gave you a chance).

Yet, your reasons donâ€¦t matter.

Why?

When a woman disconnects from her feelings of respect, attraction and love for a guy to the point where she breaks up with him, or even divorces him, the last thing she will care about are his feelings, wants or desires.

Instead, she will focus on taking care of her own personal happiness and well being, rather than concerning herself about his reasons for wanting her back.

So, if you truly want to convince your ex wife to give you another chance, donâ€¦t make it all about

how much you love her and want her back.

Instead, make her want the relationship for her own reasons.

For example:

- She feels attracted to you in new and exciting ways.
- She can see that you've changed and improved some of the things that caused her to want a divorce in the first place.
- She feels that if she gets back with you again you will be able to build a future together.
- She wants to be your wife again and live the rest of her life with you.
- She wants to have your children (if you don't have any), or she wants you to be there for your children on a daily basis (if you do have kids already).

What's really cool is that when you approach the ex back process in that way, she begins to feel a new type of respect, attraction and love for you.

As a result, getting her back becomes easy because she wants it too.

However, if you try to convince her to give you another chance based on how you feel and what you want, she will almost certainly remain bottled up and continue saying things like, "I'm sorry, but I'm just not interested. We gave it a shot and it didn't work out. You need to let it go now. It's over between us."

Mistakes That Can Slow the Ex Back Process Down When You're Trying to Get Your Wife Back

If you want to get your ex wife back, you have to make sure that everything you think, say and do from this point onwards is taking you towards achieving that goal.

Basically, you can't think negative thoughts or make mistakes that turn her off even more.

So, be prepared by avoiding the following mistakes:

1. Waiting too long to make a move

The longer you remain hesitant and unsure of whether you should even bother trying to get your ex wife back, the more time you're giving her to fully get over you, meet a new man and move on.

The truth is, even though she may be saying that she's not interested in getting back with you right now, it doesn't mean that her decision is set in stone.

When you interact with her and make her feel strong surges of respect and attraction for you, her mind changes all by itself, without you having to force it.

She then becomes open to seeing you more often to see how she feels.

If that sounds good to you, don't waste another day wondering if you should even try to get her back and just get her back!

Another mistake to avoid is

2. Using a neutral approach and expecting a sexual or romantic reaction from her

If every time you talk to your ex wife over the phone, or see her in person you focus on being on your best behavior with her and pretend that youâ€¢re no longer interested in getting her back and only want to be her friend now, then thatâ€¢s what youâ€¢ll likely get.

Rather than feel attracted to you again and begin to doubt her decision to divorce you, she now only has neutral, non-sexual feelings for you.

So, if you donâ€¢t want that to happen, make sure that you actively spark her feelings for you, rather than pretending that youâ€¢re not interested in her in a sexual and romantic way anymore.

Of course, itâ€¢s totally fine to be a good guy to her who is also friendly.

However, donâ€¢t pretend that you only want to be her friend and that youâ€¢re not interested in being her husband and lover again.

Make her want you again sexually and romantically and when you do, the relationship will naturally unfold from there pretty quickly.

Finally, another mistake to avoid isâ€¢

3. Not improving your ability to attract her in the ways that will make the difference

Where many ex-husbands go wrong is that even though they want to get their wife back, they make the mistake of using the same old approach to re-attract her that they used before getting married to her (e.g. being really nice to her, buying her flowers, chocolates and other gifts, being friendly and available to her 24/7).

Yet, that approach rarely works to get a woman back.

In fact, in some cases a woman might even see his gestures as a sign that heâ€¢s not taking what happened between them seriously.

So, while sheâ€¢s feeling battered and bruised because of the divorce, heâ€¢s trying to make light of it by sending her flowers or being nice and sweet to her.

Of course thatâ€¢s not what heâ€¢s trying to do.

However, thatâ€¢s usually how a woman will see it when he hasnâ€¢t reactivated her feelings for him first.

So, if you want your wife to take you seriously and come back into your life, you have to begin attracting her in different ways than before (e.g. rather than buying her flowers, show her that youâ€¢ve changed some of the things that were turning her off before, rather than being nice and sweet make her feel feminine and girly by being more emotionally masculine around her, rather than giving in to her every time she throws a tantrum stand up to her in a loving but assertive way).

The more you re-attract her in new and exciting ways, the more likely it is that she will say something like, 'Iâ€¢ve missed you, you know? Seeing you again has made me realize why I agreed to marry you in the first place. Maybe our marriage deserves a second chance after all.'

You can then build up her feelings for you and show her that things really are different now.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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My Girlfriend Broke Up With Me Because of Her Family

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

4 things you need to ask yourself:

1. Why does her family disapprove of you?

[image: Why does her family disapprove of you?]

If your girlfriend's family disapproves of you, it's not always going to be your fault (e.g. they might be the kind of people who disapprove of everyone, they feel that their daughter is too young to get into a serious relationship and prefer that she focuses on her studies for now, they struggle to get along with people who are different than they are).

However, sometimes a woman's family might have good reasons to feel concerned about their daughter's man.

The question you need to ask yourself is, *Are there certain aspects of my thinking and behavior that makes me seem like a bad choice to my girlfriend's parents?*

For example:

Do they see you as having no potential in life?

Examples of this could be:

- You're drifting through life with no clear purpose or direction.
- You have no goals or big dreams that you're working on and you're not really interested in getting any.
- You have goals and dreams, but you're not making any progress and have just been wasting time.
- You're stuck in a job that has no prospects of advancement and even if there is, you're happier to stay where you are than to change and improve so that you can progress further.
- You have no ambition and are happy to do as little as possible.

Do they worry that their daughter might get pregnant to you and then struggle?

Examples of this could be:

- They see you as being financially unable to take care of a family (e.g. because you're stuck in a dead-end job, you are uneducated, you're unemployed). (inserted this to round off the thought)
- They see you as irresponsible or reckless.
- They see you as being selfish and always put your own needs and wants before anyone else's.
- They see you as being lazy and believe that you do as little as possible just to get by.

Were you unable to get along with her family because you're from a different social class and didn't fit in?

Examples of this could be:

- They are more, or less, educated than you.

- They are financially better, or worse, off than you.
- They are from a different racial/religious/cultural background to you.
- They are more conservative or radical than you in their thinking or style (e.g. you like to dress in leathers and have piercing and tattoos while they are more conventional and old-fashioned or visa versa, they have strong political views that are different to yours).

Do they feel that you treat their daughter badly?

Examples of this could be:

- You take her for granted (e.g. you expect her to wait on you hand and foot, she does all the housework and chores while you sit around doing nothing, you are not there for her when she needs you).
- You disrespect her or belittle her in front of them and other people (e.g. you make fun of her views and opinions, you insult her and call her *Stupid*, *or* *Silly*).
- You cheated on her.

Do you and your girlfriend always fight and argue with each other?

Examples of this could be:

- You and your girlfriend don't agree with each other on important matters which causes you to constantly disagree with each other.
- You are always breaking up and making up.
- Your relationship is volatile and unstable.

Do they see that their daughter will have to take care of you?

Examples of this could be:

- She has to work to support you financially because you don't have a job and you are not doing anything about it.
- She has to support you and encourage you emotionally because you are needy, clingy and insecure.

Depending on your answers to these questions, you may discover that your girlfriend's family had some good reasons to disapprove of you and want you out of her life.

However, that doesn't mean that because they were right about certain things, you can't change and improve and show them that you are a good man and worthy of their daughter.

Another question to ask yourself is:

2. Can you make some quick changes to prove her parents wrong?

Regardless of how bad an impression a guy made on his woman's family, it doesn't mean he can't change and improve and become a better man.

Then, when they see that he has manned up and taken control of his life and has changed the things about him that they disapproved of, they will naturally begin to feel respect for him for being an emotionally mature man.

When they respect him, it then becomes easier for them to accept him.

So, if you want to get back with your girlfriend, you need to show her family that you definitely are the right man for her and that means changing certain aspects of your thinking, behavior, attitude and maybe even your style.

For example:

- If a guy doesn't have a job, or is stuck in a job where he's going nowhere, he needs to find one, put in for a promotion, or quit and look for a job where he has better prospects for the future.
- If he doesn't dress well (e.g. he's a bit of a slob), he can give himself a makeover.
- If he talks about himself too much during conversation, he can change that by allowing other people to talk about themselves.
- If he doesn't take an interest or listen when talking to her family members, he can quickly learn to be a better listener and show that he cares and values what they have to say.
- If he tries to turn his girlfriend against her family members, he can become more supportive and tolerant, even if he doesn't always agree with them.

When you can show your girlfriend's parents that you are continually taking steps to become a better man in ways that you've been lacking up to this point, they won't be able to stay stuck in their negative opinion of you.

Of course, it might not be easy to change their mind about you (especially if you've really screwed things up with them), but as long as you treat them with respect regardless of what they say and do and you continue to change and improve and become a better man, they will likely begin to see you in a more positive light.

At the same time, your girlfriend will also feel more attracted to you for being emotionally mature enough to take action and improve yourself so that you can make things easier for her with her family.

She then automatically feels drawn to you again and wants to be with you, regardless of what her family says, because she can see that you're a man worth fighting for.

Another question to ask yourself isâ€¦!

3. Are her parents worried about her safety?

In some cases, a woman's family has good reasons for pushing her to break up with her guy.

For example: If a guy is very jealous or controlling, has a temper, uses a lot of drugs, or hangs around with people they see as being bad, it's only natural that her family will be worried about what might happen to her.

They might even think things like, "His jealousy is stopping her from enjoying her life. Instead she's just become a robot who is always saying and doing things to please him. She's just too young to be stuck with a guy who controls her like that," or "He's just too volatile. He's always getting angry about something; even irrelevant things. What happens if he loses it one day and decides to hit her?" or, "He's out of control and can't function without the help of drugs. What if he ends up hurting our daughter?" or "He might not be too bad, but the people he hangs out with are and I fear for my daughter's safety when she's around them."

As a result, they pressure her to break up with the guy as a way of keeping her safe.

So, if you did make any of these mistakes when in the relationship with your girlfriend, you can recover from it and get her family to forgive you.

How?

Start by telling her and them that you understand what you did was wrong and it was stupid and immature.

Then, show them via your actions, behavior and the steps you take to change and improve (e.g. go to therapy for your anger issues/jealousy/controlling behavior, go for drug rehabilitation, cut off contact with all the people who have a negative influence on you) that you're serious about becoming a better man and getting her back.

When they can see for themselves that your intentions are sincere, they will naturally open back up to giving you another chance to show them that you deserve to be with their daughter.

Another question to ask yourself isâ€¦!

4. Are you 100% sure that her family is the real reason why she is breaking up with you?

[image: Are you sure that her family is the real reason for the break up?]

It may have sounded convincing when your girlfriend said something along the lines of, *â€œI just can't be with you anymore because of my family. Please understand that even though I care for you, I can't handle the stress anymore. Maybe sometime in the future when things have calmed down we can try again, but for now, I think it's better if we break up,â€* but the fact is that most women often give guys an alternative reason for the break up to avoid having to be honest and say, *â€œI don't feel attracted to you anymoreâ€* or, *â€œI want to be single again.â€*

Basically a woman will do that because she doesn't want to have to deal with her guy's reaction where he tries to talk her out of her decision, keeps asking her why and promising to change whatever she wants him to, begs and pleads with her to give him one more chance, or in extreme cases, he becomes angry and violent towards her.

Instead, she wants to make a clean break so she can move on quickly with as little drama as possible.

This is why, it's quite possible that when your girlfriend broke up with you blaming her family as being the cause, she was actually hiding her real reasons from you to avoid a confrontation.

So, if you want to get her back, not only do you have to change and improve in ways that will earn her family's respect, you also have to uncover the secret reasons why she broke up with you, so that you can reactivate her sexual and romantic feelings for you too.

If you don't do that, it won't make any difference how much you change to impress her family, because she will likely just continue making excuses like, *â€œI know you've put in a lot of effort to change so that you can win my family over, but let's not push the situation just yet. Maybe in a year or two we can try again, but for now, it's best if we take some time apart and let things calm down.â€*

Then she will focus on moving on so that the next time you try to get the relationship back together again she can say something like, *â€œSorry, but it's too late for us. I've met someone else and my family loves him. So, let's just accept that it wasn't meant to be and move on.*

You really are a great guy, just not for me. Iâ€™m sure a lucky girl will snap you up in no time at all.

Donâ€™t let that happen to you.

You need to know the real, hidden reasons your girlfriend broke up with you, so that you can offer her what she really wants in a relationship with you.

By the way!

If youâ€™re unsure of what to look for, here are some questions to ask yourself to help you figure it out:

- Were you confident and emotionally independent around her, or were you insecure, needy and clingy?
- Did she feel like a feminine, attractive, desirable woman in your presence, or did she feel more like a neutral friend, or one of the guys?
- Did you take the lead in the relationship with her (i.e. by being the more emotionally dominant one), or did she wear the pants and make you jump to her every command?
- Were you a bit of a challenge to her (i.e. she was afraid of losing you), or did she feel as though you needed her more than she needed you?
- Could she look up to you and depend on you as her man, or did she feel like she had to be the emotionally stronger one in the relationship and take care of the both of you?
- Did she feel loved and appreciated, or did she feel like you were taking her for granted?
- Did you have a strong life purpose outside of your relationship with her, or did you make her your sole reason for living and as a result you became jealous, over protective, controlling or need and clingy?

When you fully understand where you went wrong with her, you can then change the things she really wants you to change and re-attract her.

Then, no matter how her family feels about you, she will put up a good fight to be with you, because she wonâ€™t want to lose you.

Where Guys Go Wrong With an Ex Girlfriend Who Broke Up With Them Because of Her Family

Sometimes a guy might struggle to deal with being dumped because his girlfriendâ€™s family doesnâ€™t like him.

He might then end up saying and doing things that actually turn her off and make her think something along the lines of, *â€œMaybe my family had a point after all. Heâ€™s just being so emotionally sensitive and immature, that I feel turned off by him.*

She then tries to move on, rather than give him another chance.

So, donâ€™t make that mistake with your girlfriend.

Here are 4 ways that guys go wrong in a situation like yours:

1. Saying bad things about family members that she loves and cares about

As tempting as it might be for a guy to want to say things like, *â€œWho cares what your family thinks about us? Itâ€™s how we feel about each other that is important. Theyâ€™re just being jerks and trying to ruin what we have. Why should we let them do that? We should just tell them to butt out and mind their own business,*â€œ saying bad things about a womanâ€™s family is not the best way to make her change her mind about breaking up with him.

Hereâ€™s the thingâ€¦!

If a woman values and loves her family, she wonâ€™t appreciate it if her ex disrespects them to her; even if they did cause the break up between them.

So, even though he may feel justified in saying bad things about them (e.g. because he is frustrated or annoyed), she might take it the wrong way and begin thinking things like, *â€œMaybe my folks have a point about not wanting me to date him. Heâ€™s being so disrespectful to my family and itâ€™s making me see a side to him that I donâ€™t like. Heâ€™s just so bitchy and mean. What if thatâ€™s who he really is deep down and if we ever got married and he became annoyed with me he would end up being that way with me? Maybe Iâ€™m better off without him after all.*â€œ

This is why, regardless of how frustrated you feel about your break up with your girlfriend, donâ€™t say anything bad about her family to her and cause her to lose respect for you for being emotionally immature and childish.

Instead, just interact with her and re-spark her feelings for you and show her by your attitude and actions that her parents are wrong about you.

When that happens, she may end up ignoring their wishes because she knows youâ€™re the man for her and she doesnâ€™t want to lose you.

Another way that guys go wrong in a situation like yours isâ€¦!

2. Begging and pleading with her

A guy might say things like, *â€œPlease donâ€™t allow your family to destroy what we have. I promise Iâ€™ll do anything to win them over. Just tell me what they want from me and Iâ€™ll do it. Please just give me a chance to prove to them that Iâ€™m the right man for you. I promise you wonâ€™t regret it!*â€œ

However, rather than make a woman think, *â€œHe must really love me if heâ€™s willing to do anything to win my family over! This is amazing! He must be the one!*â€œ sheâ€™s likely just going to pull away from him even more.

Why?

A womanâ€™s attraction to a guy is based mostly on his ability to make her feel like she can look up to him and respect him as a man.

So, when a guy is begging and pleading and being emotionally weak, wimpy and desperate, heâ€™s actually making her feel the opposite of the way he needs to make her feel to get her back.

Basically, heâ€™s turning her off and making her see him in a new, more negative light, when what he should be doing is quickly re-sparking her feelings of respect and attraction for him again, so she naturally becomes unsure about her decision to break up with him.

By the wayâ€¦!

If you've already tried begging and pleading with your ex girlfriend to make her change her mind about breaking up with you, don't worry about it.

As long as you learn from the experience and focus on showing her from now on that you're an emotionally strong and mature man, she will gradually begin to reconnect with her feelings of respect and attraction for you again.

You can then build up those feelings inside of her and make her see that being with you is really what she wants.

Another way that guys go wrong in a situation like yours is

3. Writing her long letters or e-mails to express his undying love for her

As romantic as it may seem for a guy to write a love letter (or e-mail) to his ex girlfriend to tell her how much he still loves her and wants her back, it's unlikely to make her change her mind.

Why?

Basically, because it doesn't get to the core of the problem (i.e. that she doesn't want to be with him because of her family).

Instead, he's just pouring his heart out to her and talking about his feelings, but he's not taking her or her family's feelings into consideration.

He's not addressing the issues that are causing her family to want him out of their daughter's life, but is instead just trying to convince her to ignore them based on his feelings for her.

Unfortunately, a woman usually doesn't want to do that (e.g. because she still cares what her family thinks about her man, she will still have to deal with the stress of arguing with her family if she gets back with him).

So, if you want to re-attract your girlfriend, don't be sweet and romantic by declaring your undying love for her in a letter or e-mail and focus instead on addressing the issues that caused the break up in the first place.

When you fix those, you can win her and her family over.

Another way that guys go wrong in a situation like yours is

4. Promising to wait for her for as long as it takes

Sometimes a guy thinks that if he gives his ex girlfriend enough space and time, things will calm down and eventually she will choose to be with him again, regardless of what her family thinks (i.e. because she's overwhelmed by his devotion and willingness to wait for her).

This is especially true if the woman is quite young and her family wants her to focus on her studies, or mature a bit more emotionally.

The guy might then say to himself, *They're only against me because they think she's too young to date right now. However, if I wait, both her and her family will know that my intentions are pure and then I will get another chance with her.*

Yet, it rarely works out that way.

In most cases, while the guy is sitting around waiting and putting his life on hold, his ex ends up meeting another guy who she finds interesting and attractive and whom her family like more, so she

starts a new relationship with him and moves on.

Then, by the time her ex figures out that heâ€™s lost her, itâ€™s already too late because sheâ€™s in love and not interested in working things out with him anymore.

So, donâ€™t let that happen to you.

If you want your girlfriend back, you need to interact with her (on the phone and especially in person) and spark her feelings of respect, sexual attraction and love, so she wants to stand up to her family for you, regardless of what they say.

Donâ€™t waste anymore time waiting for her to get permission to come back to you.

If you do, you may be shocked to discover that sheâ€™s moved on.

If you want her back, make it happen now.

She is waiting for you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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How to Get My Ex to Consider the Possibility of Us Getting Back Together

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 3 things that you can do to get your ex to consider the possibility of you and her getting back together again:

1. Make her feel rushes of sexual and romantic attraction for you

[image: Make her feel rushes of sexual and romantic attraction for you]

Right now, your ex is likely feeling a lot of negative emotions related to you and the relationship.

For example: She may beâ€¦

- Sad or angry that things didnâ€™t work out the way she hoped they would (i.e. that you and her would eventually settle down, get married, start a family).
- Annoyed with you for not being the man she initially thought you were (e.g. she believed you were more confident and emotionally strong than you really were, she thought you were more loving than you showed her in the relationship).
- Disillusioned with men, love and relationships in general (e.g. she may be thinking things like, *â€œI donâ€™t believe that true love really exists. Itâ€™s just a myth,â€* or *â€œMen canâ€™t be trusted,â€* or *â€œRelationships just donâ€™t workâ€*).
- Disappointed with the way things ended and with you for letting her down.
- Disconnected from her feelings of respect and sexual attraction for you.

So, if you try to convince her to give you another chance by begging and pleading with her, promising her that you will change, telling her how much you still love her and need her, or any other similar approaches, sheâ€™s more than likely just going to push you away and say things like, *â€œForget it! Iâ€™m not interested. The sooner you accept that, the sooner we can both get on with our lives.â€*

So, if you donâ€™t want that to happen, you need to make sure that your approach makes her feel rushes of sexual and romantic attraction for you, rather than turn her off even more and convince her she made the right decision to break up with you.

How can you do that?

By displaying some of the characteristics and personality traits that women are instinctively attracted to.

For example:

- Being confident, relaxed and sure of yourself when youâ€™re interacting with her, regardless of what she says or does to make you feel nervous, unsure of yourself and like you donâ€™t stand a chance of getting her back (e.g. sheâ€™s cold, detached and uncommunicative around you, she blames you for what happened, she tells you sheâ€™s not interested in getting back together again and possibly even mentions that sheâ€™s interested in someone else to see how you will respond).

- Using humor to make her laugh and smile during conversation and to ease the tension between you and her, rather than being too nice or formal with her and making her feel tense, stressed out and like she can't get away from you fast enough.
- Flirting with her to create some sexual tension and make her want to release that tension with kissing and sex, rather than treating her like a neutral friend and making her feel like she needs to find another man to give her the attraction experience she really wants.
- Responding differently to the way she's used to or expects you to (e.g. if in the past you used to bend to her will and allowed her to have her way no matter how unreasonable, you now stand up to her in a loving way, if you used to get jealous and feel insecure when she talked about other guys, you now laugh and make a joke about it with her and show her that you're so much more confident and self-assured now).

When you start making her feel attracted in the ways that she always wanted, she won't be able to stop herself from feeling drawn to you again, even if just a little bit.

When that happens, her defenses come down and she becomes open to getting back together again.

However, if you try to get her back without first reactivating some of her feelings of respect and attraction for you, she's just going to keep pushing you away and saying things like, *"I'm sorry but you need to accept that it's over between us."*

Another thing you can do to get your ex to consider the possibility of you and her getting back together again is

2. Be more of a challenge when you talk to her

[image: Be more of a challenge when you talk to her]

When a guy wants to get back together with his ex, he usually makes the mistake of being on his best behavior around her and saying and doing whatever he thinks she wants to see and hear.

For example: When she asks him for a favor, he always says *"Yes,"* even if it's unreasonable or inconvenient for him.

If she asks him a question about something random (e.g. *"What did you do this weekend?"*) he gives her a full explanation of what he was doing and who he was with.

If she asks him if he misses her, he responds with something along the lines of, *"Yes. You're all I can think about. My life feels so empty without you."*

Essentially, he's hoping that she will be impressed by his openness and she will then be more willing to give him another chance.

Yet, what a guy like that doesn't realize is that a woman doesn't want to feel as though he's being a good little boy to impress her.

Instead, she wants him to make her feel as though she needs to be on her best behavior around him and try to please him, rather than him being no challenge for her at all.

She doesn't want to feel like she is the one who is emotionally more powerful and like she can push him around and treat him like dirt without him standing up to her.

This is why, if you want to get your ex to consider the possibility of you and her getting back together again, you need to make sure you're not being a good little boy who is always on his best behavior around her and never says or does anything to upset her or challenge her.

How can you do that?

Using the examples aboveâ€¦

If your ex asks you for a favor, rather than always saying *â€œYes,â€* to her, you can use it as an opportunity to spark some of her feelings of respect and sexual attraction for you instead.

For instance, you might say in a joking way something like, *â€œSure, Iâ€™ll be happy to do that for you. However, itâ€™s going to cost you.â€*

If she then responds with something along the lines of, *â€œWhat do you mean?â€* or *â€œAre you seriously going to charge me for doing me a favor?â€* you can laugh and say, *â€œYep! My price is that you just have to buy me coffee sometime this week.â€*

She will likely laugh and say something like, *â€œOh, okay, I guess I can do that.â€*

At the same time, she will be feeling surges of attraction and respect for you for having the balls to tease her in this way, rather than rolling over and doing whatever she wants.

Alternatively, if she asks you a random question like what you were doing over the weekend, rather than give her a detailed report of your whereabouts, you might say something like, *â€œI ate out at an Italian restaurant with some friends. I had lasagna. It was good, but Iâ€™m still convinced that you make the best lasagna Iâ€™ve ever tasted. So, how about you cook me some tonight?â€*

Again, she will most likely laugh and smile and feel drawn to you for being confident enough to joke around with her in this way, even though youâ€™re broken up.

If she asks you if you miss her, rather than saying *â€œYes,â€* right away, you might laugh and say something like, *â€œSure I do, because I havenâ€™t been able to figure out how to use the washing machine yet!â€* and have a laugh with her about that.

When youâ€™re more of a challenge to her, rather than always saying and doing whatever she wants, she starts to feel attracted to you again in a way that feels good to her.

As a result her guard comes down and she becomes open to interacting with you more and more to see where things go from there.

Another thing you can do to get your ex to consider the possibility of you and her getting back together again isâ€¦

3. Stop projecting a vibe of, *â€œI need you to commit to a relationshipâ€*

[image: Stop projecting the vibe of, "I need you to commit to a relationship."]

Although you may still have strong feelings for your ex and really want her back, itâ€™s very likely that right now, she doesnâ€™t feel the same way about you and the relationship.

So, if every time you interact with her you end up saying things like, *â€œI just want you to know that my feelings for you havenâ€™t changed and I promise Iâ€™ll do whatever it takes to make things right between us,â€* or *â€œIâ€™m so sorry for hurting you. I give you my word that Iâ€™ll never do that again. Instead, I will treat you the way you deserve and show you that my feelings for you are real,â€* rather than feel happy and relieved that youâ€™re putting in the effort to be a better man to her, sheâ€™s likely just going to pull away and close herself off even more.

She will probably also think something along the lines of, *â€œWhy isnâ€™t he listening to me? He keeps talking as though he expects us to get back together again, even though Iâ€™ve clearly told him that Iâ€™m not interested. I donâ€™t know what to do to get through to him. Maybe I should*

*just cut him off completely, rather than continue to talk to him and give him the impression that I would ever want to be in a relationship with him again.*â□□

She may then refuse to answer her phone, or respond to your messages or texts as a way of making her feelings clear to you (i.e. that sheâ□□s not ready to commit to the idea of getting back together again).

It then becomes so much more difficult for you to get her back.

So, donâ□□t get to that point with your ex.

Remember: For a woman to commit to the idea of being in a relationship with a guy, the feelings have to be mutual (or at least close to mutual).

It canâ□□t just be about what you feel and what you want (i.e. for her to consider getting back together with you).

Instead, she has to feel that if she doesnâ□□t give you another chance, she will end up regretting it for the rest of her life.

So, how can you make her feel that way?

By using every interaction you have with her to make her feel strong surges of sexual and romantic attraction for you again.

For example: Some of the ways you can do that are byâ□!

- Being a confident and emotionally strong man around her (even when sheâ□□s being cold, aloof or even bitchy towards you), rather than feeling insecure, nervous and unsure of yourself and your chances with her.
- Making her laugh and smile in your presence, rather than making her feel bored, annoyed or stressed out by being too nice, neutral or needy around her.
- Flirting with her to create some sexual tension, rather than turning her off by being too polite and reserved or coming across as desperate.
- Showing her via your attitude, action, behavior and conversation style that youâ□□re a new and improved man now, rather than saying and doing the same things you did before and convincing her that she made the right decision by breaking up with you.
- Avoiding pointless texting conversations with her and getting her on a call and then to a meet up with you so that you can fully reactivate her feelings for you.

When she can see for herself that youâ□□ve become the kind of man she always wanted you to be, her reasons for not wanting to be in a relationship with you automatically start to fade away.

Suddenly the idea of being your girl again starts to feel good to her.

As a result, her guard comes down and she naturally begins to consider the possibility of you and her getting back together more and more.

4 Common Problems You Might Experience When Trying to Convince Your Ex to Get Back With You

Although you might be ready to get back together with your ex, she may not currently feel the same way.

As a result, your attempts to make her consider the possibility of you and her getting back together again might end up being blocked by her.

For example: Some of the problems you might encounter includeâ€¦!

1. She considers the possibility of having a relationship, but it just doesn't feel right to her

Sometimes a guy will go overboard trying to convince his ex to give him another chance.

For example: He mightâ€¦!

- Beg and plead with her.
- Send her flowers or gifts.
- Offer to do anything she asks.
- Promise to change.
- Send her long, emotional love letters, e-mails or text messages to tell her about his feelings for her.

Initially she might feel overwhelmed by his devotion to her and she may even say something like, *â€œOkay, I promise to consider the possibility of us getting back together again. Just let me think about it for a while.â€*

However, once things calm down and she gets a chance to think, she realizes that all the things heâ€™s being doing to get her back is a sign of desperation.

This makes her feel even less respect and attraction for him and therefore, the idea of getting back together again doesnâ€™t feel right to her.

Hereâ€™s the thingâ€¦!

A woman doesnâ€™t want to be with a guy who seems desperate.

She wants to be with a guy who makes her feel so much respect, attraction and love based on how he thinks, acts, behaves, talks to her and interacts with her, not based on what he buys for her or how much he flatters her.

That is what really matters to her.

As a result, she may then say to him, *â€œYouâ€™re a really a nice guy and I can clearly see that you care about me. However, Iâ€™ve thought about us getting back together again and I honestly believe weâ€™re not right for each other. Iâ€™m sure thereâ€™s a really lucky woman out there who would do anything to be with a man like you, but Iâ€™m not that woman. Please accept my decision and stop trying to get me to consider being in a relationship with you again.â€*

Another problem you might encounter isâ€¦!

2. You don't really change what has been turning her off, so she remains closed off to you

In some cases, a guy will focus more on how to get his ex back than on her reasons for breaking up with him in the first place.

So, rather than change and improve and show her that heâ€™s a better man, he just chases after her.

Then, when she interacts with him over the phone and in person and she notices that heâ€™s still

stuck at the same level he was at when they broke up (e.g. heâ€™s still insecure and needy, he still doesnâ€™t know how to spark feelings of sexual desire inside of her and instead makes her feel neutral or even turned off when sheâ€™s with him, heâ€™s still drifting through life without a clear goal or purpose), she feels even more turned off by his lack of improvement.

She will then likely close herself off from him even more and possibly even block his number on her phone or unfriend him on social media in an attempt to avoid him.

So, donâ€™t try to convince your ex to get back together again without first showing her that youâ€™re serious about being a better man for her (i.e. by changing and improving some of the things that caused her to break up with you in the first place).

If you do, sheâ€™s just going to keep pushing you away and saying things like, *â€œNo. Iâ€™m sorry but Iâ€™m just not interested in a relationship with you anymore.â€*

Another problem you might encounter isâ€¦

3. Trying to get her to consider giving you another chance via text messages

One of the most annoying things to a woman, is when her ex tries to convince her to give him another chance via text.

Why?

Firstly, she takes it as a sign that he doesnâ€™t have the confidence to call her on the phone and ask her what he wants to ask.

Instead, he hides behind texting like a little boy, which is unattractive to her.

Secondly, it makes her feel like sheâ€™s not important enough for him to even bother picking up the phone and talking to her in person when trying to get her back.

As a result, she feels insulted of annoyed and she then puts up her defenses even more.

Finally, because she has disconnected from her feelings for him, she naturally judges him based on her most recent experiences with him (e.g. the last fight they had, the way he behaved leading up to, during and after the break up).

So, if she currently thinks of her ex in a negative way, sheâ€™s going to look at his texts in a negative way too.

This is why, if you are serious about getting your ex back, donâ€™t ask her for another chance via text.

That should be done in person and only after you have first re-sparked her feelings of respect and attraction for you on a phone call, or in person.

Another problem you might encounter isâ€¦

4. Giving her a false sense of power and leadership over the relationship

Sometimes, a guy mistakenly thinks that if he lets his ex woman control everything and be in charge of the reconciliation process, she will be happy and want him back.

He might then say to her something along the line of, *â€œLook, I promise Iâ€™m not going to put any pressure on you. All I want is for you to consider the possibility of us getting back together again. Itâ€™s up to you. You can call all the shots and tell me exactly how you want to do this. Iâ€™ll do*

everything you ask for.

Essentially, he's hoping that she will feel more relaxed and open to the idea of getting back with him, because she's the one in control.

Yet, rather than make her think, *I like that he's letting me call all the shots. It makes me feel more willing to give him another chance because he's being so sweet and submissive with me,* it actually causes her to lose respect for him as a man for not having the balls to go after what he really wants (i.e. her) without her approval or say so.

So, if your aim is truly to get back with your ex, don't do things that will ruin her feelings for you even more.

Remember: If you allow a woman to control you, she won't be able to respect you.

If she can't respect you, she won't be able to feel sexually attracted to you and then the idea of getting back together again simply won't appeal to her.

This is why, if you want her, be man enough to take the lead in the ex back process and go get her, rather than wasting time hoping she will eventually consider the possibility of you and her getting back together.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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How to Get My Ex to Call Me More Often

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 things you can do to make your ex call you more often:

1. Don't ask for a relationship or give the impression that you want one when you talk to her on the phone

[image: Don't ask for a relationship over the phone]

If every time a woman calls her ex on the phone he turns the conversation into a long discussion about the relationship, what he did wrong and how great it would be if they can work things out and get back together again, rather than make her want to call him more often, he's more likely going to make her not want to call him at all.

Why?

To begin with, he's making talking to him feel stressful.

So, rather than relax and enjoy the conversation, she ends up having to keep up her guard to stop him from pressuring her into a relationship that she may not be ready for yet.

She may then begin thinking things like, *"Every time I call him he wants to talk about us getting back together again. However, I'm not interested in that right now and talking to him is becoming more frustrating and exhausting than fun."*

She then naturally stops calling him very often to avoid having to deal with him trying to get her back.

This is why, if you want to get your ex to call you more often, you have to make conversations with you feel relaxing, enjoyable and entertaining, rather than stressful, annoying or tense.

Essentially, if you're attracting your ex on the phone (e.g. by making her laugh and smile and feel good to be talking to you, by flirting with her) and not pushing for a relationship, it creates the exciting feeling of sexual tension.

She actually wants to talk to you more often, because when she does, she feels good.

As a result, her guard starts to slip down and she then becomes open to seeing you in person too.

You can then meet up with her and continue to build up the tension between you and her and get her to the point where she wants you make a move to hug her, kiss her and then release that tension with sex.

When that happens, getting back into a relationship with her becomes easy, because she wants it too for her own reasons (e.g. she feels sexually and romantically attracted to you again, she can see you're a new and improved man now).

Another thing you can do to get your ex to call you more often is

2. Let her see how fun your life is without her via social media

[image: Let her see how fun your life is without her via social media]

Sometimes a guy makes the mistake of thinking that if he just sits around and waits for his ex to call

him, she will be impressed that heâsâ not moving on without her.

She will then realize that he really does love her and she will begin to call him more often, giving him the opportunity to convince her to give him another chance.

Yet, in most cases, when a woman realizes that her ex doesnât have a life without her, it only assures her that she made the right decision to break up with him.

Then, if sheâs been calling him to see how he is, she may begin making those calls less and less frequently, in the hope that she can slowly fade out of his life without him noticing.

Hereâs the thingâ!

The majority of women are attracted to men who are confident, happy and forward moving in life with or without their woman.

So, when a woman sees that her ex man is content and getting on with his life without her, it actually makes her feel a renewed sense of respect and attraction for him.

This is why, if you want to make your ex feel open to talking to you on the phone more often, donât be afraid to let her see via social media that youâre actually getting on with and enjoying your life without her.

If she isnât currently following you on social media, just make sure that the photos are set to public so she can see them from the outside.

Why does this work?

When you post photos of yourself having fun with other people, it actually makes your ex feel curious and want to interact with you again.

All of a sudden, you seem more attractive, appealing and likeable to her and she may begin to think things like, *âHe seems so happy and confident all of a sudden. I wonder what made him change so much.â*

She then wants to call you more often, because she wants to be a part of your fun life again.

Another thing you can do to get your ex to call you more often isâ!

3. Make her laugh and smile whenever she talks to you

[image: Make her laugh and smile whenever she talks to you]

Imagine youâre on a call with someone and they spend the entire time being serious and trying not to say anything wrong in case it upsets you.

Would you want to keep talking to this person, or would you want to hang up?

Yes, you would likely try to get off the call as quickly as possible, because talking to this person makes you feel tense and stressed out.

Now imagine that the person youâre talking to is light-hearted, relaxed and uses humor to make you laugh and smile.

How would you feel about talking them?

Chances are high, you would enjoy it very much and you would likely think something along the lines of, *âThis is so much fun. I really like talking to him/her. It makes me want to interact with him/her more and more.â*

With this in mind, when you make your ex laugh and smile every time sheâs on a call with you

from now on, youâ€™re almost guaranteeing that she will want to call you more often, because youâ€™re making her feel good to be talking to you.

At the same time, by making every call between you and her happy and enjoyable, youâ€™re actively sparking her feelings of respect and attraction for you and making the negatives of your relationship seem less important to her.

When that happens, she naturally feels drawn to you in a way that feels good to her.

So, donâ€™t be afraid of using humor to lighten the mood between you and your ex when youâ€™re on a call with her.

Of course this doesnâ€™t mean you should be cracking jokes and acting like a clown with her, because that will actually have the opposite effect (e.g. annoy her and turn her off).

Instead, you need to be courageous enough to use ballsy humor to turn any awkwardness into smiling, laughter and love.

For example: If your ex asks you about your day, rather than respond in the usual way by saying something like, *â€œFine,â€* or *â€œBoring,â€* or *â€œBusy,â€* you can use humor and make her think things like, *â€œThis is so much fun. I donâ€™t want to hang up the phone.â€*

For instance you might say, *â€œOh not much. I was craving noodles so I went out to get something to eat.â€*

She will most likely continue the conversation by asking something like, *â€œOh, where did you go? Anywhere nice?â€*

You can then respond in a joking way, *â€œTo your house of course! Youâ€™re the only one who makes noodles just the way I like them. So, hurry up and open the door. Iâ€™m hungry!â€*

She will likely be a bit shocked and she may say something along the lines of, *â€œWhat? Are you serious? Are you really here?â€*

You can then laugh and say, *â€œLol...of course not. Yet, I would like some of those noodles if you are in the mood to cook them. Up for some noodles? :â€*

She will most likely have a laugh with you about it and as a result, she will feel surges of respect and attraction for you for having the confidence to make her laugh and smile, even though you and her are no longer a couple.

She then begins to feel drawn to you in a way that feels good to her and she wants to call you more often to experience those feelings even more.

Another thing you can do to get your ex to call you more often isâ€

4. Attract her in new ways

[image: Attract her in new ways]

If you donâ€™t make the attraction experience youâ€™re giving your ex different and more interesting than what sheâ€™s had with you before, sheâ€™s not going to feel motivated to call you more often.

Instead, sheâ€™s likely going to focus on finding herself a new man who can make her feel excited, attracted and turned on in ways that you canâ€™t.

So, donâ€™t bore your ex by saying and doing the same things youâ€™ve always done and expect

her to want to spend more time on the phone (or in person) with you.

Instead, start attracting her in new and interesting ways so she wants to talk to you more often and also wants to meet up with you to experience the new you face-to-face.

Here are some examples of how you can do that!|

- If you are always being nice and neutral with her, it's now time to be more challenging and ballsy.
- If you've only been pretending to want to be friends with her when talking on the phone, you now need to flirt with her to create some sexual tension and show her that what you really want is for her to be your girl again.
- If you feel nervous and unsure of yourself when talking to her, focus on being more confident and self-assured.
- If she tends to call the shots during conversation, laugh at her (in a loving way) and show her that she can't dominate you with her confident personality.
- If you've been putting yourself down and thinking that she'll never want to get back with you, it's now time to realize and accept that you are good enough for her and that she will be lucky to have you as her man.

The more you begin to attract her in ways that she doesn't expect, the more she will want to interact with you on the phone and in person to experience it.

It's then pretty easy for you to fully reactivate her feelings of respect, attraction and love for you and get her back.

Another thing you can do to get your ex to call you more often is!

5. End the conversation before she does

[image: End the conversation before she does]

Many guys keep talking and talking when they're on a call with their ex until she eventually says, *âOkay, I'd better get going,â* just to end the call.

She may then say to herself, *âPhew! He just kept going on and on. I didn't know if he was ever going to stop talking. In the end I was feeling so stressed out and overwhelmed. Maybe I should keep my calls to him to a minimum, because he's just not fun to talk to.â*

Then, instead of calling him more often, she instead calls him less and less.

So, to avoid that from happening to you, make sure that you're the one who ends the conversation with her and usually the best time is right at the point where she seems to be enjoying herself the most.

For example: Imagine that you're on a call with your ex and you focus on bringing down her guard by making her laugh, smile and feel happy to be talking to you.

The more she enjoys herself during the conversation, the more likely it is that she will begin thinking something along the lines of, *âHe seems so different from the guy I broke up with. I'm actually enjoying talking to him now. It makes me want to call him more often and even meet up with him in person. I'm curious to see if he'll have the same effect on me when we're face-to-face. I do hope so.â*

Then, when you can sense that she's feeling relaxed and attracted and is really into the conversation with you, you can say something like, *Well, anyway it's been really great talking to you again, but I've got to get going now, but let's do this again soon, okay? Bye,* and then hang up the call when she acknowledges that the call is ending (e.g. she says, *Okay, bye talk to you later*).

Not only will that make her feel surges of respect and attraction for you, but it will also ensure that she wants to call you again soon.

From there, rather than stick to phone conversations with her, go ahead and get her to meet up with you instead where you can fully reactivate her feelings for you (i.e. by showing her that you really are a new and improved man now) and guide her gently back into a relationship with you.

Where Guys Go Wrong When Trying to Get an Ex to Call Them More Often

Talking to an ex over the phone is a great way to start re-attracting her so that you can get her back. However, some guys ruin their chances of that happening because they make the following mistakes:

1. Hoping that she guides him back into a relationship, so he doesn't have to risk rejection

Sometimes a guy will think to himself, *Well at least my ex is calling me. That must mean she has some feelings left for me. I just need to play it cool and wait for her to give me a sign that she's open to us getting back together again. What I don't want to do is come on too strong too soon and cause her to feel turned off because she thinks I'm being pushy and she then stops calling me altogether.*

He may then just stick to talking to her over the phone whenever she feels the urge to call him, without ever making a move himself.

Instead, he may secretly be hoping that if he's patient with her she will eventually say something along the lines of, *I'm tired of talking over the phone. I miss you and I want to see you in person. Let's meet up.*

Yet, that rarely happens.

Yes, some women will do that, but only if the feelings are mutual.

If the feelings aren't mutual, a woman won't feel motivated to guide her ex back into a relationship with her.

So, if you want to get your ex back, don't waste time waiting for her to make it happen.

Instead, be emotionally courageous enough to take the lead by calling her rather than waiting for her to call you and begin reawakening her sexual and romantic feelings for you.

Then, when she's feeling drawn to you again and likely wondering, *When is he going to make a move?* get her to a meet up with you so that you can fully re-attract her and get her back.

Don't wait for her to make it easy for you.

Women don't respect or feel attracted to guys who need women to guide them along and make

things easy for them.

So, just be emotionally courageous and get her back.

Another mistake that guys make isâ€¦!

2. Playing too many mind games and ending up losing her in the process

Sometimes, a woman might decide to stay in contact with her ex to see if itâ€™s possible for them to work things out before she makes up her mind about moving on without him.

Yet, if the guy then ends up playing mind games with her (e.g. he pretends that he only wants to be friends with her now and isnâ€™t interested in anything else, he plays a bit hard to get to make himself appear valuable in her eyes so she will give him another chance), she may decide that sheâ€™s wasting her time and decide to cut her losses and move on.

Hereâ€™s the thingâ€¦!

Even if a woman does still have some feelings for her ex and is hopeful about getting back with him, she will rarely chase after him.

Instead, she may give him an opening to get her back (e.g. she calls him on the phone) and then waits for him to make the next move.

However, if he just messes her around by playing mind games with her and doesnâ€™t take control of the ex back process, she will get fed up with him.

She will then likely close herself off from him and focus on getting over him and finding herself a new man.

So, if you truly want to work things out and get back together again with your ex, donâ€™t mess her around by playing unnecessary mind games.

Instead, just focus on doing what needs to be done to reawaken her feelings of respect and attraction, so you can bring down her defenses and get her back (i.e. call her, spark her feelings, meet up with her and get her back).

Another mistake that guys make isâ€¦!

3. Not following through on a simple ex back process and just getting her back for real

Regardless of how often your ex calls you, nothing will happen until you meet up with her in person and re-spark her sexual and romantic feelings for you for real.

A lot of guys remain stuck talking with their ex over the phone for weeks or even months, without ever plucking up the courage to get to a meet up with her.

Essentially, a guy like that is hoping that the more often they talk over the phone, the more likely it is that they will drift back into a relationship with each other.

Yet, in most cases, the woman gets bored of waiting for her ex to make a move and eventually her interest begins to fade; especially if she interacts with other guys and they make her feel more attracted than her ex does.

Then, by the time he builds up the courage to ask her to meet up, she will likely say something like, *â€œSorry, but Iâ€™ve actually met someone else and I want to focus on building my relationship with him. I hope you understand and that we can still be friends. I promise I will still call*

you from time to time to say hi.â

Heâs then left feeling rejected and wondering what he did wrong.

The answer is that he waited too long.

He didnât follow through on the ex back process and get her back.

So, if you donât want that to happen to you, then make sure that you take control of the ex back process immediately.

Call you ex right away, get her to meet up with you, hook up with her and get her back for real.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Does She Miss Me After No Contact?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

It depends:

1. Sometimes a woman will miss her ex after no contact if she can't seem to move on

[image: Sometimes a woman will miss her ex after no contact, if she can't seem to move on without him]

Sometimes, when a guy cuts off all contact with his ex (i.e. he uses No Contact to make her miss him) after a break, she may initially think something along the lines of, *"This is for the best. I know the right man for me is out there and now I can focus on finding him, rather than being stuck in a miserable relationship."*

She may then focus on moving on and finding herself a replacement man as quickly as possible.

For example: She might

- Go out to clubs, bars and parties with her single friends.
- Join an online dating site or go on an app like Tinder.
- Join a meet up group in her area so that she can connect with like-minded people, especially men.
- Make it clear on social media that she's now single, in the hope that any guys who might be interested in her will make a move.

However, as the days and possibly even weeks go by, she may notice that nothing is really happening and that she's not moving on as quickly as she had originally hoped.

When that happens, she might find herself thinking about her ex more and more.

However, rather than remember all the negative things about him that used to turn her off (e.g. he was insecure and that made him clingy and needy, he was unreliable, he was boring and she felt more like his friend than his lover), like she used to do when they first broke up, she instead starts thinking about all the nice things about him that she misses (e.g. his sense of humor, how he always treated her well, his adventurous spirit).

She'll then likely begin thinking things like, *"I miss him so much. Why isn't he calling me anymore? I hope he hasn't already forgotten about me and moved on. Maybe I should contact him to see what he's been up to."*

She might then text him, send him a message via social media or call him to say hi and see what happens from there.

When that happens, as long as the guy has been using the time apart to change and improve some of the things that turned her off in the relationship, he can easily reactivate her feelings of respect and attraction for him and get her back.

Of course, if the guy has just been using No Contact to get her back, but hasn't done anything else in that time to change and improve some of his issues, she will pick up on it right away and she will then tell herself something like, *"Even though I've been struggling to move on and find another man, I'm still better off without him. He's still stuck at the same level he was at"*

when we broke up and it doesn't look like he's ever going to change, or even know what or how to change. I need to accept that what we had is 100% over and forget about him. I will just have to wait for as long as it takes to find a new man.

She then cuts herself off from him and continues to try and move on.

This is why, if you are using No Contact to get your ex back, make sure that you're ready if she decides to reach out to you.

You need to prepare to give her an upgraded attraction experience.

For example: Some examples of how to do that are:

- Show her by way of your behavior, conversation style and actions that you have already fixed some of the issues that were turning her off before (e.g. if you were insecure and self-doubting before you're now more confident and self-assured, if you weren't ballsy enough with her and you allowed her to dominate you in the relationship with her confident personality you now stand up to her and put her in her place in a loving but assertive manner).
- React differently to what she says and does (e.g. if she previously made you feel angry when she created unnecessary drama, you now relax and lovingly laugh at her attempts to get to you).
- Make her feel feminine and girly in your presence by thinking, talking, behaving, feeling and acting like a masculine man, rather than being extra nice or neutral around her.

When she experiences the new you for herself, she naturally opens back up to you and you can then easily and effortlessly make her your girl again.

Another reaction to No Contact is:

2. Some women don't care the minute they break up with a guy, so No Contact doesn't have much, or any effect

[image: Some women don't care the minute the break up with a guy]

In quite a lot of cases, by the time a woman reaches the point where she breaks up with a guy, she has fully disconnected from her feelings of respect, attraction and love for him.

So, when the break up finally happens, it's more of a relief to her to be out of the relationship, than a disaster and she's likely just focusing on moving on, getting on with her life and finding a new man as quickly as possible.

Of course, she might also be worried that her ex will try to get her back and she may be thinking things like, *I just want this relationship to be behind me so that I can get on with my life. I really hope he's not going to make it difficult for me by chasing after me and begging and pleading with me to give him another chance, because I just don't have any desire to deal with that.*

This is why, if the guy then chooses No Contact as his preferred method of getting her back, rather than make her miss him, she instead only feels a lot of relief that her fears about him trying to get her back didn't come true.

[image: Some women don't care the minute the break up with a guy]

She then promptly forgets all about him as she continues to move forward in her life without him.

If he then contacts her after a few weeks or even months to see if he can get her back, she has usually already moved on and she may then say something like, *Wow, why are you calling me after all*

this time? I thought youâ€¦ moved on when I didnâ€¦ hear from you and I did the same. What we had is over, so please donâ€¦ call me again. Bye.â€¦

He is then left feeling dejected and wondering why No Contact didnâ€¦ make her miss him.

Hereâ€¦s the thingâ€¦!

If you want your ex to miss you and give you another chance, the best approach to take is to actively make her have feelings for you again by interacting with her and re-attracting her.

In most ex back cases, you canâ€¦ just sit back and hope that by ignoring her for a few weeks or months, sheâ€¦s going to miraculously develop strong sexual and romantic feelings for you again. It rarely, if ever happens.

In almost cases, the woman just moves on.

So, without being needy or pushy, you should interact with your ex via text, social media, on the phone or in person, so you can re-spark her feelings of respect and attraction for you.

Then, if you want to, you can give her a week of space (not longer than that) to really miss you and want you back.

However, that will only happen if youâ€¦ve re-sparked her feelings first.

If you havenâ€¦t, she simply wonâ€¦t care and she will continue to move on.

Another reaction to No Contact isâ€¦!

3. Some women wait for a while for their ex to start the ex back process, but then move on when he takes too long to make a move

[image: Some women wait, but then move on if their ex takes too long to make a move]

There are times when a woman will break up with a guy, but at the back of her mind she still hopes they will work things out and get back together again.

Essentially, sheâ€¦s likely hoping that after a few days, he will call her and they can then work things out between them.

However, even a woman who is secretly waiting for her ex to start the ex back process with her, him cutting off communication with her actually helps her get over him.

Hereâ€¦s whyâ€¦!

Imagine a woman is sitting at home after a break up and missing her ex.

Although she might be feeling some pain, anger and disappointment about the break up, sheâ€¦s also feeling hopeful about working things out with him.

Yet, rather than him call her up after a few days and actively begin reactivating some of her feelings of respect and attraction for him again, he instead chooses to use the No Contact Rule to make her miss him.

He then cuts off all communication with her (i.e. he stops texting, calling or even messaging her on social media) for weeks and maybe even months.

When this happens, she starts to doubt his feelings for her and she begins to wonder things like, *â€¦Why is he ignoring me? Doesnâ€¦t he care about me at all? I thought that heâ€¦d at least just text or phone to check if Iâ€¦m okay, but I havenâ€¦t heard from him even once since we broke up. What a fool Iâ€¦ve been, sitting her and hoping that he might also want us to get back*

together again, like I do. Heâ€™s obviously already over me and moving on with his life. Maybe he didnâ€™t even love me at all. What a jerk! Well, Iâ€™m not going to waste another second waiting for him and missing him. If he can forget about me so easily, then I can do the same. In fact, Iâ€™m going to call my friends right now and organize a girls night out where I can meet new guys and even get laid if I want to.â€™

She then puts all her effort into completely switching off her feelings for him (e.g. by focusing on the anger she feels towards him for ignoring her, by actively moving on with or hooking up with another guy).

If the guy then contacts her after 30 or 60 days of no contact to get her back, she will likely say something like, *â€™I canâ€™t believe you have the nerve to call me after all this time. Well, hereâ€™s a news flash for youâ€™! when we broke up I really did care for you and I thought that you felt the same way about me too. I spent weeks waiting for you to even just text me once to see how I was doing, but that never happened. So, I gave up and moved on. Now after all this time you call me out of the blue and Iâ€™m not sure what you were hoping to achieve with that, but before you say anything, let me tell you that Iâ€™ve met someone else and Iâ€™m happy now. So, please leave me alone and donâ€™t call me again. Bye.â€™*

Heâ€™s then left feeling devastated and wondering what went wrong.

Donâ€™t let that happen to you.

Remember: To get an ex back, you have to be active about it rather than inactive.

That means, you canâ€™t ignore her and hope that her feelings for you will grow.

So, if you want your ex to miss you, you can give her a few days of space.

However, anything longer than a week is a waste of time and it only helps her get over you faster and move on.

Another reaction to No Contact isâ€™!

4. Some women are so turned off by the time they eventually break up that they quickly move on with a new guy to feel better

[image: She moves on right away]

Sometimes, a woman has lost so much respect, attraction and love for her guy that her main focus after the break up is to find a new man as quickly as possible to get revenge on her ex for what happened in the relationship with him.

She may even think things like, *â€™Iâ€™ll show him that I donâ€™t need him in my life. In fact, I can get any man I want and I donâ€™t have to settle for a jerk like him anymore!â€™*

She then opens herself up to meeting and hooking up with single, available men.

Remember: Most women are perfectly capable of finding a new guy who wants to have sex with her, date her and get into a relationship with her.

So, if her ex then uses No Contact as a way of getting her back, rather than think, *â€™I feel so sad and hurt that my ex isnâ€™t calling me up. I miss him so much,â€™* she will more than likely be thinking, *â€™Itâ€™s such a relief to be out of that relationship and not have to hear from him anymore. I can finally move on with my life and enjoy a happy, healthy relationship with a new man now.â€™*

This is why, if you want your ex to miss you, you have to reactivate her sexual and romantic feelings for you and you can't do that if you're ignoring her.

You need to call her on the phone or meet up with her in person and show her that you're a new and improved man now.

When she can see for herself that you no longer turn her off in the ways you used to before (e.g. you're more confident and self-assured rather than insecure and needy, you're more ballsy rather than a push over with her, you more emotionally masculine which makes her feel feminine and girly when she's with you), she will naturally feel more open to reconnecting with her feelings of respect and attraction for you.

When that happens, getting her back becomes easy.

However, if you just ignore her and hope that will change how she feels, don't be shocked when you find her in a new relationship when you contact her after 30 or 60 days of No Contact.

Common Problems Guys Experience When Using No Contact to Get an Ex Back

Although No Contact can work in some situations (e.g. when a woman is still in love with her guy and really wants to get back with him, she is really struggling to find a replacement guy and decides to get back with him rather than be single while still secretly looking for another guy), most of the time it backfires and is the cause of a guy losing his ex for real.

For example: Some of the common problems guys experience when using No Contact are!

1. She doesn't contact him and then doesn't reply when he contacts her

Regardless of how a woman feels about her ex after a break (e.g. she no longer feels respect, attraction or love for him, she still cares for him and wants him back, she's open to being friends with him), when he cuts off all contact with her as a way of getting her back, it can potentially lead to her!

- Getting over the pain of the break up and realizing that she's actually fine without him in her life.
- Feeling attracted to other guys (and liking it).
- Getting annoyed with him for not having the balls to get her back and make the relationship better this time around.
- Believing that he doesn't care about her anymore.

This may cause her to think things like, *Well, if this is how it has to end between us, so be it. I'm better off without him anyway,* and she then puts even more effort into moving on as quickly as possible.

Then, when her ex finally contacts her after 30 or 60 days, rather than respond immediately and say something along the lines of, *I'm so happy to hear from you. I've really missed you! Can we meet up so that we can catch up,* she instead just ignores him.

He may then wonder things like, *What happened? Isn't ignoring a woman supposed to make her miss me and want me back? Why hasn't that happened with my ex? Why isn't she*

replying to my texts/e-mails/calls/social media messages?

Yet, what he doesn't realize is that No Contact is not the easiest, fastest or most efficient way to get an ex back.

What is?

Calling her on the phone or meeting up with her in person and actively making her have feelings for him again.

When she experiences the new him and begins to like him again, it's a lot easier for her to stop focusing on how he behaved near the end of the relationship and shortly after the break up.

On the other hand, if he ignores her, she will only have his past and current behavior to gauge him on (i.e. that he stuffed up in the relationship and that he's now ignoring her) and that will usually only convince her that she's better off without him.

So, if you're serious about getting your ex back, forget about using No Contact to make her miss you and focus instead on actively replacing her negative thoughts and memories about you (e.g. anger, resentment, indifference), with new, positive feelings (e.g. respect, attraction, joy).

She then naturally drops her guard and opens back up to giving you another chance.

Another common problem guys experience when using No Contact is

2. Not understanding that the No Contact Rule works better for women to get a man back

If a woman ignores her ex after a break up, chances are high that he will come back to her. Why?

Some of the reasons are

If a man can't get any action, he will usually go back to his ex to get some.

Alternatively, if a man dumps a woman and she accepts it and doesn't ever contact him, he will often want to get her back with her just to feel like he has that power over her.

On the other hand, when a man uses No Contact as his main method of getting her back, it rarely works out. Why?

To begin with, when a woman has disconnected from her sexual and romantic feelings for a guy, not hearing from him is what she wants, because it gives her the chance to move on.

Also, most women are attractive enough to easily find a new man, so when a woman's ex ignores her after the break up, she will usually have plenty of guys chasing after her and making her feel attractive, wanted and desirable.

She may then hook up with one of them, rather than chase after an ex that she assumes is no longer interested in her.

Finally, even if a woman does miss her ex, when she doesn't hear from him for a long time, rather than risk contacting him and being rejected by him, she instead tries to get over him and move on.

So, as you can see, using No Contact to make your ex miss you is not the best idea.

However, if you call her right away and start reactivating her feelings for you, she could be back in your arms sooner rather than later.

Doesn't that sound better than waiting for her to come back to you and risking losing her to

another guy?

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Do Love Avoidants Come Back?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

It depends on the following:

1. Are you now able to make her feel the kind of love that she always really wanted to feel with you?

Sometimes a guy will offer a love experience that just doesn't hit a woman at her core.

For example: He's too nice, gentle and sweet.

However, although she appreciates that, he lacks the masculine edge that would make the relationship more exciting and balanced for her.

As a result, she stops feeling motivated to stay in the relationship with him and decides to just break up with him, move on and find the kind of guy who has a more well-rounded approach to attraction.

Another example is where the guy is too clingy and emotionally dependent on her (i.e. he doesn't have friends, hobbies, interests or a purpose outside of his relationship with her).

Once again, although she appreciates his devotion to her, too much of it makes her feel smothered and like she can't maintain any of her own independence (e.g. her own friends, interests or hobbies), because he constantly needs her support, approval and presence in his life to be able to cope and feel good about himself.

This causes her to lose respect for him as a man.

When she stops respecting him, she also starts to feel less and less attracted to him and eventually, there's nothing left for her to want to stick around for.

When that happens, her ex may end up thinking things like, *"I know what we had was perfect. Her problem is that she's a love avoidant. As soon as things get too good in a relationship, she runs away."*

Yet, what he doesn't realize is that he simply wasn't making her feel the way she wanted to feel when she was in a relationship with him.

So, if you want your love avoidant ex to come back, you need to make sure that you give her the attraction experience she really wants from you, not what you think she wants.

For example: Some of the ways to make a woman feel the kind of love she wants to feel in a relationship are:

- Being a good man to her and being attentive and loving, while at the same time maintaining your emotional independence. She is the most important person in your life, but your purpose is the most important thing.
- Being grateful to have such a good woman as her in your life, while at the same time feeling confident in yourself and in your value to her. You know that even though she's an amazing woman, you're a remarkable man and she's lucky to have you.
- Being a good, reliable friend to her in the relationship, while at the same time not being a neutral friend and instead making her feel like a sexy, desirable woman. You understand that without the spark of sexual attraction what you have is a friendship, not a relationship.

- Being masculine around her (i.e. in the way you talk to her, the tone of voice you use, how you touch her, how you behave), so she can feel feminine.

[image: Are you able to give her the love experience she wants?]

When your love avoidant ex experiences those kinds of changes in you, she can't stop herself from feeling drawn to you again.

Suddenly she feels surges of sexual and romantic attraction for you again and then the idea of being your girl once more starts to feel good to her.

When that happens, it becomes pretty easy to get her back.

Another question to ask yourself is

2. Are you willing to interact with her and re-attract her?

Sometimes, when a guy gets broken up with by his woman, he will sit around feeling dejected and wondering, *Do love avoidants come back?*

So, rather than interacting with her and actively re-sparking her feelings for him, he instead pulls back and just waits for her to hopefully change her mind.

Essentially, he's hoping that she will eventually miss him enough to make the first move (e.g. text or call him to say hi, send him a message on social media or suggest a meet up to say hello in person).

He then sits around for weeks, months and in some cases even years, waiting for her to contact him, only to be devastated when he realizes that she's not coming back and is already dating someone else.

He may then try to make himself feel better by thinking something along the lines of, *It's not my fault. She's a love avoidant. That's just the way she is.*

Yet, here's the thing

A woman will rarely chase after a guy; especially if she's the one running away from love.

Instead, she will focus on moving on as quickly as possible.

So, if you don't interact with your ex and actively focus on re-attracting her, you're just going to be playing into her hands.

Don't lose out on getting her back because you're waiting for her to come back to you on her own, because that will probably never happen.

You need to be courageous enough to make the first move and get the ex back process started with her.

How can you do that?

Start by calling her on the phone and re-attracting her a little bit (e.g. by using humor to make her laugh, smile and feel good to be talking to you again, showing her by what you say and the way you respond to her that you've changed in some of the ways that are important to her, maintaining your confidence regardless of how she treats you or what she says to put you off).

Then, get her to meet up with you in person so that you can fully re-attract her by showing her that you are now the man she always wanted you to be (e.g. more confident and self-assured, more

charismatic, more emotionally mature, no longer clingy and needy).

The more she experiences and enjoys the new you, the less she will be able to avoid experiencing surges of respect, attraction and love for you.

As a result, she starts to look at you with different eyes and she may begin thinking things like, *â€œAs much as I try to fight it, I can't stop myself from feeling love for him. He's turned my world upside down and made me believe that being in a happy, loving relationship with one man is possible.â€*

She then wants to spend more and more time with you to see what happens.

On the other hand, if you don't interact with her because you're hoping she will come back to you on her own, she will most likely move on and forget about you.

Another question to ask yourself isâ€

3. Is she going to be able to easily meet another guy who makes her feel more attraction?

[image: Is she going to be able to easily meet a new guy who makes her feel more attraction?]

When a woman decides to break up with a guy, it's usually because her wants and desires in the relationship don't match what she's actually getting from him (e.g. she wants a confident, self-assured man but he's insecure and needy, she wants a man who is emotionally more dominant than her but he is a wimpy and emotionally sensitive, she wants him to make her feel like a sexy, desirable woman, but he instead makes her feel like a friend or big sister).

As a result, her feelings of respect, attraction and love begin to fade over time.

However, if she feels confident in herself and in her attractiveness to men, rather than cling to the relationship and try to make it work because she's afraid of being alone, she instead breaks up with the guy and focuses on finding herself a new man right away.

For example: All she has to do is start going to clubs, bars or parties with her friends and flirt with the men there until she picks one up to have sex with and see where that leads.

She can put out the word that she's single again and wait for all the men who have already shown interest in her to come flocking to her.

She can also join online dating sites or go on Tinder and find a new man there pretty quickly.

She can then have her pick of men for dates, sex or a relationship, without ever having to worry about her ex and what was missing in the relationship with him.

Of course, her ex might assume that this happened because she's avoiding love which is why she jumps from relationship to relationship.

Yet, in most cases, it may simply be that she hasn't found the man who can make her feel the way she wants to feel when she's with him, so she just keeps looking.

So, if you want your ex to come back to you, you need to be able to attract her in the ways that she wants.

Then and only then will she want to be with you again for real.

By the wayâ€

If you're not quite sure what your ex might have been looking for in the relationship with you,

here are some questions to ask yourself to gain clarityâ€¦

- Were you emotionally strong and independent in the relationship, or did you become too clingy, jealous, possessive or needy?
- Were you emotionally masculine in a way that made her feel feminine and girly with you, or were you too emotionally sensitive and wimpy causing her to feel like she had to take care of you?
- Did you stand up to her in an assertive yet loving way when she behaved badly (e.g. threw a tantrum over something irrelevant, was moody, was rude to you), or did you let her get away with being childish and disrespectful?
- Were you a bit of a challenge to her (e.g. by not being available to her 24/7, pursuing your own interests, hobbies and goals, walking away when she didnâ€™t behave herself with you), or were you always nice and sweet and did everything she wanted you to do?
- Were you the kind of man she could depend on to be emotionally strong and confident all the time, or did you often lose your cool, become emotional and doubt yourself?

Depending on your answers to these questions, you will likely begin to have a better idea of what you need to change and improve to be able to re-attract your ex.

When she experiences the new you (i.e. you are now behaving and responding in a completely different way to the way you were before), her guard will naturally come down and she will naturally start feeling drawn to you again.

She will want to explore her new, fascinating feelings of attraction for you because you are now the man sheâ€™s been looking for all along and she no longer has to run and avoid love.

4. Was she really avoiding love with you, or just not feeling it?

Sometimes a woman might get into a relationship with a guy sheâ€™s not fully attracted to.

For example: She might say to herself, *â€œI know heâ€™s not exactly my type, but heâ€™s a nice guy and he really treats me well. Maybe if I give him a chance, he will eventually change in some of the ways that are important to me and we can then be happy together.â€*

However, if over time she notices that her guy is stuck at the same level he was at when they first got together and that he still doesnâ€™t have a clue how to make her feel attracted in the ways that she wants (e.g. becoming more ballsy, stop being so insecure, stop being too nice and not being able to spark her feelings of sexual desire), itâ€™s relatively easy for her to move on, because she never really got to the point where she was fully into him.

He may then perceive her as being a love avoidant, but what he doesnâ€™t realize is that she was only avoiding love with him, because he wasnâ€™t making her connect to those feelings (i.e. because he was turning her off with his attitude, thinking, actions, behavior and the way he responded to her).

The good news however, is that even if this was the case between you and your ex, you can still change how she feels. How?

If you use every interaction you have with her from now on to spark her sexual and romantic feelings for you (e.g. by making her smile and laugh, making her feel like a desirable, sexy woman, showing her that youâ€™ve really changed and improved in some of the ways that matter to her), she will

naturally start to feel drawn to you again.

She may then begin thinking things like, *“This is so weird. I really thought I didn’t have feelings for him, but all of a sudden I can’t get him out of my mind. I seem to be thinking about him all the time. Is it possible that I’ve actually fallen in love with him without even realizing it? Maybe I made a mistake by breaking up with him. Maybe he’s the right guy for me after all. Why don’t I just give him another chance and see what happens?”*

She then becomes open to coming back to you.

This is why you shouldn’t waste any more time thinking that your ex is a love avoidant and that getting her back will be difficult.

If you focus on re-attracting her instead, sooner rather than later you may be surprised to find that she’s head over heels on love with you and never wants to let you go.

So, call her on the phone or meet up with her in person and spark her feelings for you by showing her that you’re a new and improved man.

Then guide her back into a relationship with you that’s 100% better than it was before, because she is now fully committed to being your girl rather than looking for a way out.

Where Guys Go Wrong When Attracted to a Love Avoidant Ex

It’s quite possible that your ex is a love avoidant.

However, that doesn’t mean you can’t get her back.

Just make sure that you don’t make the mistakes that most guys make when in a situation like yours:

1. Assuming that no man could ever cause her to stop avoiding love

Sometimes a guy might say to himself, *“It’s not my fault that she left me. I’ve noticed that she does this with every guy that she dates. I think she’s just a love avoidant and she will never be able to settle down and be happy with a guy.”*

However, if he then finds out that she’s in love with a guy and maybe even moving in with him, getting engaged or married to him, or planning to start a family with him, his confidence will take a huge blow, because she’s not fitting into the *love avoidant* mould he’s put her in.

Here’s the thing:

A woman will only avoid love for as long as it takes for her to find a guy who can make her feel the way she wants to feel when she’s with her guy (e.g. excited, turned on, respectful, lucky to be with him, desirable, sexy, adored).

When that happens, she will quickly change her avoiding ways and hold on to him as firmly as she can, because she doesn’t want to lose him.

She will then be a loving, devoted woman to him who treats him well.

That man can be you.

All it takes is for you to spark her sexual and romantic feelings for you and make her see that she’ll be losing out if she doesn’t come back to you.

Another mistake that guys make when in a situation like yours isâ€¦!

2. Offering the same thing that other guys have offered her in the past, which led to them getting dumped by her

[image: Offering the same thing that other guys have offered her in the past, which led to them getting dumped by her]

The likely reason why a woman will get into relationship after relationship without settling down is often because sheâ€™s looking for a guy who is different to every other guy she has dated.

In most cases, she will meet a guy and feel drawn to him because he displays certain personality traits and behaviors that are instinctively attractive to her (e.g. heâ€™s confident and emotionally strong, he makes her feel sexy and desirable, heâ€™s emotionally more dominant than her).

However, once the initial thrill of being together wears off, she may begin to notice that the things that attracted her to him initially have started to fade away.

For example: If the guy was confident before, he is now more insecure and needy.

If he made her feel strong surges of sexual attraction for him before, he now makes her feel neutral feelings for him.

If he was more emotionally dominant before, heâ€™s now too submissive around her.

She then naturally feels turned off and so she breaks up with him and moves on to the next guy in the hope the he will be different.

Hereâ€™s the thingâ€¦!

If you want your ex to come back, you need to make sure that you donâ€™t give her what sheâ€™s been getting from every guy in her life so far.

So, donâ€™t take her avoidance of love seriously and try to suck up to her and show her that youâ€™re different and would never hurt her.

Be more of a challenge and donâ€™t get dragged into her tests.

When she sees for herself that you really are the man sheâ€™s been looking for all along, sheâ€™ll be the one asking you for a relationship again.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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She Said She Has Moved On, But Still Texts Me Whenever She Wants

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 4 possible reasons why your ex still texts you, even though she has moved on:

1. She enjoys the power she has over you

[image: She enjoys the power she has over you]

It's only natural that when a guy still has feelings for his ex and is hoping they can work things out and get back together again, he's going to feel a bit confused when she continues to text him whenever she wants, even though she has moved on.

However, he might also feel excited that she's still in contact with him and begin thinking things like, *Maybe she still has feelings for me and it's her way of letting me know. This could be my one chance to get her back.*

He may then respond to her in what he assumes is a cool, or neutral way and wait around hoping that she will make her feelings obvious to him.

Yet, rather than his ex woman coming out and saying something like, *I think I made a mistake. Will you give me another chance?* she gets a thrill out of knowing that she can still control her ex and make him panic, worry and try hard to impress her whenever she wants.

Here's the thing though!

If you respond to every text your ex sends you, are always available to her or are always super nice and sweet to her, then she knows that you are very excited to get a text from her, even though you might try to act cool or as though you don't really care either way.

You gave her that power and if you continue to text in a way that suggests she still has the power, the she will enjoy messing with your head whenever she wants.

Yet, it won't necessarily make her want to be with you though.

Why?

In a relationship, if you hand your power over to a woman, she won't be able to respect you anymore.

If she can't respect you, she won't be able to feel sexually attracted to you and without those two things in place, seeing you as a better option to her new guy simply won't happen.

So, don't give your ex power over you and allow her to manipulate you by texting you whenever she wants even though she says she's moved on.

You need to take your power back and show her (in a loving, but dominant way) that you're not going to let her push you around anymore.

For example: You can do that by putting an end to texting back and forth with her whenever it suits her and just call her on the phone and re-attract her (e.g. by using humor to change the vibe between you and her, flirting with her to create some sexual tension, showing her that you're a new, more confident and emotionally strong man that she can't push around).

Then, even if she initially pretends to be annoyed with you and says something along the lines of, *â€œYou shouldn't be calling me. I told you I've moved on,â€* you just need to maintain your confidence with her and not let her call the shots.

In other words, take control of the situation in an assertive manner, but still be a good guy about it.

Then, reawaken some of her sexual and romantic feelings for you (e.g. by using humor to lighten the mood, making her feel excited to be talking to you again, making her feel feminine and girly in contrast to your masculine vibe) and get her to meet up with you in person so that you can get her back.

Another possible reason why your ex said that she has moved on but still texts you whenever she wants isâ€

2. She misses you from time to time and texts you to see what will happen

[image: She misses you from time to time and texts you to see what will happen]

Sometimes, a woman will continue to miss her ex and wonder about what could have been if she hadn't broken up with him, even after she's moved on.

For example: She might think to herself, *â€œI really do miss so many things about him. He was a good guy in so many ways. Maybe if I stay in touch with him, I can find out if he's changed and is now able to make me feel attracted in the way I really want, or if he's still the same as before.â€*

She may then text him from time to time to see how he responds and what happens from there.

Unfortunately, in most cases, the guy will simply feel confused and think something like, *â€œShe said she has moved on but she still texts me whenever she wants. What does that mean? Is it a sign that she still has feelings for me, or is she just doing it to mess with my head?â€*

He will then usually do nothing to reactivate his ex's feelings of respect and sexual attraction for him and show her that he truly has changed and become a better man since the break up (e.g. more confident and emotionally courageous, more assertive and ballsy, more relaxed and easy-going) and will instead wait for her to make her feelings clear to him first.

Yet, that rarely (if ever) happens.

Instead, she will start to realize that she's just wasting her time with him and that he's still stuck at the same level he was at when they broke up and she will then focus on truly getting over him and moving on for real.

So, if you don't want that to happen to you, don't waste time wondering why your ex is still texting you.

Instead, take it as a positive sign that she still has feelings for you and take action to get her back.

Get her on a call, or meet up with her in person and show her that she didn't make a mistake by continuing to text you whenever she wants.

Start re-attracting her in the ways that she always wanted you to, so that her guard comes down and she opens back up to kissing, sex and a relationship with you once again.

Another possible reason why your ex said that she has moved on but still texts you whenever she wants isâ€

3. She wants to keep you around as a back up plan in case her new relationship ends soon

There are some women who don't like the idea of being single for very long.

So even though she may have moved on quickly after a break up (i.e. to avoid being alone) and has a new man in her life, she might also like the idea of keeping her ex on a string in case her new relationship doesn't work out.

In that way, not only does she get to experience the thrill of being in an exciting, new relationship, she also has an ex who is available to her if she ever needs him.

That may sound cruel to you, but that's the way some women are.

This is why, you need to take action right now and decide what you really want.

For example: Ask yourself, *â€œDo I want to get back with my ex, or do I want to let her go and move on?â€*

If you decide that you want to move on without her, stop allowing her to manipulate you by texting you whenever she wants.

You can do that by sending her a text saying something like, *â€œHey, you said you've moved on, so I think it's time for us to accept what we had is over and go our separate ways. I wish you only the best. Bye,â€* and just stop responding to her texts from then on and focus on moving on too.

On the other hand, if you decide that you really do want your ex back, then don't allow her to mess you around by treating you as her back up plan.

Instead, shake things up by calling her on the phone or meeting up with her in person and begin sparking her sexual and romantic feelings for you again.

Make her want you more than she wants her new man.

You can do that by making her laugh and smile, by standing up to her in a dominant (yet loving) way and by flirting with her and making her feel girly and feminine in comparison to your masculine vibe and approach to conversations and interactions.

The more you do that, the less she will push you away because she will naturally feel drawn to you more than she does to her new man.

It's then up to you to guide her through the final steps of the ex back process and make her your girl once again.

Another possible reason why your ex said that she has moved on but still texts you whenever she wants isâ€

4. Her new guy is boring, so she texts you for some feelings of excitement

There are many reasons why a woman will move on really quickly after a break up.

For example:

- She dislikes the idea of being without a man in her life, so she gets into a new relationship as quickly as possible.
- She got lucky and found a guy who made her feel good about herself at a time when her

confidence had taken a dent (i.e. because her relationship failed).

- She fears that her ex will move on first, so she hooks up with the first man who shows interest in her to make sure that sheâ€™s not the one left behind.

Then, if she also happens to meet a guy (e.g. at work, university, in the neighborhood, through friends) who gives her the feelings that she is craving (i.e. love, attraction, respect), she will quickly hook up with him.

However, just because a woman moves on, it doesnâ€™t mean the new man in her life is the perfect guy for her.

In fact, in some instances, the guy is actually just a rebound relationship to her while she figures out what she really wants.

Then over time, once the initial excitement of being with someone new wears off, she might begin to notice things about him that turn her off (e.g. heâ€™s boring and predictable, isnâ€™t ballsy enough, is a push over).

As a result, she begins to lose interest in him.

At the same time, she begins thinking about her ex and how he used to make her feel when things were still good between (e.g. how he was unpredictable and fun to be around, how he always made her laugh, how he had was always up for a new adventure) and she begins to miss that about him.

When that happens, she may decide to text him to hopefully spark some excitement in her and spice up her life; even if itâ€™s only briefly.

The good news is, if this is the case with your ex, you can use that to your advantage and reactivate her feelings for you so that you can get her back.

How can you do that?

You need to interact with your ex over the phone and in person and actively make her feel a renewed sense of respect and sexual attraction for you.

The more you reawaken those feelings inside of her, the faster she will reconnect with her original feelings of love for you and want you back.

Then, dumping her new guy and getting back with you will happen very quickly and easily.

3 Ways You Can Go Wrong With an Ex Who Keeps Texting You Whenever She Wants Even Though Sheâ€™s Moved On

Right now, your ex seems to have all the power.

Basically, sheâ€™s the one who texts you whenever she wants, while youâ€™re the one who is left feeling confused and unsure of what to do.

You need to change that.

You need to take the lead so that she can begin respecting you as a man again.

When she respects you, she will automatically start to feel sexually attracted to you.

You can then build on those feelings and make her fall in love with you all over again.

However, that wonâ€™t happen if you make the following mistakes:

1. Being really nice or very neutral via text

If you suck up to your ex and pretend that youâ€”re only interested in being her nice, neutral friend by being on your best behavior when she texts you, rather than make her think, *â€”I never realized this about him before, but heâ€”s such a sweet guy. Heâ€”s so sensitive and patient and nice. Even though I told him that Iâ€”ve moved on, he still treats me so well, while never putting any pressure on me to dump my new guy and get back with him. Thatâ€”s just so attractive to me. Maybe I should give him another chance,*â€” she will likely just continue to mess with your head (i.e. by texting you whenever she wants) while she continues to enjoy the benefits of her new relationship.

So, donâ€”t do that to yourself.

If you want to get your ex back, make your intentions clear to her.

Of course that doesnâ€”t mean you should be rude to her, or come on too strong and throw yourself at her.

Instead, you need to make sure that youâ€”re using every interaction you have with her (via text and especially on the phone and in person) to actively make her feel sexual and romantic feelings for you again.

Donâ€”t pretend that youâ€”re not interested in getting her back.

If you only focus on making her feel unremarkable, friendly feelings for you (i.e. by being nice or neutral towards her), she probably wonâ€”t see any reason why she shouldnâ€”t stay with her new man instead.

So, if you donâ€”t want that to happen, make sure that you flirt with her and make her feel attracted, rather than acting like youâ€”re just a friend now.

Another mistake to avoid making isâ€”|

2. Asking her why she does that to you

A guy might sometimes go on and on about how confused he feels when his ex continues to text him whenever she wants, even though sheâ€”s moved on and how badly it hurts him knowing that sheâ€”s with another guy.

In some ways he may be hoping that she will feel sorry for him and then let slip that she still has feelings for him.

She will then dump her new guy and they can get back together again.

Yet, that almost never happens.

Instead, asking a woman why she still texts you whenever she wants even though sheâ€”s moved on only inflates her ego and gives her a stronger sense of power over you.

She might enjoy hurting you in that way, but it doesn't make her feel attracted.

So, donâ€”t try to get pity out of her, or even worse, a confession of undying love.

Thatâ€”s not going to happen unless you actively reawaken the respect, attraction and love inside of her first.

So, focus on that.

Another mistake to avoid making isâ€”|

3. Not making her feel the pain of losing you

Just because your ex keeps texting you whenever she wants, it doesn't mean you have to respond to her right away.

Right now you're just too available to her, so it seems like you're just sitting around waiting for her to change her mind and come back to you.

Don't you realize that giving off that impression is unattractive when a woman isn't attracted?

If a woman is attracted and a guy is waiting for her, then it's intriguing.

However, if she's already moved on and she gets a sense that her ex is accessible to her 24/7, she won't feel very turned on by what she perceives as his desperation.

So, if you want to reawaken some of your ex's feelings for you again, make sure you don't let her get away with texting you whenever she wants.

Instead, focus on having some fun without her and only responding to her when you're not busy.

The more she senses that you're not sitting around like a puppy dog waiting for some scraps from her, the more attracted she will start to feel to you again.

Suddenly the idea of losing you for real starts to bother her and she then opens up to talking on the phone and meeting up in person.

You can then fully reactivate her feelings for you and make her your girl once more.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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How to Clear Things Up With My Girlfriend and Get Her Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 tips to help you clear things up with your girlfriend, so you can get her back into a relationship:

1. Don't try to get her to work on the relationship if the feelings aren't mutual right now

Right now, your girlfriend has chosen to break up with you and as a result, has probably disconnected from her sexual and romantic feelings for you.

She may also have a list of reasons why she doesn't want to get back with you again (e.g. she no longer feels respect, attraction and love for you, she feels turned off by certain aspects of your thinking and behavior).

When a woman is in that state of mind, she will rarely want to work on the relationship.

So, if her ex guy contacts her and say things like, *â€œLet's try and clear things up between us so that we can get back together again,â€* or *â€œPlease give our relationship another chance. I promise to do whatever it takes to make things right between us,â€* rather than think, *â€œThis is great! I'm excited that he wants to clear things up with me so that we can get back together again,â€* she will close herself off even more than she already has.

Why?

He's asking for a relationship before making her have feelings for him again.

He feels attracted to her, he loves her and he wants to be with her.

Yet, she doesn't feel the same way.

It's one-sided now.

As a result, she may then think, *â€œAs far as I'm concerned, being in a relationship with him isn't something that I'm interested in. I just don't have feelings for him anymore. Maybe we're just not meant to be together. I have to move on.â€*

She might then go to extreme measures to cut him out of her life so she can make a fresh start (e.g. block his number on her phone, unfriend him on social media, stop hanging out at the places she knows she could bump into him), making it so much more difficult for him to get her back.

This is why you need to approach the ex back process with your ex girlfriend in a way that will open her up and make her want to talk to you and be around you more, rather than less.

In other words, you need to make the feelings between you and her mutual, or at least close to mutual.

How can you do that?

You need to use every interaction you have with your ex girlfriend (e.g. via social media, text, over the phone and especially in person), to re-spark her feelings of respect, sexual attraction and love for you again, so that she feels motivated to clear things up with you and get back together again for her own reasons.

For example: Some of the ways you can do that areâ€¦

- Use humor to ease the tension between you and her and make her laugh, smile and feel good to be interacting with you again.
Stay confident, calm and emotionally strong around her, even if she's being cold, aloof or saying things like, *"I'm not interested in getting back together again,"* or *"I would never give you another chance. What we had is over and nothing will make me change my mind."*
- Show her, via your conversations style, attitude, actions and behavior that you've changed and improved some of the things that caused her to break up with you in the first place (e.g. if you were too submissive around her before show her that you're more assertive now, if you treated her more like a neutral friend before make her feel like a sexy woman around you now, if you were too emotionally sensitive before show her that you've become more emotionally strong and masculine now).
- Flirt with her to create some sexual tension between you and her rather than being on your best behavior and making her feel only platonic or neutral feelings for you.
- Want her back but don't put your life on hold while you go about getting her back. Show her that you don't need her to be a great man, by being happy, confident and fulfilled with or without her.
- Believe in yourself and in your value to her, rather than doubting yourself and then making her feel turned off by being insecure, needy or unsure of yourself with her.
- Be a good man to her, but also stand up to her in a loving way when she tries to control you with her confident personality (e.g. by calling the shots in the ex back process and expecting you to do whatever she says).

The more you re-spark her feelings for you, the more she will naturally start to feel a renewed sense of respect and attraction for you.

She then becomes curious about her new feelings for you and is more eager to interact with you to explore them, rather than cutting you off and then potentially regretting it later.

She then becomes open to talking to you, hanging out with you and seeing what happens from there.

Another thing you should do to help clear things up with your girlfriend and get her back is

2. Don't make it all about your feelings, wants and needs

[image: Don't make it all about your feelings, wants and needs]

It's only natural that right now you may be feeling sad, upset, dejected and like you're stuck in a position you don't want to be in (i.e. broken up with your girlfriend).

You might also want to express these feelings to her, so that she can see for herself just how much she really means to you.

This is why you may be tempted to say things to her like, *"Even though we've broken up, I want you to know that my feelings for you haven't changed one bit. You still mean the world to me and even though you currently don't want anything to do with me, I'm not ready to give up on us. I need you so much and nothing in my life feels right without you in it. Please don't give up on me yet. I honestly believe we can fix the situation between us and get back together again. I'm prepared to do whatever it takes to make you happy and show you that things will be different this time. Please just give me one more chance."*

Yet, hereâs the thingâ!

When a woman has disconnected from her feelings of love, respect and sexual attraction for a guy, expressing his feelings to her in this way doesnât matter to her.

So, instead of getting the response heâs hoping for (i.e. she feels flattered by his strong feelings for her and then wants to clear things up with him and get back together again), she instead feels turned off by what she perceives as his selfishness.

She may then think something along the lines of, *âI canât believe that heâs making this break up all about him and what he feels, wants and needs. Even now, he hasnât stopped to consider what I feel, want and need. Itâs like he doesnât even care as long as he gets what he wants. Iâm so fed up with his selfish, self-absorbed behavior. He just doesnât get me and by the look of things,â he hasnât even bothered to try. Well, this time Iâm putting myself and what I want first and Iâm not falling for his needy, desperate attempts to convince me to give him another chance just so that he can feel better. If he canât make me feel the way I want to feel in a relationship with him, Iâm going to simply move on and find a guy who can. Iâm not going to give him another chance based on his feelings for me. From now on, itâs my own feelings that Iâm looking out for.â*

This is why, if you want to clear things up with your girlfriend and get her back, you need to understand that it canât all be about your feelings for her and how much you care for her, or how much you need her back in your life, because she wonât care about that.

What she cares about now is her own feelings, wants and needs, not yours.

So, your approach to getting her back needs to be about how you make her feel when you interact with her over the phone and especially in person (e.g. happy, respectful, excited, turned on).

When she begins to experience positive emotions with you again, her defenses will naturally slip down.

When that happens, she stops feeling so angry and resentful towards you and begins to feel happy that you still have strong feelings for her and are willing to clear things up with her so that you can get back together again.

Another thing you should do to help clear things up with your girlfriend and get her back isâ!

3. Donât make the problems between you and her out to be worse than they really are

Sometimes a guy is so focused on clearing things up with his girlfriend so that he can get her back, that he turns every interaction he has with her (especially over the phone and in person) into a long discussion about the problems they had in their relationship.

In his mind heâs likely thinking things like, *âThe more we go over what went wrong between us, the more likely it is that weâll be able to clear things up. Iâll be able to see things from her point of view and understand what caused her to want to break up with me and sheâll be able to see things from my perspective and understand why I did what I did. When we understand each other better, we can fix things between us so we can get back together again.â*

However, even though his intentions are good, if the problem is talked about again and again, without using a solution, it becomes a burden and can make his girlfriend feel like a relationship with him is too stressful.

As a result, she may then decide that she made the right decision to break up with him and become closed off and disinterested in interacting with him anymore.

The truth is that most relationship problems are *easily* fixed when the *right* approach is used.

There is always an easy, step by step approach that you can use to get the result you want.

So, even though discussing the relationship problems is an important part of working things out with your ex girlfriend, it shouldn't be the main thing you do every time you interact with her.

If you stick to discussing, you will be stuck at that step.

Instead, just talk about the relationship briefly if she brings it up, but try to keep it short, easy-going and relaxed, while also adding in some humor once in a while to take away the seriousness of the situation.

Of course that doesn't mean you should joke around and not take the situation seriously.

Not at all.

However, don't make such a big deal of it either that your ex begins thinking things like, *"This is just too much to work through. It's just not worth it. I'm better off moving on and finding myself a new man to start over with, rather than having to deal with all this baggage."*

Another thing you should do to help clear things up with your girlfriend and get her back is

4. Let her see that you've learned from the experience and become a better man

When your ex girlfriend can see for herself that you've truly changed and improved some of the things that turned her off in the relationship with you, her guard will naturally come down and she then becomes open to clearing things up with you so that you can get back together again.

So, go ahead and show her that you're a new and improved man.

For example:

- You're more confident and emotionally independent now, rather than feeling insecure, needy and clingy.
- You're more emotionally strong now and can stand up to her in a loving way when she's being out of line, rather than handing all your power over to her and letting her get away with treating you badly.
- You're more confident in yourself and your value and attractiveness to her, so you no longer feel like she's too good for you.
- You're more emotionally masculine now and can make her feel sexy and desirable in your presence, rather than making her feel neutral or like a friend.
- You're more emotionally mature now, so she feels like she can look up to you and respect you as her man, rather than feeling like she has to take care of you and guide you.

When she experiences those kinds of changes in you, her defenses naturally come down and she opens up to being with you romantically and sexually.

By the way

Don't tell her that you've changed.

Show it to her through your actions, behavior, conversation, attitude and the way you respond to her

and don't worry that she might not notice it.

A woman can pick up the changes in a guy without him having to spell it out to her.

Of course, you can mention some things if they come up naturally in conversation (e.g. if you were shy and reserved before and she asks you what you've been up to since the break up, you can tell her that you've joined a meet up group in your area and are now getting out more and doing things you enjoy).

However, keep it brief.

She's not your therapist or cheerleader at this point.

She's your ex girlfriend and will only want you back if you make her have feel sparks of sexual and romantic attraction.

So, focus on that.

Another thing you should do to help clear things up with your girlfriend and get her back is

5. Focus on attraction, rather than explanations

[image: Focus on attraction, rather than explanations]

One of the most common reactions that guys have when they get broken up with is to try and explain to their ex why they should try and work things out between them.

For example: A guy might say something along the lines of, *"After everything we shared, we owe it to ourselves to clear things up and give our relationship another shot. Please don't give up on us. Please just give me one more chance to show you that we can make our relationship work."*

Alternatively, a guy might try to explain why he stuffed up and say things like, *"I know I made silly mistakes, but I was under a lot of stress at work/university. However, I'm over that now and I promise I won't let things get in the way of our relationship again. I love you more than anything and I give you my word that I will handle things differently if you give me one more chance."*

Yet, a woman rarely becomes convinced to change her mind based on explanations or excuses.

This is especially true, if she senses that the guy is panicking and is desperately saying whatever he can think of to make her change her mind.

So, what should you do instead?

You need to start saying and doing the types of things that will reactivate your ex girlfriend's sexual and romantic feelings for you (e.g. being more confident and emotionally strong rather than insecure and wimpy, treating her like a desirable woman rather than like a neutral friend, being more ballsy and standing up to her when she's being out of line rather than being super nice and handing your power to her), so that the idea of getting back with you again starts to feel good to her.

Remember: It has to be about how she feels, not about what you want or why you think she should want it too.

So, don't bother wasting time trying to convince your ex girlfriend to give you another chance with mere words.

Instead, focus on rebuilding her feelings of respect, attraction and love for you by showing her that

you are a new man now (e.g. by making her laugh and smile during interactions, making her feel feminine and girly in contrast to your masculine vibe, being a confident and emotionally strong man she can depend on rather than feeling more emotionally dominant than you).

The more respect and attraction she feels for you, the more she will be convinced that giving you another chance is actually a good idea and will be fun, compelling and pleasing for her.

That's how to clear things up with your girlfriend and get her back for real.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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Percentage of Break Ups That Get Back Together

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Over the years, there have been several studies conducted on couples who break up and get back together.

Contrary to what a lot of people out there assume, many couples do get back together.

Yet, how often it happens and how long the relationship will last the next time around, depends on the age of the couple and on the seriousness of the relationship.

For example:

1. Boyfriend/girlfriend relationships

[image: Boyfriend/girlfriend relationships]

In 2012, researchers Sarah Halpern-Meekin, Wendy Manning, Peggy Giordano and Monica Longmore conducted a study on 792 daters (i.e. boyfriends/girlfriends) and cohabiters (i.e. couples living together) ages 17 to 24 years old, to determine the percentage of break ups and reconciliations between them.

They discovered that approximately 44% of these couples had experienced at least one reconciliation with an ex romantic partner.

With the age group of 17-24 year olds, they also discovered that 53% of those who got back together with an ex, also reported having sex with their ex.

According to a 2010 study at Texas State University, San Marcos, 60% of teenagers will break up and get back together again with an ex and in the majority of cases, they will do this two times or more (source: Crook).

So, as you can see, getting back with a girlfriend after a break up is not as impossible as you may have originally thought.

In fact, you have an approximately 50/50 chance of it happening, if you play your cards right.

Not only that, this time around, you and her can have a better chance of that relationship lasting, because you've learned from your past mistakes and have taken action to change and improve and become a better man as a result (and visa versa).

2. Marriages

[image: Percentage of marriages that get back together]

The percentage of married couples who break up and get back together varies depending on the study.

For instance, in 2013 study conducted by Amber Vennum (an assistant professor of family studies and human services at Kansas State University) found that approximately 37% of couples living together, and 23% of married couples have broken up and then gotten back together again.

These statistics seem to be in line with earlier studies conducted on married couples (Kitson, 1985; Wineberg & McCarthy, 1994) that found that between 10-17% of married couples separated and then got back together again, and about 40% of separated married couples attempted a reconciliation

(Bumpass, Castro Martin, & Sweet, 1991; Wineberg, 1996a).

Of these couples, 15% were still together 3-4 years later.

In a sample of 329 divorcing couples, Doherty, Willoughby, and Peterson (2011) found that both partners in 1 in 9 couples believed the marriage could be saved and both partners in 1 in 10 couples expressed interest in getting back together again.

In a global study of 1001 reunited couples from across 42 countries conducted by Nancy Kalish, professor emeritus at California State University in Sacramento, it was discovered that about only 6% of these couples said they married, divorced and remarried the same person.

However, on a more positive note, 72% of those who got back together again stayed together, particularly if their separations occurred at a young age.

In the United Kingdom, married couples who divorce and get back together again are now being called *Yo-Yo Couples*, meaning that the relationship keeps ending, only to begin again.

According to new research from the Co-Op Legal Services, a quarter of divorcees in the UK have considered reconciliation with their ex, with 12% of those actually getting back together again.

The bottom line is that even couples who divorce each other are uncertain about their decision and open to getting back together again and when they do, the chances of the marriage working out the second time around are so much higher.

Of course, if you want the highest chance of getting an ex wife or ex girlfriend back, then watch this:

3. College or university relationships

[image: Percentage of college or university relationships that get back together]

In 2009, Renée Dailey from the Department of Communication Studies at the University of Texas found that approximately 65% of U.S. college students had broken up and then gotten back together again.

In a similar study conducted by Kansas State professor Amber Vennum, she found that about 40% of the college-aged subjects studied were in a relationship with a former ex.

4. Short term relationships

There haven't been a lot of studies on short term relationships, however, some studies have found that couples in less committed relationships are less likely to get back together again compared to couples who have been living together or were married.

Yet, regardless of what these studies say, they're not entirely accurate.

Why?

Small, Independent Studies Don't Reveal What is Happening On a Wider Scale Online

All of the studies out there have been conducted on a small scale (i.e. between 300 to 1000 people).

Yet, the fact is that there are millions more couples who get back together by following expert advice

they find online and they never report it to anyone, or approach the universities or social scientists who do the studies.

Instead, they just get on with their relationship without the people who are doing the studies ever knowing about it.

The Modern Man Gets 100s of New Success Stories Every Month

Here at The Modern Man, we hear from new guys every day, who've gotten their ex woman back and are now enjoying a new, improved relationship with her.

Yet, none of that is included in the survey statistics of the small studies that are sometimes reported in the news.

Only we are aware of it.

Now you are aware of it too.

You are aware that, even if the percentage of break ups that get back together seems a little low from the small studies, it doesn't reflect what is actually going on with men from all over the world who are learning a proven, step-by-step method to get their ex woman back.

Men get women back every day, all over the world and it's happening in increasing numbers every month.

So, to help you get started on the quick and easy process to getting your ex woman back, here are...

4 Tips to Help You Get Back Together With Your Ex

[image: 4 tips to help you get back together with your ex]

If you want to get your ex back for real, then we recommend that you don't spend anymore time looking at ex back percentages from small studies and then losing hope when the numbers don't look good.

Instead, take action and do what has worked for men all over the world who have successfully gotten their woman back.

Here's how you can do it!

1. Understand what aspects of your thinking and behavior turned her off in the first place and take action to change those things about yourself

If your ex is currently pushing you away and refusing to give you another chance, it may be because you keep thinking and behaving in the ways you did before.

So, rather than want to give you another chance, she's likely thinking something along the lines of, *"Why would I want to get back with him when nothing about him has changed or improved. He's still the same guy I broke up with and if I did get back with him, we would only break up again immediately. I can't put myself through that again. I'm better off moving on and finding myself a new man who already has the qualities I want, rather than trying to fix my ex."*

This is why it's very important that before you try to get your ex back, you first figure out her real reasons for leaving, rather than wasting time on irrelevant things.

If you're not sure where to start, here are some questions that will help you uncover the thinking and behaviors that caused your ex to disconnect from her feelings for you!

- Did your ex like that you were an emotionally strong, confident and independent man, or did she complain about you being clingy, needy, insecure and too emotionally sensitive?
- Did she like that you took the lead in the relationship and allowed her to relax into thinking, acting and behaving like a feminine woman around you, or did she feel that she had to be the strong one and make all the decisions for the both of you?
- Did she feel sexy and desirable with you, or did she feel more like a neutral friend, or even worse, a big sister to you?
- Did she enjoy the feeling of being loved, appreciated or taken care of, or did she feel a bit taken for granted or neglected.
- Did she feel safe knowing that you and her were headed in the same direction in life (i.e. you wanted the same things for the future), or did she feel insecure and like you and her weren't in sync with each other?
- Did she like the idea of you rising through the levels of life and achieving your goals, or did she feel annoyed by your lack of drive and ambition?

When you understand what really turned your ex off about you, you can take action on improving those things about yourself right now.

Then, the next time you interact with her, you will be able to give her the type of attraction experience that she really wants in a relationship by showing her that you're now the man she always wanted you to be (e.g. you make her feel understood, you're more confident and self-assured, more emotionally independent, more focused and determined, more emotionally masculine in your thinking, attitude and behavior).

When that happens she automatically begins to reconnect with her feelings of respect and attraction for you and she then becomes open to talking to you over the phone, meeting up with you in person and allowing a new relationship with you to gently unfold from there.

When you feel ready, you need to!

2. Reactivate some of her feelings for you on a phone call

Once you've made some attractive changes to your thinking and behavior (which should only take a few days and up to a week at the most), the next step is to interact with your ex on a phone call, so that she can experience the new you for herself.

One of the best ways to do that is by making her laugh and smile and feel good to be talking to you again.

For example: Imagine you call your ex a few days after the break up and she says something like, *"What do you want?"* or *"Why are you calling me? I thought I made it clear to you that I don't want you in my life anymore."*

Rather than let that upset you and make you think things like, *"This is hopeless. She doesn't want me anymore. I'm just wasting my time with her. she's never going to give me another"*

chance with her,â€‹ turn her coldness into something you can laugh about together.

For instance, you can say something along the lines of, â€‹*I just won the lottery and I wanted to share my winnings with you, but since youâ€™re not interested, Iâ€™ll keep it all for myself.*â€‹

She will likely respond with something like, â€‹*What? You won the lottery?*â€‹ or, â€‹*Are you serious?*â€‹

You can then say in a joking voice, â€‹*Yes I did, but since youâ€™re so mean to me, Iâ€™m keeping all \$20! Haha.*â€‹

At this point she will probably laugh, or at least smile and secretly she may begin to wonder things like, â€‹*What is going on? Why is he so different all of a sudden? He seems so confident and self assured. Even though Iâ€™m being so cold to him, heâ€™s not letting it get to him like I thought it would. Itâ€™s actually fun talking to him again. Maybe heâ€™s changed after all.*â€‹

She then becomes more open to the idea of talking to you over the phone again and even meeting up with you in person, because sheâ€™s feeling drawn to you in a way that feels good to her.

Remember: When you make a woman laugh and smile, you are helping her to get over the pain, anger and resentment that she feels towards you.

Even if she tries to fight it, she canâ€™t help but relax and want to interact with you more.

From there, you need toâ€‹

3. Get her to agree to meet up with you in person, but do so in an easy-going manner

Regardless of how often you make your ex laugh and smile on the phone with you, the relationship isnâ€™t going to move beyond that point unless you meet up with her and fully reactivate her sexual and romantic feelings for you in person.

So, make sure you donâ€™t continue calling her on the phone indefinitely without actually getting to the point where you arrange to meet up with her in person.

For example: Imagine youâ€™re talking to your ex on the phone once again and this time sheâ€™s naturally laughing, smiling and sounding happy to be talking to you, because you have already broken down some of her defenses.

Then, after a few minutes of easy-going conversation, simply say, â€‹*Hey, I still owe you half of my winnings on that lottery ticket. So, how about we meet up for a cup of coffee or a quick bite to eat sometime this week so that I can give you your share?*â€‹

If youâ€™ve been making her feel attracted, she may laugh and say â€‹*Yes,*â€‹ right away and you can then go ahead and make the arrangements with her.

Of course, in some cases the woman may just say â€‹*No,*â€‹ because she doesnâ€™t want to come across as being too easy or too eager.

Alternatively, she may want to test the guyâ€™s reaction to see if he really has changed.

If he gets upset, throws a tantrum and starts saying things like, â€‹*Why are you being like this? I thought we were getting along again. Why wonâ€™t you just meet me up for some coffee? Itâ€™s not like Iâ€™m asking you for a kidney or something! Why canâ€™t you at least try to be nice for a change, rather than always being such a bitch to me?*â€‹ she will know that he has only been putting on an act with her and that heâ€™s still at the same level he was at when she broke up with

him.

She will then cut him off again, only this time she will make it even more difficult for him to get her back (e.g. by blocking his number on her phone, unfriending him on social media, ignoring him or avoiding him in person).

So, don't let that happen to you.

The key is to maintain your confidence with her if she says *â€œNo,â€* and show her that you really are a new man.

Just laugh and say in an easy-going manner, *â€œHey, all Iâ€™m asking for is a quick meet up over a cup of coffee. I promise Iâ€™m not going to take it as a sign that you weâ€™re going to get back together again. Itâ€™s no big deal, itâ€™s just coffee. Besides, exâ€™s do that all the time without any strings attached and if, after we meet up you never want to see me again, Iâ€™ll respect your wishes and never call you again. Okay?â€*

In most instances, when a woman sees that her ex is remaining emotionally strong and confident even though she initially rejected him, she will naturally relax her guard and say something like, *â€œOh, okay, as long as itâ€™s only coffeeâ€* or, *â€œSure, I guess I can spare 10 minutes.â€*

Then, just go ahead and make plans to meet her at a time that suits you both.

From thereâ€¦

4. Meet up with her in person, hug, kiss and then hook up with her sexually and get her back

[image: Kiss her at the meet up]

At the meet up, continue focusing on making her feel sexual and romantic attraction for the new you.

Show her via your attitude, thinking, actions, behavior and the way you respond to her that youâ€™ve changed in some of the ways that matter to her (e.g. youâ€™re more confident now rather than insecure and unsure of yourself, youâ€™re more ballsy rather than being a push over, youâ€™re more assertive rather than being timid, youâ€™re more emotionally masculine rather than being too nice and soft).

At the same time, build some sexual tension between you and her by flirting with her.

Once she is feeling strong surges of respect and sexual attraction for you again, you can then progress to giving her a hug (e.g. you might say something like, *â€œHey, itâ€™s really cool to see we can still be friends even though weâ€™ve broken up. We should give each other a hug for being so mature about it. Come over here, you,â€* and then reach over and hug her).

[image: Kiss her to reignite the spark]

If she doesn't pull away, you can then go ahead and give her a kiss as well.

Then, if she's open, you can go to your place or hers and hook up with her sexually.

From there, you just need to continue building on her feelings for you (i.e. by showing her that youâ€™ve transformed yourself into the kind of man that she can now look up to, respect and feel sexually attracted to).

As you do that, she will naturally begin to reconnect with her feelings of love for you too.

You and her can then get back together in a relationship that is 100% better than before and become

one of those secret couples that the studies don't know about.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Should I Accidentally Text My Ex?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Yes and no.

Yes, you should send your ex a text, but as a man, no you shouldn't pretend to have accidentally texted her.

It's fine for women to make that kind of move on a man, but not fine if it's the other way around.

Why?

Women feel turned off by men who don't have the confidence to go after what they want (i.e. in this case, her) and as a result, have to resort to pretending, faking or accidentally doing things.

Pretending to text your ex by accident will almost certainly result in her feeling turned off by how you think she could fall for such an obvious trick.

If you don't feel very confident about texting her, here's what you can do instead:

1. Send out a feeler text

[image: Send out a feeler text]

Feeler texts are essentially where you test the waters.

That can be as simple as texting her something like, *â€œHeyâ€* or, *â€œHey, how's things?â€* or, *â€œHey, long time no speak. How are you?â€* and then you see what happens.

For example:

- Does she reply or does she ignore you?
- Does she seem interested or is she cold and aloof?
- Is she being open and friendly or is she closed off and maybe even a little bit bitchy towards you?

Then, depending on her response, you will have a better idea of how to proceed.

For instance, if your ex replies back right away with something along the lines of, *â€œHey, long time no speak. How are you?â€* it's most likely a sign that she's been missing you.

You can then just pick up the phone and give her a call, because chances are high that she will answer.

Then on the call you can re-spark some of her feelings for you (e.g. by making her laugh and smile and feel good to be talking to you again) and get her to agree to meet up with you in person where you can fully reactivate her feelings for you and get her back.

On the other hand, if your ex responds in a cold, off-handed manner with something along the lines of, *â€œWhat do you want?â€* your approach will have to be different.

In a case like that, you will have to break down her defenses a little bit first, before she will be open to answering your call.

One of the ways you can do that is by using humor.

For example: If your ex responds to a feeler text from you with something like, *â€œWhat do you*

want?â€‹ you can respond with something along the lines of, â€‹Itâ€‹s Tuesday, so that means itâ€‹s car wash day for you. I just wanted to say Iâ€‹ll be over in 15 minutes so that you can wash my car too. Hahaâ€‹ and then add a smiley face emoji with the tongue sticking out ð€‹

She will likely smile or laugh at your response and she will be wondering something along the lines of,â€‹ I thought my response would put him off and make him leave me alone, or even worse, suck up to me, but instead heâ€‹s being funny. This is so unlike him. What has gotten into him?â€‹

[image: Use humor to get her to open back up to you]

She then becomes more open to texting back and forth to see if you really have changed or if your confident, bold reply was just an act.

By the wayâ€‹!

If your ex doesnâ€‹t wash her car, you obviously canâ€‹t say that to her.

Instead, you just need to adapt what youâ€‹re saying to your situation.

However, the point is to be funny and get her laughing and smiling so she wants to talk to you over the phone and meet up with you in person.

Finally, just because your ex doesnâ€‹t reply to you, it doesnâ€‹t mean sheâ€‹s not interested anymore and that you should give up and forget about her.

Instead, you need to realize that sometimes a woman doesnâ€‹t want to reply to her exâ€‹s initial feeler text.

Why?

Some of her reasons might beâ€‹!

- She doesnâ€‹t want to come across as being too excited to hear from him.
- She doesnâ€‹t want to make it too easy for him to get her back.
- She is testing to see if he is confident enough to pursue her even though sheâ€‹s ignoring him and acting like sheâ€‹s no longer interested.

This is why you canâ€‹t give up at the first sign of resistance from your ex.

If you do, you may end up missing out on your chance of getting her back into a relationship with you and all because you didnâ€‹t believe in yourself and in your value to her.

Donâ€‹t make the mistake of giving up too soon.

Another thing you can do isâ€‹!

2. Send her a Straight-to-the-Heart text

[image: Send her a straight to heart text]

For example: You might simply text her something along the lines of, â€‹Miss youâ€‹ or â€‹Love you.â€‹

If your ex has been missing you and you send her a text like that, it will hit her directly and she will feel a rush of love and excitement straight to the heart.

She will then likely respond with something like, â€‹Miss you too,â€‹ or â€‹Hey, how have you been?â€‹ as a way of letting you know that sheâ€‹s happy to hear from you.

From there, just call her so that she can start experiencing the new and improved you over the phone

and then in person (i.e. when you get her to meet up with you).

Remember: Just because your ex sounds happy to hear from you, it doesn't mean she will stay that way if you continue to text her for weeks and months without getting to a phone call and then to a meet up so that she can see how she feels when she's around you again.

So, don't hide behind texts and end up losing her.

You've got to have the balls to call her, re-spark some of her feelings for you and then meet up with her so that you can fully re-attract her and get her back.

That's how a real man gets his woman back.

However, it all starts with the courage to send her a Straight-to-the-Heart text and then getting her on a phone call with you.

By the way!

Just like in the previous point, if your ex doesn't open back up to you right away, it doesn't mean she's not secretly sitting at home grinning from ear to ear and thinking things like, *â€œIâ€™m so happy to be hearing from him and to see that heâ€™s missing me as much as I miss him. I hope heâ€™s going to call me, because Iâ€™m dying to hear his voice again. However, I had better play it cool so that he doesn't get the impression that Iâ€™m desperate and that Iâ€™ve just been sitting here missing him and waiting for him to get in touch with me again.â€*

So, don't give up if things don't unfold in exactly the way you're hoping.

You can get her back.

Another thing you can do is!

3. Take a deep breath and call her

So many guys get their ex back right away by just having the courage to hit *call* on their phone and talk to her, rather than hiding behind texts.

The truth is, talking to your ex over the phone will get you much quicker results than if you just stick to texting her. Why?

On a phone call, a woman can sense whether you've changed based on the tonality of your voice and how you are now talking to her, responding to her and reacting to what she says.

For example: If a guy was insecure in his relationship with a woman and would get clingy, needy and jealous, his ex might tell him that she's been having a lot of fun without him, or that there are many guys interested in dating her now that she's broken up, just to test how he would react.

If he then gets upset, becomes jealous and maybe says things like, *â€œWell, good for you,â€* or *â€œI see you didn't waste any time moving on already. I guess I didn't mean that much to you after all,â€* she will instantly know that he's the same guy she broke up with and she will then feel motivated to cut off all contact with him and move on.

On the other hand, if he maintains his confidence regardless of what she says to get a reaction out of him she will automatically feel some respect and attraction for him again and then she becomes more open to meeting up with him in person where he can fully re-attract her and get her back.

However, displaying confidence and emotional strength is not something a guy can properly show a woman via a text message.

So, instead of thinking insecure,Â scheming things like, *â€œShould I accidentally text my ex?â€*

be confident and emotionally strong enough to call her instead, where she can sense that you've changed and become a better man.

Remember: Texting your ex after breaking up can only open the lines of communications with her. After that, you need to be able to re-attract her on a phone call and then in person if you want to get her back.

By the way!

If you call your ex and she doesn't answer, text her this!

Hey! I accept that we've broken up, but I want to ask you something quick over the phone. Don't worry, it's nothing serious though. I'll just call you again in 15 minutes.

Then, give her a call 15 minutes later.

If she still doesn't answer, don't keep calling again and again.

Just leave it for a day or two.

She may then text you to ask you what you want, or if she doesn't, simply call her again at a convenient time for her (i.e. when you know she's most likely to be at home and not busy with work/studies or out with friends).

If she still doesn't answer, text her this!

Look, I know you're probably busy, but what I need to ask you is best done over the phone. I'll call you in 5 minutes. After that, if you decide that you don't ever want to talk to me again, I promise to respect that and leave you alone.

That almost always makes a woman agree, because she can see that if she doesn't want to talk to you again, she will have a way to achieve that.

However, if she responds by texting you something like, *What do you want?* or, *Just ask what you want via text and be done with it,* don't text her back.

Just call her in a couple of minutes, rather than waiting the 5 minutes.

Regardless of how initially reluctant she may be to talk to you over the phone, when she notices that you're not fighting with her via text, she will naturally be curious to find out what you want to ask her, so she will eventually answer your call.

When that happens, use some humor to break down her defenses right away and make her feel open to talking to you even more.

Then, build on her feelings for you (e.g. by maintaining your confidence with her regardless of how cold or unfriendly she's being towards you, making her laugh and feel good to be talking to you even more, showing her via your conversation and your response to her that you've become a better man) and get her to agree to see you in person.

At the meet up focus on saying and doing the type of things that reactivate her feelings of respect and attraction for you.

Her guard then naturally comes down and she becomes open to seeing you more to see if you and her can rebuild your relationship again.

3 Common Problems You May Experience When Texting Your Ex

By the way!

If you decide to text your ex as a way of opening the lines of communication with her so that you can get her back, make sure you don't make the following mistakes that guys make when in a similar situation to you.

1. She doesn't show obvious interest via text, so you then lose confidence or hope

It's only natural that if a guy sends his ex woman a feeler text to say hi and see how she's been since the break up and she doesn't reply, or responds with something like, "I'm fine" or, "What do you want?" he's going to feel a bit put off and like she's not interested in getting back with him.

He might then think to himself, "Well, I guess I gave it a shot, but it didn't turn out the way I was hoping. She's clearly no longer interested in me, so I should just accept that it's over and try to forget her and move on, even though I really don't want to."

Yet, thinking like that only causes him to lose confidence in himself and in his value and attractiveness to her, which isn't going to help him get her back (or get another woman if he wants to).

Here's the thing!

Just because your ex doesn't respond enthusiastically the first time you text her, it doesn't mean she's totally closed off to the idea of giving you another chance.

Instead, she may be smiling and thinking things like, "Yes! He's finally gotten in touch with me."

Of course she may also be thinking, "Why is that jerk contacting me? Doesn't he know that I never want to talk to him ever again?"

Either option is possible, but you'll never know if you lose confidence in yourself and give up right away.

So, don't make that mistake and end up missing out on your chance of getting back with your ex because you didn't have confidence in yourself in that moment.

You've got to believe in yourself and in your value to her first, before she will see you as being good enough for her too.

Even if she doesn't make it super easy for you right away, don't give up.

Remain confident, reactivate her sexual and romantic feelings for you and get her back.

Another mistake to avoid making is

2. She shows interest in texting you initially, but then loses interest after a while

Most women are polite, even when it comes to an ex guy.

So, it's quite possible that your ex will respond to you if you text her.

However, if you just continue to text back and forth with her about irrelevant things and never do

anything to spark her feelings and begin re-attracting her, she will likely begin thinking things like, *â€œWhat does he want? Why is he wasting my time with all this pointless texting? I think Iâ€™ve indulged him long enough. From now on, Iâ€™m just going to ignore him.*â€

Why does she do that?

Essentially because heâ€™s not doing anything to make her feel attracted.

Heâ€™s not calling her on the phone.

Heâ€™s not meeting up with her in person.

Heâ€™s just texting her and hoping that something will come of that.

Yet, thatâ€™s not how a womanâ€™s attraction works.

Instead she needs to be able to hear the tonality of his voice, observe his body language and experience his confidence so that she can begin feeling drawn to him.

So, donâ€™t waste a lot of time texting your ex in the hopes that sheâ€™ll give you a clear sign that she is open to getting back together again.

The point of sending any text to your ex should be to get her on a phone call, where you can actively re-spark some of her feelings of respect and attraction and get her to a meet up with you so that you can get her back for real.

If you donâ€™t do that, she will likely just get bored or annoyed with you and then getting her to open back up again will be a lot more difficult for you.

Another mistake to avoid making isâ€

3. She's hoping that you call her and actually get her back, but when you just keep texting, she goes cold

Once again, a woman doesnâ€™t want to randomly text back and forth with her ex if itâ€™s not going to lead to a phone call or a meet up.

So, after a while, if the guy doesnâ€™t call her, a woman might stop texting him, respond to him in an offish manner or take really long to reply to him.

In some cases, a woman like that may be hoping that her attitude towards him will show her ex that she doesn't want to text and wants him to call her instead.

However, if he doesnâ€™t do that and instead interprets her coldness as disinterest, he may end up giving up on the idea of getting her back and as a result, lose her forever.

Hereâ€™s the thing thoughâ€

It's always hard to tell exactly how a woman is feeling and what she is thinking by reading her text, which is why it's always better to call and just get the job done.

So, donâ€™t waste time texting your ex, accidentally or on purpose and just pick up the phone, re-attract her, meet up with her and get her back for real.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Fianc   Called Off Wedding After Her Bachelorette Party

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are the 4 most common reasons why a woman will do that:

1. She cheated on you at her bachelorette party

[image: She cheated on you at her bachelorette party]

This is probably the last thing a guy wants to believe about his fianc  , but it   can sometimes happen when alcohol is involved.

A woman might get carried away during her bachelorette party (i.e. because she  s had too much to drink and her inhibitions are down, the environment is open to flirting, sex and wildness, there are male strippers who are making moves on her to make her girlfriends cheer) and before she knows it, she  s cheating on her fianc   with one of the strippers or entertainers.

Then, the next morning when she realizes what she did, she may decide to call off her wedding.

For example: Some of her reasons for doing that might be  

- She feels guilty for cheating on her fianc   right before the wedding.
- She  s disgusted with herself and is punishing herself for what she did by losing the man she loves.
- She sees it as a sign that her fianc   is not the right guy for her after all.
- She  s had her doubts about her feelings for her fianc   and now she has proof that she doesn  t really love him enough to want to spend the rest of her life with him.
- She realized she felt more attracted to the guy she had sex with at her bachelorette party than her fianc  .

Here  s the thing though  

If your fianc   cheated on you at her bachelorette party, it doesn  t really matter why she did it, only that she did it.

The fact is, in a relationship, a man and a woman must be able to fully trust each other, or else it will lead to arguments and fights and eventually the love will erode too much for the relationship to stay together.

So, right now, you need to decide if your fianc   is worth getting back with, or if you  re just going to cut your losses and find yourself another, more loyal and trustworthy woman than her.

However, if you decide that you  re willing to forgive your fianc   for cheating on you at her bachelorette party and get her back , you need to be sure of two very important things.

Firstly, you need to ensure that your reasons for wanting her back are because you know she  s the one for you and not for other reasons (e.g. you secretly fear that you won  t be able to find yourself another, even better and more attractive woman than her, you feel embarrassed about telling everyone that it  s over at this late stage, you don  t want to disappoint your family).

If you are only trying to get her back because you feel insecure about yourself and your chances of finding another woman, or because you don  t want to let anyone down, you  re going to end

up hurting yourself more somewhere down the line if you find yourself married to this woman, you have children with her and she cheats on you again.

Secondly, if you agree to take her back after she cheated on you, you have to be able to fully forgive her so you can both move forward with a clean slate.

If you get back with her and can't fully trust her so you become clingy, needy, jealous or controlling, the relationship isn't going to last.

So, make sure that you're truly ready to put what happened behind you and make your relationship work if you get back with your fiancé.

If you're not, let her go and find yourself a woman who deserves to be with a great guy like you. Another common reason why a woman will call off her wedding after her bachelorette party is

2. She's always had her doubts and doesn't want to keep pretending that everything is okay

[image: She doesn't want to keep pretending that everything is okay]

Most couples will experience some doubts before their big day where they wonder things like, *Is he/she really the one for me?* or, *Am I really ready to settle down with just one man/woman for the rest of my life?*

In most cases, those doubts are fleeting and go away pretty quickly when the other person makes them feel loved, appreciated and wanted.

However, in some instances, the doubts will continue to eat away at a woman (or man) and she may begin to feel confused, depressed, uneasy and even trapped.

However, by this stage the wedding plans and other arrangements will likely have already been made (e.g. the invitations have been sent out, everything has been ordered/booked/paid for, guests from afar have started to arrive), so she might suppress her doubts by telling herself things like, *It's just pre-wedding jitters. I will feel better once all the stress of organizing everything is over. Besides, he's a great guy and I could do a lot worse than him. I'm just being silly.*

Yet, those feelings never truly go away.

Then, if she finds herself at her bachelorette party and realizes that this is her last chance to back out if she wants to, she may finally pluck up the courage to listen to her instincts and call off the wedding before it's too late.

In your case, if your fiancé felt unsure about her feelings for you (e.g. because you treat her more like a friend than the woman you love and want to spend the rest of your life with, you don't have much ambition and aren't really moving forward in life, you're insecure about your value to her so you behave in needy, jealous or controlling ways, you lack the balls to stand up to her or other people when they're taking advantage of you), then it's only natural that when the time came for her to settle down with you for real, she would have panicked.

So, to prevent herself from making a big mistake and regretting it later on when things between you and her had gotten more complicated (e.g. you now have children to think about, divorces are expensive and emotionally messy), your ex may have decided to call off the wedding before it became too late.

This is why, if you decide that she's truly the woman for you and that you want her back, you

need to address the underlying issues that caused her to call off the wedding in the first place.

You can't brush everything under the carpet and assume that bunches of flowers or gifts, or you begging her to give you another chance will change how she currently feels.

Instead, you need to be prepared to figure out exactly what caused her to doubt her feelings for you and then quickly make some attractive changes and improvements to yourself to re-attract her and make her regret her decision to call off the wedding.

You have to show her over time (i.e. over the next few days and weeks), that you really are the right man for her, so she wants to be your wife.

When she gets confronted with the man she always dreamed of being with all along, her doubts will naturally drift away and she won't be able to resist the idea of giving your relationship another chance.

Another common reason why a woman will call off her wedding after her bachelorette party is

3. She realized that she just can't let go of the single life and wants to party with her girlfriends again

[image: She can't let go of the single lifeShe can't let go of the single life]

In some cases, a woman might feel some social pressure to get into a relationship with a guy and settle down (e.g. because her friends are doing it, her family is nagging her, she's worried that she might miss out if she doesn't do it soon).

So, if she finds a nice guy that she enjoys being with, she may convince herself that he's the one for her and that she's ready to give up the single life to be with him.

However, at the back of her mind she may always be thinking things like, *"I really miss being able to do whatever I want without having to answer to anyone else. Sometimes I feel like I'm suppressing my true self just to please my fiancé/my family. I wish I could just let down my hair and party without worrying about what anyone else will say or think."*

So, when she finds herself at her bachelorette party and suddenly for the first time in a long time she starts having a fun and enjoying herself (e.g. drinking, dancing, flirting), it might finally be the thing that convinces her that she's not ready to give all that up to settle down with one man for life.

As a result, she calls off the wedding so she can experience all the things she feels that she's missing out on.

Yet, here's the thing

If a woman is happy in her relationship with her man, nothing about the single life would be able to make her feel tempted to give up what she's got.

She won't want to be single again because what she has now is way better than anything else she might experience on her own.

This is why, if your ex called off the wedding after her bachelorette party because she was feeling more drawn to the single life than to you at this time, you need to show her that being with you will be so much better.

How can you do that?

By actively sparking her sexual and romantic feelings for you again every time you interact with her

on a phone call or in person (e.g. by making her laugh and smile, making her feel like a sexy and desirable woman in your presence, being more ballsy, showing her that you're a new man).

When she feels more attracted to you than she ever has before (i.e. because you are now making her feel attracted in new and exciting ways), she will quickly regret her decision to call off the wedding. Suddenly being single doesn't seem so appealing to her anymore and she wants to be your wife more than anything else.

Another common reason why a woman will call off her wedding after her bachelorette party is

4. She's bored of the relationship and worries that a marriage will be even worse

[image: She's bored of the relationship and worries that a marriage would be even worse]

Sometimes a woman might notice that her relationship with her guy isn't as exciting or fun as that of her friends and acquaintances and she may often find herself worrying about it and thinking things like, *"Is this normal? Maybe I'm just expecting too much. Different people have different relationships. Ours just happens to be more routine and ordinary. There's nothing wrong with that, is there? So what if there's no spark anymore. Most couples lose that after they've been with each other for a while, right?"*

Of course, in most cases the woman will quickly push those thoughts out of her mind by telling herself something along the lines of, *"You're being selfish and ungrateful. He's a nice guy and you're lucky to have him."*

She may then distract herself with the excitement of planning the wedding.

However, at her bachelorette party the reality of what she's about to do (i.e. settle down with him for life) suddenly dawns on her and she may begin to panic and think things like, *"If I'm already feeling bored, what will being married to him for 10, 20 or 30 years feel like? I don't want my marriage to feel like a prison sentence and I don't want to be the woman who sits around being jealous of all the other couples who are living happy and exciting lives. I don't think I can go through with this."*

As a result, she calls off the wedding and then focuses on moving on and finding a new man who can make her feel the way she wants to feel when she's with him.

Here's the thing

Gone are the days where a woman would go through with a wedding, or stay in a relationship regardless of how unhappy she felt, simply because it was expected of her (i.e. for the sake of her family and because it was frowned upon socially).

In today's world, a woman can walk away from her relationship, even on the eve of her wedding, if her guy can't give her the attraction experience she really wants.

So, if your fiancée called off your wedding because she was bored in the relationship, to get her back you need to re-spark her feelings for you by showing her that you're no longer the same guy she broke up with (i.e. via your attitude, actions, behavior and the way you respond to her from now on).

When you make her feel respect, excitement and attraction every time you interact with her, the more she will begin to regret her decision to call off the wedding.

She will want to hang out with you more to experience the new and exciting you for herself.

As she is doing that, she will naturally convince herself that she wants to hug you again, kiss you and have sex with you.

When that happens, the relationship automatically gets back together.

She will then only want to be together in a committed relationship, because that's when she feels the happiest, most fulfilled and most excited.

Get Your Fiancée Back By Avoiding These 3 Mistakes

Even though right now things might look bleak, it's not difficult to get your fiancée back.

When you approach the ex back process in the right way, you can be walking down the aisle sooner than you may have thought possible.

However, if you approach it the wrong way, you can turn her off even more and then getting her back becomes really difficult for you.

So, if you want to get to that wedding on time (i.e. get her back and get married), make sure you avoid the following mistakes:

1. Pleading with her to change her mind, rather than accepting it and giving her a week of space

As much as you probably want to talk your fiancée out of her decision, begging and pleading with her and saying things like, *"Baby, please don't walk away from what we have together! You're the love of my life and if I can't marry you like we planned for so long, it will destroy me. Just tell me what you want me to do to make you want to be my wife again. I will do anything! I only want to be with you. Please, reconsider your decision,"* in the heat of the moment, it will usually only make her want to run away even more.

Why?

To justify her decision to herself and others, she's already made up a list of reasons why she had to call off the wedding (e.g. you're too clingy and needy, you're jealous and controlling, you've been taking her for granted).

So, if you now start begging and pleading with her to change her mind, rather than make her reconsider her decision, she will likely add insecure and emotionally weak to the list too.

You don't want to give her more reasons not to come back to you, you want to make her miss you and realize that she made a huge mistake.

This is why, the best approach is to simply accept her decision in a calm, confident way and then give her a week of space where you don't contact her at all.

She will either begin to miss you right away and contact you herself, or if she doesn't, just call her after a week and begin re-sparking her feelings of respect, attraction and love for you again (e.g. by making her laugh and smile, flirting with her to create attraction).

Just don't push her to get back with you.

Let her come to that conclusion on her own, by making her feel so much love, respect and attraction for you again, that the idea of losing you makes her feel terrified.

Another mistake to avoid isâ€¦|

2. Not improving your ability to give her the kind of attraction experience she really wants

If you try to make your fiancÃ© recommit to the same kind of relationship that she just left, sheâ€™s going to keep saying things like, *â€œIâ€™m sorry, but Iâ€™ve made up my mind. I just donâ€™t want to marry you anymore.â€*

This is why itâ€™s very important that when you try to get your ex back, you offer her a new and improved attraction experience.

For example: Some of the ways you can do that areâ€¦|

Instead of putting up with her bad behavior like you used to (e.g. when she sulks or throws a tantrum, when she demands that you do things her way), you stand up to her and put her back in her place in a loving, but firm manner.

Instead of putting her above yourself in terms of value like you used to, you now realize that not only are you good enough for her, sheâ€™s actually the one who is lucky to have a guy like you.

Instead of being a nice and sweet and predictable all the time, youâ€™re now more of a challenge.

Instead of being the perfect gentleman who doesnâ€™t say or do anything thatâ€™s out of line, you now flirt with her and use ballsy humor to make her feel strong surges of sexual desire for you.

The more that you give her the kind of attraction experience she always wanted from you, but never got, the more she feels like she just has to get back with you, or else she might end up regretting it for the rest of her life.

Another mistake to avoid isâ€¦|

3. Not making her feel like she can choose what she wants

Itâ€™s only natural that youâ€™re going to be feeling a bit shocked right now and youâ€™re likely going to want to understand why this happened.

However, if you insist on having long, drawn out discussions with your ex fiancÃ© about why she did this and then try to convince her to change her mind, you may end up getting the opposite result (i.e. she sticks to her decision).

Hereâ€™s the thingâ€¦|

A woman doesnâ€™t want to be made to feel like she canâ€™t choose what she wants, even if that means calling off her wedding at the last minute.

She wants to feel free to think, act, behave and choose whatever she wants and that her man supports her in her decisions, even if he doesnâ€™t always like them.

So, if you want to get to the point where your ex fiancÃ© becomes your wife, you need to make her feel that itâ€™s what she really wants to do.

However, donâ€™t try to do it by through words, because sheâ€™s not going to listen to you.

Instead, just focus on interacting with her and using flirting and humor to reactivate her feelings for you and make her realize, on her own, that losing you is something she doesnâ€™t want to do.

When she gets to that point by herself, everything falls back into place.

You can then finally walk down the aisle and make her your wife, knowing youâ€”ve both been through a big test of your love for each other and you passed with flying colors!

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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6 Examples of Using Your Ex as Motivation to Become a Better Man

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Rather than sitting around feeling sad, dejected and missing your ex, you can use the break up as motivation to become a better man.

The break up can literally be the thing that causes your life to spring into action and be what you've always wanted it to be.

Here are 6 examples of how you can use your ex as motivation to become a better man:

1. Improve your attraction skills so much that you not only re-attract her and get another chance with her, but become extremely attractive to other women as well

[image: Improve your attraction skills]

To begin with, don't make the mistake that a lot of guys make and assume that in order to improve your attraction skills, you need to change your physical appearance (e.g. get a makeover, buy new clothes and shoes, go to the gym and build some muscle, change your hairstyle), in the hope that your ex (and other women) will feel more attracted to you from now on.

The truth is that although a man's physical appearance is one aspect of what attracts a woman, the most powerful attraction skill of all is his ability to make her feel the way she wants to feel when she's with him (e.g. respectful, desirable, sexually attracted, happy).

This is why, if you want to be desirable to your ex again, as well as to other women, you need to be able to attract her in the ways that she wants.

For example: Ask yourself!

- Do you make her feel feminine and girly in contrast to your masculine vibe and approach, or does she feel friendly feelings, or even worse, nothing at all when she's with you?
- Do you maintain your confidence with her, especially when she tries to test you by being cold, throwing a tantrum or pretending not to be interested in you anymore, or do you crumble and become wimpy and insecure?
- Do you believe in yourself and in your value to her, or do you feel that she's out of your league so you put her on a pedestal and allow her to dominate you?
- Do you make her feel safe and protected because you're rising through the levels of life like a real man, or does she feel like she has to take care of you because you're afraid to live up to your true potential as a man?
- Are you emotionally independent and have your own goals, dreams, interests and hobbies, or are you clingy, needy and insecure?
- Does she look up to you and respect you, or does she look down on you a little bit and feel like she has to be your teacher in life on how to be the kind of man that she needs you to be?

These are the kinds of attraction skills that a woman looks for and finds most attractive in a man.

So, if you want to make your ex (and women in general) weak at the knees, focus on improving your

ability to attract her based on who you are when you interact with her.

When she experiences the new and improved you (e.g. you're more confident and self-assured, you're more emotionally masculine so she feels more feminine with you as a result, you're more emotionally dominant so she can relax and think, act and feel like a real woman with you) she will naturally begin to feel surges of respect and sexual attraction for you again.

When that happens, it becomes easier for her to imagine herself being in a relationship with you again.

However, if you continue offering her the same attraction experience as you did before (e.g. you're nice and submissive around her, you let her take the lead during interactions, you treat her like a friend rather than a desirable woman), not only won't she be interested in giving you another chance, but these are not the qualities that will attract other quality women either.

Another example of using your ex as motivation to become a better man isâ€¦!

2. Fix the remaining issues you have been carrying around with you, so you finally become a complete man

[image: Fix your remaining issues to become a complete man]

Sometimes a guy will allow his issues to hold him back from achieving his full potential as a man (e.g. he doesn't believe he's good enough for her so he becomes insecure and self-doubting, he's afraid of losing her so he becomes clingy and needy, he's too timid and unsure of himself so he avoids making progress in his life, he's insecure in the bedroom so he avoids sex and treats her like a friend).

This may cause a woman to think things like, *â€œI'm tired of trying to make a relationship work with a guy who doesn't yet understand how to be the man that I need. I just want to be in love and relax in the relationship rather than always feeling like I have to be on guard around my man in case he says or does something that will turn me off. So, although he's a nice person, he's got too many issues for me. I just want a man who is complete, not a guy who still hasn't figured out how to be a real man,â€* so she decides to break up with him.

The guy might then assume that if he waits long enough, everything will work itself out between him and his ex.

He then just sits around passing the time with irrelevant things (e.g. he distracts himself with hobbies/work/video games) and he doesn't do anything to improve his ability to attract her if she decides to come back.

If his ex then happens to miss him and decides to contact him to say hi and see what happens from there, he makes it easy for her to permanently walk away because he's still the same guy she broke up with.

Essentially, nothing about him has changed or improved.

He's stuck at the same level he was at when they broke up, which makes her lose even more respect and attraction for him.

If he then says something like, *â€œI'm so glad you got in touch with me. I've missed you so much. Let's put everything behind us and give our relationship another shot,â€* she will likely respond with something along the lines of, *â€œI'm sorry, but I really don't feel that way*

about you anymore. I wish you the best and I hope you find the right woman for you, but that's not me. Take care. Bye.

This is why it's so important that you don't waste the time you have after a break up.

Not only will that prevent you from getting your ex back if that's what you want, it will also make it more difficult for you to attract another, quality woman.

So, use your ex as motivation to fix any remaining issues you might have that you're still carrying around with you so that you can get her back.

For example: Some of the ways you can do that are by

- Becoming more confident and self-assured about your attractiveness and value to her (and to other women), rather than feeling insecure and doubtful and accepting any crumbs of attention she's willing to throw at you.
- Being more manly in how you think, talk, act and behave, rather than being wimpy and submissive around her and allowing her to dominate you emotionally.
- Improving your ability to make her feel like a sexy, desirable woman when she interacts with you, rather than making her feel like a neutral friend, nothing at all or even turned off.
- Becoming more emotionally independent and living a happy, successful and fulfilling life with or without her.
- Stopping tiptoeing around her and trying to please her all the time and just taking the lead during interactions like an emotionally strong man would.

Then, when you do interact with your ex and she sees that you really have changed and improved and dealt with your issues, she won't be able to stop herself from feeling surges of respect and attraction for you again.

When that happens, her guard comes down and she opens herself up to being your girl again for real.

It's then up to you to lead her through the final stages of the ex back process and get her back into a relationship with you.

On the other hand, if you decide that you don't want your ex back, you can easily move on and find another more beautiful woman than her because you are a complete man now and you can.

Another example of using your ex as motivation to become a better man is

3. Become a man of purpose and start making real progress

Sometimes a guy will put all of his attention and focus on his woman at the expense of other important areas in his life (e.g. he gives up on pursuing his big goals and dreams, he quits his hobbies and interests, he cuts off his friends).

In his mind he's likely thinking that he's doing the right thing and that his woman will feel flattered and happy that he's made her his main purpose for living.

Yet, in most cases, rather than make a woman happy, it turns her off and makes her feel frustrated.

Here's the thing

A woman doesn't want to feel responsible for a man's emotional state in a relationship (e.g. he's only happy when he's with her, he's only confident when she encourages him), or to be his main reason for living.

A woman wants her man to be happy, confident and forward moving in life with, or without her support or reassurance.

So, when she finds herself in a relationship with a guy who doesn't have much purpose or direction in life outside of his relationship with her (i.e. he's not making any progress on achieving any of his goals, dreams and ambitions), it may lead to her losing too much respect and attraction for him, so she breaks up with him.

Is this something that may have happened to you in your relationship with your ex?

If so, now is the time to use your ex as motivation to become a man of purpose and start making progress in your life.

Essentially, what this means is that you need to reach the point where you are

- Happy and fulfilled with or without your ex.
- Confident, self-assured and believe in your value as a man, with or without her (or another person's) approval.
- Actively working towards achieving your big purpose in life, regardless of whether she (or anyone else) approves or not.
- Forward moving in life with or without her.

Of course, that doesn't mean you don't want her back.

The big difference is that you get to the point where you feel like you don't need her back to have a good, productive and successful life.

You want her back, but don't need her back.

When you focus on becoming a man of purpose and feeling happy and content in your own life, not only does that stop you from staying stuck after your break up, it also automatically makes you more attractive to your ex as well.

Suddenly, she starts to see you as being more of a catch than you were before.

She stops looking at you as her needy, emotionally dependent ex who caused her to disconnect from her feelings of respect, attraction and love for him and she starts to feel attracted to the new man you have become now.

It then becomes easy for you to fully re-attract her and get her back.

Another example of using your ex as motivation to become a better man is

4. Use her as a stepping stone to even hotter women

Hot women like men who have experience with women and will be able to handle them in a relationship, without becoming insecure.

So, in addition to learning how to attract hot women, you can also use the lessons from your relationship with your ex to become more attractive to hot, beautiful women.

For example: Imagine that the relationship with your ex was a really bad one.

Imagine that she was always creating drama, throwing tantrums and behaving like a brat to see how you would react.

It doesn't matter if she wasn't like that.

Just imagine it.

Now, imagine how you would react to that kind of behavior if you were in the relationship right now.

For instanceâ€¦!

- Will you put up with her bad behavior because youâ€™re too insecure about your value to her and are afraid of losing her, or will you be assertive enough to stand up to her?
- Will you lose control of your emotions and become angry, annoyed, upset or agitated with her, or will you remain calm, relaxed and in control of your emotions and of the situation as a whole?
- Will you continue to be nice and sweet and a pushover regardless of how badly she behaves, or will just laugh at her (in a loving way) for behaving like a brat?

At the time, you always seemed to fail her tests and ended up feeling insecure and unsure of how to handle her.

However, after the break up, you realized that being nice and sweet and submissive around a woman is one of the fastest ways to lose her respect and attraction for you.

As a result, you became more assertive, emotionally masculine and confident in your ability to handle a woman if you ever found yourself in a similar situation.

You now have the experience to handle a woman who likes to create fake drama with a man and this makes you very attractive to other women.

This means you have become a better man thanks to your ex and you can now use that to find yourself a better, hotter, more devoted woman than her.

Not only that, you now also have the right approach to be able to keep her attracted to you and make her want to be a good woman to you.

At the same time, you also become more desirable to your ex, because youâ€™re now the man she wanted you to be all along.

Itâ€™s then up to you to decide if you want to give her another chance with you, or just move on with whichever hot woman you prefer to choose.

Another example of using your ex as motivation to become a better man isâ€¦!

5. Show her your awesome new life via social media

After a break up, most women feel curious about their ex, so itâ€™s not uncommon for a woman to check up on social media to see what her ex guy is up to.

So, go ahead and post photos of yourself having fun with other people (e.g. at parties, on the beach, at a ball game), doing exciting or interesting things (e.g. bungee jumping, traveling to an exotic location) and generally having fun and living a good life.

Make sure that you post your photos as â€œpublicâ€œ so she can see them from the outside if you're not friends on social media.

Let her see what she is missing out on and that youâ€™re not sitting around feeling sad, hopeless and despondent without her.

Instead, show her that the break up has motivated you to become a better man and live a better life.

Remember: Women are attracted to and respect men who are confident, happy and forward moving in life with or without their woman.

This is why, even just seeing a few photos of you enjoying your life without her is enough for most women to drop their guard and open up to communicating with you (e.g. sending you a private message or texting you to say hi and see what happens from there).

Of course, if your real aim is to get your ex back, don't spend too much time trying to make her feel like she's missing out by not being with you anymore, without following through to get a meet up.

When she is face-to-face with the new man you've become, she will automatically feel herself respecting you again.

When she respects you, she will also begin to feel surges of sexual attraction for you and she may then want to hug, kiss and have sex to see how she feels about getting back with you.

Another example of using your ex as motivation to become a better man is

6. Make your daydreams become a reality

[image: Make your daydreams become a reality]

Do you often daydream of you and your ex getting back together again?

Do you sometimes spend a lot of time thinking about her before you go to sleep at night?

Do you imagine that if she met up with you now, she might fall back in love with you and get back with you?

Well, if you want that to happen, use her as motivation to do what it takes to get her back.

When you focus on making her reconnect with her sexual and romantic feelings for you, she will naturally begin to think about you and look at you in a completely new way.

She will begin to see that there is still hope for you and her because she feels a spark with you again.

[image: Make your daydreams become a reality]

As a result, her defenses come down and she opens back up to being a couple again.

The truth is, men get women back all the time.

You can do it too.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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My Ex Wants to Get Back Together, But Take it Slow

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 possible reasons why she is willing to get back with you, but wants to take it slow:

1. She wants to see if you will remain confident under that kind of pressure

[image: She wants to see if you will remain confident under that kind of pressure]

One of the most important qualities that a woman looks for in a man is his ability to stay confident and emotionally strong when heâs in a stressful or difficult situation.

So, in a case where a woman agrees to get back with her ex, but she also insists that they take it slow, it may be her way of testing to see if he has the kind of confidence she wants in a man.

This is especially true if one of the reasons she broke up with him in the first place was that he was too insecure about himself, which caused him to be needy and clingy towards her.

So, to make sure that heâs changed, she might slow down the ex back process and wait to see how he reacts.

For example:

- Will he become insecure?
- Will he start overanalyzing her words and behavior?
- Will he give her too much power?
- Will he panic and start behaving in unattractive ways (e.g. beg and plead with her to take things faster, ask her why sheâs messing him around, look for pity at how sheâs hurting him by not getting back with him right away).

If he can maintain his confidence with her regardless of what she says or does to make him feel uncertain, she will naturally start to feel strong surges of respect for him again.

When she respects him, her feelings of sexual attraction will also awaken and then she will be the one pushing for the relationship to get back together again right away for her own reasons (e.g. she doesnât want him to get tired of waiting for her so he finds himself another woman, she wants to be 100% his girl again rather than taking things slow and missing out on the joy of being with him).

Another possible reason why your ex wants to get back together but take it slow isâ

2. She's not sure if it's going to work out, so she doesn't want to commit too heavily just yet

[image: She's not sure if it will work out]

Even though your ex wants to get back together again, at the back of her mind there may be a little voice telling her things like, *âYes, you want him back because you still love him, but you have no guarantee that things will be better this time around. You need to take it slow and see what happens. Donât rush back into a relationship with him and then end up getting hurt all over again. You have to protect yourself.â*

So, rather than getting back with you right away, she first wants to see if you have truly changed and

improved the things that caused her to break up with you in the first place (e.g. you had lost your confidence and had become insecure and needy, you weren't ballsy enough for her and she felt more emotionally dominant than you, she no longer felt very attracted to you sexually because you treated her too much like a friend), or if you have just been putting on an act to get her back and will soon go back to being the same guy that was turning her off before.

For example: A guy might be jealous and controlling in a relationship with a woman, so after she breaks up with him, to get her back he might try to show her that he's more easy-going, relaxed and secure in himself.

Yet, once she commits to being in a relationship with him again, he may then slowly start falling back into his old ways (e.g. insisting on knowing her every move, checking up on who she's texting/e-mailing or chatting with on social media, getting upset if she wants to go out and do something independently of him, getting angry or sulking every time she talks to another guy when they are out together, interrogating her about her male coworkers).

She will then know that he hasn't really changed and was only putting on an act to get her to agree to get back together again.

She then has to go through the emotional trauma of breaking up with him and dealing with the pain, disappointment and regret all over again.

A woman doesn't want to do that.

So, rather than risk it, she will usually say something along the lines of, *"I want to get back with you, but we need to take it slow,"* and wait to see what happens over the weeks or even months (i.e. will he continue to remain calm and secure, or will he begin getting jealous and being controlling all over again?).

Then when she feels confident that he has truly changed the things about himself that turned her off and isn't just pretending so that he can get her back, she will relax her guard and open back up to fully being his girl again.

Of course, if you want to speed things up with your ex and get her back sooner, you just need to keep showing her (via your attitude, communication style, actions, behavior and the way you respond to her), that you really have changed.

When she can see that no matter what she says or does, you now respond in a totally different, more emotionally mature way, she will naturally want to commit to the relationship 100%.

Another possible reason why your ex wants to get back together but take it slow is

3. She is keeping you around as a back up plan, in case she can't find a replacement guy

[image: She is keeping you around as a back up plan]

In some cases, a woman hates the idea of being single and not having a man desiring her, so rather than risk it, she might decide to string her ex along by saying that she wants to get back together but take it slow, while she secretly looks for a new man.

Then, by the time he gets frustrated and says something along the lines of, *"Hey, you've been putting off fully getting back together again for such a long time. When are you going to commit to the relationship so that we can move forward as a couple?"* she will have found herself a

replacement guy.

She may then say something like, *â€œIâ€™m sorry. I know I said I wanted to get back together again, but Iâ€™ve changed my mind. I donâ€™t think it will work out between us after all. I didnâ€™t mean to hurt you, but thatâ€™s just how I feel.â€*

She can then freely move on with her new guy, without having had to deal with being single.

The truth is, your ex may currently be actively looking for a replacement, even though she would never admit it if you asked.

In fact, if you decide to ask her about it (e.g. you say something like, *â€œI hope youâ€™re not just stringing me along until you find another guy and then dump me again,â€*) she may even use it as a weapon against you by responding with something along the lines of, *â€œHow could you ask me something like that? This is exactly why I said we should take it slow! I just donâ€™t know if I can fully trust you again.â€*

You might then become all apologetic and feel guilty for not trusting her, dropping your guard around her as a result.

This leaves her free to continue looking for a new man without worrying about you finding out before it happens and dumping her before sheâ€™s settled in a new relationship.

Donâ€™t let her put you through that.

Take control of the situation by fully re-sparking her sexual and romantic feelings for you and making her fall back in love with you, before she starts moving on.

When you do that, the idea of being with another guy will disappear from her mind, because she can see that no one else can make her feel the way you do.

Another possible reason why your ex wants to get back together but take it slow isâ€¦|

4. You have put her in the position of power, so she is being a typical woman

Sometimes a guy is so grateful that his ex has agreed to get back together again, albeit slowly, that heâ€™s more than happy to hand all his power over to her and allow her to call the shots.

In his mind he may be thinking things like, *â€œIf she wants to take it slow, Iâ€™m not going to do anything to pressure her or cause her to feel uncomfortable and make her change her mind about us getting back together again. So, whatever she wants from me, Iâ€™m going to make sure she gets it. Iâ€™m playing this by the book so I can show her that Iâ€™m serious about making things work between us.â€*

Yet, even though his intentions are good, rather than make a woman feel more attracted and want to be together with him even more, him being a good little boy and doing whatever she says only makes her lose respect for him.

If she canâ€™t respect him, she wonâ€™t be able to feel sexually attracted to him and without those two all-important feelings, thereâ€™s no reason for her to want to stick to her decision to get back together again.

So, if you have been allowing your ex to lead you around in circles based on her ever-changing emotions, you need to be emotionally strong enough to take back your power right now.

Remember: It's not the woman's role to lead the relationship; itâ€™s yours.

However, if you aren't strong enough to lead and hand your power over to your ex, you will get lost

in her changing emotions, moods and behavior and none of it will make any sense to you.

You may then end up feeling like you're not actually getting anywhere with her (i.e. the relationship is not progressing at all), and that you're actually stuck at that place between being a couple and being broken up.

This is why you need to have the balls to start calling the shots.

That doesn't mean you should bully her and say things like, *I'm tired of taking things slow with you. We're going to be a couple again starting right now and I'm not going to hear another word from you about it!*

Instead, you need to stand up to her in a loving, but respectful way when she tries to take control of the ex back process.

From there, you need to just focus on using interactions with her to fully reawaken her sexual and romantic feelings for you so she can't stop herself from wanting more (i.e. to kiss, have sex and get back together again for real).

Another possible reason why your ex wants to get back together but take it slow is

5. She's trying to give you the hint that she doesn't want you pushing for a relationship and thinking that it will seal the deal

Sometimes a guy gets so excited when his ex agrees to give him another chance, that he assumes everything that happened in the past is now over and they can go back to being the way they were before.

Yet, a woman doesn't want that.

She wants to know that if she fully commits to being in a relationship with him again, this time will be different.

This is why she will say that she wants to take it slow.

As far as she's concerned, agreeing to be in a relationship with him isn't a guarantee that she will stick with that decision.

The only thing that will make her want to stay with him is if he is able to make her feel the kind of respect, attraction and love she wants in a relationship.

So, if you want your ex to stop holding back, you need to create a relationship dynamic that causes her to want to be in a deep and loving relationship with you, because not only does it feel good to her, she's also worried that if she doesn't commit to you, you will get tired or bored of waiting for her and move on with another woman.

When you make her feel so much respect, sexual attraction and love, the idea of taking it slow seems silly to her.

She begins to only want to be with you in a committed relationship because that's when she feels the best, most fulfilled, most loved and happiest.

Get Her Back Quicker By Avoiding These 2 Mistakes

Just because your ex wants to take things slow, it doesn't mean you have to sit around helplessly

waiting for her to tell you what to do.

In fact, the more you do that, the more you're delaying fully getting her back, because by doing that, you're actually handing your power over to her and losing her respect in the process.

This is why you need to ensure that you're not making the following mistakes:

1. Taking the whole "take it slow" thing too seriously

A woman will often say that she wants to take things slow as a way of maintaining control (e.g. she doesn't want to make it too easy for him to get her back, she wants to test his confidence, she wants to see if he'll put up with it which then makes her doubt whether he's the right guy for her after all).

This is why, it's very important that you don't take it so seriously every time she says something along the lines of, *"I do want us to be together again, but I'm still nervous about what happened before. I don't want to rush it. Let's take it slow and see what happens, okay?"*

How can you do that?

It's best to just laugh and make light of it.

For example: You might say in a joking way, *"Okay, let's talk at a really slllllllow pace now"* and have a laugh with her about that.

Remember: The important thing is that you use it as an opportunity to create attraction and reclaim the position of leadership.

If you take control of the situation in a confident, manly and emotionally mature way, she will be able to respect you again.

When she respects you again, she will also begin to feel sexually attracted to you and with those two things in place, reconnecting with her original feelings of love for you then becomes possible.

However, if she gets the sense that she has power over you and that you'll continue being soft and submissive around her because you're desperate to get her back into the relationship with you, she's likely going to drag the process on and on because she's not feeling attracted to you.

Another mistake to avoid is

2. Putting up with her unreasonable demands

For example: She might say things like, *"I want us to take this slow. So, let's agree that we'll only go out once a week for now and I only want you to text or call me once a day. We can then see how it goes."*

If you agree to her demands and say something along the lines of, *"Okay baby. You know I'll do anything you want, just as long as we're getting back together again,"* she will lose respect for you.

She will feel turned off by what she perceives as your emotional weakness and lack of balls for putting up with her unreasonable demands.

She may then begin doubting her decision to get back together again.

So, if you don't want that to happen, make sure that you don't lose your ex's respect by

handing over your power to her and putting up with her unreasonable requests.

BTW: Not putting up with her demands is not about sulking, complaining in an angry way or seeking pity for how she is making you feel.

Instead, it's about using everything she throws at you as a way of re-sparking her feelings for you and making her want the relationship even more than you do.

The more she feels drawn to you in new and exciting ways, the less she will want to postpone getting back together again.

She will then likely say something like, *“I know I said that I want to take things slow, but I’ve changed my mind. I want to be your girl again right away.”*

So, stand your ground with her and make it happen.

×

[image]

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[image: Dan Bacon]

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I Miss Her, But She Doesn't Want Me

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 4 possible reasons why she doesn't feel the same way at the moment:

1. You've been trying to get her back via text

It's only natural that after a break up, a guy is going to miss his ex.

He's going to be thinking about her and remembering all the good times they had together and how he felt around her.

As a result, and he's going to want to fix things with her so that he can get her back and not lose access to those enjoyable feelings.

Yet, he might also be feeling a bit worried that she won't want to talk to him on the phone.

So, he may think something like, *"If I call her and tell her that I miss her, she could take it as a sign that I'm trying to push her into a relationship. She might then close herself off from me and I will lose whatever chance I still have with her. On the other hand, if I text her, she will appreciate the fact that I'm not being a pushy ex boyfriend. It will also give her time to process her feelings for me and hopefully realize that she misses me and wants me back too. She will then be more open to working things out with me."*

As a result, he will stick to texting her.

She may reply to some texts, but she will eventually go cold and lose interest.

Why?

Well, here's the thing!

When a woman breaks up with a guy, it's usually because she's disconnected from her sexual and romantic feelings for him.

So, when she gets an *"I miss you"* text from him, rather than think, *"It feels good to hear that he misses me. I can now admit to myself that I miss him too and if we both feel the same way, maybe there's a chance we can work things out between us after all,"* she instead thinks things like, *"What is he expecting me to do? Does he now want me to pick up the phone and call him and say 'I'm so glad you told me, because I miss you too?'"* If this is his idea of trying to get me back, he's in for a big surprise! Doesn't he realize that it's going to take a lot more than telling me that he misses me to make me forgive him and open back up to the idea of being with him again? I'm not just going to fall for him again based on the fact that he's missing me. For all I know, he's just saying that because he misses the way I used to pick up after him/my cooking/the idea of having a woman available for sex any time he wanted. However, I'm not his maid/cook/sex toy and it's going to take a lot more than an *"I miss you"* text to convince me that he's changed and is willing to be the kind of man I want him to be and right now, I'm not convinced at all! Instead, all I see is a man who doesn't even have the balls to call me on the phone or talk to me in person. Instead, he's just hiding behind text messages and hoping I will make it easy for him by telling him that I miss him too. Well that's not going to happen! If he wants another chance with me, he's going to have to show me that he's the man I want and so far, the only thing he's accomplished is to convince me that I

made the right decision by breaking up with him.

She then responds to him in a negative way and tells him that she doesn't want him.

So, if your ex is saying something like that to you, it may be because you're trying to get her back via text.

However, not only won't that work if she's lost touch with her feelings for you (i.e. because she'll automatically perceive it in a negative light), she will likely also feel annoyed that you don't care enough about her make the effort to at least talk to her on the phone.

Remember: You can't properly re-attract an ex woman (who doesn't want you) via text.

Texts can help, but you should never use them as your main way of getting her back.

If you're serious about getting your ex back, you need to start reactivating her feelings of respect, attraction and love for you.

The best way to do that is by calling her on the phone and then following through with a meet up, where you can re-attract her, face-to-face.

When she can see for herself that you really are a new and improved man now, it becomes a lot easier for her to want you back, because she can see that she's not getting back with the same man that she broke up with.

You are different now, so it's like she's getting a new kind of man (i.e. one that she feels a lot more respectful towards and attracted to).

So, remember: If you try to achieve it all via text, don't be surprised if she keeps pushing you away and saying things like, *"Sorry, but I don't want you anymore. You need to accept it and stop bothering me."*

Another possible reason why your ex doesn't want you is

2. She can see that you haven't changed

[image: She can see that you haven't changed]

Sometimes, a guy might think that telling his ex that he misses her is the way to go about getting her back.

Essentially, he's hoping she will think something along the lines of, *"I miss him too! I know we have some stuff we need to work out, but the pain of being without him is much worse than what we need to fix. Now that I know he still cares for me too, we can forget about the break up and give our relationship another try,"* and then come rushing back to him.

Yet, it rarely works out that way.

Why?

Even if a woman does miss her ex, the first thing she's going to look out for when he interacts with her (e.g. via text, social media and especially over the phone and in person), is whether he has understood some of her subtle, deeper reasons for breaking up with him and what he's done to change and improve based on his new-found understanding.

For example: Some of the things she will look out for might include

- The way he talks to her and treats her both in private and in front of other people (e.g. like

sheâ€¢s stupid or a child).

- The way he struggles to make decisions without her approval or say-so.
- The way heâ€¢s too afraid to stand up to her when sheâ€¢s being unreasonable or a drama queen.
- How he tends to get overly emotional and act like a woman (e.g. cry, create drama) when things donâ€¢t go his way.
- How he gets annoyed or angry over insignificant things when theyâ€¢re out together and embarrasses her by causing a scene (e.g. shouts at waiters, gets road rage while driving, is argumentative with sales staff in stores).
- The way he lacks presence as a man (e.g. he goes in on himself in social situations and tends to come across as anti-social).
- How he seems so focused and driven when playing video games, but when it comes to his career, heâ€¢s unable to accomplish anything significant.
- How he is too emotionally dependent on her which makes her feel smothered and like she has to stifle her independence to take care of him.

So, if she talks to him over the phone or meets up with him in person and she sees that he still thinks, acts and behaves in exactly the same way that he did before, sheâ€¢s going to be disappointed.

She may then think something along the lines of, *â€¢All this time Iâ€¢ve been missing him and wondering if he would be able to change so we could work things out. I now see that thereâ€¢s really nothing for me to miss anymore. What I thought I was missing isn't him, but the feeling of being in love with a man who makes me feel like a real woman. In reality though, heâ€¢s not that guy and I can see that now. He probably won't ever be able to be like that either. I guess I now know for sure that I made the right decision to break up with him and I should just focus on moving on and finding myself a new man who does have the qualities Iâ€¢m looking for.â€¢*

She will then push him away and say something like, *â€¢Iâ€¢m sorry that you still miss me, but I donâ€¢t want you in my life anymore. I need to move on and make a fresh start with someone else, so please accept it and stop trying to make me change my mind.â€¢*

The guy is then left feeling devastated and wondering why she wonâ€¢t give him another chance.

This is why, if you want your ex to care that you miss her and miss you back, you need to first show her that you understand her reasons for breaking up with you, by quickly making some changes to yourself to attract her in the ways that are important to her (e.g. youâ€¢re so much more confident and emotionally independent now, youâ€¢re more focused on your goals and are taking steps to accomplish them, youâ€¢re more emotionally strong and no longer lose it when things donâ€¢t go your way).

Remember: You donâ€¢t have to become perfect to get her to open back up to you again, just better than you were before.

Then, when she sees for herself that youâ€¢ve made the effort to become a better man, she naturally drops her guard and opens up to the idea of giving you another chance, rather than pushing you away.

Another possible reason why your ex doesnâ€¢t want you isâ€¢!

3. She knows that you still have no idea what kind of attraction experience she

really wants, or how to give it to her

[image: She knows that you still have no idea what kind of attraction experience she really wants]

For a woman to feel motivated to be in a relationship with a guy, treat him well and be a good woman to him, she expects him to be able to make her feel the way she wants to feel when she's with him (e.g. respectful, attracted, excited).

So when a guy fails to understand that about her and keeps giving her things she doesn't want, she will naturally stop wanting to be with him.

Is it possible that you have been giving your ex the wrong attraction experience and are still doing it now that you've broken up?

For example: Imagine a woman is in a relationship with a guy.

She needs him to be ballsy, not get flustered or emotional when she creates fake drama and can put her back in her place in a loving, but dominant way.

However, instead of that, she gets a guy who is too emotionally sensitive, is always nice to her no matter how badly she treats him and who allows her to walk all over him.

In his mind he thinks that he's being a good guy and that she will love him even more for always letting her get her way.

Yet, except for a few insecure, needy women who like to dominate their man, most women will secretly feel disappointed at how they ended up with such a wimpy guy.

Of course, a woman usually won't break up with her guy because of that right away and may instead misbehave even more to see if he'll get fed up with her and man up.

However, if he doesn't she will eventually lose too much respect and attraction for him and she will then break up with him.

If he then tries to get her back, she may act cold, aloof and bitchy towards him to test if he's really changed, or if he still has no idea how to give her the attraction experience she's been looking for all along.

For example: She might say something like, *"I don't know if I want you back. Call me again in a week while I think about it."*

If the guy agrees to her ridiculous request and continues to be nice and sweet to her in the hope that she will give him another chance, she will know that he's still doesn't have a clue about what she wants from him.

She will then likely cut him out of her life and focus on moving on and finding herself a new man.

On the other hand, if he laughs at her in a loving, yet assertive way when she says that and then turns it into something they can laugh about together, she won't be able to stop herself from feeling surges of respect and attraction for him again, even if she initially tries to hide it.

When that happens, her guard comes down and she becomes open to giving him another chance.

With this in mind, ask yourself, *"Do I know the attraction experience my ex wants from me and how to give it to her, or do I still have no idea?"*

If you do know what she wants, then you're a lot closer to re-attracting her and making her want you back again.

However, if you still have no idea, it's very important that you get to the core reasons for the

break up and begin to fix those things (e.g. if you were too insecure and became too clingy and needy you now become more confident and self-assured, if you lacked the masculine edge she needed to feel like a feminine woman with you, you now think, act, behave and respond to her like an emotionally masculine man).

When you do that, you will easily be able to reactivate your ex's feelings of respect and attraction for you again and get her back.

Another possible reason why your ex doesn't want you is

4. You're trying to get her to want a relationship, even though you haven't reawakened her feelings

[image: Trying to get her to want a relationship before reawakening her feelings]

For a woman to want to give her ex another chance, she needs to reconnect with her sexual and romantic feelings for him first.

Unfortunately, a lot of guys don't know that, so when they try to get an ex back, the first thing they do is push her to commit to the idea of a relationship right away.

A guy like that will likely be thinking things like, *"I miss her and I want her back,"* so it makes perfect sense to him that the next step is to convince his ex to want to get back together again too.

So, rather than re-attract her, which will almost certainly work, he instead tries to convince her in ways that she doesn't care about (e.g. promising her to change anything she wants, begging and pleading with her, sending her long love letters/e-mails/texts and pouring his heart out to her, buying her flowers and gifts).

Yet, in most cases, rather than make her want him, she instead just keeps rejecting his attempts to get her back.

Why?

Simple.

A relationship is the last step of the ex back process, not the first one.

He is attracted to her, wants her back and is willing to do anything to make it happen, but the one thing he hasn't done is make her feel the same way about him.

Therefore, she doesn't want to commit to a relationship.

So, if you want your ex woman to stop rejecting your attempts to get her back, you have to focus on making her have sexual and romantic feelings for you first.

For example: Some of the ways you can do that are

- Using humor to bring down her defenses and make her smile and laugh with you again.
- Maintaining your confidence around her, no matter what she says or does to put you off (e.g. she is being distant and unfriendly towards you and saying that just doesn't want you in her life anymore).
- Being assertive (in a loving way) and showing her that you're more emotionally dominant than ever before and that you're not intimidated by her recent rejections of you.
- Flirting with her to build up sexual tension between you and her.

When you focus on re-attracting your ex and take the pressure off her to give the relationship another chance, what you wanted from her all along actually starts to happen.

She stops pushing you away and saying hurtful things like, *“What will it take for you to accept that we’re never, ever going to get back together again? Can’t you understand that I just don’t want you anymore?”* and she opens back up to interacting with you more on the phone and in person to see what happens from there.

3 Common Problems You Could Experience When Trying to Get an Ex Back Who Doesn’t Want You

By the way!

When you try to get your ex back, don’t be surprised if she behaves in any of the following ways:

1. She is cold or distant

When a woman has lost touch with her feelings of love, respect and attraction for a guy and then breaks up with him, she changes the way she thinks about him and looks at him.

Basically, she closes herself off and no longer allows herself to see any of his good qualities and she instead focuses on all the negative things about him that turn her off (e.g. he’s insecure and needy, he doesn’t have the balls to stand up to her, he is too emotionally sensitive).

So, if her ex then starts texting her and calling her in the hope of getting her back, she will naturally respond to him by being cold and distant, because she has only been connecting to her negative feelings about him and doesn’t have any positive feelings to balance out how she feels.

This is why, before you put any pressure on your ex to get back with you, you need to change her negative feelings into positive ones by thinking, acting, behaving and responding to her in ways that are attractive to her (e.g. being confident and self-assured, being emotionally masculine, using humor to ease the tension between you).

When you make her feel good every time you interact with her, she won’t be able to stop herself from warming back up to you.

Another problem you might encounter when trying to get an ex back who doesn’t want you is!

2. She is being stubborn about not changing her mind

In most cases, a woman will only be stubborn because the guy is going about the ex back process backwards.

Basically, he’s pushing her to give him another chance, but he hasn’t fully reactivated her sexual and romantic feelings for him yet.

So, if you want your ex to want you again, don’t waste time telling her how you feel about her and that you miss her.

What matters to her is how she feels and if you haven’t reactivated her feelings for you yet, what she feels is negative emotions like anger, disappointment or indifference.

This is why you need to focus on changing those feelings inside of her first.

When she starts to reconnect to her feelings of respect, attraction and love for you again, her stubbornness will disappear too.

Another problem you might encounter when trying to get an ex back who doesn't want you is

3. She doesn't seem to care about losing you

Most of the time, for a woman to get to the point where she wants to break up with a guy, it means she has already disconnected with her feelings of respect, attraction and love for him.

This means, the idea of never seeing him again seems very appealing to her.

In fact, she may even be thinking things like, *"I'm so glad to be single again. Now I'm free to live my life and find myself another man who can give me what I truly want in a relationship, rather than be stuck with a guy who just doesn't get me at all."*

She just doesn't care anymore so losing him isn't a problem to her.

This is why, if your ex doesn't have strong feelings of respect, sexual attraction and love for you, losing you isn't really going to matter to her.

On the other hand, if you interact with her every chance you get (via text, social media and especially over the phone and in person) and you reawaken her feelings for you, the idea of losing you will send her into a panic.

She will begin to wonder if letting you go is a mistake she will regret for the rest of her life and when that happens, her defenses come down and she opens back up to the idea of giving you another chance.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Why is My Ex Rubbing Things in My Face?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

4 common reasons why a woman will do that to an ex:

1. She enjoys hurting an ex's by showing how happy she is after a break up

Some women are just mean and vindictive and enjoy rubbing things in an ex's face just to make themselves feel better by hurting him.

Essentially, a woman like that is hoping that when her ex sees how happy she is without him, he will regret breaking up with her and think something along the lines of, *"I was such an idiot for letting her go. Now I see that she's truly the woman I want, but it's too late because she's happy and moving on without me."*

It then gives her a false sense of power and makes her feel more valuable and wanted.

In some cases, a woman might rub things in her ex's face because of how she was raised as a child (e.g. her mother used to do that to the men in her life, she never had a strong female role model so she doesn't know how to behave after a break up), or because of some experiences she had with previous relationships (e.g. she was badly hurt by a guy and struggled to get over him so she promised herself she would never let that happen again and that she will be the one moving on first after a break up).

So, even though your ex is currently rubbing things in your face, it's not necessarily about you.

Instead, she may simply be reacting the only way she knows how.

So, don't let her actions cause you to lose confidence in yourself and in your value to her.

Instead, the next time she does something like that, rather than get upset about it or feel hurt, use it as an opportunity to spark her feelings for you.

How can you do that?

By using some humor to take the bite off the situation and show her that you're not affected by her bitchiness.

For example: Imagine you're talking to your ex over the phone or in person and she says something like, *"I can't believe how great it is to be single! I've been out with my friends every night this week. I'm having an amazing time. If I'd known how great my life would be without you, I'd have dumped you ages ago!"*

Basically she's hoping you will get upset and possibly even say something like, *"Why are you being so mean to me? I know I stuffed up, but I really did try to be a good guy to you. Can't you at least be a bit nicer to me now rather than rubbing how much fun you're having without me in my face?"*

She can then feel good about herself.

However, you're not going to react like that.

Instead, you're going to laugh (in a confident yet loving way) and you're going to respond by saying something like, *"You always were a bit of a bore when we were together, so it's nice to see you having fun for a change. I'm happy for you. Keep it up. You're so much more"*

*interesting to talk to now.*â€œ

She's likely going to be a bit shocked that you have the balls to call her a bore and she's also going to be surprised that you're not getting upset by what she's saying.

However, she's also going to be feeling surges of respect and attraction for you for having the courage to joke with her when she's clearly trying to annoy you by rubbing her new-found happiness in your face.

She will then naturally drop her guard a little bit and open up to interacting with you more (i.e. to check if you really have changed and become more confident and self-assured, or if it was only a once off thing).

You can then show her that you really are a new man now, fully re-attract her and get her back.

Another common reason why a woman will do that is

2. She is trying to get revenge for how you made her feel during the relationship

[image: She is trying to get revenge for how you made her feel during the relationship]

For a woman to be happy in a relationship with a man and want to stick with him and be good to him, she needs to feel like she can look up to him and respect him for being a real man (i.e. loyal, dependable, caring, trustworthy).

So, when a guy fails to put in enough effort in the relationship and instead does things that make her feel unloved, unappreciated and possibly even betrayed (e.g. he takes her for granted, cheats on her, is controlling, belittles her and doesn't support her dreams), it's only natural that a woman will feel resentful towards him after they break up.

She may then rub things in his face to get revenge on him for everything he put her through when they were together.

So, as nasty as that may sound to you, the fact is, even a nice, sweet woman can turn mean when she feels like she's been manipulated, lied to or treated badly by a guy.

This has a lot to do with a woman's natural instincts of wanting to find one man, get him to fall in love with her and stick with him for life.

Most women don't want to have to break up with a guy because their natural instinct is to try to make the relationship work.

So, when a guy stuffs up really badly and makes a woman feel like she made the wrong decision by choosing him, she gets really nasty because he has been wasting her time (i.e. a woman wants to know that her relationship with a guy will eventually lead to more serious things like moving in together, getting married, having children).

This is why, if you want your ex to stop rubbing things in your face and get her back, you need to fix and improve some of your issues and become the man you know you should be.

When she can see for herself that you are a new and improved man already and that if she gets back with you, you're not going to go back to making the same attraction mistakes and treating her the way you did before, she'll be able to start trusting you again.

When that happens, her defenses will come down and she will open back up to talking to you and hanging out with you again to see where things go.

Another common reason why a woman will do that isâ€¦

3. She's trying to get you to see that she's not interested in getting back with you

Every woman is different.

Some women just come right out and say, *â€œI don't have feelings for you anymore. I don't want to see you ever again,â€* whereas others resort to all sorts of weird ways of expressing the same thing.

For example: A woman mightâ€¦

- Flirt in front of her ex with other guys to show him that sheâ€™s moving on.
- Say things like, *â€œIâ€™ve never been happier than I have since we broke up,â€* *â€œI love being single,â€* or *â€œThere are so many guys out there that are better than you in so many ways and they want to date me,â€* just to put him off.
- Talk about a new guy sheâ€™s into with her ex.
- Talk about her dates and how the guys spoiled her (e.g. took her to an expensive restaurant, bought her flowers).

Essentially, sheâ€™s hoping that her ex will feel unwelcome to try and get her back and will leave her alone, without her having to come out and say that to him directly.

Yet, hereâ€™s the thingâ€¦

Even if your ex is rubbing things in your face as a way of showing you that sheâ€™s not interested, it doesnâ€™t mean you canâ€™t change how she feels and get her back.

To make your ex change her mind and make her want you back, you have to make her feel the way she really wants to feel when sheâ€™s around you (i.e. respectful, sexually and romantically attracted, happy, excited).

Getting her back is not about telling her how much you love her and need her, how you promise to change or how youâ€™ll never hurt her again.

She doesnâ€™t care about all that.

She broke up with you because you didnâ€™t make her feel the way that she really wanted to feel around a man (e.g. because you might have been too insecure, lacked balls around her, treated her more like a neutral friend than a desirable woman).

So, if you want her back, you need to reactivate her sexual and romantic feelings for you again.

Only when she feels rushes of respect and attraction for you will she stop rubbing your face in things and open back up to the idea of being your girl.

However, if you donâ€™t do anything to spark her feelings and just try to convince her to give you another chance based on your feelings for her, she will simply keep doing more and more things to put you off so that you can leave her alone.

Another common reason why a woman will do that isâ€¦

4. She never really loved you, or never truly committed to the relationship

[image: She never truly loved you or committed to the relationship]

Sometimes a woman will get into a relationship with a guy sheâ€™s not 100% attracted to, or

compatible with (e.g. because itâ€™s a rebound relationship, sheâ€™s afraid of being single so she settles for him, she was never interested in him but he pursued her so much that she gave in and agreed to date him).

That doesnâ€™t mean she doesnâ€™t care for the guy at all and she may even be hoping that over time, he will be able to create a relationship dynamic that will make her want to treat him well, be attentive and fall deeply in love with him.

Yet, that just doesnâ€™t happen, because he has no idea how to grow her feelings of respect, attraction and love for him.

So, rather than giving her the attraction experience she really wants (e.g. to be with a confident, emotionally strong man who is a bit of challenge and doesnâ€™t fall for her drama), he instead gives her what he thinks she wants (e.g. heâ€™s extra nice and sweet to her regardless of how badly she treats him, heâ€™s clingy and needy and constantly says things like, *â€œYou are my world,â€* or *â€œI donâ€™t know what Iâ€™d do if you ever broke up with meâ€*).

In his mind heâ€™s being a loving, devoted boyfriend.

However, in her mind heâ€™s giving her the kind of attraction experience she doesnâ€™t want.

Of course she doesnâ€™t admit that to him and eventually she just decides to break up with him and move on, which is easy for her, because she never felt the kind of attraction and love for him that would cause her to struggle to get over him.

If the guy then tries to get her back by behaving in ways that turn her off even more (e.g. he begs and pleads with her for another chance, he cries to her, he sends her long, emotional letters/e-mails/text messages declaring his undying love for her), rather than feel bad for hurting him, she may actually rub things in his face to discourage him from pursuing her.

The good news though, is that even when a woman is being mean and rubbing things in her exâ€™s face, it doesnâ€™t mean her feelings are set in stone and canâ€™t change.

In fact, if you interact with your ex and begin giving her the attraction experience she always wanted from you (e.g. being ballsy and emotionally masculine with her, maintaining your confidence regardless of how cold or even bitchy sheâ€™s being, being more of a challenge to her rather than being too nice or a push over), she wonâ€™t be able to stop herself from feeling surges of respect for you.

When she begins to respect you again, she will also start to feel attracted to you and you can then build on those feelings and make her truly fall in love with you this time.

So, donâ€™t let it bother you that your ex is rubbing things in your face at the moment.

Just interact with her, reawaken her sexual and romantic feelings for you and all of that will change.

3 Mistakes to Avoid Making With an Ex Who Keeps Rubbing Things in Your Face

If you want to get your ex back, itâ€™s important that you approach the ex back process in the right frame of mind.

If you donâ€™t, youâ€™ll end up making mistakes that will diminish your chances.

For example: 3 mistakes to avoid areâ€¦!

1. Misinterpreting her happiness as her wanting to rub it in your face

Itâ€™s never a nice experience to feel like youâ€™re being left behind and watching the woman you love move on and being happy without you.

Yet, that doesnâ€™t mean sheâ€™s trying to rub her happiness in your face to make you miserable.

Instead, it could be possible that youâ€™re looking at her in a negative light.

In your mind you may be thinking things like, *â€œSheâ€™s selfish for breaking up with me,â€* or *â€œWhy wonâ€™t she just give me one more chance to show her that things can be different now? Sheâ€™s just being stubborn,â€* or *â€œI canâ€™t believe how heartless sheâ€™s being. Even though she knows that I still care for her and want her back, sheâ€™s rubbing her happiness in my face.â€*

Although itâ€™ may temporarily make you feel a little better toâ€™ see your ex as the evil villain in your relationship story, itâ€™s possible that sheâ€™s just making the best of a difficult situation.

Maybe sheâ€™s hurting too.

However, rather than sitting around wallowing in misery and becoming more and more depressed,â€™ she has made the conscious decision to be happy, with or without you.

Now itâ€™s your turn to feel happy, with or without her.

This does not mean you have to be with new women.

Instead, it means that you should simply stop obsessing about what sheâ€™s doing and focus on living a happy, fulfilling life without her.

When you do, something amazing happens.

She starts to feel attracted to you again.

Suddenly, she starts to see you as being more of a catch than you were before.

She notices that you are a new man now and she likes it.

Another mistake to avoid isâ€¦!

2. Seeking pity from her

In some cases, if the guy canâ€™t cope with how his ex is treating him, he may decide to make her feel sorry for him and feel guilty about the pain he is experiencing, by saying things like, *â€œHow could you do this to me? Weâ€™ve only recently broken up and look at how youâ€™re behaving. Did you ever really love me or was it all an act? I canâ€™t imagine treating you this way. It would break my heart to cause you pain, even if we are broken up. The question is, do you have a heart? Iâ€™m not so sure. I just donâ€™t know who you are anymore!â€*

Yet, rather than make a woman think, *â€œDamn, he has a point. I really am being a bit of a bitch to him. He doesnâ€™t deserve that. Heâ€™s always been so good to me. I was lucky to have him love me as much as he did and he clearly still cares so much for me. Maybe Iâ€™ve been too hard on him after all. Maybe he deserves another chance,â€* she will likely just feel annoyed that he is trying to make her feel guilty for being happy without her.

As a result, she will lose even more respect for him and she may even rub things in his face even

more to get back at him.

So, if you don't want to push your ex away from you and get her back, using the pity card is not the correct approach for that to happen.

What is?

Re-sparking her feelings of respect and sexual attraction for you, so she naturally feels drawn to you and becomes open to giving the relationship another chance, for her own reasons.

Another mistake to avoid is

3. Giving up on getting her back because she seems happy without him

Sometimes, when a guy sees that his ex has moved on, he may think to himself something like, *“Well, I guess it's too late then. I don't stand a chance anymore. She seems so happy without me.”*

As a result, he gives up and never makes a move to get her back.

Yet, here's the thing

Even if a woman has fully gotten over her ex and moved on, it doesn't mean he can't get her back.

In fact, a man can get a woman to break up with her new guy, if he successfully reactivates her feelings for him again and then follows through on the rest of the ex back process.

He has to get her on a phone call with him and regardless of how offish and unwelcoming she might sound at first (e.g. she says things like, *“What do you want? I've moved on and I now have a boyfriend, so we have nothing to talk about”*), he needs to maintain his confidence with her and then use ballsy humor to break down her defenses and ease the negative tension between them.

The more he makes her laugh, smile and feel good to be talking to him again, the more respect and attraction she will feel for him.

It then becomes difficult for her to stick to her decision to be broken up with him, because he is reawakening all the positive feelings she associates with him that have been dormant inside of her (e.g. respect, attraction, love).

She then becomes open to meeting up with him in person to see how she feels.

On the other hand, if a guy just gives up and walks away, he may end up spending the rest of his life wondering, *“What if she was the one for me,”* and never being able to truly settle down and be happy with another woman.

Don't let that guy be you.

Be courageous enough to get your ex back.

Then, if you decide that she's not the right woman for you, you can walk away knowing you didn't lose her because you were too worried about her reaction to try.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

My Ex Still Asks About Me

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

5 common reasons why an ex will do that:

1. She wants to find out if you're moving on faster than her

After breaking up with a guy, a woman might start to worry that he will find a replacement woman and move on before sheâs had a chance to hook up with a new guy first.

So, she will try to find out what heâs is up to by casually asking mutual friends about him and in some cases, she may even check his posts on Facebook and other social media for clues.

Essentially, sheâs hoping that by following his moves, she will stay one step ahead of him and find a new man first, before heâs had a chance to move on.

She can then feel good about herself knowing that she was able to move on first.

However, if she discovers that her ex is the one who is moving on first, she will feel hurt and like he is leaving her behind.

This is a good thing.

It makes her feel drawn to him again, which causes her to drop her guard and open back up to interacting with him over the phone and in person.

He can then reactivate her sexual and romantic feelings for him (e.g. by using humor to break down the walls between them, showing her that heâs changed and improved some of the things that were turning her off before, giving her a new and exciting attraction experience) and get her back.

This is why itâs so important for you not to be sitting around feeling sad and dejected about your break up.

If you are stuck missing your ex and not doing anything to move on, not only will she feel relieved that she still has a chance of hooking up with another guy before you find another woman, she also feels reassured that she made the right decision to break up with you, because youâre not an emotionally strong man.

So, if you want to get your exâs attention and re-attract her, you must show her that even though you and her have broken up, youâre not sitting around feeling sorry for yourself.

Youâre living your life and having fun without her.

Of course that doesnât mean you donât want her back, it simply means you donât need her back.

Then, the next time she asks about you and finds out that youâre already happy, confident and forward moving in life without her, she wonât be able stop thinking about you in a more positive way.

All of a sudden, she starts thinking things like, *âWhy is he moving on so quickly without me? Why isnât he falling apart? Heâs just so confident and emotionally mature now and thatâs so attractive to me. Maybe I should call him to say hi and see what happens.*â

When that happens, she opens back up to talking to you and seeing you in person and you can easily reactivate her feelings for you and get her back.

Another possible reason why your ex still asks about you isâ€¦!

2. She misses you and likes to hear about you from others

[image: She likes to hear about you from others]

Not all women who break up with a guy feel so much anger and hostility towards him that when they think about him itâ€¦s only to curse him or remember the bad things about him.

In most cases, a woman will still have some positive feelings for her ex and she will continue to miss him from time to time, even though she wonâ€¦t openly admit it to him.

For example: She might think to herself, *â€œI miss having a boyfriend and how it felt to have someone to come home to at night/call on the phone. I wonder what heâ€¦s up to now and if he misses me too.â€*

If she then talks to a mutual friend when sheâ€¦s feeling that way about him, itâ€¦s only natural that she will then ask things like, *â€œHow is he doing?â€* or, *â€œWhat has he been up to since we broke up?â€* or, *â€œIs he dating anyone else yet?â€*

Secretly she may be hoping that she will discover that he misses her too and if he then finds out that she has been asking about him, he will contact her to say hello and see where things go from there.

So, thereâ€¦s a good chance that your ex is missing you if sheâ€¦s asking about you.

This is why you need to take control of the situation, rather than waiting and hoping that she does it for you.

Just pick up the phone and begin re-attracting her by making her laugh and smile and feel good to be talking to you again.

Then get her to meet up with you in person, so that you can fully reactivate her feelings for you (i.e. by showing her that youâ€¦re now a new and improved man) and guide her back into a relationship with you.

Remember: In most cases, a woman will wait and hope that her ex has the courage and skill to get her back, but if he doesnâ€¦t, she will just focus on getting over him and moving on.

Another possible reason why your ex still asks about you isâ€¦!

3. She's hoping that it gets back to you for either good or bad reasons

[image: She's hoping that it gets back to you for either good or bad reasons]

Depending on your exâ€¦s feelings for you at the moment, she may be hoping that you will find out that sheâ€¦s asking about you to get a desired response out of you.

For example: If your ex still has some feelings for you, she may be hoping that by asking about you, it will get back to you and you will get the hint, contact her, reactivate her feelings for you and get her back.

In a case like this, you just need to be courageous enough to make a move by calling her, reawakening some of her feelings for you, meeting up with her and getting her back.

On the other hand, if your ex is currently feeling a lot of anger and resentment towards you (e.g. because of the way things ended between you and her, you really stuffed up in the relationship and caused her a lot of pain), she may want to get revenge on you by messing with your head by making

people tell you that she's asking about you.

Essentially, she's hoping that you will begin feeling hopeful that she might be interested in getting back together again.

Then, if you contact her, she can reject you by saying something along the lines of, *"Before you say anything, let me tell you right now, I'm not interested. Nothing you can say will change how I feel about you and that is plain and utter disgust! You are a jerk and I regret ever going out with you. If you were the last man on earth I wouldn't get back with you, so go away and leave me alone!"*

She can then get the satisfaction of hurting you the way she feels you hurt her.

However, it doesn't have to work out that way.

In fact, if you contact her and maintain your confidence regardless of what she says to you and then use ballsy humor to make her laugh, smile and feel good to be interacting with you, even if she tries to fight it, she won't be able to stop herself from feeling some respect for you again.

When she respects you, she also starts to feel attracted to you and then all it takes is for you to show her that you really are a different man now and she won't be able to stop herself from opening back up to you.

Another possible reason why your ex still asks about you is

4. She's not interested in getting back with you at this point and is simply making conversation with mutual friends

Sometimes a woman will be happy with her decision to end her relationship with a guy and she may be coping really well with the break up.

So, if she finds herself in the company of mutual friends, it won't be that much of a big deal to her to talk about her ex with them.

She might then ask things like, *"How is he doing?"* or, *"Is he okay?"* just to make conversation with them.

If the friends then pass her interest on to her ex, he might start wondering if she's still interested in him.

If he then contacts her to try and get her back, he may feel hurt when she says something like, *"It's really nice to hear from you again, but I'm really not interested in us getting back together again. I just don't have feelings for you anymore. I hope you can accept that and move on. I really do want you to be happy."*

Here's the thing though

It may be true that your ex isn't interested in getting back with you right now, but it doesn't mean she will feel the same way after you re-spark some of her sexual and romantic feelings for you.

So, don't waste anymore time waiting for her to want you back on her own and then give you a sign, before you make a move.

You need to take action and begin re-attracting her right away.

How can you do that?

Start by interacting with her on a phone call or in person and make her feel strong, positive emotions

such as respect, sexual attraction, excitement and joy.

The more she enjoys interacting with you again, the more her interest in you will begin to grow.

She will then likely begin thinking things like, *“I really wasn’t interested in getting back together with him, but he’s really making it difficult for me to stick to that decision. Instead, he’s making me want to talk to him over the phone and see him in person more and more. This is crazy, but I feel like I’m falling for him again. Maybe I need to give him another chance after all.”*

She then opens back up to you and you can get her back, even though she was recently telling herself that she wasn’t interested in getting back with you.

Another possible reason why your ex still asks about you is

5. She’s concerned about your well-being, or is simply curious to know what you’re up to

[image: She is concerned or curious]

Sometimes a woman is just a nice, sweet person and it’s in her nature to want to make sure that her ex is doing okay and isn’t struggling to cope after their break up.

Alternatively, she might just be curious about what he’s doing now that they’re no longer together.

However, to avoid giving him false hope by calling him or texting him herself, she instead just checks up on him by asking mutual friends about his wellbeing.

Of course, if a guy is still in love with her and is secretly wishing they will get back together again, he may be hoping that it’s a sign that she still has feelings for him too.

If he then attempts to get her back (e.g. he sends her a text, e-mail or social media message pouring his heart out to her), he feels shocked when she rejects him and he may think things like, *“I don’t understand why this happened. Why was she asking about me if she wasn’t interested in me?”*

The answer is that he didn’t reactivate her feelings for him first.

He just assumed that she would want to give him another chance, but he didn’t do anything to make her want to do it.

Here’s the thing

Regardless of your ex’s reasons for asking about you (e.g. she’s a nice person, she’s curious) and currently isn’t interested in getting back together again, it doesn’t mean you can’t change how she feels.

You can.

When you reactivate her feelings of respect and attraction for you (e.g. by staying confident regardless of what she says or does to put you off, using humor to make her laugh and smile and feel good to be talking to you again on the phone or in person, showing her that you’ve changed and improved and are now a better man than before, making her feel attracted in new and exciting ways) she won’t be able to stop herself from feeling drawn to you again.

When that happens, her defenses start to come down and she becomes open to interacting with you

more to see what happens.

This is something that happens naturally and automatically, even if she didn't feel that way before and even if she was convinced that she was over you and ready to forget about you and move on.

2 Mistakes to Avoid When Your Ex is Still Asking About You

You can take your ex asking about you as a good sign that she's open to getting back together again, or you can waste a lot of time trying to understand what she means and lose your chance with her.

The best approach is to take it as a good sign and then to ensure that you don't make the following 2 mistakes and turn her off:

1. Overanalyzing certain things she has said to others

For example: She might be talking to mutual friends and when the subject of you comes up she may say something along the lines of, *Of course I miss him. We had a good thing going for a while.*

Alternatively, she might say something like, *I knew he wouldn't get a new girlfriend.*

If a guy begins to overanalyze why she said what she said and tries to assess her state of mind and her intentions, he will almost definitely drive himself crazy.

Not only that, he will not get any closer to finding out the truth, because he's only guessing at what she was feeling based on how confident or insecure he feels about himself and his value to her.

So, make sure you don't do that to yourself.

Instead, understand that when getting a woman back, a man needs to focus on what he is doing, not on what she is doing.

He is the one who needs to lead the process.

It's not about following her.

If he tries to follow her, she will almost certainly lead him around in circles (e.g. by giving mixed signals, asking for more time, saying that she misses him, but couldn't be in a relationship with him again) like a typical woman will do.

A woman doesn't want to be the leader of the ex back process.

This is why, you need to have the confidence to make it happen without her help.

So, forget about trying to figure out why your ex is still asking about you and what she's saying and focus instead on reactivating her sexual and romantic feelings for you over the phone or in person and get her back.

The second mistake is

2. Being afraid to call her and say hi

Many guys say, *My ex prefers text,* or, *She'd get annoyed with me if I just called her.*

Yet, hereâs the thingâ!

You have to take charge and make it happen anyway.

Yes, your ex may initially not like it if you call her.

However, she will like it if youâre making her smile and laugh on the phone, then making her feel attracted in person and from there, making her feel very aroused and excited during sex.

However, you have to lead the way.

If you donât and instead wait for her to give you a sign that itâs okay to call her, you might eventually discover that sheâs moved on and is now in a relationship with a new man.

Donât let that happen to you.

If you want her back, you have to have the balls to take the actions required to get her back for real.

Donât be afraid to call her and say hi.

Do whatever has to be done to get her back.

You're not needy or weak for wanting to get her back.

Couples get back together all the time.

Do it.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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What Should I Say If My Ex Says That She Doesn't Want to Get Back Together?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 4 responses that work:

1. Agree not to get back together, re-attract her and then give her a week of space

[image: Agree not to get back together, re-attract her and then give her a week of space]

For example: Imagine you're at a meet up with your ex and she's saying things like, *â€œForget it. I just don't want to get back together again. Please just accept it and stop trying to change my mind.â€*

You can then respond with something along the lines of, *â€œOkay, if that's how you really feel, I won't push you. Sure I still care for you and want us to get back together again, but I respect your decision. I wish you the best of luck and I hope you will be happy.â€*

Of course, just by saying that to her, you're automatically making her feel bursts of respect for you again for being an emotionally strong and mature man and not reacting like she was afraid you would (e.g. get upset and cause a scene, beg and plead with her to change her mind, try to talk her out of her decision).

When she feels respect for you, she will also start to feel some attraction for you too.

You can then build on those feelings by making her laugh, smile and feel good around you, so that you can plant seeds of doubt in her mind that she's making the wrong decision by not wanting to get back together with you.

For example: You can joke with her by saying something like, *â€œI bet you thought I was going to start begging you to change your mind, didn't you? Okay, I hate to disappoint you, so here goesâ€* and pretend to throw a tantrum (e.g. pretend to cry, be upset) for a few seconds before having a light chuckle to let her see that you're only kidding.

She will most likely laugh and she will begin to wonder something like, *â€œWhat's gotten into him? He's so different now. He's being so confident and self-assured. I know I said that I don't want to get back together with him, but all of a sudden I feel so confused.â€*

Note: It's very important that you continue making her laugh and smile and sparking her feelings throughout the interaction with you.

Then, once she's totally relaxed and having a good time, you need to wrap things up with her (i.e. finish up what you're doing), then say something like, *â€œOkay, I guess this is goodbye then. Take care of yourself. Byeâ€* and leave.

Then, don't contact her at all (not even one text) for a week.

If you've properly sparked feelings of romantic and sexual attraction inside of her before giving her the week of space, she will be thinking about you and wondering if she's made the right decision.

If she hasn't contacted you after a week, contact her to say hi and then guide her through the ex back process.

Another way you can respond if your ex says that she doesn't want to get back together isâ€

2. Agree with her decision and get her to be open to a friendship

[image: Agree with her decision and get her to be open to a friendship]

For example: You might say something like, *“If that’s how you feel, I totally respect your decision. However, that doesn’t mean we can’t still be friends. We’re both mature adults and we can still enjoy each other’s company from time to time with no strings attached, right? So, let’s try that for a while. Then if you decide you don’t even want to be friends, I promise I’ll back off and leave you alone.”*

In most cases, a woman will likely respond with something like, *“Oh, okay. I guess we can still be friends.”*

Alternatively, if she wants to get rid of you, she might agree in the hope that she can eventually take you up on your promise to leave her alone.

Of course, that’s not going to happen, because you’re going to use the friendship to re-attract her.

For example: Some of the ways you can do that are by:

- Maintaining your confidence with her regardless of what she says or does to make you feel inadequate or like she’s not interested in you anymore.
- Being a good man, but also being confident and assertive when talking to her, so she can see that she can’t dominate you during conversations.
- Believing in yourself and in your value and attractiveness to her, rather than doubting yourself and making her feel like she needs to find herself a better man than you as a result.
- Making her smile and laugh and feel relaxed to be around you again, rather than trying to convince her to get back together again.
- Flirting with her to create sexual tension, rather than being too nice or neutral and giving her the impression that you’re not interested in her anymore.
- Showing her that you’re now at a new level as a man and that she can truly look up to you, respect you, feel attracted to you and love you, rather than continuing to make the same old attraction mistakes as before.

The more you continue saying and doing the types of things that build on her feelings of respect, attraction and love for you, the more she stops seeing you as just a friend.

She then naturally begins to fall back in love with you and want you back for herself.

Important: Don’t make the mistake of hanging around her and pretending that you only want to be her nice, neutral friend and that you’re not sexually interested in her anymore, because if you do that she may take it as a sign that you’re not interested in her anymore.

If she thinks that, she will then hook up with other guys to move on without you.

Another way you can respond if your ex says that she doesn’t want to get back together is:

3. Pretend to get angry about it and then laugh and say that it’s fine

[image: Pretend to be angry about it and then laugh and say that it's fine]

For example: You might frown, seem annoyed and say something along the lines of, *“I don’t accept that you don’t want to get back together again! You can forget about it if you think*

Iâm ever going to let you walk out on what we had. You are going to be my girl again whether you want to or not and thatâs final!

At this point your ex will likely look shocked and she may even say something like, *What?* or *Are you crazy?*

You can then burst out laughing and say, *Okay, stop looking so angry and stressed out. I was just kidding with you. I promise Iâm not going to kidnap you, lock you in my basement and force you to be my girl for the rest of your life. Haha! You should have seen your face when I said that to you.*

She will then likely laugh with you and maybe feel a bit embarrassed for getting caught out by you in that way.

She will also feel some attraction for you for having the balls to say and do that, rather than being so cautious and afraid to say something wrong.

Why?

Being on his best behavior around a woman makes a guy seem emotionally weak, wimpy and that turns her off.

A woman doesn't want to feel as though her guy needs her reassurance, love, attention and approval to feel confident and sure of himself.

She also doesn't want to feel as though she is the one in control of the relationship.

She wants him to be assertive and take control, but still be a loving, good man while he's doing it.

It's not about being rude to her, insulting her or disrespecting her.

Instead, it's about having the emotional strength to not take what she is saying so personally and just bring the interaction back to laughter and fun.

Think about it this way!

When you and your ex are both laughing and joking together, it makes it very difficult for her to hold on to her negative emotions about you (e.g. anger, disappointment, regret).

She then starts to feel good around you, even if she initially doesn't want to admit that to you, or even to herself.

When that happens, her guard starts to slip down and she begins to open back up to wanting to give the relationship another chance.

That makes her more willing to interact with you on the phone and in person, which means you have more chances to fully reactivate her feelings for you and get her back.

Another way you can respond if your ex says that she doesn't want to get back together is!

4. Get her to agree to at least remain friends on Facebook

If your ex is being closed off towards you and saying things like, *I don't think it's a good idea to keep seeing each other or even talking over the phone. We need to make a clean break so that we can both heal and move on,* rather than accept that and then potentially lose all contact with her (which makes it more difficult for you to be able to re-attract her and get her back), you can say something along the lines of, *Okay, I accept that you don't want to see me or talk to me over the phone, but at least let's stay friends on Facebook. We will then be able to get*

in touch with each other from time to time to say hi without any pressure. We can do that, right? It's not that big of a deal.

Chances are high that your ex will agree to that, because she won't feel pressured by you to get back together again.

You can then use Facebook to re-attract her and make her miss you.

How?

By posting photos of yourself having fun with other people (e.g. going to parties, events, festivals), so she can see you're happy and getting on with your life without her, rather than sitting around all day moping and worrying about how to get her back.

Instead, you are emotionally independent and feel good about yourself and your life without her.

A woman won't admit that she wants you to feel that way without her, but secretly she will like it and she will feel drawn to you again in a way that feels good.

She may then start to miss you and begin to wonder if she made the right decision to cut you out of her life by refusing to talk to you over the phone or see you in person.

You can then message her to have a chat and then transition to a phone call and then meet up because she will be more open to that by then.

When she experiences the new and improved you for herself (e.g. you're more confident and self-assured now, you're more emotionally independent, you're more ballsy and assertive), she won't be able to stop herself from feeling respect for you again.

When she starts respecting you again, she then also begins to feel sexually attracted to you again.

When those two emotions are reactivated, it becomes difficult for her to continue being closed off towards you.

She feels drawn to you and realizes that there is clearly still a spark between you and her and she felt it when she interacted with you.

When that happens, her defenses come down and she then becomes open to interacting with you even more to see where things go from there.

3 Mistakes to Avoid Making With an Ex Who Says That She Doesn't Want to Get Back Together

If you approach the ex back process in the correct way, you can easily get your ex back.

However, if you don't, you may end up turning her off even more.

This is why, you need to be sure that you're not making these mistakes with your ex right now:

1. Thinking that the way to get an ex back is to ask for another chance at the relationship

A lot of guys make the mistake of thinking that the only way to get an ex back is by asking her to give them another chance.

For example: A guy might call his ex on the phone and say something like, *I'm really sorry for what happened. I know that I made mistakes and I hurt you, but I really do care for you deeply*

*and I want to try and work things out. Please will you consider getting back together again?*â€œ

From there, his ex can then say *â€œYesâ€œ* or, *â€œNoâ€œ* and in his mind, he then has to live with whatever decision she makes.

Yet, thatâ€™s not the way to get an ex back at all!

Hereâ€™s the thing!

If you give your ex control of the ex back process, sheâ€™s going to feel more emotionally dominant than you, which is a turn off to her.

Sheâ€™s then likely just going to say *â€œNo,â€œ* because you havenâ€™t done anything to spark her feelings for you.

On the other hand, if you take control the ex back process and focus on making her have sexual and romantic feelings for you again, sheâ€™s going to want to get back together again, without you even needing to bring it up.

It will just happen, because itâ€™s what she wants for her own reasons (e.g. she feels attracted to you, sheâ€™s realized that youâ€™re the man for her and she doesnâ€™t want to lose you).

So, donâ€™t make the mistake of thinking that the way to get your ex back is to ask for another chance at a relationship with her and wait for her to decide.

If you want her back, you have to be ballsy enough to take the lead, reactivate her feelings for you and make it happen.

Another mistake to avoid is!

2. Trying to get her to agree to a relationship when the feelings aren't even mutual yet

When a guy gets broken up with and he realizes that heâ€™s losing the woman he loves, he might begin to panic.

He may then think to himself, *â€œI canâ€™t let this happen. I have to do whatever it takes to convince her to give us another shot.â€œ*

He might then repeatedly text, send messages via social media, e-mail and call his ex on the phone and saying things like, *â€œPlease give me just one more chance! I promise that this time I will do whatever it takes to make it work between us. Please!â€œ*

Essentially heâ€™s hoping that when she sees how committed he is to getting her back, she will be impressed and she will then give him another chance.

Yet, even though heâ€™s being sincere, thatâ€™s not what makes a woman want to get back with her ex.

Hereâ€™s the thing!

When a woman has lost touch with her feelings of love, respect and attraction for a guy and then breaks up with him, rather than feeling flattered that heâ€™s putting in so much effort to get her back, she will more-likely feel annoyed by his constant pestering.

She doesnâ€™t have feelings for him anymore, so the idea of being in a relationship with him just doesnâ€™t appeal to her.

She may then want to distance herself from him (e.g. block his number on her phone, unfriend him on

social media, avoid him if they happen to be in the same place at the same time), which makes getting her back a lot more difficult for him.

So, if you want your ex girlfriend to want to get back together again, you have to stop pushing her for a relationship and start making her feel strong surges of respect, attraction and love for you based on your new and improved behavior.

The more drawn to you she feels, the more the idea of being your girl again starts to appeal to her.

On the other hand, if you keep pushing her to give you another chance without sparking her feelings for you, she will continue to push you away and say, *“No! I’m just not interested.”*

Another mistake to avoid is

3. Giving up too easily if she doesn’t initially show a lot of interest

Sometimes a woman won’t be very enthusiastic the first time her ex reaches out to her after a break up.

In some cases, she may even be cold, aloof or even bitchy and say things like, *“What do you want? Why don’t you just accept that it’s over between us and leave me alone?”*

Naturally, when a guy hears something like that, rather than just take it for what it is (i.e. that she’s not fully re-attracted to him yet and that he can change that pretty quickly by re-activating her feelings for him), he instead starts to doubt himself and his chances with her.

He might then simply give up and walk away.

As a result, he loses out on getting her back.

Don’t let that happen to you.

If your ex doesn’t seem to be very enthusiastic about interacting with you again right away, it doesn’t mean she won’t be interested after you’ve sparked her sexual and romantic feelings for you.

So, just stay confident in yourself and in your attractiveness and value to her and continue to interact with her every chance you get.

During the interactions focus on making her laugh, smile and feel good to be talking to you again.

Before long, she will drop her guard and open back up to you again.

You can then guide her back into a relationship with you and enjoy the great times ahead.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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Ex Left Me For a Rich Guy. How Can I Get Her Back?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 tips to help you get her back now that she's found herself a guy with money:

1. Accept the truth that money is NOT what makes a relationship last for life

If money was the answer, no rich guy would ever get rejected, dumped or divorced.

Obviously, that's not what happens out there.

[image: Money is not what makes a relationship last for life]

Men with money do get rejected, dumped and divorced, even though they could probably offer a better 'lifestyle' to a woman than a guy who had little money.

Of course, it's true that money makes it easier to buy things and go places.

However, just because your ex left you for a rich guy, it doesn't mean that she will thoroughly enjoy herself with him, or will totally cherish the gifts he gives her.

If he causes her to lose respect and attraction for who he is as a person (i.e. by becoming insecure, controlling, emotionally selfish), then what he can offer her financially will quickly lose value and importance.

Here's the thing!

Although a man with money can initially attract a woman's attention (especially if she feels she's in a relationship with a guy who has no ambition and is going nowhere in his life), at the end of the day, what really attracts her and makes her want to stay with a guy is his ability to make her feel emotionally attracted as he talks to her and spends time with her.

In the same way, your ex will only stay with her new guy if he can make her feel attracted emotionally to him in other ways besides just buying her things or spoiling her with a luxury lifestyle.

This is why, it's very important that you don't fade into the shadows and instead maintain contact with her, so that you can re-attract her and get her back, by making her feel attracted to you again (e.g. by making her laugh and smile when talking to you, flirting with her to create some sexual tension, showing her that you really are different now).

The more respect and attraction she feels for you again, the less impressed she will be by her new man's money.

Suddenly, she will begin to notice his flaws more and more and when that happens, she becomes open to giving you another chance.

Another tip to help you get an ex back who left you for a rich guy is!

2. Get clear on the reasons (other than money) why she left you

[image: Reasons why she left you other than money]

Right now, you're likely feeling hurt and angry with your ex and you may even be thinking things like, 'I can't believe she's so shallow! I never noticed this about her before, but she's clearly a gold digger!'

However, by assuming that the only reason she left you is because you didn't have as much money as her new guy can be a big mistake. Why?

A woman will rarely break up with a guy for only one reason.

In most cases, a woman will have several, secret reasons why she no longer feels respect, attraction and love for her guy.

So, even though to you it might seem crystal clear that what your ex wanted was a guy who is richer than you, the reality might be that there are actually several other reasons why she picked him over you.

This is why, if you want to get her back, you first need to understand her other, more subtle reasons for breaking up with you.

If you don't, you will likely end up offering her things that she doesn't want (e.g. You might go out of your way to get a better job so that you can offer her more material things, but what she really felt turned off by was your lack of emotional masculinity when you and her were together. She never truly felt like a desirable woman with you and instead felt more like your friend).

This is why you need to know exactly why she broke up with you.

Of course, you can't just go and ask her to tell you her reasons.

If you do, you may end up turning her off even more, because you will look like a confused guy who still hasn't fully grown up and become a man.

As a result, she will automatically feel more attracted to her new guy and believe she made the right decision to leave you for him.

So, you do need to figure out your ex's reasons for leaving you without her help.

However, that doesn't mean you're on your own.

If you're unsure of where to begin, ask yourself the following questions:

- What aspects of my thinking and behavior attracted her to me initially (e.g. my confidence and emotional strength, my independent spirit, my great sense of humor, my emotional masculinity), and did I maintain those things throughout our relationship, or did I slowly slip into behaving in unattractive ways (e.g. needy, clingy, insecure, emotionally immature and unfocused, wimpy)?
- Did I always treat her well (i.e. with love and respect), or did I slip into a habit of taking her for granted, or even treating her badly (e.g. by being too jealous and controlling, being aggressive or moody, being selfish and putting her last in your life)?
- Did I keep my promises to her, or did I often go back on my word (e.g. forget to call, was unavailable when she needed me)?
- Was I the kind of man she could look up to, respect and feel proud of, or did I do things to make her feel embarrassed of me (e.g. behaved in childish and immature ways)?
- Did I have goals and a purpose for my life, or was I just drifting from one thing to the next?
- Did we want the same things in the relationship or did we want different things (e.g. to settle down, buy a house together, get married and start a family vs. being carefree, traveling around, partying, having fun and not being tied down)?

Depending on your answers, you will likely already have a clearer picture of why your ex left you for

a rich guy.

Then, once you know where you went wrong, you can take action to change and improve some of the things that were turning her off.

When your ex experiences the new you (i.e. via your attitude, behavior, actions and conversation style), she won't be able to stop herself from feeling drawn to you again.

Suddenly her new man doesn't seem as perfect to her anymore, because she's experiencing new, fascinating feelings of attraction for you.

Her guard will then naturally come down and she will open herself up to interacting with you more and more to see how she feels about you.

Another tip to help you get an ex back who left you for a rich guy is

3. Interact with her and make her feel rushes of attraction for the new you

The best way to make an ex woman begin seeing you as better than her new guy and want you back for real, is to interact with her and actively make her feel sparks of sexual attraction for you.

This will take you using some ballsy humor and stepping outside of your comfort zone.

For example: Imagine you're on a phone call with your ex and she starts telling you how happy she is with her new guy.

The old you would likely get upset and start thinking negative things like, *I don't stand a chance with her,* or *It's just too late. She's crazy about this guy and there's nothing I can do. Besides, I have nothing to offer her compared to him.*

This would then cause you to feel unsure of yourself and possibly even make you stumble over your words.

As a result, your ex would feel turned off by what she perceives as your emotional weakness and she would feel even more convinced that she is now with the right man.

However, that's not how the new you reacts.

In fact, the new you uses what she says to spark her feelings and make her feel strong surges of attraction for you again.

For instance, you might respond to her by playfully saying (in person or on a phone call) something like, *This is such excellent news! I was worried that no other guy would take you off my hands if he found out how bad your cooking/singing/snoring is, but now I can relax knowing some other guy has to put up with it instead of me. What a relief!* and then have a laugh with her about that.

She will most likely laugh because of the way that you're playfully teasing her.

She may also be a bit shocked that you're not getting upset, begging her to change her mind like she was expecting you to or feeling insecure that he has a lot of money.

Reacting like that makes her realize that you're not the same guy she broke up with.

You have already leveled up as a man.

As a result, she starts to feel rushes of respect and attraction for you and she will then either be impressed with the new you and find it difficult to stop thinking about you, or she will test your newfound confidence by acting like it's not having an effect on her.

Regardless of her reaction, it's up to you to maintain your confidence with her and continue to

say and do the kind of things that will build up her feelings of respect and attraction for you.

Note: Don't try to do it all via text.

The majority of the ex back process has to be done on a phone call or in person.

If you try to do it all via text, she can simply ignore your texts or play hard to get or worse.

Additionally, she can easily misinterpret your texts as being needy, insecure or rude, even when you're being confident, relaxed and easy-going.

This is why, if you really do want her back for real, you should aim to complete the majority of the ex back process on a phone call and then in person.

On a phone call, she can sense your confidence and in person, she can see it.

Yet, via text, she can mistakenly assume that you're being insecure, needy or desperate.

The more she experiences the new you on a phone call or in person, the more confused she will begin to feel about her feelings for her new guy.

At that point, you just have to maintain your cool, make her feel even more attracted to you and then get a hug, a kiss and even sex.

After that, you and her will naturally get back together if you play your cards right.

Another tip to help you get an ex back who left you for a rich guy is

4. Use it as motivation to become a more ambitious guy

If you haven't been reaching your true potential financially (e.g. you've been stuck at the same level in your job for ages and haven't been motivated to ask for a raise or look for something that pays better, you've been delaying taking action on making your dreams of starting your own business a reality, you've been avoiding improving your level of education/qualifications so that you can apply and get a promotion at work), now is the time to start.

You don't have to make a lot of money immediately, or become hugely successful overnight.

Just use her reason for leaving you to start making progress in a more profitable direction in life.

This will make you feel better.

You obviously won't be as rich as your ex's new boyfriend next week and you don't need to be.

Women are very attracted to men with ambition who follow through on their goals.

So, when your ex sees that you're making progress and are rising through the levels of your career or succeeding in your chosen business or profession, she will automatically begin to feel respect for you again for being man enough to take control of your financial life and make your goals and dreams a reality.

When she starts to respect you, she will naturally begin to see you in a more positive light and she may then begin to remember some of the other things about you that she found attractive (e.g. your sense of humor, your playfulness, the way you always came through for her when she needed you).

As a result, she will also start to feel attracted to you again (especially if her new man is lacking in those areas), without her even realizing that it's happening to her.

She then becomes open to talking to you over the phone and even seeing you in person, which then gives you the opportunity to fully reawaken her feelings for you and get her back.

Important: Make sure that you don't use your progress or newfound ambition as a way to sell

yourself to her.

If you do, she will almost certainly see that as desperate and she will likely think things like, *â€œWhy couldn't he be like that when we were together? He's just doing that because he's jealous of my new guy and wants to show me that he can be successful too even though he wasn't before. That's just so desperate and it's actually so off putting to me.â€*

That's not what you want.

So, just use it as motivation to accomplish great things for yourself and as a bonus, you may also re-attract your ex back too.

Another tip to help you get an ex back who left you for a rich guy isâ€|

5. Get her to meet up with you just as friends, so you can interrupt the process of her moving on

[image: Meet up with her and interrupt the process of her moving on]

For example: You might call her on the phone and say something along the lines of, *â€œHey, I accept that you've moved on with someone else now. I'm totally fine with that and I hope you'll be very happy. However, that doesn't mean we can't still be friends anymore, does it? We're both mature adults and there's nothing wrong with meeting up for a quick cup of coffee now and then to catch up and say hi as friends. So, let's do that sometime this week and cement our new friendship with one of those cinnamon rolls you love so much. I'm free on Wednesday or Thursday afternoon. Which day suits you best?â€*

She may either say *â€œYes,â€* right away and you can arrange to meet up with her at a suitable place and time.

Alternatively and this is more likely, she may play a bit hard to get and say something along the lines of, *â€œI don't think that's a good idea,â€* or *â€œI'm not sure my boyfriend will approve of that.â€*

The important thing is that you don't give up at that point and lose your chance of re-attracting her.

So, in a confident, easy-going voice say, *â€œOh, don't be like that. It's just a quick catch up between friends. We can do that. It's no big deal. Besides, if after we meet up you decide that you never want to see me again, I'll respect your wishes and disappear out of your life forever. So, which day suits you best?â€*

She will then likely agree and say something like, *â€œOkay, just this once,â€* or *â€œIf you promise to back off afterwards.â€*

Then, just go ahead and make plans to meet up with her.

At the meet up, make sure that you build up the sexual tension between you and her (e.g. by using ballsy humor to make her feel attracted, flirting with her to create a spark between you).

If you can get her to cheat on her new guy with you, it can potentially ruin their relationship and make her come back to you.

However, even if she doesn't want to hook up with you sexually, don't worry about it.

The main thing that you need to focus on changing and improving and becoming a better man, while also using every interaction you have with her from now on to spark her sexual and romantic feelings

for you over and over again.

The more you do that, the more doubts she'll begin to have about her decision to leave you for a another guy and then you are in the process of breaking up her new relationship, whether she realizes it or not.

3 Mistakes to Avoid When Trying to Get an Ex Back Who Left You For a Rich Guy

Even when a woman has a new man, it's not impossible to get her back if you approach it right (i.e. interact with her, reactivate her feelings, show her that you've changed and improved and get her back).

On the other hand, if you approach it in the wrong way, you can easily turn her off even more and convince her that she made the right decision by leaving you for her new man.

This is why, you need to make sure you don't make the following mistakes:

1. Thinking that money is the only main reason she left

It's highly possible that your ex was attracted to her new man because he has more money than you, especially if you and her were struggling to make ends meet.

However, it would be a big mistake for you to assume that that was her only reason for leaving you.

The truth is, when a man builds on his woman's feelings of love, respect and attraction in the relationship with him (e.g. by being confident and emotionally strong, making her feel like a sexy and desirable woman, being emotionally masculine, being ballsy and maintaining his power in the relationship with her), she will put up with not having all the material things she wants, because she has him.

However, if he continuously turns her off in other ways (e.g. he's insecure and needy, he depends on her to take care of him and make all the decisions, he's childish and immature), then the money problems they're experiencing will start to look huge to her.

If she then meets a man who can take care of her financially and also happens to fill in some of the other gaps that were missing in her relationship with her guy, she will quickly dump him and move on.

Here's the thing!

If you want to get your ex back, you have to make sure you're offering her what she really wants, not what you think she wants.

It would be a shame if you just focused on making more money, only to realize that that is not really what she wanted in the relationship with you after all.

So, make sure you understand her deeper, secret reasons for breaking up with you, so that you can offer her what she wants and win her back.

Another mistake to avoid is!

2. Calling her a gold digger and hoping it will make her feel ashamed

When a guy is feeling betrayed and angry for being dumped by his woman for a rich guy, he may be tempted to say hurtful things like, *â€œI never realized that youâ€™re such a gold digger. It makes me sick to think that I trusted you, gave you all my love and imagined that you loved me back too, when in fact youâ€™re nothing but a shallow, user who only cares about herself.â€*

Secretly he may be hoping that she will feel ashamed and possibly even think, *â€œHeâ€™s right. I really did act like a gold digger. However, thatâ€™s not who I really am deep down inside. Iâ€™m a good person and so is he and we belong together after all.â€*

She may then dump her new man and come running back to him.

Unfortunately, it doesnâ€™t work out that way.

Rather than make her feel ashamed, it usually has the opposite effect.

She sees his behavior as stemming from feeling inferior and like heâ€™s not good enough for her.

Basically, heâ€™s trying to make her feel guilty about something she doesnâ€™t need to feel guilty about.

As a result, she feels even more turned off by him and that pushes her deeper into the arms of her new man.

Another mistake to avoid isâ€

3. Giving up because you assume the rich guy must be giving her everything she really needs

No one is perfect; not even your exâ€™s new rich boyfriend.

So, even though she might seem really happy and content with him right now, chances are high that over time she will begin to notice things about him that are turning her off (e.g. he spoils her with gifts and romantic gestures but heâ€™s emotionally closed off to her, or he looks down on her and belittles her).

She may then begin to see him in a new, more negative light and think things like, *â€œI really thought what I wanted was a rich guy to buy me all the things I desire and make me feel like a princess. However, now that I have all those things, I realize that what I got from my ex (i.e. love, attention, respect) was so much more valuable. I miss that. In fact, I miss him. I think I made a big mistake by breaking up with him.â€*

When that happens, she opens up to the idea of interacting with you more.

However, if youâ€™ve already given up and have stopped interacting with her because you thought it was a lost cause, you will likely miss out on getting her back.

She will try to get over you and either make things work with her new guy, or dump him and look for another man who is more like you to hook up with.

So, donâ€™t let that happen to you.

Stick around (even if only as her friend) and build on her feelings of respect and attraction for you.

The more you do that, the faster she will reconnect with her feelings of love for you and reconsider getting back together again.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

How to Get Your Girlfriend Back After Being a Jerk to Her

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

4 simple things you need to do to get her back:

1. Stop looking at yourself as the jerk ex boyfriend

Although you may have been a jerk to your girlfriend and caused her to break up with you, sitting around thinking things like, *“I am such an idiot! I had the perfect woman and I lost her out of pure stupidity. Now I have to live with the knowledge that I am the one responsible for destroying what we had, because she will probably never forgive me for being such a jerk to her and give me another chance.”* is actually the worst thing you can do.

By making yourself out to be the bad guy, you’re just wallowing in the past and not allowing yourself to move forward and become a better man.

Right now, you’re the man who has learned from the experience, not the jerk who behaved in that way during the relationship.

If you look at yourself as the jerk ex boyfriend, so will she.

So, don’t do that to yourself.

Instead, you need to realize that we all live and learn and make mistakes sometimes.

As long as you’ve learned your lesson and have become a better person, there’s no reason for you to continue punishing yourself for what happened.

Put it behind you and start with a clean slate based on the man that you are now.

The most important thing is that you move forward and replace the negative feelings that your girlfriend experienced (e.g. anger, betrayal, heartbreak) with renewed, positive feelings of trust, respect and attraction.

When you reactivate those feelings inside of her, everything changes.

Her guard comes down and she opens herself up to getting back together again because being around you feels good again.

However, if you continue to look at yourself as the jerk who ruined everything, it will come across in your actions and behavior when you interact with your ex and she will most likely push you away and say things like, *“Forget it! I can never forgive you for what you did to me.”*

Another thing you should do to get your girlfriend back after being a jerk to her is

2. Apologize briefly and sincerely if you haven’t done so already

Apologizing to your girlfriend for your behavior is definitely something you should do, if you haven’t already done so.

However, it’s very important that you don’t go on and on about all the mistakes you made, or try to make her feel sorry for you by apologizing over and over and telling her how bad you feel.

A brief, yet sincere apology is all that is needed to make your point without coming across as desperate, or making your ex feel like she has a lot of power over you, which she doesn’t want.

For example: Imagine you're on a call, or at a meet up with your ex.

You might then say something along the lines of, *“Before you say anything, I just want to apologize to you for being such a jerk. I know that I really stuffed up and caused you a lot of pain and for that, I’m truly sorry. However, I do want you to know that I’m not that guy anymore. I’ve learned from my mistakes and I’ve become a better, more emotionally mature man as a result. Of course, I don’t expect you to believe me or forgive me just because I’m apologizing to you, but I hope we can at least go forward without taking all the baggage from the past with us. Although I do still care about you, I accept that we’re broken up now. I’m not asking you to take me back, I just want you to forgive me so that we can start over with a clean slate and at least be friends again.”*

By calmly apologizing to your ex girlfriend, while being confident and emotionally mature enough to admit your mistake, you're showing her that you're no longer the jerk she broke up with. You have learned your lesson and are taking positive steps to become a better man than before. This is attractive to her.

It automatically re-sparks some of her feelings of respect and attraction for you and she then allows herself to stop focusing on how badly you stuffed up, which makes it easier for her to truly forgive you.

As a result, she drops her guard a little bit and begins to feel more comfortable about talking to you over the phone and seeing you in person again.

Then when she experiences the new you for real, she naturally opens back up to hugging you, kissing you, having sex and getting back together again.

Another thing you should do to get your girlfriend back after being a jerk to her is!

3. Remember what attracted her to you for so long

Sometimes, when a guy gets dumped for being a jerk, he might make the mistake of thinking that to get his girlfriend back, he needs to be on his very best behavior around her (e.g. by being extra nice to her even when she is being bitchy towards him, letting her call the shots by telling him when he's allowed to text, phone or see her, accepting all the blame for what happened between them).

Essentially, he's hoping that if she sees that he's willing to do anything to make her happy, she will believe that he's turned over a new leaf and give him another chance.

Yet, here's what a guy like that doesn't understand!

If she's the sort of woman who put up with him being a jerk, then she most likely prefers a guy who doesn't suck up to her 24/7.

The same probably applies to you and your ex girlfriend.

So, don't turn into Mr. Nice Guy now and expect her to want that.

A woman wants to be with a man that she can look up to and respect, not a guy who submits to her and allows her to walk all over him, just so he can get her back.

So, if you want your ex girlfriend to give you another chance, make sure you don't lose the qualities about you that she still finds attractive (e.g. your emotional strength, your emotional masculinity).

Interact with her and make her feel attracted to who you are now, but also show her that you're

still the man she fell in love with too.

Thatâs the secret to re-attracting her and getting her back.

Another thing you should do to get your girlfriend back after being a jerk to her isâ!

4. Don't try to sell her the new you by explaining how much you've changed

[image: Don't try to sell her the new you, by explaining how much you have changed]

A guy will sometimes try to get another chance with his ex by telling her that he has changed.

For example: He might say things like, *âI know I was a jerk, but Iâm really not like that anymore. Iâm a different man now, I promise. I donât react the same way I used to. Iâm so much calmer and more in control of my emotions now and if you just give me one more chance I will prove it to you.â*

Yet, chances are high his girlfriend is just going to say something along the lines of, *âDo you really expect me to believe you after everything youâve put me through? Besides, Iâve lost count of all the times before now that youâve promised me that you will change, only to go back to being the same jerk you were before. So why should this time be any different? Forget it! Iâm not interested in your empty words! I donât trust you anymore and itâs going to take a lot more than you telling me that youâve changed to make me change my mind about us.â*

So, if you donât want that kind of reaction from your girlfriend, donât tell her how youâve changed.

Instead, let her experience the new and improved you in person.

She will pick up on the changes without you having to oversell yourself to her.

It will naturally come through in how you talk to her, what you say and how you respond to her and react to what she says and does (e.g. when she tries to get a rise out of you and make you go back to behaving the way you used to by being cold, bitchy or indifferent towards you).

So, donât worry about trying to prove to your girlfriend that youâve changed by explaining to her how you did it.

Just be the new, improved, more emotionally mature version of yourself when you interact with her and she will pick up on it automatically.

Then, when she sees for herself that you really are a changed man now, something really amazing happensâ!

She canât stop herself from feeling respect for you again.

When she respects you, she also feels attracted to you and then the idea of spending more time with you becomes something sheâs willing to do.

You can then show her that you really are a new man now and get her back.

However, if you try to sell yourself to her and convince her with words, sheâs likely just going to continue pushing you away and saying things like, *âForget it! I just donât believe you anymore. You stuffed up one time too many and now I just want to put it all behind me and move on. If you really do care for me like you say you do, then youâll stop explaining how much youâve changed and just accept that itâs over between us.â*

Avoid the Following 3 Problems to Get Her Back Easier and Faster

If you want to get your girlfriend back, you have to make sure that from this point onwards, every thought you think and every conversation and interaction you have with her, is showing her that you're a changed man.

If you try to get her back, but are still thinking and behaving in unattractive ways, she's going to lose even more respect and attraction for you and she's likely going to say things like, *"I wouldn't give you another chance if you were the last man on earth after how you treated me. Go away and leave me alone! I never want to see you again, and I mean it this time. Don't ever contact me again!"*

That would really suck.

So, don't let it happen.

This is why, you need to make sure you're not making the following mistakes:

1. Feeling unworthy of her because of how badly you treated her

When a man feels like he's to blame for the break up with his girlfriend, he might fall into the trap of thinking of her as having been perfect compared to him and never did anything wrong.

He may then put himself down by thinking things like, *"It's all my fault our relationship is ruined. I was the jerk who destroyed it. Even though she put up with my crap over and over again, I never learned my lesson. Instead I kept on and on stuffing up until she got tired of me and left. Even if she wanted me back now (which she doesn't), the truth is, I don't deserve a woman like her. She's just too good for me."*

Yet, what he doesn't realize is that feeling unworthy of his ex girlfriend's love, respect and attraction only makes him seem less attractive to her (and to other women).

Why?

A woman likes the idea of being in a relationship with a man who is always confident and believes in himself no matter what happens (even if he behaved badly and ruined her feelings for him).

The more emotionally strong he is, the more she is able to respect him, feel attracted to him, love him and feel proud to be with him.

So, when a guy is feeling sorry for himself and putting himself down, rather than make her feel happy that he's suffering for the way he treated her, she instead feels turned off by his lack of confidence.

She then has one more reason not to want to be with him anymore.

Here's the thing though!

Everyone makes mistakes.

So, yes, you stuffed up.

That's a fact.

However, if you're a better guy now, then that's who you are.

The past is the past and thereâs nothing you can do about it.

However, if you can make your girlfriend feel so much more loved, appreciated and respected now, then getting back together will be great for both of you.

So, forget what happened and focus on what you can do right now.

Another mistake to avoid isâ|

2. Apologizing in detail via text or e-mail

A guy might sometimes send his ex walls of text saying things like, *âIâm so sorry for being a jerk to you! I know I stuffed up badly and I canât express to you how much I regret what I put you through. If I could take it all back, I would, but since thatâs not possible, the only thing I can do is tell you how very, very sorry I am as many times as it will take for you to believe me.â*

That can work if a woman is still madly in love with her ex.

However, if sheâs currently over it and isnât interested in trying to make things work, she will likely just feel annoyed with him. Why?

Even though heâs being sincere and he genuinely is sorry for how he treated her, she will likely take him apologizing to her via text as a sign that heâs once again being a jerk to her.

Heâs saying sorry to her but he doesnât even have the balls to do it face-to-face or at least over the phone.

Instead, heâs hiding behind texts where she canât really see his body language or hear the tonality of his voice.

So, in her mind, rather than picture a man who genuinely regrets how he treated her, sheâs imagining him laughing and snickering at her and thinking things like, *âSheâs so gullible. I bet sheâs going to fall for my apology hook line and sinker.â*

Of course thatâs not the truth, but because he was a jerk to her before and she doesnât have any evidence to prove that heâs changed, sheâs usually just going to assume the worst of him.

This is why, if you intend to apologize to your girlfriend, make sure you do it over the phone or in person.

Yes, sheâs probably not going to make it easy for you (e.g. she may refuse to answer your call), but you need to man up and figure out how to pass that test of your confidence and resolve.

When you do and you then sincerely apologize to her over the phone, or even better, in person, she wonât be able to stop herself from feeling respect for you for being man enough to admit your mistakes and take responsibility for your actions.

When she respects you, she will also begin to feel attracted to you again and then getting her back becomes easier because sheâs not thinking about you in a negative way anymore.

Another mistake to avoid isâ|

3. Not changing much or anything about yourself. She then senses it and keeps her guard up

[image: Make real changes so she has a reason to bring her guard down]

One of the biggest mistakes some guys make after being dumped by their girl for being a jerk, is to

try and get her back without changing and improving any of the things that turned her off.

Instead, a guy like that will usually focus all his effort on chasing after her and saying and doing whatever he thinks will make her forgive him and give him another chance (e.g. apologizing, making promises that he really has changed, sending her flowers, buying her gifts, writing her long, soppy love letters telling her how much he loves her).

Initially, she might feel sorry for him and decide to at least meet up with him one more time to see if heâs improved since the break up.

However, if she meets up with him and realizes that he hasnât changed (e.g. heâs still jealous and controlling, is immature and childish, has a wandering eye), then she will close herself off from him even more.

If he then tries to convince her to give him another chance, rather than get the results heâs hoping for, heâs shocked when she says something along the lines of, *âI was hoping that this time would be different, but once again, nothing about you has really changed. Youâre still the same jerk I broke up with and Iâm not falling for your empty promises anymore. I donât believe that you can change, or even that you want to change. Youâre a lost cause and Iâm done with you for real this time. Please donât contact me again or try to convince me to change my mind with your flowers, gifts or love letters. I will not be falling for that again. Bye.â*

So, if you want your ex girlfriend to give you another chance, the first step is to make some changes to yourself to attract her in the ways that are important to her (e.g. youâre so much more emotionally mature and focused now, youâre more supportive of her dreams and ambitions, youâre more emotionally masculine and as a result, she feels feminine and girly around you rather than feeling neutral or even turned off).

When she experiences the changes in you first hand (i.e. on a phone call or in person), she naturally opens up to forgiving you for being a jerk to her.

When she forgives you, her guard comes down and you can then build on her feelings of respect and attraction for you and make her reconnect with the love that is currently lying dormant in the background.

Then, youâve just got to be confident and guide her back into a relationship with you.

Donât give up.

Donât feel like itâs impossible.

You can do it.

Guys all over the world get their women back every day, and you can do it too.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to

gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

3 Examples of How to Tell an Ex You Still Love Her Via Text

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

1. Use humor to get her smiling and laughing first. Then, tell her

Regardless of how bad things are between you and your ex, a little bit of humor will usually take the bite out of the negative feelings she is holding onto about you and allow her to open up enough so that you can re-attract her and get her back.

This is why, if you think that your ex is currently closed off to you and not feeling much (or any) respect, attraction and love for you, using some humor when you text her is one of the easiest ways to bring down her guard and make her feel some sparks of love for you again.

So, don't be afraid to joke with her to diffuse the tension between you and her and make her feel happy to be hearing from you again.

Then, once you've made her laugh and smile a little bit, you can get to the part where you tell her you love her.

For example: You can finish your text conversation with her by texting something like, *â Anyway, I have to get going now. Heading out to meet with a couple of friends. Love you, Dan.â*

By writing your name after *â Love youâ* it actually makes her read it out as saying, *â Love you Dan.â*

In other words, it's like she is saying that she loves you.

It echoes in her mind.

She feels it in that moment.

It's a neurolinguistic programming trick that works every time.

She might then begin to think things like, *â This is interesting. I've actually been enjoying texting with him. I even feel like I miss him. Maybe I do still love him. Maybe I should talk to him again on the phone or in person to see if I really still have feelings for him, or if I'm just attracted to him because he made me laugh.â*

She then becomes more open to the idea of talking to you on the phone and seeing you in person, which is exactly what you want.

On a phone call and in person, you can easily re-attract her by allowing her to experience the new and improved man that you've become and get her back.

Another example of how to tell an ex you still love her via text isâ

2. Just say it

[image: Just say it]

In some cases, a woman might break up with a guy, but still have some feelings for him.

At the back of her mind she may even be thinking things like, *â I thought that breaking up was what I wanted, but now I really miss him. So, even though it was bad near the end of our relationship and we were always fighting and arguing with each other, I don't like how it feels without him. I realize now that I still have some feelings for him, but I don't know if he still has any feelings for*

*me. I wish he would give me a sign that he still cares too. Then, we could get back together again and try to make our relationship work this time.*â€œ

In a situation like this, getting a simple two word text of, *â€œLove you,â€œ* from her ex is all she needs to open back up to him.

So, if you sense that your ex is secretly missing you (e.g. because sheâ€™s still open to interacting with you, she always responds to your texts or messages in a friendly, open way, sheâ€™s nice to you even though youâ€™ve broken up), then sending her a simple, *â€œLove you,â€œ* text may be exactly what sheâ€™s hoping for.

She might then respond with something like, *â€œLove you too,â€œ* or *â€œYou too.â€œ*

Itâ€™s then up to you to take the next step (i.e. call her and arrange to see her in person), so that you can fully re-attract her and get her back.

Remember: Text on a little screen doesnâ€™t have the same impact as words spoken over the phone and more importantly, as words said to her in person where she can see your body language and evaluate whether youâ€™ve changed, how youâ€™re feeling and how youâ€™re responding to her.

For example:

- Are you confident and relaxed, or are you tense and nervous?
- Are you a new and improved man, or are you still making the same attraction mistakes you made before you and her broke up (e.g. being too timid and allowing her to walk all over you, treating her more like a neutral friend than like an attractive, desirable woman, giving your power to her, or being more emotionally masculine than her)?
- Do you believe in your attractiveness to her, or do you feel like sheâ€™s too good for you?
- Do you laugh at her (in a loving way) when sheâ€™s being cold, distant or even bitchy towards you during interactions, or do you become needy and desperate and seek pity from her for behaving like that by saying things like, *â€œWhy are you doing this to me? I still care for you and youâ€™re not even trying. Please baby, donâ€™t do this. I really want to make things work between us and youâ€™re not giving us a chance.â€œ*

When she can see for herself that you really have changed and improved, her guard naturally comes down and sheâ€™s happy to give the relationship another try, because it feels good to her.

However, if you stick to texting, she may begin thinking things like, *â€œI guess he said he loves me because heâ€™s needy and desperate and canâ€™t cope without me, not because heâ€™s changed and is a better, more emotionally strong man now and wants to work things out with me. He doesnâ€™t even have the balls to get on a phone call with me. I suppose I need to accept that heâ€™s not the man I want him to be and work on getting over him so that I can move on.â€œ*

So, while itâ€™s fine to tell your ex that you still love her via text, donâ€™t get stuck at that level of communication with her.

If you want her back, make a move.

Another example of how to tell an ex you still love her via text isâ€œ!

3. Send her a ballsy, funny text with real feeling

One of the biggest mistakes that a guy can make when texting an ex, is to be too serious with her (e.g. heâ€™s very polite or formal and doesnâ€™t say anything that might be misinterpreted by her as

sexual or challenging, he is overly respectful and considerate towards her).

Essentially, heâs hoping that when she sees how nice he is being, her walls will begin to break down and she will eventually reveal her feelings for him, so he can then tell her that he still loves her. Yet, life doesnât work that way.

Most women donât open up to and reveal their feelings to a guy who is afraid of them.

Women respect balls.

One of the ways to show a woman that you have balls, is to use ballsy humor when you text her.

Rather than texting something along the lines of, *âHey, Iâve been worried about you since we broke up. How are you doing?â in the hope that she will respond with something like, âIâm miserable without you. I really miss you! Do you miss me too?â* have the emotional courage to just say what you really want to say to her and let her respond to that.

For example: Just go ahead and text, *âHey ex girlfriend, just wanted to say that I love you.â*

Even if she doesnât instantly show it, your ex will be impressed with you for having the confidence to say that to her, rather than playing games with her (e.g. sending her feeler texts in the hope that she will make it easy for you by telling you how she feels first).

She then begins to feel a renewed sense of respect for you for being an emotionally strong, ballsy man.

When she respects you, she also canât stop feeling attracted to you again and she then becomes more open to taking to you over the phone and meeting up with you in person to see how things evolve from there.

Common Problems Guys Experience When Saying âI Love Youâ Via Text

In todayâs world, texting has become a major form of communication between people, so itâs only natural that a guy might want to tell his ex that he loves her via text.

However, even though there are benefits to that, there are also some problems that might crop up.

So, if youâre looking to tell your ex that you still love her via text, here are some common problems guys experience when doing that.

1. She doesn't seem overly excited to hear from him, so he loses confidence

[image: She didn't seem excited to hear from me. Is it over forever? Have I completely lost her?]

Regardless of how a woman feels about her ex (e.g. she currently hates him and never wants to see him again, she feels nothing for him, she still has feelings for him and secretly wants to get back with him), in most cases, she wonât act like sheâs happy to hear from him when he contacts her.

Instead, she will likely act cold, aloof and even bitchy towards him and even say things like, *âWhy are you texting me? What we had is over and I donât care how you feel about me. I donât feel the same way about you and I donât want anything to do with you.â*

Naturally, when a guy opens himself up to his ex and is rejected, he may begin to doubt himself and his attractiveness to her.

Yet, thatâs the worst thing he can do. Why?

The more he loses confidence in himself and doubts himself and his attractiveness and value to her, the more unattractive he becomes to her.

Hereâs the thingâ!

If a woman senses that a guy needs her to be nice to him so he can feel good enough about himself and then be able to follow through and get her back, it will actually turn her off him even more.

Women are attracted to men who are confident in themselves and in their attractiveness to a woman, without needing her approval, niceness or support to make them feel that way.

In other words, a woman wants a man who feels confident and good about himself, with or without her.

So, if a guy loses confidence in himself at the first sign of resistance from his ex, she wonât be able to reconnect with her feelings of respect and attraction for him.

She may then text him something along the lines of, *âLook, Iâm sorry that youâre struggling to get over me, but I donât have feelings for you anymore. So, please accept that weâre broken up and that weâre not going to get back together again.â*

This is why itâs very important that you maintain your confidence, no matter what your ex says or does to rattle you.

When she can see that no matter what she throws at you, you remain confident and emotionally strong, she wonât be able to stop herself from feeling some respect and attraction for you again.

She then drops her guard and opens up to interacting with you more and more (i.e. over the phone and in person) and you can then use those interactions to fully reactivate her feelings for you and get her back.

Another common problem guys experience when trying to get an ex back isâ!

2. Waiting for her to make it completely clear via text that she wants a relationship, before he pushes for a meet up

Sometimes a woman will willingly respond to texts from her ex and even engage in a texting conversation with him.

However, the more he tries to gauge how she feels about getting back together with him, the less sure he feels.

He may then think something to himself like, *âMaybe sheâs interested in getting back together again since sheâs open to texting back and forth, but I donât feel sure enough to push her for a meet up yet. I think the best thing for me to do is to wait a bit longer for her to give me an obvious sign that she wants a relationship. Then, I will definitely ask her to meet up with me so that we can get back together again.â*

He then just sits around waiting for his ex to make it completely clear that sheâs open to seeing him in person again, only to be shocked when he finds out that sheâs been moving on without him.

Hereâs the thingâ!

If you want your ex back, you canât wait for her to make it easy for you.

If sheâs texting you back, thatâs as much of a sign as youâre likely going to get from her. After that, itâs up to you to take the lead, reactivate her feelings for you and get her back. Stop texting and get her on a call with you where you can spark some of her feelings for you and then arrange a meet up with her, where you can fully reactivate her feelings of respect and attraction for you.

The more sexual and romantic feelings you spark inside of her, the more she will open up to the idea of being your girl again.

On the other hand, if you stay stuck texting her without making a move, donât be surprised if one day soon she says something along the lines of, *âLook, itâs been nice texting you, but I have a new boyfriend now and he doesnât want me texting you anymore. I hope you can accept that and not contact me again. I wish you all the best though and I hope youâll find someone else too. Bye.â*

Another common problem guys experience when trying to get an ex back isâ

3. Trying to explain his feelings for her in detail via text

Many guys try to explain their feeling and what went wrong in the relationship with their ex, in a series of text messages.

A guy like that often hopes that when his ex reads his explanation she will think something along the lines of, *âThatâs so sweet. I finally understand why our relationship failed. However, Iâm so thrilled to see that he still cares for me so much. Itâs actually quite romantic that heâs telling me all this via text. Maybe I should call him and tell him that Iâm ready to give our relationship another chance.â*

Yet, hereâs the thingâ

When a woman has lost touch with her feelings of respect, attraction and love for a guy, anything that he says to her via text will generally not matter to her very much, because she doesnât have feelings for him.

A woman only appreciates and loves it when a guy expresses his love for her if she has feelings for him.

If he has turned her off and caused her to lose respect for him, sheâs going to feel closed off and maybe even defensive when he tries to explain his feelings to her.

At the same time, she sees it as a sign that he canât gain control of his emotions and handle the situation like a man (i.e. get her on a call or to a meet up, reactivate her feelings of respect, attraction and love and guide her back into a relationship).

Instead, he just wants to hide behind safe text messages and explain all his feelings to her.

Unfortunately, that just doesnât cut it.

The fact is, even though text messages have been around for a few decades now, people still feel the most respect and attraction when talking to each other face-to-face (or at least over the phone).

So, if you want to tell your ex that you love her and how much she means to you, youâre more likely to get the results you want (i.e. to get her back) if you do it in person and only after youâve sparked some of her feelings for you first.

Another common problem guys experience when trying to get an ex back isâ

4. Being afraid to just take a risk and send her a ballsy text

A mistake that a lot of guys make is assuming that being nice and sweet to a woman is the key to getting her back.

Yet, here's something they likely don't know!

Although a woman might appreciate it when a guy is being nice to her, it's not what causes her to have ongoing sexual and romantic feelings for him.

So, when a guy only sends her nice, sweet texts telling her that he still loves her, even if she does think it's sweet, it still doesn't do anything to change how she feels about him.

It isn't enough because there's no sexual spark between them.

So, if you want to reawaken your ex's sexual and romantic feelings for you, don't be afraid to take a risk and send her a ballsy text (e.g. use cheeky humor to make her drop her guard and open up to wanting to talk to you over the phone and see you in person), rather than just being nice and sweet all the time.

Another common problem guys experience when trying to get an ex back is!

5. Worrying that saying, "I love you" will give her all the power

It will give her the power if you say "I love you" in a needy, desperate way (i.e. letting her sense that you need her back to feel good about yourself again and that you're lost or lonely without her).

However, if you remain emotionally strong and confident regardless of her response (e.g. she ignores you, she says something like, "I don't care," she tries to use your love for her to manipulate you), not only won't she have power over you, she will also begin to feel surges of respect and attraction for you again, which is what you want.

She then becomes open to seeing you in person, because she's feeling drawn to you again in a way that feels good to her.

That gives you the opportunity to fully reactivate her feelings for you (e.g. by making her laugh and smile, making her feel like a desirable woman with you, showing her that you're a new man now) and get her back into a relationship with you.

You've just got to be confident and make it happen.

Other guys do that every day all over the world and so can you.

You can do it.

Get her back!

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Surprising Your Ex Girlfriend With a Romantic Gesture to Win Her Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Will it work?

Will she be impressed by the romantic gesture and want you back?

It all depends on the following:

1. How she views romantic gestures

[image: How she views romantic gestures]

Sometimes, a guy will have noticed that women on TV shows or in movies have responded positively to romantic gestures (e.g. when receiving a big bouquet of flowers, a special gift, a teddy bear, a bunch of balloons with a card attached).

Based on his sweet, romantic gesture, the woman will forgive the guy for his mistakes and they will get back together again.

So, when a guy sees that enough times on TV or in movies, he might then think to himself, *â€œIf itâ€™s in the movies all the time, it must mean that women respond well to romantic gestures in real life too. Everything Iâ€™ve tried to do to convince my ex girlfriend to give me another chance hasnâ€™t worked, but maybe if I do something romantic, she will have a change of heart and I can then win her back.â€*

Yet, what a guy like that usually doesnâ€™t understand is that not all women respond the same way. Additionally, many modern women hate romantic gestures and see them as being lame, corny and outdated.

So, a woman like that who has been feeling turned off by her ex guy, will feel even more turned off if he gives her flowers or a gift.

She may then begin thinking something along the lines of, *â€œI canâ€™t believe that he assumes what happened between us can be resolved with soppy, romantic gestures. What he doesnâ€™t know is that see it as a sign that heâ€™s not in touch with how relationships work now. Women donâ€™t need flowers or romantic gestures like they did in the past. Women need to feel attraction and love based on the guy and his behavior, not on what he can buy or do for her. If I had any doubts about breaking up with him before, I know made the right decision now. Itâ€™s over. Iâ€™ve got to find myself a man who understands how relationships work in todayâ€™s world, or else Iâ€™ll be stuck with my ex who is lagging behind the times.â€*

She will then close herself off from her ex, leaving him feeling confused and wondering things like, *â€œI donâ€™t get it. Why is she being so cold and mean towards me? Why didnâ€™t my romantic gesture make her drop her guard and open back up to getting back together again?â€*

On the other hand, some women are flattered by romantic gestures and see them as important, special and meaningful.

A woman like that might then open back up to her ex and agree to give him another chance.

However, if she then gets back with him and realizes that all he has going for him is romance, but

deep down he still hasn't leveled up as a man and is making the same attraction mistakes as before, she will naturally break up with him again.

Then, if the guy tries the same stunt again to win her back (i.e. surprising her with a romantic gesture), she will likely think something like, *"Once bitten twice shy. I'm not falling for that again. All he knows how to do is sweet talk me and surprise me with pretty things. Yet, when we're together he reverts back to thinking, acting and behaving like a jerk. He just doesn't understand that even though I appreciate and enjoy the romance, I need more than that to make me want to stay with him. What use are romantic gestures to me if he continues to display the kind of characteristics and personality traits that turn me off (e.g. he's insecure and needy, takes me for granted, is emotionally immature and childish and expects me to take care of him, doesn't know how to make me feel like a desirable, attractive woman when I'm with him)?"*

Here's the thing!

If you want to win your ex girlfriend back, you're going to have to do it by focusing on making her feel respect and sexual attraction for you again, rather than by trying to impress her with a romantic gesture.

You can do that by behaving and talking in ways that display confidence, masculinity, charisma and wit and by showing her that you've changed and improved some of the things that matter to her (e.g. you're more confident and emotionally independent now, you have purpose and direction in your life, you're more ballsy and can stand up to her when she's out of line).

That's what really works to win a woman back.

Another thing to consider before surprising your ex with a romantic gesture to win her back is!

2. How confident you are when you interact with her

In some cases, a woman will initially be impressed with her ex's romantic gesture.

However, if she then interacts with him (over the phone or in person) and notices that he's doubting himself and worrying if what he's surprising her with is good enough, she will feel turned off by what she perceives as his emotional weakness.

She may then say something like, *"Thank you for your romantic gesture. It was really sweet of you to do something nice for me even though we're broken up, but I hope you don't think it's going to change things between us. I'm just not interested in getting back together again. Of course I'm happy to be friends if you want, but that's it."*

So, if you don't want that to happen to you, you need to make sure that you have the confidence to back up your romantic gesture, or else it will be a waste of time.

Here's the thing!

Women don't like to reward emotional weakness with love, respect, sex and affection.

Women are instinctively looking to be with a confident man who can remain confident and emotionally strong under any circumstances.

So, if your ex girlfriend notices that you're nervous and unsure of yourself around her, it simply serves as another reason why she wants to remain broken up.

This is why it's important for you to feel confident and believe in yourself and in your value to her, before you surprise her with a romantic gesture to win her back.

By the way!

One of the ways you can prepare yourself, is by focusing on only having confident thoughts about yourself and about how your ex girlfriend will respond when you surprise her.

For example: You might say to yourself!

- Not only is she going to love my surprise, she's also going to feel attracted to me for being so confident and self-assured.
Regardless of what she says or does to test me (e.g. is cold and indifferent towards me, pretends that she doesn't like my surprise), I'm not going to doubt myself and my value to her. She will like the new me.
- When she sees that I've changed and improved in the ways she always wanted me to, she will automatically feel a renewed sense of respect and attraction for me again.
- I feel confident now and I will continue to feel confident when I interact with her because I know that I am good enough for her.

The more you think confident thoughts about yourself, the more confident you will act and feel.

Then, when you interact with your ex girlfriend, it will come through in the tonality of your voice, your body language and in the way you behave and respond to her.

When she sees for herself that you are now a much more emotionally attractive man (e.g. confident, self-assured, calm and relaxed under pressure), she will naturally start to feel respect and attraction for you again.

She will also be impressed by your romantic gesture.

As a result, her guard will come down and she will then open back up to the idea of getting back together again.

Another thing to consider before surprising your ex with a romantic gesture to win her back is!

3. How serious her reasons were for breaking up with you

[image: How serious her reasons for breaking up with you were]

There are some women who will break up with a guy at the drop of a hat (e.g. he said or did something to upset her, she's under a lot of stress at work or university and doesn't know how to cope with her relationship ups and downs).

However, she regrets her actions immediately because she knows that deep down she still cares for her guy and doesn't really want to be broken up with him.

In a case like that, a romantic gesture will often be the trigger she needs to get back together with him.

However, those cases are rare and in most instances, when a woman breaks up with a guy, it's because she's lost too much respect, attraction and love for him to want to stay in the relationship any longer.

In a serious situation like that, she isn't going to be won over by surprising, romantic gestures such as buying her flowers, a gift, getting a message written in the sky by plane, or sending a singagram to her home or workplace.

Instead, she may even feel annoyed by his gesture and think something along the lines of, *"This is*

just more proof that he doesn't get me. He thinks he can wipe away what happened and earn my respect and love by surprising me with romantic gestures. He doesn't even understand what he did wrong, or how to change those things about himself. He's just hoping I'll be so impressed that I'll forget about all the things that were turning me off and run back into his arms. Well, not only is that not going to happen, I'm also certain that he's not the right man for me.

She might then become even more distant and unapproachable (e.g. she blocks his number on her phone, unfriends him on social media, avoids all interactions with him).

This is why, it's more important that you first understand your ex girlfriend's real reasons for breaking up with you, before you do anything else.

You can then quickly make some attractive changes to yourself, so that when you interact with her on the phone or in person, she will be able to pick it up via your attitude, behavior and conversations style.

This will naturally spark some of her feelings of respect and attraction for you again.

Then, if you surprise her with a romantic gesture, it then feels natural and normal for her to drop her guard and open up to her feelings for you again, because she feels drawn to you at a deeper, emotional level, rather than a superficial one.

By the way!

If you have no idea how to figure out her real reasons for breaking up with you, here are some questions to ask yourself:

- Were you confident and emotionally strong around her, or did you become clingy, needy and insecure?
- Were you able to make her feel like a desirable woman in your presence, or did she feel more like one of your buddies?
- Were you ballsy enough to stand up to her when she became demanding or threw a tantrum, or did you just give in to her to keep the peace?
Did you maintain your emotional independence (e.g. continued to follow through on your goals and dreams, kept in touch with your own friends, pursued hobbies or interests independent of her), or did you make her your main reason for living?
- Did she feel loved and appreciated, or did she feel taken for granted?

By understanding where you went wrong with your ex girlfriend, you can then change the things she really wants you to change and easily win her back.

3 Mistakes to Avoid When Trying to Win Your Ex Back

When you interact with your ex in a way that sparks her feelings of respect and attraction for you, her defenses naturally come down and she becomes open to giving you another chance with her.

On the other hand, if she senses that you're still stuck at the same level you were at when she broke up with you, she will likely just keep pushing you away and saying things like, *"Why won't you accept that it's over between us? I really don't have feelings for you anymore and nothing is going to change that. So, if you really do care about me like you say you do, then*

youâ€¢ll accept my decision and move on.â€¢

So, if you donâ€¢t want that type of response, make sure you avoid making the following mistakes:

1. Hoping that the surprise romantic gesture will make her forget about the real reasons she broke up with you

Sometimes a romantic gesture can work if the woman responds well to displays of romance, no matter who is sending it her way.

However, in most cases, she will see it for what it isâ€¢!

An attempt to â€¢buyâ€¢ back her affections.

Then, rather than feel flattered by the gesture and want her ex back, she may actually get annoyed and even think something along the lines of, *â€¢I canâ€¢t believe he thinks he can manipulate my feelings for him by being romantic and sweet. Doesnâ€¢t he realize that my reasons for breaking up with him are deep and for me to give him another chance, I need to see that he gets it and can give me what I want on an emotional level rather than on a superficial one (i.e. by giving me the attraction experience Iâ€¢ve always wanted from him and never got, rather than surprising me with romantic gestures)?â€¢*

Remember: Romance is only enjoyable to an ex woman if she feels heard and understood and as a result, begins to open back up to you emotionally.

However, if she gets a sense that her ex is just trying to distract her from focusing on the real issues that caused the break up between them, she will lose even more respect for him as a man.

So, rather than trying to use an approach (romantic gestures) that works when a woman is in love, youâ€¢ve got to use an approach that will work on your ex.

In other words, you need to show her that youâ€¢ve understood her real, secret reasons for breaking up with you (e.g. you were too timid and a pushover with her, you didnâ€¢t mature as quickly as she did, you didnâ€¢t know how to make her feel like a sexy woman with you and treated her more like a neutral friend instead) and have already take action to change and improve some of those things about yourself.

When she experiences the new you for herself, she will automatically begin to feel a renewed sense of respect and attraction for who you are now.

When that happens, her defenses come down and you can get her back.

Another mistake to avoid making isâ€¢!

2. Not improving your ability to attract her during interactions

Sometimes a guy might actually surprise his ex girlfriend with a romantic gesture and get a positive response from her (e.g. she texts or calls him to say thank you, she agrees to meet up with him for a quick cup of coffee).

However, she then quickly loses interest when she notices that sheâ€™s not feeling a spark for him.

Yes, she appreciates the gesture, but sheâ€™s just not feeling him, so she disconnects from him once again.

Only this time, she most-likely becomes immune to his gestures, because in her mind she may be thinking things like, *â€¢Thatâ€¢s all he really knows how to do, but thatâ€¢s just not enough for*

me. I simply don't feel a spark when I'm with him anymore, so it's basically a waste of time to keep opening up to him now that I'm almost 100% sure he's not the right guy for me. It's probably kinder if I just cut him off completely so that he can get the message and accept that it's over between us. Then, we can both move on and find someone else.

This is why it's vitally important that when you interact with your ex girlfriend from this point onwards, you make her feel strong surges of sexual and romantic attraction for you (e.g. by making her laugh and smile, maintaining your confidence regardless of how cold or aloof she's being towards you, flirting with her to create some sexual tension).

When you do that, she then has a reason to get back with you, or at least want to interact with you more, to explore her newfound feelings for you.

So, don't go around thinking that the romantic gesture is the key to winning her back and not improving your ability to attract her as well, because you will end up disappointed when she says something like, *"Thanks for the gesture. It is very sweet of you, but it doesn't change how I feel about you. I'm not the girl for you. I hope you find someone else soon. I wish you all the best. Goodbye."*

Another mistake to avoid making is

3. Hoping that she openly talks about wanting a relationship now

Although it would be nice if a woman just came out and said something along the lines of, *"I think I'm ready to get back into a relationship with you again,"* the truth is, most women don't make it that obvious or easy.

A woman wants to see that a man has the confidence to make the reconciliation happen.

She wants to know that he's man enough to take responsibility for the ex back process and lead them both back into a relationship.

If he can't do that without her help, she will perceive him as being too insecure and emotionally weak and this will turn her off.

However, if he takes charge and does what he needs to do to get her back, she will automatically feel a renewed sense of respect and attraction for him.

When she respects him and feels attracted to him, reconnecting with her feelings of love becomes that much easier for her.

So, if you want to win your ex girlfriend back, don't wait for her to make it easy for you by giving you hints about what she wants.

Instead, be courageous enough and just take the lead in the ex back process.

Call her or meet up with her, reactivate her feelings for you (e.g. by showing her that you're a new and improved man) and get her back.

That's how it's done.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Is My Ex Trying to Get Back at Me For How Much I Hurt Her During the Relationship?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

It definitely does happen.

How can you know if your ex is trying to get emotional revenge on you for how you made her feel during the relationship?

Here are 4 common signs that reveal it:

1. She's boasting on social media about how happy she is now that you've broken up

For example: She might be posting lots of photos of herself having fun with friends (e.g. at clubs, parties, festivals) and saying things like, "So happy to be hanging out with my girlfriends again. #singlelife #girlsnight #fun" or "Single life is so much fun. I finally feel free!" or "It feels like a weight has been lifted off my shoulders and that I have my life back. Loving life!"

Naturally, seeing that can make you feel upset and it's only normal that you may be wondering, "Is my ex trying to get back at me for how I hurt her during the relationship?"

The answer is: It depends.

On the one hand, it's a possible sign that she is really trying hard to rub it in your face that she's fine without you.

Of course, if that's the case, it may seem impossible for you to get her back and you might start thinking, "I guess it's truly over between us. She hates me now and nothing I can do will change how she feels. It's hopeless! I've lost her forever!"

Yet, the truth is, it's not over.

Even if it seems totally hopeless, there is always a chance to get an ex back.

Why?

Feelings aren't set in stone.

You can literally change how a woman feels about you.

Just like she went from feeling indifferent towards you (i.e. when you and her first met), to liking you, to loving you and then to hating you (i.e. after your break up), she can just as easily go back to loving you again when you reactivate her feelings of respect and attraction for you again.

So, even though your ex may be trying to get back at you for how you hurt her during the relationship, it doesn't mean she will stay stuck in those negative feelings.

It's up to you to interact with her and reawaken more positive feelings inside of her (e.g. respect, love, desire, excitement, happiness), so she stops wanting to hurt you and starts wanting to be your girl again.

Of course, there's also the possibility that your ex might actually just be happy and not be worried about how it affects you.

If that is the case, then it's even easier for you to get her back if you want her back.

All it takes is for you to interact with her, re-spark her sexual and romantic feelings for you and her guard will then automatically start to come down.

You can then guide her back into a relationship with you and show her that this time itâ€™s so much better than before.

Another possible sign that your ex is trying to get back at you for how you hurt her during the relationship isâ€¦

2. She's showing off her new relationship on social media and making sure that you see it

[image: She is showing off her new relationship on social media and making sure you see it]

Sometimes a woman will feel so angry with her ex for how he treated her in the relationship, that she will try to get back at him by showing him that sheâ€™s found a new (better) man than him.

Of course, if sheâ€™s not talking to him, she might decide to flaunt her new relationship on social media, knowing that he will most likely check up on her and see that sheâ€™s moved on with someone else.

For example: She mightâ€¦

- Update her status from *single* to *in a relationship*.
- Post photos of herself laughing, smiling and looking happy in the arms of her new man.
- Talking about him in her posts and saying things like, *â€œItâ€™s so wonderful to be in love again,â€* or *â€œMy new boyfriend surprised me with a romantic dinner last night. Wow! What a man,â€* or *â€œTony – where have you been all my life? Lol!â€*
- Get her friends to comment on her posts/photos with things like, *â€œYou guys make such a beautiful couple,â€* or *â€œYou look so happy again. Congrats! I'm happy for you two.â€*

Then, when her ex sees how happy she is without him, he will feel guilty for how he hurt her and also the pain of losing out on a great woman like her.

Another possible sign that your ex is trying to get back at you for how you hurt her during the relationship isâ€¦

3. She's moving on as quickly as possible to make it seem like you meant nothing to her

If a woman feels like her guy has hurt her in the relationship (e.g. because he takes her for granted, he cheated on her, he is too jealous and controlling, he doesnâ€™t treat her with respect and appreciation), then when the break up happens, rather than waste a lot of time trying to deal with the pain and disillusionment of what happened, she may just focus on getting over him as quickly as possible and moving on.

For example: She mightâ€¦

- Start going out more often with her single friends and doing fun things together (e.g. going to parties, hanging out at the beach, going away on weekends together and opening herself up to hooking up with guys for fun).
- Open herself up to meeting new men (e.g. by going to bars or clubs, flirting with guys she

knows have been interested in her, joining a dating site).

- Focus more on her studies, work or hobbies, while at the same time making it obvious to the guys around her that she's now single.
- Get on Tinder and start accepting dates with random guys, which may lead to kissing and sex.

Essentially, she may be hoping that when her ex finds out that she's already moved on and not sitting at home feeling sad or missing him, he will begin thinking things like, *"I can't believe she's moving on so quickly after our break up. I guess she never really loved me after all. I meant nothing to her."*

She can then get back at him for hurting her during the relationship.

However, just because your ex is moving on quickly to make you think that you meant nothing to her, it doesn't mean that that is the truth.

Instead, it might simply be a ploy to stop herself from missing you.

Alternatively, she may be hoping that you will be emotionally strong and confident enough to believe in your value to her to try and get her back, regardless of whether she's moving on or not.

This is why, regardless of what your ex is saying and doing right now to make you feel like you don't stand a chance with her, you need to be bold enough to take action (i.e. start re-attracting her during interactions).

When you can do that, her defenses will begin to crumble whether she likes it or not.

She may act like you're not having an affect on her initially, but she won't be able to hide her feelings for you for very long.

All of a sudden, she will text you, call you or just be much more open to replying to your texts, answering your calls and meeting up with you in person.

You can then build up her feelings for you and get her back.

Another possible sign that your ex is trying to get back at you for how you hurt her during the relationship is that

4. She's being cold, mean or rude to you to get revenge for how you made her feel during the relationship

In some cases, a woman will become a completely different person than she was during the relationship (e.g. if she was sweet, nice and loving she may become mean, bitchy and spiteful), in an attempt to get revenge on her ex for hurting her during the relationship.

For example: She might

- Get angry with him every time he interacts with her and say things like, *"I don't know why I'm even bothering to talk to you. You're just wasting my time. There's nothing you can say or do that will change how much I despise you right now!"*
- Blame him for the break up (e.g. by saying things like, *"I never want you to forget that we're broken up because of you,"* or *"You're the one who ruined our relationship so don't try to sweet talk me into forgiving you, because that will never happen").*
- Refuse to talk to him over the phone or meet up with him in person.

- Say that she never felt anything for him, that the relationship meant nothing to her and that she was only sticking with him until someone better came along.
- Tell him that he was a bad lover and that she faked her orgasms.
- Talk badly about him to mutual friends, family, coworkers or even to his boss.
- Post on social media about what a bastard he was.

Naturally, if your ex is being intentionally mean towards you and is going out of her way to be hurtful, it's difficult to imagine ever being able to get her back.

Yet, funnily enough, in most cases, all it usually takes is a spark of respect and attraction to make her drop her guard a little bit and open back up to the possibility of forgiving you and giving you another chance.

Then, if you continue to say and do the types of things that build on her feelings for you (e.g. maintain your confidence with her regardless of how cold, mean or bitchy she's being, use humor to ease the tension between you and make her laugh and smile, show her via your attitude, actions and behavior that you've changed and improved some of the things that turned her off during the relationship with you), she will then go from being mean and bitchy and wanting to get back at you, to thinking something like, *"Maybe I've been too hard on him. He really does seem different now. Maybe I should ease up on him a little bit to see what happens."*

You can then build on her feelings for you and get her back again.

3 Mistakes That Can Slow the Ex Back Process Down When You're Trying to Get an Ex Back That You Hurt

When you reactivate a woman's feelings of respect and attraction for you, regardless of how angry or hurt she was before, she will be able to let go of that, because she's feeling drawn to you again in a way that feels good to her.

However, if you stop focusing on that (i.e. re-sparking her feelings for you) and instead say, do or think things that make you lose confidence and turn her off, getting her back becomes a lot more difficult, if not impossible.

So, to avoid that from happening, make sure that you don't make the following mistakes:

1. Falling into her trap and showing signs of feeling self-pity, rejection and sadness about her actions

Sometimes, a guy might feel so shocked that his ex is trying to get back at him, that he may complain about it to mutual friends, so that they can tell her and make her feel bad.

Alternatively, he may send her a letter or a text saying something along the lines of, *"How can you do this to me? I admit that I stuffed up pretty badly and that I hurt you during the relationship, but I never stopped loving you. You always meant the world to me and it was never my intention to hurt you. You on the other hand are going out of your way to do that. I'm so shocked to see you behave this way. I just never imagined you could be so cold and calculating. I truly thought you were a better person than this, but I guess I was wrong. I hope you're satisfied though, because if revenge is what you were after, you sure got your wish. Congratulations! You can now feel proud of*

*yourself for hurting me too.*â€œ

By saying something like that to her heâ€™s likely hoping to spark her feelings of pity and guilt and cause her to start being nice to him again, which will then give him a chance to get her back.

Yet, rather than make a woman feel pity or guilt for the pain that heâ€™s experiencing, it usually only turns her off even more, because she doesnâ€™t want to be responsible for his emotional wellbeing.

At the same time, if she is truly trying to get him back for hurting her, she then likely just doubles her efforts because she can see that itâ€™s working.

Hereâ€™s the thingâ€¦

You will have a lot more success in getting your ex to stop trying to get you back for hurting her and even open back up to being a couple again when you portray some of the qualities and personality traits that are naturally attractive to women (e.g. confidence, emotional strength, self-belief, manliness), rather than by trying to make her feel sorry for you.

So, if youâ€™re tempted to adopt a *â€œPoor meâ€* attitude to make your ex stop treating you the way she is, just forget about it and focus instead on re-sparking her feelings of respect and attraction for the confident, emotionally strong you.

When you approach getting her back from a position of strength rather than weakness, she feels drawn to you again in a good way and she then automatically wants to be nicer to you.

Another mistake isâ€¦

2. Focusing on what she is doing, rather than focusing on what you need to do to get her back

[image: She keeps posting on social media and seems happy. What does it mean for me?]

Sometimes a guy will sit around over-analyzing his exâ€™s every move and interpreting her intentions.

For example: She if she post photos of herself on social media laughing and having fun at a party, club or bar, he might think to himself, *â€œSheâ€™s just doing that to rub it in my face that sheâ€™s happy without me now.*â€œ

Alternatively, if he accidentally sees her when heâ€™s out (e.g. at the mall, at a familiar restaurant or coffee shop, at the movies) he might then go home and analyze her every action, look and gesture and wonder things like, *â€œWas she intentionally giving me the cold shoulder to get back at me for hurting her, or did she simply not see me?â€* or, *â€œWhat did it mean when she looked at me?â€* or *â€œWhy was she laughing like that? I wonder if it was at me.*â€œ

Yet, hereâ€™s the thingâ€¦

If you focus all your attention on what your ex is doing and what her intentions are for doing it, you will end up driving yourself crazy.

The truth is, it doesnâ€™t matter what sheâ€™s doing.

What matters is what you are doing.

This is why, you need to forget about what sheâ€™s up to and focus instead on actively making her feel respect and attraction for you again.

If youâre not doing much (or anything at all) to actively get her back and are simply hoping she will somehow make it clear that sheâs not really trying to get back at you for hurting her after all, so you can then make a move, then you might be waiting for a long time and she may just move on without you.

On the other hand, if you call her on the phone or meet up with her in person, spark some of her feelings for you by making her laugh and smile and then getting her to forgive you, youâll be well on your way to getting what you actually want (i.e. to get her back).

So focus on that and forget about everything else.

Another mistake isâ!

3. Feeling like youâve lost your chance with her now because sheâs behaving in that way

Even though your situation might seem hopeless to you right now (e.g. because your ex is refusing to talk to you, sheâs doing things to get back at you), when you spark new sexual and romantic feelings inside her, anything becomes possible.

Even after a break up, it doesnât mean the love between you and your ex is completely dead.

Right now itâs just buried under a lot of anger and emotional pain.

However, you can make her reconnect to that love again by interacting with her and showing her that you truly are a better man now.

When she sees for herself that the man she broke up with isnât who you are anymore, she wonât be able to stop herself from feeling some respect for you again.

When that happens, she naturally also starts to feel some attraction for you again and she then becomes open to hanging out with you some more to see what happens.

So, donât sit around feeling hopeless and believing youâve lost any chance you might have had of getting her back.

The truth is, millions of couples reunite with each other every year.

You and her can be one of those couples.

You can do it.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Do Get Your Ex Back Programs Work?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

It depends on what advice is included in the program.

Not all programs are the same.

This is why, before choosing the right program for you, it's important that you get clear on what will work for you and your relationship.

Here are important 4 questions to ask yourself to determine what will work for your situation:

1. Will your ex come running back if you cut off contact?

[image: Will she come running back if you cut off contact?]

The No Contact Rule (i.e. cutting off all contact with an ex for 30 to 60 days), is a very common method that guys use to get an ex back.

However, itâs also one of those methods that rarely work.

Why?

To begin with, when a woman breaks up with a guy, itâs usually because she has disconnected from her feelings of respect, attraction and love for him over time.

So, when he then stops interacting with her after the break up and just vanishes out of her life (i.e. he stops texting, e-mailing, calling and doesnât see her in person), rather than think, *âOh no! I canât believe heâs truly gone. Now that the reality of not seeing him or talking to him anymore has sunk in, I realize that I made a big mistake by breaking up with him. I donât want to lose him. I need to do something right away to get him back before itâs too late and he moves on with some other woman,â* and run back to him, she instead thinks something along the lines of, *âWhen I broke up with him I thought I would have to deal with him trying to get me back. Instead, things turned out so much better than I expected. Heâs totally vanished from my life and I donât have to deal with him trying to convince me to give him another chance. This is so cool! I can now focus on moving on and finding myself a new man, without also having to deal with a needy ex guy. I couldnât be happier.â*

She then does exactly that and moves on as quickly as possible.

Then, by the time the 30 or 60 days are up and the guy contacts her again (while secretly hoping she will be thrilled to hear from him again), heâs shocked to discover that not only doesnât she care that heâs texting/calling her again, sheâs actually also moved on and possibly even dating a new man.

He then ends up losing out on getting his ex back.

Of course there are some cases when the No Contact Rule does work.

What are those cases? (See video below for examples)

If a woman is still secretly in love with a guy and is hoping that they will get back together again, then not hearing from him might force her into going back to him.

Might.

However, what often happens in situations like this is that the woman contacts the guy, gets back

with him and then realizes that he's still stuck at the same level he was at before, so she then breaks up with him again (this time for real).

She also then tries to hook up with new men as quickly as possible, to avoid going back to her ex.

Yet, in some cases, even if a woman does still care for her ex and misses him a little, she won't contact him when he's ignoring her because she will fear that he's no longer interested in her and that he'd probably reject her if she called.

So, once again, he loses out on getting her back.

This is why, if you want to use the No Contact Rule as your way of getting your ex back, you need to answer the following questions:

- Does your ex still have feelings for you, or does she no longer feel much (or any) respect, attraction and love for you?
- Will your ex miss you if you ignore her for 30 or 60 days, or will she be happy to be rid of you?
- Is she the type of woman who will come running back to you (e.g. because she's done it before), or will she just move on (e.g. because she can easily attract a new man)?
- Is she confident enough to come back to you if she still has some feelings for you, or will she feel insecure about your interest in her and decide that she doesn't want you to reject her?

Depending on your answers above, you should already know if No Contact is the best ex back program for you or not.

Another question to ask yourself is

2. Will your ex want you back if you don't change your approach to attraction and simply offer her the same experience as before?

In some cases, a guy will try to get his ex back by repeating all the things he did to attract her in the first place.

For example: He might

- Buy her flowers and thoughtful gifts.
- Write her long love letters.
- Send her romantic cards or write her a love poem.
- Be extra nice and sweet to her regardless of how badly she treats him.
- Make himself available to her 24/7, offer to run errands for her and possibly even give her money for rent/bills.

Although this approach does work in getting some women back (usually only for a short while), most women will reject a guy if he doesn't change and give her a new and improved attraction experience.

Here's why

Even though most women like to be spoiled and romanced, as a relationship matures, it's the deeper, more subtle, long-lasting things that matter to them.

For example: Some of the things a woman will look for in her man are

Does he know how to confidently lead the way in the relationship by naturally taking charge and

thereby allowing her to relax into feeling totally feminine around him, or is he too emotionally weak, wimpy and unsure of himself which forces her to be the boss around him?

Does he treat her like a sexy, desirable woman, or does he treat her more like a buddy or roommate?

Does he have a clear purpose and direction in life that he's working towards achieving thus making her feel protected and safe in the relationship with him, or is he irresponsible and simply drifting through life?

Does he believe in himself and in his value to her (and other women), or does he feel insecure and believes that she's too good for him, making him act like a needy, clingy, controlling or jealous guy with her?

Does he pull his weight in the relationship (e.g. help with the household work, clean up after himself), or does he take her for granted?

These are the types of things that attract a woman to a man, make her want to be a good, loving woman to him and keep her in a relationship with him.

This is why, when a woman breaks up with a guy and he tries to get her back by giving her superficial things like flowers, gifts or love letters all over again instead of showing her that he's understood and changed the deeper more subtle things about himself that were turning her off, she's not going to be impressed and she's likely just going to say things like, *â€œSorry, but I'm not interested in getting back with you,â€* or *â€œI just don't have any feelings for you anymore,â€* or *â€œPlease accept that what we had is over and leave me alone.â€*

Right now you need to ask yourself: Are you willing to change and improve your ability to make your ex feel attracted in new and more interesting ways (e.g. by being more emotionally masculine so she feels feminine and girly in your presence, maintaining your confidence with her regardless of what she says or does to make you feel insecure around her, by standing up to her in a dominant yet loving way when she tries to dominate you emotionally), or do you want to remain the same while still expecting her to give you another chance?

Your answer will determine whether this approach is for you or not.

Another question to ask yourself isâ€

3. Will your ex be able to find a new guy easily, or will she struggle to move on?

If a woman feels confident in herself and in her attractiveness to men, chances are high that she will be able to move on and find a replacement man pretty quickly after her break up.

In a case like that, ex back programs like using the No Contact Rule, or trying to text her back will almost certainly not work, because while her ex is wasting 30 or 60 days ignoring her, or he's texting back and forth with her, she's usually busy going out and finding herself a new man to take his place.

Essentially she knows that finding a new guy will be easy for her, so she barely notices what her ex is doing.

Of course, if she's the kind of woman who is going to struggle to find a new man, then these programs might work on her.

However, they might also backfire, because she feels rejected by him and like he doesn't care enough to call her and meet up with her, so she forces herself to get over him.

Then by the time he plucks up the courage to call her (e.g. after ignoring her for a few weeks or months, after texting her for a long time), she no longer has feelings for him and it becomes a lot more difficult for him to reactivate her feelings and get her back.

On the other hand, an ex back program that will work on any woman (i.e. one that can easily find a new man or one that is struggling to move on) is the one that encourages the guy to interact with his ex as often as possible and actively re-spark her feelings of respect, attraction and love for him.

The more drawn to him she feels in a way that feels good to her, the less interested she will be in moving on.

Even if she knows that she can get another guy if she wants to, she simply doesn't care, because her ex is making her feel the way she wants to feel.

As you can see, there are some ex back programs that do work.

You just have to make sure you use the right one to get your ex back.

Another question to ask yourself isâ€¦!

4. Will your ex fall back in love with you via text?

After a particularly difficult break up, a guy might be afraid to come on too strong with his ex, so he is drawn to the type of ex back program that encourages him to get her back via text.

For example: He might think to himself, *â€œSheâ€™s not going to want to talk to me on the phone or in person right now. So, rather than make her put up her guard with me even more by calling her, Iâ€™ll just try this and let things play out from there. Sheâ€™ll probably appreciate it that Iâ€™m not being pushy and she will then open up to me again so that we can work things out.â€*

Yet, while texting is fine initially in most cases, a woman will rarely fall back in love with a guy if his texts don't lead to a phone call and then a meet up.

This may sometimes work if a woman is really shy and doesn't like to talk much, or at all, over the phone.

However, even a woman like that will eventually begin to see that as a half-assed effort to get her back, which makes her feel insulted and like he doesn't even care enough about her to call her.

In almost all other cases, the longer a guy takes to progress from texting, to a phone call and then to a meet up, the more he's reducing his chances of successfully re-attracting his ex, making her fall in love with him and getting her back.

So, if you've been considering using texting as your preferred method of getting your ex back, be aware that this may actually turn her off even more and cause her to think things like, *â€œWhat does he want? Is he just going to continue texting me forever, or is there actually a point to this? Iâ€™m really getting bored and fed up with this. Maybe itâ€™s time I stop responding to him and wasting my time.â€*

If you truly want to get your ex back, a few texts must lead to a phone call and then to a meet up.

So, don't hide behind texts thinking that it's the best way to get your ex back.

Instead, start reactivating her feelings of respect and attraction for you on a phone call and then follow through with a meet up, where she can see for herself that you really are a new and improved man now.

That's the fastest, most effective ex back approach and it really works! You can learn how to

do that in [Get Your Ex Back Super System](#)

If you're not ready to begin learning the method to get her back, at least learn what mistakes you should avoid when choosing the right ex back program for you...

4 Mistakes to Avoid Making When Deciding on the Best Program to Help You Get Your Ex Back

Before you make a decision on how you intend to get your ex back, make sure you're not making mistakes that will actually turn her off even more.

For example:

1. Assuming that "No Contact" will work on any woman

Sometimes, if a woman is still in love with her ex and is secretly hoping they will eventually work things out and get back together again, him ignoring her for 30 to 60 days, may cause her to miss him and reach out to him.

However, she may also feel hurt by his treatment of her and decide that if he doesn't want her back, she won't waste her time waiting for him either.

She may then force herself to go out, meet new men and accept dates with them so that she can get over her ex and move on.

In a case where a woman is angry, turned off and disconnected from her feelings for her ex, him using No Contact to get her back is usually a big mistake.

Rather than make her miss him and want him back, it actually just gives her the time to move on and hook up with a new man.

The thing is, every woman is different, so you shouldn't just use No Contact and assume that it will work on your ex.

Another mistake to avoid is

2. Buying a whole bunch of programs and then getting confused with the conflicting advice

When a guy is desperate to get his ex back, he might end up buying a different range of ex back programs to make it happen.

However, a lot of the time, the advice in the programs is so conflicting that he ends up not knowing what to do.

For example: One program might say he must ignore her for 30 or even 60 days to make her come running back to him, while another program says call her right away and re-attract her.

Some other program might say he should text her to re-attract her, while yet another program suggests writing her a long love letter and telling her that he has changed.

As a result, he stays stuck and doesn't do anything to get his ex back.

Alternatively, he might try using bits from every program, which is not only confusing to him, but also makes his ex wonder why he's messing her around.

She then closes herself off from him even more, causing him to try even more ex back programs to get her back.

Eventually, this will almost always lead to the woman telling him she's moved on with someone else, leaving him feeling angry, dejected and thinking things like, *â€œGet your ex back programs suck! They simply don't work.â€*

Don't let that happen to you.

Just remember: What does work for pretty much every ex back case, is where a man actively re-attracts his ex woman, so she actually wants to get back with him again.

So focus on that.

Another mistake to avoid is

3. Not trusting your gut instinct and going with the program that you think will help you the most

Some guys decide on which ex back program to buy based on the cheaper price and regret it later when they lose their ex.

Here's the thing

You probably already know which program will work best for you.

Hint: Usually the one that has worked for almost every other guy as well.

So, trust your instincts.

You won't regret it.

Another mistake to avoid is

4. Waiting too long to start and she then moves on without you

If you spend days, weeks or even months looking around for the perfect ex back program to help you get your ex back, by the time you make your decision it may already be too late.

Here's the thing

After a break up, if a woman's ex doesn't do anything right away to try and get her back, she will usually just use the time to get over him and move on with another guy.

That's how it works in most cases, which is why if you want your ex back for real, stop wasting time asking things like, *â€œDo get your ex back programs work?â€* and focus instead on interacting with your ex and actively reactivating her sexual and romantic feelings for you.

When she is feeling respect and attraction for you again, getting her back becomes easy, because it's something she wants too.

On the other hand, if you wait longer than a week, you may end up regretting it when you find out that she has already started to move on without you and is possibly dating, or even falling in love with another man.

So, if you want her back, don't wait too long.

Make a move and get her back with you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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I Really Liked My Ex, But She Didn't Feel the Same Way

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 4 possible reasons why she didn't feel the same way.

Which do you think applies to her and your relationship with her the most?

1. Your approach to the relationship didn't make her feel the all-important, sexual spark that is needed to keep it together

Most guys are good guys, so it's only natural that they will want to treat their woman very well when in a relationship with her.

Yet, where a lot of guys go wrong, is by putting in way more effort than their woman into the relationship than the woman does, to hopefully get her to love him and treat him well in return.

For example: A guy might focus on being extra nice to his girl and letting her have her way all the time (e.g. he always does what she likes to do, he lets her make most of the decisions in the relationship, doesn't stand up to her when she's being unreasonable, puts her needs ahead of his own, tries to make her life as easy as possible).

He may think, *"I really like her and want her to see that via my actions. If I treat her better than other guys have, she will realize how much I care, know that she has found the one and will then love me and feel like she needs me."*

Yet, that's not how love and attraction works in a relationship.

Although most women do like a man who is good to them, they don't like the idea of being more emotionally dominant than him to the point where he becomes soft around her.

So, if a woman gets a sense that she can boss her guy around and he won't do anything about it, she immediately stops respecting him as a man.

When she can't respect him, she also stops feeling sexually attracted to him and then the idea of remaining in a relationship with him starts to feel wrong to her.

She will usually then break up with him and focus on finding herself a guy who can create the kind of spark between them that she's looking for (i.e. where she feels feminine in comparison to his masculine approach, she looks up to him and respects him, feels like his girl rather than feeling like his mother or big sister).

Here's the thing!

Even though you might have good intentions and be a great guy, without that all important sexual spark, it just doesn't work.

If a woman can't fully respect you and feel sexually attracted to you, everything else starts to fall apart.

Essentially, you end up in the friend zone with her!

It's only when you can make her feel the all-important, sexual spark for you that she will feel motivated to get back with you.

It doesn't matter how much you like her.

She doesn't care about that.

Itâ€™s just not enough to keep a relationship together.

Another possible reason why your ex didnâ€™t feel the same way as you isâ€¦

2. You made her feel like you needed her way more than she needed you

A woman definitely wants to be loved, appreciated and even a little bit needed by her man when in a relationship.

Yet, in most cases, a woman doesnâ€™t want to be her manâ€™s main reason for living, or main source of happiness to the point where he becomes needy (i.e. he regularly needs to get her reassurance that she loves him, he needs to be around her to feel okay about himself, he is always worried about what she is thinking or feeling).

So, if a woman gets a sense that her man has become needy, rather than think, *â€œThatâ€™s so sweet. I feel so flattered that he needs me so much and that he canâ€™t do anything without my input or say so,â€* she instead feels turned off by what she perceives as his emotional weakness.

Hereâ€™s the thingâ€¦

Even though a woman does want to be with a guy who is loving, caring and devoted to her, she also needs him to be his own man (i.e. be emotionally independent).

Unless a woman is unattractive and wants to keep a needy, emotionally dependent guy around, being emotionally needy just doesnâ€™t work.

Youâ€™ve got to be emotionally independent, so she can see that you donâ€™t need her pat on the back or encouragement to feel good about yourself.

You donâ€™t need her to be really nice to you, show you love all the time and reassure you of her commitment to you to feel confident.

Instead, you know that she is attracted to you, know that she loves you and know that she wouldnâ€™t want to lose you.

As a result, she naturally feels attracted to you and loves you, which results in her showing you love all the time, being nicer, more attentive and affectionate.

Yet, when a woman realizes that her man needs her more than she needs him, she will feel like pulling away, being closed off and treating him with less and less respect over time, which then causes him to become even more needy and insecure.

This turns her off even more, which inevitably leads to her breaking up with him.

So, if you want to get your ex back, you must show her that even though you still care about her and want her back, you donâ€™t actually need her back to feel okay about yourself again.

Of course, you shouldnâ€™t tell her that via text, on a phone call or in person.

Instead, you need to show it to her by living a happy life without her and making progress on goals and ambitions that are important to you.

Let her see that youâ€™re confident and moving forward in life now and you donâ€™t need her to feel emotionally fulfilled.

That doesnâ€™t mean you donâ€™t want her back.

You do and that is fine.

However, the big difference is that you donâ€™t need her back to feel good about yourself again.

You already feel good about yourself and your life (i.e. you are emotionally independent), which is attractive to her.

When your ex notices that about you (e.g. during conversations), she won't be able stop thinking about you in a more positive way, because you're now behaving like the kind of man she can truly look up to, respect, feel attracted to and love.

All of a sudden, she feels drawn to you again in a way that feels good to her and you can get her back.

Another possible reason why your ex didn't feel the same way as you is

3. You weren't enough of a challenge for her

[image: You weren't enough of a challenge for her]

Sometimes, a guy will do everything he can think of to make his woman feel happy in the relationship with him.

For example: He might

- Always be nice and sweet to her, regardless of the way she treats him (e.g. she's closed off, tells lies, disrespects him, couldn't care less about his life, always talks about herself and doesn't listen when he talks).
- Allow her to lead and make most or all the decisions for the both of them (e.g. she picks where they go and what they do, she gives or denies him permission to go out with friends).
- Shower her with attention.
- Spoil her with gifts.
- Never stand up to her, or disagree with her because he fears annoying her and then getting dumped.

In his mind, he's being the perfect boyfriend.

Yet, what he doesn't realize is that just being nice, obliging and compliant isn't the secret to maintaining a woman's respect, attraction and love in a relationship.

Why?

Even though a woman might appreciate it when a guy is being nice to her and when she gets her way from time to time, she doesn't want to feel like she is the boss, the leader, or the most dominant one in the relationship.

Instead, she wants him to make her feel as though she needs to do her best to keep him happy and interested in her, rather than feeling as though she doesn't have to put in any effort in the relationship because he will put up with anything just to be with her.

In other words, she wants him to be more of a challenge.

If he can't offer her the challenge she secretly wants in a relationship, then she will naturally begin to feel bored and indifferent towards him.

When that happens, she will stop feeling respect and attraction for him and without those two feelings, her motivation to stick with the relationship will begin to fade away.

She will then break up with him (even though he's treating her really well) and find herself a man

who is more of a challenge.

So, if you want to make your ex like you as much as you like her, you need to focus on approaching her in a completely new way that is going to be more attractive and appealing to her.

This new way involves you creating a relationship dynamic where you're good to your ex and treat her with love and respect, but you also make her feel motivated to be good to you, treat you well and make you feel loved.

When she begins to feel that losing you will be something she will end up regretting (i.e. you will be the one that got away), she will naturally open back up to being your girl again, or at least hooking up with you sexually to see how she feels afterwards.

Another possible reason why your ex didn't feel the same way as you is

4. She hoped that you would transform when in a relationship with her, but you didn't

Sometimes a woman will get into a relationship with a guy that she's not 100% attracted to.

Yet, because the guy is really nice at the start, which she initially sees as being cute and romantic, she feels flattered and she tells herself something along the lines of, *He's a really nice guy and I could definitely do a lot worse than him. I should at least give him a chance with me. Who knows what might happen.*

She hopes that he will be able to switch a lot of the mushy, Mr. Nice Guy stuff off in a relationship and start showing her more of his masculine side (i.e. being more ballsy, making her feel feminine in comparison to his masculine approach, making her want to be submissive around him at times).

When he doesn't transform or begin to show that side of himself, the relationship starts to feel boring to her.

When that happens, she might initially try to push the guy into changing in some of the ways she wants (e.g. by telling him that she wants to take the lead sometimes, or be more confident and assertive with her or around other people).

If he doesn't get it and continues to act, think and behave in the same old ways as before, she will gradually get fed up with it and decide to end the relationship.

So, if your ex broke up with you because you weren't able to transform and become the kind of man she wanted you to be, to get her back, you need to quickly make some changes and improvements to yourself and then let her experience those changes every time you interact with her.

The more she can see that you're not the same guy she broke up with (e.g. you're no longer always on your best behavior around her, hesitant, insecure, boring, predictable), her curiosity will get the better of her.

She will want to interact with you more, over the phone and in person to experience the new and improved you for herself.

She will want to see how it feels to hug you, kiss you and have sex with you now that you've become more manly.

If that feels good, her defenses automatically come down and she opens back up to the idea of giving the relationship another chance.

Where Guys Go Wrong When Trying to Get an Ex Back Who Didn't Feel the Same Way

You really like your ex, right?

It would be awesome if you got her back, right?

Well, the good news is that you can.

However, there's a catch!

To get her back you need to start behaving in the ways that will turn her on (e.g. being confident regardless of what she says to put you off, taking the lead in the ex back process rather than waiting for her to give you crystal clear signs, being emotionally masculine in a way that makes her feel feminine and girly around you), and stop saying and doing the types of things that turn her off.

For example: Some of the things that turn an ex woman off when she wasn't very attracted to you in the relationship, are!

1. Telling her how much she means to you in a letter or e-mail

Sometimes a guy doesn't know how to properly express himself when he's interacting with his ex woman, so he will make the mistake of unloading on her in a long letter or e-mail.

Essentially, he pours his heart out and tells her how much he cares for her, how he doesn't want to lose her and how he's willing to do whatever it takes to get her back.

So romantic, right?

Nah, not really.

In fact, in most cases, rather than making a woman feel happy that he's so devoted to her and the relationship, she feels annoyed that he's not seeing things from her point of view (i.e. that she doesn't have sexual or romantic feelings for him).

As a result, she feels as though he's pressuring her to overlook her feelings, wants and needs and to instead give him another chance based on what he wants.

It's like her feelings and what she has been experiencing with him doesn't matter.

All that matters to him is getting her back.

Of course, that's not how the guy means to come across, but because he's only focusing on his feelings for her and not actively doing anything to change her sexual feelings for him, that's the impression she gets.

She sees his letter or email as him trying to manipulate her into giving him another chance with cleverly written, romantic lines and attempts to make her feel pity for him, or feel guilty for leaving him.

As a result, she closes herself off even more.

She feels like she needs to go and find a new man, have amazing sex and fall in love with him, so she can justify to herself that she was right to break up with her ex.

So, whatever you do, don't make the mistake of trying to convince your ex to give you another chance in a letter or e-mail.

Another thing that turns an ex woman off who wasn't very attracted to her guy in the relationship, is that

2. Looking at her as being out of his league

Sometimes a guy will get into a relationship with a woman who is a lot more beautiful, interesting and intelligent than any other woman he has ever dated.

As a result, he might think, *She's so perfect. I can't believe my luck that a woman like her would even consider being with a guy like me. I just hope that I will be enough for her and that she won't realize I'm not good enough for her.*

Then, when he gets broken up with, it only reinforces what he always believed about himself (i.e. he wasn't good enough for her and she was out of his league).

Here's the thing though

She's not out of his league.

He is good enough for her, but his approach to attraction wasn't effective (i.e. he gave her the impression that she was too good for him and that he was lucky to be with her, which gave her a false sense of superiority over him).

She would have loved him and stayed with him for life, but he made her feel like she was trading down by being with him, even though she wasn't.

This is why you have to believe in yourself and your value to your ex, so you can then sincerely project the kind of confidence that will re-attract her and make her want to be your girl again.

You've got to get to the point where you honestly believe that you are good enough for her and then interact with her, re-spark her sexual and romantic feelings for you and get her back.

You can do it, but you have to believe that you can.

Another thing that turns a woman off is that

3. Hoping that she will come to her senses one day and realize that she lost a good guy who really loved her

Although most women appreciate it when a man is a good guy, goodness isn't what makes a woman crave a man sexually and romantically.

Attraction is.

She has to feel sexually and romantically attracted to you.

It doesn't matter how good of a guy you are.

What matters is that warm, fuzzy feeling she gets down there when she thinks of you.

If she feels that, she will want to be with you.

If she doesn't, she won't.

It's as simple as that, even though some guys don't want it to be.

Some guys want it to be about sweetness, niceness, loyalty, generosity and so on.

Women only care about that kind of behavior from a guy that makes them feel that warm, fuzzy feeling downstairs.

Without that, her primal instincts tell her not to get involved with a man sexually and romantically.

It's as simple as that.

So, don't sit around hoping that your ex will one day say to herself, *"I think I made a mistake. He was such a nice, sweet guy and he always made me feel like a princess. Who cares that I didn't feel attracted to him. That doesn't matter. As long as he is nice and sweet and devoted to me, I don't need to feel like a desirable, sexy woman around him. I don't need to feel attracted. All that matters is that he is a good guy"* because she probably won't.

Instead, she will hook up with another guy (sometimes even with someone that seems to be a bit of a bad boy), so she can feel the all-important feeling of sexual attraction.

This is why, if you want your ex to really like you in the same way you like her, you've got to ignite her feelings of sexual and romantic attraction first.

When she interacts with you and feels sparks of excitement surging through her body, she will also appreciate the fact that you're a good guy and want to get back with you.

She will know that you are one of the rare, good men who also knows how to make a woman feel that warm, fuzzy feeling down in her little, love pocket.

She will begin to imagine you sliding inside of her again and her loving it.

Before you get to that though, let's look at the final example of what can turn a woman off when her ex is trying to get her back!

4. Being unwilling to use a different approach on her

If your original approach didn't work on her, don't keep using it.

You're a smart guy, right?

If so, then use your high level of intelligence to realize that a new approach to her is needed.

You can't use the same old approach to attraction that you used in the past and expect her to be excited about it.

You've got to try something new.

It's the only way.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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I Didn't Make Her Feel Loved

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 common reasons why a woman will say that you didn't make her feel loved in a relationship:

1. You were showing her love in ways that didn't matter much to her

In other words, your way of showing love to your ex wasn't what she wanted from you.

For example: A guy might have always been nice to his woman, bought her gifts and taken her places.

Yet, he never told her how much you loved her and why.

Alternatively, he may have told her how much you loved her, but she didn't feel that come through when they were having sex.

It was like he was always holding back and afraid to express his love to her.

He didn't want to put himself out there too much and instead, played it cool and acted like he wasn't really that into her.

Sure, he enjoyed the sex and she could see that, but he was distant during it and as a result, she never really felt like he was truly in love with her.

This may have caused her to think things like, *He just doesn't seem to be into me as much as I am into him. It's like I keep hoping that he will love me the way I want to be loved, but it never happens. Will I ever feel safe in my relationship with him, or will I always be hoping for more than he can give me? I don't know if I want to be in a relationship like this for life. I mean, what if he just gets bored one day and cheats on me, or leaves me? Then what? I have given him my full heart and he's always been giving me half his heart, or less than that, so he can walk away without worrying about it. Maybe I need to take care of myself and end things before he does.*

As a result, she then decides to break up with him by saying something along the lines of, *I am sorry, but I just can't do this anymore. I really do care for you, but you don't make me feel loved. I am like something extra in your life that you have there, but don't really need or care about.*

If the guy really did love her, but just wasn't very good at expressing it in the way she needed, he may then think, *I don't understand what she's talking about. I did everything I could think of to make her feel loved and appreciated in the relationship with me. After all, didn't I always spoil her with special gifts and romantic dinners? or, How can she say that to me when I told her I loved her all the time. What more did she want me to say to prove to her that my feelings for her were real? or, Doesn't spending time with show her that I love her? If I didn't love her, I would waste my time with her. I could have been with other women, but I was with her. What else does she want? Why does she have to be so needy like this? I was just being myself. If she doesn't like that, then I don't know what else I could do.*

He then tries to reason with her and tell her that he does love her and was trying to make her feel loved in the only way he knows (i.e. spending time with her, buying her gifts, spending less time with friends).

Yet, as you may have realized by now, it doesn't matter if you showed your ex that you loved her in the ways you thought were important.

What matters to her, is that you didn't show her that you loved her in the ways that mattered to her.

She didn't feel loved.

You might think she is wrong, or you might agree with her.

Yet, that isn't going to fix the problem.

What will?

You first need to get her to forgive you!

You then need to make her regret leaving you!

That is what works.

So, if you want to get her back, don't make the mistake of chasing after her and offering her more of what you did in the past.

That won't work.

For example: If your way of expressing love to your ex was to shower her with gifts and attention, don't keep doing that.

Instead, focus on interacting with her and making her feel rushes of sexual and romantic attraction for you based on the way you now talk, behave and act around her.

Then, when you've fully reactivated her feelings and she's open to talking to you and seeing you more and more, you can then say, *I love you* and she will feel great about it.

Why?

Women are most excited to hear the words, *I love you* when they respect you, feel attracted to you and love you.

So, make sure that you reactivate her feelings first, rather than rushing to say, *I love you* before then and hoping that it impresses her.

Another possible reason why your ex said you didn't make her feel loved is!

2. She has issues with love that stem from her childhood

[image: She has issues that stem from her childhood]

In some cases, a woman not feeling loved in her relationship with a guy, has less to do with him and how he has been treating her and more to do with her childhood and upbringing.

For example: She may have had a difficult childhood (e.g. her parents didn't make her feel loved, she was abandoned, overlooked or ignored when she was young, loved less than her siblings were) and now, as an adult, she is needy for obvious displays of love from men.

As a result, everything that her guy says or does never seems to be enough for her.

No matter how much love he gives her, it never cancels out the pain she carries around from her childhood.

Not realizing her issue, she may begin to blame it on her guy and think, *I know that he spoils me, but maybe it's because he thinks that's what a guy is supposed to do in a relationship*

with a woman and not really because he actually loves me. Maybe heâs just going through the motions with me and doing what he thinks I want. Maybe he doesnât even love me. Maybe he just wants to be with me for a while and will dump me when he is ready to do soâ or, âI know he said that he loves me, but maybe heâs just saying that to please me, but he doesnât really mean it. He could be lying.â

If you think your ex fits into that kind of category, you need to be able to let her realize that you do love her and honestly want to be with her.

Of course, donât try to convey that to her in a desperate, *âPlease believe me!â* A kind of way.

Instead, just maintain your cool and let her pick up on it naturally (even though it will be difficult for her and it may take some time for her to fully believe it).

For example: Some of the ways that you can get her to see that you really do love her and want to be with her, are byâ|

- Using humor to break through her doubts, insecurities and hang-ups and make her feel good to be around you (e.g. *âOf course I love you and want to be with you. I mean, youâre a horrible girlfriend, but I still love youâ* and have a laugh with her about that and then say, *âJust kidding. I love you because I think you are beautiful and I love you because of who you are as a person. Iâve always felt that way about you. Maybe I havenât shown it enough, but thatâs the way Iâve always feltâ*).
- Flirting with her to create sexual tension and make her feel like a sexy, desirable woman in your presence.
- Being more emotionally dominant than her during a conversation to make her feel like a feminine woman around you, which then makes her feel sparks of respect, attraction and love for you. As a result, she is much more motivated to want to believe that you love her, so she can continue to experience the respect, attraction and love that she feels for you.
- Maintaining your confidence with her when sheâs saying things like, *âYou never made me feel loved,â* and turning her emotional outbursts into something that you can laugh about together (e.g. *âYeah, I knowâ|and you never cooked me enough roast chicken. You know that youâre great at making a Sunday roast, but where were they? You only ever made me that twice. Youâre a horrible girlfriend. I feel so underfedâ*).

The more that you build on her feelings for you during interactions, the more her doubts about your feelings for her will begin to fade.

She will see that you are putting in effort to get her back, but you arenât being desperate about it, which will be attractive to her.

Suddenly, she can then begin to think things like, *âWell, maybe he does love me after all. If he didnât, why would he waste all this time sticking around after weâve broken up? He hasnât just walked away from me. He is still here and I still feel attracted to him. Maybe we should give the relationship another try.â*

When that happens, her doubts will begin to fade and she opens back up to the idea of being your girl again, before another woman comes along and takes you.

Another possible reason why your ex said you didnât make her feel loved isâ|

3. Her gut instinct was telling her that you were just with her until something better came along

Most people experience moments in a relationship where they wonder things like, *“Will he/she dump me if someone better comes along?”*

In most cases, those doubts are fleeting and go away when the other person makes them feel loved, appreciated and wanted.

Yet, if they aren't being made to feel loved and appreciated, then chances are high that no matter what the other person does to convince them that they are loved, the doubt will always be there.

In your case, if your ex felt as though the value gap between you and her was too wide (e.g. because you're more physically attractive than her, you're better educated, you're more popular than her, you're cooler than her, you have more friends than her), then it's only natural that she might have felt a bit insecure about her place in your life.

Over time, those insecurities may have built up inside of her and caused her to think things like, *“There's no way a guy like him will stay with a woman like me for life. He will dump me as soon as a better looking/smarter/more popular woman comes along.”*

So, to prevent herself from being heartbroken, your ex would have decided to break up with you before you broke up with her.

She will most likely still want to be with you, but she will be more focused on trying to protect her emotional health at this point (i.e. she doesn't want to get back into a relationship and then get dumped by you in a few weeks or months, so you can walk away as the dumper).

This is why, the thing you need to ask yourself right now is:

“Was she right about me only being with her until a better woman came along, or did I genuinely love her and want to be with her?”

If you decide that you truly love her and want her back, then focus on showing her via your actions and the way you treat her and respond to her, that she's the woman for you and that no other woman can take her place in your heart.

However, you can't convince her of that by just saying it to her, because she's probably not going to believe you (especially if she's feeling insecure about her attractiveness and value to you).

You have to show her over time (i.e. over the next few days and weeks), so she can calm down and begin to trust that you really do love her, no matter what.

Whatever you do though, don't try to show her how much you love her by being desperate about it (i.e. proclaiming your undying love to her, writing her a long letter expressing all of your feelings, showing up at her house with flowers, gifts and a soppy romantic approach).

Instead, be calm, confident and easy-going and just focus on sparking her feelings of respect, sexual attraction and love for you every time you talk to her over the phone or in person from now on.

When she can see for herself that no matter what she says to test your interest level in her, you stick around and be an emotionally strong, masculine, loving man to her, she won't be able to resist the idea of giving you another chance.

Another possible reason why your ex said you didn't make her feel loved is:

4. She noticed how you seemed to find other women more attractive than her, without caring how it made her feel

There is nothing wrong with a man feeling attracted to other women when he is in a relationship with a woman.

It's completely natural and normal, just like it's perfectly natural and normal for a woman to look at a guy (or guys) that she finds attractive.

Problems arise however, when a woman begins to notice that her guy can't stop looking at other women when around her.

He seems to focus on them and get lost in his thoughts while looking at them, which makes her feel insecure.

In some cases, he might even flirt with them and won't care if she sees him doing it, or feels insecure about it.

Naturally, this will cause her to feel hurt, betrayed and as though she can't trust him to be faithful.

As a result, she may then begin to wonder, *"Why am I staying with him when he treats me like this? He's not even trying to hide his wandering eye from me. Clearly, he doesn't love me the way I want him to. So, maybe it's best if I just break things off with him and focus on finding a guy who does find me attractive enough for him to not want to stare at other women and seem to secretly want them."*

She will then break up with him and say something along the lines of, *"I'm clearly not the right woman for you. You don't make me feel loved and I've had enough of putting up with it, so I think it's better if you and I go our separate ways."*

Another possible reason why your ex said you didn't make her feel loved is that

5. She felt like you took more from the relationship than you gave

For a relationship to develop properly, there needs to be a balance between giving and taking.

So, if a woman starts to feel that she is always compromising and putting his needs ahead of her own, while he always seems to be the one taking, she will naturally begin to feel resentful, taken for granted and unloved.

She might then try to shake him up a little (e.g. by sulking or throwing a tantrum), so that he will start treating her in a more balanced way.

If he doesn't pay attention and either writes it off to her being an emotional woman, or simply assumes that because she loves him she will put up with it, she will slowly begin to disconnect from her feelings of respect, attraction and love for him.

Eventually, she will get to the point where she has had enough and will go through with a break up.

If that applies to your situation with your ex, then you need to show her (via the way you now think, act and behave) that you have learned from your mistakes and have become a better man as a result.

Of course, don't go into a big speech about all things you've learned and how sorry you are.

Just be brief about those kinds of things and then get back on with making her smile, laugh and feel attracted and in love with the new you.

That is what works.

On the other hand, here are someâ€¦!

Common Problems Guys Experience When Trying to Get an Ex Back Who Didnâ€™t Feel Loved

Chances are pretty high that your ex isnâ€™t going to make it easy for you right away, so be prepared to face some of the following challengesâ€¦!

1. She is reluctant to try again because she doesn't believe anything will change

Most break ups between a man and a woman donâ€™t just happen without at least a few disagreements or fights first.

In some cases, there may even have been a â€œminiâ€œ break up or two along the way (e.g. she stops taking his calls for a few hours or days, she goes to her family or friends for a weekend to cool off).

However, by the time the â€œbigâ€œ break up happens (e.g. she moves out or kicks him out), a woman will have usually realized that her guy is not going to change and improve, based on all of her past experiences with him.

Basically, every time they have fought in the past, he promises to change or makes it out to be her fault (i.e. sheâ€™s too needy, expects too much of him, is being overly dramatic about nothing).

She would then forgive him and give him another chance, only to realize that he had no intention of following through on his promise to improve (e.g. because he didnâ€™t know how to change, or was unwilling to change), or that he never changed because he still believed he wasnâ€™t doing anything wrong.

Eventually, she realizes that sheâ€™s going to have to go through with an actual break up and then stick to it, because heâ€™s just not going to change.

This is why, if you want your ex to let down her guard and open back up to being with you, you need to show her via your actions, behavior and the way you talk and interact with her that youâ€™ve already changed and improved on some of the things that matter to her.

When she can see for herself that you are a new and improved man already and that if she gets back with you, youâ€™re not going to go back to making the same attraction mistakes as before, sheâ€™ll be able to start trusting you again.

When that happens, her defenses will come down and she will open back up to talking to you and being with you.

Another challenge you might be faced with when getting her back isâ€¦!

2. She becomes turned off when you start pouring your heart out or expressing your feelings

If she fell in love with the fact that you were a fairly emotionally unavailable guy and werenâ€™t a sappy romantic, then sheâ€™s not going to fall back in love with you if you start behaving like a sappy romantic.

Itâ€™s just not her thing.

Unfortunately, sometimes a guy in that situation believes that if he pours his heart out to his ex in a romantic way, she will finally believe that he really does love her and give him another chance.

Yet, it just turns her off and makes her feel as though he has lost the confidence and swagger that she originally fell in love with.

This is why, if you pour your heart out to your ex in an overly romantic way, rather than make her think, *â€œWow! This is what I was hoping for all along. At last heâ€™s making me feel loved! I always wanted him to be a soft, romantic, nice guyâ€* sheâ€™s just going to wonder why youâ€™ve become so desperate and needy all of a sudden.

It will turn her off and make her feel happy with her decision to break up with you.

So, if your intention is to make your ex feel loved, donâ€™t do it by turning into an emotional, desperate, romantic wuss.

Instead, just focus on reactivating her feelings for you during interactions (e.g. by making her laugh and smile, flirting with her to create a sexual vibe, being confident and self-assured).

When she can sense your feelings based on the way you behave around her, the way you talk to her and the way you treat her in private and in public, she will then realize that she has to give you another chance, or will end up regretting it and missing you.

Another challenge you might be faced with isâ€™

3. You try to explain how you feel in a long letter, e-mail or message and she gets annoyed

So many romance novels and movies make itâ€™ seem like a woman will jump for joy, or at least be overcome with emotion when she gets a love letter from her ex.

She will realize that he really does love her, forgive him right away and they will get back together and live happily ever after.

Unfortunately, thatâ€™s not how it works in the real world.

In reality, when a woman gets a love letter/e-mail/message from her ex, after she broke up with him for not making her loved, her first thought will usually be, *â€œEven now, he still doesnâ€™t care enough about me to say these things in person, or at least over the phone. Instead, heâ€™s just written/typed a bunch of words down and is hoping Iâ€™ll suddenly feel loved and appreciated. What a selfish, self-centered jerk. If he thinks that just sending me that will do the trick, then heâ€™s mistaken.â€*

She then closes herself off even more and makes it more difficult for him to interact with her and get her back.

This is why itâ€™s never a good idea to hide behind letters, e-mails or texts with an ex woman.

If you want to tell her how you feel and have her believe you, itâ€™s best to do that in person and in a relaxed, confident, masculine way.

Only then will it feel sincere to her and get the response that you want (i.e. she opens up to the idea of getting back together again).

Another challenge you might be faced with isâ€™

4. You don't know what else to do to get her back, so you give up and lose her

Sometimes a guy will try to convince his ex that he really does love her by saying and doing the kinds of things he's read about online, in magazines or seen in romantic movies.

For example: He might

- Beg and plead with her for another chance and say things like, *I really do love you. You're the woman for me. I promise you that what I'm saying is true. Just give me one more chance and I'll prove it to you. You mean the world to me. Without you, my life is meaningless. I realize that now. Please, give me a chance to show you over and over again.*
- Offer to do anything she wants him to do (no matter how ridiculous or unreasonable it is), to prove his love for her.
- Shower her with bouquets of flowers, or expensive gifts.
- Send her sappy cards or poems.

When none of that works and his ex continues saying things like, *I'm sorry. I just don't believe you* he might begin to think, *Well, I guess I tried everything to convince her to give me another chance and it didn't work. So, I suppose I just have to accept that it's truly over and that I will never get her back. I screwed up and can't get her back.*

As a result, he gives up and tries to move on without her, even though he still has strong feelings for her.

Yet, here's the thing

Just because you've already tried to get your ex back and have failed, it doesn't mean she isn't interested in getting back with you, or that there isn't another approach you can use that will actually work.

Instead, in almost all cases, it simply means that the approach you have used so far hasn't hit the mark for her.

If you change your approach to one that causes her to feel rushes of respect, attraction and love for you, then her feelings about the relationship will change.

She will go from thinking about you in a negative way to wondering if she made a mistake by ending things with you.

She will worry that if she doesn't give you another chance, another woman will happily take her place.

Then, she will be left behind feeling rejected and as though she has been dumped.

As a result, she will be motivated to give you another chance and you will get her back.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Ex Girlfriend Has Agreed to Talk

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 things you can do to ensure that the talk goes well:

1. Don't focus on talking about your romantic feelings before you fully reawaken her sexual and romantic feelings

A woman only cares about a man's romantic feelings for her, if she has sexual and romantic feelings for him.

This fundamental rule applies to picking up a woman, being on a date with her, being in a relationship with her and getting her back if you break up.

It's always a case of attraction first and everything else after that.

Unfortunately, some guys aren't aware of that fact and make the mistake of discussing how much they feel about her and want a relationship before they've fully reawakened her feelings.

So, if you want your ex to care how you feel about her, you need to make sure that you reactivate her feelings of respect and sexual attraction for you first.

It's all about her feelings for you, rather than the other way around.

Your feelings do matter to you, but not to her.

[image: Don't focus on talking about your romantic feelings before you gave fully awoken her feelings]

She already knows how you feel.

That's not the point and it's not the reason why a woman will get back with a guy.

It's all about how she feels now and whether or not she feels enough to give you another chance, because you're the one who wants her back.

If you don't properly reactivate her feelings for you first, hearing you talk about your romantic feelings for her may cause her say things like, *"Look, what we had before it over. Just because I agreed to talk, it doesn't mean I'm going to take you back. I don't feel the same way about you anymore and nothing you say will change that. So, you're going to need to accept that and let me get on with my life."*

She then feels as though she made the wrong decision by agreeing to talk.

She walks away thinking that she originally hoped there would be a spark, but there wasn't.

All you did was confirm for her that you feel more for her than she does for you, so she feels right about her decision to break up with you.

She then tries to move on as quickly as she can (i.e. by hooking up with a new guy), so she doesn't begin to miss you and open back up to being with you.

So, just focus on making her feel rushes of respect, attraction and love for you when you talk in person and she will naturally begin to want to get back together.

You can then seal the deal with a kiss and sex if that happens too.

Once you and her have had sex again and are laying in bed hugging and feeling good, the topic of

getting back together will naturally begin to come up.

Yet, I still recommend that you let her be the one who brings it up.

Donâ€™t chase a relationship with her.

Make her fall back in love with you and have sex with you, but donâ€™t chase her commitment to you.

Let her be the one who wants to make things official again.

The next thing you can do when talking to your ex girlfriend isâ€¦!

2. Apologize sincerely and briefly

When you talk to her in person, itâ€™s important that you sincerely apologize about what happened.

Important: This doesnâ€™t mean that you should go on and on about all the mistakes you made or try to seek pity from her by apologizing over and over.

A sincere, direct apology is all that is needed to make your point without coming across as desperate, or making your ex feel like she has a lot of power over you, which she doesn't want.

For example: You might say something along the lines of, *â€œBefore you say anything, I just want to apologize to you for what happened. I know that I stuffed up, which caused you a lot of pain and would have been very disappointing for you. For that, I am truly sorry. Of course, I donâ€™t expect you to forget about it or forgive me just because Iâ€™m apologizing to you. However, I do want you to know that Iâ€™m not that guy anymore. It was a hard lesson for me to learn, but I have learned from my mistakes and Iâ€™ve become a better man as a result. Iâ€™m not saying that you have to be with this better version of me. Iâ€™m just saying that life events like this happen for a reason. Sometimes, you learn things and want to change to become a better version of yourself. Anyway, Iâ€™m sorry for what I put you through.â€*

The cool thing about asking an ex to forgive you like this is that she suddenly stops looking at you in such a negative way.

She stops focusing on your past mistakes and she starts feeling impressed by what she perceives as your new level of emotional maturity.

As a result, she drops her guard a bit and begins to feel comfortable about interacting with you again.

Then, when she continues to experience the new you every time she talks to you on the phone, or meets up with you in person, it becomes that much more difficult for her to keep stopping herself from feeling attracted to you, or feeling respectful towards you.

You and her then naturally begin to hug, kiss, have sex and fall in love with each other again.

The next thing you can do when talking to your ex girlfriend isâ€¦!

3. Don't let her make the problems between you and her out to be bigger than they are

Some women love to create drama after a break up.

For example: A woman might shout or begin to cry when talking to her ex to make the situation become more emotional than it is.

She might cry, sob and say things like, *â€œI canâ€™t believe Iâ€™m even talking to you after the*

way you treated me. I hope you don't think you're going to talk me into giving you another chance because our issues are just too big to be able to work out. It's totally impossible for me to be able to overlook everything that happened. I simply don't trust you to anymore. You have ruined my life! I hate you!

Naturally, when a guy is on the receiving end of that kind of behavior, his first reaction might be to try and calm his ex down by apologizing to her even more and maybe even accepting the blame for everything that happened between them.

Yet, here's the thing!

Allowing your ex girlfriend to blow what happened between you and her out of proportion is the worst thing you can do.

Not only are you allowing her to create fake drama (by exaggerating what went wrong between you and her), but she will lose respect for you for not being able to stand up to her (in a loving, but assertive way) when you know she's acting like a drama queen.

So, rather than letting it get to you when your ex girlfriend starts making a big deal out of what happened, just use it as an opportunity to spark some of her feelings for you instead.

How?

By maintaining your confidence around her and using humor to break through her defenses and make her laugh and smile.

For example: You might say in a joking, teasing way, *I agree with you. Our problems are huge, enormous and unlike any other relationship out there. There's no way we could ever work things out between us, so why even bother? You're right! The best course of action is to just give up and hate each other instead. We can walk away saying, I hate you and you hate me. There, that sounds like a good solution, right?* and have a laugh with her about that.

Initially, she might be shocked that you're not taking her fake drama seriously and might say something like, *Hey, I'm being serious! If you're going to make fun of me like that I'm not going to talk to you anymore,* to see if you'll panic and try to calm her down by agreeing with her.

Yet, deep down, she will be feeling rushes of respect for you for not buying into the fake drama that she's creating.

She will realize that you have manned up and are now the sort of man who can handle a woman like her.

If she has struggled to find a guy who can handle her level of confidence, then she will naturally feel attracted to you and worried about losing you.

She will know that other women struggle to find a guy who doesn't buckle under their fake pressure and if one of those women meets you, she will naturally feel attracted to you.

If that woman happens to be prettier than her, you might just decide to get with her instead, which will leave your ex feeling rejected and left behind.

As a result, she wants to hold onto what is hers, so she opens up to keeping the relationship going and seeing what happens.

The next thing you can do when talking to your ex girlfriend is!

4. Create a fun, easy-going vibe between you and her

[image: Create a fun, easy-going vibe between you and her]

After a break up, a couple that used to be in love and treat each other well can suddenly begin to feel like total strangers around each other.

In the past, you and her would laugh, hug, kiss and spend as much time as possible around each other.

You were lovers, but you also felt like best friends at times, or maybe all of the time.

You were so great together.

Yet, now, she treats you like someone she used to know.

Thereâs a distance between you.

You feel disconnected now.

So, what should you do?

Itâs absolutely essential that donât get sucked into feeling like a stranger around her, just because she is acting that way towards you.

As a man, you always have to be more emotionally strong than the woman and create a dynamic based on what you want to have happen, rather than following her lead.

In the case of talking to your ex girlfriend again, this means creating a fun, easy-going vibe between you and her, rather than suddenly being very polite, reserved, uptight and unsure of yourself around her.

For example: Some of the ways you can do that are byâ

- Making her laugh, smile and feel good to be in interacting with you again over the phone and face-to-face.
- Flirting with her to create some sexual tension between you, rather than pretending youâre over her now and just want to be her neutral friend.
- Showing her your confidence and emotional strength, especially if sheâs trying to make you feel nervous or insecure about yourself by saying that sheâs not interested in you anymore.
- Being more emotionally masculine in the way you think, talk, behave and react when interacting with her, rather than giving her too much power over you (e.g. by being too nice, doing everything she tells you to do).

The more relaxed and happy she feels around you, the more respect and attraction she will feel for you.

She will then realize that you really are a new and improved man now and that she actually does feel differently about you now.

When that happens, she will then become curious and intrigued about her new feelings for you and want to explore them, rather than cutting you off and then potentially regretting it later on (i.e. seeing you with a new woman who she might see as being prettier than her, or her getting with a guy who turns out to be boring and never makes her feel the way you did).

From there, you need toâ

5. Get to a kiss and then sex if possible

If you've successfully built up your ex's sexual and romantic feelings for you during the interaction, getting her to give you a hug really shouldn't be too difficult.

So, don't avoid it out of fear of her rejecting you.

Do it.

As long as you maintain your confidence and say something along the lines of, *Anyway, it's good to see that after everything we've been through together, we can still hang out as friends. I'm proud of us for being so mature about it and not behaving like those exes you hear about who can't be in the same room with each other without getting into a huge fight. Don't you think we deserve a hug for being so cool with each other? I do. Come here. Come here and give me a hug.*

Then, move towards her with your arms out and initiate the hug.

Note: Even though you say something like, *Come here and give me a hug* to a woman, it doesn't mean that you sit there waiting for her to come over.

That works on women who are really attracted to you and excited to be around you, but on an ex who is feeling attracted again, but doesn't want to seem too easy, it won't work.

This is why you have to move in about 80-90% of the way to initiate the hug and then let her move in for the rest of the distance.

If you've been reactivating her feelings for you throughout the interaction, she will almost certainly be more than happy to give you a hug.

Then, just go ahead and confidently take her in your arms and give her a gentle, but firm squeeze for about 5-10 seconds.

If she seems open to continuing the hug (e.g. she remains in your arms longer than necessary, she nuzzles into your neck, she looks up at you and smiles), then just lean back a little while continuing to hold her and give her a kiss on the lips.

If she doesn't pull away, go ahead and deepen the kiss and make it a passionate one that lasts 10-15 seconds or so (i.e. if you're at her home or your home, or if you and her are fine about kissing in public).

From there, if you're out in public, you can suggest going to your place or hers to *hang out* and then hook up with her sexually.

By the way!

If she pulls away from you when you try to kiss her, or she doesn't want to go to your place or hers, don't let it bother you.

Instead, just maintain your confidence and don't worry about it or try to push for it.

Continue showing her that you've transformed yourself into the kind of man that she can now look up to, respect and feel attracted to in every interaction you have with you.

The more you do that, the more doubts she will begin to have about breaking up with you and will naturally want to kiss you and have sex with you to see how she feels afterwards.

Where Guys Go Wrong With an Ex Girlfriend Who Has Agreed to Talk After a Break Up

So, your ex girlfriend agreed to talk.

That's the good news.

Congrats and well done.

The bad news however, is that if you don't approach the interaction in the right way, you may end up turning her off further and ruining your efforts to get her back.

This is why you need to avoid making any of these mistakes!

1. Turning it into an exhausting, deep and meaningful conversation

The time will definitely come when you and your ex girlfriend will get into a deep, meaningful conversation about the relationship.

However, the first time you meet up with her to talk usually isn't that time.

It can be, if you approach it in a light-hearted, easy-going way after she has become sexually and romantically attracted to you again, but you have to be careful with how much time you spend on the topic and how draining it feels for her to be talking about.

So, if you don't want your ex girlfriend to feel too pressured to the point where the conversation becomes draining and exhausting, don't be too serious about everything.

Instead, focus on making her smile, laugh and feel good to be around you again.

The better she feels when she's around you, the less negative her perception of you becomes.

She then begins to relax and open back up to you and the possibility of being a relationship again.

If the topic of the relationship comes up, be totally fine to talk about it, but light-hearted and easy-going about it.

Don't make it feel like a huge problem, or make her feel drained by going on and on about your feelings for her, or your journey to become a better man and all things you've learned.

Just be attractive to her by making her smile, laugh and feel good and relaxed to be around you again.

Another mistake to avoid making is

2. Coming across as needing her way more than she needs you

Although it's probably a relief to you that your ex girlfriend has agreed to talk, giving her the impression that you've been lost, lonely and unable to move forward with your life without her is a big no, no.

Here's the thing!

Even though a woman does want to be with a guy who is loving, caring and committed to her, she also needs him to be his own man (i.e. emotionally independent, making progress towards his biggest goals in life regardless of whether she is with him or not).

So, if a woman gets a sense that her ex guy needs her back to feel happy and fulfilled in life again, rather than feeling flattered that he's so emotionally dependent on her, she feels more turned off

by him.

She doesn't want to be responsible for supporting him emotionally and making him feel worthy, confident and happy in his life.

She wants him to have those things on his own and to do them for his own reasons, rather than needing her support and encouragement to be able to feel that way.

This is why, you need to show your ex girlfriend that even though you truly care for her and want her back, you are perfectly happy without her.

Basically, you want her back, but you don't need her back.

Don't rub that in her face though.

Just let her sense that you don't need her back, but that you do love her and are open to getting back with her.

Of course, only let her get that sense after you have made her feel sexually and romantically attracted to you again.

Remember what I said earlier: Attraction first and everything else after that.

It's a simple, easy-to-remember and always applicable and effective rule when it comes to relationships with women.

Always focus on making the woman feel attracted to you first, before you get to anything else in the interaction.

Another mistake to avoid making is

3. Playing too hard to get, which then makes her feel insecure and close up around you

Sometimes, a woman will agree to talk to her ex to see if it's possible for them to work things out before she decides to fully move on without him.

Yet, the guy then decides to play hard to get by acting like he doesn't care about her at all, which then causes her to feel insecure and close up around him.

He wants to hurt her a little bit for breaking up with him in the way she did.

Alternatively, he wants to make himself appear valuable in her eyes so she will give him another chance.

Alternatively, he is hurting bad and wants to put on an act of bravado around her to show that he doesn't care, when he really does.

Unfortunately, playing too hard to get with an ex woman almost always backfires.

The woman usually walks away, blocks his number and unfriends him on social media so he can't easily get in touch with her again.

She doesn't want him rubbing her face in the mud and making her feel bad about the break up anymore, so she focuses on hooking up with a new guy as quickly as possible to get over her ex and move on.

So, if you truly want to talk with your ex so that you can work things out and get back together again, don't mess her around by playing unnecessary mind games.

Instead, just focus on reawakening her feelings of respect and attraction, so you can bring down her

defenses and get her back.

It's a simple, straightforward process and it works.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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4 Examples of How to Respond to Blunt Texts From an Ex

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

To begin with, just reply withâ€¦!

1. Lolâ€¦!

This shows her that you see her fake, annoyed or disinterested behavior in a funny way.

Youâ€¦â€¦re not worried or taking her too seriously.

Instead, you still feel confident about yourself, even though she is being blunt and trying to put you off or make you feel uncertain about where you stand with her.

Remember: Women are naturally attracted to confidence in men, so when you project a confident, self-assured energy, she will naturally look at you in a more positive light, even if she pretends not to.

Donâ€¦â€¦t be afraid to show her that youâ€¦â€¦re not intimidated by her bluntness.

Let her see that, even though you still have feelings for her and want her back, you donâ€¦â€¦t actually need her back, or even need her to be nice to you, to feel confident about yourself and your value to her.

You donâ€¦â€¦t need her to send nice, sweet, friendly texts to feel good about yourself.

You already feel good about yourself.

The more she notices that youâ€¦â€¦re not falling for her bad behavior (i.e. because youâ€¦â€¦re not getting upset and asking her why sheâ€¦â€¦s being so blunt towards you), the more she will begin to feel rushes of respect for you again.

Even though she probably wonâ€¦â€¦t openly admit it to you, she will be impressed that youâ€¦â€¦re being an emotionally strong, independent man who is handling her bluntness in a confident way.

As she begins to respect you, she will also start to feel some sexual and romantic attraction and that is the opening you need to begin getting her back.

Another example of how to respond to blunt texts from your ex isâ€¦!

2. Use humor to bring her guard down

[image: Use humor to bring her guard down]

Humor is a very effective way to make a woman stop putting up walls every time she gets a text from you.

Humor via text, even though she probably wonâ€¦â€¦t admit it to you, will make her smile, laugh and feel happy to be hearing from you.

When she is laughing and smiling, it becomes a lot more difficult for her to be blunt or bitchy towards you.

So, donâ€¦â€¦t be afraid to use humor to diffuse the tension between you and her and make her look forward to your texts.

For example: Imagine that you send your ex a text to say hi and she responds with something along the lines of, â€œWhat do you want?â€œ

She will likely be expecting you to get upset and possibly even respond with something like, *â€œWhy are you being so blunt with me? I contacted you to say hi because really wanted to know if youâ€™re okay. Iâ€™ve already told you that Iâ€™m sorry for what happened. Canâ€™t we at least try to be civil to each other?â€*

Instead of reacting to her bluntness in a negative way, you can shock her (in a good way) by being emotionally strong and taking the risk to joke with her.

So, when she texts you something blunt like, *â€œWhat do you want?â€* you might reply with something like, *â€œI want me to cook me that noodle dish you used to make. Iâ€™m hungry, so get in the kitchen. Iâ€™ll come overâ€* and then add a smiley face emoji with the tongue sticking out ð€œ

She will likely smile or laugh at your response and she will be wondering, *â€œI thought he would respond by trying to suck up to me, but instead heâ€™s being funny. This is so unlike him. What has gotten into him?â€*

She then becomes more open to texting back and forth to see if you really have changed or if your confident, fearless reply was just an act.

By the wayâ€

She will likely continue being blunt to you for a little while longer to make sure that your confidence wasnâ€™t just a front.

So, be prepared for that.

She may even act (yes, act) like she is angry.

Donâ€™t take it seriously.

If you joke around with someone, you have not done anything wrong.

If they get angry about it, they know that theyâ€™re being ridiculous.

So, donâ€™t ever worry if a woman youâ€™re in a relationship with, or an ex woman gets angry over a joke.

That is her issue, not yours.

Of course, not all women who have been sending blunt texts to their ex guy react in the same way.

Some will send a rolling eyes emoji to act unimpressed by the joke, some will send an angry face, some will send a smiley face with a tongue sticking out and some will send nothing.

This is why, by the way, you shouldnâ€™t try to get your ex back just via text.

Sometimes, you just need to have the balls to call her, even if you think she doesnâ€™t want to hear from youâ€

Get her on a call so she can sense the new and more confident, emotionally stronger version of you is for real.

When she notices that you really have changed, her guard will come down and she will become more open to meeting up with you in person to see how she feels.

Another example of how to respond to blunt texts from your ex isâ€

3. Stop trying to get her to want a relationship via text

This is one of the main reasons why a woman will be blunt when texting her ex.

The romantic feelings aren't mutual and the guy is either asking for another chance, or hinting at it. As a result, she keeps her guard up and thinks something along the lines of, *â€œHe still hasn't realized that we have broken up for a reason. He thinks that all he has to do is say that he's sorry and then I will magically want to be his woman again. What he doesn't get, is that I don't have romantic feelings for him anymore. He hasn't even awoken my feelings yet. He wants me back, but I still don't even want him back. So, even though he's going on and on about how much he cares for me and how he thinks we can work things out, all I feel like want to do is to get on with my life.â€*

As a result, she then responds to his texts in a blunt way, in the hope that he will give up and leave her alone.

Here's the thing|

Getting back into a relationship is the last step of the ex back process, not the first, second or third.

The first step is to reactivate your ex's feelings of respect, attraction and love for you in person, so that she wants to get back together again.

That's how it works.

Attraction first, relationship last.

So, don't push for a relationship if you haven't re-sparked her feelings for you, because she won't respond favorably to you.

Another example of how to respond to blunt texts from your ex is|

4. Make sure that you're not being super nice, or sucking up to her via text

After a break up, a guy might make the mistake of being on his very best behavior when texting his ex, in the hope that she will then forgive him and open up to giving him another chance because of how good he is being to her.

Yet, in most cases, sucking up to a woman has the opposite effect when it comes to romantic relationships.

Here's the thing|

If a woman smells desperation from a guy, she gets turned off because she perceives the guy as being too emotionally weak and wimpy for her.

It also gives her a false sense of superiority over him, which makes her end up thinking that she is more valuable than him, even though she isn't.

Then, rather than think, *â€œAwww, he's really such a sweet guy to me, even when I'm being a bitch to him. That must mean he really loves me. Maybe I should lighten up and give him another chance,â€* she instead thinks things like, *â€œIt's so annoying to see a grown man act like a total wuss because he thinks that sucking up to me is the key to getting me back. The funny thing is that if I had any doubts before, him being such a doormat after the break up has convinced me that I made the right decision to end things with him. I can now move on without any regrets. He's not the one for me. He's not man enough for a woman like me.â€*

A woman wants to be with a man that she can look up to and respect, not a guy that submits to her and allows her to walk all over him, just so that he can get her back.

So, if you want to stop getting blunt texts from your ex, make sure that she doesn't perceive you

as being desperate.

Of course, that doesn't mean you should be mean to her, treat her with disdain or disrespect or act like you don't care about her.

Instead, focus on interacting with her in a confident, self-assured way, where you are being good to her, but aren't letting her walk all over you.

When she can see for herself that you're not bothered by her bluntness and are turning the tables on her by making her laugh and smile, she will automatically feel respect and attraction for you.

She will then become open to talking on the phone and meeting up in person, making it so much easier for you to fully reactivate her feelings for you and get her back.

Where Guys Go Wrong With an Ex Who is Being Blunt Via Text

Now that you have a better idea of how to respond to blunt texts from an ex, here are a few mistakes to avoid making:

1. Thinking that text is the only way to get her back

Sometimes a guy assumes that because his ex said things like, *"Don't bother calling me, because I won't answer"* when they originally broke up, the only way to get in touch with her is via text.

By only texting her, he might also be secretly hoping that she will be impressed about the fact that he is following her instructions (i.e. not calling her).

He may also think, *"I will tell her how I feel via text and she can have time to think about it. Maybe that will make her react in a better way, rather than rejecting me on a phone call."*

Yet, in almost all ex back cases, the opposite is actually true. Why?

If a woman has lost touch with her feelings of respect, attraction and love for her ex guy, getting a text from him where he trying to get her back only turns her off even more.

Why?

She realizes that he has romantic feelings for her, but she doesn't feel the same way about him.

Think about how that plays out when guys are trying to pick up women or get a woman out on a date.

When the romantic feelings aren't mutual, the woman doesn't react well to offers that seem as though the guy is after a relationship.

The same applies to the ex back process.

So, if a guy is trying to get his ex back purely via text and is trying to convey his feelings or work things out with her (so he can get a relationship), her guard will remain up.

Then, instead of opening up to the idea of talking to him over the phone and meeting up with him in person, she instinctively feels turned off and doesn't like the idea of texting with him.

Additionally, because she can't see his body language, hear the tonality of his voice, or judge his actions and behavior in person or on a phone call, she will almost certainly assume that he is hiding behind texts because he hasn't really changed or improved anything about himself and is too

afraid to face her in person, where she will be able to see it for herself.

Hereâ€¦s the thingâ€¦!

Although texting an ex to break the ice is perfectly fine (especially if sheâ€¦s not answering her phone), itâ€¦s not very effective in making her want to have a relationship again.

Instead, when she realizes that her ex doesnâ€¦t have the courage or motivation to call or meet up with her and instead he just wants to hide behind the safety of text messages, she will almost certainly feel annoyed and turned off by him and what heâ€¦s trying to achieve with her.

She will then respond to his texts as bluntly as possible in the hope that he will get the message (i.e. that sheâ€¦s not interested) and leave her alone.

At the same time, she will focus even more on moving on by finding herself a replacement man.

Then, if or when her ex finally plucks up the courage to call her sometime in the future, she can then say to him, *â€¦Sorry, but itâ€¦s too late. Iâ€¦m in a relationship now and it would be disrespectful towards him to continue speaking with you, so please donâ€¦t call me or text me again. I donâ€¦t want to ruin what I have with him. Youâ€¦ve done enough damage in my life. Just accept that itâ€¦s over. Goodbye.â€¦*

Another mistake to avoid making isâ€¦!

2. Thinking that she would be annoyed or would never answer if you called her

Maybe she would, maybe she wonâ€¦t.

However, isnâ€¦t it worth the risk?

At least if you do call her and she reacts by seeming a bit annoyed, you can use that as an opportunity to spark her feelings for you by using humor to turn her bad mood around by getting her laughing and smiling.

On the other hand, if you only stick to texting, she will probably stop replying to you sooner rather than later and then what will you do?

Text her more?

It almost certainly wonâ€¦t work.

I hear from guys all the time whoâ€¦ve been blocked by their ex woman for doing it.

So, donâ€¦t be afraid of the dreaded phone call, even if you think she might not like it initially or she prefers text.

It doesnâ€¦t matter what she prefers.

What matters is what works.

Just get her laughing, smiling and enjoying talking with you on a phone call and you will be so much more likely to get her happily agreeing to meet up with you and then actually turning up to see you.

Then, you wonâ€¦t have to waste the next few months of your life trying to have a text conversation with her that leads to nowhere.

She goes from replying in a blunt way, to not replying at all.

Meanwhile, she has been moving on without you and just doesnâ€¦t care anymore.

Donâ€¦t put yourself through that kind of heartache.

Just text her and then call her.

Attract her on the call by getting her smiling, laughing and feeling good to be talking to you again. Then, meet up with her in person, build on her attraction and get to a hug, kiss and possibly even sex if both you and her are up for it.

If you approach it that way, you are so much more likely to get her back and fast.

Yet, if you stick to texts, you're probably going to end up being left behind by a woman who would've gotten back together with you if you approached the ex back process in another way.

Another mistake to avoid isâ€¦|

3. Giving up on calling her if she doesn't answer the first time he tries

[image: Don't give up on her if she doesn't answer your call the first time]

Most women won't make it easy for a guy to get them back the first time he tries.

So, in many cases, a woman will initially ignore her ex's calls to see if he's going to give up right away, or if he will remain confident enough to keep trying.

Of course, that doesn't mean you should bombard your ex with call after call until she picks up the phone.

Instead, it simply means you shouldn't always give up at the first sign of resistance.

If your ex doesn't answer her phone right away, just try again the next day, or the next time she's texting back and forth you.

If she still doesn't answer your call, here's an example of what to do to make sure that you will finally get through to her:

- Try to call her at a time when you know she's most likely to be available to take your call (i.e. don't call her when she's at work or university, or on a Friday or Saturday night when she might be busy or pretend to be busy).
- If she doesn't answer, send her this text: *Â â€œHey, I'm trying to get in touch with you to ask you something, but I haven't been able to reach you. It's not serious, but I do need to talk to you on the phone quickly. I'll give you a call tonight at about 6PM so that we can talk. It'll only take a minute.â€œ*
- She might then reply with something along the lines of, *Â â€œI'm really busy, what do you want to ask me?â€œ* or, *Â â€œI've got plans for tonight. Tell me now.â€œ*
- Regardless of how she responds, don't make the mistake of texting back and forth with her. Instead, just say that you'll tell her when you call her tonight, or just call her right away.

In most cases, a woman will be curious to find out what you want to talk about, so she will answer the phone.

You can then call her, make her laugh, smile and feel good to be talking to you again and arrange to meet up with her in person so you can then fully reactivate her feelings and get her back.

Another mistake to avoid isâ€¦|

4. Taking her bluntness so seriously that you allow it to kill your confidence

Sometimes a guy might fall into the trap of taking every blunt text his ex woman sends to in a negative way.

As a result, he may end up thinking things like, *What does she mean by that?* or *She sounds like she hates me right now* or, *Does that mean she is completely over me?* or, *Why did she use an exclamation mark (!)? Why does she seem so blunt? Does it mean that she has finally decided that she wants nothing to do with me?*

He's taking her texted words too seriously and putting a negative slant on them, even though she might be missing him and just playing hard to get.

He can't know that of course, because it's just text, which is why I always recommend that men grow a pair of balls and call their ex woman.

If a guy doesn't do that and instead, continues to hide behind the 'safety' of text messages, then he will usually get nowhere with his ex woman.

She will continue to be blunt and he will naturally lose more and more confidence in himself and in his ability to re-attract her and get her back.

In many cases, what the guy doesn't realize is that the more he doubts himself and his attractiveness and value to her, the more unattractive he is becoming to her.

Here's the thing!

If a woman senses that a guy needs her to be nice to him via text (or in person) so he can feel better about himself and feel worthy enough to follow through and get her back, it will actually turn her off him even more.

Women are attracted to men who are confident in their attractiveness to a woman, without needing a woman's constant approval or niceness to feel that way about themselves.

In other words, the guy is independently confident.

His confidence isn't dependent on her being supportive, encouraging and nice.

He knows that he is good enough for her and as a result, it comes through in how he talks, behaves and takes action and she then naturally feels attracted to him.

So, if a guy loses confidence in himself at the first sign of resistance from his ex woman, she won't be able to fully respect him and feel attracted to him.

She will feel disappointed by his lack of emotional strength and will become even more motivated to move on and find a replacement guy fast.

This is why it's very important that you maintain your confidence, no matter what your ex says or does to test you.

When she can see that no matter what she throws at you to test your confidence, you remain emotionally strong, then she won't be able to stop feeling rushes of respect and attraction for you again.

She will then drop her guard and then, getting her back becomes a matter of you taking the lead and making it happen.

Another mistake to avoid is!

5. Slowly turning her off or annoying her via text until she stops replying

In some cases, a guy will be receiving blunt replies from his ex woman because he has been unknowingly annoying her, by:

- Texting her too often (sometimes even multiple times a day).
- Being too nice and sucking up to her.
- Trying to discuss the relationship and asking her what he needs to do to make her give him another chance. (You should never try to have discussions via text with an ex. Get on a call, make her smile and laugh and then arrange to talk to her in person).
- Appearing insecure and nervous.
- Asking her too many questions.
- Trying to have an in-depth conversation via text when she's busy.

She then ends up thinking things like, *“This is so annoying. Why is he bothering me like this? What do I have to do to make him understand that I’m not interested in texting back and forth with him? I mean, I’ve already tried being blunt and he still won’t stop bothering me. If I wasn’t convinced about the break up before, I am now. He’s just proven to me that the only thing he knows how to do is make me feel annoyed and turned off. I don’t feel good with him. I want a man that I feel good with. This relationship isn’t fun. He doesn’t get that. He’s annoying me.”*

She then stops responding to him altogether, or she blocks his number on her phone so she doesn’t have to deal with him anymore.

Then, getting her back becomes much more difficult for him.

So, if you don’t want to end up annoying your ex girlfriend and turning her off more than you probably have already, just stop texting her and get her on a call with you right away, so you can then re-attract her and get her to meet up with you in person.

On a phone call, it’s so much easier for her to see that you’ve changed and improved since the break up.

As she listens to you talk and notices that you are making her smile and laugh, she realizes that she’s feeling some respect and attraction for you again.

She then allows some of her defenses to come down and becomes more open to seeing you in person and exploring her new feelings for you.

In person, you can then show her that you really are a new man now and get her back.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to

gain free, instant access!

WATCH VIDEO (FREE)

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Break Up Etiquette: 4 Examples of What Not to Do

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

1. Don't try to get her back just via text

Trying to text an ex back is probably one of the biggest mistakes guys make after a break up.

A guy will assume, *â€œShe's not going to want to talk to me on the phone or in person right now. So, rather than annoy her by calling her, I'll just text her and let things play out from there. She'll probably appreciate it that I'm not being pushy and she will then open up to me again so that we can work things out.â€*

Yet, while that is fine initially, it's not fine if it turns into a huge, ongoing conversation via text.

A few texts that then lead to a phone call are ideal, but just don't try to get her back via text.

You've got to have the balls to call when the moment is right!

Some women are okay with a few initial texts, but some women just hate that their ex is trying to get them back by messaging and expecting decent replies from her.

Why?

Firstly, getting texts from an ex that she doesn't have feelings for anymore is usually quite annoying to a woman, because it's time consuming for her (i.e. she keeps having to stop doing whatever doing to respond to a guy that she no longer fully respects, feels attracted to or loves), so it can easily turn her off and make her want to block her ex and free herself up to move on in peace.

Secondly, most women feel turned off when a guy is putting way too much effort into typing long, detailed texts and trying to work through relationship problems via messages.

Even young women who prefer texts see that as a half-assed effort to get her back, which makes her feel irritated and insulted.

So, rather than think, *â€œHe's being so sweet. I love that he's trying to work things out with me via text first before he calls me on the phone or meets up with me in person!â€* she instead thinks things like, *â€œIf this is his idea of re-attracting me and getting me back, he's in for a big surprise! Doesn't he realize that it's going to take a lot more than a bunch of words on a screen to convince me that he's changed? Nothing about his little texts are giving me confidence that things would be different this time around. Instead, all I can sense is a guy who doesn't have the balls or the confidence to pick up the phone and talk to me like a man, or call me and arrange to catch up and say hello in person. Instead, he's just hiding behind text messages and waiting for me to make it easy for him by telling him that I want him back. Well that's not going to happen. I'm not going to make this easy for him if he's just texting me and doesn't have the balls to call and face me. I'm also not going to waste any more time texting back and forth with him. I'm done with him! He'll see that when I start moving on and posting photos on social media. He'll get it then.â€*

She then either blocks his number, stops responding to him altogether, or strings him along for a bit longer, while she actively focuses on finding herself a replacement guy or tries to go out and post photos of herself having fun with friends and guys.

So, if you don't want that to happen to you, don't hide behind texts thinking that it's

good break up etiquette in today's world, or the best way to get an ex woman back.

Instead, start reactivating your ex's feelings of respect and attraction for you on a phone call and then follow through with a meet up, where she can see for herself that you really are a new and improved man now.

That's the real, fast, manly way to get a woman back, regardless of how young or old she is.

When you make her have feelings for you again in person and she feels rushes of love and attraction for you, she naturally wants to get back with you.

Yet, when you hide behind texts, even if you're great at texting it just doesn't make a woman feel the same kind of way that she'd feel on a phone call or in person.

The next break up etiquette example of what not to do is

2. Don't leave it too long until you start the ex back process

[image: Don't leave it too long until you start the ex back process]

Some guys wait 30 or 60 days before they make a move to get their ex back.

This is referred to as the No Contact Rule and what most guys don't realize is that it rarely works on women.

Many times, a guy will hope that the longer he waits, the more his ex woman will miss him.

Then, when she just can't stand not hearing from him anymore, she will give him a sign that she's open to working things out and they can get back together again.

Unfortunately though, it almost never works out that way.

Why?

To begin with, when a woman breaks up with a guy, she's usually disconnected from her feelings of respect, attraction and love for him and is instead filled with negative emotions such as anger, annoyance and indifference.

So, when her ex guy doesn't do anything to get her back, or even worse, he ignores her for weeks or months, it usually just helps her get over him faster and move on.

Alternatively, a woman might be waiting around and hoping that her ex will do something to re-spark her feelings for him, so that they can work things out.

Yet, the longer she waits for him to eventually call and make a move, the more disappointed she feels that he's not following through with getting her back.

She may then begin thinking things like, *"I guess he never loved me after all. He's not even trying to get me back. Instead, he's playing it cool and ignoring me. Well, I'm done waiting about for him. There are so many guys who find me attractive and want to go out with me and I'm not going to discourage them any longer. I'm going to move on and find myself a new man who does want to be with me, rather than wait around for him. It's over. It's time to move on."*

She then focuses on fully getting over him and moving on, by having sex with a new man or a number of new men.

Then, by the time her ex realizes that she's not chasing after him, it's usually too late because she will have hooked up with someone else and possibly even have fallen in love with him as well.

So, if your intention is to get your ex back, don't waste time playing mind games with her and hoping she will come running back to you one day, if you just give her enough time.

Instead, interact with her and actively reawaken her sexual and romantic feelings for you, so she naturally wants to give your relationship another try now.

The more you spark her feelings for you now, the more she wants to hug you, kiss you, have sex with you and get back together now.

The next break up etiquette example of what not to do is

3. Don't try to get her back if you're offering her the same attraction experience

Sometimes when a guy gets broken up with, he gets so caught up thinking about how badly he wants his ex back, that he forgets to prepare himself to re-attract her sexually and romantically.

So, rather than quickly learning from his mistakes and making some attractive changes to his thinking, behavior and the way he interacts and responds to what his ex says and does, he basically just remains the same.

He might think back to what attracted her the first time around (e.g. he sent her flowers, wrote her long sappy love letters, bought her thoughtful gifts, was extra nice and sweet to her and agreed with whatever she decided) and assume that his original approach worked, so it will work on her again.

Yet, she rejects him when he does that because it's now an ex back situation, not a new, dating relationship where she is romantically interested in him and therefore, appreciative of things like flowers or sweet behavior.

So, if her ex tries to use old, outdated approaches to re-attract her, it makes her realize that he has absolutely no idea what is attractive to a woman when in a relationship and when considering getting back with an ex.

As a result, she will continue to reject him by saying things like, *"Sorry, but I'm not interested. You need to accept that. I mean, why won't you stop bothering me? I thought I made myself clear when I said I don't want to be with you anymore. What do I have to say or do to convince you that it's over between us and that nothing is going to change my mind? It's over!"*

This is why it's very important that when you try to get your ex back, you offer her a new and improved attraction experience.

For example: Some of the ways you can do that are

- Instead of putting up with her bad behavior like you used to (e.g. when she sulks or throws a tantrum, when she demands that you do things her way), you stand up to her and put her back in her place in a loving, but assertive manner.
- Instead of being needy and clingy in the way that you think, behave and talk, you start being a truly confident man around her who loves her and wants her, but who doesn't need her.
- Instead of copying her way of being (e.g. being too emotional and wanting to discuss your feelings with her all the time), you start being more emotionally masculine.
- Instead of feeling insecure and unsure of yourself around her, you are now more confident and self-assured.
- Instead of being a nice guy who doesn't do anything without her say-so, you start being

more assertive, in a loving, respectful manner.

- Instead of just talking to her in a neutral way like a friend, you now flirt with her and make her feel like a sexy desirable woman.

The more that you give her the kind of attraction experience she always wanted from you, but never got, the more she feels like she just has to give you another chance, or else she might end up regretting it and missing you.

When make her feel that way, her sexual and romantic feelings for you begin flooding back and you can then get her back and enjoy a new relationship.

The next break up etiquette example of what not to do isâ€¦!

4. Don't promise that things will be better this time if she gives you a chance

As tempting as it might be to say something along the lines of, *â€œI know I stuffed up, but I promise you that this time things will be better. I won't make the same mistakes again. I give you my word,â€* your ex probably won't believe you, because she's likely heard it or something similar from you at least once or twice before.

So, what should you do instead?

Let her pick up on the changes in you when she interacts with you.

Let her decide for herself if you have changed.

Don't tell her.

Let her pick up on it.

Women are very good at noticing the subtle changes in the behavior of men, which indicate a man's confidence, emotional masculinity and self-esteem.

When you're talking to her on the phone or in person, she will be able to sense that you're now a different man to the one she broke up with (e.g. more confident and self-assured, more emotionally masculine, more ballsy).

It will naturally come through in how you talk to her, what you say and how you react to what she says and does, without you having to say anything to her about it.

So, don't bother making promises to your ex about how things will be different this time, or try to detail all the little things you've changed about yourself to hopefully hear her say, *â€œOkay, good boy. You can have another chance now.â€*

Instead, just be the new, improved, more confident and emotionally strong version of yourself when you talk to her and she will pick up on it.

However, even when she gets to the point where she can see that you really have changed, you shouldn't be asking her for a relationship or commitment.

Always remember: A relationship is the final step of the ex back process, not the first or second.

That means, before even getting to the point where you suggest having a relationship again, you have to first re-attract her and get to a kiss or sex.

Focus on getting to kissing and sex again and a relationship will naturally begin to be discussed or considered after that.

By the wayâ€¦!

If you're not sure how to go about re-attracting her, here are a few examples to help you get started:

- Make sure that you believe in yourself and in your value to her, rather than feeling as though you're not good enough for her, which she will pick up on and feel turned off about.
- Be aware that she's going to test you (e.g. by being cold, mean or catty towards you), so make sure that you maintain your confidence with her, rather than needing her to be nice, gentle and friendly in order for you to feel confident.
- Use humor to snap her out of her defensive shell and make her smile, laugh and feel relaxed to be around you again, rather than stressing her out by getting into deep, emotional, drawn out discussions about the relationship.
- Don't be afraid to flirt with her and create some sexual tension between you, rather acting like just a friend.
- Show her (via your actions, behavior and conversation style) that you're now a new and improved man that she can truly look up to, respect, feel attracted to and love, rather than continuing to make the same old attraction mistakes as you did before.

Once you've reawakened her feelings of respect and attraction for you again, you can then progress to hugging, kissing, sex and a new and improved relationship.

3 Common Problems You Might Experience Now That You and Her Have Broken Up

Getting an ex back is easier than most guys think it is.

It's all about the approach you take.

Say and do things that are attractive to your ex (e.g. be ballsy, make her laugh and smile) and her defenses will naturally come down.

On the other hand, say and do things that are unattractive to her and she will close up further and possibly double her efforts to get over you and move on.

So, to make sure that things go smoothly for you and you are able to interact with her in an attractive way, it's important that you are aware of the following common problems that guys experience after a break up with a woman!

1. She makes all sorts of unreasonable demands and you accept it

Sometimes, a woman will try to get rid of her ex by giving him unreasonable demands in the hope that he will eventually get fed up and leave her alone.

Example: She might tell him not to call her for 30 days because she needs time to figure out how she really feels about him.

Alternatively, she might say something like, *"You can only reply if I text you, but I don't want you to initiate contact with me first, or I will get annoyed and stop responding to you altogether."*

Another example is when a woman tells her ex that he can only call her on a specific day of the week

at a pre-arranged time, or she won't answer his call.

However, if he just does what she tells him and never stands up to her in a loving, but assertive way or laughs at her for being so silly and unreasonable, then she will perceive him as being too emotionally weak and wimpy for her and will feel convinced that she has made the right decision to break up with him.

So, whatever you do, don't become a doormat to your ex, just because you want her back.

Contrary to what you might believe, she actually wants you to stand up to her, as long as you do it in a loving, but assertive manner.

If you don't stand up to her in moments like that, she will feel more emotionally dominant than you and won't be able to respect you.

If she doesn't respect you, she won't be able to feel sexually attracted to you and without those two all-important feelings, she won't be motivated to give you another chance.

Another problem you might experience when trying to get your ex back is that

2. You feel unwelcome to get her back because she seemed so certain of her decision when she left you

Some guys make the mistake of thinking that because a woman said, *"My feelings for you are dead and nothing will ever change that,"* it really means that is final.

He then worries that if he tries to get her back, she will get angry, close herself off even more and then he won't even be able to keep her in his life as a friend.

So, rather than risking losing her as a potential friend, he does nothing.

Yet, here's the thing!

If you don't actively re-attract your ex, it's highly unlikely that she will change how she feels on her own and want you back.

Instead, she will almost certainly end up feeling nothing for you or not much, which will cause her to move on by finding herself a man who makes her feel attracted and in love.

Don't let that happen to you.

If you want to get your ex back, it's best to actively make her have sexual and romantic feelings for you again by interacting with her.

So, don't be afraid to call her on the phone and meet up with her in person and do whatever it takes to reawaken her feelings of respect, attraction and love for you (e.g. flirt with her, make her laugh and smile, show her that you're a new man now).

When you make her feel attracted to you again in a way that feels good to her, she naturally drops her guard and no longer feels sure about her decision to break up with you.

As a result, it becomes so much easier for you to get her back, or at least sleep with her again (and do a great job of it) to make her feel even more unsure about her decision to leave you.

Another problem you might experience when trying to get your ex back is that

3. You don't understand the power of attraction

After a breakup, a guy will usually do all sorts of things to try and convince his ex to give him

another chance.

For example: He mightâ€¦

- Beg and plead with her.
- Promise to change.
- Write a long letter, e-mail or series of text messages to tell her how he feels.
- Send her flowers.
- Buy her special gifts.
- Remind her of all the good times they had together.
- Be extra nice and sweet to her and do whatever she asks him to do.
- Use the No Contact Rule (i.e. ignore her for 30 or 60 days) to make her miss him.

Yet, in almost all cases, none of those things make a woman change her mind about being broken up.

So, what will?

Attraction.

Sexual and romantic attraction.

When you can make your ex feel strong surges of sexual and romantic attraction for you again, she will automatically begin to feel drawn to you once more for her own reasons.

Focus on that and you will easily get her back.

That is what really works with women.

On the other hand, if you continue to do random things that she doesn't care about (e.g. send her texts as a friend, go to the gym for months to try and build some muscle, wear new clothes), you'll likely end up feeling frustrated and hopeless about your chances of getting her back because you will see that she just doesn't care.

Don't let that happen to you.

If you want her back, focus on sexual and romantic attraction and make her feel that by interacting with her.

When she feels attracted again, her thoughts, behavior and actions will naturally change.

She will open back up to you and want to be with you again, even if just temporarily to see how she feels.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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My Dog Misses My Ex

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 3 ways you can use the fact that your dog misses your ex, to help get her back into a relationship with you:

1. Re-attract her on a phone call and then suggest that she catch up to say hi to your dog

Your dog missing your ex is a great reason to call her, because you can use that fact to make her laugh and smile and bring out the sentimental, feel-good feelings she associates with the dog and by association, with you (e.g. she remembers all the fun times the three of you had together, she laughs about all the cute things your dog used to do).

She then naturally drops her guard and becomes a lot more open to meeting up with you (even if itâs under the pretense that sheâs only coming to see your dog), giving you the opportunity to fully reactivate her feelings for you and get her back.

Remember: Don't suggest meeting up before re-attracting her.

Attraction first, everything else after that.

So, focus on maintaining your confidence with her, even if sheâs initially a bit cool towards you and then use humor to break down her defenses and spark her feelings of respect and attraction for you again.

The more you make her smile, laugh and feel happy to be talking to you again, the more she will be thinking things like, *âWhatâs going on here? Heâs making me laugh and smile and it really feels good talking to him again. He really sounds so differentâ| more confident, self-assured and in control than before. I like it. Maybe seeing him in person wonât be that bad after all. It could be fun and besides, I miss the dog too.*â

So, hereâs an example of how you can use your dog missing your ex to re-attract her and make her want to see you again.

Imagine that youâve just called your ex and she asks, *âSo, what have you been up to lately?*â

Rather than reply with something mundane like, *âOh, Iâve been busy with work/studies mostly. How about you?*â which will only make the conversation between you and her seem strained and awkward, you can instead say something along the lines of, *âOh you wonât believe it! Iâve had my hands full with Max. He just hasnât been his old self.*â

She will likely respond with something like, *âOh no! Whatâs wrong with him? Is he sick?*â and you can then say in a joking way something like, *âYeah, itâs terrible! Heâs been heartbroken since you left. He wonât eat. He wonât sleep. He doesnât want to go to the park anymore. All he does all day long is sit and stare with sad eyes at your old chair listening to sad songs on the TV. Iâve tried everything to cheer him up like cooking him a steak and playing with his favorite toy, but he just wonât snap out of it,*â and then have a laugh with her about it.

She will laugh, her guard will come down and rather than feeling tense about talking to you again, she will feel like you and her are picking up from where you left off when things were good between you.

You can then say, *â€œOkay itâ€™s not all that bad, he did devour the steak in 3 seconds flat and then napped for about 3 hours after that, but he really does miss you,â€* and then change the conversation and talk about something else for a while.

Then, after a few minutes more of casual conversation, you can say something like, *â€œAnyway, I think it would be nice if we got together sometime this week for you to say hi to Max. I know he would appreciate it and it would make him feel so much better. However, he has appointments on Monday and Friday, but will be available on Tuesday, Wednesday and Thursday. So, which of those days suit you best?â€*

If youâ€™ve been making her laugh and relax, sheâ€™s almost certainly going to agree because she will sense that catching up with you (and the dog) would feel good, rather than awkward or weird.

Then, when you meet up with her make sure that youâ€™re ready to say and do the things that will spark her feelings for you (e.g. being confident and self-assured rather than doubtful and insecure, flirting with her and making her feel attracted rather than being neutral or friendly, using humor to create a relaxed vibe rather than being too serious) and open her back up to flirting with you and seeing where it goes.

Another way to use your dog missing your ex to get her back isâ€

2. Text her in a joking way to let her know that your dog misses her

Texting is a good way to break the ice if you havenâ€™t been in contact with your ex since you and her split up.

For example: You might send her something along the lines of, *â€œHey, Max misses you.â€*

Then, add a photo of your dog looking sadly up to the camera.

Add in, *â€œLol...look how sad he looks. He misses you Anne! :)â€*

Then, when she replies, text back and forth a little bit and then get on a phone call with her so that you can begin reactivating her sexual and romantic feelings for you (e.g. by making her laugh and smile, showing her via the tonality of your voice and the way you respond to her that youâ€™re more confident and emotionally strong now, flirting with her to create some sexual tension between you).

Important: Itâ€™s very difficult to reawaken a womanâ€™s feelings of respect, attraction and love without actually talking to her (preferably face-to-face), where she can hear the sincerity in your voice and see your confidence and composure coming through via your body language.

So, if your goal is to get your ex back, donâ€™t lose your chance with her by getting caught up texting for too long and not getting her on a call with you, so that you can arrange to meet up with her in person.

Youâ€™ve got to make a move.

If you donâ€™t strike while the iron is hot (i.e. while sheâ€™s still smiling and experiencing warm feelings towards your dog and possibly even you) and some other guy comes along and sparks her feelings for him, she will hook up with him, while youâ€™re obviously texting back and forth with her.

Then, when you pluck up the courage to make the call, usually after a few weeks, or even months of texting back and forth, sheâs likely going to be unavailable to you.

She will then probably say something along the lines of, *âI hope Max feels better soon. Maybe my new boyfriend and I can take him to the park sometime to cheer him up,â* leaving you feeling like she punched you in the gut.

Donât let that happen to you.

Spark some of her feelings via text and then get her on a call with you and then to a meet up as quickly as possible, so that you can fully reawaken her feelings of respect, attraction and love for you so that you can get her back for real.

Another way to use your dog missing your ex to get her back isâ|

3. Post up photos on social media of you having fun with friends in a park with your dog

[image: Make your ex miss your dog and miss you]

Now is the time to use social media to your advantage to help re-attract your ex.

So, go ahead and post up some really fun, interesting, humorous photos of you, your dog and some friends having fun playing in a park together.

Important: Make sure though that you don't post up photos of you *alone* with your dog, because it will not have the same effect as photos of you enjoying yourself with others. Why?

When she sees you and your dog having fun with others, she will feel attracted to you because you're not sitting around feeling lonely and lost without her.

She will then feel like she is missing out on having fun times with the dog (especially if she really liked him and misses him too).

She may then like the photo or even send you a message saying something like, *âMax looks like heâs having fun.â*

You can then use that as an opening to engage her in conversation, get her on a call and then get her to meet up with you.

For example: If she sends you a message like, *âMax looks like heâs having fun,â* you can respond with something along the lines of, *âYeah. It was a nice day out for him, because heâs been moping since you left. He really misses you, so itâs nice to see him happy and enjoying life again,â* and add a smiley face with the tongue sticking out.

She will likely respond with a smiley face of her own and you can then just call her to have a quick chat (and obviously spark some of her feelings for you so that she agrees to see you in person).

By the wayâ|

If your ex has unfriended you on social media, just set your photos to public so she can see them from the outside, because itâs almost certain that she will stop by from time to time to check on you.

Then, she wonât be able to resist at least pressing like when she sees how cute your dog looks in the photos and you can then initiate a chat with her and take it from there.

Where Guys Go Wrong When Using the "My Dog Misses You" Excuse to Get an Ex Back

If your dog misses your ex, chances are high that your ex misses your dog too.

That gives you a ready-made excuse to contact her, re-attract her and get her back.

However, if you don't approach the ex back process correctly, you might actually turn her off even more.

She will then likely close herself off, making it very difficult for you to get her back.

So, if you don't want that to happen, make sure you avoid making the following mistakes:

1. Writing a serious e-mail, letter or text to say that you think the dog is missing her and asking if she could visit you

For example: A guy might write something along the lines of, *"Hi, Anne. I just wanted to let you know that Max is really missing you. He just looks so sad all the time and I don't know what to do to help him feel better. Anyway, I was wondering if you would be able to come over sometime this weekend to visit him and cheer him up a little bit. I would really appreciate it. Thanks."*

Yet, rather than make a woman think, *"Oh, it's so sweet that the dog is missing me. I should definitely go see him this weekend,"* she will likely just see right through his plan to get her to his house again so that he can try and convince her to give him another chance and she will think something along the lines of, *"I can't believe he tried to trick me into seeing him again by using the dog. He's such a jerk!"*

Alternatively, she feels turned off by how overly emotional he is being about the dog.

She may then begin to think about all the other times he was too sensitive and emotional while they were together and she concludes that she made the right decision by breaking up with him, because he's too emotionally weak as a man for her.

She then either doesn't respond to his e-mail, text or social media message, or she sends him a cold reply like, *"I'm sorry that Max is missing me, but you'll have to deal with it on your own, because I'm not going to come to your house ever again. We are through as a couple and the sooner you accept that, the better for you and for Max. Please don't contact me about this again. Bye."*

Another mistake to avoid is

2. Not preparing to re-attract her when you next interact with her

If your ex decides to come visit your dog, will you be ready to re-attract her?

Most guys are not and they end up using the same old approach to attraction that their ex fell out of love with.

As a result, the woman ends up rejecting her ex, because she feels that since nothing about him has really changed or improved, if she gave him another chance, it would just end up in a break up once again.

So, if you don't want that to happen to you, make sure that you're ready to re-attract your ex

when you next interact with her (i.e. if she comes to visit your dog).

For example: Some of the ways you can do that are byâ€¦|

Making her laugh, smile and feel good to be hanging out with you (and the dog) again, so that at the back of her mind she begins thinking things like, *â€œIâ€™ve really missed this. I canâ€™t believe Iâ€™m even thinking it, but weâ€™re like a little family together.â€*

She then wants to see you again and experience more of those positive feelings with you.

Showing her that youâ€™re confident in yourself and in your value to her (especially if sheâ€™s pretending not to be interested in you anymore and is trying to make you feel nervous or insecure about yourself).

Flirting with her to create a sexual vibe between you and her, rather than just talking to her like a neutral friend.

Not giving her too much power over you (e.g. by being too nice, agreeing with everything she says) and instead, letting her see that you are now even more emotionally masculine in the way you think, talk, behave and react when interacting with her.

When you re-attract your ex in new and exciting ways, she canâ€™t stop herself from feeling respect for you again.

When she respects you, she also feels attracted to you and then she becomes curious and intrigued about her new feelings for you and wants to explore them.

However, if youâ€™re not prepared, she wonâ€™t feel motivated to give you another chance and she will likely just walk away and never look back.

Another mistake to avoid isâ€¦|

3. Trying to use the dog's feelings as a way of guiltting her into giving him another chance

Sometimes, a guy will use the dog missing his ex as a ploy to make her feel bad and guilt her into spending more time with him again, in the hope that this will eventually lead to them getting back together again.

Yet, that plan almost always backfires.

Why?

A woman doesnâ€™t want to be manipulated into spending more time with her ex, or giving her ex another chance, simply because he canâ€™t deal with the idea of being losing her.

As a result, she loses even more respect and attraction for him and even begins to feel angry and annoyed with him to boot, making her want to move on from him as quickly as possible.

Additionally, when a woman has disconnected from her feelings of respect, attraction and love for her ex, she stops caring about how he feels or what he wants.

What he wants just doesnâ€™t matter to her so much anymore.

So, donâ€™t bother trying to make your ex feel guilty over how much your dog misses her and focus instead on re-sparking her feelings of respect and attraction for you.

That will get her back a lot faster and easier than trying to guilt her back into your life.

Another mistake to avoid isâ€¦|

4. Not focusing on her feelings

You and your dog may both truly be missing your ex right now, but as terrible as it may sound to you, your feelings don't really matter.

What matters is whether your ex is missing you (and your dog) or not.

So, if you want to get your ex back, you have to stop focusing on what you want and start giving her what she wants (i.e. to feel respect, attraction and love for you based on the changes and improvements you've made yourself).

It can't be all about how much you love her and miss her and it can't even be about your dog missing her either.

It has to be about her feeling attracted and drawn to you for her reasons (i.e. she likes how confident you are now and how you make her laugh and smile and that it feels good to be around you again, she likes how you still want her back but don't need her back to feel good about yourself and have a good life, she likes how you are able to make her feel butterflies in her stomach again when she's around you, rather than feeling like a neutral friend).

Focus on that and you will naturally get her back without her even realizing that she's forgiven you for your past mistakes and has fallen in love with you all over again.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Rebuilding Yourself After a Break Up

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 4 tips to help you rebuild yourself fast:

1. Don't focus on the superficial things that women don't really care that much about anyway

After a break up a guy might start thinking things like, *â€œShe said that she didn't have feelings for me anymore. Maybe that happened when I picked up / lost a bit of weight. She lost her attraction for me and things went downhill from there. However, if I go to the gym and lose weight / put on some muscle and maybe even change my wardrobe and hairstyle, the next time she sees me, she will feel attracted to me again because I look so good. She will then want to give me another chance and we can get back together again.*â€œ

Yet, hereâ€™s the thing that guys like that don't understand!

Making your ex feel attracted to you again has almost nothing to do with your physical appearance.

Of course, that doesn't mean you should be a slob and not give a damn about how you look, however, itâ€™s not the main thing that will make your ex want to be with you again.

Instead, a womanâ€™s attraction to a guy is mostly based on how he makes her feel when sheâ€™s interacting with him.

So, go ahead and get a new gym membership, buy new clothes and get a new haircut if itâ€™s something you want to do for yourself (e.g. because youâ€™re ready for a change, you want to take back control of your body, itâ€™s important to your physical and mental health), but don't do it to impress your ex.

If sheâ€™s like most women, she won't really care about those things.

Sure, she might say, *â€œWow, you're looking great,*â€œ when she sees you, but deep down sheâ€™ll be thinking things like, *â€œI wonder if he's put as much attention into changing himself on the inside as he has on changing the outside. I hope he doesn't think that just because he's lost / picked up weight and gotten himself new clothes I'm going to suddenly forget about how he behaved in the relationship? He's going to have to do a lot more than change his physical appearance to convince me to give him another chance.*â€œ

So, don't make the mistake of thinking that you need to get a physical makeover to re-attract your ex.

It's fine to pay some attention to those things, but 80% of your time and energy should be focused on what really matters to women (i.e. attracting her emotionally).

By the way!

If youâ€™re not sure where to start, here are some questions that will help you get a clearer picture on how to re-attract your ex in the ways that are important to her:

- Are you a confident, emotionally strong man who believes in himself and in his value to his ex (and women in general), or do you feel insecure and believe that youâ€™re not good enough for her, or for the women you really want?

- When you interact with your ex, do you make her feel feminine and girly in your presence, or does she feel more like a neutral friend or worse, like a big sister to you who always needs to hold your hand and guide you?
- Are you emotionally independent and feel happy, content and excited about your life even though she's not with you anymore, or do you feel lost without her and like you need her back to be able to function?
- Are you more emotionally dominant than your ex, or does she easily walk all over you, get her way and control you?
- Are you living up to your true potential as a man, or have you been happy to just *â€‹go with the flow* and see where life takes you, even though you were aware that this attitude made your ex feel stressed out and uncertain about her future with you?

When you understand what your ex really wants in a relationship with you, you can quickly make some changes and improvements to yourself and then let her experience the new you during interactions.

Don't tell her that you've changed.

Instead, just let her sense it and see it based on how you now talk, behave and act around her and in life.

When she can see that you now understand what she really wants, her guard starts to come down and she naturally opens back up to you.

On the other hand, if you only change superficial things about yourself (e.g. your physical appearance) and expect her to want you back, don't be shocked when she says something along the lines of, *â€‹Sorry. I know you mean well, but it doesn't change how I feel about you. Please accept that what we had is over and move on.*

Another tip to help you rebuild yourself after a break up is

2. Focus on how you will make her feel attracted, so she has a reason to give you another chance

If you read the first point, you will already be aware that attraction is the most important thing to focus on if you want to get your ex back.

When you can make her feel sexually and romantically drawn to you again, her walls naturally crumble down and she opens back up to you.

So, you have to focus on that.

When you interact with your ex from now on, over the phone or in person, whatever you're saying and doing is either going to be turning her on and making her think things like, *â€‹This is so unexpected, but I'm really feeling so good talking to him again. Maybe he really has changed after all. Maybe it's not too late to work things out between us,* or turning her off and convincing her that you definitely are not the man for her.

By the way

If you're unsure of what will spark your ex's feelings for you, here are some examples to help you out the next time you're interacting with her on a call or at a meet up:

- Show her by the way you now think, talk, behave and respond to what she says and does, that

you've changed and improved in some of the ways that are important to her and are now at a new level as a man.

- Use humor to take the awkwardness out of the situation and make her feel relaxed, happy and attracted to you again.
- Maintain your confidence around her regardless of what she says or does to make you feel insecure and doubtful about your chances with her (e.g. she says things like, *"I will never be able to trust you again,"* or *"Nothing you can do will change the fact that I don't love you anymore,"* she's cold, mean or critical towards you).
- Make her feel like a sexy desirable woman in your presence by being emotionally masculine around her, rather than being too nice, sweet or neutral and making her feel like a friend, roommate or big sister.
- Stand up to her in a loving way when she tries to dominate you during conversation, rather than letting her get her way to make her happy and turn her off instead, because she perceives you as being too emotionally weak and wimpy.

When you interact with your ex in some of those ways, she can't stop herself from feeling attracted to you again, even if she initially doesn't want to.

She then naturally drops her guard and opens back up to interacting with you more, so that she can explore her new, exciting feelings for you.

Another tip to help you rebuild yourself after a break up is:

3. Do new things with new people

Although it's likely that your friends will be there for you during this difficult time and you shouldn't neglect them, getting out and making new friends is a good way to help you rebuild yourself after a break up.

Here's the thing:

When you only go out with old friends, you will end up feeling the same old way.

On the other hand, doing new things with new people will make you feel new emotions, get new experiences and gain new knowledge.

In every town and city, there are situations you can place yourself in where you will immediately be surrounded by new people who will welcome you.

For example a great resource you might want to look at is Meetup.com.

It's available in most areas and it caters to people of diverse cultures, interests and tastes.

Regardless of where you are in the world, there is most likely a meet up happening near you today, tomorrow or this weekend.

For example: Some of the activities and groups you might find on this website include:

- Gaming clubs.
- Tech groups.
- Outdoors and adventure groups.
- Health and fitness groups.
- Book clubs.
- Photography clubs.

- Sci-fi clubs.
- Dance groups.
- Boxing class.
- Mixed martial arts class.

Of course if there are no meet up groups in your area, or if you don't want to go that route, there are still many places you can go to, to meet new people in your city or town (e.g. your local community centre, gym, or even a charity group).

It all depends on you and what you're interested in.

Whatever you're into, chances are there are other people around you who are into it too.

By the way!

If you're not particularly interested in anything specific, pick something that appeals to you the most and go give it a shot.

You might be surprised to discover a whole new hobby that you never even imagined you would be interested in.

At the same time, you'll make new friends, learn new things and without even realizing you'll also change and develop as a person.

Not only will that help rebuild your confidence and sense of worth after your break up, it will also make you more attractive to your ex when you interact with her again.

Rather than sitting around feeling sorry for yourself and staying stuck at the same level you were at when she broke up with you, you've taken action to become a better man.

That's attractive to her.

As a result she begins to reconnect with her feelings of respect and attraction for you and becomes open to the idea of giving you another chance.

Another tip to help you rebuild yourself after a break up is!

4. Experiment with new attraction methods that are outside your comfort zone

If you try to get your ex back by using the same approach you used on her the first time around (e.g. sending her flowers, being really sweet and nice to her, wooing her like she's a princess and you're a gallant knight who never challenges her), she will most likely keep pushing you away.

Why?

She'll take your approach as a sign that nothing else about you has changed either.

She may then think to herself something along the lines of, *"I can see that he's still stuck at the same level he was at when we broke up. He never changes or improves. I'm sure that will be enough for some other woman, but it isn't enough for me. I need a guy who can change and evolve and make me feel excited to be around him."*

This is why it's so important for you to use a different approach with your ex and experiment with attraction methods that you've never tried before.

For example:

- If you've always been quite serious in the past, try some playful, arrogant humor for a

change.

- If you've been really easy-going to the point where people, and especially your ex, walked all over you, give being more ballsy a shot.
- If you've allowed your ex to always get her way when she's with you, try putting her back in her place in a dominant, but loving way. Stand up for yourself when she tries to dominate you with her forceful personality, while still being a good guy to her.
- If you've always treated your ex like a good friend, go ahead and flirt with her now to create sparks of sexual tension between you and make her feel feminine and girly around you.

The more unpredictable you become (in a good way) when you interact with your ex, the more drawn to you she will feel.

She'll begin thinking things like, *"What's going on here? Who is this guy? I'm sure this isn't the guy I broke up with. He's so different now. I actually like the new him. I want to stick around and see what he has in store for me next. It's so exciting."*

When she starts thinking that way about you, her feelings of attraction will begin flooding back and she will begin to feel sparks of love for you again.

It's then up to you to guide her through the final steps of attraction and get her back.

This is why it's so important that you're fully prepared to re-attract her in new and exciting ways.

If you don't, there will be no motivation for her to want to give you another chance, because she will feel that she's getting back the very thing she tried to get away from in the first place (i.e. the same old attraction experience), and she doesn't want that.

4 Common Mistakes to Avoid When Rebuilding Yourself After a Break Up

Rebuilding yourself after a break up and getting your ex back can happen pretty quickly if you follow the right steps (i.e. change and improve some of the things that caused her to split up with you, reactivate her feelings for you during interactions, get her back).

However, if you miss out any of the steps, or make other mistakes, it will take so much longer for you to accomplish what you want.

So, be prepared and avoid making any of these mistakes:

1. Taking so long to rebuild that she moves on without you

Although preparing yourself to re-attract your ex is a vital step to getting her back (i.e. because if you try to get her back without changing she will sense it and push you away), it can't be something you do indefinitely.

Remember: The longer you take, the more time your ex has to fully get over you, move on and find herself a new man.

Then, by the time you get around to re-attracting her, she may be in love with someone else and then it will be very difficult to get her back.

So, what should you do instead?

You need to take a few days (no more than 7) to rebuild yourself.

For example: Some of the ways to do that areâ€¦

- Focus on calming down and regaining control of your emotions.
- Come up with a clear list of reasons why your ex broke up with you.
- Start working on improving those things about yourself.
- Start learning how to re-attract her.
- Stay confident knowing that you are preparing to successfully get her back.

Then, when you feel ready, get your ex on a call with you and re-spark some of her feelings for you.

The next step is to get her to meet up with you in person and get her back for real.

Get her back now or this week, rather than thinking that you need to spend weeks, months or even years rebuilding yourself before you can do that.

The longer you wait, the more you delay your happiness and hers.

Another mistake to avoid isâ€¦

2. Telling her about how you are rebuilding yourself

Sometimes a guy thinks that telling his ex that heâ€™s working on his issues and rebuilding himself, she will be impressed and decide to give him another chance.

Yet, hereâ€™s the thingâ€¦

Women don't care to hear about that.

A woman just wants a man to figure out whatever it is that he needs to figure out and then get on with being the kind of man that she can feel respect, attraction and love for.

She doesn't want to be expected to say, *â€œOh, good for you. I'm so proud of you for putting in the effort to become a better man, Well done!â€* especially after a break up.

So, if youâ€™re rebuilding yourself thereâ€™s not need to share that with her.

Instead, continue changing and improving yourself and then let your ex experience the new you for herself during interactions.

When she sees that youâ€™re now at a different level than when you and her broke up and you didn't even ask for her help, or tell her about your process, she will naturally feel impressed with you for being such an emotionally strong, independent man.

She then opens up to you again to see how she feels and you can begin guiding her back into a relationship.

Another mistake to avoid isâ€¦

3. Assuming that you have to become perfect to then start the ex back process

A lot of guys never get around to re-attracting their ex, because they think that they have to change every single little thing that was turning her off about them.

Yet, thatâ€™s not actually true.

A woman doesn't need her ex to be perfect to give him another chance.

Instead, she wants to see that he's understood her concerns and he's putting in the effort to become better.

She will then respect him for that and forgive him the little mistakes that he makes, because she knows that no-one is perfect, not even her.

So, don't waste time trying to rebuild yourself into the perfect man for your ex.

Just change the things you know are important to her.

Then interact with her on the phone and more importantly in person, show her that you've improved the things that matter to her and watch how her feelings of respect and attraction for you come rushing back.

Her walls begin to crumble and then the idea of being your girl again starts to feel good to her.

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My Girlfriend Broke Up With Me and Said, "I'm Sorry For Doing This, But I Have to Do it For Myself"

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 4 common reasons why a woman will say that when breaking up with a guy:

1. She's tired of pretending to feel attracted to your approach

Based on a man's approach, a woman will either feel motivated to contribute to the relationship and be a good, loving, devoted woman to him, or she will gradually lose respect and attraction for him and begin pulling away.

For example: A guy might think that a woman should be happy with his friendly, neutral approach because they get along so well and he cares so much about her.

Yet, he lacks the masculine edge that she looks for in a guy and that maintains a woman's attraction and respect.

It's just too neutral because of his approach.

As a result, she stops feeling the way she wants to feel in the relationship with him, so she decides to break up with him and find another guy who can give her the attraction experience she really wants.

Here's the thing:

Without sparks of sexual and romantic attraction, a relationship slowly starts to feel more like a friendship.

Yet, that's not what a woman wants.

She wants a sexually attracted, romantic relationship.

In other words, she wants to be in love in a romantic way with her man, rather than feeling like she's his partner or best friend.

So, even though the guy might be a really good guy and thinking things like, "We are so good together. We have the perfect relationship. I'm such a lucky guy to be with a wonderful girl like her," she's likely thinking something along the lines of, "This relationship has become so dull and boring lately. I don't feel like I'm in a romantic relationship anymore. Instead, I feel like I'm living in a dorm room with my best friend whom I don't want to date or have sex with. There's just no spark between us anymore. I don't feel sexy around him, but he doesn't even seem to notice or care. He's just happy for us to trudge along this way forever. However, I'm not. I don't want a buddy, I want to be passionately in love with my man and feel like neither of us can keep our hands off each other. I can't take it anymore. I hate the idea of hurting him, but I have to break up with him for my sake."

So, although you may have thought that you and your ex had an ideal relationship, it's quite possible that she didn't feel the same way about it as you.

Instead, although she appreciated that you are a good guy who treated her well, she may have also needed you to be more emotionally masculine and make her feel like a feminine woman around you.

This is why, if you want to get your girlfriend back, you have to change your approach and give her what she really wants, not what you think she should be happy with (i.e. romance and attraction

rather than friendship and predictability).

You need to use every interaction that you have with her from now on to reawaken her sexual feelings for you by making her feel the way she always wanted to feel with you, but didn't.

When she stops feeling bland, boring, friendly emotions and begins feeling excited and turned on again, she'll naturally start to think about you in a more positive (i.e. sexual and romantic) way.

She will then want to talk to you on the phone and hang out with you more to see if you can maintain this approach and continue making her feel attracted, or if she needs to move on for real.

Another common reason why a woman will say that is!

2. She tired of trying to make the relationship work

[image: She is tired of trying to make the relationship work]

If a woman gets a sense that she's always having to turn a blind eye to her guy's mistakes (e.g. she forgives him over and over again for breaking his promises to her, she always picks up after him while he sits around watching TV or playing video games, she makes excuses for him to her friends and family because he refuses to make an effort to spend time with them, he's unreliable and lets her down when she needs him the most), she will eventually feel that sticking with him is just too much work.

She may then begin thinking things like, *Why am I always trying to make this relationship work, while he just messes me around? Why am I letting him do this to me? Where is my self respect?*

When a woman reaches that point in her relationship with a guy, she will almost always break up with him to focus more on herself and her needs, rather than continue to deal with the stress of trying to make the relationship work.

This is why, if you want your girlfriend to open back up to the idea of giving you another chance, you need to get clear about what you need to start saying and doing to properly re-attract her.

For example: Ask yourself!

- What aspects of my thinking and behavior made her feel stressed out, annoyed or like I didn't care (e.g. you took her for granted, you didn't pull your weight, you were too immature and childish compared to her)?
- What is it about me that initially attracted her to me (e.g. your confidence, your ability to make her laugh, that you made her feel like a feminine woman around you) and did I maintain those things over time?
- Did I try to get her to accept things about me that just aren't attractive to her (e.g. you wanted her to lead in the relationship, you displayed annoying habits that she clearly didn't like)?
- Did I give this relationship the attention it deserved, or was I distracted by other things (e.g. work, hanging out with your friends, your family)?

When you can honestly answer those questions for yourself, you will have a much better idea of what it will take to get your girlfriend back.

Another common reason why a woman will say that is!

3. She has matured a lot faster than you and doesn't want to keep lifting you up to her level

Sometimes, at the beginning of their relationship, a man and a woman will start off being at the same level of maturity.

However, over time, one of them, most often the woman, slowly begins to surpass her guy and grow up, while he stays stuck thinking, talking, acting and behaving in an emotionally immature way.

When this happens, she naturally begins to feel uncomfortable and unfulfilled in the relationship, until eventually she breaks up with him.

The guy might then feel hurt and confused and wonder, *âWhat happened? I thought everything was great between us. I thought we were on the same page (i.e. enjoyed the same things, we had the same interests). I just don't get it.â*

Yet, here's the thing!

For a relationship to last past the initial stages and grow and evolve into something deeper and longer lasting, there needs to be more than just a superficial attraction between the man and woman.

Instead, they need to be able to grow and mature together and begin wanting the same things (e.g. to pursue a career, to go traveling together, to get married and settle down, pursue common dreams and goals, feel like life is getting better rather than worse).

So, when a woman discovers that she is maturing a lot faster than her boyfriend (e.g. she's ready to stop partying and focus more on her career, but he isn't, she wants to take the relationship to the next level like move in together, get married, or have a baby but he doesn't want to), then she may start feeling like he's no longer the right man for her.

Initially, she might stay in the relationship for a while longer in the hope that her guy will catch up to her in maturity, but if he doesn't, she will eventually lose too much respect and attraction for him to want to stay in the relationship.

At that point, she will break up with him and say, *âI'm sorry for doing this, but I have to do it for myself.â*

Another common reason why a woman will say that is!

4. She doesn't feel like it's necessary to have a relationship anymore because the feelings just aren't mutual

A woman will sometimes date a guy even though she doesn't have strong sexual or romantic feelings towards him, simply because he's a nice guy.

In her mind she might justify her choice by thinking something along the lines of, *âHe's so good to me and I'm tired of dating jerks. He's loving and kind and even though there isn't a big spark between us, I'm sure that over time my feelings for him will get stronger.â*

However, rather than feel stronger respect, attraction and love for him over time, she discovers that his thinking, actions and behavior are actually turning her off even more (e.g. he's so nice to her that she ends up walking all over him, during sex he's always too sweet and thoughtful and treats her like a friend rather than throwing her on the bed and ravishing her like she's a desirable woman, he's often insecure about his value to her and he keeps needing her to reassure him that

she still loves him).

As a result, she starts to feel unsatisfied in her relationship with him and like if she doesn't break up with him, she will end up ruining her chances of finding a man who can make her feel the passion and excitement she craves.

So, even though the guy is in love with her and feels like they are meant for each other, the feelings aren't mutual so she can't see the point of staying in the relationship with him anymore.

Here's the thing though!

Just because your ex girlfriend might not have strong sexual and romantic feelings for you right now, it doesn't mean you can't change how she feels and make her really want you (even if she never felt strong attraction or love for you before).

In fact, when you interact with her and spark her feelings of respect and attraction for you (e.g. by making her laugh, smile and feel good to be around you, flirting with her to make her feel like a sexy, desirable woman, maintaining your confidence with her when she's being aloof or even bitchy towards you), she won't be able to stop herself from feeling drawn to you again.

Even though she may have convinced herself that you're not the right guy for her and that she just doesn't have any feelings for you, she will suddenly start imagining what it would be like to be your girl for the long term.

She will realize that you have leveled up as a man and have now become what she always wanted you to be (e.g. more confident, emotionally masculine, emotionally strong) and she will want to experience the new you.

She will then drop her guard and open back up to interacting with you to see how she feels.

Then, the more you ignite her feelings of passion and desire for you, the more she will begin to regret her decision to break up with you.

4 Mistakes to Avoid Now That She Has Broken Up With You

The good news is that you can easily get your girlfriend back if you want to.

When you improve the way you talk, act, behave and respond to her during conversation and make her feel surges of respect and attraction for you, it actually becomes something she wants to do too.

However, if you approach the ex back process in the wrong way, you can just as easily turn her off even more and convince her she made the right decision.

So, to avoid that happening, make sure you don't make these mistakes:

1. Promising to change if she gives you a chance

It's only natural that when a woman says, *"I'm sorry for doing this, but I have to do it for myself,"* a guy's first reaction may be to start making promises to change.

For example: He might say something along the lines of, *"Please don't do this. I swear I will do whatever it takes to become a better man for you. Just give me one more chance before you make up your mind. You'll see! Things will be different this time. I promise!"*

Yet, that rarely makes a woman change her mind. Why?

By the time the guy starts promising to change, his woman has already disconnected from her

feelings of respect, attraction and love for him.

So, his words don't really mean anything to her, because she's already been preparing herself mentally to break up with him and his promises just come across as *"too little, too late."*

Also, in most cases, a guy will have likely promised to change at least once or twice before (usually more), but every time he's improved for a little while, only to revert back to his old patterns of thinking and behavior.

As a result, she doesn't trust him to keep his promise, so she says, *"No, not to giving him another chance."*

This is why, if you want your girlfriend to change her mind about breaking up with you, you need to show her that you've changed some of the things that are important to her, rather than promise her that it will happen.

Remember: Actions speak louder than words.

When she can see for herself that you really are different now, she will be a lot more open to the idea of giving you another chance.

The next mistake is

2. Asking her what you could change to make her reconsider

This is one of the worst approaches a guy can take when trying to change a woman's mind about breaking up. Why?

Most women don't want to be responsible for shaping their guy into the man that he needs to become to make her happy.

So, if he asks her to tell him what he needs to do, rather than feel flattered or pleased that he needs her help to become a better man, his woman usually feels turned off by his lack of understanding as to what makes a woman tick.

If she has to tell him how to be the man she needs, she will lose respect for him because he's not his own man.

He is simply following her instructions, which takes the romance out of being with him, because he's not a real man to her anymore, but rather a confused guy who needs a woman to hold his hand and teach him how to think, act and behave to make her feel attracted to him.

A woman doesn't want to do that.

This is why, if you want to make your girlfriend change her mind, you have to figure out how to re-attract her without asking her for instructions.

Then, go ahead and do that and get her back.

Another mistake to avoid is

3. Trying to discuss the relationship or work things out via text

When it comes to discussing your relationship with your ex, doing it via text is a bad idea. Why?

This only annoys her even more, because she has to put so much time and energy into physically replying to your long texts.

She sees it as you being selfish and expecting more out of her than she should be willing to give after

a break up.

Hereâs the thingâ

Long discussions about your relationship should only happen in person and only after youâve reactivated her feelings of respect and attraction for you.

Only then will she be open to talking to you about it and willing to work things out with you.

On the other hand, if you try to engage her in conversation via text before she has feelings for you again, she will almost certainly close up and possibly even block your number on her phone.

The next mistake to avoid isâ

4. Trying to make her feel sorry for you

Itâs only natural that your girlfriendâs approach has upset you, hurt you and left you feeling lost and confused.

However, playing the pity card and saying things like, *âHow could you do this to me? After everything we had together, youâre just willing to walk away without even an explanation. All I ever did was love you with all my heart. Why wasnât that enough for you? Why are you being so selfish?*â will actually make things worse rather than better.

Why?

Firstly, at this point, your ex girlfriend doesn't really care how bad youâre feeling, because sheâs disconnected from her feelings for you and is looking to move on.

Additionally, your emotional weakness (i.e. not being able to cope with being broken up) is a turn off to her and it only convinces her even more that she made the right decision.

So, regardless of how hurt and disappointed you might be feeling right now, forget about trying to make her feel sorry for you as a way of getting her back and focus instead on what works.

You need to interact with her over the phone and especially in person and reactivate her feelings for you (e.g. by making her laugh, smile and feel good to be talking to you again, showing her via your actions and conversation that youâve changed and improved, flirting with her to create a sexual vibe), so that she wants to get back with you.

Thatâs the easiest and most effective way to get an ex back.

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[image: Dan Bacon]

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Why is Getting Dumped By a Girlfriend So Painful For a Guy?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 reasons why getting dumped by a girlfriend can be so damn painful:

1. You're experiencing a whole bunch of painful emotions at once

One minute a guy is in relationship and feeling positive emotions like joy, contentment, optimism about the future and then the next minute he's dumped and all those emotions disappear in an instant.

Suddenly he's bombarded by a sudden and constant onslaught of negative, painful emotions that don't go away unless he can get his woman back, or he finally gets over her after weeks, months or years.

For example: 15 of the most common emotions a guy might be feeling after being dumped are:

1. **Rejection:** He gave his ex girlfriend his all and she threw his love in his face and walked away.
2. **Regret:** He wishes he could have done something to prevent what happened.
3. **Worry:** What if he can't make her change her mind? Will he end up losing the love of his life?
4. **Panic:** What is he going to do without her?
5. **Confusion:** Why did this happen? What did he do wrong to make her fall out of love with him?
6. **Anger:** How could she do this to him after everything he did for her? She doesn't deserve a guy like him.
7. **Denial:** This can't be happening to him. Maybe she's just going through a phase and she'll soon realize her mistake and come running back to him.
8. **Betrayal:** She said she would love him forever, but she didn't mean it. She broke his trust.
9. **Anxiety:** What if he never finds another woman to love him again? What if she was his soulmate and now she's gone?
10. **Neediness:** He can't seem to function without her (e.g. he doesn't remember at which dry cleaner she dropped off his suits, he can't find his car keys without her, the dog is sick and he doesn't know what to do because she always took care of it).
11. **Insecurity:** Wondering what's wrong with him as a man and whether he will ever be able to attract another woman.
12. **Loss:** Him and her shared a special connection and now she's gone.
13. **Desperation:** He wants to get her back, but his attempts so far (e.g. begging and pleading with her, promising to change, pouring his heart out to her in a letter, series of text messages or e-mail) have failed.
14. **Loneliness:** She was a big part of his life and he misses her.
15. **Hopelessness:** He doesn't believe that it's possible to get her back because she said something along the lines of, "Please don't try to change my mind about this. What we had is over and you need to accept that and let me go."

As you can see, it's only natural that you will be feeling pain right now.

However, here's the catch:

If you allow these negative emotions to take over your mind, you will actually be doing the one thing that will prevent you from getting your ex girlfriend back (i.e. becoming the kind of man that can attract her back).

Then, when you next interact with your ex on a phone call or in person and she senses that you're falling apart without her, she will feel turned off by what she perceives as your emotional weakness.

She will see your inability to cope as a sign that you're not an emotionally strong, persistent, strong-minded man who she can depend on in a crisis and she may then decide that she made the right decision to dump you after all.

On the other hand, if you can feel the pain of the break up and still manage to pick yourself up quickly and get on with your life, she will feel drawn to you again for having the grit to handle a negative situation like being dumped and coming out of it even better and emotionally stronger than before.

She then becomes more open to interacting with you more (i.e. over the phone and in person) and you can then build on her feelings and make her open up to the idea of getting back together again.

This is why, it's very important that from this point onwards, you stop focusing on how painful it is to be dumped by your girlfriend and only focus on what you need to do to get her back.

Another reason why getting dumped by a girlfriend is so painful is that

2. You felt like you and her had become one by being together

[image: You felt like you and her had become one by being together]

It's only natural that the longer a couple is together, the more in sync they become with each other.

For example: They might

- Finish each other's sentences.
- Have the same interests and hobbies.
- Like the same things (e.g. music, food, books).
- Complement each other (e.g. she cleans while he takes care of the car or the garden, he prepares and she cooks, she likes to bath while he likes to shower).
- Think in the same kind way.
- Believe in the same kinds of things together.
- Want the same kind of future.

As a result, when a break up happens, it may feel as though one half of a whole person is missing and that can be extremely painful.

However, something you need to understand is that even though it might have felt that you and your girlfriend had become one person, you and her were always individuals.

Yes, you and her shared many things in common and were in tune with each other's needs and desires, yet, you were still two separate people.

She has her own identity, will, thoughts, beliefs and life to live and so do you.

The same applies to everyone else's relationships.

This is why, if you sit around thinking things like, "I can't function without my girlfriend. We were one and now I feel like half of me is missing," you will only be prolonging the pain you feel.

Also by thinking that way about your relationship with your ex, you may end up feeling very disappointed and dejected when you notice that she isn't very interested in getting back with you based on how broken you feel without her, how much you love her, care about her, need her or want her back.

Remember: If the feelings aren't mutual, then the idea of being "one" together doesn't really mean that much to her.

This is why, you need to stop focusing on how you and her were so connected with each other and how painful it is to be without her and focus on reactivating her feelings of respect, attraction and love for you, so she wants to be your one and only girl again.

If you can't do that, she's just not going to care that you felt like you and her had become one by being together.

Another reason why getting dumped by a girlfriend is so painful is that

3. The relationship had become a big part of your purpose in life, or your main purpose

Some guys mistakenly believe that to maintain a woman's love, he needs to make her the center of his world.

As a result, a guy like that might stop focusing on his goals and dreams and instead, devote all of his attention and time to his relationship.

He may also give up his interests and hobbies and possibly even stop hanging out with his friends, because he believes that his relationship has to come first above anyone or anything else.

Eventually, his relationship with his girl becomes the main purpose in his life and his main reason for living.

Yet, here's the thing

It's fine for your relationship to be a part of your purpose, but not your main purpose.

If a man does that, a woman will pull the rug out from under his feet. Why?

A woman doesn't want to feel that her man's biggest achievement in life is his relationship with her.

That place should be reserved for his biggest dreams, goals and aspirations in life.

So, if he puts their relationship in that place, she feels turned off, because he comes across as too sappy and sentimental, rather than being emotionally strong and determined to achieve what he wants in life, with or without a relationship.

This is why, if you made your relationship with your girlfriend your main purpose in life, it's understandable that right now you will be experiencing a lot of pain.

Your purpose is gone and you feel empty.

However, you can't go on thinking like that.

Not only because you will end up staying stuck in a pit of misery and despair, but also because your

girlfriend will pick up on your neediness for her and she will continue to feel turned off by you.

So, what should you do instead?

You need to find your real purpose in life (i.e. something big you want to achieve) and actively go about making it happen.

By doing that, you will automatically be more confident, have higher self-esteem and will be the kind of man your ex can look up to and feel proud to be associated with.

Then, when you interact with her on a phone call, or in person and she realizes that you're getting on with your life and are happy and content without her, she will automatically feel a renewed sense of respect and attraction for you again.

You can then build on those feelings and get her back into a better, more balanced relationship with you, where she becomes the most important person in your life, but not the most important thing.

Another reason why getting dumped by a girlfriend is so painful isâ€¦!

4. You worry that you won't ever be able to experience that kind of love again

A big part of being in love with a specific woman is based on how she makes you feel (e.g. confident, loved, appreciated, manly, proud to be her man).

So, when that gets taken away (i.e. because she dumps him), he might get it into his head that he will never experience that kind of love with another woman again.

Yet, thatâ€¦s not true.

In reality, if you open yourself up to love, you will realize that there are many (literally millions) of women out there that are perfect for you and that you can experience an amazing love with if you want to.

Of course, you can also get your ex back if you want that.

However, the secret to both of those things is believing in yourself and in your value and attractiveness as a man.

When you realize that you are worthy of your girlfriend and any other woman you might want, you will naturally begin to feel more confident.

When you feel confident enough, you can then take action to re-attract your ex and get her back, or find yourself an even better, more beautiful woman than her if you want to.

The choice is yours.

However, you have to believe that itâ€¦s possible first.

If you keep putting yourself down and thinking things like, â€œI will never experience the kind of love I had with her with another woman,â€œ you may end up being stuck in your painful emotions and never doing what needs to be done to get your girlfriend back, or move on.

So, stop filling your head with negative thoughts and start believing in yourself and in your value to women.

The sooner you do that, the sooner the pain will begin to fade away and you can then focus on reactivating your girlfriendâ€¦s feelings for you and getting her back.

Another reason why getting dumped by a girlfriend is so painful isâ€¦!

5. You don't know that there is a real way to get her back

One of the main reasons why many guys struggle to recover after getting dumped is because they don't really know that it's possible to get their ex back.

A guy like that might want his ex back and he may even try different things to make it happen (e.g. beg and plead with her to give him one more chance, promise her that he will do anything she wants him to do, send her flowers or cards, write her long love letters expressing his feelings for her).

Yet, in almost all cases, none of those things work and he ends up thinking something along the lines of, "It's hopeless. She just won't change her mind. I know that I need to accept that I will never get her back, but I just can't do it. The pain is unbearable! I feel so defeated."

Don't let that happen to you.

You don't need to try random things to get your ex back.

Instead, you need to focus on doing what really works.

So, make a decision today that you are going to actively change how your girlfriend feels about you, by interacting with her on the phone and more importantly, in person, and making her feel good to be around you again (e.g. by using ballsy humor to break down her defenses, flirting with her to create a sexual spark between you, showing her that you're a new man now).

When you do that, you go from being the ex she's trying to forget, to someone who is making her feel strong surges of sexual and romantic attraction again.

She will then be open to interacting with you more and more to see how she feels and you can then easily guide her back into a relationship with you.

Common Problems Guys Experience After Getting Dumped

There is no denying that getting dumped by a girlfriend is a very painful experience, especially if a guy believes that he's lost the woman he loves forever.

Yet, it doesn't have to be that way.

In fact, being dumped can be one of the most transformative experiences a guy can have, because not only can he change and improve and become a better man as a result, he can also make his ex fall back into a relationship that is 100% better than it was before.

So, even though right now you might be feeling a lot of pain, think about how well things can turn out for you when you quickly transform yourself into a better man and re-attract your ex.

This is why, you need to make sure that you approach the ex back process in the correct way, so that you can reactivate your girlfriend's feelings for you and get her back, rather than turn her off even more.

For example: Some mistakes that you should avoid making are:

1. Letting the painful emotions ruin his confidence and feelings of self worth

It's very easy for a guy to let the painful emotions of a break up make him begin doubting his attractiveness and value as a man.

For example: A guy might say to himself, "If she dumped me, it must mean I'm not good

enough, not only for her, but for any other woman as well. After all, if she said she loved me and then couldn't stand to be with me, what chance do I stand with another woman who doesn't even know me. I'm such a loser. I just need to accept that I'm going to stay single and alone for the rest of my life, because no woman wants me.

He then spirals into a cycle of negative, insecure thinking, which eats away at whatever remaining confidence he has in himself.

If he then tries to get his ex back (or try to meet other women), he will usually get rejected because they will all sense that he feels unworthy of them and feel turned off by it.

Here's the thing!

Women are attracted to confident men who believe in themselves, no matter what happens in their life or what anyone else says about them.

Likewise, women are turned off by insecure men who depend on a woman, or other people to make them feel good about themselves.

This is why, if you've allowed your break up with your girlfriend to get to you and make you doubt yourself as a man, you need to first build your confidence back up if you want to re-attract her.

When you believe in yourself and in your value to your ex girlfriend and other women, not only will you be able to make her feel a renewed sense of respect and attraction for you, you will also be able to attract other beautiful women if you want to.

Your ex will sense the change in you and she will feel attracted to it, even if she doesn't want to admit it (even to herself).

You can then build on those feelings and get her back.

However, if you try to get her back while you're still feeling insecure and unworthy of her love, she will pick up in that and reject you even more.

Another mistake to avoid making is

2. Trying to get her back when at the peak of pain

If you try to get your ex back while you're still feeling intense pain over what happened, you may end up turning her off even more.

Here's the thing!

Women naturally look for emotionally strong men who can handle the challenges of life head on.

Of course a woman is fine with her ex feeling sad and disappointed for getting dumped temporarily, but she then expects him to get over it and focus on fixing the situation and acting on it like a man.

So, if she notices that he is stuck feeling sad, upset and disappointed for too long, she will think that he's not man enough for her and she will then focus on moving on and finding a new man right away.

This is why, you need to get over the pain of the break up first before you try to get your ex back.

When she sees that you've picked yourself up and become a better man, despite how painful the break up was for you, she will automatically feel respect for you again.

You can then build on her feelings, make her feel attracted again and get her back.

However, you can't do that when you're still dwelling in your feelings of loss and pain.

Another mistake to avoid making isâ€¦!

3. Letting her see how lost, desperate or hurt you are without her

Sometimes a guy hopes that if his ex sees how badly heâ€™s hurting, she will feel sorry for him and give him another chance.

Yet, hereâ€™s the thingâ€¦!

A woman is not attracted to the kind of guy who makes her feel as though she has to take care of him emotionally, because heâ€™s unable to cope with what millions of people around the world go through every day (i.e. being broken up with).

So, rather than want to give him another chance, she instead finds him too emotionally unattractive for her and she feels happy with her decision to dump him.

She then focuses on distancing herself from him even more (e.g. she blocks his number on her phone so he canâ€™t text or call her, unfriends him on social media, avoids going to places where she might bump into him) and focuses on moving on without him.

This is why, if you want to re-attract your ex, donâ€™t try to do it by showing her that youâ€™re still struggling with your feelings of pain and loss.

Remember: A woman is attracted to the kind of guy she can look up to, respect and be proud to call her man (i.e. because regardless how painful it was for him to get dumped by her, he has maintained belief in himself and in his value to her and has already taken steps to become even better than he was before).

When your girlfriend can see that youâ€™re happy, content and moving forward with your life without her, she will automatically feel respect for you again.

When she respects you, she also begins to feel attracted to you and with those two emotions back, reconnecting with her feelings of love is only a step away.

So make it happen.

You can do it.

When you do, you will immediately stop feeling the pain youâ€™ve been feeling and you will feel amazing once again.

She will love you again.

She will really want to be with you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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What Does a Dumper Feel After a Break Up?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

It depends because each woman is different.

For example:

1. Some women feel nothing and move on easily

This usually happens when a guy has ruined a woman's feelings for him so much (i.e. by repeatedly acting, thinking and behaving in unattractive ways), that she no longer feels any respect, attraction or love for him.

So, rather than feel bad or possibly even a little sad that the relationship has ended so badly, she instead feels relieved to be rid of him.

She also feels excited at the prospect of finding a new man who can finally ignite positive feelings inside of her (e.g. desire, enthusiasm, passion) rather than only bring out the worst in her (e.g. she's always angry, nagging, annoyed, turned off).

However, something to bear in mind is that even when a woman feels nothing for her ex, it doesn't mean he can't change that and make her want him again.

If he quickly transforms himself into the man she always wanted him to be (e.g. more confident, less needy, more emotionally masculine in the way he thinks, acts and behaves), even if she initially said something along the lines of, *"There is no way I would ever give him another chance. My feelings for him are dead and I know nothing will change how I feel,"* she won't be able to stop herself from feeling drawn to him again in a way that feels good.

She might try to fight it by telling herself things like, *"A leopard never changes its spots. I've already given him plenty of chances to change and every time he improves for a little while and then when I relax my guard and open my heart back up to him, he just reverts back to being a jerk once again. I simply can't trust him to change for real. Besides, I've dumped him now and there is no going back,"* but her heart won't let her move on.

It's then up to the guy to interact with her as often as possible on the phone and in person (without coming across as being needy or desperate) and show her that he really is a new man now.

Of course, she will initially try to test him (e.g. by being cold and aloof, telling him he doesn't stand a chance of getting her back, pretending to be interested one minute and pushing him away the next), to see if he will revert back to his old self as soon as the pressure gets too much for him.

However, as long as he maintains his confidence and continues to think, act and behave in some of the ways that are attractive to her (and women in general), she won't be able to resist him for long.

Her walls will begin to crumble and she will most likely open back up to hanging out with him more often to see where things go from there.

So, if your ex has dumped you and is currently saying that nothing on Earth would make her give you another chance, don't believe her.

Newfound respect, attraction and love will.

Focus on making her feel those three emotions for you again and sheâll be back in your arms before she even knows it.

Another outcome is thatâ|

2. Some women feel regret and struggle to get over their ex and move on

Sometimes a woman will break up with a guy, only to realize that she made a big mistake.

For example: Some of the reasons why woman will break up with a guy and then end up regretting it areâ|

- She dumps him in the heat of the moment during an argument, even though she still has feelings for him.
- She is inexperienced with relationships and doesn't know how to handle relationship problems without threatening to break up, or breaking up.
- She feels bored in the relationship so decides to dump her guy and find someone new, only to regret it later on when she canât find a replacement guy, or she dates other guys and realizes that her ex was the right guy for her after all.
- She was dealing with other issues in her life that were stressing her out (e.g. at work or university) and she couldnât handle the demands of a relationship as well, so she dumped her man only to realize it was the wrong move.
- She felt attracted to a new guy so she dumped her man, only to lose interest in the new guy and then regret her actions.
- She felt insecure about her attractiveness to her guy, so she dumped him to see if he would chase after her and beg her for another chance to make herself feel more valuable (Btw. If the guy does run after her, she will actually lose respect and attraction for him for being desperate and she will then choose to remain broken up).

As you can see, itâs quite possible that your ex may at this very moment be sitting at home thinking things like, *âI was such a fool to break up with him! I canât believe I made such a stupid mistake.â*

At this point, many guys might be asking, *âWell, if she regrets dumping me, why isnât she coming back to me?â*

The answer is quite simple: A woman will rarely put herself at risk of being rejected by a guy, especially if she dumped him.

At the back of her mind she will likely be thinking things like, *âIf I contact him and tell him Iâm sorry for breaking up with him, he might laugh at me and tell me I deserve it. So, even though Iâm really struggling to forget him and move on, I wonât take the risk of being humiliated by him for my stupid mistake.â*

As a result, she does nothing and if the guy then does nothing too, they end up losing falling back in love again and having a new and improved relationship with each other.

So, if you donât want that to happen to you, you need to be bold enough to make the first move.

However, donât expect your ex to jump at the chance to get back with you right away, even if she does regret dumping you.

Instead, sheâs going to play a bit hard to get and wait to see if youâre serious about getting

her back.

All you need to do is relax, maintain your confidence regardless of what she says and does to put you off and reawaken her sexual and romantic feelings for you.

Before you know it, you and her will be kissing, having sex and starting a new relationship with each other.

Another outcome is thatâ€¦!

3. Some women feel disappointed and lose faith in relationships with men, so they remain single for a while

In some cases, a woman might become quite bitter after she breaks up with a guy (e.g. because he cheated on her, he took her for granted, he was abusive towards her, he belittled her and made her feel bad about herself).

She may then start thinking things like, *â€œAll men are jerks! Iâ€™m never going to let another guy hurt me the way he did. Men are just not worth it. I donâ€™t care what anyone says, Iâ€™m going to stick to being single. Relationships are just not for me.â€*

She then focuses all her attention on other areas of her life (e.g. her work or career, her studies, doing charity work, going traveling) as a way of avoiding getting into another relationship with a guy.

Another outcome is thatâ€¦!

4. Some women worry that they might miss their ex and run back to him, so they hook up with a new guy instead

If a woman is inexperienced with relationships and break ups, she might not know how to handle the emotions that naturally occur once the dust has settled after she dumps her man (e.g. she misses him, feels sad and lonely from time to time, wonders what it would be like to see him again).

So, to stop herself from running back to her ex, she may decide to make herself available to hooking up with other guys pretty quickly (i.e. she accepts dates from guys who have been interested in her while she was in a relationship, she goes to bars or clubs and opens herself up to kissing and sex with the men she meets there, she joins online dating sites or dating apps).

As a result, her ex might discover that sheâ€™s moved on with another guy within a very short period of time (sometimes even after a week or two).

So, if you want to prevent your ex from hooking up with a new man to stop herself from missing you, you need to quickly begin renewing her feelings of respect and attraction for you, before she has a chance to do that.

You actually want to make her miss you and think about you all the time, but not because sheâ€™s not hearing from you.

Instead, you make her miss you by interacting with her, making her feel sparks of attraction for you again and then not contacting her for a day or two.

Then, call her again, spark some more of her feelings for you and get her to meet up with you so that you can get her back.

At the meet upâ€¦!

- Be prepared to show her that you've changed and improved in some of the ways that matter to her (e.g. you're more assertive now and you no longer back down when she's being stubborn or unreasonable, you want her back but you don't need her back to feel happy and content, you feel confident about your value and attractiveness to her rather than feeling insecure).
- Make her laugh, smile and feel good to be in your company again.
- Flirt with her to create sparks of sexual tension between you.

Once you've fully reactivated her feelings of respect and attraction for you again, you can then progress to giving her a hug and if she doesn't pull away, give her a kiss as well.

From there, if she's open, you can go to your place or hers and hook up with her sexually.

By that stage, she will likely begin falling back in love with you again and you can then guide her back into a relationship with you.

Another outcome is that

5. Some women feel like they've made the right decision and then try to move on with their life

In most relationships, a woman won't dump a guy the very first time he makes a mistake or behaves in a way that's unattractive to her.

Instead, she will usually forgive him and give him another chance (in most cases multiple chances) to change and improve.

She might also give him hints, suggestions or even come out and say what is bothering her, in order to help him understand where she's coming from and what is bothering her.

However, many guys end up ignoring these warning signs from their woman until it's too late.

For example: Sometimes, a guy might say to himself, *I know that she's mad at me right now, but she'll eventually get over it. She always does because she loves me and she knows that I love her, even though I stuffed up.*

However, he doesn't make any effort to change, so his woman stops feeling motivated to contribute to the relationship and be good a woman to him.

Instead, she begins pulling away, being closed off and treating him with less and less respect over time, until eventually she gets fed up with waiting for him to take her seriously, so she dumps him.

However, even though it may hurt for a little while (e.g. because she still has some feelings for him), she doesn't regret her decision, because she knows from experience that he's not going to change and become the man she wants him to be.

She then puts all her effort into fully getting over him, moving on and finding herself a man who can give her what she wants.

Is it possible that this is what happened between you and your ex?

If so, to make her change her mind about being broken up with you, the first thing you need to do before you even contact her, is to quickly make some attractive changes to yourself, so that you can attract her in the ways that are important to her (e.g. you're less insecure and self-doubting now, which means you don't doubt your value to her anymore, you're more emotionally independent, which means that you don't need her to be happy or feel good about yourself,

youâre more emotionally masculine now, which means that you donât let her walk all over you with her confident personality).

Then, you need to interact with her on a phone call and in person and let her experience the new you for herself.

When she sees that this time you really have changed, she wonât be able to stop her guard from slipping down (even if only a little bit).

You can then build on her feelings for you and show her that falling in love with each other again will be the most rewarding experience of her life so far.

Where Guys Go Wrong After Getting Dumped

By the wayâ!

If your ex dumped you and you want to get her back, make sure you donât make the following mistakes that guys make in a similar situation to yours.

1. Hoping that she will come to her senses and realize how good of a guy he is, even though he hasnât shown her that during their new interactions

Sometimes a guy wants to know how a dumper feels after a break up, because heâs secretly hoping that his ex will be feeling sad, missing him and thinking things like, *âNow that Iâve had the time to think about what I did, I realize what a great guy he really is. He was always so nice and sweet and loving towards me and I was just a bitch back to him. I donât know what made me break up with him like that. I must have been out of my mind. Maybe I should call him to see if he can forgive me. However, knowing him Iâm almost certain that he will forgive me and give me another chance, even though I treated him so badly. Thatâs how wonderful he is.â*

She will then contact him and they can get back together again.

Although thatâs a great plot for a romantic movie or novel, in real life a woman rarely thinks that way about an ex guy if he doesnât reactivate her feelings for him first.

This is why, if you want your ex back, you need to show her via your actions, behavior, conversation style and the way you respond to her during interactions that youâre the guy for her.

When you spark her feelings and are also a good guy to her, she wonât be able to stop feeling regret for breaking up with you.

As a result, her heart begins to thaw and she allows herself to feel respect and attraction for you again.

Itâs then up to you to continue building on those feelings inside of her (by interacting with her more and more and showing her that youâre a new man now) and before long, you and her will be a couple again.

Another mistake that guys make in a similar situation to yours isâ!

2. Hoping that she will meet guys who aren't as good as him and come running back

This sometimes does happen.

However, in many cases, a woman will simply move on quickly, even if itâs by getting into a rebound relationship until she can find a guy who can truly give her what she wants in a relationship with him.

Alternatively, she might move on from a break up slowly and deal with the pain privately, rather than hooking up with random guys.

In the meantime, her ex might sit in the background waiting for her to go running back to him, which never happens.

Then, not only does he miss out on the chance of getting her back (i.e. because heâs not doing anything to make it happen), by waiting around and hoping that she comes running back, he ends up losing confidence in his attractiveness to women.

As a result, he ends up hanging on to the idea of getting his ex coming back to him even more and thinking things like, *“I donât want another woman. I want her. Iâm going to prove my love to her by waiting for her to realize Iâm the right man for her.”*

This causes him to avoid interacting with his ex to re-attract her, but also avoid interacting with other women to attract and start dating them.

Then after many months and possibly even years have passed by, he comes to the realization that his ex is not coming back to him and by that stage, heâs too insecure and self-doubting to do anything about getting her back, or finding himself a new woman.

Another mistake that guys make in a similar situation to yours isâ

3. Assuming that getting back together is pretty much up to her and out of his control

Just because a woman dumped a guy, it doesnât mean she is the one who dictates whether they can get back together again or not.

In fact, what a lot of guys donât realize is that a man actually has control over the ex back process if he focuses on making his ex woman have sexual and romantic feelings for him for again.

When a woman begins to feel surges of respect and desire for him once more, she naturally begins to want him back, because she feels good to be around him again, rather than always feeling annoyed, turned off or disappointed.

As a result her defenses come down and she becomes open to hanging out, kissing and hooking up sexually to see where things go from there.

So, donât make the mistake of thinking that because your ex dumped you, itâs all up to her whether you get back together.

If you want her to give you another chance, you have to be courageous enough to take the lead and make it happen.

×

[image]

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Dumped For Being Too Much of a Jealous Guy

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Don't worry – you can still get her back.

Many guys who have been much more jealous than you have been able to get their ex woman to forgive them and give them another chance.

To help you understand how to get her to forgive you and want to give you another chance, you first need to clearly understand why being too jealous will often lead to a break up and what to do instead.

Here are 5 reasons why being too jealous will often lead to a break up:

1. It gives her power over you that she doesn't want

A man can create a relationship dynamic with his woman that makes her want to be a good woman to him and do things to please him, or make her lose so much respect for him that she ends up looking down on him and not caring about his feelings.

In a case where a guy becomes too jealous in a relationship, it's usually a sign that he doesn't have a lot (or any) confidence in himself and in his value to his woman.

So, although initially a woman might feel a bit flattered that her guy values her so much that he gets jealous when other guys talk to her or show interest in her, over time, his jealousy will begin to annoy her.

She will sense that it stems from his insecurities about himself and his value and attractiveness to her and she will begin to wonder things like, *“Maybe he's not man enough for me after all.”*

Maybe I can do better for myself.”

Then, to test him, she might go out of her way to flirt with other guys in front of him to see how he will react.

If he maintains his composure and even laughs at her for being a silly girl, she will automatically feel a renewed sense of respect and attraction for him for being a confident, emotionally strong man.

However, if he loses command of himself and gets into a jealous rage, she will know that she can control him with her behavior (i.e. make him feel insecure and doubt his attractiveness to her).

She may then do more and more things to spark his jealousy, because she now knows that she has power over him (e.g. if he does something to annoy her, she might make him jealous to get revenge, or if she wants him to bend to her will she will behave herself to get her way).

Of course, just because she can control him with her behavior, it doesn't mean she wants to.

Here's the thing:

A woman wants to be with a man that she can look up to and respect, not a guy she can control and manipulate with her behavior (i.e. make him jealous), because he doesn't believe in himself enough to trust her to be loyal to him.

So, if you want to re-attract your ex and get her back, you need to show her that you've changed.

That doesn't mean you say something like, *“I know I was jealous before, but I've changed all that and I'm better now. Just give me another chance and I'll prove it to you,”* because she will probably not believe you.

Also by saying that to her, you're giving her power over you again by asking for another chance. What should you do instead?

Firstly, you need to get to the point where you truly believe in yourself and in your value to your ex and to other women.

When you become confident and self-assured, you stop thinking that another guy will steal your woman, because you know that she won't find a better man than you.

You are a catch and she would be crazy to let you go and even if she did, you will easily find yourself another, even more beautiful woman than her, while she will be the one regretting her actions.

Secondly, you need to respond differently to your ex during interactions.

For example: Imagine you're on a phone call or at a meet up with her and she says something along the lines of, *What have you been up to since we broke up? I've been having so much fun. I've even been on a few dates,* to make you jealous.

Although the old you would have probably gotten upset and even angry with her, the new you simply laughs and says something along the lines of, *Good for you! You're an attractive woman, so I would be surprised if you weren't dating.*

In other words, take control of the situation in an assertive manner and show her that you're not going to lose control or feel insecure like you used to.

When she sees for herself that she no longer has power over you, the more respect and sexual attraction she will begin to feel for you again.

Her walls will begin to crumble and then the process of getting her back becomes easier because she is feeling open to you.

Another reason why a woman will break up with a guy for being jealous is

2. It makes her feel like she has to take care of you emotionally

For a woman to maintain respect and sexual attraction for a guy, she has to feel as though he is the man and she is his girl.

So, when a guy becomes jealous and controlling in the relationship with her and she then has to continually say things like, *Why are you behaving like this? Why don't you trust me? I chose you and I'm here with you. You know that I love you and that I would never do anything to hurt you. You have nothing to be jealous about. You're my guy and I want to be with you and only you. I promise there's no one else in my life or my heart,* to calm him down, she will get very tired of always having to reassure him and take care of him emotionally.

Here's what you need to remember

It's a man's emotional strength that attracts a woman and allows her to relax and be the feminine woman that she really wants to be in a relationship (even though most women don't openly admit that).

So, if her guy is always losing control of his emotions (i.e. by getting jealous) and needs her to reassure him and make him feel safe in the relationship with her, she won't be able to relax and fully be herself with him.

Instead, she will always be on guard around him and worry that something she says or does might set him off again.

She won't be able to look up to him as her emotionally strong, confident man and instead will look at him as a guy that she needs to take care of and support emotionally.

Women hate that.

As a result, her feelings of attraction and love will begin to fade away and she will want to get out of the relationship and away from her jealous guy.

So, if your ex currently thinks you are too emotionally immature for her, what you need to do is reactivate her feelings of respect and attraction for you again by showing her (via the way that you talk, think and behave) that you're no longer the same guy she broke up with.

When she can see for herself that you really are different now (e.g. more confident, emotionally strong and emotionally mature), it becomes more difficult for her to keep pushing you away, because you're not the guy that she remembers.

She then opens up to talking to you more on the phone and seeing you in person to see how she feels. Another reason why a woman will break up with a guy for being jealous is

3. It makes her worry about how you might behave in the future

Although having a jealous boyfriend might be flattering to a woman in the beginning of a relationship (e.g. because it shows her that he really does like her), over time, she may begin to worry what will happen if they stay together in the long term.

For example: She might think something like, *"In the beginning, he got a bit jealous of other guys looking or talking to me. However, over time, he's gotten worse and he's now checking my phone, social media accounts and e-mail messages. We're fighting more frequently and I'm always afraid to talk to other guys, even colleagues at work, in case he gets mad and then I have to deal with another argument or him sulking. I'm tired of always having to defend myself to him, even though I haven't done anything wrong. Not only that, I worry that eventually he might become violent towards me. I really do care for him, but I can't deal with his jealousy anymore. It's just too stressful being in a relationship with him."*

As a result, she decides to break up with him and move on.

This is why, if you want to get your ex back, you need to first fix the real cause of your jealousy.

You need to realize that jealousy is something that comes from an insecure way of thinking.

Fortunately though, insecure thoughts are self-created, which means that you can change your way of thinking (e.g. *"She's going to cheat on me"* or *"She's a beautiful woman and other guys want to steal her from me"*) and create confidence instead.

When you think in a confident way (e.g. *"Yes, she is a beautiful woman, but I'm a great guy and she's lucky to have me"*), you naturally become a confident man and you eventually get to the point where you no longer experience jealousy, because you know you are good enough for her.

As a result, you begin to think, act, behave and respond differently when you interact with your ex.

She picks up on your confidence and self-belief and she naturally starts to feel a renewed sense of respect and attraction for you again.

You can then easily get her back, because that's what a confident, emotionally strong man believes he can do.

Another reason why a woman will break up with a guy for being jealous isâ€¦!

4. It makes other guys seem more attractive if they are more confident than you

[image: It makes other guys seem more attractive, if they are more confident than you]

Most women like the idea of being with a man they can look up to, respect and feel proud to be with. So, if a guy is always getting jealous and as a result, throwing tantrums, sulking, or trying to control what she wears, who she talks to and where she goes, she will start to feel stressed and unhappy in the relationship with him.

Then, if other guys that she interacts with (e.g. at work or university) happen to be relaxed, easy-going and confident around her, she will naturally begin to feel drawn to them in a way that feels good to her.

She may then begin to think things like, *â€œWhy am I wasting my time trying to make things work with a guy who is so jealous and controlling, when I can easily find myself a more emotionally mature man who won't lose it every time I happen to mention another guy's name? I don't have to put up with this. I can do better for myself.â€*

Then, rather than put up with his jealousy, she will simply break up with him and say, *â€œI'm sorry, but you're too much of a jealous guy for me. I just can't handle your issues anymore.â€*

She will then open herself to meeting, hooking up with and dating other guys who can attract her by being confident and emotionally mature when they're with her.

Another reason why a woman will break up with a guy for being jealous isâ€¦!

5. It makes her feel like she has become your purpose in life, which she doesn't want

Sometimes, a guy becomes jealous in his relationship with a woman, because he's made her the centre of his world.

For example: He mightâ€¦!

- Stop focusing on his goals and dreams and say to himself something like, *â€œI'll get back to those things someday, but right now my relationship comes first. My woman is more important than anything else.â€* Alternatively, if he doesn't have any big goals that he's working towards achieving in his life, he may think, *â€œI don't need anything more than my woman. She's the best thing that's ever happened to me and everything else is a distraction from her. Besides, when you're a couple, you can't have your own goals and dreams, instead you must both want the same things.â€*
- Give up his hobbies or interests to spend even more time with her.
- Stop hanging out with his friends, unless his girl can come too.
- Get upset when she wants to go out with her friends without him, or pursue a hobby or interest without including him.
- Feel like he can't be happy and fulfilled in his life without her.

Yet, that's where he's wrong.

Contrary to what he believes (i.e. that a woman wants to be her man's main focus in life), his woman will usually feel smothered and turned off by his needy, clingy, insecure and controlling behavior.

She will then naturally begin to lose respect and attraction for him as a man.

Here's the thing:

A woman wants to be with a man who is happy, confident and moving forward in his life with or without her.

She doesn't want to feel as though she has to continue reassuring him and propping him up, while at the same time holding herself back (i.e. not enjoying her life, avoiding her friends, giving up on her hobbies and interests) to keep him happy, confident and forward moving.

This is why, if you got dumped for being too much of a jealous guy in your relationship, to convince your ex that you've changed and get her back, you have to show her that you're an emotionally independent, emotionally strong and emotionally masculine man now.

You need to focus on becoming genuinely happy and independent in your own life first.

When you get to the point where you can genuinely say to yourself, *"Yes, I want my ex back, but I don't need her back to feel good about myself and my life,"* you will know that you're now ready to re-attract her.

Then, when you interact with her, she will see that you're not the same guy she broke up with and have become more emotionally controlled and balanced.

This will make her begin to feel some respect and attraction for you again and then getting back together again becomes something she opens back up to.

Where Guys Go Wrong When Getting Dumped for Being Too Jealous

So, you got dumped for being too much of a jealous guy.

That was then, but this is now.

You're not that guy anymore, which means you can get your ex back based on the man you have become.

You can re-attract her, make her feel respect and sexual attraction for who you are now and get her back.

This is why, not making any of the following mistakes is a crucial step to getting your ex to believe that you're no longer the jealous guy she dumped and reactivating her feelings for you:

1. Hoping that apologizing over and over will make her forgive you and want you back

Of course you should apologize to your ex if you haven't already done so.

However, saying, *"I'm sorry. I'm sorry. I'm sorry. Please forgive me,"* over and over again isn't going to change how she feels about you and want you back.

Why?

Even though you obviously regret how you behaved and your apology is genuine, apologizing over and over doesn't actually prove anything to her (i.e. that you really have changed).

Instead, as far as your ex can tell, it's just a bunch of words designed to make her forgive you, even though you haven't really gotten to the core of the problem (i.e. your jealousy).

As far as she's concerned you're still stuck at the same level you were at when she dumped you and until she can see obvious changes in you (e.g. you remain calm and composed when she talks about other guys or even flirts with them in front of you), your apology will mean nothing to her.

So, don't bother apologizing to your ex woman again and again.

Instead, give her one brief, sincere apology in a calm, confident manner and then focus on showing her via your actions, behavior and the way you respond to her from now on, that you truly are a new and improved man.

Another mistake to avoid is

2. Promising that you won't be a jealous guy anymore, even though she can sense that you haven't really changed

As the saying goes, *actions speak louder than words*.

So, you saying that you won't be jealous anymore will mean nothing to your ex (i.e. because you've likely said that to her many times before), unless she can see for herself that you've changed.

If she interacts with you and tests you (e.g. she talks about how much fun she's having going to clubs and bars and meeting new guys now that you've broken up, mentions that there's a guy at work/university that's asked her out on a date, flirts with the waiter/barman in front of you) and she notices that you're getting upset or annoyed but you're trying to hide it from her by pretending that you don't care, she will instantly know that you haven't changed.

She will then close herself off from you even more and say something along the lines of, *Look, I know you mean well, but you and I are wrong for one another. We seem to bring out the worst in each other and that's not how a relationship should be. We gave it a shot, but it didn't work out. Let's accept that and move on*.

Another mistake to avoid is

3. Feeling unwelcome to get her back because of how badly you behaved

Many guys make the mistake of becoming very jealous with their woman.

It's a common error and not something to be ashamed of.

Instead, it's something to learn from and something that can cause you to quickly become a more emotionally strong man and never make that mistake again.

However, don't expect your ex to care that you have learned from your mistake, because she won't.

At least not unless you first show her that you've changed via your actions, behavior and the way you respond to her and react when she's having fun without you, talking to other guys or doing things that used to set you off in the past and then sparked her feelings of sexual and romantic

attraction.

When she can see that you've truly changed and she also feels respect and attraction for you, she will easily and naturally open back up to her feelings of love for you.

So, don't ruin your chances of getting your ex back by thinking that she won't be interested because you stuffed up before.

That was then.

This is now.

You're a new man.

When she can see that for herself, she'll be grateful that you kept your cool, didn't give up on your love and got her back.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How Long Should You Wait to Talk to Your Ex After a Break Up?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

It depends on the following:

1. How bad was the break up?

If your ex absolutely hates you, then you should give her a full week of space before talking to her. She might contact you before then and if she does, use the interaction to begin re-attracting her and start replacing her negative feelings and perceptions of you to positive ones.

However, if she doesn't contact you during that week, don't worry about it and don't start thinking negative thoughts like, *"If she's not calling me it probably means she will never forgive me and give me another chance. She must hate me so much. It's hopeless. I will never be able to make her change her mind about me."*

Instead, give her the full week to allow for things to calm down between you and her and allow her to start missing some of the good things about you (e.g. the way you used to make her smile, the way you treated her so well, that you were reliable), rather than talking to her too soon and then discovering that she's still too angry and resentful towards you, so she remains closed off and refuses to talk to you.

Then, use the week apart to quickly change and improve some of the things that caused your ex to break up with you in the first place (e.g. if you were jealous and controlling before, focus on becoming more confident and emotionally independent so you no longer need her to feel good about yourself, if you allowed her to dominate you during conversation focus on becoming more emotionally masculine and standing up for yourself more, if you were childish and immature before, focus on growing up a little bit and having more purpose and direction in your life).

After a week, call her on the phone (always better than texting because it's more difficult for her to ignore you that way and it also allows her to experience the new you) and begin re-sparking her feelings of respect and attraction for you and make her open up to seeing you in person again.

As long as you get some face-to-face time with her and properly re-spark her feelings, she won't be able to stop herself from at least being curious after that to see if you really have changed for real.

When that happens, the next step is hugging, kissing, sex and getting the relationship back together. You'd be surprised at how often that happens.

On the other hand, if you and your ex parted on relatively good terms, then you can call her after a day or two to say hi and see how she's doing.

Don't make a big deal about it though, or give her the impression that you want her back right away.

Instead, begin re-sparking her feelings of respect and attraction for you by making her smile and laugh and feel happy to be hearing from you again.

Then when she relaxes her guard a little bit, get her to agree to meet up for a cup of coffee to say hi as friends.

Initially she might be a bit resistant to the idea and she may say something along the lines of, *â€œNo, I donâ€™t think we should see each other. Itâ€™s just too soon.â€*

However, you canâ€™t let that upset you and cause you to start doubting yourself.

Just maintain your confidence and in a relaxed, easy-going tone of voice say something like, *â€œHey, the sooner we start seeing each other as friends, the quicker we will heal. Then, we will both be able to move on without any negative thoughts or feelings about our relationship holding us back. I promise, this will be good for both of us. Besides, itâ€™s just coffee and then, if you decide you donâ€™t want to see me again, I will respect that and leave you alone, okay? Anyway, Iâ€™m free on Tuesday and Thursday, so which of those two days suits you the best?â€*

She will then likely agree to see you, even itâ€™s only to give her an out the next time you ask her to meet up (i.e. because you promised her that you would leave her alone if she decides thatâ€™s what she wants).

You can then go ahead and arrange a suitable day and time.

Then, when you meet up with her, you need to focus on saying and doing the types of things that will spark her sexual and romantic feelings for you (e.g. maintain your confidence with her when she says that itâ€™s over between you, use humor to bring down her guard, flirt with her to make her feel sexually attracted to you again) and convince her that she wants to see you more and more, rather than never again.

From there, use every interaction you have with her (i.e. over the phone and in person) to fully reactivate her feelings for you and get her back.

Another thing to consider before you decide how long you should wait to talk to your ex after a break up isâ€

2. How long was your relationship?

Your approach will depend on the length of the relationship and the outcome you want.

If it was just a casual sex relationship that lasted for weeks, your exâ€™s reasons for breaking up with you will likely not be as complex as if you and her have been together for a year or longer.

For example: In a casual, short-term relationship some of the reasons why a woman might break up with a guy areâ€

- She wants the relationship to proceed to the next level (e.g. see each other exclusively, move in together) but he wants to keep things casual and continue just having sex without fully committing to each other.
- She wants to continue having an open, laid back sexual relationship, while he wants the relationship to become more serious.
- She initially felt some attraction for him and thought that those feelings would grow, but they didnâ€™t and she got bored.
- He initially portrayed characteristics that were attractive to her (e.g. confidence, emotional maturity, emotional masculinity), but he soon changed and became insecure, needy, clingy and immature which turned her off.

So, based on these reasons, your first decision is whether you are prepared to give her what she wants (e.g. a more serious relationship vs. casual sex, the attraction experience she wants from you).

Then, if you decide that you do want to give her what she wants, you don't need to wait around for days or weeks before you call.

Instead, a few days is enough time for you to make the necessary adjustments to your thinking, behavior and the way you respond to her.

You can then interact with her over the phone or in person, re-spark her feelings for you and get her back.

On the other hand, if it was a relationship that lasted more than a year, you should first get clear on some of your ex's deeper, secret reasons for breaking up with you, (e.g. the confidence she was attracted to initially when she fell in love with you has turned into insecurity, you spent too much time trying to please her rather than getting her to be a good woman for you, so she stopped respecting you, you became too boring and predictable and expected her to be happy to be stuck in a directionless relationship for the rest of her life).

Once you've figured out what really turned your ex off about you, take a few days (no more than 7) to quickly change and improve those things about yourself.

Then get her on a phone call and use some humor to make her feel happy and relaxed to be talking to you again.

Build on her feelings of respect and attraction as you talk to her and get her thinking things like, *"I don't know what happened to him this past week, but he's really different now. This is the man I always wanted him to be and imagined being with for life. Maybe I made a mistake after all."*

She then agrees to meet up with you, because she secretly wants to see for herself if you've truly changed, or if it was all an act to lure her back, or only something you can do on a phone call.

At the meet up make sure that you continue to say and do the things that will prove to her that you are now a new and improved man (e.g. maintain his confidence with her even if she's saying that she will never give you another chance with her or is being cold and aloof towards you, use humor to make her feel at ease and enjoy being around you, bring out her girly, feminine side by being emotionally masculine around her).

When she can see for herself that you really have changed in some of the ways that are important to her, she won't be able to stop feeling surges of respect and attraction for you again.

From there you just need to continue showing her that you really are a new man now and before long she will reconnect with her feelings of love too and open back up to being your girl once more.

Another thing to consider before you decide how long you should wait to talk to your ex after a break up is:

3. Is she going to be able to move on easily without you?

In some cases, a woman knows that she's attractive and desirable enough to quickly find herself a new man (e.g. because guys are always hitting on her even though she's in a relationship, there are guys who have shown interest in dating her at work/university/the gym).

Even if there's no one currently waiting in the wings for her, she knows that all she has to do is start going to bars or clubs, join an online dating site or get a dating app like Tinder, or put out the word that she's single again and she'll have a new man in no time at all.

In a case like that, it's better to get her back sooner, rather than later.

If you wait too long and possibly decide to use the No Contact Rule (i.e. ignore her for 30 or 60 days) to make her come running back to you, your plan might backfire and you may end up losing her to another guy.

Of course, if your ex is a bit shy, or she feels insecure about her attractiveness, it might take a bit longer for her to move on with another guy.

However, even in a case like that, waiting too long to talk to her after the break up might still cause you to lose her.

For example: She might take you ignoring her as a sign that you're not interested in her anymore and she may then hook up with any guy she can to make herself feel better.

Alternatively, she might get angry with you for ignoring her and refuse to talk to you when you try to get hold of her later on.

Here's the thing!

If your intention is to get your ex back, then why waste time ignoring her.

Anything longer than 3 to 7 days is a waste of time and just gives a woman more motivation to forget about you and move on.

So, give her a few days of space if you want to, but then get her on a call and begin reactivating her feelings for you so that you can get her back into a relationship with you where she belongs.

Another thing to consider before you decide how long you should wait to talk to your ex after a break up is!

4. Are you ready to attract her in a new way when you talk to her, or are you going to be offering her the same old attraction experience?

Sometimes a guy might wait weeks or even months before he talks to his ex after their break up, only for her to quickly cut him off and say something along the lines of, *"Look, I know you mean well, but I haven't changed my mind about us these last few weeks/months that we've been apart. What we had is over for me and I'm not interested in trying again. Please accept it and move on."*

Why does she respond like that?

Mainly because the guy has wasted all that time by not changing or improving himself in any way.

So, when he finally does interact with his ex on the phone or in person and she sees that he's still stuck at the same level he was at when they broke up, she instinctively pulls away because she can see that he's not the man she wants and he never will be.

This is why, if you want to get your ex back, you need to use the time apart (i.e. the 3 to 7 days) to quickly transform yourself into the kind of man she wants you to be (e.g. more confident and emotionally independent, more assertive and bold, more emotionally masculine rather than neutral or friendly towards her).

You need to be able to attract her in the ways that she really wants.

Note: You don't have to become perfect to get her back, but you do need to give her a new and improved attraction experience if you want to convince her to give you another chance.

Then, interact with her on a phone call and more importantly in person and make her feel truly attracted to who you are now.

Donâ€¢t try to convince her by telling her how much youâ€¢ve changed.

Let her experience it for herself as she interacts with you.

She will automatically sense the changes in you by listening to how you talk and observing your body language and actions.

Her guard will then naturally begin to slip down and she begins to feel a renewed sense of respect and attraction for the man you are now.

So, make sure you are ready to attract your ex when you talk to her again after the break up.

By the wayâ€¢!

It doesnâ€¢t have to take weeks or months for you to begin changing.

A few days is all it usually takes for a guy to start the process of improving himself.

So, focus on that for a few days, then take action and get her back.

Itâ€¢s actually easier than you might think.

Where Guys Go Wrong After a Break Up

If you want to get your ex back into a relationship with you, your approach is very important.

Not only does it matter how long you take to contact her after the break up, but also what you say and do when you do talk to her.

So, make sure you donâ€¢t make the following mistakes and reduce your chances of successfully re-attracting her and getting her back:

1. Not hearing from his ex, so he waits longer in the hope that she eventually reaches out to him

[image: Not hearing from her, so he waits and waits and waits...]

Sometimes a guy might decide to avoid contact with his ex and simply wait for her to finally get in touch with him.

He usually thinks something like, *â€¢Things didnâ€¢t end off very well between us, so itâ€¢s probably a good idea to just back off for a while and let things cool down. Then, when sheâ€¢s feeling a bit better, she might get in touch with me and I can then apologize to her for what happened and try to convince her to give me another chance.â€¢*

He might then wait and wait for some communication from her that doesnâ€¢t come and ends up feeling dejected and hurt and wondering what went wrong.

Hereâ€¢s the thingâ€¢!

Giving a woman more and more time after a break up rarely results in her coming back on her own.

Instead, she either feels relieved that she doesnâ€¢t have to deal with an ex who is trying to get her back and she uses the time to move on and find herself a replacement guy.

Alternatively, she takes it as a sign that he isnâ€¢t interested in getting her back, so she focuses on

fully getting over him and moving on.

Don't let that happen to you.

You need to interact with your ex over the phone or in person, so you can begin reawakening her feelings of sexual and romantic attraction for you right away.

If you wait for her to come back to you without reactivating her feelings for you, she's almost certainly just going to move on without you.

Another mistake to avoid is

2. Talking to her in a neutral way and hoping that she will be excited about that

If you finally do talk to your ex and you act friendly or neutral around her, it's almost certain that she will only have friendly, neutral, non-sexual feelings for you.

She may even begin seeing you as her good friend now and start telling you all about the guys she's having sex with or dating.

You probably don't want that, do you?

So, make sure that when you talk to your ex on the phone or in person, you actively spark her feelings of sexual and romantic attraction for you, rather than being nice, neutral and non-sexual around her.

Of course, that doesn't mean you should come on so strong that she feels uncomfortable and turned off, nor should you avoid being friendly towards her.

Instead, flirt with her to create some sexual tension between you, rather than pretending to be an innocent friend who isn't interested in her in a sexual or romantic way.

When you make her want you again sexually and romantically, the relationship will naturally get back together right away, or very quickly.

Another mistake to avoid is

3. Trying to discuss the relationship and work things out, before he has re-attracted her

Sometimes a guy will make the mistake of thinking that the path to getting his ex back is by getting into long discussions about the relationship with her.

He assumes that if, when he contacts her after the break up, he quickly begins discussing what went wrong and ways they can fix that, his ex will be impressed that he's putting in the effort to fix himself and become a better man for her and she will then automatically want to give him another chance.

Yet, even though his intentions are good, discussing the relationship with a woman before you've at least sparked some of her feelings of respect and attraction for you first, only makes her close up and pull away even more, because it highlights to her all the reasons she broke up with him in the first place.

So, just leave what happened between you and your ex in the past and focus on re-attracting her instead, so she starts to want you for her own reasons (e.g. she feels respect and attraction for the new you, she likes the man you are now).

The more you reactivate her feelings for you, the more she will open back up to the idea of being in a

relationship with you, without you needing to force her into it.

Then get her back and enjoy the good times ahead.

×

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4 Tips on How to Handle the FIRST Week After a Break Up

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The first week after a break up can be one of the hardest to get through, depending on how you approach it.

To help you get through it more easily and to help prepare you to attract her back, here are 4 tips that you need to read...

1. Understand that it is possible to get her back and that you will almost certainly achieve that

Right now the pain of your break up is relatively fresh, so itâ€™s really easy for you to allow yourself to think negative thoughts like, *â€œIâ€™ve lost my ideal woman and life feels hopeless without her. I just donâ€™t know how I will ever be able to move on without her. Everything I do feels so empty and pointless because sheâ€™s not here to share these moments with me, but she said she never wants to see me again, so I know itâ€™s futile to even think about getting her back. However, I still canâ€™t stop thinking about her all the time. What should I do?â€*

The good news though is that all those negative thoughts about your chances of reconciling with your ex are false.

In reality, getting an ex back is not only possible, itâ€™s actually very likely when you approach the ex back process in the correct way.

So, donâ€™t let the shock of your break up cause you to start thinking, acting and behaving in ways that will turn your ex off when you interact with her (e.g. being sad, depressed, needy, unable to cope like a real man would).

Regardless of whether your ex is saying things like, *â€œForget it! Nothing you say or do will make me change my mind about us being broken up,â€* you canâ€™t let it get to you and put you off.

Instead, you need to focus on saying and doing the types of things that will re-spark her sexual and romantic feelings for you, so she naturally and easily changes her mind without any pressure from you.

From now on, when you interact with her over the phone and in person, you need to let her experience the new and improved you for herself (e.g. youâ€™re more confident and self-assured, youâ€™re more emotionally independent now and even though you want her back you donâ€™t need her back to feel good about yourself, youâ€™re more emotionally masculine and know how to push her buttons to make her feel attracted again).

When your ex can see for herself that youâ€™re not going to pieces without her and that you donâ€™t lose your confidence around her despite the fact that she treats you with indifference, she wonâ€™t be able to stop herself from feeling respect for you again.

When she starts respecting you again, she then also begins to feel sexually attracted to you again.

When those two emotions are reactivated, it becomes difficult for her to keep pushing you away and saying that she doesnâ€™t want to be your girl again.

She feels drawn to you in a good way and realizes that what you and her have isnâ€™t over after all.

As a result, she lets her defenses slip down a little bit to see what will happen next.

You can then build on her feelings for you during one or two more interactions and by then, she will want to get back together again as much as you.

It's actually easier than you might think.

So, believe that it is possible and do something about it (i.e. contact her right away and start re-attracting her rather than sitting around feeling miserable).

Another tip on how to handle the first week after a break up is

2. Get clear on which ex back approach you plan on using

There are many ways you can go about getting your ex back, but until you've decided which way is best for you, you may end up mixing everything up and trying random things.

That almost certainly won't work and as a result, it might cause you to become despondent and maybe even give up altogether.

So, what should you do instead?

Find out what your options are, choose one and do it properly.

For example: Here are 3 options

1. Give her space for 3 to 7 days to allow for things to calm down and make her start missing you.

- Then re-attract her (e.g. by making her laugh and smile during interactions, flirting with her to create some sexual tension between you) to make her want you back for her own reasons. For example: Some of her reasons might be
"She feels attracted to you now."
"She doesn't feel like the relationship is over."
"She feels like there is still something there between you and her and she wants to explore it or experience it."

2. Ignore her for 30 days and hope that she comes back on her own.

- This method usually backfires. Why?
"When a woman has disconnected from her feelings of respect, attraction and love for a guy, not hearing from him at all after the break up is a relief to her, because she doesn't have to deal with him trying to get her back."
"She then uses the time to fully get over him and move on (usually by hooking up with a new man)."
"Then, by the time her ex gets in touch with her again after 30 days, she's no longer available and he's lost his chance of getting her back."
"Alternatively, even if a woman does still have feelings for her ex and secretly hopes they can work things out, when he starts ignoring her immediately after the break up, she usually takes it as a sign that he doesn't care for her anymore."
"Then, to heal her pain she puts in extra effort to move on and meet a new man."
"This is why it's always better to stay in touch with an ex after a break up and use the time to re-spark her feelings."

3. Try to build a relationship back up via text.

- This is usually something that guys do when they don't feel very confident in themselves and in their ability to re-attract their ex over the phone and in person.
"Unfortunately, texting an ex to re-attract her doesn't work in most cases."
"Instead, it ends up turning a woman off, because the guy can easily appear desperate and needy by putting way too much effort into his text"

replies.ââAdditionally, if he doesnâ get to a phone call with her, the woman may feel that he doesnâ really care about her enough to move past texting.ââShe then closes herself off even more and focuses on moving on without him.

As you can see, you have many options you can take to get your ex back.

However, if you really want to be successful, the best option is to interact with her on a phone call, but more importantly, in person and actively reawaken her feelings of respect, attraction and love for you.

When you do, getting her back becomes really easy.

Another tip on how to handle the first week after a break up isâ|

3. Improve your ability to attract her and other women

You can sit around feeling despondent and missing your ex during the first week after your break up, or you can use that time to improve your ability to attract her so that you can get her back.

How can you do that?

Here is a quick lesson on how a woman's attraction really worksâ|

Unlike men who feel attracted to a woman based mostly on her physical appearance, women are predominantly attracted to a guy based on his ability to make her feel the way she wants to feel by the way he talks and interacts with her, his body language, his attitude and the way he responds to her.

Itâs about who he is when sheâs interacting with him.

For example:

- Is he confident or nervous?
- Is he too serious, or does he make her laugh and smile?
- Is he desperate or calm and relaxed?
- Does he make her feel feminine and girly around him, or does he make her feel neutral or even turned off?
- Is he the kind of man she can rely on to be a man all the time (e.g. during a crisis, when things donât go his way), or does he expect her to be the emotionally stronger one and take the lead?

That is what *really* matters to a woman in terms of attraction in a relationship.

This is why, if youâre serious about getting your ex back, you have to be able to attract her in the ways that matter to her.

If you try to get your ex back while making the same old attraction mistakes that you made before she broke up with you (e.g. feeling insecure about your attractiveness and value to her, giving her too much power over you, treating her more like a friend than a lover, lacking confidence around her and other people), she isnât going to feel motivated to get back with you.

So, if you want to re-attract her, youâve got to show her via the way you talk, think, act and behave that youâve become a better man (e.g. more confident and emotionally strong, more emotionally masculine, no longer insecure and needy).

Then, the more she experiences the new and improved you, the more emotionally attracted to you she

will feel.

It then becomes easier for her to imagine herself being your woman once again.

However, if you try to re-attract her by offering her the types of things that don't matter to her (e.g. flowers, gifts, promises to do whatever she wants you to do), she's not going to be very interested and neither will any other women.

Another tip on how to handle the first week after a break up isâ€¦!

4. Know that getting her back will be an enjoyable experience for both you and her, not just you

Reunited love feels amazing.

It's one of the most incredible feelings a couple can experience together.

Look at it this wayâ€¦!

You and your ex had a relationship.

You used to feel great together, but then things went bad for a little while causing you to break up.

However, neither of you gave up on the love you felt for each other and instead, you put in the effort to change, improve and become better than before.

As a result, you got back together again and are now happy, more mature, more in love and more connected than ever before.

Looking back at what you've been through together as a couple only makes you love, respect and cherish each other even more.

Women love that feeling and so do men.

It's a really amazing experience to go through and literally millions of couples do it every year.

People break up and get back together again all the time.

The great thing is, you can be one of those men who gets his ex back into a relationship that's even better than it was before.

When you spark your ex's feelings of love, respect and attraction for you again and then build on that, she won't be able to stop herself from wanting to experience the joy of renewed love with you.

So, don't sit around thinking things like, *â€œWhy would she want to get back with me?â€œ* or, *â€œJust because I want her back doesn't mean she will want me too,â€œ* or *â€œHow can I even convince her to give me another chance?â€œ*

Remember: You will be doing your ex a favor by making her fall in love with you again and getting back together again.

It will be an amazing experience for her, just as much as for you.

So, go ahead and do it.

She's waiting for you.

Where Guys Go Wrong During the First Week After a Break Up

What you do in the first week after a break up is actually more important than you might think, because itâs either going to be something that will help you get your ex back, or something that will turn her off even more and convince her that youâre definitely not the right guy for her.

So, if you want to make sure youâre doing things to re-attract your ex, you need to avoid the following mistakes:

1. Spending the week obsessing about her and worrying about what she might be up to

Sometimes a guy feels really lucky to have attracted his woman, because she is the most beautiful, interesting and exciting woman he has ever dated.

So, when the relationship ends, he might end up thinking things like, *âShe was way out of my league. I bet there are dozens of guys already lining up to get a date with her or hook up with her sexually. Yet, the thought of her with some other guy is driving me crazy! Not only canât I stand thinking about her being naked in another manâs arms, I also canât bear the idea that she might be comparing him to me and thinking of how much she prefers him. What do I do then? I wonât be able to compete with that, so I wonât stand a chance of getting her back.*â

Yet, hereâs the thingâ!

When a guy thinks that way, he ends up losing confidence in himself and in his ability to re-attract his ex.

Then, when he interacts with her over the phone or in person and she picks up on his low self-esteem, she feels turned off even more.

She then decides that heâs not the right guy for her, so she rejects his attempts to get her back.

So, if you want to re-attract your ex, make sure you donât do things that will make you doubt your value to her (e.g. obsess about what sheâs doing).

Instead, focus on regaining control of your emotions and getting rid of any feelings of neediness and desperation that you might be feeling, by knowing that you are good enough for her and therefore you can re-attract her and get her back.

You can then relax and confidently get her back over the next few days to a week.

Another mistake to avoid isâ!

2. Preparing a huge e-mail or letter to send her about his feelings

It can sometimes be difficult for a guy to express his feelings directly to his ex (e.g. because heâs nervous of how she will respond, he gets too emotional).

So, he may decide that the best way to let her know how he feels is via an e-mail or letter.

He might then pour his heart out to her and tell her things like how much he still loves her, how lost he feels without her and how he desperately wants them to get back together again.

Heâs secretly hoping that when his ex reads it, she will feel overwhelmed and flattered that he

cares so much for her and she will then change her mind about being broken up.

Yet, it rarely works out that way.

Instead, when a woman has disconnected from her feelings of love, respect and attraction for a guy, him writing to her to express his feelings for her doesn't impress her at all.

Rather than make her think, *“That’s just so romantic. I never realized he cared so much. That changes everything. He deserves another chance with me after all,”* she just feels turned off by what she perceives as his selfish behavior, because he’s only thinking about himself and what he wants and not about her.

So, if you want to get your ex back, don't make everything about what you feel and what you want.

How she feels is what matters to her, so focus on making her feel respect, attraction and love for you again.

When you change how she feels about you, you'll get what you want too (i.e. her back into a relationship with you).

Focus on your feelings only and she push you away and try to move on.

The next mistake to avoid is!

3. Focusing on improving superficial things about yourself (you're your haircut, clothes), rather than improving what really matters

Although a woman may appreciate it if her ex gives himself a bit of a makeover (especially if he'd become a slob during their relationship).

However, that's not the main thing that will make her want to give him another chance.

Instead, she's going to look out for his ability to attract her emotionally during interactions.

If he can make her feel respect and attraction for him based on the way he thinks, acts, behaves and responds to her, she will either feel drawn to him again and want to give him a chance, or she will feel turned off and want to move on.

This is why you need to use the first week after your break up to improve some of the things that will truly matter to your ex (e.g. becoming more confident, emotionally masculine, assertive), rather than focusing on superficial things and then coming across as the ex who just doesn't get her, so she moves on.

Focus on what really matters to her and will truly make her feel sparks of attraction for you again.

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My Ex Girlfriend Said She Feels as Though We Are Just Friends Now

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

5 possible reasons why:

1. You haven't done anything to sexually re-attract her yet (even though you might think you have)

Quite often, when a guy gets broken up with, but still has feelings for his ex, his main course of action to get her back is to stick around in her life and act like a nice, neutral friend with her.

He may even justify his decision by thinking things like, *"If we can stay friends, I will be able to stick around in her life. Then, over time, she will hopefully realize that she misses what we had and we can then get back together again. However, I have to make sure that I stay on my best behavior and not flirt or let her know what my intentions with her actually are (i.e. to get her back), because if she finds out before she's ready, she might decide to cut me out of her life completely."*

He might then make himself available to his ex's every beck and call, help her out with whatever she needs (e.g. run errands for her, lend her money, fix things around her house) and maybe even become her shoulder to cry on when she gets dumped by another guy.

Secretly though he's likely hoping that she will soon come to her senses and realize that the man for her is actually him.

After all, that's how it works in Hollywood movies, right?

Wrong.

In real life, if a guy isn't actively making his ex feel sexually and romantically attracted to him again, she's probably never going to look at him and think, *"I can't believe how nice and sweet he is. How could I have missed that when we were together? I don't need all that sexual desire and romantic passion stuff. I just need a sweet guy who will do anything I ask him to."*

It just doesn't work that way.

Instead, she will likely give her ex a nice, neutral hug and say something along the lines of, *"You're a really great guy and I feel so lucky to still have you in my life. However, we're just friends now."*

The guy might then feel hurt and confused and wonder why things didn't work out the way he hoped.

The answer is, because he didn't do anything to re-attract her.

Here's the thing:

Although a woman might appreciate it when a guy is being nice to her, it's not what causes her to have ongoing sexual and romantic feelings for him.

She might like him and care about him as a person, but without that extra spark of sexual attraction, the relationship will remain firmly in the friend zone.

So, if you want your ex to see you as being more than just a friend, you need to make sure that you

act like youâ€”re more than just a friend.

In other words, you need to use your interactions with her to spark her feelings of respect and sexual desire for you.

How can you do that?

By using humor to bring down her guard and make her feel good around you again, by flirting with her to create sexual tension and by displaying some of the traits and behaviors that are naturally attractive to women (e.g. confidence, emotional masculinity, maturity, determination).

The more she experiences this side to you, the more difficult it will become for her to keep feeling as though you and her are just friends.

Another possible reason why your ex girlfriend said she feels as though you and her are just friends now isâ€”!

2. She can see that you still don't have the masculine edge she wants in a guy

Sometimes a guy gets into a relationship with a woman and because heâ€”s a nice guy he subconsciously decides that his woman will be happiest if she gets her way all the time in the relationship.

As a result, he steps back and lets her take on the leading role where she makes all the decisions and he is in the background being a nice, sweet and supportive boyfriend.

If she then tries to push him into taking the lead, he will usually say something like, *â€”I donâ€”t mind. Itâ€”s your decision. You know I will go with whatever you wantâ€” or, â€”Baby, whatever makes you happy is fine with me.â€”*

Yet, what a guy like that may not realize is that even though modern women are independent and have their own jobs, earn their own money and are perfectly capable of looking after themselves, they are still instinctively attracted to and respect a man who has a masculine edge and can take the lead in a relationship with them.

Of course, that doesnâ€”t mean that a woman wants a man who is controlling, bosses her around, disrespects her or her opinions and ideas, or makes all the decisions every time.

It simply means that the man is the emotionally stronger, more masculine one, which then makes a woman feel feminine and girly in his presence.

She can then relax and be the feminine woman who gets emotional and cries, laughs and even throws tantrums, knowing that she is safe in her relationship and that her guy wonâ€”t crumble or fall apart. She can then focus on loving him and being a good woman to him, rather than feeling like she needs to take care of him and the relationship.

So, when a woman doesnâ€”t have that in a relationship she will gradually disconnect from her feelings of respect and attraction for a guy and she may begin seeing him as more of a friend or a big brother than a boyfriend/lover.

When that happens, she will usually break up with him and try to find herself a guy who has more of a masculine edge than her ex.

If he then tries to get her back by being a nice, sweet guy and offering to do whatever she wants him to do she will likely think something along the lines of, *â€”He still doesnâ€”t get it. He thinks that what I want is to be in charge, but what I really want is for him to take the lead and sweep me off my*

feet with his masculinity. I know this isn't a romantic novel or Hollywood movie, but I still want to feel like he's the man and I'm the woman, rather than like I'm his mother or big sister.

She will then gently, but firmly push him away by saying something like, *I really do care for you, but I feel as though we're just friends now. So, let's focus on that and not try to go back to what we had before.*

This is why, if you want to change how your ex girlfriend currently feels and get her back, you need to show her that you now have the ability to be masculine in a way that makes her feel feminine.

She needs to be able to see that she can relax and trust that you really are the man now.

When she experiences this side to you during interactions, she will naturally begin to feel surges of respect and attraction for you again.

When that happens, she stops seeing you as just a friend and she begins feeling drawn to you in ways that feel good to her.

She wants to talk to you more and she also wants to see you in person and you can then fully reactivate her feelings for you and get her back.

Another possible reason why your ex girlfriend said she feels as though you and her are just friends now is

3. She is tired of waiting for you to change and become the kind of man she wants

For a woman to break up with a guy, she usually needs to get to the point where she doesn't have any hope of him changing and improving in the ways that are important to her (e.g. she wants him to stop being so clingy and needy of her and stand up on his own two feet for a change, she wants him to stop being so irresponsible and unmotivated in his life and start thinking about his and her future, she wants him to put in more effort to get to know her family rather than being anti-social and making her feel uncomfortable when she has to lie for him to them).

Then, after the break up, if her ex tries to get her back, the first thing she's going to look out for, is his ability to change and improve.

However, if she gets a sense that he's not going to change and become the guy she really needs him to be and that he doesn't even know what, or how, to change, she will keep him at arms length by telling him that she only sees him as a friend now.

In the meantime, she will focus on fully getting over him, moving on and finding herself a replacement man as quickly as possible.

So, if you want your ex girlfriend back, you have to make sure that you change and improve in some of the ways that are important to her (e.g. become more emotionally independent, find your purpose in life and go after it, become more confident and self-assured) and let her experience it during interactions.

You need to show her via the way you think, talk, behave, interact with her and respond to what she says and does, that you really have changed this time.

Remember: You don't have to become perfect to regain her respect, attraction and love for you, but you do have to become better than before.

Then, when you interact with her and she encounters a very different guy to the one she broke up

with, she won't be able to stop herself from feeling drawn to you again.

However, if you try to get her back without making some improvements to the things that really matter to her, she's just going to say, *"Sorry, but I feel as though we are just friends now."*

Another possible reason why your ex girlfriend said she feels as though you and her are just friends now is

4. She hasn't felt a spark with you for some time now

Most relationships start off with the man being charming, attentive and passionate towards the woman.

He will usually compliment her on her appearance, take her out for romantic dinners and send her flirty texts to make her feel desirable and even more attracted to him.

Unfortunately though, in most cases, all the romance and flirting starts to fade away once the relationship becomes more comfortable.

Of course that doesn't mean that the guy becomes a jerk and stops treating his woman well.

Instead, he just falls into the habit of treating her more like his friend, or a roommate than anything else.

As a result, the spark of sexual attraction that the woman once felt for her man will gradually start to fade away.

She might still have sex with him and even love him, but it just isn't the same as being romantically attracted to and in love with him.

When that happens, she may begin thinking things like, *"Our relationship feels so dull and uninteresting. There's just no spark between us anymore. All we ever do these days is watch TV or go out with friends. He doesn't even notice me. I'm tired of feeling like his buddy. I want to feel like a real woman again. I want to feel sexy and noticed,"* and start to pull away, be more closed off and stop having sex with him over time.

If the guy picks up on her unhappiness and begins giving her the attention that she is craving, she will then quickly settle back into being a loving and attentive woman to him.

However, if he remains oblivious to her and her needs, she will eventually get to the point where she feels unfilled in her relationship with him, so she breaks up with him.

He might then try to get her back by begging and pleading with her and telling her how much he still loves her, but that won't make her change her mind.

Instead, she will usually tell him something along the lines of, *"You're a great guy and I really do still care about you, but I don't see you as being anything more than a friend. Please accept that and let's be friends from now on."*

So, if you want your ex girlfriend back, make sure that you reactivate the spark of sexual attraction inside of her first.

When she begins to feel like a desirable, sexy woman around you again, her feelings for you will automatically begin to change.

Another possible reason why your ex girlfriend said she feels as though you and her are just friends now is

5. She loves you as a person, but isn't in love with you in a sexual, romantic way

When a relationship becomes boring and stagnant (e.g. because the guy has stopped building on his woman's feelings of respect, attraction and love for him and has become too predictable and dull), a woman might start thinking things like, *"I'm confused. I still love him, but I'm not sure if it's the kind of love I want to be experiencing. I just don't feel excited when I'm around him anymore. In fact, I feel kind of numb and detached. Maybe I should take some time away from him to see if I will miss him."*

She might then break up with him to see how she feels.

However, as the time passes, she may discover that she doesn't miss him at all and that although she does love him, that love is platonic rather than sexual and romantic.

Right now, that might be exactly how your ex girlfriend is thinking and feeling about you.

The good news though, is that you can actually change her feelings for you and make her want you sexually and romantically again.

How can you do that?

For example: You might

Focus on becoming more emotionally independent (e.g. by making progress on your own goals and ambitions, going out and having fun with other people, taking up a new hobby or interests). When she can see that even though you still want her back, you don't need her back to feel confident and happy in your life, she will automatically start to feel drawn to you again.

Use interactions with her to flirt with her during conversations to create some sexual tension between you and her and make her stop seeing you as a neutral friend. In other words, make sure you create a new spark with her.

Stop being a *"Yes, a man"* around her and take the lead in the ex back process.

Be more emotionally dominant around her so that she can relax into thinking, talking and behaving like a feminine woman when she's with you.

Use ballsy humor to make her laugh and smile and feel good every time she is talking to you.

The more you make her feel a strong, renewed sense of respect and sexual attraction for you, the more she will start to think things like, *"I guess breaking up was exactly what I needed to show me that he really is the man I want to be with after all. I don't want to be friends anymore, I want to be his woman. I want him to hold me and kiss me and make love to me."*

As a result, she drops her guard and opens back up to the idea of being a couple again.

Common Problems Guys Experience When Trying to Get an Ex Back Who Only Sees Him as a Friend

You can get your ex girlfriend back, even though she says that she only sees you as a friend now.

However, make sure you don't give up at the first sign of resistance from her, or blow it by making common mistakes that guys make when in a similar situation to yours.

For example: Some of the problems or mistakes you might encounter are

1. She says that she's open to being friends, but then changes her mind

When a guy still has strong feelings for his ex girlfriend and wants to get back with her as quickly as possible, he may decide to use her openness to being friends as a way of convincing her to give him another chance (e.g. by always hanging around her and being nice and helpful, bringing up all the good times they had together as a couple during conversations with her, telling her how much he still cares for her).

Yet, rather than make her think, *“I don't know what I was thinking by breaking up with him. He's so loving towards me that I would be stupid to let him go. Maybe we should get back together again after all, even though I don't feel sexually attracted to him. That's not so important, is it? As long as he loves me and takes care of me, what more do I really need?”* she instead starts to regret her decision to stay friends with him.

Why?

She can tell that he's only being her friend because he's trying to get a relationship with her again.

However, she doesn't want that, because he hasn't changed his approach to attraction, so she still doesn't feel drawn to him in a way that feels good to her.

She may then begin to avoid him (e.g. talk to him less and less over the phone, make excuses not to see him in person, stop responding to his texts or social media messages), in the hope of slowly drifting out of his life without him noticing.

She might also put in extra effort to meet a new man, so that she can then say, *“Hey, guess what? I've met someone and we're dating now,”* in the hope that he will give up and leave her alone.

This is why, if you want to get your ex girlfriend back for real, focus on re-sparking her feelings of respect and sexual attraction for you, rather than pushing for a relationship.

The next problem or mistake you might encounter is

2. You accept a friendship, act like a neutral friend and she then loses interest

By all means accept a friendship with your ex girlfriend if that is all she's offering you right now.

However, don't make the mistake of being her nice, innocent non-flirtatious friend who's in the friend zone.

If that's how you behave around her, her feelings for you simply won't change and you may even be shocked when you realize she's busy moving on without you, having sex and going out on dates with other guys.

This is why you need to make sure that you use your friendship with your ex to spark her feelings of respect and sexual attraction for you, every chance you get.

You're not going to just act like a friend and wait in the friend zone and hope that she gives you another chance.

You're going to actively make her feel attracted to you again.

The more you do that, the more she will stop looking at you as just a friend or as her ex who she doesn't have any feelings for.

She will feel good when she interacts with you and will become more open to giving the relationship another chance or have sex with you again to see how she feels about you now.

The next problem or mistake you might encounter isâ€¦

3. You arenâ€™t willing to step up and be a more emotionally strong and emotionally masculine man for her

Sometimes a guy might think to himself, *â€œThis is who I am. This is the guy she originally fell in love with. I donâ€™t understand why thatâ€™s not enough for her anymore?â€*

As a result, he doesnâ€™t change anything about himself, but secretly he still hopes that his ex will wake up one day and realize she made a mistake by breaking up with him.

Yet, that almost never happens.

Hereâ€™s the thingâ€¦

Women are attracted to strong men who have the confidence, self-belief and emotional strength needed to make her feel like a real woman (e.g. feminine, girly, desirable).

So, when a man is being too emotional and sensitive and refuses to take the lead in the ex back process, she instinctively starts to lose even more respect and attraction for him.

She feels turned off by his emotional weakness and lack of masculinity and just canâ€™t seem to work up the desire to want to even stay friends with him anymore.

She then cuts herself off from him and tries to move on without him in her life.

So, if you donâ€™t want that to happen to you, you need to make sure that you quickly change and improve and then interact with your ex girlfriend and let her experience your emotional strength and masculinity via the way you talk, behave, interact with her and respond to what she says.

She will then automatically begin to feel drawn to you again in a sexual and romantic way.

When that happens, you can then easily get her back into a relationship with you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Should I Ask My Ex to Go to the Movies With Me?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Yes, but only if you are ready to re-attract her in person when you see her.

If you're going to be nervous and unsure of yourself, it will make her put her guard up and feel turned off.

So, make sure that if you ask her to go to the movies, you are fully ready to make her want you again.

By the way...

Here are 3 common reactions that women have when their ex guy asks them to go to the movies:

1. She says, "Yes" because she has been missing him and hoping that he'd do something to get her back

Sometimes, when a woman loses touch with her feelings of respect, attraction and love for a guy (e.g. because he has become too distant lately and she feels neglected, he treats her more like a neutral friend than an attractive woman, he feels unsure of his value to her so he is too jealous and suspicious of her every move causing her to feel smothered), she may decide to break up with him.

However, after a few days apart, she might begin missing him and she then starts to think things like, *"I never thought I'd feel so sad and lonely without him. Suddenly I realize that he wasn't such a bad guy after all and that deep down he really did care for me. Maybe I was too quick to break up with him. Maybe we could have worked things out if I'd stuck around for a while longer."*

She then begins hoping he will do something to get her back.

So, if her ex is confident enough to ask her to go to the movies with him, she will usually jump at the chance, because it's exactly what she's been wanting all along.

Of course, even though your ex might want you back and agrees to go to the movies with you, it doesn't mean she's going to do all the work for you.

Instead, she's going to go out with you and look to see if you've managed to change and improve (e.g. she'll be looking at your body language, listening to the tone of your voice, watching to see how you respond and react to her when she's been cold and aloof towards you), before she allows herself to fully open up to getting back together again.

This is why you need to make sure that you approach the situation in such a way that will reactivate her feelings for you and make her want to see you again and again.

For example: Some of the ways you can do that are by:

- Feeling confident and self-assured when you're with her, rather than allowing negative thoughts like, *"What if she doesn't enjoy herself?"* or, *"What if she decides she never wants to see me again after this?"* make you feel insecure and unsure of yourself.
- Being a good man, but also being confident and assertive when talking to her, so she can see that she can't dominate you during conversations.
- Making her laugh, smile and feel relaxed and happy to be around you again, rather than trying to get into intense, deep discussions about the relationship.

- Flirting with her to create sexual tension, rather than being too nice and neutral and giving her the impression that you're no longer interested in a romantic, sexual relationship with her so she decides to move on.

The more you continue to show her via your behavior and conversation style that you've reshaped yourself into the kind of man that she can now look up to, respect and feel attracted to (e.g. confident, self-assured, emotionally masculine) the more her defenses will come down.

She will naturally begin to open up and you can then progress to giving her a hug, a kiss and then hook up with her sexually.

Note: She might not be ready to have sex with you the first time you and her go out together, so don't worry about it.

Instead, just continue to interact with her over the phone and especially in person over the next few days, and build on her initial feelings of respect and sexual attraction for you until she's ready to get back together again, or at least opens up to having sex with you to see how she feels afterwards.

Another possible outcome if a guy asks his ex to go to the movies with him is

2. She says, "No" because she no longer feels attracted to him

[image: She says no because she no longer feels attracted to him]

When a woman stops feeling sexually and romantically attracted to a guy, him asking her to go to the movies with him, is the last thing on her mind.

Instead, she will want to distance herself from him as much as possible and begin doing things that will help her fully get over him, move on and meet someone else (e.g. hang out with her single friends in clubs and bars, join meet up groups, register on online dating sites or go on Tinder).

She will then likely reject him by saying, "No," and possibly leaving him feeling dejected and like he no longer stands a chance with her.

Yet, here's the thing

For a woman to want to interact with you again (i.e. talk to you over the phone, go to the movies with you, meet up for coffee), you have to make it feel appealing to her and that means, you need to reactivate her feelings for you first.

For example: One of the most effective ways to make a woman reconnect with her feelings of respect and attraction for you is by making her smile, laugh and feel happy to be interacting with you again.

When she is laughing and smiling, it becomes a lot more difficult for her to continue thinking about you in a negative way and she instead begins to see a new, more positive side to you.

Here's an example of how to use humor to diffuse a potentially difficult situation between you and your ex and make her open up to wanting to go to a movie with you.

Imagine that you're talking to your ex on the phone and she says something like, "What do you want? Why do you insist on calling me when you know I'm not your girlfriend anymore?"

She will likely be expecting you to get upset and possibly even react by begging and pleading with her for another chance, telling her how much you still love her, or possibly even getting angry with her.

Instead, you can shock her (in a good way) by maintaining your confidence and using some humor to take the sting out of her words by saying something like, *â€œYouâ€™re not my girlfriend anymore! I must have been off sick the day that happened. Why didnâ€™t anyone tell me?â€™* and have a laugh with her about it.

Sheâ€™s telling you that sheâ€™s not your girlfriend anymore and youâ€™re playfully teasing her about it, as though sheâ€™s not that important and you didnâ€™t notice she was gone.

You can then say, *â€œIâ€™m only joking. Of course I noticed that youâ€™re not my girlfriend anymore because my arm doesnâ€™t look as pretty anymore, without you holding it,â€™* and have a laugh with her about that.

By using humor to make her smile and laugh and ease the tension between you and then giving her a bit of a compliment by calling her pretty, she canâ€™t stop herself from feeling some surges of attraction for you again for having the balls to joke around with her in a moment that may have previously made you feel insecure and nervous.

When she senses your confidence and notices that youâ€™re also being a good guy (i.e. youâ€™re not being mean to her with your jokes), she wonâ€™t be able to stop herself from feeling some respect and attraction for you again.

Her guard will come down and she will then become more open to going to the movies with you to see if you really are a new man now.

You can then use that opportunity to fully re-attract her and get her back.

Another possible outcome if a guy asks his ex to go to the movies with him isâ€”

3. She says, â€œMaybeâ€ because she isn't sure whether she should give him another chance

Most relationships experience a few ups and downs where a couple will get into an argument or fight and the woman says things like, *â€œIâ€™m sick and tired of putting up with all of this! Youâ€™re such a jerk and thereâ€™s just no hope of you ever changing. I think itâ€™s better if we break up.â€™*

The guy will then usually try to calm her down and make her change her mind by saying things like, *â€œI really care about you so much and I donâ€™t want to lose you. Please give me just one more chance to prove to you that I can be the man you want me to be. I know Iâ€™ve said this before, but I promise you that this time I really will put in the effort to change.â€™*

She may then forgive him and give him one more chance to prove to her that he can change.

However, if time after time she forgives him, only for him to revert back to being the same after things have calmed down, she may eventually give up and go through with the break up.

So, if he then asks her to go to the movies with him, she will feel unsure of whether to risk saying *â€œYes,â€™* and then feel hurt and betrayed when she discovers that heâ€™s still the same as before, or just say *â€œNo,â€™* and spare herself any heartache, so she says, *â€œMaybe,â€™* instead to stall for time while she decides.

This is why you need to show her right away, via your actions, behavior and conversation style, that youâ€™ve already started to change and improve in some of the ways that matter to her.

For example: Some of the ways you can do that is byâ€”

- Maintaining your confidence regardless of how she responds to you when you ask her to go to the movies with you.
- Laughing at her (in a loving way) when she acts like she's unsure of whether to give you the benefit of the doubt and showing her that she doesn't have power over you.
- Responding differently to the way she's expecting you to (e.g. if she thinks you're going to get upset, beg and plead or sulk about her saying *â€œMaybe,â€* you instead laugh, remain calm and tease her for being an indecisive woman).

The more she can see for herself that you really are a new man now, the easier it becomes for her to make up her mind and say, *â€œYes.â€*

You can then use further interactions you have with her to fully reactivate her feelings for you and get her back.

Where Guys Go Wrong When Asking an Ex Out

When you decide to ask your ex to go to the movies with you, make sure that you don't make any of the following mistakes that will cause her to say *â€œNo,â€* instead of *â€œYes.â€*

1. Asking her via text

Texting is easy (and safe) to do, but it's not a very effective way of getting what you want from an ex.

Basically, because she's not hearing your voice (or looking you in the eye), it's a lot easier for her to brush you off and say, *â€œNo.â€*

Via text, she can't see your body language or hear the tonality of your voice, so she will think things like, *â€œWhy should I even bother to go to the movies with him when he doesn't even have the balls to call me and ask me over the phone. This is just another indication of the type of person he really is inside (i.e. insecure, unsure of himself, timid). If I say yes, I will just be wasting my time because nothing about his behavior is convincing me that it's worth my while giving him a second chance. I'll just be giving him false hope, when in reality I'm just not interested in him anymore.â€*

She then declines your invitation and possibly even stops responding to your texts altogether.

So, if you don't want that kind of response, make sure that you ask your ex to the movies on a phone call, or in person if you still see her from time to time and only after you've sparked some of her feelings for you first.

When you do it that way, it becomes a lot more difficult for her to reject you.

The next mistake to avoid is

2. Acting like just a friend and expecting her to want to be your girlfriend again

Sometimes a guy might use asking his ex to go to the movies with him as an excuse to get her back.

Essentially he's hoping that if they start doing fun things together again, they will eventually fall back into a relationship without too much effort on his part.

So, he asks her to go to the movies with him just as friends and spends the entire time pretending that

heâ□□s not sexually or romantically interested in her anymore.

For example:

- He only talks to her in a nice, polite, neutral way.
- He doesnâ□□t flirt with her to build up sexual tension.
- He only makes â□□safeâ□□ jokes that he feels wonâ□□t offend her, rather than using ballsy humor to spice things up and make her feel turned on.

Naturally, this causes a woman to remain closed off, because thereâ□□s no sexual attraction and respect to make her feel motivated to want to be his girl again.

If he then says something along the lines of, *â□□Look how well we get on with each other. Itâ□□s like weâ□□re two peas in a pod. We still have so much fun together. Why donâ□□t we just forget about this break and get back together?*â□□ she will likely feel shocked and say something like, *â□□What are you talking about? Why would you even say that? Weâ□□re just friends now!*â□□

He may then feel disappointed and possibly even give up on the idea of getting her back at all.

Yet, what he doesnâ□□t realize is that his approach was wrong.

Hereâ□□s the thingâ□□!

If you want a relationship with your ex, you need to make sure that you donâ□□t pretend that you donâ□□t.

If you do, you will likely get the same results.

However, if you ignite sexual and romantic feelings inside of her (e.g. by flirting with her, making her laugh and smile and feel good to be interacting with you again), then you wonâ□□t even need to ask for a relationship again, because it will happen naturally all by itself.

Note: There is nothing wrong with suggesting going to the movies just as friends. In fact, that is what recommend you say.

However, make sure that when you meet up with her, you don't just act like a friend.

Big difference.

In person, re-attract her and seduce her back into a relationship with you.

Watch the video above by Dan Bacon, founder of this website.

3. Talking about going to the movies as though it's a date

In some cases, a guy will ask his ex to go to the movies with him and if she says *â□□Yes,â□□* he might respond by saying, *â□□Great! Well, it's a date then.*â□□

She might then instantly put up her guard and wonder, *â□□Why is he calling it a date? I thought this was just a movie, but now heâ□□s making a big deal about it like I just agreed to get back with him or something. Iâ□□m not ready for that. I donâ□□t want him getting the wrong idea. Maybe I should just cancel on him to be on the safe side.*â□□

Hereâ□□s the thingâ□□!

If your ex has broken up with you, she wonâ□□t like the idea of going out on a date with you, because that will imply that sheâ□□s open to giving your relationship another chance when right now, sheâ□□s not.

So, to stop her from canceling on you, you need to make sure that you don't refer to going to the movies with her as a date.

Instead, just say that you'll be hanging out as friends.

When you approach it in that way, it takes the pressure off her and she can relax because she's not feeling like you're trying to push her into something she's not ready for yet.

Then, when you go to the movies with her, make sure that you say and do the types of things that will spark her feelings of respect and attraction for you, rather than making the types of mistakes that will turn her off (e.g. being confident and self-assured rather than nervous and insecure around her, maintaining your dominance rather than letting her have power over you, being emotionally masculine rather than too nice and well-behaved).

As long as you focus on re-attracting her properly, going to the movies with your ex will actually turn into a date after all, even if you don't call it that.

Then, before you know it, you'll be going on dates and calling yourselves a couple again.

The next mistake to avoid is!

4. Giving up too easily if she initially says, *No* or, *I'm not sure*

Most women won't be willing to go to the movies with an ex the first time he asks her.

However, that doesn't mean she's not interested and that he should give up and walk away.

Instead, it's a woman's natural instinct not to make it easy for an ex guy to get her back. Why?

Firstly, she doesn't want to come across as desperate and like she's been waiting around for him to ask her to the movies because she doesn't have anyone else interested in her.

Secondly, she wants to be sure that he's not just asking her so that when she says *Yes*, he can reject her by saying something like, *I knew you still had feelings for me. I was just checking, but now that I know for sure, I don't really want to go to the movies with you. Ha! Ha!*

Finally, she wants to make sure that he's confident enough to handle her initial rejection without giving up.

If he can handle her *No*, *I'm not sure* or *Iâ'm not sure* without falling apart, she will know that he's now emotionally stronger than before and she will then be more willing to accept his invitation.

So, make sure you don't give up if your ex doesn't agree to go to the movies with you right away.

Just maintain your confidence with her and in a friendly, easy-going way say, *Hey, I get it. I understand why you feel the way you do right now and the last thing I want to do is pressure you into doing anything that you don't feel comfortable with. However, all Iâ'm asking for is for you to catch a movie with me as friends. It's not a big deal, right. We can do that, because we're mature adults. So, let's prove it and go watch a movie together, with no strings attached.*

By taking the pressure off her to make a decision about getting back together again, she will feel more comfortable about saying *Yes*, to going to the movies with you.

Then, when you meet up with her, make sure you reactivate her feelings for you and make her want

to be in a relationship again.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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If She Dumped You, Leave Her Alone. True or False?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

False.

Here are the 3 main reasons why:

1. Most women don't come back on their own

It's only natural that when a guy gets dumped by his girl and she says something along the lines of, *"I'm sorry, but what we had is over. I don't have feelings for you anymore and it's best if we go our separate ways. So please accept that I'm not going to change my mind and just move on,"* he's going to feel hurt and a little desperate.

He might then begin thinking things like, *"I can't accept that! She's the woman for me, but she sounds so definite when she says she will never change her mind. What can I do? Should I leave her alone and wait for her to maybe start missing me and then call me when she's ready, or should I stick around anyway, even though she said she doesn't want to see me anymore? I don't know what the right approach is. I feel so confused."*

He may then read about the No Contact Rule online (i.e. ignoring an ex for 30 to 60 days to make her come back) and decide that he's going to use that approach.

Yet, here's the thing!

Most women simply do not respond to that approach in a favorable way. Why?

Firstly, when a woman dumps a guy, it's usually because she has disconnected from her feelings of respect, attraction and love for him.

So, when he leaves her alone after the break up, rather than think, *"Why isn't he contacting me? Doesn't he miss me at all? Could he already be moving on with another woman? Now that he's no longer around, the thought of losing him fills me with dread. I suddenly realize that I don't really want to be broken up with him anymore,"* she instead thinks something like, *"I really thought he was going to make it difficult for me to move on, but instead he's actually leaving me alone and I don't have to deal with him trying to get me back, or convince me to give him another chance. I can now just focus on moving on with my life and finding the right guy for me."*

Why does she react in that way?

Unless a woman still has feelings for her ex and is secretly hoping that he will try to get her back, or she's really struggling to find herself a replacement guy, leaving her alone isn't going to matter that much to her.

This is why she has to be re-attracted first (rather than avoided), so she has a reason to come back.

Here's what you need to remember!

If a woman is beautiful, or even just attractive, it will usually be quite easy for her to find another guy who wants to have a relationship with her

For example: There will be guys at work/university/the gym that will have their eye on her again now that she can now start dating.

Alternatively, she can join an online dating site or use a dating app and she will have 100s of guys eagerly lining up to meet her for a date.

It's really that easy for a woman to find a new man (i.e. because guys are mostly attracted to a woman's appearance and will date her based on that and then see how things evolve from there).

So, if you just leave your ex alone after the break up and wait to see if she'll come back to you rather than actively re-attracting her, you are setting yourself up for even more heartache.

Remember: The more time you give your ex to get over you, the harder it becomes to get her back (e.g. because she moves on and hooks up with another guy, she realizes that she enjoys being single again, she starts to doubt your feelings for her and becomes annoyed with you for not having the balls to get her back when you had the chance).

This is why, if you want to get your ex back, then the last thing you should be doing right now is leaving her alone.

Give her a few days of space if she needs it just to let things calm down, but more than 7 days is just a waste of time.

You need to contact her, preferably by calling her on the phone or seeing her in person and you need to actively begin reawakening her sexual and romantic feelings for you again (e.g. by making her laugh and smile, showing her that you're at a different level now than when she dumped you, flirting with her to create a sexual vibe).

When she experiences the new you and likes you again, it becomes more difficult for her to continue thinking about you in a negative way.

Her negative thoughts and memories about you (e.g. anger, resentment, disappointment) get replaced with new, positive feelings (e.g. respect, attraction, excitement) and she then becomes open to the idea of getting back together again.

However, if you leave her alone, she will quickly get over you, move on and forget you were ever a part of her life.

Another reason why you shouldn't leave your ex alone if she dumped you is

2. Leaving her alone doesn't fix the things about you that will turn her off if you interact with her again

Sometimes a guy can avoid his ex for weeks or even months.

Yet, when he finally does interact with her (e.g. he calls her to say hi, he bumps into her somewhere, she calls him to see how he's been), she realizes that rather than have changed and improved, even just a little bit, he's instead stuck at the same level he was at when she dumped him.

She then usually makes up some kind of excuse why she can't talk to him anymore (e.g. she says something like, *Anyway, it's nice hearing from you/talking to you again, but I'm seeing someone else now and he's a bit of jealous type, so I can't talk to you anymore. Good luck with your life, I hope everything works out for you. Bye*) even if it's a lie, simply to get rid of him.

So, if you don't want that to happen to you, you've got to get clear on the real reasons why your ex dumped you and make some quick changes.

By the way

What most guys need to change about themselves is almost never something big like heâs abusive towards her, heâs too much of an irresponsible bad boy, or heâs addicted to alcohol or drugs. Instead, it's usually very subtle things like how much power she seems to have over him during conversations, the difference in how emotionally mature one of them is compared to the other, how she always seems to get irritated at him during conversations these days because he doesnât listen to her and instead jokes around and acts frivolous.

In the same way, there are almost certainly some small subtle things about your thinking and behavior that turned your ex off enough for her to want to dump you and leaving her alone wonât fix that.

Only you can do that, by first understanding what those things are for you and then taking action to change them.

Note: That doesnât mean you have to become perfect to be able to re-attract your ex, only better.

So, if youâre unsure of what secret, subtle things about you caused your ex to dump you, here is a list of some of the common things that turn women off about their men:

- His inability to take the lead in the relationship so she can relax into thinking, talking and acting like a feminine woman around him. Instead she has to be the one wearing the pants and making all the decisions, which makes her feel more like a man than an attractive, feminine woman.
- Being hesitant and timid around her or in social situations.
- Putting more emphasis on what she considers the unimportant things in life (e.g. playing video games, spending all his time on social media, watching sports with his friends), rather than on the important things (e.g. his goals and dreams, his career, preparing for their future together by investing some money).
- Not putting in much effort to get to know her family and friends even though sheâs told him that they are an important part of her life.
- Not being very supportive of her dreams and maybe even being a bit condescending of her (e.g. she says she wants to advance in her career and he laughs and says something like, âWhat youâre doing is fine for now, but if we get married all that will change, because you will have me and out children to take care of.â)
- Heâs too needy and clingy and doesnât have any hobbies, interests or friends apart from her.

When your ex can see for herself that youâve put in the effort to change and improve, she will naturally feel respect for you again for being the kind of man who takes action, rather than expecting things to change all by themselves.

When she starts respecting you again, she will also begin to feel surges of attraction for you and with those two emotions back in place, loving you becomes something she opens back up to.

On the other hand if you leave her alone and do nothing and then after a few weeks or months try to get her back, she will likely push you away, because she can see that it will be more of the same, or even worse than before.

Another reason why you shouldnât leave your ex alone if she dumped you isâ!

3. Leaving her alone will often make her feel motivated to move on quickly to avoid feeling rejected by you

[image: Leaving her alone will often motivate a woman to move on quickly to avoid feeling rejected by you]

When a woman dumps a guy and he then immediately disappears from her life, rather than sit around feeling hurt and having to deal with the pain of the break up and the fact that heâ€¢s not even trying to get her back, she usually moves on and makes herself feel fulfilled with another guy.

Even if a woman doesnâ€¢t really want to date again so soon after her break up, she usually doesnâ€¢t want to experience pain and rejection even more.

So, she will go out and hook up with the first available guy, to begin getting over her ex.

Even if a woman still has some feelings for her ex and is possibly regretting dumping him, or she only dumped him to shock him into becoming a better man, him leaving her alone actually motivates her get over him.

Hereâ€¢s whyâ€¢

Imagine a woman is sitting at home after a break up and missing her ex.

Although she might be feeling some pain, anger and disappointment about the way things turned out between them, she also feels a bit hopeful that the shock of the break up will have shaken her ex up and caused him to change and improve a little bit and they can then work things out and get back together again.

Yet, when she doesnâ€¢t hear from him again for days, then weeks, then months, she takes it as a sign that he didnâ€¢t really care enough about her to change or even call her to see how she is.

She may then think something along the lines of, *â€¢What a fool Iâ€¢ve been. I really believed he cared about me and that he would do something to make things right between us. I guess the joke is on me, because Iâ€¢ve been the one missing him and hoping we can fix our relationship, while he hasnâ€¢t felt the need to even text me once to check how Iâ€¢m feeling. Well, itâ€¢s over now. This is the last second Iâ€¢m wasting thinking about him. From this moment onwards Iâ€¢m going to do whatever it takes to move on and find myself a real man who will treat me the way I deserve!â€¢*

She then focuses on fully getting over him (e.g. by going out to clubs, bars and parties with her single friends and making herself available to the guys she meets there, hooks up with guys sexually).

If her ex then happens to contact her after ignoring her for a while, she says something like, *â€¢What do you want after all this time? What we had is over. You need to accept that and move on. I have. Iâ€¢m with someone else now and Iâ€¢m happy, so please donâ€¢t call me again.â€¢*

However, that can easily be avoided if you make sure that you donâ€¢t leave your ex alone after she dumped you and instead focus on using every interaction you have with her as an opportunity to make her feel sparks of respect and attraction for you again.

The more she enjoys interacting with you again, the more her defenses will come down,

She then becomes open to the idea of getting back together again.

On the other hand, if you leave her alone, the more time she has to get over you and find herself

another guy who makes her feel strong surges of sexual and romantic attraction for him.

Common Problems Guys Experience When They Get Dumped

Before you decide whether you want to leave your ex alone or not now that you and her have broken up, make sure you're prepared to deal with the following problems:

1. Leaving her alone, but constantly thinking about her and becoming an emotional wreck as a result

It's fine if a guy wants to leave his ex alone if she dumped him and move on without her and find himself another, even better woman than her.

However, in most cases, that's not what happens.

Instead, the guy stops interacting with his ex (e.g. because he thinks she won't want to hear from him, he hopes it will make her miss him and change her mind about being broken up), only to find himself constantly thinking about her and missing her.

He might then go around feeling sad, depressed, hopeless and like he can't move on and live a happy, fulfilling life without her.

As a result, he becomes the exact opposite of what he should become if he wants to have a chance with his ex again (e.g. wimpy, needy, desperate vs. confident, emotionally independent, emotionally masculine).

Then, if he happens to interact with his ex again and she picks up on the fact that he's an emotional wreck without her, rather than think, *"I never realized how much I mean to him."*

He's totally lost without me. That's just so sweet. Maybe I should give him another chance," she instead thinks, *"Now I know I made the right decision by dumping him. He really isn't the right man for me. I need someone who is emotionally strong enough to handle a woman like me and my ex clearly isn't that guy."*

She then happily moves on without him (if she hasn't already done that), without feeling any regrets whatsoever.

So, if you're planning to leave your ex alone, make sure it's not to sit at home wallowing in misery.

Instead, use the time to become emotionally independent of her (e.g. by pursuing your own goals, dreams, hobbies and interests).

When you get to the point where you can be happy with or without your ex in your life, two interesting things happen:

Firstly, you find yourself not missing her that much anymore.

Sure you want her back, but you're not feeling lost without her.

Secondly, you automatically become more attractive to your ex (and to other women) because you are now an emotionally strong, independent man she can look up to, respect, feel attracted to and love.

As a result, getting her back becomes easy, because you're now the kind of man she always wanted you to be.

The next problem you might encounter isâ€¦!

2. She doesn't ever contact you, so you eventually contact her to tell her how you feel

Most of the time, when a woman dumps a guy, itâ€¦s mostly because she has lost touch with her feelings of respect, attraction and love for him.

So, when he backs off and leaves her alone, rather than contact him, she usually just assumes that heâ€¦s moving on and then she focuses on doing the same thing too.

If he then realizes that sheâ€¦s not going to come running back to him, so he contacts her instead (e.g. via text, e-mail, on a phone call) and starts saying things like, *â€œI really tried to leave you alone and get on with my life, but I simply canâ€¦t do it. I still love you too much and my life feels empty without you,â€* heâ€¦s shocked to discover that she doesnâ€¦t really care how he feels. Why?

In most cases, the woman has either moved on by that point, she says that it's too little too late, or she ignores him because the feelings aren't mutual.

So, donâ€¦t let that happen to you.

Donâ€¦t leave your ex alone if you actually want to get her back.

If you donâ€¦t interact with her and actively stop her process of moving on and reactivate her feelings for you, you will almost certainly end up losing her.

The next problem you might encounter isâ€¦!

3. You try to get her back by discussing the relationship or trying to work things out between youâ€¦“â€¦That doesn't work unless the feelings are made mutual first

If you donâ€¦t properly re-attract your ex and make her feel some sparks of respect and attraction for you again, hearing you talk about the relationship and getting back together again may cause her to say things like, *“Are you crazy? Why are you talking about getting back together again? I broke up with you for a reason and that hasnâ€¦t changed. Iâ€¦m sorry if you canâ€¦t accept that, but I donâ€¦t want to get back together in a relationship with you. What we had is over and itâ€¦s time that we just acknowledge that weâ€¦re not right for each other and move on. Please just accept that and let me get on with my life.â€*

This is why, if you want your ex to be interested in giving you another chance, you have to focus on making her have sexual and romantic feelings for you again.

You need to make her want to get back with you for her own reasons (e.g. it makes her feel good, she feels like you and her are right for each other, she can see that you and her have a future together, she feels respect, attraction and love for you), rather than for your reasons (e.g. you miss her and canâ€¦t live without her, you want her back to feel good about yourself).

When you do that, she automatically stops putting up walls every time you interact with her, which then allows her to explore her feelings for you and for the idea of giving you another chance.

However, if you try to get her back before reactivating her feelings first, she will keep saying, *“No,â€* and you will struggle to convince her.

Here at The Modern Man, we recommend a much easier, faster way of getting an ex woman back.

×

[image]

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Do Exes Get Back Together After Years?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Yes, but it depends on the following:

1. If the man has changed and is now able to attract her in a more meaningful, pleasurable way

Nothing is more convincing to a woman that giving a relationship another try after years apart is what she wants, than seeing that her ex is now at a completely different level to the one he was at when they broke up.

Not only has he understood her deep, secret reasons for breaking up with him, he has also changed and improved and become a better man as a result.

So, if you want to get back together with your ex after years of separation, you need to make sure that you can give her the attraction experience she always wanted from you but never got.

For example:

- You're more confident and self-assured now, which means you don't react by getting jealous and feeling unworthy of her when you see her having fun without you and talking to other men.
- You're more emotionally masculine now, which means she can relax into thinking, talking, feeling and acting like a feminine woman around you, rather than being the dominant one all the time.
- You're more emotionally independent, which means you're happy and fulfilled in your life.
- You're pursuing your goals and dreams and you're enjoying hanging out with your friends rather than being clingy and suffocating because you have anything going on in your life.
- You're more emotionally mature now, which means you're not wasting your life away by playing video games/watching TV/getting drunk.
- You now have so much more purpose and direction in life.

When she experiences those kinds of changes in you, she won't be able to stop herself from wondering what it would be like to be your girl this time around.

She then drops her guard and opens up to being with you romantically and sexually.

On the other hand, if she can see nothing about you has changed and improved and that you're still the same guy you were all those years ago, she won't be interested in going down that road with you again.

Another thing it depends on is

2. If the man has the balls to contact her and arrange a meet up

One of the quickest ways to get an ex back (whether it's after a week or many years), is by calling her on the phone, re-sparking some of her feelings and then meeting up with her.

However, where a lot of guys go wrong, is by wasting too much time worrying about what she might say, or if she will reject him and not taking action at all.

She then moves on and he misses out on potentially being with the love of his life.

So, if you haven't been interacting with your ex for many years, now is the time to stop.

You need to pick up your phone and call her right away and make her smile and laugh when she's talking to you.

She then stops remembering the man you used to be before that turned her off and she starts focusing on the new you that makes her feel good.

When that happens, her guard comes down and she becomes open to meeting up with you to see what happens.

At the meet up, you need to keep saying and doing the types of things that will make her see that you're a new man now and convince her to give you another chance.

When she sees that you're being a confident, charismatic, emotionally masculine man around her, she won't be able to stop her defenses from coming down.

She will begin imagining what it would be like if you and her got back together again after all these years and then, it's up to you to open her eyes to the fact that falling back in love with each other will be even better than it was the first time.

Another thing it depends on is

3. If the woman is able to forgive him for his mistakes and focus on the new version of him

For you and your ex to be able to get back together after many years, she has to be able to forgive you for your past mistakes.

Forgiveness makes a woman drop her guard and open herself back up to the idea of being with you again.

So, if your ex seems a bit reluctant to give you another chance and is possibly saying things like, *"No, I don't think we can get back together after so many years. What we had is water under the bridge now. Besides, I still remember how you hurt me and I don't want to experience that again,"* you can say something along the lines of, *"I know I stuffed things up between us and I'm truly sorry for hurting you. I was a real jerk back then and I ruined what we had. However, I'm not that guy anymore. I've grown up a lot since then and I know I've become a better person. In a way, I have you to thank, because you dumping me was the wake up call I needed to pull myself together. I don't expect you to believe me, but I really have changed and I would appreciate it if you'd forgive me, so we can both finally put all that behind us and move forward without feeling negative and bitter about the past. You will feel better and of course, so will I and we can then move forward as friends."*

If you can get her to the point where she genuinely does forgive you, it makes her drop her guard and she feels comfortable to be interacting with you again.

She no longer stops herself from feeling sexually and romantically attracted to you.

Then, the more she interacts with you and experiences the new you, the more she will like the idea of being your girl again.

Suddenly the idea of getting back together doesn't seem as unlikely as it did before and it then happens easily and effortlessly.

Where Guys Go Wrong When Trying to Get an Ex Back After Many Years Apart

Not only is it possible for exes to get back together after years, it can actually be one of the most amazing experiences a couple can undergo in life.

However, it can also turn into a disaster, if the guy doesn't approach the ex back process with the correct mindset.

So, if you want to get your ex back after years apart, make sure you don't make any of the following mistakes:

1. Looking for crystal clear signals from her that she wants a relationship again

Sometimes, a guy can waste a lot of time looking for direct, clear-cut, signs from his ex that she's open to getting back together again, even though they've been apart for years, before he feels confident enough to make a move and begin the ex back process.

This might be via texts, online messages or in person interactions.

Essentially he's looking for her to come out and say something along the lines of, *"You know, I can't believe I'm admitting this to you, but I haven't been able to stop thinking about you all this time. I really have missed you. How would you feel about giving our relationship another go?"*

He can then say, *"Yes, that's wonderful! That's exactly what I was hoping you would say,"* and they can then get back together and live happily ever after.

Unfortunately though, real life is not a romance novel or Hollywood movie and women usually don't go about giving exes clear signals when they're open to getting back together again.

Why?

Firstly, a woman doesn't want to come across as being too easy and like she's desperate to get back with her ex.

So, rather than give him a sign and help him along, she may even act like she's not interested at all and then wait for him to make a move.

Which brings up the second reason why a woman won't give any signs of interest to an ex: She wants to make sure that he's confident and emotionally strong enough not to give up at the first sign of resistance from her.

This is why, if you're waiting for your ex to make it easy for you before you make a move, you may end up waiting for a long time and possibly even lose your chance with her (e.g. because she gets fed up with waiting for you to take action and decides to hook up with another guy instead).

Regardless of the amount of interest that your ex is currently showing towards you, it's up to you to be emotionally strong enough to take the lead and reawaken her sexual and romantic feelings for you again.

Remember: Women respond positively to the emotional strength in men (e.g. confidence, determination, perseverance, going after what he wants without giving up when things get difficult), and feel turned off by the emotional weakness (e.g. insecurity, self doubt, giving up when things get tough).

So, stop waiting for signs from your ex to begin getting her back.

You need to be emotionally courageous and just take the plunge and make it happen.

Another mistake to avoid making isâ□|

2. Only acting like a friend and failing to create a spark

Sometimes a guy will interact with his ex after many years apart and pretend that heâ□□s really happy to be her friend now.

For example: He might say something along the lines of, *â□□Itâ□□s great to reconnect with you after all this time! I think it will be fun to hang out as friends, donâ□□t you agree?â□□*

He will then proceed to talk to her in a nice, polite way and not flirt with her at all.

Naturally, this causes a woman to remain closed off and distant because thereâ□□s no spark between them.

Even if she is interested in getting back together again, because heâ□□s pretending that heâ□□s not, she will likely think something like, *â□□I guess itâ□□s too late for us to reconnect romantically after all these years. Heâ□□s clearly over me now and all he wants is to be friends. Pity though, because I was really hoping we could make our relationship work this time.â□□*

She then disconnects from her feelings for him and focuses on finding herself a new man who does want to be in a relationship with her.

The guy then feels hurt that heâ□□s lost her again and tells himself that it was just too late to get her back, because she had gotten over him so many years ago.

Yet, what he doesnâ□□t realize is that his approach was wrong.

Hereâ□□s the thingâ□|

If you interact with your ex and pretend that you only have nice, friendly or neutral feelings for her, sheâ□□s going to respond by being your friend, not your lover.

On the other hand, if you interact with her and make her feel strong surges of respect and attraction for you (e.g. because you flirt with her to create sexual tension between you, you use ballsy humor to make her feel attracted, youâ□□re emotionally masculine in a way that makes her feel feminine and girly around you), then sheâ□□s almost certainly going to respond in the way that you want (i.e. she becomes open to the idea of being your girl again).

So, if your desire is to get your ex back, then donâ□□t pretend that youâ□□re just her innocent friend who isnâ□□t interested in her in a sexual or romantic way.

Of course itâ□□s perfectly fine to be her friend, as long as youâ□□re making her feel attracted too.

If you donâ□□t do that, you will end up in the friend zone and then getting her back becomes difficult, if not impossible, because she just isnâ□□t interested.

So, make the feelings sexual, initiate a kiss and then enjoy the great times ahead with her.

Another mistake to avoid making isâ□|

3. Not feeling welcome to try

When a man and a woman have been broken up for many years, the guy might assume that it's just too late to get her back.

He may think, *What we had was just too long ago. She's likely moved on already and even if she's not with someone else right now, I'm almost certain that she wouldn't want to get back with me. She will probably not like it if I made a move.*

He then doesn't do anything to re-attract his ex and misses out on the opportunity to get her back. Yet, here's the thing!

If you don't interact with your ex (over the phone and most importantly, in person and actively make her have feelings for you again, she probably will move on eventually and forget all about you.

So, if you want to get her back, stop trying to imagine what she might want or not want and just focus on using every interaction you have with her to re-spark her feelings for you.

The more respect and sexual attraction she feels as you interact with her, the more she will feel drawn to the idea of giving you another chance.

On the other hand, if you feel unwelcome to even try because you're afraid she might not be interested, then you will probably waste a lot of time waiting around for her to maybe give you a sign, only to discover one day that she has moved on and is happy in a new relationship with some other guy.

Another mistake to avoid is!

4. Not knowing that there is a process you can follow to get her back

Sometimes, a guy might really want to get back together with an ex after years apart, but he simply doesn't know how to re-attract her sexually and romantically.

As a result, tries all sorts of random things and gets lost along the way when she doesn't show clear interest in having a relationship.

For example: He might!

- Text her to say hi and waits to see if her response is enthusiastic or offish before he will make another move.
- Call her on the phone and when she doesn't answer right away, he takes that as a negative sign.
- Find out where she likes to go (e.g. a club, coffee shop) and shows up unexpectedly in the hope that she will invite him to join her, but she doesn't.
- Send her flowers or thoughtful gifts as a way of making her open up to him, but all she does is text or message him a simple, *Thanks.*

If this has been your approach too, then chances are high that you haven't gotten very far with your ex, right?

If so, don't worry about it.

The important thing is that from this point onwards, you change your approach to one that will help you get your ex back for real.

For example:

Rather than texting her to say hi, you need to call her and make her laugh, smile and feel good to be talking to you.

Rather than give up when she doesn't answer your call the first time, call again later at a more convenient time. If she still doesn't answer, just text her this: *â€œHey, I tried calling you earlier, but you must have been busy. Iâ€™ll try again in half an hour, because thereâ€™s something quick I need to ask you.â€*

In most cases, she will answer the next time, even if itâ€™s only because sheâ€™s curious to find out what you want to ask her.

Rather than crash her â€œpartyâ€ (i.e. show up where sheâ€™s having fun with her friends), invite her out for coffee.

If she seems reluctant, just say, *â€œHey, itâ€™s only a cup of coffee between two old friends. We can do that now, right? Besides we have so much to catch up on.â€*

She will likely say yes and then you can use the meet up to reactivate her feelings for you.

Rather than give her flowers or gifts to make her want you again, flirt with her instead during interactions to create sexual tension between you.

The more you do that, the more she will want to release that tension with kissing and sex.

From there, getting a relationship becomes easy.

When you do that, youâ€™ll be amazed by how quickly her feelings for you change.

Suddenly, she wants to be around you more and more and then getting her back becomes a forgone conclusion.

Another mistake to avoid isâ€|

5. Not re-attracting her before telling her that you still love her and have missed her from time to time

Although the expression, *â€œStrike while the iron is hot,â€* is usually good advice when it comes to getting an ex back (i.e. rather than ignore a woman to get her back a guy should take action instead), itâ€™s not the right tactic when it comes to expressing your feelings to her. Why?

If you rush into telling your ex that you still love her and that youâ€™ve been thinking about her all these years before you reactivate her feelings for you, she will likely start thinking something along the lines of, *â€œThat just sounds so creepy. Itâ€™s like heâ€™s been stuck in limbo waiting to get me back. What has he been doing all this time with his life? Has he even dated other women, or has he just been obsessing over me?â€*

She may then pull away and refuse to interact with you anymore.

On the other hand, if you focus on making her feel respect and sexual attraction for the new, improved version of you, every time you interact with her, then by the time you tell her that you still love her, it will be the best news she ever heard.

She will feel happy, relieved and even flattered that a great guy like you never forgot her and she will want to get back together again as quickly as possible, before some other woman comes along and takes you away from her.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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3 Examples of When to See a Therapist After a Break Up

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

3 times when it's okay to see a therapist after a break up:

1. If you can't get any help online

If you want to get over your ex and move on, then maybe seeing a therapist is a good idea for you. However, what most guys generally want is advice on how to make their ex forgive them and give them another chance and they can usually find the help they need to deal with a break up online.

Watch the video above and Dan Bacon, an ex back expert (and founder of this website here) will help you understand what you need to do to get her back.

Important: Most therapists out there are not dedicated to helping a guy get his ex woman back.

Instead, they will try to help him get over her, because they don't know how to teach him how re-attract her.

So, if your intention is not to get over your ex and move on without her, seeing a therapist will likely not be in your best interests.

Instead, you'll end up wasting a lot of time where you're trying to fix your issues to hopefully prove to your ex that you're serious about being a better man to her, only to discover that she hasn't been waiting around for that to happen.

So, while you've been working hard with your therapist to improve yourself, she's been moving on without you and possibly even hooking up, dating and falling in love with someone else.

This is why, if you want to get your ex back, find the help you need to achieve that (if you're reading this article then you're in the right place), rather than going to a therapist in the hope that your ex will be so flattered that you're so willing to improve yourself for her, that she will say something along the lines of, *"Well done. I'm so impressed that you went to see a therapist. That's all the proof I need to convince me that you're going to be an amazing boyfriend/fiancé/husband from now on. Okay, now we can get back together again."*

Yet, here's the thing!

If your ex has lost respect and attraction for you, she's not going to really care that you're seeing a therapist.

Instead, if she currently perceives you in a negative light (e.g. she believes that you're insecure and lack the kind of confidence she wants in a man) she's likely just going to think that you're desperately trying to impress her and she will feel turned off by you even more.

She may then say something like, *"Well good for you, for seeing a therapist. However, I don't really care one way or another. We're not a couple anymore, so I don't have to live with your stuff ups. It just doesn't matter to me what you do now."*

So, rather than try to impress your ex by seeing a therapist, why not focus on re-attracting her instead.

For example: Some of the ways you can do that are!

- Understand what turned her off about you before and make some attractive changes and

improvements to yourself based on that (Remember: You don't have to be perfect, only better than before).

- Interact with her over the phone, but mostly in person and show her that you're much more confident and sure of yourself than you used to be.
- Use humor to bring down her guard and make her laugh, smile and feel good to be seeing you again (especially if she's initially being closed off, distant or even a little bit bitchy towards you).
- Flirt with her to create some sexual tension between you and her.
- Turn her negative feelings about the break up into something you can both look back at as a lesson learned and then laugh about together.

The more she can see for herself that you're truly a different, better man now, the less she will be able to hold on to her decision to remain broken up.

She won't be able to stop herself from dropping her guard a little bit and allowing herself to imagine what it would feel like if you and her were a couple again.

She will then likely want to be around you more and more and from there getting her back becomes easy and effortless.

Another example of when to see a therapist after a break up isâ

2. You are seriously contemplating going through with a suicide

Sometimes, the shock of a break up can make a guy spiral into a deep depression, where the only way he can think of to escape the pain and despair he's feeling is to actually kill himself.

Now matter how often he tells himself, *âGet a grip man!* or, *âStop being such a wuss!* he can't seem to snap out of these negative, harmful thoughts.

In a case like that, it's probably a good idea for the guy to get some help right away and go see a therapist.

Note: Almost everyone has briefly considered suicide at some point in their life.

The difference is when you really feel like you are going to do it for sure and need someone to talk you out of it.

However, in almost all other instances, a guy doesn't really need to see a therapist after a break up, because making mistakes and dealing with the consequences of those mistakes (i.e. being broken up with) is part of life.

Yes, there will almost certainly be heartache and bouts of depression and moments where the guy is thinking negative things like, *âI can't believe she's gone. I feel so lost without her.*

It's like my life is over and I will never be able to feel happy and fulfilled again. My life sucks and I don't know if I'll ever be able to feel better and move on.

However, most of the time, he gets past this stage of grief pretty quickly and before long he's feeling a lot more optimistic about his future.

He might then decide that he's perfectly fine without his ex and that he doesn't really miss her all that much after all.

He will then make himself available to meeting, hooking up and dating other women, until he finds himself another woman who makes him feel happy and fulfilled when in a relationship with her.

Alternatively, the guy might decide that heâs not going to give up on getting his ex back.

In a case like that, he will focus on quickly changing and improving himself in some of the ways he knows are important to his ex.

He then calls her on the phone, re-sparks some of her feelings of respect and attraction for him (e.g. by making her laugh and smile, by flirting with her to create some sexual tension between them again, by not responding to her in the ways that used to turn her off), and gets her to agree to meet up with him.

At the meet up, he shows her that heâs truly changed and improved and is now a better man than before (e.g. more confident, more emotionally masculine, more assertive and able to stand his ground with her and with other people).

When she sees that heâs now able to give her the attraction experience she always wanted from him but never got, it becomes a lot more difficult for her to continue looking at him in a negative way.

Her defenses come down and she then opens up to the idea of being his girl again.

So, right now, you need to honestly decide how you really feel after your break up.

If youâre at a point where you canât seem to find your way out of your negative thoughts and feel totally hopeless and like you donât want to go on living, then by all means get the help you need to pull you out.

Then, when you feel better, you might even decide that you want to get your ex back and go about making it happen.

On the other hand, if youâre just going through the normal stages of grief after your break up (i.e. shock, denial, anger, bargaining, depression, testing, acceptance), then you probably do not need to see a therapist.

Instead, just focus on regaining control of your emotions and then decide what you want to do (i.e. move on and find yourself an even better, more attractive woman than your ex, or re-attract her and get her back into a relationship with you thatâs 100% better than before).

The choice is yours.

By the wayâ!

There are some guys who say theyâre going to kill themselves, but thatâs only because they want to make their ex feel sorry for them and then hopefully give them another chance.

However, theyâre not really serious about committing suicide and they probably wouldnât really want to see a therapist either because he/she would catch them out in their ploy (i.e. that theyâre only faking wanting to kill themselves to trick their ex into a relationship again).

Another example of when to see a therapist after a break up isâ!

3. You can no longer function properly as a person, even though the break up was weeks ago

Sometimes, a break up can really dent a manâs confidence to the point where everything in his life starts falling apart.

For example: He mightâ!

- Get into trouble at work (e.g. being late, handing in sloppy work, missing important deadlines, being rude to customers or clients, disrespecting his boss).
- Get into fights or arguments with anyone or everyone (e.g. with his friends or family, every time he goes out to a bar or club, his co-workers).
- Not be eating or sleeping properly anymore.
- Start becoming more and more dependent on external stimulants to cope (e.g. alcohol, prescription pills, drugs).

In a case like this, the guy will probably benefit from seeing a therapist to help him calm down and figure out the best way to move forward.

However, if he's coping fairly well and is simply going through the natural grief most people experience after a break up, then chances are high that he doesn't need to see a therapist.

By the way!

If you're currently feeling lost and panicked without your ex woman and possibly even thinking things like, *"I don't know what to do without her. She was my reason for living and everything seems dull and pointless without her. Everyone keeps telling me to forget about her and move on, or that there are plenty fish in the sea, but I don't want to get over her! I just want things to go back to the way they used to be at the beginning of our relationship where we were so in love and happy. Maybe I should see a therapist to help me get over her?"* don't despair.

There's no reason to see a therapist if what you really want is to get your ex back.

However, you can't do that from a place of weakness and desperation, because when you interact with her (over the phone and in person) she will automatically pick up on your hopelessness and despair and she will feel even more turned off by you, which is not what you want.

So, what should you do?

To begin with, you have to get to the point where you believe and accept that you don't need her in your life to be happy and fulfilled.

Of course, you really want her back, but you don't need her back.

Sure, you miss her and feel sad without her, but you will not die without her.

Yes, your life will be great with her in it, but if that doesn't happen, you will survive and you will be able to live a happy life without her.

When you start thinking that way, you will discover that not only do you stop feeling so emotionally dependent on her for your emotional well being, you also start to feel better about yourself and your future, even if she's not in it.

When your mindset changes in that way, something amazing happens!

You instantly begin to become more emotionally attractive to your ex, because you're now more confident, emotionally independent and emotionally masculine.

Then, whenever you interact with her on a phone call, or in person and she notices that you are now emotionally strong and happy in your life without her, she begins to see you in a different way.

Suddenly, her sexual and romantic feelings for you that she pushed into the background get woken up, and she feels drawn to you again in a way that feels good to her.

She then becomes open to hanging out with you more and more to see how she feels.

This is why it's so important that you get to the point where you want her back, but you don't need her.

You can do that within days and you do not need to see a therapist to achieve it.

Where Many Guys Go Wrong After a Break Up

Although there are definitely certain times when a guy should talk to a therapist, it can also become a crutch for a guy who doesn't know how to cope with his emotions and either move forward with his life (i.e. find a new woman), or get his ex back.

So, before you decide whether you should see a therapist, consider the following mistakes that guys make in a situation like yours:

1. Making the pain worse by talking about it with a therapist who is willing to listen because he/she gets paid by the hour

A therapist's main function is to help a patient clarify his feelings in order to solve the problems he is facing.

This can take weeks of appointments and cost a lot of money, with you never really getting a solution on how to get your ex girl back.

A therapist will listen, but they won't always be able to fix the problem.

Although there might be some benefits in expressing your feelings to a therapist, the truth is that talking about it isn't going to change what happened between you and her.

Only taking action will.

By the way!

According to the founder of the International Center for Clinical Excellence (an international consortium of clinicians, researchers, and educators dedicated to promoting excellence in behavioral health services), studies have actually proven that therapy is actually not very effective at all.

In fact, 5-10% of patients actually get worse after therapy and 35-40% of patients experience no benefit whatsoever.

So, if you want to get your ex back, you're better off focusing on interacting with her and re-attracting her, rather than seeing a therapist and repeatedly expressing your grief week after week without really making any progress.

Another mistake that guys make in a situation like yours is!

2. Not knowing that there is an easier way to get a woman back

Sometimes a guy simply doesn't know how to cope with a break up.

All he does know is that he feels bad and he wants her back, but he doesn't know how to make that happen.

As a result, he might think to himself, *"If I go see a therapist, maybe my ex will take it as a sign that I'm making an effort to be a better man for her. She will then be more willing to give me another chance, because I'm actually dealing with my issues this time."*

Yet, what he doesn't understand is that a woman doesn't want to hear about a guy's struggle to become a better man by seeing a therapist.

Instead, she just wants him to get on with fixing his issues, without needing her approval for getting the job done.

The truth is, there's a much quicker and easier way to get an ex woman back, other than getting therapy.

You need to get her on a call or to a meet up with you right away and begin sparking some of her feelings of respect and attraction for you again.

The more you awaken those feelings inside of her, the more open she becomes to giving you another chance.

Remember: What matters to a woman is how you make her feel when she's with you (e.g. attracted, excited, turned on, in love vs. bored, annoyed, turned off, disappointed).

So, focus on that and you will be amazed by her response.

Another mistake that guys make in a situation like yours is

3. Feeling sorry for himself, rather than regaining control of his emotions and getting her back

Feeling some pain and despair after a break up is perfectly normal.

However, wallowing in misery and feeling sorry for yourself isn't going to help you accomplish anything.

If anything, it's going to make your ex feel justified in her decision to break up with you, because in her eyes, you being unable to get control of your emotions is a sign of an emotionally weak and wimpy man.

Here's the thing

When a woman sees a man falling apart after a break up, her natural instincts kick in and she starts thinking things like, *"I see now that he's definitely not the man for me. He's so much more emotionally weak and sensitive than I imagined. He can't even cope with a break up. That makes me wonder what would happen if he was faced with something really challenging in his life. He'd probably crumble and expect me to hold his hand and take care of him. No thanks! I need a real man that I can depend on to take care of me, not the other way around."*

So, if you want to re-attract your ex, make sure that you don't turn her off by feeling sorry for yourself.

A better approach is to quickly get control of your emotions and then show her (during interactions) that you're a confident and emotionally strong man.

She will then automatically feel respect for you for coping so well.

She will also start to feel attracted to you again and from there you can build up her feelings for you and make her want to be your girl once more.

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[image]

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She Dumped Me After Being Together For Years

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 4 tips to help you get her back:

1. Understand that she knows you well, so your usual tactics won't work so well on her anymore

Chances are high that even though your ex just dumped you for real after so many years together, she probably threatened to do it at least once (but likely many times) before.

For example: After a particularly big argument, she may have said things like, *â€œIâ€™m fed up with you! Youâ€™re driving me crazy and I donâ€™t even know why I put up with all your crap. Iâ€™d be better off dumping you and moving on with my life.â€*

In some instances she may even have moved out for a few days (if you and her were living together), or ignored you, if you didnâ€™t.

However, every time that happened, you probably did everything in your power to convince her to change her mind (e.g. you promised her that you would change, you sent her messages or e-mails telling her how much you love her and how sorry you were for hurting you, you bought her flowers or gifts).

Of course, because she loved you too, she allowed herself to be talked into giving you another chance, while in all likelihood secretly hoping that this time you would really change and become the man she was hoping you would be.

Yet, if every time that happened you reverted back to being the same guy as before, itâ€™s understandable that she finally got fed up and dumped you for real.

The good news though, is that you can get her back again, even if she is saying things like, *â€œThis time itâ€™s final! I will never get back with you. Just accept that itâ€™s over between us and leave me alone!â€*

However, you canâ€™t do it the same way youâ€™ve been doing it up to now, because she knows all your tactics and she will likely push you away and say something like, *â€œDonâ€™t try to sweet talk me into giving you another chance, because this time your tricks wonâ€™t work. I mean what I say. Itâ€™s over between us for real this time!â€*

This is why, you need to use a new approach and change the way you communicate with her, the style of conversation you have, the vibe you project and the expectations you place on her.

For example: Rather than push her to get back with you, you can tell her that you accept her decision.

Then, you need to use telephone calls and meet ups to re-spark her feelings of respect and attraction for you again, by showing her that youâ€™ve already taken action to become a better man (e.g. if you were too laid back and unmotivated before, youâ€™re now more focused and driven, if you treated her like one of your buddies before, you now flirt with her to create a sexual spark between you, if you were allowed her to call all the shots before making her feel more emotionally dominant than you, you now stand your ground and donâ€™t let her walk all over you).

When you do that, youâ€™ll be amazed by how quickly her attitude changes.

Suddenly, she wants to interact with you more and more.

When she opens back up like that, you can then fully re-attract her and get her back.

Another tip to help you get her back isâ€¦!

2. Get clear on what parts of the attraction experience were lacking

Right now, you probably feel quite shocked that your girl dumped you after being together for years and you may even be thinking things like, *â€œI just donâ€™t understand what happened. I know we had our ups and downs, but isnâ€™t that how all relationships are? No one is happy all the time. As far as Iâ€™m concerned, what we had was stronger than our problems. However, seeing as she dumped me after all these years, she clearly didnâ€™t feel the same way as me.â€*

If so, youâ€™re not alone.

Many guys who get dumped by their woman donâ€™t really understand why it happened.

However, if youâ€™re going to successfully regain her respect, attraction and love for you, youâ€™re going to have to get to the point where you can see things from her perspective.

When you start to understand what she was seeing/feeling/experiencing in the relationship with you, you can quickly make some attractive changes to your thinking, communication style and behavior and re-attract her.

By the wayâ€¦!

If youâ€™re not quite sure what parts of the attraction experience were lacking in your relationship with your ex, here are some questions to ask yourself to gain clarity:

Did you remain emotionally strong and independent in the relationship, or did you end up becoming too clingy, needy, possessive or jealous?

Did you always treat her with love and respect regardless of how much she annoyed you, or did you unconsciously slip into a habit of treating her badly (e.g. you became too emotional/aggressive/abusive/controlling/selfish)?

Were you able to maintain her feelings of attraction by treating her like a sexy desirable woman, or did you start treating her more like your friend or roommate?

Did you maintain the important qualities that originally attracted her to you (e.g. your confidence, drive and ambition, charm and charisma), or did you slowly slip into thinking that because she loved you, you didnâ€™t have to put in the effort to be that man for her anymore?

Did you keep your promises to her to be a man that she could rely on, or did you often go back on your word (e.g. forget to call, unavailable when she needed you)?

When you understand where you went wrong, you can change and improve those things about yourself and then let your ex experience the new you during interactions.

The more she can see that youâ€™re now at a new level as a man and that if she gives you another chance you wonâ€™t be slipping back like you may have done before, the more open she becomes to the possibility of getting back together again.

Another tip to help you get her back isâ€¦!

3. Don't try to get her to want a relationship before you've properly re-attracted her and hooked up sexually at least once

For the time being, your ex is convinced that she doesn't want to be in a relationship with you anymore.

So, if you then start pressuring her by saying things like, *â€œI miss you so much! I hate that weâ€™ve broken up. Canâ€™t we just work things out and get back together again? Let us at least try. After all, weâ€™ve put so many years into our relationship, isnâ€™t it worth saving?â€* chances are sheâ€™ll close herself off from you even more and possibly even block your number/unfriend you on social media so that you canâ€™t easily communicate with her.

Hereâ€™s the thingâ€¦

If you donâ€™t first reactivate some of your exâ€™s sexual and romantic feelings for you, suggesting that you just get back together again because you and her were together for years will likely just make her think something like, *â€œHe just doesnâ€™t get it. He expects me to overlook all the problems we have simply because weâ€™ve been together for years. Heâ€™s so selfish! He only cares about what he wants, without even bothering to see things from my perspective. I have to do whatever it takes to make it clear to him that itâ€™s over, so he wonâ€™t pressure me anymore, even if that means hooking up with another guy as soon as possible.â€*

So, if you donâ€™t want that type of response, donâ€™t put that kind of pressure on her.

Instead, just focus on using every interaction you have with her to spark some of her feelings for you (e.g. by using humor to break down her defenses, by flirting with her to create some sexual tension between you, by showing her that youâ€™ve already started to transform into the kind of man she always wanted you to be).

Once she starts feeling respect and attraction for you again, you can then progress to giving her a hug (i.e. after a catch up) and if she doesnâ€™t pull away, give her a kiss as well.

From there, if sheâ€™s open, you can go to your place or hers and hook up with her sexually.

When you re-attract her and then have sex with her, it becomes easier for her to fall back in love with you, because it feels good, different and exciting.

You and her can then get back together in a relationship that is far more mature, loving and deeper than the last one.

Another tip to help you get her back isâ€¦

4. Give her space if she needs it, but continue to re-attract her and make her feel like she is missing out on being with the new you

Sometimes a woman is undecided about how to interact with her ex.

Part of her likely misses him (after all they were together for years) and wants to hear his voice on the phone or see him in person and the other part of her wants to cut off all contact with him so that she can heal and move on.

This is why, your ex might not be as open to interacting with you as you might like.

However, donâ€™t let that stop you from interacting with her and give her too much space (e.g. 30 or 60 days), because if you do, you may end up giving her the time she needs to fully get over you

and possibly even find a new man.

Of course that doesn't mean you should become a pesky, desperate ex boyfriend who won't leave her alone for a minute either.

Instead, you should give her a few days of space if she needs it (up to 7) and then you need to get her on a call with you and spark some of her feelings of respect and attraction for you.

For example: Some of the ways you can do that is by

- Using humor to break down her defenses and make her feel happy to be hearing from you again, rather than wishing you hadn't called her.
- Being confident and self-assured on the call with her (even when she's being cold or distant), rather than sounding insecure, nervous or unsure of yourself and turning her off as a result.
- Responding to what she says differently so that she can see that you've changed and improved since the break up (e.g. if she tries to dominate you during conversation, rather than give in to her like you used to do in the past, you now stand up to her in a firm, yet loving way).
- Flirting with her to create some sexual tension between you and her and make her feel like a feminine woman in your presence, rather than being too nice, sweet or neutral with her so she feels nothing.

Then, once you've reactivated some of her feelings for you again, cut off contact with her for a few more days (again nothing longer than 7 days, but preferably less than that), so that she can begin to miss you.

She will then likely start to think things like, *"I really thought it was over between us, but I can't seem to get over him after all. I realize now that he's changed and I like who he has become. After all the years of being together, I want to be the woman who gets to enjoy the new version of him. I don't want to lose him now that he's become the man I always wanted him to be."*

Then, when you get in touch with her again a few days later, she will be happy to hear from you.

Her guard will be down and you can then meet up with her and show her that she really will be missing out if she doesn't give you another chance.

From there, continue to build on her sexual and romantic feelings for you and then get to a hug, a kiss, sex and into a new relationship with you.

Where Guys Go Wrong After Being Dumped By a Long Term Girlfriend

There's no denying that it sucks to get dumped by the woman you love after being together of years and you may even be feeling a bit hopeless at the moment.

However, the good news is that when you change your approach and begin making your ex feel sparks of attraction and respect for you every time she interacts with you, the more open she will become to getting back together.

Of course, the opposite applies too.

If you continue turning her off every time you interact with her, she'll feel even more convinced that she made the right decision to dump you and she will then double her efforts to get over you and move on.

So, to prevent that from happening, make sure you avoid making the following mistakes:

1. Expecting her to want to continue the relationship after all you've been through

No matter how long you and your ex were together, how many hurdles you have overcome as couple, or how madly in love with each other you used to be at one time, it's all in the past now.

So, if you try to convince her to give you another chance based on that, she's likely not going to fall for it, because what matters to her is how she feels now and how she feels now is that she doesn't want to be with you anymore.

So, if you want to change that, how you make her feel now is what is most important and what will work to get her back.

Here's the thing:

Unlike in the past where a woman was expected to stay with her man for life, despite how she felt about him, these days, if a woman isn't feeling the way she wants to feel in a relationship, she can break up with her boyfriend (fiancé or husband) and move on regardless of how long they've been together or what they've been through.

This is why, if you want your ex back, don't bother trying to convince her based on what you and her have been through in the past.

She needs to feel respect and attraction for you right now based on experiencing the new and improved version of you.

How you make her feel now is what counts.

So, focus on that.

Another mistake is â

2. Offering her the same kind of attraction experience, which then makes other guys seem more appealing

Some guys miss out on getting their ex woman back because they keep giving her the same attraction experience that worked on her the first time around (e.g. being really nice and passive, buying her gifts, listening more, letting her call the shots).

Yet, if that approach was as effective, she wouldn't be an ex.

So, if your ex is not opening up to you, it's probably because your approach to attraction isn't very attractive to her anymore.

This is why you need to change your approach and begin giving her a new attraction experience, so she feels motivated to get back together again (e.g. if you've always been submissive around her, start being more ballsy, while still being a good guy, if you've been treating her like she's your best friend, start treating her more like she's a sexy, desirable woman).

Only when she feels attracted to you in new ways, will she be happy to try and work things out with you.

However, if you keep giving her the same attraction experience over and over again, she'll

naturally feel drawn to other men who make her feel more excited, turned on and desirable than you. Another mistake is â

3. Trying to discuss the relationship or work things out via text

Although texting might seem like your only option of staying in touch with your ex if sheâs being distant and offish towards you, using it as your preferred method of working things out is a big no, no.

Why?

First of all, it will likely make your ex feel like you donât even care enough about her to talk to her over the phone or in person.

She may then think things like, *âAfter all the years we spent together as a couple, all Iâm worth to him is a half-hearted text message trying to convince me to change my mind. He doesnât even care enough to call me and talk to me in person.â*

As a result, she closes up even more and possibly even blocks your number on her phone so that she doesnât have to see your texts to her.

Secondly, when a woman has a lot of time to look at and analyze your words, she can easily start reading things into what youâre saying that you never intended.

For example: You might say something like, *âAfter so many years together I think we owe it to ourselves to try and fix things,â* but she then interprets it as you saying, *âI miss all the chores you used to do around here and I think you owe it to me to come back and do those things for me.â*

Of course thatâs not what youâre saying at all.

However, because sheâs angry and annoyed and she canât hear the tonality of your voice and see your body language which will prove to her that youâre a new man and that youâre being sincere about wanting her back, she will usually interpret everything you say to her via text based on her feelings for you (i.e. in a negative way).

This is why, if you want to get your ex back for real, you need to leave discussions about your relationship for when youâre talking to her face-to-face at a meet up and then, only after youâve re-sparked her feelings of respect and attraction for you.

Approach things in the correct way and you will easily melt her defenses and get her back.

On the other hand, approach things the wrong way (i.e. try to get her back via text) and she will continue saying things like, *âIâm sorry. I know we were together for years, but itâs over now. You need to put what we had together behind you and move on.â*

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[image]

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My Ex is Dating a Coworker. Will it Last?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

It depends on the following:

1. Is he a complete man, without any flaws?

Right now, your ex's new man might seem like he's ideal for her (e.g. because you perceive him as being better looking than you, he has more money than you, she seems so much happier now), because you're likely only focusing on his positives, or don't know much about him, other than the superficial things you can see from afar.

However, in reality he might have a horrible track record with relationships and have been dumped every time, or he might be just using her for a while and then he will dump her.

Here's the thing:

When a woman starts dating a new man after a break up, she will often look for a guy who is very different to her ex in the areas that she felt were most lacking in her relationship with him.

For example: If her ex was too controlling and jealous (i.e. because he wasn't very confident in his attractiveness to her and feared losing her), her new man will likely be very confident and easy-going with her.

Another example is if her ex was too closed off and struggled to express his emotions to her, so she felt unloved and unappreciated.

In a case like that, her new man will probably be more emotional and open about his feelings.

However, just because the new guy is filling in the gaps that were missing in her relationship with her ex, it doesn't mean he's perfect, or that the thing she started dating him for doesn't eventually begin to get on her nerves over time.

For example, an emotional man might be nice when a woman is coming from a relationship where her ex didn't show any emotions at all, but over time, it will usually start to irritate her when her new guy is always gushing about his feelings.

So, even though your ex's coworker might seem like he's making her happy right now, it doesn't mean it will last over the long-term.

The main thing is for you to not give up hope and do nothing.

You can still get your ex back if you want to. How?

By making some changes and improvements to the way you think, act and behave.

Then, the next time you interact with your ex (e.g. on a phone call or in person), you can start giving her the attraction experience she always wanted from you, but never got.

For example: When interacting with her, ask yourself:

- Am I making her laugh, smile and feel good to be talking to me, or does she seem closed off, uninterested and aloof because I'm being too serious?
- Am I sparking her sexual and romantic feelings for me by being confident and emotionally masculine, or does she see me more as a platonic friend because I'm being too nice or

neutral with her?

- Can she pick up from my conversation and vibe that even though I want her back, I don't need her back to feel happy or fulfilled in my life (e.g. because I'm actively pursuing my own goals, hobbies and interests), or does she sense that I need her to feel good about myself?
- Does she feel respect and sexual attraction for me based on how I interact with her and talk to her, or does she still feel that she's getting a better attraction experience from her new guy?

If you are doing those things right, she will inevitably begin comparing you to her new man and she may then start to see that there are glaring gaps in his attractiveness to her too (e.g. he might not be jealous or controlling, but he also doesn't show much interest in getting to know her family and friends, he might tell her that he cares for her, but he doesn't like to make decisions or lead in the relationship either).

The more she notices his faults compared to how much you've changed and improved, the less she will be able to stop herself from wondering if she made the right decision by breaking up with you and dating him.

When this begins to happen, her guard comes down and she becomes open to interacting with you even more to see who she really wants to be with.

Another thing that might determine whether your ex's new relationship with her coworker will last is

2. Did he grow on her over time?

Sometimes a guy will see a woman that he likes and because he doesn't really know how to attract her, he becomes her friend instead.

He might then be nice to her, do things for her and generally make himself available to being there when she needs him.

From time to time, he might ask her, *"Why don't we go out on a date?"* or, *"Will you go out with me?"* only to have her reject him by saying something along the lines of, *"That's really sweet of you to ask, but you know I don't feel that way about you. Besides, dating might ruin our friendship and I would hate to lose you."*

He will then usually give up for a little while, only to try again a few weeks or months later.

Then one day, he gets the shock of his life when she says, *"Yes."*

Yet, in most cases like that, the reason for her agreeing to date him after all the times she said no, is not because she has suddenly realized what a catch he is and has fallen head over heels in love with him, but rather because he has grown on her over time.

Add to that the possibility that she's also just broken up with a guy and she may think something like, *"He's a sweet guy and at least he's better than my ex. I know I don't feel much attraction for him, but maybe that will come with time once we're in a relationship together."*

So, if your ex only started dating her coworker because he grew on her over time, chances are high that he's not going to be able to maintain her attraction in the relationship.

He's going to be the kind of guy who doesn't understand what really makes a woman feel attracted, so his friendly approach will become boring to her sooner rather than later.

Of course that doesn't mean you should sit around waiting for that to happen, because there's

no guarantee that if your ex's relationship with her coworker doesn't last, she's going to come running back to you.

Instead, you need to take action by staying in her life (e.g. by calling her on the phone and catching up with her in person) and actively reawaken her feelings for you (e.g. by making her laugh, smile and feel good when she interacts with you, by being more emotionally masculine than her and making her feel like a sexy, desirable woman, by flirting with her to create sexual tension between you and her).

The more she can see that her new guy doesn't generate the kind of feelings inside of her that you do (i.e. attraction, excitement, respect), the more doubtful she will become about staying with him.

When she starts thinking like that, the doors open for you to get her back for real.

Another thing that might determine whether your ex's new relationship with her coworker will last is

3. Are you ready and willing to interact with her and re-attract her, to interrupt the process of her moving on?

A mistake that a lot of guys make when they discover that their ex is dating a new man, is to take a back seat and wait for her to either break up with the new guy so they can make a move, or simply ignore her in the hope that this will upset her and make her come back on her own.

Yet, that's the worst approach to getting an ex back, especially one who is dating a new man.

In almost all cases, rather than go back to her ex, a woman will usually focus on moving forward, if not with her coworker, then with someone else.

This is why, if you actually do want your ex back, you can't sit on the sidelines and hope she will magically appear back in your life one day.

You need to take action to make it happen.

You need to interact with her and actively re-attract her and make her see you as better than her new man.

How can you do that?

When you talk to her on the phone or in person you need to

Turn her negative feelings about what happened between you and her into something you can both laugh about together, rather than taking the blame for everything and putting yourself down to her in the hope that she will feel sorry for you.

Maintain your confidence around her regardless of what she is saying or doing to put you off.

Flirt with her to create some sexual tension between you and show her that you still find her desirable, rather than pretending that you're over her or only want to be her friend.

Maintain your emotional masculinity during conversation, rather than sucking up to her when she tries to push you around and dominate you.

The more she can see that you're being a confident, emotionally mature man who believes in himself and in his value to her, the more confused she will feel about her feelings for her coworker.

From there, you just need to continue showing her that you've transformed yourself into the kind of man that she always wanted you to be.

As you do that, she will naturally begin to fall for you all over again and she will likely drop her new guy so she can be with you.

Another thing that might determine whether your ex's new relationship with her coworker will last is

4. Do you know what really turned her off about you?

Right now, you might be wondering why it's important for you to know your ex's real reasons for breaking up with you.

The answer is actually pretty simple: If you don't know her deep, secret reasons, you will never be able to offer her what she really wants when she's in a relationship with you.

As a result, she will either stick with her coworker, or dump him and look for another guy who actually understands her.

So, why not be that guy instead?

When you know what really turned your ex off about you, you can quickly change and improve and give her the attraction experience she always wanted from you but never got.

As an added bonus, you will also be offering her the things about you that she really liked, making you pretty irresistible to her all of a sudden.

By the way

If you're unsure what may have caused your ex to feel turned off by you in the relationship, here are some questions to help you come up with some ideas that relate to your situation:

Were you confident and self-assured when she first met you, but as the relationship progressed, you began to feel insecure about your attractiveness to her, causing you to become needy, clingy and emotionally dependent on her?

If so, she would have felt turned off by what she perceived as your insecurity and emotional weakness.

Was she initially attracted to you because you're a nice guy, only for her to eventually discover that you struggle to take the lead and be the man in the relationship with her (e.g. because you couldn't stand up to her regardless of how out of line she was being, you couldn't make decisions without her say so)?

If so, she would have felt turned off by your lack of dominance and emotional masculinity.

Were you initially loving, attentive and considerate of her feelings and desires, only to slowly fall into the habit of taking her for granted and being a bit of an inconsiderate jerk towards her?

If so, she would have naturally felt like pulling away, being closed off and treating you with less and less respect over time.

Did you and her start off at the same level in terms of maturity, only for her to grow up faster than you.

If so, she would have felt turned off by how the relationship dynamic made her feel more like a mother figure or big sister in your life, rather than your girl.

By getting a better understanding of what turned your ex off, you can then easily make the right adjustments that will re-attract her and make her feel worried that she is in the wrong relationship (i.e. dating her coworker rather than you).

She may then open herself up to the idea of being seduced back into a relationship with you.

Note: No matter how she responds, don't push her for a relationship right away, because she will likely be feeling guilty for feeling attracted to you again even though she's now with someone else.

Instead, just maintain your confidence, knowing that even though she isn't saying it, she really wants you and then focus on building on her attraction for you.

She will naturally feel herself wanting to be your girl again and you can then make it happen by gently guiding her back into your arms and your life.

Where Guys Go Wrong When Their Ex Woman Starts Dating Another Man

If you want to ensure that your ex's new relationship with her coworker doesn't last, you need to focus on saying and doing the types of things that will pull her to you and away from him.

This is why you need to avoid making the following mistakes:

1. Watching on from the sidelines and becoming increasingly insecure because she seems happy.

Sometimes, when a guy notices that his ex is happily moving on with someone else, he might begin to lose confidence in himself and in his ability to ever get her back.

He may start to think, *"Look at how happy she is now without me. All I ever did was make her get angry or cry. I am the one who pushed her into her coworkers arms by not measuring up as a boyfriend/fiancé/husband. I wish I could turn back the clock and do everything differently, but it's way too late for that. She's moved on and it's all my fault that it happened and now I have to face the reality of being without the love of my life forever, because she's in the arms of another man."*

He may then become one of those guys who is always watching and pining for his ex from afar (e.g. he goes to her social media pages to see what she's doing, he hangs out at places where he knows he might get a glimpse of her).

As a result, he stops displaying the qualities that attracted his ex to him in the first place, like his confidence and emotional strength and becomes insecure and self-doubting instead.

Then, not only isn't he actively doing anything to reactivate his ex's feelings for him, if he does happen to interact with her (e.g. he bumps into her at the mall/a restaurant/on campus) and she picks up via his body language and conversation that he's now insecure and self-doubting, it just reaffirms to her she is with the right guy now.

So, if you don't want that to happen to you, you need to make sure that you believe in yourself and in your attractiveness to her.

Then you need to stop sitting in the sidelines and start interacting with her (over the phone and even better, in person) and begin sparking her sexual and romantic feelings for you again.

The more you do that, the more confused she will feel about her feelings for her coworker and she will naturally become open to the idea of interacting with you to see how she truly feels.

Another mistake to avoid isâ€¦!

2. Forgetting that she was once happy with you at the start of your relationship.

Right now, your ex might be trying to push you away (especially if youâ€™re trying to talk her out of dating her coworker and give you another chance), by saying things like, *â€œIâ€™m happy now. Why canâ€™t you accept that and leave me alone?â€*

Yet, hereâ€™s the thingâ€¦!

There was a time where she felt happy with you too.

At the start of your relationship and probably for some time afterwards, the sight and sound of you made her smile and feel good.

However, no matter how idyllic everything was at the beginning, eventually things started to go wrong.

She began to notice things about you that made her lose respect, attraction and love for you over time and eventually she broke up with you.

In the same way, sheâ€™s at the start of a new relationship with her coworker and everything looks rosy and perfect.

However, eventually she will begin to see his flaws too.

What you need to do, is make her see those flaws sooner rather than later, by staying in her life and using every opportunity you get to spark some of her feelings for you.

When you become better in her eyes than her new man, she will automatically want to be your girl again and create new happy memories with you.

Another mistake to avoid isâ€¦!

3. Using an ineffective strategy when attempting to get her back.

A lot of guys will try to get an ex back when sheâ€™s dating another guy and fail. Why?

They usually use an ineffective ex back strategy.

For example: A guy might decide that his ex will like him more than the other guy because he is nicer to her than he is.

Yet, what he doesnâ€™t realize is that niceness isnâ€™t what sparks a womanâ€™s feelings of sexual desire.

Instead, she feels neutral towards him and feels more drawn to the other guy who makes her feel attracted.

Alternatively, a guy may believe that his ex will come back if he just ignores her.

However, in most cases, this usually results in her either falling deeply in love with her new man and possibly even moving in with him, or she moves on and finds another guy to fall in love with.

On the other hand, a guy might decide to stay in touch with his ex as a friend via text, but ends up turning her off because it seems desperate and doesn't create a spark.

So, if you really want to make your ex dump her new man and come back to you, you need to do what works to get her back.

You need to interact with her and actively make her feel so much respect and attraction for you again,

that she naturally wants to be with you.

She will then dump her coworker and come back to you, because she feels that if she doesn't give you another chance, she will regret it for the rest of her life.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How to Get My Ex to Stop Blaming Me For Everything

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 4 things you can do to make your ex stop blaming you for everything:

1. Tell her that she gets one last apology from you and after that, you're just going to laugh when she blames you for everything

Some women thrive on creating endless drama in their lives and this gets worse when they break up with a guy.

In a case like that, a woman who is a drama queen might enjoy making a big show of how hurt and betrayed she feels, simply to see her ex squirm and feel bad.

Yet, in reality she's coping just fine and is even getting on with her life, going out with friends, meeting new guys and even enjoying herself.

Of course, that doesn't mean your ex isn't feeling any pain or anger at all about your break up, because she probably is and it's normal for her to feel that way.

It's also normal for her to want to bring it up during conversation with you.

However, sometimes a woman might get to a point where she's being unreasonable and is unfairly blaming her ex for everything that happened between them and saying things like, *"It's all your fault we broke up. You're the jerk who stuffed what we had up. I can't believe I let you treat me that way for so long. I really thought I could trust you and that what we had would last, but you made a fool of me. You destroyed my love for you and I will never be able to forget that. I'm a shell of my former self and it's all because of you!"*

Here's the thing though!

Even if everything she's saying about him is true, if a guy lets his ex talk to him like that and treat him like a naughty little boy who needs to be scolded for his bad behavior, it will only make her lose even more respect for him.

Why?

Mainly because he's allowing her to dominate him emotionally.

In the same way, if you let your ex get the upper hand with you by always blaming you for everything, you won't be able to move past that so that you can re-attract her and get her back.

This is why, the next time she starts to rant about how everything is all your fault, you need to put a stop to it right away.

For example: In a firm but gentle tone of voice you need to say to her something along the lines of, *"Okay, I get it. I stuffed up and I'm truly sorry for the pain I caused. However, this is the last time I'm going to apologize to you. What's done is done and it serves neither of us to keep going on about what happened over and over again. In fact, it only prevents us from healing and moving forward. So, from now on, if you start blaming me for everything, I'm just going to laugh."*

Of course your ex will probably be shocked when you say that to her and she may even act like she's pissed off at you, but don't let it get to you and cause you to crumble and start

apologizing to her again.

Instead, maintain your confidence and understand that deep down, she will be feeling a spark of respect and attraction for you again.

When that happens, her walls start to come down and then interactions become more pleasant and enjoyable.

You can then build on her feelings and get her back.

Another thing you can do to make your ex stop blaming you for everything isâ€¦|

2. Laugh at her when she is blaming you

Stop taking her blaming so seriously and turn it into something that you and her can laugh about.

For example: The next time youâ€¦re talking to your ex (over the phone or in person) and she says something along the lines of, *â€œI just canâ€¢t forget what you did to me! Itâ€¢s all your fault that my life is ruined! I donâ€¢t even know why Iâ€¢m still talking to you after the way you treated me. Youâ€¢re such a jerk!*â€¢ rather than allow feelings of guilt to make you become submissive around her, stay emotionally strong instead and turn her negativity into something you can both laugh about.

For instance, you can respond by saying something like, *â€œOh, weâ€¢re blaming me for everything again? Sure, I can take it. Iâ€¢ve been going to the gym lately so my shoulders are quite broad and muscular now, so I can take it. In fact, my shoulders are so big, you can also blame me for global warming and the economy too if you like. Everything is my fault!*â€¢ and then have a laugh with her about that.

When you respond in that way, not only are you showing her that youâ€¢re a confident and emotionally strong man, youâ€¢re also making her smile and laugh.

She then likely starts to feel a bit sheepish about the way sheâ€¢s been treating you, which means she naturally stops being so hostile and guarded around you.

She then becomes more open to talking to you, without always being so negative.

You can then easily reactivate her feelings for you (e.g. my making her laugh and smile some more, showing her via your actions, behavior and the way you respond to her that youâ€¢re a new and improved man).

When that happens, she canâ€¢t stop herself from thinking about you differently.

All of a sudden you seem more attractive to her and she just canâ€¢t stop herself from wanting to experience the new you again and again.

Before she knows it, sheâ€¢s no longer blaming you for everything and sheâ€¢s even thinking about the idea of giving you another chance.

Another thing you can do to make your ex stop blaming you for everything isâ€¦|

3. Focus on making her feel respect for the new, more emotionally strong and emotionally masculine version of you

One of the main reasons why a woman will continue to blame her ex for everything is because she still perceives him as being the same guy she broke up with.

In her mind sheâ€¢s likely playing all his actions and behaviors over and over again and seeing him

the way he was before, during and directly after the break up (e.g. insecure and wimpy, emotionally immature, needy and clingy, oblivious to her needs).

As a result, she can't let go of her negative feelings for him and move on.

This is why, to get your ex to stop blaming you for everything, you need to make her see you in a new, more positive light.

To do that, you need to interact with her over the phone and in person and show her your confidence and emotional strength (e.g. by using humor to pass her tests) and change her perception of you.

The more you can remain calm (no matter how much she attacks you) and continue making her laugh and smile and feel good to be interacting with you, the more respect and attraction she will feel for the new and improved you.

She will then naturally stop blaming you for everything every time she sees you or talks to you on the phone, because her negative feelings for you will have faded away without her even realizing it.

Then, rather than looking for excuses to avoid you, she will likely be thinking things like, *â€œOkay, I don't know how this happened, but I'm not angry with him anymore. In actual fact, I feel drawn to him again in a nice way. He's just so much more emotionally strong and masculine now and regardless of what I say or do to make him revert back to behaving in the ways that caused me to break up with him, he remains calm, relaxed and confident. I would never have believed it if I hadn't experienced it for myself, but he really has changed. He's now the kind of man I always wanted him to be. I'm actually starting to believe that we can work things out between us after all.â€*

So stop asking, *â€œHow can I get my ex to stop blaming me for everything,â€* and focus on regaining her respect and attraction for you by showing her that you're a new man now.

When she experiences your confidence, emotional strength and emotional masculinity first hand (i.e. on a phone call or in person), she just won't be able to hold on to her negative feelings and opinions of you.

Then, when her guard comes down, getting her to change her mind about being broken up becomes easy for you.

Another thing you can do to make your ex stop blaming you for everything isâ€¦!

4. Get her to agree to the fact that everyone, including her, makes mistakes in life and relationships

For example: The next time your ex starts blaming you for everything, you need to say something like, *â€œYes, you're right, I did make a lot of mistakes in our relationship. I stuffed up many times and for that I'm truly sorry. However, you have to admit that everyone makes mistakes in life and in relationships, even you. I'm not perfect and neither are you and that's what makes us human. We stumble and we fall. Sometimes we even hurt the people we love the most. However, that doesn't make us bad people. It's just a mistake. The main thing is that we live, we learn and we become better people over time. Of course, not everyone does, but I can promise you that I have, because I've learned from my mistakes and I would never be that man again. By the way, I'm not just saying that so that we can get back together again. In fact, I accept that you don't want that and it's okay. The main thing though is that you realize I didn't intentionally go out to hurt you and destroy what we had. I made mistakes and so did you. It*

wasn't intentional and now we can put it behind us and move forward without all the anger and resentment, don't you agree?

Of course, saying that to her is unlikely to make her instantly forgive you and want to give the relationship another chance, but it will calm things down.

Then, to convince her, it's up to you to show her during interactions that you truly have changed and improved.

When she sees that your thinking and behavior is at a completely different level from the one you were at when she broke up with you, she will start to feel respect for you again.

When that happens, she also feels attracted to you and is then a lot more willing to open back up to the possibility of you and her getting back together again.

Mistakes to Avoid When She's Blaming You For Everything

[image: Mistakes to avoid when an ex is blaming you for everything]

If you want your ex to stop blaming and start wanting you back, it's vital that every time you interact with her from now on, you say and do the types of things that will reactivate her feelings of respect, attraction and love for you.

This is why, you need to avoid making any of the following mistakes and risk turning her off instead:

1. Trying to get her to commit to the idea of having a relationship, before you have even re-attracted her

Even though you may be 100% sure about your feelings for your ex and believe that you and her belong together, she probably doesn't feel the same way about you right now.

So, if you start pushing for another chance with her, she's probably going to feel annoyed and say something along the lines of, *'Are you nuts? How can you expect me to want to get back together again with you after everything you put me through before? Don't you understand that I don't love you anymore? I would never get back into a relationship with you. You're being so annoying. Just leave me alone. I don't want to discuss this with you anymore.'*

So, if you don't want a response like that from her, you need to make sure that you reactivate her feelings for you first.

Remember: For a woman to commit to the idea of getting back together again, the feelings have to be mutual (or at least close to mutual).

It can't just be about you wanting her back.

She's got to want it too.

So, focus on making her feel attracted when she's with you and regardless of what she's saying now, her feelings for you will begin to change.

Then the idea of getting back together again will feel good to her, because she respects you and feels attracted to you again.

However, without that first, she's not going to be interested and she will also continue blaming you for everything.

Another mistake to avoid isâ€¦!

2. Failing her confidence tests by taking her blaming too seriously

Sometimes, a woman will blame her ex for everything to test how much of a man he is.

For example: Will he just take it and hand all his power to her, or will he have the confidence and emotional strength to stand up to her and even lovingly laugh at her for being such a drama queen?

Hereâ€¦s the thingâ€¦!

A woman wants to be with a man that she can look up to, respect and feel proud of, not a guy who is too timid to put his foot down when he can see that sheâ€¦s being unreasonable.

Of course, she might pretend that she doesnâ€¦t like it when he stands up to her in that way.

However, deep down she will be feeling sparks of respect and attraction for him again.

On the other hand, if he just rolls over and allows her to dominate him, she will lose even more respect for him and then getting her back will become difficult.

Another mistake to avoid isâ€¦!

3. Becoming emotional when she is blaming you

It can sometimes be difficult for a guy to understand why his ex is being so mean to him now that theyâ€¦ve broken up.

He might then become overly emotional (e.g. flustered, annoyed, upset, dejected, feeling pity for himself) and think things like, *â€œWhy is she blaming me for everything? I know that I stuffed up, but she made mistakes too. I wasnâ€¦t all bad. I must have had some good points as well. I donâ€¦t know what to do to make her stop all the accusations and hostility.â€*

Yet, what he doesnâ€¦t realize is that by losing control of his emotions in that way, he actually stops displaying the qualities that attracted his ex to him in the first place (e.g. his confidence and emotional strength, his ability to stand up for himself, his emotional masculinity) and is being an emotionally unattractive instead.

Then, when his ex notices that heâ€¦s going to pieces every time she blames him for the state of their relationship, she loses even more respect and attraction for what she perceives as his emotional weakness.

She then treats him more and more badly as a way of pushing him permanently out of her life.

Hereâ€¦s the thingâ€¦!

You canâ€¦t let your ex get to you and make you lose control of your emotions like she would if the tables were turned.

Remember: Sheâ€¦s the woman, so itâ€¦s okay for her to do that.

In fact, you would probably feel bad if she became emotional because you were treating her badly and you would want to protect her and make her feel better.

On the other hand, youâ€¦re the man and itâ€¦s not okay for you to do that.

If you do, you lose credibility in your exâ€¦s eyes and she then feels justified in being a bitch towards you, because youâ€¦re not the kind of man who is confident and emotionally strong enough to face the challenges of life head on, without becoming flustered, insecure or falling apart.

So, if you want your ex to stop blaming you for everything and want you back, you need to believe in yourself and remain confident around her no matter what she says or does.

When you do that, she won't be able to stop herself from feeling respect and attraction for you again and she then opens back up to being a couple once more.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Broke No Contact and Got No Response

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Don't worry – you can still get her back.

However, before doing that, it's important that you understand the 5 possible reasons why she hasn't responded yet:

1. You texted her in a neutral way

After using No Contact a guy might break his silence by sending his ex a feeler text to see how she will respond to him.

For example: He might text her something along the lines of, *â€œHey, how have you been?â€* or even just a simple, *â€œHey,â€* and then wait for her to get back to him.

Yet, in most cases, rather than get a response like, *â€œOMG! Where have you been??? Iâ€™ve been thinking about you and wondering why I havenâ€™t heard from you for so long. What have you been up to? Are you okay? Letâ€™s get together sometime so that we can catch up,â€* the guy usually either gets a short, cold reply like, *â€œWhat do you want?â€* or he gets ignored completely.

Why?

When a woman has disconnected from her feelings of respect, attraction and love for a guy and he then ignores her for a few weeks, or even months and when he does contact her heâ€™s being all neutral and boring about it, rather than feel motivated to respond to him, she usually thinks something along the lines of, *â€œWeird. I canâ€™t believe heâ€™s contacting me out of the blue after all this time to say hi. What does he expect me to doâ€* | *run after him all of a sudden? Doesnâ€™t he realize that Iâ€™ve been moving on and Iâ€™m pretty much over him now?â€*

She then likely puts him out of her mind and forgets all about his unimpressive text to her.

This is why, if you want to get a response from your ex, you need to make sure that you make an impression on her right away so she canâ€™t stop thinking about you.

How can you do that?

By using some humor to break down her defenses and get her thinking things like, *â€œWhat has gotten into him all of a sudden? Heâ€™s so funny and cute. I wonder what heâ€™s been up to?â€*

She then becomes open to talking to you over the phone and meeting up with you in person to see for herself what has changed about you.

Remember: What you want is to spark your exâ€™s sexual and romantic feelings for you and being neutral or nice just isnâ€™t going to accomplish that.

You have to be bold and make sure that when you interact with your ex, whether itâ€™s via text, on a phone call or in person, youâ€™re activating her feelings for you.

When that happens, her guard comes down and getting back together again becomes something that sheâ€™s open to.

Another possible reason why your ex didnâ€™t respond to you when you broke No Contact isâ€

2. She is annoyed that you didn't try to get her back the normal way

The normal way is to call her, meet up with her, re-attract her and reconcile.

Using No Contact is a mind game that only works on a very small percentage of women.

In almost all other cases, a woman will use the time apart to fully get over her ex and move on.

Here's something you might not be aware of!

Once a woman has calmed down after a break up, she might find herself thinking things like, *"I can't believe we've broken up. It feels so weird to be without him. I wonder what he's up to? I wonder if he's going to call me to check how I'm coping. Maybe if he does we will be able to talk things through."*

So naturally, if she doesn't hear from her ex at all (i.e. because he's using the No Contact Rule to try and get her back), she will begin to think that he's moving on.

She will then focus on closing her heart off completely and moving on with her life as well.

If her ex then contacts her unexpectedly after a few weeks (or months) of complete silence, she may end up feeling really annoyed with him and thinking things like, *"Now? He contacts me now after all this time and expects me to respond to him? What a jerk! He had his chance with me weeks ago but he chose to ignore me instead. Well, whatever chance he had is now gone. He should have been man enough to call me when he had the chance. It's too late now."*

She then ignores him back and refuses to respond to his attempts to contact her.

Of course, the good news is that you can still turn things around and get her back.

How?

You need to call her right away and do what she was likely hoping you would do weeks/months ago (i.e. start re-sparking her feelings of respect, attraction and love for you).

By the way!

If your ex won't answer your calls either, you can text her this:

"Hey! I accept that we've broken up, but I just wanted to ask you something quick over the phone. Don't worry, it's not serious. I'll call you in 10 minutes."

Then, try to call her 10 minutes later.

If she still doesn't answer, leave it for a day or two and then call her again.

Chances are, she will be curious about what you want and she will answer this time.

If not, text her this: *"Hey! I tried calling you yesterday to ask you something quick, but I assume you were too busy to answer. No problem. I might try to get hold of you some other time so I can ask you that question."*

She might then text you back asking, *"What do you want to ask me?"*

Whatever her response, just make sure you call her, not text her back.

Then, when you get her on the phone with you, focus on maintaining your confidence with her regardless what she says or does to put you off (e.g. she's cold and aloof, she tells you that she doesn't want to talk to you again).

Use humor to break down her defenses and make her laugh and smile and feel good to be talking to you again and get her to agree to meet up with you in person, so that you can fully reactivate her

feelings of respect and attraction for you and begin getting her back.

Another possible reason why your ex didn't respond to you when you broke No Contact is

3. She is testing to see how you will react

In almost all ex back cases, a woman will rarely jump at the idea of getting back with her ex right away.

Instead, she will usually play a bit hard to get (e.g. by not responding to her ex when he contacts her), to see how he will react.

For example:

- Is he going to lose confidence in himself and start doubting his chances of getting her back just because she's not making it easy for him, or will he stay emotionally strong and sure of himself and continue to go after her?
- Will he start begging and pleading with her to respond to his texts, or will he just pick up the phone and call her instead?
- Will he find a way to get hold of her even though she's ignoring him, or will he walk away and give up on getting her back just because she's being a little mean?
- Will he try to suck up to her (e.g. send her flowers, write her soppy e-mails) in the hope that she will forgive him and open up to talking to him again, or will he maintain his emotional masculinity regardless of how she's behaving towards him?

If he fails to pass her test, it will prove to her that he's not really the man she wants to be in a relationship with.

She will then ignore him for real, because she is now convinced that she won't be giving him another chance with her.

However, if her ex passes her test by remaining confident regardless of how she treats him, she won't be able to stop herself from feeling a renewed sense of respect for him as a man.

When she feels respect for him again, she will naturally start to feel some attraction for him too and when that happens, her defenses will come down and she will open herself up to talking to him on the phone and even meeting up with him in person to see what happens next.

Another possible reason why your ex didn't respond to you when you broke No Contact is

4. She wants you to pursue her more before she shows signs of interest

Sometimes, a woman is potentially worried that if she responds to her ex right away when he contacts her, she's opening herself up to the possibility of him pulling her back in and then rejecting her.

So, to avoid that from happening she may decide to wait and see what he does next (i.e. will he continue trying to get her back or will he just walk away and move on).

Alternatively, a woman might feel a bit hurt that her ex has been out of touch with her for so long and she may want to see how much he really cares about her before she shows interest.

In her mind she might be thinking things like, *He never got in touch with me once after the break up, not even to see how I was coping. That made me feel like he didn't care about me at all. Now all of a sudden he's back in my life. Yet, I can't trust that his feelings for me are*

genuine. I think Iâll just wait and see what he does next. If he really does still have feelings for me, he will remain persistent, even if I donât respond to him right away. Then I will know that he does still care for me and I will feel more comfortable about opening up to interacting with him so that we can see how things progress from there.â

In either case, itâs up to you to put your ex at ease and show her (via your actions, behavior and the way you respond to her when sheâs being cold and aloof) that you are serious about getting her back.

Of course that doesnât mean you should chase after her in a needy or desperate way.

Instead, you just need to get her on a call with you and start dissolving her defenses by making her laugh and smile, flirting with her to create some sexual tension and showing her that youâre now a new and improved man.

When you do that, her resistance will automatically crumble and then the way opens up for you to get her back.

Another possible reason why your ex didnât respond to you when you broke No Contact isâ!

5. She has no evidence to show her that youâve changed the things about you that caused her to break up with you

Some guys hope that using No Contact will make their ex forget about all his mistakes and want him back.

Yet, although this can work sometimes (e.g. if a woman is struggling to find a new man, sheâs really young and inexperienced when it comes to break ups and canât handle the pain, sheâs still secretly in love with her ex), in most cases, a woman wonât fall for it.

Instead, when a guy doesnât contact his ex after the break up and make her feel a renewed sense of respect and attraction for him, she ends up holding onto her negative memories of him, because she simply has no evidence to suggest that he would be able to do change and improve.

If he then breaks No Contact, rather than jump at the chance to interact with him, the woman usually thinks something along the lines of, *âWhy should I even bother responding to him? So far, all his actions have indicated that heâs the same jerk he was when we broke up. It would just be a waste of my time.â*

So, if you want to get your ex back, you first need to show her that youâve really changed and that means you need to do things differently to the way sheâs expecting you to.

For example: If you contact her and she doesnât respond, rather than chase after her in a desperate way, use the method mentioned above in Point#2 to get her on a call with you.

If sheâs being offish or even bitchy towards you over the phone, rather than get upset and start doubting your chances with her, use humor to ease the tension and make her feel more relaxed.

If she pretends that she doesnât want to see you in person, rather than feel insecure and start doubting your attractiveness to her, maintain your confidence with her.

The more she can see proof that youâre not the same guy she broke up with, the more open she will become to hanging out with you to see how she feels.

You can then easily build up her feelings for you again and get her back.

Where Guys Go Wrong When Breaking No Contact

If you're not getting a response from your ex, it could be because you're making some of the following mistakes:

1. Hiding behind texts, rather than calling and getting her to meet up in person

Sometimes a guy might decide to play it safe, by breaking No Contact with a text message to his ex, only to feel dejected if she doesn't respond.

Yet, here's the thing!

Imagine how that must come across to her.

She hasn't heard from him for a few weeks or months and suddenly a message from him pops up on her screen and he's acting like he's been around all this time and asking how she is.

In her mind, she's probably thinking something along the lines of, *What the hell does he want? He's been ignoring me all this time and now he wants to say hi. Well whatever! I can't even be bothered to answer him.*

The fact is, for your ex to want to respond to you, you need to reactivate her feelings for you first and you can't do that via text.

So, if you want her back, you need to be emotionally courageous enough to make the first move.

You need to get her on a phone call right away, where you can spark her feelings of respect and attraction for you again.

Only then will she drop her guard and open back up to you.

Another mistake to avoid is!

2. Believing that she would be eternally annoyed if you called

Many guys make excuses why they don't want to call their ex on the phone.

For example: A guy might say things like, *I don't want to put her in an awkward position by calling her. My approach is important if I'm going to have a chance with her again,* or *What if she gets annoyed with me for calling her and then makes it impossible for me to interact with her, which means I won't be able to get her back?*

He then actually annoys her even more, by texting, e-mailing or sending her messages via social media instead.

Here's the thing!

It is possible that your ex will *initially* be annoyed when you call her, but she will relax and open up if you spark her feelings of respect and attraction for you.

So, don't make excuses not to call her and do what works to get her back.

In other words, you need to attract her on a phone call and in person and then get to a kiss, sex and then a relationship with her.

Another mistake to avoid is!

3. Assuming that her non response means that she's not interested

There are many reasons why a woman might not respond to an ex who has been ignoring her.

For example:

- She doesn't want to come across as too eager, so she's playing hard to get.
- She wants to see if he'll pursue her even if she doesn't jump at the chance to talk to him, or if he will just give up and walk away for real this time.
- She's afraid of showing interest and then being rejected by him.
- She's unsure of his motives for contacting her after ignoring her.
- She wants to take things slow and see if they are meant to be together.
- She knows about the No Contact Rule and she's angry with him for using it on her, so she's trying to get revenge on him by not responding to him.

As you can see, your ex may actually have a very good excuse for not responding to you that has nothing to do with not being interested.

However, if you allow yourself to assume the worst, you risk losing her for real because you were too afraid to take a chance on truly getting her back.

Don't make that mistake.

Believe in yourself and get her back, even if she doesn't initially make it obvious that she is open to getting back with you.

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I'm Afraid to Move On From My Ex Because She Could Change Her Mind

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 possible ways that other men feel when in your situation.

See if you can relate to any of these 5 reasons as to why you're afraid to move on, in case she changes her mind...

1. Deep down, he believes that she's the one for him, so he doesn't want any other woman getting in the way

Sometimes the shock of a break up can make a guy realize that his woman really was the right one for him.

Of course, when that realization hits, a guy might begin to fear losing her for real, so he makes the decision to wait for her to change her mind about him.

In his mind he might justify his decision by thinking things like, *"If I start dating other women, things will become complicated. Not only will I be sending my ex the wrong message (i.e. that I'm moving on without her), it will also stop her from realizing that I'm the one for her too. This is why I need to just sit and wait for her to miss me and recognize that we are meant to be together. Then we can renew our relationship and be happy together again."*

He will then stay stuck in limbo where he's not moving on with new women, but he's also not actively doing anything to re-attract his ex so that he can get her back.

Instead, he just waits to see what happens, in the hope that his ex will somehow come to her senses and realize he's the man she wants to be with.

Unfortunately, in most of these cases, the woman just moves on and finds herself another guy who can spark her feelings for him.

How about you?

Are you afraid to move on from your ex because you believe she is the one for you?

If so, what are you doing about it?

Are you just sitting around waiting for her to wake up one day and think something along the lines of, *"OMG!!! I just realized my ex is my soulmate! I need to contact him right away so that we can get back together again?"*

If your answer is *"Yes,"* then you're risking losing her to another man.

Here's the thing:

If you want your ex to change her mind and get back with you, you have to be the one who makes her do that.

You need to interact with her again every chance you get (e.g. over the phone and especially in person), and you need to reactivate her feelings of respect, sexual attraction and love for you so that the idea of changing her mind starts to feel good to her.

Make her smile, laugh and feel relaxed and open during interactions with you, so when she's on

her own, she thinks things like, *“I know that I said I would never change my mind about getting back with him, but all of a sudden I don’t feel so convinced that it’s truly what I want. In fact, I’m actually starting to miss him and think about him when we’re apart. Maybe the break up happened for a reason. Maybe we needed that time apart for us to realize that we are meant to be together. What should I do? I can’t let things end this way. I have to do something to let him know that I’ve changed my mind after all.”*

She then becomes more open to talking to you over the phone, seeing you in person and even to hugging, kissing and having sex.

When that happens, getting back together again becomes easy, because it’s something you both want to do.

So, don’t waste anymore time waiting for your ex to change her mind.

You need to call her right away, spark some of her feelings on the call (e.g. by making her laugh, smile and feel good to be talking to you again).

Then meet up with her, fully reactivate her feelings for you and get her back.

Another possible reason why a guy might be afraid to move on from his ex is that

2. He doesn’t realize that all women (even those who say they don’t) find men much more attractive when other women are interested in them

Sometimes a guy makes the mistake of thinking that if he dates another woman, his ex will feel turned off by it and then she will never change her mind about giving him another chance.

Yet, in reality, the opposite is actually true.

A woman likes the idea of being with a man she feels will make other women envious of her.

She wants to be able to think things like, *“Even though he can have any woman he wants, he wants me. That makes me feel so lucky and like it would be a big mistake to let him go. I need to give him another chance before it’s too late and some other woman grabs him from me.”*

On the other hand, if a woman notices that he’s struggling to move on and find himself another woman, she usually feels turned off by him and begins thinking things like, *“Why can’t he get another woman? What is really wrong with him? I know that we broke up because some of his thinking and behavior turned me off, but what else didn’t I see because I cared for him. I think I made the right decision to break up with him after all. He’s just not man enough for me. I know now that I won’t change my mind about him. I just have to move on and find a real man to be with.”*

So, even though you might think you’re doing the right thing by avoiding going out with other women, this may actually be contributing to your ex’s decision to not give you another chance.

Of course, that doesn’t mean you should run out and start dating every woman you meet, because that’s not the key to making your ex change her mind either.

Instead, you simply need to get to the point where you begin to enjoy a fun life without her and that may include going out with another woman if you want to.

When you’re emotionally fulfilled and happy without your ex and you then let her experience that on a phone call (or in person), something amazing happens!

Suddenly, you seem more attractive to her and she begins to think, *“This isn’t at all what I*

was expecting. I thought heâ€¦d be feeling sad and depressed, but instead heâ€¦s actually happy and even going out and having fun without me. Wow, I canâ€¦t believe he got over me so quickly. I actually feel a bit jealous that heâ€¦s out there enjoying himself again without me. I kind of want to be a part of the fun life heâ€¦s having now. Whatâ€¦s happening to me? Why am I feeling this way?â€¦

As a result, she drops her defenses and becomes open to the idea of interacting with you more to see if you and her can work things out after all.

So, if you want to make your ex change her mind, donâ€¦t make the mistake of thinking that being alone and lonely is the way to do it.

Believe it or not, seeing you having fun and flirting with other women may be the trigger she needs to make her want to give you another chance.

Another possible reason why a guy might be afraid to move on from his ex isâ€¦!

3. He doesn't realize that clinging onto her when the feelings aren't mutual, isn't attractive to her

Sometimes, a guy canâ€¦t accept that his ex doesnâ€¦t want to be in a relationship with him anymore.

In his mind he might think things like, â€¦Sheâ€¦s just feeling angry with me right now, but Iâ€¦m sure when she calms down she will realize that she made a mistake. She will see that no man cares for her the way I do and she will then want to change her mind because she will accept that we are meant to be together.â€¦

Unfortunately, the problem with thinking like that, is that it automatically begins to change his behavior and actions.

For example: All of a sudden, he canâ€¦t stop himself from bombarding her with texts to stay on her mind, or he keeps coming up with excuses to call her or even see her.

He also keeps asking her things like, â€¦Are you seeing anyone else yet?â€¦ or, â€¦Have you changed your mind about us yet?â€¦

However, even though in his mind he likely has good reasons for texting, calling or showing up at her place uninvited, the truth is this type of behavior makes a woman feel even more certain about her decision to break up with him.

Why?

Basically heâ€¦s behaving like a clingy, needy ex and those are not qualities that women find attractive in men.

Add to that the fact that she doesnâ€¦t have feelings for him anymore and all that simply makes her want to run away from him.

What he doesnâ€¦t realize is that for a woman to want to get back together again, the feelings have to be mutual or at least close to mutual.

It canâ€¦t just be about him loving her, wanting her back and waiting for her to change her mind.

If you want your ex to want to be your girl again, you need to focus on making her feel attracted to you again during interactions (e.g. over the phone and especially when seeing her in person) and then backing off and not pushing her for a relationship.

When she feels attracted to you again and notices that youâ€¢re not trying to get her back, she then naturally feels drawn to you again.

She may even begin to worry that if she doesnâ€¢t change her mind and give you another chance, you are going to move on without her and she may end up losing the love of her life.

At this point, she drops her guard and wants to hang out with you more and more so that things can develop from there.

Another possible reason why a guy might be afraid to move on from his ex isâ€¢

4. He's afraid to start new relationships because he feels like it would never be the same with another woman

Sometimes a guy will refuse to move on after a break up, because in his mind he keeps thinking things like, *â€¢My ex was perfect in every way. She was beautiful, smart, funny, a good person and the bond we shared was totally unique and special. Iâ€¢m pretty certain that I will never be able to find that kind of connection with another woman. Itâ€¢s pointless to even try.â€¢*

Yet, hereâ€¢s the thingâ€¢

Regardless of how amazing your ex is, comparing her to every other woman out there wonâ€¢t help you heal and either move on, or get her back.

So, even though everything you believe about your ex and the bond you and her shared might be true, it doesnâ€¢t mean there isnâ€¢t another woman out there (or even many women) that will be even better than her.

So, until youâ€¢ve dated and had a relationship with a new woman that youâ€¢re attracted to and have experienced loving moments with her, itâ€¢s almost guaranteed that youâ€¢re not going to feel the same way you did with your ex.

This is why itâ€¢s important for you to open yourself up to the possibility of being able to move on and be happy with another woman.

Of course that doesnâ€¢t mean you should give up on the idea of getting back with your ex.

Not at all.

It also doesnâ€¢t mean that you have to date another woman and fall in love with her.

Instead, you just need to understand that itâ€¢s only natural that a new woman isnâ€¢t going to make you feel the same way your ex did, because you havenâ€¢t had a relationship with her yet.

If you want to get your ex back, just understand that.

When you get to the point where you realize that even though you want your ex to change her mind and get back together with you, but you donâ€¢t need it to feel good about yourself and your life, something amazing will happen to you.

Not only will you stop hanging around thinking, *â€¢Iâ€¢m afraid to move on from my ex because she could change her mind,â€¢* you will also automatically become more attractive to her because youâ€¢re not being a needy, desperate, sad ex boyfriend.

Instead, youâ€¢re moving on and feeling good and that is attractive to her.

She then wants to talk to you and see you.

When that happens, you can easily reactivate her feelings for you and get her back.

Another possible reason why a guy might be afraid to move on from his ex isâ€¦|

5. He is worried that moving on will show her that he doesn't care

In some cases a guy might think, *â€œIf I move on and start dating other women, my ex will assume that Iâ€™m not interested in getting her back. She will think that I donâ€™t care about her anymore and she will then give up on us for real. I donâ€™t want that to happen, so itâ€™s better if I just stay by myself. Then when she finds out Iâ€™m not moving on, she will finally believe that my feelings for her are real and she will open back up to giving me one more chance.â€*

Yet, in most cases, the woman doesnâ€™t care that heâ€™s being loyal to her, long after sheâ€™s moved on.

Instead, she likely feels turned off by him for not being man enough to move on and attract a new woman.

Hereâ€™s the thingâ€¦|

A woman likes the idea of being with a man that other women want.

It makes her feel special that even though her guy could have chosen any woman he wants, he picked her.

So, donâ€™t stop yourself from moving on and meeting other women just to impress your ex.

If you are single, lonely and stuck in a rut in your life without her, youâ€™re actually making yourself less attractive to her.

Women feel attracted to good, loving men who go after what they want in life, rather than emotionally sensitive guys who are afraid to live a happy life in case she doesnâ€™t like it.

So, if youâ€™ve been putting your life on hold in the hope that your ex is impressed by it and comes back to you, now is the time to stop.

When you focus on moving on and becoming genuinely happy and content in your own life, not only does that stop you from worrying what your ex might think about you, it actually also makes you attractive to her.

Suddenly, she starts to see you as being more of a catch than you were before.

She notices that you are a new man now and she likes it and then getting her back becomes easy for you to do.

Common Problems Guys Experience When Waiting For an Ex to Change Her Mind After a Break Up

If you want to get your ex back, youâ€™re going to have to be courageous enough to make it happen.

If you donâ€™t take action, you might end up with one of the following (unfavorable) results:

1. She does change her mind, but never contacts you to tell you because she's afraid of being rejected, or doesn't want to give you the satisfaction of you seeing her

pursue you

Even though a woman might want to get back with her ex, she will very rarely make that obvious to him.

Instead she will wait to see if he's man enough to interact with her, reactivate her feelings for him and get her back.

If he makes a move, she will quickly open back up to him and be his girl again.

However, if he does nothing she will usually force herself to get over him and move on, rather than risk having him reject her, or say something to her like, *â€œI knew you would come back to me.â€*

So, if you want your ex back, just go ahead and make it happen.

She may be waiting for you right this minute and thinking that you don't care.

Another possible result isâ€

2. She doesn't change her mind, even after years of being apart

If your ex doesn't have feelings for you right now, how do you think she'll react to you waiting for her?

Will she think, *â€œThat's so romantic.Â Him waiting around for me must mean that he's the one for me,â€* or will she not even notice that you're waiting?

Will she just start moving on?

Here's the thingâ€

If you're not actively sparking your ex's feelings for you and making her change her mind, she's likely getting over you day-by-day, until one day she wakes up and you're nothing but a distant memory to her.

So, if you want her back, you need to make it happen, before it's too late.

Another possible result isâ€

3. She hopes that you will contact her and re-attract her, but when you don't, she gets used to being without you and falls in love with a new guy instead

Sometimes, even though a woman breaks up with a guy, at the back of her mind she's secretly hoping that they will be able to work things out and get back together again.

She may then wait for him to make a move.

However, if he doesn't do that, rather than chase after him, she will take it as a sign that the relationship is truly over and she will then put in the effort to fully get over him and move on, usually by finding herself a new man.

The question you need to ask yourself is: How long are you prepared to wait for your ex to change her mind?

A week? A month? A year? Many years?

Additionally, what if she's waiting for you to get her back and because you're not taking the lead in the ex back process, she hooks up with another guy instead?

Is that what you really want?

If the answer is *â€œNo,â€œ* stop waiting for her to change her mind and get her on a call and then to a meet up with you right away, so that you can reactivate her feelings and get her back.

Sheâ€™s waiting for you.

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[image]

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How to Get Her Back After a Complex Break Up

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 tips to help get your ex back after a complex break up...

1. Stop focusing on the complexity and understand the simplicity of it

The problems you experienced may have been complex, but the solution is simple.

You need to interact with your ex, re-spark her feelings of respect, attraction and love for you, so she naturally wants to open up and give you another chance.

However, if you spend most of your time thinking, *"I really miss her and want her back, but everything is so complicated. It's just so jumbled up and convoluted that I don't know if we can get past it so that we can work things out,"* then you're making the mistake of focusing too much on the negative, rather than on the positives of the situation.

The reality is that yes, your break up might have been complex, but if you waste time focusing on that, you're stopping yourself from moving forward and doing what needs to be done to get your ex back.

So, what should you be doing instead?

You should be focusing on saying and doing the kinds of things that will begin changing her negative perception of you to a more positive one.

For example: Some of the ways you can do that are by

Maintaining your confidence when interacting with her, regardless of what she says or does to make you feel unsure of yourself (e.g. she's indifferent and wooden when talking to you, she says things like, *"Why won't you just leave me alone? Things are just too complicated between us right now and I don't have the energy to fight with you anymore. Please just let it go and move on"*).

Not trying to get her back into a relationship with you and instead, just flirting with her to create some sexual tension between you.

Using humor to break down her walls and make her feel more relaxed and open when interacting with you.

Showing her that, since the break up, you've changed and improved in some of the ways that matter to her.

Laughing at her (in a loving way) when she's creating drama and blaming you for things being so complicated between you (e.g. laugh and say, *"I never realized you were such a drama queen until now. You should get an award for that and I'll get the award for Worst Boyfriend in the World,"* and have a laugh with her about that).

Not sucking up to her by being extra nice because you're afraid of ruining your chances of getting her back and start being more emotionally masculine and ballsy around her (e.g. by being a good guy who isn't a pushover).

The more you can show your ex that you're the kind of man she always wanted you to be, the more drawn to you she will feel again.

Even if she tries to convince herself that she should move on by thinking things like, *â€œIâ€™m just being silly. I shouldnâ€™t feel attracted to him again after we had such a complex break up,â€* she wonâ€™t be able to stop herself from wanting to interact with you over the phone and in person.

When that happens, her defenses come down, which then opens up the door for you to fully re-attract her and make her fall back in love with you again.

Another tip to help you get your ex back after a complex break up isâ€

2. Don't look at what happened in the past as being what is now

Whatâ€™s happened between you and your ex is over and done with.

So, going on and on about it and focusing all your attention on that is a waste of time.

It doesnâ€™t take what happened away, but instead it makes you dwell on the negatives, therefore preventing you from making a clean start.

Thatâ€™s why you need to stop beating yourself up about what happened when you and your ex broke up and focus instead on how you interact with her from now on.

For example: Ask yourselfâ€

- Do I make her laugh, smile and feel good to be talking to me now, or does she feel tense, closed off, or even resistant to interacting with me?
- Do I feel confident and self-assured when Iâ€™m interacting with her, or do I feel unsure of myself and like sheâ€™ll cut me off if I say or do something she doesnâ€™t agree with?
- Do I flirt with her during interactions and make her feel sparks of sexual attraction, or do I treat her like a neutral friend?
- Can she look up to me and respect me as a man now, or does she still see me as being stuck at the same level I was at when we broke up?
- Have I changed and improved some of the things that were turning her off before, or am I still making the same mistakes?
- Am I giving her a new and exciting attraction experience when I interact with her now (e.g. being more ballsy, taking the lead), or am I doing the same things I did before and hoping she will feel attracted to me again (e.g. sending her flowers, pouring your heart out to her in a letter, e-mail or a series of text messages)?

Depending on your answers, you will have a better idea of how you need to think, act and behave from now on to regain your exâ€™s feelings of respect, attraction and love for you.

When she can see for herself that you really have changed, she will automatically begin to feel respect for you again and what happened before will stop seeming so bad.

When that happens, it becomes a lot easier for her to reconnect with her feelings of attraction for you and she then opens up to the idea of interacting with you even more to see where it all leads to (i.e. if you and her can get back together again).

Another tip to help you get your ex back after a complex break up isâ€

3. Understand what she will really need to see from you to want to give the relationship another chance

If you want to get past all the complexities of your break up with your ex and get her back, you first need to understand her real reasons for breaking up with you, so you can then adjust and change in the ways that will actually matter to her.

For example:

- You're less insecure and self-doubting now, which means you don't need to put her on a pedestal and allow her to disrespect you. Instead, you stand up to her in an emotionally dominant, yet loving way, which sparks her feelings of respect and attraction for you.
- You're more emotionally independent, which means that you no longer need her back to feel good about yourself. Yes, you want her back, but you don't need her back to live a happy and fulfilled life.
- You're more emotionally masculine, which means you naturally make her feel more emotionally feminine and girly around you. She can now relax and be a real woman, rather than feel like a neutral friend with you.
- You're more relaxed and easy going, which mean you don't take her moods and sulks too seriously anymore. Instead, you use humor to make her calm down and smile and laugh.

When your ex experiences those kinds of changes in you, she naturally drops her guard and opens up to being with you romantically and sexually again.

However, if you try to get her back without first understanding the changes she needs to see in you, she will naturally keep her guard up and say things like, *"I'm sorry, but I don't think we can make it work. Things are just too complicated between us. Please just accept that and move on."*

Another tip to help you get your ex back after a complex break up is

4. Don't wait too long to make a move and start the ex back process

It's understandable that when a break up is complex, a guy might think to himself, *"Maybe it's best if I wait a while before I make an attempt to work things out with her. Right now she's angry and annoyed and things between us are a bit strained, so taking it slow will allow for all those emotions to settle down and she might then be more open to getting back together again than if I bring it up to her now."*

He may then back off from his ex and avoid interacting with her (i.e. because he's giving her space), or limit his interactions to a text now and then.

Yet, what he doesn't realize is that he's actually giving his ex more time to get over him and move on.

Here's the thing

Even if your ex does still have some feelings for you, if you don't do anything to re-attract her, seduce her and get her back with you, she will in all likelihood take it as a sign that you're not interested in her anymore and then, she will make the effort to fully get over you and move on.

Likewise, if she's disconnected from her feelings of respect, attraction and love for you, it

doesn't mean that she will want to get back with you when you finally make a move, if you haven't done anything to re-attract her up to that point.

This is why, it's very important that you don't sit around waiting for *the right time* before you begin the ex back process with your ex.

The right time is now.

If you don't make a move right away, you may end up regretting it when you realize that she's now in a relationship and happy with another guy.

The main thing to remember is that it doesn't matter what happened between you and your ex up to this point.

That's in the past.

What matters is what you do from now on.

Are you going to wait so long that you lose her, or are you going to interact with her every chance you get (e.g. via text, e-mail, social media, on the phone and in person), reactivate her feelings for you and get her back?

The answer is pretty obvious, isn't it?

Another tip to help you get your ex back after a complex break up is!

5. Use humor to change the dynamic between you and her from stressful to relaxing and easy-going from now on

Chances are, because your break up with your ex was complicated, every time you interact with her you're being too serious (e.g. you discuss the relationship and the mistakes you made, you agree with whatever she says because you don't want to upset her any further, you talk in a very polite or formal manner, you're overly respectful and considerate towards her).

You're probably thinking things like, *I can't afford to upset her any more than she already is, because then she might decide to stop talking to me altogether. If I'm nice to her and show her that I'm being serious, she may open back up to me and give me another chance.*

Yet, life rarely works out that way.

A woman will seldom make up her mind to get back with a guy based on how nice, polite or serious he's being to her.

Instead, she will make up her mind to give him another chance because he's successfully reactivated her feelings of respect, attraction and love for him, so the idea of getting back together again feels good to her for her own reasons.

This is why you need to focus on sparking your ex's feelings for you (rather than being a nice, obedient guy), and one of the best ways to do that is by making her laugh and smile.

Humor makes her relax and open up and begin seeing you with new eyes.

For example: Imagine you're on a call with your ex and she says something along the lines of, *I'm sorry but things between us are just too complicated. I don't think we can work things out.*

Although hearing that might be painful to you and you may then want to debate the pros and cons of getting back with her in a mature, reasonable way, her mind is too closed, so she won't be willing

to see things from your point of view.

However, if you turn what she says into something you and her can laugh about together, her defenses will naturally come down and then she will be a lot more open to seeing the possibility of trying again.

So, if your ex says something like that to you, you can respond by saying in a joking tone of voice something like, *“What a little drama queen you are! Did you know that there’s a competition where guys solve a rubik’s cube with their feet and the fastest guy wins? Now that is complicated. What we have is a walk in the park compared to that!”* and have a laugh with her about that.

Of course she might pretend to be insulted and say something like, *“How can you joke about our problems? You’re not taking this seriously enough.”*

Whatever you do, don’t get nervous and start apologizing to her and saying, *“I’m sorry. I didn’t mean to make light of our situation. You know I’m 100% committed to making things right between us,”* because you will lose the edge that you have gained.

Instead, laugh at her (in a loving way) and say something like, *“We don’t have to be so serious all the time do we? Sure things are complicated, but we can still laugh about it. It’s not like we lost our sense of humor along the way, unless of course you’re not telling me something. Did the Grinch get your smile? I sure hope not, because you do have a sexy smile and it would be such a loss if it’s gone.”*

Chances are she will smile when you say that to her and maybe even laugh.

She will also be feeling unexpected surges of respect and attraction for you again for having the balls to joke with her, even though you and her had a complex break up.

She will then begin thinking something along the lines of, *“This is not how I imagined things would be between us. I thought we would be tense and reserved with each other, but instead I’m laughing, smiling and enjoying talking to him again. I don’t know what has gotten into him all of a sudden, but he’s so different now. He’s so much more confident and relaxed. Maybe he really has changed. Maybe we can save our relationship after all.”*

When that happens, her walls begin to crumble and she opens herself up to interacting with you more and more to see where things go from there.

You can then build on her feelings some more and make her fall back in love with you.

Common Problems Guys Experience After a Complex Break Up

Regardless of how complicated things might be between you and your ex, it is still possible to get her back when you re-attract her.

However, that doesn’t mean you won’t encounter any problems along the way, or make any mistakes.

Here are 2 examples of problems that you might be faced with when trying to get your ex back:

1. She is initially resistant because she's used to thinking about the situation as being too complex to fix

If you try to convince your ex to try again, she's likely just going to say things like, *"Please stop asking me because it's impossible. Everything is upside down between us and there are just so many issues to deal with that getting back together again simply won't work."*

She's going to be closed off and she's not going to want to face all the complications and deal with them just to get back with you.

However, if you take the pressure of getting back together again and you just focus on having fun together, things will change naturally all by themselves.

Rather than always focusing on how complex things are, she'll begin to see that there are positives too (e.g. she feels happy when she's with you, it feels good to just hang out without any pressure on her, she misses you when you're not around).

As a result, she drops her guard a little, so she can allow herself to feel and experience the new you, without thinking about the past.

From there, every time you interact with her, focus only on making her smile, laugh and feel at ease. The more you do that, the more she will be able to relax and reconnect with her feelings of respect, attraction and love for you.

Then, getting back together will happen naturally because it feels good for the both of you. Another problem you might encounter is

2. You try to explain everything to her in a long letter, e-mail or series of text messages, which just makes it all seem even more complex and unfixable

Sometimes a guy will try to apologize and explain what went wrong in the relationship in a long letter, e-mail or series of text messages.

He hopes that if he explains himself to his ex, she will see things from his perspective and then everything will be okay.

Yet, it doesn't really work out that way.

Instead of thinking, *"Oh, I get it now. I see why everything got so complicated between us. Well that's not so bad after all,"* and want to work things out, a woman usually thinks something like, *"No, no, no! This is just too complex to sort out! I don't want to think about it anymore."*

She then closes herself off even more and it becomes a lot harder for the guy to interact with her so that he can reactivate her feelings for him.

Here's the thing

When a woman has disconnected from her feelings of respect, attraction and love for a guy, anything that he says to her via letter, e-mail or text will generally be taken the wrong way.

Instead of seeing the bright side of the situation (i.e. that it's possible for them to work things out and have an even better relationship with each other this time around), she will usually assume the worst (e.g. that things are too complex to fix, that he's only saying what he thinks she wants to hear so that she will give him another chance, that he's still the same guy and would probably

make the same mistakes).

So, if you want to make your ex open back up to being a couple again, it's essential that you talk to her on a phone call and in person, rather than making the mistake of hiding behind letters, e-mails or texts.

In person or on a phone call, you can more easily re-attract her and show her that things aren't really as complex as she imagines.

When she experiences the new you for herself and also begins to feel a renewed sense of respect and attraction for you, she stops being so negative and starts wanting to see the positives of the situation.

She wants to work things out with you and you can then go ahead and make it happen.

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5 Ways to Distract Yourself While Using the No Contact Rule

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Before I give you the 5 ways to distract yourself while using the No Contact Rule, I want to point out that you can get your ex back **without** using the 30 Day No Contact Rule.

In most ex back cases, all that is required is 3 to 7 days of space before you begin the ex back process.

That said, if you are planning on going full No Contact for 30 days, here are 5 ways to distract yourself:

1. Join and attend meet up groups and activities in your area

This is a great way to distract yourself while using the No Contact Rule and as a bonus, it's something that you can do alone, without feeling out of place or like a third wheel (e.g. like you would if you went out with friends and their girls).

In fact, when you join a meet up group, people will welcome you because their main purpose is to bring like-minded people together to do, learn and explore the things that they feel passionate about.

For example: Some of the groups available to you include

- Group exercise.
- Salsa (or other) dance.
- Outdoors and adventure.
- Tech (e.g. for design or software developers).
- Photography.
- Book clubs.
- Sci-fi clubs.
- Video game meet ups.
- Outdoor activities.

Whatever you're into or whatever you're willing to do to get out of the house and forget about her for a while, chances are there are other people in your town or city who are into it or open to doing it.

Of course, most guys don't want to get out of the house because they aren't feeling up to it and they may even make excuses like, *"I don't feel like going,"* or *"Everything I'm interested in is too far out of my way,"* or *"I don't really have the time for that sort of thing."*

Yet, here's the thing

You will only feel up to it when you do it, not before.

Going there wakes you up and makes you feel better.

At the same time, it's a way for you to become more emotionally independent and as a result, appear more interesting, engaging and attractive to your ex when you interact with her again.

By getting out there and having some fun, you will automatically regain some of your ex's respect and attraction for you for being the kind of man who didn't sit around feeling sad and

rejected during the break up.

Remember: Women are attracted to men who are emotionally strong and emotionally independent and can handle whatever life throws at them, without falling apart.

As a result, she will be more open to the idea of talking to you and interacting with you after you contact her again.

Another way to distract yourself while using the No Contact Rule isâ€¦!

2. Focus on improving your ability to attract women in general, as well as re-attract her

Although there is no one size fits all formula when it comes to what women find attractive in men, there are certain traits and behaviors that almost all women are drawn to in a guy.

For example: Most women will pickâ€¦!

- A confident and emotionally strong man over an insecure, self-doubting man.
- An emotionally masculine man over a wimpy man.
- An emotionally dominant man who is firm with her over a man who gives in to her every whim, regardless of how unreasonable or bratty sheâ€™s being.
- A man who makes her feel sexy and desirable over a man who treats her like a friend.
- A man who is loving and attentive, but at the same time emotionally independent, over a man who is clingy and needy.
- A man who has a purpose in life that heâ€™s actively working towards over a man who is drifting through life and being childish and irresponsible.

Of course there are some insecure and/or unattractive women who will pick an emotionally weak, wimpy, clingy guy because they know they can control him, but most women wonâ€™t want that.

So, while youâ€™re waiting for your No Contact period to end, use the time productively by focusing on becoming more of the kind of man that will attract women (as well as your ex) to you.

For example: Here are some questions that will help you understand how to do thatâ€¦!

- Do I believe in my value and attractiveness to women in general and my ex in particular, or do I think Iâ€™m not good enough for them?
- Am I the kind of guy that any woman and especially my ex can look up to and respect, or do I come across as the type of man who isnâ€™t living up to my full potential (e.g. because Iâ€™m lost and donâ€™t know what my purpose is, Iâ€™m too childish and immature)?
- Do I have the confidence to make women and my ex smile, laugh and enjoy being around me (especially when they test me by being cold and aloof towards me, being bitchy, or treating me with disrespect), or do I crumble and give up at the first sign of resistance from them?
- Do I make my women, as well as my ex, feel sexy and desirable when Iâ€™m around them, or do I make them feel neutral or turned off because Iâ€™m too nice and friendly and donâ€™t know how to create a spark between us?

The more you improve your ability to attract women, the more you will believe in yourself and your ability to re-attract your ex.

Then, not only will the time fly, when you do finally interact with her and she experiences the

changes in you, her feelings will also begin to change.

Even if she tries to deny it, she won't be able to stop herself from feeling some respect and attraction for you again for being man enough to use the time apart to quickly learn from your mistakes and improve.

She then naturally becomes open to talking to you over the phone and meeting up with you in person to see if you and her can work things out.

Another way to distract yourself while using the No Contact Rule is

3. Play video games if you find that you just can't stop thinking about her

If you're into video games and you keep finding yourself brooding over how much you miss your ex and how you can't stop thinking about her, you can use the games as a way of taking your mind off of her for a little while.

However, there is a catch

Using video games to distract yourself will only work if you've been improving your ability to attract women.

If you remain the same and play video games, you won't be ready to re-attract her and may end up feeling worse (e.g. because your ex senses that you still think, act and behave the same way as before and she rejects you).

Also, if your video game playing was something you and your ex used to argue about and possibly even contributed to your break up (e.g. because she felt that you were too childish and immature, you focused more on the games than on her so she felt neglected), it will only keep you stuck at the same level you were at when you and your ex broke up.

So, make sure that when you're busy distracting yourself with video games while using the No Contact Rule, you're not preventing yourself from becoming a better man.

Changing and improving is key to getting your ex's respect and attraction for you back.

You don't have to become perfect to get her back, but you do need to show her that you haven't been wasting your time by playing games.

The more your ex can see that you've been working on improving yourself during your time apart, the more respect and sexual attraction she will feel for you.

It then becomes easier for her to imagine herself feeling happy in your arms once again.

However, if you just distract yourself but don't change and your ex senses that you'd probably make the same mistakes again if she gave you another chance, then she's not going to be very interested in giving you another chance.

Another way to distract yourself while using the No Contact Rule is

4. Go for a day trip or weekend road trip with some buddies

Weekends and days off can be the worst after a break up.

A guy can spend a lot of time sitting home alone and remembering all the things he used to do with his ex and how empty his life feels without her.

So, arranging weekends or days away with friends is a great way to distract yourself from thinking

about how much you miss being a couple with your ex.

At the same time, it also serves to remind you that, although you really do miss your ex and want her back, you don't actually need her back to be happy and live a fun, interesting life.

The more emotionally independent you become, the more attractive you will be to her when you finally do interact with her again.

Why?

When you can get on with your life without your ex, it signals to her that it's less likely that you're needy, clingy and insecure (all traits that are instinctively unattractive to women).

In other words, you're not basing your whole identity on being in a relationship with her (or another woman).

Instead, you are a man with or without her.

That is very attractive to your ex and to other women as well.

She then becomes more willing to interact with you again and see where things go from there.

So, don't be afraid to get out and have some fun while you're waiting.

Another way to distract yourself while using the No Contact Rule is

5. Complete a challenging task that you've been putting off because you haven't had the time

Not only is this a great way to distract yourself while using No Contact, it's also something that will leave you a better man once you're done.

You start out feeling anxious, missing your ex and like your confidence has taken a dent because of the break up and end up tackling something challenging, accomplishing it and becoming truly confident in yourself.

When that happens, you realize that you can pretty much achieve or do anything in life, including getting your ex back into a relationship with you that's 100% better than it ever was before.

As a result, you start to exude a natural, fundamental type of confidence that can never be taken away or destroyed by the circumstances in your life (e.g. a stressful situation at work, a break up, money problems).

Then, when you interact with your ex and she picks up on your confidence based on how you talk, behave and act in general, she won't be able to stop herself from feeling impressed by the fact that you are being an emotionally strong, independent man who is handling the break up in such a mature way (i.e. you're getting on with your life and accomplishing impressive things to boot).

She then starts respecting you again.

When that happens, she will also start to feel some attraction and that is the opening you need to begin getting her back for real.

Where Guys Go Wrong When Using No Contact

By the way

If you intend to ignore your ex for the full 30 to 60 days, make sure you don't make the following

mistakes that guys make when using No Contact:

1. Thinking that No Contact is what will get her back

Although using No Contact can sometimes make a woman miss her ex enough to want to get back with him, most of the time, it actually backfires and the guy ends up losing any chance he might have had with her.

Why?

To begin with, when a woman breaks up with a guy, it's usually because she has disconnected from her feelings of respect, attraction and love for him over time.

So, unless she's still secretly in love with him and is hoping that they will be able to work things out, or if she's struggling to find herself a replacement guy, not hearing from her ex for weeks or even months won't really matter to her.

In fact, after a break up most women are hoping that their ex won't try to get them back.

So, if a guy disappears out of her life, rather than think, *"Oh no! I feel so sad that he's not calling me,"* she's going to be relieved instead.

She's going to be happy about it and she's going to then focus on moving on.

So, if your ex doesn't have feelings for you right now, using No Contact to get her back may not be the best plan of action, because you will just be making it easier for her to get over you and move on.

If you don't want that to happen, you need to change your approach.

You need to do what actually works almost all the time and that is to interact with her and actively re-spark her feelings of respect, attraction and love for you and guide her back into a relationship with you, before it's too late.

Another mistake that guys make when using No Contact is!

2. Continually talking with friends or family about her and the break up

It's only normal that a guy will want to talk about his break up with friends and family.

However, although getting things off his chest once off is fine, going on and on about it every chance he gets is not. Why?

By talking about it continually, it just reminds him of the pain he's been experiencing and how much he wants her back.

Also, friends and family don't always help and may even say things that will make it worse for him like, *"Have you thought about what she's doing while you're using No Contact on her? What if she's hooking up with other guys, or even dating someone else already? What will you do then?"* which then makes him worry during the 30-60 days that he waits.

Alternatively, a friend might say, *"I once tried everything to get my girlfriend back when we broke up, even No Contact, but it didn't work. As far as I know, guys don't really get an ex back. You just have to move on. It's impossible. Don't worry though, you will get over her one day. You just have to focus on getting yourself a new girlfriend."*

As a result, he begins to worry about his chances of getting his ex back and ends up feeling frustrated

and confused, which doesn't help him feel the confidence that he needs to feel to re-attract her. Another mistake that guys make when using No Contact is

3. Mainly focusing on distracting himself, rather than improving what turns her off about him

Sometimes a guy will spend 30 or even 60 days avoiding all contact with his ex in the hope that this will make her come back to him.

Yet, rather than use that time to change and improve in some of the ways that matter to her, he instead tries to pass the time by doing random, meaningless things (e.g. playing video games, watching lots of TV, hanging out with friends and getting drunk to numb the pain).

Then, when he finally interacts with his ex after all that time and she senses that he's still the same man she broke up with, she loses even more respect and attraction for him.

It then becomes easy for her to permanently walk away because he's the same guy as before and that doesn't appeal to her.

So, if you want to re-attract your ex, don't waste the time apart.

Instead, use it to quickly improve your ability to attract her and make her feel respect, attraction and love for you again.

Then, contact her after a week (anything longer than that is a waste of time) and show her that you're a new and improved man (e.g. more confident and ballsy, more emotionally masculine, less needy and unsure of yourself).

When you can re-attract her in new and exciting ways, she wants to get back together again for her own reasons.

You can then start a new relationship with her and enjoy the adventure of a new relationship together.

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5 Interesting Signs That Reveal Your Ex Girlfriend is Not Over You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are the 5 signs to look out for that can reveal she is still into you and wants something to happen:

1. She contacts you

Sometimes, that is all a woman will do to show her interest in her ex.

It's just how women are.

Some other examples of this are when a woman likes a guy at a party, likes the guy that she's on a date with, or wants to have sex with a guy, but isn't being open about it.

For example: A woman who likes a guy at a party might...

- Keep looking at him.
- Move closer to where he's standing or dancing.
- Use sexy body language to get his attention (e.g. walk past him and swing her hips, lick her lips when he looks at her).
- Looks annoyed if he talks to other women.

Alternatively, a woman who likes the guy she's on a date with, or wants to have sex with, might:

- Hang on to his every word.
- Laugh at all or most of his jokes, even if they're corny or aren't that funny.
- Play with a necklace, her hair or stroke her neck.
- Touch him during conversation.
- Lick her lips.
- Allow him to make all the decisions (e.g. what to drink or eat, where to go, what to do next).
- Agree to go for nightcap at his place or her place.

As you can see, the signs are all there and all a guy has to do is to take action by approaching her (if they're at a party), interacting with her, sparking her feelings for him even more (e.g. by making her laugh and smile, being emotionally masculine and making her feel like a desirable woman) and then getting a kiss and then hooking up with her sexually, or at least getting her number or another date.

In the same way, if your ex is contacting you, it's up to you to make the next move.

You need to use the opening she is giving you and arrange to see her in person, where you can fully reactivate her sexual and romantic feelings and get her back.

On the other hand, if you just sit around doubting her feelings for you and thinking negative thoughts like, *"Just because she contacted me first without me making a move, it doesn't mean she's not over me. She's a nice person, so she probably just wants to do the mature thing and not act like a bitchy ex girlfriend. It's probably better if I just play it safe and wait for her to tell*

me that she wants to get back together before I do anything. It's then it's possible that she will assume you don't want her back and she may then simply focus on moving on without you. So, the next time your ex contacts you without you contacting her, take it is a good sign that she isn't over you.

Then, pick up the phone and call her (don't text her), make her feel attracted, meet up with her in person and get her back.

Another interesting sign that reveals your ex girlfriend is not over you is!

2. She doesn't hate you or never want to see you again

In other words, she's still open to interacting with you via text, social media, over the phone and even in person.

This is a good thing for you, because you don't have to struggle to talk to her or get her to agree to meet up with you in person.

Instead, you can use her openness towards you to re-attract her and get her back.

For example: The next time you're on a call or at a meet up with your ex, you can begin re-sparking her sexual and romantic feelings for you by!

- Being confident and self assured regardless of what she says or does to put you off (e.g. she pretends she's over you, she's being offish towards you, she talks about how she's dating again).
- Flirting with her to create sexual tension between you, rather than being too friendly or neutral towards her.
- Using ballsy humor to make her smile and laugh and feel relaxed to be interacting with you again, rather than being too serious or on your best behavior with her.
- Believing in yourself and in your value to her, rather than doubting yourself and turning her off as a result.
- Showing her that you're now a new and improved man that she can truly look up to, respect, feel attracted to and love, rather than continuing to make the same old attraction mistakes as before.
- Making her feel feminine and girly by taking the lead during your interactions with her, rather than allowing her to call the shots and dominate you.

The more she experiences the new you for herself, the less convinced she will become that moving on is what she really wants.

You can then progress to giving her a hug, a kiss and then hook up with her sexually.

From there she will naturally begin to reconnect with her feelings of love for you and you can then get her back into a relationship with you that's 100% better than it was before.

Another interesting sign that reveals your ex girlfriend is not over you is!

3. She texts you about random things

For example: She sends you a text asking, *Hey, what are you up to?* or, *I'm stuck in traffic. What a day!* or, *I got a call from (insert name of mutual friend) and he/she said*

to say hi to you.â€

These are all just excuses to contact you.

She is hoping that you have the confidence and courage to do what it takes to get her back.

Hereâ€™s the thingâ€

Women want a man who has the balls to make a move, rather than needing her to make it really obvious to him that she still has feelings for him.

However, if a womanâ€™s ex doesnâ€™t have the courage to do that, she will try to get over him and move on.

So, if your ex is currently staying in touch with you via text, itâ€™s up to you to take control of the ex back process, rather than waiting for her to spell things out for you before you make a move.

If you donâ€™t act now, you might end up regretting it if she then moves on and hooks up with another guy.

Another interesting sign that reveals your ex girlfriend is not over you isâ€

4. Your gut instinct is telling you that she isn't over you

In almost every case, your gut instinct is going to be right, because it comes from an overall, instinctive evaluation of the available information and data.

It's like you are a computer and produce an answer based on the input you've been given.

If so many signs are leaning towards the fact that she isn't over you, it's almost certainly true.

Here's the really interesting part though.

Even if your ex girlfriend is over you, it's actually easy to change how she feels and make her feel attracted and in love with you again.

All it usually takes is to actively make her have feelings for you again by interacting with her, rather than leaving it in her hands and hoping that she misses you enough to come back.

When you spark her feelings of respect and attraction for you, everything changes.

Her guard comes down and she opens herself up to getting back together again because being around you feels good to her.

On the other hand, if you just sit around waiting for a sign from her before you feel confident enough to make a move, she will usually move on and hook up with another guy.

Alternatively, if you interact with her and continue saying and doing the same kinds of things that you used to do before she broke up with you (e.g. being insecure and needy, letting her dominate you emotionally, failing to make her feel feminine and girly in your presence), sheâ€™s just going to say something along the lines of, *â€Sorry, but I just donâ€™t have feelings for you anymore. Please accept that and move on.â€*

So, if you want your ex girlfriend back, donâ€™t waste a lot of time trying to decide if sheâ€™s over you or not.

Instead, just trust your gut instinct that she still has feelings for you and then interact with her and build on those feelings (e.g. by being confident rather than unsure of yourself, by making her laugh and smile rather than being too serious, by flirting with her and making her feel attracted rather than being too neutral or nice.)

When she feels a renewed sense of respect and attraction for you, based on experiencing the new and improved version of who you are right now, getting back together again will happen naturally and easily.

Another interesting sign that reveals your ex girlfriend is not over you isâ€¦!

5. She can't be friends with you because it hurts her too much

If your ex girlfriend is saying things like, *â€œPlease don't contact me. I just can't handle hearing from you right now. It hurts too much to get a text or hear your voice over the phone. I need some time to heal. Then, maybe we can interact again sometime in the future,â€* chances are that sheâ€s not fully over you.

This is why you need to interact with her more and make her feel good to be talking and seeing you again, rather than backing off and saying something like, *â€œOkay, sure. I'll stop contacting you. Call me when you feel better,â€* and then pining for her while she gets over you and moves on.

So, if she says something like that to you, simply smile and jokingly say something like, *â€œHey, stop being such a drama queen. We can be friends even though we've broken up. It's not like I'm holding a gun to your head and forcing you to get back together again. I'm just calling/texting to say hi and see how you are. I'm sure you can handle that. Why are you making such a big deal about it? Are you secretly still in love with me?â€* and then laugh to take the seriousness out of what you just said to her.

In most cases, a woman won't want to come across as being the immature one and she also won't want to admit that she isn't over you, so she will likely laugh with you and say something along the lines of, *â€œOf course I'm not still in love with you! Fine, if you want to be friends, I agree to that.â€*

You can then use your interactions with her to build on her feelings and then gently and easily guide her back into a new relationship with you.

Where Guys Go Wrong When Looking For Signs That Reveal an Ex Girlfriend's Feelings For Them

If you want your ex girlfriend, it's up to you to make it happen regardless of whether she is giving you obvious signs or not.

Where some guys go wrong and then end up losing their ex because she moves on or hooks up with another guy, is by making the following mistakes:

1. Waiting for her to say something clear and completely obvious like, *â€œI want you backâ€* before he feels confident about trying to get her back

Even if a woman isn't over her ex and secretly wants to get back with him, sheâs won't always make it obvious to him.

In most cases, a woman doesn't want to tell him about her feelings for him, because she doesn't want to make it too easy for him to get her back.

Why?

She wants to know that he's man enough to take responsibility of the ex back process and guide both him and her into a relationship.

If he can do that, she will automatically feel a surge of respect and attraction for him.

She will see him as being an emotionally strong man who is confident enough in himself and in his value, to go after whatever he wants in life (in this instance, her), regardless of how difficult or impossible the situation might seem.

That takes balls and women are attracted to balls (i.e. confidence, courage, fearlessness).

On the other hand, if a guy just sits around waiting for a sign from his ex girl and remains stuck at the same level he was at when she broke up with him, she will usually decide to move on and look for someone who is man enough for a girl like her.

So, if you want to get your ex girlfriend back, you just have to make it happen without waiting for her to help you.

Be emotionally courageous enough to take the lead in the ex back process and get her back.

If you don't make the first move, chances are high that she will move on and it will then be even harder for you to get her back.

Another mistake that guys make is

2. Overanalyzing her signs to the point where he begins to doubt that she still wants him

Sometimes a guy will think about every text, call or even gesture that his ex makes in the hope that he will get some clue about her feelings for him.

For example: If he sends her a text and she takes too long to respond to him, he might wonder things like, *What is taking her so long to get back to me? Could she be with someone else?*

Alternatively, if she responds right away and adds a smiley face to her reply, he might think things like, *It's like she was waiting for my text and she seems happy to hear from me. What does that mean?*

Yet, here's the thing

Overanalyzing your ex's actions will probably end up making you feel more confused and unsure of what she really feels for you.

So, don't bother with that.

Instead, if you want her back, then just be bold enough to make it happen by re-attracting her on a phone call and then in person and getting to a hug, kiss, sex and then a relationship.

Another mistake that guys make is

3. Thinking that it's all up to her and he has no control over the situation

A lot of guys make the mistake of thinking that their ex holds all the power when it comes to getting back together again or not.

Essentially, she can say, *Yes, I'm open to interacting with you and seeing where things go from there* or, *Sorry, but I'm no longer interested in you so please leave me alone,*

and then the guy has to do what she says.

Yet, here's what he doesn't understand!

A man actually has a lot of control over the ex back process if he focuses on making his ex woman have sexual and romantic feelings for him for again.

When he reactivates her feelings and she feels attracted to him again, she naturally begins to want him back for her own reasons (i.e. she doesn't want to risk not giving him another chance and then regretting it later on, she feels drawn to him in new and exiting ways and wants to explore that).

He can then get her back much more easily because she is open to being re-attracted and seeing where things go from there.

So, don't make the mistake of thinking it's all up to your ex girlfriend whether you get back together.

If you want her to give your relationship another try, you have to be courageous enough to take the lead and make it happen.

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[image]

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If I Don't Respond to My Ex's Texts, Will She Move On?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

It depends.

Here are 6 possible reactions from her, if you don't respond to her texts:

1. She gets annoyed by how you're now treating her and hooks up with a new guy to make herself feel better

Sometimes, when a woman breaks up with a guy, she doesn't necessarily believe that the break up is 100% final.

Instead, she may be open to getting back with him if he can re-attract her and make her feel respect, sexual attraction and love for him again.

So, when she opens the lines of communication with her ex by sending him a text (or even a few texts) and he just ignores her, she will naturally feel annoyed that he is trying to mess with her head by not responding to her.

She may then begin thinking to herself, "I can't believe he's treating me like this. Who does he think he is! I hope he doesn't think that ignoring me like this is going to make me beg him for another chance. If he does, he's in for a big surprise! I have better things to do than chase after a jerk like him! I'll show him! I'm going to find myself a new man and move on. Then, when he comes crawling back to me, I'll give him a piece of my mind!"

She will then focus on finding herself a new man as quickly as possible to hook up with (e.g. by going to bars and clubs, going out on dates with guys that are already interested in her, joining an online dating site, or using a dating app to get dates and start having sex).

If her ex then begins to wonder why she's not texting him anymore and decides to contact her, she will usually respond with something along the lines of, *"What do you want now? When I was texting you, you didn't even have the decency to respond to me, yet, now you want to talk to me. Well, I don't want to talk to you. Do you honestly believe I've been sitting around crying and waiting desperately for you to contact me? That's a big joke! You're not that much of a big deal to me for me to react that way. Who cares that you never responded to my texts. I've moved on and I'm having a great time enjoying myself with so many great guys that actually do want me. Breaking up with you was the best decision of my life! The only mistake I made was to actually text you after we broke up because I thought we could work things out. We'll not anymore. I'm free of you and I would never give you another chance after the way you treated me. So, thanks for finally responding to my texts, but you can get lost now. I don't need or want you in my life! Bye."*

So, if you're considering not responding to your ex's texts as a way of getting her back, the outcome may definitely turn out like the one mentioned above.

That is why, if you don't want that to happen, you shouldn't bother ignoring her texts.

A better approach is to actually respond to her, make her laugh and smile and then get her on a phone call and to a meet up as quickly as possible, where you can truly reactivate her feelings for you and get her back.

Another possible reaction you can expect if you don't respond to your ex's texts is

2. She assumes that your interest in her wasn't ever genuine

When your ex broke up with you, it was clear that you didn't agree with the break up and that you wanted to stay together and work things out. (e.g. because you tried to convince her to change her mind, you promised her that you would change if she gave you one more chance, or you simply said something like, *"I don't want to break up, but if this is what you want, I'll go with it for now"*).

However, now you aren't replying to her texts, so she assumes that you never really intended on staying with her anyway.

She then starts thinking things like, *"I really thought that I mattered to him and that his desire to stay together was genuine, except now that I'm giving him a chance to get me back by opening the lines of communication between us again, he's just ignoring me. Clearly he didn't mean it when he said he wanted to stay together, because now that he's single again, he can't even be bothered to respond to my text and say hi as a friend. What a fool I've been all this time thinking that he actually cared about me."*

She then uses the anger and disappointment she feels towards her ex to help her get over him and move on.

If he then tries to text her back after he's been ignoring her for a while, he is surprised when she doesn't respond to him.

He might then try to call her to find out why she's ignoring him, only to discover that she's blocked his number on her phone and he can't get hold of her anymore.

Another possible reaction you can expect if you don't respond to your ex's texts is

3. She is aware of the no contact rule and knows what you're most likely up to

What a lot of guys don't realize is that many women read the same articles online that they do.

This is why, it's very possible that a woman will be aware of the No Contact Rule and that guys use it as a secret weapon to get an ex back.

So, if your ex has read about the NCR (No Contact Rule) and notices that you're not responding to her texts, it's very likely that she will see it as a ploy on your part to make her come running back to you.

She may then decide to punish you for playing games with her by possibly sending you a text like, *"Why aren't you responding to my texts? I really miss you and I want to give our relationship another try."*

If you then take the bait and respond right away with something like, *"I miss you too! Let's get together so that we can work things out,"* she will know for sure that you were using No Contact on her.

She may then string you along for a while and make you feel excited about getting her back.

Then, she can say something like, *"Look, I know I said I wanted to get back together again, but I've changed my mind."*

She might even be secretly annoyed at you for trying to make her chase you by using the NCR.

This can cause her to try to get revenge on you in other ways (e.g. stringing you along via text and then dumping you again, making you feel like you're getting her back and then telling you that she has met someone new and is in love with him).

Don't let that happen to you.

Get on her good side by being a real man about the ex back process from now on (i.e. by responding to her texts and actively re-attracting her so that she wants to get back with you).

Another possible reaction you can expect if you don't respond to your ex's texts is

4. She loses interest after trying to text with you and getting no response and decides to move on

In most cases, when a woman breaks up with a guy, it's because she's lost touch with her feelings of respect, attraction and love for him.

Of course, she may still have some feelings for him, which is why she's likely texting him, to see if it's possible to reactivate those feelings inside of her so that they can get back together again.

However, if she doesn't get a response from him, rather than sit around feeling sad or rejected, she simply takes it as a sign that she needs to just move on.

Sure she may initially feel a bit hurt that he's ignoring her, but if she has had some experience with break ups, she will know that those painful feelings won't last forever.

She may then think to herself, *Oh well, I gave it a shot, but he's clearly not interested in working things out. That's fine by me. I can now focus on moving on and finding myself a better man than him,* and then focus on doing the kind of things that will help her get over him as quickly as possible (e.g. putting more effort into her work or studies, spending more time going out with her single friends, meeting and hooking up with new guys).

Then, by the time he contacts her, she will be completely over him and happy in her life without him.

Another possible reaction you can expect if you don't respond to your ex's texts is

5. She becomes desperate to get your attention and get you back, so she tries harder to make you want her

Sometimes, if a guy doesn't respond to his ex's texts, it makes her want him even more.

She may then begin thinking things like, *Why is he ignoring me? Why isn't he doing something to get me back? I want him back!*

As a result, she might start doing things to get his attention and make him want her back.

For example: She might

- Post really hot, sexy photos of herself on social media to make him feel attracted to her and then hopefully call her.
- Post photos of herself having fun and flirting with other guys to make him jealous.
- Show up unexpectedly somewhere where she knows he will be, wearing her sexiest outfit and then flirting with him to make him want her sexually.
- Call him on the phone to just talk as friends as a way of staying in his life.
- Show up at his house unexpectedly and make herself indispensable to him (e.g. by cooking or

cleaning up, offering to run errands for him).

Naturally, because the guy still wants her back, this is exactly the response he was hoping for when he ignored her texts.

However, what often happens is that even though the guy successfully makes his ex chase after him and gets her back, because he hasn't really changed anything about himself, she soon begins to lose interest in him.

Before long she dumps him again and this time, it becomes a lot more difficult for him to trick her into wanting him back.

Here's the thing!

If you're going to use No Contact as a way of making your ex come back to you, make sure that you make some changes and improvements to yourself first.

Then, if she does come back, she will find a new and improved man and she will then want to stay with you, because that's when she feels the happiest and most fulfilled.

Another possible reaction you can expect if you don't respond to your ex's texts is

6. She blocks your number and moves on

Another response that might result from not responding to your ex's texts, is that she cuts you out of her life completely.

She might block your number and even unfriend you and block you on social media to make sure you won't be able to get hold of her if you suddenly decide to respond to her at a later stage.

However, if she gets to this point where she goes out of her way to cut all your avenues of contact with her, it will then take some effort on your part to try and persuade her to unblock you (e.g. by asking a mutual friend to talk to her for you, showing up at her home or work to convince her in person), so that you can then interact with her, re-attract her and begin getting her back.

So, don't let it come to that.

If your ex has given you an opening by texting you, forget about playing games with her and do what needs to be done to get her back.

Text her back, or better yet, call her.

Make her laugh, smile and feel good to be talking to you again and get her to a meet up so that you can fully re-attract her and get her back.

Note: Make sure that when you meet up with her you're fully prepared to re-attract her.

If you get there and you turn her off by saying or doing the same things that turned her off before (e.g. being insecure and unsure of yourself, being too nice and letting her walk all over you, being afraid to flirt with her and create sparks of attraction), she may regret her decision to meet up with you after all.

So, make sure that you are prepared to make her feel attracted to the new you so that you can make her want you back as much as you want her.

Where Guys Go Wrong After a Break Up With a Woman They Love and Really Do Want Back

By the wayâ€¦!

Here are 2 mistakes that guys make with an ex woman that makes getting her back so much more difficult that it needs to be:

1. Thinking that texts or text tricks are the way to get her back

For a woman to text an ex it means sheâ€™s risking being rejected by him.

So, if he then starts to play mind games with her, like not responding to her texts, or only sticking to texting without taking things any further than that (i.e. usually because heâ€™s hoping to make her chase after him), she will feel turned off by it and begin to lose interest.

As a result, she will stop giving him the chance to mess with her anymore by ignoring him, or even blocking his number to teach him a lesson.

Hereâ€™s the thingâ€¦!

Most guys would do anything to be in a position where their ex is texting them without them having to chase after her.

So, if youâ€™re in that position, donâ€™t take advantage of her by playing games, because you will end up losing her for real.

Instead, use the opening she is giving you to get her on a call and then to a meet up where you can fully reactivate her feelings for you and get her back.

Thatâ€™s what you really want, so stop wasting time and make it happen!

The next mistake isâ€¦!

2. Being afraid to call and start the ex back process

Sometimes a guy will get texting back and forth with his ex in the hope that it will somehow lead to getting her back.

Yet, rather than that happening, his ex becomes bored and starts wondering things like, *â€œWhy doesnâ€™t he just call me? Maybe I made a mistake by texting him first. By his response I guess heâ€™s not really interested in getting back together again after all.â€*

He may then discover that sheâ€™s taking longer and longer to respond to him until eventually she stops altogether.

So, if you truly want to get your ex back, donâ€™t waste a lot of time texting back and forth.

A text or two can help to get her to smile and laugh a little, but after that, you need to focus on getting to talk to her over the phone or meet up with her in person, where you can fully re-attract her and get her back.

If you donâ€™t have the courage or motivation to get to that level with her and just want to hide behind texting, you will almost certainly lose out on getting her back.

So, quit playing games with her.

Call her, re-attract her and then meet up with her and get her back for real.

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My Girlfriend Said She Has Given Me Too Many Chances Already and Won't Give Me Another

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 ways to change her mind, so you can get another chance:

1. Stop asking for another chance and start making her feel attracted to the new you

Right now your girlfriend is likely feeling many negative emotions when she thinks about you and your relationship (e.g. anger, bitterness, disappointment).

So, if every time you interact with her all you do is say things like, *"I'm really sorry! I know I stuffed up again and that you've given me so many chances already, but I promise you that this time will be different,"* rather than think, *"Okay, maybe I'll give him one more chance, but this is the last time,"* she's usually going to be thinking things like, *"No way! I've reached the end of my patience with him and nothing he says or does is going to make me change my mind. Besides, I've heard all his pretty promises many times before. He's always saying he's going to change and then when I give him another chance, he simply goes back to being the same jerk he was before. I'm not falling for that again. I just don't have any feelings left for him anymore. This time it's really over between us."*

That's why, this time around, you need to change your approach.

You need to stop asking for another chance and instead make her want to give you another chance.

How can you do that?

By using every interaction you have with her from this moment onwards (e.g. via text, social media and especially over the phone and in person) to re-spark her feelings for you and make her feel good to be interacting with you.

So, the next time you're on a phone call or at a meet up with your girlfriend and she's being cold, closed off and even bitchy towards you, use that as an opportunity to reactivate some of her feelings or respect and attraction for you.

You can do that by:

- Using humor to lighten the mood and make her feel more relaxed to be talking to you again.
- Flirting with her to create some sexual tension between you and her.
- Staying confident and positive, regardless of what she says or does (e.g. she tells you that it's 100% over between you).
- Behaving differently to the way she expects you to (e.g. she thinks you're going to ask her for another chance, so you talk about the things you're doing without her, she expects you to be on your best behavior with her, so you use ballsy humor instead, she expects you to be insecure and unsure of yourself around her, so you stay confident and self-assured instead).

The more you focus on making her feel attracted to the new you, the more open she will become to talking to you over the phone and seeing you in person.

Her feelings will then slowly begin to change, even if she initially believed that was impossible. You will then start to see that sparkle come back into her eyes when she looks at you with feelings of respect and attraction once again. You can then build on those feelings and get her back. Another way to change your girlfriend's mind is

2. Accept the break up and agree to be friends for now

One of the best ways to take the pressure off your girlfriend and make her feel okay to continue interacting with you, rather than cutting you completely out of her life, is to tell her that you accept the break up and that you're fine with being 'just friends' for now.

For example: You might say something along the lines of, *"Hey, I get it. I know I've put you through a lot and it's hard for you to trust me again and give me another chance. However, I want you to know I accept that we're broken up and I promise not to pressure you into doing anything you don't want. We can just be friends now, okay?"*

Of course, she might still respond by saying something like, *"I don't know. I don't think I can be friends after everything you've put me through,"* or *"I'm not sure that's a good idea."*

Regardless of what she says, don't get upset or start thinking, *"Oh no! This isn't working! It's hopeless. I can sense that she's not going to change her mind this time!"*

Instead, just maintain your confidence around her and say in a joking way, *"Hey, don't be so dramatic. We can be friends. We're mature enough to do that, right?"*

In most cases, even if a woman is initially reluctant to agree to that, she will say something like, *"Okay"* or *"Just for now"* because she won't want her ex to be the one who is more mature than her in the situation.

You can then use your friendship with her to reactivate her feelings of respect, attraction and love for you (e.g. by showing her that you're a new and improved man, making her feel attracted in ways that you never have before) and then get her back into a relationship with you once more.

Another way to change your girlfriend's mind is

3. Give her 3 to 7 days of space

Sometimes a guy becomes too overwhelming after a break up.

For example: He might

- Text, call or send messages to his ex via social media all the time asking her to give him a chance to explain.
- Beg and plead with her for another chance.
- Bombard her with flowers, gifts and other tokens of his love for her as a way of apologizing for what happened.
- Show up unexpectedly at her house, workplace or university so that he can talk to her about their relationship.

Yet, in almost all cases, this kind of behavior only turns a woman off even more.

Rather than think, *“He must really love me if he’s going to all this trouble to apologize and make things right between us,”* she usually just feels smothered, overloaded and stressed by the constant attention and pressure he’s putting on her.

As a result, she closes herself off even more and she may then even unfriend him on social media, block his number on her phone and even enlist the help of a friend or co-worker to keep him away from her.

All in all, this makes reactivating her feelings and getting her back a lot more difficult for the guy. So, don’t make that mistake.

Instead, a better approach is to actually give your girlfriend a few days of space (i.e. 3 to 7), so that things can calm down between you and she can even begin to miss you a little bit.

So, if you haven’t done so already, stop all interactions with her for a few days.

During that time, she will have a chance to stop focusing on things about you that she doesn’t like and begin to remember and miss some of the things she actually does like about you (e.g. the way you always treat her like a princess, how you always supported her in achieving her goals and dreams, how you could always make her laugh or smile even when she was really sad or in a bad mood).

The more she focuses on the good things about you, the more her resolve to never give you another chance will begin to weaken.

Then, if you contact her again and focus on saying and doing the types of things that will reawaken her feelings for you again (e.g. making her laugh and smile, making her feel like a desirable woman, showing her that you’ve changed some of the things that matter to her), she won’t be able to stop herself from opening up to you again (even if it’s only a little bit).

By the way!

Don’t make the mistake of thinking that if 3 to 7 days of space will make her miss you, then giving her a few weeks or months will be even better.

No! No! No!

That only works if a woman is still secretly in love with her ex and is hoping they will get back together again.

In the majority of ex back cases, a woman is no longer in love with her ex and feels as though she made the right decision to break up with him.

So, if a guy then gives her too much space (i.e. a few weeks or months), she simply doesn’t care. Instead, she feels relieved not to have the pressure of dealing with him anymore and she then focuses on moving on and finding herself a new man.

This is why you shouldn’t give your ex any more than 3 to 7 days of space.

If you’ve been very annoying and needy, give her the full 7 days, then call her, reactivate her feelings for you and get her back.

Another way to change your girlfriend’s mind is

4. Call her, re-attract her and then end the phone call

For example: Imagine that you’re on a call with your ex and she says something like, *“What*

do you want? Why aren't you listening to me? I've given you too many chances already and I won't give you another one. You need to get that into your head and just leave me alone!

No matter how hurtful her words might feel, you need to maintain your confidence with her and stay calm, relaxed and open.

From there, use some humor to ease the tension and make her laugh, smile and drop her defenses a little bit.

The more you make her smile and laugh, the less she will be able to keep herself closed off.

She may then begin thinking things like, *This isn't so bad after all. He's actually being really cool about the break up. I can't believe I'm thinking this, but I'm actually enjoying talking to him again.*

Once you've made her feel attracted and caused her to relax and drop her guard, you can then say something along the lines of, *Well, anyway, it's been great talking to you again, but I've got to get going now. Thanks for the chat though, we should do it again soon, okay? I'll call you sometime. Okay, bye,* and then hang up the call after she responds (e.g. she says, *Oh okay. Bye,* or *Talk to you later*).

Not only will this leave her feeling good and thinking about in a more positive way (e.g. with respect and attraction), it also leaves her wanting more.

Then, the next time you call her, she will actually be happy to hear from you and she will be open to saying *Yes,* to meeting up with you in person to catch up (even if it's just out of curiosity to see the new you for herself).

Another way to change your girlfriend's mind is

5. Make her feel like you are moving on

That way, she feels like the one being left behind now.

You've re-attracted her, but you aren't trying to get her back.

Instead, you're actually happy and having a good life without her.

For example: Some of the ways you can make her feel like you are moving on are...

- You post photos of yourself having fun with other people, including women, on social media. (BTW: If she's unfriended you, then set your photos to 'public' where she will be able to see them anyway.).
- You don't always respond to her texts, messages or calls right away and when you do, say things like, *Sorry I couldn't talk to you/reply to you earlier, but I was out with friends/away for the weekend.*
- When you talk to her on the phone or meet up with her in person, make sure you sound happy, positive and like you're having fun without her, rather than like you're sitting at home feeling sad and missing her.
- You focus on your big goals in life and are making progress towards achieving them.
- You spend more time doing things that you neglected while in a relationship with her (e.g. play a sport, travel, pursue an old hobby).
- You don't respond to her every beck and call, especially if she tries to test you by saying that she misses you or that she thinks she wants to try again (i.e. if you run to her every time

she calls, she will feel more emotionally dominant than you and she won't be able to respect you).

- You spend more time going out with your single friends (e.g. to clubs/bars/parties).

When she sees that you're happy, confident and enjoying life by hanging out with new people and doing new things, she will naturally feel drawn to you and want to talk to you and see you in person again.

She will realize that you might be worth fighting for after all and when that happens, her guard will come down and she begins to open up to the idea of giving you another chance.

Where Guys Go Wrong When Trying to Get Another Chance With an Ex

If you want to soften your ex's resolve and open her up to the idea of giving you another chance, you really do need to approach the ex back process in a different way this time around.

This is why you can't afford to make any of the following attraction mistakes with her:

1. Pleading with her to change her mind

This approach might work once and sometimes even twice or three times.

However, eventually a woman will get fed up and begin thinking things like, *"Does he think I'm a fool? I've listened to his pleading and begging so many times before and I've always given him the benefit of the doubt and a chance to prove to me that he will really change. However, he's abused my good nature one time too many and I now see through his act. He thinks he can plead with me to change my mind and promise me that things will be different. Then, when I give him another chance, he goes right back to being the same jerk he was before like nothing ever happened. Well this time I'm not falling for it! I've given him too many chances already and I won't give him another one."*

She then becomes aloof, distant and uncommunicative, because she doesn't want to hear his pleas anymore.

So, if you're serious about getting another chance with your ex, you can't start pleading with her, because this is one of the tactics that worked before.

Whether you want to admit it to yourself or not, the truth is, it's not going to work again.

You need to change your approach so your ex can see that you genuinely are a different man this time.

When she can see for herself that you really have changed in some of the ways that matter to her, her defenses will come down a little bit and she will then open up to at least interacting with you to see how she feels about the new you.

However, if your plan to get her back is to plead with her, don't be surprised if she keeps pushing you away and saying, *"Forget about it! I've given you too many chances already and I won't give you another one."*

Another mistake to avoid is

2. Pouring your heart out to her to hopefully make her feel pity

Right now, your ex is not going to care how you feel about her, because she doesn't have feelings for you anymore.

So, even though you might be pouring your heart out to her and telling her how much you love her, how she's the one for you and how bad you feel for hurting her again, she's not going to care.

Here's the thing!

A woman doesn't like to feel like she's being manipulated for feeling the way she's currently feeling (i.e. unwilling to give him another chance), simply because you can't cope without her.

Instead, she's likely going to feel annoyed with you for trying to make her feel pity for you, when she's the one who is feeling hurt, betrayed and let down by you.

So, forget about making her feel sorry for you and focus instead on doing what really works, which is re-sparking her feelings of respect and attraction for you.

Another mistake to avoid is!

3. Using the same approach to getting her back as you did before

If you keep using the same approach to get your ex girlfriend back that you've used before (e.g. beg and plead with her, promise her that you really will change this time, apologize over and over again), she will most likely continue to reject you, because this time around, she's not going to believe it.

Her guard will stay up and she won't want to risk giving you another chance, because she can see that you haven't really changed.

This is why, you need to first make some attractive changes to yourself and the way you interact with your ex, before you attempt to get her back (e.g. become more emotionally mature, stand up to her more when she's being unreasonable or treating you badly, get clear on your goals in life and start working towards achieving them, treat her with respect, start pulling your weight).

You don't have to become perfect to get her to open back up to the idea of giving you one more chance, but you do need to show her that you've already started to make changes to the things that matter to her.

When she can see for herself that this time around you're 100% committed to being the man she needs you to be, she will naturally drop her guard and open up to interacting with you more to see where things go from there.

Another mistake to avoid is!

4. Not being able to give her a new attraction experience to pique her interest

This time around, to convince your ex to give you another chance, you need to make sure that you re-attract her in new and exciting ways.

If you try to get her back by saying and doing what you've always done before, she's probably just going to keep saying, *â€œNo.â€*

For example: Some of the ways you can show your ex that you really are a new man and pique her

interest enough to want to open back up to you again are:

- Showing her by way of your behavior, conversation style and actions that you have already fixed some of the issues that were turning her off before (e.g. if you were immature and childish before, youâ€¢re now more emotionally mature and focused in your life. If you placed your needs ahead of hers and took her for granted, you now understand that itâ€¢s up to you to create the kind of relationship dynamic that will get you what you want, while also making your woman feel loved, appreciated and understood).
- Reacting differently to what she says and does, (e.g. if she previously made you feel angry and stressed out when she created unnecessary drama and that caused you to lose your temper with her, you now relax and lovingly laugh at her attempts to get under your skin).
- Making her feel feminine and girly in your presence by thinking, talking, behaving and acting like a masculine man, rather than being extra nice to her, or allowing her to dominate you emotionally.

When she experiences those kinds of changes in you, she naturally drops her guard and opens up to being with you romantically and sexually.

Even if she tries to deny it to your face, she wonâ€¢t be able to stop herself from feeling some respect and attraction for you again, for being man enough to change and improve so quickly and thatâ€¢s when everything changes for the better.

She stops saying, *â€¢Iâ€¢ve given you too many chances already and I wonâ€¢t give you another one,â€¢* and she starts saying things like, *â€¢Okay, maybe we can try one more time, but this is your last chance.â€¢*

Fortunately, you wonâ€¢t need another, because this chance is the one that will last forever.

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[image]

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Dealing With Separation Anxiety After a Breakup

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 ways to calm down the anxiety and start feeling better right now:

1. Know that there is hope

Right now, the main reason you're feeling separation anxiety after your breakup is because you're likely thinking things like, *"I'm all alone now. I've lost her forever and nothing I've said or done so far has made a dent in her resolve. She doesn't want anything to do with me. It's hopeless!"*

Yet, just because things look bleak right now, it doesn't mean your situation is irreversible. You can get your ex woman back.

Most guys are able to get another chance with their woman by focusing on the simple art of re-attracting her.

Remember: In most cases, even when a woman has completely disconnected from her feelings of love, respect and attraction for a guy, it doesn't mean those feelings are dead and will never return again.

Instead, they are buried under anger and emotional pain.

However, you can reawaken them and bring them back to life.

How can you do that?

By interacting with your ex (e.g. via text, social media and especially over the phone and in person) and making her feel attracted to the new and improved you.

For example: Some of the ways you can do that are by:

- Making her laugh, smile and feel good to be in your company again, or to be talking to you over the phone.
- Staying confident with her, even if she's saying that she's over you or is being offish towards you in an attempt to make you feel nervous or insecure about yourself.
- Flirting with her to create a sexual spark between you, rather than being too nice or neutral around her.
- Being more emotionally dominant with her, rather than letting her walk all over you with her confident personality.

The more she experiences the new you in ways that feel good to her, the more she will begin to reconnect with her feelings of respect and attraction for you again.

When that happens, her defenses come down and she becomes open to talking to you, hanging out with you and seeing where things go from there.

As you can see, no matter how bad things might seem right now, there's always hope.

So, focus on that.

Another thing you need to know to help you deal with your separation anxiety after your breakup is:

2. Know that calming down your separation anxiety makes you attractive to her faster

If you allow yourself to wallow in your anxiety, then when you interact with your ex, you will likely say or do the kind of things around her that will actually turn her off even more (e.g. beg and plead with her for another chance or say things like, *â€œI canâ€™t live without you!â€* and appear lost and depressed).

Then, rather than make her think things like, *â€œMaybe I made a mistake by breaking up with him,â€* she instead thinks something along the lines of, *â€œIâ€™m so relieved that are finished. I see now that heâ€™s just not man enough for a woman like me, because heâ€™s too emotionally weak and sensitive. I need a real man who can stand on his own two feet without my support and encouragement and can deal with whatever life throws at him without losing it and becoming helpless.â€*

Thatâ€™s why, calming down and regaining control of your emotions is a very important step to re-attracting your ex and making her want you back.

Remember: Whatever you say and do from now on is either going to be attracting your ex back to you or turning her off even further.

Donâ€™t make the assumption of thinking that itâ€™s okay to stay stuck feeling separation anxiety after your breakup and that your ex wonâ€™t notice if you put on a brave front around her.

Women are very perceptive and can easily pick up when a guy is faking that heâ€™s coping without her.

On the other hand, if a woman interacts with her ex after a breakup and notices that heâ€™s being confident, emotionally strong and getting on with his life with or without her, she canâ€™t stop herself from feeling drawn to him again.

So, before you attempt to contact your ex again, make sure that you calm down and regain control of your emotions first.

You will be grateful to yourself that you did when you see how your ex responds to you (e.g. she opens up to you, is more willing to talk over the phone and see you in person).

Another thing you need to know to help you deal with your separation anxiety after your breakup isâ€¦!

3. Know that youâ€™ve always been an individual and still are

If you and your ex had an amazing connection (e.g. you enjoyed the same things, the sex was awesome, you finished each otherâ€™s sentences), itâ€™s only natural that you will now be feeling a void in your life.

Yet, hereâ€™s the thingâ€¦!

Even though you and her shared a unique bond, it doesnâ€™t mean that she is connected to you at the hip.

In other words, sheâ€™s not you and youâ€™re not her.

Youâ€™re an individual who has had his own interests, tastes and social networks in life before you met her and hopefully, you still do.

Of course, if you mistakenly thought that to make your woman feel loved and appreciated, you had to

make her the centre of your world and gave up all your dreams, interests, hobbies and friends to spend more time with her, now is the time to quickly change that and become an individual once again.

Why?

Firstly, by being your own man and focusing on the things in your life that are important to you (i.e. your goals and dreams, your interests and hobbies, your friends), you will automatically stop feelings overwhelmed by the separation.

Secondly, when your ex notices that youâ€¢re not sitting around feeling sad, lonely and lost without her and are instead emotionally independent and feel good about yourself and your life without her, something amazing happens.

She automatically feels a surge of respect for you again, because youâ€¢re not being a needy, emotionally weak man.

Instead, you are confident in yourself with or without her approval or love and thatâ€¢s attractive to her.

As a result, she starts to feel drawn to you again, because women (including exâ€¢s) are attracted to good men who are confident, happy and forward moving in life, regardless of whether heâ€¢s in a relationship or not.

You can then easily build on her feelings of respect and attraction for you and get her back.

However, if you stay stuck in your feelings of separation anxiety and thinking things like, *â€¢I canâ€¢t live without her*, â€¢ your ex will pick up on that during interactions and feel even more turned off by what she perceives as your neediness and emotional dependence on her.

Another thing you need to know to help you deal with your separation anxiety after your breakup isâ€¢!

4. Know that life gets better when you take the right actions

Newton's third law of physics states: For every action, there is an equal and opposite reaction.

In other words, your actions determine your results.

For example: If you take a weak (i.e. wrong) action, you will get a weak result and if you take a strong (i.e. right) action, you will get a strong result.

How does this relate to you dealing with your separation anxiety after a breakup?

Essentially, if you take the right action, by quickly changing some of the things that caused your ex to break up with you and then interacting with her and actively re-spark her feelings for you, the reaction you will most likely receive is to get her back.

On the other hand, if you take the wrong action and sit around feeling sad, depressed and unsure of yourself and you avoid interacting with your ex, or when you do, you behave in ways that are unattractive to her, the results will most certainly be that you lose her forever.

Which is why, if you want to get your ex back, you need to change your approach (i.e. stop thinking negative things like, *â€¢I canâ€¢t deal with the separation anxiety after my breakup*) and do what actually works (i.e. actively making her have strong feelings for you again and then guiding her back into a relationship).

Donâ€¢t waste time focusing on the breakup and how itâ€¢s making you feel.

Thatâs not important now.

What is important is that you change your exâs perception of you so she thinks of you in a more positive way.

Only then can you get her back and get on with enjoying a great relationship together again.

Another thing you need to know to help you deal with your separation anxiety after your breakup isâ!

5. Know that anxiety is self created and therefore, can be self deleted

If you continue to think negative thoughts about yourself and how you feel now that you and your ex are broken up, itâs only natural that you will feel anxious and tense.

Anxiety and tension, like confidence, is self created.

Itâs based on how you think.

When you think things like, *âI canât get over my ex. Iâm feeling so lost without her,â* you will inevitably feel separation anxiety.

On the other hand, when you think confident, self-assured thoughts like, *âI know it sucks to be broken up, but Iâm emotionally strong and I can have a happy, fulfilling life with or without her,â* or *âI know weâre currently broken up, but I can quickly get her back when I re-attract her in the ways that are important to her,â* you will automatically start to feel less anxious and more in control of your life.

The more you think that way, the less the anxiety of the breakup can get to you.

In fact, it will totally be deleted and you will realize that you feel a lot more positive, optimistic and happier than ever before and as a bonus, you will automatically become more attractive to your ex too.

You can then quickly reactivate her feelings for you and get her back.

Except this time the relationship will be even better than before, because youâre now a more confident, emotionally strong and independent man than ever before.

Where Some Men Go Wrong When Trying to Deal With Separation Anxiety After a Breakup

If youâre serious about getting over your separation anxiety and getting your ex back, you need to make sure that you avoid making the following mistakes:

1. Focusing on the pain, rather than working towards a solution

If you spend most of your time thinking about how terrible your life is without your ex, itâs inevitable that you will struggle to move forward and get her back.

The fact is, when youâre thinking about your separation anxiety, youâre just focusing on the problem, rather than looking for a solution.

So, whatever energy youâve already invested in feeling anxious and stressed since you and your ex broke up, itâs now time to stop and you need to start focusing on what it will take to get her

back.

For example: Some of the ways you can begin regaining your ex's respect and attraction for you are:

- Being confident and sure of yourself around her from now on, rather than sad, insecure and self-doubting.
- Using humor to lighten your interactions with her and make her feel good to be around you, rather than always being too serious and making her feel tense, closed off and strained.
- Focusing on having fun with her, rather than always trying to get her to commit to a relationship with you.
- Believing in your value to her, rather than thinking that she's too good for you.
- Making her feel feminine and girly in your presence, rather than treating her like a neutral friend.
- Standing up to her in a loving way when she's creating drama, rather than giving in to her and allowing her to feel more emotionally dominant than you.

When your ex can see for herself that you're handling the breakup in a confident, emotionally strong way (rather than being an emotional mess and drowning in separation anxiety), she will automatically start to feel some respect for you.

When that happens, she will also begin to feel attracted to you again and with those two things in place, her guard will naturally begin to come down.

She then opens herself up to interacting with you more over the phone and especially in person, which then opens up the door for you to fully re-attract her and make her fall back in love with you again.

Another mistake to avoid is:

2. Contacting her when in pain and turning her off even more

Sometimes a guy thinks that if he contacts his ex and shows her how lost and depressed he feels without her (e.g. he cries about how he can't function without her, begs her for another chance), she will feel flattered by his devotion and then give him another chance.

Yet, in almost all cases, when a woman sees that her ex is sad, dejected and emotionally broken without her, rather than make her think, *"I never realized he loved me so much. It's so romantic to have a man who cannot live without me. I'd be crazy not to give him another chance,"* she instead feels turned off by his emotional neediness.

She then becomes even colder towards him and in some instances, even treats him with contempt and disdain (the opposite of what he was hoping for).

This is why, if you want your ex back, you have to make sure that you approach this properly.

So, the first thing you need to do is to take 3 to 7 days to calm down and regain control of your emotions.

Get rid of your feelings of neediness and desperation by knowing that you can re-attract her and get her back.

Then, when you do contact her, you will be feeling emotionally strong and confident, rather than anxious, needy and clingy and she will naturally feel drawn to you again in a way that feels good to

her.

Her defenses come down and you can then gently and confidently get her back over the next few days to a week.

Another mistake not to make isâ€¦|

3. Avoiding the ex back process out of fear of being rejected by her

Sometimes a guy will get it in his head that getting his ex back is impossible, simply because she said so (i.e. when she broke up with him she said something like, *â€œItâ€™s over between us and nothing you can do will make me change my mind and give you another chanceâ€*).

So, rather than quickly make some changes and improvements to himself and then go ahead and get her back, the guy sits around dwelling on his feelings of separation anxiety because he fears being rejected by her.

Yet, what a guy like that doesnâ€™t realize is that the longer he waits to reactivate his exâ€™s feelings for him, the greater the risk of losing her completely.

So, while he debates with himself about his chances of getting her back, his ex is usually moving on (often by hooking up with another guy).

This is why, if you donâ€™t want to lose your ex, you need to make a move now.

Call her on the phone, spark some of her feelings for you and then get to a meet up with her where you can fully reactivate her feelings for you.

The truth is, more time isnâ€™t the answer to healing your separation anxiety.

Getting her back right now, or at least in the next week or two, is the answer.

That is possible for you.

All you have to do is begin to take the first step in the direction of getting her back and you are on your way to being back together with her again.

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[image]

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Ex Wife Said We Grew Apart and Became Different People

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 possible reasons why she feels that way:

1. You and her seemed to have the same idea about what marriage was initially, but that changed over time

One of the most important aspects of a happy and successful relationship is that the man and the woman both have the same ideas about marriage.

For example: Imagine a guy proposes to his woman and they begin discussing their life together.

Seeing as the man was raised in a more traditional family where his father went out to work and provided for his family and his mother stayed home to take care of the household and the children, he may then expect the same dynamic to happen between him and his soon-to-be wife.

He might then say something like, *“I’m quite well established in my job/business, while you’re still in a low level position at work. So, it makes better sense if I focus on my career, while you focus more on our home. Then, when we have children, it will be easy for you to quit your job and stay home to take care of them.”*

At the back of her mind, she may be thinking something along the lines of, *“That makes sense. His job is better than mine, so for now, I can take care of all the responsibilities at home like the cooking and cleaning. However, I am planning on moving up the levels in my career and when that happens, we can re-look our arrangement to suit both our needs.”*

Naturally, because she is in love with him and is excited about getting married, she then agrees with his idea of how their marriage will be, without saying what’s on her mind.

Basically, she doesn’t think it will be that big of a deal and when things change (i.e. she starts to advance and earn as much, or even more than him), he will be happy to support her and share the responsibilities in the home and with any children they may have together.

As it turned out however, the guy never felt comfortable with changing the dynamic between him and his wife, even when she was the one with a better career and earning more money.

In his mind, he still expected her to be solely responsible for the household and the children.

This may then have led to arguments and disagreements where he said things like, *“I thought we discussed this before we got married and agreed that you will be the one taking care of our family and home. Why are you being so stubborn now?”* and she then responded with something like, *“We agreed because you were the one who was more settled, but that’s changed. It’s only fair that the duties get shared equally now that I’m the one with the better job and earning more money. Why can’t you see that?”*

Over time, this led to a total breakdown of the trust in the marriage and ultimately to divorce.

The guy might then struggle to understand why this happened and he may even ask his ex wife to explain what went wrong, only for her to say something like, *“We grew apart and became different people.”*

What a guy like that doesn’t realize is that even though him and his ex wife seemed to have the

same idea about what marriage was initially, it doesn't mean those ideas are set in stone.

In most cases, for a marriage to last, both the man and the woman have to change and evolve based on what life throws at them.

That doesn't mean a guy (or woman) has to compromise on his fundamental beliefs about marriage (e.g. staying faithful to each other, treating each other with respect and consideration), but it does mean he needs to be flexible and open to change that can be beneficial to the both of them.

If he can change and evolve, his wife will naturally feel motivated to contribute to the relationship and be good woman to him.

However, if he stays stuck in his opinions and refuses to see things from her perspective, she will usually disconnect from her feelings of respect, attraction and love for him and begin pulling away, being closed off and wanting a divorce.

Another possible reason why your ex wife said you and her grew apart and became different people is

2. One of you became increasingly mature emotionally, while the other remained the same or became more immature than before

The main thing that usually draws a couple together is that they are both on the same level as people.

For example: Both people in a couple might be

- Party animals that love to go out to clubs and have fun, drink and dance the night away. Their relationship is mainly about being carefree and enjoying being young and full of energy together.
- At university or college together and only focusing on graduating and finding suitable work before they make decisions about buying a house or starting a family together.
- Avid travelers who aren't interested in setting down roots in any one place and simply prefer to go from place to place and experience new people, cultures or environments together.

So, if one person matures a lot faster than the other, they will naturally start to grow apart and one, or both of them, will realize that they're no longer compatible.

If the woman is the one who matures faster than her man (e.g. she stops wanting to party all the time and wants to focus more on her studies or career instead, while he still prefers to stick to partying and being carefree. She graduates, gets a job and wants to buy a house and then have children, while he still drifts from job to job and doesn't want the responsibility of a mortgage or children. She gets tired of always being on the move and wants to settle down in one place, while he still wants to experience more places), she will eventually begin to feel that she is being forced to suppress her true feelings and desires for the sake of the marriage.

She will then likely start resenting her husband for not growing up and she slowly begins to disconnect from her feelings of respect, attraction and love for him, until it leads to them getting a divorce.

Of course, it's not always the woman that matures faster than her man and it can also happen the other way around.

Either way though, when a couple is not in sync with each other, it will inevitably lead to

misunderstandings and unhappiness.

When that happens, a woman will likely tell herself something along the lines of, *“This doesn’t feel right anymore. I used to feel so good around him, but now it’s terrible. I just can’t be who I want to be anymore, because I’m always putting on an act to please him. It’s just not working between us anymore. We’ve grown apart and we’ve become different people.”*

She then asks for a divorce, so that she can reconnect with the person she really wants to be, rather than suppressing her true self and being forced to be who her husband wants her to be.

Another possible reason why your ex wife said you and her grew apart and became different people is

3. After all the arguing and fighting, the marriage just didn’t feel the same anymore

Although arguments and disagreements are natural in any relationship, if it becomes something that happens all the time, it will inevitably change the man and his woman and the way they perceive each other.

Basically, it’s like they become different people.

At times they’re almost like enemies at war with each other and always trying to prove the other wrong, so they can then feel good as individuals.

In situations like that, a woman will eventually get tired of how much effort seems to be required to be in the marriage with her husband.

She may then begin thinking things like, *“This is not what I signed up for. I hate that we’re always fighting and that I end up hating him when it’s over and hoping something bad will happen to him. I don’t like being that person. This marriage has become too stressful for me.”*

So, rather than continuing to deal with the stress, she will look to get a divorce.

He might then feel hurt and disappointed with her and he may even say to himself, *“Why did she give up so easily? Didn’t our vows mean anything to her? Sure, we had some problems, but she didn’t even try to make things work. Instead, she’s telling me that we grew apart and became different people. I just don’t understand.”*

Here’s the thing though

Unlike in the past where a woman would stay in a marriage for life regardless of how bad she felt, in today’s world, a woman is free to leave any time she wants if she isn’t feeling the way she wants to feel (i.e. like she can look up to, respect, feel attracted to and love her man).

It’s just the way things are.

So, for a guy to get his wife back in a situation like this, he needs to change how he interacts with her, in a way that makes her feel respect and attraction for him again (e.g. he makes her smile and laugh, feel feminine and girly in his presence, understands her subtle, secret reasons for feeling turned off by him initially), then her feelings for him will also change.

However, if he continues to argue and fight with her about the same things, she will just keep saying things like, *“Forget it. We’ve grown apart and are two different people now. Our marriage is*

*over and you need to accept that.*â□□

Another possible reason why your ex wife said you and her grew apart and became different people isâ□|

4. You weren't able to maintain her attraction and possibly even developed unattractive traits and behaviors that weren't there initially

For a woman to be happy and maintain respect and sexual attraction for her man, she needs him to think, act and behave in ways that are important to her (e.g. he is confident and emotionally strong and takes care of both of them, he thinks about their future together and takes the right actions to get them there, he is good to her which makes her feel motivated to be good to him, treat him well and make him feel loved as well).

So, if her husband starts to behave in ways that turn her off, she will naturally begin to disconnect from her feelings of respect, attraction and love for him.

She will then usually stop feeling motivated to contribute to the relationship and be a good wife to him and will instead start pulling away.

When that happens, the sex will usually start to dry up, they begin to spend more and more time doing separate things (e.g. hanging out with their own friends, focusing more on work, participating in separate hobbies) and slowly grow apart.

Eventually, there is nothing keeping them together and they end up getting a divorce.

This is why, if you want to get your wife back, you need to get clear on what aspects of your thinking and behavior turned her off, so that you can make some attractive adjustments to yourself and easily re-attract her.

For example: Some of the unattractive traits and behaviors that a guy might develop after he gets married are:

- He starts feeling unsure of himself and his attractiveness to his wife, so he becomes needy, clingy, jealous or controlling.
- He struggles to cope with the stresses of life (e.g. the responsibilities of marriage, work, raising children), so he becomes irritable, snappy and easily annoyed or angry with her.
- He stays stuck at the same level in life and refuses to make any progress towards his goals or dreams.
- He gives up all his own friends, interests, hobbies and dreams in life so that he can spend all his time with his wife and he expects her to do the same thing too.
- He becomes too serious and responsible in the marriage and stops being fun to be around.
- He starts taking his wife for granted and begins to treat her more like a friend (i.e. he stops making her feel like a desirable woman).
- He loses the emotional masculinity that attracted her to him in the first place and becomes wimpy and emotionally weak by allowing her to dominate him.

When your ex wife can experience your new, attractive behavior for herself, she will naturally begin to feel more respect and attraction for you as a man.

She will then drop her guard and allow herself to open back up to the idea of being in a relationship with you again.

Another possible reason why your ex wife said you and her grew apart and became different people isâ€¦!

5. You let the stresses of life change you as a person

Every couple goes through stressful times or moments and experiences challenges and obstacles.

It's how they deal with them and react to them that makes all the difference.

Some couples are happy and totally in love despite their world crashing down around them, whereas some couples can't even deal with minor obstacles or bumps in the road.

The responsibility rests on the man's shoulders to be the strong one and guide himself and his woman out of the chaos and back into control.

When that happens, both him and his wife don't ever feel the need to break up.

They only want to be together with each other in a committed relationship, because that's when they feel the best, most fulfilled, most loved, safest and happiest.

On the other hand, if the man can't create a secure, happy dynamic in his relationship with his wife, they will inevitably grow apart and become different people.

Where Guys Go Wrong After Divorce

You can get your wife back if you want to.

However, if you go into the ex back process with the wrong mindset, it will become a lot more difficult than it needs to be.

So make sure you avoid making any of the following mistakes:

1. Not knowing that it's possible to re-attract her and get her back with a new approach

If you try to get your wife back by using the same old attraction methods you used before you and her got married (e.g. being really nice to her, buying her gifts, letting her have her way), rather than make her want to get back together again, she will likely just think something like, *"This is my point exactly. He's still doing the same old things and expecting me to be impressed. Yet, I've changed. I'm not the same naïve young girl that fell in love with him the first time anymore. I'm a mature woman now and what I need is a real man who can make me feel like a real woman when I'm with him."*

So, if you want to show your ex wife that you've changed and matured in the ways that matter to her, you need to make sure that your approach to attraction is new and different from now on.

When you begin attracting her in new ways (e.g. being more confident around her, being more ballsy and standing up to her when she disrespects you or creates drama, being more emotionally independent), she won't be able to stop herself from feeling drawn to you again in a way that feels good.

She won't be able to stop herself from feeling a renewed sense of respect and attraction for you and then, the idea of getting back together again starts to seem appealing to her.

Another mistake isâ€¦!

2. Acting like a neutral friend to her and expecting her to feel sparks of romantic and sexual attraction

If you act like a neutral friend around your ex wife, she will probably only ever have friendly, neutral, non-sexual feelings for you.

She might even start turning to you for advice when she becomes interested in another guy or experiences guy problems because she now feels so comfortable with you.

So, if you don't want to find yourself in that position, make sure that every time you interact with her (on the phone or in person) you actively spark her feelings of sexual and romantic attraction for you, rather than pretending that you only want to be her friend.

Of course, it's perfectly fine to be friendly with her, but just make sure that you're not pretending to be an innocent friend who isn't interested in her in a sexual or romantic way.

If you do, you may end up regretting it when she calls you to tell you that she's in love with someone else.

Finally, another mistake to avoid is!

3. Giving up if she doesn't seem interested at the moment

In almost all ex back cases, a woman won't seem very enthusiastic at the idea of getting back with her ex.

Instead, she will remain neutral, or even cold and closed off and wait to see if he's really changed and improved before she lets down her walls and allows herself to have feelings for him again.

So, don't worry about it if your ex wife is currently acting like she's not interested in giving you another chance.

You can make her interested.

All it usually takes is for you to interact with her over the phone and especially in person and make her feel a renewed sense of respect and attraction for the new man you've become.

When she sees for herself that you really are the man she always wanted you to be, her reasons for wanting to be divorced will begin to fade away.

She then opens back up to seeing you more, to see where things go from there.

So, if you want her back, don't give up just yet.

Get her back and give your marriage one more try.

It's actually pretty damn easy to do.

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[image]

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Ex Girlfriend Has Daddy Issues

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 3 ways to help her overcome her daddy issues and be a good girl for you:

1. Stop thinking that her daddy issues are more powerful than you

If you think that she can't be fully committed or in love with you because of her daddy issues, then you're right.

Every other boyfriend she has dumped will have thought the same thing.

The only man that a woman like her will respect is one who sees past the superficial issues and games and loves her for who she is, flaws and all.

Here's the thing!

If a guy is confident in himself and in his attractiveness and value to his woman, he's usually not going to care whether she has daddy issues or not.

Instead he's going to simply focus on saying and doing the kind of things that will naturally grow her feelings of love, respect and attraction for him.

He's going to create a relationship dynamic that causes his woman to want to treat him well, be attentive, loving and affectionate, regardless of whether she has daddy issues or not.

Where so many guys go wrong in a relationship with a woman who has daddy issues is by putting in way more effort than her into the relationship, to hopefully get her to overcome her problems and love him and treat him well.

Yet, it rarely works out that way because women don't like to reward emotional weakness (i.e. a guy who can't see past her issues and games) with love, affection, sex and devotion.

So, if you want to get your ex girlfriend back, the best approach is to ignore her daddy issues and focus instead on making her feel so much respect, attraction and love for you as a man that she can't stop herself from wanting to be a good girlfriend to you and treat you well.

When she sees for herself that you're a much more emotionally attractive man now (e.g. confident, self-believing, calm and relaxed under pressure), she will naturally start to feel respect and attraction for you and want to be your girl once again.

Another way to help your ex girlfriend overcome her daddy issues and be a good girl for you is!

2. Don't try to pander to her issues

Many guys get dumped by women like this because they try to be better than her father.

For example: If she has daddy issues about being abandoned, treated badly or ignored, her guy might then try to be the opposite by being extra nice to her, giving her loads of attention and constantly reassuring her that he cares for her and that she's special to him.

Yet, rather than make the woman reward him with her love and devotion, she usually treats him even worse than before.

Why?

If you pander to a woman's issues, she will lose respect for you because your actions will seem

desperate and misplaced.

After all, her daddy issues are only a superficial, changeable part of her personality.

Remember: Women hate it when a guy lacks the balls to handle her and her issues in a loving way.

It suggests to her that he's too emotionally weak and that she will then have to be the stronger one who takes the lead in the relationship, which is unappealing to her.

She then can't relax and be a feminine woman around him, because she has to take care of the both of them.

Here's the thing:

If a woman senses that you are unable to maintain your confidence with her and remain calm and in control regardless of what she's saying or doing, she will lose respect for you.

When she doesn't respect you, she will find it difficult to feel sexually attracted to you and without those two things, she will start to pull away from you.

On the other hand, if you stay calm, relaxed and confident around your woman regardless of how she's behaving and don't put up with her drama or bad behavior, then she won't be able to stop herself from feeling respect and attraction for you.

It might not make much sense to a guy who believes that being patient, extra nice and just taking whatever she throws at him is the key to overcoming a woman's daddy issues, but that's how it works with almost all women in this situation.

The nicer you are to her and the more you indulge her, the less attracted to you she feels.

The truth is, a woman like her will change and be a good girl to a man who is strong enough to see past all the BS and love her for who she is, without getting insecure when she is turning up the drama to test him.

So, if you want to get your ex girlfriend back, don't give her the sense that you're going to run after her and indulge her daddy issues because you're so desperate to have her in your life.

Sure you want her back, but you don't need her back to feel good about yourself.

[image: A woman with daddy issues will be a good girl for the right man]

When she can see for herself that she no longer has power over you because of her issues, she will naturally begin to look up to you and respect you as a man.

She will then become curious about her new feelings for you and she will open up to being in a relationship with you again and being a good woman to you from now on.

Another way to help your ex girlfriend overcome her daddy issues and be a good girl for you is:

3. Realize that most women didn't have a perfect relationship with their father

Some women did have a perfect relationship with their father and in cases like that, they often try to find a boyfriend or husband who is as good as their father.

For other women, she might initially feel attracted to men who are like her abusive, manipulative, angry, selfish father, but eventually that phase passes.

She might then accept (not select) a really nice guy who is sweet, loving and kind because she hopes that he will make her happy in a way that her father and all her subsequent equally horrible boyfriends couldn't.

Yet, she's not going to be happy with either extreme.

What she really needs and what pretty much every woman needs is a balanced, emotionally strong man who doesn't get flustered and insecure when she tests him.

He loves her for who she is and is strong no matter what, so in return, she feels respect, attraction and love for him and wants to be a good girl for him so she doesn't lose him.

She knows how hard it is to find a man like that.

So, rather than worry about your ex's daddy issues and allowing that to influence the way you interact with her (e.g. by being too nice and accommodating, letting her have her way, trying too hard to please her) and focus instead on being your own man.

If from now on you stop falling victim to her unnecessary emotional drama, she will naturally begin to look up to you and respect you again.

As a result, she will then begin to feel sparks of attraction and love for you again and will open herself back up to being with you, because you're now the kind of man she's been looking for all along (kind, loving, yet also emotionally strong and masculine).

Where Guys Go Wrong With an Ex Girlfriend Who Has Daddy Issues

It's quite likely that your ex girlfriend does suffer from daddy issues and that may then have caused your relationship to break up.

However, it's also possible that you misunderstood her and didn't know how to handle her when she was acting up.

For example: Ask yourself, are you making any of the following mistakes with your ex?

1. Diagnosing her as being totally messed up and beyond repair

Sometimes a guy might find himself in a relationship with a woman who is overly emotional and likes to throw tantrums or burst into tears about irrelevant things.

Yet, rather than see her behavior as being irrational and then laughing at her for being so silly, he instead becomes upset and begins to look for the underlying cause.

Knowing her personal history, he then self-diagnoses her as suffering from daddy issues and concludes that she's truly messed up.

He might then try to fix her, by doing things differently to what her father would.

For example: If a woman's father was cold and closed off towards her, her guy will then be overly emotional and smother her with attention.

Alternatively, if her father was emotionally or even physically abusive towards her, her guy will then be extra nice, sweet, gentle and agreeable towards her.

Yet, in almost all cases, when a guy is being too emotionally weak and wimpy with her, rather than make a woman get over her daddy issues, she instead becomes more aloof, disinterested and even disrespectful towards him (i.e. because she feels more emotionally dominant than him).

Naturally the guy might feel hurt that after all he's done for her she still can't get over her

daddy issues and he may then say to himself, *â€œThereâ€™s nothing I can do. Sheâ€™s just too messed up and beyond repair.â€*

Yet, hereâ€™s the thingâ€¦

A woman doesnâ€™t need her guy to be the opposite of her father, she needs him to be the kind of man she can look up to, respect, feel attracted to and love.

When she can feel those emotions around him, her issues with her father wonâ€™t matter, because she will be too busy trying to be a good woman to her man, so that she doesnâ€™t lose him.

So, if you want to get your ex girlfriend back, stop trying to be her therapist and focus instead on being her man.

When she can depend on you to be confident, emotionally strong and emotionally dominant, no matter what she says and does, she will naturally begin to respect and feel attracted to you for being man enough to not get caught up in her drama.

As a result, she wants to be your girl again.

You can then easily get her back into a relationship that isnâ€™t clouded by her issues anymore.

Another mistake you might be making isâ€¦

2. Thinking that your nice guy approach is right and women should accept it

Women like her do want a good guy, but they just aren't happy with a guy who puts her first no matter what, gets emotional when she tests him and is constantly trying to change her.

She's not broken.

She's just testing guys to find one who can handle her without becoming insecure and losing touch with his masculinity.

Of course that doesnâ€™t mean you have to become a jerk, bully her or treat her badly to get her back.

Instead, you simply need to show her that youâ€™re now more confident, ballsy and assertive, while still being a good guy.

In other words, be a more balanced, well rounded man, rather than being too nice and gentle, or too hard and aggressive.

When you interact with her on the phone and especially in person and she sees for herself that you are now the type of man she always wanted you to be (e.g. emotionally strong, emotionally masculine, emotionally dominant), she will start feeling attracted to you in the ways that have always been secretly important to her.

Her guard then comes down and she wants to be around you more and more.

You can then build on her feelings for you and get her back into a relationship that is more balanced, where you donâ€™t let her daddy issues get in the way and neither does she.

Another mistake you might be making isâ€¦

3. Assuming that her need for attention from other men means she has daddy issues

Just because a woman acts a certain way, it doesnâ€™t mean itâ€™s because of only one reason.

For example: A womanâ€™s father made her feel like she wasn't pretty or wasn't important enough

to pay attention to, so she then seeks attention and validation from other men.

Yes, that is one reason why a woman might behave in that way.

However, other reasons includeâ€¦!

- She is trying to attract herself a boyfriend or husband and that is her strategy to do it.
- She is insecure about her appearance like 95% of other women and has gotten used to using men's reactions to her as a way to boost her self esteem.
- She likes sex and isn't afraid to show it. Most women want sex just as much as men, but don't show it because of social expectations.
- She secretly hates men and likes to reel them in so that she can reject them to get revenge for how she feels.

As you can see, there could be many reasons why your ex girlfriend is the way she is and daddy issues is only one of the possible reasons.

However, the important thing for you to understand is that if you want to get your ex girlfriend back, itâ€¦s up to you to create the right relationship dynamic that will then make her want to be a good woman to you, treat you well, be affectionate, loving and faithful to you.

How can you do that?

By being a confident, emotionally strong and masculine man who doesnâ€¦t let her walk all over you, while at the same time treating her well and making her feel loved, desired and appreciated.

When she can see for herself that no matter where else she looks, she will never find a man quite as good as you, she will stop messing around and she will open back up to you.

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[image]

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How to Get My Ex to Admit Her Feelings For Me

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 3 examples of how to make that happen:

1. Reawaken her feelings of sexual and romantic attraction, on a phone call or when talking to her in person

One of the best ways to get your ex to admit her feelings for you is by making her feel so much respect and attraction for you during interactions (i.e. on phone calls or at meet ups), that she can't stop herself from saying something along the lines of, *It feels nice to be talking to you like this again. I've really missed you.*

For example: Some of the things that will reawaken her feelings for you are:

- Maintaining your confidence with her regardless of what she says or does to make you feel insecure, or unsure of yourself (e.g. she initially says something like, *My feelings for you are dead,* or she acts cold and aloof and like she's not interested in talking to you).
- Using humor to take the awkwardness out of your interactions with her and make her smile and laugh and feel good around you again.
- Flirting with her to create some sexual tension between you, rather than being too nice and making her feel more emotionally powerful than you, or being neutral and making her feel like you're not interested in her anymore.
- Showing her that even though you still have feelings for her, you're not sitting around feeling lost and depressed without her. Instead, you're happy, fulfilled and are getting on with your life (e.g. actively pursuing your goals and dreams, doing the things you gave up on doing to be with her, reconnecting with your old friends).
- Showing her via your actions, conversation and behavior that you're a new and improved man (e.g. you're more ballsy, more confident and sure of yourself and your attractiveness to her and to other women, more emotionally independent).

When you make your ex feel a renewed sense of respect and attraction for you, most or all of the negative, angry feelings she still has about you begin to fade away.

Her guard comes down and she begins to reconnect with her feelings of love, making it easier for her to admit her feelings for you, because it now feels like the right thing for her to do.

However, if you keep pushing her to tell you how she feels without first re-sparking some of her feelings for you, she will usually just keep pushing you away and saying things like, *You're so full of yourself. You have these wild ideas about my feelings for you, but the truth is, I don't feel anything. What we had is over. You need to accept that and leave me alone.*

Another example of how to get your ex to admit her feelings for you is to:

2. Build up so much sexual tension that she just has to say something about how she feels

[image: Build up so much sexual tension that she just has to say something about how she feels]

You can interact with your ex and act like a nice, neutral friend who isn't attracted to her anymore, but that's not going to make her open up and tell you how she feels.

Instead, she's likely going to be guarded and she's going to pretend that she's not interested in you.

This is why creating sexual tension between you and her is an absolute must.

The more sexually attracted to you she feels, the less she will be able to keep her walls up and pretend that you're not having an effect on her.

So, how can you build up the sexual tension between you and your ex?

By flirting with her and making her laugh and smile during interactions, while at the same time not pushing her to admit her feelings for you.

Flirting makes a woman feel attracted to you and the fact that you're not desperately trying to get her to spill her feelings to you so that you can get her back, creates a build up of desire from her side.

She then starts to wonder, *â€œWhy am I feeling so drawn to him again? Why do I suddenly want to tell him that I still have feelings for him and that I miss him?â€*

That's what you want.

So, don't be afraid to flirt with your ex and make her laugh when you're talking to her over the phone or meeting up with her in person.

Another example of how to get your ex to admit her feelings for you is toâ€

3. Playfully accuse her of missing you

By accusing your ex of missing you in a joking way, you're giving her the chance to admit the truth to you, without coming across as being too easy or desperate.

Basically, she can laugh and say, *â€œOh, okay. Fine, I'll say it. I miss you!â€* and have a laugh with you about it.

You will then have your answer and you can build on that so that the next time she admits that she has feelings for you, it will be in a more serious way.

So, go ahead and playfully make her admit that she misses you.

By the wayâ€

This is best done in person, not via text.

For example: Imagine you're sitting in a coffee shop with your ex and you've been chatting for a little while.

You: Hey, so have you been missing me?

Her: No.

You: Yeah, right. Yes, you have. I can see it written all over your face. You give yourself away so easily. You'd be horrible at playing poker. You have no poker face at all.

Her: [Laughing] No, I haven't been missing you!

You: Yeah, okay...I believe you [Said in a sarcastic, playful way]

At this point she is probably going to be smiling and thinking about you in a positive way because you're just being a bit playful with her.

She may then say something like, *â€œFine. I admit it. I missed you a little bit. Are you happy*

now?â€œ

You can then laugh and respond with something along the lines of, *â€œYeah, Iâ€™m happy now.â€œ*

However, you canâ€™t stop there.

Remember: Her saying that she misses you in a joking way is not an admission that she wants you back.

For her to want that, you have to fully reactivate her feelings of respect, attraction and love during one or more interactions (depending on how bad your break up with her was).

Only then will she truly open back up to you and admit her real feelings for you.

Where Guys Go Wrong When Trying to Get an Ex to Admit Her Feelings Him

Sometimes a guy tries to make his ex admit how she feels about him by saying and doing certain things that he hopes will force her into it.

Yet that rarely, if ever works out and in most cases, the women becomes even more stubborn and closed off.

So donâ€™t let that happen to you.

Make sure that you donâ€™t make any of the following mistakes:

1. Telling her all about your feelings and hoping that she will reciprocate and talk about her feelings

According to social psychology, itâ€™s normal for a person to respond to a positive action with another positive action in turn.

So, based on that belief, a guy will sometimes decide to tell his ex that he still cares for her, in the hope that she will feel obligated to reciprocate by admitting her feelings for him too.

However, although that may work under normal social situations (e.g. between friends or co-workers), the same rules donâ€™t apply in relationships.

Hereâ€™s the thingâ€¦

Although it would be nice if all you had to do was tell a woman how you feel and she would then pour her heart out to you, it just doesnâ€™t happen if the feelings aren't mutual.

If a woman has disconnected from her feelings of respect, sexual attraction and love for a man, then him telling her about his feelings isnâ€™t going to make her suddenly feel the same way about him.

He has to properly re-attract her first.

So, if you want your ex to admit her feelings for you and want you back, donâ€™t waste time discussing your feelings with her.

Instead, focus on making her feel sexual and romantic feelings for you first, so that opening up to you happens because it feels like the right thing for her to do.

When you approach it that way, you donâ€™t have to try to force an answer out of her that she

doesn't want to give.

Another mistake to avoid is

2. Asking her how she feels before you've re-attracted her

Sometimes a guy might decide to go ahead and just ask his ex about her feelings for him.

This might be because he's following the advice of a friend or relative who tells him, *"Why do you keep doing this to yourself? If you really want to know how your ex feels about you, just ask her. It's that simple. She will then tell you and you can stop obsessing about it all the time,"* or it may be because he doesn't know what else to do.

Either way, if you don't re-spark your ex's feelings for you first, asking her how she feels about you is a bad move. Why?

After a break up, a woman will rarely be honest with a guy and come out and say exactly what she's feeling (e.g. because she's afraid of how he'll react if she tells him she doesn't care, she doesn't want to give him a chance to try and convince her to change her mind, she doesn't want to make it easy for him to get her back by telling him how she feels).

So, rather than be honest with you, your ex might actually lie to you by saying things like, *"I'm not sure how I feel. I just need some space to figure things out,"* when what she actually means is, *"I'm over you and I want some space so that I can fully move on and hook up with another guy."*

Alternatively, she might say something like, *"I don't have any feelings for you anymore, so stop asking me. What we had is over, so accept it and leave me alone,"* to test your confidence and see if you're man enough to get her back without her helping you along.

So, rather than asking your ex how she feels about you, just focus on making her feel respect and attraction for the new you, every time you interact with her from now on.

When you reactivate her feelings for you, she naturally becomes more open to discussing her feelings with you.

Another mistake to avoid is

3. Trying to make her feel some pity for how lost and confused you are due to her not expressing her feelings

As tempting as it might be for you to want to say to your ex, *"Please stop being so stubborn and closed off. I just want to know where I stand with you. I need to know how you feel about me so that I can get on with my life, one way or another. Don't you care how you're making me feel? Do you realize that I care about you and want you back and you're just messing with my feelings when you refuse to admit your feelings for me? Please just be honest with me. That's all I'm asking!"* it's usually a bad idea.

Here's the thing

When you try to make your ex feel pity for you, she feels turned off by what she perceives as your emotional weakness.

She sees that she's emotionally stronger than you and it makes her want to move on from you even more.

So, donâ€™t bother trying to make your ex feel pity for how lost and confused sheâ€™s making you feel by not admitting her feelings to you and focus instead on re-sparking her feelings of respect and attraction for you.

Another mistake to avoid making isâ€¦

4. Apologizing over and over for his mistakes

Sometimes a guy might apologize to his ex over and over again for what happened and say things like, *â€œIâ€™m so sorry for stuffing things up between us. I really blew it and I regret hurting you so much. If I could take it all back, I would. I would do anything to not put your through all that.â€*

Essentially heâ€™s hoping she will then say, *â€œItâ€™s okay. I forgive you. I care too much for you to hold a grudge. Letâ€™s forget what happened and try again.â€*

Unfortunately, it rarely works out that way.

In most cases, a woman wonâ€™t admit her feelings for a guy just because heâ€™s apologizing to her.

Why?

To begin with, he hasnâ€™t really done anything to spark her feelings for him and prove to her that heâ€™s really changed.

Instead, all heâ€™s done is apologize and hope she will fall for that.

So, rather than open up to him and tell him that she still cares, she might actually reject his apology by saying something like, *â€œGood! Iâ€™m glad you feel bad. You really hurt me.â€*

So, if you want your ex to admit her feelings for you, apologizing to her repeatedly isnâ€™t the way to go about it.

A better approach would be to give her one brief, sincere apology in a calm, confident and sincere manner and then focus in showing her via your actions, behavior and the way you respond to her from now on, that youâ€™re a new and improved man.

When she can see for herself that you truly have changed in the ways that matter to her, she will naturally open back up to you and tell you that she cares.

Another mistake to avoid isâ€¦

5. Trying to get her back by reminding her about all the good times they shared together

As nice as it would be to be able to make your ex have feelings for you by bringing up all the good times you and her shared together in the past, love just doesnâ€™t work that way.

The thing is, when a woman has disconnected with her sexual and romantic feelings for a guy, being reminded about how good things used to be between them will usually only highlight to her how bad things turned out.

So, if you want to get your ex to admit her feelings for you and get her back, you have to actively make her have feelings for you based on who you are right now.

Donâ€™t bother rehashing all the good times from the past.

How you make her feel right now and from now on is what really counts.

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[image]

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4 Tips For Getting an Ex Back That You Met Online

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you've never had sex with her, then she's not categorized as an ex.

Instead, you were in the friendzone and still are. Here's how to get out of the friendzone if you never slept with her.

However, if you did have sex with her and also had a relationship along with it, then she is an ex.

In that case, here are 4 tips on how to get your ex back that you met online:

1. Make your online dating and social media profiles look more attractive

Women are attracted to men who are confident, happy and forward moving in life, with or without their woman.

This is why, if your ex sees that you're happy and getting on with your life without her, she won't be able to stop herself from feeling a renewed sense of respect and attraction for you.

One of the best ways to do that (especially if your ex is currently ignoring you) is via social media. So, go ahead and update your profiles on social media with some new, attractive photos of yourself. Don't post up photos of you alone, of landscapes, your pets or your car.

Instead, post up photos of you having fun with other people, where you look confident and happy.

A woman feels attracted to that because it shows her that your confidence is not dependent on her, or on women in general.

Instead, you're confident in yourself and can get on with life and enjoy it, especially after a break up.

By the way!

Some guys worry that if his ex sees him being happy without her, she will think that he's not interested in getting her back.

Yet, the opposite is true, because even though a woman probably won't admit it, she will absolutely feel more attraction for a guy who gets on with enjoying his life, compared to a guy who sits around feeling sad, lonely and lost after a break up.

So, just know this: When you post photos of yourself having fun with other people, rather than make your ex feel angry or want to move on, it actually makes her feel curious about the new you.

She then wants to interact with you again.

She may then message or text you to say *Hi*, and you can then reactivate her feelings for you on a phone call and then fully get her back at a meet up.

Another tip for getting an ex back that you met online is!

2. Get clear on the top 5 things about you that turned her off

If you want your ex to get back with you, the first step is to make some changes to yourself to attract her in the ways that are important to her.

However, rather than try to change everything about you (which can be overwhelming and make you

lose hope), just focus on only changing the 5 most important things that turned your ex off about you. For example:

1. You're less insecure and self-doubting now, which means you don't feel the need to get jealous or control her anymore.
2. You're more emotionally masculine, which means that you flirt with her and make her feel attracted, rather than treating her like a friend or pen pal.
3. You're more emotionally mature now, which means that you aren't being childish and immature when you interact with her and in your life (e.g. messaging or texting like a girl with too many smiley faces and emojis, not taking things that are important to her seriously, messing around in your life and not having a clear purpose or direction).
4. You're more emotionally independent, which means that you don't need to hear from her, or be with her, all the time to feel good and have fun.
5. You're more emotionally dominant, which means you're not seeking her pity or letting her walk all over you like she used to.

When she experiences those kinds of changes in you, she naturally drops her guard and opens back up to interacting with you more over the phone and in person, to see where things go from there.

So, just focus on improving those 5 things about yourself (i.e. the 5 things that are relevant to you and your ex).

Don't worry about anything else.

If you improve those 5 things about yourself, it will make her overlook any other minor things that may have turned her off or made her question her decision to be in a relationship with you.

Another tip for getting an ex back that you met online is!

3. Improve your understanding of what makes a woman feel attracted to a man when talking to him on the phone or in person

When trying to get an ex back, a lot of guys make the mistake of using the same old approach that they used before (e.g. being really nice and sweet to her, letting her call the shots during conversation, not standing up to her when she's being cold, bitchy or disrespectful towards him).

Yet, that approach rarely works to get a woman back.

Instead, it simply highlights to her that he's still the same guy she broke up with and that turns her off.

So, if you want to re-attract your ex and make her want to be in a relationship with you, it's very important that when you interact with her from now on, you give her a new and improved attraction experience.

For example: Some of the ways you can do that are by!

- Making her smile and laugh and feel relaxed to be interacting with you, rather than being too serious and trying to talk to her about getting back together again.
- Flirting with her to create some sexual tension between you and her, rather than acting friendly, neutral or distant.
- Showing her via the way you think, talk, act, behave and respond to her, that you've truly

changed and improved in the ways that are important to her, rather than hoping that she will just accept you because you shared some good times before.

- Believing in yourself and in your value and attractiveness to her, rather than feeling insecure and unsure of yourself and then making her feel turned off as a result.
- Being a good man to her, but also being confident and assertive enough to stand up to her when she steps out of line or treats you in a disrespectful way.
- Maintaining your confidence with her, regardless of what she says or does to make you feel nervous or uncertain of yourself around her.

Once she senses the changes in you by listening to how you talk and observing your body language and actions, she won't be able to stop herself from feeling some respect and attraction for you again.

Even if she tries to hide it or pretend that she's not feeling it, she will be feeling it.

You can then build on those feelings and get her back.

Another tip for getting an ex back that you met online is

4. Contact her and get her to meet up with you, so you can re-attract her and get her back

To show your ex that you really have changed and improved and are a different man now, you have to interact with her on a phone call or in person.

When you do, she will be able to hear the tonality of your voice (e.g. do you sound confident or nervous), assess your behavior (e.g. are you sure of yourself or anxious) and see for herself that you really have become a better man.

This is why you need to contact her and begin showing her the new version of you.

For example: You might call her on the phone and start off by putting her at ease with talking to you by using some humor to make her laugh and smile and feel good to be hearing from you.

Then, once she has dropped her guard a little and is feeling more relaxed and open towards you, say something along the lines of, *Anyway, it's been great chatting with you again. It's nice to see that we can just talk as friends, without it being about us getting back together or anything like that,* and let her say whatever she wants to add to that.

Then say, *Let's catch up for a coffee sometime this week to say hi to each other as friends.*

In a lot of cases, a woman won't immediately say, *Yes* because she won't want to come across as being too easy.

She may also be worried that her ex might take it the wrong way and assume that she wants to get back together again, even though at the moment she doesn't.

So, she might say something like, *Look, it's nice of you to ask, but I don't think it's such a good idea. We're broken up now, so let's leave it at that.*

Regardless of what she says, maintain your confidence and don't fall into the trap of doubting yourself and your ability to get her back.

Relax and confidently say something along the lines of, *Hey, look! it's just a quick cup of coffee as friends. I'm not expecting you to fall in my arms and beg me to take you back*

although Iâ€¦ll be nice to you if you do (Btw. Laugh when you say that so she knows itâ€¦s a joke). Seriously though, I really do accept that weâ€¦ve broken up and Iâ€¦m not going to push you into anything youâ€¦re not ready for. Itâ€¦s just coffee between friends. So, letâ€¦s do it. Letâ€¦s catch up to say hi this week.â€¦

At that point she will probably agree and you can then go ahead and arrange a suitable day and time. Just remember: When you meet up with her, you must be ready to say and do the types of things that will reawaken her sexual and romantic feelings for you, rather than being nervous and unsure of yourself and turning her off again (e.g. maintain your confidence around her regardless of whether sheâ€¦s being nice or cold towards you, put her at ease by making her laugh and smile, let her see some of the changes in your behavior and attitude that were lacking in your relationship together). When she can see that you really are a new man, she will naturally begin to open up to the idea of getting back together again.

Common Mistakes Guys Make When Trying to Get an Ex Back That They Met Online

To get your ex back, you need to make sure that the approach you take from this moment onwards is going to be sparking her feelings of respect and attraction for you and making her feel that if she doesnâ€¦t give you another chance, she will be losing out.

This is why you need to avoid making any of the following mistakes that some guys make in a situation like yours and giving her more reasons to stay broken up:

1. He sends her a message, she doesn't reply and he then loses confidence

Sometimes a guy will send his ex a feeler message on social media to just say hi and see what she will do from there.

If she responds to him, he will naturally be happy and take it as a sign that sheâ€¦s open to getting back together again.

However, if she doesnâ€¦t reply, he will likely feel a bit rejected and he may then begin to think things like, *â€¦Well I guess I have my answer. Sheâ€¦s obviously not interested in me anymore if she doesnâ€¦t even want to reply to a simple message. I need to accept that I wonâ€¦t be getting her back, ever.â€¦*

Yet, thinking like that only causes him to lose confidence in himself and in his value to her.

He stops believing that it is actually possible for him to re-attract her and gives up on the idea of getting her back.

What he doesnâ€¦t realize is that heâ€¦s the one giving up on getting her back, not her.

Yes, she might have ignored his message, but that doesnâ€¦t mean sheâ€¦s not interested in getting back together.

The truth is, there are many reasons why a woman might ignore a message from her ex.

For example: She mightâ€¦

- Not want to appear too desperate.

- Be testing him to see if he is truly confident enough to continue trying to get her back, even when sheâ€™s not making it easy for him.
- Be nervous that if she shows that sheâ€™s happy to hear from him he will then reject her to get revenge for her breaking up with him.

As you can see, your ex not replying to a message from you isnâ€™t a good enough reason for you to lose confidence and hope and give up on getting her back.

So, donâ€™t make that mistake.

Instead, just believe in yourself and focus on getting her back, regardless of what sheâ€™s doing or not doing to put you off.

Another mistake that guys make in a situation like this isâ€¦!

2. He contacts her to express his feelings about her

In some cases, a guy makes the mistake of thinking that if he tells his ex how he feels about her, she will suddenly start thinking, *â€œOh, I never realized how much he cares for me. Well that changes everything! It makes me want to give him another chance right away!â€*

Yet, that pretty much never happens. Why?

If a woman doesnâ€™t feel respect, sexual attraction and love for a man, then him pouring his heart out to her and telling her all about his feelings isnâ€™t going to matter to her.

Instead, she may even feel that heâ€™s being selfish, because all heâ€™s thinking about is how he feels and what he wants and not thinking at all about what she wants and how she feels.

Hereâ€™s the thingâ€¦!

Your ex will only care about your feelings when she has strong feelings for you.

So, if you want to get her back, donâ€™t waste time expressing your feelings to her and focus on sparking her feelings for you instead.

Just give her what she wants (i.e. to feel strong surges of romantic and sexual attraction for you) and you will get what you want (i.e. her in a relationship with you again).

Another mistake that guys make in a situation like this isâ€¦!

3. He updates his profiles and hopes that she makes the first move

Sometimes a guy thinks that if he makes himself available on social media (i.e. by constantly updating his profiles), his ex will begin to miss him when she sees it and she will then contact him.

Yet, hereâ€™s the thingâ€¦!

When a woman has lost touch with her feelings of love, respect and attraction for a guy, chances are, sheâ€™s not going to be spending a lot of time checking up on him on social media.

However, even if she does because sheâ€™s curious about what heâ€™s up to, sheâ€™s usually not going to do more than look at his profile.

The truth is, most women wonâ€™t contact an ex after a break up, even if they do still have feelings for him. Why?

Firstly, a woman doesnâ€™t want to come across as being desperate.

Secondly, she doesn't want to help him get her back by making things easy for him.

Instead, she wants to see if he has the confidence to make the first move, even if it seems as though she's not interested.

If he does, she will automatically feel surges of respect and attraction for him again for having the balls to go after what he wants in life (in this instance, getting her back) regardless of how difficult it may have seemed to him.

However, if he waits for her to come to him, he may be waiting for a long, long time.

Another mistake that guys make in a situation like this is!

4. He overanalyzes her posts or any changes she makes to her profiles

Making a big deal about your ex's every move on social media is the fastest way to make yourself start doubting your chances of getting her back.

For example: A woman might post something like, *"Being single is the best! Check out the photos of me and my friends at a party this weekend."*

Her ex might then wonder, *"Did she post that to take a shot at me? Was she hinting that I don't stand a chance with her?"*

On the other hand, she might post something along the lines of, *"Feeling sad and lonely today,"* causing him to think things like, *"Maybe she misses me after all."*

Yet, here's the thing!

Not only will constantly trying to understand your ex's state of mind with every post that she makes drive you crazy, it will also not get her back.

So, a better approach is to forget about her social media habits and focus instead on actively making her feel respect and attraction for you again.

That's what really matters.

Another mistake that guys make in a situation like this is!

5. He makes the same or similar attraction mistakes when he contacts her or interacts with her, so she closes up and isn't interested in giving him another chance

If you keep trying to get your ex back by using the same approach with her that you always have (e.g. allowing her to call all the shots, treating her like a friend, putting her above yourself in terms of value), she will most likely continue to push you away.

So, if you want to make her want you again, you need to focus on making her feel respect, attraction and love for you again, by showing her via your actions, behavior and the way you respond to her, that you're a new and improved man now (e.g. more confident and self-assured, more emotionally independent, more emotionally masculine).

When you make her feel attracted in new and exciting ways, she won't be able to stop herself from feeling drawn to you again.

Her feelings of respect and attraction for you will naturally begin to resurface, whether she wants them to or not.

You can then build on those feelings and get her back, without her even realizing sheâ€™s falling in love with you all over again.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How Does the Dumper Feel About No Contact?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

It depends on the woman.

Here are 5 possible reactions that a female dumper will have to the No Contact Rule being used on her:

1. She won't care because she's not even attracted to her ex

In most cases, by the time a woman gets to the point where she dumps a guy, she has already disconnected with her feelings of respect, attraction and love for him.

So, if he decides to use No Contact on her to make her miss him and want him back, rather than think, *â€œOh no! What have I done? I think I ruined my perfect relationship!â€œ* she usually thinks something like, *â€œThis turned out even better than Iâ€™d hoped for. I was worried that he would try to get me back and I would then have to be bitchy to get rid of him. However, he just walked away instead. I can now move on and find myself another guy, without the added stress of having to deal with a needy, clingy ex. Iâ€™m so relieved!â€œ*

She then focuses on getting on with her life without her ex and doing all the things she wants, like going out with her single friends to bars and clubs, hooking up and dating new men and starting a new relationship.

In the meantime her ex is usually just sitting around missing her and mentally counting the days off his calendar to when he might expect to hear from her (i.e. heâ€™s waiting to see how long it will take for her to miss him and then contact him).

Yet, that call never happens, because she no longer has feelings for him, so sheâ€™s not missing him like heâ€™s expecting her to.

In fact, sheâ€™s happy not to be hearing from him and having to deal with an emotionally sensitive ex.

If he then tries to initiate contact after a few weeks or even months, she will almost certainly reject him, ignore him or reply and tell him that sheâ€™s in love with someone else now.

He is then left feeling confused, dejected and wondering, *â€œI thought using No Contact on an ex is the key to making her come running back. So why didnâ€™t it work with me and my ex? What did I do wrong?â€œ*

The answer is pretty simple: When a woman disconnects from her feelings of respect, attraction and love for a guy, him ignoring her for a long period of time doesnâ€™t create feelings of stress or panic in her.

Instead, it creates feelings of relief, calmness and even joy.

So, if youâ€™re currently wondering, *â€œHow does the dumper feel about No Contact?â€œ* because youâ€™re considering using it on your ex to make her miss you, the answer is: If youâ€™re not 100% sure that your ex still has strong feelings for you, then sheâ€™s not really going to care at all.

This is why, if you want her back, you need to do what works and what works is interacting with her

and actively re-sparking her feelings for you.

When your ex starts to feel sparks of respect and attraction for you again, she will naturally start to drop her guard and start wanting to be your girl again.

However, if you ignore her when she doesn't care, you stand a much bigger chance of losing her to another man forever.

Another possible reaction that a woman might have to the No Contact Rule being used on her isâ

2. She will contact her ex to find out if he's still missing her

[image: The dumper will often contact her ex to confirm that he is missing her, so she can feel good about herself and continue to move on without him]

Sometimes, when a woman doesn't hear from her ex for a long time after she dumped him, she might become curious about why he's not calling her.

Event though she is the one who dumped him and is sure that she doesn't want him back, her ego feels a bit bruised that he's not chasing after her and trying to get her back.

As a result, she may then contact him to gauge how he's really feeling about her.

If he then says something like, *âI'm so glad you called. I've missed you,â* she can then feel better about herself knowing that he is missing her.

From there, she may decide to cut him out of her life for real and move on, or string him along by slotting him into the 'friendzone', with the knowledge that she still has control of his heart.

Another possible reaction that a woman might have to the No Contact Rule being used on her isâ

3. She will be upset about not hearing from her ex, but she won't contact him out of pride

In some cases, a woman will feel quite upset and annoyed that her ex is not contacting her after she dumps him.

In her mind she may be thinking things like, *âI can't believe he's just letting me walk away like that without even trying to get me back. I would have thought that he would at least call me to apologize for stuffing up and try to make things right between us. Instead he's completely vanished.â*

Yet, even though she might feel upset and may want to reach out to her ex to see why he's ignoring her, her pride simply won't let her do it.

Instead, she will likely say to herself, *âWell, if that's how he wants to end things, then it's fine with me. However, he's mistaken if he thinks I'm going to chase after him. I won't ever do that! If he wants me, he will have to be the one that makes the first move.â*

Then, to make herself feel better, she might go out and hook up with a new guy, just to take her mind off being ignored by her ex.

Another possible reaction that a woman might have to the No Contact Rule being used on her isâ

4. She will be upset about not hearing from her ex, but won't contact him out of

fear of being rejected

Sometimes, even though a woman breaks up with a guy, it doesn't mean she's completely over him.

Instead, she may still have some feelings for him and she might even be hoping that by dumping him, she can shock him into being more of the man she wants him to be.

So, if he then uses the No Contact Rule and ignores her for weeks or months, it's only natural that she might begin to doubt his feelings for her.

She may ask herself, *“Why isn't he contacting me? I really thought he would do something to get me back, but he's just ignoring me like I don't matter to him at all! Is it possible that he's already moved on and replaced me with another woman? Maybe I should phone him to find out. I really do want to know why he's ignoring me, but I'm worried that he will reject me and tell me that he's over me. Well, I guess I'm going to have to forget about him and try to move on instead.”*

She then puts in a determined effort to fully get over him (often by quickly getting into a new relationship with a guy that has had a crush on her, or by hooking up with new guys until she finds a new relationship) and moving on.

Unfortunately, by the time her ex realizes that she's not calling him and gets in touch with her after the full No Contact period, it's usually way too late.

She then either refuses to answer his text/social media messages or calls, or if she does, she tells him something like, *“Why are you calling me after all this time? Did you think I would wait around for you forever? Well I did wait, but when you didn't call, I realized you don't really care about me, so I decided to stop waiting around and moved on. I'm over you now, so please don't call me again. What we had is dead.”*

Another possible reaction that a woman might have to the No Contact Rule being used on her is!

5. She will feel rejected or hurt and then seek to heal that pain by hooking up with a new guy

What a lot of guys don't realize is that a woman's confidence is very fragile.

In fact, according to a global survey conducted by Dove cosmetics, 96% of women don't consider themselves to be beautiful.

Added to that, women in the USA are reported to experience depression at twice the rate of men.

So, even though a guy's ex might have appeared to be very confident and self-assured, if she's like most women, she was probably quite insecure, anxious and prone to feelings of depression.

This is why, if the guy then decided to use No Contact on her to try and get her back, rather than her running back to him, she usually starts to feel hurt and rejected by him.

Then, to make herself feel better (i.e. prove to herself that she's still got it and is attractive enough to get another man), she goes out and actively hooks up with other men, until she finds one who she wants to have a relationship with.

By the time her ex gets in touch with her weeks or months later, she's already moved on and possibly in love with another guy.

Where Guys Go Wrong When Using No Contact After Being Dumped

As you may have realized, using No Contact on an ex who has dumped you, rarely, if ever works out in your favor.

So, if you want to get your ex back, you need to use an approach that works, rather than doing things that don't.

For example: 3 common mistakes that guys make are:

1. Thinking that women are all the same, so they will all fall for the No Contact trick

Every woman is different and will react differently to No Contact after a break up.

Only a very small percentage of women will come back to their ex because he uses No Contact.

In those cases, she will still have strong feelings for him and she will have secretly always wanted to get back with him anyway.

So, when he started ignoring her she started to panic about losing him and came back to him.

Yet, in almost every other case, a woman breaks up with a guy because she lost too much respect, attraction and love for him to want to stay with him.

As a result, she doesn't see any reason to want to get back with him, unless he reactivates her feelings for him during interactions.

This is why, if you want to get your ex back, you need to do what works.

You need to interact with her every chance you can get and actively spark some of her feelings for you (e.g. by using humor to thaw her resistance towards you, by showing her that you're a confident and emotionally secure man even when she's being detached, unfeeling and offish towards you, by flirting with her to create some sexual tension).

When she begins to associate you with good feelings again (e.g. respect, attraction, love) rather than bad ones (e.g. anger, disappointment, stress), she will naturally stop pushing you away and open up to the idea of getting back together again.

Another common mistake that guys make is:

2. Sending out feeler texts after No Contact and giving up if she doesn't seem very interested

After a few weeks or months of ignoring his ex, a guy might send her a text saying something like, "Hey, how have you been?" in the hope that she will respond with something along the lines of, "Oh my gosh, it's you! I thought you'd forgotten me. I've missed you so much!"

They can then happily get back together and live happily ever after.

However, life is not a fairytale.

In the real world, a woman who has been ignored by her ex is probably not going to jump for joy the instant he gets in touch with her.

Instead, she will likely either ignore him right back, or she might simply respond to him in a cold, disinterested sort of way.

He may then take that as a sign that sheâs not interested in him anymore, give up and walk away feeling like heâs lost something important.

Yet, hereâs the thingâ!

Put yourself in your exâs shoes.

How would you feel if she ignored you for a long time and then suddenly got in touch out of the blue?

Secretly you might be jumping for joy, but you probably wouldnât show that to her.

Instead, you would likely be guarded, play it cool and wait to see what she does before you allow her to see that you still have feelings for her.

Well, a woman would do the same.

She will be cold and aloof and she will wait to see if you can re-spark her feelings for you and make her want you back.

So, donât give up if your ex doesnât seem interested the first time you contact her, because itâs almost 100% certain that she wonât show her feelings to you even if she is.

The important thing is that you call her on the phone and meet up with her in person, reactivate her feelings for you and get her back.

Another common mistake that guys make isâ!

3. Not understanding that in most cases, it takes confidence and balls to get a woman back

Break ups by their very nature generate awkwardness and tension between a man and a woman.

Basically, getting in touch with an ex woman after you and her have just split up is going to feel somewhat uncomfortable.

After all, yesterday you were a couple and today youâre not.

So itâs only natural that you might feel a bit uncomfortable about calling her on the phone to say âHi,â because itâs likely that sheâs going to be closed off and unfriendly towards you.

This is why, a lot of guys would rather use No Contact and ignore their ex for a few weeks or even months, in the hope that when they do call, she will be less annoyed and even missing him, and then the ex back process will be easier.

Yet, it almost never works out that way.

Hereâs the thingâ!

Chances are high, your ex will be offish towards you if you call her after the break up.

However, if you start sparking her feelings for you right away (e.g. by making her laugh and smile, being confident regardless of how she responds to you, flirting with her to make her feel sexually attracted), she wonât be able to stay closed off to you for very long.

Her resolve to leave you will naturally begin to slide and she will start to wonder if maybe she was too hasty in breaking up with you after all.

She then drops her guard and opens up to giving you another chance.

On the other hand, if you use No Contact, she will likely use the time to get over you and move on.

The truth is, there's no need for unnecessary mind games like No Contact, which usually backfire anyway.

Instead, just have the confidence to interact with your ex right away (on the phone and in person), reactivate her feelings for you and get her back.

That's what really works.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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4 Examples of What to Do After the No Contact Period

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

4 possible options for you to choose from:

1. Pick up your phone, call her, re-attract her and get her to meet up with you

When a guy uses No Contact after a break up, it's usually because he wants to give his ex enough space to make her miss him, so that he can get her back.

So, one of the best things you can do after the No Contact period is to not waste any more time and just call your ex woman on the phone to get the ex back process started.

When you get her on a call with you, focus on getting rid of any awkward tension that might be there (i.e. because you and her haven't spoken in a few weeks or months) by using some humor to get her smiling, laughing and feeling good to finally be hearing from you again.

For example: Imagine she answers your call and says something along the lines of, *"It's been ages since I last heard from you. What do you want?"*

Rather than be put off by her cold and unfriendly manner, use it as an opportunity to make her feel some sparks of attraction for you instead.

You can do that by maintaining your confidence and saying something like, *"I guess this isn't a good time to ask you for a favor then, is it?"*

In most cases, the woman will be curious that her ex is calling her out of the blue to ask for a favor and she might ask something like, *"What favor?"* or *"What do you want from me?"*

You can then respond in a joking way and say something along the lines of, *"Well I'm currently live on 'Who Wants to be a Millionaire' and I'm calling you as my 'Phone a friend' lifeline. There are currently hundreds of thousands of people watching and listening. However, if you don't want to help me out, that's cool. I'll just forfeit my millions."*

She will likely be a bit shocked and say something like, *"What?"* or *"Oh my goodness!"* and you can then laugh and say, *"Only joking! You know I'd suck at answering general knowledge questions live on TV."*

At this point she will almost certainly laugh and feel a bit relieved not to actually be live on national TV and she may say something like, *"I can't believe you tricked me like that!"* or, *"You're so crazy!"*

More importantly, she's also going to feel a burst of respect and attraction for you for having the balls to joke with her in that way after so many days of No Contact.

You can then build on those initial feelings for a few more minutes and get her to agree to meet up with you in person, where you can fully reactivate her feelings of respect, attraction and love for you (i.e. by letting her experience the new and improved you in person) and get her back.

Another example of what to do after the No Contact period is to

2. Send out a feeler text to see what reaction you get

Another option after the No Contact period is to send your ex a text to say *"Hi"* and see how

she responds.

For example: In a best case scenario, she might text back with something like, *â€œHey, where have you been? Iâ€™ve been thinking about you.â€*

You can then call her, re-spark some of her feelings on the call and arrange a catch up with her.

Yet, things don't always play out as a best case scenario.

Sometimes the worst possible scenario happens in your situation.

Here's the thing...

The risk of basing your entire ex back process on your ex's response to a feeler text, is that if she doesn't reply to you, or if she says something like, *â€œWhat do you want?â€* or, *â€œWhy are you texting me? What we had ended ages ago and Iâ€™ve moved on,â€* you may lose hope and give up on getting her back.

Here's the thing!

Just because a woman doesn't seem excited to be hearing from you, it doesn't mean that she's not secretly happy to be hearing from you.

However, she's not necessarily going to show you that right away, especially when you've been ignoring her for a few weeks or months.

Instead, she's usually just going to be cold and aloof, or in some cases, she's even going to ignore you back by not replying to you, and she's going to wait and see if you maintain your confidence and continue to interact with her, or if you're going to give up and disappear out of her life permanently.

So, it's very important that if you do send your ex feeler texts after the No Contact period, you don't give up too quickly.

If you do, you'll never find out the truth about how she really feels about you.

Then you may end up missing out on your chance of getting her back, because you didn't believe enough in yourself and in your ability to re-attract her.

Don't make that mistake.

Believe in yourself, remain confident regardless of how she responds and get her back.

Another example of what to do after the No Contact period is to!

3. Wait longer and see if she contacts you

Although this is definitely an option you might take, it's usually the worst option. Why?

If your ex hasn't already contacted you during the No Contact period, chances are, more time isn't going to make much of a difference.

Instead, a few more days might be the final straw for her (i.e. if she's been waiting around and hoping you will get in touch with her).

She may then decide that you're definitely not interested in her anymore and she will then focus on fully getting over you and moving on, usually by hooking up with another guy.

If you then finally decide to call her after even more time (e.g. another few weeks or months), you may be disappointed to hear her say something along the lines of, *â€œI waited and waited to hear from you after we broke up, but you never even called me once. So, I worked on getting over you and*

now Iâ€™m with another guy and Iâ€™m happy. Please donâ€™t contact me again, because what we had is over. Bye.

Another example of what to do after the No Contact period is toâ€¦

4. Get her smiling or laughing via text to bring down her guard before you call her

Texts are great when you send them to someone who likes you (i.e. a girlfriend, a friend or a family member).

In a case like that, you can say things like, *â€œHi. How are you?â€* or, *â€œIâ€™ve been thinking about you and I wanted to say hi,â€* and it will be okay, because the person on the other end will be happy to be hearing from you.

However, when someone doesnâ€™t like you (i.e. an ex girlfriend), texting unexpectedly just to say hi, is not a good idea. Why?

Texts can easily be misinterpreted in a negative light by an ex who has negative feelings towards you and she will almost always look at your texts as being annoying, stressful and unwanted.

So, if you want your ex woman to respond to your text after youâ€™ve been using No Contact on her, you need to make sure that you use humor to break the ice and make her smile, laugh and feel good to suddenly be hearing from you again.

She can then begin to think something like, *â€œWow, he sounds different? Iâ€™m actually laughing and enjoying texting with him. I never thought Iâ€™d feel this way after he ignored me for so long, but now Iâ€™m curious about what heâ€™s been up to all this time and why heâ€™s changed so much. I wonder if itâ€™s real, or if itâ€™s just an act via text.â€*

She then becomes more open to the idea of talking to you on the phone.

You can then call her, re-spark her feelings for you even more and get her to meet up with you so that you can get her back for real.

Where Guys Go Wrong After Using No Contact

Here are 7 mistakes you should avoid making after the No Contact period if you want to get another chance with your ex:

1. Sticking to text and never getting to a phone call and then meet up

Sometimes a guy feels really nervous about reconnecting with his ex after using No Contact.

So, to begin with, he sends her a feeler text to see how she will respond.

Unfortunately, if his ex then replies to him and sounds like sheâ€™s open to interacting with him, he makes the mistake of thinking that she will give him a sign when sheâ€™s ready to talk to him on the phone.

As a result, he sticks to texting her back and forth.

Of course, in almost all cases, a woman wonâ€™t give a guy the sign heâ€™s waiting for (i.e. that she wants him to call her), so when she realizes that all heâ€™s going to be doing is texting her, she begins to get bored.

In some instances, an ex woman will continue interacting with her ex while at the same time, she

actively moves on and hooks up with other guys.

Alternatively, a woman might decide that keeping up a texting relationship with her ex is a waste of time and she may then eventually respond to him less and less, until one day he realizes sheâs not texting him at all anymore.

Hereâs the thingâ|

Texting an ex after No Contact should only be used as a way of getting her on a phone call to arrange a meet up.

Texting cannot be the main method of getting her back.

If you leave it too long to re-attract her in person, she will experience stronger in-person feelings with other guys that she meets and she will quickly become bored, annoyed or disinterested by your texts.

You may then lose her for real.

So, donât let that happen to you.

To get her back you have to call her on the phone and then meet up with her in person, where you can fully reactivate her feelings for you and make her want to give you another chance.

Another mistake isâ|

2. Overanalyzing her text replies in a negative way

Making a big deal about your exâs every comment is the fastest way to plant seeds of doubt in your mind about your chances of getting her back.

You may then begin to say and do things that come across as needy or desperate to her and turn her off.

She might then pull away (e.g. stop responding to your texts), turning your doubts into reality.

So, stop driving yourself crazy by overanalyzing your exâs texts and just do what needs to be done to get her back.

Re-attract her on a phone call and then in person and from there, get to a hug, kiss, sex and a relationship.

Another mistake isâ|

3. Giving up if she doesn't seem keen to start a relationship again

Even when a woman has really missed her ex during the No Contact Period, chances are high that sheâs not going to make it obvious to him when he first contacts her again.

Instead, sheâs usually going to be neutral around him, or even offish and wait to see what her exâs next move is going to be (i.e. Is he going to re-spark her feelings of respect, attraction and love or is he going to continue turning her off in the same old ways as before?).

This is why you need to show her via your actions, behavior and the way you respond to her that youâre a new man now (e.g. more confident, more emotionally masculine, more assertive).

Then you need to interact with her and actively spark her feelings for you (e.g. by making her laugh and smile and feel good to be talking to you again, flirting with her to create sexual tension).

When you make her feel sexually and romantically attracted to you again, her guard comes down and she opens back up to you quickly and easily.

Another mistake isâ€¦!

4. Writing big, long texts about his feelings

Sometimes a guy wants to make it clear to his ex that even though he wasn't interacting with her for weeks or even months, he still has strong feelings for her.

So, he then sends her long texts saying things like, *â€œAll this time I haven't been able to get you out of my mind or my heart. What we had together was special and I want to get that back.â€*

Yet, rather than feel flattered that he values her so much, it almost always turns a woman off.

Why?

When a woman cannot see you in person and assess your non-verbal communication (e.g. your body language, tonality of your voice), she has to guess what you would be acting like if you said that type of thing to her in person.

If she currently doesn't have any feelings for you and instead sees you in a negative light and she then gets a long text where you are pouring your heart out to her in a soppy, romantic or sensitive way, she is going to imagine negative things about you.

For example: She's likely going to think!

- You were feeling insecure when you wrote it.
- You rewrote certain sections over and over again.
- You're too unsure of yourself to say that to her in person.
- You lack the confidence to call her or meet up with her.

She will then remain closed off, because in her mind she doesn't see any reason to give you another chance.

Another mistake isâ€¦!

5. Texting her to ask if she has changed her mind

If you ask your ex if she has changed her mind about being broken up via text, before you've actually re-attracted her on a phone call and in person, chances are high that she will answer you based on her current feelings for you (i.e. un-attracted, lacking in respect, no longer in love).

If she's a nice person (most women are), she might try to let you down easy by saying something like, *â€œI really do care for you, but I'm not ready to be in a relationship right now. Let's just stay friends for now and who knows! maybe one day in the future we can try again.â€*

However, in her mind she will know that she won't get back with you again until you're able to re-attract her in the ways that are important to her.

So, don't ask your ex if she's changed her mind.

Make her change her mind by re-sparking her feelings of respect, attraction and love for you over the phone and most importantly, in person.

Only then will she want to give you another chance.

Another mistake isâ€¦!

6. Trying to discuss the relationship via text

Without re-attracting your ex first on a phone call or in person, discussing the relationship with her will be something she will want to avoid.

Then if you go one step further and try to do it via text, you will actually end up doing more harm than good.

Here's the thing!

When you keep bringing up the relationship and all your mistakes (without having reactivated her feelings for you again), it usually only highlights to your ex all the reasons why she broke up with you in the first place.

She then puts up her guard even more and refuses to get into it with you.

It then becomes a lot more difficult for you to convince her to meet up with you in person so that you can fully reactivate her feelings and get her back, because she's feeling closed off and defensive.

So, leave discussions about the relationship until after you've re-attracted her and then only when you're face-to-face with her.

Another mistake is!

7. Being too neutral, nice or cute via text and turning her off as a result

A guy might sometimes be too afraid to flirt with his ex via text, because he fears that she might get offended and then stop interacting with him.

As a result, he texts back and forth with her in a neutral, sweet, non-sexual way, in the hope that things will slowly evolve from there into a new relationship with her.

Yet, in most cases, when a guy is just being neutral with an ex, rather than feel drawn to him for being such a sweet gentleman and not pushing her for anything more, a woman begins to feel annoyed and starts thinking things like, *"What does he want? What is the point of his texts? I just don't know what he's getting at. Does he want to be friends or does he want to get back with me? This is just such a waste of my time."*

She may then start responding to him less and less until one day she ignores him altogether, leaving him wondering what he did wrong.

Here's the thing!

If you want to get your ex back after the No Contact Period, you need to make sure that all your interactions with her, whether via text, social media, on the phone or in person, are sparking her feelings of attraction for you.

That means you can't be nice, sweet or neutral.

Instead, you need to flirt with her and create some sexual tension between you and her.

The more attracted you make her feel in a way that feels good to her, the more she will want to see you in person to release these feelings with kissing, sex and a new relationship with you.

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Dating an Ex After Years Apart

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 ways to make it work with her now:

1. Give her a new attraction experience

To get an ex back after years apart, you need to make sure that youâre not still stuck at the same level you were at back when you were first dating.

If you interact with her and she realizes that youâre still turning her off in the same ways that you did before, sheâs not going to want you back in her life.

To successfully get her back, you first need to understand her real, more subtle reasons for breaking up with you.

Then, when you interact with her again, you will be able to give her a new and improved attraction experience, which will naturally make her feel drawn to you again.

Start the process by figuring out what caused your break up with your ex all those years ago and make sure youâve changed those things about yourself (e.g. youâre more emotionally independent now, you are more confident and you believe in your attractiveness and value to her).

However, there are also more subtle things you might not be aware of that can cause a woman to feel turned off by a guy, so make sure youâve changed and improved in those areas too.

For example: Some of those things might beâ

- Heâs too nice all the time and he lets her get away with bad behavior so she doesnât respect him as a man.
- He struggles to make decisions without her approval or say-so.
- Heâs unsure of himself around her or in social situations.
- He treats her more like sheâs heâs nice, neutral friend than like an attractive, desirable woman that he feels sexually attracted to.
- Heâs only confident when things are familiar to him, but when faced with something unexpected, he becomes insecure and self-doubting.
- He lacks presence as a man (e.g. heâs reserved and self-conscious in social situations).
- Heâs too needy and clingy and always wants to spend time with her, because heâs too afraid to follow through and make progress on his big goals and dreams in life.

When you change in the ways that really matter to your ex and then you interact with her again, she wonât be able to stop herself from feeling a whole new surge of respect and sexual attraction for you.

It will feel like sheâs meeting you for the first time, rather than judging you based on the man you used to be before.

When that happens, her guard starts to slip down and the path to a new and happier relationship opens up before you.

However, make sure that youâ

2. Base the new relationship on love and laughter

One of the most important things to remember when dating an ex after years apart is not to put too much pressure on her (and yourself) to make the relationship work this time around.

Where many guys go wrong in a situation like yours, is they start thinking things like, *â€œIâ€™m lucky to be getting another chance with her after all these years, so I canâ€™t afford to screw things up again.â€*

As a result, a guy like that puts on his best behavior around his ex and starts saying things like, *â€œI promise you that things will be different this time. Youâ€™ll see that Iâ€™ve changed after all the years apart and Iâ€™m going to be a much better boyfriend this time around so we never have to get to the point where we break up ever again.â€*

Essentially, heâ€™s likely thinking that heâ€™s doing the right thing by reassuring her in that way.

Yet, rather than make a woman think, *â€œThis is great! Itâ€™s so comforting to know that after all the years apart, we can now start a new relationship that will last forever!â€* his words will simply make her feel pressured into committing to a future with him.

However, although a woman might want that to happen in the long term, she usually doesnâ€™t want to be pressured into it right away before sheâ€™s had a chance to fully reconnect with her lost feelings of respect, attraction and love for him.

So, if you really want things to work out with your ex, itâ€™s always best to avoid talking about a future together as a couple.

Instead, just focus on having fun and getting to know each other in a whole new and exciting way, so you make her fall in love with you all over again.

For example: Something you might say to her is, *â€œHey, lets not talk about our old relationship, or where this is going. Instead, letâ€™s start over with a clean slate and just focus on hanging out and having fun together and see where things from there, without the pressure of being afraid weâ€™re going to repeat the mistakes from the past.â€*

By saying something like that to your ex, not only does it take the pressure off, it also makes her see you in a more positive light (i.e. because youâ€™re being a confident, emotionally mature man).

She then naturally drops her guard and allows herself to open up to the new you, without always bringing up your past mistakes in her mind.

Then, when she sees for herself that you really have changed and are a better man now (e.g. more confident and self-assured, more emotionally mature, more emotionally masculine), she will naturally start to feel surges of respect and attraction for you in a way that feels good to her.

So, make sure that you relax and focus on making your ex laugh, smile and feel good to be around you.

The more you do that, the faster she will reconnect with her dormant feelings of respect, attraction and love for you.

You can then build a long lasting relationship from there.

However, if she still seems a bit closed off, you need toâ€

3. Laugh at the silly mistakes you and her made before

For example: Imagine you're talking to your ex on the phone and she says something along the lines of, *I don't know if we should get back together again. I still can't forget how you hurt me before.*

Instinctively, you might want to defend yourself and say something like, *Please don't bring that up. I know I was a jerk back then, but I promise you I've changed. Please give me another chance to prove it to you,* but that's not going to show her the new confident, emotionally strong you.

Instead, it's going to put her in a position of dominance over you, because she now has the power to decide whether you and her will get back together again, which actually makes her lose respect for you as a man and causes her to feel turned off by you at a deep, instinctive level.

She will then likely pull away from you by saying something like, *You know! I've been thinking about it and I don't think it's a good idea to start dating again after so many years apart. It didn't work then and I don't think it's going to work now.*

So a better way to respond to your ex when she says something like that to you is to laugh and say, *Yes, I was an idiot back then, wasn't I? I sometimes think back to the way I behaved and I can't believe that was me. No wonder you broke up with me then. I would have dumped me too!* and have a laugh about it with her.

By laughing at yourself and your past mistakes, it shows your ex that you're no longer the same guy you were all those years ago.

Instead, you've grown up and matured as a man.

You've learned from your mistakes and have taken steps to become a better, man.

As a result, she naturally drops her guard and starts to relax, smile, laugh and feel good around you again.

When she does that, she then becomes open to letting go of what happened in the past and giving the relationship another chance.

Just make sure that you also!

4. Let her feel safe that you are now a much more mature and emotionally masculine man

Probably one of the most important things your ex is going to be looking out for now is whether you've grown up as a man since you and her split up.

So it's up to you to show her via your actions, behavior and the way you respond to her, that you have changed in the ways that are important to her.

For example:

- You're more emotionally independent, which means that you don't need her in your life to feel good about yourself. Yes, you want her, but you're still happy, satisfied and fulfilled with, or without her.
- You're less insecure and self-doubting now, which means you don't feel the need to cling to her, get jealous or control her anymore.

- You're more emotionally mature now, which means that you aren't running around being irresponsible and not having a clear plan for your future, and by association, her future with you.
- You're more emotionally masculine now, which means you no longer feel intimidated by her confident personality. You stand up to her in a dominant, yet loving way, and make her feel like a feminine, girly woman as a result.

When she experiences those kinds of changes in you, she naturally starts to think about her future with you.

She begins to see that she can now rely on you to create a relationship dynamic that will make her feelings for you grow over time and cause her to want to treat you well, be attentive, loving and affectionate.

As a result, her defenses come down and she begins to feel sexually and romantically attracted to you again.

From thereâ€¦|

5. Get to a kiss and then sex and blow her mind ,/h3>

The main thing to remember is that the fastest way to make your ex want to be in a relationship with you again after years apart, is to actively make her have strong feelings for you again.

When she's interacting with you and she's feeling a lot of respect and sexual attraction for the man that you are now, it becomes difficult for her to remain closed off and guarded.

So, don't waste time being on your best behavior around her and hoping that if you take things slow, she will warm up to you again and want to be your girl.

Instead, use every interaction to make her feel strong surges of respect and desire for you, so she's left thinking, *â€œThis feels so good. I love being around him now.â€*

Focus on building the sexual tension between you and her to the point where she can't stop herself from wanting you to release the pent up emotions inside of her with kissing and sex.

Then, when it feels like an appropriate time, give her a hug and then progress to kissing.

From there, hook up with her sexually, blow her mind, get her back for real and enjoy the great times ahead!

Where Guys Go Wrong When Dating an Ex After Years Apart

If you want things to work with your ex this time around, make sure you don't turn her off by saying and doing the types of things that will ruin her feelings of respect and attraction for you.

For example: Some mistakes to avoid areâ€¦|

1. Trying to make it all happen via text and then turning her off in the process

Texting is fine if you want to break the ice and get back into contact with your ex after years of being apart.

However, using text as your main way of trying to get her back simply won't work.

Why?

Essentially, because your ex hasn't seen you in a while, the way she will be thinking about you will be based on the guy you were all those years ago when you and her broke up.

So if, for example, back then you used to be a bit insecure and tended to get jealous every time she interacted with another guy, she's likely going to assume that you're still like that.

Alternatively, if you were a bit childish and irresponsible and enjoyed to party, drink too much and do silly things, she's probably going to have that picture of you in her mind.

So, if you only interact with her via text, she won't be able to see for herself that the things she remembers about you that turned her off before, are no longer there.

That is why, if you want things to go well with your ex, make sure that you're not trying to make it happen via text.

Instead, get on a phone call, or better still, get to an in person meet up right away.

When she can observe your assertive body language, hear the confidence in your voice and experience the man you have become for herself, she won't be able to stop herself from feeling some surges of respect and attraction for you again.

When that happens, her defenses come down and she wants to start dating again because she feels drawn to the man you are now.

Another mistake to avoid is

2. Feeling unwelcome to reach out after so long apart

Sometimes a guy might say to himself, *What if I call her and she rejects me? Even worse, what if I call her and she doesn't even remember me? Besides, it's been such a long time since we split up that I'm sure she will have moved on by now with some other guy.*

As a result, he doesn't make a move to contact his ex and ends up missing out on the opportunity to get her back.

Yet, here's the thing

If you don't at least give it a shot to get your ex back, you may end up always wondering if you let the love of your life get away.

On the other hand, if you do contact her (i.e. by calling her on the phone and then meeting up with her in person), reactivate her feelings for you and get her back, you'll always be grateful to yourself that you had the courage to make a move.

So, don't let your doubts stand in the way of your happiness.

Go ahead and contact your ex and then reawaken her feelings for you so that you can get her back.

You can do it.

Another mistake to avoid is

3. Not knowing that he can actively create a spark and make her fall in love with him

When a guy has been apart from his ex for years, he may develop insecurities and doubts about his ability to get her back.

This is especially true if he contacts her and she doesn't seem very interested in talking to him or seeing him in person again.

Yet, here's the thing!

Just because your ex doesn't have feelings for you right now, it doesn't mean she will feel the same way a week from now after you've reawakened her feelings of respect and sexual attraction.

All it takes is a small spark to light a fire.

In the same way, all it takes is one call or meet up to make your ex see you in a different light and make her want to give you another chance.

You can take control of the ex back process by interacting with her and re-sparking her sexual and romantic feelings for you (e.g. by making her laugh and smile, flirting with her to create sexual tension, making her feel good to be in your presence again).

Suddenly, she realizes that you really are different now and she really does feel differently about you as well.

It makes her curious and she feels intrigued about the man you have become after all these years apart and she wants to explore her new feelings for you, rather than cutting you off and then potentially regretting it later.

She's then more open to talking to you, hanging out with you and seeing where things go from there.

So, don't give up.

You really can change how she feels and get her back, if you want to.

Another mistake to avoid is!

4. Sending out feeler texts and hoping that she makes all the moves

Another way that guys go wrong is by sending a woman feeler texts to see if she'll respond with signs of interest.

For example: A guy might text his ex something like, *"Hey, what have you been doing all this time? Are you in a new relationship now?"* in the hope that she will respond by saying, *"No, I'm not seeing anyone. To be honest, I've been thinking about you all this time and the only person I want to be in a relationship with is you."*

Of course, a woman will almost never say that to a guy, especially if they've been apart for years. However, he doesn't see it that way and because his ex doesn't seem overly interested in a relationship, he loses confidence.

He doesn't realize that a relationship is the last step of the ex back process.

Here's the thing!

To get your ex to the point where she wants to be in a relationship with you, you first need to reactivate her feelings of respect and attraction.

Only when she's feeling drawn to you in ways that feel good to her will she be interested in getting back together again for real.

However, you will still have to be the one who makes it happen.

Don't expect her to make the moves, because in almost all ex back cases, the woman will wait to see if the guy is man enough to get her back.

If he's too insecure or unsure of himself and waits for her to make it easy for him, she will usually decide that he's not the right guy for her and close herself off to him once again.

Another mistake to avoid is

5. Waiting even longer and then losing her forever

Sometimes a guy sits around hoping things will work themselves out between him and his ex, without any interference from him.

So, instead of interacting with her and actively re-sparking her feelings for him, he just waits for the right moment (which never comes) to make a move.

He's then stunned to find out that his ex had truly moved on (e.g. she's engaged, getting married, having a baby) and he's lost his last chance with her.

So, don't let that happen to you.

Dating an ex after years apart is a golden opportunity that you cannot waste.

You now have the chance to get the woman you love back and experience a new and profound love with her.

So, get to a meet up with her as soon as possible where you can reactivate her feelings for you and begin your new adventure together.

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[image]

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4 Examples of How to Stop Romanticizing Your Ex

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 4 things you can do to stop romanticizing your ex, so you can regain control of your mind and then get her back:

1. Come up with a list of positives and negatives about her

After a break up, a guy will often find himself thinking of his ex and telling himself that heâs an idiot for losing her.

Rather than remember that she had her faults too and that she also made some mistakes in the relationship, he instead romanticizes her and ends up feeling like heâs lost the most wonderful, perfect woman in the world.

Yet, the truth is, no one is perfect and if you want to stop romanticizing your ex, you need to see that for yourself.

One of the ways to do that, is by making a list of positive and negatives about her, as a way of stopping yourself from idolizing her and seeing her as a real, flawed person like everyone else.

So, grab your smartphone, tablet, computer or a piece of paper (whatever works best for you) and start making that list.

If youâre not sure what to put on it, here are 15 examples of potential positives and negative traits that a woman might have, to get you started.

Note: Just make sure that you focus on the negatives, rather than clinging onto the positives.

Positives:

- She has a great sense of humor.
- Sheâs a great conversationalist.
- She gets on well with your friends and family.
- Sheâs a great cook.
- Sheâs sexy.
- She's pretty.
- She's one of a kind.
- She is good in bed.
- Sheâs adventurous.
- Sheâs loyal.

Negatives:

- She always wants things her way and if you stand up to her, she throws a tantrum to make you give in to her.
- Sheâs lazy.
- Sheâs not 100% honest.
- She likes to drink and party too much.
- Sheâs not supportive of your dreams and goals.
- She spends too much time on social media.

- She's jealous and controlling.
- She's often moody and unhappy for no reason.
- She doesn't enjoy sex, or doesn't make it enjoyable for you.

The more you can see for yourself that she's not perfect, the less time you will spend blaming yourself for everything that went wrong and help you realize that she isn't more valuable than you.

Of course, it's not about focusing on your ex's negative qualities and then deciding not to get her back.

Instead, it's about putting her and your relationship with her into perspective, where you made mistakes and she made mistakes too.

You can then go about re-attracting her and getting her back, because you and her are on the same level, rather than her being perfect and you being a jerk who isn't worthy of her.

Another example of how to stop romanticizing about your ex isâ€¦

2. Look for positive qualities in other women that your ex didn't have

If you spend a bit of time interacting with other women, you will most likely realize that there are many great women out there who are even better than your ex in some ways.

For example: Some women may be a lot more beautiful than your ex, kinder, more attentive, funnier, less self-involved.

The list can go on and on.

The important thing is for you to realize that your ex wasn't perfect and that she was as lucky to have you as her guy, as you were to have her as your girl.

When you put yourself on an equal footing with her (i.e. you believe that you are good enough for her, just like you believe she's good enough for you), you automatically stop romanticizing her.

You understand that you can get any woman you want, because there are many, even better women out there for you, however, you choose her.

You can then easily get her back, because you have the confidence needed to regain her respect and attraction for you and make her want you back too.

Another example of how to stop romanticizing about your ex isâ€¦

3. Interact with a pretty woman and make her feel attracted to you

This doesn't mean you should decide to move on with another woman and give up on the idea of getting your ex back.

Instead, when you prove to yourself that you can easily make another, equally or even more attractive woman than your ex feel attracted to you, you will automatically stop putting your ex on a pedestal and making her out to be perfect.

You will realize that there are plenty of hot women out there that you can have and it will erase any thoughts of, *â€œMy ex is the only beautiful woman that gave me the time of day. If I don't get her back, I'm going to be stuck being alone, or dating unattractive women for the rest of my life, because no other quality woman will want me,â€* that you might have.

Remember: A woman wants to feel lucky to be with her man, not like she's doing him a favor by being his girlfriend because he can't attract other quality women like her.

So, if you want to stop romanticizing your ex and get her back, you must believe in yourself and in your attractiveness to her, as well as to other women.

If you don't value yourself and believe that you are good enough for her, not only will getting her back become a lot more difficult for you, you will also stay stuck idolizing her and feeling like she's too perfect for a man like you.

Another example of how to stop romanticizing about your ex is

4. Browse through photos of your ex when she wasn't looking her best

This is a good way to remind yourself that she's not perfect.

Yes, she's attractive, but there are definitely times when her hair is a mess, she has pimples on her face, or dark rings under her eyes.

Essentially, she's human and because of that, she's not too good for you.

If you continue to romanticize your ex and put her above you in terms of value, you will inevitably end up feeling unworthy of her.

Then, when you interact with her, it will come across in your body language and vibe and it will turn her off you even more.

Here's the thing

Women are naturally attracted to men who are confident in themselves and their value to a woman, so if you want to re-attract your ex and get her back, make sure that you feel completely worthy of her.

Don't doubt yourself in any way.

That's how you need to be thinking, rather than telling yourself things like, *She was the most perfect woman in the world. No other woman can compare to her. I was so lucky to have her. What am I going to do now that she's gone? I can't live without her.*

Common Problems That Guys Experience When Romanticizing Their Ex

If you want to stop romanticizing your ex and get her back, you have to make sure that from this point onwards you have the mindset of a guy who says and does all the right things when interacting with her.

The more emotionally attractive you become around your ex (e.g. confident, self-assured, emotionally independent), the more her feelings of respect, attraction and love for you will reawaken. However, if you make any of the following mistakes that some guys make, you will disrupt your chances of getting her back.

1. Hoping that time will make him stop romanticizing

For many guys, the romanticizing goes on for years or decades.

Some men get married to a new woman and still secretly miss their ex girlfriend.

In some cases, a guy might even compare his wife (or any other woman he dates) to his ex girlfriend and always feel that he somehow settled for her and that sheâs not as perfect for him as his ex was.

He then becomes emotionally distant and detached in his relationship with his wife/new woman, which inevitably leads to problems (i.e. divorce or a break up).

The truth is, time isn't the answer.

If you want to stop romanticizing your ex, you need to take action.

That means, you first have to admit to yourself that your ex wasnât perfect.

Yes, she may have been an amazing woman, but she also had some flaws and problems of her own.

Then, you need to reaffirm to yourself that no matter how great your ex was, you were equally worthy of her.

She wasnât better than you.

In fact, she was lucky to have you.

Then, once you get to the point where you absolutely believe that you are good enough for her, you need to interact with her (on the phone and in person) and actively re-spark her feelings for you and get her back.

Donât doubt yourself in any way.

Another mistake that guys make in a situation like this isâ!

2. Never trying to reach out to his ex and guide her through the ex back process

Sometimes, a guy will just sit around feeling sad and lost without his ex and thinking things like, *âShe was my soulmate and no other woman will ever be able to take her place in my heart and in my life. I will never be able to get over her and move on. Itâs just the way things are for me now.*â

A guy like that might even secretly believe that his love for his ex is like the love Romeo felt for Juliet and that itâs romantic to feel that way about her and not be able to stop romanticizing her.

The problem though, is that when a guy thinks like that, he doesnât actually do anything to actively reactivate his exâs feelings for him and get her back.

Instead, he just spends all this time idolizing her (e.g. by reminiscing about the good times they had together, looking at photos of her and feeling emotional over them, talking about her constantly to his friends and family).

Yet, hereâs the thingâ!

If you donât ever try to get your ex back, you will likely end up building a special place for her in your mind where youâre always seeing her as being perfect for you and where no other woman can ever live up to that perfection.

You will also probably lose her to another man who comes along and makes her feel attracted in the ways that are important to her.

So, if you want to get your ex back, you need to accept that romanticizing her isnât going to make that happen.

What will, is you taking action to quickly change and improve some of the things that turned her off about you and then interact with her and make her feel strong surges of respect and attraction for the new you.

Once your ex realizes that you're a new man and that if she lets you get away, she could be missing out on the greatest love of her life, she will naturally drop her guard and open up to being your girl again.

So, don't be afraid to take a chance.

It's up to you to make it happen. Why not right now?

Another mistake that guys make in a situation like this is

3. Giving up if she doesn't immediately seem excited when he contacts her

It would be nice if a woman made it easy for her ex to get her back, but the truth is, most women won't.

Even in cases where a woman still has some feelings for her ex and actually does want him back, she often doesn't seem very excited to hear from him when he contacts her after the break up.

So, in cases where a woman has lost touch with her feelings of respect, attraction and love for a guy, she's usually going to be cold, aloof and closed off towards her ex when he reaches out to her.

Why?

A woman will first wait to see if her ex really has changed and improved and become the man she wants him to be (e.g. more confident, more emotionally independent, less emotionally sensitive, more emotionally masculine).

This is why she will usually make it seem that she isn't happy to hear from him and that she's really not interested in giving him another chance.

If he then gives up and walks away, she will know that she made the right decision by breaking up with him.

However, if he remains confident and then uses humor to break down her defenses and make her laugh, smile and feel good to be interacting with him again, she will naturally drop her guard and open back up to giving him another chance with her.

So, if you want your ex back, don't give up just because she's not falling back into your arms just yet.

Instead, just continue using interactions to spark her feelings for you and before you realize it, she will be in your arms and liking it.

Another mistake that guys make in a situation like this is

4. Not realizing that the real way to get a woman back is to re-attract her on the phone or in person

Some guys think that the way to get an ex back is to try and charm her back by sending her flowers or gifts.

Other guys think that being a really nice guy to her and helping her out with errands, or even financially, will convince her that he's the one for her.

Yet, here's the thing!

The main thing that works in getting an ex back, is changing her feelings from negative to positive again (i.e. she stops feeling angry, resentful, turned off and she begins feeling attracted, respectful and in love).

Everything else is just a waste of time in almost every ex back case.

If a guy wants his woman back, he's got to meet up with her and make it happen.

As long as he is prepared to re-attract her, it's usually an easy, fun and enjoyable process for both the man and the woman to get back together.

So, what are you waiting for?

Stop sitting around romanticizing your ex and take action to get her back.

That's what you really want, so make it happen.

She's waiting for you.

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3 Examples of How to Respond to an Ex After No Contact

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here's how you should do it if you want her back:

1. Use humor to make her feel attracted

It has been said that laughter is the best medicine.

So, when it comes to responding to an ex after No Contact, using a bit of humor is a great way to break the ice and take the bite off any negative feelings she may be holding onto about you.

This is why, if you want your ex to open back up to you and want to talk to you on the phone and see you in person, you need to focus on making her smile, laugh and feel good when she is texting with you.

She can then begin to think something like, *"This is interesting. He seems so different now. I'm actually laughing and enjoying interacting with him. I even feel excited when I see that I have a message from him on my phone. Maybe I should talk to him on the phone or in person to see how I feel."*

She then becomes more open to the idea of talking to you on the phone and seeing you in person, giving you the opportunity to properly re-attract her, by allowing her to experience the new and improved man that you've become and get her back

Another example of how to respond to an ex after no contact is

2. Play a little hard to get to make her pay attention and focus on your texts

This is not about being a jerk and treating your ex badly (e.g. ignoring her texts, being mean to her, trying to make her feel bad for breaking up with you).

Instead, it's about not being overly available to her every time she texts you.

So, even if you're excited to be hearing from your ex after No Contact, don't make the classic mistake of instantly replying to every text within seconds or minutes.

Instead, take your time and get back to her a little while later.

This will actually pique her interest and make her eager to get your reply.

She may then begin wondering what you're up to and imagine that you might be hanging out with friends, a new girl or doing something so interesting that you don't have time to reply to her.

She then starts to think about you in a positive way and begins to miss you.

However, be warned!

Don't delay your texts for too long, because if she senses that you're messing with her, she will clam up and then she will be the one playing hard to get with you.

Another example of how to respond to an ex after no contact is

3. Text for a little bit, but then get her on a phone call with you

Although it's perfectly fine to text with an ex for a short time, if your goal is to get her back, you

have to proceed to a phone call and then to a meet up for it to happen.

The fact is, it's very difficult to reawaken a woman's sexual and romantic feelings for you without actually talking to her (preferably face-to-face), where she can hear the tonality of your voice and see your confidence coming through via your body language.

This is why you can't wait too long to get her on a call.

If you don't, she will most likely get bored with texting you back and forth and she will then focus on moving on.

Then, if some other guy comes along and makes her feel attracted, she will hook up with him instead.

8 Ways That Guys Go Wrong When Responding to an Ex After No Contact

Although in some cases using No Contact on a woman makes her miss her ex and she may then reach out to him to say "Hello" and to find out why he's been ignoring her, it doesn't guarantee that she will get back with him.

If the guy can re-spark her feelings of respect and attraction for him, she will drop her guard and open back up to him to see where things go from there.

However, if he responds in ways that turn her off, rather than give him another chance, she will usually think something along the lines of, *"Contacting him was a mistake. I thought it was possible for us to work things out, but I see now that he's not the man for me."*

She then cuts him out of her life completely (e.g. she blocks his number on her phone, unfriends him on social media) and focuses on quickly getting over him and moving on.

So, if you don't want that to happen to you, you need to make sure that when you respond to your ex after No Contact, you don't make any of the following mistakes:

1. Asking her for a meet up via text

If a woman breaks No Contact by texting her ex, it's only natural that he will respond back to her in the same way.

Yet, what often happens is that the guy gets so caught up in a back and forth conversation with his ex, that he eventually texts her something along the lines of, *"Hey, why don't we get together sometime?"*

Essentially, he's hoping that she will say, *"Yes"* and they can then meet up and get back together from there.

However, even though a woman might feel comfortable initiating contact with her ex via text, for her to want to see him again in person, she will usually to see some proof that he's at least changed and improved some of the things that turned her off before.

She can't really get that proof via text though, because it's just a bunch of words on a little screen.

She knows that her ex could be saying one thing and feeling another, so in most cases, a woman will naturally be suspicious of anything her ex texts her.

Then, rather than giving him the benefit of the doubt and assuming that he is feeling relaxed, confident and self-assured when he sent her a text to ask her to meet up, she might just continue thinking about him based on how she felt when him and her broke up (i.e. in a negative way).

Then, rather than saying, "Okay, sure. Let's get together," she may think something like this instead, "He texted me? That's it? I can't believe he doesn't even have the balls to call me to ask me for a meet up after all this time apart. It's like I don't even matter to him that much. It makes me wonder whether he's changed at all and what his motives are for asking me to meet up via text. Either he's lost interest in me and is only asking me to meet up so that he can rub my face in his new life, or he's actually not feeling very confident about himself so he's hiding behind text messages. Whatever his reasons though, neither option is very appealing to me. I think I'm better off just forgetting all about him and moving on with my life."

So, if your intention is to get your ex back, you've got to do what works.

If you just text her, it's so much easier for misunderstandings to happen.

Then, getting her back becomes a lot more difficult because she's closed off.

This is why, if you want to ask your ex to meet up, it's much better done on a phone call.

When she can hear the confidence in your voice (especially if she's being offish towards you), her walls will come down and she will want to meet up with you in person to see the new you for herself.

Another mistake to avoid making is

2. Asking her if she's changed her mind

As tempting as it might be to want to ask your ex if she's changed her mind about being broken up as soon as you hear from her, it's probably only going to put her on guard and possibly even make her regret her decision to contact you. Why?

In most cases, a woman only contacts her ex when she's using No Contact out of curiosity to see why he's ignoring her.

However, that doesn't mean she has feelings for him and wants him back.

So, if he asks her if she's changed her mind, without first actively re-sparking her sexual and romantic feelings for him, she's usually going to pull away and say, "No."

Even in cases where a woman does still have feelings for her ex and has missed him, she usually won't say that she's changed her mind right away, because she won't want to come across as being too easy.

So, if you want to make your ex change her mind naturally and easily, the best way to go about it is by sparking her feelings of respect and attraction for you over the phone and during face-to-face interactions and showing her that you really are a different man now.

Another mistake to avoid making is

3. Bragging about his new life without her via text

Sometimes a guy might try to make his ex want him, by bragging to her about how great his life has been since they split up.

For example: If his ex asks, "So, how have you been?" he might respond with something like,

â€œHaving a wonderful time these days. So many things to do and so little time. Life is so good since we broke up.â€

Essentially, heâ€™s hoping that she will feel a bit jealous and start thinking things like, *â€œOh no! Heâ€™s moving on without me! What have I done? I canâ€™t believe I let a catch like him go. I need to take action right away to get him back, before I lose him to another woman.â€*

Yet, in most cases, when a guy is bragging about how wonderful his life is without his ex, itâ€™s usually because the opposite is true and in reality heâ€™s actually feeling depressed and miserable without her.

Remember: A woman can easily find out if a guy is really happy without her, or if heâ€™s only putting on an act.

All she has to do is wish him good luck and say sheâ€™s going to move on too and he will usually start chasing after her.

So, donâ€™t brag about your life to your ex via text, even if you are really having a great time.

Instead, meet up with her in person and let her see for herself that youâ€™re a confident, emotionally independent man now, but that you still care about her and want her back.

She will then feel drawn to you in a way that feels good to her and she will then want to be a part of your great life too.

Another mistake to avoid making isâ€¦!

4. Trying to discuss the relationship via text

One of the biggest mistakes that guys make after No Contact is to quickly try and get their ex back as soon as they start interacting with her.

So, what often happens is that the woman hasnâ€™t heard from her ex for a while, so she sends him a feeler text to see why heâ€™s not talking to her.

He then responds with something along the lines of, *â€œItâ€™s so good to hear from you! I just want you to know that Iâ€™m really sorry about everything that happened between us. I know that I stuffed up but I really have changed and I want to work things out between us. I promise things will be different this time.â€*

Yet, hereâ€™s the thingâ€¦!

When a guy tries to discuss the relationship via text, it usually only makes his ex relive all the negative emotions that she experienced at the time (e.g. anger, frustration, disappointment).

Not only that, she also feels annoyed that heâ€™s talking about getting back together again after heâ€™s just been ignoring her for a few weeks or months.

As a result, she becomes defensive and closes herself off from him.

Suddenly, when she responds to him she sounds offish and in some cases, she may even take longer and longer to reply until she finally stops texting him altogether.

So, regardless of whether you want to apologize to your ex for what happened between you and her, make sure that when you text her, you avoid discussing the relationship, or the possibility of having a relationship, with her.

Instead, put all that behind you and focus instead on rebuilding her feelings of respect and attraction

for the man that you are now.

When she begins to associate you with more positive emotions (e.g. respect, attraction, excitement), sheâll naturally want to interact with you more and more.

Then, when you apologize to her and talk about the relationship, it wonât seem out of place and like youâre pushing her into something she doesnât want.

So, focus on making her feel respect and attraction for the new you, rather than reminding her of the old you and the ex back process will become so much smoother and easier.

Another mistake to avoid making isâ!

5. Putting way too much effort into his messages

Sometimes a guy spends hours thinking about how to respond to his ex.

In his mind he may be thinking, *âThis is the only chance I have with her. That is why, how I respond to her is vital, because if I say the wrong thing, she might get turned off and decide to stop interacting with me.â*

As a result, he puts way too much effort in his messages and comes across as being too tense, emotional, formal or like heâs just sitting around waiting to hear from her.

She then begins to wonder, *âWhy does he sound so weird? What is wrong with him? Maybe contacting him was a mistake. Heâs just too serious all of a sudden. I just canât relax and enjoy my interactions with him anymore. I think we no longer have anything in common.â*

She then begins to pull away from him, because heâs just not making her feel the way she wants to feel when interacting with him.

Another mistake to avoid making isâ!

6. Playing too hard to get

In some cases a guy will use No Contact as a way of making his ex miss him and come running back.

Yet, when she initiates contact by sending him a text message, rather than respond to her, make her feel some sparks of attraction and then proceed to a call and a meet up so that he can get her back, he instead decides to play hard to get (e.g. takes really long to respond to her text messages, doesnât call her on the phone, pretends to be busy if she suggests a catch up).

He might say to himself, *âNo Contact worked perfectly. I just have to make sure that I continue to play it cool, so that she will chase after me and desperately want me back. Then getting her back will be easy.â*

However, that approach almost always backfires and he completely misses out on the opportunity to meet up with her, reactivate her feelings and get her back.

Hereâs the thingâ!

When a woman opens herself up to her ex again, sheâs basically giving him a chance to show her that heâs really changed and improved and become a better man than he was before they broke up.

This is why, if he suddenly begins to play hard to get, she might think, *âIf he thinks that he can mess me around just because I contacted him, he can think again. Iâm not putting up with his*

childish behavior. Heâ€™s just blown any chance he might have had with me.â€™

She may then stop responding to him when he does contact her, leaving him feeling confused and wondering what he did wrong.

So, if you truly want to get your ex back and have a happy, loving relationship with her, donâ€™t waste time playing games.

Instead, focus on re-sparking her sexual and romantic feelings for you on a phone call or in person.

When you approach the ex back process in that way, things tend to flow more smoothly, because she is feeling open to you and attracted to you.

However, if you mess her around, you will probably be the one who loses out in the end.

Another mistake to avoid making isâ€¦

7. Being afraid to get on a phone call and get her back for real

Sometimes a guy will be so happy to be interacting with his ex after No Contact, that he will spend weeks and maybe even months texting back and forth with her.

Yet, what he doesnâ€™t realize is that just because a woman is texting him and possibly even being nice and sweet towards him, it doesnâ€™t mean she isnâ€™t busy moving on and hooking up with and dating other guys.

So, if you want to get back into a relationship with your ex, you canâ€™t stick to texting and expect that to happen.

Remember: As the man, itâ€™s up to you to initiate the ex back process.

Donâ€™t be afraid to call your ex on the phone, so you can then begin to re-attract her and make her want you back.

If you donâ€™t, you may be shocked when one day she sends you a message saying something like, *â€™Hey, Iâ€™ve got some great news I want to share with you. Iâ€™m in love with someone and Iâ€™m really happy. I wanted you to be one of the first to know, because youâ€™re such a good friend to me now.â€™*

Donâ€™t let that happen to you.

If you want her back, you have to be bold and take the actions required to get her back for real.

Another mistake to avoid making isâ€¦

8. Failing her confidence tests

Quite often, a guy will end up turning his ex off after using No Contact to get her back, by failing her confidence tests.

For example:

- She plays hard to get and instead of laughing it off, he becomes insecure.
- She pretends to be angry about something and instead of standing up to her in an assertive yet loving way, he apologizes over and over.
- She doesn't seem very interested in something he says and instead of turning it around by making her laugh and smile, he overreacts by trying to be super funny, giggly or cute to hopefully get a reaction out of her.

She then realizes that heâs just not man enough for her, so she closes herself off from him and focuses on fully getting over him and moving on.

So, if you want to get your ex back, itâs very important that you maintain your confidence with her.

Remember: Women are naturally attracted to confidence in a man, so if you can pass her tests, she will naturally feel respect and attraction for you, even if she doesnât initially admit it.

When that happens, she will then drop her guard and open herself up fully to reconciling with you and getting back together.

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My Ex Wants Me Back Now That I've Moved On Without Her

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 possible reasons why:

1. She is impressed that you were able to attract a quality woman and now believes in your value

What many guys don't realize is that a woman wants to feel lucky to be with her man, not like she's doing him a favor by being his girl because he can't attract other quality women like her.

She wants to feel that everyone who knows her guy (e.g. friends, family, acquaintances) is envious of her and thinking things like, *"She's so lucky to have a guy like that. I wish my man was more like him."*

So, when she sees that the guy she broke up with is now in a new relationship with another quality woman, she begins to see him with different eyes.

All of a sudden he seems more valuable to her and she begins to want him back.

In the same way, once your ex saw you with another woman, she may have come to realize that she made a mistake in letting you go.

She now sees that you're the kind of man that other (attractive) women feel drawn to, so you can't be as bad as she made you out to be (i.e. you're more confident, emotionally masculine, charming than she perceived you to be at the end of your relationship together).

As a result, her defenses come down and she begins to want to be your girl again.

The great thing is that you are in control of the situation, not her.

What she wants is irrelevant.

So, if you want her back, you can easily get her back by reactivating her feelings for you during 1 or 2 interactions and then getting her back into a relationship with you.

Alternatively, if you decide that you prefer your new woman, you can close yourself off from your ex and continue building your new relationship.

The choice is yours.

Another possible reason why your ex wants you back now that you've moved on without her is

2. She notices the changes in you and now finds you more attractive

When a woman breaks up with a guy it's usually because certain aspects of his thinking and behavior are turning her off (e.g. he's too emotionally needy and clingy, he seems to be drifting through his life without a purpose or direction, he treats her like a neutral friend so she doesn't feel feminine or girly when she's with him).

When that happens, a guy might get quite a shock and begin to question why he got dumped by the woman he loves.

He may then see that he made some mistakes in the relationship with her, so he quickly takes action

to change and improve and become a better man than he was before.

Of course when that happens, he automatically becomes more emotionally attractive and he easily finds himself a new woman.

In the meantime, if he interacts with his ex (e.g. he talks to her over the phone, catches up with her in person) and she sees that he's changed in the ways that are important to her, she can't stop herself from feeling respect and attraction for him again.

She may then say something like, *"I know you're with someone else now, but I want you back. I think you and I are right for each other and that we could make it work if we tried one more time."*

That may be confusing for a guy and he may wonder what kind of game his ex is playing, but what he might not realize is that it's all because of him.

He's a better man now and that is attractive to his ex.

So, if your ex has had the chance to interact with you and has seen for herself that you truly have changed and improved in some of the ways that actually matter to her, it's only natural that she will want to get back with you.

You are now the kind of man she always wanted you to be, so being broken up with you feels wrong to her and therefore she wants you back.

Another possible reason why your ex wants you back now that you've moved on without her is!

3. She hasn't been able to move on with a suitable replacement guy, so she wants to drag you back into a relationship and dump you again later when she's ready

There are some women in the world who are selfish, self-absorbed and want everything to go their way.

So, when a woman like that breaks up with a guy, she will usually be looking to find herself a replacement man as quickly as possible to make herself feel better.

However, when that doesn't happen right away and she also notices that her 'useless' ex is actually the one who has already replaced her, it might annoy her.

As a result, she may decide to try and seduce her ex back into a relationship with her, so she can feel good about herself (i.e. that she's attractive enough to steal him from another woman).

At the same time, she will secretly continue to look for a replacement guy.

Then, when she does find a new man, she can dump her ex again knowing that she is the powerful one, because she was able to manipulate him to her advantage.

So, if you suspect that these might be your ex's motives, then it's very important that you don't get fooled by her, because she's not worth it.

You deserve much better than a nasty, manipulative woman and if you've already found a better girlfriend, you need to stick with her and grow the relationship with her, rather than get tricked into dumping her by your selfish ex.

Another possible reason why your ex wants you back now that you've moved on without her is!

4. She realizes that you are the one for her, so you are worth fighting for

Sometimes, all it takes for a woman to realize that her ex was truly the one for her, is for her to suddenly be faced with the idea of losing him to another woman.

For example: Imagine that a woman breaks up with a guy because there are certain things about him that turn her off (e.g. he has a tendency to quickly give in to the will of others, he's not assertive enough, he's a bit jealous and controlling).

However, she may still have some feelings for him and somewhere at the back of her mind she might be thinking things like, *â€œMaybe we just need some time apart to let things settle down between us and then see if we can sort things out and get back together again,â€* even though she doesn't openly admit that (even to herself).

So, when she suddenly sees that her ex is moving on and that she may lose him forever, her instincts kick in and she starts thinking things like, *â€œI never realized it before, but even though we had our problems, I really do love him. I believe in my heart of hearts that he's the one for me and if I don't act right away to get him back, I'm going to end up regretting it for the rest of my life.â€*

She may then reach out to her ex and try to get him back before it's too late.

Another possible reason why your ex wants you back now that you've moved on without her is!

5. She was waiting for you to stop being so emotionally dependent on her and now that you aren't, she wants you back

Although a woman definitely does want to be loved and appreciated by her man, in most cases, she doesn't want to be his main reason for living or his primary source of happiness.

Unfortunately, a lot of guys don't know that, so they often make the mistake of giving up everything else in their life (e.g. hobbies, interests, personal goals and dreams, friends), just to spend all their time with their woman.

In his mind, a guy like that thinks he's being a loving and devoted boyfriend and that his woman will be amazed by his dedication and in return, be loyal to him too.

Yet, what he doesn't realize is that when a man makes his woman his reason for living, he will eventually become emotionally dependent on her for his well being.

As a result, if she's not being overly loving or giving him all of her attention all of the time, he begins to feel insecure and like he's losing her.

He then becomes extra clingy and needy, which actually causes his woman to feel smothered by him. She then naturally begins to lose respect for him as a man and she starts to close herself off from him. This makes him feel even more insecure and so he becomes even more clingy, until she gets fed up and breaks up with him.

Here's the thing!

A woman wants to be with a man who is happy, confident and forward moving in his life with or without her.

If he can't cope on his own without her, she will quickly lose respect and attraction for him as a

man and begin looking for a real man to take his place.

However, if after they break up he finds his own identity and becomes an emotionally strong and independent man, she will naturally start to feel attracted to him again.

She may then try to get him back, even though he has already moved on, because he is now the man she always wanted him to be.

3 Mistakes That Guys Make With an Ex Who Wants Him Back After He Moved On Without Her

If you've moved on without your ex and are happy, then that's great and it shouldn't even bother you that she wants you back now.

However, if you still have feelings for her and want her back, make sure you don't make the following mistakes:

1. Knowing that she could be the one for you, but being afraid to try again in case it ends in a break up

It's probably true to say that in life there are no guarantees.

This is why, if you decide to give your relationship with your ex another chance, it's possible that it might fail again.

However, it's also possible that you and her might end up staying together for life, because that's when you feel the best, most fulfilled, most loved and happiest.

The question you need to ask yourself is this!

If in your heart you truly believe that your ex is the woman for you, do you really want to let her go, simply because you don't have a guarantee that you and her won't break up again?

There's a saying that goes something like, *â€œNothing ventured, nothing gained.â€*

In other words, if you feel your ex is your ideal woman and you don't try to get back with her, you may end up regretting it for the rest of your life.

You might then end up comparing every new woman that comes into your life to her and always thinking things like, *â€œShe's nice, but she's just not â€œthe one.â€ I wish I had had the balls to get my ex back when I had a chance, but now it's too late. She's moved on and is happy with another guy and I've lost her forever.â€*

Don't let that happen to you.

Be emotionally courageous enough to take the lead in the ex back process and get her back.

That's how a real man does it.

You can do it.

Another mistake to avoid is!

2. Playing too hard to get

Sometimes a guy might think to himself, *â€œShe's the one who was stubborn and didn't want to get back together again, but now that I've moved on she's all over me again. Well,*

Iâ€™m not going to fall for her charms so easily. Iâ€™m going to make her chase me, before I give her another chance.

He might then ignore her texts, or refuse to meet up with her again and again.

Basically, heâ€™s hoping that being unavailable, she will wonder, *â€˜What is he up to? What isnâ€™t he telling me?â€™* and then want him even more.

However, it rarely (if ever) turns out that way.

Instead, she either feels turned off by his unnecessary arrogance, or she fears being rejected and hurt if she continues to pursue him, so she gives up and moves on.

So, if you decide that you want your ex back, then go ahead and make it happen, rather than waste time playing mind games with her and end up pushing her away for good.

Another mistake to avoid is

3. Not understanding that many couples last for life when they get back together after a break up, where the man has improved

In some cases, a guy might think to himself, *â€˜If it didnâ€™t work out between me and my ex before, it probably wonâ€™t work out this time either.â€™*

A guy like that doesnâ€™t realize that, as long as he can make his woman feel a renewed sense of respect and attraction for him based on the changes heâ€™s made to himself during the break up, he can easily guide the both of them into long-lasting feelings of love and passion.

The truth is, falling back in love with each other after a break up is one of the most amazing feelings a couple can experience in life.

Thereâ€™s just something special about being able to fix things up and be happier, more mature, more in love and more connected to each other than ever before.

Itâ€™s a really awesome thing to experience and literally millions of couples do it every year.

People break up and get back together all the time.

You can be one of the men who successfully guides his woman back into a relationship.

You are new man now and your ex is a new woman.

As a result, itâ€™s only natural that you and her will experience a whole new relationship with each other based on the people you have become.

So, donâ€™t be afraid to make it happen.

She wants you, so go get her!

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What Can I Text My Ex to Make Her Miss Me?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 4 examples of what you can text her to make her miss you:

1. Text her something that makes her smile and laugh

One of the most effective ways to make an ex woman miss you via text is to make her smile and laugh and feel good to be hearing from you.

When she is smiling and laughing and thinking about you in a more positive light, she naturally starts to miss the fun times you and her shared together.

If you're not sure what to text to make her smile and laugh, here's an example to give you an idea:

If you and your ex had a special coffee shop or restaurant you used to like to hang out at, you might text her something along the lines of, *Hey, I was at (insert the name of your special place) yesterday and I thought about you and how you always used to get a spaghetti sauce/cappuccino foam mustache every time we went there together. You're the only girl I know who could rock a mustache like that! Lol! So, anyway how are you?*

She will most likely laugh and smile when she reads that and start thinking about the good times you and her shared at that special place.

Another example is if you text something like, *Hey, I just wanted to let you know that I cooked your famous lasagna/scrambled eggs/curry last night.*

She might then reply with something along the lines of, *Oh, and how did it turn out?*

You can then respond with, *Oh, it was okay, but I couldn't get that burnt flavor the way you used to. Lol!*

At that point, she's probably going to be amused because she initially thought you were complimenting her on her cooking.

As she smiles and has a little laugh, she will then begin to think of you in a more positive way.

She may then begin thinking things like, *This is what I miss about him the most. He always had a knack for making me smile and laugh. Even when I was angry with him, he could somehow get a smile out of me and although we're no longer together, he can still do it. It makes me sad to think that we're broken up.*

She then naturally drops her guard and becomes more open to talking to you over the phone and seeing you in person, giving you the opportunity to reactivate her feelings for you and get her back.

Another example of what you can text your ex to make her miss you is

2. Text her to wish her a happy birthday or for some other occasion

Texting an ex to wish her a happy birthday, or to congratulate her for something, is a great way to make her miss you.

Not only does it open the lines of communication between you and her, it also reminds her of all the special birthdays and other events you and her shared together in the past.

As a result, she begins to miss you and the way you used to spoil her.

However, make sure you don't send her a soppy, overly emotional message like, *â€œHappy birthday/Congratulations. I hope you have a great day even though I can't be there to share it with you, you deserve the best and I hope your friends will be spoiling you,â€œ* because that will likely turn her off and make her think things like, *â€œDamn right, I'm going to have a great day and be spoiled by the people who love me, rather than be stuck in a bad relationship with you!â€œ*

Instead, keep your message light and use it as an opportunity to spark some of her feelings of respect and attraction for you and open her up to talking over the phone and seeing you in person.

For example: Something you might text is, *â€œHappy birthday/Congratulations to my sexy ex girlfriend!â€œ*

She may then respond with something like, *â€œThanks,â€œ* and you can then text, *â€œI hope you're going to save a piece of cake for me. You can post it to me, or better yet, deliver it in person so I can give you your special birthday/congratulatory kiss.â€œ*

She will then probably smile and begin to miss you and want to see you again.

From there, all you need to do is get her on a phone call or to a meet up with you, so that you can re-spark her feelings for you and guide her back into a relationship again.

Another example of what you can text your ex to make her miss you isâ€œ|

3. Text her to say hi and have a text conversation with her, but don't try to get her back

Another way to make your ex miss you is to start interacting with her again via text, without putting any pressure on her to get back together again.

In most cases, when a woman gets a text from her ex to say *â€œhiâ€œ*, her first thought will usually be something along the lines of, *â€œHere we go! I was wondering how long it would take him before he tried to get me to change my mind and give him another chance.â€œ*

She then automatically puts up her guard and remains very guarded during her interactions with you.

So, to avoid that from happening, it's very important that you don't even mention getting back together again.

Instead, just keep the text conversation between you and her light and simply focus on making her smile and keeping her interested and curious about what you've been up to since the break up.

For example: You can text her about some of the interesting things you've been doing since you and her spilt up (e.g. you've joined a meet up group in your area, started a new hobby, visited some fascinating places) and then ask her about what she's been doing too.

Of course, don't make it sound like you're reporting to her in the hope that she will give you a pat on the back and say, *â€œGood boy. You sound so amazing now. Let's get back together again.â€œ*

The impression you want to give her is that you're happy and fulfilled in your life with or without her.

Yes, you want her back, but you're not sitting around moping about it.

That is attractive to her.

Then, when you also don't push her for a relationship, she naturally drops her guard and starts thinking things like, *"I don't know what's gotten into me all of a sudden but I miss him so much. Our texting conversation has highlighted to me that he's so different now. He's so much more confident, self-assured and emotionally independent now. I actually enjoy interacting with him. I wonder if maybe we can work things out after all."*

She then wants to talk to you over the phone and see you in person to see how she feels.

Important: Once you've made her miss you and sparked some of her feelings for you via text, you have to get her to a meet up, so that you can fully reactivate her sexual and romantic feelings for you and get her back.

On the other hand, even though she initially seemed keen to interact with you, if you stick to texting back and forth for too long, she will eventually become bored and she may then stop replying to you altogether.

Another example of what you can text your ex to make her miss you is:

4. Text her a simple, "Miss you" text

Sending a "Miss you" text works quite well in cases where your ex is already missing you and thinking about you.

She will then be happy to receive that text, because if she was worried that you weren't interested anymore, she will now feel more confident to text with you, get on a call and meet up with you.

This type of text also works well if you've been interacting with your ex and have been sparking some of her feelings for you.

Then, when you text, "Miss you," she will likely be happy to hear that and she may then reply with something along the lines of, "Miss you too."

You can then meet up with her and fully reactivate her feelings of love, respect and attraction for you and get her back, because she wants that too.

Of course, if she isn't missing you, then you have to focus on reactivating her feelings for you first, so that she does begin to miss you when you're not interacting with her.

When that happens, getting her back becomes a lot easier, because she is naturally more open to talking to you and being around you.

Where Guys Go Wrong When Texting an Ex

As you can see, there are many ways you can text your ex to make her miss you.

However, there are also ways you can text that will turn her off even more and make her not even want to respond to you.

3 of those ways are:

1. Texting her about how good your life is now, even though she doesn't care

Sometimes, a guy might text his ex something along the lines of, *"Being broken up is actually pretty great. I've been having a wonderful time without you. Remember how you always used to hate going clubbing? Well now I'm out almost every night at a different club. It's amazing!"*

Hope youâre having fun too.

Essentially heâs hoping that she will think something like, *âOh no! Heâs having such a great life without me! It makes me miss him so much. Maybe I should call him and see if we can work things out.*

Yet, if a woman has disconnected from her feelings of love, respect and attraction for a guy and heâs done nothing to re-spark those feelings in her, getting a text like that from him is not really going to impress her that much.

Instead, she will likely just do something like roll her eyes and think, *âWhy is he telling me this? Does he think I care what heâs doing or that Iâm going to be jealous if heâs having fun? Well, Iâm not. I donât care about him anymore, so he can even go jump in a lake and it wouldnât matter to me.*

So, donât bother telling your ex how happy you are without her if you havenât reactivated her feelings for you first.

Then, when you interact with her and she sees that you are getting on with your life and have truly been improving yourself as a man (e.g. via the things that you talk about and do), she will begin to feel drawn to you in a positive way.

She will see that you are now at a completely different level as a man, than you were when she broke up with you and she will start to miss you and want to be around you more, because she can see that youâre not that guy anymore.

Another way not to text your ex if you donât want to turn her off isâ

2. Trying to get her back via text

If a man sends his ex woman a text and she then responds to him and possibly even says that she misses him, itâs only normal for him to feel relieved and happy about it.

As a result, he might then think to himself, *âThis is great! It must mean she still has feelings for me too and that she wants us to get back together again.*

He may then go ahead and text her something like, *âHey, I miss you too! Why donât we put all this behind us and give our relationship another shot?*

Yet, rather than get a *âYes, I want that too* from her, the woman usually closes herself off from him and pulls away even more. Why?

Firstly, when a guy tries to get his ex back via text, it makes her feel that sheâs not important enough for him to even bother picking up the phone and talking to her in person.

Instead, he sends her an impersonal electronic message like sheâs not really that significant to him at all.

As a result, she feels annoyed or insulted.

Secondly, if he hasnât bothered to reactivate her feelings for him before asking her to get back together again, sheâs simply not going to be interested.

Then sheâs just going to say, *âNo* and most-likely also stop responding to his texts from that moment onwards.

This is why, asking your ex for another chance should be done face-to-face and only after you have first re-sparked her feelings of respect and attraction for you on a phone call and even better, in

person.

Another way not to text your ex if you don't want to turn her off is

3. Being too neutral via text so she gets bored

Sometimes a guy might text his ex and pretend that he's only interested in being her nice, neutral friend.

As a result, he sticks to boring texts and totally avoids flirting with her so that he can create sparks of attraction.

In his mind he may be thinking things like, *"If I keep things neutral between us and don't give her a sign that I want her back, she'll begin looking at me as though I'm a good guy again. She'll then hopefully stop thinking about me in a negative way and start missing me instead. Then, when she's totally calm and relaxed and feeling drawn to me, we can get back together again."*

Yet, in most cases, when a guy is being neutral around his ex, rather than make her miss him more, she usually just gets bored of waiting for him to make a move.

She may then continue texting him, while at the same time focusing on finding herself a new man who can make her feel sparks of sexual and romantic attraction for him.

That is why, if you want to make your ex miss you so that you can get her back, don't pretend you only want to be her friend.

From now on, regardless of how you interact with her (i.e. via text, a phone call or in person), make sure that you flirt with her to create sparks of attraction between you.

Only then will she begin to miss you, think about you and open herself up to the idea of being your woman again.

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Losing My Mind After Divorce

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 4 ways to regain control of your mind, so you can get her back:

1. Understand that your emotions come from your thoughts

If you spend most of your time thinking negative thoughts like, *“I miss my wife so much, but it doesn’t matter because she hates me now and there’s nothing that will ever make her forgive me and give me another chance. The divorce is through and my life is ruined. I will never be able to get over this,”* you will undoubtedly find yourself drowning in negative emotions like dejection, hopelessness and despair.

That’s why, if you want to stop losing your mind, you need to change the way you think about yourself and the divorce.

Think new thoughts and you will feel new emotions.

For example: Some new thoughts that you should be thinking at this point are:

- It’s possible to re-attract my wife.
- I can make her feel differently about me.
- Love doesn’t die, it just gets pushed into the background.
- The more relaxed, confident thoughts I have, the more confident I will feel on the inside and look on the outside.
- When she sees that I’ve changed and improved in the ways that are important to her, she will automatically feel some respect and attraction for me again.
- I believe in myself and in my worth to her and I will continue to feel that way when I interact with her, even if she’s being cold, dismissive or bitchy towards me.
- Even if she pretends that she doesn’t have any feelings for me anymore, I won’t feel insecure and unsure of myself around her.

Whatever negative thoughts might be going through your mind right now, focus on replacing them with positive thoughts.

Then, when you interact with your ex wife again, rather than projecting an image of a guy who is losing his mind, your confidence and self-belief will come through instead (e.g. in the tonality of your voice, your body language and in the way you behave and respond to her).

When she sees for herself that you are a much more emotionally attractive man now than you were in the marriage with her (e.g. more confident and self-assured, more emotionally strong, calm and relaxed under pressure), she will naturally start to feel respect and attraction for you again.

You can then build on that and get her to fall in love with you all over again.

However, if you continue to allow your negative thoughts to drag you down into a pit of hopelessness and despair, when you interact with your ex wife, she will pick up on it and she will then likely think something like, *“I can’t believe he’s losing it like that. Even if I had my doubts about leaving him before, I see now that he’s definitely not the man for me. I made the right decision to divorce him.”*

Another way to regain control of your mind is to

2. Understand that more and more men are getting their wife back after a divorce these days

In the past, it was difficult for a guy to get back together with his ex wife after divorce, because the only options available to him were to seek help from a therapist or relationship counselor.

Then, the main advice in those situations was: *Give it time. Take up new hobbies and even start dating again. Just give her some space to recover and stop feeling so angry about everything. She will come back if she misses you.*

Of course, in almost all instances, if the guy followed that advice, he ended up losing his wife for good.

She either moved on and refused to have anything to do with him, or she met someone else, fell in love and started a new relationship.

This is why you need to use an updated approach that actually works.

Fortunately, today there are many more options available to a guy than just waiting around for his wife to start missing him.

He can now take control of the ex back process and actually do the types of things that will quickly reactivate his wife's feelings for him so that he can get her back.

Here's the main thing you need to get clear on:

If you want to get your wife back, you can.

However, it's not something that will happen miraculously by you sitting around passively and waiting for her to wake up one day and think to herself, *I miss my husband. Maybe we can work things out after all.*

Instead, it's something you have to actively make happen.

How can you do that?

You need to

3. Interact with her and make her feel sparks of sexual and romantic attraction for the new you

What most guys do after a divorce is close themselves off from all outside interactions and try to heal from the pain caused by their failed marriage.

As a result, they also stop communicating with their ex wife.

In some cases, it's because the wife says she doesn't want anything more to do with him and in other instances, it's because the guy can't deal with the pain of being an ex in her life, rather than her man.

Whatever the reason though, if a guy wants to get his wife back, he has to stay in her life (e.g. via text, social media, the phone and by seeing her in person).

If he doesn't, he won't be able to replace her negative feelings about him and make her see him in a new, more positive light.

So, the most important thing for you to do right now to stop yourself from losing your mind, is to

interact with your ex wife and make her feel sparks of sexual and romantic attraction for you again. You will then see that there is hope. You can make her feel differently. For example: Some of the ways you can do that is byâ€

- Maintaining your confidence with her regardless of what sheâ€™s saying or doing to put you off, (e.g. sheâ€™s being disdainful or indifferent towards you, sheâ€™s blaming you for ruining the marriage)
- Showing her via your conversation style, actions and behavior that youâ€™ve fixed some of the issues that caused her to disconnect from her feelings for you and that lead to the divorce, (e.g. if you werenâ€™t going anywhere in your life/career which made her feel unsafe about her future with you, you are now more goal oriented and are working towards achieving them. If you took her for granted before, youâ€™ve now learned from your mistakes and have become a better man as a result).
- Reacting differently to what she says and does, (e.g. if she tries to start an argument with you, rather than get upset or lose your temper with her like you did in the past, you now remain calm and use humor to diffuse the situation).
- Being more emotionally dominant with her, rather than allowing her to call all the shots because you feel guilty or bad about your behavior leading up to, and after, the divorce.
- Being more emotionally masculine around her and making her feel feminine and girly, rather than being too nice and neutral and making her feel like a friend or an acquaintance in your presence.

The more your ex wife interacts with you and discovers that youâ€™re nothing like the man she divorced, the more her feelings of respect and attraction for you will be reactivated.

As a result, her defenses start to come down and she then becomes more open to talking with you over the phone and meeting up with you in person, to see what happens next.

In the meantime, donâ€™t sit around at home losing your mind.

Insteadâ€

4. Use this as an opportunity to become the man you know you should have become all along

Going through a divorce can be a hugely transformational experience for you if you let it.

You can change and improve and become a much better man than you were before.

So, you can sit around feeling like your confidence is destroyed and thinking dark thoughts like, â€Iâ€™m losing my mind,â€ or you can use the time productively, by transforming yourself into a better version of the man you used to be before the divorce.

How can you do that?

By understanding your ex wifeâ€™s secret, subtle or deeper reasons for getting a divorce and then changing or improving those things about yourself.

If youâ€™re not quite sure what those things might be, here are some questions to ask yourself to gain clarityâ€

Did you always treat her well (i.e. with respect and love) and pulled your weight in the marriage (i.e. did your share of the chores, took care of your half of the responsibilities), or did you slip into a habit of taking her for granted and treating her badly (e.g. you stopped doing your part and let her do everything, you became too selfish/abusive/controlling)?

Were you a reliable husband who kept his promises to her, or were you undependable and left her in the lurch on a regular basis (e.g. unavailable when she needed you, went back on your word)?

Were you nice and loving towards her in front of other people, but critical or emotionally distant when you were alone?

Were you moving up through the levels of life and creating a safe path for your future together, or were you drifting along and living only from day to day (which caused her to feel anxious and unsafe)?

Were you able to maintain her feelings of attraction by making her feel like an attractive, desirable woman around you, or did you treat her more like a neutral friend or housemate?

Once you understand where you went wrong, you can focus on showing your ex wife that youâ€”ve moved past the level that you were at when she broke up with you.

When she sees for herself that youâ€”re now behaving and responding in a completely different way to the way she remembers, her guard will naturally come down and she will start thinking of you in a more positive light.

You can then build on her feelings for you and revive your marriage from there.

Where Men Go Wrong After Divorce

Something important to remember is that if you want to get your wife back, you canâ€”t let the divorce get to you and make you give up.

Where a lot of guys in similar situations to yours go wrong, is to lose hope and make mistakes that ruin their chances of ever getting their ex back.

Donâ€”t let that happen to you.

So, make sure you donâ€”t make any of the following mistakesâ€”!

1. Falling into a deep pit of depression

Thereâ€”s no denying that divorce is a big deal and you wouldnâ€”t be human if it didnâ€”t affect you.

However, if you let your divorce break you and cause you to think things like, *â€”Losing my wife is the worst thing that ever happened to me. I feel like my life is over and that I will never be able to recover. Everything feels hopeless and empty without her and my life is not worth living without her,â€”* youâ€”ll actually be hurting your chances of getting your wife back.

Why?

When you allow yourself to sink into a bottomless pit of depression and despair, youâ€”re actually preventing yourself from moving forward and becoming the kind of man who can attract her back (e.g. confident, emotionally strong, undaunted, not easily beaten).

Then, when you next interact with your ex wife (e.g. on a phone call or in person) and she senses that

you're losing your mind without her, she will feel turned off by what she perceives as your emotional weakness.

She will see your inability to cope as a sign that you're not the kind of man she could depend on in a crisis and she may then decide that she made the right decision to divorce you after all.

On the other hand, if you pick yourself up quickly and get on with your life, she will feel drawn to you again for being an emotionally strong man and cool under extreme pressure.

She then becomes open to seeing you in a new light and you can then build on her feelings and make her open up to the idea of being a couple again.

So from this point onwards, make sure that you stop focusing on the pain of the situation and only focus on what is required to get your wife back.

Another mistake is

2. Trying to mask the pain with random hobbies that he doesn't really care about as much as her

When a guy tries to hide from the pain he's feeling (e.g. by pursuing random hobbies), he's basically avoiding facing up to what he really wants (i.e. to get his wife back).

In his mind he's likely thinking things like, *It's over. The divorce is final and there's nothing I can do now to get her back. I need to accept it and try to move on.*

Yet, that's not what he wants to do, but he also doesn't know what else to do to make himself feel better.

Here's the thing though

Wasting your time messing around with hobbies that don't matter to you is not going to help you feel better.

On the other hand, if you set yourself a goal that is actually important to you (i.e. getting your wife back) and then take action to make it happen, not only will you stop needing superficial distractions, you'll also find that you automatically feel better because you are now focused on the right things in your life.

So, if you want to get your wife back, don't pretend you want to collect stamps/play computer games/play darts instead.

The only thing that will accomplish is make you miss her more.

Another mistake is

3. Distracting himself with work and the responsibilities of life

In some cases, a guy will decide that the only way to take his mind off the divorce and how bad he's feeling, is to keep himself very busy.

He then puts all his attention on his work and on his other responsibilities, in the hope that he will be too distracting to think about how much he misses his ex wife.

Yet, no matter how busy he gets, he still goes to bed alone at night and missing her.

Here's the thing

Distraction isn't the solution to feeling better.

Itâs just another way for you to stay stuck in limbo where youâre not really getting over your wife at all.

So what can you do to truly feel better?

Get your wife back.

So, rather than trying to take your mind off of her, focus instead on interacting with her and reactivating her sexual and romantic feelings for you and getting her back.

Another mistake isâ!

4. Feeling like it's just impossible to turn his situation around

Even though your situation might seem hopeless to you right now (e.g. because your divorce is finalized, your ex wife is refusing to talk to you), when you spark new feelings of love inside your wife, anything becomes possible.

The truth is, millions of women go back to their husband after a divorce every year.

You can be one of those men.

Remember: Even after divorce, it doesnât mean the love between you and your ex wife is completely dead.

Right now itâs just buried under a lot of anger and emotional pain.

However, you can bring it back to life (i.e. by interacting with her and showing her that you truly are a better man now).

When she sees for herself that you really have changed in some of the ways that matter to her, she wonât be able to stop herself from feeling some respect for you again.

When she starts to respect you, she naturally also starts to feel attracted to you again and she then becomes open to reconnecting with her feelings of love for you as well.

So, donât sit around feeling hopeless and thinking, *âIâm losing my mindâ* and just go get your wife back.

You can do it.

Men from all over the world get an ex wife back every day.

You can do it too.

It might seem impossible to you at the moment, but it is possible.

You really can change how she feels and get her to start falling back in love with you again, to the point where she really wants to try again.

All of a sudden, her perception of you and her changes.

You and her feels good to her again, but in a new way.

She feels a kind of love for you that she has never felt before.

That is what is possible.

It really is.

×

[image]

Almost there! Please complete this quick form to gain instant access.

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My Wife is Divorcing Me Because I Cheated

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 6 tips to help you get her to change her mind and stop the divorce:

1. Verbally accept the divorce, but don't sign yet

Chances are high that so far, nothing that you have tried to convince your wife to change her mind about the divorce has worked.

Which is why, begging her to give you another chance, or being stubborn and refusing to sign the papers is only likely to make things more tense and unfriendly between you and her.

So, if you haven't already done so, stop fighting your wife about the divorce.

That doesn't mean you have to accept it or go through with it.

It simply means you're no longer going to try and change her mind in ways that don't work and that only make her feel even more closed off and determined to go through with it.

To do that, you need to verbally tell her that you accept her decision to get divorced (just make sure you don't sign anything yet).

For example: You might say something along the lines of, *"I know I stuffed up pretty badly and I understand why you want to end our marriage. I just want to say that I accept your decision to get divorced and I'm not going to make things any more difficult for you than they already are."*

In a way, saying that (i.e. you don't want to make things any more difficult for her than they already are) can cause some women to feel as though they might be overreacting by wanting a divorce.

Maybe you aren't so bad after all.

Maybe you do care how she feels.

Maybe you have become an even more emotionally mature and appealing man as a result of the mistake you've made.

Additionally, by saying that her, you're taking the pressure off her of having to fight and argue with you to try and get what she wants.

This automatically calms her down a bit and she becomes more open to interacting with you without feeling like she is in an ongoing fight.

This is what you want because from there you need to

2. Use the time you still have with her to rebuild her feelings of respect for you

When you accept the divorce, you're literally buying yourself a bit of time where you can change your wife's mind and save your marriage.

However, for that to happen, you need get her respect back, so she stops seeing you as the guy who broke his vows to her and starts seeing you in a more positive way.

So, how can you regain your ex's respect?

Some of the ways you can do that are

- Maintaining your confidence around her regardless of what she's saying or doing (e.g.

sheâs insults you for cheating on her, throws a tantrum, is cold and bitchy, tries to make you feel guilty and like youâre not worthy as a man anymore because of what happened).

- Using humor to diffuse strained interactions and get her laughing, smiling and feeling good around you, rather than becoming annoyed, tense or worrying that youâre losing her.
- Standing up to her in a lovingly dominant way if she tries to control you during conversation, rather than being submissive with her and letting her walk all over you.
- Showing her by the way you respond to her (e.g. calm rather than emotionally volatile, patient rather than easily annoyed) that youâre no longer the same guy she broke up with.

The more respect and attraction you make her feel, the more she will open back up to you.

She stops seeing you as the man who cheated on her and caused her a lot of pain and disappointment.

Instead, she starts seeing you in a new, more positive light and becomes less determined to go through with the divorce right away.

At this point, you need toâ!

3. Make her feel attracted to you in new ways, based on the parts of the attraction experience that were missing in your marriage

Most guys donât just wake up one day and decide theyâre going to cheat on their wife.

Instead, the relationship has likely been breaking down for a while and the woman has been steadily losing respect, attraction and love for her guy over time.

As a result, she was probably less affectionate and loving towards him and the sex may have even completely dried up.

So, rather than quickly change and improve and start making her feel the way she wants to feel in the marriage with him so she becomes a loving, devoted, affectionate wife to him again, the guy instead looked outside of his relationship for what he wasnât getting at home.

However, to stop his wife from going through with the divorce, heâs going to have to face what he was avoiding before and start giving her the attraction experience that was missing in the marriage.

Heâs going to have to change and improve in the ways that are important to her, so she stops feelings turned off by him and starts wanting to save her marriage.

For example:

- If he took her for granted (e.g. he didnât pull his weight in the relationship, he expected her to look good for him, but he didnât do the same for her, he put her in second place to his work, family or friends), he now needs to quickly change and then apologize to her for not being a very good husband to her and for allowing his actions to cause her to feel unloved and unappreciated. He then needs to show her (via his actions and behavior) that heâs learned from his mistake and has become a better, more loving and attentive man as a result.
- If he stopped making her feel like an attractive, desirable woman and instead treated her like a roommate, he now focuses on making her feel like a real woman by being more emotionally masculine around her.
- If he was emotionally distant towards her, he now opens up and is more emotionally available to her. He listens to what she has to say and also expresses himself to her rather than closing up

or walking away.

- If he broke his promises to her, he now makes sure that he is a man of his word no matter what.
- If he let her make all the decisions in the marriage because he didn't want to put up with her nagging or tantrums, he now stands up to her in a lovingly dominant way.

When your wife can see that you're an upgraded version of the man you were before, she stops being so sure about wanting a divorce.

Her guard comes down and she then becomes more open to talking to you and seeing you, to see if you and her can work things out.

By the way!

4. Don't ever let her see that you're feeling desperate, but do show her that you love her and want to save the marriage

Although right now you might be desperate to save your marriage, it's very important that you don't show your wife that (e.g. by calling her daily to apologize for what happened, sending her flowers or gifts, writing her long letters, e-mails or texts explaining how you feel).

Why?

If you come on too strong, it can cause her to put up her guard and push you away.

Then rather than think, *"I can see by his actions that my husband is really sorry for cheating on me. It looks like he's learned his lesson and is ready to make it up to me now. I guess I should forgive him and give him another chance,"* she will likely feel even more turned off by what she perceives as his attempts to diminish his guilt.

That's why you need to be calm, confident and in control so that you can re-spark your wife's feelings of respect, attraction and love for you and get her to change her mind.

Then!

5. After reactivating her feelings for you and bringing her guard down, ask her to give it a few more weeks

Once your wife is feeling a bit more respect and attraction for you again and is more open to talking to you over the phone and seeing you in person, go ahead and ask her to wait for a few weeks before she decides what she wants to do.

For example: You might say something like, *"Hey, I know I really stuffed things up and I take full responsibility for my actions. I'm not asking you to forget what I did and forgive me right away, however, I am asking for you to wait a few more weeks before you go through with the divorce. Then, if after that time you decide you still want to go through with it, I promise I will accept your decision and not stand in your way."*

In most cases, the woman will usually say something like, *"Okay, fine, I'll give you a few weeks, but don't try to weasel your way into asking for anything else,"* or *"Fine! As long as you give me what I want afterwards, you can have your few weeks."*

However, if she says *"No,"* don't panic and start begging and pleading with her and ruin all the progress you've made so far in reactivating some of her feelings for you.

Instead, stay calm and confidently say, *"Why are you making such a big deal about it? Is it*

because you secretly still love me and want to stay married?â€œ

She will likely be a bit defensive and say something along the lines of, *â€œNo, I donâ€™t!â€œ* or, *â€œYou wish!â€œ* and you can then add, *â€œLook, Iâ€™m only asking for a few weeks. Whatâ€™s the bid deal? After that, you can go ahead and get a divorce and I promise I wonâ€™t stop you.â€œ*

She will probably then agree, even if itâ€™s just to prove to you that she doesnâ€™t still want to stay married to you.

Then, once she agrees to giving you a few more weeks, you need toâ€œ

6. Use the extra time to make her love you in ways she hasnâ€™t ever before

For example: Some of the ways you can do that is byâ€œ

- Maintaining your confidence with her when she tries to belittle you for cheating on her and being disdainful towards you.
- Showing her via your actions, conversation style and behavior that youâ€™ve fixed some of the issues that were turning her off before (e.g. youâ€™re more loving and attentive towards her now while still maintaining your masculinity, when youâ€™re with her you give her 100% of your attention rather than being distracted or having a wandering eye, you keep your word to her no matter how difficult it might be).
- Reacting differently to what she says and does, (e.g. rather than get upset with her and start an argument or walk away, you now remain calm and use humor to diffuse the situation).
- Flirting with her to make her feel like a sexy, desirable woman and like you only have eyes for her, rather than being too stiff and formal around her and giving her the impression that you would rather be anywhere else other than with her.

The more she interacts with you and discovers that youâ€™re nothing like the man who cheated on her, the more attracted to you she will become.

Her defenses then start to come down a little bit and she then becomes open to holding off the divorce for a little while longer to see if you and her can actually work things out after all.

Where Guys Go Wrong When Trying to Stop Their Wife From Going Through With Divorce

[image: Mistakes to avoid when your wife wants a divorce due to you cheating on her]

Right now, you are definitely not in your wifeâ€™s good books.

However, you can change that if you ensure that every time you interact with her you spark her feelings just a little bit more than before.

Over time, each small spark will grow and eventually her love will become a raging fire again.

Yet, for that to happen, you have to make sure you donâ€™t make mistakes that will turn her off rather than re-attract her.

For example: 3 mistakes to avoid making areâ€œ

1. Thinking that apologizing over and over will make her want the marriage

Sometimes a guy feels so guilty and disgusted with himself for cheating on his wife, that he wants to apologize to her over and over again.

Yet, even though he is genuinely being sincere about his regret for cheating on her, apologizing over and over is not the thing that will convince her to give him another chance.

Why?

Basically, because it doesn't actually get to the core of the problem.

Instead, he's just saying how sorry he is, but that doesn't convince his wife that he won't do it again the next time another attractive woman comes along and gives him attention.

So, if your wife can't see any obvious changes in you (e.g. you still have a wandering eye when you're with her, you and her still argue about the same things as before), your apology to her will feel fake and like you're only apologizing to her because you think it's what she wants you to do.

She will then keep rejecting you and saying things like, *"Do you really think I can forgive you for what you did? Your apology means nothing to me. It's just a bunch of empty words! You're still the same jerk who cheated on me! Go away and leave me alone. I will never forgive you for what you did!"*

So, don't bother apologizing to her again and again.

Instead, apologize to her once in a calm, confident and sincere manner and then let your actions be your proof to her that you really have changed and are now a better, more honest and faithful man than you ever were before.

Another mistake to avoid is

2. Offering her the same old attraction experience, when she knows that you probably acted differently around the other woman

Sometimes when a woman is threatening to divorce a guy because he cheated on her, he gets so caught up thinking about how terrible he feels, or how difficult it will be to convince his wife to give him another chance, that he remains stuck at the same level he was at when she broke up with him.

In other words, rather than quickly learn from his mistakes and make some attractive changes to his thinking, behavior and the way he treats his wife so that he can re-attract her and make her change her mind, he instead stays the same.

Then, when he attempts to get her back, she doesn't feel a new spark with him and rejects him, because at the back of her mind she's likely thinking things like, *"I bet he wasn't like this with her! He was quite the man with her, but with me he still behaves the same as before. So, what he's asking from me is that I accept the crappy, old, boring version of him, while that tramp got to enjoy him at his best. Well, I'm not falling for it. He isn't offering me anything that I want right now, so I'm better off divorcing him and finding myself a new man who can make me feel like I want to feel."*

So, if you want your wife to give you another chance, you have to use a different approach with her (e.g. you need to make her feel desirable rather than treat her like the boring wife, you need to listen and be supportive of her needs rather than dismiss her as being an overly emotional woman,

you need to maintain your dominance with her rather than give in to her just to avoid an argument). You've got to be ready to give her the kind of attraction experience that will cause her to feel like she just has to give you another chance, or else she will regret it for the rest of her life. Another mistake to avoid is

3. Trying to discuss his way into making her have feelings

Sometimes a guy will make the mistake of thinking that the only way to make his wife change her mind about divorcing him is by having long discussions about the relationship with her.

He assumes that if he talks to her about why he cheated and then tells her how he's going to make sure that it never happens again (e.g. by giving her a full account of his whereabouts, showing her all the history on his phone/e-mail/social media pages), she will see that he's putting in the effort to fix things between them and she will then begin to reconnect with her feelings of love and trust for him.

Yet, even though his intentions are good, discussing the relationship problems in detail, only highlights his betrayal to her and causes her to feel stressed, hurt and like forgiving him and giving him another chance is just too much hard work.

Here's the thing

Having serious discussions with your wife about your relationship and why you cheated is something that will definitely have to be done.

However, that comes later when she's already opened back up to you and agreed to give you another chance, not before.

For now, it's more important to focus on making her reconnect with her feelings of respect, trust, attraction and love.

So, even if she tries to get serious with you, always steer the conversation back to flirting, humor and feel good emotions, so she can see that she is feeling good around you again.

Her guard will naturally start to slip down and she will then open up to the idea of giving your marriage another chance.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How Long Does it Take For a Woman to Miss Her Ex?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

It depends on the woman and the reason for the break up.

Here are 5 examples of how a woman can react after breaking up with a man:

1. She misses him after a week because she still loves him and feels enough attraction for him to not want to let go

Sometimes a couple might get into a bit of a rut in their relationship (e.g. things become a bit boring and predictable, they no longer go out as often as they used to at the beginning of their relationship, the sex becomes formulaic).

When that happens, a woman might stop focusing on all the good things about her guy that she likes (e.g. he's got a great sense of humor, he is kind and honest, he treats her with love and respect) and she instead begins to nitpick about the minor things that irritate her (e.g. he forgets to put the cap back on the toothpaste, he isn't as romantic as some of her friends' boyfriends, he forgets to call her if he's going to be late from work).

She may then start thinking things like, *"I don't know if I really love him anymore. What if I'm just sticking around in this relationship because it's comfortable? Could I be stopping myself from finding my ideal match? I don't want to wake up one day and find that I'm with the wrong man."*

This kind of thinking may then lead to her breaking up with her guy.

However, after a week of space where she doesn't interact with her ex at all, she may realize that she made a mistake and regret her decision to break up.

When that happens, she will likely begin thinking things like, *"What have I done? How could I let such a great guy go? If I've lost him because of my stupidity, I'll never forgive myself!"*

She may then contact him and say something like, *"I think I made a big mistake by breaking up with you,"* or *"I realize that I still care for you. How about we give our relationship another try?"*

Yet, here's the thing!

Not all women will make the first move with an ex, even if they do miss him and want him back.

This is why, if you want your ex back, don't wait around hoping she will miss you and contact you.

Instead, give her a week of space to miss you and then contact her, preferably over the phone or in person, reactivate her feelings for you (e.g. by making her laugh and smile, making her feel like a real woman around you, showing her you're a better man than you were before the break up) and get her back.

Don't wait around wondering, *"How long does it take for a woman to miss her ex?"* and risk losing her because you wait too long for her to hopefully contact you and want you back.

Make her want you back now.

Another example of how a woman can react after breaking up with a man isâ€¦!

2. She never misses him because her feelings were destroyed and he didn't ever contact her to reactivate them

In most cases, a woman will break up with a guy as a last resort.

In other words, she will usually give him several chances to change and improve and finally, if he doesn't take any notice of her unhappiness, her feelings of respect, attraction and love for him will switch off and she will then break up with him.

When that happens, a woman generally feels relieved to be free from what she perceives as being a miserable, doomed relationship.

So, rather than sit around feeling sad, depressed and missing her ex, she will likely focus instead on moving on with her life by going out with friends, hooking up with new guys and finding herself a new relationship.

So, if your ex has disconnected from her feelings of love, respect and attraction for you, it's not a good idea to wait around for her to start missing you, because it may never happen.

Instead, you need to interact with her and actively re-spark her feelings for you, so she does start missing you when she's not hearing from you.

Another example of how a woman can react after breaking up with a man isâ€¦!

3. She misses him, but moves on with another guy that she meets because her ex never contacts her to get her back

A very common reaction that a woman has after a break up is to feel angry with her guy for a few days and then starts missing him.

She may then start thinking things like, *â€œIf he calls me, I'm not going to push him away. Instead, I'm going to give him a chance to show me that he's changed and see where things go from there.â€*

She then waits to hear from her ex so that they can work things out.

However, if he doesn't get in touch with her after a week, she will naturally begin wondering things like, *â€œWhy isn't he calling me? Doesn't he care that we've broken up? Doesn't he miss me at all?â€*

She might then decide that he's no longer interested in having a relationship with her, so she makes an effort to move on and forget about him by finding herself a replacement man as quickly as possible.

Then, if her ex finally gets in touch with her (e.g. after a few weeks or even months), he is shocked to discover that she has moved on and is happy without him.

So, if you don't want that to happen to you, don't wait around hoping your ex will miss you enough to contact you.

Instead, be courageous enough to start the ex back process with her as quickly as possible.

Another example of how a woman can react after breaking up with a man isâ€¦!

4. She misses him, reaches out to say hi and his response or reaction turns her off

In some cases, a woman will break up with a guy only to very quickly realize that she misses him. So, after a few days of being apart, she might send out a feeler text (or social media message) to say *â€œHi,â€* and see if he is missing her too.

Unfortunately, in a lot of cases, the guy ends up blowing his chances with her by responding in an unattractive way.

For example: Some common reactions a guy might have areâ€

- He tries to show her that heâ€™s not needy by waiting too long to respond to her, so she assumes heâ€™s not interested and decides to move on.
- He gets so excited that she is contacting him that he goes overboard with her (e.g. bombarding her with texts or social media messages, talking about the relationship) and ends up turning her off by what she perceives as his desperation.
- He replies to her in what he thinks is a cool manner to hopefully impress her and instead turns her off because he sounds too cheesy.
- Heâ€™s cold and offish towards her, so she feels put off and cuts off all contact with him.

As a result, she may then start thinking things like, *â€œI canâ€™t believe I actually missed him and thought we could work things out! What a waste of my time and energy. I see now that heâ€™s definitely not the right guy for me. I need to forget about him and focus on finding myself a real man who knows how to handle a woman like me.â€*

She then closes herself off even more.

If he then tries to interact with her, she gives him the cold shoulder.

Heâ€™s then left feeling confused and in some cases, even thinking things like, *â€œWhy is she being such a bitch?â€* or, *â€œWhy is sheâ€™ being so hot and cold with me?â€*

What he doesnâ€™t realize is that he blew it with her by not knowing the right way to respond to her to reactivate her feelings for him and make her want him back.

Another example of how a woman can react after breaking up with a man isâ€

5. She misses him, but is afraid to contact him in case he rejects her

[image: Woman afraid to contact her ex in case he rejects her]

Sometimes a woman will start missing her ex after a few days apart.

Yet, rather than contact him, she doesnâ€™t do anything because sheâ€™s likely thinking things like, *â€œWhat if I call him and he rejects me? What if he tells me that heâ€™s over me and maybe even that heâ€™s found himself another woman? I wouldnâ€™t be able to handle that. Thatâ€™s why Iâ€™m not going to do anything. If he still cares for me, he will have to make the first move.â€*

This is why you canâ€™t sit around waiting for your ex to reach out to you before you start the ex back process.

If you want her back, you need to have the balls to take the lead.

So, interact with her (on the phone and especially in person) and spark her feelings of respect, sexual

attraction and love, so she wants to be your girl again.

Don't waste anymore time waiting for her to miss you and come running back.

When guys use that approach, they usually waste a lot of time and end up losing their woman as well.

So, if you want her back, make it happen now.

She's waiting for you.

Where Guys Go Wrong When Waiting For an Ex to Miss Them

By the way!

If your intention is to get your ex back, you need to make sure that you have the right mindset for that to happen (e.g. confident, assertive, positive).

If you go into the ex back process with the wrong mindset, you might end up delaying, or even ruining your chances of getting her back.

3 examples of the wrong mindset are:

1. Thinking that waiting is the way to get an ex back

Most guys have heard the expression, *âAbsence makes the heart grow fonder.â*

So, after a break up, a guy might decide that if he waits long enough, his ex will eventually start to miss him and then she will contact him so that they can get back together again.

He might then sit around for weeks, months and in some extreme cases, even years, waiting for her to get in touch so that they can resume their relationship.

Yet, that almost never happens.

Instead, if a woman doesn't hear from her ex within a few days of breaking up, she usually assumes he's not interested in getting back together again and she then focuses on fully getting over him and moving on.

Even if a woman does miss her ex and feels sad that he's not contacting her, she will rarely make the first move and get in touch with him because she doesn't want to get rejected by him.

As a result, the guy loses his chance of getting her back, all because he had the wrong mindset (i.e. he believed that waiting for an ex is the way to get her back).

This is why, if you want to get your ex back, you shouldn't wait longer than 7 days to start the ex back process with her.

If you do wait longer than a week, you might be shocked and disappointed to find out that she has already started to move on without you and is possibly dating, or even falling in love with a new man.

Another example of the wrong mindset is!

2. Getting a text from her after a few days or weeks, but not feeling confident about what her intentions might be

Sometimes, if a woman still has some feelings for her ex, she will begin to miss him after a days or

weeks of not hearing from him and she might then make the first move.

For example: A woman might send her ex a text or social media message to say, *“Hi”* and open the lines of communication between them.

However, he ends up not being sure if he should try to get her back and risk getting rejected or not, so he keeps his reply short and ends the conversation hoping that it will make her chase him.

It doesn't.

A woman might risk making the first move, but if her ex doesn't seem keen to be hearing from her, she will almost never put herself in the position where he can reject her again.

Instead, she will likely think something like, *“Well, I gave it a shot and he didn't seem interested, so I guess I need to accept that it's truly over between us and focus on moving on.”*

She then does just that, usually by going out more and opening herself up to meeting, dating and hooking up sexually with other men.

Here's the thing!

If your ex contacts you, don't play hard to get, because you will almost certainly end up blowing it with her.

Instead, be confident enough to use the opening she's giving you to re-attract her, reactivate her feelings of respect and attraction for you and get her back.

Another example of the wrong mindset is!

3. Waiting so long that you lose confidence in your attractiveness to her and other women

In some cases, a guy will wait around for weeks, or even months in the hope that his ex will miss him and he can then start the ex back process with her.

Yet, the longer he waits, the more he begins to doubt his chances with her.

He then starts thinking things like, *“What if she doesn't miss me? What if she doesn't want me back after all? What if I contact her and she tells me that she's met someone else even better than me? Maybe she's realized that I'm not good enough for her and that she can do better than me. It's probably hopeless. Not only doesn't she want me anymore, I'm sure no other woman will want me either.”*

Yet, thinking like that only makes him think, act and behave in ways that are unattractive to women.

So, if he then tries to get his ex back, or meet other women, he will usually get rejected because they will all sense his lack of confidence and self worth and feel turned off by it.

Here's the thing!

Women are attracted to confident men who believe in themselves.

Likewise, women are turned off by insecure men who doubt themselves and their value to her.

So, if you've been waiting too long for your ex to miss you and have been losing confidence in yourself and in your attractiveness to her as a result, you really do need to begin building your confidence back up, or else you won't be able to re-attract your ex or any other woman for that matter.

You need to get to the point where you believe in yourself and in your value to her and other women. When you do, not only will you be able to make your ex feel a renewed sense of respect and attraction for you, you will also be able to attract other beautiful women, if you want to.

So, don't waste time ignoring your ex in the hope that she will miss you and come running back and end up losing your confidence as a result.

If you want her back, believe in yourself and then take action to re-attract her and make it happen now.

When you do, everything will begin to change for you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Hanging Out With an Ex You Still Have Feelings For

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 things you should do if you want her back:

1. Don't give off an, *â€œI want a relationship with you. That's all I am interested in. I can't deal with being just friends* energy when around her

Sometimes, when a guy still has feelings for his ex and secretly wants her back, he can't stop himself from making every interaction he has with her about that.

For example: A guy might

- Talk about all the great times they had together and say things like, *â€œWe were really good together,â€* or *â€œWhat we had was really special.â€*
- Call, text or message her every day just to stay on her mind.
- Like all her posts on social media regardless of how trivial her comments might be.
- Suck up to her over the phone and when they are together, even when she's being a bit bitchy towards him.
- Make himself indispensable to her (e.g. helps her with errands, chores or bills).
- He insinuates himself into her life (e.g. if they get invited somewhere by mutual friends he says things like, *â€œDon't worry about taking your car. We can go together. I will pick you up*).
- Make himself available to her 24/7 regardless of his own plans.

In his mind he's likely thinking, *â€œI'm just being a good friend to her, that's all. It's not like I'm asking her for a relationship or pressuring her in any way to get back together again.â€*

Yet, what he doesn't realize is that a woman can easily see through a guy's act and pick up on his true intentions.

She then starts thinking things like, *â€œI'm not sure that hanging out with my ex is such a good idea after all. It looks like he still has feelings for me, but I don't feel the same way about him. So, the more we see each other, the more he will likely assume he has a chance with me. Yet, I don't want to give him that impression, because I'm just not interested in him in that way anymore. Maybe it's better if we cut all ties and move on with our lives separately from now on.â€*

Here's the thing

If you want your ex to start having feelings for you again, you need to focus on using interactions to make her feel respect and attraction for you.

That means, you need to behave in ways that are attractive to her (e.g. confident, emotionally independent, relaxed), rather than in ways you think she wants (e.g. extra nice, always available, overly helpful).

When you have the confidence to hang around your ex without making it all about getting her back, something amazing happens.

Not only do you feel better about the break up, but you instantly become more attractive to her as a result.

She stops thinking of you as her good old reliable, boring ex who she knows she can push around because he wants her back and starts to see you in a more positive light (i.e. because youâre being an emotionally strong, confident, masculine man).

She then starts to feel surges of respect for you again.

When that happens, she feels attracted and when she respects and feels attracted to you, her guard comes down and she opens herself up to the idea of getting back together.

Another thing you should do when hanging out with an ex you still have feelings for isâ

2. Focus on making her feel sparks of sexual and romantic attraction for you, so the feelings become mutual

If your ex is open to the idea of you and her hanging out, youâre actually luckier than most guys are after a break up.

Essentially, you have a valid reason for meeting up with her any time you want (i.e. you and her are now friends).

However, if you waste that opportunity by being too nice or neutral with her (e.g. because youâre afraid of losing her if she picks up on the fact that you still have feelings for her), you might actually lose her for real to another guy who has the balls to make her feel attracted.

So, donât waste your interactions with your ex by pretending that youâre not interested in getting her back.

Of course that doesnât mean you should go on and on about how much you still care for her either.

Instead, focus on having fun with her, while at the same time making her feel strong sparks of respect and attraction for the new man you have become.

For example: Some of the ways you can do that is byâ

- Making her laugh and smile and feel relaxed to be around you again, rather than trying to get into intense, deep discussions about the relationship.
- Flirting with her to create some sexual tension between you, rather than just acting friendly or neutral.
- Making her feel feminine and girly in your presence by being more emotionally masculine than her and not allowing her to dominate you during conversations.
- Maintaining your confidence with her regardless of what she says or does to make you feel unsure of yourself around her.
- Believing in yourself and in your value to her, rather than doubting yourself.
- Showing her that youâre now a new and improved man that she can look up to, respect, feel attracted to and love, rather than continuing to make the same old attraction mistakes as before.

When she experiences the new you for herself, she will naturally start to feel sparks of sexual and romantic attraction for you again.

She then stops putting up walls every time you interact with her and starts to feel open to the idea of

being in a relationship with you again.

Another thing you should do when hanging out with an ex you still have feelings for isâ□!

3. Be a more emotionally attractive version of yourself

[image: Be a more emotionally attractive version of yourself]

This simply means you make some quick, easy improvements to yourself, so that when you hang out with your ex, she starts to see you with different eyes.

For example: Some of the ways you can become more emotionally attractive areâ□!

- If you were a little bit confident before, like in situations where you felt comfortable such as at work or with your friends, you now become a lot more confident. Even when youâ□□re in unfamiliar situations that would have made you feel uncomfortable or unsure of yourself in the past (e.g. when hanging out with an ex you still have feelings for), you now feel relaxed and sure of yourself.
- If you were too much of a nice guy before and allowed your ex and other people to push you around, you now become more assertive and stand up for yourself in a firm, yet loving way.
- If you fell into the habit of treating your ex like a friend so she stopped feeling like a real woman around you, you now become more emotionally masculine in your approach so that when you hang out with her, she starts to feel feminine and girly again.
- If you were unsure of your purpose and direction in life before and seemed to just be drifting along, you now become more focused and goal oriented. You know what you want and youâ□□re busy working towards achieving it.

Show your ex (via the way you now talk, act, think, behave and react to her) that you now have the ability to be the man she always wanted you to be.

Then when you hang out together and she sees that you really have changed and are more emotionally attractive to her as a man now, she will automatically begin to feel surges of sexual and romantic attraction for you again.

When that happens, it will then become a lot easier for her to reconnect with her feelings of love for you and want to give the relationship another try.

Another thing you should do when hanging out with an ex you still have feelings for isâ□!

4. Let her see that your confidence isn't dependent on how she treats you, reacts to you or feels about you

Right now, your ex probably suspects that you still have feelings for her.

However, even if she feels the same way about you, sheâ□□s unlikely to make it easy for you to get her back.

Instead, sheâ□□s almost certainly going to test your confidence before she opens herself up to giving you another chance.

For example: Some of the way she might do that is byâ□!

- Pretending that sheâ□□s completely over you to see if you will lose confidence in yourself and

stop hanging out with her, because you can't bear to be around her knowing she doesn't return your feelings of love.

- Flirting with other guys in front of you, or talking about other guys that are interested in her to test if you will get jealous or angry and start doubting your attractiveness to her, or if you will maintain confidence in yourself and your value to her.
- Being distant and closed off towards you during conversation to see if you can maintain your confidence with her, or if you become insecure and unsure of yourself (e.g. you start stumbling over your words, you become extra nice to her, you try to please her).
- Messing with your head by saying things like, *â€œI miss you, but I don't want to get back together again,â€* to see if you will lose it and start begging and pleading with her to change her mind.

Essentially, she wants to see how strong of a man you really are, so it's very important that you don't let her get to you.

It's up to you to stay emotionally strong, regardless of what she's saying or doing to make you doubt yourself around her.

Remember: Women are naturally attracted to confidence, so if you can pass her tests, she will naturally feel attracted to you, even if she initially only wanted to mess with your head.

[image: Let her see how confident you are now]

When she feels attracted, she will then drop her guard and open herself up to giving you another chance.

However, you must stay confident.

If you don't, she will feel turned off and then she will stick to her decision to break up with you and move on.

Another thing you should do when hanging out with an ex you still have feelings for isâ€

5. Be a challenge, but don't play too hard to get

Most guys who get the chance to hang out with an ex they still have feelings for, often make the mistake of being too nice and accommodating to her in the hope that this will please her (e.g. he makes himself available to her whenever she wants, answers all her texts, messages or calls instantly, lets her call all the shots).

A guy like that may even justify his actions by thinking something like, *â€œIt's no big deal. I'm just being a good friend to her and maybe in time she will start to have feelings for me again when she realizes that I'm always there for her and that she can depend on me no matter what.â€*

Yet, what he doesn't realize is that a woman doesn't want to feel as though she is more valuable or powerful than her man.

Instead, she wants him to make her feel as though she needs to be the one who is nice and accommodating to try to please him, rather than him being no challenge to her at all.

She doesn't want to feel as though she can push him around and treat him like dirt without him standing up to her, or even walking away, because she's being a brat.

So, if you want to re-spark your ex's feelings for you, stop being a good little boy around her

who is always saying and doing things to please her.

Be a bit more of a challenge to her by not always being available when she wants to meet up.

Take your time answering her texts, messages and phone calls.

Have fun with your own friends without her.

Youâd be surprised to see how attractive a bit of ballsiness can be to a woman.

Before you realize it, she will be the one chasing after you and saying things like, *âMaybe we should give our relationship another try.*â

Where Guys Go Wrong When Hanging Out With an Ex They Still Have Feelings For

When you approach hanging out with an ex in the right way, you can easily change her feelings and get her back.

However, if you make common mistakes that guys make in a situation like yours, you can end up losing your chance.

So, make sure that doesnât happen to you, by not making any of the following mistakes:

1. Acting like a neutral friend and expecting something sexual or romantic to happen

Being broken up can cause a guy to feel a bit awkward when he interacts with his ex, especially if he still has feelings for her.

At the back of his mind he may be wondering things like, *âShould I let her know that I still care about her and want her back and risk being rejected by her, or should I just play it cool and just hang out with her and let her lead the way?*â

In most cases, the guy will decide to let his ex call the shots and he just sticks around pretending to be her nice, sweet, platonic friend who isnât interested in getting her back.

Yet, what almost always happens when a guy does that, is he gets the shock of his life when his ex calls him up one day (i.e. because heâs her nice, sweet friend) and tells him something along the lines of, *âIâm so excited and I wanted you to be one of the first to know. Iâve met someone and Iâm in love. Isnât that great? I hope you will meet another girl soon too! Maybe we can even double date when that happens.*â

Heâs then left feeling devastated and wondering why this happened to him.

The answer is simple.

It happened to him because he failed to reactivate his exâs feelings for him and make her want to be in a relationship with him again.

So, if you donât want the same thing to happen to you, make sure you donât waste your interactions with your ex, pretending you only want to be her platonic friend and that you donât want her back.

If you act like a friend, thatâs all youâll end up with (i.e. a friendship, rather than a relationship).

So, make the feelings sexual, initiate a kiss and then enjoy the great times ahead with her.

Another mistake to avoid isâ€¦|

2. Telling her that he has feelings for her, even though she doesnâ€™t feel that way about him yet

As tempting as it maybe to just go ahead and say, *â€œHey, I still have feelings for you. Letâ€™s try to work things out,â€* itâ€™s not a good idea. Why?

If you havenâ€™t spent time reactivating your exâ€™s feelings of respect and attraction for you first, sheâ€™s not going to want to hear that, because she doesnâ€™t feel the same way about you.

Instead, she will likely say something along the lines of, *â€œThatâ€™s really sweet of you, but I donâ€™t think we can go back to being a couple again because I just donâ€™t feel the same way about you anymore. Iâ€™m sorry, but being friends is the best I can offer you. If you canâ€™t accept that, then maybe we should stop hanging out and try to move on.â€*

So, if you want a relationship with your ex, make sure that itâ€™s what she wants too before you go and pour your heart out to her.

How will you know?

If you focus on using your interactions with her to reactivate her feelings for you (e.g. by making her laugh and smile and feel good to be around you, flirting with her to create some sexual tension, showing her via your actions that youâ€™re a new man), sheâ€™ll start to want a relationship too, because it feels like the right thing for her.

Another mistake to avoid isâ€¦|

3. Being afraid to hug her or touch her when appropriate

If you want your ex to start seeing you with romantic, rather than friendly eyes again, you need to be able to hug her and touch her from time to time.

That doesnâ€™t mean you should throw yourself at her and make it uncomfortable for her to be around you because youâ€™re constantly groping her and making her feel uncomfortable.

However, thereâ€™s nothing wrong with giving her a friendly hug to say hello or goodbye, or touching her occasionally during conversation.

Itâ€™s just two, mature adults interacting with each other in a playful, innocent, friendly manner, with subtle romantic undertones.

Yet, despite that, many guys are still too afraid to touch their ex.

So, a guy will keep his distance from her and hope that she somehow changes her mind and starts to feel attracted to him again in a romantic way.

However, in almost all cases, a woman wonâ€™t because heâ€™s not doing anything to spark her sexual and romantic feelings for him.

Heâ€™s just causing her to feel neutral around him, or worse, turned off even further because thereâ€™s clearly no spark between them anymore.

This is why, if you want your ex to begin having romantic feelings for you again, you have to be comfortable enough with her to initiate some physical contact.

So, don't go around treating her like a neutral friend and then expect her to feel turned on.

The next mistake is

1. Getting friendzoned by assuming that he doesn't deserve to be in any other position with her

If you start telling yourself that the only way you can stay in contact with your ex is if you accept being her friend, then getting your ex to see you as more than just a friend will be difficult.

The best way to get out of the friendzone is to not see yourself as being in it in the first place.

Instead, see yourself as a guy that your ex is clearly attracted to.

She wants you.

It's obvious and you know it.

By having that kind of mindset, it causes you to display the type of confidence that actually does make her feel attracted to you (i.e. belief in yourself, relaxed confidence, no need to try hard around her because you know that you're good enough and that she wants you).

You can then easily build on her feelings for you and lead her back into a relationship with you.

However, if you only see yourself as her friend, she will only see you that way too.

She will then look for another guy to make her feel sexually and romantically attracted.

Don't lose your chance with her.

Be that guy who makes her feel the way she wants to feel (i.e. attracted, desirable, turned on) and get her back.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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How Do I Know if My Ex is Using Me? 7 Signs to Look Out For

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 7 possible signs that she is using you:

1. She stays in contact, but keeps rejecting your attempts to meet up with her

Generally speaking, after a break up, a woman may feel worried that her ex will find a replacement woman and move on before sheâs had a chance to hook up with another guy first.

Of course, she wonât want him to know that, so she might stay in contact with him (e.g. via social media, texting and phone calls), to keep tabs on him.

Then, while he begins thinking things like, *â Could it be possible that she still has feelings for me after all? Maybe we can work things out and get back together again,*â she focuses on trying to find herself a new guy.

If he then suggests a meet up, rather than say *â Yes,*â she instead makes some excuse as to why itâs not a good time for her.

He then continues to hold on to the hope that they might reconcile and get back together again, while she focuses on being the first one to move on.

So, if your ex is staying in contact with you but wonât meet up, itâs quite possible that sheâs using you for emotional support as she moves on without you.

She just wants to make sure that you're not going to move on before her.

Of course, you donât have to put up with this treatment from her.

If you want her back, you need to call her right away and spark some of her feelings of respect and attraction for you (e.g. by making her laugh and smile, showing her that youâve changed), so that she canât stop herself from wanting to see you in person.

Then, when you meet up with her, you can fully reactivate her feelings for you and get her back.

Alternatively, if you decide that you donât want her back, you need to cut off all contact with her and move on, rather than let her continue to use you.

Another possible sign that your ex is using you is ifâ

2. She texts you when she's bored and then stops replying

Sometimes a woman will be sitting around feeling bored (e.g. on a Sunday evening, at the office).

She might then decide to text her ex as a way of passing the time.

She may then start a conversation with him (e.g. ask him what heâs doing and what heâs been up to since the break up, talk about things they both like such as movies, music, a shared hobby) to entertain herself for a while.

Once again, the guy might then take this as a sign that she still has some feelings for him.

However, if he then gets too carried away with the conversation, or he tries to start a text chat with her again the next day, she usually just ignores him, because sheâs no longer feeling bored and is busy living her life (e.g. hanging out with friends, at work, participating in a sport or other activity).

Heâ□□s then left feeling confused and wondering things like, *â□□What happened? Why is she ignoring me all of a sudden? I thought we were getting along so well the other day/night. Did I say something wrong to put her off?*â□□

Yet, what he doesnâ□□t realize is that she was just using him to entertain herself for a while and isnâ□□t really interested in him at all.

Another possible sign that your ex is using you is ifâ□□|

3. She is happy to talk to you when talking about herself and her life, but she doesn't really listen or care when you talk about yourself

If your ex is currently only interested in talking about herself and what sheâ□□s doing, but doesnâ□□t give a damn about you and your life, itâ□□s likely that sheâ□□s using you as her sounding board (i.e. because youâ□□re familiar to her).

As a result, you end up getting friend-zoned or acting like her therapist.

Unfortunately, both of those situations mean that she won't be feeling attracted and drawn to you in a sexual or romantic way.

So, if you want to get her back, you canâ□□t put yourself in the position where she can use you in that way.

Instead, you need to be more of a challenge to her, rather than always being there for her.

For example: Some of the ways you can do that is byâ□□|

Not responding to her messages, texts or calls every time she tries to get in touch with you.

That doesnâ□□t mean you ignore her or play hard to get, instead you take your time responding to her and then when you do, you say something like, *â□□Sorry...I was out with friends/at the gym/in my photography class,*â□□ to make it clear to her that you have a life too and arenâ□□t sitting around waiting for her to get in touch with you.

You might also use some humor to make her feel surges of attraction for you when she starts talking about herself, by saying (in an easy-going, joking way) something along the lines of, *â□□Oh, weâ□□re talking about you again? Iâ□□m not your therapist you know. However, Iâ□□m happy to listen, but youâ□□ll have to pay me. I must warn you though, Iâ□□m not cheap!*â□□ and then laugh.

She will likely be a bit shocked and she may ask something like, *â□□What? Pay you? What are you talking about?*â□□ and you can then respond by saying, *â□□I told youâ□□| Iâ□□m not going to listen to you talk about yourself all the time without getting something out of it. Itâ□□s going to cost you a 3 course dinner. So, when are you going to pay up?*â□□

She will then most likely start laughing with you and feeling more open and interested in what you have to say.

Even if she tries to fight it, she wonâ□□t be able to stop herself from beginning to feel respect for you for having the confidence and the social skills to stand up to her in that way.

She then stops being so self-absorbed and starts to feel drawn to you in a way that feels good to her.

She becomes more open to meeting up with you in person, which then gives you the opportunity to fully reactivate her feelings for you and get her back.

Another possible sign that your ex is using you is ifâ€¦|

4. She says she doesn't want a relationship right now, but is secretly trying to find a replacement guy

Sometimes, a woman wants to break up with her guy, but keeps him in her life (i.e. by staying in contact with him) while she secretly tries to find her next boyfriend.

Then, once she secures a new relationship, she will break the news to her ex and quickly cut him out of her life.

Basically, she used him to feel good about herself and move on without experiencing the pain of being rejected or not wanted after the break up.

If this is the case with your ex, you need to quickly decide what you want to do.

Are you going to let her use you and then dispose of you when she meets another guy, or are you going to reactivate her feelings for you and get her back.

The choice is yours, not hers.

If you feel that sheâ€¦ is the right woman for you, then donâ€¦t allow her to mess you around while she secretly tries to move on.

Instead, interact with her in ways that create feelings of sexual and romantic attraction inside of her and make her really want you again.

The more attracted to you, you make her feel, the less motivated she will be to replace you with another guy.

Suddenly she will start being nice to you, because she will fear losing you to another woman and you can then kiss her, hook up with her sexually and get her back.

Another possible sign that your ex is using you is ifâ€¦|

5. She wants sex, but isn't interested in anything else

In some cases, a woman will keep her ex around for sex when sheâ€¦s between boyfriends, or feeling alone or unattractive.

She can then turn to him, get her sexual fix, make herself feel better and then go back to enjoying her life without the restrictions of a relationship with him.

Of course, the guy might then take that as a sign that she still has feelings for him and cling to the idea that if he just hangs in there, over time, the sex will evolve into a relationship again.

On the other hand, the woman is busy actively trying to move on by finding herself a replacement guy.

Then, when she does, she will drop her ex like a hot potato and move on with her new man.

Hereâ€¦s the thing thoughâ€¦|

If your ex is still having sex with you, it means that on some level she still finds you physically attractive.

All you need to do is make yourself more emotionally attractive too (e.g. by changing some of the things that turned her off about you before) and she wonâ€¦t be able to stop herself from feeling drawn to you and wanting to be your girl again.

Another possible sign that your ex is using you is ifâ€¦|

6. She uses you for financial support, but doesn't ever seem interested in wanting to start a real relationship again

Sometimes a woman is an opportunist.

So, when she realizes that her ex still has feelings for her and she can use him to help her out financially, she decides to take advantage of him.

She may then be extra nice and sweet to him and even give him some hope by saying things like, *â€œYou really are the best guy Iâ€™ve ever known,â€* or *â€œI donâ€™t know why I ever broke up with you.â€*

He might then start thinking things like, *â€œIt sounds like she still has feelings for me after all. Maybe we can work things out and get back together again.â€*

If he then suggests that they give their relationship another try, she puts him off by saying things like, *â€œIâ€™m just not ready for that yet. Letâ€™s keep things the way they are for now and see what happens later on,â€* or *â€œPlease donâ€™t push me for a relationship right now. I need more time to figure out what I want in my life before I can commit to being with one guy for the long term.â€*

He then continues to help her out with money (i.e. because he thinks they will eventually get back together again), while she enjoys the feeling of financial freedom at his expense.

Then, if she meets another guy who makes her feel attracted in the ways that are important to her, she will quickly drop her free ride and move on, leaving him feeling confused and used.

Another possible sign that your ex is using you is ifâ€¦|

7. She keeps giving you mixed signals, but never wants to take it any further than that

In some cases, a woman who is using her ex will behave in ways that makes him think he still has a chance with her and that sheâ€™s open to getting back together again.

For example: A woman mightâ€¦|

- Turn to him for help of advice like she used to when they were together.
- Call him just to chat about random things.
- Tell him that she misses him.
- Send him photos of herself.
- Hang out with him on the weekends like theyâ€™re still together.
- Take him as her date to parties or family events.

However, if the guy then tries to get her to commit to getting back together again, or attempts to kiss her when theyâ€™re together, she pulls away, possibly becomes angry and says something like, *â€œWhat are you doing? In case youâ€™ve forgotten, Iâ€™m not your girl anymore, nor do I want to be. Please donâ€™t try that with me again, or else Iâ€™m going to have to stop being your friend.â€*

Naturally, heâ€™s left feeling confused and wondering, *â€œIs my ex using me?â€*

In a case like that, chances are high that she is. Why?

Often, a woman will do this because she's already seeing another guy and just doesn't want to come out and say it.

Instead, she likes the idea of having her ex available to her every beck and call, while at the same time, she enjoys the sex and romance of being with a new man.

Alternatively, a woman might simply use her ex to give herself an ego boost, to get emotional revenge on him for hurting her, or just for something fun to do.

It's not nice, but that's how some women are.

After a break up a woman can change and become a completely different person.

Not all women are that mean of course, but many guys do encounter a completely different side to their ex after a break up.

So, don't let yourself get caught up in a situation like that.

If you allow your ex to use you, it will do nothing to change her negative feelings for you and make her want you back.

Instead, she will probably lose even more respect and attraction for you for not having the balls to stand up to her and put her back in her place (in a loving way) when she steps out of line and tries to use you.

So, go ahead and take charge of the situation and use it as an opportunity to spark her feelings of respect and attraction for you and make her want you again.

How Guys Often Mess Things Up Further When They Realize They Are Being Used By Their Ex

Sometimes a guy will know that his ex is using him, but instead of putting an end to it, he actually makes it worse by making the following mistakes:

1. Seeking pity for how upset, confused and sad she is making him feel by her approach

For example: A guy might say something like, *"Why are you using me like this? Does it make you happy to treat me like crap? Are you trying to hurt me for what happened between us? Well congratulations! You've succeeded. I feel terrible. I hope you're satisfied with your handiwork."*

Secretly, he's hoping his ex will think something like, *"Oh no! What have I done? I've been such a bitch to him and now he's feeling hurt and used. I feel horrible for doing that to him. He doesn't deserve it,"* and then start being nice to him again and give him another chance with her.

Yet, that's practically the last thing that will happen.

Instead, she will feel even more turned off by what she perceives as his emotional weakness and vulnerability.

She might then treat him even worse than before, because she's lost all respect for him as a man,

or just cut him out of her life completely and move on.

Another mistake isâ€¦!

2. Putting up with her bad behavior just to get to text with her or spend time with her

In some cases, a woman will openly use her ex and treat him with disrespect.

However, even though he can see what sheâ€™s doing, he continues to put up with it in the hope that she will realize what a nice guy he really is and give him another chance.

Yet, that almost never happens.

Instead, the woman loses even more respect for him for not being man enough to stand up for himself.

When she canâ€™t respect him, she also stops feeling attracted to him and then thereâ€™s nothing there to make her want to get back into a relationship with him.

Hereâ€™s the thingâ€¦!

Your ex might not admit it to you, but she wants a man who wonâ€™t allow himself to ever be used, by her or anyone else, because he values himself too much.

So, if you want to get her back, you need to make sure that the next time she tries to use you, you stand up to her and show her that youâ€™re no longer the kind of man she can push around and disrespect.

Itâ€™s not about being rude to her, being aggressive or anything silly like that.

Instead, itâ€™s about standing up to her in a calm, confident, loving, but assertive manner to remind her that youâ€™re the more emotionally dominant one.

When she realizes that she can no longer get away with treating you badly, she will naturally feel respect for you again for having the balls to stand up to her.

She will then also feel attracted and then getting her back becomes a lot easier for you to do.

Another mistake isâ€¦!

3. Using a neutral or friendly approach to get her back

If every time you interact with your ex you pretend that all you want is to be her nice, neutral friend, chances are high that thatâ€™s exactly what you will get.

Sheâ€™ll likely continue to use you to her advantage (e.g. when she needs a date for some random event, when she needs help with her car/to paint her house/to help her move), while at the same time making herself available to meeting, hooking up with and dating other guys.

Hereâ€™s the thingâ€¦!

Pretending to be Mr. Nice Guy, Mr. Plain or Mr. Neutral doesn't create a spark.

Instead, it puts you in the friend zone and it reduces your chances of getting your ex back dramatically.

So, if your intention is to get your ex back, you canâ€™t pretend to be her neutral friend and then expect it to happen.

Sheâ€™s got to know for sure that youâ€™re attracted to her in a sexual, romantic way and that

youâ€”re open to being with her.

At the same time, you need to focus on making her experience sexual and romantic feelings for you, so that she wants to be with you in that way too.

You can then easily get her back because you both want it to happen.

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Ex Girlfriend Thinks I Will Just Break Up With Her Again in Future

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 6 common reasons why a woman will say that:

1. She noticed that you had a wandering eye when you and her were together, so she assumes that you secretly wish you could get another woman

In some instances, a woman may have noticed that every time she goes out with her guy, he tends to spend more of his time looking at and possibly even flirting with other women, rather than focusing his attention on her.

This naturally made her feel insecure and like she somehow wasn't good enough for him.

Of course, initially she probably made excuses for him and told herself things like, *"He's a typical man and that is fine. Men like to look at other women. There's nothing wrong with that, as long as I'm still the number one woman in his life."*

Yet, here's the thing!

Although it's perfectly normal for a guy to look at other attractive women and even feel attracted to them, it's not okay for him to spend more time and attention on other women than he does on his own woman.

If she gets a sense that he's secretly wishing he could be with another woman other than her, she will begin to feel jealous and insecure and start thinking things like, *"He's always looking at other women when he should have eyes only for me. Obviously he's not as attracted to me as I am to him. This isn't going to work out after all. I just can't go through life waiting for the man I love to cheat on me and dump me for some other woman."*

She then decides to break up with him and find herself a man who only has eyes for her.

If her ex then tries to get her back, even if she still has feelings for him, she will usually say something along the lines of, *"Sorry, but I can't get back with you because I think you will break up with me again sometime in the future. I don't want to go through that pain again. I think it's better for the both of us to move on and find someone else."*

If this is the case between you and your ex girlfriend, to get her back, you need to make her feel loved and appreciated in a way that feels good to her.

You need to show her, via your actions and behavior that she's the only woman for you.

Of course that doesn't mean you go overboard and lose that thing about you that made her feel attracted to you in the first place (i.e. your confidence, emotional masculinity, your charm).

Instead, you need to create a healthy balance between you and her where she feels lucky to be with you, but she also feels wanted, loved and appreciated.

When that happens, she will quickly change her mind about getting back together again and give you another chance.

Another common reason why a woman will say that she thinks you will just break up with her again in the future is because!

2. She feels like you accepted her, rather than selected her

Sometimes a couple falls into a relationship together by accident.

For example: They may grow up together as childhood friends (e.g. they go to the same school, live near each other, hang out in the same social circle) and over time, they drift into a relationship with each other because it seems easy and comfortable.

Alternatively, a guy and a girl might meet under unusual circumstance (e.g. on vacation, at a club while drunk) and end up having sex and dating as a result.

However, deep down the woman might secretly feel like her guy just accepted her because she was available and if he got the chance to pick a woman that he really wants, it wouldn't be her.

As a result, she begins to develop insecurities about herself and her attractiveness to her guy.

Then, if they end up breaking up and the guy then tries to get her back, rather than get back with him (even though she may still have feelings for him), she instead pushes him away and say "No, because she still believes that he is settling for her, rather than selecting her.

Here's the thing!

Even though your ex girlfriend might believe that you accepted her rather than selected her, it doesn't mean it's the truth.

In fact, there are many reasons why a guy will select a woman other than her physical appearance (e.g. she's a kind and honest person, she is loving and supportive of his dreams, she has a great sense of humor and makes him feel good when he's with her).

So, if you did indeed select your ex girlfriend and feel she's the one for you, it's up to you to make her believe that by making her feel happy, attracted and wanted when she's around you.

When she starts to see herself through your eyes (i.e. as though she is the one you truly want), she will naturally drop her guard and open back up to being your girl again.

Another common reason why a woman will say that she thinks you will just break up with her again in the future is because!

3. She's worried that you will eventually break up with her to get revenge on her for breaking up with you

If your ex was the one who initiated the break up with you, she may feel worried that you're secretly angry with her (e.g. because you lost your temper with her when the break up happened, you ignored her for a while after the break up).

As a result, she might be hesitant to get back together again, even if she really wants to, because she's likely thinking things like, *"What if he hasn't forgiven me and is only trying to get me back, so that he can make me fall in love with him again and then dump me to get revenge on me for breaking up with him in the first place? I think I'll just have to stick with being broken up instead, because I can't risk being dumped by him. It will just be too painful for me."*

She then just pushes you away by saying that she thinks that you will just break up with you again in future.

Of course, you probably don't want to do that and you likely do care for her and want to make

things work out.

However, you can't tell her that, because she in all likelihood won't believe you.

That's why you need to show her instead that you care for her (i.e. by acting and behaving in ways that will make her feel the way she wants to feel when she's with you).

When you make your ex girlfriend reconnect with her feelings of love, respect and sexual attraction for you (e.g. by making her laugh and smile, making her feel appreciated), she will see you for the man you really are (i.e. honest, loving, sincere) and she will be happy and willing to give you another chance.

Another common reason why a woman will say that she thinks you will just break up with her again in the future is because

4. She believes that you don't know your own worth yet, but you will

It's only normal for a man (or a woman) to sometimes wonder if they're good enough for the person they're with.

This usually happens when one person feels as though the other is more valuable or attractive than them.

So, if your ex secretly doubted that she was worthy of you, it's only natural that she will feel insecure about being your girl and will then keep pushing you away.

For example: If a guy and woman come from very different social and economic backgrounds and his family and friends don't approve of her, she might easily feel like she's not good enough for him.

Even if he tries to reassure her by saying things like, *"I love you and it's my opinion that counts, not anyone else's,"* she can't stop herself from thinking something along the lines of, *"He's just saying that because he hasn't yet realized what a catch he is. When he does, he will see that he can do much better than me and he will quickly dump me. I couldn't handle that. I think it's better that we stay broken up. He deserves to get a woman that is at his level, rather than have me drag him down."*

So, if your ex girlfriend felt that she was unworthy of you, to get her back, you can't just tell her that you love her and that she's the one for you, because she probably won't believe you.

What should you do instead?

For her to believe that you truly value her and want to be with her, you'll need to show her that you do, via your actions and the way you treat her and respond to her, both in private and in public (e.g. if you were unwilling to hold her hand in front your family and friends, now is a great time to start doing that at times).

You also need to accept that your ex girlfriend will probably always feel a bit insecure about how fully committed you are to her, because in her mind, she'll likely always see you as being of higher value than her.

However, you can calm that down over time and get her to relax and trust in you and the relationship, but you need to be patient about it.

Whatever you do though, don't swing the other way and become desperate and needy in your attempts to convince her, because she will then lose respect for you and break up with you anyway.

So, just be confident and emotionally strong and focus on making her feel loved, appreciated and valued when you and her are together.

When she starts to see herself through your eyes, she will naturally drop her guard and want to be your girl again.

Another common reason why a woman will say that she thinks you will just break up with her again in the future is becauseâ€¦!

5. She sees how other women look at you and worries that you might act on that interest from women one day

Sometimes, a woman might date a guy who is very attractive and wherever he goes, he always seems to get noticed by other women.

She may then end up thinking things like, "I know he's with me now, but he can have any woman he wants. What if he eventually feels more attraction to someone else and just dumps me? It's better to just let him go now and focus on finding myself a guy who won't leave me, rather than get back with him and then have to deal with the pain and rejection of being dumped by him when he hooks up with some other woman in the future."

Of course, the guy probably doesn't think that way and to him, his girlfriend is his ideal woman, but what he likely doesn't realize is that in general, women are a lot more insecure than men.

For example: According to a report commissioned by Dove Cosmetics, 96% of women around the world don't consider themselves to be beautiful and feel insecure about their physical appearance.

Additionally, according to the National Institute of Mental Health in the U.S.A., women are twice as likely to experience depression than men.

So, even though your ex girlfriend might have given you the impression that she was confident, self-assured and happy about her physical appearance, chances are high that she was a lot more insecure, self-doubting and prone to feelings of depression than you ever realized.

So, if you want to convince her to give your relationship another chance, it's vital that you make her see herself through your eyes (i.e. make her feel loved, desired and like she's your ideal woman).

Once again though, you can't say that to her, instead you need to stay calm and just focus on making her feel happy, attracted and wanted when around you (e.g. by using humor to break through her insecurities, flirting with her to make her feel desirable, making her feel feminine and girly in your presence).

The more that you build on her feelings for you, the more her doubts about giving your relationship another chance will begin to fade.

Suddenly, she will begin seeing herself through your eyes (i.e. as though she is good enough for you).

When that happens, she will stop feeling insecure and start wanting to be your girl again, before another woman actually does come along and seduces you away from her.

Another common reason why a woman will say that she thinks you will just break up with her again in the future is becauseâ€¦!

6. She's just saying that to see if she can get some power over you and change the relationship dynamic when you get back together

A woman will sometimes say that she thinks her ex will break up with her again in the future so she doesn't want to get back with him, simply to see how he will react.

For example: Will he remain confident and emotionally strong, or will he become desperate and hand all his power over to her in an attempt to get her back?

If he crumbles and begins chasing after and saying things like, *â€œNo, no! That's not true! Why would I want you back if I was going to do that? Can't you see that I love you and that I want you to be my girl? What can I say or do to prove it to you? I'll do anything!â€* rather than feel relieved and reassured, a woman will usually just feel turned off.

Why?

In most cases, one of the main reasons why a woman initially feels drawn to her guy is because he is confident, emotionally strong and emotionally dominant.

So, if he suddenly becomes wimpy, self-doubting and hands all his power over to her (i.e. by offering to do whatever she wants), he will lose the very thing that attracted her to him in the first place (i.e. his confidence and emotional masculinity).

As a result, she stops feeling respect and attraction for him and then even though her resistance to give him another chance started off as a test, she now feels convinced that she was right not to want him back.

So, if you want to get your ex back, don't fall into the trap of becoming desperate and give all your power over to her.

Instead, try to see the funny side of how she's behaving, rather than getting sucked into the fake drama that she is creating.

Of course initially your ex girlfriend might be a bit shocked that you're not chasing after her and she may even say things like, *â€œSee? This is what I'm talking about. You're already acting like someone who will break up with me in the future. You're being disrespectful towards me and I don't like it.â€*

However, even if she doesn't show it, she will be feeling respect and attraction for you for being confident and emotionally strong enough to pass her test.

She will then realize that you really are the man she wants to be with and won't be able to stop herself from reconnecting with her original feelings of respect, attraction and love for you once again.

Where a Guy Might Go Wrong When an Ex Girlfriend Refuses to Give Him Another Chance Because She Thinks They'll Just Break Up Again in the Future

To get your ex girlfriend back, you simply need to re-spark her feelings for you enough, so that she can't resist wanting to be with you again.

This is why you need to focus on thinking, saying and doing things that are attractive to her (e.g. being confident and emotionally strong, using humor to break down her defenses, flirting with her to

create sparks of attraction), rather than doing things that will turn her off.

For example: 3 mistakes you should avoid making areâ€¦|

1. Promising to never leave her if she just gives you one more chance to prove your love for her

As tempted as you might be to say something like, *â€œI know you think we will break up again in the future, but I promise you that wonâ€™t happen. I will never leave you because I love you and nothing will come between us ever again. Please just give me a chance to prove to you that our love will last,â€* donâ€™t do it.

Why?

Firstly, you canâ€™t make promises to your ex girlfriend that you might not be able to keep.

The truth is, no one knows what happens down the road of life and something might occur that actually does cause you to break up with her in the future.

She will then throw it in your face that youâ€™re not a man of your word.

Secondly, and most importantly, saying that to her is once again giving her power over you, which makes you less attractive in her eyes.

Another mistake to avoid isâ€¦|

2. Pouring your heart out in a long letter or email and turning her off in the process

Telling your ex girlfriend how you feel about her in a letter or e-mail might seem romantic to you, but to a woman, itâ€™s a sign that youâ€™re being too emotionally sensitive.

As a result, she feels turned off.

So, even though you may believe that pouring your heart out to her is the right thing to do, because youâ€™ve seen guys acting like that in movies, or in music videos, it isnâ€™t.

In the real world, women canâ€™t feel respect and attraction for a guy who is emotionally sensitive and expresses his feelings like a woman does (i.e. women are the ones who write soppy love letters to an ex, not men).

So, forget about telling your ex about how you feel and focus instead on making her feel the way she wants to feel during interactions with you (e.g. respectful, attracted, in love).

Another mistake to avoid isâ€¦|

3. Not realizing that some women like the thrill of the chase when it comes to guys

When a guy desperately wants to get his ex girlfriend back, he usually makes the mistake of chasing after her and begging and pleading with her to give him another chance.

Essentially heâ€™s hoping that the more he pursues her, the more she will realize that heâ€™s serious about her and she will feel convinced that they wonâ€™t break up again in the future.

As a result, he stops being a challenge and rather than want him back, his ex actually loses interest. Why?

What a guy like that doesnâ€™t realize is that a woman doesnâ€™t want to feel as though she is more valuable or powerful than him.

She wants him to make her feel as though she needs to chase after him, because if she doesnât, she will lose him to another woman.

She doesnât want to feel as though she can push him around and treat him like dirt and he will put up with it.

So, if you want to get your ex girlfriend back, be a bit more of a challenge to her, rather than being a good little boy who chases after her and does whatever she says.

Youâll be surprised to see how effective that actually is in making a woman feel surges of respect and attraction for you again.

Suddenly, she starts to chase you and when that happens, getting her back becomes easy and effortless.

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How to Help My Ex to Get Over Her Resentment Towards Me and Give Us a Chance

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 things that you can do to achieve that:

1. Stop trying to get her to give you another chance

One of the most common reactions that guys have when they get broken up with is to quickly try to convince their ex to give them another chance.

For example: A guy might start off by apologizing to his ex over and over again for what happened and saying things like, *â€œIâ€™m so, so sorry for what I did! I know I messed up badly, but I promise I will never do anything to hurt you ever again. Please forgive me and give me one more chance to make it up to you.â€*

If that doesnâ€™t work and she remains closed off, he might then resort to begging and pleading with her and saying something along the lines of, *â€œIâ€™m begging you. Please give me another chance. I swear to you that I will do anything you ask me to do to make things right.â€*

Yet, a woman rarely gets over her resentment towards her ex and gives him another chance based on his apologies or promises to do her bidding, especially when he is being desperate, needy and emotionally submissive as he tries to get her back.

In fact, that usually just gives her even more reasons to want to stay broken up, because women are instinctively turned off by emotional weakness in men.

So, if that has been your approach to getting your ex back so far, you need to stop right away, because youâ€™re likely turning her off even more.

Of course that doesnâ€™t mean you should give up.

On the contrary.

When you use the right approach, you can easily make your ex get over her resentment towards you and give your relationship another chance.

So, what should you do to make that happen?

Start using interactions with your ex to make her feel the way she wants to feel when sheâ€™s with you (e.g. respectful, attracted, like a real woman, exhilarated).

It has to be about how she feels, not about how bad you feel and how you want another chance with her.

If she currently resents you, then she cares about her own feelings right now and isnâ€™t going to be too interested about how youâ€™re feeling, or what you want.

Thatâ€™s why you canâ€™t convince her to get over her resentment towards you with words.

Instead, you need to convince her via your actions, behavior and the way you make her feel when sheâ€™s with you.

When you rebuild her feelings of respect, attraction and love for you (i.e. by showing her that youâ€™re now a new and improved man), she will automatically stop being so resentful towards

you.

Her guard will come down and she will then open up to talking to you over the phone and seeing you in person to prove to herself that you really have changed and aren't putting on an act just to get her back.

Then, when she realizes that you really are a different man from the guy she broke up with, not only will she stop resenting you, she will also begin to open up to the idea of getting back together again.

However, if you don't reactivate her feelings for you first and just try to convince her with words, she will keep pushing you away and saying things like, *â€œI don't want anything more to do with you. Just accept that it's over and leave me alone!â€*

Another thing you can do to help your ex get over her resentment towards you and give you another chance is to

2. Create feelings of sexual tension between you and her and build on it

Right now, any positive feelings your ex might still have for you are buried under negative emotions such as resentment, anger and disillusionment.

As a result, she doesn't feel drawn to you.

In fact, the idea of imagining herself in your arms, hugging, kissing or having sex, likely doesn't appeal to her at all.

You need to change that and one of the best ways to do that is to create so much sexual tension between you and her, that when she's alone and thinking about you, rather than think things like, *â€œHe's such a jerk! I will never forgive him,â€* she starts thinking something along the lines of, *â€œWhat's gotten into me? I thought I was truly over him but now I find myself thinking about him all the time and imagining what it would be like for him to kiss me and touch me again. I want him and it's driving me crazy!â€*

How can you do that?

To begin with, you need to stop putting yourself in a position of weakness around your ex (e.g. being extra nice and sweet to her, being afraid to stand up to her when she's being mean or unreasonable, letting her push you around and blame you for the break up, pretending you only want to be friends with her from now on), because that turns her off.

Then you need to create some sexual tension between you and her, so she naturally wants to kiss you, hug you, have sex with you and see what happens after that.

One way to do that is by flirting with her in a relaxed manner, without giving off a, *â€œI want you to get over your resentment towards me and give us a chance,â€* vibe.

When it comes to getting an ex back, flirting is one of the most effective ways to break down the walls your ex has put up between herself and you and get the sexual energy flowing once again.

It allows her to feel attracted to you, without worrying that it means she is agreeing to give you another chance.

It also makes her think about you in a more positive way when she's not interacting with you.

Then instead of thinking things like, *â€œI don't want anything to do with him anymore,â€* she begins to wonder, *â€œWhy can't I stop thinking about him and hoping that he's going to call me again?â€* or, *â€œWhy do I want to see him again?â€*

So, don't be afraid to flirt with your ex and make her laugh and smile when you interact with her. The more you build the tension between you and her, the less she will be able to hold on to her feelings of resentment towards you.

Her guard will come down and you can then kiss her, have sex with her and get her back into a relationship with you.

Another thing you can do to help your ex get over her resentment towards you and give you another chance is to

3. Let her see that she feels differently about you and you're not even asking for a relationship

One of the reasons why your ex is currently feeling resentful towards you is because she's thinking of you based on her last impression of you (i.e. at the end of your relationship and after you and her broke up).

In other words, if you were being insecure, needy, clingy, immature, irresponsible, submissive, took her for granted, treated her more like a friend than a lover, or behaved in any other unattractive ways, your ex is going to be remembering those things about you and that is going to make her feel resentful towards you.

So, for her to change her mind and want to give you another chance, you need to show her that you're now a different man than the guy in her mind, so she will naturally start to feel differently about you.

Of course, you can't tell her that you've changed, because she probably won't believe you.

Instead, you need to show her that you've changed, based on how you communicate and interact with her on phone calls and in person.

For example: Imagine that a guy is on a call with his ex woman and she says something along the lines of, *"I don't have feelings for you anymore. What we had is over and I'm never going to get back into a relationship with you again!"*

She will likely be expecting him to get upset when she says that and possibly even respond by saying something like, *"Please don't say that! I know I made a mistake but I'm willing to do whatever it takes to make it up to you."*

In her mind, that will prove to her that he's still the same guy he was when she broke up with him (e.g. emotionally weak, needy, insecure, unable to stand up for himself) and she will stick to her decision to not give him another chance.

So, to show her that he's changed, he reacts differently to the way she's expecting him to.

He laughs at her (in a loving way) and says something like, *"I'm cool with that. We don't need to get back together again. It's totally fine. Let's just relax, hang out and enjoy each other's company as friends instead,"* and then he changes the subject.

Chances are, his ex will be shocked (in a good way) by his new, confident attitude towards her.

She will then open up even more to talking to him over the phone and meeting up with him in person to see how she feels when she's with him.

In the same way, when you show your ex that you truly have changed and improved in some of the

ways that actually matter to her and at the same time, you don't put pressure on her to give you another chance, she won't be able to stop herself from feeling differently about you (i.e. respectful, attracted).

You can then build on those feelings and get her to the point where she is the one who starts talking about getting back together again, rather than the other way around.

Another thing you can do to help your ex get over her resentment towards you and give you another chance is to

4. Understand the secret, subtle things that turned her off about you

In most cases, a guy has a general idea about what caused his relationship with his ex to crumble (e.g. he became too clingy, he took her for granted, he didn't want to commit), but a lot of guys don't really know the deeper, more subtle reasons that cause a woman's feelings to erode over time.

This is why, unless you can fully understand your ex's real, more subtle reasons for breaking up with you and change those things about yourself, she's not going to stop resenting you and give you another chance.

So, if you're not 100% sure why your ex is currently resenting you and unwilling to give you another chance, here are a few examples of some of the secret things that turn a woman off in a relationship with a guy:

- She feels like she can't be her true self around him (e.g. because he mocks her dreams and goals, he's always criticizing her appearance/friends/intelligence).
- He is easily pushed around and manipulated by other people and can't stand up for himself (e.g. his friends influence him into doing things she doesn't approve of, his co-workers take advantage of him by giving him their extra workload).
- He has a wandering eye.
- He's always assuming the worst about her (e.g. if she's late in coming home or gets a message on her phone from another guy, he assumes it's because she's cheating on him, if she used to drink/take drugs before she met him he accuses her of relapsing if she goes out with her friends).
- He expects her to do everything for him while he just sits around being waited on by her.
- She matured faster than him and feels like he's holding her back (e.g. she wants to settle down/start a family/focus on her career while he's irresponsible and reckless).
- He avoids building better relationships with her family and friends and tends to keep to himself, even though she has told him that this is important to her.

Once you understand the real reasons she felt pushed to break up with you, you can re-attract her in the ways that really matter to her (i.e. by responding and behaving differently to the way you did before).

When she experiences your new, attractive behavior, she will naturally begin to feel more respect and attraction for you as a man.

When that happens, it becomes a lot more difficult for her to hold on to her resentment towards you. She will then drop her guard and allow herself to open back up to the idea of giving you another

chance.

Another thing you can do to help your ex get over her resentment towards you and give you another chance is to

5. Become more emotionally independent

Essentially, what this means is that you need to reach the point where you can

- Be happy and content with or without her.
- Be confident with or without her support.
- Move forward in your life with or without her.
- Believe in yourself and in your value as a man, with or without her approval.

Of course, feeling that way doesn't mean you don't want her back.

The big difference is that you don't need her back to have a good, productive and successful life.

You want her back, but don't need her back.

When you focus on becoming genuinely happy without your ex, not only will it bother you less that she's being resentful towards you, but you will also become more attractive to her (and to women in general).

Women, including exes, are attracted to a good man who is confident, happy and forward moving in life, regardless of what the woman he loves says or does.

In other words, he is emotionally strong and independent and is good to her and appreciates having her in his life, but he doesn't need her.

Your ex won't admit that she wants you to be like that, but be like that and she will want you.

Her feelings of resentment will begin to melt away and all of a sudden she wants to talk to you on the phone and meet up with you in person, because she feels good when she's interacting with you.

Common Problems Guys Experience When Trying to Make an Ex Stop Resenting Them so They Can Get Back Together Again

You now have 5 things you can do to help your ex get over her resentment towards you and give you another chance.

Here are 5 common problems/mistakes that guys in a situation like yours can experience along the way

1. She closes up and doesn't want to work on the relationship

Sometimes, a guy simply cannot understand why his woman is feeling so resentful towards him and refusing to give their relationship another chance.

In his mind he may be thinking things like, *She owes it to me to give me another chance, because at the beginning of our relationship we promised each other we would be together forever, no matter what happened to try and tear us apart.*

He might then say to his ex, *“You promised that nothing could ever make you stop loving me. So, why are you being so stubborn now and refusing to give me a chance? Can’t you see that we owe it to each other to try again?”*

Yet, rather than see the error of her ways, saying that to a woman only makes her close up and not want to work on the relationship even more.

Here’s the thing|

In the past, a woman would be forced to marry a guy picked out for her by her father or guardian and then she had to stay with him for life, regardless of how miserable she felt with him.

That’s not the way it works anymore.

These days, if a woman loses too much respect and attraction for a guy, she can not only break up with him, but she can also decide not to give him another chance if she doesn’t want to, because she’s not his property.

He doesn’t own her and she can do what she wants based on how she feels in the moment (i.e. how she feels now is what matters to her, not how she felt before).

So, if you try to force your ex into giving you another chance, she’ll not only end up resenting you even more, she’ll also make it harder for you to interact with her so that you can reactivate her feelings and get her back.

Another common problem/mistake that guys in a situation like yours can experience along the way is|

2. She doesn’t feel motivated to give him another chance because the attraction isn’t mutual

Very often, when a guy wants his ex back, he focuses on trying to convince her to give him another chance.

Essentially, he pushes her to open up (e.g. by begging and pleading with her, apologizing to her over and over again, promising her that he will change, offering to do anything she wants to make her happy) so that they can be a couple again.

However, because he hasn’t bothered to reactivate her feelings of respect, sexual attraction and love for him first, she keeps pushing him away and saying, *“No. I don’t want to be a couple again. Why can’t you get that into your head and just leave me alone!”*

So, if you want your ex to give you another chance, don’t waste time trying to convince her to stop resenting you and open back up to the idea of having a relationship.

Instead, just focus on using every interaction that you have with her (i.e. especially over the phone and in person) to re-spark her feelings of respect and sexual attraction for you.

The more she starts to associate positive feelings to interacting with you, the more her resentment melts away.

However, if you keep trying to force her to get over her resentment and give you a chance, the more stubborn and closed off she will remain.

Another common problem/mistake that guys in a situation like yours can experience along the way is|

3. She is turned off by his desperation to get another chance with her

In most cases, the more a guy tries to convince his ex to give him another chance, the more turned off she feels by what she perceives as his obsessive, needy, desperate behavior.

She then starts thinking things like, *â€œHeâ€™s totally out of control. I am now seeing him in a way that I never did before and itâ€™s creeping me out. Heâ€™s being so wimpy and needy all of a sudden and itâ€™s turning me off. In fact, Iâ€™m even more convinced now that heâ€™s not the right guy for me and that I made the right decision in breaking up with him.â€*

Hereâ€™s the thingâ€¦

Wanting your ex back is perfectly fine.

However, you canâ€™t become desperate for it to happen.

If you let her sense that youâ€™re feeling desperate, you will be doing the opposite of what a man needs to do to get an ex back (i.e. reactivate her feelings of respect, attraction and love for him).

Another common problem/mistake that guys in a situation like yours can experience along the way isâ€¦

4. He tries to make her get over her resentment via text messages

Sometimes, a guy might send his ex walls of text messages apologizing, explaining and begging her to stop being so resentful towards him.

He may say things like, *â€œIâ€™m really sorry for stuffing things up between us. I know I hurt you and I will do whatever it takes to make it up to you. Please stop being so resentful towards me all the time. I just want to make things right between us. Why wonâ€™t you at least give me a chance?â€*

Yet, rather than think something like, *â€œHe really sounds so sincere. Have I been too hard on him? Maybe I should give us a chance,â€* this makes her feel even more resentful (e.g. because he doesnâ€™t even care enough for her to call or meet up).

She then closes herself off even more and possibly even blocks his number on her phone so he canâ€™t get through to her.

Another common problem/mistake that guys in a situation like yours can experience along the way isâ€¦

4. He makes her feel like the relationship could work if she was willing to put in the effort

When a woman is being stubborn and refusing to let go of her resentment, a guy might feel tempted to say something like, *â€œWhy are you making things so difficult? I know I stuffed up but at least Iâ€™m trying to make it right. Youâ€™re the one who wonâ€™t even try. I bet if you stop resenting me so much, we could actually work things out and fix our relationship.â€*

Yet, that's not how to get a woman back.

You've got to make her naturally feel respect, attraction and love for you.

When you do that, it becomes practically effortless.

She's motivated to listen, open up and help make the relationship work.

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[image]

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Thank You Letter to Ex Girlfriend

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 tips to make the thank you letter be something that reawakens some of her feelings for you:

1. Keep it as brief as possible

As tempting as it may be to want to write a long letter to your ex girlfriend, listing all the things you love about her, talking about all the wonderful times you shared together and pouring out your feelings for her, don't do it.

Why?

A woman doesn't like getting long-winded letters (emails or texts) about her ex's feelings when she doesn't have feelings for him.

Instead, she just feels turned off by his neediness and emotional softness at a time when she really needs him to harden up and be more manly and in control of himself.

If you write too much, she may end up thinking something like, *"Why is he being so mushy and soppy? I know we had some great times together, but it's over now. Does he think that telling me how great I am, or how he feels about me is going to make me change my mind about breaking up? I hope not, because that's not going to happen. I don't have feelings for him anymore and a sweet, romantic, thank you letter isn't going to change that."*

That's why you need to make sure that your letter is short and sweet and interesting enough to make her want to talk to you on the phone, or meet up with you in person, where you can reactivate her feelings for you and get her back.

One of the best ways to do that is to

2. Use humor in the email or letter to make her smile, laugh and feel good to be hearing from you

Using humor in a letter is one of the fastest ways to break down a woman's defenses and make her feel more open towards you, so don't be afraid to make her laugh and smile.

Of course, that doesn't mean you should write jokes or anything like that.

Instead, while you're thanking her for being a great person, you can then throw in a joke about something she used to do for you to make her feel good about herself.

For example: If you say something like, *"I really appreciate that you were always so helpful,"* you can then use some humor by adding something along the lines of, *"I miss that about you! especially when I can't remember how the vacuum cleaner works!"* and then add a smiley face or an *"Lol!"* to let her know that you're just teasing her.

When you use humor and get your ex smiling and laughing, it becomes a lot more difficult for her to hold on to her negative feelings about you.

Instead, she starts feeling respect and attraction for you again and she begins to think things like, *"I wonder what has gotten into him? He's being so funny and confident all of sudden. Maybe*

heâ€™s changed. Maybe I should text him and see what happens from there.â€™

Her guard then comes down and she becomes more open to the idea of talking and interacting with you to see where things go from there.

So, donâ€™t be afraid to use a bit of humor to break the ice when you write a letter to your ex girlfriend, especially if sheâ€™s currently being closed off and uninterested.

Of course, donâ€™t just joke around in your letter, instead you should alsoâ€™!

3. Thank her for being who she is and not putting up with who you were back then

For example: You might say something like, *â€™I just wanted to thank you for being the great person that you are. Regardless of how bad things got between us, you were always nice and I respect that about you. Iâ€™m also grateful that you had the courage to stand up to the guy I used to be back then, rather than let me get away with being a jerk.â€™*

By saying something like that to her, youâ€™re subtly suggesting that you are different now, without actually needing to say it.

As a result, she becomes curious about you and opens up to talking to you on the phone or meeting up with you to see for herself if itâ€™s true, or if you were just saying that to make her drop her guard.

Then, once youâ€™ve said everything you wanted to say in your letter, you need toâ€™!

4. End the letter with humor

Again, using humor to finish off your letter to your ex girlfriend is a great way to leave her with a â€™sweet taste in her mouthâ€™ (i.e. feeling good about you).

An example of that is to say something along the lines of, *â€™Anywayâ€™ I just wanted to tell you that Iâ€™m grateful for having had you in my life. Of course, I do miss you and wish we could be together again, but on the bright side, I know Iâ€™m going to live a lot longer now that youâ€™re no longer cooking for me! Haha!â€™*

Finallyâ€™!

5. Sign off with love

For example: *â€™Love, your ex boyfriend, Peter.â€™*

Quite often, a guy will be too afraid to say something like that because he doesnâ€™t want to scare his ex off by showing her that he still has feelings for her.

In his mind he may be thinking things like, *â€™If I sign off with love, she will know that I still care for her and then sheâ€™ll be turned off. Sheâ€™ll close herself off even more than she already has and I wonâ€™t be able to get her back.â€™*

Yet, the opposite is true.

If a guy pretends not to have feelings for his ex anymore, sheâ€™s usually going to take that as a sign that she needs to move on, rather than hang around hoping he might change his mind.

Another reason why a guy doesnâ€™t want to sign off a letter with love is because he thinks itâ€™s a sign of weakness (i.e. because she will know that he still cares for her and she may then have power

over him).

Yet, letting your ex know that you still care for her is actually a sign of emotional strength.

The truth is, nothing that you say can make you lose any power, because you are the man.

You are the stronger one.

You are always in the power position, because you are the man, so you can sign your letter off with love and not worry about it.

It's just raw, honest masculinity.

Women respect that kind of confident, non-needy honesty from a man.

Where Guys Go Wrong When Writing a Thank You Letter to an Ex

Now that you know what you should do in your letter to your ex, here are 5 things you should avoid:

1. Coming across as arrogant based on how happy you say you are now that she has broken up with you

Sometimes, when a guy writes a thank you letter to his ex, he might try to sound like he's really happy without her, so as not to come across as being needy or desperate.

He might then say things like, *I'm having such a wonderful time now that we're broken up. I never realized how much fun my single friends were having until now. I've been to more clubs, bars and parties than ever before in my life. It's fantastic!*

In his mind he may be thinking, *When she reads that she will see that I'm not sitting around at home feeling sorry for myself and that I'm having fun without her. She might then start regretting that she let me go and contact me so that we can work things out.*

Yet, here's the thing!

Although being genuinely happy and moving on with your life can impress your ex girlfriend (because women love the idea of being with a man who wants her, but doesn't need her to be happy and content), making it sound like you're better off now that she's out of your life, isn't a good idea.

Why?

Rather than be impressed by your new-found emotional independence, your ex will likely see your letter as an attempt to rub her face in it.

She will perceive you as being arrogant and full of yourself and she will then likely ignore your letter altogether and probably even unfriend you on social media and block your number on her phone too (if she hasn't already done that), making it even more difficult for you to interact with her so that you can get her back.

Another thing you should avoid when writing a thank you letter to your ex girlfriend is

2. Being overly nice, polite or sweet

The opposite of being arrogant in your letter is being super nice, sweet and soppy.

For example: A guy might write things like, *â€œI just wanted to say how much I appreciate the time we had together. Youâ€™re a wonderful woman and Iâ€™m a better man because I had you in my life. I only wish you the best from now on and hope you will always be happy.â€*

Essentially, he thinks heâ€™s being a perfect gentleman to his ex and that if she reads that she will be reminded that heâ€™s actually a good guy and then open up to giving him another chance.

However, the opposite is usually true.

The truth is, women feel disgusted by that, if the feelings aren't mutual.

Another thing you should avoid when writing a thank you letter to your ex girlfriend isâ€¦!

3. Making it all about you

In most cases, when a guy decides to write a letter to his ex, itâ€™s usually because he wants to pour his feelings out to her and let her know that he still cares about her.

However, when a woman has lost touch with her feelings of love, respect and sexual attraction for a guy, him writing to her to express his feelings doesnâ€™t mean that much to her at all.

So, rather than think, *â€œThatâ€™s just so amazing! He still cares about me so much. That simply melts my heart and makes me regret breaking up with him,â€* she instead feels turned off by his lack of understanding of her feelings.

In some cases, a woman will even take that as a sign that he is more selfish and self-absorbed than she initially thought.

She will think something like, *â€œMe! Me! Me! Thatâ€™s all he talks about in his entire letter to me. Everything is about him and how he feels! He only cares about himself. Itâ€™s like he doesnâ€™t even realize that it takes two to make a relationship work. He thinks that just because he cares for me, I should just accept that and give him another chance. Well, Iâ€™m not going to get back with a guy based on a letter about how he feels. Heâ€™s definitely going to have to do more than that.â€*

So, if you want to get your ex back, just understand that your letter canâ€™t all be about how much you care for her or how much you need her back in your life, because she wonâ€™t care about that.

What she cares about now is how she feels, not about how you feel and what you want.

So, your approach to getting her back needs to be about how you make her feel, in your letter and then when you talk to her on the phone or in person.

Another thing you should avoid when writing a thank you letter to your ex girlfriend isâ€¦!

4. Wanting her back, but acting like you just want to thank her

Most women are not stupid and they can easily see through a guyâ€™s intentions.

So, if you were upset when you and your ex broke up and tried fervently to make her change her mind, itâ€™s likely that sheâ€™s going to know you still have feelings for her and want her back.

If she then gets a letter from you where youâ€™re acting like you just want to thank her, sheâ€™s probably going to see through it and sense your real intentions (i.e. to make her think that youâ€™re happy without her, that the break up was the best thing that ever happened to you and that you wouldn't ever consider getting back with her).

Sheâ€™s will then perceive you as being childish and immature and focus even more on moving on

without you.

Another thing you should avoid when writing a thank you letter to your ex girlfriend isâ€¦!

5. Losing confidence in your ability to get her back if she doesn't reply or if she replies in a neutral way

The truth is, most women won't make it easy for an ex to get her back.

Instead, she will sit back and wait to see how emotionally strong a man he really is.

For example:

- Is he going to crumble and start doubting his chances with her just because she doesn't respond to his thank you letter, or only responds in neutral way?
- Will he give up on getting her back just because she's being a little cold and aloof towards him?
- Will he take the next step and call her on the phone, or will he stick to letters and text messages?

If he reacts in any of those ways, it will prove to her that he's not really the man she wants to be in a relationship with.

On the other hand, if her ex remains confident no matter how she reacts to his thank you letter and he then just calls her up and focuses on making her feel attracted again, she won't be able to stop herself from feeling a renewed sense of respect for him as a man.

When she feels respect for him, she will also start to feel attracted again and when that happens, her defenses will come down and she will open herself up to being his girl again.

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3 Examples of How to Run Into Your Ex On Purpose

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The obvious thing to do is to go to places that you know she will be at and hopefully be there at the same time, right?

The less obvious thing is what you should actually say and do once you run into her.

That is what it really counts and will determine whether or not running into her turns out to a plus or a negative on your chances of getting her back.

So, here are 3 examples of how to run into your ex on purpose and what to say and do when you finally come face to face with her:

1. Go to the same supermarket or grocery store at the approximate time she'd be shopping there

If you know your ex's shopping habits, accidentally bumping into her at the supermarket is the perfect way to run into her on purpose.

Of course, you need to first make sure that you don't come across as a stalker and follow her to the supermarket in your car and then around all the aisles.

Instead, you need to get your timing right so that you literally bump into her unexpectedly as you come round the corner of one of the aisles.

When that happens, smile at her in a relaxed, easy-going way and say something along the lines of, *âHey! Fancy seeing you here.â*

She will likely be surprised to see you there and she may respond with something like, *âWhat are you doing here?â*

Whatever she says, just smile and say, *âWell, obviously Iâm doing the same thing youâre doingâ| getting my groceries,â* then add, *âI see youâve got pasta (or whatever food item you can see) in your cart. So, whatâs for dinner tonight?â*

She will most likely ask, *âWhy do you want to know?â* and you can then say in a joking way, *âWell, you were always such a lousy cook that I want to make sure I know what to tell the paramedics if I have to call them to rescue you,â* and have a laugh with her about that.

Sheâs probably going to smile and laugh and say something like, *âHey! How dare you say that? You know Iâm an excellent cook!â*

You can then laugh some more and say, *âOh yeah, I forgot. Iâm the one who is a lousy cook.â*

Alternatively, when she asks, *âWhy do you want to know?â* you can answer, *âWell, I want to know to see if it's something I'd be interested in eating. You were always a good cook, so maybe you can cook me dinner tonightâ* and have a laugh with her about that.

At that point, she is probably going to be smiling and thinking about you in a positive way, because youâre not acting like a desperate ex and trying to get her back in the middle of the grocery store and are instead just being a bit playful.

She will also be feeling surges of respect and attraction for you, which is what you want.

From there, you can either continue shopping with her and having a nice, relaxed conversation (e.g. ask her how she's been, tell her a bit about what you've been doing).

Just remember!

You need to stay confident and only talk about positive things you've been doing.

Then, if things seem to be going well and she seems open, you might say, *Hey, it was really nice chatting to you like this. Let's catch up sometime this week for a cup of coffee as friends. I'm free on Wednesday and Sunday afternoon.*

Initially she might be a bit resistant to the idea and say something like, *No, I don't think that's a good idea.*

However, the important thing is that you maintain your confidence and respond with something along the lines of, *Look, it's no big deal. We're two friends catching up. There's nothing wrong with that. We're mature enough to catch up and say hi as friend. It's not like we're going to get back together again just because we're having coffee. So, let's catch up and say hi something this week.*

Usually, when you say something like that to a woman and remain calm, relaxed and confident, she will likely say *Yes,* (even if it's only out of curiosity to see for herself if you've really changed).

Then, just go ahead and make plans to meet her at a time that suits you both, say goodbye and go your separate ways.

You want to leave her wondering, *What just happened? I can't believe I just agreed to have coffee with my ex. He's just so different all of a sudden. I actually enjoyed being around him again.*

Just remember though!

When you meet up with her in person, you've got to continue sparking her feelings of respect, attraction and love for you if you want to change how she feels and get her back.

Another example of how to run into your ex on purpose is!

2. Go to the same bar or nightclub

Bars and nightclubs are designed for people to let their hair down, let go of their inhibitions (e.g. by having a few drinks, dancing) and have fun.

This is why it's a great place to run into your ex on purpose.

Of course, don't just show up by yourself and then sit in a corner all night sneaking looks her.

That would be creepy and a definite way to turn her off even more.

Instead, make sure you are with at least one friend, so you don't look lonely and out of place.

Then, confidently walk up to your ex and say, *Hi.*

Remember though!

She will most likely be there with her friends or work colleagues, so make sure to be charming and greet everyone in the group.

From there, have a friendly chat with her.

Focus on maintaining your confidence with her no matter what she says or does to put you off (e.g.

sheâs initially cold and aloof, she only gives you one word answers during conversation).

At the same time, use humor to create sparks of attraction and get her thinking things like, *âI canât believe Iâm actually smiling and enjoying myself. Whatâs going on? Why am I feeling so drawn to him again all of a sudden?*â

Then, after a few minutes of conversation where youâre making her smile, laugh and feel good to be interacting with you again, say something like,

*âAnywayâ I need to get back to my friend. It was great seeing you though. Have fun. Bye for now,*â and walk away and enjoy the night with your friend.

If she keeps looking at you over the next 30 minutes to an hour, go back to her, or let her come to you.

When that happens, focus on saying and doing the types of things that are going to keep turning her feelings on for you.

For example:

- Be confident and charismatic, no matter what she says or does to test you (e.g. shows interest one minute and pulls away the next).
- Use humor to lighten the mood and make her feel relaxed around you.
- Make her feel feminine and girly by being emotionally masculine.
- Flirt with her to create some sexual tension between you.
- Use her uncertainty about talking to you to create funny moments that bring you closer together.
- Show her via the way you respond to what she says or does that youâre not intimidated by her, or insecure and hurt without her support.

As you talk to her, pay attention to the signs that she may be giving you (e.g. licking her lips, touching you on the arm and/or leg, playing with her hair or a necklace, talking about the good times that you and her shared) that sheâs open to connecting with you on a more intimate level.

When she seems relaxed and happy, lean in and give her a hug and if she doesnât pull away, give her a kiss.

From there, if sheâs open, you can go to your place or hers, hook up with her sexually and get her back.

Another example of how to run into your ex on purpose isâ!

3. Run into her on her lunch break

A good way to run into your ex on purpose is to bump into her in the cafeteria or at a coffee shop/restaurant she likes to have lunch at.

Of course this applies if she works, or if she studies at university.

When you see her, you can confidently walk up to her and say hello.

Then say something funny to create a spark of attraction by making her smile and laugh.

For example: Imagine your ex is eating lunch in the cafeteria at her university.

You can approach her and say in a light-hearted, joking way something along the lines, *âHey! I just wanted to warn you. Stay away from the jello. I heard that the science department experimented*

on it and itâ€™s now got some weird chemical that makes women fall irresistibly back in love with their exâ€™s.â€

She will likely smile and she might say something like, *â€Oh, really?â€* or, *â€Donâ€™t worry, that will never happen to me.â€*

You can then say, *â€Well, donâ€™t say I didnâ€™t warn you,â€* and have a laugh with her about that.

You can then say, *â€Okay, Iâ€™m only joking. The jello is totally cool by the way.â€*

At this point she will likely be smiling, laughing and feeling good to be talking to you.

She will also be feeling surges of respect for you for having the confidence and social skills to make her laugh and smile even though youâ€™re broken up.

She will then most likely be open to you joining her for lunch.

From there, continue to spark her feelings by flirting with her and creating some sexual tension and then say something like, *â€Itâ€™s really great to run into you like this, but Iâ€™m afraid I canâ€™t stay very long.â€*

Then chat for a few more minutes and get up to leave.

If youâ€™ve been sparking her feelings of respect and attraction for you, she will likely be thinking something like, *â€Awwwâ€| does he have to leave so soon? I canâ€™t believe Iâ€™m thinking this but Iâ€™ve had so much fun chatting to him.â€*

You can then call her on the phone after a day or two and get her to meet up with you for a catch up. At the meet up, fully reactivate her feelings for you and get her back.

Where Guys Go Wrong When Running into an Ex On Purpose

Running into your ex is probably something you can easily do.

However, when you come face-to-face with her, you need to make sure that you wonâ€™t turn her off by making some of the common mistakes that most guys make with their ex.

For example:

1. Looking nervous when you approach or start talking to your ex

Thereâ€™s no point in running into your ex, if youâ€™re going to blow it by being too nervous around her and turn her off.

Hereâ€™s the thingâ€|

If a woman hears the nervousness in her exâ€™s voice and picks up the insecurity and self-doubt in his body language, rather than think, *â€Awwwâ€| heâ€™s feeling so anxious and scared to be talking to me. Thatâ€™s so cute. I should be extra sweet and nice to him and make it easy for him to try and get me back,â€* sheâ€™s going to feel turned off by what she perceives as his emotional weakness.

She will then likely respond by being cold and aloof, which in most instances will make the guy feel even more nervous and insecure, which then makes her feel even more turned off and so on and so forth.

So, approaching or talking to your ex in anything other than a confident, self-assured way will simply serve as another reason why she wants to remain broken up.

Another mistake isâ€¦!

2. Only being friendly and neutral and not creating a spark

Sometimes a guy will go to a lot of trouble to run into his ex on purpose, only to waste the opportunity by pretending that heâ€™s only interested in being her friend now.

For example:

- He only has a nice and polite conversation with her.
- Doesnâ€™t flirt to create sexual tension.
- Doesnâ€™t use ballsy humor to make her feel attracted.
- He allows her to call the shots during the interaction so she feels more emotionally dominant than him.

Unfortunately though, being friendly or neutral with an ex who has disconnected from her feelings of respect, attraction and love for him doesnâ€™t work.

Rather than open up and want to continue the interaction, she will likely just make an excuse to get away from him as quickly as possible and he will have wasted his chance.

So, if you want to re-attract your ex and get her back, donâ€™t pretend that you donâ€™t.

Instead, you need to actively spark her feelings of sexual and romantic attraction for you, so that her defenses start to come down and she opens up to the idea of giving you another chance.

Another mistake isâ€¦!

3. Overstaying your welcome

When it comes to running into your ex on purpose, you need to remember that â€˜less is more.â€™

In other words, rather than hang around so long that your ex starts thinking things like, *â€˜This is so awkward. What does he want? Why wonâ€™t he just go away?â€™* you want to leave her wanting more and thinking, *â€˜Wow, that was so much fun. I wish heâ€™d stayed longer.â€™*

Of course, if your ex is giving you clear signs that sheâ€™s open and wants you to stay, donâ€™t just get up and leave.

However, if sheâ€™s being a bit reserved and cautious, simply focus on sparking her feelings and then leave.

Then just call her the next day, arrange to see her again and fully reactivate her feelings so that she wants to get back together again.

Another mistake isâ€¦!

4. Trying to discuss the relationship

As tempting as it might be to want to discuss the relationship and getting back together again when you run into your ex, if you havenâ€™t fully reactivated her feelings of respect, attraction and love for you, sheâ€™s not going to want to hear it.

Instead, she will likely put her guard up and start to look for excuses to get away from you.

So, try to avoid discussing the relationship.

Instead, steer the conversation towards flirting, humor and feel good emotions.

When she can see that she is feeling good around you and that things aren't so bad between you and her after all, she will automatically start to open back up to you again.

Then getting back together again becomes easy, because she wants it to happen as much as you do.

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I Overreacted to a Text On My Girlfriend's Phone and She Dumped Me

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 tips to help you get her back:

1. Understand that we all live and learn

Everyone makes mistakes in a relationship.

In some cases, a mistake can even cause a temporary break up.

That's life.

It's completely normal, natural and common for a couple to get into an argument and nearly break up, or actually break up and feel like it's final.

However, just because you overreacted and turned her off to the point where she dumped you, it doesn't mean that you can't work things out and get her back.

You can.

You made a mistake by overreacting and you now know better.

So, don't keep beating yourself up about what happened.

You've become a better man from it already.

That's a good thing.

So, focus on the fact that you learned a very important relationship lesson and have become a better, more mature man as a result.

Let go of the old version you who overreacted to a text on your girlfriend's phone and move forward based on the man that you are now.

To get her to appreciate the new you, begin replacing the negative feelings that she experienced (e.g. betrayal, anger) with positive feelings (e.g. trust, respect, attraction).

When you rebuild her feelings of respect and attraction for you again, everything changes.

Her defenses come down and she opens herself up to getting back together again because her feelings for you have changed for the better.

Then, the idea of remaining broken up over a simple misunderstanding will start to feel silly to her.

She may then begin thinking things like, *"Maybe I overreacted when I dumped him. Sure, he blew things out of proportion when he saw that text on my phone, but is it worth losing a great guy over? I'm not so sure anymore. I think he realizes his mistake. Maybe he does deserve another chance."*

When that happens, she will naturally start to want to get back together and you can then make it happen.

Another thing you can do to get your girlfriend back after overreacting, is to

2. Apologize to her for overreacting and then laugh about what happened

If you haven't already done so, make sure that you apologize to your girlfriend for how you behaved.

Don't go on and on about it though.

Keep the apology simple, brief and sincere.

Don't make the mistake that some guys make by saying things like, *I'm so sorry! Please forgive me. I was such a jerk. I hate myself for not trusting you. It's just that you mean everything to me and the thought of you with another guy made me go crazy! Please give me one more chance. I'm sorry. Please believe me. From the bottom of my heart, I am sorry. I have never been this sorry. Please. I'm so sorry.*

Instead, just give her a short, sincere apology and then change the conversation to be about laughing at how you overreacted.

For example: You might say something along the lines of, *I really am sorry for overreacting to that text on your phone. It was silly of me to lose it like that.*

You can then laugh and add something like, *Although I don't get why you broke up with me though. Think about how safe our house would be if you just put up a sign on the front door saying, Beware of the crazy boyfriend. He bites! We'd have the safest house in the neighborhood! That's got to be a good thing, right?* and have a laugh with her about that.

By laughing at yourself, it gets rid of the seriousness of the situation and also lets her see that you've changed and realized your mistake.

Then you can say, *Seriously though, it really was such a silly reaction from me. I'm embarrassed now that I behaved in that way. Yet, as you would most likely agree, that's in the past now. I've learned my lesson. I know it was silly. It was immature. I now know better. Maybe it's too late for me to know better and I'm okay with that, but I know better now. I get it that I reacted in an immature way. It was so silly.*

When she can see for herself that you have become a more emotionally mature man, she won't be able to stop herself from considering the idea of giving you another chance.

Another thing you can do to get your girlfriend back is

3. Re-attract her on a phone call or in person, but don't ask for another chance

On a phone call and in person is where the ex back process really speeds up because you can quickly make your ex girlfriend feel a renewed sense of respect and attraction for you based on how you interact with her.

Unlike texting, on a phone call or in person, she can experience the new you via the tonality of your voice and the way you react to what she says and does.

She can quickly see for herself that the guy she dumped is different than who you have become now.

She goes from telling herself, *I will never forgive him for overreacting like that and not trusting me to be a faithful girlfriend,* to thinking things like, *He's so different now! I can see that he gets it. He knows that he was silly to react in that way. He has learned his lesson. So, maybe I overreacted by dumping him and saying that it was over for good. I'm really starting to wonder now if I made a mistake by breaking up with him.*

So, don't be afraid to call her and meet up with her in person to reactivate her feelings for you. It's so much quicker and easier to get a woman back that way, compared to just texting her. For more info, watch this video I made about texting an ex!

BTW: When you re-attract her on the phone or in person, don't ask for another chance right away. Why?

If you push her to get back together before her feelings are fully reawakened, she may continue to focus on her negative feelings towards you and decide that she made the right decision to dump you.

So, just relax and concentrate on making her feel good to be interacting with you again (e.g. by using humor to break down her defenses, flirting with her to create some sexual tension between you, maintaining your confidence around her even when she's blaming you for the break up).

The more sparks of respect and attraction she feels for you, the more she opens back up to being your girl again.

Another thing you can do to get your girlfriend back is!

4. Give her 3 to 7 days of space

Giving her a few days to a week of space is a great way to calm things down between you and your girlfriend and give her a chance to miss you.

Giving her up to a week of space is important if you've been going overboard with texting, messaging or calling her to apologize for overreacting to the text on her phone.

So, if you haven't done so already, stop all interactions with her for a few days.

Just relax and know that she is going to be thinking about you and wondering what you're up to.

She's not going to immediately forget about you in a few days to a week.

Give her a chance to breathe and realize that you're not so bad after all.

When you give her a few days to a week of space, it proves to her that you are now in control of your emotions.

At the same time, it gives her a chance to stop focusing on all the negative things about you that have been turning her off (e.g. You behaved like a jealous, controlling boyfriend. You were being desperate and needy after the break up) and begin missing the things about you that she really does like and feel attracted to (e.g. the way you make her feel loved and appreciated when she's with you, your sense of humor, how you and her want the same things in life, your unique personality that she always loved).

The more she remembers her reasons for loving you and wanting to be with you in the past, the less she will be certain about her decision to break up with you in the present.

She might then contact you during the 3-7 days and you can then quickly re-spark her feelings for you and get her back.

However, if she doesn't reach out to you, don't worry.

Just take the lead by contacting her after 7 days and then start re-attracting her and getting her back from there.

By the way!

Don't make the mistake of thinking that 3 to 7 days is not enough time to let things cool down

between you and then end up not calling her for weeks or months instead.

It's plenty of time!

If you take longer than a week to get in touch with your girlfriend, she might decide that you're not interested in her and then focus on getting over you and moving on (usually by hooking up with another guy).

Don't let that happen to you.

3 to 7 days of space is more than enough time.

Another thing you can do to get your girlfriend back is

5. Let her experience the new and improved you in person

The more time you take to meet up with her in person, the longer it will take to get her back.

So, don't put off catching up with her by hiding behind texts, social media messages or endless phone calls.

You have to get to an in-person meet up so she can experience the new, emotionally mature you for herself.

Here's the thing

Right now, your girlfriend is probably going to be on her guard and thinking things like, *“I don't know if I can trust him again”* or, *“He's got issues and I'm not sure if I want to be in a relationship with a jealous man who loses it every time I talk to, or text another guy. I probably need to just move on.”*

So, rather than trying to get you back, she's going to wait to see if you change or remain the same.

If you and her interact and you're still the same guy, her guard is going to remain up.

BTW: A woman can sense insecurity based on how a guy talks, behaves, moves, reacts and so on.

It can't be hidden.

Women are very good at picking up insecurity.

So, if you want her back, you've got to quickly improve and stop being the insecure guy you were in the relationship.

If you need help with that, I recommend that you watch [Get Your Ex Back Super System](#)

When your ex sees you in person and can sense the inner changes that you've already gone through in just a week, she will be amazed.

She will naturally feel a renewed sense of respect and attraction for you, even if she tries to hide it or never admits it or even suggests that she's feeling it.

For example: One way that you can show her you've changed is to let her see that you don't become jealous or insecure anymore if she mentions other guys.

If she says something like, *“I was hanging out with my friend David the other day. He's so funny. He's kind of cute”* or *“I don't know”* just maintain your composure and even laugh at her attempts to make you jealous.

You can laugh and say, *“Oh no, I'm so jealous”* and have a laugh with her about that.

Then, change the conversation and let her see via your body language and vibe that you are totally fine.

You don't care.

You know that whoever David is, he's not as good as you.

You are way better than him.

He doesn't even compare.

That will come through in the subtleties of your body language, vibe and behavior and she will like it.

All of a sudden, she may then begin thinking something like, *â€œMaybe this break up was a mistake. I thought he was an emotionally immature guy, but heâ€™s obviously used the time apart to change and become the kind of man that I always wanted him to be. Maybe this break up woke him up. He's the sort of guy that other women will be attracted to now. They will see what I can see. I will end up losing him and regretting. So, I can't be angry with him anymore. Maybe we should get back together again after all.â€*

You can make her feel that way.

However, you must do it face-to-face, not via text.

Itâ€™s the only way youâ€™ll be able to convince her (without using words) that you really have changed and become a better man since she dumped you.

She will hear it in your voice and see it for herself in the way you act, behave and respond to her and she will know that itâ€™s not an act.

As a result, she will feel a strong, renewed sense of respect and attraction for you and then, getting back together will become something she really wants too.

Where Guys Go Wrong After Being Dumped For Overreacting to a Text On Their Girlfriendâ€™s Phone

Okay, so you overreacted to a text on your girlfriendâ€™s phone and she dumped you, right?

Well, you can't change how you reacted in the past.

Yet, you can change the present and the future.

It all depends on how you think, act and behave from this point onwards.

Youâ€™re either going to be saying and doing things that will get your girlfriend back, or saying and doing things that will make the break up permanent.

The choice is yours.

Thatâ€™s why you need to make sure you don't make any of the following mistakes:

1. Feeling ashamed of your overreaction, rather than accepting, learning from it and then feeling good about the fact that you're becoming a better man

You might feel justified in telling yourself things like, *â€œI'm such an idiot! How could I do this to the woman I love so much? I should be ashamed of myself for doubting her loyalty. I deserved to be dumped,â€* but thatâ€™s not going to change what happened.

In fact, the only thing it will accomplish is to kill your confidence and prevent you from taking steps to get your girlfriend back.

So, promise yourself that youâ€™re not going to dwell on the negative side of what happened anymore and start looking at the positive side.

What is the positive side of what happened?

Essentially, making that mistake helped you become a better, more emotionally mature man.

That really a good thing.

Itâ€™s not something to be ashamed of.

It's something to be grateful for.

So, focus on that.

Focus on how cool it is that you've leveled up as a man by learning, first hand, that a guy shouldn't overreact to texts on his girlfriend's phone.

Instead, a man should maintain his cool by not looking at other guys as competition for his girl.

It's fine to be annoyed and even dump a woman if she is actively flirting with other guys or cheating, but if she's not doing that and you overreact, then you fail the test.

You show her that, deep down, you are insecure and see other guys as being better than you.

That's not what a woman wants.

A woman wants to be with a man who knows his value and as a result, doesn't worry about other guys trying to get her attention.

That may sound like it would be difficult to do, but it's not.

When you honestly know how to attract a woman in a relationship and build on her attraction to the point where she falls more and more in love with you, other guys simply do not compare.

It would be a huge loss for her if she ever strayed, because most guys out there have no idea how to deepen a woman's feelings over time.

Most guys let the relationship go stale and the sex dries up.

Women know this.

So, when you're the sort of guy who easily deepens his woman's feelings over time, you have nothing to worry about.

If she ever strayed, it would be her loss, her mistake and she would be the one regretting it for the rest of her life.

Another mistake to avoid isâ€¦

2. Cutting off contact for 30 to 60 days and expecting her to chase you and try to get you back

Sometimes a guy feels so embarrassed by his behavior that he thinks, *â€œAfter the way I overreacted to a text on her phone, Iâ€™m almost 100% sure that my girlfriend won't want to hear from me. So, rather than calling her and trying to get her back, Iâ€™m going to back off for a while and let things cool down between us. Then, when sheâ€™s calmed down, she might start to miss me and we can then work things out.â€*

He then cuts off all contact with her (i.e. he stops texting, messaging, calling or seeing her) for several weeks or even months in the hope that she will come back to him.

Yet, hereâs the thingâ!

When a woman has lost touch with her feelings of respect and attraction for a guy, she's usually not going to run after him if he cuts off contact.

Instead, sheâs usually just going to accept that the break up is final and will focus on moving on with a new guy instead.

Even in cases where a woman still has feelings for her ex and regrets dumping him, if he stops interacting with her, she usually begins to doubt his feelings for her.

As a result, she feels unsure about contacting him in case he rejects her, so she lets him go and moves on with a new guy instead.

So, if you want your girlfriend back, donât ignore her for 30 to 60 days and assume that she will want you back.

If you do ignore her for that long, you might be shocked to find out that she has moved on and is happy now without you.

That would suck, right?

Absolutely.

Another mistake to avoid isâ!

3. Not getting to the core reason for your jealousy and insecurity to then fix it

If you want to get your girlfriend back into a relationship that lasts, it's best that you get to the core of what caused you to overreact to the text.

For example: Some questions you can ask yourself areâ!

- Why did I lose confidence in my attractiveness to her?
- Why did I assume that she would be more attracted to another guy and want to leave me?
- Why am I insecure with her, but probably wouldn't be that insecure with another girl?

When you understand what really caused you to overreact, you can then change and improve so that you can get her back.

One thing is for sure thoughâ!

Don't wait too long to make a move.

Women can easily move on after a break up, especially when the guy turned her off by being very jealous or insecure.

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7 Stages of Grief After a Break Up (For Men)

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The 7 stages of grief after a break up is usually something that you can go through very quickly, so you can then get your ex back and enjoy a new and improved relationship with her.

It really depends on how you approach it.

For example: You could decide to spend many months, years or even decades grieving over her and wishing that she was still in your life.

If you want her back, or if you want to move on, I recommend that you get through the grief quickly so you don't remain stuck like other guys do.

To begin with, here are the 7 stages of grief after a break up.

Note: These stages apply to women also, but I only help men, so this is for men.

1. **Shock:** At this stage, a guy will still be trying to understand what just happened and thinking things like, *"I can't believe it's over"* or, *"This can't be happening to me."* It's a huge shock to the system when the woman you love no longer wants anything to do with you. It can literally make you feel sick to the stomach, lose your appetite, stress, lose focus at work and so on. It's a big shock if you really loved her and don't want to lose her.
2. **Denial:** Once the initial shock begins to calm down (anywhere from minutes to days), a guy will start to resist what happened. He may then think things like, *"I refuse to accept that it's over between us. She's my soulmate and I just can't lose her."* He might then text her, call her or arrive at her house to see her and try to work things out.
3. **Anger:** If she still doesn't want to get back together and a guy feels as though he can't do anything about it, he may begin to feel angry at himself or at her. If he's angry at himself, it might be for not realizing that things were bad enough for his ex to want to break up. He may think things like, *"I didn't see this coming,"* and *"How could I be so stupid? Why was I such a jerk to her that she had to leave?"* Alternatively, he might feel angry towards his ex for breaking up with him and thinking things like *"I trusted her and she destroyed that trust. It's like I meant nothing to her!"* or, *"She betrayed me! She said she loved me and wanted to grow old with me. How dare she lie to me like that!"*
4. **Bargaining:** When a guy gets to this stage, he begins to bargain with himself and with his ex that if he gets another chance, he will do whatever she wants to make her happy. Alternatively, he may only want to bargain with her to get her back, so he can then get a chance to dump her and walk away leaving her feeling rejected and upset.
5. **Depression:** If a guy is unable to get his ex back, that is the point where he starts to feel depressed and sad about the whole thing. He may think, *"It's hopeless. There's no point in trying anymore. She's gone and I will never get her back. I might as well accept it."* He might also feel sad about the state of his life now that he is single. What will other people think of him (i.e. friends, family, coworkers)? How is he going to explain it to them? Additionally, now that he's on his own, will he ever be able to find a woman like her again? Is he destined to be lonely and sad?
6. **Testing:** Once the guy makes it past the depression stage and starts to realize that there are ways to get a woman back after a break up, he may begin feeling a bit more hopeful. He may

then begin to test the waters and see if there's a chance (e.g. he texts her to see how she responds).

7. **Acceptance:** If a guy has been unsuccessful with his attempts to get her back and finally gets over her (this can take months, years and even decades for some guys), he will eventually feel ready to move forward without her. He will accept that what happened is in the past and there's nothing he can do to change it anymore (e.g. she's now married with children).

So, it really depends on how you want to approach this.

You can decide to get over her by sleeping with new women and moving on with your life, or you can learn how to get her back and then do that, so you can put an end to the grief and enjoy a new relationship with her.

The Timeline to Get Her Back

For example: The timeline to get an ex back can be as follows:

1. Days, if you can regain control of your emotions and focus on re-attracting her

A guy can get his ex woman back within days if he gets rid of his neediness and desperation and accepts the break up as quickly as possible (i.e. proceeds to stage 7, Acceptance, pretty much right away).

It's not easy to do, but if you can do it, you will feel stop feeling needy for her and as a result, when you interact with her, you will naturally begin to say and do the right things to make her feel a renewed sense of respect and attraction for you.

However, if you're still stuck at Denial, Anger or Bargaining and you try to get her back, you will naturally behave in ways that are a turn off to her, no matter how much you try to hide it.

Why will she feel turned off?

Women are not attracted to desperation and neediness in men.

Women are attracted to emotional strength and emotional independence in men.

So, when your ex can see that you have quickly become an emotionally strong, emotionally independent man, she will naturally feel a renewed sense of respect and attraction for you, even if she doesn't openly admit it.

If you know what to say and do to get her back, you can then proceed with that and get her back.

In other cases, it might take

2. Weeks, if you need more time to regain control of your emotions before attempting to re-attract her

Sometimes, a guy might find himself stuck at one of the levels of grief after a break up (the most common places to get stuck are in Denial, Anger, Bargaining or Depression).

As a result, he will need more than just a few days to get a hold of himself and start the ex back process.

However, although it's perfectly fine to take a bit of time to recover, don't wait too long and then risk losing her if she decides to move on and hook up with another man.

If you want to speed up the process of recovery, then [watch this](#) (it's my program, Get Your Ex Back Super System).

Finally, in some cases it can take

3. Years, if you don't do anything to regain control of your emotions and simply obsess about her, miss her constantly and focus on your loss

In some cases, a guy will struggle to get a hold of himself after a break up.

He will be an emotional mess and to him, it will seem next to impossible for him to feel anything other than desperately wanting her back, feeling sad and lost without her and so on.

As a result, he will remain stuck at the stage of Depression.

He will feel sad about losing her, depressed about his position in life (i.e. a guy who got dumped by the woman he loves and now doesn't want to love another woman as deeply) and down about how he couldn't keep the relationship together.

This can result in him getting into relationships with women that he's not fully attracted to, just so he doesn't fall in love.

Alternatively, he will meet a woman he is attracted to, but he won't allow himself to fall in love with her because he wants to protect himself from getting hurt.

Yet, by doing that, the relationship isn't based on an enjoyable, loving, fulfilling emotional connection, so it feels awkward, boring, forced and stale.

Eventually, the woman breaks up with him and he's back being single again.

As a result, a guy like that can end up losing confidence in his ability to keep a woman in a relationship, which may result in him always wishing that he could just get his original ex back.

He might regularly look at her social media pages just to feel connected with her, but she will always seem to be in a relationship or he won't have the courage to contact her and arrange a meet up.

So, if you want to get your ex back, you need to make sure that you get through the 7 stages of grief as quickly as possible.

The longer you take, the more you increase your chances of losing her to another guy, or for you and her to grow apart so much that you don't feel like you want to connect again.

5 Problems That Guys Often Encounter After a Break Up

When a man gets lost somewhere in the early stages of grief after a break up, he will naturally end up saying and doing the kind of things that will turn his ex woman off.

Here are some examples...

1. Remaining stuck at stage 4 (Bargaining) and trying to convince her to give him another chance

A guy might interact with his ex and say things like, *"Please, just give me one more chance to make things right between us. I promise that this time things will be different. You just have to tell me*

*what you want and I swear that I will do it. I will do it, no matter what is it. That's how much you mean to.*â□□

Yet, the very fact that heâ□□s bargaining with her by promising to do whatever she tells him, only backs up her feeling that heâ□□s not the right man for her.

Why?

Women aren't attracted to desperation, or to men who want to be told what to do by a woman.

Additionally, when a woman has disconnected from her feelings of love, respect and attraction for a guy, him trying to talk her back into a relationship simply doesnâ□□t work.

She doesnâ□□t have feelings for him anymore, so she doesnâ□□t really care about his promises to change and do whatever she wants.

No matter what he says, it just doesnâ□□t hit the mark with her because she doesnâ□□t feel attracted to him anymore.

So, if you want to get your ex back, getting past stage 4 (Bargaining) is crucial.

Passing that stage allows you to begin interacting with her in ways that are attractive to her (i.e. you stop bargaining and you start making her laugh and smile and feel good to be around you again. You focus on re-attracting her, rather than trying to convince her to give you another chance).

When you change how she feels, she naturally changes her mind and opens back up to you.

2. Turning her off by remaining stuck in grief

Sometimes, a guy will feel sad, dejected and depressed and keep thinking things like, *â□□Iâ□□m so lost without her. I donâ□□t know if I will ever be able to get over her and move on. I hate my life without her. It's not the same. She made me happy.*â□□

He might then go around expressing his grief to anyone who might listen.

For example: He mightÂ talk to mutual friends aboutÂ how sad and depressed he feels , in the hope that they'll tell his ex and she'll feel sorry for him and contact him, or open up to him again.

HeÂ might also post sadÂ quotes on social media, or lonelyÂ photos of himselfÂ to let his ex know that he is missing her.

He hopes that she will notice, realize that heâ□□s lost without her andÂ then think something like, *â□□Thatâ□□s so sweet. I never realized how much I mean to him. Itâ□□s so romantic to have a guy falling apart without me. Itâ□□s like being in a movie. I feel so attracted to him all of a sudden. Maybe I should call him and see if we can work things out. After all, what kind of guy would post sad updates on social media like that? He must be genuine! That's all that matters to me. He's genuinely lost without me. That's what I want! I want an emotionally needy guy! I want a guy who can't pull himself together after a break up. Now that's hot!*â□□

Yet, it just doesn't work that way.

Instead, she feels turned off by his lack of emotional strength, emotional maturity and inability to stand on his own two feet without her.

She then closes herself off from him even more (e.g. she unfriends him on social media, refuses to talk about him with friends and family, blocks his number on her phone) and focuses on moving on without him.

So, if you want to re-attract your ex, make sure that you donâ□□t turn her off by remaining stuck in

the earlier stages of grief.

Level up by accepting the break up and knowing that you can re-attract her and get her back.

Another problem that someÂ a guy might encounter after a break up is...

3. He tries to get over the grief by giving her space for weeks or months and then loses her

In some cases, a guy might think to himself, *âI can't deal with the pain of losing her. I will never be able to heal if I continue to interact with her. So, maybe if I give her a few weeks or months of space, I will be able to get past the grief of losing her, while at the same time, allow her to miss me too. I've heard that some women come back if you walk away. Maybe it will could work with her.*

He then cuts off all contact with her for 30 or even 60 days and tries to forget her.

Yet, he doesn't forget her.

He misses her pretty much the whole time.

Then, after a few weeks or months, he gets back in touch with her, only to be shocked when she tells him that she's moved onÂ and is enjoying single life, or is in a new, committed relationship and is in love.

He then plummets back into the earlier stages of grief because he's lost her all over again.

AllÂ that waiting achieved nothing.

Here's the thing|

When a woman breaks up with a guy, it's usually because she's lost touch with her feelings for him and is thinking that she wants to move on without him now.

So, if he then disappears from her life before re-attracting her and making her want him back, it's unlikely that she will miss him or want him back.

Instead, she will focus on getting over himÂ by moving on with her life.

Even if she does still care about him,Â if she doesn't hear from him for a long time,Â a woman will usually assume thatÂ he has moved on, so she will lose interest in waiting around for him.

She will aim to make herself feel better by sleeping with a new guy, or getting into a new relationship and falling in love.

This is why, if you want your ex back,Â you shouldn't waste a lot of time ignoring her while you slowly work your way throughÂ the stages ofÂ grief.

What's important to realize is that your grief will instantlyÂ vanish when you get her back.

That is the ultimate cure.

Yet, thatÂ will only happen if you interact with her andÂ reawaken her feelings for you.

Most women do not come back to guys that they're no longer attracted to.

Remember that.

If you want her back, re-attract her and reawaken her feelings.

If you don't want to do that, then start getting over her and move on without her.

Another problem thatÂ a guy mightÂ encounter is...

4. She isn't interested in helping ease his feelings of shock, anger or sadness because she's not attracted

Sometimes, a guy will turn to his ex for emotional support even though they are broken up.

For example: He might call her on the phone and cry to her about how sad, lost and dejected he has been feeling since they broke up.

Alternatively, he might talk about how he has been getting into trouble at work because he hasn't been able to focus.

She is on his mind all the time and he just wants her back.

Yet, what a guy like that usually doesn't realize is that his needy and emotionally weak behavior is just adding to her reasons to remain broken up.

A woman doesn't want to be a guy's therapist or counselor and help him cope with challenges in his life.

If they are friends, then fine, she will do that.

Yet, when it comes to a sexual, romantic relationship, a woman wants to be a man's girl, not his counselor.

She wants him to be emotionally strong enough to handle his problems on his own, without her having to hold his hand and repeatedly tell him that everything is going to be okay.

So, when a guy turns to his ex for help in easing his feelings of shock, anger or sadness after they've broken up, it makes her feel as though he needs her to be able to function and feel good about himself.

He's not his own man and needs her to support him like a mother would support a son, or a big sister would support a little brother.

As a result, she pushes him away, leaving him feeling even more lost, confused and angry by what he perceives as her cold, unloving and even selfish treatment of him.

Another problem a guy might encounter is...

5. Giving up when his initial efforts to get her back didn't work

In many cases, a guy's initial efforts to get his ex back doesn't work, because he remains in a state of panic, denial, bargaining, anger or desperation.

While feeling like that, he's inevitably going to say and do the wrong things (i.e. be needy, say insecure things), which won't make his ex woman feel motivated to want to be in a relationship with him.

Here's the thing!

The key to getting your ex back is to make sure that when you interact with her from now on, you displaying some of the behaviors and traits that will naturally attract her to you again (e.g. confidence, emotional strength, emotional masculinity, charisma).

The more emotionally attractive you become to her, the less she will be able to resist the idea of giving you another chance.

Suddenly, interacting with you will feel good to her again.

She then drops her defenses and you can get her back.

On the other hand, if you keep trying to get her back while you are stuck in the stages of shock, anger, bargaining or depression, you will probably continue to turn her off.

As a result, getting back together again becomes a lot more difficult.

So, if you want to make things easy, focus on quickly getting through the stages.

Some guys can do it in hours, some within days and others within a week or two.

How long will you take?

Do you want to speed up the process?

If so, continue learning right now.

You are almost there.

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I Can't Stop Stalking My Ex

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 things that you can do to regain control over your emotions and stop the stalking:

1. Don't unfollow her or unfriend her from social media

Other people might tell you to unfollow your ex on social media, but unfollowing her or unfriending her isn't going to help you.

For example: Well meaning friends might say things like, *â€œIf you unfollow/ unfriend her, you won't be torturing yourself anymore when you see photos or videos of her smiling and having fun without you. Unfollowing/unfriending is the best thing you can do to start letting her go.â€*

Yet, that is not the solution.

That's just putting a band-aid on a huge wound.

It's not going to work.

If you can't stop stalking your ex, you will probably just find another way to check on her.

For example: Go and look at her profile from the outside and obsess about her in that way instead.

Alternatively, you might drive yourself crazy because you can no longer follow her online and end up spying on her even in other ways, (e.g. lurking around at university, outside work, watching to see if she goes to the gym and even lurking around her neighborhood to get a glimpse of her), which is even worse.

You don't want to end up doing those things.

It's not good your emotional health and it's definitely going to turn her off if she finds out.

So, don't unfollow her on social media.

Be stronger than that.

Be a man about this.

If you unfollow her and are still obsessed by her, you're probably going to check the profiles of her friends to see if she is in any photos.

That will cause you to feel even more obsessed and worry even more.

So, don't bother blocking her on social media.

What should you do instead?

Do this...

For just one day, clear your mind and allow yourself to feel good about life, even though your ex isn't a part of it right now.

As much as possible, allow yourself to disconnect from wanting her by honestly imagining a great life without her.

Even if you don't want to have a new woman ever again and only want her, just spend the day imagining yourself living an amazing life without her, with a new woman or enjoying loving relationships with new women.

It might be tough for you to do that, but it's the first step to stop feeling like you need her.

You can still get her back.

No problem with that.

However, you have to stop the obsession.

So, give yourself a day to completely disconnect from her emotionally by imagining an amazing life without her.

That's what you *should do*.

On the other hand, what you *shouldn't do* is stay at home and focus on things like how much you miss her, how you can't live without her or how you're afraid that she's going to meet another guy and move on without you.

Thinking like that is only going to make you obsesses over her even more, which may result in you stalking her online or in person.

Not good.

So, for one day, clear your mind of her and force yourself to enjoy imagining an amazing life without her.

See yourself in love with a new woman and feel amazing with that new woman.

Feel love with her like you have never felt before with any other woman, including your ex.

When thoughts of your ex come into your mind, tell yourself, *"I don't need her. I am fine without her. So many other women would love to be with me. It's easy to get a new girlfriend because I'm such a great guy. I don't need my ex. I'm free."*

If you can honestly spend a day without her clouding your thoughts and making you worry, stress and panic, you will begin the process of getting her back.

Why?

Getting an ex woman back is mostly about becoming emotionally attractive to her again.

If you're stalking her, it's almost guaranteed that you're going to be in an emotional state that is unattractive (i.e. you're needy for her).

So, start the process of getting her back by mentally and emotionally letting her go.

Replace her in your mind by imagining yourself living an amazing life with a new, amazing woman or with a series amazing women that you enjoy passionate, loving, fulfilling relationships with.

Another thing you can do to regain control over your emotions and stop stalking your ex is...

2. Change your perception of her

Right now, you're probably only thinking about how perfect she was for you.

However, if you are completely honest with yourself, you will likely realize that no one in this world is perfect, including your ex.

If you don't believe that, have a think about all of her positive and negative qualities and try to focus on her negatives for the next few days.

Here are 10 examples of some positive and negative qualities to help you with your list:

Positive qualities	Negative qualities
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She has a good sense of humor.	She lies to me all the time.
She is beautiful and sexy.	She likes to create drama for no reason.
She is great in bed.	She is too self-absorbed.
My friends and family like her.	She likes to gossip about other people.
She is ambitious.	She's very negative.
She is fun to be around.	She isn't supportive of my goals and dreams.
She is a generous person.	She disrespects me in front of others.
She is loyal.	She is too demanding.
She is adventurous.	She is untidy.
She is confident.	She neglects me because she spends too much time on social media.

While reading through the list above, you most likely found some positive and negative qualities that relate to your ex, right?

That's a good thing.

Now try to add more items to your list of negatives about her and focus on that whenever you think of your ex in a positive way.

Make sure that for now, you only focus on the negatives, rather than clinging onto the positives.

When you switch your focus away from all the positives about her, you will likely realize that she had some faults too.

As a result, you hopefully won't feel as tempted to stalk her, because you realize that even though you made mistakes, she made mistakes too.

That allows you to feel more equal to her, rather than putting her on a pedestal and worshiping her as someone who is more valuable than you.

She isn't more valuable than you.

You are a valuable man.

You are good enough for her.

When you can honestly feel that way about yourself, getting her back suddenly doesn't seem as impossible as you once thought.

You can then stop stalking her and start interacting with her and reactivating her feelings for you so that you can get her back.

Another thing you can do to regain control over your emotions and stop stalking your ex is

3. Feel sorry for her that she has broken up with you and is missing out on being with you

One of the main reasons why you may have been stalking your ex is as a result of thinking things like,

â€œI was so lucky to have her in my life. She was the perfect woman for me and now sheâ€™s gone and I will never be able to find another woman as amazing as her.â€

If you want her back, now time for you to start thinking in the opposite way.

Even though she may be a great woman, youâ€™re also a great man, true?

There are many remarkable things about you that sheâ€™s losing out on because sheâ€™s no longer your girl, true?

When you can feel sorry for her for letting a great man like you go, not only will you no longer feel the need to stalk her anymore, but you will also begin to feel better about yourself.

When that happens, you can begin to stop thinking insecure thoughts like, *â€œSheâ€™s too good for me,â€* or *â€œShe will never give me another chance. I blew it and now itâ€™s over between us. Iâ€™ve lost her forever.â€*

So, focus on only having confident thoughts about yourself and about your value to your ex.

For example: Tell yourself...

- Itâ€™s her that will be lucky to get me back, not the other way around.
- Iâ€™m a new and improved man now and when she picks it up on that via the way I now talk, think and behave around her, she will automatically feel a renewed sense of respect and attraction for me.
- I feel so much more confident now and I will continue to feel even confident when I interact with her, regardless of what she says or does to make me feel insecure and nervous around her.

When she sees that Iâ€™m happy and fulfilled in my life with or without her, she wonâ€™t be able to stop herself from feeling attracted to me again.

From there, donâ€™t sit around hoping your ex will discover the new and improved you by herself.

You need to contact her on the phone, or meet up with her in person, so she can then experience your newfound confidence and self-belief and feel a renewed sense of respect and attraction for you because of it.

Your confidence will come through in the tonality of your voice, your body language and in the way you behave and respond to her.

She will pick up on it.

She will sense that you have changed and have become more emotionally attractive (i.e. you're no longer needy because you are happy, confident and emotionally fulfilled without her).

When she sees for herself that you are a much more emotionally attractive man now, she will naturally start to worry about losing you.

Some people may say that you're a bad man for getting to the point where you have stalked her.

Yes, it's not the best thing to do, but hey â€œ everyone makes mistakes.

Likewise, other people don't know what you and her have been through and what you have personally been through during your life that has caused you to end up feeling like you need to stalk your ex.

It's best to stop stalking her of course, but don't beat yourself up about it.

Just focus on regaining control of your emotions and being a more emotionally mature, secure man

from now on.

Additionally, some people may think that it would be impossible for a guy to get a woman back if he's gotten to the point where he's stalking her.

Yet, the reality is that if your ex was with you, then she knows what you are like (i.e. you may have been needy) and she remained with you for quite a while.

She may not have liked who you became, but that doesn't mean that she will hate the new you too.

For example: If she can see that you've gotten rid of your inner neediness that results in possessive, jealous behavior and she really did used to love you, she's almost certainly going to be happy about that.

She's going to be happy to see that the man she once really loved has gotten his act together and really has changed.

A guy who ends up stalking his ex might not be attractive to most women, so they might complain if they ever hear about it.

Yet, it's none of their business that you made that mistake.

Likewise, you don't need their approval to transform yourself emotionally and then feel good about yourself for no longer being a needy guy.

Everyone makes mistakes.

So, just use the mistake you've made of stalking her as an opportunity to transform yourself as a man and quickly become the kind of guy that your ex would love to get back with.

Don't worry about what others may think.

This is your personal journey and you are going to stop stalking your ex and start re-attracting her because you're going to become so emotionally attractive to her that she will feel compelled to give you another chance.

Another thing you can do to regain control over your emotions and stop stalking your ex isâ€¦

4. Start enjoying life with other people

Right now, you probably don't want to be around other people and the idea of being able to actually have fun without your ex might seem impossible.

Being anti-social not only keeps you trapped in a negative cycle where you feel compelled to focus on your ex, but it also limits your chances of ever being able to re-attract her.

Why?

Women are instinctively attracted to the kind of men who are emotionally strong enough to handle whatever life throws at them (e.g. a difficult break up) and turned off by men who fall apart when something negative happens to them.

So, the more that a guy struggles to cope with a break up, the less attractive he becomes to her.

If she then also happens to catch him stalking her, rather than thinking, *â€œAwwâ€¦he's really having such a hard time coping. That must mean he still loves me. Maybe I should forgive him and give him another chance,*â€¦ she feels turned off, disgusted and possibly even threatened by his actions.

As you can imagine, those kinds of feelings are not what will make her want to give you another

chance.

This is why it's so important for you to start having fun with other people, rather than keeping to yourself.

This doesn't mean you have to date new women.

Of course, you can if you want to, but most guys who want their ex woman back don't want to date other women.

That's fine.

You don't have to do that.

Instead, just get out and enjoy fun times with other people.

For example:

- Join a group exercise class. It may feel a bit awkward to even think of going to something like that, but you will enjoy it if you do it.
- Try salsa dancing and immediately be around a whole bunch of women who want to dance with you. You don't have to hook up with any women, but you can if you want to.
- Go on a weekend adventure with a travel group. You don't even have to bring a friend. You can go alone and join the travel group.
- Take a cooking class. There's usually plenty of women there. Talk to them and have fun. You don't have to date any of them if you don't want to, but let yourself see that women don't hate you. You are loved and accepted. Everything is fine. You don't need to stalk your ex. You won't die without her.

After enjoying some fun times with other people, you can then call your ex on the phone, or meet up with her in person to say hi.

Let her experience the new, confident, emotionally strong you and see for herself that you're not going crazy without her.

Instead, you're actually getting on with your life and even having fun.

As a result, she will be able to relax her guard a little bit around you.

When that happens, she naturally starts to feel some respect and attraction for you again for being man enough to pick yourself up and improve, rather than losing your mind as you stalk her and obsess over her every post on social media.

When she relaxes and opens up, you can then build on her new feelings for you and make her want to try again.

Another thing you can do to regain control over your emotions and stop stalking your ex is to

5. Understand what emotional attraction is and how important it is when getting an ex woman back

Most women are more excited by a man's ability to attract them emotionally during interactions, than they are to other more superficial things such as his appearance, money or status.

Appearance, money or status can initially attract a woman's attention, but what really attracts her and makes her want to stay with a guy is his ability to make her feel emotionally attracted as he talks to

her and spends time with her.

Being obsessed with a woman to the point where you are needy and even stalking to her is not the way to make her feel emotionally attracted.

Even if you try to hide it, she will pick up on it via your body language, choice of words, tonality, vibe, behavior and actions.

Emotional attractiveness cannot be faked.

You have to be emotionally attractive on the inside (i.e. confident, emotionally secure) and it will then come through on the outside for her to see and feel attracted to.

Where Guys Go Wrong After a Break Up

Getting broken up and losing the woman you love sucks.

Yet, even though you might be feeling devastated right now, if you don't regain control of your emotions, you may end up stuck in a rut for years or even decades where, no matter what kind of women you meet, you always miss your ex and wish you could get her back.

So, if you want to get your ex back, try to avoid making one of the following mistakes:

1. Focusing on her good qualities so much that she seems perfect

Chances are high that your ex was a great woman.

Maybe she was even the most beautiful woman you've ever dated.

However, even if she is amazing in many ways, she isn't perfect.

You may want to say to yourself, "*No, but she's perfect for me*" and try to justify how you feel about her, but it won't help.

You have to be able to admit that she isn't perfect.

No one is.

We all have some flaws and we all make mistakes sometimes.

So, if you want to stop stalking her or obsessing over her so you can become more emotionally attractive, you have to stop telling yourself things like, *"I will never be able to find another woman as perfect as her. Everything about her was flawless. I was the one who wasn't good enough for her and now I've lost her forever. No other woman compares to her. She is special. She is perfect for me. I could never find that kind of love again."*

Don't waste time putting her on a pedestal and then focusing on how badly you messed up in the relationship.

You made mistakes, but she made some mistakes too.

So, focus on the fact that you are becoming a better man and are a better man every minute, hour and day now.

You're on the up and up.

You're improving.

You are becoming more emotionally attractive.

You're becoming more attractive than you ever have been.

You've got this.

Feel different?

You should.

It's important to understand that you control your feelings by how you think and perceive yourself and the world around you.

When you stop idolizing her, you will realize that you are worthy of her and that will make you feel more confident.

When you feel confident enough, you can then take action to re-attract her and get her back.

However, if you keep putting yourself down while comparing yourself to her, you may remain stuck spying on her from afar, because you'll never feel worthy enough to approach her and get her back.

So, start believing in yourself.

Start and then continue.

Quickly become very confident in yourself.

Know your value.

Believe in your value to her.

Believe in your value to other women.

Know that you are an amazing man.

Yes, you made some mistakes, but that was the old version of you.

The new version of you is reading this right now and he is a much better man, right?

Focus on that.

Another mistake to avoid isâ€¦

2. Focusing on how little other women make you feel compared to her

Regardless of how amazing your ex is, comparing her to every other woman you meet won't help you heal and stop stalking her.

The truth is that every woman is unique in her own way and some women will be better than your ex and some won't.

So, unless you've had a relationship with a new woman that you're attracted to and have experienced loving moments with her, you're not going to get the same feeling you got with your ex.

You can't judge a book by its cover.

You have to get involved with the book and read it to experience the feelings that come with it.

In the same way, you have to open yourself up to the possibility of being able to be happy with another woman.

That doesn't mean you should forget about getting your ex back.

Not at all.

It also doesn't mean that you have to date another woman and fall in love with her.

Instead, you just need to understand that new women aren't going to make you feel the same way your ex did because you haven't had a relationship with them yet.

If you want to get your ex back, just understand that.

Understand that you don't need the love that you got from her.

You want it back, but you don't need it.

You won't die without her love and presence in your life.

Yet, you can get her back.

You can get that love back and get her to want a relationship with you again.

You can turn things around.

You can amaze her with how differently she now feels about you.

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My Girlfriend Says She Needs Space, But Still Loves Me

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Sometimes a woman is lying when she says that and sometimes she is telling the truth.

To help you understand what applies to your situation, here 5 common reasons why a woman will say that she needs space, but still loves you:

1. She wants some space to see if she misses you

When a relationship becomes boring and stagnant (e.g. because the guy has stopped building on his woman's feelings of respect, attraction and love for him and has become like a neutral friend to her instead), a woman might decide to distance herself from him for a while to see how she really feels.

For example: She may think, *"I'm confused. I still love him, but I'm not sure if it's the kind of love that will last for a lifetime, or the kind of love that I should be experiencing. I don't feel butterflies in my stomach when I'm around him. I feel kind of numb. Maybe if I take some time apart from him, things will become clearer to me and I will realize that he is a great guy and I'm lucky to have him. Then, if I really miss him, it will give me the motivation I need to put in the effort to make our relationship work from now on. On the other hand, if I realize that I enjoy being single and that I don't miss him that much (or at all), it will be the sign that I've needed all along that I should move on and find myself another guy who makes me feel strong surges of love, respect and attraction for him. I want to have that feeling of never wanting to leave because I love the man so much. That's what I want. I don't know if I have that with my current guy."*

She then asks you for space and waits to see how she feels.

It could turn out to be a good thing, or a bad thing, depending on how she feels.

If you want it to turn out to be a good thing, then use the time apart to change and improve some of the things about you that may have been turning her off.

For example: You might

- Focus more on your own goals and ambitions in life and make some progress in those areas, so that you're not so emotionally dependent on her and the relationship for your sense of identity anymore.
- Become more confident about your attractiveness to her, so you no longer feel, think, behave, talk or act in insecure ways around her anymore.
- Get ready to flirt with her and make her feel sexually attracted to you during conversations, so you no longer feel neutral around each other. Get ready to create a new spark with her.
- Understand that most women feel deeply turned off when a man is unable to dominate them in a relationship (i.e. he's too much of a yes man, gives in to her demands out of a fear of losing her, can't handle it when she puts him under some pressure by pretending to be in a bad mood, sees her as being the leader of the relationship and just wants to submit and follow her, gets angry at her when she is in a mood because he doesn't know how else to handle it).

These are very subtle things that have nothing to do with a man's physical attractiveness and all to do

about his emotional attractiveness.

Being emotionally attractive is the key to getting your ex back.

Watch this to understand how it worksâ€¦!

So, after giving your ex 3 to 7 days of space where you used that time to make yourself more emotionally attractive, get her on a phone call and arrange a meet up.

At the meet up, focus on making her feel a strong, renewed sense of respect and attraction for the new and improved you, so she feels happy to be interacting with you again.

When she feels that way, she can then start to think things like, *â€œWell, I guess I have my answer now. The time apart was exactly what I needed to show me that heâ€¦s the man for me. I feel it now. I want him. I don't want to lose him.â€*

As a result, she drops her guard and opens back up to the idea of being a couple again.

Another reason why a woman will say she needs space, but still loves you is thatâ€¦!

2. She loves you as a person, but not as a boyfriend or lover

When a woman stops feeling sexual attraction for her guy, she will begin to lose interest in being with him in a romantic, committed relationship.

To get out of the relationship without a fight, she may then say something along the lines of, *â€œI still love you, but I need some space,â€* as a way of letting him down gently and giving herself some time to find a replacement guy.

A guy might then think, *â€œWell, I suppose I can give her some space. After all, she says she still loves me, so it's fine. Sheâ€¦ll take some time apart, realize that she misses me and we can then get back together. Maybe it will be good for us.â€*

Yet, hereâ€¦s the thingâ€¦!

A woman will rarely get back with a boyfriend who she no longer has sexual feelings for.

Instead, she will usually keep stalling for more and more time apart (i.e. *“I still need time to think”* or, *“I still don't know. Give me a bit more time”*) while she actively focuses on finding herself a replacement guy.

Then, when her boyfriend eventually asks something like, *â€œOkay, so we've been apart for weeks now, have you had enough time to think? Do you miss me? Do you want me back? If so, when can we get back together?â€* she can respond by saying, *â€œLookâ€¦Iâ€¦m sorry okay. I really do love you, but not in a boyfriend-girlfriend way. I love you as a friend, that's it. I'm sorry. Also, I have something to tell you. Don't get mad, but I recently met someone new and I want to be with him. We're really happy together. You and I can still be friends though. I asked him about that and he's okay with it. He doesn't mind. So, how about it? Friends?â€*

Meanwhile, she's having sex with him, falling in love and you're just a friend?

No thanks.

If you want to prevent that kind of thing from happening, you need to make sure that you donâ€¦t just sit back and wait for her to hopefully come back to you when sheâ€¦s ready.

Instead, take control of the situation by interacting with her and making her feel sexual attraction and romantic love for you once again.

Use every interaction you have with her (e.g. on the phone, or in person) to make her smile, laugh and feel good to be around you, so that when you're apart, she can't stop thinking about you and wanting you back.

That is what works on women.

You've got to actively make her feel sexually attracted and aroused by your new approach to conversations and interactions.

Another common reason why a woman says she needs space but still loves you is because

3. She's trying to create some distance between you and her before she fully breaks up with you

Sometimes a woman is unsure about how to break up with a guy in a way that will be easy for the both of them.

So, rather than saying something like, *"It's over between us and I don't want to be your girlfriend anymore,"* she will say that she needs space, as a way of getting out of the relationship without any drama.

She might also tell her guy that she needs him to respect her wishes and not contact her at all (i.e. no calls or text and social media messages), until she contacts him first.

In that way, she hopes that if he doesn't hear from her for a long time, he might get bored of waiting and move on, or find a new woman and focus on her instead.

As a result, she doesn't have to deal with actually breaking up with him.

However, if your girlfriend is saying, *"I need space, but I still love you,"* one thing is for sure

It's because you haven't been making her feel the way that she really wants to feel in a relationship (e.g. respectful, attracted, in love, like a feminine woman).

This is why you need to focus on changing how your girlfriend feels, by making some adjustments to the way you think, talk, behave and interact with her from this point onwards.

When you change the way you interact with her in a way that makes her feel surges of respect and sexual attraction for you again, her feelings about you and the relationship will automatically change.

She can then get to the point where she thinks, *"I feel different all of a sudden. Now, the idea of being apart from him doesn't feel right to me anymore. In fact, I'm even worried that if I take too much space for myself, I might lose him to another woman. I'd better stop saying that I want space and get back with him now, before he gets tired of me and moves on."*

Then, getting back into a new, improved relationship that feels way better for the both of you (i.e. because it's based on mutual respect, attraction and love now) is something that happens naturally.

Another common reason why a woman will say she needs space, but still loves you is because

4. She feels like being in a relationship with you is too stressful

In some cases, a guy doesn't know how he should behave in a relationship with a woman (e.g. because he didn't have a strong, male role model when growing up, is inexperienced with relationships, keeps making the same mistakes in relationships and never learns new methods that actually work with modern women).

He then behaves in ways that he thinks are attractive to women, but actually turns them off.

For example: He mightâ€¦

- Text and call her numerous times a day because he wants her to see how committed he is. Yet, she finds it suffocating and never gets the chance to miss him.
- Spend all his spare time with her and stops following through on his goals or ambitions. Yet, she sees that as childish because she knows that a real man will follow through on his goals and reach for his true potential as a man.
- Know every detail of her day (e.g. where sheâ€™s going, who sheâ€™s with and what sheâ€™s doing, what she's feeling). Yet, she ends up feeling turned off by how clingy he is and how there's no mystery in their relationship.

As result, she doesn't feel any excitement in the relationship, or any need to try hard to impress him.

She knows that he is 100% focused on her, which makes her feel smothered by the relationship.

Alternatively, the relationship stresses her out because they are always getting into fights, or he is always sulking, or he's too emotionally sensitive and so on.

So, rather than continuing to deal with the stress of being in a relationship with a guy like that, a woman will say something along the lines of, *â€œI still love you, but I need space,â€* as a way of getting away from him, so she can then focus on herself and have space to breathe and figure out what she wants to do with her life.

Another common reason why a woman might say that she needs space, but still loves you is thatâ€¦

5. She's trying to avoid making you angry, or causing you to become desperate if she says, *â€œIt's overâ€* and just walks away from you completely

Even if a guy is a really good man who would never do anything to hurt his ex, a woman has a natural instinct to protect herself from potentially getting hurt physically, or having to deal with a boyfriend who threatens her and wants to get revenge.

So, rather than saying, *â€œIt's over. Leave me alone. I don't want you anymore,â€* and risk him reacting in an overly emotional way (e.g. getting angry, verbally abusive or even violent, or he breaks down, begs, pleads, cries and even refuses to let her leave until she agrees to give him another chance), she says something like, *â€œI still love you, but I need some space. Okay?â€*

Sheâ€™s hoping by saying that to him, it will lessen the chance of him taking it badly and she will be safe.

He might then also back off for a little while, giving her the time she needs to find a replacement guy or get herself into a situation where she is protected.

Then, by the time her ex realizes that, *â€œI still love you, but I need space,â€* actually means, *â€œI don't feel enough respect, attraction and romantic love for you to want to stay in a relationship with you,â€* she will have already found herself a replacement man or got herself into a situation where her boyfriend can't control her (e.g. move in with some friends, tell them that she is scared, ask for protection, etc).

She can then tell her ex boyfriend, *â€œI've had time to think about it and I want to stick with my decision. I'm sorry, but it's over.â€*

Where Guys Go Wrong When a Woman Asks For Space

Don't worry though.

If your girlfriend is saying she needs space, but still loves you, it usually means you have a good chance of getting her back pretty quickly.

To get her back, you have to make sure that from now on, you think, act and behave in ways that will re-attract her and make her not want to be apart from you for even one more day.

How?

Try to avoid making the following mistakes:

1. Not improving your ability to attract her while you give her space

Sometimes, when a woman says she needs space, a guy assumes that if he gives her the time apart that she's asking for, then everything will work itself out.

As a result, he essentially sits around waiting for her, but doesn't do anything else to improve his ability to attract her when she comes back.

If she then does contact him after a few weeks of space, he makes it easy for her to permanently walk away because he's the same guy as before.

Nothing about him has changed or improved.

He's stuck at the same level that he was at when she asked for space (e.g. he's still not ballsy enough to stand up for himself when she is talking down to him, he still treats her more like a friend than a desirable woman, he still feels insecure about making decisions without her support, he still looks at her as being the main purpose of his life, rather than being a man who has big goals and ambitions in life and is making progress on that while also loving his woman).

If her ex is still at the same level that he was at when she left him, it makes her lose even more respect and attraction for him.

She might then say something like, *"I've had time to think about things and I realize that I don't want to be in a serious relationship with anyone right now. Please don't feel bad. It's not you, it's me,"* as a way of breaking up with him gently and trying to make him feel as though it's her fault and not his.

So, if you don't want to lose your girlfriend, don't waste the time apart.

Use the time apart to quickly improve your ability to attract her and make her feel intense surges of respect, sexual attraction and romantic love for you.

Then, contact her after a week (anything longer than that is a waste of time) and show her that you're a new and improved man (e.g. more confident, emotionally masculine, emotionally mature, more charismatic, more interesting, more appealing).

The more that you can re-attract her in new and exciting ways, the more likely it is that she will say something like, *"I've missed you, you know? Seeing you again has made me realize how good we used to be. I think I've had enough space. I now know that I love you and I want us to try again."*

Another mistake to avoid making is

2. Not understanding the subtle ways in which you were turning her off

In most cases, a guy usually knows the obvious reasons why a woman isn't happy in her relationship with him (e.g. they're having financial problems, she doesn't like his friends, she wants to settle down and he doesn't or visa versa, they keep getting into fights).

Yet, there are also many, more subtle things that turn a woman off and lead to a break up.

These are things that a woman rarely tells her man because it's either too complicated to explain, too personal and would hurt him, or it would cause him to promise to change those exact same things to hopefully keep her or get her back.

So, rather than getting into all the subtle details, she asks for space as a way of starting the break up process.

She distances herself from him and the relationship and waits to see whether he's going to change and improve in the subtle ways that matter to her.

If he does improve and change, she will feel a renewed sense of respect and attraction for him and she will usually give him another chance.

However, if he doesn't change because he's still clueless about the subtle turn offs, she will ask for more and more space until finally it becomes clear to him that she's never coming back.

So, if you don't want this to happen to you, it's essential that you uncover the real, secret reasons your girlfriend is asking for space (e.g. You're too hesitant around her and she wants a more manly, confident guy. When she tests your confidence by being difficult or getting into a mood, you lose your cool and start getting angry at her or sulking about the fact that she isn't being nice, sweet and loving. You get nervous around other guys, or generally seem anxious and unsure of yourself in social situations).

There are so many subtle turn offs and it's absolutely that you identify the ones that apply to you.

In my program, Get Your Ex Back Super System, I identify 70+ subtle turn offs and explain how you can quickly change, adjust or improve to re-attract your ex girlfriend.

When you know what to change, you can then change the things that truly matter to her, rather than offering her changes that she's not even interested in (e.g. offering to treat her even better than you have before, when being treated well enough isn't not even what she's turned off by).

Another mistake to avoid making is

3. Patiently waiting as she keeps extending the amount of space and time she needs away from you

Sometimes a guy thinks that he's being a good boyfriend (or husband) if he gives his woman all the space she asks for.

He might wait for weeks or even months as his woman continues to say things like, *"I'm not ready yet. I need more space, but I do still love you. Please be patient."*

In the meantime, she uses the time apart to get over him.

Then, he is eventually shocked to discover that rather than working her way back to him, she has been moving on and is possibly in a new relationship already.

Here's the thing

If you want to keep your girlfriend rather than lose her, then don't fall for her, *âI need spaceâ* routine.

The more time away from you that she has where you're not sparking her feelings of sexual and romantic attraction, the more likely it is she will get over you.

That's just the truth.

Time away from someone that you're not attracted to, doesn't make you feel attracted to them.

Time away from someone that you are attracted to, does make you miss them and want them back.

Big difference.

So, if your girlfriend isn't attracted to you anymore, you need to use any interactions that you have with her to reawaken her feelings for you.

If you don't, she won't really be missing you and will feel compelled to start meeting new guys to find new love.

Another mistake to avoid making isâ

4. Appearing sad, rejected and lost without her

Sometimes a guy will use social media as a way of letting his girlfriend know how lonely, sad and rejected he has been feeling since they decided to take some time apart.

Secretly, he's hoping that when she sees that he's falling apart without her, she will feel pity for him, feel guilty and want to be with him to make him feel better.

Yet, rather than thinking, *âWow, it's so romantic to see my guy falling to pieces without me. It's just like in the movies. I feel so flattered. I see now that I'm so lucky to have a guy who needs me so much. I think I've had more than enough time apart. It's time for me to be with him again,â* she will lose even more respect for him for being so emotionally weak without her.

She may then decide that he's not the kind of guy she wants to be in a relationship with anymore and rather than try to work things out with him, she will focus on getting over him and moving on.

So, if you want your girlfriend back, make sure that you show her that even though you still care about her and want her back, you don't need her back.

You're not falling apart without her.

When she can see that you're confident, happy and emotionally fulfilled even though she's not in your life, she will naturally and automatically feel respect and attraction for you.

Even just from that alone, her guard will come down a little.

However, there are many other ways that you can make her feel a renewed sense of respect and attraction for you.

There are things that you can do right now.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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3 Examples of Making an Ex Miss Your Presence in Her Life

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

To make your ex miss your presence in her life you can:

1. Attract her on a phone call and then cut off contact

Rather than sitting around waiting for your ex to miraculously start missing your presence in her life if you just wait long enough, it's best to pick up the phone and start making her miss you right now.

Imagine that you're on a call with your ex right now.

You can either use the phone conversation to spark some feelings of romantic and sexual attraction for you and make her long for something more, or you can leave her feeling neutral and not caring that she isn't with you anymore.

For example: When you call her up, you could say something neutral like, *Hi Lynn, I just called to see say hi and see how you're doing* and then have a straightforward conversation with her after that.

Yet, approaching the conversation in that way probably isn't going to her smile, laugh and feel happy to be talking to you again.

So, what will?

After the obligatory, *Hello, how have you been?* or whatever introduction you use, you can say something along the lines of, *Yesterday I was driving past that little Chinese restaurant we used to go to and I thought of you.*

She may then start thinking things like, *Oh no, he's going to tell me that he misses me. Lame!* or, *He's going to ask me if I want to go there with him now.*

In the meantime, you can surprise her by saying, *Yeah! I was remembering how you struggled to learn to use chopsticks. Most of the time there was more food on the table than in your mouth. You really were a clumsy eater.*

At this point, she will probably laugh and feel a little self-conscious.

Obviously, that would only apply if she was a bit of clumsy eater, or if she is the type of woman who knows that you're only joking.

You just need to adapt what you are saying to your situation, but the point is to be funny and get her laughing and smiling, rather than being so serious about everything and causing her to keep her guard up when talking to you.

When you make your ex laugh as you talk to her, she respects for you for being confident enough to joke around with her even though she's your ex.

When she respects you, she also starts to feel sparks of sexual and even romantic attraction for you again.

You can then build on those feelings (i.e. by making her laugh some more, adding some flirting to create sexual tension between you and her) and then, when she seems relaxed, attracted and happy to be talking to you again, you can say something along the lines of, *Well, I've got to go now, but it was good talking to you again. Maybe we can do it again sometime,* and hang up the

phone (obviously after you and her have both said goodbye!).

From there, cut off contact with her for a week, so she can miss your presence in her life.

During that time, or after a week, she might call you to say hi, or if she's feeling a bit shy, she might send you a text and wait to see how you respond.

Whatever happens, you need to call her and arrange a meet up so you can fully reactivate her feelings for you in person and get her back.

By the way!

Even if she doesn't contact you, it doesn't mean she's not missing you.

In some cases a woman is simply too unsure of herself to reach out to her ex in case he rejects her.

She is trying to protect herself from being the one who is being left behind if she reaches out to you and you're not interested anymore.

So, if she doesn't contact you, just make sure that after a few days (anywhere from 3 to 7 days) you call her again and get that meet up.

If you ignore her for longer than that, you stand the risk of making her think that you're not interested in her anymore, so she then tries to move on emotionally and maybe even finds herself a replacement guy to move on physically.

2. Don't just text her as a friend

Some guys make the mistake of continually just replying to their ex woman's texts in a friendly way, when she reaches out from time to time.

For example: A guy might think, *â€œMaybe if Iâ€™m nice to her and donâ€™t put any pressure on her to get back together again, sheâ€™ll realize Iâ€™m a decent guy and she will then start to miss having me in her life. She will then be more willing to give me another chance.â€*

Yet, that rarely (if ever) happens.

Instead, when a guy is being nice, sweet and neutral with his ex, she usually just loses interest and stops replying.

Why?

Although he thinks being nice to her is what she wants, in reality, that doesn't make her feel sexually attracted to him.

Rather than wasting more time with him, she just starts moving on with her life.

Soon enough, she hooks up with a guy who flirts with her and makes her feel sexually attracted and she begins to feel even more disconnected from her ex.

So, if you want your ex to miss your presence in her life, it's better to spark her feelings of attraction by replying with humor and flirting and then get her on a phone call with you.

Alternatively, you can spark some of her feelings of attraction and then stop replying for a few days to make her miss your presence in her life.

If she is missing you and wanting you back, she might then contact you and you can arrange to meet up with her.

If she doesn't contact you, don't worry.

Just contact her after 3-7 days and get her to meet up with you, so you can fully re-attract her and get

to a hug, kiss and possibly even sex the first time you catch up.

By the wayâ€¦!

Make sure that when you see her in person, youâ€™re fully prepared to re-attract her and get her back.

If you meet up and turn her off by behaving in some of the ways that turned her off before (e.g. being insecure, allowing her to have control over you, treating her more like a friend than a desirable woman, being too cautious with your words around her, feeling unworthy of her), she will regret meeting up with you.

Then, getting her back becomes more difficult for you, because she closes herself off from you and starts opening herself up to being with a new guy.

On the other hand, when you are prepared and ready to attract her, she will automatically feel surges of respect and attraction for the new and improved you.

When that happens, her guard comes down and getting back together again becomes something that sheâ€™s open to.

Another way to make your ex miss your presence in her life is toâ€¦!

3. Unfriend her from social media and post things as ‘public’ so she can see it from the outside

By cutting your ex out of your life as an official ‘friend’ on social media, it can spark her curiosity and make her wonder why you felt confident enough to do that, or if you are trying to hide a new girl from her to protect her from feeling hurt by seeing it.

Women love to obsess over guys and wonder what their behavior might mean.

So, when you unfriend her, she can then begin to wonder, *â€œWhy did he unfriend me? What is going on in his life? Has he met another woman that he doesnâ€™t want me to know about? Is he moving on? Is he over me? Iâ€™m not over him yet. Why has he unfriended me? I donâ€™t get it.â€*

Then, make sure that you post your photos as public from now on, so she can still see them, even though sheâ€™s not a friend of yours on social media.

She will stop by and check your social media because she will be curious about what is going on.

The more she can see that youâ€™re having fun without her, the more she will start to miss your presence in her life.

As a result, she may feel compelled to reach out to you (e.g. by sending you a text or private message, giving you a call) to see whatâ€™s going on.

Alternatively, she might try to protect herself from feeling jealous and missing you by unfriending you on other social media accounts, or blocking you, etc.

Donâ€™t panic.

She will stop by and look at your photos and she will feel respect and attraction for you if you look like youâ€™re having fun, are confident and enjoying life without her.

By the wayâ€¦!

Some guys may wonder, *â€œHow will posting up photos of me having fun with other people make my ex miss me? Will she even care if Iâ€™m having fun without her if she no longer wants to be with*

me?â□□

Well, one of the qualities that women find attractive in a man is his ability to live a happy, fulfilling and successful life with or without her in it.

This means that when a man gets on with enjoying life, rather than sitting around feeling depressed and lost, it literally makes his ex woman feel some respect and attraction for him.

Naturally, women donâ□□t go around admitting that (i.e. because the guy would then feel like what he is doing is working and would do more of it), but itâ□□s true.

So, just understand for yourself that your ex will start to feel attracted to you again when she notices that you are happy and enjoying life without her, even though she probably wonâ□□t admit that, might even pretend she doesnâ□□t care or might even pretend that she's disappointed in you for being happy or even angry at you.

Don't worry.

If you want to be successful with women, it's very important that you don't always take what they say literally.

A woman can literally SAY one thing and DO the complete opposite.

It's just how women are.

Watch thisâ□|

This is why, if you want your ex to miss your presence in her life, you need to show her (from afar) that youâ□□re coping with the break up well and are enjoying life without her.

You don't need to rub it in her face by posting status updates saying things like, *"Life is so good now"* or, *"I'm glad to be single. My last relationship was dragging me down."*

That doesn't work.

Instead, just post up photos of yourself having fun with other people and keep things simple by including basic text with the status update like, *"BBQ and beers with the boys"* or, *"Dancing salsa is fun. I think I might do this again next week."*

The more she sees for herself that youâ□□re happy and fulfilled without her, the more she will begin to wonder if she made the right decision to break up with you.

BTW: Even if your ex doesn't have a social media account, or doesn't like using it or anything else like that, it doesn't matter.

She is a woman.

She is going to check up on her ex guy to see if he is fairing better than her after the break up.

It's what women do.

So, be ready to make her miss your presence in her life by posting photos of you having fun with other people.

When she sees the photos, she can then start thinking things like, *â□□I thought heâ□□d be moping around alone without me. Yet, heâ□□s having fun. Iâ□□m the one who is thinking about him and sitting here on my own. I really thought I was over him, but all of sudden I miss him. I feel so confused. Why am I feeling like this? Maybe it's a sign that we shouldn't be broken up. If I am feeling this way, it means that I still want him.â□□*

She then becomes open to talking to you on the phone and meeting up with you in person to see how

she feels.

So, she might send you a text to say *â€œHey,â€* or ask how you are doing (e.g. *â€œHey, how have you been?â€* or, *â€œI just wanted to say hiâ€*).

From there, get her on a call (where you can build on her feelings for you again) and then get her to agree to meet up with you in person, so you can get her back for real (i.e. get to a hug, kiss and potentially even have sex if applicable).

Where Guys Go Wrong When Trying to Make an Ex Miss Them

When you use the right approach that works on women, making your ex miss your presence in her life and getting her back is pretty easy.

However, when you make any of the following mistakes, you can end up making the ex back process a lot harder than it needs to be.

1. Using the No Contact approach when she's not even attracted

Ignoring an ex for 30 or even 60 days is a common approach that a lot of guys take to hopefully make their ex woman miss their presence in her life.

A guy like that might think something along the lines of, *â€œIt's been said that absence makes the heart grow fonder.* (He doesn't realize that the saying mostly refers to when you love someone and are attracted to them, but have to spend time apart from them for some reason. It's not about when a woman dumps a guy because she no longer feels enough respect, attraction and love to be with him, or doesn't feel any).*Â So, if I cut off all communication with my ex, she will hopefully start to wonder about where I am and begin to miss me. Then, when I contact her after a few weeks or a month, she will be so happy to hear from me again, that she will want to get back together.*

Yet, here's the thing!

For a woman to break up with a guy, it usually means she's disconnected from her feelings of respect, attraction and love for him.

In other words, she's over it, over him and possibly doesn't want anything to do with him anymore.

So, when he vanishes out of her life after the break up, rather than dwell on it and feel sad, she usually won't care that he's no longer contacting her.

Instead, she will focus on fully getting over him, moving on and finding herself another guy.

This is why, if you want to make your ex miss your presence in her life, the best way to go about it is by interacting with her and making her feel strong surges of respect and attraction for you again.

You can then use No Contact for up to 1 week (any longer than that is a waste of time) so she can miss you.

Then, contact her, fully re-attract her and get her back.

Get the job done.

Get her back for real.

Another mistake to avoid is

2. Not realizing that even though she might miss your presence, she might not have the courage to contact you

Even if a woman misses her ex and hopes they might be able to work things out and get back together, she usually won't do much or anything about it.

Why?

In most cases, a woman fears being rejected if her ex has lost interest in her since the break up, so rather than risk getting rejected, she will wait for him to make the first move.

Of course, she won't wait forever.

If she notices that he's not really doing anything to get her back, she might eventually decide to cut her losses and focus on getting over him by hooking up with new guys.

So, if you want your ex back for real, don't make the mistake of waiting too long to make her miss you.

If you do, you might be shocked to discover that she's moved on and is happy with a new guy.

Be courageous enough to take the lead in the ex back process.

Interact with her over the phone and in person, re-spark her feelings for you and get her back for real.

Another mistake to avoid is!

3. Being overly excited when she does reach out to you after missing you

One of the greatest feelings in the world, is when you've been hoping to hear from your ex and she suddenly contacts you to say something along the lines of, 'I've missed you.'

Yet, here's the thing!

If you get too excited and start saying things like, *'You won't believe how long I've been waiting and hoping to hear those words from you. I haven't done anything else but think of you since we broke up! I'm so glad you contacted me. I've missed you so much!'* rather than make her feel flattered, she might end up feeling turned off by what she perceives as your desperation.

She may then start thinking things like, *'I can't believe that the only thing he's been doing all this time is sitting around and missing me. That makes him sound so needy and desperate. I think reaching out to him was a mistake after all. I didn't realize that he was lost without me. I don't want a man like that. I want a man who gets on with his life and keeps moving forward, despite me not being around. Why has he been alone all this time? Has he lost his confidence? Is he too stressed out and sad to be in social situations? Is he that needy of me? I want a man who is emotionally independent, not a needy guy who needs me to be there for him to feel okay.'*

As a result, she feels a false sense of superiority over her ex.

She feels like she's more valuable than him, even though she isn't or might not be.

So, try to avoid giving your ex the impression that your life is essentially on hold and you are lost and lonely without her.

Instead, understand that even though she won't admit it to you, she really wants you to make her feel as though she would be lucky to get another chance with you, rather than you being lucky to get another chance with her.

Another mistake to avoid isâ€¦!

4. Texting her to tell her about all the great things happening in your life without her

If you want to let her know about what is happening in your life, post photos of yourself having fun and set those photos to 'public' so she can see them.

Don't text her about it all though because that can easily come across as being manipulative, whereas posting on social media (even if you don't normally do a lot of it) is much more easily seen as normal and understandable by an ex.

She might accuse you of trying to make her jealous, but you're not doing anything to her.

You're posting photos on social media and enjoying her life.

You're not forcing her to look at them.

Unfortunately, some guys don't realize that and either don't post anything up, or they try to make their ex feel jealous while texting her.

For example: Sometimes a guy might text his ex something along the lines of, *â€œLife is so great for me at the moment. I'm spending a relaxing weekend at the beach! Hope all is well for you!â€* or, *â€œGoing out with friends tonight. Planning to party until dawn!â€*

Secretly, heâ€™s hoping she will think, *â€œThat sounds like so much fun. I wish we were doing those things together. I miss him so much!â€*

Yet, in most cases, the opposite happens because she instantly understands that he's texting her to hopefully make her jealous.

Hereâ€™s the thingâ€¦!

When a woman can't hear the tonality of your voice or see your body language, she can interpret anything and everything you text her based on how she remembers you when she broke up with you (e.g. insecure, self-doubting, upset, needing her, dejected, rejected, lost).

This is why texts are not the best way to try to make an ex jealous.

It's just a bunch of words on her phone, which she can interpret however she wants.

Note: Have you noticed that I don't just type up articles on this site? I include videos of me giving advice to you too.

Imagine if it was just a bunch of words on the screen.

You wouldn't know how sincere I was.

You wouldn't know that I am the real deal when it comes to helping men get their ex back.

This is why you shouldn't just rely on text when trying to get your ex back.

You've got to let her see your confidence and happiness in photos, hear your confident tonality on a phone call and see your confident body language and behavior in person.

If you try to hide behind texts (especially if you're using text to hopefully make her jealous), she may end up just blocking your number so she doesn't have to hear from you, or text back and say something like, *â€œGood for you! Iâ€™m having a great time too. Glad to see weâ€™ve both moved on.â€*

Thatâ€™s not what you want, right?

So, if you want to get her back for real, make sure that you are ready and willing to attract her properly.

Make her want you back for real.

Make her feel rushes of respect, sexual attraction and love for the new you.

When you do that, she automatically begins to miss your presence in her life and wants you back for her own reasons.

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Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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The Perfect Thing to Say to Your Ex Girlfriend

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 3 examples of what to say to your ex girlfriend to make her want you again:

1. Something funny to spark her attraction

Imagine that you're talking to your ex girlfriend (e.g. over the phone or in person) and she says something along the lines of, *"I just don't feel the same way about you anymore. You need to accept that it's over and move on."*

Instead of reacting by getting upset at her, walking away or even pleading with her to change her mind by saying things like, *"Please don't say that! I know we can still work things out. Just give me a chance to make things right!"* and making her close herself off from you even more, just use it as an opportunity to spark her feelings for you by using humor to take away the seriousness of the situation.

For example: When your ex girlfriend says something like, *"I just don't feel the same way about you anymore. You need to accept that it's over and move on,"* you can respond by joking with her and saying something like, *"What do you mean I need to move on? The reason I called you was to tell you that I got engaged last week."*

She might then say something along the lines of *"Really?"* or, *"Are you serious?"* and you can then laugh and say something like, *"Yeah, absolutely! My bride is in the mail as we speak!"* and have a laugh with her about that.

By approaching a potentially serious conversation in a funny way, she's more likely to relax, smile, laugh and be more open to interacting with you again.

Using humor to get her laughing creates some positive feelings in her.

She then stops constantly thinking about everything that went wrong in the relationship that caused you and her to break up and starts thinking about how good she feels all of a sudden.

Then, even if she tries to fight it, she can't stop herself from beginning to feel some respect for you again for having the confidence and the social skills to make her laugh and smile in a serious moment like that.

When she feels respect for you, she will also start to feel some sparks of attraction and when that happens, her guard comes down and she becomes open to interacting with you more and more to see where things go from there.

All you need to do then, is fully reactivate her feelings for you (i.e. by showing her via your conversation style, actions, behavior and the way you react to her when she tries to test you, that you're a new and improved man) and get her back.

BTW: Don't try to send her that example via text.

Texts are different.

Not everything you would say on a phone call or in person should be said via text.

Watch this!

Another example of the perfect thing to say to your ex girlfriend is

2. Something mature to make her feel respect for you

After a break up, will usually be thinking about her ex in a negative way (e.g. he's so annoying, insecure, jealous, needy or clingy).

To change whatever negative perception your ex has of you, it's essential that you show her that you've already matured and become a better man since the break up.

This naturally makes her feel some respect and attraction for you again, but it's not something you should present as, *"Hey, I've changed all these things. Now do you like me?"*

Just let her experience the changes in you as you talk to her and interact with her and she will naturally feel drawn to you again.

If you try to get her back by saying that you've changed and asking if it's good enough to get another chance, a woman will almost always play harder to get or say, *"No."*

Okay, so imagine that you're talking to your ex and she is saying things like, *"It's really over between us. You stuffed things up between us and now I only want to move on and forget about you."*

As hurtful as that may be to you, don't try to defend yourself or make excuses to hopefully get her to take pity on you, because it will only make her close up even more.

Instead, show her that you're an emotionally strong, mature man by saying something along the lines of, *"Hey, I totally get why you're feeling this way. I messed up and you're clearly at the point where you can only focus on the bad stuff that happened between us. I don't blame you for feeling this way. If I were in your place, I'd want to move on and forget all that bad stuff too. However, I hope you can acknowledge that no one is perfect and that even though I made mistakes and you made mistakes too, that doesn't mean we're bad people or that we intentionally wanted to hurt each other. It simply means we stuffed up, or one of us stuffed up more than the other. We've learned from that, which already makes us better people. On my part, I accept full responsibility for my past mistakes. All I ask is that we try to be friends based on who we are now, rather than who we were in the relationship."*

By saying something like that to her, it calms things down and gets her thinking things like, *"Wow, that was quite a mature thing for him to say. I never expected that from him. Instead, I thought he would beg and plead with me for another chance, or give me a whole bunch of excuses why he did what he did. I must admit, I respect him for being man enough to actually take responsibility for his mistakes. I wish he had been more like this when we were together. If he had, we probably wouldn't be broken up now."*

That's what you want her to be thinking.

When you make her feel some respect for you again, it causes her defenses to drop and she opens back up to you, even if just a little bit.

When that happens, just make sure that you continue saying and doing the types of things that will build on her feelings of respect and attraction for you and then confidently guide her back into a relationship with you.

Another example of the perfect thing to say to your ex girlfriend isâ

3. Something funny and mature to make her feel sparks of love for you again

Start off by using some humor to lighten the tension between you and your ex.

For example: If you call her on the phone and she says something along the lines of, *“What do you want? I don’t want to talk. I have nothing to say to you,”* you can break the ice by saying in a playful way, something along the lines of, *“No problem. I’ll do all the talking instead, Anyway! I got up at 6 a.m. I went to the bathroom and brushed my teeth. I then did 20 pushups and 20 sit ups. After that I was feeling a bit hungry, so I made myself a 6 egg omelet and some toast. Now I’m full and calling you to say hi. So, how are you? Oh, wait! I forgot! you don’t want to talk. Okay! so where was I?”* and have a laugh about that with her.

Chances are, she will laugh at your goofiness and her guard will come naturally down.

She will no longer feel so tense about talking to you because she will see that there’s no need to be 100% serious and guarded.

That it’s okay for her to crack a smile and be a bit less uptight about things.

You’re not her enemy or some horrible guy who she can’t stand the sight of.

You’re the cool, good man that she once really loved or felt attracted to.

After saying something like that, you can then say, *“Just kidding. Seriously though, I appreciate that you probably don’t want to talk at all. I mean, I now understand what I did wrong when we were together and I’m really sorry that I hurt you in the way I did. Of course, I don’t expect you to want to get back with me at all, but I just want you to know that I still care for you and I’d like us to be able to at least be friends, even if we never get back together again.”*

By first making her laugh and smile and then showing her that you take full responsibility for your mistakes, she’s almost certainly going to open up to talking to you right then and there.

When she does, just focus on reactivating her feelings of respect and attraction for you by showing her that you’re a new and improved man now (e.g. more confident and self-assured, more emotionally mature, emotionally masculine, assertive and ballsy).

The more she experiences the new you, the more open she will become to meeting up with you in person and seeing where things go from there.

Then, when she feels attracted and respectful towards you again in person, getting back together will seem like a fun thing to do for her.

Common Problems Guys Experience When They Reach Out to an Ex Girlfriend

Getting an ex back is usually an easy thing to do, but guys can run into some of the following problems, which makes it a little more difficult initially!

1. She doesn’t seem excited when he contacts her

Even though you have examples of the perfect thing to say to your ex girlfriend now, it doesn’t mean she’s going to automatically respond to you in a positive way and immediately say, *“Let’s get back together!”*

Why?

Regardless of whether a woman currently hates her ex and doesn't want anything to do with him, or if still in love with him and hoping they will get back together again, in most cases, she won't act like she's happy to hear from him when he contacts her.

Instead, she will likely pretend that she doesn't want to talk to him, act cold, aloof and even bitchy towards him and generally make it very uncomfortable for him.

A woman will do that to see if you will maintain your confidence (which is attractive to her) regardless of how she's treating you, or if you'll become nervous, insecure and start doubting your attractiveness to her (which is unattractive to her).

So, make sure that no matter how she reacts, you remain confident and don't start doubting yourself or your ability to get her back.

Instead, be confident and use humor to start rebuilding her feelings of respect and attraction for you, so she begins to feel open and drawn to you again.

Another problem that a guy might experience when he reaches out to his ex girlfriend is

2. She takes her time to reply

It's only natural that a guy might feel a bit tense if he calls or texts his ex girlfriend and she takes her time getting back to him.

He may begin thinking, *"Texting her was a waste of time. I shouldn't have sent her anything. I blew it by contacting her and now it's too late. She's just not interested anymore."*

Yet, thinking like that only causes him to lose confidence in himself and in his value to her.

He stops believing in his ability to re-attract her and gives up on the idea of getting her back.

When she finally replies, he's put himself down so much that his lack of self-belief comes across in the way he texts her, or if they get on a phone call, it comes across in the tonality of his voice and the way he reacts and responds to her.

She then thinks to herself, *"I should have just continued to ignore him. I see now that he still hasn't changed and in fact, he seems to be even worse than he was before (i.e. more insecure, self-doubting). I made the right decision to break up with him and from now on, I'm just going to ignore him. I've got to move on."*

So, if you lose confidence and hope if your ex girlfriend takes too long to reply to you, you will end up turning her off even more and making it even more difficult to get her back.

Another problem you might experience is

3. She doesn't answer his calls

Sometimes a guy might only give himself one chance at calling his ex.

If she doesn't answer, he then doesn't follow up because he feels rejected or assumes that she isn't interested.

He may then wait weeks or months in the hope that she will eventually contact him, only to completely lose her because she uses that time to move on.

Here's the thing

When a woman has disconnected from her feelings of respect, attraction and love for a guy, sheâs won't always make it easy for him to get her back immediately.

Instead, she might initially ignore his calls to see if heâs going to give up right away, or if heâs going to remain confident enough to keep trying.

Of course, that doesnât mean a guy should call his ex non-stop until she picks up the phone.

Instead, it simply means you shouldn't always give up at the first sign of resistance from her.

If you do give up too easily, you may end up losing her when you actually had a really good chance of getting her back.

Another problem that a guy might experience when he tries to talk to his ex girlfriend again isâ

4. She loses interest in talking to him because he's talking about the relationship before even re-attracting her

If you want to know the perfect thing to say to your ex girlfriend, just know that it's definitely not about discussing the relationship or having a deep and meaningful conversation with her.

It's all about attraction.

You have to be able to re-attract her to you sexually and romantically.

That is what makes her actually care about you again for her own reasons.

If you donât properly re-attract your ex and make her feel some sparks of respect and attraction for you, hearing you talk about getting back together again may cause her say things like, *âForget about it. I donât want to get back together in a relationship with you. We gave it a shot and it didnât work out. Itâs time that we just accept that weâre not right for each other and move on. Please just accept that and let me get on with my life.*”

She then feels as though she is making the right decision to remain broken up with you.

That's not the way to get a woman back.

If you want her to be interested in giving you another chance, you have to focus on making her have sexual and romantic feelings for you again.

When you do that, she automatically stops putting up walls every time you interact with her, which then allows her see the positive side of working on the relationship and giving you another chance.

Another problem you might experience isâ

5. Being too neutral with her to the point where she doesn't feel a spark

If you donât actively make your ex feel attracted to you again (e.g. by using ballsy humor to make her laugh and smile when you interact with her, flirting with her to create some sexual tension, showing her by the way you respond and react to her that youâre a new man now), then itâs highly unlikely that she will suddenly start seeing you as the right man for her again.

So, don't be neutral.

Be sexually attractive, not neutral.

Being neutral is being nice, friendly, passive and casual.

If you want her to want you back, you've got to step up your game.

Make her feel sparks of sexual attraction for you again, so she doesn't just see you as a friend now. If you fail to do that and she just sees you as a friend, she might decide to keep you around as a friend while she actively moves on behind your back.

So, if you don't want your ex girlfriend to call you up one day and tell you that she's in love with someone else now, make sure that you don't waste your interactions with her by being too neutral or friendly.

Don't give her the impression you're not interested in getting her back anymore and just want to be a friendly, neutral ex now.

It's fine to say that you and her friends, but just don't act like a friend.

Big difference.

Another problem guys often experience is

6. Being too nice to the point where he comes across as desperate and gives her a false sense of power over him

After a break up, a guy will sometimes make the mistake of being on his very best behavior around his ex girl (e.g. by being extra nice to her even when she is being bitchy towards him, letting her call the shots by doing whatever she wants to do, accepting all the blame for what happened between them, doing favors for her, offering to help her financially or with her life).

Essentially, he's likely hoping that if she sees that he's willing to do anything to make her happy, she will be impressed and then open herself up to giving him another chance.

Unfortunately though, in most cases, the opposite happens.

Here's the thing

A woman wants to be with a man that she can look up to and respect, not a guy that is submits to her and allows her to walk all over him, just so he can get to spend some time with her.

If you want your ex girlfriend to give you another chance, make she doesn't look at your approach to her as being out of desperation.

Let her see that you are happy without her, but are also confident enough to interact with her and make her laugh and feel attracted to you again.

That is what brings down her guard and you can then get her back.

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[image]

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Why Doesn't My Ex Care That I'm Truly Sorry

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

5 possible reasons why:

1. She doesn't respect you yet

Making your ex respect you again is the first step in getting her back.

To be clear here, according to the dictionary, respect is defined as:

Respect (*noun*): A feeling of admiration for someone or something elicited by their abilities, qualities, or achievements.

Let's apply that to relationships nowâ€¦!

When a woman loses respect for a guy, itâ€¦s usually because he has stopped behaving in ways that allow her to look up to him and admire him.

In other words, she no longer respects him.

As you will discover from the video above, respect is the first step to getting her back.

So, if your ex is saying that she doesnâ€¦t care that youâ€¦re truly sorry, it means that you're saying and doing some of the things that caused her to lose respect for you in the first place, or you are saying and doing new things that are causing her to lose respect for you.

For example: One of the reasons why a woman might lose respect for a guy and as a result, break up with him, is because heâ€¦s too jealous (e.g. he calls her multiple times a day to check up on her, secretly or openly monitors her social media activity, checks her phone to see who sheâ€¦s been texting with and about what).

After losing her respect in that kind of way, he might then try to get her back by saying, *â€œIâ€¦m truly sorry I behaved like that. I know I was out of line to spy on you and try to control you and I promise I will never do it again. Please give me a chance to make it up to you.â€œ*

She might then test him by saying something along the lines of, *â€œI donâ€¦t care that youâ€¦re truly sorry. My friend Jason at work told me that I shouldnâ€¦t trust you again, because a leopard will never change its spots. I believe him, not you.â€œ*

If he then feels jealous and starts saying things like, *â€œWho is this Jason and why is he telling you what to do? You can make your own decisions, canâ€¦t you? Why would you listen to this guy over me, unless youâ€¦ve been cheating behind my back all this time with him? Is that it? Have you been cheating on me? How long have you been seeing him? Tell me!â€œ* she will know that heâ€¦s still the same jealous, controlling guy she broke up with.

Then, not only won't she believe him when he tells her that heâ€¦s truly sorry, but she also won't respect him for trying to get her back before changing his ways.

This is why, if your ex is saying that she doesnâ€¦t care that youâ€¦re truly sorry, it may be because your actions, behavior and conversation style arenâ€¦t fully supporting your words.

You may have changed in some ways, but not in the ways that are causing her to feel as though she can finally respect you and admire you again.

Another possible reason why your ex doesn't care that you're truly sorry is

2. She's not attracted to you yet

Sometimes, a guy might feel so bad about what happened between him and his ex girl that he may think to himself, *I'll do anything to prove to her that I'm truly sorry for hurting her. I need to convince her to give me another chance no matter what because I am truly sorry. Even if that means I have to be on my best behavior with her from now on and do whatever she says, I will do it. I will show her that no matter what, I will always be there for her and that she can depend on me from now on. Then, when she realizes that I'm not giving up on our love, she will just have to forgive me and give me another chance. That will work. I know it!*

He might then stay in her life and focus on being a nice, helpful, reliable friend to her, even when she's being unfriendly or indifferent towards him.

Yet, what he doesn't realize is that being a pushover to her is not what is going to change her feelings for him.

What will?

Flirting with her and making her feel strong surges of attraction for him again.

What you must get clear on is that if you don't actively re-spark your ex's feelings of sexual and romantic attraction first, she's not going to feel tempted to forgive you and give you another chance.

So, don't act like a nice, neutral friend with her in the hope that she will care about you again.

Of course, you should be good to her and even apologize for your mistakes, but don't overdo it.

Instead, just make sure that you use every interaction you have with her to make her experience strong, irresistible, sexual feelings for you.

By the way

There's nothing wrong with making her feel that way about you again.

In fact, everything is right with it.

Some guys worry that it might be overstepping the line or that they are no longer worthy of making their ex girl feel sexually attracted.

Don't think like that.

She's your girl.

If you want her to be back in your arms, feeling sexually attracted to you and wanting you, then you have to focus on making her feel sexually attracted to you as you interact with her.

Another possible reason why your ex doesn't care that you're truly sorry is

3. She knows that even though you're sorry, you're still going to make the same kinds of mistakes

Feeling sorry about something doesn't automatically make it better.

If your ex still suspects that you're still going to be the same guy she broke up with, she's going to continue saying that she doesn't care about you being sorry.

Of course, that might not seem fair to you, but getting an ex back isn't about what is fair.

Getting an ex back is about re-attracting her and making her want you again for her own reasons, rather than trying to get her back by explaining that you're sorry and hoping that she takes pity on you.

Yet, here's the thing!

If she gave you another chance right now, you probably wouldn't make the exact same mistakes as you did in the relationship, but you may make similar or related mistakes that your ex has been picking up on while interacting with you lately.

Here are some subtle things that will continue to push an ex away:

- Her ex guy stops being controlling, but starts being insecure and hesitant around her because he no longer feels worthy of her.
- Her ex guy stops playing video games so much to hopefully impress her, but he still isn't following through on his big ambitions in life and is essentially just hanging around doing nothing with his life as per usual.
- Her ex guy stops being wimpy during arguments and starts becoming overly assertive and domineering, in the hope that it will impress her, but he simply goes to far with it for it to be something that she can respect or feel attracted to.
- Her ex guy stops taking her for granted and becomes a sappy romantic kind of guy who always talks about his feelings.

So, even though he might think that he's changed for the better, his behavior is still unattractive to his ex, but just in a new way.

If you want your ex to feel attracted to you again, you have to change in ways that are going to be attractive to her.

Another possible reason why your ex doesn't care that you're truly sorry is!

4. Saying sorry isn't the final step of the ex back process

Although apologizing is an important part of the ex back process, it's not the main thing that will make your ex give you another chance.

Instead, it's just something standard that is done at the start.

After apologizing, you've got to then reactivate her feelings and guide her through the process of wanting you back, rather than just saying sorry and expecting to get a relationship with her again because of it.

You need to show her via your actions, behavior and the way you respond to her when she tests you, that you're no longer the man she broke up with.

When she can see that you're now a new and improved man, it will make her feel a renewed sense of respect and attraction for you.

Then, the idea of giving you another chance starts to feel like something she may be willing to do.

However, if you just apologize to her and expect her to say something along the lines of, *“Oh, okay then. I guess it's okay now. All is forgiven, so let's get back together,”* you'll be very disappointed, because it will rarely happen in that way if the woman has gotten to the point where she has totally lost respect for a guy.

Remember: Actions speak louder than words.

So, if your goal is to get her back, then once you've told her that you're truly sorry, you need to get on with making her feel a renewed sense of respect and attraction for the new and improved you.

If you don't do that and simply continue to apologize to her, then she's just going to keep pushing you away and saying, *I don't care that you're truly sorry. It's over. Just accept it and move on.*

Another possible reason why your ex doesn't care that you're truly sorry is

5. You've given her a false sense of power over you by continually apologizing

When a guy feels bad about what happened between him and his ex, he will naturally want to apologize to her to make it right.

However, although one or two short, sincere apologies are fine and do help, saying, *I am sorry* over and over again only makes the situation worse.

Why?

By constantly apologizing, a woman sees her ex guy's behavior as desperate, rather than as sincere and strong.

She then begins to feel like he needs more than she needs him, so she is in the position of power.

Then, rather than wanting to forgive him, she begins thinking things like, *I never realized it before, but he's such an emotionally wimpy and needy guy. I see now that he's not man enough for me and I can probably do so much better than him. I don't have to settle for an emotionally weak guy. I deserve better. I have to try to move on.*

Essentially, by apologizing over and over again, he's given her a false sense of superiority over him and has made her think that she is better than him, when she's not.

So, rather than accepting his apology and want to work things out with him, she pushes him away and says things like, *I don't care that you're truly sorry. Leave me alone. I've told you that I don't want to get back with you. Accept it.*

Here's the thing

In a relationship, if you hand your power over to a woman, she won't be able to respect you anymore.

If she can't respect you, she won't be able to feel sexually attracted to you and without those two things in place, being in a relationship with you isn't something that appeals to her romantically.

So, don't give your ex power over you by apologizing to her all the time.

Apologize to her if you stuffed up that's fine.

However, once is enough and twice is okay.

After that, just maintain your confidence with her (especially when she tries to make you feel bad by saying things like, *You hurt me so much*, or *I will never be able to trust you again*) and focus on re-sparking her feelings for you every chance you get.

The more respect and sexual attraction she feels for the new you, the less she will be able to hold on

to her negative feelings about the old you.

Her walls will begin to crumble down and then the process of getting her back becomes easier because she is feeling open to you.

Where Guys Go Wrong When Trying to Get an Ex to Forgive Them

Everyone makes mistakes in a relationship and most people make mistakes during a break up.

It's not just you.

Yet, how you recover from those mistakes is the difference between renewing your ex's feelings of respect, attraction and love for you, or turning her off even more and convincing her she's better off without you.

So, if you want to get your ex back for real, what you do from now on is what really counts.

Try to avoid making these mistakes, or stop making these mistakes if you have been making them lately:

1. Apologizing in a long letter, e-mail, social media message or series of text messages

Many guys are too nervous to face their ex after stuffing up in the relationship, so they hide behind letters, e-mails, social media messages or text messages.

Yet, here's the thing!

Women get turned off by a guy who doesn't have the balls to look them in the eye and apologize for his mistakes like a man.

If an ex guy wants to hide behind the safety of a letter, e-mail or text message and tell her all about how truly sorry he is, it just doesn't cut it for a woman.

Additionally, because she can't hear the tonality of his voice, or see his body language, she doesn't know if he's really being sincere or just saying what he thinks she wants to hear so she will give him another chance.

For this reason, rather than giving him the benefit of the doubt (i.e. that he's genuinely sorry and wants to make it up to her), she usually assumes the worst of him (i.e. he's faking it and is just trying to say whatever he can think of to get another chance).

So, she pushes him away by saying things like, *"I don't care that you're truly sorry. As far as I'm concerned what we had is over and I never want to see you again."*

This is why, if you want your ex to believe that you're sorry and give you another chance, it's best to do it face-to-face or at least on a phone call, where you can more easily spark her feelings of respect and attraction and get her to forgive you.

Another mistake to avoid is!

2. Promising to do whatever it takes to make it up to her

If a guy gets broken up with by a woman that he truly loves, it can be a huge punch in the guts.

It can leave him feeling sick to the stomach, stressed out, lost, frantic and for some guys, even suicidal.

It's not a nice experience for a guy to go through.

Every guy reacts differently, but most guys feel quite depressed, down, ashamed, betrayed, angry and sad about the whole thing.

As a result, a guy might start saying things like, *â€œIâ€™m so sorry for what I did. I know I stuffed up, but I promise I will do whatever it takes to make it up to you. Please just give me a chance to make things right. I will do anything for you. Just name it and Iâ€™ll do it. You mean everything to me. Please.â€*

Yet, although he might feel as though what he is saying is right because he is being sincere, she doesn't feel the same way.

For example: By saying, *“I will do anything for you. Just name it and Iâ€™ll do it,”* it suggests to her that he doesn't really know what he is doing that is turning her off, so he needs her to teach him, guide him and help him through the ex back process to get her back.

Hereâ€™s the thingâ€¦

A woman doesn't want to be the one to tell her guy how to be the man she needs, because if she does, she will lose respect for him for not being his own man.

She will look at him as following her instructions like a good little boy, which then throws the relationship dynamic out of whack and makes her feel more like his mother or teacher, rather than his woman or girl.

That takes the romance out of the relationship, kills her feelings of sexual attraction and turns her off emotionally.

So, rather than promising your ex that you will do whatever it takes to make it up to her, focus instead on figuring out what really happened to cause her feelings for you to change.

Don't ask her that.

Figure it out by continuing to learn.

For exampleâ€¦

Then, take action to turn things around by making the necessary changes and improvements to yourself that will show her you have already learned from your past mistakes and are now a better man.

Only then will she care that youâ€™re truly sorry because she will be feeling a renewed sense of respect and attraction for you and as a result, will be wanting you back for her own reasons.

Another mistake to avoid isâ€¦

3. Declaring your undying love for her and promising to wait as long as it takes

When a woman is saying, *â€œI donâ€™t care that youâ€™re truly sorry,â€* a guy might decide to pour his heart out to her and let her know that he will wait for as long as it takes to get her forgiveness.

Essentially, heâ€™s hoping that when she sees that his love for her is so powerful, she will feel flattered and then her defenses will come down.

He might then give her a lot of space (i.e. he doesn't interact with her in any way for weeks or even months, or stays in contact with her but only treats her as a nice, neutral friend) and wait for her to forgive him and tell him that she's willing to give him another chance.

Yet, in most cases, cutting off contact or being neutral like a friend just helps a woman move on even faster.

Here's the thing!

When a woman breaks up with a guy, it's usually because she's disconnected from her feelings of love, respect and sexual attraction for him.

So, if he then gives her a lot of space and doesn't do anything to actively spark her feelings for him again, she will usually decide to use that time to move on and find herself a replacement man.

Additionally, when a guy promises his ex that he will wait for her, she starts to perceive him as being desperate, which turns her off even more.

So, if you want to get your ex back, stop waiting for her to care that you're truly sorry and instead make her care by interacting with her and sparking her sexual and romantic feelings for you again.

Another mistake to avoid is!

4. Not focusing on attraction

After a breakup, a guy might start being desperate by begging, pleading, apologizing and generally doing whatever he can think of to convince his woman that he's truly sorry.

A guy like that often makes the mistake of thinking that feeling true remorse for his actions will be enough to convince his ex to give him another chance.

Yet, it's not.

For a woman to want to get back into a relationship with a man, he needs to make her feel a renewed sense of respect and attraction for him first.

So, if you want your ex to accept your apology and open back up to you, you've got to focus on making her feel respect and sexual attraction for you again.

That is what works.

When you do that, her guard will come down and she will naturally want you back for her own reasons.

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[image]

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[image: Dan Bacon]

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She Dumped Me Because I Made Her Feel Like She Wasn't Good Enough

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

5 things that will help you get her back:

1. Stopping the apologies

Most guys apologize over and over again to a woman in this kind of situation.

For example: A guy might say things like, *â€œI can't believe I made you feel that way. I'm so, so, so sorry! I would never do anything to intentionally hurt you. Please trust me when I say I regret my actions and I feel terrible about what I put you through and I promise I will never make you feel like you're not good enough ever again. Please forgive me.â€*

Yet, although he is being sincere, apologizing over and over again is not the best approach to convincing a woman to give him another chance. Why?

Continuing to apologize makes a guy seem desperate and gives a woman a false sense of power over him.

As a result, she might then start treating him badly (e.g. by being rude to him, blaming him for ruining their relationship).

She may also create unnecessary drama when she interacts with him and say things like, *â€œI don't know if I can ever trust you again! You destroyed my confidence by being so cruel to meâ€*) to see if he will put up with it and continue to chase her.

If he then apologizes to her even more and says things like, *â€œPlease forgive me! What can I do to make it up to you? I'll do anything to prove to you how sorry I am for how I treated you,â€* she will pull away from him even more. Why?

Even though a woman might give a guy the impression that she wants to be in control, she's not going to respect him if he actually falls for it and submits to her.

So, if you want to get your ex back after making her feel like she wasn't good enough, make sure you don't make the mistake of seeming so desperate for her forgiveness that she starts to feel like she has control over you.

By all means apologize to her, but one or two sincere apologies are enough.

Then, after apologizing, just show her via your actions, behavior and the way you treat her when you're together, that you've truly changed.

When she can see that for herself, the idea of giving you another chance starts to feel like something she may be willing to do.

Another thing you can do to get your ex back after being dumped for making her feel like she wasn't good enough isâ€

2. Deciding to truly love her from now on

Sometimes a guy might find himself in a relationship with a great woman, but at the back of his mind he might be wondering if he can do better.

Then, every time he sees a woman who is more attractive/better educated/ contributes more money for household expenses/is a better cook than his girl, rather than remember her good points, he might focus instead in things about her that arenât perfect.

As a result, he may then become critical of her and say things like, *âWhy is your hair always in a mess? Canât you do something about it?â* or *âMy friendsâ wives are so career oriented while youâve been in the same dead-end job for years!â* or *âYouâre the only woman I know who canât even boil an egg without stuffing it up.â*

Naturally, being criticized in this way may cause a woman to start feeling like sheâs not good enough for her man.

Of course, most guys donât intentionally go out of their way to be hurtful or critical.

However, if you got dumped for making your woman feel like she wasnât good enough, your actions and behavior clearly made her feel like you didnât truly love her the ways she was.

So, if you want to get her back, you need to prove to her that from this point onwards you will love her the way she deserves.

This includes loving and accepting who she is, flaws and all.

If you can truly love her for who she is, that is one of the best gifts a woman will ever receive in life. She will then naturally want to be good to you, treat you well, be affectionate and loving towards you, and put in the effort to please you.

So even though there will always be other women out there who are more attractive, intelligent or even have more things in common with you, when you decide to truly love your woman, you will develop such an amazing love and connection with her that itâs not something you will ever be willing to throw away again.

Another thing you can do to get your ex back after being dumped for making her feel like she wasnât good enough isâ!

3. Understanding the give and take nature of relationships

Couples who have been together for years and who are still completely in love with each other understand that a relationship has to be balanced, otherwise resentment builds up.

If you feel like you are too good for your woman, youâre naturally going to feel like things arenât fair to you (e.g. you may feel like youâre settling for second best, you canât relax in the relationship because youâre always the one pushing and trying to improve things).

Likewise, if she feels like you donât see her as being good enough it will erode away her confidence and then she wonât feel motivated to contribute to the relationship and be a good, loving, respectful, affectionate woman to you.

This is why, if you decide to get back with your ex, you need to make sure that you are prepared to accept her the way she is.

That doesnât mean you shouldnât encourage her to be the best version of herself, but you must do it in a way that makes her feel loved and respected.

If she doesnât, she will start to feel like she isnât good enough for you again and the relationship will end one more time.

Remember: A woman is at her happiest in a relationship when she is with a man who is good to her

and makes her feel valued.

If you can do that, she will want to be good to you, treat you well and make you feel loved and valued as well.

When that happens, the relationship becomes almost unbreakable and both of you feel fulfilled and happy.

Another thing you can do to get your ex back after being dumped for making her feel like she wasn't good enough is

4. Understanding that it could just be a test

Sometimes, a woman will say that kind of thing to see if she can gain power over you in a relationship.

She fears that you could break up with her if another pretty woman came along, so she wants to gain some kind of control over you for her emotional protection.

Here's the thing though

If it is a test, you can't make the mistake of giving your power to her by saying things like, *I'm so sorry I made you feel like that! Tell me how to make it up to you. I will do anything you say!*

That's exactly what she's waiting for so that she can feel more in control.

Yet, at the same time, she feels disappointed because you failed her test (i.e. of not submitting to her) and now she can't stop herself from losing respect and attraction for you.

So what should you do instead?

The next time your ex says something along the lines of, *I don't know if I can ever give you another chance. You made me feel like I wasn't good enough before. I just can't trust you,* use it as an opportunity to re-attract her.

For example: You can laugh and say, *I never realized you were such a little drama queen. You poor thing. What a horrible boyfriend/husband I was. Okay, how about this? From now on, I will only tell you how wonderful, brilliant and perfect you are. I'll just compliment you all day long. How about that? Will that make you feel good enough? I'll even start right now! you're amazing! You're glorious! You're fantastic! You're magnificent! Should I go on?* and then laugh at her, (for trying to test you) and with her about it.

Initially, she might be a bit shocked that you're not allowing her to control you and she may even say something like, *That's what I'm talking about! You just think I'm your joke and you don't care about my feelings at all!*

Just remember though

She's only keeping the test going (i.e. are you going to crack if she says that to you or are you going to maintain your confidence).

Then, in a gentle, loving way you can add something along the lines of, *Look, I'm not making fun of your feelings. In fact, I accept that some aspects of my behavior may have caused you to feel like you weren't good enough for me. However, I want you to know that's not how I feel about you at all. I have always only felt love and respect for you as a person. If I failed to make you feel like that when we were together, I'm truly sorry. Of course, you probably don't*

believe me right now and I understand. So, how about we just hang out as friends for a while and get to know each other over again with a clean slate? Then, if you decide that I still make you feel like youâ€™re not good enough, I will get out of your life forever. I promise.

By saying something like that to her, youâ€™re passing her test.

Youâ€™re also automatically sparking her feelings of respect and attraction for you.

As a result, she will feel differently and begin to drop her guard and open herself up to the idea of getting back together again.

Another thing that you can do to get your ex back after being dumped for making her feel like she wasnâ€™t good enough isâ€¦!

5. Being a more balanced man from now on

You were out of balance by not making her feel good enough, so make sure that you don't go to the other extreme and make her feel like you worship the ground she walks on now.

A mistake that some guys make in a situation like yours is thinking things like, â€œI canâ€™t believe I made her feel so bad. I must be such a terrible person. The only way I can make this up to her is treat her like a princess from this moment onwards. Maybe then she will forgive me and give me another chance.

He might then start being extra nice to her, agreeing with everything she says and never speaking his mind in case he hurts her feelings and makes her feel like sheâ€™s not good enough for him.

Secretly heâ€™s hoping this will make her happy and convince her to give him another chance.

Yet, it almost never works out that way.

Rather than feel satisfied that heâ€™s now treating her like sheâ€™s valuable to him, her instincts kick in instead and let her know that heâ€™s now potentially the kind of guy who she will be able to walk all over.

She then loses even more respect and attraction for him and decides that she made the right decision to break up with him.

Thatâ€™s why, if you donâ€™t want that to happen to you, you need to make sure that you are being a man that she can look up to and respect.

That means youâ€™re a good, loving man who treats her well, but you donâ€™t go overboard.

When she experiences that side of you, she wonâ€™t be able to stop herself from feeling drawn to you again in a way that feels good to her.

You can then easily reactivate her feelings for you and get her back.

Common Problems Guys Experience in This Situation

If you want to get your ex back after she dumped you for making her feel like she wasnâ€™t good enough, you need to make sure that you donâ€™t make even more mistakes that will push her away.

Thatâ€™s why you need to look out for the following problems:

1. She plays hard to get during the ex back process and he loses confidence

A woman will sometimes pretend that nothing her ex is saying or doing is going to convince her to give him another chance to see how he will react.

Will he remain confident and emotionally strong regardless of her lack of interest, or will he crumble and give up on ever getting her back?

If he gives up at the first sign of resistance from her, she will likely think something along the lines of, *“Even though I dumped him because he made me feel like I wasn’t good enough for him, I see now that he’s not good enough for me. He’s actually not the confident, emotionally strong man I thought he was and I’m actually better off without him.”*

She may then close herself off even more making it even more difficult for him to get her back.

So, regardless of how hard your ex is making it for you to get her back, don’t let it erode your confidence.

Instead, try to see the funny side of how she’s behaving and use it as an opportunity to spark her feelings of respect and attraction for you by maintaining your confidence with her.

When she sees for herself that you’re not losing confidence in yourself, she will automatically feel a surge of respect and attraction for you again.

Her guard will come down and she will then become a lot more open to talking to you and seeing you in person to see where things go.

Another problem you need to be aware of is

2. He tries to get her back via text and she goes cold

In some cases, a guy thinks that texting an ex who dumped him for making her feel like she wasn’t good enough is the best way to break the ice with her.

Essentially, he’s hoping that by texting her she won’t feel like he’s pushing her to give him another chance and she will then relax and open up to him.

Yet, in most cases, rather than see it from his point of view, a woman just assumes that he’s asking her for a relationship via text because he hasn’t really changed and is too afraid to face her, where she will be able to see it for herself.

She may then start thinking things like, *“He just proved my point. He doesn’t even think I’m good enough to waste a phone call on. All he’s doing is texting me like I’m an afterthought and hoping we can get back together again.”*

The thing is, you need to make sure that when you try to get your ex back, you do it face-to-face where she can see for herself that you’re being sincere, and only after you have first reactivated her feelings of respect and attraction for you.

Another problem you need to be aware of is

3. He uses the No Contact approach, which makes her feel like she wasn’t good enough for him to pursue after the break up

No contact might work in some situations (e.g. if a woman is still in love with her guy and is hoping they will reconcile, she is struggling to find a replacement guy).

However, in a case where a woman dumped her guy because he made her feel like she wasn't good enough, him ignoring her for 30 or 60 days is most likely going to have a negative effect on her. Rather than make her contact him, she's most-likely going to feel hurt and rejected and she's going to be thinking things like, *"I guess I was right. If I had any doubts before, he's made it very clear now that he doesn't believe I'm good enough. In fact, he must think so little of me, that he didn't even care enough to call me after I dumped him to see how I'm doing. Well, I can't cry about it anymore. I need to forget about him and find myself a guy who will appreciate me."*

As a result, if he finally contacts her after weeks or months of No Contact, he's shocked to discover that she's moved on.

So if you don't want that to happen to you, don't waste time ignoring your ex.

Another problem you need to be aware of is!

4. He goes overboard with contact and comes across as desperate

While some guys will decide to use No Contact to try and get their ex back, others will go the opposite way and bombard her with endless text or social media messages, calls and e-mails.

A guy like that is usually hoping that if he overwhelms his ex with attention, she will stop believing that he thought she wasn't good enough and give him another chance.

Yet, that rarely happens.

Instead, his constant attention turns her off and she begins to feel relieved that she's no longer his girl.

Here's the thing!

Women don't want to reward desperation with respect, affection, sex and love.

So, when a guy is calling, texting and generally going overboard with his efforts to get her back, rather than think, *"Wow, that's so sweet. I guess I was wrong about him not thinking I was good enough. Clearly I must be special to him for him to put in so much effort to get me back,"* she instead thinks something along the lines of, *"I never realized this about him before, but he's so needy and emotionally wimpy. I think I made the right decision to dump him after all."*

Here's the thing!

Although you must be active about getting your ex back, going overboard with contact is not the way to do it.

Instead, you need to relax and stay in control of your emotions.

Then text her once or twice as a way of getting her on a phone call with you.

On the call, spark enough of her feelings to make her want to see you in person.

Then prepare to re-attract her, meet up with her and get her back.

That's how it works.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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Break Ups and Reconciliation

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 6 ways that you can make a reconciliation happen after a break up:

Option 1: Give her up to a week of space, then start the ex back process

Giving a woman a week of space is the perfect amount of time to allow for things to cool down after a break up.

At the same time, it doesn't give her too much time to forget about you and move on.

So, start with that.

Of course, contacting an ex after a week of space isn't the magic answer to getting her back.

You actually have to use that week to prepare to re-attract her.

For example: Some of the ways you can do that is by

- Focusing on building up your confidence a bit more, so that regardless of what she says or does to put you off when you interact with her after a week (e.g. she's cold, distant, bitchy), it won't get to you.
- Understanding that being ballsy with your humor is the best way to break down her walls and make her feel drawn to you again.
- Realizing that even though you and her are broken up, you're good enough for her.
- Getting to the point where you feel good about yourself and your life, whether she's in it or not. A good way to achieve this state of mind is by using the week apart to go out and do fun things, hang out with friends and prove to yourself that you can enjoy yourself even when your ex isn't there.

When you feel better about yourself, you automatically begin to heal from the break up.

You are then ready to interact with your ex woman, re-attract her and get her back.

You should then call her on the phone and use all your new-found attraction skills to start reactivating her feelings of respect and attraction for you (e.g. make her laugh, smile and feel good to be talking to you again after not hearing from you for a whole week, flirting with her to create some sexual tension between you).

Then, get her to agree to meet up with you, where you can fully reawaken her feelings for you by letting her experience the new you face-to-face.

When she sees that you're no longer the same guy she broke up with (e.g. because you're not being nervous and insecure, you're not losing your confidence even when she's being cold towards you, you're making her laugh and smile), she won't be able to stop herself from feeling drawn to you again and possibly even being open to hugging and kissing you at the end of the meet up.

When that happens, the next step of the ex back process is sex and getting the relationship back together.

You'd be surprised at how often that happens.

Another example of how a reconciliation can happen after a break up isâ€¦!

Option 2: Understand where you were going wrong, immediately start to change and improve, re-attract her and get her back

Understanding where you might have gone wrong is a very important step. Why?

It shows your ex that youâ€™re man enough to not only admit your mistakes to yourself, but also to fix them, and all that without needing her help or guidance to figure it out.

That is very attractive to her and she automatically feels strong surges of respect for you again.

So start with that.

If youâ€™re unsure of what might have caused your ex to feel turned off, here are some common reasons why women lose respect, attraction and love for a guy in a relationship to help you figure it out:

- He stops being confident and emotionally strong and begins to feel more unsure of himself and his value to her and as a result, he becomes clingy, needy, jealous or controlling.
- He becomes complacent about her feelings for him, so he starts to take her for granted.
- He isnâ€™t emotionally masculine enough, so she becomes bossy and domineering in the relationship with him.
- He stops making her feel attracted and turned on by how he talks to her and interacts with her and he then ends up making her feel neutral or bored.
- He puts too much value on her and as a result he loses sight of his own identity as a man (i.e. he stops having his own goals, dreams, interests or friends).
- He stops being romantic and charming and instead starts treating her more like a friend or one of his buddies.
- He doesnâ€™t mature as quickly as she does, so she starts to feel like heâ€™s dragging her down.

Do any of these things ring true for you and your relationship with your ex?

If not, keep thinking about it.

Chances are, you will eventually start to see a pattern based on what you and her used to argue or disagree about and you will then have your answer.

If yes, you can immediately start improving those things about yourself.

By the wayâ€¦!

Once youâ€™ve figured out where you were going wrong in the relationship with your ex, it doesnâ€™t have to take long to change and improve.

A few days is enough to improve your ability to attract her during interactions, so that when you do talk to her, she feels a spark for you and opens back up to seeing where things go from there.

Then, once youâ€™re ready, get her on a phone call with you, or even better, to a meet up and show her that youâ€™re now a new and improved man (i.e. youâ€™ve changed the things that really matter to her).

When she sees for herself that youâ€™ve understood her real reasons for breaking up with you and have taken steps to improve on those things, she canâ€™t stop herself from feeling respect and

attraction for you again.

Her defenses come down and you can then guide her back into a relationship with you.

Another example of how a reconciliation can happen after a break up isâ□|

Option 3: Apologize for your mistakes, re-attract her and then say goodbye

Get your ex on a phone call with you, or better yet, meet up with her in person.

You can then apologize to her for what happened.

Just make sure that you keep your apology simple, to the point and you avoid groveling or putting yourself down.

For example: You might say something along the lines of, *â□□ Hey, I just wanted to say that Iâ□□m really sorry for what happened. I know I stuffed up and I regret hurting you. However, I also want you to know that everyone makes mistakes in a relationship sometimes. Iâ□□m not perfect, but then no one else is either. The good thing is that Iâ□□ve learned from my mistakes and Iâ□□m not that guy anymore. Of course I donâ□□t expect you to believe me or want to give me another chance. Thatâ□□s okay. I accept your decision about us breaking up and Iâ□□m not apologizing to you for that reason. I just want to clear the air between us so that we can go forward with no hard feelings.*â□□

By calmly apologizing to your ex woman, while being confident and mature enough to admit your mistake, youâ□□re showing her that youâ□□ve learned from the experience and have become a more confident and emotionally strong man than before.

This is attractive to her.

It automatically re-sparks some of her feelings of respect and attraction for you and she then allows herself to relax and enjoy talking to you again.

At this point, focus on using some humor to further break down her walls and get her thinking things like, *â□□ Heâ□□s so different all of a sudden. This isnâ□□t what I was expecting at all. I thought he would be begging me to get back with him, but instead heâ□□s being so mature about the whole break up. I never imagined I would be able to forgive him so easily, but I think I have.*â□□

You then need to pull back a bit and say, *â□□ Okay then. Thatâ□□s all I wanted to say. I hope youâ□□ll forgive me and then maybe sometime in the future we can even be friends again. In the meantime, Iâ□□ll leave you alone. Bye.*â□□

She will then feel drawn to you and feel like it's not over because you've re-attracted her.

Thatâ□□s when you can quickly and easily guide her back into a relationship.

Another example of how a reconciliation can happen after a break up isâ□|

Option 4: Apologize for your mistakes, ask for forgiveness, re-attract her and get back together right away

Getting an ex woman to forgive you is a very important step if you and her are going to reconcile.

However, just saying, *â□□ Iâ□□m sorry. Please forgive me,*â□□ will rarely result in her sincerely forgiving you.

She might say, *â□□ Yeah, sure,*â□□ but thatâ□□s different to her actually forgiving you for real and because her forgiveness isnâ□□t genuine, she will probably then add something like, *â□□ Look, I*

accept your apology and I forgive you, but that doesn't change anything. What we had is over and nothing is going to change that.

That's not what you want.

So, a better way to apologize to a woman and ask her to forgive you is by telling her that forgiving you is for her own benefit.

Explain to her that if she doesn't forgive you, she will end up holding on to the baggage of her relationship with you and it may then negatively impact any future relationship she might have someday.

BTW: Don't worry it's not about helping her move on.

Instead, forgiving you for her own benefit makes her stop looking at you in a negative way because she has forgiven you for what happened.

When she goes through that emotional transition, she naturally starts to feel better about interacting with you.

You can then use those interactions to re-spark her feelings of respect and attraction for you (e.g. by making her laugh and smile, showing her via your actions and behavior that you're a new and improved man now).

When her perception of you stops matching the one in her memories (e.g. she remembers you as being insecure, needy, immature, annoying but now you're confident, emotionally independent, mature, easy-going and fun), she automatically begins to look at you with more respect.

The more she respects you (i.e. because you were man enough to quickly change and improve and become better), the more her guard comes down and she begins seeing you and even thinking about you in a romantic way.

When she starts to feel like that, getting back together is the next logical step, because the idea of losing you now is something she doesn't even want to contemplate.

Another example of how a reconciliation can happen after a break up is

Option 5: Never contact her after the break up and hope that she comes back to you

If a woman is being difficult, is refusing to interact with her ex and when she does she says things like, *No matter how much you stick around and try to make me to change my mind, I'm not going to. The only feelings I have left for you are negative ones and that's not going to change. So, just accept that it's over between us and leave me alone!* it's only natural that he might feel a bit hopeless.

He may then start thinking things like, *If sticking around her isn't going to convince her to change her mind, maybe I should disappear from her life entirely. Hopefully the shock of that will make her realize that she still has feelings for me and she will then begin to miss me. She will then have to contact me and we can get back together again.*

He might then stop contacting his ex for 30, or even 60 days in the hopes that this will do the trick in getting her back.

Yet, that almost never works.

Here's why

When a woman doesn't have strong (or any) feelings for a guy, not hearing from him isn't really going to be that big of a deal to her.

In most cases, rather than miss her ex who is ignoring her, a woman will think, *â€œCool! Iâ€™m so happy he got the message and is now leaving me alone. I can move on with my life without having to deal with a desperate ex.â€*

She then quickly focuses on going out more with her friends, meeting new guys and doing whatever she needs to do to move on with her life.

In the meantime, her ex waits and waits to hear from her.

He might then either find out that she's now in a new relationship by checking up on her via social media, or through mutual friends.

Alternatively, he might decide to contact her after a few months of not hearing from her, only for her to say something along the lines of, *â€œItâ€™s been ages since I last heard from you, so why are you calling me now? If there was ever a chance of us getting back together, itâ€™s gone now. Iâ€™m with someone else and Iâ€™m happy. Goodbye.â€*

Of course, in rare cases where a woman is still secretly in love with her ex and actually does want to get back with him, or she's struggling to find herself a replacement man, she may actually contact him if he ignores her.

However, if she does get back with him and she realizes that in all the time they were apart, he didn't change or improve anything about himself, she will usually break up with him again.

Then getting her back a third time becomes even more difficult.

Another example of how a reconciliation can happen after a break up isâ€¦!

Option 6: Make her feel jealousy and the pain of losing you by quickly moving on without her by dating other women, accept another chance with her when she tries to get you back

Moving on with your life is a great way to make your ex want you back. Why?

When she sees that you're not sitting around feeling sad and lonely without her and are in fact having fun and even dating other women again, she likely starts thinking things like, *â€œWow, heâ€™s already managed to get himself another girlfriend so quickly. I never realized he was so attractive to other women. I hate to admit it to myself, seeing him with other women like this makes me feel jealous. I miss him. I think I made a big mistake by breaking up with him. Iâ€™ve got to get him back.â€*

Suddenly, the idea of losing you to another woman makes her feel attracted to you again and she might then text you or call you in an attempt to get you back.

You can then fully reactivate her feelings of respect, attraction and love for you (i.e. by being more of the confident, emotionally masculine man that you've become since the break up) and get her back.

Warning: Make sure that you don't pretend to be having fun and dating other women just to make your ex jealous, because if she catches you out in a lie, not only will she feel disgusted that you tried to trick her, she will also lose even more respect and attraction for you.

She may then decide to get revenge on you by blocking you on social media and her phone and also

hooking up with a new guy just to make you jealous instead.

So, make sure that if you do take this option, you don't fake it.

You need to be genuinely moving on without her and focusing on having a fun and fulfilled life without her.

She then realizes that it was her fault for letting you go and she wants you back.

Where Guys Go Wrong When Trying to Reconcile With an Ex

Breaks ups and reconciliations happen daily all over the world.

It's actually a very common thing and when you know the right approach, it's also quite easy to deal with.

However, if you take the wrong approach, it can cause the whole reconciliation process to either take longer than it should, or in the worst case scenario, fail altogether.

So, if you want to reconcile with your ex, make sure you don't make any of the following mistakes:

1. Trying to reconcile without attraction

You may truly love your ex and really want her back, but unless she feels the same way about you, it's not going to happen.

So, if you ask her to get back together again, before you first reactivate her feelings of respect, attraction and love for you, chances are she's going to respond by saying something along the lines of, *"No. I'm sorry if you can't accept it, but as far as I'm concerned, what we had is over. I don't want to get back with you again. Please stop pressuring me to give you another chance and just move on."*

Here's the thing!

For a woman to commit to the idea of reconciling, the feelings have to be mutual (or at least close to mutual).

It can't be one-sided (i.e. you want her back).

Instead, she has to feel as though losing you will be the worst mistake of her life.

So, if you want her back, focus on re-attracting her first.

Then everything else will happen naturally and easily from there.

Another mistake to avoid is!

2. Trying to reconcile via text

When a woman is making it difficult for her ex to interact with her (e.g. she won't answer her phone, she's cold and uncommunicative when he tries to talk to her), he might decide that texting is the only way to get through to her and convince her to reconcile with him.

Yet, here's the thing!

If a woman has disconnected from her feelings of love, respect and attraction for her ex, getting a text from him trying to convince her to give him another chance, only turns her off even more.

Essentially, because she can't hear the tonality of his voice, or see his body language, she can't gauge his state of mind.

So, rather than give him the benefit of the doubt and assume that he's being confident, emotionally strong and has improved in the ways that matter to her, she instead judges him based on her past experiences with him (e.g. he was insecure, needy, boring, easily manipulated by her and others).

As a result, she closes herself off and usually doesn't even bother to answer him.

So, if you want to reconcile with your ex, you've got to do it in person where she can see for herself that you're a new and improved man now.

Another mistake to avoid making is

3. Trying to reconcile by explaining how much she means to you and how you promise that things will be different this time

When it comes to reconciling with an ex, actions speak louder than words.

So, telling your ex that you still care for her and that you promise to be a better man won't matter to her, if she's lost respect and attraction for you.

She might feel a bit sad that what you and her had together is over, but it's not going to make her want you back.

Why?

A woman doesn't want to be with a guy because she feels sorry for him.

She wants to be with him because he makes her feel sexual and romantic feelings for him.

So, if you want to reconcile with your ex, don't bother explaining your feelings to her and promising to change, because she's probably not going to care.

Instead, just focus on reactivating her feelings of respect, attraction and love for you so that she begins to care.

Then the idea of reconciling will be something she wants too and you can get her back into a new and exciting relationship with you.

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Ex Wants to Play it Safe and Stick With Her New Guy For Now

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

5 common reasons why a woman will say that:

1. She doesn't believe that you've changed enough yet to attract her more than he does

When a woman gets into a relationship after a break up, it's usually because the new guy is making her feel attracted in ways that her ex couldn't.

For example: If her ex was too much of a nice guy, which then caused him to be submissive around other people (especially other men), then her new man might be more assertive and emotionally strong.

This allows her to fully relax when she's with him, knowing that he is an emotionally powerful man she can look up to, respect and feel attracted to.

Alternatively, if she felt that her and her ex wanted different things in life, (e.g. a career vs. a family), then her new man will be more in line with her way of thinking.

Even if he's not her ideal man, because he makes her feel attracted in a way that she'd been missing for a long time with her ex, she will usually stick with him.

So, if her ex then tries to get her back, before she lets go of her new guy, she's going to want to see that he's changed in the ways that are important to her (e.g. he's emotionally stronger and less submissive around her and other people, his direction in life is more in line with hers).

However, if she interacts with him (over the phone and in person) and she notices that no matter how much he tries to hide it, he always falls back to his old way of thinking and behaving, she will likely think things like, *"I know he means well, and he's a pretty decent guy, but he's just wasting my time. The truth is, he simply can't change those things about him that turn me off. I don't believe he even knows how to change and become the kind of man I want. It's just that he doesn't have anyone in his life that can help him, so he's lost. Unfortunately, I'm just not willing to risk getting hurt by him again if I give him another chance. So, if he wants me to listen to him, he needs to show me that he's really changed. Until he can do that, I'd rather play it safe and stick with my new guy for now."*

So, if you want your ex to give up her new man for you, you're going to have to show her via the way you talk, think, behave and respond to her that you truly have changed.

Not sort of changed, *"I'm going to change if she gives me another chance,"* but really change here and now.

Remember: Actions speak louder than words.

When she can see for herself that you're a new man now, she won't be able to stop herself from feeling a renewed sense of respect and attraction for you again.

When that happens, she'll automatically stop needing to play it safe by sticking with her new guy anymore.

She will then naturally let down her guard and allow herself to open back up to the idea of being your

girl again.

However, if you continue trying to get her back without changing the things that matter to her and instead you offer her things she doesn't want (e.g. you buy her flowers instead of being more assertive, you pour your heart out to her in a long letter or e-mail, rather than setting yourself some goals and going after them), she's just going to keep pushing you away and saying, *I'm sorry, but I just can't risk it with you. I'm going to play it safe and stick with my new guy for now.*

Another reason why a woman might say that to you is

2. She feels like you took her for granted for a long time, so she wants to look out for herself for a while now

Sometimes a guy makes the mistake of believing that the love between him and his woman will last for ever, because it was so great at the start of their relationship.

Yet, that's not how a relationship between a man and a woman works.

For a woman's feelings of respect, attraction and love to expand, develop and flourish over time, she needs to know that she is loved and appreciated all the time, not just at the beginning of the relationship.

If he can make her feel that way, she will then automatically feel motivated to contribute to the relationship and be a good, loving, supportive woman to him.

However, if he falls into the habit of taking her for granted (e.g. he stops noticing her efforts to look good for him, breaks his promises to her more and more, doesn't pull his weight with chores or errands), she will start pulling away, being closed off, treating him with less and less respect over time and finally she will break up with him.

If she then hooks up with a new guy who treats her the way she wants to be treated (e.g. he spoils her, makes her feel loved and appreciated), she won't be eager to give her ex another chance when he tries to get her back.

Instead, she will likely say something along the lines of, *I had to put up with being taken for granted for such a long time that I never want to feel that way in a relationship again. That's why I don't care that you are sorry and want me back. For now, I'm going to look out for myself and enjoy being treated like a princess by my new guy.*

Another reason why a woman will play it safe and stick with her new guy is

3. She wants to have the best of both worlds

Sometimes, a woman wants to savor the thrill of being in a new relationship, while also keeping her ex around to make herself feel good about herself.

Essentially, she can then have fun being with her new guy, while at the same time having the certainty of knowing that her ex is waiting in the wings for her.

Not only does this boost her confidence, it also provides her with a safety net (i.e. her ex) to catch her if things don't work out with her new man.

If she then says that she wants to play it safe and stick with her new guy for now, it might simply be her way of stopping her ex from moving on by causing him to think things like, *What does that*

mean? If I stick around long enough, will I eventually be able to convince her that I won't hurt her again so she can give me another chance?

So, here's the thing:

If you don't want your ex to continue messing you around, you need to use every chance you get to interact with her (e.g. via text, social media, over the phone and in person), to create feelings of sexual and romantic attraction inside her.

Make her really want you in that way so that she starts thinking things like, *"I thought I was the one in control of the situation but suddenly I feel so confused. I can't stop thinking about my ex and how it would feel to be his girl again. What should I do?"*

She will then naturally start to want to talk to you more on the phone and meet up with you in person to try and decide what to do.

You can then fully re-attract her, kiss her, hook up with her sexually and get her back.

Another reason why a woman will play it safe and stick with her new guy is:

4. You haven't re-attracted her yet, but you're asking for a relationship

You still have feelings for your ex, so the only thing on your mind is getting her back, right?

You might even be saying and doing all sorts of things to try and convince her to forget about her new guy and give you another chance (e.g. begging and pleading, promising to change whatever she wants, sending her flowers or romantic letters/e-mails/texts).

Yet, if you don't first spark her feelings of respect, attraction and love for you, she will usually just keep pushing you away and saying things like, *"I know you mean well and I accept that you still have feelings for me, but I just don't feel the same way about you. There's nothing I can do about that. I can't change how I feel, so please stop asking for a relationship, because it's just not going to happen. We gave it a shot and it didn't work out and for now, I'm just going to play it safe and stick with my new guy."*

So, don't make the mistake of asking for a relationship with your ex if you haven't done anything else to re-attract her first.

You need to spark her feelings of respect and attraction if you want her to open back up to the idea of being with you.

So, focus on interacting with her whenever you can (e.g. call her on the phone or meet up with her in person) and pay particular attention to saying and doing the kind of things that will make her feel drawn to you again.

For example:

- Stay calm, relaxed and confident no matter what she says or does to put you off.
- Use humor to lighten the mood between you and her and get her to drop her guard.
- Flirt with her to make her feel sexually attracted to you again.
- Make her feel feminine and girly in your presence by being emotionally masculine and strong.
- Feel sure of yourself and of your attractiveness to her.

When you have that kind of confidence and self-belief, you will naturally talk, behave and take action in a way that is attractive to your ex (and to other women).

She then stops putting up walls every time you interact with her and saying that she wants to play it safe and stick with her new guy for now, and she allows herself to open back up to the idea of being in a relationship with you again.

On the other hand if you just try to convince her to forget about her new guy without first reawakening her feelings for you, sheâs just going to keep saying, âNo.â

Another reason why a woman will play it safe and stick with her new guy isâ|

5. You have given her a false sense of power over you

After potentially begging and pleading with your ex for another chance when she broke up with you and chasing her desperately after that, she now feels like she's much more valuable than you, which by the way, isn't actually the case.

She might then start thinking things like, *âWhat did I ever see in him? Heâs just so desperate to get me back that he allows me to treat him any way I want and he never stands up to me, even when Iâm intentionally being bitchy to him. Heâs such a wimp. Thereâs no way I would leave the safety of my new relationship to be with him again. I just couldnât respect a guy that I can so easily push around and dominate.â*

Hereâs the thingâ|

If you hand your power over to a woman, she wonât be able to respect you anymore.

If she canât respect you, she wonât be able to feel sexually attracted to you and without those two things, she has no reason to want to be in a relationship with you again.

So, donât give your ex one more reason to feel like she has power over you.

You need to reclaim your power from her by not falling for her games anymore.

For example: The next time she says that she wants to play it safe and stick with her new guy for now, rather than get upset about it, or try to argue with her and convince her to change her mind, simply laugh and say, *âThatâs a great idea. I think you should definitely play it safe. Iâm way too much man for you anyway. However, your new guy seems perfect for you.â*

Of course you donât really mean that, but by saying something like that to her youâre showing her that youâre not going to allow her to push you around anymore.

Initially she might be a bit shocked that youâre talking to her like that.

However, deep down she will be feeling strong bursts of respect and attraction for you again.

Sheâs also going to be wondering about how and why youâve changed so much and sheâs going to be curious to find out more.

You can then use that to your advantage, fully reactivate her feelings and get her back into a relationship with you where she now feels motivated to be good to you, treat you well and make you feel loved and appreciated.

Where Guys Go Wrong When Trying to Get an Ex Back Who is With a New Guy

If you want your ex to break up with her new guy and come back to you, youâre going to have to

show her (via your actions, behavior and the way you make her feel), that youâ€¢re a much better catch than he is.

That is why you need to avoid making any of the following mistakes:

1. Waiting patiently in the hope that she comes back, but she doesn't

When a woman is saying, *â€¢I want to play it safe and stick with my new guy for now,â€¢* itâ€¢s very easy for a guy to feel disheartened.

He might then decide that the only option left for him is to give her some space and allow her to miss him.

Then, when she realizes that heâ€¢s no longer chasing after her, she might fear losing him and come running back.

He then waits around for weeks, months and in some cases even years, hoping that his ex will come to her senses and choose him, only to feel devastated when he discovers that sheâ€¢s fully moved on and either married her new guy, or happily in love with someone else.

So, if you want your ex back, donâ€¢t waste time waiting for her and hoping that she will come back on her own.

If she hasnâ€¢t come back on her own by now, she probably wonâ€¢t ever come back.

If you want her back, you have to step up and make it happen.

Another mistake to avoid isâ€¢!

2. Becoming needy for your ex because you keep comparing other women to her and no-one compares

After a break, a guy might sometimes forget about his exâ€¢s bad points and remember only her good points.

He may then make her out to be so much more perfect than she really was, that he struggles to meet another woman who can ever match up to her.

He then starts thinking things like, *â€¢Iâ€¢m doomed to be single for the rest of my life because no other woman is as amazing as my ex. She was perfect in every way and I canâ€¢t live without her. I need to get her back,â€¢* which prevents him from being able to move on.

He then stays stuck in a loop where no other woman can match up to his ex, but she doesnâ€¢t want him back, so he remains single and alone.

Hereâ€¢s the thingâ€¢!

No one is perfect; not even your ex.

However, if you continue to compare her to every other woman you meet, youâ€¢ll never be able to move forward with your life.

That doesnâ€¢t mean you have to give up on her and settle for another woman.

It simply means you have to get to the point in your life where you can be happy with, or without your ex.

When you can do that, something amazing happensâ€¢!

You suddenly become more attractive to your ex. Why?

Even though she won't admit this, she likes the idea of being with a man who can have any woman he wants, but chooses to be with her.

She realizes that you're not a lonely, depressed guy who has been sitting at home alone pining for her, which automatically makes her begin to feel some respect and attraction for you again.

Another mistake to avoid is

3. Pretending to be happy for her when you're not

If your ex can see that you're happy without her and having a great time, then it will definitely make her feel drawn to you again on some level and you can then build on her feelings and get her back.

However, if you only pretend to be happy and she sees through it (i.e. because she tests you by acting hurt that you're happy without her and you then fall for it and tell her you're not) she will just lose even more respect for you for not having the backbone to be honest about how you feel in a calm, confident, non-needy way.

Another mistake to avoid is

4. Being neutral and friendly with her, which doesn't interrupt the process of her moving on

If a woman is pushing her ex away and saying that she wants to play it safe and stick with her new guy for now, he might decide to pretend that he's only interested in being her friend now (e.g. he's nice and polite towards her, doesn't flirt to create sexual tension, doesn't make her feel attracted).

Essentially he's hoping that by being her friend, she will eventually realize that he's a good guy (e.g. because he's not pushing her to get back together again, he's indispensable to her) and she will then choose him over her new guy.

Unfortunately though, that approach doesn't work if the woman isn't attracted to him anymore.

Instead, she will enjoy having him around as her nice, sweet friend and then enjoy having sex, falling in love and moving on with her new guy (or another guy who ignites her sexual and romantic feelings for him).

So, if your goal is to get your ex back, don't pretend that you don't by being too neutral or friendly around her.

Instead, focus on making her feel sexually attracted and turned on every time you interact with her, so she will naturally begin to want more of that from you.

Make her want you and when you do, things will begin to unfold more naturally and easily.

Before you know it, she will be breaking up with her new guy and you and her will be a couple again.

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4 Examples of How to Make Her Miss You After a Breakup

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

4 ways to make your ex miss you after a breakup are:

1. Interact with her on a phone call, reactivate her feelings and then give her 3 to 7 days of space

One of the most effective ways to make a woman miss you after a breakup is by actively re-sparking her feelings of respect and attraction for you on a phone call and then cutting off communication with her for up to a week.

Some of the ways you can do that are by

- Using humor to lighten the mood and taking away any awkwardness that might be there.
- Showing her your confidence by not feeling nervous or unsure of yourself when she is being withdrawn and unfriendly towards you.
- Flirting with her to create some sexual tension, rather than being too nice and neutral.

The more you spark her feelings for you, the more likely it is that she will miss you when you don't contact her again right away. Why?

Essentially, because the last thing on her mind is how nice it was to talk to you on the phone again, how different you seem since she broke up with you and how attracted she suddenly feels to you.

Here's the thing

If you try to make her miss you after a breakup by simply ignoring her (i.e. following the No Contact Rule), because her feelings for you are switched off, she's not really going to care.

Instead, she's going to use the time apart to move on and possibly even find herself another man.

On the other hand, if you interact with her first, reactivate some of her feelings of respect and attraction for you and then ignore her for a few days to a week, she's more likely to think things like, *"Why isn't he calling me again? I know I thought it was over between us, but all of a sudden not hearing from him after the last conversation we had is driving me crazy! I can't stop thinking about him and how different he was on the phone. I actually miss him and I'm starting to doubt my decision to break up with him. What should I do?"*

By the way

You may have heard the expression, *"If a little is good, then more must be better."*

That expression is true in some instances, but when it comes to ignoring an ex, more contact is almost never better.

So, even if you did successfully make her miss you, you will likely end up blowing it if you give her too much space (anything longer than 7 days). Why?

Rather than miss you more, she may start thinking that you've moved on.

As a result, she will simply focus on fully getting over you, moving on and finding herself a replacement guy.

So, don't let that happen to you.

After 3 to 7 days of space, call her again, spark her feelings for you some more and get her to agree to a meet up.

In most cases, all it takes is 2 to 3 interactions where the guy is sparking her feelings (on the phone and in person), before a really closed off woman will begin to drop her guard and open herself up to getting back together again.

In easy cases (i.e. where a woman still has some feelings for her ex), all it takes is one phone call and one meet up and the couple is back together.

Another way to make her miss you after a breakup isâ€¦!

2. Post up photos on social media of you enjoying your life with other people

Even if your ex has unfriended you on social media, chances are, she will still take a peek at your profile from time to time to see what youâ€™re up to.

Secretly she will want to find out if youâ€™re still missing her or if youâ€™ve moved on.

This is why you need to make sure that you update all your social media accounts and donâ€™t leave any sad, lonely photos of you posted around.

Instead, make sure that from now on, all your photos are of you having fun with other people (e.g. at a party with friends, doing something fun with other women, at a concert or some other social event).

By the wayâ€¦!

If she isnâ€™t your friend on social media or isnâ€™t following you, just make sure that the photos are public so she can see them from the outside.

Chances are, when she checks up on you, she will be pleasantly surprised to see that youâ€™re not sitting around feeling sorry for yourself.

She may then start thinking things like, *â€œWow, heâ€™s really looking good. Not only isnâ€™t he being sad and lonely, heâ€™s actually having so much fun. I canâ€™t believe Iâ€™m even thinking this, but I wish we were doing those things together. I miss him.â€*

How can that be?

When you post photos of yourself having fun with other people, rather than make your want to move on, it actually makes her feel drawn to you again.

All of a sudden, she feels a renewed sense of respect and attraction for you and she wants to talk to you again, meet up with you in person and see where things go from there.

Another way to make her miss you after a breakup isâ€¦!

3. Let mutual friends see you confident, happy and doing fine without her

One of the best ways to make a woman miss you and make her want you back, is to simply get on with your life and let her find out about it.

You actually donâ€™t have to do anything other than have fun and make sure enough mutual friends see you doing it.

The news will inevitably get back to her when she talks to them, or when her friends talk to them and pass on the details to her.

She will then likely feel a bit sad and left out.

She might even start thinking things like, *â€œI miss him and I miss the way we used to have fun together as a couple.â€*

By the way!

If you're wondering, *â€œHow will me having fun with other people make her miss me?â€* the answer is quite simple.

The more you enjoy your life without her, the more drawn to you she will become. Why?

When a guy isn't moving on after a breakup and is just sitting around moping and feeling sad, it signals to his ex that he lacks confidence in his attractiveness to her and probably doesn't believe that he can attract other quality women.

As a result she feels like she made the right decision to break up with him.

On the other hand, when a guy is happy and moving forward in his life, even though he may still feel a bit sad about being broken up, it's a sign that he is emotionally strong, confident and self-assured.

She then instinctively feels attracted to him, because those are qualities that women find attractive in men.

So, when you feel genuinely happy and fulfilled without your ex, you naturally seem more attractive to her and she begins to miss you.

Another way to make her miss you after a breakup is!

4. Don't be so responsive and available

If your ex is still staying in touch with you after the breakup, it might be tempting to want to keep the connection going.

In your mind you may even be thinking things like, *â€œIf I don't reply immediately, she might stop texting/calling me,â€* or *â€œIf I don't go with what she wants to talk about she might get annoyed and stop contacting me.â€*

Yet, that kind of thinking makes you appear too available to her and as a result, it's unlikely that she will get a chance to miss you.

So, a better way to interact with your ex is!

Don't always reply to her texts, don't always LOL and don't always be willing to talk about whatever she wants.

This then makes her think about you and wonder why you've changed so much since the breakup (e.g. you're more confident and emotionally independent now).

As a result, she starts to think about you in a positive way and begins to miss you.

On the other hand, if you make yourself too available to her, she will likely start thinking something along the lines of, *â€œWhy is he so responsive? Doesn't he have a life? When does he sleep, or eat, or go to work and when does he go out with his friends? I wonder if he's just sitting around waiting to hear from me all the time. I hope not, because that would just be weird.â€*

So, just relax and reply when you want, use humor and most importantly, get to a meet up, re-attract her and get her back.

Where Guys Go Wrong When Trying to Make a Woman Miss Them After a Breakup

When you know how, making your ex miss you after a breakup is actually quite easy.

However, if you use the wrong approach, rather than make her miss you, you might convince her that she made the right decision to break up after all.

So to prevent that from happening, make sure you avoid making the following mistakes:

1. Assuming that the No Contact approach will work on any kind of woman

Not all women are the same.

So, even though some women might respond well to be ignored by an ex (e.g. a woman who still has some feelings for her ex, is struggling to find herself a replacement guy, or is curious to see what heâs doing), most women donât.

In most cases, a woman will likely just use the time apart to move on and find herself another guy (especially if she doesnât feel much, or any, respect, attraction and love for him anymore).

Even if a woman does still have some feelings for her ex and is hoping they might be able to work things out, if she doesnât hear from him for 30 or even 60 days, instead of contacting him she might decide that he obviously doesnât feel the same way about her, if heâs not calling her.

She may then focus on getting over her feelings for him and moving on.

If he then contacts her after a few weeks or months, he will likely be very disappointed to discover that sheâs no longer interested in giving him another chance.

So, if you want to make your ex miss you, donât think that ignoring her for a long time will work. Of course it might, but chances are high that it will more likely backfire on you.

Is it a chance youâre willing to take?

Another mistake to avoid isâ|

2. Becoming insecure and losing a lot of confidence as you wait weeks or months for her to miss you on her own

A guy will sometimes wait a long time for his ex to initiate contact with him.

Yet, the longer he waits, the more he begins to doubt himself and his value to her.

He then starts thinking things like, *âWhy isnât she calling me? I guess she doesnât miss me after all. Sheâs probably forgotten I even exist. Well I donât blame her. I deserve to be forgotten by her after the way I stuffed things up in our relationship. Iâm just such a loser.â*

He then stops believing in his ability to re-attract her and gives up on the idea of getting her back.

Donât make that mistake.

Donât wait around hoping she will make the first move.

Instead, believe in yourself, take action and get her back.

Another mistake to avoid making isâ|

3. Pretending to be happy about your life via text, when she can sense that you aren't

Sometimes a guy will put on an act of being happy without his ex as a way of making her jealous and as a result, miss him.

He might then send her text messages saying things like, *â€œDoing really great! Things are looking up for me. So, how are you?â€* or *â€œHaving so much fun. My life is so great. What are you up to these days?â€*

Yet, in most cases a woman can sense that's not really true (i.e. because his texts are too obvious, he always responds to her right away when she replies, he tries too hard show her how happy he is).

She may then test him to see if he's really happy or only putting on an act.

For example: She might text him back and say that she has been missing him and is thinking about giving him another chance.

She might also ask if he misses her and if he wants to get back together to find out how he's really feeling.

If he then quickly responds with something along the lines of, *â€œYes! Of course I miss you too! Getting back together is the only thing I've been thinking about since the day we broke up,â€* she will know that he was lying to her and she will feel turned off.

Another mistake to avoid making is

4. Being too neutral with her via text

Sometimes a guy might text his ex and pretend that he's only interested in being her neutral friend by being on his best behavior and avoiding any flirting.

Secretly he may be hoping that being neutral with her will make her relax and not feel pressured into getting back together with him.

Yet, in most cases, rather than make a woman think, *â€œWow, my ex is being so sweet. I really appreciate the way he's taking things so slow and just being a nice, neutral friend to me. That makes me miss him so much all of sudden. Maybe, I should give him another chance after all,â€* she will likely be thinking something like, *â€œOh well. I guess it's over between us. He clearly only sees me as a friend now, so I should forget about him and move on,â€* instead.

She will then just get on with her life and hook up with a guy who actually flirts with her and makes her feel attracted.

So, don't let that happen to you.

If you want to get your ex back, don't pretend you only want to be her friend.

No matter how you interact with her from now on (i.e. via text, a phone call or in person), make sure that you flirt with her and make her feel attracted again.

Only then will she begin to miss you, think about you and open herself up to the idea of being your girl once again.

Another mistake to avoid making is

5. Focusing on improving your physical appearance, rather than your emotional attractiveness

In some instance a guy might think to himself, *“If I change my appearance (e.g. go to the gym and build some muscles, lose/pick up some weight, change my wardrobe), my ex will feel attracted to me again and she will then start to miss me and want me back.”*

Yet, what a guy like that doesn't understand is that a man's physical appearance doesn't matter as much to a woman as his emotional attractiveness.

How he makes her feel when she interacts with him is what counts.

Does he make her feel feminine and girly in his presence (i.e. because he's being emotionally masculine) or does he make her feel neutral or like a friend?

Can she look up to him, respect him and feel proud to be his girl, or does she feel a bit embarrassed by him, or like she can do better for herself?

Does he make her feel loved, appreciated and respected, or does she feel taken for granted.

These are the kind of things that matter much more to a woman than what a guy looks like on the outside.

Of course, that doesn't mean she will accept a guy who is a slob either.

So, if you want to take care of your appearance for your own sake, go right ahead and do it.

Then, when you also make her feel attracted in some of the ways that matter to her, she will also appreciate that you've put in the effort to look better physically, but not the other way around.

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My Girlfriend Said it Would Be Better if We Parted Ways

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

5 common reasons why a woman will say that:

1. She has lost respect and attraction for you and no longer feels like being in a relationship

For a woman to get into a relationship with a guy, it usually means heâs made her feel enough respect and attraction for him for her to start thinking things like, *âHeâs such a good guy and I love the way he makes me feel when Iâm with him. Iâm really excited about this relationship, because I think he might be the right guy for me.*â

Yet, that dream will only last if the guy is able to build on her feelings of respect, attraction and love over time, by being more of the man she fell for in the first place.

Unfortunately, a lot of the time, a guy will usually start off being confident, self-assured, emotionally independent, easy-going or assertive, only to slowly allow those attractive qualities to be replaced by more negative ones the longer heâs in the relationship with his woman (e.g. he begins to doubt his value to her so he responds by being clingy and needy or jealous and controlling, he wants to please her all the time so he becomes submissive around her, he gets used to her being around so he becomes complacent in the relationship and she starts to feel taken for granted).

As a result, the respect, attraction and love his woman felt for him in the beginning slowly starts to fade.

If he doesnât pick up on that and quickly makes some adjustments to his thinking and behavior, she will then likely decide that she prefers to be on her own, than stay in a relationship with a guy she no longer loves, respects and feels attracted to.

She will then say something along the lines of, *âI think it would be better if we parted ways,*â as a means of letting him down easy.

Hereâs the thingâ

If a woman is happy and fulfilled in her relationship with her man, nothing will make her let that go. So, if your ex wants to part ways, you need to show her that losing you will be a big mistake.

How can you do that?

By actively sparking her feelings of respect and attraction for you again every time you interact with her on a phone call or in person (e.g. by making her laugh and smile, maintaining your confidence with her regardless of what she says or does to upset you, making her feel feminine and girly in your presence, showing her that youâre a new and improved man).

When she feels more attracted to you than she ever has before (i.e. because you are now making her feel attracted in new and exciting ways), she will quickly change her mind about parting ways.

She will then likely say something like, *âIâve changed my mind. I want to try and make things work between us.*â

Another reason why a woman will say that she thinks it would be better if you parted ways isâ

2. She is interested in another guy and wants to break up with you first

Sometimes a woman might find herself attracted to another guy (i.e. because her man isn't sparking her feelings in the relationship anymore) and wants to see where things go with him.

However, rather than say, *"Look, I've met someone else and I want out,"* and risk making him angry with her (and potentially becoming violent towards her), or hurting him, she instead says, *"I think it would be better if we parted ways."*

Secretly she may even be hoping that if she says something like that to him, he might respond with something along the lines of, *"Don't make your final decision just yet. Why don't you just take some time apart to think things through? Then, when things have calmed down, we can talk again about getting back together again if you want to."*

She can then use that time to hook up with the new guy.

Then, if her ex contacts her after a few weeks or months to try and work things out, she can say, *"Sorry, I know I said I'd think about us, but I've met someone else in the meantime and I'm in a relationship with him."*

This is why, if you don't want that to happen to you, don't just sit back and wait for your girlfriend to change her mind on her own.

You have to be active about keeping her.

In other words, you need to spark her feelings of respect, attraction and love for you every chance you get, so that if she has met someone else, her attraction for him starts to seem inadequate compared to what she feels for you.

Another reason why a woman will say that she thinks it would be better if you parted ways is

3. You make her feel more like a friend, which isn't what she wants from a relationship

For a woman to be happy in a relationship, she wants a man who is good to her, but also makes her feel feminine and girly in comparison to his masculinity (i.e. the manly way he thinks, acts, behaves and responds to her).

If he can do that, she will naturally feel motivated to be good to him, treat him well and make him feel loved as well.

However, if he is a good guy who makes her feel more like a friend or like one of the guys, rather than like an attractive, desirable woman, her attraction for him as a man will start to fade.

So although a woman might still love her man, the love changes from romantic, sexual love, to platonic, friendly love.

When that happens, she will usually find that she no longer wants to be in a relationship with him and she may then say things like, *"I love you, but I'm not in love with you anymore,"* or *"I love you as a friend now,"* or if she doesn't want to give him an explanation she might simply say, *"I think it would be better if we parted ways."*

So, if your ex is saying something like that to you, it could be because she hasn't been feeling girly and feminine in the relationship with you anymore.

The good news is that you can easily change how she feels by making some adjustments to the way

you interact with her from this point onwards.

You need to show her (via the way you talk, think, behave and respond to her) that you now have the ability to be masculine in a way that makes her feel like a real woman, rather than a neutral friend.

For example: Some of the ways you can do that is byâ€¦!

- Making her smile and laugh when she is trying to make you submit to her dominance (e.g. by creating drama and waiting to see if youâ€™ll fall for it).
- Taking charge and leading the way in the relationship from now on, thereby allowing her to relax into feeling feminine in comparison to you.
- Flirting with her to create sexual tension, rather than being too nice or neutral around her.

Then, whether she wants it or not, her feelings will automatically start to change.

She will then start thinking things like, *â€œSomething has changed. Being around him actually makes me feel excited again. It feels good. Maybe parting ways isnâ€™t the answer after all. Maybe we really can have a second chance together.â€*

However, if you continue to make her feel like a neutral friend, she will follow through with her decision to part ways and you may then lose her to the first guy who comes along and makes her feel attracted in the ways that she wants.

Another reason why a woman will say that she thinks it would be better if you parted ways isâ€¦!

4. You make her feel as though she's too good for you, which makes her believe you

Sometimes a guy simply gets lucky in hooking up with a beautiful, confident woman.

He might then start thinking things like, *â€œI canâ€™t believe she actually loves me too! Sheâ€™s just too good for me.â€*

As a result, he loses confidence in himself and in his value to her, which then begins to show in the way he thinks, acts, behaves and responds to her (e.g. he lets her have her way all the time regardless of how badly sheâ€™s behaving, becomes clingy and needy because he fears losing her, doesnâ€™t trust his own judgment and instead turns to her for guidance and support).

Yet, rather than make her think, *â€œWow, itâ€™s so wonderful that he needs me so much and believes he canâ€™t find a better woman than me. I just love being with a guy who thinks Iâ€™m too good for him,â€* sheâ€™s instead going to think something like, *â€œHeâ€™s might be a good guy, but his lack of confidence in himself makes him behave in such needy and insecure ways that I canâ€™t take it anymore. I just donâ€™t want to settle for a guy who feels like Iâ€™m doing him a favor by being with him. I want a man who feels worthy of me so I can look up to him, respect him and feel proud to be his woman. He just isnâ€™t that man. Heâ€™s not good enough for a woman like me.â€*

She then decides to break up with him and find herself a man who is worthy of her so she says, *â€œI think it would be better if we parted ways.â€*

Yet, hereâ€™s the thingâ€¦!

If you put your ex on a pedestal and tell yourself that sheâ€™s out of your league, eventually sheâ€™s going to start believing that about herself, even though itâ€™s not true.

Even though you definitely are good enough for her, sheâ€™s not going to believe that if you

donâ€™t believe it about yourself.

Thatâ€™s why, if you want your girlfriend back, you have to get to the point where you genuinely believe youâ€™re the best man for her.

Then interact with her, make her feel a renewed sense of respect and attraction for the new you and get her back.

You can do it, but you have to believe that you can.

If you have any doubts about yourself though, it will come across in the way you talk, act, behave and respond to her and she will continue feeling superior to you and saying, *â€œSorry, but I still think weâ€™re not right for each other. Itâ€™s probably best if we just go our separate ways.â€*

Another reason why a woman will say that she thinks it would be better if you parted ways isâ€

5. She has tried to make the relationship work, but nothing is really changing

In most cases, when a woman breaks up with a guy, sheâ€™s usually come to that decision after a long time where sheâ€™s likely been telling him about her unhappiness.

For example: She might have been saying things like, *â€œThis isnâ€™t working. If you donâ€™t take me seriously and sort yourself out, Iâ€™m going to break up with you,â€* or *â€œI canâ€™t live like this anymore. You need to make some changes or Iâ€™m out of here.â€*

Alternatively, she might have even been very specific about what she wanted him to change about himself, like saying, *â€œYou expect me to respect you, but you donâ€™t respect me! You just think itâ€™s okay to mess me around and that I will keep taking it. Well, Iâ€™ve had enough. If you donâ€™t give me the respect I deserve, Iâ€™m going to break up with you and nothing you say after that will make me change my mind!â€*

If the guy doesnâ€™t pick up on her unhappiness fast enough and do something to improve the situation, or if he simply ignores her because he assumes that she loves him and will therefore put up with anything, she will eventually lose too much respect for him to want to stay in the relationship.

When that happens, she will usually just break up with him by saying something along the lines of, *â€œIâ€™m sorry, but Iâ€™m tired of trying to make our relationship work, I think it would be better if we parted ways.â€*

So, if you want to get her back, you have to be aware of why she really broke up with you and begin to change those things about yourself.

When she sees that youâ€™ve understood what she wants from you and have already taken steps to change and improve, she wonâ€™t be able to stop herself from feeling a renewed sense of respect and attraction for you.

She then drops her defenses and opens back up to the idea of giving you another chance.

Where Guys Go Wrong When Trying to Get an Ex Back

Getting your ex to change her mind about parting ways isnâ€™t as difficult as you might think.

However, it does require that you say and do the kind of things that will re-attract her and regain her respect and attraction for you.

That is why you need to be sure that youâ€™re not making any of the following mistakes that guys

make when trying to get an ex back:

1. Promising to change whatever she wants, if she'll just give him another chance

When a woman is saying, *â€œI think it would be better if we parted ways,* it's only natural that a guy might think that promising to do whatever she wants is what she wants from him in order for her to change her mind.

Yet, surprisingly enough, a woman doesn't want that at all.

Why?

To a woman, a guy offering to do whatever she wants is just an indication that he's sucking up to her because he doesn't really know why she's breaking up with him.

In the meantime, she wants to see that he understands the problems and is already making changes because he wants to do it.

Not because he is feeling desperate, is trying to suck up to her and is willing to hand over all of his power to her to make her change her mind.

Another mistake that guys make when trying to get an ex back isâ€¦!

2. Begging, pleading with her or crying to her to seek pity and get another chance

The shock of breaking up might cause a guy to react in ways that go against his better judgment (e.g. he begs, pleads, cries, sulks, or tries to put his ex on a guilt trip).

Yet, rather than make a woman change her mind about breaking up, it actually confirms to her that she's made the right decision.

Here's the thingâ€¦!

A woman's attraction to a guy is based mostly on his ability to make her feel like she can look up to him and respect him as a man.

So, when a guy is begging and pleading and being emotionally weak, he's actually ruining her feelings of respect and attraction for him.

Also, a woman doesn't want to be forced to stay in a relationship with a guy out of pity or guilt, she wants to be with him because she feels lucky to be with him.

Another mistake that guys make when trying to get an ex back isâ€¦!

3. Asking her to remember all the good times and not walk away from what they once had

Wouldn't it be nice if a man could re-spark his ex's feelings of respect, attraction and love for him simply by bringing up all the good times they shared together in the past?

Unfortunately though, life is not that simple.

When a woman has disconnected from her feelings of respect, attraction and love for a guy, being reminded of how good things used to be between them usually only reminds her that all that is now lost.

She then becomes more convinced than ever that it would be better if she and her man parted ways.

So, if you want your ex to change her mind, you have to actively make her have feelings for you

based on who you are now.

Don't bother wasting time reminding her about how good things used to be.

Instead, make things feel good now.

That's what will change her mind.

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Breaking Up Because of Moving

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you're breaking up because she is moving away and you want to keep her, here's how to do it. Here are 4 ways to make her want to keep a long distance relationship going with you after she moves away:

1. Tell her that you accept the break up, so she doesn't feel like she is being forced into wanting a long distance relationship

For example: You might say something along the lines of, *"Although I really do care for you and would have preferred that we stay together, I understand that you need to make this move. So, I want you to know that I completely accept the break up and wish you everything of the best. I've stopped wishing that things could be different or that you would change your mind about moving. We can now both move on and be happy, without any hard feelings. However, that doesn't mean we can't still be friends. We can still text, talk on the phone and maybe even video chat from time to time and when you're back in town, we can catch up over a cup of coffee too. It will be fun."*

By saying that to her, you're letting her know that you're being an emotionally strong and mature man.

Not only does this take the pressure off her to stay in a long distance relationship with you, it also boosts her feelings of respect for you as a man.

As a result, she will then begin to feel strong surges of sexual attraction and love for you and will start to feel the pain of losing you.

She will then naturally begin to consider the possibility of staying in a relationship with you after all, even though she's moving away.

Another thing you can do to make her want to keep a long distance relationship going with you after she moves away is to

2. Start attracting her in new and exciting ways before she moves away

Sometimes, when a guy is forced to break up with his girl because she's moving away, to appear cool about it, he might put on an act of not caring.

He may then start behaving in a neutral way around her (i.e. like he doesn't care one way or another if she leaves).

Yet, that only ruins his chances of staying in a relationship with her, because she likely starts thinking things like, *"Well I guess this move was a good thing after all, seeing as he already seems to be over me."*

Alternatively, if a guy interacts with his girl while feeling sad, dejected or unsure about his value to her, it will come across in the tonality of his voice, his body language and the way he responds to her every time she talks about the move.

Then, because women aren't sexually attracted to emotional weakness like that, she will decide that he's just not man enough for her and will be happy that she's moving away.

This is why, if you want to prevent your woman from thinking like that about you, you need to make sure you continue to make her feel attracted every time you interact with her (i.e. over the phone or in person).

For example: Some of the ways you can do that is byâ€¦!

- Maintaining your confidence around her regardless of how happy or excited she sounds about moving.
- Using ballsy humor to lighten the mood between you and her, especially when sheâ€™s feeling sad, depressed or overwhelmed by all the changes in her life.
- Being there for her during this transition, while still getting on with your own life (e.g. going out with friends, pursuing your own hobbies and interests, focusing on your goals and dreams).
- Being more manly in how you think, behave, talk and act around her so she feels totally feminine and girly when sheâ€™s with you.
- Continuing to flirt with her so that she canâ€™t stop thinking about you when youâ€™re apart.

The more attracted you make her feel in new and interesting ways, the more convinced sheâ€™ll become that breaking up because of moving isnâ€™t what she wants to do.

Another thing you can do to make her want to keep a long distance relationship going with you after she moves away is toâ€¦!

3. Be more confident and manly in the bedroom all of a sudden

Rather than just having the same, comfortable sex you and her have been having all along, become bolder with her.

After all, you have nothing to lose and the more sexually aroused you make her feel, the more unforgettable you will be to her.

So, focus on having the confidence to take things to a different level with her.

For example:

- Take longer with foreplay and build up the sexual tension by kissing, touching, teasing and playfulness.
- Try something that youâ€™ve never tried before (e.g. a different position, building her up and then pulling away just before she climaxes and then starting all over again).
- Donâ€™t think about her moving away and focus instead on being present in the moment (i.e. When you are present, you respond to what she wants in the moment, not to what you already know she likes).
- Focus on giving her pleasure, while at the same time enjoying the moment for yourself.

Make it an experience that she wonâ€™t be able to stop thinking about.

Another thing you can do to make her want to keep a long distance relationship going with you after she moves away is toâ€¦!

4. Let her see that you are now emotionally independent of her

Even if a woman is unhappy about having to break up with her guy because sheâ€™s moving away,

the last thing she usually wants at a time like that is for him to become clingy, needy and emotional. For example: If a guy starts saying things like, *â€œI donâ€™t want to lose you! What will I do without you in my life? You mean everything to me and without you I will be lost. Canâ€™t we try and make things work long distance?â€* rather than make a woman feel flattered by his dedication to her, it will often make her pull away from him. Why?

A woman wants to be with a man who is happy, confident and forward moving in his life, with or without her support, approval or attention.

She doesnâ€™t want to feel as though he will fall apart without her presence in his life.

If she gets a sense that he wonâ€™t be able to cope without her, she may begin thinking things like, *â€œNow that I know heâ€™s not as confident and emotionally strong and independent as I thought he was, I donâ€™t feel attracted to him anymore. Maybe this move is for the best after all.â€*

Thatâ€™s not what you want.

This is why you need to let her see that you are happy, confident and moving forward in life and you donâ€™t need her to feel emotionally fulfilled.

Of course, you really do want her to stay in a relationship with you, but you must get to the point where you donâ€™t actually need that to happen in order for you to feel content.

By not acting like a needy guy around her and instead, you let her see that youâ€™re confident in yourself with or without her in your life, something interesting happensâ€

You become even more attractive to her.

Suddenly, she starts to see you as being more of a catch than you were before, so the idea of losing you begins to bother her a lot.

She might then say something along the lines of, *â€œIf youâ€™re willing, Iâ€™d like to try having a long distance relationship after all. Like you said, we can text, call, chat on social media and maybe even visit each other once in a while. I know it wonâ€™t be easy, but I donâ€™t want to lose you!â€*

Where Guys Go Wrong When Breaking Up With a Woman Because Sheâ€™s Moving

Your woman is likely under a lot of stress at the moment, so making things worse for her will only make it easier for her to cut you out of her life and try to make a clean start in her new town, city or country.

So, if you donâ€™t want that to happen, make sure you donâ€™t make the following attraction mistakes:

1. Crying with her about the break up

Thereâ€™s no denying that things can get tough sometimes and itâ€™s only normal that having to break up because of moving can make a guy feel like life is being unfair to him.

Itâ€™s also understandable that he might feel upset and may want to vent his frustration by talking about it with his woman.

Thatâs totally fine.

Yet, what isnât fine is him falling apart and crying about the break up to her.

Not only is that unfair to her, because she now has to be the strong one that consoles him, rather than the other way around, it also ruins her feelings for him.

Suddenly she starts to see him with new eyes and she may then begin to think things like, *âI never saw this side of him before, but heâs not as emotionally strong as I thought. In fact, heâs quite wimpy and needy. Maybe this move isnât a bad thing after all. Maybe itâs time that I made a fresh start and found myself a new guy who is emotionally mature and strong like a man.*â

Hereâs the thingâ!

In order for your woman to maintain her feelings of respect and attraction for you, she needs to be able to see that, no matter difficult things get, youâre man enough to remain mentally strong and in control of your emotions.

So, if you start crying to her about the move, youâre likely just going to turn her off and make it easier for her to say *âGoodbye.*â

Another mistake to avoid making isâ!

2. Promising to never forget each other and always stay in touch, rather than creating attraction by being more of a challenge for her

A guy might sometimes think that being soppy and emotional and saying things like, *âIâll never forget you. No matter how far apart we are, I will always be thinking of you and remembering all the good times we shared together,*â will make his woman feel flattered and maybe convince her to stay loyal to him, even though theyâre no longer together.

He doesnât realize that, although she might feel pleased that he still cares about her, sheâs also going to start feeling like she can push him around and not even bother doing anything to keep him interested in her.

Essentially, heâs making it too easy for her to feel like she has control over him by not being much of a challenge to her.

As a result she loses interest.

So, if you want to maintain your womanâs feelings of respect and attraction for you, be a bit more of a challenge to her (e.g. by being emotionally independent and focusing on getting on with your life without her), rather than giving her the impression that you canât cope without her.

Youâd be amazed at how quickly the tables will turn and she will then be the one telling you how she wonât forget you.

Another mistake to avoid making isâ!

3. Begging and pleading with her to stay

As tempting as it might be to want to say things like, *âI canât bear the thought of losing you. Please donât go! I beg you,*â donât do it.

Although you likely mean well and youâre only saying whatâs on your mind, begging and pleading simply turns a woman off even more and makes her feel like sheâs making the right

decision by moving away from you.

Why?

Women are not attracted to the emotional weakness in men (e.g. neediness, desperation, clinginess, an inability to handle what life throws at him).

So, when a guy begs and pleads with a woman to stay, not only does she feel turned off by what she perceives as his emotional weakness, she likely also feels annoyed with him for expecting her to change her whole life just because he can't cope.

Another mistake to avoid making is

4. Suggesting that he could move to where she is going

In some instances, a guy might offer to go with his woman to wherever she's moving.

In his mind he's likely thinking that she will be happy that he's willing to make such a sacrifice for her.

Yet, in most cases, the opposite is true.

Rather than feel excited about his offer, a woman will usually feel like he's smothering her by not allowing her to do what she set out to do on her own.

At the same time, a woman wants to be the one who asks her guy to go with her because she needs him, not the other way around.

So, when he's being desperate, her instincts naturally cause her to start thinking things like, *I can't believe he's being so clingy and needy. He doesn't have the emotional strength required to make me feel protected and safe in a relationship. It's a good thing that I'm moving after all.*

She might then say something along the lines of, *No. Let me go first. Then, when I've settled down, we can discuss you moving too,* as a way of letting him down easy.

Another mistake to avoid making is

5. Turning her off while he still has a chance to interact with her

Although breaking up because of moving sucks, you need to stay in control of your emotions.

If you don't and instead start behaving in unattractive ways (e.g. being whiny and negative, refusing to do any fun things with her anymore because you think it's a waste of time, you get angry with her for moving), you're going to end up ruining her feelings for you.

She will then go away with little to no feelings for you anymore, so it's easier for her to move on and make a fresh start.

So, if you want to save your relationship with her, you need to focus on making her last few days/week/months with you so memorable, that her feelings for you get even stronger.

In that way, she might even decide to stay and if not, she definitely won't be able to forget you and she may then suggest that you and her take a shot at having a long distance relationship for a while.

As you can see, moving does not necessarily have to signal the end of a relationship.

In fact, it can actually be the beginning of something even better.

The choice is yours.

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My Ex Girlfriend Finally Talked to Me After 2 Months. Now What?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

5 common reasons why a woman will do that:

1. She is curious to find out how you went from really wanting her back, to not contacting her anymore

If when you and your ex girlfriend first broke up you were texting her all the time, calling her on the phone and sending her messages via social media to try and get her back, she will most likely have been quite surprised when all that suddenly stopped.

Of course initially she would probably have felt relieved that you were no longer contacting her, or trying to get her back.

She may even have thought things like, *â€œThank goodness heâ€™s finally gotten the message and is leaving me alone! It feels so good to finally be free of him.â€*

Yet, over time, she may have become quite curious about what caused you to vanish from her life.

She might then have started wondering things like, *â€œWhy isnâ€™t he still trying to get me back? I wonder what heâ€™s up to. Could he have suddenly met another woman and is now in a new relationship that I donâ€™t know about? Is it possible that heâ€™s moved on?â€*

Added to that, if she still hasnâ€™t found herself a replacement boyfriend, she will likely be even more anxious to check up on you to see if youâ€™ve moved on first.

As a result, she suddenly starts talking to you again.

At this point, youâ€™re probably wondering, *â€œWhat now?â€*

Well, the good news is that you now have an opportunity to re-attract her and get her back.

How can you do that?

By showing her (via your conversation style, actions, behavior and most importantly, the way you respond to what she says and does), that youâ€™re no longer the same guy she broke up with.

Youâ€™ve changed and improved.

For example: Youâ€™re more confident and self-assured now.

So, if she says something along the lines of, *â€œDonâ€™t think that just because Iâ€™m talking to you again itâ€™s because I want you back, because I donâ€™t! Iâ€™m over you,â€* rather than feel hurt and lose all hope of getting her back, you realize sheâ€™s only testing you to see if you really have changed.

You then laugh at her attempts to make you feel insecure, which instantly sparks some of her feelings of respect for you.

Another example is that youâ€™re emotionally independent now and getting on with your life without her.

You have goals, hobbies, interests and friends that youâ€™re busy with, so you havenâ€™t been sitting around feeling sad, lonely and waiting for her to contact you.

When she sees that for herself, she won't be able to stop feeling surges of respect and attraction for you again.

You can then build on those feelings so she drops her defenses and opens up to the idea of being your girl once again.

Another common reason why a woman will finally talk to you after 2 months isâ€¦!

2. She just wants to confirm that you're still missing her and wanting her back

Sometimes, a woman might simply be looking for a bit of a self-esteem boost for herself.

So, after 2 months of not talking to her ex, she might contact him to see if he's still pining for her.

If he then starts saying things like, *â€œIâ€™m so glad youâ€™re talking to me again! I missed you so much! These past 2 months have been hell without you. Why donâ€™t we meet up sometime so that we can talk in person? I really want to discuss what went wrong with our relationship,â€* she will get the satisfaction of knowing that he still has feelings for her.

Then, after she gets the ego boost she was hoping for, she will likely just go back to ignoring him again, knowing that there's a guy out there who wants her.

A guy might then ask, *â€œWhy did this happen? I thought she would be flattered to see that I still miss her and want her back?â€*

Yet, here's the thingâ€¦!

A woman wants a man who wants her, not needs her.

So, when she sees that her ex needs her love to be strong and without it he becomes a weak, insecure, needy guy, rather than feel flattered, she feels even more determined to move on without him.

This is why it's so important that even if you have really missed your ex girlfriend, you don't come across as being needy or like you haven't been doing anything with your life since she stopped talking to you.

When she can see for herself that you're an emotionally independent and strong man, she will instinctively feel attracted to you again, even though she may try to deny it to herself.

She then subconsciously changes her plans (i.e. to talk to you, confirm that you're missing her and then ignore you again) and she instead stays in touch to see in what other ways you've changed and improved since you and her broke up.

You can then use the interactions with her to reactivate her feelings and get her back into a relationship with you.

Another common reason why a woman will finally talk to you after 2 months isâ€¦!

3. She misses you and wants to find out if you can now make her feel attracted in the ways that are important to her

In some cases, the longer a woman doesn't talk to her ex, the more she realizes that she misses him.

She may then start thinking things like, *â€œMaybe Iâ€™ve been too hard on him. I know he stuffed up, but he wasnâ€™t all bad. In fact, he was a pretty good guy most of the time. I actually miss so many things about him. Maybe I should talk to him again and see if heâ€™s changed. If he has, I*

would be willing to give him another chance.â€œ

She then makes the first move and gives him an opening to start re-attracting her in some of the ways that are important to her (e.g. by showing her that heâ€™s more ballsy and no longer allows her to walk all over him, by being more sure of himself around her and others, by living up to his full potential in life rather than hiding from it out of fear).

If he then interacts with her and shows her via his actions, behavior and the way he responds to her that he truly has changed, she will allow her defenses to come down and open her heart to him again.

On the other hand, if she contacts him and sees that heâ€™s wasted the 2 months because he hasnâ€™t done anything to change or improve (i.e. heâ€™s spent that time being sad, lonely and feeling hopeless rather than focusing on quickly improving his ability to attract her), she will pull away from him again and focus on fully getting over him this time and moving on.

Another common reason why a woman will finally talk to you after 2 months isâ€œ

4. Her friends dared her to contact you

A womanâ€™s friends might sometimes push her to contact her ex to see what happens.

This could be because they are tired of hearing her talking about him and theyâ€™re hoping that if she gets in touch with him, he will either re-attract her and get her back, or she will see that heâ€™s still the same jerk she broke up with and finally get over him.

Alternatively, her and her friends might simply be getting in touch with her ex to have a laugh at his expense.

Essentially, they may be hoping that he will be so happy to hear from her that he will start believing she wants him back.

She can then say something along the lines of, *â€œYou must be crazy if you think I want you back! Itâ€™s over between us and Iâ€™m having a wonderful time without you! There are so many guys who are interested in me now, why would I even consider giving you another chance?â€œ* and laugh with her friends about how gullible he is.

Another common reason why a woman will finally talk to you after 2 months isâ€œ

5. She is aiming to make you want her again, so she can then pull away and make you chase her

Sometimes, a woman might resent that her ex has stopped contacting her after their break up.

In her mind she may be thinking things like, *â€œHow can he just walk away from me and not even call to see how Iâ€™m coping? Did he ever even love me, or was he just using me?â€œ*

These thoughts might keep going around and around in her head until she decides to take matters into her own hands and after 2 months, finally decides to talk to him, either for a self esteem boost, or for revenge for trying to mess with her by not contacting her after the break up.

So, she will contact him and lead him on and pretend to be interested.

Then, when he says something along the lines of, *â€œI missed you so much. These past few months of not talking to you have been so difficult. It really took all my strength not to call you,â€œ* she can feel better about herself, knowing that he really did care for her.

At the same time, she can get her revenge by saying something like, *â€œGood for you! I didnâ€™t*

miss you and the only reason Iâ€™m talking to you now is to tell you that Iâ€™m over you! Iâ€™ve moved on and Iâ€™m happy now. Bye,â€ and enjoy causing him pain for having ignored her.

Where Guys Go Wrong When Interacting With an Ex Woman After 2 Months of No Contact

Regardless of your ex girlfriendâ€™s reasons for talking to you again, you now have the perfect opportunity to re-attract her and get her back.

It all depends on what you do from this point onwards.

Thatâ€™s why you need to avoid making any of the following mistakes:

1. Sticking to text conversations and then she loses interest

Sometimes a guy is worried about coming across as being pushy or over eager with his ex once she starts talking to him after a couple of months of silence, so he sticks to only communicating with her via text.

Essentially, heâ€™s hoping that when sheâ€™s ready, she will give him a sign that sheâ€™s open to talking to him over the phone, or meet up with him in person.

Yet, hereâ€™s the thingâ€

In most ex back cases, a woman will rarely make it easy for a guy to get her back.

Instead, she will wait for him to take the lead in the ex back process by calling her, arranging a meet up and then re-attracting her and getting her back.

However, if all he does is have long conversations with her via text, sheâ€™s going to get bored with him pretty quickly, because nothing about that is sparking her feelings for him.

She then usually loses interest and becomes increasingly colder and more aloof towards him, until she eventually stops responding to him altogether.

Another mistake to avoid isâ€

2. Over analyzing what she says or doesn't say via text

Itâ€™s only natural that when a guy has been waiting 2 months to hear from his ex, heâ€™s going to be very excited when she start talking to him again.

Yet, rather than just call her on the phone or meet up with her in person where he can spark her feelings for him and start getting her back, he instead agonizes over her text messages, in the hope that he can get a clue about her true feelings for him.

He ex might then read her messages and start wondering, *â€What did she mean when she said that? Could she be hinting that she wants to get back together again, or was she just making conversation?â€* or *â€I said I missed her, but she didnâ€™t say it back to me. Does that mean she didnâ€™t miss me, or is she just playing hard to get?â€*

Yet, hereâ€™s the thingâ€

You will drive yourself crazy by overanalyzing everything your ex girlfriend says or doesnâ€™t say when sheâ€™s texting you.

That's why you need to forget about all that and focus instead on actively making her feel respect and attraction for you again.

That's what really matters.

Another mistake to avoid is

3. Waiting for 100% clear signals that she wants a relationship before you try to get to a meet up

There's no way to know what your ex girlfriend was thinking about when she finally decided to talk to you after 2 months.

Yes, she might have missed you and wanted to give you a sign that she's now open to getting back together again.

However, she may also have just been bored or curious about what you've been up to and wanted to see for herself.

The point is, it doesn't matter.

If you wait around hoping to get a clear signal from her that she wants a relationship, you could be waiting for a very long time.

In most cases, rather than make her feelings for her ex obvious, a woman will wait for him to just make a move.

However, if he doesn't she will likely just assume that he isn't interested and she will then try to move on without him.

So, if you want to get your ex girlfriend back, don't waste time waiting for 100% clear signals from her that she wants a relationship.

Instead, be emotionally courageous enough to take the lead in the ex back process and get her back.

Another mistake to avoid is

4. Being neutral and friendly and hoping that she will feel attracted to you anyway

If you're only being neutral or friendly when you interact with your ex, she's likely going to assume that you're no longer interested in her in a sexual and romantic way.

Then, rather than waste any more time with a guy who doesn't want her anymore, she will likely just back off and try to move on.

So, if your intention during the past 2 months of not talking to her was to get her back into a relationship with you, then don't waste the opportunity by being too neutral or friendly with her.

Instead, use interactions with her to spark her feelings and make her feel sexually attracted once again.

You can do that by using ballsy humor to make her laugh and smile and feel good to be talking to you again.

You can also do that by flirting with her and creating sexual tension.

The more you reawaken her feelings for you, the more open she will become to giving you another chance.

So, stop being Mr. Friendly with her and start making her feel like a real woman every time she talks

to you.

Youâ€¦ will be amazed by her response.

×

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We Broke Up Over Something Stupid

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

3 things you should do before trying to get her back:

1. Get clear on your part in causing the break up

Right now, youâre likely convinced that the only thing standing between you and your ex is the stupid thing that caused the break up.

However, to get her back, youâre going to have to be more honest with yourself and realize that a woman wonât just break up with a guy over something stupid, if she hasnât also been losing respect, attraction and love for him over time, about other things as well.

So, if you can uncover those other, more subtle reasons that turned her off and quickly make some attractive changes and adjustments to yourself based on that, she will probably be a lot more willing to forgive a stupid mistake and get back together again.

Of course, if youâre not sure about what else may have turned your ex off about you leading up to the point where you and her broke up over something stupid, hereâs a list of some of the more subtle things that almost always erode a womanâs feelings for her man:

- How he looks timid and unsure of himself around her or others.
- How he lacks confidence in how he talks to her or others.
- How he essentially sees her as the leader of the relationship and depends too much on her to make all the decisions and take care of him.
- How heâs unable to pass her simple confidence tests (e.g. if she rolls her eyes at him, plays hard to get during a conversation, pretends to feel annoyed about things that she doesn't really feel annoyed about and he gets upset, angry or starts to doubt himself).
- How he fails to make her feel feminine and girly in his presence and instead makes her feel neutral or like she is more powerful than him. As a result, she feels sorry for him or feels repulsed by him, rather than feeling respect and looking up to him.
- How he lacks presence as a man (e.g. heâs not assertive, canât handle conflict, doesnât make a memorable or engaging impression on people).
- How he tends to get annoyed or angry about things that she thinks he shouldn't get so worked up about (e.g. when he watches the news, when his team is losing, someone cuts him off in traffic).
- How he tends to have a negative attitude about most things in his life, which drags her down and makes her feel depressed when sheâs around him.

If you want to get the relationship back together, you have to be aware of all your exâs reasons for breaking up with you (not just focus on the stupid mistake) and begin to change those things about yourself.

Just be calm as you quickly change and improve over a period of 3 days to a week and then interact with her and let her see that you really are different now.

When she sees that youâve actually taken steps to change and improve some of the things about you that had nothing to do with the main reason for your break up (i.e. the stupid thing), she

won't be able to stop herself from feeling strong surges of respect and attraction for you again. When that happens, her guard starts to slip down and getting back together again becomes pretty easy, because she now realizes that losing you over something stupid would be a big mistake. Another thing you should do before trying to get her back is to

2. Prepare what you will say to her to get her to forgive your mistake and not see it as such a big deal

If you don't prepare yourself beforehand, you may end up turning your apology into begging and pleading for her forgiveness, as well as making all sorts of promises to do whatever she wants you to do to make it up to her.

Yet, even though you might think this will make things right between you and your ex girl, it can actually make it worse.

Why?

The truth is, a woman doesn't want a guy who is willing to say or do anything she wants, just so she will take him back.

So, when you interact with her, don't feel like you have to grovel to make her forgive your mistake.

For example: Something you might say to her that will spark her feelings of respect and attraction for you is, *I just want to say that I'm truly sorry for what happened between us. It was a stupid thing and I honestly believe that something trivial like that isn't worth losing what we had over. So, how about we forgive each other and focus on being friends again, without the pressure of getting back together?*

By saying something like that to her, it takes the pressure off your ex to have to apologize to you first if she made the mistake and she will probably also feel grateful to you for not making a big deal about it.

On the other hand, if it was you who did the stupid thing, she will likely feel relieved that you've taken the lead in the ex back process and aren't being stubborn or defensive about what happened.

As a result, her guard starts to come down a little and she becomes more open to talking to you over the phone and seeing you in person.

Then, when she also experiences the changes you've made to yourself during the break up (e.g. you're more assertive, you're more positive in your approach to life, you can hold your own during conversation with her or others), she will begin to feel attracted to you in new ways and the idea of being your girl again starts to feel good to her.

Another thing you should do before trying to get her back is to

3. Get ready to attract her in new ways when you interact with her, so she is motivated to give you another chance

In a relationship, a couple usually gets to know most things about the other person (e.g. their likes and dislikes, the way they react under different circumstances, the things that make them happy and unhappy, what turns them on or off).

So, after a break up, a woman might assume that her ex can't offer her anything new that she doesn't already know.

For example: He was a good guy who treated her well enough, was sort of confident and made her laugh from time to time, had an okay job and was kind of working towards achieving some of his goals in life.

However, she doesn't really believe there's anything more to him than that, so she assumes that the amount of attraction she felt for him has reached its limit.

Yet, that's not the case at all.

The fact is, a man can always become more attractive to a woman, because a woman's attraction to a man is mostly based on how his personality and behavior makes her feel.

In other words, he can always become more confident, emotionally masculine, focused and driven, attentive, loving, emotionally powerful or charismatic.

As a result, he can always become more attractive to a woman.

So, how can you do it?

Start by improving the way you interact with your ex from now on.

For example:

If she brings up the stupid thing that caused you and her to break up and possibly even blames you for it, rather than get upset about it or feel guilty, maintain your confidence and use humor to turn things around and make her see the funny side of what happened.

If she is being emotionally closed off towards you, flirt with her to create some sexual tension between you and her.

If she's saying that she can't forgive you and give you another chance, show her that you're an emotionally strong man by not begging and pleading with her to change her mind.

When she can see that nothing she throws at you makes you doubt yourself and your attractiveness and value to her, she will feel naturally attracted to you, whether she likes it or not.

Initially, she may pretend that the new (more confident and emotionally strong) you doesn't impress her, but she won't be able to hide her feelings from you for very long.

As long as you maintain your confidence, her guard will begin to slip and before long she will be laughing with you about breaking up over something so stupid.

You can then take the last step and gently guide her back into a relationship with you.

Where Guys Go Wrong When Trying to Get an Ex Back After Making a Stupid Mistake

Right now, the question you need to ask yourself is, *Am I going to let something stupid keep me and my ex apart, or am I going to do whatever it takes to get her back?*

If you decide to get her back, then every step you take from this moment on counts.

So, make sure you don't make any of these mistakes:

1. Waiting for her to make the first move and she then moves on

Regardless of whether your ex is still angry with you, or she regrets breaking up and wants you back, it's unlikely that she's going to let you know one way or another.

The fact is, a woman will rarely open herself up to her ex and risk being rejected by him, by telling him what she wants and how she feels.

Instead, she will wait for him to see if he is confident enough in himself and in his value to her to take action and get her back.

So, if you regret breaking up with your ex over something stupid and want her back, don't make the mistake even worse by waiting for her to give you a sign that she's forgiven you.

Just be courageous enough to take make the first move in reconciling with her.

If you do, she will naturally start to respect you again.

When she respects you, she will also feel attracted to you and from there, it's only a matter of time before her guard slips down and she opens back up to being your woman again.

Another mistake is!

2. Trying to apologize and get her back via text

Texting back and forth with your ex and trying to explain and apologize is the quickest way to make things worse. Why?

Arguments break out over text due to misunderstandings and she then goes cold and doesn't want to interact with you anymore.

So, if you don't want to go down that road and risk making things worse, save the apologies for when you're on a phone call, or face-to-face with her.

You can then first use some humor to break the ice and make her laugh and smile and then, when you apologize to her (in a sincere, yet emotionally strong way), she will be happy and open to hear it.

She can then stop focusing on the stupid mistake and begin to see the humor of the situation.

As a result, she stops being so defensive and closed off and she becomes more open to working things out.

Another mistake is!

3. Taking all the blame yourself or blaming it all on her

It might be tempting to say something like, *â€œOkay, it's all my fault! I'll take all the blame. I stuffed up and I hurt you in the process. Can we just let it go and try to work things out?â€* or *â€œHey, you're the one who messed things up, not me. However, I'm willing to forgive you, so that we can work things out,â€* yet, that's not the way to get her back. Why?

If you take all the blame, she will feel like she has power over you.

Then, if you get back together again and you have an argument or disagreement sometime in the future, she will likely throw it in your face and say something like, *â€œThere you go again! You just can't stop doing stupid things,â€* because she doesn't respect you anymore.

On the other hand, if you blame her, she will likely resent you and she won't want to give you the satisfaction of getting her back after you accused her of stuffing up.

Either way, playing the blame game is not the best way to go about getting an ex back.

Besides, who is at fault isn't important.

You broke up over something silly or stupid and that's all.

It's no big deal.

So, just focus on that and have a laugh with her about it.

Then, get her back.

Another mistake is

4. Apologizing over and over in person and ending up giving her way too much power

When a guy does something stupid and causes his woman to break up with him, it's only natural that he will want to apologize to her and get her to forgive him as quickly as possible.

Yet, if he goes overboard with the apologies to the point where he seems to be groveling, rather than forgive him, his ex starts to feel like she has power over him.

She then feels turned off by the new relationship dynamic (e.g. like a boss and her employee, a mother and her child, a teacher and her student).

As a result, she can't respect him and because of that, she doesn't want to work things out after all.

So, don't hand your power over to your ex.

By all means apologize to her, but once is enough.

Then just focus on rebuilding her feelings of trust, respect and attraction for you, so that she wants to forgive you.

So, get started right away with the ex back process and don't let something stupid cost you the love of your life.

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Ex Girlfriend Keeps Blocking and Unblocking Me

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 common reasons why:

1. When she unblocks you, she gets annoyed that you're texting her too much

Sometimes, if a woman has cut off all communication with her ex (e.g. she's blocked his number so he can't call or text her, she's unfriended him on social media), she might feel a little guilty about it.

She may then start thinking something along the lines of, *"Maybe I've been too hard on my ex. After all, we did care for each other once, so maybe cutting him entirely out of my life like that isn't really fair to him. Besides, if I'm honest with myself, I have to admit that he's not all bad and that he's quite a nice guy in many ways. I suppose I can unblock him and interact with him again from time to time."*

She then goes ahead and unblocks his number, only for him to start texting her all the time and about nothing in particular.

What he doesn't realize, however, is that texts can be annoying when the person who is sending you texts isn't someone that you have feelings of respect, attraction or love for.

So, if your ex girlfriend keeps blocking and unblocking you, make sure that it's not because you're annoying her by over texting.

Remember: Your intentions might be good, but it just won't matter to your ex girlfriend if she's no longer feeling respect, attraction and love for you.

So, what should you do instead, the next time your ex girlfriend unblocks you?

You should only use text if it's absolutely necessary and only as a stepping stone to getting her on a phone call with you, so you can then re-attract her and get her to meet up with you in person.

On a phone call, it's so much easier for her to see that you've changed and improved since the break up.

As she listens to the confidence in your voice and smiles and laughs and feels good to be talking to you again, she naturally starts to feel attracted to you again.

Some of her walls start coming down and then, when you suggest a meet up, rather than make excuses as to why she doesn't want to see you again, she instead feels curious about the new you.

As a result, she drops her defenses and says, *"Yes"* to seeing you in person again and seeing where things go from there.

Another common reason why your ex girlfriend keeps blocking and unblocking you is

2. She just unblocks you to check that you're still missing her and wanting her, so she can move on with that peace of mind

In some instances, a woman might hate the idea of her ex moving on before her.

So, even though she's blocked his number on her phone, she may occasionally unblock him to see what he's up to and if he's moving on without her.

She might then text him and say something along the lines of, *â€œHey, I was thinking about you. How have you been?â€*

If he then responds with something like, *â€œHey! Iâ€™m so glad youâ€™ve unblocked me. Iâ€™ve been thinking about you too! I really miss you,â€* she will know that he hasnâ€™t been moving on and that heâ€™s probably been feeling sad and lonely and struggling to get over her and she will feel better about herself.

She will then block him again and focus on moving on and finding herself a replacement guy, without having to worry about him moving on first.

Another common reason why your ex girlfriend keeps blocking and unblocking you isâ€

3. She has mixed feelings about you and isn't sure if she should get back with you

Sometimes, a woman might struggle to make her mind up about being broken up.

For example: Some days she might be thinking about her ex and remember all the good things about him (e.g. he was honest and reliable, he treated her well, he made her feel loved and appreciated).

She may then say to herself, *â€œHe wasnâ€™t that bad. In fact, he was really good to me. I think I may have made a mistake by breaking up with him. Maybe I should give him another chance.â€*

When she is thinking that way, she decides to unblock him to see what happens.

Of course, on other days she might only be thinking about all the things about him that turned her off (e.g. he was too smothering and needy, he lacked confidence in himself around her and others, he didnâ€™t know how to keep creating a relationship dynamic between them that would make her want to treat him well, be attentive, loving and affectionate towards him).

This causes her to think things like, *â€œWhat was I thinking! Why did I ever unblock him? Heâ€™s all wrong for me.â€*

She then blocks his number again.

Naturally, this might leave a guy feeling confused and asking *â€œWhy does my ex girlfriend keep blocking and unblocking me?â€*

In many cases, the answer to that question is: Sheâ€™s not 100% sure if she should move on and find another guy, or if she should give him one more chance.

As a result, she keeps blocking and unblocking him in the hope that he will do something definitive to help her decide which way to go (e.g. he either behaves so badly that she loses so much respect for him that she never wants to talk to him again, or he re-attracts her in the ways that she wants so she gives him another chance).

Another common reason why your ex girlfriend keeps blocking and unblocking you isâ€

4. She keeps hoping that you will have changed, but you haven't

A woman will sometimes break up with a guy because certain aspects of his thinking and behavior are turning her off (e.g. how he sees her as the leader of the relationship and is hoping for her to guide and support him through life, how heâ€™s unable to pass her simple confidence tests, how heâ€™s unsure of himself around her and other people).

She will then take steps to fully cut him out of her life so she can get over him and move on.

As a result, she blocks him, only to realize that she still misses him so she unblocks him.

If he then contacts her and turns her off by behaving in unattractive ways (e.g. he's too nervous and insecure around her, gives her too much power over him, is too nice and neutral with her), she then changes her mind again and starts thinking things like, *"This was a mistake! I should have trusted my instincts to break up with him. Clearly he's not the right guy for me after all."*

She then blocks him again, only to start missing him again over and over.

Essentially, she's waiting for him to do something that will break this loop, re-attract her and get her back.

Another common reason why your ex girlfriend keeps blocking and unblocking you is!

5. She's testing to see how you will react

Sometimes a woman might feel unsure about whether she made the right decision to break up with her guy or not.

So, to put her mind to rest, she might decide to test her guy to establish once and for all if he's the right guy for her.

Essentially, she wants to see how emotionally strong he really is, based on his reactions when she messes with him by constantly blocking and unblocking him.

For example:

- Is he going to get upset and start doubting his chances with her?
- Will he get annoyed with her and lose control of his emotions (e.g. he gets angry, shouts at her, calls her names)?
- Will he just give up and walk away?
- Will he beg and plead with her to stop messing with his feelings?
- Will he try to be extra nice to her so that she will stop doing what she's doing?

If he reacts in any of those ways, he will fail her test and prove to her that he's not really the man she wants to be in a relationship with.

So, here's the thing!

If your ex girlfriend keeps blocking and unblocking you, the best way to handle that is by maintaining your confidence and not letting it get to you.

Just get on with your life and focus on pursuing your own goals and interests and having fun with or without her.

Let her see (she will probably check up on you on social media), that her actions are not eating away at your confidence and that you're perfectly fine, no matter what she does.

When she realizes that you're emotionally strong regardless of what she does, she won't be able to stop herself from feeling a renewed sense of respect for you as a man.

When she feels respect for you, she will then start to feel attracted again.

When that happens, she stops messing you around by blocking and unblocking you and she becomes open to talking to you on the phone, meeting up with you in person and letting things unfold from there.

Where Guys Go Wrong With an Ex Who Keeps Blocking and Unblocking Them

It's only natural that a guy will feel confused and even a little bit hurt by his ex's erratic behavior.

Yet, when he realizes that his reactions are what will either convince her to unblock him for good, or block him permanently and move on, he will make sure not to do things that might turn her off.

For example: Some of the common mistakes that guys make are:

1. Sulking or seeking pity for what she is putting him through by blocking and unblocking him all the time

Sometimes a guy might try to make his ex girlfriend feel sorry for him and feel guilty about the pain he is experiencing, by sulking with her and saying things like, *"How can you do this to me? I know I stuffed up, but after everything we had together, I don't deserve this kind of treatment from you. Why are you messing me around? Do you enjoy torturing me like that? I really thought you were a better person than this."*

Yet, rather than make a woman think, *"Damn, he has a point. I really am treating him badly. He doesn't deserve that,"* she instead feels turned off by his emotional weakness and inability to handle her feminine nature (i.e. that side of a woman that will test a man's confidence by blocking and unblocking him to see how he will react).

As a result, she will lose even more respect for him.

So, if you really want to get your ex girlfriend back, don't bother sulking and trying to make her feel pity for you.

Instead, focus on reawakening her feelings of respect and sexual attraction for you, so she naturally decides to unblock you and open herself up to interacting with you, so that you and her can get back together again.

Another mistake that other guys make when in your situation is:

2. Asking her to make a decision and stop messing him around, when she's not even re-attracted yet

As tempting as it might be to say, *"Hey, you need to stop messing me around. If you want to block me, do it and if you want to unblock me, do that, but you can't keep changing your mind and expecting it to be okay with me,"* it's not going to fly with your ex if you haven't re-attracted her first.

Instead, it might simply backfire on you when she decided to block you permanently, which will make it more difficult for you to interact with her and get her back.

So, don't bother asking her to decide what she wants.

Instead, use every interaction you have with her (i.e. when she's unblocked you), to spark her feelings for you.

The more attracted you make her feel, the longer she will keep you unblocked, until she stops

altogether because she no longer wants to be out of touch with you.

However, if you don't make her feel attracted first, the opposite will happen.

She will block you and refuse to talk to you again, making it so much more difficult for you to interact with her and get her back.

Another mistake that other guys make when in your situation is

3. Being too nice or neutral when texting her and hoping that sparks will fly

Sometimes, when a woman is in one of her unblocking phases, rather than use it to re-attract her, a guy makes the mistake of texting her and being neutral or friendly with her (e.g. he texts things like, *Hi, how are you?* or *It's been a while! What's happening with you?*).

The woman then sees this and likely thinks something along the lines of, *Boring! He hasn't heard from me in ages and this is the best he can do. I guess I was right in blocking him after all. This pointless chit chat is just a waste of my time,* and she then blocks him once again.

So, if you want to break the cycle of blocking and unblocking, rather than text your ex girlfriend and turn her off by being too neutral, just get her on a call instead where you can start re-sparking her feelings for you so that she then wants to meet up with you in person.

Another mistake that other guys make when in your situation is

4. Giving her too much power during interactions

A guy sometimes doesn't know how to behave with an ex who is blowing hot and cold, so he decides to just let her call the shots, in the hope that that will make her happy and then she will stop her bad behavior and open back up to him.

Yet, rather than make a woman think, *This is cool. I love the way he lets me be in control. It's what I always wanted. Now I can give him another chance with me,* she instead loses even more respect for him for not having enough balls to stand up to her.

She might then treat him even worse (e.g. by being bitchy to him during interactions, blaming him for everything that happened between them), to see how he responds.

If he just takes it, she may then decide to block him for good.

So, if you don't want that to happen to you, make sure you don't give your ex girlfriend too much power during interactions.

That doesn't mean you should be a bully to her, but you do need to stand your ground with her in an assertive, yet loving way.

So, don't let your ex girlfriend call the shots when it comes to interactions and don't wait for her to make it easy for you to get her back.

Instead, just take the lead, re-attract her and get her back into a relationship with you.

You're the man and you are in control.

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[image]

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My Ex Asked For a Rain Check After Canceling Our Meet Up

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

5 common reasons why a woman will do that:

1. She's worried that you will be trying to get her to commit to a relationship if she meets up with you

If a guy interacts with his ex after the break up and makes her feel some sparks of respect and sexual attraction for him, she might then agree to meet up with him in person.

However, after she says *â€œYes,â€* all her doubts begin creeping in and she may then start thinking things like, *â€œI don't know what made me say yes to him, but I think it was a mistake. I know he still cares for me and if I do meet up with him, he's more than likely going to push me into giving him another chance. However, I just don't feel ready to be in a relationship with him yet. Maybe it's better if I don't see him in person right now and avoid finding myself in a situation that I don't really want to be in.â€*

As a result, she cancels on him and says, *â€œCan I have a rain check on the meet up?â€* as a way of stalling for time, as a well as letting him down easy.

Here's the thing though!

It's up to you to take the pressure off your ex, by not making the meet up sound too serious, or making her feel like you're going to try and talk her into getting back together again.

How can you do that?

Start by calling her on the phone again and sparking some more of her feelings for you.

Use humor to make her feel relaxed to be talking to you and get the laughter flowing between you and her.

You can then say (in a joking way) something along the lines of, *â€œOkay, you owe me a rain check and it's time to pay up. I'm free on Wednesday or Thursday this week, so pick which day suits you best.â€*

If she tries to get out of it again by giving you an excuse like, *â€œNo, I can't make it,â€* or *â€œI'm busy on those days,â€* make sure you don't become despondent and give up.

Instead, maintain your confidence, smile, laughing and say, *â€œOh, come on...why are you making such a big deal out of meeting up for some coffee? You're not thinking I want to meet up with you as an excuse to get you back, are you? Besides, it's not like that between us anymore. We're just friends now and that's cool with me.â€*

Of course she then has to say, *â€œNo, that's not what I'm thinking,â€* even if she is, because she won't want you to assume she wants you back.

She will then most likely also agree to meet up with you again and also show up this time (to prove that she's not worried that you want a relationship again).

At the meet up, you need to focus on having fun together (e.g. by making her laugh and smile and feel good to be seeing you in person again), rather than being too serious and making her put up her guard even more.

Just continue building her feelings of sexual and romantic attraction for you.

She then naturally relaxes and opens up to the idea of getting back together again, without you needing to force her into it.

However, if you put too much pressure on her to commit to a relationship before she feels ready, she will likely clam up and refuse to see you again in person for a while, making it so much harder for you to get her back.

Another possible reason why a woman will ask for a rain check after canceling a meet up isâ□|

2. She's stalling for time while she tries to move on without you

Sometimes a woman will agree to meet up with an ex, because she doesnâ□t know how to say *â□Noâ□* to him in a way that will convince him that sheâ□s not open to seeing him again (i.e. because she doesnâ□t have feelings for him anymore and he hasnâ□t done anything to spark her feelings).

Instead sheâ□ll make plans with him to meet up, only to cancel on him at the last minute as a way of stalling for time.

She will then focus all her efforts on finding a replacement guy (e.g. by accepting dates with guys she knows are interested in her, going out to clubs or bars with her single friends).

Then, the next time her ex calls her on the phone to ask her to meet up again, she can say, *â□I know I said Iâ□d take a rain check, but Iâ□ve actually met someone else now. Iâ□m really sorry, but it just happened. So, I think itâ□s better if we forget about seeing each other now and just move on.â□*

The best way to prevent something like that from happening to you, is by making sure that you interact with your ex again right away (preferably on a phone call) and focus on sparking some of her feelings of respect and sexual attraction for you, so that she wants to meet up with you.

Then when you meet up with her, make sure that youâ□re ready to fully re-attract her (e.g. by being confident around her rather than nervous and self-doubting, using humor to break down her defenses, showing her that youâ□re at a different level now than you were when you and her broke up).

Note: Only go to the meet up when you are ready (e.g. youâ□re more confident and self-assured, youâ□re more emotionally masculine).

If you get her there before youâ□re prepared, you will simply turn her off by your nervousness or self-doubt and she will then focus even more on moving on without you.

Another possible reason why a woman will ask for a rain check after canceling a meet up isâ□|

3. She honestly just didn't have the time or energy to meet up at that time

Meeting up with an ex can be very emotional for a woman (i.e. because sheâ□s still dealing with feelings such as anger, disappointment and regret).

So, even though she might initially agree to meet up with her ex, when the time comes, she may start thinking things like, *â□Even though I said yes to seeing him in person, the truth is, I just donâ□t have the energy to deal with it right now. Iâ□m already stressed out by work/my studies and seeing him will only add to that and turn me into a wreck.â□*

Then, rather than deal with her feelings, she simply cancels on him and buys herself some time by asking for a rain check.

Alternatively, itâs also possible that something important may have come up (e.g. at work/university/with her family) and she really had to cancel, but she sincerely meant it when she said she will take a rain check.

Either way, itâs up to you to call her back and make her feel relaxed and happy to be hearing from you, rather than tense and on guard because sheâs worried about what you will say about her canceling on you.

Focus on making her laugh and smile so that she starts to think, *âI regret not meeting up with him before. I hope heâs going to ask me again.â*

Then, when she seems at ease and like sheâs enjoying herself, you can say something along the lines of, *âBy the way, I bought you a gift.â*

She will then likely ask, *âWhat is it?â* and you can say, *âA big, red umbrella for those rainy days when you want to cancel on me again.â*

At this point she is probably going to be smiling and thinking about you in a positive way because youâre not making a big deal about her asking for a rain check and are instead making a joke about it.

As a result, she will likely be more open to rescheduling and keeping the appointment with you this time.

Another possible reason why a woman will ask for a rain check after canceling a meet up isâ!

4. She doesn't believe that you've changed, so she isn't sure if she should be spending any time with you yet

Sometimes, after breaking up, a woman can still have some feelings for her ex so when he asks her to meet up, she instinctively says, *âYes.â*

However, her gut instinct is telling her that he probably hasn't changed and become the guy she needs him to be (i.e. because sheâs given him plenty of chances in the past to improve and he always reverts back to thinking, behaving and acting in his old, unattractive ways).

As a result, she starts to regret her decision to meet up with him.

She's worried that she will meet up with him and be drawn back into a relationship, even though it's not going to be any different.

So, rather than risk getting invested emotionally and being hurt again, she decides to chicken out at the last minute to protect herself.

The good news is that thereâs a good chance that your ex still has feelings for you.

Itâs just that at the moment, she can't trust that you will actually change and become the man she needs you to be.

So, if you want her back, you need to show her that you have already started to change and improve the things that matter to her.

For example: You can show her that youâre more confident now by not feeling insecure and doubting your chances of getting her back, just because she cancelled on you.

You can also show her that you're more emotionally masculine by taking the lead and arranging another meet up, rather than waiting for her to let you know she's ready to cash in that rain check.

Remember: Actions speak louder than words.

When she can see for herself that you've already made positive changes to yourself, she will feel a lot more open to meeting up with you for real this time.

Another possible reason why a woman will ask for a rain check after canceling a meet up is

5. She wants to see how you will react

After a break up, a woman will often test her ex's confidence before she lets down her guard and opens herself up to giving him another chance.

So, rather than make it easy for him to get her back right away, she might give him a bit of hope first (i.e. by agreeing to meet up with him) and then pull back to see how he will react.

For example:

- Will he give up on getting her back at the first sign of resistance from her, or will he persevere until he gets what he wants?
- Will he maintain his confidence when she cancels on him, or will he start to doubt his attractiveness to her?
- Will he take the lead like a real man and call her again to arrange another meet up, or will he wait for her to make the next move?

Depending on his reaction, she will either feel a renewed sense of respect and attraction for him for passing her confidence test, or she will see his true colors (i.e. that he's an insecure, self-doubting man) and she will then stick to her decision to stay broken up.

This is why, if you want your ex back, you need to remain confident no matter what she says and does to shake you up.

When she can see for herself that canceling on you had no effect on you whatsoever and that you're still confident and sure of yourself, she won't be able to stop herself from feeling a renewed sense of respect and sexual attraction for you.

Then getting that meet up and re-attracting her will happen easily, because she will want it for her own reasons.

Where Guys Go Wrong When a Woman Asks For a Rain Check After Canceling a Meet Up

Just because your ex canceled on you, it's no reason for you to make a big deal out of it.

In fact, if you handle it correctly, it can actually play into your hands where you can use it to make her feel even more attracted to you.

However, if you let it get to you, you might make mistakes that will turn her off.

For example: Where some guys go wrong when an ex cancels a meet up is by

1. Assuming that she is rejecting him

Some guys will always take a situation and assume the worst (i.e. that their ex is rejecting them for canceling their meet up).

Yet, hereâs the thingâ!

There are some things in life that you have no control over (e.g. the weather, the outcome of a sports game, your ex canceling your meet up).

However, there are some things that you do have control over and the biggest of those are your thoughts.

Only you can decide what to think.

So, you can choose to think positive thoughts like, *âShe asked for a rain check so that must mean she really wants to see me, just not at this time,â* or you can choose to think negative thoughts like, *âShe canceled our meet up so it must mean she not really keen to see me. Sheâs probably over me and she doesnât know how to tell me that sheâs not interested in seeing me ever again.â*

Naturally, whatever you decide to think will have a certain outcome (i.e. you get her back vs. she moves on and meets another guy).

Thatâs why, if you want to get your ex back, make sure you only think positive thoughts.

If you donât you might talk yourself into giving up on her and end up regretting it for the rest of your life.

Another way that guys go wrong in a situation like this isâ!

2. Being too flexible and coming across as desperate, or not being flexible at all and coming across as bitter

Either reaction will turn a woman off and make her resistant to actually giving the guy a rain check.

In the first instance, when a guy is being too flexible, rather than think, *âHeâs so sweet. I canât believe how understanding heâs being,â* a woman will likely begin thinking things like, *âItâs like heâs got nothing else going on in his life other than waiting for me to agree to see him. Thatâs just so sad.â*

She then feels turned off by his neediness and desperation and then the idea of going through with the meet up doesnât appeal to her anymore.

In the second instance, if the guy gets stubborn and says things like, *âWell, if you donât want to meet with me just say so. You donât have to make excuses. Iâm a big boy. I can take it,â* a woman might think to herself, *âWhy is he behaving like this? Heâs being so defensive and bitter. This isnât the behavior of a guy who is emotionally strong and mature. Maybe I shouldnât meet up with him after all. I just donât think heâs really changed.â*

She then clams up and tries to avoid interacting with him so that she wonât have to agree to meet up with him again.

Another way that guys go wrong in a situation like this isâ!

3. Leaving it up to her to arrange the next meet up

When a woman asks for a rain check after canceling a meet up with her ex, he might start thinking things like, *“I don’t want to seem pushy or desperate, so I’m just going to wait for her to come back to me with a suitable date to reschedule.”*

Yet, most women won’t make the next move, because they fear being rejected if their ex has lost interest and says, *“Sorry, but you had your chance. I’m not interested in seeing you anymore.”*

Then she is the one who is hurting.

So, if you want to get your ex back, don’t let insecurity and doubt stop you from making it happen.

If she said *“Yes”* to meeting up once before, she will do it again.

Just make sure that when you call her to make the arrangements you spark her feelings of attraction for you (e.g. by using ballsy humor, flirting with her, making her smile and laugh and feel good to be talking to you).

Then, not only will she say *“Yes”* again, this time she’ll be there too, because she will want to experience the new you face-to-face.

So, what are you waiting for?

Call her now and get her back.

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How to Make Her Regret Ignoring You After a Break Up

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

4 things you can do to make her feel that way:

1. Post up photos on social media of you having fun with other people

The first step to making your ex regret ignoring you after your break up, is by showing her that youâre not sitting around feeling heartbroken and depressed without her and one of the best way to do that is by using social media to your advantage.

BTW: If she has unfriended you, simply set your photos to *public* so she can see them from the outside.

The truth is, pretty much every woman will check on her ex from time to time by looking at his social media profiles to see what heâs up to.

This might happen if sheâs having a boring day, or sheâs feeling depressed and wants to see if her ex is still missing her.

This is why itâs important that you portray the right type of image to her.

For example: You can do that by posting photos of yourselfâ

- Having fun with new friends and/or new women.
- Achieving something big (e.g. winning a prize or competition, taking your first solo skydive, starting your own business).
- Exploring exotic places that youâve traveled to since the break up with her.
- Participating in fun group events (e.g. at a fundraiser, a festival).

The more she can see for herself that you are confident, happy and getting on with your life without her, the more annoyed she will feel at herself for cutting you out of her life after the break up.

Why?

When a guy is not moving on after a break up and is just sitting around feeling sorry for himself because his ex is ignoring him, it signals to her that he is desperate for her attention, lacks confidence in his attractiveness to her and probably doesnât believe that he can attract other high quality women.

Those are qualities that turn women off.

On the other hand, when a guy is happy and moving forward in his life, regardless of whether his ex is ignoring him or not, itâs a sign that he is emotionally strong and confident in his value and attractiveness to her (and other women).

Those are qualities that make women feel attracted.

So, when youâre genuinely happy and getting on with your life without your ex, something interesting happensâ

Suddenly, you seem more attractive to her and she begins to want you back in her life.

Rather than being happy with her decision to cut you out of her life, she starts to feel unsure of herself.

All of a sudden, she regrets ignoring you after the break up and she starts to worry that you might actually be the right guy for her and she will never know that if she moves on, or if you move on and forget about her.

Another thing you can do to make her regret ignoring you after the break up isâ€¦!

2. Call her, make her feel attracted to you over the phone and end the conversation

One of the best ways to make a woman feel attracted is by talking to her over the phone and making her feel surges of respect and sexual attraction for you again.

For example: Imagine youâ€™re calling your ex for the first time since the break up.

Chances are, sheâ€™s not going to be very friendly towards you and she may even say something along the lines of, *â€œWhat do you want?â€* or *â€œWhy are you calling me? I have nothing to say to you.â€*

To regain some of her respect for you, you need to show her that youâ€™re not intimidated by her, no matter how cold or bitchy sheâ€™s being.

So rather than become nervous and insecure (which she will pick up in your voice), you instead maintain your confidence with her and say (in a joking way) something like, *â€œWellâ€¦ I was hoping you could give me your recipe for macaroni and cheese (or whatever dish your ex enjoyed cooking). Iâ€™ve been trying to make it since you left and I never seem to get it burned exactly the way you did. So I was hoping you could tell me your secret.â€*

If sheâ€™s was a bad cook, she will probably feel a bit embarrassed and laugh with you for teasing her like that.

She will also feel attracted to you for having the balls to joke with her, even though sheâ€™s being so closed off and bitchy towards you.

On the other hand, if she was a good cook, she might respond with something like, *â€œI never burned anything. How dare you say that?â€* and you can then laugh (important, so she knows that you're only joking!) and say, *â€œYeah, right! Thatâ€™s what you thinkâ€¦ but itâ€™s okay. I liked it like that. This is why Iâ€™m asking for your secret recipe.â€*

At this point she will likely be laughing (or at least smiling) and she won't be able to stop herself from wondering things like, *â€œHeâ€™s seems so different from the guy I broke up with. Heâ€™s so confident and self-assured now, even though Iâ€™m not making it easy for him to talk to me. Heâ€™s actually making me laugh. I wonder what else has changed about him?â€*

She then naturally drops her guard and opens up to talking to you over the phone.

All you have to do then is continue to build up her feelings for you even more (i.e. by staying confident, using humor to relax her and flirting with her to create sexual tension).

Then, when she seems relaxed and enjoying talking to you, you can say something along the lines of, *â€œWell, anywayâ€¦ itâ€™s been fun talking to you again, but Iâ€™ve got to go now. I have a (cooking/martial arts/dancing) class in half an hour and I donâ€™t want to be late. Thanks for the chat. I might call you again sometime. Bye,â€* and then hang up the call after she responds (e.g. she says something like *â€œOkay, bye,â€*).

Not only will that make her feel surges of respect and attraction for you again, but it will also ensure that she starts feeling regret for ignoring you after the break up.

She becomes curious about the man youâ€™ve become.

As a result, she begins wanting to talk to you again and to meet up with you in person to see for herself whatâ€™s going on with you.

Another thing you can do to make her regret ignoring you after the break up isâ€¦!

3. Meet up with her, make her feel attracted, but don't ask to get another chance

If you successfully spark your exâ€™s feelings for you on a phone call, then she will most likely say *â€œYes,â€* if you call her again in a few days time and ask her to meet up with you (even if itâ€™s only to satisfy her curiosity about you).

The important thing is that when you meet up with her, you make sure that you continue to activate her feelings of respect and attraction for you and make her feel good to be around you again, so that she starts thinking things like, *â€œI can't believe it, but I'm actually enjoying myself. I wonder if he's going to ask me to get back together again? I think that if he does, I might actually say yes.â€*

So, how can you do that?

- By using humor to make the interaction with you relaxing and fun.
- By maintaining your confidence with her no matter what she says or does to put you off (e.g. she goes from hot to cold, she talks about how much better her life is without you in it, she mentions other guys are interested in her).
- By flirting with her to create sexual tension, rather than pretending to be a neutral friend who doesn't make her feel attracted.
- By showing her via the way you talk, act, think and behave that youâ€™ve changed and improved some of the things that caused her to break up with you (e.g. you no longer give your power over to her, youâ€™re more emotionally independent, you are more directed and determined to succeed in your life).

The more she can see that youâ€™re no longer the same guy she broke up with, the less she will be able to keep herself closed off to you.

Even if she doesn't openly admit it, secretly she will likely be thinking things like, *â€œI regret ignoring him after the break up. I now wish I had stayed in contact with him and tried to work things out between us. I wonder if that is still possible? Would he give me another chance?â€*

Thatâ€™s what you want.

By the wayâ€¦!

No matter how open she seem to you, don't ask her to get back together again right away.

Instead, simply focus instead on making her feel so much romantic and sexual attraction for you again that she asks, *â€œCan we see each other again sometime?â€* because suddenly she can't bear the thought of actually losing you.

Another thing you can do to make her regret ignoring you after the break up isâ€¦!

4. (Optional) Temporarily get yourself a new girlfriend and let her find out about it

This is not something you have to do, but in some cases it helps to make an ex feel jealous and as a

result, start regretting ignoring you after the break up.

So, if you want to, you can start dating a new woman and then allow your ex to find out about it (e.g. via social media, through mutual friends).

Note: Just make sure that your new girlfriend is more, or at least equally, attractive as your ex.

In this way, when she finds out about her, she may feel twinges of jealousy.

She might then decide to get you back to make herself feel better.

However, even though you will achieve your goal of making her regret ignoring you after the break up, you need to make sure that if you and her get back together again, you don't start making the same old attraction mistakes you made before.

If you do, she won't stay with you for long and this time, she will regret giving you another chance.

This is why you need to quickly make some real changes, so when you do get her back, you keep her and she doesn't ever want to leave you again.

Where Guys Go Wrong When Trying to Make an Ex Regret Ignoring Him After a Break Up

As you can see, making your ex regret ignoring you and want you back isn't as difficult as it may seem initially.

However, there is a wrong way to go about it too and if you do, you may actually make her feel happy with her decision to ignore you instead.

So, if you want to prevent that from happening, make sure you don't make any of these classic mistakes that guys make!

1. Hoping that making her feel regret will be enough to get her back

Here's the thing!

Although some women will feel regret, they may also feel fear about contacting their ex to get him back.

This is why, even if your ex truly regrets ignoring you after the break up, she won't want to get rejected if she reaches out to you.

In her mind she may even be thinking things like, *"I really miss him but if I contact him now after I ignored him the way I did, he might try to get revenge on me by laughing in my face and rejecting me. I couldn't handle that."*

As a result she does nothing and instead waits to see if you will make a move to get her back.

However, if she doesn't hear from you after a while, she will be forced to move on, even if ideally she would have preferred to work things out with you.

So, if your desire is to get your ex back, don't lose her instead just because you're hoping she will make a move first.

You need to stop waiting and start interacting with her right away so that you can re-spark her sexual and romantic feelings for you.

When you do that, her walls will naturally come down and she will be more willing to admit to you that she regrets ignoring you after the break up.

However, if you wait for much longer, the next time you hear from her might be when she's calling to tell you that she's in love with someone else.

Don't let that happen to you.

Another mistake is

2. Not following through on the full ex back process

Many guys don't realize that to get an ex back, a guy needs to thoroughly reawaken her feelings for him before she will be willing to give him another chance.

So, once a guy gets back in contact with his ex after she ignored him, he needs to keep the ball rolling until he gets her back.

Where a lot of guys go wrong, is by getting stuck in one place during the ex back process.

For example: Some guys will stick to texting an ex without ever getting to a phone call with her.

As a result she gets bored or annoyed and either blocks his number, or continues to interact with him, while she secretly focuses on finding herself a new man.

He's then shocked when she tells him, *"Please stop texting me. I'm in a new relationship now and my boyfriend doesn't want me talking to you anymore."*

In some other instances, a guy might actually call his ex on the phone and spark some of her feelings, but he then doesn't proceed to a meet up where he can fully get her back.

Alternatively, a guy might get to a meet up, but once there, he blows it by being nervous and uncertain of himself, so his ex starts thinking things like, *"He sounded so much more confident over the phone, but I guess it was all an act to get me to meet up in person. I see now that he hasn't really changed after all and this was just a big waste of my time."*

She then leaves and refuses to give him another chance.

Here's the thing

If you want to get your ex back, you need to make sure that you go through the entire ex back process.

You can't only go through part of the process and expect to get her back.

So, make sure you go through all the ex back steps (i.e. interact with her on a call or in person, show her that you've changed and improved some of the things that matter to her, reactivate her feelings, kiss, have sex and get back together again).

When you do, it results in a relationship that's even better than before.

Another mistake is

3. Not realizing that some women don't care what their ex does, until he has re-attracted her and hooked up with her sexually again in person

Sometimes a guy will try all sorts of things to try and make his ex regret ignoring him after the break up.

For example: He might

- Ignore her back.
- Date other women to make her feel jealous.
- Improve his appearance (e.g. by gaining some muscle, getting a new wardrobe, losing some weight), to show her what she's missing out on.
- Go out and party.

Doing things like that can sometimes work if a woman still has feelings for her ex and secretly wants him back.

However, if she doesn't feel much, or any, respect, attraction and love for him anymore and she really does want to be broken up, then whatever he does now that they're apart isn't going to matter to her.

She simply doesn't care because it's not her business anymore and she'll be too busy moving on.

That is why, if you want to make your ex regret ignoring you after the break up, you stand a better chance of getting her back by interacting with her, re-sparking her feelings for you and hooking up with her sexually.

From there, you just need to continue showing her that you've transformed yourself into the kind of man that she can now look up to, respect and feel attracted to (e.g. confident, emotionally masculine, assertive, emotionally mature).

She will then naturally begin to fall back in love with you and you and her can get back together in a relationship that is so much better than before.

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How to Make My Ex See Me as the Man She Wants

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

4 things you can do to make that happen:

1. Improve your ability to make her feel attracted during interactions

You may have been able to attract your ex initially, but somewhere along the line, something happened that caused the spark between you and her to die out.

So, if you're serious about making her see you as the man she wants, you need to find out why that happened and then change the way you interact with her, so that you can quickly re-spark her feelings for you.

When she can feel surges of respect, attraction and love for you again, she will naturally start seeing you as being the man that she wants.

However, if you continue to interact with her and turn her off by repeating your old patterns that turned her off before, she's just going to keep pulling away and saying things like, *"I'm sorry, but I don't feel the same way about you anymore. You're a nice guy, but you're just not the man for me."*

The key to re-sparking your ex's feelings for you is to start giving her the attraction experience she always wanted from you but never got.

For example:

- You're now much more confident, self assured and emotionally mature than before, which means you don't feel the need to get jealous or control her anymore.
- You're more emotionally independent (e.g. you're actively pursuing your goals, spending more time with your friends, spending more time on your own hobbies and interests), which means she no longer feels responsible for shaping you into the man she wants.
- You're no longer influenced by her dominant personality, so she doesn't have to throw tantrums to test if you are man enough for her.
- You're no longer afraid to flirt with her and create sexual tension between you, which means she starts to feel more like your lover than your friend.

When your ex starts to experience those kinds of changes in you, she can't stop herself from feeling drawn to you again in a way that feels good.

She then naturally drops her guard and opens up to the possibility that maybe you are the man she wants after all and she made a mistake by breaking up with you.

On the other hand, if you try to get her back while making the same old attraction mistakes that you made before, she definitely won't start seeing you as being the man she wants.

Another thing you can do to make your ex see you as the man she wants is:

2. Review her clues about what she really wants in a man

Most women give hints and clues to their guy in a relationship, in the hope that he adapts, changes and becomes the kind of man that she wants to stay with.

Unfortunately, in a lot of cases, those hints are usually about what a guy might see as subtle, or even unimportant things, so he just ignores her.

For example: Some of the more subtle things that turn a woman off in a relationship and make her doubt that her man is the one for her areâ€¦!

- How he reacts when she tests his confidence (e.g. he becomes emotionally sensitive, irritated or even angry).
- How confident he is around other people (e.g. he lets others walk all over him and doesnâ€™t speak his mind).
- How much power he gives her if she starts throwing a tantrum (e.g. he gives in to her demands regardless of how unreasonable sheâ€™s being).
- How much time he spends with her compared to following through on his big dreams and goals (e.g. he gives everything up just to be with her).
- How he acts around her friends or family (e.g. he doesnâ€™t put in the effort to get to know them, or to get on with them).

So, even though certain things your ex complained about might have seemed unimportant to you, chances are, those are actually some of the things that influenced her decision to break up with you. This is why, if you want to get her back, you need to look back and uncover all the clues she gave you.

You can then make some adjustments to the way you talk, think, act and behave with her, that will show her youâ€™ve finally understood what she wanted all along.

When she can see for herself that youâ€™ve picked up on the things that really matter to her and have already taken action to improve, she will instantly feel a surge of renewed respect for you.

When she respects you again, she will also be able to feel attracted to you and with those two emotions in place, seeing you as the man she wants becomes plausible to her.

Another thing you can do to make your ex see you as the man she wants isâ€¦!

3. Interact with her and re-attract her

A common mistake that some guys make is avoiding their ex and hoping that at some point she will suddenly realize that heâ€™s the man for her and come running back to him.

Yet, that almost never happens.

If your aim is to get your ex back into a relationship with you, you need to make sure you interact with her every chance you get (e.g. via text, social media and especially over the phone and in person), so that you can re-spark her feelings for you.

If you donâ€™t interact with her, you wonâ€™t be able to get her to truly experience the changes in you, feel attracted to them and then look past your mistakes and want you back.

So, regardless of how unsure you might feel about her potentially not wanting to interact with you right now, itâ€™s very important that you get her on a phone call, or preferably meet up with her in person, where you can start fully re-attracting her.

By the wayâ€¦!

If youâ€™re uncertain about how to do that, you can use the following questions as guidelines.

For example: When youâre interacting with your ex ask yourselfâ

Am I maintaining my confidence around her (attractive to her), or am I being nervous, insecure and self-doubting (unattractive to her)?

Am I making her feel feminine and girly because Iâm being more emotionally masculine than her, or does she feel more like a neutral friend?

Is she relaxed, at ease and laughing and smiling, or is she tense, closed off or desperate to get away from me?

Am I in control of the interaction by being the emotionally dominant one, or is she calling the shots and dominating me?

Am I flirting with her and creating some sexual tension between us, or am I being too nice and on my best behavior which makes her feel neutral feelings towards me?

The more you focus on saying and doing the kind of things that are attractive to her, the more your ex will begin to feel re-attracted to you.

She then naturally opens back up to you and starts seeing you as being the man she wants.

So focus on that.

Another thing you can do to make your ex see you as the man she wants isâ

4. Make her feel like she really wants you back, but don't ask her for another chance

The more you show your ex (via the way you talk, think, act and behave) that youâre a new and improved man (e.g. more confident, emotionally independent, ballsy, sure of your attractiveness to her and other women), the more she will begin to want you back.

She may then start saying things like, *âI miss you,* *â* or *âWhat we had together was special.*

At this point you might feel tempted to say something along the lines of, *âI miss you too!* Letâs forget about what happened before and start over again. You and I are meant to be together.

Yet, if you push her to get back into a relationship with you before sheâs ready, she may close herself off from you.

The truth is, even if a woman is giving signs that she wants to get back together again, if a guy puts pressure on her to make that decision right away, she will usually start pulling away. Why?

A woman doesn't want to be pressured into giving her ex another chance because he wants it. She wants to give him another chance because she wants it.

She wants to feel that if she doesn't get back with him right away, she might lose him to another woman and end up regretting it for the rest of her life.

Thatâs why itâs better that you only focus on re-sparking her feelings of respect, attraction and love for you again.

When you do that, getting her back and keeping her in a relationship will happen easily and quickly, because she will want that too.

Where a Guy Goes Wrong When Trying to Make an Ex Woman See Him as the Man She Wants

When you behave in ways that are attractive, it's only natural that your ex will begin to doubt her decision to break up with you.

However, if you say and do the kind of things that turn her off, she will simply keep pushing you away and saying things like, *"Stop trying to get me back. What we had is over and I am not going to change my mind about it. You're not the man I want and that's final!"* Don't let that happen to you.

Make sure that you avoid making any of the following mistakes:

1. Trying to explain to her via e-mail, text or letter that he has changed

Sometimes a guy struggles to express himself verbally, so in order to get his point across he decides to explain to his ex how and why he's changed in a long e-mail, letter or a series of text messages.

Essentially he's hoping that she will think something along the lines of, *"Wow! I never realized he's gone to so much trouble to change for me. I am glad he explained everything in this e-mail/letter/text. I can now stop assuming that he's still stuck at the same level he was at when we broke up and give him another chance."*

Yet, here's the thing!

If he has turned her off and ruined her feelings of respect, attraction and love for him, she's probably not going to believe him. Why?

When a woman can't see a guy's body language, hear the tonality of his voice, or gauge his actions and behavior in person or over the phone, she only has her past experiences with him to judge him on.

So even though he might have sent her a perfectly crafted e-mail/letter/text message that took him a long time to come up with, to her it's just a bunch of words on a screen.

She can't know for sure that what he's saying is really true.

So, if you want to make your ex see you as the man she wants, it's essential that you talk to her on a phone call or in person, rather than making the mistake of hiding behind e-mails, texts or letters.

Only then can you properly re-attract her by allowing her to experience the new and improved version of you.

Another mistake is

2. Writing to her to tell her how much she means to him

If your ex is currently refusing to listen to anything you have to say to her, writing her a letter to express your feelings for her might seem like a good idea.

Yet, here's the thing!

Although your intentions are good, your ex may not see it that way.

Instead, she might read your letter and only pick things out like, *"I still love you,"* or *"I*

really want us to work things out,â€œ or â€œI feel so lost without you.â€œ

She may then think to herself, *â€œEverything in this letter is about what he wants and feels. Not once has he mentioned, or thought about my feelings. Heâ€™s just trying to manipulate me into seeing him as the man I want and give him another chance. Well thatâ€™s not how it works. I donâ€™t care what he wants. For once Iâ€™m going to care only about what I want!â€œ*

So, donâ€™t bother writing to tell her how much she means to you.

That will only work if you re-spark her feelings of respect and attraction for you first.

Then sheâ€™ll be happy to read how much you care for her in a letter or e-mail.

Until you do that, writing to her isnâ€™t the best way to get through to her and make her see you as the man she wants.

Another mistake to avoid isâ€œ|

3. Trying too hard to impress her and coming across as desperate or insecure as a result

Sometimes a guy might try to make his ex woman see him as the man she wants, by overwhelming her with attention and romantic gestures.

Essentially heâ€™s hoping that if she realizes what a catch he is, she will regret breaking up with him.

However, the reality is that a woman wonâ€™t be impressed by a guy who is only saying and doing things because he thinks it will make her feel attracted.

Instead she will perceive him as feeling so unsure of himself and his own self-worth, that he has to present an unrealistic version of himself to make her want him (i.e. by being more generous and romantic than he can afford to be).

She will then feel turned off by his desperation and insecurity and she will want to remain broken up.

So, donâ€™t waste time trying to impress your ex.

Instead, focus on making her feel respect and sexual attraction for who you are as a man now (e.g. more confident, ballsy, emotionally independent, self-assured).

The more she can see that youâ€™re not the same guy she broke up with, the more she will begin seeing you as the man she wants.

Another mistake to avoid isâ€œ|

4. Thinking that she will be impressed if he tells her about personal victories or breakthroughs

For example: A guy might say things like, *â€œI got that job I was talking to you about!â€œ or, â€œIâ€™ve been going to the gym lately. Iâ€™m in such better shape now.â€œ*

Yet, hereâ€™s the thingâ€œ|

A woman is not going to care what heâ€™s up to if she has disconnected from her feelings for him.

She knows that sheâ€™s not going to be getting back into a relationship with his new job or his gym attendance.

If she gets back with him, sheâ€™ll be getting back with the person he has become.

For example: Sheâs going to be asking herselfâ

- Is he different now, or is he still making the same attraction mistakes he made before (e.g. being to insecure and needy, treating her like a friend rather than lover, submitting to her confident personality)?
- Does he make me feel different now (e.g. more feminine and girly, attracted, respectful), or do I still feel turned off by him?
- Do I see myself being with him for the long haul because heâs the kind of man I can look up, respect and feel proud of, or does he not live up to any of my expectations?

That is what really counts.

So, donât bother putting on an act to make your ex see you as the man she wants.

Instead, just be a better version of yourself (i.e. more confident, charismatic, emotionally masculine, ambitious) and she will instinctively feel drawn to you again.

Then the idea of losing you will seem like the worst thing that could ever happen to her.

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My Girlfriend Has Gone Back to the Guy Who Broke Her Heart

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

5 common reasons why a woman will do that:

1. She wants to get him back, make him love her and then dump him to break his heart

Sometimes, even though a woman gets into a relationship with another man immediately after a break up, she might still find it difficult to get over the pain her ex caused her.

As a result, she may constantly be thinking things like, *“I still feel so much anger and resentment towards my ex for breaking my heart, that it is all I can think about. I realize now that I can’t stay in this relationship with my new guy until I resolve my feelings for my ex and the only way I can think of doing that, is by getting back with him, making him fall in love with me and then dumping him to make him feel as much pain as he caused me.”*

She then breaks up with her new guy and gets back into a relationship with her ex.

Naturally this leaves her new guy wondering, *“I don’t understand why my girlfriend has gone back to the guy who broke her heart. How can I get her back if she actually prefers the guy who hurt her to me?”*

The good news is that regardless of her reasons for breaking up with you (e.g. she wants to get revenge on her ex, she still loves him), her feelings aren’t set in stone, so they can change.

Even if your ex never felt strong attraction or love for you before, it doesn’t mean that you can’t make her feel like that now.

In fact, when you interact with her and reawaken her feelings of respect and attraction for you (e.g. by making her laugh, smile and feel good to be around you, maintaining your confidence with her even though she dumped you for the guy who broke her heart, making her feel like an attractive, desirable woman by being more emotionally masculine than her), she won’t be able to stop herself from feeling drawn to you again.

Even though she might desperately want to hurt her ex for breaking her heart, the more you make her feel attracted to you, the more she will begin to think things like, *“I know my plan was to get revenge on my ex for what he did to me, but I now realize I’m doing that at the cost of losing a man who may actually be the one for me. Suddenly hurting my ex doesn’t seem so important anymore when the price might be so high. I think I made a big mistake.”*

As a result, she starts to feel drawn to you again and opens herself up to getting back together again.

So, don’t let it bother you that your girlfriend has gone back to the guy who broke her heart.

Just interact with her and make her feel surges of sexual and romantic feelings for you, so that she quickly regrets her decision and wants you back.

Another possible reason why your girlfriend has gone back to the guy who broke her heart is

2. He made her feel more attraction than you did because he's not as nice or neutral

In some cases, even though a guy might be a jerk in some ways and ends up breaking his woman's heart, it doesn't necessarily mean he can't make her feel attracted to him again.

So, although a woman might initially get into a relationship with another guy who is the opposite to her ex (e.g. nice and sweet, allows her to make all the decisions in the relationship, predictable and stable) something about the relationship just doesn't feel right to her.

She realizes that her new man doesn't make her feel the kind of respect, attraction and love that her ex did.

Yes, her new man is a good guy, but her ex has the kind of masculine edge or masculine toughness to his personality that she prefers.

She realizes that even though her new guy treats her like a princess, she needs a man with more balls and who knows how to make her feel feminine and girly in contrast to his masculine vibe.

She then goes back to her ex, leaving her new man feeling confused (because she chose the guy who broke her heart over him) and like he can't get her back.

Yet, here's the thing!

Even though right now your girlfriend's ex makes her feel a more compelling type of attraction than you, it doesn't mean that he's perfect for her, or that you can't get her back.

When you make some attractive adjustments to the way you think, act and behave around her (e.g. you stop allowing her to dominate you in the relationship by always giving in to her, even when she's being a brat, by treating her more like a sexy, desirable woman than like a neutral friend), you will be ready to properly re-attract her.

Remember: Right now, she's focusing on the positive things about her ex that make her feel attracted to him (e.g. he is more emotionally dominant than her, he makes her feel feminine and girly by being more emotionally masculine, he is more assertive and confident and doesn't put up with her drama).

However, that doesn't mean that there aren't things about you that are more attractive to her than what her ex can give her (e.g. you're a loving caring guy who doesn't take her for granted, you're more emotionally mature, your intentions with her are good).

This is why if you want her back, you need to start attracting her in all the ways that matter to her (e.g. by being more emotionally masculine while still being a good guy).

The more she sees for herself that, not only are you a great guy in your own unique way, but that you've also changed and improved on some of the things that caused her to feel more attracted to her ex, she won't be able to stop herself from doubting her decision to go back to him.

You can then fully reactivate her feelings for you and easily get her back.

Another possible reason why your girlfriend has gone back to the guy who broke her heart is!

3. She just wants to make herself feel better by knowing that she has the ability to re-attract him

In a lot of cases, when a woman gets broken up with, her confidence and self-esteem can take quite a dent.

She might even start wondering things like, *Why didn't he love me? What did I do wrong?*

Was it because Iâ€™m not attractive enough?â€

These types of thoughts can make her feel unworthy.

Even if her new man is very loving and constantly reassures her of her attractiveness and value to him, somewhere at the back of her mind she might still be wondering if heâ€™s just saying those things because he wants something from her (e.g. sex, affection).

What a lot of guys donâ€™t understand is that in most cases, women are a lot more insecure than men.

In fact, according to a global study conducted by Dove Cosmetics, 96% of women donâ€™t consider themselves to be beautiful.

So, even though your girlfriend might have seemed really confident and like she had it all together, chances are that deep down she was a lot more insecure, anxious and prone to feelings of depression than you realized.

As a result, she may have decided to prove to herself that she is good enough, by making her ex fall for her again.

This stops her from feeling unworthy and gives her the self esteem boost that she has been craving.

Another possible reason why your girlfriend has gone back to the guy who broke her heart isâ€

4. She can see that he is a changed man, so she wants to give it a try

You might not know this, but the main reason a woman leaves a relationship with a man is because certain aspects of his thinking and behavior has caused her to disconnect from her feelings of respect, attraction and love for him (e.g. he takes her for granted, he has a wandering eye, he tries to change her core personality and identity, he lies to her).

However, that doesnâ€™t necessarily mean there arenâ€™t other things about him that she still feels attracted to (e.g. he has a great sense of humor, heâ€™s very manly and makes her feel feminine and girly in his presence, he is great in bed).

Itâ€™s just that the bad tends to outweigh the good, so she chooses to break up rather than continue to try and make things work with him.

So, when a guy gets his ex back even though he broke her heart, itâ€™s usually because he has changed the things about himself that were turning her off and in the process regained her respect and trust.

Of course that doesnâ€™t mean heâ€™s now perfect and he might quickly slip back to his old way of thinking and behaving, now that he has her back.

Thatâ€™s why you canâ€™t give up and say, *â€Itâ€™s too late. Heâ€™s got her back now and thereâ€™s nothing I can do.â€*

The truth is, thereâ€™s a lot you can do.

You can interact with her and show her that youâ€™re a much better man than her ex (e.g. youâ€™re more confident, you are more ambitious and driven, youâ€™re loving yet masculine).

The more attracted you make her feel, the more confused she will feel about her decision to go back to him.

She will then start to look at you in a positive light and realize that you probably are the right guy for

her after all.

Another possible reason why your girlfriend has gone back to the guy who broke her heart isâ€¦!

5. He used the ex back process to get her back and it worked

Although you might not want to think about it, itâ€™s possible that the guy who broke your girlfriendâ€™s heart simply educated himself on how to get her back and then went ahead and did it.

The question you need to ask yourself right now is, *â€œWhat am I going to do? Am I going to just let him win or am I going to do whatever it takes to get her back?â€*

What approach have you been using so far to get her back?

If youâ€™ve just cut off contact and waited around, then you probably already know that using that approach doesnâ€™t work on most women.

Like most women, she hasnâ€™t come running back simply because her ex cut off contact.

Likewise, if youâ€™ve been begging, pleading or even just sending her long letters, e-mails or text messages telling her how much you still love her, she will perceive you as being desperate and her ex will automatically seem so much more attractive to her than you.

This is especially true if her ex is doing all the right things to charm her (e.g. being confident and emotionally strong, being emotionally masculine, making her feel feminine and girly).

She will naturally be comparing him to you and you will be coming in second best.

However, you can change all that.

When you change the way you interact with your ex and focus on re-sparking her feelings by making her laugh, smile and feel good to be around you, she wonâ€™t be able to stop herself from feeling drawn to you again.

Then you can easily win her back, because no matter how great her ex is now, heâ€™s still the one who broke her heart, not you.

She will remember that and she will realize that she made a mistake by letting you go.

Where Guys Go Wrong With an Ex Who Goes Back to a Guy Who Broke Her Heart

Regardless of why your girlfriend has gone back to the guy who broke her heart, if you want her back, you need to be the one who takes the lead and makes it happen.

However, it wonâ€™t if you approach getting her back with the wrong mindset.

For example: Some common mistakes that guys make in a situation like yours areâ€¦!

1. Assuming that she wants to be treated badly again

Just because a woman decides to go back to a guy who broke her heart, it doesnâ€™t mean she wants to be treated badly.

Instead, it might simply be a matter of him having made her feel so much more attracted than the guy sheâ€™s currently with, that sheâ€™s willing to risk it.

So, rather than think things like, *“How can she prefer him to me? She must be a sucker for punishment. Clearly she doesn’t like being treated well and instead wants to be abused and disrespected. She must be crazy!”* you need to focus on making your girlfriend see that you’re so much better than her ex.

When you can make her feel attracted in the ways that her ex can (e.g. you’re equally as confident and emotionally strong as him), but also in ways that he can’t (e.g. you’re emotionally mature and have a definite purpose and direction in your life while he’s childish and immature), there will no longer be a reason for her to want to be with him over you.

Then, risking getting hurt by him again just won’t be worth it to her anymore and you can easily get her back.

Another common mistake that guys make in a situation like yours is

2. Thinking that women are crazy to not want a nice guy

Many guys believe that to keep a woman happy in a relationship, they need to be extra nice to her, treat her like a princess and never disagree with her, even when she’s throwing a tantrum or behaving like a brat for no reason.

So, a guy like that will usually feel quite shocked if his woman dumps him and goes back to a guy who didn’t treat her as well as he did.

Yet, what he doesn’t realize is that because her ex doesn’t tolerate her drama and instead puts her back in her place in a loving, but assertive manner, it makes her feel more attracted to him than to Mr. Nice Guy.

Here’s the thing

Women do like nice guys, but only if the nice guy is confident, emotionally masculine and doesn’t give her too much power in the relationship.

However, if he’s a nice guy and she can walk all over him and dominate him with her assertive personality, she will prefer a guy who is a bit more of a challenge over him.

Of course that might not make much sense to a guy who believes that niceness is the key to success with women, but that’s the reality.

Another common mistake that guys make in a situation like yours is

3. Waiting and hoping that she will realize her mistake and come running back to him

Sometimes a guy might think to himself, *“Sooner or later she has to realize that going back to that jerk was a mistake and when that moment comes, I will be here waiting for her.”*

He then sits around for weeks or even months, doing nothing (i.e. he doesn’t interact with her, doesn’t improve himself to become more attractive to her) and hoping she will eventually come back to him.

Of course, that can work if she still feels attracted to him and gets dumped again by the guy who broke her heart.

Yet, in most cases, a woman will just move on if her ex doesn’t re-attract her and lets her see that coming back to him would feel so much better than before.

So, don't let that happen to you.

If you want your girlfriend back, you need to interact with her every chance you get and make her feel strong surges of sexual and romantic attraction for you again.

The more you spark her feelings for you, the more she will start to see you as the right man for her compared to the guy who broke her heart.

So, get started.

She's waiting for you.

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Is it a Rebound if They Were Friends Before Getting Together?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

It depends.

1. It's a rebound if he's very different to you, but not perfect for her

Essentially, a woman might hook up with a friend after she breaks up with a guy, to try and heal herself by being in a relationship that fills the emotional gaps missing in her relationship with her ex. For example: If her ex was the jealous type and as a result he became clingy and controlling (e.g. he wanted to do everything together, he refused to let her hang out with her friends all that much or at all), she's usually going to feel much happier with a guy she already feels comfortable with and who she knows is going to be less jealous and controlling than her ex.

Makes sense, right?

Yet, that doesn't mean that her friend is going to have other, equally important qualities that she's looking for in a man (e.g. confidence and emotional strength, emotional masculinity, drive and ambition), to be able to maintain her attraction for life.

So, in contrast to how her ex made her feel near the end of the relationship, her old friend currently seems like a much better option.

However, the good news is that it doesn't really matter if he's a rebound or not.

The important thing is that you quickly learn from your past mistakes, so that you can regain her respect, attraction and love for you.

The better you are at making her feel sexual and romantic feelings for you again when you interact with her, the faster she will realize that her friend is not the man she wants and you are.

However!

2. It's not a rebound if she has been attracted to him for a long time and he is a balanced, all round man

If your ex's friend not only fills in the gaps that were missing in her relationship with you, but he also makes her feel attracted in other ways that she wants (i.e. because he's not one extreme or the other), it is possible that he will end up being more than just a rebound guy to her.

For example: He's

- Not too nice, nor too arrogant and heartless when it comes to women.
- Able to make her feel strong surges of sexual attraction for him, even though they are also friends.
- Interested in the same things as her, but still maintains his own independence (i.e. follows through on his own goals and dreams, hangs out with his own friends, has his own hobbies and interests).
- Loving and attentive towards her, but doesn't let her push him around or dominate him emotionally.
- Self-confident and self-believing with or without her in his life.

The more well-rounded he is, the more he will be able to attract her and then keep her in a relationship with him.

This is especially true if she's been attracted to him for a long time, but because she was with you, she tried to convince herself not to think about him in that way.

However, now that you and her are broken up, she may begin seeing him as being the one for her, rather than just a guy she's with to get over you.

This is why, if you want her back, you need to quickly transform yourself into more of the man she always wanted you to be (e.g. more confident, emotionally independent, emotionally masculine, driven and motivated in life).

You don't have to be perfect, only better.

Then you need to actively interact with her (over the phone and even better, in person) and make her feel strong bursts of sexual and romantic feelings for you.

When she feels drawn to you again in a way that feels good to her and also sees that you're a new and improved man, her guard will automatically start to come down a little bit.

If she then also begins to notice things about her friend that weren't visible before they started dating (e.g. he gets jealous and controlling), she will naturally begin to question her feelings for him.

You can then build on her initial uncertainty and show her that you are the right man for her, not the other guy.

On the other hand,

3. It's a rebound if she's just using him to avoid the pain of breaking up with you and being alone for a while

Some women can't cope with the emotions of a break up and don't like the idea of being single for very long.

So, rather than having to deal with the pain, a woman like that might quickly get into a relationship with a friend that she knew before.

Essentially, she's just playing it safe with someone she knows won't break her heart, while she can have the benefits of being in a relationship at the same time.

That is why you can't sit around and do nothing.

Instead, focus on giving her the kind of attraction experience she really wants, to make her start paying attention to you and missing what you and her had.

Don't try to get her back by comparing yourself to her friend and pointing out all his flaws, because she just won't want to listen to you (even if what you're saying is true).

You can't tell her you're the right man for her, you need to show her via your actions, behavior and the way you respond to what she says and does.

At the same time, you also need to attract her in ways that her friend can't (e.g. if he's too serious, you make her laugh, if he doesn't show much interest in her dreams and ambitions, you're more supportive).

The more you highlight her friend's shortcomings by being a better man than him, the more she will begin doubting her decision to break up with you.

She will then start to look at you in a positive light and realize that you probably are the right guy for her after all.

You can then gently guide her back into a relationship.

Common Problems Guys Experience in This Situation

It doesn't matter if your ex is in a rebound relationship with her friend or not.

What matters is that you re-attract her and get her back, which is why you need to avoid making these mistakes:

1. Assuming that the ex back process is different based on the uniqueness of the situation

Yes, your situation is unique.

However, the solution remains the same and it works.

Here's the thing:

Whether an ex woman is dating a random guy, her best friend, or is single at the moment, getting her back requires the same approach.

You need to interact with her and actively make her feel sparks of respect and sexual attraction for you.

When she experiences the new and improved you, she won't be able to stop herself from reconnecting with some of her feelings of respect, attraction and love for you again.

So, don't make the mistake of thinking things like, *"I might have been able to get my ex back if she was dating some random guy, but she's not. She's dating someone who's been her friend for a long time, so her feelings for him are probably really deep. She may even have secretly been in love with him before she dated me. I just can't compete with that,"* and do nothing.

Instead take every opportunity to make her feel something for you.

The more attracted to she feels to you, the more she will begin to doubt her feelings for her friend.

Another mistake to avoid is:

2. Staying out of the way and never contacting her in the hope that they break up one day

Sometimes, a guy assumes that if he backs off from his ex (i.e. he doesn't text, call or interact with her in any way), her relationship with her friend may eventually die out.

If that happens, he can then reappear in her life and work on getting her back.

Yet, that's the worst thing you can do.

Firstly, staying completely out of your ex's life is the quickest way to make her forget about you (i.e. out of sight, out of mind).

Secondly, because you're not actively sparking her feelings for you, her friend probably will be, so she may actually fall more in love with him than she would have if you'd been around.

Lastly, there's no guarantee that she will even bother contacting you if she breaks up with her

friend.

Instead, she will likely just move on to the next guy who sparks her feelings of sexual and romantic attraction, rather than go back to an ex (i.e. you) that she hasn't had any contact with for weeks or even months.

So, if you really want her back, you need to remain an active part of her life (i.e. by calling her on the phone and meeting up with her in person as often as possible).

Then you need to use those interactions to make her feel surges of respect and attraction for you again.

The more you do that, the greater your chance of getting her back.

However, if you just avoid her and then expect her to come back to you one day if she breaks up with her friend, chances are high that you will lose her for good.

Another mistake to avoid isâ€¦

3. Losing confidence as you wait and imagine her being so much happier with the new guy

Naturally, seeing his ex in a relationship with a guy she knew before getting together with him can really dent a man's confidence and self-esteem.

For example: He might say to himself, *â€œShe seems so happy with her new man that I wonder if she really ever loved me, or if all the time we were together she was thinking about him. I don't even know for sure if she didn't just go out with me because she believed she couldn't get him. I guess she now has the man she wanted all along and I don't stand a chance of ever getting her back. It's hopeless.â€*

Yet, thinking like that only makes him behave in ways that make him unattractive to women in general and his ex in particular.

For example: His body language takes on a more negative slant (e.g. his shoulders are more stooped, his head is bowed).

When he talks in conversation, he subconsciously puts himself down (e.g. he calls himself a loser, makes jokes about his appearance or that he will never find a woman to love him).

Here's the thingâ€¦

If you lose confidence in your ability to make your ex feel attracted, you will likely push her away even more, because women are turned off by emotional weakness and insecurity.

Then, rather than doubt her decision to break up with you, she will feel relieved that she's no longer with a guy who doesn't believe in himself and in his value to her.

This is why, if you want to make your ex want you more than she wants him, you must believe that you are good enough for her.

If you don't, neither will she and then getting her back will be very difficult for you.

So, don't waste any more time doubting yourself.

By maintaining your confidence and believing in yourself, you can make her want you back.

Another mistake to avoid making isâ€¦

4. Thinking that relationships based on a friendship are better

Right now your ex may be dating a guy she used to be friends with, because he was there for her after you and her broke up.

However, just because he might be a really good friend, it doesn't automatically make him a good boyfriend as well.

For example: As her friend, a guy might be relaxed, laid back, open minded and supportive of her. So, if she dresses in sexy, revealing outfits, it doesn't bother him and he will probably encourage her to express herself in whatever way she likes.

However, as her boyfriend, his attitude may drastically change, because he is now invested and he suddenly starts to fear losing her, so he becomes jealous, controlling and clingy.

Also, as a friend, a guy is usually used to treating her as *one of the guys*.

If he then suddenly becomes her boyfriend, it's a lot more difficult for him to switch from being neutral and friendly to making her feel attracted all the time.

Yet, if he can't grow and maintain her feelings of romantic and sexual attraction and he then falls into the habit of treating her like his friend again because that's what he's used to, she will eventually grow tired of him and start to look for a man who can make her feel the way she wants to feel when she's with him.

So, as you can see, a friendship is not a guarantee that a relationship will be better or stronger.

That's why the only thing you need to focus on if you want to get your ex back, is to actively make her feel sparks of sexual and romantic attraction for you whenever you interact with her.

The more attracted you make her feel compared to her new guy, the more drawn to you she will be.

That's what counts.

Another mistake to avoid making is

5. Not interrupting the process of her moving on

Sometimes, a guy makes the mistake of thinking that if his ex is in a new relationship, he no longer has a chance of getting her back.

So, rather than stay an active part of her life (e.g. by texting her, calling her on the phone and even meeting up with her as friends), he instead steps back and waits in the hope that his new guy is a rebound.

Yet, here's the thing

If you don't do something to stop your ex from moving on, the relationship with her new guy might become more serious than it would have, if you'd been around.

Alternatively, she might break up with her new guy, but because you haven't been actively sparking her feelings, she may decide to find another guy, rather than give you another chance.

So, if you want your ex back, you have to be active about it, rather than passive.

If you're not texting, e-mailing, private messaging, calling and meeting up with her in person and reactivating her feelings of respect and attraction for you, then she's going to fully move on with her new guy and getting her back will become very difficult.

Don't sit around waiting for her to become available again before you make a move.

Get her back now.

×

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If She Stays Loyal After the Break Up, She's the One. True or False?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

False.

Sometimes it can mean that she is the one, but sometimes she remains single for other reasons.

If you want her back for real, here's what you need to be aware of:

1. When a woman breaks up with a guy, she usually does it after being turned off for quite a while

In most cases, it's not a snap decision for a woman to end a relationship.

So, even though she might be upset because she originally thought her guy was the one too, she doesn't have strong feelings for him anymore because he turned her off and didn't change.

As a result, she can then move on if she wants to.

Here's the thing!

If you still care for your ex and want her back, don't base your decision on whether she stays loyal to you after the break up.

That doesn't prove anything other than that somewhere along the line you stopped making her feel sexual and romantic feelings for you and she is now looking for a man who can.

Yet, nothing says that man can't be you.

If you interact with her and reawaken the kinds of feelings inside of her that she's longing for (e.g. respect, desire, excitement, love), she will quickly change her mind about you.

Remember: It's not the woman's role to chase a man back who she dumped.

So, if you want her back, you have to be the one who makes it happen.

You need to call her on the phone, or even better, meet up with her in person and spark some of her feelings of respect, attraction and love for you again (e.g. by making her laugh and smile and feel good to be around you again, showing her via your actions and behavior that you're a new and improved man, flirting with her to create some sexual tension).

When she starts feeling new, positive emotions towards you again, she is then naturally more inclined to stay loyal (i.e. because she's open to the idea of getting back together with you).

However, if you just expect her to stay loyal without doing anything to reawaken her lost feelings for you, there will be nothing stopping her from hooking up with the first guy who comes along and makes her feel the way she wants to feel in a relationship with a man.

Another reason why is!

2. If she hooks up with a guy while drunk, she may regret it in the morning and miss you

After a break up, a woman will usually feel pretty depressed, so her natural instinct may be to push those feelings aside, by going out and having a good time with her friends.

Secretly she may be hoping that by distracting herself with music, dancing and alcohol, she will forget about how sad she is feeling.

In some cases, this may lead to a woman drinking too much and ending up in bed with another guy.

Yet, that doesn't mean she's not the one.

Especially if she truly regrets her actions in the morning and wakes up feeling guilty and missing her ex.

The important thing for you to understand is that just because your ex might have made a mistake, it's not a sign that you should give up on her and move on.

Instead, if you want her back, just make it happen.

Call her on the phone or meet up with her in person and make her feel so much respect and attraction for the man you are now, that the idea of being with any guy other than you, will make her feel sick to her stomach.

Another reason why is

3. If you use the No Contact approach and expect her to come back, it just doesn't work on most women, including a woman who is the one for you

Even if a woman still has strong feelings for her ex and is secretly hoping they will get back together again, if he cuts off contact with her for weeks or even months (i.e. because he's hoping to making her come running back to him), she might not stay loyal to him. Why?

When he ignores her, rather than chase after him, she might instead feel hurt by what she perceives as his rejection of her.

She may then begin thinking things like, "I guess I didn't mean that much to him after all if he can cut me out of his life so easily. He didn't even have the decency to call me, or even just text me, to see how I am after the break up. I would be a fool to sit here pining for him seeing as he doesn't even care about me anymore. In fact, based on his current behavior, maybe he never cared for me at all and I was just too in love with him to notice. Well I'm not going to let this break me. I'm going to find myself another guy as soon as possible and move on."

She then starts to actively go out with her single friends to places like bars or clubs where she knows she can meet men who will be willing to hook up with her, so she can feel better about herself.

Alternatively, she begins to accept dates with some of the guys that were interested in her when she was with you that she rejected before.

In some cases, a woman might even get angry with her ex for using the No Contact approach on her (i.e. because women know that this is a common trick that some guys use to get an ex back) and she decides to hook up with another guy to get revenge on him.

So, if you want your ex back, don't ignore her in the hope that she will stay loyal to you and prove that she's the one.

If you do, not only will you likely be disappointed, you also risk the chance of actually losing your ideal woman over a silly expectation.

Another reason why is

4. If she sees you as the one, she might also believe in the cliché of, "If he's the one, he'll try to get me back. If he doesn't, I should just move on."

So, while you might be waiting to see if she will remain loyal to you to decide whether you should get her back, she may be waiting to see if you'll put in the effort to re-attract her.

If you don't, she will then likely think something along the lines of, *"I guess I was wrong about him. He's not doing anything to get me back, so I suppose I need to accept that he's not the one and move on."*

She will then usually hook up with another guy (even if he's not the perfect match for her), to help her get over you and move on.

Remember: If you want her back, you need to be courageous enough to make it happen.

You don't need her to remain loyal after the break up to prove that to you.

You know it in your heart.

So, stop asking, *"If she stays loyal after the break up she's the one. True or False?"* and just get her on a call with you right away and start re-attracting her.

Then meet up with her in person and blast open her hidden feelings of respect, attraction and love for you and get her back.

Another reason why is

5. She's not obligated to stay loyal because she's no longer in a committed relationship

Think about this

If you met a sexy, beautiful woman who showed interest in you, would you stay loyal?

You might say *"Yes"* now, but what if it was you who dumped your ex?

Does that change anything?

Of course it does.

The person who dumps usually has a clear reason why.

In a woman's case, it's because she lost respect, then stopped feeling attracted and then fell out of love with her guy.

In the same way, if you dumped your ex and didn't want to be with her anymore, would you stay loyal because you used to think that she was the one?

Chances are high that you would not.

Instead, you would hook up with the next beautiful woman who came along and made you feel attracted to her.

In the same way, if your ex broke up with you, hooking up with another guy who makes her feel respect and sexual attraction for him won't be that big a deal to her.

In fact, it will likely be something she will welcome, because she will have missed feeling strong sexual and romantic feelings for a guy.

This is why, if you want your ex back, make your decision to get her back based on that, not on her loyalty to you after the break up.

Where Guys Go Wrong When They Believe a Woman is the One

If you waste a lot of time wondering whether or not she is the one, you might actually miss out your chance of getting your ex back.

That's what happens to a lot of guys and they end up regretting it for a very long time, if not for the rest of their lives.

So, don't let that happen to you because you're making the following mistakes!

1. Believing in relationship fantasy ideas that don't apply to real life relationships

It sounds nice to create a fantasy about the one and wish that life worked in that way, but it's not how the real world works.

In fact, the idea of there being one true love for everyone, is something that only exists in romantic movies and romance novels, because it's fun to escape the reality we live in and live in a world where there is one perfect person for everyone.

Yet, that's not how relationships function in the non-fictional world.

Instead, in the real world, if a man can't maintain his woman's feelings of respect, attraction and love for him (e.g. because he becomes too insecure and needy, starts taking her for granted, treats her more like a neutral friend than an attractive woman, gives her too much power over him), she will usually break up with him, even if she once said things like, *"I love you so much! I think you're the one."*

Here's the thing!

A relationship stays together when both people decide that they want to stay together because it feels good, not because they used to be in love and believed they were soulmates (or the one).

So, rather than trying to prove to yourself that your ex is the one because she stays loyal after the break up, you need to instead make her reconnect with her old feelings of respect and attraction for the new and improved version of you.

The more respect and attraction she starts to feel for you again, the more her feelings will begin to change.

She starts to see you in a new light and suddenly, she becomes open to the possibility that maybe you're the one for her after all.

Another mistake to avoid making is!

2. Thinking that all women are alike (i.e. if a woman does this, then it means that)

It would be great if all women thought and behaved in the same way.

Unfortunately they don't.

So, although one woman might break up with a guy and get into a relationship with someone else right away, while another woman stays single for months afterwards, it doesn't necessarily mean either one of them is more likely to be the one.

So, don't give up on your ex based on whether she was loyal to you after the break up or not.

What matters most, is that if you believe she's the one for you, you don't let her go.

You need to interact with her every chance you get and reactivate her feelings of love, respect and attraction for you, so that she begins seeing you as the one for her too.

That's what matters.

Another mistake to avoid making is!

3. Feeling entitled to her loyalty because things used to be good

Sometimes, after a break up with a woman he perceives as being the one a guy might think to himself, *I can't even imagine how she could possibly hook up with another guy after what we had together. Our connection was so unique, that I'm pretty sure she will never find that with anyone else.*

He's then bitterly disappointed if she quickly hooks up with another man and he then begins to doubt his own judgment (i.e. he wonders if it's possible for her to be the one after all seeing as she didn't stay loyal to him after the break up).

Yet, here's the thing!

If the feelings are not mutual in a romantic relationship, loyalty is lost.

It doesn't mean she is a bad person, or that she didn't love him.

It's just how romantic relationships work.

She has to focus on finding and keeping a man that she can stick with, rather than staying loyal to a guy who isn't yet able to be the man she wants.

So, rather than sit around debating whether it's true or false that she's the one if she stays loyal after the break up and focus instead on making her see you as the one.

How can you do that?

By interacting with her and making her feel such strong surges of sexual and romantic attraction for the man you've become, that she starts to fear losing you.

Then, not only will she start to see you as being the one for her, it will also be easy for her to be loyal to you.

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If My Ex Agreed to Meet Me

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your ex agreed to meet up, would you be ready to get her back?

Here are 5 questions to answer to get clear on whether you are ready and can actually get her back:

1. Do you know exactly what part of the attraction experience was missing?

When a woman breaks up with her guy, itâ€™s usually because certain aspects of his thinking and behavior are causing her to lose respect and attraction for him (e.g. heâ€™s too needy and clingy, she has too much power over him, he takes her for granted).

So, if he wants to get her back, he needs to first show her that heâ€™s changed those things about himself and is now able to make her feel attracted in the ways that she wants.

By the wayâ€¦

That doesnâ€™t mean he needs to become perfect to be able to regain her respect and attraction.

Instead, he just has to show her that heâ€™s putting in the effort to become a better man than before.

For example: If a guy was too emotionally sensitive, got upset about the setbacks in his life and whined about his feelings to his woman, then to earn back her respect, he needs to show her that he is now emotionally stronger and better able to handle his emotions around her (e.g. heâ€™s able to laugh things off rather than getting upset over the tiniest things).

Another example is where a guy stopped making his woman feel feminine and girly in his presence and instead fell into the habit of treating her more like a friend or worse, making her feel like she was the more emotionally dominant one in the relationship.

In a case like that, he needs to show her that heâ€™s now more emotionally masculine in the way he thinks, feels, behaves and interacts with her, thereby allowing her to relax into thinking, feeling and behaving like a girly, feminine woman around him.

This is why itâ€™s very important for you to be ready to give your ex the attraction experience she always wanted from you but never got, if she agrees to meet up with you.

So how can you prepare yourself?

Start by first understanding her core reasons for breaking up with you.

If youâ€™re unsure what those reasons might be, here are some questions to help you find outâ€¦

- Did you stop being the confident guy she fell in love with and instead became insecure and started to doubt your attractiveness to her?
- Were you the one wearing the pants in the relationship, or did she boss you around and get her way even when she didnâ€™t deserve it?
- Did you laugh at her attempts to test you (e.g. by saying mean things to you during conversation, being moody), or did you get upset or angry with her most of the time?
- Did you grow her feelings of respect, attraction and love for you over time, or did you take it for granted that because she loved you at the beginning of the relationship she would continue to feel that way no matter what?
- Did you maintain your independence (e.g. by pursuing your own goals and hobbies, hanging

out with your friends), or did you become emotionally dependent on her, which caused you to be needy and clingy?

- Did you get along well with her friends and family, or were you too shy, anti-social or jealous of the other people in her life?
- Did you make her feel like a sexy, desirable woman, or did you treat her more like a friend or a roommate?
- Were you and her on the same level emotionally, or did she mature a lot faster than you?

Once you understand what she really wants you to change about yourself to be able to feel a renewed sense of respect and attraction for you, it then becomes easier for you to get her back.

So, focus on that.

Then, when you meet up with her and she sees that you really have changed in the ways that matter to her, she won't be able to stop herself from feeling respect for you again.

When she respects you, she will also feel attracted to you again and from there, reconnecting with her original feelings of love becomes a lot easier than if you try to get her back by being the same guy she broke up with.

The next question to ask isâ€¦!

2. Are you going to feel confident enough to flirt with her like a lover or boyfriend when you talk to her, or are you going to be neutral or reserved around her?

Sometimes a guy doesn't feel confident enough to meet up with his ex and make her feel sparks of romantic and sexual attraction right away.

Instead, he makes all sorts of excuses about why flirting with his ex at a meet up is a bad idea.

For example: A guy like that might think something along the lines of, *â€œMy ex agreed to meet me and I can't afford to blow it by doing something that will annoy her and cause her to refuse to see me again. This is why I need to be on my best behavior around her and not say or do anything that she might take in the wrong way. That means no flirting or acting like I want her back. Instead, I need to treat her like a neutral friend and allow for her to warm up to me over time. Then, when she eventually feels relaxed around me and lets down her guard, I can let her know how I truly feel about her and that I want her back.â€*

Yet, here's the thingâ€¦!

If you don't actively make your ex feel respect and attraction for you right away, she's usually just going to assume that you're no longer interested in her.

She then opens herself up to meeting new guys, having sex and falling in love again with a guy who isn't afraid to spark her feelings of lust and desire.

Remember: For a woman to want to be in a romantic relationship with a guy she has to feel respect and sexual attraction for him first.

If those feelings aren't there, it's a friendship at best and it won't last.

So, make sure that when you meet up with your ex, you flirt with her and make her have sexual and romantic feelings for you again.

You can do that byâ€¦!

- Maintaining your confidence with her no matter what she says or does (e.g. she is being closed off and distant, she tells you how happy she is now that you and her are no longer together).
- Making her laugh and smile and feel good to be in your company again.
- Flirting with her to create sexual tension.
- Being more emotionally dominant than her so she can relax and feel totally feminine in your presence.

The more you spark her feelings for you, the more she will begin thinking things like, *“I don’t know why but I feel so good to be around him. I keep thinking about what it would be like if he kissed me. I don’t know what has gotten into me, but all of a sudden I feel more open to the idea of us getting back together, even though I was sure that it was over between us before.”*

You can then build on those feelings until you and her are hugging, kissing, having sex and back in a relationship again.

The next question to ask isâ€¦!

3. Have you improved things about you that will impress her?

For your ex to really feel impressed and then want to give you another chance, she needs to see that youâ€¦re not the same man she broke up with.

So, before you meet up with her, make sure that when she sees you again, sheâ€¦s going to get the shock of her life (in a very good way).

For example: Some of the things that will impress a woman about her ex areâ€¦!

- Heâ€¦s less insecure and uncertain of himself now, so he wonâ€¦t feel the need to be clingy with her anymore.
- Heâ€¦s more emotionally independent, therefore he wonâ€¦t need her support and guidance to feel good about himself.
- Heâ€¦s more emotionally strong now, which means that he no longer allows her to dominate him with her confident personality like she used to.
- Heâ€¦s more emotionally masculine now, so heâ€¦s not afraid to flirt with her and make her feel surges of sexual attraction, rather than treating her like a friend.

When your ex can experience those kind of changes in you, even if she initially tries to hide it from you, she wonâ€¦t be able to stop herself from feeling surges of respect and attraction for you again. She then naturally drops her guard and opens up to being with you romantically and sexually.

The next question to ask isâ€¦!

4. Will you be able to maintain your confidence if she doesn’t show much interest initially?

In almost all ex back cases, a woman rarely makes it easy for her guy to get her back.

So, chances are high that when you meet up with your ex, sheâ€¦s going to test your confidence before she opens herself up to giving you another chance.

For example: Some of the ways she might do that is byâ€¦!

- Coming to the meet up and saying something along the lines of, *â€œI donâ€™t even know why I agreed to meet you. Thereâ€™s nothing you can say that will change my mind about us being broken up, so make this quick because I really donâ€™t want to be here,â€* to see if youâ€™ll lose your confidence and give up on the idea of getting her back.
- Remaining closed off and unresponsive towards you during conversation to see if you will become insecure and nervous.
- Flirting with other guys in front of you (e.g. a waiter, barista), or talk about other guys who are interested in her (e.g. from work or university) to test if youâ€™ll get jealous, angry or start doubting your attractiveness to her.
- Giving you mixed signals (e.g. she says that sheâ€™s interested in getting back together again and then, when you get excited about that, she pulls back and says sheâ€™s not sure).

Essentially, she wants to see how emotionally strong and confident you really are.

If you can maintain your confidence with her throughout the interaction, regardless of what she does to set you off, she will feel a renewed sense of respect and attraction for you.

On the other hand, if you become nervous, insecure and start doubting yourself with her, you will fail her test and she will remain closed off to you until you can prove to her that youâ€™re the (confident) man she wants you to be.

The next question to ask isâ€¦!

5. How do you think she will react if you ask for another chance?

If you meet up with your ex and donâ€™t fully reactivate her feelings of respect and attraction for you first, then chances are sheâ€™s going to reject the idea of getting back together again.

This is why you need to make sure that youâ€™re fully prepared to re-attract her when you meet up with her.

If you get there and you make rookie mistakes (e.g. giving her too much power over you, being nervous and uncertain of yourself, not using humor to break down her defenses and make her relax and enjoy being with you again), not only will she feel disappointed that she agreed to meet up with you, she will also likely refuse to see you again after that, making it very difficult for you to get her back.

So, make sure that youâ€™re prepared to show her (via your actions, behavior and conversation style) that youâ€™re a new and improved man.

Then just focus on sparking her feelings of respect, attraction and love for you by behaving in some of the ways that are attractive to women (e.g. by making her feel feminine and girly in contrast to your masculine vibe, making her smile, laugh and feel happy that she agreed to meet you).

The more you reactivate her dormant feelings for you, the more open she will become to getting back together again.

However, if you try to get her back without first re-sparking her feelings for you, sheâ€™s just going to say, *â€œThanks, but Iâ€™m not interested in getting back with you. Itâ€™s over for me and you need to accept that and move on too.â€*

Where Guys Go Wrong When Meeting Up With an Ex

If you want your meet up with your ex to go well, it's very important that you prepare yourself beforehand, so that you don't make the kind of blunder that will convince her that she made a mistake when she agreed to meet you (i.e. because you're turning her off with your behavior and conversation style).

This is why you need to make sure you don't!

1. Meet up with your ex and try to make her feel attracted in the same old ways

If you meet up with your ex and end up talking to her and interacting with her in the same old ways (e.g. being nice and sweet towards her rather than being confident and manly, giving her too much power over you rather than taking the lead in the interaction, trying to explain your feelings to her rather than making her have feelings for you), she's just not going to be very interested in getting back together with you.

So, if you want to get her back, you need to re-attract her in new and exiting ways (e.g. by being confident and emotionally strong even when she's being cold and aloof, by standing up to her in a loving way when she's being unreasonable or disrespectful towards you, by being more emotionally masculine and making her feel surges of desire).

Essentially, you need to say and do the types of things that will prove to her that you're no longer the same guy she broke up with.

When that happens, she won't be able to stop herself from feeling drawn to you again in a way that feels good to her.

She then drops her guard and opens up to the idea of being your girl again.

Another thing you shouldn't do when you meet up with your ex is!

2. Be neutral and act like a friend, but hope that sparks fly

If you pretend that you're not interested in getting back with your ex, she will likely start thinking things like, *"I thought this meet up was about him trying to get me back, but I guess I was wrong. He's clearly over me and just wants to be friends from now on."*

She then closes herself off to the possibility of getting back with you and opens herself up to meeting new guys, having sex and falling in love again with someone else.

So, if you don't want that to happen, make sure you don't act like a neutral friend around your ex.

You need to flirt with her and re-spark her feelings of romantic and sexual attraction for you.

Only then will she be open to getting back together again.

One more thing you shouldn't do when you meet up with your ex is!

3. Give her too much power at the meet up

Sometimes a guy thinks that for a meet up to go well, he needs to allow his ex to call all the shots (e.g. choose where they meet up, decide the duration of the interaction, do all the talking).

Yet, here's the thing!

If you hand your power over to a woman, she won't be able to respect you anymore.

If she can't respect you, she won't be able to feel sexually attracted to you and without those two things, getting back together again won't even cross her mind.

So, don't let your ex control you during the meet up.

Instead, focus on being the emotionally dominant one.

The more you can maintain your cool with her, the easier it will become to re-spark her feelings for you and seduce her back into a relationship with you.

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Why Didn't My Girlfriend Give Me a Proper Reason For Breaking Up With Me?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The 5 most common reasons why a woman will avoid giving you a proper reason for breaking up with you, are:

1. So she doesn't tell you what you need to change to get her back

A woman doesn't want to be your teacher about how to be a man in a relationship.

She wants you to figure it out on your own, make some changes to yourself, and show her (via your thinking, actions, behavior and conversation style), that you are now the kind of man she wants you to be.

This is why she won't actually tell you why she's breaking up with you.

However, before you ask something like, *"How am I supposed to know what to fix if she won't tell me? Why is she being so unreasonable?"* you need to first understand how a woman communicates.

Basically, rather than come out and say what is bothering her, a woman will often hint at the problem.

For example: If a woman wants her guy to be more manly and not allow her to dominate him so much, rather than actually say that to him, she might say something like, *"I like it when you're in charge. It's very sexy,"* instead.

Alternatively, if she wants her guy to stop being so clingy and needy all the time, she may say something along the lines of, *"Why don't you give your friends a call and arrange to go out with them sometime? I really don't mind if you take some time for yourself and do things independently of me from time to time."*

Essentially, she's hoping he will pick up on what she really wants and make the necessary changes that will deepen her feelings of respect, attraction and love for him.

So, based on that, even though your girlfriend didn't spell things out for you, she probably did give you several clues along the way.

If you're not sure where to start, here are some questions to ask yourself that might help you get to the bottom of why she broke up with you!

- What are some of the things you and her argued about (you will most-likely find several clues there as to what was making her unhappy)?
- Did you still notice her in the way you used to at the beginning of the relationship (e.g. if she bought a new dress, changed her hairstyle, made herself look pretty for you), or did you take her a little bit for granted?
- Were you still the same confident, emotionally strong man she fell in love with, or did you become a bit insecure and self-doubting in the relationship with her?
- Did you and her still touch, hug, kiss and have sex regularly, or did you end up treating each other more like friends than lovers?
- Were you reaching for your true potential in life (i.e. setting and pursuing goals), or were you

just drifting from one thing to the next and wasting time (e.g. playing video games, going from one dead-end job to another).

Chances are, if you dig deep enough, you'll start seeing things that you might have missed before that can lead you to the answers you're looking for.

The good news is that when you understand your girlfriend's reasons for breaking up with you, you can begin to make some attractive changes to yourself.

Then, when she can see for herself that you have figured out what has been turning her off (without her help) and have also taken action to improve those things in yourself, she won't be able to stop herself from feeling a renewed sense of respect and attraction for you as a man.

She then naturally drops her guard around you and becomes open to the idea of getting back with you.

Another common explanation why a woman won't give you a proper reason for breaking up with you is

2. To avoid hurting your feelings if she tells you the real reasons

Sometimes, a woman doesn't want to be a bitch to her guy when she breaks up with him and make him feel even worse.

For example: If one of her reasons for breaking up with a guy is because he has low self-esteem and doesn't believe in himself and in his value to her, rather than say something like, *"Your self-doubt and insecurity is unattractive to me. It makes me feel like I'm too good for you and that if I stick around it will only be because I feel sorry for you, not because I love, respect and feel attracted to you for being my ideal man. It just feels wrong to be with a guy I can't look up to and respect, so I'm breaking up with you,"* she instead gives him a vague reason like, *"I just think it's better if we don't see each other anymore,"* or *"Maybe we should just be friends for now."*

In her mind she's likely thinking, *"I don't want to tell him the truth and end up giving him even more reasons to put himself down and feel unworthy of himself. This way, he'll never know that it was his low self esteem that caused me to fall out of love with him and it will spare his feelings."*

Yet, here's the thing

As painful as it might be to know the truth about why your girlfriend broke up with you, if you don't understand her real reasons, you won't be able to re-attract her (i.e. because you will likely be repeating the same mistakes with her that you made during the relationship).

So, don't be afraid to be honest with yourself and admit where you might have gone wrong.

The sooner you know the real reason that your girlfriend broke up with you the faster you will be able to change and improve those things about you and start re-attracting her.

Another common explanation why a woman won't give you a proper reason for breaking up with you is

3. To let you down softly, rather than potentially making you angry at her

Even though most guys are good guys and would never intentionally do anything to hurt their

girlfriend, it's a woman's natural instinct to protect herself no matter what.

So rather than get into a big argument with a guy if she tells him she's breaking up with him and why, a woman will usually err on the side of caution by letting him down as easily as possible.

For example: Imagine a woman says something along the lines of, *I'm breaking up with you because you're too childish and immature. You have no plan for your life and all you ever do is hang out with your silly, equally childish and immature friends and play video games. I'm sick of waiting for you to man up and take responsibility for yourself and our relationship, so I'm leaving you!*

Chances are her guy will get quite upset about it and in some cases, a guy might even become angry and start defending himself and saying things like, *How dare you say that to me? You're such a bitch! You're only saying that because I'm not always willing to do what you want. Maybe you're the problem! Maybe it's because you're so selfish and only want things your way!*

This may then lead to a big argument and possibly even result in him becoming verbally abusive or even physically aggressive towards her.

So, to avoid any of that (potentially) happening, a woman will usually just try to make a clean break with as little confrontation as possible.

Another common explanation why a woman won't give you a proper reason for breaking up with you is

4. She doesn't feel like she has to give you a proper reason

Sometimes, a woman will simply feel that breaking up with a guy is her choice and she doesn't owe him an explanation.

Essentially, she believes that she's not his property and if he can't maintain her feelings of respect, attraction and love (e.g. because he has become very insecure and clingy, treats her badly, takes her for granted, is too wimpy and she walks all over him, stops trying to make her feel good), she can walk away from him without needing to explain herself to him.

Additionally, a woman might also think things like, *After all the fights and arguments we've had, if he doesn't already know all my reasons for breaking up with him, then I'm not even going to bother telling him. Clearly he's either too naïve or in denial about the problems in our relationship if he can't figure out by himself my real reasons for calling it quits between us.*

This is why asking your girlfriend to give you a proper reason for breaking up with you is not a good idea as it will only give her even more cause to want to stay broken up.

So, focus on figuring out her reasons by yourself and then showing her via your actions, behavior, communication style and the way that you respond to what she says and does that you've changed and improved.

She will then automatically feel some respect for you again for understanding her reasons without her help and taking action.

When that happens, her walls come down and she becomes more open to talking to you on the phone, meeting up with you in person and seeing where things go from there.

Another common explanation why a woman won't give you a proper reason for breaking up with

you isâ€!

5. She didn't want to open a discussion that would result in you seducing her back into a relationship or convincing her to give you a chance to prove that you can do better

In some cases, a woman will avoid giving her guy a proper reason for breaking up with him, because she doesnâ€t want him to talk her out of her decision.

For example: If a woman says that sheâ€s breaking up with her guy because heâ€s been taking her for granted, he might try to change her mind by saying things like, *â€Iâ€m sorry! I really stuffed up, but now that I know where I went wrong, I promise Iâ€ll never do that again. I give you my word that I wonâ€t break my promises to you again, Iâ€ll pull my weight with the chores and Iâ€ll make sure that I take you out once a week and spoil you the way you deserve. Just give me one more chance and Iâ€ll make it up to you. Please!â€*

She may then feel obligated to give him another chance, even though deep down she feels that he wonâ€t be able to stick to his word for very long and she will then have to break up with him again.

Alternatively, a woman might still have feelings for her guy, but she knows that he wonâ€t or canâ€t change.

She also knows that because she still cares for him, he can effortlessly charm her into forgiving him and staying with him, even though sheâ€s not happy anymore.

So, to avoid that from happening, she doesnâ€t give him a proper reason to protect herself from being convinced to stay in a relationship thatâ€s not good for her.

Where Guys Go Wrong With an Ex Who Wonâ€t Give Them a Proper Reason For the Break Up

Although right now you might be feeling confused and even hurt by your girlfriendâ€s lack of explanation for ending your relationship, if your goal is to get her back, you need to make sure you donâ€t push her away even more.

This is why you need to avoid making any of the following mistakes that guys often make in a situation similar to yours:

1. Accusing her of being selfish and inconsiderate for breaking up with him in that way

A guy might sometimes say things like, *â€How can you just walk away from our relationship without an explanation! Youâ€re just being selfish and only thinking about yourself! No matter how you feel, I donâ€t deserve to be treated this way. After everything weâ€ve been through together, donâ€t you think itâ€s only fair that you tell me what I did wrong? Youâ€re being intentionally vague just to hurt me. I canâ€t believe youâ€re doing this to me!â€*

Yet, hereâ€s the thingâ€!

Even though he might feel justified in what heâ€s saying, getting angry with an ex girlfriend and

accusing her of being selfish doesn't accomplish anything other than to push her further away. So, even though you may feel tempted to throw accusations at your ex for being inconsiderate with you, it's unlikely to make her see things from your point of view.

Instead, she will likely see your anger as another sign that she made the right decision to break up with you.

Another mistake that guys make in a situation like this is!

2. Assuming that she must not have ever cared for him or felt attracted to him

Getting broken up with without a proper reason can definitely be painful.

As a result, a guy might start doubting if the relationship meant as much to his ex as it did to him.

He may then say something to her alike, *“Did you ever really love me and want me the way I did you, or was it just all a lie?”*

Yet, rather than make her feel guilty and rush to apologize to him and try to make him feel better (i.e. by giving him a proper reason for breaking up with him), this kind of behavior only turns a woman off.

Why?

When a man is insecure about his attractiveness and value to a woman and has to ask her whether or not she sees him as being good enough, a woman loses respect and attraction for him.

So, although he is being honest about his feelings, his lack of belief in himself just convinces her that he's not the right man for her.

She then puts more effort into fully getting over him and moving on.

Another mistake that guys make in a situation like this is!

3. Asking her why she won't give him a proper reason

Although a guy might feel like he has a right to be given a proper reason for his ex breaking up with him, she may not see it that way.

In most cases, a woman will feel that if she doesn't want to be with him anymore, that should be reason enough.

So, if a guy then asks his ex to tell him her reasons, rather than get his satisfaction, he may be bitterly disappointed when she gives him a vague excuse and leaves him forever wondering what he did wrong.

Here's the thing!

Don't let your girlfriend have that kind of power over you.

Show her that you are man enough to figure it out on your own without her help.

When you do, she will automatically feel surges of respect and attraction for you again for not being a confused guy who needs her help to grow up and become a man.

Her guard will come down and she will feel drawn to you again in a way that feels good.

You can then easily guide her through the rest of the ex back process and get her back.

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Why Do Women Act Like They Don't Care About You After a Break Up?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

4 common reasons why:

1. She becomes an individual again, so she starts looking out for herself rather than trying to care for you

When in a relationship, it's only natural that a woman (and a man) will have to make some adjustments and compromises (e.g. dress up to look good for her guy even if she's feeling down or under the weather, be supportive of his wants and needs, stop going out to clubs and bars with her single friends, spend more time doing the things her guy likes).

So, when she breaks up with him, her first reaction might be to start enjoying her new-found freedom and individuality.

For example: She might enjoy being able to

- Pursue her own interests and hobbies without having to compromise for her guy's likes or dislikes.
- Hang out with whomever she wants, whenever she wants, without feeling guilty or needing to give him an explanation.
- Focus more on her studies or work.
- Stay out late and party with her single friends and even hook up with guys that she meets, if she wants to.
- Not have any relationship responsibilities (e.g. put his needs ahead of her own, deal with arguments and disagreements).
- Make her own choices about things (e.g. where, what and when to eat, how to spend her weekends, where to go on vacation, who to spend the holidays with).

As a result, she (initially) doesn't miss her ex very much and when he then reaches out to her via text, social media or gives her a call, she acts like she doesn't care about him.

Instead, she's having fun being an individual again without having to care about anyone else's feelings, needs or wants other than her own.

Yet, here's the thing

Just because your ex might be feeling that way now, it doesn't mean she will feel that way forever.

In fact, when the novelty of being single again wears off, she will likely start missing being in a relationship and having a guy take care of her.

When that happens, she will open herself up to dating and finding herself a new guy as quickly as possible.

This is why, if you want her back, you need to make sure you don't give up on her, just because right now she's acting like she doesn't care about you.

You need to maintain your confidence around her and continue interacting with her and sparking her feelings for you every chance you get.

When she realizes that it actually feels better with you in her life than without you (i.e. because you make her feel positive emotions such as respect, attraction, excitement), the less she will be able to act like she doesn't care about you anymore.

Her guard will slip down and she then opens up to the idea of being your girl again.

Another common reason why women act like they don't care about you after a break up isâ

2. She disconnects from her feelings, so she doesn't feel drawn back to you

When a woman breaks up with a guy, she usually disconnects from her feelings of sexual and romantic attraction for him and becomes cold and emotionally distant.

Naturally, when that happens a guy might feel confused and he may then wonder, *â Why do women act like they don't care about you after a break up?â or âHow can she forget about everything we had together and act like it meant nothing to her?â*

The reason is because acting like she doesn't care is a woman's way of ensuring that she can get over her guy as quickly as possible and move on.

At the same time, if he tries to talk her into giving him another chance (e.g. by promising her that he will change, offering to do whatever she wants), she won't be easily convinced by him and then risk getting hurt again if she gets back together with him and things don't work out.

This is why, if you want your ex to stop acting like she doesn't care about you, you have to spark her feelings of respect and attraction for you first.

If you don't, she will remain closed off towards you and she will focus on moving on and finding herself a replacement guy who will.

So, how can you reawaken her feelings for you?

One great way to do it is by using ballsy humor to make her smile, laugh and feel good to be interacting with you again.

The more laughter you can share together, the less she is able to pretend that she doesn't care about you.

Then, rather than think things like, *âI wish he would accept that I'm not interested in him anymore and just leave me alone,â* she will be thinking things like, *âI can't believe I'm thinking this, but I actually feel good around him again. I actually look forward to his text messages or calls and I'm even open to seeing him in person again. I don't know how this happened, but I feel drawn to him again in a way that feels good.â*

She then naturally relaxes her guard and opens herself up to seeing where things go from there (e.g. seeing you in person, hugging, kissing, having sex and being back into a relationship with you again).

Another common reason why women act like they don't care about you after a break up isâ

3. She is just testing to see if you will lose confidence in yourself

One of the qualities that women find attractive in a man is his confidence.

So naturally, when a guy is being insecure, needy and desperate, a woman will feel turned off by him.

This is why, one of the first tests a woman might put her ex through after she breaks up with him (e.g. acting like she doesn't care about him) is to check if he's going to react by becoming insecure and self-doubting, or by maintaining his confidence with her.

If he stays strong and even laughs at her when she's being distant and unfeeling towards him, she will automatically feel a surge of renewed respect for him for handling her like a real man.

When she feels that respect, she will then start to feel attracted again and when that happens, her defenses will come down and she will open herself up to the idea of giving him another chance.

On the other hand, if he falls apart and becomes despondent (e.g. gives up on getting her back, is extra nice to her in the hope that she will be nice back) she will know that he doesn't possess the one fundamental quality she needs in a man (i.e. confidence) and she will then usually focus on moving on and finding a man who does.

So, if you want to make your ex care about you again, make sure you maintain your confidence with her.

No matter what she says and does, you are confident.

When you believe in yourself, so will she.

Another common reason why women act like they don't care about you after a break up is that

4. She's trying to get you to react in an unattractive way, so she can have more reasons to remain broken up from you

Sometimes, even though a woman has broken up with a guy, she might find it difficult to give him a convincing reason why.

As far as she's concerned, something about the relationship just didn't feel right and she doesn't want to be with him anymore.

However, because she doesn't know what to tell him that will satisfy him enough so that he will leave her alone, she decides to act like she doesn't care about him, in the hopes that he will do something to give her ammunition to stay broken up.

For example: A woman might be hoping that her ex will

- Lose his temper with her for acting like she doesn't care (she can then use his aggressiveness as an excuse not to want to be around him anymore).
- Use the No Contact Rule and ignore her for 30 or 60 days (she can then use the time apart to move on and find herself a replacement guy).
- Pretend that he only wants to be friends with her to stay in her life (she can then find another guy because he's not making her feel attracted).

Here's the thing

If you want your ex to stop acting like she doesn't care about you, you can't play into her hands by losing your cool around her and behaving in unattractive ways.

Instead, you need to show her (via your actions, behavior, conversation style and the way you respond to what she says and does) that you're a new and improved man now.

For example: Some of the ways you can do that is by

- Being more confident and self-assured so that you don't feel threatened when she acts like she doesn't care about you or says things like, *"You mean nothing to me now. My feelings for you are dead!"*
- Using ballsy humor to break her out of her bad moods and make her feel happy to be interacting with you again.
- Flirting with her to create sexual tension.
- Leading the way in the ex back process so she can relax into thinking, feeling and behaving like a feminine woman around you.

The more she can see that you're now the man she always wanted you to be, the less she will be able to resist letting down her guard and allowing herself to imagine what it would be like to be your girl this time around.

Where Guys Go Wrong With a Woman Who Acts Like She Doesn't Care After a Break Up

Regardless of what your ex is saying or doing right now, if you want to get her back, you have to make sure that your behavior and actions are going to be sparking her feelings of respect, attraction and love for you.

This is why you need to avoid doing the kind of things that will turn her off.

For example: Some mistakes to avoid making are:

1. Seeking pity from her for how badly she is treating you and how it makes you feel

When the woman you love is being cold, stand-offish and acting like you mean nothing to her, it's very tempting to want to confront her and say something along the lines of, *"How you can be like this after everything we had together is beyond me? Doesn't our relationship mean anything to you? I just don't understand how you can be so cold. Yes, we've broken up but I still have feelings for you. How can you not have any feelings for me? How can you not care that I'm suffering so much? Is this what you want? To see me suffer? Well if it is, you have your wish, because I am suffering!"*

Secretly you may even be hoping she will feel so bad over her treatment of you that she will not only start treating you better, she will even say something like, *"I'm sorry! I didn't mean to hurt you. It's just that I still love you so much that acting like I don't care is the only way I could think of to try and get over you."*

You and her could then kiss and make up and everything would be perfect.

Yet, here's the thing.

Seeking pity and getting positive results is only something that happens in romantic movies.

In the real world, when a guy tries to make his ex feel pity for him, she feels turned off by his emotional weakness and his inability to cope with the break up like a real man.

She also tends to feel resentful towards him for trying to manipulate her into being nice to him.

Then, rather than treating him better from that point onwards, she instead acts even more like she

doesn't care about him.

So, don't bother trying to make your ex feel pity for how she's making you feel and focus instead on re-sparking her feelings of respect and attraction for you.

Another mistake to avoid making is

2. Accusing her of being selfish

Even though you might feel justified in accusing your ex of being selfish, it's unlikely to make her see things from your point of view.

Instead, she will likely see your accusations as a sign that you're not emotionally mature enough for her.

She will then feel that she made the right decision to break up with you (i.e. because you're now coming across as a childish, immature ex and she doesn't want anything more to do with you).

So, if you truly want to get her back, the best way to go about it is by showing her that she made a mistake by breaking up with you.

How?

One way of doing that is by maintaining control of your emotions around her no matter what she says or does.

As a result, she will realize that you're being the kind of man she always wanted you to be (i.e. confident, emotionally strong and someone she can look up to, respect and feel proud to be with).

When that happens, she will start to feel drawn to you in a way that feels good to her.

Then, acting like she doesn't care about you stops being something she wants to do.

Another mistake to avoid making is

3. Asking her if she ever loved you or if it was all just fake?

When a woman is acting like she doesn't care about you after a break up, it can definitely make a guy wonder if she ever did.

However, asking a woman something along the lines of, *"Did you ever really love me, or was it all a big act?"* only causes her to feel even more turned off by him.

Why?

When a man is insecure about his attractiveness and value to a woman and has to ask whether or not her feelings for him were ever real, she loses respect and attraction for him.

Here's the thing

Women are naturally attracted to men who believe in themselves no matter what a woman says or does and they are turned off by the kind of man who needs a woman to make him feel worthy and like he's good enough.

So, don't put yourself in that position.

Believe in yourself and know that she loved you and if you focus on re-attracting her, she will easily love you again.

Another mistake to avoid making is

4. Interacting with her in ways that turn her off and expecting her to continue caring

A guy will sometimes feel so desperate to get his ex back that he will make all kinds of mistakes that actually turn her off even more.

For example: He mightâ

- Text or call her repeatedly to try and discuss the relationship with her.
- Send her flowers and cards apologizing for what happened.
- Ask her to tell him what he did wrong and how he can fix it.
- Beg and plead with her to remember the good times they once had and just give him another chance based on that.
- Pour his heart out to her and say things like, *âEven though you donât care about me, I will always care about you. My love for you is real and I will do whatever it takes to prove it to you.*â

He just canât stop himself from being that way because he thinks that heâs doing the right thing by showing her how committed he is to getting her back.

Yet, what he doesnât realize is that his behavior only convinces her even more that heâs not the right man for her.

She then digs in her heels and acts even more like she doesnât care, leaving him feeling confused and wondering what went wrong.

Hereâs the thingâ

If you want your ex to stop acting like she doesnât care about you and to get her back, youâve got to make sure that you start approaching her in a way that is going to be attractive to her.

Donât just expect her to change how she feels simply because you still care for her, because itâs not going to work on her.

What will?

Showing her via your actions, behavior, conversation style and the way you respond to her when she acts like she doesnât care about you, that youâre a new and improved man.

Youâre more confident and self-assured now.

You believe in your value to her and even though you do want her back, you donât need her back to feel good about yourself.

If you can display that type of confidence, she will naturally feel respect and attraction for you again.

When that happens, she canât stop herself from dropping her act and opening up to caring about you once again.

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When She Says She's Done With You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

3 common reasons why a woman will say that to a man she has broken up with:

1. She can see that he doesn't even know what to change to make her feel attracted

In most cases, a woman won't just break up with a guy the first time he does something to annoy her or turn her off.

Instead, because she still loves him, she will give him a chance, or even several chances, to change his behavior.

She may even give him some clues as to what is bothering her to help him figure it out.

For example: If one of the things turning her off is that he's too irresponsible, is stuck in a dead-end job and doesn't have any goals for his future, she might say things like, *"I saw this amazing course online that I'm sure you will love. Not only will it improve on your current skills, it also offers an internship when you're finished. Isn't that great? You can then quit your job and do something that will enhance your prospects for the future."*

If he takes notice and follows through on her suggestion, she will naturally feel a renewed sense of respect and attraction for him for understanding what she wanted him to change and then taking action.

However, if he just brushes off her suggestions and continues to make the same mistakes over and over again, she will eventually lose so much respect, attraction and love for him, that breaking up becomes her only choice.

The guy might then try to make her change her mind by offering to change things about himself that don't actually matter to her.

For example: He might say something like, *"Please give me another chance. I promise to be more romantic and take you out to fancy restaurants, rather than cafes or diners and I'll also buy you flowers and special gifts. I give you my word."*

Yet, that's not what she wants.

She wants him to be more responsible and focused in his life, not be more romantic or buy her things.

This only makes her think, *"He clearly doesn't get it. After everything I've said to him to try and make him realize his mistakes, he's still the same guy that he was before and if I give him another chance, he's not really going to change, because he simply doesn't know how, or even what to change."*

As a result she pushes him away and says things like, *"No. I'm done with you! It's over! Just go away and leave me alone."*

He's then left feeling hurt and confused and wondering things like, *"Why is she being so stubborn?"* or, *"Why won't she give me a chance when I've already promised to change?"*

Here's the thing!

If you want your ex to stop saying that she's done with you and give you another chance, you

first need to understand her real reasons for breaking up with you (e.g. you werenât manly enough in your behavior, you became too clingy and needy in the relationship with her, you lacked focus and direction in your life, you werenât able to give her the kind of attraction experience she really wanted so she felt more like your friend than your woman).

When you understand what actually matters to her and make those changes (rather than offering her things that she doesnât want), she then feels understood.

As a result, she stops saying that sheâs done with you and she instead opens herself up to the idea of exploring her new feelings of attraction for you.

On the other hand, if you keep offering to change things about yourself that donât really matter to her, she will continue saying that sheâs done with you and then getting her back will be a lot more difficult.

Another common reason why a woman will say that to a man she has broken up with isâ!

2. She's tired of him chasing a relationship for his own reasons, rather than making her feel the way she wants to feel

In your mind, you probably have lists of valid reasons why you and your ex should get back together again.

For example: Some of the reasons a guy might give his ex as a way of urging her to give their relationship another chance areâ!

- He still loves her and needs her.
- He canât function in his life without her.
- They had such good times together in the past and they can again.
- They are soulmates and theyâre meant to be together.
- His friends and family adore her.

Yet, hereâs the thingâ!

If a woman has lost respect and attraction for her ex, sheâs not going to care how good his reasons are.

Instead, sheâs likely going to be thinking things like, *âYes, Iâm sure all his reasons are true for him. Yet, what he doesnât realize is that from my perspective none of that matters, because I spent most of the relationship trying to show him how unhappy he was making me feel and to get him to change. So even though he wants me back, I definitely donât want to go back to the annoying, frustrating life I had with him. Also, if he really loved me the way he says he does, he wouldnât have hurt me in the first place and we would still be together. He would have cared enough to understand that his actions and behavior were making me feel fed up and he would have changed. However, he didnât, because he doesnât even have a clue what I really want. All he cares about is his own needs, wants and desires. Well, Iâm looking out for myself now and Iâm done with him!â*

Although knowing that your ex might be thinking things like that about you sucks, the good news is that her feelings arenât permanent.

You can change the way that she feels about you.

How can you do that?

By making sure that every time you interact with her from now on (i.e. on a phone call or in person), you are actively making her feel sparks of respect and sexual and romantic attraction for you.

Don't waste time trying to convince her to give you another chance based how you feel, because that is irrelevant to her.

What matters to her is how you make her feel.

For example:

Can she relax into thinking, feeling and acting like a feminine woman around you because you're being more emotionally masculine than her, or does she feel more like a neutral friend or roommate?

Does she look up to you and respect you as a man, or does she look down on you a little bit because she feels more emotionally dominant than you?

Does she feel like she would be winning by getting back with you, or does she feel like she would be doing you a favor if she gave you another chance?

When you start doing more of the things that make her feel attracted to you and less of the things that turn her off, your ex will quickly stop saying that she's done with you.

Even if initially she tries to hide it, she won't be able to stop herself from feeling bursts of respect and attraction for you again for making her feel the way she wants to feel when she's with you.

When that happens, her defenses will come down and she will naturally begin to wonder about what a relationship with you would be like this time around.

Another common reason why a woman will say that she's done with a man is

3. He's been trying to get her back via text and has turned her off or annoyed her because of it

Sometimes a guy believes that he stands a better chance of convincing his ex to give him another chance if he asks her via text.

This is especially true if his ex has been cold and distant towards him over the phone and has stubbornly been refusing to meet up with him in person.

He might then think to himself, *"Well if I can't make her listen to reason any other way, at least she can't run away from a text. She'll have to read it and when she sees that I'm being sincere and that I really want us to work things out, she'll hopefully stop being so stubborn and closed off and give me another chance."*

He then proceeds to send her walls of text messages saying things like, *"I'm sorry. I know I'm stuffed up, but I will make it up to you if you give me one more chance,"* or *"What we had was special and I will do whatever it takes to prove to you that things will be different between us, if we get back together again."*

Yet, when a woman has disconnected from her feelings for her ex, getting a text from him trying to get her to commit to a relationship only makes her pull away from him even more.

She might even feel a bit annoyed with him for trying to get her back via text and she may think something like, *"He's trying to convince me to give him another chance, but he doesn't even have the balls to do it face-to-face, or at least over the phone. It's like he was bored with his day and suddenly thought, 'Oh, let me text my ex and see if I can get her back,' just to pass*

the time! Well he can forget about getting another chance with me. Iâ€™m done with him!

Additionally, because she canâ€™t see his body language, hear the tonality of his voice, or judge his actions and behavior in person or on a phone call, she just assumes that heâ€™s hiding behind text messages, because he hasnâ€™t really changed or improved in any way and heâ€™s afraid to face her, where she will be able to see it for herself.

So, if you want your ex to stop saying that sheâ€™s done with you, stop trying to convince her to change her mind via text, where she can easily make up all sorts of negative stories about you because youâ€™re not there to prove her wrong (e.g. that youâ€™re feeling nervous and insecure, youâ€™re still stuck at the same level you were at when you and her broke up).

She needs to see for herself that you really are a new and improved man and that can only be done in person.

So, focus on that and you will see that reactivating her feelings of respect and attraction for you is actually easier than it seems.

Common Problems That Guys Encounter When a Woman Says Sheâ€™s Done With Them

Chances are, if your ex is saying that sheâ€™s done with you, youâ€™ve likely encountered some of the problems below.

Letâ€™s look at why sheâ€™s behaving in these ways and what you can do to change it!

1. She won't listen to your point of view and give you a chance to explain

Even though you likely have many good reasons and explanations for what happened in the relationship with your ex, itâ€™s unlikely that she will care what they are.

Why?

Essentially, when a woman has lost respect and attraction for her ex, she becomes closed off and unwilling to see things from his point of view.

So, how can you change all that?

By making sure that every time you interact with her from now on, youâ€™re actively re-sparking her feelings of respect and attraction for you.

Donâ€™t waste time explaining and trying to convince her.

If she doesnâ€™t fully respect you at the moment, your efforts to persuade her to give you a chance to explain will fall on deaf ears.

So, focus on changing how she feels and her mind will then change without you having to sweet talk her.

Another way your ex might be behaving and what you can do to change it is!

2. She has been sticking to her decision no matter what you have said to her

If your ex is coming across as stubborn and closed off, itâ€™s possible that youâ€™re feeling hopeless and despondent right now.

You may even be thinking things like, *“Why won’t she bend a little and just give me a chance to prove to her that things can be different between us? After everything we shared together she could at least give our relationship one last chance to survive.”*

However, here’s the thing!

A woman will only behave like that when her ex hasn’t been doing anything to re-spark her feelings of respect, sexual attraction and love for him.

All he has been doing is trying to convince her to change her mind, but he’s not making her feel motivated to want to do that, so she keeps saying, *“No. I’m done with you.”*

So what should you do instead?

You need to replace her negative feelings for you (e.g. anger, annoyance, disappointment) with positive ones (e.g. respect, sexual attraction, love).

The more she feels drawn to you in a way that feels good to her, the more open she’ll become to changing her mind and giving you another chance.

Another way your ex might be behaving and what you can do to change it is!

3. She has lost interest in communicating with you

When a woman cuts herself off from her ex (e.g. she unfriends him on social media, blocks his number on her phone, refuses to meet up with him in person), it’s usually her way of fully getting over him and moving on.

So, what is the best way to handle an ex who has lost interest in communicating with you?

You need to show her that you’re not going to become insecure and self-doubting (e.g. by not begging and pleading with her to give you another chance and instead focusing on having a good time without her and posting photos on social media for her to see).

Instead, you believe in yourself and in your value to her regardless of whether she’s talking to you or not.

When she sees that you’re not crumbling because she’s ignoring you, she will naturally start to feel some respect for you again.

She may then unblock your number or friend you again on social media and wait for you to make the next move.

Another way your ex might be behaving and what you can do to change it is!

4. She is tired of trying to make the relationship work and doesn’t see the point anymore

A woman will usually give her guy more than one chance to change and improve before she gets fed up and decides to break up with him.

That’s why, him trying to make her change her mind by begging, pleading, promising to change and telling her how much he loves her, won’t easily change her mind.

Instead, she will remain closed off and say things like, *“No. I’m done with you. It’s over.”*

So, if you want to change that, you need to show her (not tell her) that you really have changed and

improved in some of the ways that matter to her.

You don't have to become perfect.

Just better.

Then, when she experiences the new you for herself, she will naturally feel some respect and attraction for you again.

She then starts to feel curious about what it would be like to give you another chance, so she drops her guard and allows you back into her heart a little bit.

All you need to do then is prove to her that she made the right decision by being the man she always wanted you to be.

She will then reciprocate by being a loving, devoted woman who wants to stick with you for life.

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Breaking Down My Ex's Emotional Walls

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

5 reasons why a woman will have her emotional walls up with an ex:

1. She can see that he doesn't understand what she truly wants

After a break up, some guys try to get an ex woman back by promising to fix things that don't even matter to her.

For example: A woman might feel too emotionally dominant over her man (i.e. she can push him around, get her way with him even when she's being a brat, dominate him during a conversation, make him feel uncomfortable with her very confident personality).

As a result, she can't look up to him and respect him because he is emotionally weaker than her.

Then, when she breaks up with her boyfriend, he might start saying things like, *"I will do whatever you tell me to do to make you happy"* or, *"I'm sorry, it's all my fault. I should have treated you better. I promise to make you happy from now on. Just tell me what I need to do and I'll do it."*

He hopes that he is somehow saying and doing what she wants to hear to convince her to give him another chance.

So, when she doesn't open back up to him and instead puts up an emotional wall that he can't break through anymore, he feels confused and lost.

He might then ask himself, *"Why is she being so unresponsive? What am I doing wrong? What will it take to break down her emotional walls? I love her so much. Doesn't that mean anything to her? How could she go cold on me like this? She used to really love me? Why isn't she opening up?"*

The answer is simple!

A woman will remain closed off to her ex if she gets the sense that he doesn't understand what she truly wants.

She will get that sense if he is trying to get her back by offering things that she doesn't even care about (e.g. to treat her better, when she really wants him to be more ballsy and make her feel like she needs to treat him better).

Another possible reason why a woman will have her emotional walls up with an ex, is

2. He's trying hard to understand her, when what she really wants is for him to attract her

Sometimes a guy will spend days, weeks or even months trying to understand what his ex woman is thinking, so he can then crack the code and get her back.

As a result, he over-analyzes everything she says or texts him, to hopefully find a clue about why she's staying closed off to him.

Yet, what he doesn't realize is that women are like an endless puzzle that cannot be solved by trying to put all the existing pieces together.

When you put all the pieces together, a woman changes the puzzle and you're back to where you started.

So, the secret is not to try to put a woman into a fixed arrangement of behavior and thinking.

You have to let her be free to be an ever-changing woman, without trying to understand her.

When a man allows a woman to be like that, she will feel instinctively drawn to him and won't want to leave, because he is one of the rare men in this world who can allow a woman to think, feel and behave like a real woman (e.g. unpredictably, emotionally, without having to make sense, illogically, irrationally).

Women can be sensible, rational and logical of course.

However, when it comes to a romantic, sexual relationship, a woman wants to be free to be feminine. Being feminine is different to being masculine.

Generally speaking, being feminine is about going with how she feels, changing her opinion in the moment, being unpredictable in how she behaves and so on.

On the other hand, generally speaking, being masculine is about going with what makes sense, having an opinion based on facts and being more stable in terms of behavior and feelings.

So, if a guy tries to make a woman fit into a nice, predictable pattern of thinking and behavior, she will continue to change (e.g. one day she gets annoyed with him for calling her and the next day she is happy to hear from him), leaving him feeling confused and not knowing what to say or do to please her.

This is why, if you want to break down your ex's emotional walls, you need to forget about trying to understand her and focus instead on making her feel drawn to you.

Women tend to go with how they feel, so don't try to get her to understand your logical reasons why you and her should be together.

Make her feel attracted and drawn to you and she will flow with that.

So, when you interact with her, on the phone and especially in person and make her feel sparks of respect and sexual attraction for you (e.g. by being more of a challenge, using humor to ease the tension she's feeling, maintaining your confidence with her even when she's being stand-offish and distant) her emotional walls will naturally come down because she feels drawn to you and wants to open up to you in the moment.

Another possible reason why a woman will have her emotional walls up with an ex, is that

3. He has been trying to get her to commit to a relationship right away, even though she's not attracted yet

If a woman's ex guy keeps talking about the relationship and how he wants to fix things so they can get back together, it's understandable that she might put up some defensive walls.

The fact is, unless a woman is still in love with her ex, feels that the break up was a big mistake and wants to get back together again right away, she won't feel comfortable being pushed back into a relationship.

When her ex is pushing for a relationship, she will be thinking things like, *"I just want to take things slow for now and see where it leads to. Maybe we can get back together again and maybe we can't. I don't know yet. I kind of feel drawn to him, but I don't know. I don't want to jump back*

into a relationship with him just because heâ€™s pushing me, only to discover that nothing about him has changed and improved. If I do that, I'll then have to go through the trauma of breaking up with him all over again.

As a result, she will remain guarded and put up a wall that her ex can't seem to get through.

So, if you want to get her back, don't put any pressure on her to commit to the idea of a relationship. Instead, just focus on making her feel sparks of sexual and romantic attraction for you whenever you interact with her on the phone or in person.

Let her truly experience the new and improved you, so she wants you back for her own reasons (e.g. she's attracted to you again and worried that if she doesn't give you another chance, you might move on with a new woman), rather than trying to pressure her into making a decision and pushing her further into her shell.

Another possible reason why a woman will have her emotional walls up with an ex, isâ€¦|

4. Heâ€™s stuck in the friend zone with her now

A guy will sometimes remain friends with an ex as a way of getting her back, which can work if he approaches it correctly.

Unfortunately, many guys don't know how to use a friendship with their ex woman to get her back, so they end up being friend zoned while she moves on and starts sleeping with new men.

This happens because the guy is simply being friendly towards her, rather than using the so-called friendship as an opportunity to make her feel sexually attracted and turned on.

For example: A guy might think, *â€œIf I stick around long enough and be her nice, reliable friend who is always there for her, she will realize that no-one else is as devoted to her as I am. She will then see that she made a mistake by breaking up with me and we can get back together.*

Yet, what he doesn't realize is that rather than convince a woman to give him another chance, his approach causes her to remain closed off.

Why?

Thereâ€™s no sexual attraction and respect to make her feel motivated to want to open up to him emotionally.

She doesn't see the point of opening herself back up to a man that she can't see a romantic, sexual future with.

She's not looking for a friendship.

She's looking for a sexually attracted, romantic relationship that causes her to fall more and more in love over time.

So, if you want to break down your exâ€™s emotional walls, you need to use the so-called friendship that you now have with her to re-attract her sexually and romantically.

This means you need to change your approach from being her nice, neutral friend to using interactions to turn her on sexually, so she actually has a reason to get back into a relationship with you.

Another possible reason why a woman will have her emotional walls up with an ex, isâ€¦|

5. He's giving her logical reasons why they should get back together again, rather than making her feel it

A guy might sometimes try to convince his ex to get back together again by giving her many logical reasons why the relationship can be saved, or why they are meant to be together.

He might say things like, *“Can’t you see that what we had together was one of a kind? We have such a special connection. I’ve never felt that way with any other woman and I know that you never felt that way with another guy. You used to always tell me how much you loved me. How can you now forget that? Sure we had some problems, but don’t all couples disagree sometimes? Having a few arguments or problems doesn’t mean we should just throw everything away. In fact, if we don’t quit now that the going is rough, our relationship will be even better than it was before. We’ll prove to everyone that what you and I have is indestructible. We’ll be one of those couples who have made it through a rough patch and have fallen more in love as a result. That can be us. So, just give me a chance. I love you more than anything. Just give me one more chance to make it right.”*

Alternatively, he might use excuses like, *“We need to be role models for our friends and family. They all thought we were perfect together and if we give up now, we would be proving to them that relationships are hard to keep together these days. That would be so sad to disillusion everyone just because we’re going through a small bump in our relationship. We owe it to them to at least try and work things out. People look up to you and me. We’ve got to show them that we can do it.”*

Essentially, he's hoping that if his argument is good enough, she will change her mind about breaking up.

Yet, regardless of whether his argument is valid or not, trying to convince a woman to stay in a relationship that she doesn't want only makes her put up more walls to protect herself.

Here's the thing:

A modern woman doesn't want to stay in a relationship with a guy out of a sense of duty, or because she feels guilty about leaving him behind.

She wants to be with him because he makes her feel good right now and from now on.

So, if you want to break down your ex's emotional walls and make her want to get back together again, you need to stop trying to convince her to give you another chance based on logical reasons.

Make her feel attracted and in love with you again as you talk to her and she will then want to give you another chance based on how she feels now.

3 Common Problems That Guys Encounter When Trying to Break Down an Ex's Emotional Walls

After a break up, a woman usually won't make it easy for her ex to get her back right away (e.g. because she doesn't want to seem too easy, she wants to see if you're emotionally strong enough to break down her walls).

So, at the moment, you might be facing one or more of the following problems:

1. She isn't listening to your point of view

From your point of view, there are many good reasons why you and her should get back together.

Your point of view is based on your intense feelings of love and attraction for her.

Yet, her point of view is based on her feeling turned off and repelled by you at the moment.

This is why you shouldn't be aiming to get her to understand your point of view because she just won't see it your way based on she's feeling at the moment.

If you keep trying to get her to bring her emotional walls down and open up to you, she will keep pushing you away.

Then, to avoid getting back with you, she will force herself to begin moving on by flirting with and potentially hooking up with a new guy.

So, focus on making her feel a renewed sense of respect and attraction for you, rather than trying to get her to understand your point of view.

Your point of view is based on your feelings for her and need for her.

If you want her point of view to change, then change how she feels by changing your approach to her.

Another problem you might be experiencing with her isâ€¦!

2. She treats you like just a friend now, or worse, like a stranger

This usually happens when a guy makes the mistake of being on his best behavior around his ex.

For example:

- He talks to her in a nice, polite way.
- He pretends that heâ€™s not sexually interested in her anymore, so he doesnâ€™t flirt with her to create sexual tension.
- Heâ€™s too serious around her, rather than using ballsy humor to make her laugh, relax, open up and feel attracted to him again.

Without feelings of respect and sexual attraction, a woman doesn't feel motivated to bring her emotional walls down and get back with a guy.

So, make sure that you don't make the mistake of being extra nice, polite and sweet to hopefully make her see that you only want to be her friend.

You don't just want to be her friend.

You want a sexual, romantic relationship with her and the path to get to that is via sexual attraction.

Another problem you might be experiencing with her isâ€¦!

3. She doesn't care that you have changed

A guy will sometimes try get another chance based on telling his ex woman that he has changed.

For example: If his girlfriend broke up with him because he was too needy and insecure in the relationship, he might say something like, *â€œLook, I really have changed. Iâ€™m a different man now. I promise, I don't feel needy anymore. All of that has gone. I'm so much more confident now. If you give me another chance, I will prove it to you.â€*

Sometimes that can work, especially if a woman can sense that her ex has changed and she is already feeling attracted to him because of it.

Yet, if a woman can sense that her ex has only slightly changed, or hasn't changed and is hoping to trick her into giving him another chance, she will close up and reject him.

Additionally, in many cases, a woman won't want to hear about how her ex has changed.

Why?

To some women, saying, *"I've changed. Please give me another chance"* annoys them because you're essentially looking at her as being in the power position.

Women don't like it when guys feel desperate for them and try hard to get a chance.

What women find attractive is when a man believes in himself and doesn't need a woman to tell him that he is good enough.

He knows that he is good enough and just gets on with interacting with her, attracting her, turning her on and moving to a hug, kiss and then sex.

Remember: Women like to go with how they feel, so if you make her feel attracted and turned on, she will drop her guard and open up to you.

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My Girlfriend Broke Up With Me and Said That I Needed to Grow Up

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 possible reasons why a woman will say that when breaking up with you:

1. She matured faster than you during the relationship

Some guys mature faster than women, but for the most part, women tend to grow up and mature faster than guys.

This natural occurrence ends up leading to a lot of heartbreak for guys all over the world, when the woman they love eventually says something like, *“Sorry, but it’s just not working out. I’m breaking up with you.”*

Here’s the thing:

For a relationship to last past the initial lust and falling in love phase, there needs to be more than just a superficial attraction between the man and woman.

In other words, although they might be physically attracted to each other and enjoy each other’s company initially, that won’t be enough to keep the relationship together for life.

For a relationship to last past the initial phase, a couple needs to connect on a much deeper level.

For example: They need to

- Ultimately want the same things in life (e.g. to get married, settle down and start a family together, or to pursue a career, or to go traveling) and be heading towards that slowly, but surely.
- Have a big goal or dream in life that they’re working towards achieving together, rather than just hanging out and wasting time as boyfriend and girlfriend.
- Have similar beliefs and values (e.g. prefer to stay at home and focus on studies or work, or prefer to party and living a carefree lifestyle).
- Be able to feel more and more respect for each other over time, based on who they are becoming together in the relationship and individually.
- Feel like life is getting better together, rather than getting worse.
- Be happy and hopeful about a future together, rather than miserable and unsure.
- Grow up and begin to experience new levels of life together, rather than remaining stuck at the same level for many years, while friends and family move on to new levels.

So, when a woman discovers that she is maturing a lot faster than her boyfriend (e.g. She’s ready to settle down, but he isn’t. She has big dreams of where she sees the relationship going in the future, but he can’t seem to decide what he really wants. She is making progress in life, but he keeps failing at what he’s doing or procrastinating and wasting time), then she may start feeling like they are no longer well matched.

Initially, she might hang around for a while in the hope that he will begin to grow up and mature like her, but if he doesn’t, she will eventually lose too much respect and attraction for him to want to stay in a relationship.

At that point, she will break up with him and say, *“I’ve given you plenty of chances, but you never chance. You really need to grow up. I’m not sticking around any longer to wait and see if you will. It’s over now. I’m breaking up with you. I’ve had enough. So, goodbye.”*

Another possible reason why your girlfriend broke up with you and said that you needed to grow up isâ€¦!

2. You were too emotionally sensitive

There’s nothing wrong with feeling emotions as a man, but when you become too sensitive, a woman starts to lose respect and attraction for you.

Of course, that’s not what the mainstream media will tell you.

Every day, guys are bombarded by messages (e.g. TV, magazines and the internet) telling them that women want to be in a relationship with a nice, sweet, dependable guy who listens to them and can express his emotions like women do.

Yet, in reality, women are most attracted and in love when they are with a man who feels emotions, but remains in control of them like a man.

Unfortunately, a lot of guys don’t understand that, so they assume that a woman will be okay with him becoming more and more emotionally sensitive as the relationship goes on.

Yet, she won’t.

Eventually she will want to break up with himâ€¦!

Of course, he can get her back after the break up if he changes his approach and re-attracts her.

Yet, a lot of guys just don’t do that.

They end up using the same old, emotionally sensitive approach that turned her off when in the relationship.

For example: Some of the ways that an emotionally guy will turn a woman off in a relationship areâ€¦!

- Becoming very clingy and needy because he thinks that his girlfriend will be impressed at how devoted he is to her.
- Getting emotional or sulking like a boy when they have a disagreement.
- Blowing everything out of proportion when they have a fight (e.g. start worrying and thinking, *“She doesn’t love me anymore! I’m losing her!”* or, *“She’s going to break up with me. I can feel it!”*) and then begin to panic and stress around her.
- Crying to her when he is facing challenging problems in life.
- Cuddling into her like a boy would cuddle into his mother.
- Complaining about having to be responsible like an adult.
- Acting childish or immature around her family and friends.
- Trying to stop her from spending time with anyone but him.

As a result, he ends up getting dumped by his girlfriend and then wonders things like, *“I don’t get it. I was completely devoted to her and I love her with all of my heart, but she broke up with me and said I needed to grow up. How could she just turn her back on me like that? I thought she loved me.”*

Here's the thing!

What he doesn't understand is that almost all women feel turned off by emotionally weak, insecure men.

So, even though he assumed that he was doing the right thing (i.e. because he saw guys acting like that in movies, or in music videos), he wasn't.

In the real world, women don't continue to respect and feel attracted to guys who can't grow up and be more of a man all the time.

You have to man up, or they will step down as your girl.

It's as simple as that.

Of course, some women are okay to stay with a guy who isn't manning up, but it's usually because the woman needs him to help pay the rent with her, enjoys having sex with him or is insecure about her attractiveness and doesn't want to get out into the dating scene again.

Yet, pretty much every other woman will eventually dump a guy who doesn't grow up and become more and more of a man over time.

One of the most important parts of becoming more of a man is to gain more and more control over your emotions.

In other words, to become less and less like a boy who would cry or get upset when something happened.

Why is that important to women?

Even though women act like they are strong these days and don't need a man to take care of them, they still feel vulnerable in this world.

This is why women all over the world feel attracted to men who are confident, emotionally strong and able to cope with whatever life throws at them, rather than settling for an emotional weak or sensitive guy who makes them feel like they have to take care of him because he can't manage on his own.

So, when a guy becomes too emotionally sensitive in a relationship, a woman instinctively starts to lose respect and attraction for him.

If she wants to save the relationship, she might throw some hints his way by saying things like, *"You're being so childish! Just grow up will you?"* or, *"Why do you act like such a baby sometimes? I don't like it"* or, *"You need to be more manly. When I first got with you, I didn't think you'd end up acting like this."*

She will hope that he'll listen, make some adjustments to his thinking and behavior and let her see that he is capable of becoming more and more of a man over time.

Yet, if he doesn't catch on and continues with his wimpy, emotional behavior or adds to it by asking things like, *"Why are you doing this to me? Don't you love me anymore?"* or, *"What can I do to make you happy? You know that I wouldn't be able to cope if you ever broke up with me, right?"* it will lead to her breaking up with him.

Another possible reason why your girlfriend broke up with you and said that you needed to grow up is!

3. You became too clingy

Sometimes a guy will start off a relationship by being confident and self-assured, only to slowly begin doubting his attractiveness to her as time goes on.

As he begins to feel insecure about her desire for him, he may start thinking things like, *“What if she finds another guy who is better than me (e.g. more good looking/has more money/is more successful) and then decides to break up with me? I wouldn’t be able to cope without her. I’ve got to make sure that I spend as much time with her as possible, so she doesn’t have a chance to meet any other guys.”*

Yet, rather than making her think, *“Oh, how sweet! My guy loves me so much he has made me the centre of his world. He only wants to spend time with me and doesn’t want anyone else to spend time with me. He must love me so much! I am so lucky!”* a woman will feel smothered by his clinginess and turned off by his insecurity.

Of course, even though being clingy is unattractive to a woman, she usually won’t break up with her guy right away.

Instead, a woman will usually try to encourage her boyfriend to be more emotionally independent by suggesting that he spend more time with his friends, focus more on his goals and dreams, or take up a new hobby or sport.

If her guy ignores her hints and continues being clingy and needy, she will continue to lose respect for him.

Eventually, when she can no longer respect him, she will stop feeling attracted to him and then fall out of love with him.

At that point, she will then break up with him and try to find herself a more emotionally mature, emotionally secure and emotionally masculine guy.

Another possible reason why your girlfriend broke up with you and said that you needed to grow up isâ€¦!

4. You expected her to take care of you

For a woman to maintain respect and sexual attraction for her man, she has to feel as though he is the man and she is his girl.

So, if her boyfriend starts to behave in ways that make her feel more like his mother, or big sister, who essentially has to keep saying to him, *“It’s okay sweetie, I’m here for you. Don’t worry about anything, because I will take care of everything for you. You just sit back and relax and I’ll make all the decisions. I’ll take care of us”* she will begin to feel more emotionally dominant than him.

As a result, she will stop thinking, acting and behaving like the feminine girl she wants to be and instead, start wearing the pants in the relationship like a man.

Here’s the thing!

A woman doesn’t want to be the boss in her relationship with a man.

There are some women who do like being the boss, but they are in the minority.

Most women who you see as being in the boss role in a relationship with a man are secretly

disappointed at how they ended up with such a wimp.

In many cases, the woman will say with her man even though she is wearing the pants, but she won't want sex and if he wants sex, he will usually have to suck up to her, do chores around the house and live up to all of her expectations to get any.

On the other hand, a man who takes on the boss role in a relationship and allows his woman to be his girl will enjoy a completely different relationship dynamic.

She will feel sexually attracted to him, initiate sex, treat him well and want to impress him by doing housework, cooking and looking sexy and pretty for him.

Of course, you won't hear many women admit that when asked because they are embarrassed to admit what they really want.

So, you just need to look at the women who are the happiest and most in love with their man and you will see that he is the man and she is his girl.

She looks up to him and respects him as her man and he loves her and respect her as his woman.

Yet, they are not equals in terms of dominance.

He is the more dominant one and she loves it.

Despite what you may hear on politically correct TV shows, the majority of women want to be with a man who is more emotionally dominant than her, thus allowing her to relax into being an emotional, vulnerable, feminine, girly kind of woman, rather than having to 'man up', be the emotionally strong one and take care of him.

So, if a woman feels as though she has to hold her boyfriend's hand and guide him through life like he is a lost little boy, she will not only feel turned off, but she will also lose too much respect for him as a man to want to stay in a relationship.

She will then try to find herself a man who knows how to be a man and loves being a man, rather than sticking with a guy who wants to be protected by a strong woman.

Strong women want a man who is even stronger than themselves (emotionally).

Yet, most strong women struggle to find that, so they end up accepting men who aren't as strong as them, but always secretly hoping that they will meet a man who is stronger.

If a strong woman meets a man who is emotionally stronger than her, she will feel an intense attraction for him and if her current relationship is going downhill, she will almost certainly open herself up to him and then leave her boyfriend.

This is why, as a man, it's absolutely essential that you get your emotions under control.

You've got to be emotionally strong and never try to cling to your boyhood weaknesses.

You've got to develop past that and become a man that a woman can look up to, respect and feel safe with.

If you do that, women simply don't want to leave you.

Another possible reason why your girlfriend broke up with you and said that you needed to grow up is

5. She got tired of noticing that the boyfriends or husbands of her friends (or family

members) were much more emotionally masculine and emotionally mature compared to you

Most women like the idea of being with a man they can look up to, respect and feel proud of to show off to her family, friends and coworkers.

So, if a guy acts more like a child around her and other people (e.g. throws tantrums or sulks when things don't go his way, says inappropriate, childish things in front of her friends, family or even her boss, behaves like a shy boy, acts very cute like a boy), she will start to feel embarrassed to be called his girlfriend.

If she also happens to notice how happy and proud her girlfriends, coworkers, sisters or cousins are of their boyfriend or husband, she will begin to wonder why she's wasting her time trying to make things work with a guy who is too childish and immature for her.

Then, rather than put up with his lack of emotional maturity anymore, she will simply break up with him and say, "You need to grow up!"

3 Mistakes to Avoid if You Want Her Back

1. Promising that you will grow up and be more manly, if she just gives you a chance to prove it

For most women, promises aren't what she needs to hear from her ex to want to give him another chance.

Why?

He has likely promised things to her before that he wasn't able to follow through on, so why should she believe him now?

So, what a woman needs is for her ex to make her feel differently by actually changing the way he interacts with her from now on (e.g. by being more emotionally mature, manly, responsible), without trying to get her to commit to a relationship.

Clearly he wants to have a relationship with her, but if she gets the sense that a relationship is his number one priority, she will close up.

She will feel as though his efforts to be more manly are selfish and are simply about him trying to get her back.

This is why, you need to man up and start making her feel attracted to the new and improved you, without trying to push for a relationship.

Make her want you back naturally, rather than making her put her guard up because she feels as though you're trying to force her into giving you another chance.

So, if you want your ex to give you another chance, don't bother making promises to her that you will change if she gives you chance.

Instead, focus on showing her (not telling her) that you've fixed your emotional issues (i.e. your emotional immaturity) and have already begun to transform into the type of man she wished you were all along.

The next mistake to avoid is!

2. Feeling entitled to another chance because she used to say that she would always love you

After getting dumped, a guy might think, *How could she do this to me? She said she would love me forever. So, she owes it to me to give me another chance to make things right between us. She can't just walk away from me like this. She promised to love me forever.*

Yet, although he makes a good point, it's just not how a woman works.

Women say things based on how they feel in the moment, which is why you can't take a woman's promise seriously

A woman can literally say, *"I promise to always love you no matter what"* based on her feeling attracted and in love with you.

Days, weeks or months later, she can then *"I hate you. I never want to see you again"* based on not feeling attracted and in love with you.

That infuriates some guys, but it's just how women are.

Women aren't the same as men, even though the politically correct media will try to suggest that they are.

Women are unreliable promise makers because they based their promises on what they feel, rather than on their honor.

When a man makes a promise, he wants to keep it because he wants to be a man of his word.

Yet, when a woman makes a promise, it's just what she is saying based on how she feels.

She doesn't need to be a woman of her word and be a strong, reliable figure for her man to look up to and follow.

She just has to be his girl.

So, if your girlfriend promised that she would love you forever, you need to stop looking at that as a legitimate promise.

It's just based on how she felt at the time.

If you want to get back, you have to make her feel a renewed sense of respect and attraction for you who you are now.

When she feels respect and attraction for you again, her thoughts and behavior will change and she will open back up to you.

So, don't try to get another chance with her because you think she owes you it based on a promise she made when she was in love.

Get her back based on how attracted you make her feel now.

That's how it works with women.

The next mistake to avoid is

3. Seeking pity for how lost and lonely you feel now that she doesn't want to be with you

When a guy feels hopeless and lost about how to get his ex girlfriend back, he might try make her feel sorry for him based on how lonely and sad he is now that she's gone.

For example: He might cry to her over the phone, or in person and say things like, *“Canâ€¢t you see that Iâ€¢m lost without you?”* or, *“My life is a total mess now without you. I can’t function. I can’t concentrate at work. I think I might even get fired. I need you,”* send her sad texts, tell her friends or family how devastated her feels without her, or post sad status updates on social media.

Yet, rather than making her think, *“I never realized how much he really needs me. Maybe I was too hasty with my decision. Based on his need for me, I should give him one more chance,”* she thinks something along the lines of, *“This is exactly what I mean when I said he needs to grow up. He’s acting like a little boy who needs me to bail him out of his unhappiness. Well, maybe I took care of him in the relationship, but now. We’ve broken up now and his pity meâ€¢ act has only convinced me that I made the right decision by calling things off. Iâ€¢m now going to focus on finding myself a real man and moving on.”*

So, if you truly want to get your girlfriend back, the best approach is to interact with her (over the phone and especially in person) and reactivate her feelings for you by displaying some of the traits that sheâ€¢s been looking for in you in all along (e.g. confidence, emotional maturity, emotional masculinity).

Don’t tell her, *“Hey, I’ve changed”* and essentially ask, *“Can you give me another chance now?”* That approach rarely works.

You’ve got to change and then not push for a relationship, so she naturally begins to think, *“Hmâ€¢ why do I feel like I want him back all of a sudden? I miss him. Maybe I should give him another chance.”*

You then agree when she suggests giving the relationship another chance, so it’s essentially her idea and what she wants.

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We Broke Up Because She Couldn't Commit

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 common reasons why a woman will do that:

1. She wasn't completely attracted to who you were being in the relationship

Sometimes a woman will get into a relationship with a guy because he seems to have some of the qualities and personality traits she is looking for.

For example: At the start of the relationship, he came across as being confident and emotionally masculine.

His confidence and emotional masculinity (i.e. he wasn't an emotional wimp) made her feel positive emotions such as respect, attraction and safety.

She was able to look up to him as her man.

As a result, she may have thought along the lines of, *"I think he might be the one for me. He makes me safe when we're together. I love that he's so confident and emotionally strong all the time. It allows me to relax and be a real woman when I'm with him, rather than having to be on my guard all the time and worry about having to take care of him because he doesn't believe in himself, or can't cope with life's challenges. Maybe will get married and start a family. That would be fun. I love him and he loves me, so it only makes sense that we would go down that path. I'm looking forward to seeing what happens!"*

Yet, as the relationship progressed, she began to see that his so-called confidence was just an act to get her into a relationship.

She also began to realize that he only felt confident if she showed him love, attention and affection.

If she started to pull back and not be as loving, attentive or affectionate, he automatically began to feel insecure.

He then asked her things like, *"Do you still love me?"* or, *"Are you still attracted to me?"* or, *"What's wrong? Do you still want to be with me? Is there someone else? What is going on?"*

She also noticed that when he was faced with a big problem (e.g. at work, with family or friends, in their relationship), rather than facing it head on like an emotionally strong man, he usually crumbled under the pressure and struggled to cope.

Naturally, she then began to lose respect for him and started thinking things like, *"I really thought he was the one for me, but I see now that his outer persona that he showed me at the start isn't who he really is deep down. I honestly didn't see this side of him when I met him, or else I would never have gotten myself involved with him. He's now trying to make the relationship even more serious and committed, but I don't want that. Committing myself to him more would be such a big mistake because he's not a truly confident man that I can rely on. So, I need to break up with him now, before things go too far and we both end up getting hurt."*

She then breaks up with him and focuses on moving on by finding new guy who really is what he appears to be (e.g. confident, emotionally mature, emotionally masculine), rather than continuing a relationship with a guy that she can't fully respect, feel attracted to and love.

Another possible reason why your ex wouldn't commit isâ€¦!

2. She only ever wanted casual sex

Sometimes, a man and a woman will want very different things from a relationship.

For example: While a guy is busy falling in love with his girlfriend, imagining a great future together and thinking things like, *â€œShe's the one for me. I can see us being together for life,*â€¦ he fails to realize that her feelings and relationship goals are very different.

Even though she cares for him and enjoys his company, she's not interested in taking on the role of being a more serious girlfriend, fianc  or wife to him.

Instead, she's secretly thinking, *â€œI enjoy being in a relationship with a guy that I'm not emotionally attached to. That way, I can break up with him whenever I want and I won't be broken hearted. I enjoy having him around for sex, going out together and having fun, but I don't want anything more than that. If he can't sense that, it's not my fault. I've given him plenty of signs to show it.*â€¦

Of course, not every guy is experienced enough with women and relationships to be able to pick up on those signs.

So, if he misses the signs and keeps saying things like, *â€œWell, we've been dating for a long time now, so I think we should consider moving in together*â€¦ or, *â€œI love you with all of my heart. I really think we should get married. Will you please consider it?*â€¦ or, *â€œI can't wait to start a family with you. Our children will be so beautiful if they get your looks. Do you want a boy or a girl to start with?*â€¦ she will usually decide to break up with him, rather than committing to him any further.

Another possible reason why your ex wouldn't commit isâ€¦!

3. She was intending on using you as a rebound

Sometimes a woman will come out of a serious relationship with a guy and immediately get into another relationship to help her from missing her ex, or feeling brokenhearted.

Yet, in most cases, the rebound relationship is not with a guy that she perceives as being her ideal man.

Instead, he is usually the kind of guy who displays personality traits and behaviors that are the opposite of her ex.

For example: If a woman's ex was very confident in his attractiveness to women and it caused him to have a wandering eye, her rebound guy is more likely to be a bit insecure and clingy, so she can feel safe that he won't want to cheat on her.

She might justify her decision to date a guy who lacks confidence in himself by thinking, *â€œAt least I know that he won't be looking at other women while he's with me. He will be loyal and will even feel lucky to have me, so he will always put me first in his life and treat me like a princess. I need that now after the way my ex hurt me. I need to be loved and cherished.*â€¦

Yet, a guy who feels lucky to be with her and essentially lets her get her way all the time, isn't what she really wants.

If she's going to commit to a man for life, he will need to be very confident, as well as being the kind

of guy who truly loves her, cherishes her and wouldn't want to cheat on her.

So, if her new guy (the rebound) starts talking about moving in together, getting engaged or having children, she will want to break up with him because she knows that he's not the right man for her due to his insecurity and lack of skill when it comes to being able to make her feel attracted (e.g. he's too nice and gentle with her, but she likes a man who is more assertive, while also being a good man).

By the way!

If the rebound guy realizes his mistake (e.g. that he wasn't confident and emotionally strong enough for her, he was too soft) and quickly makes some adjustments to the way he interacts with her, he can easily get her back.

She will be impressed and shocked (in a good way) that he is now able to make her feel attracted in the ways that truly matter to her, which will then make her regret breaking up with him.

Another possible reason why your ex wouldn't commit is!

4. You weren't able to make her fall in love with you

Sometimes a woman will get into a relationship with a guy that she isn't truly attracted to, but will hope that he will be able to make her fall in love with him over time.

She thinks, "He's really sweet and I like how he makes me feel when we're together, but I don't really feel strong sexual and romantic feelings for him yet. To be honest, I see him more as a friend than a boyfriend at the moment. Maybe because he's too nice to me, or is just too neutral like a friend." I don't know, but that's what I'm feeling about him now. I'm willing to give the relationship a shot and see where it leads to. Maybe over time I will grow to love him more. Maybe this is how a relationship is supposed to be. I don't know, but I'm willing to give it a try."

She will then stick with him in the hope that she ends up loving him, as much as he loves her.

Yet, she never does.

Something is always missing and even though he's nice to her, she just doesn't feel like he is the one. Why?

In most cases, it will be because the guy was too nice, too gentle, too sweet or too neutral.

I explain that and give examples in this video!

Here's the thing!

Although there's nothing wrong with being a good man and treating a woman well in a relationship, if a guy goes overboard (e.g. lets her get away with bad behavior, bends over backwards to accommodate her wants and desires to the detriment of his own), she won't be able to fully respect him.

If a woman can't respect a guy, she won't feel attracted to him and then it becomes almost impossible for her to fall in love with him and want to commit to him.

Then, regardless of how good the relationship seemed to be (e.g. they never really fought, they got along well), she breaks up with him.

The guy is then left thinking, "What happened? I thought everything was fine! What the heck do women want?"

Unfortunately, he just isn't aware that getting along isn't the ultimate recipe for success in a romantic, sexual relationship with a woman.

There has to be a real spark between him and her, rather than it only being him who is truly attracted to her and in love with her.

Making a woman feel that way doesn't happen by just being good to her.

There's more to it than that.

By the wayâ€¦

This doesn't mean that a woman wants a man who treats her badly.

Instead, she just wants a good man who doesn't suck up to her all the time and place her above him in terms of value and importance.

She wants a good man who makes her feel as though she needs to impress him and live up to his standards, rather than her being the leader of the relationship.

This doesn't mean that a woman wants a man who puts her down and orders her around.

Instead, it means that a woman wants a guy who has standards and expects a woman to live up to them, while at the same time, treating her well, making her feel loved and enjoying a happy relationship together.

It's not about telling a woman that she isn't good enough and expecting her to do everything for you.

Instead, it's about letting her get the sense that, if she doesn't be a great girlfriend to you, then you could lose interest in her and dump her.

As a result, she wants to be a great girlfriend to you, so she can hopefully get you to commit to her.

Another possible reason why your ex wouldn't commit isâ€¦

5. She didn't like the relationship dynamic

Women are attracted to men who have the confidence, emotional strength and emotional masculinity to take the lead and do whatever is needed to make her feel protected and safe in the relationship with him, as well as in life in general.

So, when a man lets his girlfriend make all the decisions, falls apart when she's creating drama and cries to her like a woman or a child when things get tough, she instinctively starts to lose respect and attraction for him.

She might not consciously think, *â€œHmmâ€¦ I don't want to be in a relationship with him anymore, because I don't feel safe with him,â€* but she will feel it.

Her instincts will kick in and she will start thinking things like, *â€œSomething just doesn't seem right. I don't feel attracted to him anymore. I don't know what changed about him, but I don't like it. He's not the kind of man that I can settle down and feel safe with. I think he still has a lot of growing up to do.â€*

She will then break up with him, rather than committing to a guy who seems like he will get worse as times goes on (e.g. he'll become more insecure, more fragile, more needy).

Where Guys Go Wrong When Trying to Get an Ex Back Who Couldn't Commit

To get your ex back and make her want to commit, you need to use the right approach from now on. The right approach is to focus on re-attracting her and making her want you, without you actually pushing for a relationship.

Unfortunately, a lot of guys don't ever learn that, so they end up making one or more of the following mistakes!

1. Believing that the break up was about her fear of commitment

When a guy gets dumped by a woman who couldn't commit, he will often assume that it's because she has commitment issues.

Yet, in most cases, it's not about that at all.

In fact, most women want to commit and get onto the next levels of a relationship with a guy, even though they might not openly admit it.

Most women hate being left behind by their girlfriends who are getting engaged or married, or being the single sister when her siblings are happy in relationships, or being the single girl at work when everyone else is happy in a relationship or married.

Of course, in some cases, a woman does have commitment issues, but here's the reality of the situation.

If a woman with commitment issues meets a man who causes her to feel a tremendous amount of respect, attraction and love (much more than she's ever experienced before) she isn't going to have commitment issues.

She is going to want to be with him and only him.

This applies even if she is married and has been sleeping with a guy on the side.

If the guy on the side makes her feel more respect, attraction and love for her husband (that she is likely no longer in love with anyway), she will want to get a divorce to be with her new guy.

Likewise, if a woman has a boyfriend and is cheating on him with a new guy, she will leave her boyfriend and commit to the new guy if her feelings for him are much stronger.

So, when a woman doesn't want to commit to a guy, it's almost always because she's just not very attracted to him or in love with him.

He can change her mind by making her feel a renewed sense of respect and attraction for him and by attracting her in new and more appealing ways, but only if he changes his approach to her.

One the biggest mistakes that guys make when trying to get a woman back who couldn't commit, is that they use the same old approach to attraction that she wasn't interested in anymore to try to get her back.

As a result, she isn't inspired to give him another chance and keeps rejecting his attempts to get her back.

The next mistake is!

2. Telling her that he will wait for her no matter how long it takes

Waiting for her isn't the answer.

If your ex isn't attracted to you anymore, she's probably going to keep feeling that way about you and just fall in love with a new man instead.

Unfortunately, many guys don't realize that and end up saying something like this to the woman who is breaking up with them, *â€œI just want you to know that itâ€™s okay if you donâ€™t want to commit to me right now. I love you more than anything in life and I am willing to give you as much space as you need. I donâ€™t want you to feel pressured. Take all the time you need and when you feel ready to take our relationship to the next level, I will be right here waiting for you because I canâ€™t live without you. You are the woman I love. I've loved a woman as much as I love you. I will wait for 40 years if I have to. You are the only woman I want.â€*

He hopes that his ex will feel flattered and be impressed about how dedicated he is to her.

She will then come to her senses and they can then start over, get married and live happily ever after.

Yet, that's rarely how it plays out.

In most cases, a woman will feel turned off by what she perceives as her ex's lack of emotional independence (i.e. he can't be happy and fulfilled in life without her) and his inability to move on (i.e. he can't attract another quality woman like her because he got lucky with her and is now stuck on his own).

So, instead of running back to him if he waits for months or years, she just moves on.

Another mistake to avoid isâ€¦

3. Writing a long love letter or e-mail to her

As romantic as it may seem, writing a love letter (or e-mail) to an ex woman to tell her how much you still love her and want her back in your life, almost never changes her mind about being broken up.

Why?

When a woman has disconnected from her feelings for a guy, how much he loves her, misses her and wants her back just doesn't matter to her anymore.

Additionally, she also feels annoyed that he's going on and on about his feelings, while also trying to suck up to her by saying sweet things that he hopes will trick her into thinking she still loves him.

Yet, she doesn't love him anymore, so it doesn't work.

She sees his letter or email as being a soppy, out of place, ineffective, lost way to try to get her back.

As a result, she loses even more respect for him.

So, what should you do instead?

Don't try to be sweet and romantic if she doesn't have sexual or romantic feelings for you anymore.

Women only appreciate romance from men that they feel sexually and romantically attracted to.

So, the first step is to re-attract her, not be sweet and romantic by declaring your undying love for her, or trying to woo her with sweet words about love, soul mates or anything like that.

Another mistake that guys often make when in a situation like yours isâ€¦!

4. Trying to convince her that he would never break her heart and would always want to be with her, so she has nothing to worry about

Sometimes a guy will try to convince his ex to give him another chance by saying, *â€œYou have nothing to worry about if you commit to me. Maybe some other guy broke your heart in the past and thatâ€™s why youâ€™re afraid to commit to me, but I would never do that to you. I promise that I will always treat you like a princess. Youâ€™re the one for me and I would never do anything to hurt you or betray your trust. I promise. Please believe me. I am willing to take things slow if you want, but you have to believe me that I would never break your heart. I want you and only you.â€*

It sounds great, right?

Yet, hereâ€™s the thingâ€¦!

When a woman wonâ€™t commit to a guy, itâ€™s usually not because sheâ€™s worried about getting her heart broken.

Instead, itâ€™s usually because deep down, she feels as though the guy just doesnâ€™t know how to make her feel attracted in the ways that really matter to her.

Heâ€™s promising to never break her heart, but sheâ€™s thinking, *â€œYeah, but Iâ€™ll break your heart because I will definitely break up with you in a couple of years, or maybe sooner. So, Iâ€™m going to break up with you now, rather than wasting my time or your time.â€*

Nothing that he can say will change her mind.

The only thing that will change her mind is if he uses a different approach to attraction that changes how she feels.

That is what works.

×

[image]

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Should I Tell My Ex That I'm Getting Help to Work On My Issues?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

No.

Don't tell your ex that you're getting help to work on your issues and problems, because she doesn't want to hear about it.

Why?

Women don't want to be in a position where they effectively have to say, *"Good boy"* or, *"Good on you. I'm proud of you."*

It makes them feel like a mother figure or like a big sister in your life, which turns her off even more.

Women don't feel sexually attracted to the idea of being a mother figure to their man.

It's not sexy or attractive, so if you tell your ex that you're getting help to improve yourself and deal with your issues, it will simply make her feel more certain about wanting to move on without you.

Here's what you should do instead:

1. Just get the help, change quickly and get her back

If you're going to get help to fix your issues, just do it.

You don't need her to be patting you on the back and telling you that you're a good man for doing it.

Likewise, she's not going to be impressed about being reminded of the fact that you're trying to overcome issues (that other men don't experience) so you can possibly be man enough for her.

So, rather than telling her, just quickly learn from your past mistakes and get on with being the kind of man that she can naturally look up to and respect from now on.

For example: If one of your issues was being unable to control your anger and were always losing your temper, shouting, causing a scene or being overly jealous and controlling in the relationship, then focus on quickly fixing that.

Learn how to be more in control of your emotions (e.g. by realizing that there are more effective ways to respond to an annoying situation, such as using humor to diffuse it or walking away and discussing it when you are calmer) and start being the confident, emotionally mature man she always wanted you to be.

Here's a video of mine with an example!

Another example is if you had trust issues, resulting in you being emotionally closed off towards your ex (e.g. you never fully opened up to her, you were cold and distant towards her even in the relationship, you were unwilling to commit to her, you were holding onto things that hurt you in the past and bringing it into the relationship with her).

To begin getting past that issue, you need to understand that in a relationship, you have to be able to fully trust your woman without question.

If you can offer her that trust, the love between you and her will grow stronger, closer and more intertwined over time.

You will literally become inseparable.

So, even though you might feel as though you have good reasons for being emotionally closed off or insecure (e.g. youâ€¢ve been cheated on or hurt by other women before, you weren't loved as a child, you were abandoned, you were betrayed by a close friend or by an ex girlfriend), you have to be able to let go of the past because the past isn't her fault.

You need to let go of the past and allow yourself to fully trust her, so you can both fully open up to each other and experience true love that lasts a lifetime.

Fully opening up doesnâ€¢t mean that you now become wimpy and start pouring your heart out to her like a woman or a little boy would to a counselor.

Instead, it simply means that this time around, you are able to open up and discuss your feelings with her in a calm, rational and composed way like a man would (i.e. be sincere, get to the point and feel it, but don't be soppy or wimpy about it).

So, regardless of your past issues, just focus on quickly making some changes and adjustments and then let her experience the new you via the way you now talk, act, think, behave and react to her.

Show her (don't tell her) that you now have the ability to be the man she always wanted you to be (e.g. more emotionally available to her, less volatile, more emotionally mature).

When she sees that you really have changed (without needing her help or support and without needing to discuss it with her), she will automatically begin to feel respect for you again because you are your own man.

When she respects you and sees you as your own man, she will also start to feel sexually attracted to you again.

When that happens, it will then become a lot easier for her to reconnect with her feelings of love for you and want to give the relationship another try.

You can then guide her back into a relationship with you that is better and stronger than it was before.

2. Don't burden her with your struggles or the obstacles you are overcoming on your journey to become a better man

[image: Don't burden her with your struggles]

Who else is there to turn to during a difficult time in your life, other than the woman you love?

Itâ€¢s fine to turn to her when you and her are in love and are enjoying a close relationship, but not when youâ€¢ve broken up.

So, even though you are currently facing one of the biggest challenges of your life (i.e. overcoming your issues and preparing to re-attract her and get her back), you actually have to get through it without the help of your ex.

Why?

A woman just wants to be in love, rather than trying hard to make a relationship work with a guy who doesnâ€¢t yet understand how to be the man she needs.

So, if a guy discusses his struggles to become a better man with his ex woman, she isn't going to enjoy being seen as his support system.

For example: A guy might say something like, *â€¢This is really difficult for me. I've been dealing*

with these issues all my life, so it's not easy to just overcome them, but I've been learning. I've been getting help online and I've been thinking about going to a therapist. I'm glad that I still have you to talk to as well. You've always been there for me. I am determined to fix my issues this time and get us back together."

Yet, rather than make her think, *"Wow! Iâm so impressed that he's getting help to work on his issues. He also needs my guidance and support to get through it, which is so cute. I feel so flattered that heâs turning to me for support and guidance through this difficult time,"* she will probably feel annoyed that he's still trying to be the kind of man she wants, even after all this time.

If she has recently been flirting with new men and noticed that they don't have the issues her ex has, she is going to feel as though her ex is holding her back.

She will begin to see her ex as a guy who needs a lot of work and she probably won't feel the motivation to want to help him through that and stick around long enough for him to be 'normal'.

She may then begin to think, *"Even now after we've broken up, he still expects me to be there for him and give him guidance and support. Iâm tired of trying to help him grow up and be a man. I just want a man who is already a man and has grown out of his childhood issues. I want a man that I can look up to and depend on to be strong on his own, so I can then relax and feel safe in the knowledge that heâs in the lead and taking care of both of us, rather than me taking care of him."*

As a result, she might then decide to cut off contact with her ex and try to move on, or keep the lines of communication open and secretly begin moving on behind his back.

So, if you want to get your ex back, the best approach is to just get on with fixing your issues and using interactions with her as a way of making her feel surges of respect and attraction for you again. Keep your struggles to yourself and focus on making her laugh, smile and feel good to be around you again, rather than weighing her down with your issues.

When you can show her that youâre a different man now, (rather than trying to discuss every step of your difficult journey with her), she will naturally feel respect and attraction for you again, whether she likes it or not.

Even if she initially pretends that the new you doesnât impress her, deep down she will be feeling surges of respect for you for becoming a better man.

She will then begin to open back up to getting back with you and seeing how it goes.

3. Don't talk about your issues with her, unless you are able to look back and laugh about them

Once you have gotten help, worked on your issues and improved, thereâs no reason why you ever need to talk about it with your ex.

That's who you used to be.

Let the old you go and start being the new you.

You have changed.

Embrace the new you and let her experience that and only that from now on.

So, if you ever find yourself in a conversation with your ex and she tries to push your buttons by

bringing up your past mistakes, rather than getting upset about it and possibly saying things like, *â€œNo! No! You donâ€™t understand. Iâ€™m not like that anymore. Iâ€™ve been working on my issues and Iâ€™ve changed. Just give me a chance to show you,â€* a better way to react, is to laugh at yourself and say something along the lines of, *â€œHa ha! Yes, I did do that before, didnâ€™t I? I was so childish/immature/out of control. I canâ€™t believe that was me. No wonder you broke up with me. I would have done the same thing if I was in your place. Fortunately though, Iâ€™m not that guy anymore. The old me is like the black sheep in the family that we no longer talk about. He has been outcast. He is no longer part of the flockâ€* and have a laugh with her about it. By laughing at yourself, it shows her that you really have changed and are no longer the same guy she broke up with.

You have learned from the experience and have already taken steps to become a better, more emotionally strong and mature man, without ever needing her help or leaning on her to discuss it and get a pat on the back.

As a result, she doesnâ€™t have to keep her defenses up when sheâ€™s around you anymore because you clearly are more of a man now.

She can now relax, laugh, smile and feel good being in your presence again, rather than having to always feel like you need help and she needs to be there for you.

When she can relax around you, she begins to forgive your past mistakes and wants to give the relationship another chance.

4. Focus on making her have feelings for you, not on talking about your struggles

Although working on your issues might be quite a struggle for you, itâ€™s not something that you need to share with your ex.

If you tell her that youâ€™re getting help (e.g. therapy, counseling, learning from an online guru like me) it might cause her to think something like, *â€œWellâ€¦even though heâ€™s getting help to work on his issues, I just donâ€™t think I want to be with a guy who is so messed up. Itâ€™s probably better if I just move on and find another guy who is emotionally stable and together.â€*

This is why you should just focus on reawakening her feelings of respect and attraction for you, by talking and behaving in ways that are sexually and romantically attractive to her.

For example: When you interact with your ex from now on, show her that you areâ€¦!

- Confident, emotionally strong and self-assured, rather than insecure and self-doubting.
- Emotionally masculine and dominant, rather than timid, hesitant, submissive or docile around her.
- Emotionally independent and focused on making your goals and dreams in life a reality, rather than living your life for her or needing her to reassure you that the future will be okay because she will always be there for you.
- Capable of making her laugh, smile and feel relaxed around you, rather than making her feel bored, annoyed, irritated or uncomfortable with you.
- Emotionally masculine in ways that make her feel feminine and girly in your presence, rather than making her feel like a neutral friend or big sister to you.

Remember: How you make your ex feel is the most important part of getting her back.

Getting her back is largely about making her have positive feelings for you again (e.g. respect, attraction, love), rather than trying to talk her into giving you another chance.

How she feels about you now and from now on is what counts.

So, stick to reawakening her feelings when you interact with her and keep your struggles to yourself.

Where Guys Go Wrong When Trying to Get an Ex Back

1. Thinking that a woman will be impressed that he is getting help and want him back because of that

Sometimes a guy will get help to work on his issues, solely for the purpose of impressing his ex enough to give him another chance.

Essentially, he will hope that she might say something along the lines of, *â€œWow! Youâ€™re really taking this break up so seriously, aren't you? Good on you! Iâ€™m so flattered that you love me enough to get help and become a better man. So, based on your commitment to improve, Iâ€™m willing to give you another chance right away. Letâ€™s do it! Letâ€™s get back together again right now!â€*

Yet, in most cases, the opposite happens because a woman doesn't want to feel as though her ex is doing everything just to get her back.

If she gets that sense, she begins to worry that his efforts are fake and that he doesn't even want to change, but is doing it out of the fear of losing her.

He doesn't really want to become a better man; he just wants to avoid being dumped.

As a result, he isn't his own man.

He is reacting and living his life based on what she has decided.

He is following her lead and trying to live up to her expectations, just so he doesn't get dumped and left behind.

Therefore, she feels more like a mentor, a mother figure or a big sister to him and as though he is trying to grow up under her leadership and direction.

That does not make a woman feel sexually attracted and turned on.

Feeling like a mother figure literally shuts down her ability to feel sexually attracted to him and when that happens, a boyfriend/girlfriend relationship no longer seems appealing.

So, rather than be impressed by the fact that he is seeking help, a woman begins to think things like, *â€œWhy is he telling me that he's getting help? Does he want a pat on the back for doing what he should already have done long ago? Well, Iâ€™m not impressed. In fact, all heâ€™s doing is highlighting to me that he still doesn't know how to be the man that I want him to be. He's proving to me that I made the right decision to break up with him. He's not man enough for a woman like me. Maybe he will be man enough for another woman, but not me. I refuse to keep waiting around for him to grow up and be the kind of man that I want. There are millions of men out there who are way more mature and emotionally secure than him. I'm going to fall in love with a man like that instead. I'm not going to stick around and help my ex any longer. It's time for me to start putting myself first.â€*

She then closes herself off from her ex and begins flirting with new men, having sex and falling in love.

So, if you're getting help to work on your issues, just keep it to yourself and use interactions with your ex to re-attract her and seduce her sexually.

Don't get into big discussions about issues.

Instead, get to a hug, kiss and have sex with her after fully re-attracting her based on your changes and how great it makes her feel (e.g. you're so much more confident now and she feels attracted to you in a way she has never felt before).

When that happens, you will naturally begin to get back together.

Another mistake to avoid is!

2. Not realizing that most women want a ready-made man, or a man who can continue becoming a better man without the need for her help, support or guidance

A guy might say something along the lines of, *I'm getting help to work on my issues. So, just tell me what you think I need to focus on most and I'll do it. I am willing to do whatever it takes to be the man you want. Please just tell me how I'm doing and what else I need to improve.*

Yet, what he doesn't realize is that she doesn't want to take on the responsibility for his development as a man.

She wants him to get the help if he wants or needs it, but not tell her about it or ask for her input.

She wants him to figure out how to be the kind of man that she wants and then start being that man, without needing to discuss it with her.

If he needs to discuss it with her, it takes the romance out of it and she feels as though he's putting on an act to impress her.

The next mistake to avoid is!

3. Making the idea of having a relationship with him seem stressful

If a relationship feels like it will be too much hard work for her (e.g. because the guy has so many issues and problems that he needs to work hard at overcoming), a woman will usually opt to just remain broken up.

Rather than getting back with a guy and having to deal with him constantly relapsing into old patterns of negative behavior (e.g. insecurity, jealousy, lying, having anxiety attacks), she will try to just find herself a man who already has it together.

This is why you need to have already changed and improved before you interact with your ex.

Don't wait too long to do that though.

You need to get help to rapidly change and improve over the next few days to a week.

Then, you need to interact with her and let her experience the new and improved you, without trying to discuss what you've been through with her.

Just allow her to feel attracted to how confident, charismatic, easy-going, positive and assertive you are now.

You are a completely new man and she now feels completely different about you.

She feels drawn to you in new and interesting ways and wants to explore her new feelings for you, rather than walk away and regret losing you.

Another mistake to avoid isâ€¦|

4. Not realizing that every great man has overcome issues in his life

Even though you made some mistakes in the relationship or in life, thereâ€™s no reason for you to feel alone about that.

Every man makes mistakes and learns from those mistakes in one way or another.

No man is perfect from birth until death.

Every man makes mistakes, but what separates the great men from the losers of life, is that the great men learn always from their mistakes and continually become a better man throughout life.

The losers of life make mistakes and remain stuck at that level for years or decades.

That's not you.

You are a great man you learn from his mistakes and continues to become an even better man throughout life.

You are someone that others can look up to because you're always improving and becoming a better man.

Right?

If not, start now.

Change and improve quickly (within the next few days to a week) and then interact with her, re-attract her and get her back.

Today is the day that you change your life forever.

Today is the day that you become the man you always knew you could be.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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3 Second Chance Relationship Stories

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

There is almost always a way to get a second chance with a woman who had broken up with you.

Unfortunately, a lot of men just don't know it and end up losing their woman as a result.

Some guys believe that when a woman says something like, *It's over. I don't have feelings for you anymore*, it means that her decision is final and that getting her back will be very difficult, if not impossible.

Yet, here's the thing:

A woman's feelings can change and in many cases, they can change very quickly.

So, here are 3 second chance relationship stories to help you understand how smart men get their ex woman back after a break up:

1. Second chance relationship story: He got her back after re-attracting her right away

A guy got broken up by his woman, but rather than sit around feeling sorry for himself and think negative thoughts like, *I can't believe it's over. I've lost the woman I love and I will probably never get another chance with her. It's hopeless to even try. I give up*, he decided to figure out how to re-attract her and get her back.

To begin with, he made sure to avoid all the common mistakes that most guys make when trying to get another chance with an ex woman.

For example: He didn't:

- Beg and plead with her to reconsider her decision.
- Promise her that he would do whatever she wanted if he got another chance.
- Try to make her pity him for the emotional pain he is feeling.
- Tell her that he can't live without her.
- Send her flowers and gifts to apologize for what happened.
- Ask her what she needs in the relationship to feel happy again.

Why didn't he do any of those things?

He knew that rather than convince his ex to give him another chance, that kind of behavior would only make her disconnect from her feelings of respect, attraction and love for him even more.

She would feel turned off by what she perceived as his emotional weakness and insecurity and she would work harder to fully get over him and move on.

So, what did he do instead?

He got clear on some of the deeper reasons why his ex broke up with him (e.g. The confidence she was attracted to him when they first fell in love had turned into insecurity. He spent too much time trying to please her rather than getting her to be a good woman for him, so she felt like she could walk all over him. He became too boring and predictable and expected her to be happy to be stuck in a go-nowhere-fast routine for the rest of their lives together).

After figuring out what really turned her off, he thought about how he could change that and make her regret leaving him.

He then got her on a phone call and used some humor to make her feel happy and relaxed to be talking to him again.

He then built on her feelings of respect and attraction as he talked to her, to the point where she didn't seem to want the conversation to end.

He then said something along the lines of, *â€œHey, it was great chatting with you, but I have some work I need to get to right now. Yet, I think we still have some catching up to do. So, let's meet up later today or tomorrow and finish our conversation. I will be available from about 4 p.m. today and I'll have an hour or two free tomorrow morning. What suits you best? Today at 4pm, or tomorrow morning?â€*

She then agreed to meet up with him because she secretly wanted to see for herself if he'd really changed, or if it was all an act or only something he could do on a phone call.

At the meet up, he continued to say and do the things that proved to her he was a new and improved man (e.g. he maintained his confidence with her when she was being stand-offish towards him, he used humor to relax the mood, he brought out her feminine, girly side by being emotionally masculine around her).

She then realized that he really had changed in some of the ways that really mattered to her.

As a result, she naturally felt respect and attraction for him and decided to give him a second chance.

2. Second chance relationship story: He gave her a week of space and then began re-attracting her

After a big fight, a woman broke up with her man by saying, *â€œThis isn't working out anymore! I need some time alone to figure things out and see if I still have feelings for you. Please just leave me alone. Goodbye.â€*

Then, rather than trying to stop her from leaving (e.g. by begging and pleading, trying to discuss the relationship), he maintained his composure and said something along the lines of, *â€œOkay, if that's how you feel, I respect your decision. I love you and want to be with you, but I accept your decision. I wish you the best of luck. Goodbye.â€*

By responding in that way, he automatically planted seeds of doubt in her mind about her decision to break up the relationship.

From there, he cut off all contact with her for a week, giving her enough time to calm down and start missing him.

In the meantime, he used the week apart to learn new ways to re-attract her.

To fully prepare himself, he asked himself these questionsâ€

- Am I the kind of man that she can look up to and respect, or does she feel like I'm not living up to my full potential as a man (e.g. because I don't have any big goals or dreams that I'm working towards achieving, I don't have a purpose in my life, I'm too reckless and impetuous, I tend to put her down and criticize her too much, I tend to lose confidence and go into my shell in social situations)?
- Do I make her feel the way a woman wants to feel in a relationship with a man (e.g. feminine,

girly and sexually desirable), or does she need to wear the pants in the relationship because Iâ€™m too insecure or emotionally wimpy?

- Does she feel lucky to be with me, or does she feel like she can do better?
- Do I believe in my attractiveness and value to her, or do I secretly believe that I got lucky and I will never be able to get another woman who is as good as her?

By asking himself questions like that, he was able to zone in on what he really needed to change to re-attract her.

Then, after a week of space, he called his ex on the phone and re-attracted her based on the changes he knew would impress her, or at least get her to drop her guard a little.

Initially, she tried to test him by pretending to be annoyed with him for calling her.

Yet, rather than feeling anxious, insecure and beginning to doubt himself, he remain calm and used humor to ease the tension between them.

He then asked her to catch up with him and say hi as friends and she said, *â€œYes.â€*

At the meet up, he made her feel a renewed sense of respect and attraction for him.

As a result, she began to think, *â€œMaybe I made the wrong decision by breaking up with him. At the time, I believed it was impossible for him to change how I felt, but he has proven me wrong. I actually like being around him now. It feels good to be talking to him. I want to hug him. I want to get back together again.â€*

Then, once he sensed that her guard was down and she was opening back up to him, he asked her to get back together again and she agreed.

3. Second chance relationship story: He made her jealous by moving on without her

After breaking up with his woman, a guy decided that although he truly wanted her back, he doesnâ€™t need her back to feel happy and fulfilled in his life.

So, rather than sitting around waiting for her to contact him and work things out, he began to enjoy his life without her.

For example: Heâ€™

- Started to focus on his big goals in life and made progress towards achieving them.
- Began going out to clubs and bars with his single friends.
- Began hanging out and having fun with other attractive women.
- Started to spend more time doing things that he had neglected while in a relationship with her (e.g. play a sport, travel, pursue an old hobby).

Some of his friends were shocked and said things like, *â€œIf she sees you moving on, she might believe that you donâ€™t love her anymore. Are you sure you want that to happen?â€*

Yet, he knew that even though women wonâ€™t go around admitting it, one of the qualities they find most attractive in a man is emotional independence.

In other words, although he loves her and does want to be with her, he is able to enjoy life, feel confident and move forward with or without her.

Women respect that, but just don't go around admitting it because they worry that other people might

take it the wrong way and think that she wants a guy who doesn't care about her.

Yet, what it really means is that women feel respect and attraction for a man who is a good man and loves her, but doesn't need her in his life to be able to function, feel happy and make progress.

So, in this second chance relationship story, the man knew about that secret of female attraction.

Then, to make sure that his ex found out about it, he posted photos of himself on social media having fun with other people and enjoying his life without her.

When she saw him looking confident, happy and having fun without her, she started to feel jealous. She then began to worry about losing him.

So, she sent him a feeler text to test his interest level, *â□□Hi. Iâ□□ve been thinking about you. What have you been up to lately? I miss youâ□□* and waited.

He texted back to say, *“Hey, how are you? I’m doing well. I’ve missed you at times as well. I’ll give you a call to say hi in about 10 minutes.”*

He then called her after 10 minutes, re-sparked some of her feelings of respect and attraction for him (i.e. by making her laugh and smile and feel good to be interacting with him again) and got her to agree to meet up with him to say hello as friends.

At the meet up, he continued being confident and charismatic and making her laugh and smile, to the point where she wanted to be back in his arms again.

Then, when the mood was right and her defenses were down, he initiated a hug, then a kiss and from there, they went back to his place, hooked up sexually and got back together.

So, as you can see from those second chance relationship stories, it is possible to get a woman back who has dumped you.

Her words may have sounded final when she said something like, *“I no longer have feelings for you. It’s over,”* but you can change how she feels.

When you change how she feels, you can then get her back.

Where Guys Go Wrong When Trying to Get a Second Chance With an Ex Woman

Every day, all over the world, men get a second, third and fourth chance with an ex woman.

It happens all day, every day, all over the world.

You can do it too.

Your success at getting her back all depends on your approach.

So, to ensure that you successfully get her back, be sure to avoid the following mistakesâ□!

1. Asking what she wants you to do, change or improve to get a second chance with her

Most women donâ□□t want to be responsible for shaping their ex into the man that he needs to become.

So, if he asks her something along the lines of, *â□□Just tell me what you want me to do to make you*

happy and Iâ€¦ will do it,â€¦ a woman might come up with some unreasonable request that he has to live up to, in order to get her back (e.g. she will give him another chance if he agrees to give her a month of space).

That way, if he has promised to do whatever she wants, she can request that he give her time to think and during that time, she will make sure that she moves on without him.

Alternatively, a woman might not have the courage to explain what she really needs from a man in a relationship (e.g. she wants him to make her feel girly by being more ballsy and masculine around her), so she makes up some lame excuse why she canâ€¦t be with him anymore (e.g. she has to focus on her studies, she needs some space to find herself, needs time to think, doesn't want to be in a relationship with anyone, is confused and needs time to find out who she is).

This is why, in almost all ex back cases, you have to figure out how to re-attract her without asking her for instructions.

Then, go ahead and do that and get her back.

Another mistake to avoid isâ€¦!

2. Waiting too long to make a move and get a second chance

After a break up, if a woman's ex doesn't call her or try to get her back, she will usually just use the time to get over him and move on with another guy.

That's how it works in most cases, which is why a guy needs to actively re-attract his ex woman and get her back.

However, in some cases, a woman doesn't want to move on without her ex and secretly hopes that he will contact her.

Yet, if she finds that she's been waiting for many weeks and he still isn't making a move, she will usually decide to just move on.

This is why you shouldn't wait longer than 7 days to start the ex back process with your ex.

If you do wait longer than a week, you might be disappointed to find out that she has already started to move on without you and is possibly dating or even falling in love with a new guy.

The next mistake to avoid isâ€¦!

3. Appearing to be desperate and in a hurry when trying to get a second chance

Although taking too long to get an ex back can result in her moving on without you, it doesn't mean that you should do the exact opposite and desperately beg and plead for another chance right away.

If you bombard her with attempts to get her back, (e.g. by calling her daily to stay on her mind, sending her flowers or gifts, writing her poems, love letters and long e-mails explaining how you feel) it can cause her to put up her guard and push you away.

Of course, if your ex is still in love with you and you quickly try to get her back with a romantic gesture, it can work.

Yet, your ex probably isn't still madly in love with you, right?

Pretty much every man who actually needs help to get his ex woman back, is in a situation where the woman has fallen out of love with him and no longer wants to be with him.

That's why, in the majority of ex back cases, you need to be calm, confident and in control to get her back.

You give her 3 to 7 days of space and during that time, you improve your ability to attract her.

You then contact her, re-attract her and make her want you sexually and romantically.

When you approach it in that way, you will naturally get a second chance at a relationship with her.

The next mistake to avoid isâ€¦!

4. Trying to get her to give you another chance before reactivating her feelings

If you ask your ex for a second chance before you reactivating her feelings of respect and sexual attraction, chances are high that she will respond with something like, *â€œSorry, but Iâ€™m not in love with you anymore. Maybe we can be friends, but I can't commit to anything more than thatâ€* or, *â€œPlease stop pushing me for another chance because itâ€™s just not going to happen. You need to accept it and move on. We have broken up, okay? Please just leave me alone now.â€*

Why will she respond in that way?

Simple.

Her ex still feelings for her, but she doesn't have feelings for him.

He hasn't even reactivated her sexual and romantic feelings and he's already trying to get a second chance at a relationship with her.

The fact is, for a relationship to get back together, the feelings need to be mutual.

It can't be about a guy wanting her back, if she doesn't feel the same way about him.

If you try to get your ex back without reawakening her feelings of respect and attraction for you, then you're going to be making the ex back process more difficult than it needs to be.

×

[image]

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[image: Dan Bacon]

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How to Know if She Still Loves You After a Breakup

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 ways to know if your ex still loves you after a breakup:

1. She still texts you and sometimes admits that she misses you

If your ex is texts you and sometimes even says things like, *â€œI miss you,â€* or *â€œIâ€™ve been thinking about you. Sunday afternoonâ€™s are lonely without you now,â€* then thereâ€™s a very good chance that itâ€™s her way of trying to let you know she still has feelings for you.

So, if your ex is giving you signs like that, donâ€™t sit around wondering things like, *â€œDoes that mean she still loves me, or is she just saying she misses me to be nice? Should I contact her, or should I wait until she gives me a clear sign that sheâ€™s interested in getting back together?â€*

In most cases, even if a woman still has feelings for her ex and wants him back, saying she misses him is about as much as she will reveal.

Women want a man who has the courage to make a move, rather than having to be gently guided all the way by a woman.

If a woman's ex doesn't have the courage to do that, she will try to get over him and move on.

In some cases though, a woman will stay in touch with her ex via text in the hope that he picks up on her signals.

She might even say that she misses him to hopefully boost his confidence and make him take action to get her back.

So, if you want your ex back, you need to take control of the ex back process, rather than waiting for her to hopefully 'be the man' and make it happen.

Another example of how to know if she still loves you after a breakup isâ€

2. She is open to catching up with you

A fairly obvious sign that your ex is still in love with you is when she seems open, or in some cases, even keen to meet up and see you in person.

She might act like she just wants to catch up as friends, but that will almost certainly be her way of trying to protect herself from being rejected by you (e.g. if she shows interest in a relationship and you then say that you don't want that, but are happy to be friends).

Alternatively, to make sure that her ex guy is interested, she will play a little hard to get about meeting up.

For example: If her ex suggests catching up in person, she might say, *â€œIâ€™m not sure thatâ€™s a good idea. Give me a few days to think about it, okay?â€* or, *â€œOkay, maybe we can meet up sometime next week. Iâ€™ll let you knowâ€* or, *â€œI guess we can do that, but I can only spare 15 minutes and then I have to go. I have something else on that day and I'm busy the rest of the week.â€*

It really depends on the woman and the dynamic of your relationship.

In some cases, a woman will be openly keen to catch up with her ex and in other cases, she will make

it difficult or act as though she is only catching up with him as a friend and has no interest in anything else.

So, regardless of how eager or reserved your ex is being about catching up, you must maintain your confidence and secure an in person meet up with her.

At the meet up, focus on saying and doing the types of things that will revitalize her feelings of respect, sexual attraction and love for you.

When you do that, she will naturally feel drawn to you again and begin to open up to the idea of getting back together.

For example: Some of the ways to do that are byâ€¦!

- Passing her tests (e.g. she pretends that doesn't have feelings for you to see how you react, she is stand-offish towards you at the start, she gives one or two word answers to see if you will get annoyed or lose confidence) by remaining confident in your value and attractiveness to her.
- Being more emotionally masculine than her, so she feels like a feminine woman around you.
- Using humor to dissolve any awkwardness between you and her and make her feel good to be seeing you again.
- Flirting with her to create a sexual vibe and make her then want to release the sexual tension with hugging, kissing and sex.

The more she reconnects with her feelings of respect, attraction and love for you, the easier it becomes to get her back.

She naturally wants to be back in a relationship with you because it feels so good for her to be around you again.

Another example of how to know if she still loves you after a breakup isâ€¦!

3. She regularly contacts you without you having to contact her first

A woman usually won't make the first move to get a man back after she has dumped him.

So, if your ex is putting in a lot of effort to text, call or send you social media messages without you having to contact her first, it's very likely that she still has feelings for you and loves you.

If that's the case, the texts or contact is her way of opening up the lines of communication with you so and her can get back together.

This is why you need to use the openings she is giving you and arrange to see her in person, where you can fully reactivate her sexual and romantic feelings and get her back.

On the other hand, if you just sit around doubting her feelings for you and thinking negative thoughts like, *â€œJust because she texted/called/e-mailed me without any prompting from me, it doesn't mean she still loves me. She's probably just contacting me to see if I'm missing her. Maybe she's just being friendly and if I misinterpret her motives and try to get her back, I will make a fool of myself. It's probably better if I just play it safe and wait for her to tell me that she wants to get back together,â€* then it's possible that she will get fed up with waiting for you and focus on moving on without you.

So, the next time your ex contacts you without you contacting her, take it is a good sign that she loves you, misses you and wants you back.

Then, pick up the phone and call her (don't text her), make her feel attracted, meet up with her in person and get her back.

Another example of how to know if she still loves you after a breakup isâ□|

4. She talks about you and the relationship in a positive way

When a woman hates her ex and never wants to see him again, she usually won't say things like, *â□□ We had some really great times together. I know weâ□□ve broken up, but I still have such positive feelings about you and our relationship. You were a great boyfriend. I really loved you. We had a special relationship. I look back on it fondly.*â□□

Instead, sheâ□□s going to be angry, disappointed and saying negative things every chance she gets, or she's going to cut off contact with him and move on.

So, if your ex is saying positive things about you the relationship, then know that she still has feelings for you.

If that has been happening in your case, what are you going to do about it now?

Are you going to wait for even more proof of her interest, or are you going to guide her back into a relationship with you.

Note: If your ex hasn't been contacting you and talking positively about you and the relationship, don't worry.

95% of guys who get their ex back start off with a situation where the woman is completely over them and doesn't want to get back together.

Then, they do this and get her backâ□|

Another example of how to know if she still loves you after a breakup isâ□|

5. She appears sad, lonely or confused without you in her life

When a woman has disconnected from her feelings for her ex guy, she will usually focus on moving forward with her life by hooking up with a new guy and forgetting all about her ex.

For example: She mightâ□|

- Go out with her single friends to bars, clubs and parties where she can let her hair down, dance, have some fun and hopefully flirt and hook up with a new guy.
- Cut off all contact with her ex and refuse to interact with him in any way.
- Make herself available to the men she knows are interested in her (e.g. at work, through friends, at university, an ex).
- Register on dating sites or use dating apps.
- Go on a singles only vacation, or go to singles parties.
- Post photos of herself on social media having fun with other guys.

So, if the opposite is happening with your ex (e.g. she doesnâ□□t go much or at all, she isn't interested in meeting guys or dating, she posts things on social media about how sad and lonely she feels, how life sucks and how much it hurts to be broken up), chances are high that she still loves you and misses you.

So, go ahead and get her back.

Sheâs waiting for you.

4 Mistakes That a Guy Might Make When He Feels Unsure About His Exâs Feelings For Him

1. Asking if she still loves him, before he has re-attracted her and made her have strong feelings for him again

To get your ex back, you have to focus on re-attracting her first, so she actually has a real interest in getting back with you.

Don't start by asking her if she loves you, if you haven't even made her feel attracted to you again first.

Unfortunately, most guys don't ever find this out until it's too late.

In many cases, a guy simply can't handle the uncertainty of not knowing where he stands with his ex.

So, he will talk to her and say things like, *âI think we made a mistake by breaking up. I still love you. Do you love me? If yes, then we can work this outâ* or, *âI just need to know where I stand and if thereâs a chance of us getting back together again. I love you. Do you love me?â*

Yet, rather than getting the simple answer heâs looking for (i.e. *âYes, I still love you,â* or *âNo. Itâs over between us,â*) a guy will usually gets an evasive, *âI donât know how I feel,â* kind of answer, which then leaves him feeling even more confused about how to get her back.

Hereâs the thingâ

Even if a woman still has some feelings for a guy, she will also have some doubts about his worthiness as a boyfriend/husband now that she has dumped him.

So, if he asks her how she feels about him before re-attracting her, she is going to answer based on how she feels (i.e. turned off by him, still wanting to remain broken up).

She might even get a bit annoyed with him for thinking he can get her back without being a better man than he was before.

He wants to get her back now, even though he hasn't even changed the things that turned her off (e.g. his insecurity).

The next mistake to avoid isâ

2. Turning her off by appearing sad or lost without her

Sometimes a guy will struggle to deal with being dumped.

He might go around feeling sad, depressed and then express some of those emotions to anyone who might listen (e.g. friends, family, people on social media).

For example: If he happens to interact with a mutual friend, he might say, *âI miss her so much! I feel so lost without her. I just canât let go and move on. It's killing me. I just can't deal with it. I need her back so badly.â*

Alternatively, he might use Facebook (or other social media apps like Instagram), to post lonely, sad photos of himself, or messages that say things like, *âBreak ups suck! All you do is sit around*

missing them. Why does it hurt so much?â€œ or, “Takeout and a movie for one is not fun!â€œ or, “Love hurts” or, “Why?” or, “My heart has broken into a million pieces. They say time heals all wounds, but it doesn’t seem like this will ever heal. I miss her.”

Secretly, heâ€™s hoping that when his ex gets wind of how sad and lonely he feels without her, she will be flattered that she still means so much to him.

She will then contact him and want to get back together.

Yet, hereâ€™s the thingâ€¦!

It’s fine for a woman to behave like that, but not a man.

Why?

What men and women feel attracted to is completely different.

If a woman appears sad and depressed without her ex guy, it can actually make him feel flattered that she canâ€™t cope without him.

Why?

Men are instinctively programmed to protect vulnerable women.

So, when a woman seems vulnerable and lost without him, his instincts kick in and he wants to protect her and take care of her.

However, the opposite is true for women.

When a guy is being sad and depressed and struggling to cope with a break up, her natural instincts kick in and she starts thinking things like, *â€œHeâ€™s such a wimp. If he canâ€™t cope with a breakup, then he probably wonâ€™t be able to cope with the more difficult problems in life. I guess heâ€™s not the man I want him to be after all. I made the right decision to leave him. I’ve got to find myself a real man.â€œ*

So, if you want to re-attract your ex, make sure that you donâ€™t turn her off by appearing sad, lonely and helpless without her.

The next mistake to avoid isâ€¦!

3. Waiting for crystal clear signs that she loves him before he tries to get her back

Sometimes, a guy might think to himself, *â€œMaybe she still loves me, but maybe she doesnâ€™t. I donâ€™t feel sure enough to make a move yet. I think the best thing to do is wait a bit longer for her to give me an obvious sign that she wants a relationship. Then, I will definitely take action to get her back.â€œ*

He then sits around waiting for a sign from his ex that she still loves him and wants to be in a relationship, only to be shocked when he finds out that sheâ€™s been moving on without him.

Hereâ€™s the thingâ€¦!

If you want your ex back, you have to be active about it, rather than being passive.

Start interacting with her (e.g. call her and meet up with her) and make her feel strong surges of respect and sexual attraction for you.

The more sexual and romantic feelings you spark inside of her, the more she will open up and let her real feelings for you show (i.e. that she still loves you and wants to be with you).

On the other hand, if you do nothing about this and just wait, you might end up missing out on the

opportunity to get her back.

Talking about that, the next mistake to avoid isâ€¦

4. Waiting so long that she moves on and falls in love with a new man

Even if your ex does still love you, chances are high that sheâ€™s not going to make it completely obvious to you (i.e. by telling you that she loves you and wants to be with you again).

Instead, she will give you hints via what she says or does and wait for you to take the lead in the ex back process and get her back.

For example: She might stay single for a little while to show you that sheâ€™s not moving on.

Alternatively, she might contact you and tell you that she misses you, or even just call to say hi, in the hope that you will see it as a sign she is interested and then guide her back into a relationship.

So, if your ex realizes that no matter what she does to encourage you to get her back, you still arenâ€™t making a move, she will probably force herself to move on and forget about you.

Then, when you finally pluck up the courage to take action, you may get the shock of your life when she says something along the lines of, *â€œI really thought you and I could make things work, so I waited for you. Yet, you never did anything, so I gave up and moved on. Iâ€™m sorry, but itâ€™s too late now. Iâ€™m seeing another guy and Iâ€™m really happy. I wish you all the best.â€*

Donâ€™t let that happen to you.

If you want your ex back, donâ€™t wait too long to get her back.

Confidently contact her right away (even if youâ€™re not 100% sure if she still loves you or not), make her laugh, smile and feel good to be talking to you and then get her to meet up with you.

Then, meet up with her, re-attract her, seduce her into hugging and kissing you and then have sex with her again.

When you get to that point, you and her will naturally get back together.

On the other hand, if you sit around waiting and doing nothing about this, she will probably just move on without you.

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[image]

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[image: Dan Bacon]

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My Girlfriend Broke Up With Me After Coming Back From a Holiday

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

In most cases that means she cheated while on holiday.

In other cases it means that she didn't cheat, but realized she wasn't missing you while she was away.

In cases like that, she may have decided to end the relationship and find someone who made her feel more love, respect and attraction.

So, if your girlfriend broke up with you after coming back from a holiday, here are 5 things to ask yourself if you now want to get her back:

1. Did you make her feel intense love for you, or was she only kind of in love?

Sometimes a woman will date a guy and even get into a relationship with him, even though she's not completely attracted to him or in love with him.

If she is hopeful that things will change over time, she will stick with him and look to see if she falls more and more in love with him.

If the guy is able to build on her feelings of respect, attraction and love over time, she will forget about her initial doubts and start seeing him as her ideal man.

On the other hand, if he fails to build on her feelings and ends up turning her off even more (e.g. He feels insecure about losing her, so he becomes being clingy and needy. He lets her make all the decisions in the relationship to please her, but that only makes her lose respect for him for not being man enough for her), she will never truly fall in love with him.

Even if she sticks with him for a few more months, she will be thinking, *"This isn't working out. One of these days I'm going to have to break up with him and move on."*

She may then tell her girlfriends about and they might suggest going away for a holiday (with them, or on her own) to see if she misses him.

Then, when she goes away on holiday and realizes that she's not thinking about him and she doesn't miss him, she might come to the conclusion that it's best if they break up.

She will then return from her holiday and say something along the lines of, *"I've had time to think while I was away and I've decided that I don't want to be in a relationship anymore. I'm sorry, but it's over between us."*

[image: Breaking up after she gets back from a vacation]

So, what can a guy do if that's essentially what happened to him?

Well, what you need to understand is that even if your girlfriend never felt strong attraction or love for you before, it doesn't mean that you can't make her feel like that now.

You can.

In fact, when you interact with her from now on and say and do the types of things that make her feel the kind of attraction she always wanted to feel for you, she will begin to look at you in a more positive light.

Even though she may previously have doubted that she could ever fully love you, she will suddenly start imagining what it would be like to stick with you for the long term.

Another question to ask yourself isâ€¦

2. Were you able to make her feel attracted initially, but the spark died out in your relationship over time?

Although most guys will give their woman a lot of attention at the start of a relationship (e.g. compliment her on her appearance, send her romantic texts, take her on romantic dinner dates, be loving and attention), all of that usually fades away once the relationship becomes comfortable.

When a guy gets too comfortable, he might then make the mistake of treating his woman more like his friend, or a roommate than anything else.

As a result, the spark of sexual attraction that was originally there will gradually start to fade away. Why?

Making a woman feel like your friend doesn't make her wet.

What makes her wet is when you make her feel like she's your girl and you're her man.

You always have to maintain the boundary that keeps you and her feeling like a man and a woman who are sexually and romantically attracted to each other, rather than a couple of buddies who love each other.

Being buddies can work for a while, but it doesn't last.

The sexual spark fades away because you no longer look at each other in that way anymore.

You might still have sex and even feel attracted to each other and in love, but it just isn't the same as maintaining the boundary of being romantically attracted lovers, rather than just great friends.

Initially, a woman might say to herself, *â€œI know that he loves me and I love him, so let's just see how this goes. Hopefully we won't end up feeling more like friends. It seems to be heading in that direction, but I hope it doesn't.*”

Yet, when she notices that nothing is changing and the spark continues to fade away, she may begin to think, *â€œThe spark in our relationship is dead. All we ever do these days is watch TV or go out with friends. He never even notices that I go to the gym to look good for him, or that I always make an effort to wear nice clothes when we're together. There was a time when he couldn't keep his hands off me and would compliment me about how I looked. Now he doesn't even seem to notice. I'm tired of feeling like his roommate. I want to feel like a real woman again. I want to feel sexy and noticed.*â€œ

If the guy picks up on her unhappiness and begins giving her the attention that she is craving, then she will quickly settle back into being his adoring girl.

Yet, if he just lets it slide (e.g. he writes it off as her being a moody woman, thinks that she will be fine about it because they used to be so in love), she will eventually get to the point where sheâ€¦ feels bored and unsatisfied by the relationship.

Then, if she happens to go away on holiday and interacts with other men who make her feel the way she wants to feel (e.g. beautiful, sexy, desirable), it may push her over the edge and convince her to finally break up with him.

So, if your girlfriend broke up with you after coming back from a holiday, it could be because you

stopped making her feel like a feminine, girly, sexy woman around you.

Don't worry though.

If you want her back, you can begin to make her feel that way from now on and when you, she will start to feel drawn to you again.

So, make sure that every time you interact with her from now on (e.g. over the phone and especially when you see her in person), you actively trigger her feelings of sexual attraction for you by making her feel sexy and desirable, rather than just being a nice, polite, neutral friend to her.

Some guys worry about doing that because they assume that their ex girlfriend will use it against them (e.g. she will feel like she is too good for him now, or that he is horny and isn't getting any sex now that she has left him).

Yet, you can't worry about those sorts of things.

You've got to do what works to get a woman back.

Women are very different to men, so if you want to get her back, you will usually have to do things that seem like the opposite of what you think might work.

Another question to ask yourself is

3. Do you have a lot of purpose and ambition outside of your relationship with her?

Some guys don't realize that a woman doesn't want to be the most important thing in a man's life.

If they are in a committed, loving relationship, then she will want to be the most important person, but not the most important thing.

So, when a guy puts all of his attention and focus on her and starts neglecting important areas in his life (e.g. he gives up on pursuing his goals and dreams, he quits his hobbies and interests, he cuts off his friends) to spend all his time with her, rather than make her happy, it turns her off and makes her feel frustrated.

In almost all cases, a woman doesn't want to feel responsible for a man's emotional state in a relationship (e.g. he's only happy when he's with her, he's only confident when she reassures him), or to be his main reason for living.

A woman wants her man to be happy, confident and forward moving in life with, or without her support or reassurance.

So, when she finds herself in a relationship with a guy who doesn't have much purpose or direction in life outside of his relationship with her (i.e. he's not following through on achieving his biggest goals, dreams and ambitions), she will inevitably start feeling smothered by his need to cling on to her and hide from the world behind her.

Initially, she might try to encourage him to be more independent, but if he fails to pick up on her hints and continues being needy and clingy, she will begin to cut herself off from him emotionally.

If she goes on a holiday and has a lot of fun being away from him, it may give her the motivation she was looking for to finally break up with him.

So, if you want to get your girlfriend back, you must show her that even though you still care about her and want her back, you don't actually need her back.

When she can see that you're no longer emotionally dependent on her and have become your

own man, her guard will come down and she will open herself up to the idea of giving you another chance.

On the other hand, if she gets a sense that youâ€™re falling apart emotionally without her, she will want to stick to her decision about being broken up and then move on.

Another question to ask yourself isâ€”

4. Do you know exactly what you need to change to re-attract her when you next interact with her?

For example: Some of the reasons why a woman might lose respect, attraction and love for her guy include:

- He stopped being the confident man that she initially fell for and became needy, clingy and insecure.
- He started treating her more like a friend than a sexy, desirable woman.
- He wasnâ€™t ballsy enough in the relationship, so she felt more emotionally dominant than him.
- She grew up and matured a lot faster than him, which made her feel as though he was holding her back.
- He wasnâ€™t affectionate enough and she felt neglected by that.
- She felt like she could never truly be herself with him because he was too emotionally sensitive, or too judgmental and critical of her.

Do you know exactly what turned her off?

If yes, have you already changed those things about yourself?

If you havenâ€™t and you interact with her again, sheâ€™s going to pick up on it and probably wonâ€™t want anything to do with you after that.

So, before you contact her, make sure that you are fully ready and prepared to re-attract her and seduce her back into a relationship with you.

Another question to ask yourself isâ€”

5. Are you willing to take her back if she cheated while on holiday?

In a relationship, a man and a woman must be able to fully trust each other, or else it simply wonâ€™t last.

So, if your ex cheated on you while she was away on holiday, you need to decide if sheâ€™s worth getting back with, or if youâ€™re just going to cut your losses and find yourself a new woman.

If you decide that you want your girlfriend back, you need to be sure of two very important things.

Firstly, you need to ensure that your reasons for wanting her back are because you know sheâ€™s the one for you and not because you secretly believe that you wonâ€™t be able to find yourself another, even better and more attractive woman than her.

If you are only trying to get her back to avoid being lonely, she will pick up on that and it will turn her off.

Secondly, if you agree to take her back, you have to be able to fully forgive her so you can both move

forward with a clean slate.

If you get back with her and keep starting arguments about her potential cheating while she was away, the relationship isn't going to last.

Of course, you can do that if you want to (e.g. if you don't care about keeping the relationship together), but if you want the relationship to work, it's best to start off on a clean slate and not bring up the past again.

3 Mistakes That Guys Often Make When Trying to Get an Ex Woman Back Who Ended the Relationship After Coming Back From a Holiday

1. Angrily accusing her of cheating

It's only natural that when a woman breaks up with a guy after being on holiday, he might start thinking things like, *"Why would she do that? I bet she cheated on me. That's the only reasonable explanation that I can think of. After all, we had a perfect relationship before that. I always treated her well, so what happened? She must have gotten drunk and cheated on me."*

He might be right, but getting angry with her and accusing her of cheating isn't going to fix things between them.

Unfortunately, a lot of guys can't stop themselves from feeling angry (it's understandable), so they end up exploding at their girlfriend and accusing her of cheating.

For example: A guy might say something like, *"Why are you doing this?! Before you left, you said that you loved me and would miss me. Yet, now that you're back, that love you felt for me seems to have vanished and you want to break up all of a sudden. So, let's cut the crap! You cheated on me while you were away, didn't you? Admit it! Be honest with me! Admit that the reason you want to break up is because you're a lying, cheating slut who couldn't be faithful when we were apart! You went on your little holiday and opened your legs like a slut. You cheated on me, didn't you? So, tell me! Was it just one guy, or did you have a whole parade of men going through your bedroom? I can't believe you would do this to me! What kind of person are you? An absolute slut!"*

Yet, here's the thing!

Even though a guy might feel 100% justified in feeling angry with his ex, losing his cool and insulting her, isn't going to make her want to give him another chance, especially if he is accusing her of cheating without any proof that anything happened.

Getting angry and accusing her of being slutty and unfaithful will usually only cause a woman to lose even more respect for her ex and she may even start to fear for her well-being.

Then, by the time he has calmed down, he might discover that she has cut him out of her life entirely (e.g. by blocking his phone number, unfriending him on social media, rejecting his attempts to get her to meet up), which simply makes it more difficult to get her back.

It sucks that she might have cheated, but you have to maintain your cool if you want to get her back.

Once you get her back and have sex again (where a condom to be safe, if you want to), you can then

ask her if she cheated.

At that point, a woman will be much more likely to admit the truth because she will feel as though you and her are back on good terms after having had sex.

If you find out that she did cheat, you can decide then and there to dump her and move on, or forgive her and start a new relationship off on a clean slate (e.g. you and her write it off as a silly mistake that she made while drunk).

It's really up to you.

You will have to trust your gut instinct in that moment and go with what feels right for you.

Another mistake that guys make when in a situation like yours isâ€¦

2. Pouring his heart out to her and hoping that it makes her change her mind

When a guy's girlfriend is saying things like, *â€œIt's over between us, I don't want to be with you anymore,â€* he might decide that the only way to make her change her mind is by telling her how much she still means to him.

He might then say things like, *â€œI want you to know that no matter what happened while you were on holiday, it doesn't matter to me. All that can be in the past. We don't have to ever talk about your reasons for wanting to break up with me. What happened over there is what happened. It's done. What matters now is that we stay together. I love you more than anything else in my life and I can't go on without you. Please reconsider your decision and give us a chance. I love you more than anything, so give me a chance. That's all I'm asking for. I promise you won't regret it.â€*

Here's the thing thoughâ€¦

If a woman no longer has feelings for a guy, she simply doesn't care about his feelings for her.

Even though he's pouring his heart out to her, she's usually just going to say something like, *â€œLook, thank you for being such a nice guy about this, but you have to accept my decision. Even though I know that you love me and would forgive me for anything, I still think it's better for both of us if we go our separate ways. I had time to think while I was away and I know that I don't want to get back with you. So, please, just let me go. It's over.â€*

The next mistake to avoid isâ€¦

3. Not understanding what she really wants from a relationship with him or any other man

A guy will sometimes offer a woman a type of relationship experience that she's not even interested in.

For example: He might try to be more romantic by sending her flowers and cute cards saying things like, *â€œI love you. We can make this work,â€* or *â€œLet's start over and build a new future together.â€*

If one of the reasons why she dumped him was that he was too much of a soppy romantic and wasn't ballsy and masculine enough around her, she's going to be turned off by his old approach to romance and attraction.

This is why, if you want to get your girlfriend back, you have to get to the core reasons for the break

up and begin to fix those things, rather than trying to patch up the relationship by offering her things that she doesn't want or even care about.

If you can't give her the attraction she really wants in a relationship, she will feel motivated to stick to her decision to be broken up.

So, if you want to get her back now, you've got to be willing to use a new approach to attraction.

Don't try to get her back by using the same old approach to attraction that she got bored of in the relationship.

It's time to use a new and unexpected approach that shocks her into wanting to be your woman again.

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Should I Use the No Contact Rule After a Break Up to Get Her Back?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

It depends.

In most cases, the No Contact Rule doesn't work because the woman doesn't have enough feelings for her ex to care that he isn't contacting her anymore.

So, here are 5 questions to ask yourself to decide whether or not the No Contact Rule applies to your break up:

1. Does she still have strong feelings for you?

If she doesn't, then she's probably going to care if you don't contact her anymore.

In fact, unless a woman still has strong feelings for her ex and is secretly hoping they can get back together again, not hearing from him for 30 or 60 days will actually be a welcome surprise to her.

She may think something like, *â€œPhew! I thought this break up was going to be hard and that he would pester me to give him another chance. Instead, he just disappeared out of my life without me having to turn into a cold, mean bitch to get rid of him. That was easy! Now I can use the time apart to hook up with new guys and get over him.â€œ*

Then, if her ex calls her 30 or 60 days later, he might be stunned to find out that she has been enjoying the single life and has met a guy that she is getting serious with.

As a result, not only has he wasted the last 30-60 days of his life worrying and stressing out about his ex potentially moving on, but he has now come to find out that she has moved on.

So, if his confidence had taken a beating from the break up, finding out that she didn't care that he wasn't contacting her, will probably ruin his confidence even more.

This is why, in the majority of ex back situations where a man is trying to get a woman back, he shouldn't use the 30-60 day NC rule.

He should give her 3 to 7 days of space and use that time apart to rapidly improve his ability to attract his ex.

Then, he should contact her, re-attract her and seduce her back into a relationship.

That's what needs to be done for the majority of ex back cases where a man has been dumped by a woman who no longer wants to be with him.

Of course, in a situation where a woman does have strong feelings for her ex guy and is secretly missing him and wishing they'd get back together, using the No Contact Rule after a break up can get her back.

When she hasn't heard from him in weeks, she may start to panic and then send him a text, or call him to see what he's up to.

He can then re-attract her and get her back.

However, even in a case like that (i.e. where the woman is still in love with her ex), the NC rule can also backfire.

For example: She might feel hurt that her ex isn't contacting her and then decide to hook up with new guys to move on without him.

She may then meet a new guy that she finds more interesting and attractive and then begin to lose interest in her ex.

So, even if your ex still has strong feelings for you at the moment, there's a much easier and faster way to get her back than using the No Contact Rule.

That way is active re-attraction after giving her 3 to 7 days of space.

When you actively re-attract your ex over the phone and in person, her guard will come down and you can then seduce her back into a relationship with you.

Another question to ask yourself before you use the No Contact Rule to get her back is

2. Is she only trying to gain power over you by breaking up with you, but still secretly wants to be with you?

Sometimes, a woman will be unsure whether or not her guy is the right man for her.

For example: He might be a really nice guy who treats her well and makes her feel valued and taken care of.

Yet, he's also too easily swayed by his feelings for her and as a result, he allows her to get away with bad behavior (e.g. when she creates unnecessary drama, she nit-picks about irrelevant things and he then runs around trying to please her, she makes unreasonable demands that he then fulfills to keep her happy).

So, even though she appreciates that he is a good man to her, she also feels turned off by his inability to stand up to her and be more emotionally masculine than her.

Essentially, she wants him to take back the position of power in the relationship, rather than letting her continue to walk all over him.

She may hint at that by saying things like, *"You don't have to do everything I say, you know?"* or, *"You need to be more confident"* or, *"Why are you such a wimp at times?"* or, *"You never stand up for yourself."*

If he fails to recognize what she wants him to change, she will eventually get tired of being with such a pushover of a man.

She will break up with him to see if he will man up and stop being such a pushover.

So, if he realizes that he needs to stop being such a wimp with her and starts being more manly and assertive (in a loving, relaxed manner — not in an aggressive, angry way), she will feel a renewed sense of respect and attraction for him.

However, if he fails to man up, she will force herself to begin getting over him and trying to find herself a guy who can be the man in a relationship with her.

So, if you suspect that your ex is secretly testing to see how you will react to the break up, then using the No Contact Rule can help get her back.

However, don't waste time ignoring her for 30 or 60 days to make your point that you're not needy.

What you have to understand is that 7 days of no contact is more than enough time to convince her

that you are in control of your emotions and aren't going to come running back to her, pleading and begging for another chance.

So, ignore her for a week and let her begin to worry that you've had enough of her and are going to move on.

During the 7 days apart, focus on having some fun without her (e.g. go out with friends, start a new hobby that involves interacting with other people, do some fun, outdoor activities) and let her find out about it via your social media posts, or through mutual friends.

When she can see that you're not feeling desperate to get her back, she will automatically respect you.

She may not openly admit it, but she will feel it and it will make her feel drawn to you again.

Another question to ask yourself before you use the No Contact Rule to get her back isâ□!

3. Did you turn her off to the point where she lost interest in hugging you, kissing you or having sex with you?

If your ex ended the relationship because the spark between you and her died out, using the No Contact Rule to get her back will probably backfire.

Since she doesn't feel attracted to you anymore, she will most likely use the time apart to hook up with a new man that she finds sexually appealing and attractive.

If they share a great connection, they might just get into a relationship, which then leaves you behind in the dust.

So, what should you do instead?

Rather than cutting off contact and hoping that it makes her come running back to you, even though she's not attracted to you anymore, you should interact with her over the phone and especially in person and rekindle her feelings of sexual and romantic attraction for you.

Another question to ask yourself before you use the No Contact Rule to get her back isâ□!

4. Can she easily move on without you, or do you think she will really struggle to find a new guy?

When a woman feels confident in herself and in her attractiveness to men, being ignored by her ex usually isn't a big deal to her because she knows that finding a new guy will be easy for her.

All she has to do is start going to bars or clubs, or put out the word that she's single again and multiple men will flock to her and hope to get a chance with her.

She can then have her pick of men for dates, sex or a relationship, without ever having to worry about the fact that her ex isn't contacting her or trying to get her back.

So, while you're sitting at home waiting for your 30 to 60 days of No Contact to come to an end, she will probably be moving on and feeling great about it.

Of course, if a woman is insecure about her attractiveness and is worried that she won't be able to find another guy to accept her the way her ex does, she might contact her ex if she doesn't hear from him for weeks.

Yet, in most cases, a woman can easily find a new guy for sex or a relationship, so she doesn't have

to go running back to a guy that she dumped.

Another question to ask yourself before you use the No Contact Rule to get her back isâ□|

5. How serious was your relationship and how strong was her love for you?

Most relationships start off fairly well, but not all relationships get to the point where both the man and the woman are madly in love with each other.

So, while the relationship might feel good for a while, if it doesn't get better over time and become more serious and loving, a break up will usually end up happening.

A woman might miss her ex after the break up, but if she realizes that their love wasn't strong enough and she really wasn't 100% serious about him, she's not going to come running back to him.

So, if her ex ignores her for 30 or 60 days, she won't really worry because she doesn't see a good future with him anyway.

This is why, in most cases where a guy is trying to get a woman back who dumped him, he should be actively re-attracting her, rather than ignoring her and hoping that it causes her to miss him and want him back.

In some cases, ignoring an ex woman can work (e.g. she can't move on, she can't deal with not hearing from him), but in most cases, the woman just moves on because she's no longer attracted to or in love with her ex.

4 Common Mistakes That Men Make When Using the No Contact Rule

1. Thinking that the No Contact Rule will work on any woman or any relationship

Women aren't all the same.

Each woman is different.

Therefore, it goes without saying that not all women will react in the same way when a guy ignores them after a break up.

For example: A needy, insecure woman is more likely to fall for the No Contact track compared to a confident, independent woman.

Yet, it doesn't always work that way.

Sometimes, a needy, insecure woman will try to make herself feel better by going out with her girlfriends, getting drunk and hooking up with a new guy.

She might really like the new guy, begin falling in love with him, get into a relationship with him and forget all about her ex.

Every woman is different, so you shouldn't just cut off contact and assume that it will work on your ex.

For example: A woman with abandonment issues might come running back to her ex if he ignores her, or she might hate him for doing to her what all the other, unreliable men in her life have done before (e.g. her father left her mother, her ex boyfriend dumped her when she really loved him).

So, as you can see, thereâs no guarantee that using the No Contact Rule after a break up to get her back will actually work in your case.

What does work for pretty much every ex back case, is where a man actively re-attracts his ex woman, so she actually has a reason to get back with him now, or very quickly.

The next mistake to avoid isâ

2. Losing confidence as he waits weeks or months for her to hopefully contact him

One of the biggest risks that a man faces when using the No Contact Rule to get an ex woman back, is that after waiting a long time for her to come back to him, nothing happens.

She doesnât text him to say, *âI miss you.â*

She doesnât call him to see what heâs up to.

She doesnât even click like on his social media posts.

She just doesnât care.

Naturally, that can have a devastating effect on a manâs confidence.

He may begin to really doubt his attractiveness to his ex and to other quality women.

So, donât waste time using the No Contact Rule and losing your confidence as a result.

If you want her back, believe in yourself and then take action to re-attract her and make it happen now.

The next mistake to avoid isâ

3. Not interacting with her and creating a spark of attraction to interrupt the process of her moving on

As you may have realized by now, sitting around waiting for your ex to change her mind about breaking up with you probably isnât going to work.

On the other hand, if you interact with her and make her laugh, smile and feel good to be talking to you again, she will naturally begin to feel drawn to you again.

When you make her feel that way, her guard comes down and you can then guide her back into a relationship with you now.

By approaching it in that way, you are being active about the situation, rather than passive.

You are making her want you back now and then getting her back, rather than doing nothing and hoping that she wants you back, even though sheâs no longer attracted to you or in love with you.

Another mistake that guys often make when in a situation like yours isâ

4. Not improving his ability to attract her the next time he interacts with her

Sometimes, a guy will cut off contact with his ex for 30 to 60 days and then contact her.

Yet, she wonât be impressed or interested because heâs using the same old approach to attraction that got him dumped before (e.g. Heâs too neutral with her, rather than flirting with her and building up sexual tension. Heâs still not more emotionally dominant than her, so she feels as though she can walk all over him. Heâs still insecure and doubts his attractiveness to her, so she feels as though sheâd

be doing him a favor by being with him).

As a result, she refuses to give him another chance.

This is why, if you truly want to get your ex back, make sure that you use the time apart to prepare yourself to properly re-attract her.

Don't contact her and offer her the same old attraction experience that she got bored of in the relationship.

Make her feel attracted to you in new and interesting ways, so she feels compelled to give you another chance, or at least meet up with you and sleep with you to see how she feels after that.

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My Ex Girlfriend Said That I'm Being Annoying

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 common reasons why a woman will say that to her ex guy:

1. He's trying to get her back even though the feelings aren't mutual yet

When a guy gets dumped and he suddenly realizes that he's losing the woman he loves, panic might set in and as a result, he may begin to behave in ways that are seen as annoying by her.

For example: He might

- Repeatedly text, send messages via social media and call her on the phone to say things like, *"Please just give me one more chance!"* or, *"Please don't just end it without at least giving me an opportunity to explain"* or, *"I love you. Please don't do this. I will do whatever it takes to make it work between you and me. Please just give me a chance."*
- Show up at her house or work uninvited and pressure her into having long, stressful conversations about the relationship and break up.
- Send her flowers and gifts to apologize and ask her to give him another chance.
- Ask her friends or family to help convince her to reconsider her decision.
- Try to make her feel guilty for how sad, dejected, depressed, lost or lonely he is without her.

He hopes that she will see his desperate efforts as meaning that they are meant to be together.

After all, if he's going to all that effort, surely he must be sincere, right?

Well, that's not how a woman sees it or thinks about it after a break up.

When a woman has lost touch with her feelings of love, respect and attraction for a guy and then breaks up with him, she changes the way she thinks about him and looks at him.

Rather than feeling flattered that he's putting in so much effort to get her back, she will begin to feel annoyed by his constant pestering.

As a result, she will begin to want to distance herself from him (e.g. block his number on her phone, unfriend him on social media, get a restraining order against him to stop him from showing up uninvited, tell family and friends to not give any more details about her to him, ignore his texts and calls).

If her ex guy notices that she is distancing herself and then becomes emotionally wimpy and begins to sulk or complain to her, then he will be making what I refer to as the biggest mistake to avoid when trying to get an ex woman back

Here's the thing

A woman doesn't want to be in a relationship that feels forced or one-sided (i.e. you have feelings for her, but she doesn't have feelings for you).

Instead, a woman wants to be in love with her man and feel naturally drawn to him based on how much attraction his behavior makes her feel.

After a break up, she doesn't want to have to put in loads of effort to make a relationship work with a guy who doesn't yet understand how to be the man she needs.

So, if you want your ex girlfriend to stop saying that youâ€™re being annoying and instead want you back, you have to stop focusing on what you want and start giving her what she wants (i.e. to feel respect, attraction and love for you based on your new and improved behavior).

It canâ€™t be all about how much you love her and need her back for your reasons.

It has to be about her feeling attracted and drawn to you for her reasons (i.e. she likes how confident you are now, she likes how you no longer feel insecure when she is being difficult or putting you down, she likes how you are able to make her smile and laugh, even when she is being cold and distant).

Focus on that and you will naturally get her back without a fight.

Another common reason why a woman will say that her ex is being annoying is becauseâ€¦

2. He doesn't understand what she really wants him to change, so he's offering her all the wrong things

Quite often, a woman will break up with a guy without coming out and telling him her secret reasons for doing so.

Instead, she might say something like, *â€œIâ€™m tired of trying to make this relationship work. All we ever do is argue and fight over everything and I feel stressed out all the time. Iâ€™m sick of it and I want out.â€*

Unfortunately, because of that, a guy might not realize that her secret reasons are different to the reason of wanting to break up due to arguments and fighting.

So, when he tries to get her back, rather than offering her what she really wants, he offers to change things about himself that donâ€™t matter to her.

For example: In a case where a woman says sheâ€™s tired of fighting and arguing, a guy might make the mistake of thinking that if he chills out and lets her call the shots in the relationship from now on, they will no longer disagree.

He assumes that if they no longer disagree because he just accepts whatever she wants, then there will be no more fighting and the problem will be solved.

Yet, being the boss in the relationship is usually the last thing that she wants.

In fact, feeling more emotionally dominant than a man is one of main reasons why a woman will end a relationship (i.e. because she canâ€™t respect him and look up to him when heâ€™s being wimpy and submissive to her).

So, by offering to become more docile and submissive to her will, it will simply convince her that he has no idea what she really wants.

If he continues to insist that he will stop arguing with her and let her have her way in the relationship, she will eventually start to feel annoyed by his lack of insight into what women really want from a man.

As a result, she will keep pushing him away and will start focusing on finding a new man.

So, if your ex girlfriend has been saying that youâ€™ve been annoying lately, it may be because you donâ€™t really understand her real reasons for breaking up with you.

You may have been offering to change the wrong things about yourself (e.g. be nicer, when she really

wants you to be more ballsy) to get her back and she's now fed up with it.

Another common reason why a woman will say that her ex is being annoying is because

3. He's trying to get her back via text

One of the most annoying things to a woman, is when an ex guy tries to get her back via text.

Why?

Firstly, it makes her feel that she's not important enough for him to even bother picking up the phone and talking to her in person when trying to get her back.

Instead, he sends her a bunch of words on a screen in the hope that she will say, *Oh, okay. Sure, let's forget about everything that happened between us and try again.*

She sees that as a half-assed effort to get her back, which she then sees as being annoying or insulting.

Secondly, when a woman has lost touch with her feelings for a guy, anything that he sends her via text will be judged based on her most recent experiences with him (e.g. the last fight she had with him, the last promise he made her to change but didn't keep, the break up, how he has behaved since).

So, if she currently thinks of her ex in a negative way, she's going to look at his texts in a negative way too.

Rather than think, *What a cool text! He's being so sweet. I'm so impressed! He really is trying to make things right between us,* she may be thinking, *Does he really think I'm going to give him another chance just because he's saying that he's changed via text? If he couldn't be trusted to keep his word in the relationship when he was looking me in the eye and promising me, what makes him think that I'd believe him now when he is hiding behind text messages?*

As a result, she's going to feel annoyed with him and will continue to say, *No. I'm not interested in getting back together again. Leave me alone.*

This is why, asking your ex for another chance should be done in person and only after you have first reactivated her feelings of respect and attraction for you on a phone call, or in person.

Don't ask for another chance via text.

Don't ask for another chance before you've reactivated her feelings of respect and attraction.

Approach things in the correct order and you will get her back.

Approach things in a lazy way (i.e. text her and ask for another chance) and you will almost certainly get rejected and miss out on getting her back.

Another common reason why a woman will say that her ex is being annoying is because

4. He isn't being mature about the ex back process

When a guy doesn't have a lot of experience with relationships, he might not have the most mature reaction to being broken up with, because he simply doesn't know any better.

For example: A guy might

- Constantly beg and plead with his ex to give him another chance.

- Whine to her about how bad heâ€™s feeling and hope that she takes pity on him.
- Harass her for not wanting to discuss the relationship with him.
- Get overly emotional (and possibly even cry), when he talks to her on the phone or in person.
- Hope that if he breaks down and cries in front of her, it will show her how much he loves her and she will then want to get back with him.
- Demand that she not go out with her single girlfriends or go on any dates until theyâ€™ve resolved their relationship problems.

Hereâ€™s the thingâ€¦

Although itâ€™s understandable that a guy may feel upset about being dumped, falling apart emotionally and behaving like an immature brat is not okay to a woman.

Not only does it annoy a woman, but it also begins to kill any remaining respect that she has for him. When she can't respect him anymore, she doesn't feel much attraction and begins to feel the need to move on without him.

Another common reason why a woman will say that her ex is being annoying is becauseâ€¦

5. He's trying to make her feel guilty for leaving him, or pity for how bad he feels now that she doesn't want him back

Imagine how a woman would feel if she is trying to move on after a break up, but her ex is constantly hovering around her (e.g. texting or call, showing up at her house or at places where he knows sheâ€™s likely to be) and trying to make her feel guilty about leaving him.

He's saying things like, *â€œI canâ€™t believe you did this to me! Did our love mean anything to you? I know that I wasnâ€™t the perfect boyfriend, but I donâ€™t think I deserve this! How could you just leave me? We could have made it work between us if you hadnâ€™t just dumped me like that,â€œ* or *â€œHow can you not care about me anymore? Just the other week, you told me that you loved me and now you wonâ€™t even give me a chance to make things right between us. Donâ€™t you even care that I still love you?â€œ*

He's trying to get her back and it seems like he makes a good argument with what he's saying, right? After all, he loves her and is sincere about trying to make things work.

So, what is her problem?

Well, she has broken up with him and as a result, she no longer feels like his girlfriend.

When she doesn't feel like his girlfriend anymore, she doesn't feel the pressure of having to live up to the responsibilities of that role (i.e. caring for her boyfriend, trying to work things out, being patient and loving).

Instead, now that she is single, she feels the need to take care of herself and start trying to move on and find a better future for herself.

This is why trying to make your ex feel guilt or pity for the emotional pain that youâ€™re experiencing will usually just push her away even further.

So, donâ€™t try to get your ex back by making her feel sorry for you.

Instead, focus on reawakening her feelings of respect and sexual attraction for you, so that interacting with you actually starts to feel good to her.

Then, giving you another chance will be something she wants to do, rather than something that she is being forced to do out of pity or guilt.

4 Mistakes That Will Annoy Her Even More

If your ex girlfriend said that youâre being annoying, it may be because certain aspects of your behavior and the way you talk and interact with her have been turning her off (e.g. whining, constantly trying to discuss the relationship, sulking, complaining, getting annoyed with her).

So, when you change your approach (i.e. think, act and behave in more attractive ways), she will naturally begin to change how she feels about you and the situation.

On the other hand, if continue to say and do things that turn her off, sheâs going to keep pushing you away and saying, *âJust leave me alone! Youâre being so annoying! Stop it! Just go away.â*

If you donât want her to say something like that to you, be sure to avoid the following mistakes:

1. Not realizing that needing her back will be seen as selfish by her

You wanting to get your ex back is NOT selfish.

However, if she gets the sense that you need her back to feel okay about yourself again, then she WILL see your attempts to get her back as selfish.

In other words, if itâs all about you getting what you want (even if you say that youâre doing it for her, or are willing to do whatever she wants), then itâs seen as selfish.

To get a woman back, you have to make her feel a renewed sense of respect and attraction for you, so she naturally feels like she has a reason to want to get back with you.

When she feels like getting back with you would be a good thing for her to do (you can make her feel that way in minutes), then she will open up to you again.

The next mistake to avoid isâ

2. Trying to convince her to give him another chance

When a woman has disconnected from her feelings of love, respect and attraction for a guy, him trying to talk her back into a relationship with him simply doesnât work.

Why?

She doesnât have feelings for him anymore, so she doesnât really care how convincing his arguments might be.

No matter what he says, it just doesnât hit the mark with her because she doesnât feel attracted to him anymore.

She feels disconnected from any of the sexual or romantic feelings she used to have for him, so she doesnât look at him as a boyfriend anymore.

Heâs almost like a stranger to her now.

This is why trying to convince an ex woman to give you another chance usually wonât work, if you havenât first reactivated her feelings of sexual and romantic attraction.

So, if you want your ex girlfriend to drop her guard and listen to what you have to say, you have to first change how she feels by using a new approach with her (e.g. if you've been irritating her by begging for another chance, switch your approach to being easy-going, using humor to make her smile and laugh and flirting with her to build up sexual tension).

When you change how she feels, she will then naturally change her mind and open back up to you. However, if you keep trying to break through her defenses by using the same old approach over and over again (e.g. telling her reasons why you think the relationship deserves another chance, telling her how much you love her, telling her how much you've been hurting since the break up), she will just keep saying, *â€œNo.â€œ*

The next mistake to avoid isâ€¦!

3. Waiting too long to get to a phone call or an in person meet up and she then loses interest

It's very difficult to reawaken a woman's feelings of respect, attraction and love without actually talking to her (preferably face-to-face), where she can hear the sincerity in your voice and see your confidence coming through via your body language.

So, if your goal is to get your ex back, don't lose your chance with her by waiting too long to get her on a call, or meet up with her in person

You've got to make a move.

If you don't make a move, some other guy will and by the time you've plucked up the courage to call her, she's likely going to say, *â€œI'm sorry, but I've met someone else. I'm happy with him and I don't want you to ruin it, so please don't ever call me again.â€œ*

The next mistake to avoid isâ€¦!

4. Asking her how she feels, if she will ever change her mind and what he would need to do to get another chance

A guy might say, *â€œDo you still love me? Is there still a chance for us? I just want to know how you feel about me and if there's a chance that you will ever change your mind about us being broken up. I promise that if you tell me what you want me to do to fix our relationship, I will do it. I'll do anything to get you back. Trust me. Just tell me what you want and I will do it.â€œ*

Yet, what he usually doesn't realize is that asking a woman what he needs to do to make her happy makes her feel stressed and annoyed that he needs her to help him become a more attractive man.

She doesn't want to take on that responsibility.

Instead, she wants him to figure out how to be the kind of man that she wants and then start being that man, without her help and guidance.

If he can do that, then she will be able to look up to him and respect him for being a self-made man.

However, if he continues to struggle and need her support, she will feel annoyed by him and want to push him away.

So, if you want to get your ex back, don't rely on her telling you what you need to change or do to accomplish that.

Likewise, don't ask her if she still loves you, or if there is a chance for you and her.

Instead, make her love you again and you and her will then naturally get back together quickly and easily.

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Obsessed After Break Up

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 ways to calm yourself down, so you can get her back quickly:

1. Understand that emotional desperation is unattractive to your ex, so it will literally prevent you from getting her back

Sometimes, when a guy is obsessed with his ex after a break up, he might start doing things that make him appear desperate, needy and out of control to his ex.

For example: A guy mightâ€¦

- Bombard her with endless walls of text messages, or long e-mails apologizing to her and promising to change.
- Spy on her via social media (and in some cases, in person) to see what sheâ€™s doing, who she is hanging out with and if she is moving on.
- Pester her friends, coworkers and family to help talk her into giving him another chance.
- Show up uninvited at her place of work, home or the places she likes to hang out at and try to discuss the relationship with her.
- Send her long love letters declaring his love for her, *â€œYouâ€™re my reason for living and without you nothing feels right,â€* or *â€œYou are my one and only soul mate and a break up will never change that.â€*

Sometimes, a guy will hope that when his ex woman sees how lost he is without her and how desperate he is to get her back, she will change her mind and give him another chance.

Yet, in most cases, rather than convincing a woman to take him back, obsessive behavior only turns her off even more.

She then starts thinking things like, *â€œHis behavior since the break up has spiraled out of control. I am now seeing him in a way that I never did before and itâ€™s creeping me out. Iâ€™m suddenly very aware that heâ€™s not an emotionally strong man after all. Instead, heâ€™s somewhat emotionally wimpy and weak on his own. His desperation has proven to me that my instincts were right about wanting to break up with him. So, I have to now focus on moving on without him.â€*

Hereâ€™s the thingâ€¦

Feeling a little desperate to get your ex back is understandable, but you can't let that show up in your behavior, conversation style, body language or vibe.

If you let her sense that you're feeling desperate, you will be doing the opposite of what a man needs to do to get an ex back (i.e. get her respect back, make her feel attracted again, cause her to fall back in love with him).

2. Calm down by knowing that there is a quick, easy to use process that you can follow to get her back

One of the main reasons why you feel obsessed about your ex is because, somewhere in the back of your mind, youâ€™ve convinced yourself that thereâ€™s no chance of getting her back.

You may have even thought something like, *“I screwed up big time and there’s no coming back from this. I ruined the relationship with the woman of my dreams and I’m on my own now. I don’t think I would ever be able to get her back after how I acted and how much I turned her off. She even said that she never wants to see me again, so there’s nothing that I can say or do to make her change her mind. Her decision is final and I’ve lost her forever.”*

Naturally, when you think like that, you are going to begin to feel stressed out by the whole break up. You will lost, out of control, left behind and dejected by the whole thing.

Don’t do that to yourself.

You’ve got to know that there is a quick, easy to use process that you can use to get her back...

When you focus on making her feel a renewed sense of respect and attraction for you, she will naturally begin to think about you and look at you in a completely new way.

She will begin to see that there is still hope for you and her because she feels a spark with you again.

When that happens, she will begin to worry that if she doesn’t give you another chance, or at least hook up with you sexually one last time to see how she feels, she will end up regretting it for the rest of her life.

As a result, she will open back up to you and you can get her back.

On the other hand, if you make the mistake of allow your emotional state to spiral out of control because you believe that you have no chance of getting her back, then you won’t be able to overcome your obsession and desperation and it will end up turning into depression, self-doubt and anxiety in regards to women in general.

So, if you want her back, make a decision today to get your emotions under control and prepare to get her back.

3. Get clear on exactly what you really need to improve before you start the ex back process

To make your ex want to give you another chance, you first need to understand her real reasons for breaking up with you.

Why is this step important?

If you don’t understand her real, secret reasons for breaking up with you, you will likely end up offering her things that she doesn’t want (e.g. a guy will offer to spend more time with his ex and not be so focused on work, but what she really felt turned off by was his lack of emotional masculinity when they did spend time together. She never felt like his girl and felt more like his friend. She didn’t feel enough of a difference between him and her and she wants a guy who thinks, feels, behaves and acts in a more masculine manner, rather than being so soft, friendly and nice).

So, if you offer to fix, change, improve or adjust the wrong things, your ex may think something like, *“This is exactly why I broke up with him in the first place. He just doesn’t get it! He keeps making promises to change things about himself that I don’t really care about. He still doesn’t have a clue what turns me off about his approach to the relationship. It highlights to me that he’s probably a lost cause. So, I need to move on and find myself a guy who gets me, rather than wasting my time with him.”*

This is why you need to know exactly why she broke up with you.

At this point, you might be wondering, “Should I ask her to tell me?”

The answer is definitely, *No!*

If you ask her, you will turn her off even more because women don't want to be responsible for shaping you into the man that you need to become.

Essentially, a woman doesn't want to be your teacher in life and tell you how to think, act and behave to make her respect you, feel sexually attracted to you and love you.

That's why I am here.

I'm here to help you get her back and keep her in a relationship.

So, to help you understand why she might have broken up with you, here are some questions to ask yourself:

- What aspects of my thinking and behavior initially attracted her to me (e.g. my confidence, my belief in my attractiveness to her and other women, my great sense of humor, my emotional masculinity)?
- Did I continue to act, think and behave in those attractive ways throughout our relationship, or did I slowly slip into behaving in unattractive ways (e.g. I started doubting my attractiveness to her and as a result became more needy, clingy, jealous or controlling. I began giving in to her demands more and more and she started feeling more emotionally dominant than me. I stopped making her feel desirable and sexy and started treating her more like a neutral friend or roommate)?
- Did I try to get her to accept things about me that just weren't attractive to her (e.g. I displayed annoying habits that she clearly didn't like. I became too emotionally sensitive and she ended up feeling like she had to be gentle and take care of me emotionally, otherwise I would get angry, sulk or give her the silent treatment)?

By answering those questions, you will begin to feel aware of what you need to adjust in order to properly re-attract her.

If you haven't done so already, make sure that you:

4. Give her 3 to 7 days of space to miss you

This is an important step if you've been pestering your ex and making her feel annoyed by your approach to getting her back (e.g. you've been calling, texting or messaging her too much, begging and pleading with her to listen to you, crying and asking her to give you another chance).

So, if you haven't done so already, stop all interactions with her for a few days and allow for things to calm down between you and her.

During that time, she will have a chance to stop focusing on things that she doesn't like about you and begin to miss the things she does like about you (e.g. the way you make her feel like a princess when she's with you, how you're so ambitious and hard-working, that you always treated her friends and family well, that you're a really good guy, that you honestly love her and care about her, that you make her smile and laugh a lot).

Important: The old saying of, *More is better* doesn't apply when it comes to giving an ex space after a break up.

So, donâ€™t make the mistake of thinking, *â€œIf 3 to 7 days of space will make her miss me, then cutting off contact for 30 or 60 days will make her really miss me and want me back. Then, when I eventually contact her after a month or two, she will jump at the idea of getting back together again.â€*

Yes, that can work if a woman is still in love with her ex guy.

Yet, in the majority of ex back cases where a man is trying to get an ex woman back, she is no longer in love with him and feels as though she made the right decision to break up with him.

So, if a guy then cuts off contact for 1-2 months, she doesn't care.

She just moves on.

This is why you shouldn't give your ex any more than 3 to 7 days of space.

If you've been very annoying and needy, then give her the full 7 days.

Once you've done thatâ€¦!

5. Contact her and start the ex back process

To show your ex that you're a different man now, you have to interact with her on a phone call or in person.

When you do, so she can hear the tonality of your voice, assess your behavior and see for herself that you really have changed.

If you have been obsessing over her and that ended up causing you to be needy and annoy her, then you can show that you've changed by being more relaxed, easy-going and adding in some humor to let her see that you're not freaking out anymore, or trying to pressure her into giving you another chance.

Once she has dropped her guard a little is feeling more relaxed and happy to be talking to you, say something along the lines of, *â€œAnyway, it's been good talking to you again. It's nice to see that we can actually talk as friends, without it being about us getting back together or anything like that. For the record, I accept that weâ€™re broken up and Iâ€™m fine with it. So, I think it would be best to put the past behind us and just be friends.â€*

When she agrees, go ahead and say something like, *“Cool. Well, I think if we're going to part ways as friends, it would be the right thing to do to catch up as friends one last time and wish each other the best. So, letâ€™s meet up for a quick coffee to say hello this week. I'll be busy on Monday and Tuesday, but Iâ€™m free on Wednesday or Sunday this week. Which of these two days suit you best?â€*

If she disagrees about the meet up, just say, *“Hey, it's just a quick catch up as friends to say goodbye in a mature way. When we catch up, if you decide that you don't ever want to talk to me again, I promise that I will respect that 100% and never contact you again. So, this catch up can simply about us parting as friends and wishing each other all the best. So, let's do it. Let's catch up to say hi this week.â€*

Then, when you meet up with her, focus on fully re-attracting (e.g. by showing her that youâ€™ve understood her real, secret reasons for breaking up with you and have already made some changes based on that).

When she senses the changes in you, she will naturally begin to feel a renewed sense of respect and

attraction for you.

She will realize that you aren't so bad after all and when that happens, her guard will come down and she begin to open up to the idea of giving you another chance.

3 Mistakes That Some Guys Make When Obsessed About an Ex Woman

As you may have realized by now, what you say, do and the way you behave around your ex will either reawaken her feelings for you, or convince her that she made the right decision to break up with you.

So, if you want to reawaken her feelings and get her back, try not to be one of the guys who make the following mistakes:

1. Assuming that acting like a desperate ex boyfriend who needs her, will impress her and make her feel lucky to have him

Sometimes, a guy will try to get his ex woman back by saying things like, *I'm so lost without you in my life. I need you so much. Please give me just one more chance. I promise I will do whatever it takes to make you happy this time. I need you. You are everything to me. Please!*

Essentially, he's hoping his ex will think something like, *Oh, well that's so sweet. I feel so lucky to have a man who feels lost and hopeless without me in his life. Every girl dreams of having a guy who is obsessed with her and needy of her. So, for that, I have to give him another chance.*

That might happen in romantic movies just to entertain the audience, but in real life, women don't respond well to seeing their ex guy fall apart emotionally.

What makes a woman feel attracted to her ex, is seeing that although he still wants her back, he is absolutely confident, happy and positive about his life with or without her.

He doesn't shove it in her face by saying, *"My life is great without you."*

Instead, he lets her sense that he is confident and happy without her, based on the way he talks to her, behaves and acts around her.

She can sense it for herself and when she notices that he's not trying to rub it in her face, she will also feel respect for him for being a good guy about it.

So, don't go to either extreme of showing desperation or acting like you are so happy that you and her broke up.

Instead, just let her see that you are interested in getting her back, but at the same time, you feel confident, happy and are making progress in life with or without her.

The next mistake to avoid is

2. Hoping that staying on her mind by constantly texting or calling will save the relationship

When a guy is unable to meet up with his ex woman as frequently as he did when they were in a

relationship, he will often start to worry that she will forget about him and move on if he doesn't stay on her mind.

So, to prevent that from happening, he will send her daily texts, social media messages or call her on the phone as a way of remaining part of her life.

Yet, rather than make him unforgettable to her in a good way, his constant pestering turns her off more because he comes across as a needy, clingy, desperate guy who is obsessed with his ex.

There's nothing wrong with getting in contact with your ex, but you have to be calm about it.

Use the interactions that you have with her to make her smile, laugh and feel good to be talking to you again.

Then, make sure that you meet up with her in person, re-attract her, get to a hug, kiss and then sex. Once that happens, you and her will get back together naturally.

Yet, if all you're doing is texting her or messaging her to stay on her mind, she's going to get annoyed and may end up blocking you or telling you to leave her alone.

The next mistake to avoid is!

3. Not knowing that he can easily turn things around and make her want the relationship too

When a woman is being closed off and saying things like, *"It's over between us. I don't love you anymore and nothing that you can say or do will ever make me change my mind"* a guy might start believing that getting her back will be impossible.

Yet, here's the thing!

Just because your ex doesn't have feelings for you right now, it doesn't mean she will feel the same way a week from now after you've reactivated her feelings of respect and sexual attraction.

So, don't give up.

You really can change how she feels and get her back, if you want to.

You can take control of the ex back process by focusing on re-attracting her and seducing her back into a relationship that she wants.

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Should I Knock On My Ex's Front Door?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

It depends.

Here are 5 possible reactions that you might get from her if you knock on her door:

1. She is happy that you had the confidence to go and see her and try to work things out

Sometimes a woman will break up with a guy, but secretly be hoping that they'll be able to work things out and get back together.

So, if her then has the confidence to knock on her front door and work things out, it will be exactly what she's been hoping for.

Of course, even though your ex may still have feelings for you and want you back, if you go ahead and knock on her door, don't expect her to throw herself into your arms and say something along the lines of, *"I'm so glad you came! I've been hoping that'd you come over so we can sort things out and get back together."*

Instead, if she's like most women, she will act surprised and say something like, *"What are you doing here?"*

If she reacts in that way, don't panic.

Just remain confident, relaxed and easy-going and say something like, *"I thought I'd drop by for a minute to say hi as a friend and see how you are."*

She might then invite you in for a coffee, drink or a chat.

Once you are inside her house, focus on maintaining your confidence with her (especially if she starts getting nervous about you being there and begins to act cold or aloof) and continue to break down her walls by sparking her feelings for you.

The best way to do that is to be relaxed and easy-going and use some humor to lighten the mood and get her smiling and laughing.

If she was hoping that you'd drop by, she will be happy to see that you and her can still chat, have a laugh and feel good around each other.

The more you continue to show her via your behavior and conversation style that you've transformed into the kind of man that she can now look up to, respect and feel attracted to (e.g. confident, self-assured, emotionally masculine) the more her defenses will come down.

She will naturally begin to open up and you can then give her a kiss and possibly even hook up with her sexually.

Note: She might not be ready to have sex with you the first time you knock on her door, so don't worry about it if she isn't.

Instead, just continue to interact with her (over the phone and especially in person) and build on her initial feelings of respect and sexual attraction for you until she falls back in love with you, or at least opens up to having sex with you to see how she feels afterwards.

Another possible reaction your ex might have if you knock on her front door is a

2. She is angry that you turned up at her home uninvited

In some cases, a woman won't enjoy being caught off guard by her ex and will react in an angry way, *â€œHow dare you show up at my house uninvited! Weâ€™ve broken up and you have no right to be here unless I say that itâ€™s okay! So, go away. Don't ever do that again. Get out here. We have broken up. Leave!â€*

Some of her possible reasons for reacting in that way might beâ€¦

- She's worried that you're going to create drama and drag her into a long, drawn out and stressful conversation about the relationship.
- Sheâ€™s still feeling bitter about the break up and isnâ€™t ready to see you yet.
- She's worried that you might be stalking her.
- She's worried that you might hurt her physically if she lets you in. Many women watch a lot of crime TV shows and often think the worst when an ex guy shows up their door.
- She feels self-conscious and insecure about you seeing her without her make up on/her hair in a mess/wearing sloppy clothes.
- Sheâ€™s expecting one of her friends to arrive soon and doesnâ€™t want you to be there when she arrives (e.g. because her friend disapproves of you and wants her to forget about you).
- She has made other plans and you are now delaying her.
- She doesnâ€™t want to make it easy for you to get her back.
- She doesn't want you thinking that you can just arrive at her home anytime you want, without being invited.

So, if you go and knock on your ex's door to say hi as a friend and she gets angry, don't let it put you off.

If you can remain calm, relaxed and confidently focus on reawakening her feelings of respect and attraction for you as you talk to her (e.g. by using humor to diffuse the situation), she wonâ€™t be able to stay mad at you for long.

So, if you think that your ex might react in an angry way, you need to be prepared to face potentially 1-2 minutes of her being annoyed, before she calms down, relaxes and begins to open up and talk more freely with you.

When you focus on making her smile, laugh and feel good as you talk to her, her guard will start to come down.

You can then build on her feelings and get her to open up to the idea of hanging out to see where things go.

On the other hand, if you crumble at the first sign of resistance from her, she will perceive you as being emotionally weak and unable to cope with the challenges that life throws at you, which will turn her off.

She will then think something along the lines of, *â€œIf he canâ€™t even handle a little resistance from me, how will he be able to get through the more difficult things in life? Is he the kind of man who feels afraid when confronted by a challenging situation? Is he the sort to just give up and run away? I donâ€™t want a man who is too insecure and cowardly to be able to face the challenges of life. I want a man who has the courage and determination to remain confident, calm and in control*

*no matter what life throws at him. By going into his shell and seeming like he is intimidated by me, he has highlighted to me that I made the right decision by breaking up with him. I now need to focus on forgetting about him and moving on.*â€œ

Another possible reaction your ex might have if you knock on her front door isâ€œ

3. She has her guard up and doesn't want to talk to you about the relationship

When a woman breaks up with a guy, she will usually try to avoid seeing him as much as possible to allow herself to move on, rather than having to deal with him wanting to talk about the relationship with her (and trying to get her back).

So, if her ex suddenly knocks on her front door, rather than be happy to see him, she will feel like she needs to get him to leave so she doesn't get seduced back into a relationship.

She will then begin to think something like, "I know why he's here. He wants to talk about the relationship and convince me to give him another chance. He's probably going to start going over all of his mistakes and ask me what he needs to do to make me happy in a relationship. I don't want to talk about the relationship and I definitely don't want to teach him how to be the man I want him to be. If he really wants me back, he needs to figure that out by himself and change and improve without my help. If he can do that, then I would be okay about talking to him and seeing if I am willing to open back up to a relationship. Yet, I bet that nothing has really changed about him, so I've got to get him to leave."

She will then try her best to get you to leave, so she can continue trying to get over you and move on.

If you don't want her to react in that way, you need make sure that if you do knock on her door, you keep the interaction fun, easy-going and lighthearted, rather than trying to get into deep, stressful conversations about the relationship.

For example: You might say to her, *"Hey, I get it that you're probably surprised to see me here right now, but I just want to make it clear that I'm not here to talk about the relationship or about getting back together. I just wanted to come by and say hello as a friend for a few minutes, cool? If you don't want to talk any longer than that, I will leave. No problem at all. Anyway, so how are you?"*

By saying something like that to her, not only are you taking the pressure off her from having to talk about what she doesn't want to talk about (i.e. the relationship and getting back together again), it also makes her see you in a more positive light.

She can see that you're not there to cause trouble and just want to say hi as a friend.

Of course, she might still be a bit worried or on guard, but that's only natural.

When she sees that you're being confident, relaxed and easy-going, she will begin to drop her guard a little without feeling as though it means she's agreeing to getting back together with you.

Another possible reaction she might have if you knock on her front door isâ€œ

4. She tells you to go away and never come back again

In some cases, a woman will feel shocked to see her ex standing on her front door and because of that, a lot of different things may go through her mind at that moment.

For example: She mightâ€œ

- Secretly feel pleased that heâ□□s there, but at the same time, not want to make it easy for him to get her back by appearing happy to see him.
- Feel like he hasnâ□□t done anything to re-spark her feelings first, so she doesn't feel ready or willing to see him.
- Wonder if heâ□□s actually changed anything about himself, or if heâ□□s still the same guy that she broke up with.

As a result, she might react by saying something along the lines of, *â□□ Why are you here? This is unacceptable, you know? You can't just arrive at someone's door and expect that they will want to talk to you. Go away, I don't want to talk to you.*â□□

Although what she's saying might sound as though she is rejecting him and that he no longer has a chance, it can also mean other things.

For example: In some cases, a woman will say that as a test to see if her ex confident enough to stand his ground and talk to her in a calm, rational manner, regardless of how negative she is being towards him.

This usually happens if the woman dumped her ex because of his anger issues, or because he was too wimpy and was easily controlled or bossed around by her.

It can also apply when a woman was taken for granted by her ex, to the point where he treated her badly and expected her to just put up with it because she used to love him so much.

So, if your ex tells you to go away when you knock on her front door, rather than getting upset and taking it as a sign that itâ□□s 100% over between you, just remain calm and use some humor to break down her defenses and remove some of the awkwardness from of the situation.

For example: If she sayâ□□s something like, *â□□ What are you doing here?*â□□ you can say in a joking way, *â□□ I was all the way across town in a really important business meeting, when all of a sudden I started smelling lasagna. So I followed the aroma and it led me right up to your front door!"* and have a laugh.

Then say, *"Anyway, since Iâ□□ve come all this wayâ□□|how about some lasagna for lunch?"*â□□

She will probably try to act annoyed and say something like, *â□□ Youâ□□re crazy! I didn't cook any lasagna today.*â□□

You can then laugh and say in a joking manner, *â□□ Oh, thatâ□□s very disappointing. Well, at least make it up to me with a cup of coffee then.*â□□

If you're on good terms with each other, she will likely laugh and say something along the lines of, *â□□ Youâ□□re so cheeky! Okay fine, come in, but only for 10 minutes...then you have to leave and promise me that you wonâ□□t knock on my front door again without an invitation, okay?"*â□□

If you're not on good terms with each other, she might remain annoyed and say, "No, I'm not making you a coffee. I didn't invite you over, so you have to leave."

You can then say, *"Hey, I was only kidding. Of course I don't expect a coffee. I accept that you and I have broken up. No problem at all. I just came by to say hello as a friend. All I'm asking for is a quick chat and then I'll leave. If don't ever want to talk to me again after that, I promise to leave and never contact you again. You have my word."*

She will most likely let you in at that point, or have a conversation with you at the door.

Whatever the case, the most important thing is that you maintain your confidence and don't seem

worried, intimidated, angry, insecure or tense.

Just relax, be confident and easy-going and talk to her as though everything is cool between you and her.

Use the conversation to reawaken her feelings for you by adding in some humor and using flirting to make her feel sparks of sexual attraction for you.

When you do that, her guard will come down and she will begin opening back up to you.

Another possible reaction she might have if you knock on her front door isâ€¦!

5. She threatens to get a restraining order out on you

If a woman threatens her ex with a restraining order, it usually (but not always) means that a guy will have done many other things to cause her to feel annoyed, or even threatened by him.

For example: He might haveâ€¦!

- Repeatedly called her, texted, e-mailed or sent her messages via social media demanding that she talk to him in person.
- Shown up unexpectedly at her work, university or where she likes to hang out with her friends.
- Begged and pleaded with her for a second chance in person and become very emotional and even a bit angry when she didn't give him the chance.
- Followed her around to see where she goes going and who she is now hanging out with.
- Intruded on her dates with other guys and caused a scene (e.g. by picking a fight with the other guy).
- Parked outside her home and waited for her to come home, so he could then talk to her.
- Physically hurt her or threatened to hurt her if she didn't give him another chance.

So, if he then knocks on her front door, sheâ€™s probably going to freak out and threaten to take a restraining order out on him to hopefully get him to leave her alone.

If youâ€™ve been behaving in any of the above mentioned ways, itâ€™s probably best if you donâ€™t knock on your exâ€™s front door, until youâ€™ve re-sparked some of her feelings of respect and attraction for you first (e.g. over the phone).

Then when you do, she will be more open to forgiving you your past behavior if she sees you standing there, than if you just show up without reactivating any of her feelings for you.

4 Mistakes a Guy Might Make When He Wants to Knock On His Exâ€™s Front Door

Before you show up at your exâ€™s front door, make sure youâ€™re prepared enough to be able to make her feel a renewed sense of respect and attraction for you.

If you are, then she will most likely drop her guard and open back up to you.

Unfortunately, many guys in your situation are unprepared and end up making one or more of the following mistakes, which causes the woman to feel annoyed and want him to leaveâ€¦!

1. Turning up to her house and trying to discuss the relationship before re-attracting her

When it comes to getting an ex woman back, making her feel respect and sexual attraction for you as you talk to her, is infinitely more effective than trying to discuss the relationship.

If a woman doesn't feel attracted to you, then she's not going to feel motivated to want to discuss the relationship and work things out.

So, you have to start with re-attraction first.

When you knock on your ex's door, use it as an opportunity to build on her feelings for you by having some fun as you talk to her (e.g. using humor to break down her walls).

Let her realize for herself that she really does feel good around you anymore, so there's still hope for you and her.

If you approach it that way, you have the best chance of getting her to drop her guard, open back up to you and give you another chance.

However, if you knock on her door and want to get into serious discussions about the relationship, or about how much you've improved, then she's probably not going to be interested.

Another mistake that some guys make when they knock on their ex woman's door isâ€¦

2. Appearing desperate or needy as he talks to her

Women are attracted to men who are confident, self-assured and can remain calm and composed under pressure.

As a result, neediness and desperation are not attractive qualities and will simply turn a woman off when displayed.

So, if you knock on your ex's front door and subtly or obviously begin to plead with her to give you another chance, it's going to turn her off.

Likewise, if you appear desperate by saying something like, *â€œI just had to see you again. I can't cope without you,â€* it's not going to sweep her off her feet if she is already turned off by you.

So, make sure that you show her (by the way you think, talk and behave) that you are now an emotionally strong and confident man who can remain calm and composed under pressure, while also having the balls to add in some humor to ease the tension between you and her.

As a result, you will naturally begin to make her feel respect, attraction and love for you all over again.

3. Not giving her 3 to 7 days of space before starting the ex back process

Sometimes, a few days of space is exactly what is needed after a break up, to allow for things to calm down and your woman to start missing you.

This is especially true if you had annoyed your ex by begging and pleading for another chance, or have generally been needy and desperate since the break up.

If you don't give your ex any space after annoying her and then show up at her front door, she probably won't be very happy to see you.

Causing her to feel annoyed like that makes it more difficult for you to break through her defenses and get her to open back up to you.

So, if you have been annoying her since the break up, give her 3 to 7 days of space and then begin the ex back process.

On the other hand, if you haven't been annoying her, then go ahead and start the ex back process and get her back.

The next mistake isâ€¦!

4. Expecting that she will be impressed if he pours his heart out to her, expresses his undying love and promises to do whatever she wants

Some guys hope that their ex woman will be flattered if he knocks on her front door and tells her how much he loves her and how heâ€™s going to do whatever it takes to get her back.

Yet, hereâ€™s the thingâ€¦!

If a woman doesn't have feelings for her ex anymore, she's not going to care about his feelings for her.

This is why you need to start the ex back process with re-attraction.

Only when she feels a renewed sense of attraction for you, will she then begin to care and open up to explore her new feelings for you.

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My Ex Destroyed My Confidence

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

5 possible reasons why:

1. She was a higher quality woman than you were used to dating, so you've lost the added confidence that came with having a woman like her

Sometimes a guy might feel very lucky to have a certain woman as a girlfriend (e.g. because she's very beautiful and he sees himself as being average or below-average looking, she has a better education than he does, she earns more money than he does, she comes from a wealthy family while his parents are ordinary working people).

So, when he won her over and got into a relationship with her, it gave him a new kind of confidence boost in life.

He may have thought things like, *"If a woman like her wants to be with me, then I must be a pretty cool guy after all. I don't have to settle for women that I'm not really attracted to. I've done well for myself and I deserve it. She is the type of women I should have had all along."*

Naturally, he feels great about himself based on being in a relationship with her.

Yet, his new level of confidence is unreliable because it's mainly dependent on continuing to have her as his girlfriend (or wife).

So, when she eventually breaks up with him, he feels lost and dejected without her and his confidence begins to fade away.

This is why it's essential that you build up confidence in yourself and truly begin to believe that you are more than good enough for her.

When you can genuinely feel confident about your attractiveness and value to your ex and to other women, no one can take that away from you.

You will have that confidence now and for the rest of your life.

On the other hand, if you go through life never knowing how to truly believe in yourself and your attractiveness to women, it will be a rocky road for you.

If you only ever feel confident because of external factors in your life (e.g. if you get a new, attractive girlfriend or wife, you drive a nice car or have an important job), then if you happen to lose one of those things, you may end up losing the associated confidence along with it.

By the way!

When a man only feels confident because of a woman, she will gradually begin to see that and it will turn her off.

For example: The longer a relationship continues, the more emotionally sensitive, insecure, clingy, jealous and controlling a guy will become if his confidence is largely based on her loving him and sticking with him.

If she gets to the point where she's had enough of being with an emotionally weak man, she will break up with him and try to find herself a truly confident man who doesn't rely on her dedication to him to feel confident and worthy as a man in this world.

So, if you want to get your ex back, you need to stop thinking things like, *“My ex destroyed my confidence”* and start saying, *“I am confident with or without her. My confidence grows stronger every day. I am more than good enough for her and many other attractive women. I’m the man. I’m so damn good I’d even date myself. So, my ex will be lucky to get me back when I contact her, re-attract her and seduce her back into a relationship. I’ll literally be giving her a gift by doing that.”*

You’ve got to believe in yourself.

You’ve got to know that you are more than good enough.

If you don’t, she will pick up on your lack of confidence (via the tonality of your voice, your body language and the way you talk and respond to her) and she will feel convinced that she made the right decision to break up with you.

Another possible reason why you might feel that your ex destroyed your confidence is

2. You made her your purpose in life

Some guys mistakenly believe that a woman will be flattered and will dedicated herself 100% to a guy if he makes her the center of his world.

For example: A guy might stop focusing on his goals and dreams and instead, devote all of his attention and time to being with her.

He may give up his interests and hobbies and also stop hanging out with his friends, unless he can bring her along too, of course.

Eventually, she becomes the main purpose in his life and his main reason for living, so he doesn’t take a step without her.

Naturally, when she then breaks up with him, his main reason for living disappears and it leaves him feeling destroyed and broken.

He may even start thinking things like, *“Without her I am nothing,”* or *“She was my life and now I can’t succeed without her. My confidence is destroyed now. I thought everything would be fine because her and I were so in love, but I guess I wasn’t enough.”*

He was enough, but he went about the relationship in the wrong way (i.e. she became the most important thing in his life, rather than just the most important person).

A woman doesn’t want to be a man’s most important thing, mission, dream or ambition.

That place is reserved for his biggest dreams, goals and aspirations in life, so if he puts her in that place, she feels turned off because she is not his biggest achievement in life.

She is not his highest potential as a man.

He can only reach his highest potential as a man by following through on his biggest dreams, goals and ambitions in life.

Unfortunately, many guys don’t realize that until it’s too late.

The woman takes all the attention for months or even years and becomes increasingly fussy, irritable and frustrated in the relationship.

The guy doesn’t know why she is changing, but the reason is clear; he has made her his purpose in life and she doesn’t want that.

So, if a guy made that relationship mistake and got dumped, he can make her feel a renewed sense of

respect and attraction for him by:

- Focusing on his big goals and dreams in life and begin working towards achieving them.
- Reconnecting with friends that he had been neglecting, or make new friends and start going out more and having fun without her needing to be there.
- Pursuing a hobby or interest that heâs been ignoring, but is very passionate about.
- Taking up something new that he always dreamed about (e.g. a new sport or activity), but always put off because of his relationship with her.

If you can't do any of those things, at least get yourself to the point emotionally where you are confident, happy and moving forward in life with or without her.

You can get to that point tomorrow, the next day or this week.

It shouldn't take you very long at all.

Once you honestly feel confident, happy and willing to move forward without her, then you are ready to interact with her, re-attract her and seduce her back into a relationship with you.

Another possible reason why you might feel as though your ex destroyed your confidence, is thatâ!

Another possible reason why you might feel that your ex destroyed your confidence isâ!

3. You've been creating more insecurities for yourself since the break up

Although getting dumped can cause some guys to feel down and dejected for a while, it can also be an opportunity for a guy to become more confident and well rounded.

How?

He can use the break up as an opportunity to have an honest look at himself and where he has been going wrong and then change or adjust those things about himself (e.g. get rid of needy ways of thinking, be more masculine in his behavior).

Then, when he interacts with his ex woman again, she will be able to see he has changed in the ways that really matter to her.

As a result, she will have a renewed sense of respect and attraction for him.

If he is able to build on that as he interacts with her, she will fall in love with him all over again and they will get back together.

Alternatively, a guy might improve himself and then have a new, attractive girlfriend and then have a successful, long-lasting relationship with her because heâs an even better man than he was before.

In both of those cases, a man will become even more confident in himself and his attractiveness to women as a result of the break up.

Unfortunately, many guys don't approach the post-break up phase in that way.

In some cases, a guy will go in the opposite direction and develop even more insecurities than he had before.

For example: A guy might start thinking, *âIâm such a failure as a man! I can't even keep a damn relationship together. I'm a loser. Itâs all my fault that she broke up with me. Nothing that I do is ever right. I always stuff things up in the end. No wonder she doesnât want to be with me anymore. Not only have I lost her forever, but I probably won't ever find another quality woman like*

her ever again. Women like her usually aren't interested in me, so I'm probably going to be on my own for quite a while. This sucks! I'm such a failure as a man.

As a result of thinking in that way, he becomes insecure and self-doubting and if he interacts with his ex woman, she picks up on it.

A woman can even sense it when looking at new photos of him on social media.

If he seems drawn inward and insecure based on the subtleties of his body language in the photo, she will assume the break up destroyed his confidence and he is lost without her.

Another possible reason why you might feel that your ex destroyed your confidence is

4. You believe that you did your best to keep her happy, but it wasn't enough

Sometimes, a guy will think to himself, I did everything to make my ex happy. I let her have her way. I never lost my temper with her during arguments. I spoiled her with gifts and romantic dinners and weekends away. I was loving and attentive. I put her first place in my life, even when she was being argumentative, or even unreasonable with her requests. I don't know what else I could have done to keep her happy. I mean, what the heck do women want? How good of a boyfriend do you need to be? Regardless of how nice I was to her, it was never enough. In the end, she discarded me like I meant nothing to her.

As a result, he starts to feel like he's not good enough as a man and he could never live up to the expectations of a woman in a relationship.

Yet, he can and quite easily, if he approaches the relationship in a different way.

Here's the thing

Although it would be great if just being nice to a woman was the secret to maintaining a woman's respect, attraction and love in a relationship, it's not.

Why?

Even though a woman might appreciate it when a guy is being nice to her, she doesn't want to feel like she is the boss, the leader, or the most valuable one in the relationship.

Instead, she wants him to make her feel as though she needs to do her best to keep him happy, rather than feeling as though he needs to work hard to impress her, treat her as best as he can and live up to all of her expectations to keep her happy.

In other words, she wants him to be more of a challenge.

If he can't offer her the challenge she secretly wants in a relationship, then she will naturally get bored of being in the one up position and will begin to lose respect for him.

When she can't respect him, she will also stop feeling sexually attracted to him and without respect or attraction, her feelings of love will begin to fade as well.

She will then want to break up with him (even though he's treating her really well) and find herself a man who is more of a challenge.

So, if you want to get your ex back, stop thinking negative thoughts like, *I did everything to make her happy but she dumped me anyway. I did my best and it wasn't enough, so my ex destroyed my confidence.*

Instead, focus instead on approaching her in a completely new way that is going to be more attractive

and appealing to her.

This new way involves you putting in much less effort than you ever have and getting way better results with her than you ever have.

It's about making her feel the need to be good to you and treat you well.

You really can get your ex back and create the kind of relationship dynamic with her, but you need to be willing to use a completely new approach with her from now on.

Another reason why your confidence might have taken a bit of a beating after the break up, is that

5. Your confidence was heavily reliant on her love for you

Some guys are fortunate enough to have male role models in their life (e.g. a father, grandfather, uncle, big brother) who teach them what it means to be a confident, masculine man that a woman would never want to leave.

However, not all guys are that lucky (e.g. because a guy's parents got divorced when he was young, the male figures in his family are as confused about women as he is), so many guys get into a relationship with a woman and end up ruining it by not thinking, behaving and acting like a masculine man.

For example: A confused guy might regularly ask his woman things like, *"Do you still love me?"* or, *"You wouldn't ever leave me, would you?"* or, *"Do you still find me attractive?"* or, *"Do you ever miss any of your ex's?"*

When she replies with something along the lines of, *"Of course I still love you"* or, *"No, I would never leave you, because I love you"* or, *"You'll always be attractive to me. You're the man I choose to be with"* or, *"No, why would I think about my ex's? They are history. I am with you now and I want to be with you"* he will relax and feel confident about himself for a while.

Soon enough though, he begins to feel insecure once again and asks her more questions, or now needs her to be extra loving and attentive so he can feel confident about himself.

Initially, a woman might feel flattered that her guy is so devoted to her and wants to be with her and only her.

However, when she realizes that he only feels confident when she reassures him of her love or desire for him, she will start to lose respect and attraction for him.

She might then test him by not giving him the reassurance he wants.

When he asks her, *"Do you still love me?"* rather than saying, *"Yes"* she says, *"I'm tired of you asking me that. If you keep asking me, maybe I will say no one day, so stop it."*

She then starts to feel turned off by having sex with him and begins to show interest in other guys to push his insecurity to the limit.

If he then becomes even more insecure, she will know that he needs her love to be strong and that without it he becomes a weak, insecure, needy guy.

She will then feel a strong, instinctive desire to break up with him and look for a man who can be confident and emotionally strong, with or without her love and support.

So, if you want to get your ex back, you need to get to the point where you honestly feel confident and happy with or without her.

3 Ways That Guys Mess Up After Being Dumped by the Woman They Love

Losing a bit of confidence after being dumped is okay if you quickly recover from it and then come back emotionally stronger than ever before.

However, if you let the break up destroy your confidence and send you into a downward spiral, you may end up feeling depressed, insecure and left out, which will not only turn your ex off, but will be unattractive to other women as well.

So, to make sure that you bounce back into confidence, be sure to avoid the following mistakes!

1. Feeling pity for yourself

Sitting around feeling sorry for yourself isn't going to help you.

So, if you notice that you're sitting around alone and feeling sad, down and dejected, say to yourself, *"Enough! I am more than good enough for my ex and other women. I'm an awesome man. I have become such a better man since the break up and I continue to become an even better man every day. I have so much to look forward to. I have so much to feel confident about in myself. I'm an amazing guy."*

Steer your thoughts towards confidence, self-belief and self-assuredness, rather than allowing your thoughts to derail you and send you off track into the endless abyss of insecurity.

Remember: A woman is attracted to the kind of guy she can look up to, respect and be proud to call her man (i.e. because regardless of what happened between them, he has maintained belief in himself and in his value to her and has already taken steps to become even better than he was before).

A woman is not attracted to the kind of guy who makes her feel as though she has to build up his confidence and take care of him emotionally because he's so sensitive and unstable.

So, if you want your ex to reconnect with her feelings of respect, attraction and love for you, don't sit around feeling sorry for yourself anymore.

Quickly build up your confidence today and then get ready to interact with her within the next few days to a week.

Interact with her on a phone call or in person and re-attract her.

Once she feels a renewed sense of respect and attraction for you, she will open back up to you and you can then seduce her back into a relationship with you.

2. Feeling unworthy of her or other attractive women because of how bad the break up was

There's no denying that it sucks to be broken up by the woman you love, or really want to be with.

Yet, allowing that pain to destroy your confidence and make you feel unworthy of your ex (or other attractive women) will also decrease your chances of getting her back.

Your ex will feel turned off by your lack of belief in yourself and will then feel glad that she decided to break up with you when she did.

No woman wants to go running back to a guy that she dumped, if he is now broken emotionally.

That's not attractive.

If she got dumped by him and really wanted him back, then she would be fine about him being broken emotionally without her.

She will see that as a sign that she can get him back and keep him.

Yet, if a woman dumped a guy because he turned her off and she then noticed that he has become even more of a turn off (i.e. by losing confidence in himself), she's not going to feel motivated to get back with him.

So, if you want your ex back, you have to absolutely believe that you are more than good enough for her and then interact with her, re-attract her and get her back.

If you don't believe that you are more than good enough for her, she will pick up on it, feel turned off and it will then become more difficult for you to get her back.

The next mistake to avoid isâ

3. Not focusing on the opportunity to quickly improve and become a better man, so he can get her back or attract a new woman

Right now, you have an opportunity to re-attract your ex, get her back and enjoy an even better relationship than you had with her before.

Alternatively, you can walk away, never really knowing how much you would have grown as a man by going through the ex back process.

Going through the ex back process with a woman is a hugely transformational experience for a guy.

You start out feeling like your confidence is destroyed and end up becoming truly confident in yourself, getting your ex back and seeing her look into your eyes and say, *"I love you. I've missed you so much."*

When that happens, you realize that you can pretty much achieve or do anything in life.

As a result, your confidence is fully restored.

You are a new, more powerful man who now has a fundamental type of confidence that can never be taken away or destroyed.

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[image]

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Still Emotionally Attached to Ex

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you're still emotionally attached to your ex, here are 5 questions to ask yourself to work out what to do next:

1. Do you feel that way because you see her as being the one for you?

Sometimes it takes a break up to shock a guy into realizing that his woman really was the right the one for him.

Of course, when that realization hits, a guy might begin to blame himself for messing things up with his ideal woman and feeling like a failure.

He might then begin to think things like, *"She was the perfect woman for me and I stuffed it up. So, it would serve me right if I ended up alone. She probably wouldn't want me back anyway."*

Unfortunately, a lot of men finds themselves missing an ex woman and feeling emotionally attached to her, but never really knowing how to make her feel the same way.

As a result, a guy will end up feeling stuck and unable to truly move on with new women.

He might date new women and even feel some love, but it won't be the same as what he felt with his ex.

He knows that she was the right woman for him.

How about you?

Do you see your ex as being the one for you?

If so, then do something about it.

Get her back.

How?

Interact with her again and reactivate her feelings of respect, sexual attraction and love for you to make her feel good to be in contact with you again.

Make her smile, laugh and feel relaxed and open during interactions with you, so when she's on her own, she thinks things like, *"I know that I once said I would never give him another chance, but all of a sudden I don't feel so convinced that being apart is the right thing for me. I'm actually starting to miss him now when I don't hear from him. Maybe the break up happened for a reason. Maybe we needed that time apart for him to change and be able to make me feel the way I really want to feel. I feel it again with him. I can't stop thinking about him. I have to do something about this. I have to open back up to him and see how it goes. I have to follow my heart."*

She then becomes more open to interacting with you, seeing you in person and getting to a hug, kiss and even sex.

When that happens, you and her naturally begin a new relationship and can get back together at that point.

So, if you see your ex as being the one for you, don't remain in the shadows.

Come back to life in her heart and mind by interacting with her and making her feel a renewed sense

of respect and sexual attraction for you.

When that happens, she too will begin to feel emotionally attached.

Another question to ask, isâ□!

2. Are you clear on exactly what turned her off about you?

Most guys know of some of the things they did to turn their ex woman off, but many guys don't know all of the exact details.

For example: A guy might know that he didn't treat his woman very well and it turned her off and made her feel taken for granted.

Yet, he might not know that one of her real reasons for leaving him was the fact that she could easily control and dominate him during conversations.

All she had to do was throw a tantrum and demand that she get her way and he would go along with it, because he didn't know how to get her to stop throwing the tantrum and calm down.

She hated that.

She knew that she was being a pain in the butt and was hoping that he could put her back in her place in a dominant, but loving way.

Alternatively, she hoped that he could be confident and masculine enough to change her mood with humor and a playful attitude, rather than taking her emotional outburst so seriously.

Yet, he never could, which really turned her off.

She always secretly wanted to find herself a man who could make her be a good girl and put her back in her place in a dominant, but loving way.

However, the man she got into a relationship with was never really able to do that, either because he couldn't be bothered, or didn't know how to.

He just wanted her to shut up, so he went along with whatever she wanted, but that's not what she wanted.

She wanted him to use his manliness in a loving way, to let her see that he wasn't the type of guy that she could control with a tantrum or emotional outburst.

He was so manly and in control of his emotions that her outbursts didn't throw him off, or cause him to go into his shell and just give into what she wants.

Instead, he either changed the dynamic of the situation by using humor and a playful attitude to get her smiling and laughing, or he didn't take her outburst seriously and let her know that, *"Okay then Little Miss Dramatic. Settle down. If you're going to be like that, I'm not going to listen to you."*

He then didn't listen to her or pay attention to her no matter how angry she got or how much she threatened him (e.g. with a break up).

She then knew her place (i.e. beneath him in terms of dominance) and she loved it.

So, as you can see, if a guy just thinks that the reason why his ex woman dumped him was due to him taking her for granted, he's missing the mark.

If he tries to get her back by saying, *"I will treat you better, I promise. I took you for granted and I'm sorry. From now on, things will be different"* she's going to see that he doesn't even understand why she is leaving him.

She will then say something along the lines of, *“Look, I know you mean well, but it’s just not going to work out between us. We’re not compatible, so let’s accept that and try to move on, okay?”*

The man is then left feeling confused and has no idea why his offer of treating her better didn’t work. So, if you are unsure what may have caused your ex to feel turned off by you in the relationship, here are some questions to help you come up with some ideas that relate to your situation:

- Were you confident when she first met you, but as the relationship progressed, you began to doubt your attractiveness to her and as a result became clingy and needy. If so, then she would have felt turned off by your emotional weakness, neediness and insecurity.
- Was she initially attracted to you because you are a nice, loving guy, only to eventually that you couldn’t stand up for yourself in the relationship, so she ended up walking all over you? If so, she would have felt turned off by your lack of dominance and emotional masculinity.
- Did you have to try hard to get her to like you and agree to be your girlfriend, only for her to then realize that you loved her way more than she loved you? If so, she would have felt turned off by how unchallenging the relationship was. She would have felt as though she might be able to do better, rather than settling for a guy who had to essentially convince her to be his girlfriend.
- Did you and her start off at the same level in terms of maturity, only for her to grow up faster than you. If so, she would have felt turned off by how the relationship dynamic made her feel more like a big sister or mother figure in your life, rather than your girl.

When you get clear on exactly what turned your ex off, you can then make the right adjustments that will actually re-attract her and make her feel drawn to you again.

When you make the right changes, she see that you understand her now and have already changed and become the man she wanted you to be.

As a result, she will begin to feel a renewed sense of respect and attraction for you, even if she doesn’t initially admit it.

When you make her feel that way, don’t ask for a relationship right away because she will most likely play hard to get and try to hide her new, compelling feelings for you.

Instead, just build on her attraction and make her really want you back for her own reasons (i.e. she’s attracted to you now and is worried that if she doesn’t give you another chance, she will end up regretting it for the rest of her life and missing you as the one that got away).

Another question to ask yourself is

3. What methods have you tried to use to get her back?

Most guys miss out on getting an ex woman back because they just don’t know how to re-attract her sexually and romantically.

As a result, a guy will try all sorts of methods to get her back, which rarely, if ever work.

For example:

- Trying to convince her to change her mind by having long, drawn out conversations about the relationship and where he went wrong. That approach highlights the negatives in the

relationship and helps convince her that she made the right decision.

- Pleading with her to give him another chance. That approach makes her feel more turned off by what she perceives as his emotional weakness.
- Explaining all the reasons why she should be with him. That approach annoys her because she sees it as being selfish.
- Asking her to tell him what he needs to do to make her want to give him another chance. That approach points out to her that he doesn't even know how to be an attractive man without her help and guidance.
- Telling her that he can't live without her. That approach makes her feel turned off by his emotional dependence.
- Cutting off contact with her and waiting for her to reach out to him. That approach usually results in the woman moving on.

Have you tried to get your ex back by using any of those methods and failed?

If you have, don't worry about it.

As long as from this point onwards, you change your approach to one where your actions turn her on, rather than turn her off.

From now on, you need to have more confidence, more self-belief and add in flirting and humor to your interactions with her.

When you do that, you'll be amazed by how quickly her attitude changes.

Suddenly, she wants to talk to you on the phone and see you in person.

When she opens back up like that, you can then fully seduce her and get her back.

Another question to ask yourself is

4. Have you experienced love with any new women since the break up?

After a break up, a guy might try to get over his ex woman by getting back into the dating scene.

For example: He might start going out again with his single friends to bar and clubs where there are always lots of single, attractive women looking to hook up with a man.

He might also accept more party invitations, go on singles only travel vacations or attend singles parties.

Alternatively, a guy might register himself on online dating sites or using dating apps to find himself a new woman that will help him get over his ex.

Yet, although meeting new women can sometimes help a guy get over his ex, it's not always guaranteed to work.

Why?

If the new women that you hook up with aren't as physically or emotionally attractive as your ex, you may end up thinking things like, *"No one else makes me feel like my ex. I just want her back. She's the one I love."*

As a result, you remain emotionally attached to her and can't move on.

Of course, you don't have to move on with new women if your real goal is to get her back.

If you want her back, you have to be courageous enough to start the ex back process.

Starting the ex back process is about interacting with her and making her feel a renewed sense of respect and sexual attraction for you.

If you haven't done that yet, then you haven't even started.

When you start the ex back process with re-attraction, she becomes open to it and you then confidently guide her back into a relationship with you.

Another question to ask, isâ€¦!

5. Did you end up becoming more like friends later on in the relationship?

Losing the sexual spark and feeling more like friends, is one of the biggest reasons why a couple will break up.

For example:

- A manÂ stops treating his woman her like 'one of the boys' by expecting her to enjoy thinking, behaving and acting like he does.
- A manÂ stops holding hands with his woman, or being physically affectionate towards her unless they are about to have sex.
- The sex diminishes or even dries up completely because the couple just ends up hanging out and feeling more like a couple of buddies.
- AÂ man stops doing anything romantic with her and assumes that she will be fine with that because he did it at the start.
- They tend to spend more time hanging out with groups of friends or family.

Hereâ€¦s the thingâ€¦!

The less feminine and girly a woman feels around her man, the less sexual attraction she feels for him.

The less sexual attraction a woman feels, the less she wants to stay with a guy.

So, although you might have felt comfortable with the idea that you and your ex were great friends and did everything together, the same may not have applied to her.

Instead, although she appreciated the friendship, she may have also been thinking things like, *"We seem to be stuck in a rut lately. I don't feel sexy anymore around him. I feel like a housemate or something. It's like we're just living together, paying bills and passing time. I don't feel like I'm in a romantic relationship anymore. Maybe it's my fault, or maybe it's his fault. I don't know. All I know is that I don't feel much of a spark with him anymore and he doesn't seem to be concerned about that at all. He's happy to just exist alongside each other and feel like good friends. I don't want that. I want to be in love with my man. I want to feel like his girl and see that there is a spark between us. I want to see my man look at me as though I'm his sexy girl, not his friend."*â€¦

After the break up, she won't feel as emotionally attached to her ex in a romantic way.

She might miss him as a friend, but she will know that she doesn't want a friendship; she wants a sexually attracted, romantic relationship.

In other words, she wants to be in love in a romantic way, rather than getting into a partnership kind of relationship with a good friend.

So, while youâ€¦re still emotionally attached to your ex and possibly even thinking things like,

What we had was so good. I can't believe that it's over. I want her back so badly. I feel connected to her. I can't let her go she's probably trying to find herself a man who will make her feel like a real woman again (i.e. girly, feminine, emotional, focused on being in love).

So, if you want to stop your ex from moving on, you need to use every interaction that you have with her from now on to reawaken her sexual feelings for you by making her feel like a girly, feminine woman again, rather than a nice, neutral friend.

When she stops feeling bland, boring, friendly emotions and begins feeling excited and turned on again, she'll naturally start to think about you and look at you in a romantic way.

She will then become more open to talking to you on the phone and hanging out in person to see where things go.

3 Mistakes That Guys Make When They're Still Emotionally Attached to an Ex Woman

When a guy is still emotionally attached to an ex woman, he might make one or more of the following mistakes, which only push her away even further!

1. Expressing his feelings to her in a letter or email and hoping that it will make her have feelings too

When a woman has disconnected from her feelings of love, respect and sexual attraction for a guy, him writing to her to express his feelings doesn't mean that much to her at all.

Rather than make her think, *He still cares for me so much. That touches my heart and makes me want him back. Maybe I should give him another chance,* she just feels turned off by his lack of understanding of her feelings.

In some cases, a woman will take his expression of feelings as a sign that he is more selfish and self-absorbed than she initially thought.

She will think something like, *"It's all about him, isn't it? That's all he cares about. He hopes that if he says sweet things to me via email, then I'm going to be flattered and give him another chance. He will then get what he wants. Well, I'm not going to give him that satisfaction. If he can't even talk to me in person and make me feel attracted enough again to want to give him another chance, then I'm going to move on. I'm not going to get back with a guy based on an email. He has to do more than that"*.

He will hope for a reply, but in most cases, he won't get one.

Instead, she will simply continue to move on without him.

So, if you want to get your ex back, just understand that it can't all be about how much you care for her or how much you need her back in your life, because she won't care about that.

What she cares about now is how she feels, not about how you feel and what you want.

So, your approach to getting her back needs to be about how you make her feel when you talk to her on the phone or in person.

When she begins to associate positive, happy emotions with you again (i.e. respect, attraction, love), she will then feel lucky that you still care for her and were man enough to stick around and get her

back.

The next mistake to avoid isâ€¦!

2. Feeling attached to his ex because he is unable to attract new, quality women

Some guys feel that they got lucky by scoring their girlfriend (e.g. she was out of his league, he fumbled his way into a relationship with her, they were drunk when they met, he grew on her over time and she eventually gave him a chance when she was lonely and hurt after being dumped by a guy), so the idea of having to go out and find a new woman seems next to impossible.

As a result, a guy like that will focus on remaining emotionally attached to his ex, rather than facing the difficult task of attracting a new woman who is as good as her.

He will secretly feel as though he is unworthy of attractive, quality women and that he needs to get her back, otherwise he will be alone and unhappy for a long time.

Yet, thinking like that not only makes him appear unattractive to other women (i.e. because women can sense insecurity and desperation and it turns them off), but it also turns his ex off even more (i.e. because she picks it up on his desperation in the tonality of his voice and in the subtleties of his body language and behavior).

So, what should a guy do instead?

A guy needs to understand that a woman wants to feel lucky to be with her man, not like sheâ€™s doing him a favor by being his girlfriend because he can't attract other quality women like her.

If you want to get your ex back, you must believe in yourself and in your attractiveness to her, as well as to other women.

If you donâ€™t value yourself and believe that you are good enough for her, neither will she and as a result, getting her back will become a lot more difficult for you.

Another common mistake that guys make after being dumped by the woman they love isâ€¦!

3. Not even knowing that it is totally possible for him to get her back

Some guys give up when they hear a woman say something like, *"I don't have feelings for you anymore. It's over. Leave me alone. Goodbye."*

A guy feels as though her words are final and there's absolutely nothing he can do about it.

Yet, here's the thingâ€¦!

Just because your ex doesnâ€™t have feelings for you right now, it doesnâ€™t mean that she will be stuck feeling that way about you forever.

You can literally change how she feels today, tomorrow, the next day or within the next week.

You can interact with her and reawaken her feelings for you and when you do that, it will then be totally possible for you to get her back.

After all, her feelings for you have changed many times before, true?

For example: She went from not knowing you, to liking you, to being in love with you and then falling out of love with you.

So, why should her feelings be permanent this time?

They're not.

You can literally change how she feels and get her back.

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Do Women Commit if You Walk Away?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

It depends.

Here are 5 possible reactions from a woman when her ex walks away:

1. She doesn't care because she's not in love with him anyway

In most cases, for a woman to get to the point where she wants to break up with a guy, it means that she will have already disconnected with her feelings of respect, attraction and love for him.

So, if he decides to walk away after she dumps him, rather than make her think, *â€œOh no! Iâ€™ve made the biggest mistake of my life! Heâ€™s the love of my life and I donâ€™t want to lose him. I need to get back with him right now!â€* she thinks something along the lines of, *â€œCool! Well, that was easier than expected. I thought he was going to try and make me change my mind, but he just walked away. Now I can move on and find myself another man who can give me the kind of relationship experience I actually want. Iâ€™m free to move on without having to deal with an ex who wonâ€™t let go. That was easy!â€*

She then focuses on meeting new guys, hooking up and falling in love.

Meanwhile, her ex has walked away and is hoping that she will panic, worry and miss him.

Yet, she hasn't been panicking, worrying or missing him because when she broke up with him, she no longer had feelings for him.

So, she just didn't care when he walked away and didn't try to get her back after the break up.

If he then tries to initiate contact after a few weeks or even months, she will almost certainly reject him, ignore him or reply and tell him that she is with someone else now.

He is then left feeling broken hearted and wondering, *â€œWhy did this happen? Why didnâ€™t it work? I thought women chase if a guy walks away. Why didn't it work?â€*

The answer is this: If a woman doesn't have strong feelings of respect, sexual attraction and love for a guy, him walking away doesn't really matter to her.

Watch this video where I explain that answer in more detail and give you examples to help you understand what you need to do insteadâ€|

If your ex has lost touch with her feelings for you and has possibly even said things like, *â€œI donâ€™t have feelings for you anymore,â€* then walking away probably isn't going to make her want to commit to you.

What will?

Reawakening her feelings for you, so she starts to feel as though losing you will be something that she will regret for the rest of her life.

When you approach the ex back process in that way, your ex will naturally start to drop her guard and start wanting to be your girl again.

You can then confidently guide her back into a relationship now, rather than having to walk away for months or years in the hope that she comes back, only to find out that she quickly moved on and never really cared that you walked away.

Another possible reaction a woman might have when her ex walks away isâ€¦!

2. She does care that he walks away because she was only putting him through a break up to hopefully gain more power in the relationship

Before a woman will commit 100% to being with a guy for life, she will usually test him to see how much of a man he really is.

One of the ways she will do that is by breaking up with him to see if he will crumble under the pressure and start handing over his power to her (e.g. *"I will do anything you want. Please just give me another chance"*), or if he will maintain his dignity and walk away.

If he hands over his power to her and essentially starts sucking up to her and doing whatever she wants, she will lose respect for him.

Then, rather than making her want to commit to him, she will begin to feel turned off by his lack of confidence and manliness.

Hereâ€¦s the thingâ€¦!

In most cases, a woman doesnâ€¦t want to feel more emotionally dominant than her man.

She wants to be treated well and loved, but she doesn't want a man to turn into a wimpy, do-whatever-she-says kind of guy just because she is threatening to break up with him.

A woman wants to be with a guy who knows how to confidently lead the way in a relationship, take charge and not allow her to get away with bad behavior or with treating him disrespectfully.

If he can do that, while still being a good man, then she will look up to him, respect him and be a good girl to him.

She will happily and eagerly commit to him because she knows how difficult it is to find a man who doesn't crumble under a woman's pressure.

So, if your ex has broken up with you to see if you will crumble under pressure, then walking away will definitely help make her want to commit.

It will be a great way to remind your ex of her place in the relationship with you (i.e. beneath you in terms of dominance, which is where she wants to be).

Of course, her being beneath you in terms of dominance is not about making her feel beneath you in terms of intelligence, value or worth.

Instead, it's about allowing her to realize that she's not in the power position in the relationship in terms of dominance.

If you can be strong enough emotionally to create that type of dynamic with her, it will naturally spark intense feelings of respect and sexual attraction inside of her.

Then, she will be one saying things like, *"I made a big mistake by breaking up with you. I realize now that youâ€¦re the man I want to commit to. Will you please forgive me and give me another chance? I canâ€¦t live without you! I love you. Being apart from you has made me realize that. Please, let's just get back together. No more of this break up stuff. We're meant to be together and that's pretty obvious now. I love you."*

You can then give her another chance to be with you.

Of course, walking away doesn't always work.

For example: Another possible reaction a woman might have when her ex walks away isâ€¦!

3. She feels some pain initially, but gets over it quickly and decides to move on

Sometimes a woman will initially feel sad and depressed if her ex walks away from her after a break up.

She may even think things like, *â€œI canâ€™t believe it was so easy for him to walk away from what we had. I thought I was special to him, but I guess I was wrong. What we had is over and he probably never really wanted me to commit to him anyway. After all, if it was that easy for him to walk away, then he clearly didn't care about me. Even though it really hurts to think about it, I need to face the fact that heâ€™s gone and focus on getting over him so I can move on too.â€*

Here's the thingâ€¦!

If a woman has had some experience with break ups she will know that no matter how sad, lonely and depressed she might feel initially, those painful feelings won't last forever.

So, rather than focusing on how much pain she is feeling, she will focus on doing the kind of things that will help her get over him as quickly as possible (e.g. spending more time going out with her single friends, meeting and hooking up with new guys, putting more effort into her work or studies, taking up an interesting new hobby, using dating sites or apps to line up dates, flirting with a guy who has a crush on her at work and then going out on a date with him).

If her ex then contacts her after a few weeks or months, she will probably have healed enough to say something like, *â€œSorry, but itâ€™s too late for us now. I honestly thought I mattered to you, but you just walked away from what we had like it meant nothing. It was a good thing you did that, because it made me realize that committing to you would have been a huge mistake. If you could walk away from me so easily after you said that you didn't want to break up, what would happen if you were unhappy in the relationship? You would just turn your back on me and leave. Well, fortunately, Iâ€™m over you now, so it doesn't matter. I wish you all the best, but I'm not getting back with you and I don't want to talk to you anymore. Goodbye.â€*

Another possible reaction a woman might have when her ex walks away isâ€¦!

4. She hooks up with a new guy to get over her ex

There are some women who donâ€™t like the idea of being single and lonely, so they immediately get into a new relationship after a break up, or quickly begin dating new guys for casual sex and love.

If a woman like that notices that her ex has walked away after the break up and isn't contacting her, she will usually just go about her normal business of hooking up with new guys quickly to get over him and move on.

So, if your ex is the kind of woman who always wants to be in a relationship or have guys that she is dating, then walking away probably isn't going to work.

With a woman like her, youâ€™re more likely to get her to commit by interacting with her and attracting her in new and exciting ways.

Another possible reaction a woman might have when her ex walks away isâ€¦!

5. She stays in contact with her ex pretending to be interested, while she finds a replacement guy

Sometimes a woman will feel so angry with her ex for walking away and not trying to get her back, that she will decide to get revenge.

To get revenge, she will remain in contact with him and string him along (i.e. make him feel as though he still has a chance), while she secretly begins dating and hooking up with new guys behind his back.

To string him along, she might say something like, *“Not hearing from you since the break up has made me realize how much I still care about you. I was a fool to let what we had go. Do you think you can ever forgive me for not wanting to commit so that we can work things out between us?”*

If he then jumps at the chance to get her back and says something like, *“Of course we can work things out! It’s what I’ve been hoping for all along,”* she can then string him along by saying *that she wants to take things slow.*

She might say, *“Okay cool! I want to work things out too, but I need some time. I have to be on my own for a week or two just to make sure that I really miss you and want you back. I think I will of course, but I owe it to myself and to you to have some time to myself.”*

In the meantime, she secretly focuses on finding a replacement guy.

Then, when her ex gets in contact with her and hopes that she is ready to see him, she says, *“Ummâ well, I have something to tell you. I’ve met someone else and I really like him. Meeting him has shown me that you and I would never be right for each other. I’m sorry to do this to you, but I have to follow my heart. So, please accept that we’ll never get back together again and just move on. I should have told you earlier, but I didn’t want to hurt your feelings.”*

She then gets revenge on her ex for walking away and not trying to get her back.

He then has to live with the pain of being broken up with once again, after having his hopes up that they were in the process of getting back together.

4 Common Problems You Might Encounter if You Walk Away From Her

If you’re thinking about walking away from your ex as a way to get her to commit, you might run into the following problems:

1. She doesn’t ever contact you, so you ended up losing confidence in your attractiveness to her

When a guy doesn’t know how to re-attract his ex woman, he might walk away to hopefully show her that he doesn’t care.

He thinks, *“When she realizes that I’m not even trying to get her back, she will come running back because she will know that we had was irreplaceable. We can then get engaged/married/move in together and have the kind of relationship I actually want with her.”*

It sounds like a good plan, but it rarely works, especially when a woman is no longer attracted to her

ex.

In almost all cases, a guy loses more and more confidence as the days, weeks and sometimes months pass where he doesn't hear from his ex woman.

Naturally, he begins to doubt his attractiveness to her and as a result, he loses confidence in his chances of getting her back.

He then begins to wonder, *"I thought a woman would come back and commit if a guy walked away. Why isn't it working? Maybe I'm just not good enough for her."*

He then begins to lose even more confidence in himself and his attractiveness to her.

As a result, he may give up on trying to get her back and end up losing the love of his life, simply due to using the ineffective strategy of walking away to hopefully make her commit.

The next problem that might arise is

2. You wait so long for her to come back that you end up losing your ability to attract women in general

When a guy spends too much time waiting for his ex woman to come back, he often stops doing the things that make him attractive to women.

For example: A guy might

- Avoid going out with his friends to have some fun, because he doesn't want his ex to hear about it and think that he's over her.
- Spend more time at home playing video games/watching TV to distract himself, which ends up turning him into a bit of a loner, or makes him start to feel anti-social or even socially anxious.
- Post sad, lonely comments or photos (e.g. a photo of the beach, rather than a photo of him at the beach with friends. A photo of his dog, rather than walking his dog with a friend or two) on social media in the hope that his ex will see how miserable he is without her and come back to him.

Naturally, that type of behavior makes him seem unattractive to most women who then happen to interact with him (i.e. because he comes across as being emotionally weak, wimpy and needy or a bit of a loner who lacks social confidence), so he gets rejected.

He then ends up losing even more confidence in himself and in his ability to attract women in general.

As a result, he ends up missing his ex woman even more and thinking things like, *"At least she loved me for who I was. I hate my life now. If I want a new girlfriend, I'm going to need to become confident again. I can't be bothered doing that. I just want my ex back."*

This causes him to go into his shell even more and not only avoid trying to interact with his ex to re-attract her, but also avoid interacting with pretty women to attract and start dating them.

Months and possibly even years pass and he eventually realizes that walking away from her wasn't the best idea after all.

The next problem that might arise if you walk away, is

3. You over analyze any signs of interest from her

When a guy walks away, it usually doesn't also mean that he stops thinking about his ex woman, or stops looking at her social media posts.

In most cases, a guy who has walked away after a break up (to hopefully get his ex woman to come running back), will end up over-analyzing his ex's every move (e.g. on social media, what she said to him via text, the last conversation they had, what she said to a mutual friend) in an attempt to hopefully understand her feelings for him.

Essentially, he hopes that she will say or do something to clearly indicate that she misses him, wants him back and hopes that it makes it happen.

For example: If they are still texting, he might wonder about things like, *"Why hasn't she replied yet? Is she with another guy at the moment?"* or, *"She usually doesn't take this long to reply. Did I say something wrong?"*

Alternatively, if they are still friends on Facebook, he might think, *"She clicked like on my Facebook post. Was that a hint that she wants me to contact her?"* or, *"She posted a sad photo of herself online. Maybe she wants me to see that she's missing me so that I will call her"* or, *"She added a new guy as a friend. Is she sleeping with him? Have I lost her?!"*

Here's the thing!

Over-analyzing your ex's actions will probably end up making you feel pretty crazy about her.

If you want her to commit to a relationship again, you have to be bold enough to make it happen by re-attracting her on a phone call or in person and then getting to a hug, kiss and then sex.

The next problem that might arise if you just walk away, is!

4. You wait too long to start the ex back process, so she moves on

Even if walking away makes your ex worry about losing you and want you back, chances are high that she's not going to make it obvious to you.

Instead, like most women, she will wait and see if you have the balls to take the lead in the ex back process and get her back.

If she realizes that you're not making a move, a woman will usually try to move on by dating and sleeping with new men.

So, if you want her to commit to you, don't wait too long to start the ex back process.

Interact with her (on the phone and especially in person) and spark her feelings of respect, sexual attraction and love, so she actually has a reason to want to commit to you again.

Don't waste anymore time waiting that she will come running back and saying that she wants to commit.

When guys use that approach, they usually waste a lot of time and end up losing their woman as well.

So, if you want her back, make it happen now.

She is waiting for you...

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[image]

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How Can I Get My Ex to Be Truthful About How She Really Feels About Me?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here's what you need to do...

1. Stop asking her how she feels and start making her have feelings for you

Not asking her how she feels might seem like the opposite of what you want to do, but in reality, it will actually get you what you want.

You want her to have strong feelings for you and want you back, right?

Well, what you need to understand is that women don't like to be asked about their feelings for an ex guy.

Instead, what women respond best to is when their ex guy makes them have feelings again, rather than asking her to explain her feelings.

By the way!

Even when you make your ex have feelings for you again, trying to get her to tell you how she feels still isn't the right approach.

Why?

In most cases, even when a woman begins to have feelings for her ex again, she won't want to admit it.

Instead, she will keep quiet about her feelings and just see what happens.

Why?

Here are a few common reasons why a woman will do that:

- She wants to test to see if her ex is man enough to take the lead and get her back, regardless of what she's saying or doing to discourage him.
- She doesn't want to seem too eager in case her ex then loses interest in getting her back (e.g. he only wanted to see that she wanted him back and when she shows that, he feels good about himself and then moves on).
- She needs a bit more time to finally decide whether or not she wants to get back together or move on.

This is why nagging your ex by saying things like, *"Please just be truthful to me about me how you really feel. Just be honest. I want to know,"* is likely only going to get you stonewalled.

So, what should a guy do instead?

Use every interaction that you have with her from now on (especially on phone calls or in person, rather than text), to make her feel sexually and romantically attracted to you again, so she can then naturally fall back in love with you.

The more you focus on making her have strong feelings for you again (e.g. by using humor to break down her defenses rather than being stressed and serious when you talk to her, making her feel like a feminine woman in your presence rather than feeling like just a friend, maintaining your confidence

with her and showing her you are an emotionally strong man, rather than showing her that you feel lost, confused or hurt without her), the more drawn to you she will feel.

Her feelings will begin to show in the tonality of her voice, her body language and in the way she talks and responds to you.

You will see that sparkle come back into her eyes, where she looks at you with feelings of respect, attraction and love flowing through her.

You can then build on those feelings and get her back.

However, if you just sit around asking, *“How can I get my ex to be truthful about how she really feels about me?”* and then try to get her to explain herself, she will probably get fed up with dealing with your ineffective approach and then just move on.

So, don't waste your time and energy trying to get her to open up and be honest.

Instead, make her have strong feelings for you again, so she naturally feels drawn to you and wants back.

When you do that, you will see the truth about how she really feels.

She will show you by way of her actions and behavior that she feels attracted and in love again.

Another thing you can do is

2. Let her see that you don't need to get an answer from her

Sometimes a guy becomes fixated on getting a clear answer from his ex about her feelings for him.

Yet, here's the thing

If a woman senses that a guy needs to know her true feelings for him so that he can take feel better about himself or decide what to do with his life (e.g. to get her back or move on without her), it actually turns her off him even more. Why?

Women are attracted to men who are confident about their attractiveness to a woman and don't need to be told, *“I like you”* or, *“I find you attractive.”*

Women are attracted to men who know that they are likeable, attractive, cool, interesting and valuable, without having to be told by a woman.

So, if a guy behaves in an insecure manner by needing to know his ex's real feelings for him and then loses confidence in himself when she doesn't tell him, she won't be able to fully respect him and feel attracted to him.

She will feel disappointed by his lack of independent confidence and how much pressure he is putting on her to help him manage his emotional state.

If she was hoping that they would get back together somehow, she will also feel disappointed that he is ruining that with his insecurity and neediness.

So, the next time you interact with your ex, make sure you don't mention her feelings for you and try to get her to give you an answer or even hint at an answer.

Just know that you are more than good enough for her and then, allow that confidence to come through in your body language, vibe, conversation style, behavior and actions.

When you do, she will naturally feel sparks of respect and attraction for you for being such a man about this all of a sudden.

Even if she brings up the topic and says something like, *“I don’t know how I feel right now,”* just laugh and say in a relaxed, easy-going way, *“I’m cool with that. We don’t need to tell each other exactly how we feel. It’s fine. Let’s just relax, hang out and enjoy each other’s company”* and then change the subject.

She will likely be shocked (in a good way) by your new, confident attitude and begin to hope that you’re finally starting to understand how to handle the situation.

From there, you need to use every interaction you have with her to

3. Build on her feelings for you by creating sexual tension that you don’t release right away

Sexual tension happens when a man and a woman feel sexual desire for each other, but don’t immediately release it with kissing and sex.

When that happens, the sexual tension builds up to the point where they feel like they will burst if they don’t kiss and have sex.

In other words, they both want it, but it’s not happening right away.

Something is in the way (e.g. they are ex’s and she isn’t sure if she should do it right away, they are talking on the phone and live hours apart, they are in a café and can’t just start kissing or having sex right then and there).

So, from now on, use interactions with your ex to make her feel attracted to you again, but don’t ask for a relationship.

Make her feel so attracted and drawn to you again that she feels like she just has to have you.

One of the ways you can do that is by combining some flirting into ordinary conversations that you’re having with her.

For example: Imagine that you’re at a coffee shop with your ex and are talking about what each of you has been up to since the break up.

You might be saying something like, *“Yeah, I’ve really been busy lately. Remember how I always talked about (mention a goal or activity you always wanted to accomplish that she knows about)? Well I’m now doing it and it’s even better than I thought it would be. How about you? What have you been up to?”*

She might then tell you something that she’s been doing and you can then respond by saying, *“Wow, that’s awesome! I’m really happy for you. By the way, you look sexy today and you smell great too.”*

Then add, *“Come on over here and let me get a whiff of that enticing perfume you’re wearing”* and lean into her.

Lean in close to her neck area just under her ear and say, *“Mmmm, that’s delicious!”*

Then, pull away and continue on with the conversation as if nothing happened.

Do this (i.e. add flirting in between stages of normal conversation) several times throughout the meet up, to build up the sexual tension between you and her.

She will be feeling attracted to you, even if she tries to hide it or laugh it off.

BTW: In case you didn’t know, women love to be told that they smell great.

Some guys are worried about talking about how a woman smells, but when a woman hears, “*Mmm, you smell great,*” it makes her feel more sexually confident and open around you.

4. Slowly build up to a kiss to release some of the sexual tension

When you build up enough sexual tension between you and your ex, she will naturally want to release that tension with kissing and sex.

So, when you have done that, you can then say something along the lines of, *“Well, it’s good to see that we can still get along well with each other, don’t you think? I think we deserve a hug for being such cool exes. Come over here and give me a hug”* and then move towards her, open your arms and initiate a hug.

By this stage, she will likely be more than willing to release at least a bit of the sexual desire in her, so she will easily agree to a hug.

Then, once you have her in your arms, slowly and confidently pull back (while still hugging her) and give her a kiss as well.

In most ex back cases where sexual tension has been built up, a woman will respond positively to being kissed and you can then go to your place or hers to hook up sexually.

If she’s not willing to do more than kiss, don’t worry about it though.

The important thing is that you’ve broken down her walls of resistance, made her feel sexually attracted and opened her up to the idea of being a couple again.

You can then build on those feelings and get her back.

4 Mistakes Guys Make When Trying to Get an Ex to Reveal Her True Feelings

As you may now understand, it doesn’t matter whether or not your ex is being truthful about how she really feels about.

What matters is how you make her feel when you interact with her.

Understand, right?

That is what matters.

That is what gets an ex back.

So, from now on, it’s essential that you don’t say or do things that will turn her off.

For example: Some of the ways guys mess up when in a situation like yours is

1. Thinking that expressing his feelings will make her have feelings

A guy might sometimes say to his ex, *“I know that it’s hard for you to express yourself, so I will tell you how I feel. If it makes it any easier for you, I want you to know that I still care for you, I still love you and really want you back. I really want to work things out with you. I love you more than anything.”*

Essentially, he’s hoping she will then say something like, *“Oh, then that changes everything! Now that I know you still care for me, I can open up and be honest with you too! I still love you and*

*want you back too, but Iâ€¦ve just been too shy to tell you. Thanks for being so brave and telling me first. Now we can now focus on getting back together again.*â€¦

Here's the thingâ€¦!

Although it would be nice if all you had to do was tell a woman how you feel and she would then love you and want you back, it just doesn't work that way.

If a woman has disconnected from her feelings of respect, sexual attraction and love for a man, then him telling her about his feelings isnâ€¦t going to make her suddenly feel the same way about him.

So, if you want your ex to show you how she feels and want you back, donâ€¦t waste time discussing your feelings with her.

Instead, focus on making her feel respect and sexual attraction for the new, improved version of you, so that opening up to you happens because it feels like the right thing to do for her.

When you approach it that way, you don't have to try to force an answer out of her that she doesn't want to give.

Instead, you allow her to approach it in a way that is most comfortable for her (i.e. she goes with how she feels).

Another mistake to avoid isâ€¦!

2. Not understanding that she isn't required to share her feelings if she doesn't want to

Hereâ€¦s the thingâ€¦!

Even if a guy really loves a woman and wants to know exactly how she feels, she doesnâ€¦t actually have to tell him if she doesnâ€¦t want to.

Itâ€¦s her decision and nothing he says and does can change that, because he doesnâ€¦t own her. She can decide to tell him or not to tell him.

Thatâ€¦s how it works.

The same goes for a man.

A man doesn't have to tell a woman how he feels if he doesnâ€¦t want to, because she doesn't own him or control him.

In a relationship, if a man or a woman wants to express how they feel, they will do it if they want to, but trying to force it isn't the right approach.

So, donâ€¦t make the mistake of expecting your ex to be truthful about how she really feels about you based on your need need to know.

If you approach it that way, she will probably close up even more and give you even less details just to show you that she makes her own decisions and can't be controlled.

Another mistake that guys often make when in your shoes isâ€¦!

3. Trying to make her feel guilty for not telling him the truth about her feelings

A guy might say to his ex woman, *â€¦Why are you being like this? All Iâ€¦m asking for is some clarity so I can try to understand what happened. Doesnâ€¦t what we had together mean anything to you? If you felt even a little bit of love for me, youâ€¦d tell me how you really feel about me now.*

*So, please tell me. I need to know. You can't just leave me feeling clueless and never knowing how you really felt. Just tell me. You owe me an explanation. I deserve to know, rather than being left in the dark like this. After all we have been through together, I deserve to know.*â□□

Although he might feel justified in asking her for an answer, the fact is that trying to make a woman feel guilty for not wanting to reveal her feelings rarely makes her change her mind and come clean.

Women hate it when men put too much pressure on them to open up (this is especially true when dealing with a guy that they've recently broken up with).

So, rather than trying to guilt your ex into revealing her true feelings for you (which even if it works, it doesn't guarantee that she will tell you the truth and not just a lie that she hopes will get you off her back), simply focus on reactivating her sexual and romantic feelings for you so she feels drawn to you again.

That's how to get an ex back.

Another mistake that other guys make when in a situation like your isâ□|

4. Getting angry with her and demanding an answer from her

If a woman doesn't open up and tell her ex the truth about how she really feels, he might eventually lose his cool and get angry with her.

He might start shouting at her and saying things like, *â□□ Why are you being such a bitch to me?! All I'm asking for is an honest answer. Just tell me how you feel about me damnit! I deserve to know! Stop being so immature. Tell me how you feel! All I'm asking for is a simple answer. Tell me how you really feel about me!*â□□

In cases like that, a guy doesn't know how else to get his ex woman to open up, so he attempts to intimidate her into telling him what he wants to know.

Yet, that approach rarely works.

In fact, most women see the angry outburst as another reason to remain broken up.

A woman might then say to herself, *â□□ If I was confused about my feelings for him before, but now I know for sure he's not the man for me. He's crazy and if this is how he is behaving now, who knows what he would do to me at a later stage if things didn't go his way. I need to get away from him as quickly as possible. I've got to move on and find a new guy.*â□□

Alternatively, she might get angry in response to his angry and even though it might not be the truth, she might say something like, *â□□ Okay, you want to know how I really feel about you? Well I hate you and I never want to see you again! I never loved you. You mean nothing to me. So, don't ever contact me again. If you do, I will get a restraining order out on you. There! Now you know exactly how I feel. I hope you're happy. Goodbye!*â□□ and then end the phone call, or leave if they are talking in person.

So, if you want to get your ex back easily, don't let your situation get to the point where both you and her get angry and say things you don't mean or will regret later.

Instead, just focus on using an easier, stress free approach to getting her back.

Re-attract her, seduce her and make her want you back.

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How to Break Down My Ex's Boundaries So She Opens Up to Me Again

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 6 things that you can do to break down your ex's boundaries, so she opens back up to you:

1. Stop coming across as though your #1 aim is to get a relationship with her

When a guy still has strong feelings for his ex woman and wants to get back with her as quickly as possible, he's usually going to trying to achieve that every time he talks to her.

She is going to sense that and if she doesn't have strong feelings for him, then her guard is going to go up.

She will feel as though he is trying to get her back into a relationship, even though the feelings aren't mutual.

Here's the thing:

When a woman is at a point where she's disconnected from her feelings of respect, attraction and love for a guy, hearing him talk about getting back together is going to make her feel uncomfortable, pressured and as though she is being forced into something that she doesn't want.

As a result, she will be thinking things like, *"He's trying to force me back into a relationship even though I don't want that. I really don't enjoy interacting with him anymore. It's just too stressful. All he wants is a relationship. He doesn't get it that I don't even have much or any feelings for him anymore. Why would I want a relationship? I have to show him that I'm not open to a relationship."*

She then begins to make excuses not to talk to him over the phone, or see him in person anymore.

The more time she spends away from him, the more she begins to get over him and want to move on.

This is why, if you want to break down your ex's boundaries and get her to open up, make sure that she gets the sense that you're not pushing for a relationship.

Additionally, make sure that you:

2. Begin attracting her in new ways

If your ex is not opening up to you, it's probably because your approach to attraction isn't appealing to her anymore.

Maybe it's time for you to try a new approach:

Some guys miss out on getting an ex woman back because they use an approach to attraction that used to work on her (e.g. being really nice, buying her gifts, listening more, being more understanding).

A guy might think, *"It worked on her when we were in a relationship, so I don't see why it wouldn't work on her again."*

Yet, what he doesn't realize is that it only worked before because she was still in love with him

and willing to work on the relationship.

So this time around, flowers, romantic love letters, gifts, being nice, listening and being understanding just isn't going to cut it.

If a guy uses the same old approach with her, she may think, *“Is this all he knows how to do? Does he honestly believe that flowers, letters and being nice is what will make me feel like giving him another chance? Well, he’s in for a big surprise. I know him too well, so his usual tactics don’t impress me. If he wants me back, he’s going to need to show me a new side to himself that I can actually feel interested in.”*

So, if you want an ex woman back who is tired of your approach to her, you need to make sure that your approach to attraction is new and different from now on.

Begin attracting her in new and exciting ways, so that she can start feeling respect and attraction for you again (e.g. If you’ve always been too nice, start being more ballsy, while still being a good guy).

Only when she feels attracted to you in new ways, will she be happy to let her boundaries come down and open up to you again.

By the way!

If you’re not sure how to attract her in new ways, here are some examples of what naturally attracts a woman to a man:

- He has purpose and direction in his life outside of his relationship with her, rather than seeing her as his purpose and reason for living.
- He takes the lead during interactions and is assertive while still being a good guy, rather than allowing her to walk all over him.
- He maintains his confidence regardless of what she says or does to make him doubt himself.
- He makes her feel feminine and girly when she’s with him because he uses ballsy humor and has a masculine attitude, rather than making her feel neutral because he just talks to her like a friend.

The more you begin to attract her in ways that she doesn’t expect, the less she will be able to keep her boundaries up.

She won’t be able to stop herself from feeling a renewed sense of respect and attraction for you and then, the idea of getting back together again starts to seem appealing to her.

The next thing you can do to break down your ex’s boundaries so she opens up to you again is!

3. Let her see that you’re a completely new man now

You can’t tell her that you’ve changed and have become a new and improved man, because she probably won’t believe you.

Instead, you need to let her see that you’ve changed based on how you communicate and interact with her on phone calls and in person.

In other words, don’t tell her, show her.

For example: Imagine that a guy is on a call with his ex woman.

She says something along the lines of, *“I just don’t have feelings for you anymore.”*

A good way to show her that heâs a new man now, is to reply by saying something like, *âI accept that. I know that I made a bunch of silly mistakes in our relationship that turned you off, so I donât blame you for not feeling the same way anymore.*â

This shows her that he is being emotionally mature, rather than needy and emotionally sensitive, which automatically makes her feel a renewed sense of respect and attraction for him.

If he responded with something like, *“Don’t say that. I still love you. Please just give me a chance to prove that I have changed. I have changed so much, I promise”* then she’s going to feel turned off by his desperation and the fact that he looks at her as being in the power position as they talk.

Another example is where a guy got broken up with because he wasnât ballsy enough in the relationship and ended up being a bit feminine or wimpy in his thinking, behavior and actions.

If his ex woman says something like, *âItâs all your fault we broke up!*â he can show her that he’s no longer a softy, by laughing and saying something like, *âAll my fault? It’s your fault. You weren’t able to inspire me to be a great boyfriend, so I ended up being a crappy boyfriend. It’s all your fault.*â

Obviously, he will only be joking when he says that and he can then have a laugh with her about it, rather than taking her attack so seriously.

She can then feel respect for the fact that he has become emotionally stronger and can now stand up to her, rather than allowing her to walk all over him like she did in the past.

As a result, she automatically starts feeling some attraction for him again, which then makes her want to interact with him even more to see where things go from there.

When you show your ex that you truly have changed and improved in some of the ways that actually matter to her, her boundaries begin to break down and she starts to open up again.

Another way to bring your ex’s boundaries down is toâ

4. Have some boundaries too

A woman respects a man who respects himself, while also being respectful towards her.

That means, you canât become a doormat for your ex to walk all over and then expect that she gives you respect for that.

That’s not how respect works.

You have to see yourself as being a man who is worthy of respect and then expect that, while also being a good man to her.

It’s not about being really nice to her, sucking up to her and then hoping that she respects you because of how sweet you are.

Women respect balls.

So, let her see that you’re a good guy with balls.

Not a soft guy who is ready to be walked all over by her, as long as he gets a chance with her.

One of the ways to show her that you deserve respect is to begin having some boundaries for yourself.

For example: Rather than accepting whatever conditions she gives you (e.g. *“Only text me once a week”* or, *“I will meet up with you, but I am only staying for one minute and then I’m going”*), you

need to set some of your own boundaries and rules, while still being respectful towards her.

If she says, *“Only text me once a week”* you can simply laugh and say, *“Okay, can do. How many words can I send in the text? 5, 10, 20?”* and then have a laugh to let her know that you’re not taking her ridiculous rule seriously.

You can then say, *“Hey, I get what you’re trying to say. You don’t want me texting every day. Got it. Yet, texting once a week is just silly. I’ll text you whenever I want, but I won’t text often.”*

She can then see that you’re still being a good guy and being respectful towards her, but you’re not being a pushover.

As a result, she will feel respect for you and when a woman feels respect for a man, she will also begin to feel attracted to him.

5. Use humor

One of the biggest mistakes that a guy can make when trying to get an ex back, is to be too serious when interacting with her (e.g. he talks about the relationship and the mistakes he made, he agrees with whatever she says so as not to upset her, he talks in a very polite or formal manner, he is overly respectful and considerate).

Essentially, he’s hoping that when she sees how nice he is being, she will want to open back up to him and give him another chance.

Yet, life doesn’t work that way.

Women don’t feel sexually attracted to niceness from a guy who is afraid of them.

Women respect balls.

One of the ways to show a woman that you have balls, is to have the balls to use ballsy humor.

Did I say balls enough in that last sentence?

Lolâ€¦!

Balls.

Lookâ€¦!

If you want your ex to open up to you again, don’t be so serious with her all the time.

Humor makes people relax and open up, which is what you want your ex to do.

So, focus on making her smile and laugh when you talk to her, rather than trying to discuss the relationship and convince her to give you another chance.

When you approach it in that way, she can then begin to think, *“Why am I enjoying talking to him so much all of a sudden? He seems so different now. Maybe he has learned his lesson and changed.*

*Maybe I should give him one more chance. After all, I feel good when I’m talking to him now. Having make up sex with him could be fun.*â€¦

6. Get her to feel a renewed sense of respect for you

For a woman to open up to the idea of getting back with her ex, she usually needs to be able to look up to him, respect him and feel attracted to him again first.

This is why it’s so important for you to re-spark your ex’s feelings of respect for you before trying to get her to discuss having a relationship again.

Begin:

- Showing her your confidence by not feeling nervous or unsure of yourself when she is being reserved or withdrawn around, or when sheâs saying things like, *âm sorry, but what we had is over. Please accept it and move on.*
- Showing her by the way you respond to her (e.g. calm rather than highly strung, patient rather than easily annoyed) that youâre no longer the same guy she broke up with.
- Using humor to diffuse a tense situation and get her laughing, smiling and feeling good when sheâs in a bad mood, rather than becoming tense or worrying that youâre losing her.
- Standing up to her in a dominant, but loving way if she tries to control you during conversation (e.g. you laugh at her attempts to create drama and make things out to be worse than they actually are).
- Flirting with her to make her feel sexually attracted to you again.

The more respect and attraction you make her feel, the more she will open back up to you.

She stops seeing you as the guy who broke her heart and caused her a lot of pain and disappointment. Instead, she starts seeing you in a new, more positive light and becomes curious about what it would feel like to get back with you.

When she is open in that way, you can easily get her back, or at least hook up with her sexually to see how you both feel afterwards.

2 Mistakes to Be Aware of When Trying to Break Down Your Exâs Boundaries So She Opens Up to You Again

1. Seeking pity from her as he tries to get her to open back up to him

Sometimes a guy might sulk, whine or even cry to his ex woman about how much heâs suffering due to the break up.

He hopes that feel guilty, let down her guard and then give him another chance.

Yet, sulking and seeking pity rarely (if ever) works on a woman who has decided to finally break up with a guy and try to move on.

Rather than breaking down her boundaries, it causes her close up even more because she sees the sulking and seeking pity as a pathetic attempt to manipulate her into giving him another chance.

Even though the guy might be a good guy and have good intentions, a woman usually wonât see it that way.

He wonât see what he is doing as pathetic, but she will.

Women hate it when guys break down emotionally and cry, whine or sulk to get their way with a woman.

So, donât bother trying to make your ex woman feel pity for you as your way of getting her back because it will most-likely backfire.

Instead, just focus on reawakening her feelings of respect and attraction, so she naturally feels drawn to you and becomes open to giving you another chance.

Another mistake that other guys make when in a situation like yours isâ€¦

2. Not knowing that he can be in the position of power if he chooses to

Sometimes a guy will hand all of his power over to his ex woman and allow her to call the shots (e.g. he only texts her because she told him that she didn't want to speak to him on the phone, even though he could get her back so much easier if he spoke to her on a call).

Essentially, heâ€™s being a good, little boy who follows her orders in the hope that it will make her open back up to him again.

Yet, thatâ€™s not how women work.

If you hand your power over to a woman, she won't be able to respect you.

If she can't respect you, she won't be able to feel sexually attracted to you and without those two all-important feelings, thereâ€™s no reason for her to let down her guard and open herself up to you again.

So, make sure that you maintain your position of power as the man, rather than thinking that it will impress her if you hand over your power to her (i.e. be on your very best behavior, be extra nice to her, tell her or give her the impression that you're willing to do whatever she wants if she will just be so kind enough to give you another chance).

In other words, don't let her call all the shots.

For example: If she said that you could only text her, but not call her, you need to have the balls to laugh at that.

Be a good guy about it and laugh at it in a loving, respectful way, but don't take her order so seriously.

Instead, laugh and say, *"Okay, I get it. The last thing you would want right now is for you and me to be getting on long, drawn out phone calls about the relationship. I get it. So, I definitely won't call you and attempt to have a conversation like that. However, I will call you to say hi as a friend once in a while, until we decide to never talk again if we get to that point."*

By saying that, she can see that you are being respectful, but you're also standing your ground, which then makes her respect you and feel attracted to you, even if she doesn't openly admit it.

As a result, her boundaries will naturally come down and she will want to interact with you more and more.

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Why Does My Ex Want to Control Me?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 common reasons why a woman will try to control her ex man:

1. She is testing you to see if you will take control and start being more of a manly man, or keep handing over your power to her like a wimpy man would

A common reason for a break up between a man and a woman is where the woman feels more emotionally dominant than her man (i.e. she can control him).

Some women (usually insecure or unattractive women) like it when they can control a man, but most women don't.

So, if a man is unable to stand up for himself in a loving, but assertive way when in a relationship with a woman, she will lose respect for him and eventually stop feeling attracted to him.

When she's sick and tired of not being able to feel attracted and in love, she will eventually get to the point where she breaks up with him.

Yet, even though she goes through with the break up, she will hope that there is still a chance for them.

For example, she may think, *"Hopefully this break up will shock him into manning up. If he can show me that he can take control and be the man from now on, then we might be able to work things out. I want to feel girly and feminine in a relationship. I don't want to feel as though I am more powerful and dominant than him. I was okay with that for a while, but I just can't deal with it anymore. So, I hope he takes this break up as a sign to man up and start being more manly and confident around me."*

She will then test her ex guy by giving him mixed signals (e.g. saying she misses him one day and then saying that she has no interest in him the next) to see if he will finally stand up to her and be the man, or if he'll continue to let her mess him around.

If he takes control of the situation in a confident, manly and emotionally mature way, she will be able to respect him again.

When she respects him again, she will also begin to feel sexually attracted to him and with those two things in place, reconnecting with her original feelings of love for him then becomes possible.

Unfortunately, some guys mess up by assuming that if they let an ex woman control everything and be in charge, she will be happy and want him back.

Yet, that's not what most women want.

The majority of women want to be with a man who is more emotionally masculine than her and who can take the lead in a relationship, thus allowing her to relax into thinking, talking and behaving like a real woman around him (i.e. feminine, girly, focused on being in love with him, emotional).

If a woman gets the sense that her ex is going to continue being the soft, insecure man that she could always dominate, she isn't going to feel motivated to get back with him.

So, if you want to get your ex back, the first step you need to take is to stop allowing her to call the shots when it comes to your personal life.

From there, you need to take the lead in the ex back process, rather than waiting for her to give you the go ahead.

On the other hand, if you don't want her back, you need to be strong enough to tell her to mind her own business and then find yourself another woman.

Another possible reason why your ex wants to control you is

2. She wants to keep you interested while she moves on

Sometimes, a woman's ego can't stand the idea of her ex moving on before she does.

So, she will do things to control him, such as

- Keeping tabs on him and where he goes, whom he hangs out with and what he does.
- Texting, calling and messaging him repeatedly to stay on his mind.
- Asking him for favors to keep him in her life.
- Hinting that she might be open to getting back together again, but never following through on it.

The more she can control him by preventing him from being able to move on, the better she feels about herself.

Behind his back, she then secretly focuses on moving on and finding another guy.

When she finds a new guy and her ex eventually asks if she wants to get back together, she can then break the news to him.

“No way! Of course not. We broke up, don't you remember? I've moved on now and you really need to do the same.”

Her ex is then left feeling hurt, confused and wondering what the heck happened.

Yet, she knows exactly what happened.

She was just keeping him around and preventing him from moving on, so she could be the one who moved on first.

Another possible reason why your ex wants to control you is

3. She wants to hurt you for disappointing her and not being the man she wanted you to be in the relationship

Some women feel very bitter and angry about having to break up with a guy who they have spent a lot of time with.

This has a bit to do with the fact that women have a limited amount of time before they eventually become infertile and are unable to get pregnant.

It's hard-wired into a woman to find herself a man that will love her, take care of her and any offspring that they have.

So, when a woman realizes that she has just wasted many months or years with a guy who couldn't be the kind of man she wanted, she may end up feeling angry, bitter and resentful towards him.

As a result, she might blame him for everything that happened to hurt him and make him feel like a failure as a man.

She then might try to control him as a way of preventing him from moving on, so he continues to suffer long after the break up.

For example: She might say to herself, *â€œI could have moved on a long time ago, but I stuck with him. What a waste of my time! Well, now Iâ€™m going to give him a taste of his own medicine. Iâ€™m going to control him by keeping him interested in me and feeling like he has a chance with me. Then, when Iâ€™ve wasted enough of his time, Iâ€™m going to tell him that I no longer want him in my life at all. He can then experience what it feels like to have your hopes invested in a person who lets you down.â€*

She will then lead him on, make him try to win her over and then eventually tell him to leave her alone.

Another possible reason why your ex wants to control you isâ€¦

4. She feels as though you and her are still boyfriend and girlfriend in a way

Even though a woman has broken up with a guy, she will sometimes continue to look at him as her boyfriend.

For example: In some cases, a man and woman will have been in a relationship with each other for a very long time and when they break up, it can take a woman many months to come to terms with the fact that they are no longer a couple.

As a result, she might treat her ex like he is her boyfriend (e.g. ask him what heâ€™s up to, get annoyed if he doesnâ€™t call her or answer her calls, invite herself over when heâ€™s having people over), because deep down she still thinks that he belongs to her.

In a situation like that, a guy has two options:

Firstly, if a guy wants to move on without his ex, when she tries to control him, he needs to kindly, but firmly say something along the lines of, *â€œHey, you know that weâ€™ve broken up, right? I think itâ€™s better if we set some ground rules for how we behave with each other from now on. Of course, Iâ€™m still be here for you in a real emergency, but you canâ€™t call me any time you want, or show up uninvited to my house. If you can respect that, then great. If not, then weâ€™ll have to cut off contact with each other until weâ€™ve both gotten used to the idea that weâ€™re not a couple anymore.â€*

Initially, she might create some drama about that by pretending to be offended, get upset or even cry and accuse him of being heartless or selfish.

Essentially, itâ€™s just another way that she is trying to control him.

Yet, if he maintains his confidence and stands by his decision, she will eventually get the message and start to give him the respect that he deserves.

Alternatively, if a guy wants to get her back into a relationship, he needs to earn her respect and attraction for him by being the emotionally strong, dominant man that she always wanted him to be. He needs to have the balls to confidently stand up to her when she tries to control him, rather than just putting up with it.

He also needs to laugh at her (in a loving way) and show her that heâ€™s not the insecure, wimpy, gullible man that he used to be.

When she can see that she no longer has control over him, she will automatically start to feel some

respect for him again.

She will then feel sexually attracted to him and he can build on her feelings for him from there.

Within hours or days, she will fall back in love with him and want to be his girlfriend once again.

Another possible reason why your ex wants to control you isâ€¦!

5. She's not sure if she wants to move on without you

Sometimes a woman will break up with a guy and then start doubting her decision.

For example: This can happen ifâ€¦!

- She still has some feelings for him, but isn't sure if he will ever change and become the man she truly wants him to be.
- She feels insecure about her chances of finding another guy (e.g. because sheâ€™s not very confident in herself and in her attractiveness to men).
- She wonders if she was being too fussy and expecting way too much of her ex.
- She still cares for her ex, but doesnâ€™t believe that he can give her the attraction experience she really wants (e.g. because he's just not confident enough for her).

She might then think to herself, *â€œI donâ€™t know if breaking up was such a good idea after all. I know that he stuffed up, but he is also a good guy in many ways. I don't know if Iâ€™m ready to just let him go. Maybe I should just hang on to him for a while to stop him from getting over me until Iâ€™ve fully made up my mind.â€*

So, rather than walking away and cutting off contact with him, she sticks around and tries to control him to prevent him from moving on.

He can get her back in a case like that, but he needs to really make some changes to the way he approaches interactions with her, especially not letting her control him anymore.

Of course, this doesn't mean a guy should get angry with his ex woman for trying to control him.

Instead, he needs to laugh at her (in a loving way) when tries to control him, or turn it into a joke (e.g. she orders him to do something and he says, *“Yeah, okay...and you do this for me”* and then gives her an equally unreasonable request like washing his car, or doing his laundry).

When she sees that she can no longer control him because he has manned up, she will naturally feel a renewed sense of respect and attraction for him and feel drawn to being with him for real.

So, right now, thereâ€™s a good chance that your ex still has some unresolved feelings for you if she has been trying to control you.

This is why itâ€™s essential that you take control of the ex back process from now on, rather than hoping that she will guide you back into a relationship with her.

If you donâ€™t man up and take the lead, she will get tired of waiting for you to have the courage and skill to get her back and will then give up and try to move on instead.

3 Mistakes That Some Guys Make With a Controlling Ex

Be sure to avoid the following mistakes when your ex tries to control you:

1. Giving her more and more power and control and hoping that it will make her happy

Sometimes a guy assumes that if he agrees to everything his ex says or tells him to do, she will be impressed by his obedience and give him another chance.

So, the more demands she makes (e.g. expects him to tell her everything that he has been doing and with whom, expects him to drop everything and run to her rescue when she needs him, expects him to reply to her texts right away) the more obedient he becomes.

He thinks something like, *“When she sees that I am willing to do things her way all the time, she will appreciate how dedicated I am to her. She will see that she can call the shots, so a relationship will be on her terms. She will like that and will then give me another chance.”*

Yet, in almost all ex back cases like that, the opposite happens.

Here’s the thing!

A woman wants to be with a man that she can look up to, respect and feel proud of, not a guy who is too timid to stand up to her and put her back in her place in a dominant, but loving way (i.e. be the man).

A woman might give a guy the impression that she likes to be in control and make all the decisions in the relationship, but she’s not going to respect him if he actually falls for that act and then hands all his power over to her.

Instead, she’s going to walk all over him for a while and always know that she will dump him the moment she finds a new man that she can fully respect and submit to.

Another mistake to avoid is!

2. Seeking pity for how her controlling behavior makes you feel

For example: A guy might say something like, *“Why are you being like this to me? Does it make you happy to treat me like this? Is this your way of getting back at me for our break up? If it is, great job. I feel terrible. Thank you.”*

Secretly, he hopes that if he makes her feel sorry for him, not only will she stop trying to control him, but she will also want to give him another chance.

Yet, that’s practically the last thing that will happen.

Why?

Vulnerability is a sexually attractive trait in a woman, not a man.

A woman being vulnerable and emotionally sensitive is what brings out the protector in a man and makes him want to take care of her.

However, the same does not apply to women.

Women do not want to be a man’s protector.

It’s not what turns a woman on.

Women might go around saying that men should cry and be vulnerable or emotionally sensitive, but that’s just political correctness.

What women are sexually attracted to for real is when a man doesn’t need a woman to protect him

emotionally in any way at all.

So, when a guy is being vulnerable and seems unable to cope with a challenging situation in life (e.g. his ex being dominant and controlling), a woman feels turned off by what she perceives as his wimpy, emotionally weak behavior.

Then, rather than making her feel pity for him and want him back, it makes her lose even more respect and attraction for him than ever before.

Another mistake isâ€¦!

3. Not understanding that you can take back power at any moment, if you are emotionally strong enough

Just because a manâ€¦s ex woman wants to control him, it doesnâ€¦t mean that he has to let her do it.

Unfortunately, where some guys go wrong is by constantly giving in to an ex woman's demands (e.g. being available to her whenever she wants, giving her more information about his actions and activities than he wants to, helping her with her life even though he doesn't want to), rather than standing up for himself and letting her see that she can no longer control him or push him around.

This mistake often happens when a guy thinks something along the lines of, *â€œIf I give her what she wants, she will stop nagging me all the time. I just have to keep her happy and she will eventually start to treat me better.â€*

He then lets her get away with her bad treatment of him, effectively allowing himself to be controlled, even though heâ€¦s no longer in a relationship with her.

Yet, what he doesn't realize is that his obedience and submissiveness when it comes to her is what lead to the break up in the first place, so it's not going to be the thing that re-attracts her.

So, get clear on this now: How much control your ex woman has over you is completely up to you, not her.

You can take your power back and stand up to her any time you want.

You can say *â€œNo,â€* to her demands.

Not only will you feel better about yourself when you do, but you will also become more attractive to her in the process.

Suddenly, she will begin to see you as being more of a catch than she previously thought you to be.

She then stops looking at you as her gullible, wimpy ex who she felt she could easily control and manipulate and she starts to notice that you are the kind of man who deserves her respect.

She then feels the need to show you respect, which makes her feel attracted to you again.

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Why Did My Ex Cut Off All Contact?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 possible reasons why your ex has cut off all contact:

1. She's using the classic No Contact Rule on you

The No Contact Rule (cutting off contact for 30 to 60 days in the hope that an ex comes crawling back) is a technique that both men and women use after a break up.

So, it's quite possible that your ex is using it on you right now.

When women use the NC rule after dumping a guy, it's usually to get over him and move on.

She may have an interest in getting back with you, but if you don't find a way to contact her and re-attract her, she's most likely just going to move on.

Another possible reason why your ex has cut off all contact with you is

2. You were annoying her by pleading with her to give you another chance

A common reaction that guys have when they get broken up with is to plead and beg with an ex for another chance.

For example: A guy might say to her, *"Please baby, don't walk away from what we have! I know that we've had our problems, but our love is strong enough to survive this. Just give me one more chance. I promise that this time things will be different between us. I know I can make you happy. Please give me another chance. I need you in my life. I don't know if I would be able to live without you. I love you more than I've ever loved another woman. I only want to be with you. Please, just give me a chance."*

Yet, rather than making her think, *"Okay, it seems like he really needs me, so maybe I should give him a chance,"* his pleading simply annoys her and turns her off even further.

She then decides to cut him out of her life completely (e.g. by blocking him on social media, blocking his number and e-mail, avoiding going to places where she knows he likes to hang out, or ignoring his attempts to contact her), so she can have some space to find a new guy and move on.

Here's the thing

Women aren't attracted to the emotional weakness in men (e.g. neediness, desperation, an inability to handle what life throws at him).

So, when a guy pleads with a woman for her to give him another chance over and over again, it turns her off at a deep, instinctive level (i.e. she fears that she'll have to take care of him emotionally because he clearly can't cope on his own).

Then, rather than sticking around and putting up with his pleading, she cuts off contact and tries to move on.

Another possible reason why your ex has cut off all contact with you is

3. She doesn't believe that you will change

In most cases, a woman won't break up with a guy before she gives him one or two chances to

improve, especially if he has been promising her that he will change.

Yet, if he doesn't follow through on his promises (e.g. because he doesn't actually know what or how to change, he was too lazy to put in the effort and just assumed she would put up with his behavior because she loves him, or he never planned on changing and just wanted to keep her around for a little longer), she will eventually go through with the break up.

Then, to get over him and move on, she will cut off all contact because she knows that he will try to convince her to give him another chance once again.

Based on her past experiences, she doesn't believe that he will change, so she doesn't want to have to deal with it anymore.

She wants to be done with the relationship and try to move on and forget about him.

So, if you want your ex to open herself up to interacting with you again, you first need to make some changes to the way you approach interactions with her (e.g. If you were previously too emotionally sensitive or insecure, you are now very confident and self-assured. If you previously gave her too much power over you and made her feel like the more dominant one during interactions, you now reclaim your masculine position and let her see that you can be the man she needs).

When you are ready to re-attract her, get in contact with her (don't wait for her to reach out to you first) and make her feel a renewed sense of respect and attraction for the new and improved you.

Naturally, she will then become more open to communicating with you further and exploring her new, interesting and appealing feelings for you.

Another possible reason why your ex has cut off all contact with you is

4. She can see that you don't understand the real, secret and subtle reasons why she broke up with you

For example: A guy might know that he took his woman for granted by getting into the habit of talking down to her, getting angry at her or neglecting her (e.g. to play video games, go out drinking with his buddies, work extra long hours all the time).

He knows that, but he doesn't know her other, secret reasons for breaking up with him.

While she was annoyed about being taken for granted, what really turned her off and caused her to want to go through with a break up was the fact that he didn't make her feel sexy and desirable during sex, the way that he did in the beginning.

When the relationship first began, he was really into her and made her feel like she was the sexiest woman he'd ever been with.

Yet, months or years into the relationship, he slipped into the habit of just having sex with her to get to the point where he ejaculated.

He didn't really look at her as being sexy, say that she was sexy or make her feel sexy and desirable.

He was just going through the motions and having sex with her without caring about how she felt about it.

As a result, she started to feel the need to get attention from other men.

When she opened up and began to flirt with men at work, or throughout her everyday life, she noticed that they found her to be sexy and desirable and many commented about her being beautiful.

Yet, her boyfriend just treated her like a woman that he was bored with.

He didn't look at her the way he used to and that really hurt her and annoyed her deep down.

So, if he tries to get her back after getting dumped by saying that he will spend more time with her and be nicer to her, it's not really going to make her feel motivated to get back with him.

If she senses that he is just saying that to avoid being dumped and will likely dump her after getting her back, she will remain closed up.

She won't want to put herself in a situation where she opens back up to her ex, falls in love with the idea of him changing and then notices that he still doesn't find her very attractive when they have sex.

She will want to be with a guy that honestly, sincerely finds her sexy and will always see her that way, rather than being with a guy who is secretly bored of having sex with her and just wants to stay with her for a while longer until he is ready to break up with her.

So, if she gets that sense about her ex, she will cut off all contact with him and try to move on.

Another possible reason why your ex has cut off all contact with you isâ□!

5. She wants to see how you will react

For a woman to really want to get back with her ex man, she needs to feel that she is going to be gaining something (i.e. getting back with a man that she can now look up to, respect, feel proud of and love) rather than losing something or doing her ex a favor.

So, to test her ex man, a woman will sometimes cut off all contact with him and wait to see what he will do.

For example:

- Will he give up and walk away?
- Will he lose confidence in himself and in his attractiveness to her?
- Will he become obsessive and start stalking her?
- Will he have the confidence to persevere, contact her, reactivate her feelings and get her back?
- Will he lose control of his emotions and begin pouring his heart out via texts, emails or online messages?
- Will he get angry with her for cutting off contact?
- Will he lose interest and just move on with a new woman?

Depending on how he reacts, she will either continue ignoring him and trying to move on, or she will open herself up to being guided back into a relationship with him.

So, if you want your ex back to be open to being guided back into a relationship with you, the most important thing for you to do is to contact her and make her feel a renewed sense of respect, attraction and love for you.

When she sees that you have the balls to go after her and the ability to make her have feelings for you again, she will begin to see you in a more positive light.

Her guard will come down and she will start to feel lucky to be getting back together with you.

Where Guys Go Wrong When an Ex Woman Cuts Off All Contact

Being cut off by the woman he loves can make a guy feel frustrated, hurt and dejected.

He may then get fall into a downward spiral of negative thoughts (e.g. *â€œWhy is she doing this to me? Did she ever love me? Does she care at all about what we had? Did it mean anything to her? Am I not good enough for her, or other women? Is this how my life is going to be?â€œ*), which can then cause him to behave in unattractive ways that turn his ex woman off even more.

For example: Some of the common mistakes guys make that turn an ex woman off even more areâ€œ

1. Asking her why she has cut off contact

Feeling desperate and not knowing what else to do, a guy might text or e-mail his ex to ask something like, *â€œWhat did I do? Why are you ignoring me like this? I know that weâ€™ve broken up, but I donâ€™t deserve to be cut off like this. Doesnâ€™t what we had together mean anything to you? How can you be so coldhearted? Why are you doing this? Please, just be reasonable. Let's talk. You don't need to cut me off like this.â€œ*

Even though he might believe that he has a right to ask for an explanation from her (after all, she was his girlfriend), a woman usually won't agree and will end up feeling even more annoyed and turned off by him.

She might then think something like, *â€œHow dare he ask me why Iâ€™ve cut off all contact with him. Does he think that he owns me or something? Besides, after everything he put me through in the relationship, he should already know why I donâ€™t want anything to do with him. Itâ€™s so just typical of him to act like a victim. He wants me to feel as though Iâ€™m the one being a bad person for not wanting to talk to him. Well, Iâ€™m not going to let him make me feel bad for putting myself and my needs first for a change. He had his chance with me and he blew it. I donâ€™t owe him anything anymore!â€œ*

She then makes herself even more unavailable to her ex (e.g. blocks him, unfriends him, marks his email as spam) and focuses on finding herself a replacement guy as quickly as possible.

So, if you donâ€™t want to push your ex even further away than she already is, donâ€™t make the mistake of asking her why she has cut off contact with you.

Instead, use interactions that you have with her to make her smile, laugh and feel good to be talking to you.

Bring her guard down and make her feel sparks of respect, attraction and love for you again.

When you do that, she won't want to keep cutting you out of her life.

She will open back up to you and you can then confidently guide her back into a relationship.

Another mistake to avoid isâ€œ

2. Losing a lot of confidence in himself as he waits for weeks or months for her to eventually contact him

When a woman cuts off all contact, a guy will often lose confidence in himself and his attractiveness

to her (and to other women in general).

He will then avoid contacting his ex because he doesn't know how to re-attract her.

He will wait for weeks or even months for her to hopefully change her mind and open back up to him.

Yet, she doesn't, so he waits even longer and loses even more confidence in himself.

He hopes that if he just waits long enough, she will miss him and want him back.

Yet, she doesn't and he then starts to feel as though he has no chance with her anymore.

This is such a classic mistake that guys make after getting dumped.

So many guys don't realize that when a woman has lost touch with her feelings of love, respect and attraction for a guy (and then dumped him), she usually won't make an effort to contact him and get him back.

Instead, she will focus on forgetting about him and moving on.

So, if you want your ex back, you must believe in yourself and in your value to her enough to make the first move (i.e. call her on the phone, or meet up with her in person) and be ready to make her feel attracted in new and exciting ways as you talk to her.

When you do that, she won't be able to stop herself from feeling drawn to you again in a way that feels good to her.

As a result, you can get her back now or within the next few days to a week, rather than waiting around for many months or even years in the hope that she might reach out to you one day and want you back.

Another mistake to avoid isâ

3. Feeling unwelcome to contact her and re-attract her

Sometimes a guy will assume that if his ex woman isn't contacting him, then he can't reach out to her and begin the ex back process.

He may think, *âMy ex cut off all contact with me. If thatâs not a sign that she doesn't want me in her life anymore, I don't know what is. So, even though I want to call her, I can't because she won't want to hear from me. She's made that perfectly clear by cutting off contact. It's over and there's nothing I can do about it.â*

He then doesn't do anything to get in touch with his ex and misses out on the opportunity to get her back.

Yet, here's the thingâ

If you don't interact with your ex (over the phone and most importantly, in person), she probably won't have any reason to keep you on her mind and in her heart.

Instead, she will focus on getting over you, moving on, hooking up with another guy (or guys) and falling in love again with someone else.

So, if you want to get your ex back, go ahead and contact her and then reawaken her feelings for you.

The more respect and sexual attraction she feels as you talk to her, the more she will feel drawn to the idea of giving you another chance.

On the other hand, if you feel unwelcome to contact her because she has cut off all contact, then you

will probably waste a lot of time waiting around for her only to discover one day that she has moved on and is happy without you.

Another mistake to avoid isâ€¦!

4. Waiting for positive signs from her before trying to get her back

Where some guys go wrong is that they wait way too long to get a clear sign from their ex that she wants to get back together again (e.g. a text saying that she misses him).

Yet, when a woman has cut off all contact with her ex, she usually won't come running back and saying that she misses him.

That only happens if she is still in love with him, can't find a suitable replacement guy or is too young or inexperienced to handle the pain of a break up.

In all other cases, a woman who cuts off contact simply moves on and does her best to completely forget about her ex.

So, while her ex is waiting around for weeks or months for a clear sign from her that she is interested in him pursuing her and getting her back, she has been moving on, having sex with new guys and getting used to life without him.

So, if you don't want that to happen to you, here's what you need to get clear on!

It doesn't matter if your ex is giving you signs that she's open to getting back together or not and it doesn't even matter that she's cut off all contact with you.

What matters is whether or not you have the courage to take the lead in the ex back process and do what needs to be done to get her back.

So, are you going to contact her, re-attract her, seduce her and get her back into a relationship, or are you going to wait until it's too late?

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How to Reverse the Roles, So My Ex Wants Me Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 tips to help you reverse the roles and make your ex want you back:

1. Get clear on the subtle things about you that secretly turned her off

She's not going to want you back if you're still turning her off in the same ways that you did during the relationship.

So, to successfully reverse roles so your ex wants you back, you first need understand her real, more subtle reasons for breaking up with you.

Then, when you interact with her again, you will be able to give her a new and improved attraction experience that causes her to feel drawn to you and intrigued by her new, interesting feelings for you.

On the other hand, if you don't get clear on this all important aspect of the ex back process, you will be offering her things that she doesn't want.

For example: A woman might break up with a guy and say something along the lines of, *"I'm sick and tired of all the fighting and arguing. It's bringing me down and I feel miserable all the time. I think it's better if we just accept this isn't working and break up."*

The guy will naturally then think that she's breaking up with him because she's unhappy about the fighting and arguing.

He might then even try to get her back by being extra nice to her and agreeing with everything she says and does to avoid fights or arguments.

He hopes that if he does things her way, there will no longer be any reason for them to argue, so she will then be happy and want him back.

Yet, not only does being extra nice and obedient turn a woman off (because women are not attracted to a guy they feel they can dominate), but it also highlights to a woman that her ex guy still doesn't understand her deeper, more subtle reasons for always getting into arguments with him.

For example, some of the secret things that may have turned her off and caused her to want to get into arguments with him, may include:

- His inability to make a decision without her approval or say-so.
- Being unsure of himself around her or in social situations.
- Being unable to pass her simple confidence tests. For example: She rolls her eyes at him, pretends to disagree with him during a conversation, or acts like she's annoyed about things that she doesn't really feel annoyed about and he then worries, tries to suck up to her or gets annoyed at her. He doesn't realize that she wants him to maintain control of his emotions and not take her tests of his confidence so seriously. He needs to be able to laugh at her tests, ignore them or turn them back on her (in a loving, playful way) if he is going to be the kind of man that she can respect and not want to get into arguments with.
- How he tends to get annoyed or angry about things that she thinks he shouldn't get so worked up about (e.g. the taste of food at a restaurant, the weather, the government).
- His lack of presence as a man (e.g. he tends to go into his shell in social situations).
- How he seems so confident when playing video games, but when it comes to his career, he

can't seem to make any progress.

- How he avoids building friendships with her family and friends and tends to keep to himself, even though she has told him that family and friends are important to her.
- How he tends to spend more time with his friends than her and when he does spend time with her, he is emotionally unavailable.
- How he is too needy and clingy and always wants to spend time with her, because he's too afraid to follow through and make progress on his big goals, dreams and ambitions in life.

So, to make your ex want you back you first need to be able to re-attract in the ways that really matter to her (e.g. you are now able to make her feel girly and feminine during a conversation in comparison to your masculine approach, rather than just talking to her in a friendly, neutral way or worse, giving her all the power and making her feel more dominant than you).

When she experiences your new, attractive behavior, she will naturally begin to feel more respect and attraction for you as a man.

She will then drop her guard and allow herself to open back up to the idea of being in a relationship with you again.

Another tip to help you reverse roles so your ex wants you back is to

2. Regain control of your emotions and confidence

Chances are high that if you're currently asking how to reverse roles with your ex so she wants you back, you're at a point where nothing that you have tried has worked.

She just doesn't seem to care about you anymore and seems to be happy to move on from the relationship.

As a result, you might feel a bit rejected by her and lost as to what you can do now.

You might even go to bed at night feeling a bit depressed or dejected and wonder if you will ever be happy again.

Although feeling like that is natural, you have to get past it right now.

Feeling down and dejected will naturally cause you to say and do the wrong things around your ex and turn her off even more.

So, you have to accept the break up and start focusing on the solution to get her back.

When you do that, you will feel a resurgence of confidence and hope and you will then naturally begin to say and do the right things when interacting with your ex.

Unfortunately, a lot of guys don't ever really focus on a solution to get their ex back, other than just ignoring her and hoping that she comes back.

Yet, if you've tried that already, you know it doesn't work.

Other guys approach in the same way and end up feeling more and more desperate to get their ex woman back.

For example: A guy who is feeling desperate and beginning to worry that he has no chance to get his ex woman back, might

- Beg and plead with her to see things from his point of view and give him another chance.
- Pour his heart out to her and tell her how much he loves her and how he can't live without

her.

- Promise to do whatever she wants to make her happy.
- Be extra nice and sweet towards her and put up with her bad treatment of him (e.g. she's uncommunicative and standoffish during interactions, she blames him for the break up).
- Bombard her with texts or emails in an attempt to stay on her mind, or make her feel pity for him and give in.
- Ask mutual friends to put in a good word for him.
- Post sad, dejected status updates on social media.
- Show up at her house and plead with her to talk to him and work things out.
- Get angry with her for being so selfish by leaving him behind.
- Try to be a nice, helpful friend to her and help her with her life (e.g. run errands for her, fix things for her, help her pay rent or bills).

Yet, rather than make her want him back, she feels even more turned off because she perceives his behavior as being wimpy, emotionally weak, needy and lacking in self confidence.

Feeling turned off like that makes her feel more motivated to move on and find another man as soon as possible.

This is why, if you want your ex back, you have to make sure that you approach this properly.

Don't go ahead and make all the mistakes that other guys make, before eventually searching around and trying to find a tested, proven to work solution.

So, the first thing you must do is regain control of your emotions.

Get rid of the feeling of neediness and desperation by knowing that you can re-attract her and get her back.

Know that from now on, you are going to be in control of the ex back process, not her.

You are going to reverse the roles and make her want to get back with you.

As a result, you don't need to panic, worry or feel needy in any way.

You can relax and confidently get her back over the next few days to a week.

3. Interact with her and reactivate her feelings

Even if your ex is currently saying things like, *â€œForget it! I never want to be your girl again. You need to accept that it's over between us and move on,â€* it doesn't mean that her decision is final.

So, don't just accept what she is saying and wait around for her to hopefully change her mind over the next 6 months to a year.

Make her change her mind NOW, or at least within the next week or so.

You really can do that.

To reverse roles so your ex wants you back, it's absolutely essentially that you interact with her as often as possible (over the phone and preferably in person, rather than text), so she can experience the new and improved you for herself.

When she can see that you don't lose your confidence even when she's being cold, distant or even hostile towards you, she won't be able to stop herself from feeling respect for you again.

When she starts respecting you again, she then also begins to feel sexually attracted to you again. When those two emotions are reactivated, it becomes difficult for her to stay closed off towards you for very long.

She feels drawn to you and realizes that what you and her have isn't over.

There is clearly still a spark between you and her and she felt it when she interacted with you.

If she didn't agree to get back with you right away, she will have gone away thinking about you, feeling drawn to you and beginning to miss you.

When that happens, her defenses come down and she then becomes open to talking to you more, seeing you in person and seeing how she feels about being your girl again.

Another tip to help you reverse roles so your ex wants you back isâ€¦!

4. Don't ask for another chance

Sometimes, a guy will see that things are going well with his ex (e.g. she responds to his texts, she is friendly over the phone, she agrees to meet up with him for coffee, she seems open to interacting with her), so he then goes ahead and asks her for another chance at a relationship.

That can work if she is fully re-attracted and wants him back, but if she isn't, a woman will usually say, *â€œSorry, but I don't feel that way about you anymore. We can be friends if you want, but nothing more than that. Please accept that. If you can't, it might be better if we just stop seeing each other altogether.â€*

He almost had her back, but he asked for another chance too early and she ended up playing hard to get.

Additionally, to reverse the roles and make an ex want you back, it's always best to make her feel so attracted to you that she begins to hint at or suggest getting the relationship back together.

Then, it's about you giving her a chance to be with you, rather than you trying to convince her to give you another chance.

Unfortunately, a lot of guys don't realize that until it's too late.

A guy will approach the ex back process in a way that essentially says to the woman back, *“I still have feelings for you and therefore, I want another chance.”*

Yet, here's the thingâ€¦!

For a relationship to get back together, there needs to be mutual feelings between the man and the woman, or at least close to mutual feelings.

It can't all be about the guy wanting her back because he loves her and needs her.

That is one-sided.

So, if you want your ex woman back, make sure that you fully reactivate her feeling for you first, before anything else happens.

Initially, all it usually takes is a spark and most women will begin to open back up to talking to you and seeing you in person more often.

When you have that opening, you can then guide her through the rest of the ex back process and get her back.

Another tip to help you reverse roles so your ex wants you back is toâ€¦!

5. Give her 3 to 7 days of space

If your ex is being closed off towards you right now and saying things like, *â€œJust leave me alone!*â€œ or, *â€œI donâ€™t want you back. You need to accept that and move on,*â€œ itâ€™s perfectly fine to give her a few days of space (i.e. 3 to 7 days) to let things calm down between you.

Then, after a few days have passed, go ahead and contact her and reawaken some of her feelings of respect and attraction for you (e.g. by making her laugh and smile and feel good to be hearing from you again, by flirting with her to build up sexual tension, by making her feel girly and feminine in comparison to your masculine approach to the conversation, by maintaining your confidence if she is being cold or distant to test you).

You then need to get her to agree to a meet up with you in person.

At the meet up, you need to re-attract her sexually and romantically so she starts wanting to be around you again.

From there, just use every interaction that you have with her to build on her feelings of respect and attraction for you and guide her back into a relationship.

Where Guys Go Wrong When Trying to Reverse Roles With an Ex to Make Her Want Him Back

Everything you say and do from now on is either going to be making your ex want you back, or convincing her that sheâ€™s better off without you.

So, if you want to be successful at getting her back, be sure to avoid making any of the following mistakes:

1. Thinking that ignoring an ex for 30 or 60 days will work on any woman

This is one of the biggest myths out there when it comes to getting an ex backâ€¦!

The truth is that not all women respond well to being ignored by an ex for 30 or even 60 (or more) days.

Why?

In most ex back cases, when a woman breaks up with a guy, it's because she no longer feels enough respect, attraction or love to want to be in a relationship with him anymore.

So, when she doesnâ€™t hear from him for a month or more, rather than thinking, *â€œOh no!!! Why isnâ€™t he calling me? I miss him! Does him not contacting me mean found someone else? I wouldnâ€™t be able to cope if he has. He is my man! I want him so bad! Iâ€™m going to call him right away so that we can get back together again before itâ€™s too late!*â€œ she usually thinks something like, *â€œI wonder what my ex is up to? He must have moved on. Yay! Cool, Iâ€™m so relieved that it wasnâ€™t a messy break up with him trying to get me back all the time. It has made getting over him so much easier.*â€œ

During the time that he wasn't contacting her, she was free to go out and party with her single girlfriends, use dating apps to line up dates or sleep with the guy that had a crush on her while she was in a relationship (e.g. a guy from work, university or that she knows through friends).

As a result, cutting off contact for 30 to 60 days was a completely ineffective strategy and absolutely backfired.

So, let me make this 100% clear for you now!

Unless your ex is still secretly in love with you and is hoping that you and her will get back together, or if she is struggling to find herself a replacement guy, ignoring her for weeks or months is not going to make her come running back to you.

If your ex girlfriend doesn't have feelings for you anymore, ignoring her for 30 or 60 days will just give her more time to completely get over you and move on.

If you want her back, you should actively re-attract her, rather than waiting around and hoping that she comes back to you just because you aren't contacting her.

The next mistake is!

2. Not improving your ability to attract her and your understanding of what really attracts a woman to a man

When trying to get an ex back, a lot of guys make the mistake of using the same old approach that they used before (e.g. being really nice to her, listening and trying to understand her feelings, buying her flowers, chocolates and other gifts, being her friend in the hopes that she will see how dedicated and kind he is to her).

Yet, that approach rarely works to get a woman back.

Why?

When a woman breaks up with a guy, it's usually because something about his attitude, behavior, actions or way of life had turned her off.

She got to the point where she just didn't feel enough respect, attraction and love to justify continuing a relationship with him.

So, if he wants to get her back, he has to improve his ability to make her feel attracted in new and more interesting ways (e.g. making her feel feminine and girly in comparison to his masculine vibe, using ballsy humor to break down her defenses and make her feel good to be interacting with him again, turning the tables and making her feel like she needs to impress him or live up to his standards).

If he tries to get her back without changing any of the things that turned her off (e.g. he remains needy, insecure, unmotivated, wimpy), nothing that he says is going to convince her to give him another chance.

Another mistake to avoid making is!

3. Not interacting with her to reactivate her feelings

Sometimes, when a woman says things like, *"Leave me alone. I know you want us to get back together again, but I don't want you back. It's over. Leave me alone"* it's only natural that a guy will assume he no longer has a chance.

So, rather than annoying her, he will pull back and just wait for her to cool down and hopefully open back up to him one day.

Essentially, he's hoping that she will eventually make the first move (e.g. text him to say hi,

suggest catching up, call him out of the blue to talk, send him a message on social media to apologize) when she's ready.

He then sits around for weeks, months and in some cases even years, waiting for her to contact him, only to be devastated when he finds out she is dating someone else or in love and happy in a committed relationship.

If you don't want that to happen, you have to be strong enough to change how she feels by interacting with her.

Don't worry â she's not going to be annoyed if you interact with her and make her smile, laugh and feel good to be interacting with you again.

She's not going to be angry if she feels attracted and drawn to you again.

She might initially act that way, but if you have the confidence to withstand her initial coldness (it may last anywhere from 10 seconds to 5 minutes), then you can re-attract her and get her back.

So, call her on the phone or meet up with her in person and show her that you are now the man she always wanted you to be (e.g. confident, self-assured, determined, emotionally independent, emotionally mature).

Don't tell her that you are; show her.

Let her experience it for herself and decide that you really are different now.

The more she experiences and enjoys the new you, the more she will associate positive feelings with you, rather than holding onto her negative feelings about you from the past.

As a result, her guard will naturally come down and she will become open to the idea of getting back together again.

On the other hand, if you don't interact with her because you're worried that she might get annoyed or angry, she will most likely move on and forget about you.

The next mistake to avoid isâ

4. Pretending to be happy without her when you're not

Although being genuinely happy and moving on with your life can impress your ex (because women love the idea of being with a man who wants her, but doesn't need her to live a great life), pretending to be happy without her when you're really not, isn't a good idea.

Why?

In most cases, all a woman has to do is say something along the lines of, *âOh, okayâI see that you're over me now and are enjoying life without me. Well, that's too bad. I really thought I mattered to you, but now I've seen how easy it was for you to move on without me, I realize that you didn't care about me after all. I honestly thought we could get back together again, but now it's too late,â to catch her ex guy out in a lie.*

If he tries to convince her that he isn't happy and has been missing her the whole time, she will know that he was acting as though he was happy to trick her into wanting him back.

She may then start dating a new guy to protect herself against being hurt by her ex's mind games again.

So, don't pretend to be happy without your ex if you're not.

Instead, be genuinely happy without her (e.g. by focusing on and making progress on your big goals in life, going out and having fun with friends, meeting and interacting with other women, pursuing your hobbies and interests).

You don't have to begin dating other women to get your ex back, but at least be open to simply interacting with other women, to help yourself see that you can attract other women and aren't doomed without your ex.

When you do that, it brings out all the positive traits that women respect in a man (e.g. confidence, masculinity, self-belief, assertiveness, emotional independence) and as a result, you automatically become more attractive to your ex.

Then, when you interact with her and she senses (via your tonality, body language and the way you think, behave and react) that you are now very confident, happy and have been getting on with your life without her, she will naturally begin to feel drawn to you again.

Of course, don't shove it in her face and try to make her feel bad about the fact that you're happy. Just let her sense it based on how you think, talk, behave and act when interacting with her.

Women find men like that very attractive and appealing, so don't be afraid to make her see you in that way.

She will then begin to look at you in a new light because you are behaving like the kind of man that she can look up to and respect.

Then, without you having to convince her, the roles reverse and she starts wanting you back.

You can literally achieve that within the next week.

You can make her want to be back with you and then give her a chance to be with you.

Alternatively, you can use an approach that gets her back today, tomorrow or within the next few days...

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My Ex Girlfriend Found Someone Better

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

5 things you should ask yourself now:

1. Is he really better than you, or just different?

Right now, your ex-girlfriend might be saying that she has found someone better than you, but in most cases, the new guy will usually just be filling in the emotional gaps that you left open in the relationship.

For example: When a woman breaks up with a guy because he was too jealous and controlling, her new guy will usually be a lot more easy going and relaxed with her.

Yet, that doesn't mean that the new guy is perfect, or that other aspects about his thinking and behavior won't turn her off once the novelty of being with him has started to wear off.

He might be 'better' than you because he's not as controlling towards her as you were, but that may actually stem from a lack of confidence and self-belief in his value to her.

He feels lucky to have a chance with her and just lets her get her way all the time, because he's afraid of annoying her and getting dumped.

Over time, she will pick up on that and suddenly he will seem less attractive to her.

She may then start to think, *"My ex wasn't as insecure as my new guy. Yes, maybe he was a bit too controlling, but at least he believed in himself and in his value to me. Maybe my new guy isn't better than my ex after all. Maybe my ex and I can actually work things out. Maybe I had to leave the relationship and experience this to realize how much better my ex really is. It wasn't a perfect relationship, but I'm sure he will be willing to change and stop being so jealous and controlling if I offer him a chance to get back with me."*

Then, if she happens to interact with her ex and she notices that he has already made changes to the way he thinks, acts, behaves and responds to her (e.g. he no longer gets jealous when she talks about other guys, he is so much more relaxed and easy-going now, he respects her decisions and doesn't try to force her to think like him), she will truly start doubting her decision to breakup with him.

He can then build on her feelings, seduce her and get her back.

So, just understand that your ex's new man isn't necessarily better than you.

Instead, he is simply different than you.

Rather than thinking of him as being better than you and feeling unworthy of your ex, know that you can re-attract her, seduce her and get her back.

Start by focusing on changing some of the things that turned your ex off (e.g. you were too emotionally dependent on her, you took her for granted, you stopped making her feel desirable).

Learn from your mistakes and then interact with your ex to make her feel respect, attraction and love for the new and improved you.

Don't push for a relationship right away though.

Just let her feel attracted to you again and worry that she has made a mistake by walking away from

you.

She will then begin to focus on the emotional gaps in her new relationship and realize that her new guy isn't any better than you, just different.

The next question you need to ask yourself isâ€¦

2. Are you going to use this break up as an opportunity to improve yourself and become more confident so you can get her back, or are you going to lose confidence in yourself and give up?

Hearing that your ex has found someone better is naturally going to cause you to feel a bit upset.

Yet, don't let it get to you.

You have to look at yourself as being better than the new guy, regardless of how much 'better' he is than you in certain ways.

If you look at him as being better than yourself, you just won't be able to feel confident enough in comparison to him and when you talk to your ex, she will sense that and feel turned off.

Unfortunately, a lot of guys don't realize that and end up allowing the fact that she has found someone new to kill his confidence.

For example: A guy may think, *â€œWell, I guess Iâ€™ve lost her completely now. I canâ€™t compete with her new guy. Heâ€™s better than me and she even said it herself, so what chance do I stand with her now? If the woman who used to love me says that I'm less than in comparison to him, then it must be true. Iâ€™m never going to find another woman like her ever again. I'm screwed.â€*

He then loses confidence in himself and begins to give off a vibe that says, *“I'm not worthy of an attractive woman. I'm not good enough.”*

If he happens to interact with his ex, she picks up on his lack of confidence (via his vibe, the tonality of his voice, his body language, behavior, choice of words) and feels turned off by him on a deep, instinctive level.

She then thinks something along the lines of, *â€œWow, I'm glad I broke up with him when I did. He has gotten even worse than he was before. He doesnâ€™t even believe in himself at all. My new man is so much better. He's so much more confident. That's how a man should be. Clearly my ex doesn't have it anymore. He used to be confident when I liked him, but he has lost that edge. I just don't look at him the same way anymore because of it. He's not good enough for me anymore. I'm glad that I moved on.â€*

This is why, if you want to get your ex back (even though she has found someone new), you have to believe you are more than good enough for her, otherwise she will pick up on your self-doubt and feel turned off.

The new guy is most likely acting very confident around her because she likes him at the moment.

It's easy for a guy to feel confident under those conditions.

Yet, when your ex can see that not only are you a good guy when you talk to her and make her smile, laugh and feel good, but you're also 100% confident in yourself and your value to her, she will feel attracted to you on a deep, instinctive level.

Women can't stop themselves from feeling attracted to a man who can be confident under pressure,

while also being a good guy.

So, right now, you need to use any time apart from your ex to improve and become an even more confident man than you ever were before, rather than sitting around feeling sorry for yourself and feeling unworthy of her now because she has found someone new.

The next question you need to ask yourself isâ€¦

3. Do you know what parts of the attraction experience were missing from your relationship with her?

When your ex broke up with you, she may have given you vague reasons for leaving such as, *â€œIâ€™m tired of trying to make this relationship work. I just can't do it anymoreâ€œ* or, *â€œI don't feel the same about you anymoreâ€œ* or, *â€œI don't think I love you anymoreâ€œ* or, *â€œI just want to be on my own for a while.â€œ*

Essentially, she didn't really tell you WHY she stopped feeling attracted to you and then fell out of love with you.

So, if you want her back, you absolutely must get clear on that because if you don't, you simply won't be able to make her feel attracted in the ways that she really cares about.

Ask yourself:

- Did I maintain the kind of confidence and self-esteem that she originally felt attracted to, or did I become an insecure, needy or clingy guy as the relationship went on?
- Did I make her feel loved, appreciated and taken care of, or did she feel neglected and as though I was taking her presence in my life for granted?
- Did I take the lead in the relationship and allow her to relax into being my girl, or did she feel like she had to wear the pants and make all the decisions like a man?
- Did I make her feel feminine and girly around me by being more emotionally masculine than her, or did I end up becoming emotionally sensitive and soft?
- Was I a man of my word, or did I let her down and betray her trust?
- Did I make her feel as though her and I were on the same level socially, or did I end up making her feel as though she was cooler than me and I was dragging her down?
- Did I encourage her to follow her dreams and enjoy life, or did I try to keep her all to myself because I was worried that other guys would hit on her?
- Did I make her laugh and feel happy to be with me, or did I end up becoming a stressful, annoying boyfriend to be around?

When you understand what really turned your ex off and why she now feels as though her new man is better, you can then start improving yourself in the ways that will actually matter to her (e.g. become very confident and emotionally masculine, if she felt turned off by how insecure and sensitive you became).

Then, the next time you interact with her, you will be able to give her the type of attraction experience that she always wanted from you, but wasn't getting.

That will plant seeds of doubt in her mind about the new guy.

She will begin to wonder whether she is going to end up regretting letting you go and being the one who gets left behind.

If she begins to feel that way, she will naturally open up to you and begin trying to establish a relationship with you.

You can then build on her renewed feelings for you, hook up with her and get her to dump the new guy.

The next question you need to ask yourself isâ€¦!

4. Do you remember how happy she was with you at the start?

Most relationships start out feeling happy, but then end in a break up within the first few months.

Think about itâ€¦!

You and her were happy together at the beginning of the relationship.

You may even have discussed things like moving in together, getting married or starting a family.

Yet, it didnâ€™t work out, even though at the time, it felt like you and her would stay together forever.

In the same way, she could seem happy with her new man right now, but as the novelty starts to wear off, she may lose interest in being with him or break up with him for some reason that you're not aware of.

So, the important thing for you to do now is not give up.

Of course, don't desperately chase her or tell her that you'll wait around forever.

Instead, just stay in her life (you can pretend to be her friend if you want to) and use every interaction you have with her to reawaken her feelings of respect, sexual attraction and love for you.

The more drawn to you she feels, the less perfect her new man will seem.

If they get into a fight, or he does something that turns her off or makes her doubt whether a relationship would last, she will automatically begin thinking about getting back with you.

The next question you need to ask yourself isâ€¦!

5. Are you ready to contact her, re-attract her and get her back from the new guy?

It might be true that your ex believes that her new guy is better than you, but it could also be true that she is only saying that to get a reaction out of you.

She wants to know whether you are going to sit around feeling defeated and thinking things like, *â€œOh well, I guess thereâ€™s nothing I can do anymore. She said she found someone better, so Iâ€™ve now lost any chance with her,â€* or are you going to believe in yourself, take action and get her back?

If youâ€™re ready to get her back (i.e. you know how you're going to attract her when you talk to her on the phone and in person to make her want you again), hereâ€™s what you need to doâ€¦!

Get her on a phone call with you.

Remember: Sheâ€™s likely going to be a bit resistant to talking to you at first and she may even try to put you off by saying things like, *â€œWhy are you calling me? I told you that I'm with someone else now.â€*

Regardless of what she says or how unwelcoming she is towards you initially, just remain calm and maintain your confidence.

Then, use some humor to ease the tension between you and make her feel happy and relaxed to be talking to you again.

Once you've broken down her defenses with confidence, a relaxed attitude and some humor, get her to agree to meet up with you.

If she resists, just tell her that it's an innocent coffee to say goodbye to each other in a mature way.

Tell her that you respect her new relationship and just want to say goodbye and end on friendly terms.

Most women want to be able to end a relationship on friendly terms, so she will almost certainly agree to meet up.

If she doesn't agree, insist in a relaxed, but confident manner and get her to catch up to say goodbye in a friendly, mature way.

Then, at the meet up, don't respect her relationship by being all nice and friendly.

Instead, use the meet up to flirt with her to build up sexual tension between you and her and when the moment is right, get to a hug and potentially a kiss if you can.

If she is open to the kiss, you can then suggest hooking up sexually one last time to say goodbye.

If she isn't open to kissing or sex, don't worry as long as you at least get to a hug after building up sexual tension, she will go away experiencing new feelings for you.

She will realize that it isn't really over between you and her because she still has feelings for you.

You can then suggest staying in touch from time to time as 'friends' and when she agrees to that, use any interaction that you have with her from then on to build on her feelings and make her want to see you again.

Note: Many guys do get to a kiss and sex at the first meet up when they are prepared to re-attract their ex.

However, when a guy goes to a meet up and uses the same old approach to attraction that she got bored of in the relationship, she just doesn't feel motivated enough to want to hug, kiss or have sex.

So, make sure that you're prepared to attract her in a new and exciting ways as you talk to her.

4 Common Mistakes That Some Guys Make When Their Ex Woman Finds a New Guy

Just because your ex is saying that she has found someone better (or you think she has found someone better), it doesn't mean you can't get her back.

Whether or not you get her back all depends on your attitude and what you say and do from now on.

So, ask yourself: Are you going to reawaken her feelings for you and get her back, or are you going to make some or all of the following mistakes?

1. Thinking that it's too late now that she has a new boyfriend

It's understandable that when a guy sees his ex girlfriend happy with someone else, he may think that he no longer stands a chance with her.

He might then give up, stop contacting her and wait to see if she'll eventually break up with her

new guy, so he can then contact her and see if she's interested.

Yet, here's the thing!

If you don't actively do something to reawaken your ex girlfriend's feelings for you right now, even if she does break up with her new guy, she's probably not going to come running back to you.

Instead, she'll just keep dating new men until she finds the one who can give her the kind of attraction experience she's looking for (e.g. she wants a guy who is more masculine in his behavior, but keeps on attracting guys who are too nice or gentle).

Then, by the time you realize what is happening, she will have likely gotten married and possibly even started a family and then it really will be too late.

So, if you want her back, start doing what needs to be done to get her back now, rather than wasting the next 6 months to a year of your life waiting around for her to hopefully break up with him.

You can get her back in about 1-2 weeks.

Most guys who are in a situation like yours are able to accomplish that when they focus on re-attracting and then seducing their ex girlfriend.

Some guys get it done within days, but most guys get it done within 1-2 weeks.

I'm sure you'd agree that getting her back in 1-2 weeks from now is better than waiting 6 months and then seeing her move on with another guy, or waiting around for years and remaining single in the hope that she calls you one day.

The next mistake to avoid is!

2. Focusing on the new guy's good qualities and not realizing that he'd be making mistakes in the relationship too

Yes, the new guy probably is better than you in some ways (e.g. he's more settled in his career and can offer her the stability that you couldn't, he treats her like a princess and gives her everything she wants).

However, that doesn't mean he's not turning her off in other ways too (e.g. he's too boring and predictable, he can't stand up to her in a conversation so she feels more emotionally dominant than him).

Whatever the case is, you shouldn't waste time comparing yourself to him and thinking that he is better.

The next mistake to avoid is!

3. Losing confidence as you wait around and hope that she will eventually break up with him

The longer a guy sits around waiting for his ex girlfriend to break up with her new guy, the more likely it is that he'll start doubting himself and his value to her (and other attractive women).

Then, if he happens to interact with her (e.g. she calls him to ask him something, they bump into each other in a social environment and say hi) and she notices that he is now insecure, stuck and hasn't been able to move on with his life, she will naturally think that her new guy is better than him.

So, if you want to get your ex girlfriend back, you must believe that you are worthy of her and are more than good enough for her, regardless of what qualities the new guy has that you might think are 'better.'

If you don't believe that you're good enough for her anymore, she will sense that and naturally feel turned off and repelled.

The next mistake to avoid is!

4. Not doing anything to interrupt the process of her moving on and make her want you again

When an ex girlfriend has a new guy, the best approach to take to get her back is to interrupt the process of her moving on.

Mess with her feelings by interacting with her and re-attracting her.

Make her feel confused about her feelings and feel drawn to you.

Then, meet up with her, seduce her and get her back.

You can do it.

She is your woman, not his.

Get her back!

×

[image]

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My Ex Girlfriend Said She Wants to Be Single For Now

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 steps that you can use to get her back:

1. Accept the break up and give her 3 to 7 days of space

This takes away her feeling of power over you at the moment.

Right now, she knows that you want her back, so don't give her the satisfaction of trying to convince her to change her mind.

Just accept the break up and then give her 3 to 7 days of space to be on her own.

If you make the mistake of getting into an argument about her wanting to be single, or worse, beg and plead with her by saying things like, *"Please don't do this! I love you! Can't we just try and work things out first? I promise I will do anything you say if you give me another chance. Just give me a chance"* she will feel even more determined to be single and do whatever she wants to do.

So, just casually and confidently just accept her decision and then give her a few days to a week of space.

For example: You can say in an easy-going, relaxed tone of voice, *"I still care for you and wish we could work things out, but if that's what you want, then I respect your wishes. I wish you only the best. Goodbye,"* and then walk away, or hang up the phone.

This clearly demonstrates to her that you're not being needy and trying to force her to change her mind.

Instead, you are in control of your emotions, which automatically makes her feel a rush of respect for you.

She feels as though you and her have ended things in a mature way, but for some reason, she also feels a bit drawn to you again, based on the way you reacted.

From there, avoid contacting her for a few days to a week and allow her some time to cool off and miss you.

Important: Make sure that you don't give her more than 3 to 7 days of space.

Giving her that bit of space proves the point that you're not needy.

You don't need to go overboard and avoid her for many weeks or months to prove that point.

Additionally, if you wait too long, she may feel as though she needs to start hooking up with new guys to get over you and move on.

2. Use the 3 to 7 days to prepare to get her back

When giving an ex woman some space after a break up, a guy might make the mistake of sitting around at home moping, missing her and feeling depressed.

It's understandable that he is hurting and wants her back, but using the 3 to 7 days to feel those emotions is a huge waste of time.

It also doesn't prepare the guy to re-attract her and seduce her the next time he interact with her.

So, when he does interact with her, rather than attracting her in new and exiting ways, he ends up turning her off because she can sense that he is lost, hurting and sad without her (even if he tries to hide it).

Just like you can tell when someone is hurting, but trying to act happy, your ex can sense that as well.

So, don't use the time apart to sit around missing her, feeling sorry for yourself and worrying that she might be hooking up with a new guy.

Use the time to prepare yourself to re-attract her!

When you re-attract her, she naturally feels drawn to you again and begins to wonder whether she should move on and be single, or give you another chance.

Based on how drawn she feels to the new and improved you, she will begin to worry that if she doesn't give you another chance, she will end up regretting it and it may then be too late to get you back.

That's how you want to make her think during this time.

Unfortunately, a lot of guys don't approach the ex back process in that way, so a guy will end up giving his ex woman the impression that he needs her back to feel better about himself.

She then thinks something like, *"I see that nothing has changed with him. He's still the same guy I broke up with. I guess he's just not the right guy for me after all. What I really need to do now is move on and find myself a man who can make me feel the way I want to feel when I'm with him. I don't want to get back with an ex who needs me to make him feel whole again. I don't want a broken man. I want a man who is confident, happy and forward moving in life, regardless of whether I like him or want him. My ex simply doesn't get that."*

If her ex then starts talking about getting back together, she just says something like, *"Sorry, but I've already told you that I want to be single for now. Please accept that and give me a few months of space to explore myself and figure out what I want. Maybe after that we can discuss getting back together again, but for now, I don't want you contacting me anymore. Please leave me alone."*

So, if you want to prevent that from happening to you, make sure that you use your 3 to 7 days wisely by preparing to re-attract her.

The next step is to

3. Interact with her on a phone call and make her feel sparks of sexual and romantic attraction for you

After a few days to a week, you need to get your ex on a phone call and start re-attracting her by making her feel sparks of respect, sexual attraction and love for you again.

You can do that by using humor to break down her defenses and make her smile, laugh and feel good to be hearing from you again.

You can also do that by flirting with her to create some sexual tension between you and get her thinking things like, *"What's going on here? Talking to him on the phone has made me realize how much I missed him over this past week. Even though I said I wanted to be single, I now want to see him again. I'm so confused. Maybe I should just give him one more chance, or at*

*least hook up with him to see how I feel after that.*â€œ

From thereâ€œ

4. Get her to meet up with you in person

Once you have reawakened some of her feelings and she seems open and happy to be talking to you, go ahead and arrange a meet up with her.

Remember: You canâ€œt get your ex girlfriend back for real until she has interacted with you face-to-face and gotten the proof sheâ€œs looking for that you are now a new and improved man.

So, make sure that you get to a meet up and are fully prepared to re-attract her, seduce her and get her back.

Don't go to the meet up using the same old approach to attraction that got you dumped.

That won't work.

You need to level up your ability to make her feel attracted to you as you talk to her.

Without that, she's probably not going to feel enough attraction for you to feel motivated to ditch her dream of being single.

So, after a bit of conversation where you have been making her feel sparks of respect, attraction and love for you, say something along the lines of, *â€œAnyway, so itâ€œs been great chatting. Let's continue our conversation over a cup of coffee this afternoon or tomorrow. Just as friends of course. We can do that, so what works best for you â€œ this afternoon, or tomorrow?â€œ*

If she agrees, then go ahead and arrange a meet up.

If she doesn't initially agree and says something like, *â€œNo. I told you I want to be single for now,*â€œ just remain calm.

Maintain your confidence and say, in a light-hearted voice, *â€œHey, who said anything about you not being single? Of course you are still single. All that I said was it would be good to chat as friends over a cup of coffee. It doesnâ€œt mean weâ€œre getting back together again. Besides, weâ€œre friends, arenâ€œt we? That means we can meet up and say without it being a big deal, right? So how about it? When is a good time for you?â€œ*

If she doesn't agree, just say, *“Okay, well let's approach it this way instead. Let's catch up to say hi over a cup of coffee and if you don't ever want to talk to me again after that, I promise not to contact you ever again. So, the coffee can be a chance to say goodbye if that's what you want. I promise that I will accept that and we can say goodbye in a mature way. So, let's catch up today or tomorrow.”*

When she agrees, go ahead and arrange the meet up.

At the meet up â€œ

5. Make her want you back, but don't ask for a relationship

When you see her again for the first time, make sure that you continue focus on re-attracting her and making her feel drawn to you the new and improved you.

For example:

If sheâ€œs being reserved or withdrawn at the meet up, rather than let that make you feel insecure (and possibly cause you to babble too much or try too hard), simply use humor to make her relax and

open up.

If she tries to test your confidence by saying something along the lines of, *“I like being single. So many guys are interested in me now,”* rather than doubting your attractiveness to her, just laugh and say in a confident way, *“That’s great! I’m happy for you.”*

The more she can see that nothing she says or does causes you to react in the ways she is expecting (e.g. feeling insecure, annoyed, doubting your chances with her), the more respect and attraction she will feel.

When that happens, her barriers will dissolve and she will naturally become open to getting back together, or at least hooking up with you again to see how she feels.

Important: When you notice her opening back up to you, don’t start asking, *“So, can we fix things? Are you open to giving our relationship another shot?”*

If you ask for a relationship before you get to sex, it will almost certainly make her put her guard back up.

So, make sure to approach this one step at a time and you will successfully get her back.

Where Guys Go Wrong When an Ex Girlfriend Says She Wants to Be Single For Now

Your ex girlfriend saying that she wants to be single now, is not the end of the world.

You really can change how she feels if you maintain a positive attitude and focus on saying and doing the types of things that will re-spark her sexual and romantic feelings for you.

To ensure that you succeed at doing that, be sure to avoid the following mistakes that other guys often make when in your shoes:

1. Pouring his heart out to her in the hope that she takes pity on him and changes her mind

A guy might say, *“Please don’t do this to me. I really love you and I’m willing to do anything to make you happy. Just tell me what you want and I’ll do it. Give me one more chance to prove to you that what we have is worth fighting for. Please don’t throw away what we’ve built together. I know that you might be feeling confused and may think that being single is what you need, but it’s not. Let me show you that. I love you more than anything. I am willing to do whatever it takes to fix things between you and me. I need you in my life. I love you. Please don’t do this to me.”*

Essentially, he’s hoping she will feel guilty about the pain she is causing him and will then change her mind.

Yet, here’s the thing:

If a woman has lost touch with her feelings of respect, attraction and love for a guy, she’s not going to really care how he feels about her anymore.

He has feelings for her, but she doesn’t have feelings for him, so she will now focus on taking care of herself and her needs, rather than trying to look after him.

Additionally, a woman doesn't want to feel as though she is being forced to stay in a relationship with a guy out of pity.

It's just not attractive to a woman.

So, although a woman might feel sorry for how much the break up is hurting her ex, she usually won't allow those feelings to force her back into a relationship that doesn't make her feel the way she wants to feel.

In fact, when she realizes that her ex is trying to manipulate her into staying with him out of pity, she will lose even more respect for him and want to stick to her decision to be single.

So, don't bother trying to make your ex girlfriend feel pity for you in any way whatsoever.

Instead, just focus on sparking her feelings of respect and sexual attraction for you, so the idea of being in a relationship with you again becomes more appealing to her than being single.

Another mistake to avoid is

2. Accusing her of being selfish

Another tactic some that guys use to make a woman change her mind about being single, is to accuse her of being selfish.

A guy might say, *"All you think about now is what you want, but I invested just as much into this relationship as you did. Why don't I get a say in this? I can't believe you haven't even taken my feelings into consideration here. You're just so self-absorbed and selfish now."*

Although what he is saying is partially true (i.e. she's only thinking of herself now and doesn't care what he wants), it just doesn't work.

Why?

A woman isn't a man's property.

He doesn't own her and if she decides that she wants to be single, she is allowed to go ahead and do that.

Yes, it sucks and it feels like a huge betrayal, but you have to understand the reality of modern life.

Modern women are allowed to get out of a relationship if they want to.

So, getting annoyed with your ex girlfriend and accusing her of being selfish isn't going to change her mind.

In fact, she will just lose respect and attraction for you, which will make getting her back even more difficult.

Another mistake to avoid is

3. Saying that she will never find a guy who loves her the same way he does

If a woman has disconnected from her feelings for her ex, hearing something like, *"You will never find another man who will love you the way I do. Why can't you see that I'm the right guy for you and that we're made for each other? Can't you see that my love for you is rare and that you won't find it again? Other guys are just going to use you for sex. I love you for you. I am completely committed to you. You won't find that out there easily,"* just isn't going to matter that much to her.

The truth is, a woman stops caring about what her ex thinks when she stops feeling respect, attraction and love for him.

If her ex doesn't do anything to reawaken her feelings, then she's not going to care how much he loves her.

A woman doesn't want to run back to a guy that she no longer loves.

This is why, if you want your ex to value your love, you need to reactivate her feelings of respect and attraction for you first.

Only then will she start to care, as she begins to reconnect with her feelings of love for you.

If you don't approach it that way and another guy comes along and makes her feel the kind of respect and sexual attraction for him that you are currently unable to, she's going to value him more than she does you.

Another mistake to avoid is

4. Constantly texting her, e-mailing her, messaging her or calling her to stay on her mind

After a break up, a guy might gradually lose touch with his ex (i.e. because she's no longer texting him, calling him on the phone or interacting with him in any way).

This might cause him to panic, *'It's like the old saying, 'Out of sight out of mind.' She is forgetting about me. I can't let that happen. I need to do whatever it takes to stay on her mind, so she doesn't get a chance to move on without me. If I don't stay in constant contact with her, she will enjoy being single and move on.'*

He will then begin to text, e-mail, send her messages via social media or call her on a daily basis, as a way of staying on her mind and hopefully stopping her from moving on.

Yet, here's the thing

She will most likely feel turned off by what she perceives as his clingy, needy and insecure behavior. So, when she gets bombarded by messages and calls from him day after day, she will begin to think, *'What part of 'I want to be single for now' doesn't he get? Why is he bothering me all the time with endless texts? I feel so smothered by him now. This is exactly why I wanted to be single. I hate being in a relationship. It's too stressful and demanding.'*

She might then block his number, mark his email as spam and unfriend him on social media, making it difficult for him to interact with her and get her back.

Important: This doesn't mean that you should ignore your ex for many weeks or months.

It just means that you shouldn't bombard her with texts and calls to hopefully stay on her mind, so she doesn't move on.

If you are going to interact with her via text, on a call or in person, make sure to use the interaction as a way to reawaken her feelings of sexual and romantic attraction for you.

When you approach it in that way, while being confident and calm about it, she will naturally begin to feel drawn to you again and being single will seem less appealing to her.

When that happens, you can seduce her by getting to a hug, kiss and then sex.

Finally, another mistake that other guys make when in your shoes is

5. Thinking that it's impossible to get her back in his case

It's understandable that when a woman is saying, *"Look, it's over between us, okay? I want to be single for now and nothing you can say will make me change my mind,"* a guy might begin to believe that he has no chance.

He may even say to himself, *"I know that other guys have gotten an ex woman back, but my case is impossible. Her mind is clearly made up and I just can't convince her to change it. I guess I will just need to accept that and give up, because I don't stand a chance with her anymore."*

Yet, thinking in that way only makes him lose confidence in himself and in his value to her.

Then, when he interacts with her again (e.g. after he's given her 3 to 7 days of space) and she picks up on his self-doubt and insecurity and feels even more turned off by him.

She then begins to think of him as an emotionally weak guy who can't handle life's challenges like a man.

As a result, she becomes even convinced that her decision to break up with him was the right thing to do.

Here's the thing!

Just because your ex girlfriend said that she wants to be single for now, it doesn't mean that her feelings are set in stone (even if she says they are).

When you reawaken her sexual and romantic feelings for you, she will begin to feel drawn to you again and her desire to be single will start to fade away.

So, if you want to get your ex girlfriend back, you have to believe that you can get her back.

The more you believe in yourself, the more attractive you will be to her, even if she doesn't initially admit it.

Once you make her feel a renewed sense of respect and attraction for you, proceed to the next step in the ex back process and get her back.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Why Does My Ex Keep in Touch With Me?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 common reasons why a woman will keep in touch with her ex man:

1. She wants you back, but is afraid to admit it

[image: She doesn't want to openly admit that she wants you back]

Sometimes, a woman will keep in touch with her ex because she secretly still has feelings for him and is hoping that he will pick up on her subtle signs and then get her back.

She will be friendly, open and even joke around with him via text or on phone calls, but won't make it obvious that she wants him back.

She worries that if she makes it too obvious, he might then say something like, *"Hey, look I'm fine to be still in contact with you, but I just want to make it clear that not interested in relationship."*

Alternatively, she fears that if he realizes how she feels about him, the thrill of the chase will fade away for him (e.g. he sees that he can easily get her and loses interest in chasing her).

If that happens, she will end up feeling hurt, rejected and left behind.

So, rather than taking that emotional risk, she just keeps in touch with her ex and hopes that he eventually has the courage to make something happen between them.

Another possible reason why your ex keeps in touch with you is

2. She is bored and just talks to you for something to do

In some cases, now that a woman is single, she might find herself feeling a bit bored in the evenings or during the weekend.

If she doesn't have anything else to do, she might go ahead and text her ex or even call him, as a way of passing the time and avoiding feelings of boredom.

So, if your ex is calling you out of boredom (and you secretly want her back), don't make the mistake of being a nice, reliable friend who is always available to her.

If you do, she will use you to keep busy and then drop you like a hot potato when she meets a new guy.

You will then be left wondering, *"What happened? I thought we were connecting with each other again. We were talking. She was staying in touch. Now she has a new boyfriend? How could she do that to me? Why did she give me hope and then just leave me behind?"*

That will happen if you approach interactions in a friendly, nice way, rather than using your interactions with her to reawaken her feelings of sexual and romantic attraction.

In other words, you use your interactions to get out of friend zone and into the sexual zone once again

So, if you want her back, use any interaction that you have with her as an opportunity to reactivate her feelings of sexual and romantic attraction for you.

Make her laugh, smile and feel so good to be interacting with you that when youâre apart, she naturally begins to think, *âI canât wait to call him when I get home tonight. Heâs so different now. I really miss him when weâre not in touch. I want to hug him, kiss him. I miss that. I miss him.*

When that happens, her guard naturally comes down and she opens back up to giving the relationship another chance, or at least hooking up with you again to see how she feels afterwards.

Another possible reason why your ex keeps in touch with you is

3. She wants you to keep pursuing her or feeling like you have a chance, while she secretly moves on

A woman will sometimes feel so angry or bitter with her ex for not living up to her expectations (e.g. she thought he would be a confident boyfriend, but he ended up becoming an insecure, jealous, clingy and emotionally sensitive boyfriend) that she will string him along after the break up to get revenge. She will keep in touch with him (e.g. via text, social media, calling him on the phone) and make him believe that he still has a chance with her.

He might then start pursuing her and trying to romance her (e.g. sending her flowers, buying her nice gifts, being available to her whenever she needs him, sending her an email to express his love for her and dedication to her).

In the meantime, she will be secretly moving on and possibly even hooking up with a new guy behind his back.

Then, when her ex finally asks, *âCan we give our relationship another shot?* she can say something along the lines of, *âAre you kidding me? No, of course now! Why would I want to do that anyway? You caused me so much pain and wasted my time. I would be crazy to get back with you again. You were so insecure, clingy and needy. I don't want that. Besides, Iâve moved on already. Iâm seeing a new man now and it feels good to be with a real man.*

As a result, she gets the revenge on him that she was seeking.

She was able to string him along and then break his heart and leave him feeling lost, confused and depressed without her in his life anymore.

Another possible reason why your ex keeps in touch with you is

4. She is the sort of woman who likes to stay in touch with her ex's because she thinks it's the right thing to do

Not all women react in the same way after a break up.

For example: Some women will immediately cut off all contact with their ex or even block his number and unfriend him on social media, so they can get over him and move on.

Other women go around badmouthing their ex to mutual friends and acquaintances, in the hope of making him look like the bad guy.

Other women decide to remain friends with their ex and even catch up and say hi over coffee from time to time.

Then, there are those women who keep in touch with an ex (e.g. text or call him from time to time, send him messages via social media), because they are being kind to him and are hoping to make the

break up process easier for him.

So, if your ex is keeping in touch with you, it may be because she's a nice person who still genuinely cares enough about you enough to stay in touch and make sure that you're okay.

In her eyes, she's just doing what she feels is the right thing to do.

The good news is that even if she's just staying in touch to be nice, you can use the interactions to reawaken her sexual and romantic feelings for you and make her fall in love with you again.

You can make her smile, laugh and feel great to be interacting with you again.

You can flirt with her to build up sexual tension between you and her.

You can let her see that you really are a different man to the one she broken up with.

When you approach it that way, her defenses will come down and she will begin feeling surges of respect and attraction for you once again.

When that happens, she starts imagining what it would be like to get back together and you can then guide her back into your arms where she belongs.

Another possible reason why your ex keeps in touch with you is

5. She is hoping that you will say or do something to create a sexual spark between you and her again, so you can then get back together

Will you be able to talk to her in a way that creates a spark, or will you just talk to her in a friendly, neutral way?

Will you flirt with her and build up sexual tension, or will you be too afraid to interact with her in that way now that the relationship has ended?

Do you still feel enough sexual attraction towards her to feel motivated to make her feel turned on by your approach to conversation, or do you just see her as the ex who broke your heart and are only trying to get her back temporarily to make yourself feel better?

These are the sorts of questions that a woman will be looking to answer when she stays in touch with you after a break up, as a way of giving you an opportunity to create a spark with her again.

If you fail to notice the opportunity, she may end up thinking, *"Well, I guess I'm the only one who wants to get back together. Clearly he doesn't have feelings for me for anymore, because if he did, he would have made a move by now. Maybe I need to get over him and move on. He just talks to me like a friend. Maybe the spark between us has died and can't be brought back to life, or maybe he just doesn't want to because he really isn't that interested in me after all. Maybe he just wants to stay in touch because he doesn't want to feel abandoned by me. Maybe he's trying to move on without me. So, I need to stop keeping in touch with him. I need to move on."*

This is why, no matter what your ex's reasons might be for keeping in touch, you should just be secretly thanking her (i.e. say it to yourself. Don't thank her) for giving you the opening you need to get her back.

Use every interaction that you have with her from now on to reactivate her feelings of respect, sexual attraction and love for you.

Then, go ahead and enjoy the great times ahead when she becomes your girl once again.

Where Guys Go Wrong With an Ex Who Keeps in Touch

Your ex keeping in touch with you is the perfect opportunity to re-attract her and get her back.

Yet, if you approach the interactions in an unattractive way, rather than reactivating her feelings for you, you may actually convince her that she made the right decision by breaking up with you.

So, if you want to get her back, be sure to avoid the following mistakes!

1. Being her texting buddy

A guy will sometimes be so happy that his ex woman is talking to him, that he ends up happily accepting a role as her friend.

He becomes her texting buddy (i.e. where she texts him when she's feeling bored or lonely to make herself feel better) and hopes that it will be the path back into a sexual, romantic relationship with her.

For example: A guy might think, *"This is great. At least she's talking to me! All I have to do now is play it cool, be a nice, reliable friend to her and then, when she's ready to see me again as a boyfriend, she will let me know. We can then meet up and get our relationship back together."*

Yet, it almost never happens that way.

Why?

If a guy is being a texting buddy for his ex woman, she's usually only going to see him as a friend.

She's also secretly going to lose some respect for him because he only sees himself as a friend, rather than seeing himself as her more than good enough lover or boyfriend, even though they've broken up.

So, she might enjoy keeping in touch with him for an ego boost (e.g. knowing that he wants her back and is trying to be a good friend to accomplish that), but she will also open herself up to meeting, hooking up with and dating new guys.

Of course, she usually won't tell her ex that.

She will say things like, *"I'm not interested in dating anyone else right now"* or, *"I just want to be on my own for a while"* to keep her ex around as her texting buddy.

Then, when she has secured herself a new guy and is in a relationship, she can then drop the bombshell on her ex and walk away unhurt by the break up.

Her ex is then left feeling brokenhearted and maybe even betrayed by her, but in reality, he dug his own grave by acting like a nice friend.

So if you don't want to get a text from your ex saying, *"Hey, guess what? I've met someone else and I think I'm falling for him,"* don't make the mistake of becoming her nice, friendly texting buddy.

Instead, use the interactions that you have with her to reawaken her sexual and romantic feelings for you.

Then, seduce her back into a relationship via a hug, kiss and then sex.

Another mistake to avoid is!

2. Trying to have real, in-depth conversations via text

If your ex woman is keeping in touch with you via text, then don't stick to just text.

Get her on a phone call, re-attract her on that call and then get her to meet up with you in person, so you can seduce her back into a relationship.

Don't hide behind texts.

Unfortunately, a lot of guys don't ever realize how much damage they are causing to their chances of getting their ex woman back by sticking to text.

Rather than going from texting to a phone call and then to a meet up, a guy will stick to text and try to discuss the relationship and work things out that way.

For example: He might text her things like, *â€œIâ€™m so glad that you kept in touch with me. Now we can really get to the bottom of what happened between us and work things out, which is great. Iâ€™ve had a lot of time to think about where I went wrong and I think Iâ€™ve figured it out. I did [these things wrong] and I made [these mistakes]. I'm sorry about that. I look back now and wonder what I was thinking. I really lost my way. How about you? What do you think? Are there certain areas you believe that I need to focus on and improve? Iâ€™m willing to do whatever it takes to regain your trust in me and be the man you want me to be. I want to work things out, so let's discuss this.â€*

Yet, even though his intentions are good, it's usually just too much for an ex woman to handle via text.

If she is still madly in love with him and wants him back, then she will deal with it initially because she wants him to keep pursuing her.

However, if she doesn't really have strong feelings for him anymore, she will feel turned off by how overwhelming and stressful it feels to be texting with him.

He sends her huge walls of text with many questions and lots of things for her to think about and answer, even though she isn't that interested.

As she looks at the detail he is putting into the texts, she then begins to see him as being desperate and putting in way too much effort to explain himself.

She also begins to wonder why he is hiding behind text, *“Is he too afraid to call me? Would he be able to say those things to me on a phone call, or in person? Is that the kind of guy I should give another chance to?”*

She then feels turned off by him and either replies with a few words to his big texts, or begins to avoid replying altogether.

Eventually, she may end up texting him to say that she thinks it would be better if they didn't keep in touch anymore.

The next mistake to avoid isâ€¦!

3. Turning her off by appearing to be waiting around for her to give him another chance

Sometimes a guy will avoid doing anything that might make it seem as though he is moving on and enjoying life without his ex.

So, he will decline invitations to go out with friends and instead, spend a lot of time sitting at home alone, watching TV or playing video games.

If she ever asks him what he's doing, he can then respond with something like, *"Oh, not much. I've just been chilling out at home. Nothing is that much fun without you anyway. I prefer being on my own these days."*

Yet, rather than make her feel flattered that he can't move on without her, it actually turns her off even more.

Here's the thing!

Although a woman usually won't admit this, she loves it when a guy can be happy without her in his life and (don't expect women to admit this) may even have other women who are interested in him.

Being happy without her and potentially having other women who are interested in him makes him seem more valuable to her.

He doesn't have to actually date other women, but the mere idea that other women are interested in him can make an ex woman want to get back with a guy right away.

Important: You don't have to get out there and date new women.

Instead, just make sure that you don't give your ex the impression that you have nothing going on in your life and are lonely without her.

That doesn't impress an ex.

Women are impressed by men who are happy, confident and forward moving in life with or without them.

As an added bonus, if you also seem to be around other people and potentially have some women who are interested in you, that can often be enough to make an ex woman want to see you and give you another chance.

4. Waiting too long to arrange a meet up and she then loses interest

Even if a woman's main reason for keeping in touch with her ex is that she still has feelings for him and is hoping they will get back together, if he doesn't move things along (i.e. goes from texting to calling to meeting up with her in person), she will eventually get bored of waiting for him and just move on instead.

She may think, *"Well, I tried! He clearly isn't that interested in us getting back together again. If he was, he would have made the effort to see me by now. Instead, he's just been texting back and forth like a friend. I'm not going to wait any longer for him to make a move. I'm getting on with my life as of right now. As a matter of fact, I'm calling my girlfriends and arranging a girl's night out. I'm going to get drunk and flirt with guys. If I want to have sex, I will. I just going to get on with my life and forget about my ex. It's time for me to move on."*

She then cuts herself off from her ex (e.g. she stops responding to his texts/social media messages/calls, she becomes cold and distant towards him) and then actively begins flirting with new guys and moves on.

Don't let that happen to you.

The fact is, your ex has already given you much more of a chance to get her back (i.e. by keeping in touch with you) than most guys ever get after a break up.

So, use that opportunity to re-attract her and arrange a meet up with her today or tomorrow.

At the meet up, fully reactivate her feelings for you (e.g. by making her smile and laugh, making her feel feminine in contrast to your emotionally masculine vibe, being confident and self-believing regardless of what she says and does) and break down her remaining walls, so she wants to get back together with you for real.

Don't keep her waiting.

Get her back.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How Many Break Ups Are Too Many?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

There is no set number.

Whether you can get her back or not, depends on the following 5 things:

1. How serious the break ups were

No two relationships are the same, so no two breaks ups are the same either.

For example: Some couples will break up and then make up many times over trivial things.

This often happens when a couple is young or inexperienced in relationships.

So, when a problem arises between them, rather than discussing it and solving it like two mature adults, they get into an argument, feel upset at each other and then break up.

Then, after a few days, one or both of them realize that what happened wasn't worth breaking up over and they kiss and make up, only to repeat the same pattern again a few weeks or months later.

Yet, over time, they may both mature and rather than breaking up at the drop of a hat, they begin to talk things through and resolve their problems in a sensible and mature way.

So, in an ex back case like that, the answer to the question of, "How many breaks up are too many?" is as many as it takes for the relationship to mature.

There are also couples who break up over more serious reasons (e.g. one of them cheated, the man was abusive, the man took her for granted and ended up treating her badly, the man became very clingy or jealous).

In cases like that, getting back together will depend on the 'guilty' person's ability to truly change and improve.

For example: If a guy wasn't being responsible about his life and future (e.g. partying all the time, playing video games too much, not making any serious progress in life), but promises to now change and become more responsible and goal oriented, his woman might forgive him and give him another chance.

However, if after they get back together he reverts back to his old habits or fails at his attempts to make progress in life, his woman will likely break up with him again.

Over time, if that pattern continues (i.e. they break up, he promises to grow up, she takes him back and then breaks up with him again), it may get to the point where she starts thinking, *"He's never going to change. No matter how many chances I given him, he always ends up doing the same thing in the end. As much as I love him, I have to face the fact that he's never going to be the man I want him to be and that I won't have a secure future with him. I need to find a man who is more mature and has the potential to succeed at whatever he aims to do in life. I need a man who isn't going to make me have to worry about our future together and my ex isn't that guy. He just won't man up. I have to move on."*

She will then try to move on without him.

So, in a case like that, how many break ups are too many?

Well, it all depends on the man's ability to change and let his ex woman see that he is no longer

the same old guy that she had to break up with over and over again.

He really has become a more mature man and is already making progress towards his goals in life.

He's no longer failing at it and is no longer avoiding making progress.

Things are happening for him now.

How quickly he can start making real progress will determine how willing she is to begin looking at him in a different light.

On the other hand, if he continues to think and behave in the same old ways as before, she will use that as a reason to end things for, *â€œLook, weâ€™ve had too many break ups. This isn't normal. Relationships aren't supposed to break up all the time. Our relationship clearly isn't working, so letâ€™s just accept that and move on.â€*

Whether you can get her back also depends onâ€

2. How you behaved during the break ups

How you behave after a break up is of vital importance.

Whatever you say and do after a break up will either convince her to give you another chance, or turn her off even more and make her try to get over you even faster.

For example: Some of the things that make it more difficult for a man to get a woman back after a break up are:

- He begs and pleads with her for another chance, which turns her off because she perceives him as being emotionally weak and desperate.
- He promises to change and improve if she gives him one more chance, which turns her off because heâ€™s made promises before that he hasn't ever been able to keep.
- He offers to do whatever she tells him, which turns her off because she doesn't want to be his teacher in life about how to be a man.
- He tells her how much he loves her and needs her in his life, which turns her off because she perceives him as being selfish and only thinking about his feelings.
- He says that he can't live without her, which turns her off because it highlights to her that he can't cope with the challenges of life without her support and guidance.

If a man behaves like that after a break up, it doesn't really matter how many break ups the couple had gone through because the woman will be turned off by his approach.

What matters most is whether or not your approach to her is re-attracting her and making her feel respect for you again.

Whether you can get her back also depends onâ€

3. How you behaved after getting her back

As important as it is to handle a break up in a confident, mature way, itâ€™s equally important to be the same way when you get her back.

For example: Sometimes a guy will put in a lot of effort to convince his ex to give him another chance (e.g. be on his best behavior, pretend that this time heâ€™s really changed the things she wants him to change, plead with her to just give him one more chance).

Then, if he happens to get lucky and get a chance with her, he continues to make the same old mistakes that he made to cause her to fall out of love with him (e.g. taking her for granted, not making her feel feminine and girly when she's with him, being too jealous and controlling, being insecure or emotionally sensitive).

When that happens, a woman will start to think, *“Why did I even bother giving him another chance? He put on a good show to get me back, but nothing is different. It was all just an act to get me back. He's still the same guy as before and I'm now just wasting my time in a relationship that is going nowhere. We've had too many break ups. It's time to give up and focus on finding a man who can give me what I want, rather than holding on to a lost cause of a guy. He's not for me. I've got to break up with him once and for all.”*

If he then tries to get her back again, she will be much more resistant than ever before because she doesn't believe that he can or will change.

This is why, if you want to get your ex back and keep her, you have to truly change and improve some of the things that matter to her.

When she sees for herself that you really are a new and improved man, her feelings of respect, attraction and love for you will intensify and you and her will enjoy a much better relationship than you did before.

Whether you can get her back also depends on

4. If you are able to make her love you again

When a woman breaks up with a guy, it's usually because she doesn't feel enough respect, attraction or love for him anymore to warrant being in a relationship.

Essentially, she doesn't have feelings for him, because he is continually saying and doing things that are turning her off.

So, she falls out of love with him and then tries to move on.

If a guy wants to get a woman like that back, he has to focus on being a man that she can now fully respect, feel attracted to and love.

When she interacts with him, she will be asking herself:

- Is he confident and self-assured, or is he still insecure, self-doubting and unsure of himself?
- Does he make me feel like a real woman by being more emotionally masculine than me, or do I feel like I can walk all over him because he's too emotionally weak and wimpy?
- Do I feel sure about a future with him because he has definite goals that he's working towards, or do I feel uncertain and insecure with him because he's too childish or immature?
- Would I feel lucky to be his girl again, or do I feel like I could do a lot better than him now?

If she can see a lot of positives, she will naturally feel drawn to him and want to give him another chance, despite the many break ups they've been through.

Whether you can get her back also depends on

5. If you can handle her initial resistance to getting back together

Even if a woman still has feelings for her ex and secretly wants him back with him, sheâs wonât always agree to give him another chance right away.

Why?

In most cases, a woman doesnât want to make it too easy for her ex to get her back, especially if she has been disappointed by him in the past (i.e. him promising to change and fix things, but never being able to).

So, she wonât initially make it easy for him to win her back.

She will want to test his confidence, emotional strength and his ability to cope with a difficult situation (i.e. the extreme pressure heâs under of potentially losing her forever).

Will he give up if she doesnât make it easy for him initially, or even for a few days?

Will he become insecure and emotionally sensitive and start begging and pleading for another chance?

Will he get angry with her and accuse her of being selfish or heartless for turning her back on him and not giving him another chance?

These are the questions she will be looking to find answers for when interacting with her ex.

So, if you want your ex back for real, donât back down at the first sign of resistance and donât lose confidence if she says harsh things to you (e.g. *“You are a complete turn off to me now”* or, *“I regret the day I ever met you. You ruined my life”*).

Instead, maintain your confidence, be a good man and focus on making her feel a renewed sense of respect and attraction for the new and improved you.

Then, seduce her back into a relationship by getting to a hug, kiss and then sex.

After you have sex, donât push for a relationship.

Let her feel attracted and drawn to the new and improved you and allow her to want a relationship more than you do.

Then, she will naturally give you another chance because she wants it too.

4 Mistakes That Make Getting Her Back More Difficult

Here are 4 common mistakes that other guys make when in a situation like yours, which make the process of getting their ex woman back more difficultâ

1. Trying to get her back by promising that things will be different

For example: A guy might say to his ex, *âLook, I know I stuffed up, but this time, I promise that things will be different. Iâve learned my lesson and I wonât make the same mistakes again. I mean it. Please believe me.â*

It sounds quite sincere, right?

He deserves a chance if he means it, true?

Yes, but not necessarily from the womanâs perspective.

If she has given him plenty of chances before based on him promising that things would be different, why should she believe him now?

This is why, rather than promising that things will be different, he needs to avoid saying that and just show her that things are already different.

In other words, make changes to how he thinks, talks, behaves and acts when around her, so she can see for herself that things really are different and she really does feel differently about him now.

When she can see that and experience that for herself, she will naturally want to give him another chance.

The next mistake to avoid isâ

2. Trying to discuss the relationship in detail to hopefully work things out that way

Sometimes a guy will try to get into deep discussions with ex about the relationship and what went wrong.

He hopes to prove to her how serious he is about working things out, so she then feels as though he deserves another chance and that things could work better this time around.

Yet, rather than making her think, *âHe must really be serious about getting me back if he wants to discuss our relationship and where he went wrong. So, I just have to give him another chance,*â she simply begins to re-experience all the negative moments from the relationship (i.e. because heâs highlighting what went wrong and trying to discuss it in detail).

As a result, she feels turned off and repelled by the idea of going through all that again with him.

So if you want to get your ex back, don't focus your energy on what happened in the past.

Instead, focus on making her feel new and exciting feelings for you now.

The next mistake to avoid isâ

3. Not changing in the ways that are secretly most important to her

Most women will break up with a guy without ever giving him her real, secret reasons for doing so.

That is why a lot of guys don't change the things that matter to her most and instead keep offering an ex woman things that she doesn't really want or care about.

For example: A woman might want her guy to be more ballsy and stand up to her, rather than putting up with her bad moods and drama, but he keeps promising to treat her even better, spend even more time with her and so on.

As a result, she thinks, *âHe just doesn't get it! I don't want to tell him what I really want because then it will seem like he is faking it. I want him to understand this without me having to tell him.*â

If she can see that he just won't change in the ways that she really wants, she will switch off her feelings for him and begin trying to move on without him.

The next mistake to avoid isâ

4. Giving up because others think that the relationship has run its course and is

impossible to fix

Sometimes, friends and family just get sick and tired of hearing about all the trouble between you and your ex, so they begin to encourage you to end the relationship and move on.

For example: They might say something along the lines of, *“How many break ups will it take for you to finally realize that she’s not the right girl for you? You two can’t even stay together for months without getting into a big fight. That’s not normal. Forget about her, man. She’s just not worth it. You deserve better than her. Just let her go.”*

Yet, here’s the thing!

Nobody can tell you how you should feel.

If you truly love her and know that you’re ready to man up and make the relationship work this time around, then that is your decision to make.

You are allowed to do whatever you want.

If you feel as though you will regret it for the rest of your life if you walk away from her now, then decide to get her back.

Make the relationship even better than it was, by finally understanding what she really wants you to change and then changing that.

Additionally, use an approach to the relationship that gets her to change and start treating you even better than she ever has before.

Make her feel more respect, attraction and love than she has felt before, so she feels motivated to be a good woman to you and never leave you again.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Does No Contact Work On Women With Abandonment Issues?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

It depends.

If your ex is still attracted to you and in love with you, then No Contact will hurt her and she might want to get you back to feel better about herself.

On the other hand, if she dumped you after losing respect, attraction and love for you and no longer has an interest in you, then she will probably just move on and not look back.

Remember: No feelings for you = no motivation to want to get you back.

What matters the most when getting an ex woman back is her feelings for you.

That fundamental rule applies even if a woman has abandonment issues, or is totally independent.

It's all about how you make her feel and No Contact won't necessarily make any women feel drawn to their ex and want him back.

So, if you want to get her back for sure, here are 3 questions to ask yourself:

1. How strong is her love for you?

[image: Using no contact on an ex with abandonment issues]

If a woman is still in love with her ex, then using No Contact [^] can work on her.

When she doesn't hear from her ex, she may begin to think, *"I know that we've broken up, but I'm still in love with him. The thought of losing him forever makes me feel sick, so it must be a sign that we should get back together. Not hearing from him is driving me crazy! I just can't take it anymore. He is the man that I love and I can't deal with being abandoned by him like this. Maybe I was too hasty in breaking up with him. Maybe if I contact him again, we will be able to work things out. All I know is that I can't just sit here and live with the thought of losing him. I have to contact him."*

She will then contact him and try to get him back.

Here's the thing though!

In pretty much every ex back case where a man needs help to get his ex woman back, she isn't still in love with him.

She is over him and wants to move on, so No Contact doesn't work on her.

So, when she notices that he's not contacting her, she may think, *"I knew I couldn't trust him. He's just like all other men. When the going gets tough, they abandon me. No-one is willing to fight for me and get me back. Well, that's fine with me. I've survived this before and I will survive it again. I'm going to find myself a man who I love, who loves me and who doesn't ever want to leave me."*

If her ex then contacts her after 30 or 60 days of No Contact to hopefully get her back, rather than running back to him, she will say something like, *"How can you even talk to me after the way you behaved after the break up? You knew I had abandonment issues and you just walked away like I meant nothing to you. Don't you understand how that would have made me feel? Well, it doesn't matter anymore because it's completely over between you and I. I can't be with a man who*

*disrespects my feelings like that. Donâ€™t ever contact me again!*â€œ

It then becomes more difficult for the guy to get her to forgive him, re-attract her, seduce her and get her back.

This is why No Contact isn't an approach that should be used on ANY woman.

It's best used when a woman is still in love with her ex, can't find a replacement guy or can't deal with the pain of a break up.

In pretty much every other situation (i.e. 99% of ex back cases where a guy actually needs help), the woman will move on if her ex doesn't contact her because she's no longer attracted to him.

So, if youâ€™re not sure about how much your ex loves you and how she will react if you walk away from her, itâ€™s best not to use No Contact on her.

Instead, you should interact with her every chance you get (e.g. by talking to her over the phone, or meeting up with her to catch up) and reawaken her feelings of respect and sexual attraction for you, so she actually has a reason to get back with you (i.e. she has feelings for you again).

The more that you make her laugh, smile and feel like a sexy, desirable woman around you, the more she will open back up to you and want a relationship.

As you are getting back together, she will then begin to think something like, *â€œHe could have abandoned me when we broke up, but he stuck around and changed and improved so he could be a better man for me. I donâ€™t know if Iâ€™ve finally found the man that I can stick with for life, but I do know that he at least deserves another chance. He didn't abandon me. He truly loves me and I'm starting to think that I truly love him too. Maybe this is it. Maybe he's the one after all.*â€œ

She then opens up to giving the relationship another try.

Another question to ask yourself isâ€œ

2. How easily can she move on without you by hooking up with a new guy?

In some cases, even though a woman has abandonment issues, being ignored by her ex might not be that big of a deal to her.

She knows that she can easily find a replacement man (e.g. because she is attractive, she knows how to flirt and make guys interested in her), so she isn't worried about being 'abandoned'.

So, rather than feeling sad or panicking about her ex not contacting her, she focuses on finding herself a new guy as soon as possible (e.g. by using dating apps, going to bars or clubs with her single friends or coworkers, taking up a mostly male-oriented hobby or sport, saying "Yes" to a guy that has had a crush on her for a while, flirting with coworkers).

Alternatively, she might decide to go from relationship to relationship to ensure that she is never alone.

She may think, *â€œIf Iâ€™m never single, I never have to feel abandoned. So, I should always have other guys lined up and ready to date me, in case the relationship I'm in breaks up. That way, I will always have someone ready to love me and I'll never feel alone.*â€œ

While her ex is sitting at home counting the 30 or 60 days of No Contact off his calendar, she may have already moved on by the time he finally initiates contact with her again.

After wasting 30 or 60 days doing 'No Contact,' he then has to face up to the fact that she has been happy, having sex and enjoying herself the whole time.

Meanwhile, he will have most-likely lost a bit of confidence in himself and will now have to deal with the potential heartbreak of imaging her having sex and being in love with a new man.

So, if your goal is to get your ex back, it's usually best not to count on her fear of being abandoned as the way to do it.

Instead, a much easier way to change how she feels is to interact with her and make her feel respect, sexual attraction and love for you again, so she has a reason to get back with you now.

The next question to ask yourself is

3. Have other guys hurt her in the past and caused her to come running back to them?

Sometimes a woman might have a pattern of running back to an ex who ignores her after a break up, because she fears being alone or abandoned.

If that's what your ex tends to do, then chances are high that she will come back to you if you cut off contact and wait.

However, just because she does come back, it doesn't mean she that will stay for long if you continue to think, act and behave in ways that turned her off and lead to the break up.

For example: A woman might break up with a guy because she feels that she's more emotionally mature than him.

So, while she's focused on her studies or career, he's busy living a carefree life (e.g. working in a dead-end job, having no goals or plans for the future, spending too much time partying/watching TV/ playing video games).

As a result, she breaks up with him as a way of hopefully shocking him into becoming more serious about his life.

If he then cuts off all contact with her, she might begin to panic about losing him and then come running back.

Yet, if she discovers that he's still the same emotionally immature guy that he was before, she will want to end the relationship and move on without him.

So, if you intend using No Contact with your ex because you know it worked on her before, make sure that you at least change some of the things that turned her off in the relationship (e.g. become more confident, get clear on your goals for the future and start working towards achieving them, become more emotionally masculine so she feels more feminine around you from now on, become more emotionally mature or emotionally strong).

Then, when she does come back to you and sees that you're a new and improved man, she won't want to let you go again.

Where Guys Go Wrong When Using No Contact on a Woman With Abandonment Issues to Get Her Back

If you're currently thinking about cutting off contact with your ex as a way of getting her back, make sure that you're clear on all the facts, rather than falling victim to some of the biggest ex

back myths out there.

For example: Some of the mistakes that guys make in a situation like yours areâ€¦|

1. Thinking that because she has abandonment issues, she will run back to him if he simply doesn't contact her

Regardless of what a woman's issues might be, when she breaks up with a guy it's usually because she no longer has enough feelings for him to justify being in a relationship.

So, if a guy then ignores her to make her come running back to him, she may begin to feel like he is abandoning her and it may hurt her a little.

Yet, it won't necessarily get her back.

In most cases, rather than reacting in the way that he's hoping (i.e. she comes running back to him), she will just use the time apart to get over him and move on.

She may then think to herself, "Well, I guess he's just another guy to add to my list of guys who have abandoned me. I'm not worried though because I it's for the best. I just don't feel any love, respect or attraction for him anymore, so there's no point feeling like I've been abandoned. I don't want him back. I can now stop wasting time with a guy who isn't right for me and focus on finding the kind of man who will not only give me the attraction experience I really want in a relationship, but that I can build a future with as well."

So, before you use No Contact as your main method of getting your ex back, make sure that she still has strong feelings of love, respect and attraction for you.

If she has disconnected from her feelings for you and you then ignore her, she will probably just try to get over you rather than come running back to a relationship that doesn't fulfill her emotionally.

Another mistake isâ€¦|

2. Not improving his ability to make her feel sparks of sexual and romantic attraction during interactions

Some guys assume that because their ex woman doesn't like being abandoned, she will accept him back fairly easy without him having to do anything to improve himself.

As a result, he will interact with his ex and continue to make the same attraction mistakes he made before (e.g. being too insecure, treating her more like a friend than a sexy woman, not having a clear purpose and direction in life, being too emotionally immature, allowing her to dominate him during conversation or always get her way).

So, rather than make her want him back, she feels repelled by him and the old, unattractive and unappealing approach that he is using on her.

Here's the thingâ€¦|

If you want your ex to really want you back, you must interact with her (on the phone and especially in person) and reawaken her sexual and romantic feelings for you again.

For example: Some of the ways you can do that are byâ€¦|

- Using humor to break down her defenses and make her feel more relaxed about interacting with

you again.

- Being confident in your attractiveness to her, while also being understanding towards her (e.g. if she cries and says things like, *“I don’t know if we should get back together. I can’t risk being hurt again,”* or *“This has happened to me so many times before that I can’t trust you not to desert me.”*).
- Focusing on making her feel safe and protected around you by being emotionally strong and masculine in comparison to her girly behavior, energy and way of thinking.
- Not sucking up to her and trying to jump through all of her hoops to get a chance with her. That is the mistake that pretty much every other guy in her past has made. They take her fear of abandonment too seriously and try to be a knight in shining armor.

The more you reawaken her feelings for you during interactions, the less she will be able to resist coming back to you.

On the other hand, if you continue to turn her off (e.g. by being insecure, tiptoeing around her, sucking up to her), she will decide that it’s probably best for her to be alone and try to move on, rather than being with a guy that she no longer feels attracted to.

Another mistake is

3. Forgetting that women with abandonment issues are usually sick and tired of being abandoned, so they feel resentment and move on, rather than running back to a guy

You’ve probably heard the expression, *“Hell hath no fury like a woman scorned,”* right? Essentially, what it means is that a woman who has been rejected by a man can become extremely angry and vindictive.

In a case where a guy uses No Contact to get a woman back who has abandonment issues (e.g. because her father left when she was very young, she’s been dumped by men that she has loved), she starts to feel bitter towards her ex and begins to resent him.

If he then contacts her after 30 or 60 days, rather than saying, *“Oh, I’m so glad you called! I thought you had abandoned me like everyone else in my life, but you haven’t! You’re my knight in shining armor! I love you so much! Come and see me right away,”* she instead says something along the lines of, *“I see now that you’re just like every other guy I’ve known. As soon as you got a chance to walk away, you walked away without giving me a second thought. Well, forget about getting me back! I will never forgive you for abandoning me in the way you did. You could have contacted me and we could have worked things out, but you didn’t. You walked away and now probably only want me back because you can’t find yourself a new woman. Well, I won’t let you use me like that. I hate you now and I never want to see you again.”*

Don’t let that happen to you.

In almost all ex back cases, it’s better to interact with an ex and make her feel a strong resurgence of respect, attraction and love for you (via the way you talk, act and behave), than to use No Contact and risk igniting even more negative emotions inside of her.

Another mistake to avoid is

4. Not understanding that all women are different

Every woman with abandonment issues experiences it in a completely different way.

For some, the fear of abandonment is strong and causes them to hold onto guys who they don't even love, rather than being left behind.

For others, it's a gentle fear that they can overcome by hooking up with a new guy and falling in love.

In the same way, every woman reacts differently to No Contact.

For example: Some women will begin stalking an ex guy who isn't contacting them (e.g. follow him around, show up at his work, home or favorite hangout, send text messages or call him on the phone, troll him on social media, hack into his email or social media, ask mutual friends about him and what he has been up to).

On the other hand, not being contacted after a break up can be the thing that finally gets a woman to stop having abandonment issues and no longer care about being alone.

She might say, *"I need to stop caring about whether I am being left behind. I dumped him. He doesn't need to come back to me. Besides, he probably thinks I wouldn't give him another chance. So, I need to just find myself a new man and move on. No need to worry about my ex. He is my ex now. I made that decision and I'm sticking with it."*

So, if you want your ex to get your back into a loving, trusting relationship with you, I don't recommend playing unnecessary games with her.

Instead, just call her on the phone, or better yet, meet up with her in person, reawaken her feelings for you, seduce her and get her back.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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My Ex Cheated On Me and Now Wants to Be Friends

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 4 options for you to choose from now:

1. Be her friend, re-attract her, have sex with her again and get her back

You can use the friendship as a way of reawakening her sexual and romantic feelings for you.

The way to approach the friendship is to be available to her, but use any interactions that you have with her to re-attract her sexually and romantically and then seduce her back into a relationship with you.

Don't make the mistake of hanging around her and pretending that you only want to be her nice, neutral friend and that you're not sexually interested in her anymore, because if you do that she may take it as a sign that you don't see her in that way anymore.

If she thinks that, she will then hook up with other guys to move on without you.

If she does that, you might then feel betrayed by her again and possibly even start thinking things like, *"I can't believe she did it to me again! Not only did I forgive her for cheating on me and agree to be her friend, but she now expects me to hang around while she hooks up with other guys. How could she do this to me?"*

Here's the thing:

If you don't make your ex feel sexually attracted when she's with you, she will assume that you're not interested in her anymore, or that there is no spark between you and her anymore.

As a result, she will feel like the best thing for her to do is move on by finding a new man and falling in love with him instead.

So, make sure that you use every interaction you have with your ex from now on, to reactivate her sexual and romantic feelings for you.

For example: Some of the ways you can do that are by:

- Flirting with her to create sexual tension, rather than 'playing it safe' by just acting friendly, neutral or distant.
- Believing in yourself and in your value to her, rather than doubting yourself and then making her feel turned off as a result.
- Making her smile and laugh and feel relaxed to be around you again, rather than trying to get into intense, deep discussions about the relationship.
- Showing her that you're a new and improved man that she can now truly look up to, respect, feel attracted to and love, rather than continuing to make the same old attraction mistakes as before.
- Being a good man, but also being confident and assertive when talking to her, so she can see that she can't dominate you during conversations.
- Maintaining your confidence when she tries to make you doubt yourself around her.

Once she is feeling respect and attraction for you again, you can then progress to giving her a hug, a kiss and then hook up with her sexually.

From there, you need to continue saying and doing the types of things that will build on her feelings of respect, attraction and love for you (e.g. be more and more confident when you're around her, be more ballsy around her than you were before).

When you do that, she will naturally begin to fall back in love with you and want you back all for herself.

Another option is to

2. Be her friend, make her want you back, but hook up with other women instead to hurt her feelings

You can use the so-called 'friendship' with your ex to reactivate her romantic feelings for you (e.g. by using ballsy humor to make her laugh and feel good to be interacting with you again, by standing up to her in an emotionally masculine way when she tries to push you around and thereby making her feel feminine in comparison to you).

Then, when she's fully re-attracted and possibly saying things like, *"I know I messed things up between us before by cheating on you, but if we ever got back together, I promise I would never do that again. I would do anything to make you happy and show you that I regret the mistake I made,"* you can begin to hook up with another woman (or women) to hurt her feelings and make her feel like she is being left behind.

If she gets upset with you for moving on with other women, you can say, *"Hey, why are you acting like this? I don't get it. You said you wanted to be friends, so we're just friends. It's not like we're a couple or anything. Besides, did you honestly think I would get back with you after what you did? I'm sorry, but as the saying goes, 'Once bitten, twice shy.' I would never be able to trust you again after you cheated on me. So, the best I can offer you is a friendship."*

You will then have gotten your revenge and can move on from there, as she is left behind feeling horrible about herself.

Another option is to

3. Re-attract her and then ask to hook up with each other sexually one last time to say goodbye

With this option, you can use a friendship with your ex as a way of getting closure and then moving on.

For example: You reactivate her sexual and romantic feelings for you by interacting with her on a phone call, or in person.

Then, when her walls have come down and she's feeling open to being with you again, say something like, *"Things between us didn't end in the best possible way, agree? Yet, we can fix that and then move on without either of us having to feel bad about it. We can hook up one more time to say goodbye to each other in a good way. Alternatively, if we decide that we still want to be together, we can start with a clean slate without the past hanging over us, and if we don't, there will be no hard feelings between us. So, come here,"* give me a hug and then move in for a hug.

Then, when you hug her, pull back after about 5-10 seconds and then move in for a kiss.

If she is open to that, then proceed to hook up with her sexually one last time.

You can then hook up with her, blow her mind and get her back if you want to.

Alternatively, you can walk away knowing that she still felt attracted enough to you to want to have sex with you one last time.

If the sex is great, she may end up feeling confused and want you back and it will then be your choice as to whether you give her another chance or not.

Another option is toâ€¦!

4. Say no to her offer and move on without her

Just because your ex wants to be friends with you after cheating, you are under no obligation to agree to her request.

If you donâ€™t want to stick around and be her friend (e.g. because you donâ€™t want to be friends with a person who isnâ€™t 100% loyal in a relationship, seeing her will only remind you of how she cheated), you donâ€™t have to.

You can simply say something like, *â€œLook, I know you want to be friends and that's a nice gesture, but I donâ€™t feel the same way. I forgive you for what happened and I donâ€™t hold any grudges against you, but I think for my own peace of mind, it would be better if we just move on from, rather than trying to hold on even as friends. I wish you the best and I hope you will be happy in your life. Good luck and goodbye.â€*

Then, cut your losses, move on and find yourself another woman who will give you the respect and love that you deserve.

Where Guys Go Wrong With a Cheating Ex Who Wants to Be Friends

[image: Where guys go wrong with a cheating ex who wants to be friends]

If you genuinely want to make things work with your ex, try to avoid making any or all of these mistakesâ€¦!

1. Saying that you want a relationship or nothing

For example: A guy might say to his ex woman, *â€œYou cheated on me, but Iâ€™m willing to forgive you and take you back. However, I canâ€™t stick around and be your friend while you date other men. If you want me in your life, youâ€™re going to have to be my girlfriend again. Otherwise, itâ€™s better if we just go our separate ways.â€*

Although he might feel justified in giving his ex an ultimatum like that, the truth is, if he hasnâ€™t first reawakened her feelings of respect and sexual attraction for him, sheâ€™s not going to want a relationship.

So, instead of getting her back, which is what he actually wants, heâ€™s more likely to lose her and hear her say, *â€œWell, I offered you a friendship, but if you don't want that, then I can't force you. Okay, let's not talk to each other anymore. Goodbye.â€*

This is why you shouldn't give your ex an ultimatum if you want her back.

Instead, just focus on using every interaction that you have with her, to generate feelings of romantic and sexual attraction inside of her.

The more attracted she feels, the more her guard will come down.

When that happens, she will start wanting to get back into a relationship without you having to force her.

Another mistake to avoid isâ€¦|

2. Sulking about her offer of a friendship only and trying to seek pity for your emotional pain

For example: A guy might say, *â€œHow can you even ask this of me after what you did? Canâ€¢t you see that being friends with you will only make me relive the pain you caused me? You know that I still have feelings for you. Even though you cheated on me, Iâ€¢m willing to forgive you and start over. However, you canâ€¢t torture me by expecting me to only be your friend. I just canâ€¢t handle that kind of pain.â€*

Essentially, heâ€¢s hoping that by making her feel pity for him, she will change her mind about being friends and agree to get back together again.

Yet, it just doesnâ€¢t work like that.

A woman doesnâ€¢t want to be manipulated into giving her ex another chance simply because she feels guilty for cheating on him.

Additionally, when a woman has disconnected from her feelings of respect, attraction and love for her ex enough to cheat on him, sheâ€¢s not going to think itâ€¢s such a big loss if he doesnâ€¢t want to be friends with her.

Additionally, seeing a man sulk and seem desperate isn't attractive to a woman.

Women are naturally attracted to men who maintain control of their emotions and always feel more than good enough for them, rather than guys who lose control of their emotions and feel unworthy.

So, when a guy sulks and seeks pity from his ex woman, she will just use it as another reason to cut him out of her life completely and move on.

Another mistake to avoid isâ€¦|

3. Not being aware that you can use a friendship to re-attract her and get her back

Sometimes a guy makes the mistake of assuming that being friends with an ex means he can never get her back.

He then feels disheartened and possibly even says *â€œNo,â€* to her offer to be friends, because he canâ€¢t face the thought of interacting with her and not being able to hold her, kiss her and have sex with her.

Alternatively, he hangs around her being a nice, sweet, reliable friend, in the hope that she will one day realize what a great guy he is and give him another chance.

Yet, hereâ€¢s the thingâ€¦|

If you decide to reject your exâ€¢s offer to be friends, you will pass up the perfect opportunity to

interact with her regularly (on phone calls and in person) and re-attract her, seduce her and get her back.

As a result, getting her back becomes very difficult and she tries to move on with a new guy to get over the pain of the break up.

So, understand that being friends with an ex is a great way to get her back.

Instead of walking away, you can use every interaction that you have with her to reactivate her feelings for you (e.g. by making her laugh and smile, making her feel feminine in contrast to your masculine vibe, showing her that you're now at a new level as a man, being more confident and ballsy than you were before).

The more attracted she feels, the more she will start seeing you as more than just a friend.

You can then hook up with her sexually and get her back.

Another mistake to avoid isâ€¦

4. Not being assertive enough when arranging a meet up as friends

Sometimes, when a woman suggests being friends with an ex she cheated on, her idea is to stay in touch with him via text or social media from time to time, but nothing more than that.

So, if her ex then tries to arrange an in-person meet up, she might say, *â€œUmmmâ€¦ maybe we should just stick to texting for a whileâ€¦ or, â€œIâ€™m not ready to face you yet after what I did. I need more time.â€¦*

In most cases, she is simply testing him to see if he has the confidence and emotional strength to persevere and get an in-person meet up with her, or if he will become self-doubting and give up.

Depending on how he responds, she will either feel a resurgence of respect and attraction for him for being man enough to get her back, or she will lose respect and attraction for him for not believing in himself and in his value to her.

So, if you want your ex back, don't give up if she doesn't agree to meet up with you right away.

When you meet up with her, fully reactivate her feelings for you, seduce her and get her back.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Will My Ex Want Me Back if She Sees Me Moving On With Another Woman?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 possible reactions your ex might have if she sees you moving on with another woman:

1. She feels as though it's now too late for you and her because you've moved on

Moving on with a new woman can work to make an ex jealous and want you back, but it can also backfire and make her feel like it's too late for you and her now.

So, rather than making her think, *“Oh no! I can't believe he's moving on with another woman! Suddenly the thought of losing him forever has made me realize just how much I love him. I can't let that happen! I need to contact him right away and do whatever it takes to get him back!”* she thinks something along the lines of, *“Wow, I really thought he'd try to get me back, but I guess I was wrong. I guess he didn't really care about me after all, or maybe he did, but he likes this new woman even more. He has clearly moved on now, so regardless of how I still feel about him, it's too late for reconciliations. I just need to accept that it's truly over between us, we're never getting back together and try to move on too.”*

She then forces herself to get over you and move on in her life too (e.g. by going out with her single friends and hooking up with other guys, dating and falling in love with someone else, using dating apps to line up dates).

So, if your plan is to get your ex back, there's a much easier way to go about it than dating another woman to make her jealous.

Here's the thing:

Although moving on with a new woman can spur your ex into wanting you back, it can also be a waste of time. Why?

While you're busy dating and giving your attention to another woman, you're not interacting with your ex and re-attracting her.

Avoiding the re-attraction phase of the ex back process keeps you and her apart for longer, which just gives her more time to get over you and move on.

Of course, moving on with another woman can work to make an ex jealous and come running back, but it also can backfire and end up being a waste of time.

So, if you want her back quickly and cleanly (i.e. without too much drama), focus on interacting with her and reawakening her feelings for you again (e.g. by making her laugh, smile and feel good to be interacting with you again, by flirting with her to create sexual tension, by being more confident and charismatic than you were before to make her feel intrigued about the new and improved you).

When you start to re-attract her, she will naturally begin drop her guard and open herself up to the idea of being your girl again.

Another possible reaction your ex might have if she sees you moving on with another woman is:

2. She feels unworthy of you because the new woman is more attractive than her

She may begin to think, *“Wow, he has really done well for himself. She is beautiful. I guess I don’t stand a chance with him anymore. After all, why would he leave an attractive woman like her for me? I need to accept that and just try to move on.”*

Of course, it can also work the other way where she thinks, *“Wow, she’s really attractive. Maybe I made a mistake by dumping him. I need to get him back”* and she then tries to get you back.

However, in many cases, a woman will feel insecure and back away.

Women often do a great job of hiding their insecurity, but in reality, women are actually more insecure than men about their appearance.

For example:

- According to a global study conducted by Dove cosmetics, 96% of women don’t consider themselves to be beautiful and feel insecure about some aspect of their physical appearance.
- In the USA, women are reported to experience depression at twice the rate of men, while in the UK, 40% of women will require treatment for depression at some point in their life compared to only 10% of men.
- Women are twice as likely to experience anxiety compared to men.

So, while your ex might seem like a very confident, emotionally strong woman, deep inside she may be experiencing all kinds of insecurities about her attractiveness as a woman.

So, all it might take is for her to see you with a woman that she sees as being more beautiful than her, to convince her that she’s no longer good enough for a guy like you.

Then, rather than make her want you back, she backs away because she believes she can’t compete with your new woman.

If you then try to convince her that she’s actually the one you want, she probably won’t believe you when you say, *“I love you and only want to be with you. The other woman meant nothing to me,”* because she feels less valuable than your new woman.

Of course, it really depends on how your ex views herself and how she thinks of men who can attract beautiful women.

Many women are more attracted to men who can attract beautiful women, so moving on with a beautiful woman can make your ex feel a renewed sense of respect and attraction for you.

However, if your ex is insecure and won’t feel worthy of you anymore if she sees you with a beautiful woman, she may decide to hook up with new guys and move on herself.

Another possible reaction your ex might have if she sees you moving on with another woman is that

3. She feels turned off by you because the woman is less attractive than her

When a guy dates a woman who is less attractive than his ex, not only does it make his ex feel good about herself, but she also assumes that he’s desperate and has accepted whatever he can get because attractive women aren’t interested in him.

She then begins to think things like, *“Well, it seems like I made the right decision by breaking up with him after all. I see now that he’s not the kind of guy that other attractive women want. Instead, he just has to settle for whatever he can get. If I got back with him now, I’d just be doing*

him a favor because Iâ€™m too good for him. Thatâ€™s not the kind of relationship I want. I want a man who can have any woman he wants, but chooses to be with me, not a guy who tries hard to be with me because no other attractive woman will want him.”

So, if youâ€™re going to move on with another woman to make your ex want you back, make sure that the new girl is equally, or even a bit more physically attractive than your ex.

When your ex sees that youâ€™ve been able to move on with an attractive woman, she will be forced to admit that you must be desirable, because other attractive women want to be with you.

As a result, she may begin to want you back.

However, that doesnâ€™t necessarily mean sheâ€™s going to chase after you and beg for another chance.

In most ex back cases, a woman will want her ex back, but won't do much or anything about it.

Instead, she will wait to see if her ex pursues her, re-attracts her and seduces her back into a relationship.

If he doesn't, she just tries to move on with new guys to make herself feel better.

Of course, some women do pursue an ex guy if he is moving on, but most don't.

So if you want to get your ex back, understand that as a man, it's your responsibility to interact with her, reactivate her feelings and guide her back into a relationship with you.

Another possible reaction your ex might have if she sees you moving on with another woman is â€œ|

4. She seeks to get revenge by moving on too

Your ex might see you with another woman and think, â€œSo, he has already moved on. Well, good for him. I can move on too. There are plenty of guys who are interested in me. I just need to give them an opening and I can have my pick. I can hook up with a guy tomorrow. I'm going to do it and I'm enjoy it.â€œ

She then opens herself up to hooking up, dating and getting into a relationship with another guy.

Then, if you happen to interact with her and possibly mention that you still have feelings for her, she might respond with something like, â€œYeah? Good for you. I thought we had a chance, but you moved on with someone else. So, Iâ€™m with another guy now and Iâ€™m happy. Itâ€™s too late. Itâ€™s over for us.â€œ

5. She blocks your number and blocks you from social media to avoid hearing about it or seeing it

Another negative response that might come from moving on with another woman to make your ex want you back, is that she cuts you out of her life completely.

She might block your number, unfriend you and block you on social media and possibly even stop hanging out at any of the places that she might run into you, which then makes it difficult for you to get through to her and re-attract her.

It will then take some effort on your part to try and persuade her to unblock you (e.g. by asking a mutual friend to convince her for you, showing up at her place of work to talk to her in person, emailing her), so you can then interact with her, re-attract her and begin getting her back.

Mistakes to Avoid When Trying to Get Her Back

The best way to make an ex want you back, is by actively making her feel respect and attraction for you as you talk to her on the phone or in person.

When you make her have some feelings for you again, her guard comes down and she becomes more open to reconnecting with her original feelings of love for you.

Yet, even though that is the best, easiest and cleanest way to get an ex woman back, a guy might end up making the ex back process harder than it needs to be by trying to play games with her.

So, if you want to get your ex back quickly, try to avoid making some or all of the following mistakesâ€¦!

1. Wasting weeks or months moving on with a new woman, when you could be getting back with your ex this week

Sometimes, a guy will spend a lot of time going out with friends, meeting new women, hooking up with them and then getting to know them.

He will do this as a ploy to make his ex jealous and want him back.

In some cases, it will work while in others it will simply waste time and cause her to move on.

For example: While he is busy getting to know a new woman, heâ€™s not interacting with his ex to re-attract her, seduce her and get her back.

In some cases, this causes an ex woman to feel jealous and try to get her ex man back, but in other cases, she just moves on.

So, if your ultimate goal is to get your ex back, then focus on re-attracting her and seducing her now.

You really can do that.

Even if she has been saying that she's over you and doesn't want anything to do with you, it really is possible to change how she feels in a matter of days.

You don't have to waste time looking for another woman to move on with and then risk losing your ex.

The next mistake isâ€¦!

2. Not fully preparing to re-attract her when you next interact with her

Sometimes, a guy will spend so much of his time thinking about wanting his ex girl back that he will forget to prepare for the most important thing of all: Re-attraction.

If he wants her back, but uses the same old approach to attraction that she fell out of love with, then she's not going to feel inspired to get back with him.

She feels as though if she gave him another chance, it would just end up in a break up once again, so she refuses and rejects him.

So, if you don't want that to happen to you, make sure that you're ready to re-attract your ex when you next interact with her.

For example: Some of the ways you can do that are byâ€¦!

- Making her laugh, smile and feel good to be in your company again, or to be talking to you over the phone.
- Showing her your confidence, especially if she's pretending not to be interested in you anymore and is trying to make you feel nervous or insecure about yourself.
- Flirting with her to create some sexual tension between you, rather than just talking to her like a neutral friend.
- Not giving her too much power over you (e.g. by being too nice, doing everything she tells you to do) and instead, letting her see that you are now even more masculine in the way you think, talk, behave and react when interacting with her.

This allows her to feel a renewed sense of respect and attraction for you and also begin to see herself being your girl again.

She realizes that you really are different now and she really does feel differently about you as well.

She becomes curious and intrigued about her new feelings for you and wants to explore them, rather than cutting you off and then potentially regretting it later.

She then becomes open to talking to you, hanging out with you and seeing where things go from there.

That's why you need to be prepared to re-attract her properly.

If you're not prepared, she won't feel inspired or motivated to get back with you and will simply keep her guard up.

Then, if she's like most women, she will focus on getting over you by moving on with a new guy as soon as she can.

The next mistake is

3. Remaining unaware of the real, subtle reasons why she broke up with you

Every woman has her reasons for breaking up with a guy and will usually avoid telling her guy exactly what they are.

She won't want to give him intricate clues and hints on how to change and re-attract her and will simply expect him to either understand and change, or leave her alone and let her move on.

So, if you don't change some of the subtle things about you that turned your ex off in the relationship, she's just going to reject when she realizes that you still don't get her.

For example: If a woman broke up with a guy because he was too emotionally dependent on her and he couldn't do anything in his life without her say-so and reassurance, she will be looking to see if he has changed since they broke up.

If he still thinks, acts and behaves in the same old ways (e.g. sees her as the more dominant one, sucks up to her, does whatever she wants, follows her lead during a conversation), she won't feel enough desire to get back with him.

The next mistake is

4. Taking too long to make a move and she then moves on and gets into a

committed relationship

Even if moving on with another woman does make your ex want you back, chances are high that sheâ€™s not going to make it obvious to you.

Instead, will likely just wait for you to make a move to get her back.

Yet, sheâ€™s not going to wait forever, so if she realizes that youâ€™re not doing anything to get her back, she will focus on moving on with a new guy herself.

So, what should you do instead?

Get her back now or this week, rather than thinking that you need to move on with a new woman (maybe for months) before she will give you another chance.

The more you reawaken your ex feelings for you now as you talk to her on the phone and in person, the more she will want you back now, rather than later or never.

So, donâ€™t waste time moving on with a new woman if you don't need to do that to get your particular ex back.

In almost all cases, a guy can get his ex woman back without ever having to date another woman.

×

[image]

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4 Things to Talk About With Your Ex Girlfriend on the Phone or in Person

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 4 things that you can talk about with your ex girlfriend on the phone or in person to get her smiling, laughing and feeling good to be talking to you again:

1. The way you reacted when she broke up with you

When a woman breaks up with a guy who loves her and wants to be with her, he usually won't take the news very well.

As a result, he might then react in a way that he may come to regret later on.

For example: Some of the regrettable ways that a guy might respond to being broken up with are:

- He starts begging and pleading with her to change her mind, which makes him come across as emotionally weak and turns her off even more.
- He makes promises to change and become the man she wants him to be if she will just give him another chance. In most cases, she doesn't believe he can change, so she doesn't give him another chance.
- He asks her to tell him what he needs to do to make her happy in the relationship with him. This makes her feel stressed and turned off because he needs her to help or teach him to become a better, more attractive man for her.
- He tries to change her mind by bombarding her with gifts, flowers or even helping her out financially. Yet, a woman doesn't fall in love with a guy because of what he can buy for her, but rather for how he makes her feel when she's with him.
- He sends her a long letter, e-mail or series of text messages telling her how much he still loves her. Yet, she doesn't care about his feelings anymore and is only focused on how she feels and what she wants.
- He gets angry with her and possibly even accuses her of cheating on him. This just convinces her even more that she's made the right decision.
- He cuts off all contact with her in the hope that she will miss him and come running back. Yet, that approach only works if a woman still has feelings for her ex guy. If she doesn't, she will simply use the time apart to fully get over him and move on.

So, if you reacted in a way that you're not proud of when your ex girlfriend broke up the relationship, you can use it as a conversation topic when you talk with her on the phone or in person.

How?

Make light of it.

Laugh at yourself and how you reacted.

For example: You can say, in a joking way, something along the lines of, *â€œWow, I really made a fool of myself when we broke up, didn't I? I don't know what came over me! That was such a silly reaction for me to haveâ€* and have a laugh with her about it.

Essentially, by laughing at yourself, it shows her that you're aware that your reaction was

unattractive to her.

It also shows her that you've learned from the experience and have already taken steps to become a better, more emotionally strong and mature man.

As a result, she begins to drop her guard a little and allows herself to relax, smile, laugh and feel good to be around you again.

She then becomes open to forgiving your mistakes and giving you another chance.

Another thing you can talk about with your ex girlfriend on the phone or in person is

2. How much she has missed you since the break up

For example: After getting past the initial part of the conversation (e.g. *How are you? What have you been up to?*), you can say something along the lines of, *Okay, so be honest now, how much did you miss me?*

If she responds with something like, *I didn't miss you*, or *Who says I missed you? Don't flatter yourself. I have been fine without you*, just laugh and say in a light-hearted, playful manner, *Yeah, right, I know you've been missing me* and have a laugh with her about the fact that she has been missing you, but doesn't want to admit it.

By making light of it, she is more likely to drop her guard and she may then say something like, *Okay, maybe I missed you a little bit.*

If she's too embarrassed to admit it, get her to admit to a percentage by saying, *Okay, out of 100%, what percentage did you miss me? 45%, 55%, 65%?*

She might then joke with you and say, *Fine! I missed you 1%*, and you can laugh with her about that.

By interacting with her in this way, you're not only making it possible for her to acknowledge to herself that she did actually miss you (even if just a little bit), but you're also sparking her feelings of respect and attraction for you by using humor to bring down her guard.

You're also showing her that you're still confident and sure of yourself around her, even though you and her have broken up.

Having confidence in yourself like that is going to be attractive to her.

She will see for herself that you are an emotionally strong man that can remain confident under pressure and not doubt yourself.

As a result, her guard will naturally come down and she will begin to open back up to you, even if just a little bit initially.

When she begins to open back up to you, she then starts to look at you and think about you differently.

She then becomes open to interacting with you more and more to see where things go from there.

Another thing you can talk about with your ex girlfriend on the phone or in person is

3. Life in general

Talking about what you've been up to since the break up is obviously a good thing to talk about with your ex girlfriend on the phone or in person.

However, don't make it a boring chat about that (e.g. what projects you're working on at work, the intricate details of your latest business deal, how you've been studying for exams).

You can mention those things to her, but make sure you're being easy-going, playful and adding in some humor when you can.

For example: You might say something along the lines of, *"I've been studying hard for my upcoming exams."*

She might then respond with something like, *"Oh, okay...and how has it been going?"*

You can then say in a joking way, *"I'm not sure. I've had so much coffee to keep me awake that I don't really remember anything since last week. I'm hoping it will all come back to me when I get to my exam. If not, I can always fail my exams and become a beach bum instead. I'll go around begging people for money at the beach, carrying a sign that says, 'I failed my exams' and have a laugh with her about that."*

Then you can add something like, *"Talking of the beach, did I tell you that I've taken up surfing? It's pretty cool. It wasn't easy in the beginning, but I've got the hang of it now. It's actually quite a rush when you stand up and are able to surf the wave for a while."*

Alternatively, you might say something like, *"Nah, just kidding. I think I'll do fine with the exam. I've got it sorted. How about you? What's been happening?"*

Alternatively, if you are working in an office, you can say something like, *"I've been working hard lately. Well, that's what I make it look like to my boss anyway"* and have a laugh with her about that.

As a result of using an easy-going approach to the conversation, your ex will feel more comfortable to drop her guard a little and be more easy-going and open with you.

When she does that, she will feel a connection with you and will start to think of you in a more positive light.

The next thing you can talk about with your ex girlfriend on the phone or in person is

4. Apart from all the things she didn't like about you, what are a few of the things that she did like?

Rather than bring up all the negative things about you and your relationship, which will just highlight to her why she broke up with you in the first place and put her on her guard, try to talk about the good things instead.

For example: You might say something along the lines of, *"Okay, so look, I know that I stuffed up and that you and I are now broken up for good, but I'm sure that there has to be something about me you really liked. So, come on, tell me what it was."*

She may then be a bit defensive and say something like, *"No, there was nothing,"* or, *"I don't to talk about that"* or, *"That doesn't matter now"* to test whether or not you'll doubt yourself and give up.

So, if she says something like, *"Nothing really"* to put you off, you can laugh and say, *"That's impossible! There has to be something! How about my smile? Surely you liked my smile. If not that, how about the hugs I used to give you? You liked them, right?"* and laugh with her about it.

She will likely admit to those things, but if she doesn't and is closed up about it, you can say, *"Ahh, I*

get it that you don't want to admit those things to me. Never mind, I know that you liked many things about me—especially the way I used to kiss you” and have a laugh with her about that.

Alternatively, she might open up and tell you a few things that she liked about you (e.g. the way you always treated her well, your drive and determination, that you're a good guy).

By getting her to talk about your good points, you plant seeds of doubt in her mind about the break up.

She has to begin to think to herself that you're not all bad and that there were something things about you that she really did like.

As a result, she may then begin to think, *“Maybe we can work things out between us after all. He is a great guy in so many ways and he seems to have changed and improved since the break up.*

He's so much more confident and self-assured than before. Maybe it's not over between us.

Maybe there's still a chance for us. Maybe I should open back up to him and see how it goes.”

You can then fully re-attract her, seduce her and get her back into a relationship with you.

Where Guys Often Go Wrong When Talking With an Ex Girlfriend On the Phone or in Person

What you say to your ex from now on, will either re-attract her and make her open up to getting back together again, or it will turn her off and make her feel glad about her decision to end the relationship.

So, if you don't want her to think that she made the right decision by breaking up with you, try to avoid making the following mistakes:

1. Feeling nervous and unsure of yourself as you talk to her

Even though she broke up with you and doesn't seem to want you back, you must believe in yourself and know that you can re-attract her.

If you doubt yourself, you will fill your brain with self-doubting thoughts that will cause you to think, feel, talk, behave and act in a nervous way when interacting with her, which will turn her off.

For example: A guy might keep saying to himself, *“What if I try to talk to her and she says that she never wants to speak to me again?”* or, *“What if she brings up the negative things that happened between us? What can I say that won't make her think of me in an even more negative light than she already does?”* or, *“What if she doesn't want to talk to me and gets angry at me for trying to talk to her?”* or, *“What if I'm just not good enough for her anymore? What if she says that she regrets ever being with me?”*

The more he thinks like that, the more nervous and self-doubting he feels when talking to his ex girlfriend.

His self-doubt and insecurity then turns her off and makes her feel as though she made the right decision to end the relationship.

So, do yourself a favor and start imagining every conversation that you will have with your ex girlfriend going well.

Imagine her smiling, laughing and feeling good to be talking to you because you are being confident and add in some humor to lighten the mood.

Imagine that no matter what she says or does to try and throw you off and make you feel insecure, you are able to remain calm and believe in yourself.

When your ex notices this, she will begin to see that you are a much more emotionally attractive man now (e.g. you're much more confident, self-assured, composed under pressure).

As a result, she will naturally start to feel a renewed sense of respect and attraction for you.

Then, the idea of giving you another chance will start to feel like something she wants to do, because you are now the kind of man that she always wanted you to be.

The next mistake isâ€¦!

2. Assuming that she would get angry if you flirted with her like a boyfriend or lover would

Sometimes a guy makes the mistake of thinking that itâ€™s not his place to flirt with his ex girlfriend anymore.

He may think, *â€œIf I step out of line like that (i.e. flirt with her), she will get angry at me and say that I shouldn't be talking to her in that way. I'll then lose my chance with her completely. At this point, she probably wants me to show her that I can be a nice, neutral friend who isn't expecting anything sexual to happen. If I can do that, she will drop her guard with me and even consider thinking of me as a boyfriend or lover again.â€*

Yet, the opposite is actually true.

If a guy is not actively making his ex feel sexually attracted to him as he talks to her, sheâ€™s not going to feel much, or any motivation to want to give him another chance at being in a sexual, romantic relationship with her.

She might still keep him around as her nice, platonic friend so she can feel good about herself, but if she has disconnected from her romantic and sexual feelings for him, she might not even want that.

Instead, she might cut him out of her life completely and focus on finding herself a new man and moving on with him.

So, if you truly want your ex girlfriend back, donâ€™t be afraid to show her that you still find her attractive and want her back when you talk to her (i.e. by flirting with her to create sexual tension between you).

When you create sexual tension, she then naturally has the desire to want to release that tension with hugging, kissing and sex and it then becomes a lot easier for you to get her back.

The next mistake to avoid isâ€¦!

3. Stressing her out by trying to work things out, rather than making her feel attracted first

Sometimes, a guy will try to turn every conversation that he has with his ex girlfriend (either on the phone or in person), into a long discussion about the relationship and what he did wrong.

Essentially, heâ€™s hoping that by talking about the problems, his ex will see that he isnâ€™t trying to hide from his mistakes and is committed to fixing things with her.

She will then be impressed and open herself to giving him another chance.

Yet, hereâ€¦s the thingâ€¦!

If you keep trying to work things out with your ex girlfriend by bringing up all your mistakes, it will only make her remember all the negative emotions she experienced at the time (e.g. anger, disappointment, annoyance).

So, it will then have the opposite effect to the one youâ€¦re hoping for.

Rather than opening up to you because youâ€¦re trying to make things work, she will close up even more and convince herself that she made the right decision to break up with you.

It's okay to talk about the relationship problems briefly if she brings it up, but try to keep it short, easy-going and relaxed.

Try to also add in some humor at times to take away the seriousness of what you're talking about, while also still being respectful and sincere.

If you only focus on being respectful and sincere, it will feel too serious and she may end up making the problems out to be worse and more traumatizing than they actually were.

So, try to avoid discussing the problems and if they do come up, keep it light, easy-going and add in some humor to lighten the mood (e.g. *"Yeah, I really was a horrible boyfriend. I could probably win a prize for it I think. What you do think? Worst in the World award. Do you think I could win that?"*) and have a laugh with her about that.

Another mistake to avoid isâ€¦!

4. Appearing to have lost confidence since the break up

Naturally, being dumped by the woman he loves can cause a man to lose confidence in his attractiveness to his ex girlfriend and other women.

Yet, hereâ€¦s the thingâ€¦!

If a guy talks to his ex girlfriend on the phone or in person and she picks up that he no longer believes in himself and in his value to her, rather than feel sorry for him and want to give him another chance, she will feel even more turned off. Why?

A woman likes the idea of being with a man who is confident, emotionally strong and believes that he is more than good enough for her, while also being loving and respectful toward her.

So, when a guy appears to have lost confidence since the break up, it only gives her even more reasons to not want to give him another chance.

She begins to think, *â€¦If I give him another chance, I'll have to help him feel confident again. No thanks! I need a man who is already confident without my help, so I can fully relax into being his girl. I don't want a guy who needs me to lift him up and help him feel okay about his value and attractiveness to me. It just won't work.*â€¦

She then closes up even more and it becomes more difficult for him to get her back.

So, make sure that when you talk to your ex girlfriend on the phone and in person, you absolutely believe that you are good enough for her.

Then, re-attract her, seduce her and get her back into a relationship with you.

Another mistake to avoid isâ€¦!

5. Giving her too much power during the conversation

A woman will sometimes try to assert her power over a guy during a conversation to see how confident and masculine he really is.

For example: When talking to her ex she might say something like, *“Listen, I only have 5 minutes to spare for you. I’m really busy and I don’t have time to waste on you. What do you want?”*

A guy who gives a woman too much power during a conversation and thus turns her off, might say something like, *“I know you’re busy and I’m grateful that you’re giving me even 5 minutes of your time.”*

He hopes that she will think, *“Aww, he’s so sweet. He’s doing everything that I ask, just to please me. Maybe I shouldn’t be so hard on him. He deserves another chance for following my orders. He’s a good boy.”*

Yet, that’s not what women think.

Instead, when a guy hands his power to a woman during conversation, she loses even more respect for him as a man and thinks something like, *“What a wimp. He’s a fully grown man, but he’s behaving like a child. It’s like I’m his mother or something. He needs to grow a pair of balls and be a man.”*

Here’s the thing!

If your ex girlfriend can’t respect you as her man, she won’t be able to feel sexually attracted to you and without those two things in place, she’s not going to be interested in getting back together.

So, don’t let your ex girlfriend control you when you talk with her on the phone or in person.

Be the good man that you are, but don’t let her walk all over you during a conversation.

If she can see that you aren’t intimidated by her approach and also have the ability to continue being a good man at the same time, she will respect you and begin to drop her guard.

You can then begin to fully re-attract her, seduce her and get her back.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Rebound vs. Grass is Greener

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The difference between a rebound and a woman leaving for 'the grass is greener on the other side' reasons, is that one happens after the break up and the other happens before.

The relationship she gets into after the break up is a rebound.

Suffering from the grass is greener syndrome happens during the relationship, when she's falling out of love.

So, how can you get a woman back from a rebound vs. a grass is greener break up?

Get Her Back From a Rebound

[image: Get her back from a rebound]

1. Interrupt the process of her moving on with him by making her have feelings for you again

You can do this by confidently interacting with her every chance you get (e.g. over the phone and preferably in person) and making her laugh, smile and feel good to be talking to you again.

Show her by the way you talk, behave and respond to what she says and does that you're a new and improved man now.

For example:

- You're so much more confident in yourself and in your value to her now, so you don't get jealous or upset when she talks about her new man. If she says something like, *"I'm happy now. He's so much better than you,"* to make you feel insecure, you simply laugh and show her that you're not bothered by her comments.
- You're so much more emotionally independent now. Even though you still care for her and want her back, you're not sitting around feeling sad or stuck in a rut. You're living a happy, enjoyable, fun life without her.

When interacting with your ex, make sure that you don't pretend as though you're only interested in being her nice, platonic friend now that she has a new man.

No.

You ARE her man.

So, flirt with her to create some sexual tension between you and her.

Let it build up over a couple of interactions and she will begin thinking, *"Why do I miss my ex all of a sudden? I want to be hugging and kissing him, not this new guy. I actually look forward to the conversations I have with my ex, even though I know it's wrong to feel this way because I'm with another guy now. I feel so confused. Should I just hook up with my ex again and see what happens? Maybe that's the only way I'll know who I should choose."*

2. Confidently move forward to a hug, kiss and then sex if possible

As long as you have been building up sexual tension between you and your ex when talking to her on the phone, when you meet her face-to-face, chances are high that she will be open to at least giving you a hug to say hi, or giving you a goodbye hug when you part ways.

If you she gives you a goodbye hug, go ahead and confidently take her in your arms and give her a warm hug.

If she doesn't, then make sure that you initiate it by saying, *"Anyway, good catching up with you. Come here. Bring it in for a goodbye hug"* and then move towards her with your arms open.

When hugging her, if she seems open to a kiss (e.g. she remains in your arms longer than necessary, she snuggles into your neck, she looks up at you and smiles and then licks her lips), just lean in and give her a kiss.

Then, head to her place or yours to 'hang out' or 'have a coffee' and then have sex.

3. She then has to decide between you and him

After you've had sex with her again, or at least kissed her, she will then have to make a decision between you and him.

However, don't push her to make a choice if she doesn't make one immediately.

She might get back with you right away, but if she doesn't, just let her walk away feeling confused and missing you.

She will then text you, call you and want to see you again.

You can then catch up with her again, hook up and get the relationship back together.

Get Her Back When She Left You Due to Thinking That the Grass Was Greener on the Other Side

[image: Get her back after a grass is greener break up]

1. Make her feel attracted to the new and improved you

The grass may seem like it's greener on the other side (i.e. other women might seem more attractive to you, or she might feel attracted to certain types of guys), but it doesn't mean that if you or leave you are going to be happy with someone else.

Sometimes, leaving for a 'grass is greener' reason makes a woman realize how special the connection with her ex really was.

Yet, sometimes she doesn't.

Sometimes, she is happy about breaking up and wants to keep moving on without her ex.

If that applies to your situation, then you need to interact with her on a phone call or in person and make her feel a renewed sense of respect and sexual attraction for you.

You can create a bit of a spark via text, but it's not the best approach to use when an ex woman is cold and uninterested in getting back together.

So, you have to be courageous enough to call, or at least initially text to make her respond and be open and then call.

When talking to your ex on the phone or in person, some of the ways you can re-spark her feelings are by:

- Using humor to make her feel relaxed, happy and attracted to you again.
- Maintaining your confidence around her when she tries to make you feel insecure by being cold, bitchy, mean or critical.
- Showing her by the way you now talk, think, behave, interact with her and respond to what she says and does, that you're no longer the man she fell out of love with. You're so much more confident and self-assured now.
- Making her feel desirable and sexy in your presence, rather than making her feel like just a friend.
- Being more emotionally dominant than her, rather than letting her overpower you with her forceful personality.

When you interact with your ex in some of those ways, she begins to feel drawn to the new and improved you.

She is then suddenly faced with the kind of man she can look up to, respect and feel attracted to and the grass on the other side (i.e. her new man) no longer seems that green (i.e. attractive) to her anymore.

From thereâ€¦

2. Let her see that you've gone beyond the level that you were at when she dumped you

You are now the kind of man she always wanted you to be (e.g. more confident and emotionally strong, more masculine in a way that makes her feel feminine in comparison to you, more focused and driven in your life, more centered and sure of yourself).

In the meantime, if her new guy is making common relationship mistakes that are turning her off (e.g. he's too much of a bad boy and is irresponsible and immature, there's too much of a gap between her relationship intelligence and his, he is selfish, he is too giving and sucks up to her all the time, he gives her too much power), she is going to begin feeling drawn back to you.

She will realize that she wants to be with you way more than she wants to be with him.

You can then build on her feelings and get her back.

Where Guys Go Wrong When Trying to Get an Ex Back From a Rebound or Grass is Greener Relationship

If you want her back, you need to make sure that whatever you say and do from this moment onwards sparks feelings of respect, attraction and love inside of her and makes her want you back.

To ensure that happens, avoid making the following mistakes that other guys make when in a situation like yours:

1. Thinking that she is in control of the ex back process

Sometimes a guy assumes that because his ex is in another relationship, getting her back is entirely up to her (i.e. she is the only one who can decide which man she wants to be with and he has no control over that whatsoever).

Yet, here's what he doesn't understand!

A man has a lot of control over the ex back process when he focuses on making his ex woman have sexual and romantic feelings for him again.

When a woman feels drawn to her ex in a way that feels good to her, she naturally begins to want him back for her own reasons (e.g. she begins to notice the flaws in her new guy vs. her ex, she fears letting her ex go and then regretting it later on, she feels curious about her new feelings for her ex and wants to explore them).

As a result, a man can then get his ex woman back because she is open to seeing where things go.

On the other hand, if a guy hangs around pretending to be her friend or cuts off contact and waits for her to make up her mind, he will have pretty much no power over the ex back process.

So, don't make the mistake of thinking it's all up to your ex whether you get back together or not.

If you want her back, you have to be ballsy enough to take the lead and make it happen.

Another mistake that other guys make when in a situation like yours, is!

2. Overanalyzing her state of mind to the point where he feels overwhelmed and totally unsure about how to get her back

Making a big deal about your ex's every mood, gesture or comment is the fastest way to make you feel nervous and unsure of yourself.

For example: A woman might say something like, *"I'm so confused right now. You keep calling me and I don't know how to deal with that because I'm with someone else now."*

A guy might then wonder, *"What does she mean by that? Is she confused because she has feelings for me, or because she doesn't know how to tell me to leave her alone? Does she want me to stop calling her because she doesn't want to upset her new guy, or does she mean that she's attracted to me and doesn't know how to tell her new guy?"*

He then becomes uncertain about what to, so he remains stuck and doesn't do anything else to get her back.

Here's the thing!

Feeling unsure of yourself when interacting with your ex is the fastest way to turn her off even future.

Remember: Women are instinctively attracted to the qualities in a man that best display his emotional strength (e.g. confidence, assertiveness, decisiveness, determination, certainty, courage, calmness under pressure), and are turned off by qualities that display emotional weakness (e.g. insecurity, self-doubt, an inability to make decisions and take action).

So, you have to remind yourself not to take the interactions with your ex so seriously from now on.

Instead, let the interactions between you and her be about having fun and enjoying each other (e.g. laughing, smiling, enjoying each other's company), rather than trying to get her back into a

relationship by discussing how she feels, asking her for a chance or telling her that you've changed. The more that you can relax and maintain your confidence when interacting with your ex, the more drawn to you she will feel.

Another mistake to avoid making isâ€¦

3. Waiting too long to make a move and get her back

When a woman is in a new relationship (regardless of whether itâ€™s a rebound or grass is greener scenario), her ex might worry about being rejected and end up hesitating to make any real moves to get her back.

He may think, *â€œSheâ€™s with someone else now, so I probably donâ€™t stand a chance with her. Maybe if I wait long enough, she will break up with him and then I can make my move. Alternatively, he might stuff up and she will then realize that what she had with me was special and she will then come back by herself after a few months.â€*

Hereâ€™s the thingâ€¦

If your ex is happy with her new guy and you don't do anything to re-attract her, seduce her and get her back with you, she might end up being with him for 6 months, a year or even longer.

Likewise, if her rebound or grass is greener relationship doesnâ€™t work out, it doesn't mean that she will want to get back with you at that point if you haven't done anything to re-attract her, or are not prepare to re-attract her when she becomes single again.

This is why, if you want your ex back for real, you shouldnâ€™t sit around waiting for 'the perfect moment' to try and get her back.

The perfect moment is right now.

If you donâ€™t take your chance now, you may end up losing her and losing a lot more confidence in yourself in the process.

On the other hand, if you re-attract her and get her back in the next few days or in the next couple of weeks, your confidence will go through the roof and you can make her feel so attracted and in love with you that she will ditch the new guy and stick with you.

Another mistake that guys often make when in a situation like your isâ€¦

4. Feeling unworthy of her because of how and why she broke up with him

It sucks to be broken up and it sucks even more if a woman dumped you for another guy, or hooked up with someone else right away.

However, if you allow the pain of the break up to destroy your confidence and make you feel unworthy of her or other quality women, you will actually be delaying your chances of getting her back or successfully moving on.

Why?

Feeling unworthy only makes you seem less attractive to your ex and to other women.

Why?

A woman likes the idea of being with a confident, emotionally strong man who believes in his value to her no matter what she says or does to make him doubt it.

So, when a guy is being insecure, self-doubting and doesn't believe he is good enough for his ex (or other quality women), she simply feels turned off by him even further.

She can see that he has given up on himself and is lost and upset without her.

She feels right about her decision to have left him and moved on with someone else (i.e. the grass really does look greener for her on the other side).

So, if you want your ex back, you must absolutely believe that you are good enough for her and then take action to re-attract her and get her back.

If you don't and she is happy with her new guy, she will probably continue on with him and see him as being a better option than you, even though he isn't.

Another mistake that guys make when facing a rebound or GIGS (Grass is Greener Syndrome) situation is that

5. Waiting for clear signals from her before he decides to start the ex back process

It would be nice if a woman made her feelings very obvious to her ex (e.g. *"Hey, I miss you and want you back. I love you. Please get me back now"*), but it almost never happens like that.

In most cases, rather than make her feelings clear, a woman assumes that what they had is over and her ex won't know how to get her back.

So, she then pours all her energy into making her new relationship work, or to meeting new guys and falling in love.

This is why, if you want to get your ex back from a rebound or GIGS situation, don't expect her to give you a crystal clear sign that she's open to you getting her back, because she probably won't (even if she is interested).

What should you do instead?

Be emotionally courageous enough to take the lead in the ex back process and get her back.

That's how a real man does it.

You can do it.

×

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I Threatened My Girlfriend and She Left Me

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 4 different types of threats and why it can cause a woman to leave a guy:

1. Threatening to break up with her if she doesn't change

Sometimes a guy will threaten to break up with a woman if she doesn't stop nagging him and asking him to change, whereas other times a guy will threaten her with a break up to hopefully get her to change, improve and become a better girlfriend for him.

For example: If his girlfriend keeps pestering him to change and improve, he might say, *"Stop harassing me all the time! This is who I am and I'm not going to change. If you don't like it, then leave. Besides, if anyone needs to change, it's you! You've become a constant nag and you've been driving me crazy lately. I'm fed up with you throwing tantrums all the time and telling me that you're not happy. You need to change your attitude towards me fast, or I'm going to break up with you!"*

He hopes that she will then respect him, change and stop nagging him to change things about himself that are annoying her or turning her off.

Yet, in most cases, a woman will say something like, *"I can't believe you're actually threatening to break up with me if I don't change, when you're the one causing all the problems in our relationship! Well, here's a big surprise for you – I'm dumping you! It's over! Goodbye!"* and oh, don't even try to get me back because I don't want you. You can go and get stuffed. It's over. Goodbye and don't ever contact me again.

In a case like that, a guy needs to maintain his cool and not panic that she is now threatening to break up with him and is actually going through with leaving him.

He then needs to calmly, confidently and honestly admit that he was making mistakes in the relationship and it wasn't all her fault.

She might then calm down and stop going through with leaving him, but if she doesn't, he needs to remain calm and let her cool down.

When she cools down, she will then realize that he admitted his mistakes, didn't beg and plead for another chance and was completely reasonable about it.

As a result, she will either text him, call him or be open to replying to his texts or answering calls from him, so they can meet up, work things out and get back together.

Another reason why a guy might threaten his girlfriend is when she has been behaving badly or treating him unfairly in the relationship (e.g. she has a tendency to lie, she's unreliable, she doesn't help around the house, she's always in a bad mood and takes it out on him, she isn't affectionate and expect him to initiate everything).

So, a guy may then try to shock her into changing by saying, *"If you don't stop lying to me/letting me down when I need you/help out more with things around the house/stop being a pain in the butt, then I'm going to break up with you."*

If she loves him, wants to be with him and knows that she is in the wrong, she will likely apologize and want to change.

Yet, if she hasn't been happy in the relationship for a while, she might decide that she doesn't care enough about him to put in the effort to change.

Alternatively, she might simply want to get revenge on him for threatening her with a break up, so she goes ahead and breaks up with him instead.

Another threat a guy might make to his girlfriend that causes her to leave him is

2. Threatening to hurt her physically if she doesn't do what he wants

You probably already know that becoming violent and threatening to hurt a woman physically isn't the answer in a relationship, right?

It's pretty obvious.

Yet, when a guy uses physical threats to make a woman do what he wants, most self-respecting, modern women will react by walking away from the relationship.

Of course, there are some women who will stay in an abusive relationship for months or even years, but most modern women won't.

It's just not something that she feels like she has to do.

However, that said, if you did make the mistake of threatening her physically, you can recover from it and get her to forgive you.

How?

Start by telling her that you understand what you did was wrong and it was stupid and immature.

Then, show her (via your actions, behavior and the way you interact with her) that she will actually be losing out if she doesn't give you another chance.

For example: One of the ways to show her that is by maintaining control of your emotions around her no matter what she says or does to make you feel angry or frustrated (e.g. she accuses you of being a bully, screams, shouts and even hits you, acts like she's too afraid to be around you by herself, says that she will get a restraining order out on you if you don't leave her alone, says that she now fears for her life, calls you an idiot or some other name to hopefully annoy you and get you to show her that you are still angry and can't control yourself).

However, when she sees that no matter what she does to provoke you and make you angry, you are able to maintain your cool and even laugh and joke around with her, she will slowly begin to trust and respect you again.

When that happens, she will also start to allow herself feel sexually and romantically attracted to you again.

She will see that you aren't so bad after all and that your threatening to hurt her physically was just a silly mistake and not who you are deep down as a man.

Another threat a guy might make to his ex that causes her to leave him is

3. Threatening to hurt himself, or even kill himself if she doesn't stay with him

Sometimes, when a woman is saying things like, *"I'm sorry, but this relationship isn't working out anymore. I think we need to admit defeat and break up. I don't want to be with you anymore"* a guy might feel at such a loss of how to stop her from leaving him, that in desperation, he will threaten to hurt or kill himself, *"No, you can't leave me. If you leave me I will kill myself. I*

promise you. It will then be on your head and you can live with the guilt for the rest of your life, knowing that you could have prevented it and you didn't. Is that what you want? Do you want me to kill myself?

He hopes that if he threatens to kill himself, she will change her mind and give him another chance to avoid having to live with the guilt of his death for the rest of her life.

Yet, it just doesn't work that way.

A woman doesn't want to be manipulated into staying in a relationship with a guy, simply because he can't deal with the idea of being dumped by her.

So, rather than think, *Oh no! I have to stay with him, or he will hurt himself* she will think something like, *How dare he try to force me to stay with him by threatening to kill himself! That is so childish and immature. In fact, his behavior has just sealed the deal for me and shown me that I'm better off without him. He's definitely not the kind of guy I want to be with for life. I refuse to be blackmailed into staying with him. He can go and hurt or kill himself all he wants. I'm not staying with him that's for sure.*

She then turns that tables on him and says, *Well, in that case, go ahead and kill yourself. I just don't care! It's over between us. Good luck! Enjoy the afterlife! Bye!*

Sounds pretty cold and heartless, right?

Well, it depends on how you look at it.

Most women know that when a guy says that he will hurt or kill himself, he's just saying that as a last ditch effort to get her to stay.

Additionally, for those women who know that the man will probably hurt or kill himself, it's still not enough of a reason for her to stay with him.

In fact, it just becomes another reason to leave him (i.e. because he's mentally and emotionally unstable and may end up hurting himself and her).

So, if you threatened to hurt or kill yourself as a way of preventing your ex from breaking up with you, to regain her respect and make her open up to giving you another chance, you need to interact with her (preferably over the phone or in person) and then:

- Calmly and confidently apologize to her for reacting that way.
- Laugh at yourself with her and let her see that you were being silly and you can now look at your reaction as laughable and desperate.
- Show her via your actions, behavior, conversation style and the way you respond to what she says and does that you're a more emotionally mature man now.

When she can see that you truly are at a different level now than you were before, she will automatically begin to feel some respect and attraction for you again.

You can then build on those feelings and get her to the point where she opens herself up to the idea of getting back with you again.

Another threat a guy might make to his girlfriend that causes her to leave is

4. Threatening to never speak to her again

Sometimes in the middle of a big argument, a woman might say, *I'm sick of this! I want to*

*break up.*â□□

In response, a guy might then say, *â□□ Yeah? If you break up with me, I will never speak to you again. So, it's up to you. If that's what you want, then fine – leave me,*â□□ only to be shocked when she retaliates by saying, *â□□ Fine! We'll never speak again. Goodbye!*â□□ and then breaks up with him.

In most cases, neither of them really wanted to break up, but the argument just escalated out of control.

Then, she doesnâ□□t want to reach out to him first and give him the satisfaction of winning (i.e. she breaks her words and speaks to him).

Likewise, he doesnâ□□t want to make the first move either because he feels silly for threatening not to talk to her again and wants to try to stick to his word and wait for her to contact him first.

As a result, they both remain stuck ignoring each other out of stubbornness and not getting back together into a more mature relationship.

Instead, he or she ends up finding someone new and moving on, even though they could have gotten back together.

So, if you threatened not to speak to your girlfriend ever again if she broke up with you, don't let the silence continue because you're worried about looking weak.

Just call her on the phone, be confident and use some humor to diffuse the tension between you and her.

Then, apologize briefly for your silly reaction and proceed to reawaken her feelings for you by making her laugh, smile and feel good to be talking to you again.

Then meet up with her, fully reactivate her feelings for you and get to a hug, kiss and sex.

Where Guys Go Wrong After Threatening a Woman When in a Relationship

Just because you threatened your girlfriend, it doesnâ□□t mean that you donâ□□t have any chance of getting her back.

You can get her back.

However, if you make the classic mistakes that other guys make when in a situation like yours, you will make the process of getting her back more difficult than it needs to be.

For example:

1. Apologizing over and over again

Sometimes a guy feels so shocked by his angry behavior and the fact that he threatened his girlfriend that he wants to apologize for it, over and over again.

Yet, even though he is sincere about his regret for threatening her, apologizing over and over is not the thing that will convince her to give him another chance.

Why?

Apologizing over and over again doesnâ□□t actually get to the core of the problem.

Instead, heâ€™s just saying how sorry he is, but heâ€™s still stuck at the same level that he was at when she broke up with him.

So, if your girlfriend canâ€™t see any obvious changes in you (e.g. you still feel annoyed when she talks or behaves in a certain way), your apology to her will seem like empty words.

As a result, she will keep pushing you away because deep down, she will fear you'd just end up doing the same thing again (maybe even worse the next time) if she gave you another chance.

So, donâ€™t bother apologizing to her again and again.

Instead, give her one brief, sincere apology in a calm, confident and sincere manner and then focus in showing her (via your actions, behavior and the way you respond to her from now on) that youâ€™re a new and improved man now.

Another mistake to avoid making is toâ€™

2. Trying to get her to agree to a relationship before he has reactivated her feelings

Right now, your ex has likely disconnected from her positive feelings of respect, attraction and love for you and might be feeling negative emotions such as disgust, mistrust and anger.

If you try to get her to agree to give the relationship another chance right now, she's probably going to reject you.

So, from now on, just use every interaction that you have with her (e.g. via text, social media, over the phone and in person) to make her laugh, smile and feel at ease around you.

Once she can feel relaxed around you in person or when talking to you on the phone, her defenses will naturally start to come down.

You can then build on her feelings and make her open back up to the idea of seeing where things go from there.

Another mistake that other guys often make when in a situation like your isâ€™

3. Promising that things will be different if she just gives him one more chance

Youâ€™ve probably heard the expression, *â€™Actions speak louder than words,â€™* right?

In a case where a guy has threatened his girlfriend, no amount of promises are going to convince her to give him another chance.

Promising is seen as mere words, whereas showing her that he is different by way of his change in behavior, attitude and vibe are actions that she can believe in.

So, after being threatened by her boyfriend, a woman is going to be looking at how he acts and behaves around her, especially when sheâ€™s being bitchy and telling him that she hates him and never wants to see him again.

For example:

Will he remain calm, confident and use her bitchiness as an opportunity to create some positive feelings such as respect and attraction inside of her, or will he â€™lose itâ€™ again and turn her off even more?

Does he now have the ability to make her smile, laugh and feel good when talking to him, even when she is testing him by being difficult?

Actions like that have much more power than mere promises to change, if she gives him another chance.

So, if you want to convince your girlfriend to give you another chance, don't waste time and energy trying to do it by promising her that things will be different this time.

Show her that things will be different by letting her experience the new and improved you for herself.

When she can sense the changes in you, her perspective of you will change and following that, her feelings will change.

She will open back up you, without you having to pressure her into it.

Another mistake that guys make when in a situation like yours isâ

4. Giving her too much space and then losing her

When a guy threatens his girlfriend and causes her to leave him, chances are he will be experiencing a lot of guilt and remorse about it.

He may then decide that his best approach is to give her a lot of space to allow things to calm down between them.

For example: He will avoid her for weeks or even months, in the hope that when he finally gets in touch with her again, she will have forgotten (or at least forgiven) that he threatened her.

Yet, in most cases, a woman simply won't sit around waiting for an ex she doesn't have feelings for anymore.

Instead, she will usually feel relieved that he's out of her life and will just focus on moving on.

Then, when he finally contacts her, she will say something along the lines of, *âWhy are you calling me? Did you think I was going to sit around waiting for you? Well, you were wrong. I've moved on and I'm with a man who would never threaten me in the way you did. I'm happy now, so please leave me alone.â*

Don't let that happen to you.

In almost all ex back cases, a week of space is more than enough time to allow for things to calm down between a man and a woman.

After giving her that little bit of space, you then need to contact her (preferably by calling her on the phone) and actively spark some of her feelings of respect and sexual attraction for you.

Once you do that and you can see that her guard is down, get her to agree to a meet up with you in person.

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I Threatened My Ex Girlfriend That I Would Commit Suicide if She Didn't Get Back With Me

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 things that you can say and do to recover from that mistake:

1. Laugh it off

If you continue making a big deal about how you messed up by threatening to kill yourself if she didn't get back with you, then she will likely continue to see it as a big deal as well.

She will sense your feelings of guilt and continue to create drama about it for much longer than she needs to.

So, just laugh it off as something silly that you said and laugh at how silly you reacted.

Of course, that doesn't mean you should pretend that it didn't happen at all.

You said it and it was a silly thing to say, but that's all.

So, laugh at yourself with her and let her know that you see how foolish it was of you to threaten to commit suicide if she didn't get back with you.

For example: You might laugh and then say something along the lines of, *"Hey, you know, looking back at what I said to you, I have to laugh at myself. It was such a silly, desperate attempt from me to make her feel sorry for me and give me another chance. I'm embarrassed now that I reacted in that way. Yet, as you would agree, that's in the past now. It was stupid, I know."*

By laughing at yourself, it shows her that you understand your mistake and won't be doing anything like that again.

As a result, she can relax her guard a little bit and allow herself to smile, laugh and feel good around you again.

When she does that, she then becomes open to interacting with you further, which gives you an opportunity you need to re-spark her feelings of respect, attraction and love and get her back.

Another thing you can do to recover from threatening to commit suicide if your ex girlfriend didn't get back with you, is

2. Apologize for scaring her with that threat

If you haven't already done so, give her a brief, sincere apology for scaring her with your emotional outburst.

For example: You can say something like, *"I'm sorry for saying that I would kill myself if you didn't give me another chance. It was silly, but it was also unfair to you. It was wrong of me to say something extreme like that and I see that now. I mean, I wouldn't have liked it either if our roles were reversed and you had threatened to commit suicide if I didn't give you another chance. So, I hope you can forgive me for reacting in the way I did. I still care about you, but I accept your decision about us breaking up. I also want you to know that everyone makes mistakes in a relationship sometimes and that mistake was mine. I'm not asking you to take me back. Instead, I just want you to be able to forgive me so we can at least be friends. Don't worry, I'm not going to*

jump off a building!”

She can then see that you have learned from the experience and are already a more emotionally mature, emotionally stable man.

The fact that you also have the confidence to add in some humor at the end, automatically makes her feel a whole lot better about the incident, even if she doesn’t openly admit it right away.

She then drops her guard a bit and begins to allow herself to forgive you for saying what you did.

By the wayâ€¦!

Make sure that you don’t over apologize for what happened and don’t let her make it out to be worse than it was.

It was a silly mistake.

That’s it.

You have learned from it and besides, you love life and would never want to kill yourself, right?

Then, let her see that.

Let her see that you were just being silly and saying that to hopefully convince her to give you one more chance, but you realize now that it was uncalled for and over the top.

Another thing you can do to recover from threatening to commit suicide if your ex girlfriend didnâ€™t get back with you isâ€¦!

3. Understand that women don’t want to feel forced to be in a relationship

Although threatening your ex was probably done out of desperation and in the heat of the moment, itâ€™s still possible that you were hoping it would work.

You may have hoped that she would give in and just give you one more chance, so you could then work your charm and hopefully keep her in a relationship.

She likely knows that as well.

So, if you want to move forward and rebuild a relationship with your ex, you need to first understand why it didnâ€™t work.

Women donâ€™t want to be emotionally blackmailed into a relationship (i.e. made to feel guilty for leaving, forced into giving a guy another chance out of pity, having their life threatened, threatening to share her secrets with other people and so on).

If a woman is no longer attracted to her man and can see that he has no idea how or what to change to re-attract her, then sheâ€™s not going to be happy about him threatening her (e.g. by saying he will kill himself) to make her stay.

Instead, she will feel even more determined to get away from him and what has now become an emotionally abusive relationship.

So, if you want to regain your ex girlfriendâ€™s respect, attraction and love, you need to understand that those things need to happen naturally, rather than being forced or pressured.

When your ex can see that you have already changed and improved (via your actions, behavior and the way that you now interact with her), she will naturally begin to reconnect with her feelings for you and open back up to a relationship.

The more she can see that you now understand what it means to be a man that a woman can honestly

look up to and respect, the more she will drop her defenses and allow herself to slowly let you back into her life (e.g. talk to you on the phone, meet up with you, hug you, kiss you, have sex with you). You can then build on her feelings and get her back.

Another thing you can do to recover from threatening to commit suicide if your ex girlfriend didn't get back with you is

4. Interact with her and be a completely new, improved version of yourself

Right now, your ex girlfriend probably has a pretty low opinion of you.

So, to change that, you will need to show her that the guy who threatened her that he would commit suicide if she give him another chance, is not who you are now.

How can show her that?

Firstly, you need to realize that saying you would kill yourself was something that an insecure, needy guy would do.

You don't want to be that guy.

So, you need to focus on becoming genuinely happy and independent in your own life, with or without her.

For example: Some of the ways you can do that are by

- Taking some definite steps towards achieving your big goals, dreams and ambitions in life.
- Taking up a new hobby or sport that allows you to interact and socialize with other people on a regular basis (e.g. cycling, baseball, hiking, martial arts, volleyball, boxing).
- Joining a meet up group in your area that does something you enjoy doing (e.g. dancing, gaming, debating, discussing philosophy, hiking, bike riding, wine tasting).
- Getting in touch and hanging out with old friends again and having fun in social situations with them, or doing outdoor activities with them.

When you take your mind off what happened between you and your ex and start living a good life without her, you automatically become more attractive to your ex and to other women.

When you interact with your ex again (on a phone call, or in person), she will be able to sense that you're not the same guy who threatened to commit suicide and have become a more balanced, emotionally mature man who doesn't need her back to be able to cope with life.

As a result, she will naturally begin to feel some respect and attraction for you again.

She may then open herself up to spending more time with you to see where things go from there.

If she doesn't, don't worry.

As long as you make her feel a renewed sense of respect and attraction when you talk to her, she will feel that spark and it will be on the back of her mind.

She will begin to wonder, *"Is there still something there between us? I can feel it. Maybe I should just forgive him for that and give him another chance. After all, he gets it now that it was silly of him to threaten to kill himself. I just want to hug him again. I want to hug him and see what happens from there."*

Another thing you can do to recover from threatening to commit suicide if your ex girlfriend

didn't get back with you isâ€¦!

5. Make her want a relationship with you, but don't chase it or try to talk her into giving you a chance

If you follow the steps outlined above, it's very likely that your ex will start to drop her guard and open back up to you again.

You can then re-attract her and hook up with her.

Following that, she might say something like, *â€œWow! you really have changed a lot since we broke up. I can't believe that you're the same guy who threatened to commit suicide if I didn't come back to him. When that happened, I was convinced that I'd never, ever want to have anything to do with you again, but now I have to admit that I'm enjoying hanging out with you again. It's fun.â€*

At that point, you might be tempted to say, *â€œOkay, great. So, we are back together as a couple, right?â€*

In some cases, a woman will say, “Yes” and you will be fine. You'll get back with her, no problem. Yet, in other cases, asking her a question like that will cause her to play hard to get, so she might end up saying, *“Well, I'm not sure. I said I'm enjoying hanging out with you again, but that doesn't mean we are back together. So, you need to give me more time.”*

If you then start to feel desperate to get her to change her mind, she will feel turned off.

Likewise, if she pretends that she needs more time and you give that to her, she could end up taking that time to get over you and then end up hooking up with a new guy (e.g. if she goes out with her single girlfriends).

So, don't make the mistake of pushing your ex girlfriend to commit to a relationship.

If you really want her to give you another chance, then just continue making her experience sexual and romantic feelings for you during interactions (especially over the phone and in person).

She will then stop putting up walls every time you interact with her, because she won't feel as though you're forcing her to get back together.

Where Guys Go Wrong When in a Situation Like Yours

Losing the woman you love can definitely be a stressful experience.

Yet, despite how much it hurts, you need to gain control over your emotions and actions.

How a guy reacts and what he says to after getting dumped and then threatening his ex with self-suicide, will determine whether or not she will drop her guard and give him another chance.

For example: Here are some of the mistakes that guys make when in a situation like yoursâ€¦!

1. Thinking that continuing to threaten to end his life will prove to her how much he loves her. She will then give him another chance

As romantic as it may seem to say, *â€œI'm going to kill myself if you don't come back to me,â€* a woman will rarely (if ever) see it as being a romantic gesture.

Instead, saying something like that will only prove to her that a guy is too childish and immature to handle a grown up relationship at this point in his life.

She will then want to get away from him to find herself a more emotionally mature, emotionally strong man who has what it takes to make a relationship last.

2. Telling her that no one will ever love her as much as he does

Sometimes a guy makes the mistake of thinking that his ex woman will give him another chance, if he says something dramatic like, *“You don’t see it now, but I promise, you will never find another man who will love and value you as much as I do. I’ve never loved a woman as much as I love you. No one will ever love you the way I do, or as much as I do. I mean it from the bottom of my heart. I love you even more than I love myself.”*

Yet, rather than cause her to come running back, she sees it as yet another desperate attempt to manipulate her into giving him another chance (i.e. if threatening to commit suicide didn’t work, maybe this will).

As a result, it makes her even more determined to move on, find another guy and fall madly in love with him, so she can prove her ex wrong.

3. Not growing up immediately and being a better man right away

In some cases, when a guy threatens his ex girlfriend that he will commit suicide if she doesn’t get back with him, the realization of what he did is enough to shock him into quickly changing and becoming a more mature and emotionally strong man.

However, in other cases, a guy will remain stuck at the same level of emotional maturity and continue to whine, complain, beg, plead and attempt to manipulate his ex back into a relationship.

Naturally, that approach turns a woman off even further and she then takes steps to cut him out of her life completely (e.g. blocks his number on her phone, unfriends him on social media, stops hanging out in any of the places she knows she might bump into him, tells mutual friends to not give him any details of her private life now).

Here’s the thing:

Everyone makes mistakes in relationships, not just you.

How you now recover from the mistake you made is what really counts.

So, are you going to sit around worrying about how you threatened your ex girlfriend that you would commit suicide if she didn’t get back with you, or are you going to learn from your mistake and become a better, more emotionally mature man as a result of your mistake?

If you don’t grow up right away and let your ex girlfriend experience the new you for herself, then getting her back is going to be very difficult.

On the other hand, if you quickly level up and become a more emotionally mature man, she will have reason to feel a renewed sense of respect and attraction for you.

When she feels that, her guard will come down a little and you can then build on her feelings and get to a hug, kiss, sex and back into a relationship.

4. Expecting her to give him another chance because of what they shared before

No matter how great the past was between a man and his ex woman, it's still just the past.

What happened before is what happened before.

If you want her back, what you make her feel now is what is most important and what will work to get her back.

So, when a man says something like this to his ex, it just doesn't work, *â€œRemember how good things were between us in the beginning? We could barely keep our hands off each other and we even finished each otherâ€™s sentences. It can be like that again if you just give me another chance. You and I have a special connection between us, you can't deny that. We shouldn't let it be destroyed over what happened. How we felt for each other for so long can't have been a mistake. I truly believe that we are meant to be together.â€*

Some women will fall for that, but most women.

In most cases, a woman will feel annoyed at her ex for reminding her of how good things used to be before, compared to how badly everything turned out in the end.

She will then focus on how bad she felt before breaking up with him, how horrible it was to be threatened by him after the break up and how annoying it is now that he still doesn't understand what she really wants and needs from him in a relationship.

She will then say something like, *“No. We had our chance and that has passed now. We might have been happy before, but we weren't happy for a long time, which is why I broke up with you. It's over now and you need to accept that and move on.”*

So, if you want to make your ex girlfriend drop her guard and open back up to giving you another chance, you should focus on making her feel respect and sexual attraction based on who you are right now.

Interact with her (on a phone call, or in person) and let her experience the new and improved you for herself.

When she feels sparks of respect and attraction for the new and improved you, she will naturally begin to open back up to you and the possibility of you and her having a relationship again.

Finally, another mistake that other guys make when in a situation like yours isâ€¦!

5. Continuing to make interacting with him feel stressful for her

For example:

- He texts her too often as a way of staying on her mind so she doesn't move on.
- He writes way too much in the texts (e.g. he tries to explain why he behaved the way he did, tells her how much he still cares for her, asks her a lot of questions, tries to discuss the problems in the relationship).
- He tries to have deep and meaningful conversations with her to convince her to give him another chance.

In most cases, those things only stress and annoy a woman even more.

Not only does she see them as desperate attempts to get her back, but she also feels as though

heâs clinging onto a relationship that he doesnât even know how to handle anymore.

She then realizes that heâs not emotionally mature enough or experienced enough to be the boyfriend that she needs.

So, rather than opening back up to him, she closes herself off even more and either blocks him or ignores him and tries to move on.

Hereâs the thing â

The best way to make your ex girlfriend forgive you and want to give you another chance, is by showing her (via your actions, behavior, conversation style and the way you respond to her) that youâre no longer the same guy who threatened to commit suicide if she didnât get back with him.

When she can see for herself that you truly have changed, she will naturally feel some respect for you again.

You donât have to tell her that youâve changed.

You need to let her experience it.

When she experiences it for herself and feels attracted to you again, it then becomes possible for her to imagine getting back together.

×

[image]

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6 Reasons Why No Contact Sometimes Makes it Harder to Get Your Ex Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

At first, it might seem like a really smart idea to cut off contact with your ex as a way of convincing her to give you another chance.

Yet, when you use the No Contact Rule on a woman, it doesn't always work out as intended.

For example: You use the 30 or 60 day No Contact Rule and thenâ€¦|

1. The woman then plays hard to get when you do contact her

Sometimes a guy hopes that if he ignores his ex woman for 30 or even 60 days, the shock of losing him for real will unsettle her enough to want to give him another chance.

Yet, in some cases, rather than soften her up and make her want him back, the long separation actually makes a woman even more stubborn and closed off than before.

For example: When she doesn't hear from him, she may start thinking, *â€œHow dare he ignore me. Who does he think he is? After everything that happened between us, he should be the one running after me and apologizing, not ignoring me like I don't even matter to him. Well, if that's how he wants to be, then two can play that game.â€*

She then disconnects from any desire to get him another chance and begins actively trying to hook up with new men, to help herself move on.

Then, when her ex finally contacts her after the 30 or 60 day No Contact period, rather than saying something along the lines of, *â€œHey, how are you? I've missed youâ€* she plays hard to get.

For example: She mightâ€¦|

- Refuse to respond to any text or social media messages from him, or answer her phone.
- Block his number or unfriend him on social media.
- Respond to him in an icy, disdainful way and say things like, *â€œWhat do you want? Why are you calling me? We have nothing to say to each other anymore! Leave me aloneâ€* or, *â€œI can't believe that you have the nerve to call me after all this time and pretend like we're still friends. Go away and don't ever contact me again. You mean nothing to me now.â€*

As a result, using No Contact has made the ex back process more difficult, time consuming and stressful than it needed to be.

He could have gotten her back so much more quickly by using a more effective alternative to the NC ruleâ€¦|

Another reason why No Contact usually makes it harder to get your ex back isâ€¦|

2. Most women just move on

A break up usually happens when a woman disconnects from her feelings of respect, attraction and love for a guy.

She no longer feels enough respect, attraction or love to justify being in a relationship and has likely tried to warn him about that prior, but he wasn't able to change or improve.

So, after a break up, if her ex disappears from her life (to ignore her for 30 or 60 days), rather than worrying about it, she's actually happy about it.

She can focus entirely on getting over him and moving on without any interruptions, so it's much easier for other guys to attract her, seduce her and take his place.

Then, by the time her ex calls her to 'initiate contact,' rather than her saying, *â€œOh, hi! Iâ€™m so glad to hear from you! Iâ€™ve missed you,â€* she instead says something like, *â€œSorry, but I thought you had moved on because you didn't contact, so I moved on too. Iâ€™m fully over you now and Iâ€™m happy again. So, please donâ€™t call me anymore.â€*

Donâ€™t let that happen to you.

If you want to give your ex some time to allow for things to calm down between you and her, then giving her 3 to 7 days of space is more than enough.

If you wait longer than a week, you're simply wasting time and giving her the chance to move on with you, forget about you and not want anything to do with you any more.

Another reason why No Contact usually makes it harder to get your ex back isâ€

3. She gets used to not having you in her life, so she stops caring that you're not contacting her

Initially, a woman might feel curious about why her ex isnâ€™t calling her and may even feel a bit hurt about it.

She may think something like, *â€œI canâ€™t believe heâ€™s cut off all contact with me like this. I thought he would at least call me once or twice to see how Iâ€™m doing. Well, I guess he didnâ€™t really love me that much after all if he can forget about me so quickly like this. So, I will open myself up to new guys now and just move on. Clearly, him and I are finished, so there's nothing for me to think about anymore. It's over between him and I.â€*

She will then likely find herself feeling happier each day without him.

She might also notice that, even at her loneliest times (e.g. in the evenings, on weekends), she no longer misses him, or even thinks about him.

Her life fills up with other things (e.g. going out with her single girlfriends, focusing on her career or studies, pursuing a hobby or sport) and she gets used to being single again.

If her ex then suddenly comes back into her life a month or two later with a random message or phone call, rather than jump at the idea of getting back together, a woman like that will usually think, *â€œWhy is he contacting me? Has he been unable to find a new girl? Is that why he wants to talk to me now? To get some action? Well, no thanks. I like my life now. Iâ€™ve gotten used to having my own space and doing whatever I like, whenever I want and with whomever I want.â€*

If she replies to his text or answers his call, she might then say something like, *â€œIâ€™m sorry, but I donâ€™t want to get back together. Being apart for such a long time has made me realize that I really enjoy being single. Maybe some time in the future I will want to be in a relationship, but right now, Iâ€™m really happy on my own. So, I wish you all the best. I'm sure you will find the right girl for you, but that girl is not me. You and I had our chance, but that has passed now. Please don't*

contact me anymore. I have moved on and I don't want to be talking to you again. Goodbye.

As a result, the guy has not only decreased his chances of getting her back, but he's also wasted 30 to 60 days of his life, where he was thinking about her all the time, hoping that No Contact was working and stressing out about the first text he would send her, or what he would say on the phone.

In the end, the NC rule didn't work for him, just like it doesn't for most guys.

Another reason why No Contact usually makes it harder to get your ex back is

4. She seeks to get revenge on you for trying to hurt her by cutting off contact, so she goes ahead and hooks up with new guys

When a woman breaks up with a guy, she doesn't always believe that it will be the final break up.

In many cases, she is secretly open to getting back with him if he just approaches the ex back process correctly (i.e. re-attracts her, seduces her, has sex and then doesn't push for a relationship).

So, when a guy uses the NC rule on a woman like that, she will feel annoyed that he is trying to mess with her head by not contacting her.

She will assume that he knows that she is secretly open to getting back with him and he's just trying to make her come crawling back by not contacting her.

Yet, rather than come crawling back, she begins to think, *Who does he think he is? Does he believe that I'm just going to sit here pining for him and waiting for him to come back, or that I'm going to come running back to him? Well, he's in for a big surprise! I'm not desperate! I can easily get another guy if I want to.*

She will then

- Go to clubs, bars or parties with her single friends with the clear intention of meeting and hooking up with other guys sexually.
- Say, *Yes* to the guys at work or university who have been hoping to get a date or have sex with her.
- Get on an online dating site or use a dating app to line up dates and start having sex.

Then, when her ex finally gets in contact with her (after 30 or 60 days), she can get revenge by saying something like, *Why are you calling me after all this time? Did you honestly think I would be sitting here waiting around for you? Well, you are mistaken. These last few months have been the best months of my entire life. I've met so many great guys and had the best fun with them. The guy I'm with now makes me so happy. We went away for the weekend last weekend and basically stayed in bed the whole weekend. It was amazing. Getting rid of you was the best thing that happened to me. I'm happy and living a great life now and I would never want to get back into a boring relationship with you again. So, thanks for contacting me, but don't ever contact me again. Bye!*

Her ex is then left feeling heartbroken and wondering, *What happened? Why didn't No Contact work? I thought a guy just had to cut off contact and his ex woman would come crawling back.*

No.

In most cases, No Contact is a technique that works well for women who want to get a man back (i.e. a woman gets dumped, accepts the break up right away, doesn't contact her man at all and he then

contacts her and wants her back, because he can't believe she just accepted it. He wants to seduce again to prove to himself that she wants him and needs him. Therefore, the woman gets her man back).

However, the No Contact Rule doesn't work the same way for men who want to get a woman back (i.e. a man gets dumped by a woman who is no longer attracted to him or in love with him, he cuts off contact and waits. He keeps waiting. Nothing. He eventually contacts her and she has either moved on, blocked him or asks him to leave her alone and never contact her again).

Another reason why No Contact usually makes it harder to get your ex back isâ

5. She sees your lack of effort to get her back as meaning that you didn't really care about her at all and were just using her

If a woman still has some feelings for her ex and is secretly hoping that he tries to get her back, cutting off communication with her will usually end up helping her to get over him and begin moving on.

Here's why

Imagine that a woman is sitting at home alone after a break up and thinking about her ex.

âI'm disappointed that we broke up. I honestly thought we had something special, but I guess we just had too many problems and couldn't work it out. I do miss him, but I'm not going to tell him that. If he wants me back, he is going to have to show me that he cares by contacting me, making me feel good to be hearing from him and then taking it from there. If he doesn't have the courage or the know-how to do that, then I'm just going to move on.â

She then waits for days, weeks and in some cases, even months for her ex to get in touch with her.

Of course, he doesn't contact her during that time because he's using the No Contact Rule and hoping that it makes her come crawling back to him.

She then begins to wonder, *âWhy is he ignoring me? Doesn't he care about me? Did I mean anything to him, or was he just with me so he would be lonely or so he could show his friends, family or coworkers that he had a girlfriend? I thought he'd at least call me to check if I was okay. I guess I've been a fool by sitting around and missing him like this. I guess I was silly to think that we could things out. Well, I've learned my lesson and I'm not going to spend another minute sitting around crying over spilled milk and hoping that he will call me. It's over. I'm moving on and I'm not going to shed another tear for that jerk! There are plenty of guys who are interested in getting a chance with me and I'm going to start opening myself up to them. Come to think of it now, this is actually going to be fun!â*

She then uses the anger she feels towards her ex to push her to flirt, hook up with and start dating a new guy.

Then, when her ex finally contacts her, he is shocked to find out that No Contact didn't work on her.

Another reason why No Contact sometimes makes it harder to for a guy to get his ex woman back is that

6. She has no evidence to see that you can make her feel differently now. So, she

holds onto her negative memories, remembers exactly why she broke up with you and believes that she has made the right decision

Some guys hope that cutting off contact will make a woman forget how badly he stuffed up and she will then want him back.

Yes, that can work if the woman can't find a replacement guy, is very young and inexperienced and can't handle the pain of a break up, or if she really does still love her ex and want him back.

Yet, in pretty much every other case, a woman will clearly remember why she had to dump her ex and will believe that she has made the right decision, UNLESS he contacts her, re-attracts her and seduces her back into a relationship.

If he doesn't contact her and make her feel a renewed sense of respect and attraction for him, then she simply has no evidence to suggest that he would be able to do that.

So, she holds onto her negative memories of him and moves on.

By the wayâ€¦!

When a woman goes through a break up, she usually searches Google and Youtube, just like you have been doing.

So, just like your ex, pretty much every modern woman who has gone through a break up knows about the No Contact Rule.

It's a good technique for women to use on men, because men usually can't deal with the fact that the woman they have dumped isn't trying to get them back, so the man contacts her and tries to get her back to prove to himself that he still has that power over him.

Yet, women don't do the same thing when they dump a man.

When a woman dumps a man, she usually doesn't want him back and doesn't need to prove to herself that she can get him back (by seducing him and having sex with him).

She knows that he wants her back and she uses that knowledge to happily move on without him.

If she doesn't hear from her ex, she may think something like, *"I know he wants me back. I bet he's using that lame No Contact rule to hopefully trick me into thinking that he doesn't want me back. I know that nothing has changed about him. So, I'm better off forgetting about him and moving on with my life."*

She then focuses on fully getting over him and moving on.

If he contacts her, she then either ignores him, tells him to leave her alone or pretends to be a little interested initially, to let him show that he still wants her back.

Once she confirms that he's trying to get her back, she then knows that he was using the NC rule and loses even more respect for him as a result.

Where Guys Go Wrong When Using No Contact With an Ex

Here are some classic mistakes that guys make when trying to use the NC rule on a woman who has dumped themâ€¦!

1. Thinking that the No Contact Rule applies to all break ups and all women

It doesn't.

Watch thisâ€¦!

It would be nice if all you had to do was cut off contact and the woman who dumped you would then want you back, but it just doesn't work that way in almost all ex back cases.

In fact, by the time a break up happens, most women are fed up with their guy and are thinking things like, *â€œI never want to see him again!â€œ*

So, when a guy then uses No Contact to hopefully make her come running back, she just uses the space to peacefully move on without having to worry about being seduced back into a relationship with him.

Of course, the NC rule can work on some women, but you have to understand that it doesn't work on most women.

If you have been using No Contact and it hasn't been working, it's probably not going to work if you wait even longer.

Yes, you might eventually get a message from her, or she might reply to you if you message her in a few weeks or months, but that doesn't mean you get her back.

All you get is a message.

In most cases, a woman will message her ex simply to confirm for herself that he still wants her back.

When she finds that out, she then gets back on with enjoying her life, knowing that he's still yearning for her, while she is enjoying sex, love and relationships with new men.

Another common mistake that guys make when using No Contact isâ€¦!

2. Not improving his ability to re-attract her

One of the main reasons why a woman will break up with a guy is because something about his behavior, attitude or actions has made her lose respect and attraction for him.

In many cases, a woman will be open to getting back with a guy if he quickly improves and is able to make her feel a renewed sense of respect and attraction for him and then seduce her back into a relationship via kissing and sex.

Unfortunately, a lot of guys don't do that though and just wait around during the 'No Contact Period' for the time to pass, so he can then text her or call her.

So, after 30 or 60 days, a guy will contact his ex woman in the hope that she will want him back because she's missed him during the No Contact Period.

Instead, she senses that he hasn't changed, doesn't feel a spark of attraction and then says something along the lines of, *â€œSorry, but I hadn't heard from you in such a long time that I moved on. I'm over you now and I'm not interested in getting back together again. So, please don't contact me again,â€œ* to get rid of him.

So, if you are going to cut off contact with your woman, make sure that you use that time to prepare yourself to properly re-attract her the next time you talk to her.

As mentioned earlier, I don't recommend that you cut off contact for more than a week.

A week (and less in many cases) is enough time to prove the point that you're not being needy,

desperate and chasing her down.

Once you have given her a little bit of space, contact her, re-attract her, seduce her and get her back into a relationship.

Another common mistake that guys make when using No Contact isâ€¦|

3. Improving things about himself that she really won't care much about when he tells her or shows her

For example: A guy might think, *â€œMaybe if I get a style makeover and go to the gym and build some muscle, she will feel attracted to me again and want me back. I will use the No Contact Period to improve myself physically, so she sees that I'm much more attractive now.â€*â€¦|

He then puts in a lot of effort to change his physical appearance, but she doesn't care.

Why?

She broke up with him because she wasn't emotionally attracted to him anymore (e.g. he was too insecure, gave her too much power when talking to her, wasn't manly enough in his behavior, didn't flirt with her and create a sexual dynamic between him and her and instead, treated her more like a friend or one of the boys).

So, make sure that you're aware of what really turned her off about you, so you can use the time apart to improve those things.

Improve those things, but don't then go and say, *“Hey, I've improved those things. Can you give me another chance with you?”*

That approach doesnâ€¦|t work.

You've got to improve the things that you need to improve and then interact with her and let her sense and experience the changes for herself.

Don't try to sell yourself to her and hope that she gives you another chance.

Make her feel a renewed sense of respect and attraction for you, so she wants to give you another chance because she feels drawn to you again.

That way, you won't encounter as much resistance as you get her back.

She will get back with you because she wants you, rather than having to continually reject you while you try to convince her to give you another chance by explaining that you've changed.

Another common mistake that guys make when using No Contact isâ€¦|

4. Not knowing that there is an easier, quicker way to get her back

Sometimes a guy doesnâ€¦|t know that there is a much quicker and easier way to get an ex woman back, so he uses the No Contact Rule in the hope that it will work.

Then, when he gets in touch with his ex after 30 or 60 days, he is shocked to discover that sheâ€¦|s over him, has moved on and is possibly even in love with a new guy.

Hereâ€¦|s the thingâ€¦|

Yes, you can use No Contact with your ex to try and get her back, and yes, it can work in some cases.

Yet, it just doesn't work on most women.

So, why waste time sitting around and waiting for 30 or 60 days when you could be hugging, kissing,

having sex and be in a relationship with her this week?

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[image]

Almost there! Please complete this quick form to gain instant access.

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She Dumped Me Because I Wasn't Trying to Get to Know Her Family

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 possible reasons why a woman will break up with a man if he doesn't try to get to know her family:

1. She sees his approach to the relationship as being selfish or immature

For a relationship to develop and become stronger over time, there needs to be a fairly even level give and take (i.e. sacrifices, compromises, contribution, caring, attentiveness) between the man and the woman.

So, if one person feels that they are always giving and the other is mostly taking, it creates an imbalance and eventually, the giver will start to feel taken for granted.

For example: In a case where a man is refusing to put in any effort to get to know his woman's family (especially if she has been getting to know his family or friends, or has been supporting him and showing interest in things that he cares about, such as his career, hobbies or passions), she will start to feel hurt by what she perceives as his selfish behavior.

Initially, she might make excuses for him to herself by saying, *â€œOh, heâ€™s probably not ready to meet them yet. That's okay, he will feel ready soon,â€* or *â€œHeâ€™s been stressed by his work lately, so getting to know my family might be extra pressure that he doesn't need at the moment.â€*

She may also try to solve the problem by initiating get-togethers between her man and her family (e.g. having a BBQ, going out for dinner, inviting them over for coffee and cake).

Yet, if her man doesn't put in an effort to interact with her family and just sees them as an annoyance, she will begin to resent him.

Likewise, if she arranges something with her (e.g. Sunday lunch, meeting up on a traditional holiday or public holiday) and he always makes an excuse like, *â€œOh, Iâ€™m sorry but Iâ€™m working this weekendâ€* or, *â€œI can't make it this year, maybe next yearâ€* or worse, *â€œYou know that I like to stay home and relax on Sundays. Itâ€™s the only day of the week that I get to be by myself and I don't want to waste it by hanging out with your family,â€* she will begin to feel annoyed.

As a result, she may begin to think, *â€œThis doesn't look good for our future together. I mean, heâ€™s always making excuses not to get to know my family. Iâ€™m tired of always putting in the effort for him and being nice to his friends and family, but he never does the same for me. Itâ€™s like he doesn't even care about how it could be affecting me. If heâ€™s being like this now, what else will he be selfish and immature about in the future? Heâ€™s just a taker in a relationship and I have to keep giving and giving. If I stick with him, I will probably wake up one morning and discover that Iâ€™m stuck in a relationship with a self-absorbed, egotistical jerk who only thinks about himself and what he wants. By then, it'll probably be too late for me to move on and find someone else because we might be married, have children or be paying off a house together. I've got to get out of this relationship while I can. He's never going to change.â€*

She will then break up with him and try to find a man who she perceives as being more of a giver than a taker.

Another common reason why a woman will dump a guy for not trying to get to know her family isâ€¦!

2. She wants a relationship that goes to the next level and beyond, rather than just sticking to dating and there being no real plan for a future together

When a woman is in a serious relationship, sheâ€™s naturally going to start thinking about the next level and where they are headed as a couple.

For example: A couple will usuallyâ€¦!

- Start dating.
- Get serious with each other.
- Move in together.
- Get engaged.
- Get married.
- Start a family.

Of course, not all relationships follow that exact pattern (e.g. some couples donâ€™t move in together before they get married, others decide to live together, but not get married and others prefer to focus on their career or on having fun together, rather than having a family).

There are no rules, so whatever works for a man and a woman is perfectly fine as long as they are both in agreement with it.

Problems arise when a woman wants to start making plans for a future with her man, but he canâ€™t even be bothered to put in the effort to get to know her family.

She looks at it as a sign that he is probably just using her for sex, or to have a girlfriend for a while, or to have someone to help pay the rent, but he isn't interested in anything long term, especially not marriage or kids.

If she's really in love with him, she might try to make excuses for him and hope that he will change over time.

Yet, if she notices that he doesn't change, no matter how much she tries to get him to change, she will begin to realize that he's probably not the one for her.

She might then think to herself, *â€œNo matter how much I push and plead with him to spend some time getting to know my family, he just isn't interested. Maybe it's a sign that I'm taking this relationship a lot more seriously than he is. After all, why would a man want to waste time getting to know a woman's family, if he wasn't going to stick with her, right? He's probably just passing his time with me, until he can move on with some other woman. Heck, he might even cheat on me if he finds a woman who he likes more than me. Meanwhile, I will have been making plans for a future together that he clearly doesn't want. What a fool I would be if I let that happen to me. No way! I have to break up with him first. I have to retain my dignity. I deserve a man who wants me for real.â€*

Another common reason why a woman will dump a guy for not trying to get to know her family isâ€¦!

3. She is tired of standing up for him when her family complains about him

A woman might find herself always having to make excuses for her boyfriend's lack of interest in getting to know her family (e.g. he mostly keeps to himself at family gatherings or doesn't show up at all, he always seems to be busy during the holidays or when her parents come to visit her).

For example: He parents might say to her, *â€œSo, youâ€™ve been dating this guy for a while now and we hardly know anything about him. Whatâ€™s going on? Are you and him okay? Is there anything we should be worried about?â€*

She then has to make up an excuse and say something like, *â€œOh, we're fine. It's just that he's been really busy with work/his studies and every time we get together, it's simply a coincidence that itâ€™s an inconvenient time for him. I promise that I'll make plans for all of us to do something together soon. He wants to get to know you all as well, so it's fine.â€*

Of course, she knows that sheâ€™s lying to her family and that her guy probably wonâ€™t bother trying to get to know them, regardless of what she says to him.

As a result, she may then begin feeling resentful towards him for putting her in a difficult position with her family.

She might then begin to wonder, *â€œWhy am I even bothering to cover for him? Clearly he doesn't care enough for me to make an effort to get to know my family. Why should I ruin my relationship with them by lying to them and hurting them when they eventually find out the truth? My family is probably going to end up thinking that I'm a liar. I don't want that to happen. I will know them for life and they will always look at me as a liar because of him.â€*

If she then gives him another opportunity to get to know her family and he refuses, a break up will usually happen at that point.

If the guy can convince her to give him another chance, she might do it, but it really depends on how much she loves him and how sincere he is about wanting to now get to know her family and start taking the relationship to a new level.

Another common reason why a woman will dump a guy for not trying to get to know her family isâ€œ

4. She is tired of being the one who contributes much more to the relationship and no longer wants to be taken for granted

For a womanâ€™s feelings of respect, attraction and love to grow and strengthen over time, she needs to know that her man loves and appreciates her enough to occasionally do things for her, regardless of how uncomfortable they might be for him (and visa versa for her).

For example: A guy might really be into gaming and enjoy hanging out with his online friends on weekends playing video games.

Yet, his woman doesnâ€™t enjoy games at all, sees them as boring and as a waste of time.

However, to show her guy that she loves him, she makes an effort to show interest in his hobby and maybe even play a little bit herself every now and then.

If he has friends over to play games, she might also prepare snacks and drinks them to make their time together more enjoyable.

In return, she may then ask him to spend a weekend away with her and her family, so he can get to

know them better.

If he refuses, she will naturally begin to feel as though her commitment and dedication to him is being taken for granted.

She might then start thinking of all the other ways heâs is being selfish (e.g. he expects her to always look good while he has become a bit of a slob, she does all or most of the work around the house while he sits around watching TV or playing video games, he disrespects her and gets angry at her often, but expects her to always be nice and respectful towards him no matter what he has done).

If she realizes that while she gives 100% of herself to him and the relationship, he only contributes a small percentage of that, she will begin to feel resentful.

Gradually, she will begin to disconnect from her feelings of love for him.

Eventually, she will get to the point where she has had enough and will go through with a break up.

Another common reason why a woman will dump a guy for not trying to get to know her family isâ!

5. She feels like she is losing touch with her family relationships because of him

Not everyone has a close family that they want to see often.

Sometimes a woman hates her family and wants to steer clear of them, sometimes a guy feels that way about his family and sometimes, both the man and the woman feel that way.

Yet, when a guy is in a relationship with a woman who values and loves her family, he has to be aware of that and adapt, otherwise she will begin to feel like her life is getting worse as a result of the relationship, not better.

A relationship is supposed to a man and woman's life better, not worse.

So, if a guy isn't putting in much (or any) effort to get to know his womanâs family, she might find that she is spending less and less time with her family just so she can be with him.

Initially, she might be fine with it while the relationship is new and exciting, but over time she may start to miss her relationship with her family and start to blame her man for keeping her away from them.

She will then begin to wonder something like, *"Is this how a relationship is supposed to be? Are you supposed to lose touch with your family? My girlfriends don't have to do that because their boyfriends are happy to occasionally catch up with their family. I don't see anyone else having this problem, so maybe the problem is with my man. Maybe he's just not the type who will care about my relationship with my family. Maybe he doesn't care if it's just him and I. Maybe he prefers it that way."*

The more she realizes that her man is coming between her and her family, the more respect, attraction and love she loses for him.

When that happens, the sex between them starts to dry up because she no longer feels the desire to be affectionate and no longer feels like he is actually in love with her.

Eventually, she breaks up with him and tries to move on.

Where Guys Go Wrong After Being Dumped For Not Trying to Get to Know Their Woman's Family

By now you've probably realized that not putting in the effort to get to know your ex's family was a mistake.

Don't worry, many guys make the same mistake and the good news is that you can recover from it. The bad news, is that if you use the wrong approach now, you will just push your ex away even further.

So, to ensure that you get her back, avoid the following mistakes that other guys make when in a situation like yours:

1. Promising to spend lots of time and effort getting to know her family now

In an effort to get his ex back, a guy might desperately say things like, *"I'm sorry! I never realized how important it was to you for me to get to know your family. I see that now and I promise, if you give me one more chance, I will spend all of my free time getting to know them. We can spend all the holidays with them and I will never miss a function, ever again. I mean it! Please, just give me a chance! I'm so sorry!"*

Now, if the woman is still in love with her man and was hoping for that kind of response, then it will work.

Yet, if the woman has disconnected from her feelings of love, respect and attraction for him, she's going to see it as too little, too late.

So, rather than making her think, *"Ohhh, that's so sweet. Maybe I overreacted when I broke up with him. He obviously cares for me if he's willing to spend all of his free time from now on with my family,"* she will think, *"Whatever! He's only saying that to get another chance with me, but I don't believe that he genuinely cares about my family. It's just what he thinks I want to hear to change my mind about being broken up. He isn't truly dedicated to me. He just doesn't want to get dumped. I bet that if I give him another chance, he will end up breaking up with me in the coming weeks or months. No thanks."*

Here's the thing:

What a woman wants is to see that her man understands the deeper issues behind her complaints (e.g. that he's too selfish and self-absorbed, he is a taker rather than a sharer when it comes to relationship) and has already made changes because he honestly wants to.

He honestly wants to change and become a better man, because he truly believes that he stuffed up and was being immature in his approach the relationship.

He's not changing in a desperate attempt to get her back.

Instead, he's changing because he realizes that he was being immature and is now glad to grow up and be more of a complete man.

He realizes that he was just hiding from the responsibilities of growing up and being in a real, mature relationship that would last for life.

So, don't give your ex the impression that you're only changing to trick her into giving you another

chance.

Another mistake to avoid isâ€¦|

2. Not understanding what other character traits she is turned off by, which are just as important to her

Although a woman might break up with a guy by saying something along the lines of, *â€œItâ€™s over because you refused to get to know my family,â€* it doesnâ€™t mean that itâ€™s her only reason for dumping him.

In fact, chances are high that his unwillingness to get to know her family only highlighted other things about him that were turning her off.

For example: A guy who canâ€™t be bothered to get to know the family of the woman he loves, will likely also be self-centered, inconsiderate, self-absorbed and indifferent to the needs of other people. So, to convince his ex to give him another chance, he will need to do more than promise to spend more time with her folks.

Instead, he has to show her that he has moved beyond the level that he was at when she broke up with him.

Heâ€™s no longer the selfish, inconsiderate guy he used to be.

Note: He doesnâ€™t have to do whatever she wants and be a pushover, but he does need to use a more balanced approach with her.

Another mistake isâ€¦|

3. Pleading for another chance to prove that he can be the man she wants

A guy might say things like, *â€œPlease forgive me! I know I really stuffed things up, but I promise I will make it up to you. I beg you to give me just one more chance. Let me show you that I can be the man you want me to be. I have changed so much since the break up. I promise. Just give me a chance to show that to you.â€*

Yet, rather than change her mind, using an approach like that just turns a woman off even more.

A woman doesn't want to hear that a man has changed, she wants to experience it for herself as she interacts with him.

She wants to be judge of any changes he has made, rather than him trying to convince her that he has changed.

Additionally, when a man is begging and pleading with a woman, her survival instinct kick in and she starts to think, *â€œI never realized this before, but he is so emotionally weak and sensitive. What would happen if life got really tough and I had to rely on him to take care of me? Based on his current reaction, it seems to me that I would have to take care of him instead because he's panicking and pleading with me. If life got tough for us, he'd probably break down and get so stressed that I would have to stay strong to help him cope. Thatâ€™s not what I want from a man. I want a man that I can depend on to be strong for the both of us, not an insecure, needy guy who expects me to reassure him and baby him. So, not only was he too selfish to try and get to know my family, but he's now showing me that heâ€™s also too emotionally weak to cope with the fallout of his actions. If I wasnâ€™t sure about the break up before, Iâ€™m now convinced now that I made the right*

decision. He's just not man enough for me at this point in his life, so I have to move on.â"

So, don't beg and plead with her for another chance.

Don't try to explain to her that you've changed and hope that she will believe it and then give you another chance.

Instead, interact with her and let her experience the new and improved you for herself, so she can then come to the realization that you have leveled up as a man and are now the kind of man that she can truly feel proud to be with.

When she feels like that (even just a little bit), her guard comes down and you can then guide her back into a relationship with you.

Another mistake isâ"

4. Trying to get her to want a relationship, before he makes her have strong feelings for him

A guy might sometimes make the mistake of pushing for a relationship before his ex woman is even ready to accept it.

As a result, she says things like, â"No. You stuffed up and I won't forgive you for that. Please stop trying to make me want a relationship. It's over. You have to accept that.â"

What he doesn't realize is that the main reason why his ex won't look past his mistakes and give him another chance, is because he's not turning her feelings back on for him first.

He is trying to get the LAST step of the ex back process (i.e. a relationship) FIRST.

The first step of the ex back process is re-attraction, not a relationship.

There are other steps after re-attraction and a relationship is the LAST step.

So, make sure that you're not making the classic mistake of trying to get a relationship before you've even gone through the necessary steps to make her want one.

You can get her back very quickly, but you've got to approach it properly, one quick and simple step at a time.

×

[image]

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I'm an Emotional Mess After Being Dumped. How Can I Recover and Get Her Back Quickly?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

5 things you can do now to recover and get her back:

1. Stop focusing on the problem and start focusing on the solution

If you spend most of your time thinking things like, *I'm an emotional mess after being dumped. I miss her so much. I can't deal with the pain. It hurts. I want her back so bad* then you're focusing on the problem, rather than on the solution.

Yes, the break up happened and yes, it sucks big time, but dwelling on how bad you feel and how terrible your life is without her in it, isn't going to help you recover and get her back.

So, what is the solution that you should be focusing on?

Focus on saying and doing the things that will re-spark her sexual and romantic feelings for you, so she naturally wants to open up and give you another chance.

For example: Some of the ways to begin changing her negative perception of you to a more positive one, include:

- Maintaining your confidence when talking to her, regardless of what she says or does to make you feel uncertain of yourself (e.g. she's cold and unfriendly towards you on a phone call, she says things like, *Why are you bothering me? I told you it's over between us and nothing you can do will change my mind*).
- Using humor to make her stop being so cold and distant and instead, relax and be more friendly and open to you when you talk.
- Laughing at her (in a loving way) when she's creating drama and blaming you for the break up or how she's feeling (e.g. laugh and say, *"You're such a drama queen, aren't you? Relax. I know that I was a bad boyfriend, but surely I'm not the worst boyfriend in the world, or maybe I am"* and have a laugh with her about that).
- Not trying to get her back into a relationship and instead, just focusing on building up sexual tension between you by using flirting.
- Making her laugh, smile and feel good when she talks to you over the phone or meets up with you in person.
- Showing her that you've changed and matured since she dumped you and are now a new and improved man.
- Not sucking up to her by being so nice (because you're afraid of saying something that will make her feel annoyed) and start being more emotionally masculine and ballsy around her (e.g. be a good guy, but don't be a pushover, stand up to her when she's out of line, laugh at her in a loving way when she's being a pain in the butt).
- Showing her that you're more emotionally independent now, by getting on with your life and having fun without her.

When she can see for herself that you're handling being dumped in a confident, emotionally strong way (rather than being an emotional mess and feeling lost without her), she will automatically

start to feel some respect for you.

When that happens, she will also feel attracted to you, which then opens up the door for you to fully re-attract her and make her fall back in love with you again.

That is the best solution to getting an ex back after being dumped, so focus on that rather than on the problem.

Another thing you can do to recover and get her back isâ€¦!

2. See the hope and opportunity in this situation, rather than drowning yourself in fear and self-pity

Although being dumped is not something that would be on anyoneâ€™s â€œmust doâ€œ list, it can actually be a very good thing for a man.

How so?

Sometimes, getting broken up with by the woman he loves, is just what a guy needs to shock him into becoming an even better man than he was before.

It gives him a real opportunity to take an honest look at his strengths and weakness and encourages him to change and improve.

Then, not only can he re-attract his ex woman in most cases (i.e. because she doesnâ€™t want to lose him now that he is the kind of man who takes action in life and uses a challenging situation to improve himself), but he also gets ahead in other areas of his life as well (e.g. work, relationships with friends and family).

So, rather than feeling sad, depressed and possibly even feeling like a failure or a loser for getting dumped, decide to thank your ex instead (in your head only of course!), for giving you a chance to become an even more awesome man than you were before the break up.

3. Regain confidence in your ability to re-attract her by improving your ability to attract her

If you donâ€™t believe that your ex could ever respect, feel attracted to and love you again, then it will come across in your body language, behavior, conversation style and vibe when you interact with her.

She will then look down on you and treat you with disdain, which will only reaffirm your negative beliefs about your chances with her.

This is why itâ€™s absolutely essential that you regain confidence in ability to attract her, before you attempt to re-attract her/

Some of the ways you can do that is by seeing yourself as already being a better man than you were when she dumped you.

For example:

- Youâ€™re less insecure and self-doubting now, so she canâ€™t get under your skin anymore when sheâ€™s being unwelcoming or cold towards you during interactions.
- Youâ€™re more emotionally independent, so you donâ€™t need her approval or emotional support to feel good about yourself anymore. You are a self-approving, confident man who also

has the class to be good to her as you talk to her.

- You're more emotionally masculine now, so you no longer let her walk all over you like she used to.
- You believe in your attractiveness to her now, so you don't feel as though she is too good for you. You know that you are more than good enough for her and it comes through in your body language, vibe and behavior, which then makes her feel more respect and attraction for you (as long as you are being good to her at the same time and aren't being arrogant about it).

The more you believe in yourself and your ability to re-attract your ex, the more it will become a reality.

Then, when you interact with her and she experiences the changes in you, her feelings will also begin to change.

Even if she tries to deny it to your face, she won't be able to stop herself from feeling some respect and attraction for you again for being man enough to quickly learn from your mistakes and improve.

She will feel a spark with you and will wonder if it means that you and her aren't meant to be broken up.

When those kind of thoughts enter her mind, the door to getting her back begins to open wide and you can enter and get her back.

4. Know that it's possible to get an ex woman back

Even if your ex is saying things like, *"There's nothing on Earth that will ever make me change my mind about being broken up with you! I feel nothing for you anymore and I don't want to see you ever again. So, just leave me alone!"* it doesn't mean she will feel like that forever.

In fact, you can change how she feels pretty quickly.

When you focus on making her feel surges of respect and sexual attraction for you during every interaction you have with her, she will naturally start to feel less angry and closed off and begin to feel more open and optimistic about the possibility of you and her getting back together.

You can then get her back right away, within days or possibly a little longer (e.g. a week or two).

So, I recommend that you think about that (and then take action to make it happen), rather than focusing on the fact that you've been an emotional mess since the break up.

5. Know that you don't have to be perfect to get her back, just better

A lot of guys don't make the effort to change and improve after a break up because it feels like such an impossible task.

For example: A guy might think to himself, *"There's no way I can change everything that's wrong with me. She will see through me the first second we meet again and she will know that I'm not perfect, so why even bother trying? I just need to accept that I will never be good enough for her and give up. Maybe other guys can get their woman back, but I can't because I will have to fix so many things about myself."*

Yet, that's the worst kind of thinking you can have because it's just not true.

A man doesn't have to be perfect in every way, in order for a woman (including an ex woman) to love him in a sexual and romantic way.

In many cases, a woman just wants to know that her ex is aware of his mistakes and shortcomings and has already made the effort to change and improve.

If she can see that has been genuinely changing and improving in the ways that really matter to her (e.g. she wants him to be more manly in his behavior, she wants him to stop talking to her in a neutral way and start creating a spark between them by flirting and creating a sexual vibe), she will automatically feel some respect for him again.

When she can respect him, she will then be able to feel attracted to him and from there, reconnecting with her original feelings of love follows on after that.

On the other hand, if a woman gets a sense that her ex can't or won't change, or is only pretending to have changed just to get her back, she will lose even more respect for him and then getting her back will become difficult, if not impossible.

So, while you do need to change, improve and level up as a man (i.e. if you were insecure, you need to become more confident), you don't need to be perfect in every way.

You just need to be able to make your ex feel a renewed sense of respect and attraction for you, so she can begin to open back up to you and naturally feel drawn to the idea of being with you again.

When you make her feel that way, it then becomes possible and often easy, to get her back.

3 Ways That Guys Mess Up When Trying to Get an Ex Back After Being Dumped

Here are 3 mistakes to avoid if you honestly want to get her back!

1. Trying to heal for weeks, which then turns into months and then years

Sometimes a guy will feel so emotionally messed up after a break up that he will assume he needs a long time to recover, before he will be ready to talk to her again.

He will then wait for weeks or even months before he finally contacts feels like he could handle talking to her again.

Unfortunately, in most cases, by the time the guy makes a move, his ex has moved on and is already in another relationship, or is happy enjoying single life and sleeping with new guys.

He is then left feeling emotionally messed up all over again and feels like he has to spend even more time recovering, before he can eventually pluck up the courage to find himself another woman.

Don't let that guy be you.

What you need to understand right now is that healing from a break up doesn't have to take you very long at all.

In most cases, a guy can get himself ready to confidently re-attract his ex woman in one week or less.

During that week, he needs to focus on improving his ability to attract her as he talks to her, so that when they do talk, she feels a spark for him and opens back up to flirting with him and seeing where it goes.

Essentially, you need to use the time apart to prepare.

You're not going to magically heal in a week for no reason at all.

Part of your healing will come from knowing that you are going to be able to attract her, seduce her and get her back.

So, don't make the mistake of thinking that you need a month or two to heal first, before you will be ready to talk to her.

Talking to her after a month or two won't achieve anything if you don't create a sexual spark with her and make her want you back in that way.

Another mistake to avoid isâ€¦|

2. Telling her that youâ€¦re an emotional mess without her

Sometimes, a guy will be feeling so upset and lost without his ex woman that he will tell her all about it.

He might say, â€œIâ€¦ve been such an emotional mess since you dumped me. Itâ€¦s been difficult for me to even get up in the morning. I can't fake it and carry on like nothing has happened, when in reality my world has come crashing down around me. You mean everything to me and without you, I just can't cope.â€¦

Heâ€¦s hoping that she will think something like, â€œ*Oh wow! I never realized how much he loves me and needs me. I feel so flattered! Maybe I should give him another chance! After all, what women doesn't want a man who can't handle the challenges of life? Every woman wants an emotionally weak man! Yes! I want him so much now that he is broken and needs my help to heal and feel whole again!*â€¦

It would be nice if that's how reality works, but it doesn't.

Women just aren't attracted to emotional weakness and desperation, especially after a break up.

An unattractive or desperate woman might accept an emotionally weak man, just so she has a boyfriend, but she will eventually withhold sex and make him have to suck up to her to get any action later on in the relationship.

On the other hand, an attractive woman will usually just reject an emotionally weak man because she knows that she can do better.

So, if your ex is attractive and she knows that she doesn't have to accept a man who can't handle the challenges of life, then don't go to her and tell her how messed up you've been since the break up.

Women arenâ€¦t impressed by emotional weakness at all.

Ideally, a woman wants to be with a man who is emotionally stronger than her, rather than being with a guy that she will need to be gentle with and take care of because he's too sensitive and soft.

Additionally, a woman doesnâ€¦t want to be in a sexual relationship with a guy out of feelings of pity for him.

So, if you want to get your ex back, donâ€¦t bother telling her that youâ€¦re an emotional mess after being dumped by her.

Instead, just use any interaction that you have with her from now on to show her that youâ€¦re now the kind of man that she wanted you to be (e.g. you're much more confident, emotionally strong and

emotionally masculine now) to reawaken some of her feelings for you.

The more she can see that you're being an emotionally strong man without her help or support, the more open she will become to being a couple again.

The next mistake to avoid is!

3. Talking to friends and family about how messed up you are

It might feel comforting to offload all your feelings on your friends and family, but it usually just makes the pain deeper and more long lasting.

Family and friends will usually empathize with you by saying things like, *It's perfectly normal to feel emotionally messed up. You loved her and now she's gone and you wouldn't be human if it didn't hurt. So, go ahead and feel what you need to feel. Take the time you need to heal.*

Alternatively, a friend or family member might say, *Who cares? Just forget about her! You're a great guy and if she can't see that she doesn't deserve you, then she's an idiot. Just move on and find another woman who will truly appreciate you.*

Unfortunately, neither of those responses helps you get past the pain of the break up.

You just end up feeling frustrated, stuck, depressed, lonely and confused, which isn't going to help you feel the confidence that you need to feel to re-attract a woman.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Is Limited Contact With an Ex Girlfriend Better Than No Contact?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Yes, but neither approach guarantees that you will get her back.

For example: None of the following options will workâ€¦!

1. Limited contact, but you turn her off by your style of communication

[image: Limited contact with ex girlfriend or no contact]

This usually happens when a guy only uses texting as his way of communicating with his ex woman, rather than getting her on a phone call or talking to her in person.

He might decide to use limited contact to stay in touch as a friend, or to send out feeler texts every now and then to see if she is interested.

Yet, if he's not actively creating a spark with her and is subtly turning her off, she's not going to feel motivated to get back with him.

Instead, she is going to use the time apart to hook up with a guy makes her feel sexually and romantically attracted.

Then, the occasional texts from her ex will start to become annoying and unwanted.

She may then end up texting him something like, *"Why are you texting me? Don't you understand that we've broken up? Please just stop texting me, okay? I want to move on in peace."*

If he then accepts that, he loses her and has wasted weeks or months trying to 'play it cool' with limited contact.

So, what should you do instead?

In the video below, I explain why the 30 day no contact rule doesn't usually work and if and when you should use limited contact (or another strategy) insteadâ€¦!

Unfortunately, many guys don't ever learn what you are now learning, so they end up wasting weeks or months trying to hopefully get an ex woman back who is secretly moving on without them.

In most ex back cases, a man needs to actively re-attract his ex woman, or else she will just move on.

So, if you are going to use limited contact, make sure that you're not turning her off with your communication style (i.e. you're not being needy, desperate, just acting like a friend, trying to have big conversations via text and so on).

Make sure that you use every interaction that you have with her to reawaken her sexual and romantic feelings for you.

That's how limited contact can work to get an ex woman back.

Here's another approach that usually doesn't workâ€¦!

2. No contact for 30 to 60 days and she just moves on because she's no longer attracted to you and doesn't care that you're not contacting her

When a woman has lost touch with her feelings of respect, attraction and love for a guy, him not

contacting her will usually just help her move on.

Rather than feeling sad or depressed about it (and as a result, rush back to her ex to get him back), she just uses the time to fully get over him, go out and have fun with her single friends, hook up with new guys and possibly even fall in love and get into a committed relationship.

Then, by the time her ex contacts her again after 30 or 60 days, she will say something along the lines of, *â€œSorry, but since I didn't hear from you, I assumed that youâ€™d moved on, so I did the same. Iâ€™m over you now and Iâ€™m happy with things the way that they are. So, please donâ€™t contact me again. I don't want to ruin what I now have with my new boyfriend. You've already caused me enough pain and you need to stop. What you and I had is over now and Iâ€™m not interested in reliving it again,â€* or *â€œWhere did you crawl out from? I havenâ€™t heard from you in months and now all of a sudden you try to weasel your way back into my life! Well, itâ€™s not going to happen. Iâ€™m in love with another guy now. You and I are finished. So, please, from now on, just stay away from me.â€*

Another approach that doesnâ€™t work isâ€¦!

3. Limited contact, but you act like a friend and that doesn't create a spark

Sometimes a guy will use limited contact to show his ex woman that heâ€™s not going to pressure her to get back together again.

For example: He mightâ€¦!

- Talk to her in a nice, polite way to her, regardless of how badly she treats him or how cold sheâ€™s being towards him, rather than assertively, yet lovingly, putting her back in her place to show her that heâ€™s an emotionally strong, masculine man.
- Pretend that heâ€™s not sexually or romantically interested in her anymore and just wants to be friends and chat every now and then, rather than flirting with her and building up sexual tension that she will then want to release with kissing and sex.
- Use safe, boring humor because heâ€™s afraid of offending her, rather than using ballsy humor that will actually make her feel some attraction.

Naturally, a woman will then remain closed off because thereâ€™s no sexual attraction to make her feel motivated to want to give him another chance.

Hereâ€™s the thingâ€¦!

Itâ€™s totally fine to be friendly towards your ex.

However, just make sure that every time you interact with her, youâ€™re not pretending to be an innocent friend who isnâ€™t interested in her in a sexual or romantic way anymore.

If you do, you will end up losing her to another guy who makes her feel sexually attracted in the ways that she wants.

Another approach that usually ends in failure isâ€¦!

4. No contact for 30 to 60 days. She then seeks to get revenge on you for trying to mess with her head by cutting off contact

Women can search Google and watch YouTube as well.

So, just like youâve probably heard about the No Contact Rule online as a way of getting an ex back, itâs more than likely that your ex has too.

If your ex gets a sense that youâre ignoring her to lure her back, she may turn the tables on you by unfriending you on social media and refusing to answer your messages or calls, when you finally get around to contacting her.

As a result, getting her back becomes way more difficult than you probably thought it would be when you started using No Contact.

So, donât let that happen to you.

Here's What You Should Do Instead

The best approach to successfully get an ex woman back is to be active about it (i.e. interact with her and re-attract her and then seduce), rather than passive (i.e. use limited contact in a friendly way, or no contact and just wait).

Here are 4 tips that will help you get her backâ

1. Understand the real reasons why she felt turned off enough to leave you

If you interact with your ex and you make the same old attraction mistakes that you made before, she wonât feel very motivated to get back together with you.

This is why itâs very important that you understand her real, secret reasons for breaking up with you.

Unfortunately, many guys never really find out what those reasons are, so they keep offering their ex the wrong things when trying to get her back.

For example: A woman might break up with a guy because he doesnât make her feel feminine and girly around him.

He was too soft, nice and gentle and gave her too much power in the relationship.

As a result, she felt much more dominant than him (e.g. she was always making the decisions for them, he would give into her demands even when she was being unreasonable just so he could get to spend time with her, he was too submissive, so he wasn't able to make her feel like she wanted to fully submit to him sexually).

In other cases, a woman might end up feeling more like a friend or roommate when sheâs with her boyfriend, which then makes it difficult to really let go and be his girl.

Instead, she ends up feeling like 'one of the guys' around him, so she ends up thinking, talking, feeling and behaving more like a man around him, which turns her off sexually.

However, she doesnât tell him that in explicit detail.

Instead, she breaks up with him by saying something along the lines of, *âI don't know what's wrong, but my feelings for you have changed lately. I just don't feel the same way anymore. I think we're not right for each other and would be better off as friends,â* rather than being open and honest with him by saying, *âYouâre not emotionally masculine enough for me. Iâm always leading and telling you what to do and that makes me feel kind of manly, or like your mother, which doesn't make me feel sexual attraction. Thatâs why Iâm breaking up with you. I'm*

*going to open myself up to find a man who can be masculine enough to allow me to fully relax into being a feminine woman around him. I want to be a man's girl, not his friend or his mother figure.*â€

Of course, sometimes a woman doesn't even understand what is turning her off about her ex.

She simply knows that something doesn't feel right to her and she wants out.

This is why you can't depend on your ex to guide you and tell you what you need to do to get her back.

In most cases, she won't want to tell you and in other cases, she won't know what to tell you, so it's a lose-lose approach when you ask for guidance from your ex.

By the way!

Even if she does know how to explain what she wants you to change, a woman usually won't want to tell you because she doesn't want to be your teacher in life about how to be a man.

If she does that, then she fears that it will continue to happen in the relationship for the rest of your life together, which will make her feel more like your mother or big sister, rather than your girl.

So, if you don't already know the real reasons why your ex broke up with you, it's important to find that out (not from her!) before you try to get her back.

For example: Here are some of the hidden reasons why a woman will fall out of love and end a relationship:

- He was confident at the beginning of the relationship, but over time he became insecure, needy, clingy and self-doubting. She then lost respect for him and stopped looking at him as being a man that she could look up to.
- She matured faster than him and got tired of putting up with his irresponsible, immature behavior or way of approaching life.
- She felt insecure about her future with him because he didn't have any big goals or dreams that he was actively working towards achieving in his life. Alternatively, he did have big dreams, but he kept failing at them, wasn't making any progress for years and blamed external things (e.g. the government, his parents, society) for his failure, rather than learning, improving and then succeeding at whatever he was trying to do.
- She felt taken for granted because he would often get angry at her, treat her badly and expect her to just put up with it, even though he was turning her off in other ways and causing her to fall out of love with him.
- She felt like she was always way in the background of his life, or that she wasn't important compared to his family, friends or hobbies (e.g. video games, gym, watching sports, reading books).
- The relationship became too boring and predictable. He stopped putting any effort in to make her feel special because he expected her to stick around based on how good things were at the beginning of the relationship.

Do any of those reasons resonate with you?

Did any of those get you thinking and starting to get some clarity on what might have really turned her off?

When you fully understand what turned your ex girlfriend off, you can then change what she really wants you to change, rather than changing what you think she wants you to change (e.g. being nicer

to her, when she actually wants you to be more manly and stop trying to suck up to her).

So, make sure that you are prepared to attract her in ways that will actually work on her and make her drop her guard.

When she drops her guard, it then becomes possible for her to see herself being with you again.

2. Prepare to give her an upgraded attraction experience

Here are some examples of how to do that:

- Show her by way of your behavior, conversation style and actions that you have already fixed some of the issues that were turning her off before (e.g. if you were insecure and self-doubting before, you're now more confident and believe in your value as a man. If you placed her needs ahead of your own despite her bad behavior before, you now stand up for yourself to her and put her in her place in loving, but assertive manner).
- React differently to what she says and does, (e.g. if she previously made you feel angry when she created unnecessary drama, you now relax and lovingly laugh at her attempts to fluster you. You know that women are attracted to emotional masculinity, so by remaining in control of your emotions like a real man, she naturally feels attracted to you).
- Make her feel feminine and girly in your presence by thinking, talking, behaving, feeling and acting like a masculine man, rather than being extra nice or neutral around her.

When you are ready to re-attract her!

3. Interact with her and re-attract her

If you don't interact with your ex on a phone call or in person (i.e. because you're hiding behind texts), you won't be able to get her to truly experience the new you.

As a result, she will probably continue moving on without you and you may then lose your chance to get her back.

So, regardless of how worried you might be about her potentially not wanting to get on a phone call with you or meet up with you in person, you've got to make it happen if you want to get her back for real.

When you talk to her on the phone or in person:

- Use humor to bring down her guard and make her smile, laugh and feel good to be talking to you. This is especially important if she is initially being standoffish and indifferent towards you.
- Flirt with her to create some sexual tension, rather than just talking to her in a neutral, friendly way.
- Turn her negative feelings about what happened between you into something you can both laugh about together, rather than apologizing over and over or sucking up to her to get her to take pity on you.

The more she can see that you're being a confident, emotionally mature man, the less she will be able to stick to her decision to remain broken up.

4. Make her want the relationship, but don't pressure her into it

Once you have re-attracted her, she will begin to look at you differently.

She will start to worry that if she doesn't give you another chance, she will end up regretting it and you will be the one who got away.

However, if you immediately start trying to get her to want a relationship, you will lose that power.

She will almost certainly put her guard back up, play hard to get and then may lose interest in you if she notices that you feel rejected and are worried about losing her.

So, make sure that you don't push for a relationship once you've re-attracted her.

Make her feel like she needs to give you another chance, or else she will regret it and have to live with emotional pain of seeing you move on and be happy with a new woman.

When you approach the ex back process in that way, she will naturally want to give the relationship another chance and you can then allow her to have that chance with you.

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My Ex Said She Isn't Interested in Dating Anyone Right Now

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 common reasons why a woman will tell her ex man that she isn't interested in dating anyone right now:

1. She is telling the truth, but not the whole truth

It's true that she isn't interested in dating anyone right *now*, but she may begin dating someone new very soon.

If that is the case with your ex, she's just saying things like, *"I'm not interested in dating anyone right now"* to discourage you from trying to get her back now, so she has some space to begin moving on without you.

Essentially, she's working on finding a replacement guy, but doesn't have anything definite to tell you about yet, so she will just say that she's not interested in dating.

In the meantime, she will keep you hanging around in the background and make you wait, while she tries to find a new guy and move on.

Then, if you're still around when she gets a new boyfriend, she can then say something like, *"I'm sorry, but I can't talk to you anymore. I'm in a relationship now, so please stop calling me because my new man doesn't like it. I'm sorry. I wish you all the best. Goodbye."*

So, if your ex hasn't found a new man yet, don't waste anymore time waiting for her to want you back on her own.

Use the time you have now to re-attract her, seduce her and get her back into a relationship with you. How can you do that?

Start by interacting with her on a phone call or in person and make her feel strong, positive emotions such as respect, sexual attraction, excitement and happiness.

The better she feels when interacting with you, the less motivated she will be to find another guy and move on.

Instead, she will begin thinking things like, *"Did I make a mistake when I broke off the relationship? I mean, he seems so different now. I actually enjoy being around him and the idea of losing him for good makes me feel sad now. I don't want to move on and then regret it, only to find that he has moved on and is happy without me. Maybe I need to give him another chance."*

She then opens back up to you and you can get her back, even though she was recently saying that she wasn't interested in dating anyone.

Another common reason why your ex said that she isn't interested in dating anyone else right now is

2. She is dating a new guy, but doesn't want you to know about it in case she changes her mind and wants you back

Sometimes a woman likes to keep her options open.

On one hand, she has a new boyfriend and is enjoying the feelings of being in a fresh relationship

with him.

At the same time though, she also likes the certainty of knowing that if it doesn't work out with her new man, she can always go back to her ex who is waiting in the wings for her.

Essentially, she's just using the, *"I'm not interested in dating anyone right now,"* excuse to string you along, until she's 100% sure of her new relationship.

When she is sure, she will then say something, *"Sorry. I'm in a new relationship now and I'm happy, so I think it's best if we don't see each other anymore. Goodbye."*

So, if you just sit around and do nothing to re-attract her, seduce her and get her back, she will likely move on without.

Here's the thing!

Regardless of whether your ex has a new guy already or not, your response to the break up needs to be the same.

You need to actively re-attract her and reawaken her feelings (over the phone and especially in person), so she starts to realize that you are the man she really wants.

For example: Some of the things that will reawaken her feelings are!

- Maintaining your confidence around her regardless of what she says or does to make you feel insecure, or as though you're not good enough for her anymore.
- Using humor to make her smile and laugh and feel good every time she is interacting with you, rather than trying to discuss the relationship and convince her to give you another chance.
- Flirting with her to create sexual tension, rather than just talking to her in a friendly, neutral manner.
- Showing her that even though you still care for her, you're not sitting around feeling sad and depressed without her. Instead, you're confident, happy and are getting on with your life (e.g. pursuing your goals and dreams, doing the things you wanted to do but never got around to when you were with her, partying and having fun with friends).
- Showing her via your actions, conversation and behavior that you've leveled up as a man (e.g. you're more confident and emotionally strong, more ballsy, more focused and determined to succeed in your life).

The better you are at making her feel a renewed sense of respect and attraction for you, the faster she will reconnect with her feelings of love and consider getting back with you.

Another common reason why your ex said that she isn't interested in dating anyone else right now is!

3. She doesn't want to break your heart (or make you become angry at her) because she either started dating a new guy right after the break up, or start dating him before you and her broke up

If a woman falls out of love with her man, she will naturally begin to think of leaving the relationship.

In some cases, she will line a new guy up before breaking up with her current man and in other cases, she will start dating the new guy before ending the relationship with her man.

Men do that to women as well, but it's more common for a woman to do it because it's a woman's way of protecting herself from being hurt physically as she leaves a relationship.

Even though you might not ever do that to her, a woman has a natural instinct to make sure that she will be protected if a man gets angry with her.

So, rather than saying, *â€œLook, Iâ€™ve met someone else and I want to break up with you. Iâ€™m going to be with him nowâ€* (if she has been cheating on him, or has a new guy lined up and ready to go) she will say something like, *â€œPlease understand that Iâ€™m not interested in dating anyone right now. Maybe sometime in the future Iâ€™ll be open to again, but for now, please respect my decision and give me some space. I just want to be on my own for a while to figure out what I want.â€*

By saying that, not only does she avoid hurting her exâ€™s feelings more than she has to, but she also remains safe from any outbursts that he may have in response to the break up (e.g. getting angry with her, crying and begging her to change her mind, becoming aggressive or violent towards her, threatening to kill himself or her, turning up at her work or home and demanding that she speak with and work things out, wanting her to have a long, emotional and stressful discussion with him about the relationship).

So, how can you get a woman back in a situation like that?

You need to make her feel so much respect and attraction for you as a man that the idea of being with any man other than you, makes her feel sick to the stomach.

Get her to the point where she wants you back for her own selfish reasons (e.g. she feels that what she has with her new guy is average compared to the way she now feels with you, she fears that she made a mistake and if she loses you she will never find true happiness again).

When you approach the ex back process in that way, getting her back becomes easy because getting back together is what she wants to do.

Another common reason why your ex said that she isnâ€™t interested in dating anyone else right now isâ€

4. She is just trying to create space between you and her, so she can move on peacefully, without any drama from you

When a woman feels that her man is too emotionally weak to cope with the idea of being broken up with, she might make it easier for him by saying something like, *â€œItâ€™s not you, itâ€™s me. Iâ€™m just not interested in dating anyone right now. Youâ€™re a good guy, donâ€™t think I donâ€™t know that. Iâ€™m lucky that you still want to be with me after the way Iâ€™ve been acting lately, but I need some space to think, okay? Can you do that for me?â€*

By approaching the break up in that way, she can leave him feeling hopeful and thinking, *â€œWell, at least she didnâ€™t say that she doesnâ€™t love me anymore. Maybe she just needs some space to realize that Iâ€™m truly the one for her. Maybe if I show her that Iâ€™m willing to wait and give her the time she needs, she will miss me and come back to me.â€*

He may then give her a few weeks or months of space and hope that she comes back.

In the meantime, she uses the time to quickly move on without having to deal with the drama of an ex guy trying to convince her to give her another chance.

Hereâs the thing...

Giving a woman too much space when she secretly doesnât have strong feelings for you is one of the quickest ways to lose her to another man.

So, make sure that you stay in her life.

Not as a clingy, needy ex boyfriend (fianc  or husband) or as a friend, but as the guy who makes her feel attracted that she starts to regret her decision and starts to want to be your girl again.

Another common reason why your ex said that she isnât interested in dating anyone else right now isâ!

5. If she's going to be interested in anything with you, it has to be just casual sex for now, but not a relationship

Sometimes a woman might get into a relationship with a guy, only to realize that sheâs not ready to take on such a serious responsibility of being a committed girlfriend who is always there for him.

That can happen if a woman is young, inexperienced with relationships or is at a stage in her life where she just wants to have fun without thinking too far ahead into the future.

So, when she breaks up with her guy, she will tell him that she isn't interested in dating anyone else at the moment.

If he then accepts that and sticks around as a lover, she may be open to having casual sex with him, but if he puts too much pressure on her to get back into a committed relationship, she will usually say something along the lines of, *   Sorry, but I  m not interested in dating anyone right now.*

Maybe you and I should talk to each other for a while.  

You can change her mind, but you've got to use the right approach.

4 Mistakes to Avoid

If you want to change your exâs mind, then make sure that whatever you say and do from now on makes her feel attracted to you, rather than repelled by you and the idea of being in a relationship with you.

For example: Try to avoid making these mistakes  !

1. Telling her that you will wait for her no matter how long it takes

When a woman says that she isnât interested in dating anyone right now, a guy might make the mistake of saying, *   Take all the time you need and when you feel ready, know that I will be right here waiting for you.*  

Essentially, heâs hoping she will feel so flattered that he is willing to wait for her and she will then change her mind and give him another chance.

Yet, *"I'll wait around forever"* isn't actually what a woman wants to hear.

In fact, him saying something like that to her only turns her off even more, because she perceives the guy as being emotionally needy.

She then doubles her efforts to get over him and move on as quickly as she can.

So, if your goal is actually to get your ex back, don't tell her you'll be waiting for her like a good little boy.

Instead, show her that even though you want her back, you don't need her back to feel good about yourself.

You're more than capable of living a fun, enjoyable life without her.

Not on your own though!

You're having fun with other people and enjoying life.

That's what makes her see that you are capable of being happy and enjoying a full life without her.

When she notices that you're not chasing after her in a desperate, needy way and are enjoying life without her, she will automatically feel respect for you.

When she starts to respect you, she will also start to feel attracted to you.

You can then build on her feelings and make her be the one who starts suggesting that you and her begin dating each other again.

Don't worry if she doesn't suggest it though.

If she does, then great! go ahead and let her date you again.

If she doesn't, just build on her attraction and then get to a hug, kiss and sex.

After the sex, don't push for a relationship.

Let her be the one wanting it.

The next mistake to avoid is!

2. Telling her to be careful of guys who just want to use her for sex

Saying something like to a woman will annoy her and turn her off.

For example: She might feel that her ex is trying to control her, even though they've broken up and she doesn't have to be faithful to him anymore.

She may then say something like, *"What business is it of yours if they do? You're not my boyfriend anymore and I can have sex with any guy I choose if I want to. Maybe I want to be used for sex, have you ever considered that? Maybe I just want to have lots of random sex with many different guys. It's my decision, not yours! I will do whatever I want now."*

As a result, she then hooks up with different guys just to spite her ex for trying to control her.

Alternatively, she might feel offended that he believes the only thing a guy would want her for is sex.

She may then say something like, *"Is that all you think of me? That I'm just a sex toy for guys and that no other man would actually be able to love me and appreciate me for anything else? What were you, my mercy boyfriend? Was I lucky that you wanted a relationship? Were you just doing me a favor by being with me, because no other guy would want a relationship with me? You're kidding yourself. You weren't that good of a boyfriend anyway. Goodbye!"*

She might then rush to get into a relationship with a new guy to prove to her ex that she can.

This is why telling your ex to be careful of guys who just want to use her for sex, is more likely to backfire on you than to convince her not to do it.

So, let her make her own decisions (and mistakes).

The way to get her back is to re-attract her and seduce her, not to try to stop her from doing things that you don't want.

If she is attracted to you again and you get to a hug, kiss and sex and she falls in love with you again, then she's not going to want to be with other guys.

The next mistake to avoid isâ€¦!

3. Telling her that no guy will ever love her as much as you do

Although this might be true (because every relationship is unique and it's possible that no other man could ever love her as deeply as you do), it still doesn't mean she won't be able to feel deep and meaningful love with another guy.

So, saying that to her isn't going to change her mind about not being interested in dating anyone (especially you) right now.

This is especially true if you haven't yet done anything to reawaken her sexual and romantic feelings for you.

Instead, saying something like that to a woman will usually just encourage her to try even harder to find herself a replacement guy, just so she can prove that you're wrong.

So, don't bother telling your ex that no one can love her like you do, because she just won't care and may even resent you trying to manipulate her back into a relationship with you.

Another mistake to avoid isâ€¦!

4. Asking what you can do to change her mind

As tempting as it may be for a guy to ask his ex woman, *â€œOkay, I understand that you're not interested in dating anyone right now. Yet, there has to be something that I can do to make you change your mind. Just tell me what you want me to do and I promise that will do it. I will do anything for you,â€* he shouldn't say it.

Why?

Rather than making her think, *â€œThat's so sweet. No other guy has ever been willing to do whatever I want just to make me happy. He must really love me! Based on that, I guess I would be a fool to let him go! I just have to give him another chance!â€* she feels turned off by what she perceives as his lack of masculinity and cluelessness about how to attract a woman.

She then just says something like, *â€œLook, I really don't want to date anyone right now and that includes you too. So, please stop harassing me about it and just give me some space. If I want to get back together with you, I will contact you, but for now I just need time to be on my own and think.â€*

This is why you shouldn't ask your ex for instructions on how to get her back.

In almost all cases, a woman isn't going to give her ex the answer to the puzzle of how to get her back.

Instead, she wants him to figure it out by himself.

Luckily, the answer is easy...

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[image]

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Do Women Ever Dump Men By Mistake?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Yes.

That can happen if:

1. She dumps you when she is angry about something you said or did, but she still loves you

Sometimes, in the heat of an argument, a woman might say, *â€œForget it! Iâ€™m tired of putting up with your crap. Itâ€™s over! I donâ€™t want anything to do with you anymore!â€*

She might then pack her stuff and leave, or ask you to leave.

Yet, when her anger dies down, she then realizes her mistake and begins to think things like, *â€œWhat did I just do? Why did I break up with him? I know he messed up, but I still love him. It was a silly mistake to break up with him. What should I do now to fix it? Should I tell him that I made a mistake, or wait for him to contact me and fix things?â€*

In some cases, a woman might call her ex, apologize to him for overreacting and patch things up with him again.

In other cases, a woman will feel too embarrassed to contact her ex and admit her silly mistake, or she will worry that her ex will now reject her if she calls and tries to get the relationship back together.

This is why, if your ex broke up with you in the spur of the moment over something you said or did that annoyed her, you should contact her (preferably on a phone call, rather than text) to break the ice between you and her.

When you talk to her again, donâ€™t make a big deal about the break up and donâ€™t ask her to get back together.

Instead, just briefly apologize to her for what happened (i.e. for whatever it is you did to annoy her to the point of her breaking up with you) and then have a light-hearted conversation with her where you focus on making her laugh, smile and feel at ease with you once again.

When she seems relaxed and open and feeling better about what happened, get her to agree to meet up with you in person.

When you meet up in person, you just need to reawaken her feelings of respect and sexual attraction for you (e.g. by using humor to break down her defenses, being confident around her even when sheâ€™s being closed off and reserved, making her feel feminine in comparison to your masculine vibe, flirting with her to create some sexual tension between you and her).

If she sees that youâ€™re being a confident, emotionally mature guy, she wonâ€™t be able to stop herself from saying something along the lines of, *â€œOkay, lookâ€¦Iâ€™m sorry that I overreacted in the way I did. I made a mess of things between us. Sorry.â€*

When she opens herself up like that, you can then take the lead and guide her back into a relationship with you.

Another possible reason why a woman might dump a guy by mistake isâ€¦

2. She likes a new man, dumps you for him, loses interest in him and then realizes her mistake

In a relationship, a man needs to be able to build on the feelings of love, respect and sexual attraction between him and his woman, rather than just expecting her to stick around because things felt good at the start.

A woman is also responsible for building on the feelings and harmony of the relationship and she will have the motivation to do that for a lifetime, if her man is able to continue a relationship dynamic that causes her to respect him, feel attracted to him and love him.

If her man creates a relationship dynamic that continually ruins her respect, attraction and feelings of love (e.g. he is insecure, treats her badly, doesn't continually grow up and become more of a man), she will feel less motivated to work on the relationship.

If he doesn't care to improve the relationship and make her feel happier with him, she might eventually feel as though she is being taken for granted.

As a result, she might complain about it by saying that she feels bored, is unhappy with how he treats her and doesn't feel like the relationship is fun anymore.

She might also begin to compare him to other men (e.g. the boyfriends or husbands of her girlfriends) and suggest that he be more like those men.

If her man doesn't listen to her initial complaints and get the relationship back on track, she will gradually begin to fall out of love with him.

When she falls out of love, she will start to feel less of a need to work on the relationship or even be faithful to him.

Then, if she happens to meet another guy (e.g. at work, university, in the neighborhood, through friends) who gives her the feelings that she is craving (i.e. love, attraction, respect), she may then decide to dump her guy for the new man.

Yet, once the initial excitement of being with someone new wears off, she might realize that she made a big mistake by dumping her ex.

For example: She may notice that her new guy has also started taking her for granted and isn't being as nice as he was in the beginning.

Alternatively, she might realize that although she was initially attracted to her new guy because he made her feel more desirable and appreciated than her ex, now that the newness has worn off, all his faults are starting to seem very obvious to her (e.g. he's too jealous and controlling, he doesn't have any real focus or direction in his life, he's a loner and doesn't get on well with other people).

As a result, she begins to lose interest in him.

At the same time, she starts to remember all the good things about her ex that she misses (e.g. he was confident and emotionally strong, he was self-motivated and ambitious, he treated her with respect and kindness, she loved what it felt like to kiss him) and she realizes that she made a mistake.

So, how can you get an ex woman back in a case like that?

You need to interact with your ex and actively make her feel a renewed sense of respect and sexual attraction for you.

The more respect and sexual attraction you make her feel, the faster she will reconnect with her original feelings of love for you and want you back.

Then, dumping her new guy (if she hasn't done that already) and getting back with you will happen very quickly and easily.

Another possible reason why a woman might dump a guy by mistake isâ€¦

3. She's inexperienced with relationships and doesn't know how to handle relationship problems without threatening to break up, or actually going through with a break up

If this was your ex's first serious relationship, it's possible that she didn't know how to manage her feelings and broke up with you by mistake.

For example: A mature woman who has been in a number of relationships will have learned that not every disagreement is worth getting into a big fight over, or breaking up over.

Instead, the disagreement is an opportunity for the couple to improve the relationship and become closer, because they have both learned more about each other and how to make the relationship work better.

Yet, in the case of a woman who doesn't have relationship experience or is still a bit emotionally immature despite her age or experience, an argument about her guy being late for a date can blow up into something serious (e.g. she accuses him of not loving her, cheating on her or being like one her exes).

This may cause her man to get angry with her for not trusting him and before long, she's saying, *â€œThat's it! It's over! I'm breaking up with you! I'm sick of this crap. Don't ever contact me again. I regret the day I met you.â€*

Of course, breaking up isn't what she really wants.

She wants a relationship that works and she wants to be able to feel more and more love, respect and attraction over time.

However, because she doesn't know how else to behave when things aren't working perfectly in a relationship, she threatens to break up with her guy and then goes through with it, even though she knows it's a mistake.

So, for her guy to get her back, he actually needs to educate her and teach her that successful couples who stay together for life understand that no-one is perfect and that arguments and disagreements will happen, but that usually isn't a good enough reason to break up an otherwise great relationship.

As long as a couple loves and forgives each other and can learn from their mistakes, a relationship can last a lifetime and become increasingly happy and harmonious over time.

Yet, if a man or woman runs away when they are faced with challenges in a relationship, they will never get to experience the kind of love that grows and builds over time for life, which is the most special, most unforgettable love of all.

Another possible reason why a woman might dump a guy by mistake isâ€¦

4. She dumps you when she was stressed out because of work or studies and then

realizes that it wasn't your fault

Stress can sometimes cause a person to ruin relationships that they actually want to hold onto and build on.

Stress is the body's way of responding to what it perceives as being a threat, which then causes it to instinctively kick into a 'fight or flight' reaction to solve the problem and get rid of the stress.

So, if a woman is going through a very stressful time in her life (e.g. she's under a lot of pressure to meet a deadline at work, she's studying for exams, she's having problems with her family or friends), she may react in ways that are out of character for her.

For example: Under normal circumstances, she might be very easy-going, has a great sense of humor and like to joke around with her guy.

However, when she's under stress, she becomes tense, agitated and serious.

If her man tries to relieve some of her tension by playfully teasing her (which would usually get a laugh out of her) or by pulling a prank on her to make her laugh, it might cause her to explode with anger and her stress level to increase even further.

Under the influence of stress, she may then start thinking things like, *"Everything is a joke to him, isn't it?! He doesn't take my work/studies seriously. I can't be in a relationship with a guy like that. He stresses me out! I'd be better off being single, so I think it's best if we just go our separate ways."*

She then gets angry with him, dumps him and walks away hoping that her stress level will go down.

Then, when she meets her deadline and her boss praises her work, or she passes her exams or the family or friend problems go away, the reality of what she did to her romantic relationship starts to sink in.

She realizes her mistake and feels terrible about it.

Here's the thing though!

Even if a woman realizes that the break up was all her fault, she won't necessarily tell her ex that and then help him get her back.

In many cases, a woman will be too embarrassed to reach out to her ex and apologize, or will worry that she will get rejected if she tries to get him back.

So, if you want your ex back after she dumped you by mistake, you need to be the one to make the ex back process happen (i.e. by interacting with her on a phone call or in person and making her laugh, smile and feel good to be around you again).

Texts can be helpful to get an ex back, but I don't recommend texts as your main approach to getting a woman back.

Women can easily play hard to get via text, misinterpret what you're saying and feel turned off or reply for a while and then lose interest if you don't call and arrange a meet up.

So, make sure that you don't make the classic, modern mistake of hiding behind text to get an ex back.

You've got to get a phone call or in person meet up, so you then properly re-attract her and get her back.

Important: Don't go to a meet up if you're not fully prepared to re-attract her and seduce her back

into a relationship.

Many guys make the mistake of meeting up with their ex woman and turning her off (e.g. by being nervous, unsure of themselves, insecure) or making her feel like they are just friends now (i.e. by using a neutral, friendly, non-flirtatious approach).

So, if you are going to meet up with her, make sure that you are prepared to re-attract her sexually and romantically and then get to a hug, kiss, sex and back into a relationship.

Another possible reason why a woman might dump a guy by mistake isâ€¦

5. She was just putting you and her through a test break up to see if your relationship would survive it, but it didn't

Many women are insecure about themselves and their attractiveness to men.

As a result, when an insecure woman gets into a relationship with a guy, she might behave in odd ways to prove to herself that her guy really loves her and wants to be with her and only her.

One of the ways that she will behave is to prevent her man from hanging out with his friends and co-workers, to hopefully ensure that he doesn't meet any other women and then dump her as a result.

Another way is to break up with her guy to test his love and devotion to her.

If he chases after her and begs her to give him another chance, she will feel better about herself.

Yet, one of the drawbacks of this strategy is that if she gets what she wants (i.e. a guy who begs, pleads and cries for her to take him back), she actually loses respect and attraction for him.

Why?

Women aren't attracted to desperation.

Women are attracted to confidence, self-assuredness, emotional maturity, manliness and emotional independence.

So, if your ex dumped you by mistake as a way of testing your feelings for her, the worst thing you can do is chase after her in a desperate way.

That doesn't mean you should ignore her either, because that may cause her to find another guy and move on to make herself feel better.

What should you do instead?

Maintain your confidence and use any interaction that you have with her to make her feel a renewed sense of respect and attraction for you.

Make her feel that way, but don't desperately push for a relationship or try to convince her to give you another chance.

Let her see that you do want her back, but aren't being desperate or frantic about it.

For example: Imagine that you're on a phone call with your ex and she says something like, *Why are you calling me? It's over between us,* in the hope that you'll respond by saying, *I'm sorry! Please just listen to me. Give me a chance to explain* or *Please don't do this to us! I need you in my life! I want to work things out!*

Instead of playing into her hands, just turn the situation into an opportunity to reactivate her feelings for you.

Laugh and then say in a light-hearted, joking manner, something along the lines of, *Oh,*

youâ€™re being such a drama queen now aren't you? Look, weâ€™re broken up. I accept that. However, we can be friends and still talk on the phone. Iâ€™m sure that weâ€™re both mature enough to handle that without it having to mean that we're getting back together. We can say hello as friends.â€

Initially, she might feel a little disappointed that youâ€™re not responding in the way she expected you to, but even if she doesnâ€™t show it or admit it, she will suddenly be feeling a tremendous amount of respect and sexual attraction for you.

She will then realize that youâ€™re the confident, emotionally strong man she always wanted you to be and that she was very lucky to have you as her man.

As a result, she wonâ€™t be able to stop herself from wanting to be your girl again.

When that happens, you can easily get her back.

Where Guys Go Wrong When Trying to Get a Woman Back Who Dumped Them By Mistake

Here are 3 mistakes you need to avoid if she dumped you by mistakeâ€

1. Thinking that the only solution is to wait for her to come back

In some cases a woman will come back if you wait, but as mentioned earlier, in others she will be too embarrassed to try, or will be worried that you might reject her, so she will just move on instead.

Why take the chance of losing her (potentially forever, if she meets a guy that she wants to marry or have children with), if you can quickly get her back by re-attracting her and seducing her today, tomorrow or the next day?

If you are ready to re-attract her, go ahead and call her on the phone, or even better, meet up with her in person and reactivate her feelings of romantic and sexual attraction for you.

When you do that, she will be grateful that you took the lead in the ex back process (especially if she dumped you by mistake), so it won't take long for her to open back up to getting back together.

Another mistake to avoid isâ€

2. Pouring your heart out to her in an e-mail, letter or series of text messages in the hope that it reignites her feelings for you

Sometimes a guy feels so frustrated to have been dumped (especially if he feels that his ex made a mistake), that he decides to send her a long e-mail, letter or series of text messages to declare his love for her.

He hopes that she will realize how much he still cares for her, even though she walked away from him, which will then compel her to give him another chance.

Yet, in most cases, when a woman gets a long soppy love letter/email/text from an ex, rather than feeling flattered that he still cares for her after being dumped, she perceives him as being desperate.

He then loses the coolness that attracted her to him in the first place, so she naturally begins to think that dumping him was actually the right thing to do after all.

So, make sure that you don't mess things up by pouring your heart out to her via email, letter or text.

Another mistake to avoid is

3. Trying to get her back with text messages and turning her off in the process

It's so easy to mess things up via text.

A guy can easily come across as insecure, needy and desperate, even if he isn't feeling that way when he types a text.

Even though he is feeling confident and just trying to work things out with her via text, she just doesn't see it that way.

She ends up thinking things like, *He sounds so needy now. It's like he doesn't have a life without me. I know that I made a mistake by breaking up with him initially, but maybe it was the right thing to do after all. After all, what kind of guy would grovel and try to plead with me via text? I don't want a guy like that. I want a guy who has some self-respect.*

Yet, she would think that if he talked to her on the phone or in person and was being confident, making her laugh and feel good to be talking to him again.

So, if you want your ex back for real, you have to be willing to re-attract her on a phone call or in person.

Only on a phone call or in person, can she get a clear picture of how you feel about yourself (e.g. you're an emotionally strong, confident, self-assured guy), even though she dumped you.

When she experiences the confident, attractive version of you for herself, she will naturally start to feel some respect and attraction for you again.

When that happens, you then won't have to ask her to get back together again, because it's something she will begin to want (maybe even more than you do).

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Should I Forget About My Ex and Just Meet Other Women?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 questions to ask yourself, so you can then make a concrete decision:

1. Do you feel as though the relationship would be even better if you could get another chance with her?

Some couples get into a relationship with each other without knowing how to make it last for life. They're not prepared to deal with all the problems that occur as the relationship begins to settle down (e.g. the power struggle, disagreements, insecurity) and as a result, the relationship begins to go downhill and fall apart until a break up finally happens.

Yet, what they didn't realize is that problems in a relationship don't necessarily mean that the relationship isn't working, can't work or that it has to end.

In fact, successful couples who stay together for life understand that no-one is perfect and that arguments, disagreements and mistakes (even big ones) happen from time to time.

So, if you're wondering if you should forget about your ex and just meet other women, could it be because you, or her, had unrealistic expectations of what a real relationship should be like?

Did you one or both of you assume that a relationship had to be perfect all the time and if it wasn't, then it was heading for a break up and had to end?

More importantly, now that you know that problems and mistakes in relationships are all part of the growing process and can actually make the love even stronger in the long-term, don't you think you'd do a much better job being her boyfriend this time around?

I think you would because you're a more emotionally mature man than you were before.

True?

This is why you shouldn't give up on your ex just yet.

You owe it to yourself (and to her) to give it one more shot.

After all, what do you have to lose?

If it doesn't work out between you and her when you get back together, you can always go on to meet other women.

However, if it does work out, then you'll have successfully gotten back with your ideal woman and made a huge success of new your relationship with her.

You will also have grown and developed so much more as a man, by going through the transformational ex back process.

Of course, if deep down, you feel that you can't be bothered to put in the effort that's required to make a relationship work with your ex, then maybe it's time to move on.

Maybe it's time to find yourself a woman who you want to be with through the good times as well as the rough times, because she's worth it to you.

Another question to ask yourself is

2. Have you felt the same kind of attraction for new women that you've met, or are you more attracted to your ex?

If you're like most guys, chances are high that when you see a hot woman walking down the street, you can't stop yourself from feeling attracted to her.

Attraction is a natural reaction that men and women have when they encounter appealing traits in each other.

It can't be turned off.

However, even though there are potentially millions of other women that you might feel drawn to, if you feel as though the attraction you felt for your ex far outweighs what you feel for other women, then you probably need to focus on getting her back rather than meeting other women.

On the other hand, if other women seem equally attractive to you and you feel drawn to them in the same, or a similar way to your ex, then it may be a sign that you should go ahead and meet new women, have sex and see how you feel afterwards.

Besides, dating other women might be just what you need to convince you that your ex is truly the woman for you (i.e. you might end up having sex with a few women, only to find yourself still missing your ex and the connection that you and her shared).

Warning: Don't make the mistake of thinking that your ex will wait around for you for months, while you try to decide whether or not she's the right woman for you.

So, if you do decide to meet other women, know that if it doesn't work out for you down the line and you decide to get back with your ex, she may not be available anymore.

Another question to ask yourself is

3. How happy would you be if you got another chance with her?

If getting back with your ex would make you feel happier than you've felt in a long time, or maybe even in life, then you should focus on getting her back.

However, if getting her back would make you have a "whatever" type of feeling, then it's best that you just meet new women and move on.

Another question to ask yourself is

4. Have you improved the things about you that turned her off?

For her to break up with you in the way she did, there must've been some aspect of your thinking or behavior that really turned her off about you.

For example: A woman might break up with a guy because he's too childish and immature and has no direction in life.

So, to get her back, he will need to change and improve in ways that will make her feel a renewed sense of respect and attraction for him.

Yet, what if he doesn't want to do that?

For example: A guy might decide that he likes who he is (e.g. carefree, irresponsible, having fun in his life without being committed to any one thing, being reckless, drinking and partying all the time, playing video games all weekend, not working on achieving anything big in life and just cruising

through life).

In a case like that, getting back with an ex woman who hates those things about him isn't a good idea and probably won't work.

So, a guy like that should focus on meeting other women who will love him for who he is.

On the other hand, if he realizes that his ex was right to break up with him and that he needs to start being more of a man and getting his life together, then the relationship can work when he gets her back.

So, if you have changed and improved some of the things that turned your ex off, don't give up on the idea of getting your ex back just because she may have said that she doesn't want you anymore.

It's actually up to you to make the decision about whether or not you are going to seduce her back into a relationship.

Another question to ask yourself is

5. Have you come to realize her true, secret reasons for ending the relationship?

A woman won't always tell a guy her all of her reasons for ending the relationship.

Instead, she might only ever say something like, *"Sorry, but I just don't feel the same way about you anymore"* or, *"It's not you, it's me. I need some time apart to figure out what I really want in my life."*

How about you?

Did your ex explain exactly why she was breaking up with you and what you'd need to change and improve to get her back, or did she end it with a vague reason of some sort (e.g. *"I don't think this is working, so it's best to end it now"*)?

If you're unsure of her real reasons for dumping you, then you may have been trying to get her back by offering her all the wrong things (e.g. promising to change things that don't matter to her, changing your physical appearance by going to the gym or buying new clothes as a way of attracting her, even though she was turned off by your emotional weakness or insecurity and it had nothing to do with your appearance).

As a result, she would have rejected your attempts to get her back and told you to just leave her alone.

Naturally, that may have caused you to feel dejected and possibly made you wonder things like, *"Am I pushing for something that will never happen? Should I forget about my ex and just meet other women? No matter what I do, she doesn't want me back. What can I do other than just move on?"*

What you can do is understand her real reasons for leaving you and then make changes and improvements based on that.

Then, interact with her, re-attract her, seduce her and get her back into a relationship with you, or at least have sex with her again and then see how you both feel after that.

3 Mistakes Guys Make When Trying to Decide if They Should Get an Ex Back, or Forget About Her and Meet Other Women

Sometimes a guy finds himself torn between wanting his ex back and moving on, because he isn't sure how to get her back.

He misses her and wants her back, but everything that he has tried so far hasn't worked, so moving on seems like the only options.

As a result, he ends up making one or more of the following mistakes that further reduce his chances of getting her back!

1. Sending out feeler texts to see if she is interested and then losing confidence when she doesn't reply or show much interest

It's only natural that a guy might feel a bit rejected if he sends his ex woman a text to say hello and see how she's been since the break up and she doesn't reply, or responds with something like, *"I'm fine"* or, *"What do you want?"*

He may then think to himself, *"Well I guess I have my answer. She's over me and I have no chance with her anymore. I should just forget about her now and meet other women. That's not really what I want, but it seems to be what she wants, so I need to accept that."*

Yet, thinking like that only causes him to lose confidence in himself and in his value to her, which isn't going to help him get her back.

What he doesn't realize is that just because she doesn't seem excited to be hearing from him, it doesn't mean that she's not secretly happy to be hearing from him.

He is simply reading the text in a negative light because he lacks confidence.

She could be saying, *"I'm fine"* and smiling from ear to ear and feeling happy that he is contacting her, or she could be rolling her eyes and feeling annoyed that he is contacting her.

Either option is possible, but because it's just text, he has to assume that tone of voice that she would be replying with.

Since he lacks confidence, he will lean towards assuming a more negative tone of voice and will then begin to feel as though he doesn't have much or any chance to get her back.

In terms of her not replying at all; sometimes a woman doesn't want to reply to her ex's initial feeler text.

For example: She doesn't want to come across as too eager to hear from him, she doesn't want to make it too easy for him to get her back, or she is testing to see if he is confident enough to pursue her even though she's being unresponsive.

So, if you lose confidence when she doesn't reply or doesn't seem very interested when she replies, you'll never find out the truth.

Then, you may end up missing out on your chance of getting back with her because you didn't believe in yourself in that moment.

Don't make that mistake.

Believe in yourself and in your value to her and don't give up if she doesn't make it super easy

for you right away.

Remain confident, re-attract her, seduce her and get her back.

Another mistake to avoid making isâ□|

2. Not preparing to attract her in new, exciting ways and instead, expecting to be able to get her back by offering the same old attraction experience as before

Sometimes when a guy gets broken up with, he gets so caught up thinking about how terrible he feels, or how difficult it will be to convince his ex to give him another chance, that he remains stuck at the same level he was at when she broke up with him.

In other words, rather than quickly learn from his mistakes and make some attractive changes to re-attract his ex, he stays the same.

Then, when he then attempts to get her back, she doesn't feel a new spark with him and rejects him.

He may then end up thinking that he should just forget about her and meet other women, even though his gut instinct is telling him that he should get her back and enjoy a new relationship with her.

So, remember: If you donâ□□t use a different approach with her, she probably not going to be interested in getting back into the kind of relationship that she broke up and got away from.

This is why itâ□□s so important that youâ□□re fully prepared to re-attract her when you meet up with her in person.

You've got to be ready to give her the kind of attraction experience that will cause her to feel like she just has to give you another chance, or else she will regret it for the rest of her life.

Make her feel compelled to at least hug you and kiss you again.

When you get to that point, her feelings of attraction will begin flooding back and she will begin to feel sparks of love for you again.

As a result, you can then get her back and enjoy a new relationship with her.

From there, you can decide whether or not you want to stay with her, or dump her and start meeting new women.

Another mistake to avoid making isâ□|

3. Waiting too long to begin the ex back process and losing confidence in himself as a result

After a break up, a guy might decide to wait for 1-3 months before attempting to get his ex woman back.

For example: Some guys think, *â□□I need to heal from the pain of being dumped, before I approach my ex again.â□□*

Other guys think, *â□□Maybe if I give her some time apart, she will start missing me and then be more open to getting back together.â□□*

A guy might then wait around for weeks, or even months, while he tries to build up the courage to start the ex back process with her.

Yet, the longer he waits, the more he begins to doubt his chances with her.

He then starts thinking things like, *â□□What if she doesnâ□□t want me back after all this time?*

What if I contact her and she tells me that she's with someone else now? Maybe it's probably too late to get her back now. I'm sure that she won't want me now, so maybe I should forget about her and just meet other women.

Yet, when he thinks about getting out there and approaching and meeting women, he realizes that he doesn't want that.

He wants her.

Yet, he's too afraid to contact her and begin the ex back process, so he's stuck.

He then spirals into a cycle of negative, insecure thinking, which eats away at whatever remaining confidence he has in himself.

If he then tries to get his ex back or meet other women, he will usually get rejected because they will all sense his emotional weakness and feel turned off by it.

Here's the thing!

Women are attracted to confident men who believe in themselves.

Likewise, women are turned off by insecure men who doubt themselves.

So, if you've been waiting a long time to start the ex back process and have been losing confidence along the way, you must begin to build your confidence back up right now so you can naturally re-attract her.

When you believe in yourself and in your value to her and other women, not only will you be able to attract other beautiful women if you want to, but you will also be able to make her feel a renewed sense of respect and attraction for you.

She will sense the change in you and will feel attracted to it, even if she doesn't openly admit it.

She will feel as though you really are different now and when you build on her feelings as you talk to her, she will realize that there is still something between you and her.

As a result, you can seduce her and get her back into a relationship, or at least get to a kiss and then sex to see how you both feel after that.

So, if you've been wondering, *Should I forget about my ex and just meet other women?* because you've lost confidence in yourself and your ability to re-attract her, then start by believing in yourself right now.

When you do, everything will begin to change for you.

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Getting Back Together After Studying Abroad

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 ways you can make it happen:

1. Don't aim to get a relationship right away

A lot can happen when a couple is apart for a long period of time.

For example: Your ex might have

- Dated other guys for casual sex, or even had another relationship where she fell in love and got her heart broken.
- Become more emotionally mature than she was before the separation and is now not interested in the same things as before (e.g. she used to like to party and live a carefree life and now she is more serious and focused on her studies or career).
- Disconnected from her feelings of respect, attraction and love for you and now only sees you as a friend at best.
- Realized that the relationship you and her had was better than anything else she could find out there.
- Discovered that she no longer wants to be with a guy like you.
- Learned that you are the right kind of guy for her.
- Decided that she no longer wants to be in a relationship and just wants to be free to focus on herself and enjoy being single.

This is why saying something like, *"Okay, now that we're back in the same location, so let's pick up where we left off and be a couple again"* probably isn't going to work with her.

If she doesn't yet feel ready to commit to the idea of being in a relationship, suggesting getting back together will likely just scare her away.

She may begin to think, *"He's asking me out to pick up where we left off, but I can't do that. We're not the same people anymore and I'm not sure if he's still the right guy for me. Besides, I disconnected from my feelings for him so I could cope with being apart and now I'm not sure if they can be switched back on again. I just don't know how I feel about him anymore. I'm confused. Maybe I need to be on my own here for a while. Maybe I need to date some other guys first, to make sure that I'm not getting back with him just because it's familiar."*

So, don't put any pressure on her to commit to a relationship.

Instead, just agree to catch up as friends and then see how you both feel from there.

Don't act like a friend though.

Make sure that you behave in a way that naturally sparks her sexual and romantic feelings for you, without you ever pushing for a relationship.

That will make her want you again.

So, from now on, use every interaction that you have with her to reawaken her feelings (e.g. by making her laugh, smile and feel happy to have you back in her life, showing her that you've grown and matured emotionally since you split up, making her feel feminine and girly in your

presence, creating and building up the sexual tension between you and her).

The more she enjoys being around you, the more her defenses will start to slip down.

She will then open up to getting back with you, or at least sleeping with you again to see how she feels afterwards.

2. Get ready to give her an upgraded attraction experience

Your ex has likely grown up a lot since you and her parted ways (especially if she's the one who went abroad to study), so she will need a more mature, masculine approach from you this time around.

This is why you shouldn't try to get her back by using the same old approach to attraction and relationships that you used on the less mature version of her.

For example: A guy and a woman might start dating each other in school or at university.

Initially, they enjoy hanging out together with friends and going to parties, ball games and being carefree and irresponsible.

Eventually, she decides to go abroad to continue with her studies, leaving her guy behind.

When she comes back, he's ready to get back together with her right away, so he starts inviting her out to parties and ball games.

He thinks, "This is what she used to like doing before, so if I invite her to do those things again, we'll be able to pick up where we left off. She will connect with who she used to be and will want to go back to that."

Yet, rather than make her think, *"This is so great! It's almost like I never left at all. I love that we slotted back into the same lifestyle we had before,"* she may be thinking something along the lines of, *"I can't believe that after all this time, nothing about him has changed. He's still stuck at the same level he was at when we broke up, while I'm a totally different person now. Yes, I enjoyed doing those things before, but I've grown up now. I want different things. We've grown apart while we have lived apart. I guess we're not meant to be together anymore, so it's best if we just stay broken up. In this way, I will be free to find another guy who is at the same level as me to fall in love with."*

She will then either slot him into the friend zone, or cut herself off from him completely (e.g. ignore his texts, social media messages or calls) as a way of letting him know that she's not interested in getting back into a relationship with him.

So, if you want to get back together with your ex after studying abroad, make sure that when you interact with her from now on, you give her a new and improved attraction experience.

For example:

- If you were carefree and irresponsible before, show her that you're now so much more focused on your goals in life and are working towards achieving them, while at the same time still being able to have fun and relax.
- If you were insecure and self-doubting before, show her that you're now so much more confident and self-assured as a man.
- If you were too nice and easily controlled by her before, show her that you're now so much more emotionally stronger and can stand up to her in a dominant, but loving way.

When she can see that you're an upgraded version of the man you were before, the idea of getting back together again will start to seem appealing to her.

On the other hand, if she notices that she has changed and you haven't, she will likely just prefer to stay broken up and focus instead on finding herself a guy who is more similar to her and a better match for who she has become.

3. Be emotionally independent of her, so you don't feel insecure when she talks about what she did while abroad (or what she did while you were abroad)

There's nothing worse than reconnecting with an ex who is talking about how great her life has been since you and her broke up and you have nothing to say (i.e. because you've secretly been sitting around and waiting to get back).

Don't let that happen to you.

If you want to get her back after studying abroad, show her that even though you did miss her and want her back, you were still able to move forward in life and be happy without her.

By the way!

If you've been stuck in a rut since you and her broke up, don't try to get her back into a relationship with you before you become more emotionally independent.

For example: Some of the ways you can quickly become more emotionally independent (i.e. not be needy) is by!

- Taking some real steps towards achieving your big goals and dreams in life.
- Taking up a new active hobby that involves interacting with other people (e.g. take up a sport such as basketball, badminton, tennis or martial arts, join a meet up group in your area, take cooking classes or dancing classes, join a group exercise class that meets up on the weekends).
- Hang out with old friends again, or make new ones.
- Start looking at her as a woman you want back, but don't need back.

When you focus on becoming genuinely happy without her, not only will it bother you less when your ex talks about all the fun things she's been up to since you and her parted, but you will also become more attractive to her (and to women in general).

Women, including ex's, are attracted to good men who are confident, happy and forward moving in life, regardless of what the woman they love says or does.

In other words, women feel attracted to emotionally independent men who treat them well, but don't need them.

4. Don't be afraid to make a move

When a guy is in a situation like yours, he might make the mistake of thinking, *What if I move too fast to hug her or kiss her and end up scaring her off? Maybe I just need to take it slowly, hang out with her as friends for a while and let her feelings for me grow over time.*

He then hangs around her for weeks, or even months, being a nice, supportive friend to her, while waiting for her to give him a sign that she wants him back sexually and romantically.

In the meantime, she's thinking, *Well I guess what we had before is over. There clearly isn't a*

*spark between us anymore and it's just a friendship now. Oh well, I guess I need to forget about us getting back together again and focus on moving on.*â□□

She then closes herself off and looks to find herself another guy who will attract her and move in for a kiss and then get to sex with her.

So, by the time her ex realizes that he has made a mistake by being too nice and friendly, it's often too late because his ex has moved on and is now in love with someone else.

If you don't want that to happen to you, then don't waste time 'playing it safe' or 'playing it cool' by acting like an innocent, non-sexual friend.

Make her feel sexually attracted to you and then get to a hug, kiss and sex.

5. Start casual and progress to a more serious relationship when ready

If she wants to get back into a serious relationship right away and you want that too, then great â□□ go ahead and commit to each other again.

However, if she isn't pushing for a committed relationship, then just focus on having fun and getting to know each other in a whole new way.

This allows her to relax and enjoy being around you again, without the added pressure of having to decide whether or not she is going to be exclusive with you again.

4 Mistakes to Avoid if You Want Her Back

When attempting to get back together with your ex after studying abroad, try to avoid making these classic mistakes that other guys make when in your situation:

1. Still being at the same level you were at when she broke up with you

If your ex hasn't improved herself and is still at the same level she was at when you and her broke up, then there won't be much of a problem if you have done the same.

Yet, if she has really changed, improved and grown up, but you're still stuck at the same level you were at when you and her split, then she won't be attracted to that anymore.

One of the benefits of a relationship and a thing that makes it so appealing to people, is that you get to grow and become better people together as a couple.

So, if your ex catches up with you and senses that she couldn't grow with you and would have to take a step back or many steps back, then she will feel repelled and won't be interested in being a couple again.

Another mistake isâ□|

2. Being less emotionally strong than her now

When a woman has been apart from a guy for a while, she can get used to being on her own and having to take care of herself emotionally.

Taking care of herself emotionally gives her a sense of confidence and independence that she likely didn't have when in a relationship.

She doesn't feel like she needs a guy to lift her up and make her feel good about herself anymore, which will come across in her body language, behavior and conversation style.

So, when she meets up with her ex guy, she will be looking to see if he is the sort of man who can handle being with a woman who doesn't need to be reassured all the time.

If he feels intimidated by that, then she will lose interest in him and won't want to step down a few levels to be the insecure, self-doubting woman she used to be.

Another mistake isâ€¦!

3. Acting neutral and friendly, but hoping that she feels a spark

If you act friendly or neutral around your ex, she will probably only ever have friendly, neutral, non-sexual feelings for you.

She might even end up seeing your new relationship as like a brother-sister relationship, where you love each other in a friendly way, but there is no sexual spark between you.

So, to get her back, make sure that you actively spark her feelings of sexual and romantic attraction for you, rather than pretending that you just want to be her friend.

Of course, itâ€¦s totally fine to be friendly with her, but just make sure youâ€¦re that not pretending to be an innocent friend who isnâ€¦t interested in her in a sexual or romantic way.

Make her want you again sexually and romantically and when you do, the relationship will naturally get back together right away, or very quickly.

Finally, another mistake to avoid isâ€¦!

4. Discussing the possibility of having a relationship before youâ€¦ve even gotten to a kiss or had sex with her again

A relationship is what usually happens after a couple gets to kissing and sex.

Prior to that, a couple might be friends or be dating, but they won't officially be boyfriend and girlfriend.

So, if you start discussing getting back into a relationship before youâ€¦ve fully reactivated your ex's with kissing and sex, sheâ€¦s probably not going to be open to the idea.

Instead, she may feel as though you are pressuring into giving you another chance just because you and her used to be together.

Yet, she will want to base her decision on how she feels now, not on how she used to feel when things were good between you and her.

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I Can't Stop Thinking About My Ex During No Contact

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 common reasons why that will happen to you:

1. 30 or 60 days of No Contact probably isn't going to be enough for you to fully get over her

Fact: The No Contact Rule doesn't work for most guys.

Many guys end up missing their ex woman for many months, years or even decades after the break up.

A guy will try to forget his ex woman, but he will continue to think, *â€œShe was the one for me. I don't know if I can ever truly love a woman again because I know that I want her. I just want to be with her again. If I had her back, I would be happy. I know it.â€œ*

This is one of the reasons why No Contact just doesn't work for most guys.

A guy is essentially stuck in limbo as he waits for No Contact to miraculously make her come running back to him.

Since he can't stop thinking about her and worrying that she will move on, he becomes even needier for her than ever before.

Then, when he finally gets in touch with her after 30 or 60 days and she senses that he needs her back, she feels even more turned off by him, especially if she is now happy and enjoying life without him.

So, if you want to stop thinking about your ex during No Contact and just start getting her back, the first step is for you to begin feeling emotionally independent (i.e. know that you can and will be happy without her).

This doesn't mean that you don't want her back.

You do and that's okay.

Yet, you need to get rid of the neediness that the NC rule has been making you feel.

How can you begin getting rid of the neediness?

Start by seeing your purpose in life (i.e. your biggest goals, dreams and ambitions) as the most important thing to you, rather than looking at your ex for your sense of identity or purpose in life.

Note: It's completely fine for a man make a woman the most important person in his life, but he shouldn't ever make her the most important thing in his life.

Women resent being the most important thing in your life.

She is happy to become the most important person if she earns it (i.e. by being a good girl to you), but she doesn't want that position if she isn't treating you well or giving you what you want from a relationship.

So, from this moment onwards, in addition to going through the ex back process to get her back, you also need to begin to focus on yourself and on your own dreams and ambitions.

When you do that, something amazing happens.

You naturally become more confident and self-assured.

You feel great about yourself and you feel more valuable as a man.

When that happens, you automatically become more attractive to your ex because you're now displaying some of the characteristics that women are naturally attracted to (e.g. confidence, emotional strength, emotional masculinity, drive and determination, purpose in life)

As a result, when you finally break No Contact and interact with her on a phone call or in person and she sees that you're so much more confident, self-assured and emotionally independent now, she will begin seeing at you as a man that she can now look up to, respect and feel proud to be associated with.

Her guard will then come down and she will open herself up to being in a relationship with you once again.

On the other hand, if all you do during No Contact is waste time thinking about her and not making any progress in your life without her, when you finally interact with her, she will sense that you've been stuck and lost without her.

She will say something along the lines of, *"Look, it's been so long since we talked that I've moved on already. There's no chance of us getting back together now, so please accept that and don't contact me again. Okay? Thanks for calling, but you've got to accept that it's over between us. We had our chance, but that chance has now passed. Goodbye."*

So, don't waste time with the NC rule when it won't work on your ex.

If you want her back for real, you should take control of the ex back process rather than messing up your chances by thinking that all women fall for the no contact trick.

Another common reason why you can't stop thinking about your ex during No Contact is

2. You've been focused on the problem, rather than on the solution

What is the problem?

Thinking things like, *"She doesn't want to be with me anymore," "It's been a couple of weeks since we broke up and she still hasn't contacted me," "Why isn't she missing me as much as I'm missing her?"* or, *"What if I call her after the No Contact period is over and she rejects me?"*

Thinking like that doesn't get you anywhere.

It's just focusing on the problem and not on the solution.

When you focus on the problem and think that you have no chance with her, it can erode your confidence and belief in yourself, which might then prevent you from taking action to get her back or turn her off when she senses your insecurity and self-doubt.

So, what should you do instead?

Start re-attracting her.

The No Contact Rule says you need to wait at least 30 days before you contact your ex, but the question you need to ask yourself is, *"Do I want to get my ex back as quickly as possible, or do I want to mess around for a few weeks or months waiting and hoping that she magically comes running back to me for some reason?"*

In almost all ex back cases, for a man to get a woman back, he needs to be active rather than passive

about the ex back process.

In other words, he needs to actively interact with his ex woman (e.g. on the phone and in person) and make her feel sparks of respect, sexual attraction and love for him again, so she naturally wants to get back with him now or soon after.

This is why you need to stop sitting around thinking about the problem (i.e. you're trying the no contact approach and it's not working) and start focusing on implementing a real, practical solution to get her back now or very soon.

By the way

Based on my vast experience helping thousands of men to get ex women back, I've found that there's absolutely no reason why a man should cut off contact for more than 7 days.

A week (or 7 days) proves the point that you're not being needy and desperate.

After that (or sooner in many cases), you need to contact her and start re-attracting her, so she naturally wants you back.

Another common reason why you can't stop thinking about your ex during No Contact is

3. You know that she doesn't have much or any motivation to pursue you

In most cases, a woman will break up with a guy when she has reached a point in the relationship where she is completely fed up with him (e.g. she has given him a number of chances to change and improve and he always goes back to making the same old mistakes).

So, if her ex uses the No Contact Rule as his way of hopefully getting her back, rather than make her panic and think, *"On no! Why is he ignoring me? What could that mean? Is it possible that he's over me? Could he already have found someone else? I have to get him back!"* she will simply feel relieved that her ex isn't pursuing her, because she no longer has feelings for him anyway.

She then uses the space to move on with a new guy and forget about her ex.

In the meantime, because her ex isn't doing anything to re-attract her, he will be worrying about whether or not the NC rule is going to work on her.

He might then spend weeks or even months waiting for her to miss him enough to reach out to him, only to eventually find out that she's over him, has moved on and is possibly even in love with a new man.

So, here's what you need to get clear on

If your ex doesn't have romantic feelings for you anymore, your absence from her life probably won't be enough to make her want you back.

She will probably just use the time apart to move on and begin enjoying life without you.

Another common reason why you can't stop thinking about your ex during No Contact is

4. You're worried that she will find another guy more interesting and attractive and then stop missing you

Sometimes a guy feels very lucky to have gotten with his woman because she is more beautiful, interesting and appealing than any other woman he has ever dated.

As a result, in the relationship, he may end up thinking, *“She’s way out of my league. If we ever break up, she will be able to find herself another guy who is much better than me (i.e. more good looking, has more money, is more successful), but I will be left behind heartbroken and won’t be able to attract a woman of her quality easily.”*

If they break up and he then decides to use No Contact as a way of getting her back, he probably won’t be able to stop thinking about her during that time.

He will be worrying as he imagines her hooking up with another guy and enjoying it more than she enjoyed it with him.

Another common reason why you can’t stop thinking about your ex during No Contact is

5. You’re using the wrong approach for your situation

No Contact usually only works if a woman has strong feelings for her ex, can’t deal with the pain of the break up, or can’t easily find a replacement guy.

In pretty much every other situation, a woman will be happy not to be hearing from her ex because it will give her more time to find someone else and move on.

So, if No Contact hasn’t worked on her after a week, it probably won’t work at all and you may end up losing your ex to another guy.

This is why I recommend that you contact her right away (preferably on a phone call, or even better, see her in person) and start re-attracting her sexually and romantically.

Make her laugh and smile and feel good to be hearing from you again.

Flirt with her to reawaken some of her sexual and romantic feelings for you.

The more attracted you make her feel when interacting with her, the more open she will become to getting back with you.

So, stop ignoring her and get the job done.

Get her back, rather than hiding away behind the NC rule and hoping that it will work on her one day.

You can use the NC approach if you want, but based on my vast experience helping guys to get women back, No Contact probably isn’t going to work for you.

What I see work, day in and day out, is when a man actively re-attracts his ex woman and then doesn’t push for a relationship.

In other words, he makes her want him again and then doesn’t put any pressure on her to commit to anything.

He then naturally starts to feel drawn to him, opens up and he can then get her back.

3 Common Problems That Guys Encounter When Using No Contact On an Ex Woman

If you decide to use No Contact on your ex and ignore her for 30 or 60 days, make sure you’re prepared for the following possible consequences

1. She never contacts you ever again

When a woman breaks up with a guy, itâ€™s usually because she has lost so much respect and attraction for him that the idea of staying in a relationship with him makes her feel miserable.

So, when she doesnâ€™t hear from him after the break up, rather than getting upset and thinking, *â€œOh no! Heâ€™s not calling me. This is terrible. I need to get in touch with him right away in case he meets another woman and moves on,*â€ she feels happy and relieved.

She then moves on and begins to forget about her ex.

Then, when her ex finally gets in touch with her after 30 or 60 days, he is shocked to discover that she has moved on and is happy without him.

Another possible consequence to using No Contact isâ€

2. She wants to contact you, but doesn't contact you because she's afraid of being rejected

In some cases, even though they are broken up, a woman will still have some feelings for her ex.

Secretly, she will hope they can work things out and get back together.

Yet, when she doesnâ€™t hear from him, she naturally starts to doubt his feelings for her.

She may ask herself, *â€œWhy isnâ€™t he calling me? I really thought he still cared for me and that we had a chance of getting back together. His actions arenâ€™t showing me that though. Instead, Iâ€™m getting the feeling that heâ€™s already moved on, or that he doesn't care enough to get me back. Maybe I should phone him to see why heâ€™s ignoring me, but I'm worried that he will reject me and tell me that he doesn't want anything to do with me anymore. Well, I guess I'm going to have to forget about him and try to move on instead.*â€

She then puts in all of her effort into getting over him (often by quickly getting into a new relationship with a guy that has had a crush on her, or hooking up with new guys until she finds one who wants a relationship) and moving on.

Then, when her ex finally gets in touch, she says something along the lines of, *â€œI'm not sure why you're calling me now. I honestly believed that you and I had a chance, but clearly you didn't care to try. I thought you had moved on, so I forced myself to do the same. Iâ€™m with someone else now and I'm happy, so itâ€™s too late for us. Please donâ€™t call me again.*â€

Another consequence to using No Contact could beâ€

3. She contacts you out of curiosity, but youâ€™re not ready to make her feel attracted, so she loses interest

Sometimes a woman will wonder, *â€œWhy isnâ€™t he calling me? What is he up to?*â€ and will then make the first move to contact her ex.

Yet, when she gets in touch and experiences the same old guy with the same type of insecurities and underlying issues that caused her to break up with him in the first place (e.g. he lacks confidence and self-belief, is submissive around her, he hasnâ€™t grown up and matured), she makes an excuse to hang up the phone or stop texting.

If he then tries to call her again, she will either just ignore him outright, or she will say something like, *â€œLook, we can still be friends if you want, but nothing more. Iâ€™m not interested in being*

*in a relationship with you anymore. I'm sorry if I gave you the wrong idea.*â€œ

Heâ€œs then left wondering why No Contact didnâ€œt work on her.

Hereâ€œs the thingâ€œ!

No Contact is not the magic solution to fixing a broken relationship with any woman.

In fact, cutting off contact and waiting for a woman to come back often causes even more problems than it fixes.

So what should you do instead?

Firstly, donâ€œt ignore your ex for longer than a week.

Then, get her on a call, make her laugh, smile and feel good to be hearing from you.

Then, get her to agree to catch up with you and say in person.

Then, at the meet up, fully reactivate her feelings for you and get her back.

Important: Make sure that you are fully prepared to re-attract her at the meet up.

Don't just meet up with her, be nice and friendly and hope that she will want you back.

When you meet up with her, you have to be ready to re-attract her sexually and romantically and then at least get to a hug and potentially a kiss.

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I Want to Be a Family Again With My Ex

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

5 things that you can do to make it happen:

1. Don't let her sense that you're aiming for that, unless she clearly wants it too

Although you might desperately want to be a family again with your ex, it's not something you should share with her until you're 100% sure that it's what she wants as well.

If you're too eager and begin to pressure her to commit to a relationship before you've re-attracted her and had sex again, you'll likely just scare her off.

She might then say, *"Look, I know you mean well, but it's over between us. Please accept that and move on."*

A woman doesn't want to be pressured into a relationship with a guy if she doesn't feel the same way about him as he does for her.

So, to avoid scaring her off, what you need to do is stop trying to get her back into a relationship right away and focus instead on having fun together and then getting to a hug, kiss, sex and back into a relationship.

Remember: Getting back into a serious relationship is the last step of the ex back process, not the first.

You want a relationship with her and to be a family again, but she's not there yet.

You've got to make her want you back, sexually and romantically, before she will want to be a family with you again.

So, from now on, use any interactions with her (e.g. on the phone and especially in person) to make her laugh, smile and feel good to be around you again.

The more you do that, the more she will be able to relax and reconnect with her feelings of respect, attraction and love for you.

Then, get to a hug, kiss and eventually sex, so she can see that there is still something between you and her other than a friendship.

Then, the idea of being a family with you again will happen naturally, because it feels good for both of you.

On the other hand, if you let her sense that the only reason you're interacting with her is because you want to be a family again, she will probably close herself off from you even more.

Another thing you can do to make your ex want to be a family again is

2. Make her feel new, interesting types of attraction when she interacts with you

In most cases, a woman won't break up with a man unless she feels that she can no longer look up to him, respect him, feel sexually attracted to him and love him as her man.

So, if you want to be a family again with your ex, you first need to understand what caused her to feel turned off by you during the relationship.

You then need to quickly prepare yourself to offer her a new and exciting attraction experience that

will make her want you again.

By the way

If you're unclear about what you might need to change or adjust to begin offering her a more appealing attraction experience, start by asking yourself these questions:

- Did you continue to display the behaviors and personality traits that first attracted her to you, or did all that change during the course of your relationship (e.g. were you initially confident, emotionally independent and someone she could rely on, but you eventually became insecure and lost as a man)?
- Did you make her feel the way she wanted to feel in a relationship with you (e.g. loved, appreciated, desired), or did you take her for granted and made her feel like your friends or hobbies were always more important than her?
- Did you and her have the same kind of dream for a future together, or did you want different things?
- Was she able to relax and be a feminine woman around you, or did she have to be the stronger one in the relationship and make all the decisions for the family?
- Did you rise through the levels of your true potential as a man by following through on what you feel is your purpose in life, or did you end up making the mistake of seeing her as your purpose and goal in life?

If you can understand the real, hidden reasons why your ex disconnected from her feelings of respect, sexual attraction and love, you can then make some quick changes to the way you interact with her from now on.

When you begin to think, behave, act and respond to her in ways that spark feelings of attraction inside of her, she won't be able to stop herself from feeling drawn to you again.

For example: Imagine that you meet up with her for a coffee and she says something along the lines of, *I know that you don't want to accept it, but it's over between us. We're never going to be a family again. You need to get over it and move on. I don't want to be a family anymore.*

She might be expecting you to react in your old ways (e.g. get upset, beg her to change her mind, plead with her to think of the children, appear dejected and heartbroken, try hard to discuss the relationship with her to get her to see your point of view, appear stressed or tense).

Yet, this time, you respond by laughing and in a light-hearted, confident tone of voice, say something along the lines of, *Okay, it's over between us. I accept that. However, not being a family anymore doesn't stop us from being friends. We're mature adults and we can do that, without it meaning that we have to get back together. Our relationship is over, so let's stop worrying about relationships and focus on enjoying our friendship for what it is now.*

By saying something like that to your ex, not only are you responding differently to the way she's expecting you to, but you're also showing her that you're now at a different level than you were when you and her broke up (e.g. you're now more confident and self-assured, you're more emotionally mature, you're no longer feeling desperate and needy to get the family back together, you're doing fine without her, you're not pressuring her to want a relationship when she's not even attracted to you).

As a result, she can then begin to enjoy being around the new and improved you, without worrying that it means you and her are getting back together.

Yet, when she does that, she then drops her guard and opens herself up to feeling attracted to you again, which then allows you to seduce her and get her back.

Another thing you can do to make your ex want to be a family again isâ€¦|

3. Build on her desire by creating sexual tension

One of the quickest ways to make a woman want you back is building up the sexual tension between you, to the point where she wants to release the tension with kissing and sex.

Then, when sex happens, she becomes a lot more open to working on the relationship or at least seeing each other for a while to see how things go.

So, if you want to get your family back, your initial focus needs to be on building sexual tension and then releasing it together in a sexual act of some kind.

For example: Imagine that youâ€¦re in a coffee shop with your ex.

You and her are having a normal conversation, but you're also adding in some humor to lighten the mood and make her feel relaxed in your presence.

When she seems to be enjoying herself, you can then say something along the lines of, *â€œBy the wayâ€¦is that a new lipstick youâ€¦re wearing? It looks great on you. Mmmmâ€¦very kissable.â€œ*

Then, just relax back into ordinary conversation once again.

Since you talked about her lips being kissable, she will naturally have to at least imagine you and her kissing.

If you had been making her feel attracted prior to saying that, then, when she imagined you and her kissing, she would have liked how it felt.

As a result, sexual tension will begin to build up between you and her.

From there, continue to build up the sexual tension in other ways during the interaction and then go back to normal conversation to let the tension sit there between you and her.

She will then begin to feel surges of sexual desire for you and will start to think things like, *â€œI canâ€¦t believe heâ€¦s making me feel this way again. I really thought it was over between us, but I canâ€¦t deny that we still have so much chemistry between us. It's kind of like the old days. Why do I want to kiss him all of a sudden? Maybe it doesn't have to be over between him and I.â€œ*

When the moment is right, you can then lean in and give her a quick, innocent kiss on the lips and smile at her as you pull away.

BTW: If she pulls away from your initial attempt to kiss her, donâ€¦t worry about it at all.

Just maintain your confidence, smile and say something along the lines of, *â€œIt was good to catch up and say hiâ€¦we should do it again sometime.â€œ*

This will make her feel even more desire for you for being man enough to handle her 'rejection' in such a confident way.

Another thing you can do to make your ex want to be a family again isâ€¦|

4. Let her see that you'd be such a better dad and boyfriend/husband this time around

Let her see that you really have changed and have gone beyond the level you were at when you and her split up.

Don't tell her; show her.

If you can't show her that you have already changed for real, she's going to be thinking, *How can I trust him to take care of our family after everything that he did in the past? It would be stupid of me to put myself and our kids back in a situation like that again. Before I let him back into our lives, I need to know for sure that things really will be different this time around.*

So, you need to prove it to her based on your behavior, actions and the way you now react to her and to life in general.

For example: Some of the things your ex may be looking for are that!

- You're now a much more loving, caring and attentive husband/boyfriend, but you don't let her push you around and get away with being disrespectful towards you or with treating you badly. You still have a backbone and are a man that she can look up to and respect, but you're more loving and understanding now.
- You no longer feel upset or left out when she talks about how important the children/her career is to her.
- You now support her and encourage her to pursue her dreams, while also focusing on achieving your big dreams and goals in life.
- You now use humor to change her mood from angry to happy, rather than losing control of your emotions and getting into an unnecessary argument or fight.
- You're now more responsible and she can rely on you to keep your word when you promise to do something (e.g. pick up the children from school, run an errand, fix something around the home, stop getting angry at her for little things).
- You now make her feel like a desirable woman again, rather than allowing the everyday problems and responsibilities of life to kill the sexual spark between you and her.
- You now have a plan for your life together as a family and you're motivated, focused and active in pursuing that plan, rather than aimlessly drifting through life or continuing to fail at things that you try.

When your ex can see for herself that if she gave you another chance, you wouldn't let her (or your children) down this time, she will be much more open to the idea of giving you another chance.

Once again though, don't tell her that you have changed and then ask for another chance.

Show her that you have changed and then build up sexual tension between you and her, so she naturally begins to want you in a sexual and romantic way.

Another thing you can do to make your ex want to be a family again is!

5. Make her want to be back together as a family once again, but don't pressure her into it

Although you're very certain about wanting to be a family again (i.e. because you still love her, you believe she is the one, you miss your children, you know that you will do a better job this time

around), pushing her to get back together before she feels 100% sure is the fastest way to scare her off.

So, from now on, stop putting any pressure on her to get back together and just focus on re-attracting her and having fun whenever you talk to each other.

For example: Every time you interact with her (on a phone call and especially in person), just put your focus on making her smile, laugh and feel at ease.

The more she enjoys herself during interactions with you, the more she will be able to relax and reconnect with her feelings of respect, attraction and love for you.

She will then start to want a relationship again for her own reasons (e.g. because she feels good being around you again, she misses the way you used to be a happy family together, she feels she can trust you to be a responsible parent and share the load now, she feels desirable again, she is curious about why she wants to kiss you and maybe have sex with you again).

From there, getting back together again happens naturally, because itâs feels good for both you and her to go through the reconciliation process together.

4 Mistakes to Avoid Making When Trying to Be a Family Again With Your Ex

Some of the things that might keep you from getting your family back areâ

1. Trying to be a family again by talking about the importance of being a family unit

Sometimes a man will try to convince his ex woman to get back together by giving her a bunch of reasons why he thinks they should be together.

For example: He might say things like, *âLook, weâve had our differences, but isnât our family worth making some sacrifices for? We owe it to our children to try and make this relationship work. Besides, havenât you read all the statistics about how negatively a separation or divorce affects the children? Do you want our children to suffer? What kind of future example would we setting if we donât at least try to be a family again? We would be teaching our children that relationships are destined to fail. We canât do that to them. They deserve to have a strong family unit to model their future relationships on, so they can be happy.â*

Yet, regardless of whether his arguments are valid or not, a woman doesnât have to stay with a man due to logical arguments.

Instead, her willingness and desire to stay is based on how she feels.

In other words, if you make your ex fall back in love with you, then she will go with how she feels and get back with you.

However, if you try to convince her with logic or make her feel guilty about her choices, then she will resent you for trying to manipulate her into being with you.

The best approach to getting a woman back is to honestly make her feel respect, attraction and love for the new and improved you.

When you do that, she wants you back on her own, without you having to pressure her into it.

Another mistake to avoid isâ€¦|

2. Trying hard to impress her by being way too generous or helpful

Sometimes a man might try to show his ex woman that he is willing to take care of her and the children by paying for most of her expenses (e.g. grocery bills, rent, gas for her car, school fees).

He might also make himself available to her every beck and call (e.g. run errands for her, watch the children so she can have a girls night out, fix things around her house).

Secretly, heâ€™s hoping she will realize how necessary he is for her survival and she will then give him another chance.

Yet, although a woman might appreciate that heâ€™s being so generous, itâ€™s not the main thing that will change her feelings for him.

What will?

He needs to show her that heâ€™s changed in the ways that actually matter to her (e.g. heâ€™s more confident now, he is actively pursuing his goals in life, heâ€™s stopped socializing with friends who were irresponsible and influenced him in a negative way, he's now able to talk to her in a way that makes her feel sexually attracted).

The fact is that a woman doesnâ€™t feel sexually and romantically attracted to a guy because of what he can do or buy for her.

That might work initially, if a woman wants to use a guy, but in the long run, being her lackey/sucking up to her/giving her all the power/making her your purpose in life does not work.

If you want her to want you back, you need to start attracting her in the ways that actually matter to her.

Another mistake to avoid isâ€¦|

3. Never knowing the real, secret and very subtle things that turned her off in the relationship

A woman wonâ€™t always tell a guy her secret reasons for breaking up with him.

Instead, she might say something like, *â€œThis isnâ€™t working anymore. Weâ€™re always fighting and arguing and itâ€™s just too stressful for us and the kids. I think itâ€™s best if we separate.â€*

She doesn't tell him what he needs to change to get her back, because she doesn't want to take on that role for him.

This is why you need to get to the bottom of what really caused your ex to break up with you (e.g. were you too emotionally needy, so she felt stifled in the relationship? Did you put your work ahead of everything else and only gave her scraps of your time and attention, so she end up feeling like you took her for granted? Did you lack ambition, so she ended up feeling uncertain about her future with you? Did you give her too much power in the relationship? Did you end up becoming a softer, more sensitive version of yourself, rather than being the confident man she fell in love with?).

If you donâ€™t uncover her real, secret reasons for leaving, you may end up trying to get her back by offering her things that she doesn't even care about, which will make her feel as though you don't

understand her and probably never will.

Another mistake to avoid isâ€¦|

4. Being neutral around her and expecting her to feel sparks of sexual and romantic attraction for that

To avoid scaring his ex away, a man might decide to be neutral around his ex woman to show her that he's not interested in anything sexual (e.g. heâ€¦s very nice and polite, he doesnâ€¦t flirt with her or show that he still feels attracted to her, he acts like a helpful friend, he talks as though they are brother and sister, rather than lovers who could fall in love again).

He hopes that she'll notice that he isn't pressuring her to get back together and just wants to get along with her in a nice, friendly way.

He hopes that she will then want him back because of that.

Yet, thatâ€¦s not how the ex back process works.

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Why is My Ex Girlfriend Lying About Having a New Boyfriend?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 common reasons why a woman will lie about that to her ex:

1. She wants the best of both worlds

Sometimes a woman will lie about having a new boyfriend to her ex because she likes the idea of having two guys who are interested in her at the same time.

She has a new guy, but her ex is also pursuing her, so she feels twice as valuable.

This boosts her self-esteem and makes her feel really good about herself.

When both guys want her, she can then think to herself, *â€œCool! This is great! Now I have a new boyfriend that I can do sexual and romantic things with and I also have my ex chasing after me, who seems to be available whenever I need someone to talk to, or when I need a favor. It feels good to know that my new boyfriend finds me desirable, while at the same time, my ex canâ€™t get over me either. If things donâ€™t work out with my new guy, I know that my ex will be there waiting for me, so I never have to be alone. Iâ€™ve got this sorted!â€œ*

So, donâ€™t let her see you as her back up guy.

Youâ€™ve got to make her see you as being better than him and then hook up with her and get her back.

She is your woman, so get her back and make her new boyfriend history.

Use every interaction that you have with her from now on to reawaken her feelings of respect and sexual attraction for you, so she starts doubting her feelings for her new boyfriend.

This makes her look at you in a more positive light and realize that you probably are the right guy for her after all.

When that happens, she opens back up to you and you can guide her back into a relationship with you and only you.

Another common reason why your ex girlfriend could be lying about having a new boyfriend isâ€œ

2. Sheâ€™s worried that you might create drama

Sometimes a woman fears that her ex man might cause a scene, if she tells him that she has a new boyfriend.

For example: He might start begging, pleading, crying and saying things like, *â€œHow could you do this to me? Didnâ€™t our love mean anything to you? How could you be dating a new guy already? Please give me one more chance. I will do anything to make things right between us and show you that no other guy can love you the way I do! Please baby, please.â€œ*

She will then have to deal with him falling apart in front of her, or on a phone call.

She may then have to try to calm him down by saying things that she doesnâ€™t mean, *â€œOkay, I promise that we will talk about our relationship. You have to calm down first though. If youâ€™re being like this, then I donâ€™t want to talk to youâ€œ* or, *â€œOkay, I will think about giving you one more*

*chance if you stop crying.*â€œ

So, rather than getting dragged into that kind of drama, she just lies and says that she doesn't have a new boyfriend.

Alternatively, a woman might fear that her ex will lose his temper with her and become aggressive or even violent if she comes out and tells him that she had a new boyfriend.

So, she protects herself from a potential attack by lying about her new guy.

Of course, you know that you're a good guy and probably wouldn't react in ways like that, right?

Yet, for your ex girlfriend, the old saying of *â€œBetter safe than sorry,*â€œ will usually be part of her exit strategy from a relationship.

If she's worried about you creating drama or getting very angry, she would rather lie to you than risk having to deal with an emotional outburst of some kind.

So, does reason #2 apply to you and her?

If not, here is another common reason why your ex girlfriend could be lying about having a new boyfriendâ€¦

3. She isn't proud enough of her new boyfriend to show him off to you

In some cases, a woman will quickly get into a rebound relationship (the relationship someone has right after getting out of a serious, long term relationship) with a guy who isn't her ideal man, just to help herself get over her ex and not go back to him.

As a result, she might not be very proud of her new guy, so she doesn't want you to know about him.

For example: He might beâ€¦

- Very plain looking, or even a bit ugly compared to you.
- Insecure and self-doubting compared to how confident you are.
- Less educated compared to you, her or the people she hangs out with (e.g. she's a successful business woman, but her new guy is a blue collar worker who is into drugs, getting drunk all the time or other things that she wants to keep quiet).
- Lacking in social etiquette compared to her (e.g. she's soft spoken and polite, while he likes to talk loudly and tends swear a lot and get into fights).
- Wimpy and easily bossed around by her and other people.
- Married and only be sleeping with her on the side.
- An old friend who has always loved her, but she has never really felt much attraction for him.

So, she will think something like, *â€œHe's okay for now, but he's not the kind of guy that I want in the long term. I'll just use him to get over my ex and to stop my ex from trying to get me back. Then, when things have calmed down and he has begun to move on, I can dump my new guy and find the man of my dreams.*â€œ

Of course, if the new guy knows how to build on her feelings in the relationship, she might go from not being proud enough to show him off, to telling everyone (including her ex) that he is the man she loves and wants to be with for life.

On the other hand, if he fails to build on her feelings, she will never fully commit herself to being his

woman and will probably break up with him as soon as can find a suitable replacement.

Another common reason why your ex girlfriend could be lying about having a new boyfriend isâ€¦|

4. She cheated on you with him before breaking up with you and doesn't want you to find out

If she did cheat on you before the break up and you find out about that, then she becomes the one who messed things up.

The break up becomes her fault and she doesn't want that to happen because at the moment, she has been able to break up with you and walk away as though she did nothing wrong.

To avoid feeling guilty for cheating on you and betraying you in the way she did, she can focus on all the mistakes that you made in the relationship and blame you the break up.

So, if your ex girlfriend is lying about having a new boyfriend, a potential reason why is that she is trying to protect her self-image.

She wants you to feel as though the break up was 100% your fault, when in fact, she is the one who messed up and betrayed you by cheating on you.

Important: If she did that to you and you want to get her back, make sure that you don't go to her now and say, *â€œI know that you cheated on me with him before breaking up with me. Shame on you. The break up is all your fault.â€*

Blaming her won't work.

So, what should you do instead?

You need to follow the same ex back process that you would follow if she hadn't cheated on you.

You need to re-attract her, seduce her into kissing you and having sex with you and then make her want to get back with you.

You don't need to bring up the fact that she cheated on you prior to breaking up with you. If you want to, you can, but you don't need to do it.

If you want the relationship to work, just focus on building on her feelings from there and making sure that she never wants to cheat on you again.

When you build on her feelings and make her fall back in love with you, she will almost certainly reach a point where she cries, apologizes and asks for your forgiveness.

She will then try to be the best girlfriend she can be for you, to prove that she would never do that again.

If you then maintain the power in the relationship, she won't ever want to cheat on you again.

Another common reason why your ex girlfriend could be lying about having a new boyfriend isâ€¦|

5. She's not sure if she wants to keep going out with him or get back with you

In some cases, a woman simply can't make up her mind about how she feels about a guy.

On one hand, she might be thinking things like, *â€œI love being in a new relationship. It feels so exciting and fun. I enjoy being treated like a princess by my new boyfriend.â€*

Yet, on the other hand, she will be thinking, *â€œI do miss my ex though. I know that he made some mistakes and turned me off, but deep down I know he still loves me and if he changes, I could*

*definitely see myself with him in the long term. I feel so confused right now. Should I just give up on my ex and focus on building a new relationship, or should I give my ex another chance and see where things go from there?*â€œ

Since she can't make up her mind and choose between you and him, she lies and says that she doesn't have a new boyfriend, to keep her options open with her ex.

Here's the thing though!

If you want your ex back, you shouldn't waste time and energy stressing out while you wait for her to decide between you and her new man.

Instead, make the decision easy for her by re-attracting her and making her feel more respect, attraction and love for you than for him (e.g. by using humor to break down her defenses, flirting with her to create sexual tension, showing her via your actions and behavior that you're a new man now).

When she can see that her feelings for her new boyfriend pale in comparison to what she feels for you now, she will want to dump him and come back to you.

However, if you just sit around asking, *â€œWhy is my ex girlfriend lying about having a new boyfriend?*â€œ and doing nothing to re-attract her sexually and romantically, the other guy will likely sweep her off her feet and you may end up losing her forever.

4 Ways That Guys Go Wrong When Trying to Get an Ex Back Who is Lying About Having a New Boyfriend

Here's where other guys mess up when in a situation like yours!

1. Trying to make her feel guilty for making him feel so sad, confused and upset

You might be feeling a range of emotions about how your ex girlfriend has been lying to you (e.g. you might be feeling upset, annoyed, angry, confused, betrayed, lost, heartbroken, disappointed).

However, as tempted as you may feel to say something along the lines of, *â€œWhy are you lying to me? Why can't you just tell me the truth about what's going on with you? I know that we're not together anymore, but we did love each other before. So, based on that, you at least owe me the courtesy of being honest with me now. I don't understand why you're being like this. Does messing with my head make you feel good?*â€œ it's just not going to work.

Trying to make a woman feel guilty for not wanting to tell you the truth about her personal life (i.e. whether she has a new boyfriend or not) rarely makes her open up and tell you.

Instead, she becomes even more stubborn and thinks things like, *â€œHow dare he demand things of me. We're not even together anymore and contrary to what he believes, I don't owe him an explanation at all. If I don't want to tell him the truth about what's going on with me, I don't have to. He doesn't own me. I have my reasons for lying to him anyway. Why can't he see that? Does he have to make me spell everything out for him?*â€œ

So, rather than trying to guilt your ex girlfriend into being honest with you (which, even if it works, isn't necessarily going to make her want you back), just focus on re-attracting her sexually and romantically whenever you interact with her.

The more sexual and romantic attraction she feels for you, the more willing and even happy she will be to open back up to you.

When that happens, you can then build on her feelings and get her back.

Another mistake that guys often make in these circumstances isâ€¦

2. Asking her if she loves her new guy more than she loved him

Sometimes a guy will ask his ex something along the lines of, *â€œJust tell me the truth. Do you love him more than you loved me when we were happy?â€*

Secretly, heâ€™s hoping that she will crack under the pressure and come out and say, *â€œNo! I was just so sad about us breaking up and I got with him so you wouldnâ€™t see how much I still care about you! Of course I donâ€™t love him more than you! Youâ€™re the guy that I truly want to be with, but because weâ€™ve broken up, Iâ€™ve had to settle for what I can get and try to move on.â€*

He can then sweep her off her feet and they can get back together again.

Yayyy!!!

Unfortunately, something like that typically only happens in the movies.

In real life, when a guy asks his ex if she loves her new boyfriend more than him, she will usually feel turned off by what she perceives as his emotional neediness and insecurity.

Then, based on her exâ€™s unattractive approach to her, she will compare him to her new boyfriend who is most likely feeling more confident around her (and thus more attractive to her) and she will then say, *â€œYes, I do. Iâ€™m sorry, but I do.â€*

Hereâ€™s what you always need to remember: All women, including ex women, respond positively to a manâ€™s confidence.

So, when you are confident about your attractiveness to her no matter what she says or does to try to make you doubt yourself, then she will naturally feel respect and attraction for you again, even if she doesnâ€™t want to admit it.

Once you make her feel attracted to you again, you can then build on her feelings and get her back.

On the other hand, if you appear insecure and self-doubting, she will close herself off from you even more and focus on moving on with her new boyfriend, or another guy.

Another mistake guys make isâ€¦

3. Asking her if sheâ€™s happy

If you ask your ex girlfriend if she is happy with her new guy, donâ€™t be surprised if she responds with something along the lines of, *â€œYes, Iâ€™m very happy. In fact, Iâ€™m happier than Iâ€™ve ever been before.â€*

Hereâ€™s the thingâ€¦

Even if she isnâ€™t happy with him, sheâ€™s probably not going to come out and say that to you.

Instead, sheâ€™s going to say whatever it takes to show you that sheâ€™s okay and moving on without you.

So, by asking her if sheâ€™s happy, youâ€™re not going to achieve anything positive for yourself and

are just going to end up feeling worse about losing her.

At the same time, you will also be giving her the satisfaction of knowing that you still want her and are hoping that she leaves her new guy for you.

Don't put yourself in that position.

You've got to approach the ex back process in a way that causes her to regret her decision to leave you and then want to give you another chance.

Another mistake guys make is

4. Pretending to be happy that she has a new boyfriend, when he isn't happy about it

Sometimes, as a way of covering up his feelings, a guy will say something like, "Well, I'm glad you've met someone else. I'm happy for you. I only want what's best for you."

He may then pretend to be over her and act as though he's not interested in getting her back.

Yet, all a woman has to do is say something along the lines of, *"Well, I'm not really that happy with my new boyfriend. To be honest, I just can't stop thinking about you. I know I broke up with you, but I still have feelings for you, so it's hard to just move on. Yet, I guess you're over me, right? So I have to accept that and try to move on with my new guy,"* to catch her ex out in his lie.

If her ex then quickly says something like, *"No! I didn't say I was over you! Of course I still love you and want you back"* she will know that he was only pretending to be happy for her as a way of hopefully making her feel attracted to him for being so independent.

As a result, she will not only lose more respect for him, but she will also feel like she is in the power position and he is still trying to get her back.

So, don't pretend to be happy for your ex and her new boyfriend if you're not.

If your ex catches you out in lie, it will make it that much harder for you to get her back.

So, be honest about how you feel and what you want.

That doesn't mean you should be soppy and pour your heart out to her.

It simply means that when you interact with her, you don't pretend to be her neutral friend.

Flirt with her to build up sexual tension between you and her.

Make her feel drawn to you and want to hug you, kiss you and have sex with you again.

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My Ex Doesn't Want an Exclusive Relationship Right Now

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 common reasons why a woman will tell her ex that she doesn't want an exclusive relationship right now:

1. She just wants a casual sex relationship without all the responsibilities of a committed relationship

After a break up, a woman might want to enjoy being single for a while, rather than be restricted by a committed relationship.

So, if her ex tries to get her to commit to a relationship, she might say something along the lines of, *I'm sorry, but I don't want an exclusive relationship right now. Maybe sometime in the future we can get back together again, but for now, I just want to be on my own and enjoy life.*

Essentially, she's hoping that he will then give up on trying to get her back, so she can focus on enjoying sex without the responsibilities of a committed relationship.

He still can get her back, but his approach should not be about trying to get a relationship.

Instead, he needs to make her regret breaking up with him!

When you reactivate your ex's sexual and romantic feelings for you, but don't push for a relationship, her desire to sleep around will begin fade away.

She will be thinking about you and how you now make her feel and will naturally begin to worry that she has made a mistake.

She will also begin to worry that if you attract a new woman and move on, she will be the one being left behind.

As a result, she feels the need to open up to you again and give the relationship another try, or at least sleep together again to see how she feels afterwards.

On the other hand, if you keep trying to get her back without first reactivating her sexual and romantic feelings for you, she will keep saying, *I'm sorry, but I don't want an exclusive relationship right now. Please accept that and move on.*

So, make sure that you approach the ex back process correctly.

If you approach it correctly, you can get another chance with her, but if you approach it in the way you have been up until now, she's almost certainly going to keep rejecting you.

Another common reason why a woman will say that she doesn't want an exclusive relationship right now is!

2. She is interested in another guy and is trying to keep you out of the way

In some cases, a woman might already have her eye on another guy that she's hoping to get into a relationship with, or at least hook up with for a while.

Understandably, she might not want to tell her ex about that in case he reacts in a negative way (e.g. he starts to cry and beg her to reconsider her decision, he becomes angry with her and possibly reacts in an aggressive or even violent way, he tries to talk her out of moving on, he bombards her with

texts or phone calls, he turns up at her home or work and demands that she talk with him and work things out).

So, rather than put herself in a position where she might have to deal with a confrontation, she just makes an excuse of not wanting an exclusive relationship right now, in the hope that her ex will give up and let her go, or at least give her some space so she can attract and seduce the guy she is interested.

This is why, if you want your ex back, you shouldn't sit around waiting for her to give you the go ahead.

Instead, take control of the situation by actively re-attracting her on a phone call or in person.

When you make her feel the kind of emotions that she wants to feel with a guy (e.g. excited, attracted, turned on, aroused), she won't be able to stop herself from feeling drawn to you again.

Even though she initially thought that she wanted to be with another guy, suddenly he isn't as appealing as she once thought.

She then opens herself up to the idea of being your girl again.

However, if you just wait for her to come back to you without doing anything to reawaken her feelings for you, she will soon go from saying that she doesn't want an exclusive relationship right now to saying, *I'm in love with someone else and it looks like it's getting serious. I'm sorry, but I can't talk to you anymore. Please don't contact me again.*

So, don't make the mistake of thinking that you need to give her a lot of time to think.

Cutting off contact and waiting is one of the most dangerous ex back myths out there!

Cutting off contact and waiting works well for a woman who has been dumped, but it doesn't work the same way for a man who has been dumped.

When a man dumps a woman and she doesn't call him or contact him at all, he will often feel like he has no power over her anymore and will wonder why she didn't try to get him back.

He will then contact her, show interest and see how she responds.

He will want to hook up with her again to feel confident about himself that she still wants him.

So, she can then get him back by reeling him back in.

However, when a woman dumps a guy and he doesn't contact her, she usually just moves on.

Why?

In most cases, a woman doesn't need to get back with a guy to feel good about herself.

She already knows that the guy wants her back (e.g. he begged and pleaded for another chance, he tried to convince her to change her mind by promising to change).

So, rather than feeling like she needs to get him back to believe that she has the power, she wants to get away from him because she no longer feels enough respect or attraction for him to want sex or a relationship (e.g. because he became too insecure in the relationship, took her for granted for too long).

Another common reason why a woman will say that she doesn't want an exclusive relationship right now is

3. You're asking for a relationship before you've completed the initial steps of the ex back process

The last step of the ex back process is a relationship, so if you're trying to get her to commit to a relationship now, you're doing it wrong.

Watch thisâ€¦

Unfortunately, most guys never realize that they need to re-attract their woman first and then seduce her sexually, before she will open back up to a relationship.

So, in many cases, a guy will make some of the following mistakes:

- Bombard his ex with phone calls, text and social media messages as a way of staying on her mind so that she doesn't move on.
- Send her flowers, gifts and love letters to express his undying love for her.
- Plead with her to talk to him about the relationship in the hopes that they can iron things out between them.
- Try to convince her to give him another chance by promising to change whatever she wants him to change.
- Talk about how special their connection is and try to get her to see things from his point of view, so she will then want to give the relationship another chance.
- Feel like if he doesn't get her to commit to a relationship right away, then there's no chance of getting her back (i.e. it's a relationship or nothing).

So, what should you do instead?

Get your ex to the point where she's yearning for you to kiss her and have sex with her.

How?

Start by flirting with her and making her laugh and smile during a conversation, especially when she is being closed off or distant.

Then, when she starts feeling drawn to you again, go back to interacting in a normal, friendly manner and let her feel the desire for you to flirt with her again.

Repeat this process several times during the course of your interaction with you (e.g. over 15-20 minutes), until she starts wishing that you and her would just hug, kiss and have sex again.

Just remember: Your ex won't be interested in a relationship unless you make her feel sexual and romantic attraction for you again.

Don't try to go from a break up to a relationship in one step.

That's not how it works when a woman no longer feels attracted to her ex.

If a woman is still attracted to her ex, then okay, she will open back up to a relationship fairly easily.

However, if your ex dumped you because she fell out of love with you and no longer feels attracted to you, then you're going to need to re-attract her first.

Another common reason why a woman will say that she doesn't want an exclusive relationship right now isâ€¦

4. She wants to give you hope while she secretly finds a replacement guy

Sometimes a woman will string her ex man along, just in case she struggles to find a new man who is a good enough replacement.

While she won't clearly say that she's open to getting back together, she won't close the door completely.

Instead, she will say things like, *I don't want an exclusive relationship right now. However, that doesn't mean I won't be open to settling down again sometime in the future. Please just give me some space to figure myself out and figure out what I want.*

She will then use that space to flirt with and potentially hook up with a new guy, so she can be the one who moves on first after the relationship.

When she does find a replacement guy, you will notice that her behavior will change completely and she will most likely become closed, distant or rude to get you out of the way.

Don't let her put you through that nightmare scenario.

Take control of the situation by making her fall back in love with you, before she starts moving on.

Another common reason why a woman will say that she doesn't want an exclusive relationship right now is

5. She isn't in love with you and doesn't know how else to say, *I don't want to be with you anymore*

Sometimes a woman might initially fall in love with a guy because he displays the qualities and personality traits that she is looking for in a man (e.g. he comes across as being confident and emotionally strong, he seems to be making progress in his career, he makes her feel desirable when she's with him, he seems confident around her, he takes the lead and arranges dates, he seems to know how to make a woman feel like a real woman).

Yet, when she gets into a relationship with him, she then discovers that the man she fell in love with isn't who she thought he was.

For example: She realizes that

- His confidence was just an act and in reality, he's actually quite insecure and self-doubting.
- Although he seemed to be moving forward in life, she now realizes that he's stuck and not making any progress on his goals.
- Despite making her feel attracted in the beginning of the relationship, he now treats her more like a friend or a roommate.
- Despite taking the lead initially, he has now handed over power to her and essentially lets her call the shots, or expects her to lead and 'be the man' so to speak.
- She only felt like a real woman around him initially because he felt confident that she really wanted him. Yet, after the initial buzz of being with someone new wore off and she began to have a more relaxed approach to him and the relationship, he started to worry that he was losing her and ended up becoming insecure, needy or clingy.

When she notices things like that, her feelings of respect, attraction and love for him begin to fade and eventually that can then lead to her breaking up with him.

If he tries to get her back right away, rather than hurting him by saying, *“No. There’s no chance of that happening. I don’t love you anymore and I don’t want to be with you,”* she gives him an excuse about not wanting an exclusive relationship right now, to hopefully let him down gently.

As a result, he then doesn’t feel so bad about the break up and assumes that he needs to give her space to think about things.

She can move on without him.

Where Guys Go Wrong With an Ex Who Doesn’t Want an Exclusive Relationship

Even if your ex is 100% sure right now that she doesn’t want an exclusive relationship, she can change her mind very quickly.

If she meets a new guy who makes her feel strong surges of romantic and sexual love, she will naturally change her mind and want to be with him, possibly exclusively.

Don’t let that happen to you, where you are left behind by her because you believed her little excuse of not wanting an exclusive relationship.

She is almost certainly just saying that to have some time to move on without you, so she can eventually say, *“You and I are finished. I’ve met someone else. You need to respect that. Please don’t contact me anymore.”*

Here’s where other guys mess up when in a situation like yours!

1. Not understanding that he can actively make her have feelings for him again

Just because your ex is saying she doesn’t want to be in an exclusive relationship, it doesn’t mean she will feel that way a week from now when you have actively reawakened her feelings of respect, sexual attraction and love for you.

Those feelings change EVERYTHING.

So, don’t let what she has been saying lately put you off, or make you doubt your chance to re-attract her and get her back.

Decide today that you’re going to actively change how she feels about you, by interacting with her over the phone and in person and making her feel happy and excited to be around you again.

When you do that, you will see that she naturally changes her mind and wants to explore her new feelings for you.

Another mistake that other guys make when in a situation like yours, is!

2. Continuing to push for a relationship when the feelings aren’t mutual

Sometimes, a guy refuses to believe that his ex doesn’t want to be in a relationship with him anymore.

He just can’t understand how she could walk away from what they had.

It was such a special, unique connection.

They shared so many good times together, so how could she just walk away and not want to work on the relationship?

As a result of thinking in that way, a guy will continue to push her to give him another chance.

Yet, what he doesn't realize is that for a woman to want to get back together again, the feelings have to be mutual or at least close to mutual.

It can't just be about him loving her and wanting her back.

Instead, she has to feel like she will be making a big mistake if she doesn't get back with him.

You can make her feel that way by reawakening her feelings and then not pushing for a relationship.

She feels attracted to you again and notices that you're not trying to get a relationship.

She then begins to worry that if she doesn't give you another chance, you are going to attract a new woman and she will then be left behind.

Another mistake that other guys make when in a situation like yours, is!

3. Cutting off contact and waiting for her to change her mind

Some guys hope that their ex woman will be impressed by his non-neediness if he completely cuts off communication with her.

He hopes that she will think something along the lines of, *"My ex is being so mature about this! He's respecting my wishes and giving her some space to have other relationships if I want. He's not need anymore because he's not contacting me! Wow, he has changed! You know what? Having the freedom to do whatever I want doesn't appeal that much to me anymore. Instead, I miss him and want to be in a relationship with only him! I want to be exclusive!"* and she then comes running back to him.

Yet, if a woman isn't attracted to her ex anymore, she's usually not going to care all that much that he's ignoring her, other than being curious as to why.

She might contact him to say hi, but only to see that he has been missing her and still wants her back.

She then knows that she can continue moving on with the comforting knowledge that he wants her back, but she doesn't want him back.

So, if you want your ex back, don't cut off contact and hope she will miss you enough to come back to you.

Instead, make her miss you by interacting with her and making her feel so good that when you're not around, she feels empty and sad.

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My Girlfriend Broke Up With Me Because of My Low Self-Esteem

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 6 reasons why a woman will break up with a guy because of his low self-esteem:

1. His low self-esteem ruins her feelings of respect and sexual attraction for him

Generally speaking, most women don't just give up on a relationship with a guy for no reason at all.

In fact, a woman will usually give her guy several chances to change and improve before she eventually decides to break up with him.

So, in a case where a guy had low self-esteem, she probably tried to help him feel better about himself many times in the hope that he would change and the relationship would improve.

For example: She may have!

- Reassured him that she loved him and that he was the only guy for her, but he still couldn't believe it and worried about her potentially finding other guys attractive or leaving him because he wasn't good enough.
- Listed all the great things he does for her and other people, in the hope that he would begin to see how valuable of a man he really is.
- Praised him for being such a great boyfriend, in the hope that he began to believe in his place as her man.
- Been supportive of pretty much everything he did (e.g. cheering him on at sporting events, encouraging him to follow his dreams/apply for that promotion he wanted).

Yet, when a woman realizes that her boyfriend isn't able to shake his low self-esteem and be a confident guy, she will usually reach a point where she's had enough.

She may begin to think something like, "I don't know why I'm with him anymore. No matter how hard I try to make him feel more confident, nothing seems to work. It's becoming such a drag to be around him. I used to enjoy being with him and he used to make me feel good, but now I don't feel attracted to him anymore. I don't feel like I'm being my real self when I'm around him either because I have to be softer and more gentle with him than I really want to be with a man. I'm always encouraging him to feel good about himself, but I want a man who is able to feel confident without needing me to mother him or baby him. I want to be able to smile and feel happy with my man, rather than feeling like I need to get away from him to breathe and feel normal again."

When she gets to that point, she loses respect for him and stops looking at him as her man.

It then becomes very difficult for her to feel sexually attracted to him and eventually, she decides that she will break up with him and try to find a more confident man.

It doesn't mean that her ex can't get her back though.

He can.

He has to show her that he has risen above the level that he was at when she broke up with him. Not only that, but he has begun to go beyond the new level of confidence and is now able to make her feel instinctively attracted to him again, rather than being such a turn off due to his low self-esteem. Another reason why a woman will break up with a guy for having low self-esteem isâ€¦

2. She falls out of love with him and ends up feeling pity, or resentment instead

When a guy goes around putting himself down and saying things like, *â€œIâ€™m such a failure. Nothing I do ever goes right. I can't be bothered with life anymore. I don't even know why you stick around with me,â€* it's only natural that a woman will eventually get tired of it.

Initially, she might put up with it because she loves him, but if she realizes that no matter what she says and does, he simply can't or won't change, she will eventually start resenting him for not being man enough for her.

She may begin to think, *â€œNo matter what happens to him, good or bad, he always puts himself down. At first I thought he was just going through a bad patch in his life and would eventually snap out of it, but now I see that he will never change. I can't stand being around him anymore. If I have to hear him whine or complain one more time, Iâ€™m going to go crazy! This isn't what I signed up for in a relationship. I can't even remember why I fell in love with him in the first place, because all those feelings are gone now. All I want is to get away from him because heâ€™s bringing me down. I want to find myself again and be confident and happy. I can't do that around him.â€*

If she doesn't break up with him right away, she will begin to behave in a cold, bitchy, mean or heartless way towards him.

Unfortunately, when that happens, rather than shock the guy into changing, he usually becomes even more insecure and self-doubting about his place in her life, which turns her off even more.

She may think something like, *â€œItâ€™s sad really. I wish he could see that heâ€™s such a great guy with so much to offer a woman. Unfortunately, I haven't been able to convince him of that and now my feelings for him have been switched off. Maybe he will find another woman who can accept him this way, but I can't. I pity him because I used to really love him, but at the same time, I resent the man he has become and how it has been making me feel.â€*

Some guys try to keep a relationship together with a woman based on pity, but it doesn't work in the long run because a woman doesn't want to be in a relationship with a guy where she feels like she is doing him a favor by being with him.

She wants to feel like heâ€™s the kind of guy she can look up to, respect and be proud to call her man (i.e. because he has made the necessary adjustments to his thinking and behavior and is now causing her feel attracted in ways that she really wants), not like she has to take care of him because heâ€™s too emotionally weak, insecure and doesn't believe in himself or his value to her.

So, if a guy can't change and man up, a woman will fall out of love with him and when that happens, breaking up seems like the only option for her.

Sometimes, a woman will hope that the break up will wake the guy up and he'll come back to her, stronger and more confident than ever.

Unfortunately, a lot of guys don't realize that until it's too late and when they eventually try to get

her back, she has moved on and is happy without him.

3. She doesn't want to have to be a helper or support system for her man

A woman is happy to be supportive and attentive if her man is emotionally strong, but if he's always leaning on her for emotional support and needs her to keep propping him up, she will no longer feel like he is her man.

Instead, she begins to see him as a guy that she is being forced to take care of and lift up.

As a result, she stops feeling like a feminine woman around him.

She has to be the strong one, which ruins her sexual desire for him and makes it difficult for her to want to submit to him sexually (i.e. because he's not the more emotionally strong one in the relationship).

Here's the thing!

A woman will sometimes accept a guy who has low self-esteem in the beginning of the relationship because she is enjoying the thrill of falling in love, having sex and doing things with a new guy.

Yet, after the novelty of being with someone new wears off, his low self-esteem starts to annoy her and turn her off.

She then realizes that she has made a mistake and will then want to get out of the relationship.

The truth is, almost all women want a man who is confident and emotionally strong, because it allows them to relax into thinking, feeling and behaving like a feminine woman around him.

So, if a woman gets a sense that she can't do that with her man (i.e. because she always has to be the emotionally strong one and take care of him), she will want to break up with him and look for a replacement guy.

Another reason why a woman might break up with a guy for having low self-esteem is

4. It makes the sex less enjoyable and real

When a woman has sex with a man who has low self-esteem, it can feel weird for her to submit to him.

So, even though physically the sex might feel good at times, it doesn't feel good to her emotionally.

Essentially, she feels stronger than him emotionally, so she's not surrendering fully and completely, because it feels wrong to submit to a force less powerful than her.

Here's the thing!

For a woman to fully and completely surrender herself to a man during sex, she needs to feel that he is more emotionally dominant than her.

When she can sense that he is, she can then fully relax into thinking, feeling, behaving and like a feminine woman during sex and around him in general in the relationship.

In other words, she can get emotional, focus on the love she feels for him, be loving and attentive towards him, open herself up to whatever he wants and fully enjoy being taken by him during sex.

If a woman can't do that with her man and always feels like she's holding herself back, she will eventually become unhappy with him and the relationship.

If there are other problems in the relationship, they will become more annoying and his low self-esteem may just be the final straw that makes her break up with him.

Another reason why a woman might break up with a guy for having low self-esteem isâ€¦|

5. She ends up having to give a lot more love to him than he gives to her

When a guy has low self-esteem, he will often need a woman to give him a lot of love and to feel okay about himself and to feel worthy, happy and secure as a man.

For example: He might repeatedly ask her things like, *“Are you still attracted to me?”* at which point she has to respond with something like, *“Of course, I love you and yes, I feel attracted to you”* and for a brief while, he will feel happy and good about himself.

Yet, those feelings never last for him because he lacks real confidence.

So, he asks her more questions, *“Can you promise to never cheat on me? I could never deal with that. I love you more than anything”* and she might say, *“Look, I love you too and I don’t want anyone else”* and for a brief while, he will feel happy and good about himself.

Yet, he just can’t accept that and needs more.

So, he keeps trying to get more and more assurance of her love and devotion for him, to the point where it feels emotionally draining for her.

She then thinks something like, *“I’m always giving him my love and it’s never enough for him. He’s like a bottomless pit and no matter how much love I throw into it, it never seems to make a difference. This isn’t how it’s supposed to be.”*

In the meantime, the more she distances herself from him, the more needy, insecure or clingy he becomes.

Eventually, his neediness for her and insecurity without her reassurance pushes her over the edge and she breaks up with him.

Hereâ€¦s the thingâ€¦|

Although a woman wants to be loved and appreciated by her man, she doesn’t want to feel smothered by his need for her.

So, if you want your girlfriend back, you must show her that even though you still care about her and want her back, you don’t actually need her back.

Show that to her by living your life, having fun without her and beginning to pursue your big goals and dreams with a more focused passion and determination.

When you stop needing your ex girlfriend to give your purpose, direction and self-esteem, you suddenly become the kind of man that she can look up to, respect and feel attracted to.

Then, rather than feeling like you’re draining her emotionally by taking her love, but not giving much back in return, she will start to feel drawn to you again in a way that feels good to her.

She will see that you are now more confident and emotionally independent, which means that are now capable of giving her the love that she needs, rather than you needing to get more and more of her love to feel okay about yourself.

Another reason why a woman will break up with a guy for having low self-esteem isâ€¦|

6. It makes her feel like she's too good for him, when she really isn't

A woman most enjoys being with a confident, emotionally strong man who believes that he is more than good enough for her, while also treating her well and making her feel wanted, loved and appreciated.

So, when a guy has low self-esteem and doesn't believe in his value to his woman or to the world, it does nothing to maintain and build on her feelings of respect, sexual attraction and love for him.

Instead, she feels turned off by his lack of belief in himself.

She then starts thinking things like, *â€œWhy am I wasting my time with a failure like him? Iâ€™m way too good of a catch, to be stuck in a relationship like this. I deserve a much better guy than him. He's not good enough for me.â€*

She will then start looking down on him and treating him badly (e.g. she disrespects him and mocks him in front of other people, doesn't take anything he says or does seriously, treats him like he is lucky to even be talking to her).

Unfortunately, that change in her behavior usually causes a low self-esteem guy to feel even more insecure and self-doubting, which in turn makes her treat him even worse.

That vicious cycle will usually continue until she eventually gets fed up, breaks up with him and tries to find herself the kind of man that she believes she deserves.

Yet, hereâ€™s the thing!

Just because a woman thinks she's too good for a guy, itâ€™s not necessarily true.

He is making her feel that way, based on his approach to her.

He is making her feel as though she is better than him, even when she really isn't.

So, if you want your girlfriend back, you first must believe in yourself and in your value to her.

Believe that you are more than good enough for her and then, based on that confidence, interact with her and let her sense that.

She might not believe the change in you right away, but if you talk to her on the phone or in person for a few minutes, she will see that the change in you is real.

As a result, she won't be able to stop herself from feeling a renewed sense of respect and attraction for you.

Where Guys Go Wrong When Trying to Get an Ex Back After Being Dumped Due to Low Self-esteem

Everything that you say and do from this point onwards is either going to show your ex that you truly have changed and are now a self-assured, emotionally strong and confident man, or confirm to her that you're still a low self-esteem kind of guy.

If you want to get her back, you've got to allow her to sense that you really have changed.

Here's where other guys mess up when in a situation like yours!

1. Telling her that he's more confident now and ready to make things work

If you overcome your low self-esteem issues, it's unlikely that your ex girlfriend will believe you just because you say so.

This is why you have to make her sense the changes in you as you interact with her on a phone call or in person, rather than telling her that you've changed and hoping that she believes you.

When she can sense the changes in you, she will naturally feel a renewed sense of respect and attraction for you.

When that happens, she will naturally open up to the idea of getting back together again without you needing to push her.

The next mistake that other guys often make in a situation like yours is

2. Not getting to the core reason for his insecurities

A guy doesn't have low self-esteem for no reason at all.

Instead, it usually stems from a deep-seated belief about himself that he may be unwilling to openly admit.

For example: He might

- Believe that his ex is too good for him.
- Believe that he is incapable of keeping a relationship together with an attractive woman.
- Believe that women are hard to get and even harder to keep.

As a result, he naturally feels insecure in a relationship, no matter what he achieves in life or what a woman says to him to reassure him.

So, if a low self-esteem guy tries to win his ex woman back by acting as though he is confident when he isn't, she will be able to find that out.

All she has to do is test him by being bitchy towards him and saying things like, *"I never want to see you again"* or, *"Do you really think I'd ever get back with you? I can do so much better than you"* to see how he reacts.

If he crumbles and appears dejected and uncertain around her, she will know that he was only faking confidence and is still the same, low self-esteem guy that she dumped.

A woman will usually then want to cut her ex out of her life completely, which makes the ex back process more difficult for him.

So, if you want to get your ex back, it's essential that you get to the core reasons for your insecurity and low self-esteem.

When you do that and have a solution to overcome it, you will feel a great weight lift off your shoulders.

Your natural, masculine confidence will come flooding back into your mind and you will feel strong.

You will feel worthy of her again and based on that confidence, you will be able to interact with her in a way that creates a spark between you and her again.

Once she feels that spark, you can quickly build on her feelings and get to a hug, kiss, sex and back into a relationship.

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My Ex Girlfriend Keeps Rejecting My Attempts to Get Her Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 possible reasons why your ex girlfriend keeps rejecting your attempts to get her back are:

1. You're asking for a relationship before re-attracting her

Sometimes, a woman will be open to getting back with her ex, but she then changes her mind because he is trying to get her to commit to a relationship before re-attracting her.

In other words, he is attracted to her and wants her back, but she just doesn't feel the same way, so she doesn't want to commit to a relationship.

For example: Before re-attracting her, a guy might:

- Promise her that if she gives him another chance, he will do whatever she wants to make her happy.
- Beg and plead with her to reconsider her decision.
- Send her long love letters, emails or texts telling her how much he still cares for her and how he can't live without her.
- Buy her flowers and gifts as a way of expressing his love for her, in the hope that she will realize how silly she would be to let him go.
- Ask her friends and family to put in a good word for him and help convince her to give him another chance.
- Continually try to discuss the relationship and where they went wrong, as a way of showing her how serious he is about getting her back.
- Tell her that he is willing to wait for her no matter how long it takes.

Yet, in most cases, rather than think, *"That's so sweet. My ex really is putting in a lot of effort to make things right between us,"* she just keeps rejecting his attempts to get her back.

Why?

Simple.

A relationship is the last step of the ex back process, not the first one.

So, if a guy doesn't start the ex back process by reawakening his ex's feelings of respect, attraction and love for him and instead only focuses on getting her back into a relationship with him, she will usually just keep rejecting him.

She might say things like, *"Forget about it. I know you mean well, but I don't want to be in a relationship with you anymore. What's done is done and it's time that we accept we're not meant to be together and move on. We had our chance, but it didn't work out. Please just accept that and stop harassing me all the time. It's over between us, okay?"*

So, if you want your ex girlfriend to stop rejecting your attempts to get her back, you have to focus on making her have sexual and romantic feelings for you first.

Rather than always using every interaction you have with her to hopefully convince her to give you

another chance, just focus on making her feel good to be talking to you again.

For example:

- Use humor to break down her walls and make her smile and laugh with you again.
- Maintain your confidence around her, no matter what she says or does to put you off (e.g. she is being stony and unwelcoming towards you and saying that she never wants to get back together again).
- Be assertive (in a loving way) and show her that you're the more dominant one in the relationship and are not intimidated by her recent rejections of you.
- Flirt with her to build up sexual tension between you and her.

When you take the pressure off your ex girlfriend to give the relationship another chance and instead use interactions to re-attract her, what you wanted from her all along actually starts to happen.

She stops putting up walls every time you interact with her and begins to wonder what it would be like to be in a relationship with you again.

Another possible reason why your ex girlfriend keeps rejecting your attempts to get her back isâ€¦!

2. She can see that you don't understand what secretly turned her off about you

You might be aware of some of the reasons why she lost feelings for you, but are you aware of all of them?

In almost all cases, a man won't know all of his ex woman's reasons for falling out of love with him and no longer feel attracted to him anymore.

This is because most women don't explain all of their subtle reasons in detail.

They don't want to have to take on the role of teaching their guy how to be attractive.

He either gets it or he doesn't.

If he doesn't, she reacts by feeling turned off, losing interest and falling out of love.

Meanwhile, a guy is thinking, *"What is happening to my relationship? She used to love me so much and now she's being distant and cold?"*

Before he knows it, she breaks up with him and he is then left wondering what the heck happened.

So, if you want your ex girlfriend to stop rejecting your attempts to get her back, you need to understand her real, secret reasons for breaking up with you.

Then, the next time you interact with her (e.g. on a phone call, or in person) she will be able to pick up (via the way you talk and interact with her) that you truly understand what caused her to feel turned off and are no longer the same guy that she broke up with.

When she can see that not only have you figured out her real, secret reasons for breaking up with you, but that you've also already taken steps to improve yourself, she will instinctively feel herself respecting you once again.

When she can respect you again, she will also start to feel sexually attracted and when she feels those two things, the idea of giving you another chance will start to make sense to her again.

However, if you try to get her back by offering her the wrong things (e.g. to spend even more time with her, when she's already feeling smothered by you, or to do whatever she wants you to do

when what she really needs is for you to be more manly and take the lead in the relationship), you will most likely keep getting rejected.

Another possible reason why your ex girlfriend keeps rejecting your attempts to get her back isâ€¦!

3. She is turned off by your desperation for her

After a break up, a guy might make the mistake of being extra nice to his ex and bending over backwards to please her, in the hope that she will change her mind and give him another chance.

Yet, in most cases, the opposite happens.

Why?

A woman wants to be with a man that she can look up to and respect, not a guy that she can push around and control.

So, if youâ€™ve been chasing after your ex and have allowed her to walk all over you and control you with her moods, itâ€™s very likely that your approach has given her a false sense of power and superiority over you.

In other words, she feels like she is better than you, even though she isn't.

Unfortunately, feeling that way about you only destroys what is left of her respect for you, so she naturally keeps rejecting you.

Don't worry though.

You can begin to undo that and make her want you back by triggering her feelings and building on them, without even asking for another chance.

How can you do that?

You need to start by standing your ground with her and showing her (in a dominant, but loving way) that even though you want her back, youâ€™re no longer dependent on her to feel like youâ€™re good enough as a man.

You know that you are good enough, regardless of whether she says you are or not.

You feel good about yourself, are confident, happy and forward moving in life, with or without her.

Yes, it would be nice if you and her got back together again, but if that doesnâ€™t happen, you know for sure that you will have a happy and fulfilling life without her.

I know, I know.

That's not what you want, but if you want to re-attract her, you've got to be able to feel that way about the situation.

Feeling that way, allows you to think, talk, behave and act in a way that shows her you are no longer emotionally dependent on her, which is attractive.

When she can see for herself that youâ€™re no longer desperate to get her back and that youâ€™re confident and happy and getting on with your life without her, she will automatically begin to see you in a new light.

You will seem more attractive, appealing and likeable.

As a result, she will feel drawn to you in a way that she hasn't in a long time.

Here's the thingâ€¦!

Whether a woman is meeting a guy for the first time, in a relationship or thinking about giving him another chance, she will always be instinctively attracted to his emotional strengths (e.g. confidence, self-belief, the ability to cope with difficult situations in life, drive and determination) and repelled by his emotional weaknesses (e.g. desperation, insecurity, self-doubt, neediness, inability to handle what life throws at him).

So, when your ex realizes that you're no longer desperate to get her back, she will automatically start to perceive you as being more emotionally strong and masculine.

As a result, she won't be able to stop herself from feeling some respect and attraction for you again. Her guard will begin to come down and she will think about you and look at you from a new, more positive perspective because you are now behaving like the kind of man that she can actually look up to and respect.

Another possible reason why your ex girlfriend keeps rejecting your attempts to get her back is!

4. You're trying to get her back via text

When you broke up, if your girlfriend said something like, *"It's over between us and I don't want to see you or talk to you again,"* it probably would have hurt you and damaged your confidence.

So, you might now feel a bit unwelcome to call her on the phone, or meet up with her in person.

As a result, you may have resorted to only interacting with her via text messages.

If that applies to you and your situation, then listen up!

Only using text as your main way of trying to get her back simply won't work.

Why?

If your ex doesn't even want to be in the same room as you right now or answer your calls, what makes you think she will be open to getting back together if you're asking her via text?

It's highly unlikely that she is thinking, *"That's so sweet. Even though I've been such a bitch to him and have refused to talk to him on the phone or see him in person, he hasn't given up on trying to get me back via text. He's still hanging in there and persevering, no matter how difficult I am being towards him. Based on that, I can't go on rejecting him, can I? I have to give him another chance, because he deserves it for not giving up. After all, if a guy keeps texting, he is worth keeping!"*

Instead, she might be thinking something like, *"I can't believe he's already trying to get me back when I still haven't forgiven him for what happened between us. Not only that, he's trying to convince me via text. He's just hiding behind texts and hoping that I will suddenly change my mind and want him back in my life. Well, he's got another thing coming! It's over and he can send me texts until his fingers turn blue, but I am done with him for now. It's going to take a lot more than a bunch of text messages to reawaken my feelings for him. He doesn't get that though. Well, he will when I start moving on."*

Remember: It's impossible for a text message on a little screen to have the same impact as words spoken over the phone, or in person where a woman can see your body language and assess your state of mind.

Texts can help, as I explain in the video below, but you shouldn't be using texts as your main way of

getting her backâ€¦!

So, if you want your ex girlfriend to stop rejecting your attempts to get her back, make sure that you're not trying to convince her to give you another chance via text.

Instead, get on a phone call or get to an in person meet up right away.

When she can observe your assertive body language and hear the confidence in your voice, she won't be able to stop herself from feeling some surges of respect and attraction for you again.

When that happens, you won't have to ask her to get back together because it will be something that she wants as well.

Another possible reason why your ex girlfriend keeps rejecting your attempts to get her back isâ€¦!

5. You haven't made her feel enough of a spark of sexual and romantic attraction for you yet

It's likely that you've tried a lot of ways to convince your ex to get back with you, so chances are, you've made her feel something for you again.

However, if she's still rejecting you, it means that your attempts have fallen short and whatever you're doing is not enough yet to make her feel like it would be a good idea to give you another chance.

So, to turn all that around and make her want to be your girl again, you have to focus on making her feel rushes of sexual and romantic attraction when you interact with her.

How can you do that?

By displaying some of the characteristics and personality traits that women are instinctively attracted to.

For example:

- Being confident and at ease in her presence, regardless of what she says or does to make you feel unsure of yourself.
- Using humor to ease the tension between you and her and making her drop her guard a little bit.
- Flirting with her to create a sexual vibe between you.
- Responding differently to the way she expects you to (e.g. if she rejects you, rather than get upset, you laugh and make a joke about her being a drama queen).

When you start making her feel attracted in the ways that she always wanted, she won't be able to stop herself from feeling drawn to you again, even if just a little bit.

When that happens, her walls come down and getting her back becomes a lot easier.

3 Ways a Guy Can Go Wrong When an Ex Girlfriend Keeps Rejecting His Attempts to Get Her Back

Learn the mistakes of other guys to ensure that you get your ex woman back quicker and easier.

Here's where other guys go wrong when in a situation like yoursâ€¦!

1. Using the same approach on her and expecting a different response

If you keep using the same approach with your ex girlfriend that you've been using up to this point (e.g. being insecure, giving her too much power over you, trying to convince her to want a relationship before you've even re-attracted her sexually and romantically), she will most likely continue to reject you.

So, you need to start creating feelings of sexual and romantic attraction inside of her (e.g. by maintaining your confidence around her regardless of how cold she's being towards you, using humor to break down her defenses and make her feel relaxed around you, using flirting to create sexual tension).

When you do that, her feelings of respect and attraction for you will naturally begin to resurface, whether she wants them to or not.

You can then build on those feelings and get her back, without her even realizing she's falling in love with you all over again.

Another mistake to avoid is

2. Deciding that if nothing works, you'll have to cut off contact and hope that she comes back on her own

Ignoring an ex woman for 30 or 60 days usually only works if she is still in love with her ex and is secretly hoping they will get back together.

However, if a woman keeps rejecting her ex's attempts to get her back, then it's more than likely she's not still in love with him at the moment.

As a result, him cutting off contact will actually work in her favor.

Rather than come running back to him, she will use the time apart to move on and find herself another guy.

Here's the thing

If you want your ex back, you have to stay in her life (not in a needy, annoying way. In a confident, attractive way) and use every interaction you have with her (e.g. via text, social media, on the phone and in person), to reawaken her feelings of respect and sexual attraction for you.

That is what works on women.

It's not the same for men though.

Women can more easily just cut off contact after a guy dumps them and if he can't get laid or move on, he will usually come back to her.

Yet, if a woman breaks up with a guy that she is no longer attracted to or in love with, she will rarely come running back to him if he doesn't contact her.

What works on women is re-attraction.

You've got to re-attract her, seduce her sexually and get her back on your terms, rather than leaving it all up to her to hopefully come running back to you, even though she doesn't love you or want you.

Another mistake to avoid is

3. Not using new attraction techniques to stir up new, more interesting feelings inside of her

Not knowing what else to do to get his ex back, a guy will sometimes decide to just hang around with her and act like a nice, sweet, neutral friend in the hope that she will eventually develop feelings for him and give him another chance.

That can work if the guy is good at flirting and sexually seducing a woman, but if he's just being nice and friendly, it will hardly ever work.

The guy will just end up in the friend zone and she will move on with new guys, leaving him behind feeling lost and heartbroken.

Here's the thing!

If you don't actively re-awaken your ex girlfriend's feelings of sexual and romantic attraction by behaving in new and interesting ways around her, she's just going to have friendly or neutral feelings for you.

So, don't just sit around being a nice, non-sexual friend.

Shake things up by showing her that you are a new man.

Make her laugh and smile.

Stand up to her in a dominant, but loving way.

Flirt with her and make her feel like a real woman around you (i.e. make her feel girly and feminine in comparison to your masculine vibe and approach to conversations and interactions).

The more you do that, the less she will push you away because she will naturally feel drawn to you and want more of you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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I Said No to Being Friends With Her When We Broke Up. Now I Regret it

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 4 things that you can now do to get her back:

1. Call her, say that you accept a friendship and are not looking for a relationship

Yes, it was a mistake to not accept a friendship.

It's probably not your fault though.

You may have been told that accepting a friendship was weak and would cause you to end up in the friend zone.

See myth #3 hereâ€¦!

So, if you said no to being friends with her, don't waste any more time beating yourself about.

The longer you take to get in touch with her and start the ex back process, the more time she will have to move on and find someone else.

Get her on a call as soon as possible and say something along the lines of, *â€œHey, I just wanted to say that I'm sorry for reacting the way I did when we broke up. I didn't behave in a very mature way. However, I'm over that now and I would like to take you up on your offer to be friends. By the wayâ€¦ before you assume that I'm only saying that so that I can get you back, I want you to know thatâ€¦s not the case at all. Itâ€¦s over between us and I fully accept that. However, I also think you and I can still be friends. So, how about it? Friends?â€¦*

By saying something like that to her on a phone call or in person (not via text), not only are you fixing the mistake that you made earlier, but you're also showing her that you're now at a different level emotionally (i.e. you're more emotionally mature), which will automatically begin to spark feelings of respect and attraction inside of her.

By the wayâ€¦!

If your ex is unsure whether or not to open back to you, she might initially play a bit hard to get and say something like, *â€œNo, you had your chance and you blew it. I don't want to be friends anymore. It's over between us and you need to accept that. I am happy now and I don't want to open old wounds. Goodbye.â€¦*

If she says something like that, it's critical that you do not lose confidence in yourself and give up.

Instead, maintain your confidence, laugh and say in a light-hearted, joking tone of voice, *â€œOh, come on! Now you're behaving just like I did before and I know you're better than that. You and I aren't getting back together, but we can at least be friends. That is the mature thing to do.â€¦*

Not only will she likely agree because she won't want to seem immature, but also because she will be curious about your newfound sense of confidence and self-worth.

Then, once you pass her initial confidence test and get her to agree to being friends, you need toâ€¦!

2. Get her to meet up with you as friends

Once you have begun to reawaken some of her feelings of respect and attraction on the phone call,

you can then suggest a meet up.

So, when she seems relaxed and is possibly even thinking things like, *“Well, at least he and I can still get along. Iâ€™m glad he has changed his mind about being friends. I actually missed our conversations and the way he makes me laugh,”* you can then ask her to meet up with you to say hello in person.

For example: In a confident, easy-going tone of voice, you can say something along the lines of, *“Hey, Iâ€™m so glad we ironed things out between us and can be friends. There’s no awkwardness between us anymore, which is how it should be between exes. We should catch up and say hi in person, even if it’s just one last time as friends, before we only ever see each other on social media. It would be good to say hi in person. I’m sure you agree. Anyway, Iâ€™m pretty busy for the next few days, but I will be free on Wednesday and Thursday? Which of these two days suit you best?”*

If youâ€™ve made her feel good during the interaction, she will likely agree to meet up right away and you can then go ahead and make arrangements.

Howeverâ€¦

3. If she says â€œNoâ€ to a meet up, ask for a final meet up as friends and promise to not contact her again after that

Sometimes a woman will play hard to get when an ex guy asks to meet up with her.

She might even say something like, *“No, I donâ€™t want to see you again. You had your chance at being friends and you said no. Iâ€™ve accepted that it’s over and so should you. I think itâ€™s now better if we go our separate ways and move on without hanging on to each other anymore, even just as friends.”*

In some cases, a woman will do that because she doesnâ€™t want to make it too easy for you, or because she still has some doubts about your motives (i.e. she believes that youâ€™re only asking to be friends to get her back and sheâ€™s not ready to take that step with you yet).

Regardless of her response though, you need to maintain your confidence with her and continue on with the ex back process.

Say, *“Okay cool, if thatâ€™s what you want, Iâ€™m cool with it. However, letâ€™s meet up one last time, so that we can part as friends, rather than always remembering each other based on how things ended between us. Then, after that, if you donâ€™t want me to contact you ever again, I promise to respect your wishes and never contact you. So, as I said, I’m busy on Monday and Tuesday, but Wednesday or Thursday is good. Which day works best for you?”*

By telling her that you won’t ever contact her again if she agrees to meet up, it gives her an incentive to go through with the meet up.

Pretty much every client that I’ve ever taught that technique to has been able to get a meet up with his ex woman, so try it for yourself.

However, just make sure that you do one very important thing before thenâ€¦

Make sure that you have improved your ability to make her feel attracted to you as you talk to her.

Don’t contact her, get a meet up and then screw up your chances of getting her back because you mess up the meet up.

If you mess up the meet up, she may not ever agree to another one.

So, before you get to a meet up, make sure that you're ready to properly re-attract her.

From there, you need toâ€¦!

4. Re-attract her and get her back when you meet up with her

When you meet up with her, you need to keep building on her feelings of respect and sexual attraction for you, so that even if she was initially thinking something like, *â€œIâ€™m only going to stay for 10 minutes, then Iâ€™m leaving and wonâ€™t ever talk to him again,â€* she quickly starts to change her mind and wants to keep interacting with you.

For example: Some of the ways you can make her feel that way are byâ€¦!

- Making her laugh, smile and feel happy to be interacting with you again.
- Being confident around her, even when sheâ€™s being closed off or cold towards you.
- Using flirting to build up sexual tension between you and her.
- Making her feel feminine and girly in comparison to your masculine vibe, behavior or conversation style.
- Turning her negative feelings about the break up into something you can both laugh about together.

The more she can see that youâ€™re being a confident, emotionally mature guy around her, the more she will naturally begin to think things like, *â€œI havenâ€™t laughed and smiled like this around him for a long time. I honestly thought it was over between us, but all of a sudden Iâ€™m not so sure. Why am I feeling like this around him?â€*

When she starts thinking that way, she canâ€™t stop herself from dropping her guard a little bit and allowing herself to imagine what it would feel like if you and her got back together again.

As a result, she will open herself up to seeing you more often and you can then confidently guide her back into a relationship with you.

4 Common Problems That Guys Encounter When Trying to Get an Ex Back, After Saying No to Being Friends With Her

When a woman offers to be friends with her ex after the break up, itâ€™s usually her way of letting him down easily.

In most cases, sheâ€™s just trying to be nice about the break up and ending things in a positive way.

So, naturally, when she says, *â€œLetâ€™s be friends from now on,â€* and the guy responds by saying, *â€œNo. If we canâ€™t be a couple, I donâ€™t want to be your friend,â€* she might feel a bit hurt by his reaction.

She may even think things like, *â€œI canâ€™t believe heâ€™s behaving like this! After everything Iâ€™ve done to be nice to him, heâ€™s throwing it back in my face! How immature and selfish of him. Oh well, if thatâ€™s how he feels, then I donâ€™t want to be his friend either. Iâ€™m going to cut him off completely and start to move on.â€*

If he then realizes his mistake, starts thinking, *â€œI said no to being friends with her when we broke*

up and now I regret it,â€ and then tries to make it up to her, chances are high that heâ€™s going to encounter some of the following problemsâ€!

1. She is now happy without him in her life and doesn't want a friendship

In some cases, offering to stay friends with an ex is a womanâ€™s way of getting out of a relationship without having to deal with a man reacting badly (e.g. he begs and pleads with her to change her mind, gets angry with her and possibly even becomes aggressive or violent and refuses to let her go).

Yet, even though sheâ€™s okay with being friends with her ex initially, at the back of her mind, she may be thinking, *â€Iâ€™ll just be friends with him for a while and then gradually start to fade out of his life. I can then easily move on and find myself a new man to have a relationship with, without having to worry about him getting angry for leaving him so suddenly and not being available to him at all anymore.â€*

So, if her ex man doesnâ€™t accept a friendship, she won't be too worried about it.

Instead, she will focus on trying to find herself a replacement guy as quickly as possible, to ensure that she has the added protection of being able to say, *â€Sorry, but Iâ€™m happy now and I donâ€™t want to be friends anymore. I have a new boyfriend and out of respect to him, I can't be friends with you anymore. So, please accept that and move on too.â€*

Naturally, the ex guy might then start thinking, *â€Damn it! I blew it! Now she doesnâ€™t even want to be friends with me anymore. Itâ€™s over. Iâ€™ve lost her forever.â€*

Yet, hereâ€™s the thingâ€!

Just because your ex might be saying she is happy without you now, it doesnâ€™t mean that you canâ€™t get her back.

You can.

You just need to maintain your composure around her and use any interaction you have with her (e.g. via text, social media, and especially over the phone and in person), to reawaken her feelings of respect and attraction for you.

Don't worry about the new guy.

He doesn't matter.

What matters right now is you and her.

You and her are a much better match and you deserve another chance with her.

So, focus on reactivating her feelings of sexual and romantic attraction for you.

The more you reactivate her feelings for you, the more she will start thinking of you in a positive light.

Her walls will then come down and she will at least open herself up to being friends with you again.

You can then use the friendship to build on her feelings for you and get her back by getting to a hug, kiss, sex and then back into a relationship.

The next problem that a guy might encounter after rejecting a friendship with his ex, isâ€!

2. She is annoyed by how he reacted when she offered friendship, so she now wants to play hard to get to teach him a lesson

Sometimes a woman might feel bitter or angry at her ex, for refusing to be friends with her after the break up.

She may think something like, *â€œHow dare he reject my offer to stay friends! I was being the bigger person by being nice to him and he threw it back in my face! Well stuff him! I donâ€™t care. I donâ€™t need him in my life anyway!â€*

If he then suddenly changes his mind and comes back asking for a friendship, she will usually be able to sense that he doesn't just want a friendship.

So, rather than making it easy for him to have access to her as a friend, she will likely make him suffer by being bitchy towards him and saying things like, *â€œForget it! Itâ€™s too late now. Iâ€™m not interested in having anything to do with you anymore.â€*

If he then gives up on getting her back and walks away, he potentially loses the love of his life.

Another problem a guy might encounter isâ€

3. She acts unsure about whether to meet up with him as a friend, as a way of testing his confidence

Your ex is probably going to test your confidence before she opens herself up to giving you another chance.

So, if you suggest a meet up as friends, after you said no to being friends, itâ€™s possible she might say something along the lines of, *â€œI donâ€™t know. You said that you didnâ€™t want to be friends before, so what has changed now? Are you trying to get us back together? If so, I donâ€™t feel comfortable meeting up with you.â€*

Essentially, she wants to see how strong of a man you really are and if youâ€™re just going to give up at the first sign of resistance from her.

The important thing for you to remember is that if you can pass her tests and maintain your confidence when sheâ€™s being vague and uncooperative, she will naturally feel respect and attraction for you, even if she doesnâ€™t admit it.

She will then drop her guard and open herself up the idea of getting back together.

Another problem a guy might encounter after rejecting his ex woman's offer to be friends, isâ€

4. She says that there's no point being friends now

For example: She might say, *â€œYou had your chance and you didnâ€™t take it. Thereâ€™s really no point to us being friends now. Itâ€™s too late. Iâ€™ve moved on and I've realized that Iâ€™m actually quite happy without you in my life. So, I donâ€™t need to be friends anymore. Iâ€™m better off without you.â€*

Although hearing her say something like that might hurt and you may even feel that all hope is lost, donâ€™t give up just yet.

Why?

You donâ€™t have to be friends with your ex to get her back.

You simply need to interact with her over the phone (and especially in person) and reawaken her feelings of respect, attraction and love for you again.

When you do that, her defenses naturally come down and she then begins to wonder, *What's going on here? Why am I feeling this way around him? Why do I suddenly look forward to hearing from him?*

From there, you need to build on that spark of attraction and get her back into a relationship with you.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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4 Examples of How to Bring Back a Lost Love

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you want to bring back your lost love, here are 4 examples of how you can do that:

1. Reach out to her via social media

[image: let her see that you are happy without her]

Social media is a great way to contact an ex, without putting too much pressure on her to get back with you.

Instead, it can be about just saying hello to her as a friend.

However, just make sure that your profile is looking good before you contact her.

Get rid of any recent photos of you on your own and instead, update your profile with photos of you having fun with other people and looking confident and happy around other people.

Once youâve done that, send her a quick message like, *âHey ex girlfriend, how have you been? I thought Iâd get in touch and say hello as a friend. How's things?â*

If she hasnât heard from you since the break up, chances are high that she will be surprised and will then likely look at your social media profile to find out what youâve been up to.

If she sees that youâve been getting on with your life without her and havenât been stuck at the same level you were at when you and her broke up, she will feel more comfortable about replying to you (i.e. because she wonât feel as though you reaching out to her is necessarily about getting her back).

By the wayâ!

When she responds to you, donât get caught up sending messages back and forth that go nowhere.

Remember: The only reason why youâre contacting her via social media is so you can break the ice.

Once you've broken the ice and she is replying to you, get her on a call to say hi and make her feel attracted to you (e.g. by getting her laughing and smiling).

Then, arrange for you and her to meet up in person.

So, when she replies to a message or two, you can then send her a message like, *âBTW: Good hearing from you again. Iâm glad to hear that youâre doing well. I might give you a call sometime so that we can catch up and say hi as friends. Cool?â*

She might say, *âOkay,â* right away, or she might be a bit resistant at first and say something along the lines of, *âI donât know if thatâs such a good ideaâ* or, *âIâm not sure about that.â*

Whatever her response is though, just make sure that you maintain your confidence and continue on with the ex back process.

For example: If she seems resistant to talking to you on the phone at first, you can say something along the lines of, *âHey, itâs no big deal! ð Itâs just a quick call between friends to say hi. We can do that, right? It might even prove to be fun. After all, Iâm sure you have a lot to*

tell me and Iâve got some funny stories to tell you too! So, chat soon, okay?â

In most cases, a woman will then say something like, *âkâ* and you can then just go ahead and call her the next day.

Once you get her on a phone call with you, focus on reawakening some of her sexual and romantic feelings for you, so she will naturally want to see you again in person.

Remember: Face-to-face is where you will fully re-attract her (e.g. by making her laugh, smile and feel good to be around you again, showing her that you really are a new man now) and get her to open up to getting back together.

So, make sure that you don't stop at a phone call, or worse, stop at messaging back and forth or texting her.

Another example of how to bring back a lost love isâ!

2. Understand what kind of attraction experience will make her feel compelled to give you another chance

If you want to bring back your lost love, you first need to understand her real reasons for breaking up with you, so you can adjust and change in the ways that will actually matter to her.

For example: When interacting with your ex, ask yourselfâ!

- Am I turning her on right now (i.e. by being confident, emotionally masculine, charismatic or funny), or am I turning her off (i.e. by being insecure, self-doubting, submissive, needy or wimpy)?
- Does she feel relaxed and happy to be talking to me, or does she feel tense, uneasy and like she wants to get away from me as quickly as possible?
- Am I making her feel like an attractive, sexy woman in my presence, or do I make her feel more like a neutral friend?
- Does she feel respect and sexual attraction for me based on how I now talk, act and behave around her, or does she feel like she could get a better attraction experience from another guy?

If you are doing it right, she will naturally start looking at you in a more positive light.

When that happens, her guard will begin to come down and she will feel drawn to you again in a way that feels good to her (i.e. because youâre now giving her the attraction experience she always wanted from you, but didnât get).

She then starts to think, *âHeâs different now. He actually seems to understand me so much more than he ever did before. Maybe things would be different between us this time around. After all, heâs not the same man I broke up with. Maybe I should give him another chance, even if just for a little while.â*

Then, getting her back becomes easy, because she actually wants it too.

Another example of how to bring back a lost love isâ!

3. Interact with her and let her see that she feels new and exciting types of attraction for you now

For example: Some of the ways you can do that is byâ!

- Maintaining your confidence with her when she tries to put you off by being disdainful or indifferent towards you.
- Showing her via your actions, conversation style and behavior that you've fixed some of the issues that were turning her off before (e.g. if you were too needy before, you are now more emotionally independent and getting on with your life without her. If you weren't ballsy enough before, you're now more confident and capable of standing up for yourself to her and other people).
- Reacting differently to what she says and does, (e.g. if you became nervous and unsure of yourself and your attractiveness to her when she talked about other guys, you now relax and smile and possibly even make a joke about it).
- Being more emotionally masculine around her and making her feel feminine and girly, rather than being too nice and neutral and making her feel like a friend or an acquaintance in your presence.

The more she interacts with you and discovers that you're nothing like the guy she broke up with, the more attracted to you she will become.

Her defenses then start to come down and she then becomes open to talking with you more over the phone and seeing you in person, to see what happens next.

Another example of how to bring back a lost love isâ

4. Meet up with her and get to a kiss or sex to reignite the physical side of your lost love

[image: Bring back lost love]

When bringing back a lost love, the main thing to remember is that the fastest way to make that happen is by actively making your ex have strong romantic and sexual feelings for you again.

That process begins with you talking to her on the phone and making her laugh and smile.

It then continues when you meet up with her in person.

This is why you can't get stuck texting back and forth, or only talking over the phone.

You have to meet up with her in person so you can build on her feelings for you, show her that you're a new and improved man now and then get to a hug, kiss, sex and back into a relationship.

For example: Giving her a warm hug when you see her in person helps break the physical distance between you and her and makes her feel a surge of sexual attraction.

She then starts thinking things like, *âThis feels so good. I can't believe I'm even thinking this, but I don't want to leave his arms. I want him to hold me tighter and kiss me. Why am I thinking like this? I thought I was over him. Maybe I'm not.â*

How can you get to that point with your ex?

If she is open to you and isn't closed off or distant, you can hug her right away.

Yet, if she is closed off, distant, cold or uninterested, you can hug her at the end of the meet up, after you have reawakened some of her sexual and romantic feelings.

When you and your ex are getting ready to leave, you can say something along the lines of, *âCome over here and give me a goodbye hugâ* and open your arms and move towards her to

initiate the hug.

If you've made her feel good throughout the meet up, she won't resist it and will go along with the hug.

You can then take her in your arms and give her a warm hug that lasts for 5-20 seconds.

If she seems open (i.e. she doesn't pull away quickly and instead, looks up at you and smiles), you can then lean in and give her a kiss on the lips.

Remember: The longer she stays in your arms, the more open she is to hooking up with you sexually.

If you're getting good signals from her, go to your place or hers and reignite the physical side of your love with sex.

Remember: Sex speeds up the process of reconciling the relationship faster than any text, email or phone call.

Sex doesn't fix everything, but it's one part of the ex back process that you need to make sure you include along the way, if you want to bring back your lost love and restart the relationship for real.

4 Common Problems That Guys Encounter When Trying to Bring Back a Lost Love

Sometimes, all a guy has to do is call his ex on the phone, re-spark some of her feelings of respect and attraction for him again and get her back.

It's easy in cases like that.

However, in other cases, getting her back is a little more difficult, because he's faced with some of the following problems!

1. She has moved on, so he feels unwelcome to reach out to her

Sometimes a guy is too emotionally hurt to begin the ex back process right away.

So, by the time he does get control of his emotions he then finds out (e.g. via social media, mutual friends) that his ex has already moved on.

He might then think, *"Well, I guess it's too late then. I'm sure she wouldn't want to hear from me now. She seems so happy without me. I don't stand a chance anymore,"* so he never makes the move to contact her or get her back.

Yet, here's the thing!

Even if a woman has fully gotten over her ex and moved on, it doesn't mean he can't get her back.

A guy can get a woman back by making her break up with her new guy, if he successfully reactivates her feelings for him again and then follows through on the rest of the ex back process.

He has to get her on a phone call with him and regardless of how unwelcoming she might sound at first (e.g. she says something like, *"What do you want? We have nothing to talk about"* or, *"Why are you calling me? Don't you know that I have a boyfriend now?"*), he needs to confidently use humor to break down her walls and get rid of the negative tension between them.

When a woman is laughing, smiling and having fun talking to her ex, it becomes difficult for her to maintain a cold, distant persona at the same time.

On the other hand, if a guy just gives up without reaching out to her, he may end up spending the rest of his life wondering if he could have gotten her back and recovered the love that he lost.

The next problem a guy might be faced with isâ€¦|

2. Assuming that she would be annoyed if he reached out to her again

If a guy initially tried to get his ex back after a break up and it failed, he might then have decided to leave her alone for a while (e.g. a few weeks or months) to let things calm down between them, or to hopefully make her miss him.

Yet, by cutting off contact with an ex woman, some guys end up feeling nervous about contacting her again in case she reacts in an annoyed or angry way.

For example: He may think something like, *â€œWhat if sheâ€™s not happy to hear from me? What if she tells me to get lost? What if she says that Iâ€™m harassing her?â€*

As a result, he doesnâ€™t make contact with her and hopes that she contacts him one day instead.

Yet, when she doesnâ€™t contact him and just continues to move on, he loses out on potentially getting her back.

Hereâ€™s the thing â€¦|

Even though your ex might be a bit cold or distant when you call, she wonâ€™t be able to continue feeling or acting that way if you make her feel attracted to the new and improved you on the call, or in person.

So, whatâ€™s it going to be?

Are you just going to wait in the background and hope that she comes back to you on her own, or are you going to make this happen now?

Every day, all over the world, men get ex women back and you can do it too.

Youâ€™ve got to be willing to take the necessary steps though.

If youâ€™re willing to do that, you could be in bed with her next week and she could be looking you in the eyes and saying, *“I love you.”*

Isnâ€™t that better than living the rest of your life with a feeling of regret, because you didnâ€™t do what it takes to get a woman back?

Another problem a guy might face when trying to bring back a lost love isâ€¦|

3. Trying to bring back the love by talking about love

Sometimes a guy sends a text, email or message to an ex woman and says something like, *â€œThe love we had was one of a kind. We had such an amazing connection. How can you just walk away from that? I love you and I want to be with you. I will do whatever it takes to make you see that what we had is worth fighting for and convince you to let me back into your heart. You are still in my heart and will be forever. I love you. Please reconsider.â€*

Although the guy is being sincere, saying those kind of things to an ex woman is usually a turn off.

Why?

In most cases, a message like that will be from an ex man that she no longer feels respect and sexual attraction for, so itâ€™s not something that she is eager to hear.

Instead of being swept off her feet by the notion that heâ€™s so being romantic and is still completely in love with her, she closes herself off even more.

Why?

The feelings aren't mutual yet.

He's trying to get her back because he wants her, even though he hasn't even made her want him back yet.

The bottom line is thisâ€¦!

If you want to bring back a lost love, you have to focus on making her feel respect and sexual attraction for you again, rather than trying to seduce her with sweet talk about love.

Women only appreciate sweet, loving, romantic words from a man that they are attracted to.

So, don't skip that part of the ex back process.

Attraction first and everything else after that.

Note: That said, you don't need to send her sweet, romantic words to get the love back.

Get to sex and then allow loving conversations to begin to flow naturally between you and her.

Another mistake that guys often make when in a situation like yours isâ€¦!

4. Re-approaching her in a neutral way

Sometimes a guy will interact with his ex and pretend that heâ€™s only interested in being her friend now (e.g. heâ€™s very nice and polite towards her, doesn't flirt to create sexual tension, acts like heâ€™s totally over her, seems to just want to help her with her life).

Yet, here's the thingâ€¦!

Women aren't stupid (well, most of them anyway).

Most women know when a man is being nicer than he actually is, in the hope that it somehow grants him access inside of her panties (if he's trying to pick her up), or inside of her heart once again (if he's trying to get her back after a break up).

So, don't pretend that you have no sexual interest in her.

When you re-approach your ex to bring back the love you lost, make sure that you are focused on making her feel sexually and romantically attracted to you.

When you do that, she will naturally open back up to you and want to explore her new feelings for you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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Will My Ex Girlfriend Remain Closed Off to Me Forever?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

It depends on the following:

1. Do you know what will make her feel attracted to you again?

Making your ex feel attracted to you again has almost nothing to do with your physical appearance.

Why?

Attraction to physical looks fades, so if you've been with her for a while, she's not going to be impressed by subtle changes to your appearance.

So, before you rush out and get a new gym membership, or blow a months of your salary on buying lots of new clothes, you need to understand that a woman's attraction to a guy is mostly based on how he makes her feel when she's interacting with him.

Of course, there are some women who are more impressed by superficial things like a man's appearance, money or social status.

However, for most women, falling in love and staying in love with a guy is based on how he makes her feel when she's with him, how he behaves around her and the way he thinks and takes action in his life.

So, don't make the mistake of thinking that you need to get a physical makeover to re-attract your ex.

You can improve your physical appearance if you want to (e.g. lose some weight if you need to, build some muscle at the gym, overhaul your wardrobe), but your main focus needs to be on finding new ways to re-attract her emotionally.

By the way!

If you're not sure where to start, here are some questions that will help you get a clearer picture on how to re-attract her in the ways that really matter!

- When you interact with your ex, do you make her feel feminine and girly in your presence, or does she feel more like a neutral friend or worse, does she feel more dominant and powerful than you?
- Are you confident and emotionally strong when you interact with her and believe in your value to her, or do you feel insecure, self-doubting and believe that she's too good for you?
- Are you living up to your true potential as a man, or are you have been drifting through life just doing 'whatever' and not really caring about building a future for yourself?
- Are you emotionally masculine enough to handle her when she tests your confidence (e.g. by throwing a tantrum over nothing, being closed off towards you and saying she will never give you another chance), or do you crumble and become insecure?
- Do you and her want the same things in life (e.g. to settle down, get married and start a family together, or to party and have fun for as long as possible), or are you going in completely different directions in life?
- Is your relationship intelligence at the same level as hers, or do you still need to educate yourself about what it takes to maintain a relationship and keep it together for life?

When you understand what your ex girlfriend really wants, you can start letting her see that you now understand it and have changed (e.g. begin making her feel more feminine around you, start being more emotionally dominant than her or start being more confident and self-assured).

Don't tell her that you've changed; let her sense it and see it based on how you now talk, behave and act around her and in life.

When she can see that you now understand what she really wants, her guard starts to come down and she naturally opens back up to you.

On the other hand, if you try to get her back without changing anything at all, or by offering her the wrong things (e.g. working hard to improve your physical appearance, sucking up to her by being extra nice, offering to do whatever she wants), she will most-likely remain closed off to you forever (or at least until you start re-attracting her in the ways that are actually important to her).

The next thing to consider isâ€¦!

2. If your ex interacts with you, will she be able to sense that you would end up making the same kind of mistakes that lead to the break up?

In some cases, a woman will break up with a guy without telling him exactly what turned her off.

Instead, she will say something like, *â€œI don't think we should see each other anymore,â€* or *â€œI need a break from being in a relationship for a while so I can focus more on my studies/work/finding myself.â€*

Yet, that isn't her real, secret reasons for breaking up with him.

For example, some of the real reasons why she broke up with him could include the fact that:

- She feels turned off by how he lost the confidence she first felt attracted to. He ended up becoming too needy, insecure and clingy in the relationship with her.
- He failed to keep the spark alive between them, so she stopped feeling like an attractive, desirable woman around him. She felt more like his roommate or a neutral friend.
- She initially felt drawn to him because he was nice and sweet, but soon realized that he wasn't manly enough for her (e.g. he sucks up to her all the time, lets her get away with bad behavior), so she feels more emotionally dominant than him.
- He gave her too much power in the relationship. She wants to be in a relationship with a guy who makes her feel like his girl, rather than her feeling like his mother or feeling as though she always needs to help him emotionally.
- He seemed cool initially, but he ended up showing a side of himself that made her feel as though they weren't on the same level socially.

So, if you don't want your ex girlfriend to remain closed off to you forever, you need to make sure that when you interact with her from now on, you show her (via your actions, conversation style and the way you respond to her), that you're no longer making the same old mistakes that turned her off.

For example:

- You're more confident and self-believing.
- You no longer feel unsure of yourself when she's being closed off towards you.

- You're not afraid to flirt with her to create sexual tension between you and her.
- You can now laugh at her (in a loving way) when she creates drama and says things like, *â€œI can never trust you again after what happened between us,â€* or *â€œI just can't forgive you for the pain you caused me.â€*

When she experiences the changes in you first hand (i.e. on a phone call or in person), she won't be able to stop herself from opening up to you, even if only a little bit initially.

Then the more she sees for herself that you really have changed, the more she will start to respect you.

When she respects you, she will also start to feel sexual and romantic attraction for you and from there, it's only a matter of time before she will re-connect with her original feelings of love for you.

On the other hand, if you keep trying to get her to open up to you while making the same old mistakes you made that led to the break up, she will just keep pushing you away and saying things like, *â€œI'm sorry, but it's over. We had our chance and it didn't work. You need to accept that and move on.â€*

The next thing to ask yourself isâ€¦

3. How would you rate her level of love for you out of 10 after the relationship had settled down?

To answer this question, think about your relationship with your ex and how serious it really was before your break up.

For example:

Were you and your ex girlfriend talking about getting married and starting a family (which means her level of love for you would have been at about a 9 or 10), or were you just seeing each other from time to time (which could mean that her level of love was probably a 7 or less)?

Did you and her have the same values, beliefs and philosophy towards life and the future, or were you complete opposites?

Did you want the same things in life (e.g. a successful career, to travel the world, to help others, to settle down and start a family), or did you want separate things?

Was she always honest and loyal towards you (and you to her), or did she sometimes lie and betray you?

Was she often flirting with other guys behind your back or worse, in front of you?

Did she cheat?

Who was more invested in the relationship, you or her?

By honestly answering those questions, you will have a clearer picture of the depth of your relationship with your ex.

For example: If you and your ex girlfriend wanted different things in life, it's possible that she didn't really believe you were her ideal man.

She may even have been thinking things like, *â€œHe's a nice guy and I do enjoy being with him for now, but I can see that we won't be able to stick together in the long-term, because we want*

*very different things in life.*â€œ

Naturally, after you and her broke up, she will have then closed herself off from you as a way of not giving you hope that you and her could get back together again.

So, if you want her back, you need to interact with her and let her see that you and her are now an even better match than you were before.

When you level up and are able to attract her in new and interesting ways, her feelings automatically start to come back to life.

Then, even if her level of love for you was originally low, it will begin to change and become stronger.

She will feel as though, if she doesn't give you another chance, she might end up regretting it for the rest of her life.

As a result, her walls will begin to come down and she will open up to you again.

Another thing to ask yourself isâ€œ

4. Are you trying to get her to open up to a relationship before you've even re-attracted her?

After a break up, a guy will sometimes rush to try and convince his ex to give him another chance.

For example: He might repeatedly try to discuss the relationship and how heâ€™s willing to do whatever it takes to make things right, so they can get back together again.

Yet, if sheâ€™s not feeling respect and sexual attraction for him anymore, she isn't going to feel motivated to want to get into a relationship.

As a result, she remains closed off and thinks things like, *â€œI know that he means well, but I just don't have feelings for him anymore. Besides, him pushing me to commit to the idea of a relationship only proves to me that he still doesn't understand why we broke up in the first place. It's almost as if he believes we can just sweep our problems under the carpet and start over, just because he wants to. What about what I want? He doesn't even make me feel attracted anymore, but he wants me back. Why should I give him another chance? That wouldn't be fair on me.* â€œ

This is why, if you sincerely want your ex back, you have to stop trying to get her to open up to a relationship.

Instead, you need to focus on reawakening her feelings of respect, sexual attraction and love for you, by making the interactions that you have with her from now on, feel fun, exciting and interesting.

When you use that approach, she will naturally open back up to you again because you are now something that she wants.

She will worry that if she remains closed off to you, it might cause you to move on with a new woman, which will then cause her to regret it and feel as though she is the one who got left behind.

As a result, she will open up to you and try to make something happen between you and her again.

Another thing to ask yourself isâ€œ

5. How badly did you behave leading up to, during and after the break up?

In some cases, a woman will remain closed off to her ex for a long time (or even forever) due to his

behavior before, during and after the break up turned her off.

For example: Some guys mightâ€¦

- Beg, plead and even cry in front of her.
- Throw a tantrum and demand that she change her mind.
- Accuse her of cheating.
- Insult her.
- Say that he never loved her anyway.
- Become aggressive or even violent towards her.
- Demand that she allow him look through her phone, messages and emails.

Although those behaviors can turn a woman off and convince her that she wants to move on, not all of them are unforgivable.

Most reactions can be fairly easily forgiven, unless it was a violent reaction, or extreme stalker behavior reaction.

So, if you behaved in a way that you now regret, donâ€¦ keep beating yourself up about it.

Instead, realize that youâ€¦re not that guy anymore.

You have improved and become a better man already and when you interact with her again, your actions, behavior, vibe and conversation style will prove that to her.

When she sees that you really have changed, she will naturally begin to open up to you, even if just a little bit.

From there, you can show her that falling back in love with each other will be even better than it was the first time.

Don't tell her that though.

Show it to her based on how you talk to her, behave, act and think around her and in life in general.

Let her see that you have changed and that she really does feel differently about you now.

When that happens, she won't want to remain closed off to you anymore.

Another question to ask yourself isâ€¦

6. Have you tried all options to get her back?

Most guys don't use the option of re-attraction because they simply don't know how to do it.

Instead, most guys do all of the usual things like buying flowers and gifts, apologizing and promising to change if she gives him another chance.

Alternatively, a guy might use No Contact and ignore her for 30 or 60 days in the hope that she will start to miss him and open back up to him again.

Yet, none of these things work as well as re-attracting her.

For example: Watch this video to understand the truth about cutting off contact with a woman and hoping that she comes backâ€¦

The same applies to getting a gift for your ex, or trying to suck up with her with flowers, poems or letters.

It just doesn't work.

You've got to focus on re-attracting her sexually and romantically, which is done when you talk to her on the phone and in person.

If you haven't done that yet, then you haven't tried what really works to get a woman back in today's world.

2 Common Problems That Guys Encounter When Trying to Get an Ex Woman to Open Up Again

When a woman is closed off to her ex, she usually won't make it easy for him to get her back (e.g. she won't answer his calls, she will refuse to meet up with him in person, be cold and distant when they talk).

1. She is being stubborn about her decision to not give him another chance

In most cases, an ex woman will only be stubborn because the guy is going about the ex back process backwards.

Essentially, he's pushing her to open up so that they can be a couple again, but he hasn't fully reawakened her feelings of respect, sexual attraction and love for him yet.

Remember: A relationship is the last step in the ex back process, not the first.

So, if you want your ex girlfriend back, don't waste time trying to convince her to open back up to the idea of having a relationship.

Instead, just focus on using every interaction that you have with her (e.g. especially over the phone and in person) to re-spark her feelings of respect and sexual attraction for you.

The more she starts to associate positive feelings to interacting with you, the more her defenses come down.

You don't have to force it to happen because it will happen naturally, even if she tries to stop herself from feeling it.

She will feel drawn to you and begin to want you back for her own reasons (i.e. so she doesn't regret losing you).

However, if you keep trying to force her to open up to you so you can then convince her to want a relationship, she will remain closed off forever (or at least until you change your approach).

2. Trying to open her back up via text

When a guy is faced with a situation where his ex girlfriend is refusing to interact with him in any other way (e.g. she won't talk over the phone or meet up with him in person), he will often resort to texting her.

It's understandable and it can help, but texting isn't the best option to properly get an ex woman back, as I explain in this video!

You can spark some attraction, but you shouldn't try to use text to get her to commit being with you again.

That approach won't work.

Unfortunately, a lot of guys don't find this out until it's too late.

As a result, a guy thinks that it's okay to send his ex woman long walls of text where he tries to explain things, convince her to change her mind and get her to understand his point of view.

Yet, to her, his attempts to get her back seem needy, selfish or even annoying.

As a result, rather than make her think, *â€œMaybe he's right about me being too closed off. Maybe I should give him a chance,*â€œ she just closes herself off even more.

Why?

When a woman can't see a guy's body language or hear the tonality of his voice, rather than give him the benefit of the doubt and assume that he's being confident and self-assured, she usually assumes the worst of him based on her past experiences with him (e.g. he used to be insecure/self-doubting/wimpy before).

This is why, if you keep trying to make your ex open up to you via text, you're probably going to achieve the exact opposite.

She will close up and potentially even block your number.

On the other hand, if you get her on a phone call and reawaken some of her feelings of respect and sexual attraction for you by making her laugh, smile and feel good to be talking to you again, it will be a lot more difficult for her to keep pushing you away.

Then, when you meet up with her in person (something that she will be more willing to do after you've made her feel good on a call), you can build on her feelings and bring down her walls once and for all.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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I Work With My Ex and Want Her Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 ways you can make that happen:

1. Start projecting a more confident, independent energy

[image: Start projecting a more confident, independent energy]

When a guy is trying to get his ex woman back that he works with, he will often make the mistake of seeming a bit lonely, lost or lacking in confidence now that she has broken up with him.

Don't make that mistake.

Women are naturally attracted and drawn to the confidence in men, so when you begin to project a more confident, emotionally independent energy, she will naturally begin to look at you in a different light.

Let her see that even though you still have feelings for her and want her back, you don't actually need her back to feel emotionally secure, fulfilled and happy again.

Let her see that you are confident, emotionally secure and happy without her.

You're focused on your work, doing well and getting along well with others.

Yes, you want her back, but you don't need her back.

For example: Imagine how a woman would feel if she broke up with a guy that she works with and he then walks around the workplace looking sad, depressed and unable to cope without her.

He also begins letting coworkers know that it's because he has a broken heart and is trying hard to get her back.

Will she be thinking, *"Oh, that's so sweet! He's a wreck without me. I feel so flattered now that everyone here at work can see how much I still mean to him. Maybe I should give him another chance because of that,"* or will she be thinking things like, *"Why is he making this more difficult than it needs to be? I'm trying to be nice and professional, but he seems to be acting weird around me. Maybe I should see if I can get a transfer to another department, or convince my manager to transfer him somewhere else?"*

So, if you want to re-attract your ex, you need to show her that you're not sitting around feeling sad, lonely and lost without her.

Instead, you are now emotionally independent and feel good about yourself, your job and your life in general.

Don't tell her that, of course.

Instead, simply let her feel that and see that based on how you talk, feel, think, behave and act in the workplace.

Don't overdo it though.

Just let her get the sense that you really are happy, confident, forward moving and emotionally secure.

No need to be loud about it and say, *"I'm so happy now that we've broken up. Her breaking up with*

my was a gift. I'm so much more confident without her."

That won't work.

In fact, it will likely backfire because she will feel as though you are trying to ruin her reputation in the workplace.

So, just let her sense your confidence, happiness and emotional security based on how you talk, behave and act in general.

Then, even though she probably won't openly admit it to you, she will begin to experience surges of respect for you again.

She will be impressed that you are being an emotionally strong, independent man who is handling the break up in such a mature way (i.e. You're not rubbing your happiness in her face or trying to tarnish her name. Instead, you are simply getting on with your work and professionally and confidently interacting with others).

When she starts respecting you again, she will also start to feel some attraction and that is the opening you need to begin getting her back for real.

The next thing you can do to get an ex back that you work with isâ€¦

2. Use in person interactions to flirt discreetly and create a spark

If you want her to have a romantic interest in you again, it's essential that you build up some sexual tension between you and her.

Of course, because you and her are in the workplace, you can't blatantly start acting in a sexual manner because she will likely feel embarrassed about what others might think, or you could get into trouble with management or HR.

Yet, you do need to flirt with her if you want her to have a romantic interest in you again.

So, to avoid getting into trouble, you need to be subtle and discreet about your flirting.

Here's an example â€¦

Imagine that you bump into your ex getting a cup of coffee in the workplace kitchen.

Rather than just say, *"Oh, hello. How are you today?"* which will do nothing to spark her feelings, you can instead say in a confident, flirtatious tone of voice, *"Thanks, I'll have a cup too. You know how I like mine" and have a laugh with her about it.*

Now, if your ex has her guard up or is worried about flirting with you in the workplace, she might get a bit defensive and say something along the lines of, *"We're not a couple anymore. You can't talk to me like that"* or, *"Make your own coffee. Why are you even asking me to make you a coffee?"*

If she does react in that way, just smile, have a little laugh and say, *"Relax. We are coworkers and are allowed to talk to each other and joke around about things. Besides, you always make the best coffee. So, can you make me one?"*

She may then say something like, *"Oh, okay, but only this once."*

You can then continue flirting with her by saying something like, *"Of course, you make great coffee, but you can't cook/run/sing (use an example of something your ex doesn't do very well) to save your life"* and have a laugh with her about that.

At this point she will likely be smiling, laughing and maybe even saying, *"Hey! I'm not that*

bad at (whatever you said she couldn't do very well)!â€œ or she will just laugh and get on with making the coffee.

As a result, she will be feeling relaxed in your company and will be enjoying the interaction.

She will also be feeling surges of respect and attraction for you being confident enough to flirt with her in that way, while still maintaining the professional boundaries of the working environment.

She can then begin to think, â€œHmmmâ€œI havenâ€œt felt this way about him in such a long time. It feels good to interact with him like this now. I like this feeling and I donâ€œt want to lose it. Maybe we can work things out after all. Maybe I need to open back up to him.â€œ

Thenâ€œ

3. Once she is attracted to you again, build on the tension

Once she is feeling attracted to you based on some subtle flirting, go back to acting like friendly coworkers again for an hour or two (e.g. only talking about business related subjects with her when you run into her).

A little later, go back to lightly flirting with her and using humor to make her feel good to be around you.

Note: If you don't see her that often, then switch between flirting and being friendly every day.

One day, add in some flirting and the next day, just be friendly and professional.

This builds up the exciting feeling of anticipation inside of her and gets her wondering, â€œWhy do I suddenly feel excited about coming to work every day and hoping that I will see him? Why am I disappointed when he doesnâ€œt tease me or make a joke and acts serious and professional with me? Why am I even thinking like this around him? Weâ€œre supposed to be broken up! I really thought I was over him but now Iâ€œm so confused. How can I make him want to flirt with me more? Maybe I need to show him some more interest.â€œ

As a result, getting back together becomes something that she wants to do.

It's no longer about you trying to convince her to hopefully give you another chance.

Instead, you end up allowing her to have another chance with you that she clearly wants.

So, if you've been thinking, *â€œI work with my ex and I want her backâ€œ* then don't overlook the power of flirting.

It really does work.

Just make sure that you keep it subtle.

Here are some examples of flirting in the workplace that I shared in a video for guys who wanted to pick up new women.

This video isn't about getting an ex back, but it's still about flirting in the workplace, so you will find helpful too.

Here is a video of mine that is specifically about getting an ex backâ€œ

Once youâ€œve built up enough sexual tension between you and her, you can then take the next stepâ€œ

4. Get her to grab a coffee or some lunch with you

After a few days of making her feel attracted again, you can say something along the lines of, *â€œHey, letâ€™s grab some lunch/coffee in the cafeteria this afternoon. It'll be good to catch up as friends.â€*

Important: Say that to her in person. Don't send her an email.

Many guys get themselves into trouble with ex women by emailing them in the workplace.

The woman then shows the email to her manager or to HR (Human Resources) and the guy gets into trouble for 'harassing' her.

So, don't make the mistake of putting anything in writing.

Say the following in a friendly, easy-going and confident manner when you are talking to her and she has been feeling attracted to you, *â€œHey, letâ€™s grab some lunch/coffee in the cafeteria this afternoon. It'll be good to catch up as friends.â€*

Don't say it BEFORE you've flirted with her and made her feel attracted to you again.

Make her feel attracted to you again and THEN suggest a friendly catch up for lunch or afternoon coffee.

By the wayâ€

Don't lose confidence in yourself if she initially says something like, *â€œNo, I don't think we should do that,â€* or *â€œNo. I don't want people at work to see us together and start thinking that we're a couple again,â€* because she will be most likely testing to see if you'll give up and become insecure at the first sign of resistance from her.

She might also initially resist to make sure that she's not seeming too easy to get back into a relationship.

Many women know that if they catch up with their ex guy, he will almost certainly be able to seduce them back into a relationship.

When you say something like, "Hey, let's catch up as friends" she may be thinking, *"If I say yes, then I'm going to fall for him again and we're going to get back together."*

So, if she initially says, "No" to your request, make sure that you don't lose confidence in yourself, get annoyed, beg and plead with her or worse, give up and think that you can't get her back.

Instead, just remain calm, smile, have a little laugh and say in a joking manner, *â€œRelax, you're making a big deal out of nothing. No one will think that we're getting back together again. We're just friends now and we can have some lunch/coffee together if we want to. Besides, it's not like we're talking about having candlelit dinner at some fancy restaurant. It's just a coffee as friends or as coworkers. We can do that.â€*

When you catch up for a coffee or some lunch, make sure that youâ€

5. Don't ask for a relationship. Just build up the sexual tension between you and her

If things go well during lunch (e.g. she's laughing, smiling, saying things like, *â€œIt's nice to be doing this with you againâ€* or, *"You've changed. I like the new you"*), you might be tempted to ask her if she will give you another chance.

Don't make that mistake.

If you push to get back into a relationship before she's feeling ready, you will likely cause her to pull away and close herself off once again.

Then, it will be about you trying to convince her to change her mind and give the relationship another chance.

So, don't put that kind of pressure on her.

Instead, just focus on having an enjoyable lunch with her, while building some more sexual tension between you and her.

How can you do that?

By flirting with her a little bit, making her laugh and then going back to interacting with her in a normal, friendly manner.

For example: Imagine that you and her are sitting together at a table in the company cafeteria, or you're out at a local coffee shop having a coffee together.

She happens to be drinking a cappuccino.

To flirt with her, you can say something, *â€œHaha! you've got a foam mustache going on! You look so cute! let me get it for you* and then lean over and wipe her mouth with your napkin.

She will likely blush and feel a bit self-conscious, while at the same time also feeling drawn to how girly you're making her feel in comparison to your masculinity (i.e. that you have the balls to see her as the girl and you as the man who will take care of her and wipe the foam from the cappuccino off her lip).

Then, lean back and continue talking normally as if nothing happened.

She will be impressed and attracted because she will be feeling girly in comparison to you.

Then, once you sense things have calmed down between you, flirt with her again (e.g. playfully tease her about something, tell her that she smells good, touch her hand in passing or lean forward and gently move her hair out of her face) and then relax back into ordinary conversation once more.

As a result, sexual tension will build up between you and her.

Even if she doesn't openly admit it, she will be feeling excited and will want you to continue flirting and making her feel attracted.

You can then suggest meeting up later when you're both not at work.

When you meet up outside of work, just continue building up tension and get her to the point where she wants you make a move to hug her, kiss her and then release that tension with sex.

You can then go back to your place or hers (if you're not there already), have sex with her and get back into a relationship.

Where Guys Go Wrong When Trying to Get an Ex Back in the Workplace

Trying to get an ex back that you work with doesn't have to be difficult.

However, because you risk not only losing your ex for good, but also your job, you need to make sure

you donâ€™t make the following mistakes when trying to get her back:

1. Losing confidence at work

If a guy allows a break up get him down, not only will it be difficult for him to re-attract her (i.e. because women are instinctively turned off by emotional weakness in men), but his work will also start to suffer.

For example: If heâ€™s at a meeting and his ex is there too, he might feel nervous and insecure and not have his say like he used to.

Alternatively, if thereâ€™s a project that requires him to work with his ex, it might be difficult for him to co-operate with her effectively, because he feels uncertain and self-conscious around her.

Naturally, if this goes on for too long, it can impact the quality of his work and may come to the attention of his boss, which could result in him being demoted, warned, transferred to another department or even fired.

So, donâ€™t let that happen to you.

Make sure that you maintain your confidence around your ex, regardless of how bad you might feel about losing her.

Not only will she feel respect and attraction for you for staying emotionally strong despite what happened between you, but youâ€™ll also gain the respect of everyone at work who knows about what happened.

The next mistake isâ€¦!

2. Appearing dejected, sad or lonely

[image: Appearing dejected, sad or lonely]

Thereâ€™s a good reason why a lot of companies discourage (and in some cases, forbid) their employees from dating each other.

Essentially, they want to avoid the fallout from when a relationship doesnâ€™t work (e.g. the employee stops pulling their weight at work, they cause coworkers to feel uncomfortable).

So, if a guy walks around the workplace looking sad, dejected and lonely after his break up, it will inevitably start to cause problems.

Firstly, his colleagues and work friends will begin to feel uncomfortable around him and they may begin ignoring him and excluding him from out of work get-togethers.

This will result in him feeling even more dejected and alone.

Then, his ex will likely begin feeling embarrassed by his behavior, which will cause her to distance herself from him even more.

The next mistake isâ€¦!

3. Being afraid to discreetly flirt with her

Sometimes a guy will be afraid to discreetly flirt with his ex, because he assumes that flirting means harassment.

Flirting is not harassment.

Harassment (i.e. begging, pleading, being sexually aggressive) is harassment.

Flirting in a subtle, discreet and professional manner is not harassment.

It's just two, professional, mature human beings communicating with each other in a playful, innocent, friendly manner, with subtly romantic undertones that are not harmful to themselves or others.

Yet, despite that, many guys are still too afraid to flirt in a discreet manner.

So, a guy will only talk to his ex woman in a friendly, professional manner and hope that she somehow changes her mind.

However, in most cases she won't because he's not doing anything to spark her sexual and romantic feelings for him.

He's just causing her to feel neutral around him or worse, turned off even further because there's clearly no spark between them anymore.

So, if he then suggests getting back together she says something like, *â€œIâ€™m sorry, but I donâ€™t feel that way about you anymore. Iâ€™m fine being friends and coworkers, but getting back together is out of the question. Please don't ever ask me that again, or I will have to go to management and complain.â€*

This is why, if you want to get your ex back, you have to spark her feelings of respect and sexual attraction for you first.

When you do that, she then has a reason to get back with you, or at least catch up with you outside the workplace to explore her newfound feelings.

So, don't go around treating her like a neutral friend and then expect her to feel turned on.

The next mistake isâ€¦!

4. Trying to get her back via e-mail

Using e-mail to get an ex back might seem like the safest option, especially when you and your ex work together (i.e. you don't want to be seen talking to her in person).

Yet, for number of reasons, emailing your ex at work is not as safe as you might think.

The first reason why is that emails at work can easily be seen by management or HR, or be seen by a nosey coworker who is looking over her shoulder at work or happens to look at your screen when you're typing the email.

Not only can that cause you and her embarrassment, but it could even result in disciplinary action (or get you fired).

The second reason why is because emails can easily be misinterpreted in a negative tone of voice, even though you sent it while thinking in a positive tone of voice.

The third reason why is that a woman can assume that her ex is emailing her because he's too afraid to man up and talk to her in person.

She then feels even more turned off by him and more motivated to stay broken up.

The next mistake isâ€¦!

5. Waiting too long to make a move and she then moves on

Sometimes, a guy will assume that because he and his ex work together, it would be better if he takes things very slow with her, rather than trying to get her back within 2-3 weeks.

Yet, hereâs the thingâ!

If you ignore her or ‘play it cool’ and don’t actively spark her feelings of romantic and sexual attraction for you, someone else will.

Then, by the time you get around to making a move, she will likely say something along the lines of, *âIâm sorry, but I thought what we had was over. You kept your distance from me, so I took that as a sign to move on. I have a new boyfriend now and Iâm happy, so letâs just keep things professional between us from now on.*â

So, if you want to get her back, make a move.

You can re-attract her, seduce her and get her back.

You have opportunities to do that almost every time you see her at work.

So, make the most of the opportunity you have.

Re-attract her, seduce her and get her back.

×

[image]

Almost there! Please complete this quick form to gain instant access.

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Using Limited Contact With a Narcissist Ex Girlfriend

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 4 possible reactions from a narcissist ex girlfriend, when a guy uses limited contact as his approach to get her back:

1. She doesn't care if it's limited or no contact because she has no interest in her ex

Sometimes a guy will use limited contact as a way of hopefully making his narcissist ex girlfriend come running back to him, but it won't work because she simply doesn't care about him anymore.

Yet, he doesn't really think about that.

Essentially, he hopes that if he doesn't call, text or interact with her on social media too often, she will be so shocked at his lack of interest that she will then want to get back with him.

Although that tactic can work if a woman actually cares about her ex and secretly wants him back, it will usually backfire with almost all women (not just narcissists).

Here's why:

Firstly, if a woman has lost touch with her feelings of respect and sexual attraction for her ex and was totally sure about her decision to break up with him, then not hearing from him all that often isn't really going to bother her much at all.

Instead, she's going to focus on moving on and finding another guy who will make her feel the way she wants to feel when she's with him (e.g. attracted, adored), rather than going back to an ex who doesn't.

Secondly, even if a woman does temporarily contact her ex because she doesn't like that he's ignoring her, it won't mean that he has gotten her back.

As soon as she gets his attention again and sees that he still wants her back, she will feel satisfied and then quickly try to move on with a new guy, so she doesn't have to worry about her ex anymore.

So, if your ex girlfriend doesn't have feelings for you anymore, you stand a much better chance of getting her back by interacting with her (via text, on social media and especially over the phone and in person) and reawakening her feelings of respect and sexual attraction for you, than you do by ignoring her or using limited contact to 'play it cool' and not seem very interested.

What gets an ex woman back fast, including a narcissist, is when you focus on making her have strong sexual and romantic feelings for you again.

That is what always works the best.

This is why, if your plan is to limit your contact with her in the hopes that it will make her come running back to you, it's probably not going to play out the way you think.

In fact, when she realizes that you're not calling, texting, e-mailing or messaging her on social media, her narcissistic mind might even cause her to think, *âCool! Iâm happy that heâs leaving me alone, rather than nagging me to give him another chance. Iâm so beautiful and so attractive that I don't need him anyway. Now, I can finally enjoy my life and start sleeping around! I can focus on finding myself another guy who knows how to make me feel the way I want to feel in a relationship, without the hassle of dealing with an ex who can't get the message that I don't*

want him anymore. He's not good enough for me. I'm way too hot for him. I'm so over him now. Gross. I'm getting a new guy.â€œ

Clearly, you don't want her think about you in that way, right?

This is why, the best way to get her back, is to start making her feel like she has made a mistake by leaving you.

Make her feel as though she won't ever feel right about herself again, unless she gives you another chance.

Watch thisâ€œ

Another possible reaction from a narcissist ex girlfriend when a guy uses limited contact is thatâ€œ

2. Limited contact isn't enough for her, so she opens up to phone calls and in person meet ups

This is good reaction and it sometimes happens, but not always.

In some cases, not hearing from her ex after a break up can cause a narcissistic woman to start thinking things like, â€œHmmmâ€œ|this isnâ€œt what I was expecting. I thought he would be begging me for another chance, but instead I hardly hear from him anymore! This doesnâ€œt make any sense. Why is he being like this? He must want me back, right? I mean, why wouldn't he? I'm so beautiful. Surely, he knows that he won't be able to find another woman like me. So, why isnâ€œt he chasing after me? Whatâ€œs going on here?â€œ

As a result, a woman like that will stop playing hard to get when her ex contacts her, or she will contact him and try to get something going between them again.

For example: She might send him a text saying something along the lines of, â€œHey, Iâ€œve missed you. Why donâ€œt you give me a call sometime? We're not enemies now you know? It's okay to say hi.â€œ

Alternatively, she might wait to hear from him and when he does contact her, she will say hi, be friendly and then suggest that they catch up and say hi.

So, limited contact can work in cases like that, but there's no real guarantee with that approach.

The most guaranteed approach that you can use is to actively make your ex have sexual and romantic feelings for you again, based on how you interact with her.

You can do that with limited contact, but just don't waste time 'playing it cool' or acting like a friend.

Make use of the contact that you have with her to get sparks flying between you and her again.

That's what gets the job done quicker and easier with a woman.

Another possible reaction from a narcissist ex girlfriend to limited contact is â€œ

3. She replies to her ex's limited contact, but moves on with another guy at the same time

For a narcissist, it's all about her.

As long as she is getting what she wants, she doesn't care what happens to other people.

So, if a guy is using limited contact with a narcissist ex girlfriend as a way of getting her back (e.g. he sends her an occasional text or social media message, clicks like on a few of her posts), she may

string him along by responding to him from time to time.

Then, while heâs happily thinking things like, *âCool! At least sheâs replying to me. Maybe thatâs a sign that she still has some feelings for me and that she hasnât been moving on. Maybe if I keep this up for a while longer, she will eventually realize that she misses me and we can then work on getting our relationship back together again. Iâve just got to play it cool and stick with limited contact,*â she uses the time apart to find herself a new guy.

As a result, she feels great about herself the whole time, knowing that she has two men who want her, adore her and are available to her, without giving a second thought to how that makes her ex (or her new man) feel.

Hereâs the thing thoughâ!

If your ex girlfriend truly is a narcissist, then sheâs only going to do what feels good to her (even if it means keeping you around for her amusement while she moves on with another guy).

That may sound cruel, but thatâs the way many narcissists are.

Another possible reaction from a narcissist ex girlfriend isâ!

4. She misinterprets your texts as meaning that youâre still totally in love with her

If a woman is a narcissist, then she might see your limited contact as meaning that youâre still in love with her and are hoping to get her back by 'playing it cool.'

So, rather than think, *âWhy isnât he calling me all the time? Could it be possible that heâs moving on? He only texts me every now and then. Maybe heâs over me!*â she will likely be thinking something like, *âHeâs trying to play it cool, but I can see that heâs still totally into me. He just canât accept that weâre broken up and heâs probably just sitting around at home pining for me. Thatâs so sad. Heâs such a loser now. Iâm too good for him anyway. I should go out this weekend and meet some new guys. Why am I even thinking about him? Heâs not good enough for me.*â

That line of thinking allows her to feel good about herself, as she continues to move on without him.

A Better Approach to Getting a Narcissist Ex Girlfriend Back

If you want to get your narcissist ex girlfriend back for real, try this approach instead:

1. Donât worry about what she may or may not think. Just do what will work on her

Whether a woman is a narcissist or not, the same principles of attraction and seduce apply to getting her back.

You need to get her feeling attracted to you again, so she naturally wants to be with you and begins to feel as though she will regret it if she doesnât give you another chance.

So, from now on, stop thinking things like, *âIf I contact her right away, she might think Iâm desperate. She might then reject me to make herself feel good*â or, *âShe always thinks about herself, so maybe if I use limited contact, it will shock her into wanting me back because she will hate that Iâm not chasing after her.*â

Instead, just do what works to get a woman back.

Start by attracting her on a phone call and then meet up with her in person to attract her and seduce her.

Get to a kiss, sex and open the door back up to a relationship between you and her.

Here's the thingâ€¦!

Using limited contact can work on a woman who is still in love with her ex guy, or a woman who is struggling to find a replacement guy.

However, if a woman isn't in love with her ex anymore, or is easily able to move on without him by hooking up with a new guy, she will usually do that, regardless of whether he is using limited contact or no contact.

So, what you need to do is interact with your ex, re-attract her, seduce her and get her back, rather than playing long, drawn out games with limited contact or no contact.

Another thing you can do to get your narcissist ex girlfriend back isâ€¦!

2. Use her narcissism to your advantage

If your ex girlfriend thinks the world revolves around her and that whatever she says and does matters the most, then rather than trying to change her, just use her beliefs to make her want you again.

How?

Let her think that she has the power prior to meeting up with you, but then take back power when you interact with her in person.

For example: Imagine that youâ€¦ are on a call with your ex with the intention of getting a meet up with her.

After using some humor to ease the tension between you and her and to reawaken some of her feelings for you, you can say something along the lines of, *â€œAnyway, so we should catch up to say hi sometime this week to say hello as friends. Iâ€™m busy on Tuesday and Thursday, but I'm free on Monday and Wednesday. Which one of those two days suits you best?â€*

She might then play hard to get and try to test how much power she has over you, by responding with something like, *â€œI donâ€™t think thatâ€™s a good ideaâ€* or, *â€œWhat makes you think I want to see you again?â€*

You can then laugh and say, *“Of course I don't think that. We'd just be catching up as friends. Anyway, if we catch up and you then decide that you hate being there or never want to talk to me ever again, you can leave any time you want. It will be up to you. You can call the shots. If you don't ever want to talk to me again after then, I'll give you my word that I won't ever contact you again. So, which day suits you best, Monday or Wednesday? Itâ€™s your call.â€*

She will then likely agree to meet up with you, because she feels as though she has the power.

By the wayâ€¦!

Did you notice that even though youâ€¦ are making out as though she is the one in control (i.e. by saying sheâ€™s the one who is calling the shots), youâ€¦ are actually the one in control (i.e. by making her choose a day that suits you)?

Just by doing that, she instinctively starts feeling some respect and attraction for you (i.e. for being

masculine, confident), even though she might not realize it.

Then, when you meet up with her and she tries to get the upper hand over you by saying something like, *â€œLook, Iâ€™m only giving you 5 minutes and then Iâ€™m walking out, okay? Make this quick. I nearly didnâ€™t come today. So, say what you want to say and then Iâ€™m going to go,â€* you can take the power back by showing her that her fake drama is not getting to you.

You can see the funny side of how sheâ€™s behaving by laughing and saying something along the lines of, *â€œOh, stop being such a drama queen! Take a seat, have a drink and letâ€™s say hello for a minute.â€*

Initially, she might be a bit shocked to discover that she doesnâ€™t have power over you like she thought.

However, even if she doesnâ€™t show it, she will be feeling respect and attraction to you for being confident and emotionally strong enough to lead the interaction, rather than letting her walk all over you.

As a result, she wonâ€™t be able to stop herself from wanting to be around you more and more.

She might try to hide it and may even say, *“Hey, it’s not working you know? Whatever you’re trying to do. I’m not falling for it”* to see if you panic and feel like you can’t get her back, or that she’s not feeling respect and attraction for you.

You can then laugh and say, *“Of course not. There’s no way that you and I would ever get back together. We’re just catching up as friends.”*

Since she will be feeling respect and attraction for you in that moment, she will naturally have to ask herself, *“But, do I want to only just be friends? Why am I feeling drawn to him all of a sudden? Why do I want to hug him and kiss him again?”*

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[image]

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Should I Get Back With a Cheating Ex?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If your ex cheated on you, here are 4 things to consider before you make your decision:

1. Will you really forgive her?

For a relationship to last, a couple must be able to trust each other completely.

If that trust isn't there, it will eat away at the relationship by causing one or both people to behave in unloving, disrespectful ways.

So, the question you should be asking right now is not, *“Should I get back with a cheating ex?”* but rather, *“If we get back together again, will I be able to honestly, truly forgive her and move forward in a new relationship together without me always bringing up what happened in the past or subconsciously holding it against her?”*

If you honestly believe that you can forgive her and start over with a clean slate and build a relationship that is better and stronger than it was before (i.e. because you've both grown and matured from the experience), then yes, you can feel justified in making the decision to get back with your cheating ex and give the relationship another chance.

However, if you don't feel like it's possible for you to fully forgive her and deep down, you will always be wondering, *“Is she going to cheat on me again?”* or, *“Did she enjoy kissing him or having sex with him more than she enjoys it with me?”* and being suspicious of her actions, then the answer is *“No,”* you probably shouldn't get back with her because it will just end up causing you more pain and heartache.

The truth is, even though you definitely have a good reason not to want to forgive your ex for cheating on you, if you decide to get back with her, you have to be able to fully forgive her if want the relationship to last.

So, before you get back with a cheating ex, make sure you can honestly forgive her, which will then allow you to stop holding onto the past and focus on the present and future with her.

Another thing to consider is

2. Will you seek to get revenge later on?

You can do that to her if you want to, but will getting revenge by cheating on her when she loves you again get rid of the pain she made you feel, or make you lose the relationship and regret it later on?

It's something to honestly think about.

For example: Sometimes, a guy will consider getting back together with a cheating ex just so he can make her fall in love with him and then cheat on her to get revenge.

Yet, he ends up falling for her charms again and loves her completely and she then goes and cheats on him again, breaking his heart for the second time.

So, before you get back with a cheating ex solely for the purpose of getting revenge on her, ask yourself this question: *“Is she really worth wasting more of my time on her?”*

You may be thinking that the answer is *“No.”*

Yet, if you honestly believe that the answer is, “Yes” then go ahead and get her back.

Don’t listen to what anyone else tells you.

If you want her back, get her back.

Enjoy a relationship with her again and then decide what you want to do later on.

Another thing to consider isâ□|

3. Will she do it again?

Although thereâ□□s no excuse that makes it okay for a woman to cheat on her guy and is often her fault, in some cases, it’s the guy’s fault and he has essentially driven her to cheat.

For example: If a woman finds herself in a relationship with a guy who fails to make her feel respect, attraction and love for him (e.g. he treats her more like a neutral friend or big sister than a desirable, sexy woman, or he makes her feel more like a mother figure to him, or he stops paying attention to her and expects her to just stick around and put up with it), she may begin to get bored.

Then, if she happens to interact with a guy (e.g. at work, university, in her hobby group) who gives her the attention that sheâ□□s so desperately craving and makes her feel feminine and girly in contrast to his masculine vibe, it may become difficult for her to remain faithful.

If something like that happened with your ex, then her cheating on you once doesn’t mean she will do it again.

It may have just been a mistake that she now regrets and she never intended to do it.

She just felt bored because you weren’t making her feel the way a woman wants to feel in a relationship, so she stuffed up and fell for some guy’s charm at a bar, party or wherever.

So, if you want to get her back, you’ve got to make sure that you can now make her feel attracted in the way that was missing in the relationship (e.g. if you were insecure, you are now very confident and can make her feel girly and feminine in comparison to your masculine vibe and confidence).

Yet, here’s the thingâ□|

A woman cheating isn’t always the guy’s fault.

There are some women out there who enjoy lying, cheating and breaking a guy’s heart.

Sometimes, women like that do it to make themselves feel better because they were once cheated on.

It keeps happening until they finally meet a guy who makes them want to be totally committed.

You can be that guy, but you have to be willing to try a different approach to attraction and the relationship (i.e. you have to create a dynamic in the relationship where she is trying to impress you and wants to treat you well).

Yet, before you do that, you have to decide whether or not you want to give her another chance.

So, the question isâ□|

Did your ex make a mistake, which she now regrets and desperately wants to make up for, or is she just a woman of bad character?

If you canâ□□t be sure that she will remain faithful to you the next time around and you still want her back, you need to seriously ask yourself why.

Could it be because you lack confidence in yourself and in your ability to find another (even better)

woman other than her?

If that is the case, then it's more important for you to start believing in yourself and improving your ability to attract other women as you talk to them (i.e. so you can enjoy your choice of women), than it is to get her back.

Another thing to consider is

4. Have you fixed the things about yourself that turned her off in the first place?

When a woman cheats on her guy, it's often because she is desperate to experience the type of sexual attraction that she feels is lacking in her relationship with him.

For example: If a guy gets into the habit of treating his woman more like his best friend or 'one of the guys,' she will naturally stop feeling like a feminine, girly woman when she's with him.

When that happens, she might start looking outside of her relationship with her guy, to find a man who is more emotionally masculine and can make her feel the way she wants to feel in a relationship (i.e. feminine and girly).

Another example is where a guy wasn't affectionate enough (e.g. he never told her he loved her, he avoided touching or kissing her unless it was during sex).

This type of behavior will cause her to lose respect and attraction for him over time and feel as though they aren't in a loving, supportive relationship.

She will then hook up with a guy who gives her the attention and affection that she craves.

So, if you want to get back with your ex, you should focus on quickly fixing the things about yourself that caused her to cheat on you with another guy.

For example:

- Becoming more emotionally strong if you became emotionally weak in the relationship.
- Becoming more loving and emotionally open, if you became closed off, selfish and aloof in the relationship.
- Becoming more masculine in your behavior, if you fell into the habit of behaving in a less masculine way in the relationship.

3 Mistakes That Some Guys Make When Thinking About Getting Back With a Cheating Ex

Before you make your final decision about whether or not to get back with your cheating ex, be sure to avoid the following mistakes

1. Not blaming her if it really was her fault

If she is a bad woman who can't be trusted in a relationship with any guy, then you shouldn't be blaming yourself for the cheating.

Unfortunately, many guys don't learn what you are now learning, so they blame themselves and try to convince themselves that she really did just make a mistake this one time and would never do it again.

For example: A guy might say, *“She really seemed remorseful for what she did. I’m pretty sure that if we got back together again, she wouldn’t do it again. Besides, everyone makes mistakes. That is her mistake and maybe it will even bring us closer together and make our relationship rock solid. After all, when she sees that I am willing to stick with her no matter what, she will see how serious I am and want to commit to me. She will know that she will never find another guy who loves her as much as I do.”*

So, the question for you now is this: Do you think it was just a mistake and she wouldn’t want to do that again, or do you think that she is the kind of woman who would cheat on pretty much any man she was with?

If she made a silly mistake, then you can forgive her and not worry about it, but if your gut instinct is telling you that she would do it again, then don’t invest your heart and mind into a relationship with her again.

You can get her back to have sex with her a few more times, but just don’t commit to her emotionally.

The next mistake to avoid is

2. Not blaming yourself if it was your fault (or at least partially your fault)

In a relationship, it’s the man’s responsibility to create a relationship dynamic that makes his woman want to nurture and deepen the love between them.

Based on his approach to the relationship, the woman will either feel motivated to contribute to the relationship and be good to him, or she will feel like pulling away, being closed off and treating him with less and less respect over time.

The fact is that a woman is at her happiest in a relationship when she has a man who is good to her, but who also makes her feel motivated to be good to him, treat him well and make him feel loved.

Where so many men go wrong in a relationship with a woman, is by either putting in way more effort than her into the relationship to hopefully get her to love him and treat him well, or not putting enough effort into the relationship and causing her to feel like she is being taken for granted.

The best approach is a balanced approach where you create a relationship dynamic that causes her to want to be good to you, treat you well, be affectionate and be loving towards you, while you also treat her well at the same time.

When that happens, both of you don’t ever feel the need to break up. You only want to be together with each other in a committed relationship because that’s when you feel the best, most fulfilled, most loved and happiest.

So, what are some examples of a bad relationship dynamic that will bring out the worst in a woman?

Sometimes a guy will become overly controlling and jealous towards his woman, which may then cause her to become angry, resentful and closed off towards him.

She may then start lying to him and doing things behind his back (e.g. interacting with guys on social media in secret, going out after work with friends or colleagues without telling him) because she feels smothered by his jealousy.

He might then try to control her even more (e.g. by forbidding her to go out, checking up on her whereabouts, reading her messages and e-mails, getting her to unfriend any guy on social media that

isn't a family member).

As a result, she becomes so angry at him and the dynamic he has created that in the heat of the moment, she cheats on him with another guy as a way of asserting her independence.

How about you?

Is it possible that you pushed your ex to act out in a way that went against her fundamental nature?

Is she a good woman who really wouldn't want to have to cheat on a man in a relationship, but you essentially pushed her to do it by making her put up with an unhappy, annoying relationship dynamic for too long?

If so, then you need to accept some of the responsibility for her cheating.

It's not all your fault of course, but if you did make her feel compelled to do it, then it's good to accept your part of the blame for what unfortunately happened.

Then, if you decide to get back with her, you need to make sure that you're not going to behave the way you did in the past.

You're going to be a new man that she wouldn't want to cheat on and you're going to bring out her good girl side, so she wants to treat you well, be loyal to you and love you no matter what.

The next mistake to avoid isâ

4. Not improving your ability to keep a woman happy in a relationship

If you decide to get back with your cheating ex, you can't just assume that everything will be okay now because she apologized and said she won't do it again.

If you want the relationship to work this time and for her to be faithful, you need to improve your ability to keep a woman happy in a relationship.

The first step is to understand what was missing in your relationship with her (e.g. Were you too insecure or needy? Did you treat her too much like a friend rather than making her feel like a sexy woman? Did you allow her to dominate you emotionally?).

If you don't take that first step and just get back with her, she will almost certainly break up with you or cheat on you again in future.

So, if you want to get her back, make sure that you approach it in a way that increases her attraction for you and makes her feel grateful to be getting another chance with such a great man as yourself.

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[image]

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I'm Pretty Sure That She Was the One, So I Want to Get Her Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 4 important questions to ask yourself to determine if she really was the one:

1. Was the connection you shared with her more special than you had with any other woman?

If you've dated other women prior to her (and maybe even after the break up) and have found that none of them ever made you feel the way your ex did, then it's only natural that you will want her back.

A big part of wanting to be with a woman is based on how she makes you feel.

In most cases, a man will fall in love with how a woman makes him feel (i.e. confident, in love, proud to be her man, loved, wanted, appreciated, respected, manly) and if that is taken away, it feels as though his life will never be that good again.

As a result, he may begin to think, *"I will never find another woman who understands me the way that she did. We had such an amazing, deep connection. She knew pretty much everything about me and still loved me"* or, *"I can't imagine a future without her in it. I just don't want to be with another woman. I want her"* or, *"My life feels empty without her in it, so I won't stop until I have convinced her to give me another chance."*

Yet, here's the thing!

Even though you might be pretty sure that she is the one and that's why you want her back, none of that really matters if she doesn't feel the same way about you.

Right now, all that counts is how she feels.

She fell in love with how you made her feel and she then fell out of love, based on how you ended up making her feel.

If you want her back, you have to change the way she feels when she interacts with you.

That is what matters the most.

So, if you want her back, you need to be focusing on her feelings for you, rather than on your feelings for her.

You have to actively re-spark the respect, attraction and love inside of her, so she can realize for herself that you and her share a special connection that she now doesn't want to let go of.

Only when that happens, will she truly become open to talking to you, meeting up with you and seeing where things go from there.

Another question to ask yourself to determine if your ex is really the one for you is!

2. Can you see yourself spending the rest of your life with her?

Sometimes, the shock of breaking up can cause a guy to put his ex on a pedestal.

He starts thinking about all the good times and how great things used to be with his ex, versus how

terrible it feels now that sheâs gone.

When that happens, itâs only natural that he will start to think of her as being ‘the one.’

Yet, when the initial panic of losing her wears off, some guys realize that their ex woman really wasn’t who he thought she was.

If you think that you’re ex probably isn’t the one for you, then watch this video before you try to get her back:

If you’re still not sure if she is the one for you, ask yourself the following questions:

- Can you honestly see yourself spending the next 20, 30, 40 or even 80 years with her and still love her no matter what (e.g. even if she gets fat/old and wrinkled/has an accident and you need to take care of her)?
- Is she the kind of woman who will be loyal to you throughout the years, or do you secretly believe she might cheat on you if she gets bored, or if the relationship goes through a bad patch?
- Will she always put you first in her life, or are other things much more important to her (e.g. her career, friends, hobbies)?
- Do you and her want the same things in life (e.g. to get married, have children, travel), or are you hoping that over time you will be able to convince her to see things from your point of view?

If you can honestly answer those questions (without making excuses for her faults) and you still believe that she is the one, then you should start doing what needs to be done to get her back.

What needs to be done?

Use any and all of your interactions with her to reawaken her feelings for you (e.g. by making her smile and laugh, flirting with her to create a sexual vibe, showing her via your behavior and conversation style that you really are a new man now), so she can begin to see you as being the one for her too.

Another question to ask yourself to determine if your ex is really the one for you isâ!

3. If you get back together, will you be able to give her the kind of attraction experience she really wants?

When a woman breaks up with a guy, she usually has a good reason for doing it (e.g. she was tired of how insecure he was, or how much he took her for granted and got to the point where she’d had enough).

Although her guy might not be able to pinpoint exactly what her reasons for breaking up with him are, for her, it will be crystal clear.

She will know when and how he stopped giving her the kind of attraction experience she wants in a relationship (e.g. when he stopped being manly and started acting in a childish manner around her, when he stopped treating her as a sexy woman and began treating her like a friend or ‘one of the guys’).

So, if you want to get your ex back for real, one of the most important steps you have to take is to understand her real, secret reasons for breaking up with you.

Then, when you interact with her again (e.g. on a phone call or in person), you can make her feel attracted in the ways she always wanted.

By the way!

If you're unsure of what to look for, here are some more examples of some of the common things that destroy a woman's attraction for a man!

- He goes from being confident and self-assured at the beginning of the relationship, to being insecure, needy and clingy as they spend more time together (i.e. because he lacks belief in his value to her and fears losing her).
- He tries to make her happy by letting her make all the decisions in the relationship and by always getting her way, but she then feels turned off because she feels more emotionally dominant than him.
- He goes from being loving and attentive towards her to taking her for granted (i.e. he put on an act to impress her at the start of the relationship and once things became comfortable he stopped putting in the effort with her anymore).
- He starts off being a confident, fairly manly guy, but ends up becoming emotionally sensitive and she feels as though she has to mother him and take care of him.
- He has no real purpose and direction in his life, causing her to feel insecure about her future with him.

Do any of those apply to you?

If yes, don't beat yourself up about it.

Most guys make mistakes like that in a relationship and women know it.

Women know how difficult it is to find a man who has his stuff together emotionally and is able to build on the love, respect and attraction in the relationship.

So, don't think of yourself as being a failure.

Instead, look at it as a good thing, because when you understand where you went wrong in your relationship with your ex, you can quickly change and improve.

Then, when you interact with her again, you can show her by the way you now talk, think, behave and interact with her that you've learned from the experience and have become a better man as a result.

If she can see that you are now at a level of understand that surpasses most men out there, she will feel compelled to give you another chance.

Another question to ask yourself to determine if your ex is really the one for you is!

4. Was she the most attractive woman you've ever had a relationship with?

If not, was it more about the emotional connection?

If you and your ex had an amazing connection (e.g. you viewed life from the same perspective, you loved each others quirks and odd personality traits, you shared a similar vision for the future, you felt more comfortable in each others company than with anyone else), then it's only natural that it will be hard for you to let go of her and move on.

Yet, even if you believe what you and her shared was unique and special, it doesn't matter if she

doesn't feel the same way too.

So, don't go contacting her and telling her all about how special you think the connection that you and her shared was.

That doesn't matter to her right now.

What matters is how you make her feel now, not how she felt with you in the past.

BTW: If your ex was the most attractive woman you've ever had a relationship with, was the sex good all the way, or did the spark die out?

If the spark died out, then you need to be prepared to bring it back to life and keep it alive when you're back together, otherwise the relationship will fall apart again.

If you are okay with that (i.e. just getting back together for a while and then breaking up), then fine, no problem.

However, if you want the relationship to work this time around, then you'd better upgrade your understand about female attraction, so you are able to make her feel satisfied and in love with you for life.

It's easy to do, but you have to know what you don't currently know.

The only way to do that is to keep learning.

Fill in the missing pieces.

Discover the secrets.

On that note!

Where Guys Go Wrong When Trying to Get Back an Ex They Feel Sure is the One

Before you rush off and say or do something that might turn your ex off even more, first take a moment to learn the common mistakes to avoid in your situation.

Here's where other guys go wrong when in a similar situation to yours!

1. Thinking that telling her she is the one will make her feel special and give him another chance

Sometimes a guy thinks that if he says, *"I made a mistake. I know I stuffed things up between us, but I've now realized that you're the one for me. It's you and only you. I've never loved another woman as much as I love you. I will do whatever it takes to get you back. We belong with each other. I feel it deep within my soul,"* his ex will then suddenly see the light.

She will then magically respond with something along the lines of, *"Wow! You're right! I never realized it before, but we ARE meant to be together for life. It was so silly of us to break up and almost lose what we have with each other. We had the most amazing connection. WHAT on Earth was I thinking by breaking up with you?"* and run back into his arms and his life.

That would be nice, right?

Well, it's not how the real world works.

Although that kind of thing might regularly play out on TV shows or in romantic movies, in real life,

most women won't rush back to an ex guy just because he tells her that she's the one.

Why?

When a woman has stopped experiencing romantic feelings for her ex, him talking about her being 'the one' just turns her off even more.

Instead of being swept off her feet by the notion of them being made for each other, she perceives his talk about her being the one as a desperate attempt to change her feelings for him.

He has no idea how to re-attract her sexually and make her feel respect, lust and love for him again, so he tries to flatter her into getting back together by talking about 'the one' or 'soul mates' or some other romantic idea.

So, if you don't want your ex to see you as being a desperate, hopeless, romantic who has no idea how to make her feel lust and love again, then don't waste your time telling her that you think she is the one for you.

She just won't care about being 'the one for you' if her feelings for you are currently turned off.

You have to turn her feelings back on first, before she will begin to wonder if you and her are meant to be together, or if she should at least give you another chance to avoid being left behind by you and regretting it later.

Another mistake that a guy might make in a situation like yours, is

2. Talking about his feelings, wants and needs in a long letter to her

Not knowing how else to express himself or get through to her, a guy will often make the mistake of unloading on her with a long, drawn out letter.

He tells her how sorry he is, how much she means to him, how sad he is without her, how seriously he takes their relationship, how he now understands where he went wrong, how much he wants a future with her and then asks her to reconsider her decision.

Yet, a woman is usually thinking, *What all he's doing is talking about his feelings, needs, desires and what he wants from the situation. Does he honestly think I'm going to give him another chance based only on his feelings for me? If anything, him trying to manipulate me by telling me all this only reinforces my decision to remain broken up. I don't want to be with a guy who only thinks about himself and what he wants!*

Even though the guy had good intentions by sending the letter, a woman won't see it that way.

She will see it as him trying to manipulate her into giving him another chance with cleverly written, romantic lines.

She has no, in person proof that he really has changed or that she feels differently when around him.

It's just a letter, email or long message.

It's not him.

So, whatever you do, don't make the mistake of trying to convince her of things via the written word.

Words can be appropriate in some situations in life (i.e. this article I've written to help you), but words aren't always the best solution to get through to someone.

Another mistake to avoid is

3. Waiting too long to get her back and she moves on and is happy enough without him

Sometimes a guy thinks that if he waits long enough, his ex girlfriend or wife will come to the same conclusion as him on her own (i.e. that heâs the one for her).

To hopefully get that result, he will either limit, or completely cut off contact with her and wait to see what happens from there.

Then, when he calls or texts her after a few weeks or months, he will usually be disappointed to hear something like, *âOh, hiâit's you. Well, I initially missed you and thought maybe we could work things out, but you never called or even sent me a text. So, rather than wasting my time pining over you, I focused on moving on. Now Iâm over you and Iâm happy. So, please don't contact me anymore. I wish you all the best.*â

Alternatively, rather than cutting off contact, a guy might stay in contact with his ex and pretend that heâs not interested in getting back together again.

As a result, she thinks something like, *âOh well, if heâs not interested in a relationship, Iâm not going to waste my time waiting for him to make a move. I'm going to go out with my girlfriends and find a guy, or get on Tinder and start going on dates.*â

She then focuses on fully getting over him and moving on.

So, if you want to get your ex back for real, donât waste time waiting and hoping she will coming running back to you one day if you just give her enough time.

Instead, interact with her and actively reawaken her sexual and romantic feelings for you, so she naturally feels drawn to you and wants to hug you, kiss you, have sex with you and get back together.

If you donât use that approach, you may end up spending the rest of your life thinking, *âShe was the one and I lost her. Now I will never be happy with another woman again.*â

Donât let that happen to you.

Another mistake isâ

4. Not knowing how to make her feel attracted in new and interesting ways, so she doesn't feel excited by his re-approach

If you try to get your ex back by making the same old attraction mistakes you made before, sheâs just going to keep saying things like, *âNo, Iâm not interested. Itâs over between us,*â or *âPlease stop bothering me. I donât want to get back together again. Maybe you think that weâre meant to be together, but I donât. Just leave me alone. Move on.*â

If you want to get your ex back, you need to use a new and more exciting approach to making her feel attracted.

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My Ex Wished Me the Best For My Future. Does She Mean it?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 common reasons why a woman will wish her ex the best for the future:

1. She is just being polite as she says goodbye

Sometimes a woman is just a nice, well-mannered person and it's in her nature to want to end things on a good note.

As a result, rather than cause a scene or react in a negative way like some other women do (e.g. being bitchy, throwing a tantrum), she instead does the mature thing and wishes her ex the best for his future.

In her eyes, she's just being polite and doing what she feels is the right thing to do.

Of course, it's understandable that her ex might misinterpret her politeness as a sign that she's not open to a reconciliation and is essentially saying, "Goodbye. All the best."

So, a guy might start thinking things like, *"It looks like she's already cut me out of her life and mind because she's wishing me the best for the future. By saying that to me, it must mean that she's not going to stick around in my life anymore, even as a friend. I guess I just need to accept that it's over and that I can never get her back. She doesn't want to be a part of my future."*

Here's the thing though!

Even if your ex is only being polite to you and currently isn't interested in getting back together again, it doesn't mean you can't change how she feels.

You can.

When you reawaken her feelings of respect and attraction for you again (e.g. by using humor to break down her defenses when you talk with her on the phone or in person, showing her that you've moved past the level you were at before, making her feel attracted in new and exciting ways) she won't be able to stop herself from feeling drawn to you again.

The love will begin to reawaken in her heart and she will feel drawn to you.

This is something that happens naturally and automatically, even if she didn't feel that way before and even if she had planned on forgetting about you and moving on.

Another possible reason why your ex might have wished you the best for the future is!

2. She is acting like she is fine without you, when she isn't

If a woman is having a difficult time getting over her ex (e.g. she still has romantic feelings for him, she has been secretly missing him, she is struggling to get rid of the pain of breaking up), she might say something like, *"I wish you the best for the future,"* as a way of covering up her true feelings.

She may think, *"I don't want to give him the satisfaction of seeing how much this break up has hurt me and have him gloat over it. So, I'm going to pretend that I'm fine with everything that happened between us. I'll show him that I don't care if he moves on and has a*

great life without me. In that way, he won't get to feel like he won and I won't come across as looking desperate.

Yet, here's the thing!

Regardless of whether your ex means it when she wishes you the best for your future or not, you can always use it as an opportunity to spark some of her feelings for you again.

For example: If your ex says that she wishes you the best for your future, you can respond with something along the lines of, *Yeah, I wish you the best for the future too. Of course, that doesn't mean I wouldn't still want my future to have you in it, but I accept that we've broken up. Life goes on and right now, I'm working hard on making some progress on my goals in life, which has been great. However, I do still miss you from time to time.*

By saying something like that to her, while maintaining your masculinity and emotional strength, you're giving her an opening to express her true feelings for you as well (e.g. that she has been missing you and hasn't been coping very well with the break up).

Women admire that kind of confident, non-needy honesty from a man who is continuing to move forward in life no matter what happens around him, so your ex will automatically start to feel surges of respect and sexual attraction for you again.

When that happens, her walls start to crumble and she becomes open to getting back together again.

Another possible reason why your ex might have wished you the best for the future is

3. You were just being neutral and friendly with her, so that's an appropriate response

If you're only being neutral or friendly around your ex and not even flirting with her a little bit (e.g. because you're afraid that if you do she will get angry with you and cut you out of her life completely), it's possible that she believes that you're over her and don't want her back again.

So, rather than make a fool of herself in your eyes (e.g. by showing doubts about her decision to break up) she just wishes you the best for your future to hide her true feelings.

However, secretly she may be thinking, *Well, this sucks. How sad. I guess he really is over me. Oh well, I just need to be mature about it and accept that we won't be getting back together again and move on. I've wished him all the best for his future. He clearly accepted that, so I guess it's just about both of us moving on now.*

Yet, here's the thing!

If your goal is to get your ex back, don't pretend you only want to be her friend, or worse, that you don't have any sexual feelings for her (i.e. you don't find her desirable) anymore.

Of course, it's totally fine to be friendly with her, as long as you make sure you're not pretending to be an innocent friend who isn't interested in her in a sexual or romantic way.

Important: Showing her that you have interest in her doesn't mean that you should pour your heart out to her and tell her that you still love her and want to be in a relationship.

Don't do that!

Instead, focus on making her feel sexually attracted and turned on during interactions with you (e.g. by flirting with her and creating sexual tension), so that she will naturally begin to open up to you and

start wanting a relationship again.

Another possible reason why your ex might have wished you the best for the future isâ€¦

4. She has been moving on since the break up

By the time a break up happens, a woman will sometimes have already disconnected from her feelings of respect, attraction and love for her guy and will be ready to start the process of moving on. Although she might stay in a relationship with him for days, weeks, or in some instances even months before breaking it off, mentally she might have already started moving on.

So, when the break up happens, rather than wasting a lot of time trying to deal with the pain and disillusionment of what happened, a woman like that just focuses on getting over her ex as quickly as possible and moving on.

For example: She mightâ€¦

- Start going out more with her single friends and doing fun things together.
- Open herself up to meeting new men (e.g. by going to bars or clubs, flirting with guys she knows have been interested in her, getting on a dating app or site).
- Get on Tinder and start attending dates with random guys, which might sometimes lead to kissing and sex.
- Focus more on her studies/work/hobbies.

Then, by the time her ex guy contacts her (i.e. if he's been using the ineffective No Contact Rule, which doesn't work well on women), she will have already moved on emotionally and in many cases, physically, because she will have opened herself up to new guys and new experiences.

As a result, she can easily say to her ex boyfriend (or husband), *â€œI wish you the best for your future,â€* and mean it because she doesn't feel the need to get back with him at that point and can see a happy future without him.

So, if you want to get another chance with your ex, the main thing you need to remember is thisâ€¦

It's much easier to change how a woman feels when you are actively interacting with her and making her feel attracted to you again, compared to giving her too much time to fully recover and move on (i.e. making the mistake of waiting 30 or 60 days to finally contact her and hope that she wants you back and hasn't been moving on).

Another possible reason why your ex might have wished you the best for the future isâ€¦

5. She wants to end things on a good note

It's a woman's natural instinct to want to protect herself from being physically hurt by a man. So, when it comes to breaking up, rather than risk her ex getting angry and possibly becoming aggressive, or even violent with her, a woman will usually decide to end things in the best possible way.

She might say, *â€œI wish you the best for the future. I really hope you will be happy and find a woman who deserves and appreciates you. You're a great guy, but you and I just aren't right for each other. I wish you all the bestâ€* rather than getting into an argument with him, or blaming him for everything that happened.

Hereâs the thing thoughâ!

Although youâre probably not the kind of guy who would get angry or violent in response to a break up, just to be 100% sure, your ex may simply be saying, “I wish you all the best” to make sure that she ends things on a somewhat peaceful, positive note.

By doing that, she has less reason to fear any potential consequences of being mean or cruel to you after the break up.

However, what she said, or why she said it doesnât really matter.

The most important thing is that if you want her back, you use every interaction you have with her from now on (e.g. via text, social media, on the phone and especially in person) to re-spark her feelings of respect and sexual attraction for you.

That is what really matters.

The more you make her feel good when sheâs around you (e.g. by making her laugh and smile, making her feel like a desirable woman), the more she will begin to want to be part of your future again, especially if she can see that you’re not pushing for a relationship.

When she feels attracted and sees that you’re not trying to push her into anything, she will naturally begin to think, *“HmmmâI like him again now. Should I give him another chance? I don’t want to just walk away now. I feel like I will be missing out on something great.”*

When she is thinking that way about you, it’s then so much easier for you to get her back, compared to you trying to convince her or worse, killing yourself with stress while you cut off contact for months in the hope that she will miss you and come running back.

While you cut off contact, you have to deal with the worry that she might be having sex and falling in love with a new man.

Don’t put yourself through that.

Take control of the ex back process and get her back by re-attracting her, making her want you back and not pushing for a relationship.

3 Ways That Guys Go Wrong When an Ex Wishes Them the Best For the Future

Whether she meant it when she wished you the best for your future, is not something you should spend any more time thinking about.

Instead, you need to start asking yourself, *âWhat will it take to reactivate her feelings for me and make her want a relationship again?â*

The answer is actually pretty simple.

Firstly, make sure you use every interaction with her to spark her feelings for you (e.g. by making her laugh and smile and feel good to be talking to you again).

Secondly, don’t push for a relationship once you have re-attracted her.

Thirdly, avoid making the following mistakes:

1. Thinking that *“I wish you all the best for the future”* means, *“There’s no chance of us sharing a future together.”*

If a woman is saying things like, *“I wish you the best for your future,”* there’s it doesn’t necessarily mean that she doesn’t want anything else to do with him.

Of course, it could be her way of saying that she doesn’t want anything else to do with her ex, but even if that is true, it still doesn’t matter.

Why?

The truth is, a woman’s feelings can be changed and brought back to life based on how the man talks, behaves and acts around her.

So, it doesn’t really matter what she said.

What matters is how you make her feel from now on.

For example: If a man talks to his ex woman and he is being confident, making her laugh and smile and making her feel feminine and girly in his presence, then she is naturally going to feel some sparks of respect and sexual attraction for him.

Yet, if he is being insecure, self-doubting and expecting her to take the lead in the ex back process (i.e. help him get her back by explaining what he needs to change, being really nice to him), then her feelings for him are going to remain dormant.

Seeing that nothing has changed, she will feel even more convinced that she made the right decision by breaking up with him.

She will then keep herself closed off and hope that her ex gets the message and leaves her alone.

Here’s the thing!

If you want your ex back, you have to believe in yourself and in your ability to change how she feels.

When you actively re-spark her feelings of respect and attraction for you, regardless of what she’s saying outwardly, her resolve to move on without you will be breaking down on the inside.

She will start to feel drawn to you again and before she knows it, her words of, *“I wish you the best for your future”* will start to become something that she regretted saying.

She will then want to start giving you signs that she wants you back, or is at least open to giving the relationship another chance and seeing how it goes.

The next mistake to avoid is!

2. Feeling unwelcome to re-attract her and get her back

Some guys make the mistake of thinking that because a woman is saying, *“I wish you the best for your future,”* if he then attempts to get her back (e.g. by flirting with her and re-attracting her), she will get angry with him and pull away even more.

Yet, that’s not how it works.

If a guy is not actively making his ex feel respect and attraction for him, his neutral approach is simply going to make her feel nothing for him.

She will then focus on getting over him by finding herself another guy who will make her feel sexually attracted.

Don't let that happen to you.

If you want to get your ex back, you've got to actively make her have sexual and romantic feelings for you again.

So, don't be afraid to flirt with her and make her have feelings for you again.

Remember: A romantic relationship between a man and a woman has to have a basis of sexual attraction and respect.

If that isn't there, it's a friendship at best and it won't last.

On the other hand, when you create sparks of sexual attraction between you and your ex, she then naturally has the desire to want to release that sexual tension with hugs, kisses and sex.

As a result, it becomes so much easier for you to get her back.

The next mistake to avoid is!

3. Waiting for weeks or months for potential signs from her that she's changed her mind

Some guys lose their ex woman by waiting way too long to get a sign from her that she wants to get back together.

Then, in most cases, the guy is shocked, disappointed and heartbroken when he finds out that she has moved on and already has a new boyfriend that she's happy with.

Alternatively, when he finally contacts her after a long time (e.g. after using the 30 or 60 day No Contact Rule that doesn't work well on women and was originally designed for women who want to get a man back because men usually come back if they are not contacted after a break up), she is completely over him and enjoying the single life.

Here's the thing though!

Right now, it doesn't really matter if your ex is giving you clear signs that she's open to getting back together again or not.

Why?

You can make her change her mind now or within days, by reactivating her sexual and romantic feelings for you and making her experience new, more interesting emotions for you.

When you interact with her, either on a phone call or in person and make her laugh, smile and feel good to be interacting with you again, all of her previous decisions about not ever wanting to be with you again start to fade away.

She stops thinking about moving on without you and opens herself up to the idea of giving you another chance based on her newfound feelings of respect and attraction for you.

That is what works on women.

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Why is My Ex Girlfriend Nice and Then Mean?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

5 common reasons why a woman will do that:

1. She has mixed feelings about you

Sometimes, a woman will be nice and then mean to her ex boyfriend when she can't make her mind up about being broken up.

Some days, she feels like she is going to move on and on other days, she misses you and feels like she wants back.

So, when she is being mean, it's usually when she is feeling confident without you (e.g. after she's gone out with friends and had a cute guy flirt with her, she accomplished something she knows you would not have supported her in).

When that happens she may start thinking things like, *I'm so glad we're broken up. I love being single now. I'm free to do what I want, go wherever I want and hang out with whomever I want and there's no one there to stand in my way. I'm enjoying my sense of freedom.*

As a result, she becomes mean and unfriendly towards you because she doesn't want you to ruin the feeling of freedom and confidence that she now has.

Yet, on another day, she may be sitting at home all alone and missing what you and her had.

The loneliness causes her to think things like, *I know our relationship wasn't perfect, but I miss being part of a couple. Maybe breaking up with him wasn't such a good idea after all. Maybe if I gave him one more chance we could actually work things out between us. I don't like being alone like this. Maybe I rushed into my decision to break up with him. What if he meets a new girl and moves on? I will feel even worse. I have to contact him.*

Naturally, when she's feeling like that, she will usually be nicer to you (e.g. call you to chat, text you to say hi, invite you over for coffee, sound happy to hear from you when you reach out to her).

Of course, this might leave you feeling confused and asking *Why is my ex girlfriend nice and then mean?*

In many cases, the answer to that question is: She's not quite sure if she should fully go through with the break up and cut you out of her life completely.

As a result, she is hot and cold and continues to go through her life waiting for something to happen that will convince her to either break up with you fully and move on (e.g. she meets a new man who makes her feel attracted in the ways that she wants), or you and her get back together again (e.g. because you re-spark her feelings for you).

Another possible reason why your ex girlfriend is nice and then mean is

2. She feels attracted, but you then turn her off again

When a guy gets broken up with, his first instinct is to usually try to convince his ex that he's

changed some of the things that turned her off, so she will then give him another chance.

For example: A guy might realize that he was being too insecure in the relationship with his ex girlfriend and this caused him to react by putting her on a guilt trip every time she wanted to do something without him, or if she interacted with other guys and seemed to be enjoying herself (e.g. she laughed, seemed happy).

So, to convince her that heâs changed, he might pretend to be more confident and self-assured when he interacts with her.

Naturally, when his ex girlfriend sees that heâs more emotionally strong than he used to be, sheâs going to feel some respect for him again.

Sheâs going to feel attracted to the new man that she now thinks heâs become and sheâs going to be a little nicer to him.

Yet, because he hasnât really changed and is only pretending to be more confident in himself and in his value to her, he canât maintain the faÃ§ade for very long.

Eventually, she says or does something that sets him off (e.g. she tells him that a guy she knows at work/university asked her out on a date, she talks about how sheâs been having so much fun since they broke up).

He then starts behaving in the same insecure, self-doubting ways that he did in the relationship.

She then feels turned off once again.

As a result, she may then start thinking things like, *âHeâs been pretending that heâs changed, but deep down heâs still the same insecure, needy guy I broke up with. I canât believe I fell for his lies! He's not confident! He's just been putting on an act! I need to make sure that I remain broken up with him. He's not yet man enough for a girl like me.â*

She then starts being mean and bitchy towards him to get him back for tricking her and making her feel as though he had changed, when he really hadn't.

This is why itâs so important for you to truly change and improve before you interact with your ex.

That doesnât mean you have to become perfect to get her back, but you do have to genuinely make some improvements to yourself so she can see that youâre better now than you were before.

For example:

- Youâre less insecure and self-doubting, so you donât feel the need to get jealous or control her anymore.
- Youâre more emotionally independent, so you donât need her to be gentle and nice with you to feel okay about yourself.
- You're emotionally mature, so you don't feel the need to get into trivial arguments with her and instead, you have the ability to turn a potential argument into something that you and her can laugh about together.

When she experiences those kind of changes in you, she naturally stops being mean to you and opens herself up to the idea of being in a relationship with you again.

She gets the feeling that you really have changed and more importantly, she really does feel differently around you now.

Another possible reason why your ex girlfriend is nice and then mean isâ€¦!

3. She is testing to see if you will lose confidence in yourself

Whether meeting a man for the first time, being in a relationship with him or interacting with him after a break up, a woman is instinctively attracted to a manâ€™s confidence and turned off by his insecurity and self-doubt.

So, after a break up, a woman will usually test her exâ€™s confidence before she lets down her guard and opens herself up to giving him another chance.

There are many things she can do to test him, but one of the most common ways is to be nice to him one minute and then mean to him the next.

Essentially, she wants to see how strong of a man he really is.

For example:

- Is he going to crumble and start doubting his chances with her just because she isn't being nice all the time?
- Will he beg and plead with her to tell him what heâ€™s doing wrong and why sheâ€™s treating him that way?
- Will he walk away and give up on getting her back just because she's being a little mean?
- Will he be extra nice and sweet to her (especially when sheâ€™s being mean to him) in the hope that she will be nice to him again?

If he reacts in any of those ways, it will prove to her that heâ€™s not really the man she wants to be in a relationship with.

A woman will usually then stop being nice to her ex and focus on being mean as a way of pushing him away for good.

On the other hand, if her ex remains confident no matter what she says and does, or how she treats him during interactions, she wonâ€™t be able to stop herself from feeling a renewed sense of respect for him as a man.

When she feels that respect, she will then start to feel attracted again and when that happens, her defenses will come down and she will open herself up to reconciling with him and getting back together.

Another possible reason why your ex girlfriend is nice and then mean isâ€¦!

4. She is stringing you along and doesn't intend to get back with you because she can see that you haven't really changed

If a woman interacts with her ex and gets a sense that nothing about him has really changed since they broke up (e.g. heâ€™s still unsure of himself around her and other people, he hasnâ€™t made any progress on his goals in life, he hasnâ€™t improved his ability to make her feel attracted), sheâ€™s not going to open herself up to him.

Instead, she might string him along by being nice to him at times, so he feels like there is still hope.

Yet, her real motives for being nice are to give herself an ego boost when she sees that he is desperately hoping to get her back (i.e. she feels as though she is the more valuable one in the

relationship).

Alternatively, she is doing it to get emotional revenge on him for hurting her, or just for something fun to do until she meets the right guy for her (e.g. she keeps her ex around as a texting buddy and then eventually breaks his heart by telling him that she has met someone else, she really likes him and they are getting serious).

However, to make sure that her ex doesn't get too sure of himself, she will also act mean at times to show him that he isn't quite there yet with her.

Then, if she gets tired of toying with him, or if she hooks up with a new man, she can easily cut him out of her life, without it being that much of a big deal to her.

Of course, not all women are that mean, but many guys do encounter a complete change in their woman after a break up.

This is why you can't leave it up to your ex to call the shots in the ex back process.

Rather than feeling unsure of yourself around her and possibly even thinking things like, *"Which version of her will I get today? Is she going to be nice or mean to me?"* just stand your ground with her and show her (in a loving, but dominant way) that you're not going to let her push you around anymore.

In other words, take control of your interactions with her and begin sparking some of her feelings of respect and attraction for you again (e.g. by making her laugh and smile, rather than sulking, seeming confused or seeking pity because she is being a little mean to you).

When she can see for herself that you really are a different man now, she will automatically stop wanting to string you along, because it will no longer feel right to her.

Instead, she will want to talk to you on the phone and meet up with you in person, so she can experience the new you for herself and see where things go from there.

So, make sure that you take control of the situation, rather than leaving it all up to her.

Guide her back into a relationship with you, rather than hoping that she guides you back into a relationship and is nice and sweet about it the whole way.

Another possible reason why your ex girlfriend is nice and then mean is

5. You're misinterpreting her texts

Sometimes a guy will feel as though his ex is being nice if she includes a smiley face or exclamation mark when she sends him a text message.

Additionally, he might also feel as though she is being mean if she replies in a short, unimpressed way, or says something without using emoticons to make him feel good about himself.

For example: If a woman texts something like, *"Lol ☺ It's over between us ☹ You need to accept that,"* with a love heart on the end, or with some additional text saying, *"I will always hold a special place for you in my heart, but we can't get back together"* it would be a little easier for a guy to accept than if she sent a seemingly 'blunt' or 'cold-hearted' text saying, *"It's over. You need to accept that."*

With the first text, a guy might think, *"Okay, well, she is being nice to me and is even admitting there's a special place in her heart for me. Maybe, over time, she will be able to change her mind and we can then get back together again. After all, she still has a place for me in her heart. She even*

put in a heart emoticon. Who does that if they aren't feeling some love? Maybe she really does still love me!

In comparison, the second text might seem mean, cold and distant to him and he may feel quite dejected, or as though he doesn't have a chance with her anymore.

Yet, here's the thing!

Texts can easily be misinterpreted because, since you can't hear her tone of voice or see her body language, you have to guess at what tone of voice she would be using or how she would be coming across in terms of her body language and vibe.

She might actually be crying or feeling heartbroken when she sends you a seemingly cold or distant text, but you don't know that.

This is why you shouldn't just stick to text when trying to get an ex back.

You should get to a phone call and in person meet up, as long as you are properly ready to attract her in person.

Don't go to the meet up if you're going to turn her off with nervousness or self-doubt, or if she's going to see that you're heartbroken and really need her back.

Only go to the meet up when you are ready to properly re-attract her.

If you meet up with her and are not able to make her feel attracted, she may decide that she doesn't want to see you again after that, which makes the process of getting her back more difficult.

So, make sure that you are prepared to make her feel attracted to you as you talk to her.

4 Ways That Guys Go Wrong When Interacting With an Ex Girlfriend Who is Nice and Then Mean

Women are instinctively attracted to men who are more emotionally strong and self-assured than to those who are emotionally weak or insecure.

So, when a woman is being nice and then mean to her ex guy, it's often her way of testing him to see if he now has the qualities that she ideally wants in a man.

If he can handle her flip-flopping behavior, she will automatically start to feel respect for him again.

Yet, if he loses confidence in himself and becomes nervous and insecure when he interacts with her, it will only confirm to her that she made the right decision to break up with him and move on.

So, if you don't want your ex girlfriend to feel like she has to move on, you need to make sure you avoid making the following mistakes with her when she's being nice and then mean to you:

1. Seeking pity for how upset or confused she is making you feel by being nice and then mean

As tempting as it might be for a guy to want to say to his ex girlfriend, *"Please stop it. Why are you being like this to me? One minute you're all nice and sweet towards me and the next you're being so mean. I don't understand why you are doing this to me. Don't you care about my feelings at all? Do you realize that I care about you, love you and want you back? So, you're just messing with my feelings when you're nice and then mean. Please just stop it!"*

itâ€™s usually a bad idea.

Why?

If he tries to make her feel pity for him, she feels turned off by his emotional weakness and inability to handle the feminine nature of a woman (i.e. that women test a man's confidence by changing their mood and behavior).

When she sees that he can't handle a woman like her, it makes her want to move on from him even more.

So, don't bother trying to make your ex girlfriend feel pity for how she's making you feel and focus instead on re-sparking her feelings of respect and attraction for you.

Another mistake to avoid making isâ€¦

2. Asking her to be more consistent

Sometimes a guy will get so frustrated with his ex's erratic behavior towards him, that he might say something like, *â€œOne minute you're nice and then next you are mean. Why are you being like this? Just be one way or the other, so I can know where I stand.â€*

Yet, rather than make her think, *â€œHe's right, I need to be more consistent in my behavior, so he feels confident about my feelings for him,â€* it usually only makes a woman close herself off even more.

Why?

If a woman breaks up with a guy because he has lost her respect, attraction and love, she usually won't feel motivated to want to help him get her back by being consistent and making things easy for him.

If he can't figure out how to reactivate her feelings for him without her help, then she will just focus on getting over him by moving on with someone else.

Additionally, it's not a woman's role to have to be consistent for a man.

A man needs to be consistent in his reaction to a woman, regardless of her tests of his confidence.

When a man is able to do that (i.e. because he is emotionally strong and emotionally independent), then a woman will be much more consistent because she won't feel much of a need to test him.

She will still test him from time to time, but it will be much less than if she wasn't sure of his ability to remain confident.

Another mistake to avoid making isâ€¦

3. Trying to get her to commit to the idea of a relationship via text

In some cases, a guy will assume that he stands a better chance of getting her back if he asks her to give him another chance via text.

For example: He may think, *â€œShe's been hot and cold lately, so if I ask her on a phone call or in person, she will likely reject me. Maybe if I ask her to get back together again via text, it will give her enough time to think about it before she replies, so she won't be as mean. I won't be putting her on the spot and causing her to go from being nice to me to being mean, simply because she doesn't know how else to react in that moment. So, I'll just text her and give her a chance to*

think about it.

Yet, if a woman currently has little or no feelings for her ex, getting a text from him trying to get her to commit to a relationship only makes her close herself off even more.

Why?

Essentially, because she can't see his body language, hear the tonality of his voice, or judge his actions and behavior in person or on a phone call, she judges him based on her past experiences with him (e.g. near the end of the relationship, he may have become insecure, needy, lacked self-motivation, was emotionally wimpy or even fell into the habit of getting angry and irritated with her over trivial things).

She then just assumes that he's asking her for a relationship via text because he hasn't really changed and is too afraid to face her, where she will be able to see it for herself.

Here's the thing:

Texts don't show your true self (e.g. confident, self-assured, at a different emotional level than when you broke up with your ex), so your ex will naturally interpret them based on her current perception of you.

In other words, if your ex girlfriend currently thinks of you in a negative way, she's probably going to look at your texts in a negative way.

This is why asking her for another chance should be done in person and only after you have first reactivated her feelings of respect and attraction for you.

If you want to get your ex back, you have to follow the correct sequence of steps.

Miss a step and it will almost certainly result in a, "No" from her.

You can get her back, but you've got to do it right.

Another mistake to avoid making is

4. Trying to get her to commit to the idea of a relationship even though the feelings aren't mutual yet

You may still truly love your ex and really want her back, but at the moment, she probably doesn't feel the same way about you.

So, if you ask her to get back together again, chances are she's going to respond by being mean and saying something along the lines of, *"No. I told you that it's over between us. Why can't you accept that and move on? You're being so annoying. Just leave me alone. I don't want to talk to you about this anymore"* or, she might be nice and saying something like, *"I know you mean well and I do still care for you, but I just don't see us being a couple again. I'm really sorry."*

Here's the thing:

For a woman to commit to the idea of being in a boyfriend/girlfriend relationship, the feelings have to be mutual (or at least close to mutual).

It can't just be about you really loving her and wanting her back for your own reasons.

Instead, she has to feel as though if she doesn't get back with you right away, she will be losing the love of her life.

You can make her feel that way, but it won't happen by asking her for another chance for your own reasons.

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I Did Everything Right, But it Wasn't Enough For Her

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 common reasons why a woman will react in that way to a man:

1. She wants a guy who is more of a challenge

Most guys want to treat a woman well and not make her feel like she needs to do anything special to impress them, other than love them and stick with the relationship.

For example: A guy like that mightâ€¦

- Be extra nice and sweet to his woman, regardless of how badly she treats him.
- Shower her with romantic gestures (e.g. buy her gifts, flowers, take her out to restaurants, send her love letters/poems).
- Allow her to always get her way, even if it means giving up things he really wants to do.
- Give her all of his time and attention (e.g. he stops hanging out with his friends, gives up his hobbies or interests, stops pursuing his big goals or dreams in life).
- Text and call her throughout the day to stay in touch, even though he knows sheâ€™s working/in class/catching up with friends/busy.

He may think, *â€œAccording to what Iâ€™ve seen on TV/read about in magazines/been taught by my father/mother, Iâ€™m doing everything right to make my woman feel loved and appreciated. As a result, she will be happy and our relationship will last a lifetime.â€*

So, when she eventually breaks up with him and says that it's because she's no longer happy with him, no longer attracted to him or no longer in love with him, he is understandably shocked.

He may then think, *â€œI did everything right, but it wasn't enough for her. How could she do this? What did I do wrong?â€*

Hereâ€™s the thingâ€¦

Although he truly believes he was being the perfect man to her, what he doesn't realize is that, although a woman does like it when a man loves her and makes her feel appreciated, she doesn't want to feel like she is the boss, the leader, or the most valuable one in the relationship.

Instead, she wants him to make her feel as though she needs to do everything right to continue impressing him and maintaining his interest, rather than feeling as though she can walk all over him and get away with it.

Some guys don't want to make a woman feel that way and think that it's all a bunch of mind games, but it's not.

It's about what women feel attracted to and appreciate.

Women do want to be in a relationship where they feel loved and appreciated, but they also want to feel the need to continually impress their man, otherwise he will lose interest.

If a guy can't offer her that, she will eventually get bored of always getting her way, or always feeling like the more valuable one in the relationship.

Some women will put up with it (usually unattractive women), but if a woman is attractive, she just

won't feel happy about being with a man who lets her walk all over him.

So, she will break up with him, even though he has been treating her well.

At the end of the day, regardless of how nice he has been to her, he hasn't been making her feel the way she really wants to feel (e.g. respectful towards him, attracted and excited to have him as her man, eager to continue pleasing him and impressing).

On the surface, he might feel as though he has done everything right, but in reality, it's not actually what a woman really wants.

After the break up, a woman like that will usually try to find a guy who will be more of a challenge for her to acquire and keep in a relationship.

Another reason why a woman might break up with a guy, even though he seemed to be doing everything right, is thatâ□!

2. She was only ever interested in a casual sex relationship

Sometimes, regardless of how great a guy is, a woman simply won't be interested in more than a casual sexual relationship.

Even though heâ□s doing everything right, she doesn't really care because she's not looking to settle down anyway.

The truth is, in todayâ□s world a woman is continually influenced by what she reads on the internet and in womenâ□s magazines, what she sees on TV in sitcoms and movies and what she hears from friends and acquaintances.

So, when she watches TV and she sees dramatic relationships full of excitement and spontaneous, wild sex, or women dumping guys and moving on to a better life, or female celebrities talking about how much happier they are being single, she might become enticed to live that kind of lifestyle.

If she does, she won't really care about breaking up with a guy and moving onto another one, because sheâ□s living the lifestyle that she has seen other women confidently talk about living.

She feels okay with what she's doing and just wants casual sex and fun times, regardless of whether a good guy that she meets want to settle down with her.

With a woman like that, you have to immediately accept the break up and let her see that it doesn't affect you.

That stops her in her tracks because you can pretty much guarantee that every other guy she has dumped has done the opposite (i.e. pleaded with her to change her mind, asked what he could do to change her mind, sucked up to her).

When you accept the break up and then begin to get on with your life and let her find out about it (i.e. via social media), a woman like her will see that you and her are actually on the same level emotionally and she will feel attracted to you again.

She won't necessarily want to settle down for life if you get back together, but she will feel safer getting into a relationship with you because she will see that you don't beg, plead and whine if she tries to leave.

Another reason why a woman might break up with a guy, even though he was doing all the right things, is thatâ□!

3. She was turned off by his lack of emotional masculinity or emotional toughness

Life sometimes throws curveballs your way, whether you are ready for it or not.

It happens to everyone, even if a guy tries his best to set up a good life, do the right thing and so on.

So, what matters most to a woman is not how great a guy is when things are going well, but rather, how he responds to the more challenging situations in his life (e.g. if he loses out on a big promotion, fails an important exam, has trouble with his car, things don't work out as planned, he gets broken up with).

Will he remain emotionally strong, face the situation head on and work towards a solution like a man, or will he fall apart, feel scared and turn to his woman for guidance and support because he can't cope on his own?

Depending on how he reacts when life gets tough, his woman will either feel more respect, attraction and love for him for being an emotionally strong, masculine man that she can depend on, or she will feel turned off by his emotional sensitivity and weakness.

Here's the thing!

A guy can do most things right in his relationship with a woman, but if she gets a sense that she needs to be the strong one and take care of him because he's too scared, sensitive or insecure to handle the pressures of everyday life on his own, she will quickly lose respect and attraction for him.

When that happens, she will then begin to disconnect with her feelings of love for him and when that happens, she will start to want to get out of the relationship.

Another reason why this might happen to a guy is!

4. While trying to do everything right in the relationship, it made him seem desperate and that turned her off

Although a woman appreciates it when her man values her, loves her and respects her, she doesn't want to take on the role of being his main purpose in life.

So, when a guy is running around trying to do everything right to please his woman and as a result, neglecting other important areas of his life (e.g. his goals, dreams, friends, interests), it doesn't impress her.

Rather than think, *âOMG! He's so devoted to me that he doesn't care about anything or anyone else in his life! I am his main reason for living! It must mean that he really loves me! That makes me want to stay with him forever, because I know I will never find another man who loves me as much as he does!* she simply feels turned off by what she perceives as his desperation and neediness.

Why?

A woman wants a man who doesn't hide behind her and the relationship, to avoid rising up and reaching for new levels of his true potential as a man (i.e. by following through on his biggest dreams, goals and ambitions).

Most unattractive women will put up with a guy who hides from his potential, but they will still feel annoyed about it.

However, attractive women will not only feel annoyed by it, but they will eventually see it as a major reason to leave him and try to find a man who won't hide from his true potential behind the safety of

a relationship with her.

So, if a woman is attractive, she will eventually break up with a hider and look for a man who won't make her his main purpose in life.

A guy might then ask, *â€œI don't get it. I did everything right, but it still wasn't enough for her. How could she do this to me? How can women be so mean and coldhearted? After everything I did for her, she just walks away like it all meant nothing.â€*

Here's the thingâ€¦

He may have treated her well, but all that doesn't mean a thing if a woman feels turned off at an instinctive level when she realizes that she's in a relationship with a hider.

A woman wants in a good man who treats her well, but doesn't make her the sole purpose of his existence.

Instead, he rises up and reaches for his true potential as a man by actively following through on his big goals, dreams and ambitions in life.

She can then look up to him, respect him and feel attracted to him for being an emotionally strong and independent man, rather than feel like she's doing him a favor by being with him because he can't live or function without her.

Another reason why this might happen to a guy isâ€¦

5. It was enough for her, but she was just testing to see if he'd try even harder due to his lack of confidence about his attractiveness to her

Women feel most attracted to guys who have high self-esteem, confidence and self-belief.

So, when a woman is in a relationship with a guy, she will usually test to see whether or not he truly believes in himself and in his attractiveness and value to her, or if he's just putting on an act.

If he passes her confidence tests, she will be able to fully relax into being feminine and girly around him, knowing that he is more than good enough for her.

However, if he becomes doubtful and starts to question his value to her, she will pick up on it (via his body language and the way he responds to her) and feel turned off at a deep, instinctive level.

As uncomfortable as it may be for some guys to accept, the truth is that the majority of women just aren't attracted to guys who don't feel worthy of them.

Why?

When a guy doesn't feel like he's good enough for his woman, he usually starts saying and doing things that highlight that belief.

For example: A guy might constantly cling to his woman and refuse to do anything apart from her, because he's afraid she might meet someone else better than him and dump him.

He may also look to her for reassurance, by constantly asking her things like, *â€œDo you still love me?â€* or, *â€œYou wouldn't leave me would you? You know you're my only reason for living, right?â€* or, *â€œDo you still find me attractive?â€*

He might also shower her with gifts and attention and let her get away with bad behavior because he doesn't want to lose her.

He may think something like, *â€œI need to make sure that I do everything right for her, so she will*

*see how important she is to me. Then, hopefully, she will stick with me for life.*â□□

Yet, women just don't work that way.

The fact is that a woman wants to be with a man who believes in his attractiveness and value to her, regardless of what she says or does to try to make him feel insecure or unsure of himself.

He doesn't have to buy her gifts and suck up to her to hopefully get her to stay.

He just has to believe in himself no matter what.

That is what women respect and feel attracted to the most, even though they will rarely, if ever, admit it to your face.

So, if a woman senses that her guy doesn't feel like he is worthy of her, she will end up feeling like she is doing him a favor by being with him, which will make her start to feel attracted to other men who are more confident in themselves.

He will most-likely notice that she is losing interest and will then try to step up his attempts to impress her (e.g. buying her more gifts, showing her with compliments, trying to make her life as easy as possible, running errands for her and so on).

Yet, the more he tries to do everything right to keep her, the more turned off she feels by his lack of confidence.

She then begins to fall out of love with him and moves towards breaking up with him.

He is then left thinking, *"What just happened? I was doing everything right! What else could I have done!? I did everything for her. Will I ever be enough for a woman?"*

4 Post Break Up Mistakes That Guys Make After Feeling Like They Did Everything Right

Here's where other guys go wrong when they find themselves in a similar situation to youâ□!

1. Assuming that women must want a bad boy who treats them badly

When a guy feels as though he has done everything right with a woman (e.g. treated her like a princess, always let her have her way, allowed her to get away with bad behavior) and still got dumped, he might begin to believe that to keep a woman, he needs to stop being so nice and start being a bad boy instead.

Here's the thing thoughâ□!

Even though it might look like women are mostly attracted to bad boys, or that women only want a man who is bad or mean, it's just not true.

The ultimate type of man that pretty much all women are attracted to and want to be in a relationship with, is a good man who treats her well, but doesn't allow her to get away with treating him badly.

What a woman really wants is a man who makes her feel as though she needs to be a good girl for him and in return, she will get to be with him and be treated well.

If she is out of line, he puts her back in her place in a dominant, but loving way.

If she refuses to treat him better, he threatens to leave her and if she still doesn't change, he leaves her.

In other words, he is in control of the relationship, not her.

She has to be a good girl, or else she won't get to be with him.

That's what women really want, but will rarely, if ever, admit openly when asked in public.

So, don't make the mistake of thinking that you need to be a bad boy, a bad person or treat her rudely to get her back.

Instead, just show her that you are still the good man that you've always been, but are now so much more confident, emotionally masculine and assertive than before.

When she sees that you have quickly transformed into the type of man she always wanted you to be, she will begin to feel attracted to you in the ways that have always been secretly important to her.

Her guard will then come down and she will start to feel drawn to you in a way that she has never felt before.

Another mistake that guys often make when in your situation isâ€¦

2. Asking her what he can do to make her happy

When a guy feels as though he did everything right and it still wasn't enough, it's only natural that he might want to then understand what he did wrong.

So, he will ask his woman something like, *â€œWhat did I do wrong? What did I miss? What didn't I do for you? What would it take for me to make you happy? Please tell me. You know that I will do whatever you say. I love you more than anything, so just tell me and I will do it.â€*

Yet, here's the thingâ€¦

When a guy asks a woman to tell him what he needs to do to make her happy, he's effectively telling her, *â€œLook, I'm clueless about how to think, act and behave like an attractive man, so can you please teach me? I will then use your advice to get you back, or try to convince you to give a chance to show you that I can be the way you want me to be.â€*

Yet, rather than make a woman think, *â€œHow sweet. He wants me to guide him and teach him,â€* she feels overwhelmed by the amount of work she'd have to put into change him, transform him and then continually do that for the rest of their lives together (i.e. because your attractiveness to women develops over time. It's not something that you do once and then forget about. You have to be able to be attractive her based on the way that you talk to her, approach life, react to challenges, treat her and get her to treat you).

So, if you want to attract your ex back, don't make the mistake of asking her what she wants you to do to be attractive to her, or to make her happy.

Instead, just show her (via your actions, behavior and the way that you now react to what she says and does), that you're a better, more attractive man than you were before and didn't need her to tell you how to be that way.

When she sees that you really have changed, she won't be able to stop herself from feeling respect and attraction for you again.

Then, the idea of giving you another chance starts to feel like something she is open to doing.

Another mistake that guys make in your situation isâ€¦

3. Thinking that women are way too hard to please

After dumped by a woman he loves, a guy might think, *â€œI did everything right, but it wasn't enough for her. Women are just too fussy these days. Nothing pleases them, no matter how hard you try. I give up!â€*

Here's the thingâ€

Some women are too hard to please and a little bit crazy too, but those women really are the minority. The majority of women aren't hard to please and will only seem hard to please when in a relationship with a guy who continually fails her confidence tests and ends up allowing her to walk all over him.

When a woman can walk all over him, she then begins to come up with what I call Ridiculous Rules (e.g. you can only kiss me if you do this or that, don't call me after 7pm, sit there and be quiet while I watch TV, clean the house or else we're not having sex).

If a man puts up with her Ridiculous Rules, she loses respect for him and as a result, she stops feeling attracted to him.

She then falls out of love with him and in most cases, the guy then tries harder and harder to suck up to her (e.g. buying her gifts, doing more of the housework, letting her get her way all the time), but it's never enough because that isn't why she has fallen out of love with him.

She wants him to continue being a good guy, but to man up and stop allowing her to walk all over him.

Finally, another mistake that guys often make in your situation isâ€

4. Losing confidence in his ability to get her back or keep another woman in a relationship

When a guy tries everything that he can think of to make a woman happy (e.g. shower her with attention and gifts, give in to her every whim, be nicer and more patient with her, make her life as easy as possible) and she still breaks up with him, he might begin to doubt himself as a man.

He may assume that because his 'best' wasn't good enough, then nothing will ever be good enough for women, so he completely gives up on getting his ex back, or even finding himself a new woman.

Here's the thing thoughâ€

When a guy starts thinking like that, it begins to show in the way that he talks, thinks and behaves around his ex and other women (e.g. he doesn't maintain eye contact, he says negative things about himself, he has a defeatist attitude, he feels unworthy, he doubts himself, he seems nervous and unsure of himself), which is naturally unattractive to women.

When he notices that his ex and other women aren't attracted to him, he then loses even more confidence in himself and in his ability to get her back.

Don't put yourself through that unnecessary pain.

Believe yourself!

If you want to do the right thing, then do the right thing by yourself and believe that you are good enough.

You have to believe that you are good enough for her, otherwise neither will she.

Don't go and tell her that you think you are good enough.

Let her sense it for herself, based on the way you now talk to her, react to her, treat her and get her to treat you.

When you do that correctly, she will feel a tremendous amount of respect and attraction for the new and improved you.

As a result, you will suddenly seem more than good enough for her and she will want you back.

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4 Reasons Why Breaking Up Can Be a Good Thing

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 4 reasons why breaking up can actually be a good thing for both you and the relationshipâ

1. It gives you an opportunity to become a better man, get her back and enjoy an even better relationship than before

Have you ever seen couples who've been together for a long time, but all they seem to do is argue, fight, criticize each other, or treat each other like an annoying brother or sister?

If you have, you may have thought to yourself, *âThose two just shouldn't be in a relationship. They don't have enough love, respect and attraction for one another. Why do they stay together if they can't get along?â*

Now imagine thisâ

They broke up.

The man then took the time apart to change and improve and become a better man.

For example: If he was insecure and self-doubting in his relationship with his ex woman, he focuses on becoming more confident and self-assured as a man.

If he wasn't assertive enough and he allowed his ex to dominate him with her forceful personality, he becomes more emotionally dominant and ballsy.

If he was too nice and allowed her to get away with throwing tantrums to get her way all the time, he now has the balls to laugh (in a loving, but dominant way) at her attempts to intimidate him with her bad behavior.

If he was too emotionally immature (e.g. he was drifting aimlessly through his life), he now has definite goals that he's working towards and making progress on.

So, when he then interacts with his ex and she can see that he has changed, improved and become a much better man than he was before, she won't be able to stop herself from feeling a renewed sense of respect and attraction for him.

She will naturally feel drawn to him again and become open to getting back together, because she will see that the relationship could now be so much better than it ever was before.

In the same way, you don't have to fear a break up with your woman.

Yes, it's definitely not a nice feeling to get broken up with, but you can use the break up to your advantage by seeing it as an opportunity to level up as a man, get her back and enjoy an even better relationship with her than you did before.

So, if you've just broken up with your woman, rather than feeling sad and hopeless about the situation, start becoming a better man instead and realize that you can turn things around and get her back.

By making attractive adjustments to your behavior and approach to her, she will automatically feel drawn to the new and improved you.

Her eyes will open to the fact that falling back in love after a break up, is one of the most amazing feelings she will ever experience in her life.

As a result, her guard will come down and she will open herself up to giving the relationship another chance.

Another reason why breaking up can be a good thing isâ€¦!

2. It improves your understanding of what it takes to keep a relationship together

Although itâ€¦s usually not intentional, a lot of guys fall into the habit of taking their woman and their relationship for granted.

For example: A guy may think, *â€œI love her and she loves me. What more do we need to do? Everything else will take care of itself. She loved me so much at the start and she will always remember that and stay with me because of it.â€*

Yet, that's not how it worksâ€¦!

For a relationship to thrive, the love, respect and attraction a couple feels for each other needs to be nurtured and grown over time.

If a man doesn't know how to do that, the love will gradually fade away and get replaced with more negative emotions such as anger, resentment or boredom.

Of course, you may not have realized this during your relationship with her, which is probably why she is now your ex, right?

Don't worry â€¦ many guys make the same mistake and end up taking their woman and the relationship for granted.

The good news is that when you improve your understanding of what it takes to keep a relationship together for life, you will easily be able to get your ex back and keep her in a relationship.

So, what does it take to keep a relationship together?

Here are a few examples:

- You need to maintain and build on your womanâ€¦s feelings of love, respect and sexual attraction for you over time. This does not require a lot of effort. In fact, it's easy to do when you approach it correctly because it results in her doing most of the work to try to impress you and keep you happy. All you need to do then is treat her well and all will be fine.
- You need to maintain your confidence around her, regardless of what she says or does to make you feel insecure, jealous or angry (e.g. she throws a tantrum, says mean things to you, talks about other men that are attractive). If you can maintain your confidence under that kind of pressure, she won't ever want to leave you because she will know that 99.9% of guys just don't have the self-belief that you do. Women are attracted to self-belief in men because it makes them feel safe, protected and assured that he can handle anything that life throws at him.
- You need to believe in your attractiveness and value to her, so can too. If you donâ€¦t feel worthy of her, she will eventually start to feel the same way and want to find a man who does feel worthy of her.
- You canâ€¦t treat her like a neutral friend, a buddy, one of the guys or roommate and expect the sexual spark between you to remain alive. You have to look at her, talk to her and treat her like she is your sexy woman, as well as being your loving friend.
- You need to mature as fast as her, or preferably, a bit faster than her. If she feels like sheâ€¦s maturing faster than you, she will start to feel as though you are holding her back from

experiencing new levels in life.

As you can see, there are many ways that you can either build on your woman's feelings or destroy them over time in a relationship.

Now that you and her have broken up, the most important thing for you to do is to learn from your mistakes so that your new relationship with her, really will be so much better this time around.

When you interact with her and she senses and notices the changes in you, not only will she feel compelled to give the relationship a second chance, but she will also begin worry about you losing interest in her now that you are so much more attractive.

Another reason why breaking up can be a good thing isâ€¦!

3. It gives you a chance to catch up to her level of emotional maturity and then start again

Sometimes a woman will mature a lot faster than her guy (e.g. she's ready to stop partying and wants to settle down/focus more on her studies, but he only wants to hang out with his friends, get drunk/play video games/be irresponsible).

If she warns him about that and he doesn't change, she will eventually get to the point where she's had enough and break up with him.

He might see it as something that occurred all of a sudden, but in reality, it's a decision she has building up to for some time.

Here's the thingâ€¦!

Even though it sucks to get broken up with, in some cases, it's the wake up call that a guy needs to become more emotionally mature and focus on building a better, more secure future for himself.

For example: He mightâ€¦!

- Stop hanging out with his single, immature friends and start focusing more on his studies/work/projects.
- Set some long-term goals and start making progress on them.
- Get a better job, or work towards getting a promotion at his current place of employment.
- Move into a place of his own if he was still living with his parents or living with roommates.

When his ex woman sees that he has quickly grown up, matured and is now at a different level to the one he was at when she broke up with him, she will automatically feel a renewed sense of respect and attraction for him.

When that happens, her defenses come down and she allows herself to reconnect with the love she once felt for him.

As a result, she will then begin to open up to the idea of giving him another chance because he's now at the same. or a very similar level of emotional maturity as her.

Another reason why breaking up can be a good thing is thatâ€¦!

4. It highlights your strengths and weaknesses as a man

No one is perfect.

So, admitting that you have some weaknesses is not a sign that you're a bad person, an unlovable man or a failure.

Instead, when you know what your weaknesses are, you can then work on turning them into strengths and as a result, become an even better man than you are already.

Start off by making a list of what you perceive as your strengths and weaknesses and then look for ways to turn those weaknesses into strengths.

For example: Maybe one of your weaknesses is that you're too much of a nice guy in relationships with women, so you ended up allowing your ex to dominate you and always get her way.

On the other hand, one of your strengths is that you have a great sense of humor and you can make her laugh.

Now, imagine that you're interacting with your ex (on the phone or in person) and she's throwing a tantrum and blaming you for everything that happened in the relationship.

Naturally, she will be expecting you to respond like you always have in the past, by taking all the blame, treating her as the leader of the relationship and hoping that it pleases her.

However, instead of that, you use humor (i.e. your strength) to stand up to her and turn her bad mood into something that you can both laugh about.

For instance, you might say laugh (important) and say something like, *â€œOh yeah! It's all my fault! I'm such a monster aren't I? You poor thing! how did you ever survive? You deserve a medal or something for putting up with me all that time,â€* which will then stop her in her tracks and make her think, *â€œHuh? What's going on here? That's not how he's supposed to react. He usually just cowers under my pressure and bends to my will. Why is he so much stronger all of a sudden? Has he finally grown a pair of balls? Whatever the case, I like it. This is how I always wished he would be.â€*

In that way, not only have you used your strength (i.e. your sense of humor) to your advantage, but you've also converted your weakness into a strength by standing up to her rather than letting her get the upper hand and dominate you as usual.

As a result, she then can't stop herself from feeling a bit attracted to the new, emotionally stronger version of you who now has the balls to stand up to her.

She then starts to look and think about you differently.

If you think about it, that probably wouldn't have ever happened if you and her didn't break up and you didn't come under pressure to man up.

The break up has literally given you the opportunity to level up and start reaching your true potential as a man.

You start to see that you are actually a lot stronger (emotionally) than you previously realized.

The man in you was there, but he was hiding because he was afraid of how she would react.

Of course, this was just one example of where a guy might have gone wrong and what he needs to change to re-attract your ex.

For example: You might have been very manly and ended up going too far with that, to the point where you treated her badly, didn't care about her feelings and took her for granted.

Re-attracting a woman in a situation like that requires a different approach.

You need to start being a better man to her, but don't do it in a way that makes you come across as being desperate, sucking up to her or turning into a wimp.

You've still got to maintain your manliness, but just be a good man to her at the same time.

4 Mistakes to Avoid After a Break Up

As you may have realized by now, breaking up can be a good thing for you and the relationship.

However, there are also some drawbacks and pitfalls to avoid.

So, to ensure that you are successful at getting your ex woman back, be sure to avoid making one or more of the following mistakes:

1. Falling into a downward spiral of depression

Sometimes a guy allows a break up to ruin his life.

Rather than seeing the break up as a chance to become and be a better man, he begins to feel unworthy of his ex and potentially, unworthy of other women too.

He may begin to think, *“I don't blame her for dumping me. If I was her, I would have done the same thing! She's just too good for me, that's all. I don't deserve her and she finally figured that out. Now, I've lost her for ever! I'll never find another woman like her.”*

What he probably doesn't realize is that women are attracted to the emotional strength in men (e.g. confidence, self-belief, courage, boldness) and turned off by the emotional weakness (e.g. insecurity, self-doubt, desperation, self-consciousness, timidity).

So, if he interacts with his ex woman and she senses that he has sitting around feeling sad and depressed without her, she will feel turned off by what she perceives as his lack of emotional strength.

He might hope that she will pity for him and want him back because of that, but a lasting, sexual, romantic relationship cannot be based on pity.

It just doesn't work.

So, don't be the sad, depressed ex who ignores life and keeps to yourself now that she has left you.

Lift your chin up, know that you are worthy of her and get ready to re-attract her the next time you interact with her.

Be a man about this and take control of the situation.

She's your woman, so get her back.

Don't leave it all to chance.

Get her back.

The next mistake to avoid is

2. Cutting off contact when you really want her back

In some cases, a guy will cut off contact with his ex, even though he wants her back, because he

doesn't know what else to do.

He may think, *"If she doesn't hear from me, she might start to miss me and then she'll send me a text, or message me on social media to give me a sign that she's open to us getting back together."*

Yet, that almost never happens.

Why?

When a woman has disconnected from her feelings of respect, love and attraction for a guy, him not contacting her doesn't come as a big shock to her.

Instead, she just uses the time apart to get over him and move on.

So, unless your ex is still in love with you and wants you back, cutting off contact with her isn't going to make her come running back to you.

For her to come running back, you need to use every interaction you have with her from now on to reactivate her sexual and romantic feelings for you again.

Some women will get back with a guy right away based on feeling a spark with him, whereas others will require 2-3 meet ups before they completely commit to being back in a relationship.

It really depends on you and your ability to re-attract her as you interact with her.

The next mistake to avoid is!

3. Comparing other women to your ex

No relationship is the same.

The connection that you share with each woman will always be different and special in its own way, but it will never be the same.

If you focus on comparing any new woman you meet to your ex, chances are high that she will never make you feel the same way because what you and your ex had together was unique.

So, don't put yourself through that.

Know that you can re-attract your ex and enjoy a better relationship this time around and if you don't want that, you can attract other women and enjoy relationships with them instead.

The next mistake to avoid is!

4. Thinking that it's impossible to get her back

When a woman is saying things like, *"Forget about ever trying to get me back, because it's never going to happen. My feelings for you are completely dead and you need to accept that and move on,"* it sounds like the truth.

It sounds like she could never, ever change how she feels.

So, a guy might think to himself, *"Well, that's it then. It's over. Her mind is made up and I won't ever be able to change it. As much as I want her back, it's just not possible."*

Yet, what he doesn't realize is that by thinking in that insecure, self-doubting, defeated way, he is actually preventing himself from being the kind of man who can attract her back (e.g. confident, self-assured, determined, assertive).

If she senses his self-doubt and insecurity when they interact on the phone or in person, she will feel

happy about her decision to remain broken up with him.

On the other hand, if he remains confident in himself and his attractiveness no matter what she says or does, she will naturally respect him for that.

He doesn't ever have to say anything like, *"I am confident in my attractiveness to you."*

Instead, he needs to project that by the way he talks, behaves and reacts and responds as he interacts with her.

Women can pick these things up and when a guy has that type of confidence in himself, they automatically respect it.

When a woman respects a man, she can then feel attracted to him.

When respect and attraction are in place, the love naturally starts to flow back into her heart.

So, rather than adopting a defeatist attitude and thinking, *â€œIt's impossible to get her back,â€* focus on preparing to re-attract her the next time you interact with her.

When you do that, her feelings for you will automatically begin to flick back on.

She will stop trying to move on and will start to realize that breaking up with you was actually a good thing, because you are now a much better man than you before.

Suddenly, the impossible (i.e. her not wanting to get back together ever again) becomes very, very possible and real.

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What to Do When a Woman Breaks Up With You Suddenly

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 3 optional reactions to being broken up with suddenly by a woman...

1. Accept it, give her 3 to 7 days of space, then re-attract her and get her back

If a woman wants to break up with you, there's usually nothing that you can do to stop her in that moment (i.e. you can't really force her to stay if she's already made up her mind to leave).

So, in most cases, the first thing a guy should do when a woman breaks up with him suddenly, is to accept the break up.

For example: You might say something along the lines of, *âOkay, if that's what you want, I accept your decision. I still love you and I would prefer it if we could work things out and stay together, but I respect your wishes. I wish you all the best. Bye.â*

Of course, saying that doesn't mean you are going to walk away, forget about her and move on.

Instead, by saying something like that to her, you are sowing seeds of doubt in her mind about her decision to break up (i.e. because you're being so emotionally mature about the break up, so she can't help but feel respect for you because of it).

From there, give her 3 to 7 days of space where you don't contact her at all.

Allow things to calm down between you and her (e.g. she gets a chance to think about her decision, she starts to miss you, she sees that you're not desperately chasing her, she wonders why you accepted the break up so easily and wants to interact with you again to see if you still love her and are missing her).

Important: Don't wait longer than 7 days to reinitiate contact and start re-attracting her because a woman doesn't need longer than that to start missing you.

If you wait longer than a week, it causes her to have to start thinking about moving on or hooking up with a new guy to get over you and move on.

So, after 3 to 7 days of space, call her on the phone and start re-attracting her (e.g. by making her smile, laugh and feel good to be talking to you again).

Then, get her to agree to a meet up with you in person.

At the meet up, focus on showing her that you're no longer the same guy she broke up with (e.g. by being confident and self-assured around her even if she is being cold or distant, using humor to break down her walls, making her feel feminine in contrast to your masculinity), and get her thinking, *âI hate to admit it, but I think I may have made a mistake by breaking up with him so suddenly. Being around him again feels so right and being apart feels wrong.â*

At that point, you and her will likely get back together right away.

If not, just use every interaction that you have with her from then on to build on her feelings of respect and attraction for you.

The more respect and attraction she feels for the new and improved you, the more she will want to get back into a relationship with you.

Additionally, the relationship will be better than it ever was before because you will have genuinely

leveled up as a man in terms of your ability to make her feel respect, attraction and love.

As a result, she will treat you better, love you more deeply and feel more desire to be affectionate and sexual with you.

An alternative reaction you can have when a woman breaks up with you suddenly, is to

2. Accept it, walk away, don't contact her at all and hope that she comes back on her own

This is otherwise called, The No Contact Rule.

I don't recommend the NC rule for most ex back situations and here is why

Some guys want to use the NC rule and that's okay.

So, if you don't want to try to do anything to get her back, you can just accept your woman's decision to break up with you suddenly and then cut off contact.

Here's the thing though

I've been helping new men to get ex women back for many years now and I know what works and what doesn't.

What I've found, time and time again, is that cutting off contact and waiting for her to come chasing you down and trying to get you back only works if the woman is still in love with you and won't be able to deal with not hearing from you anymore.

In almost all other cases, if a woman doesn't hear from the guy she dumped, she will react on one of the following ways

- She won't care because she doesn't have feelings for him anymore.
- She will assume that he's not interested in her anymore and doesn't want her back, so she will then focus on fully getting over him and moving on with a new guy instead.
- She suspects that he's probably angry with her for breaking up with him so suddenly, so she doesn't want to contact him in case he reacts in an aggressive way.
- She uses the time to get over him and find herself a replacement guy.
- She hooks up with another man to get revenge.
- She feels relieved that the guy she dumped, who she is no longer attracted to, isn't bugging her and trying to get her back.
- She sees his lack of contact as meaning that he doesn't care enough about her to get her back.
- She blocks him to avoid him contacting her later on if he starts missing her. She's already felt enough pain by him not contacting her and wants to now close that chapter of her life and try to move on.

So, if what you really want to do is get back with your ex woman, ignoring her forever (or even for 30 or 60 days) isn't the best idea.

In most cases, ignoring an ex just makes it easier for her to get over you and move on, especially if she broke up with you because she was no longer attracted or in love with you anymore.

So, what should you do instead?

Interact with her (over the phone and in person) and actively re-spark her feelings of respect, sexual attraction and love for you.

Once she is re-attracted (this can take minutes, hours or days depending on the situations), actively guide her back into a relationship with you by getting to a hug, kiss and then sex.

Another reaction you might have when a woman breaks up with you suddenly, is toâ€¦!

3. Accept it, start dating new women to make her jealous, meet up with her, re-attract her and get her back

When a guy gets dumped, he usually doesn't want to start sleeping around with new women, or even talking to new women.

Yet, some guys like this type of reaction and are usually the type of guys who don't have any trouble attracting new women and getting to sex.

So, depending on what type of guy you are, this option might suit you or make you feel sick to the stomach.

It really depends on who you are, how you're feeling after being broken up with, how much you love your ex and how much you know about how a woman's attraction for a man really works.

So, if you are fine with hooking up with new women, a way to react to the break up is to accept it and then go out and find yourself a new woman to have sex with and start dating.

Then, make sure to post up lots of photos of you and your new girl on social media to make her jealous, or rather than posting up photos, just make sure that your ex either sees you with a new girl in public or hears about it through friends.

Some guys worry that this will ruin their chances with their ex, but the truth is that women always feel more attracted to men who can easily attract other women.

It's not something that women go around admitting, but if you pay attention, you will see that the guys that women go crazy over are the ones who can easily attract and sleep with other women.

I know, I know.

Some of the guys reading this don't want to hear that.

Many guys want to believe that women like nice guys the most, or that women will get angry and never want to be with a guy if she sleeps with another woman after she breaks up with him.

Yet, I'm just giving you the cold, hard truth here.

Watch this video for some more examplesâ€¦!

As you will discover from the video above, most women SAY one thing about men and then DO something completely different in their private life or behind closed doors.

This is why you cannot trust the words of a woman when it comes to what she wants in a man.

Women will rarely, if ever, spill the beans and tell the truth about what really drives them to fall madly in love with a man.

Of course, this doesn't mean that you have to sleep with another woman to get your ex back.

It's just one of the optional reactions to a sudden break up.

If you do sleep with another woman after she breaks up with you suddenly, your ex will almost certainly think something like, *â€œWow, he has a new girlfriend already? I didn't realize that seeing him with another woman would bother me this much, but it does. It actually makes me miss him. Maybe I made a mistake when I broke up with him so suddenly. I wonder if he'd be open to*

giving our relationship another try now that he's got someone else? Is she sexier than me? Does he love her? Can I seduce him back into a relationship with me? Why do I want this all of a sudden? I thought I wanted to break up with him. Yet, seeing him with another woman is making him want him for some reason.

Many women don't know how to explain what they're feeling, why or how and instead, they just react to it.

This is why you will see women lusting after a bad boy, getting used by him and then dumped and still being in love with him.

It makes no sense that she would want to be treated in that way, but she just reacts to her intense feelings of attraction and the challenge of trying to tame him.

I explain this concept here

Okay, so back to the option of sleeping with a new woman to make your ex jealous.

As I said, this is an option.

It's not something you need to do to get her back.

If you want to get her back by not sleeping with another woman, watch this

On the other hand, if you want to get her back by sleeping with another woman to make her jealous, then go ahead and do that and then make sure she finds out about it.

When she does, she will either text you or call you to say hello, give you some other sign that she's open to interacting with you again or, she might react by pretending to be angry at you for moving on so quickly.

Whatever you do, don't panic or worry about anything she is SAYING or DOING.

Just remember that women usually say one thing and then do another when it comes to men, dating and relationships.

Additionally, if she doesn't initiate contact, don't worry about that either.

Just call her after a few days to say hi, re-attract her on the call and then suggest that you can catch up for a friendly coffee.

For example: You might say to her, *"Hey, just because we've broken up, it doesn't mean we can't be friends, right?"* and let her agree.

Then say something like, *"So, let's catch up for a quick coffee sometime this week to say hi as friends."*

She will likely agree (possibly because she's feeling jealous of your new woman and wanting to see if she can get you back) and you can then arrange a time and place to meet up.

If she doesn't agree and says something like, *"No thanks. I see that you have a new woman already,"* just laugh and say, *"Okay, if that's how you feel, I accept that"* and then end the call.

She will then be the one left feeling empty.

Even if she doesn't admit it to you, she will feel respect and attraction for the fact that not only have you got a new woman, but you didn't become desperate and start pleading with her to meet up with you when she said no.

As a result, she will likely contact you within the next week or so.

If you don't hear from her after two weeks, get in touch again, have a friendly chat on the phone, get

her smiling and laughing and then suggest catching up.

This time, she will almost certainly agree, especially if she regretted saying no the last time.

At the meet up, focus on saying and doing the kinds of things that will reactivate her feelings and make her want to get back together (e.g. maintaining the dominant role when she tries to bully you about moving on so quickly, flirting with her to create sexual tension, using humor to bring down her defenses, making her feel girly in comparison to your masculine approach to the conversation and interaction, being charismatic and charming).

The more respect and attraction you make her feel, the faster she will realize that she made a big mistake by breaking up with you so suddenly.

Then, when the moment is right, go ahead and hug her, kiss her and then move towards hooking up sexually.

When that happens, you and her will then naturally get back together and if you decide not to get back together after having sex, at least you and her will have ended things on a much better note.

Classic Mistakes That a Guy Might Make When a Woman Suddenly Breaks Up With Him

Being broken up with sucks, especially if it happens out of the blue.

When a guy gets dumped all of a sudden by the woman he loves, it can cause him to panic and rush to try to get her back in all the wrong ways.

For exampleâ€¦!

1. Begging and pleading for another chance

This is a very common reaction that guys have to being dumped by a woman.

For example: A guy will begin bombarding his ex with texts, social media messages, e-mails and phone calls to hopefully change her mind.

He might say something like, *â€œPlease forgive me! Whatever Iâ€™ve done to make you break up with me so suddenly, I apologize for it. Iâ€™m begging you! Please, give me a chance to make things right. I am willing to do whatever it takes.â€*

Yet, hereâ€™s the thingâ€¦!

A womanâ€™s attraction to a guy is based mostly on his ability to make her feel as though she can look up to him and respect him as a man.

So, when a guy is begging, pleading and being emotionally weak and needy, she can't look up to him and respect him and therefore, can't feel attracted to him either.

Rather than making her think, *â€œAww, heâ€™s taking this so hard. Maybe I should give him another chance,â€* he is simply making her convinced that he's not the right guy for her because she no longer feels attracted to him.

Another mistake that other guys make when they've been dumped all of a sudden isâ€¦!

2. Asking her to explain what he needs to change to make her happy

Although it might seem like a good idea to ask your ex what you did wrong and how to make her happy again, itâ€™s actually something that will turn her off even more. Why?

When a guy asks a woman to tell him what he needs to change to make her happy again, heâ€™s effectively telling her that heâ€™s clueless about how to think, act and behave in an attractive way without her help and guidance.

Rather than feeling flattered that he needs her help, itâ€™s annoying for her to have to explain what women feel attracted to and how he can be like that.

If a woman has to tell a guy how to be the man she needs, she will lose even more respect for him, because she will feel as though he isn't his own man anymore.

Instead, he is following her instructions, which then makes her feel more like his teacher or mother, than his sexy girl.

As a result of him needing her to teach him or help him understand how to get her back, she closes up and focuses on finding a new man who knows how to be attractive without her guidance and support.

So, if donâ€™t ask your what she wants you to change or improve to get her back.

If you want to impress her and make her feel a sudden, strong and renewed sense of respect and attraction for you, it's essential that you figure this out without seeking her help or guidance.

In most cases, a woman just won't want to explain how to get her back and will simply move on.

So, figure out where you have been turning her off, quickly change that, re-attract her and get another chance with her.

Another mistake that other guys make isâ€¦|

3. Constantly texting or calling her to stay on her mind and in her life

When a woman suddenly cuts a guy out of her life, he may begin to worry that she will forget about him and move on.

So, to stay on her mind, he will begin calling her or sending her daily texts, e-mails, social media messages.

Yet, rather than make her think, *â€œAnother message? I am so lucky! Thank you, thank you, thank! He must really love me to stay in touch so often like this. Maybe I should give him another chance. Who else is going to contact me this much? He has to be the one!â€* she will just feel annoyed that heâ€™s being so needy and clingy.

As a result, she will feel even more turned off by him.

Remember: Staying in contact with an ex via text or social media messages will not guarantee that she will remain faithful.

If you want her to miss you and want you back, contacting her non-stop isn't going to make her feel that way.

This is what you should do insteadâ€¦|

Another mistake that other guys make after being dumped all of a sudden isâ€¦|

4. Getting angry at her for breaking up with him

For example: A guy might say, *“Why are you being like this? You are selfish, self-centered bitch! How can you do this to me? What kind of cold-hearted person are you? What have you been up to behind my back? Are you seeing another guy? Huh? You slut!”* and somehow hope that it makes her feel guilty for wanting to break up with him so suddenly and out of the blue.

Yet, as justified as a guy might feel to be angry with her, it just doesn't work to get her back.

Instead, it makes her feel more determined to move on without him just to show him that she is allowed to do whatever she wants, with whomever she wants.

Another mistake that other guys make is

5. Assuming that her decision is final and there's no way he could get her back

If your ex has said something like this to you, *“It's truly over between us. My decision is final and I need you to accept that we're never going to get back together again no matter what you say or do”* it might make you feel as though her decision really is final.

Yet, the truth is that feelings change all the time.

For example: She once had no feelings for you at all (i.e. because you were a stranger to her) and she then had very strong feelings for you (i.e. because she fell in love with you).

She then fell out of love with you and broke up with you.

Her feelings have changed many times and they can change once again.

When you reactivate her feelings of respect and sexual attraction for you, she won't be able to stop herself from feeling drawn to the new you again.

Even if she tries to fight it, something inside of her will switch back on and she will feel drawn to you.

She will feel a flood of new, positive emotions for you and then, even though she was sure that it was over, she will realize that she was wrong.

Then, she will open back up to you and you will get her back.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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How to Revive the Love With My Ex

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 4 examples of how to revive the love with your ex...

1. Interact with her and make her feel sparks of sexual and romantic attraction

Interacting with your ex and making her feel a renewed sense of respect for you is the first step to reviving her love.

After that, she will naturally open herself up to begin feeling sexually and romantically attracted to you again.

Those two steps are so important because a woman won't feel like she is in love with a man, unless she can respect him and feel attracted to him.

So, don't try to skip those steps by just reaching out to her in a friendly way, or worse, pouring your heart out to her in a letter, text or email.

If you want her back for real, you have to focus on reviving her feelings by first making her feel respect for you, then attraction and then the love will come following right behind that.

Watch this for more info! [▶](#)

So, whatever you do, make sure that you [▶](#)

2. Make her feel respect for the new and improved you

When you interact with your ex on the phone or in person, ask yourself [▶](#)

Am I able to maintain my confidence around her, regardless of what she says or does to make me feel insecure, or do I become nervous and unsure of myself around her?

If you become nervous and unsure of yourself around her, she's naturally not going to be able to respect you as a man.

Ask yourself [▶](#)

Do I make her feel feminine and girly by being emotionally strong and masculine around her, or does she tend to take control and lead the dynamic between her and I?

Although some women will put up with a man who is unable to dominate them emotionally and take control of situations, most women won't.

If a woman has broken up with a man because he wasn't manly enough for her and they then interact again after the break up, she will be looking to see if he has manned up, is still the same or has gotten worse.

If you want her to respect you, it's essential that you man up by being the more emotionally strong and dominant one when you next interact with her.

Ask yourself [▶](#)

Can she see that I [▶](#)ve changed and improved on some of the things about me that were turning her off before (e.g. being too emotionally sensitive, being emotionally dependent on her and needing her love and reassurance all the time, not having a purpose or direction in life outside of my relationship with her, lacking confidence in myself and in my value to her, being selfish in the relationship, not

treating her well enough, being clingy), or am I still stuck at the same level I was at, when we broke up?

When she sees that you really have changed, she will naturally feel a renewed sense of respect for you.

As a result, everything will begin to change automatically, without you having to say or do anything to force it.

She will naturally drop her defenses, open herself up to feeling attracted to you again and begin to feel drawn to you, even if she doesn't admit that she's feeling that way.

Another example of how to revive the love with your ex isâ€¦|

3. Let her see that you now understand how to give her the kind of attraction experience she really wants

Some guys don't have ideal male role models when growing up, so most of what they know about relationships ends up being based on what they've seen on TV shows, in romantic movies and heard random people talking about.

Unfortunately, those sources are not always reliable because the relationships are either fictional, or people are just giving politically correct advice because they can't reveal how they really feel and what they really do behind closed doors.

For example: If a guy believes what he has seen play out on TV shows, or heard female talk show hosts talk about in regards to men and relationships, he might think that the right thing to do to get an ex woman back is to shower her with gifts, flowers and romantic gestures.

The female talk show hosts (usually unattractive women who have failed in their relationship life) love to say that men should treat a woman like a princess because they hope that men will believe it and then start being like that to them.

They're essentially trying to turn men into wimps, so it's easier for them to get a date, get into a relationship and keep a man.

So, if you're one of the men who has been taking what women say about men seriously, think again.

In most cases, women SAY one thing about men and then DO something completely different in their personal life, or behind closed doors.

Unfortunately, a lot of men don't realize that these days, so they believe that showering an ex with gifts, flowers, apologies, compliments or pouring his heart out to her will get her back.

Yet, that's not how getting an ex back works in real life because women only ever appreciate romantic gestures from men that they are romantically attracted to.

When a woman breaks up with a guy, it's almost always because she's no longer romantically attracted to him, so the romantic gestures will basically mean nothing to her.

A woman might appreciate the fact that that her ex is making an effort to fix things between them, but it almost always won't change her mind about how she feels.

She will perceive his romantic gestures as being superficial and possibly even a little bit desperate.

She will also be aware of the fact that he isn't getting to the core of the problems between them and is just trying to distract her from the fact that he has no idea how to make her feel attracted

anymore.

He's just trying to be nice, suck up to her and hope that it works.

Yet, it doesn't because what he's offering her doesn't change the core reasons why she broke up with him.

This is why, if you want to revive the love with your ex, you have to truly understand the core reasons for the break up and begin to fix those things about yourself, rather than offering her things that don't really matter at all.

If you're not quite sure what the core reasons for the break up were, here are some questions to help you find out!

- Are you still the same confident, self-believing guy that she first met, or did you become an insecure, needy and clingy guy in the relationship with her?
- Did you remain emotionally strong throughout the relationship, or did fall apart over time because you couldn't cope with the day-to-day stresses or challenges of life?
- Were you able to stand up to her in a dominant, but loving way when she tried to create drama (e.g. by throwing a tantrum, disrespecting you, demanding that things go her way or else), or did you submit to her dominance and let her walk all over you?
- Did you build on her feelings of love, respect and attraction for you over time, or did you assume that because she loved you so much at the start, it meant that she would stick around no matter how badly you treated her?
- Did you make her feel feminine and girly by being more emotionally masculine than her, or did she end up wearing the pants in the relationship or feeling more like your mother or big sister?
- Did grow up in the relationship together at the same kind of pace, or did she mature a lot faster than you?

By understanding what she really wants you to change, you can then make the right changes and adjustments to behavior and approach to her.

Then, when you interact with her again, you will be able to give her the attraction experience she always wanted from you, but didn't get (e.g. by being more confident around her, making her feel feminine and girly in your presence, not falling apart when she tries to intimidate you or dominate you, being emotionally strong, being emotionally open without being needy or seeming desperate or soft).

Then, even if she tries to fight it, she won't be able to stop herself from feeling surges of respect and attraction for you again.

When that happens, the love that she once had for you automatically begins to revive and come back to life.

Another example is!

4. Focus on making her experience new feelings for you

When interacting with your ex, it might be tempting to want to repeatedly apologize to her for what happened and reassure her that things will be different this time around.

Yet, here's the thing!

She doesn't need to keep hearing your apologies.

In fact, the more you go on about what you did wrong before, the more you're reminding her of the reasons why she probably shouldn't give you another chance.

So, a much better way to go about reviving the love with your ex is by focusing on making her have feelings for the new and improved you (e.g. focus on making her smile, laugh and feel good to be talking to you again).

If you do that, she will naturally start to focus more on how good it feels to be interacting with you now and less on how turned off she used to feel with you before.

She will then enjoy being in your presence and it will become difficult for her to continue thinking, *"I just don't love him anymore."*

Instead, she begins to think things like, *"Hmm! I never thought that I'd feel good around my ex again after the way things ended between us, but I'm actually starting to feel sparks of excitement like I used to when we first met. I'm getting butterflies in my stomach just being around him. There is still something here between us. Maybe we can start over and have a better relationship from now on."*

4 Ways That Guys Go Wrong When Trying to Revive the Love With an Ex

When trying to get an ex back, everything you say and do is either going to be breaking down the walls around her heart and mind, or strengthening them and making her want to push you away further.

So, when you next interact with her, make sure that you don't end up giving her additional reasons not to reconnect with her feelings of love for you.

For example: Some of the mistakes that other guys make here!

1. Writing a letter proclaiming his love for her

Sometimes a woman will be cold, distant and unwilling to listen to anything her ex has to say.

Every time he tries to apologize to her or tell her that he still loves her, she closes herself off and refuses to listen.

Yet, he doesn't know why.

He thinks that he just needs to try harder to get her to listen and as a result, he then decides to pour his heart out in a letter.

Yet, even though he is trying to show her that his love for her is real, a woman isn't going to care about his romantic gesture because her feelings for him have been switched off.

So, rather than make her think, *"Oh, wow how cool! This is so romantic! He really does love me! I've been such a bitch to him. I've been pushing him away and refusing to listen, when all he ever wanted was to tell me how much he still loves me. Awwww, how cute. How sweet! I feel so bad for how I treated him. He deserves a chance and I'm going to give it to him,"* she will roll her eyes and see his letter as being a last ditch, desperate attempt to convince her to give him another chance.

If you want to convince your ex to give you another chance, don't try to do it via a letter.

It just doesn't work.

I've been helping new men to get ex women back for many years now and I've never heard of a single case where a woman was wowed by a letter.

What works is re-attracting her on a phone call or in person and then getting to a hug, kiss, sex and back into a relationship.

Hiding behind texts, messages, e-mails, cards or written letters just doesn't work with women.

On that note, here's another classic mistake that modern men make when trying to revive the love with an ex woman

2. Trying to make her love him via text

Naturally, when a woman is refusing to interact with her ex man over the phone or in person, he might decide that the only way to get through to her is via text.

Texting is a good way to create a spark if you add in some flirting, but you have to get past the texts and to a meet up, so you can then get to a hug, kiss, sex and back into a relationship.

If a guy hides behind texts and hopes that he can eventually make her love him, he will almost always end up disappointed.

Soon enough, she will text him saying that she has met someone else, is in love and no longer wants him to text her.

3. Trying to make her feel love through discussions about his feelings for her and how much she means to him

Sometimes, a guy will hope that if he explains exactly how he feels to his ex woman, it will change how she feels about him.

He might say something like, *"I just want you to know that my feelings for you are as strong as they ever were. I've never loved a woman the way I love you. Even though we are broken up, I still love you. You mean the world to me. Please don't throw our love away like this. If you just give me one more chance, I will do anything to make you happy."*

It sounds good, right?

I mean, I personally feel sorry for a guy in that situation, but a woman doesn't.

A woman doesn't care how much a guy cares for her if she has lost touch with her feelings of respect and sexual attraction for him.

In other words, if the feelings aren't mutual, why should she care what he wants?

In other words, if she doesn't feel attracted to him anymore, why should she get back with him?

For what reason?

Love?

What love?

A woman only feels romantic love when she respects a man and feels sexually attracted to him.

This is why pouring your heart out to an ex, or trying to explain how you feel and how much she

means to you doesn't work if the feelings aren't mutual.

So, when a guy tries to get his ex girl to understand how much she means to him, she usually won't care because she doesn't have strong feelings for him (or any feelings for him) anymore.

Rather than being impressed by his declaration of love, it actually annoys her because she sees his actions as being selfish.

Why?

It's all about him and what he wants.

Nothing about his actions show her that he's changed or improved anything about himself since the break up.

He's just going on and on about his feelings and how much she means to him, but he's not reactivating her feelings of respect or sexual attraction for him.

So, if you want to revive the love with your ex, don't waste time discussing your feelings for her because if she's not feeling a lot of respect and attraction for you right now, it's just not going to matter to her.

She will only care if you first reactivate HER feelings.

You've got to make her feel a renewed sense of respect, attraction and love for the new and improved you.

That's what works.

Finally, another mistake that other men make when trying to revive the love with an ex woman is that

4. Not truly understanding the subtle things about him that made her fall out of love before

Sometimes a woman will break up with a guy and give him an excuse like, *"I'm really sorry to have to do this, but my feelings have changed, so I don't want us to be together anymore. I don't love you the way I used to. It's not your fault. It's just me. I'm messed up. I need time to work on myself."*

Yet, that isn't her real reason for breaking up with him.

She's just saying that it's all her fault (instead of giving him her real reasons), so he won't try to make her change her mind by making promises to change the things she is breaking up with him about.

When a guy has no idea how to re-attract his ex woman because she hasn't given him any clues, he might make the mistake of trying to get her back by offering her things that don't even matter (e.g. buying her gifts or flowers, giving her time to work on herself, being extra nice, being understanding, being there for her).

Yet, that just turns her off even more because it confirms to her that he has no idea what she really wants him to change.

This is why you have to understand her real, secret reasons for breaking up with you and then make those changes without her help.

If you ask for her help, she's not going to tell you because she doesn't want to teach you how to get her back.

You have to figure this out without her assistance.

For example: Some of the subtle reasons why a woman might break up with a guy include:

- He constantly fails her confidence tests (e.g. she rolls her eyes at him, plays hard to get during a conversation, pretends to feel annoyed about things that she doesn't really feel annoyed about) and it makes him feel insecure.
- He's too emotionally sensitive (e.g. he cries, whines about his problems to her) and she feels like she has to take care of him.
- He's too submissive with her (e.g. lets her get her way all the time) so she feels more emotionally dominant than him.
- He lost the confidence and self-belief she originally fell in love with and is now an insecure, needy and clingy guy.
- He treats her more like a neutral friend, so she no longer feels feminine and girly when she's with him.
- He treats her as though she is the more dominant one, so she can relax and feel like a girl around him.

How about you?

What are the subtle things about your behavior or approach to the relationship that turned her off?

Additionally, what are you going to do to quickly change those things, so you can then interact with her, re-attract her and get her back?

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5 Rules After a Break Up

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you want to get your ex woman back, follow these 5 rules:

1. Regain control of your emotions

After a break up, a guy will often experience a range of negative emotions (e.g. shock, fear, depression, panic) that can cause him to behave in ways that turn his ex woman off even more.

For example: He might start sending her emotional texts, pleading with her to give him another chance or worse, even crying to her to hopefully get her to change her mind.

When his initial approach to getting her back doesn't work, he will often feel even worse about himself.

He might:

- Put himself down and start thinking, *â€œIâ€™m such a loser. I ruined the perfect relationship with my perfect girl. No wonder she dumped me. This is what I deserve.â€*
- Blame himself for everything that happened between him and her.
- Believe that he will never get her back.
- Tell himself that what he did was unforgivable.
- Convince himself that no other woman will ever be able to make him feel the way she did.
- Start thinking of her as being perfect in comparison to himself.
- Become depressed and unmotivated (e.g. he refuses to go out and socialize with his friends, spends most of his evenings and weekends avoiding the world).
- Feel angry and betrayed by her.
- Become bitter and negative towards her and women in general (e.g. he might say, *â€œWomen are all untrustworthy, unreliable bitches! Who needs them anyway? Iâ€™m better off by myself!â€*).

Unfortunately, where a lot of guys go wrong is that they allow negative emotions like that to spiral out of control.

Then, if the guy does interact with his ex girl via text, on the phone or in person, she'll be able to sense the hostility, resentment, insecurity and sadness on his part and it will cause her to keep her guard up and want to continue moving on without him.

Hereâ€™s the thingâ€¦

Feeling sad about your break up is perfectly normal and to be expected.

You may even temporarily feel a bit depressed and angry about how she has left you.

You might also start to doubt your ability to get her back.

However, you canâ€™t let those feelings and thoughts take over and cause you to turn into an insecure guy who feels unworthy of her.

You have to regain control of your emotions and take control of the ex back processâ€¦!

If you donâ€™t regain control of your emotions before you interact with your ex again, she will pick

up on your negative state of mind (e.g. via your body language, by what you say and do when you talk to her) and it will turn her off.

Then, rather than think, *“Wow, he is taking our break up badly, so it must mean that he truly loves me,”* she will likely be thinking, *“I never realized that he’s so emotionally weak. He can’t even cope with a simple break up without falling to pieces. Well, I think I’ve made the right decision by breaking up with him. After all, I need a man who can handle his problems in life no matter how big they are. I need a man with emotional strength and perseverance, not a guy who falls apart like a woman at the first sign of trouble in life.”*

So, if you want your ex back, you need to regain control of your emotions, so she can naturally feel a renewed sense of respect and attraction for you when you next interact with her.

The next rule after a break up isâ€¦!

2. Get clear on what will make her feel attracted to you again

Wanting your ex back is great, but if don’t get clear on what it will take to re-attract her, you may end up turning her off even more (i.e. because she’ll feel as though you still don’t understand her).

So, if you want her back for real, get absolutely clear about what you need to start saying and doing to properly re-attract her.

For example: Consider the following questionsâ€¦!

- What attracted her to you in the first place? Was it your confidence, your ability to make her feel like a feminine woman in your presence, your sense of humor, your drive and ambition?
- Did you continue to display those qualities throughout your relationship with her, or did you slowly fall into the habit of behaving in less attractive ways?
- Did you become insecure about your attractiveness to her and as a result, start to behave in clingy, needy way?
- Did you start treating her more like a neutral friend or ‘one of the boys,’ rather than treating her like a sexy, feminine woman?
- Did you become too serious and stern in the relationship?
- Did you stop focusing on your goals and become too emotionally dependent on her?
- Did you take responsibility for maintaining and building on the feelings of love, respect and attraction between you and her, or did you take it all for granted and assume that she’d always love you because she did at the start?
- Did you take the lead in the relationship, or did you make the mistake of thinking that she would be happier if she was the one in charge?

When you can honestly answer those questions and see where you went wrong, you will have a much better idea about what you need to work on to successfully re-attract her and get her back.

The next rule after a break up isâ€¦!

3. Don’t wait too long to make contact

Sometimes a guy might think that giving his ex a few weeks or even months of space will allow her to calm down after a break up and hopefully start missing him.

Yet, thatâs not usually what happens.

In most cases, when a woman breaks up with a guy, itâs because she has lost a lot of respect and attraction for him as her man.

So, when she doesnât hear from him for a long time after the break up, she doesnât feel too bad about it.

Instead, she usually uses that time to fully disconnect from her feelings for him, move on and find herself a replacement guy.

Alternatively, if a woman is secretly still in love with her ex and is hoping that they can get back together and she then doesnât hear from him, she may decide that he doesnât care enough about her anymore and will then focus on getting over him.

Then, by the time he does make contact with her, she might say, *âIâm sorry, but youâre too late. You never once bothered to call me and see how I was doing. Itâs over now. I donât see myself being with a man who is as heartless as you. Please donât contact me again. Iâve already begun to move on and Iâm happy now without you. Goodbye.â*

So, donât wait too long to get your ex girl back.

The best approach is to interact with her (on the phone or in person) and make her feel sparks of respect and sexual attraction for you again.

The more you reawaken her feelings for you, the more she will want you back.

On the other hand, if you wait too long, you may discover that she hooks up with a new guy and moves on in the meantime.

Another rule after a break up isâ|

4. Believe in yourself and know that itâs possible to re-attract an ex and start over again

When a woman is saying things like, *âItâs over between us. Nothing you say or do is going to ever change how I feel, so just accept it and move on,â* itâs only natural that a guy might start doubting himself and his ability to get her back.

He may even say to himself, *âIâm such a loser. I ruined my relationship with my perfect woman and now Iâll end up being alone for the rest of my life. Thereâs no way she will ever forgive me and give me another chance.â*

Yet, thinking like that doesnât accomplish anything.

In fact, it becomes a self-fulfilling prophecy.

How?

When he interacts with her again, she will pick up on his lack of confidence and self-belief (e.g. via the tonality of his voice, his body language and the way he responds to what she says and how she treats him) and it will turn her off.

Women arenât sexually attracted to emotional weakness like that, especially from an ex.

So, if your ex senses that you donât believe in yourself and your value to her, she might decide that she made the right decision to break up with you because youâre just not man enough for her.

On the other hand, if you honestly believe in yourself and in your ability to re-attract her and get her

back, she will sense that confidence and feel respect and attraction for you because of it. As a result, she will naturally begin to open up to you and consider giving you another chance. The next rule after a break up isâ€¦!

5. Interact with her and make her feel sparks of romantic and sexual attraction

If you want to get your ex back, the most important rule is this:

You have to actively interact with her and make her feel sparks of romantic and sexual attraction for you, so she actually has a reason to get back with you.

Getting a woman back can't be all about how much you want her back, how sincere you are to do better this time or how messed up you'll be if she doesn't give you another chance.

It's about how she feels.

If you make her feel sparks of romantic and sexual attraction for you, she will naturally open back up to you.

For example: You can do that byâ€¦!

- Using humor to make her laugh and smile and feel relaxed and comfortable in your presence once again, especially if she is being cold, distant or difficult to talk to.
- Maintaining your confidence when she tries to make you feel nervous or uncertain about your chances with her.
- Being more emotionally masculine than her as you talk to her.
- Behaving in unexpected ways (e.g. you are no longer insecure and now have bulletproof confidence around her, you are no longer emotionally selfish and are now able to make her feel loved and appreciated, without coming across as though you're trying to suck up to her to get another chance).

The more attracted you make her feel during interactions, the more her defenses come down.

She then feels as though there is a reason to give you another chance (i.e. because there is clearly still something between you and her and if she walks away, she is going to be missing you and will likely end up regretting it).

4 Mistakes That Some Men Make After a Break Up

Getting a woman back after a break up is possible and if you do it right, it's actually quite easy and straightforward.

However, if you make one or more of the following mistakes that other guys make, you will find it difficult and maybe even impossible to get her backâ€¦!

1. Trying to get her back via text

If your ex refuses to talk over the phone or meet up in person, sending her a text message might be the only way that you can contact her.

That's fine, to begin with.

However, don't make the mistake of sticking to text as your main method of getting her back.

Why?

When a woman can't hear the tonality of your voice, or see your confident body language and behavior when she tries to make you doubt yourself (e.g. by being unfriendly or distant during a conversation), she will usually just imagine you as being the way you were when she broke up with you, or how you behaved leading up to the break up.

For example: If a guy was insecure, unsure of himself and needy, an ex woman will continue to assume that he is still like that until he proves otherwise to her.

She can't see the changes via text and knows that anyone can act confident, cool or in control via text, even though they are insecure, worried and panicking in real life.

So, a woman usually won't give her ex guy the benefit of the doubt and think, *He was an insecure, needy guy with me, but maybe he's changed since then. I should at least give him a chance. After all, he is texting quite well. He seems like he's got it together.*

Instead, she's going to be thinking something along the lines of, *A leopard never changes its spots. My ex is probably just the same jerk he was before, so I'm not going to even bother wasting my time with him. He can text me all he wants! I'm moving on!*

So, if you truly want to get your ex back for real, don't waste time trying to get her back via text.

So many men lose their ex girlfriend or wife simply based on making the classic, but very modern mistake of trying to get her back via text.

If you want to get her back for real, you need to call her on the phone or see her in person, re-attract her and then get to a hug and potentially a kiss and maybe even sex as well.

After you get to one of those levels, your ex's guard is down, she's feeling attracted to you again and it's so much easier to get her back.

Yet, if you stick to text, you'll probably end up with a history of texts between you and her that went nowhere.

Another mistake that other guys make after a break up with a woman is

2. Feeling unworthy of her due to what she said and how she felt when breaking up with him

When a woman reaches the point where she wants to break up with a guy, it's usually because she has disconnected from her sexual and romantic feelings for him.

After a break up, she usually won't be thinking about him in a favorable way and regretting her decision.

Instead, a woman will often say something like, *"Sorry, but it's over. I don't want to try anymore"* or, *"We had our chance and it didn't work"*, or, if she's a bit more direct and cold about it, she might say, *I never want to see you again* or, *My feelings for you are completely dead* or even, *I will never forgive you for what you did to me. I hate you now!*

Although what she is saying makes it sound final, you have to block that out of your mind to maintain your confidence, otherwise you will won't be able to re-attract her (i.e. because you will be insecure, feel unworthy, try to suck up to her, be too nice and polite).

Remember: Yes, you made some mistakes, but that doesn't make you a bad person.

The truth is, every man makes silly mistakes in a relationship at some point in his life.

However, what separates the successful men from the losers is that the successful men learn from their mistakes and become even better men than they were before.

So, as long as you've learned from your past mistakes and have truly made an effort to become a better man since your break up, then there's absolutely no reason to feel like you don't deserve another chance with her.

You do.

On the other hand, if you allow what your ex said during the break up to make you feel unworthy of her, it will only make you seem even less attractive to her (and to other women).

Why?

A woman likes the idea of being with a confident, emotionally strong man who believes in himself and in his value to her no matter what she says or does during moments of anger or disappointment.

So, when a guy feels insecure and starts to believe that he's not good enough for his ex girl, it actually makes her feel turned off by him and begin to think, *"Well, it looks like I made the right decision. I don't feel attracted to him anymore. I did the right thing. I have to move on now."*

So, if you want your ex back, make sure that you honestly believe that you are good enough for her (regardless of what she said, or is currently saying) and then take action to re-attract her and get her back.

Another mistake that other guys make after a break up with a woman is

3. Hoping that if he just waits long enough, she will come back on her own

Even though a guy might want to get his ex back right away, he may also be afraid of coming across as being too pushy and scaring her off.

So, rather than contacting her right away (or a few days later), he decides to give her a lot of space in the hope that this will make her miss him and come back to him on her own.

Yet, that rarely happens.

In most cases, rather than running back to a guy that she no longer has feelings for, a woman simply focuses on moving on.

Then, by the time the guy decides he's waited for her long enough and contacts her again, rather than hear her say something along the lines of, *"I'm so glad you called! I've missed you so much. Want to meet up?"* she's more likely to say something like, *"Oh, it's you! Long time no speak. So, what have you been doing? Have you met someone else? I have and I'm really happy now. I hope you have too."*

Don't let that happen to you.

If you want your ex back, you need to be active about it (i.e. call her on the phone, or meet up with her in person), not passive (i.e. ignore her and wait for her to hopefully miss you, contact you and want you back).

Women don't come running back to guys that they're no longer attracted to or in love with.

So, if you don't interact with her and re-spark some of her feelings for you, she's almost

certainly just going to move on without you.

Of course, if your ex is still in love with you and will miss you like crazy if you don't contact her, then sure cut off contact.

However, don't do that for more than a week.

I've been helping new men to get women back for many years now and I've found that a man never needs to wait more than a week to start the ex back process.

Waiting a few days and up to a maximum of a week proves the point that you're not needy and aren't being desperate.

If you wait any longer than that, most women tend to assume that you're not interested and will often try to make themselves feel better by flirting with and hooking up with new guys to get over you and move on.

Another mistake that some men make after a break up is

4. Not preparing to re-attract her when he next interacts with her

Sometimes, a guy will make the mistake of assuming that his ex woman will give him another chance because he wants it so much and is so sincere about doing a better job this time around.

He doesn't realize that to get a woman back, you have to make her feel a renewed sense of respect and attraction for the new and improved you, so she actually has a reason to give you another chance.

So, if a guy doesn't know that, he will interact with his ex woman and essentially come across as the same guy that she dumped.

As a result, she doesn't feel like it would be fair to her to give him another chance, so she refuses to and just continues trying to get over him and move on.

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Why Does My Ex Take So Long to Text Me Back?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 common reasons why an ex woman will take a long time to text you back!

1. She's testing to see how you will react

When a woman breaks up with a guy, she usually tries to disconnect from any residual feelings of respect, attraction and love that she might still have for him, so she can then move on.

If her ex starts texting her, she usually won't jump at the chance to interact with him, unless of course she's still really in love with him and wants him back.

In every other case, a woman will first test to see if her ex has changed and improved since the break up, before she allows herself to fully drop her guard and open back up to him.

For example:

- Will he become insecure and self-doubting if she takes a long time to reply to his texts, or will he maintain his confidence in his attractiveness to her no matter what?
- Will he give up at the first sign of resistance from her, or will he continue to pursue her in a confident, calm manner?
- Will he get angry or irritated with her for taking so long to text him back, or won't it matter that much to him because he's not emotionally dependent on her to make him feel good about himself?

Another common reason why an ex will take so long to text you back is

2. She's playing hard to get to make you suffer for what you put her through

When a woman is angry with her ex for what happened between them, she might initially be resistant to his attempts to get her back.

So, making the ex back process easy for him by quickly responding to his texts might not be something that she wants to do right away.

Instead, she may want to make him suffer for a while for putting her through the pain that she went through (e.g. he was emotionally unavailable in the relationship, he didn't make her feel appreciated).

She may think something like, *"I can't believe that he expects me to get into a sweet, friendly conversation with him via text like nothing ever happened between us. He doesn't realize how angry I am with him for how he treated me. Well, I'm going to give him a big dose of his own medicine now and make him suffer. I'll take my time to reply so he can see how it feels to be treated like you don't matter!"*

So, if you suspect that the reason your ex is taking so long to text you back is because she wants to make you suffer, sticking to texting her back and forth whenever she feels like it, isn't going to accomplish anything other than make you feel frustrated.

To speed up the ex back process, you need to call her on the phone or, even better, meet up with her in person, so that you can properly reactivate her feelings of respect and attraction for you.

When you reactivate her feelings, it becomes a lot easier for her to forgive you.

On the other hand, if you just stick to texting, it will probably be very difficult for you to fully restore her feelings (i.e. because she can't see your body language, or hear the tonality of your voice).

If she isn't feel enough respect, attraction and love you based on the text exchanges, she will probably continue to make you suffer by taking a long time to text you back.

She might also twist the knife by being cold, bitchy or distant when she does finally get around to replying.

So, if you want her back for real, don't try to achieve everything via text.

You've got to have the balls to get to a phone call and in person interaction.

You then need to properly re-attract her and seduce her back into a relationship with you.

Another common reason why an ex will take so long to text you back isâ€¦!

3. You're trying to have serious conversations or discussions via text

Sometimes a guy thinks that in order for his ex to want to talk to him over the phone or meet up with him in person, he first has to show her that he's serious about fixing their relationship problems.

As a result, he will send her loads of texts discussing what went wrong in the relationship and apologizing for his mistakes.

For example: A guy who was a bit too irresponsible with how he approached life (e.g. partying too much, using up his spare time to play video games, rather than working on a better future for him and her, not caring about her feelings and being mean and rude to her).

After getting dumped, he will most likely realize his mistake and want to be forgiven and given another chance.

So, he might text his ex girl something like, *I'm really sorry about everything that happened between us. I should have taken things more seriously, but I didn't. I just couldn't stop myself from acting like that, even though I could see it was pushing you away. I now realize that I was being childish and immature and I'm truly sorry about that. I really messed up because I didn't grow up and become the man you wanted me to be. I'm not like that anymore and I really want to make it up to you, so that we can get back together. Will you at least think about it? I'm willing to do whatever it takes to prove to you that I've really changed.*

Yet, here's the thing!

When a guy tries to have a serious discussion with his ex via text, it causes her to have to relive the negative emotions that she was feeling during the relationship (e.g. anger, frustration, irritation, disgust, disappointment, resentment).

So, rather than think, *Wow, he's being so mature all of a sudden. Maybe he has changed after all. Maybe I should give him another chance,* she instead thinks something like, *Yeah, he's right! He was childish and irresponsible and I can't believe that I actually put up with it for so long. Now he wants me to believe that he's changed and just give him another chance based on his word. Haha! Whatever! He was never reliable before, so why would I believe him that this time around would be any different? I bet that if I gave him another chance, he'd just go back to his old ways when we settled down again."*

Based on her uncertainty about his motives or intentions, she will naturally want to take her time

when replying to him, to ensure that she isn't being sucked back into a relationship with him against her will.

So, what should you do instead?

Regardless of whether or not you want to apologize to your ex for what happened between you and her, or prove to her that you really have changed, just don't try to do it via text.

That's a conversation you can have after you've re-attracted her, gotten to a hug and then possibly a kiss.

Get back to that place first, otherwise you will be trying to row a boat upstream.

You don't need to put in all that effort.

Go with nature, rather than against it and things will flow naturally and smoothly for you.

In other words, re-attract her first, get to a hug and possibly a kiss and she will then naturally become open to discussing the relationship, working things out and seeing what happens from there.

When you approach it that way, you easily flow downstream with little effort other than to steer the direction of where you're going.

So, how can you begin to re-attract her via text, so she is willing to meet up with you and then get to a hug and possibly a kiss?

One way to do it is by flirting with her

When you flirt with her and start making her feel attracted, not only will she be more likely to respond to your texts a lot sooner, but she will also want to talk on the phone and meet up with you in person to see how she feels.

On the phone and in person, you can then build on her feelings and get her back for real by getting to a hug, kiss, sex and then back into a relationship.

Another common reason why an ex will take so long to text you back is

4. She doesn't want to look too keen, even though she is interested

Even if a woman still has feelings for her ex and wants to get back with him, she won't always make it obvious.

In fact, quite often, the more a woman wants her ex back, the less keen she'll want to appear to him (i.e. because she doesn't want to show too much interest, only to then be rejected by him and then feel like she is the one who got dumped).

As a result of her fear of being rejected and hurt, she might take a long time to reply back to her ex's texts.

Naturally, this might then cause her ex guy to start thinking, *"Well, I guess she's not interested in getting back together. I'm probably just wasting my time with her. Maybe I need to start moving on."*

He then tries to move on, without ever knowing that he had a chance to get her back, if he would just grow a pair of balls and get her on a phone call and then get her to meet up with him in person.

So, if you want to get her back, decide now that you are going to be emotionally courageous enough to proceed through the entire ex back process, rather than hiding behind texts and hoping that something happens.

Another common reason why an ex will take so long to text you back isâ€¦!

4. You're texting her too often

Sometimes a guy might decide that the best way to stay on his ex's mind is to text her random things throughout the day.

He hopes that by staying in touch, she won't be able to forget about him and move on with someone else.

Yet, rather than not being able to move on based on his texts, she will most-likely feel annoyed by the fact that he's being so clingy.

So, if you want your ex to get back to you quickly when you text her, don't waste her time by constantly texting her about random things.

Instead, only text her with the purpose of sparking her feelings for you, so you can then get her on a phone call, organize a meet up and then properly re-attract her and get her back.

Where Guys Go Wrong When Texting an Ex Woman

Whatever you say and do from now on is either going to bring you and her closer together, or push you further apart.

So, if you are serious about getting her back, try to avoid the following mistakes that other guys make when in your shoesâ€¦!

1. Sticking to text as the main way to get her back

Although there's nothing wrong with texting an ex (especially if she refuses to talk to you over the phone or see you in person), being too afraid to get her on a call is the fastest way to annoy her and turn her off.

If a woman senses that her ex guy is afraid to call, she will become irritated by his texts and will lose interest in replying to him.

She may think, "What does he want from me? We're going nowhere with these back and forth texts. It's like he doesn't have anything else to do other than bother me with useless messages. I don't even know if he wants me back, because he's not doing anything about it. He's just texting back and forth. It's so annoying. It's also a turn off that he lacks the balls to call me and get me to meet up with him. Oh well, if he doesn't have the balls to be a man and get me back, I'll just have to find myself a new man."

She then focuses on moving on by meeting new men, having sex and falling in love again with someone new.

So, if your main goal is to get your ex back, then don't waste your time (and hers) by endlessly texting back and forth.

Make a move.

The next mistake to avoid isâ€¦!

2. Feeling afraid to call her because she might not like it or might not answer

A guy will sometimes stick to texting his ex, because he will be thinking something like, *â€œWhat if she doesn't answer my call?â€* or, *â€œWhat if she doesn't want to talk to me?â€*

Here's the thing!

Even if your ex is standoffish or distant when you first get her on a call, that act of hers won't last long if you focus on rekindling her feelings by making her laugh and smile as she talks to you.

She will naturally drop her guard and begin to open up to talking to you and better still, she will actually enjoy it, which will make her want to open up to seeing you in person.

Likewise, if your ex doesn't answer the first time you call, just call her another time when she's likely to be free (i.e. the next day, a couple of days later).

If she still doesn't answer, text her this: *â€œHey, I hope all is well for you. I tried to get hold of you the other day to ask you something quick over the phone, but it looks like you're busy. I'll call again another time.â€*

Most women respond to that and ask something like, *â€œWhat do you want to ask me?â€*

If she texts back, don't reply.

Instead, call her, re-attract her on a call and get her to meet up with you.

BTW: The thing that you want to ask her is to meet up with you, but don't tell her that right away.

Re-attract her first (e.g. by using some humor to get her smiling, laughing and feeling good to be talking to you again).

The next mistake to avoid is!

3. Asking her why she is taking so long to reply to your texts

Sometimes, a guy will feel annoyed with his ex for taking so long to text him back and will end up texting her something like, *â€œWhy are you taking so long to reply? Are you trying to mess with my head or something? I know that I stuffed our relationship up, but I'm trying my best to make things right between us. Can't you see that? You don't have to keep punishing me like this. Please, just be reasonable here. I want to work things out. I love you.â€*

Yet, rather than make a woman think, *â€œGee, I never realized I was being such a bitch to him. He's right, he really is trying hard and I haven't been very nice to him at all. I need to make an effort here. I owe him that much after everything we've been through together,â€* she instead feels more turned off by what she perceives as his desperation to get her back.

So, if your ex is taking too long to text you back, just call her on the phone, rather than complaining to her about it, or asking her why she is doing it.

On the call, use humor to break down her defenses and get her to agree to meet up with you, so you can then get her back for real.

The next mistake to avoid is!

4. Thinking that there is a correct amount of time to reply to a text

Sometimes, a guy will feel as though his ex girl should reply to his texts quickly because he loves her, cares about her and wants to work things out.

Other times, a guy will expect quick replies because he will see that as the decent thing to do.

Yet, here's the thingâ€¦|

You and her are broken up at the moment, so she isn't obligated to do anything for you anymore.

I know, I know.

It sucks to hear that, but it's true.

If you want her to care about you again, you've got to focus on making her feel a strong, renewed sense of respect and attraction for you.

If she doesn't feel that, she's just not going to feel very motivated to reply quickly, or at all, from now on.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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My Ex Isn't Telling Me the Full Story

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 reasons why your ex might not be telling you the full story...

1. She doesn't want to help you realize what will get her back

It would be great if a woman said, *"Look, here's the full story. I'm breaking up with you because" (and she then lists everything you've done wrong in full detail). So, here's what I think you should do so that we can get back together.*

Yet, that rarely, if ever happens.

Instead, a woman will usually say something like, *"It's not you, it's me. I just need some space,"* or *"It's just not working out between us. We're not connecting anymore,"* or even, *"I need to focus more on my studies/career/family, so it's better if we don't see each other for now."*

Naturally, that often leaves a guy feeling confused and thinking things like, *"My ex isn't telling me the full story. Maybe if I ask her to explain to me what's really going on with her and why she wants to break up, we can then work on fixing things between us and getting back together. Maybe she wants to see that I'm willing to do whatever it takes to make our relationship work."*

Yet, that's not what a woman usually wants after breaking up with a guy that she is no longer attracted to or in love with.

If you she is going to give you another chance, she will want to see that can change and improve without her guidance or instruction.

If she tells you what to change, then the changes in you won't feel natural and will instead feel forced.

Then, in the back of her mind, she will always be wondering, *"Is this really what he wants/who he wants to be, or is he only being like this to please me? What if he eventually gets tired of being what I want him to be? Will he suddenly decide to change back to the way he was before? If he switches back to his old self, months or years from now, it might then be too late for me to get out of the relationship because we'd married or would have a child together. I don't want to trap myself like that. I want a man who genuinely wants to change for his own sake as well as mine. I don't want a guy who is faking things just to be with me. That's desperate."*

So, if your ex isn't telling you the full story at the moment, make sure that you show her that you're now a better, more attractive man than before, without her needing to tell you how to be that way.

When she sees for herself that you really have changed, she won't be able to stop herself from feeling respect and attraction for you again.

Another common reason why your ex might not be telling you the full story is

2. She doesn't want you to react badly if she tells you the real reasons why she

broke up with you

[image: Why won't you tell me what's really going on?!]

Women are instinctively programmed to avoid getting into a confrontation of any kind with a man (i.e. in the past, men could beat and kill women and get away with it, so the instinct is hard-wired into women to avoid making a man react in that way).

So, rather than potentially causing to react in a way (i.e. angry, aggressive, controlling, threatening) that will make her feel uncomfortable, or even unsafe, a woman will often use a fake reason to break up with you (e.g. she needs time to think, wants to focus on her career or studies, wants to be alone for a while).

For example: Imagine if a woman broke up with a guy because he was too soft and gentle with her, but rather than giving him a fake reason for ending the relationship, she gave him the full story.

She said something like, "Iâm breaking up with you because you lack the emotional masculinity and toughness I want in a guy. When weâre together you make me feel more like your mother than like your woman. I always feel like Iâm taking care of your emotional needs, rather than the other way around. You're too much of a wimp for me. I need a real man. You lack balls and it makes me feel like I'm tougher than you. I don't want that. I want to feel girly in comparison to the man I'm with. Sorry, but thatâs just the way I feel."

When he hears the truth about why sheâs breaking up with him, he then reacts by getting angry with her for being so selfish and expecting him to be emotionally tougher, after all he has been through in the past (e.g. with his childhood, failed relationships).

He then starts crying to seek pity from her, or begging for her to give him a chance so he can prove to her that he can be emotionally tougher and stronger as a man.

So, to avoid that kind of reaction, a woman will often keep the full story to herself and just use whatever excuse she feels will get her out of the relationship without too much drama.

Another common reason why your ex might not be telling you the full story isâ

3. She doesn't feel obligated to tell you everything

In today's world, a woman is not a manâs property, so she can decide to say and do whatever she pleases.

Even though it might suck to hear this, if your ex wants to break up with you and not tell you the full story, itâs her right to do so.

I know, I knowânot very nice, right?

How dare she be so selfish, what has happened to women, the world isn't what is used to be and so on.

Here's the thing thoughâ

Even though it would be nice if your ex had to come clean and spell everything out for you, the fact is that she doesn't have to if she doesn't want to.

As much as that sucks for you, you need to accept it and not try to force her into telling you what she doesn't want to tell you.

If you keep pushing her to explain everything, rather than getting the full story out of her, youâre

more likely to annoy her and cause her to close up even more.

Then, interacting with her so that you can get her back becomes a lot more difficult, because she is refusing to answer your texts, social media messages or calls and she won't meet up with you.

Some guys refer to ex women like that as being stubborn.

Here's a video I made to help men get a stubborn ex woman back...

For now, I recommend that you forget about trying to find out the full story and focus instead on using every interaction you have with her to restore her feelings for you again.

For example: Maintain your confidence with her even if she's being closed off, make her laugh and smile, flirting with her to create sexual tension and make her feel girly in comparison to your masculine approach to conversations and interactions.

When your ex feels sparks of respect, attraction and love for you again, she will naturally open back up to you and not want to lose what you and her now have together.

If she tries to fight it by ignoring you, she will begin to worry that you are going to be the one who got away.

She will go to bed thinking of you and how there seems to be a spark between you and her again and as a result, she will feel compelled to see you in person and see what unfolds between you and her.

When you meet up with her in person, don't try to get the full story from her.

Just focus on building on her feelings and getting to a hug, kiss, sex and back into a relationship.

Another common reason why your ex might not be telling you the full story is

4. She didn't take the relationship as seriously as you did

Sometimes a guy will invest a lot more into a relationship than the woman does.

For example: He might think, *"She's the one for me. I know we are meant to be together. This relationship is for real. I have to show her that I am 100% committed to her. I have to treat her like a princess."*

Yet, she might be thinking, *"He's a nice enough guy, but I don't think he's the one for me. I'm just going to enjoy what we have for now, but it's not serious for me. If I meet another guy who makes me feel more respect and attraction, I will break up with my current guy and move on."*

Then, when she meets a new guy, she might break up with him by saying something like, *"I need some space to figure out what I want,"* when what's really happening is that she needs some time to establish a relationship with the new guy.

[image: Why your ex doesn't want to tell you the full story]

Her boyfriend is then left thinking, *"I don't understand why this happened. She's not telling me the full story. I can feel it. Something is up."*

When she has established a relationship with the new guy, she will then feel safe to say, *"I've met someone else and I'm happy now. Please respect that. I wish you all the best."*

Horrible, but some men and women do that to each other at the end of a relationship.

It's not just women.

In other cases, rather than moving on with a new guy right away, a woman will just keep asking her

ex for more and more space, in the hope that he eventually gives up and leaves her alone.

Not everyone has the courage to come right out and say, *"It's over. I don't want to be with you anymore because I'm no longer attracted to you."*

Additionally, sometimes a person will break up a relationship in that way because they don't want their ex to move on before they do.

So, the person will say, *"I need space. Please give me that. We can then talk about getting back together after that"* and then use that time to move on before their ex does.

Another common reason why your ex might not be telling you the full story isâ€¦!

5. She doesn't want to open up a dialogue with you that could give you ways to convince her to give you another chance

Even if a woman still has some feelings left for a guy, she might still go through with a break up because, deep down, she just doesn't believe that he will ever change and be the man she wants him to be.

So, rather than spell things out for him (i.e. tell him exactly what he's doing wrong) and risk him trying to talk her out of her decision, she breaks up with him and tries to move on.

For example: A woman might want her man to be more focused and goal oriented in his life, rather than just drifting through his life without any real purpose or direction.

However, if she says that to him, he might then start making promises to change and even try to prove to her that he's more focused now than he was before.

She may then give him another chance with her, only to realize that he didn't really change anything at all and that he just said he would change to stop her from breaking up with him.

So, the next time she makes her decision to break up with him, rather than risk him talking her out of her decision again, she simply breaks up with him without telling him the full story and then tries to move on.

Mistakes to Avoid When Trying to Get the Full Story From Your Ex

Whether your ex is telling you the full story or not, to get her back, you need to make sure that your interactions with her from now on are turning her on, rather than turning her off.

To turn her back on, be sure to avoid making the following mistakesâ€¦!

1. Seeking pity for how she is making you feel by not telling you the full story

Sometimes a guy might say to his ex, *"How can you do this to me? How can you just walk away from what we had without even giving me a proper explanation of what is going on? I just don't understand how you can be so coldhearted. I know that I stuffed up, but don't I at least deserve to hear the full story after all we've been through? If you ever loved me at all, you owe me that. Please, have a heart. I need to know. Tell me what is going on. Tell me why you are doing this. I love you more than anything. I don't want to break up. If you leave me, you are going to ruin me. You*

*are what I care about most in this world. Please, tell me what is going on.*â€¦

Essentially, heâ€™s hoping that by making her feel sorry for him, she will change her mind, give him an explanation and make it easier for him to get her back.

Yet, it just doesnâ€™t work like that.

A woman doesnâ€™t want to feel like sheâ€™s being manipulated by her ex, simply because he canâ€™t figure out where he went wrong or what he needs to do to get her back.

Additionally, when a woman has disconnected from her feelings of respect, attraction and love for her ex, a man's whining and nagging for an explanation only confirms to her that she has made the right decision (i.e. because he doesn't know what she wants and needs her to teach him and guide him to be a better man for her).

So, donâ€™t bother trying to make your ex feel pity about not giving you the full story.

Instead, focus on making her feel a renewed sense of respect and attraction for you.

2. Trying to get her to work on having a relationship when she's not even attracted

When a woman breaks up with a guy, her main focus is usually to limit her interactions with him, so she can get over him and move on.

If her ex keeps contacting her, asking her for the full story and trying to work things out based on the details, she will continue making excuses to avoid giving him any hope that she is open to getting back together.

Hereâ€™s the thingâ€¦

Right now, your ex probably doesnâ€™t care that you want to get her back, how sincere you are or how much you need her.

She likely doesnâ€™t have strong enough feelings for you at the moment, so discussing the relationship and then working things out based on the details is probably the last thing on her mind.

So, if you want her to care, you first have to focus on reawakening some of her sexual and romantic feelings for you during interactions, so she then feels like it's worth it to give you another chance.

On the other hand, if you just keep pushing her for a relationship without first reactivating her feelings for you, sheâ€™s probably going to remain closed off and refuse to give you another chance.

The next mistake to avoid isâ€¦

3. Thinking that the way to get her back is to dig deep into the full story

Getting all the details, or the full story on why she has broken up with you isn't going to get her back. What will?

Restoring her feelings of respect, sexual and romantic attraction and love for you.

That is what really counts and is what works to get a woman back quickly.

For example: Here are some ways that you can begin to restore her feelingsâ€¦

- Show her how confident you now are, but not feeling nervous or unsure of yourself when she is being cold, distant or even rude towards you.

- Use humor to diffuse a tense situation and get her laughing, smiling and feeling good to be talking and interacting with you again, rather than feeling nervous and trying to be nicer to her in the hope that she feels bad for treating you badly and begins being nicer herself.
- Stand up to her in a loving, but dominant way if she tries to disrespect you during a conversation.
- Make her feel feminine and girly by being more emotionally masculine when you interact with her.

When you focus on re-attracting her, she naturally begins to drop her guard and want to open up to you because it now feels great to interact with you.

On the other hand, if you just keep pushing her to tell you the full story without reactivating her feelings, sheâll probably become even more closed off and determined to keep you out of her life.

So, forget about what she is or isnât telling you and focus instead on what she is and isnât feeling.

Her feelings for you are what will make her want you back.

Focus on that.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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I Have a New Girlfriend, But I Want My Ex Back

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

5 things you should do now:

1. Get clear on what your ex will need to feel to want you back too

Start by asking yourself, *What made my ex stop feeling respect, attraction and love for me?*

For example:

Maybe you were too indecisive about what you wanted from life or the relationship, so she always felt unsure about her future with you.

Maybe you were too focused on living a carefree life, hanging out with your friends or playing video games, which then caused her to feel as though she was more emotionally mature than you.

Maybe you were too nice and accommodating (e.g. always letting her get her way), so she felt too dominant in the relationship when she actually wanted to be in the one down position in terms of dominance.

Maybe you treated her more like your best friend than a sexy, desirable woman, so she started to feel the need to flirt with other men who would see her that way.

Maybe you felt really lucky to be her boyfriend (causing you to become insecure and clingy due to the fear of losing her), so she ended up feeling smothered by you.

The causes of a break up are always different for each relationship, so you have to find the reasons that are the most relevant to you and your ex.

Here's a video of mine that will give you more insight into where you went wrong and how to fix that and get her back!

Once you know where you went wrong, I recommend that you

2. Test out new attraction methods on your new girlfriend, to prepare yourself to successfully re-attract your ex when you next interact with her or meet up with her

The benefit of having a new girlfriend while wanting your ex back, is that you've got yourself a woman that you test things out on.

For example: If you allowed your ex to be more emotionally dominant than you in the relationship (e.g. make all the decisions, get her way all the time), focus on being the kind of man who takes charge and doesn't allow himself to be pushed around in your current relationship.

So, if your new girlfriend tries to take control of the relationship (e.g. she throws a tantrum or creates drama just to get her way), rather than give in to her like you did in the past, try to react differently (e.g. turn her tantrum into something you can laugh about together).

Initially, she might be a bit shocked that you're not taking her drama so seriously anymore, because she's so used to you giving in to her.

Yet, whether she openly admits it or not, she will be feeling a tremendous amount of respect and sexual attraction for you for reacting that way (i.e. not allowing her to dominate you and take control of the relationship by way of tantrums and emotional outbursts).

At the same time, you will have improved yourself in a way that will be attractive to your ex girlfriend, if one of the reasons why she left you was that you lacked manliness in the relationship and let her gain too much power over you.

Another example is if you treated your ex more like your friend than your lover.

With your new girlfriend, focus on making her feel feminine and girly in contrast to your masculine vibe (i.e. talk in a masculine way, behave in a masculine way, touch her while exuding a masculine vibe, look at her while exuding a masculine vibe).

Again, by changing the way you interact with your new girlfriend (i.e. being emotionally masculine), you become the kind of man that your ex will naturally feel attracted to.

Once youâve tested out new attraction techniques, methods and examples on your new girlfriend, you shouldâ

3. Contact your ex and use the new attraction methods to make her see you in a new light

So, if youâre still on speaking terms with your ex (e.g. youâve been texting each other from time to time, or keeping in touch via social media), get her on a phone call with you, or get her to meet up with you so you can catch up and say hi in person.

If you get her on a phone call, be confident and allow her to sense that you have changed and improved some of the things that matter to her.

For example: If she tries to test whether she can dominate you emotionally by saying something along the lines of, *âWhy are you calling me? You have a new girlfriend now. What we had is over,*â use it as a chance to show her the new and improved you.

Rather than taking her so seriously, just laugh and say something along the lines of, *âHey, Iâm just calling to say hello as a friend. We can do that, right? Itâs no big deal. You're such a little drama queen, aren't you?*â and have a laugh with her about that.

Alternatively, if she acts cold and aloof to make you feel nervous and insecure, just maintain your confidence and use some humor to ease the tension.

The more you pass her little tests of your confidence, the more her guard will come down.

Then, when you ask her to meet up with you, sheâll most likely say *âYes,*â because she will want to experience the new and improved you in person.

By the wayâ!

If you haven't had any contact with your ex since the break up or are afraid that she won't answer your call, then just send her this text:

*âHeyâ! how's things? I hope all is well. I know that you and I are broken up and I totally accept that. However, I need to ask you something quick over the phone. Itâs not serious, so donât worry! â Iâll call you in 10 minutes.*â

Then, go ahead and call her in 10 minutes time.

If she texts you back and asks, *âWhat do you want to ask me?*â just call her, rather than replying to her text and explaining yourself.

If she doesn't answer your call, just wait for a few days and then try to call her again.

If she still doesn't answer, text her this:

Hey! I tried calling you yesterday/the other day to ask you something, but you must have been busy. No problem. I'll call again in 10 minutes to ask you this question!

In most cases, a woman will be curious to know what you want to ask her, so she will answer her phone right away.

Once you get her on a call with you, use your new attraction methods (e.g. being emotionally masculine, maintaining your confidence regardless of what she says or does, using humor to break down her defenses, respond differently to the way she's expecting) to begin to reactivate her feelings of respect and attraction for you.

Then!

4. Meet up with your ex just as friends, but re-attract her and hook up with her

When your ex is laughing, smiling and enjoying talking to you again, you can go ahead and ask her to meet up with you in person.

For example: You can say something along the lines of, *Anyway! it's been great chatting with you again. We should catch up sometime this week to say hi as friends. It'll be fun.*

If you've re-attracted her properly before asking her to catch up, she will almost certainly agree to meet, even if it's only to see if you really have changed, or if it's just an act to get her back.

At the meet up, focus on saying and doing more of the things that spark your ex's feelings for you (e.g. maintaining your confidence with her regardless of what she does to make you feel nervous or unsure of yourself, using humor to break down her walls, flirting with her to create sexual tension, making her feel feminine in comparison to your masculinity).

If she is feeling attracted to you at the meet up, getting a goodbye hug from her should happen naturally and easily.

Don't skip the goodbye hug part because you're worried about being too pushy, especially if things have been going so well.

Instead, when you and your ex are getting ready to leave, just say something along the lines of, *Okay, it was good seeing you again. Bring it in for a goodbye hug.*

Then, just take her in your arms and give her a nice, long, warm hug.

If she seems open (i.e. she squeezes you back and looks you in the eyes with a smile), lean in and give her a kiss as well.

In many cases, a woman will then be open to hooking up with her ex sexually that day or night, even though she won't openly admit it.

So, if everything is going well, head back to her place or yours and get it on.

By the way!

If she's unwilling to go any further than a hug or a kiss, don't worry.

The important thing is that you've broken down her defenses and planted seeds of doubt in her mind about her decision to break up with you.

From there!

5. Get her back, leave your new girlfriend and enjoy the new relationship with your ex

Once you've hooked up with your ex and reawakened her feelings, she will naturally become more open to getting back together again.

So, continue to make her laugh and smile and feel good every time you interact with her, until she's the one saying things like, *"Maybe we made a mistake by breaking up. Maybe we should try again."*

At that point, she will naturally want to get back with you and she'll feel happy and excited about doing it.

Once you and her are back together again, go ahead and break up with your new girlfriend (e.g. *"You're a lovely girl and I enjoyed our time together, but I don't want to continue the relationship. I'm still not over my ex and we're going to patch things up between us, so I want to tell you now, rather than seeing both of you at the same time."*)

Then, go ahead and enjoy the great times ahead together as a couple with your ex, who will now be your loving girlfriend again.

5 Mistakes to Avoid When Wanting an Ex Girlfriend Back

You can get your ex girlfriend back, but if you make one or more of the following mistakes, the chance will likely slip through your fingers and you will miss out on what could have been!

1. Waiting too long to make a move and she then moves on

In some cases, when a woman sees that her ex boyfriend has moved on and is already seeing another woman, she might decide to remain single for a little while to see if he will change his mind and then try to get her back.

Even if she feels jealous about her ex having a new girlfriend and secretly wants him back, a woman usually won't make it obvious to him.

Instead, she may open herself up to interacting with him (via text, social media, over the phone and in person where possible) in the hopes that something will develop between them again.

Yet, if she notices that he's not making a move and seems happy with the new girl, she might then begin to focus on getting over him; usually by hooking up with other guys.

So, if you want your ex girlfriend back, don't wait too long to make a move because by the time you make up your mind, it might be too late.

The next mistake to avoid is!

2. Not preparing to properly re-attract your ex when you next interact with her

If you try to get your ex back without first improving your ability to attract her in the ways that really matter to her (e.g. putting her back in her place in a dominant, but loving way if she is being rude or selfish, making her feel loved and appreciated, but doing it in a non-needy way), she will feel as though you just don't understand her.

As a result, her guard will remain up and she won't want to let it down to give you a chance to seduce

her back into a relationship.

So, if you want your ex girlfriend back, focus on changing and improving what she really wants and then let her experience the new and improved you when you interact with her on a phone call or in person.

The next mistake to avoid isâ€¦

3. Hoping that she will make all the moves to get you back

Sometimes a guy makes the mistake of thinking that a woman is going to lead the ex back process for him.

That does happen in some cases, but if a woman no longer feels attracted to her ex boyfriend and is quite happy with her decision to leave him, she's just going to move on without him, unless he has the courage and skill to re-attract her and get her back.

Unfortunately, many guys don't realize that until it's too late (i.e. they watch on in disappointment as their ex girlfriend finds a new guy, gets engaged, gets married, has children and completely settles down with a new man).

Here's the thingâ€¦

A woman usually wants to know that her man is confident enough to lead the way and do what needs to be done to get her back.

If he does that, she can then look up to him, respect him and feel sexually attracted to him because he is clearly the man (i.e. he is emotionally fearless and strong).

Unfortunately, a lot of guys don't want to do that, or in some cases, they don't know that they should, so they wait around in the hope their ex girlfriend makes all the moves to get him back.

Yet, that approach rarely, if ever works if the woman is no longer attracted to her ex boyfriend.

So, if you want your ex back, you have to be a man about it and take the lead, rather than waiting for her to do everything for you.

Another mistake to avoid isâ€¦

4. Giving up on your ex if she doesn't show a lot of interest when you first contact her

Most women won't fall into their ex boyfriend's arms the moment he tries to get her back, especially if he already has another girlfriend.

Instead, she will wait to see if her ex is serious about getting her back, or if he's just messing around with her (i.e. sending out feeler texts to see if she is still missing him and when she confirms that she is, he feels good about himself and stops pursuing her).

Additionally, a woman will usually also want to make sure that her ex boyfriend really has changed and improved some of the things that caused her to break up with him (e.g. his lack of confidence, his inability to stand up for himself to her and to other people, his emotional sensitivity, his negative attitude, his selfishness, his neediness), before she opens herself up to him again.

So, rather than making it easy for him, an ex girlfriend will often be cold and distant to see how her ex guy reacts.

For example: She might reply to a text with something like, *â€œWhat do you want? You already*

have another girlfriend. Why are you wasting time with me? Weâ€™re finished. Just leave me alone. Thereâ€™s nothing between us anymore.

A guy might then doubt himself and his chances of getting her back and then give up, because he doesn't realize that she is almost certainly testing his seriousness about getting her back and/or his confidence in himself and his attractiveness to her.

So, if you want your ex back, don't give up at the first sign of resistance from her.

As long as you continue to reactivate her feelings of respect, attraction and love for you during every interaction, her resistance will crumble and she will open back up to you.

As her feelings begin to turn back on, she will become excited to see you again.

When you are her are getting back together, she will realize that falling in love with you this time around is the best decision she has ever made in her life because youâ€™re now the man she always wanted you to be.

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[image]

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Was My Ex a Serial Monogamist?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Possibly.

If she was, the only thing that will make her stick with a relationship is if she meets a man who can build on her feelings over time, by being the challenge that she needs him to be to remain interested.

Here are 4 reasons why a woman will be a serial monogamist until she meets the right man:

1. Men just don't understand her

When a woman feels misunderstood by men, she's just going to go from relationship to relationship until she can find a man who *gets* her.

For example: A woman is confident, independent and emotionally strong.

She really wants a man who is confident enough to stand up to her and not allow himself to be walked all over by her strong personality.

Yet, guys don't understand that.

They see that she is confident, independent and emotionally strong and therefore, look at her as being the leader (e.g. he waits for her to decide on things, ask where she'd like to go out on a date, asks for permission to kiss her, seems intimidated by her).

As a result, the spark dies out and she loses interest in pretty much every man she meets or begins dating.

There are many different examples of this (e.g. a woman who just wants casual sex, but guys try to get her to commit to a serious relationship very quickly), but you get the picture.

So, if you suspect that your ex was a serial monogamist, it could be because she has always tried to find a guy who understands her, but most (if not, all) guys don't.

If you can figure out what was missing in the relationship with her (e.g. She wanted a dominant man, but you were too nice and handed over your power to her. She wanted a guy who was a bit of challenge for her to acquire and keep, but you essentially handed yourself to her on a silver platter and said, *"I'm yours for life. Where do I sign up?"* She wanted a man who felt as though he was good enough for her, but you seem to lack confidence and doubt yourself around her), you can then quickly change and improve those things about yourself so you are ready to re-attract her.

Then, when you interact with her again and she picks up on the changes in the way you talk, think, behave and respond to her, she will begin to realize that you are the one who got away.

As a result, she will open back up to you and, as long as you now know how to build on a woman's attraction for you over time, she will stop with her serial monogamy and stick with you.

Another reason why a woman will be a serial monogamist is that

2. She keeps meeting guys who lack the masculine edge that she is looking for in a guy

The masculinity that most women are looking for is not physical masculinity, but emotional masculinity.

Where a lot of guys go wrong is thinking that if they go to the gym and build some muscles, they will then be the masculine man that women are looking for.

Although thereâ€™s nothing wrong with being fit and muscular, a manâ€™s appearance is not the most important thing that will make a woman feel attracted to him in the long run.

Essentially, what matters most to a woman, is how a guy makes her feel when sheâ€™s with him.

Her attraction to him is based on how he thinks, feels, talks, behaves and acts around her.

For example: Even though modern women are more independent and may go around saying that they can do anything that a man can, they are still instinctively attracted to and respect a man who takes on the alpha role in a relationship.

Of course, that doesnâ€™t mean she wants a guy who is overly domineering and will try to control her or boss her around.

Instead, it's pretty simple.

She just wants a man who is emotionally stronger than her, thereby allowing her the opportunity to relax into feeling, thinking, behaving and taking action like a feminine woman around him, rather than feeling like a mother figure to him, a big sister or a helpful friend.

In other words, when sheâ€™s with her man, she is free to do all of the things (e.g. be girly, get emotional, be in love, be frivolous) that she can't ordinarily do around other people (e.g. coworkers, family, some friends) because she likes to project an image of being an emotionally strong, competent, tough woman.

So, when a guy doesnâ€™t have the masculine edge that a woman is looking to be around in a relationship, she will eventually start to feel like she canâ€™t be her true, authentic self when sheâ€™s with him.

Due to his lack of emotional masculinity (i.e. he is too sensitive, or he is too neutral and behaves more like a friend or a brother), she is unable to be totally feminine in contrast to his masculine vibe.

So, if nothing changes, she will break up with him and start looking for a man who can make her feel the way she wants to feel when sheâ€™s in a relationship.

Her ex man might think of her as being a serial monogamist, but in reality, like most women, she will be trying to find a guy who can give her the kind of attraction experience she really wants in a relationship.

Another reason why a woman will be a serial monogamist is thatâ€¦

3. Men keep failing her tests of their confidence

A lot of guys donâ€™t know this, but most women want a man who believes in himself, no matter what she says or does to try to make him feel insecure.

Of course, women donâ€™t go around telling men that, but itâ€™s what they really want.

So, to avoid getting stuck in a relationship with a guy who is insecure and self-doubting, a woman will just test him to see if he has what she needs in a man.

If a woman is attractive, she won't want to put up with it, but if a woman is unattractive, she won't be happy with it, but will usually put up with it for a lot longer than an attractive woman.

It really depends on the woman, but at the end of the day, a woman is always more attracted to a man who doesn't buckle under her pressure (i.e. a man who can remain confident in himself, no matter

what she says or does to try to make him feel insecure).

Here's a classic exampleâ□!

A woman will get a man to fall in love with her (i.e. by being very sweet, nice, loving, friendly, girly) and then suddenly begin pull back her interest to test how he will react.

Naturally, in most cases, the man will then chase her and try to impress her to be able to keep her in a relationship (e.g. he will become extra nice and sweet to her, possibly buy her an expensive gift, send her flowers, sweet texts or and romantic cards or messages).

She might then test him even further by saying that she needs time apart, needs space for a while, isn't sure if she wants a relationship or worse, wants to break up.

If he then becomes desperate (e.g. chases after her and begs and pleads with her for another chance, offers to change whatever she wants him to, asks her to tell him what to do to make her happy) she will then want to go through with the break up because he's clearly a guy who doesn't believe in his value to her.

Why is that important to her?

If an attractive woman gets into a relationship with a guy who secretly doesn't feel like he's good enough for her, he will almost certainly become clingy, needy and controlling later on in the relationship.

If she has had experience with relationships before, she will know that and will want to avoid it like the plague.

She will know that, if a guy is secretly desperate and has no idea how to attract women by choice (i.e. he relies purely on getting lucky), then he is probably going to desperately chase her, pressure her and try to convince her to give him another chance if she attempts to break up with him.

As mentioned earlier, if a woman is unattractive, then she will usually put up with being with a guy who is hopeless at attracting women, because it will make her feel safe in his commitment to her based on his need for her.

However, even an unattractive woman won't be able to continue feeling attracted to a guy who doesn't believe in himself and his value to her.

At the end of the day, a woman just wants to be with a man who can remain confident no matter what she says or does to try to make him feel insecure.

Women feel attracted to that on an instinctive level because it makes them feel like he is the kind of man who could protect them.

He is the sort of man who won't buckle under pressure in life and will instead, stand up strong, take on challenges and overcome them.

This allows a woman to feel like a woman when in a relationship.

She can be his girl, rather than feeling like she needs to be a bit of a mother figure for him and protect him.

When a man can offer her that type of attraction experience in a relationship, she will naturally stop being a serial monogamist and happily take on the role of being a one-man-woman for the rest of her life.

After all, pretty much every woman on the planet just wants to be in love with a man who

understands her and is able to give her the kind of attraction experience she really wants.

You might feel as though your ex is different (pretty much every guy does), but she's probably not. She's probably just a normal woman who is trying to find a man who gets her.

You can be that man, but you have to be willing to change your approach to attraction, rather than trying to offer her the same old attraction experience and expecting her to be excited about that.

Another reason why a woman will be a serial monogamist is thatâ€¦

4. The men she meets don't grow with her, so she leaves them behind

In some cases, a woman simply outgrows her men by maturing faster than them.

Alternatively, she wants to take the relationship to a new level emotionally, but the guy can't handle it (e.g. settle down together, buy a house, get married, start a family).

A woman won't immediately break up with a guy for that reason, but it will start to eat away at her respect and attraction for him over time.

If she still feels attracted to him, she might think, *â€œMaybe he just needs a bit more time to start wanting the same things in life as me. He's a great guy, so I'll give him a chance.â€*

Yet, if he doesn't change or isn't willing to change over the following months or years, she will eventually break up with him and move on to another relationship in the hopes that it works out with the next guy.

3 Mistakes That Some Guys Make With an Ex Who is a Serial Monogamist

Regardless of whether or not your ex is a serial monogamist, if you want her back, you have to make some adjustments to your behavior and approach, so you can then successfully seduce her back into a relationship with you.

To ensure that you succeed at getting her back and keeping her, I recommend that you avoid the following mistakesâ€¦

1. Thinking that her serial monogamy is permanent

A woman can experience multiple monogamous relationships in a row, but that doesn't mean she will never settle down with one guy for life.

In fact, a woman who is a serial monogamist will almost always be looking for a guy who will finally be the guy that she can stick with.

You can be that guy.

When you understand what really made her break up with you and then make some attractive adjustments and improvements to yourself, she will naturally start to question whether or not she made the right decision to break up with you.

She may then start thinking things such as, *â€œCould he actually be the one for me after all? Maybe I should give him another chance. Maybe I made a mistake breaking up with him. Maybe we are supposed to be together. He's the only one who gets me. I can't lose him.â€*

She then opens back up to you and you can then build on her feelings and get her back into a happy, long-lasting monogamous relationship with you.

On the other hand, if you make the mistake of assuming that her serial monogamy is a glitch in her personality and that she'll never change and settle down with one guy, you may end up losing your ideal woman forever.

So, if you want her back, don't convince yourself that she is a serial monogamist who can't stick with one guy.

Another mistake to avoid isâ€¦

2. Not identifying the true reasons why she really broke up with you and then fixing those things about yourself before attempting to get her back

Sometimes, a guy will say, *â€œI can't help it that we broke up. My ex is a serial monogamist and she just gets into relationships and breaks up with guys when she's had enough. There's nothing I can do to change that. It's just how she is. She can't stick with one guyâ€* because he simply doesn't know what really caused her to break up with him, or how he can change that about himself and re-attract her.

Here's the thingâ€¦

If you want to get your ex back into a permanent relationship, you first have to identify her real, hidden, secret reasons for breaking up with you.

Then, you need to make some adjustments to how you talk to her and behave around her, so she can see that you understand her now.

Finally, you are the man who gets her.

You get it, without her having to explain it to you.

So, if you're unclear about why your ex broke up with you, here are some questions for youâ€¦

- Did you have big goals and a life purpose that you were actively working towards achieving, or did she feel like you were drifting through life and depending on her to lead the way for the both of you (e.g. sitting at home watching TV, playing video games while she focused on her career or goals, just wanting to spend all your free time with her, giving up on your goals and ambitions because you got yourself a girl)?
- Were you confident and emotionally mature in the relationship, or did you become insecure, clingy, controlling or jealous?
- Could she depend on you to be the more emotionally dominant one (i.e. be the man), or did you allow her to dominate you with her assertive personality?
- Were you emotionally masculine in a way that made her feel girly and feminine in your presence, or were you too emotionally sensitive to the point where she felt more masculine than you?
- Did you remain confident when she tried to make you feel insecure about yourself, or did you crumble under the pressure she was placing on you (e.g. teasing you about your appearance, saying you weren't man enough, pointing out your flaws)?

By understanding what caused your ex to lose touch with her feelings of respect, attraction and love for you, it then becomes easier for you to make the right adjustments to show her that you are the

only man who truly gets her and is able to give her the kind of attraction experience that other guys simply cannot.

On the other hand, if you don't truly understand what you need to change, then when you interact with her, you will probably keep making the same old mistakes in your communication style (e.g. being insecure, giving her too much power, being emotionally cagey or on the opposite end of the scale, emotionally needy), which will turn her off.

Additionally, you might end up offering to fix the wrong things about yourself (e.g. telling her that you will treat her better, when what she really wants is for you to man up and stop looking at her as the leader of the relationship).

If that happens, she will just continue her journey of looking for her ideal man.

So, if you want her back, make sure that you honestly understand what really caused her to feel turned off and fall out of love with you.

Another mistake to avoid is

3. Giving up on getting her back because your initial attempts failed

Sometimes a guy will try to convince his ex to give him another chance in ways that don't work very well, if at all (e.g. begging and pleading, pouring his heart out to her, cutting off contact and waiting).

A guy will hope that his ex woman will realize how much he cares for her because he's willing to do whatever she wants to get her back, which will then cause her to give up her serial monogamist ways and settle down with him.

Yet, rather than changing her mind about the break up, this type of behavior turns a woman off because it makes the guy look desperate.

Additionally, if she has done the same thing to other guys in the past, those guys almost certainly reacted in the same way (i.e. begging, pleading, promising the world to her, being willing to do whatever she wants to hopefully get another chance with her).

Unfortunately, most guys are so shocked to be getting dumped by the woman they love that they end up behaving completely out of character (e.g. a normally confident, cool guy ends up crying to his woman and pleading with her for another chance).

So, when a guy has tried everything he can think of to get his ex woman back, he might then concede defeat and think, *"I guess that's it then. It's over. I have no chance with her anymore. After all, she's probably just a serial monogamist and is never going to settle down and be happy with anyone. So, I need to accept that it's over between us."*

He then gives up on the idea of getting her back and ends up feeling depressed, sad and frustrated about it for months or even years after the break up.

Here's the thing

Although things like begging, pleading, ignoring her or telling her how much you love her doesn't change a woman's mind about breaking up, there is something else that does change a woman's mind.

What is that?

Making her feel a resounding, renewed sense of respect, sexual attraction and love for the new and improved you.

That's what works.

Getting an ex woman back (especially one who has broken up a number of relationships in the past) has to be about how you make her feel when she's with you (e.g. attracted, respectful, excited, turned on, in love).

It can't be about you trying to convince her to give you another chance because of how much you want it, how much you love her, how much you care and how sincere you are to do better this time.

It has to be about making her feel a renewed sense of respect, attraction and love for the new you.

So, here's what you need to do!

Get her on a phone call or to a meet up with you, where you can then make her feel respect, attraction and love for you by showing her that you're now the man she always wanted you to be.

No matter how difficult or distant she might act initially when you interact with her in person, if you can maintain your confidence and focus on making her laugh, smile and feel good to be interacting with you, she will naturally begin to open back up to you.

When she realizes that your confidence is now bulletproof, she will see that you are the real deal.

As a result, her defenses will come down further and she will start to feel excited about getting to be your girl once again.

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[image]

Almost there! Please complete this quick form to gain instant access.

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The Path to Reconciliation With Your Ex

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The path to reconciliation with your ex is as follows:

1. Get clear on the subtle things about you that turned her off

Right now, youâre probably aware of the obvious reasons why your ex broke up with you (e.g. she got tired of arguing with you all the time, it became too much effort to make the relationship work, she fell out of love with you), but it's possible that you're not fully aware of her more subtle reasons for ending the relationship.

For example: A man and a woman might have often argued about him working too many hours and as a result, breaking his promises to her (e.g. canceling dates, coming home late and finding that the dinner she prepared for him is cold, not being available to go to a party or wedding with her).

As such, he will naturally see that as one of her main reasons for breaking up with him.

Yet, what he doesnât realize is that one of her more subtle, secret reasons is that she doesn't like his attitude towards her anymore (e.g. he talks down to her, he doesn't listen when she tries to talk to him and connect with him on an emotional level).

Not knowing that she is feeling turned off by those things, he assumes that the fact he is working too many hours and not giving her enough quality time is the main problem in the relationship.

He then thinks, *âWell, sheâs upset now because I didn't go the party with her, but sheâll forgive me because deep down, she knows that Iâm doing this for us and our future happiness together.â*

Yet, she's thinking, *âNot only doesn't he spend enough quality time with me, but the time we do spend together doesn't make me feel loved, appreciated and happy. He's always putting me down and doesn't listen when I try to have a meaningful conversation with him. It's like I am his last priority all the time. I'm tired of it. I deserve better than this.â*

Yet rather than explain exactly where has been going wrong, she will break up with him by using a classic excuse, such as, *âThis just isnât working anymore. So, letâs just go our separate ways. We had our chance, it didn't work and now it's over. Goodbye.â*

He is then left thinking that the way to get her back is to work less, but that's not the only thing that caused the break up.

What matters to her more is how unloved, unappreciated and unhappy she felt based on his attitude towards her when they did spend time together.

So, to get her back, he has to change his attitude and start showing her that he does care about her, without making the mistake of desperately pleading with her to give him another chance.

Most guys mess this part up.

They go from being careless to being desperate, both of which are unattractive to the woman.

What a man needs to do is be confident, calm and in control of his emotions as he shows her that he does care and is sorry for where he went wrong.

If he makes the mistake of desperately pleading with her to forgive him, give him another chance or

take pity on him, she will not only see that as a selfish thing to ask for, but she will also feel turned off by it.

So, how about you?

Do you know exactly where you messed up with your ex?

Are you aware of the obvious and more subtle reasons for the break up?

If you want to reconcile with her and get the relationship back together, you have to be aware of why she really broke up with you and begin to change those things about yourself.

Don't panic and rush to show her that you've changed in an instant.

Be calm as you quickly change and improve over a period of 3 days to a week and then interact with her and let her see that you really are different now.

Don't plead with her to see that you're different.

Let her experience it and decide for herself.

When she sees that you've understood what she wants from you and have already taken steps to change and improve, she won't be able to stop herself from feeling a renewed sense of respect and attraction for you.

When that happens, her guard starts to slip down and the path to reconciliation opens up before you. Before you interact with her again, make sure that you'

2. Improve your ability to attract her, so she feels a spark when you interact

If you try to get your ex back while making the same old attraction mistakes that you made before she broke up with you (e.g. giving her too much power over you, feeling insecure about your attractiveness and value to her, lacking confidence around her and other people), she isn't going to feel motivated to get back with you.

So, if you want to ignite real sparks of respect and sexual attraction inside of her, you've got to show her (via the way you talk, think, act and behave) that you've become a better man.

For example:

- If you were insecure before, you're now more self-assured and can maintain your confidence around her even when she is pretending like she doesn't feel a thing for you anymore. (Most ex women do that to test your confidence, so be ready for it).
- If you doubted your value and attractiveness to her before, you now know that you're more than good enough for her. As a result, you don't get upset when she tests you by flirting with other guys in front of you, or by talking about guys who are interested in her.
- If you allowed her to dominate you during conversation with her assertive, confident personality, you now laugh (in a loving way) at her attempts to push you around. You no longer feel intimidated by her.
- If you treated her too much like a neutral friend before, you now flirt with her to create sexual tension and make her feel like a girly, feminine woman in your presence.

The more she experiences the new and improved you, the more respect and sexual attraction she will feel and the easier it will be for her to imagine herself feeling happy in your arms once again.

However, if you haven't changed and she can sense that you'd probably make the same mistakes

again if she gave you another chance, then sheâs not going to be very interested.

The next step is toâ

3. Build on her feelings when you meet up in person

Building on your exâs feelings of respect, attraction and love for you in person is the fastest path to reconciliation.

So, when you meet up with her, donât make the mistake of thinking that being on your best behavior around her (e.g. being extra nice, polite and considerate) will impress her and make her want you back sexually.

Instead, focus on flirting with her to create sexual tension, using humor to break down her defenses and being a confident guy who believes in his value to her, even if sheâs being closed off towards you.

When she feels attracted to you, she automatically stops focusing on the negatives of the past and starts to feel drawn to the idea of being with you again.

Depending on what kind of woman your ex is, she might make it obvious to you, she might give you subtle signals or she might act like itâs not working on her.

So, you have to be prepared to continue believing in yourself as you interact with her.

Remember: A manâs confidence when under pressure is one of the most attractive traits he can ever display.

Donât ruin your opportunity to attract her by doubting that what youâre doing isnât working.

If you are honestly being confident and it is coming through via your body language, vibe, conversation style and behavior, she will absolutely feel attracted to you, without a doubt.

Women instinctively react with feelings of natural attraction when a man remains confident under pressure.

So, believe in yourself and she will feel attracted to you.

From there, even if she previously said things like, *âI will never give you another chance!*â the idea of reconciling with you will suddenly start to seem like an appealing idea to her.

The next step is toâ

4. Get to a hug and then kiss

If youâve successfully built up your exâs feelings for you during the meet up, getting her to give you a hug shouldnât be too difficult at all.

In fact, if youâve made her feel really good to be seeing you again, she may even be the one who suggests giving each other a hug.

Of course, if she doesnât suggest it, donât doubt yourself and worry.

Instead, just be confident and make it happen by saying something along the lines of, *âItâs good to see that you and I can be friends. Iâm impressed by the way that weâre now able to enjoy each otherâs company as friends, without letting what happened in the past cause us to become bitter towards each other. Itâs all good between us. Friends. Donât you think thatâs an accomplishment that deserves a hug? Come onâ|come here and give me a hug.*â

Then, move closer to her and open your arms.

As long as you have been building up her feelings throughout the interaction, she will almost certainly be more than happy to give you a hug.

So, just go ahead and confidently take her in your arms and give her a warm hug.

From there, if she seems open (e.g. she remains in your arms longer than necessary, she nuzzles into your neck as though you and her are lovers again, she looks up at you and smiles and then looks at your lips), then just lean in and give her a kiss on the lips.

If she enjoys it, you can then deepen the kiss and make it a passionate one that lasts 10-15 seconds or so.

BTW: If she pulls away from your initial attempt to kiss her, don't worry about it at all.

Just maintain your confidence, smile and say something along the lines of, *It was a good hug, we should do that again sometime* and have a little laugh with her about that.

At that point, she will probably be feeling a bit warm and tingly down below.

As a result, she might then start to think, *What's going on here? It felt so good to be in his arms again. Suddenly, I think want us to get back together again. If we don't get back together, I at least want to have sex with him again. Why not? It feels good to hug him again, so we should just do it. I hope he makes a move. I'd better show him that I'm interested in him again.*

The next step is to

5. Make her want the relationship for her own reasons, rather than trying to convince her to give you another chance for your sake

You undoubtedly know why you want to reconcile with your ex (e.g. you still love her, you believe she is the one, you and her share a special connection, she's the most beautiful, kind, loving woman you've ever known, you know that you could do a much better job of the relationship this time around).

Yet, regardless of how much you love her or how badly you want her back, trying to convince an ex woman to give you another chance based on how you feel, simply doesn't work.

Why?

The truth is, a modern woman doesn't have to stick with a relationship if she doesn't want to.

If a man stops making her feel the way she wants to feel in the relationship (e.g. loved, appreciated, attracted, respectful), she won't feel obliged to stick with him simply because he cares about her.

Instead, she will focus on taking care of her own personal happiness and well being, rather than remaining a guy out of feelings of guilt or pity.

So, if you truly want to convince your ex to give you another chance, don't make it all about how much you love her and want her back.

Instead, make her want the relationship for her own reasons (e.g. because it feels good to be around you now, she feels like a feminine, desirable woman when she's with you, she respects and looks up to you as a man, she can see a future with you, she feels turned on around you and wants to explore her new, fascinating feelings of attraction for you).

When you approach the ex back process in that way, getting her back becomes easy because she

wants it too.

On the other hand, if you try to convince her to give you another chance based on how you feel and what you want, she will almost certainly remain closed up and continue rejecting you.

3 Mistakes That Some Guys Make On the Path to Reconciliation With Their Ex Woman

In most cases, reconciliation with an ex woman is a lot easier than most guys think.

When you say and do the kinds of things that are attractive to her (e.g. you talk to her with confidence even when she is being cold and distant, you make her feel girly and feminine in comparison to your masculine approach to the interaction, you make her laugh and smile even when she is being difficult during a conversation), a woman will quickly change her mind about being broken up with you and open back up to exploring her new feelings for you.

However, if you say and do things that turn her off, she will want to stick to her decision because it just won't feel right to give you another chance.

For example: Here's where some guys go wrong when trying to reconcile with their ex woman

1. Turning her off the idea of reconciling because he tries to discuss the relationship with her in detail

Sometimes a guy will make the mistake of thinking that the path to reconciliation with his ex can only happen if he gets into long discussions about the relationship with her.

He assumes that if he mentions all of his mistakes and asks her for ways to fix them, she will see that he's putting in the effort to fix himself and become a better man for her.

Yet, even though his intentions are good, discussing the relationship problems in detail, only causes her to feel stressed and look at the relationship as being too much hard work.

It's okay to brush over a couple of problems and apologize, but you shouldn't stay on the topic.

As soon as possible, you should always steer the conversation back to flirting, humor and feel good emotions, so she can see that she is feeling good around you and that things aren't so bad between you and her after all.

Another mistake that some guys make is

2. Being overly romantic or expressing his feelings even though the feelings aren't mutual

[image: Want to reconcile because I love you and want you?]

Sometimes, a guy assumes that to reconcile with his ex, he needs to be very romantic and tell her all about how much he still loves her and needs her in his life.

After all, if it works in the movies, why shouldn't it work for him in real life, right?

Wrong, unfortunately.

Although, it would be nice if a guy could buy his ex a bunch of red roses and say, *I know stuffed up, but I still love you. Please forgive me and give me another chance,* and all would be well

again, it usually doesn't work that way in real life.

Here's the thing:

When a woman breaks up with a guy, it's normally because she has disconnected from her feelings of love, respect and attraction for him.

So, when a guy is being romantic and pouring his heart out to her, she might appreciate the attention and display of devotion, but it isn't going to change her mind about being broken up if she doesn't have feelings for him anymore.

For a woman to want to reconcile, the feelings have to be mutual or at least close to mutual.

It can't just be about you loving her and wanting her back for your reasons.

Instead, she has to feel like she will be missing out on a really great thing if she doesn't get back with you.

Another mistake that guys make when trying to reconcile with their ex woman is:

3. Losing confidence when she tests him during the reconciliation process

Your ex is almost certainly going to test your confidence before she opens herself up to give you another chance.

For example: She might:

- Pretend that she's not interested in you anymore to see if you continue trying to get her back, or if you lose confidence give up.
- Be unfriendly towards you during conversation to see if you can maintain your confidence with her, or if you become insecure and nervous.
- Flirt with other guys in front of you, or talk about other guys that are interested in her to test if you will start doubting your value and attractiveness to her, if you will get jealous or angry or if you will maintain confidence in yourself and your value to her.
- Try to mess with your head (e.g. she says that she has missed you, but not enough to want you back).
- Give you mixed signals (e.g. she says that she is interested in getting back together and then, when you show interest in that, she pulls back saying that she's not sure).

Essentially, she wants to see how strong of a man you really are.

Remember: Women are naturally attracted to confidence, so if you can pass her test, she will naturally feel attracted to you, even if she doesn't initially admit it.

When she feels attracted, she will then drop her guard and open herself up fully reconciling with you and getting back together.

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[image]

Almost there! Please complete this quick form to gain instant access.

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Ex Girlfriend Initiated Contact After Two Weeks. Should I Reply?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Yes, you should reply to an ex girlfriend that has initiated contact with you after two weeks.

Here are 5 reasons why:

1. You don't have to follow the 30 day No Contact Rule to get your ex back

You can get her back now, without having to wait any longer.

Sometimes a guy assumes that he has to ignore his ex girl for 30 days (i.e. follow the No Contact Rule) even if she contacts him during that time.

Here's the thing thoughâ€¦!

Having to ignore a woman for exactly 30 days after a break up is a common ex back myth that usually results in her getting annoyed and moving on without you instead.

See myth #1 in this video for more information on thatâ€¦!

So, if youâ€¦â€¦ve been using the No Contact Rule to get you ex back and she has initiated contact with you, then it has worked for you.

In that case, it means that she is most-likely missing you and wants you back, or at least wants to find out how the heck you managed to go two weeks without contacting her, especially when you were trying to talk her out of breaking up with you before.

So, in your case, the NC rule has worked for now, which as you might know, is actually quite rare because most women just move on when their ex guy (that they're no longer attracted to) doesn't contact them.

Her contacting you can mean different things, but at least she has initiated contact and is opening the communication between you and her again.

So, yes, you should now reply to her.

When she replies to your reply message and seems interested in talking to you, just get her a phone call with you.

Don't ask for permission to call her.

Just call.

On a phone call, make her feel attracted to you by being confident and getting her smiling, laughing and feeling good.

Then, get her to meet up with you in person where you can let her feel attracted to the new and improved version of you (e.g. by maintaining your confidence with her when she pretends that sheâ€¦â€¦s not interested in you anymore, using humor to diffuse the tension between you and her, showing her via your body language that you donâ€¦â€¦t feel intimidated by her when she tries to create drama or blames you for the break up, making her feel girly in comparison to your masculine approach to the interaction).

The more you attract her in ways that she wasn't expecting from you, the less she will be able to stop

herself from feeling a renewed sense of respect and attraction for you.

When that happens, her guard will come down and she will open herself to exploring her new, fascinating feelings for you.

Another reason why you should reply to an ex girlfriend that has initiated contact isâ□|

2. If you don't reply, she might seek revenge

[image: If you don't call, she might seek revenge]

You might not realize it, but your ex girlfriend probably took a big risk when she initiated contact with you.

She might have even be thinking things like, *â□□ Will I make a fool of myself by contacting him first? What if he ignores me? What if he just tells me to get lost, or that heâ□□s met someone else. I'll feel so embarrassed. I'll end up being the one who has gotten dumped because he will have left me behind. Should I do it? Should I text him? If I want him back, maybe I just have to risk it.â□□*

She then took the emotional risk to contact you and hoped that you would then take the lead and get her back.

So, if you donâ□□t reply to her, chances are high that sheâ□□s not going to take it very well.

She may assume you are quietly laughing at her for contacting you first and are maybe even thinking things like, *â□□ Haha, she still wants me! Why would I even bother replying to her when she means nothing to me anymore? No thanks. See ya!â□□*

Of course, that's probably not what you were thinking, but if she is feeling insecure about her chances with you, she might imagine that you were thinking that way.

So, if she feels as though you are snubbing her because you no longer have an interest in her, she will almost certainly try to hook up with a new guy ASAP to save face, avoid feeling rejected and avoid contacting you again and potentially feeling humiliated.

If you want her back, don't let her go through that process out of insecurity or fear.

She took a chance by initiating contact with you, so now itâ□□s up to you to be the man and lead the way to a phone call, meet up, hug, kiss, sex and back into a relationship.

Another reason why you should reply to an ex girlfriend who initiated contact with you isâ□|

3. If you don't reply, she probably won't reply to you when you reach out next time

Have you ever heard of the expression, *â□□ tit for tat,â□□* or, *"an eye for an eye"*?

It's essentially about getting revenge by doing exactly what a person did to hurt you, rather than letting them get away with it.

In the same way, if you donâ□□t reply to your ex girlfriend now, chances are high that sheâ□□s going to give you the same treatment when you finally decide to contact her.

So, rather than wasting time playing silly games with her (and possibly pushing her away even further), just use the opening she has given to start the ex back process and guide you and her back into a sexual, loving relationship.

Be the man and make it happen.

Another reason why you should reply to an ex girlfriend that initiated contact with you isâ□|

4. You can get her back by re-attracting her on a phone call and in person

Most guys don't hear from their ex woman after she breaks up with them because she just moves on.

So, a guy usually ends up wondering things like, *Should I text her or call her?* or, *What if I call her and she refuses to answer?*

He might then send her a feeler text in the hope that she will reply to him, but in most cases, she will won't reply and he won't know what else to do.

In your case though, you don't have to worry about things like that.

Since your ex girlfriend has initiated contact, you can now text her and get to a phone call without worrying if she is going to reply or tell you to go away.

Don't get stuck texting back and forth with her though.

On a phone call and in person is where the ex back process really speeds up.

You can quickly and easily re-attract her on a call and in person, but via text, she can easily play hard to get, ignore texts, give one word answers and make the process of getting her back very difficult.

So, don't waste the opportunity that she's handed to you.

Text her initially if you want to, but then get to a phone call or in person meet up ASAP.

Another reason why you should reply to an ex girlfriend that initiated contact with you is

5. She may be signaling to you that she is open to you guiding her back into a relationship

When a woman breaks up with a man, she usually won't have strong enough feelings for him to initiate contact, or simply won't want to get rejected if she contacts him first and he isn't interested.

However, if she really wants him back, a woman will sometimes take the risk of initiating contact with her ex, to hopefully send him a signal that she's now open to interacting with him again.

Of course, that doesn't mean she's going to make it completely obvious that she's open to the idea of getting back into a relationship.

Instead, after making the first move, she will most-likely act casual about the whole thing and just pretend that she is only interested in texting back and forth in a friendly.

By doing that, she can test to see if he is confident enough in himself and in his value to her to do what needs to be done to get her back, or if he will hesitate due to feeling uncertain about what to do next (e.g. Should he reply to her, or wait for another sign before he makes a move? Is she only texting him to mess with his head? Has she met another guy and just wants to text him for a bit and then reveal that to him? Is she only checking to see if he misses her? Is she only texting because she is bored, but doesn't want to get back with him?).

If her ex doesn't take the lead and get her back, she may assume that he really isn't the kind of man that she wants him to be (e.g. confident, emotionally strong, assertive, fearless).

As a result, she may then begin to open herself up to other guys to see what it feels like to be with them instead.

If she meets a new guy who is more confident and emotionally strong than her ex, she will naturally feel more attracted to him and begin to forget about her ex.

Alternatively, in some cases, a woman will see that her ex isn't replying and then block his number, to avoid herself contacting him or him contacting her and making her feel more emotional pain as she tries to move on without him.

3 Mistakes That Some Guys Make When an Ex Girlfriend Initiates Contact With Them

Since she has contacted you, it should be fairly easy to get her back.

However, to ensure things go smoothly, be sure to avoid making one or all of the following mistakes!

1. Thinking that ignoring her will make her want you more and chase even harder

When a guy's ex girlfriend contacts him after a couple of weeks, he might think *"Cool! She still has feelings for me. She broke my heart, so I'm not going to make it easy for her to get me back. I'm going to ignore her and let her suffer. This way, I will build up her desire for me and cause her to desperately chase after me. Then, I will be able to easily get her back into a relationship."*

Of course, that does happen in some cases (e.g. if a woman is really in love with a guy and is afraid of losing him, she has little or no relationship experience, she fears that she won't be able to find a replacement guy), but in most cases, a woman will have too much self-pride to chase an ex guy that she dumped.

What you have to realize is that some cases, even though a woman has initiated contact after a break up, it doesn't mean that she wants to get back into a relationship.

Sometimes, she is just curious to see what will happen if you and her start talking again.

Will a spark develop?

Will she feel drawn to you as you text her and talk to her on a phone call?

Will you and her meet up and then have amazing make up sex?

Sometimes a woman just wants to explore that to get the answers to those questions, so if you don't reply, she may then decide that nothing is going to happen between you and her and she needs to find another guy to satisfy her sexual and romantic needs.

Additionally, sometimes a woman is only kind of interested in talking to her ex again and feels a bit guilty for how she dumped him.

So, she decides to open herself up to the possibility of him seducing her back into a relationship by contacting him and seeing what happens.

Then, when he ignores her, she feels angry and thinks something like, *"Who does he think he is?! Does he think I want him that much? He's kidding himself. I was nice enough to contact him to say hi, even though he's the one who stuffed up and now he ignores me? Well, I'm not going to stand for that kind of treatment. He can now forget about ever hearing from me again, and if he ever tries to contact me, I won't want anything to do with him. From this moment onwards, I'm moving on. He is history! It's now totally and completely over between us. He can try to contact me, but I'm not going to give him anything. He missed his chance with me. I'll get my revenge on*

*him. He'll see how badly I can hurt him.*â€œ

So, if you want your ex girlfriend back, don't ignore her in the hope that it will make her desperately chase you.

Sometimes that approach does work, but in most ex back cases, especially those where the woman doesn't feel much attraction for her ex anymore, it backfires and she moves on.

She has already given you an opening by initiating contact, so use it to get her back.

Another mistake to avoid isâ€œ

2. Getting into a long, text conversation with her, rather than getting to a phone call or in person meet up

Although it's perfectly fine to reply to your ex girlfriend via text once or twice, getting caught up in a long text conversation with her will usually end up being a huge waste of time and energy.

Text on a little screen doesn't have the same impact as words spoken over the phone, or words said to her in person where she can see your body language and evaluate how you're feeling (e.g. Are you confident and relaxed or are you tense and nervous? Do you believe in your attractiveness to her, or do you feel like she's too good for you?).

Attracting her on a call and in person is a much easier, quicker and more effective way than trying to deal with all of her games via text and then attract her at the same time.

Texts can be so easily misinterpreted (e.g. She thinks you're being needy and desperate, when you're feeling confident and emotionally independent. She thinks you're being aggressive, when you're just joking around with her. She thinks you're being too nice, when you're just trying to keep the texts light and easy-going).

No matter what you say via text, it will rarely be as effective at attracting her compared to what you say on a call or in person.

In most ex cases, a woman will respond back and forth a few times via text and when she realizes that her ex doesn't have the balls to call her or meet up with her in person, she will lose interest and may stop replying completely.

So, while it's fine to text your ex, don't get stuck at that level of communication.

In most cases, sticking to text ensures she will continue to be your ex.

If you want her back, make a move.

On that note, another mistake to avoid isâ€œ

3. Thinking that you need to get crystal clear signals from her that she wants a relationship before you can meet up with her in person

There's no way to know what she was thinking when she initiated contact after two weeks.

You can wait around hoping to get clearer signals from her that she wants a relationship, but that probably won't happen.

In most cases, rather than contact her ex again and make her feelings for him clear, a woman usually just assume that he isn't interested and she will then try to move on without him.

So, if you want to get your ex back, don't waste time waiting for a clear signal from her that she

wants a relationship.

Instead, be emotionally courageous enough to take the lead in the ex back process and get her back. Get her on a call, or meet up with her in person and show her that she didn't make a mistake when she initiated contact with you.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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How to Act When I See My Ex

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 3 tips to help you make your ex feel attracted and want you back when you see her in person!

1. Feel worthy of her, so you naturally project the right type of confidence when you interact with her

If you don't feel good enough for your ex, it will come across in your body language, behavior, conversation style and vibe when you interact with her and it will turn her off.

Women are naturally attracted to men who believe in themselves and their value no matter what anyone says or does, or no matter what challenging situation they are going through in life.

Having this type of confidence is important when meeting new women, going on a date, being in a relationship and is even more important when it comes to getting an ex back.

It's not about being pushy and demanding that she give you another chance because you deserve it.

Instead, it's about being relaxed and having confidence in yourself no matter what challenges she throws your way as you are getting her back (e.g. you're talking to her on the phone and she is being cold or distant, you're talking to her in person and she is acting like she feels absolutely nothing for you anymore).

When she can see that you are in control of your emotions and haven't lost confidence in yourself as a result of the break up, she will naturally and automatically feel respect and attraction for you, even if she doesn't openly admit it.

Re-attracting her by being confident isn't the only thing required to get an ex back, but it creates the right foundation on which to fully re-attract her and seduce her back into a relationship with you.

By the way!

It's very important that your feeling of worthiness is genuine.

If you try to pretend that you feel worthy, she can easily test your confidence and find out that you're just faking it (e.g. by pretending to be interested in getting back with you and then changing her mind, by saying that she feels nothing for you anymore, by saying that she's met someone else who is better than you).

If she does something like that, she will pay close attention to how you behave afterwards and if she realizes that you're just pretending to feel worthy of her, she will lose interest in getting back together.

All over the world, women are naturally attracted and drawn to men who can be confident in themselves and their value, no matter what anyone says or does, or no matter what challenging situation they are going through in life.

If you can display that type of confidence, she will naturally feel respect and attraction for you.

If you can't, her guard will remain up and she won't want to get back with you unless you can attract her in other important ways (e.g. flirting, making her feel girly in comparison to your masculine vibe and approach to the interaction, building up sexual tension, being charismatic).

If you are able to attract her in other important ways, you might then get a chance with her.

However, it's always best to build off a foundation of complete confidence in yourself and an absolute feeling of worthiness for the woman you are interacting with.

Women love it when guys have that kind of confidence and when you do, it makes everything else that you do so much more attractive and appealing to her.

Another tip on how to act when you see your ex is to

2. Be confident, but also make her feel good about herself

Being confident is an important part to re-attracting your ex, but you have to make sure that you also make her feel good about herself as she interacts with you.

For example: Some guys try to act overly confident to the point where they become heartless or cruel towards their ex woman, which doesn't work.

As he sits and talks to his ex for the first time after a break up, he might say, *I bet you thought I'd crumble when you broke up with me, but the joke is on you. I'm doing perfectly fine without you. I bet you can't even find yourself a date yet? I'm right, aren't I? You regret breaking up with me. Well, I don't care. It's over.*

Essentially, he's hoping that if he makes her feel bad enough about herself, she will begin to believe that no other guy will ever want her and that she is so lucky that he is still willing to give her a chance.

Yet, making your ex feel bad about herself so you can seem more confident than her, is not the way to go about getting her back.

When a guy uses that approach on an ex, she will usually assume that the only way he can feel good about himself is by putting her down, which will make her look at him as being an insecure guy.

Of course, not all women think like that.

Some women actually do feel bad when their ex puts them down and as a result, the woman ends up feeling hurt, betrayed and angry at her ex for treating her like that.

Then, rather than want to get back together, she simply feels more determined to get over him because he's being a heartless jerk to her.

So, if your goal is to get your ex back, make sure that you make her feel good about herself when she's interacting with you, rather than trying to put her down in anyway to hopefully make her worry that she won't be able to find anyone else who will accept it.

The truth is that the more you make your ex smile and laugh in your presence, the more she will like you and the more confident she will perceive you to be.

She is then free to think things like, *I just wasn't sure how he would act when we saw each other again, but I'm definitely surprised. Not only is he more confident and emotionally strong, he's also being so mature about the whole situation. It actually feels really nice to be interacting with him again. I feel good being around him. I don't feel like we have to be distant with each other. I actually kind of want to see him again. Maybe we can get back together, or at least hook up again sexually to see how we feel afterwards. If I don't and he then moves on, I'll probably regret it. So, I'd better show him that I'm interested.*

She then drops her defenses and becomes more open to interacting with you and even meeting up

with you again to see what happens from there.

The next tip is to

3. Create a sexual vibe between you based on how you talk to her and use your body language

When you meet your ex, you can either act like a nice, neutral friend and pretend that you're not interested in getting her back, or you can create some sexual tension between you and her, so she naturally wants to kiss you, hug you, have sex with you and see what happens after that.

It's completely fine to be friendly towards her, but don't avoid the all-important feelings that come with the build up of sexual tension between you and her.

So, how can you build up some sexual tension?

One way to do it is by flirting with her in a relaxed manner, without giving off serious relationship vibes.

Flirt (verb): Behave as though attracted to or trying to attract someone, but for amusement rather than with serious intentions.

When it comes to getting an ex back, flirting is one of the best ways to break down the walls between you and her and get the sexual juices flowing once again.

It allows your ex to feel attracted to you, without worrying that it means she is agreeing to give the relationship another chance.

It also ensures that you don't end up placing yourself in the dreaded friend zone when you meet up with her.

So, go ahead and flirt with her and when the moment is right, go ahead and hug her, kiss her and then move towards hooking up sexually and getting the relationship back together.

6 Mistakes to Avoid When You See Your Ex

To ensure that you get her back when you next see her, try to avoid making one or more of the following mistakes:

1. Spending a lot of time discussing the relationship problems you had, rather than focusing on making her smile, laugh and feel good around you

Some guys assume that the best approach to a meet up with an ex is to focus in on all the issues and problems in the relationship.

In cases like that, a guy might repeatedly apologize and go on and on about what he did wrong, in the hopes that she will want him back based on how sincere and determined he is to fix the problems between them.

Yet, rather than making her think, *"He really seems to be sorry for messing up our relationship, so I suppose it wouldn't hurt to give him another chance. After all, it's rare to find a guy who is so open and willing to discuss relationship problems and work on them,"* it will usually just turn her off the idea of getting back into a relationship that seems to need a lot of work.

She may think, *"Yeah, he's right, he did stuff up. In fact, I'd forgotten about some of those*

things, but now that heâs reminded me, I donât know if I can forgive him. I think weâre just better off going our separate ways. Maybe it would be easier to just start afresh with a new guy and hope that he is better than my ex.â

She then closes up, wants to leave the meet up and her ex is left thinking, *“What just happened? What did I do? I was trying to work things out and she just walked away. What is her problem?”*

Her problem is that he wasn’t making her feel attracted and happy to be interacting with her again and was simply stressing her out by focusing on all the problems they’d experienced as a couple.

Of course, there’s nothing wrong with talking about a problem or two if it comes up in conversation, but you shouldn’t dwell on the problem and turn it into something that pushes you and her further apart.

Instead, just cover it briefly and then get back onto making her smile, laugh and feel good to be interacting with you again.

Another mistake to avoid isâ|

2. Acting as though you donât care about her or the relationship, when you really do

A guy might sometimes try to hide his feelings from his ex by acting like heâs completely over her, even though he secretly wants to get her back.

So, when he sees his ex woman and she asks how heâs been, he might say something like, *âOh, Iâm doing really well. The break up wasn’t fun, but Iâm completely over you now. Iâve moved on and I feel great about my life. How about you? Have you moved on?â*

Secretly, heâs hoping that his words will shock her into saying, *âWhat? How can you be over me? I still love you and I want us to get back together again!â*

Yet, hereâs the thingâ|

A woman can easily see through an act like that by observing her ex’s body language and analyzing his tone of voice, vibe and behavior as she interacts with him.

She will pick up on the subtleties of his behavior and realize that he is simply trying to make her feel like she has lost him, so she will then chase after him or at least show more interest in him.

Yet, when she knows that he’s just faking it, it will just turn her off even more.

So, if your real goal is to get your ex back, donât act like youâre over her.

Be calm, confident and in control as you get her back, but don’t pretend that you don’t care about her anymore.

Some women might fall for that, but most will simply seek to get revenge by hooking up with another guy and then moving on.

Another mistake to avoid isâ|

3. Being neutral and friendly, rather than making her feel sparks of sexual and romantic attraction

Sometimes a guy will see his ex and pretend that heâs only interested in being her friend now (e.g. heâs nice and polite towards her, doesnât flirt to create sexual tension, doesnât use

ballsy humor to make her feel attracted).

Unfortunately, using a 'friends only' approach doesn't work if the woman isn't attracted to him anymore.

If he wants to get her back, he has to actively spark her feelings of sexual and romantic attraction for him, not pretend that he just wants to be her friend.

So, if he uses the 'friends only' approach and then suggests that they get back together (e.g. asks her out on a date), or tries to kiss her, she will reject him because he hasn't created feelings of sexual attraction inside of her.

He will most-likely then feel rejected, dejected and possibly even give up on the idea of getting her back.

Yet, here's the thing!

If your goal is to get your ex back, don't pretend you want to be her friend.

[image: Don't act like you just want to be friends with your ex]

Of course, it's totally fine to be friendly with her, but just make sure you're not pretending to be an innocent friend who isn't interested in her in a sexual or romantic way.

Important: That doesn't mean you should tell her that you want a relationship.

Don't do that.

Instead, focus on making her feel sexually attracted and turned on during the conversation and she will naturally begin to want that.

The way to get an ex woman back is to make her want you back, not to pour your heart out and tell her how much you want her back.

Make her want you and when you do, things will begin to unfold more naturally and easily.

Before you know it, you and her will be kissing again, having sex and getting back into a relationship.

Another mistake to avoid is!

4. Hoping that she will be the one to risk the feeling of rejection by saying that she wants to get back with him

Even if a woman still has feelings for her ex and wants to get back with him, she will rarely open herself up to him (and risk being rejected by him) by telling him how she feels.

Instead, she will wait to see if he's got the confidence and the courage to go through the ex back processes and get her back.

If she notices that he's too insecure and self-doubting to make a move (even though she wants him to), she will eventually decide to cut her losses and focus on getting over him by hooking up with new guys.

So, if you want your ex back, don't make the mistake of waiting for her to make the first move when you see her because chances are she won't.

Instead, be courageous enough to take the lead in the ex back process.

If you do, she will be able to respect you again.

When she respects you, she will naturally start to feel sexually attracted to you again and from there, it's only a matter of time before she will allow herself to let down her guard and be your woman again.

Another mistake to avoid is

5. Appearing desperate to get another chance at a relationship with her

When a guy sees his ex, he might make the mistake of going overboard with his attempt to convince her to get back into a relationship with him.

For example: He might

- Promise that he is willing to do whatever she wants if she gives him another chance.
- Be extra nice and sweet towards her, even if she's being rude, unfriendly or bitchy towards him.
- Agree with everything she has to say, even if he doesn't agree.
- Ask her if she is attracted to him now that he has changed.
- Ask what it would take to get her to agree to a relationship again.
- Appear nervous around her.
- Try really hard to impress her.

In some cases, a guy hopes that when she sees how willing he is to do anything to please her, she will feel flattered and then give him another chance.

Yet, rather than think, *"Wow, he's so sweet. I love that he's so desperate to get me back! I want a desperate boyfriend!"* a woman will usually just feel turned off by the desperation and want to remain broken up.

The next mistake is to avoid

6. Displaying signs of self doubt or insecurity

What a lot of guys don't know about women, is that almost every woman (including an ex woman), responds positively to a man's confidence.

So, when a guy is being insecure and self-doubting when he sees his ex, rather than think, *"He is very confident, but is just feeling a bit anxious now because we've broken up and he really wants me back,"* she instead feels turned off by his lack of belief in his own self-worth.

Why?

A woman's attraction for a man works instinctively.

If you display traits that a woman feels attracted to (e.g. confidence, charisma, emotional masculinity), she will automatically feel attracted.

Likewise, if you display traits that a woman feels turned off by (e.g. insecurity, nervousness, emotional neediness), she will automatically feel turned off.

So, when a guy is being insecure and self-doubting around his ex woman, her instincts will cause her to automatically feel turned off, even if she was hoping that they'd get back together.

She will then try to close herself off and move on without her ex.

So, make sure that you come across as a man who believes in himself and his value to her when you

see her.

When you can remain confident, relaxed and emotionally strong, regardless of what she says or does, she will automatically start to feel some respect and attraction for you.

When that happens, her walls will come down and you can then confidently guide her back into a relationship with you.

On the other hand, if you doubt yourself around her, she will pick up on your insecurity and remain closed off.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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3 Examples of How to Make Your Ex Curious About You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 3 examples of how you can make your ex curious about youâ€¦

1. Post photos on social media of you having fun with other people. Set the photos to 'public' so she can see them, even if she has unfriended you

When a woman is no longer answering her exâ€™s texts or phone calls and he has no other way to get through to her, using social media to spark her curiosity is definitely the best option.

Of course, a lot of men who have been dumped by the woman they love, don't want to go out and have fun with other people.

They just want her back.

Yet, if he wants her back, being lonely and not doing anything fun with his life isn't going to help.

Women are attracted to men who are confident in themselves and can get on with life and enjoy it, especially after a break up.

So, if your ex is currently ignoring you, start showing her that youâ€™re enjoying a fun and interesting life without her (i.e. by posting photos of yourself having fun with other people).

Some guys are afraid to do that and wonder, *"Won't having fun without her just make her hate me more? Won't she assume that I've moved on and don't want anything to do with her anymore? If she thinks that, I'll never be able to get her back, right?"*

Wrong.

Even though a woman usually won't admit it, she will absolutely feel more attraction for a guy who gets on with enjoying his life, compared to a guy who sits around feeling sad, lonely and left out.

So, don't worry if she pretends to be offended, angry or upset that you seem happy without her.

If she does that, it will simply be a test to see if you really are happy without her or not.

If you say something like, *"Hey, I'm just enjoying life. What did you want me to do? Sit around and cry? You left me, so it's over. You can't expect me to sit around waiting for you forever. Besides, there's nothing wrong with enjoying life,"* she will then feel attracted to you for sticking to your guns and not backing down.

She will also feel a bit silly for making it out as though she expected you to just sit around and do nothing.

On the other hand, if she gets angry and says something like, *"Oh, so you don't care about me anymore, is that it? I see that you've been enjoying yourself lately"* and you then say, *"No, I wasn't enjoying myself. I wanted you to be there. It's not the same without you"* then she knows that you really aren't happy without her and therefore, she doesn't feel the same kind of pull towards you.

So, just know this: When you post photos of yourself having fun with other people, rather than make your ex hate you more or want to move on, it actually makes her feel curious and want to interact with you again.

All of a sudden, you seem more attractive, appealing and likeable to her, even if she might act like it isn't having any affect on her.

Another way to make your ex curious about you is to

2. Call her, make her feel attracted to you again and then end the conversation to leave her wanting more

[image: Call her, re-attract her and then end the call to leave her wanting more]

For example: Imagine that you're on a call with your ex.

Even though she initially tries to put you off by being cold, aloof and saying things like, *"What do you want?"* or *"Why are you calling me? Did you forget that it's over between us? I don't have anything to say to you,"* you maintain your confidence with her.

You then cause her to begin dropping her defenses by making her smile, laugh and feel good to be talking to you again.

When she's smiling and laughing while talking to you, it takes away some of the negative feelings she may have been experiencing when she initially heard your voice.

As her guard comes down, she starts feeling relaxed and can begin to think something like, *"He seems so different from the guy I broke up with. I'm actually enjoying talking to him now. I wonder what else has changed about him? I can't believe I'm even thinking this, but I hope that he asks me to meet up in person. I'm curious to see what will happen when we do maybe we'll hook up and maybe it will be fun. I want to do it."*

Once you have made her feel attracted and cause her to relax and drop her guard, you can then say something along the lines of, *"Well, anyway it's been talking to you again, but I've got to get going now. I've got to meet someone in about 20 minutes and I'm running late. Let's do this again though, okay? I'll call you again sometime. Okay, bye,"* and then hang up the call when she acknowledges that the call is ending (e.g. she says, *"Okay, bye. Talk to you later."*)

Not only will that make her feel surges of respect and attraction for you, but it will also ensure that the next time you call to ask her to meet up with you, she will want to say *"Yes,"* so that she can then satisfy her newfound curiosity about you.

Another way to make your ex curious about you is to

3. Interact with her in person and let her see that she really does feel differently around you now

Meeting up with an ex in person is an easy way to make her feel curious about you.

Think about it this way

Your ex is most-likely going to come to a meet up with the intention of testing you to see if you really have changed, or if you've just pretending that you have changed to get her back.

She will want to satisfy her curiosity about the new, improved you, but she will also want to make sure that how you are now making her feel is real and can continue if you and her get back together.

For example: If one of the main reasons she broke up with you was due to you being insecure and unsure of yourself around her, she might test you by being cold and bitchy at the meet up.

She might say something like, *"Hhhh. This is such a waste of my time. I don't even know why I'm here. What do you want from me? Why are we even here together? You'd better not be hoping that I'll give you another chance. Is that why you asked me here? Ha! Ha! That's so*

*funny! Why would I ever want to be with you again? Youâre not man enough for me. I can do much better than you, thatâs for sure!*â

Naturally, being on the receiving end of that kind of cold treatment can make a guy feel anxious and he may even start to think, *âSheâll never give me another chance. Itâs too late. Iâve lost her forever. Iâm not good enough for her.*â

Don't think like that.

Instead, simply use her bitchiness as a way of reawakening her feelings of respect and sexual attraction for you.

How?

By maintaining your confidence around her and using humor to break through her defenses and make her laugh and smile.

For example: You might say in a joking, teasing way something along the lines of, *âWow, where did all that come from? I think there must be something in the coffee you just drank. It has turned you into a little drama queen! What a performance you just gave there. I love it! Give me more. Excuse me, waiterâcan we get a refill of the coffee here? I canât wait to see what else you have in store for me today,*â and laugh at her (in a loving way) about it.

Alternatively, you might laugh at her (important! Don't be afraid to do that) and then say, *“Well, someone's in a bit of a mood today, isn't she? I like itâyou look cute when you're annoyed”* and have a laugh with her about that.

Initially, she might be shocked that youâre not getting upset or doubting yourself around her anymore and may even say something like, *“Hey, I'm being serious!”* to test your confidence once again.

Yet, deep down, she will be wondering, *âWhatâs going on? Why isnât he falling apart? Why is he so confident and self-assured all of a sudden? Why wasn't he like this before? I like it.*â

By the wayâ!

You can adjust your response to match the situation (e.g. she orders tea instead of coffee, or if you donât meet up at a coffee shop, you can substitute the *âcoffeeâ* with *âThere must be something in your lipstick.*â)

What matters the most is that you donât react in the way that sheâs expecting you to, so she can then begin to feel curious about you.

When she becomes curious about the changes in you and how good it is making her feel, she then naturally becomes more open to seeing you again.

As a result, you then have an opportunity to continue building on her feelings so you can get her to the point where she wants to be your girl again.

3 Common Mistakes That Some Guys Make When Trying to Make an Ex Curious About Them

There are times where making an ex curious about you can cause her to contact you and want to see you.

You can then use that to create a spark with her, build on her feelings and get her back.

However, there are also times where trying to make an ex curious can backfire and turn her off even more.

Here's where other guys go wrongâ€¦

1. Trying to make her curious via text by telling her what he has been up to since the breakup

No matter how genuine and sincere you are when talking about yourself via text, your ex will usually interpret everything you say based on how she remembers you when you and her broke up.

She will also be suspicious and wonder if you're telling her about all the things you've been up to, in the hope that it makes her feel like she is missing out.

This is why it's best to just post up photos of you having fun with other people.

She can't doubt that and, since you're not telling her about it directly, she can't conclude that you're only doing it to make her jealous.

Another mistake isâ€¦

2. Hoping that cutting off contact will eventually make her feel curious enough to contact him

When trying to make an ex feel curious, a guy will sometimes think something like, *â€œIf I cut off communication with my ex for a few weeks or even a few months, she will then become curious about me. She will start to wonder why Iâ€™m not calling her or going to my usual hang out places. Then, she might even start imagining that Iâ€™ve got a new girlfriend. Hopefully that will make her get in touch with me to find out what Iâ€™ve been doing and we can then fix our problems and get back together. So, I'll just cut off communication and wait.â€*

He then sits around waiting for his exâ€™s curiosity to get the better of her and make her contact him.

Yet, that rarely (if ever) happens.

In most cases, a woman has lost a lot of respect and attraction for her ex, she just won't care if he doesn't call her and try to get her back.

Even though she might wonder about him once in a while, she won't feel enough motivation to want to get him back because she's no longer attracted to him.

Then, by the time he realizes sheâ€™s not getting curious enough to call him and he then reaches out to her, he is shocked or disappointed to find out that she has moved on and is in love with someone else.

Alternatively, in a case where a woman does call him because sheâ€™s curious about his silence, when she sees that nothing about him has really changed, she will then think something along the lines of, *â€œWell, nothing has changed. Now I can truly move on knowing that Iâ€™m not missing out on anything with him and his life. Heâ€™s still the same guy that I broke up with. I feel satisfied that I made the right decision after all. No need to be curious anymore. I just need to keep moving on without him.â€*

Hereâ€™s the thingâ€¦

In almost all ex back cases, if a man wants his ex woman back, he has to be active about it (i.e. re-attract her and seduce her back into a relationship), rather than being passive (i.e. by cutting off contact and waiting).

So, don't sit around and expect your ex to make the first move if she isn't attracted to you anymore.

If she doesn't have strong enough feelings for you, she will almost certainly just move on without you.

Another mistake that guys make in a situation like yours is

3. Trying too hard to be mysterious when he's texting her

For example: When a guy gets a text from his ex woman asking him, *"What have you been up to lately?"* he might respond with something along the lines of, *"Oh you know a bit of this and that,"* or, *"If I told you, I'd have to kill you, haha"* or, *"Just hanging out with people, single life is good."*

Basically, he's hoping that being evasive or funny with her, she will wonder, *"What is he up to? What isn't he telling me?"* and then become curious enough about him to call him and say hi, or ask to meet up with him in person.

Yet, that approach rarely works when a woman has lost respect and attraction for a guy because she just doesn't care enough to dig deeper.

Rather than be drawn to his mysteriousness, she feels annoyed that he is trying to mess with her head and then stops texting him.

So, if you want to ensure your chances of getting your ex back, I don't recommend that you waste time playing mind games with her.

The most effective way to make her curious is to show her (via the way you act, think, behave, interact with her on a phone call or in person) that you are a new and improved man now.

When she sees that you're no longer the same guy she broke up with, she will be curious to find out more by spending more time with you.

You can then build on her feelings of respect and attraction for you and get her back.

×

[image]

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[image: Dan Bacon]

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Having Sex With an Ex For the First Time After Breaking Up

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 4 tips to make sure that it goes well:

1. Feel worthy of her

If you feel unworthy of your ex because she dumped you, it will come across in your body language and vibe and it will turn her off during sex.

Women are naturally attracted to men who are confident in themselves and their value to a woman, so if you want your ex to enjoy the sex, make sure that you feel completely worthy of her.

Don't doubt yourself in any way.

She wants you.

She loves it.

That's how you need to be thinking.

So, if a guy is trying to have sex with his ex girl while thinking something like, *â€œIâ€™m so lucky that sheâ€™s even here. I don't deserve her. Why is she giving me this chance? Does she even want to be doing it? Maybe she doesn'tâ€* it's going to turn her off.

Sheâ€™s going to pick up on his self-doubt, insecurity and nervousness via his body language, vibe, behavior and conversation style and as a result, she will instinctively feel turned off by him.

She then starts thinking things like, *â€œWhat am I doing here? This is a big mistake. I thought we could work things out between us, but now I can see that clearly heâ€™s not the right man for me. If I get back with him, Iâ€™ll always feel like I did him a favor and I donâ€™t want to be in a relationship like that. I want a man I can look up to, respect and feel a genuine sexual attraction for. I want my friends to be jealous of what I have, not feel sorry for me because I stuck with a guy out of pity.â€*

She then pulls away from the sex and doesn't want to do it anymore, or goes through with it, leaves and then breaks up with him once again.

So, if you want things to go well between you and your ex the first time you have sex after breaking up, make sure you absolutely believe that you are good enough for her.

The next tip is toâ€

2. Show her a new side of yourself, but don't go overboard with it

[image: Show her a new side to yourself]

Your ex is going to be analyzing everything that you say and do to see if you have really changed since the break up, or are still exactly the same as before.

For example: If a guy was insecure in his relationship with a woman, sheâ€™s going to be watching to see how he handles having sex with her for the first time since the break up.

Does he take the lead by confidently building up the sexual tension between them, breaking the tension with a kiss and then following through with touching and sex, or does he approach a hug, kiss

or sex in a hesitant, self-doubting way?

Does he turn her on and make the sex happen, or does he nervously wait for her to give him an obvious sign that she's open for sex?

Does he confidently hug her or move in for a kiss, or does he keep asking her things like, *â€œIs it okay if I kiss you?â€* or *â€œDo you like it when I touch you there/do that?â€*

So, if he was insecure in the relationship, she is going to be turned off if he is still the same way.

On the other hand, the more confident and assertive he is, the more she will accept that he really has changed and become a better man already.

As a result, she will be more willing to let go and just enjoy the make up sex.

Yet, if he makes the mistake of going overboard trying to prove to her that he's not insecure anymore (e.g. by being very rough, aggressive, overly domineering, insensitive), it will have the opposite effect.

She will feel weirded out that he is suddenly being so aggressive and will naturally assume that it's just an act to impress her, or it's a side of himself that he has been hiding from her and now wants to unleash on her.

Either way, she won't really like it because it will be too extreme of a change too quickly.

So, while it's fine to level up as a man (i.e. be confident if you were insecure, be more loving if you were heartless), don't go overboard in any direction.

The next tip is to

3. Last longer than usual by taking it slow

[image: Take it slow and enjoy the moment]

Having sex with an ex for the first time after breaking up can feel very similar to having sex with her for the very first time.

You and her are now two completely different people (even if the changes are you are based on both of you having grown from the experience of a break up).

So, even though you're familiar with each other and basically know what you both like in bed, it's best to treat it like you and her are having sex for the first time.

In other words, have the confidence to take things slower, enjoy foreplay and allow things to build up to an enjoyable climax.

Take your time to get to know her body (and her desires) in a whole new different way.

For example:

- Don't think about what she used to like and focus instead on being present in the moment (i.e. When you are present, you respond to what she wants in the moment, not what you remember she likes. You then naturally flow into new directions and spontaneously have sex in interesting positions that you and her may never have tried before. Be confident to get into those positions, without feeling like you need to rush to get the position correct right away. Take your time and enjoy it).
- Enjoy the feelings and experience of having sex with her again, rather than retreating into your head and reliving the past, or over analyzing what you're doing and her responses to you

(e.g. is she moaning with pleasure, or is she looking a little bored?).

- Build up the sexual tension by kissing, touching, teasing and playfulness.
- Focus on giving her pleasure, while at the same time enjoying the moment for yourself.

Make it an experience that both of you will remember for years to come.

Don't rush it.

Where some guys go wrong is feeling so excited to be having sex with their ex again that they end up ejaculating too quickly and not allowing her enough time to fall back in love with him during the sex.

The woman is then left thinking, *“Was that it? Is that the best we can do? Is that what I should get back with him for?”* and feels turned off by what she perceives as his selfishness or lack of masculinity.

She then starts to wonder if getting back together again is actually such a good idea after all.

On the other hand, when a guy takes things slow, is present in the moment and is there in his most masculine form (i.e. being confident and bold enough to take his time and do what he wants), she will feel a type of attraction for him that goes beyond words.

The next tip is to

4. Make her feel attracted before, during and after the sex

Attraction starts long before you and your ex make it to the bedroom together.

For example: If your ex notices that you're feeling nervous or insecure prior when you catch up with her for a coffee, it will ruin her attraction for you and she might then say something like, *“I just remembered that I have a busy day tomorrow. I have to go now. Maybe we can do this again some other time,”* as a way of getting out of potentially having sex with you again.

So, how can you make her feel attracted before sex?

- Maintain your confidence with her, even when she tries to test you (e.g. by getting you all turned on and then pulling away and saying things like, *“I don't think this is a good idea.”*)
- Make her laugh, smile and feel good to be interacting with you again.
- Flirt with her to create sexual tension.
- Touch her and kiss her and then pull away to build up sexual tension.
- Believe in yourself and your attractiveness to her.

Once you've built up enough sexual tension with her, go ahead and release that tension with sex.

When you're having sex, continue making her feel attracted by

- Letting her see that you are confident and relaxed enough to do whatever you want with her.
- Making her feel feminine in response to your masculine behavior, energy, vibe and presence.
- Showing her that you find her sexy and attractive and that it's adding to your pleasure as you stroke in and out of her.
- Touching her with masculine presence (i.e. really being there as you grope her, rub her, caress her. Looking her in the eyes in a confident, relaxed manner as you stroke in and out of her).

After sex, make her feel good about herself.

For example: You might say something like, *â€œThat was amazing. Youâ€™re even sexier now than you were before.â€*

Then, continue to lightly flirt with her and use laughter to bring you and her closer together.

Make her feel sexy by the way you look at her.

Make her feel loved by the way you treat her (i.e. be a good man to her, but don't go overboard with it to the point where you're sucking up to her. When she senses your lack of desperation or neediness, it makes her value your good treatment of her even more).

As you can see, having sex with an ex for the first time after breaking up is not just about the sex.

Itâ€™s about showing her that youâ€™re now a completely different man from the one she broke up with (e.g. youâ€™re more confident and self-assured, youâ€™re more ballsy and can stand up to her in a loving, but dominant way when she's behaving like a little brat, youâ€™re more emotionally masculine and can now allow her to relax and be a feminine woman around you).

When you make her feel attracted to who you now are as a man, she will naturally feel attracted to you long after the sex is over.

She will begin to fall in love the new you and realize that you are now the kind of man she always wanted you to be.

As a result, she won't want to lose her opportunity to experience a new and improved relationship with you.

5 Mistakes That Some Guys Make When Having Sex With an Ex For the First Time After Breaking Up

Having sex with your ex again after a break up can be fun and enjoyable for the both of you.

It can be an opportunity to mend broken walls, bring you closer together and start over again.

However, itâ€™s also possible to turn your ex off and make her decide that itâ€™s better if you and her stay broken up for good.

So, to make sure that things go well when you and her get it on again, try to avoid making one or more of the following mistakes that other guys make when in your shoesâ€

1. Hesitating to move in for a kiss

If a guy has been building up the sexual attraction with his ex beforehand (e.g. with flirting, laughter and smiling), she will be feeling eager to release the sexual tension with a kiss.

Yet, if he hesitates for too long (e.g. because heâ€™s constantly second guessing himself and wondering, *â€œIs this the right moment?â€*), the spark will eventually die.

She may then start feeling annoyed with him and think something like, *â€œI guess that nothing has really changed about him after all. Heâ€™s just an insecure, self-doubting guy who is pretending to be confident. I guess that I have to accept itâ€™s really over between us and that I can't change him into the man I want him to be. He simply doesn't have it in him to be a real man and make me feel the way I want to feel. He lacks the confidence I want in a man. He just doesn't have it. I've got to end this and move on while I still can.â€*

She will then close herself off and become cold towards him, which will make it more difficult for him to get her back.

So, make sure that you don't take too long to make your move.

As long as you make her feel attracted and build up some sexual tension, you have to believe that she will naturally want to release that sexual tension with a kiss.

Not only that, but when you do kiss her, she will feel impressed with you for being so confident and ballsy, which will make her feel even more attracted to you.

Another mistake to avoid is

2. Appearing nervous during the sex

A guy might sometimes feel so worried about trying to please his ex during sex, that he will get caught up in his head thinking something like, *What if she's had sex with other guys since we broke up and she's now comparing me to them? What if I don't measure up? or She didn't moan when I touched her there. What if she doesn't like what I'm doing? Should I just stop?*

She then notices the subtle changes in his body language and vibe and realizes that he's feeling nervous, thinking too much and as a result, is not present in the moment with her.

Rather than having the confidence to enjoy the pleasurable physical and emotional feelings of being with her again, he is feeling nervous, self-doubting and insecure.

That is a huge turn off for women.

As a result, she then starts to feel uncomfortable and the sex becomes mechanical and boring for both of them.

So, what you need to understand is that one of the most enjoyable things for a woman during sex is to be in the presence of a man who isn't worried about a thing.

He is present in his body and in the moment, enjoying the feelings and experience of having sex with her, rather than allowing his insecurities to ruin the experience.

Another mistake that other guys make when in your situation is

3. Asking her what she would like him to do

In the same way that a woman doesn't like when a guy is hesitant about kissing her, she also doesn't like it when he ask her to tell him what to do, to turn her on during sex.

Why?

A woman wants to just let go and enjoy the moment, rather than having to guide a guy through the steps of pleasing her.

Some unattractive women who are desperate for sex don't mind guiding a guy, but most attractive women and most ex woman don't want to have to take on the role of sex teacher when they are hooking up with a guy.

She doesn't want to have to hold his hand, pat him on the back and say, *Yes, good boy touch me there,* or *No, no I prefer it when you kiss me on the neck, not the ears.*

She wants him to man up and take the lead by doing whatever he wants, rather than needing her to guide him along.

Also, if one of her secret reasons for breaking up with him was because he was too emotionally dependent on her and always needed her to lead him and tell him what to do in the relationship, she will really feel turned off by him if he needs her help during sex.

As a result, she will not only feel turned off by his lack of manliness in the bedroom, but she will also be disappointed by his lack of self development since the break up.

He is essentially trying to get her back without even having leveled up as a man, which is unfair to her.

Another mistake that guys sometimes make in your situation isâ€¦!

4. Getting too emotional or romantic after the sex

For some guys, having sex with an ex is the culmination of days (and in some cases weeks, or even months) of trying to get her back.

So, after the sex is over, a guy might begin thinking, *â€œThis is it! I did it! I got her back! It's done!â€*

He might then react by crying, getting emotional or saying romantic things like, *â€œI've missed you so much! This is the best day of my life. I thought Iâ€d lost you forever! Iâ€m just so happy you here in my arms again where you belong. Iâ€m never going to do anything to hurt you ever again!â€*

Alternatively, he might ask her, *“Do you love me? I love you. Please tell me that you love me.”*

Yet, hereâ€s the thingâ€¦!

Just because a woman has sex with her ex, it doesnâ€t mean sheâ€s fully made up her mind about getting back together with him.

In many cases, she is still going to continue testing him to see if he has really changed, or if heâ€s still the same as before.

So, when a guy becomes too emotional or romantic after they have sex for the first time after breaking up, it does nothing to convince her that heâ€s the emotionally strong, confident, masculine man that she secretly wants him to be.

As a result, she will then put up her guard again, because heâ€s making her feel unsure about her decision to have sex with him.

Another mistake that guys make in your situation isâ€¦!

5. Making her feel as though the sex is just so he can feel better about himself, rather than it being a shared, enjoyable, love-inducing experience for both of them

Getting broken up with can sometimes leave a guy feeling rejected and like he has completely failed as a boyfriend (fianc  or husband).

To get rid of that pain, he may then decide to focus all of his energy on getting her back.

Then, after they have sex, he might think, *â€œThis proves that Iâ€m not a loser after all! I feel so much better about myself now. She gave into me. She wanted me. I've still got it. I don't care if we get*

*back together for real now. As long as we have had sex again, I'm all good.*â□□

Yet, the problem for him is that women are very good at picking up on a man's body language and sensing his motives when it comes to sex and romance.

So, if his ex then gets the sense that the sex was essentially about making himself feel better, not only will she see it as being selfish, but she will likely also feel angry and used.

As a result, she may then try to seek revenge on him by hooking up with new men, so he can go back to feeling the pain that comes with being left behind and feeling unwanted by an ex.

So, if you want your ex back after you have sex with her, make the sex something that brings you and her closer together.

Make her feel like she would be silly to end the relationship now and just walk away.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Why is it So Hard to Move On From an Ex?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 common reasons why it can be difficult for a man to move on from his ex woman:

1. He tried to get her back in all the wrong ways and failed

When a man gets dumped by the woman he loves, it can cause him to behave out of character and start doing things that make the situation even worse.

For example: He mightâ€¦

- Beg and plead with her for a second chance.
- Apologize to her over.
- Take the blame for everything that happened (i.e. say that it was all his fault) and ask her to forgive him and give him a chance to prove to her that he will change.
- Promise her that he will do anything she tells him to do to make her happy.
- Ask her to tell him how to be a better man in the relationship with her.
- Send her flowers, gifts, or cards.
- Send her loads of text messages, long-emails or letters telling her all about his feelings for her.
- Cry to her and try to make her feel guilty for dumping him.

When all that fails, he might then cut off contact with her for a few weeks or even months in the hope it will make her miss him and want him back.

Yet, cutting off contact and hoping that a woman (who is no longer attracted to you) will come running back is one of the worst ex back strategies a man could ever use.

It works well for a woman who wants to get a man back, but men who want to get a woman back who is no longer attracted to them fail miserably when they cut off contact and just waitâ€¦

When a man's attempts to get his ex woman back fail, he then has to live with that feeling of rejection.

It sticks with him.

He realizes that he has lost the love of his life and nothing he tried to do worked to get her back.

Yet, in most cases, he didn't try thisâ€¦

He didn't quickly level up as a man and then interact with her to make her feel a renewed sense of respect and attraction for him.

As a result, she walked away from the relationship feeling as though she made the right decision.

He could have gotten her back, but he went about it in all the wrong ways.

If he knows, deep down inside that they are meant to be together, it will make it all the more difficult for him to move on with a new woman.

He will always have that niggling feeling that he should be with her, rather than with another woman.

He will always find himself imagining being back with her and being happy, but unless he is willing to try a new approach to get her back, he will have to deal with the lingering pain that always seems to sit in the background of his life, waiting for him to think about it again.

When he does remember her, the feelings come back.

The feelings get less painful over the years, but the regret and feeling of being left behind never goes away.

Another common reason why it can be difficult for a man to move on from his ex woman isâ€¦|

2. She was more attractive than the kind of women he usually has access to

Sometimes a guy simply gets lucky in hooking up with a beautiful, confident woman that is ‘out of his league.’

She is only out of his league because he doesnâ€™t have much confidence and doesnâ€™t believe in his value to women, so he usually settles for the kind of woman who will accept him (e.g. unattractive, insecure women).

He is actually good enough for higher quality women, but since he doubts himself, those kinds of women overlook him and try to find a more suitable match.

So, itâ€™s only natural that when a woman that he perceives as being too good for him (i.e. because sheâ€™s more beautiful than any of the women heâ€™s dated before) goes ahead and breaks up with him, heâ€™s probably then going to struggle to move on from her.

He may think, *â€œI will never find another beautiful woman like her again. I got lucky with her and now that luck has run out. Iâ€™ve been trying to just get over it and accept that Iâ€™ve been dumped, but I canâ€™t. I know that I donâ€™t deserve her, but I also canâ€™t live without her. I donâ€™t know what to do. Maybe Iâ€™ll never be happy now. Maybe Iâ€™ll never meet a woman who makes me feel the way she does.â€*

Unfortunately, that type of thinking just makes him smell of desperation and insecurity, which will not only turn his ex off if he interacts with her, but it will also turn other quality women off as well.

For example: If you interact with your ex and she sees that you have no longer have confidence in yourself and your attractiveness to her, rather than think, *â€œWow, heâ€™s falling apart without me. I love that he thinks he canâ€™t find a better woman than me. Maybe I should give him another chance. Heâ€™s going to be the most devoted boyfriend in the world because he thinks Iâ€™m too good for him,â€* sheâ€™s going to think something like, *â€œHeâ€™s so nervous and unsure of himself around me now. Heâ€™s doing a good job of trying to hide it, but I can see it. I just donâ€™t want to settle for a guy who feels like Iâ€™m doing him a favor by being with him. I want a man who feels worthy of me so I can look up to him, respect him and feel proud to be his woman. He just isnâ€™t that man. Heâ€™s not good enough for a woman like me.â€*

Even though are good enough for her, sheâ€™s not going to believe that if you donâ€™t believe it.

You have to believe it deep down, so you can then sincerely project that confidence in yourself.

Women can smell insecurity and self-doubt like a bloodhound dog can smell blood.

Women have been hard-wired to sniff out insecurity, self-doubt and desperation and avoid it, so you canâ€™t hide it if itâ€™s in there.

Youâ€™ve got to honestly believe that you are good enough for her and then interact with her, make her feel a renewed sense of respect and attraction for you and get her back.

You can do it, but you have to believe that you can.

If you doubt that you can do it, you wonâ€™t come across in the right way via text messages, on a phone

call or in person.

Another common reason why it might be difficult for a man to move on from his ex isâ€¦

3. The connection they shared was so unique and special that he can't seem to find anything like it with another woman

[image: The connection you and her shared is difficult to replace]

If you and your ex had an amazing connection (e.g. you were into the same things, the sex was great, you loved each others individual quirks and odd personality traits, you had the same or similar beliefs about life, politics or love, you shared a similar vision for the future, you got along so easily), it's only natural that it will be hard for you to move on with just any new woman you meet.

Here's the thing thoughâ€¦

Even though you and her shared a unique connection, it doesn't mean that she is the only woman who is perfect for a guy like you.

In reality, there are many millions of different women across the world who can easily be the one for you.

Of course, you probably don't want to hear that right now because you want her back and that's fine.

However, if you want her back after she has left you behind, what you need to understand is that all that really matters from is how she feels.

How much you want her back doesn't really matter to her.

What matters is how she feels about you and her together.

If she doesn't feel a renewed sense of respect, attraction and love for the man you've become since the break up, then it's not going to matter to her that you really want her back.

What matters is how she feels about you and her.

If you want her back, you have to reawaken her feelings for you, so she can realize for herself that there is still something there between you and her.

5 Common Mistakes That Guys When They Can't Move On From an Ex Girl

Right now, you probably just want the pain of losing her to stop, so you can either feel confident enough to interact with her re-attract her, or move on with a new woman and forget about her.

Yet, no matter what you've tried so far, you just can't seem to let her go and move on.

A lot of guys find themselves in your situation and then make one or more of the following mistakes, which rarely solve the problem or result in him getting her backâ€¦

1. Trying to distract himself with hobbies or work

Sometimes, a guy might decide that the best approach to move on from his ex woman is to make himself so busy that he doesn't even have time to think about her.

He will then focus all of his attention on work or hobbies to block out any thoughts of her and what he has lost.

Here's the thing thoughâ€¦!

Although getting on with your life is a good thing and can often result in your ex feeling attracted to you, it won't get her back if you just keep running away and never stop to interact with her and re-attract her on a phone call in person.

If you bury your head in work or distract yourself with hobbies to avoid thinking about it, it just keeps you stuck in a limbo where youâ€¦re not really getting over her at all.

Work and hobbies can only distract you so much, but as you would know, thoughts of her still find time to creep back into your mind.

You might have had a busy day or a busy week, but then you have to deal with laying in bed alone and thinking of her, or looking at happy couples when you're out in public and missing what you once had.

This is why, if you want her back, you should quickly improve your ability to attract her during interactions and then do it.

Interact with her, re-attract her and get her back.

If you don't want her back, then you have to level up your ability to attract women during interactions, so you can then attract high quality women and feel more than satisfied with what you've got.

If you don't level up and end up trying to settle for a girl who is less than your ex, you will never be able to move on.

You might also fall into the trap of treating your new girlfriend (or wife) badly at times, because secretly, you don't really love her or feel attracted to her the same way you felt for your ex.

So, whatever you do, make sure that you level up your ability to attract women, whether that is your ex or a new woman.

You deserve to get what you want, but you won't get that if you are unable to properly attract the women you want.

The next mistake that guys often make in your situation isâ€¦!

2. Comparing every new woman he meets with his ex

Regardless if how great your ex is, comparing her to every other woman you meet won't help you get over her.

The truth is that every woman is different.

Some women will be better than your ex and some wonâ€¦t.

What you and her shared was unique and it can never be replaced or replicated by another woman.

That is true.

However, by comparing every other woman to your ex and avoiding getting to a new relationship as a result, youâ€¦re simply delaying yourself from doing what you really want to do (i.e. get her back).

So, if youâ€¦re finding it hard to move on from your ex, rather than looking and hoping that you

might find someone better and then feeling disappointed when no other woman matches up, just focus on getting her back.

Even if you and her don't stay together forever after you get her back, at least you will have gotten her back, enjoyed having sex with her again, enjoyed hanging out and then parted ways on better terms.

However, that said, you'd be surprised at how many times I get contacted every week by men saying that they got their ex woman back and have been back with her for years now.

It's always great to hear that because it lets me know that I'm making a difference in this world.

I hope to make a difference in your life too.

If you want her back, then keep learning from me here at The Modern Man and I will help you do that.

If you want to move on and find a new woman, same thing.

All the answers you seek are right here.

The next mistake that guys often make in your situation isâ□|

3. Having sex with unattractive women because he doesn't feel worthy beautiful women anymore

After getting dumped by the love of his life, a guy will sometimes lose so much confidence in himself and in his value to women that he ends up accepting unattractive women.

He thinks something like, *â□□ This is the best that I can do. My ex was so beautiful and now that Iâ□□ve lost her, I have to settle for what I can get, because no other quality woman will ever want me. I can't even keep a relationship together. My ex was an amazing woman and was patient with me, but even she left me. If I want a relationship to last, I have to accept an unattractive woman. At least she won't leave me.*â□□

Yet, what he doesn't realize is that if he lacks the ability to build on a woman's feelings of attraction for him in a relationship, even an unattractive woman will want to leave him.

Additionally, as I mentioned earlier, since he doesn't truly feel attracted to the unattractive woman, he is less likely to be a good boyfriend or husband to her and will almost certainly end up taking her for granted and treating her badly at times.

This will then result in him getting dumped and being back where he started.

So, just know that wasting your time with unattractive women isnâ□□t the solution to get over your ex and be happy.

In fact, in most case, it makes a guy miss his ex girl even more because no other women even comes close to making him feel how she did.

Another mistake that guys often make in your situation isâ□|

4. Focusing on all of her good qualities and overlooking the bad because of how much he wants her back

One of the most common mistakes that guys make after a break up is to put their ex on a pedestal by focusing on all of her good qualities and ignoring the bad ones.

For example: A guy might think, *“She was so perfect in every way. Not only was she really beautiful, but she was also intelligent and was a great person.”*

Yet, he doesn’t focus on the things about her that weren’t so perfect.

For example: His ex might have been beautiful, but she may have used her looks as a weapon to make him jealous (e.g. by flirting with other guys, complaining about his physical appearance and saying that she likes guys who have traits that he doesn’t).

Alternatively, she might have been really intelligent, but she may also have been very selfish or lazy.

Another example is that she was good in bed, but was a horrible cook, or vice versa.

By only focusing on her good qualities, it causes a guy to think that he isn’t good enough for her and as a result, he will naturally display self-doubt and insecurity when he interacts with her, which will turn her off.

Another mistake that a guy might make in your situation is that

5. He doesn’t go through the ex back process to get her back for real

Many guys don’t yet know that the secret to getting an ex woman back has been discovered.

The code has been cracked.

It is a set of steps that you follow and when you do, it results in you and her getting back into a sexual relationship and being more in love than you ever had been before.

If you want to learn those steps, continue now!

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Is My Ex My Soulmate?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Yes, but probably not in the way you are imagining.

Why?

Here are 5 things you need to know about soulmates...

1. A soulmate can and will break up with you if the romantic feelings are no longer mutual

[image: A soulmate can and will break up with you if the feelings aren't mutual]

When in a relationship with a woman that he perceives as being his only and only soulmate, a guy might fail to notice her unhappiness because heâs too caught up in the romance of being with âthe one.â

Alternatively, if he does realize that there are some problems between them (e.g. because theyâve been arguing and fighting a lot), he might avoid facing and fixing those issues by thinking, âYes, weâre having some issues right now, but thatâs okay because weâre soulmates. Nothing can come between us. This is just a temporary bump in the road of our long journey together throughout life. We just have to focus on our love for each other and everything will be okay, because soulmates never break up. Itâs just the way it is. Sheâs the one for me and Iâm the one for her.â

It would be nice if that were the reality we live in, but itâs not.

The way that life works is that if a woman doesnât feel enough respect, attraction and love for her guy, then no amount of soulmate talk is going to make her want to stay.

If she does believe in soulmates, she might try harder to make it work (e.g. complaining about her unhappiness in the relationship in the hope that he then changes the things that have been turning her off), but if she realizes that nothing is changing, she will naturally begin to want to leave the relationship.

Hereâs the thingâ!

Unlike in the past where a woman was expected to stay married to a man, regardless of how miserable he made her feel, in todayâs world, a woman wonât stick around in a relationship if the guy canât maintain her feelings of respect, attraction and love over time.

So, even if he firmly believes his woman is his soulmate, if the feelings arenât mutual, sheâs not going to stick around because of his romantic notions of them being made for each other.

If you want to convince your ex to get back together again, it canât be because you believe that you and her are soulmates.

Itâs a nice thought, but itâs not what matters to her and talking about it with her isnât the way to get her back.

If you want to get her back, you have to make her believe that you are soulmates by getting her to fall madly in love with you again.

To do that, you first need to reawaken her feelings of respect and sexual attraction for you.

When you do that, she will naturally begin to reconnect with the love she used to feel for you, except this time, the love will be deeper, more mature and more meaningful than ever before.

When she falls back in love with you, she will naturally begin to believe that you are her soulmate and that life just wouldn't feel right without you in it.

However, if you try to get her back without first reactivating her feelings for you, then saying things like, *"I know we can work things out because we're soulmates! We're just meant to be together. I know it deep down in my heart. You and I are meant for each other"* just isn't going to change her mind.

Instead, she's going to pull away from you even more because you're going on and on about being soulmates, even though the feelings aren't mutual.

If you approach it that way, she will feel as though you just don't understand how to make a woman love you and want you, which will turn her off even more.

Women don't like the idea of being with a hopeless romantic.

Women love it when a man is able to make the feelings mutual (i.e. they both respect each other, feel attracted and are in love), while also being romantic at times.

If a man is being romantic when the feelings aren't mutual, then it's just not enjoyable for a woman.

The next thing you need to know about soulmates is

2. Any woman that you have a relationship with in this life becomes a soulmate

According to Wikipedia, a soulmate is described as, *"a person with whom one has a feeling of deep or natural affinity. This may involve similarity, love, romance, comfort, intimacy, sexuality, sexual activity, spirituality or compatibility and trust."*

Based on that, it's quite clear that any woman you have a relationship with becomes your soulmate.

Essentially, every woman you fall in love with becomes part of your journey of self-discovery, your personal story and the meaning of your life.

She becomes someone who was a loving, romantic mate to your soul; someone that you connected with along the way to enlightenment.

So, no matter what happens, a woman that you have a relationship with will always be a part of you because your life and hers have intertwined (even if briefly) and she helped you experience things that would never have happened without her (and visa versa).

For example: Your ex might have taught you how to be more patient, to go after what you want in life, to stand up for yourself, or even introduced you to something you may never have tried without her urging (e.g. sushi, skydiving, hiking, a certain type of music, a new way of thinking).

Likewise, you may have taught her how to relax and be more feminine and to not always be the boss, or maybe you pushed her to be more adventurous in her life and try new things.

Whatever the case, these are things that will stay with you (and her) for life, regardless of whether you remain in a relationship or go your separate ways.

In other words, your ex will always be your soulmate, because she lovingly touched your soul in ways that will stay with you for life.

By the way!

Maybe you can now see that even though your ex is your soulmate, it doesn't have to mean you won't be able to find another woman who will also be your soulmate in this life.

That said, it also doesn't mean that you have to leave your ex behind.

You can get her back if you really want to!

The next thing you need to know about soulmates is!

3. The idea of a soulmate isn't a scientific fact

Although there are many people out there who believe in the existence of a soulmate (i.e. one person who is your true love and is the other half of your soul), the reality is that no one can truly base the notion of a soulmate on actual fact.

The idea of having a soulmate is something that often gets dramatized in movies and romantic books, because it's interesting to fantasize about those things and escape the reality we live in.

However, the idea of there only being one woman for you doesn't work well for men, because they often end up feeling needy for one particular woman, which then turns her off.

Many men don't realize that women desperately want to be in the position where they feel needy for a guy, rather than him feeling needy for her.

Even though many women won't ever admit it in public, they secretly want to be totally engulfed by their feelings of love for a man.

So much so, that the woman then bases her entire life on him and the relationship they have together.

Many modern women like to act like they don't need a man, or as though they only care about their career, but secretly, they dream of being madly in love with a man and basing their life on him and the relationship they have with him.

A woman being madly in love with a man like that doesn't have to mean that he is her one and only soulmate.

The label soulmate can be applied if people want to use it, but most psychologists agree that believing a soulmate exists creates an unrealistic expectation for a relationship that most modern couples simply can't live up to.

For example: When a couple who believes that they are soulmates breaks up, it usually leads to deep feelings of failure or fear.

They worry that they will never find happiness again with anyone else because no one else can be their soulmate.

Sounds a bit silly, right?

If not, then you're one of the men who truly believe in their only being one soulmate for you in the infinite universe and as a result, you're going to end up very disappointed when you notice that she isn't interested in getting back with you based on how much you love her, care about her or want her.

Remember: If the feelings aren't mutual, then the idea of being soulmates quickly loses its power.

Getting your ex back, or even finding yourself another woman, has nothing to do with whether or not she's your soulmate.

What matters is whether or not you can make a woman feel respect, sexual attraction and love for you

as you talk to her.

If you can't do that, she's just not going to care.

The next thing you need to know about soulmates isâ€¦!

4. She has her own soul and you need to be relevant to her if you want her to be your mate

If a woman matures a lot faster than her man when in a relationship, she will start to feel as though he is holding her back from her journey of self-discovery.

If she wants very different things from life than he does (e.g. to get married vs. pursuing a career, to go traveling vs. buying a house and settling down together, to have children vs. never wanting to be a parent), the 'idea' of being soulmates isn't going to compensate for not being able to live the life she truly wants.

So, even though you might feel strongly that your ex is your soulmate, if you and her don't have similar long-term goals in life, the relationship won't be able to last.

For a couple to stay together, having mutual goals that they are excited to experience together in the long term is absolutely essential.

That doesn't mean you should live in each other's pockets and not have individual interests, hobbies and even goals that are separate from each other.

Instead, it simply means that overall, you and her should want the same things in the long-term and should be working towards making those things a reality.

So, if you are going to get her back, make sure that you are ready to connect with her about long term goals.

Note: Only do that after you've had sex with her again and are talking about how to make the relationship work.

Try don't to get her to commit to being in a long term relationship with you, even though the feelings aren't mutual.

Make the feelings mutual first, have sex with her again and then, when the relationship is getting back together, start talking about long terms goals that both of you would be excited to work towards.

When that happens, you become relevant soulmates for each other and as a result, there is no need to go your separate ways.

The next thing you need to know about soulmates isâ€¦!

5. Most women aren't seduced by soulmate talk

Sometimes, a guy will hope that if he talks to his ex about her being his soulmate, she will be swept away by the romance of the idea and will feel compelled to give him another chance.

Yet, in the real world, if the feelings aren't mutual, a woman sees talk about being soulmates as a desperate, confused attempt to convince her back into a relationship.

Remember: For romance and romantic notions to be enjoyable, the feelings have to be mutual.

So, if you want your ex to see you and her as being genuine soulmates, you need to focus on reawakening some of her sexual and romantic feelings for you first.

You can do that during your interactions with her via text, on a phone call and in person.

When you do, she will naturally realize that there is something unique and special between you and her, which could mean that you and her are matched at a soul level.

Then, if you talk about being soulmates it may actually be something that she wants to believe, rather than it being something that makes her want to get away from you.

4 Mistakes That Some Guys Make When Trying to Get a Soulmate Back

If you are serious about getting her back, I recommend that you avoid making these mistakes:

1. Writing her a letter or e-mail about being soulmates

Sometimes, a guy hopes that if he pours his heart out to his ex woman in a long letter (or e-mail), she will suddenly start seeing things from his point of view.

So, he'll send her a letter saying something like, *â€œI know that you might not want to hear this now that we've broken up, but I truly believe that you and I are soulmates. I feel it deep down in my soul. I feel so connected to you. I can't get you out of my mind and I know that it's a sign that you're the one for me. So, Iâ€™m not giving up on us no matter what. Iâ€™m going to do whatever it takes to make you forgive me and give me another chance. Thatâ€™s just what soulmates do. They donâ€™t give up on love, even when things seem unfixable. So, please just think about this. If you do, youâ€™ll realize that what Iâ€™m saying is true. You will feel it deep down in your soul that you and I are meant to be together.â€*

It sounds pretty cool, right?

A nice little speech.

Yet, talking about romantic notions via e-mail, written letter or a series of long text messages rarely (if ever) makes a woman change her mind. Why?

When a woman has stopped experiencing romantic feelings for her ex, him talking about them being soulmates just turns her off even more.

Instead of being swept off her feet by the notion of them being soulmates, she perceives his letter, message, text or e-mail as a desperate attempt to change her feelings for him because he has no idea how to re-attract her sexually.

So, if you donâ€™t want your ex to see you as being a desperate, hopeless, confused romantic, donâ€™t bother writing to her about your belief that you and her are soulmates.

She just won't care about that kind of thing if her feelings for you are currently switched off.

You have to switch her feelings back on first, before she will even begin to care about romantic notions.

Another mistake that guys often make in your situation isâ€¦

2. Saying that she will never find a man who loves her like he does

This is actually true.

No one will ever love your ex like the way you did, but that doesn't mean she can't be in love or be happy with another guy.

So, saying that to her isn't going to change her mind about being broken up (especially if you've done nothing else to re-spark her feelings of respect and sexual attraction for you).

Instead, it will usually just encourage her to try even harder to find herself a replacement guy, just so she can then prove you wrong.

No woman likes to be forced into loving a guy.

So, don't bother telling your ex that your love for her is better than anyone else's and that no other guy will ever love her the way you did.

Another mistake that guys often make in a situation like yours is

3. Not using attraction to get her back

Not knowing what else to do to get his ex back, a guy will often decide to just hang around with his ex and act like a nice, sweet, neutral friend in the hopes that she will eventually realize what she's been pushing away.

Yet, here's the thing

Hoping that your ex will reward your nice friendship with a sexual relationship, will usually end up with you being frustrated in the friend zone and disappointed when she starts dating a new man.

What you must get clear on is that, if you don't actively re-spark her feelings of sexual and romantic attraction, all she's going to feel for you is neutral feelings at best, or nothing at all at worst.

So, don't act like a nice, neutral friend with your ex if what you really want is to be her man.

Be her friend if you want to, but also make sure you use every interaction you have with her to make her experience strong, irresistible, sexual feelings for you.

The more you do that, the more she will start seeing you as the one for her.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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My Girlfriend Broke Up With Me to Focus On Her Studies

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 common reasons why a woman will break up with a guy for that reason:

1. She's just using that as an excuse to not have to tell you that she isn't attracted to you anymore

At one point, she felt enough attraction for you to want to be in a relationship, but that spark has long since died and she no longer feels as though a relationship is necessary.

Initially, when you first met, she may have been thinking something like, *"I really like him! He's cool, interesting to hang out with and we have fun when we're together. I feel so good when I'm with him. I think we could be happy in a relationship."*

She then opened herself up to being in a relationship with you.

If you then failed to build on those initial feelings of respect and attraction (e.g. because you assumed that she would remain attracted because she felt that way at the start of the relationship), she will have eventually begun to question whether or not she should stick with you for life.

Yet, rather than breaking up with you for real and then having to deal with you trying to talk her out of her decision (e.g. by promising her that you will change, begging and pleading with her to give you another chance, offering to do anything she wants), she went for the classic break up excuse of saying that she needs to focus more on her studies.

By giving you that excuse, you really can't argue with her about it (i.e. because you probably won't want to come across as being an insensitive, selfish jerk who doesn't respect her long-term dreams and aspirations).

As a result, she can then get out of the relationship without you making a big fuss about it.

Another reason why she might have said that to you is because

2. You need too much of her time

Sometimes, a guy doesn't know how to behave in a relationship with a woman (e.g. because he is inexperienced, he never had a strong male role model when growing up, it's his first serious relationship, he has watched too many romantic comedy movies and is copying the behavior of characters from those movies).

As a result, sometimes a guy will assume that he has to spend all of his spare time with her to show her how much he loves her.

If he has any free time (e.g. an hour for lunch from work or university, a day off, evenings, weekends), he insists on spending that time with her, or at least using the time to text her or call her to see what she's up to.

Alternatively, he might send her texts or social media messages to let her know what he's up to, just so she doesn't ever have to worry.

Over time, he also begins to expect her to do the same thing for him and if she doesn't, he starts to worry that she might be straying or losing interest.

He might try to justify his actions by thinking something like, *“I never want my girl to feel like she’s not the most important thing in my life. Nothing else matters to me as much as her—not even my career, interests, hobbies or even my old friends. She comes first in my life now and I have no intention of spending any time apart from her unless I absolutely have to (e.g. when I’m at work). Besides, I’ve seen how badly some guys treat their women and I never want my girl to feel insecure about my love for her. I want us to be close. I don’t want anyone else coming between us. So, I have to make sure that we are in constant contact with each other, or are with each other in person whenever it’s possible.”*

Although his intentions are good, the truth is that a woman doesn’t want to be a man’s sole reason for living and she doesn’t want to feel responsible for his emotional state in a relationship. Additionally, she doesn’t want to feel as though she is under his control and has to now live up to his strict standards of always being in contact with each other.

She just wants to relax and be in love, even if that means they don’t speak to each other for a day and she then has a chance to miss him and send him a text, rather than always feeling like she has to reply to his never-ending, persistent texts.

So, even though a woman wants her guy to be loving and attentive and make her feel like the most important person in his life, she doesn’t want to feel smothered by him and feel as though he survive without her constant presence in his life.

Naturally, if a woman comes to the realization that her guy is taking up too much of her time due to his neediness or inexperience at being in a relationship, it will begin to turn her off.

She will also begin to resent him when she realizes that she never has time to focus on other things that are important to her.

As a result, she will eventually get to the point where she breaks up with him and takes the time she needs for herself (e.g. to focus on her studies, hang out with friends again).

This is why it’s always essential that you maintain the right balance in a relationship with a woman.

Be there for her, but don’t be everywhere, at all times.

Let her breathe a little.

If you made the mistake of smothering her in the relationship by needing too much of her time, you can fix it.

It’s almost always never too late to fix your issues and re-attract your ex!

Another common reason why a woman might break up with you to focus on her studies is because!

3. The relationship became too stressful

[image: The relationship became too stressful]

For example: Here are some common ways that a guy will make his woman feel stressed in a relationship!

- Not maturing as fast as her and making her feel like she needs to mother him.
- Expecting her to put the relationship with him ahead of her personal dreams, goals and aspirations.

- Being annoying when she does spend time with her (e.g. accusing her of being interested in other guys, getting into arguments with her if she is being distant, being childish when she just wants to relax, unwind and be with a more mature kind of guy).
- Becoming needy and clingy to the point where she feels like being with him is hard work.
- Wanting to spend lots of quality time with her (e.g. going out for long dates, talking for hours and hours in person or on the phone).
- Wanting to hang out and just do nothing, or watch lots of TV when she wants to focus on her studies.
- Making her guilty for not wanting to spend all of her time with him.
- Turning her against her friends, so she stops spending as much time with them.
- Making her feel guilty if she doesn't make him feel loved and wanted all the time.

In situations like that, a woman will eventually will get tired of how much effort seems to be required to be in a relationship with her guy.

So, rather than continuing to deal with the stress, she will break up with him to then focus more on herself and her needs.

Another common reason why a woman might break up with you to focus on her studies is becauseâ"!

4. She just wants casual sex, rather than the responsibilities of a committed relationship

In some cases, a woman might hook up with a guy that she doesn't feel completely compatible with, simply because she likes the idea of having someone available to her for sex, or to go out with when she wants.

However, deep down she may not be interested in taking on the role of being a serious girlfriend to him.

If her boyfriend doesn't understand that, (e.g. he keeps talking about moving in together/getting married/starting a family), she will usually just break up with him.

However, rather than hurt him by admitting that she was with him for a bit of quick fun, she will say something along the lines of, *â"I really do care for you, but I need to focus more on my studies. Maybe one day in the future when Iâ"ve graduated from school/university we can look at getting back together.â"*

This allows him to hold on to the hope that he may get her back, while she secretly works on finding herself a replacement guy to fulfill her sexual needs, without taking on the responsibilities that come with being in a committed relationship.

Another common reason why a woman might break up with you to focus on her studies is becauseâ"!

5. She wants to find a new boyfriend. She's just saying that she wants to focus on her studies, so you give her space to find a new guy

[image: She is breaking up with you to give herself a chance to find a new boyfriend]

When a woman realizes that she no longer has feelings for her guy, she might decide to start looking

for another guy to replace him.

Yet, rather than come out and tell her guy that heâs not the one for her, she gives him the excuse of needing to focus on her studies as a way of letting him down gently.

Essentially, she wants to avoid him trying to stop the break up by saying things like, *âJust give me one more chance. I know that I can be the guy you want me to be. Just tell me what you want me to do and I will do it. Iâll do whatever it takes to make you happy. Please donât go! Please give our relationship a chance.â*

So, she doesn't say, *"Hey, I'm breaking up with you because I no longer have feelings for you."*

Instead, she says something like, *"I need to focus on my studies. Please give me time and space. We can talk again later, but for now I want to just focus on university. It's important to me."*

He will then feel the need to respect her reason for the break up, which will then allow her to quietly begin to find a new guy without the added stress of an ex trying to convince her change her mind about the break up.

4 Mistakes That Some Guys Make When They Get Broken Up With By a Woman Who Says She Wants to Focus On Her Studies

Regardless of the reason why your ex broke up with you (e.g. she sincerely want to focus on her studies, she wants to find a new man, the relationship became too stressful for her), if you want her back, you have to focus on reactivating her sexual feelings for you.

That is what works.

When your ex starts to feel surges of respect and sexual attraction for the new and improved you, she will become more open to finding another solution to her problem (i.e. not having enough time to study), rather than just breaking up with you.

However, for her to get to that point, you need to make sure that everything you say and do from now on is turning her on, rather than turning her off.

Unfortunately, most guys don't realize that, so they end up making one or more of the following mistakes, which only pushes their ex girl away even furtherâ!

1. Saying that he will wait for her no matter how long it takes

When a woman breaks up with a guy using the old *âI need to focus on my studiesâ* excuse, itâs easy for him to misjudge the seriousness of the situation.

Rather than quickly changing the things that have been turning her off and then interacting with her to re-attract her and seduce her back into a relationship, he instead holds onto the hope that once her studies are finished or are under control again, she will come back to him again and everything will be fine.

So, he might say to her, *âLook, I understand how important your education is to you and I would never want to stand in the way of you graduating. I love you and I only want whatâs best for you. So, take all the time you need to finish your studies. I promise that I will wait for you, no matter how*

long it takes.

He's hoping that she will be impressed by his devotion to her and will come running back to him as soon as she graduates.

Yet, rather than feel flattered that he's willing to wait for her, a woman will often feel turned off by what she perceives as his emotional dependence on her.

Here's the thing!

Although a woman definitely does appreciate a man who is loving and supportive of her dreams, she doesn't want him to put his life on hold for her, especially if she is lying about her reasons for breaking up with him.

Additionally, if she knows that he will struggle to attract a new girlfriend (i.e. because he got lucky when he met her), she will assume that he is clinging onto her and willing to wait as long as it takes because he won't have any other options.

That's not attractive to a woman.

Women are attracted to men who can easily attract other women, but are choosing them.

If a guy can't attract other women and is clinging onto the one attractive woman who gave him a chance, she feels as though she has to get rid of him because he is lower value than her.

Women don't like to trade down in terms of the social value of their man, especially if the woman is attractive.

If a woman is unattractive, she will be happy to trade down for a while and then dump her guy.

However, if a woman is attractive, she will feel the need to use her attractiveness to trade up in social value (i.e. have a guy who can easily attract other women because he is confident and charismatic).

So, if you want your girlfriend to give you another chance, don't tell her you're going to wait around for her indefinitely.

Instead, accept her decision (i.e. by being supportive of her need to focus on her studies) and then focus on having a fun life without her.

Note: This doesn't mean that you ignore her for weeks or months and secretly wait around for her to hopefully change her mind.

Instead, immediately begin enjoying your life without her and then let her see how confident, happy and forward moving you are in life whenever you interact with her.

Don't brag to her, of course.

Just genuinely get on with enjoying life without her and as a result, she will naturally see that you are a high value man who is liked by others and has the confidence to enjoy life with or without her in it.

When a guy doesn't understand that about women, he fears that his ex woman will get angry if she sees that he is enjoying life without her.

Yes, she might fake that she is angry, but she won't genuinely be angry.

The fact is that women are more attracted to confident men who don't actually need them.

If you come across as though you need her to be with you, in order for you to feel confident or to feel okay as a man in this world, she will avoid you like the plague.

So, immediately begin enjoying your life without her.

When she can see that you're happy, confident and getting on with your life without her, she will

naturally begin to feel drawn to you again, even if she doesn't openly admit it.

Even if she tries to fight it within herself, you will automatically seem more attractive to her and she will then begin to wonder things like, *â€œMaybe I can balance my studies and a relationship after all. Maybe we can be together again without me sacrificing my dreams. Why am I feeling drawn to him like this? Why do I suddenly want him back? I don't want to lose him. If I do, I won't be able to concentrate on my studies. I have to give him another chance.â€*

Another mistake that guys often make when in your situation isâ€œ

2. Sulking and seeking pity

Sometimes a guy might sulk, whine or even cry about the break up to his girlfriend as a way of hopefully making her feel sorry for him and feel guilty about the pain he is experiencing.

For example: He might say to her, *â€œHow could you do this to me? I know your studies are important to you, but does that mean you should discard me like I don't even matter to you? How can you put everything else in your life above me? Don't you even care that I love you and that I have given up everything up for you? Nothing is more important to me than you. Well, now I know the same didn't apply in terms of your feelings about me. I'm clearly an expendable, unimportant thing in your life. Well, thank you for making me feel worthless like this. Here I was giving you my allâ€œand for what? I never really mattered to you at all, did I? I just don't understand how what we shared seems to have meant nothing to you. Well, I won't stand in the way of your dreams. Go ahead and focus on your studies. I hope that you find happiness without me. As for meâ€œI will always love you and care about you. I will always think of you as being the most important person in my life. That's just the kind of guy I am.â€*

Yet, rather than make a woman think, *â€œDamn, he has a point. I really am being selfish and self-centered to be giving up a man who loves me so much. Why should I focus on myself and what I want? My studies aren't that important. He is the most important thing to meâ€œ* she will feel annoyed that he is trying to make her feel guilty for making her dreams and goals a priority.

As a result, she will lose even more respect for him and close herself even more.

So, if you really want to get your ex girlfriend back, don't bother trying to make her feel pity for you.

Instead, focus on reawakening her feelings of respect and sexual attraction for you, so she naturally feels drawn to you and becomes open to giving the relationship another chance for her own reasons.

Another mistake that other guys make when in your situation isâ€œ

3. Saying that he is willing to only see her once a week or whenever she can

When a woman breaks up with a guy using the reason of, *â€œI need to focus more on my studies,â€œ* some guys will make the mistake of bending over backwards to accommodate her schedule, in the hope that it makes her give him one more chance.

For example: A guy might say, *â€œI understand how important your studies are to you and I would never want to get in the way of that. I want you to realize that I will support you all the way with your dreams. Just because you're going through a tough time with university, it doesn't mean that it has to be the end of us. So, how about we only meet up once a week when it suits you? Iâ€œbe willing to take a back seat to your studies for now. I know that you won't be busy like this forever.*

This way, you can focus on getting through school/university and we can still be together. What do you say? Won't you at least consider that? Please think about it. I really can't bear the thought of losing you. I love you more than anything. Please don't end this because you're busy with your studies.

That can work if the woman doesn't really want to break up, but if she is honestly trying to get out the relationship for good and is just using her studies as an excuse, she isn't going to agree to it.

Additionally, a woman doesn't want to be in a position where her boyfriend is so desperate not to lose her that he is willing to see her only when she wants to see him.

If a woman feels like she's holding all the cards in the relationship (i.e. she has control over you), she just won't be able to respect you anymore.

If she can't respect you, she won't be able to feel sexually attracted to you and without those two things, being in a relationship with you doesn't seem that appealing to her at all.

So, don't become a doormat for your ex girlfriend to walk all over as a way of hopefully getting her back.

Another mistake that guys often make in your situation is

4. Getting angry at her for leaving him and walking away from what they had together

In some cases, when a woman breaks up with a guy to focus on her studies, he might get angry at her for putting herself first.

For example: He angrily accuses her of being selfish, loses his temper or sends her angry or irritated texts.

Unfortunately, getting angry with an ex girlfriend doesn't accomplish anything other than to push you further apart.

So, even though you might feel justified to react angrily towards your ex in some way, it's unlikely to make her see things from your point of view.

Instead, she will likely see your anger as another sign that she made the right decision to break up with you (i.e. because you're now coming across as a scary, abusive ex boyfriend and she doesn't want anything more to do with you).

So, if you truly want to get her back, the best way to go about it is by showing her what she will be losing if she doesn't give you another chance.

How?

One way of doing that is by maintaining control of your emotions around her no matter what she says or does.

As a result, she will realize that you are being the kind of man she can look up to, respect and feel proud to be with.

When she realizes that you are in control of your emotions (e.g. you are confident, calm, emotionally masculine and supportive, but not a pushover), she will start to feel drawn to you in a way that feels good to her.

She will see that you aren't so bad after all and if she were to leave you behind, she would end up

regretting it and then not being able to focus on her studies.

Then, the idea of balancing her studies with a relationship with you will start to be something that she really wants to do.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

Should We Get Back Together Even Though it May End Again?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Yes, because getting back with your ex will push you to become and be a better man.

As a result, you and her will benefit from that (i.e. she will get to experience a new, fascinating attraction for you and you will get to experience a new kind of love with her that completely changes your life), no matter what happens down the road.

So, if you are open to giving the relationship with her one more try, here are 4 tips to help you get ready to make it happen:

1. Understand that most relationships experience an ‘almost break up’ or an actual break up

[image: Most relationships experience a break up, or almost break up]

In the past, a man and a woman were expected to stay together for life, even if they were unhappy.

In today's world, a couple no longer has to stay in a relationship with each other to please other people (e.g. family, coworkers, neighbors, friends).

Nowadays, if a man or a woman want to end the relationship, they can go ahead and do it and society and those around them, will usually be encouraging and supportive.

As a result, many modern relationships experience an almost break up, or an actual break up when one or both of the people aren't happy anymore.

Despite that fact, a lot of guys these days end up feeling as though they are a failure as a man because their relationship ended in a break up.

Yet, the truth is, no relationship is perfect at all times.

In fact, these days, it's fairly normal for couples to almost break up several times during the course of their relationship (e.g. the woman says things like, *“If you do that again, I will break up with you”* or they spend a few days apart after a big argument to calm down).

Some relationships even go through many actual break ups before it eventually works (i.e. they are happy and stay together for life), because the man had to be put under enough pressure by the woman to feel the motivation to change and improve his approach her and the relationship (e.g. he was taking her for granted, he was being too clingy and jealous, he lacked purpose and direction in life and as a result, she didn't feel secure about their future together).

So, don't stop yourself from possibly being with the love of your life, simply because you and her have gone through a break up.

If want to get back together with your ex and give the relationship another chance, even though there is a possibility that it may end again, just go ahead and give it a shot.

You have nothing to lose and everything to gain (i.e. having a long-lasting, happy and fulfilled relationship with your ideal woman).

Even if you and her get back together and it ends a few months later, you will not only have learned

from the experience, but you will also have become a better, emotionally stronger man who will know more about how to attract a woman and keep a relationship together.

You literally have nothing to lose and everything to gain.

The next thing that can help you get her back is to realize thatâ€¦

2. Love isn't something to hide from

There are a lot of things in life that can make a person feel afraid (e.g. financial uncertainty, terrorism, political turmoil, the threat of physical violence), but love shouldn't be one of those things.

In fact, love is something to directly embrace and enjoy.

Embracing love and everything that comes with it is a big part of what makes life so interesting, meaningful and rewarding when it comes to relationships.

Additionally, all women respect a man who isn't afraid to face the potential heartbreak that can accompany love.

Here's the thingâ€¦

If you hide from love, you may end up settling for second best in life (e.g. getting into a relationship with a woman who you don't fully love or feel attracted to, but that you know will never leave you).

You won't be happy with yourself for never having the courage to try again with the woman you truly wanted to be with.

As a result, you may spend the rest of your life wondering, *â€œWhat if I had taken the risk? Where would I be now? Her and I could be happy and in love right now. I miss that.â€*

Essentially, the question you need to answer for yourself is: If you hide from love, what other things will you hide from in life?

For example:

Will you back down from following through on your goals and ambitions because you might fail, or will you take the chance and succeed beyond your wildest dreams?

Will you avoid going out and meeting new friends because you might get rejected, or will you risk that for the chance to develop great friendships that can last a lifetime?

If you get into the habit of hiding from what you really want, your life won't be fun.

You can try to distract yourself with hobbies, work and day to day responsibilities, but you won't be happy if you're hiding from what you really want.

So, if you want her back, don't hide from love.

Take a risk to relight the fire between you and her and experience what comes with it.

3. You will be giving her a priceless gift if you do it right

Falling in love again and experiencing all of the new, exciting feelings that come with, it is a priceless gift that you can give to your ex.

When she feels more attracted to you than she ever has before because you are now giving her the attraction experience she always wanted from you, but never got, she will realize that her love for you

is more powerful than she ever knew.

For example: You are now moreâ€¦

- Emotionally masculine, so she feels more feminine and girly when sheâ€¦s with you, rather than like a neutral friend or a big sister.
- Confident and self-assured, so she feels more respect for you as a man, rather than looking down on you or feeling as though you're not strong enough for a woman like her.
- Focused and determined about accomplishing your goals, so she feels safer in the relationship with you, rather than like she couldn't enjoy a safe and secure future with you.
- Confident in your attractiveness and value to her as a man, so she feels like sheâ€¦s winning by being your girl, rather than like sheâ€¦s doing you a favor.
- Emotionally independent and able to get on with things without her support or encouragement, so she feels less smothered and like she has to take care of you because you canâ€¦t cope without her.

This time around, you can show her what love really feels like, because youâ€¦re not the same guy you were before (i.e. You're not making the attraction mistakes that caused her to feel turned off by you. You've leveled up and become an even better man than you already were. You're more than good enough for her now).

When you reawaken her feelings and then build on them, her walls come down and she literally wants to be back in your arms again.

She wants to put in the effort to make things work this time around because she feels like itâ€¦s worth it.

It feels right.

Then, not only does she want to get back together, but she also wants the relationship to last, rather than ending once again.

Of course, all of that is going to feel great for you too.

So, if you want her back, donâ€¦t deprive her, or yourself of that incredible experience.

Falling back in love and experience an even better relationship than before is a priceless gift that you can give her.

4. You can make the relationship work this time around

[image: You can make the relationship work this time around]

If your relationship ended mainly because you were unable to maintain and build on her feelings of respect, attraction and love for you, there's no reason why that has to happen again.

You can do things differently this time around and as a result, the relationship will naturally work.

Other guys find themselves in a situation like yours and they are able to get their woman back and keep her.

How?

As long as a guy learns from his past mistakes and focuses on becoming a better man as a result of what happened between him and her, the relationship will feel better for both of them.

For example: If he used to get angry and annoyed at her when she was being unreasonable and argumentative, he now laughs at her and uses her tantrum as a way of building on her feelings of respect and attraction for him (i.e. by being an emotionally strong man and allowing her to behave like a girly woman).

If he used to fear losing her, which caused him to be clingy, needy or controlling, he now realizes that a woman is not a man's property and that holding onto her only makes her want to pull away even more.

So, rather than clinging on in an overly-protective manner, he relaxes and focuses on being loving and supportive, while at the same time going after his own goals and purpose in life.

This makes him attractive to her because he's now behaving like a confident, forward moving man that she can look up to and respect.

In the same way, if you get back together with your ex, it will most likely work out this time around, because you're not going to be the guy that you were before.

Where Some Guys Go Wrong When Thinking About Getting Back Together With an Ex

Getting back with an ex that you truly love can often be one of the best decisions you make in life.

As long as you approach things correctly, the relationship will be better and she will feel more respect, attraction and love for you than she ever has before.

That's good for you and it's good for her.

Unfortunately, most guys don't search around and find what you're reading now, so they often end up making one or more of the following mistakes:

1. He feels afraid of what might go wrong, so he waits too long and then misses out on an enjoyable, life-changing experience

[image: What if things don't work out and I end up getting hurt again?]

When a guy is in a situation like yours, he might make the mistake of continually thinking things like, *"What if it doesn't work out this time? I'll end up getting hurt again. Maybe it's better to just give up on us being together. We tried and it didn't work out, so maybe it can't work. I can't change anything about my approach to her, so it's just going to be the same result. She knows me too well. I can't change. I can't do anything differently. If I tried, it wouldn't work. I'd end up getting dumped by her and I don't want that. Maybe I just have to accept that it's over and I have no chance to have a happy relationship with her now."*

He then closes himself off and lets his ideal woman walk out of his life forever.

Then, by the time he realizes that he made a mistake, it's often too late and his ex has moved on and is now in love with someone else.

Do you want that to happen to you?

If you've read this far into the post, then you probably don't want her to move on without you.

So, would you rather play it safe and miss out on getting another chance with her, or take a chance,

enjoy a new, more amazing relationship with her and become an even better man as a result?

If you hide from what might happen, you may never fully discover the greatness of a love that has endured and reformed to be better, stronger and deeper than ever before.

Yes, you might get back together and yes, it might not last for life, but at least if you follow through and get her back, you will know the right answer (i.e. She is the one for you, you and her are meant to be together, it was just a temporary break up, your love is now stronger than ever, you have both become better people as a result of the temporary break up and now the relationship is so much better).

However, if you don't take a chance, you might always be left asking yourself, "What if she was the one?"

Another mistake that a guy might make in your situation is!

2. He gets into a new relationship, but never truly loves her because he fears that it might end one day

Sometimes a guy might decide getting broken up with again by his ex, just isn't worth the risk. So, rather than get back with her, he tries to move on by getting into a relationship with a new woman.

He might then choose a woman he doesn't fully love, knowing that if things don't work out between them, it won't matter that much to him, so he won't be very hurt by it.

He may say to himself, *"This isn't so bad. We get on well and we have fun together. At least I'm not single and lonely."*

Yet, deep down, he always feels that something is missing.

He knows that he's not living up to his true relationship potential, because he's settled for second best.

He doesn't really love his new woman.

He is kind of happy to be with her, but he doesn't love her in the same way that he loves his ex girl. Secretly, he wishes he could have his ex girl back, but he didn't do anything about it, so she moved on.

Don't let that happen to you.

Another mistake that a guy might make in a situation like yours is!

3. He distracts himself with hobbies or work to avoid having a relationship with his ex or with a new woman

He misses his ex woman, but doesn't have the courage to do anything about it.

He finds other women attractive, but is too afraid to get hurt again, so he avoids them.

He might then justify his actions by thinking, *"I'm just too busy right now to think about a relationship. At some point, things will calm down and then I'll start dating again, or maybe even consider getting back with my ex if I feel like it. For now, I'll just focus on my work (or hobbies)."*

Yet, what may not realize is that his behavior could be one of the subtle, secret reasons why his relationship with his ex didn't work out in the first place (i.e. because every time he was faced

with a hard decision in life, rather than take a risk, he avoided taking action by distracting himself with other things).

If that is true about him, it would have caused his woman to wonder things like, *“Is this the kind of man I want to be with? If he can’t face the difficult choices in life now, he probably never will be able to. He’ll always run and hide, rather than face life head on. I want a man, not a boy. I need someone stronger than this. I don’t want to continue on feeling uncertain about a future with him. I need certainty. I need to feel protected. I need a man.”*

As a result, she gradually began to lose respect for him, which then contributed to her overall decision to break up with him and try to find a new man.

Here’s the thing!

You can’t distract yourself from life.

It’s always there, waiting for you to level up.

Throughout life, you will always be faced with difficult decisions and the sooner you can accept that and get into the habit of facing your challenges head on, the better your life will be.

Another mistake that a guy might make in your situation is!

4. He develops deep insecurities that ruin his relationships with women for the rest of his life

[image: Developing insecurities about relationships due to never facing challenges head on and getting the result you want]

Sometimes a guy is so hurt and emotionally damaged after a break up, that he begins to feel insecure about his value to his ex and to other women.

For example: He might!

- Start believing that his ex is too good for him.
- Lose confidence in his attractiveness to other women, because he begins to see them as hard to get, or hard to keep.
- Begin thinking that he will never be able to get his ex back, so why bother trying.

Don’t let that be you.

Be a man of action and get her back now.

Be strong.

Face your life challenges head on and get the job done.

If you wait too long because you keep wondering things like, *“Should we get back together, even though it may end again?”* you may end up losing her because she gets tired of waiting for you to make a move.

You might also end up losing confidence in yourself around women, because you secretly worry that you won’t be able to keep a relationship together.

So, make sure that you don’t become one of those guys who are afraid of being in a committed relationship with a woman.

You can make it work with your ex if you really want to.

Believe in yourself.

Take action and get her back.

Youâ□□ll thank yourself for it when you and her are back together and the relationship and sex is better than it ever was before.

On the other hand, if you donâ□□t take the chance, you may end up losing your ideal woman and it may eat away at you for the rest of your life.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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I Just Texted My Ex to Say That I Miss Her

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

4 things you should do next:

1. Get ready to re-attract her if she replies

Start by replacing any negative thoughts running through your head with positive ones.

For example: If youâre saying to yourself, *âSheâs probably laughing at me right now for still missing her,*â replace that thought with something like, *âTelling her that I miss her is not a sign of weakness, but rather of strength. I am confident and emotionally strong enough to say that to her, so she will respect me for that.*â

Likewise, if youâre worried that sheâs going to ignore you, change that thought and start imagining her texting you back and saying things like, *âI miss you too,*â or *âHow about we meet up sometime to say hello as friends?*â or, *âHey, how are you? Long time no hearâ|howâs things?*â instead.

If youâre afraid that sheâs going to be cold, bitchy and maybe even respond with something along the lines of, *âGood! Iâm glad youâre missing me. I hope youâre miserable. Just for the record I donât miss you!*â then imagine yourself using humor to break down her defenses and make her open back up to you.

Whatever negative thoughts might be going through your mind, focus on replacing them with positive thoughts.

Why?

To be attractive to a woman, you have to be confident.

Women arenât attracted to self-doubt, insecure and fear in men.

So, just imagine that she is now feeling very happy about getting the text from you.

Imagine her getting your text, smiling and thinking to herself, *âCool! Iâm glad he reached out to me. Iâve been missing him too. Maybe we can meet up and see how things go from there. Iâll text him back!*â

By thinking in a confident way, you will then be much more likely to respond to her texts in a more confident way, which will be more attractive to her.

However, something to bear in mind is thisâ|

2. Donât get stuck in a texting conversation that leads to nowhere

When a man sends his ex woman a text saying that he misses her and she then responds, itâs only normal for him to feel relieved and happy about it.

As a result, he might then think to himself, *âThis is great! As long as sheâs responding to me, thereâs no need to rush things and maybe end up scaring her away. So, Iâll take it one day at a time and then call her when the time is right.*â

Yet, even though she initially seems keen to text back and forth, her interest fades away until she begins to not reply to some texts or not reply to any at all anymore.

Why?

Women hate it when men hide behind text.

If a man doesn't have the courage to call her, she will feel turned off by it and begin to lose interest.

Likewise, if a man doesn't have the motivation to call her, she will feel as though he's only just using her to feel good about himself again.

As a result, she will stop giving him that gift by ignoring his texts, or even getting to the point where she blocks him to teach him a lesson.

So, make sure that when your ex texts you back, you don't get stuck talking about random things via text in the hope that it will someone lead to getting her back.

Instead, focus on getting to talk to her over the phone or meet up with her in person, where you can fully re-attract her and get her back.

If you don't have the courage or motivation to get to that level with her and just want to remain behind the safety of text messages, you will almost certainly be disappointed.

I say that based on my many years helping men to get women back.

Men who hide behind text almost always get left behind by their ex woman and end up disappointed when they find out that she's seeing someone else and is happy without him.

Men who get to a phone call and in person meet up almost always get their ex back, or at least get to a kiss and sex with her again.

So, with that in mind, something else that you can do after texting your ex to say that you miss her isâ

3. Get her to meet up with you

[image: Imagine things going well with your ex, now that she knows you miss her]

The quickest way to get an ex back is by meeting up with her and re-sparking her feelings of respect and attraction for you.

So, regardless of how she responds to your text, just focus on steering her towards a meet up.

For example: If your ex replies to your text with something along the lines of, *âHey, I miss you too,â* you can then call her, use some humor to put her at ease and then invite her to meet up with you for a quick cup of coffee.

If she resists when you suggest catching up for coffee and says something like, *âIâm not sure if thatâs a good idea,â* you can respond by saying, *âHey, itâs not about us getting back together again of course. Itâs just about catching up as friends. We can do that, right? We can be friends and have coffee without it being a big deal. So, let's catch up tomorrow or the next day to say hi."*

In most cases, an ex woman will agree and you can then arrange a meet up.

On the other hand, if your ex responds with something more negative like, *âGood for you. I donât miss you at all,â* donât let it ruin your confidence and cause you to doubt yourself.

Instead, remain confident, have a laugh at her pretending to not miss you at all and say, *âIs that really true? ð I bet thereâs something about me you still miss.â*

She might then say, *âNo.â I don't miss anything about you,â* and you can reply with

something like, *“Not even my awesome foot rubs/my famous lasagna/the way I used to pull the back of your hair during sex/the way I used to make you laugh?”*

By mentioning something that she really liked about you, it causes her to have to think about it.

When she genuinely thinks about it, it will most likely make her smile, which then breaks down her walls a little bit.

If she is going to make it a bit easier for you now, she might then say, *“Okay, maybe I do miss that, but nothing else.”*

You can then build on that and get her to meet up with you by saying something along the lines of, *“Haha...okay, well, at least you can admit that”* and then attempt to get her to catch up with you, if you’re too afraid to call her and ask.

Important: It’s so much easier to get an ex to agree to catch up with you if you talk to her on a phone call.

Women are 10x more likely to say, “No” to a date request if it’s asked via text, compared to on a phone call.

Why?

On a phone call, she can hear the confidence in your voice and feel attracted to that and you can hear her laughing in response to any humor you use, which then makes you feel even more confident.

Yet, via text, she can play hard to get and pretend not to be interested to test your confidence.

If you fail her confidence test by doubting yourself, you then turn her off.

So, once again, don’t hide behind text.

Always get to a phone call and in person meet up as soon as you can.

Just click call and deal with it.

You can do it.

When you meet up with her, you can then

4. Re-attract her and get her back for real

For example:

- Show her that you’re much more confident than you used to be.
- Use humor to bring down her guard and make her feel good to be seeing you again (especially if she is initially being closed off or cold towards you).
- Flirt with her to create a sexual vibe.
- Turn her negative feelings about the break up into something you can both laugh about together.

The more she can see that you’re being a confident, emotionally mature guy around her, the less she will be able to hold on to her negative opinion about you.

She won’t be able to stop herself from dropping her guard a little bit and allowing herself to imagine what it would feel like if you and her got back together again.

From there, she will begin to realize that falling back in love with each other will be one of the most amazing experiences of her life.

As a result, she will open up to it and you can then confidently guide her back into a relationship with you.

By the way

If You Just Texted Your Ex to Say That You Miss Her, Try to Avoid Making These 3 Mistakes

There's nothing wrong with texting an ex to say that you miss her.

In fact, it can often be the opening she has been waiting for to get back with you.

However, what you do after that initial text can make or break your chances of getting her back.

So, to make sure that you do get her back, try to avoid making any of these mistakes

1. Losing confidence and hope about getting her back, if she doesn't reply

It's only natural that a guy is going to feel a bit rejected if he sends his ex girl a text to say that he misses her and she doesn't reply at all.

He may begin to think, *"Damn it! I really stuffed up this time. She's probably laughing at me right now and thinking that I'm such a loser! Maybe she has even moved on with a new guy and now know that I'm still missing her. I guess I tried, but it's over now. She's not interested and I need to accept that I won't be getting her back, ever. I've ruined it. I've shown her how I feel and she isn't interested."*

Yet, thinking like that only causes him to lose confidence in himself and in his value to her.

He stops believing in his ability to re-attract her and gives up on the idea of getting her back.

What he doesn't realize is that he's the one giving up, not her.

Yes, she might have ignored his text, but that doesn't mean she's not interested in getting back together.

There are many reasons why a woman might not reply to an *"I miss you"* text from her ex.

For example: She might be testing him to see if he has the confidence to pursue her even when she's being cold and unresponsive.

Alternatively, she might not want to make it obvious to him that she's happy to hear that he's missing her (i.e. because she misses him too) in case he then says, *"Oh, you misunderstood me. I miss you, but I don't want you back. Sorry if I gave you the wrong idea."*

Another reason for her not responding could be because she's waiting to see if he has the balls to follow through on his text (i.e. call her on the phone, meet up with her and re-attract her).

Alternatively, she might not know what to reply to a *"miss you"* text and will have to think about it for a few days or a week before she is ready to reply.

By that time, she might feel insecure and think, *"It's too late to reply. What if I reply and he then ignores me? I'll just wait until he texts me again."*

As you can see, there are many reasons why a woman might not respond to your text and doesn't always mean that she isn't interested.

So, if you lose confidence and hope when she doesn't reply (or does reply, but doesn't seem very

interested), youâll never find out the truth.

You might miss your chance of getting her back all because you didnât believe in yourself enough to keep going.

Donât make that mistake.

Believe in yourself and get her back, even if she doesn't initially make it obvious that she is open to getting back with you.

Another mistake to avoid making isâ

2. Being afraid to get on a phone call

As the man, itâs up to you to initiate the ex back process.

Donât be afraid to call your ex on the phone, so you can then begin to re-attract her and make her want you back.

Yes, she may be a bit resistant or reluctant initially, but once you spark some of her feelings of respect and sexual attraction for you over the phone (e.g. by making her laugh and smile and feel good to be talking to you again), her guard will come down and she will naturally being to open back up to you.

On the other hand, if you wait too long to make a real move (i.e. talk to her on the phone or in person), you might eventually discover that sheâs moved on and is now madly in love with a new guy.

Don't let that happen to you.

If you want her back, you have to be bold and take the actions required to get her back for real.

Donât be afraid to contact her.

Do whatever needs to be done to get her back.

Get her on a phone call with you, start re-attracting her and get her to meet up with you.

At the meet up, build on her feelings of attraction and then get to a hug, kiss, sex and back into a relationship.

That's how a real man gets his woman back.

He doesn't sit around waiting in the background hoping that she makes all the moves, or hoping that she never moves on.

He does what it takes to get her back now and then enjoys an even better relationship with her than before.

Another mistake to avoid making isâ

3. Only feeling confident if she replies and says she wants to get back together

Every woman is different.

Some women want to test a guy to see if he remains confident when she isn't very open about her feelings, or when she doesn't show much interest.

Some women will say, *âI miss you tooâ* and then expect you to follow through and get her back.

Some women won't reply at all, because you haven't re-sparked her feelings for you first, so the feelings aren't mutual yet.

Some women will reply and just be friendly because they will be afraid to show too much interest in case you reject them.

Whatever happens, just make sure that you don't base your confidence level on how she responds (i.e. only feel confident if she replies and says that she wants you back).

If you want her back, you have to be confident enough to make it happen.

In almost all ex back cases where a woman has broken up with a guy, she won't be the one who tries to get him back.

She will wait to see if he has what it takes to re-attract her and get her back and if he doesn't, she will move on.

×

[image]

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Should I Make Peace With My Ex?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Yes, you should make peace with your ex.

Here are 5 reasons why you should do it ASAP:

1. You can then get her back

[image: Making peace with your ex]

If you don't make peace with your ex, you both might continue feel negative emotions when you think about each other (e.g. anger, annoyance, resentment, disappointment, betrayal, sadness, regret), which can then negatively affect your chances of getting each other back, or ruin your happiness in your next relationship with someone else (i.e. because you will be missing your ex, or still feel regret about how things went down).

On the other hand, if you make peace with your ex and you both genuinely forgive each other, it will wipe the slate clean for both of you.

Both of you will be able to look at each other in a new light and see each other for who you are now, rather than who you used to be.

From that clean slate, you can then start rebuilding her feelings of respect, attraction and love for you and get her back.

So, to make your ex begin to see you in a more positive light, start by apologizing to her (preferably face-to-face) about what happened.

For example: You might say something along the lines of, *"I just want to say that I'm sorry for what happened between us. I now realize that the way I handled things was wrong and I could have done a much better job of it. To help us both heal from the break up, I feel as though it's in both of our best interests to make peace with each other, so we aren't carrying the emotional baggage into any new relationship we have with someone else. I want both of us to be free to be happy again. If you think about it, you will realize that what I'm saying is true. If we don't make peace with each other, you probably won't fully trust other guys in the future, which won't be good for you. So, how about it? Can you let go of the past so that we can both move forward without holding onto old negativity and grudges? Let's make peace with each other, so we can let go of any negative feelings and get on with our lives in a more positive way."*

By encouraging her to let go of what happened between in the past, it helps her to begin to see you for who you are now; a new, improved and more mature man.

If you also make her feel attracted to you as you talk to her (e.g. be very confident, make her laugh, flirt with her), something interesting happens.

She doesn't want to let go of you.

Suddenly, she stops thinking of you as her horrible ex and starts seeing you as a man who is now emotionally mature and confident enough to make peace with her and allow her to move on and enjoy her life without you.

When that happens, her defenses come down and she becomes more open to feeling attracted to you

again and to saying, “Yes” if you ask her to catch up for a coffee to say hi.

If you don’t ask her to catch up after saying something like that to her, she will go away feeling drawn to you and may not know why.

As a result, you will almost certainly get a text from her.

In most cases, a text from an ex woman in a situation like that will be her subtle way of trying to tell you, *“I want more. Please text with me, get me on a call, make me smile and laugh and then ask me to catch up with you. Please”* “I miss you.”

Of course, you don’t have to look at her text in that way.

You can be insecure if you want to and assume that she is texting you for no reason, or just to be nice.

However, I don’t recommend that you think in an insecure way if you want to get her back.

When it comes to attracting women, it’s always best to think in a confident way, so you can then take confident action, rather than hesitating, doubting and missing out on the great opportunity that is presenting itself to you.

Always remember that women are naturally attracted to confidence, so it’s never a good idea to be insecure or self-doubting around a woman.

If you want your ex back, then be confident, believe in yourself and attract her back.

Another reason why you should make peace with your ex is because

2. You will clear your conscience

[image: Making peace with an ex and getting her back]

Making peace with your ex allows you to clear your conscience (i.e. feel free of guilt).

Not making peace with your ex causes you to live with regret, worry, stress, disappointment and sadness about how things ended between you and her.

For example: Months or years from now when you’re still not over her, you may find yourself thinking something like, *“I should have made peace with my ex. I handled the situation in such an immature and childish way back. I still feel embarrassed by it. I wish I could go back and fix things between her and I. I wish I could apologize and get her to forgive me. I hate living with regrets, but it’s too late to fix things with her now.”*

It’s not too late.

There is always time for forgiveness, but if you want to get your ex back, it’s better to get it done sooner than later.

If you leave it too long, you or her might completely move on with new people and there won’t be an opportunity to talk and make peace with each other.

So, go ahead and do the right thing while you can.

Regardless of whether your ex accepts your apology and forgives you, or even says something along the lines of, *“I don’t care what you have to say. I hate you and I will never forgive you!”* you will at least have a clear conscience knowing that you tried to make peace with her.

If she reacts in a negative way like that, it will then be her who has a heavy conscience and wants to make peace with you.

If she reacts in a positive way, make sure that you believe in yourself and get her to meet up with you in person, so you can re-attract her, seduce her and hook up with her again.

After that, you and her can decide what to do from there.

Another reason why you should make peace with your ex is becauseâ€¦!

3. She will be impressed by your maturity

[image: She will be impressed by your maturity]

All over the world, women are instinctively attracted to certain qualities in a man.

For example: A woman will almost always choose a confident, emotionally strong, emotionally mature man over an insecure, emotionally weak, childish and immature man.

Itâ€™s just how her instincts work.

So, when you take the initiative and make peace with your ex (especially if she is initially being closed off and difficult), even if she wonâ€™t admit it, she will secretly be impressed by your emotional maturity.

She can then begin to think things like, *â€œMaybe Iâ€™m being too hard on him. After all, it takes a mature and emotionally strong man to admit his mistakes and apologize like that. Maybe he really has changed after all.â€*

She then drops her guard a bit and becomes open to talking to you again over the phone, or seeing you in person.

Then, the more you interact with her, the more chances you have to restore her feelings of respect, attraction and love for you and get her back.

Another reason why you should make peace with your ex is becauseâ€¦!

4. She's probably hoping that you make peace with her

[image: She is probably hoping that you make peace with her]

It would be nice if your ex came out and said, *â€œLook, I know you feel bad about what happened, so let me make it easy for you by telling you that all is forgiven. I am no longer angry about anything, I love you and want us to get back together.â€*

Yet, most women just don't make it easy for their ex like that.

Here's the thingâ€¦!

Even if your ex is still in love with you and is secretly hoping you and her will become a couple again, in most cases, she'll wait (and hope) that you are man enough to take the lead by making peace with her.

Essentially, she wants to see if youâ€™ve got the emotional courage (i.e. balls) to apologize to her for your past mistakes and make things good between you and her again, even though she isn't making things easy for you.

If you can do that, she will naturally feel respect for you again.

When that happens she will also feel sexually attracted to you and with those two things in place, itâ€™s only a matter of time before she reconnects with the love in her heart.

So, don't waste time waiting for a sign from her to make a move and wondering, *Should I make peace with my ex?*

Instead, contact her right away and do it.

Remember to maintain your confidence with her regardless of what she says and does to put you off.

Focus on actively making her have feelings for you again (e.g. by making her laugh and smile, showing her the new and improved version of you).

If you do that, you and her will naturally get back together.

Another reason why you should make peace with your ex is because

5. It gets rid of the negative feelings she has about you

Regardless of whether you and your ex get back together again, or just decide to move on and date other people, it's always better to go forward with a clean slate.

Not only will making peace with your ex erase a lot of her negative feelings about you, but it will also allow you and her to be friends as well.

If you are 'friends' with her, it means you can communicate with her via text, on the phone and even in person.

and you know what that means?

You have the perfect opportunity to re-attract her and seduce her back into a relationship with you.

It's up to you whether you want to be in the friend zone with your ex or not.

You are in control over how much or how little attraction she feels for you.

3 Mistakes Guys Make When Trying to Make Peace With an Ex

As you may have realized by now, making peace with your ex is a good idea.

However, if you approach it in the wrong way, it can cause your ex to close up and feel even more negative emotions towards you.

So, to make sure that you get the job done correctly, be sure to avoid these mistakes:

1. Trying to make peace via text, e-mail or letter

When an ex is being stubborn and won't answer your calls or agree to meet up with you, it might seem easier to just apologize to her in writing (e.g. via text, e-mail or letter).

However, rather than make her think, *Well, at least he is making an effort to make peace with me. Maybe I should forgive him after all,* it usually annoys an ex woman even further.

Why?

She can't see your body language or hear the tonality of your voice, so rather than giving you the benefit of the doubt and assuming that you're being confident and mature, an ex woman will usually think negatively about the approach you are using (i.e. you're too afraid to call her, you're being wimpy and pouring your heart out via e-mail because you're needy and lost without her, you are

being way too soppy and romantic towards her even though the feelings aren't mutual at the moment).

Of course, if your ex is totally in love with you and is hoping for any sign that you want her back, then a letter won't ruin your chances with her.

Yet, in pretty much every ex back situation where a guy needs help, his woman is no longer attracted to him anymore and doesn't want to get back together.

In those situations, trying to make peace via a series of texts, a written letter, an e-mail or a long-winded social media message, is not a good idea.

If you want to make peace with her for real, get her on a phone call with you, or better yet, get her to a meet up and talk to her face-to-face.

She will respect you for that.

The next mistake to avoid isâ

2. Trying to make peace in a way that she will see as selfish

Sometimes a guy might try to make peace with his ex by telling her all about his feelings, regrets, needs and wants.

For example: He might say things like, *âI feel so terrible for what Iâve done. I canât even sleep or eat thinking about how much I hurt you. I feel so bad all the time. I regret how I handled the end of our relationship and how I treated you near the end. I need you to forgive me so I can stop hating myself. Please just give me a chance to apologize and clear my conscience. It's really weighing me down.â*

Essentially, the only reason he wants to make peace is to feel better about himself.

All she's going to be hearing is, *âMe, me, me!â* which is going to make her resent him even more, rather than give him the gift of forgiveness.

So, if you want to make peace with your ex, focus on doing it in a fair and balanced way.

She needs to feel as though it is of benefit to her to forgive you and make peace with you, rather than it only being about you getting what you want.

The next mistake to avoid isâ

3. Thinking that making peace with her is the main part of getting an ex back

Making peace with your ex is only one part of the ex back process.

To get her back after that, you need to make her feel sexually and romantically attracted to you as you talk to her, so she then wants to get the relationship back together for her own reasons.

So, by all means make peace with her, but don't stop there if you want her back.

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[image]

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[image: Dan Bacon]

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Will My Ex Always Think of Me Based On How I Behaved During the Break Up?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

It depends.

Some women will hold onto that negative memory, some will modify the memory over time and not see it as being so bad and other women will miss their ex and want him back regardless of how badly he behaved during and after the break up.

Of course, you don't have to sit around and hope that by some chance, she will be one of those women who miss you.

You can take action now and actively change how your ex thinks about you.

Here are 5 things you can do if you want her back:

1. Get clear on her reasons for ending the relationship

Yes, you didn't react well when she broke up with you, but that's not why the relationship came to an end.

She had other reasons that were compelling her to go through with a break up and then try to move on from you.

So, if you focus on apologizing for how you behaved during the break up, you will be missing the point entirely.

When you apologize, she might then say, *"Look, I accept your apology and thank you for saying that. I know you didn't mean to do all those things when we broke up. However, I'm still not interested in us getting back together. We gave it a shot and now it's over. You need to accept that and move on."*

She will say that if she can see that you don't really understand why she wanted to break up with you in the first place, or you do understand, but have no idea how to change and improve to re-attract her. So, how about you?

Do you understand your ex's secret, subtle or deeper reasons for ending the relationship?

If you're not quite sure, here are some questions to ask yourself to gain clarity:

Did you pretty much always treat her well (i.e. with respect and love), or did you slip into a habit of treating her badly (e.g. you became too emotional/aggressive/abusive/controlling/selfish) when things didn't go your way or she annoyed you?

Did you keep your promises to her to be a man that she could rely on, or did you often go back on your word (e.g. forget to call, unavailable when she needed you)?

Did you remain emotionally strong and independent in the relationship, or did you end up becoming too clingy, jealous, possessive or needy?

Were you nice and loving towards her in public, but critical or emotionally distant when you were alone?

Were you emotionally fearless, or were you emotionally closed off and unavailable to her because

you feared falling in love and getting hurt?

Were you able to maintain her feelings of attraction, or did you become insecure and stop being the cool, confident guy that she met originally?

Once you know where you went wrong, focus on showing your ex that you've moved past the level that you were at when she broke up with you.

When she experiences the new you (i.e. you are now behaving and responding a completely different way to the way she remembers), her guard will naturally come down and she will start thinking of you in a more positive light.

She will feel drawn to you and want to explore her new, fascinating feelings of attraction for you.

The next thing you can do to get her back is to

2. Prepare to make her feel a renewed sense of respect and attraction for you

If you're asking, "Will my ex always think of me based on how I behaved during the break up?" the answer can either be yes or no, depending on how you approach things from now on.

Yes, if you continue to talk and interact with her in a way that doesn't make her feel a renewed sense of respect and attraction for you (e.g. begging, pleading, shouting, getting into arguments, sucking up to her, acting like just a friend, seeming to feel unworthy of her now).

No, if you make her feel a strong, renewed sense of respect and attraction for the new and improved man that you've become since the break up.

So, if you want the answer to your question to be, *No*, it's essential that you prepare yourself to make your ex feel a renewed sense of respect and attraction for you when you next interact with her.

How can you do that?

Firstly, by changing and improving some of the things that matter to her (e.g. becoming more confident, emotionally open, not taking everything so seriously anymore), so she can naturally feel some respect and attraction for you based on you quickly learning from your mistakes and becoming a better man as a result.

Secondly, stop putting yourself down.

The more you keep thinking things like, *"Will my ex always think of me based on how I behaved during the break up?"* or *"I stuffed up so badly, she will never be able to forget that,"* the more it will come across in the way you think, act and behave when you are with her (e.g. you're nervous and insecure around her, you put yourself down in front of her, she can sense that you feel unworthy of her now, your body language is now awkward and tense around her).

Rather than feel a renewed sense of respect and attraction for you, she will feel even more turned off by you and will want to end the interaction.

So, to fully regain her respect and attraction for you and get her back, you have to believe in yourself and your ability to re-attract her.

Stop assuming that your ex will always be thinking negative things about you and start imagining how happy and surprised she will be when she encounters the new and improved you.

Believe in yourself.

The next thing you can do to get her back is toâ€¦!

3. Get her on a phone call

If things ended badly between you and your ex, you might feel nervous about calling her.

Itâ€™s even possible that youâ€™ve tried to call her already and sheâ€™s not answering your calls.

However, you canâ€™t make any real progress with her until she can interact with you and hear the tonality of your voice (e.g. do you sound confident and self-assured, or do you sound nervous and insecure?).

On a phone call, she can quickly determine for herself that some changes have already taken place.

So, donâ€™t avoid calling her.

If youâ€™ve already tried that and sheâ€™s refusing to answer your call, text her this:

â€œHey! I tried to give you a call earlier/yesterday, but you must have been busy. I just want to ask you something quick over the phone. Donâ€™t worry, itâ€™s nothing serious and I do accept that weâ€™re broken up. Itâ€™s just a quick question. Iâ€™ll call you in 10 mins.â€

If she responds right away and asks something like, *â€œWhat do you want to ask me?â€* just call her back right away. Donâ€™t text back!

Alternatively, if she doesnâ€™t respond to you at all, just call her 10 minutes later.

If she still doesnâ€™t answer, leave it for a day and then try to call her again.

If she still doesnâ€™t answer, text her this:

â€œHey! I tried calling you yesterday to ask you this question, but I assume that youâ€™re really busy at the moment. No problem. I might try to get hold of you some other time so I can ask you this question.â€

At this point, she will most likely be curious and wondering what you want to ask her.

She may then either call you to find out what you want, or text you to say that sheâ€™s available for you to call her now.

Then, just pick up the phone and call her.

Once you get her on a call with you, make sure that whatever youâ€™re saying and doing is restoring her feelings of respect and attraction for you again and getting her to think things like,

â€œWhat is going on here? Why am I laughing and smiling when I should be telling him to get lost? Iâ€™m actually enjoying myself. I feel so confused. Maybe it's not over between us.â€

From thereâ€¦!

4. Get her to meet up with you

When your ex seems relaxed and open (e.g. after a few more minutes of conversation where

youâ€™re making her laugh and smile), you can say, *â€œHey, it was good chatting to you again.*

Anyway, what I wanted to ask you is for us to catch up for a quick cup of coffee sometime this week.

Of course, Iâ€™m not asking for us to get back together again. I just think it would be nice to catch

up as friends to say hello. So, let's catch up this week. I'm going to be busy on Monday and

Wednesday, but Tuesday and Thursday are open at the moment. Which of those days suits you

best?â€

By the way!

Some women won't instantly agree to meet up with their ex guy, so don't get disheartened if she says something like, *"No, I don't think that's a good idea,"* or even, *"Why would I want to do that after the way you behaved during our break up?"*

Instead, just maintain your confidence with her and say, *"Hey, it's just a coffee. I know that I stuffed up and our romantic relationship is over, but that doesn't mean we can't at least be friendly and share a cup of coffee one time. If you never want to see me again after that, I'll accept your decision and leave you alone."*

She will then likely agree (especially if you've been making her laugh and smile during the conversation with you), because she will want to see for herself if you really have changed or not. Then, when you meet up with her!

5. Re-attract her and start a new relationship with her based on her new feelings for you

[image: Re-attract your ex and get her to forget about how badly you behaved during the break up]

At the meet up, focus on showing her (not telling her) that you really have changed and are no longer the guy she broke up with.

For example:

If she is being cold and unfriendly towards you and saying something like, *"I shouldn't have come here. This is such a waste of time. Let's just get this over and done with, okay?"* rather in a completely different way than you normally would.

For instance, if the old you would react by getting upset, angry, defensive and would then start doubting himself around her, the new you uses her negativity to make her laugh and relax.

When she sees for herself that you really are a new man now, she will naturally start to feel more respect and attraction for you (even if she tries to hide that from you) than she did over the phone.

She will then stop focusing on your past mistakes and start focusing on things about the new version of you that she does like.

As a result, her guard will then come down and she will open back up to you, rather than continuing to push you away because of how you behaved during the break up with her.

Where Guys Go Wrong When Trying to Get an Ex Woman Back After Behaving Badly During the Break Up

It's not only you who behaved badly when you got dumped.

Many guys have made the same mistake.

Yet, just because you messed up during the break up, it doesn't mean that you can fix things now.

Unfortunately, most guys don't ever read what you have read here today and as a result, they may end up making one or more of the following mistakes!

1. Feeling unworthy of his ex because of how he behaved during the break up

For example: A guy who behaved badly during the break up with his ex might start thinking things like, *“If I was in her position, I’d never forgive me for how I behaved during the break up. I don’t deserve a woman like her. I’m not good enough for her. I will never be able to get her to forgive me and give me another chance. It’s over. I’ve ruined it. I have no chance.”*

Yet, what he doesn’t realize is that feeling unworthy of her love only makes him seem less attractive to her (and to other women).

Why?

A woman likes the idea of being with a man she can look up to and feel proud to call her guy based on his confidence, high self-esteem and self-assuredness.

So, when he doesn’t believe in his value to her, everything about him (e.g. his body language and the way he talks, acts, thinks and behaves) comes across in an unattractive way (i.e. nervous, unsure of himself, needy, insecure, low self-esteem).

As a result, his ex feels even more turned off than before.

So, if you want to get your ex back, you have to believe you ARE good enough for her, regardless of the mistakes you made in the past.

If you can’t get to the point where you genuinely believe that you deserve her, neither will she.

Another mistake that guys often make in your position is

2. Assuming that a woman’s feelings can’t be changed

If your ex said something like, *“It’s over between us. I will never be able to forgive you for how you behaved during the break up. You killed my feelings for you and nothing you say and do will ever change that,”* you might then think, *“My case is hopeless. She will never change how she feels and give me another chance. I have no chance. I can never get her back.”*

Yet, here’s the thing

Feelings change all the time.

Think about it

There was a time when you and her were complete strangers and she didn’t feeling anything from you.

Then, there was a time when you first started interacting with each other and she began feeling stirrings of attraction and respect for you.

Then, she became your girlfriend and her feelings grew and intensified into love.

Her feelings were constantly changing in a positive direction.

Yet, when you got into a relationship, things gradually started to fall apart bit by bit and her feelings headed along a negative direction.

By the time she decided to break up with you, she was regularly experiencing emotions such as anger, disappointment and regret.

As you can see, your ex’s feelings for you have changed multiple times in the past and they can easily be changed again.

You might feel uncertain of your ability to re-attract her and get her looking at you in a positive light,

but you really can do it.

Other guys have gotten their ex woman back after saying or doing much worse than you said or did during the break up.

The next mistake isâ€¦!

3. Waiting too long to make a move and get her back

When a guy really stuffed things up during the break up, he may start to think, *â€œMy ex is probably too angry with me at the moment to even consider giving me another chance. So, if I give her some space for a few months, maybe she will calm down and stop thinking of me based on how I behaved during the break up. Then, she might be more open to forgiving me and we can possibly meet up and see where things go from there.â€*

Here's the thing thoughâ€¦!

Sometimes a woman can miss her ex and come back to him, simply based on him not doing anything other than giving her space and time to think.

However, in almost all ex back cases that I've seen over the years, if a guy doesn't take action to actively re-attract her and get her back, a woman will focus on getting over him by finding herself a replacement guy.

This is why, if you want your ex back, you shouldn't waste time waiting for her to possibly forgive you and come running back one day.

You can do that if you don't care about getting her back or not, but if you really do want her back, you need to actively interact with her and change how she thinks of you based on how you're behaving now.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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My Ex is the Female Version of Me

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

6 common reasons why this can happen in a relationship between a man and a woman:

1. You have a similar energy

Having a similar energy with a woman can be a good thing, if one of you is clearly masculine and the other is clearly feminine (e.g. you're a cool, masculine guy and she's a cool, masculine girl).

However, if the man and woman are fairly neutral in their energy (e.g. the man is reserved, doesn't express his masculine side and the woman is also reserved and keeps her natural feminine side hidden), the sexual spark will die out and they will feel more like friends.

[image: Losing the spark due to becoming too similar in energy and behavior]

When that happens, a woman might find herself feeling bored in the relationship and wondering why she no longer feels attracted to her man.

Then, when another guy comes along and sparks some of her feelings of sexual attraction again (e.g. a male coworker or a guy that she meets at a club or a party, who is able to bring out her feminine, girly side and make her feel turned on easily), it highlights to her what is missing from the relationship.

As a result, she might then decide to break up with her guy (even though he is the male version of her and even though they get along so well), so she can hook up with a new man who makes her feel attracted and turned on, rather than making her feel boring, neutral emotions all the time.

Of course, this doesn't mean that her ex can't get her back!'

In many cases, because they were so close and got along so well, it's easy to get the relationship back together.

He just needs to know how to create a sexual spark with her again and then know what to say and do to get her back into a relationship with him.

Another legitimate reason why you might feel as though your ex is the female version of you, is!'

2. You have the same, or a very similar level of academic intelligence

Being on the same level academically is one of the main things that draws a couple together, because it allows them to easily connect in a way that suits their level of intelligence.

This is why you will often see two doctors or two lawyers in a relationship with each other, but won't often see a doctor married to a plumber, or a lawyer married to a school teacher, unless of course the man is the lawyer and the woman is the school teacher.

So, one of the reasons why your ex might seem like the female version of you is because she is on the same, or a similar level of intelligence as you are.

However, just because you and her are on the same level academically, it doesn't mean that you will then match up perfectly in other areas of your life (e.g. religious views, family values, future plans).

If there were a lot of those differences between you (e.g. you wanted to keep partying and she wanted

to settle down, or vice versa), it could have contributed to the break up.

Of course, that doesn't mean you and her can't work things out.

In fact, having a common base (i.e. a similar academic intelligence) is a good start for getting a relationship back together, because she will know that it will be difficult for her to find another guy who is like you.

There might be other intelligent men out there and they might be cool in other ways, but they won't be intelligent in the way you are and they won't be cool like you.

She will know that and when you interact with her and make her feel sexually and romantically attracted to you again, she will naturally feel like the relationship probably deserves another chance.

If she doesn't give you another chance right away and you accept that and walk away (important: you have to re-attract her first for 'walking away' to work), then she will regret it and will be missing you.

As a result, she will either contact you or will be open and friendly when you contact her.

Another possible reason why your ex might seem like the female version of you is

3. You and her are about as cool as each other

[image: You and her are about as cool as one another]

For example: You or her might both be

- Confident, self-assured and comfortable in social situations, regardless of what other people think of you.
- A leader in your group of friends, or at work.
- Socially intelligent.
- Easy going and relaxed.
- Comfortable and at ease with who you are as a person.
- A forward thinker who has goals and ambitions that you're working towards.
- Able to stand up for yourself, for others and for what you believe in, while also being respectful to those you're standing up to.
- Well-liked and admired by others.

Alternatively, you or her might both be

- Insecure, self-doubting and always worried about what other people will think or say about you.
- A follower.
- Socially uncomfortable.
- A whiner and complainer.
- Afraid to stand up for yourself and what you believe in.
- Lonely because you don't have many (or any) friends.
- Drifting through life without a plan.
- Anti-social.

There are so many different options, but you get the picture.

You and her might be alike in many ways, which makes you seem as cool as each other.

As a result, you and her would have both been attracted to how similar you were to each other.

You would have felt good that there was someone else like you out there.

Everyone needs that, in order to feel like they are sane, okay and cool, rather than always feeling down on themselves as a result of comparing themselves to everyone else.

Everyone is different.

No one is perfect.

Yet, amongst the millions and billions out there, you and her found each other and got along so well.

Will you find another girl like her?

Only time will tell.

If you want her back, then get on track to making it happen.

Another possible reason why your ex seems like the female version of you is thatâ€¦!

4. You are at the same or similar level of emotional maturity

[image: You are at the same level in terms of maturity]

Being on the same level in terms of emotional maturity makes a couple feel as though they are at the same level in life and understand each other better than other people do.

For example: They might bothâ€¦!

- Be serious about their career and investing in their future.
- Want to settle down, get married and start a family.
- Enjoy going to parties, having fun and living a carefree life, rather than being too serious about life.
- Enjoy traveling and exploring new places and cultures.
- Enjoy taking risks and trying new and exciting things.

So, if you and your ex were at the same level of maturity when you first hooked up, or if you adapted to each other in the relationship to be more similar to each other, then itâ€¦s only natural that you would think sheâ€¦s the male version of you.

However, itâ€¦s also possible that somewhere along the way, your ex matured faster than you (e.g. she got tired of partying and living a carefree life and wanted to focus more on her career or on settling down and starting a family, while you stayed the same), which would be one of the reasons why she decided to break up with you.

Another possible reason why your ex may seem like the female version of you isâ€¦!

5. You and her want the same, or very similar things from life

[image: You and her want the same or similar things from life]

When a man and a woman want the same things in life (e.g. a fulfilling career, to settle down and have a family, to pack everything up and travel the world, to party for life) they will naturally feel attracted to each other and feel as though they are similar in many ways.

Yet, wanting the same things in life doesnâ€¦t guarantee that a relationship will last for life.

For example: Imagine that a couple enjoy traveling and are possibly even travel writers with a travel blog.

This similarity draws them together and makes them feel so much more connected to each other than they've felt with other people.

They then start traveling the world together and writing about it for their blogs.

Yet, as time goes by, the guy starts becoming very insecure, jealous and controlling of the woman.

This behavior starts to annoy her and she gradually starts to lose respect and attraction for him.

Despite their very specific similarities, the relationship falls apart because the guy is unable to maintain control of his emotions and be the kind of man that she can always look up to, respect, feel attracted to and love.

Another possible reason why your ex seems like the female version of you is thatâ

6. You might be ignoring some of the subtle, but fundamental differences between you and her

It's great to have things in common, but it's also the fundamental differences in you and her that make a relationship more interesting, appealing and enjoyable.

For example: If a woman is feminine and girly, she needs her man's masculine direction to allow her to fully relax into being a real woman around him.

She doesn't need is a guy who is gentle and soft and emotionally docile, or who ends up behaving more like her over time.

Initially (i.e. during the first couple of months or even years), it can be fun to be very similar, but after a while, the sexual spark will die out if the guy ends up being more like her and there is no clear, masculine/feminine difference in their individual behavior and energy in the relationship.

For a feminine, girly woman to remain attracted, her man needs to remain confident and manly in his behavior, thinking, actions and attitude.

If he can't do that, it won't matter how many similarities they have or how much fun they once had.

What will matter is that there is no longer much of a sexual spark, which then begin to tear the relationship apart day by day.

Another example is if a woman is very confident and self-assured.

A woman like that needs a man who is more emotionally dominant than her, so she doesn't end up pushing him around and as a result, lose respect and attraction for him for not being man enough for her.

If you try to be the same as your ex, or if you want you and her to be the same in every way except gender, then one of you will gradually lose interest in sex because it will become too predictable and boring.

Remember: It's the subtle differences between you and her that creates the sexual and romantic spark that keeps the respect, attraction and love between you alive for life.

2 Mistakes That Some Men Make When Trying to Get an Ex Woman Back Who is the Female Version of Themselves

Here are 2 mistakes you should avoid making if you want to get an ex back who is a very similar person to you:

1. Trying to convince her to give the relationship another chance because of how well you and her get along as friends

When a woman is saying, *â€œI donâ€™t think we can work things out between us. We should just accept that weâ€™re wrong for each other and move on,*â€œ a guy might then try to convince her that their love is worth fighting for by reminding her of the connection they shared as a couple, or even as friends.

For example: He might say, *â€œYes, weâ€™ve had some problems, but if you just take a minute to think about it, you will see that you and I have so many things in common that you won't be able to find anywhere else. In some ways, you are like the female version of me. We like the same things and feel the same way about pretty much everything in life. Weâ€™re more than a couple, weâ€™re also best friends and soul mates. You're not going to be able to find that anywhere else. I get you and you get me. We're meant for each other.*â€œ

Yet, even though what he is saying might be true, itâ€™s not what will make her want to be in a sexual relationship with him.

Hereâ€™s the thingâ€¦

The less feminine and girly a woman feels around her man (i.e. because he ends up thinking, behaving and acting a lot like her, or she ends up copying him), the less sexual attraction she feels for him and the less she wants to be with him.

So, if you want to get your ex back, donâ€™t try to convince her that she should give you another chance based on your friendship and unique connection, because that simply wonâ€™t be enough for her.

For her to truly want to be with you again, she needs to feel more than that.

She needs to feel like a sexy, desirable woman when she interacts with you.

She needs to feel a new, fascinating spark of sexual attraction for you, based on how you now talk to her, behave around her and get her to behave around you.

Thatâ€™s what works.

If you only focus on how well you get along as friends and how similar you are to each other, then there wonâ€™t be a strong, compelling reason for her to want you back sexually and romantically.

Instead, she might say something along the lines of, *â€œYouâ€™re right. We are great friends and I enjoyed what we used to have. Yet, I think we should just focus on just being friends from now on. What we had is over. I can't see us ever being able to get back together.*â€œ

She will say that based on the fact that you're not making her feel sexually attracted and turned on as you talk to her.

So, if you want her to want a sexual relationship, you need start flirting with her and making her

experience feelings of respect, sexual attraction, arousal and romantic love for you again.

If you do that, she will then be able to say, *“Well, maybe we can try again. I’m not sure, but we can try. Let’s just take it slow”* and you then get to a kiss, sex and back into a relationship with her because she will have opened herself up to it to see how she feels.

The next thing you know, you and her will be back in a relationship and happier than ever before, because you will now have an improved ability to make her feel the kind of respect, attraction and love that will keep your relationship together.

Another mistake the guys make in your situation isâ€¦|

2. Thinking that the secret to a happy relationship is to be the same

It’s great to be in sync with the woman you love (i.e. understand her, connect with her, grow with her), but it’s not great to be the same as her.

A man has to be a man and allow his woman to be a woman, rather than trying to make both of them be pretty much the same as each other.

For example: A woman can be very emotional and she might even cry or get upset when sheâ€¦s under stress, or even for no reason at all and itâ€¦s perfectly okay for her to do that.

In most cases, her man wonâ€¦t look at her getting emotional and think, *“Sheâ€¦s so wimpy. Thatâ€¦s so unattractive to me. I want a woman who is emotionally strong and doesnâ€¦t lose control of her emotions for no good reason. I want a confident woman who controls her emotions like a man!”*

Instead, he will understand that she is a woman and let her express her emotions like a girl.

However, the same isnâ€¦t true for a woman if she sees her guy crying.

It’s politically correct for women to say, *“It’s okay for men to cry”* when asked in public, but privately, almost all women are turned off when a man cries in response to life getting tough or him being emotional about something trivial that happened in his life.

She will lose respect and attraction for him as she thinks, *“Why is he being so emotionally sensitive? Doesnâ€¦t he realize that crying when life gets tough isn’t what real men do? His wimpy behavior makes me feel like I have to be the more emotionally stronger one in this relationship and take care of him. I don’t want to be ‘the man’ in the relationship. I want to be the girl and see that he can be the man. I want a man that remains confident, emotionally strong and emotionally secure no matter what happens in life. When he cries like this, it just convinces me that weâ€¦re just not compatible. Even though weâ€¦re alike in many ways, itâ€¦s just not enough to make me want to stay with him. I have to get out of this relationship and find a man who doesn’t break down when life gets tough.”*

As you can see, it’s fine to have similarities with a woman in a relationship, but it’s not a good idea to end up thinking, behaving or acting like her.

Likewise, it’s not a good idea to push her to think, behave and act like you if you are a very manly guy.

You’ve got to let her be a girl, while you get on with being the man.

Most women will never admit that in public, but it’s what they want.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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3 Examples of How to Get Your Ex Girlfriend to Talk to You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 3 examples of how you can get your ex girlfriend to talk to you again:

1. Call her and if she doesn't answer, text her thisâ€¦!

In terms of re-attracting your ex girlfriend, talking to her on a phone call will get you much quicker results than if you just texted her.

So, try to call her and if she doesn't answer, text her thisâ€¦!

â€œHeyâ€¦I accept that weâ€¦ve broken up, but I want to ask you something quick over the phone. Donâ€¦t worry, itâ€¦s nothing serious of course. Iâ€¦ll call you in 10 minutes.â€¦

Then, try to call her 10 minutes later.

If she doesnâ€¦t answer, donâ€¦t keep calling again and again.

She will probably text you that day or the next, but if she doesn't, just wait for a day or two and then try calling her again.

If she doesn't answer and then texts you something like, *â€œWhat do you want?â€¦* or, *â€œI donâ€¦t have time for this! Just ask what you want via text and be done with it,â€¦* don't panic or worry.

Just call her.

If she still wonâ€¦t answer, text her this:

â€œLook, I know youâ€¦re really busy, but what I need to ask you is best done over the phone. Iâ€¦ll call you in 5 minutes. After that, if you decide that you donâ€¦t want anything more to do with me, I promise I wonâ€¦t bother you again.â€¦

Then, just pick up the phone and call her.

If she has been reluctant to get on a call, but notices that you're not backing down, she will naturally be curious to find out what you want to ask her, so she will want to answer the phone.

BTW: What you want to ask her is to meet up with you in person, but you canâ€¦t ask her that right away.

Instead, when she answers your call, start off by using some humor to break the ice and bring down her defenses a bit.

For example: You might say something along the lines of, *â€œWow! Getting a phone call with you is harder than getting through to the president!â€¦* or, *“Finally! Okay, I wanted to order a pepperoni pizza. This is Pizza Hut, right?”* or, *“Oh, you finally answered! I was about to give up and sent a stripogram (a service where you can send a stripper to someone's house to do a bit of striptease at their door and deliver a message) to your house instead”* or, *“Well, someone is difficult to get on the phone isn't she?”* and have a laugh with her about that.

From there, continue to focus on making her laugh and smile so she starts feeling good to be talking to you again.

She might pretend to be annoyed at you initially just to maintain her self image of not wanting to talk on the phone, but don't be put off by that.

Just relax and open up a conversation that feels light-hearted, easy-going, but also mature and sensible at the same time.

It's okay to add in some humor, but don't go overboard to the point where you're just being silly the whole time.

Just add in humor like you'd add in pepper to a dish you're cooking, or sugar in a coffee if you add sugar (I personally don't. I drink black coffee with nothing added, or Americano style with added water).

Anyway, just make sure that you aren't afraid to talk a little, rather than panicking and feeling like you're under a lot of pressure to say everything in 5 seconds.

Kind of like I did there when I mentioned how I take my coffee.

I don't normally do that in articles, but I thought I would here to let you know that it's okay at times.

However, if a person feels like you are wasting their time by continually talking about things that aren't relevant, they will then get annoyed.

So, when you talk to her on the phone, be confident enough to withstand her potential frustration of having to talk to you.

Don't let her disinterested attitude make you panic and rush through everything you want to say in 10 seconds.

Instead, break the ice by making her laugh and then try to keep the conversation light-hearted and easy-going and then get to what you wanted to ask her (i.e. to meet up with you).

If she initially says, "No" it will often be a test to see if you will lose confidence, or it will be her trying to pretend that she wouldn't meet up with you, so she doesn't look too easy initially.

Just remain confident, easy-going and light-hearted and get her to meet up with you no matter what.

Another way to get your ex girlfriend to be interested in or open to talking to you again, is to

2. Post photos on social media of you having fun with other people, so she can see that you're not desperate without her

Many men make the mistake of trying to appear lonely, sad or lost after a break up, in the hopes that it makes his ex woman feel sorry for him and realize that, unlike other guys, he is completely dedicated to her no matter what.

It sounds like he is doing the right thing, but he isn't.

Women are attracted to men who are confident, happy and forward moving in life with or without their woman.

When a woman sees that her ex man is happy and getting on with his life without her, it actually makes her feel a renewed sense of respect and attraction for him.

Some guys worry that it will annoy her or make her angry and yes, in some cases it does (i.e. she is angry that she no longer has control over him and annoyed that she no longer has as much power over him as she once thought she did), but what those guys don't realize is that she will ALSO feel a renewed sense of respect and attraction for him at the same time.

Being able to handle a woman's initial anger, tantrum, frustration or complaints is one of the keys to maintaining the position of power in a relationship.

If a man is afraid of his woman's potential reaction, then she won't be able to feel proper attraction for him.

She will always secretly resent him for fearing her reaction and placing her above him in terms of dominance.

As a result, she will feel attracted to other men who aren't afraid of her reactions and who seem to have the ability to be able to maintain the position of power in a relationship with a woman.

So, if you want to make your ex girlfriend feel open to talking to you again, don't be afraid to make her jealous via social media.

If she isn't your friend on social media or isn't following you, just make sure that the photos are public so she can see them from the outside.

BTW: This approach also works if your ex has blocked your phone number.

Pretty much every woman will check on her ex from time to time by looking at his social media profiles.

If she stops by and sees that nothing is going on in your life, she will feel happy and confident about herself as she moves on without you.

On the other hand, if she sees that you're happy, confident and enjoying life by hanging out with new people and doing new things, she will naturally feel drawn to you and want to talk to you again.

So, make sure that you update all of your social media profiles and avoid posting sad, lonely photoâs of yourself or loads of memes about random things that show that you've got nothing to do and are simply wasting time at home alone.

Another example of how to get your ex girlfriend to want to talk to you again isâ

3. Use humor to get her laughing via text, then call her

One of the biggest mistakes that guys make is being too serious (i.e. discussing the relationship, being too polite, trying to work things out) or desperate (i.e. asking for another chance, pleading with her to change her mind, pouring his heart out) with their ex woman via text.

Texts are so damn easy to send that it almost seems like it's the right way to communicate about everything these days.

Texts are great when someone likes you (i.e. a girlfriend, a friend or a family member), but when someone doesn't like you (i.e. an ex girlfriend, an enemy), texts are not a good idea.

Texts can easily be misinterpreted in a negative light and if someone has negative feelings towards you, they will almost always look at your texts as being annoying, as causing them stress and as being unwanted.

Unfortunately, a lot of guys don't realize that when texting their ex girlfriend.

For example: A guy might try to have a serious conversation with her via text as a way of showing her that heâs committed to fixing things between them and getting her back.

Alternatively, he might send her desperate messages like, *âPlease just talk to me. I need to explain to you what went wrong,â* or *âI can't fix things between us if you won't talk to me. Please give me a chance to make things right. Stop being like this! Just talk to me! After all we've been through, don't turn your back on me like this. I love you. Please just talk to me!â*

Texts like that make a woman not want to talk to her ex.

She thinks something like, *“Why won’t he leave me alone? Can’t he see that I don’t want to talk to him? He’s being so whiny and desperate that it only highlights to me even more that he’s not the guy I want to be with.”*

So, if you want your ex girlfriend to talk to you, focus on making her smile, laugh and feel good when she is texting with you.

She can then begin to think something like, *“This is interesting. I’m actually laughing and enjoying texting with him. I like hearing from him now. Maybe I should talk to him again on the phone or in person to see if he has really changed, or if it’s just an act via text.”*

She then becomes more open to the idea of talking to you on the phone.

On a phone call and in person, you then properly re-attract her by allowing her to experience the new and improved man that you’ve become.

Where Guys Go Wrong When Trying to Get an Ex to Talk Girlfriend to Them Again

Getting an ex girlfriend to talk to you again and getting her back is possible (and often easy), but if you make one or more of the following mistakes, then the process becomes more difficult.

Here’s where other guys mess up when in your situation!

1. Cutting off communication and waiting for months or years for her to hopefully contact him

Sometimes, when a guy is trying to get his ex girlfriend to talk to him and she’s ignoring him (i.e. by not answering his calls, or responding to his texts, e-mails or social media messages), he might make the mistake of thinking that if he ignores her back for 30 to 60 days, she will eventually start to miss him and make her reach out to him.

Yet, in most cases, that tactic just doesn’t work.

Why?

When a woman breaks up with a guy, it’s usually because she has lost respect and attraction for him over time.

So, unless she’s secretly still in love with him and is hoping that they’ll get back together, or if she’s having a difficult time finding a replacement guy, him ignoring her for weeks or months isn’t going to make her lose any sleep.

If she cares a little bit, she might think to herself, *“I wonder what’s happened to my ex? He was so desperate to talk to me and now he’s suddenly gone quiet. That’s weird.”*

However, if she believes that he can’t or won’t change and become a better man (i.e. the kind of guy she can look up to, respect and feel proud of) she’s just going to focus on moving on quickly and finding herself a replacement guy who can make her feel like that.

Here’s the thing!

If your ex girlfriend doesn’t have romantic feelings for you, then cutting all contact with her for a

long period of time isn't a good idea.

Why?

In most cases, it's just going to make it easier for her to fully get over you, move on, hook up with another guy and even fall in love again.

If you don't want that to happen, don't make the mistake of ignoring her and hoping that she comes back.

Get in touch with her, re-attract her and make her want you back.

No matter what she does to put you off, just maintain your confidence around her and focus on using every interaction you have with her to quickly reawaken her feelings of respect, attraction and love for you.

As a result, her guard will come down and she will feel drawn to you again, which will make her want to talk to you.

That approach works better than ignoring her, because ignoring her means that you run the risk of her moving on to make herself feel better.

Then, if she meets a new man that she finds more attractive and interesting, she will simply continue moving on with him.

Another mistake to avoid making is

2. Annoying her via text

Texts can be annoying when the person who is sending you texts isn't someone that you like.

You might have good intentions and be a good guy, but it just doesn't matter to a woman when she's no longer feeling respect, attraction and love for you.

Unfortunately, a lot of guys don't realize that, so they end up annoying their ex girlfriend via text and then either getting blocked, or causing her to say something like, *"Leave me alone. I don't want to be with you anymore."*

For example: Here are some of the ways a guy might annoy his ex girl via text

- Texting her too much.
- Talking about the relationship.
- Being too nice and sweet to her.
- Appearing insecure and doubtful.
- Asking her too many questions.
- Trying to have an in-depth conversation via text.

She ends up thinking something like, *"This is so annoying. Why is he bothering me like this? Can't he see that I don't want to talk to him anymore? He just can't get it through his head that I'm not interested in anything he has to say. If I wasn't convinced about the break up before, I am now. His behavior has proven to me that I made the right decision to break up with him. He doesn't know how to make me want him. He has just become so annoying and off-putting. Maybe I should block him and just get on with my life."*

So, if you don't want to end up annoying your ex girlfriend, don't waste time trying to work things out with her via text.

The main reason you should be texting her is to get her on a phone call with you, so you can then re-attract her and get her to meet up with you in person.

On a phone call, it's so much easier for her to see that you've changed and improved since the break up.

As she listens to you talk and is smiling and laughing at times, she realizes that things are good between you and her and you're not pressuring her into giving you another chance.

Instead, you and her are just enjoying talking to each other like you back when things were good between you and her.

As a result, she becomes more open to seeing you in person and exploring her new, fascinating feelings for you.

Another mistake that guys often make in your situation is

3. Asking her why she won't reply to him anymore

When a guy doesn't get an answer from his ex, he might text her to ask, *"Why won't you respond to me anymore? What did I do wrong? Please talk to me."*

If she doesn't reply, he might then say, *"Why are you being like this? I love you. I want to work things out. Why aren't you replying to me?"*

She then feels more turned off by him because he is essentially saying, "Hey, I don't know how to make you feel enough respect and attraction for me to want to communicate with me via text. Please tell me what I need to do to change that."

Yet, rather than make her think, *"I owe him an explanation. I'm going to call him so that we can talk. I have to explain what has been turning me off, so he can then fix that and get me back"* it usually only makes her close herself off even more.

Why?

If a woman breaks up with a guy because he lost her respect, attraction and love, she usually won't feel motivated to want to help him get her back.

If he can't figure out how to get her respect, attraction and love back, she will just get over him by moving on with someone else.

Another mistake that guys make in your situation is

4. Not talking to her on the phone or in person, so she can experience the changes in him for herself

No matter how much easier it might seem to text your ex girlfriend, if you don't get her on a phone call and then meet up with her in person, getting her back will be very difficult.

Until she can hear the tone of your voice, see your body language and experience your confidence in relation to how she behaves and responds towards you during a conversation (e.g. when she's being bitchy, cold, telling you that she hates you), she won't believe that you have changed.

In most cases, a woman will continue ignoring you until you can convince her (based on the changes you've made and how that makes her feel when she interacts with you) that seeing you again is going to be worth her while.

You can't make her feel all that via text.

You've got to do it on a phone call and in person.

When you're in person with her, you can quickly re-attract her, build up sexual tension between you and her and then at least get to a hug and possibly a kiss.

Once that happens, she naturally starts to feel drawn to you and wants to explore her new, fascinating feelings for you.

Before you know it, you and her are back together, in love and happier than ever.

Every day, all over the world, men get their ex woman back by approaching it in that way.

Do you think you can do it?

×

[image]

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How to Get My Ex to Look Past My Mistakes and See That I'm Different Now

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 4 things you can do to make that happen:

1. Understand her secret reasons for breaking up with you

When a guy is asking, *â€œHow can I get my ex to look past my mistakes and see that Iâ€™m different now?â€* he usually thinks that he already knows what he did wrong to cause her to break up with him.

Yet, in almost all ex back cases, a guy will only know some of his exâ€™s reasons for breaking up with him, but not all of her reasons.

Quite often, a woman will nag about obvious things in the relationship that are turning her off, but will never mention the smaller, subtle things that annoy her just as much or even more.

For example: A guy might lack direction and focus in his life.

He doesnâ€™t have any goals that heâ€™s working towards and as a result, he doesn't strive to achieve anything in his spare time.

He likes to waste his time watching TV, playing video games, drinking, getting high or hanging out with friends.

There's nothing wrong with a guy doing any of those things and almost all women will accept it, as long as the guy is also making real progress towards his goals and dreams in life.

So, if a guy isn't making a lot of progress in life and is happy to just live paycheck to paycheck, it doesn't give a woman a lot of confidence about a long-term future with him.

As a result, this may lead to her nagging him and start arguments by saying something like, *â€œWhy don't you take like more seriously? Canâ€™t you see that we need some more structure and security in our life? I don't feel like I can depend on you, because youâ€™re basically going nowhere in life. If you donâ€™t start improving your life and getting serious about things, Iâ€™m going to break up with you soon. I just canâ€™t take this uncertainty anymore. Itâ€™s driving me crazy. My girlfriends have a boyfriend or husband that is making progress in life and rising up to new levels. All you seem to do is pass levels in a video game/drink and relax on the weekends/hang out with your buddies. You have to start making changes, otherwise I am leaving.â€*

Although that will be one of her main reasons for breaking up with him, it won't be the only thing that is annoying her.

For example: She might also be turned off by the fact that he lacks the ability to stand up for himself during arguments.

When sheâ€™s being unreasonable and creating unnecessary drama about something, he gets flustered, lets her walk all over him and says things like, *â€œIâ€™m sorry! You know I hate upsetting you. Just tell me what you want me to do to make you happy and Iâ€™ll do it.â€*

Yet, what he doesnâ€™t realize is that when he says something like that to her, it just annoys her even more.

She doesn't want to be with a guy that she can walk all over.

She wants a good man who will treat her well, but who also knows how to put her back in her place (in a dominant, but loving way) if she is out of line.

So, if he can't ever offer her that ideal relationship experience, she will secretly feel resentful towards him about it.

In many cases, a woman won't want to admit that to the man she is breaking up with, in case he gets the wrong idea and starts trying to put her back in her place in a dominant, unloving way.

The way that most women approach relationships is that they try to find a man who understands how to be a man, so she can then get on with being his loving, devoted woman.

If a man doesn't get it, she will nag, complain, lose interest in being affectionate and pull away in the hope that he feels motivated enough to go and learn, change and start being the kind of man that she can look up to, respect, feel attracted to, love and be completely devoted to.

If he doesn't change, she will break up with him and when she does, he might then assume it is due to the obvious problem that she has been unhappy about (e.g. his lack of direction in life).

He might then promise to start aiming to get promoted, start the project he has been putting off or go to night school to learn the skills he needs to level up in life, but it won't impress her because there are other, usually more important, subtle things that have been turning her off.

By the wayâ€¦!

This is why, in Get Your Ex Back Super System, I explain the more than 70 secret reasons why a woman will break up with a man and how you can get her back, by understanding what she wants, making the change and then re-attracting her.

So, if you want to successfully re-attract your ex and get her back, you first need to understand her hidden reasons for breaking up with you (e.g. you weren't manly enough in your behavior, you became too emotionally sensitive, you weren't able to give her the kind of attraction experience she really wanted because you were afraid of fearlessly expressing yourself).

When you understand what actually matters to her and make those changes, she then feels understood, surprised and curious to explore her new feelings of attraction for you.

As a result, you can get her to look past your mistakes and see that you really are different now.

Another way to get her to see that you're different now is toâ€¦!

2. Fix the subtle things about you that still turn her off

Some guys try hard to get their ex woman back by going to the gym and working out, buying new clothes or being extra nice to her.

Yet, if she is turned off by more important, subtle things, then improving your appearance or being nicer to her isn't going to get her back.

For example: If one of the secret reasons why a woman broke up with her man was because he was too serious all the time and couldn't relax and have a bit of lighthearted fun, she might test to see if he's changed by telling him of all the silly things she's been doing since they split up.

If he looks disapproving or uncomfortable and maybe says something like, *â€œYou're just messing around with your life. You always want to just be silly and not take things serious.*

Meanwhile, Iâ€™ve doing my best here to change and improve so we can have a chance at a better

relationship. Donâ€™t you care? Why don't you stop acting like a child and start being a grown up. We've broken up and all you seem to want to do is be silly with your friendsâ€” she will know he still hasn't changed.

On the other hand, if he laughs at her frivolousness and says something along the lines of, â€œCool! Sounds like youâ€™ve been having fun. Iâ€™m sorry I missed it. Maybe you can take me with next time you go do that,â€” she can then think something like, â€œHmmmâ€”thatâ€™s odd. He never said that to me when we were together. Could it be possible that heâ€™s actually lightened up and become a more relaxed and easy-going guy? Is he just putting on an act to get me back? Either way, I like the new him.â€”

Another example is where a woman broke up with a guy because he was too nice to her and as a result, allowed her to dominate him emotionally (e.g. she could easily order him around, she always got her way, she treated him badly and demanded nice treatment from him in return and he gave it to her because he feared losing her).

To see if he is still an emotional wimp that she can walk all over, she might say something like, â€œIâ€™m sorry, but I canâ€™t see myself with you again. I just canâ€™t look past the mistakes you made in the relationship. I'm done.â€”

If he then begins to apologize and beg and plead with her to see that really is different now, she will know that she is still more emotionally dominant than him and as a result, will continue to feel turned off by him.

On the other hand, if he just laughs it off and doesnâ€™t get rattled like he used to, she will realize that he really has changed and she will naturally drop her guard and allow herself to open up to him again.

For example: He can laugh and say, “I can't see myself with you either. All those mistakes you made in the relationship are just unforgivable. You were the worst girlfriend ever!” and then have a laugh with her about that.

If he remains confident as he says it and as she reacts to it, she will see that he has already begun to man up and isn't the emotionally wimpy guy that she dumped.

So, in your situation, when your ex can see that you not only understand the subtle things that were turning her off, but have already changed them, she will automatically feel respect for you, even if she doesnâ€™t openly admit it.

When she feels respect for you, she will naturally become open to feeling attracted to you again as well.

When that happens, you can build on her feelings of love for you and guide her back into a relationship.

The next thing you can do to get your ex to look past your mistakes and see that youâ€™re different now, is toâ€”

3. Interact with her and attract her in new ways

If you don't interact with your ex on a phone call or in person, you won't be able to get her to truly experience the changes in you, feel attracted to them and then look past your mistakes.

So, regardless of how worried you are about her potentially not wanting to, make sure that you get her on a phone call, or preferably meet up with her in person, where you can let her experience the

new and improved version of you for herself.

When youâ€™re interacting with her, ensure that whatever youâ€™re saying and doing is sparking her feelings of respect and attraction for you, rather than turning her off.

For example: Ask yourselfâ€”

Do you make your ex feel respect and attraction by maintaining your confidence around her regardless of how difficult she being, or do you turn her off by being self-doubting and insecure?

Do you make her feel feminine and girly by being emotionally masculine around her, or does she dominate you because you let her call the shots or lead the dynamic between you and her?

Do you make her laugh and smile when you interact with her, or does she feel tense, annoyed or bored?

Do you laugh at her (in a loving way) when she brings up your past mistakes and blames you for everything, or do you put yourself down and become gentle and submissive around her?

Can she see that youâ€™ve changed and improved some of the things about you that were turning her off (e.g. insecurity, lack of confidence, inability to stand up for yourself), or are you essentially still stuck at the same level you were at when you broke up?

These are the actions and behaviors that will convince your ex that you are different now and make her become interested in being a couple again.

So focus on that.

The next thing you can do to get your ex to look past your mistakes and see that youâ€™re different now is toâ€”

4. Stop trying to get her to want a relationship and just focus on making her feel sexual and romantic attraction

The main reason why you want your ex to look past your mistakes and see that youâ€™re different now is because you want her back.

It's about you getting what you want.

Yet, if you want your ex back, you have to focus on allowing her to get what she wants from her interactions with you (i.e. a renewed feeling of respect, attraction and love for you, a new desire for you, a feeling of being drawn to you again and wanting to explore her new feelings for you).

So, if you want her back, you have to take the pressure of her to commit to the idea of having a relationship with you and instead, focus on making her feel re-attracted to you and drawn to you for her own reasons.

If you donâ€™t rebuild her feelings of respect, attraction and love for you first, she will just keep saying things like, *â€œForget about it. I donâ€™t want to be in a relationship with you. It's over. Whatâ€™s done is done and itâ€™s time that we accept that weâ€™re not right for each other and move on. Please just accept that and stop pushing me to give you another chance. Goodbye.â€*

So, donâ€™t make the mistake of pushing your ex for a relationship and making her feel as though you're just trying to get what you want.

If you really want her to give you another chance, then focus on making her have sexual and romantic feelings for you again.

You can do that by maintaining your confidence around her, regardless of what she's saying and doing to push you away or make you doubt yourself.

When she sees that you remain confident in yourself no matter what, she will feel a renewed sense of respect and attraction for you and will wonder how you are managing to maintain such control over your emotions.

You can show your maturity and self-control by saying something along the lines of, *Hey, I'm glad that we're friends now and nothing else. It's so much easier to get along with each other now without all the pressure to be a couple, don't you agree?*

By behaving in those ways, you're taking the pressure off her to give you another chance right away and are allowing her to experience the new and improved you for herself, at her own pace.

She then stops putting up walls every time you interact with her, because she doesn't feel like you're forcing her to get back together.

This allows her to stop being so defensive around you and start seeing you with fresh (more positive) eyes.

As long as you continue to build on her feelings of respect and attraction for you during every interaction, without pressuring her to give you another chance, she will drop her guard and even start to feel open to the idea of being in a relationship with you again.

3 Mistakes That Some Guys Make When Trying to Convince Their Ex That They Are Different Now

It is entirely possible to get your ex to look past your mistakes and see that you're different now. However, for that to happen, you have to focus on doing the types of things that will bring down her walls and open her up to feelings of respect, attraction and love for you, rather than making her close off even more.

For example: Here are common mistakes that guys make in your situation:

1. Thinking that the ex back process is all up to her

Sometimes a guy might feel so bad for what happened between him and his ex girl, that he allows her to call the shots after the break up.

He may think something like, *I stuffed up so badly that I don't know if she can ever forgive me. I don't have any right to expect to be forgiven. I'm the one who ruined things, so it will have to be up to her to decide if she can ever look past my mistakes and give me another chance. Hopefully when she sees how sincere I'm being, she will feel sorry for me and give me a chance to prove myself to her.*

Yet, here's what he doesn't understand:

A man actually has a lot of control over the ex back process if he focuses on making his ex woman have sexual and romantic feelings for him for again.

When she feels that way, she naturally begins to want him back for her own reasons (i.e. She worries that if she doesn't give him a chance, she will regret it. She feels curious about her new feelings for him and wants to explore them. She feels turned on by the new way he approaches conversations and

interactions with her and doesn't want to ignore that).

He can then get her back much more easily because she is open to being seduced by him and seeing what happens.

On the other hand, if a guy focuses on trying to convince her to give him a chance by promising that things will be different, he will have little to no power over the ex back process.

So, don't make the mistake of thinking it's all up to your ex whether you get back together.

If you want her to give your relationship another try, you have to be courageous enough to take the lead and get her back.

Another mistake that other guys make in your situation is

2. Trying to explain everything in a letter, e-mail or series of texts messages

Many guys try to apologize and explain what went wrong in the relationship or in their approach with her, in a long letter, e-mail or series of text messages.

He hopes that it will make her think something along the lines of, *"I love that he's sending me long letters/e-mails/texts to explain himself. It's all so romantic. It's like being in a movie where the hero pours his heart out to a woman and she realizes that he really does love her."*

"That's all I've really wanted from him, for him to tell me that he cares. It's now clear that he is truly sorry for what happened, so I can forgive him and put all my negative feelings behind me. All of his past mistakes mean nothing compared to the love he has for me via text/email/letter. I see that now. This changes everything! I want him back!"

Yet, here's the thing

When a woman has disconnected from her feelings of respect, attraction and love for a guy, anything that he says to her via letter, e-mail or text will generally be taken the wrong way.

Instead of believing that he has changed, a woman will usually assume the worst (e.g. he was feeling insecure when he wrote it, he's a wimp for not saying that to her in person before, he's trying to trick her into feeling sorry for him, he is only saying that he understands, but in reality, he is still exactly the same guy who would make exactly the same mistakes).

Rather than give him the benefit of the doubt (i.e. because she doesn't have feelings for him), she will instead read the message and imagine it coming from the exact version of him that she recently broke up with.

So, if you want to make your woman change her mind about breaking up with you, it's essential that you talk to her on a phone call in person, rather than making the mistake of hiding behind letters, e-mails or texts.

In person or on a phone call, you can more easily re-attract her by allowing her to experience the new and improved man that you are now.

Another mistake that guys often make in your situation is

3. Appearing desperate or needy for another chance

Women don't want to reward emotional weakness and desperation with love, affection, sex and devotion.

Women are instinctively programmed to be attracted to emotionally strong men who have the

confidence and determination to get what they want in life, without groveling or begging for it.

So, when her ex guy is being desperate and needy, her instincts will naturally cause her to start thinking things like, *“He’s too emotionally wimpy for you. He doesn’t have the emotional strength needed to make you feel protected and safe in a relationship. It’s good that you broke up with him. Keep it that way. Move on.”*

On the other hand, when a woman’s ex guy is in control of his emotions and is able to be confident and self-assured as he interacts with her, her instincts naturally cause her to feel respect and some attraction to his behavior.

As a result, her guard comes down a little and if he knows how to immediately build on her feelings as he talks to her, her guard will come down further.

She will then know for herself that he really is different now.

As a result, she will open herself up to her new feelings and see what happens.

At that point, a man has to know what to say and do to get another chance with her.

If he does, the relationship will get back together.

If he doesn’t, she will continue saying, *“I just can’t look past what happened. We had our chance and it’s over now.”*

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Removing Ex Safety Net: 5 Ways to Do it

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you've become your ex's safety net, it's best to take that away from her and cause her to feel like she has to give you another chance now, or else she will lose you.

Of course, you don't just say that to her because giving an ultimatum of, "*Be with me in a relationship or nothing*" doesn't work on a woman who isn't attracted to you anymore.

You have to approach the ex back like a man for it to work on a woman.

So, here are 5 things you can do to stop being her safety net and start being her number one man:

1. Stop looking at yourself as her back up plan

You're not.

You are her number one option.

You are the best option for her and other guys just don't compare.

That's how you need to think about yourself.

Don't tell her that, because telling a woman that she should see you as her number one option doesn't work.

Instead, you have to believe it and then based on that belief in yourself, you will exude the type of confidence that will make her feel attracted and see you as a man that she still really wants to be with.

So, if your ex has been keeping you around as her safety net, it's probably because you've been giving her the impression that you are willing to be a back up plan.

You're so afraid of losing her and you think that she is more valuable than you are, so you are willing to accept whatever she is giving you, just so you can stay in contact with her and hopefully get another chance with her.

That doesn't work on women.

Women are turned off by desperation and neediness in men.

So, you need to stop looking at yourself as a back up plan and start believing that you are the best man she could ever find.

Don't place yourself in the friend zone with her by thinking that you're not good enough for her.

You are.

You are more than good enough for her.

Unfortunately, most guys out there don't search around and find the information that you are reading now, so they end up accepting the position of being a 'maybe' option for her, rather than making her feel compelled to give him another chance right now.

For example: A guy might think, *"If I just let her have her freedom for a while, she might date a couple of guys, get hurt and then realize what she had with me wasn't that bad after all. Then, she'll come back to me where she knows it's safe and we start again."*

That plan could work, but what if it backfires?

What if she falls in love with a new guy, gets into a serious relationship with for years and doesn't

ever want to go back to you?

Then what?

Are you just going to wait around for many months or even years, hoping that she will come back, while dating women that you're not as attracted to?

Are you going to spend the next 3-5 years of your life feeling miserable, missing her and wishing that you did something about getting her back, rather than accepting being her safety net?

Here's the thing!

Even though it might feel nice to be her safety net right now, it's not going to feel nice when she moves on.

Additionally, by allowing her to use you as a back up option, you're actually making her lose even more respect and attraction for you as a man (i.e. she feels like she's more valuable than you, she feels turned off by your desperation for anything she can offer you).

As a result, you reduce the chance of getting her back and you end up making yourself feel horrible the whole time.

So, if you want to get your ex back for real, stop looking at yourself as her back up plan and start seeing yourself as being the love of her life.

For example: Some of the ways you can do that are by!

- Becoming more confident and self-assured about your attractiveness and value to her, rather than feeling insecure and anxious around her.
- Seeing yourself as more than good enough for her, rather than thinking she's better than you and accepting any crumbs of attentions she's willing to throw your way.
- Adding to your strengths and improving your weaknesses, rather than staying the same and expecting her to be happy with it.
- Improving your ability to make her feel like an attractive, sexy woman in your presence, rather than like a neutral friend.
- Being more manly in how you think, behave, talk and act, rather than allowing her to dominate you with her confident personality.
- Stopping the pointless, friendly texting conversations that you have with her and getting to a kiss, sex and back into a relationship by talking to her in person and making her feel attracted to you again.

When you start making her feel sexually attracted to you again, it then gives you the confidence to say, "No," when she tries to use you as her back up plan (e.g. she calls you she's lonely and asks if you will talk to her, she asks you to attend an event with her so she isn't alone, she asks you to be a good friend to her and help her with her bills, an errand or something else that she's struggling with). When you have the confidence to not accept the scraps that she is giving you, something amazing happens.

Not only do you feel better about not being your ex's safety net anymore, but you instantly become more attractive to her as a result.

She stops thinking of you as her good, old reliable, boring ex who she can push around and starts to see you in a more positive light (i.e. because you're being an assertive, masculine man).

She then starts to feel surges of respect for you again.

When that happens, she feels attracted again and when she respects and feels attracted to you, her guard comes down and she opens herself up to being your girl again for real.

Of course, if she's like most women, she will want to test whether the changes in you are real.

So, be prepared for her to initially act like she is angry or disappointed with you for no longer being the way you were before.

She might even threaten to never speak to you again and if she does, you need to just laugh and say, *"Okay, if that's what you want, no problem. Goodbye."*

She will then realize that you're no longer willing to be pushed around by her, but you are still a good, loving guy.

As a result, she will regret being so selfish, feel respect for you for not backing down and feel attracted to you for handling the situation like a man.

She will then text you, call you or reach out to you on social media and try to get things going between you and her again.

By the way!|

If the thought of that scares you and you are worried of potentially losing her if you stop being her helpful friend or back up plan ex, then you're doing it wrong.

Remember: Women don't respect guys who are afraid of them. Women don't feel attracted to guys who are desperate and needy for them.

You have to understand those truths about women and act upon them.

If you don't, women will never truly respect you or feel attracted to you and you will always end up getting rejected or broken up with.

You have to see the current break up that you're going through as a perfect opportunity for you to improve yourself as a man.

See it as a wake up call that is urging you to stop allowing yourself to be walked all over by women and start being the type of man that women respect, feel attracted to and love.

When you accept that challenge and rise up to meet it, you will not only re-attract your ex and get her back, but you will end up being such a better version of yourself that you can then feel proud of.

Your life will change in so many positive ways.

All you have to do is be willing to level up as a man.

If you are willing to do that and then quickly begin doing it, everything will change for you in so many positive ways.

You will see.

Another thing you can do to take away your ex's safety net is!|

2. Confidently interact with her and make her feel sparks of sexual and romantic attraction for you

The best way to make an ex woman want you back for real, is to interact with her and actively make her feel sparks of respect and sexual attraction for you.

Allow her to experience the new and improved version of you for herself and she will then drop her

defenses and begin to reconnect with her feelings of respect, attraction and love for you again.

How can you do that?

Imagine that you're on the phone with your ex and she starts telling you about a new man she's interested in.

The old you (i.e. the safety net guy), would listen to her without complaint and possibly even offer a few words of advice here and there, as a way of showing her what a nice, reliable guy you are and how much you care about her happiness and well-being.

Yet, being a nice friend to her like that doesn't re-attract her.

Rather than making her think, *"My ex is actually the perfect guy. He's always there for me. Why have I been wasting my time with losers!? I know what I want now and it's him. He's the best guy for me because he is nicer, more generous and more caring. I want us to get back together again!"* she'll think something like, *"Cool I get to have the best of both worlds. My ex still wants me, I can sleep with this new guy and if I'm ever feeling down, I can reach out to my ex and he will show me that he still cares and is waiting for me."*

She then gets to move on without ever feeling the pain of the break up.

What her ex doesn't realize is that a big part of getting her back is making her feel the pain of losing him.

The way to achieve that is not about cutting off contact.

That doesn't work on most women.

The way to do it is to interact with her, re-attract her, only maintain limited contact and don't ever try to push her into a relationship.

She will be feeling attracted, missing you and imagining getting back with you, but will realize that you're not pushing for it.

So, she will then start hinting at the fact that she is open to getting back together.

At that point, you just have to maintain your cool and agree to catch up in person just as friends.

Of course, it won't be just as friends because you will make her feel even more attracted to you and she will then want to get to a hug, kiss and then sex.

After that, you and her will naturally get back together.

So, if you're talking to your ex on the phone and she starts talking about a new man that she's interested in.

You can create a spark of attraction inside of her by reacting in a different way that she is expecting you to.

For example: You might say (in a light-hearted, joking way) something like, *"This is such excellent news! I can finally get rid of you! You've been such a burden to me all this time. I've been having sleepless nights because I was worried that no other guy would take you off my hands. Finally, I'm free of you! Phew! What a relief!"* and then have a laugh with her about that.

She will almost certainly laugh because of the way that you're playfully teasing her and she'll probably also be a bit shocked that you're not being Mr. Sweet and Reliable like she was expecting you to be.

All of a sudden, she realizes that you're not the same guy she broke up with.

You've leveled up as a man.

As a result, she will feel surges of respect and attraction for you and may begin to think, *â€œWhatâ€™s going on here? Why isnâ€™t he responding like he always does? He sounds so confident and sure of himself all of a sudden. I donâ€™t know why, but I feel attracted to him again. What is happening to me? I thought it was over between him and I. Why do I want him back all of a sudden? Is it because he's being a bit of a challenge? Is this change in him real? Maybe it is. If I don't give him another chance, other women are going to feel attracted to him. He might meet a new girl soon and fall in love with her. I have to stop that from happening. I have to see him. I have to give him another chance. I don't want to regret losing him.â€*

Another thing you can do to take away your exâ€™s safety net isâ€¦

3. Tell her that you accept the break up and have moved on emotionally

For example: You might say something along the lines of, *â€œHey, I know that itâ€™s taken me a while to come to terms with our breakup, but I just want you to know that I now completely accept that weâ€™re broken up and that itâ€™s for real. Iâ€™ve stopped waiting around in the hope that you will somehow change your mind about us and come back again and Iâ€™ve moved on emotionally. We can now both move on and be happy, without feeling like weâ€™re holding on to the past anymore.â€*

By saying that to her, youâ€™re letting her know that youâ€™re no longer going to sit around and allow her to use you as her safety net.

This causes her to begin to look up to you and respect you again (i.e. because youâ€™re being a real man, rather than a pushover).

As a result, she will then begin to feel sparks of attraction and love for you and will start to feel the pain of losing you.

She will then begin to consider the possibility to getting back with you, rather than just keeping you around as a maybe option, safety net or back up plan.

Another thing you can do to take away your exâ€™s safety net isâ€¦

4. Show her that you are living a fun life without her

One of the best ways to re-attract a woman and stop her from using you as her safety net, is to simply get on with your life and let her find out about it or see it (i.e. on social media).

The more you enjoy your life without her, the more drawn to you she will become. Why?

When a guy is allowing himself to be used as a safety net, it signals to her that he is desperate for her attention, lacks confidence in his attractiveness to her and probably doesn't believe that he can attract other high quality women.

Those are qualities that turn women off.

On the other hand, when a guy is happy and moving forward in his life, regardless of whether his ex is with him or not, itâ€™s a sign that he is emotionally strong, confident and self-assured.

Those are qualities that make women feel attracted.

So, when you genuinely feel happy and fulfilled without your ex, something interesting happensâ€¦

Suddenly, you seem more attractive to her and she begins to want you back for herself.

Rather than enjoying the idea of keeping you around as her safety net, she starts to feel insecure about losing you to another woman.

Suddenly, dating other guys doesn't seem that appealing to her anymore and she starts to worry that you might actually be the right guy for her and she will never know that if she moves on, or if you move on and don't look back.

Another thing you can do to take away your ex's safety net is

5. Stop giving her the impression that all you really want is a relationship

The more she senses that you want a relationship, the less she wants to give it to you.

Why?

A woman's natural instinct is to get away from a man who displays clingy, needy behavior.

A woman wants to be with a man who loves and wants her, but doesn't need her to feel confident about himself.

He has independent confidence, so no matter what she says or does, or if she is in his life or not, he always feels confident, happy and is able to continue making progress in life.

A woman doesn't want a man who needs her to lift him up and make him feel safe.

Women don't want to take on that kind of motherly role in the life of their boyfriend or husband.

So, if you want your ex back, make sure that you focus on re-attracting her and making her feel like she is losing a great man (i.e. because you're enjoying life without her), rather than trying to pressure her into deciding whether or not she wants a relationship.

3 Mistakes That Some Guys Make While Being a Safety Net For Their Ex Woman

Being your ex's safety net is a mistake in itself, but here are 3 additional mistakes that guys make when in this position with an ex woman

1. Cutting off contact and hoping that it will get her back

Sometimes a guy might think to himself, *I'm tired of being my ex's safety net. I need her to see me as her man, not her back up. Maybe if I cut off all contact with her and ignore her for a few weeks or months, it will shock her into realizing that I'm the man she really wants to be with. She will then come back to me and we can be a couple again.*

Yet, here's the thing

When a woman has lost touch with her feelings of respect, attraction and love for a guy, him not contacting her doesn't really matter that much to her.

Sure, she might feel a bit annoyed that her safety net is gone, but in most cases, it will just motivate her to fully move on and find Mr. Right.

Sometimes a woman will worry that she is losing her safety net, but if she was only using her ex as a fake back up plan to keep him around and make him continue showing interest in her so she could feel good about herself, then she's almost certainly not going to get back with him if he stops contacting her.

It can work in some cases, but in most cases, a woman who has been keeping her ex waiting in the wings, will already have one or more men who are interested in her, or will already be dating and having sex with a new guy and trying to get a relationship started.

You can run the risk of just cutting off contact and hoping that it makes her come running back, but from what I've seen over the years, most women just move on if their ex (that they no longer feel attracted to) disappears from their life.

On the other hand, I've found that most guys are able to get another chance with their ex woman if they actively re-attract her, but don't push for a relationship.

Another common mistake that guys make when in your situation isâ€¦!

2. Sulking and seeking pity by saying that he refuses to be safety net option

For example: A guy might say, *â€œHow can you treat me like this? Don't you care about my feelings at all? Doesn't it matter to you that I love you more than anything? How can you be so cold and heartless? Well, if that's the way you're going to be, then I'm not going to stick around and let you treat me like that anymore. I won't be anyone's safety net. I deserve more than this.â€*

It sounds like a good little speech there, right?

It sounds like it would work.

Yet, women don't like to be emotionally blackmailed (i.e. made to feel guilty, forced into giving a guy a chance out of pity) into a relationship.

If she is no longer attracted to him and can see that he has no idea how to re-attract her, then she's not going to care much about losing him as her safety net.

Instead, she will feel more determined to quickly start sleeping with new men so she can find herself a new relationship and then rub it in her ex's face.

Hereâ€s the thingâ€¦!

A woman wants to be with a man because it feels right (i.e. she naturally respects him, feels sexually attracted and loves him), not because sheâ€s doing him a favor.

So, if you want to make your ex reconnect with her feelings of love for you again, don't try to achieve that by making her feel sorry for you.

Instead, focus on making her a renewed sense of feel respect and attraction for you (e.g. by maintaining your confidence around her, talking to her as though you and her are friends and are totally cool with each other, having the courage to playfully tease her and mess with her during conversations, flirting with her to create a sexual spark between you and her and built up some sexual tension, behaving with the kind of confidence that you'd have if you knew for sure that she felt attracted to you and wanted you sexually and romantically).

Approaching interactions in those ways will spark her feelings for you and make her open up to the idea of getting back together again.

However, trying to guilt-trip her back into a relationship is a surefire way to continue getting rejected, being kept in the background as a fake safety net option and eventually being heartbroken when she says that she's in love with a new guy and has been sleeping with him and enjoying it.

Another mistake that other guys make when in your situation, isâ€¦!

3. Thinking that he needs to date other women to make her want him

In some cases, dating other women is a great strategy (e.g. the woman still has feelings for her ex guy and panics when she sees him moving on), but it's usually not something that needs to be done to get an ex woman back.

The best results happen when you simply interact with your ex and make her have new, exciting, compelling feelings for you.

She then naturally wants to give you another chance for her own reasons, rather than reacting to a negative emotion such as jealousy or panic and then changing her mind once the initial, painful feelings wear off.

The truth is, respect, sexual attraction and love are much stronger and long-lasting emotions than jealousy or panic.

So, focus on building and maintaining those feelings in your ex and she will naturally feel compelled to give you another chance.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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3 Signs That a Breakup is Permanent

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Most breakups don't have to be permanent because a guy can almost always get his ex woman back by re-attracting her and then seducing her back into a relationship.

However, here are 3 signs that a woman is not going to want to get back with her ex anytime soon:

1. She gets married and starts a family with her new man

[image: She gets married and starts a family with her new man]

When a woman falls in love, gets married and starts a family with her new man, chances are pretty high that she's not going to want to get back with her ex.

There is always the possibility that their marriage will end (i.e. an approximate 50% divorce rate), but chances are high that she won't be running back to her ex anytime soon after getting married and starting a family with someone else.

This is why it's so important that if you want to get your ex back, you don't waste time ignoring her for months and giving her a chance to meet, fall in love with and settle down with a new man.

It's a huge ex back myth that you have to give her a month or two of space, before you try to get her back.

You don't.

In most cases, you only need to give a woman a week of space to prove the point that you're not desperately chasing her down to get her back.

During that week, you need to rapidly improve your ability to attract her and then, when you interact with her again, you need to re-attract her and seduce her back into a relationship with you.

It's only when you re-attract your ex and let her experience new, exciting feelings that she opens back up to being with you again.

Even if she said that her decision was final and she was never, ever going to get back with you, all that changes when she feels a strong, renewed sense of respect and attraction for you.

When that happens, she begins to feel sparks of romantic love for you again and starts to fear that she could be making a mistake.

At that point, it's easy to get to a hug, kiss, sex and then back into a relationship.

However, if you don't focus on reactivating her feelings for you and just stay out of her life, she will almost certainly move on and may possibly end up getting married and starting a family.

If that happens, the break up will be pretty much permanent, but of course, there will always be the chance that her marriage could end.

It really depends if you want to wait around in the background all that time.

Waiting around isn't good for your mental and emotional health.

The best thing to do if you want your ex back, is to take action and make it happen before it's too late.

Another sign that a breakup is permanent is ifâ□|

2. The man turned her off and has absolutely no idea how to re-attract her

Every woman has her reasons for breaking up with a guy.

However, in most cases, the main reason for a woman breaking up with a guy is because some aspect of his thinking and behavior caused her to lose respect and attraction for him over time.

For example:

- He stopped being manly and started becoming emotionally sensitive.
- He stopped being loving and started becoming a bit of an asshole towards her.
- He stopped making progress on his goals in life and wasted most of his spare time doing things that weren't making their life better, or securing a better future for them.
- He didn't know how to maintain a relationship with a woman (e.g. because he didn't have many good male role models when growing up), so he ended up becoming clingy, needy and emotionally dependent on his woman, which then caused her to feel smothered and turned off.
- He tried to buy her love by being extra generous to her (e.g. buying her expensive gifts, always taking her to fancy restaurants, paying all the bills). No matter how badly she treated him, he kept trying to buy her love.
- He spent too much time hanging out with friends, partying and living a carefree life, rather than getting serious about his future and giving her a sense of security and stability about their future as a couple.
- He became irresponsible and broke his promises to her on a regular basis.
- He didn't support her in reaching her goals in life and possibly even put her down and killed her confidence whenever she wanted to achieve something big or new in her life.

Of course, no one is perfect and even if a guy stuffs up pretty badly in a relationship, a woman will usually give him a few chances to change and improve before she eventually decides to breakup with him.

Yet, when she sees that nothing is changing, she is forced to just go through with a break up and see what happens.

In most cases, the guy being dumped will begin pleading with his ex, promising her that he will change and offering to do anything she wants if she will just give him another chance.

When he pleads for another chance, even though he has no idea how to re-attract her in the ways that really matter to her (e.g. she wants him to become more manly, rather than being so emotionally sensitive, she wants to feel genuinely loved and appreciated, rather than feeling like someone that he is just using for now), she feels justified in breaking up with him.

It feels like she has made the right decision and now needs to start looking out for herself.

So, she tries to move on and if her ex doesn't work out how to re-attract her and get her back, the break up will end up being permanent.

Another sign that a breakup is permanent is ifâ□|

3. The man became violent, physically hurt her and now she doesn't want anything

to do with him

[image: Permanent breakup due to physical violence or abuse]

It goes without saying that if a guy is violent in his relationship with a woman and hurts her physically or emotionally, then she's not going to want to stick around him for very long.

Of course, there are exceptions.

Some women do go back to men, even though the man has been abusive.

I'm not saying that abusing a woman physically is a good thing.

Instead, I'm just pointing out the fact that sometimes, a woman loves a man so much and just wants to be with him, that she will forgive his abuse and give him another chance.

I talk about that at the start of this video!

I've been helping new men to get women back for many years now and it's no longer a surprise to me how many men get their ex woman back.

If you approach it correctly, the chances are very high that you will get her back.

Of course, not every guy can get his ex back in cases where he has been physically abusive, but even in extreme cases like that, many guys do get another chance with their ex.

That said, being physically violent towards a woman isn't ever the answer in a relationship.

You can always diffuse the situation with humor, talk things out or walk away if she has lost control of her emotions and is beginning to get physical with you.

Women want to know that they can get angry with a man and not have to end up getting hit or even killed as a result.

It shows a lot of character and intelligence on a man's part if he is able to maintain control of his emotions, even when a woman is being annoying, throwing verbal insults at him or even threatening him with violence.

On the other hand, if a man loses control of his emotions every time his woman does something to annoy him and then lashes out at her, he is never going to be able to have a loving, easy-going, enjoyable, lifelong relationship with a woman.

It's always going to be chaotic, stressful and out of control.

So, if a woman breaks up with a guy who is unable to control his emotions and has always been physically abusive to her, the break up will be permanent in many cases.

It's possible that a guy who has been aggressive on occasion, or lashed out and hurt her once or twice, will fairly easily be forgiven.

However, some women just don't forgive physical violence of any kind and in cases like that, the break up can be permanent.

Where Guys Go Wrong When Trying to Get Their Ex Back After a Breakup That Seems Permanent

If you are a good guy and have good intentions with your ex, then you don't have to accept the break up and just walk away.

Thereâs actually a lot you can do to get her back.

To ensure that you do get her back, try to avoid making one or more of the following mistakes:

1. Assuming that because she said it was over, she can't ever change how she feels

If a woman is saying things like, *âItâs over between us and nothing that you can say or do will ever change that. Just go away and leave me alone. I hate you now!*â itâs only natural that a guy will feel that his chances of getting her back are slim at best.

Yet, what a lot of guys donât realize, is that a womanâs feelings can be changed and brought back to life based on how the man talks, behaves and acts around her.

For example: If a man talks to his ex woman and is being confident, making her laugh and being charismatic, she is naturally going to feel some sparks of respect and attraction for him, especially if the interaction started with her being cold or distant.

However, if a man talks to his ex woman and is being insecure, neutral and self-doubting, then she's not going to feel a spark for him and will end up feeling annoyed that he is wasting her time.

Unfortunately, many guys out there don't realize that they can take control over how much attraction a woman feels for them.

So, rather than actively re-attracting her, a guy like that might then just give up and walk away, thus potentially losing out on being with the love of his life.

Hereâs the thingâ

If you want your ex back, you have to believe in yourself and in your ability to change how she feels.

When you re-spark her feelings of respect and attraction for you, her perception of you will automatically begin to change.

For example: If you interact with your ex over the phone or in person and she senses that youâve changed some of the things that were turning her off before (e.g. you are more confident now rather than being insecure and self-doubting, you are more emotionally independent now rather than clinging to her for emotional support, youâre loving and attentive rather than taking her for granted, youâre more supportive and encouraging of her wants and needs, rather than putting her down), then she wonât be able to stop herself from feeling sparks of attraction for the new and improved you.

She might try to ignore those feelings or make you doubt yourself by being cold towards you, saying that it doesn't matter how much you've changed or acting unimpressed.

So, you have to be ready to maintain your confidence no matter what she says or does.

If you do, she won't be able to stop herself from feeling sparks of respect and attraction for the new and improved you.

She may have once said that the break up was going to be permanent, but when her feelings change, her thinking will also change.

The next to avoid is mistake isâ

2. Trying to get her back by cutting off contact

A pretty common reaction that guys have when they get broken up with, is to cut off all

communication with their ex, in the hope that this will shock her into coming back.

For example: A guy might think to himself, "She's too emotional right now to be able to think rationally about our relationship. So, if I give her a few weeks or even a few months of space, she will calm down. Then, she will hopefully realize how much she misses what we had together and will come back to me."

He then ignores her for 30, 60 (or even more) days.

Then, when she doesn't contact him, he decides to text her or call her to reopen the communication between them.

He is then disappointed when she says something like, "Oh, hi. I hadn't heard from you in such a long time that I thought you were out of my life for good. I hope you're doing well and life is good for you. I've met someone else and I'm really happy now. All the best. Bye."

He is then left feeling shocked that his ploy to get her back by ignoring her ended up backfiring and may have resulted in the break up now being permanent.

This is why I don't ever recommend that a guy just ignore his ex woman as his main method for getting her back.

It's such a low success rate approach.

What I recommend you do is stay in touch with her by any means possible (e.g. via text, social media, over the phone or by seeing her in person) and use every interaction to restore her feelings for you.

The more respect and sexual attraction you make her feel when you interact with her, the more drawn she will feel to you.

You can then use those feelings to meet up with her and get to a hug, kiss and then sex.

After that, you can discuss getting back into a relationship, or just agree to see each other again and see how things go.

Either way, that approach works better than simply ignoring a woman who isn't attracted to you anymore and hoping that she comes back for some reason.

The highest success rate approach to getting an ex woman back is to actively re-attract her and then seduce her back into a relationship.

Women respond better to that approach because women are naturally wired to submit to the confident leadership of a man, when it comes to romantic and sexual relationships.

If you know how to re-attract her and know the remaining steps to take to get her back, you will be able to do it.

I hear back from new guys every day who have seduced their ex woman back into a relationship.

If you want to do that, keep learning now and then use my techniques to get her back.

On that note, another mistake to avoid if you want your ex back!

3. Not improving your ability to attract her when you next interact with her

Sometimes a guy is so worried about losing his ex woman that he rushes to try to get her back, without even realizing that the most important part of getting a woman back is re-attracting her.

So, he just starts to pursue her relentlessly and hopes that she will cave in to the pressure and give

him another chance.

For example: He might send her flowers and cards, buy her meaningful gifts, send her loads of text messages to apologize and ask for forgiveness, turn up at her door and beg or plead for another chance, or be extra nice to her and offer to help her with her life (e.g. run errands for her, help to pay her bills), so he can get to remain a part of it.

Yet, she just ends up feeling turned off by his desperation.

Women don't want to be with a guy who seems desperate. It just doesn't feel right to a woman.

She wants to be with a guy who makes her feel so much respect, attraction and love based on how he talks to her and interacts with her, not based on what he buys for her or what he can do to help her live her life.

It has to be about that sexual, romantic spark that brings a man and a woman together and keeps them together.

That is what really matters.

Another mistake to avoid making isâ□|

4. Asking her if she will ever change her mind

When a guy asks his ex woman if she will ever change her mind, she will answer him based on her current feelings for him (i.e. turned off, no longer in love, wanting to get away from him).

She might lie and say, *"Maybeâ□|please, just give me some time to be by myself"* to get him to leave her alone, but inside, she will know that she won't want to get back with him unless he really changes and is able to attract her in the ways that matter to her.

So, don't ask her if she wants to give you another chance.

Make her want to give you another chance by fully reactivating her feelings of sexual and romantic attraction for you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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How to Get My Ex to Kiss Me

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 3 essential tips to get your ex to kiss you:

1. Make sure that you activate sparks of sexual and romantic attraction when you interact with her

[image: Lean in and kiss your ex after building up sexual tension]

When a woman breaks up with a guy, she usually disconnects from her feelings of sexual and romantic attraction for him and goes cold, or becomes emotionally distant.

This is why you have to reactivate her feelings for you first, otherwise, she just won't feel like kissing you.

At the beginning of your relationship with her, she most likely felt a lot of sexual and romantic attraction, but over time, those feelings were replaced with more negative emotions (e.g. anger, annoyance, disappointment, frustration), so she stopped feeling drawn to you.

So, if you want to get your ex to kiss you, you have to start by reawakening her sexual and romantic feelings for you, so it feels right for her to be seduced into kissing you, having sex with you and getting into a relationship with you again.

Make her feel the way she did when she first fell in love with you (e.g. 'butterflies' in her stomach, blushing, wanting you to touch her, feeling turned on, feeling excited about the sparks flying back between you and her, wanting to be around you).

How can you do that?

One great way to do it is to use ballsy humor to get her smiling, laughing and feeling good to be interacting with you again.

The more laughter you can share together, the less she is able to hold onto any negative feelings she might still have about you.

Then, rather than think things like, *"This feels so awkward. I just shouldn't be here. Maybe we had something between us before, but there's no spark between us anymore,"* she will be thinking things like, *"Wow! This feels so good. I can't believe that I'm feeling attracted to him again like this. It almost feels like it did when we first met."*

She then relaxes her guard and opens herself up to seeing where things go from there (i.e. a hug, kiss, sex and back into a relationship with you again).

For example:

You're talking to her in person and she says, *"So, how have you been?"* and you jokingly respond by saying, *"Sorry, I can't reveal that information to you. I don't want to hurt your feelings"* and then have a laugh.

When she presses for more information, you can say, *"Just kidding! I was eating [insert her favorite food] yesterday and it was so delicious. I felt bad because you would have loved it. It was the best [her favorite food] I've eaten in a long time."*

Initially, she most-likely would have thought you said that you *"didn't want to hurt her feelings"*

because you were seeing a new woman, but you then turned it into a joke by saying that you were eating her favorite kind of food and it was extra delicious.

Many guys don't have the balls to mess with their ex woman like that because they are afraid that she'll get angry, or not want to talk to him anymore.

So, it takes balls to mess with her in a playful way as you talk to her.

Women are attracted to guys who have the balls to be like that, especially when the woman is acting emotionally distant or playing hard to get.

If you have the courage to playfully mess with her, it will create sparks of attraction inside of her and she will naturally begin to feel drawn to you and be more open to hugging, kissing and potentially even having sex.

Of course, there's a lot more to re-attracting an ex than just creating a spark with some humor, but it's a start.

You've got to create a spark and get the attraction flowing inside of her.

The next tip is to

2. Build on her attraction by creating sexual tension

[image: Kiss your ex girlfriend or wife]

To get your ex to the point where she's yearning for you to kiss her, it's important that you create and build up some sexual tension between you and her first.

You can do that over the course of a few minutes, or even hours if you want to, as you interact with her.

How long it takes depends on how good you are at making her feel attracted and how high her guard is up around you.

If her guard is up, you will need to bring it down by displaying confidence, being charismatic and making her laugh around you.

If her guard is down, you just need to create a spark of attraction, build on it for a few minutes and she will naturally be yearning for you to touch her, hug her or kiss her.

So, how can you build up sexual tension?

First you need to understand that sexual tension rises when a man and a woman feel attracted to each other, but there is something blocking them from kissing or having sex (e.g. they're ex's and are unsure if they should, they work together and have to be professional).

So, to build up sexual tension, start by flirting with her and making her laugh during a conversation and then go back to interacting in a normal, friendly manner.

Then, once you sense things have calmed down between you, flirt with her again and then relax back into ordinary conversation once more.

The tension will build up and she will want you to keep going back to the flirting and attractive style of conversation.

She will also want to kiss you or at least hug you, or she will be hoping that you make the moves to kiss her or hug her.

So, imagine this

Imagine that you and your ex are sitting at a quiet table in a corner of a coffee shop.

You've been chatting to her for about 10 minutes and the tension is building up between you.

You then take her hand in yours and touch your lips very lightly to her wrist and whisper something like, *â€œHmmmâ€¦ I know that weâ€™re broken up and all, but you smell so good. Your skin is nice and soft tooâ€¦* and then give her wrist a light kiss and let go of her hand.

She'll most likely blush and feel flattered, or she will act like she didn't enjoy it because she's embarrassed and doesn't want to show so much interest so quickly.

Regardless of how she reacts, just relax, lean back and continue on with whatever it was you and her were discussing before (e.g. *â€œBy the wayâ€¦ when are your exams starting?â€¦* or, *â€œBy the wayâ€¦ how's things going at work now that your old boss left?â€¦*).

After a few minutes of normal conversation, you can then look deeply into her eyes say something along the lines of, *â€œYou knowâ€¦ you still have the most beautiful eyes Iâ€™ve ever seen. I just love the way they light up when youâ€™re smilingâ€¦ there it isâ€¦ just like youâ€™re doing right now.â€¦*

Then, once again pull back and continue talking about other things.

By this stage, she will naturally be feeling rushes of sexual desire for you and will be thinking things like, *â€œWhy am I feeling so drawn to him all of a sudden? Would it be wrong for us to hook up? Why am I thinking about what it would be like if he kissed me, or if we had sex? I need to stop this! Heâ€™s my ex. I shouldnâ€™t be thinking this way about him, but I just canâ€™t help it! I want him again. This is going to be fun.â€¦*

She then hopes that you make a move to sit next to her, hug her or move in for a kiss.

In some cases, some women will just get up and sit next to their ex guy, or if she is sitting next to him already, she will cuddle into him and hope that he kisses her.

Alternatively, some women will get close to their ex, look him in the eyes and then move into start kissing him.

It really depends on the woman.

If you think that your ex is a going to be a bit shy or reluctant to make the first move, then make sure that you don't chicken out when the opportunity presents itself in front of you.

You can do it, so make a move, kiss her and get her back.

By the wayâ€¦!

Donâ€™t be like one of those guys who think, *â€œI wouldn't be able to do any of that. Besides, what if I try to flirt with her and she gets angry and storms out, or slaps me? Not only will I miss out on getting her to kiss me, she might even decide not to see me again and then Iâ€™ll lose her forever. So, I have to play it safe. I have to just talk to her as a friend and be nice.â€¦*

No, no, no.

You have to make her feel sexual and romantic attraction for you, based on the approach that you are using during the interactions you have with her.

You have to create a spark, build on it and get to a kiss and then sex.

You can't achieve that by just being neutral or nice.

You have to have the courage to create a spark and make it happen.

If you just approach her in a neutral or nice way, she almost certainly won't feel a spark for you and the distance between you and her will remain.

So, don't be so serious about everything.

Relax, be confident, flirt and create some sexual tension between you and her, so she naturally has a strong desire to be kissed by you, or to even move in for a kiss herself.

The next tip for getting your ex to kiss you, is to

3. Hug her for a few seconds, pull back, look her in the eyes, wait a couple of seconds and then kiss her

[image: How to kiss your ex girlfriend or wife]

If you've built up enough sexual tension between you and your ex, then she is almost certainly going to be open to a hug.

Why?

Hugging allows some of the built up sexual tension to be released as you hold each other.

It doesn't get rid of it, but it allows some of it to be used to feel good as you hug each other.

So, after you've flirted with her a little bit, lean towards her and say, *"Hey chatting again is kind of fun, isn't it?"* and let her agree.

Then, say something like, *"I think you deserve a hug for being such a cool ex. Come here and give me a hug"* and lean in to make the hug happen.

Then, hug her, give her a warm, firm squeeze and hold her in your arms for a few seconds.

Then, pull back, look into her eyes (in a confident, relaxed manner) and smile.

If you have been making her feel attracted prior to that moment, she will probably lean in for the kiss.

If she doesn't lean in because she wants you to do it, or because she is afraid of giving you too much power in the interaction, don't be afraid to lean in a couple of inches and let her close the distance and kiss you, or lean in and when you see that she isn't moving away, close the distance, meet her lips and begin to kiss.

4 Mistakes That Some Guys Make When Trying to Get a Kiss From an Ex

To avoid getting rejected when you try to get a kiss from your ex, be sure to avoid the following mistakes:

1. Being neutral and expecting her to want to kiss

Sometimes a guy doesn't want to come across as being too forward with his ex woman, so he will act like just a friend.

Instead of flirting with her and building up sexual tension, he spends the entire time pretending he's not interested in anything other than being her nice, neutral friend.

She then feels nothing or close to nothing for him, in terms of sexual and romantic attraction, so she

has no desire to want to get to a kiss.

Here's the thing!

If you want to get your ex to kiss you, you can't pretend to be her neutral friend and then expect it to happen.

She's got to know for sure that you're attracted to her in a sexual, romantic way and that you're open to being with her in that way.

So, don't act like Mr. Nice Guy, Mr. Plain or Mr. Neutral around her.

Of course, that doesn't mean you should be sexually aggressive and come on too strong, because that may cause her to clam up and feel the need to reject you.

Instead, what you need to do is focus on making her experience sexual and romantic feelings for you as you talk to her, so she naturally feels the desire to get to a hug, kiss and potentially sex after that.

The next mistake is!

2. Asking her if she wants to kiss

In life, whenever you ask for something, you always stand the chance of getting a *No*.

So, if you don't want to hear your ex say, "No" to your request to kiss her, then don't make the mistake of asking permission to kiss her.

Here's the thing!

Not only is being asked for a kiss not romantic for most women because it suggests that the guy isn't attracted enough to her, to want to just grab her in his arms and kiss her, but it also makes him appear as insecure and self-doubting, which is unattractive.

So, if things are going well with your ex (i.e. you've been sparking her feelings of respect and attraction for you), don't blow it by asking her if you can kiss her.

Just do it.

If she's not ready to kiss you, she will turn her cheek or say, *No*, and you can then respect that.

Alternatively, you can laugh and say, *"Oh, well, I guess I read your signals wrong. I thought you wanted to rip my clothes off and jump on for a ride"* and then have a laugh with her about that.

If saying something like that is a bit too much for you, then you really need to man up and stop worrying so much about how women will react.

Remember: If you fear her reaction, she won't feel attraction.

Women are naturally attracted to good men, who have the balls to say and do what they want around them.

This doesn't mean you should be bad to women, rude, mean, selfish or anything like that.

It means that you should be the good man that you are, but also have the balls to say whatever you want, without worrying about how she is going to react.

If you are only joking, then you have nothing to worry about.

If she can't take the joke (most of the time she will just be pretending to be offended), then you can turn it back on her by laughing (important! Don't forget to laugh), smile and jokingly saying, *"You take things too seriously girl. You need to lighten up. You're way too sensitive"* and then have a laugh

with her about that.

If you're not confident enough to jokingly talk to a woman like that, then you're always going to struggle to make women respect you.

Remember: If you fear her reaction, she won't feel attraction.

Be a good man, but don't hold back from playfully messing with a woman because you fear her potential reaction.

The same rule applies to kissing her.

If she wants to kiss and you then fearfully ask for her permission, she will almost certainly lose respect for you for not having the balls to take the initiative and just do it.

As a result, she will probably reject your kiss or say something like, *"No, I don't think that's a good idea"* because your self-doubt turned her off.

The next mistake to avoid isâ€¦!

3. Having stressful conversations about the relationship and then expecting a kiss

When seeing your ex again, it might be tempting to want to have a detailed, emotional conversation about what happened between you and her in the relationship.

For example: A guy might say, *"Iâ€¦ Iâ€¦ I'm so sorry for hurting you. I know I stuffed things up between us, but I really have changed and I'm not like that anymore. I was so selfish and just cared about myself, but I now know that being like that is wrong. You deserved so much better from me. I would always get angry at you and expect you to just put up with it. I never really cared about how you felt and I'm sorry. I believe that we can work things out between us if you give me a chance to prove myself to you. I still love you and believe that you and I are so right for each other. Yes, we had some problems, but I know that itâ€¦ is nothing we canâ€¦ resolve if we really wanted to. So, how do you feel about us trying again? Would you be willing to give it a go? Will you give me a chance to prove to you that I can make happy now?"*

Here's the thing thoughâ€¦!

Getting into stressful conversations about the relationship isn't the way to create feelings of sexual and romantic attraction inside of her.

Instead of feeling excited and turned on, she feels annoyed, stressed and frustrated and starts to focus on all the things about that you she didn't like when in a relationship, rather than on the things she does like about you.

If you're talking to her in person, she then starts to think things like, *"This meet up was a bad idea. I thought we might have had a chance to work things out, but now I realize thereâ€¦ is too much baggage between us to be able to have an actual relationship again. I have to move on. It's over."*

If you don't want your ex to be thinking like that, avoid getting into serious, stressful conversations about the relationship.

Instead, just focus on making her smile, laugh and feel good to be around you again.

The more relaxed and attracted she feels when she's with you, the less she will remember the things about you that turned her off in the past.

Her guard will come down and she will then open up to hugging you, kissing you and potentially

having sex with you again.

The next mistake to avoid isâ€¦!

4. Turning her off by appearing nervous, tense and unsure

Women can easily notice and sense nervousness and self-doubt in men and it's a huge turn off.

This is why you need to make sure that you feel completely confident in yourself when around her.

You need to know how to attract her again and believe that it's working, otherwise, you might end up doubting yourself and missing out on a great opportunity to kiss her and get her back.

Hereâ€¦s the thingâ€¦!

Women donâ€¦t like having to reward emotional weakness with kissing, sex and love because they are instinctively programmed to be attracted to and reward emotional strength in men.

If your ex senses that you are unsure about yourself, she will naturally close herself off and possibly decide there and then, that itâ€¦s time for her to find another man.

So, when you meet up with your ex, focus on having confident thoughts about yourself and your value and attractiveness to her.

Imagine her wanting to kiss you because you are a confident, emotionally strong, emotionally masculine man.

Believe it.

When you believe in yourself, she will sense it (via your body language and the tonality of your voice) and she will automatically feel respect and attraction.

As a result, she will naturally want to kiss you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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3 Reasons Why You Can't Seem to Convince Your Ex to Feel the Same Way You Do

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

If you've been trying to convince your ex to feel the same way as you do about her, but she is being stubborn and closed off, today is the day that you will change that.

To turn things around, here's what you need to understand...

1. Words mean nothing to her if she isn't attracted to you

[image: Words mean nothing if she isn't attracted to you]

When a guy is still in love with his ex and wants her back, he might try to convince her to change her mind by explaining how sorry he is, telling her how much he cares and asking her to just give him a chance to prove that things can be different.

For example: He might say things like, *"I'm so sorry for the way I behaved. I know that I hurt you and you have every reason not to want to talk to me, but I honestly believe if we can just sit down and discuss things, we'll be able to work things out between us because I really have changed. Not only that, but I still love you more than anything, despite the fact that we have broken up. I've never loved a woman as much as I love you. However, I can't show you that unless you give me the chance to prove myself to you. Please think about it. You have always been such a good person. Please give me another chance. I promise that you won't regret it."*

If that approach doesn't work and she just keeps saying things like, *"No, I don't believe that you've changed. Please accept that it's over between us,"* he might add, *"Please! I love you. I need you in my life. You were the best part of me and I'm lost without you. Please give me one more chance. I know I can make you happy now."*

Essentially, he's hoping that by saying that to her, she will think something like, *"He sounds like he's really making an effort to fix things between us and he also still loves and needs me so much. Based on that, how can I say no to him? Our love deserves another chance. I am so lucky to have a man who loves me as much as he does"* and then they can get back together.

Yet, it rarely (if ever) works that way.

Why?

If a woman has disconnected from her feelings of respect, attraction and love for a guy, his words mean next to nothing to her.

Rather than being convinced to change her mind based on his explanations and promises, she is more likely to think, *"He still doesn't get it. He doesn't realize that I don't have feelings for him anymore and nothing he says is going to change that. As far as I'm concerned, it's all just a bunch of empty promises. Even though he's saying that he has changed, it's obvious that he hasn't. He's just being desperate, insecure and needy and that's not attractive to me."*

So, what should he do instead?

Start interacting with your ex on the phone or in person and show her (don't tell her) that you truly

have changed and improved.

The more attracted you make her feel to the new and improved you, the more she will want to give you another chance to see how she feels.

Yet, if all you do is talk, talk, talk (or worse, text, text, text) her in a friendly way or in an annoying way where you're asking for another chance, all she's going to say is, *â€œNo, no, no.â€*

Remember: If you haven't reactivated her feelings of sexual and romantic attraction first, your words and promises are going to be next to meaningless to her.

In other words, if you don't make her want you back first for her own reasons, she's not going to care about your reasons for wanting her back or how much you care about her or love her.

The next reason why you can't seem to convince your ex to feel the same way that you do is

2. Your feelings are largely based on wanting her back

Lately, you may have been thinking things like, *â€œI want her back so badâ€* or, *â€œI need to get her backâ€* or, *â€œI miss her so much! I can't live without herâ€* or, *â€œI don't want any other woman. I just want her. She is the one for me! I have to get her back. I don't want to fall in love with another woman. I just want her love. She makes me feel so amazing. She is what I want.â€*

Essentially, you're thinking about how you feel and what it's like not having your ex in your life right now (i.e. life sucks, you feel lonely, you feel like you're being left behind, you fear the idea of having to get out there and start dating again, you just want her back so your life can go back to normal).

Yet, here's the thing

While you're thinking about your feelings, you've overlooked one important thing: Her feelings.

To get an ex woman back, the only thing that matters is how you make HER feel.

Your feelings are pretty much irrelevant and unimportant to her now.

She cares about herself and what she wants and will only start to care about you and what you want, if you first MAKE HER CARE by reactivating her feelings of sexual and romantic attraction for you.

So, while you're thinking about how much you miss her and how bad it feels not to have her around anymore, she's busy thinking about all the ways she feels you stuffed up and how that made her feel (e.g. angry, disappointed, frustrated, stuck).

She is using those negative feelings to help herself get over you and move on.

So, to convince your ex to give you another chance, you first have to close the gap and make the sexual and romantic feelings mutual, or at least close to mutual.

In other words, you need to make her feel the way that you feel about her, or at least get her to begin experiencing sparks of those kind of feelings.

You can't achieve that by explaining things to her (e.g. *â€œI've changed. I now know where I went wrong. I can make you happy now. Please, just give me another chance to prove that to youâ€*) or having deep and meaningful discussions about life and relationships.

The most important thing at this point is how she feels, not how much you want her back, how much you need her or how sincere you are about making things right between you and her.

The next reason why you can't seem to convince your ex to feel the same way that you do is

3. Women aren't attracted to desperation or neediness in a man

[image: Women aren't attracted to desperation or neediness in a man]

When a guy is going on and on about his feelings and how much he needs his ex back, rather than feel flattered by his desperation, a woman usually feels even more turned off.

She then starts thinking things like, *“Doesn't he realize that his behavior is unattractive to me? The more he tries to convince me to give him another chance, the less I want to be around him. He's just highlighting to me that he can't be an emotionally strong, independent man on his own without leaning on me for guidance and support. I have to be alone now and start moving on. Surely there will be other men out there who understand how to attract a woman and make her remain in love. Surely I don't have to settle for a relationship that requires so much struggle and stress. Surely there is an easier way to be happy in a relationship. I'm certain that there are men out there who are confident, self-assured and know how to be an emotionally strong man for a woman to look up to, respect, feel attracted to and remain in love with. That's what I've got to find.”*

The fact is that women just don't feel attracted to neediness and desperation in men.

It doesn't work for them.

Some women try to stick with a guy who is needy and desperate, because many women don't want to have to go through with a break up, but no matter how much they try, they just can't feel attracted to it or accept it.

Women feel attracted to men who have the confidence and emotional strength to get on with enjoying life, with or without her around, or with or without her emotional support when in a relationship.

So, acting like you can't live without her and as though your life is at a standstill until she gives you another chance, isn't going to make her feel attracted to you and want you back.

To convince her that you're an emotionally strong and independent man (which will make her feel some respect and attraction for you again), she needs to be able to see that you're living a happy and fulfilling life without her.

That's what really makes a difference and allows a woman to relax and open back up to her ex, rather than being afraid that he's obsessing over her and unable to stand on his own two feet.

Just don't waste months doing that to prove to her that you're happy without her.

Get that done in the next few days to a week and then begin the ex back process.

If you leave it for too long, she will almost certainly just move on.

3 Mistakes Guys Make When Trying to Convince an Ex to Get Back Together Again

If you want her back for real, be sure to avoid the following common mistakes that guys make when in your situation:

1. Writing a long letter, e-mail or message on social media to explain how much she means to you

[image: Writing her a long letter or email to explain how much she means to you]

In situations where an ex woman is being closed off and refusing to listen to anything that her ex is saying to her, he might decide that the only way to get through to her is to explain everything in a long letter or e-mail.

He may think, *“If she won’t meet up with me in person, or talk to me over the phone, then I will e-mail her. At least she won’t be able to ignore me then. She will be forced to read it and will then know how I feel about her. Maybe then she will be convinced to listen to me and give me another chance.”*

He will then write to her and tell her how much he still loves her, how important she is in his life, how sorry he is for hurting her and how promises to do anything and everything to make it up to her.

Yet, he doesn’t realize that rather than making her think, *“Oh, how sweet. He still loves me. Maybe I should at least give him a chance to explain,”* she instead thinks something along the lines of, *“Oh right! So, I’m supposed to forgive him and give him another chance with me based on the fact that he loves me and needs me. Well, what about how I feel? Doesn’t he care or even realize that I’m still not attracted to him? Doesn’t he have a clue that I won’t care unless he first re-attracts me? Nothing about his letter is making me feel like he’s changed and improved as a man and will now be able to make me feel attracted in the ways that actually matter to me.”*

Here’s the thing!

A letter or e-mail doesn’t give a woman any first hand, real life evidence that you have changed.

So, in most cases, a woman will just assume that you’re still the same guy she broke up with.

For example: She can’t hear your confidence in the tonality of your voice, so as she reads your letter or e-mail, she imagines that you are feeling insecure, nervous and unsure of yourself.

She can’t see your confident body language, so she imagines that if you said those things to her in person, you would probably be nervous and unsure of yourself.

This is why it’s never a good idea to hide behind texts, letters or e-mails with an ex woman.

If you want to convince your ex to feel the same way you do about her, the best way to go about it is by letting her fully experience the new you in person.

When she can see your body language and the way you maintain your confidence around her regardless of what she is saying or doing to put you off, she won’t be able to stop herself from feeling some respect for the new and improved you.

When that happens, she also starts to feel attracted again.

From there, her walls come down and her feelings for you begin flooding back, even if she tries to stop them or hide them.

Another mistake that guys make when in your situation is!

2. Trying to convince her to understand his point of view, rather than being so stubborn and sticking to hers

[image: Why can't you understand things from my point of view?]

When a guy is pouring his heart out to his ex and she is saying things like, *“Forget it! I don’t want to hear about how you feel about me. I just don’t care! Please get it into your head that it’s over between us and stop harassing me about your feelings for me,”* it’s understandable that he might feel like she is being stubborn.

He may even say to himself, *“Why won’t she listen to me? All I want is for her to see things from my point of view. After everything we’ve been through, she could at least make the effort to see things my way. She’s like a completely different person. She’s so damn stubborn now.”*

Yet, here’s the thing|

She’s only being like that because he hasn’t been doing anything to spark her feelings of respect, sexual attraction and love for him.

All he has been doing is pleading, whining, convincing and going on and on about how he feels for her.

He’s not making her feel anything for him in return, other than annoyed and more turned off.

So, if you want to get her back, don’t waste time trying to convince her to see things from your point of view.

Instead, just focus on using every interaction you have with her (e.g. via text, on social media, over the phone, in person) to restore her feelings of respect and attraction for you.

The more you spark her feelings for you, the more interested she becomes in exploring a new, even better relationship with you now.

However, if you keep pushing her to listen to you and just give you a chance based on your explanations and promises, she will remain closed off.

The next mistake that other guys make in your situation is|

3. Thinking that she will love him if he can just get her to understand that they share a unique connection

Even if you and her once talked about being together forever, none of that matters anymore if she isn’t feeling respect, attraction and love for you now.

That was then and this is now.

If a woman no longer feels the same way anymore, she doesn’t have to stay with a guy just because they once shared a special connection.

So, rather than trying to convince your ex to try again based on the connection that you and her once shared, you have to allow her to experience new surges of respect and attraction for the new and improved version of you.

When you interact with her and she experiences the new, improved man that you have become, her feelings about you will automatically begin to change.

She will start to feel respect and attraction for you again and her will guard comes down.

Then, you won’t have to convince her to feel the same way you do because she already will.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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I Regret Divorcing My Wife

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 4 things you can do to get your wife back:

1. Refresh your understanding of what it takes to maintain a happy relationship

Couples who have been together for years and who are still completely in love with each other:

- **Love and accept each other for who they are:** They understand that no-one is perfect and accept that mistakes will happen sometimes. When a mistake is made, they are patient with each other, while the person who messed up makes an effort to change and improve. This might sound idealistic or even impossible to some men, but it's how happy, loving relationships are. I know that because I'm happily married and I've helped many men to achieve the same with their wife.
- **Always strive to improve and become better for each other:** Happy couples understand that when you love someone, you want to be the best person you can be for them. You do that because you love them, love yourself and love and appreciate the amazing relationship you have.
- **Support each other emotionally:** Whether it's to help each other through a difficult time, or to pursue a big goal or dream, they are there for each other no matter what. What is most important to them as a couple is that both of them feel good, enjoy life and get to experience and achieve what they want.
- **Don't take things too seriously:** In happy, long-lasting relationships, laughter really is the best medicine. Rather than getting upset over everything and making a big drama about it (which can then lead to arguments, anger and a buildup of resentment), a happy couple will turn an emotionally charged situation into something that they can laugh about together. This does take some practice, but it really does work. You get into the habit of not getting into wars with each other over trivial things and instead, laughing about it all and enjoying each other's company as you go through the events of daily life.
- **See each other as being more than enough:** Naturally, there are other attractive people in the world, but a happy couple doesn't feel like they're missing out by not hooking up with those people. Instead, they feel lucky to have each other and no matter how beautiful another woman is, in his eyes, a man's wife is the most beautiful woman in the world to him. Likewise, she looks at him as being the man that she only has eyes for.

So, if you regret divorcing your wife, decide now that you are going to quickly get prepared to re-attract her and have an even better relationship with her this time around.

If you do that, you will not only turn yourself into an even better man than you already are and be so much happier with yourself, but you will make her happy and make her feel lucky and grateful that you have come back into her life.

So, if you are up for getting her back!

2. Get ready to re-attract her when you interact with her

One of the best ways to re-attract your wife when you interact with her again, is by shocking her (in good way), by being a new and improved man.

For example: If one of the main reasons for your divorce was due to you being too emotionally closed off, to convince your wife that you've changed, you need to take the risk of being more fearless with your emotions.

Important: I don't mean that you should become a sensitive wussy or anything like that.

I'm talking about being fearless with your emotions like a man (i.e. maintaining your composure and masculinity, while also expressing some emotions without fearing the consequences).

Having the guts to say something like, *"I'm happy to see you. You look amazing"* rather than being closed up emotionally and saying, *"Hey, how are you doing? You look nice."*

Big difference.

Of course, if you go from being an emotionally closed up man to being emotionally fearless, she might be a bit confused initially and wonder if it's real, or if you're just putting on a bit of an act initially.

So, she might test you by saying something like, *"Hey, I just want to be clear that we're only meeting up as friends today. I'm happy to see you, but don't get the wrong idea."*

If you then react by clamming up and thinking to yourself, *"I knew I shouldn't have exposed my feelings to her like that. Look where that got me! she rejected me and threw it in my face. It was a big mistake,"* she'll know that you were only opening up emotionally to hopefully impress her, but haven't sincerely become emotionally fearless.

An emotionally fearless man would laugh at what she said and say something like, *"Don't get the wrong idea? Who said that we weren't meeting up as just friends? You're the one thinking other things"* and then have a laugh with her about that.

In other words, he doesn't let her take control of the situation by making it out as though he is hoping to score with her.

Instead, he turns it back on her by saying something like, *"Of course. We're just meeting up as friends. Don't get the wrong idea. I know I look handsome today, but my body is off limits. You can look, but don't touch"* and then have a laugh with her about that.

Another example is if your wife divorced you because she felt you were taking her for granted.

Although at the beginning of your relationship you were very loving and attentive, over time you fell into the habit of putting other things first in your life, ahead of your relationship with her (e.g. work, bills, your family, friends, hobbies, procrastination).

To show your wife that you've changed and won't fall into that trap again, you need to focus on making her feel loved and appreciated all the time.

When she can see that you really have changed, her guard will naturally come down and she will open up to the idea of giving your marriage another chance.

Once you've prepared yourself to re-attract her, you need to

3. Contact her to say hi and focus on re-attracting her

When you feel ready, make contact with your wife and start making her feel sexually and romantically attracted to the new and improved you.

For example: If youâve been texting each other from time to time, you should now proceed to getting her on a phone call with you to say hi.

Once on the call, make sure that you add in some humor to ease the tension between you and her and make her feel happy and relaxed to be talking to you again.

For example: You might call her and say something like, *âHey Michelle, I thought Iâd just call and say hi. How's your day going today?â*

If things are still quite awkward between you and her, she might start off by being cold and aloof towards and say something like, *âFine,â* or *âOkayâ nothing special.â*

You can then use that as an opportunity to make her laugh and feel attracted, by saying something like, *âMy day has been great so far and itâs about to get 100 times better.â*

Sheâll likely then ask, *âWhy?â* and you can then say, *âWell, Iâm about to arrange a catch up for a coffee with a really beautiful woman.â*

If she thinks that you're talking about another woman, she might get annoyed at you and say something like, *âWhy are you calling me to tell me that? Do you think I care who youâre dating? Well, I donât!â*

You can then say, *âWell you should care. Youâre that beautiful woman and I'd like to ask you to catch up for a coffee this week to say hi as friends,â* and laugh with her about that.

She will then laugh about getting caught out with your joke and may also feel flattered that you still think of her as a beautiful woman.

As a result she will begin to wonder what has brought about such a sudden change in you.

She will feel curious about your newfound relaxed, confident and emotionally strong attitude towards her, which will naturally make her feel some respect and attraction for you again.

When that happens, she then opens herself up to the idea of talking to you again and seeing you in person.

Note: Most women are savvy enough to know that you're talking about them when you say that you're about to arrange a catch up for coffee with a beautiful woman.

If your wife gets the joke right away because she's a bit savvier than the average girl, you can then say, *âSo, let's catch up for a coffee sometime this week to say hi as friends.â*

By the wayâ!

If youâve had no contact with your wife since the divorce, you can text her or send her a private message via social media, or start a text conversation on the phone.

However, before you do that, I recommend that you use the techniques from my program to warm her up first. For more information, check out [Get Your Ex Back Super System](#).

Once youâve broken the iceâ!

4. Get her to meet up with you to say hi as friends

After youâve reactivated some of your ex wifeâs feelings of respect and attraction for you

(i.e. by making her smile, laugh and feel good to be talking to you again on a phone call), ask her to meet up with you in person.

For example: You can say, *“It’s good to see that we can be still be mature adults and have a chat”* and let her say whatever she wants to add to that.

Then say, *“Let’s catch up for a coffee sometime this week. Of course, it wouldn’t be about us getting back together. It would just be a relaxing cup of coffee to say hi to each other as friends.”*

In some cases, an ex-wife won’t immediately say, *“Yes”* because she will be worried about having feelings for her ex-husband again, even though he hasn’t fully changed.

So, she might say something like, *“Look, it’s nice of you to ask, but I don’t think it’s such a good idea. We’re divorced now, so let’s leave it at that.”*

No matter what she says, maintain your confidence and don’t fall into the trap of doubting yourself and your ability to seduce her back into a relationship.

Relax and confidently say something along the lines of, *“Hey, look it’s just a quick cup of coffee as friends. I know that we’re divorced and I accept that completely. Yet, even though we aren’t together anymore, we can at least catch up to say hi once as friends. So, what do you say? Are you in for a quick catch up tomorrow or the next day?”*

At that point, she will probably agree and you can then go ahead and arrange a suitable day and time.

Just remember: When you meet up with her, you must be ready to say and do the types of things that will reawaken her sexual and romantic feelings for you (e.g. maintain your confidence around her regardless of her attitude towards you, ease the tension by making her laugh and smile, let her see some of the changes in your behavior and attitude that were lacking in the marriage), so she naturally begins to open up to the idea of getting back together again.

4 Mistakes to Avoid Making if You Want to Get Your Wife Back

[image: Getting your ex wife back after a divorce]

If you want to ensure that you get your ex wife back, be sure to avoid the following 4 common pitfalls:

1. Thinking that it’s not possible to get her back

Sometimes, when a guy regrets divorcing his wife, he might start thinking things like, *“I screwed the whole damn thing up. I let the divorce go through and now it’s over. It’s all my fault. I’ve lost her forever. Even though I now realize that I love her and she’s the only woman I want to spend the rest of my life with, there’s nothing I can do about it. We’re divorced. No one gets back together after a divorce. It’s done. I can’t do anything now. We signed the papers. The papers mean everything.”*

Paper is just paper.

It seems fancy because there are lawyers involved, but what you need to understand is that when your ex wife feels a renewed sense of respect, sexual attraction and love for you, those divorce papers will become meaningless.

What happened in the past will seem like a mistake and she will realize that you and her are supposed to be together.

She will rationalize the divorce as something that needed to happen, so you would change and become the man you are today.

You and her are meant to get back together.

2. Feeling unworthy of her

When a man feels like he is to blame for the divorce, he might fall into the trap of thinking of his ex-wife as being a perfect angel who didn't do anything wrong at all.

Before the divorce, all he could see were her faults (e.g. she was a nag, she was always throwing tantrums, she created drama over insignificant things to annoy him, she didn't give him enough time on his own to do his own thing), but now all he can see is how perfect she really was for him (e.g. she was beautiful, she was supportive of his dreams, she took good care of him and their home, she put up with his bad attitude).

As a result, he then starts to put himself down in comparison to her, *How could I have been so blind not to see that the problem in our relationship was me? She was perfect and it was me who messed everything up. I am such a loser why am I like this? Why do I ruin relationships with people who love me? What is wrong with me? Even if she wanted me back, the truth is, I don't deserve a woman like her. She is just too good for me.*

Yet, what he doesn't realize is that feeling unworthy of his wife's love only makes him seem less attractive to her (and to other women).

Why?

A woman likes being envied by other women by being in a relationship with a man who is always confident and believes in himself no matter what happens.

The more emotionally strong her man is, the more she is able to respect him, feel attracted to him, love him and feel proud to be with him.

So, when a guy is feeling sorry for himself and putting himself down, rather than make her feel happy that he values her more than he values himself, she feels turned off by his lack of confidence.

3. Not improving his ability to make her feel sparks of sexual and romantic attraction during an interaction

Where many ex-husbands go wrong is that they make promises to change, suck up to their ex wife by being extra nice or pour their heart out and explain how much they regret the divorce.

None of that means much to a woman if you first don't reactivate her feelings of sexual and romantic attraction.

You have to do that first, otherwise your attempts to get her back will seem selfish and one-sided.

Here's the thing:

Right now, your wife has likely disconnected with her feelings for you and is working on completely getting over you and moving on with her life.

If you want to stop her in her tracks and get her to turn around and come back into your life, you have to focus on making her feel rushes of sexual and romantic attraction when you interact with her.

Don't try to get her back by promising to change, being really nice or seeking pity from her.

Those approaches don't work.

Likewise, just being a neutral friend doesn't work either.

You have to get the spark back between you and her and then turn it into a passionate fire of love.

That might sound difficult to you, but really it's one of the easiest and most fun things you will ever do in your life.

Reawakening a woman's feelings after a break up or divorce and the reconciling is enjoying for you and her.

Finally, another mistake to avoid if you regret divorcing your wife and want her back is

4. Waiting for years in the hope that she comes back on her own

Sometimes, a man might wait around for months or even years for his ex wife to forgive him and realize her mistake.

Yet, he then watches on in disappointment as she moves on and seems happy and content without him.

So, if you want your ex wife back, don't waste anymore time hoping that she will come back on her own.

If she hasn't come back on her own by this point, she probably won't ever come back.

Instead, she will move on without you.

If you want her back, you have to step up and make it happen.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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5 Ways to Make Your Ex Like You Again Over Text

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 ways to make your ex like you again over text:

1. Make her smile

[image: Make her smile]

One of the best ways to make a woman reconnect with her feelings of love, respect and attraction for you is by making her smile when you interact with her via text.

When she is smiling, it becomes a lot more difficult for her to hold on to her negative feelings about you (e.g. anger, annoyance, frustration, disappointment).

As a result, she then drops her guard and opens up to looking at you in a more positive light.

She can then start to think things like, *â€œHe sounds so confident and fun in his texts all of a sudden. Maybe he really has changed. Maybe it would be nice to talk to him over the phone again, or even in person.â€œ*

So, if you want to make your ex like you over text, make sure that your messages are making her smile, rather than roll her eyes in annoyance.

If youâ€™re too boring or serious, sheâ€™ll most-likely remain closed off towards you and she may even begin wondering, *â€œWhy is he texting me? Doesâ€œt he get it that weâ€™re broken up? What does he want? What is he up to?â€œ*

For example: A guy might text his ex with something like, *â€œHey, how are you? I just wanted to say hello. Having a good day so far?â€œ*

She might then reply with something along the line of, *â€œIâ€™m fine thanks. Busy as usual. What are you up to?â€œ*

He might then reply with, *â€œSame old, same old. You know how it goes.â€œ*

That type of message isnâ€™t going to spark any sexual or romantic feelings inside of her.

Instead, she will likely be rolling her eyes and wondering why on earth he is wasting her time with pointless text messages.

So, using the example above, if your ex says, *â€œIâ€™m fine thanks, just busy as usual. What are you up to?â€œ* you can then reply with something like, *â€œIâ€™ve just found something that I think is perfect for you.â€œ*

She might then reply with, *â€œOh really? What?â€œ* or, *â€œTell meâ€œ* and you can then say, *â€œI was reading through the paper and found an ad looking for models and instantly thought of you.â€œ*

She will likely feel flattered that you still think sheâ€™s beautiful enough to be a model and she might then reply with something along the lines of, *â€œHaha! Thanks,â€œ* or if sheâ€™s quite shy and modest she might say, *â€œThatâ€™s nice of you, but I donâ€™t think Iâ€™m pretty enough to be a model.â€œ*

You can then reply with, *â€œYeah, theyâ€™re looking for hand models to advertise gloves and I thought, why not you? Your hands look great in gloves! Lol! :Pâ€œ*

At that point, she's probably going to smile and laugh because she initially thought you were suggesting a fashion modeling job, or a beauty model.

As she smiles and has a little laugh, she will then begin to think of you in a more positive way.

Her guard will come down and she will become open to interacting with you again, talking to you on the phone and even meeting up with you in person.

The next way to make your ex like you again over text, is to make sure that youâ€¦

2. Don't show insecurity or self-doubt

[image: Don't show insecurity or self-doubt]

Chances are, your ex isn't going to be very warm and friendly towards you right after a break up, or if it has been a while and you haven't re-attracted her yet.

So, you might find that is a bit cold, distant or even unfriendly towards you initially.

Why?

Firstly, you haven't started reactivating her sexual feelings for you yet, so she's still going to be closed off towards you as a boyfriend option.

Additionally, it's a woman's natural instinct to test a guy to see if he is able to remain confident and secure even if she doesn't make things easy for him as she talks to him.

So, if you maintain your confidence no matter what she says or does and have the courage to turn her coldness into smiles and laughter, she will automatically drop her guard and begin feeling surges of respect and sexual attraction for you again.

On the other hand, if you become nervous, insecure and start doubting your ability to attract her again, she will pick up on that (e.g. because your texts will be too polite, formal or friendly, because you start apologizing to her if she says that she's busy or because you seem to take a long time to reply because you're over-thinking things) and feel even more turned off.

This is why it's very important that you take control of your confidence by always imagining things going well every time you text (call, or meet up with) your ex.

For example: Imagine that you've sent your ex a text and she responds in a cold, unfriendly way.

Instead of thinking, *She hates me. There's no way I can make my ex like me again over text*, realize that she's only testing you to see if you can remain confident, so she can then feel respect and attraction for you.

Rather than feeling insecure and beginning to doubt your ability to attract her, just use her coldness as an opportunity to re-spark her feelings for you.

Respond to her in a way that turns her coldness into something to smile and laugh about together.

She will then naturally warm up to you and begin to feel happy to be interacting with you again.

Then when you call her on the phone and suggest catching up to say hi, she will be much more likely to agree.

Another way to make your ex like you again over text is toâ€¦

3. Write brief, witty texts

Texts can break the ice between you and your ex and pique her interest enough to want to talk to you

on the phone or meet up with you, but you shouldn't rely on only texting her to get her back.

Watch this!|

If you are going to text her initially, make sure that your texts are short and witty, so she doesn't get bored or annoyed to be texting with you.

Another way to make your ex like you again over text is to make sure you!

4. Don't try to discuss the relationship

Sometimes a guy will assume that to make his ex like him again, he first needs to show her how sincere he is about fixing what went wrong in their relationship.

So, as soon as he establishes contact with her via text, he starts bringing up their relationship, what went wrong and how he plans on fixing things between them.

For example: He might text her things like, *"I know I stuffed up and I'm really sorry about it. I was (runs through a list of his faults, e.g. insecure, unmotivated, immature, unstable) and I made your life miserable. I know that I can't say it enough times, but once again, I really am sorry for hurting you. I want to work things out between us. Please, can we just talk about this? I have changed and all I'm asking for is a change to work this out."*

Yet, here's the thing!

The more a guy keeps bringing up the relationship and all his mistakes, the more it makes her relive all the negative emotions she experienced at the time (e.g. anger, mistrust, disillusionment, heartache, disappointment).

So, even though your intentions are in the right place by wanting to fix things with her, if you want to make your ex like you again, I highly recommend that you avoid discussing the relationship in detail with her over text.

Instead, just leave what happened between you and her in the past (both the good times and the bad times) and focus on re-attracting her in a whole new and exciting way.

Another way to make your ex like you again over text is to!

5. Be a challenge

[image: Be a challenge]

When a guy wants to get his ex back, he usually makes the mistake of being on his best behavior around her, or at the very least, just being friendly and nice towards her.

For example: A guy might be extra sweet and nice to her, puts up with her coldness or rudeness and essentially allows her to call the shots.

He may think, *"I can't be too demanding with her, because if I stand up to her she'll get annoyed and cut me off completely. Then I won't be able to get her back."*

Yet, what a guy like that doesn't realize is that a woman doesn't want to feel as though she is more valuable or powerful than him.

She wants him to make her feel as though she needs to be on her best behavior around him and try to please him, rather than him being no challenge to her at all.

She doesn't want to feel as though she can push him around and treat him like dirt without him doing

anything about it.

So, if you want to make your ex like you again, be a bit more of a challenge to her via text, rather than being a good little boy who never says anything to upset her.

Youâ€¦d be surprised to see how effective a bit of cheekiness can be in making a woman feel surges of respect and attraction for you again.

5 Mistakes Guys Make When Trying to Make an Ex Woman to Like Them Again Over Text

Texting can help you get your ex back, but it can also cause you problems if you make one or more of the following mistakesâ€¦

1. Trying too hard to appear happy without her

Donâ€¦t make the mistake of pretending to be happy without your ex (e.g. texting her things like, *â€¦Iâ€¦m having so much fun now that Iâ€™m single!â€¦ orâ€¦ Life is so great. Ahh, relaxing at the beach!â€¦* or *â€¦Iâ€¦ve been out every night this week. Good times!â€¦*), if you are secretly feeling miserable without her.

Why?

All it takes for her to catch you in a lie, is to show some interest in you again and then quickly pull back the interest back to see how happy you really are without her.

For example: She might text and say that she misses you and that sheâ€¦s been wondering if you and her can work things out.

She may then ask you, *â€¦Do you miss me too? Would you consider giving our relationship another chance, or do you think itâ€™s too late for us? You seem so happy without me now, so Iâ€™m not sureâ€¦* to see how you are really feeling.

If you then quickly text back with something like, *â€¦No, itâ€¦s not too late! Of course I want you back. I miss you every day. I was hoping that you would say something like thisâ€¦* she will then know that youâ€¦ve been lying about being happy without her, which will make her close off and play much harder to get.

The next mistake isâ€¦

2. Trying to have a discussion via text, rather than hitting 'call' and talking to her

Sometimes a guy decides to stick to texting, because he believes that his ex will let him know when sheâ€¦s ready to talk over the phone.

For example: He hopes that he can just text back and forth with her for a few days, weeks or even months and she will eventually text him something like, *â€¦Okay, enough with this talking to each other via text. Give me a call. I miss you and I want to hear your voice.*”

Yet, thatâ€¦s just not how the majority of women react.

Rather than making the ex back process easy for him, a woman will usually be passive and wait for her ex man to have the balls to make something happen.

If he doesn't make a move, she will eventually get tired of having pointless discussions with him via text and may then say something like, *â€œLook, Iâ€™ve met someone else and he doesnâ€™t like me texting you like this. Iâ€™m sorry, but we need to stop our texts. I wish you all the best. Goodbye,â€* so she can get rid of him.

As a man, you need to take responsibility for guiding both you and your ex back into a relationship, rather than being passive like her.

You need to have the courage to call her on the phone, where you can spark some of her feelings for you again and make her want to see you in person.

So, donâ€™t make the mistake of hiding behind texts and hoping that she will tell you that she's ready to talk on the phone, because most women don't make it that easy for their ex guy.

You need to have the courage to make a move.

Another mistake that other guys make in your situation isâ€

3. Believing that she wouldn't like it if he called

Many guys come up with the excuse that their ex woman prefers to text.

It doesnâ€™t matter what she prefers.

You have to do what works and what works is attracting her on a phone call and in person and then getting to a kiss, sex and opening the door back up to a relationship once again.

Sticking to only texts is a surefire way to lose your ex girl and be disappointed and hurt when she eventually breaks the news to you that she's been seeing a new guy, is in love and no longer wants you to text her.

Additionally, you have to understand that for a lot of women, texting back and forth with an ex takes up a lot of their time and mental energy and it can quickly become a stressful, annoying thing to be involved in.

So, if you want her back, don't hide behind the safety of text messages.

It might feel easy and nice for you, but it's not the best way to get an ex woman back and in many cases, it's not fun for the ex woman.

Get to a phone call and in person catch up and then get to a kiss and sex.

Get her back.

The next mistake that other guys make in your situation isâ€

4. Worrying that she might not answer if he calls

Itâ€™s only natural that a guy might feel nervous about calling his ex woman for the first time after a break up.

He might even catch himself thinking things like, *â€œWhat if she doesnâ€™t answer? What will I do then? If I call her again, will it make me look desperate? Will she see it as annoying or stalkerish that I keep calling? What if she is with friends or family and they tell her not to answer? What will I do then?â€*

So, rather than calling her on the phone, he remains stuck in limbo where he wants to call, but is too afraid of what might happen if he does.

As a result, she has more time to get over him and begin properly moving on, while he is left looking over their text messages and wondering how she could be feeling.

Don't worry about how she 'could' be feeling.

Instead, make her feel sexually and romantically attracted to you again on a phone call and in person.

That's how a man handles the ex back process and gets his woman back.

By the way!

A question you need to ask yourself is this: What will happen to you if she doesn't answer your call the first time?

The answer is! nothing.

Sure you might feel a bit disappointed, but that doesn't have to mean the end of the road for you and her just because she didn't answer a call.

Heck, she may have been in the shower, felt nervous about answering and then regretted not answering, or she might have been hanging out with friends and didn't want them interfering.

So, if you decide to call your ex and she doesn't answer, don't worry about.

Just call her later that day or another day.

Get the job done.

Get her back.

Another mistake to avoid is!

5. Asking if it's okay to talk to her on the phone

After a bit of texting back and forth, a guy might decide that it's time to get his ex on a phone call with him.

He will then make the mistake of asking her if it's okay to call her.

He might say to her, *"We seem to be getting along well over text. Is it okay to call you and have a talk?"* or, *"Can I call you?"*

He hopes that she will feel flattered that he's being so gentlemanly and considerate of her wants and needs, but the reality is that most women feel turned off by that type of hesitant, wimpy behavior.

Why?

Essentially he's giving his power over to her, asking her to take on the position of the boss and expecting her to be attracted to it.

Most women don't want to feel like they can dominate a guy emotionally, so when asks for her permission to call her on the phone, she's going to feel turned off by his lack of balls.

Then, rather than starting to like him again, she feels justified in breaking up with him and feels even more determined to move on with a new guy instead.

So, if you want to call your ex, just do it.

If you don't feel ready to call her yet, then keep learning from me right now and I will give you the confidence to do it.

You can get her back.

You can do this.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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My Ex Said She Will Find Happiness With Another Guy

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 4 possible reasons why your said that she will now find happiness with another guy!

1. She can see that you haven't changed

[image: She can see that you haven't changed]

In most relationships, a woman doesn't just decide to break up with her guy the first time he makes a mistake.

Instead, she will usually give her man multiple chances to change and improve himself before she decides to finally go through with the break up.

Unfortunately, many guys end up ignoring the warning signs from their woman until it's too late.

For example: Sometimes, a guy will think, *"She's mad at me right now, but she loves me, so she will get over it. She knows that we are a good couple and there's no reason to break up. She always forgives me and knows that I love her, so everything is fine."*

[image: On the verge of a break up]

Yet, when he doesn't change, she starts to lose respect for him and thinks something like, *"No matter what I say or do, it never seems to get through to him. If he does change, he only changes for a little while and then once things have calmed down between us, he reverts back to his old behavior again. He's taking me and my love for granted. I shouldn't be putting up with this. I think I have to break up with him."*

Then, before he knows it, she breaks up with him and he realizes that she wasn't bluffing after all.

She was serious and it had gotten so bad that she eventually decided to just end the relationship.

Naturally, when a guy gets broken up with for this reason, his first instinct is to usually rush into saying and doing whatever he thinks will convince his ex to give him another chance (e.g. he promises her that he really has changed this time, tells her how much he loves her, breaks down and cries to her).

Initially, she might feel sorry for him and decide to at least meet up with him one more time to see if he's improved since the break up, or if he now understands how to make a woman feel happy and in love in a relationship.

Yet, if she meets up with him and realizes that he hasn't changed (e.g. he appears insecure and self-doubting when he's around her, he still reacts in the same way as he did before when she says or does something to press his buttons), then she will close off from him and do her best to move on as quickly as possible.

She may then think something like, *"I was hoping that this time would be different, but once again, nothing about him has really changed. I'm not going to fall for his empty promises anymore. I don't believe that he can change, or even that he wants to change. He's a lost cause and I will simply have to find happiness with another guy. It sucks, but that is life. I have to try to move on."*

The guy is then devastated and can't understand why she won't give him another chance.

Here's the thing though!

If you want your ex to give you another chance, the first step is to make some changes to yourself to attract her in the ways that are important to her (e.g. you're so much more confident and emotionally strong now, you're more supportive of her dreams and ambitions, you're more emotionally masculine and as a result, she feels like an attractive woman around you rather than a neutral friend).

When she experiences the changes in you first hand (i.e. on a phone call or in person), she naturally drops her guard and opens up to giving the relationship another chance, rather than looking to find happiness with another guy.

On the other hand, if you keep trying to get her back without changing the things that matter to her, she will just keep pushing you away and saying things like, *I'm sorry, but it's over. We had our chance and it didn't work. You need to accept that and move on.*

Another possible reason why you may have said that she will find happiness with another guy, is!

2. You were trying to get her back by ignoring her and it has backfired

[image: You were trying to get her back by ignoring her and it backfired]

Sometimes a guy might think to himself, *She's being so unreasonable at the moment that she won't even give me a chance to explain to her what went wrong. Maybe if I ignore her for a few weeks or a month or two, she will start missing me and then when her defenses come down, we can discuss our relationship and how we can work things out again.*

He then cuts off all contact with his ex and ignores her for 30 or 60 days, in the hopes that this will convince her to give him another chance.

Yet that rarely, if ever works.

Watch this!

In almost all cases, if a woman has disconnected from her feelings for a guy, him ignoring her for a month will only add more negative feelings (e.g. anger, annoyance, resentment) to her already volatile emotions.

Rather than making her think, *OMG! I miss him so much! Why is he ignoring me? I can't deal with this! Is it possible that he's over me? Now that he's not in my life anymore, I've realized how much I still care for him. I don't want to lose him! I must contact him right away and get him back before it's too late,* she will instead be thinking something like, *So, now he's ignoring me? How childish and immature. By not contacting me, he's showing me how little he cares about my feelings. He might not realize it, but he's actually doing me a favor by giving me the time and space to get over him and move on. He's not the right man for me, so I need to focus on moving on and finding happiness with another guy.*

As a result, by the time he contacts her again (after 30 or 60 days), she's usually built up so many walls to protect herself that she doesn't even want to talk to him over the phone anymore.

A guy might then ask himself, *Why has this happened? What did I do wrong? Why isn't she running back to me? I thought she would miss me like crazy if I didn't contact her. Did I mean anything to her? How could she just stop caring?*

The reason why is that he didn't do anything to reawaken her feelings of sexual and romantic

attraction for the new and improved him, so she didn't have anything to miss.

She was turned off by him and wanted out of the relationship leading up to the break up and was also turned off by his reaction to her breaking up with him, so she no longer thought of him in a positive way.

She was easily able to remember the bad times and the reasons why she broke up with him and it stuck with her.

He didn't do anything to change it either.

He simply ignored her and hoped that her negative feelings for him fade away enough over time, to the point where she should eventually want him back.

Yet, here's the thing!

For a man to get a woman back after the break up of a serious relationship, he almost always needs to be active, rather than passive about it.

Sometimes a guy can get his ex woman back by just waiting (about 5% of cases), but pretty much every guy loses his ex girlfriend or wife forever by cutting off contact and waiting.

This is why I always recommend that a guy be active about the ex back process, rather than being passive (i.e. at least interact with her on the phone or in person and actively make her feel strong surges of respect, attraction and love for the man he has become since the break up).

If he just ignores her for a month or two and then tries to get her back, she will either have moved on already, or she will be over it and won't want to reopen old wounds.

Another possible reason why your ex said that she will find happiness with another guy, is that!

3. You took her for granted and now she wants to hurt you by moving on and being happy

[image: You took her for granted and now she wants to hurt you by moving on and being happy]

Sometimes a guy makes the mistake of believing that the love between him and his woman will last for life because it was so good at the start of their relationship.

Yet, that's not how a relationship between a man and a woman works.

For a woman's feelings of respect, attraction and love to grow, develop and strengthen over time, she needs to know that she is loved and appreciated all the time, not just at the beginning of the relationship.

For example: At the start of a relationship, a guy might have been very loving and attentive towards his woman.

He may have told her that he loved her, told her that she's beautiful and that he appreciates the efforts she puts in to look attractive for him.

She will have felt appreciated, loved and wanted.

Yet, over time, he began to take her efforts for granted and just expected that she look good, treat him well and remain in his life because things used to be great between them.

A guy like that may think, *She already knows how I feel about her, so why do I have to remind her about it? She'll probably get tired of me repeating myself like that all the time and she may even think I'm being needy and insecure.*

However, in most relationships, a woman rarely gets tired of hearing her man tell her that he loves and appreciates her, or how beautiful he thinks she is.

Of course, there are some guys who can go overboard with compliments to the point where they come across as being needy and insecure.

Yet, that doesn't mean a guy should avoid complimenting or appreciating his woman.

The fact is that if a guy shows genuine affection and appreciation towards his woman when appropriate (e.g. she's dressed up to go out, she's cooked a special meal for him), it will make her feelings of respect, attraction and love for him grow stronger over time.

On the other hand, if a woman starts feeling taken for granted by her guy, she will begin to feel resentful and gradually disconnect from her feelings of love for him.

Initially, she might drop hints about his lack of emotional support, in the hopes that he will pick up on her unhappiness and make some changes.

However, if he doesn't change, she will eventually break up with him and look for another guy who can give her the love that she needs to feel happy, loved and appreciated in a relationship.

Another possible reason why your ex might have said that she will find happiness with another guy, is that

4. She wasn't able to be happy in the relationship with you

Sometimes a woman might get into a relationship with a guy because the sex between them is really great and he's fun to hang out with.

Then, over time, she comes to realize that the only thing that was holding them together was the initial spark of a new romance and that deep down, they're actually not compatible in the things that matter to her.

For example: A woman might want to pursue her career and then once she's established herself professionally, settle down and start a family, but her boyfriend (husband) might be the kind of guy who likes to go with the flow and doesn't believe in being tied down, either professionally or emotionally.

Alternatively, a woman might be very close to her friends and family and likes to spend time interacting with them on a regular basis.

Her boyfriend (or husband) on the other hand is a loner and resents it when she takes time away from hanging out as a couple to hang out with her friends, or visit her family.

As a result of these differences, the love between them doesn't develop over time and instead starts to fade away.

When a woman realizes that even though she felt attracted to her man initially, she now feels as though she can't fully relax and be herself with him and that she doesn't feel happy anymore, she will begin to doubt her ability to stick with him for life.

Here's the thing

Most women know that being compatible with each other is essential for a relationship to last for life.

It's not enough for them to feel attracted sexually or have fun when together, but then disagree on the more fundamental issues that keep a relationship together for life.

4 Mistakes to Avoid Making if Your Ex Said She Will Find Happiness With Another Guy

[image: No other man will ever love you as much as I do]

Hearing your ex say that she will find happiness with another guy definitely will hurt.

You might end up imagining her having sex with the new guy, being in love and enjoying herself so much that she will never want to come back to you.

As a result, you might feel a bit desperate to convince her to give you another chance, before it's too late.

Yet, approaching the ex back process in a desperate way just doesn't work when it comes to women. You've got to gain control of your emotions and do this properly.

So, to ensure that you successfully get your ex back, first make sure that you avoid making one or more of the following mistakes!

1. Telling her that no guy will ever love her as much as you do

In the hope of changing her mind, a guy will sometimes say something like, *"You can try to find happiness with another guy, but I promise you, no man will ever love you the way I do. Right now, you might be angry with me, but the truth is that I love you more than anything and it kills me that you don't seem to care. Yes, I made mistakes, but I'm willing to do anything to make it up to you and be the man you want me to be. Do you think another guy will love you like that? I doubt it! No one will ever love you as much as I do. I love you more than I love myself."*

Essentially, he's hoping by saying that to her, she will fear that she won't ever be able to find a man who loves her as much as he does and is as dedicated to her as he is.

Yet, rather than making her come running back to him, it just makes her more determined to move on and prove him wrong.

The next mistake to avoid is!

2. Asking her to remember the good times and forget about the recent bad times

Although it would be nice if you could make your ex feel attracted to you again simply by bringing up all the good times that you and her shared together, it just doesn't work that way.

When a woman has disconnected from her feelings of respect, attraction and love for a guy, being reminded of how good things used to be just highlights to her how bad things are right now, or how bad things became near the end.

If you want to convince your ex that she can be happy with you again and get her back, you have to actively make her have feelings for you based on who you are now.

What happened between you in the past doesn't count anymore.

How you make her feel right now and from now on is what really counts.

So, don't bother wasting time rehashing all the good times from the past and focus on building new, happy memories now.

The next mistake to avoid isâ€¦!

3. Not actively making her feel sparks of sexual and romantic attraction

No matter how much you try to convince your ex that you can make her happy again, sheâ€™s not going to believe you unless you re-spark her feelings for you first.

Where a lot of guys go wrong is by thinking that if they hang around their ex long enough and pretend to be her nice, platonic friend (i.e. heâ€™s not interested in getting her back), she will eventually think something alike, *â€œWow, I never realized what a great guy he really is. All this time, heâ€™s been here for me and heâ€™s never once pushed me to get back together again. That makes me want to be his girl again. He deserves it!â€* and rush back into his arms.

It just doesnâ€™t work that way.

If a woman has lost touch with her feelings of respect and attraction for a guy, sheâ€™s not going to change her mind just because heâ€™s being nice to her and isn't pushing her to get back together again.

Instead, sheâ€™ll usually accept his friendship and all the perks that come with that (e.g. heâ€™s available to help her run errands, she has a shoulder to cry on when she feels down, she has an emergency date when she needs one), while in the background, she will continue to move on by finding herself another guy that she can have a happy and fulfilling relationship with.

So, if you want to get your ex back, it's essential that you actively make her feel sparks of sexual and romantic attraction for you whenever you interact with her.

If you donâ€™t reawaken her feelings, she will almost certainly move on and find happiness with another guy and youâ€™ll end up thinking, *â€œHow did this happen? I thought she was changing her mind about us! We were getting along so well. What happened?â€*

What happened is that her ex guy just made her feel friendly feelings, which isn't enough to make most women come back into a sexual, romantic relationship.

In almost all ex back cases, a guy needs to actively spark and reawaken her sexual and romantic feelings based on the way he now talks to her, behaves around her and gets her to behave around him.

The next mistake to avoid isâ€¦!

4. Becoming clingy and needy

When a woman says that she will find happiness with another guy, her ex might start feeling a bit insecure about himself as a man.

He may begin to wonder, *â€œWhy is she saying that? Was I not man enough for her? What will I do without her? Will I ever be able to get another woman like her? Maybe I won't. I have to get her back. I'll never find someone like her again. I have to try to convince her not to move on. I have to get her to understand how much I love her and want her back.â€*

However, the big problem with thinking in an insecure way like that, is that it automatically begins to change a man's behavior and actions.

For example: He will find that, all of a sudden, he canâ€™t stop himself from becoming clingy or needy (e.g. he bombards her with texts to stay on her mind, he keeps asking, *â€œAre you seeing anyone else yet?â€* or he keeps coming up with excuses to call her or even see her).

Although he may tell himself that he has good reasons for texting, calling or showing up at her place uninvited, the fact is this type of behavior makes a woman pull away even more.

Why?

Insecurity, clinginess and neediness are not qualities that women find attractive in men.

Rather than make a woman think, *“He’s really taking our break up badly. This just proves to me that he must really love me. Maybe I should give him one more chance because he clearly needs it.”* she will usually just think something like, *“I thought he was emotionally stronger than this when I first started dating him. What happened to him? Why did he change into an insecure, needy guy who can’t accept that it’s over between us? If he thinks this kind of behavior is going to make me change my mind about being broken up though, he’s sadly mistaken. If anything else, he’s just convinced me that I really do need to move on and find happiness with another guy. He’s just not the type of man I can look up to, respect and love for life. He doesn’t know how to be the kind of man I need. I don’t want to wait any longer for him to hopefully learn that and be it. He’s just going to have to deal with losing me. I’m going to have to find a guy who knows how to make me happy.”*

Here’s the thing!

If you want your ex to see you as a better option to any other guy, you need to show her via the way you now talk, act, think, behave and interact with her that you are now the kind of man she always wanted you to be.

Don’t say, *“Look, I’ve changed! Please give me another chance.”*

That doesn’t work because it comes across as desperate and gives her too much power over you, which she doesn’t want.

Instead, you have to let her experience it for herself when she talks to you on a phone call, or in person.

When she realizes that she can respect you, feel attracted to you and love you again, her desire to find a new guy will fade away.

You will be her number one option and she will feel compelled to explore that option and see how it goes.

Then, as long as you know how to keep the relationship together, she is going to be yours once again.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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My Ex Girlfriend Said She Likes Who She is Without Me

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 5 common reasons why an ex girlfriend will say that she likes who she is without you:

1. She was never able to be her true self around you

[image: She was never able to be her true self around you]

If a woman is normally very confident and sociable, but her boyfriend ends up becoming shy and introverted, it can cause her to feel as though she's not being her true self anymore.

Another example is where a woman is usually a bit feisty or challenging, but finds that she has to suppress that side of herself because her boyfriend is too emotionally sensitive and starts to sulk and complain if she isn't nice, sweet and gentle with him all the time.

[image: Girlfriend not able to be her true self]

Another example is when a guy lacks drive and ambition in life and encourages her to be the same.

She then holds herself back (e.g. doesn't aim to get a promotion at work, doesn't get the degree she always wanted, spends most of her time relaxing, drinking, getting high, browsing social media, hanging out with him and his friends), because she doesn't want to make her boyfriend feel as though she is leaving him behind in life.

By suppressing her true self (i.e. the ambitious, forward-thinking side to herself), she ends up settling for being less successful than she would be if she was on her own, or if she were in a relationship with a different man.

If she realizes that she isn't being her true self in the relationship, she might get to the point where she resents her boyfriend for holding her back or making her be someone that she doesn't want to be. She then breaks up with him, so she can be free to be who she really wants to be.

Her ex boyfriend might then say to her, *"Why are you doing this? I still love you. Please let's try work things out between us again. How can you just turn your back on me/on us?"* only for her to reject him, by saying something along the lines of, *"Sorry, but I like who I am without you. I haven't felt this happy in a long time."*

Here's the thing|

For a woman to want to stay in a relationship with a man, she needs to feel as though he is bringing out the best in her, not the worst.

If a guy can't do that, she will eventually break up with him at some point.

If a guy can change and allow her to be her true self, she will be happy with him again and won't want to leave.

Likewise, if a man has been dumped by his ex girlfriend in a case like this, he can get her back by interacting with her and letting her see that she can now be her true self around him.

He should not say something like, *"I will let you be your true self"* or anything like that.

Instead, he has to interact with her on a phone call or in person and let her see for herself that she really does feel differently when she talks to him now.

She likes who she is with him now and she wants more of it.

Another possible reason why an ex girlfriend will say that she likes who she is without you is becauseâ€¦!

2. You and her got into the blame game

[image: The blame game in relationships]

Most relationships have their ups and downs, but the couples who stay together are the ones who understand that no-one is perfect and that arguments, disagreements and mistakes will happen along the way and it's not a reason to turn and run from the relationship.

When a couple doesn't have that mutual understanding, they will often end up blaming each other for the problems in the relationship, until one or both of them end up feeling tired and stressed from the relationship and wanting to leave.

Eventually a woman might start thinking things like, *â€œI hate who I have become in this relationship. Weâ€™re always nagging, whining and blaming each other. Thereâ€™s just no peace and understanding between us anymore. I'm not the happy go lucky woman I used to be. I used to be so sweet, nice and loving. Now, I just feel like crap. Maybe it's because of him.â€*

She may decide to just walk away and try to find a new man, rather than putting up with a relationship has become emotionally toxic.

So, if your ex is saying that she likes who she is without you, it could be because you and her kept making the same mistakes over and over again, without either one of you taking responsibility for your actions (i.e. getting into the blame game).

To get her back, you need to be the more mature person and show her (via your actions and the way you interact with her) that youâ€™re not that guy anymore.

Let her see that you have learned from your past mistakes and are a better man now.

Another possible reason why an ex woman will say that she likes who she is without you is becauseâ€¦!

3. You were too controlling

[image: You were too controlling]

Women do like to be with a man who is dominant, but they don't like to be with a man who is controlling to the point where she ends up feeling as though she's not her true self.

For example: A woman's boyfriend might stop her from seeing her single friends, he might check her phone/e-mail/social media to see who she is interacting with, forbid her to talk to/hang out with any guys at work and even insist that she wear only the types of clothes that he approves of.

Sometimes guys do that because they are insecure and sometimes they do it because they just don't know how else to behave when in a relationship with a woman.

For example: A guy might think, *â€œThis is how my father treats my mother and they've managed to stay together. Yes, they aren't the happiest, most in love couple in the world, but they are together, so I should be doing the same thing. Besides, isn't being jealous a clear sign of how much I love her? She should be flattered that I care so much about what she does, what she wears and who she hangs out with. She is lucky that I love her this much. She needs a man like me to take care of her.*

Without me, her life would be a mess. â€œ

Yet, here's the thingâ€œ

A woman will always be happier, more in love with, more respectful of and more attracted to a man who lifts her up and trusts her, compared to a man who brings her down and is suspicious of her.

Whether a man is being controlling because he is insecure and is worried about losing her, or because he doesn't know how else to behave in a relationship, it really doesn't matter to the woman.

What matters to a woman is how she feels in the relationship.

If a woman doesn't feel like she can respect her man, then she won't be able to feel attracted to him anymore and as a result, she will fall out of love with him.

It won't matter how much he tries to control her, or how much he tries to suck up to her after she breaks up with him.

If she can't respect him as her man, the whole thing falls apart.

This is why, to get her back, your first priority must be to regain her feeling of respect for you by interacting with her on a phone call or in person and letting her see that you really are different now.

So, if your ex girlfriend is saying that she likes who she is without you because you became too controlling, you can recover from that.

How?

By turning your past controlling behavior into something you and her can laugh about together and as a result, she will naturally begin to believe that you really have made some changes to your thinking and approach to her and to women in general.

For example: If she says, *â€œI like who I am without you,*â€œ you can jokingly say, *â€œWhat are you talking about? Do you mean to say you didn't like being controlled by me, told what to wear and who to hang out with? Who wouldn't want that?"* and then have a laugh with her about that.

By using humor to laugh at yourself and your past behavior, it shows her that you now understand where you went wrong.

It also allows her to feel some respect and attraction for you again for having the balls to acknowledge your past mistakes (i.e. your controlling behavior), rather than acting like it was fine or it never happened.

She then begins to think to herself, *â€œWow, he's actually admitting that he was controlling in the relationship with me. I can't believe I'm thinking this, but maybe he really has changed. Maybe if I did end up giving him another chance, things would be different this time. Am I crazy to be thinking this way? Should I see him? Why do I feel like I want to?"*â€œ

She will then drop her guard a bit and allow herself to interact with you some more (over the phone and in person) to test whether you really have changed, or if you were just putting on an act and will quickly return to your old, controlling ways.

Another possible reason why an ex woman will say that she likes who she is without you is becauseâ€œ

4. One of you is a lot more mature than the other

At the beginning of a relationship, a couple will usually overlook obvious flaws in each other (e.g. they are very different people, one is more of a jealous type than the other, they don't get each other's

sense of humor, they don't have the same kinds of friends, one of them seems to be a bit selfish or self-centered), because the spark of new love and lust is so strong.

So, rather than look at the other person with a more critical eye, a man and a woman will usually think something like, *â€œHe/she is okay! We don't see eye to eye on some things, but I'm sure we can iron that out in the future as long as we love each other enoughâ€œ* or, *“We're not a perfect match, but this is fun for now. Besides, we both enjoy the sex, so why not?”*

Yet, after the initial thrill of being with someone new wears off, the flaws or unappealing traits of the other begin to become more obvious and sometimes even annoying.

For example: If one person matures a lot faster than the other, they will naturally start to grow apart and one or both of them will realize that they're no longer a good enough match.

So, if a woman matures faster than her man (e.g. she stops partying all the time and wants to focus more on her studies or career, whereas he prefers to hang out with friends and be more carefree. She becomes more serious and goal oriented, while he prefers to do things day-by-day. She wants to get outside and do things on the weekend with friends who are in relationships too, but he just wants to stay home and drink or get high and play video games or watch TV), she will eventually begin to feel that she is being forced to suppress her true self for the sake of the relationship.

Before long, she will start to resent him for not growing up and reaching for experiences at different levels of life (e.g. getting promoted at work, having children, getting married, getting a house together, hanging out with friends who are also leveling up in life).

If he doesn't listen to her when she expresses her dissatisfaction to him, then the respect, attraction and love that she originally felt for him will begin to fade away.

Of course, sometimes it happens the other way around.

For example: A man might grow up and mature faster than his woman and that may cause him to try to change her (e.g. by forcing her to be more responsible than she wants to be, expecting her to follow along with him even though she doesn't want to, pressuring her to get married or get pregnant, pushing her to work harder to get a promotion at work).

Either way, there comes a point where a woman may start to think, *“I used to feel good around him, but now it just feels horrible. I'm not happy anymore. I can't be my real self with him. It's so forced. I have to leave him. I have to take care of myself and how I feel. I've had enough of this.”*

She then breaks up with him and focuses on being the person she wants to be, rather than the person she was being forced to be when with him.

3 Common Mistakes to Avoid in Your Situation

Regardless of what your ex is saying right now, you have to understand that you really can change how she feels.

You really can reactivate her feelings of respect and attraction for you, make her love the new you and make her miss being in a relationship with you.

To ensure that you are successful at getting her back, try to avoid making one or more of the following mistakesâ€¦

1. Asking her if she will ever change her mind

If a guy hears his woman say that she likes who she is now without him, it can be a real punch in the stomach.

It's like he has no value in her life anymore and is no longer necessary.

So, when a guy is feeling like there is no hope, or if he doesn't actually know that he can actively change her mind by reactivating her feelings, he might ask her something like, *â€œDo you think that you will ever be able to change your mind and give me another chance? Can you at least promise youâ€™ll think about it before you decide to move on forever?â€*

Deep down, he hopes that she will realize how much he cares for her and then agree to get back with him again based on that.

Although it would be nice if a woman's psychology worked in that way, it doesn't.

When a woman doesn't have feelings for a guy and he isn't doing anything to fix that (i.e. by interacting with her and reactivating her feelings of respect, attraction and love for him), she won't feel motivated to change her mind.

In fact, she will probably try to move on from him even faster to avoid being pulled back into a relationship out of feelings of guilt for the pain he is experiencing.

So, if you want your ex to change her mind, you have to make her change it by reactivating her feelings for you.

The more you interact with her and make her smile, laugh and feel good to be around you again, the more she will naturally begin to miss you and want to be around you.

However, if you just sit back and do nothing to change her mind about you, she will probably move on with a new guy and forget about you.

The next mistake to avoid isâ€

2. Telling her that you will wait for her

When a woman says that she likes who she is without her ex boyfriend, he might think she's just going through a phase and will eventually snap out of it and come back to him.

So, he might say to her, *â€œThat's fine. You deserve to have time to yourself. I promise that I will wait for you no matter how long it takes.â€*

Yet, once again, that's not what a woman wants to hear.

Him waiting for her is not going to change how she feels (i.e. turned off by him).

If he wants her back before she falls in love with a new guy and gets into a serious relationship that last for years or a lifetime, he has to do something about it, rather than taking a back seat and hoping that she comes back on her own.

Sometimes a woman will come back on her own, but it's such a low success rate approach that it's not recommend for men who actually want to get their woman back quickly and keep the relationship together.

If a guy doesn't care about getting her back, then great â€ just wish her the best and if she comes back on her own, you can then decide if you want to give her another chance.

Yet, the chances of a woman going back to a man that she no longer fully respects, feels attracted to

or loves is pretty much close to zero.

So, if your ex girlfriend isn't going to be missing you like crazy and running back to you, it's important that you make her feel attracted to you again, so she actually has something to miss.

The next mistake to avoid isâ€¦!

3. Asking her what you need to change to make her happy to be with you

When a guy has no idea how to re-attract his ex-girlfriend, he will often make the mistake of asking her to tell him what he needs to change.

Asking a woman what you need to change is the worst thing you can do.

Why?

When a guy says, *â€œJust give me a chance. Tell me what you want me to change and Iâ€™ll do it, I promiseâ€* what a woman actually hears is something like this, *â€œPlease teach me how to be the man that you want me to be, because I donâ€™t have a clue. I need you to take the lead me through the ex back process, so I can get you back. Tell me what to do and how to do it. I will then be a good little boy and do whatever you say. You have all the power now. I will do whatever you want.â€*

The woman then feels turned off by his desperation, cluelessness about how to attract a woman and lack of masculinity (i.e. inability to come up with a solution, or learn a solution and then use it to fix the problem between him and her).

She then says something like, *â€œYou just don't get it. Please, just accept that it's overâ€* and then stops wanting to talk to him anymore.

A guy might then feel angry and ask himself, *â€œWhy canâ€™t she just tell me what to do? Wouldnâ€™t it make things easier for both of us? She would get what she wants from a man and I wonâ€™t be annoying her or turning her off anymore. Why can't she just tell me? She has the answers. Why won't she help me?â€*

One of the main reasons why is that a woman doesn't want to have to try to make things work with a guy who doesn't yet understand how to be a man.

She wants to be able to relax and be a feminine woman who is naturally in love with her man, rather than having to teach him, help him and guide him until he eventually becomes one.

Additionally, if she has girlfriends who are happy in their relationship, she will know that there are men out there who understand how to be the man in a relationship and make a woman feel happy, in love and attracted.

She doesn't feel like it's fair that she has to be stuck trying to help her guy man up or create a more enjoyable relationship dynamic.

So, if you want to convince your ex to give you another chance, you need to change and improve some of the things that turned her off before you interact with her again.

Don't waste months doing that.

Get it done in the next few days and then contact her and start the ex back process.

If you waste time and just hope that she comes back, you will almost certainly be disappointed when you see that she is happy and in love with a new guy.

She is your woman, so do something about it.

Get her back.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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I Got Dumped and it Hurts

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 4 ways to stop the pain and then get her back:

1. Understand that getting dumped is normal and happens to most guys at least once in their life

Getting dumped is a horrible experience for most guys.

Yet, the longer they spend thinking about how much it hurts, the worse their mindset about women, relationships and themselves becomes.

For example: A guy might start thinking, *“There must be something seriously wrong with me,”* or *“Good guys don’t get dumped, so I must be a real jerk for it to happen to me,”* or *“It’s all my fault. I stuffed things up so badly that she couldn’t stand to be with me anymore. Why would she ever want me back? How will I ever get another quality woman like her to love me?”*

Here’s the thing!

Although it definitely hurts to get dumped, you need to realize that it’s not the end of the world.

Couples break up all the time.

You’re not a bad person because you got dumped and even though it might seem like it now, it really isn’t all your fault.

Mistakes happen in relationships.

You made some mistakes and so did she.

If you play your cards right with her, you will be able to get back into a relationship that is even better than it was before.

So, rather than dwelling on the pain and maybe even start thinking that there’s something seriously wrong with you because of what happened, you need to understand and accept that break ups are normal and happen all the time.

In fact, according to some statistics, up to 70% of couples break up within the first year of a new relationship.

The good news however, is that as much as 50% of those couples get back together again and end up being happier than before.

The statistics are a lot higher for men who follow the steps of my program ([Get Your Ex Back Super System](#)) as well.

So, you definitely have a strong chance of getting her back.

You and your ex can be one of the couples who get back together.

If you want the pain of being dumped to go away, start focusing on the fact that you can get her back and are going to feel amazing when it happens.

2. Understand that it is possible to get her back

[image: Understand that it is possible to get her back]

When a woman is saying things like, *â€œItâ€™s over between us! I donâ€™t love you anymore. Just accept that and leave me alone,*â€œ itâ€™s understandable that a guy might believe he no longer has a chance with her.

He may then start thinking things like, *â€œThereâ€™s nothing I can do to change her mind. She doesnâ€™t want me anymore and I just have to accept that Iâ€™m never going to get her back. Itâ€™s hopeless. I got dumped and it hurts. Iâ€™m alone now. I have no chance with her. What we had is over. I will always miss her and want her back, but I canâ€™t get her back because she said that she doesnâ€™t want me.*â€œ

Not only can a guy drive himself crazy thinking like that, but it can also get him into a frame of mind that will turn his ex off if he happens to talk to her or interact with her (i.e. she will pick up on his insecurity and self-doubt and feels even more turned off by him as a result).

Hereâ€™s the thingâ€¦

Getting an ex back is a lot easier than most guys realize.

If you interact with your ex in a way that sparks her feelings of respect and sexual attraction for you (e.g. you maintain your confidence even though sheâ€™s telling you she doesnâ€™t want you anymore, you use humor to break down her defenses, youâ€™re more emotionally dominant than her during interactions so she feels more feminine with you now) while also letting her see that youâ€™re not desperately trying to get her back into a relationship, her guard comes down.

Even though she may have firmly believed that nothing could ever make her get back with you again, she now finds herself thinking things like, *â€œHe really has changed. I enjoy interacting with him now. What is happening to me? I feel drawn to him again. Maybe itâ€™s not too late for us. Maybe this is going to be the love story of my life. Maybe if I donâ€™t give him a chance, I will regret it and miss him for life. I have to give him a chance! I have to see what happens when I do.*â€œ

You can then get her back and build on her newfound feelings for you, so she doesnâ€™t ever want to leave you again.

On the other hand, if you donâ€™t believe that itâ€™s possible for your ex to want you back, then you wonâ€™t be able to convince her to give you another chance because she will feel turned off by your self-doubt and insecurity.

Thatâ€™s why itâ€™s so important that you believe in yourself and in your ability to get her back.

If you donâ€™t, neither will she.

She will accept your self-doubt and see you as a guy who was once good enough for her, but isnâ€™t anymore.

She will then try to move on by flirting with new guys who are more confident than you around her.

Soon enough, you will become a distant memory.

Donâ€™t let that happen to you.

Confidently re-attract her and get her back.

Believe in yourself!

Know that you can do it!

Another thing you can do to stop the pain and get her back isâ€¦

3. Regain control of your emotions and confidence

[image: Regain control of your emotions]

Let's face it

Getting dumped is an awful thing to go through.

It hurts deep down in your soul and you can also feel the pain in your body.

Your body heats up, your stomach churns and you feel stressed.

It's not a nice thing to go through at all.

However, you can't let those feelings take control of you and bring you down.

Why?

When you're feeling down, it's very easy to say and do the wrong things around your ex and cause her to feel even more turned off by you than before (e.g. seeking pity from her, behaving in an insecure way, giving her too much power, appearing to be emotionally weak, getting angry at her).

The reality is that your emotional state is either going to be attracting your ex back to you, or turning her off even further.

For example: When a guy has just been dumped, he might feel hurt, desperate, or shocked.

He may then do things that he wouldn't do under normal circumstances (e.g. cry, beg and plead, send his ex desperate texts, e-mails and messages via social media declaring his love for her).

He may also start doubting in himself and his value and attractiveness to her.

Although he is only behaving in that way because of the pain he is feeling, in most cases, his ex doesn't see it that way.

She starts thinking, "Eeeew! I can't believe how he's reacting to the break up! Not only is he being needy and desperate now, but he is showing me that he is a lot less confident than I ever believed he was. I feel relieved that we're broken up. I would hate to be stuck with an emotionally sensitive and weak guy like him for life. I can now move on without any doubts that I made the right decision. I am going to find myself a real, confident man who I can respect and admire."

So, even though you're feeling hurt about getting dumped, make sure that you regain control of your emotions and your confidence, before you attempt to contact your ex again.

You don't have to wait a long time to do that.

In most cases, giving yourself 3 to 7 days is enough time, especially if you are getting help from me by watching, [Get Your Ex Back Super System](#).

When you watch the program, you will quickly regain control of your emotions, feel confident and ready to interact with her and more importantly, know exactly what to say and do to get her back.

Another thing you can do to stop the pain and get her back isâ€¦

4. Get clear on what will make her want you again

[image: Get clear on what will make her want you back]

One of the easiest ways to regain your ex's respect, attraction and love is by showing her that you understand her real, secret reasons for breaking up with you.

Not only will she feel understood when you show her that, but she will also see that you're now at a different level as a man than before.

She will then find it a lot more difficult to hold on to her excuses for not wanting to be with you anymore, because those reasons no longer exist.

So, before you do anything else to get her back, make sure that you get clear on what will actually make her want you again.

For example: Ask yourself

- What was it about my thinking and behavior that turned her off (e.g. Did I become too insecure and emotionally dependent on her? Was I too emotionally sensitive and ended up behaving like a bit of a woman rather than an emotionally strong man? Did I put her first in my life or did she feel like she was less important to me than my work/friends/family/hobbies? Did I start out treating her well, but end up treating her with less and less respect and love?)?
- What do I think was missing from our relationship (e.g. Did I make her feel feminine and girly when she was with me, or was she more like my friend or roommate? Did I maintain the spark of attraction between us, or did it die out? Did we still enjoy a healthy sex life, or did the sex become too boring, or even fade away completely?)?
- Did she want me to behave in ways that I wasn't aware of (e.g. Did I end up giving her too much power over me? Did I have a clear purpose and direction in life, or was I just living moment to moment? Did I give her the love and attention she needed, or did I take her for granted?)?
- Did I try to get her to accept things about me that just aren't attractive (e.g. my lack of self belief, my jealous or controlling behavior, my needy dependence on her)?

When you get clear on where you went wrong, you can then change and improve the things that will actually matter to her.

Then, when you interact with her, she will be able to see that you've put in the effort to become a better man and will automatically feel a renewed sense of respect and attraction for you.

On the other hand, if you try to get her back without changing or improving anything about yourself, she will almost certainly continue to push you away by saying, *It's over. Just accept that and move on. I'm not giving you another chance. Please leave me alone.*

Where Guys Go Wrong When Trying to Get an Ex Back After Being Dumped

Even though it hurts that you've been dumped, you don't have to remain stuck in that place emotionally and waste time feeling like crap as she moves on without you.

Instead, you can quickly make some changes and improvements to your thinking, behavior and the way you respond to her and then get her back.

To ensure that you do get her back, try to avoid making one or more of the following mistakes:

1. Keeping painful thoughts in your mind, rather than focusing on the positives of the situation

It's normal to ask yourself questions, *Why did this happen? What did I do wrong?* after getting dumped.

Asking questions like that can help you understand where you went wrong, so you can then change in the ways that will impress your ex and make her want to give you another chance.

Unfortunately though, in a lot of cases, rather than use the information for his own good, a guy simply gets stuck in a web of painful, negative thoughts (e.g. *It's all my fault, I've lost my ideal woman and I will never get her back, my life is over. Nothing is worthwhile without her*) and wastes precious time after the break up, which then allows her to get over him and begin to move on.

Rather than focusing on the positives of the situation (e.g. he now knows where he was going wrong, what it takes to keep a relationship happy and how to attract her back), he allows his negativity drag him down and stop him from doing anything to get her back.

Then, by the time he contacts his ex again (e.g. after weeks or months), she may have moved on and gotten into a relationship with a guy that makes her feel happy and in love.

Don't let that happen to you.

Yes, you got dumped and it hurts.

However, ask yourself this: Is it better to dwell on the pain of the situation for weeks or months and run the risk of her moving on without you, or quickly do what needs to be done to get her back?

You probably already have the answer.

So, make sure that you focus on the positives of the situation (i.e. you have been able to learn where you went wrong, you have quickly made improvements to your ability to attract her and it has caused you to become a better man) and then re-attract her and get her back.

The next mistake is

2. Feeling like you're not good enough for her anymore

[image: Feeling like you're not good enough for her anymore]

One of the first thoughts that a guy might have after getting dumped is that she dumped him because he isn't good enough for her and never could be.

What he doesn't realize is that feeling unworthy of her love only makes him seem less attractive to her (and to other women). Why?

Women are attracted to men who believe in their attractiveness and value to women, even if the man isn't rich, successful or handsome.

You may have noticed that in your life, when you've seen women in love with men and thought, *"What does she see in him?"*

What she sees in him is his belief in himself and it attracts her.

So, if a woman's ex guy doubts his value and attractiveness to her, she picks up on that and starts to think, *If he doesn't believe that he's good enough for me, maybe he's right. Maybe I can do better.*

She then starts to look for a new guy who believes in himself and makes her feel the kind of attraction that every woman wants to feel around a man.

The next mistake isâ€¦!

3. Discussing the pain with friends and family

Although itâ€™s natural for a guy to want to discuss his pain with his friends and family, it usually only makes things worse.

Why?

Most of the advice is usually things like, *â€œOh, don't worry...you will get over it one day,â€* or *â€œDon't worry, you'll find a nice girl one day who is right for you,â€* or *â€œThere are plenty of fish in the sea. No need to worry about herâ€* or, *â€œIf she loves you, she will come back. If not, don't worry, you will find another girl.â€*

None of that helps because he wants her back.

Hearing things like that only makes him feel more alone and like no one understands.

So, do yourself a big favor and stop discussing what happened with anyone else.

You know what you want, which is to get her back, so just focus on making it happen.

Youâ€™ll get much better results using that approach, compared to going round in circles talking about the pain with friends or family.

When you take positive action (i.e. properly reactivate your exâ€™s feelings of respect, attraction and love for you), your pain will automatically start to vanish.

The next mistake isâ€¦!

4. Seeking pity from her

Sometimes a guy will try to make his ex woman feel sorry for the pain that he is experiencing, in the hope that she then feels guilty enough to want to give him another chance.

He might say to her, *â€œHow could you have dumped me the way you did? Itâ€™s like I was a piece of garbage to you. I never would have imagined you could be so cold-hearted like that. Didn't what we had mean anything to you? Well I hope youâ€™re satisfied. If making me suffer was what you wanted, then congratulations, youâ€™ve achieved your goal. I haven't been able to eat or sleep properly and have been running into problems at work because I can't concentrate. If that's the effect you wanted to have on me, then you achieve that. Thanks for ruining my life.â€*

Yet, in most cases, rather than make her change her mind, it just makes her more determined to not give in to his emotional blackmail and move on with a new man.

Hereâ€™s the thingâ€¦!

A woman wants to be with a man because it feels right (i.e. she respects him, feels sexually attracted and loves him), not because she feels sorry for him because heâ€™s too emotionally weak to cope with a break up or be on his own for a while.

So, if you want to reawaken your exâ€™s respect and attraction for you, seeking pity from her is not the way to go about it.

The next mistake isâ€¦!

5. Cutting off contact and hoping that she will come back, even though she doesn't want you anymore

In some cases, a guy will simply fade into the background after being dumped by completely cutting off contact with his ex.

He may think, *“I need time to heal from the pain of being dumped and in the meantime, she will get a chance to miss me. When she realizes what she lost by dumping me, she will then come back to me.”*

Yet, that almost never happens.

When a woman has lost touch with her feelings of love, respect and attraction for a guy (enough for her to actually dump him), not hearing from him usually isn't going to cause her any sleepless nights.

Instead, she will assume that he got the message that the relationship is over and is now trying to move on without her.

As a result, she will focus on moving on by going out with friends, hooking up with other guys and going on dates with the one or two guys who may have been hanging around her waiting for her to break up (e.g. at work, at university, through friends).

So, if you want your ex back, don't wait for her to come to you one day.

In most cases, ignoring her by cutting off contact will only speed up the process of losing her.

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[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Talking With My Ex Again, But She is Guarded

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

5 common reasons why an ex woman will be guarded when she begins talking to her ex again

1. She senses that you want her to commit to a relationship

[image: She senses that you want her to commit to a relationship]

When a man is able to begin talking to his ex woman again, he may think, *“Okay, this is good! We’re talking again! That’s the first step to us getting back into a relationship.”*

Yet, here’s the thing

Just because you’re keen to get back into a relationship with her, it doesn’t necessarily mean that your ex feels the same way.

She might just be curious to talk to you to see how she feels, but isn’t thinking, *“I want to get back into a relationship.”*

So, if she senses that you’re secretly hoping to get back into a relationship (e.g. you’re being very nice to her, are trying to get her to go on a date with you, you keep wanting to discuss the relationship and how and her can fix things between you), it can cause her to be guarded because she doesn’t want to make you think that you’ve already won her back and she is ready for a relationship.

If you want your ex to drop her guard and open up to the idea of getting back together again, you to avoid making her feel like she is under pressure to commit to the idea of being in a relationship with you.

You need to stop thinking about every conversation that you have with her as your last chance to get her back into a relationship with you and instead, just focus instead on having fun together.

The more that you make her laugh, smile and feel good to be talking to you again, the more she will be able to relax her guard and open herself up to reconnecting with her feelings of respect, attraction and love for you.

Then, getting back together will happen naturally, because it will feel good for both of you.

On the other hand, if she senses that your number one focus is getting her to commit to a relationship, she will continue to keep her guard up.

Another possible reason why your ex is guarded around you is because

2. She’s not fully re-attracted to you yet

[image: She's not fully re-attracted to you yet]

In a lot of ex back cases, when a guy starts talking to his ex again, he makes the mistake of being too neutral with her (i.e. talking in a friendly, straightforward manner and avoiding flirting with her or creating sexual tension).

He may try to convince himself that being neutral is the way to go, by saying to himself, *“I need to take things slowly with her so I don’t scare her off. I’m just going to be a good friend to her by being there for her. Doing that will show her that I care and that she can always rely on me.”*

Yet, rather than making her think, *â€œAww, heâ€™s being so sweet to take things slow with me and just being there for me,â€* a woman will usually think, *â€œThings feel weird between me and him now. We talk, but there is no spark. I donâ€™t know what he wants from me. Does he just want to be my friend? Should I start dating other guys then? Maybe I should date a new guy to see how my ex reacts. If he doesnâ€™t care, then he just wants to be my friend, but if he does, then clearly he has been acting like a friend just to stay on my mind.â€*

Obviously, you donâ€™t want that to happen right?

If not, make sure that you do more than just talk to your ex in a neutral, friendly way.

If you want her back for real, youâ€™ve got to actively make her have sexual and romantic feelings for you again.

Another possible reason why your ex is being guarded when talking to you, isâ€

3. She is testing to see if you will lose confidence in yourself

[image: She is testing to see if you will lose confidence in yourself]

Many women will test their exâ€™s confidence by being guarded and not making it easy for him to win her back.

A woman wants to see if he will maintain his confidence, or if he will start feeling insecure and unworthy of her love.

Will he give up and walk away because she isnâ€™t making it obvious that she wants him back, or will he persevere until he has her back in his arms and hears her say, *“I love you”* once again?

Will he realize that sheâ€™s just testing his confidence, or will he take it as a sign that heâ€™s not good enough for her anymore?

If he canâ€™t pass her confidence test, she will perceive him as being emotionally weak and unable to cope with the challenges that life throws at him.

As a result, she will lose respect for him and wonâ€™t be able to feel safe with him as her man.

On the other hand, if he can maintain his confidence even though she is being guarded, she will start to feel surges of respect and attraction for him again.

Sheâ€™ll then drop her guard, open back up to him and he can then get her back.

The next possible reason why your ex is being guarded when youâ€™re talking to her, isâ€

4. She doesnâ€™t want to seem too keen in case you change your mind or lose interest in her

[image: She doesn't want to seem too keen, in case you lose interest in her]

A woman will sometimes keep her guard up around her ex, because she doesnâ€™t want to open herself up to the possibility of getting hurt.

For example: Imagine that a woman broke up with a guy and then, after a few days, he starts texting her again or talks to her on the phone and sounds like heâ€™s interested in working things out between them.

In her heart, sheâ€™s glad that heâ€™s making the effort to interact with her and get the relationship back together.

She may even be thinking things like, *â€œMaybe I made a mistake breaking up with him. Maybe we can make things work between us. I really want to believe that we can be together again.â€*

Yet, at the same time, she may begin to worry, *â€œDonâ€™t let your guard down so easily! What if he changes his mind and says that he isn't interested in getting back with you? You will then be the one who got dumped. So, be on your guard. Don't show too much interest!â€* or *â€œWhat if this is just a ploy to make me fall in love with him again, so he can dump me to get revenge for breaking up with him? Youâ€™ll get hurt. You need to be careful!â€*

As a result, she remains guarded and doesn't want to show too much interest.

Another possible reason why your ex is being guarded when you talk to her, isâ€¦!

5. She doesn't believe that you've really changed

Sometimes, an ex woman will be able to see that her ex is still pretty much the same guy she broke up with.

Heâ€™s still thinking, acting and behaving in the ways that caused her to break up with him in the first place (e.g. he's insecure, needy, emotionally wimpy, unsure of himself and his value to her), so she doesnâ€™t see any point in opening up to him and giving him another chance.

She may think, *â€œItâ€™s pointless to waste time with him again. He hasnâ€™t changed and if I drop my guard and allow myself to have feelings for him again, Iâ€™m just going to end up getting hurt one more time. Iâ€™m better off staying closed off and focusing on finding myself a new guy who can give me what I needâ€*! I've got to find someone to move on with.â€¦

So, if you want your ex to drop her guard and be open back up to being with you again, you have to make some changes to how you communicate with her and behave around her (e.g. be confident, rather than being insecure, flirt with her, rather than just being neutral or nice, make her laugh, rather than having straightforward conversations all the time or worse, trying to discuss the relationship with her all the time).

When you do that, she will begin to notice that real changes have been made (e.g. youâ€™re now more confident and self-assured, youâ€™re more emotionally mature than before, you no longer allow her to dominate you with her assertive personality, youâ€™re able to make her laugh and smile even though sheâ€™s being closed off and distant towards you) and as a result, she wonâ€™t be able to stop herself from opening up a little bit more.

5 Mistakes That Some Guys Make When They Start Talking to Their Ex Again

[image: Mistakes guys make when they start talking to their ex again]

Getting an ex to drop her guard and have feelings for you is a pretty easy thing to do.

Yet, if you make one or more of the following mistakes, it won't be as easyâ€¦!

1. Sticking to text, rather than getting on a phone call

In many cases, a guy will assume that his ex won't like it if he calls her, or he will worry that he might end up feeling rejected and hurt if she doesn't answer his call.

So, rather than get her on a phone call where it's easier for him to make her laugh, smile and feel good to be interacting with him again, he just sticks to the comfort and safety of text messages.

Here's the thing though!

If the only interaction a woman is getting with her ex is via text, she can't fully feel attracted to him because she's unable to hear his voice and get a real sense of how confident he is now.

Texts are okay for getting a conversation started, but you have to transition to a phone call or an in person meet up as soon as possible.

Otherwise, you run the risk of getting into text conversations that go nowhere, or her losing interest in texting you because it takes too much effort and she doesn't get enough reward from it (i.e. she's not feeling sparks of respect, attraction and love and instead, is feeling a bit annoyed, turned off and bored by all the texts).

Another mistake is!

2. Trying hard to impress her via text, by joking around too much or putting way too much effort into each reply

Where some guys go wrong is by thinking that they can make an ex woman drop her guard by being funny or by always saying 'the right thing' to her via text.

For example: A guy might think to himself, *â€œMaybe if I joke around with her more, she will realize that I'm not being all serious or pushy with her and she will then relax and open up to me.â€*

Alternatively, he may become obsessive about what he texts her and spend a lot of time over-analyzing his every reply to her.

Secretly, he's hoping that if he says the right thing, she will feel reassured that he's being sincere and will then start thinking, *â€œHe's being so thoughtful and considerate. I guess I'm being unreasonable to feel so guarded around him. His texts are great! Clearly his intentions are good and I should trust him again.â€*

It would be nice if women were that dumb, but they're not.

Women are intelligent, feeling human beings just like men are and in most cases, they don't fall in love with an ex again just because he is sending nice texts.

In most cases, because a woman can't see her ex guy's body language, or assess his state of mind by analyzing his tonality and behavior, she will think negatively.

For example: If he continually jokes with her, she might think, *â€œWhy is he acting so goofy? It's actually quite cheesy that he's joking around with me all the time. He was never like this, so it's obvious that he's trying to impress me or something. Either that, or he's not taking what happened between us very seriously. If he thinks that cracking a few jokes via text will make me forget everything and give him another chance, he's got another thing coming.â€* or *â€œDoesn't he realize I can see that he's sucking up to me by saying what he thinks I want to hear? It's easy to hide behind text messages, but I bet if he were face-to-face with me, he wouldn't be able to hide his true self from me. He probably hasn't changed at all and is just trying to convince me that he has by texting what he thinks I want to. Unless I talk to him in person, I'm not going to believe that he has changed.â€*

As a result, she remains guarded, even though he is saying all the 'right things' or putting in an effort to make her smile and laugh.

That is why you shouldn't rely 100% on texts to get your ex woman back.

If you truly want her to stop being guarded, you need to interact with her over the phone and in person, where she can hear, or see for herself that you truly have changed and become a better man since the break up.

When you do that, her guard naturally comes down and from there, getting her back becomes a lot easier and quicker.

Another mistake isâ€¦!

3. Not making her feel sparks of sexual and romantic attraction when he talks to her on the phone or in person

One of the biggest mistakes guys make, is being on their best behavior around their ex (e.g. heâ€¦s too nice and polite, he doesnâ€¦t flirt, he pretends that he isn't interested in a relationship with her and only wants to be friends, he does whatever she wants him to do).

He may think, *â€¦I have to keep things neutral and friendly to not scare her off. In this way, I can slowly regain her trust and then, when the moment is right, I can let her know that I still love her and want her back.*â€¦

Yet, hereâ€¦s the thingâ€¦!

If a guy isnâ€¦t actively re-sparking his exâ€¦s feelings of respect and sexual attraction, sheâ€¦s not going to feel very motivated to drop her guard and agree to see him in person or give the relationship another try.

Instead, in a best-case scenario, she may begin looking at him as a friend and quietly start moving on without him.

Alternatively, she may think, *â€¦Iâ€¦m not stupid! I know why heâ€¦s being so sweet and nice around me! He thinks Iâ€¦m going to fall for his Mr. Nice Guy act and give him another chance because of that. Well, he can forget about trying to trick me into forgiving him. Itâ€¦s going to take a lot more than him sucking up to me for that to happen!*â€¦

As a result her guard remains up and it becomes more difficult for him to get her back.

So, if you want your ex to relax and open up, you need to make her have positive feelings for you again (e.g. respect, sexual attraction, love) while also letting her see that you're not desperately seeking a relationship with her.

The more you spark romantic and sexual feelings inside of her without putting pressure on her to commit to a relationship, the more her guard will come down.

She will then want to be around you, hug you, kiss you, have sex with you and get back into a relationship.

Another mistake that other guys make in your situation, isâ€¦!

4. Giving off the energy of needing a relationship from her

After a break up, many women remain guarded and play the *â€¦Letâ€¦s wait and see what happens,â€¦* game when talking with their ex.

The ex guy can get her back, but it all depends on how he approaches interactions with her (i.e. if he makes her feel attracted during interactions or not).

So, if a woman gets the sense that her ex guy is simply trying to push her into a relationship before she's fully ready, it's only natural that she will close herself off and be guarded when talking to him.

A woman doesn't want to be pressured into getting back together again, just because a guy wants it.

She wants to feel like it's her decision and her choice, because it feels good to her.

So, if you truly want your ex to drop her guard around you, just relax when talking with her and focus on having fun together, rather than giving her the sense that you're secretly, desperately hoping to hear her say that she wants a relationship with you again.

Another mistake is

5. Interacting with her in ways that turned her off in the relationship

In many cases, a woman's real reasons for the break up will be subtle things that she hasn't told her ex about (e.g. him giving her too much power, him being too understanding or being too nice when she actually wanted him to have more of a backbone).

Those things are more important to her than anything else, but she doesn't want to tell him about it because he will then say, *"Okay, cool! I will change those things for you! Give me another chance!"*

So, rather than telling him everything, a woman will just break up with a man and then, if he understands why on his own and is able to re-attract her by changing those things, she will open up and give him another chance.

Yet, if he doesn't change and is essentially the same guy who is going to make the same mistakes, she will remain guarded and will quietly begin to move on without him.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Is My Ex Lying When She Says She Still Loves Me?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

The honest truth is that it doesn't matter if the answer is yes or no.

What really matters is this...

Are you making her feel sparks of sexual and romantic attraction when you interact with her?

If yes, then she will naturally feel love for you.

If not, then she will naturally feel turned off by you and not want to get back with you.

All that said, here are some possible signs that she could be lying to you when she says that she still loves you:

1. She never really felt a strong love for you during the relationship and was just with you for something to do

[image: She never felt a strong love for you during the relationship]

Sometimes a woman will get into a relationship with a guy even though she doesn't have strong feelings for him and doesn't plan on staying with him for life.

For example: This can happen when a man and a woman spend a lot of time together (e.g. at work, university, hang out together in the same social circle).

Over time, the guy might develop strong sexual and romantic feelings for her and because of that, he might begin trying to convince her that they should be more than just friends.

Initially, she might resist getting into a relationship with him because she doesn't feel a lot of attraction for him.

However, if he persists for long enough, she might eventually reach a point where she thinks, *â€œMaybe this can work. Maybe my feelings for him will grow if we date for a while. Besides, Iâ€™ve got nothing better to do. All my friends are in relationships and it sucks going out with couples when youâ€™re the single girl or tag along. If I start dating him, Iâ€™ll have someone too and if it doesn't work out, I can always break up with him and find someone else. So, why notâ€* | I'll give him a chance.â€œ

She then gets into a relationship with him, even though she doesn't have strong feelings for him.

In other situations, a woman will get into a rebound relationship (i.e. the relationship a woman has right after getting out of a serious, long term relationship), as a way of forgetting about her ex.

Although it might seem fun at the start because she is excited to be kissing and have sex with someone new, those feelings can fade pretty quickly when a woman realizes that her new guy doesn't have the qualities that she really liked about her ex.

It doesn't mean that the relationship can't work though.

If a guy understands how a woman's attraction really works, then he can use that to his advantage to make her feel more attraction for him than she did for her ex.

However, if he isn't aware of how to read a woman's attraction levels and build on them, or if he just assumes that she must love him because she is enjoying the kissing, sex and dates, then she will

eventually lose interest.

In the back of her mind, she will always be planning to break up with him at some point (e.g. if she meets someone who seems like a better match, if she gets bored of hanging out with him).

When that happens, rather than come out and say something like, *â€œLook itâ€™s over between us. I just donâ€™t have feelings for you and to be honest, I never did. Sorry. Goodbyeâ€* and hurt his feelings, she will instead try to let him down easy by saying something along the lines of, *â€œYouâ€™re a great guy, but Iâ€™m not the right woman for you at the moment. I still love you, but for now, just accept that itâ€™s over between us, okay? I just need some space to sort things out in my head and then we can see what happens.â€*

Unfortunately, the guy might then spend weeks, months or even years holding on to the hope that she will come back to him because she said that she still loves him.

He may then ask, *â€œIs my ex lying when she says she still loves me? Why isnâ€™t she coming back? She said that she loved me. What do I need to do? Give her more time? Do women come back if they love you? What do I do?? How can I get her back?â€*

Hereâ€™s the thingâ€¦!

If you want your ex back, donâ€™t waste time worrying about what she said when she was being nice.

Instead, just use every interaction you have with her from now on to fully reactivate her feelings of respect, sexual attraction and love for you.

When you do that, she wonâ€™t be lying when she says, *â€œI love you.â€*

Another sign that your ex might be lying isâ€¦!

2. She has a history of lying to men and stringing them along

[image: She has a history of lying to men and stringing them along]

There are some really nice, honest women out there.

Yet, there are also some mean, vindictive, cold women who just can't be trusted.

For example: Sometimes a woman is a person of bad character and gets a thrill out of messing with guys feelings (e.g. by telling them she loves them to keep them interested in her while she moves on, constantly breaking their heart, making them do lots of nice things for her to hopefully get some affection from her or to spend some time with her).

[image: She enjoys lying to men and messing with their feelings]

In a case like that, no matter what a guy does, or how nice, loyal or loving he is, a woman like that will simply use his devotion to make herself feel good because thatâ€™s just the kind of person she is.

The only kind of man that she will stop behaving like that for is a man who makes her feel a lot of attraction, but doesn't put up with any of her games.

In other words, he is in the position of power and she knows it.

That's what makes a woman like her be a better woman, but the reality is that if she is a very bad person at her core, then that will always be lurking there inside of her.

She will always have the capacity to become that woman again if the man is unable to maintain the

position of power in the relationship.

Another sign that she might be lying isâ€¦!

3. She can see that you haven't moved on and is trying to use your desire for her to feel good about herself

In some cases, a woman will enjoy seeing her ex struggle with the emotional pain of trying to get over her.

Even though she doesn't really want him back, the thought of him still thinking about her, missing her and wanting her back makes her feel good about herself.

She may even think, *â€œWell, at least I know that if I don't find anyone else, my ex will still be there waiting for me,â€* which makes her feel confident about herself and happy that she is wanted, desired and loved.

To keep those feelings alive, she will keep him hooked on her by staying in contact with him and saying things like, *â€œI still love you. Just give me some time. Maybe we can get back together again.â€*

As a result of her emotional manipulation, he just can't ever seem to get over her and find himself another woman.

Meanwhile, she goes out into the world every day feeling confident and happy about herself and her life.

This allows her to feel good about herself while she moves on with her life and meets new guys.

It's a nasty thing for a woman to do to a man, but the truth is that many men do that to women after a break up as well.

If you don't want to be in that position, you need to reactivate her feelings of respect, sexual and love for you for real and then let her see that you're not chasing her.

That's what changes the dynamic and makes her want you back.

4 Mistakes That Some Guys Make When an Ex Says She Still Loves Him

You definitely can get her back, but for that to happen easily, just make sure you don't make any of the following mistakesâ€¦!

1. Taking her words too seriously

Whether a woman is saying, *â€œI still love you,â€* or *â€œI never want to see you again,â€* doesn't really matter that much, because she is simply basing her words on how she feels about you in the present moment.

Additionally, sometimes a woman will say things just to be nice or to avoid an argument.

For example: If a woman realizes that her ex is struggling to come to terms with the break up, she might say something along the lines of, *â€œI know that it's not easy to accept we're broken up, but for now, I think it's the best for both of us. I still love you though, okay? So, don't*

*ever think badly about yourself. I will always care for you and maybe one day in the future we can try again.*â□□

Yet, although her words seem promising, it doesnâ□□t necessarily mean that she wants to get back with him again.

It could, but there's no guarantee that she is being 100% honest.

In other cases, a woman might still be holding on to what caused her to go through with the break up (e.g. he didnâ□□t put enough effort into creating feelings of love, respect and attraction in her so she lost interest in being with him, he stopped making her laugh and feel good when she was with him, he treated her more like a neutral friend than a desirable, feminine woman).

So, even though she might say, *"I still love you,"* it doesn't mean that she is saying, *"I still love you and want to be with you."*

Instead, it could actually mean, *"I love you, but I'm not going to get back with you because you don't know how to make me happy in a relationship. I can see that you haven't changed and probably aren't going to be able to change, so I am going to move on."*

Of course, most women aren't going to say that because it could then lead to an argument, to him begging and pleading for another chance or worse, to him becoming aggressive with her.

So, even though your ex is saying that she still loves you, her words donâ□□t really count in this situation because you donâ□□t really know what her motives are for saying it.

The solution is to stop worrying about what sheâ□□s saying and focus instead on making her have real, strong and unforgettable feelings for you from now on.

When that happens, the idea of losing you suddenly begins to bother her.

She starts to feel differently about the relationship and the possibility of getting back together.

On the other hand, if you donâ□□t reawaken her feelings and make her really want you back, then sheâ□□s probably going to keep saying whatever it takes to let you down easily (e.g. *"I still love you, but I need more time. Please give me space"*), so she can move on without causing a big scene.

The next mistake to avoid isâ□!

2. Assuming that she is the leader of the emotional connection in the relationship

Sometimes a guy will waste a lot of time over-analyzing everything that his ex says to him.

In his mind, he believes that she is the one holding all the cards and is in the power position.

As a result, he talks to her as though he is trying to get a chance with her and makes her feel like she will either have to keep rejecting him, or get back with him out of pity for a little while.

Yet, that approach just causes a woman to lose even more respect, attraction and love for her.

She can see that he doesnâ□□t believe in himself and in his value to her and it turns her off.

Remember: A woman wants to be with a man she can look up to, respect, feel attracted to and love (i.e. a guy who is confident and emotionally strong enough to take the lead in the ex back process and get her back).

She doesn't want a man who looks at her as being in the power position and tries hard to meet all of her wants, needs and expectations to hopefully get a chance with her.

So, make sure that you're not trying hard to get her to approve of you by being extra nice to her.

That doesn't work.

You've got to awaken her feelings of respect, sexual attraction and romantic love for you and then, let her see that you're not desperately trying to get another chance with her.

That is what works.

The next mistake isâ€¦!

3. Feeling unworthy of her

Itâ€™s only natural that when a woman breaks up a guy with, his confidence might take a bit of a hit.

He may even start to think, *â€œShe says that she still loves me, but I don't know if I truly deserve her. I stuffed things up between us so badly that maybe itâ€™s better if I let her go so she can find a guy who is truly worthy of her. I don't deserve her.â€*

Yet, thinking like that not only makes him seem less attractive to his ex (which then makes it more difficult to get her back), but it also makes him unattractive to other women because they can sense his lack of confidence and self-worth.

Hereâ€™s the thingâ€¦!

A woman likes the idea of being with a confident, emotionally strong man who believes in himself and in his value to her.

So, when a guy is being insecure and feels unworthy of her, it does nothing to spark her feelings for him.

If you want your ex to love you for real, you have to believe in yourself and in your attractiveness and value to her completely.

Then, based on that belief, you need to take action to build up her feelings of respect, sexual attraction and love for you so you can then get her back for real.

On the other hand, if you interact with her and she senses that you feel unworthy of her, she will decide that she made the right decision to break up with you and will then focus on fully getting over you and moving on.

The next mistake isâ€¦!

4. Not being able to notice the difference between friendly love and sexual, romantic love

Sometimes a woman will tell her ex that she still loves him and he will then take that as a sign that she wants to get back together.

Yet, what he doesn't realize is that there are different kinds of love and when an ex woman says, *â€œI still love you,â€* it doesn't always mean love in a sexual and romantic way.

Instead, she might have strong, friendly feelings for him and itâ€™s her way of telling him that she still wants him to be a part of her life as a nice, platonic friend.

Similarly, your ex might not be lying when she says that she still loves you, but itâ€™s possible that she feels friendly, neutral love for you, while you feel sexual, romantic love for her.

Thankfully, whether your ex loves you in a sexual way or loves you like a friend, the course of action

that you need to take to get her back is the same.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Ex is Moving On Faster Than Me

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

5 possible reasons why your ex is moving on faster than you:

1. So she can avoid the pain of the break up

[image: So she can avoid the pain of the break up]

Some women find it difficult to deal with the pain of being broken up.

In fact, according to a study published in Evolutionary and Behavioral Sciences, women experience more emotional pain than men after a breakup.

So, rather than face lonely nights and weekends, or deal with the memories of her failed relationship, a woman will usually try to start dating other guys as quickly as possible (in some cases even a few days or weeks after the break up).

Here's the thing though!

Just because your ex is moving on faster than you, it doesn't mean you can't get her back if you really want to.

The most important thing now is that you don't allow negative thoughts, such as, *â€œDid our relationship mean nothing to her?â€* or *â€œDid she ever love me at all, or was everything we had just a lie?â€* stop you from getting her back.

Thinking that way will only cause you to lose confidence in yourself and potentially delay your attempts to get her back.

If you want her back, you have to do something about it.

You have to actively interact with her (e.g. via text, e-mail, on social media, the phone and in person) and reawaken her feelings for you again.

The more respect and attraction you make her feel for you, the less she will want to move on with someone else.

She will then start wondering, *â€œWhy am I feeling like this all of a sudden? Why am I thinking about him all the time? Why does the idea of being with someone else make me feel regret now? Maybe I made a mistake by breaking up with him,â€* and she opens herself up to the idea of getting back with you.

Another possible reason why your ex is moving on faster than you, is because!

2. You didn't re-attract her after the break up, so she didn't feel any motivation to want to get back with you

Regardless of how badly a guy stuffed up in the relationship, a woman can and usually will change how she feels about him if he attracts her.

A man can interact with her and get her respect back, make her feel attracted and she will then begin to feel sparks of love for him again.

Unfortunately, most guys don't know how to go about doing that.

A guy will try to get her back by telling her how much he still cares about her, apologizing to her over and over again for his past mistakes and promising to do anything she wants if she will just give him another chance.

Yet, that isn't what re-attracts a woman and motivates a woman to want to get back into a relationship with a guy that she is no longer attracted to.

What will?

Interacting with her and showing her that you are now a new and improved man (e.g. more confident and self-assured, more emotionally independent, more able to stand up for yourself), so she can naturally feel a renewed sense of respect and attraction.

Of course, just showing her that you've changed doesn't get the relationship back together by itself, but does make her think about you in a more positive light.

She then starts to feel differently about moving on with another guy and instead begins to consider the idea of getting back with you.

The next possible reason why your ex is moving on faster than you, is because

3. You have been waiting for her to want you back, rather than going through the ex back process and getting her back

[image: You have been waiting for her to want you back, instead of taking action to get her back]

Sometimes, a guy might think to himself, *"If I give my ex enough time apart and allow things between us to calm down, she will start to miss me. She will then get in touch with me, we can fix our problems and get back together. So, the biggest mistake I can make right now is put pressure on her in any way and cause her to close herself off from me even more. When it comes to getting an ex back, slow and steady wins the race. I will cut off contact and wait."*

He then sits around waiting for a sign from his ex that she's ready to give him another chance, only to be shocked when he realizes that she's been moving on.

Here's the thing

If you want your ex back, you have to be active about it, rather than passive by cutting off contact and waiting.

Don't sit around waiting for her to give you permission to begin the ex back process.

Get her back.

If you're not texting, e-mailing, private messaging, calling and meeting up with her in person and reactivating her feelings of respect and attraction for you, then another guy make her feel attracted and take her away from you.

If she has started to move on though, don't worry.

It's not too late to get her back.

Just start interacting with her and interrupting the process of her moving on, by making her feel a renewed sense of respect and attraction for you.

For example: Call her on the phone, or meet up with her in person and then focus on:

- Making her laugh, smile and feel good to be talking to you again.

- Making her feel feminine and girly in your presence, rather than treating her like a neutral friend.
- Flirting with her to create a sexual vibe, rather than being neutral or being on your best behavior around her to not scare her away.

The more sexual and romantic feelings you spark inside of her, the less she will want to cut herself off from you.

Suddenly, she will feel drawn to you in a way that feels good to her and will go back to looking at you as a potential boyfriend again, rather than focusing on moving on without you.

Another possible reason why your ex is moving on faster than you is becauseâ€¦!

4. She never really felt a strong enough attraction or love for you

A woman will sometimes date a guy even though she doesn't feel fully attracted or compatible with him, simply because she doesn't like being single.

Additionally, sometimes a woman will get into a rebound relationship (the relationship a woman has right after getting out of a serious, long term relationship) with a guy who isn't her ideal man, just to help herself get over her ex man and not go back to him.

In both cases, a woman will usually justify her decision to date a guy that she's not fully attracted to by thinking something like, *â€œHe's a nice enough guy. I should at least give him a chance. Maybe he will grow on me over time.â€*

If the guy can then build on her feelings of respect, attraction and love for him (i.e. grow on her), she will change how she feels about him and she begin thinking of him as her ideal man.

However, if he fails to build on her feelings for him, she will never fully commit herself to being his girl.

She will always secretly be planning to break up with him at some point, even though she will act like she is happy during the relationship.

She will know that when she is ready, she will break up with him and he will be heartbroken.

Then, when she eventually breaks up with him, it will be easy for her to move on because she never felt the kind of attraction and love for him that would cause her to struggle to get over him.

Of course, the good news is that feelings are never set in stone and can and do change.

Even if your ex never felt strong attraction or love for you before, it doesn't mean that you can't make her feel like that now.

In fact, when you interact with her and reawaken her feelings of respect and attraction for you (e.g. by making her laugh, smile and feel good to be around you, making her feel like a sexy, desirable woman by being more emotionally masculine than her), she won't be able to stop herself from feeling drawn to you again.

Even though she may have previously just thought of you as her â€œgood enough for nowâ€ guy, she will suddenly start imagining what it would be like to stick with you for the long term.

She will realize that you have leveled up as a man and have now become what she always wanted you to be, so if she doesn't give you another chance, it will be her who loses out.

As a result, she will feel drawn to you and will want something to happen.

So, don't let it bother you that your ex is moving on faster than you at the moment.

Just interact with her, reawaken her feelings for you and all of that will change.

Another possible reason why your ex is moving on faster than you, is because

5. She got lucky and found a replacement quickly

In some cases, a woman meets a new guy pretty quickly after her break up who fills in the gaps she felt were lacking in her relationship with her ex (e.g. he's more confident, he makes her feel like a feminine woman around him rather than like a friend, he doesn't give her too much power over him).

If she is lucky to find a guy like that right away, she will use him to get over her ex and move on.

Yet, here's the thing

Just because she is happy with him now, it doesn't mean that he is the one for her, or that you can't get her back now.

You can get her back.

So, call her on the phone or meet up with her in person, reactivate her feelings for you and she will immediately begin to doubt her decision to move on so quickly without you.

3 Common Mistakes That Guys Make When They Realize Their Ex is Moving On Faster Than Them

Although it doesn't feel nice to see your ex moving on while you're still missing her, you need to maintain control of your emotions and interact with her in a way that makes her want you back, rather than turning her off and causing her to want to continue moving on without you.

So, to avoid making it easier for her to get over you, be sure to avoid making one or more of the following mistakes:

1. Asking her if she ever loved you

Simply asking a woman, *"Did you ever really love you?"* causes her to feel turned off and naturally want to say something like, *"I don't know maybe. I'm not sure."*

Why?

When a man is insecure about his attractiveness and value to a woman and has to ask whether or not she sees him as being good enough, a woman loses respect and attraction for him.

Women are not attracted to men who need a woman to reassure them of their love or devotion, in order for him to feel confident, worthy, happy or secure about himself and his place in her life.

Women are attracted to men who believe in themselves no matter what a woman says or does.

When you are that type of guy, women automatically love you.

However, when you have ask them, *"Do you still love me?"* or, *"Are you still attracted to me?"* or, *"Did you ever really love me?"* then you're the kind of guy who automatically ruins a woman's feelings for you.

So, don't put yourself in that position.

Just believe in yourself and know that she loved you.

Thinking or saying anything else automatically causes women to lose respect and attraction for you and then question whether or not they really loved you.

Based on the lack of respect and attraction she will be feeling, the answer that will come through for her will be something like, *"Well, now that you askâ€¦ maybe I didn't really love you. It took you asking me that to realize it."*

Unfortunately, many guys don't realize that and mistakenly ask their ex woman something like, *â€œHow could you move on so quickly? Are you really that shallow? Didn't our love mean anything to you? Did you even love me, or was it all a big joke to you?â€*

Although he is being honest about his feelings, his lack of belief in himself will turn her off.

Additionally, trying to make her feel guilty about moving on, isn't going to make her want him back.

Rather than think, *â€œHe's right. I am shallow for moving on so quickly! I have to get back with him right now!â€* she will feel annoyed with him for being so weak minded, doubting himself and trying to make her feel guilty for moving on without him.

The next mistake to avoid making isâ€¦

2. Thinking that you have no chance to get her back now that she is moving on

When an ex is moving on, a guy might begin to think, *â€œWellâ€¦ I guess Iâ€ve lost her then. Thereâ€s no way I can get her back now. I should just accept it. Even though I still care for her and want her back, sheâ€ll never be mine again. Itâ€s over between us.â€*

By thinking in that way, he's actually preventing himself from moving forward and becoming the kind of man who can attract her back (e.g. confident, determined, a go-getter, emotionally masculine).

If he then happens to interact with his ex on a phone call or in person and she senses his defeatist, self-doubting attitude (i.e. that he's given up on the idea of attracting her back, feels unworthy of her now), she will see it as a sign that she made the right decision to break up with him and will continue to move on.

Hereâ€s the thingâ€¦

Even though itâ€s difficult to watch your ex moving quickly, you shouldn't allow your feelings to paralyze and stop you from doing what you need to do to get her back.

If you don't take action (e.g. by changing and improving, interacting with her and reawakening some of her feelings of respect and attraction for you), not only will you continue feeling depressed, but you also lessen or ruin your chances of getting her back.

Why?

While you sit around assuming you don't have a chance with her anymore, you're just giving her more time to get over you and possibly even fall in love with another guy.

So, if you want her back, stop focusing on the pain of the situation and focus instead on what is actually required to get her back.

The next mistake to avoid making isâ€¦

3. Losing confidence in his value to her and other women

Naturally, seeing his ex moving on while heâs not can really dent a manâs confidence and self-esteem.

For example: He might say to himself, *âShe was the only woman who truly wanted me and now that sheâs gone, Iâm lost without her. She doesnât want me and I will never be able to get myself another beautiful woman like her. If Iâm honest with myself, Iâd have to admit that my chances of starting over with another quality woman like her are close to zero. Most women these days arenât interested in ordinary guys like me. They only want very good looking guys with big muscles, lots of money and fancy cars. I just canât compete with that. Iâm never going to find another woman. Iâm going to end up single and lonely for the rest of my life. Itâs hopeless.â*

Yet, hereâs the thingâ!

A womanâs attraction to a manâs physical appearance isnât as powerful as her emotional attraction to him.

What matters most to a woman is who he is when sheâs interacting with him and that makes her feel (i.e. is he confident or insecure, is he charismatic or awkward, is he emotionally masculine or emotionally sensitive?).

Thatâs what really matters.

So, donât waste a lot of time sitting around putting yourself down because your ex is moving on faster than you.

You have to believe yourself and your ability to re-attract her.

Even though she has been moving on, when she experiences the new you, she will naturally begin to feel like she made a mistake to leave you.

When her guard comes down, you can then build on her feelings and get her back.

So, donât waste any more time doubting yourself and focus instead on doing whatever you need to do to get her back.

Are you in?

Are you ready to do this?

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Ex Girlfriend Got Me Fired

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

5 things you should do now:

1. Decide whether or not it was completely her fault

It's only natural that if your ex girlfriend got you fired, you would be currently feeling a range of negative emotions (e.g. angry about what she did, stressed about having to now find a new job, betrayed by the woman you thought you knew).

What has happened to you isn't a nice thing to be going through.

However, before you do anything else, it's very important that you get to the bottom of what really happened and why.

Although you might feel justified in blaming your ex girlfriend for everything and thinking something like, *"It's all her fault! She was being a complete bitch about our break up, which is why she got me fired,"* it might be possible that you are also partially responsible for what happened.

For example: Ask yourself the following questions!

- Did you create too much drama at work after being dumped (e.g. by telling all your co-workers what happened and then forcing them to pick sides, badmouthing her to her colleagues or to management)?
- Did you threaten to cause problems for her (e.g. by spreading rumors about her character, releasing nude photos, telling people her secrets, ruining her reputation)?
- Did you interfere with her ability to get her work done (e.g. by following her around and trying to get her to talk to you, pleading with her to give you another chance in front of her colleagues, sending her loads of emails to hopefully get her to change her mind)?

[image: Did she lie and get you into trouble?]

On the other hand, was it all her fault?

- Were you completely professional and didn't do anything wrong, but she went and spread lies about you or told management that you were threatening her, even though you weren't?
- Was she bitter about the break up and then sought revenge by getting you fired?
- Did she create drama in the workplace and drag you into it?
- Did she start crying and looking helpless in front of others, to make you seem like a bad ex boyfriend who was harassing her, even though you weren't?

Here's the thing!

If you were partly to blame for what happened, you might want to apologize for your part in it and get her to forgive you, so you can then begin to re-attract her and get her back (if you want to).

Alternatively, if you feel that it was all her fault, you can then decide to

2. Get revenge by getting a better job

If getting fired was your ex girlfriend's fault, then letting it get you down will only cause her to win.

Don't give her the satisfaction.

Rise above the circumstances that she has pushed you into, by getting an even better job than you had before.

Rather than letting the event of getting fired hold you back or take you down, use it as a stepping stone to better yourself and rise up even higher in life.

Do whatever it takes to find yourself an even better job than before (e.g. at a company that your ex girlfriend always wanted to work for, with more pay and with better perks) and then make sure that she finds out about it.

For example:

- Post about it on social media where you know she will probably see it, *"Very happy with my new job. I'm now working at _____ and it's the best. Great times ahead!"*
- Tell previous co-workers about it, so they can spread the gossip to her.
- Tell mutual friends and let her find out about it eventually.

When she finds out, not only will she be annoyed that her plan to hurt you backfired, but she will also feel attracted to you (of course, she probably won't admit that) for being an emotionally strong, confident man who doesn't lose it when things get rough.

You rise up to the occasion and come through as an even better man than before.

When she realizes that you're risen up to the challenge and are loving your new life, she may then start wondering things like, *"Why was I such a bitch to him? What was I thinking? He's not a loser. I'm the loser. Why did I get him fired? Will he ever forgive me for what I did?"* and she might then try to contact you to rekindle things between you and her.

You can then decide if you want her back, or if you'd prefer to move on and find a new woman.

3. Get ready to re-attract her if you want her back

Based on what happened between you and your ex, it's almost certain that there's probably not a lot (or any) remaining feelings of respect, attraction and love between you.

To re-spark those feelings, you need to make sure that every time you interact with her from now on, you make her smile, laugh and feel good to be talking to you again.

You want her to be thinking, *"This feels so good. I can't believe we had so much drama before. He's so different from the person he used to be. Why did I get him fired? That was a mistake. I was just being stupid. I feel so drawn to him now. I want him back. Will he give me another chance?"*

How can you do that?

By changing the things about you that caused her to break up with you in the first place, so she will encounter a very different man from the one she knew before.

For example:

If you allowed her to dominate you emotionally and boss you around in the relationship, you now laugh at her when she gets pushy and you say things like, *“Hey, stop being such a control freak. I can make up my own mind about things, thank you very much!”* and have a laugh with her about it.

Alternatively, you can say, *“Well, someone’s a Little Miss Bossy today, isn’t she? Well, I’ll make my own decisions now, thank you very much”* and have a laugh with her about that.

If you were too nervous to stand up to her when she was being disrespectful towards you in the relationship, you no longer tolerate her bad treatment of you and either tell her to stop and behave herself, or laugh at her and hang up the phone (or walk away).

If you felt she was too good for you and put her above you in terms of value while in a relationship, you’ve now realized that she is lucky to have you and actually needs to put in a bit more effort to please you, rather than you having to do more to please her.

When you level up and start attracting her in ways that she wasn’t expecting, she won’t be able to stop herself from feeling a renewed sense of respect and attraction for you.

4. Meet up with her and forgive each other’s mistakes

For you and your ex girlfriend to be able to start a new relationship together, you have to forgive each other for past mistakes.

What she did was horrible, but if you want her back, both of you are going to need to get it that at some point.

So, if you’ve re-sparked some of her feelings of respect and attraction for you on a phone call, get her to meet up with you in person.

At the meet up, you can say something along the lines of, *“I know that we didn’t handle our break up as well as we should have. We both made mistakes and things definitely weren’t very nice between us for a while as a result. Yet, rather than hold grudges and end up feeling bitter and angry towards each other, we can accept it as a lesson learned and move forward in more mature way. We can forgive each other and just be friends now. So, what do you say? Are you open to clearing the slate between us by forgiving each other and then just being friends?”*

By saying something like that to her, you allow her to let go of her negative feelings about you and what happened.

She can then open back up to you, rather than having her guard up because she is holding onto guilt for getting you fired and anger for how you treated her.

When that happens, she stops thinking about all the drama that happened between you and her and starts seeing you as a confident, emotionally strong man who has the courage to forgive her, even though she got him fired.

Without even realizing it, she then stops being on her guard around you and begins to feel good about forgiving you and seeing what can now evolve between you and her.

You can then

5. Hook up with her sexually

Once you and your ex girlfriend have forgiven each other and she’s feeling respect and attraction

for you again, you can then progress to giving her a hug and if she doesn't pull away, give her a kiss as well.

From there, if she's open, you can go to your place or hers and hook up with her sexually.

From there, you just need to continue showing her that you've transformed yourself into the kind of man that she can now look up to, respect and feel attracted to (e.g. confident, emotionally masculine, assertive, driven).

As you do that, she will naturally begin to fall back in love with you.

You and her can then get back together in a relationship that is 100% better than the last one.

4 Mistakes That Some Guys Make After Getting Fired Because of Their Ex

Getting fired by an angry or malicious ex girlfriend is no joke.

It sucks and it's a horrible thing to go through.

However, regardless of how much it sucks, make sure that you don't make any of the following mistakes:

1. Getting extremely angry at her, to the point where she is afraid to ever meet up with you again

[image: Did you threaten her and try to cause problems for her?]

For example: A guy might lose his temper with her and say things like, *â€œYou're such a bitch! I can't believe what you did! How can you live with yourself now? If you were hoping to push my buttons, then you've succeeded. Congratulations, you've ruined my life! If I had you in front of me right now, I'd wring your little neck, you bitch!â€*

Naturally, threats like that cause a woman to become fearful and worry about getting hurt.

So, when he eventually calms down (e.g. 1-2 weeks later) and suggests a meet up, she refuses to see him.

Here's the thing!

There's no excusing your ex's behavior for getting you fired from your job, but regardless of what she did, make sure that you don't make the mistake of stooping to her level and being very nasty in return.

Getting angry is understandable, but taking it out on her and possibly even threatening to hurt her just isn't going to help the situation.

The only thing that losing your temper will accomplish is to make her lose even more respect and attraction for you as a man, which will make getting her back much more difficult.

The next mistake to avoid is!

2. Sending her abusive texts or e-mails

In the same way that getting angry with her doesn't accomplish anything other than to drive a

wedge even deeper between you and your ex, so does sending her nasty, abusive texts.

Even though you might be tempted to text her in an angry way, other than the temporary satisfaction, it won't really accomplish anything for you.

Getting angry via text can result in her blocking you on her phone and on social media.

You can also end up coming across as a scary, abusive ex boyfriend and she will pass that information onto others.

Also, when you calm down you realize you want her back, getting her to forgive you and unblock your number will be more difficult than if you had handled the situation in a more emotionally mature way from the beginning.

The next mistake to avoid is

3. Taking all the blame yourself, even though it was really her fault

If it was her fault, then don't beat yourself up about getting fired.

You simply got involved with a woman who turned out to have a bit of a nasty side to her.

So, don't take all the blame if you don't need to.

For example: Sometimes a guy will try to get his ex woman back by taking all the blame for what happened between them, even though she was the one responsible and was being immature, selfish or destructive just for fun.

He thinks, *"If I take the blame, she might relax a bit and we can work things out between us. As long as we can clear the air, it won't matter that she was to blame for everything and that she got me fired. I don't want to annoy her any further, so I will just make it out like it was all my fault. That way, she might even take pity on me and give me another chance because she'll feel guilty."*

Yet, here's the thing

Taking the blame when you did nothing wrong is the worst thing you can do.

Not only are you rewarding your ex girlfriend for her bad behavior, it will also cause her to lose respect for you for not being able to stand up to her when you know she was clearly in the wrong.

Rather than think, *"Oh, wowwww! He's being so sweet to take the blame for me when he knows I stuffed up. That makes me feel so much respect for him! I want a guy who puts up with my crap and lets me destroy his life!"* she'll be thinking, *"What a sap! Not only did I get him fired in a nasty way, but he's actually taking the blame for it. That's so weak-minded! How could I ever look up to him and respect him when I can treat him like crap and he won't do anything to stop me? What a loser. I don't want a weak, wimpy guy like that. He's not man enough for me. He shouldn't have told me that I was wrong for doing that, but also been a good enough of a man to not lose control of his emotions and get angry or aggressive. Then I could have respected him and felt guilty and wrong about what I did. Yet, him taking all the blame like a sap, just makes me realize that I made the right decision to leave him. He's too much of a wimp for a girl like me."*

So, if your ex girlfriend got you fired because she was being childish, immature or purposefully destructive, don't reward her by taking the blame.

Of course, that doesn't mean you should be nasty towards her, blame her or treat her badly.

Continue being the good man that you are and let her see that, even though you don't excuse her behavior, you're willing to forgive her and focus on rebuilding the trust, respect and love

between you and her from now on.

The next mistake to avoid isâ€¦!

4. Not making a clear decision about whether or not to get her back

Itâ€™s easy to fall into a trap where youâ€™re either missing your ex and wanting her back, or feeling angry and resentful towards her and never wanting to lay eyes on her again.

The problem is that until you can decide what you really want from her, youâ€™ll be stuck in relationship limbo.

You will avoid other women, feel depressed and down about your situation and end up letting her win.

So, make sure that you make a decision right now.

If you know in your heart that your ex girlfriend is a petty, immature and vindictive person and will likely do something malicious again when you and her have a disagreement in future, then itâ€™s time to cut your losses.

Stop thinking about her and what she did and focus instead on going out and meeting new women.

Before long, you will have found yourself a better, more beautiful and loving woman and your ex girlfriend will be a distant memory.

However, if you feel that your ex girlfriend getting you fired was something you brought on yourself via your behavior and attitude, then decide to forgive her and get her back.

Focus on reactivating her feelings of respect, attraction and love for you during interactions and get her back.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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My Ex Girlfriend Added Me On Facebook

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

4 possible reasons why your ex girlfriend added you on Facebook:

1. She wants to see if you have moved on without her

[image: She wants to see if you have moved on without her]

Sometimes a woman will worry about her ex guy moving on before sheâs had a chance to hook up with another guy first.

So, she will add him on Facebook as a way of checking up on him.

Based on his posts, she might be able to find out ifâ

- He has been going out and having fun with other people, or has been spending a lot of time alone.
- He has only hanging out with his single male friends and doesn't appear to have been around any new women.
- Has been hanging out with new women in different situations.
- He is still single, or if he is dating a new girl.

Essentially, she will be trying to find out if she still has time to move on before he does.

She will be hoping to see sad, lonely posts from him, so she can feel better about herself and know that he is struggling without her.

Another possible reason why your ex girlfriend added you on Facebook isâ

2. She wants to see if the new you will make her feel attracted and want you back

Even if the break up felt right to her when she did it, a woman will often end up missing her ex and wanting him back, especially if she can't find a suitable replacement guy to move on with.

When she misses her ex, she might begin to think, *âI wonder if he has changed at all since we broke up? Maybe if I add him to Facebook, Iâll be able to see if he has. Then, if he has changed and improved, it might be possible for us to get back together again. I might want to see him again and get him back.â*

She then adds him on Facebook to see what happens.

Imagine thisâ

A guy was very insecure and overly dependent on his girlfriend during the relationship.

As a result, he became clingy and needed her constant reassurances to feel good about himself and his value to her (e.g. always asking if she loved him, telling her to promise to never cheat on him or leave him, checking her phone to see if she was chatting with anyone else).

She then dumped him because she couldn't deal with his insecurity anymore.

Yet, since dumping him, she has kind of missed him and is now wondering if he has changed.

So, to test him and see if he can make her feel attracted again, she adds him on Facebook and waits to

see his reaction.

Will he jump all over any small sign of interest from her (e.g. by quickly trying to initiate a conversation with her, or immediately sending her a private message saying things like, *â€œIâ€™m so glad youâ€™ve added me on Facebook again! Iâ€™ve missed you so much. Does this mean youâ€™ve forgiven me for stuffing things up between us? I hope it does, because Iâ€™ve really felt lost without you. I miss you. Please, let's talkâ€*), or will he remain calm and relaxed?

Will he feel unworthy of her and ignore her because he doesn't know what to say, or will he believe in himself and confidently make her feel attracted to him again (e.g. by using humor, being charismatic)?

Depending on his response, she is either going to get a sense that he has become a new and improved man since the break up (e.g. more confident, self-assured, easy-going, emotionally independent), or that he's continuing to be the insecure, needy guy he was in the relationship.

If he can make her feel attracted via Facebook and then progress to talking to her on the phone or in person, she will drop her guard and open up to potentially being with him again.

However, if he turns her off in the same old ways, she's going to keep her guard up and possibly even unfriend him or block him and then try to move on.

In the same way, your ex girlfriend may have added you on Facebook to test you and see how you would react.

She wants to see whether or not you've changed and improved and are now able to give her the attraction experience she always wanted from you.

Another possible reason why your ex girlfriend added you on Facebook is â€œ|

3. She wants you to check out her new photos and miss her more

Sometimes, a woman will add her ex on Facebook to let him know what she's been up to since the break up.

If she currently hates him, she may want him to see that she's been having a fun time and moving on without him, rather than feeling sad or depressed about their break up.

He might then feel jealous that she's moved on so quickly and regret hurting her.

On the other hand, in a case where a woman still has some feelings for her ex, she may be hoping that when he sees photos of her having fun without him, he'll miss her even more and possibly make a move to contact her so that they can meet up.

Remember: The way that women behave doesn't always make sense.

Sometimes a woman really likes a guy and acts like she doesn't like him, to hopefully get him to try harder.

This is why you shouldn't ever worry so much about what a woman is saying or doing.

What you need to focus on is being attractive as you interact with her (e.g. being confident, emotionally masculine, funny, charismatic) and then having the courage to make a move and get you and her to the point where you hug, kiss, have sex and get into a relationship.

Some women make things a lot easier than others, whereas some women act a little weird due to their insecurities.

This is why you always need to believe in yourself as a man and take action to get you and her to the

next level, rather than waiting for her to lead the way.

So, your ex may have added you to Facebook because she is hoping that you feel jealous and start chasing her.

Alternatively, she might have added you because she wants to rub her happiness in your face.

Either way, the solution is the same: Interact with her, make her feel attracted to you, get her to meet up with you, build on her attraction at the meet up, hook up with her and get her back.

4. She's trying to send you a signal that she's open to you getting her back

After a break up, many guys feel trapped between wanting their ex back and not knowing what to do to make it happen.

For example: A guy might think, *â€œI really want her back, but when we broke up, she told me to never talk to her again. So, if I try to contact her, sheâ€™ll get annoyed and hang up on me. I feel so stuck. I do want to work things out between us, but I donâ€™t know how to go about making contact with her without causing her to hate me even more. Itâ€™s a hopeless situation.â€*

So, rather than sending her a text to say *â€œHi,â€* or calling her on the phone to spark some of her feelings for him again, he doesnâ€™t do anything.

Essentially, heâ€™s waiting for his ex to send him a very clear sign that sheâ€™s open to talking to him again, so he can then make a move.

In most instances, this doesnâ€™t happen because many women are insecure and don't want to get rejected by their ex and end up feeling hurt, or because she doesn't want to seem desperate for pursuing him after breaking up with him.

Rather than contacting him and helping him get her back, she just focuses on moving on without him.

However, if she really wants him back, a woman will sometimes take the first step of adding her ex to Facebook, to hopefully send him a signal that she's now open to interacting with him again.

Of course, that doesnâ€™t mean sheâ€™s going to make it overly obvious that sheâ€™s open to the idea of him getting her back.

Instead, after making the first move (i.e. adding him on Facebook), sheâ€™s just going to wait for him to take the lead in the ex back process.

In a way, sheâ€™s testing him to see if he is now man enough to do what needs to be done to get her back, or if he will sit around feeling unsure of himself and waiting for her to lead him by the hand.

If he doesnâ€™t take the lead like a man, she may assume that he hasnâ€™t changed in the ways that are important to her (e.g. become more confident and assertive) and she will continue trying to move on without him.

In some cases, she will see his lack of action as meaning that he isn't interested, so she will unfriend him and possibly even block him.

So, if you want her back, don't waste time wondering whether or not you should contact her.

No matter what her reasons are for adding you on Facebook, you should look at it as the opening you need to get her back.

Where Guys Go Wrong When Trying to Attract an Ex Back Via Social Media

Facebook and other social media sites and apps are a great way to re-attract an ex woman after a break up.

Yet, rather than use this resource to their advantage, many guys ending up turning their ex off even more and convincing her she made the right decision by breaking up with him.

To avoid turning your ex off, ensure that you don't make one or more of the following post break up, social media mistakes:

1. Not posting up any photos of yourself having fun with other people

Sometimes a guy doesn't want his ex to see that he's having a good time without her because he worries that it will cause her to seek revenge by doing the same.

So, even if he's going out with friends (e.g. to clubs, bars, parties), doing fun and interesting things (e.g. has joined in on fun activities in his local area, is taking a new nighttime course) and is generally enjoying his life without her, he avoids putting up any proof of that on his Facebook page.

In his mind he's thinking, *“If she realizes that I'm having a fun life without her, she will assume that I don't want her back. She will then focus on moving on and finding herself another guy. I can't let that happen. So, I'm going to make sure that I don't post any photos of myself having fun with anyone else. Hopefully, this will give her the message that I'm not moving on without her and she will be more open to interacting with me. We can then work things out between us.”*

Yet, the opposite is true.

Even though women don't go around openly admitting it, they are more attracted to guys who are confident, happy and enjoying life with or without them.

Although a woman wants to be loved and appreciated, she doesn't want to be responsible for her guy's emotional security, sense of identity or be his reason for living.

If a woman has to do that, she feels more like his mother or big sister and not like his girl.

So, if a guy posts photos of himself having fun with other people, rather than make a woman want to move on (i.e. because he doesn't need her to make him feel happy), it makes her want him even more.

He seems more attractive, appealing and likeable now.

Some guys don't understand why because they assume that a woman's attraction is based on what she SAYS.

A woman might SAY that she would be annoyed if she saw him having fun, but that's not what actually happens to her.

When she realizes that he is being an emotionally strong man without her, she automatically feels attracted to him, even if she doesn't want to.

It's not something that she can turn off.

Women are naturally attracted to men who don't base their identity or actions on a woman's fake

demands of his behavior (i.e. *“Don’t have fun now that we’ve broken up. If I see you having fun, I will move on”*).

Of course, most women won’t ever say something like that, but that’s what guys fear she will say. Remember: Fears and what actually happens in reality are usually two completely different things altogether.

Likewise, a woman’s attraction for a man doesn’t always make logical sense (e.g. how women are more attracted to guys who don’t really try hard to impress them, even though women go around SAYING that they want a really nice guy who treats her like a princess and is very patient).

So, don’t be afraid to show your ex that you’re that emotionally strong, confident man by positing photos of yourself having fun with other people.

She will feel attracted to you because of it, even if she SAYS that she is annoyed, angry, disappointed or whatever.

The next mistake isâ€¦!

2. Appearing sad, lonely or insecure in photos

Sometimes, a guy will use Facebook (or other social media apps like Instagram or Snapchat) as a way of letting his ex girlfriend know how devastated he has been feeling since the break up (e.g. by posting photos of himself looking sad and lonely).

Secretly, heâ€™s hoping that when his ex sees how bad heâ€™s feeling without her, sheâ€™ll think something like, *â€œWow, I never realized how much he needed me. Heâ€™s really falling apart now that weâ€™ve broken up. I feel so bad for the pain Iâ€™m causing him. Maybe I should give him another chance,â€* and come running back to him.

Yet, that rarely, if ever happens.

Why?

Firstly, a woman doesn’t want to be manipulated into giving her ex another chance simply because he can’t deal with the idea of being dumped by her.

Secondly, emotional neediness is not an attractive trait in a man and simply confirms to a woman that she made the right decision to break up with him.

Thirdly, when a woman has disconnected from her feelings of respect, attraction and love for her ex, him feeling sad and lonely without her doesn’t really matter to her anymore.

She has to take care of her own feelings now and focus on her own life, rather than spending time and energy trying to make her ex (that she’s no longer attracted to) feel better about himself.

In some cases, where a woman is really angry with her ex, seeing him appear sad and lonely might actually make her think something like, *â€œGood! Iâ€™m glad heâ€™s suffering! He deserves to be miserable after the way he treated me.â€*

So, if you want your ex to feel motivated to interact with you now that sheâ€™s added you on Facebook, make sure you don’t turn her off by appearing sad, lonely and helpless without her.

The next mistake to avoid isâ€¦!

3. Posting up selfies or lonely photos

Just like posting sad, lonely photos of yourself turns a woman off, so does posting a lot of selfies. Why?

Although a guy might think a selfie is neutral and not rubbing what he's been up to in his ex's face, it actually has the opposite effect.

When a woman sees a lot of selfies of her ex on Facebook and social media, her first reaction is usually to wonder why he's always alone and not hanging out with friends.

She might then make assumptions like:

- He's not moving forward in life and is stuck at the same level he was at when she broke up with him.
- He's not doing anything fun.
- He's lost some of his friends since the break up.
- He's hoping that she sees it and takes pity on him.
- He's a confused guy who doesn't understand that emotional weakness and loneliness isn't sexually attractive to women.

Of course, none of those things might be true about him, but when a woman has broken up with a guy and no longer feels attracted to him, pretty much everything he does will be perceived in a more negative way.

So, if you're going to post photos on your Facebook account, make sure that you include some of you smiling and looking happy with other people.

Don't post lone selfies because they will not help you get her back.

The next mistake is

4. Posting â€œpity meâ€ status updates about life and relationships

A guy might post things like, *â€œFeeling really depressed today,â€* or *â€œLife is so dull these days! Hate being single!â€* or *â€œNothing to do this weekend once again. Binge watching Netflix and eating a lotâ€* on Facebook as a way of letting his ex girlfriend know that he's not moving on without her.

He's hoping that she will feel sorry for him and then send him a message, saying something like, *â€œHey, how are you? You don't seem to be doing well. Why don't we meet up sometime?â€*

Yet, here's the thing

A woman doesn't want to feel like she's doing her ex a favor by being with him.

She wants to feel like he's the kind of guy she can look up to, respect and be proud to call her man (i.e. because he has changed and improved and taken control of his life), not like she has to take care of him because he's too emotionally weak, insecure and lost without her.

So, if you want to make your ex girlfriend reconnect with her feelings of respect, attraction and love for you, don't try to make her feel sorry for you at all.

Instead, focus on re-attracting her by showing her that you're now the man she always wanted you to be (e.g. confident and emotionally strong, emotionally independent, determined and focused to

succeed).

The next mistake that many guys make isâ€¦!

5. Waiting for her to message him

A guy will see that his ex girlfriend added him on Facebook and will then wait for her to message him so they can start interacting again.

Yet, more often than not, a woman will wait for her ex to make the first move and start a conversation.

Essentially, sheâ€™s waiting to see if he has the balls/confidence to start the ex back process without any additional help from her (i.e. because in her mind, sheâ€™s already done enough by making the first move and adding him on Facebook).

If he can contact her and spark some of her feelings for him again, she will then drop her guard and allow herself to meet up with him to see where things go.

On the other hand, if he does nothing, she may assume that heâ€™s not man enough for her and will then focus on finding herself a replacement guy and moving on without him.

The next mistake that other guys make isâ€¦!

6. Sending her way too many messages and getting unfriended again

Sometimes a guy is so happy that his ex refriended him on Facebook that he goes overboard by sending her endless messages every day.

Heâ€™s hoping that by bombarding her with messages, she will realize how much heâ€™s missed her and that he still loves her and wants her back.

Yet, what he doesnâ€™t realize is that being too available and eager will turn her off and make her guard go up.

Hereâ€™s the thingâ€¦!

A woman wants a guy to make her feel as though she needs to impress him and maintain his interest (at least a little bit), rather than him chasing after her like a lost little puppy.

If she gets a sense that she can treat him badly and he will still continue messaging her and hoping to get a chance with her, she wonâ€™t be able to respect him and as a result, she won't feel attracted to him.

So, if you want to get your ex girlfriend back, make sure that you approach interactions with her in a way that causes her to feel attracted to you, rather than turned off by you.

When you do that, she will naturally open up and you can then get her on a phone call or meet up with her in person and get the relationship back together.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Why Can't I Let Go of My Ex?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

5 possible reasons why you can't let go of your ex are:

1. You know that she's the one for you

One of the most common reasons why a guy will find it difficult to let go of his ex woman, is that he realizes that she really is the one for him.

Naturally, this realization may cause him to feel both guilty for messing things up with her and panic at the thought of having lost her (possibly forever).

As a result, he becomes frozen in limbo where he doesn't know what to do to get her back, but he also can't let go of her and move on with a new woman.

Don't let that happen to you.

If you know for sure that your ex is the one for you, then you need to understand that you don't actually have to let her go just because the relationship ended in a break up.

If you interact with her via text, social media, a phone call and especially in person and reactivate some of her feelings of respect and attraction (e.g. by making her smile, laugh and feel good to be in contact with you again), getting her back becomes possible.

Suddenly, she stops thinking about you in a completely negative way and opens herself up to the idea of giving the relationship another chance, or at least catching up with you and possibly hooking up with you to see how she feels.

Be warned though!

If you try to get her to commit to the idea of having a relationship before re-sparking her feelings for you, then she's probably going to keep pushing you away and saying things like, *"Sorry, but it's over between us. You need to accept that and let me go. I've moved on and you need to as well. Goodbye."*

So, make sure that if you're going to get in contact with her, you are ready to seduce her back into a relationship with you.

Another possible reason why you can't let go of your ex, is!

2. She dumped you and it really hurt. Now, you want her back so you can feel good about yourself again, rather than continuing to feel rejected

[image: You want her back to make yourself feel better]

Getting broken up with can leave a guy feeling rejected, left out, lonely and even as though he's just not good enough for women anymore.

He might start to think, *"I'm such a failure as a man. I was so lucky to have a beautiful, amazing woman like her and then I went and ruined it all. It's all my fault that our relationship is over. I always do this. I always stuff things up in life and make people change the way they feel about me. No wonder I can't let her go. I know that I will never find a woman like her again. She was one in a million, one in a billion and I messed it up. I'm on my own now. All on my own!"*

sucks!â€¦

So, to get rid of the pain, a man might focus all of his energy on getting her back.

Yet, the problem for him is that women are very good at picking up when a guy is feeling desperate.

Women don't like desperation and don't want to reward it with sex, love and devotion.

If his ex gets the sense that he needs her back to feel better about himself because he's in pain without her, she will feel turned off by his desperation.

Of course, some guys are better at hiding it than others and many guys can get their woman back when secretly feeling desperate.

Guys like that are good at attracting and seducing womenâ€¦!

Another possible reason why you can't let go of your ex isâ€¦!

3. You have found it difficult to attract other beautiful women of your choosing since the break up

After a break up, a guy might initially try to get over his ex by hooking up with new women.

For example: He might go out with his single friends to clubs or bars where there are many single attractive women, or accept invitations to singles parties to try his luck.

Some guys might even go on Tinder, or online dating sites to hopefully score some dates that lead to sex.

That can work to make a guy feel better about himself, but if a guy doesn't get anything or only gets unattractive women, he is naturally going to start missing his ex.

He then might begin to think that it's just too hard to attract quality women these days and he's better off with his ex.

As a result, he can't let go of her.

She is always in the back of his mind and he always wishes that he could somehow make her want to be with him again.

If he is smart like you, then he will find my site, follow the steps to get her back and enjoy a new relationship with her.

However, if he's the sort of guy who goes around in circles saying, "*Why me? Why is my life so hard?*" rather than focusing on a solution to get her back, then he's going to end up feeling depressed as he misses her for the next few months, years or even decades of his life.

I've heard from guys who have missed their ex for decades and haven't ever dared to take any action to get her back.

Crazy, right?

If you want your ex back, don't be like those guys.

Be one of the smart men who focuses on a solution to get her back and then get her back!

You really can do it.

Another possible reason why you can't let go of your ex isâ€¦!

4. You know that you could do better this time around if you got her back

[image: You know that you could do better this time around if you got her back]

Every man makes mistakes at some point in his life.

The greatest men in the world are those who learn from their mistakes and come back better and stronger than before.

So, if you have changed and improved since the break up with your ex (e.g. you've become more focused in your life, have more confidence in yourself, are more ballsy and you no longer allow her or other people to push you around), you have become a better man already and you should give yourself some credit for that.

You're not like other guys who remain stuck at one level of life for decades.

You are one of the rare men who level up.

That is a good thing and something you should be proud of.

Now that you've changed and improved, you know that you could do a much better job of the relationship this time around, right?

You would be able to give her the kind of attraction experience she always wanted with you (e.g. you're so much more confident now and won't be insecure like you were before, or you're so much more loving and kind now and won't be the asshole you eventually became in the relationship).

As a result of knowing that you really could do better, you can't let go of your ex.

You want one more shot at a relationship with her.

If that's how you feel, then don't sit around feeling sorry for yourself anymore.

Take action.

Call her on the phone and re-spark some of her feelings of respect and attraction for you (e.g. by making her laugh, smile and feel good to be talking to you again, making her feel feminine and girly in contrast to your emotional masculinity) and get her meet up with you in person, where she can fully experience the new and improved you.

Another possible reason why you can't let go of your ex is

5. The connection you shared with her was perfect for you

[image: The connection you shared was perfect for you]

If you and her had an amazing connection (e.g. you liked the same things, you and her had the same plans for the future, you shared the same values and ideals, the sex was great, you loved hanging out together), it's only natural that you'd be struggling to let her go.

You may even be thinking things like, *There's no other woman out there who I could share that connection with. It was unique to us. What we had was one of a kind. She's my soul mate. I know it.*

Yet, here's the thing

Even though you and her shared a really special connection, it doesn't actually mean that she's your one and only soul mate.

In life, a person has many possible soul mates.

You could literally match up with millions of different women from across the world and hundreds of thousands in your country.

Of course, you probably don't want to hear that, right?

I know.

I get it.

You just want her back.

I am helping you do that and I will ensure that you do get her back, but just be clear about something first!

For relationship between a man and a woman to last for life, the feelings have to be mutual.

[image: Were the feelings mutual, or did it end up being a very one sided relationship? Did you end up loving her a lot more than she loved you?]

Were the feelings mutual, or did it end up being a very one sided relationship? Did you end up loving her a lot more than she loved you?

Even though you might firmly believe that both you and her shared a special connection, for her to break up with you, it means that she didn't feel the same way in the end.

She might have felt that way at the start, but the start means nothing if the relationship gradually falls apart and becomes one-sided.

So, if you want to get her back, you have to start the process by bringing her feelings up to a level that is at least close to mutual (i.e. make her respect and feel attracted to the new and improved you).

When you do that, she will then see that there is still something between you and her.

It's not over.

So, make sure you reawaken her feelings first, before trying to get to any talks about having a relationship.

Ideally, it's best to get to a hug, then kiss and sex and then talk about having a relationship.

That approach works best and avoids her having to say things like, *"I'm not sure. We haven't been together for a while and you suddenly reappear in my life and want a relationship. You're moving too fast."*

So, just get to a hug, kiss and sex and she will then naturally want to talk about having a relationship.

3 Mistakes Guys Make When They Can't Let Go of Their Ex

Many guys find themselves in your situation.

The difference is that some guys take action and get her back, while others make one or more of the following mistakes!

1. Not even knowing that it's possible to re-attract her and get her back

If a woman is saying things like, *"It's over. I don't have feelings for you anymore and nothing you say or do will make me change my mind. Please accept that and let me go,"* a guy

might simply give up hope of ever getting her back.

He may start thinking things like, *â€œItâ€™s hopeless. She doesnâ€™t want me. Itâ€™s over. Iâ€™ve lost her.â€*

Yet, thatâ€™s not how feelings work.

Just because your ex doesnâ€™t have feelings for you right now, it doesnâ€™t mean she will feel that way a week from now when you are face to face with her, having a laugh and getting to a hug and then kiss.

You really can change how she feels and get her back, if you want to.

So, donâ€™t sit around thinking, *â€œWhy canâ€™t I let go of my ex?â€* and doing nothing about it.

Make a decision today that you are going to actively change how she feels about you, by interacting with her and making her feel good to be around you again.

When you do that, you go from being an almost forgotten ex, to someone that is pulling at her heart strings.

If you donâ€™t hook up with her sexually the first time you meet up, but do get to a hug, she will be thinking about afterwardsâ€”especially if you had been flirting with her and building up sexual tension during the interaction.

She will then be open to texting back and forth with you, getting on a call and meeting up again.

When you meet up again, you will almost certainly get her back, or at least hook up again sexually and see how you both feel afterwards.

Another mistake that other guys make when in a situation like yours, isâ€”!

2. Hoping that she will come back one day, even though he hasnâ€™t done anything to re-attract

If she hasnâ€™t come back on her own already, sheâ€™s not going to.

Many guys make this mistake.

They give their ex woman space in the hope that she misses him, gets in contact and asks for another chance.

It rarely happens.

Rather than running back to a guy that she is no longer attracted to, she simply opens herself up to meeting new guys who do make her feel attracted.

Then, by the time her ex builds up the courage to contact her, rather than hear her say something along the lines of, *â€œIâ€™m so glad you called! Iâ€™ve missed you so much. Want to meet up?â€* itâ€™s more likely that, after a bit of small talk, she will say, *â€œIâ€™ve met someone else and weâ€™re in love. How about you? Have you met someone yet?â€*

He is then heartbroken and suddenly realizes that giving her that much space was a big mistake.

Donâ€™t let that happen to you.

Interact with her over the phone or in person, so you can instantly begin reawakening her feelings of sexual and romantic attraction for you.

If you donâ€™t interact with her and sheâ€™s over you at the moment, sheâ€™s almost certainly just going to

keep moving on without you.

Another mistake that other guys make when in a situation like yours, isâ€¦!

3. Allowing the break up make him feel unworthy of her and other quality women

It sucks to be broken up.

It hurts initially and then, that feeling of hurt, turns into sadness and possibly even feelings of loneliness and abandonment.

It's not a nice set of feelings to go through regarding the woman you love.

Unfortunately for some guys, they allow the pain of the break up to destroy their confidence with women.

As a result, he ends up feeling unworthy of his ex and of other quality women.

What he may not realize is that feeling unworthy only makes him seem less attractive to her and other women.

Why?

A woman likes the idea of being with a confident, emotionally strong man who believes that he is more than good enough for her, while also treating her well and making her feel wanted and appreciated.

So, when a guy is being insecure and doesn't believe in his value to his ex, it does nothing to spark her feelings for him if they happen to interact.

She feels turned off by his lack of belief in himself, doesn't feel drawn to him and feels good about her decision to have been broken up with him all this time.

So, if you want your ex back, you have to absolutely believe that you are good enough for her and then take action to re-attract her and get her back.

On the other hand, if you don't believe in yourself, she will pick up on that and feel turned off and then, getting her back will become very difficult.

Believe in yourself.

You can do it.

You ARE good enough for her.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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My Ex Won't Make Time to See Me

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

5 possible reasons why your ex won't make time to see you are:

1. She knows that you're going to want to discuss the relationship

When a woman breaks up with a guy, she will usually try to cut herself off from him completely, to allow herself to move on, rather than being seduced back into a relationship.

If her ex keeps contacting her and asking to see her and gives her the impression that he's hoping to discuss the relationship and work things out, she will usually just continue making excuses to avoid seeing him.

In her mind, she will be thinking something like, *"I know why he wants to see me. He wants to talk about our relationship and make me feel guilty for not giving him another chance. I don't want to talk about the relationship and I don't want to teach him how to be the man I want him to be. If he really wants me back, he needs to figure that out by himself and make the necessary changes first. If he can do that, then I would be okay with meeting up with him to see how I feel. However, based on his interactions with me so far, I can tell that nothing has really changed. So, hopefully, if I just keep avoiding him, he will eventually get the message and leave me alone."*

Here's the thing:

If you want your ex to make time to see you, you have to stop giving her the impression that you want to discuss things and try to come to an agreement, so you can get her back.

Instead, you need to focus on reawakening some of her sexual and romantic feelings for you first during interactions (e.g. over the phone), so she actually feels like there is still something between you and her.

For example: Call her on the phone and rather than getting into serious discussions about your relationship, or begging and pleading with her to make time to see you, just focus on breaking down her defenses.

You can do that by using humor, especially when she is being cold and distant.

You can be easy-going and light-hearted about everything to put her at ease and making her feel good to be talking to you again.

The more relaxed she feels talking to you over the phone, the more her guard will come down.

Then, when you suggest a meet up, she will be more likely to think, *"Talking to him over the phone hasn't been that bad and maybe seeing him in person will actually be nice. So, I guess I will agree to meet up."*

By the way:

At the meet up, make sure that you don't scare her off by talking about the relationship and trying hard to work things out.

Leave serious discussions for after you have at least hugged, kissed and had sex again, if possible.

If you don't feel confident to get to that point with her, then at least leave serious discussions for after you have made her feel sexually and romantically attracted to you again.

If you're good at attracting and seducing women, you can achieve that during a few minutes of conversation.

On the other hand, if you're a bit rusty or a bit out of touch with how to attract, flirt and seduce women, you should improve your abilities before interacting with her.

Another possible reason why your ex won't make time to see you, is because

2. You haven't re-attracted her yet

When a guy gets broken up with, his first reaction is usually to quickly try and get her back before she moves on.

Rather than stopping and thinking about her real, hidden reasons for breaking up with him, he instead starts texting, messaging or calling her to get her to meet up with him right away.

He thinks, *"The sooner I can get her to see me, the quicker I'll be able to convince her that our breakup is a mistake and we can then sort everything out and get back together again."*

Yet, the more he begs and pleads with her for a meet up and then says things like, *"Please just give me one more chance. I still love you and all I ask is for you to make some time to see me, so we can talk things out. For the sake of what we once had together, can you please just consider it?"* the more closed off she becomes.

Why?

A woman doesn't care how much a guy cares for her, if she has lost respect and attraction for him (i.e. if she doesn't really care about him in a sexual or romantic way anymore).

Unless the feelings are mutual or at least close to mutual, she's just not going to feel much or any motivation to work things out and give him another chance.

So, him begging, pleading and talking about his feelings for her only annoys her even more because she just doesn't care.

She may then even think things like, *"He's being so selfish! All that matters to him is what he wants. He hasn't even stopped to consider how I feel and what I want! I'm not giving him another chance. He hasn't even changed! He doesn't even know what I really want from him! I have to move on."*

She then closes herself off from him and continues to make excuses not to see him.

Naturally, this may confuse him because from his perspective, all he's doing is trying to show her how much he cares about her and how he's willing to do anything to work things out between them and get her back.

Yet, what he doesn't realize is that she just isn't going to care about what he wants or how he feels, until he makes the feelings mutual or at least close to mutual between them.

So, if you want your ex to make time to see you, don't keep trying to convince her by nagging, begging, pleading, or telling her that you care about her.

If she's not feeling a lot of respect and attraction for you right now, it's just not going to make her change her mind.

What will persuade her is if you re-spark her feelings of sexual and romantic attraction for you again. When you make her feel that way, the idea of seeing you in person doesn't feel like such a bad

idea to her anymore.

Instead, she feels curious to see if you really have changed and she then makes the time to see you to find out for herself.

Another possible reason why your ex won't make time to see you, is because

3. She doesn't believe that you will ever change

[image: She doesn't believe that you will ever change]

Sometimes, based on her past experiences with a guy, a woman simply doesn't believe that he will ever change (e.g. because he's promised to change before and has either been too lazy to follow through, or he didn't actually know how to change and was just trying to hang on to the relationship as long as possible).

Rather than wasting more of her time, a woman will make excuses not to meet up with her ex again up and focus on finding a new guy to move on with.

So, if you want your ex to make time to see you again, you first need to make some attractive changes to your way of thinking and behavior.

Then, when you are ready (it should take more than a few days to a week), get in contact with her, re-attract her on the call and get her to meet up with you in person, so can fully experience the changes in you and how good it now makes her feel.

On the call, if she can sense that you really have changed and improved some of the things that matter to her (e.g. you've become more confident and self-assured, you're more emotionally mature than before, you're less easily manipulated by her and stand up for yourself when she's being out of line, you're able to make her laugh and smile when she is being cold or distant), she will be more open to seeing you in person.

However, if you rush to interact with her and end up coming across as being the same as before, she's not going to be keen waste more time on a relationship that won't work.

Another possible reason why your ex won't make time to see you is because

4. She hates how she has so much power over you

After a break up, a guy will sometimes make the mistake of being on his very best behavior around his ex (e.g. by being extra nice to her, bending over backwards to accommodate her schedule, doing whatever she wants) in the hope that she will feel sorry for him and then agree to meet up with him.

He might say to himself, *"If I want her to make time to see me, I need to do things her way, or she will keep saying no. So, I'm going to let her call all the shots and show her that I'm willing to do anything for her. She will then realize how much I still care for her and agree to meet up with me."*

Yet, in most cases, the opposite happens.

Here's the thing

A woman wants to be with a man that she can look up to and respect, not a guy that is willing to submit and follow her orders like a good, little boy.

A woman might give a guy the impression that she wants to be in control, but she's not going to respect him if he actually falls for it and submits to her demands, regardless of how ridiculous she is

being.

For example: A woman might say to a guy, *“I’m sorry, but I don’t have time to see you right now. I’m busy with a big project at work. Maybe my schedule will clear up next month and we can discuss catching up then. In the meantime, please just leave me alone so I can get my work done.”*

If he backs off and after a month and then contacts her to ask, *“How is your project going? Do you have time to see me now?”* rather than think, *“Oh, how sweet! He’s so considerate of my needs. I should meet up with him now. He has earned it!”* she’s just going to feel turned off by his lack of balls for not standing up to her when she placed a ridiculous demand on him (i.e. to not contact her for a month).

The fact is, regardless of how busy a woman is at work, she will always make time to meet up with a guy she feels respect, attraction and love for.

Even if it’s a 10-minute catch up, or an hour together to get something to eat, she will make time for it because she doesn’t want to lose him.

So, if your ex is saying that she’s too busy, what it really means is, *“Hey, I don’t feel attracted to you anymore. Therefore, I don’t care if I lose you. Leave me alone. Go find someone else. Goodbye.”*

Of course, she’s not going to say that because she doesn’t want her ex to start begging and pleading her for another chance.

She just wants to create a month of space for herself to be able to find a replacement guy and move on.

So, if you want your ex to make time to see you, make sure that you don’t lose even more of her respect by handing over your power over to her and putting up with her unreasonable requests.

Of course, that doesn’t mean you should be rude or a bully towards her if she makes excuses not to see you.

Instead, you need to stand your ground with her and show her (in a loving, but dominant way) that you’re not going to let her push you around anymore.

For example: You can laugh at her in a loving way and say, *“A month? Hah! Come on! you have 10 minutes to catch up for a coffee. I’m not asking for anything more than that and a 10 minute coffee isn’t going to prevent you from getting your work done. So, let’s meet up tomorrow night or the next night to say hi over coffee for 10 minutes. If you want to leave after that, I promise to not try to stop you. All I am asking for is a quick catch up to say hi. That’s it.”*

In other words, take control of the situation in an assertive manner, but still be a good guy about it.

Don’t make the mistake of waiting for your ex to make time for you because if she doesn’t currently have feelings for you, she’s almost certainly not going to go out of her way to arrange a meet up.

Another possible reason why your ex won’t make time to see you, is because

5. You’re asking her via text

Texting is easy to do, but it’s not a very effective way of getting an ex back.

It’s a lot easier for a woman to reject you when she can’t see you or hear your voice and is only getting text messages from you.

Via text, she can’t see your body language or hear the tonality of your voice, so she will think

things like, *“Why should I even bother to make time to see him? He doesn’t even have the balls to call me and ask me over the phone. I’m just going to be wasting my time if I say yes to a meet up. I’ll be better off putting him behind me and moving on with my life. What’s done is done and he and I are old news now. Nothing about his behavior is convincing me that it’s worth my while giving him a second chance.”*

She then stops replying to his texts, or begins to reply in a cold, distant way.

He might then make the mistake of texting her and asking, *“What’s wrong? Is everything okay? Was it something I said? I’m sorry. Please just meet up with me so we can talk.”*

Yet, even though his intentions are good, he comes across as being desperate and giving her too much power over him, which causes her to lose even more respect and attraction for him.

Here’s the thing!

In most ex back cases, you can’t completely change how a woman feels by texting back and forth with her.

Texts can help, but you shouldn’t use them as your number one way of getting her back.

If you stick to texts, all she has to do is keep saying, *“No. I can’t meet up with you. I just don’t have the time right now,”* and there’s nothing you can really do about it.

However, if you get her on a phone call and spark some of her feelings for you first (e.g. by making her smile and laugh, making her feel good to be talking to you again, by maintaining your confidence when she tries to reject you), it will be a lot more difficult for her to brush you off.

Then, when you meet up with her in person, you can build on her feelings and get her back.

3 Common Mistakes That Guys Make When Trying to Convince an Ex to Meet Up

It sucks that she currently won’t make time to see you.

However, you need to maintain control of your emotions and avoid making one or more of the following mistakes that other guys make!

1. Pleading with her to spare some time for him

For example: A guy might

- Send her loads of text messages or long e-mails begging her to make some time to see him.
- Get friends, co-workers and family to put in a good word for him and encourage her to meet up with him.
- Pour his heart out to her on a phone call in the hope that she will feel sorry for him and agree to see him.

Essentially, he’s hoping that when she sees how desperate he is to see her, she will feel flattered and agree to meet up with him.

However, that rarely (if ever) happens, because most women feel turned off by the desperation and use it as a reason to avoid seeing him again.

Another common mistake that guys make when in your situation isâ€¦!

2. Making her feel like she is his number one purpose in life

Although a woman appreciates it when a guy values her, loves her and respects her as his woman, she doesnâ€™t want to take on the role of being his main purpose in life.

Rather than think, *â€œOMG! Thatâ€™s so sweet! He only cares about me! He doesn't care about anything else in life! I am his reason for living! It must mean he truly loves me! I will never find a man who loves me as much as he does!â€* she simply feels turned off by his neediness.

Hereâ€™s the thingâ€¦!

Neediness and desperation are qualities that women all over the world, find unattractive in a man.

If you want your ex to see you again, it's fine to let her see that you do care about her, but don't give her the impression that she is your number one purpose in life or reason for living.

Women hate that.

Another mistake isâ€¦!

3. Making her feel as though he needs her back so he can feel whole again

Sometimes a guy will try to get his ex woman back by telling her how lost he feels without her and how much he needs her in his life.

For example: A guy might say, *â€œPlease baby, canâ€™t you see that Iâ€™m a broken man without you? I simply canâ€™t function properly without you. I need to see you. Please have a heart and meet up with me at least once. Youâ€™re everything to me and without you, my life is meaningless. I need you in my life to feel whole again. Please make some time to see me.â€*

Yet, in most cases, rather than feel flattered that her ex is so emotionally dependent on her, she just feels even more turned off by him.

Why?

A woman doesnâ€™t want to be responsible for supporting a guy emotionally and making him feel worthy, confident and happy in his life.

She wants him to be those things on his own and for his own reasons, rather than needing her to give him that feeling.

It's too much of a burden for a woman to have to carry a man throughout life, continually patting him on the back and essentially saying, *“Good boy. You can do it”* or, *“It's okay, I love you. Keep your chin up. Everything will be okay. I'm here. It's okay.”*

A woman wants a man who is happy, confident and forward moving in life, regardless of what she says or does.

So, if a woman senses that her ex canâ€™t feel whole without her, she will perceive him as being emotionally weak and it will cause her to lose respect and attraction for him.

If you want your ex to make time to see you, focus on getting to the point where you truly believe that you can be happy, even if you never see her again.

I know, I know.

You do want to see her again and I am going to make sure that you do see her and get her back.

The point is that you need to get yourself to a place emotionally where you really, truly don't need her in your life to feel happy and confident.

You can achieve that within hours or a couple of days.

It doesn't have to take long at all.

Then, when you interact with her, she will sense your lack of neediness and feel attracted to the new approach you are taking to conversations and interactions with her.

Her guard will then come down and she will want to see you again.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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Will Dating New Women Make My Ex Want Me Back?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Not necessarily.

Every woman will react differently.

Some women will want their ex back if he dates new women, whereas others will seek revenge and hook up with new guys and then move on.

So, to be clear, here are 4 possible reactions that you might get from your ex:

1. She doesn't care because she's not attracted to you anymore

[image: She doesn't care because she's not attracted to you anymore]

Sometimes a guy will start dating new women in the hope that his ex will get jealous and want him back.

That can work if she actually cares about him and secretly wants him back.

Watch thisâ€¦!

However, if a woman has lost touch with her feelings of respect and sexual attraction for her ex and really did want to break up with him, then him dating other women isnâ€¦t really going to bother her much at all.

Instead, sheâ€¦s going to focus on moving on and finding another guy, rather than going back to a guy who probably hasn't even changed or improved the things about himself that turned her off in the relationship.

So, if your ex is over you and doesn't want you back at all, you stand a better chance of getting her back by interacting with her (via text, on social media and especially over the phone and in person) and re-sparking her feelings of respect and sexual attraction for you.

The more respect and sexual attraction you can make her feel during interactions, the more open she will become to getting back with you.

However, if your plan is to start dating new women in the hopes that it will make her come running back, it's probably not going to play out that way.

In fact, when she finds out that you're dating other women, she might even think, *â€œCool! Iâ€¦m happy that heâ€¦s dating other women rather than trying to convince me to give him another chance. I can now focus on finding myself another guy who knows how to make me feel the way I want to feel in a relationship, without worrying that my ex might be trying to get me back. I'm going out tomorrow night with the girls to find a guy to sleep with.â€œ*

Another possible reaction that you might get from your ex, if you start dating new women isâ€¦!

2. She does care and wants you back because she now sees your value as a man

[image: She does care and wants you back because she now sees your value as a man]

Sometimes, all it takes for a woman to realize that her ex was the guy she wants to be with is for her to suddenly be faced with the idea of losing him to another woman.

For example: She might see him out at a party, bar or club having fun with another woman and hugging and kissing her.

Alternatively, he might post photos on social media of himself doing fun things with new women.

She may even hear about how heâs dating new women from mutual friends.

Whatever the case, the knowledge of him being with other women can cause her to realize that he is valuable and she was lucky to have him.

She may then start to think, *âI never realized it before, but I donât like the idea of him being with another woman. I donât know why, but it makes me miss him and want him back. I also feel like I missed something about himâmaybe he wasnât so bad after all. If other women like him and want him, what did I overlook? I donât want him to get into a serious relationship with a new woman, only for me to realize that he was the man for me and that I made a mistake by breaking up with him. I need to get back with him before itâs too late.â*

Suddenly, the idea of losing her ex causes her to then text him, call him or reach out to him via social media in an attempt to get him back.

By the wayâ

This only works if the guy is genuinely moving on with other women.

If all heâs doing is pretending to be dating and having fun as a way to make his ex jealous and she finds out that the women werenât even interested in him in a sexual or romantic way, it will cause her to lose even more respect and attraction for him.

Then, getting her back will become a lot more difficult because she wonât trust him anymore.

Another possible reaction that you might get from your ex, if you start dating new women isâ

3. She is impressed because the new woman youâre dating is attractive. She also thinks that it will be fun to steal you away from her

[image: She is impressed because the new woman you are dating is attractive]

Some women love the thrill of chasing the unattainable (i.e. pursuing a guy that they canât have, or canât ever seem to tame or control, taking a guy away from a woman who he loves and wants to be with).

So, if your ex sees you with a woman who she believes is more physically attractive than her, she might decide that getting you back will be fun and enjoyable for her.

Of course, even though you will achieve your goal of getting your ex back by dating new women, something important to remember is this: If you havenât changed or improved some of the things that turned her off before, sheâs just going to break up with you again when sheâs ready.

For example: If a woman broke up with a guy because he was too wimpy and he allowed her to dominate him and get away with bad behavior (e.g. being disrespectful towards him, throwing tantrums over nothing), she will be looking to see if he has changed since they broke up.

If he still thinks, acts and behaves in the same old ways, she will quickly lose interest in him again and leave him.

So, in the end, even though dating new women made his ex want him back, he couldnât hold onto her

and got dumped again because he failed to change and improve the things that truly mattered to her. This is why you need to make some real changes, so when you do get her back, you keep her and she doesn't ever want to leave you again.

Watch thisâ€¦!

Another possible reaction that you might get from your ex if you start dating new women isâ€¦!

4. She is disappointed that you dated new women rather than trying to get her back

A risk to dating new women to make your ex want you back, is that the whole plan backfires completely.

Instead of making her think, *â€œOh no! Heâ€™s moving on with a new woman. I donâ€™t want that to happen! I still care for him and I want him back! I need to contact him right away before itâ€™s too late and I lose him forever!â€* she thinks something like, *â€œSo, this is how much our love meant to him? Here I was missing him and hoping that he would try to get me back and heâ€™s already moved. Well, I guess I didnâ€™t matter to him after all. My mother (or friends, or coworkers) were right about him. So, if he can move on and start dating other people, then so can I. I have plenty of guys who want to date me and I am about to get started.â€*

She then focuses all her energy on fully getting over you and moving on by going out with her single friends and hooking up with other guys, or by dating one or more of the guys who have been hanging around and hoping to get a chance with her.

Thatâ€™s not what you want, right?

Yet, hereâ€™s the thingâ€¦!

Dating new women to make your ex want you back definitely can work, but it can also be a waste of time because while youâ€™re focusing in going out on dates and entertaining another woman, youâ€™re not focusing on reactivating your exâ€™s feelings for you and seducing her back into a relationship.

It's actually pretty easy to get a woman back after a break up in most cases.

Most guys use my methods to get their ex woman back right away, within days or within a week or so, without having to date new women.

It's fine to date new women if you want to, but just understand that you don't actually need to do that to get her back.

If your #1 goal is to make your ex want you back, the best way to go about it is to interact with her (via text, on social media, over the phone and most importantly face-to-face) and make her laugh, smile and feel good to be in contact with you again.

The happier she feels when sheâ€™s interacting with you, the more her defenses will come down and the more open she will become to the idea of getting back together.

It's actually pretty easy to do in most situations.

However, if you try to use other women to get her back, you run the risk of her forcing herself to get over you and hooking up with new guys to take your place.

So, if you want her back, just go ahead and do it.

If you focus on re-attracting her during interactions, she will drop her guard, open back up to you and

you can then guide her back into a relationship.

3 Mistakes to Avoid Making if You Want to Make Your Ex Want You Back

Although dating new women can work to make your ex want you back, it can also cause her to lose even more respect and attraction if you make one or more of the following mistakes:

1. Dating a woman that she sees as being less attractive than her

Dating a less attractive woman will make her feel good about herself and make her feel turned off by you.

She will think something like, *“Haha! He’s obviously struggling to find himself another, attractive woman, so he had to settle for whatever he could get. It seems that I made the right decision by breaking up with him, because he’s not the kind of guy that women actually want. If I stayed with him, I’d essentially be doing him a favor and that’s not the kind of relationship I want to have with a guy. I want to be with a man who can have his pick of attractive women, but chooses to be with me, not a guy who has to settle for me because he can’t get anyone else.”* Here’s the thing!

Although women don’t go around admitting it, they are more attracted to men who are desired by attractive women.

It’s just how it works.

So, if you’re going to date another woman to make your ex want you back, make sure that the new girl is more physically attractive than your ex in some ways.

The more attractive your ex sees the new girl as being, the more valuable your ex will perceive you to be and the more she will want you back.

So, be picky about the new women you date.

Make sure that the new women are physically good looking, thinner, have perkier breasts, better hair and so on.

When your ex sees that, she will be forced to admit that you must be attractive because other attractive women desire you.

As a result, she will begin to want you back.

However, if she has too much self-pride to contact you and try to get you back, she will try to move on instead.

If that’s the case with your ex, you need to be aware that it’s going to be your responsibility to lead the ex back process and guide her back into a relationship with you.

The next mistake to avoid is!

2. Either completely hiding the fact that he’s dating new women unless she asks, or going to the other extreme and verbally bragging about it to her

Don’t be afraid to let her find out about it, but at the same time, don’t try to rub it in her face either.

Women are attracted to men who are desired by other women, but women don't like it when men become too arrogant to the point where they brag to hopefully seem cooler or more valuable.

Just be matter of fact about it if she asks you.

Feel free to post photos on social media of you having fun with new women, but don't add comments saying, *"My life is so much better now"* or anything like that.

Just be cool, natural and easy-going about it all.

If your ex gets the sense that you're trying hard to seem wanted by other women to hopefully get her back, she will feel turned off by your insecurity.

However, if she senses that you are genuinely happy without her and moving on without feeling the need to brag, she will feel attracted to you.

The next mistake to avoid isâ€¦!

3. Waiting too long to try to get her back

Even if your ex does feel jealous about you dating new women and wants you back, chances are sheâ€¦s not going to make it obvious to you.

Instead, she might decide to remain single for a little while in the hopes that you notice sheâ€¦s not moving on and then make a move to get her back.

If she realizes that youâ€¦re not doing anything to get her back, sheâ€¦ll then focus on fully disconnecting from her feelings for you and finding herself a replacement man.

So, if you want your ex back, donâ€¦t wait too long to get her back.

What matters most when getting an ex woman back is whether or not you are actively making her have feelings for you again when you interact with her.

When you interact with her, either on a phone call or in person, you need to have the courage and confidence to actively make her have sexual and romantic feelings for you again.

You need to have the confidence make her laugh, smile and feel good to be talking to you, rather than being neutral and on your best behavior to avoid saying the wrong thing.

You need to make her feel like a feminine, girly woman in contrast to your masculine vibe, rather than being neutral or acting like just a friend.

The more you reawaken her feelings for you, the more she will want you back.

So, donâ€¦t waste anymore time thinking about whether or not you can get her back.

You can.

You can get her back without even having to date new women.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

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My Ex Thinks She's Not Good Enough For Me

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

6 possible reasons why a woman will say that to her ex:

1. To see if he will hand over his power to her

A woman will sometimes say that she doesn't feel good enough for her ex to see how he will react. Will he remain confident and emotionally strong and hold onto his position of power in the relationship, or will he crumble and hand all his power over to her in an attempt to get her back?

[image: To see if he will hand over all of his power to her]

If he tries to reassure her by saying things like, *"No, that's not true! You're the perfect woman for me. What can I do to convince you that you're the woman I want? You are more than good enough for me and I'll do whatever you want me to do to prove it to you,"* it will actually turn her off.

Why?

In most cases, a man in this situation is usually a cool, confident guy and that's one of the things that really attracted her to him in the first place.

She always liked how she had to be on her best behavior and try to impress him to maintain his interest.

Yet, now he's essentially saying, *"Okay, the chase is over. I'm yours. I will do whatever you want, just as long as you don't dump me. I can't handle being dumped. Please don't do that!"*

She then feels turned off by how weak he now seems and suddenly, the idea of trying hard to impress him and maintain his interest feels unnecessary.

In fact, she might even start to think that she is better than him and he was lucky to have her all along.

That's not what she wants.

What she wants is a confident, good man who doesn't get tricked by her mind games or power plays in a relationship.

If a guy gets caught up in her fake drama, she will lose respect for him for not being able to handle her simple test of his dominance and power in the relationship.

If he's that easy to topple, then she doesn't feel very good about submitting to him as the leader or boss of the relationship.

On the other hand, if the man is confident enough to laugh at her and refuse to play her petty, little games, she will naturally look up to him and respect him as the leader/boss of the relationship.

In the case of getting an ex back, when a man does that, his ex woman will begin to feel sparks of sexual attraction and love for him and will open herself back up to getting back together again.

So, the next time your ex says, *"I'm not good enough for you,"* don't let it get to you.

Instead, try to see the funny side of how she's behaving, rather than getting sucked into the fake drama that she is creating.

For example: You can laugh and say, *“You’re such a little drama queen, aren’t you? Oh, I’m just not good enough for you!”* Oh, you deserve someone better!*“ahaaaaha!”* that’s so funny,*“”* and then laugh at her, and with her about it.

Initially, she might be a bit shocked that you’re not falling for her little games anymore.

However, even if she doesn’t show it, she will be feeling attracted to you for being confident and emotionally strong enough not to get sucked into her fake drama.

She will then realize that you really are the man she’s been looking for all along and won’t be able to stop herself from reconnecting with her original feelings of respect, attraction and love for you once again.

Another possible reason why a guy’s ex said that she’s not good enough for him, is because!

2. She knows that he could do better than her and is worried that he will eventually act on that knowledge

[image: She worries that he will leave her for another woman]

Most people experience moments in a relationship where they question whether or not they’re good enough for the person they’re with.

This usually happens when one person feels as though the other is more valuable or attractive than them.

In your case, if your ex felt as though the value gap between you and her was too wide (e.g. because you and her are from very different social backgrounds, you have a better education than her, you are more financially successful than her, you are cooler than her, you have more friends), then it’s only natural that she might have felt a bit insecure.

What a lot of guys don’t understand is that in most cases, women are a lot more insecure than men are.

For example: According to a global study conducted by Dove Cosmetics, 96% of women don’t consider themselves to be beautiful and feel insecure about their physical appearance.

Additionally, according to the National Institute of Mental Health in the U.S.A., women are reported to experience depression at twice the rate of men.

So, even though your ex might have seemed like she was well put together and totally confident in herself, chances are high that she was more insecure, anxious and prone to feelings of depression than you ever realized.

If you failed to make her feel like an attractive, desirable woman in the relationship, it’s only natural that she would have begun to worry that you’d eventually dump her for a woman who is more on your level.

To get her back, you can’t just say, *“Hey, that’s not true. You are good enough for me. You’re just being silly about this. I said that I love you!”* isn’t that proof enough that I am serious about you? Please don’t be like this! because it’s unlikely going to get rid of her insecure thoughts.

For her to believe that you truly value her and want to be with her, you’ll need to show her via your actions and the way you treat her and respond to her, both in private and in public (e.g. if you were

unwilling to hold her hand in public, now is a great time to start doing that at times).

From now on, you've got to be aware of the fact that she's probably always going to have a bit of an insecurity about how fully committed you are to her.

You can calm that down over time and get her to relax and trust in you and the relationship, but you need to be patient about it.

Whatever you do though, don't try to show her how committed you are by being desperate about it.

Be calm, confident and easy-going about it, rather than rushing and panicking to show her how much you care.

Women aren't attracted to that kind of desperation, even though the guy has good intentions while doing it.

You still have to remain being the cool guy that you are, but just pay a bit more attention to making her feel valued and wanted.

Another possible reason why a guy's ex said that she's not good enough for him, is

3. She believes that he accepted her, rather than selected her

[image: She believes that he accepted her, rather than selecting her]

Some guys will accept pretty much any half decent woman that they can get because they just don't know how to pick up women they find attractive.

So, if a woman gets the sense that her guy accepted her because he couldn't get anything else, she will develop insecurities about his commitment to her.

Of course, just because your ex might secretly believe that you accepted her rather than selected her, it doesn't mean that it's the truth.

For example: A guy will sometimes sincerely get into a relationship with a woman for many reasons other than just her looks.

Although she might not be as pretty as some of his previous girlfriends, or the type of women who are interested in him, his reasons for selecting her may have been more than just about her physical appearance (e.g. she is a good person, she is supportive of his dreams and encourages him to be the best man he can be, she is loyal, she has a great sense of humor and makes him laugh and smile when he's with her, she would make a good mother if he decided to start a family with her, she gets along well with his family, she is responsible, but fun at the same time).

If this is the case between you and your ex, it's up to you to make her see herself through your eyes.

In other words, if you did willingly select her, rather than just accept her because you couldn't pick up any other women, you need to make her feel as though you sincerely selected her and honestly want her.

Once again though, don't try to convey that in a desperate, *"Please believe me!"* kind of way.

Be cool about it and just focus on making her feel happy, attracted and wanted when around you.

For example:

- Use humor to break through her insecurities and make her feel good to be around you.

- Flirt with her to create sexual tension and make her feel like a sexy, desirable woman in your presence.
- Make her feel like a feminine woman by being more emotionally dominant than her during conversation.
- Compliment her on some things, but also tease her and be challenging like you always have.

The more that you build on her feelings for you and the relationship during interactions, the more her doubts about staying with you will begin to fade.

Suddenly, she will begin seeing herself through your eyes (i.e. as though she is good enough for you). When that happens, she will stop feeling insecure and start wanting to be your girl again, before another woman comes along and takes you.

Another possible reason why a guy's ex said that she's not good enough for him is because

4. He didn't make her feel loved

Sometimes, a guy assumes that the love between he and his woman will last for a lifetime because it was so good at the start.

He might even think, *"She knows that I love her, so I don't have to tell her that I love her anymore. That's what couples who are insecure about each other do to convince themselves that the relationship is good. She knows that I love her because I'm still with her. After all, if I didn't love her I would've broken up with her by now."*

Unfortunately, he is wrong.

Women are more insecure than men and do need to hear that they are loved, even if it's just once a month.

She needs to know that her man is still committed to her, even if they live together, have children together or go on lots of fun holidays together and always have a great time.

Her insecurities will creep up on her, tap her on the shoulder and ask, *"But, what if he doesn't really love you and is just using you for now? Why doesn't he say that he loves you anymore? Is he planning on leaving you?"*

For a man, a woman's thinking might sound a little crazy and he might feel annoyed that women need to be reminded that they are loved.

Yet, it's not just women.

Insecure guys behave in exactly the same way about their women.

What causes that type of thinking is insecurity, so if your ex is insecure about her value to you, she's going to think like that.

Here's the thing

What often happens in relationships is that a guy starts off being loving and attentive, only to gradually fall into the habit of taking his woman for granted once the initial thrill of being with her has worn off (i.e. when he gets bored of having sex with her and isn't really trying anymore).

Although there are some women who will accept being in a relationship with a guy who stops giving her the love and appreciation she craves (e.g. because she fears that she won't be able to find a

replacement guy), most women won't stick around for very long in a situation like that.

If a woman realizes that she loves her man more than he loves her, she will begin to feel unhappy and will start disconnecting from her feelings of love for him.

If he doesn't pick up on her feelings of unhappiness and start making some changes, she will eventually break up with him and try to move on and find a new man who can make her feel loved and wanted.

Note: You don't need to constantly be reminding your girl that you love her.

You just need to be more aware of it and remember to make her feel that way from time to time.

Going overboard with it and doing too much will actually backfire and cause her to feel as though she is probably too good for you, or it will cause her to start acting like a little brat and demanding you do more for her.

It's about maintaining a healthy balance where she feels lucky to be with you, but she also feels wanted, loved and appreciated.

Another possible reason why a guy's ex said that she's not good enough for him is because

5. He regularly pointed out her faults or flaws

Sometimes a guy will get into the habit of criticizing his woman every time she does something wrong, or regularly pointing out things that he doesn't like about her physical appearance.

In most cases, it's not because the guy is actually a bad person who wants to be hurtful to his woman, but rather because he thinks he's doing her a favor by highlighting to her the areas where she can improve herself.

Even though his intentions might be in the right place, no one wants to be regularly criticized or belittled by the person they love.

When a woman gets a sense that her man is making her feel weaker and less valuable, she will begin to resent him.

Eventually, his criticism will wear her down and rather than remain stuck in a relationship where she feels like she's not good enough for him, she will break up with him and try to move on.

Another possible reason why a guy's ex said that she's not good enough for him is because

6. She has always noticed his wandering eye

A guy might be out at a nice restaurant with his woman and spend a lot of time looking at (and possibly even flirting with) the waitresses.

Alternatively, if they're at a club or bar together, he might spend a lot of time watching the other women around him and on the dance floor, rather than focusing on his woman.

In most cases, a guy won't follow through on his wandering eye (i.e. cheat on his woman), but noticing how he always seems to stare at other women doesn't make his girl feel the way she wants to feel in the relationship with him.

Here's the thing

It's perfectly normal for a guy to look at other attractive women and even feel attracted to them. It's also perfectly normal for a woman to do that if she looks at men that she finds attractive. However, this is a difference between just looking at attractive women and staring at them, wishing you were with them instead.

Women can tell the difference based on how a guy looks at other women.

So, if a woman is in a relationship with a guy who is secretly wishing he was with other women, she will notice.

It might then cause her to feel jealous, insecure and even begin to behave in ways that she doesn't want to (i.e. tell him not to look, get angry at him for wanting to cheat, accuse him of cheating, check his phone to see if he's chatting with other girls).

She then reaches a point where she thinks something like, *"I don't like who I am when in a relationship with him. I don't like behaving like a jealous girlfriend. That's not me. Yet, I can't stop myself from doing it because he's always looking at other girls. I hate that feeling. I want to be with a guy who makes me feel like I'm the most beautiful woman in the world to him. I don't want to be with a guy who is always on the look out for someone better. I've got to leave him."*

She will then break up with him and say something along the lines of, *"I think it's better if you and I go our separate ways. I'm clearly not good enough for you, so we should just accept that and move on. There's no point in us being together. I would never last, so I don't want to waste my time. Goodbye. I wish you all the best."*

3 Mistakes to Avoid Making When Trying to Get an Ex Back Who Doesn't Think She is Good Enough For You

If you want your ex back, the most important thing to focus on is making her feel like she is good enough for you, without making yourself come across as desperate to get another chance with you.

From now on, whatever you say and do will either make her change how she feels and want you back, or strengthen her resolve to remain broken up.

With that in mind, make sure that you avoid making the following mistakes:

1. Buying her gifts to show how much you care

[image: Trying to convince her of his commitment with gifts]

When a guy doesn't know how else to show his ex that she's good enough for him, he might try to convince her by showering her with gifts.

He's hoping that she will think, *"I must be good enough for him if he's willing to spend so much money to spoil me. I was just being silly to feel that way. He clearly loves me. We should get back together again!"*

Yet, what a guy like that doesn't realize is that a woman doesn't choose to be with a guy because of what he can buy for her.

A woman chooses to be with a man based on how he makes her feel when she's with him (e.g. attracted, in love, safe, turned on, excited about the future, relaxed, happy, light-hearted).

So, rather than buying her gifts, just focus on making her have strong feelings for you, based on how she feels when she talks to you and interacts with you.

That's what really counts.

The next mistake to avoid isâ€¦!

2. Desperately pouring your heart out to her

If a woman says, *â€œIâ€™m not good enough for you. Itâ€™s better if we both just accept that and move on,*â€œ a guy might decide that the only way to convince her that she is wrong is by repeatedly telling her how much she means to him.

He might say things like, *â€œNo, no, no. Please don't say that. Canâ€™t you see how much I love you? You mean the world to me and I donâ€™t want any other woman. All I want is you. What we had together was so special and Iâ€™m shocked that you would see it so differently. I honestly believe that we belong together. Do you really want us to break up over something that isnâ€™t true? I promise you that you are good enough for me. Youâ€™re all I want in this world. Please think about it and letâ€™s give our relationship another chance. I've never loved a woman as much as I love you. Please don't leave me like this.*â€œ

In some cases that can work, as long as the guy isn't being desperate about it.

However, if a guy is being desperate and essentially pleading with her, he loses the coolness that attracted her to him in the first place.

So, make sure that you don't mess things up by pouring your heart out via email, text or in person.

The next mistake to avoid isâ€¦!

3. Giving her too much power over you

When a woman is saying things like, *â€œI donâ€™t think Iâ€™m good enough for you,*â€œ some guys will make the mistake of promising the world to her if she just gives him another chance.

For example: A might say, *â€œNo, donâ€™t say that! You ARE good enough for me. In fact, you are probably TOO GOOD for me. What can I do to prove it to you? Iâ€™ll do anything for you! Iâ€™ll be your slave for a week if you asked me to do it. That's how much I care. Isnâ€™t that enough proof to show you that Iâ€™m devoted to you and that I donâ€™t want any other woman than you on my life? Please baby, don't walk away from me. I need you.*â€œ

Yet, rather than make a woman think, *â€œWow, well, I guess Iâ€™ve been a real fool for thinking that Iâ€™m not good enough for him. Clearly he values me and Iâ€™d be silly to let him go,*â€œ she loses respect for him for being so desperate and not being able to hold onto his position of power in the relationship.

Hereâ€™s the thingâ€¦!

If you hand your power over to a woman, she wonâ€™t be able to respect you anymore.

If she canâ€™t respect you, she wonâ€™t be able to feel sexually attracted to you and without those two things, being in love with you becomes next to impossible.

She might care for you and think of you as a sweet, neutral old friend, but she wonâ€™t be able to see you as her sexy boyfriend/husband.

So, donâ€™t let your ex control you by threatening to continue walking away because she doesn't

feel good enough.

Maintain your cool and focus on seducing her back into a relationship with you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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4 Examples of How to Ask Your Ex to Hang Out

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here are 4 examples of how you can ask your ex to hang out:

1. Hang out as friends

[image: Hang out as friends with your ex]

Of course, when you catch up, you won't actually be acting like a friend.

You will be actively making her feel sexually attracted to you again, so you can seduce her back into a relationship.

However, it's best to refer to it as just catching up as friends rather than catching up to discuss the relationship.

This is why you should always be open to being so called 'friends' with your ex, rather than saying that being friends would be too difficult to handle for you, or that you only want to speak to her again if she wants a relationship.

You have to be more subtle and smart about it.

When you are 'friends' with your ex, you then have a good excuse to interact with her via text, e-mail, social media, over the phone and of course, in person, without her feeling like you're pressuring her to get back together again.

So, if your ex doesn't want to get back together right away and is unsure about hanging out with you, here's what you can do:

Remain confident and in a friendly, easy-going way say to her, *"Hey, look – I accept that we're broken up and it's fine by me. However, even though we're not getting back together, we can at least catch up and say hi as friends. So, let's do that today/tomorrow."*

She will most likely say, *"Okay, I guess,"* because you're taking the pressure off her to get back together again by saying that it's just about catching up as friends.

As I mentioned earlier, don't act like a friend when you hang out.

You've got to focus on making her feel sexually and romantically attracted to you again, rather than placing yourself in the friend zone by being nice, neutral and friendly.

If you waste the time you have with her by being on your best behavior (e.g. remaining neutral around her, pretending you don't want her back, being extra polite and considerate, not flirting), she's not going to feel motivated to change her mind about being broken up.

Instead, she might enjoy a non-sexual friendship with you, while at the same time, she will secretly focus on finding and hooking up with a new guy who does make her feel sexually and romantically attracted.

So, make sure that you actively make her feel sparks of sexual and romantic attraction when you meet up with her.

Then, if you and her are feeling attracted to each other, initiate a kiss, have sex and get the relationship back together.

Another example of how to ask your ex to hang out is toâ€¦!

2. Catch up to say hi

[image: Catch up with your ex to say hi]

One of the best ways to ask an ex to hang out is by suggesting you and her catch up to say hi.

For example: When chatting to her on the phone and after getting her to smile and laugh for a bit, you can say, *â€œHey, we should catch up for a coffee sometime this to say hi. Of course, itâ€™s not about us getting back together or anything like that. Instead, it will be good to just put the past behind us and catch up to say hi. So, what do you say? Let's catch up tomorrow or the next day to say hi.â€*

By asking to meet up in that way, it makes it a lot more difficult for her to refuse, without making herself come across as being emotionally immature and as though she is holding grudges.

So, to seem mature, a woman will usually say *â€œYes,â€* to catching up to say hi.

You can then go ahead and make arrangements to meet up with her as soon as possible.

Of course once again, don't waste the meet up by being Mr. Nice Guy or Mr. Neutral around her.

Use the opportunity to spark her feelings of respect and sexual attraction for you and get her thinking things like, *â€œWow, I was kind of nervous about seeing him again, but this turned out better than I thought. He has changed so much since the break up. I don't know what has gotten into me, but Iâ€™m starting to wonder if maybe we can work things out between us after all.â€*

When she starts thinking that way, her walls come down and you can then guide her back into a relationship with you.

Another example of how to ask your ex to hang out, is toâ€¦!

3. Catch up to say goodbye and then not speak anymore

[image: Catch up to hang out, say goodbye and never speak again]

In a situation where a woman is saying things like, *â€œNo, I don't want to hang out with you,â€* or *â€œPlease stop asking me to catch up. I don't want to see you again. It's over. Please accept thatâ€* you can suggest meeting up to say goodbye.

For example: You might say to her, *â€œOkay, I get it. You want to close the door on our relationship and move on. I totally accept that we have broken up. All I want is for us to catch up one last time to say goodbye in person. That's all. After that, we never have to speak to each other again. Think of it as a way for both of us to get closure, or at least a way for us to end the relationship in a more mature way.â€*

In most cases, a woman will agree to it to avoid appearing childish or immature compared to how you are handling the situation, or to finalize the relationship and have an excuse to reject you from then on.

Yet, what she doesn't realize is that at the meet up, you're going to be saying and doing the type of things that will reawaken her feelings for you.

You're going to make her laugh and smile and feel good to be hanging out with you again.

You're going to flirt with her and make her feel like a feminine woman in your presence.

When she starts experiencing the kind of feelings that she thought sheâ€¦d never feel for you again (e.g. respect, attraction, excitement, love), her guard will naturally come down and she will want to hang out more to see where things go from there.

[image: Hang out with your ex and make her want you back]

So, don't worry about saying that it's a meet up to say goodbye.

It won't be goodbye because you will re-attract her and she will want to see you again, or possibly even get back with you right then and there.

Another example of how to ask your ex to hang out, isâ€¦!

4. With a promise that you will never contact her again after that

Only use this approach if your ex currently hates you and doesn't want to see you ever again.

For example: You might say to her, *â€œOkay, I get it. You hate me and you want me out of your life for good. So, lookâ€¦I promise that if you meet up with me this one, last time, I will completely leave you alone and never contact you again. So, letâ€¦s meet this week and you can then be done with me forever. It doesn't have to be a long catch up. All I'm asking for is 5 minutes. It's a simple coffee to catch up, say hi and say goodbye to each other. Then, I will never, ever contact you again if that's what you want.â€¦*

Then use this 'last meet up' to re-attract her so she actually does want to see you again.

Of course, if your ex really hates you at the moment, then she might try hard to prevent you from being able to re-attract her.

For example: She might try to make you lose confidence byâ€¦!

- Acting bored and disinterested during the conversation.
- Calling you insulting names and blaming you for all the problems in the relationship.
- Looking at you with cold eyes when you make a joke.
- Rolling her eyes at you as though you're wasting her time.
- Pretending to be very happy without you.

Essentially, she will try to make you crumble under pressure, so she can then feel turned off by your lack of confidence.

When she's feeling turned off, she can then say, *â€œOkay, youâ€¦ve had your meet up. Now leave me alone. I never want to see you again. Goodbye!â€¦*

The tests are going to come, so make sure that you're ready to face her with confidence and a calm, easy-going, light-hearted attitude.

Donâ€¦t panic and start thinking things like, *â€œOh, no! Itâ€¦s over! Sheâ€¦s just not interested! Sheâ€¦s going to walk away from this meet up and Iâ€¦m never going to see her again. Itâ€¦s hopeless!â€¦*

If you do, she will see the panic in your eyes and it will turn her off.

Remember: Women are always attracted to confidence in men and turned off by insecurity and self doubt.

So, to regain her respect and attraction, you need to remain emotionally strong no matter what she

says and does to throw you off.

The more you maintain your confidence around her regardless of how she's behaving, the more respect and attraction she will feel for you, even if she doesn't want to.

You can then build on those feelings and make her feel like it would be good to catch up again.

From there getting her back becomes easier, because you will have another chance to build on her feelings and kiss and hook up sexually.

3 Mistakes to Avoid Making When Asking Your Ex to Hang Out

Asking an ex to hang out is a great approach to getting her back.

The more you can interact with her face-to-face, the more you will be able to regain her respect.

When she can respect you, she will automatically feel attracted to you again and with those two things in place, reconnecting with her feelings of love becomes easy and natural for her.

That's how it's supposed to work.

Unfortunately, many guys mess up their chances to get a woman back by making one or more of the following mistakes:

1. Asking her via text

Sometimes when a woman isn't very open to interacting with her ex (e.g. she only texts him once in a while, or responds to him via social media), a guy might make the mistake of thinking he can initiate a meet up via text.

For example: A guy might think to himself, *"She hasn't given me too many obvious signs that she wants to talk to me on the phone. So, I'll just play it safe and ask her via text. That way, she won't feel pressured. She will be able to think about it in her own time and give me an answer when she's ready. She'll also be grateful to me for not being pushy or putting her on the spot on a phone call, so she will be more inclined to say yes to catching up."*

Yet, in most cases, the opposite is true.

Rather than think, *"Awww! She's being so sweet by asking me to catch up via text,"* she will likely think, *"He wants to hang out, but he doesn't even have the balls to ask me directly. He's just hiding behind texts and hoping that I'll make it easy for him. This only highlights how insecure and self-doubting he is, which convinces me even more that he's not the right guy for me. He doesn't even have the balls to call me. What's he scared of? That I will say no? Where is his backbone? He's just not confident enough anymore."* I'm over it. I need a more confident man.

Here's the thing:

A text message is only a bunch of words on a screen.

It's not you.

It's just words on her phone, or on her computer if you're messaging her that way.

She knows that you could be saying one thing and feeling another, so she will be naturally suspicious

of anything you text her.

Rather than giving you the benefit of the doubt and assume that you were feeling confident and emotionally strong when you sent her a text to ask her to hang out, a woman will usually think about you based on how she felt when you and her broke up.

For example: If you were a bit insecure, self-doubting and needy in the relationship, she will likely assume that youâre still the same guy.

She will assume that you still lack confidence and doubt yourself, which is why youâre asking her via text, rather than calling her on the phone.

Of course, some guys think, *“She probably doesn’t want to talk to me on the phone. She prefers text. I just want to do what she wants.”*

No.

No excuses.

You’ve got to do what works.

If you just text her, she is more likely to reject you or play hard to get.

It’s also so much easier for her to assume the worst about you (i.e. that you’re needy now, have lost a lot of confidence in yourself) and refuse to meet up with you because of that.

So, if you want to get her to hang out, don’t hide behind texts and hope that she makes it easy for you.

Most women don’t make it easy for an ex that they’re no longer attracted to.

On a phone call, you can make her feel so much more attraction and then, she is less likely to say no, or to play hard to get when she’s smiling, laughing and enjoying talking to you.

Of course, that doesn’t mean you can’t ever text her.

A text or two can definitely help to get her smiling and laughing a little bit so she will be more open to talking to you over the phone, but it usually won’t do enough to guarantee a meet up.

If you want to ask her to hang out, it’s much better done on a phone call.

When she can hear the confidence in your voice (especially if sheâs being cold and aloof towards you), her guard will come down and she will want to see you in person to confirm for herself that you truly have changed.

Another mistake to avoid making isâ

2. Asking her if it’s okay to catch up

Just like how a woman doesn’t like when an insecure guy asks if it’s okay to kiss her, a woman also doesn’t like it if an insecure ex asks if it’s okay to meet up with her.

Why?

A woman wants to know that the man sheâs with is confident enough to take the lead and guide them both back into a relationship, without her guidance and support.

A woman doesn’t want to hold a guy’s hand and pat him on the back and say, *“Yes, good boyâthat’s it. You can do it.”*

She wants him to man up and take the lead, without needing her to push him along.

So, what should you do instead?

Be a good guy and be respectful, but be assertive.

Tell her to catch up with you in a confident, easy-going manner.

If she says that she isn't sure, just tell her that it's totally fine for ex's to catch up and say hi.

If she still resists, you can say that the catch up can be a way for both of you to get closure and completely end the relationship.

If she still says no, tell her that if she agrees to meet up, you promise to never contact her again.

Essentially, be confident, be assertive and be a good guy as you try to get you and her to meet up to have a quick catch up as friends.

Then, when you catch up, re-attract her and if she is feeling open to you again, you can then get her back.

Another mistake to avoid making isâ□|

3. Letting her sense that you donâ□□t actually want to hang out and secretly want to have a serious relationship

When a woman is at a point where sheâ□□s not interested in even thinking about getting back together with her ex, sheâ□□s going to be suspicious about anything he suggests.

If he puts pressure on her to hang out, she will begin to wonder things like, *â□□Is this a trap to get me to go out with him again, so he can then convince me to give him another chance? Is he trying to force me into a relationship with him again? Will the catch up turn into a long, drawn out deep and meaningful conversation where he pleads with me to give him another chance?â□□*

If she gets that sense, she will almost certainly say, "No" to catching up and will try to move on without him as quickly as she can, to avoid getting dragged back into a relationship with a guy who hasn't even changed.

So, if you want your ex to be open to hanging out, make sure that she gets the sense that you're not going to be pushing for a relationship.

Then, when you hang out with her, focus on making her feel a renewed sense of respect and sexual attraction for you.

When she feels that way, she will naturally drop her guard and open back up to you.

Before you know it, you and her will be kissing, having sex and then laying in bed talking about how good it is to be back together.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to

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You Will Always Find Someone Better. True or False?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

False.

The truth is that you will always find someone different, but they won't necessarily be better.

The new person may be good for you, but the one you lost might have been better for you or they may have been worse.

Whether a man gets his woman back really depends on the approach that he uses after getting dumped.

Watch the video above for 5 of the most common ex back myths, which can cause a man to miss out on the opportunity to get his ex woman back.

As you will discover from the video, many guys could have gotten their ex back, but they wasted too much time waiting and hoping that she would come back on her own.

In most cases, a woman doesn't come back to a guy that she is no longer attracted to anymore.

So, if you want to get your ex woman back, rather than having to always hope that might find someone better, then continue reading.

All the answers you are seek are right hereâ€¦!

The Best Approach to Take to Get Her Back

[image: The best approach to get her back]

Not every guy approaches the process of getting his ex woman back in the same way.

As a result, each man will get a different outcome and may eventually regret that approach he used.

Read through these 3 examples and you will realize which is the best approach to use to get your ex woman back.

Man #1 doesn't improve the things about him that caused the woman to dump him

Man #1 is the type of guy who thinks that getting an ex back is about begging and pleading with her for another chance.

He talks to her and says things like, *â€œIâ€™m so sorry for hurting you. Please forgive me. I know I stuffed up, but I truly love you and I promise if you just give me one more chance, I really will change this time. Iâ€™ll do whatever you want me to do to make things right again. Just tell me what will make you happy and Iâ€™ll do it. You are the only woman I want and the idea of losing you makes me feel hopeless. Please donâ€™t walk away from what we had together. I really will change. Please give me a chance.â€*

To hopefully get her to take pity on him, he might also begin to shower her with flowers, gifts and attention.

Yet, what he doesn't realize is that not only is he not addressing the real reasons why she broke up with him in the first place (e.g. his lack of confidence and emotional strength, his inability to stand on his own two feet, his lack of focus and direction in life), he's actually making things worse by

behaving in ways that are naturally unattractive to women (e.g. begging, pleading, asking her to tell him what to do, sucking up to her with gifts).

She then either acts cold and bitchy towards him and refuses to talk to him, or she says something along the lines of, *“Look, Iâ€™m not ready to get back together at the moment. Give me some space to figure things out in my life. Then, we can see what happens after that.”*

He then either gives up and walks away feeling sad and rejected, or he gives her a few weeks, months or even years of space in the hope that she will come back to him on her own.

Yet, she simply uses the time apart to get over him and move on.

Then, when he finally does contact her, she says, *“Sorry, but Iâ€™ve met someone else and Iâ€™m happy now. Itâ€™s over between us. Please accept that and move on. Goodbye.”*

He is then left feeling rejected and wondering, *“Why did this happen to me? Why am I always getting dumped by the women I love? Maybe it was her fault. Maybe sheâ€™s just a selfish bitch who only cares about herself. I donâ€™t need to change, she does!”*

He then decides to not change anything about his approach to relationships and see how things go with a new woman.

Eventually, the same thing happens to him again where he is dumped by a woman he really loves. Rather than taking responsibility for the outcome of the relationship, he blames women and thinks something like, *“Itâ€™s not my fault that the women Iâ€™ve been dating are all crazy/ demanding/ bitches. I just have to keep looking. Eventually I will find someone better. Most women are crazy. Iâ€™ll have to be lucky to find a good one who will be loyal and never leave me.”*

Man #2 does improve the things about him that caused the woman to dump him, but he doesnâ€™t try to get her back

Man #2 is the type of guy who stops to ask himself, *“Why did this happen to me? What aspect of my thinking and behavior caused her to lose respect, attraction and love for me? What can I do to change and improve and become a better man?”*

He then goes about trying to improve himself, so he can avoid getting dumped again in future.

For example:

If he discovers that one of the things that turned her off was his lack of motivation to do something with his life, he then focuses on setting himself some big goals and working towards achieving them.

If he lacked confidence in himself, he focuses on building up belief in himself and in his value as a man.

If he was too much of a loner, he makes an effort to go out and make friends and begin to enjoy being a more social person.

If he was a pushover in the relationship with her, he decides to be more emotionally dominant and masculine around women from now on.

The bottom line is this: He learns from the experience and becomes a better man.

Yet, he doesnâ€™t try to get his ex back because he assumes that itâ€™s too late.

Even though heâ€™s a new and improved man and could potentially have an awesome, new relationship with his ex, he will never know because he doesnâ€™t ever give it a try.

Of course, he will most likely meet another woman soon enough and might have a good relationship with her, but he will miss out on being with the love of his life because he didn't bother to get her back after he changed.

The next approach a guy might take is

Man #3 improves himself, gets her back and enjoys an even better relationship with her than he did before

[image: Improve, get her back and enjoy an even better relationship than before]

Man #3 is the type of man who understands that it is possible to get a woman back after a break up, even if she wants nothing to do with him initially and seems certain to want to move on without him. He knows that by making some adjustments to his thinking and behavior, he can re-attract her and get her back.

So, rather than wasting time ignoring her, or wasting energy trying to convince her to give him another chance by telling her how much he still loves her, he focuses on actively making her have sexual and romantic feelings for him again.

For example: Some of the ways he does that includes

- Making her feel happy to be around him again by getting her to smile and laugh, especially if she is trying to be cold, distant or rude to throw him off.
- Making her feel feminine and girly in his masculine presence, rather than acting like a neutral friend or worse, sucking up to her by being extra nice or polite.
- Behaving in a more attractive way around her (e.g. being more confident and emotionally strong and passing her tests, laughing at her attempts to make him feel nervous around her, using humor to diffuse a tense situation).
- Flirting with her to create a sexual spark between them, rather than being neutral like a friend.

By making those adjustments to his behavior and way of thinking, his communication style and how he responds to her, she automatically starts to see him in a different light.

He opens her eyes to the fact that falling back in love after a break up is one of the most amazing feelings she will ever experience in her life.

She then begins to think, *He really has changed. He now makes me feel attracted in ways that I always wanted, but never got from a relationship with him. Maybe we can make things work between us after all. Maybe this relationship is worth saving.*

As a result, her guard comes down and she opens herself up to giving the relationship another chance. However this time around, rather than making the mistake of assuming that the relationship will take care of itself, the man focuses on maintaining and building on his woman's feelings of respect, attraction and love for him over time.

As a result, they fall more in love with each other every day and enjoy a long-lasting and happy relationship.

Where Guys Go Wrong When Trying to Get an Ex Back

If you want to get her back, be sure to avoid these common mistakes that other guys make, which cause them to avoid their ex for too long, or turn her off even further!

1. Losing confidence in his value to his ex and other women

Getting broken up with can sometimes ruin a guy's confidence in his attractiveness to his ex and to women in general.

He might then start thinking things like, *"I had the perfect woman and I ruined it. I'm such a loser. How could I have messed things up so badly? I don't deserve a beautiful woman like her anymore. I probably got lucky with my ex and won't get another woman like her ever again. How could I have been so careless to cause her to leave? If only she would give me another chance, I would do anything she wants to make sure that she is happy."*

Then, when he interacts with her on a phone call or in person, keeps putting himself down, focusing on what he did wrong in the relationship and asking her what he could do differently to make her happy.

There's nothing wrong with acknowledging mistakes, but continuing to put himself down and then ask her what she wants him to change to give him another chance doesn't work.

Why?

She wants him to figure out (without her help) what went wrong in the relationship, improve himself and then get on with making her feel a renewed sense of respect and attraction for him, based on who he has become.

If he can do that, she will be able to look up to him and respect him again.

On the other hand, if she sees that he has no confidence in himself anymore, she will likely think, *"Why should I give him another chance if he doesn't believe in himself and in his value to me? I need to be with a man who feels worthy of me, not a guy who feels like I'm doing him a favor."*

The next mistake to avoid is!

2. Accepting a less attractive woman because he believes that she will stay with him for life

[image: Accepting a less attractive woman, so she hopefully won't leave you]

Not knowing that it's possible to improve his attraction and relationship skills and avoid ever getting dumped again, a guy might decide that he just has to accept an unattractive woman and put up with it.

He might begin to think, *"Beautiful women aren't trustworthy. They think they can get any guy they want, so it's easy for them to just break a guy's heart and leave him without feeling any remorse. Well, I'm not going to let that happen to me again. I'm going to find myself a woman who isn't very attractive, so she will feel lucky to have a guy like me. She will be loyal and devoted to me and she will never think about leaving me or breaking my heart."*

Yet, in reality that's not how it works at all.

In most cases, even a less attractive woman won't stay in a relationship with a guy who can't

make her feel the way she wants to feel (i.e. attracted, respectful of him, in love, feminine).

So, rather than being safe by accepting a less attractive woman, a guy like that ends up getting dumped again, only this time after wasting months or years of his life with an unattractive woman.

He then loses more confidence in his attractiveness to women and as a result, finding a quality woman becomes even more difficult for him.

Why?

Attractive women want a guy with confidence, so they don't end up in a relationship with a guy who will become insecure, jealous and controlling due to him feeling as though she is way better than him.

Attractive women want a guy who feels like he is more than good enough for them.

So, wasting time with unattractive women because you hope they won't dump you isn't the solution.

You've simply got to start being the confident, emotionally masculine man that women are naturally attracted to, as well as improving your relationship skills, so you don't end up making the same mistakes as last time and ruining another relationship.

Another mistake that guys make after being dumped by a woman they love, isâ€¦!

3. Accepting a woman that he doesn't truly love, so he doesn't have to emotionally commit to the relationship

Sometimes, a break up can cause a guy to become emotionally closed off from women.

He doesn't want to fall in love again and have his heart broken, so he avoids getting into relationships with a woman that he senses might be the one for him.

Instead, he gets into relationships with women who aren't 100% compatible with him (e.g. they want different things in life such as a career vs. a family, they have different values, they're interested in very different things, they don't meet all of his standards and he secretly plans to cheat or break up at some point), so he doesn't have to risk getting hurt if she breaks up with him first.

By closing himself off from true love, he's stopping himself from finding real happiness with a new woman, or with his ex woman.

Remember: It's almost never too late to get your ex back and have another try at the relationship.

It's too late when she is happily married with children, but if your ex isn't that far gone yet, you really can get her back.

4. Giving up on his ex too easily

Most women won't fall into their ex's arms the moment he tries to get her back.

Instead, a woman will first wait to see if her ex really has changed and improved and become the man she wants him to be (e.g. more confident, determined, emotionally dominant, no longer selfish or controlling).

For example: When a guy meets up with his ex woman for the first time since they broke up, he might try to get her to commit to the idea of giving him another chance.

Yet, rather than making it easy for him by saying *â€œYesâ€œ* right away, a woman will usually say something along the lines of, *â€œI don't think that's a good idea. It's just too soon for us to be talking about getting back together again. I don't feel like I've healed enough yet from*

*what happened between us. I need more time.*â€”

A guy might then doubt himself and his chances with her and decide to stop pursuing her.

He might then give up, walk away and miss out on an opportunity to be with the love of his life once again.

The truth is that sometimes you might find someone better after a break up and sometimes you won't.

However, you'll never truly know if your ex was the right one if you just give up and walk away.

So, if you want her back, don't give up just yet.

Get her back and give the relationship one more try.

It's actually pretty damn easy to do!

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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Yes, I want free tips via email from Dan Bacon. I can unsubscribe at anytime with a click. [Privacy policy](#).

I Choked My Girlfriend Out of Anger and She Dumped Me

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

5 things you can do now to fix the problem:

1. Understand that even though she was annoying you, physical abuse is never the solution

Sometimes, a man will try to justify his actions, by saying that a woman brought the anger out of him because she was hitting him or being annoying.

Yet, what the man usually doesn't realize is that he has other options to handle annoying behavior from a woman.

For example: He can laugh at her and tease her as she tries to be tough and intimidate him.

He can smile, laugh and say, "Ohhh, you're so tough" and have a laugh with her about that. Be loving about it as you laugh and say, "Let me see your muscles. Ooooh scary!"

If she is being physically aggressive or ridiculously unreasonable, he can also break up with her, get her to leave his house or leave the house to walk away from the situation until she cools down.

However, what he must not do, is react by becoming violent towards her every time she does something to annoy him or get under his skin.

Here's the thing:

Although there is nothing wrong with a guy getting angry at his girlfriend if she is out of line or is treating him badly, losing control of himself and becoming violent is the quickest way to ruin her feelings of respect, attraction and love for him.

Rather than think, "It's okay that he choked me. I'm partly to blame for what happened between us. I pushed him into reacting like that," a woman will usually think, "A real man would never behave in that way towards a woman, no matter what she's saying or doing to him. If he can't control himself with me now, how will he react if he is faced with something even more serious in our relationship in future? What if I stepped out of line in a way that he doesn't like, such as flirting with another guy? Would he then beat me, or worse, kill me, because he can't control his anger? He's just too emotionally immature right now and I can't risk staying with him under these circumstances. I could get seriously hurt or even killed, so I have to leave him."

The fact is, if you want to get your ex back, you need to get to the point where you fully understand that violence is not the answer.

You're not a bad person for having choked her.

You made a silly mistake.

Everyone makes silly mistakes at some point in their life.

However, you've got to get to the point now where you honestly acknowledge that using physical violence against a woman isn't the solution to your relationship problems.

There is always a better way to handle the situation and approach the relationship.

For example: Watch this video that I made about creating a more positive, easy-going and light-

hearted dynamic in a relationshipâ€¦!

If you can honestly acknowledge that there are better ways to handle an annoying woman, then you're already a better man right now.

You have learned from the experience, leveled up as a man and as a result, you deserve more respect. In terms of interacting with your ex girlfriend from now onâ€¦!

No matter what happens between you and her from this point onwards and no matter how much she pushes your buttons and tries to set you off, tell yourself now that youâ€¦re not going to react by getting physically aggressive with her.

When she can see for herself that regardless of how much she tries to trigger your anger, you remain cool, calm and collected and use humor and an easy-going attitude to turn the situation around, she wonâ€¦t be able to stop herself from feeling some respect for you again.

You can then build on those feelings and get her back.

The next thing you should do isâ€¦!

2. Calmly, sincerely and briefly apologize to her if you haven't done so already

Naturally if you havenâ€¦t already apologized to your girlfriend for your behavior, make sure that you do so right away.

Hereâ€¦s an example of what you might say to herâ€¦!

â€¦I just want to say that Iâ€¦m truly sorry for the way I behaved. My behavior was inexcusable. I donâ€¦t expect you to forget about it or forgive me just because Iâ€¦m apologizing to you. However, I want you to know that I am completely aware that I made a terrible mistake. I have obviously learned from the experience and would never do something like that again. Once again though, I don't expect you to believe me or forgive. I just want to say that I am sorry for reacting in such a silly, unloving way by choking you. It's actually pretty embarrassing to think that I behaved like that. I guess we all live and learn though. I've learned my lesson from it and know that it was a stupid, immature thing to do and I'm sorry.â€¦

She can then stop focusing on how badly you stuffed up and begin to consider that you might have actually learned a lesson and changed.

As a result, her guard starts to come down a little and she becomes more open to talking to you over the phone and seeing you in person.

The next thing you need to do isâ€¦!

3. Prepare yourself to be ready to react in different ways from now on

From now on, your ex is going to test you to see if you really have changed, or if youâ€¦re just saying that you have changed to quickly get her back.

For example: She might be cold and bitchy and say things like, *â€¦Forget about it! Iâ€¦m never going to forgive you for choking me! Youâ€¦re crazy, you're out of control and Iâ€¦m never going to be able to forget that,â€¦* or *â€¦You must think Iâ€¦m stupid if you believe that I would ever forgive you and give you another chance after what you did to me. I hate you now and I never want to see you or talk to you again! Just go away and leave me alone. You scare me. Leave me alone!â€¦*

She might then become angry and aggressive towards you (e.g. swear at you, push you, hit you, call

you names) as a way of testing whether youâll get angry and retaliate by hitting her back or choking her once again.

She might also bring a friend with her when meeting up with you, to make you feel guilty for causing her to feel so afraid to be alone with you.

Yet, just remember...

Whatever she does to set you off (even when you might be justified in getting annoyed), you must find a way to react differently to her.

For example: If sheâs being cold and bitchy towards you, you can use humor to break through her defenses and make her laugh and smile.

Alternatively, if she says that she will never be able to forgive you for what you did, you can calmly and confidently say, *âHeyâI understand how you feel and Iâm not going to push you to feel anything else. However, you and I are both mature adults and Iâm sure, deep down, you know that you would only be hurting yourself by not forgiving me and holding a grudge against me for life. At some point, youâre going to realize that I made a stupid mistake and I learned from it and became a better man. You will remember that I was sorry about it and felt like a real idiot for doing it. Me being sorry and regretting the stupid thing that I did doesnât take it away, but hey â we all live and learn. We all make silly mistakes at some point in our life and we can learn from that and become a better person. So, if you donât want to forgive me now, I understand that and accept. Yet, I know that you will forgive me later on when you realize that I was just being stupid and immature and I then changed as a man and grew up as a result.â*

If she hits you or becomes violent, you can just walk away and say something along the lines of, *âClearly youâre not ready to talk right now. Iâll call you in a couple of days when youâre feeling calmer and we might be able to talk then.â*

The important thing to remember is that regardless of what she says or does to make you angry or annoyed, you show her that youâre not that kind of guy anymore.

By making some adjustments to the way you talk to her, interact with her and respond to her, she naturally begins to look at you in a more positive light.

As a result, she naturally becomes more open to being around you.

You can then build on her willingness to be around you by fully reawakening her feelings of respect, attraction and love for you.

When that happens, she will want to give you another chance to avoid losing the opportunity to be with you again.

However, make sure that youâ!

4. Only attempt to get her back if you know for sure that you arenât going to react violently anymore

If youâre currently thinking, *“Yeah, of course! I would never do that again”* then great â you should get her back.

However, if youâre thinking, *“Well, I donât knowâI tend to get pretty angry at her when sheâs being a pain in the butt. I probably could hit her or choke herâI donât know”* then give yourself some more time to change, before you attempt to get her back.

You might want your girlfriend back right now before she moves on, but if you can't stop yourself from reacting in a violent way when she pushes your buttons (e.g. says things to annoy you, becomes verbally or even physically abusive towards you), then maybe you need to accept that you're just not ready to handle a woman like her.

The fact is, when a man and a woman are right for each other, they bring out the best in each other when in a relationship, not the worst.

For example: In a happy, healthy, long-lasting relationship, a man and a woman will:

- Make each other laugh and smile (even when things get tough), rather than taking everything too seriously.
- Want the best for the other person, rather than just trying to take love from the relationship (e.g. get compliments, support, affection) and give nothing or not much in return.
- Stand by each other when things get difficult, rather than getting annoyed at the other person for not being able to handle a particular situation.
- Help the other person improve and become a better person, rather than bringing that person down.
- Be willing to change and improve themselves, rather than thinking that they are perfect and everything wrong in the relationship is the other person's fault.

So make sure that when you try to get your girlfriend back, you're 100% ready to react in a new way around her.

Let her experience it for herself by interacting with her and presenting a new, improved and more mature version of yourself.

When you do that, she will naturally feel a renewed sense of respect and attraction for you.

Don't try to push for a relationship at that point though.

Just let her experience it, want you back and naturally begin to head in that direction with you.

If you push for a relationship too soon, she will probably say something like, *"I'm not sure I need more time I'm still scared I just don't know if I can trust you."*

So, make sure that you focus on re-attracting her in person and allowing the relationship to naturally come back together.

5. Contact her and attempt to get her to meet up to have a chat as friends

If you're going to convince her that you really are a different man and would never react by choking her during an argument, you're going to have to do it face-to-face.

So, pick up the phone, spark her feelings of respect for you on the call and get her to agree to meet up with you in person.

For example: Start off by using a bit of humor to make her smile and laugh and break the ice between you and her.

Then, once she's feeling more relaxed and open you might say to her, *"Hey, I accept that we've broken up, but let's meet up for a quick coffee to say hi this week as friends. It's not about us getting back together again of course. I obviously ruined my chances of that with my immature behavior recently. Instead, catching up to say hi is just about us trying to move forward as friends,*

*rather than enemies. Afterward, if you decide you never want to talk to me again, Iâll respect your decision and never contact you again.*â

Chances are high that she will agree to meeting up, even if it's because sheâs currently hoping that you will leave her alone after that.

Yet, when you re-attract her at the meet up, she will drop her guard and become open to seeing you again.

In many cases like yours, a guy will get his ex girlfriend back the first time he meets up with her.

However, just make sure that you are 100% prepare to re-attract her at the meet up.

Don't try to attract her in the same old ways that caused her to feel turned off by you or bored by you in the relationship.

To ensure success, I recommend that you use a new, more interesting and appealing approach to attraction, so she has a reason to get back with you.

Watch the video above for some examples of how to level up and re-attract her.

3 Mistakes to Avoid if You Want to Get Her Back

[image: Stop getting angry when she tests you by being annoying]

Believe it or not, in most instances, a woman will forgive a guy for almost anything if he shows her that heâs truly changed and become a better man as a result.

So, if you want your ex to forgive you and open herself up to the idea of getting back together again, make sure you donât make any of these classic mistakes:

1. Apologizing over and over when she has already heard your apology

[image: Don't keep apologizing over and over again]

Sometimes a guy feels so shocked by his behavior, that he canât stop apologizing to his ex about it.

Heâll go on and on saying things like, *âIâm sorry! Iâm so sorry for what I did! I canât believe I behaved like that. You cannot begin to know how much I regret what I did to you. Please forgive me!*â in the hope that she will see his remorse and forgive him.

Yet, apologizing over and over again doesnât actually get to the core of the problem.

Although he is being 100% sincere about his regret for hurting her, nothing else about his behavior is making her feel like if she gives him another chance, things really will be different this time.

Heâs just apologizing, but heâs still at the same level that he was at when she broke up with him.

She canât see any obvious changes in him, other than constant apologies, so she looks his apology as being just empty words.

She fears that if she gives him another chance, the same thing will happen weeks, months or years from now.

So, rather than risking it, she just continues trying to move on without him.

Hereâs the thingâ!

If youâve sincerely apologized to your girlfriend for choking her out of anger, then thereâs no need to keep apologizing to her.

Once is enough.

After apologizing once, itâs much more important to then show her, via your actions, behavior and the way you respond to her when she tests you, that you no longer react the way you did before.

When she can see that you now have full control over your emotions, it will make her feel a renewed sense of respect and attraction for you.

Then, the idea of giving you another chance starts to feel like something she may be willing to do.

However, if you just apologize to her repeatedly in the hope that she will think, *âAwwwâ! I feel sorry for him because he's so remorseful and totally regrets his mistake. He keeps apologizing, so he must be telling the truth. I should give him another chance,â* youâll be very disappointed because she will likely just move on without you.

Remember: Actions speak louder than words.

Apologizing once is fine, but you then need to get on with making her feel a renewed sense of respect and attraction for the new and improved you.

Another mistake to avoid making isâ!

2. Going to 'anger management therapy' when you don't actually need it

Some guys definitely do need help from a therapist or anger management counselor (e.g. if a guy has a long history of losing his temper often and becoming aggressive or violent towards women) and in cases like that, a guy should get help.

However, in most cases, especially where a guy has choked his girlfriend out of anger and has instantly realized his mistake and regretted it ever since, a guy does not need to go to a counseling session.

Most guys just need to honestly realize that reacting with physical violence when a woman is being annoying isn't the answer.

There are always more loving ways to react and respond to a woman who is being angry, aggressive or annoying (i.e. use humor, walk away from the situation, break up with her).

As long as have learned your lesson and know in your heart that you wonât ever want to choke your girlfriend (or another woman) again, then thereâs no need to rush off to a therapist or get counseling so you can prove to her that you are serious about changing.

In fact, women hate it when a guy goes to therapy or counseling and then tells her all about it and wants her to be part of his journey to become a better man.

A woman just wants you to get on with being a better man, without needing her to hold your hand along the way or pat you on the back about any progress you make.

Another mistake to avoid making isâ!

3. Feeling unworthy of a relationship with her, or other women, because of a silly,

immature mistake

Every man makes silly mistakes at some point in his life.

The greatest men of all learn from their mistakes and become even better men than they were before.

So, if you have learned from your mistake, are sincerely sorry for doing it and know that you won't ever hurt a woman like that again, then it's a valuable lesson.

It wasn't the right thing to do of course, but everyone makes mistakes.

Don't put yourself down because of what happened.

It was a silly mistake.

It doesn't mean that you're a bad person, or that you don't deserve to get your girlfriend back (or be with another woman).

It simply means that you stuffed up.

Let it go and just focus on being a better man.

Once you are ready, contact her, interact with her, re-attract her and guide her back into a relationship with you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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My Ex Girlfriend Moved On After Two Weeks. Did She Ever Love Me?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

It depends.

Not all women are the same.

Some women move on quickly for reasons other than not loving you, whereas other times it's because she never really loved you.

Here are 5 common reasons why a woman will quickly move on after a break up:

1. To avoid being drawn back into a relationship with you

[image: She moved on to avoid getting dragged back into a relationship with you]

After breaking up, a woman can still have some feelings for her ex guy, but deep down, she also knows that he's not going to change and become the guy she really needs him to be.

She has likely given him plenty of chances to change and improve in the past and although he always promises to change and better, he eventually reverts back to his old way of thinking and behaving.

So, this time around, rather than risk being drawn back into a relationship with him, she quickly moves on and starts dating other guys as a way to stop herself from being tempted to give him another chance.

It's not that she didn't ever love you, but rather that she doesn't want to keep experiencing the same problems with you over and over again.

She might actually still love you very much, but she currently can't trust that you will actually change and become the man she needs you to be.

So, if you want your ex girlfriend back, don't go about it in the same way you have in the past (e.g. promising her that you will change, asking her to tell you what she wants you to do to make her happy, begging and pleading for another chance).

You have to actually change this time and let her experience it on a phone call or in person.

Remember: Actions speak louder than words.

You need to show her via the way you think, talk, behave, interact with her and respond to what she says and does, that you really have changed this time.

Then, when you interact with her and she encounters a very different guy to the one she broke up with (e.g. more confident and self-assured, more able to stand up for himself, more emotionally independent, more loving, more honest and real, more charismatic and interesting), she won't be able to stop herself from feeling drawn to you again.

You can then build on her feelings of respect and attraction for you during interactions and get her back.

However, if you try to get her back without making some improvements to the things that really matter to her, she's just going to say, *âSorry. It's over between us. I've moved on and you need to do the same.â*

Another possible reason why your ex girlfriend moved on after two weeks isâ€¦!

2. To avoid having to deal with the pain of a break up

[image: She moved on to avoid having to deal with the pain of a break up]

If a woman is inexperienced with break ups and this is her first serious relationship, she may not know how to handle the pain that comes after a relationship ends.

For example: According to a study published in Evolutionary and Behavioral Sciences, women experience more emotional pain than men after a breakup.

Your ex might not shown that to you, but chances are high that she would have been experiencing a lot of emotional pain after the break up.

So, rather than sitting around feeling sad, crying and missing you for weeks, she may have simply decided to quickly move on as a way of distracting herself from the painful feelings.

The good news for you is that when you interact with her and make her feel the way that she really wants to feel in a relationship (e.g. respectful of you, attracted to you, feminine and girly around you in comparison to how masculine you think, talk and behave), her feelings will automatically change.

She will start to feel drawn to you in a way that feels good to her.

She may then think something like, *â€œHmmmâ€¦ something has changed. Suddenly the idea of moving on without him doesnâ€™t feel right to me anymore. I miss him. Maybe I made a mistake breaking up with him. Maybe we can actually work things out between us after all. What am I doing with this new guy? I have to go and see my ex. I canâ€™t stop thinking about him now.â€œ*

As a result, getting her back becomes easy for you, because itâ€™s something that both of you want, rather than it only being something that you want and you are trying to convince her of.

So, I recommend that you stop focusing on why your ex girlfriend moved on after two weeks and wondering, *â€œDid she ever love me?â€œ* and concentrate on using every interaction you have with her from now on (e.g. via text, e-mail, social media and especially over the phone and in person), to spark her feelings for you again.

The more respect and attraction you can make her feel for the new and improved you, the more she will want to be with you rather than the new guy.

On the other hand, if you interact with her and turn her off even more (e.g. by being desperate, by trying to make her feel guilty for moving on so quickly), her defenses will stay up and she will convince herself that sheâ€™s doing the right thing by moving on.

Another possible reason why your ex girlfriend moved on after two weeks isâ€¦!

3. To show her family and friends that she doesn't sleep around and just wants to be in a happy relationship

In todayâ€™s world, a lot of women enjoy being single and sleeping with many different men without getting into a serious relationship.

Although thereâ€™s nothing wrong with that, there are still some people who regard women like that as being slutty.

In the case of your ex girlfriend, she might fear that if she remains single for too long, her family and friends will start thinking that sheâ€™s a careless woman who sleeps around.

So, rather than being seen in that way, she moves on quickly to show the people in her life that she is a responsible, sensible woman who only wants to be in a happy relationship with one guy for life.

The next possible reason why your ex girlfriend moved on after two weeks isâ€¦|

4. She wasn't truly in love with you yet

Sometimes a woman might hook up with a guy that she doesn't feel 100% compatible with, simply because she doesn't want to be alone.

For example: She might think to herself, *â€œI don't feel very attracted to him right now, but he's quite sweet and treats me well. Maybe if I give him a chance, he will eventually grow on me and we can be happy together.â€*

If she then finds that her feelings don't deepen and decides to break up with him, it will be easy for her to move on because she was never really committed to him in the first place.

However, even if this was the case between you and your ex, the good news is you can still change how she feels.

In fact, the more you spark her feelings of respect and sexual attraction for you during interactions (e.g. by making her smile and laugh, making her feel like a desirable, sexy woman), the more drawn to you she will feel.

She will then begin asking herself, *â€œWhy am I feeling this way about him all of a sudden? Did I fall in love with him and not realize it until now? Could I have made a mistake by breaking up with him? Is he the one for me after all? Why don't I just give him another chance? I miss him now. I want him.â€*

She then becomes so much easier to seduce and get back into a relationship.

So, don't waste any more time thinking, *â€œMy ex girlfriend moved on after two weeks. Did she ever love me?â€*

Instead, focus instead on making her love the new and improved you.

Call her on the phone or meet up with her in person and spark her feelings for you, so she has a reason to get back with you or at least hook up with you to see how she feels.

The next possible reason why your ex girlfriend moved on after two weeks isâ€¦|

5. She prefers being in a relationship than being single

Some women simply hate the idea of not being in a relationship because her main goal is to secure a man for life and get on with having a family.

A woman like that will go from relationship to relationship really quickly, until she meets a guy who can maintain and grow her feelings of respect, attraction and love over time.

When she does find a guy like that, she will remain faithful to him and be a committed and loving woman for life.

So, if your ex girlfriend has moved on two weeks after breaking up with you, it may be because she's looking for a guy that she can permanently settle down with.

That guy can still be you, of course.

When you start giving her the attraction experience she always wanted from you, she will

automatically start to feel a renewed sense of respect and attraction for you.

Her defenses will come down and the idea of investing in a relationship with a new guy that might actually end in a break up will begin to seem wrong to her.

At that point, you can use your new and improved attraction skills to re-attract her and get her back.

For some tips on how to re-attract her, be sure to watch the videos that I've included on this page for you.

Now, let's look at where guys mess up when their ex girlfriend moves on quickly after a break up!

4 Mistakes to Avoid Making if Your Ex Girl Moved on Quickly After Breaking Up With You

It sucks that she moved on quickly, but to get her back now, you need to be in control of your emotions, so you can talk, behave and act in a way that will re-attract her.

For example: Make sure that you avoid the following mistakes that show you are hurting and are not in control of your emotions!

1. Asking her how she could move on so quickly

It's normal for a guy to feel hurt or annoyed at his ex girlfriend for moving on so quickly after their break up.

Feeling rejected, betrayed or like she had fooled him into thinking that everything was fine, he might start to feel angry and want to know what the heck she was thinking.

As a result, he might text her, call her or talk to her in person and ask (in an annoyed, angry or suspicious manner), *"How could you move on so quickly? Did you ever love me? Was our relationship fake? Did I mean anything to you?!"*

Even though he has a right to ask for an explanation from her (after all she was his girlfriend), she probably won't agree and will get annoyed at him.

For example: She may think, *"How dare he ask me why I'm moving on so quickly? Does he think he owns me or something? Well, I'm not his property and I don't have to explain myself to him. He's just jealous that I moved on easily and he can't. He's lost so much confidence in himself that other attractive girls don't want him. Well, that's his bad luck. I don't have to sit around being single just because he isn't moving on."*

She then closes herself off from her ex and focuses on trying to make her new relationship work.

So, if you don't want to push your ex girlfriend further away, don't ask her why or how she could move on so quickly.

Instead, just focus on reactivating her feelings for you.

The more attracted and respectful you make her feel about the new and improved you, the sooner she will be back in your arms.

Another mistake to avoid making is!

2. Seeking pity from her

Sometimes a guy might sulk, whine or even cry about the situation to his girlfriend as a way of hopefully making her feel guilty for what she has done to him.

He might say, *â€œHow can you do this to me? How can you move on after two weeks? Did you ever love me or was it all a lie? Well, for me it was 100% real and I canâ€™t just move on as though nothing happened. What happened between you and I was real. I wish I could just forget about you, but I canâ€™t. Maybe Iâ€™m just a fool for loving you so much. I actually care about what we had together. It means so much to me. I just donâ€™t understand how what we shared seems to have meant nothing to you. Two weeks!? Thatâ€™s all it took for you to forget me and move on? Iâ€™m stunned. Iâ€™ll never be able to recover from this. Yet, thatâ€™s what you wanted all along, right? To see me suffer like this? To break my heart? Well you got your wish. I hope youâ€™re happy.â€*

Heâ€™s secretly hoping that she will feel sorry for him, take pity on him, leave the new guy and get back with him.

Yet, it rarely (if ever) works like that.

Although a woman might feel sorry for her ex and feel a bit guilty about moving on so quickly, she wonâ€™t allow those feelings to force her into a relationship that doesnâ€™t make her happy.

In fact, when she realizes that her ex is simply trying to manipulate her by making her feel guilty, she will lose respect for him and will feel happier with the new guy.

So, donâ€™t bother trying to make your ex girlfriend feel pity for you.

Instead, focus on re-sparking her feelings of respect and attraction for you, so she naturally feels drawn to you and becomes open to giving you another chance.

Another mistake to avoid making isâ€¦

3. Calling her names or insulting her

[image: How could you move on so quickly?!]

When feeling angry, a guy might decide to just accuse his ex girlfriend of being a slut, a bitch or a liar because she moved on so quickly.

He might say, *â€œYouâ€™re such a lying slut. You used to tell me that you wanted to be with me forever! Lies! You never wanted to stay with me. Well, I hope you get what you deserve. I hope your new guy dumps you and shows you that youâ€™re not worth being loyal to. After all, youâ€™re not loyal to anyone but yourself! You will get your dose of karma. What goes around comes around, bitch!â€*

Hereâ€™s the thingâ€¦

Although it might feel right in the moment, due to how much anger he is feeling, itâ€™s just not going to help him get her back at all.

Instead, it will only cause her to lose even more respect for him for losing control of his emotions and showing an angry, unloving side of himself that almost all women on the planet donâ€™t find appealing.

In some cases, a woman will begin to feel scared that if her ex had gotten that angry over the phone, he might become even angrier and more aggressive if she saw him in person.

As a result, she might block him on her phone, unfriend him on social media or continually reject his

attempts to get her to meet up with him.

So, what should you do instead?

Simple: Continue to be a confident, good man who only has good intentions with her.

I'm not saying to be really nice to her.

Don't get me wrong.

You won't gain any points with her by becoming a super nice guy.

Instead, be a confident, good man who has the balls to joke around with her, flirt with her and have a good time when talking to her.

If you do that, she will feel a renewed sense of respect for you, for being able to handle the situation like a man.

When she feels respect, she will also be able to feel sexual and romantic attraction and when that happens, she will begin to question her decision to move on so quickly without you.

On the other hand, if you just insult her, she will move farther away from you and then, getting her back will become more difficult.

Another mistake to avoid making isâ□|

4. Thinking that you have no chance to re-attract her and get her back

Itâ□□s understandable that when a guy sees his ex girlfriend has already moved on after two weeks, he might begin to think that he can't ever get her back.

He may even say to himself, *â□□ Well, I guess itâ□□s truly over between us then. She obviously never loved me and Iâ□□m just a fool for missing her and wanting her back. I better accept it and move on too, because itâ□□s too late to get her back. I donâ□□t stand a chance with her anymore.*â□□

Yet, thinking like that only makes him lose confidence in himself and in his value to her.

Then, when he interacts with her (e.g. via text, e-mail, on social media, on a phone call or in person) and she picks up on his insecure, self-doubting vibe and feels turned off by him.

Rather than see things from his point of view (i.e. that heâ□□s hurting because she moved on after two weeks), she instead sees him as an emotionally weak guy who canâ□□t handle life's challenges like a man.

This makes her lose even more respect for him and convinces her that moving on was the right thing for her to do.

So, if you want to get your ex girlfriend back, you have to believe that you can do it and that you are worthy of her.

If you don't believe itâ□□s possible for her to feel attracted to you again, you wonâ□□t be able to convince her to give you another chance because she will be turned off by your self-doubt and insecure.

[image: You have to believe that you can get her back]

If you want her back, you have to believe that you can get her back.

The more you believe in yourself, the more that your confidence will come through in your actions,

your conversation style and the way you respond to her.

All it takes is a little seed of doubt in her mind, for her to begin to wonder, *“Did I make the right decision by moving on from my ex so quickly? What if he’s actually the one for me? Will he give me another chance after what I did to him?”*

She then contacts you or replies or answers when you contact her.

You can then meet up with her, re-attract her and show her that getting back together with you is the best thing for her.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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How Can I Get My Ex Back if She Won't Even Speak to Me?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

How can you get your ex girlfriend or your ex wife back if she won't speak to you?

You want to reach out to her, you want to discuss things and try to work things out, but she's not interested.

So, what should you do in a situation like that?

Well, what I've found is that when a guy gives his woman about a week of space, he will usually find that she either contacts him or when he contacts her, she's more open to communicating with him.

He can then talk to her on the phone, get her to meet up with him, attract her in person and get the relationship back together.

However, there are some situations where a guy doesn't hear from his ex after a week or he contacts her after giving her a week of space and he still gets nothing.

She either doesn't reply at all or she replies in a cold way and tells him to go away.

So, if your ex woman doesn't currently want to talk to you, it's best to give her a week of space.

[image: Give her a week of space to prove that you're not being needy or desperate]

The reason why is that it proves to her that you're not being needy and desperate and chasing her down.

You are in control of your emotions.

Giving her that week of space is more than enough in almost all situations.

If you give your woman too much space, for example, 30 or 60 days, what I've found is that the woman usually just moves on from the guy.

So, in your situation where your ex doesn't want to talk to you anymore, it's best to give her a week of space, but don't just give her a week of space and do nothing.

What you need to do during those 7 days is ensure that you are improving your ability to attract her when you interact with her again.

Don't wait 7 days and then interact with her using the same old approach to attraction that has been turning her off up until this point.

For example, if a guy got dumped because there was no spark in the relationship anymore with his woman.

He then gives her a week of space and contacts are in a neutral way.

He contacts her asking something like, *"Hey, how's it going? How's work? How's things?"* or something like that.

As a result, she doesn't feel a spark with him.

It's not something that is going to make her feel attracted and excited and turned on by him.

So, when you do talk to her again, make sure that you are ready to make her feel a spark of attraction for you.

Make sure that you are ready to cause her to feel sexually or romantically attracted to you so she

actually has a reason to continue talking to you.

To get an ex woman back, you have to make sure that the feelings between you and her are mutual or close to mutual.

It can't be about you trying to get her back because you love her so much and you care about her so much and you're so sincere about doing a better job this time around.

To get her back after she's broken up with you, it has to be about making her feel attracted to you, making her feel like she wants to give the relationship another chance.

Where Guys Go Wrong

So, let's have a look at where guys go wrong when they finally get to speak to their ex, whether that's after 7 days, a couple of weeks or a little bit more.

1. Asking for a relationship before re-attracting her

[image: Asking for a relationship before re-attracting her]

As I've just mentioned before, you have to make sure that the feelings are mutual or at least close to mutual.

It's pretty obvious that you want to have a relationship with her again.

She knows that and if you are trying to get her back on the basis of getting the relationship back together and doing better this time, then she's almost certainly going to say no about that.

You have to first re-attract her.

You have to make her feel sexually and romantically attracted to you.

So, say for example, a guy was very confident in the relationship in the beginning.

However, over time he lost confidence in himself and his woman gained a lot of dominance and power in the relationship.

She ended up having too much control over him and that turned her off.

Then, when he catches up with her, they meet up and he goes to give her a hug and she gives him a bit of a side hug, rather than hugging him directly, face to face.

She doesn't fully commit to the hug.

Now, if he wants to create a spark of attraction inside of her, he needs to show her that he is the confident guy that she used to feel attracted to and love.

So, as he moves in to give her a hug when they made up, if she gives him a bit of a side hug, he needs to smile and say, *"What's that? A side hug. Come here, give me a proper hug. Bring it in,"* and get her to give him a proper hug.

He's showing her that he's confident, he's masculine and he can take control of the situation.

He's no longer the self-doubting guy that he became in the relationship.

Is that going to get her back right then and there?

Well, not in most cases.

He's going to probably need to prove himself a little bit more.

So, when he's talking to her throughout the interaction, he's going to need to create more sparks of attraction.

He's going to need to get her laughing and smiling and showing her again and again throughout the interaction that he is the confident guy, the masculine guy that she used to like.

He's no longer the self-doubting, insecure guy that he became in the relationship.

So, with number 1 here (asking for a relationship before re-attracting her), a lot of guys really mess this part up.

[image: Just give me a chance to prove to you that things will be different]

A guy finally interacts with his ex, whether that is via text, on a phone call, in person or by social media and he immediately starts trying to get the relationship back together.

He tries to work things out immediately and get the relationship back together and as a result, her guard goes up.

The reason why is that to get an ex woman back, you have to make the feelings mutual or at least close to mutual first rather than trying to get the relationship back together first.

You have to give her a reason why she would want to get back with you and that reason is her feelings.

If she's feeling sexually and romantically attracted to you and is feeling sparks of love, it's only natural that she's going to want to open up to the relationship and give you another chance.

So, another way that guys mess up when they finally get to speak to their ex is...

2. Asking her to tell him what she wants him to change

[image: Tell me what you want me to change and I will do it]

A woman doesn't want to be a guy's teacher in life about how to be a man.

What a woman fears is that if she is in a situation where she has to teach a guy how to be the type of man that she wants, then she's going to need to keep doing that throughout the rest of her life.

It's going to be more like a teacher-student or mother-son type of relationship rather than a relationship between a man and a woman where there is a clear difference between the masculine and feminine energy.

he man is clearly the man and the woman is clearly the woman.

So, where guys mess up is in finally getting to talk to their ex again and either subtly or very directly asking her what she wants him to change.

He's essentially saying, *"Hey, tell me what you want and I'll do it. I'm willing to do whatever it takes. I'm serious. I love you. You mean the world to me. I'm willing to do anything."*

Although the guy is a good guy and he has good intentions, it's just not the right approach to use if you want to get your ex woman back.

3. Letting her be the dominant one in a conversation

A woman will often test her ex guy with this type of approach to a conversation.

She will seem irritable, she will seem like she's feeling annoyed and doesn't have the patience to be

talking to him.

She wants to see whether or not he is going to crumble under that type of pressure.

Can he handle it?

Is he going to lose control of his emotions?

Is he going to doubt himself and feel like she is too good for him and he can't get her back and the whole situation is out of his control?

Is he going to start sucking up to her and trying to be really nice to hopefully not annoy her?

This is a test that women put men through to see how confident a man really is, how in control of his emotions a man really is.

If you understand how a woman's attraction for a man works, you will know that a man's confidence is extremely important to a woman.

It is absolutely essential to her ability to feel sexually and romantically attracted to him.

If a guy can't handle her pressure, then she feels stronger than him and as a result, she feels turned off.

Finally, another area where guys go wrong when they finally get to speak to their ex is...

4. Hoping to get her back just via text

Texting is very common form of communication these days and it's very important for some people.

Some people really rely on it.

However, when you're trying to get an ex woman back, you should not rely on text as your main method to get her back.

One of the reasons why is that it's very easy for a woman to play hard-to-get via text.

She can start being a little bit bitchy, a little bit cold, distant, not replying to your texts, pretending to not understand what you're saying and trying to get you to explain yourself to see how desperate you are to impress her and so on.

There's so many games that can be played via text when a woman is testing her ex guy.

So, it's okay to use text, but what I recommend is that you get past text and you get to either a phone call or an in-person interaction.

When you're talking to her on the phone or in person, it's much easier and quicker to make her feel attracted to your confidence, humor, charisma, emotional masculinity and so on.

She can experience those traits much more easily and as a result you make her feel more attraction quicker and easier.

So, if you're currently in a situation where your ex won't talk to you, I recommend that you give her a week of space and see what happens.

Don't wait longer than that, though.

So many guys mess up where they don't hear from their ex after a week and then decide to give her another week...and another week...and another week.

Eventually, the guy finds out that she has moved on and she's happy with someone else.

What you need to do is give her a week of space, but during that week, make sure that you are

improving your ability to attract her.

That way, when you do interact with her again, you are actually going to make her feel a spark of attraction for you.

You're going to make her start to feel drawn to you and open up to you and want to give the relationship another chance.

Learn More?

Okay, I hope you've enjoyed this video and learned something from it.

If you'd like to learn more, I recommend that you watch my program, [Get Your Ex Back Super System](#)

When you watch the program, you will learn exactly what to say and do to make her want to talk to you again, want to interact with you in person, feel attracted to you and give the relationship another chance.

She will end up feeling as though she wants the relationship more than you do, which then puts you in the position of power. You decide to give her another chance with you.

She Will Calm Down and Open Back Up to You

[image: She will calm down and open back up to you]

One final point that I want to make for you in this video is that just because your ex won't speak to you today, it doesn't mean that she won't speak to you in a few days, in a week or in a couple of weeks for extreme situations.

I've been helping new men get women back for many years now and I've heard about all the types of situations that guys find themselves in.

Every guy's situation is different, but what each guy needs to understand is that emotions aren't set in stone.

Emotions change.

She might be angry at you at the moment, she might be annoyed, she might be completely turned off and she might be feeling as though she never wants to talk to you again.

However, that can and will change.

There are ways to speed up the process which I teach in my program.

There are subtle techniques that you can use or you can give it a bit of time.

You can give her a week of space and see if she contacts you and if she doesn't, you can contact her and make her feel attracted when you text her, when you get around the phone, when you see her in person and you can then hook up with her and get the relationship back together.

So, don't lose hope if your ex currently doesn't want to talk to you.

You can either turn it around by using techniques and being active about it or you can give her some space and then contact her and see how you go, but you are going to be able to talk to her again.

It's not the end of the world, she's not going to never talk to you again.

You can interact with her again, you can make her feel attracted and if you do, she's going to drop her guard and open up to you.

From there, you can build on her new feelings for you and make her feel attracted to you in new and exciting ways.

When she's feeling attracted and she's feeling in love, she's going to want to speak to you.

It's going to be in her best interest to see you again and explore her new feelings for you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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3 Tips on How to Get Your Ex Back if She Has Blocked You

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

How can you get your ex back if she has blocked you on her phone, on WhatsApp or social media?

If you tell someone that your ex has blocked you, they're pretty much always going to say things like, "Oh, just let her go. It's over. Leave her alone. You can't do anything about it. Just wait. Maybe one day she'll unblock you and maybe one day she'll come back to you."

As you would most likely agree, it's pretty annoying to hear that sort of thing when you want to get your ex back now or very quickly.

So, how can you do it? How can you get your ex back if she has blocked you?

1. Understand the real reason why she has blocked you

[image: Understand the real reason why she blocked you]

When a guy gets blocked by his ex girlfriend or ex wife, pretty much everyone assumes that it's his fault.

Sometimes it is, but sometimes a woman blocks a guy for other reasons.

For example, here are some common reasons why a woman will block her ex after a breakup.

1. She knows that he could attract her back into a relationship so she is trying to avoid him.
This often happens when a guy is very confident and he knows how to attract women and the woman knows that she can fall for his charm.
He can seduce her back into a relationship. So, she's trying to do the old out of sight, out of mind thing, keep him out of a life and try not to be focusing on him and try to move on.
2. She's seeing someone new and doesn't want her ex interfering or finding out.
Some women have a replacement guy ready to go before they break up with their boyfriend or husband.
It's actually pretty common.
So, sometimes a woman will block her ex boyfriend or ex husband because she doesn't want him to interfere with her new relationship and mess it up by getting angry at the guy or constantly texting her or calling her or she doesn't actually want him to find out.
She doesn't want to have to deal with the drama of him contacting her and asking her why and trying to get another chance with her.
She just wants to start dating the new guy, see how she feels and if she doesn't want to stay with the new guy, she can then unblock her ex and open back up to him if she wants to.
3. He was being needy, aggressive or argumentative.
4. He wouldn't stop texting or calling her to try and work things out.
5. He still doesn't understand how to attract her in the ways that she really wants.
6. She doesn't want him posting anything on her social media which then might embarrass her in front of her friends, family or co-workers.
7. She did it to test him.

The final reason there (she did it to test him) is actually a very common reason why a woman will block her ex after a breakup.

She wants to see how he will react.

Will he get angry?

Will he start begging and pleading with her?

Will he use the only method of communication that is left for him, for example, e-mail to constantly send her e-mails or to pour his heart out via e-mail?

Will he panic and show up at her workplace or at her home?

Will he lose control of his emotions?

She wants to test him to see how he will react.

Over the years what I've found is that in cases where a woman has blocked her ex to test him, she will usually unblock him within a few days or up to a couple of weeks.

In most cases, a guy won't wait any longer than that and he will find that his ex unblocks him.

What she may do then is text him to see how he's going to react now or she might just unblock him and see if he contacts her.

She wants to see when he contacts her that he's being confident, he's calm and he's in control of his emotions.

If he contacts her and he's panicking or he's trying to suck up to her, then she's going to lose respect and attraction for him and she may block him again.

Okay, so with this first tip (*understand the real reason why she has blocked you*), it's important that you understand the **real** reason why she has blocked you.

If your ex has blocked you because she thinks that you're easily going to be able to re-attract her and get her back, then getting her back is actually going to be pretty easy for you.

When you can communicate with her again, interact with her, make her feel attracted, meet up with her, hook up with her sexually and get her back. Those are the easier type of cases.

A more challenging type of case is where a woman has blocked her ex guy and she doesn't feel attracted to him anymore.

She is not secretly in love with him, she is not secretly hoping that they get back and she is hoping to move on.

She doesn't want to get back with him at all.

If that applies to you, then you really need to watch tip number 2.

2. Before attempting to contact her, you must change your communication style

When you get your ex to unblock you or when she unblocks you herself, you have to use a different communication style with her.

If you use the same old communication style that turned her off in the first place and led to you getting dumped, then she's not going to be turned on and attracted and wanting to communicate with

you further.

So, you need to make sure that you change your communication style with her.

Do not use the same approach that you've been using up until this point.

You have to talk to her in a different way and text her in a different way. You have to do it differently. Here are some examples.

If your communication style has been needy, then you need to change it to be relaxed and easy-going.

If you've been too neutral where you're being boring, plain and you're not really creating a spark with her, you need to be funny and flirtatious.

If you've been angry and argumentative, you need to be relaxed, easygoing and positive.

If you've been too soft where you're being too much of a nice guy or you've given her too much power when you communicate with her, you need to start being dominant in a loving way.

So, let's have a look at an example...

We'll use the example of a guy who has been neutral and has been a bit boring when he's been communicating with his ex girlfriend or ex wife.

He needs to level up and start being a bit more funny and flirtatious so she can feel a spark with him.

In this example, the woman has been missing him during the week that she blocked him.

She then unblocks him and sends him a text.

She texts him, *"Hey, how are you?"* and he replies, *"Hey, ex girlfriend. I'm good. How about you?"*

She then replies, *"Ex girlfriend? LOL. Okay then."*

He replies, *"Okay...let me say that again. Hey, pretty ex girlfriend, how's things?"* 🗨️🗨️🗨️

She then replies with, *"LOL, that's better."* 🗨️🗨️🗨️

He then doesn't reply to her last text.

Now, remember this is an example where she was missing him during the week that she blocked him.

So, she actually wants something to happen.

[image: Communicate with her in a way that sparks attraction]

She's hoping that there's going to be a bit of a spark between them and she might be able to get him back.

As a result, she texts him again, she says, *"So, what are you up to today?"*

He replies, *"Just finished having pizza with some buddies. Delicious. Sorry, I didn't save you a slice."*

She then replies with, *"Lol, no probs. I'm not hungry anyway. Pizza sounds good though."*

He then replies, *"Cool. So, when are you taking me out for pizza?"* 🗨️🗨️🗨️

She then replies, *"Never! Lol..."* and he replies, *"LOL. Okay. No pizza for you then."* 🗨️🗨️🗨️

She replies with an LOL.

He then replies, *"Hey, I have to get going now, but I'll give you a call sometime soon to say hi."* She replies, *"Okay, have fun!"*

Now, if he is being boring and neutral in the past and that was one of the main reasons why she broke up with him because there was no spark between them, she's going to feel differently now.

She's going to start feeling drawn to him because he's actually able to make her laugh and feel good when he's texting back and forth with her.

She then assumes that if they caught up in person, she would probably end up laughing and having a good time with him.

So, she becomes open to meeting up and actually hopes that he calls her.

In this scenario, the guy then calls her the next day.

He calls her up and she says, *"Hey,"* and he says, *"Hey. So where's my pizza?"* and has a laugh.

He then says, *"I want a Hawaiian pizza. How about you? What pizza are you getting?"*

At that point, she's most likely going to be laughing or she's going to agree with his choice of pizza and say that she wants it, too.

He can then change the subject because he has gotten her to laugh and he has started the conversation off in a way that is making her feel good.

It's not the same old boring, neutral approach that he used to use with her.

He's actually able to get her laughing now and create a bit of a spark between them.

So, he says, *"Anyway, so how are you?"*

He then has a chat with her, gets her to meet up with him, re-attracts her at the meet-up and gets back with her.

Now, it's important to point out that he wouldn't have got that result if he had continued to interact with her in a neutral and boring way.

For example, with that first text that she sent him, *"Hey, how are you?"* replying in a neutral and boring way would be something like this...

He replies, *"Hey, I'm good. How are you?"* and replies, *"Yeah, good."*

He then says, *"So, how's work?"* and she then says, *"Good, I suppose."*

He then says, *"Cool. Yeah. I've been working hard, just got home now."*

She then feels bored and loses interest in communicating with him and either stops replying to his messages or blocks him again and tries to move on.

So, when your ex unblocks you or when you get her to unblock you, make sure that you change your communication style to something that is going to be attractive to her.

For example, if one of the reasons why a guy got dumped was that he was too soft with his woman and gave her too much power in the relationship, he needs to change his communication style to show her that he's changed.

He doesn't need to tell her that he has changed or that he will change if she gives him another chance.

Instead, he just needs to change and allow her to experience it for herself, allow her to see that she really does feel differently around him now.

Say for example, they catch up and they're walking into a cafe or restaurant where they're going to sit down and have a chat.

If he would normally ask her something like, *"Oh, where do you want to sit?"* and be soft like that, he needs to show that he has changed by choosing where they're going to sit.

So, as they walk into the cafe or restaurant, he needs to just have a look and say, *"Yep, let's go sit*

over there,” and walk over there, sit down and don’t even ask for her opinion on where to sit.

Additionally, if he’s sitting down talking to her and he cracks a joke or two, but she isn’t smiling, he needs to be dominant in a loving way by calling her out on that.

He needs to let her see that he doesn’t allow her to get away with treating him badly anymore, but he’s still being a good guy.

He’s being dominant, but in a loving way.

So, if he cracks a joke that is funny and she should really have a smile or have a bit of a laugh and she would have in the past, he needs to address that.

He needs to say something like, *“Come on, girl. That was funny. You can at least have a smile. It’s okay to smile. It’s okay to have a bit of a laugh. We’re exes, we’re not enemies. So, relax. It’s okay to have a bit of a laugh.”*

If the guy has been soft in the relationship and gave her too much power, she is going to feel a renewed sense of respect for him at that point.

She’s also going to feel some attraction for the fact that he is much more confident now.

He’s dominant, but he’s also being a good guy.

He’s not being an asshole about it.

He’s not saying, *“Well, why aren’t you smiling? Why aren’t you laughing? Like, we’re not enemies, we’re exes. We can talk and have a laugh”* in angry, defensive or sulking manner.

He’s not losing control of his emotions or whinging like that.

He is being dominant, while also being loving.

So, with tip number 2 here, what you need to make sure that you do is change your communication style in a way that is going to be attractive to her.

Don’t use the same old approach to communication and attraction that turned her off in the relationship and led to you getting dumped.

When you do get to interact with her again, make sure that you are using a communication style that is going to make her feel a renewed sense of respect and attraction for you.

If you don’t and you use the same old approach that turned her off, then she’s either going to block you again or she’s going to tell you that she’s not interested and wants you to leave her alone.

Now, something important to point out here is that a woman usually won’t say that sort of thing (i.e. *“I’m not interested...leave me alone”*) because it’s impossible for you to get her back.

She will say that sort of thing if you are using an approach that isn’t making her feel attracted.

When a woman breaks up with you, it’s usually because she doesn’t feel enough respect, attraction and love to justify being in a relationship.

You want her back, you feel attraction and love for her, you want to get something happening, but she’s not feeling the same way.

That’s why you need to use an approach to communication that is going to make her feel a renewed sense of respect and attraction for you.

When you do that, the feelings start to become mutual or at least close to mutual.

It starts to feel like a good idea for her to get back with you.

Unfortunately, a lot of guys aren't unaware of that.

When a guy's woman unblocks him or when he gets her to unblock him, he communicates with her in a way that turns her off or causes her to block him once again.

So, to make it very clear for you, I'll give you these three examples...

1. A guy gets unblocked, then he tries to work things out via text. He discusses the relationship with her. Her guard goes up, she feels stressed or pressured into getting back into a relationship with him, so she stops communicating with him or blocks him again.

2. A guy gets unblocked and uses an unattractive communication style. For example, he goes from being a very confident cool guy to now being a self-doubting guy who is on his best behavior.

Those two approaches don't work because with number 1, the woman isn't feeling attracted yet.

She doesn't feel like she wants to give him another chance and he's already trying to discuss the relationship or get another chance with her.

As for number 2, the guy isn't using an attractive communication style, so he is killing her motivation to want to get back with him.

He's not giving her a reason to want to get back with him and instead is giving her reasons to continue moving on.

So, with the third example here...

3. A guy gets unblocked. He then uses a communication style that makes her feel attracted to him. For example, he's being very confident, he's using humor, he's being emotionally masculine and flirting with her to build up sexual tension between them.

That's what works.

So, make sure that when you get unblocked, you're not trying to work things out via text or suck up to her and be on your best behavior.

What you need to do is use an approach to communication that is going to make her feel attracted to you.

When she is attracted to you again, she then has a reason to get back with you.

3. Decide whether or not you are willing to use risky techniques to get yourself unblocked

[image: Decide whether or not you are willing to use risky techniques to get unblocked]

For example, a woman has blocked her ex on the phone, on WhatsApp and on Facebook.

She then unblocks him on her phone and texts him, but he doesn't reply.

She waits a couple of days, texts him again and he still doesn't reply.

As a result, she then unblocks him on Facebook to see what's going on.

For example, has he moved on with a new girl? Is he over her now or something?

That type of approach can work, but it can also backfire.

Sometimes a woman will only ever send one text and if she doesn't get anything back, she will block her guy again and try to move on.

One of the main reasons why is that when a woman breaks up with a guy, she's usually in the power position.

She usually gets to walk away, feeling pretty good about herself.

She wasn't the one who got dumped.

She broke up with him.

He wanted to be with her, but she said, "*It's over,*" and she walked away.

So, she isn't hurting as much as he is after the breakup.

However, if she contacts him and he's not replying to her, she can then start to feel rejected.

If she keeps trying to contact him and starts chasing him, but he doesn't give her much or anything back, she can feel like she has been the one who got dumped.

She has lost him.

So, rather than putting herself in that situation, a woman will usually not contact her ex at all.

She will only be open to getting back with him if he has the courage and the confidence to pursue her if he is the one who is willing to risk a potential rejection by contacting her and trying to get her back.

In other cases, the woman will text once or twice and if she's not getting any replies or her ex is being cold, she will either block him or just not reply to him anymore, not try to contact him anymore and she will then begin to move on.

She might then try to make herself feel better by going out and hooking up with a new guy, or getting on Tinder or some other dating app and lining up a whole lot of dates, where she can easily kiss new guys and have sex with new guys and make herself feel better.

So, it's a risky technique to ignore her attempts to contact you.

That's otherwise known as the no contact rule.

The no contact rule is essentially about not contacting your ex for 30 or 60 days and also not replying to any attempts from her to contact you or interact with you.

Other risky techniques include hooking up with other women to make her jealous. That can work, but it can also backfire.

Another risky technique is moving on and getting into a new serious relationship and waiting for her to hopefully want you back.

Obviously, that's a bit of a risky technique because it can take a lot of time to develop a new relationship and if she notices that you're happy without her, she will most likely move on herself and get into a relationship.

Finally, another risky technique is not doing anything and just waiting and hoping that she comes back to you for some reason someday.

If you're serious about getting your ex back, then you're going to understand why that will be a risky technique.

You're going to be essentially doing nothing and just hoping that she doesn't meet any new guys that she finds attractive and for some reason she unblocks you, she wants you back and she comes back to you.

So, you need to decide whether or not you're willing to use risky techniques like that.

Risky techniques can work, but they can also backfire.

If you want to learn my best techniques that take away the risk and make your ex want to contact you and meet up with you, I recommend that you watch my program, [Get Your Ex Back Super System](#)

When you watch the program you will learn how to get her to unblock you, how to make her want to communicate with you again, how to communicate with her in an attractive way, how to make her feel sexually and romantically attracted to you again, how to make her want to meet up with you, what to say and do at the meet-up, how to get her to hug you and kiss you at the meet-up and how to get her to want to hook up again sexually.

You will also learn how to keep the relationship back together after you and her have had sex again, how to make her respect you and feel attracted to you and be in love with you again once you're back in a relationship.

Getting Blocked Doesn't Mean That You're a Bad Person

One final point that I want to make for you in this video is that just because she blocked you, it doesn't mean that you're a bad person.

Sometimes it's the woman overreacting.

Sometimes a woman is playing games with their ex and yes, sometimes a guy has been a pain in the butt and that's why he has gotten blocked.

You may have made some communication mistakes with her and you may have stuffed up, but that doesn't make you a bad person.

In fact, you have learned a lot since the breakup.

You have already become a much better man since the breakup.

You're continuing to become a better man each and every day.

So, don't beat yourself up over the fact that you've been blocked.

Don't look at yourself as a guy who is a complete turn-off to your ex and you're a hopeless case and you can't do anything about it and you're just going to have to accept your fate of being dumped and left behind.

The fact is when you interact with her again, you are going to make her feel attracted to you.

She is going to feel a spark of attraction.

She's going to feel respect and she's going to feel love for the new you.

That might seem impossible to you if your situation is one of those where your ex hates you and doesn't want anything to do with you, but let me tell you...

I've heard back from so many guys who have turn their situation around when it seemed hopeless.

So, you've got to be confident, you've got to believe in yourself, you've got to believe in the power of attraction.

You've also got to focus on what matters to her and that is her feelings.

Don't try to get her back by telling her how much she means to you and trying to convince her to give you another chance.

That doesn't work, especially when you're being blocked.

What works is when you interact with her and you focus on making her feel sexually and romantically attracted to you again.

You make her have feelings for you.

Some guys watching might be thinking, *“Yes, I want to do that, but how am I going to do it if she has blocked me and I can’t interact with her?”*

What I’ve found is that most guys get unblocked and it usually takes around about a week or two.

Sometimes it can take a little bit longer, but if a guy wants to speed up the process, that’s what the techniques in my program are for.

Just to let you know, when I recorded my program, I didn’t just record it out of nowhere.

What I did is that I coached more than 100 phone coaching clients and help them get their ex woman back.

In about 20% of the cases, the guy was blocked.

So, I know all about the blocked situation and I know how difficult it can be for a guy to deal with.

That’s why in the program, I explain how to get her to unblock you, how to get her to re-friend you on Facebook, how to get her to open up to text you, how to get her to feel happy to be talking to you on the phone and how to get her to meet up with you.

I also then explain what to say to her at the meet-up to get her to give you another chance, how to get to the point where she gives you a hug, she gives you a kiss and she wants to hook up sexually.

You can do that.

In your situation, you might get unblocked by not doing anything or you might need to use other techniques to get yourself unblocked, but just know that you can do it.

Just because she has blocked you, it doesn’t mean that it’s over and it doesn’t mean that you can’t get her back.

Men all over the world get unblocked by their ex girlfriend or ex wife and are able to get her back.

The way to do it is to make sure that when you do get her to unblock you or she unblocks you herself, that you use an approach to communication that creates a spark inside of her.

She feels attracted to you and starts to feel sparks of love.

Don’t use an approach to communication that is going to turn her off such as focusing on trying to fix things between you and her and sort things out and get the relationship back together via text.

Alternatively, don’t try to suck up to her now by being on your best behavior.

Make sure that you are being confident, make sure that you’re interacting with her in a way that is going to create a spark of attraction inside of her.

When you do that, you give her a reason to want to communicate with you further, meet up with you and give you another chance.

When you meet up with her, you’ll be able to build on her feelings for you and make her really want to get back with you.

You will be able to make her open back up to hugging you, kissing you, having sex with you and getting back into a relationship with you.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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5 Tips on How to Make Your Ex Love You Again

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

How can you make your ex love you again?

How can you make her feel like she's totally in love with you and wants to be with you and only you?

Here are my 5 tips...

1. Get clear on why she stopped loving you

[image: Get clear on why she stopped loving you]

Recently, I was at a barbecue with my wife and I was talking to a friend of mine.

He introduced me to a friend of his who had been dumped by his girlfriend.

He was saying things like, *"She's so special to me. She's so unique. There's no other girl like her. When I'm with her, I feel amazing. I love her so much. I just want to have her back."*

I then say to him, *"That's great. She sounds like an awesome girl, but the most important question here is, how did you make her feel? That's how she made you feel. How did you make her feel?"*

The guy then stopped for a moment and started to realize what I was asking him and he said, *"Yeah. Well, maybe I didn't make her feel like that."*

That's really an important part of understanding how to make your ex love you again.

The way that it works is that you really love how the other person makes you feel and how you feel when you're around them.

You love your ex so much because of how she makes you feel, the value that she brings into your life and the way that your experience of life is so much better when she's a part of it.

However, you've got to think about how you're making her feel.

When she's around you, are you making her feel amazing?

Does she feel like her experience of life is so much better because you're a part of it or does she feel like you are dampering her experience?

Does she feel like you're annoying her, stressing her out, or turning her off?

So, anyway, I got to chatting to the guy and he explained that some of the things he was doing that would've caused her to stop loving him included him being insecure, being controlling, not really treating her as well as he did in the beginning and essentially taking her presence in his life for granted.

He was enjoying his life when she was a part of it.

She was adding to his experience, she was making him feel happy, she was making him feel like more of a man, he was proud to have her as his girlfriend, but he wasn't offering her the same type of experience in return.

He was essentially just taking her presence in his life for granted.

For example, she was complaining about how he was being insecure and a bit too jealous at times,

but he didn't really take that on board and change.

He just thought, *"Well, she'll put up with it because of how amazing the love is and how great our relationship is and I want it more than anything. She knows that. She knows that I care about her, so it doesn't matter."*

Unfortunately, in the end, it did matter to her because as it turned out, she was giving him warnings and complaining about things for months on end, but he wasn't changing and she eventually got to the point where she had enough of it and broke up with him.

So, it's very important that you understand why she stopped loving you.

It's not because you're not a lovable person.

It's not because she can't love you.

It's not because the love between you and her wasn't real or wasn't good enough.

It's simply because of how your approach to her and the relationship was making her feel.

She was feeling turned off, annoyed, stressed, or overwhelmed, for example.

As a result, she wasn't getting a good experience from the relationship.

She couldn't remain in love with that.

It's not about you not being lovable or not being good enough.

You can actually make her love you again, but you have to change your approach to her and the relationship.

2. Prepare to attract her in new and exciting ways

[image: Prepare to attract her in new and exciting ways]

When a guy is trying to get his ex woman to love him again, he often goes about it in all the wrong ways.

He starts telling her how much he loves her, how much she means to him, how much he cares about her and how serious he is about changing and improving.

That's all his stuff.

How much he wants her, how much he cares her, how committed he is and so on.

It doesn't have anything to do with how he is making her feel in the moment.

Alternatively, some guys don't go down that path.

Instead, they just cut off contact and ignore their woman.

The guy hopes that by not contacting her and staying out of her life, she's going to somehow fall in love with him again and want him back.

In some cases, that approach can work, when the woman can't get over her ex and she can't find a new guy to enjoy a relationship with or she just can't handle the pain of the breakup.

However, most women can handle it and most women are fine with moving on and easily hooking up with a new guy.

So, the approach of just cutting off contact and waiting doesn't work for most guys.

What works is when you interact with your ex and you make her feel attracted to you in new and

exciting ways.

For example, if a guy got dumped because he was a bit too nice, a bit too soft and gentle with her and she essentially walked all over him.

What's going to be new and exciting for her is if he interacts with her and he's now so much more confident.

He's actually a bit ballsy with the way that he uses humor.

He messes with her a little bit and isn't afraid of her anymore. He's still being a good guy, he's still treating her well, but he's so much more confident now.

He's using some ballsy humor to make her laugh and let her see that she really does feel differently around him now.

For example, he catches up with his ex girlfriend and they're at a caf   or coffee shop.

She's playing hard to get as usual and testing his confidence to see if he is going to allow her to dominate him and walk all over him.

She says something like, *"I don't even know why I came. This is a waste of my time."*

The old version of him would try to appease her and try to say to her, *"Hey. No, no. It's fine. Look. We can work things out. We're just having a chat. Let's just hang out and talk and don't worry about it,"* and try to appease her in that type of way.

The new, more confident and ballsy version of him would smile and confidently say something like, *"Come on, you know why you're here. You miss me. You missed me, didn't you?"*

She'll then start smiling.

He'll then point out the fact that she's smiling and laugh and say, *"Look, it's all over your face. You're smiling. You're admitting it. You can't hide the fact that you have missed me, haven't you?"*

Then, she starts laughing and she enjoys being around him.

She enjoys the fact that he has leveled up as a man.

He is now much more confident and as a result, she feels attracted to him.

When she feels attracted to him and she can respect him for the fact that he has levelled up like that, she can then start to love him for the experience that she gets when she's around him.

When she's around him, she gets to feel attracted.

She gets to feel feminine, she gets to feel like she's having a good time and enjoying being around a guy that she's attracted to.

As a result, she loves him, she loves being around him.

3. Allow her to experience a new, more satisfying love for you

[image: Allow her to experience a more satisfying love for you]

Where guys go wrong in this area is that they try too hard to suck up to her and please her.

The guy is essentially doing whatever she wants, agreeing with her, giving more and just trying to be the best boyfriend, or if it's a husband, the best husband that he can be for her.

He's trying to do everything for her and hopefully make her happy for that reason.

Yet, that approach just doesn't work with women.

The most satisfying type of love for a woman is when she's really attracted to you and she can see that you are attracted to her, too, but you're not chasing the relationship.

You're not trying to suck up to her.

You're actually in the position of power.

She's in the position where she needs to continue to impress you, to please you.

It's not about treating her badly or not being a good guy or anything like that.

You'll still be a good guy to her and you'll still treat her well, but you are in the position of power.

You are the more valuable one in the relationship.

That doesn't mean she isn't valuable, but it means that you are the more valuable one.

You don't go and SAY that to her though, because that's just rude and it won't work.

Instead, you let her decide that for herself based on the dynamic that you create when you're interacting with her.

She knows that she's very attracted to you and you're attracted to her, but she also knows that she needs to keep impressing you and maintaining your interest, otherwise you could lose interest in her.

Otherwise, you could go and select another woman.

Again, you don't go and tell her that! ☹️

She just gets that impression based on the approach that you use with her.

Be subtle about those things.

Let your body language, behavior and vibe do all the talking.

Saying that you are happy without her, or that you are more valuable than her and she is lucky to have a guy like you interested in her just doesn't work.

So, be subtle about it and she will realize those things on her own.

Next...

4. Build on her new feelings for you

[image: Build on her new feelings for you]

What this is about is giving her a next level experience.

You give her a next level experience in terms of how much respect, attraction and love she feels for you.

Don't try to get her back and hopefully get her to love you by offering her the same type of experience she was having with you before.

That doesn't work.

Additionally, don't try to make her love you again by sucking up to her or desperately chasing her and hoping to get her to give you another chance.

That doesn't work either.

What you need to do is give her a next level experience in terms of how much respect you make her

feel, how much attraction you make her feel and how much love you make her feel.

5. Get her to look up to you and respect you as her man

[image: Get her to look up to you and respect you as her man]

For a woman to truly love a man, she has to be able to respect him and look up to him.

Where guys go wrong when trying to get their ex woman to love them again is by interacting with her and coming across in a way that naturally makes her lose respect for him.

For example, he is giving her too much power in the conversation.

He's talking in a way that displays insecurity and self-doubt.

He is talking in a way that displays emotional sensitivity.

He's too sensitive, he's too vulnerable, he isn't strong enough.

Alternatively, he's on the other end of the spectrum where he's way too arrogant, way too angry and irritable and selfish.

As a result, she cannot look up to him and respect him.

So, if you want your ex to love you again, you must interact with her in a way that makes her respect you and look up to you.

When you do that, she will naturally start to feel attracted to you again and she'll then love you.

She'll love being around you.

She will love how you make her feel.

You'll make her feel respect, attraction, admiration, happiness, joy and other positive emotions.

When she's around you, she gets to feel amazing.

That's how to get your ex to love you again.

Learn More?

Okay, I hope you've enjoyed this video and learned something from it.

If you'd like to learn more, I recommend that you watch my program, [Get Your Ex Back Super System](#)

When you watch the program, you will learn my best techniques for interacting with your ex and making her feel attracted to you again.

When you follow the steps of the program, she will feel a renewed sense of respect and attraction for you.

She will then begin to fall back in love with you.

When you continue to use the techniques from the program, she will fall more in love with you and you will keep the relationship together.

Giving Her the Ultimate Gift

One final point that I want to make for you in this video is that you are going to be giving her a gift by getting back with her.

Truly falling back in love with a guy who is making her feel so much respect and attraction is one of the most amazing experiences a woman will ever have in her life.

It's the sort of thing that women buy movie tickets to go and see on the big screen.

It's also the sort of thing that women read in romance novels and imagine happening to them.

The thing is, your ex might be confused at first because she was sure that she didn't want to get back with you, but her heart will be full of new, exciting feelings for you that she simply cannot ignore.

When you approach it in that way, your ex falls back in love with you and you get her back.

×

[image]

Almost there! Please complete this quick form to gain instant access.

[image: Dan Bacon]

Simply enter your email address and click the orange button to gain free, instant access!

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How Do I Convince My Ex to Listen With Her Heart, Instead of Her Mind?

September 17, 2020 | by Dan Bacon | [Link](#) | [Original Link](#)

Here's how to do it...

1. Stop trying to discuss the relationship with her

If you're wondering something like, *â€œHow do I convince my ex to listen with her heart instead of her mind?*â€œ it means that youâ€™ve probably trying to talk her into giving you another chance, right?

You may have been saying things to her like, *â€œLookâ€¦ I know that I stuffed up and Iâ€™m sorry. I know that youâ€™re angry with me at the moment and itâ€™s hard for you to see past what happened, but if you just listen to your heart for one minute, you will realize that what we had together is worth fighting for. This is just a bump in the road for us. It doesn't have to be the end. We can work this out. I promise you that I can be the man you want me to be. Just tell me what you want me to do to make you happy again and Iâ€™ll do it. I promise. I am willing to do whatever it takes because I love you. Please donâ€™t throw away what we have.*â€œ

It sounds really sweet and sincere, but it's not what a woman wants to hear.

In fact, discussing the relationship in that way forces her to think logically and rationally.

If you are talking to her about everything that went wrong and how you can make it right if she just gives you a chance, she will focus on how badly you messed up.

As a result, she will begin running through a list of things about you that turned her off (e.g. you were too emotionally sensitive, you needed her emotional support to cope when problems arose in your life or the relationship, you were too clingy and needy, you took her for granted, you didn't change when she kept asking you to).

Even if her heart says, *â€œHeâ€™s right. You did have some good times together. Maybe the relationship is worth saving,*â€œ her logical mind will interrupt and she will think, *â€œYes, but there were more bad times than good ones. Do I really want to give him another chance and then end up being miserable for the rest of my life? What if I get pregnant by him? Will I be able to happily raise a child with him, or will I be miserable because he will just get worse and worse? I know heâ€™s saying that he will change, but he doesnâ€™t even know what to change. He wants me to teach him how to think and behave like the man I need him to be. I'll end up living with two children instead of one. Donâ€™t be stupid girl! You broke up with him for a good reason. Donâ€™t crumble now. Remain broken up and move on. Don't look back.*â€œ

[image: Let's talk about this please]

When she is thinking like that, she's not going to listen to her heart because her mind's reasoning is going to be too convincing.

So, what should you do instead?

Don't put any pressure on her to decide whether or not she is going to give you another chance.

Instead, just focus on making every interaction that you and her have together, feel fun and

pleasurable.

Add in humor, be playful and easy-going and get her laughing and smiling, so she can naturally begin to listen to her heart (i.e. listen to her heart that is feeling happy, joyful and open around you now).

So, just try your hardest to forget about all the drama that has happened between you and her and focus on making her smile, laugh and feel good to be around you again.

The next thing you can do to convince your ex to listen with her heart instead of her mind, is toâ€¦!

2. Start creating sparks of sexual and romantic attraction during interactions

[image: Create sparks of attraction during interactions]

If a woman isn't feeling attracted to her ex, she isn't going to listen to his attempts to convince her to give him another chance.

Instead, sheâ€™s usually going to say things like, *â€œNo. You and I aren't right for each other and the sooner we both accept that, the better off weâ€™ll be. We had our chance and it didn't work out. Now it's over and Iâ€™m tired of arguing and debating it with you. It's time for you to let me go and move on.â€*

Why will she respond in that way?

Simple.

He's trying to convince her mind to give him another chance by giving her reasons why she should.

He's not actively focusing on making her feel sexually and romantically attracted to him again by using an attractive approach.

He's just pleading with her, discussing things and trying to get her to understand his point of view.

Approaching it in that way only makes her focus more on what her mind is thinking, rather than how her heart could feel.

So, if you want your ex to give you another chance, you have to focus on making her have sexual and romantic feelings for you again.

When you do that, she will automatically begin to listen to her heart.

How can you make her have sexual and romantic feelings for you again?

One way (of many) that you can do it is by not taking everything she says and does so seriously.

Instead, turn her coldness or rejection into something you can both laugh about together.

Watch this video for some examplesâ€¦!

Another way to make her feel attracted is to show her that you are absolutely confident in your attractiveness to her.

You know that she loved you before and you also know that when you reawaken her feelings of respect, attraction and love for you again (by showing her that youâ€™re a new and improved man), she will open her heart to you again.

Itâ€™s not a matter of if she opens her heart to you, but rather of when she opens her heart to you.

Hereâ€™s an example of how you can do itâ€¦!

Imagine that you are talking on the phone with your ex and she says something along the lines of, *â€œStop telling me to listen to my heart instead of my mind. My heart is closed off to you now and I*

have no intention of letting you back in. Just leave me alone. Canâ€¢t you see that I donâ€¢t want you back?â€¢

Naturally, hearing her say something like that might make you feel upset and doubt your chances with her.

Yet, if you doubt yourself, it will come through in the tone of your voice (i.e. you may sound sad, disappointed or dejected) and that will turn her off because women aren't attracted to self-doubt and insecurity in men.

So, instead of letting her angry or cold outbursts get to you, just use it as an opportunity to make her feel attracted to you by using humor in a confident manner.

If she says, "*Canâ€¢t you see that I donâ€¢t want you back?â€¢*" you can laugh and say in a joking manner, "*Actually I can't. My doctor recently told me that I have unique eye condition. Apparently itâ€¢s called â€¢seeing the world through rose tinted glasses.â€¢ Essentially, itâ€¢s impossible for me to see that you donâ€¢t want me back. I can only see you and me happy together. Iâ€¢m sorry, itâ€¢s not my fault. Itâ€¢s a serious medical condition*" and have a laugh.

Then, continue on by saying something like, "*Iâ€¢m afraid that youâ€¢re going to have to put up with it, because thereâ€¢s no known cure for it*" and have a laugh.

Then, ask her, "*Soâ€¢ when can we catch up for a coffee my love?â€¢*" and have a little laugh with her about that.

By approaching a potentially serious conversation in a funny way, sheâ€¢s more likely to relax, smile, laugh and be more open to meeting up with you in person.

Using humor to get her laughing creates some positive feelings inside of her, which stops her from only focusing on the negatives about you.

Even if she tries to fight the feelings in her heart, she won't be able to fully stop herself from feeling attracted to you for having the confidence to make her laugh and smile in a serious moment like that.

When that happens, her guard will come down and she become more open to interacting with you further.

The next thing you can do to convince your ex to listen with her heart instead of her mind, is toâ€¢

3. Be more of a playful challenge during interactions

Up to now, youâ€¢ve likely been on your best behavior around your ex and she can more or less guess what youâ€¢re going to say or do during interactions with her.

True?

You're going to listen to her, be caring, be understanding, be nice and be willing to put up with her cold behavior just to get to talk to her.

When a woman knows how a guy is going to react, it becomes very boring for her very quickly.

As a result, she doesn't feel attracted to him or to the idea of being around him.

She's rather be doing something else with someone else.

If a woman keeps feeling that way for months or years, she will either break up with a guy or cheat on him and then break up with him.

This is why you should pay attention to the approach that you're using with a woman.

You need to make sure that, for the most part, you are using an attractive approach.

If you do, your woman will stick with you and if you don't, she will leave you.

In the case of your exâ€¦|

If she doesnâ€¦t feel attracted to you, then sheâ€¦s not going to feel motivated to reconnect with the love in her heart.

As a result, getting back together again becomes difficult, if not impossible.

So, from this moment onwards, you need to try to make some adjustments and improvements to the way youâ€¦re interacting with her.

If you've been very predictable to her up until this point, you need to start reacting differently to what she says and does.

For example: If your ex calls you on the phone and says something like, *â€œI have a box of your stuff here. What do you want me to do with it?â€* and you would normally be predictable and say something like, *“Oh, I will come over and get it”* try to react in a different way.

You might jokingly say something like, *â€œYou can bring it right over. Iâ€¦ll be here for the next hour or so. Oh...and you canÂ pick up a pepperoni and mushroom pizza for me on the way? Iâ€¦m feeling a bit peckish.â€*

She might then say, *“How rudeâ€”* and you can then add, *â€œYouâ€¦re right. That was rude of me. Get a pizza for yourself if youâ€¦re hungry as well.”*

You can then laugh and say something along the lines of, *â€œIâ€¦m only joking.Â Iâ€¦ll try to stop by sometime next week when youâ€¦re available to pick up my stuff. Iâ€¦ll let you know when Iâ€¦m free so that we can make arrangements.â€*

If you've been a predictable guy up until that point, she is going to be full of interesting emotions (e.g. shock that youâ€¦re not responding to her in the way sheâ€¦s expecting you to, respect and attraction for you for being confident enough to tease her in a serious moment like that, excitement about the man you have become since she broke up with you and curiosity about why she suddenly seems to be interested in talking you more).

She thinks to herself, *â€œHmmmâ€¦this isnâ€¦t how he normally behaves. He's usually falling all over himself to please me. Yet, heâ€¦s being so playful and cheeky all of a sudden. I like it. Why am I feeling this way? Could there still be something between us? Does it have to be over? Could we give it another chance?”* and she then opens herself up to the idea of getting back with you.

Thatâ€¦s what you want.

[image: Make your ex fall back in love with you]

From there, all youâ€¦ve got to do is to continue saying and doing the types of things that attract her and you and her will naturally get back together.

Before you know it, you will be kissing, having sex again and she will be saying, *“I don't know what came over meâ€¦I thought I was over you, but clearly I'm not.”*

4 Mistakes to Avoid Making if You Want Your Ex to Open Her

Heart to You Again

When you interact with your ex, you're either going to be saying and doing things that are sparking her feelings for you, or saying and doing things that will convince her that she made the right decision to break up with you.

In other words, you're either going to be turning her on or turning her off.

If you want to avoid turning her off, try not to make any of the following mistakes!

1. Explaining your feelings to her in a long letter, e-mail or series of text messages

If your ex won't listen and give you another chance, you might feel as though writing her a long letter (e-mail or text) to explain your feelings and how much you care, will convince her to change her mind.

Yet, it rarely works out that way with women.

Firstly, when a woman has switched her feelings off for a guy, him telling her now much he cares for her doesn't impress her.

In fact, many women see the old 'love letter to an ex' approach as being selfish, because it's usually all about what the guy is feeling and what he wants and needs.

Sure, he may be talking about how wonderful she is and how he can't live without her, but that means nothing to her, because the sexual and romantic feelings aren't mutual.

Secondly, when you simply write things to your ex, she has no proof that you really have changed.

As a result, she will assume that you're still the same guy she broke up with (e.g. insecure, needy, emotionally sensitive, afraid to stand up to her) and wouldn't be able to make her feel the kind of attraction she really wants.

So, the letter really means nothing to her and just turns her off even further.

This is why it's never a good idea to hide behind letters, e-mails or text messages with an ex woman.

If you really want her to listen, you have to call her on the phone or meet up with her in person so she can experience the new you for herself.

When she can see that she really does feel differently around you now, her guard will come down and she will listen to her heart.

The next mistake to avoid is!

2. Telling her to listen to her heart and not her mind

Women don't like it when men get too sensitive and start talking about listening with the heart, being soul mates or anything else like that.

What women find the most attractive is a man who is confident in his ability to attract her and then confidently attracts her (i.e. by being emotionally masculine, using ballsy humor, being a challenge).

Women don't like it when a man tries to talk like a woman and get all sensitive about hearts, minds and soul mates.

It just doesn't work for a woman.

A woman will put up with some of that talk when she's madly in love with a guy, but she will secretly hope that he doesn't keep going on and on about it.

She hopes that he's just being sweet and will stop trying to be so sensitive about things to hopefully impress her, or worse, because he actually likes being more feminine and discussing feelings, soul bonds and so on.

That's one part of itâ€¦!

The other part of it is the fact that if you keep telling your ex to listen to her heart and not her mind, she will actually see you as being selfish.

She will see that youâ€¦ are just trying to make her see things from your perspective (i.e. the relationship can be better, you can work things out, you love her and want her, she is special to you and you're willing to do whatever it takes), but youâ€¦ are not really interested in hearing her views (i.e. she is turned off by the approach to attraction that you've been using in the relationship).

For example: Maybe she wants you to be more confident and ballsy around her, but you just want to be insecure and really nice to her.

That's what you want and not what she wants.

So, when a woman feels as though sheâ€¦s not being heard or listened to, the idea of listening to her ex and giving him another chance just doesnâ€¦t appeal to her.

Instead, she becomes more closed off and stubborn and refuses to listen to anything he has to say.

He might then try harder to convince her of how much he loves her, how much he's willing to change and how special their bond is.

Yet, he doesn't actually understand what she wants.

He knows what he wants, but either doesn't care what she wants, or doesn't understand how his approach to attraction has been turning her off.

As a result, she closes up even more.

So, if you want your ex to open up to you, stop telling her that she needs to listen to her heart and not her mind.

Ask yourselfâ€¦!

What does she want?

What will she get out of listening to what I have to say?

Whatâ€¦s in it for her if we get back together again?

When you look at things from her perspective, youâ€¦ll be able to offer her what she wants (e.g. for you to be more manly around her), rather than what you think she wants (e.g. for you to be even more considerate, compassionate, caring and nice).

When she sees that you understand her, feelings of respect, attraction and love will flood back into her heart.

As a result, listening with her heart will happen by itself because she will know that you have her best interests in mind, rather than only trying to get what you want from her.

The next mistake to avoid isâ€¦!

3. Asking her to give you another chance because of how much you love her

Sometimes, a guy hopes that if he pours his heart out and tells her how much she means to him, a woman will feel guilty and give him another chance.

Yet, in almost all ex back cases where a woman no longer feels attracted and in love, she doesn't change her mind based on how her ex feels.

She only changes her mind if she feels differently about him (i.e. if he starts attracting her in new and interesting ways).

So, if you really want to make your ex listen to her heart instead of her mind, make sure that focus on reactivating her feelings for you, rather than asking her to give you another chance because of how much you love her.

The next mistake to avoid isâ

4. Telling her to remember the good times

When a woman has lost touch with her feelings of respect, attraction and love for a guy, she doesn't really care about how good things used to be.

She cares about how she feels now.

So, if her ex says, *â Just take a minute to remember how happy we used to be and you will realize that our love is worth fighting for,*â she isn't going to suddenly say, *“Ohhhh! How silly of me! I forgot!”*

Instead, she's going to think (or say) something like, *“Well, that was before and this is now. I don't feel the same way about you anymore.”*

She's essentially trying to tell him that if he wants her back, he has to change how she feels about him, rather than trying to change her mind by hopefully getting her to remember that things used to be good.

So, if you want to make your ex listen with her heart instead of her mind, don't waste time and energy trying to get her to focus on the past and how good it was.

What matters is how you make her feel now and from now on.

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[image]

Almost there! Please complete this quick form to gain instant access.

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